God's name is the cure for all ailments.

This booklet contains Gurbani. Kindly handle it with care and respect.
Ek Oaang Kaar
One Vaheguru Ji

Sat Naam
The True Naam (Divine Essence)

Kartaa Purukh
The Creator

Nirbho
Without fear

Nirvair
Without enmity

Akaal Mooret
Eternal (beyond time)

Ajoonee
Beyond Birth

Sai Bhang
Self – Existent

Gur Persaad
Attained by the True- Guru’s grace.
The Word, the Bani is Guru, and Guru is the Bani. Within the Bani, the Ambrosial Nectar is contained.

If His humble servant believes, and acts according to the Words of the Guru’s Bani, then the Guru, in Person, emancipates him. (Sri Guru Granth Sahib Ji 982)

The Lord is the One who removes the three fevers; He is the Destroyer of pain, the warehouse of peace. (Sri Guru Granth Sahib Ji 712)
Malaar Mahalla 5

Malaar, Fifth Mehla:

O Lord of the Universe, O Lord of the World,
O Dear Merciful Beloved. Pause.

You are the Master of the breath of life,
the Companion of the lost and forsaken,
the Destroyer of the pains of the poor.

O All-powerful, Inaccessible, Perfect Lord,
please shower me with Your Mercy.

Please, carry Nanak across the terrible,
depth dark pit of the world to the other side.

(Sri Guru Granth Sahib Ji 1273)
Excruciating pain, countless killings, reincarnation, poverty and terrible misery are all destroyed by meditating in remembrance on the Lord’s Name.

O Nanak, just as fire reduces piles of wood to ashes.

(Sri Guru Granth Sahib Ji 1355)

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(Sri Guru Granth Sahib Ji 982)
Pauree
Pauree:

LALLA: One who takes the medicine of the Name of the Lord,

is cured of his pain and sorrow in an instant.

One whose heart is filled with the medicine of the Naam,

is not infested with disease, even in his dreams.

The medicine of the Lord’s Name
is in all hearts, O Siblings of Destiny.

Without the Perfect Guru, no one knows how to prepare it.

When the Perfect Guru gives the instructions to prepare it,

then, O Nanak, one does not suffer illness again.  (Sri Guru Granth Sahib Ji 259)
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O Destroyer of the pains and the suffering of the poor, 
O Master of each and every heart, O Masterless One:

I have come seeking Your Sanctuary. 
O God, please be with Nanak!
(Sri Guru Granth Sahib Ji 263)

The Word, the Bani is Guru, and Guru is the Bani. 
Within the Bani, the Ambrosial Nectar is contained.

If His humble servant believes, 
and acts according to the Words of the Guru’s Bani, 
then the Guru, in Person, emancipates him. 
(Sri Guru Granth Sahib Ji 982)
Standing up, I am at peace; sitting down, I am at peace.

I feel no fear, because this is what I understand.

The One Lord, my Lord and Master, is my Protector.

He is the Inner-knower, the Searcher of Hearts.

I sleep without worry, and I awake without worry.

You, O God, are pervading everywhere.

I dwell in peace in my home, and I am at peace outside.

Says Nanak, the Guru has implanted His Mantra within me.

(Sri Guru Granth Sahib Ji 1136)
Keep faith in the One Lord within your mind.

All disease, O Nanak, shall then be dispelled.

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If His humble servant believes, and acts according to the Words of the Guru's Bani, then the Guru, in Person, emancipates him.
Mandir 57
sorath mahalla 5
Sorat’h, Fifth Mehla:

गथे वलेम तेग गंज गणे
पुष्प अधुले विलय यात्री
geae kalaes rog sabh naasae
prabh apunai kirpaa dhaaree
My sufferings have come to an end,
and all diseases have been eradicated.

आठ घरौ आगयु तुम्हामी
पुष्प भाल रघामी
aath pehar aaraadou suamee pooran
ghaal hamaaree
God has showered me with His Grace.
Twenty-four hours a day,
I worship and adore my Lord and Master;
my efforts have come to fruition.

गति नीई
हु मथ मंथड़ि गमि
har jeeo
tu sukh sanpath raas
O Dear Lord,
You are my peace, wealth and capital.

गधि हैर गती भेजे बढ़ि
पूछ अगो अवगमि
raakh laihu bhai mayray ko
prabh aagai ardaas.
Please, save me, O my Beloved!
I offer this prayer to my God.
Whatever I ask for, I receive;  
I have total faith in my Master.

Says Nanak, I have met with the Perfect Guru,  
and all my fears have been dispelled.

All sorts of remedies have not cured the disease  
the disease is cured only by giving the medicine of the Lord’s Name.

(Sri Guru Granth Sahib Ji 619)

(Sri Guru Granth Sahib Ji 288)
Raag Bilaaval, Fifth Mehla, Du-Paday, Fifth House:

One Universal Creator God. By The Grace Of The True Guru:

I have given up all other efforts, and have taken the medicine of the Naam, the Name of the Lord.

Fevers, sins and all diseases are eradicated, and my mind is cooled and soothed.

Worshipping the Perfect Guru in adoration, all pains are dispelled.

The Savior Lord has saved me; He has blessed me with His Kind Mercy.
Grabbing hold of my arm, God has pulled me up and out; He has made me His own.

Meditating, meditating, my mind and body are at peace; Nanak has become fearless.

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If His humble servant believes, and acts according to the Words of the Guru’s Bani, then the Guru, in Person, emancipates him.
The Perfect Guru has shown mercy to me, and eradicated my pains and illnesses.

My mind and body have been cooled and soothed, meditating on God, most worthy of meditation.

The Word, the Bani is Guru, and Guru is the Bani. Within the Bani, the Ambrosial Nectar is contained.

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Bilaaval, Fifth Mehla:

रोग मित्ताय कहा प्रभ
उपाय उच्च सहस्

God Himself eradicated the disease;
peace and tranquility have welled up.

वद्द पर्थाप अचार रूप
gur govin kara kare
gur goin kara kare
goiv mid ik®pw krI

The Lord blessed me with
the gifts of great, glorious radiance and wondrous form.

Har keenhe dath

The Guru, the Lord of the Universe, has shown mercy to me,
and saved my brother.

हम तिस की सर्नागटी

I am under His Protection;
He is always my help and support.

I am under His Protection;
He is always my help and support.
The prayer of the Lord’s humble servant is never offered in vain.

Nanak takes the strength of the Perfect Lord of the Universe, the treasure of excellence.

Meditating, meditating on my Guru, the True Guru, all pains have been eradicated.

The fever and the disease are gone, through the Word of the Guru’s Teachings, and I have obtained the fruits of my mind’s desires.
The Supreme Lord God, the Transcendent Lord, has forgiven me, and all diseases have been cured.

Those who come to the Sanctuary of the True Guru are saved, and all their affairs are resolved.

The Lord’s humble servant meditates in remembrance on the Naam, the Name of the Lord; this is his only support.

The Perfect True Guru extended His Mercy, and the fever has been dispelled.
So celebrate and be happy, my beloveds - the Guru has saved Hargobind.

Great is the glorious greatness of the Creator, O Nanak;
True is the Word of His Shabad,
and True is the sermon of His Teachings.
(Sri Guru Granth Sahib Ji 620)

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Within the Bani, the Ambrosial Nectar is contained.

If His humble servant believes, and acts according to the Words of the Guru’s Bani, then the Guru, in Person, emancipates him
(Sri Guru Granth Sahib Ji 982)
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