

**OM SHREE SATNAM SAKSHI**

**OM SHREE SATNAM SAKSHI NAMAH**

**NISHOKAMANAM GATRAGDWESHAM**

**GYAANEIK SURYAM JAGADEK VANDANAM**

**ADHYATAMLINAM VINI VRUT KAAMAM**

**SHREE TEOONRAMAM SHARNAM PRAPARDHYE**

SAHENSHEELTA VA DHAIRYA

DHEERAJ KO MAN MEIN DHARO, DHEERAJ SUKH KI KHAAN ,

DHEER DHARE JO VIPATI MEIN, TEOON SO BUDHIMAAN (498)

KAHE TEOON GABHRAE MAT, DHEERAJ SE KAR KAAM,

DHEER UDHAAR GAMBHEER MAT, PAAWAT HAI ARAAM (499)

VIPATEE PARE DHEERAJ DHARE, DUSHMAN AADAR DEH,

KAHE TEOON JO GURN GAHE, BUDHI JAN TAH LAKH LE (500)

SAHEN SHAKTI KO DHAAR KAR, CHIT MEIN SHANTI PAAE.

KAHE TEOON CHIT SHANTI SE, SAHEJ MukT HO JAAE (501)

SAHEN SHAKTI KO DHAAR KAR, SABSE KARLE PYAAR.

NAMRA DRISHTI NIT KIIYE, HARIYE KRODH VIKAAAR (502)

NIJ KO CHOTA MAAN KE, SABH KO DE SANMAAN,

SAHEN SHEELTA DHAAR MAN, TEOON PA KALYAAN (503)

TEOON DHARNI SARV KO, DET YEHI UPDESH,

SAHEN KARE JO MOHE SAM, JANO TEH DARVESH (504)

SHEET VAAT JO SAHET NAHI, SAHET NAHI KATTU BEIN.

KAHE TEOON US MANUSH KA, CHIT NAHI PAAVAT CHEIN (505)

BIN TITKSHA NAR PAAE NAHI, TEOON YASH SUKH MAAN,

KARAM DHARAM DHAN SAMPATI, GYAAN DHYAAN VIGYAAN (506)

JO TUM THORA KASHT BHI, SAHEN SAKAT HO CHIT.

TO TUM KYO DUKH ANT KA, SAH SAKOGE MEET (507)

KAHE TEOON TANTE TAJO, TUCH SUKH KI TUM AAS.

TITIKSHA SE DUKH SAHEN KAR, PAAO NITYA SUKH RAAS (508)

TEOON DUKH HAI PARAM GURU, SAB KUCH DET SIKHAAE.

VINAY VEERTA DHEERTA, DE HARI SAATH MILAAE (509)

KAH TEOON JE JAGAT MEIN, SAHET KASHT TE KASHT.

TE NAR UTTAM HOT HAI, JADD CHETAN KE ISHT (510)

BAL BUDHI MAN PUN DHARYA KI, DUKH PARIKSHA LET.

KAH TEOON SABH PAAP HAR, PUNI PAAVAN KAR DET (511)

KANGI KESAR LEKHNI, KAAGAD MEHENDI PAAN.

ANJAN SYAAHI DUKH SEH, TEOON BHAE PRADHAAN (512)

SUKH JAGAT KO BHAAV HI, DUKH BHAAVAT HAI SANT.

TEOON DUKH JEHEN BHAV HI, BHAAVE SO BHAGWANT (513)

JO JAN DUKH ME HO DUKHI, SUKH MEIN SUKH KO MAAN,

KAHE TEOON SANSAAR MEIN, SO NAR ADHAM PACHAAN (514)

JO JAN SUKH ME HO DUKHI, DUKH MEIN SUKH JEHEN HOE.

TEOON UTTAM MANUSH PUN, SAADHAK JAANO SOHI (515)

SUKH DUKH MEIN SAM RAHAT JO, TAANKO GYAANI JAAN.

SUKH DUKH JEHEN BHAASAT NAHI, TEOON SO BHAGWAAN (516)

KAH TEOON JE SUKH CHAHO, DHAARO GURN YEH CHAAR.

MADHUR VACHAN, NIRMAANTA, SAHEN SHEEL VICHAAR (517)

TEOON KRODH NA KIIYE, MAN MEIN SHANTI DHAAR.

SHANTI SE SUKH HOT HAI, PAAP TAAP PARIHAAR (518)

### **UTTAM VYAHVAAR VA PARUPKAAR**

KAH TEOON NIJ BHAAV KO, SHUDH KIIYE DIN REIN.

VIMAL BHAAV SE PAAYE, AATAM ANTAR CHEN (611)

BHALE BHAAV SE MILAT HAI, YASH SUKH VAINKUNTH VAAS.  
BURE BHAAV SE MILAT HAI, TEOON NARAK NIWAAS (612)

BHALE BHAAV SE NEECH NAR, PAAVAT SUKH KI KHAAN.  
BURE BHAAV SE OONCH BHI, PAAWAT DUKH MAHAAN (613)

BURE BURAAI MILAT HAI, BHALE BHALAAI NEET,  
TANTE KAR SAB KA BHALAA, JO SUKH CHAO MEET (614)

MANDA KISIKA NA KARO, MANDE MANDA HOE.  
BHOE KI KAR BHEEJ KO, SUKH NA PAAWAT KOI (615)

GOBIND SABH GAT JAANKE, SABH SE KARLE PREET.  
KAH TEOON HAR BHED TUM, SEWO SABKO MEET (616)

GHIRNA KISI SE NA KARO, HAI HARI SABH KA MOOL,  
KAH TEOON HARI ANSH LAKH, HO SABH KE ANUKOOL (617)

SAAR KAHU SABH DHARAM KA, SUN KAR DHAR MAN MAAHI.  
TEOON NIJ PRATIKUL JO, SO KAR KISI SE NAHI (618)

NISHDIN SHREESTA CHARAN KAR, MAN INDRIYON KO JEET.  
KAH TEOON MAND BHAAV KO, KABH HU NA AANO CHEET (619)

OONCH NEECH KI DRISHTI TAJ, KAR KE SHUDH VEECHAR,  
BRAHMATAM KO EK LAKH, TEOON SAMTA DHAAR (620)

TAN MAN DHAN VACH PRAAN SE, KAR NA PAR UPKAAR.  
EHSA PUNYA NA AUR KO, TEOON IS SANSAAR (621)

SARV SHAASTRA KA SAAR YEH, KIYA RISHIYON ALAAP.  
PARUPKAAR SO PUNYA HAI, PAR PEERA HAI PAAP (622)

PARUPKAARI PURUSH JEH, JEEWAN SAPHALA TAANHI.  
KAH TEOON DHAN DHAN VAHI, BHAL AAE JAG MAANHI (623)

APNA SWARATH CHOD JO, KARTA PAR UPKAAR.  
KAH TEOON YASH HOT HAI, TAANKA JAGAT MANJAAR (624)

KAH TEOON SAM VRAKSH KE, SIR PAR SAHE KE DUKH.  
SABH JEEVON KO DIJIYE, SARV BHAANTI SE SUKH (625)

TAN SE DUKH NA DE KISE, VACHAN KATTU MAT BOL.  
KAH TEOON HARI HARSH HIT, PARDA KAHUN NA KHOL (626)

JIN JIN PAR UPKAAR MEIN, SAHE KASHT NIRDHAAR.  
TIN KI MAHIMA KARAT NIT, SAADHU PUN SANSAAR (627)

UDHAR BHARAN KE KARNE, JEETA HAI SABH KOI.

TEOON PAR HIT JO KARE, JEETA HAI NAR SOI (628)

DHAAR DAYA DIL MEIN SADA, DEENO SE KAR PYAAR.  
TEOON IS PUKAAR SE, APNA KARO UDHAAR (629)

JEEVAN TAANKA SAPHAL HAI, JO HO MEG SAMAAAN.  
KAH TEOON DE SARV KO, DAAN PYAR SANMAAN (630)

### **SWASTHYA RAKSHA**

KAHE TEOON JO JAGAT MEIN, PAALAT PRAAKRUT NEM  
HOYE NIROGI MANUSH SO, PAAVAT NISHCHAY KSTEM (680)

JAAGAN SHAYAN VIHAAR PUN, KHAAN PAAN SNAAN

TEOON KARAT JO NEM SE, PAAVAT SO KALYAAN (681)

KARAM KARAT JO NEM SE, SO JAN HOT NIROG

TEOON PUN BALWAAN HO, BHOGAT ANAND BHOG (682)

JISKA KOI NEM NAHI, KAHE TEOON JAG MAAHI

TAANKE JEEVAN SWASTHYA KA, KOYE BHAROSA NAAHI (683)

SWASTHYANASHAK JAGAT MEIN, JE JE KARAN AAHI

KAHE TEOON TIN SARVA MEIN, NEM BHANG SAM NAAHI (684)

NEM BINA JO CHALAT HAIN, TEOON ULTI CHAAL

SO NIJ SWAASTHI NAASH KAR, BHOGAT ROG VISHAAL (685)

SAB ROGON KI AUSHADI, TEOON HAIN VYAYAAM

KASRAT KAR NIT NEM SE, PAAO SUKH VISHRAAM (686)

ISSH VED GURU AAPNI, CHAAR KRIPA YE JAAN

KAH TEOON INN CHAAR SE, UPJE TATVA VIGYAAN (687)

MANUSH TAN GURUDEV PUN, SAM DAM SAADHAN GYAAN

KAH TEOON YE MILAT JAB, ISSH KRIPA TAB JAAN (688)

VED ARTH KE PADDHAN KI, SHAKTI BUDHI MEIN HOYE

KAHE TEOON SAT JAANIYE, VED KRIPA HAI SOYE (689)

KAH TEOON SAT SHASTRA PUN, NIJ ANUBHAV ANUSAAR

DEH YATHAARTH BODH GURU, YEH GURU KRIPA SAAR (690)

VED GURU KE VACHAN SUN, DHAARE HRIDYA MAAHI

KAHE TEOON TAAN PAR CHALE, NIJ KRIPA SAA AAHI (691)

KARAN YOG JO KAAJ HAIN, PAHLE KARIYE SOYE

KAHEN TEOON JISKE KIYE, SAB KARYAA SIDHH HOYE (692)

KAHEN TEOON SAMJHE BINA, KARAM KARE MAT KOYE

KARAM KARO SAB SOCH KE, JAANSE BAHU SUKH HOYE (693)

YAGYA PAATH TAP DAAN SE, SARVA VIGHAN HO NAAS

KAHEN TEOON YE NIT KARO, MAN MEIN DHAR VISHWAAS (694)

TYAAG TAP SACH SAADGI, PRATHNA VISHWAAS

KAHEN TEOON YE SADHKE, PAAO SUKH AVINAASH (695)

MARAG SUDHA JO CHALE, SO PAHUNCHAT HAIN GAAM

BINA MARAG PAHUNCHE NAHI, KAHEN TEOON NIJ DHAAM (696)