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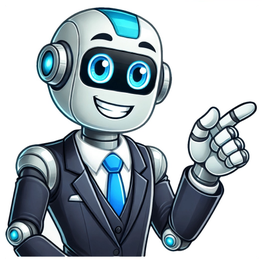

Chaupai Sahib in Punjabi [illegible] Chaupai Sahib in Punjabi kDÊo bwc byngI]cOpeI] hmrI kro hwQ dY r`Cw ] pUrn hoie icq kI ie`Cw] qv crnn mn rhY hmwrw] Apnw jwn kro pRiqpwrw]1] hmry dust sBY qum Gwvhu] Awpu hwQ dY moih bcwvhu] suKI bsY moro pirvwrw] syvk isKÊ sBY krqwrw]2] mo r`Cw inju kr dY kirXY ] sB bYrn kO Awj sMGirXY ] pUrn hoie hmwrI Awsw ] qoir Bjn kI rhY pXwsw ]3] qumih Cwif koeI Avr n DÎwaUN ] jo br cwhON su qum qy pwaUN ] syvk is`KÊ hmwry qwrIAih] cuin cuin sqR hmwry mwrIAih]4] Awpu hwQ dY muJY aubirXY] mrn kwl kw qRws invirXY] hUjo sdw hmwry p`Cw ] sRI AisDuj jU kirXhu r`Cw]5] rwiK lyhu muih rwKnhwry] swihb sMq shwie pXwry] dIn bMDu dustn ky hMqw] qum ho purI cqurds kMqw]6] kwl pwie bRhmw bpu Drw] kwl pwie isvjU Avqrw] kwl pwie kir ibsn pRkwsw] skl kwl kw kIAw qmwsw]7] jvn kwl jogI isv kIE] byd rwj bRhmw jU QIE] jvn kwl sB lok svwrw] nmskwr hY qwih hmwrw]8] jvn kwl sB jgq bnwXo] dyv dYq j`Cn aupjwXo ] Awid AMiq eykY Avqwrw ] soeI gurU smijXhu hmwrw ]9] nmskwr iqshI ko hmwrI ] skl pRjw ijn Awp svwrI ] isvkn ko svgun suK dIE ] s`qRün ko pl mo bD kIE]10] Gt Gt ky AMqr kI jwnq] Bly bury kI pIr pCwnq] cItI qy kuMcr AsQUlw] sB pr ikRpw idRsit kr PUlw]11] sMqn duK pwey qy duKI] suK pwey swDun ky suKI] eyk eyk kI pIr pCwnY] Gt Gt ky pt pt kI jwnY]12] jb audkrK krw krqwrw] pRjw Drq qb dyh Apwrw] jb AwkrK krq ho kbhUM] qum mYN imlq dyh Dr sBhUM]13] jyqy bdn isRsit sB DwrY] Awpu AwpnI bUiJ aucwrY] qum sB hI qy rhq inrwlm] jwnq byd Byd Aru Awlm]14] inrMkwr inRibkwr inRlMB] Awid AnIl Anwid AsMB] qw kw mUVH aucwrq Bydw] jw ko Byv n pwvq bydw]15] qw kO kir pwhn Anumwnq] mhw mUVH kCu Byd n jwnq] mhWdyv kO khq sdw isv] inrMkwr kw cInq nih iBv]16] Awpu AwpunI buiD hY jyqI] brnq iBMn iBMn quih qyqI] qumrw lKw n jwie pswrw] ikh ibiD sjw pRQm sMswrw]17] eykY rUp AnUp srUpw] rMk BXo rwv khI BUpw] AMfj jyrj syqj kInI] auqBuj Kwin bhuir ric dInI]18] khUM PUil rwjw hÍY bYTw] khUM ismit BXo sMkr iekYTw] isgrI isRsit idKwie AcMBv] Awid jugwid srUp suXMBv]19] Ab r`Cw myrI qum kro ] is`KÊ aubwir Ais`KÊ sMGro ] dust ijqy auTvq auqpwqw ] skl mlyC kro rx Gwqw ]20] jy AisDuj qv srnI pry ] iqn ky dust duiKq hÍY mry ] purK jvn pg pry iqhwry ] iqn ky qum sMkt sB twry ]21] jo kil ko iek bwr iDAYhY ] qw ky kwl inkit nih AYhY ] r`Cw hoie qwih sB kwlw] dust Airst trYN qqkwlw]22] ikRpw idRsit qn jwih inhirho] qw ky qwp qnk mih hirho] ir`iD is`iD Gr mo sB hoeI] dust Cwh CÍY skY n koeI]23] eyk bwr ijn qumY sMBwrw] kwl Pws qy qwih aubwrw] ijn nr nwm iqhwro khw] dwird dust doK qy rhw]24] KVgkyq mY srix iqhwrI] Awpu hwQ dY lyhu aubwrI] srb TOr mo hohu shweI] dust doK qy lyhu bcweI]25] ikRpw krI hm pr jg mwqw] gRMQ krw pUrn suB rwqw] iklibK skl dyh ko hrqw] dust doiKXn ko CY krqw]26] sRI AisDuj jb Bey idAwlw] pUrn krw gRMQ qqkwlw] mn bWCq Pl pwvY soeI] dUK n iqsY ibAwpq koeI]27] Enhance your spiritual journey with this beautifully crafted Gurbani app.Dive into the powerful recitation of Chaupai Sahib, a divine composition by Guru Gobind Singh Ji, known for its spiritual protection and inner strength.Key Features:-Complete Chaupai Sahib Paath in Gurmukhi, Hindi, and EnglishAccurate translation and transliteration for deeper understandingSupport for Larivaar and Padh-Chhed formatsAdjustable font size, text color, and background themesLine spacing control for enhanced readabilityOffline audio playback with auto-scroll for immersive listeningClean, user-friendly interface with dark mode support - Bug fixes- UI enhancements. The developer, Arvinder Singh, indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy. The developer does not collect any data from this app. Privacy practices may vary, for example, based on the features you use or your age. Learn More Play, read, listen and learn with the full length audio. Show/ Hide Roman transliteration [illegible] Hamree karo haath dai rachhaa. || Pooran hoé chit kee ichhaa. ||Tav charnan man rehai hamaaraa. || Apnaa jaan karo prat(i)paaraa. ||1||Hamré dustt sabhai tum ghaavho. || Aap haath dai mohé bachaavho. ||Sukhee basai moro parvaaraa. || Sevak sikh sabhai kartaaraa. ||2|| [illegible] Mo rachhaa nij kar dai kariyai. || Sabh bairan ko aaj sanghariyai. ||Pooran hoé hamaari aasaa. || Tor bhajan kee rahai piaasaa. ||3||Tumhé chhaad koee avar naa dhiyaaoo(n). || Jo bar chon so tum té paaoo(n). ||Sevak sikh hamarai taareeahé. || Chun chun satr hamaaré maareeahé. ||4|| [illegible] Aap haath dai mujhai ubariyai. || Maran kaal ka traas nivariyai. ||Hoojo sadaa hamaaré pachhaa. || Sri asdhuj joo kariyho rachhaa. ||5||Raakh laiho muhé raakhanharai. || Saahib sant sahaaé piyaaré. ||Deen bandhu dusttan ké hantaa. || Tumho puree chatur das kantaa. ||6|| [illegible] Kaal paaé brahmaa bap dharaa. || Kaal paaé shivjoo avtaraa. ||Kaal paaé kar bisan prakaasaa. || Sakal kaal kaa keeaa tamaasaa. ||7||Javan kaal jogee siv kee'o. || Bedraaj brahmaa joo thee'o. ||Javan kaal sabh lok savaaraa. || Namaskaar hai taahé hamaaraa. ||8|| [illegible] Ghatt ghatt ké antar kee jaanat. || Bhale bure kee peer pachanat. ||Cheetee té kunchar asthoolaa. || Sabh par kripaa dristt kar phoola. ||11||Santan dukh paae té dukhee. || Sukh paae saadhan ké sukhee. ||Eik eik kee peer pachanai. || Ghatt ghatt ké patt patt kee janai. ||12|| [illegible] Jab udkarakh karaa kartaaraa. || Prijaa dharat tab deh apaaraa. ||Jab aakarkh karat ho kab'hoo(n). || Tum mai milat deh dhar sabh'hoo(n). ||13||Jaitai badan sristt sabh dhaarai. || Aap aapnee boojh uchaarai. ||Tum sabh'hee té rehat niraalam. || Jaanat baid bhed ar aalam. ||14|| [illegible] Aap aapnee budh hai jetee. || Barnat bhinn bhinn tuhé tetee. ||Tumraa lakhaa naa jaaé pasaaraa. || Keh bidh sajaa pratham sansaaraa. ||17||Eikai roop anoop saroopaa. || Runk bhayo raav kehee bhoopaa. ||Andaj jeraj setaj keenee. || Ut bhuj khaan bahor rach deenee. ||18|| [illegible] Jé asdhuj tav sarnee paré. || Tin ké dushtt dukhit havai maré. ||Purakh javan pug paré thiaaré. || Tin ké tum sankatt sabh taaré. ||21||Jo kal ko eik baar dhiyai hai. || Taa ké kaal nikatt nehé aihai. ||Rachhaa hoé taahé sabh kaalaa. || Dustt aristt taré(n) tatkaalaa. ||22|| [illegible] Kripaa dristt tan jaahé niharihо. || Taa ké taap tanak mo hareho. ||Ridh sidh ghar mo sabh hoee. || Dushtt chhaah chhavai sakai naa koee. ||23||Eik baar jin tumai sambhaaraa. || Kaal phaas té taahé ubaaraaa. ||Jin nar naam tihaaro kahaa. || Daarid dustt dok té rahaa. ||24|| [illegible] Kharag kait mai sarann tihaaree. || Aap haath dai leho ubaaree. ||Sarab thor mo hoho sahaaee. || Dustt dokh té leho bachaaee. ||25||Kripaa karee ham per jag mata. || Granth karaa puran subh raataa. ||Kilbikh sagal deh ko hartaa. || Dustt dokhiyan ko chhai kartaa. ||26|| [illegible] Sri asdhuj jab bhae dayiaalaa. || Pooran karaa granth tatkaalaa. ||Man baa(n)chhat phal paavai soee. || Dookh na tisai biaapat koee. ||27|| [illegible] Arril. ||Sunai gung jo yaahe so rasnaa paavaee. || Sunai moorr chit laaé chaturtaa aavaee. ||Dukh darad bhau nikatt naa tin nar ké rahai. || Ho jo yaakee eik baar chaupe-ee ko kahé. ||28|| [illegible] Chaupai. || Sambat satrh sahis bhenije. || Ardh sahis phun teen kaheje. ||Bhadrrav sudee ashtmee ravivaraa. || Teer sat-drav granth sudaahraa. ||29|| [illegible] Savaiyaa. ||Paa(n)e gahe jab té tumré tab té ko'oo aa(n)kh taré nehee aanyo. ||Ram Rahim Puran Quran anak kahai mat eek na maneyo. ||Simrat shaastr badh sabh bohu bhedh kahai ham eik na janyo. ||Sri asipaan kripaa tumree kar(i), mai na kahyo sabh tohé bakhaanyo. ||1|| [illegible] Dohraa. ||Sagal duaar kau chhaad kai gahe'o tuhaaro duaar. ||Baa(n)he gahe kee laaj as Gobind daas tuhaar. ||Waheguru Ji Ka Khalsa || Waheguru Ji Ki Fateh ||Show/ Hide Roman transliteration File:Kabiobach Bainti Chaupai.ogg [illegible] One Lord; With the Blessings of the True Guru. [illegible] Prayer of the poet. Chaupai (type of poetry meter) [illegible] Protect me, O Lord with your Hands; may all my heart's desires be fulfilled. [illegible] May my mind focus on your Feet; sustain me, as your own.377. [illegible] O Lord, Destroy all my enemies and guard me with your Hands. [illegible] O, Creator, May my family live in comfort along with all devotees and disciples.378. [illegible] Always shelter and protect me, O Lord and gather this day all my enemies; [illegible] May all my aspirations be fulfilled; let my thirst for your Name remain perpetual.379. [illegible] May I focus on none else except You; and whatever I desire, be obtained from You; [illegible] Let my devotees and disciples cross the world-ocean; all my vices be singled out and killed.380. [illegible] With Your own Hands lift me; and free me from the fear of death; [illegible] Be always there by my side; Supreme Lord, always safeguard me.381. [illegible] Sustainer Lord, always preserve and save me; Most dear, the Protector of the Saints: [illegible] Friend of the poor, destroyer of the enemies; You are the Master of the fourteen worlds.382. [illegible] In due course, Brahma appeared in physical form; and in time Shiva was incarnated; [illegible] In due course, Vishnu manifested himself; all this is the wondrous play of the Temporal Lord.383. [illegible] The Temporal Lord, created Shiva and Jogi; just like Brahma, the Master of the Vedas; [illegible] The Temporal Lord fashioned the entire Universe; I salute you, Lord.384. [illegible] The Temporal Lord, created the whole world; the gods, demons and perfect beings; [illegible] From start to end, He is the only One; I consider Him only as my Guru.385. [illegible] I salute Him, non else, but Him only; who has created Himself and all beings; [illegible] He bestows Divine virtues and blessings on His devotees; He slays the demons instantly.386 [illegible] He knows the inner feelings of every heart; He knows the anguish of both the good and the bad; [illegible] From the ant to the solid elephant; He casts His limitless blessings and graceful glance on all.387. [illegible] He is pained, when He sees His saints in grief; He is joyous, when His saints are happy. [illegible] He knows the inner agony of all; He knows the innermost secrets of each and every heart.388. [illegible] When the Creator projected Himself, His creation manifested itself in many forms; [illegible] When at any time He withdraws His creation, all the physical forms are merged into Him.389. [illegible] All the bodies of living beings created in the world speak about Him according to their understanding; [illegible] But O Lord, You live quite apart from everything; this fact is known to the Vedas and the wise.390. [illegible] The Lord is Formless, flawless, needing no shelter or support: Primal Power, Blemish-less, without a Beginning and Unborn; [illegible] Only the fool claims boastfully about the knowledge of His secrets, which even the Vedas do not know.391. [illegible] The fool considers Him a stone, but the great fool does not know any secret; [illegible] He calls Shiva "The Eternal Lord", but he does not know the secret of the Formless Lord.392. [illegible] According to one's own intellect, one describes You differently; [illegible] The limits of Your creation cannot be known and how the world was fashioned in the beginning?393. [illegible] He has only one unparalleled Form; He manifests Himself as a poor man or a king at different places; [illegible] He created creatures from egg, womb, fluid; then He created the plant kingdom.394. [illegible] Somewhere He sits joyfully as a king; somewhere He contracts Himself as Shiva, the Yogi; [illegible] All His creation unfolds wonderful things; He, the Primal Power, is from the beginning and is Self-Existent.395. [illegible] Now please, keep me under Your protection; grant me virtuous learning and dispel my ignorances [illegible] All the villains, arisings and outrages; all the tyrants be destroyed in the battlefield.396. [illegible] Supreme Destroyer, those who sought Your refuge, their enemies meet painful death; [illegible] Those people who fall at Your Feet; You remove all their troubles.397. [illegible] Those who meditate on the Supreme Destroyer even once, death cannot even approach them; [illegible] They remain protected at all times; their enemies and troubles come to an end instantly.398. [illegible] Upon whomsoever You cast Your blessing and merciful glance; they are freed of their ego instantly; [illegible] All the worldly and spiritual pleasures are in their homes; none of their enemies can even touch their shadow.399. [illegible] Whoever remembers You even once; You save them from the noose of death; [illegible] Anyone who has recited your Name; is saved from poverty, tyrants and pain.400. [illegible] Lord of the Almighty Sword, provides a shield for my protection. With Your Hands you have saved me. [illegible] You bestow help on me at all places and rescue me from pain and the designs of my demons.401. [illegible] The Mother of the world has been kind towards me and I have completed the book this auspicious night; [illegible] The Lord is the destroyer of all the sins of the body and removes all the malicious and wickedness therein.402. [illegible] When the Supreme Destroyer became merciful; this book was sucessfully completed. [illegible] The minds desires will be fulfilled; and no pain and suffering will come to the reader thereof.403. [illegible] ARRIL [illegible] The dumb, who come and listen will be blessed with the tongue to speak; the fool, who will listens attentively, will obtain wisdom; [illegible] Suffering, pain or fear will leave from the person, who will even once recite this Chaupai - prayer once.404. [illegible] CHAUPAI [illegible] It was Bikrami Samvat 1753; [illegible] This book was competed on the banks of Sutlej on Sunday, the eighth Sudi in the month of Bhadon. [illegible] Swaiya [illegible] Since the day I caught hold of your feet, I have not looked elsewhere; Ram, Rahim, Puranas, Quran many recite but even one does not understand. [illegible] The Simritis, Shastras and Vedas all describe many mysteries, but I do not know any of them. O sword-wielder God! All here has been described by your Grace; what can I say, it is as you have ordained (863) [illegible] Dohra [illegible] O Lord ! I have abandoned all other venues and have taken your path only. With the Lord's arm sheltering me, this is, Gobind, Your slave. (864) External Links Audio MP3 File Benti Chaupai by Tenth Guru. Dasam Granth:- Chapter 13 on pages 2259-2263 at sridasam.org www.sridasam.org Video Links Chaupai Sahib Chaupai Sahib with English Translation Audio Links Play, read, listen and learn with the full length audio. Show/ Hide Roman transliteration [illegible] Ik☬Oa'nkārSri Waheguru Ji Ki Fateh.Patshahi Dasvi. || Kabiyobaach Bentee. ||Chaupe-ee. || [illegible] Hamree karo haath dai rachhaa. || Pooran hoé chit kee ichhaa. ||Tav charnan man rehai hamaaraa. || Apnaa jaan karo prat(i)paaraa. ||1||Hamré dustt sabhai tum ghaavho. || Aap haath dai mohé bachaavho. ||Sukhee basai moro parvaaraa. || Sevak sikh sabhai kartaaraa. ||2|| [illegible] Mo rachhaa nij kar dai kariyai. || Sabh bairan ko aaj sanghariyai. ||Pooran hoé hamaari aasaa. || Tor bhajan kee rahai piaasaa. ||3||Tumhé chhaad koee avar naa dhiyaaoo(n). || Jo bar chon so tum té paaoo(n). ||Sevak sikh hamarai taareeahé. || Chun chun satr hamaaré maareeahé. ||4|| [illegible] Aap haath dai mujhai ubariyai. || Maran kaal ka traas nivariyai. ||Hoojo sadaa hamaaré pachhaa. || Sri asdhuj joo kariyho rachhaa. ||5||Raakh laiho muhé raakhanharai. || Saahib sant sahaaé piyaaré. ||Deen bandhu dusttan ké hantaa. || Tumho puree chatur das kantaa. ||6|| [illegible] Kaal paaé brahmaa bap dharaa. || Kaal paaé shivjoo avtaraa. ||Kaal paaé kar bisan prakaasaa. || Sakal kaal kaa keeaa tamaasaa. ||7||Javan kaal jogee siv kee'o. || Bedraaj brahmaa joo thee'o. ||Javan kaal sabh lok savaaraa. || Namaskaar hai taahé hamaaraa. ||8|| [illegible] Ghatt ghatt ké antar kee jaanat. || Bhale bure kee peer pachanat. ||Cheetee té kunchar asthoolaa. || Sabh par kripaa dristt kar phoola. ||11||Santan dukh paae té dukhee. || Sukh paae saadhan ké sukhee. ||Eik eik kee peer pachanai. || Ghatt ghatt ké patt patt kee janai. ||12|| [illegible] Jab udkarakh karaa kartaaraa. || Prijaa dharat tab deh apaaraa. ||Jab aakarkh karat ho kab'hoo(n). || Tum mai milat deh dhar sabh'hoo(n). ||13||Jaitai badan sristt sabh dhaarai. || Aap aapnee boojh uchaarai. ||Tum sabh'hee té rehat niraalam. || Jaanat baid bhed ar aalam. ||14|| [illegible] Aap aapnee budh hai jetee. || Barnat bhinn bhinn tuhé tetee. ||Tumraa lakhaa naa jaaé pasaaraa. || Keh bidh sajaa pratham sansaaraa. ||17||Eikai roop anoop saroopaa. || Runk bhayo raav kehee bhoopaa. ||Andaj jeraj setaj keenee. || Ut bhuj khaan bahor rach deenee. ||18|| [illegible] Jé asdhuj tav sarnee paré. || Tin ké dushtt dukhit havai maré. ||Purakh javan pug paré thiaaré. || Tin ké tum sankatt sabh taaré. ||21||Jo kal ko eik baar dhiyai hai. || Taa ké kaal nikatt nehé aihai. ||Rachhaa hoé taahé sabh kaalaa. || Dustt aristt taré(n) tatkaalaa. ||22|| [illegible] Kripaa dristt tan jaahé niharihо. || Taa ké taap tanak mo hareho. ||Ridh sidh ghar mo sabh hoee. || Dushtt chhaah chhavai sakai naa koee. ||23||Eik baar jin tumai sambhaaraa. || Kaal phaas té taahé ubaaraaa. ||Jin nar naam tihaaro kahaa. || Daarid dustt dok té rahaa. ||24|| [illegible] Kharag kait mai sarann tihaaree. || Aap haath dai leho ubaaree. ||Sarab thor mo hoho sahaaee. || Dustt dokh té leho bachaaee. ||25||Kripaa karee ham per jag mata. || Granth karaa puran subh raataa. ||Kilbikh sagal deh ko hartaa. || Dustt dokhiyan ko chhai kartaa. ||26|| [illegible] Sri asdhuj jab bhae dayiaalaa. || Pooran karaa granth tatkaalaa. ||Man baa(n)chhat phal paavai soee. || Dookh na tisai biaapat koee. ||27|| [illegible] Chaupai. || Sambat satrh sahis bhenije. || Ardh sahis phun teen kaheje. ||Bhadrrav sudee ashtmee ravivaraa. || Teer sat-drav granth sudaahraa. ||29|| [illegible] Savaiyaa. ||Paa(n)e gahe jab té tumré tab té ko'oo aa(n)kh taré nehee aanyo. ||Ram Rahim Puran Quran anak kahai mat eek na maneyo. ||Simrat shaastr badh sabh bohu bhedh kahai ham eik na janyo. ||Sri asipaan kripaa tumree kar(i), mai na kahyo sabh tohé bakhaanyo. ||1|| [illegible] Dohraa. ||Sagal duaar kau chhaad kai gahe'o tuhaaro duaar. ||Baa(n)he gahe kee laaj as Gobind daas tuhaar. ||Waheguru Ji Ka Khalsa || Waheguru Ji Ki Fateh ||Show/ Hide Roman transliteration Chaupai Sahib is one of the most powerful and beloved Sikh prayers. Also known as Benti Chaupai, this sacred Bani is a heartfelt plea (benti) or ardaas to Waheguru for protection from both physical and spiritual enemies. Composed by the tenth Sikh Guru, Guru Gobind Singh Ji, Chaupai Sahib Path is a part of the Dasam Granth, the second most revered scripture in Sikhism after Guru Granth Sahib. This Bani holds a central place in Sikh daily practice, being one of the five Banis recited as Nitnem in the morning or as part of Rehras Sahib during the evening Sikh prayers. Known for its energizing and transformative impact, Chaupai Sahib brings mental clarity, inner peace, and a spiritual shield to the devotee. Structurally, it is composed of three key parts: Kabiyo Bach Benti Chaupai, Arril & Chaupai, and Savaiye & Dohra—each section reinforcing the Sikh values of faith, courage, and divine protection. Regularly reciting Chaupai Sahib Path offers countless benefits: Protection from negative energies and evil influences Mental peace and focus, reducing stress and anxiety Builds spiritual grounding and emotional resilience Encourages positive energy and discipline Aids in Sikh meditation and mindful living Chaupai Sahib can be recited during: Morning Nitnem (with Japji Sahib and Jaap Sahib) Evening Nitnem (often with Rehras Sahib) Before sleep for calm and spiritual protection During travel or challenging situations Sit in a quiet, clean space Focus on correct Chaupai Sahib pronunciation Recite with devotion and clarity Listen to Chaupai Sahib audio or Chaupai Sahib slow path for support The author of Chaupai Sahib is Guru Gobind Singh Ji, who composed it as a part of the Sri Dasam Granth Sahib. This Bani reflects his dual role as a spiritual teacher and a fearless warrior. It was written not only to uplift the human spirit but to energize his followers to stand for righteousness and divine justice. ▯ Read Full Chaupai Sahib Path ➤ ▯ Download Chaupai Sahib PDF ➤ ▯ Chaupai Sahib MP3 Download ➤ Chaupai Sahib in Hindi ➤ Chaupai Sahib in Punjabi ➤ Chaupai Sahib in English ➤ ✍ Written Version ➤ In our fast-paced, stressful world, Chaupai Sahib remains a timeless spiritual tool. Its ability to cleanse the mind, inspire courage, and invoke divine protection makes it especially relevant for today's seekers. Whether you are facing exams, emotional turmoil, or simply need a moment of peace, Chaupai Sahib for strength can be your companion. Chaupai Sahib is one of the most powerful and revered prayers in Sikhism, composed by Guru Gobind Singh Ji, the tenth Sikh Guru. It is a part of the larger composition called Sri Dasam Granth Sahib and is recited daily by devout Sikhs for protection, strength, and spiritual upliftment. The prayer is particularly known for its ability to instill courage, remove fear, and invoke divine blessings. [illegible] Historical BackgroundChaupai Sahib was composed by Guru Gobind Singh Ji in the early 18th century during a crucial period of Sikh history. At this time, the Sikh community faced immense persecution from the Mughal rulers and other adversaries. Guru Gobind Singh Ji, who had established the Khalsa in 1699, was actively engaged in battles to protect religious freedom and uphold righteousness.Benefits of Reciting Chaupai SahibChaupai Sahib is believed to bring numerous spiritual and practical benefits to those who recite it with devotion. Some of these benefits include:Divine Protection: It is recited by Sikhs worldwide to seek safety from physical and spiritual harm.Strength and Courage: The bani empowers individuals with the strength to face difficulties without fear.Mental Peace and Focus: Regular recitation helps in calming the mind and increasing concentration.Removal of Obstacles: It is known to eliminate hurdles and challenges in life.Boosts Spiritual Growth: Chanting Chaupai Sahib deepens one's connection with the divine and enhances faith.When and How to Recite Chaupai SahibSikhs recite Chaupai Sahib at different times of the day, but it is commonly included in the evening prayer Rehras Sahib. Many individuals also choose to recite it:In the morning for a strong start to the day.Before embarking on a journey for divine protection.During difficult times for courage and support.The prayer can be recited aloud or in the mind, with full concentration and devotion.Tips for BeginnersIf you are new to reciting Chaupai Sahib, here are some helpful tips to get started:Start with Understanding: Read the meaning of each verse to fully grasp its significance. Listening to recitations by experienced individuals can help with pronunciation and rhythm. Recite Chaupai Sahib at a fixed time daily to make it a consistent practice.Find a quiet place free from distractions for better concentration.If the entire prayer seems overwhelming, start with a few pauris and gradually increase over time.Feel the meaning of the words and recite with love and sincerity.Teachings of Chaupai SahibChaupai Sahib imparts several profound spiritual and moral teachings that guide individuals in their daily lives. Some of the key teachings include:The prayer encourages complete trust in the Almighty, recognizing Him as the ultimate protector and savior. It instills the courage to face challenges and adversities without fear, emphasizing that those who have faith in God need not fear anyone.Justice and Righteousness: Chaupai Sahib reinforces the importance of standing up against injustice and oppression, a principle deeply rooted in Sikh teachings.Seeking Divine Assistance: It highlights the need to seek God's guidance in all aspects of life, ensuring that one remains on the path of righteousness.Eradication of Ego and Evil: The bani teaches that humility and devotion to God help in overcoming ego, negativity, and wicked influences.Spiritual Strength and Inner Peace: By reciting Chaupai Sahib, one can develop inner peace, mental clarity, and a sense of divine connection.Cultural and Spiritual ImpactCultural ImpactChaupai Sahib holds immense cultural significance within Sikhism and beyond. It has been an integral part of Sikh heritage, shaping the identity and resilience of the community. The prayer is deeply embedded in Sikh traditions and is often recited at major religious gatherings, Gurdwaras, and during personal moments of reflection.Spiritual ImpactOn a spiritual level, Chaupai Sahib serves as a powerful tool for personal transformation and divine connection. Its teachings inspire devotees to develop a strong faith in God, live with righteousness, and overcome fear. 1.Who wrote Chaupai Sahib? Chaupai Sahib was composed by Guru Gobind Singh Ji, the tenth Sikh Guru. 2. How long does it take to recite Chaupai Sahib? It typically takes about 5 to 10 minutes to recite Chaupai Sahib, depending on the pace of recitation. 3. Can Chaupai Sahib be recited at any time of the day? Yes, Chaupai Sahib can be recited at any time, though it is commonly included in the evening prayer, Rehras Sahib. 4. Are there any specific benefits of reciting Chaupai Sahib daily? Yes, daily recitation provides protection, enhances courage, removes obstacles, and brings mental peace. 5 Can non-Sikhs recite Chaupai Sahib? Absolutely! Anyone seeking divine protection and spiritual strength can recite Chaupai Sahib, regardless of their faith. Comment