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Shri Guru Granth Sahib Ji, for the welfare of humanity, Satguru has recited many Baani's for making the months fruitful, he has written Barah Maah. For the fruition of the d, he has written [ap] Ji Sahib. One day Sikhs requested Guru Arjan Dev Ji that in Gurbani, the Name of God should be recited with every breath and mornel. Therefore, Shri Guru Granth Sahib Ji, in a day and night when a man inhales twenty-four thousand breaths, those breaths should be written. Satguru Ji, hearing the request of the Sikhs, wrote the Baani of Sukhmani Sahib, which gives peace to humankind and proves to be the panacea of all diseases. By recitation of this Baani - Song of Eternal Peace, man gets all the Riddhis and nine treasures of wealth. It also gives deep knowledge and eternal enlightenment. First Beneficently Reciting the Hymns of Sri Sukhmani Sahib with great devotion, we get our 24000 breaths to be successful. In Yoga tradition (Giani Gurprab Singh claimed it is written in Yoga Kalpataru): a true saint or yogi inhales 21624 breaths and the remaining are preserved. Sant Kirpal Singh, head of Shaheed Mani Singh Takhsal has written in Sri Ameer Bhandar that the common man inhales 24000 breaths. So the heads of many Deras and Sects have recently come to the conclusion that Guru Arjan Dev Ji had written the Sukhmani Sahib using 21624 full words and 2373 reserved words amounting to a total of 23997. Then to make it complete 24000, they have included 3 half-letters. So each word is to bless one breath, in that way your 24000 breaths become successful. Second Benefit: To save from the influence of the Black Age, the text of Sukhmani Sahib is a sturdy fort. In the reign of Kalyuga, mostly men are losing the balance of mind and are suffering from various diseases. The Sukhmani Sahib, by its recitation, gives a strong and healthy mind. Third Benefit: The Sukhmani Sahib even heals the diseases of the body. There is a long interlude between the birth of Karma and the appearance of Pratikarma. Sometimes there are bad Karmas, encircling you in the form of Pains or Diseases. By reciting the Baani of Sukhmani Sahib, we get rid of the disease of our Physical Body. Fourth Benefit: The Baani of Sukhmani Sahib cuts the fetters of the cycle of birth and death. Reciting the Baani of Sukhmani Sahib, a man/woman even doesn't get the comforts of this world, but he/she also gets gifts and boons of the next world. In our traditions, we have a firm belief in the fact that Human Beings have life cycles of 84 Lakhs physical bodies. By reciting the true name the bondage of Death and Birth is cut. So within the Fourth Paad or "Turiya-Avastha" only you take the non-physical body (eternal) at the cost of your Simran or True Name. Fifth Benefit: The Baani of Sukhmani Sahib even changes our Destiny. Guru is capable of erasing your bad accounts of Karma. He can even erase our bad deeds of past lives in our dreams. Reciting the Baani of Sukhmani Sahib with devotion, faith, and contentment, almighty Guru can change our fate. Sixth Benefit: The Baani of Sukhmani Sahib even changes opinions and reflections of others' minds. In all human beings nature of man's habitual behavior directly depends upon five elements. Sukhmani Sahib's Baani possesses such a potency that it can even change one's behavior and nature. It is capable of changing the conscience, thoughts, and intellect of others by divine powers. Seventh Benefit: To abandon any fault is not in our power, then increase your routine of Sukhmani Sahib; then to dispel your fault, the Guru himself will take the responsibility. Every human being holds some merits and demerits. Most of the time man soiled with worldly desires doesn't perceive his demerits. When someone surrenders and admits his/her demerits then it is also the blessing of the Guru. Reciting the Baani of Sukhmani Sahib in your Nitnem, Satguru himself takes the responsibility to dispel your demerits. Eighth Benefit: The Baani of Sukhmani Sahib gives a long and healthy life. The Sukhmani Sahib, by its recitation, gives a strong and healthy mind. Third Benefit: The Sukhmani Sahib even heals the diseases of the body. There is a long interlude between the birth of Karma and the appearance of Pratikarma. Sometimes there are bad Karmas, encircling you in the form of Pains or Diseases. By reciting the Baani of Sukhmani Sahib, we get rid of the disease of our Physical Body. Fourth Benefit: The Baani of Sukhmani Sahib cuts the fetters of the cycle of birth and death. Reciting the Baani of Sukhmani Sahib, a man/woman even doesn't get the comforts of this world, but he/she also gets gifts and boons of the next world. 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For the first 4 days don't attempt to memorize it, just read it 7-10 times. On the fourth day or the fifth day, or when you can do this baani in less than minute and a half (one ang or one ashtpadhi), further divide this baani into 4 or 5 parts and memorize one part a day for next 3-4 days. By the end of the week, you should have this baani memorized completely. The loving singhs of Guru Sahib, memorize as much baani as possible. If someone can post the original pankiti, that will be great.Baba Harnaam Singh Rampur Khere waale, warned his close associates to memorize as much baani as possible. He said that a very bad time is coming up and Gurbani will become rare (Durlabh is the word he used).Faithful Muslims, the diwaanyay of Prophet Mohammad, out of love for Koran Shareef memorize the whole of Koran Sharif and such faithful Muslims are called Haafiz i.e. ones who "hifaz" the Koran". Prophet Mohammad encouraged his followers to memorize Koran and this is the reason why Koran has stayed unchanged over so many years. At any given time, there are numerous haafiz of Koran.Many Old time Pandits had 4 Vedas memorized and it is said that Vedas were put in writing only few thousand years agoFather of Sardar Kahn Singh Nabha, had whole of Guru Granth Sahib jee memorized and he was an "Atee Akhand Paatheeh". An Atee Akhand Paatheeh is such Khalsa who can do the whole of Siri Akhand Paath Sahib in one sitting without stopping. Once the Nabha-pat (King of Nabha) asked Bhai Sahib (S. Kahn Singh's father) to recite whole of Siri Akhand Paath in one sitting. Bhai Sahib agreed and he did the whole Akhand Paath in one sitting. He was a great gursikh. His name was Baba Narayan Singh.Baani is the adhaar (foundation) of a Sikh and it is not possible to always read baani from Gutka or pathi. Sometimes we may be stuck in such situations where we may not have access to Gurbani. Are we going to stop doing path then? In order to protect our Rehit, we must try our best to memorize Nitnem, Siri Sukhmahi Sahib and Asa kee Vaar. This much Baani is a must to memorize because this is how much Baani we should strive to do path of, everyday.Bhai Sahib Randhir Singh jee had great amount of baani memorized. He wrote whole of Gurmat Bibek, without the help of any pathi as he was in jail at that time. All the parmaans (references) to Gurbani in that book were from his memory. There are about 500 quotes from Gurbani in this book of Bhai Sahib. It is amazing to see how much baani he had memorized. Bhai Sahib writes that after amrit, he used to do Sukhmahi Sahib all the time. How could he have done it, if he had not had it memorized?It is said that if we continue to memorize something as we get older, our mind stays stronger and fresh. After finishing studies, most people stop learning anything more and sensing this, our body acts to free up the cells in brain that are intended for memory. If we start to memorize baani, our mind will become more sharp and there is no limit to how much baani we can memorize.The best way to memorize baani is to take baby-steps in memorizing it. Say, you want to memorize Siri Sukhmahi Sahib. Give yourself one week to memorize one ashtpadhi. Read that ashtpadhi about 8-10 times a day and on day 4, start memorizing the paunis one by one. You will be surprised how easily you will have it memorized. If we memorize one ashtpadhi a week, we can have Siri Sukhmahi Sahib memorized in less than 6 months. Can you imagine the benefits of having this baani memorized?Similarly, it is imperative to memorize Siri Asa kee Vaar. If we don't have this baani memorized, we just have to sit and listen to the kirtan but if we have it memorized we can sing and listen to baani. This is double laaha. Our rasna will get pure while singing this baani and we can keep our eyes closed to minimized distractions. Of course, we still have to listen to it. Here is a summary of formula that worked for me:Attempt to memorize one Ang of Siri Guru Granth Sahib jee at a time. One ang would be roughly equal to one ashtpadhi (actually little less than that) of Siri Sukhmahi Sahib. Give yourself at least a week and maximum two weeks to memorize this much baani.Remember that a drop may seem very little but if poured consistently, drops can fill a bucket over time. Same way, be patient and memorize little by little and soon you can memorize a lot of baani.The baani that you are going to memorize in a week or two, should be read at least 7-10 times a day. This will take you only 15 minutes or so. For the first 4 days don't attempt to memorize it, just read it 7-10 times. On the fourth day or the fifth day, or when you can do this baani in less than minute and a half (one ang or one ashtpadhi), further divide this baani into 4 or 5 parts and memorize one part a day for next 3-4 days. By the end of the week, you should have this baani memorized.Above all, do ardaas before Guru Sahib to have you memorize his baani.There are many other ways to memorize baani but this is the way I know and have tested on myself. If anyone can benefit from this, I will be greatly thankful to Guru Sahib.Daas,Kulbir SinghReply Quote TweetFacebookPage 14QuoteBhai Kulbir Singh jee wht baania should a gursikh read on to of his nitnaan everday as a mustAs per what we hear from purataan Gurmukhs, apart from the prescribed 5 baanis in the morning and 2 in the evening, a Gursikh should do Siri Sukhmahi Sahib and Siri Asa kee Vaar. Some Gursikhs also suggest adding Ramlaki kee Vaar, Baramahsa Sahib and Basant kee Vaar. 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