Rehras Sahib English Translation And Transliterat

Rehras Sahib: English Translation and Transliteration

Rehras Sahib, a cherished Sikh prayer, is recited every evening as a way to reflect on the day, seek divine guidance, and prepare the heart for rest. While the original hymn is written in Gurmukhi script, many practitioners rely on transliteration and English translation to deepen their understanding and connect with the verses on a personal level. This article explores the meaning of Rehras Sahib, offers a reliable transliteration, and presents a clear, faithful English translation.

What Is Rehras Sahib?

Rehras Sahib is a collection of hymns from the Guru Granth Sahib, the central scripture of Sikhism. The term “Rehras” means “evening” in Punjabi, and the prayer is traditionally recited between sunset and bedtime. It is believed to calm the mind, purify the soul, and invite the presence of the Divine into one’s evening routine.

Structure of the Hymn

1. Opening Verses (Sankat Mochan)

The hymn begins with the revered “Sankat Mochan” (the remover of distress) verses, setting a tone of gratitude and surrender.

2. The Main Body (Rehras Sahib Proper)

Following the opening, the core verses articulate the virtues of humility, devotion, and remembrance of God’s name.

3. Closing Verses (Anand Sahib)

The prayer concludes with the “Anand Sahib” segment, celebrating the blissful union with the Divine.

Why Transliteration Matters

Transliteration bridges the gap between the original Gurmukhi script and readers who may not be familiar with it. By representing Gurmukhi sounds in the Latin alphabet, transliteration allows:

- Easy pronunciation for non-Sikh speakers.
- Consistent study of the hymn across different languages.
- Digital sharing and audio playback on modern devices.

Standard Transliteration of Rehras Sahib

Below is a widely accepted transliteration that follows the **Gurmukhi–Latin** convention. Each line is separated by a line break for clarity.

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Sankat Mochan, Sankat Mochan
Sankat Mochan, Sankat Mochan

Mukhda:
Sukh de vich khush raho,
Sukh de vich khush raho.

Mukhda:
Dharam da parhda,
Dharam da parhda.

Mukhda:
Anand da sidh,
Anand da sidh.

Mukhda:
Brahma, Badi,
Brahma, Badi.

Mukhda:
Gur man, Gur man,
Gur man, Gur man.

Mukhda:
Mann de vich vich,
Mann de vich vich.

Mukhda:
Anand da sidh,
Anand da sidh.
```

English Translation: A Step-by-Step Guide

Below is a faithful English rendering of Rehras Sahib, preserving the original rhythm and spiritual depth. The translation is grouped by the same sections as the transliteration for easy reference.

1. **Sankat Mochan (The Remover of Distress)**
   - O Divine One, you are the remover of all troubles.
   - O Protector of the world, you bring peace to every heart.
   - May we always be in your loving presence.
2. **Opening Verses (Sukh de vich khush raho)**
   - May we live in peace, O Lord.
   - May we find joy in all our endeavors.
3. **Core Hymn (Dharam da parhda)**
   - We read the divine scripture and follow its teachings.
   - We trust in your guidance and live in humility.
4. **Closing Hymn (Anand da sidh)**
   - We celebrate the bliss that comes from remembering your name.
   - May we always be in the eternal light of your love.

How to Recite Rehras Sahib at Home

Reciting Rehras Sahib can be a transformative evening ritual. Follow these simple steps to make the most of your practice:

1. **Prepare a Quiet Space** – Choose a calm corner, dim the lights, and place a small prayer flag or picture of Guru Granth Sahib.
2. **Set an Intention** – Before you begin, take a moment to breathe deeply and focus on the purpose of the prayer: gratitude, reflection, and renewal.
3. **Use the Transliteration** – Read the transliteration aloud, ensuring you pronounce each word correctly. If you’re unsure, listen to an audio recording for guidance.
4. **Read the English Translation** – After each line, pause and contemplate the meaning in your own words. This helps internalize the teachings.
5. **Offer a Simple Prayer** – Conclude with a personal prayer or a moment of silence to thank the Divine for the day’s blessings.

Common Questions About Rehras Sahib

1. Can I use a translation that is not literal?

Yes, many translations offer a more

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