

## ਸੋਹਿਲਾ Sohila

This night time prayer in five hymns was written down in the sacred script of Gurmukhi by three spiritual Masters of the 16th century in Northern India: Guru Nanak, Guru Ram Das and Guru Arjan. It is sung or recited before sleeping. Here is an English translation:

### Nuptial Song of Praise

To music in the sentiment of serious and profound devotion (Rāg Gaurī), with a warm and enlightening component (Rāg Dīpak). By Guru Nanak. One Universal Divine Power and Creation. By the Grace of the True Enlightener.

Wherever the Creator of Existence is praised and reflected upon,  
Join in there to chant the songs of elevation and remember the Originator of everything.  
Sing the nuptial songs of joy for my Fearless Divine.  
I devote myself to the song which brings always peace. |1|Pause|  
Day after day, the Giver of everything is looking after all beings.  
Your gifts are priceless and endless, who can measure this generosity and blessing? |2|  
The day of my wedding is preordained. Come together to prepare.  
Dear Friends, bless me in your prayers for my union with my Master. |3|  
To each and every home and heart, the wedding invitation is sent out every day.  
Contemplate the One who is calling, Nanak, that day is approaching. |4|1|

To music in the sentiment of hope (Rāg Āsā). By Guru Nanak.

There are six schools, six teachers, and six teachings.  
But the Teacher of teachers is the One in many forms. |1|  
Fellow travellers, follow that school which sings the praises of the Author of our Being,  
In that school greatness is held and protected. |1|Pause|  
Like seconds, minutes, hours, lunar and solar days, weeks, months and various seasons  
originate from one sun, Nanak, so the multitude of forms originates from One Source. |2|2|

To music in a carefree, serene, comforting and optimistic sentiment (Rāg Dhanāsārī).  
By Guru Nanak.

On the plate of the sky, the sun and the moon are the lamps,  
The stars on their orbits are like studded pearls.  
The fragrance of the Southern forests is the incense, and the wind is the fan whisk.  
All nature and vegetation is Your altar of beauty, O Luminous Divine. |1|  
What a splendid ceremony of Light!  
O Destroyer of fear, this is Your festival of Light!  
The unstruck sound-current of the Word of Existence  
is the beating of the temple drums. |1|Pause|

You have a thousand eyes, yet You are without eye.  
A thousand forms, yet You are formless.  
A thousand pure feet, yet not one foot.  
You are without smell, yet you have a thousand noses.  
Thus I am entranced by Your wondrous ways. |2|

Everything is full of Light - the Light of the Soul, the Light of Your Being.  
Your Divine illumination radiates within everything and everybody.  
By the teachings of the Enlightener, the Light becomes visible.  
Whatever pleases You is a ceremony of Light. |3|

My mind and soul are yearning for the nectar-sweet lotus feet of Divine presence.  
With this desire and infatuation, I am constantly thirsty.  
Give the Water of Your grace to Nanak, the songbird,  
So that he may come to live in Your Name. |4|3|

To music in the sentiment of serious and profound devotion (Rāg Gaurī), with a calm and mystical component (Rāg Pūrbī). By Guru Ram Das.

Desire and anger, loaded in the city of this body,  
are broken to pieces by meeting the pure and perfected ones.  
Due to my good destiny, I have found the Ambassador of Liberation,  
In the beautiful realm of Divine Love. |1|  
Salute the pure and perfected ones with folded hands, this is of great virtue.  
Prostrate yourself, of great virtue it is. |1|Pause|

Engaged in worldly desires we cannot know the taste of Divine elixir.  
The thorn of pride and ego pricks us inside.  
The further we go, the deeper it pierces, the more pain we suffer,  
Until we lose our head to the strike of the Messenger of Death. |2|

As Your servants and devotees, however, absorbed in Your Name Divine,  
we are free from the pain of birth and fear of death.  
We find the imperishable Supreme Consciousness, transcendent Divine Presence,  
And enjoy great splendour and honour in all realms of the universe. |3|

I may be low and poor, but I am Yours, O Divine Master!  
Please, save me and protect me, O Greatest of the Great!  
Servant Nanak relies only on the foundation and support of the Name,  
And in this Word of Existence, Vibration of Being, Essence of Identity, Sound of Truth,  
he enjoys peace. |4|4|

To music in the sentiment of serious and profound devotion (Rāg Gaurī), with a calm and mystical component (Rāg Pūrbī). By Guru Arjan.

Listen, my friends, I make a supplication: This is the time to serve Existence!  
Earn the true profit here, then move on, Hereafter, enjoy playing the game in ease. |1|  
This lifetime opportunity is dwindling away day and night,  
By meeting the Remover of Darkness, your tasks and affairs are resolved. |1|Pause|

The illusions of the world tempt us in doubt and wrong directions.  
Those in Divine experience, knowing the Soul, they are crossing over safely.  
Those in waking will drink the Divine Essence of bliss,  
And come to understand the unspoken. |2|

Purchase that only for which you have come,  
By the grace of the Ambassador of Light, you find the Divine dwelling within you.  
Within your own self, you experience the Divine Presence with natural ease.  
And you shall not have to return again. |3|

Inner-knower, Searcher of Hearts, Supreme Consciousness, Creator and Bestower:  
Fulfil this yearning of my heart: Servant Nanak asks for this joy:  
Make me the dust under the feet of the Saints. |4|5|

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ ॥

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