

Rakhe Rakhan Haar

*Rakhe rakhan haar aap ubaarian
Gur kee pairee paa-ei kaaj savaarian
Hoaa aap dei-aal manaho na visaarian
Saadh janaa kai sang bhavajal taarian
Saakat nindak dusht khin maa-eh bidaarian
Tis saahib kee tayk naanak manai maa-eh
Jis simrat sukh ho-ei sagalay dookh jaa-eh*

Translation*:

Thou who savest, save us all and take us across,
Uplifting and giving us the excellence.
You gave us the touch of the lotus feet of the Guru,
And all our jobs are done.
You have become merciful, kind, and compassionate;
And so our mind does not forget Thee.
In the company of the holy ones
You take us from misfortune and calamities, scandals, and disrepute.
Godless, slanderous enemies—
You finish them in timelessness.
That great lord is my anchor.
Nanak, keep firm in your mind.
By meditating and repeating His Name,
All happiness comes and all sorrows and pain go away.

The Rakhe Rakhanhaar mantra is for complete protection. It is a victory song which allows us to be guided by God's graceful and merciful hand. It does away with the obstacles to fulfilling one's destiny. This mantra is part of the evening prayer, Rehiras, which adds energy to one's being, and helps when you are physically weak or have limited wealth. It was written by Guru Arjan, the 5th Sikh Guru. Chanting this mantra helps against fluctuations of the mind.