

## **Shabad and Paath**

**This cribsheet offers some suggestions for the recital of prayers and shabads in situations that might arise in the day to day work of a Sikh chaplain**

### **Suggested shabaads for certain situations.**

1. Peace - jagath jalanda rakh lai
2. Thanksgiving - Tera keetha jatho nahi
3. Love - Jin prem kio thin hee prabh paiyo
4. Joy - Lakh kushia pathshahia or Anand sahib
5. Healing - Waheguru, Ardas, Dukh Rog Santap Utria or Rogi Ka Tum Khando Rog
6. Faith and Doubt - Mehervan sahib mehervan
7. Change - (would include new beginnings) Pichle augun baksh lai prabh aagey matag paavey
8. Anxiety - (about being hosp etc) Chinta ta ki kijeya jo unhoni hoe
9. Waiting/Patience - Wahaguru Simran
10. Struggle - Wahaguru simran, auki gharri na dekan dehi or sukhmani sahib
11. Suffering/pain - Wahaguru, rogan tey ar sogan tey, sukhmani sahib or har nam tye ke
12. Despair/depression/suicidal thoughts -
13. Wahaguru, ardas, thoo kaahae ddolehi praaneeaa thudhh raakhaigaa sirajanehaar or ramkali sadh
14. Loss/Death - Wahaguru simran, kirtan sohila, chopai sahib, sukhmani sahib, ardas or kiv jana kiv maregga kesa marna hoi
15. Caring - (as carer, also thinking of health staff, etc) wahaguru simran ardas or tu mera pita tu mera mata
16. A gift of blessing - Lakh khusia pathshaia