

SoPurkh

Complete Mantra:

so purakh niranjan har purakh niranjan har agmaa agam apaaraa.
sabh Dhi-aavahi sabh Dhi-aavahi tuDh jee har sachay sirjanhaaraa.
sabh jee-a tumaaray jee tooN jee-aa kaa daataaraa.
har Dhi-aavahu santahu jee sabh dookh visaaranhaaraa.
har aapay thaakur har aapay sayvak jee ki-aa naanak jant vichaaraa. ||1||

tooN ghat ghat antar sarab nirantar jee har ayko purakh samaanaa.
ik daatay ik bhaykhaaree jee sabh tayray choj vidaanaa.
tooN aapay daataa aapay bhugtaa jee ha-o tuDh bin avar na jaanaa.
tooN paarbarahm bay-ant bay-ant jee tayray ki-aa gun aakh vakhaanaa.
jo sayveh jo sayveh tuDh jee jan naanak tinH kurbaanaa. ||2||

har Dhi-aavahi har Dhi-aavahi tuDh jee say jan jug meh sukh vaasee.
say mukat say mukat bha-ay jinH har Dhi-aa-i-aa jee-o tin tootee jam kee
faasee.
jin nirbha-o jinH har nirbha-o Dhi-aa-i-aa jee-o tin kaa bha-o sabh gavaasee.
jinH sayvi-aa jinH sayvi-aa mayraa har jee-o tay har har roop samaasee.
say Dhan say Dhan jin har Dhi-aa-i-aa jee-o jan naanak tin bal jaasee. ||3||

tayree bhagat tayree bhagat bhandaar jee bharay bay-ant bay-antaa.
tayray bhagat tayray bhagat salaahan tuDh jee har anik anayk anantaa.
tayree anik tayree anik karahi har poojaa jee tap taapeh jaapeh bay-antaa.
tayray anayk tayray anayk parheh baho simrit saasat jee kar kiri-aa khat
karam karantaa.
say bhagat say bhagat bhalay jan naanak jee jo bhaaveh mayray har
bhagvantaa. ||4||

tooN aad purakh aprampar kartaa jee tuDh jayvad avar na ko-ee.
tooN jug jug ayko sadaa sadaa tooN ayko jee tooN nihchal kartaa so-ee.
tuDh aapay bhaavai so-ee vartai jee tooN aapay karahi so ho-ee.
tuDh aapay sarisat sabh upaa-ee jee tuDh aapay siraj sabh go-ee.
jan naanak gun gaavai kartay kay jee jo sabhsai kaa jaano-ee. ||5||2||

SoPurkh

Translation:

That Lord is Immaculate; the Lord God is Immaculate.

The Lord is Unapproachable, Unfathomable and Incomparable.

All meditate, all meditate on You, O Dear Lord, O True Creator.

All beings are Yours; You are the Giver of all beings.

So meditate on the Lord, O Saints; He is the One who takes away all pain.

The Lord Himself is the Master, and He Himself is His own servant. O Nanak, how insignificant are mortal beings! ||1||

You are totally pervading within each and every heart; O Lord, You are the One Primal Being, All-permeating.

Some are givers, and some are beggars; all of this is Your wondrous play!

You Yourself are the Giver, and You Yourself are the Enjoyer. I know of no other than You.

You are the Supreme Lord God, Infinite and Eternal; what Glorious Praises of Yours should I speak and chant?

Unto those who serve, unto those who serve You, slave Nanak is a sacrifice. ||2||

Those who meditate on the Lord, those who meditate on You, O Dear Lord, those humble beings dwell in peace in this world.

They are liberated, they are liberated, who meditate on the Lord; the noose of Death is cut away from them.

Those who meditate on the Fearless One, on the Fearless Lord, all their fears are dispelled.

Those who have served, those who have served my Dear Lord, are absorbed into the Being of the Lord, Har, Har.

Blessed are they, blessed are they, who have meditated on the Dear Lord; slave Nanak is a sacrifice to them. ||3||

Devotion to You, devotion to You, is a treasure, overflowing, infinite and endless.

Your devotees, Your devotees praise You, O Dear Lord, in many and various ways.

For You, so many, for You, so very many, O Dear Lord, perform worship and adoration; they practice penance and endlessly chant in meditation.

For You, many - for You, so very many read the various Simritees and Shaastras; they perform religious rituals and the six ceremonies.

Those devotees, those devotees are good, O servant Nanak, who are pleasing to my Lord God. ||4||

You are the Primal Being, the Unrivalled Creator Lord; there is no other as Great as You.

You are the One, age after age; forever and ever, You are One and the same. You are the Eternal, Unchanging Creator.

Whatever pleases You comes to pass. Whatever You Yourself do, happens.

You Yourself created the entire Universe, and having done so, You Yourself shall destroy it all.

Servant Nanak sings the Glorious Praises of the Creator, the Knower of all. ||5||2||

More Information:

This bani, So Purkh, creates a sacred space in which grace prevails so as to allow the greatness of the soul to come forth. It was written by Guru Ram Das, whose vibration exists holding a state of grace and love that heals all realms of the heart and being. The Siri Singh Sahib, Yogi Bhajan, taught that if a woman recites this bani eleven times a day for any man, it has the power to make him a saint and dissolve any negativity between them. He would often give this as a Sadhana to women for the men in their lives. So Purkh is a part of Rehiraas, the evening prayer of the Sikhs.

"Woman is the molder of time, the molder of space and of man: the man of tomorrow, the child; the man of today, the husband, and the men of yesterday, the ancestors. The entire society in theory and in reality is based on the spirit of the woman." ----Yogi Bhajan

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