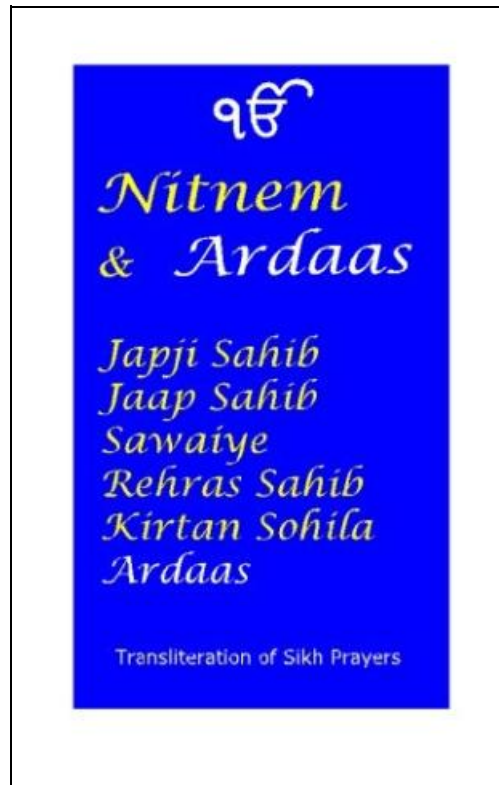


Nitnem and Ardaas



Filesize: 5.8 MB

Reviews

Good electronic book and valuable one. Of course, it is actually perform, still an interesting and amazing literature. You may like how the author publish this pdf.

(Lisette Schimmel)

NITNEM AND ARDAAS



To read **Nitnem and Ardaas** eBook, remember to follow the hyperlink under and save the file or gain access to other information which are related to NITNEM AND ARDAAS book.

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This prayer book is the kind manifestation of Waheguru ji s grace. It is aimed to assist all, especially the young and those who do not understand Gurmukhi yet, to do Nitnem. Prayer is an essential part of Sikhism. As food nourishes and strengthens the body, prayer purifies the mind uplifts the soul. Sikhs are ordained to rise in the morning and meditate on the Name of God Waheguru . They are also expected to do Nitnem which literally means Daily Routine . Nitnem is composed of a collection of five prayers to be done during different periods of the day. Morning (3 prayers) Japji Sahib, Jaap Sahib and Sawaiye. Evening (1 prayer) - Rehras Sahib Night (1 prayer) - Kirtan Sohila Ardaas should be done after every prayer session. I have included Ardaas for the reader in this book too. The person who forms the habit of doing Nitnem daily, ultimately experiences bliss and peace. While the best experience would be derived from reading the prayers in Gurmukhi, there should be no hindrance for anyone who does not know the Gurmukhi script, to do Nitnem While every effort has been made to simplify the transliteration, I encourage the reader to read the prayers while listening to them in audio format a couple of times. This will help them grasp the correct pronunciation. There is a section for links to the individual prayers in YouTube. This will help to get the correct pronunciation, or if you wish to just listen to the prayers. This prayer book is perfect to carry around in one s device, so the prayers can be performed from anywhere. It is also a wonderful...



[Read Nitnem and Ardaas Online](#)



[Download PDF Nitnem and Ardaas](#)

You May Also Like



[PDF] Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Follow the hyperlink listed below to download "Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P" PDF file.

[Read Book](#)

»



[PDF] Jasmine and Mikye s Crazy Love

Follow the hyperlink listed below to download "Jasmine and Mikye s Crazy Love" PDF file.

[Read Book](#)

»



[PDF] Spanky the Mouse

Follow the hyperlink listed below to download "Spanky the Mouse" PDF file.

[Read Book](#)

»



[PDF] Hope for Autism: 10 Practical Solutions to Everyday Challenges

Follow the hyperlink listed below to download "Hope for Autism: 10 Practical Solutions to Everyday Challenges" PDF file.

[Read Book](#)

»



[PDF] A Tale of Two Lesbians

Follow the hyperlink listed below to download "A Tale of Two Lesbians" PDF file.

[Read Book](#)

»



[PDF] 400+ Funny Jokes: Funny Jokes for Kids

Follow the hyperlink listed below to download "400+ Funny Jokes: Funny Jokes for Kids" PDF file.

[Read Book](#)

»