



Camp Gurmat
Dallas, Texas

GURBANI KIRTAN BOOK

(in Punjabi and English)

"A step by step self learning instructions book"

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Tabla Notes by Sukhwinder Singh

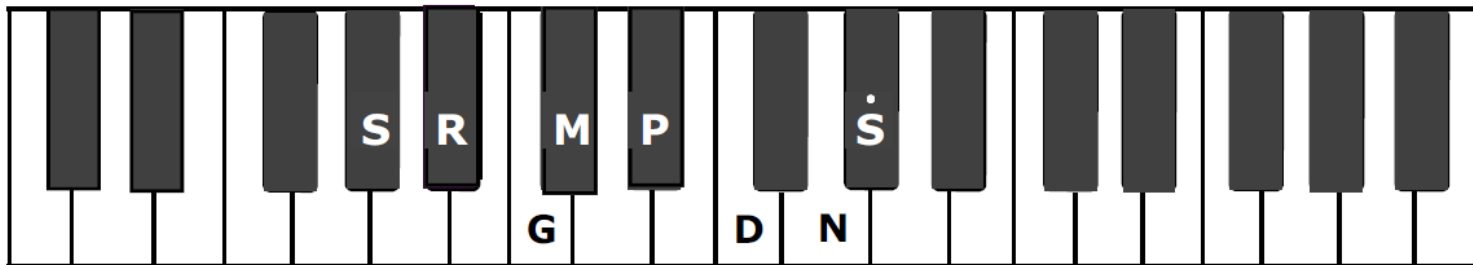
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KEY BOARD - SEVEN NOTES

(Children below 13 and Women)



Standard scale note Sa is the 4th black note from the left for children below age 13 and for women. Which will be used in this book.

Try with your 1st finger, press 4th Black note, which is S, then pump the fan. You will listen to a sound.

Keep holding this note for few seconds, listen to the sound and sing Sa on same pitch. Make sure you sing louder than the Harmonium Sound.

Komal and Teebar Notes and 3 types of Saptaks

There are 5 Black Notes and 7 White notes in one Saptak (Octave).
 S and P are single notes in one Saptak and R, G, M, D and N are double notes.

Each 1st note in R, G, D and N is Komal
 and each 2nd note is Sudh

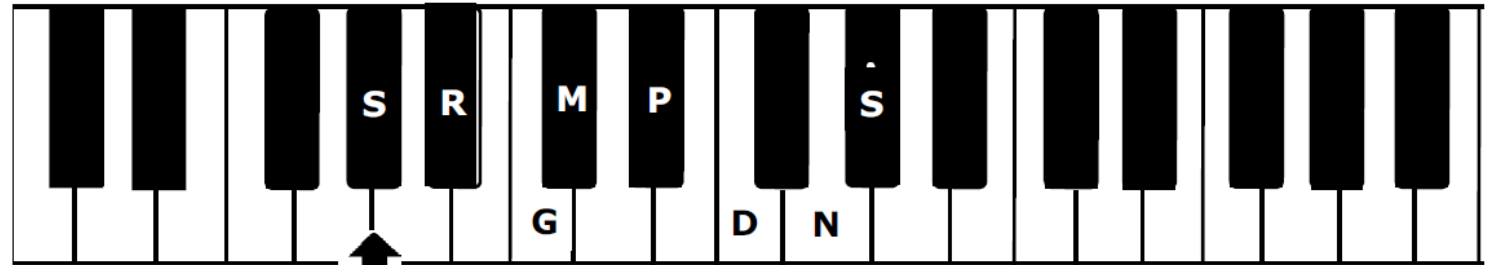
1st M is the flat and then is the Teebar M

Komal notes are shown as R G D N and Teebar M is as [!]M

Lower Saptak

Middle Saptak

Higher Saptak



S R G M P D N

S R G M P D N

[!]S [!]R [!]G [!]M [!]P [!]D [!]N

1. Lower / Mand Saptak
 (a dot under the note)

2. Middle / Madh Saptak
 (No dot anywhere)

3. High / Taar Saptak
 (a dot over the note)

Important things to know

1. Aroh and Avroh: It's the sequence of notes in a Raag in ascending and descending order.

S R G M P D N Ṡ
Ṡ N D P M G R S

2. Vaadee- Samvaadee: Vaadee is the most important note of the Raag and Samvaadee is the second important note, both used frequently.
3. Pakad or Mukh Ang: A sequence of notes which identifies the Raag.
4. Jaatee: Its based on the number of notes used in a Raag.
 - A. Sampooran: 7 notes
 - B. Shaadav: 6 notes
 - C. Audav: 5 Notes
5. Asthaae and Antra: Asthaae is the beginning part of the shabad and repeated after each antra. Antraa is second part of the shabad mostly sung once.
6. Taan: It's the combination of notes rendered in a faster speed 2 or more notes in a beat or matra in ascending or descending order.
7. Taal: It's a repeating cycle of certain beats called Bols. A cycle consists of a fixed number of beats. Example : Teentaal has 16 beats and Kehrwa Taal has 8 beats.

Here are some of the exercises, that will help you learn faster, as more you will practice on these exercises, you will feel comfortable.

Exercise 1

Use Finger as shown below

| | | | | | | | | |
|----------|-----------|------------|------------|-----------|-----------|------------|------------|-----------|
| | 1st | 2nd | Th | 1st | 2nd | Th | 1st | 2nd |
| Upward | Sa | Re | Ga | Ma | Pa | Dha | Nee | Ṡa |
| Downward | Ṡa | Nee | Dha | Pa | Ma | Ga | Re | Sa |

- Note:** If you feel it is hard to sing, pump the waja and press the notes, at the same time, follow these steps:
1. Press the notes only (No singing no pumping) (5 to 7 times)
 2. Press the notes and sing (Do not pump) (5 to 7 times)
 3. Sing the notes, pump and press the notes together (5 to 7 times)

Exercise 2.

| | | | | | | | | |
|----------|--------------|---------------|---------------|--------------|--------------|---------------|---------------|-------------|
| | 1st | 2nd | Thumb | 1st | 2nd | Thumb | 1st | 2nd |
| Upward | Sa Sa | ReRe | Ga Ga | Ma Ma | Pa Pa | DhaDha | NeeNee | ṠaṠa |
| Downward | Ṡa Ṡa | NeeNee | DhaDha | PaPa | Ma Ma | GaGa | ReRe | SaSa |

Watch your fingers ! Are you using same fingers shown on the top of the Notes.

Shortcut for fingers- 1 = 1st finder, 2 = 2nd finger, T = thumb, 3 = 3rd finger

Exercise 3.

| | | | | | |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 1 2 T | 2 T 1 | T 1 2 | 1 2 T | 2 T 1 | T 1 2 |
| SRG | RGM | GMP | MPD | PDN | DNS. |

| | | | | | |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 2 1 T | 1 T 2 | T 2 1 | 2 1 T | 1 T 2 | T 2 1 |
| S.ND | NDP | DPM | PMG | MGR | GRS |

Exercise 4.

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| 1 2 T 2 | 1 T 1 2 | T 1 2 3 | 1 2 T 3 | 1 T 1 2 |
| SRGM | RGMP | GMPD | MPDN | PDNS. |

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| 2 1 T 1 | 3 T 2 1 | 3 2 1 T | 2 1 T 1 | 2 T 2 1 |
| S.NDP | NDPM | DPMG | PMGR | MGRS |

Exercise 5.

| | | | |
|------------------|------------------|------------------|------------------|
| 1 2 T 1 2 | 1 T 1 2 3 | T 1 2 T 3 | 1 2 T 1 2 |
| SRGMP | RGMPD | GMPDN | MPDNS. |

| | | | |
|------------------|------------------|------------------|------------------|
| 2 1 T 2 1 | 3 T 2 1 T | 3 2 1 T 1 | 2 1 T 2 1 |
| S.NDPM | NDPMG | DPMGR | PMGRS |

Exercise 6. SRGG RGMM GMPP MPDD PDNN DNS.S.
S.NDD NDPP DPMM PMGG MGRR GRSS

Exercise 7. SRS GG RGRMM GMGPP MPMDD PDPNN DNDS.S.
S.NSDD NDNPP DPDMM PMPGG MGMRR GRGSS

Try exercise No. 8 with only two or three fingers.

Exercise 8. SG RM GP MD PN DS.
S.D NP DM PG MR GS

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ
ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Ikonkaar Satnaam Kartaa Purakh Nirbhao Nirvair
Akaal Moorat Ajoonee Saibhang Gurparsaad

ONE UNIVERSAL CREATOR GOD. HIS NAME IS TRUTH.
CREATIVE BEING PERSONIFIED. NO FEAR. NO HATRED.
IMAGE OF THE UNDYING, BEYOND BIRTH, SELF-EXISTENT.
BY GURU'S GRACE.

MOOL MANTR = IK ON KAAR ਮੂਲ ਮੰਤਰ

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---------|-----|-----|-----|-------|-----|-----|------|-------|----------------|
| Tune 1 | D | D | P | P | M | - | - | - | Play once |
| Words 1 | Ik | on | kaa | r | sa | t | naa | m | sing all lines |
| Fingers | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | once only |
| | | | | | | | | | |
| Words 2 | D | D | P | P | M | - | - | - | |
| | Kar | taa | pu | rakh | Ni | r | bhao | .. | |
| | | | | | | | | | |
| Words 3 | D | D | P | P | M | - | - | - | |
| | Ni | r | wai | r-A | kaa | l | moo | rat-A | |
| | | | | | | | | | |
| Words 4 | D | D | P | P | M | - | - | - | |
| | Joo | ni | sai | Bhang | Gur | par | saa | d | |

Blank

NOTATION FOR

Taal Kehrwa 8 Beats

Amrit Kirtan.127.

Naam Simran Waheguru

SGGS..1402..

| | | | |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

| | | | |
|---|---|---|---|
| 5 | 6 | 7 | 8 |
|---|---|---|---|

Tune 1.

| | | | |
|---|---|---|---|
| G | G | P | P |
|---|---|---|---|

Words

| | | | |
|----|----|-----|------|
| Wa | .. | hay | ..gu |
|----|----|-----|------|

Tune 2.

| | | | |
|---|---|---|---|
| D | D | P | P |
|---|---|---|---|

Words

| | | | |
|----|----|-----|------|
| Wa | .. | hay | ..gu |
|----|----|-----|------|

Tune 3.

| | | | |
|---|---|----------|----------|
| Ṣ | Ṣ | <u>N</u> | <u>N</u> |
|---|---|----------|----------|

Words

| | | | |
|----|----|-----|------|
| Wa | .. | hay | ..gu |
|----|----|-----|------|

Tune 4.

| | | | |
|---|---|---|---|
| D | D | P | P |
|---|---|---|---|

Words

| | | | |
|----|----|-----|------|
| Wa | .. | hay | ..gu |
|----|----|-----|------|

| | | | |
|---|---|---|---|
| M | M | M | M |
|---|---|---|---|

| | | | |
|-----|----|----|----|
| roo | .. | .. | .. |
|-----|----|----|----|

| | | | |
|---|---|---|---|
| M | M | M | M |
|---|---|---|---|

| | | | |
|-----|----|----|----|
| roo | .. | .. | .. |
|-----|----|----|----|

| | | | |
|---|---|---|---|
| D | D | D | D |
|---|---|---|---|

| | | | |
|-----|----|----|----|
| roo | .. | .. | .. |
|-----|----|----|----|

| | | | |
|---|---|---|---|
| M | M | M | M |
|---|---|---|---|

| | | | |
|-----|----|----|----|
| roo | .. | .. | .. |
|-----|----|----|----|

Silent once

Sing 4 times

Sing 4 times

Sing 4 times

Sing 4 times

then sing line 1 four times only

Repeat as many times you want

Naam simran makes you healthy, happy and a good person

NOTATION FOR SHABAD . Tum Sarnaa-ee Aa-i-aa Thaakur.

Taal Kehrwaa 8 Beats

Amrit Kirtan Page 72

SGGS ..1218-19

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---------|-----|------|----------|----------|-----|------|------|-----|------------------------|
| Tune 1. | M | M | M | M | M | M | G | G | Silent |
| Words | Tum | Sar | Naa | ee | Aa | i-aa | Thaa | kur | |
| | | | | | | | | | 1 & 2 once together |
| Tune 2. | M | M | P | P | M | M | M | M | Sing twice together |
| Words | Tum | Sar | Naa | ee | Aa | i-aa | ... | ... | |
| | | | | | | | | | |
| Tune 3. | P | P | <u>D</u> | <u>D</u> | P | P | M | M | Play twice |
| Words | Ut | r-Ga | yo | Mere | Man | Kaa | Sun | saa | |
| | | | | | | | | | Sing Twice |
| Tune 4. | M | M | M | M | M | M | G | G | Sing once with # 5 and |
| Words | Jab | Tay | Dar | san | Paa | i-aa | Thaa | kur | |
| | | | | | | | | | |
| Tune 5. | M | M | P | P | M | M | M | M | |

ਸਾਰਗ ਮਹਲਾ ੫ ॥

ਠਾਕੁਰ ਤੁਮ੍ ਸਰਣਾਈ ਆਇਆ ॥

ਉਤਰਿ ਗਇਓ ਮੇਰੇ ਮਨ ਕਾ ਸੰਸਾ ਜਬ ਤੇ ਦਰਸਨੁ ਪਾਇਆ ॥ ੧ ॥ ਰਹਾਉ ॥

ਅਨਬੋਲਤ ਮੇਰੀ ਬਿਰਥਾ ਜਾਨੀ ਅਪਨਾ ਨਾਮੁ ਜਪਾਇਆ ॥

ਦੁਖ ਨਾਠੇ ਸੁਖ ਸਹਜਿ ਸਮਾਏ ਅਨਦ ਅਨਦ ਗੁਣ ਗਾਇਆ ॥ ੧ ॥

ਬਾਹ ਪਕਰਿ ਕਢਿ ਲੀਨੇ ਅਪੁਨੇ ਗ੍ਰਿਹ ਅੰਧ ਕੂਪ ਤੇ ਮਾਇਆ ॥

ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਬੰਧਨ ਕਾਟੇ ਬਿਛੁਰਤ ਆਨਿ ਮਿਲਾਇਆ ॥ ੨ ॥ ੫੧ ॥ ੭੪ ॥

Saarang Mahalla Punjwaa

Thaakur tum sarnaa-ee aa-e-aa.

Utar Ga-e-o mayray man kaa sansaa, jab tay darsan paa-e-aa.

Unbolat mayree birthaa jaanee, apnaa naam japaa-e-aa.

Dukh naathay sukh sehej samaa-ay, anad anad gun gaa-e-aa.

Baah pakar katdh leenay apnay, greh andh koop tay maa-e-aa.

Kaho Naanak gur bandhan kaatay, bichurat aan milaa-e-aa.2.51.

NOTATION FOR SHABAD

Rakha Ayk Hamara Suami

Taal Kehrwaa 8 Beats

Amrit Kirtan Page .176

SGGS .1136.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|

| | | | | | | | | | | | | | | | | |
|--------|-----|----|-----|----|-----|-----|-----|-----|-----|----|-----|----|-----|-----|----|----|
| Words | Ra | .. | kha | .. | Ai | .. | k | ha | ma | .. | ra | .. | su | .. | mi | .. |
| Tune 1 | S | S | G | G | M | M | P | P | M | M | P | P | M | M | G | G |
| Words | Sa | ga | l | gh | taa | .. | kaa | .. | an | .. | ta | r | ja | .. | mi | .. |
| Tune 2 | N | N | N | N | D | D | P | P | M | M | P | P | M | M | G | G |
| Words | Oo | .. | tha | t | su | khi | aa | .. | bai | .. | tha | t | su | khi | aa | .. |
| Tune 3 | G | G | M | M | P | P | N | N | Ś | Ś | Ś | Ś | R | N | Ś | Ś |
| Words | Bha | o | na | hi | laa | .. | gai | jaa | ai | .. | say | .. | bhu | jhi | aa | .. |
| Tune 4 | N | N | N | N | D | D | P | P | M | M | P | P | M | M | G | G |

sing rest of the lines on tune no. 3 and 4

ਭੈਰਉ ਮਹਲਾ ੫ ॥ (੧੧੩੬)

ਉਠਤ ਸੁਖੀਆ ਬੈਠਤ ਸੁਖੀਆ ॥ ਭਉ ਨਹੀ ਲਾਗੈ ਜਾਂ ਐਸੇ ਬੁਝੀਆ ॥ ੧ ॥

ਰਾਖਾ ਏਕੁ ਹਮਾਰਾ ਸੁਆਮੀ ॥ ਸਗਲ ਘਟਾ ਕਾ ਅੰਤਰਜਾਮੀ ॥ ੧ ॥ ਰਹਾਉ ॥

ਸੋਇ ਅਚਿੰਤਾ ਜਾਗਿ ਅਚਿੰਤਾ ॥ ਜਹ ਕਹਾਂ ਪ੍ਰਭੁ ਤੂੰ ਵਰਤੰਤਾ ॥ ੨ ॥

ਘਰਿ ਸੁਖਿ ਵਸਿਆ ਬਾਹਰਿ ਸੁਖੁ ਪਾਇਆ ॥ ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਆ ॥ ੩ ॥ ੨ ॥

Bhairo Mahalla Punjwaa (1136)

Oothat sukheea Baithat sukheea.

Bhao nahee laagai jaa aisay bujheea.1.

Raakhaa ayk hamaaraa svaamee.

Sagal ghataa kaa antarjaamee.Rahao.

So-ay achintaa jaag achintaa.

Jahaa kahaa prabh too vartantaa.2.

Ghar sukh vasiaa baahar sukh paa-i-aa.

Kaho Naanak gur mantr drirha-i-aa.3.

NOTATION FOR SHABAD

Kar kirpaa prabh deen

Taal Kehrwaa 8 Beats

Amrit Kirtan Page .164..

SGGS 563

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

| | | | | | | | | | | | | | | | | |
|--------|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|
| Words | Ka | r | ki | r | paa | .. | pra | bh | dee | .. | n | d | yaa | .. | laa | .. |
| Tune 1 | S | R | M | P | D | D | D | D | M | P | D | P | M | M | M | M |
| Words | Tay | .. | ree | .. | oa | .. | t | Pu | ra | n | Go | .. | paa | .. | laa | .. |
| Tune 2 | Ṣ | Ṣ | Ṣ | Ṣ | Ṙ | Ṙ | Ṣ | Ṣ | D | D | P | P | M | P | D | D |
| Words | An | .. | ta | r | Jaa | .. | mi | .. | So | .. | pra | bh | pu | .. | raa | .. |
| Tune 3 | D | D | Ṣ | Ṣ | Ṙ | Ṙ | Ṣ | Ṣ | D | D | Ṣ | Ṣ | Ṙ | Ṙ | Ṣ | Ṣ |
| Words | Daa | .. | .. | n | De | h | Saa | .. | dhu | .. | ki | .. | dhu | .. | raa | .. |
| Tune 4 | D | D | P | P | M | M | P | P | D | D | P | P | M | M | M | M |

Sing rest of the lines on tune no. 3 & 4

ਵਡਹੰਸੁ ਮਃ ਪ ॥ (ਪ੬੩) {ਅੰ ਕੀ: ੧੬੪)
 ਅੰਤਰਜਾਮੀ ਸੋ ਪ੍ਰਭੁ ਪੂਰਾ ॥ ਦਾਨੁ ਦੇਇ ਸਾਧੂ ਕੀ ਧੂਰਾ ॥ ੧ ॥
ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਦੀਨ ਦਇਆਲਾ ॥ ਤੇਰੀ ਓਟ ਪੂਰਨ ਗੋਪਾਲਾ ॥ ੧ ॥ ਰਹਾਉ ॥
 ਜਲਿ ਥਲਿ ਮਹੀਅਲਿ ਰਹਿਆ ਭਰਪੂਰੇ ॥ ਨਿਕਟਿ ਵਸੈ ਨਾਹੀ ਪ੍ਰਭੁ ਦੂਰੇ ॥ ੨ ॥
 ਜਿਸ ਨੋ ਨਦਰਿ ਕਰੇ ਸੋ ਧਿਆਏ ॥ ਆਠ ਪਹਰ ਹਰਿ ਕੇ ਗੁਣ ਗਾਏ ॥ ੩ ॥
 ਜੀਅ ਜੰਤ ਸਗਲੇ ਪ੍ਰਤਿਪਾਰੇ ॥ ਸਰਨਿ ਪਰਿਓ ਨਾਨਕ ਹਰਿ ਦੁਆਰੇ ॥ ੪ ॥ ੪ ॥

Wad-hans Mahallaa Punjwaa. (SGGS 563)

Anterjaamee so prabh pooraa. Daan deh saadoo ki dhooraa.1.

Kar kirpaa prabh deen da-yaalaa. Tayree oat pooran gopaalaa.1.Rahao.

Jal thal mahial rahiaa bharpooray. Nikat vasay naahee prabh dooray.2.

Jisno nadar karay so dhiaa-e. Aath peher har kay gunn gaa-e.3.

Jeea jant saglay pratipaaray. Saran pario Naanak har duaaray.4.

NOTATION FOR SHABAD

Sewak kee ardaas piaa-ray.

Taal Kehrwaa 8 Beats

Amrit Kirtan Page 70.

SGGS ..562-63

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|-----|----|-----|----------|----------|----------|----------|----------|----------|----|----------|----------|----------|----------|-----|----|---|
| Words | Se | .. | wa | k | ki | .. | A | r | daa | .. | s | pi | aa | .. | ray | .. | |
| Tune 1 | D | P | D | <u>N</u> | D | P | M | M | G | S | G | M | D | P | M | M | |
| Words | Ja | p | ji | .. | wa | .. | pra | bh | Cha | ra | n | Tu | maa | .. | ray | .. | |
| Tune 2 | M | M | D | <u>N</u> | <u>S</u> | <u>S</u> | <u>S</u> | <u>S</u> | <u>S</u> | N | <u>S</u> | <u>R</u> | <u>N</u> | <u>N</u> | D | D | |
| Words | Too | .. | Bay | .. | an | t | ko | .. | Vi | r | laa | .. | Jaa | .. | nai | .. | |
| Tune 3 | M | M | G | R | G | - | R | S | R | - | P | - | M | - | - | - | |
| Words | Gu | r | Pa | r | saa | .. | d | ko | sa | ba | d | Pa | chh | aa | nai | .. | |
| Tune 4 | M | M | D | <u>N</u> | <u>S</u> | <u>S</u> | <u>S</u> | <u>S</u> | <u>S</u> | N | <u>S</u> | <u>R</u> | <u>N</u> | <u>N</u> | D | D | |

Sing rest of the lines on Tune no. 3 and 4.

ਵਡਹੰਸੁ ਮਹਲਾ ੫ ॥ (੫੬੨-੬੩)

ਤੂ ਬੇਅੰਤੁ ਕੋ ਵਿਰਲਾ ਜਾਣੈ ॥ ਗੁਰ ਪ੍ਰਸਾਦਿ ਕੋ ਸਬਦਿ ਪਛਾਣੈ ॥ ੧ ॥

ਸੇਵਕ ਕੀ ਅਰਦਾਸਿ ਪਿਆਰੇ ॥ ਜਪਿ ਜੀਵਾ ਪ੍ਰਭ ਚਰਣ ਤੁਮਾਰੇ ॥ ੧ ॥ ਰਹਾਉ ॥

ਦਇਆਲ ਪੁਰਖ ਮੇਰੇ ਪ੍ਰਭ ਦਾਤੇ ॥ ਜਿਸਹਿ ਜਨਾਵਹੁ ਤਿਨਹਿ ਤੁਮ ਜਾਤੇ ॥ ੨ ॥

ਸਦਾ ਸਦਾ ਜਾਈ ਬਲਿਹਾਰੀ ॥ ਇਤ ਉਤ ਦੇਖਉ ਓਟ ਤੁਮਾਰੀ ॥ ੩ ॥

ਮੋਹਿ ਨਿਰਗੁਣ ਗੁਣ ਕਿਛੁ ਨ ਜਾਤਾ ॥ ਨਾਨਕ ਸਾਧੂ ਦੇਖਿ ਮਨੁ ਰਾਤਾ ॥ ੪ ॥ ੩ ॥

Wad-hans Mahallaa Punjwaa (SGGS 562-63)

Too bay-ant ko virlaa jaanai. Gur parsaad ko sabad pachaanai.1.

Saywak kee ardaas pi-aaray.

Jap jeewaa prabh charan tumaaray.Rahao.

Da-yaal purakh mayray prabh daatay.

Jiseh janaavho tineh tum jaatay.2

Sadaa sadaa jaa-ee balihaaree. It ut daykho oat tumaaree.3.

Mohay nirgun gun kichhoo naa jaataa.

Naanak saadhoo daykh man raataa.4.3.

NOTATION FOR SHABAD

Gur merai sung sadaa hai

Taal Kehrwaa 8 Beats

Amrit Kirtan Page .365

SGGS 394

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|----------|----------|-----|----|-----|----|------|----|----------|----------|-----|----|------|----|-----|----|
| Tune 1 | <u>D</u> | <u>D</u> | P | P | M | M | R | S | D | D | P | P | M | M | M | M |
| Words | Gu | r | Me | re | sun | .. | g | .. | Sa | daa | hai | .. | naa | .. | lay | .. |
| Tune 2 | D | D | Ṛ | Ṛ | Ṣ | Ṣ | D | D | <u>D</u> | <u>D</u> | D | D | P | P | M | M |
| Words | Si | ma | r | Si | ma | r | ti | s | sa | daa | .. | sa | maa | .. | lay | .. |
| Tune 3 | M | M | P | M | R | R | S | S | D | D | P | P | M | M | M | M |
| Words | Ha | r | kaa | .. | Naa | .. | m | .. | Ri | dai | ni | t | Dhia | .. | ee | .. |
| Tune 4 | D | D | Ṛ | Ṛ | Ṣ | Ṣ | D | D | <u>D</u> | <u>D</u> | D | D | P | P | M | M |
| Words | Sun | .. | gee | .. | Saa | .. | thee | .. | Sa | ga | I | Ta | ra | .. | ee | .. |

Sing rest of the lines on tune no. 3 & 4

ਆਸਾ ਘਰੁ ੭ ਮਹਲਾ ੫ ॥ (ਅੰਕ ੩੯੪)

ਹਰਿ ਕਾ ਨਾਮੁ ਰਿਦੈ ਨਿਤ ਧਿਆਈ ॥ ਸੰਗੀ ਸਾਥੀ ਸਗਲ ਤਰਾਂਈ ॥ ੧ ॥

ਗੁਰੁ ਮੇਰੈ ਸੰਗਿ ਸਦਾ ਹੈ ਨਾਲੇ ॥ ਸਿਮਰਿ ਸਿਮਰਿ ਤਿਸੁ ਸਦਾ ਸਮਾਲੇ ॥੧॥ਰਹਾਓ ॥

ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੈ ॥ ਹਰਿ ਨਾਮੁ ਪਦਾਰਥੁ ਨਾਨਕੁ ਮਾਂਗੈ ॥ ੨ ॥ ੪੨ ॥

Aasaa Ghar Satwaa Mahallaa Punjwaa (SGGS 394)

Har kaa naam ridai nit dhi-aa-ee.

Sangee saathee sagal taraa-ee.

Gur merai sung sadaa hai naalay.

Simar simar tis sadaa samaalay.

Tayraa kee-aa meethaa laagai.

Har naam padaarath Naanak maa(n)gai.

NOTATION FOR SHABAD

Keerat prabh ki gaa-o

Taal Kehrwaa 8 Beats

Amrit Kirtan Page 381

SGGS 1298

Raag Bheem Palasi **Aaroh:** N S G M P N Ṡ, **Avroh:** Ṡ N D P M G R S

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------|-----------|-----------|----------|----------|----------|-----------|-----------|----------|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|
| Asthaee | P | <u>N</u> | D | P | M | P | <u>G</u> | M | | P | P | <u>G</u> | M | <u>G</u> | R | S | S |
| Tune 1 | Kee | .. | ra | t | Pra | bh | ki | .. | | Gaa | o | me | ri | Ra | s | na | .. |
| Antraa | P | P | P | P | M | P | <u>G</u> | M | | P | P | <u>N</u> | <u>N</u> | <u>Ṡ</u> | <u>Ṡ</u> | <u>Ṡ</u> | <u>Ṡ</u> |
| Tune 2 | A | ni | k | Baa | .. | r | Ka | r | | Ban | .. | da | n | San | .. | ta | n |
| Words | <u>N</u> | <u>N</u> | <u>Ṡ</u> | <u>G</u> | <u>Ṡ</u> | <u>Ṡ</u> | <u>Ṡ</u> | <u>Ṡ</u> | | <u>N</u> | <u>N</u> | <u>N</u> | <u>N</u> | D | D | P | P |
| Tune 3 | Oo | .. | haa | .. | Cha | ra | n | Go | | bin | d | Ji | kay | Ba | s | naa | .. |
| Variation | P | P | P | P | M | P | <u>G</u> | M | | P | P | <u>N</u> | <u>N</u> | <u>Ṡ</u> | <u>Ṡ</u> | <u>Ṡ</u> | <u>Ṡ</u> |
| Tune 4 | Gaa | o | me | ri | Ra | s | na | .. | | Gaa | o | me | ri | Ra | s | na | .. |
| Taans | | | | | | | | | | | | | | | | | |
| 8 Beats | Kee | .. | ra | t | Pra | bh | ki | .. | | <u>NS</u> | <u>GM</u> | <u>PN</u> | PM | <u>GM</u> | PM | <u>GR</u> | S |
| 8 Beats | Kee | .. | ra | t | Pra | bh | ki | .. | | PM | <u>GM</u> | <u>PN</u> | <u>Ṡ</u> | <u>ND</u> | PM | <u>GR</u> | S |
| 16 Beats | <u>NS</u> | <u>GR</u> | SR | S | PM | <u>GM</u> | <u>PN</u> | <u>Ṡ</u> | | <u>PN</u> | <u>ṠG</u> | <u>ṠS</u> | <u>ND</u> | PM | <u>GM</u> | <u>GR</u> | S |

Note : This Raag is very similar to Dhanasri Raag of Sri Guru Granth Sahib

ਕਾਨੜਾ ਮਹਲਾ ੫ ॥ (ਅੰ: ਕੀ: ੩੮੧) (੧੨੯੮)

ਕੀਰਤਿ ਪ੍ਰਭ ਕੀ ਗਾਉ ਮੇਰੀ ਰਸਨਾ ॥

ਅਨਿਕ ਬਾਰ ਕਰਿ ਬੰਦਨ ਸੰਤਨ ਉਹਾਂ ਚਰਨ ਗੋਬਿੰਦ ਜੀ ਕੇ ਬਸਨਾ ॥੧॥ ਰਹਾਉ ॥

ਅਨਿਕ ਭਾਂਤਿ ਕਰਿ ਦੁਆਰੁ ਨ ਪਾਵਉ ॥ ਹੋਇ ਕ੍ਰਿਪਾਲੁ ਤ ਹਰਿ ਹਰਿ ਧਿਆਵਉ ॥੧॥

ਕੋਟਿ ਕਰਮ ਕਰਿ ਦੇਹ ਨ ਸੋਧਾ ॥ ਸਾਧਸੰਗਤਿ ਮਹਿ ਮਨੁ ਪਰਬੋਧਾ ॥੨॥

ਤ੍ਰਿਸਨ ਨ ਬੂਝੀ ਬਹੁ ਰੰਗ ਮਾਇਆ ॥ ਨਾਮੁ ਲੈਤ ਸਰਬ ਸੁਖ ਪਾਇਆ ॥੩॥

ਪਾਰਬ੍ਰਹਮ ਜਬ ਭਏ ਦਇਆਲ ॥ ਕਹੁ ਨਾਨਕ ਤਉ ਛੁਟੇ ਜੰਜਾਲ ॥੪॥੩॥

Kaanrhaa Mehalla Punjwaa (AK 381) (SGGS 1298)

Keerat prabh ki gaa-o mayree rasnaa.

Anik baar kar bandan santan, oohaa(n) charan gobind ji kay basnaa.

Anik bhaant kar duaar naa paavo. Ho-ay kirpaal taa har har dhiaavo.

Koat karam kar deh naa soadhaa. Saadh sangat meh man parboadhaa.

Trisn naa boojhee baho rang maa-yaa. Naam lait sarb sukh paayaa.

Paar brahm jab bha-ay d-yaal. Kaho Naanak tao chootay janjaal.

NOTATION FOR SHABAD

Deh shiwaa bar mohay ehai

Taal Kehrwaa 8 Beat

Amrit Kirtan Page .295..

From Dasam Granth

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|----------|----------|------------------|----------|----------|----------|----------|----------|----------------------------|----------|----------|----------|----------|----------|----|----|----|
| Words | De | .. | h | shi | va | .. | ba | r | Mo | .. | hay | E | hai | .. | Su | bh | |
| Tune 1 | <u>D</u> | <u>D</u> | P | M | P | P | M | <u>G</u> | M | M | M | M | M | M | M | S | S |
| Words | Ka | r | m | n | tay | .. | ka | b | hoo | .. | naa | ta | ro | .. | .. | .. | |
| Tune 2 | <u>D</u> | <u>D</u> | P | M | P | P | M | <u>G</u> | M | M | M | M | M | M | M | M | M |
| | | | | | | | | | Start Na Daro at M M as... | | | | | | Na | Da | |
| Words | ro | .. | A | r | sio | .. | ja | b | Jaa | .. | ay | la | ro | .. | Ni | s | |
| Tune 3 | S | S | S | S | <u>N</u> | <u>N</u> | <u>D</u> | <u>D</u> | <u>R</u> | <u>R</u> | <u>R</u> | <u>R</u> | S | S | M | M | |
| Words | chai | .. | ka | r | A | p | ni | .. | Jee | .. | t | ka | ro | .. | Ni | s | |
| Tune 4 | S | S | <u>N</u> | <u>D</u> | <u>N</u> | <u>N</u> | <u>D</u> | M | <u>D</u> | <u>D</u> | M | M | M | M | M | M | M |
| | | | 2nd time sing as | | | | | | Jee | .. | t | ka | ro | .. | .. | .. | |
| Words | Bo | lay | .. | .. | .. | .. | So | Ni | haa | .. | .. | .. | .. | .. | .. | .. | .. |
| Tune 5 | S | S | S | S | S | S | <u>R</u> | <u>R</u> | S | S | S | S | S | S | S | M | M |
| Words | Sa | .. | .. | .. | .. | ..t | Sri | A | kaa | .. | .. | .. | .. | .. | .. | .. | .. |
| Tune 6 | S | S | S | S | S | S | R | R | S | S | <u>N</u> | <u>N</u> | <u>D</u> | <u>D</u> | P | M | |

ਸਵੈਯਾ (ਚੰਡੀ ਚਰਿਤ੍ਰ ਵਿਚੋਂ) {ਅੰ ਕੀ: ੨੯੫}

ਦੇਹਿ ਸ਼ਿਵਾ ਬਰ ਮੋਹਿ ਇਹੈ ਸੁਭ ਕਰਮਨ ਤੇ ਕਬਹੂੰ ਨ ਟਰੋਂ ।

ਨ ਡਰੋਂ ਅਰਿ ਸੋ ਜਬ ਜਾਇ ਲਰੋਂ ਨਿਸਚੈ ਕਰਿ ਅਪਨੀ ਜੀਤ ਕਰੋਂ ।

ਅਰਿ ਸਿਖ ਹੋਂ ਅਪਨੇ ਹੀ ਮਨ ਕੋ, ਇਹ ਲਾਲਚ ਹਉ ਗੁਨ ਤਉ ਉਚਰੋਂ ।

ਜਬ ਆਵ ਕੀ ਅਉਧ ਨਿਧਾਨ ਬਨੇ, ਅਤਿ ਹੀ ਰਨ ਮੈਂ ਤਬ ਜੁਝ ਮਰੋਂ । ੨੩੧ ।

Sweyaa (From Chandi Charitra) (AK 295)

Deh shiwaa bar mohay ehai, subh karman tay kabhoo na taro.

Naa daro ar sio jab jaa-ay laro, nischai kar apnee jeet karo.

Ar sikh ho apnay hee man ko, eh laalach hao goon tao oochro.

Jab aaw kee aodh nidhaan banai, at hee ran main tab joojh maro.231

Notation for Shabad

Taal Kehrwaa 8 Beat

Raam japo jee aisay aisay

Amrit Kirtan Page .176 SGGGS ..337

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|-----|------|----------|----|-----|---------------|----|------|
| Words | Ra | mj | po | Ji | Ai | say | Ai | say |
| Tune 1 | R | G | R | S | R | R | G | M |
| Words | .. | Ai | say | Ai | say | .. | .. | .. |
| Tune 2 | R | D | <u>N</u> | D | P | P | P | P |
| Words | .. | Ai | say | Ai | say | (Blank Music) | | |
| Tune 3 | M | G | M | G | R | ND | PM | GR |
| Words | ... | Dhru | pre | h | La | .. | d | Japi |
| Tune 4 | R | D | D | D | D | <u>N</u> | D | P |
| Words | .. | Dee | n | Da | yaa | .. | L | Bha |
| Tune 5 | D | D | D | D | D | <u>N</u> | D | P |
| Words | .. | Sabh | Pa | r | waa | .. | r | Cha |
| Tune 6 | D | S | S | S | N | N | D | P |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------|----|----------|----|----------|----------|-----|----|
| .. | Ai | say | Ai | say | .. | .. | .. |
| M | G | M | G | R | R | R | R |
| .. | Ai | say | Ai | say | .. | .. | .. |
| P | P | D | P | M | M | M | M |
| * | * | * | * | * | * | * | * |
| Then Sing Raam Japo jee | | | | | | | |
| o | .. | Ha | r | Jai | .. | say | .. |
| D | D | <u>N</u> | S | <u>N</u> | <u>N</u> | D | D |
| ro | .. | say | .. | tay | .. | ray | .. |
| D | D | <u>N</u> | S | <u>N</u> | <u>N</u> | D | D |
| ra | .. | yaa | .. | bay | .. | ray | .. |
| D | D | <u>N</u> | S | <u>N</u> | <u>N</u> | D | D |

ਗਉੜੀ ਕਬੀਰ ਜੀ (੩੩੭) (ਅੰ ਕੀ: ੧੭੬)

ਰਾਮ ਜਪਉ ਜੀ ਐਸੇ ਐਸੇ ॥ ਧੂ ਪ੍ਰਹਿਲਾਦ ਜਪਿਓ ਹਰਿ ਜੈਸੇ ॥ ੧ ॥

ਦੀਨ ਦਇਆਲ ਭਰੋਸੇ ਤੇਰੇ ॥ ਸਭੁ ਪਰਵਾਰੁ ਚੜਾਇਆ ਬੇੜੇ ॥ ੧ ॥ ਰਹਾਉ ॥
ਜਾ ਤਿਸੁ ਭਾਵੈ ਤਾ ਹੁਕਮੁ ਮਨਾਵੈ ॥ ਇਸ ਬੇੜੇ ਕਉ ਪਾਰਿ ਲਘਾਵੈ ॥ ੨ ॥

ਗੁਰ ਪਰਸਾਦਿ ਐਸੀ ਬੁਧਿ ਸਮਾਨੀ ॥ ਚੂਕਿ ਗਈ ਫਿਰਿ ਆਵਨ ਜਾਨੀ ॥ ੩ ॥
ਕਹੁ ਕਬੀਰ ਭਜੁ ਸਾਰਿਗਪਾਨੀ ॥ ਉਰਵਾਰਿ ਪਾਰਿ ਸਭ ਏਕੋ ਦਾਨੀ ॥ ੪ ॥ ੨ ॥

Gaurhee Kabeer Jee (SGGS 337) {AK 176}

Raam japo ji aisay aisay. Dhroo prehlaad japio har jaisay.

Deen dyaal bharosay tere. Sabh parwaar charhayaa ber-

he.Rahao.

Jaa tis bhaawai taa hukam manaavai. Is berhe ko paar langhawai.

Gur parsaad aisee budh samanee. Chook ga-yee fir aawan jaani.

Kaho Kabeer bhaj saarang paani. Urvaar paar sabh eko daani.4.

NOTATION FOR SHABAD **Ko-oo hai mero saajan meet**

Taal Kehrwaa 8 Beat Amrit Kirtan Page .567.. SGGS 980

| | | | | | | | | | | | | | | | | |
|--------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Words | Ko | oo | Hai | .. | Me | ro | Saa | .. | ja | n | Mee | .. | .. | .. | t | .. |
| Tune 1 | S | S | M | M | M | M | M | M | P | <u>N</u> | P | M | <u>G</u> | M | <u>G</u> | <u>G</u> |
| Words | Ko | oo | Hai | .. | Me | ro | Saa | .. | ja | n | Mee | .. | .. | .. | t | .. |
| Tune 2 | S | S | <u>D</u> | <u>D</u> | P | M | P | P | M | <u>G</u> | M | M | M | M | M | M |
| Words | Ha | r | Na | .. | m | Su | naa | .. | vai | .. | Nee | .. | .. | .. | t | |
| Tune 3 | <u>D</u> | <u>N</u> | S | S | <u>N</u> | <u>D</u> | <u>N</u> | <u>N</u> | <u>D</u> | P | M | M | M | M | M | M |
| Words | .. | .. | Bi | n | sai | .. | Du | kh | Bi | p | ree | .. | .. | .. | t | .. |
| Tune 4 | M | M | S | S | S | S | S | S | <u>G</u> | <u>N</u> | S | S | S | S | S | S |
| Words | Sa | bh | A | r | pao | .. | Ma | n | Ta | n | Chi | .. | .. | .. | t | .. |
| Tune 5 | <u>D</u> | <u>N</u> | S | S | <u>N</u> | <u>D</u> | <u>N</u> | <u>N</u> | <u>D</u> | P | M | M | M | M | M | M |

Sing 1st two lines on tune no. 4 and 3rd line on tune no. 5

ਨਟ ਪੜਤਾਲ ਮਹਲਾ ੫ (੯੮●) {ਅ: ਕੀ: ੫੬੭}

ਕੋਊ ਹੈ ਮੇਰੋ ਸਾਜਨੁ ਮੀਤੁ ॥ ਹਰਿ ਨਾਮੁ ਸੁਨਾਵੈ ਨੀਤ ॥

ਬਿਨਸੈ ਦੁਖੁ ਬਿਪਰੀਤਿ ॥ ਸਭੁ ਅਰਪਉ ਮਨੁ ਤਨੁ ਚੀਤੁ ॥੧॥ ਰਹਾਉ ॥

ਕੋਈ ਵਿਰਲਾ ਆਪਨ ਕੀਤ ॥ ਸੰਗਿ ਚਰਨ ਕਮਲ ਮਨੁ ਸੀਤ ॥

ਕਰਿ ਕਿਰਪਾ ਹਰਿ ਜਸੁ ਦੀਤ ॥੧॥

ਹਰਿ ਭਜਿ ਜਨਮੁ ਪਦਾਰਥੁ ਜੀਤ ॥ ਕੋਟਿ ਪਤਿਤ ਹੋਹਿ ਪੁਨੀਤ ॥

ਨਾਨਕ ਦਾਸ ਬਲਿ ਬਲਿ ਕੀਤ ॥੨॥੧॥੧●॥੧੯॥

Nat Parhtaal Mahalla Punjwaa (SGGS 980) (AK 567)

Ko-oo hai mero saajan meet.

Har naam sunaavai neet.

Binsai dukh bipreet. Sabh arpao man tan cheet.

Koee virlaa aapan keet. Sang charan kamal man seet.

Kar kirpaa har jas deet.

Har bhaj janam padaarath jeet. Kot patit hohe puneet.

Naanak daas bal bal keet.

Theme Shabad

ਆਸਾ ॥ (ਭਗਤ ਰਵਿਦਾਸ ਜੀ) ਅੰਗ ੪੮੬
ਕਹਾ ਭਇਓ ਜਉ ਤਨੁ ਭਇਓ ਛਿਨੁ ਛਿਨੁ ॥ ਪ੍ਰੇਮੁ ਜਾਇ ਤਉ ਡਰਪੈ ਤੇਰੋ ਜਨੁ ॥੧॥
 ਤੁਝਹਿ ਚਰਨ ਅਰਬਿੰਦ ਭਵਨ ਮਨੁ ॥

ਪਾਨ ਕਰਤ ਪਾਇਓ ਪਾਇਓ ਰਾਮਈਆ ਧਨੁ ॥੧॥ ਰਹਾਉ ॥
 ਸੰਪਤਿ ਬਿਪਤਿ ਪਟਲ ਮਾਇਆ ਧਨੁ ॥ ਤਾ ਮਹਿ ਮਗਨ ਹੋਤ ਨ ਤੇਰੋ ਜਨੁ ॥੨॥
 ਪ੍ਰੇਮ ਕੀ ਜੇਵਰੀ ਬਾਧਿਓ ਤੇਰੋ ਜਨ ॥ ਕਹਿ ਰਵਿਦਾਸ ਛੂਟਿਬੋ ਕਵਨ ਗੁਨ ॥੩॥੪॥

Aasaa | (Bhagat Ravidas Ji) Ang 486
Kahaa bhaeiou jao tan bhaeiou chhin chhin |
 Prem jaae tao darapai taero jan |1|
 Tujhehi charan arabind bhavan man |
 Paan karat paaeiou paaeiou raameeaa dhan |1| rahaao |
 Sanpat bipath pattal maayaa dhan |
 Taa meh magan hot n taero jan |2|
 Prem kee jaevaree baadhioou taero jan |
 Keh Ravidas chhoottibo kavan gunn |3|4|

NOTATION FOR SHABAD

Dag Mag Chhaad Re Man Baora

Taal Kehrwaa 8 Beats

Amrit Kirtan Page .301

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| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|----------------|----|------|----|-----|-----|----|----|-----|
| Asthaee | Da | g | Ma | g | Da | g | Ma | g |
| Tune 1 | M | - | P | - | M | - | R | S |
| Words | - | Chha | - | d | Re | - | Ma | n |
| Tune 2 | S | N | - | - | D | - | P | M |
| Words | - | Chha | - | d | Re | - | Ma | n |
| Tune 3 | M | M | P | S. | D | - | P | M |
| Words | - | A | b | Tao | Ja | re | - | Ma |
| Tune 4 | M | S. | - | N | S. | R. | S. | S. |
| Words | - | Lee | - | no | Haa | - | th | San |
| Tune 5 | D | P | P | P | M | P | D | S. |
| Antra | Re | - | - | - | - | - | Ma | n |
| Tune 6 | D | - | - | - | - | - | P | D |
| Words | - | Chha | do | - | Bha | ra | m | - |
| Tune 7 | M | S. | - | N | S. | R. | S. | S. |
| Words | - | Eaa | - | Ma | yaa | - | Ke | - |
| Tune 8 | D | P | P | P | M | P | D | S. |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-----|-----|-----|----|-----|----|-----|---|
| Da | g | Ma | g | Da | g | Ma | g |
| M | - | P | - | M | - | R | S |
| Bao | - | raa | - | - | - | - | - |
| M | P | P | D | - | - | P | M |
| Bao | - | raa | - | - | - | - | - |
| P | P | M | - | - | - | - | - |
| re | - | Si | dh | Paa | ee | ai | - |
| D | - | P | M | D | D | D | - |
| dha | o | raa | - | - | - | Ma | n |
| D | P | M | - | - | - | S | - |
| Re | - | - | - | - | - | - | - |
| M | P | M | - | - | - | - | - |
| Pra | gat | Ho | e | Naa | - | cho | - |
| D | - | P | M | D | D | D | - |
| Daa | nde | - | - | - | - | - | - |
| D | P | M | - | - | - | - | - |

ਗਉੜੀ ੧੨ ॥ (ਕਬੀਰ ਜੀ)

ਮਨ ਰੇ ਛਾਡਹੁ ਭਰਮੁ ਪ੍ਰਗਟ ਹੋਇ ਨਾਚਹੁ ਇਆ ਮਾਇਆ ਕੇ ਡਾਂਡੇ ॥

ਸੂਰੁ ਕਿ ਸਨਮੁਖ ਰਨ ਤੇ ਡਰਪੈ ਸਤੀ ਕਿ ਸਾਂਚੈ ਭਾਂਡੇ ॥੧॥

ਡਗਮਗ ਛਾਡਿ ਰੇ ਮਨ ਬਉਰਾ ॥

ਅਬ ਤਉ ਜਰੇ ਮਰੇ ਸਿਧਿ ਪਾਈਐ ਲੀਨੋ ਹਾਥਿ ਸੰਧਉਰਾ ॥੧॥ ਰਹਾਉ ॥

ਕਾਮ ਕ੍ਰੋਧ ਮਾਇਆ ਕੇ ਲੀਨੇ ਇਆ ਬਿਧਿ ਜਗਤੁ ਬਿਗੂਤਾ ॥

ਕਹਿ ਕਬੀਰ ਰਾਜਾ ਰਾਮ ਨ ਛੋਡਉ ਸਗਲ ਉਚ ਤੇ ਉਚਾ ॥੨॥੨॥੧੭॥੬੮॥

Gaorhi 12 (Kabeer Ji)

Man Re Chhado Bharam Pragat Hoe Naachoh, eaa Mayaa Ke Daande.

Soor Ke Sanmukh Ran Te Darpai, Satee Ke Saanchai Bhaande.1.

Dag Mag Chhad Re Man Baoraa.

Ab Tao Jare Mare Sidh Paaeeai, Leeno Haath Sandhaoraa.1. Rahao.

Kaam Krodh Mayaa Ke Leene, Eaa Bidh Jagat Bigootaa.

Keh Kabeer Rajaa Raam Naa Chhodo, Sagal Ooch Te Oochaa.2.2.17.68.

Notation of Shabad **Tuhi Tuhi Waheguru Sukhi Basai**

Taal Kehrwa 8 beats from Dasam Granth (not in Amrit Kirtan)

Scale S *Raag Bhairvee*

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Asthaaee

| | | | | | | | | | | | | | | | | |
|--------|----|----------|----|----------|---|---|---|---|----------|----------|----------|----|---|---|---|---|
| Words | Tu | hi | Tu | hi | - | - | - | - | Tu | hi | Tu | hi | - | - | - | - |
| Tune 1 | S | <u>R</u> | S | M | - | - | - | - | <u>D</u> | P | <u>G</u> | M | - | - | - | - |
| Words | Tu | hi | Tu | hi | - | - | - | - | Tu | hi | Tu | hi | - | - | - | - |
| Tune 2 | P | M | S | <u>R</u> | - | - | - | - | M | <u>G</u> | <u>R</u> | S | - | - | - | - |

Antra

| | | | | | | | | | | | | | | | | |
|--------|----------|----------|----------|----------|---|---|---|---|----------|----------|----------|----------|----------|---|---|---|
| Words | Tu | hi | Tu | hi | - | - | - | - | Tu | hi | Tu | hi | - | - | - | - |
| Tune 3 | <u>S</u> | <u>R</u> | <u>N</u> | <u>S</u> | - | - | - | - | <u>S</u> | <u>R</u> | <u>N</u> | <u>S</u> | - | - | - | - |
| Words | Tu | hi | Tu | hi | - | - | - | - | Tu | hi | Tu | hi | - | - | - | - |
| Tune 4 | <u>N</u> | <u>D</u> | P | <u>N</u> | - | - | - | - | <u>G</u> | <u>R</u> | <u>S</u> | <u>D</u> | <u>S</u> | - | - | - |

Note: Sing Tuhi Tuhi on Tune 1,2 and then on 3, 4 then Sing Waheguru then sing "Sukhi Basai Moro Parivara" and rest of the lines on same tune

ਪਾਃ ੧੦ ਕਬਿਯੋਬਾਚ ਬੇਨਤੀ ॥ਚੌਪਈ ॥
 ਹਮਰੀ ਕਰੋ ਹਾਥ ਦੈ ਰੱਛਾ ॥ਪੂਰਨ ਹੋਇ ਚਿਤ ਕੀ ਇੱਛਾ ॥
 ਤਵ ਚਰਨਨ ਮਨ ਰਹੈ ਹਮਾਰਾ ॥ਅਪਨਾ ਜਾਨ ਕਰੋ ਪ੍ਰਤਿਪਾਰਾ ॥੧॥
 ਹਮਰੇ ਦੁਸਟ ਸਭੈ ਤੁਮ ਘਾਵਹੁ ॥ਆਪੁ ਹਾਥ ਦੈ ਮੋਹਿ ਬਚਾਵਹੁ ॥
ਸੁਖੀ ਬਸੈ ਮੋਰੋ ਪਰਿਵਾਰਾ ॥ਸੇਵਕ ਸਿੱਖ ਸਭੈ ਕਰਤਾਰਾ ॥੨॥
 ਮੋ ਰੱਛਾ ਨਿਜ ਕਰ ਦੈ ਕਰਿਯੈ ॥ਸਭ ਬੈਰਨ ਕੋ ਆਜ ਸੰਘਰਿਯੈ ॥
 ਪੂਰਨ ਹੋਇ ਹਮਾਰੀ ਆਸਾ ॥ਤੋਰ ਭਜਨ ਕੀ ਰਹੈ ਪਿਆਸਾ ॥੩॥

paat shahi 10 kabiyobaach baenathee |chaapee |
 hamaree karo haath dhai raashaa |pooran hoe chith kee eshiala |
 thav charanan man rehai hamaaraa |apanaa jaan karo prathipaaraa |1|
 hamarae dhusatt sabhai thum ghaavahu |aap haath dhai mohi bachaavah
sukhee basai moro parivaaraa |saevak skh sabhai karathaaraa |2|
 mo raashaa nij kar dhai kariyai |sabh bairan ko aaj sanghariyai |
 pooran hoe hamaaree aasaa |thor bhajan kee rehai piaasaa |3|

Notation for Shabad

Taal Kehrvā 8 beats

2 parts

Hoe Ikatar Miloh Mere Bhai

SGGS 1185

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-----------------|-----------------------------|------|-----|----|-----|----|-----|----|----|------|----|----|------|------|------|------|
| Asthai | Ho | - | e | I | ka | ta | r | Mi | lo | h | Me | re | Bha | - | i | - |
| Tune 1 | S | R | .D | S | R | M | P | M | PD | - | P | M | M | - | - | - |
| Words | Ho | - | e | I | ka | ta | r | Mi | lo | h | Me | re | Bha | - | i | - |
| Tune 2 | S | R | .D | S | R | M | P | M | PD | - | P | M | M | MG | PM | GRS |
| Words | - | Dubi | dha | - | Doo | - | r | Ka | ro | h | Li | v | laa | - | e | - |
| Tune 3 | S | D | - | - | DD | DN | D | - | P | - | P | D | P | - | M | - |
| Tune 4 | <i>change at the ending</i> | | | | | | | | | | | P | PM | GR | S | |
| Antraa | - | Har | Naa | - | mai | - | Ke | - | - | Ho | vo | h | Jo | - | rhee | - |
| Tune 5 | S | M | D | N | S.N | DN | S. | - | - | S. | R. | - | S.G. | R.G. | S. | S.ND |
| Tune 6 | DP | M | D | N | S.N | DN | S. | - | - | NS. | N | D | N | - | S. | - |
| Words | - | Gur | mu | kh | Bai | - | so | - | - | Safa | - | Vi | chha | - | e | - |
| Tune 7 | DPM | G | P | - | D | - | PD | S. | - | P | - | D | P | - | M | - |
| Antraa 2 | | | | | | | | | | | | | | | | |
| Words | - | In | Bi | dh | Paa | - | saa | - | - | Dha | lo | h | Bi | - | r | - |
| Tune 8 | - | D | - | - | DD | DN | D | - | P | - | P | D | P | - | M | - |

sing Gurmukh Naam Japoh on tune 5,6 and Ant Kaal Neh on tune 7

ਬਸੰਤੁ ਮਹਲਾ ੫ ਘਰੁ ੨ ਹਿੰਡੋਲ

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ਹੋਇ ਇਕਤ੍ਰ ਮਿਲਹੁ ਮੇਰੇ ਭਾਈ ਦੁਬਿਧਾ ਦੂਰਿ ਕਰਹੁ ਲਿਵ ਲਾਇ ॥

ਹਰਿ ਨਾਮੈ ਕੇ ਹੋਵਹੁ ਜੋੜੀ ਗੁਰਮੁਖਿ ਬੈਸਹੁ ਸਫਾ ਵਿਛਾਇ ॥੧॥

ਇਨੁ ਬਿਧਿ ਪਾਸਾ ਢਾਲਹੁ ਬੀਰ ॥

ਗੁਰਮੁਖਿ ਨਾਮੁ ਜਪਹੁ ਦਿਨੁ ਰਾਤੀ ਅੰਤ ਕਾਲਿ ਨਹ ਲਾਗੈ ਪੀਰ ॥੧॥ ਰਹਾਉ ॥

ਕਰਮ ਧਰਮ ਤੁਮ੍ ਚਉਪੜਿ ਸਾਜਹੁ ਸਤੁ ਕਰਹੁ ਤੁਮ੍ ਸਾਰੀ ॥

ਕਾਮੁ ਕ੍ਰੋਧੁ ਲੋਭੁ ਮੋਹੁ ਜੀਤਹੁ ਐਸੀ ਖੇਲ ਹਰਿ ਪਿਆਰੀ ॥੨॥

ਉਠਿ ਇਸਨਾਨੁ ਕਰਹੁ ਪਰਭਾਤੇ ਸੋਏ ਹਰਿ ਆਰਾਧੇ ॥

ਬਿਖੜੇ ਦਾਉ ਲੰਘਾਵੈ ਮੇਰਾ ਸਤਿਗੁਰੁ ਸੁਖ ਸਹਜ ਸੇਤੀ ਘਰਿ ਜਾਤੇ ॥੩॥

ਹਰਿ ਆਪੇ ਖੇਲੈ ਆਪੇ ਦੇਖੈ ਹਰਿ ਆਪੇ ਰਚਨੁ ਰਚਾਇਆ ॥

ਜਨ ਨਾਨਕ ਗੁਰਮੁਖਿ ਜੋ ਨਰੁ ਖੇਲੈ ਸੋ ਜਿਣਿ ਬਾਜੀ ਘਰਿ ਆਇਆ ॥੪॥੧॥੧੯॥

NOTATION FOR SHABAD In Bidh Pasa Dhaloh Bir

Taal Roopak 7 Beats 2 parts

SGGS 1185

Raag Basant Hindol Gur Arjun Dev Ji

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Asthai

| | | | | | | | | | | | | | | |
|--------|----|----|----|----|---|----|---|-----|----|-----|----|---|---|---|
| Words | In | Bi | dh | Pa | - | sa | - | Dha | - | loh | Bi | - | r | - |
| Tune 1 | GM | D | N | S. | N | D | - | D | M' | GG | M' | G | S | - |

| | | | | | | | | | | | | | | |
|--------|-----|----|----|-----|---|---|---|----|-----|-----|----|---|----|---|
| Words | Gur | mu | kh | Naa | - | m | - | Ja | poh | Din | Ra | - | ti | - |
| Tune 2 | SS | G | G | M | P | M | - | D | NN | SS. | D | N | S. | - |

| | | | | | | | | | | | | | | |
|--------|----|---|---|----|---|---|---|-----|----|-----|----|---|---|---|
| Words | An | - | t | Ka | - | l | - | Neh | La | gai | Pi | - | r | - |
| Tune 3 | S. | - | - | S. | N | D | - | MM' | M' | G | M' | G | S | - |

Antra

| | | | | | | | | | | | | | | |
|--------|----|---|-----|----|----|----|----|-----|----|------|-----|---|----|---|
| Words | Ho | e | ..l | ka | ta | r | - | Mil | ho | Mere | Bha | - | i | - |
| Tune 4 | S. | D | N | S. | - | NN | S. | G | M | D | N | - | S. | - |

| | | | | | | | | | | | | | | |
|--------|----|----|-----|-----|---|----|---|-----|----|-----|----|---|---|---|
| Words | Du | bi | dha | Doo | - | r | - | Kar | ho | Liv | La | - | e | - |
| Tune 5 | S. | G. | M'. | G. | - | S. | - | M' | G | G | M' | G | S | - |

Theme Shabad

Basant Mahalaa 5 Ghar 2 Hindol
Ik oankaar Satgur Prasaad

Hoe Ikatar Milph Mere Bhai Dubidha Door karoh liv laae.
Har naamai ke hovaho jorhee Gurmukh baisoh safaa vichhaae.1

In bidh paasaa dhaaloh bir.

Gurmukh naam japho din raatee ant kaal neh laagai peer.1.Rahao.

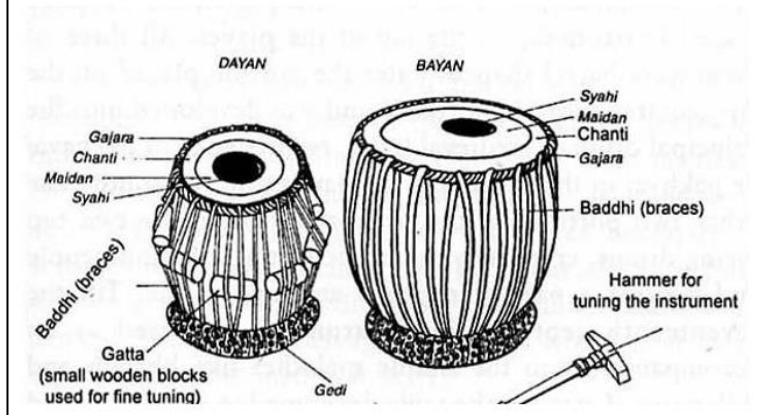
Karam dharam tum chouparh saajoh sat karoh tuma saaree.
Kaam krodh lobh moh jeetaho aisee khel har piaaree.2.

Uth isnaan karoh parabhaate soe har aaraadhae.
Bikharhe daao langhaavai mera satgur sukh sehaj sethee ghar jaatae.3.

Har aape khelai aap dekhai har aape rachan rachaaiaa.
Jan Naanak gurmukh jo nar khelai so jin baajee ghar aaiaa.4.1.19.

(Raag Basant Hindol Notation is on page 33 and simple tune is on page 31)

Parts of a Tabla



Notes

Alternative names:

Dayan → Chathu/Poora

Bayaan → Dagga/Dugga

Chati → Kinaar

Shayi → Gaab

Baddhi → Badri

Gedi → Bina/Binu/Rings

Hammer → Thori

Basic Tabla Strokes

Na: With the ring finger on Maidan and middle finger in the air, strike the index finger on the Kinaar.

Ta: With the ring finger on Maidan and middle finger in the air, strike the index finger on the Maidan.

Tin: Simply strike the index finger on the Shayi to create an open sound.

Ti: Join the ring and middle finger and strike the center of the Shayi to create a closed sound.

Te: Strike the center of the Shayi with the index finger to create a closed sound.

Ge: Join the ring and middle finger and strike the Maidan to create an open sound.

Ke: Use the full palm to strike the Bayan with the finger tips on the Kinaar to create a closed sound.

Taal Kherwa

Kherwa is a 8 matra taal mostly used in Folk/Light music.

Bols

Single Kherwa

Da TiTe Tin Tin Ta TiTe Dhin Dhin

Double Kherwa

Da - Na Na Na Ge Da Na

Taal Teental

Teental is a 16 matra taal used in classical music.

Bols

Teental

Da Dhin Dhin Da Da Dhin Dhin Da

Da Tin Tin Ta Ta Dhin Dhin Da

Taal Dadra

Dadra is a 6 matra taal mostly used in Folk/Light music.

Bols

Single Dadra

Da Tin Tin Ta Dhin Dhin

Double Dadra

Da Da Tin Da Da Tin

Taal Rupak

Rupak is a 7 matra taal used in both light and classical music.

Bols

Rupak

Tin Tin Na Dhin Na Dhin Na