



**JAP SAHIB, SWAYA AND ARDAS
HYMNS IN THE PRAISE OF GOD**

By: Dr. Sukhbir Singh Kapoor
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Jap Sahib, Swayas and Ardas is the follow up book to author Dr. Sukhbir Singh Kapoor's *Japji - A Way to God Realization*. This book presents these prayers in Gurmuki with transliteration and translation in English. Extensive notes on each prayer make it a great resource for both scholars and lay persons.

Jap Sahib and the Swayas are part of the Dasam Granth, the writings of the tenth Guru, Gobind Singh. These are prayers that are recited in the mornings. Guru Gobind Singh, the last of the Sikh Gurus, ordained that no mortal will be a Guru to the Sikhs after him. Instead, he instructed his followers to view the compiled writings of all the previous Gurus and saints, known as the Adi Granth, as their Guru from then on. He did not include his own writings in the Adi Granth. But the Sikhs hold his writings, known as the Dasam Granth, in very high esteem. Dr. Kapoor provides a valuable service to all Sikhs and those interested in our culture by providing the translations and notes on the Jap Sahib and Swayas. This book also contains a dictionary of the terms we find in these prayers.

Dr. Sukhbir Singh Kapoor is a graduate of London, Glasgow, Punjab and Agra Universities. As a scholar, writer and journalist, he has published numerous articles in English journals. He is also the author of twenty one books on Sikh religion and history.