

Sohila Sahib: The Bedtime Prayer

A TRANSLATION FOR HELPING TO UNDERSTAND THE MESSAGE OF SOHILA SAHIB

The Ultimate One is the source of all, through its Sacred Sound it expands and creates;
the Truth; the Giver of Wisdom & Grace.

Written in the Raag Gauree Deepakee (the emotion of warmth a mother gives a child),
by the First Nanak:

‘Sohila’ – ‘The Song of Happiness’ (the name of the scriptural prayer).

In the home of the mind,
where Creator is praised and His virtues are reflected upon,
in that blessed home (state of mind),
the true song that brings joy to the soul
is sung and the Divine-Maker is remembered. ||1||
(O my mind!) Sing the true song of happiness of the One who is Fearless!
I surrender in love to the true song that brings forever peace and comfort to the soul.
||1||Pause for reflection. ||
Everyday You take care for all living beings;
and will look out for me as well, O Great Giver.
If no price can be put on Your gifts,
then how can anyone estimate how great You, as the Giver, must be? ||2||
As the invitation letter fixing the date for marrying death has been written,
may all my bodily senses come together to prepare me fair-well (by staying aware),
May my bodily senses act as friends,
and give me blessings that I am able to unite with my Divine-Maker. ||3||
Every day may I remember that this call of death is sent to everybody.
(Guru) Nanak (Ji) says: For this reason, remember the One who calls you,
as days for departure are coming closer for everyone! ||4||1||

Written in the Raag Aasa (emotion of hope), by the First Nanak:

There are six ancient schools of Hindu philosophy,
that have six founders, and six conflicting different philosophical teachings.
But there is only One True Guru who is above all guides and teachers,
who reveals itself in many ways. ||1||
O wise mind! In the home of the body where the Creator is praised
- look after and care for it, and you will gain respect and honour. ||1||Pause and reflect||
Just as seconds, minutes, hours, days, weeks form one month;
there is only one Sun (in this solar system) but various seasons originate from it.
(Guru) Nanak (Ji) says: In the same way, the Creator is one, yet has many forms. ||2||2||

Written in the Raag (musical theme) of Dhanaasaree (emotion of worry-free happiness),
by the First Nanak:

(In nature's lamp-lit worship of You,) the sky is like huge plate for worship,
on which are placed the sun and moon as lamps;
and the constellation of stars are like studded pearls (in the worship plate).
Fragrance of the sandalwood trees is the incense,
the air moves like the royal chaur-whisk,
and the entire vegetation is flowers before the the Supreme Spirit.1.

The beautiful scented air coming from sandalwood trees is like the worship-service
incense, the wind is like a Chaur, royal-fan, and (the blossomed flowers of) all the
vegetation are like flower offerings before the Supreme Divine Light. ||1||

How beautifully nature is conducting this worship!

O Destroyer of rebirth cycle! This is Your unique worship ceremony!

Your sacred-sound drumming in all hearts is the drums played for worship. ||1||

Pause and reflect||

You have thousands of eyes (with all eyes belonging to You),
but no one set of eyes are Your only eyes;

You have thousands of forms and appearances (with all bodies belonging to You),
but no one single form and appearance is Your only form and appearance.

You have thousands of feet (with all feet belonging to You),

But no a single pair of feet are Your only feet;

You have no nose,

but you have thousands of noses (with all noses belonging to You)

- this divine-play makes me wonder-struck! ||2||

Your Light shines within in all;

that Light is You!

Through the Power of that Light,

light radiates within all souls.

The Light is realised through the Guru's Teachings.

To please You is Your true worship. ||3||

My mind gets pulled towards Your sweet honey like Holy Word;
night & day I have this spiritual thirst.

Like the a rain-bird yearning for water,

give me Your Water of blessings to this rain-bird,

with which I remain absorbed in Your Naam (Your Living Presence in the Sacred Name &
Vibration). ||4||3||

Written in the Raag (musical theme) of Gauree Poorbee (emotion of preparing for ahead),
by the Fourth Nanak:

The human body is filled with many vices like lust and anger;
but meeting the Holy Guru they all get broken down bit by bit.

The Guru is found based on past good karma written down in one's life

- with whose Grace, the mind instead becomes fully filled with Vaheguru's love. ||1||

Folding your hands and showing respect to the Guru is an act of great merit.

Prostrating your mind in submission before the Guru is also an act of great merit.

||1||Pause and reflect||

Within the mind of the faithless who turn away from Vaheguru, is the thorn of ego,
and so they do not enjoy spiritual taste and pleasure of experiencing Vaheguru.
Every step they take in life, they suffer the prick of the thorn of their ego,
at the end Death will hit them hard like being smacked on the head. ||2||
Whereas the humble devotees remain absorbed in loving meditation of Vaheguru,
and break away from suffering of the birth-cycle and the fear of death.
They find the Never-Dying Vaheguru,
and earn great honour throughout many worlds and realms. ||3||
O Vaheguru! We are poor and humble beggars at Your door!
O Greatest of the great! Please save me (from these deadly inner-desires)!
(Guru) Nanak (Ji) says: Naam is the support of Your humble devotee,
and through Vaheguru's meditation the mind is filled with peace and comfort. ||4||4||

Written in the Raag (musical theme) of Gauree Poorbee (emotion of preparing for ahead),
by the Fifth Nanak:

O my mind, my dear friend! Listen:
I request you that now is the time to serve the Gurmukh-saints!
Earning the true profit Vaheguru intended, you shall dwell in peace in the hereafter. ||1||
One's life decreases day and night.
Therefore, o my mind (don't delay!) Meet with the Guru and accomplish the goal of life.
||1||Pause and reflect||
Only the enlightened souls are saved
in this world full of sinful corruption and doubts.
One whom Vaheguru Himself awakens (from the sleep of spiritual ignorance)
consumes this Divine-Taste, and understands the indescribable story (experience). ||2||
Purchase only that for which you have truly come into the world,
and Vaheguru shall come to dwell within your mind through the Guru.
(Following the Guru) you will comfortably and slowly find Vaheguru present deep within,
and you do not have to return again through rebirth. ||3||
(Pray before Vaheguru:) O Inner-knower of all hearts! O Architect of my Destiny!
Please fulfill the yearning of my mind.
Your devotee Nanak asks for the spiritual happiness
of becoming the dust of the saints (who remain absorbed in You). ||4||5||

(Sri Guru Granth Sahib Ji – Ang 12 to 13)