



Bhand Jammee-ai

Mantra:

Bhand jammee-ai bhand nimmee-ai bhand mangan veeaa-hu.
Bhandahu hovai dostee bhandahu chalai raahu.
Bhand moo-aa bhand bhali-ai bhand hovai bandhan.
So kio mandaa aakhi-ai jit jameh raajaan.

Bhandahu hi bhand oopjai bhandai baajh na ko-ay.
Naanak bhandai baahraa ayko sachaa so-ay.
Jit mukh sadaa salaah-ee-ai bhaagaa ratee chaar.
Naanak tay mukh oojalay tit sachai darbaar.

Translation:

From woman, man is born; within woman, man is conceived; to woman he is engaged and married.
Woman becomes his friend; through woman, the future generations come.
When his woman dies, he seeks another woman; to woman he is bound.
So why call her bad? From her, kings are born.

From woman, woman is born; without woman, there would be no one at all.
O Nanak, only the True Lord is without a woman.
That mouth which praises the Lord continually is blessed and beautiful.
O Nanak, those faces shall be radiant in the Court of the True Lord.

Source: Siri Guru Granth Sahib

Author: Guru Nanak Dev Ji

Language: Gurmukhi

Albums that feature the mantra:

