

# **Ardaas: The Heart's Offering**

## **A TRANSLATION FOR HELPING TO UNDERSTAND THE ARDAAS**

The Ultimate One is the source of all, through its Sacred Sound expands and creates;  
all victory is credit to Vaheguru.

May the Power of Vaheguru be of help.

The poem on the Divine Power of Vaheguru by the Tenth Guru.

I first call upon the Power of Vaheguru Ji  
and meditate on Guru Nanak Ji (in whom Vaheguru Ji revealed Their Power).

May (the same Power that passed through) Guru Angad Ji, Guru Amar Daas Ji,  
and Guru Ram Das Ji help me everywhere.

(The same Power that passed through) Guru Arjan Ji, Guru Hargobind Ji  
and Guru Har Rai Ji - I meditate upon.

I meditate upon (the same Power that was revealed in) Guru Har Krishan Ji,  
whose holy vision makes all pains and sufferings go away.

I then meditate upon (the Power of Vaheguru Ji revealed through) Guru Teg Bahadar Ji,  
which causes spiritual treasures to fill my inner-being.

May (the Power of Vaheguru Ji revealed through) all the Gurus help me everywhere.

May (the same Power that passed through) the Tenth Master, Sri Guru Gobind Singh Ji,  
help me everywhere.

Turning my thoughts to the same Power that worked in the Ten Gurus  
and now in the holy words contained in Sri Guru Granth Sahib Ji,  
connecting with that Power we chant: 'Vaheguru.'

Filled with awe and inspired by the Guru's beloved Sikhs,  
we remember the unwavering faith of the Panj Pyaare (the Five Beloved),  
the bravery of Guru Gobind Singh's sons,  
the humility of the Chaalee Muktey (Forty Liberated Ones) who returned to the Guru  
recognising their mistake,  
the countless others who walked the path of devotion with unwavering faith  
– those who meditated, chanted God's name, shared generously,  
those who fed the less fortunate, and practiced compassion in defending the oppressed  
Filling the heart with their strength, we chant: 'Vaheguru.'

Let the thoughts of the extraordinary faith of Sikh men and women martyrs  
fill our soul with awe and strength.

Those brave souls who gave their heads but not their faith,  
those whose bodies were chopped piece by piece but did not flinch,  
those who had their scalps removed but refused to cut their hair braids of divine love,  
those whose bones were crushed but didn't let their courage be crushed,

those who were sawn alive but remained complete in the faith,  
those who sacrificed their lives for saving others and protecting the sanctity and respect  
of Gurdwaras.

Inspired by the memory of such blessed souls, we chant: 'Vaheguru.'

Turning your thoughts to remember our rich spiritual heritage – the five takhats (thrones)  
that manifest the kingship & strength bestowed upon the Sikh nation,  
and the rich history of all historical gurdwaras,  
we chant: 'Vaheguru.'

First the shared prayer of all faithful Sikhs collectively is:  
may 'Vaheguru, Vaheguru, Vaheguru...' resonate in the consciousness of all Sikhs,  
bringing inner-peace.

May the honour of the Sikh Faithful (Khalsa) be protected wherever they go,  
and grant them with victory in feeding the hungry and protecting the helpless.

Praying for the success of this pathway of divinity and truth,  
the holy sword of justice forever providing help,  
and for its universal recognition, we chant: 'Vaheguru.'

Kindly grant to the Sikhs:  
the gift of faith,  
the gift of divine love represented in keeping unshorn hair,  
the gift of commitment represented in following the ordained code of living,  
the gift of wisdom represented in the ability to discern,  
the gift of acknowledging the Divine represented in the ability to have trust,  
the gift of seeking help in the Divine represented in confidence in the Divine,  
and the biggest gift of all – divine union through connecting with the Sound of the Divine.

Kindly bless the immortalising cleansing bath of the soul.

May the spiritual routines, flags of Truth & Justice, and buildings of learning continue  
forever.

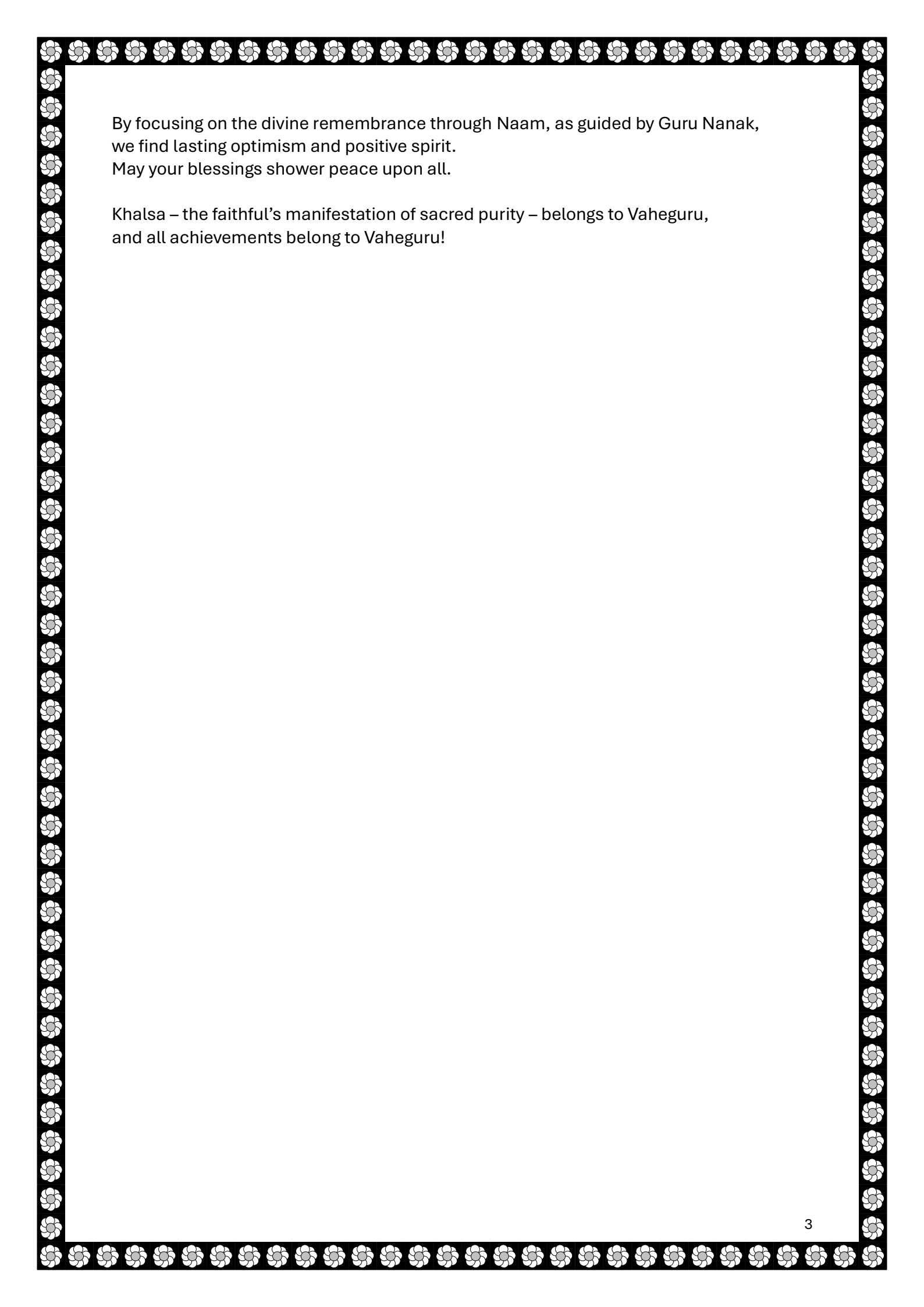
May righteousness always prevail.

Seeking these blessings, we chant: 'Vaheguru.'

May all Sikhs have humble hearts,  
soaring wisdom,  
and honour protected by You, O Vaheguru!

May the Sikh Faithful (Khalsa) be granted free access & custodianship of the birthplace  
of Guru Nanak Sahib Ji, Sri Nankana Sahib, and all other Gurdwaras without hindrance  
from geographical or political constraints.

O Eternal Father Vaheguru Ji,  
Honour of the honourless,  
Power of the powerless,  
Shelter of the shelterless  
I offer You may humble prayer: .....



By focusing on the divine remembrance through Naam, as guided by Guru Nanak,  
we find lasting optimism and positive spirit.  
May your blessings shower peace upon all.

Khalsa – the faithful’s manifestation of sacred purity – belongs to Vaheguru,  
and all achievements belong to Vaheguru!