

Dukh Par Har Sukh Ghar Le Jae

Dukh- Pain

Sukh- Peace

This mantra is used for transformation of anger and misery to peace and joy.

Relief from pain, and happiness(peace) comes to dwell within

"Give your pain to the Har, the God, and take home peace."

-Yogi Bhajan loose translation

"Just chant 'Dukh Par Har Sukh Ghar Le Jae' and you start feeling like you are foolish to be angry."

- Yogi Bhajan

Anger is like a highly infectious virus, but there is an anti-viral that can help soften the symptoms. The mantra "Dukh Par Har Sukh Ghar Le Jae", from Japji, means essentially that if you give up your pain, peace will flood into your heart. Give it up to what? The formless, the nameless, the all-that-is. The something bigger than you that animates life. That thing, whatever you call it. Give your pain up, and peace will rush into the vacuum it creates to fill the void.

Yogi Bhajan said that when you chant this mantra, you will begin to feel foolish for being angry. You won't be able to hold onto a state of misery. Ready to release your anger? You're seven words and seven minutes away from pain to peace.