

# The Nectar of Anand Sahib

Quotes about the bani of Guru Amar Das  
by the Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji



**B**ani is Guru, Guru is Bani and all nectars are contained in it. If there is a nectar inside, then outside shall be with nectars. Every sector of life will become nectar when inside there is no façade, but only nectar. Those who do not produce any inside are besieged by ambitions, temptations, desires, adversities, you name it. Our fort is our own radiance and within that fort we need that radiation to just be alive and [we need] that nectar to be in excellence." (November 19, 1989)

**Y**ou do not know the basic formula of life. I, My Mind, We, Thou, Thee. That is what Anand Sahib is all about. It's the Guru's given wisdom between a (person) and his mind, a (person) and his body, and a (person) and his spirit. Anybody can adopt it. Anybody can understand it. Anybody can work with it and live in bliss."(From *Success and the Spirit: An Aquarian Path to Abundance, Lectures and Meditations from the Teachings of Yogi Bhajan.*)

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**W**hen you read the song of bliss (Anand Sahib), that is where Guru talks to his own mind. 'O my eyes, you have come here for this purpose; O my ears, you have come for this purpose; O my body, you have come for this purpose.' Everything has been talked to. For that system the basic philosophy is explained in Anand Sahib. It is the path of the sage. But sage here is the evolutionary self, which involves itself and revolves around its own self and then it amalgamates with its own better qualities, better self. It's a process of self-conviction, self-confidence, self-growth." (*June 1, 1978*)

**I**n Guru's bani, in Anand Sahib, Guru even talks to the limbs of the body, reminding them of the duties, giving them direction, giving them the job description, giving them the identity." (*May 1, 1994*)

**A**mong the Sikhs, when a child is born we do kirtan; when a child dies, we do kirtan. When a child is born, we read the Anand Sahib and when a child dies, we read the Anand Sahib. It's very difficult to do that; it's very painful to do that. It is impossible to do that, but it's an act of consciousness because we believe all things come from God and all things go to God." (*March 18, 1984*)

**R**ead Anand Sahib. The song of bliss will tell you what your ears have to do, it will tell you what your eyes have to do, it will tell you what your tongue has to do, it will tell you what your body has to do. It will tell you part by part the secret of Infinity." (*January 8, 1989*)

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“...**it** is a part of Naad Yoga, [that] any two people who recite anything together will get together and will have a very good togetherness. For that purpose Anand Sahib is the bani exactly for that purpose; husband and wife can recite it by sutra by sutra.” *(February 28, 1977)*

“...**there** is a bani which you must read in English, if you do not know Gurmukhi. It is called Anand Sahib, song of bliss. It can open you up to a reality which you've never been opened to.” *(June 3, 1998)*

“**A**nand means bliss. It comes with discipline, with dedication, and with affection. If a person is well-disciplined to their dedication and affection, then such a love can be pure and it will not have boundaries. The investment will be real enough to give a person an experience of no pain. When there is no pain, there is no duality, and achievement and clarity becomes better.” *(May 13, 1996)*

Quotes courtesy [The Yogi Bhanan Library of Teachings®](#)

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