

### **nitnem the daily prayer pdf**

Rehras Sahib (Punjabi: ਰਿਹਾਸ ਸਾਹਿਬ, commonly known as Sodar Rehras, is the daily evening prayer of the Sikhs and is part of Nitnem. It includes hymns from Guru Granth Sahib and Dasam Granth.. It contains hymns of So Dar, So Purakh, Chopai, Anand Sahib and Mundavani, among which Chopai is from Dasam Granth. This Bani is a collection of hymns of five Sikh Gurus: Guru ...

### **Rehras - Wikipedia**

5 Guru Granth Sahib The Sikh scripture, written mostly in the form of hymns and poetry, it includes the writings of six of the Sikh Gurus (see Guru) as well as the devotional writings of 36 other saints, both Muslim and Hindu.

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Whilst asanas and positions such as the full-lotus, half-lotus, Burmese, Seiza, and kneeling positions are popular in Buddhism, Jainism and Hinduism, other postures such as sitting, supine (lying), and standing are also used. Meditation is also sometimes done while walking, known as kinhin, or while doing a simple task mindfully, known as samu.. Use of prayer beads

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