

Om Shree Satnam Sakhi  
Amrit Vani

1) Mein maangat nahin aur kachu  
sant daras hari deh  
kahe teoon darshan kare  
safal karu tan eh

2) Satguru mujh ko daan de  
prem bhakti vishwaas  
kahe teoon nit sumati de  
santan maahi niwaas

3) Kahe teoon hari naam jap  
bhulo naa ksharn ek  
bhogat bhogat vishay ras  
beete janam anek

4) Maat garab mein tum kiya  
hari se jo ikraar  
kahe teoon tehen yaad kar  
sumro satkartaar

5) Chauraasi lakh yoni kaa  
maanush hai sirtaaj  
kahe teoon hari bhajan kaa  
kar is tan mein kaaj

6) Kahe teoon tum chet le  
ab kuch bigri naahi  
daya dharam shubh karam kar  
hari sumro man maahi

7) Buraa kisi kaa na karo  
sabkaa bhala vichaar  
teun buraai jo kare  
taanka kar upkaar

8) Jin jin hari ke prem mein  
deena tan man praan  
teun tin ke kadam par  
jhuk jhuk padat jahan

9) Sant ram mein bhed nahi  
sant ram swaroop  
kahe teoon rat ram ko  
bhae ram ke roop

10) Krodh tyaag kshama dhare  
so hai poojam yog  
kahe teoon tehen daras te  
mit jaavat sabh rog

11) Sant samagam sam nahi  
saadhan ko jag maahi  
kahe teoon bin hari kripa  
satsang milta naahi

12) Paar karat bhav sindhu se  
satsang param jahaaz  
kahe teoon taame chadho  
chod jagat ki laaj

13) Kahe teoon bhagwaan se  
satguru adhik pachaan  
karmo kaa phal det hari  
guru de mukti daan

14) Guru bin rang na laaghi  
guru bin gyaan ne hoye  
kahe teoon satguru bina  
mukti naa paave koi

15) Teun deepak gyan bin  
shobat dhaam ne deh  
guru bin gyan me hot hai  
taante guru kar leh

16) Guru bin prem ne upje  
guru bin jage ne bhaag  
kahe teoon tante sadaa  
guru charno mein laag

17) Guru ki sewa jo kare  
guru ki aagya maan  
kahe teoon guru naam ratt  
gurumukh so pahchaan

18) Sukh dukh mein tyage naheen  
satguru kaa jo sang  
kahe teoon tis daas ko  
lage ram ka rang

19) Mein mera guru charan mein  
jo jan bhet chadhaae  
kahe teoon tis daas ke  
kaal nikat nahi aae

20) Guru ko je nahi sevhi  
te nar thaur ne paae  
kahe teoon guru sev bin  
janam janam pachtaae

21) Ram naam satya vachan puni  
madhur ne bolat joe  
teun duje janam mein  
so nar gungaa hoe

22) Kar maala man dhyaan dhar  
rasnaa se rat ram  
kah teoon is jaap se  
paao hari ka dham

23) Mukh se sumaran naa kare  
kar se deh na daan  
kah teoon tis manush kaa  
jeewan vruthaa jaan

24) Bhakti karni kathin hai  
sugam na taan ko jaan  
teoon bhakti so kare  
tyaage jo abhimaan

25) Man chanchal ke shaanti hit  
ek hari kaa dhyaan  
teoon hari ke dhyaan bin  
mile na shanti sujaan

26) Harijan dekhat sarv ko  
ek hari kaa roop  
durjan naanaa drishti kar  
padat narak ke koop

27) Rahni bin tan bhesht dhar  
sant ne kahiye soe  
kahe teoon so sant hai  
rahni rahtaa joe

28) Teun paaras aur ko  
karat ne aap samaan  
saadhu deepak bhrung jyon  
nij sam karte aan

29) Teoon jete karm shubh  
likhe ved ke maahi  
saadhu sang guru naam sam  
aur karm ko naahi

30) Kahe teoon hari ki kathaa  
paapin ko nahi bhaae  
nindaa chugli paap nit  
taanko bahut suhaae

31) Karmaa kubjaa bhilni  
haathi aur hanuman  
teoon kewal prem kar  
paayaa hari bhagwaan

32) Kah teoon hari prem ki  
mahimaa hai adhikaae  
prem bhare pravaah mein  
gyaan dhyaan bah jaae

33) Praatkal jo sovhi  
taa man hoe maleen  
rog baddhe aayu ghate  
hoe bhaag se heen

34) Soe nahi kis paaiyaa  
jin paayaa tin jag  
teun hari paanaa chaho  
naine nindraa tyaaag

35) Man hi se sukh hot hai  
man hi se dukh hoe  
kahe teun is bharam ko  
viral jaane koe

36) Teun man do bhaanti kaa  
shudh ashudh swaroop  
shudh milaae ram se  
ashudh daar bhav koop

37) Shubh karmo ko chod jo  
Karat paap ke kaam  
Kah teun so manushya dukh  
Paavat hai yam dhaam

38) Teun jitnaa sukh chaho  
Utnaa kar hari jaap  
Dukh bhi jitnaa sah sako  
Utnaa kariye paap

39) Praarabdh hai prabal ati  
Kah teun sun taat  
Jahaan jeev ka bhog hai  
Tahaan khench le jaat

40) Jiskaa koi nem nahi  
Kah teun jag maahi  
Taanke jeevan swasasthya kaa  
Koi bharosaa naahi

41) Kah teun sansaar mein  
Sabh vastu ghat jaat  
Ekhi trishnaa naa ghate  
Badhat rahe din raat

42) Trishnaa kaali naagini  
Dukh vish se bharpur  
Kah teun sukh chahat jo  
Ho tum taanse dur

43) Maaya chal bal roop hai  
Maya dukh kaa dhaam  
Teun maaya mamat taj  
Sumro hari kaa naam

44) Maaya kaaran ladat sab  
Teun lok tamaam  
Beta ladtaa bap se  
Pati se ladti vaam

45) Nindak jaisaa meet nahi  
Teun jagat manjaar  
Punya det hai apna  
Lehi paap kha baar

46) Sarv vastu bhagwaan ki  
Aur kisiki naahi  
Teun apni jaan ke  
Garv ne kar man maahi

47) Teun main meraa taje  
Kar prabhu se tum pyaar  
Sabkaa kartaa hai vahi  
Kaahi karat ahankar

48) Jaanko bhay nahi kaal kaa  
So nit kartaa paap  
Teun bhay jehen karat so  
Paap taje hari jaap

49) Aashaa trishna irshaa  
Chauthi chintaa aag  
Teun isme jalat sabh  
Bache ko bar bhaag

50) Dashon dishaa mein ram rahaa  
Ek ram bharpur  
Kah teun agyan kar  
Murakh jaanat dur

51) Vishwaas ghaati kritaghn  
Vybichari thag chor  
Kah teun in paanch ko  
Teen lok nahi thaur

52) Re man tera jagat mein  
Do din kaa hai vaas  
Kah teun yon samajh ke  
Taj bhogon ki aas

53) Raen gai pun din bhayaa  
Divas gaayaa bhayi raat  
Kah teun man chet le  
Aayu aise jaat

54) Til bhar daulat naa chale  
Dar tak chaale naar  
Mitra chale shamshaan tak  
Dharam chale sur dwaar

55) Paanch tatv ka pinjara  
Taame panchi pran  
Kahe teun jab ur chala  
Tab tan suna jaan

56) Aur mare kyu rodate  
Rovahu apne heth  
Ik din tum bhi jaaega  
Chod jagat ka khet

57) Kahe teon is jagat mein  
Dekha sukhi na koi  
Bhoop bali pandit guni  
Sabh hi dukh se roi

58) Gyaan bina nar moond hai  
Gyaan bina pashu jaan  
Kahe teon nij gyaan jih  
Son nar dev samaan

59) Kah teun man ki gati  
Adhik pavan se jaan  
Taan ko jo jan vas kare  
Soi purush sujaan

60) Kah teun hari milan ke  
Maarg bahu jag jaan  
Sabh maarg mein ek hi  
Satsang hai pradhaan

70) Kah teun nit kijiye  
Ram nam se prem  
Ram naam ke sam nahi  
Jap tap sanyam nem

61)) Baalapan khelan gayaa  
Yauvan bhoge bhog  
Kah teun buddhe bhae  
Laagaa trishnaa log

62) Kanak kaamini deh mein  
Jaankaa bahut pyaar  
Kah teun dukh paae so  
Jaakar narak dwaar

63) Sabhra shukar jis jan karaa  
Tyaage tan abhimaan  
Kah teun tis purush par  
Prasan ho bhagwaan

64) Teen karm nit hi karo  
Bhajan daan isnaan  
Kahe teun in teen se  
Kali mein ho kalyaan

65) Mangte se mat maangije  
Mangtaa khud penaar  
Teun hari se maang jo  
Sabko devan haar

66) Maanush cholaa tujh milaa  
Jisi kaam ke het  
Kahe teun so naa kiyaa  
Ajhun bhayaa achet

67) Bahu saadhan nar karat hai  
Shanti het jag maahi  
Kah teun man shaanti bin  
Shaanti ne paavat kaahi

68) Nirmal man chit karan hit  
Hai ik hari ka dhyaan  
Kahe teun hari dhyaan kar  
Paa shanti mahan

69) Ram naam ultaa jape  
Vaalmik bhae paar  
Kah teun tum naa tarahe  
Sulaa ram uchaar

Satnam Sakhi

Amrit Vani

- 1.- I don't ask for anything from God, but just the presence of saints. Teun says by their vision. I may my life worthy.
- 2.- Please my master, bless me with the gift of love, devotion, faith, teun says grant me good thoughts and the company of saints.
- 3.- Says Teun chant the name of God, do not forget him even for a moment, enjoying and experiencing the pleasures of the world we have passed many births.
- 4.-As you have promised to God in mothers womb, teun says remember that promise and worship God for always.
- 5.-In 84 laksh births, human bein is crowned. Teun says chant the name of God in this supreme birth.
- 6.-Teoon says be concsious, still nothing has gone wrong, be mercyful, religious and do good deeds, chant the name of God in your heart.
- 7.-Don't harm anyone, think good for everyone, Teun says if somebody harms you then also do good to that person.
- 8.-Whosoever have sacrificed their body, soul and live for the love of God, Teun says the world bows at the feet of such noble persons.
- 9.-Their is no difference between saint and God, saint is reflection of God. Teun says chant the name of God being the reflection of God.
- 10.- Who renounces anger and forgives all is worth worship, says teun with the

glimpse of such a soul, all your sickness vanish.

- 11.- There is nothing better than congregation of Saints in this world. Says Teun without the grace of God the company of saints is not obtained.
- 12.- To cross the ocean of worldly pleasures, the acquaintane of saints is the source . Says Teun so come under their guidance leave aside all drawbacks.
- 13.- Teun says more than God, spiritual master (guru) is greater God gives fruit of our Karmas, guru gives freedom from birth and death.
- 14.- Without a spiritual master we are not initiated, without spiritual master we cannot have knowledge. Teun says without spiritual master we cannot get free from cycle of birth and death.
- 15.- Teun says without divine knowledge our body does not have importance. Without spiritual master we cannot have knowledge , thats why we need to have a spiritual master.
- 16.- Without a spiritual master love does not grow within, without a spiritual master one destiny won't change.Says Teun so take refuge at the lotus feet of the spiritual master.
- 17.- The one who serves his spiritual master and obeys him, Says teun one who meditates on the name, he is a real disciple.
- 18.- One who in sorrow & happiness does not leave his spiritual master. Teun says that disciple get coloured in the name of Ram.

19.- One who gives up ego at the lotus feet of the master, says teun the God of death does not approach this soul.

20.- One who does not serve his master, does not have peace, says teun without serving the master, he repents every birth.

21.- The one who does not recite the name of God, speak the truth and sweetly.  
Teun says in his next birth he will become dumb.

22.- Rosary in hand and mind concentrated in meditation, with the speech meditate the name of God, says Teonram in this way achieve the kingdom of God.

23.- The one who does not meditate upon the name of the Lord, does not give alms with his hands Teon says his life is not worth living.

24.- Teon says devotion is a very difficult task don't take it lightly, who so ever is devoted renounces selfishness.

25.- To calm our restless mind, meditate the name of God, says Teonram without meditation, peace will not be attained.

26.- Holy people look at enemy as one creation of God, the unholy find differences in people and they suffer hell.

27.- Those who disguise themselves as saints are not really pious people, teun says the real saint is the one who renounces worldly pleasures.

28.- Says teun the touchstone does not convert anyone like itself, but saints and the flame converts the bee like itself.

29.- Says teun the good deeds written in the vedas, but there is no good deed as the acquaintance of saints and the meditation of the name of God.

30.- Teun says the people who are full of vices don't like holy meetings (satsang),  
Criticism and commingling sins is what they like most.

30.- Says teun, sinners are not attracted to the Lord's stories the only thing which appeals to them is criticism and sins.

31.- Karma kubja bilni the elephant and Hanuman says teun attained the Lord with just true love.

32.- Says Teun, supreme is the praise of the Lord's love  
In the flowing river of love, knowledge and concentration flows away.

33.- He who remains asleep in the early hours his mind becomes polluted  
Illness increases and lifespan becomes shorter and thus becomes devoid of good fortune

34.- No one who remained in deep slumber attained the goal.  
Only those who were awake did . If you wish to reach to the almighty you will have to wash away the sleep from your eyes.

35.- Sorrow and happiness comes to us through our mind. Says teun, but rare is the one who knows his secret.

36.- Says teun, the mind can adopt two postures, pure or polluted.  
Pure mind guides you to the lord . The polluted mind entices you to the worldly pleasures.

37.- He who leaves aside the good deeds and performs sinful ones.

Says teun , such a person will only  
recluse sorrow.

38.- Says Teoon pray to the Lord as  
much as happiness you wish to achieve  
and only commit those sins in exchange  
of sorrows you will have to bear.

39.- Destiny is mighty indeed , Listen to  
me my child says teun you will be  
dragged wherever you have to pay your  
actions.

40.- He who has no discipline in this  
world, his health and life is uncertain.

41.- He who has no ideal in this world,  
his life is uncertain , says Teun in this  
world everything goes lesser, but only  
the desire is never less, increases day  
and night.

42.- The desire is like a black snake, it  
is full of poison, if you want happiness,  
says teun, be far from it.

43.- This maya is all bluf, and it is the  
throne of sorrow, says teun leave it, and  
go and meditate the name of God.

44.- Because of this Maya, there is so  
much quarrels in this world, the son  
fights with his father, and the wife with  
her husband.

45.- There is no friend like a critic in  
this world, he gives his virtues and  
gaves the weight of my sins.

46.- Everything in this world belongs to  
God, nobody else , dont be egoist  
thinking its yours.

47.- Love God leaving behind yours and  
mine, he is the doer, why are you egoist.

48.- He is a sinner who is not afraid of  
death, he who is afraid, leaves sin, and  
praises God.

49.- Hopes, desires, jelousy and the  
fourth is worries everybody is burning  
in this fire, those who are saved are  
fortunate.

50.- In all directions and in the  
enviroment God is omnipresent , says  
teun due to ignorance, ignorant person  
thinks he is far.

51.-

52.- One should realize that this world  
is of two days think like this says teun ,  
and leave desires.

53.- Night goes and day comes, way  
goes and night come, says teun realize  
this because this is the way life goes.

54.- Not even a penny of your wealth  
accompanies you, the life goes till the  
door, friends accompany you the  
cementary, but the good deeds go with  
you.

55.- Five elements is the cage, and the  
bud of life lives in it, when he flies the  
body (cage) remains lonely.

56.-When somebody dies, why you cry,  
cry for yourself one day, you will also  
leave this world.

57.- Says teun, in this world, nobody is  
content, the king, the valiant, the priest  
and the intelligent people, all cry with  
sorrow.

58.- Without knowledge a person is  
ignorant, like a animal, he who has  
knowledge is like an angel.

59.- This mind is more powerful then  
the wind, he who has controlled it is  
like god.

60.- There are many ways to meet God, but the best and foremost is by the company of saints.

60.- Says teun there are many resources to meet God in this world but of all the predominant is the association of saints.

61.- The childhood went playing, the youth fullfilling desires, now is old age the disease of temptation.

61.- Childhood went in play, the state of youth in worldly pleasures, says teun now when old you are affected by the disease of desires.

62.- Teun says do these 3 deeds everyday, pray, donate and bath, doing this you are blessed.

62.- Those who adore god, attractive women, and the body, says teun suffer the pongs of hell.

63.- The one who is patient and appreciates everything, foregoing ego, says teun god is content with such a human being.

64.- Do thee duties daily meditate, donate and bath, says Teun these deeds done will help obtain peace in this iron age.

65.- Do not ask from those who themselves are beggars. Teun ask God to glant you who is the giver of all.

66.- You have obtained this human form for some purpose , says Teun you have not accomplished your duty and are still anware.

67.- Lots of resources are done to achieve peace in this world. Says teun without peace of mind, peace is not attained any where.

68.- To make the mind pure, the one way is through meditation. Says teun with the meditation of the name of God obtain eternal peace.

69.- Vaalmik got through the ocean of this world chanting the name of God the wrong way round. Says Teun you have not gone accross chanting it in the right way.

70.- Says Teun worship the name of God everyday. There is not recitation , meditation, discipline or custom like the name of God.