

# Contents

<i>Foreword</i>	—Raj Kumar Hans	9
<i>Acknowledgements</i>	—Neeti Singh	15
<i>Introduction</i>	—Neeti Singh	17
• Sri Gur Katha		45-139
– Ardas		53
– Ustati		59
– Chitra Kalgidhar Ji Ka		69
– Amrit-Bidhi		129
– Rahit		133
<i>Index</i>		141