



# Sukhmani Sahib

A Journey Towards Spirituality  
English Translation

# Gutka – Sukhmani Sahib

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This text is only a translation and only gives the essence of the Guru's Divine word. For a more complete understanding, please read the Gurumukhi Sri Guru Granth Sahib Ji. If any errors are noticed, please notify us immediately via email at [walnut@gmail.com](mailto:walnut@gmail.com).

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**ਗਉੜੀ ਸੁਖਮਨੀ ਮਃ ੫ ॥**

ga-orhee sukhmanee mehlaa 5.

Raag Gauree, fifth Guru: SUKHMANI means the crown bead of bliss.

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥**

ik-oNkaar satgur parsaad.

One eternal God, realized by the Guru's grace.

**ਆਦਿ ਗੁਰਏ ਨਮਹ ॥**

aad gur-ay namah.

I bow to the Primal Guru.

**ਜੁਗਾਦਿ ਗੁਰਏ ਨਮਹ ॥**

jugaad gur-ay namah.

I bow to the Guru who was before the beginning of the ages.

**ਸਤਿਗੁਰਏ ਨਮਹ ॥**

satgur-ay namah.

I bow to the eternal True Guru.

**ਸ੍ਰੀ ਗੁਰਦੇਵਏ ਨਮਹ ॥੧॥**

saree gurdayv-ay namah. ||1||

I bow to the Great, Divine Guru.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਸਿਮਰਉ ਸਿਮਰਿ ਸਿਮਰਿ ਸੁਖੁ ਪਾਵਉ ॥**

simra-o simar simar sukh paava-o.

I remember God with loving devotion and by remembering Him at all the time, I experience eternal bliss,

**ਕਲਿ ਕਲੇਸ ਤਨ ਮਾਹਿ ਮਿਟਾਵਉ ॥**

kal kalays tan maahi mitaava-o.

and dispel all worries and anguish that from my mind

**ਸਿਮਰਉ ਜਾਸੁ ਬਿਸੁੰਭਰ ਏਕੈ ॥**

simra-o jaas bisumbhar aikai.

I contemplate on the One who preserves the universe.

**ਨਾਮੁ ਜਪਤ ਅਗਨਤ ਅਨੇਕੈ ॥**

naam japat agnat anaykai.

Countless peoplere-member Him

**ਬੇਦ ਪੁਰਾਨ ਸਿੰਮ੍ਰਿਤਿ ਸੁਧਾਖਯਯਰ ॥**

bayd puraan simrit suDhaakh-yar.

The Vedas, the Puranas and the Smritis, the purest of utterances,

**ਕੀਨੇ ਰਾਮ ਨਾਮ ਇਕ ਆਖਯਯਰ ॥**

keenay raam naam ik aakh-yar.

have recognized the One, the Name of God to be the most sacred.

**ਕਿਨਕਾ ਏਕ ਜਿਸੁ ਜੀਅ ਬਸਾਵੈ ॥ ਤਾ ਕੀ ਮਹਿਮਾ ਗਨੀ ਨ ਆਵੈ ॥**

kinkaa ayk jis jee-a basaavai. taa kee mahimaa ganee na aavai.

That person's glory cannot be described in whose heart, God instills even an iota of Naam.

**ਕਾਂਖੀ ਏਕੈ ਦਰਸ ਤੁਹਾਰੇ ॥ ਨਾਨਕ ਉਨ ਸੰਗਿ ਮੋਹਿ ਉਧਾਰੇ ॥੧॥**

kaaNkhee aikai daras tuhaaro. naanak un sang mohi uDhaaro. ||1||

Nanak says, O' God, save me along with those who yearn to experience your holy presence.

**ਸੁਖਮਨੀ ਸੁਖ ਅੰਮ੍ਰਿਤ ਪ੍ਰਭ ਨਾਮੁ ॥**

sukhmanee sukh amrit parabh naam.

The ambrosial Name of God is the crown jewel (the essence) of all peace and bliss,

**ਭਗਤ ਜਨਾ ਕੈ ਮਨਿ ਬਿਸ੍ਰਾਮ ॥ ਰਹਾਉ ॥**

bhagat janaa kai man bisraam. Rahaa-o.

and this nectar- Name of God resides in the hearts of His true devotees.

|| pause ||

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਗਰਭਿ ਨ ਬਸੈ ॥**

parabh kai simran garabh na basai.

By remembering God, one is freed from cycle of birth and death.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਦੁਖੁ ਜਮੁ ਨਸੈ ॥**

parabh kai simran dookh jam nasai.

By remembering God, the fear of demon goes away.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਕਾਲੁ ਪਰਹਰੈ ॥**

parabh kai simran kaal parharai.

By remembering God, the fear of death vanishes.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਦੁਸਮਨੁ ਟਰੈ ॥**

parabh kai simran dusman tarai.

Remembering God, one's vices are eradicated

**ਪ੍ਰਭ ਸਿਮਰਤ ਕਛੁ ਬਿਘਨੁ ਨ ਲਾਗੈ ॥**

parabh simrat kachh bighan na laagai.

Remembering God, one meets no obstacles in life.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਅਨਦਿਨੁ ਜਾਗੈ ॥**

parabh kai simran an-din jaagai.

By remembering God, one always remains alert from vices and worldly temptations.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਭਉ ਨ ਬਿਆਪੈ ॥**

parabh kai simran bha-o na bi-aapai.

Remembering God, one is not overpowered by fear.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਦੁਖੁ ਨ ਸੰਤਾਪੈ ॥**

parabh kai simran dukh na santaapai.

Remembering God, one does not suffer sorrow.

**ਪ੍ਰਭ ਕਾ ਸਿਮਰਨੁ ਸਾਧ ਕੈ ਸੰਗਿ ॥**

parabh kaa simran saaDh kai sang.

The meditative remembrance of God prevails in the Company of the Holy.

**ਸਰਬ ਨਿਧਾਨ ਨਾਨਕ ਹਰਿ ਰੰਗਿ ॥੨॥**

sarab niDhaan naanak har rang. ||2||

O' Nanak, all treasures of the world are in the Love of God. ||2||

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਰਿਧਿ ਸਿਧਿ ਨਉ ਨਿਧਿ ॥**

parabh kai simran riDh siDh na-o niDh.

In the remembrance of God are the miraculous powers and all the nine treasures of the world.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਗਿਆਨੁ ਧਿਆਨੁ ਤਤੁ ਬੁਧਿ ॥**

parabh kai simran gi-aan Dhi-aan tat buDh.

In the remembrance of God are knowledge, meditation and the essence of wisdom.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਜਪ ਤਪ ਪੂਜਾ ॥**

parabh kai simran jap tap poojaa.

In the remembrance of God are chanting, intense meditation and devotional worship.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਬਿਨਸੈ ਦੂਜਾ ॥**

parabh kai simran binsai doojaa.

In the remembrance of God, duality vanishes.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਤੀਰਥ ਇਸਨਾਨੀ ॥**

parabh kai simran tirath isnaanee.

In the remembrance of God are purifying baths at sacred shrines of pilgrimage.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਦਰਗਹ ਮਾਨੀ ॥**

parabh kai simran dargeh maanee.

In the remembrance of God, one attains honor in the Court of the God.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਹੋਇ ਸੁ ਭਲਾ ॥**

parabh kai simran ho-ay so bhalaa.

In the remembrance of God, one accepts His will to be good for all.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਸੁਫਲ ਫਲਾ ॥**

parabh kai simran sufal falaa.

By remembering God, one succeeds in achieving the supreme goal of life.

**ਸੇ ਸਿਮਰਹਿ ਜਿਨ ਆਪਿ ਸਿਮਰਾਏ ॥**

say simrahi jin aap simraa-ay.

They alone remember Him in meditation, whom He inspires to do so.

**ਨਾਨਕ ਤਾ ਕੈ ਲਾਗਉ ਪਾਏ ॥੩॥**

naanak taa kai laaga-o paa-ay. ||3||

O' Nanak, I humbly bow to those who remember God ||3||

**ਪ੍ਰਭ ਕਾ ਸਿਮਰਨੁ ਸਭ ਤੇ ਉਚਾ ॥**

parabh kaa simran sabh tay oochaa.

The remembrance of God is the highest of all the deeds.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਉਧਰੇ ਮੂਚਾ ॥**

parabh kai simran uDhray moochaa.

By the remembrance of God, many are saved from the vices.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਤ੍ਰਿਸਨਾ ਬੁਝੈ ॥**

parabh kai simran tarisnaa bujhai.

By remembering God, the yearning for Maya is eliminated.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਸਭੁ ਕਿਛੁ ਸੁਝੈ ॥**

parabh kai simran sabh kichh sujhai.

In the remembrance of God, one understands everything about Maya.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਨਾਹੀ ਜਮ ਤ੍ਰਾਸਾ ॥**

parabh kai simran naahee jam taraasaa.

In the remembrance of God, there is no fear of death.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਪੂਰਨ ਆਸਾ ॥**

parabh kai simran pooran aasaa.

In the remembrance of God, all desires are fulfilled.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਮਨ ਕੀ ਮਲੁ ਜਾਇ ॥**

parabh kai simran man kee mal jaa-ay.

In the remembrance of God, the filth of vices is removed from the mind.

**ਅੰਮ੍ਰਿਤ ਨਾਮੁ ਰਿਦ ਮਾਹਿ ਸਮਾਇ ॥**

amrit naam rid maahi samaa-ay.

The Ambrosial Naam, dwells in the heart of the mortal.

**ਪ੍ਰਭ ਜੀ ਬਸਹਿ ਸਾਧ ਕੀ ਰਸਨਾ ॥**

parabh jee baseh saaDh kee rasnaa.

The devotees always recite God's Name.

**ਨਾਨਕ ਜਨ ਕਾ ਦਾਸਨਿ ਦਸਨਾ ॥੪॥**

naanak jan kaa daasan dasnaa. ||4||

O' Nanak, I am the servant of Your devotee's servant. ||4||

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਧਨਵੰਤੇ ॥**

parabh ka-o simrahi say Dhanvantay.

Those who remember God with love and devotion are spiritually wealthy.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਪਤਿਵੰਤੇ ॥**

parabh ka-o simrahi say pativantay.

Those who remember God with love and devotion are honorable.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਜਨ ਪਰਵਾਨ ॥**

parabh ka-o simrahi say jan parvaan.

Those who remember God with love and devotion are accepted in God's court.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਪੁਰਖ ਪ੍ਰਧਾਨ ॥**

parabh ka-o simrahi say purakh parDhaan.

Those who lovingly remember God are the most distinguished ones.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸਿ ਬੇਮੁਹਤਾਜੇ ॥**

parabh ka-o simrahi se baymuhtaajay.

Those who lovingly remember God with devotion do not depend on others.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸਿ ਸਰਬ ਕੇ ਰਾਜੇ ॥**

parabh ka-o simrahi se sarab kay raajay.

Those who remember God with love and devotion are spiritually superior.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਸੁਖਵਾਸੀ ॥**

parabh ka-o simrahi say sukhvaasee.

Those who remember God with love and devotion dwell in peace.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸਦਾ ਅਭਿਨਾਸੀ ॥**

parabh ka-o simrahi sadaa abhinaasee.

Those who remember God with love and devotion are freed from cycles of birth and death.



**ਸਿਮਰਨ ਤੇ ਲਾਗੇ ਜਿਨ ਆਪਿ ਦਇਆਲਾ ॥**

simran tay laagay jin aap da-i-aalaa.

Only those who are blessed by the merciful God Himself get on the Path of remembering Him.

**ਨਾਨਕ ਜਨ ਕੀ ਮੰਗੈ ਰਵਾਲਾ ॥੫॥**

naanak jan kee mangai ravaalaa. ||5||

O' Nanak, only a fortunate one begs for the company of such individuals. ||5||

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਪਰਉਪਕਾਰੀ ॥**

parabh ka-o simrahi say par-upkaaree.

Those who remember God with love and devotion become benevolent to others.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਤਿਨ ਸਦ ਬਲਿਹਾਰੀ ॥**

parabh ka-o simrahi tin sad balihaaree.

I dedicate my life forever to those who remember God with love and devotion.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਸੇ ਮੁਖ ਸੁਹਾਵੇ ॥**

parabh ka-o simrahi say mukh suhaavay.

Beauteous are the faces of those who remember God with love and devotion.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਤਿਨ ਸੂਖਿ ਬਿਹਾਵੈ ॥**

parabh ka-o simrahi tin sookh bihaavai.

Those who remember God with love and devotion live their life in peace..

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਤਿਨ ਆਤਮੁ ਜੀਤਾ ॥**

parabh ka-o simrahi tin aatam jeetaa.

Those who remember God with love and devotion conquer their mind.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਤਿਨ ਨਿਰਮਲ ਰੀਤਾ ॥**

parabh ka-o simrahi tin nirmal reetaa.

Those who remember God with love and devotion live a righteous way of life.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਤਿਨ ਅਨਦ ਘਨੇਰੇ ॥**

parabh ka-o simrahi tin anad ghanayray.

Those who remember God with love and devotion experience endless joys.

**ਪ੍ਰਭ ਕਉ ਸਿਮਰਹਿ ਬਸਹਿ ਹਰਿ ਨੇਰੇ ॥**

parabh ka-o simrahi baseh har nayray.

Those who remember God with love and devotion live in the presence of God.

**ਸੰਤ ਕ੍ਰਿਪਾ ਤੇ ਅਨਦਿਨੁ ਜਾਗਿ ॥**

sant kirpaa tay an-din jaag.

By the Grace of the Guru, they always remain alert to remember God.

**ਨਾਨਕ ਸਿਮਰਨੁ ਪੂਰੈ ਭਾਗਿ ॥੬॥**

naanak simran poorai bhaag. ||6||

O' Nanak, the gift of meditation is obtained only by perfect destiny. ||6||

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਕਾਰਜ ਪੂਰੇ ॥**

parabh kai simran kaaraj pooray.

Remembering God, one's tasks are accomplished.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਕਬਹੁ ਨ ਝੂਰੇ ॥**

parabh kai simran kabahu na jhooray.

By lovingly remembering God, one never grieves.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਹਰਿ ਗੁਨ ਬਾਨੀ ॥**

parabh kai simran har gun baanee.

By remembering God with love and devotion, one utters the virtues of God.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਸਹਜਿ ਸਮਾਨੀ ॥**

parabh kai simran sahj samaanee.

Remembering God, one is absorbed into the state of intuitive poise.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਨਿਹਚਲ ਆਸਨੁ ॥**

parabh kai simran nihchal aasan.

By remembering God with love and devotion, one's mind doesn't waiver.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਕਮਲ ਬਿਗਾਸਨੁ ॥**

parabh kai simran kamal bigaasan.

By lovingly remembering God, one feels delighted.

**ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਅਨਹਦ ਝੁਨਕਾਰ ॥**

parabh kai simran anhad jhunkaar.

Remembering God, divine melody keeps playing in one's mind continuously.

**ਸੁਖੁ ਪ੍ਰਭ ਸਿਮਰਨ ਕਾ ਅੰਤੁ ਨ ਪਾਰ ॥**

sukh parabh simran kaa ant na paar.

There is endless peace that ensues by remembering God.

**ਸਿਮਰਹਿ ਸੇ ਜਨ ਜਿਨ ਕਉ ਪ੍ਰਭ ਮਇਆ ॥**

simrahi say jan jin ka-o parabh ma-i-aa.

They alone remember Him, upon whom God bestows His Grace.

**ਨਾਨਕ ਤਿਨ ਜਨ ਸਰਨੀ ਪਇਆ ॥੭॥**

naanak tin jan sarnee pa-i-aa. ||7||

O' Nanak, only a fortunate one seeks refuge of such devotees. ||7||

**ਹਰਿ ਸਿਮਰਨੁ ਕਰਿ ਭਗਤ ਪ੍ਰਗਟਾਏ ॥**

har simran kar bhagat pargataa-ay.

By remembering God, the devotees become known in the world.

**ਹਰਿ ਸਿਮਰਨਿ ਲਗਿ ਬੇਦ ਉਪਾਏ ॥**

har simran lag bayd upaa-ay.

Remembering God, the Vedas were composed.

**ਹਰਿ ਸਿਮਰਨਿ ਭਏ ਸਿਧ ਜਤੀ ਦਾਤੇ ॥**

har simran bha-ay siDh jatee daatay.

By remembering God, mortals became adepts, celibates and charitable.

**ਹਰਿ ਸਿਮਰਨਿ ਨੀਚ ਚਹੁ ਕੁੰਟ ਜਾਤੇ ॥**

har simran neech chahu kunt jaatay.

By remembering God, the lowly become known in all four directions.

**ਹਰਿ ਸਿਮਰਨਿ ਧਾਰੀ ਸਭ ਧਰਨਾ ॥**

har simran Dhaaree sabh Dharnaa.

It is meditation on God, which has provided support to the entire earth.

**ਸਿਮਰਿ ਸਿਮਰਿ ਹਰਿ ਕਾਰਨ ਕਰਨਾ ॥**

simar simar har kaaran karnaa.

Therefore, O' mortal always remember the Creator of the World.

**ਹਰਿ ਸਿਮਰਨਿ ਕੀਓ ਸਗਲ ਅਕਾਰਾ ॥**

har simran kee-o sagal akaaraa.

It is for the meditation that God created the entire universe.

**ਹਰਿ ਸਿਮਰਨ ਮਹਿ ਆਪਿ ਨਿਰੰਕਾਰਾ ॥**

har simran meh aap nirankaaraa.

The Formless God is in the place where He is remembered.

**ਕਰਿ ਕਿਰਪਾ ਜਿਸੁ ਆਪਿ ਬੁਝਾਇਆ ॥**

kar kirpaa jis aap bujhaa-i-aa.

One who is blessed by His grace to realize the importance of remembering God,

**ਨਾਨਕ ਗੁਰਮੁਖਿ ਹਰਿ ਸਿਮਰਨੁ ਤਿਨਿ ਪਾਇਆ ॥੮॥੧॥**

naanak gurmukh har simran tin paa-i-aa. ||8||1||

O' Nanak, obtains the boon of God's meditation through Guru's Grace. ||8||1||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਦੀਨ ਦਰਦ ਦੁਖ ਭੰਜਨਾ ਘਟਿ ਘਟਿ ਨਾਥ ਅਨਾਥ ॥**

deen darad dukh bhanjnaa ghat ghat naath anaath.

O' Destroyer of the pain and woes of the poor, pervader in all hearts and the support of the supportless.

**ਸਰਣਿ ਤੁਮ੍ਹਾਰੀ ਆਇਓ ਨਾਨਕ ਕੇ ਪ੍ਰਭ ਸਾਥ ॥੧॥**

saran tumHaaree aa-i-o naanak kay parabh saath. ||1||

O 'God, I (Nanak) have come to Your refuge, after having received guidance from the Guru. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਜਹ ਮਾਤ ਪਿਤਾ ਸੁਤ ਮੀਤ ਨ ਭਾਈ ॥**

jah maat pitaa sut meet na bhaa-ee.

Where there is no mother, father, children, friends or siblings to help you.

**ਮਨ ਉਹਾ ਨਾਮੁ ਤੇਰੈ ਸੰਗਿ ਸਹਾਈ ॥**

man oohaa naam tayrai sang sahaa-ee.

O' my mind, there, only God's Name, shall be with you as your help and support.

**ਜਹ ਮਹਾ ਭਇਆਨ ਦੂਤ ਜਮ ਦਲੈ ॥**

jah mahaa bha-i-aan doot jam dalai.

Where the armies of dreadful demons try to crush you,

**ਤਹ ਕੇਵਲ ਨਾਮੁ ਸੰਗਿ ਤੇਰੈ ਚਲੈ ॥**

tah kayval naam sang tayrai chalai.

there, only the Naam shall go along with you.

**ਜਹ ਮੁਸਕਲ ਹੋਵੈ ਅਤਿ ਭਾਰੀ ॥**

jah muskal hovai at bhaaree.

where you are in extremely difficult situation,

**ਹਰਿ ਕੇ ਨਾਮੁ ਖਿਨ ਮਾਹਿ ਉਧਾਰੀ ॥**

har ko naam khin maahi uDhaaree.

there God's Name shall rescue you in an instant.

**ਅਨਿਕ ਪੁਨਹਚਰਨ ਕਰਤ ਨਹੀ ਤਰੈ ॥**

anik punahcharan karat nahee tarai.

By performing countless religious rituals, one is not saved from the sins.

**ਹਰਿ ਕੇ ਨਾਮੁ ਕੋਟਿ ਪਾਪ ਪਰਹਰੈ ॥**

har ko naam kot paap parharai.

The Name of God washes off millions of sins.

**ਗੁਰਮੁਖਿ ਨਾਮੁ ਜਪਹੁ ਮਨ ਮੇਰੇ ॥**

gurmukh naam japahu man mayray.

Therefore, O' my mind, meditate on God's Name with the Guru's Blessing,

**ਨਾਨਕ ਪਾਵਹੁ ਸੂਖ ਘਨੇਰੇ ॥੧॥**

naanak paavhu sookh ghanayray. ||1||

and, O' Nanak, you shall obtain countless joys. ||1||

**ਸਗਲ ਸਿਸਟਿ ਕੇ ਰਾਜਾ ਦੁਖੀਆ ॥**

sagal sarisat ko raajaa dukhee-aa.

Even as a king of the entire world, one remains in distress.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਤ ਹੋਇ ਸੁਖੀਆ ॥**

har kaa naam japat ho-ay sukhee-aa.

But by meditating on God's Name, one obtains peace.

**ਲਾਖ ਕਰੋਰੀ ਬੰਧੁ ਨ ਪਰੈ ॥**

laakh karoree banDh na parai.

Even huge amounts of wealth does not end the desire for more.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਤ ਨਿਸਤਰੈ ॥**

har kaa naam japat nistarai.

By meditating on God's Name, one escapes from the intense desire for Maya.

**ਅਨਿਕ ਮਾਇਆ ਰੰਗ ਤਿਖ ਨ ਬੁਝਾਵੈ ॥**

anik maa-i-aa rang tikh na bujhaavai.

By remaining absorbed in the countless worldly pleasures, one's desire for more worldly possessions, is not quenched.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਤ ਆਘਾਵੈ ॥**

har kaa naam japat aaghaavai.

By remembering God with love and devotion, one is satiated from Maya.

**ਜਿਹ ਮਾਰਗਿ ਇਹੁ ਜਾਤ ਇਕੇਲਾ ॥**

jih maarag ih jaat ikaylaa.

Upon the journey, which the soul must take alone,

**ਤਹ ਹਰਿ ਨਾਮੁ ਸੰਗਿ ਹੋਤ ਸੁਹੇਲਾ ॥**

tah har naam sang hot suhaylaa.

there, only God's Name is with the soul as a comforter.

**ਐਸਾ ਨਾਮੁ ਮਨ ਸਦਾ ਧਿਆਈਐ ॥**

aisaa naam man sadaa Dhi-aa-ee-ai.

O' my mind, meditate forever on such a Name.

**ਨਾਨਕ ਗੁਰਮੁਖਿ ਪਰਮ ਗਤਿ ਪਾਈਐ ॥੨॥**

naanak gurmukh param gat paa-ee-ai. ||2||

O' Nanak, the supreme spiritual state is obtained through the Guru's grace.

||2||

**ਛੂਟਤ ਨਹੀ ਕੋਟਿ ਲਖ ਬਾਹੀ ॥**

chhootat nahee kot lakh baahee.

Even with the support of millions of brothers, one can't save oneself from vices.

**ਨਾਮੁ ਜਪਤ ਤਹ ਪਾਰਿ ਪਰਾਹੀ ॥**

naam japat tah paar paraahee.

By meditating on Naam, one swims across the worldly-ocean of vices,

**ਅਨਿਕ ਬਿਘਨ ਜਹ ਆਇ ਸੰਘਾਰੈ ॥**

anik bighan jah aa-ay sanghaarai.

Where countless misfortunes threaten to destroy you,

**ਹਰਿ ਕਾ ਨਾਮੁ ਤਤਕਾਲ ਉਧਾਰੈ ॥**

har kaa naam tatkaal uDhaarai.

There the Name of God shall rescues you in an instant.

**ਅਨਿਕ ਜੋਨਿ ਜਨਮੈ ਮਰਿ ਜਾਮ ॥**

anik jon janmai mar jaam.

Through countless incarnations, people are born and die.

**ਨਾਮੁ ਜਪਤ ਪਾਵੈ ਬਿਸ੍ਰਾਮ ॥**

naam japat paavai bisraam.

But reciting God's Name, the soul rests in peace and becomes one with God.

**ਹਉ ਮੈਲਾ ਮਲੁ ਕਬਹੁ ਨ ਧੋਵੈ ॥**

ha-o mailaa mal kabahu na Dhovai.

The one soiled with filth of ego, can never washes off this filth .

**ਹਰਿ ਕਾ ਨਾਮੁ ਕੋਟਿ ਪਾਪ ਖੋਵੈ ॥**

har kaa naam kot paap khovai.

The Name of God erases millions of sins.

**ਐਸਾ ਨਾਮੁ ਜਪਹੁ ਮਨ ਰੰਗਿ ॥**

aisaa naam japahu man rang.

O' my mind, recite such a Name with love.

**ਨਾਨਕ ਪਾਈਐ ਸਾਧ ਕੈ ਸੰਗਿ ॥੩॥**

naanak paa-ee-ai saaDh kai sang. ||3||

O' Nanak, God's Name is realized in the Company of the Holy. ||3||

**ਜਿਹ ਮਾਰਗ ਕੇ ਗਨੇ ਜਾਹਿ ਨ ਕੋਸਾ ॥**

jih maarag kay ganay jaahi na kosaa.

On that path of life's journey where the miles cannot be counted,

**ਹਰਿ ਕਾ ਨਾਮੁ ਉਹਾ ਸੰਗਿ ਤੇਸਾ ॥**

har kaa naam oohaa sang tosaa.

there the Name of the God is your sustenance.

**ਜਿਹ ਪੈਡੈ ਮਹਾ ਅੰਧ ਗੁਬਾਰਾ ॥**

jih paidai mahaa anDh gubaaraa.

On the journey of life where there is total pitch-black darkness of ignorance,

**ਹਰਿ ਕਾ ਨਾਮੁ ਸੰਗਿ ਉਜੀਆਰਾ ॥**

har kaa naam sang ujee-aaraa.

the Name of God is the Light with you.

**ਜਹਾ ਪੰਥਿ ਤੇਰਾ ਕੇ ਨ ਸਿਵਾਨੂ ॥**

jahaa panth tayraa ko na sinjaanoo.

On that journey of life where no one knows you,

**ਹਰਿ ਕਾ ਨਾਮੁ ਤਹ ਨਾਲਿ ਪਛਾਨੂ ॥**

har kaa naam tah naal pachhaanoo.

there God's Name is your true friend.

**ਜਹ ਮਹਾ ਭਇਆਨ ਤਪਤਿ ਬਹੁ ਘਾਮ ॥**

jah mahaa bha-i-aan tapat baho ghaam.

Where (in the journey of life) there is terrible scorching heat of vices,

**ਤਹ ਹਰਿ ਕੇ ਨਾਮ ਕੀ ਤੁਮ ਉਪਰਿ ਛਾਮ ॥**

tah har kay naam kee tum oopar chhaam.

there, the Name of the God will provide you protection.

**ਜਹਾ ਤ੍ਰਿਖਾ ਮਨ ਤੁਝ ਆਕਰਖੈ ॥**

jahaa tarikhaa man tujh aakrakhai.

O' my mind, where the craving for worldly possessions torments you,

**ਤਹ ਨਾਨਕ ਹਰਿ ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਬਰਖੈ ॥੪॥**

tah naanak har har amrit barkhai. ||4||

There, O' Nanak, God's Name acts like Nectar to control your desires. ||4||

**ਭਗਤ ਜਨਾ ਕੀ ਬਰਤਨਿ ਨਾਮੁ ॥**

bhagat janaa kee bartan naam.

For the devotee, God's Name is an article of daily use.



**ਸੰਤ ਜਨਾ ਕੈ ਮਨਿ ਬਿਸ੍ਰਾਮੁ ॥**

sant janaa kai man bisraam.

God's Name dwells in the mind of the devotees.

**ਹਰਿ ਕਾ ਨਾਮੁ ਦਾਸ ਕੀ ਓਟ ॥**

har kaa naam daas kee ot.

God's Name is the Support of His humble devotees.

**ਹਰਿ ਕੈ ਨਾਮਿ ਉਧਰੇ ਜਨ ਕੋਟਿ ॥**

har kai naam uDhray jan kot.

Millions are saved from vices by remembering God's Name.

**ਹਰਿ ਜਸੁ ਕਰਤ ਸੰਤ ਦਿਨੁ ਰਾਤਿ ॥**

har jas karat sant din raat.

God's devotees recite His praises day and night,

**ਹਰਿ ਹਰਿ ਅਉਖਧੁ ਸਾਧ ਕਮਾਤਿ ॥**

har har a-ukhaDh saaDh kamaat.

and they acquire the medicine of Naam which cures the malady of self-conciet.

**ਹਰਿ ਜਨ ਕੈ ਹਰਿ ਨਾਮੁ ਨਿਧਾਨੁ ॥**

har jan kai har naam niDhaan.

God's Name is the real treasure of God's devotees.

**ਪਾਰਬ੍ਰਹਮਿ ਜਨ ਕੀਨੋ ਦਾਨੁ ॥**

paarbarahm jan keeno daan.

The Supreme God has blessed His devotees with this gift of Naam.

**ਮਨ ਤਨ ਰੰਗਿ ਰਤੇ ਰੰਗ ਏਕੈ ॥**

man tan rang ratay rang aikai.

Mind and body are imbued with ecstasy in the Love of the One God.

**ਨਾਨਕ ਜਨ ਕੈ ਬਿਰਤਿ ਬਿਬੇਕੈ ॥੫॥**

naanak jan kai birat bibaykai. ||5||

O' Nanak, His devotees acquire the divine intellect to differentiate between right and wrong. ||5||

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਨ ਕਉ ਮੁਕਤਿ ਜੁਗਤਿ ॥**

har kaa naam jan ka-o mukat jugat.

For his devotees, God's Name is the only way to freedom from the bonds of Maya.

**ਹਰਿ ਕੈ ਨਾਮਿ ਜਨ ਕਉ ਤ੍ਰਿਪਤਿ ਭੁਗਤਿ ॥**

har kai naam jan ka-o taripat bhugat.

To His devotees, God's Name provides contentment from Maya.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਨ ਕਾ ਰੂਪ ਰੰਗੁ ॥**

har kaa naam jan kaa roop rang.

God's Name is the beauty and delight of His devotees.

**ਹਰਿ ਨਾਮੁ ਜਪਤ ਕਬ ਪਰੈ ਨ ਭੰਗੁ ॥**

har naam japat kab parai na bhang.

By remembering God's Name, one never faces any obstacles in life.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਨ ਕੀ ਵਡਿਆਈ ॥**

har kaa naam jan kee vadi-aa-ee.

God's Name is the true glory of His devotees.

**ਹਰਿ ਕੈ ਨਾਮਿ ਜਨ ਸੇਭਾ ਪਾਈ ॥**

har kai naam jan sobhaa paa-ee.

Through God's name His devotees receives honor.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਨ ਕਉ ਭੋਗ ਜੋਗ ॥**

har kaa naam jan ka-o bhog jog.

The enjoyment of Maya and yoga for His devotees lies in the God's Name.

**ਹਰਿ ਨਾਮੁ ਜਪਤ ਕਛੁ ਨਾਹਿ ਬਿਓਗੁ ॥**

har naam japat kachh naahi bi-og.

By meditating on God's Name, devotee never feels any pain and separation.

**ਜਨੁ ਰਾਤਾ ਹਰਿ ਨਾਮ ਕੀ ਸੇਵਾ ॥**

jan raataa har naam kee sayvaa.

His devotee always remains absorbed in His remembrance,

**ਨਾਨਕ ਪੂਜੈ ਹਰਿ ਹਰਿ ਦੇਵਾ ॥੬॥**

naanak poojai har har dayvaa. ||6||

O' Nanak, devotee always worships the Omnipresent God.||6||

**ਹਰਿ ਹਰਿ ਜਨ ਕੈ ਮਾਲੁ ਖਜੀਨਾ ॥**

har har jan kai maal khajeenaa.

For the devotee, God's Name is the treasure of wealth.

**ਹਰਿ ਧਨੁ ਜਨ ਕਉ ਆਪਿ ਪ੍ਰਭਿ ਦੀਨਾ ॥**

har Dhan jan ka-o aap parabh deenaa.

God Himself has blessed His devotee this treasure of Naam.

**ਹਰਿ ਹਰਿ ਜਨ ਕੈ ਓਟ ਸਤਾਣੀ ॥**

har har jan kai ot sataanee.

God's name is the powerful support for His devotees.

**ਹਰਿ ਪ੍ਰਤਾਪਿ ਜਨ ਅਵਰ ਨ ਜਾਣੀ ॥**

har partaap jan avar na jaanee.

By God's magnificence, the devotees do not seek any other support.

**ਓਤਿ ਪੋਤਿ ਜਨ ਹਰਿ ਰਸਿ ਰਾਤੇ ॥**

ot pot jan har ras raatay.

Through and through, His devotees stay imbued with God's Love.

**ਸੁੰਨ ਸਮਾਧਿ ਨਾਮ ਰਸ ਮਾਤੇ ॥**

sunn samaaDh naam ras maatay.

Completely absorbed in God's love, they enjoy total tranquility in meditation.

**ਆਠ ਪਹਰ ਜਨੁ ਹਰਿ ਹਰਿ ਜਪੈ ॥**

aath pahar jan har har japai.

At all times the devotee recites God's Name.

**ਹਰਿ ਕਾ ਭਗਤੁ ਪ੍ਰਗਟ ਨਹੀ ਛਪੈ ॥**

har kaa bhagat pargat nahee chhapai.

God's devotee becomes known and respected; he does not remain hidden.

**ਹਰਿ ਕੀ ਭਗਤਿ ਮੁਕਤਿ ਬਹੁ ਕਰੇ ॥**

har kee bhagat mukat baho karay.

Devotional worship of God, liberates many from vices.

**ਨਾਨਕ ਜਨ ਸੰਗਿ ਕੇਤੇ ਤਰੇ ॥੭॥**

naanak jan sang kaytay taray. ||7||

O' Nanak, many others who stay in the company His devotees, swim across the world-ocean of vices. ||7||

**ਪਾਰਜਾਤੁ ਇਹੁ ਹਰਿ ਕੇ ਨਾਮ ॥**

paarjaat ih har ko naam.

The Name of God is like 'Paarijat' (mythical Elysian Tree of miraculous powers).

**ਕਾਮਧੇਨੁ ਹਰਿ ਹਰਿ ਗੁਣ ਗਾਮ ॥**

kaamDhayn har har gun gaam.

Singing God's praises is like the kaamdhen (mythical cow) that can grant all wishes.

**ਸਭ ਤੇ ਉਤਮ ਹਰਿ ਕੀ ਕਥਾ ॥**

sabh tay ootam har kee katha.

Discourse on God's virtues is of greater importance than all other talks.

**ਨਾਮੁ ਸੁਨਤ ਦਰਦ ਦੁਖ ਲਥਾ ॥**

naam sunat darad dukh lathaa.

Listening the Naam, pain and sorrow are removed.

**ਨਾਮ ਕੀ ਮਹਿਮਾ ਸੰਤ ਰਿਦ ਵਸੈ ॥**

naam kee mahimaa sant rid vasai.

The Glory of the Naam dwells in the hearts of His Saints.

**ਸੰਤ ਪ੍ਰਤਾਪਿ ਦੁਰਤੁ ਸਭੁ ਨਸੈ ॥**

sant partaap durat sabh nasai.

By the blessings of His Saints, all sins are dispelled.

**ਸੰਤ ਕਾ ਸੰਗੁ ਵਡਭਾਗੀ ਪਾਈਐ ॥**

sant kaa sang vadbhaagee paa-ee-ai.

The company of the Saints is obtained by great good fortune.

**ਸੰਤ ਕੀ ਸੇਵਾ ਨਾਮੁ ਧਿਆਈਐ ॥**

sant kee sayvaa naam Dhi-aa-ee-ai.

By following the Saint's (Guru's) teaching one meditates on Naam

**ਨਾਮ ਤੁਲਿ ਕਛੁ ਅਵਰੁ ਨ ਹੋਇ ॥**

naam tul kachh avar na ho-ay.

There is nothing equal to the Naam.

**ਨਾਨਕ ਗੁਰਮੁਖਿ ਨਾਮੁ ਪਾਵੈ ਜਨੁ ਕੋਇ ॥੮॥੨॥**

naanak gurmukh naam paavai jan ko-ay. ||8||2||

O' Nanak, rare are the one who receive Naam from the Guru. ||8||2||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਬਹੁ ਸਾਸਤ੍ਰੁ ਬਹੁ ਸਿਮ੍ਰਿਤੀ ਪੇਖੇ ਸਰਬ ਢਢੇਲਿ ॥**

baho saastar baho simritee paykhay sarab dhadhol.

I have seen and searched many Shastras and Simritees (the holy books on faith, rituals and codes of conduct).

**ਪੂਜਸਿ ਨਾਹੀ ਹਰਿ ਹਰੇ ਨਾਨਕ ਨਾਮ ਅਮੋਲ ॥੧॥**

poojas naahee har haray naanak naam amol. ||1||

O' Nanak, the teachings in these holy books do not reach anywhere near the merit of meditating upon the priceless Name of God. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਜਾਪ ਤਾਪ ਗਿਆਨ ਸਭਿ ਧਿਆਨ ॥**

jaap taap gi-aan sabh Dhi-aan.

If one performs ritual recitations, undergoes penances, acquires spiritual knowledge and concentrates in all sorts of meditation,

**ਖਟ ਸਾਸਤ੍ਰੁ ਸਿਮ੍ਰਿਤਿ ਵਖਿਆਨ ॥**

khat saastar simrit vakhi-aan.

gives sermons on six shastras and Smritis ( books of spiritual knowledge),

**ਜੋਗ ਅਭਿਆਸ ਕਰਮ ਧ੍ਰਮ ਕਿਰਿਆ ॥**

jog abhi-aas karam Dharam kiri-aa.

practices Yoga and righteous conduct;

**ਸਗਲ ਤਿਆਗਿ ਬਨ ਮਧੇ ਫਿਰਿਆ ॥**

sagal ti-aag ban maDhay firi-aa.

renunciates everything and wanders around in the wilderness;

**ਅਨਿਕ ਪ੍ਰਕਾਰ ਕੀਏ ਬਹੁ ਜਤਨਾ ॥**

anik parkaar kee-ay baho jatnaa.

performs all sorts of efforts to please God,

**ਪੁੰਨ ਦਾਨ ਹੋਮੇ ਬਹੁ ਰਤਨਾ ॥**

punn daan homay baho ratnaa.

donates to charities and performs havan (sacred fire) by burning lot of oil;

**ਸਰੀਰੁ ਕਟਾਇ ਹੋਮੈ ਕਰਿ ਰਾਤੀ ॥**

sareer kataa-ay homai kar raatee.

gets the body cut into tiny pieces and burn them in the ceremonial fire,

**ਵਰਤ ਨੇਮ ਕਰੈ ਬਹੁ ਭਾਤੀ ॥**

varat naym karai baho bhaatee.

observes fasts and all kinds of rituals with strict routine,

**ਨਹੀ ਤੁਲਿ ਰਾਮ ਨਾਮ ਬੀਚਾਰ ॥**

nahee tul raam naam beechaar.

all these are still not equal in merit to contemplation on God's Name,

**ਨਾਨਕ ਗੁਰਮੁਖਿ ਨਾਮੁ ਜਪੀਐ ਇਕ ਬਾਰ ॥੧॥**

naanak gurmukh naam japee-ai ik baar. ||1||

even if, O' Nanak, the Name of God, received through the Guru, is recited once with love and devotion.||1||

**ਨਉ ਖੰਡ ਪ੍ਰਿਥਮੀ ਫਿਰੈ ਚਿਰੁ ਜੀਵੈ ॥**

na-o khand parithmee firai chir jeevai.

If one travels the entire world and lives a long life,

**ਮਹਾ ਉਦਾਸੁ ਤਪੀਸਰੁ ਥੀਵੈ ॥**

mahaa udaas tapeesar theevai.

totally detached from the world as a great ascetic,

**ਅਗਨਿ ਮਾਹਿ ਹੋਮਤ ਪਰਾਨ ॥**

agan maahi homat paraan.

sacrifices his life in Sacred Fire,

**ਕਨਿਕ ਅਸ੍ਰੁ ਹੈਵਰ ਭੂਮਿ ਦਾਨ ॥**

kanik asav haivar bhoom daan.

gives away gold, horses, elephants and land in charity;

**ਨਿਉਲੀ ਕਰਮ ਕਰੈ ਬਹੁ ਆਸਨ ॥**

ni-ulee karam karai baho aasan.

practices techniques of inner cleansing and all sorts of Yogic postures;

**ਜੈਨ ਮਾਰਗ ਸੰਜਮ ਅਤਿ ਸਾਧਨ ॥**

jain maarag sanjam at saaDhan.

adopts the self-mortifying ways of the Jains and great spiritual disciplines;

**ਨਿਮਖ ਨਿਮਖ ਕਰਿ ਸਰੀਰੁ ਕਟਾਵੈ ॥**

nimakh nimakh kar sareer kataavai.

gets his body cut piece by piece,

**ਤਉ ਭੀ ਹਉਮੈ ਮੈਲੁ ਨ ਜਾਵੈ ॥**

ta-o bhee ha-umai mail na jaavai.

even then, the filth of ego shall not depart.

**ਹਰਿ ਕੇ ਨਾਮ ਸਮਸਰਿ ਕਛੁ ਨਾਹਿ ॥**

har kay naam samsar kachh naahi.

There is nothing that can equal the Name of God.

**ਨਾਨਕ ਗੁਰਮੁਖਿ ਨਾਮੁ ਜਪਤ ਗਤਿ ਪਾਹਿ ॥੨॥**

naanak gurmukh naam japat gat paahi. ||2||

O' Nanak, Guru's followers obtain a supreme spiritual state by meditating on God's Name with love and devotion ||2||

**ਮਨ ਕਾਮਨਾ ਤੀਰਥ ਦੇਹ ਛੁਟੈ ॥**

man kaamnaa tirath dayh chhutai.

Some people may desire to die at a sacred place;

**ਗਰਬੁ ਗੁਮਾਨੁ ਨ ਮਨ ਤੇ ਹੁਟੈ ॥**

garab gumaan na man tay hutai.

but even then, egotistical pride does not diminish from the mind.

**ਸੋਚ ਕਰੈ ਦਿਨਸੁ ਅਰੁ ਰਾਤਿ ॥**

soch karai dinas ar raat.

One may practice cleansing baths at holy places day and night,

**ਮਨ ਕੀ ਮੈਲੁ ਨ ਤਨ ਤੇ ਜਾਤਿ ॥**

man kee mail na tan tay jaat.

but the filth of mind does not leave the body.

**ਇਸੁ ਦੇਹੀ ਕਉ ਬਹੁ ਸਾਧਨਾ ਕਰੈ ॥**

is dayhee ka-o baho saaDhnaa karai.

One may subject the body to all sorts of disciplines,

**ਮਨ ਤੇ ਕਬਹੂ ਨ ਬਿਖਿਆ ਟਰੈ ॥**

man tay kabhoo na bikhi-aa tarai.

the evil passions do not depart from the mind.

**ਜਲਿ ਧੋਵੈ ਬਹੁ ਦੇਹ ਅਨੀਤਿ ॥**

jal Dhovai baho dayh aneet.

One may wash this transitory body with loads of water,

**ਸੁਧ ਕਹਾ ਹੋਇ ਕਾਚੀ ਭੀਤਿ ॥**

suDh kahaa ho-ay kaachee bheet.

but how can a wall of mud be washed clean?

**ਮਨ ਹਰਿ ਕੇ ਨਾਮ ਕੀ ਮਹਿਮਾ ਉਚ ॥**

man har kay naam kee mahimaa ooch.

O, my mind, greatest is the glory of God's Name.

**ਨਾਨਕ ਨਾਮਿ ਉਧਰੇ ਪਤਿਤ ਬਹੁ ਮੂਚ ॥੩॥**

naanak naam uDhray patit baho mooch. ||3||

O' Nanak, so many sinners get saved from vices by loving contemplation of Naam.||3||

**ਬਹੁਤੁ ਸਿਆਣਪ ਜਮ ਕਾ ਭਉ ਬਿਆਪੈ ॥**

bahut si-aanap jam kaa bha-o bi-aapai.

By becoming extra clever, one is afflicted with fear of death,

**ਅਨਿਕ ਜਤਨ ਕਰਿ ਤ੍ਰਿਸਨ ਨਾ ਧ੍ਰਾਪੈ ॥**

anik jatan kartarisan naaDharaapai.

all kinds of clever efforts are futile to satisfy the worldly desires.

**ਭੇਖ ਅਨੇਕ ਅਗਨਿ ਨਹੀ ਬੁਝੈ ॥**

bhaykh anayk agan nahee bujhai.

Wearing various religious robes, does not extinguish the fire of worldly desires.

**ਕੋਟਿ ਉਪਾਵ ਦਰਗਹ ਨਹੀ ਸਿਝੈ ॥**

kot upaavdargeh nahee sijhai.

Making millions of such efforts does not help getting accepted in the God's court.



**ਛੂਟਸਿ ਨਾਹੀ ਉਭ ਪਇਆਲਿ ॥**

chhootas naahee oobh pa-i-aal.

With all such efforts, one is not released from the worldly attachmentseven if one escapes to the skies or hides in the nether regions.

**ਮੋਹਿ ਬਿਆਪਹਿ ਮਾਇਆ ਜਾਲਿ ॥**

mohi bi-aapahi maa-i-aa jaal.

Instead one keeps getting entangled in the web of emotional attachments and desires.

**ਅਵਰ ਕਰਤੂਤਿ ਸਗਲੀ ਜਮੁ ਡਾਨੈ ॥**

avar kartoot saglee jam daanai.

All other efforts are punished by the Messenger of Death,

**ਗੋਵਿੰਦ ਭਜਨ ਬਿਨੁ ਤਿਲੁ ਨਹੀ ਮਾਨੈ ॥**

govind bhajan bintil nahee maanai.

Who accepts nothing else, but meditation on the Omniscient God.

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਤ ਦੁਖੁ ਜਾਇ ॥**

har kaa naam japat dukh jaa-ay.

By meditating on God's Name with loving devotion, all sorrow is dispelled.

**ਨਾਨਕ ਬੋਲੈ ਸਹਜਿ ਸੁਭਾਇ ॥੪॥**

naanak bolai sahj subhaa-ay. ||4||

Nanak say this intuitively.||4||

**ਚਾਰਿ ਪਦਾਰਥ ਜੇ ਕੇ ਮਾਰੈ ॥**

chaar padaarath jay ko maagai.

If one wants the four cardinal blessings, (righteousness, worldly wealth, procreation and salvation).

**ਸਾਧ ਜਨਾ ਕੀ ਸੇਵਾ ਲਾਗੈ ॥**

saaDh janaa kee sayvaa laagai.

he should follow the teachings of the Saints (Guru).

**ਜੇ ਕੇ ਆਪੁਨਾ ਦੁਖੁ ਮਿਟਾਵੈ ॥**

jay ko aapunaadookh mitaavai.

If one wishes to end his sorrows,

**ਹਰਿ ਹਰਿ ਨਾਮੁ ਰਿਦੈ ਸਦ ਗਾਵੈ ॥**

har har naam ridai sad gaavai.

then he should always remember (recite) God's Name in the heart.

**ਜੇ ਕੇ ਅਪੁਨੀ ਸੇਭਾ ਲੇਰੈ ॥**

jay ko apunee sobhaa lorai.

If someone seeks glory in God's court,

**ਸਾਧਸੰਗਿ ਇਹ ਹਉਮੈ ਛੋਰੈ ॥**

saaDhsang ih ha-umaichhorai.

then he should seek holy congregation and renounce his ego.

**ਜੇ ਕੇ ਜਨਮ ਮਰਣ ਤੇ ਡਰੈ ॥**

jay ko janam maran tay darai.

If one dreads the cycle of birth and death,

**ਸਾਧ ਜਨਾ ਕੀ ਸਰਨੀ ਪਰੈ ॥**

saaDh janaa kee sarnee parai.

then he should seek the refuge of the Holy.

**ਜਿਸੁ ਜਨ ਕਉ ਪ੍ਰਭ ਦਰਸ ਪਿਆਸਾ ॥**

jis jan ka-o parabh daras pi-aasaa.

The one who has longing to unite with God,

**ਨਾਨਕ ਤਾ ਕੈ ਬਲਿ ਬਲਿ ਜਾਸਾ ॥੫॥**

naanaktaa kai bal bal jaasaa. ||5||

O' Nanak, I dedicate my life for that person. ||5||

**ਸਗਲ ਪੁਰਖ ਮਹਿ ਪੁਰਖੁ ਪ੍ਰਧਾਨੁ ॥**

sagal purakh meh purakh parDhaan.

Among all persons, the supreme person is the one,

**ਸਾਧਸੰਗਿ ਜਾ ਕਾ ਮਿਟੈ ਅਭਿਮਾਨੁ ॥**

saaDhsang jaa kaa mitai abhimaan.

whose egotistical pride departs in the Company of the holy.

**ਆਪਸ ਕਉ ਜੇ ਜਾਣੈ ਨੀਚਾ ॥**

aapas ka-o jo jaanai neechaa.

One who considers himself as lowly,

**ਸੋਊ ਗਨੀਐ ਸਭ ਤੇ ਊਚਾ ॥**

so-oo ganee-ai sabh tay oochaa.

should be accounted as the highest of all.

**ਜਾ ਕਾ ਮਨੁ ਹੋਇ ਸਗਲ ਕੀ ਰੀਨਾ ॥**

aa kaa man ho-ay sagal kee reena.

One who is very humble in his mind,

**ਹਰਿ ਹਰਿ ਨਾਮੁ ਤਿਨਿ ਘਟਿ ਘਟਿ ਚੀਨਾ ॥**

har har naamtinghatghat cheena.

has truly recognized Naam, the essence of God in every heart.

**ਮਨ ਅਪੁਨੇ ਤੇ ਬੁਰਾ ਮਿਟਾਨਾ ॥**

man apunaytay buraa mitaana.

One who eradicates all evil from his own mind,

**ਪੇਖੈ ਸਗਲ ਸ੍ਰਿਸਟਿ ਸਾਜਨਾ ॥**

paykhai sagal sarisat saajna.

looks upon all the world as his friend.

**ਸੂਖ ਦੂਖ ਜਨ ਸਮ ਦ੍ਰਿਸਟੇਤਾ ॥**

sookh dookh jan samdaristaytaa.

One who looks upon pleasure and pain as one and the same,

**ਨਾਨਕ ਪਾਪ ਪੁੰਨ ਨਹੀ ਲੇਪਾ ॥੬॥**

naanak paap punn nahee laypaa. ||6||

O' Nanak, he rises above the thought of sin or virtue (always does good deeds).||6||

**ਨਿਰਧਨ ਕਉ ਧਨੁ ਤੇਰੇ ਨਾਉ ॥**

nirDhan ka-oDhantayro naa-o.

To the poor devotee, Your Name is his wealth.

**ਨਿਥਾਵੇ ਕਉ ਨਾਉ ਤੇਰਾ ਥਾਉ ॥**

nithaavay ka-o naa-otayraa thaa-o.

To the supportless devotee, Your Name is his support.

**ਨਿਮਾਨੇ ਕਉ ਪ੍ਰਭ ਤੇਰੇ ਮਾਨੁ ॥**

nimaanay ka-o parabh tayro maan.

O' God, You are the honor of the honorless

**ਸਗਲ ਘਟਾ ਕਉ ਦੇਵਹੁ ਦਾਨੁ ॥**

Sagal ghataa ka-odayvhu daan.

To all the mortals, You are the Giver of gifts.

**ਕਰਨ ਕਰਾਵਨਹਾਰ ਸੁਆਮੀ ॥**

karan karaavanhaar su-aamee.

O' my master, You do and cause everything to be done.

**ਸਗਲ ਘਟਾ ਕੇ ਅੰਤਰਜਾਮੀ ॥**

sagalghataa kay antarjaamee.

O' the knower of all the hearts,

**ਅਪਨੀ ਗਤਿ ਮਿਤਿ ਜਾਨਹੁ ਆਪੇ ॥**

apnee gat mit jaanhu aapay.

You alone know Your state and extent.

**ਆਪਨ ਸੰਗਿ ਆਪਿ ਪ੍ਰਭ ਰਾਤੇ ॥**

aapan sang aap parabh raatay.

O' God, You Your are immersed Yourself.

**ਤੁਮ੍ਹਰੀ ਉਸਤਤਿ ਤੁਮ ਤੇ ਹੋਇ ॥**

tumHree ustat tumtay ho-ay.

O' God, only You know Your greatness.

**ਨਾਨਕ ਅਵਰੁ ਨ ਜਾਨਸਿ ਕੋਇ ॥੭॥**

naanak avar na jaanas ko-ay. ||7||

O' Nanak, no one else knows Your greatness. ||7||

**ਸਰਬ ਧਰਮ ਮਹਿ ਸ੍ਰੇਸਟ ਧਰਮੁ ॥**

sarabDharam meh saraysatDharam.

Of all the faiths, the best Faith is,

**ਹਰਿ ਕੇ ਨਾਮੁ ਜਪਿ ਨਿਰਮਲ ਕਰਮੁ ॥**

har ko naam jap nirmal karam.

is to meditate on God's Name and performing immaculate deeds.

**ਸਗਲ ਕ੍ਰਿਆ ਮਹਿ ਉਤਮ ਕਿਰਿਆ ॥**

sagal kir-aa meh ootam kiri-aa.

Of all religious rituals, the most sublime ritual,

**ਸਾਧਸੰਗਿ ਦੁਰਮਤਿ ਮਲੁ ਹਿਰਿਆ ॥**

saaDhsangdurmat mal hiri-aa.

is to erase the filth of evil thoughts in the Company of the Holy.

**ਸਗਲ ਉਦਮ ਮਹਿ ਉਦਮੁ ਭਲਾ ॥**

sagal udam meh udambhalaa.

Of all efforts, the best effort,

**ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਹੁ ਜੀਅ ਸਦਾ ॥**

har kaa naam japahu jee-a sadaa.

is to always recite the Name of God with love and passion.

**ਸਗਲ ਬਾਨੀ ਮਹਿ ਅੰਮ੍ਰਿਤ ਬਾਨੀ ॥**

sagal baanee meh amrit baanee.

Of all spoken words, the most ambrosial word,

**ਹਰਿ ਕੇ ਜਸੁ ਸੁਨਿ ਰਸਨ ਬਖਾਨੀ ॥**

har ko jas sun rasan bakhaanee.

is to listen and utter God's praises.

**ਸਗਲ ਥਾਨ ਤੇ ਓਹੁ ਉਤਮ ਥਾਨੁ ॥**

sagal thaantay oh ootam thaan.

Of all places, the most sublime place,

**ਨਾਨਕ ਜਿਹ ਘਟਿ ਵਸੈ ਹਰਿ ਨਾਮੁ ॥੮॥੩॥**

naanak jihghat vasai har naam. ||8||3||

O' Nanak, is that heart in which the Name of God dwells. ||8||3||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਨਿਰਗੁਨੀਆਰ ਇਆਨਿਆ ਸੇ ਪ੍ਰਭੁ ਸਦਾ ਸਮਾਲਿ ॥**

nirgunee-aar i-aani-aa so parabh sadaa samaal.

O' virtueless, ignorant mortal, always remember God.

**ਜਿਨਿ ਕੀਆ ਤਿਸੁ ਚੀਤਿ ਰਖੁ ਨਾਨਕ ਨਿਬਹੀ ਨਾਲਿ ॥੧॥**

jini kee-aatis cheet rakh naanak nibhee naal. ||1||

O' Nanak, cherish in your consciousness the One who created you, He alone shall be with you when you depart from this world. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਰਮਈਆ ਕੇ ਗੁਨ ਚੇਤਿ ਪਰਾਨੀ ॥**

rama-ee-aa kay gun chayt paraanee.

O' mortal, remember the virtues of all-pervading God.

**ਕਵਨ ਮੂਲ ਤੇ ਕਵਨ ਦ੍ਰਿਸਟਾਨੀ ॥**

kavan mooltay kavandaristaanee.

From what basic material (egg and sperm) He has created this beautiful body.

**ਜਿਨਿ ਤੂੰ ਸਾਜਿ ਸਵਾਰਿ ਸੀਗਾਰਿਆ ॥**

jintooN saaj savaar seegaari-aa.

He who fashioned, adorned and decorated you,

**ਗਰਭ ਅਗਨਿ ਮਹਿ ਜਿਨਹਿ ਉਬਾਰਿਆ ॥**

garabh agan meh jineh ubaari-aa.

in the fire of the womb, He preserved you.

**ਬਾਰ ਬਿਵਸਥਾ ਤੁਝਹਿ ਪਿਆਰੈ ਦੁਧ ॥**

baar bivasthaatujheh pi-aaraidooDh.

He made provision for your nourishment (milk) in the infancy.

**ਭਰਿ ਜੋਬਨ ਭੋਜਨ ਸੁਖ ਸੁਧ ॥**

bhar jobanbhojan sukh sooDh.

In the height of youth, He gave you the sense of food and other comforts.

**ਬਿਰਧਿ ਭਇਆ ਉਪਰਿ ਸਾਕ ਸੈਨ ॥**

biraDh bha-i-aa oopar saak sain.

As you grew older, He provided you with family and friends to take care of you.

**ਮੁਖਿ ਅਪਿਆਉ ਬੈਠ ਕਉ ਦੈਨ ॥**

mukh api-aa-o baith ka-o dain.

to feed you as you rest,

**ਇਹੁ ਨਿਰਗੁਨੁ ਗੁਨੁ ਕਛੁ ਨ ਬੂਝੈ ॥**

ih nirgun gun kachhoo na boojhai.

O' God, this virtueless person does not appreciate the value of any of Your favours done to him,

**ਬਖਸਿ ਲੇਹੁ ਤਉ ਨਾਨਕ ਸੀਝੈ ॥੧॥**

bakhas layho ta-o naanak seejhai. ||1||

O' Nanak, If You bless him with forgiveness, only then he can succeed in achieving the Goal of human life. ||1||

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਧਰ ਉਪਰਿ ਸੁਖਿ ਬਸਹਿ ॥**

jih parsaad Dhar oopar sukh baseh.

By whose Grace, you dwell in comfort upon the earth.

**ਸੁਤ ਭ੍ਰਾਤ ਮੀਤ ਬਨਿਤਾ ਸੰਗਿ ਹਸਹਿ ॥**

sut bharaat meet banitaa sang haseh.

With your children, siblings, friends and spouse, you laugh and enjoy yourself.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਪੀਵਹਿ ਸੀਤਲ ਜਲਾ ॥**

jih parsaad peeveh seetal jalaa.

By Whose Grace, you enjoy this soothing cool water,

**ਸੁਖਦਾਈ ਪਵਨੁ ਪਾਵਕੁ ਅਮੁਲਾ ॥**

sukh-daa-ee pavan paavak amulaa.

along with priceless soothing air and fire.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਭੋਗਹਿ ਸਭਿ ਰਸਾ ॥**

jih parsaad bhogeh sabh rasaa.

By Whose Grace, you enjoy all sorts of pleasures,

**ਸਗਲ ਸਮਗ੍ਰੀ ਸੰਗਿ ਸਾਥਿ ਬਸਾ ॥**

sagal samagree sang saath basaa.

and are provided with all the necessities of life.

**ਦੀਨੇ ਹਸਤ ਪਾਵ ਕਰਨ ਨੇਤ੍ਰੁ ਰਸਨਾ ॥**

deenay hasat paav karan naytar rasnaa.

Who gave you hands, feet, ears, eyes and tongue,

**ਤਿਸਹਿ ਤਿਆਗਿ ਅਵਰ ਸੰਗਿ ਰਚਨਾ ॥**

tiseh ti-aag avar sang rachnaa.

yet, you forsake Him and attach yourself to others.

**ਐਸੇ ਦੇਖ ਮੂੜ ਅੰਧ ਬਿਆਪੇ ॥**

aisay dokh moorh anDh bi-aapay.

Spiritually blind fools are in the grip of such sinful mistakes;

**ਨਾਨਕ ਕਾਢਿ ਲੇਹੁ ਪ੍ਰਭ ਆਪੇ ॥੨॥**

naanak kaadh layho parabh aapay. ||2||

O' God, save them from these sinful mistakes, prays Nanak.||2||

**ਆਦਿ ਅੰਤਿ ਜੋ ਰਾਖਨਹਾਰੁ ॥**

aad ant jo raakhanhaar.

The one who is our Protector from birth till death,

**ਤਿਸ ਸਿਉ ਪ੍ਰੀਤਿ ਨ ਕਰੈ ਗਵਾਰੁ ॥**

tis si-o pareet na karai gavaar.

yet, the ignorant person does not love Him.

**ਜਾ ਕੀ ਸੇਵਾ ਨਵ ਨਿਧਿ ਪਾਵੈ ॥**

jaa kee sayvaa nav niDh paavai.

Serving Whom by meditating on Naam is like the nine treasures of the world.

**ਤਾ ਸਿਉ ਮੂੜਾ ਮਨੁ ਨਹੀ ਲਾਵੈ ॥**

taa si-o moorhaa man nahee laavai.

yet, the foolish person does not attune his minds to Him.

**ਜੋ ਠਾਕੁਰੁ ਸਦ ਸਦਾ ਹਜੂਰੇ ॥**

jo thaakur sad sadaa hajooray.

That God who is always present within and around us,

**ਤਾ ਕਉ ਅੰਧਾ ਜਾਨਤ ਦੂਰੇ ॥**

taa ka-o anDhaa jaanat dooray.

the spiritually blind believes that He is far away.

**ਜਾ ਕੀ ਟਹਲ ਪਾਵੈ ਦਰਗਹ ਮਾਨੁ ॥**

jaa kee tahal paavai dargeh maan.

In Whose service by meditation, one receives honor in God's court,



**ਤਿਸਹਿ ਬਿਸਾਰੈ ਮੁਗਧੁ ਅਜਾਨੁ ॥**

tiseh bisaarai mugaDh ajaan.

yet, the spiritually ignorant fool forgets Him.

**ਸਦਾ ਸਦਾ ਇਹੁ ਭੂਲਨਹਾਰੁ ॥**

sadaa sadaa ih bhoolanhaar.

Forever and ever, this person makes mistakes;

**ਨਾਨਕ ਰਾਖਨਹਾਰੁ ਅਪਾਰੁ ॥੩॥**

naanak raakhanhaar apaar. ||3||

O' Nanak, the infinite God is our Savior. ||3||

**ਰਤਨੁ ਤਿਆਗਿ ਕਉਡੀ ਸੰਗਿ ਰਚੈ ॥**

ratan ti-aag ka-udee sang rachai.

Forsaking the priceless Naam, one is engrossed with worldly wealth.

**ਸਾਚੁ ਛੋਡਿ ਝੂਠ ਸੰਗਿ ਮਚੈ ॥**

saach chhod jhooth sang machai.

He renounces Truth and embraces the falsehood.

**ਜੇ ਛਡਨਾ ਸੁ ਅਸਥਿਰੁ ਕਰਿ ਮਾਨੈ ॥**

jo chhadnaa so asthir kar maanai.

That thing which must ultimately be abandoned he believes it to be everlasting,

**ਜੇ ਹੋਵਨੁ ਸੇ ਦੂਰਿ ਪਰਾਨੈ ॥**

jo hovan so door paraanai.

That (death) which is imminent, he believes to be far off.

**ਛੋਡਿ ਜਾਇ ਤਿਸ ਕਾ ਸ੍ਰਮੁ ਕਰੈ ॥**

chhod jaa-ay tis kaa saram karai.

He struggles for worldly wealth, which he must eventually leave behind.

**ਸੰਗਿ ਸਹਾਈ ਤਿਸੁ ਪਰਹਰੈ ॥**

sang sahaa-ee tis parharai.

He turns away from God, who is always with him.

**ਚੰਦਨ ਲੇਪੁ ਉਤਾਰੈ ਧੋਇ ॥ ਗਰਧਬ ਪ੍ਰੀਤਿ ਭਸਮ ਸੰਗਿ ਹੋਇ ॥**

chandan layp utarai Dho-ay. garDhab pareet bhasam sang ho-ay.

He is being like a donkey, who even if anointed with sandal, would wash it off because it's love is with ashes only.

**ਅੰਧ ਕੂਪ ਮਹਿ ਪਤਿਤ ਬਿਕਰਾਲ ॥**

anDh koop meh patit bikraal.

He has fallen into the deep, dark pit of vices.

**ਨਾਨਕ ਕਾਢਿ ਲੇਹੁ ਪ੍ਰਭ ਦਇਆਲ ॥੪॥**

naanak kaadh layho parabh da-i-aal. ||4||

O' Nanak, pray and say, O' Merciful God, save him from drowning in the ocean of vices. ||4||

**ਕਰਤੂਤਿ ਪਸੂ ਕੀ ਮਾਨਸ ਜਾਤਿ ॥**

kartoot pasoo kee maanas jaat.

He belongs to the human species, but he acts like animals.

**ਲੋਕ ਪਚਾਰਾ ਕਰੈ ਦਿਨੁ ਰਾਤਿ ॥**

lok pacharaa karai din raat.

Day and Night, he is busy showing off (his wealth and wisdom) to others.

**ਬਾਹਰਿ ਭੇਖ ਅੰਤਰਿ ਮਲੁ ਮਾਇਆ ॥**

baahar bhaykh antar mal maa-i-aa.

Outwardly, he wears religious robes, but within is the filth of Maya.

**ਛਪਸਿ ਨਾਹਿ ਕਛੁ ਕਰੈ ਛਪਾਇਆ ॥**

chhapas naahi kachh karai chhapaa-i-aa.

He cannot conceal this, no matter how hard he tries.

**ਬਾਹਰਿ ਗਿਆਨ ਧਿਆਨ ਇਸਨਾਨ ॥**

baahar gi-aan Dhi-aan isnaan.

Outwardly, he displays knowledge, meditation and purification,

**ਅੰਤਰਿ ਬਿਆਪੈ ਲੋਭੁ ਸੁਆਨੁ ॥**

antar bi-aapai lobh su-aan.

but within clings the dog-like greed.

**ਅੰਤਰਿ ਅਗਨਿ ਬਾਹਰਿ ਤਨੁ ਸੁਆਹ ॥**

antar agan baahar tan su-aah.

The fire of desire rages within; but outwardly he applies ashes to the body. (to appear as a Yogi who has renounced all worldly desires)

**ਗਲਿ ਪਾਥਰ ਕੈਸੇ ਤਰੈ ਅਥਾਹ ॥**

gal paathar kaisay tarai athaah.

With load of worldly desires and sins like stones around the neck, how can one swim across the Unfathomable ocean of vices?

**ਜਾ ਕੈ ਅੰਤਰਿ ਬਸੈ ਪ੍ਰਭੁ ਆਪਿ ॥**

jaa kai antar basai parabh aap.

The one within whose heart God Himself dwells,

**ਨਾਨਕ ਤੇ ਜਨ ਸਹਜਿ ਸਮਾਤਿ ॥੫॥**

naanak tay jan sahj samaat. ||5||

O' Nanak, that person intuitively gets imbued in the love of God. ||5||

**ਸੁਨਿ ਅੰਧਾ ਕੈਸੇ ਮਾਰਗੁ ਪਾਵੈ ॥**

sun anDhaa kaisay maarag paavai.

Just by listening, how can the blind find the path?

**ਕਰੁ ਗਹਿ ਲੇਹੁ ਓੜਿ ਨਿਬਹਾਵੈ ॥**

kar geh layho orh nibhaavai.

If someone holds his hand, then he can reach his destination.

**ਕਹਾ ਬੁਝਾਰਤਿ ਬੁਝੈ ਡੇਰਾ ॥**

kahaa bujhaarat boojhai dora.

How can a riddle be understood by the deaf?

**ਨਿਸਿ ਕਹੀਐ ਤਉ ਸਮਝੈ ਭੇਰਾ ॥**

nis kahee-ai ta-o samjhai bhoraa.

Say 'night', and he thinks you said 'day'.

**ਕਹਾ ਬਿਸਨਪਦ ਗਾਵੈ ਗੁੰਗ ॥**

kahaa bisanpad gaavai gung.

How can the mute sing the devotional Songs?

**ਜਤਨ ਕਰੈ ਤਉ ਭੀ ਸੁਰ ਭੰਗ ॥**

jatan karai ta-o bhee sur bhang.

He may try, but his voice will fail him.

**ਕਹ ਪਿੰਗੁਲ ਪਰਬਤ ਪਰ ਭਵਨ ॥**

kah pingul parbat par bhavan.

How can the cripple climb up the mountain?

**ਨਹੀ ਹੋਤ ਉਹਾ ਉਸੁ ਗਵਨ ॥**

nahee hot oohaa us gavan.

He simply cannot go there.

**ਕਰਤਾਰ ਕਰੁਣਾ ਮੈ ਦੀਨੁ ਬੇਨਤੀ ਕਰੈ ॥**

kartaar karunaa mai deen bayntee karai.

O' creator, O' merciful God, Your humble servant prays.

**ਨਾਨਕ ਤੁਮਰੀ ਕਿਰਪਾ ਤਰੈ ॥੬॥**

naanak tumree kirpaa tarai. ||6||

O' Nanak, only Your kindness can save a mortal from world-ocean of vices. (6)

**ਸੰਗਿ ਸਹਾਈ ਸੁ ਆਵੈ ਨ ਚੀਤਿ ॥**

sang sahaa-ee so aavai na cheet.

God, who is always with him as support, the mortal does not remember Him,

**ਜੇ ਬੈਰਾਈ ਤਾ ਸਿਉ ਪ੍ਰੀਤਿ ॥**

jo bairaa-ee taa si-o pareet.

instead, shows love to his enemy, Maya.

**ਬਲੂਆ ਕੇ ਗਿ੍ਹਰ ਭੀਤਰਿ ਬਸੈ ॥**

baloo-aa kay garih bheetar basai.

The mortal lives in the body which is like a castle of sand, crumbling down.

**ਅਨਦ ਕੇਲ ਮਾਇਆ ਰੰਗਿ ਰਸੈ ॥**

anad kayl maa-i-aa rang rasai.

enjoys the games of worldly pleasures and the tastes of Maya.

**ਦ੍ਰਿੜੁ ਕਰਿ ਮਾਨੈ ਮਨਹਿ ਪ੍ਰਤੀਤਿ ॥**

darirh kar maanai maneh parteet.

He strongly believes that his stay in this world and the worldly pleasures are all permanent.

**ਕਾਲੁ ਨ ਆਵੈ ਮੂੜੇ ਚੀਤਿ ॥**

kaal na aavai moorhay cheet.

The thought of death does not even come to the mind for the fool.

**ਬੈਰ ਬਿਰੋਧ ਕਾਮ ਕ੍ਰੋਧ ਮੋਹ ॥**

bair biroDh kaam kroDh moh.

Hate, conflict, lust, anger, emotional attachment,

**ਝੂਠ ਬਿਕਾਰ ਮਹਾ ਲੋਭ ਧ੍ਰੋਹ ॥**

jhooth bikaar mahaa lobh Dharoh.

falsehood, sins, immense greed and deceit:

**ਇਆਹੂ ਜੁਗਤਿ ਬਿਹਾਨੇ ਕਈ ਜਨਮ ॥**

i-aahoo jugat bihaanay ka-ee janam.

So many lifetimes are wasted in these ways.

**ਨਾਨਕ ਰਾਖਿ ਲੇਹੁ ਆਪਨ ਕਰਿ ਕਰਮ ॥੭॥**

naanak raakh layho aapan kar karam. ||7||

O' God, please, show mercy and protect him from these vices, prays Nanak. ||7||

**ਤੂ ਠਾਕੁਰੁ ਤੁਮ ਪਹਿ ਅਰਦਾਸਿ ॥**

too thaakur tum peh ardaas.

O' God, You are the Master; to You, we offer this prayer.

**ਜੀਉ ਪਿੰਡੁ ਸਭੁ ਤੇਰੀ ਰਾਸਿ ॥**

jee-o pind sabh tayree raas.

This body and soul are all Your blessings.

**ਤੁਮ ਮਾਤ ਪਿਤਾ ਹਮ ਬਾਰਿਕ ਤੇਰੇ ॥**

tum maat pitaa ham baarik tayray.

You are our mother and father; we are Your children.

**ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਮਹਿ ਸੁਖ ਘਨੇਰੇ ॥**

tumree kirpaa meh sookh ghanayray.

In Your Grace, there are so many joys and peace!

**ਕੋਇ ਨ ਜਾਨੈ ਤੁਮਰਾ ਅੰਤੁ ॥**

ko-ay na jaanai tumraa ant.

No one knows Your limits.

**ਊਚੇ ਤੇ ਊਚਾ ਭਗਵੰਤ ॥**

oochay tay oochaa bhagvant.

O Highest of the High, Most Generous God,

**ਸਗਲ ਸਮਗ੍ਰੀ ਤੁਮਰੈ ਸੂਤ੍ਰਿ ਧਾਰੀ ॥**

sagal samagree tumrai sutir Dhaaree.

the entire universe is supported and run by Your command.

**ਤੁਮ ਤੇ ਹੋਇ ਸੁ ਆਗਿਆਕਾਰੀ ॥**

tum tay ho-ay so aagi-aakaaree.

That which has come from You is under Your Command.

**ਤੁਮਰੀ ਗਤਿ ਮਿਤਿ ਤੁਮ ਹੀ ਜਾਨੀ ॥**

tumree gat mit tum hee jaanee.

You alone know Your state and extent.

**ਨਾਨਕ ਦਾਸ ਸਦਾ ਕੁਰਬਾਨੀ ॥੮॥੪॥**

naanak daas sadaa kurbaanee. ||8||4||

O' God, I dedicate my life to You forever, says Nanak. ||8||4||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਦੇਨਹਾਰੁ ਪ੍ਰਭ ਛੋਡਿ ਕੈ ਲਾਗਹਿ ਆਨ ਸੁਆਇ ॥**

daynhaar parabh chhod kai laageh aan su-aa-ay.

One who renounces the benevolent God, and attaches himself to the worldly pleasures,

**ਨਾਨਕ ਕਹੁ ਨ ਸੀਝਈ ਬਿਨੁ ਨਾਵੈ ਪਤਿ ਜਾਇ ॥੧॥**

naanak kahoo na seejh-ee bin naavai pat jaa-ay. ||1||

O' Nanak, such a person shall never succeed in the journey of life. Without Naam, he shall lose his honor. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਦਸ ਬਸਤੂ ਲੇ ਪਾਛੈ ਪਾਵੈ ॥**

das bastoo lay paachhai paavai.

The mortal receives many amenities from God, and puts them behind him;

**ਏਕ ਬਸਤੁ ਕਾਰਨਿ ਬਿਖੇਟਿ ਗਵਾਵੈ ॥**

ayk basat kaaran bikhhot gavaavai.

for the sake of one thing withheld by God, he forfeits his faith.

**ਏਕ ਭੀ ਨ ਦੇਇ ਦਸ ਭੀ ਹਿਰਿ ਲੇਇ ॥**

ayk bhee na day-ay das bhee hir lay-ay.

But what if God takes all those gifts back and does not give the one he was complaining about,

**ਤਉ ਮੂੜਾ ਕਹੁ ਕਹਾ ਕਰੇਇ ॥**

ta-o moorhaa kaho kaha karay-i.

Then, what could the fool say or do?

**ਜਿਸੁ ਠਾਕੁਰ ਸਿਉ ਨਾਹੀ ਚਾਰਾ ॥**

jis thaakur si-o naahee chaaraa.

The Master with whom, force is of no avail,

**ਤਾ ਕਉ ਕੀਜੈ ਸਦ ਨਮਸਕਾਰਾ ॥**

taa ka-o keejai sad namaskaaraa.

Unto Him, bow forever in adoration and accept His Will.

**ਜਾ ਕੈ ਮਨਿ ਲਾਗਾ ਪ੍ਰਭੁ ਮੀਠਾ ॥**

jaa kai man laagaa parabh meethaa.

The person to whose heart, God is dear,

**ਸਰਬ ਸੁਖ ਤਾਹੁ ਮਨਿ ਵੂਠਾ ॥**

sarab sookh taahoo man voothaa.

all peace and pleasures come to dwell in his mind.

**ਜਿਸੁ ਜਨ ਅਪਨਾ ਹੁਕਮੁ ਮਨਾਇਆ ॥**

jis jan apnaa hukam manaa-i-aa.

The person, whom God empowers to accept His Will,

**ਸਰਬ ਥੋਕ ਨਾਨਕ ਤਿਨਿ ਪਾਇਆ ॥੧॥**

sarab thok naanak tin paa-i-aa. ||1||

O' Nanak, feels like he has received all the amenities of the world. ||1||

**ਅਗਨਤ ਸਾਹੁ ਅਪਨੀ ਦੇ ਰਾਸਿ ॥**

agnat saahu apnee day raas.

God, the Banker, gives endless capital of gifts to the mortal,

**ਖਾਤ ਪੀਤ ਬਰਤੈ ਅਨਦ ਉਲਾਸਿ ॥**

khaat peet bartai anad ulaas.

who uses this capital with pleasure and joy.

**ਅਪੁਨੀ ਅਮਾਨ ਕਛੁ ਬਹੁਰਿ ਸਾਹੁ ਲੇਇ ॥**

apunee amaan kachh bahur saahu lay-ay.

If some of this capital is later taken back by the Banker (God),

**ਅਗਿਆਨੀ ਮਨਿ ਰੇਸੁ ਕਰੇਇ ॥**

agi-aanee man ros karay-i.

the ignorant person feels aggrieved and complains.

**ਅਪਨੀ ਪਰਤੀਤਿ ਆਪ ਹੀ ਖੋਵੈ ॥**

apnee parteet aap hee khovai.

By doing so, he himself destroys his own credibility,

**ਬਹੁਰਿ ਉਸ ਕਾ ਬਿਸ਼੍ਵਾਸੁ ਨ ਹੋਵੈ ॥**

bahur us kaa bisvaas na hovai.

resulting in not to be trusted again.

**ਜਿਸ ਕੀ ਬਸਤੁ ਤਿਸੁ ਆਗੈ ਰਾਖੈ ॥**

jis kee basat tis aagai raakhai.

Someone who offers to God what belongs to Him anyway,

**ਪ੍ਰਭ ਕੀ ਆਗਿਆ ਮਾਨੈ ਮਾਥੈ ॥**

parabh kee aagi-aa maanai maathai.

and willingly abides by God's Will,

**ਉਸ ਤੇ ਚਉਗੁਨ ਕਰੈ ਨਿਹਾਲੁ ॥**

us tay cha-ugun karai nihaal.

gets blessed many times more by Him.

**ਨਾਨਕ ਸਾਹਿਬੁ ਸਦਾ ਦਇਆਲੁ ॥੨॥**

naanak saahib sadaa da-i-aal. ||2||

O' Nanak, our Master (God) is merciful forever. ||2||



**ਅਨਿਕ ਭਾਤਿ ਮਾਇਆ ਕੇ ਹੇਤ ॥ ਸਰਪਰ ਹੋਵਤ ਜਾਨੁ ਅਨੇਤ ॥**

anik bhaat maa-i-aa kay hayt. sarpar hovat jaan anayt.

Understand that, the many forms of worldly attachments are transitory and surely these shall pass away.

**ਬਿਰਖ ਕੀ ਛਾਇਆ ਸਿਉ ਰੰਗੁ ਲਾਵੈ ॥**

birakh kee chhaa-i-aa si-o rang laavai.

A person falls in love with the shade of the tree,

**ਓਹ ਬਿਨਸੈ ਉਹੁ ਮਨਿ ਪਛੁਤਾਵੈ ॥**

oh binsai uho man pachhutaavai.

and when it disappears, he feel regret in his mind.

**ਜੇ ਦੀਸੈ ਸੇ ਚਾਲਨਹਾਰੁ ॥**

jo deesai so chaalanhaar.

Whatever is seen, is transitory ( ;

**ਲਪਟਿ ਰਹਿਓ ਤਹ ਅੰਧ ਅੰਧਾਰੁ ॥**

lapat rahi-o tah anDh anDhaar.

yet, the blindest of the blind clings to it.

**ਬਟਾਉ ਸਿਉ ਜੇ ਲਾਵੈ ਨੇਹ ॥**

bataa-oo si-o jo laavai nayh.

Anyone who falls in love with a passerby,

**ਤਾ ਕਉ ਹਾਥਿ ਨ ਆਵੈ ਕੇਹ ॥**

taa ka-o haath na aavai kayh.

obtains nothing from the relationship.

**ਮਨ ਹਰਿ ਕੇ ਨਾਮ ਕੀ ਪ੍ਰੀਤਿ ਸੁਖਦਾਈ ॥**

man har kay naam kee pareet sukh-daa-ee.

O' mind, only love with God's Name bestows peace.

**ਕਰਿ ਕਿਰਪਾ ਨਾਨਕ ਆਪਿ ਲਏ ਲਾਈ ॥੩॥**

kar kirpaa naanak aap la-ay laa-ee. ||3||

O' Nanak, His love is received by only those whom He Himself blesses with it.

||3||

**ਮਿਥਿਆ ਤਨੁ ਧਨੁ ਕੁਟੰਬੁ ਸਬਾਇਆ ॥**

mithi-aa tan Dhan kutamb sabaa-i-aa.

False (perishable) are body, wealth, and all relations.

**ਮਿਥਿਆ ਹਉਮੈ ਮਮਤਾ ਮਾਇਆ ॥**

mithi-aa ha-umai mamtaa maa-i-aa.

False are ego, possessiveness and Maya.

**ਮਿਥਿਆ ਰਾਜ ਜੋਬਨ ਧਨ ਮਾਲ ॥**

mithi-aa raaj joban Dhan maal.

False (temporary) are power, youth, wealth and property.

**ਮਿਥਿਆ ਕਾਮ ਕ੍ਰੋਧ ਬਿਕਰਾਲ ॥**

mithi-aa kaam kroDh bikraal.

False are lust and wild anger.

**ਮਿਥਿਆ ਰਥ ਹਸਤੀ ਅਸੂ ਬਸਤ੍ਰਾ ॥**

mithi-aa rath hastee asav bastaraa.

False (transitory) are chariots, elephants, horses and expensive clothes.

**ਮਿਥਿਆ ਰੰਗ ਸੰਗਿ ਮਾਇਆ ਪੇਖਿ ਹਸਤਾ ॥**

mithi-aa rang sang maa-i-aa paykh hastaa.

False is the love of gathering wealth, and reveling in the sight of it.

**ਮਿਥਿਆ ਧ੍ਰੋਹ ਮੋਹ ਅਭਿਮਾਨੁ ॥**

mithi-aa Dharoh moh abhimaan.

False are deception, emotional attachment and egotistical pride.

**ਮਿਥਿਆ ਆਪਸ ਉਪਰਿ ਕਰਤ ਗੁਮਾਨੁ ॥**

mithi-aa aapas oopar karat gumaan.

False is the self-pride with ego.

**ਅਸਥਿਰੁ ਭਗਤਿ ਸਾਧ ਕੀ ਸਰਨ ॥**

asthir bhagat saaDh kee saran.

Only the devotional worship of God is imperishable, performed under the protection of the Guru.

**ਨਾਨਕ ਜਪਿ ਜਪਿ ਜੀਵੈ ਹਰਿ ਕੇ ਚਰਨ ॥੪॥**

naanak jap jap jeevai har kay charan. ||4||

O' Nanak, one can live a true life only by meditating on Naam.||4||

**ਮਿਥਿਆ ਸ੍ਰਵਨ ਪਰ ਨਿੰਦਾ ਸੁਨਹਿ ॥**

mithi-aa sarvan par nindaa suneh.

Useless are the ears which listen to the slander of others.

**ਮਿਥਿਆ ਹਸਤ ਪਰ ਦਰਬ ਕਉ ਹਿਰਹਿ ॥**

mithi-aa hasat par darab ka-o hireh.

Useless are the hands which steal the wealth of others.

**ਮਿਥਿਆ ਨੇਤ੍ਰ ਪੇਖਤ ਪਰ ਤ੍ਰਿਅ ਰੂਪਾਦ ॥**

mithi-aa naytar paykhat par tari-a roopaad.

Useless are the eyes which gaze upon the beauty of another's woman with evil intentions.

**ਮਿਥਿਆ ਰਸਨਾ ਭੋਜਨ ਅਨ ਸ੍ਵਾਦ ॥**

mithi-aa rasnaa bhojan an savaad.

false is the tongue which only enjoys delicacies and other worldly tastes.

**ਮਿਥਿਆ ਚਰਨ ਪਰ ਬਿਕਾਰ ਕਉ ਧਾਵਹਿ ॥**

mithi-aa charan par bikaar ka-o Dhaaveh.

Sinfull are the feet which run to do evil to others.

**ਮਿਥਿਆ ਮਨ ਪਰ ਲੋਭ ਲੁਭਾਵਹਿ ॥**

mithi-aa man par lobh lubhaaveh.

Useless is the mind which is filled with greed for the wealth of others.

**ਮਿਥਿਆ ਤਨ ਨਹੀ ਪਰਉਪਕਾਰਾ ॥**

mithi-aa tan nahee par-upkaaraa.

Useless is the body which does not do good to others.

**ਮਿਥਿਆ ਬਾਸੁ ਲੇਤ ਬਿਕਾਰਾ ॥**

mithi-aa baas layt bikaaraa.

Useless is that nose which enjoys the smell of evil.

**ਬਿਨੁ ਬੂਝੇ ਮਿਥਿਆ ਸਭ ਭਏ ॥**

bin boojhay mithi-aa sabh bha-ay.

Useless are all the body parts which don't understand their true purpose.

**ਸਫਲ ਦੇਹ ਨਾਨਕ ਹਰਿ ਹਰਿ ਨਾਮ ਲਏ ॥੫॥**

safal dayh naanak har har naam la-ay. ||5||

O' Nanak, successful is only that body which recites God's Name.||5||

**ਬਿਰਥੀ ਸਾਕਤ ਕੀ ਆਰਜਾ ॥**

birthee saakat kee aarjaa.

The life of the faithless cynic (non-believer) is totally useless.

**ਸਾਚ ਬਿਨਾ ਕਹ ਹੋਵਤ ਸੂਚਾ ॥**

saach binaa kah hovat soochaa.

Without remembering the eternal God, how can he be pure?

**ਬਿਰਥਾ ਨਾਮ ਬਿਨਾ ਤਨੁ ਅੰਧ ॥**

birthaa naam binaa tan anDh.

Without God's Name, useless is the body of the spiritually blind,

**ਮੁਖਿ ਆਵਤ ਤਾ ਕੈ ਦੁਰਗੰਧ ॥**

mukh aavat taa kai durganDh.

because from the mouth of such a person, comes the foul smell of slander.

**ਬਿਨੁ ਸਿਮਰਨ ਦਿਨੁ ਰੈਨਿ ਬ੍ਰਿਥਾ ਬਿਹਾਇ ॥**

bin simran din rain baritha bihaa-ay.

Without contemplating on God's Name, our days and nights pass in vain,

**ਮੇਘ ਬਿਨਾ ਜਿਉ ਖੇਤੀ ਜਾਇ ॥**

maygh binaa ji-o khaytee jaa-ay.

like the crop which withers without rain.

**ਗੋਬਿਦ ਭਜਨ ਬਿਨੁ ਬ੍ਰਿਥੇ ਸਭ ਕਾਮ ॥**

gobid bhajan bin barithay sabh kaam.

Without meditation on God's Name, all worldly deeds are in vain,

**ਜਿਉ ਕਿਰਪਨ ਕੇ ਨਿਰਾਰਥ ਦਾਮ ॥**

ji-o kirpan kay niraarath daam.

like the wealth of a miser, which is of no use to him.

**ਧੰਨਿ ਧੰਨਿ ਤੇ ਜਨ ਜਿਹ ਘਟਿ ਬਸਿਓ ਹਰਿ ਨਾਉ ॥**

Dhan Dhan tay jan jih ghat basi-o har naa-o.

Truly blessed are those, in whose hearts dwells God's Name.

**ਨਾਨਕ ਤਾ ਕੈ ਬਲਿ ਬਲਿ ਜਾਉ ॥੬॥**

naanak taa kai bal bal jaa-o. ||6||

O' Nanak, I dedicate my life to those blessed people. ||6||

**ਰਹਤ ਅਵਰ ਕਛੁ ਅਵਰ ਕਮਾਵਤ ॥**

rahat avar kachh avar kamaavat.

One who appear to be religious but his deeds are anything but religious.

**ਮਨਿ ਨਹੀ ਪ੍ਰੀਤਿ ਮੁਖਹੁ ਗੰਢ ਲਾਵਤ ॥**

man nahee pareet mukhahu gandh laavat.

There is no love for God in his heart, and yet he talks tall.

**ਜਾਨਨਹਾਰ ਪ੍ਰਭੂ ਪਰਬੀਨ ॥**

jaananhaar parabho parbeen.

The all-knowing God, is very wise.

**ਬਾਹਰਿ ਭੇਖ ਨ ਕਾਹੂ ਭੀਨ ॥**

baahar bhaykh na kaahoo bheen.

He is not impressed by outward display.

**ਅਵਰ ਉਪਦੇਸੈ ਆਪਿ ਨ ਕਰੈ ॥**

avar updaysai aap na karai.

One who does not practice what he preaches to others,

**ਆਵਤ ਜਾਵਤ ਜਨਮੈ ਮਰੈ ॥**

aavat jaavat janmai marai.

shall keep suffering in the cycles of birth and death.

**ਜਿਸ ਕੈ ਅੰਤਰਿ ਬਸੈ ਨਿਰੰਕਾਰੁ ॥**

jis kai antar basai nirankaar.

The one in whose heart dwells the formless God,

**ਤਿਸ ਕੀ ਸੀਖ ਤਰੈ ਸੰਸਾਰੁ ॥**

tis kee seekh tarai sansaar.

the teachings of such a person save the world from the vices.

**ਜੇ ਤੁਮ ਭਾਨੇ ਤਿਨ ਪ੍ਰਭੂ ਜਾਤਾ ॥**

jo tum bhaanay tin parabh jaataa.

O' God, only those who are pleasing to You, have realized You.

**ਨਾਨਕ ਉਨ ਜਨ ਚਰਨ ਪਰਾਤਾ ॥੭॥**

naanak un jan charan paraataa. ||7||

O' nanak, I humbly bow to them. ||7||

**ਕਰਉ ਬੇਨਤੀ ਪਾਰਬ੍ਰਹਮੁ ਸਭੁ ਜਾਨੈ ॥**

kara-o bayntee paarbarahm sabh jaanai.

Whatever I pray for, the all pervading God Knows it all.

**ਅਪਨਾ ਕੀਆ ਆਪਹਿ ਮਾਨੈ ॥**

apnaa kee-aa aapeh maanai.

He Himself gives honor to His mortal.

**ਆਪਹਿ ਆਪ ਆਪਿ ਕਰਤ ਨਿਬੇਰਾ ॥**

aapeh aap aap karat nibayraa.

He Himself and only by Himself, makes the decisions based upon their deeds.

**ਕਿਸੈ ਦੂਰਿ ਜਨਾਵਤ ਕਿਸੈ ਬੁਝਾਵਤ ਨੇਰਾ ॥**

kisai door janaavat kisai bujhaavat nayraa.

To some, He appears far away, while others perceive Him near at hand.

**ਉਪਾਵ ਸਿਆਨਪ ਸਗਲ ਤੇ ਰਹਤ ॥**

upaav si-aanap sagal tay rahat.

He is beyond all efforts and clever deeds.

**ਸਭੁ ਕਛੁ ਜਾਨੈ ਆਤਮ ਕੀ ਰਹਤ ॥**

sabh kachh jaanai aatam kee rahat.

He knows everything about our spiritual state.

**ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਲਏ ਲੜਿ ਲਾਇ ॥**

jis bhaavai tis la-ay larh laa-ay.

Whoever is pleasing to Him, He attunes that one to Himself.

**ਥਾਨ ਥਨੰਤਰਿ ਰਹਿਆ ਸਮਾਇ ॥**

thaan thanantar rahi-aa samaa-ay.

He is pervading all places and interspaces.

**ਸੋ ਸੇਵਕੁ ਜਿਸੁ ਕਿਰਪਾ ਕਰੀ ॥**

so sayvak jis kirpaa karee.

Those upon whom He bestows His mercy, become His devotees.

**ਨਿਮਖ ਨਿਮਖ ਜਪਿ ਨਾਨਕ ਹਰੀ ॥੮॥੫॥**

nimakh nimakh jap naanak haree. ||8||5||

O' Nanak, each and every moment, meditate on God.||8||5||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਕਾਮ ਕ੍ਰੋਧ ਅਰੁ ਲੋਭ ਮੋਹ ਬਿਨਸਿ ਜਾਇ ਅਹੰਮੇਵ ॥**

kaam kroDh ar lobh moh binas jaa-ay ahamayv.

May my lust, anger, greed, emotional attachments and egotism be destroyed.

**ਨਾਨਕ ਪ੍ਰਭ ਸਰਣਾਗਤੀ ਕਰਿ ਪ੍ਰਸਾਦੁ ਗੁਰਦੇਵ ॥੧॥**

naanak parabh sarnaagatee kar parsaad gurdayv. ||1||

Nanak seeks God's refuge, O' Divine Guru, please bless me with Your Grace.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਛਤੀਹ ਅੰਮ੍ਰਿਤੁ ਖਾਹਿ ॥**

jih parsaad chhateeh amrit khaahi.

By whose grace you partake many kinds of delicacies;

**ਤਿਸੁ ਠਾਕੁਰ ਕਉ ਰਖੁ ਮਨ ਮਾਹਿ ॥**

tis thaakur ka-o rakh man maahi.

enshrine that Master within your mind.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸੁਗੰਧਤ ਤਨਿ ਲਾਵਹਿ ॥**

jih parsaad suganDhat tan laaveh.

By whose grace, you apply perfumes to your body;

**ਤਿਸ ਕਉ ਸਿਮਰਤ ਪਰਮ ਗਤਿ ਪਾਵਹਿ ॥**

tis ka-o simrat param gat paavahi.

by remembering Him, you shall achieve the supreme spiritual status.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਬਸਹਿ ਸੁਖ ਮੰਦਰਿ ॥**

jih parsaad baseh sukh mandar.

By whose grace, there is peace in your heart;

**ਤਿਸਹਿ ਧਿਆਇ ਸਦਾ ਮਨ ਅੰਦਰਿ ॥**

tiseh Dhi-aa-ay sadaa man andar.

meditate forever on Him within your mind.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਗਿ੍ਹਰ ਸੰਗਿ ਸੁਖ ਬਸਨਾ ॥**

jih parsaad garih sang sukh basnaa.

By whose Grace, you live with your family in peace;

**ਆਠ ਪਹਰ ਸਿਮਰਹੁ ਤਿਸੁ ਰਸਨਾ ॥**

aath pahar simrahu tis rasnaa.

always remember Him by reciting His Name,

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਰੰਗ ਰਸ ਭੋਗ ॥**

jih parsaad rang ras bhog.

By whose Grace, you enjoy tastes and pleasures of worldly things;

**ਨਾਨਕ ਸਦਾ ਧਿਆਈਐ ਧਿਆਵਨ ਜੋਗ ॥੧॥**

naanak sadaa Dhi-aa-ee-ai Dhi-aavan jog. ||1||

O' Nanak, meditate forever on the One, who is worthy of meditation. ||1||

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਪਾਟ ਪਟੰਬਰ ਹਢਾਵਹਿ ॥**

jih parsaad paat patambar hadhaaveh.

By whose grace, you wear silks and other expensive clothes;

**ਤਿਸਹਿ ਤਿਆਗਿ ਕਤ ਅਵਰ ਲੁਭਾਵਹਿ ॥**

tiseh ti-aag kat avar lubhaaveh.

why forsake Him and indulge in other greeds?

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸੁਖਿ ਸੇਜ ਸੋਈਜੈ ॥**

jih parsaad sukh sayj so-eejai.

By whose Grace, you sleep in a cozy bed;

**ਮਨ ਆਠ ਪਹਰ ਤਾ ਕਾ ਜਸੁ ਗਾਵੀਜੈ ॥**

man aath pahar taa kaa jas gaaveejai.

O' my mind, sing His Praises, twenty-four hours a day.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੁਝੁ ਸਭੁ ਕੇਉ ਮਾਨੈ ॥**

jih parsaad tujh sabh ko-oo maanai.

By whose Grace, you are honored by everyone;

**ਮੁਖਿ ਤਾ ਕੇ ਜਸੁ ਰਸਨ ਬਖਾਨੈ ॥**

mukh taa ko jas rasan bakhaanai.

always recite His praises.



**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰੇ ਰਹਤਾ ਧਰਮੁ ॥**

jih paryaad tayro rahtaa Dharam.

By whose grace, you are able to remain righteous.

**ਮਨ ਸਦਾ ਧਿਆਇ ਕੇਵਲ ਪਾਰਬ੍ਰਹਮੁ ॥**

man sadaa Dhi-aa-ay kayval paarbarahm.

O' my mind, meditate continually on that Supreme God.

**ਪ੍ਰਭ ਜੀ ਜਪਤ ਦਰਗਹ ਮਾਨੁ ਪਾਵਹਿ ॥**

parabh jee japat dargeh maan paavahi.

Meditating on God, you shall be honored in His Court;

**ਨਾਨਕ ਪਤਿ ਸੇਤੀ ਘਰਿ ਜਾਵਹਿ ॥੨॥**

naanak pat saytee ghar jaaveh. ||2||

O' Nanak, you shall return to your true home with honor.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਆਰੋਗ ਕੰਚਨ ਦੇਹੀ ॥**

jih paryaad aarog kanchan dayhee.

By whose grace, you have a healthy, beautiful body;

**ਲਿਵ ਲਾਵਹੁ ਤਿਸੁ ਰਾਮ ਸਨੇਹੀ ॥**

liv laavhu tis raam sanayhee.

attune yourself to that Loving God.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰਾ ਓਲਾ ਰਹਤ ॥**

jih paryaad tayraa olaa rahat.

By whose Grace, your honor is preserved;

**ਮਨ ਸੁਖੁ ਪਾਵਹਿ ਹਰਿ ਹਰਿ ਜਸੁ ਕਹਤ ॥**

man sukh paavahi har har jas kahat.

O' my mind, achieve eternal peace by singing His Praises.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰੇ ਸਗਲ ਛਿਦ੍ਰ ਢਾਕੇ ॥**

jih paryaad tayray sagal chhidar dhaakay.

By whose grace, all your shortcomings remain unexposed;

**ਮਨ ਸਰਨੀ ਪਰੁ ਠਾਕੁਰ ਪ੍ਰਭ ਤਾ ਕੈ ॥**

man sarnee par thaakur parabh taa kai.

O' my mind, seek the refuge of that God, our Master.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੁਝ ਕੇ ਨ ਪਹੂਚੈ ॥**

jih paryaad tujh ko na pahoochai.

By whose Grace, no one can rival you;

**ਮਨ ਸਾਸਿ ਸਾਸਿ ਸਿਮਰਹੁ ਪ੍ਰਭ ਉਚੈ ॥**

man saas saas simrahu parabh oochay.

O' my mind, remember that Almighty God with each and every breath.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਪਾਈ ਦੁਲਭ ਦੇਹ ॥**

jih paryaad paa-ee darulabh dayh.

By whose Grace, you are blessed this precious human body;

**ਨਾਨਕ ਤਾ ਕੀ ਭਗਤਿ ਕਰੇਹ ॥੩॥**

naanak taa kee bhagat karayh. ||3||

O' Nanak, worship Him with love and devotion. ||3||

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਆਭੂਖਨ ਪਹਿਰੀਜੈ ॥**

jih paryaad aabhookhan pehreejai.

By whose grace, you wear expensive jewelry;

**ਮਨ ਤਿਸੁ ਸਿਮਰਤ ਕਿਉ ਆਲਸੁ ਕੀਜੈ ॥**

man tis simrat ki-o aalas keejai.

O' my mind, why be lazy in remembering Him?

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਅਸੁ ਹਸਤਿ ਅਸਵਾਰੀ ॥**

jih paryaad asav hasat asvaaree.

By whose Grace, you have horses and elephants to ride (expensive vehicles);

**ਮਨ ਤਿਸੁ ਪ੍ਰਭ ਕਉ ਕਬਹੂ ਨ ਬਿਸਾਰੀ ॥**

man tis parabh ka-o kabhoo na bisaaree.

O' mind, never forget that God.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਬਾਗ ਮਿਲਖ ਧਨਾ ॥**

jih paryaad baag milakh Dhanaa.

By whose Grace, you have land, gardens and wealth;

**ਰਾਖੁ ਪਰੇਇ ਪ੍ਰਭੁ ਅਪੁਨੇ ਮਨਾ ॥**

raakh paro-ay parabh apunay manaa.

Keep that God enshrined in your heart.

**ਜਿਨਿ ਤੇਰੀ ਮਨ ਬਨਤ ਬਨਾਈ ॥**

jin tayree man banat banaa-ee.

O' my mind, the One who fashioned you as human being

**ਉਠਤ ਬੈਠਤ ਸਦ ਤਿਸਹਿ ਧਿਆਈ ॥**

oothat baithat sad tiseh Dhi-aa-ee.

always meditate on Him in every situation.

**ਤਿਸਹਿ ਧਿਆਇ ਜੋ ਏਕ ਅਲਖੈ ॥**

tiseh Dhi-aa-ay jo ayk alkhai.

Meditate on Him who is unique and incomprehensible.

**ਈਹਾ ਉਹਾ ਨਾਨਕ ਤੇਰੀ ਰਖੈ ॥੪॥**

eehaa oohaa naanak tayree rakhai. ||4||

O' Nanak, He shall save you here and hereafter ||4||

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਕਰਹਿ ਪੁੰਨ ਬਹੁ ਦਾਨ ॥**

jih pargaad karahi punn baho daan.

By whose Grace, you give donations in abundance to charities,

**ਮਨ ਆਠ ਪਹਰ ਕਰਿ ਤਿਸ ਕਾ ਧਿਆਨ ॥**

man aath pahar kar tis kaa Dhi-aan.

O' my mind, remember Him, twenty-four hours a day.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੂ ਆਚਾਰ ਬਿਉਹਾਰੀ ॥**

jih pargaad too aachaar bi-uhaaree.

By whose Grace, you perform religious rituals and worldly duties;

**ਤਿਸੁ ਪ੍ਰਭ ਕਉ ਸਾਸਿ ਸਾਸਿ ਚਿਤਾਰੀ ॥**

tis parabh ka-o saas saas chitaaree.

remember that God with each and every breath.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰਾ ਸੁੰਦਰ ਰੂਪੁ ॥**

jih pargaad tayraa sundar roop.

By whose grace, you got this beautiful looking body;

**ਸੋ ਪ੍ਰਭੁ ਸਿਮਰਹੁ ਸਦਾ ਅਨੂਪੁ ॥**

so parabh simrahu sadaa anoop.

always remember that incomparably Beautiful God.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰੀ ਨੀਕੀ ਜਾਤਿ ॥**

jih parsaad tayree neekie jaat.

By whose grace, you have received this great human form of life,

**ਸੇ ਪ੍ਰਭੁ ਸਿਮਰਿ ਸਦਾ ਦਿਨ ਰਾਤਿ ॥**

so parabh simar sadaa din raat.

always, day and night, remember that God.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰੀ ਪਤਿ ਰਹੈ ॥**

jih parsaad tayree pat rahai.

By whose Grace, your honor is preserved;

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਜਸੁ ਕਹੈ ॥੫॥**

gur parsaad naanak jas kahai. ||5||

O' Nanak, recite His praises by the Guru's grace. ||5||

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸੁਨਹਿ ਕਰਨ ਨਾਦ ॥**

jih parsaad suneh karan naad.

By whose grace, you listen to the melodious sounds with your ears.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਪੇਖਹਿ ਬਿਸਮਾਦ ॥**

jih parsaad paykheh bismaad.

By whose Grace, you behold amazing wonders.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਬੋਲਹਿ ਅੰਮ੍ਰਿਤ ਰਸਨਾ ॥**

jih parsaad boleh amrit rasnaa.

By whose Grace, you speak ambrosial words with your tongue.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸੁਖਿ ਸਹਜੇ ਬਸਨਾ ॥**

jih parsaad sukh sehjay basnaa.

By whose Grace, you are intuitively at peace.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਹਸਤ ਕਰ ਚਲਹਿ ॥**

jih parsaad hasat kar chaleh.

By whose Grace, your hands and feet move and work.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸੰਪੂਰਨ ਫਲਹਿ ॥**

jih parsaad sampooran faleh.

By whose Grace, you are completely successful in life.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਪਰਮ ਗਤਿ ਪਾਵਹਿ ॥**

jih parsaad param gat paavahi.

By whose Grace, you obtain the supreme spiritual status.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸੁਖਿ ਸਹਜਿ ਸਮਾਵਹਿ ॥**

jih parsaad sukh sahj samaaveh.

By whose Grace, you are intuitively absorbed into eternal peace.

**ਐਸਾ ਪ੍ਰਭੁ ਤਿਆਗਿ ਅਵਰ ਕਤ ਲਾਗਹੁ ॥**

aisaa parabh ti-aag avar kat laagahu.

Why forsake such God, and attach yourself to another?

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਮਨਿ ਜਾਗਹੁ ॥੬॥**

gur parsaad naanak man jaagahu. ||6||

O' Nanak, by the Guru's grace awaken your mind from spiritual ignorance.||6||

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੂੰ ਪ੍ਰਗਟੁ ਸੰਸਾਰਿ ॥**

jih parsaad tooN pargat sansaar.

By whose Grace, you are famous all over the world;

**ਤਿਸੁ ਪ੍ਰਭੁ ਕਉ ਮੂਲਿ ਨ ਮਨਹੁ ਬਿਸਾਰਿ ॥**

tis parabh ka-o mool na manhu bisaar.

never forget such God from your mind.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰਾ ਪਰਤਾਪੁ ॥**

jih parsaad tayraa partaap.

By whose Grace, you have prestige;

**ਰੇ ਮਨ ਮੂੜ ਤੂ ਤਾ ਕਉ ਜਾਪੁ ॥**

ray man moorh too taa ka-o jaap.

O' foolish mind, meditate on Him!

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੇਰੇ ਕਾਰਜ ਪੂਰੇ ॥**

jih parsaad tayraj kaaraj pooray.

By whose grace, all your tasks are accomplished;

**ਤਿਸਹਿ ਜਾਨੁ ਮਨ ਸਦਾ ਹਜੂਰੇ ॥**

tiseh jaan man sadaa hajooray.

O' my mind, always feel His presence with you.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਤੂੰ ਪਾਵਹਿ ਸਾਚੁ ॥**

jih parsaad tooN paavahi saach.

By Whose Grace, you find the Truth,

**ਰੇ ਮਨ ਮੇਰੇ ਤੂੰ ਤਾ ਸਿਉ ਰਾਚੁ ॥**

ray man mayray tooN taa si-o raach.

O' my mind, immerse yourself into Him.

**ਜਿਹ ਪ੍ਰਸਾਦਿ ਸਭ ਕੀ ਗਤਿ ਹੋਇ ॥**

jih parsaad sabh kee gat ho-ay.

By whose Grace, everyone is saved from worldly evils;

**ਨਾਨਕ ਜਾਪੁ ਜਪੈ ਜਪੁ ਸੋਇ ॥੭॥**

naanak jaap japai jap so-ay. ||7||

O' Nanak, sing His praises and meditate on His Name. ||7||

**ਆਪਿ ਜਪਾਏ ਜਪੈ ਸੋ ਨਾਉ ॥**

aap japaa-ay japai so naa-o.

Only that person meditates on His Name, whom He Himself inspires to meditate.

**ਆਪਿ ਗਾਵਾਏ ਸੁ ਹਰਿ ਗੁਨ ਗਾਉ ॥**

aap gaavaa-ai so har gun gaa-o.

Only that person sings God's virtues, whom He himself inspire to do so.

**ਪ੍ਰਭ ਕਿਰਪਾ ਤੇ ਹੋਇ ਪ੍ਰਗਾਸੁ ॥**

parabh kirpaa tay ho-ay pargaas.

By God's Grace, the mind is enlightened with divine knowledge.

**ਪ੍ਰਭੁ ਦਇਆ ਤੇ ਕਮਲ ਬਿਗਾਸੁ ॥**

parabhoo da-i-aa tay kamal bigaas.

By God's mercy, the heart is delighted like lotus flower.

**ਪ੍ਰਭੁ ਸੁਪ੍ਰਸੰਨ ਬਸੈ ਮਨਿ ਸੋਇ ॥**

parabh suparsan basai man so-ay.

When God is extremely pleased, He comes to dwell in the mind.

**ਪ੍ਰਭੁ ਦਇਆ ਤੇ ਮਤਿ ਉਤਮ ਹੋਇ ॥**

parabh da-i-aa tay mat ootam ho-ay.

By God's Kind Mercy, the intellect is (spiritually) exalted.

**ਸਰਬ ਨਿਧਾਨ ਪ੍ਰਭ ਤੇਰੀ ਮਇਆ ॥**

sarab niDhaan parabh tayree ma-i-aa.

O' God, in Your Mercy are all the treasures of the world.

**ਆਪਹੁ ਕਛੁ ਨ ਕਿਨਹੂ ਲਇਆ ॥**

aaphu kachhoo na kinhoo la-i-aa.

No one receives anything by himself.

**ਜਿਤੁ ਜਿਤੁ ਲਾਵਹੁ ਤਿਤੁ ਲਗਹਿ ਹਰਿ ਨਾਥ ॥**

jit jit laavhu tit lageh har naath.

O' God, people do whatever You make them do.

**ਨਾਨਕ ਇਨ ਕੈ ਕਛੁ ਨ ਹਾਥ ॥੮॥੬॥**

naanak in kai kachhoo na haath. ||8||6||

O Nanak, nothing is in their hands. ||8||6||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਅਗਮ ਅਗਾਧਿ ਪਾਰਬ੍ਰਹਮੁ ਸੋਇ ॥**

agam agaaDh paarbarahm so-ay.

Unapproachable and Unfathomable is the Supreme God;

**ਜੋ ਜੋ ਕਹੈ ਸੁ ਮੁਕਤਾ ਹੋਇ ॥**

jo jo kahai so muktaa ho-ay.

whosoever recites His Name with love and devotion, is liberated from vices..

**ਸੁਨਿ ਮੀਤਾ ਨਾਨਕੁ ਬਿਨਵੰਤਾ ॥**

sun meetaa naanak binvantaa.

Listen, O' friends, Nanak submits.

**ਸਾਧ ਜਨਾ ਕੀ ਅਚਰਜ ਕਥਾ ॥੧॥**

saaDh janaa kee achraj katha. ||1||

Amazing is the description of virtues of the saints.||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਸਾਧ ਕੈ ਸੰਗਿ ਮੁਖ ਉਜਲ ਹੋਤ ॥**

saaDh kai sang mukh oojal hot.

In the company of Saints, spiritual radiance (honor) is obtained.

**ਸਾਧਸੰਗਿ ਮਲੁ ਸਗਲੀ ਖੋਤ ॥**

saaDhsang mal saglee khot.

In the Company of the Holy, all filth of vices is removed.

**ਸਾਧ ਕੈ ਸੰਗਿ ਮਿਟੈ ਅਭਿਮਾਨੁ ॥**

saaDh kai sang mitai abhimaan.

In the company of the Saints, egotism is destroyed.

**ਸਾਧ ਕੈ ਸੰਗਿ ਪ੍ਰਗਟੈ ਸੁਗਿਆਨੁ ॥**

saaDh kai sang pargatai sugi-aan.

In the Company of the Holy, spiritual wisdom is revealed.

**ਸਾਧ ਕੈ ਸੰਗਿ ਬੁਝੈ ਪ੍ਰਭੁ ਨੇਰਾ ॥**

saaDh kai sang bujhai parabh nayraa.

In the Company of the Holy, God is felt to be near at hand.

**ਸਾਧਸੰਗਿ ਸਭੁ ਹੋਤ ਨਿਬੇਰਾ ॥**

saaDhsang sabh hot nibayraa.

In the Company of the Holy, all conflicts about vices or evil deeds are settled.

**ਸਾਧ ਕੈ ਸੰਗਿ ਪਾਏ ਨਾਮ ਰਤਨੁ ॥**

saaDh kai sang paa-ay naam ratan.

In the Company of the Holy, one is blessed with the priceless Naam. is obtained.

**ਸਾਧ ਕੈ ਸੰਗਿ ਏਕ ਉਪਰਿ ਜਤਨੁ ॥**

saaDh kai sang ayk oopar jatan.

In the company of the Saints, one strives only to realize God.

**ਸਾਧ ਕੀ ਮਹਿਮਾ ਬਰਨੈ ਕਉਨੁ ਪ੍ਰਾਨੀ ॥**

saaDh kee mahimaa barnai ka-un paraanee.

Who can describe the glory of the Saints?

**ਨਾਨਕ ਸਾਧ ਕੀ ਸੇਭਾ ਪ੍ਰਭੁ ਮਾਹਿ ਸਮਾਨੀ ॥੧॥**

naanak saaDh kee sobhaa parabh maahi samaanee. ||1||

O' Nanak, the glory of the Saints is the glory of God Himself. ||1||



**ਸਾਧ ਕੈ ਸੰਗਿ ਅਗੋਚਰੁ ਮਿਲੈ ॥**

saaDh kai sang agochar milai.

In the Company of the Holy, one realizes the Incomprehensible God.

**ਸਾਧ ਕੈ ਸੰਗਿ ਸਦਾ ਪਰਫੁਲੈ ॥**

saaDh kai sang sadaa parfulai.

In the Company of the Holy, one is always full of joy.

**ਸਾਧ ਕੈ ਸੰਗਿ ਆਵਹਿ ਬਸਿ ਪੰਚਾ ॥**

saaDh kai sang aavahi bas panchaa.

In the Company of the Holy, the five passions come under control.

**ਸਾਧਸੰਗਿ ਅੰਮ੍ਰਿਤ ਰਸੁ ਭੁੰਚਾ ॥**

saaDhsang amrit ras bhunchaa.

In the Company of the Holy, one relishes the ambrosial nectar of God's Name.

**ਸਾਧਸੰਗਿ ਹੋਇ ਸਭ ਕੀ ਰੇਨ ॥**

saaDhsang ho-ay sabh kee rayn.

In the Company of the Holy, one becomes extremely humble to all.

**ਸਾਧ ਕੈ ਸੰਗਿ ਮਨੋਹਰ ਬੈਨ ॥**

saaDh kai sang manohar bain.

In the Company of the Holy, one's speech becomes enticing.

**ਸਾਧ ਕੈ ਸੰਗਿ ਨ ਕਤਹੂੰ ਧਾਵੈ ॥**

saaDh kai sang na katahooN Dhaavai.

In the Company of the Saints, the mind does not wander.

**ਸਾਧਸੰਗਿ ਅਸਥਿਤਿ ਮਨੁ ਪਾਵੈ ॥**

saaDhsang asthit man paavai.

In the Company of the Holy, the mind enters the state of eternal peace.

**ਸਾਧ ਕੈ ਸੰਗਿ ਮਾਇਆ ਤੇ ਭਿੰਨ ॥**

saaDh kai sang maa-i-aa tay bhinn.

In the Holy congregation, one remains detached from worldly attractions.

**ਸਾਧਸੰਗਿ ਨਾਨਕ ਪ੍ਰਭ ਸੁਪ੍ਰਸੰਨ ॥੨॥**

saaDhsang naanak parabh suparsan.

O' Nanak, God is totally pleased with one who joins the holy congregation. ||2||

**ਸਾਧਸੰਗਿ ਦੁਸਮਨ ਸਭਿ ਮੀਤ ॥**

saaDhsang dusman sabh meet.

In the Company of the Holy, all enemies appear like friends.

**ਸਾਧੂ ਕੈ ਸੰਗਿ ਮਹਾ ਪੁਨੀਤ ॥**

saaDhoo kai sang mahaa puneet.

In the Company of the Holy, one's mind becomes totally immaculate.

**ਸਾਧਸੰਗਿ ਕਿਸ ਸਿਉ ਨਹੀ ਬੈਰੁ ॥**

saaDhsang kis si-o nahee bair.

In the company of the saints, one bears no enmity towards anybody.

**ਸਾਧ ਕੈ ਸੰਗਿ ਨ ਬੀਗਾ ਪੈਰੁ ॥**

saaDh kai sang na beegaa pair.

In the Company of the Holy, one does not take step in the wrong direction.

**ਸਾਧ ਕੈ ਸੰਗਿ ਨਾਹੀ ਕੇ ਮੰਦਾ ॥**

saaDh kai sang naahee ko mandaa

In the Company of the Saints, no one seems evil.

**ਸਾਧਸੰਗਿ ਜਾਨੇ ਪਰਮਾਨੰਦਾ ॥**

saaDhsang jaanay parmaanandaa.

In the Company of the Holy, one realizes all pervading Master of supreme bliss.

**ਸਾਧ ਕੈ ਸੰਗਿ ਨਾਹੀ ਹਉ ਤਾਪੁ ॥**

saaDh kai sang naahee ha-o taap.

In the Company of the Holy, the fever of ego departs.

**ਸਾਧ ਕੈ ਸੰਗਿ ਤਜੈ ਸਭੁ ਆਪੁ ॥**

saaDh kai sang tajai sabh aap.

In the Company of the Holy, one renounces all selfishness.

**ਆਪੇ ਜਾਨੈ ਸਾਧ ਬਡਾਈ ॥**

aapay jaanai saaDh badaa-ee.

Only He Himself knows the greatness of the Saints.

**ਨਾਨਕ ਸਾਧ ਪ੍ਰਭੂ ਬਨਿ ਆਈ ॥੩॥**

naanak saaDh parabhoo ban aa-ee. ||3||

O' Nanak, the Holy are in harmony with God. ||3||

**ਸਾਧ ਕੈ ਸੰਗਿ ਨ ਕਬਹੂ ਧਾਵੈ ॥**

saaDh kai sang na kabhoo Dhaavai.

In the Company of the Holy, one's mind never wanders.

**ਸਾਧ ਕੈ ਸੰਗਿ ਸਦਾ ਸੁਖੁ ਪਾਵੈ ॥**

saaDh kai sang sadaa sukh paavai.

In the Company of the Holy, one receives everlasting peace.

**ਸਾਧਸੰਗਿ ਬਸਤੁ ਅਗੋਚਰ ਲਹੈ ॥**

saaDhsang basat agochar lahai.

In the Holy congregation, one obtains the incomprehensible wealth of Naam.

**ਸਾਧੂ ਕੈ ਸੰਗਿ ਅਜਰੁ ਸਹੈ ॥**

saaDhoo kai sang ajar sahai.

In the Company of the Holy, one can endure the unendurable.

**ਸਾਧ ਕੈ ਸੰਗਿ ਬਸੈ ਥਾਨਿ ਉਚੈ ॥**

saaDh kai sang basai than oochai.

In the Company of the Holy, one dwells in the highest state of spiritually.

**ਸਾਧੂ ਕੈ ਸੰਗਿ ਮਹਲਿ ਪਹੁਚੈ ॥**

saaDhoo kai sang mahal pahoochai.

In the company of the Saints, one experiences the presence of God within.

**ਸਾਧ ਕੈ ਸੰਗਿ ਦਿ੍ਰੜੈ ਸਭਿ ਧਰਮ ॥**

saaDh kai sang darirhai sabh Dharam.

In the company of the saints, one fully comprehends the righteous duties.

**ਸਾਧ ਕੈ ਸੰਗਿ ਕੇਵਲ ਪਾਰਬ੍ਰਹਮ ॥**

saaDh kai sang kayval paarbarahm.

In the Company of the Holy, one sees only God pervading everywhere.

**ਸਾਧ ਕੈ ਸੰਗਿ ਪਾਏ ਨਾਮ ਨਿਧਾਨ ॥**

saaDh kai sang paa-ay naam niDhaan.

In the Company of the Holy, one is blessed with the treasure of the Naam.

**ਨਾਨਕ ਸਾਧੂ ਕੈ ਕੁਰਬਾਨ ॥੪॥**

naanak saaDhoo kai kurbaan. ||4||

O' Nanak, I dedicate my life to those pious persons.||4||

**ਸਾਧ ਕੈ ਸੰਗਿ ਸਭ ਕੁਲ ਉਧਾਰੈ ॥**

saaDh kai sang sabh kul uDhaarai.

In the Company of the Holy, one saves all of one's lineage from vices.

**ਸਾਧਸੰਗਿ ਸਾਜਨ ਮੀਤ ਕੁਟੰਬ ਨਿਸਤਾਰੈ ॥**

saaDhsang saajan meet kutamb nistaarai.

In the Company of the Holy, one helps his friends and family swim across the world-ocean of vices.

**ਸਾਧੂ ਕੈ ਸੰਗਿ ਸੇ ਧਨੁ ਪਾਵੈ ॥**

saaDhoo kai sang so Dhan paavai.

In the Company of the Holy, that true wealth of Naam is received.

**ਜਿਸੁ ਧਨ ਤੇ ਸਭੁ ਕੇ ਵਰਸਾਵੈ ॥**

jis Dhan tay sabh ko varsaavai.

Everyone becomes eminent from that wealth of Naam.

**ਸਾਧਸੰਗਿ ਧਰਮ ਰਾਇ ਕਰੇ ਸੇਵਾ ॥**

saaDhsang Dharam raa-ay karay sayvaa.

In the holy congregation, one is honored by the righteous judge of God's court.

**ਸਾਧ ਕੈ ਸੰਗਿ ਸੇਭਾ ਸੁਰਦੇਵਾ ॥**

saaDh kai sang sobhaa surdayvaa.

In the Company of the Holy, one is praised by the angels.

**ਸਾਧੂ ਕੈ ਸੰਗਿ ਪਾਪ ਪਲਾਇਨ ॥**

saaDhoo kai sang paap palaa-in.

In the Company of the Holy, one's sins are destroyed.

**ਸਾਧਸੰਗਿ ਅੰਮ੍ਰਿਤ ਗੁਨ ਗਾਇਨ ॥**

saaDhsang amrit gun gaa-in.

In the Company of the Holy, one sings the ambrosial virtues of God.

**ਸਾਧ ਕੈ ਸੰਗਿ ਸੂਬ ਥਾਨ ਰਾਮਿ ॥**

saaDh kai sang sarab thaan gamm.

In the company of Saints, all places become accessible (one escalates to a high spiritual level).

**ਨਾਨਕ ਸਾਧ ਕੈ ਸੰਗਿ ਸਫਲ ਜਨੰਮ ॥੫॥**

naanak saaDh kai sang safal jannam. ||5||

O' Nanak, one's life becomes fruitful in the company of the saints. ||5||

**ਸਾਧ ਕੈ ਸੰਗਿ ਨਹੀ ਕਛੁ ਘਾਲ ॥**

saaDh kai sang nahee kachh ghaal.

In the holy congregation, there is no struggle such as penances,

**ਦਰਸਨੁ ਭੇਟਤ ਹੋਤ ਨਿਹਾਲ ॥**

darsan bhaytat hot nihaal.

because a blessed vision of the Saints, brings a sublime happiness.

**ਸਾਧ ਕੈ ਸੰਗਿ ਕਲੁਖਤ ਹਰੈ ॥**

saaDh kai sang kalookhat harai.

In the company of Saints, one is absolved of his sins.

**ਸਾਧ ਕੈ ਸੰਗਿ ਨਰਕ ਪਰਹਰੈ ॥**

saaDh kai sang narak parharai.

In the company of Saints one is saved from hell.

**ਸਾਧ ਕੈ ਸੰਗਿ ਈਹਾ ਉਹਾ ਸੁਹੇਲਾ ॥**

saaDh kai sang eehee oohaa suhaylaa.

In the Company of the Holy, one is happy here and hereafter.

**ਸਾਧਸੰਗਿ ਬਿਛੁਰਤ ਹਰਿ ਮੇਲਾ ॥**

saaDhsang bichhurat har maylaa.

In the Company of the Holy, the separated ones are reunited with God.

**ਜੇ ਇਛੈ ਸੇਈ ਫਲੁ ਪਾਵੈ ॥**

jo ichhai so-ee fal paavai.

One's all desires are fulfilled,

**ਸਾਧ ਕੈ ਸੰਗਿ ਨ ਬਿਰਥਾ ਜਾਵੈ ॥**

saaDh kai sang na birthaa jaavai.

because in the Company of the Holy, no one goes empty-handed.

**ਪਾਰਬ੍ਰਹਮੁ ਸਾਧ ਰਿਦ ਬਸੈ ॥**

paarbrahm saaDh rid basai.

The Supreme God dwells in the hearts of the Saints.

**ਨਾਨਕ ਉਧਰੈ ਸਾਧ ਸੁਨਿ ਰਸੈ ॥੬॥**

naanak uDhrai saaDh sun rasai. ||6||

O' Nanak, listening to the sweet words of the Holy, one is saved from vices.||6||

**ਸਾਧ ਕੈ ਸੰਗਿ ਸੁਨਉ ਹਰਿ ਨਾਉ ॥**

saaDh kai sang sun-o har naa-o.

In the Company of the Holy, I listen to the Name of God.

**ਸਾਧਸੰਗਿ ਹਰਿ ਕੇ ਗੁਨ ਗਾਉ ॥**

saaDhsang har kay gun gaa-o.

In the Company of the Holy, I sing the Glorious Praises of God.

**ਸਾਧ ਕੈ ਸੰਗਿ ਨ ਮਨ ਤੇ ਬਿਸਰੈ ॥**

saaDh kai sang na man tay bisrai.

In the company of Saints, God is never out of one's mind.

**ਸਾਧਸੰਗਿ ਸਰਪਰ ਨਿਸਤਰੈ ॥**

saaDhsang sarpar nistarai.

In the Company of the Holy, one is surely saved from vices.

**ਸਾਧ ਕੈ ਸੰਗਿ ਲਗੈ ਪ੍ਰਭੁ ਮੀਠਾ ॥**

saaDh kai sang lagai parabh meethaa.

In the company of the Saints, love thrives for God,

**ਸਾਧੂ ਕੈ ਸੰਗਿ ਘਟਿ ਘਟਿ ਡੀਠਾ ॥**

saaDhoo kai sang ghat ghat deethaa.

and in the Company of the Holy, He is seen in each and everybody.

**ਸਾਧਸੰਗਿ ਭਏ ਆਗਿਆਕਾਰੀ ॥**

saaDhsang bha-ay aagi-aakaaree.

In the Company of the Holy, we become obedient to the will of God.

**ਸਾਧਸੰਗਿ ਗਤਿ ਭਈ ਹਮਾਰੀ ॥**

saaDhsang gat bha-ee hamaaree.

In the company of Saints, we attain a higher state of spirituality.

**ਸਾਧ ਕੈ ਸੰਗਿ ਮਿਟੇ ਸਭਿ ਰੋਗ ॥**

saaDh kai sang mitay sabh rog.

In the Company of the Holy, all maladies (vices) are cured.

**ਨਾਨਕ ਸਾਧ ਭੇਟੇ ਸੰਜੋਗ ॥੭॥**

naanak saaDh bhaytay sanjog. ||7||

O Nanak, one meets with the Holy by great fortune. ||7||

**ਸਾਧ ਕੀ ਮਹਿਮਾ ਬੇਦ ਨ ਜਾਨਹਿ ॥**

saaDh kee mahimaa bayd na jaaneh.

The glory of the Saint is not known even to the composers of the Vedas.

**ਜੇਤਾ ਸੁਨਹਿ ਤੇਤਾ ਬਖਿਆਨਹਿ ॥**

jaytaa suneh taytaa bakhi-aaneh.

Those scriptures describe only what their composers have heard.

**ਸਾਧ ਕੀ ਉਪਮਾ ਤਿਹੁ ਗੁਣ ਤੇ ਦੂਰਿ ॥**

saaDh kee upmaa tihu gun tay door.

The greatness of the Holy people is beyond the three modes of Maya.

**ਸਾਧ ਕੀ ਉਪਮਾ ਰਹੀ ਭਰਪੂਰਿ ॥**

saaDh kee upmaa rahee bharpoor.

The glory of the Holy people is known throughout.

**ਸਾਧ ਕੀ ਸੋਭਾ ਕਾ ਨਾਹੀ ਅੰਤ ॥**

saaDh kee sobhaa kaa naahee ant.

The glory of the Holy cannot be estimated.

**ਸਾਧ ਕੀ ਸੋਭਾ ਸਦਾ ਬੇਅੰਤ ॥**

saaDh kee sobhaa sadaa bay-ant.

The splendor of saint is beyond limits.

**ਸਾਧ ਕੀ ਸੋਭਾ ਉਚ ਤੇ ਉਚੀ ॥**

saaDh kee sobhaa ooch tay oochee.

The glory of the Holy is the highest of the high.

**ਸਾਧ ਕੀ ਸੋਭਾ ਮੂਚ ਤੇ ਮੂਚੀ ॥**

saaDh kee sobhaa mooch tay moochee.

The glory of the Holy is the greatest of the great.

**ਸਾਧ ਕੀ ਸੋਭਾ ਸਾਧ ਬਨਿ ਆਈ ॥**

saaDh kee sobhaa saaDh ban aa-ee.

The glory of the saints behoove to the saints alone

**ਨਾਨਕ ਸਾਧ ਪ੍ਰਭ ਭੇਦੁ ਨ ਭਾਈ ॥੮॥੭॥**

naanak saaDh parabh bhayd na bhaa-ee. ||8||7||

O,Nanak, listen my brother, there is no difference between the Saint and God,

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਮਨਿ ਸਾਚਾ ਮੁਖਿ ਸਾਚਾ ਸੋਇ ॥**

man saachaa mukh saachaa so-ay.

The person in whose heart dwells God and who always sings His praises,

**ਅਵਰੁ ਨ ਪੇਖੈ ਏਕਸੁ ਬਿਨੁ ਕੋਇ ॥**

avar na paykhai aykas bin ko-ay.

and who beholds none other but God.

**ਨਾਨਕ ਇਹ ਲਛਣ ਬ੍ਰਹਮ ਗਿਆਨੀ ਹੋਇ ॥੧॥**

naanak ih lachhan barahm gi-aanee ho-ay. ||1||

O' Nanak, having such qualities makes him a Braham Giani-knower of God .

||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਦਾ ਨਿਰਲੇਪ ॥**

barahm gi-aanee sadaa nirlayp.

The God-conscious being always remains detached from evils,

**ਜੈਸੇ ਜਲ ਮਹਿ ਕਮਲ ਅਲੇਪ ॥**

jaisay jal meh kamal alayp.

as the lotus growing in the murky water is not soiled by the dirt in the water.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਦਾ ਨਿਰਦੋਖ ॥**

barahm gi-aanee sadaa nirdokh.

The God-conscious person helps others drive out their sins while remaining unaffected himself,



**ਜੈਸੇ ਸੂਰੁ ਸਰਬ ਕਉ ਸੋਖ ॥**

jaisay soor sarab ka-o sokh.

like the sun which dries up all filth by its heat.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਦ੍ਰਿਸਟਿ ਸਮਾਨਿ ॥**

barahm gi-aanee kai darisat samaan.

The person with divine knowledge looks upon all alike,

**ਜੈਸੇ ਰਾਜ ਰੰਕ ਕਉ ਲਾਗੈ ਤੁਲਿ ਪਵਾਨ ॥**

jaisay raaj rank ka-o laagai tul pavaan.

like the wind, which blows equally upon the king and the poor.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਧੀਰਜੁ ਏਕ ॥**

barahm gi-aanee kai Dheeraj ayk.

The God-conscious person has a steady patience, (the kind of patience not affected by a change in circumstances),

**ਜਿਉ ਬਸੁਧਾ ਕੇਉ ਖੇਦੈ ਕੇਉ ਚੰਦਨ ਲੇਪ ॥**

ji-o basuDhaa ko-oo khodai ko-oo chandan layp.

like the earth, which is dug up by one, and anointed with sandal paste by another.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਇਹੈ ਗੁਨਾਉ ॥**

barahm gi-aanee kaa ihai gunaa-o.

The quality of a person with divine knowledge is,

**ਨਾਨਕ ਜਿਉ ਪਾਵਕ ਕਾ ਸਹਜ ਸੁਭਾਉ ॥੧॥**

naanak ji-o paavak kaa sahj subhaa-o. ||1||

O Nanak, like burning the filth in everything is one of the inherent nature of fire. ||1||

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਨਿਰਮਲ ਤੇ ਨਿਰਮਲਾ ॥**

barahm gi-aanee nirmal tay nirmalaa.

The God-conscious being is the purest of the pure; (untouched by the vices);

**ਜੈਸੇ ਮੈਲੁ ਨ ਲਾਗੈ ਜਲਾ ॥**

jaisay mail na laagai jalaa.

like water to which filth does not stick

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਮਨਿ ਹੋਇ ਪ੍ਰਗਾਸੁ ॥**

barahm gi-aanee kai man ho-ay pargaas.

The mind of a God-conscious person is enlightened that God is all pervading.

**ਜੈਸੇ ਧਰ ਉਪਰਿ ਆਕਾਸੁ ॥**

jaisay Dhar oopar aakaas.

like the sky all over the earth.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਮਿਤ੍ਰੁ ਸਤ੍ਰੁ ਸਮਾਨਿ ॥**

barahm gi-aanee kai mitar satar samaan.

To the person with divine knowledge, friend and foe are alike,

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਨਾਹੀ ਅਭਿਮਾਨ ॥**

barahm gi-aanee kai naahee abhimaan.

Because the person with divine knowledge has no egotistical pride.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਉਚ ਤੇ ਉਚਾ ॥**

barahm gi-aanee ooch tay oochaa.

Spiritually, the God-conscious person is the highest of the high.

**ਮਨਿ ਅਪਨੈ ਹੈ ਸਭ ਤੇ ਨੀਚਾ ॥**

man apnai hai sabh tay neechaa.

but within his own mind, he is the most humble of all.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸੇ ਜਨ ਭਏ ॥**

barahm gi-aanee say jan bha-ay.

Only those become God-conscious,

**ਨਾਨਕ ਜਿਨ ਪ੍ਰਭੁ ਆਪਿ ਕਰੇਇ ॥੨॥**

naanak jin parabh aap karay-i. ||2||

O'Nanak, whom God Himself makes so. ||2||

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਗਲ ਕੀ ਰੀਨਾ ॥**

barahm gi-aanee sagal kee reena.

The God-conscious person lives like the dust of all (extreme humbleness).

**ਆਤਮ ਰਸੁ ਬ੍ਰਹਮ ਗਿਆਨੀ ਚੀਨਾ ॥**

aatam ras barahm gi-aanee cheena.

The God-conscious person realizes spiritual bliss.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਸਭ ਉਪਰਿ ਮਇਆ ॥**

barahm gi-aanee kee sabh oopar ma-i-aa.

The divinely wise person shows kindness to all.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਤੇ ਕਛੁ ਬੁਰਾ ਨ ਭਇਆ ॥**

barahm gi-aanee tay kachh buraa na bha-i-aa.

No evil comes from the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਦਾ ਸਮਦਰਸੀ ॥**

barahm gi-aanee sadaa samadrasee.

The God-conscious person is always impartial.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਦ੍ਰਿਸਟਿ ਅੰਮ੍ਰਿਤੁ ਬਰਸੀ ॥**

barahm gi-aanee kee darisat amrit barsee.

Ambrosial nectar rains down from the glance of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਬੰਧਨ ਤੇ ਮੁਕਤਾ ॥**

barahm gi-aanee banDhan tay muktaa.

The God-conscious person is free from the worldly entanglements.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਨਿਰਮਲ ਜੁਗਤਾ ॥**

barahm gi-aanee kee nirmal jugtaa.

The lifestyle of the divinely wise is spotlessly pure and free from the vices.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਭੋਜਨੁ ਗਿਆਨ ॥**

barahm gi-aanee kaa bhojan gi-aan.

Spiritual wisdom is the nourishment of the God-conscious person.

**ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਬ੍ਰਹਮ ਧਿਆਨੁ ॥੩॥**

naanak barahm gi-aanee kaa barahm Dhi-aan. ||3||

O' Nanak, the God-conscious person is absorbed in God's meditation. ||3||

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਏਕ ਉਪਰਿ ਆਸ ॥**

barahm gi-aanee ayk oopar aas.

The God-conscious person centers his hopes on the One alone.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਨਹੀ ਬਿਨਾਸ ॥**

barahm gi-aanee kaa nahee binaas.

High spiritual state of the God-conscious person never perishes.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਗਰੀਬੀ ਸਮਾਹਾ ॥**

barahm gi-aanee kai gareebie samaahaa.

The God-conscious person is steeped in humility.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਪਰਉਪਕਾਰ ਉਮਾਹਾ ॥**

barahm gi-aanee par-upkaar omaahaa.

The God-conscious person always delights in doing good to others.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਨਾਹੀ ਧੰਧਾ ॥**

barahm gi-aanee kai naahee DhanDhaa.

The God-conscious person has no worldly entanglements.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਲੇ ਧਾਵਤੁ ਬੰਧਾ ॥**

barahm gi-aanee lay Dhaavat banDhaa.

The God-conscious person holds his wandering mind under control.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਹੋਇ ਸੁ ਭਲਾ ॥**

barahm gi-aanee kai ho-ay so bhalaa.

For the God-conscious person whatever happens is all for good.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸੁਫਲ ਫਲਾ ॥**

barahm gi-aanee sufal falaa.

This way, the God-conscious person succeeds and prospers in all aspect of life.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸੰਗਿ ਸਗਲ ਉਧਾਰੁ ॥**

barahm gi-aanee sang sagal uDhaar.

In the Company of the God-conscious person, all are saved from vices.

**ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਜਪੈ ਸਗਲ ਸੰਸਾਰੁ ॥੪॥**

naanak barahm gi-aanee japai sagal sansaar. ||4||

O' Nanak, through the God-conscious person, the entire world meditates on God.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਏਕੈ ਰੰਗ ॥**

barahm gi-aanee kai aikai rang.

The God-conscious person is always imbued with the love for God.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਬਸੈ ਪ੍ਰਭੁ ਸੰਗ ॥**

barahm gi-aanee kai basai parabh sang.

God always dwells in the company of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਨਾਮੁ ਆਧਾਰੁ ॥**

barahm gi-aanee kai naam aaDhaar.

God's Name is the sustenance of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਨਾਮੁ ਪਰਵਾਰੁ ॥**

barahm gi-aanee kai naam parvaar.

For the God-conscious person Naam is his family.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਦਾ ਸਦ ਜਾਗਤ ॥**

barahm gi-aanee sadaa sad jaagat.

The God-conscious person always remains vigilant from the effects of vices.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਅਹੰਬੁਧਿ ਤਿਆਗਤ ॥**

barahm gi-aanee ahaN-buDh ti-aagat.

The God-conscious person renounces his egoistic thinking.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਮਨਿ ਪਰਮਾਨੰਦ ॥**

barahm gi-aanee kai man parmaanand.

God, the source of supreme bliss, dwells in the mind of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਘਰਿ ਸਦਾ ਅਨੰਦ ॥**

barahm gi-aanee kai ghar sadaa anand.

There is everlasting bliss in the heart of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸੁਖ ਸਹਜ ਨਿਵਾਸ ॥**

barahm gi-aanee sukh sahj nivaas.

The God-conscious person dwells in intuitive peace and poise.

**ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਨਹੀ ਬਿਨਾਸ ॥੫॥**

naanak barahm gi-aanee kaa nahee binaas. ||5||

O' Nanak, the supreme spiritual state of the God-conscious person never perishes.||5||

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਬ੍ਰਹਮ ਕਾ ਬੇਤਾ ॥**

barahm gi-aanee barahm kaa baytaa.

The God-conscious person knows God.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਏਕ ਸੰਗਿ ਹੇਤਾ ॥**

barahm gi-aanee ayk sang haytaa.

The God-conscious person is in love with the One alone.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਹੋਇ ਅਚਿੰਤ ॥**

barahm gi-aanee kai ho-ay achint.

The God-conscious person is free from any worries.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਨਿਰਮਲ ਮੰਤ ॥**

barahm gi-aanee kaa nirmal mant.

Pure are the teachings of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਜਿਸੁ ਕਰੈ ਪ੍ਰਭੁ ਆਪਿ ॥**

barahm gi-aanee jis karai parabh aap.

The God-conscious person is made so by God Himself.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਬਡ ਪਰਤਾਪ ॥**

barahm gi-aanee kaa bad partaap.

Great is the glory of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਦਰਸੁ ਬਡਭਾਗੀ ਪਾਈਐ ॥**

barahm gi-aanee kaa daras badbhaagee paa-ee-ai.

With great fortune one is blessed with the sight of the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਉ ਬਲਿ ਬਲਿ ਜਾਈਐ ॥**

barahm gi-aanee ka-o bal bal jaa-ee-ai.

Let us dedicate ourself to the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਉ ਖੋਜਹਿ ਮਹੇਸੁਰ ॥**

barahm gi-aanee ka-o khojeh mahaysur.

Even gods like Lord Shiva search for the God-conscious person.

**ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਆਪਿ ਪਰਮੇਸੁਰ ॥੬॥**

naanak barahm gi-aanee aap parmaysur. ||6||

O' Nanak, the God-conscious person is the manifestation of God Himself. ||6||

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਕੀਮਤਿ ਨਾਹਿ ॥**

barahm gi-aanee kee keemat naahi.

The virtues of the God-conscious person are priceless.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੈ ਸਗਲ ਮਨ ਮਾਹਿ ॥**

barahm gi-aanee kai sagal man maahi.

All possible virtues, exist in the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਕਉਨ ਜਾਨੈ ਭੇਦੁ ॥**

barahm gi-aanee kaa ka-un jaanai bhayd.

Who can know the mystery of virtuous life of the God-conscious person?

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਉ ਸਦਾ ਅਦੇਸੁ ॥**

barahm gi-aanee ka-o sadaa adays.

Always bow with respect to the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਕਥਿਆ ਨ ਜਾਇ ਅਧਾਖਜਰੁ ॥**

barahm gi-aanee kaa kathi-aa na jaa-ay aDhaakh-yar.

Not even a bit of the glory of the God-conscious person can be described.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਰਬ ਕਾ ਠਾਕੁਰੁ ॥**

barahm gi-aanee sarab kaa thaakur.

The God-conscious person is worshiped by all.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਮਿਤਿ ਕਉਨੁ ਬਖਾਨੈ ॥**

barahm gi-aanee kee mit ka-un bakhaanai.

Who can describe the extent of the God-conscious person's virtues?

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਗਤਿ ਬ੍ਰਹਮ ਗਿਆਨੀ ਜਾਨੈ ॥**

barahm gi-aanee kee gat barahm gi-aanee jaanai.

Only a God-conscious person knows the high state of mind of a God-conscious.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਅੰਤੁ ਨ ਪਾਰੁ ॥**

barahm gi-aanee kaa ant na paar.

Limitless are the virtues of the God-conscious person.

**ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਉ ਸਦਾ ਨਮਸਕਾਰੁ ॥੭॥**

naanak barahm gi-aanee ka-o sadaa namaskaar. ||7||

O' Nanak, always bow in reverence to the God-conscious person. ||7||

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਭ ਸ੍ਰਿਸਟਿ ਕਾ ਕਰਤਾ ॥**

barahm gi-aanee sabh sarisat kaa kartaa.

The God-conscious person is the Creator of all the entire creation.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਦ ਜੀਵੈ ਨਹੀ ਮਰਤਾ ॥**

barahm gi-aanee sad jeevai nahee martaa.

The God-conscious person lives forever, and does not die.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਮੁਕਤਿ ਜੁਗਤਿ ਜੀਅ ਕਾ ਦਾਤਾ ॥**

barahm gi-aanee mukat jugat jee-a kaa daataa.

The God-conscious person is the bestower of the way to achieve supreme spiritual state and liberation of the soul.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਪੂਰਨ ਪੁਰਖੁ ਬਿਧਾਤਾ ॥**

barahm gi-aanee pooran purakh biDhaataa.

The God-conscious person is the Perfect Supreme Being, who orchestrates all.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਅਨਾਥ ਕਾ ਨਾਥੁ ॥**

barahm gi-aanee anaath kaa naath.

The God-conscious person is the protector of the unprotected.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਸਭ ਉਪਰਿ ਹਾਥੁ ॥**

barahm gi-aanee kaa sabh oopar haath.

The God-conscious person extends his helping hand to all.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ ਸਗਲ ਅਕਾਰੁ ॥**

barahm gi-aanee kaa sagal akaar.

The entire universe belongs to the God-conscious person.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਆਪਿ ਨਿਰੰਕਾਰੁ ॥**

barahm gi-aanee aap nirankaar.

The God-conscious person himself is the (embodiment of) Formless God.

**ਬ੍ਰਹਮ ਗਿਆਨੀ ਕੀ ਸੋਭਾ ਬ੍ਰਹਮ ਗਿਆਨੀ ਬਨੀ ॥**

barahm gi-aanee kee sobhaa barahm gi-aanee banee.

The glory of the God-conscious person behooves only to the God-conscious.

**ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਸਰਬ ਕਾ ਧਨੀ ॥੮॥੮॥**

naanak barahm gi-aanee sarab kaa Dhane. ||8||8||

O Nanak, the God-conscious person is the Master of all. ||8||8||

**ਸਲੋਕੁ ॥**

salok.

Shalok:



**ਉਰਿ ਧਾਰੈ ਜੋ ਅੰਤਰਿ ਨਾਮੁ ॥**

ur Dhaarai jo antar naam.

One who enshrines the Naam within the heart,

**ਸਰਬ ਮੈ ਪੇਖੈ ਭਗਵਾਨੁ ॥**

sarab mai paykhai bhagvaan.

who sees God pervading in all,

**ਨਿਮਖ ਨਿਮਖ ਠਾਕੁਰ ਨਮਸਕਾਰੈ ॥**

nimakh nimakh thaakur namaskaarai.

and who at every moment, bows in reverence to the Master,

**ਨਾਨਕ ਓਹੁ ਅਪਰਸੁ ਸਗਲ ਨਿਸਤਾਰੈ ॥੧॥**

naanak oh apras sagal nistaarai. ||1||

O' Nanak, such a person is the true Aparas (saint untouched by Maya), and he helps those who follow him, to swim across the world-ocean of vices.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਮਿਥਿਆ ਨਾਹੀ ਰਸਨਾ ਪਰਸ ॥**

mithi-aa naahee rasnaa paras.

One who never utters a lie, (from his tongue),

**ਮਨ ਮਹਿ ਪ੍ਰੀਤਿ ਨਿਰੰਜਨ ਦਰਸ ॥**

man meh pareet niranjan daras.

in whose heart is a longing for the Blessed Vision of the immaculate God;

**ਪਰ ਤ੍ਰਿਅ ਰੂਪੁ ਨ ਪੇਖੈ ਨੇਤ੍ਰੁ ॥**

par tari-a roop na paykhai naytar.

whose eyes do not gaze upon the beauty of another's woman with malice,

**ਸਾਧ ਕੀ ਟਹਲ ਸੰਤਸੰਗਿ ਹੇਤ ॥**

saaDh kee tahal satsang hayt.

who serves the Holy and loves the congregation of saints,

**ਕਰਨ ਨ ਸੁਨੈ ਕਾਹੂ ਕੀ ਨਿੰਦਾ ॥**

karan na sunai kaahoo kee nindaa.

whose ears do not listen to slander against anyone,

**ਸਭ ਤੇ ਜਾਨੈ ਆਪਸ ਕਉ ਮੰਦਾ ॥**

sabh tay jaanai aapas ka-o mandaa.

who deems himself to be the worst of all (relinquishes ego),

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਬਿਖਿਆ ਪਰਹਰੈ ॥**

gur parsaad bikhi-aa parharai.

who, by the Guru's Grace, gets rid of vices,

**ਮਨ ਕੀ ਬਾਸਨਾ ਮਨ ਤੇ ਟਰੈ ॥**

man kee baasnaa man tay tarai.

who banishes his desires from his mind,

**ਇੰਦ੍ਰੀ ਜਿਤ ਪੰਚ ਦੋਖ ਤੇ ਰਹਤ ॥**

indree jit panch dokh tay rahat.

who conquers his senses and is free of the five vices.

**ਨਾਨਕ ਕੋਟਿ ਮਧੇ ਕੇ ਐਸਾ ਅਪਰਸ ॥੧॥**

naanak kot maDhay ko aisaa apras. ||1||

O' Nanak, among millions, there is scarcely one such Aparas.

**ਬੈਸਨੇ ਸੇ ਜਿਸੁ ਉਪਰਿ ਸੁਪ੍ਰਸੰਨ ॥**

baisno so jis oopar suparsan.

A true Vaishnava (devotee of Lord Vishnu), is the one with whom God is pleased.

**ਬਿਸਨ ਕੀ ਮਾਇਆ ਤੇ ਹੋਇ ਭਿੰਨ ॥**

bisan kee maa-i-aa tay ho-ay bhinn.

He remains detached from the Maya (worldly illusion) created by God.

**ਕਰਮ ਕਰਤ ਹੋਵੈ ਨਿਹਕਰਮ ॥**

karam karat hovai nihkaram.

While doing good deeds, he doesn't expect any reward.

**ਤਿਸੁ ਬੈਸਨੇ ਕਾ ਨਿਰਮਲ ਧਰਮ ॥**

tis baisno kaa nirmal Dharam.

Spotlessly pure is the faith of such a Vaishnava.

**ਕਾਹੂ ਫਲ ਕੀ ਇਛਾ ਨਹੀ ਬਾਛੈ ॥**

kaahoo fal kee ichhaa nahee baachhai.

He doesn't long for a reward for anything.

**ਕੇਵਲ ਭਗਤਿ ਕੀਰਤਨ ਸੰਗਿ ਰਾਚੈ ॥**

kayval bhagat keertan sang raachai.

He is absorbed only in devotional meditation and singing God's praises.

**ਮਨ ਤਨ ਅੰਤਰਿ ਸਿਮਰਨ ਗੋਪਾਲ ॥**

man tan antar simran gopaal.

His mind and body are in constant remembrance of God.

**ਸਭ ਉਪਰਿ ਹੋਵਤ ਕਿਰਪਾਲ ॥**

sabh oopar hovat kirpaal.

He is kind to all the creatures.

**ਆਪਿ ਦ੍ਰਿੜੈ ਅਵਰਹ ਨਾਮੁ ਜਪਾਵੈ ॥**

aap darirhai avrah naam japaavai.

He himself meditates on God's Name and inspires others to do the same.

**ਨਾਨਕ ਓਹੁ ਬੈਸਨੇ ਪਰਮ ਗਤਿ ਪਾਵੈ ॥੨॥**

naanak oh baisno param gat paavai. ||2||

O' Nanak, such a Vaishnav obtains the supreme spiritual status. ||2||

**ਭਗਉਤੀ ਭਗਵੰਤ ਭਗਤਿ ਕਾ ਰੰਗੁ ॥**

bhag-utee bhagvant bhagat kaa rang.

True devotee of God is the one whose heart is filled with devotional worship.

**ਸਗਲ ਤਿਆਗੈ ਦੁਸਟ ਕਾ ਸੰਗੁ ॥**

sagal ti-aagai dusat kaa sang.

He forsakes the company of all wicked people.

**ਮਨ ਤੇ ਬਿਨਸੈ ਸਗਲਾ ਭਰਮੁ ॥**

man tay binsai saglaa bharam.

Every kind of doubt vanishes from his mind.

**ਕਰਿ ਪੂਜੈ ਸਗਲ ਪਾਰਬ੍ਰਹਮੁ ॥**

kar poojai sagal paarbrahm.

A devotee worships God with the belief that He is present everywhere.

**ਸਾਧਸੰਗਿ ਪਾਪਾ ਮਲੁ ਖੇਵੈ ॥**

saaDhsang paapaa mal khovai.

In the company of the saintly people, such a person gets rid of the dirt of all sins

**ਤਿਸੁ ਭਗਉਤੀ ਕੀ ਮਤਿ ਉਤਮ ਹੋਵੈ ॥**

tis bhag-utee kee mat ootam hovai.

The intellect of such a devotee of God becomes supreme.

**ਭਗਵੰਤ ਕੀ ਟਹਲ ਕਰੈ ਨਿਤ ਨੀਤਿ ॥**

bhagvant kee tahal karai nit neet.

He remembers God with love and devotion each and every day.

**ਮਨੁ ਤਨੁ ਅਰਪੈ ਬਿਸਨ ਪਰੀਤਿ ॥**

man tan arpai bisan pareet.

He dedicates his mind and body to the Love of God.

**ਹਰਿ ਕੇ ਚਰਨ ਹਿਰਦੈ ਬਸਾਵੈ ॥**

har kay charan hirdai basaavai.

He enshrines God's feet (love) in the heart.

**ਨਾਨਕ ਐਸਾ ਭਗਉਤੀ ਭਗਵੰਤ ਕਉ ਪਾਵੈ ॥੩॥**

naanak aisaa bhag-utee bhagvant ka-o paavai. ||3||

O' Nanak, such a (Bhagauti) devotee of God realizes Him (within his heart). ||3||

**ਸੋ ਪੰਡਿਤੁ ਜੋ ਮਨੁ ਪਰਬੋਧੈ ॥**

so pandit jo man parboDhai.

A true Pandit is the one, who first instructs his own mind;

**ਰਾਮ ਨਾਮੁ ਆਤਮ ਮਹਿ ਸੋਧੈ ॥**

raam naam aatam meh soDhai.

and searches for God's Name within his own soul.

**ਰਾਮ ਨਾਮ ਸਾਰੁ ਰਸੁ ਪੀਵੈ ॥**

raam naam saar ras peevai.

He partakes the exquisite Nectar of God's Name.

**ਉਸੁ ਪੰਡਿਤ ਕੈ ਉਪਦੇਸਿ ਜਗੁ ਜੀਵੈ ॥**

us pandit kai updays jag jeevai.

By the teachings of such a Pundit, the entire world remains spiritually alive.

**ਹਰਿ ਕੀ ਕਥਾ ਹਿਰਦੈ ਬਸਾਵੈ ॥**

har kee katha hirdai basaavai.

He implants God's virtues in his heart.

**ਸੇ ਪੰਡਿਤੁ ਫਿਰਿ ਜੋਨਿ ਨ ਆਵੈ ॥**

so pandit fir jon na aavai.

Such a Pandit does not fall into the cycles of birth and death again.

**ਬੇਦ ਪੁਰਾਨ ਸਿਮ੍ਰਿਤਿ ਬੁਝੈ ਮੂਲ ॥**

bayd puraan simrit boojhai mool.

He recognizes God as the source of holy scriptures, such as Vedas, Puranas and Smritis.

**ਸੂਖਮ ਮਹਿ ਜਾਨੈ ਅਸਥੂਲੁ ॥**

sookham meh jaanai asthool.

He recognizes the intangible God in the tangible creation.

**ਚਹੁ ਵਰਨਾ ਕਉ ਦੇ ਉਪਦੇਸੁ ॥**

chahu varnaa ka-o day updays.

He preaches to the people of all the four castes (social status).

**ਨਾਨਕ ਉਸੁ ਪੰਡਿਤ ਕਉ ਸਦਾ ਅਦੇਸੁ ॥੪॥**

naanak us pandit ka-o sadaa adays. ||4||

O Nanak, to such a Pandit, I bow in salutation forever. ||4||

**ਬੀਜ ਮੰਤ੍ਰੁ ਸਰਬ ਕੇ ਗਿਆਨੁ ॥ ਚਹੁ ਵਰਨਾ ਮਹਿ ਜਪੈ ਕੇਉ ਨਾਮੁ ॥**

beej mantar sarab ko gi-aan.chahu varnaa meh japai ko-oo naam.

Let anyone of the four casts (social status) meditate on God's Name, and one would find that God's Name is the root mantra of all divine knowledge.

**ਜੇ ਜੇ ਜਪੈ ਤਿਸ ਕੀ ਗਤਿ ਹੋਇ ॥**

jo jo japai tis kee gat ho-ay.

Whoever contemplates on Naam has an embellished life.

**ਸਾਧਸੰਗਿ ਪਾਵੈ ਜਨੁ ਕੋਇ ॥**

saaDhsang paavai jan ko-ay.

Yet, only a very rare person receives the gift of Naam in the company of saints.

**ਕਰਿ ਕਿਰਪਾ ਅੰਤਰਿ ਉਰ ਧਾਰੈ ॥**

kar kirpaa antar ur Dhaarai.

If by His grace, God enshrines His Name in the heart of a person,

**ਪਸੁ ਪ੍ਰੇਤ ਮੁਘਦ ਪਾਥਰ ਕਉ ਤਾਰੈ ॥**

pas parayt mughad paathar ka-o taarai.

even if that person is like an animal, a ghost, a fool or a stone hearted, that person is saved.

**ਸਰਬ ਰੋਗ ਕਾ ਅਉਖਦੁ ਨਾਮੁ ॥**

sarab rog kaa a-ukhad naam.

The Name of God is the remedy to cure all ills.

**ਕਲਿਆਣ ਰੂਪ ਮੰਗਲ ਗੁਣ ਗਾਮ ॥**

kali-aan roop mangal gun gaam.

Singing God's praises leads to good fortune and bliss.

**ਕਾਹੂ ਜੁਗਤਿ ਕਿਤੈ ਨ ਪਾਈਐ ਧਰਮਿ ॥**

kaahoo jugat kitai na paa-ee-ai Dharam.

Naam cannot be obtained by any specific technique or religious rituals.

**ਨਾਨਕ ਤਿਸੁ ਮਿਲੈ ਜਿਸੁ ਲਿਖਿਆ ਧੁਰਿ ਕਰਮਿ ॥੫॥**

naanak tis milai jis likhi-aa Dhur karam. ||5||

O Nanak, he alone receives it, who is so pre-ordained. ||5||

**ਜਿਸ ਕੈ ਮਨਿ ਪਾਰਬ੍ਰਹਮ ਕਾ ਨਿਵਾਸੁ ॥**

jis kai man paarbrahm kaa nivaas.

One in whose mind dwells the Supreme God,

**ਤਿਸ ਕਾ ਨਾਮੁ ਸਤਿ ਰਾਮਦਾਸੁ ॥**

tis kaa naam sat raamdaas.

his name is truly Ram Das, the servant of God.

**ਆਤਮ ਰਾਮੁ ਤਿਸੁ ਨਦਰੀ ਆਇਆ ॥**

aatam raam tis nadree aa-i-aa.

Such a devotee realizes the all pervading God.

**ਦਾਸ ਦਸੰਤਣ ਭਾਇ ਤਿਨਿ ਪਾਇਆ ॥**

daas dasantan bhaa-ay tin paa-i-aa.

Deeming himself extremely humble, that person realizes God.

**ਸਦਾ ਨਿਕਟਿ ਨਿਕਟਿ ਹਰਿ ਜਾਨੁ ॥**

sadaa nikat nikat har jaan.

One who perceives God to be Ever-present, close at hand.

**ਸੋ ਦਾਸੁ ਦਰਗਹ ਪਰਵਾਨੁ ॥**

so daas dargeh parvaan.

Such a God's servant is approved in God's court.

**ਅਪੁਨੇ ਦਾਸ ਕਉ ਆਪਿ ਕਿਰਪਾ ਕਰੈ ॥**

apunay daas ka-o aap kirpaa karai.

To His servant, He Himself bestows His Grace,

**ਤਿਸੁ ਦਾਸ ਕਉ ਸਭ ਸੋਝੀ ਪਰੈ ॥**

tis daas ka-o sabh sojhee parai.

and such a servant comes to understand everything.

**ਸਗਲ ਸੰਗਿ ਆਤਮ ਉਦਾਸੁ ॥**

sagal sang aatam udaas.

Living amongst the family, he remains detached from the worldly temptations.

**ਐਸੀ ਜੁਗਤਿ ਨਾਨਕ ਰਾਮਦਾਸੁ ॥੬॥**

aisee jugat naanak raamdaas. ||6||

O' Nanak, such is the way of life of Ram Das (God's servant). ||6||

**ਪ੍ਰਭ ਕੀ ਆਗਿਆ ਆਤਮ ਹਿਤਾਵੈ ॥**

parabh kee aagi-aa aatam hitaavai.

One who from his heart, loves God's Will,

**ਜੀਵਨ ਮੁਕਤਿ ਸੋਊ ਕਹਾਵੈ ॥**

jeevan mukat so-oo kahaavai.

is said to be Jivan Mukta- liberated from the ties of Maya while still alive.

**ਤੈਸਾ ਹਰਖੁ ਤੈਸਾ ਉਸੁ ਸੋਗੁ ॥**

taisaa harakh taisaa us sog.

To such a person, pleasure and sorrow is alike.

**ਸਦਾ ਅਨੰਦੁ ਤਹ ਨਹੀ ਬਿਓਗੁ ॥**

sadaa anand tah nahee bi-og.

He always remains in eternal bliss because in that state there is no separation from God.

**ਤੈਸਾ ਸੁਵਰਨੁ ਤੈਸੀ ਉਸੁ ਮਾਟੀ ॥**

taisaa suvran taisee us maatee.

To him, both gold and dust are the same.

**ਤੈਸਾ ਅੰਮ੍ਰਿਤੁ ਤੈਸੀ ਬਿਖੁ ਖਾਟੀ ॥**

taisaa amrit taisee bikh khaatee.

As is nectar, so is bitter poison to him.

**ਤੈਸਾ ਮਾਨੁ ਤੈਸਾ ਅਭਿਮਾਨੁ ॥**

taisaa maan taisaa abhimaan.

As is honor, so is show of ego to him.

**ਤੈਸਾ ਰੰਕੁ ਤੈਸਾ ਰਾਜਾਨੁ ॥**

taisaa rank taisaa raajaan.

As is the beggar, so is the king to him.

**ਜੋ ਵਰਤਾਏ ਸਾਈ ਜੁਗਤਿ ॥**

jo vartaa-ay saa-ee jugat.

Whatever God does is the right path for him to follow.

**ਨਾਨਕ ਓਹੁ ਪੁਰਖੁ ਕਹੀਐ ਜੀਵਨ ਮੁਕਤਿ ॥੭॥**

naanak oh purakh kahee-ai jeevan mukat. ||7||

O' Nanak, that person is called Jivan Mukta (liberated while still alive). ||7||

**ਪਾਰਬ੍ਰਹਮ ਕੇ ਸਗਲੇ ਠਾਉ ॥**

paarbarahm kay saglay thaa-o.

Everybody belong to the Supreme God.

**ਜਿਤੁ ਜਿਤੁ ਘਰਿ ਰਾਖੈ ਤੈਸਾ ਤਿਨ ਨਾਉ ॥**

jit jit ghar raakhai taisaa tin naa-o.

In whatever stage of mind God keeps the mortals, that is the name they acquire.

**ਆਪੇ ਕਰਨ ਕਰਾਵਨ ਜੋਗੁ ॥**

aapay karan karaavan jog.

God Himself is capable of doing and getting done everything.

**ਪ੍ਰਭੁ ਭਾਵੈ ਸੋਈ ਫੁਨਿ ਹੋਗੁ ॥**

parabh bhaavai so-ee fun hog.

Whatever pleases God, ultimately must come to pass.

**ਪਸਰਿਓ ਆਪਿ ਹੋਇ ਅਨਤ ਤਰੰਗੁ ॥**

pasri-o aap ho-ay anat tarang.

Like unlimited waves of the sea, God has spread Himself everywhere



**ਲਖੇ ਨ ਜਾਹਿ ਪਾਰਬ੍ਰਹਮ ਕੇ ਰੰਗ ॥**

lakhay na jaahi paarbarahm kay rang.

The plays of the supreme God cannot be comprehended.

**ਜੈਸੀ ਮਤਿ ਦੇਇ ਤੈਸਾ ਪਰਗਾਸ ॥**

jaisee mat day-ay taisaa pargaas.

Whatever intellect God bestows on a person, so is his mind enlightened.

**ਪਾਰਬ੍ਰਹਮੁ ਕਰਤਾ ਅਬਿਨਾਸ ॥**

baarbarahm kartaa abinaas.

The Supreme God is imperishable (eternal and everlasting) Creator.

**ਸਦਾ ਸਦਾ ਸਦਾ ਦਇਆਲ ॥**

sadaa sadaa sadaa da-i-aal.

He is merciful forever and ever.

**ਸਿਮਰਿ ਸਿਮਰਿ ਨਾਨਕ ਭਏ ਨਿਹਾਲ ॥੮॥੯॥**

simar simar naanak bha-ay nihaal. ||8||9||

O' Nanak, by remembering Him again and again with loving devotion, mortals stay blessed and joyful. ||8||9||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਉਸਤਤਿ ਕਰਹਿ ਅਨੇਕ ਜਨ ਅੰਤੁ ਨ ਪਾਰਾਵਾਰ ॥**

ustat karahi anayk jan ant na paaraavaar.

Many people sing the praises of God, but His virtues are endless.

**ਨਾਨਕ ਰਚਨਾ ਪ੍ਰਭਿ ਰਚੀ ਬਹੁ ਬਿਧਿ ਅਨਿਕ ਪ੍ਰਕਾਰ ॥੧॥**

naanak rachnaa parabh rachee baho biDh anik parkaar. ||1||

O' Nanak, God has created this universe in myriad of ways and forms. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਕਈ ਕੋਟਿ ਹੋਏ ਪੂਜਾਰੀ ॥**

ka-ee kot ho-ay poojaaree.

Many millions are His worshippers.

**ਕਈ ਕੋਟਿ ਆਚਾਰ ਬਿਉਹਾਰੀ ॥**

ka-ee kot aachaar bi-uhaaree.

Many millions perform religious rituals and worldly duties.

**ਕਈ ਕੋਟਿ ਭਏ ਤੀਰਥ ਵਾਸੀ ॥**

ka-ee kot bha-ay tirath vaasee.

Many millions have become dwellers of pilgrimage places.

**ਕਈ ਕੋਟਿ ਬਨ ਭ੍ਰਮਹਿ ਉਦਾਸੀ ॥**

ka-ee kot ban bharmeh udaasee.

Many millions wander in the wilderness as renunciates..

**ਕਈ ਕੋਟਿ ਬੇਦ ਕੇ ਸ੍ਰੋਤੇ ॥**

ka-ee kot bayd kay sarotay.

Many millions listen to the Vedas.

**ਕਈ ਕੋਟਿ ਤਪੀਸੁਰ ਹੋਤੇ ॥**

ka-ee kot tapeesur hotay.

Many millions engage in self-punishing rituals to please God.

**ਕਈ ਕੋਟਿ ਆਤਮ ਧਿਆਨੁ ਧਾਰਹਿ ॥**

ka-ee kot aatam Dhi-aan Dhaareh.

Many millions meditate on their inner-self.

**ਕਈ ਕੋਟਿ ਕਬਿ ਕਾਬਿ ਬੀਚਾਰਹਿ ॥**

ka-ee kot kab kaab beechaareh.

Many millions contemplate on poetry composed by many poets.

**ਕਈ ਕੋਟਿ ਨਵਤਨ ਨਾਮ ਧਿਆਵਹਿ ॥**

ka-ee kot navtan naam Dhi-aavahi.

Many millions meditate on Him, every time using new Name for Him.

**ਨਾਨਕ ਕਰਤੇ ਕਾ ਅੰਤੁ ਨ ਪਾਵਹਿ ॥੧॥**

naanak kartay kaa ant na paavahi. ||1||

O' Nanak, no one can find the limits of the Creator's virtues. ||1||

**ਕਈ ਕੋਟਿ ਭਏ ਅਭਿਮਾਨੀ ॥**

ka-ee kot bha-ay abhimaanee.

Many millions are egoistic.

**ਕਈ ਕੋਟਿ ਅੰਧ ਅਗਿਆਨੀ ॥**

ka-ee kot anDh agi-aanee.

Many millions are blinded by ignorance.

**ਕਈ ਕੋਟਿ ਕਿਰਪਨ ਕਠੋਰ ॥**

ka-ee kot kirpan kathor.

Many millions are stone-hearted misers.

**ਕਈ ਕੋਟਿ ਅਭਿਗ ਆਤਮ ਨਿਕੋਰ ॥**

ka-ee kot abhig aatam nikor.

Many millions are insensitive and completely devoid of compassion.

**ਕਈ ਕੋਟਿ ਪਰ ਦਰਬ ਕਉ ਹਿਰਹਿ ॥**

ka-ee kot par darab ka-o hireh.

Many millions steal the wealth of others.

**ਕਈ ਕੋਟਿ ਪਰ ਦੂਖਨਾ ਕਰਹਿ ॥**

ka-ee kot par dookhnaa karahi.

Many millions slander others.

**ਕਈ ਕੋਟਿ ਮਾਇਆ ਸੂਮ ਮਾਹਿ ॥**

ka-ee kot maa-i-aa saram maahi.

Many millions struggle all their life to earn worldly wealth.

**ਕਈ ਕੋਟਿ ਪਰਦੇਸ ਭ੍ਰਮਾਹਿ ॥**

ka-ee kot pardays bharmahi.

Many millions wander in foreign lands.

**ਜਿਤੁ ਜਿਤੁ ਲਾਵਹੁ ਤਿਤੁ ਤਿਤੁ ਲਗਨਾ ॥**

jit jit laavhu tit tit lagnaa.

O' God, people do what You assign them to do.

**ਨਾਨਕ ਕਰਤੇ ਕੀ ਜਾਨੈ ਕਰਤਾ ਰਚਨਾ ॥੨॥**

naanak kartay kee jaanai kartaa rachnaa. ||2||

O Nanak, the Creator alone knows the workings of His creation. ||2||

**ਕਈ ਕੋਟਿ ਸਿਧ ਜਤੀ ਜੋਗੀ ॥**

ka-ee kot siDh jatee jogee.

Many millions are Siddhas, Celibates and Yogis.

**ਕਈ ਕੋਟਿ ਰਾਜੇ ਰਸ ਭੋਗੀ ॥**

ka-ee kot raajay ras bhogee.

Many millions are kings, enjoying worldly pleasures.

**ਕਈ ਕੋਟਿ ਪੰਖੀ ਸਰਪ ਉਪਾਏ ॥**

ka-ee kot pankhee sarap upaa-ay.

Many millions of birds and snakes have been created.

**ਕਈ ਕੋਟਿ ਪਾਥਰ ਬਿਰਖ ਨਿਪਜਾਏ ॥**

ka-ee kot paathar birakh nipjaa-ay.

Many millions of stones and trees have been produced.

**ਕਈ ਕੋਟਿ ਪਵਣ ਪਾਣੀ ਬੈਸੰਤਰ ॥**

ka-ee kot pavan paanee baisantar.

Many millions are the winds, waters and fires.

**ਕਈ ਕੋਟਿ ਦੇਸ ਭੂ ਮੰਡਲ ॥**

ka-ee kot days bhoo mandal.

Many millions are the earths and planetary systems.

**ਕਈ ਕੋਟਿ ਸਸੀਅਰ ਸੂਰ ਨਖਜਤ੍ਰ ॥**

ka-ee kot sasee-ar soor nakh-yatar.

Many millions are the moons, suns and stars.

**ਕਈ ਕੋਟਿ ਦੇਵ ਦਾਨਵ ਇੰਦ੍ਰ ਸਿਰਿ ਛਤ੍ਰ ॥**

ka-ee kot dayv daanav indar sir chhatar.

Many millions are the angles, demons and Indras, under their regal canopies.

**ਸਗਲ ਸਮਗ੍ਰੀ ਅਪਨੈ ਸੂਤਿ ਧਾਰੈ ॥**

sagal samagree apnai soot Dhaarai.

He has subjected the entire creation to His command like beads strung in a thread.

**ਨਾਨਕ ਜਿਸੁ ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਤਿਸੁ ਨਿਸਤਾਰੈ ॥੩॥**

naanak jis jis bhaavai tis tis nistaarai. ||3||

O' Nanak, with whom He is pleased, He ferries them across the world-ocean of vices ||3||

**ਕਈ ਕੋਟਿ ਰਾਜਸ ਤਾਮਸ ਸਾਤਕ ॥**

ka-ee kot raajas taamas saatak.

Many millions abide in power, vice, and virtue. (three modes of Maya)

**ਕਈ ਕੋਟਿ ਬੇਦ ਪੁਰਾਨ ਸਿਮ੍ਰਿਤਿ ਅਰੁ ਸਾਸਤ ॥**

ka-ee kot bayd puraan simrit ar saasat.

Many millions study the Vedas, Puranas, Smritis and Shastras (holy books).

**ਕਈ ਕੋਟਿ ਕੀਏ ਰਤਨ ਸਮੁਦ ॥**

ka-ee kot kee-ay ratan samud.

God has created many millions of jewels in the oceans.

**ਕਈ ਕੋਟਿ ਨਾਨਾ ਪ੍ਰਕਾਰ ਜੰਤ ॥**

ka-ee kot naanaa parkaar jant.

He has created millions of various types of creatures.

**ਕਈ ਕੋਟਿ ਕੀਏ ਚਿਰ ਜੀਵੇ ॥**

ka-ee kot kee-ay chir jeevay.

Many millions are created who live long life.

**ਕਈ ਕੋਟਿ ਗਿਰੀ ਮੇਰ ਸੁਵਰਨ ਥੀਵੇ ॥**

ka-ee kot giree mayr suvran theevay.

He created many millions of mountains of gold

**ਕਈ ਕੋਟਿ ਜਖਜਯ ਕਿੰਨਰ ਪਿਸਾਚ ॥**

ka-ee kot jakh-y kinnar pisaach.

Many millions are the Yakshas (servants of the god of wealth), the Kinnars (dancers), and the Pisaach (people of lower social status).

**ਕਈ ਕੋਟਿ ਭੂਤ ਪ੍ਰੇਤ ਸੂਕਰ ਮ੍ਰਿਗਾਚ ॥**

ka-ee kot bhoot parayt sookar marigaach.

Many millions are the evil-natured spirits, ghosts, pigs and tigers.

**ਸਭ ਤੇ ਨੇਰੈ ਸਭਹੂ ਤੇ ਦੂਰਿ ॥**

sabh tay nayrai sabhhoo tay door.

He is near to all, and yet far away from all.

**ਨਾਨਕ ਆਪਿ ਅਲਿਪਤੁ ਰਹਿਆ ਭਰਪੂਰਿ ॥੪॥**

naanak aap alipat rahi-aa bharpoor. ||4||

O' Nanak, He is both detached and also pervading in His creation.||4||

**ਕਈ ਕੋਟਿ ਪਾਤਾਲ ਕੇ ਵਾਸੀ ॥**

ka-ee kot paataal kay vaasee.

Many millions inhabit the nether regions.

**ਕਈ ਕੋਟਿ ਨਰਕ ਸੁਰਗ ਨਿਵਾਸੀ ॥**

ka-ee kot narak surag nivaasee.

Many millions live in extreme pain and sorrow like being in hell and many millions live luxurious lives like being in heaven.

**ਕਈ ਕੋਟਿ ਜਨਮਹਿ ਜੀਵਹਿ ਮਰਹਿ ॥**

ka-ee kot janmeh jeeveh mareh.

Many millions are born, live their lives and die.

**ਕਈ ਕੋਟਿ ਬਹੁ ਜੋਨੀ ਫਿਰਹਿ ॥**

ka-ee kot baho jonee fireh.

Many millions keep wandering through the cycles of birth and death.

**ਕਈ ਕੋਟਿ ਬੈਠਤ ਹੀ ਖਾਹਿ ॥**

ka-ee kot baithat hee khaahi.

Many millions earn their living effortlessly.

**ਕਈ ਕੋਟਿ ਘਾਲਹਿ ਥਕਿ ਪਾਹਿ ॥**

ka-ee kot ghaaleh thak paahi.

Many millions exhaust themselves trying to earn their living.

**ਕਈ ਕੋਟਿ ਕੀਏ ਧਨਵੰਤ ॥**

ka-ee kot kee-ay Dhanvant.

While God has made many millions wealthy.

**ਕਈ ਕੋਟਿ ਮਾਇਆ ਮਹਿ ਚਿੰਤ ॥**

ka-ee kot maa-i-aa meh chint.

Many millions stay in financial anxiety.

**ਜਹ ਜਹ ਭਾਣਾ ਤਹ ਤਹ ਰਾਖੇ ॥**

jah jah bhaanaa tah tah raakhay.

Wherever He wills, there He keeps the mortals.

**ਨਾਨਕ ਸਭੁ ਕਿਛੁ ਪ੍ਰਭੁ ਕੈ ਹਾਥੇ ॥੫॥**

naanak sabh kichh parabh kai haathay. ||5||

O' Nanak, everything is under God's command. ||5||

**ਕਈ ਕੋਟਿ ਭਏ ਬੈਰਾਗੀ ॥**

ka-ee kot bha-ay bairaagee.

Many millions become detached from the worldly affairs,

**ਰਾਮ ਨਾਮ ਸੰਗਿ ਤਿਨਿ ਲਿਵ ਲਾਗੀ ॥**

raam naam sang tin liv laagee.

and remain attuned to God's Name.

**ਕਈ ਕੋਟਿ ਪ੍ਰਭ ਕਉ ਖੋਜੰਤੇ ॥**

ka-ee kot parabh ka-o khojantay.

Many millions are searching for God,

**ਆਤਮ ਮਹਿ ਪਾਰਬ੍ਰਹਮੁ ਲਹੰਤੇ ॥**

aatam meh paarbarahm lahantay.

and realize the presence of God within themselves.

**ਕਈ ਕੋਟਿ ਦਰਸਨ ਪ੍ਰਭ ਪਿਆਸ ॥**

ka-ee kot darsan parabh pi-aas.

Many millions yearn for the sight of God,

**ਤਿਨ ਕਉ ਮਿਲਿਓ ਪ੍ਰਭੁ ਅਬਿਨਾਸ ॥**

tin ka-o mili-o parabh abinaas.

and they realize the eternal God.

**ਕਈ ਕੋਟਿ ਮਾਗਹਿ ਸਤਸੰਗੁ ॥**

ka-ee kot maageh satsang.

Many millions pray for the holy congregation,

**ਪਾਰਬ੍ਰਹਮ ਤਿਨ ਲਾਗਾ ਰੰਗੁ ॥**

baarbarahm tin laagaa rang.

They are imbued with the love of the Supreme God.

**ਜਿਨ ਕਉ ਹੋਏ ਆਪਿ ਸੁਪ੍ਰਸੰਨ ॥**

jin ka-o ho-ay aap suparsan.

Those with whom He Himself is extremely pleased,

**ਨਾਨਕ ਤੇ ਜਨ ਸਦਾ ਧਨਿ ਧੰਨਿ ॥੬॥**

naanak tay jan sadaa Dhan Dhan. ||6||

O' Nanak, they are blessed and blessed forever. ||6||

**ਕਈ ਕੋਟਿ ਖਾਣੀ ਅਰੁ ਖੰਡ ॥**

ka-ee kot khaanee ar khand.

Many millions of creatures have been created through the four sources of creation, in the nine regions of the earth.

**ਕਈ ਕੋਟਿ ਅਕਾਸ ਬ੍ਰਹਮੰਡ ॥**

ka-ee kot akaas barahmand.

There are many millions of creatures in the skies and in the solar systems

**ਕਈ ਕੋਟਿ ਹੋਏ ਅਵਤਾਰ ॥**

ka-ee kot ho-ay avtaar.

Many millions of creatures are being born.

**ਕਈ ਜੁਗਤਿ ਕੀਨੇ ਬਿਸਥਾਰ ॥**

ka-ee jugat keeno bisthaar.

In so many ways, God has created the universe.

**ਕਈ ਬਾਰ ਪਸਰਿਓ ਪਾਸਾਰ ॥**

ka-ee baar pasri-o paasaar.

So many times, He has expanded His expansion (Creation).

**ਸਦਾ ਸਦਾ ਇਕੁ ਏਕੰਕਾਰ ॥**

sadaa sadaa ik aikankaar.

Yet forever and ever the Creator has been the same.

**ਕਈ ਕੋਟਿ ਕੀਨੇ ਬਹੁ ਭਾਤਿ ॥**

ka-ee kot keenay baho bhaat.

God has created many millions of creatures in various forms.

**ਪ੍ਰਭ ਤੇ ਹੋਏ ਪ੍ਰਭ ਮਾਹਿ ਸਮਾਤਿ ॥**

parabh tay ho-ay parabh maahi samaat.

From God they emanate, and into God they merge back again.

**ਤਾ ਕਾ ਅੰਤੁ ਨ ਜਾਨੈ ਕੋਇ ॥**

taa kaa ant na jaanai ko-ay.

The limits of His creation are not known to anyone.

**ਆਪੇ ਆਪਿ ਨਾਨਕ ਪ੍ਰਭੁ ਸੋਇ ॥੭॥**

aapay aap naanak parabh so-ay. ||7||

O' Nanak, God alone is the one who is like Himself. ||7||



**ਕਈ ਕੋਟਿ ਪਾਰਬ੍ਰਹਮ ਕੇ ਦਾਸ ॥**

ka-ee kot paarbarahm kay daas.

Many millions are the devotees of the Supreme God,

**ਤਿਨ ਹੋਵਤ ਆਤਮ ਪਰਗਾਸ ॥**

tin hovat aatam pargaas.

within whom manifests the divine light

**ਕਈ ਕੋਟਿ ਤਤ ਕੇ ਬੇਤੇ ॥**

ka-ee kot tat kay baytay.

Many millions know the essence of reality (God),

**ਸਦਾ ਨਿਹਾਰਹਿ ਏਕੇ ਨੇਤ੍ਰੇ ॥**

sadaa nihaarahi ayko naytaray.

and with their eyes (spiritual vision), they always behold the One God.

**ਕਈ ਕੋਟਿ ਨਾਮ ਰਸੁ ਪੀਵਹਿ ॥**

ka-ee kot naam ras peeveh.

Many millions partake the nectar of Naam.

**ਅਮਰ ਭਏ ਸਦ ਸਦ ਹੀ ਜੀਵਹਿ ॥**

amar bha-ay sad sad hee jeeveh.

Becoming free of birth and death, they become immortal.

**ਕਈ ਕੋਟਿ ਨਾਮ ਗੁਨ ਗਾਵਹਿ ॥**

ka-ee kot naam gun gaavahi.

There are many millions who sing the virtues of God.

**ਆਤਮ ਰਸਿ ਸੁਖਿ ਸਹਜਿ ਸਮਾਵਹਿ ॥**

aatam ras sukh sahj samaaveh.

They intuitively remain absorbed in peace and spiritual bliss.

**ਅਪੁਨੇ ਜਨ ਕਉ ਸਾਸਿ ਸਾਸਿ ਸਮਾਰੇ ॥**

apunay jan ka-o saas saas samaaray.

God takes care of His devotees with their each and every breath.

ਪ੍ਰਭੂ ਆਪਣੇ ਭਗਤਾਂ ਨੂੰ ਦਮ-ਬ-ਦਮ ਚੇਤੇ ਰੱਖਦਾ ਹੈ।

**ਨਾਨਕ ਓਇ ਪਰਮੇਸੁਰ ਕੇ ਪਿਆਰੇ ॥੮॥੧੦॥**

naanak o-ay parmaysur kay pi-aaray. ||8||10||

O' Nanak, they are the beloveds of God. ||8||10||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਕਰਣ ਕਾਰਣ ਪ੍ਰਭੁ ਏਕੁ ਹੈ ਦੂਸਰ ਨਾਹੀ ਕੋਇ ॥**

karan kaaran parabh ayk hai doosar naahee ko-ay.

God alone is the creator of the entire universe and there is no other.

**ਨਾਨਕ ਤਿਸੁ ਬਲਿਹਾਰਣੈ ਜਲਿ ਥਲਿ ਮਹੀਅਲਿ ਸੋਇ ॥੧॥**

naanak tis balihaarnai jal thal mahee-al so-ay. ||1||

O' Nanak, I dedicate myself to the One, who pervades the water, the earth and the sky.||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਕਰਨ ਕਰਾਵਨ ਕਰਨੈ ਜੋਗੁ ॥**

karan karaavan karnai jog.

God has the power to do and get everything done.

**ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੋਈ ਹੋਗੁ ॥**

jo tis bhaavai so-ee hog.

Whatever pleases Him, only that comes to pass.

**ਖਿਨ ਮਹਿ ਥਾਪਿ ਉਥਾਪਨਹਾਰਾ ॥**

khin meh thaap uthaapanhaaraa.

In an instant, He creates and destroys His creation.

**ਅੰਤੁ ਨਹੀ ਕਿਛੁ ਪਾਰਾਵਾਰਾ ॥**

ant nahee kichh paaraavaaraa.

There is no end or limitation of His power.

**ਹੁਕਮੇ ਧਾਰਿ ਅਧਰ ਰਹਾਵੈ ॥**

hukmay Dhaar aDhar rahaavai.

By His order, He established the earth, and He maintains it without any physical support.

**ਹੁਕਮੇ ਉਪਜੈ ਹੁਕਮਿ ਸਮਾਵੈ ॥**

hukmay upjai hukam samaavai.

What is created by His order, ultimately, merges back into Him by His order.

**ਹੁਕਮੇ ਉਚ ਨੀਚ ਬਿਉਹਾਰ ॥**

hukmay ooch neech bi-uhaar.

It is by his order that people conduct themselves as high or low.

**ਹੁਕਮੇ ਅਨਿਕ ਰੰਗ ਪਰਕਾਰ ॥**

hukmay anik rang parkaar.

By His order, many kinds of fun and frolics are performed.

**ਕਰਿ ਕਰਿ ਦੇਖੈ ਅਪਨੀ ਵਡਿਆਈ ॥**

kar kar daykhai apnee vadi-aa-ee.

Having created the creation, He beholds His own greatness.

**ਨਾਨਕ ਸਭ ਮਹਿ ਰਹਿਆ ਸਮਾਈ ॥੧॥**

naanak sabh meh rahi-aa samaa-ee. ||1||

O' Nanak, He is pervading in all. ||1||

**ਪ੍ਰਭ ਭਾਵੈ ਮਾਨੁਖ ਗਤਿ ਪਾਵੈ ॥**

parabh bhaavai maanukh gat paavai.

If it pleases God, mortal attains a high spiritual state.

**ਪ੍ਰਭ ਭਾਵੈ ਤਾ ਪਾਥਰ ਤਰਾਵੈ ॥**

parabh bhaavai taa paathar taraavai.

If God so wills, He emancipates even the stone-hearted (brutal) people.

**ਪ੍ਰਭ ਭਾਵੈ ਬਿਨੁ ਸਾਸ ਤੇ ਰਾਖੈ ॥**

parabh bhaavai bin saas tay raakhai.

If it pleases God, He keeps a person alive even without breath.

**ਪ੍ਰਭ ਭਾਵੈ ਤਾ ਹਰਿ ਗੁਣ ਭਾਖੈ ॥**

parabh bhaavai taa har gun bhaakhai.

If it pleases God, then one sings God's praises.

**ਪ੍ਰਭ ਭਾਵੈ ਤਾ ਪਤਿਤ ਉਧਾਰੈ ॥**

parabh bhaavai taa patit uDhaarai.

If it pleases God, He saves even the sinners from vices.

**ਆਪਿ ਕਰੈ ਆਪਨ ਬੀਚਾਰੈ ॥**

aap karai aapan beechaarai.

Whatever He does is according to His own thoughts.

**ਦੁਹਾ ਸਿਰਿਆ ਕਾ ਆਪਿ ਸੁਆਮੀ ॥**

duhaa siri-aa kaa aap su-aamee.

He Himself is the Master of both worlds (the world here and hereafter).

**ਖੇਲੈ ਬਿਗਸੈ ਅੰਤਰਜਾਮੀ ॥**

khaylai bigsai antarjaamee.

The knower of all hearts plays the worldly drama and enjoys watching it.

**ਜੇ ਭਾਵੈ ਸੇ ਕਾਰ ਕਰਾਵੈ ॥**

jo bhaavai so kaar karaavai.

Whatever He wishes, He makes the person do that deed.

**ਨਾਨਕ ਦ੍ਰਿਸਟੀ ਅਵਰੁ ਨ ਆਵੈ ॥੨॥**

naanak daristee avar na aavai. ||2||

O' Nanak, I see no other like Him. ||2||

**ਕਹੁ ਮਾਨੁਖ ਤੇ ਕਿਆ ਹੋਇ ਆਵੈ ॥**

kaho maanukh tay ki-aa ho-ay aavai.

Tell me, what can a human being do on his own?

**ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰਾਵੈ ॥**

jo tis bhaavai so-ee karaavai.

Whatever pleases God, He gets that done from the mortals.

**ਇਸ ਕੈ ਹਾਥਿ ਹੋਇ ਤਾ ਸਭੁ ਕਿਛੁ ਲੇਇ ॥**

is kai haath ho-ay taa sabh kichh lay-ay.

If it were in the mortal's hand, he would grab everything.

**ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰੇਇ ॥**

jo tis bhaavai so-ee karay-i.

But God does whatever pleases Him.

**ਅਨਜਾਨਤ ਬਿਖਿਆ ਮਹਿ ਰਚੈ ॥**

anjaanat bikhi-aa meh rachai.

Because of ignorance, one is engrossed in Maya (worldly illusions).

**ਜੇ ਜਾਨਤ ਆਪਨ ਆਪ ਬਚੈ ॥**

*jay jaanat aapan aap bachai.*

If he knew better, he would save himself from it.

**ਭਰਮੇ ਭੂਲਾ ਦਹ ਦਿਸਿ ਧਾਵੈ ॥**

*bharmay bhoolaa dah dis Dhaavai.*

Deluded by doubt, he wanders around in all directions.

**ਨਿਮਖ ਮਾਹਿ ਚਾਰਿ ਕੁੰਟ ਫਿਰਿ ਆਵੈ ॥**

*nimakh maahi chaar kunt fir aavai.*

In a moment the mind circles around the four corners of the world.

**ਕਰਿ ਕਿਰਪਾ ਜਿਸੁ ਅਪਨੀ ਭਗਤਿ ਦੇਇ ॥**

*kar kirpaa jis apnee bhagat day-ay.*

Those whom God mercifully blesses with His devotional worship,

**ਨਾਨਕ ਤੇ ਜਨ ਨਾਮਿ ਮਿਲੇਇ ॥੩॥**

*naanak tay jan naam milay-ay. ||3||*

O' Nanak, they remain merged in Naam. ||3||

**ਖਿਨ ਮਹਿ ਨੀਚ ਕੀਟ ਕਉ ਰਾਜ ॥**

*khin meh neech keet ka-o raaj.*

In an instant, He can make a worm like lowly person a king,

**ਪਾਰਬ੍ਰਹਮ ਗਰੀਬ ਨਿਵਾਜ ॥**

*paarbarahm gareeb nivaaj.*

The Supreme God is the Protector of the humbly poor.

**ਜਾ ਕਾ ਦ੍ਰਿਸ਼ਟਿ ਕਛੁ ਨ ਆਵੈ ॥**

*jaa kaa darisat kachhoo na aavai.*

Even the one who seems to have no virtues,

**ਤਿਸੁ ਤਤਕਾਲ ਦਹ ਦਿਸ ਪ੍ਰਗਟਾਵੈ ॥**

*tis tatkaal dah dis paragtaavai.*

In an instant God makes him popular everywhere.

**ਜਾ ਕਉ ਅਪੁਨੀ ਕਰੈ ਬਖਸੀਸ ॥**

*jaa ka-o apunee karai bakhsees.*

The one upon whom He bestows His blessings,

**ਤਾ ਕਾ ਲੇਖਾ ਨ ਗਨੈ ਜਗਦੀਸ ॥**

taa kaa laykhaa na ganai jagdees.

The Master of the world does not hold him to his account.

**ਜੀਉ ਪਿੰਡੁ ਸਭ ਤਿਸ ਕੀ ਰਾਸਿ ॥**

jee-o pind sabh tis kee raas.

Soul and body are all His property bestowed upon a mortal.

**ਘਟਿ ਘਟਿ ਪੂਰਨ ਬ੍ਰਹਮ ਪ੍ਰਗਾਸ ॥**

ghat ghat pooran barahm pargaas.

Each and every heart is illuminated by the all Pervading Perfect God.

**ਅਪਨੀ ਬਣਤ ਆਪਿ ਬਨਾਈ ॥**

apnee banat aap banaa-ee.

He has created His creation all by Himself,

**ਨਾਨਕ ਜੀਵੈ ਦੇਖਿ ਬਡਾਈ ॥੪॥**

naanak jeevai daykh badaa-ee. ||4||

O' Nanak, He is rejoicing while beholding His greatness

**ਇਸ ਕਾ ਬਲੁ ਨਾਹੀ ਇਸੁ ਹਾਥ ॥**

is kaa bal naahee is haath.

The mortal's power is not in his control,

**ਕਰਨ ਕਰਾਵਨ ਸਰਬ ਕੇ ਨਾਥ ॥**

karan karaavan sarab ko naath.

the One Master of all is the Doer and the cause of causes.

**ਆਗਿਆਕਾਰੀ ਬਪੁਰਾ ਜੀਉ ॥**

aagi-aakaaree bapuraa jee-o.

The helpless mortal is subject to His command,

**ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਫੁਨਿ ਥੀਉ ॥**

jo tis bhaavai so-ee fun thee-o.

because ultimately that which pleases Him is what happens.

**ਕਬਹੂ ਉਚ ਨੀਚ ਮਹਿ ਬਸੈ ॥**

kabhoo ooch neech meh basai.

A human being sometimes is in an optimistic state, and sometimes in a pessimistic mood.

**ਕਬਹੂ ਸੋਗ ਹਰਖ ਰੰਗਿ ਹਸੈ ॥**

kabhoo sog harakh rang hasai.

Sometimes, he appears sad and other times he appears to be laughing with joy.

**ਕਬਹੂ ਨਿੰਦ ਚਿੰਦ ਬਿਉਹਾਰ ॥**

kabhoo nind chind bi-uhaar.

Sometimes one indulges in slander and speaks ill of others.

**ਕਬਹੂ ਉਭ ਅਕਾਸ ਪਇਆਲ ॥**

kabhoo oobh akaas pa-i-aal.

Sometimes he feels so elated as if flying high in the sky, and sometimes so depressed as if in the depth of nether-world.

**ਕਬਹੂ ਬੇਤਾ ਬ੍ਰਹਮ ਬੀਚਾਰ ॥**

kabhoo baytaa barahm beechaar.

Sometimes he acts as if he knows all about the divine knowledge.

**ਨਾਨਕ ਆਪਿ ਮਿਲਾਵਣਹਾਰ ॥੫॥**

naanak aap milaavanhaar. ||5||

O' Nanak, God Himself unites human beings with Himself. ||5||

**ਕਬਹੂ ਨਿਰਤਿ ਕਰੈ ਬਹੁ ਭਾਤਿ ॥**

kabhoo nirat karai baho bhaat.

Sometimes, the mortal dances in various ways.

**ਕਬਹੂ ਸੋਇ ਰਹੈ ਦਿਨੁ ਰਾਤਿ ॥**

kabhoo so-ay rahai din raat.

Sometimes he remain asleep day and night in state of ignorance.

**ਕਬਹੂ ਮਹਾ ਕ੍ਰੋਧ ਬਿਕਰਾਲ ॥**

kabhoo mahaa kroDh bikraal.

Sometimes he looks dreadful in terrible rage.

**ਕਬਹੂੰ ਸਰਬ ਕੀ ਹੋਤ ਰਵਾਲ ॥**

kabahooN sarab kee hot ravaal.

Sometimes he becomes the dust of the feet of all (extremely humble).

**ਕਬਹੂ ਹੋਇ ਬਹੈ ਬਡ ਰਾਜਾ ॥**

kabhoo ho-ay bahai bad raajaa.

Sometimes, he poses like a great king.

**ਕਬਹੂ ਭੇਖਾਰੀ ਨੀਚ ਕਾ ਸਾਜਾ ॥**

kabahu bhaykhaaree neech kaa saajaa.

Sometimes he assumes the disposition of lowly beggar.

**ਕਬਹੂ ਅਪਕੀਰਤਿ ਮਹਿ ਆਵੈ ॥**

kabhoo apkeerat meh aavai.

Sometimes he falls into evil repute (by doing evil deeds).

**ਕਬਹੂ ਭਲਾ ਭਲਾ ਕਹਾਵੈ ॥**

kabhoo bhalaa bhalaa kahaavai.

Sometimes, he acts in a way that he is praised by all.

**ਜਿਉ ਪ੍ਰਭੁ ਰਾਖੈ ਤਿਵ ਹੀ ਰਹੈ ॥**

ji-o parabh raakhai tiv hee rahai.

In whatever state God keeps, the mortal lives in that state.

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਸਚੁ ਕਹੈ ॥੬॥**

gur parsaad naanak sach kahai. ||6||

O' Nanak, only a rare person meditates on God by the Guru's grace.

**ਕਬਹੂ ਹੋਇ ਪੰਡਿਤੁ ਕਰੇ ਬਖਜਾਨੁ ॥**

kabhoo ho-ay pandit karay bakh-yaan.

Sometimes, as a pundit he preaches others.

**ਕਬਹੂ ਮੋਨਿਧਾਰੀ ਲਾਵੈ ਧਿਆਨੁ ॥**

kabhoo moniDhaaree laavai Dhi-aan.

Sometimes becoming a silent sage, he enters into meditation.

**ਕਬਹੂ ਤਟ ਤੀਰਥ ਇਸਨਾਨ ॥**

kabhoo tat tirath isnaan.

At times he resides and bathes at places of pilgrimage.

**ਕਬਹੂ ਸਿਧ ਸਾਧਿਕ ਮੁਖਿ ਗਿਆਨੁ ॥**

kabhoo siDh saaDhik mukh gi-aan.

Sometimes as an adept and sometimes as a seeker he talks about spirituality.



**ਕਬਹੂ ਕੀਟ ਹਸਤਿ ਪਤੰਗ ਹੋਇ ਜੀਆ ॥**

kabhoo keet hasat patang ho-ay jee-aa.

Sometimes, he becomes worm, elephant, or moth,

**ਅਨਿਕ ਜੋਨਿ ਭਰਮੈ ਭਰਮੀਆ ॥**

anik jon bharmai bharmee-aa.

and confused by doubts he wanders through countless existences.

**ਨਾਨਾ ਰੂਪ ਜਿਉ ਸ੍ਵਾਗੀ ਦਿਖਾਵੈ ॥**

naanaa roop ji-o savaagee dikhaavai.

Like a performer, he is seen assuming various disguises.

**ਜਿਉ ਪ੍ਰਭ ਭਾਵੈ ਤਿਵੈ ਨਚਾਵੈ ॥**

bji-o parabh bhaavai tivai nachaavai.

As it pleases God, He makes the mortal dance accordingly.

**ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੋਈ ਹੋਇ ॥**

jo tis bhaavai so-ee ho-ay.

Whatever pleases Him, happens.

**ਨਾਨਕ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਇ ॥੭॥**

naanak doojaa avar na ko-ay. ||7||

O' Nanak, there is none other like Him. ||7||

**ਕਬਹੂ ਸਾਧਸੰਗਤਿ ਇਹੁ ਪਾਵੈ ॥**

kabhoo saaDhsangat ih paavai.

When this person attains the Company of the Holy.

**ਉਸੁ ਅਸਥਾਨ ਤੇ ਬਹੁਰਿ ਨ ਆਵੈ ॥**

us asthaan tay bahur na aavai.

then he does not come out of that joyful state of mind,

**ਅੰਤਰਿ ਹੋਇ ਗਿਆਨ ਪਰਗਾਸੁ ॥**

antar ho-ay gi-aan pargaas.

Because, in that company his mind gets illuminated with divine knowledge,

**ਉਸੁ ਅਸਥਾਨ ਕਾ ਨਹੀ ਬਿਨਾਸੁ ॥**

us asthaan kaa nahee binaas.

and that enlightened state of mind never perishes.

**ਮਨ ਤਨ ਨਾਮਿ ਰਤੇ ਇਕ ਰੰਗਿ ॥**

man tan naam ratay ik rang.

(In this state) one's body and mind are imbued with the love for God,

**ਸਦਾ ਬਸਹਿ ਪਾਰਬ੍ਰਹਮ ਕੈ ਸੰਗਿ ॥**

sadaa baseh paarbarahm kai sang.

and he forever dwells with the Supreme God.

**ਜਿਉ ਜਲ ਮਹਿ ਜਲੁ ਆਇ ਖਟਾਨਾ ॥**

ji-o jal meh jal aa-ay khataanaa.

Just as water blends with water,

**ਤਿਉ ਜੇਤੀ ਸੰਗਿ ਜੇਤਿ ਸਮਾਨਾ ॥**

ti-o jotee sang jot samaanaa.

similarly his enlightened soul blends with the Supreme soul.

**ਮਿਟਿ ਗਏ ਗਵਨ ਪਾਏ ਬਿਸ੍ਰਾਮ ॥**

mit ga-ay gavan paa-ay bisraam.

His cycle of birth and death ceases, and he attains eternal peace.

**ਨਾਨਕ ਪ੍ਰਭ ਕੈ ਸਦ ਕੁਰਬਾਨ ॥੮॥੧੧॥**

naanak parabh kai sad kurbaan. ||8||11||

O' Nanak, we should dedicate to God forever. ||8||11||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਸੁਖੀ ਬਸੈ ਮਸਕੀਨੀਆ ਆਪੁ ਨਿਵਾਰਿ ਤਲੇ ॥**

sukhee basai maskeenee-aa aap nivaar talay.

By shedding self-conceit, the humble person dwells in peace.

**ਬਡੇ ਬਡੇ ਅਹੰਕਾਰੀਆ ਨਾਨਕ ਗਰਬਿ ਗਲੇ ॥੧॥**

baday baday ahaNkaaree-aa nanak garab galay. ||1||

O' Nanak, mighty arrogant people are consumed by their own pride. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਜਿਸ ਕੈ ਅੰਤਰਿ ਰਾਜ ਅਭਿਮਾਨੁ ॥**

jis kai antar raaj abhimaan.

The one who becomes egotistically proud of possessions and power in the mind,

**ਸੇ ਨਰਕਪਾਤੀ ਹੋਵਤ ਸੁਆਨੁ ॥**

so narakpaatee hovat su-aan.

is liable to the punishment like a dog in hell.

**ਜੇ ਜਾਨੈ ਮੈ ਜੋਬਨਵੰਤੁ ॥**

jo jaanai mai jobanvant.

One who egotistically deems himself as youthful and handsome,

**ਸੇ ਹੋਵਤ ਬਿਸਟਾ ਕਾ ਜੰਤੁ ॥**

so hovat bistaa kaa jant.

he is like a worm in the filth

**ਆਪਸ ਕਉ ਕਰਮਵੰਤੁ ਕਹਾਵੈ ॥**

aapas ka-o karamvant kahaavai.

The one who calls himself as the doer of pious deeds in ego.

**ਜਨਮਿ ਮਰੈ ਬਹੁ ਜੋਨਿ ਭ੍ਰਮਾਵੈ ॥**

janam marai baho jon bharmaavai.

Keeps suffering in the cycles of birth and death.

**ਧਨ ਭੂਮਿ ਕਾ ਜੋ ਕਰੈ ਗੁਮਾਨੁ ॥**

Dhan bhoom kaa jo karai gumaan.

The one who feels egoistically proud of his wealth and lands

**ਸੇ ਮੂਰਖੁ ਅੰਧਾ ਅਗਿਆਨੁ ॥**

so moorakh anDhaa agi-aan.

is a foolish, blind and ignorant.

**ਕਰਿ ਕਿਰਪਾ ਜਿਸ ਕੈ ਹਿਰਦੈ ਗਰੀਬੀ ਬਸਾਵੈ ॥**

kar kirpaa jis kai hirdai gareebie basaavai.

The one, in whose heart God mercifully instills humility,

**ਨਾਨਕ ਈਹਾ ਮੁਕਤੁ ਆਗੈ ਸੁਖੁ ਪਾਵੈ ॥੧॥**

naanak eehee mukat aagai sukh paavai. ||1||

O Nanak, he is liberated here from vices, and obtains peace hereafter. ||1||

**ਧਨਵੰਤਾ ਹੋਇ ਕਰਿ ਗਰਬਾਵੈ ॥**

Dhanvantaa ho-ay kar garbaavai.

Upon becoming wealthy, one feels egoistically proud of his riches,

**ਤਿ੍ਣ ਸਮਾਨਿ ਕਛੁ ਸੰਗਿ ਨ ਜਾਵੈ ॥**

tarin samaan kachh sang na jaavai.

must realize that nothing shall go with him in the end, not even a straw.

**ਬਹੁ ਲਸਕਰ ਮਾਨੁਖ ਉਪਰਿ ਕਰੇ ਆਸ ॥**

baho laskar maanukh oopar karay aas.

He may place his hopes on a large army and men,

**ਪਲ ਭੀਤਰਿ ਤਾ ਕਾ ਹੋਇ ਬਿਨਾਸ ॥**

pal bheetar taa kaa ho-ay binaas.

(should know that) all these things are destroyed in an instant

**ਸਭ ਤੇ ਆਪ ਜਾਨੈ ਬਲਵੰਤੁ ॥**

sabh tay aap jaanai balvant.

The one who deems himself to be the strongest of all,

**ਖਿਨ ਮਹਿ ਹੋਇ ਜਾਇ ਭਸਮੰਤੁ ॥**

khin meh ho-ay jaa-ay bhasmant.

in an instant that one may be reduced to ashes.

**ਕਿਸੈ ਨ ਬਦੈ ਆਪਿ ਅਹੰਕਾਰੀ ॥**

kisai na badai aap ahaNkaaree.

The one who is so haughty and does not care for anyone else,

**ਧਰਮ ਰਾਇ ਤਿਸੁ ਕਰੇ ਖੁਆਰੀ ॥**

Dharam raa-ay tis karay khu-aaree.

Is badly disgraced by the Righteous Judge.

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਜਾ ਕਾ ਮਿਟੈ ਅਭਿਮਾਨੁ ॥**

gur pearsaad jaa kaa mitai abhimaan.

The one whose ego is eliminated by the Guru's grace,

**ਸੋ ਜਨੁ ਨਾਨਕ ਦਰਗਹ ਪਰਵਾਨੁ ॥੨॥**

so jan naanak dargeh parvaan. ||2||

O' Nanak, that person is approved in God's court.||2||

**ਕੋਟਿ ਕਰਮ ਕਰੈ ਹਉ ਧਾਰੇ ॥**

kot karam karai ha-o Dhaaray.

If one performs millions of good deeds and also feels egotistically proud of those deeds,

**ਸ੍ਰਮੁ ਪਾਵੈ ਸਗਲੇ ਬਿਰਥਾਰੇ ॥**

saram paavai saglay birthaaray.

that person is only doing hard labor, and all those deeds are a waste.

**ਅਨਿਕ ਤਪਸਿਆ ਕਰੇ ਅਹੰਕਾਰ ॥**

anik tapasi-aa karay ahaNkaar.

The one, who performs myriads of penances and indulges in ego ,

**ਨਰਕ ਸੁਰਗ ਫਿਰਿ ਫਿਰਿ ਅਵਤਾਰ ॥**

narak surag fir fir avtaar.

keeps enduring pain and pleasure, as if going through heaven and hell again and again

**ਅਨਿਕ ਜਤਨ ਕਰਿ ਆਤਮ ਨਹੀ ਦ੍ਰਵੈ ॥**

anik jatan kar aatam nahee darvai.

If in spite of making numerous efforts, one does not become tender and compassionate,

**ਹਰਿ ਦਰਗਹ ਕਹੁ ਕੈਸੇ ਗਵੈ ॥**

har dargeh kaho kaisay gavai.

then how can he reach God's court?

**ਆਪਸ ਕਉ ਜੋ ਭਲਾ ਕਹਾਵੈ ॥**

aapas ka-o jo bhalaa kahaavai.

One who claims to be virtuous,

**ਤਿਸਹਿ ਭਲਾਈ ਨਿਕਟਿ ਨ ਆਵੈ ॥**

tiseh bhalaa-ee nikat na aavai.

virtue does not even touch that one.

**ਸਰਬ ਕੀ ਰੇਨ ਜਾ ਕਾ ਮਨੁ ਹੋਇ ॥**

sarab kee rayn jaa kaa man ho-ay.

The one whose mind becomes humble to all,

**ਕਹੁ ਨਾਨਕ ਤਾ ਕੀ ਨਿਰਮਲ ਸੋਇ ॥੩॥**

kaho naanak taa kee nirmal so-ay. ||3||

O' Nanak, his reputation is spotlessly pure.||3||

**ਜਬ ਲਗੁ ਜਾਨੈ ਮੁਝ ਤੇ ਕਛੁ ਹੋਇ ॥**

jab lag jaanai mujh tay kachh ho-ay.

As long as one thinks that he can make something happen with his power,

**ਤਬ ਇਸ ਕਉ ਸੁਖੁ ਨਾਹੀ ਕੋਇ ॥**

tab is ka-o sukh naahee ko-ay.

till then that person cannot obtain peace.

**ਜਬ ਇਹ ਜਾਨੈ ਮੈ ਕਿਛੁ ਕਰਤਾ ॥**

jab ih jaanai mai kichh kartaa.

As long as this mortal thinks that he is the doer of any task,

**ਤਬ ਲਗੁ ਗਰਭ ਜੋਨਿ ਮਹਿ ਫਿਰਤਾ ॥**

tab lag garabh jon meh firtaa.

till then, he wanders in the cycles of birth and death.

**ਜਬ ਧਾਰੈ ਕੋਊ ਬੈਰੀ ਮੀਤੁ ॥**

jab Dhaarai ko-oo bairee meet.

As long as he considers one an enemy, and another a friend,

**ਤਬ ਲਗੁ ਨਿਹਚਲੁ ਨਾਹੀ ਚੀਤੁ ॥**

tab lag nihchal naahee cheet.

till then that person's mind will not become steady and peaceful.

**ਜਬ ਲਗੁ ਮੋਹ ਮਗਨ ਸੰਗਿ ਮਾਇ ॥**

jab lag moh magan sang maa-ay.

As long as he is engrossed in Maya (worldly riches),

**ਤਬ ਲਗੁ ਧਰਮ ਰਾਇ ਦੇਇ ਸਜਾਇ ॥**

tab lag Dharam raa-ay day-ay sajaa-ay.

the Righteous Judge keeps administering punishment.

**ਪ੍ਰਭ ਕਿਰਪਾ ਤੇ ਬੰਧਨ ਤੂਟੈ ॥**

parabh kirpaa tay banDhan tootai.

The bonds of Maya (worldly attachments) are shattered by God's Grace,

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਹਉ ਛੁਟੈ ॥੪॥**

gur parsaad naanak ha-o chhootai. ||4||

O' Nanak, a person's ego is eliminated by the grace of the Guru . ||4||

**ਸਹਸ ਖਟੇ ਲਖ ਕਉ ਉਠਿ ਧਾਵੈ ॥**

sahas khatay lakh ka-o uth Dhaavai.

After earning a thousand, he runs after million.

**ਤ੍ਰਿਪਤਿ ਨ ਆਵੈ ਮਾਇਆ ਪਾਛੈ ਪਾਵੈ ॥**

taripat na aavai maa-i-aa paachhai paavai.

He keeps on amassing wealth, but is never satiated.

**ਅਨਿਕ ਭੋਗ ਬਿਖਿਆ ਕੇ ਕਰੈ ॥**

anik bhog bikhi-aa kay karai.

He enjoys many pleasures of Maya,

**ਨਹ ਤ੍ਰਿਪਤਾਵੈ ਖਪਿ ਖਪਿ ਮਰੈ ॥**

nah tariptaavai khap khap marai.

but does not feel satisfied and becomes miserable.

**ਬਿਨਾ ਸੰਤੋਖ ਨਹੀ ਕੇਉ ਰਾਜੈ ॥**

binaa santokh nahee ko-oo raajai.

Without contentment, no one is satisfied.

**ਸੁਪਨ ਮਨੋਰਥ ਬ੍ਰਿਥੇ ਸਭ ਕਾਜੈ ॥**

supan manorath barithay sabh kaajai.

All efforts of an unsatisfied person are in vain, like the illusions of a dream.

**ਨਾਮ ਰੰਗਿ ਸਰਬ ਸੁਖੁ ਹੋਇ ॥**

naam rang sarab sukh ho-ay.

There is complete peace in the love of Naam.

**ਬਡਭਾਗੀ ਕਿਸੈ ਪਰਾਪਤਿ ਹੋਇ ॥**

badbhaagee kisai paraapat ho-ay.

Only a fortunate one is blessed with this (bliss).

**ਕਰਨ ਕਰਾਵਨ ਆਪੇ ਆਪਿ ॥**

karan karaavan aapay aap.

God Himself is doer and Cause of all causes.

**ਸਦਾ ਸਦਾ ਨਾਨਕ ਹਰਿ ਜਾਪਿ ॥੫॥**

sadaa sadaa naanak har jaap. ||5||

O' Nanak, remember Him with loving devotion forever and ever.||5||

**ਕਰਨ ਕਰਾਵਨ ਕਰਨੈਹਾਰੁ ॥**

karan karaavan karnaihaar.

It is God who does everything and causes everything to be done.

**ਇਸ ਕੈ ਹਾਥਿ ਕਹਾ ਬੀਚਾਰੁ ॥**

is kai haath kahaa beechaar.

Reflect upon this fact; that there is nothing under the control of the mortal.

**ਜੈਸੀ ਦ੍ਰਿਸਟਿ ਕਰੇ ਤੈਸਾ ਹੋਇ ॥**

jaisee darisat karay taisaa ho-ay.

As is the grace of God on the mortal, so he becomes.

**ਆਪੇ ਆਪਿ ਆਪਿ ਪ੍ਰਭੁ ਸੋਇ ॥**

aapay aap aap parabh so-ay.

God is all by Himself.

**ਜੇ ਕਿਛੁ ਕੀਨੇ ਸੁ ਅਪਨੈ ਰੰਗਿ ॥**

jo kichh keeno so apnai rang.

Whatever He has created, is out of His own pleasure.

**ਸਭ ਤੇ ਦੂਰਿ ਸਭਹੁ ਕੈ ਸੰਗਿ ॥**

sabh tay door sabhhoo kai sang.

He is within His creation, yet unaffected by it.

**ਬੂਝੈ ਦੇਖੈ ਕਰੈ ਬਿਬੇਕ ॥**

boojhai daykhai karai bibayk.

He understands, beholds and passes judgment on our deeds.

**ਆਪਹਿ ਏਕ ਆਪਹਿ ਅਨੇਕ ॥**

aapeh ayk aapeh anayk.

He Himself is the One, and He Himself is in many forms.

**ਮਰੈ ਨ ਬਿਨਸੈ ਆਵੈ ਨ ਜਾਇ ॥**

marai na binsai aavai na jaa-ay.

He does not die or perish; He is free of birth and death.



**ਨਾਨਕ ਸਦ ਹੀ ਰਹਿਆ ਸਮਾਇ ॥੬॥**

naanak sad hee rahi-aa samaa-ay. ||6||

O' Nanak, He remains forever all-pervading. ||6||

**ਆਪਿ ਉਪਦੇਸੈ ਸਮਝੈ ਆਪਿ ॥**

aap updaysai samjhai aap.

He Himself instructs, and He Himself learns,

**ਆਪੇ ਰਚਿਆ ਸਭ ਕੈ ਸਾਥਿ ॥**

aapay rachi-aa sabh kai saath.

because He Himself is blended with all.

**ਆਪਿ ਕੀਨੇ ਆਪਨ ਬਿਸਥਾਰੁ ॥**

aap keeno aapan bisthaar.

He Himself has created His own expanse (the universe).

**ਸਭੁ ਕਛੁ ਉਸ ਕਾ ਓਹੁ ਕਰਨੈਹਾਰੁ ॥**

sabh kachh us kaa oh karnaihaar.

Everything belongs to Him, He is the creator.

**ਉਸ ਤੇ ਭਿੰਨ ਕਹਹੁ ਕਿਛੁ ਹੋਇ ॥**

us tay bhinn kahhu kichh ho-ay.

Tell me, can anything happen without His Will?

**ਥਾਨ ਥਨੰਤਰਿ ਏਕੈ ਸੋਇ ॥**

thaan thanantar aikai so-ay.

In the spaces and interspaces, He is the One, pervading everywhere.

**ਅਪੁਨੇ ਚਲਿਤ ਆਪਿ ਕਰਣੈਹਾਰ ॥**

apunay chalit aap karnaihaar.

In His own play, He Himself is the Player.

**ਕਉਤਕ ਕਰੈ ਰੰਗ ਆਪਾਰ ॥**

ka-utak karai rang aapaar.

He conducts His Plays with infinite variety.

**ਮਨ ਮਹਿ ਆਪਿ ਮਨ ਅਪੁਨੇ ਮਾਹਿ ॥**

man meh aap man apunay maahi.

He Himself is in the minds of all, and all are in His mind.

**ਨਾਨਕ ਕੀਮਤਿ ਕਹਨੁ ਨ ਜਾਇ ॥੭॥**

naanak keemat kahan na jaa-ay. ||7||

O' Nanak, His worth cannot be estimated. ||7||

**ਸਤਿ ਸਤਿ ਸਤਿ ਪ੍ਰਭੁ ਸੁਆਮੀ ॥**

sat sat sat parabh su-aamee.

God, the Supreme Master of all is forever true, eternal, and everlasting.

**ਗੁਰ ਪਰਸਾਦਿ ਕਿਨੈ ਵਖਿਆਨੀ ॥**

gur parsaad kinai vakhi-aanee.

It is only a rare person, who by the Guru's grace has described this fact.

**ਸਚੁ ਸਚੁ ਸਚੁ ਸਭੁ ਕੀਨਾ ॥**

sach sach sach sabh keenaa.

God is Eternal and His creation is also complete and perfect.

**ਕੋਟਿ ਮਧੇ ਕਿਨੈ ਬਿਰਲੈ ਚੀਨਾ ॥**

kot maDhay kinai birlai cheenaa.

It is a rare one out of millions who has recognized this fact.

**ਭਲਾ ਭਲਾ ਭਲਾ ਤੇਰਾ ਰੂਪ ॥**

bhalaa bhalaa bhalaa tayraa roop.

O' God, Beautiful, very beautiful is your tangible form.

**ਅਤਿ ਸੁੰਦਰ ਅਪਾਰ ਅਨੂਪ ॥**

at sundar apaar anoop.

You are extremely Beautiful, Infinite and Incomparable.

**ਨਿਰਮਲ ਨਿਰਮਲ ਨਿਰਮਲ ਤੇਰੀ ਬਾਣੀ ॥**

nirmal nirmal nirmal tayree banee.

Pure and sweet is Your divine word,

**ਘਟਿ ਘਟਿ ਸੁਨੀ ਸੁਵਨ ਬਖਜਾਣੀ ॥**

ghat ghat sunee sarvan bakh-yaanee.

Which is heard in each and every heart through the ears, and uttered through the tongue.

**ਪਵਿਤ੍ਰੁ ਪਵਿਤ੍ਰੁ ਪਵਿਤ੍ਰੁ ਪੁਨੀਤ ॥**

pavitar pavitar pavitar puneet.

He becomes sublimely pure and holy,

**ਨਾਮੁ ਜਪੈ ਨਾਨਕ ਮਨਿ ਪ੍ਰੀਤਿ ॥੮॥੧੨॥**

naam japai naanak man pareet. ||8||12||

O' Nanak, the one who lovingly meditates on God's name. ||8||12||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਸੰਤ ਸਰਨਿ ਜੇ ਜਨੁ ਪਰੈ ਸੇ ਜਨੁ ਉਧਰਨਹਾਰ ॥**

sant saran jo jan parai so jan uDhranhaar.

The one who seeks the shelter of the Saints is saved from the bonds of Maya.

**ਸੰਤ ਕੀ ਨਿੰਦਾ ਨਾਨਕਾ ਬਹੁਰਿ ਬਹੁਰਿ ਅਵਤਾਰ ॥੧॥**

sant kee nindaa naankaa bahur bahur avtaar. ||1||

O' Nanak, the one who slanders the Saints, falls into the cycle of birth and death. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਸੰਤ ਕੈ ਦੁਖਨਿ ਆਰਜਾ ਘਟੈ ॥**

sant kai dookhan aarjaa ghatai.

Part of life spent in slandering the Saints goes to waste.

**ਸੰਤ ਕੈ ਦੁਖਨਿ ਜਮ ਤੇ ਨਹੀ ਛੁਟੈ ॥**

sant kai dookhan jam tay nahee chhutai.

By slandering the Saints, one does not escape the demon of death.

**ਸੰਤ ਕੈ ਦੁਖਨਿ ਸੁਖੁ ਸਭੁ ਜਾਇ ॥**

sant kai dookhan sukh sabh jaa-ay.

By slandering the Saints all peace is lost.

**ਸੰਤ ਕੈ ਦੁਖਨਿ ਨਰਕ ਮਹਿ ਪਾਇ ॥**

sant kai dookhan narak meh paa-ay.

Slandering the Saints, one falls into hell (suffers in pain).

**ਸੰਤ ਕੈ ਦੁਖਨਿ ਮਤਿ ਹੋਇ ਮਲੀਨ ॥**

sant kai dookhan mat ho-ay maleen.

Slandering the Saints, the intellect is polluted.

**ਸੰਤ ਕੈ ਦੂਖਨਿ ਸੋਭਾ ਤੇ ਹੀਨ ॥**

sant kai dookhan sobhaa tay heen.

Slandering the Saints, one's reputation is lost.

**ਸੰਤ ਕੇ ਹਤੇ ਕਉ ਰਖੈ ਨ ਕੋਇ ॥**

sant kay hatay ka-o rakhai na ko-ay.

No one shelters the person accursed by the Saint.

**ਸੰਤ ਕੈ ਦੂਖਨਿ ਥਾਨ ਭ੍ਰਸਟੁ ਹੋਇ ॥**

sant kai dookhan thaan bharsat ho-ay.

By trying to find faults with the Saints, one's own heart is polluted.

**ਸੰਤ ਕ੍ਰਿਪਾਲ ਕ੍ਰਿਪਾ ਜੇ ਕਰੈ ॥**

sant kirpaal kirpaa jay karai.

But if the Compassionate Saint shows His Kindness,

**ਨਾਨਕ ਸੰਤਸੰਗਿ ਨਿੰਦਕੁ ਭੀ ਤਰੈ ॥੧॥**

naanak satsang nindak bhee tarai. ||1||

O' Nanak, then along with the Saint, even a slanderer is saved. ||1||

**ਸੰਤ ਕੇ ਦੂਖਨ ਤੇ ਮੁਖੁ ਭਵੈ ॥**

sant kay dookhan tay mukh bhavai.

Slandering a saint, one turns away from God.

**ਸੰਤਨ ਕੈ ਦੂਖਨਿ ਕਾਗ ਜਿਉ ਲਵੈ ॥**

santan kai dookhan kaag ji-o lavai.

Slandering a Saint, one keeps wandering and speaking unpleasantly like crowing of a crow.

**ਸੰਤਨ ਕੈ ਦੂਖਨਿ ਸਰਪ ਜੋਨਿ ਪਾਇ ॥**

santan kai dookhan sarap jon paa-ay.

Slandering the Saints, one is reborn as a snake.

**ਸੰਤ ਕੈ ਦੂਖਨਿ ਤ੍ਰਿਗਦ ਜੋਨਿ ਕਿਰਮਾਇ ॥**

sant kai dookhan tarigad jon kirmaa-ay.

Slandering the Saints, one is reborn as a wiggling worm (lower forms of life).

**ਸੰਤਨ ਕੈ ਦੂਖਨਿ ਤ੍ਰਿਸਨਾ ਮਹਿ ਜਲੈ ॥**

santan kai dookhan tarisnaa meh jalai.

Slandering the Saints, one burns in the fire of desire.

**ਸੰਤ ਕੈ ਦੂਖਨਿ ਸਭੁ ਕੇ ਛਲੈ ॥**

sant kai dookhan sabh ko chhalai.

Slanderer of the Saints goes around deceiving everyone.

**ਸੰਤ ਕੈ ਦੂਖਨਿ ਤੇਜੁ ਸਭੁ ਜਾਇ ॥**

sant kai dookhan tayj sabh jaa-ay.

By hurting the saint all one's clout dissipates.

**ਸੰਤ ਕੈ ਦੂਖਨਿ ਨੀਚੁ ਨੀਚਾਇ ॥**

sant kai dookhan neech neechaa-ay.

Slandering the Saints, one becomes the meanest of the mean.

**ਸੰਤ ਦੇਖੀ ਕਾ ਥਾਉ ਕੇ ਨਾਹਿ ॥**

sant dokhee kaa thaa-o ko naahi.

There is no refuge for the slanderer of the saint.

**ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਓਇ ਭੀ ਗਤਿ ਪਾਹਿ ॥੨॥**

naanak sant bhaavai taa o-ay bhee gat paahi. ||2||

O' Nanak, if the Saint so wishes, even the slanderers are spiritually elevated.

**ਸੰਤ ਕਾ ਨਿੰਦਕੁ ਮਹਾ ਅਤਤਾਈ ॥**

sant kaa nindak mahaa attaa-ee.

The slanderer of the Saint is the worst evil-doer.

**ਸੰਤ ਕਾ ਨਿੰਦਕੁ ਖਿਨੁ ਟਿਕਨੁ ਨ ਪਾਈ ॥**

sant kaa nindak khin tikan na paa-ee.

The slanderer of the Saint does not find even a moment's peace.

**ਸੰਤ ਕਾ ਨਿੰਦਕੁ ਮਹਾ ਹਤਿਆਰਾ ॥**

sant kaa nindak mahaa hati-aaraa.

The slanderer of the Saint becomes the cruelest killer.

**ਸੰਤ ਕਾ ਨਿੰਦਕੁ ਪਰਮੇਸੁਰਿ ਮਾਰਾ ॥**

sant kaa nindak parmaysur maaraa.

The slanderer of the Saint is accursed by God.

**ਸੰਤ ਕਾ ਨਿੰਦਕੁ ਰਾਜ ਤੇ ਹੀਨੁ ॥**

sant kaa nindak raaj tay heen.

The slanderer of the Saint has no worldly power and pleasure.

**ਸੰਤ ਕਾ ਨਿੰਦਕੁ ਦੁਖੀਆ ਅਰੁ ਦੀਨੁ ॥**

sant kaa nindak dukhee-aa ar deen.

The slanderer of the Saint becomes miserable and poor.

**ਸੰਤ ਕੇ ਨਿੰਦਕ ਕਉ ਸਰਬ ਰੋਗ ॥**

sant kay nindak ka-o sarab rog.

The slanderer of the Saint is afflicted by all kinds of maladies.

**ਸੰਤ ਕੇ ਨਿੰਦਕ ਕਉ ਸਦਾ ਬਿਜੋਗ ॥**

sant kay nindak ka-o sadaa bijog.

The slanderer of the Saint is forever separated from God.

**ਸੰਤ ਕੀ ਨਿੰਦਾ ਦੇਖ ਮਹਿ ਦੇਖੁ ॥**

sant kee nindaa dokh meh dokh.

Slandering a Saint is the worst sin of all sins.

**ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਉਸ ਕਾ ਭੀ ਹੋਇ ਮੋਖੁ ॥੩॥**

naanak sant bhaavai taa us kaa bhee ho-ay mokh. ||3||

O' Nanak, if it pleases the Saint, even such a slanderer shall be liberated. ||3||

**ਸੰਤ ਕਾ ਦੇਖੀ ਸਦਾ ਅਪਵਿਤੁ ॥**

sant kaa dokhee sadaa apvit.

The thoughts in the mind of slanderer of the Saint are always polluted.

**ਸੰਤ ਕਾ ਦੇਖੀ ਕਿਸੈ ਕਾ ਨਹੀ ਮਿਤੁ ॥**

sant kaa dokhee kisai kaa nahee mit.

The slanderer of the Saint is nobody's friend.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕਉ ਡਾਨੁ ਲਾਗੈ ॥**

sant kay dokhee ka-o daan laagai.

The slanderer of the Saint is punished by the righteous judge.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕਉ ਸਭ ਤਿਆਗੈ ॥**

sant kay dokhee ka-o sabh ti-aagai.

The slanderer of the Saint is abandoned by all.

**ਸੰਤ ਕਾ ਦੇਖੀ ਮਹਾ ਅਹੰਕਾਰੀ ॥**

sant kaa dokhee mahaa ahaNkaaree.

The slanderer of the Saint is totally egocentric.

**ਸੰਤ ਕਾ ਦੇਖੀ ਸਦਾ ਬਿਕਾਰੀ ॥**

sant kaa dokhee sadaa bikaaree.

The slanderer of the Saint always indulges in evil deeds.

**ਸੰਤ ਕਾ ਦੇਖੀ ਜਨਮੈ ਮਰੈ ॥**

sant kaa dokhee janmai marai.

The slanderer of the Saint keeps going through the cycles of birth and death.

**ਸੰਤ ਕੀ ਦੂਖਨਾ ਸੁਖ ਤੇ ਟਰੈ ॥**

sant kee dookhnaa sukh tay tarai.

For slandering the Saint, he is devoid of peace.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕਉ ਨਾਹੀ ਠਾਉ ॥**

sant kay dokhee ka-o naahee thaa-o.

The slanderer of the Saint has nowhere to go for shelter.

**ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਲਏ ਮਿਲਾਇ ॥੪॥**

naanak sant bhaavai taa la-ay milaa-ay. ||4||

O Nanak, if it pleases the Saint, he unites even such a slanderer with him.

**ਸੰਤ ਕਾ ਦੇਖੀ ਅਧ ਬੀਚ ਤੇ ਟੂਟੈ ॥**

sant kaa dokhee aDh beech tay tootai.

The slanderer of the Saint fails in the middle of doing any task.

**ਸੰਤ ਕਾ ਦੇਖੀ ਕਿਤੈ ਕਾਜਿ ਨ ਪਹੂਚੈ ॥**

sant kaa dokhee kitai kaaj na pahoochai.

The slanderer of the Saint cannot accomplish any task.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕਉ ਉਦਿਆਨ ਭ੍ਰਮਾਈਐ ॥**

sant kay dokhee ka-o udi-aan bharmaa-ee-ai.

The slanderer of a saint is subjected to wander in the wilderness.

**ਸੰਤ ਕਾ ਦੇਖੀ ਉਝੜਿ ਪਾਈਐ ॥**

sant kaa dokhee ujharh paa-ee-ai.

The slanderer of the Saint is misled into desolation.

**ਸੰਤ ਕਾ ਦੇਖੀ ਅੰਤਰ ਤੇ ਥੇਥਾ ॥**

sant kaa dokhee antar tay thothaa.

The slanderer of the Saint is oblivious of the real purpose of life,

**ਜਿਉ ਸਾਸ ਬਿਨਾ ਮਿਰਤਕ ਕੀ ਲੋਥਾ ॥**

ji-o saas binaa mirtak kee lothaa.

like the corpse of a dead person, without the breath of life.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕੀ ਜੜ ਕਿਛੁ ਨਾਹਿ ॥**

sant kay dokhee kee jarh kichh naahi.

The slanderer of the Saint has no strong and spiritual foundation.

**ਆਪਨ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹਿ ॥**

aapan beej aapay hee khaahi.

He must himself eat what he has planted. (suffer the consequence of his evil deeds)

**ਸੰਤ ਕੇ ਦੇਖੀ ਕਉ ਅਵਰੁ ਨ ਰਾਖਨਹਾਰੁ ॥**

sant kay dokhee ka-o avar na raakhanhaar.

The slanderer of the Saint cannot be saved by anyone else from this habit of slandering

**ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਲਏ ਉਬਾਰਿ ॥੫॥**

naanak sant bhaavai taa la-ay ubaar. ||5||

O' Nanak, if it pleases the Saint, then even such a slanderer is saved from the habit of slandering. ||5||

**ਸੰਤ ਕਾ ਦੇਖੀ ਇਉ ਬਿਲਲਾਇ ॥**

sant kaa dokhee i-o billaa-ay.

The slanderer of the Saint bewails,

**ਜਿਉ ਜਲ ਬਿਹੂਨ ਮਛਲੀ ਤੜਫੜਾਇ ॥**

ji-o jal bihoon machhulee tarhafrrhaa-ay.

like a fish out of water writhing in agony.

**ਸੰਤ ਕਾ ਦੇਖੀ ਭੁਖਾ ਨਹੀ ਰਾਜੈ ॥**

sant kaa dokhee bhookhaa nahee raajai.

The slanderer of the Saint is never satiated from the desire of slandering,

**ਜਿਉ ਪਾਵਕੁ ਈਧਨਿ ਨਹੀ ਧੂਪੈ ॥**

ji-o paavak eeDhan nahee Dharaapai.

just as fire is never satiated by any amount of firewood.



**ਸੰਤ ਕਾ ਦੇਖੀ ਛੁਟੈ ਇਕੇਲਾ ॥**

sant kaa dokhee chhutai ikaylaa.

The slanderer of the Saint is left all alone,

**ਜਿਉ ਬੁਆੜੁ ਤਿਲੁ ਖੇਤ ਮਾਹਿ ਦੁਹੇਲਾ ॥**

ji-o boo-aarh til khayt maahi duhaylaa.

like the barren sesame plant abandoned in the field.

**ਸੰਤ ਕਾ ਦੇਖੀ ਧਰਮ ਤੇ ਰਹਤ ॥**

sant kaa dokhee Dharam tay rahat.

The slanderer of the Saint is devoid of faith.

**ਸੰਤ ਕਾ ਦੇਖੀ ਸਦ ਮਿਥਿਆ ਕਹਤ ॥**

sant kaa dokhee sad mithi-aa kahat.

The slanderer of the Saint always tells lies.

**ਕਿਰਤੁ ਨਿੰਦਕ ਕਾ ਧੁਰਿ ਹੀ ਪਇਆ ॥**

kirat nindak kaa Dhur hee pa-i-aa.

The slanderer does the deed of slandering because such is his pre-ordained destiny.

**ਨਾਨਕ ਜੋ ਤਿਸੁ ਭਾਵੈ ਸੋਈ ਥਿਆ ॥੬॥**

naanak jo tis bhaavai so-ee thi-aa. ||6||

O Nanak, whatever God wills that happens. ||6||

**ਸੰਤ ਕਾ ਦੇਖੀ ਬਿਗੜੁ ਰੂਪੁ ਹੋਇ ਜਾਇ ॥**

sant kaa dokhee bigarh roop ho-ay jaa-ay.

The slanderer of the saint is so defamed, as if he has been disfigured.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕਉ ਦਰਗਹ ਮਿਲੈ ਸਜਾਇ ॥**

sant kay dokhee ka-o dargeh milai sajaa-ay.

The slanderer of the Saint receives his punishment in God's court.

**ਸੰਤ ਕਾ ਦੇਖੀ ਸਦਾ ਸਹਕਾਈਐ ॥**

sant kaa dokhee sadaa sahkaa-ee-ai.

The slanderer of the Saint is always in terrible agony,

**ਸੰਤ ਕਾ ਦੇਖੀ ਨ ਮਰੈ ਨ ਜੀਵਾਈਐ ॥**

sant kaa dokhee na marai na jeevaa-ee-ai.

The slanderer of the Saint spiritually hangs between life and death.

**ਸੰਤ ਕੇ ਦੇਖੀ ਕੀ ਪੁਜੈ ਨ ਆਸਾ ॥**

sant kay dokhee kee pujai na aasaa.

The hope of the slanderer of the Saint is not fulfilled.

**ਸੰਤ ਕਾ ਦੇਖੀ ਉਠਿ ਚਲੈ ਨਿਰਾਸਾ ॥**

sant kaa dokhee uth chalai niraasaa.

The slanderer of the Saint departs from the world disappointed.

**ਸੰਤ ਕੈ ਦੇਖਿ ਨ ਤ੍ਰਿਸਟੈ ਕੋਇ ॥**

sant kai dokh na taristai ko-ay.

By slandering a Saint, no one is satiated from the desire of slandering.

**ਜੈਸਾ ਭਾਵੈ ਤੈਸਾ ਕੋਈ ਹੋਇ ॥**

jaisaa bhaavai taisaa ko-ee ho-ay.

A person's habits are formed according to his intentions.

**ਪਇਆ ਕਿਰਤੁ ਨ ਮੇਟੈ ਕੋਇ ॥**

pa-i-aa kirat na maytai ko-ay.

Past actions cannot be erased by anybody.

**ਨਾਨਕ ਜਾਨੈ ਸਚਾ ਸੋਇ ॥੭॥**

naanak jaanai sachaa so-ay. ||7||

O Nanak, only the eternal God knows this mystery. ||7||

**ਸਭ ਘਟ ਤਿਸ ਕੇ ਓਹੁ ਕਰਨੈਹਾਰੁ ॥**

sabh ghat tis kay oh karnaihaar.

All beings belong to Him, and He is the Creator.

**ਸਦਾ ਸਦਾ ਤਿਸ ਕਉ ਨਮਸਕਾਰੁ ॥**

sadaa sadaa tis ka-o namaskaar.

Forever and ever, bow to Him in reverence.

**ਪ੍ਰਭ ਕੀ ਉਸਤਤਿ ਕਰਹੁ ਦਿਨੁ ਰਾਤਿ ॥**

parabh kee ustat karahu din raat.

Sing the praises of God, day and night.

**ਤਿਸਹਿ ਧਿਆਵਹੁ ਸਾਸਿ ਗਿਰਾਸਿ ॥**

tiseh Dhi-aavahu saas giraas.

Meditate on Him with every breath

**ਸਭੁ ਕਛੁ ਵਰਤੈ ਤਿਸ ਕਾ ਕੀਆ ॥**

sabh kachh vartai tis kaa kee-aa.

Everything happens according to His doing.

**ਜੈਸਾ ਕਰੇ ਤੈਸਾ ਕੇ ਥੀਆ ॥**

jaisaa karay taisaa ko thee-aa.

As God makes anyone, so does the mortal become.

**ਅਪਨਾ ਖੇਲੁ ਆਪਿ ਕਰਨੈਹਾਰੁ ॥**

apnaa khayl aap karnaihaar.

He Himself is the executor of His play.

**ਦੂਸਰ ਕਉਨੁ ਕਹੈ ਬੀਚਾਰੁ ॥**

doosar ka-un kahai beechaar.

Who else can say or deliberate upon this?

**ਜਿਸ ਨੇ ਕ੍ਰਿਪਾ ਕਰੈ ਤਿਸੁ ਆਪਨ ਨਾਮੁ ਦੇਇ ॥**

jis no kirpaa karai tis aapan naam day-ay.

The one upon whom He bestows His Mercy, He blesses that one with Naam,

**ਬਡਭਾਗੀ ਨਾਨਕ ਜਨ ਸੇਇ ॥੮॥੧੩॥**

badbhaagee naanak jan say-ay. ||8||13||

O' Nanak, very fortunate are such persons. ||8||13||

**ਸਲੋਕੁ ॥**

Salok.

Shalok:

**ਤਜਹੁ ਸਿਆਨਪ ਸੁਰਿ ਜਨਹੁ ਸਿਮਰਹੁ ਹਰਿ ਹਰਿ ਰਾਇ ॥**

tajahu si-aanap sur janhu simrahu har har raa-ay.

O' good people! give up your cleverness and remember the almighty God with loving devotion!

**ਏਕ ਆਸ ਹਰਿ ਮਨਿ ਰਖਹੁ ਨਾਨਕ ਦੂਖੁ ਭਰਮੁ ਭਉ ਜਾਇ ॥੧॥**

ayk aas har man rakhahu naanak dookh bharam bha-o jaa-ay. ||1||

O' Nanak, in your heart, pin all your hopes on God, in this way all your pain, doubt and fear shall depart. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਮਾਨੁਖ ਕੀ ਟੇਕ ਬਿਥੀ ਸਭ ਜਾਨੁ ॥**

maanukh kee tayk barithee sabh jaan.

know this well that reliance on human support is totally useless,

**ਦੇਵਨ ਕਉ ਏਕੈ ਭਗਵਾਨੁ ॥**

dayvan ka-o aikai bhagvaan.

because God alone is the benefactor of all.

**ਜਿਸ ਕੈ ਦੀਐ ਰਹੈ ਅਘਾਇ ॥**

jis kaidee-ai rahai aghaa-ay.

By His gifts one always remains satisfied,

**ਬਹੁਰਿ ਨ ਤ੍ਰਿਸਨਾ ਲਾਗੈ ਆਇ ॥**

bahur na tarisnaa laagai aa-ay.

and he is not enticed by worldly desires any more.

**ਮਾਰੈ ਰਾਖੈ ਏਕੈ ਆਪਿ ॥**

maarai raakhai ayko aap.

God Himself destroys and preserves mortals.

**ਮਾਨੁਖ ਕੈ ਕਿਛੁ ਨਾਹੀ ਹਾਥਿ ॥**

maanukh kai kichh naahee haath.

Nothing at all is in the hands of the mortal.

**ਤਿਸ ਕਾ ਹੁਕਮੁ ਬੂਝਿ ਸੁਖੁ ਹੋਇ ॥**

tis kaa hukam boojh sukh ho-ay.

Peace comes by understanding and accepting His Order.

**ਤਿਸ ਕਾ ਨਾਮੁ ਰਖੁ ਕੰਠਿ ਪਰੋਇ ॥**

tis kaa naam rakh kanth paro-ay.

Therefore always keep His Name enshrined in your heart.

**ਸਿਮਰਿ ਸਿਮਰਿ ਸਿਮਰਿ ਪ੍ਰਭੁ ਸੋਇ ॥**

simar simar simar parabh so-ay.

Always remember God with love and devotion.

**ਨਾਨਕ ਬਿਘਨੁ ਨ ਲਾਗੈ ਕੋਇ ॥੧॥**

naanak bighan na laagai ko-ay. ||1||

O' Nanak, no obstacle shall stand in your way. ||1||

**ਉਸਤਤਿ ਮਨ ਮਹਿ ਕਰਿ ਨਿਰੰਕਾਰ ॥**

ustat man meh kar nirankaar.

Praise the Formless God in your mind.

**ਕਰਿ ਮਨ ਮੇਰੇ ਸਤਿ ਬਿਉਹਾਰ ॥**

kar man mayray sat bi-uhaar.

O my mind, make this your true deeds.

**ਨਿਰਮਲ ਰਸਨਾ ਅੰਮ੍ਰਿਤੁ ਪੀਉ ॥**

nirmal rasnaa amrit pee-o.

By partaking the nectar of Naam, your tongue (words) will become pure,

**ਸਦਾ ਸੁਹੇਲਾ ਕਰਿ ਲੇਹਿ ਜੀਉ ॥**

sadaa suhaylaa kar layhi jee-o.

and your soul shall be peaceful forever.

**ਨੈਨਹੁ ਪੇਖੁ ਠਾਕੁਰ ਕਾ ਰੰਗੁ ॥**

nainhu paykh thaakur kaa rang.

With your eyes, see the wondrous play of the Master (God).

**ਸਾਧਸੰਗਿ ਬਿਨਸੈ ਸਭ ਸੰਗੁ ॥**

saaDhsang binsai sabh sang.

In the Company of the Holy, all one's worldly attachments vanish.

**ਚਰਨ ਚਲਉ ਮਾਰਗਿ ਗੋਬਿੰਦ ॥**

charan chala-o maarag gobind.

With your feet, walk the Way of the Master of the universe.

**ਮਿਟਹਿ ਪਾਪ ਜਪੀਐ ਹਰਿ ਬਿੰਦ ॥**

miteh paap japee-ai har bind.

By meditating on God even for a short time, all one's sins are eradicated.

**ਕਰ ਹਰਿ ਕਰਮ ਸ੍ਰਵਨਿ ਹਰਿ ਕਥਾ ॥**

kar har karam sarvan har katha.

With your hands, engage in divine deeds and with your ears listen to His praises.

**ਹਰਿ ਦਰਗਹ ਨਾਨਕ ਉਜਲ ਮਥਾ ॥੨॥**

har dargeh nanak oojal mathaa. ||2||

O' Nanak, this way, one is honored in God's court. ||2||

**ਬਡਭਾਗੀ ਤੇ ਜਨ ਜਗ ਮਾਹਿ ॥**

badbhaagee tay jan jag maahi.

In this world, truly fortunate are those,

**ਸਦਾ ਸਦਾ ਹਰਿ ਕੇ ਗੁਨ ਗਾਹਿ ॥**

sadaa sadaa har kay gun gaahi.

who sing the glorious praises of God, forever and ever.

**ਰਾਮ ਨਾਮ ਜੇ ਕਰਹਿ ਬੀਚਾਰ ॥**

raam naam jo karahi beechaar.

Those who reflect upon God's Name,

**ਸੇ ਧਨਵੰਤ ਗਨੀ ਸੰਸਾਰ ॥**

say Dhanvant ganee sansaar.

are truly considered spiritually wealthy in the world.

**ਮਨਿ ਤਨਿ ਮੁਖਿ ਬੋਲਹਿ ਹਰਿ ਮੁਖੀ ॥**

man tan mukh boleh har mukhee.

Those who with their soul, body, and tongue repeat God's Name,

**ਸਦਾ ਸਦਾ ਜਾਨਹੁ ਤੇ ਸੁਖੀ ॥**

sadaa sadaa jaanhu tay sukhee.

consider that they are always at peace.

**ਏਕੇ ਏਕੁ ਏਕੁ ਪਛਾਨੈ ॥**

ayko ayk ayk pachhaanai.

The one who recognizes the One and only God,

**ਇਤ ਉਤ ਕੀ ਓਹੁ ਸੋਝੀ ਜਾਨੈ ॥**

it ut kee oh sojhee jaanai.

understands this world and the next.

**ਨਾਮ ਸੰਗਿ ਜਿਸ ਕਾ ਮਨੁ ਮਾਨਿਆ ॥**

naam sang jis kaa man maani-aa.

The person whose mind is pleased while meditating on God's Name.

**ਨਾਨਕ ਤਿਨਹਿ ਨਿਰੰਜਨੁ ਜਾਨਿਆ ॥੩॥**

naanak tineh niranjan jaani-aa. ||3||

O, Nanak, that person has realized the immaculate God.||3||

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਆਪਨ ਆਪੁ ਸੁਝੈ ॥**

gur parsaad aapan aap sujhai.

By Guru's Grace, one who gets to understand himself;

**ਤਿਸ ਕੀ ਜਾਨਹੁ ਤ੍ਰਿਸਨਾ ਬੁਝੈ ॥**

tis kee jaanhu tarisnaa bujhai.

consider that his urge to fulfil worldly desires is quenched.

**ਸਾਧਸੰਗਿ ਹਰਿ ਹਰਿ ਜਸੁ ਕਹਤ ॥**

saaDhsang har har jas kahat.

In the Company of the Holy, one who sings the Praises of God,

**ਸਰਬ ਰੋਗ ਤੇ ਓਹੁ ਹਰਿ ਜਨੁ ਰਹਤ ॥**

sarab rog tay oh har jan rahat.

Such a devotee of God is saved from all kinds of ailments.

**ਅਨਦਿਨੁ ਕੀਰਤਨੁ ਕੇਵਲ ਬਖਯਾਨੁ ॥**

an-din keertan kayval bakh-yaan.

The one who always sings the praises of God,

**ਗਿ੍ਰਹਸਤ ਮਹਿ ਸੋਈ ਨਿਰਬਾਨੁ ॥**

garihsat meh so-ee nirbaan.

is detached (from Maya) while still living in the household.

**ਏਕ ਉਪਰਿ ਜਿਸੁ ਜਨ ਕੀ ਆਸਾ ॥**

ayk oopar jis jan kee aasaa.

One who pins all his hopes only on God,

**ਤਿਸ ਕੀ ਕਟੀਐ ਜਮ ਕੀ ਫਾਸਾ ॥**

tis kee katee-ai jam kee faasaa.

the noose of death is cut away and is saved from the cycles of birth and death.

**ਪਾਰਬ੍ਰਹਮ ਕੀ ਜਿਸੁ ਮਨਿ ਭੂਖ ॥**

paarbarahm kee jis man bhookh.

One whose mind craves for the union with God,

**ਨਾਨਕ ਤਿਸਹਿ ਨ ਲਾਗਹਿ ਦੂਖ ॥੪॥**

naanak tiseh na laageh dookh. ||4||

O' Nanak, that person is never afflicted with any sorrow. ||4||

**ਜਿਸ ਕਉ ਹਰਿ ਪ੍ਰਭੁ ਮਨਿ ਚਿਤਿ ਆਵੈ ॥**

jis ka-o har parabh man chit aavai.

The one who always remembers God in his mind,

**ਸੋ ਸੰਤੁ ਸੁਹੇਲਾ ਨਹੀ ਭੁਲਾਵੈ ॥**

so sant suhaylaa nahee dulaavai.

that Saint is always at peace and never wavers.

**ਜਿਸੁ ਪ੍ਰਭੁ ਅਪੁਨਾ ਕਿਰਪਾ ਕਰੈ ॥**

jis parabh apunaa kirpaa karai.

The one upon whom God has granted his Grace,

**ਸੋ ਸੇਵਕੁ ਕਹੁ ਕਿਸ ਤੇ ਡਰੈ ॥**

so sayvak kaho kis tay darai.

say, who should that true servant of God be afraid of?

**ਜੈਸਾ ਸਾ ਤੈਸਾ ਦ੍ਰਿਸਟਾਇਆ ॥**

jaisaa saa taisaa daristaa-i-aa.

Such a person is able to visualize God as He is,

**ਅਪੁਨੇ ਕਾਰਜ ਮਹਿ ਆਪਿ ਸਮਾਇਆ ॥**

apunay kaaraj meh aap samaa-i-aa.

He Himself is pervading in His creation.

**ਸੋਧਤ ਸੋਧਤ ਸੋਧਤ ਸੀਝਿਆ ॥**

soDhat soDhat soDhat seejhi-aa.

by reflecting over and over again, he ultimately succeeds in understanding,

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਤਤੁ ਸਭੁ ਬੁਝਿਆ ॥**

gur parsaad tat sabh boojhi-aa.

and by the Guru's Grace, he understands the reality of God and His creation.

**ਜਬ ਦੇਖਉ ਤਬ ਸਭੁ ਕਿਛੁ ਮੂਲੁ ॥**

jab daykh-a-u tab sabh kichh mool.

When I look, then I see God at the root of everything.



**ਨਾਨਕ ਸੇ ਸੂਖਮੁ ਸੇਈ ਅਸਥੂਲੁ ॥੫॥**

naanak so sookham so-ee asthool. ||5||

O' Nanak, it is He who is intangible, and it is He who is tangible. ||5||

**ਨਹ ਕਿਛੁ ਜਨਮੈ ਨਹ ਕਿਛੁ ਮਰੈ ॥**

nah kichh janmai nah kichh marai.

Nothing is born, and nothing dies.

**ਆਪਨ ਚਲਿਤੁ ਆਪ ਹੀ ਕਰੈ ॥**

aapan chalit aap hee karai.

He Himself stages His own play.

**ਆਵਨੁ ਜਾਵਨੁ ਦ੍ਰਿਸਟਿ ਅਨਦ੍ਰਿਸਟਿ ॥**

aavan jaavan darisat an-darisat.

All births and deaths, seen and unseen,

**ਆਗਿਆਕਾਰੀ ਧਾਰੀ ਸਭ ਸ੍ਰਿਸਟਿ ॥**

aagi-aakaaree Dhaaree sabh sarisat.

God has made this entire world obedient to His Will.

**ਆਪੇ ਆਪਿ ਸਗਲ ਮਹਿ ਆਪਿ ॥**

aapay aap sagal meh aap.

He is all by himself, and pervades in all.

**ਅਨਿਕ ਜੁਗਤਿ ਰਚਿ ਥਾਪਿ ਉਥਾਪਿ ॥**

anik jugat rach thaap uthaap.

In countless ways, He creates and destroys the universe.

**ਅਬਿਨਾਸੀ ਨਾਹੀ ਕਿਛੁ ਖੰਡ ॥**

abhinaasee naahee kichh khand.

He is Imperishable; and nothing of Him perishes.

**ਧਾਰਣ ਧਾਰਿ ਰਹਿਓ ਬ੍ਰਹਮੰਡ ॥**

Dhaaran Dhaar rahi-o barahmand.

He Himself is planning and supporting the universe.

**ਅਲਖ ਅਭੇਵ ਪੁਰਖ ਪਰਤਾਪ ॥**

alakh abhayv purakh partaap.

Incomprehensible and unfathomable is the Glory of God.

**ਆਪਿ ਜਪਾਏ ਤ ਨਾਨਕ ਜਾਪ ॥੬॥**

aap japaa-ay ta naanak jaap. ||6||

O Nanak, as He inspires, so do we meditate on Him. ||6||

**ਜਿਨ ਪ੍ਰਭੁ ਜਾਤਾ ਸੁ ਸੋਭਾਵੰਤ ॥**

jin parabh jaataa so sobhaavant.

Those who have realized God are glorious.

**ਸਗਲ ਸੰਸਾਰੁ ਉਧਰੈ ਤਿਨ ਮੰਤ ॥**

sagal sansaar uDhrai tin mant.

Their teachings save the entire world from the vices.

**ਪ੍ਰਭੁ ਕੇ ਸੇਵਕ ਸਗਲ ਉਧਾਰਨ ॥**

parabh kay sayvak sagal uDhaaran.

God's devotees are able to redeem everybody from vices.

**ਪ੍ਰਭੁ ਕੇ ਸੇਵਕ ਦੂਖ ਬਿਸਾਰਨ ॥**

parabh kay sayvak dookh bisaaran.

God's servants are capable of eliminating sorrows of everybody.

**ਆਪੇ ਮੇਲਿ ਲਏ ਕਿਰਪਾਲ ॥**

aapay mayl la-ay kirpaal.

The Merciful God Himself unites them with Him.

**ਗੁਰੁ ਕਾ ਸਬਦੁ ਜਪਿ ਭਏ ਨਿਹਾਲ ॥**

gur kaa sabad jap bha-ay nihaal.

By lovingly meditating on the Guru's Word, they feel delighted.

**ਉਨ ਕੀ ਸੇਵਾ ਸੋਈ ਲਾਗੈ ॥**

un kee sayvaa so-ee laagai.

He alone gets to serve those devotees of God,

**ਜਿਸ ਨੇ ਕ੍ਰਿਪਾ ਕਰਹਿ ਬਡਭਾਗੈ ॥**

jis no kirpaa karahi badbhaagai.

Who has good fortune and is blessed by You.

**ਨਾਮੁ ਜਪਤ ਪਾਵਹਿ ਬਿਸ੍ਰਾਮੁ ॥**

naam japat paavahi bisraam.

By lovingly meditating on God's Name, the devotees obtain peace.

**ਨਾਨਕ ਤਿਨ ਪੁਰਖ ਕਉ ਉਤਮ ਕਰਿ ਮਾਨੁ ॥੭॥**

naanak tin purakh ka-o ootam kar maan. ||7||

O' Nanak, respect those persons as the most noble. ||7||

**ਜੇ ਕਿਛੁ ਕਰੈ ਸੁ ਪ੍ਰਭ ਕੈ ਰੰਗਿ ॥**

jo kichh karai so parabh kai rang.

Whatever a devotee does, is out of love for God,

**ਸਦਾ ਸਦਾ ਬਸੈ ਹਰਿ ਸੰਗਿ ॥**

sadaa sadaa basai har sang.

and he always remains in the presence of God.

**ਸਹਜ ਸੁਭਾਇ ਹੋਵੈ ਸੇ ਹੋਇ ॥**

sahj subhaa-ay hovai so ho-ay.

Whatever happens intuitively, he accepts it as God's will

**ਕਰਣੈਹਾਰੁ ਪਛਾਣੈ ਸੋਇ ॥**

karnaihaar pachhaanai so-ay.

and acknowledges Him as the Creator.

**ਪ੍ਰਭ ਕਾ ਕੀਆ ਜਨ ਮੀਠ ਲਗਾਨਾ ॥**

parabh kaa kee-aa jan meeth lagaanaa.

The devotees gladly accept whatever God does,

**ਜੈਸਾ ਸਾ ਤੈਸਾ ਦ੍ਰਿਸਟਾਨਾ ॥**

jaisaa saa taisaa daristaanaa.

because He appears to them just as He is.

**ਜਿਸ ਤੇ ਉਪਜੇ ਤਿਸੁ ਮਾਹਿ ਸਮਾਏ ॥**

jis tay upjay tis maahi samaa-ay.

From whom they are born, they stay immersed in Him.

**ਓਇ ਸੁਖ ਨਿਧਾਨ ਉਨਹੁ ਬਨਿ ਆਏ ॥**

o-ay sukh niDhaan unhoo ban aa-ay.

They become the treasure of peace and they alone are worthy of this status.

**ਆਪਸ ਕਉ ਆਪਿ ਦੀਨੇ ਮਾਨੁ ॥**

aapas ka-o aap deeno maan.

God gives honor to Himself by honoring the devotees.

**ਨਾਨਕ ਪ੍ਰਭ ਜਨੁ ਏਕੋ ਜਾਨੁ ॥੮॥੧੪॥**

naanak parabh jan ayko jaan. ||8||14||

O' Nanak, deem God and the devotee as one and the same.||8||14||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਸਰਬ ਕਲਾ ਭਰਪੂਰ ਪ੍ਰਭ ਬਿਰਥਾ ਜਾਨਨਹਾਰ ॥**

sarab kalaa bharpoor parabh birthaa jaananhaar.

God is totally imbued with all powers; He is the Knower of our pains and sorrows.

**ਜਾ ਕੈ ਸਿਮਰਨਿ ਉਧਰੀਐ ਨਾਨਕ ਤਿਸੁ ਬਲਿਹਾਰ ॥੧॥**

jaa kai simran uDhree-ai nanak tis balihaar. ||1||

O' Nanak, we should dedicate ourself to the Almighty God, meditation on whom saves us from vices.||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਟੂਟੀ ਗਾਢਨਹਾਰ ਗੋਪਾਲ ॥**

tootee gaadhanhaar gopaal.

God Himself is capable of reuniting our alienated heart with Him.

**ਸਰਬ ਜੀਆ ਆਪੇ ਪ੍ਰਤਿਪਾਲ ॥**

sarab jee-aa aapay partipaal.

He Himself looks after all beings.

**ਸਗਲ ਕੀ ਚਿੰਤਾ ਜਿਸੁ ਮਨ ਮਾਹਿ**

sagal kee chintaa jis man maahi.,

God has the care of all in His mind.

**ਤਿਸ ਤੇ ਬਿਰਥਾ ਕੋਈ ਨਾਹਿ ॥**

tis tay birthaa ko-ee naahi.

No one is turned away from Him.

**ਰੇ ਮਨ ਮੇਰੇ ਸਦਾ ਹਰਿ ਜਾਪਿ ॥**

ray man mayray sadaa har jaap.

O' my mind, always lovingly remember God.

**ਅਬਿਨਾਸੀ ਪ੍ਰਭੁ ਆਪੇ ਆਪਿ ॥**

abhinaasee parabh aapay aap.

The Imperishable God is all in all.

**ਆਪਨ ਕੀਆ ਕਛੁ ਨ ਹੋਇ ॥**

aapan kee-aa kachhoo na ho-ay.

By one's own actions, nothing is accomplished,

**ਜੇ ਸਉ ਪ੍ਰਾਨੀ ਲੋਚੈ ਕੋਇ ॥**

jay sa-o paraanee lochai ko-ay.

even though the mortal may wish it so, hundreds of times.

**ਤਿਸੁ ਬਿਨੁ ਨਾਹੀ ਤੇਰੈ ਕਿਛੁ ਕਾਮ ॥**

tis bin naahee tayrai kichh kaam.

Besides Him, nothing else is of real use to you.

**ਗਤਿ ਨਾਨਕ ਜਪਿ ਏਕ ਹਰਿ ਨਾਮ ॥੧॥**

gat naanak jap ayk har naam. ||1||

O' Nanak, you would be saved only by meditating on God's Name. ||1||

**ਰੂਪਵੰਤੁ ਹੋਇ ਨਾਹੀ ਮੋਹੈ ॥**

roopvant ho-ay naahee mohai.

One who is good-looking should not be vain;

**ਪ੍ਰਭੁ ਕੀ ਜੋਤਿ ਸਗਲ ਘਟ ਸੋਹੈ ॥**

parabh kee jot sagal ghat sohai.

because God's light is shining in everyone.

**ਧਨਵੰਤਾ ਹੋਇ ਕਿਆ ਕੇ ਗਰਬੈ ॥**

Dhanvantaa ho-ay ki-aa ko garbai.

Why should anyone be arrogant of being rich?

**ਜਾ ਸਭੁ ਕਿਛੁ ਤਿਸ ਕਾ ਦੀਆ ਦਰਬੈ ॥**

jaa sabh kichh tis kaa dee-aa darbai.

When all riches are His gifts.

**ਅਤਿ ਸੂਰਾ ਜੇ ਕੇਉ ਕਹਾਵੈ ॥**

at sooraa jay ko-oo kahaavai.

If one calls oneself extremely brave,

**ਪ੍ਰਭ ਕੀ ਕਲਾ ਬਿਨਾ ਕਹ ਧਾਵੈ ॥**

parabh kee kalaa binaa kah Dhaavai.

he should realize that without the gift of God's Power, what can he do?

**ਜੇ ਕੇ ਹੋਇ ਬਹੈ ਦਾਤਾਰੁ ॥**

jay ko ho-ay bahai daataar.

One who gives charity and then brags about becoming a benefactor,

**ਤਿਸੁ ਦੇਨਹਾਰੁ ਜਾਨੈ ਗਾਵਾਰੁ ॥**

tis daynhaar jaanai gaavaar.

such fool should recognize that God is the only benefactor of all.

**ਜਿਸੁ ਗੁਰ ਪ੍ਰਸਾਦਿ ਤੂਟੈ ਹਉ ਰੋਗੁ ॥**

jis gur parsaad tootai ha-o rog.

By the Guru's Grace, whose malady of ego is cured,

**ਨਾਨਕ ਸੇ ਜਨੁ ਸਦਾ ਅਰੋਗੁ ॥੨॥**

naanak so jan sadaa arog. ||2||

O' Nanak, that person is forever spiritually healthy. ||2||

**ਜਿਉ ਮੰਦਰ ਕਉ ਥਾਮੈ ਥੰਮਨੁ ॥**

ji-o mandar ka-o thaamai thamman.

just as a pillar supports the roof of a house,

**ਤਿਉ ਗੁਰ ਕਾ ਸਬਦੁ ਮਨਹਿ ਅਸਥੰਮਨੁ ॥**

ti-o gur kaa sabad maneh asthamman.

similarly the Guru's word provides support to the mind.

**ਜਿਉ ਪਾਖਾਣੁ ਨਾਵ ਚੜਿ ਤਰੈ ॥**

ji-o paakhaan naav charh tarai.

Just as a stone placed in a boat crosses over the river,

**ਪ੍ਰਾਣੀ ਗੁਰ ਚਰਣ ਲਗਤੁ ਨਿਸਤਰੈ ॥**

paraanee gur charan lagat nistarai.

Similarly by closely following the Guru's teachings eve a stone hearted mortal crosses over the worldly ocean of vices.

**ਜਿਉ ਅੰਧਕਾਰ ਦੀਪਕ ਪਰਗਾਸੁ ॥**

ji-o anDhkaar deepak pargaas.

Just as darkness gets illuminated by the lamp,

**ਗੁਰ ਦਰਸਨੁ ਦੇਖਿ ਮਨਿ ਹੋਇ ਬਿਗਾਸੁ ॥**

gur darsan daykh man ho-ay bigaas.

similarly the mind gets delighted, beholding the Guru's sight.

**ਜਿਉ ਮਹਾ ਉਦਿਆਨ ਮਹਿ ਮਾਰਗੁ ਪਾਵੈ ॥**

ji-o mahaa udi-aan meh maarag paavai.

Just as someone finds a path through the great wilderness,

**ਤਿਉ ਸਾਧੂ ਸੰਗਿ ਮਿਲਿ ਜੋਤਿ ਪ੍ਰਗਟਾਵੈ ॥**

ti-o saaDhoo sang mil jot paragtaavai.

Similarly divine light becomes manifest in the company of the Saints.

**ਤਿਨ ਸੰਤਨ ਕੀ ਬਾਛਉ ਧੂਰਿ ॥**

tin santan kee baachha-o Dhoor.

I seek the humble service of those Saints;

**ਨਾਨਕ ਕੀ ਹਰਿ ਲੋਚਾ ਪੂਰਿ ॥੩॥**

naanak kee har lochaa poor. ||3||

O' God, please fulfill this desire of Nanak ||3||

**ਮਨ ਮੂਰਖ ਕਾਹੇ ਬਿਲਲਾਈਐ ॥**

man moorakh kaahay billaa-ee-ai.

O' my foolish mind, why do you cry and moan?

**ਪੁਰਬ ਲਿਖੇ ਕਾ ਲਿਖਿਆ ਪਾਈਐ ॥**

purab likhay kaa likhi-aa paa-ee-ai.

You receive whatever is preordained, based upon your previous deeds.

**ਦੂਖ ਸੂਖ ਪ੍ਰਭ ਦੇਵਨਹਾਰੁ ॥**

dookh sookh parabh dayvanhaar.

God is the Giver of pain and pleasure.

**ਅਵਰ ਤਿਆਗਿ ਤੂ ਤਿਸਹਿ ਚਿਤਾਰੁ ॥**

avar ti-aag too tiseh chitaar.

Therefore, relinquish the support of others and lovingly remember Him alone.

**ਜੋ ਕਛੁ ਕਰੈ ਸੋਈ ਸੁਖੁ ਮਾਨੁ ॥**

jo kachh karai so-ee sukh maan.

Take comfort in whatever He does.

**ਭੂਲਾ ਕਾਰੇ ਫਿਰਹਿ ਅਜਾਨੁ ॥**

bhoolaa kaahay fireh ajaan.

O' ignorant one, why are you wandering around?

**ਕਉਨ ਬਸਤੁ ਆਈ ਤੇਰੈ ਸੰਗੁ ॥**

ka-un basat aa-ee tayrai sang.

What things did you bring with you?

**ਲਪਟਿ ਰਹਿਓ ਰਸਿ ਲੇਭੀ ਪਤੰਗੁ ॥**

lapat rahi-o ras lobhee patang.

O greedy moth, you are getting engrossed in worldly pleasures.

**ਰਾਮ ਨਾਮੁ ਜਪਿ ਹਿਰਦੇ ਮਾਹਿ ॥**

raam naam jap hirday maahi.

Meditate on God's Name in your heart.

**ਨਾਨਕੁ ਪਤਿ ਸੇਤੀ ਘਰਿ ਜਾਹਿ ॥੪॥**

naanak pat saytee ghar jaahi. ||4||

O Nanak, thus you shall return to divine home with honor. ||4||

**ਜਿਸੁ ਵਖਰ ਕਉ ਲੈਨਿ ਤੂ ਆਇਆ ॥**

jis vakhar ka-o lain too aa-i-aa.

The wealth of Naam, for which you have come to this world,

**ਰਾਮ ਨਾਮੁ ਸੰਤਨ ਘਰਿ ਪਾਇਆ ॥**

raam naam santan ghar paa-i-aa.

that wealth of God's Name is received in the holy congregation.

**ਤਜਿ ਅਭਿਮਾਨੁ ਲੇਹੁ ਮਨ ਮੋਲਿ ॥**

taj abhimaan layho man mol.

Renounce egotistical pride from your mind and in exchange buy the wealth of God's Name.

**ਰਾਮ ਨਾਮੁ ਹਿਰਦੇ ਮਹਿ ਤੋਲਿ ॥**

raam naam hirday meh tol.

Enshrine God's Name in your heart.



**ਲਾਦਿ ਖੇਪ ਸੰਤਹ ਸੰਗਿ ਚਾਲੁ ॥**

laad khayp santeh sang chhaal.

Load up this wealth of Naam by Lovingly meditate on God's Name in the holy congregation,

**ਅਵਰ ਤਿਆਗਿ ਬਿਖਿਆ ਜੰਜਾਲੁ ॥**

avar ti-aag bikhi-aa janjaal.

and discard all other worldly entanglements.

**ਧੰਨਿ ਧੰਨਿ ਕਹੈ ਸਭੁ ਕੋਇ ॥**

Dhan Dhan kahai sabh ko-ay.

If you do this, everyone will praise you,

**ਮੁਖ ਉਜਲ ਹਰਿ ਦਰਗਹ ਸੋਇ ॥**

mukh oojal har dargeh so-ay.

and you shall be received with honor in God's court.

**ਇਹੁ ਵਾਪਾਰੁ ਵਿਰਲਾ ਵਾਪਾਰੈ ॥**

ih vaapaar virlaa vaapaarai.

But only a rare person engages in meditation on God's Name.

**ਨਾਨਕ ਤਾ ਕੈ ਸਦ ਬਲਿਹਾਰੈ ॥੫॥**

naanak taa kai sad balihaarai. ||5||

O' Nanak, I am forever dedicated to such a person. ||5||

**ਚਰਨ ਸਾਧ ਕੇ ਧੋਇ ਧੋਇ ਪੀਉ ॥**

charan saaDh kay Dho-ay Dho-ay pee-o.

Follow the words of the Saints with utmost humility and obedience.

**ਅਰਪਿ ਸਾਧ ਕਉ ਅਪਨਾ ਜੀਉ ॥**

arap saaDh ka-o apnaa jee-o.

Surrender your soul to the Guru.

**ਸਾਧ ਕੀ ਧੂਰਿ ਕਰਹੁ ਇਸਨਾਨੁ ॥**

saaDh kee Dhoor karahu isnaan.

Take cleansing bath by sincerely accepting the the Guru's teachings.

**ਸਾਧ ਉਪਰਿ ਜਾਈਐ ਕੁਰਬਾਨੁ ॥**

saaDh oopar jaa-ee-ai kurbaan.

Dedicate your life to the Guru.

**ਸਾਧ ਸੇਵਾ ਵਡਭਾਗੀ ਪਾਈਐ ॥**

saaDh sayvaa vadbhaagee paa-ee-ai.

The Guru's teaching is received by great fortune

**ਸਾਧਸੰਗਿ ਹਰਿ ਕੀਰਤਨੁ ਗਾਈਐ ॥**

saaDhsang har keertan gaa-ee-ai.

God's praises can be sung only in the holy congregation.

**ਅਨਿਕ ਬਿਘਨ ਤੇ ਸਾਧੂ ਰਾਖੈ ॥**

anik bighan tay saaDhoo raakhai.

The Saint saves us from all sorts of dangers in our spiritual journey.

**ਹਰਿ ਗੁਨ ਗਾਇ ਅੰਮ੍ਰਿਤ ਰਸੁ ਚਾਖੈ ॥**

har gun gaa-ay amrit ras chaakhai.

He who sings the praises of God tastes the nectar of Naam.

**ਓਟ ਗਹੀ ਸੰਤਹ ਦਰਿ ਆਇਆ ॥**

ot gahee santeh dar aa-i-aa.

The one who has sought the support of the Saints and has come to their refuge,

**ਸਰਬ ਸੁਖ ਨਾਨਕ ਤਿਹ ਪਾਇਆ ॥੬॥**

sarab sookh naanak tih paa-i-aa. ||6||

O' Nanak, he has received all the comforts and peace. ||6||

**ਮਿਰਤਕ ਕਉ ਜੀਵਾਲਨਹਾਰ ॥**

mirtak ka-o jeevaalanhaar.

God is able to infuse life back into the spiritually dead.

**ਭੂਖੇ ਕਉ ਦੇਵਤ ਅਧਾਰ ॥**

bhookhay ka-o dayvat aDhaar.

He provides sustenance to the hungry.

**ਸਰਬ ਨਿਧਾਨ ਜਾ ਕੀ ਦ੍ਰਿਸਟੀ ਮਾਹਿ ॥**

sarab niDhaan jaa kee daristee maahi.

All treasures are within His Glance of Grace,

**ਪੁਰਬ ਲਿਖੇ ਕਾ ਲਹਣਾ ਪਾਹਿ ॥**

purab likhay kaa lahnaa paahi.

but people receive what is preordained in their destiny.

**ਸਭੁ ਕਿਛੁ ਤਿਸ ਕਾ ਓਹੁ ਕਰਨੈ ਜੋਗੁ ॥**

sabh kichh tis kaa oh karnai jog.

Everything belongs to Him and He can do everything

**ਤਿਸੁ ਬਿਨੁ ਦੂਸਰ ਹੋਆ ਨ ਹੋਗੁ ॥**

tis bin doosar ho-aa na hog.

Other than Him, there has never been any other, and there shall never be.

**ਜਪਿ ਜਨ ਸਦਾ ਸਦਾ ਦਿਨੁ ਰੈਣੀ ॥**

jap jan sadaa sadaa din rainee.

O' devotee, Meditate on Him forever and ever, day and night.

**ਸਭ ਤੇ ਉਚ ਨਿਰਮਲ ਇਹ ਕਰਣੀ ॥**

sabh tay ooch nirmal ih karnee.

This is the most exalted and immaculate deed.

**ਕਰਿ ਕਿਰਪਾ ਜਿਸ ਕਉ ਨਾਮੁ ਦੀਆ ॥**

kar kirpaa jis ka-o naam dee-aa.

By His Grace, whom God blesses His Name,

**ਨਾਨਕ ਸੇ ਜਨੁ ਨਿਰਮਲੁ ਥੀਆ ॥੭॥**

naanak so jan nirmal thee-aa. ||7||

O' Nanak, that person becomes immaculate and pure. ||7||

**ਜਾ ਕੈ ਮਨਿ ਗੁਰ ਕੀ ਪਰਤੀਤਿ ॥**

jaa kai man gur kee parteet.

One whose mind is full of firm faith in the Guru,

**ਤਿਸੁ ਜਨ ਆਵੈ ਹਰਿ ਪ੍ਰਭੁ ਚੀਤਿ ॥**

tis jan aavai har parabh cheet.

God forever dwells in his conscience.

**ਭਗਤੁ ਭਗਤੁ ਸੁਨੀਐ ਤਿਹੁ ਲੋਇ ॥**

bhagat bhagat sunee-ai tihu lo-ay.

He is acclaimed as a devotee, a humble devotee throughout the worlds,

**ਜਾ ਕੈ ਹਿਰਦੈ ਏਕੇ ਹੋਇ ॥**

jaa kai hirdai ayko ho-ay.

in whose heart dwells the One (God) alone.

**ਸਚੁ ਕਰਣੀ ਸਚੁ ਤਾ ਕੀ ਰਹਤ ॥**

sach karnee sach taa kee rahat.

True are his actions; and true is his way of life.

**ਸਚੁ ਹਿਰਦੈ ਸਤਿ ਮੁਖਿ ਕਹਤ ॥**

sach hirdai sat mukh kahat.

God is in his heart and Truth (God's Name) is what he utters.

**ਸਾਚੀ ਦ੍ਰਿਸਟਿ ਸਾਚਾ ਆਕਾਰੁ ॥**

saachee darisat saachaa aakaar.

The vision of this devotee is imbued with the love for God, therefore he sees God permeating in the entire w

**ਸਚੁ ਵਰਤੈ ਸਾਚਾ ਪਾਸਾਰੁ ॥**

sach vartai saachaa paasaar.

He knows that God pervade everywhere and all this expanse belongs to God.

**ਪਾਰਬ੍ਰਹਮੁ ਜਿਨਿ ਸਚੁ ਕਰਿ ਜਾਤਾ ॥**

paarbarahm jin sach kar jaataa.

The one who recognizes the Supreme God as Eternal,

**ਨਾਨਕ ਸੋ ਜਨੁ ਸਚਿ ਸਮਾਤਾ ॥੮॥੧੫॥**

naanak so jan sach samaataa. ||8||15||

O' Nanak, that humble being gets absorbed into the True One. ||8||15||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਰੂਪੁ ਨ ਰੇਖ ਨ ਰੰਗੁ ਕਿਛੁ ਤ੍ਰਿਹੁ ਗੁਣ ਤੇ ਪ੍ਰਭ ਭਿੰਨ ॥**

roop na raykh na rang kichh tarihu gun tay parabh bhinn.

God has no form, no shape, no color; He is free from the three characteristics of Maya (power, vice and virtue).

**ਤਿਸਹਿ ਬੁਝਾਏ ਨਾਨਕਾ ਜਿਸੁ ਹੋਵੈ ਸੁਪ੍ਰਸੰਨ ॥੧॥**

tiseh bujhaa-ay naankaa jis hovai suparsan. ||1||

O' Nanak, He enables that one to realize Him, with whom He is pleased. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਅਬਿਨਾਸੀ ਪ੍ਰਭੁ ਮਨ ਮਹਿ ਰਾਖੁ ॥**

abhinaasee parabh man meh raakh.

Keep the Immortal God enshrined within your mind,

**ਮਾਨੁਖ ਕੀ ਤੂ ਪ੍ਰੀਤਿ ਤਿਆਗੁ ॥**

maanukh kee too pareet ti-aag.

and renounce your love and attachment for any mortal.

**ਤਿਸ ਤੇ ਪਰੈ ਨਾਹੀ ਕਿਛੁ ਕੇਇ ॥**

tis tay parai naahee kichh ko-ay.

Beyond Him, there is nothing at all.

**ਸਰਬ ਨਿਰੰਤਰਿ ਏਕੇ ਸੋਇ ॥**

sarab nirantar ayko so-ay.

The One God is pervading among all.

**ਆਪੇ ਬੀਨਾ ਆਪੇ ਦਾਨਾ ॥**

aapay beenaa aapay daanaa.

He Himself sees all, and knows all.

**ਗਹਿਰ ਗੰਭੀਰੁ ਗਹੀਰੁ ਸੁਜਾਨਾ ॥**

gahir gambheer gaheer sujaanaa.

He is unfathomable, profound, deep and sagacious.

**ਪਾਰਬ੍ਰਹਮ ਪਰਮੇਸੁਰ ਗੋਬਿੰਦ ॥**

paarbarahm parmaysur gobind.

O' transcendent God, the supreme being, and Master of the universe,

**ਕ੍ਰਿਪਾ ਨਿਧਾਨ ਦਇਆਲ ਬਖਸੰਦ ॥**

kirpaa niDhaan da-i-aal bakhsand.

the treasure of mercy, compassion and forgiveness,

**ਸਾਧ ਤੇਰੇ ਕੀ ਚਰਨੀ ਪਾਉ ॥**

saaDh tayray kee charnee paa-o.

Please let me be the humble servant of Your saints.

**ਨਾਨਕ ਕੈ ਮਨਿ ਇਹੁ ਅਨਰਾਉ ॥੧॥**

naanak kai man ih anraa-o. ||1||

This is the yearning of Nanak's mind. ||1||

**ਮਨਸਾ ਪੂਰਨ ਸਰਨਾ ਜੋਗ ॥**

mansaa pooran sarnaa jog.

God is capable of fulfilling our wishes and providing refuge.

**ਜੋ ਕਰਿ ਪਾਇਆ ਸੋਈ ਹੋਗੁ ॥**

jo kar paa-i-aa so-ee hog.

Whatever God has inscribed in one's destiny, is what takes place.

**ਹਰਨ ਭਰਨ ਜਾ ਕਾ ਨੇਤ੍ਰ ਫੇਰੁ ॥**

haran bharan jaa kaa naytar for.

God can create or destroy the universe in the blink of an eye;

**ਤਿਸ ਕਾ ਮੰਤ੍ਰੁ ਨ ਜਾਨੈ ਹੋਰੁ ॥**

tis kaa mantar na jaanai hor.

No one other than Him, knows the mantra.

**ਅਨਦ ਰੂਪ ਮੰਗਲ ਸਦ ਜਾ ਕੈ ॥**

anad roop mangal sad jaa kai.

is the embodiment of everlasting bliss and joy,

**ਸਰਬ ਥੋਕ ਸੁਨੀਅਹਿ ਘਰਿ ਤਾ ਕੈ ॥**

sarab thok sunee-ah ghar taa kai.

and all gifts are heard to be in His possession.

**ਰਾਜ ਮਹਿ ਰਾਜੁ ਜੋਗ ਮਹਿ ਜੋਗੀ ॥**

raaj meh raaj jog meh jogee.

Among kings, He is the greatest King; among yogis, He is the holiest Yogi.

**ਤਪ ਮਹਿ ਤਪੀਸਰੁ ਗ੍ਰਿਹਸਤ ਮਹਿ ਭੋਗੀ ॥**

tap meh tapeesar garihsat meh bhogee.

Among ascetics, He is the highest Ascetic; among householders, He is the indulging householder.

**ਧਿਆਇ ਧਿਆਇ ਭਗਤਹ ਸੁਖੁ ਪਾਇਆ ॥**

Dhi-aa-ay Dhi-aa-ay bhagtah sukh paa-i-aa.

By continuous meditation on Him, His devotees have found peace.

**ਨਾਨਕ ਤਿਸੁ ਪੁਰਖ ਕਾ ਕਿਨੈ ਅੰਤੁ ਨ ਪਾਇਆ ॥੨॥**

naanak tis purakh kaa kinai ant na paa-i-aa. ||2||

O' Nanak, no one has found the limits of that Supreme Being. ||2||

**ਜਾ ਕੀ ਲੀਲਾ ਕੀ ਮਿਤਿ ਨਾਹਿ ॥**

jaa kee leelaa kee mit naahi.

There is no limit to His worldly play,

**ਸਗਲ ਦੇਵ ਹਾਰੇ ਅਵਗਾਹਿ ॥**

sagal dayv haaray avgaahi.

all the angels have grown weary of searching for Him.

**ਪਿਤਾ ਕਾ ਜਨਮੁ ਕਿ ਜਾਨੈ ਪੂਤੁ ॥**

pitaa kaa janam ke jaanai poot.

Just as a son cannot know the secret of the birth of his father, similarly the creation cannot know about the birth of its Creator.

**ਸਗਲ ਪਰੇਈ ਅਪੁਨੈ ਸੂਤਿ ॥**

sagal paro-ee apunai soot.

He has bound the entire creation under His Law like the beads strung in a rosary.

**ਸੁਮਤਿ ਗਿਆਨੁ ਧਿਆਨੁ ਜਿਨ ਦੇਇ ॥**

sumat gi-aan Dhi-aan jin day-ay.

The devotees upon whom He bestows good sense, spiritual wisdom and inclination to meditate,

**ਜਨ ਦਾਸ ਨਾਮੁ ਧਿਆਵਹਿ ਸੇਇ ॥**

jan daas naam Dhi-aavahi say-ay.

those humble devotees remember Him with love and devotion.

**ਤਿਹੁ ਗੁਣ ਮਹਿ ਜਾ ਕਉ ਭਰਮਾਏ ॥**

tihu gun meh jaa ka-o bharmaa-ay.

The one whom He leads astray in the three impulses (vice, virtue and power),

**ਜਨਮਿ ਮਰੈ ਫਿਰਿ ਆਵੈ ਜਾਏ ॥**

janam marai fir aavai jaa-ay.

keeps wandering in the cycles of birth and death.

**ਉਚ ਨੀਚ ਤਿਸ ਕੇ ਅਸਥਾਨ ॥**

ooch neech tis kay asthaan.

God dwells in all these high and low spiritual states of mind.

**ਜੈਸਾ ਜਨਾਵੈ ਤੈਸਾ ਨਾਨਕ ਜਾਨ ॥੩॥**

jaisaa janaavai taisaa naanak jaan. ||3||

O' Nanak, Whatever intellect God gives one, heknows Him accordingly. ||3||

**ਨਾਨਾ ਰੂਪ ਨਾਨਾ ਜਾ ਕੇ ਰੰਗ ॥**

naanaa roop naanaa jaa kay rang.

Many are His forms; many are His colors.

**ਨਾਨਾ ਭੇਖ ਕਰਹਿ ਇਕ ਰੰਗ ॥**

naanaa bhaykh karahi ik rang.

Many are the appearances which He assumes and yet, He is only One of its kind.

**ਨਾਨਾ ਬਿਧਿ ਕੀਨੋ ਬਿਸਥਾਰੁ ॥**

naanaa biDh keeno bisthaar.

In numerous ways He has expanded this universe,

**ਪ੍ਰਭੁ ਅਬਿਨਾਸੀ ਏਕੰਕਾਰੁ ॥**

parabh abhinaasee aikankaar.

but still, He is eternal and the only One Creator.

**ਨਾਨਾ ਚਲਿਤ ਕਰੇ ਖਿਨ ਮਾਹਿ ॥**

naanaa chalit karay khin maahi.

He performs His many plays in an instant.

**ਪੂਰਿ ਰਹਿਓ ਪੂਰਨੁ ਸਭ ਠਾਇ ॥**

poor rahi-o pooran sabh thaa-ay.

the Perfect God is pervading all places.

**ਨਾਨਾ ਬਿਧਿ ਕਰਿ ਬਨਤ ਬਨਾਈ ॥**

naanaa biDh kar banat banaa-ee.

In so many ways, He has created the creation,

**ਅਪਨੀ ਕੀਮਤਿ ਆਪੇ ਪਾਈ ॥**

apnee keemat aapay paa-ee.

and He alone knows His worth.



**ਸਭ ਘਟ ਤਿਸ ਕੇ ਸਭ ਤਿਸ ਕੇ ਠਾਉ ॥**

sabh ghat tis kay sabh tis kay thaa-o.

All beings are His, and all places are His and all the creation belongs to Him.

**ਜਪਿ ਜਪਿ ਜੀਵੈ ਨਾਨਕ ਹਰਿ ਨਾਉ ॥੪॥**

jap jap jeevai naanak har naa-o. ||4||

O' Nanak, His devotee lives meditating on God's Name. ||4||

**ਨਾਮ ਕੇ ਧਾਰੇ ਸਗਲੇ ਜੰਤ ॥**

naam kay Dhaaray saglay jant.

Naam is the Support of all creatures.

**ਨਾਮ ਕੇ ਧਾਰੇ ਖੰਡ ਬ੍ਰਹਮੰਡ ॥**

naam kay Dhaaray khand barahmand.

Naam is the Support of the earth and solar systems.

**ਨਾਮ ਕੇ ਧਾਰੇ ਸਿਮ੍ਰਿਤਿ ਬੇਦ ਪੁਰਾਨ ॥**

naam kay Dhaaray simrit bayd puraan.

Naam is the basis of (Hindu scriptures), the Simritis, Vedas and Puranas.

**ਨਾਮ ਕੇ ਧਾਰੇ ਸੁਨਨ ਗਿਆਨ ਧਿਆਨ ॥**

naam kay Dhaaray sunan gi-aan Dhi-aan.

With the support of Naam we hear about divine knowledge and meditation.

**ਨਾਮ ਕੇ ਧਾਰੇ ਆਗਾਸ ਪਾਤਾਲ ॥**

naam kay Dhaaray aagaas paataal.

Naam is the Support of the skies and the nether regions.

**ਨਾਮ ਕੇ ਧਾਰੇ ਸਗਲ ਆਕਾਰ ॥**

naam kay Dhaaray sagal aakaar.

Naam is the Support of all bodies (all forms of life).

**ਨਾਮ ਕੇ ਧਾਰੇ ਪੁਰੀਆ ਸਭ ਭਵਨ ॥**

naam kay Dhaaray puree-aa sabh bhavan.

Naam is the Support of all the worlds and realms.

**ਨਾਮ ਕੈ ਸੰਗਿ ਉਧਰੇ ਸੁਨਿ ਸ੍ਰਵਨ ॥**

naam kai sang uDhray sun sarvan.

By meditating and listening Name, many have been saved from vices.

**ਕਰਿ ਕਿਰਪਾ ਜਿਸੁ ਆਪਨੈ ਨਾਮਿ ਲਾਏ ॥**

kar kirpaa jis aapnai naam laa-ay.

Bestowing His grace, whom God bless with Naam,

**ਨਾਨਕ ਚਉਥੇ ਪਦ ਮਹਿ ਸੇ ਜਨੁ ਗਤਿ ਪਾਏ ॥੫॥**

naanak cha-uthay pad meh so jan gat paa-ay. ||5||

O' Nanak, in the fourth stage of divine bliss, that humble devotee reaches the higher spiritual state. ||5||

**ਰੂਪੁ ਸਤਿ ਜਾ ਕਾ ਸਤਿ ਅਸਥਾਨੁ ॥**

roop sat jaa kaa sat asthaan.

God, whose form is eternal and whose seat of power is eternal,

**ਪੁਰਖੁ ਸਤਿ ਕੇਵਲ ਪਰਧਾਨੁ ॥**

purakh sat kayval parDhaan.

only that all-pervading Eternal Being is supreme.

**ਕਰਤੂਤਿ ਸਤਿ ਸਤਿ ਜਾ ਕੀ ਬਾਣੀ ॥**

kartoot sat sat jaa kee banee.

He whose deeds are eternal and whose word is true,

**ਸਤਿ ਪੁਰਖ ਸਭ ਮਾਹਿ ਸਮਾਣੀ ॥**

sat purakh sabh maahi samaanee.

that eternal God is pervading in all.

**ਸਤਿ ਕਰਮੁ ਜਾ ਕੀ ਰਚਨਾ ਸਤਿ ॥**

sat karam jaa kee rachnaa sat.

His creation is true and true are His actions.

**ਮੂਲੁ ਸਤਿ ਸਤਿ ਉਤਪਤਿ ॥**

mool sat sat utpat.

His origin is true, and true is what originates from it.

**ਸਤਿ ਕਰਣੀ ਨਿਰਮਲ ਨਿਰਮਲੀ ॥**

sat karnee nirmal nirmalee.

True is His Will, the purest of the pure.

**ਜਿਸਹਿ ਬੁਝਾਏ ਤਿਸਹਿ ਸਭ ਭਲੀ ॥**

jisahi bujhaa-ay tiseh sabh bhalee.

All goes well for him whom He enables to understand His Will

**ਸਤਿ ਨਾਮੁ ਪ੍ਰਭ ਕਾ ਸੁਖਦਾਈ ॥**

sat naam parabh kaa sukh-daa-ee.

The True Name of God is the Giver of peace.

**ਬਿਸ੍ਵਾਸੁ ਸਤਿ ਨਾਨਕ ਗੁਰ ਤੇ ਪਾਈ ॥੬॥**

bisvaas sat naanak gur tay paa-ee. ||6||

O' Nanak, this faith is received only from the Guru.||6||

**ਸਤਿ ਬਚਨ ਸਾਧੂ ਉਪਦੇਸ ॥**

sat bachan saaDhoo updays.

The teachings of the Guru are true for ever.

**ਸਤਿ ਤੇ ਜਨ ਜਾ ਕੈ ਰਿਦੈ ਪ੍ਰਵੇਸ ॥**

sat tay jan jaa kai ridai parvays.

Those in whose heart these teachings permeate also become true and are liberated from the cycles of birth and death.

**ਸਤਿ ਨਿਰਤਿ ਬੁਝੈ ਜੇ ਕੋਇ ॥**

sat nirat boojhai jay ko-ay.

If one comes to realize the depth of the eternal God's love,

**ਨਾਮੁ ਜਪਤ ਤਾ ਕੀ ਗਤਿ ਹੋਇ ॥**

naam japat taa kee gat ho-ay.

that person meditates on Naam and achieves an elevated spiritual state.

**ਆਪਿ ਸਤਿ ਕੀਆ ਸਭੁ ਸਤਿ ॥**

aap sat kee-aa sabh sat.

God, Himself is eternal, and all that He has created is also eternal.

**ਆਪੇ ਜਾਨੈ ਅਪਨੀ ਮਿਤਿ ਗਤਿ ॥**

aapay jaanai apnee mit gat.

He Himself knows His own worth and limit.

**ਜਿਸ ਕੀ ਸ੍ਰਿਸਟਿ ਸੁ ਕਰਣੈਹਾਰੁ ॥**

jis kee sarisat so karnaihaar.

He, to whom this universe belongs, is the creator thereof.

**ਅਵਰ ਨ ਬੁਝਿ ਕਰਤ ਬੀਚਾਰੁ ॥**

avar na boojh karat beechaar.

Don't think of anybody else but God to be the protector of the universe.

**ਕਰਤੇ ਕੀ ਮਿਤਿ ਨ ਜਾਨੈ ਕੀਆ ॥**

kartay kee mit na jaanai kee-aa.

The creation cannot know the extent of the Creator.

**ਨਾਨਕ ਜੋ ਤਿਸੁ ਭਾਵੈ ਸੋ ਵਰਤੀਆ ॥੭॥**

naanak jo tis bhaavai so vartee-aa. ||7||

O' Nanak, whatever pleases Him comes to pass. ||7||

**ਬਿਸਮਨ ਬਿਸਮ ਭਏ ਬਿਸਮਾਦ ॥**

bisman bisam bha-ay bismaad.

Gazing upon His wondrous wonder, His devotees become wonderstruck and amazed!

**ਜਿਨਿ ਬੁਝਿਆ ਤਿਸੁ ਆਇਆ ਸ੍ਵਾਦ ॥**

jin boojhi-aa tis aa-i-aa savaad.

Those who realized God, enjoyed the bliss.

**ਪ੍ਰਭ ਕੈ ਰੰਗਿ ਰਾਚਿ ਜਨ ਰਹੇ ॥**

parabh kai rang raach jan rahay.

God's humble devotees remain absorbed in His Love,

**ਗੁਰ ਕੈ ਬਚਨਿ ਪਦਾਰਥ ਲਹੇ ॥**

gur kai bachan padaarath lahay.

and through the Guru's teachings they receive the wealth of Naam.

**ਓਇ ਦਾਤੇ ਦੁਖ ਕਾਟਨਹਾਰ ॥**

o-ay daatay dukh kaatanhaar.

They themselves become benefactors and dispeller of woes of others,

**ਜਾ ਕੈ ਸੰਗਿ ਤਰੈ ਸੰਸਾਰ ॥**

jaa kai sang tarai sansaar.

and in their company, the humanity swims across the world-ocean of vices.

**ਜਨ ਕਾ ਸੇਵਕੁ ਸੋ ਵਡਭਾਗੀ ॥**

jan kaa sayvak so vadbhaagee.

Fortunate is the one who engages in the service of God's devotees

**ਜਨ ਕੈ ਸੰਗਿ ਏਕ ਲਿਵ ਲਾਗੀ ॥**

jan kai sang ayk liv laagee.

In the company of such devotees, one is attuned to the Love of God.

**ਗੁਨ ਗੋਬਿਦ ਕੀਰਤਨੁ ਜਨੁ ਗਾਵੈ ॥**

gun gobid keertan jan gaavai.

The devotee who sings the praises of God,

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਫਲੁ ਪਾਵੈ ॥੮॥੧੬॥**

gur parsaad naanak fal paavai. ||8||16||

O' Nanak, by Guru's grace, he receives the reward of Naam

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥**

aad sach jugaad sach.

God has existed before the beginning of time, He has existed since the beginning of the ages.

**ਹੈ ਭਿ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭਿ ਸਚੁ ॥੧॥**

hai bhe sach naanak hosee bhe sach. ||1||

O' Nanak, God is present now and will also be present in the future.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਚਰਨ ਸਤਿ ਸਤਿ ਪਰਸਨਹਾਰ ॥**

charan sat sat parsanhaar.

Eternal is God's presence, and those who realize His presence also become eternal (free from the cycles of birth and death).

**ਪੂਜਾ ਸਤਿ ਸਤਿ ਸੇਵਦਾਰ ॥**

poojaa sat sat sayvdaar.

Eternal is His worship, and eternal become those who serve Him by lovingly meditating upon Him.

**ਦਰਸਨੁ ਸਤਿ ਸਤਿ ਪੇਖਨਹਾਰ ॥**

darsan sat sat paykhanhaar.

True is the sight of Him and those who behold Him also become true (free from the cycle of birth and death).

**ਨਾਮੁ ਸਤਿ ਸਤਿ ਧਿਆਵਨਹਾਰ ॥**

naam sat sat Dhi-aavanhaar.

His Name is True, and True are those who lovingly meditate on it.

**ਆਪਿ ਸਤਿ ਸਤਿ ਸਭ ਧਾਰੀ ॥**

aap sat sat sabh Dhaaree.

He Himself is True, and True is all that He sustains.

**ਆਪੇ ਗੁਣ ਆਪੇ ਗੁਣਕਾਰੀ ॥**

aapay gun aapay gunkaaree.

He Himself is the embodiment of virtue, and He is the bestower of virtues.

**ਸਬਦੁ ਸਤਿ ਸਤਿ ਪ੍ਰਭੁ ਬਕਤਾ ॥**

sabad sat sat parabh baktaa.

Eternal is the word of His praises and eternal becomes the one who utters that true word of His praises.

**ਸੁਰਤਿ ਸਤਿ ਸਤਿ ਜਸੁ ਸੁਨਤਾ ॥**

surat sat sat jas suntaa.

True is the deed of meditating on God, and true is the one who listens to the praises of God.

**ਬੁਝਨਹਾਰ ਕਉ ਸਤਿ ਸਭ ਹੋਇ ॥**

bujhanhaar ka-o sat sabh ho-ay.

The one who understands that God is eternal, deems everything created by Him is also eternal (real, not imaginary).

**ਨਾਨਕ ਸਤਿ ਸਤਿ ਪ੍ਰਭੁ ਸੋਇ ॥੧॥**

naanak sat sat parabh so-ay. ||1||

O' Nanak, God is eternal for sure. ||1||

**ਸਤਿ ਸਰੂਪੁ ਰਿਦੈ ਜਿਨਿ ਮਾਨਿਆ ॥**

sat saroop ridai jin maani-aa.

One who has enshrined God, the Embodiment of Truth, in his heart,

**ਕਰਨ ਕਰਾਵਨ ਤਿਨਿ ਮੂਲੁ ਪਛਾਨਿਆ ॥**

karan karaavan tin mool pachhaani-aa.

has recognized God as the Cause of causes, the Root of all.

**ਜਾ ਕੈ ਰਿਦੈ ਬਿਸ੍ਵਾਸੁ ਪ੍ਰਭ ਆਇਆ ॥**

jaa kai ridai bisvaas parabh aa-i-aa.

One whose heart is completely convinced of the presence of God,

**ਤਤੁ ਗਿਆਨੁ ਤਿਸੁ ਮਨਿ ਪ੍ਰਗਟਾਇਆ ॥**

tat gi-aan tis man paragtaa-i-aa.

the true spiritual wisdom is revealed to him.

**ਭੈ ਤੇ ਨਿਰਭਉ ਹੋਇ ਬਸਾਨਾ ॥**

bhai tay nirbha-o ho-ay basaanaa.

Shedding all fear, such a person remains in a fearless state of mind,

**ਜਿਸ ਤੇ ਉਪਜਿਆ ਤਿਸੁ ਮਾਹਿ ਸਮਾਨਾ ॥**

jis tay upji-aa tis maahi samaanaa.

and ultimately merges into Him from whom he originated.

**ਬਸਤੁ ਮਾਹਿ ਲੇ ਬਸਤੁ ਗਡਾਈ ॥**

basat maahi lay basat gadaa-ee.

Just as when a thing is mixed with more of the same, the two cannot be differentiated,

**ਤਾ ਕਉ ਭਿੰਨ ਨ ਕਹਨਾ ਜਾਈ ॥**

taa ka-o bhinn na kahnaa jaa-ee.

similarly the one who is absorbed in God's love cannot be described as different from Him.

**ਬੂਝੈ ਬੂਝਨਹਾਰੁ ਬਿਬੇਕ ॥**

boojhai boojhanhaar bibayk.

Only a rare discerner understands it.

**ਨਾਰਾਇਨ ਮਿਲੇ ਨਾਨਕ ਏਕ ॥੨॥**

naaraa-in milay naanak ayk. ||2||

O' Nanak, those who have realized God, have become one with Him.

**ਠਾਕੁਰ ਕਾ ਸੇਵਕੁ ਆਗਿਆਕਾਰੀ ॥**

thaakur kaa sayvak aagi-aakaaree.

The devotee of God is obedient to Him.

**ਠਾਕੁਰ ਕਾ ਸੇਵਕੁ ਸਦਾ ਪੂਜਾਰੀ ॥**

thaakur kaa sayvak sadaa poojaaree.

The devotee of God always adores Him.

**ਠਾਕੁਰ ਕੇ ਸੇਵਕ ਕੈ ਮਨਿ ਪਰਤੀਤਿ ॥**

thaakur kay sayvak kai man parteet.

The devotee's mind has complete faith in God.

**ਠਾਕੁਰ ਕੇ ਸੇਵਕ ਕੀ ਨਿਰਮਲ ਰੀਤਿ ॥**

thaakur kay sayvak kee nirmal reet.

Immaculate is the way of life of God's devotee.

**ਠਾਕੁਰ ਕਉ ਸੇਵਕੁ ਜਾਨੈ ਸੰਗਿ ॥**

thaakur ka-o sayvak jaanai sang.

God's devotee believes that God is always with him.

**ਪ੍ਰਭ ਕਾ ਸੇਵਕੁ ਨਾਮ ਕੈ ਰੰਗਿ ॥**

parabh kaa sayvak naam kai rang.

God's devotee always remain imbued with the love of Naam.

**ਸੇਵਕ ਕਉ ਪ੍ਰਭ ਪਾਲਨਹਾਰਾ ॥**

sayvak ka-o parabh paalanhaaraa.

God is the Cherisher of His devotee.

**ਸੇਵਕ ਕੀ ਰਾਖੈ ਨਿਰੰਕਾਰਾ ॥**

sayvak kee raakhai nirankaaraa.

The Formless God preserves the honor of His devotee.

**ਸੋ ਸੇਵਕੁ ਜਿਸੁ ਦਇਆ ਪ੍ਰਭ ਧਾਰੈ ॥**

so sayvak jis da-i-aa parabh Dhaarai.

His devotee is one unto whom God shows mercy.

**ਨਾਨਕ ਸੋ ਸੇਵਕੁ ਸਾਸਿ ਸਾਸਿ ਸਮਾਰੈ ॥੩॥**

naanak so sayvak saas saas samaarai. ||3||

O Nanak, that devotee remembers Him with each and every breath. ||3||

**ਅਪੁਨੇ ਜਨ ਕਾ ਪਰਦਾ ਢਾਕੈ ॥**

apunay jan kaa pardaa dhaakai.

He covers the shortcomings of His devotee.



**ਅਪਨੇ ਸੇਵਕ ਕੀ ਸਰਪਰ ਰਾਖੈ ॥**

apnay sayvak kee sarpar raakhai.

He surely preserves the honor of His devotee.

**ਅਪਨੇ ਦਾਸ ਕਉ ਦੇਇ ਵਡਾਈ ॥**

apnay daas ka-o day-ay vadaa-ee.

God bestows glory on His devotee.

**ਅਪਨੇ ਸੇਵਕ ਕਉ ਨਾਮੁ ਜਪਾਈ ॥**

apnay sayvak ka-o naam japaa-ee.

He blesses His devotee to meditate on Naam.

**ਅਪਨੇ ਸੇਵਕ ਕੀ ਆਪਿ ਪਤਿ ਰਾਖੈ ॥**

apnay sayvak kee aap pat raakhai.

He Himself preserves the honor of His devotee.

**ਤਾ ਕੀ ਗਤਿ ਮਿਤਿ ਕੋਇ ਨ ਲਾਖੈ ॥**

taa kee gat mit ko-ay na laakhai.

No one can estimate the higher spiritual state of God's devotee.

**ਪ੍ਰਭ ਕੇ ਸੇਵਕ ਕਉ ਕੇ ਨ ਪਹੂਚੈ ॥**

parabh kay sayvak ka-o ko na pahoochai.

No one compares spiritually with the devotee of God,

**ਪ੍ਰਭ ਕੇ ਸੇਵਕ ਉਚ ਤੇ ਉਚੇ ॥**

parabh kay sayvak ooch tay oochay.

Because the devotees of God are highest of the high.

**ਜੇ ਪ੍ਰਭਿ ਅਪਨੀ ਸੇਵਾ ਲਾਇਆ ॥**

jo parabh apnee sayvaa laa-i-aa.

The one whom God engages to His devotional worship,

**ਨਾਨਕ ਸੇ ਸੇਵਕੁ ਦਹ ਦਿਸਿ ਪ੍ਰਗਟਾਇਆ ॥੪॥**

naanak so sayvak dah dis paragtaa-i-aa. ||4||

O' Nanak, that devotee becomes renowned everywhere.

**ਨੀਕੀ ਕੀਰੀ ਮਹਿ ਕਲ ਰਾਖੈ ॥**

neekee keeree meh kal raakhai.

If God infuses His power into a very weak human being (weak like a tiny ant),

**ਭਸਮ ਕਰੈ ਲਸਕਰ ਕੋਟਿ ਲਾਖੈ ॥**

bhasam karai laskar kot laakhai.

then that person can reduce the armies of millions to ashes.

**ਜਿਸ ਕਾ ਸਾਸੁ ਨ ਕਾਢਤ ਆਪਿ ॥**

jis kaa saas na kaadhat aap.

The one whose life-breath God Himself does not take away;

**ਤਾ ਕਉ ਰਾਖਤ ਦੇ ਕਰਿ ਹਾਥ ॥**

taa ka-o raakhat day kar haath.

to that person He Himself provides protection.

**ਮਾਨਸ ਜਤਨ ਕਰਤ ਬਹੁ ਭਾਤਿ ॥**

maanas jatan karat baho bhaat.

One makes all sorts of efforts,

**ਤਿਸ ਕੇ ਕਰਤਬ ਬਿਰਥੇ ਜਾਤਿ ॥**

tis kay kartab birthay jaat.

but all these efforts are in vain without God's Will.

**ਮਾਰੈ ਨ ਰਾਖੈ ਅਵਰੁ ਨ ਕੋਇ ॥**

maarai na raakhai avar na ko-ay.

No one else besides God can kill or save a life,

**ਸਰਬ ਜੀਆ ਕਾ ਰਾਖਾ ਸੋਇ ॥**

sarab jee-aa kaa raakhaa so-ay.

because God himself is the Protector of all beings.

**ਕਾਹੇ ਸੋਚ ਕਰਹਿ ਰੇ ਪ੍ਰਾਣੀ ॥**

kaahay soch karahi ray paraanee.

Therefore, O' mortal, why do you worry?

**ਜਪਿ ਨਾਨਕ ਪ੍ਰਭ ਅਲਖ ਵਿਡਾਣੀ ॥੫॥**

jap naanak parabh alakh vidaanee. ||5||

O' Nanak, lovingly meditate on that incomprehensible and amazing God.

**ਬਾਰੰ ਬਾਰ ਬਾਰ ਪ੍ਰਭੁ ਜਪੀਐ ॥**

baaraN baar baar parabh japee-ai.

Time and again, let us meditate on God with loving devotion,

**ਪੀ ਅੰਮ੍ਰਿਤੁ ਇਹੁ ਮਨੁ ਤਨੁ ਧ੍ਰੁਪੀਐ ॥**

pee amrit ih man tan Dharpee-ai.

and by partaking the elixir of Naam, let us satiate our mind and body.

**ਨਾਮ ਰਤਨੁ ਜਿਨਿ ਗੁਰਮੁਖਿ ਪਾਇਆ ॥**

naam ratan jin gurmukh paa-i-aa.

The Guru's follower who has received the precious wealth of Naam.

**ਤਿਸੁ ਕਿਛੁ ਅਵਰੁ ਨਾਹੀ ਦ੍ਰਿਸਟਾਇਆ ॥**

tis kichh avar naahee daristaa-i-aa.

sees nothing other than God's presence everywhere.

**ਨਾਮੁ ਧਨੁ ਨਾਮੇ ਰੂਪੁ ਰੰਗੁ ॥**

naam Dhan naamo roop rang.

For him, Naam is his true wealth beauty and happiness.

**ਨਾਮੇ ਸੁਖੁ ਹਰਿ ਨਾਮ ਕਾ ਸੰਗੁ ॥**

naamo sukh har naam kaa sang.

God's Name is his companion and peace of his mind.

**ਨਾਮ ਰਸਿ ਜੇ ਜਨ ਤ੍ਰਿਪਤਾਨੇ ॥**

naam ras jo jan tariptaanay.

Those who are satiated with the Nectar of Naam,

**ਮਨ ਤਨ ਨਾਮਹਿ ਨਾਮਿ ਸਮਾਨੇ ॥**

man tan naameh naam samaanay.

their minds and bodies remain merged in God's Name.

**ਉਠਤ ਬੈਠਤ ਸੇਵਤ ਨਾਮ ॥**

oothat baithat sovat naam.,

Meditating on God's Name at all times,

**ਕਹੁ ਨਾਨਕ ਜਨ ਕੈ ਸਦ ਕਾਮ ॥੬॥**

kaho naanak jan kai sad kaam. ||6||

becomes a continuous avocation of the devotees of God, says Nanak. ||6||

**ਬੋਲਹੁ ਜਸੁ ਜਿਹਬਾ ਦਿਨੁ ਰਾਤਿ ॥**

bolhu jas jihbaa din raat.

Day and night, use the God-given tongue to utter His praises.

**ਪ੍ਰਭਿ ਅਪਨੈ ਜਨ ਕੀਨੀ ਦਾਤਿ ॥**

parabh apnai jan keenee daat.

This gift of praising Him is conferred by God Himself on His devotees.

**ਕਰਹਿ ਭਗਤਿ ਆਤਮ ਕੈ ਚਾਇ ॥**

karahi bhagat aatam kai chaa-ay.

The devotees perform devotional worship with heart-felt love,

**ਪ੍ਰਭ ਅਪਨੇ ਸਿਉ ਰਹਿ ਸਮਾਇ ॥**

parabh apnay si-o raheh samaa-ay.

and thus they remain absorbed in God's love.

**ਜੋ ਹੋਆ ਹੋਵਤ ਸੋ ਜਾਨੈ ॥**

jo ho-aa hovat so jaanai.

God's devotee knows all that has transpired, or is happening now,

**ਪ੍ਰਭ ਅਪਨੇ ਕਾ ਹੁਕਮੁ ਪਛਾਨੈ ॥**

parabh apnay kaa hukam pachhaanai.

and understands His God's will in all that.

**ਤਿਸ ਕੀ ਮਹਿਮਾ ਕਉਨ ਬਖਾਨਉ ॥**

tis kee mahimaa ka-un bakhaana-o.

Which of the virtue of such a devotee may I describe?

**ਤਿਸ ਕਾ ਗੁਨੁ ਕਹਿ ਏਕ ਨ ਜਾਨਉ ॥**

tis kaa gun kahi ayk na jaan-o.

I do not know how to describe even a single one of his virtues

**ਆਠ ਪਹਰ ਪ੍ਰਭ ਬਸਹਿ ਹਜੂਰੇ ॥**

aath pahar parabh baseh hajooray.

Those who always dwell in God's Presence,

**ਕਹੁ ਨਾਨਕ ਸੇਈ ਜਨ ਪੂਰੇ ॥੭॥**

kaho nanak say-ee jan pooray. ||7||

Nanak says, they are the perfect devotees.

**ਮਨ ਮੇਰੇ ਤਿਨ ਕੀ ਓਟ ਲੇਹਿ ॥**

man mayray tin kee ot layhi.

O' my mind, seek the protection of those who always dwell in God's presence;

**ਮਨੁ ਤਨੁ ਅਪਨਾ ਤਿਨ ਜਨ ਦੇਹਿ ॥**

man tan apnaa tin jan deh.

and dedicate your mind and body to those devotees.

**ਜਿਨਿ ਜਨਿ ਅਪਨਾ ਪ੍ਰਭੂ ਪਛਾਤਾ ॥**

jini jan apnaa parabhoo pachhaataa.

The devotee who has realized God,

**ਸੋ ਜਨੁ ਸਰਬ ਥੋਕ ਕਾ ਦਾਤਾ ॥**

so jan sarab thok kaa daataa.

becomes benefactor of all things.

**ਤਿਸ ਕੀ ਸਰਨਿ ਸਰਬ ਸੁਖ ਪਾਵਹਿ ॥**

tis kee saran sarab sukh paavahi.

You will receive all comforts in his refuge.

**ਤਿਸ ਕੈ ਦਰਸਿ ਸਭ ਪਾਪ ਮਿਟਾਵਹਿ ॥**

tis kai daras sabh paap mitaaveh.

By seeing the sight of such a devotee, you will eradicate all your sins.

**ਅਵਰ ਸਿਆਨਪ ਸਗਲੀ ਛਾਡੁ ॥**

avar si-aanap saglee chhaad.

Renounce all other cleverness,

**ਤਿਸੁ ਜਨ ਕੀ ਤੂ ਸੇਵਾ ਲਾਗੁ ॥**

tis jan kee too sayvaa laag.

and enjoin yourself to the service of such a devotee.

**ਆਵਨੁ ਜਾਨੁ ਨ ਹੋਵੀ ਤੇਰਾ ॥**

aavan jaan na hovee tayraa.

Your cycle of birth and death will come to an end,

**ਨਾਨਕ ਤਿਸੁ ਜਨ ਕੇ ਪੂਜਹੁ ਸਦ ਪੈਰਾ ॥੮॥੧੭॥**

nanak tis jan kay poojahu sad pairaa. ||8||17||

O' Nanak, always respectfully follow the advice of such a devotee. ||8||17||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਸਤਿ ਪੁਰਖੁ ਜਿਨਿ ਜਾਨਿਆ ਸਤਿਗੁਰੁ ਤਿਸ ਕਾ ਨਾਉ ॥**

sat purakh jin jaani-aa satgur tis kaa naa-o.

One who has realized the True Omnipresent God, is called the True Guru.

**ਤਿਸ ਕੈ ਸੰਗਿ ਸਿਖੁ ਉਧਰੈ ਨਾਨਕ ਹਰਿ ਗੁਨ ਗਾਉ ॥੧॥**

tis kai sang sikh uDhrai naanak har gun gaa-o. ||1||

In his company, a disciple is saved from vices. Therefore O' Nanak, you should also sing God's praises in the company of such a True Guru.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਸਤਿਗੁਰੁ ਸਿਖ ਕੀ ਕਰੈ ਪ੍ਰਤਿਪਾਲ ॥**

satgur sikh kee karai partipaal.

The True Guru cherishes His disciple.

**ਸੇਵਕ ਕਉ ਗੁਰੁ ਸਦਾ ਦਇਆਲ ॥**

sayvak ka-o gur sadaa da-i-aal.

The Guru is always merciful to His disciple.

**ਸਿਖ ਕੀ ਗੁਰੁ ਦੁਰਮਤਿ ਮਲੁ ਹਿਰੈ ॥**

sikh kee gur durmat mal hirai.

The Guru removes the filth of evil intellect from the disciple's mind,

**ਗੁਰ ਬਚਨੀ ਹਰਿ ਨਾਮੁ ਉਚਰੈ ॥**

gur bachnee har naam uchrai.

since following the advice of Guru, the disciple recites God's Name.

**ਸਤਿਗੁਰੁ ਸਿਖ ਕੇ ਬੰਧਨ ਕਾਟੈ ॥**

satgur sikh kay banDhan kaatai.

The true Guru liberates His devotee from the worldly bonds of Maya.

**ਗੁਰ ਕਾ ਸਿਖੁ ਬਿਕਾਰ ਤੇ ਹਾਟੈ ॥**

gur kaa sikh bikaar tay haatai.

The Guru's sikh (disciple) abstains from indulging in vices.

**ਸਤਿਗੁਰੁ ਸਿਖ ਕਉ ਨਾਮ ਧਨੁ ਦੇਇ ॥**

satgur sikh ka-o naam Dhan day-ay.

The True Guru gives his disciple the wealth of Naam,

**ਗੁਰ ਕਾ ਸਿਖੁ ਵਡਭਾਗੀ ਹੇ ॥**

gur kaa sikh vadbhaagee hay.

The Guru's disciple is very fortunate.

**ਸਤਿਗੁਰੁ ਸਿਖ ਕਾ ਹਲਤੁ ਪਲਤੁ ਸਵਾਰੈ ॥**

satgur sikh kaa halat palat savaarai.

The true Guru embellishes a disciple's life both here and hereafter.

**ਨਾਨਕ ਸਤਿਗੁਰੁ ਸਿਖ ਕਉ ਜੀਅ ਨਾਲਿ ਸਮਾਰੈ ॥੧॥**

naanak satgur sikh ka-o jee-a naal samaarai. ||1||

O' Nanak, the true Guru loves His disciple from the core of His heart.

**ਗੁਰ ਕੈ ਗ੍ਰਿਹਿ ਸੇਵਕੁ ਜੋ ਰਹੈ ॥**

gur kai garihi sayvak jo rahai.

The devotee who always seeks the Guru's teachings,

**ਗੁਰ ਕੀ ਆਗਿਆ ਮਨ ਮਹਿ ਸਹੈ ॥**

gur kee aagi-aa man meh sahai.

obeys the Guru's commands with all his mind,

**ਆਪਸ ਕਉ ਕਰਿ ਕਛੁ ਨ ਜਨਾਵੈ ॥**

aapas ka-o kar kachh na janaavai.

never displays pride in any way,

**ਹਰਿ ਹਰਿ ਨਾਮੁ ਰਿਦੈ ਸਦ ਧਿਆਵੈ ॥**

har har naam ridai sad Dhi-aavai.

always meditates on God's Name with love and devotion,

**ਮਨੁ ਬੇਚੈ ਸਤਿਗੁਰ ਕੈ ਪਾਸਿ ॥**

man baychai satgur kai paas.

surrenders his mind to the True Guru,

**ਤਿਸੁ ਸੇਵਕ ਕੇ ਕਾਰਜ ਰਾਸਿ ॥**

tis sayvak kay kaaraj raas.

that humbled devotee's affairs are resolved successfully.

**ਸੇਵਾ ਕਰਤ ਹੋਇ ਨਿਹਕਾਮੀ ॥**

sayvaa karat ho-ay nihkaamee.

The one who performs selfless service, without thought of reward,

**ਤਿਸ ਕਉ ਹੋਤ ਪਰਾਪਤਿ ਸੁਆਮੀ ॥**

tis ka-o hot paraapat su-aamee.  
shall realize his Master God.

**ਅਪਨੀ ਕ੍ਰਿਪਾ ਜਿਸੁ ਆਪਿ ਕਰੇਇ ॥**

apnee kirpaa jis aap karay-i.  
Upon whom God shows His grace.

**ਨਾਨਕ ਸੇ ਸੇਵਕੁ ਗੁਰ ਕੀ ਮਤਿ ਲੇਇ ॥੨॥**

nanak so sevak gur kee mat lay-ay. ||2||  
O' Nanak, only that devotee seeks the Guru's teachings. ||2||

**ਬੀਸ ਬਿਸਵੇ ਗੁਰ ਕਾ ਮਨੁ ਮਾਨੈ ॥**

bees bisvay gur kaa man maanai.  
The one who has convinced the Guru of his total devotion.

**ਸੇ ਸੇਵਕੁ ਪਰਮੇਸੁਰ ਕੀ ਗਤਿ ਜਾਨੈ ॥**

so sayvak parmaysur kee gat jaanai.  
that devotee gets to know the mystical state of the Transcendent God.

**ਸੇ ਸਤਿਗੁਰੁ ਜਿਸੁ ਰਿਦੈ ਹਰਿ ਨਾਉ ॥**

so satgur jis ridai har naa-o.  
The true Guru is the one, in whose heart is enshrined God's Name.

**ਅਨਿਕ ਬਾਰ ਗੁਰ ਕਉ ਬਲਿ ਜਾਉ ॥**

anik baar gur ka-o bal jaa-o.  
I dedicate myself to that Guru many times.

**ਸਰਬ ਨਿਧਾਨ ਜੀਅ ਕਾ ਦਾਤਾ ॥**

sarab niDhaan jee-a kaa daataa.  
The True Guru is the bestower of all treasures and spiritual life.

**ਆਠ ਪਹਰ ਪਾਰਬ੍ਰਹਮ ਰੰਗਿ ਰਾਤਾ ॥**

aath pahar paarbrahm rang raataa.  
At all times he remains imbued with the love of God.

**ਬ੍ਰਹਮ ਮਹਿ ਜਨੁ ਜਨ ਮਹਿ ਪਾਰਬ੍ਰਹਮੁ ॥**

brahm meh jan jan meh paarbrahm.  
The True Guru is absorbed in the Supreme God and the supreme God dwells in his His devotees.



**ਏਕਹਿ ਆਪਿ ਨਹੀ ਕਛੁ ਭਰਮੁ ॥**

aykeh aap nahee kachh bharam.

There is no doubt that God and the True Guru are one and the same.

**ਸਹਸ ਸਿਆਨਪ ਲਇਆ ਨ ਜਾਈਐ ॥**

sahas si-aanap la-i-aa na jaa-ee-ai.

Even by hundreds of clever wits we cannot meet a true Guru.

**ਨਾਨਕ ਐਸਾ ਗੁਰੁ ਬਡਭਾਗੀ ਪਾਈਐ ॥੩॥**

naanak aisaa gur badbhaagee paa-ee-ai. ||3||

O' Nanak, it is only through good fortune that we meet such a Guru. ||3||

**ਸਫਲ ਦਰਸਨੁ ਪੇਖਤ ਪੁਨੀਤ ॥**

safal darsan paykhat puneet.

Blessfull is the union with the True Guru; one gets sanctified upon accepting the Guru's teachings.

**ਪਰਸਤ ਚਰਨ ਗਤਿ ਨਿਰਮਲ ਰੀਤਿ ॥**

parsat charan gat nirmal reet.

Upon sincerely following the Guru's teachings, one's state of mind is elevated and the conduct in the journey of life becomes immaculate.

**ਭੇਟਤ ਸੰਗਿ ਰਾਮ ਗੁਨ ਰਵੇ ॥**

bhaytat sang raam gun ravay.

Dwelling in the company of Guru, one joins in singing the praises of God,

**ਪਾਰਬ੍ਰਹਮ ਕੀ ਦਰਗਹ ਗਵੇ ॥**

paarbarahm kee dargeh gavay.

and reaches the Court of the Supreme God.

**ਸੁਨਿ ਕਰਿ ਬਚਨ ਕਰਨ ਆਘਾਨੇ ॥**

sun kar bachan karan aaghaanay.

Listening to the Guru's teachings one's ears are satiated,

**ਮਨਿ ਸੰਤੋਖੁ ਆਤਮ ਪਤੀਆਨੇ ॥**

man santokh aatam patee-aanay.

the mind is contented, and the soul is fulfilled.

**ਪੂਰਾ ਗੁਰੁ ਅਖਜਯੋ ਜਾ ਕਾ ਮੰਤ੍ਰੁ ॥**

pooraa gur akh-ya-o jaa kaa mantar.

Perfect is the Guru and eternally true are His teachings.

**ਅੰਮ੍ਰਿਤੁ ਦ੍ਰਿਸਟਿ ਪੇਖੈ ਹੋਇ ਸੰਤੁ ॥**

amrit darisat paykhai ho-ay sant.

Upon whom the Guru casts an ambrosial glance, that person becomes a saint.

**ਗੁਣ ਬਿਅੰਤੁ ਕੀਮਤਿ ਨਹੀ ਪਾਇ ॥**

gun bi-ant keemat nahee paa-ay.

Infinite are the virtues of the true Guru and no one can estimate his worth.

**ਨਾਨਕੁ ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਲਏ ਮਿਲਾਇ ॥੪॥**

naanak jis bhaavai tis la-ay milaa-ay. ||4||

O' Nanak, God unites that person with the Guru with whom He is pleased.

**ਜਿਹਬਾ ਏਕੁ ਉਸਤਤਿ ਅਨੇਕੁ ॥**

jihbaa ayk ustat anayk.

A mortal has only one tongue, but countless are the praises of God,

**ਸਤਿ ਪੁਰਖੁ ਪੂਰਨੁ ਬਿਬੇਕੁ ॥**

sat purakh pooran bibayk.

who is eternal, perfect and insightful Being.

**ਕਾਹੂ ਬੋਲੁ ਨ ਪਹੁਚਤੁ ਪ੍ਰਾਨੀ ॥**

kaahoo bol na pahuchat paraanee.

Through no words, can a mortal describe the virtues of God,

**ਅਗਮੁ ਅਗੋਚਰੁ ਪ੍ਰਭੁ ਨਿਰਬਾਨੀ ॥**

agam agochar parabh nirbaanee.

who is inaccessible, incomprehensible, and free of all desires.

**ਨਿਰਾਹਾਰੁ ਨਿਰਵੈਰੁ ਸੁਖਦਾਈ ॥**

niraahaar nirvair sukh-daa-ee.

He needs no sustenance, is without enmity and is peace giving,

**ਤਾ ਕੀ ਕੀਮਤਿ ਕਿਨੈ ਨ ਪਾਈ ॥**

taa kee keemat kinai na paa-ee.

no one has been able to ascertain the worth of His virtues.

**ਅਨਿਕ ਭਗਤ ਬੰਦਨ ਨਿਤ ਕਰਹਿ ॥**

anik bhagat bandan nit karahi.

Countless devotees daily bow in reverence to Him,

**ਚਰਨ ਕਮਲ ਹਿਰਦੈ ਸਿਮਰਹਿ ॥**

charan kamal hirdai simrahi.

and meditate on His Name with love and devotion.

**ਸਦ ਬਲਿਹਾਰੀ ਸਤਿਗੁਰ ਅਪਨੇ ॥**

sad balihaaree satgur apne.

I dedicate myself to the true Guru forever,

**ਨਾਨਕ ਜਿਸੁ ਪ੍ਰਸਾਦਿ ਐਸਾ ਪ੍ਰਭੁ ਜਪਨੇ ॥੫॥**

naanak jis parsaad aisaa parabh japnay. ||5||

O' Nanak, by whose grace I can lovingly meditate on God's Name. ||5||

**ਇਹੁ ਹਰਿ ਰਸੁ ਪਾਵੈ ਜਨੁ ਕੋਇ ॥**

ih har ras paavai jan ko-ay.

Only a very rare person enjoys the essence of God's Name,

**ਅੰਮ੍ਰਿਤੁ ਪੀਵੈ ਅਮਰੁ ਸੋ ਹੋਇ ॥**

amrit peevai amar so ho-ay.

by partaking the Nectar of Naam, he becomes immortal.

**ਉਸੁ ਪੁਰਖ ਕਾ ਨਾਹੀ ਕਦੇ ਬਿਨਾਸ ॥**

us purakh kaa naahee kaday binaas.

That person never perishes (does not endure death again and again),

**ਜਾ ਕੈ ਮਨਿ ਪ੍ਰਗਟੇ ਗੁਨਤਾਸ ॥**

jaa kai man pargatay guntaas.

in whose mind manifests God, the Treasure of virtues.

**ਆਠ ਪਹਰ ਹਰਿ ਕਾ ਨਾਮੁ ਲੇਇ ॥**

aath pahar har kaa naam lay-ay.

At all times such a devotee meditates on God's Name,

**ਸਚੁ ਉਪਦੇਸੁ ਸੇਵਕ ਕਉ ਦੇਇ ॥**

sach updays sayvak ka-o day-ay.

and imparts the same true advice to his disciple as well.

**ਮੋਹ ਮਾਇਆ ਕੈ ਸੰਗਿ ਨ ਲੇਪੁ ॥**

moh maa-i-aa kai sang na layp.

He is not attached to Maya (worldly desires),

**ਮਨ ਮਹਿ ਰਾਖੈ ਹਰਿ ਹਰਿ ਏਕੁ ॥**

man meh raakhai har har ayk.

and he always enshrines God in his mind.

**ਅੰਧਕਾਰ ਦੀਪਕ ਪਰਗਾਸੇ ॥**

anDhkaar deepak pargaasay.

The one whose darkness of ignorance has been replaced by the light of Naam,

**ਨਾਨਕ ਭਰਮ ਮੋਹ ਦੁਖ ਤਹ ਤੇ ਨਾਸੇ ॥੬॥**

naanak bharam moh dukh tah tay naasay. ||6||

O Nanak, his doubt, emotional attachment and sorrows flee away.

**ਤਪਤਿ ਮਾਹਿ ਠਾਢਿ ਵਰਤਾਈ ॥**

tapat maahi thaadh vartaa-ee.

Through the Guru's teachings, peace has prevailed even when living in the heat of vices,

**ਅਨਦੁ ਭਇਆ ਦੁਖ ਨਾਠੇ ਭਾਈ ॥**

anad bha-i-aa dukh naathay bhaa-ee.

and, O' my brother, a state of bliss has prevailed and all woes have vanished.

**ਜਨਮ ਮਰਨ ਕੇ ਮਿਟੇ ਅੰਦੇਸੇ ॥**

janam maran kay mitay andaysay.

The fear of birth and death is dispelled,

**ਸਾਧੂ ਕੇ ਪੂਰਨ ਉਪਦੇਸੇ ॥**

saaDhoo kay pooran updaysay.

through the perfect teachings of the Guru.

**ਭਉ ਚੂਕਾ ਨਿਰਭਉ ਹੋਇ ਬਸੇ ॥**

bha-o chookaa nirbha-o ho-ay basay.

All fear is lifted, and now we dwell in fearlessness,

**ਸਗਲ ਬਿਆਧਿ ਮਨ ਤੇ ਖੈ ਨਸੇ ॥**

sagal bi-aaDh man tay khai nasay.

and all the maladies are destroyed and dispelled from the mind.

**ਜਿਸ ਕਾ ਸਾ ਤਿਨਿ ਕਿਰਪਾ ਧਾਰੀ ॥**

jis kaa saa tin kirpaa Dhaaree.

The Guru to whom we surrendered has shown mercy;

**ਸਾਧਸੰਗਿ ਜਪਿ ਨਾਮੁ ਮੁਰਾਰੀ ॥**

saaDhsang jap naam muraaree.

by meditating on God's Name in the holy congregation,

**ਥਿਤਿ ਪਾਈ ਚੁਕੇ ਭ੍ਰਮ ਗਵਨ ॥**

thit paa-ee chookay bharam gavan.

we have attained Spiritual stability and our doubts and wanderings have ended.

**ਸੁਨਿ ਨਾਨਕ ਹਰਿ ਹਰਿ ਜਸੁ ਸ੍ਰਵਨ ॥੭॥**

sun naanak har har jas sarvan. ||7||

O' Nanak, this has happened by listening to God's praises with our ears.

**ਨਿਰਗੁਨੁ ਆਪਿ ਸਰਗੁਨੁ ਭੀ ਓਹੀ ॥**

nirgun aap sargun bhee ohee.

He Himself is intangible (unaffected by Maya); and He Himself is tangible (in the form of His Creation).

**ਕਲਾ ਧਾਰਿ ਜਿਨਿ ਸਗਲੀ ਮੋਹੀ ॥**

kalaa Dhaar jin saglee mohee.

He has fascinated the entire universe by manifesting His power.

**ਅਪਨੇ ਚਰਿਤ ਪ੍ਰਭਿ ਆਪਿ ਬਨਾਏ ॥**

apnay charit parabh aap banaa-ay.

He Himself has created His wonders.

**ਅਪੁਨੀ ਕੀਮਤਿ ਆਪੇ ਪਾਏ ॥**

apunee keemat aapay paa-ay.

He Himself ascertains His worth.

**ਹਰਿ ਬਿਨੁ ਦੂਜਾ ਨਾਹੀ ਕੋਇ ॥**

har bin doojaa naahee ko-ay.

Besides God there is no one else like Him.

**ਸਰਬ ਨਿਰੰਤਰਿ ਏਕੇ ਸੋਇ ॥**

sarab nirantar ayko so-ay.

He is the only One, permeating all.

**ਓਤਿ ਪੋਤਿ ਰਵਿਆ ਰੂਪ ਰੰਗ ॥**

ot pot ravi-aa roop rang.

Through and through, He pervades in all forms and colors.

**ਭਏ ਪ੍ਰਗਾਸ ਸਾਧ ਕੈ ਸੰਗ ॥**

bha-ay pargaas saaDh kai sang.

This enlightenment is revealed in the company of the Guru.

**ਰਚਿ ਰਚਨਾ ਅਪਨੀ ਕਲ ਧਾਰੀ ॥**

rach rachnaa apnee kal Dhaaree.

Having created the creation, He has infused His might into it.

**ਅਨਿਕ ਬਾਰ ਨਾਨਕ ਬਲਿਹਾਰੀ ॥੮॥੧੮॥**

anik baar naanak balihaaree. ||8||18||

O' Nanak, I dedicate my life to Him innumerable times.

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਸਾਥਿ ਨ ਚਾਲੈ ਬਿਨੁ ਭਜਨ ਬਿਖਿਆ ਸਗਲੀ ਛਾਰੁ ॥**

saath na chalai bin bhajan bikhi-aa saglee chhaar.

Except worship of God, nothing accompanies a person. All the worldly wealth becomes as worthless as ashes after death.

**ਹਰਿ ਹਰਿ ਨਾਮੁ ਕਮਾਵਨਾ ਨਾਨਕ ਇਹੁ ਧਨੁ ਸਾਰੁ ॥੧॥**

har har naam kamaavanaa naanak ih Dhan saar. ||1||

O' Nanak, the meditation on God's Name with devotion is earning the most sublime wealth, the wealth that accompanies the mortal after death.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਸੰਤ ਜਨਾ ਮਿਲਿ ਕਰਹੁ ਬੀਚਾਰੁ ॥**

sant janaa mil karahu beechaar.

Contemplate on God's virtues in the company of the Saints.

**ਏਕੁ ਸਿਮਰਿ ਨਾਮ ਆਧਾਰੁ ॥**

ayk simar naam aaDhaar.

Meditate on God with loving devotion and make Naam your support.

**ਅਵਰਿ ਉਪਾਵ ਸਭਿ ਮੀਤ ਬਿਸਾਰਹੁ ॥**

avar upaav sabh meet bisaarahu.

O' my friend, forget all other efforts,

**ਚਰਨ ਕਮਲ ਰਿਦ ਮਹਿ ਉਰਿ ਧਾਰਹੁ ॥**

charan kamal rid meh ur Dhaarahu.

and enshrine God's virtues within your heart.

**ਕਰਨ ਕਾਰਨ ਸੋ ਪ੍ਰਭੁ ਸਮਰਥੁ ॥**

karan kaaran so parabh samrath.

That God is capable of doing and getting everything done.

**ਦਿੜੁ ਕਰਿ ਗਹੁ ਨਾਮੁ ਹਰਿ ਵਥੁ ॥**

darirh kar gahhu naam har vath.

Therefore, firmly grasp the wealth of God's Name.

**ਇਹੁ ਧਨੁ ਸੰਚਹੁ ਹੋਵਹੁ ਭਗਵੰਤ ॥**

ih Dhan sanchahu hovhu bhagvant.

Gather this wealth of Naam, and become very fortunate.

**ਸੰਤ ਜਨਾ ਕਾ ਨਿਰਮਲ ਮੰਤ ॥**

sant janaa kaa nirmal mant.

This is the immaculate teaching of the Saintly people.

**ਏਕ ਆਸ ਰਾਖਹੁ ਮਨ ਮਾਹਿ ॥**

ayk aas raakho man maahi.

Keep faith in the One God in your mind.

**ਸਰਬ ਰੋਗ ਨਾਨਕ ਮਿਟਿ ਜਾਹਿ ॥੧॥**

sarab rog naanak mit jaahi. ||1||

O' Nanak, this way, all your maladies shall be dispelled.

**ਜਿਸੁ ਧਨ ਕਉ ਚਾਰਿ ਕੁੰਟ ਉਠਿ ਧਾਵਹਿ ॥**

*jis Dhan ka-o chaar kunt uth Dhaaveh.*

The wealth which you chase after in all directions,

**ਸੇ ਧਨੁ ਹਰਿ ਸੇਵਾ ਤੇ ਪਾਵਹਿ ॥**

*so Dhan har sayvaa tay paavahi.*

you shall obtain that wealth by lovingly meditating on God.

**ਜਿਸੁ ਸੁਖ ਕਉ ਨਿਤ ਬਾਛਹਿ ਮੀਤ ॥**

*jis sukh ka-o nit baachheh meet.*

O' friend, the peace you always yearn for,

**ਸੇ ਸੁਖੁ ਸਾਧੂ ਸੰਗਿ ਪਰੀਤਿ ॥**

*so sukh saaDhoo sang pareet.*

that peace comes by loving God in the Holy congregation.

**ਜਿਸੁ ਸੇਭਾ ਕਉ ਕਰਹਿ ਭਲੀ ਕਰਨੀ ॥**

*jis sobhaa ka-o karahi bhalee karnee.*

The glory, for which you perform good deeds,

**ਸਾ ਸੇਭਾ ਭਜੁ ਹਰਿ ਕੀ ਸਰਨੀ ॥**

*saa sobhaa bhaj har kee sarnee.*

you shall obtain that glory by seeking God's refuge.

**ਅਨਿਕ ਉਪਾਵੀ ਰੋਗੁ ਨ ਜਾਇ ॥**

*anik upaavee rog na jaa-ay.*

All sorts of remedies have not cured the disease of ego,

**ਰੋਗੁ ਮਿਟੈ ਹਰਿ ਅਵਖਧੁ ਲਾਇ ॥**

*rog mitai har avkhaDh laa-ay.*

that disease is cured by partaking the medicine of God's Name.

**ਸਰਬ ਨਿਧਾਨ ਮਹਿ ਹਰਿ ਨਾਮੁ ਨਿਧਾਨੁ ॥**

*sarab niDhaan meh har naam niDhaan.*

Of all treasures, God's Name is the supreme treasure.

**ਜਪਿ ਨਾਨਕ ਦਰਗਹਿ ਪਰਵਾਨੁ ॥੨॥**

*jap naanak dargahi parvaan. ||2||*

O' Nanak, meditate on His Name and you will be approved in God's court.



**ਮਨੁ ਪਰਬੋਧਹੁ ਹਰਿ ਕੈ ਨਾਇ ॥**

man parboDhahu har kai naa-ay.

Enlighten your mind with the Name of God.

**ਦਹ ਦਿਸਿ ਧਾਵਤ ਆਵੈ ਠਾਇ ॥**

dah dis Dhaavat aavai thaa-ay.

This way the mind, which keeps running in different directions, is stabilized.

**ਤਾ ਕਉ ਬਿਘਨੁ ਨ ਲਾਗੈ ਕੋਇ ॥**

taa ka-o bighan na laagai ko-ay.

No obstacle stands in the way of one,

**ਜਾ ਕੈ ਰਿਦੈ ਬਸੈ ਹਰਿ ਸੋਇ ॥**

jaa kai ridai basai har so-ay.

in whose heart dwells that God.

**ਕਲਿ ਤਾਤੀ ਠਾਂਢਾ ਹਰਿ ਨਾਉ ॥**

kal taatee thaaNdhaha har naa-o.

In this dark age of evil (Kalyug), Meditation on God's Name provides soothing comfort to mortals suffering in the intense heat of vices.

**ਸਿਮਰਿ ਸਿਮਰਿ ਸਦਾ ਸੁਖ ਪਾਉ ॥**

simar simar sadaa sukh paa-o.

Always lovingly meditate on God and receive everlasting peace.

**ਭਉ ਬਿਨਸੈ ਪੂਰਨ ਹੋਇ ਆਸ ॥**

bha-o binsai pooran ho-ay aas.

By meditating on His Name, fear is dispelled and desires are fulfilled.

**ਭਗਤਿ ਭਾਇ ਆਤਮ ਪਰਗਾਸ ॥**

bhagat bhaa-ay aatam pargaas.

Through the loving devotion of God, the soul is enlightened.

**ਤਿਤੁ ਘਰਿ ਜਾਇ ਬਸੈ ਅਬਿਨਾਸੀ ॥**

tit ghar jaa-ay basai abhinaasee.

Eternal God comes to dwell in the heart of the one who meditates on Naam.

**ਕਹੁ ਨਾਨਕ ਕਾਟੀ ਜਮ ਫਾਸੀ ॥੩॥**

kaho naanak kaatee jam faasee. ||3||

Nanak says, this way the noose of the demon of death is snapped and one gets rid of the cycles of birth and death.

**ਤਤੁ ਬੀਚਾਰੁ ਕਹੈ ਜਨੁ ਸਾਚਾ ॥**

tat beechaar kahai jan saachaa.

One who contemplates on the virtues of God, is said to be the true human being.

**ਜਨਮਿ ਮਰੈ ਸੇ ਕਾਚੇ ਕਾਚਾ ॥**

janam marai so kaacho kaachaa.

But one who is born just to die and does not meditate on God is spiritually immature.

**ਆਵਾ ਗਵਨੁ ਮਿਟੈ ਪ੍ਰਭ ਸੇਵ ॥**

aavaa gavan mitai prabh sayv..

The cycle of birth and death ends by lovingly meditating on God,

**ਆਪੁ ਤਿਆਗਿ ਸਰਨਿ ਗੁਰਦੇਵ ॥**

aap ti-aag saran gurdev

by renouncing self-conceit and seeking the refuge of the Guru.

**ਇਉ ਰਤਨ ਜਨਮ ਕਾ ਹੋਇ ਉਧਾਰੁ ॥**

i-o ratan janam kaa ho-ay uDhaar.

This way, the precious human life is saved.

**ਹਰਿ ਹਰਿ ਸਿਮਰਿ ਪ੍ਰਾਨ ਆਧਾਰੁ ॥**

har har simar paraan aaDhaar.

therefore, lovingly remember God, who is the support of life.

**ਅਨਿਕ ਉਪਾਵ ਨ ਛੁਟਨਹਾਰੇ ॥**

anik upaav na chhootanhaaray.

One cannot escape from the rounds of birth and death by trying countless ways,

**ਸਿੰਮ੍ਰਿਤਿ ਸਾਸਤ ਬੇਦ ਬੀਚਾਰੇ ॥**

simrit saasat bayd beechaaray.

or by studying the Smritis, the Shastras and the Vedas.

**ਹਰਿ ਕੀ ਭਗਤਿ ਕਰਹੁ ਮਨੁ ਲਾਇ ॥**

har kee bhagat karahu man laa-ay.

Therefore, worship God with steady devotion.

**ਮਨਿ ਬੰਛਤ ਨਾਨਕ ਫਲ ਪਾਇ ॥੪॥**

man banchhat naanak fal paa-ay. ||4||

O' Nanak, whoever lovingly worships God will have his mind's wishes fulfilled.

**ਸੰਗਿ ਨ ਚਾਲਸਿ ਤੇਰੈ ਧਨਾ ॥**

sang na chaalas tayrai Dhanaa.

This worldly wealth shall not go with you;

**ਤੂੰ ਕਿਆ ਲਪਟਾਵਹਿ ਮੂਰਖ ਮਨਾ ॥**

tooN ki-aa laptaavahi moorakh manaa.

O' my foolish mind, why do you cling to it?

**ਸੁਤ ਮੀਤ ਕੁਟੰਬ ਅਰੁ ਬਨਿਤਾ ॥**

sut meet kutamb ar banitaa.

Children, friends, family and spouse,

**ਇਨ ਤੇ ਕਹਹੁ ਤੁਮ ਕਵਨ ਸਨਾਥਾ ॥**

in tay kahhu tum kavan sanaathaa.

which one of these shall be your savior in the end?

**ਰਾਜ ਰੰਗ ਮਾਇਆ ਬਿਸਥਾਰ ॥**

raaj rang maa-i-aa bisthaar.

Power, pleasure and the vast expanse of Maya (worldly wealth),

**ਇਨ ਤੇ ਕਹਹੁ ਕਵਨ ਛੁਟਕਾਰ ॥**

in tay kahhu kavan chhutkaar.

tell me who has ever escaped from these.

**ਅਸੁ ਹਸਤੀ ਰਥ ਅਸਵਾਰੀ ॥**

as hastee rath asvaaree.

The riding of horses, elephants, chariots (expansive vehicles of Past),

**ਝੂਠਾ ਡੰਫੁ ਝੂਠੁ ਪਾਸਾਰੀ ॥**

jhoothaa damf jhooth paasaaree.

is all false splendor and so is the one who displays it all.

**ਜਿਨਿ ਦੀਏ ਤਿਸੁ ਬੁਝੈ ਨ ਬਿਗਾਨਾ ॥**

*jin dee-ay tis bujhai na bigaanaa.*

The ignorant mortal does not acknowledge God who has given these gifts,

**ਨਾਮੁ ਬਿਸਾਰਿ ਨਾਨਕ ਪਛੁਤਾਨਾ ॥੫॥**

*naam bisaar naanak pachhutaanaa. ||5||*

and, O' Nanak by forsaking God's Name, he grieves in the end. ||5||

**ਗੁਰ ਕੀ ਮਤਿ ਤੂੰ ਲੇਹਿ ਇਆਨੇ ॥**

*gur kee mat tooN layhi i-aanay.*

O the ignorant, follow the Guru's teachings,

**ਭਗਤਿ ਬਿਨਾ ਬਹੁ ਡੂਬੇ ਸਿਆਨੇ ॥**

*bhagat binaa baho doobay si-aanay.*

Without the devotional worship of God, even the extremely wise have drowned in the world-ocean of vices.

**ਹਰਿ ਕੀ ਭਗਤਿ ਕਰਹੁ ਮਨ ਮੀਤ ॥**

*har kee bhagat karahu man meet.*

O' my friendly mind, worship God with love and devotion,

**ਨਿਰਮਲ ਹੋਇ ਤੁਮ੍ਹਾਰੇ ਚੀਤ ॥**

*nirmal ho-ay tumHaaro cheet.*

your consciousness shall become pure.

**ਚਰਨ ਕਮਲ ਰਾਖਹੁ ਮਨ ਮਾਹਿ ॥**

*charan kamal raakho man maahi.*

Enshrine God's Name in Your mind;

**ਜਨਮ ਜਨਮ ਕੇ ਕਿਲਬਿਖ ਜਾਹਿ ॥**

*janam janam kay kilbikh jaahi.*

and the sins of countless lives shall be destroyed.

**ਆਪਿ ਜਪਹੁ ਅਵਰਾ ਨਾਮੁ ਜਪਾਵਹੁ ॥**

*aap japahu avraa naam japaavhu.*

Meditate on God's Name and inspire others to meditate as well.

**ਸੁਨਤ ਕਹਤ ਰਹਤ ਗਤਿ ਪਾਵਹੁ ॥**

sunat kahat rahat gat paavhu.

Higher spiritual state is achieved by listening and uttering Naam and by living a righteous life.

**ਸਾਰ ਭੂਤ ਸਤਿ ਹਰਿ ਕੇ ਨਾਉ ॥**

saar bhoot sat har ko naa-o.

God's Name is the essence of all things, and everlasting.

**ਸਹਜਿ ਸੁਭਾਇ ਨਾਨਕ ਗੁਨ ਗਾਉ ॥੬॥**

sahj subhaa-ay naanak gun gaa-o. ||6||

O' Nanak, keep singing praises of God in a state of peace and poise. ||6||

**ਗੁਨ ਗਾਵਤ ਤੇਰੀ ਉਤਰਸਿ ਮੈਲੁ ॥**

gun gaavat tayree utras mail.

By singing of His virtues, your filth of vices shall be washed off,

**ਬਿਨਸਿ ਜਾਇ ਹਉਮੈ ਬਿਖੁ ਫੈਲੁ ॥**

binas jaa-ay ha-umai bikh fail.

and the all-consuming poison of ego will be eradicated.

**ਹੇਹਿ ਅਚਿੰਤੁ ਬਸੈ ਸੁਖ ਨਾਲਿ ॥**

hohi achint basai sukh naal.

You shall become worry free and you shall live in peace.

**ਸਾਸਿ ਗ੍ਰਾਸਿ ਹਰਿ ਨਾਮੁ ਸਮਾਲਿ ॥**

saas garaas har naam samaal.

Meditate on God's Name with each and every breath.

**ਛਾਡਿ ਸਿਆਨਪ ਸਗਲੀ ਮਨਾ ॥**

chhaad si-aanap saglee manaa.

O' my mind, renounce all your cleverness,

**ਸਾਧਸੰਗਿ ਪਾਵਹਿ ਸਚੁ ਧਨਾ ॥**

saaDhsang paavahi sach Dhanaa.

you shall receive the everlasting wealth of Naam in the holy congregation.

**ਹਰਿ ਪੂੰਜੀ ਸੰਚਿ ਕਰਹੁ ਬਿਉਹਾਰੁ ॥**

har poonjee sanch karahu bi-uhaar.

Amass the wealth of God's Name and engage in this true deed.

**ਈਹਾ ਸੁਖੁ ਦਰਗਹ ਜੈਕਾਰੁ ॥**

eehaa sukh dargeh jaikaar.

You shall obtain peace here and honor in God's court.

**ਸਰਬ ਨਿਰੰਤਰਿ ਏਕੇ ਦੇਖੁ ॥**

sarab nirantar ayko daykh.

Behold the One permeating in all;

**ਕਹੁ ਨਾਨਕ ਜਾ ਕੈ ਮਸਤਕਿ ਲੇਖੁ ॥੭॥**

kaho naanak jaa kai mastak laykh. ||7||

Nanak says, the one who is predestined receives this blessing.||7||

**ਏਕੇ ਜਪਿ ਏਕੇ ਸਾਲਾਹਿ ॥**

ayko jap ayko saalaahi.

Meditate only on the One and praise only that One.

**ਏਕੁ ਸਿਮਰਿ ਏਕੇ ਮਨ ਆਹਿ ॥**

ayk simar ayko man aahi.

Remember the One, and yearn for the One in your mind.

**ਏਕਸ ਕੇ ਗੁਨ ਗਾਉ ਅਨੰਤ ॥**

aykas kay gun gaa-o anant.

Sing the endless Glorious Praises of the One.

**ਮਨਿ ਤਨਿ ਜਾਪਿ ਏਕ ਭਗਵੰਤ ॥**

man tan jaap ayk bhagvant.

With mind and body, meditate on the One God.

**ਏਕੇ ਏਕੁ ਏਕੁ ਹਰਿ ਆਪਿ ॥**

ayko ayk ayk har aap.

The One God Himself is the One and Only One.

**ਪੂਰਨ ਪੂਰਿ ਰਹਿਓ ਪ੍ਰਭੁ ਬਿਆਪਿ ॥**

pooran poor rahi-o parabh bi-aap.

The perfect God is pervading in all.

**ਅਨਿਕ ਬਿਸਥਾਰ ਏਕ ਤੇ ਭਏ ॥**

anik bisthaar ayk tay bha-ay.

The many expanses of the creation have all come from the One.

**ਏਕੁ ਅਰਾਧਿ ਪਰਾਛਤ ਗਏ ॥**

ayk araaDh paraachhat ga-ay.

Meditating on the One with loving devotion, all sins are removed.

**ਮਨ ਤਨ ਅੰਤਰਿ ਏਕੁ ਪ੍ਰਭੁ ਰਾਤਾ ॥**

man tan antar ayk parabh raataa.

The one whose mind and body is imbued with the love of One (God).

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਇਕੁ ਜਾਤਾ ॥੮॥੧੯॥**

gur parsaad naanak ik jaataa. ||8||19||

O' Nanak, by the Guru's grace, he has realized the One.

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਫਿਰਤ ਫਿਰਤ ਪ੍ਰਭੁ ਆਇਆ ਪਰਿਆ ਤਉ ਸਰਨਾਇ ॥**

firat firat parabh aa-i-aa pari-aa ta-o sarnaa-ay.

O' God, after wandering through countless incarnations, I have come to seek Your refuge.

**ਨਾਨਕ ਕੀ ਪ੍ਰਭੁ ਬੇਨਤੀ ਅਪਨੀ ਭਗਤੀ ਲਾਇ ॥੧॥**

naanak kee parabh bayntee apnee bhagtee laa-ay. ||1||

O' God, It is the humble prayer of Nanak, please bless me with Your worship.

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਜਾਚਕ ਜਨੁ ਜਾਚੈ ਪ੍ਰਭੁ ਦਾਨੁ ॥**

jaachak jan jaachai parabh daan.

O' God, this humble devotee begs for the gift of Naam from You,

**ਕਰਿ ਕਿਰਪਾ ਦੇਵਹੁ ਹਰਿ ਨਾਮੁ ॥**

kar kirpaa dayvhu har naam.

please bestow mercy and bless me with Naam.

**ਸਾਧ ਜਨਾ ਕੀ ਮਾਗਉ ਧੂਰਿ ॥**

saaDh janaa kee maaga-o Dhoor.

I request for the most humble service of the Saints.

**ਪਾਰਬ੍ਰਹਮ ਮੇਰੀ ਸਰਧਾ ਪੂਰਿ ॥**

paarbarahm mayree sarDhaa poor.

O' Supreme God, please fulfill this yearning of mine.

**ਸਦਾ ਸਦਾ ਪ੍ਰਭ ਕੇ ਗੁਨ ਗਾਵਉ ॥**

sadaa sadaa parabh kay gun gaava-o.

I may sing the virtues of God forever and ever.

**ਸਾਸਿ ਸਾਸਿ ਪ੍ਰਭ ਤੁਮਹਿ ਧਿਆਵਉ ॥**

saas saas parabh tumeh Dhi-aava-o.

O' God. I may lovingly meditate on You with each and every breath.

**ਚਰਨ ਕਮਲ ਸਿਉ ਲਾਗੈ ਪ੍ਰੀਤਿ ॥**

charan kamal si-o laagai pareet.

May I be imbued with the love of Your immaculate Name,

**ਭਗਤਿ ਕਰਉ ਪ੍ਰਭ ਕੀ ਨਿਤ ਨੀਤਿ ॥**

bhagat kara-o parabh kee nit neet.

and may I remember God with reverence each and every day.

**ਏਕ ਓਟ ਏਕੋ ਆਧਾਰੁ ॥**

ayk ot ayko aaDhaar.

God's Name is my only Shelter, my only Support.

**ਨਾਨਕੁ ਮਾਗੈ ਨਾਮੁ ਪ੍ਰਭ ਸਾਰੁ ॥੧॥**

naanak maagai naam parabh saar. ||1||

Nanak asks for the most sublime Name of God. ||1||

**ਪ੍ਰਭ ਕੀ ਦ੍ਰਿਸ਼ਟਿ ਮਹਾ ਸੁਖੁ ਹੋਇ ॥**

parabh kee darisat mahaa sukh ho-ay.

God's glance of grace brings supreme bliss.

**ਹਰਿ ਰਸੁ ਪਾਵੈ ਬਿਰਲਾ ਕੋਇ ॥**

har ras paavai birlaa ko-ay.

But only a rare one receives the nectar of God's Name.

**ਜਿਨ ਚਾਖਿਆ ਸੇ ਜਨ ਤ੍ਰਿਪਤਾਨੇ ॥**

jिन chaakhi-aa say jan tariptaanay.

Those who have partaken the Nectar of Naam are completely contented.



**ਪੂਰਨ ਪੁਰਖ ਨਹੀ ਡੋਲਾਨੇ ॥**

pooran purakh nahee dolaanay.

They have become perfect persons, and do not waver in any situation.

**ਸੁਭਰ ਭਰੇ ਪ੍ਰੇਮ ਰਸ ਰੰਗਿ ॥**

subhar bharay paraym ras rang.

They remain completely filled with the sweet delight of Love for God.

**ਉਪਜੈ ਚਾਉ ਸਾਧ ਕੈ ਸੰਗਿ ॥**

upjai chaa-o saaDh kai sang.

Longing to unite with God wells up in them in the Company of the Holy.

**ਪਰੇ ਸਰਨਿ ਆਨ ਸਭ ਤਿਆਗਿ ॥**

paray saran aan sabh ti-aag.

Forsaking the support all others, they come to the refuge of God.

**ਅੰਤਰਿ ਪ੍ਰਗਾਸ ਅਨਦਿਨੁ ਲਿਵ ਲਾਗਿ ॥**

antar pargaas an-din liv laag.

Spiritually enlightened, they are tuned to God day and night.

**ਬਡਭਾਗੀ ਜਪਿਆ ਪ੍ਰਭੁ ਸੋਇ ॥**

badbhaagee japi-aa parabh so-ay.

Most fortunate are those who have lovingly meditated on God.

**ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਸੁਖੁ ਹੋਇ ॥੨॥**

naanak naam ratay sukh ho-ay. ||2||

O' Nanak, peace is received by being imbued with Naam.

**ਸੇਵਕ ਕੀ ਮਨਸਾ ਪੂਰੀ ਭਈ ॥**

sayvak kee mansaa pooree bha-ee.

The mind's desires of a devotee are fulfilled,

**ਸਤਿਗੁਰ ਤੇ ਨਿਰਮਲ ਮਤਿ ਲਈ ॥**

satgur tay nirmal mat la-ee.

upon receiving the immaculate teachings from the True Guru.

**ਜਨ ਕਉ ਪ੍ਰਭੁ ਹੋਇਓ ਦਇਆਲੁ ॥**

jan ka-o parabh ho-i-o da-i-aal.

God bestows mercy on His Humble servant,

**ਸੇਵਕੁ ਕੀਨੋ ਸਦਾ ਨਿਹਾਲੁ ॥**

sayvak keeno sadaa nihaal.

and keeps His devotee eternally happy.

**ਬੰਧਨ ਕਾਟਿ ਮੁਕਤਿ ਜਨੁ ਭਇਆ ॥**

banDhan kaat mukat jan bha-i-aa.

Cutting all bonds of Maya, the devotee is liberated,

**ਜਨਮ ਮਰਨ ਦੂਖੁ ਭ੍ਰਮੁ ਗਇਆ ॥**

janam maran dookh bharam ga-i-aa.

the pain of the cycle of birth and death and doubt is gone.

**ਇਛੁ ਪੁਨੀ ਸਰਧਾ ਸਭ ਪੂਰੀ ॥**

ichh punee sarDhaa sabh pooree.

The devotee's desire for liberation is satisfied, his devotion is fully rewarded,

**ਰਵਿ ਰਹਿਆ ਸਦ ਸੰਗਿ ਹਜੂਰੀ ॥**

rav rahi-aa sad sang hajooree.

he feels God's presence everywhere and within himself forever.

**ਜਿਸ ਕਾ ਸਾ ਤਿਨਿ ਲੀਆ ਮਿਲਾਇ ॥**

jis kaa saa tin lee-aa milaa-ay.

The devotee is united with God to whom he belongs,

**ਨਾਨਕ ਭਗਤੀ ਨਾਮਿ ਸਮਾਇ ॥੩॥**

naanak bhagtee naam samaa-ay. ||3||

O' Nanak, by devotional worship, the devotee stays absorbed in Naam.

**ਸੋ ਕਿਉ ਬਿਸਰੈ ਜਿ ਘਾਲ ਨ ਭਾਨੈ ॥**

so ki-o bisrai je ghaal na bhaanai.

Why forget Him, who does not let go waste the efforts of mortals?

**ਸੋ ਕਿਉ ਬਿਸਰੈ ਜਿ ਕੀਆ ਜਾਨੈ ॥**

so ki-o bisrai je kee-aa jaanai.

Why forget Him, who acknowledges what we do?

**ਸੋ ਕਿਉ ਬਿਸਰੈ ਜਿਨਿ ਸਭੁ ਕਿਛੁ ਦੀਆ ॥**

so ki-o bisrai jin sabh kichh dee-aa.

Why forget Him, who has given us everything?

**ਸੇ ਕਿਉ ਬਿਸਰੈ ਜਿ ਜੀਵਨ ਜੀਆ ॥**

so ki-o bisrai je jeevan jee-aa.

Why forget Him, who is the Life of the living beings?

**ਸੇ ਕਿਉ ਬਿਸਰੈ ਜਿ ਅਗਨਿ ਮਹਿ ਰਾਖੈ ॥**

so ki-o bisrai je agan meh raakhai.

Why forget Him, who preserves us in the fire of the womb?

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਕੇ ਬਿਰਲਾ ਲਾਖੈ ॥**

gur parsaad ko birlaa laakhai.

Rare is the one who realizes this by the Guru's Grace,

**ਸੇ ਕਿਉ ਬਿਸਰੈ ਜਿ ਬਿਖੁ ਤੇ ਕਾਢੈ ॥**

so ki-o bisrai je bikh tay kaadhai.

Why forget Him, who saves us from the poison of worldly illusions?.

**ਜਨਮ ਜਨਮ ਕਾ ਟੂਟਾ ਗਾਢੈ ॥**

janam janam kaa tootaa gaadhai.

and reunites with Him the mortal separated from Him for countless lifetimes?

**ਗੁਰਿ ਪੂਰੈ ਤਤੁ ਇਹੈ ਬੁਝਾਇਆ ॥**

gur poorai tat ihai bujhaa-i-aa.

The devotees,whom the perfect Guru has made to understand this essence,

**ਪ੍ਰਭੁ ਅਪਨਾ ਨਾਨਕ ਜਨ ਧਿਆਇਆ ॥੪॥**

parabh apnaa naanak jan Dhi-aa-i-aa. ||4||

O' Nanak, they have meditated on their Master with love and devotion.

**ਸਾਜਨ ਸੰਤ ਕਰਹੁ ਇਹੁ ਕਾਮੁ ॥**

saajan sant karahu ih kaam.

O' my Saintly friends, take up this task,

**ਆਨ ਤਿਆਗਿ ਜਪਹੁ ਹਰਿ ਨਾਮੁ**

aan ti-aag japahu har naam.

of meditating on God's Name and renounce all other ritualistic practices.

**ਸਿਮਰਿ ਸਿਮਰਿ ਸਿਮਰਿ ਸੁਖ ਪਾਵਹੁ ॥**

simar simar simar sukh paavhu.

Constantly meditate on God's Name and enjoy the taste of bliss.

**ਆਪਿ ਜਪਹੁ ਅਵਰਹ ਨਾਮੁ ਜਪਾਵਹੁ ॥**

aap japahu avrah naam japaavhu.

Meditate on Naam yourself and inspire others to do the same.

**ਭਗਤਿ ਭਾਇ ਤਰੀਐ ਸੰਸਾਰੁ ॥**

bhagat bhaa-ay taree-ai sansaar.

By loving devotional worship, one crosses the world-ocean of vices.

**ਬਿਨੁ ਭਗਤੀ ਤਨੁ ਹੋਸੀ ਛਾਰੁ ॥**

bin bhagtee tan hosee chhaar.

Consider this human body wasted if there is no devotional worship of God.

**ਸਰਬ ਕਲਿਆਣ ਸੂਖ ਨਿਧਿ ਨਾਮੁ ॥**

sarab kali-aan sookh niDh naam.

Naam is the treasure of all good fortune and peace.

**ਬੂਡਤ ਜਾਤ ਪਾਏ ਬਿਸ੍ਰਾਮੁ ॥**

boodat jaat paa-ay bisraam.

Even the one drowning in vices, gets saved by meditating on Naam.

**ਸਗਲ ਦੁਖ ਕਾ ਹੋਵਤ ਨਾਸੁ ॥**

sagal dookh kaa hovat naas.

All sorrows vanish by remembering God.

**ਨਾਨਕ ਨਾਮੁ ਜਪਹੁ ਗੁਨਤਾਸੁ ॥੫॥**

naanak naam japahu guntaas. ||5||

Therefore, O' Nanak, meditate on the Naam, the treasure of virtues.

**ਉਪਜੀ ਪ੍ਰੀਤਿ ਪ੍ਰੇਮ ਰਸੁ ਚਾਉ ॥**

upjee pareet paraym ras chaa-o.

The one in whom has welled up love, affection and yearning for God,

**ਮਨ ਤਨ ਅੰਤਰਿ ਇਹੀ ਸੁਆਉ ॥**

man tan antar ihee su-aa-o.

desires only this gift of Naam.

**ਨੇਤ੍ਰੁਹੁ ਪੇਖਿ ਦਰਸੁ ਸੁਖੁ ਹੋਇ ॥**

naytarahu paykh daras sukh ho-ay.

Beholding His Blessed Vision (following Guru's advice), he feels blessed.

**ਮਨੁ ਬਿਗਸੈ ਸਾਧ ਚਰਨ ਧੋਇ ॥**

man bigsai saaDh charan Dho-ay.

His mind blossoms in ecstasy by sincerely following the teachings of the Guru.

**ਭਗਤ ਜਨਾ ਕੈ ਮਨਿ ਤਨਿ ਰੰਗੁ ॥**

bhagat janaa kai man tan rang.

The mind and body of God's devotees are infused with His Love.

**ਬਿਰਲਾ ਕੇਉ ਪਾਵੈ ਸੰਗੁ ॥**

birlaa ko-oo paavai sang.

Rare is the one who joins the company of such devotees of God.

**ਏਕ ਬਸਤੁ ਦੀਜੈ ਕਰਿ ਮਇਆ ॥**

ayk basat deejai kar ma-i-aa.

O' God, mercifully bless us with this one gift,

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਮੁ ਜਪਿ ਲਇਆ ॥**

gur parsaad naam jap la-i-aa.

so that by Guru's Grace, we may be able to meditate on Your Name.

**ਤਾ ਕੀ ਉਪਮਾ ਕਹੀ ਨ ਜਾਇ ॥**

taa kee upmaa kahee na jaa-ay.

His greatness cannot be described;

**ਨਾਨਕ ਰਹਿਆ ਸਰਬ ਸਮਾਇ ॥੬॥**

naanak rahi-aa sarab samaa-ay. ||6||

O' Nanak, He is all pervading.

**ਪ੍ਰਭ ਬਖਸੰਦ ਦੀਨ ਦਇਆਲ ॥**

parabh bakhsand deen da-i-aal.

O' all forgiving and merciful God of the meek,

**ਭਗਤਿ ਵਛਲ ਸਦਾ ਕਿਰਪਾਲ ॥**

bhagat vachhal sadaa kirpaal.

O' lover of meditation and ever merciful,

**ਅਨਾਥ ਨਾਥ ਗੋਬਿੰਦ ਗੁਪਾਲ ॥**

anaath naath gobind gupaal.

O' the support of the support-less, protector of the world.

**ਸਰਬ ਘਟਾ ਕਰਤ ਪ੍ਰਤਿਪਾਲ ॥**

sarab ghataa karat partipaal.

O' the sustainer of all beings.

**ਆਦਿ ਪੁਰਖ ਕਾਰਣ ਕਰਤਾਰ ॥**

aad purakh kaaran kartaar.

O' the Primal Being, O' the Creator of the universe.

**ਭਗਤ ਜਨਾ ਕੇ ਪ੍ਰਾਨ ਅਧਾਰ ॥**

bhagat janaa kay paraan aDhaar.

O' the Support of life of the devotees.

**ਜੋ ਜੋ ਜਪੈ ਸੁ ਹੋਇ ਪੁਨੀਤ ॥**

jo jo japai so ho-ay puneet.

Whoever meditates on You is sanctified,

**ਭਗਤਿ ਭਾਇ ਲਾਵੈ ਮਨ ਹੀਤ ॥**

bhagat bhaa-ay laavai man heet.

while focusing the mind in loving devotional worship.

**ਹਮ ਨਿਰਗੁਨੀਆਰ ਨੀਚ ਅਜਾਨ ॥**

ham nirgunee-aar neech ajaan.

we are meritless, ignorant, and malicious,

**ਨਾਨਕ ਤੁਮਰੀ ਸਰਨਿ ਪੁਰਖ ਭਗਵਾਨ ॥੭॥**

naanak tumree saran purakh bhagvaan. ||7||

O' Nanak, pray and say, O' God, we have come to Your sanctuary. ||7||

**ਸਰਬ ਬੈਕੁੰਠ ਮੁਕਤਿ ਮੋਖ ਪਾਏ ॥**

sarab baikunth mukat mokh paa-ay. v

Consider one has received all the the heavenly comforts, liberation from vices and deliverance from cycles of birth and death,

**ਏਕ ਨਿਮਖ ਹਰਿ ਕੇ ਗੁਨ ਗਾਏ ॥**

ayk nimakh har kay gun gaa-ay.

if one has sung the praises of God even for an instant.

**ਅਨਿਕ ਰਾਜ ਭੋਗ ਬਡਿਆਈ ॥**

anik raaj bhog badi-aa-ee.

Consider one has received the power of countless kingdoms, pleasures, and glory.

**ਹਰਿ ਕੇ ਨਾਮ ਕੀ ਕਥਾ ਮਨਿ ਭਾਈ ॥**

har kay naam kee katha man bhaa-ee.

who loves to sing the praises of God.

**ਬਹੁ ਭੋਜਨ ਕਾਪਰ ਸੰਗੀਤ ॥**

baho bhojan kaapar sangeet.

Consider one has received all the worldly pleasure of beautiful clothes, tasty foods and soothing music

**ਰਸਨਾ ਜਪਤੀ ਹਰਿ ਹਰਿ ਨੀਤ ॥**

rasnaa japtee har har neet.

who always remembers God and utters God's Name.

**ਭਲੀ ਸੁ ਕਰਨੀ ਸੋਭਾ ਧਨਵੰਤ ॥**

bhalee so karnee sobhaa Dhanvant.

The deeds of that person are virtuous, he earns glory and is spiritually wealthy,

**ਹਿਰਦੈ ਬਸੇ ਪੂਰਨ ਗੁਰ ਮੰਤ ॥**

hirdai basay pooran gur mant.

in whose heart dwells Guru's teachings.

**ਸਾਧਸੰਗਿ ਪ੍ਰਭ ਦੇਹੁ ਨਿਵਾਸ ॥**

saaDhsang parabh dayh nivaas.

O God, grant me a place in the Company of the Holy.

**ਸਰਬ ਸੂਖ ਨਾਨਕ ਪਰਗਾਸ ॥੮॥੨੦॥**

sarab sookh naanak pargaas. ||8||20||

O' Nanak, by abiding in whose company, all comforts become manifest |20||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਸਰਗੁਨ ਨਿਰਗੁਨ ਨਿਰੰਕਾਰ ਸੁੰਨ ਸਮਾਧੀ ਆਪਿ ॥**

sargun nirgun nirankaar sunn samaaDhee aap.

The formless God Himself is the one who possesses all attributes and no attributes. He Himself remains in absolute meditation.

**ਆਪਨ ਕੀਆ ਨਾਨਕਾ ਆਪੇ ਹੀ ਫਿਰਿ ਜਾਪਿ ॥੧॥**

aapan kee-aa naankaa aapay hee fir jaap. ||1||

O' Nanak, He Himself has created this universe and through His creation He meditates on Himself. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਜਬ ਅਕਾਰੁ ਇਹੁ ਕਛੁ ਨ ਦ੍ਰਿਸਟੇਤਾ ॥**

jab akaar ih kachh na daristaytaa.

When this world had not yet appeared in any visible form,

**ਪਾਪ ਪੁੰਨ ਤਬ ਕਹ ਤੇ ਹੇਤਾ ॥**

paap punn tab kah tay hotaa.

who then committed sins and performed good deeds?

**ਜਬ ਧਾਰੀ ਆਪਨ ਸੁੰਨ ਸਮਾਧਿ ॥**

jab Dhaaree aapan sunn samaaDh.

When the God Himself was in profound meditation,

**ਤਬ ਬੈਰ ਬਿਰੋਧ ਕਿਸੁ ਸੰਗਿ ਕਮਾਤਿ ॥**

tab bair biroDh kis sang kamaat.

then against whom were hate and jealousy directed?

**ਜਬ ਇਸ ਕਾ ਬਰਨੁ ਚਿਹਨੁ ਨ ਜਾਪਤ ॥**

jab is kaa baran chihan na jaapat.

When there was no color or shape of this world to be seen,

**ਤਬ ਹਰਖ ਸੋਗ ਕਹੁ ਕਿਸਹਿ ਬਿਆਪਤ ॥**

tab harakh sog kaho kiseh bi-aapat.

then who experienced joy and sorrow?



**ਜਬ ਆਪਨ ਆਪ ਆਪਿ ਪਾਰਬ੍ਰਹਮ ॥**

jab aapan aap aap paarbarahm.

When the Supreme God was alone by Himself,

**ਤਬ ਮੋਹ ਕਹਾ ਕਿਸੁ ਹੋਵਤ ਭਰਮ ॥**

tab moh kahaa kis hovat bharam.

then where was emotional attachment, and who had doubts?

**ਆਪਨ ਖੇਲੁ ਆਪਿ ਵਰਤੀਜਾ ॥**

aapan khayl aap varteejaa.

He Himself has staged His own play,

**ਨਾਨਕ ਕਰਨੈਹਾਰੁ ਨ ਦੂਜਾ ॥੧॥**

naanak karnaihaar na doojaa. ||1||

O' Nanak, there is no other Creator.

**ਜਬ ਹੋਵਤ ਪ੍ਰਭ ਕੇਵਲ ਧਨੀ ॥**

jab hovat parabh kayval Dhanee.

When there was only God, the Master,

**ਤਬ ਬੰਧ ਮੁਕਤਿ ਕਹੁ ਕਿਸ ਕਉ ਗਨੀ ॥**

tab banDh mukat kaho kis ka-o ganee.

then who was considered attached to Maya or liberated from Maya?

**ਜਬ ਏਕਹਿ ਹਰਿ ਅਗਮ ਅਪਾਰ ॥**

jab aykeh har agam apaar.

When there was only God, Unfathomable and Infinite,

**ਤਬ ਨਰਕ ਸੁਰਗ ਕਹੁ ਕਉਨ ਅਉਤਾਰ ॥**

tab narak surag kaho ka-un a-utaar.

then who entered hell, and who entered heaven?

**ਜਬ ਨਿਰਗੁਨ ਪ੍ਰਭ ਸਹਜ ਸੁਭਾਇ ॥**

jab nirgun parabh sahj subhaa-ay.

When God was without attributes, in absolute poise,

**ਤਬ ਸਿਵ ਸਕਤਿ ਕਹਹੁ ਕਿਤੁ ਠਾਇ ॥**

tab siv sakat kahhu kit thaa-ay.

then where was the (shiva) soul and where was the (shakti)

**ਜਬ ਆਪਹਿ ਆਪਿ ਅਪਨੀ ਜੋਤਿ ਧਰੈ ॥**

jab aapeh aap apnee jot Dharai.

When He held His Own Light unto Himself,

**ਤਬ ਕਵਨ ਨਿਡਰੁ ਕਵਨ ਕਤ ਡਰੈ ॥**

tab kavan nidar kavan kat darai.

then who was fearless, and who was afraid of anyone?

**ਆਪਨ ਚਲਿਤ ਆਪਿ ਕਰਨੈਹਾਰ ॥**

aapan chalit aap karnaihaar.

He Himself is the Performer of His own plays;

**ਨਾਨਕ ਠਾਕੁਰ ਅਗਮ ਅਪਾਰ ॥੨॥**

naanak thaakur agam apaar. ||2||

O' Nanak, the Supreme Master is Unfathomable and Infinite. ||2||

**ਅਬਿਨਾਸੀ ਸੁਖ ਆਪਨ ਆਸਨ ॥**

abhinaasee sukh aapan aasan.

When the Immortal God was absorbed in His own state of peace and poise,

**ਤਹ ਜਨਮ ਮਰਨ ਕਹੁ ਕਹਾ ਬਿਨਾਸਨ ॥**

tah janam maran kaho kahaa binaasan.

then where was birth, death and destruction?

**ਜਬ ਪੂਰਨ ਕਰਤਾ ਪ੍ਰਭੁ ਸੋਇ ॥**

jab pooran kartaa parabh so-ay.

When there was only God, the Perfect Creator,

**ਤਬ ਜਮ ਕੀ ਤ੍ਰਾਸ ਕਹਹੁ ਕਿਸੁ ਹੋਇ ॥**

tab jam kee taraas kahhu kis ho-ay.

then who was afraid of death?

**ਜਬ ਅਬਿਗਤ ਅਗੋਚਰ ਪ੍ਰਭੁ ਏਕਾ ॥**

jab abigat agochar parabh aykaa.

When there was only the One God, unmanifest and incomprehensible,

**ਤਬ ਚਿਤ੍ਰ ਗੁਪਤ ਕਿਸੁ ਪੁਛਤ ਲੇਖਾ ॥**

tab chitar gupat kis poochhat laykhaa.

then whom Chittar and Gupat (the recording angels) asked for the account of their deeds?

**ਜਬ ਨਾਥ ਨਿਰੰਜਨ ਅਗੋਚਰ ਅਗਾਏ ॥**

jab naath niranjan agochar agaaDhay.

When there was only the Immaculate, Incomprehensible, Unfathomable Master,

**ਤਬ ਕਉਨ ਛੁਟੇ ਕਉਨ ਬੰਧਨ ਬਾਏ ॥**

tab ka-un chhutay ka-un banDhan baaDhay.

then who was emancipated, and who was held in the bonds of Maya?

**ਆਪਨ ਆਪ ਆਪ ਹੀ ਅਚਰਜਾ ॥**

aapan aap aap hee acharjaa.

That wonderful God alone is Himself like Him.

**ਨਾਨਕ ਆਪਨ ਰੂਪ ਆਪ ਹੀ ਉਪਰਜਾ ॥੩॥**

naanak aapan roop aap hee uparjaa. ||3||

O' Nanak, He Himself has created His Own Form. ||3||

**ਜਹ ਨਿਰਮਲ ਪੁਰਖੁ ਪੁਰਖ ਪਤਿ ਹੋਤਾ ॥**

jah nirmal purakh purakh pat hotaa.

When the immaculate Being, the Master of mankind was all by Himself,

**ਤਹ ਬਿਨੁ ਮੈਲੁ ਕਹਹੁ ਕਿਆ ਧੋਤਾ ॥**

tah bin mail kahhu ki-aa Dhotaa.

there was no filth of sins, so what was there to be washed clean?

**ਜਹ ਨਿਰੰਜਨ ਨਿਰੰਕਾਰ ਨਿਰਬਾਨ ॥**

jah niranjan nirankaar nirbaan.

When there was only the immaculate, formless, and desire-free God,

**ਤਹ ਕਉਨ ਕਉ ਮਾਨ ਕਉਨ ਅਭਿਮਾਨ ॥**

tah ka-un ka-o maan ka-un abhimaan.

then who had self esteem and who had ego?

**ਜਹ ਸਰੂਪ ਕੇਵਲ ਜਗਦੀਸ ॥**

jah saroop kayval jagdees.

When there was only the Master of the Universe,

**ਤਹ ਛਲ ਛਿਦ੍ਰੁ ਲਗਤ ਕਹੁ ਕੀਸ ॥**

tah chhal chhidar lagat kaho kees.

then who was tainted by fraud and sin?

**ਜਹ ਜੋਤਿ ਸਰੂਪੀ ਜੋਤਿ ਸੰਗਿ ਸਮਾਵੈ ॥**

*jah jot saroopee jot sang samaavai.*

When the embodiment of Light (God) was immersed in His Own Light,

**ਤਹ ਕਿਸਹਿ ਭੂਖ ਕਵਨੁ ਤ੍ਰਿਪਤਾਵੈ ॥**

*tah kiseh bhookh kavan tariptaavai.*

then who was longing for Maya, and who was satisfied?

**ਕਰਨ ਕਰਾਵਨ ਕਰਨੈਹਾਰੁ ॥**

*karan karaavan karnaihaar.*

The Creator is the doer of everything and the Cause of all causes.

**ਨਾਨਕ ਕਰਤੇ ਕਾ ਨਾਹਿ ਸੁਮਾਰੁ ॥੪॥**

*naanak kartay kaa naahi sumaar. ||4||*

O Nanak, the Creator is beyond estimation ||4||

**ਜਬ ਅਪਨੀ ਸੋਭਾ ਆਪਨ ਸੰਗਿ ਬਨਾਈ ॥**

*jab apnee sobhaa aapan sang banaa-ee.*

When He contained His Glory within Himself,

**ਤਬ ਕਵਨ ਮਾਇ ਬਾਪ ਮਿਤ੍ਰ ਸੁਤ ਭਾਈ ॥**

*tab kavan maa-ay baap mitar sut bhaa-ee.*

then who was mother, father, friend, child or sibling?

**ਜਹ ਸਰਬ ਕਲਾ ਆਪਹਿ ਪਰਬੀਨ ॥**

*jah sarab kalaa aapeh parbeen.*

When God Himself was ultimate in all the powers,

**ਤਹ ਬੇਦ ਕਤੇਬ ਕਹਾ ਕੋਊ ਚੀਨ ॥**

*tah bayd katayb kahaa ko-oo cheen.*

then where was anybody reading the Vedas and katebas (the religious books)?

**ਜਬ ਆਪਨ ਆਪੁ ਆਪਿ ਉਰਿ ਧਾਰੈ ॥**

*jab aapan aap aap ur Dhaarai.*

When He kept Himself, to His own self,

**ਤਉ ਸਗਨ ਅਪਸਗਨ ਕਹਾ ਬੀਚਾਰੈ ॥**

*ta-o sagan apasgan kahaa beechaarai.*

then who considered omens to be good or bad?

**ਜਹ ਆਪਨ ਉਚ ਆਪਨ ਆਪਿ ਨੇਰਾ ॥**

jah aapan ooch aapan aap nayraa.

When He Himself was the highest and Himself lower (in rank),

**ਤਹ ਕਉਨ ਠਾਕੁਰੁ ਕਉਨੁ ਕਹੀਐ ਚੇਰਾ ॥**

tah ka-un thaakur ka-un kahee-ai chayraa.

then who was the master, and who was the servant?

**ਬਿਸਮਨ ਬਿਸਮ ਰਹੇ ਬਿਸਮਾਦ ॥**

bisman bisam rahay bismaad.

People are astounded by the amazing wonders of Your Creation.

**ਨਾਨਕ ਅਪਨੀ ਗਤਿ ਜਾਨਹੁ ਆਪਿ ॥੫॥**

nanak apnee gat jaanhu aap. ||5||

Nanak says, O' God only You know Your state

**ਜਹ ਅਛਲ ਅਛੇਦ ਅਭੇਦ ਸਮਾਇਆ ॥**

jah achhal achhayd abhayd samaa-i-aa.

When Undeceivable, Indestructible the Incomprehensible One was self-absorbed.

**ਉਹਾ ਕਿਸਹਿ ਬਿਆਪਤ ਮਾਇਆ ॥**

oohaa kish bi-aapat maa-i-aa.

then who was swayed by Maya (worldly distractions)?

**ਆਪਸ ਕਉ ਆਪਹਿ ਆਦੇਸੁ ॥**

aapas ka-o aapeh aadays.

When He paid homage to Himself,

**ਤਿਹੁ ਗੁਣ ਕਾ ਨਾਹੀ ਪਰਵੇਸੁ ॥**

tihu gun kaa naahee parvays.

then the three modes of Maya (power, vices and virtue) did not prevail.

**ਜਹ ਏਕਹਿ ਏਕ ਏਕ ਭਗਵੰਤਾ ॥**

jah aykeh ayk ayk bhagvantaa.

When there was only the One, Supreme God alone,

**ਤਹ ਕਉਨੁ ਅਚਿੰਤੁ ਕਿਸੁ ਲਾਗੈ ਚਿੰਤਾ ॥**

tah ka-un achint kis laagai chintaa.

then who was not anxious, and who felt anxiety?

**ਜਹ ਆਪਨ ਆਪੁ ਆਪਿ ਪਤੀਆਰਾ ॥**

jah aapan aap aap patee-aaraa.

When only He Himself was there to please Him,

**ਤਹ ਕਉਨੁ ਕਥੈ ਕਉਨੁ ਸੁਨਨੈਹਾਰਾ ॥**

tah ka-un kathai ka-un sunnaihaaraa.

then who was the speaker and who was the listener?

**ਬਹੁ ਬੇਅੰਤ ਉਚ ਤੇ ਉਚਾ ॥**

baho bay-ant ooch tay oochaa.

He is vastly infinite and the highest of the high.

**ਨਾਨਕ ਆਪਸ ਕਉ ਆਪਹਿ ਪਹੂਚਾ ॥੬॥**

naanak aapas ka-o aapeh pahoochaa. ||6||

O' Nanak, He alone can fathom Himself.||6||

**ਜਹ ਆਪਿ ਰਚਿਓ ਪਰਪੰਚੁ ਅਕਾਰੁ ॥**

jah aap rachi-o parpanch akaar.

When God fashioned this universe of visible form,

**ਤਿਹੁ ਗੁਣ ਮਹਿ ਕੀਨੇ ਬਿਸਥਾਰੁ ॥**

tihu gun meh keeno bisthaar.

He made the world subject to the three modes of Maya (vice, virtue, and power).

**ਪਾਪੁ ਪੁੰਨੁ ਤਹ ਭਈ ਕਹਾਵਤ ॥**

paap punn tah bha-ee kahaavat.

Then the concept of sin and virtue came into existence.

**ਕੇਉ ਨਰਕ ਕੇਉ ਸੁਰਗ ਬੰਛਾਵਤ ॥**

ko-oo narak ko-oo surag banchhaavat.

as a result, some went to hell and some yearned for heaven.

**ਆਲ ਜਾਲ ਮਾਇਆ ਜੰਜਾਲ ॥**

aal jaal maa-i-aa janjaal.

Domestic traps and entanglements of Maya,

**ਹਉਮੈ ਮੋਹ ਭਰਮ ਭੈ ਭਾਰ ॥**

ha-umai moh bharam bhai bhaar.

loads of egotism, attachment, doubt and fear,

**ਦੂਖ ਸੂਖ ਮਾਨ ਅਪਮਾਨ ॥**

dookh sookh maan apmaan.

sorrows and pleasure, honor and dishonor,

**ਅਨਿਕ ਪ੍ਰਕਾਰ ਕੀਓ ਬਖਯਾਨ ॥**

anik parkaar kee-o bakh-yaan.

all these came to be described in various ways.

**ਆਪਨ ਖੇਲੁ ਆਪਿ ਕਰਿ ਦੇਖੈ ॥**

aapan khayl aap kar daykhai.

He beholds His play that He created Himself.

**ਖੇਲੁ ਸੰਕੋਚੈ ਤਉ ਨਾਨਕ ਏਕੈ ॥੭॥**

khayl sankochai ta-o naanak aikai. ||7||

O' Nanak, when He winds up His play, then He is left alone by Himself. ||7||

**ਜਹ ਅਬਿਗਤੁ ਭਗਤੁ ਤਹ ਆਪਿ ॥**

jah abigat bhagat tah aap.

Wherever the invisible God's devotee is, He Himself is there.

**ਜਹ ਪਸਰੈ ਪਾਸਾਰੁ ਸੰਤ ਪਰਤਾਪਿ ॥**

jah pasrai paasaar sant partaap.

He unfolds the expanse of His creation for the glory of His Saints.

**ਦੁਹੂ ਪਾਖ ਕਾ ਆਪਹਿ ਧਨੀ ॥**

duhoo paakh kaa aapeh Dhanee.

He is the master of both sides (of His manifest and unmanifest forms).

**ਉਨ ਕੀ ਸੋਭਾ ਉਨਹੂ ਬਨੀ ॥**

un kee sobhaa unhoo banee.

The glory of those saints behooves them alone.

**ਆਪਹਿ ਕਉਤਕ ਕਰੈ ਅਨਦ ਚੋਜ ॥**

aapeh ka-utak karai anad choj.

He Himself performs His miracles and blissful frolics.

**ਆਪਹਿ ਰਸ ਭੋਗਨ ਨਿਰਜੋਗ ॥**

aapeh ras bhogan nirjog.

He Himself enjoys pleasures, and yet He is not influenced by those pleasures.

**ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਆਪਨ ਨਾਇ ਲਾਵੈ ॥**

*jis bhaavai tis aapan naa-ay laavai.*

Whoever He pleases, He blesses with His Name,

**ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਖੇਲ ਖਿਲਾਵੈ ॥**

*jis bhaavai tis khayl khilaavai.*

and whoever He wishes, He keeps them entangled in worldly pleasures.

**ਬੇਸੁਮਾਰ ਅਥਾਹ ਅਗਨਤ ਅਤੇਲੈ ॥**

*baysumaar athaah agnat atolai.*

O' infinite, unfathomable and eternal God,

**ਜਿਉ ਬੁਲਾਵਹੁ ਤਿਉ ਨਾਨਕ ਦਾਸ ਬੋਲੈ ॥੮॥੨੧॥**

*ji-o bulaavhu ti-o naanak daas bolai. ||8||21||*

O' Nanak, as You direct Your devotees, that is how they speak. ||8||21||

**ਸਲੋਕੁ ॥**

*salok.*

Shalok:

**ਜੀਅ ਜੰਤ ਕੇ ਠਾਕੁਰਾ ਆਪੇ ਵਰਤਣਹਾਰ ॥**

*jee-a jant kay thaakuraa aapay vartanhaar.*

O'Master of all beings and creatures, You Yourself are prevailing everywhere.

**ਨਾਨਕ ਏਕੇ ਪਸਰਿਆ ਦੂਜਾ ਕਹ ਦ੍ਰਿਸਟਾਰ ॥੧॥**

*naanak ayko pasri-aa doojaa kah daristaar. ||1||*

O' Nanak, God is All-pervading; besides Him, where is any other to be seen?||1||

**ਅਸਟਪਦੀ ॥**

*asatpadee.*

Ashtapadee:

**ਆਪਿ ਕਥੈ ਆਪਿ ਸੁਨਨੈਹਾਰੁ ॥**

*aap kathai aap sunnaihaar.*

God Himself is the speaker, and He Himself is the listener.

**ਆਪਹਿ ਏਕੁ ਆਪਿ ਬਿਸਥਾਰੁ ॥**

*aapeh ayk aap bisthaar.*

He Himself is the One, and He Himself is the many. (prevailing in his creation)



**ਜਾ ਤਿਸੁ ਭਾਵੈ ਤਾ ਸ੍ਰਿਸਟਿ ਉਪਾਏ ॥**

*jaa tis bhaavai taa sarisat upaa-ay.*

When it so pleases Him, He creates the world,

**ਆਪਨੈ ਭਾਣੈ ਲਏ ਸਮਾਏ ॥**

*aapnai bhaanai la-ay samaa-ay.*

and when it so pleases, He absorbs it back into Himself.

**ਤੁਮ ਤੇ ਭਿੰਨ ਨਹੀ ਕਿਛੁ ਹੋਇ ॥**

*tum tay bhinn nahee kichh ho-ay.*

O' God, there is nothing outside of You.

**ਆਪਨ ਸੂਤਿ ਸਭੁ ਜਗਤੁ ਪਰੋਇ ॥**

*aapan soot sabh jagat paro-ay.*

You have kept the entire world subject to Your command.

**ਜਾ ਕਉ ਪ੍ਰਭ ਜੀਉ ਆਪਿ ਬੁਝਾਏ ॥**

*jaa ka-o parabh jee-o aap bujhaa-ay.*

Whom God Himself enables someone to understand this concept,

**ਸਚੁ ਨਾਮੁ ਸੋਈ ਜਨੁ ਪਾਏ ॥**

*sach naam so-ee jan paa-ay.*

that person alone realizes the eternal Naam

**ਸੋ ਸਮਦਰਸੀ ਤਤ ਕਾ ਬੇਤਾ ॥**

*so samadrasee tat kaa baytaa.*

Such a person looks impartially upon all, and is the knower of reality.

**ਨਾਨਕ ਸਗਲ ਸ੍ਰਿਸਟਿ ਕਾ ਜੇਤਾ ॥੧॥**

*naanak sagal sarisat kaa jaytaa. ||1||*

O' Nanak, he is the conqueror of the entire world. ||1||

**ਜੀਅ ਜੰਤੂ ਸਭ ਤਾ ਕੈ ਹਾਥ ॥**

*jee-a jantar sabh taa kai haath.*

All beings and creatures are under His command.

**ਦੀਨ ਦਇਆਲ ਅਨਾਥ ਕੇ ਨਾਥੁ ॥**

*deen da-i-aal anaath ko naath.*

He is Merciful to the meek, and the support of the helpless.

**ਜਿਸੁ ਰਾਖੈ ਤਿਸੁ ਕੋਇ ਨ ਮਾਰੈ ॥**

jis raakhai tis ko-ay na maarai.

No one can destroy the one who is protected by God.

**ਸੇ ਮੂਆ ਜਿਸੁ ਮਨਹੁ ਬਿਸਾਰੈ ॥**

so moo-aa jis manhu bisaarai.

However, consider one spiritually dead whom God forsakes.

**ਤਿਸੁ ਤਜਿ ਅਵਰ ਕਹਾ ਕੇ ਜਾਇ ॥**

tis taj avar kahaa ko jaa-ay.

Forsaking Him, where else could anyone go?

**ਸਭ ਸਿਰਿ ਏਕੁ ਨਿਰੰਜਨ ਰਾਇ ॥**

sabh sir ayk niranjan raa-ay.

The immaculate supreme God is the protector of all.

**ਜੀਅ ਕੀ ਜੁਗਤਿ ਜਾ ਕੈ ਸਭ ਹਾਥਿ ॥**

jee-a kee jugat jaa kai sabh haath.

He controls all the the secrets of all creatures.

**ਅੰਤਰਿ ਬਾਹਰਿ ਜਾਨਹੁ ਸਾਥਿ ॥**

antar baahar jaanhu saath.

Know that God is always with you within and without.

**ਗੁਨ ਨਿਧਾਨ ਬੇਅੰਤ ਅਪਾਰ ॥**

gun niDhaan bay-ant apaar.

who is the treasure of virtues, Infinite and Endless,

**ਨਾਨਕ ਦਾਸ ਸਦਾ ਬਲਿਹਾਰ ॥੨॥**

nanak daas sadaa balihaar. ||2||

O' Nanak, God's devotees are forever dedicated to Him. ||2||

**ਪੂਰਨ ਪੂਰਿ ਰਹੇ ਦਇਆਲ ॥**

pooran poor rahay da-i-aal.

The Perfect, Merciful God is pervading everywhere,

**ਸਭ ਉਪਰਿ ਹੇਵਤ ਕਿਰਪਾਲ ॥**

sabh oopar hovat kirpaal.

and His kindness extends to all.

**ਅਪਨੇ ਕਰਤਬ ਜਾਨੈ ਆਪਿ ॥**

apnay kartab jaanai aap.

He Himself knows His own ways.

**ਅੰਤਰਜਾਮੀ ਰਹਿਓ ਬਿਆਪਿ ॥**

antarjaamee rahi-o bi-aap.

The knower of our thinking, is pervading everywhere.

**ਪ੍ਰਤਿਪਾਲੈ ਜੀਅਨ ਬਹੁ ਭਾਤਿ ॥**

paratipaalai jee-an baho bhaat.

He cherishes His living beings in so many ways.

**ਜੇ ਜੇ ਰਚਿਓ ਸੁ ਤਿਸਹਿ ਧਿਆਤਿ ॥**

jo jo rachi-o so tiseh Dhi-aat.

Whosoever He has created, meditates on Him.

**ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਲਏ ਮਿਲਾਇ ॥**

jis bhaavai tis la-ay milaa-ay.

Whoever pleases Him, He unites that person with Him,

**ਭਗਤਿ ਕਰਹਿ ਹਰਿ ਕੇ ਗੁਣ ਗਾਇ ॥**

bhagat karahi har kay gun gaa-ay.

and such persons worship Him by singing His praises.

**ਮਨ ਅੰਤਰਿ ਬਿਸ਼੍ਵਾਸੁ ਕਰਿ ਮਾਨਿਆ ॥**

man antar biswas kar maani-aa.

The one who with heartfelt faith has believed in Him,

**ਕਰਨਹਾਰੁ ਨਾਨਕ ਇਕੁ ਜਾਨਿਆ ॥੩॥**

karanhaar nanak ik jaani-aa. ||3||

O' Nanak, he has realized the one Creator ||3||

**ਜਨੁ ਲਾਗਾ ਹਰਿ ਏਕੈ ਨਾਇ ॥**

jan laagaa har aikai naa-ay.

A devotee who is attuned only to God's Name,

**ਤਿਸ ਕੀ ਆਸ ਨ ਬਿਰਥੀ ਜਾਇ ॥**

tis kee aas na birthee jaa-ay.

his desires do not go in vain.

**ਸੇਵਕ ਕਉ ਸੇਵਾ ਬਨਿ ਆਈ ॥**

sayvak ka-o sayvaa ban aa-ee.

It behoves a devotee to meditate on God and serve His creation.

**ਹੁਕਮੁ ਬੂਝਿ ਪਰਮ ਪਦੁ ਪਾਈ ॥**

hukam boojh param pad paa-ee.

By understanding God's will he obtains the supreme spiritual state.

**ਇਸ ਤੇ ਉਪਰਿ ਨਹੀ ਬੀਚਾਰੁ ॥**

is tay oopar nahee beechaar

There is no better contemplation than meditating on God's Name for those,

**ਜਾ ਕੈ ਮਨਿ ਬਸਿਆ ਨਿਰੰਕਾਰੁ ॥**

jaa kai man basi-aa nirankaar

in whose mind dwells the formless God.

**ਬੰਧਨ ਤੋਰਿ ਭਏ ਨਿਰਵੈਰ ॥**

banDhan tor bha-ay nirvair.

Breaking the bonds of Maya, they become free from enmity,

**ਅਨਦਿਨੁ ਪੂਜਹਿ ਗੁਰ ਕੇ ਪੈਰ ॥**

an-din poojeh gur kay pair.

and they always respectfully follow the Guru's advice.

**ਇਹ ਲੋਕ ਸੁਖੀਏ ਪਰਲੋਕ ਸੁਹੇਲੇ ॥**

ih lok sukhee-ay parlok suhaylay.

They are at peace in this world, and in the next,

**ਨਾਨਕ ਹਰਿ ਪ੍ਰਭਿ ਆਪਹਿ ਮੇਲੇ ॥੪॥**

naanak har parabh aapeh maylay. ||4||

O' Nanak, God has Himself united them with Him.||4||

**ਸਾਧਸੰਗਿ ਮਿਲਿ ਕਰਹੁ ਅਨੰਦ ॥**

saaDh sang mil karahu anand.

Join the Company of the Saints, and enjoy the true bliss.

**ਗੁਨ ਗਾਵਹੁ ਪ੍ਰਭ ਪਰਮਾਨੰਦ ॥**

gun gaavhu parabh parmaanand.

Sing the praises of God, the embodiment of supreme bliss.

**ਰਾਮ ਨਾਮ ਤਤੁ ਕਰਹੁ ਬੀਚਾਰੁ ॥**

raam naam tat karahu beechaar.

Contemplate on the essence of God's Name,

**ਦੁਲਭ ਦੇਹ ਕਾ ਕਰਹੁ ਉਧਾਰੁ ॥**

darulabh dayh kaa karahu uDhaar.

and redeem this human body, so difficult to obtain.

**ਅੰਮ੍ਰਿਤ ਬਚਨ ਹਰਿ ਕੇ ਗੁਨ ਗਾਉ ॥**

amrit bachan har kay gun gaa-o.

Recite with reverence the ambrosial hymns of God's Praises;

**ਪ੍ਰਾਨ ਤਰਨ ਕਾ ਇਹੈ ਸੁਆਉ ॥**

paraan taran kaa ihai su-aa-o.

this is the only way to save your life from vices.

**ਆਠ ਪਹਰ ਪ੍ਰਭ ਪੇਖਹੁ ਨੇਰਾ ॥**

aath pahar parabh paykhahu nayraa.

Feel the presence of God within you, twenty-four hours a day.

**ਮਿਟੈ ਅਗਿਆਨੁ ਬਿਨਸੈ ਅੰਧੇਰਾ ॥**

mitai agi-aan binsai anDhayraa.

your ignorance shall depart, and darkness of Maya shall be dispelled.

**ਸੁਨਿ ਉਪਦੇਸੁ ਹਿਰਦੈ ਬਸਾਵਹੁ ॥**

sun updays hirdai basaavhu.

Listen to the Guru's teachings and enshrine them in your heart,

**ਮਨ ਇਛੇ ਨਾਨਕ ਫਲ ਪਾਵਹੁ ॥੫॥**

man ichhay nanak fal paavhu. ||5||

O' Nanak, all your desires shall be fulfilled. ||5||

**ਹਲਤੁ ਪਲਤੁ ਦੁਇ ਲੇਹੁ ਸਵਾਰਿ ॥**

halat palat du-ay layho savaar.

Embellish both this world and the next,

**ਰਾਮ ਨਾਮੁ ਅੰਤਰਿ ਉਰਿ ਧਾਰਿ ॥**

raam naam antar ur Dhaar.

by enshrining God's Name deep within your heart.

**ਪੂਰੇ ਗੁਰ ਕੀ ਪੂਰੀ ਦੀਖਿਆ ॥**

pooray gur kee pooree deekhi-aa.

Perfect is the Teaching of the Perfect Guru.

**ਜਿਸੁ ਮਨਿ ਬਸੈ ਤਿਸੁ ਸਾਚੁ ਪਰੀਖਿਆ ॥**

jis man basai tis saach pareekhi-aa.

The person in whose heart it dwells, realizes the eternal God

**ਮਨਿ ਤਨਿ ਨਾਮੁ ਜਪਹੁ ਲਿਵ ਲਾਇ ॥**

man tan naam japahu liv laa-ay.

With your mind and body, recite the Naam lovingly and attune yourself to it.

**ਦੁਖੁ ਦਰਦੁ ਮਨ ਤੇ ਭਉ ਜਾਇ ॥**

dookh darad man tay bha-o jaa-ay.

Sorrow, pain and fear from the mind shall depart.

**ਸਚੁ ਵਾਪਾਰੁ ਕਰਹੁ ਵਾਪਾਰੀ ॥**

sach vaapaar karahu vaapaaree.

O' mortal, do the true trade of meditating on God's Name,

**ਦਰਗਹੁ ਨਿਬਹੈ ਖੇਪ ਤੁਮਾਰੀ ॥**

dargeh nibhai khayp tumaaree.

so that the merchandise (wealth of Naam) is duly approved in God's court.

**ਏਕਾ ਟੇਕ ਰਖਹੁ ਮਨ ਮਾਹਿ ॥**

aykaa tayk rakhahu man maahi.

Keep in mind, the real support of God,

**ਨਾਨਕ ਬਹੁਰਿ ਨ ਆਵਹਿ ਜਾਹਿ ॥੬॥**

nanak bahur na aavahi jaahi. ||6||

O' Nanak, you shall be free from the cycles of birth and death.[6]

**ਤਿਸ ਤੇ ਦੂਰਿ ਕਹਾ ਕੇ ਜਾਇ ॥**

tis tay door kahaa ko jaa-ay.

Where can anyone go, to get away from Him?

**ਉਬਰੈ ਰਾਖਨਹਾਰੁ ਧਿਆਇ ॥**

ubrai raakhanhaar Dhi-aa-ay.

One is saved only by meditating on the Protector God.

**ਨਿਰਭਉ ਜਪੈ ਸਗਲ ਭਉ ਮਿਟੈ ॥**

nirbha-o japai sagal bha-o mitai.

Meditating on the Fearless God, all fear departs,

**ਪ੍ਰਭ ਕਿਰਪਾ ਤੇ ਪ੍ਰਾਣੀ ਛੁਟੈ ॥**

parabh kirpaa tay paraanee chhutai.

(because) by God's Grace alone, the mortal is released from all fear.

**ਜਿਸੁ ਪ੍ਰਭੁ ਰਾਖੈ ਤਿਸੁ ਨਾਹੀ ਦੁਖ ॥**

jis parabh raakhai tis naahee dookh.

One who is protected by God never suffers in any sorrow.

**ਨਾਮੁ ਜਪਤ ਮਨਿ ਹੋਵਤ ਸੁਖ ॥**

naam japat man hovat sookh.

By meditating on Naam with love and devotion, the mind becomes peaceful.

**ਚਿੰਤਾ ਜਾਇ ਮਿਟੈ ਅਹੰਕਾਰੁ ॥**

chintaa jaa-ay mitai ahaNkaar.

Anxiety departs, and ego is eliminated.

**ਤਿਸੁ ਜਨ ਕਉ ਕੋਇ ਨ ਪਹੁਚਨਹਾਰੁ ॥**

tis jan ka-o ko-ay na pahuchanhaar.

No one can compare himself with that devotee of God.

**ਸਿਰ ਉਪਰਿ ਠਾਢਾ ਗੁਰੁ ਸੂਰਾ ॥**

sir oopar thaadhaa gur sooraa.

The one who is protected by the all powerful God,

**ਨਾਨਕ ਤਾ ਕੇ ਕਾਰਜ ਪੂਰਾ ॥੭॥**

naanak taa kay kaaraj pooraa. ||7||

O' Nanak, all his tasks are accomplished.||7||

**ਮਤਿ ਪੂਰੀ ਅੰਮ੍ਰਿਤੁ ਜਾ ਕੀ ਦ੍ਰਿਸਟਿ ॥**

mat pooree amrit jaa kee darisat.

God, whose wisdom is perfect, and whose glance is ambrosial,

**ਦਰਸਨੁ ਪੇਖਤ ਉਧਰਤ ਸ੍ਰਿਸਟਿ ॥**

darsan paykhat uDhrat sarisat.

beholding His Vision (acquiring His Virtues), the world is saved.

**ਚਰਨ ਕਮਲ ਜਾ ਕੇ ਅਨੂਪ ॥**

charan kamal jaa kay anoop.

God, whose virtues are incomparably great,

**ਸਫਲ ਦਰਸਨ ਸੁੰਦਰ ਹਰਿ ਰੂਪ ॥**

safal darsan sundar har roop.

beauteous is His Form and most rewarding is His sight.

**ਧੰਨੁ ਸੇਵਾ ਸੇਵਕੁ ਪਰਵਾਨੁ ॥**

Dhan sayvaa sayvak parvaan.

Blessed is his devotion, and acceptable is that devotee in God's court.

**ਅੰਤਰਜਾਮੀ ਪੁਰਖੁ ਪ੍ਰਯਾਨੁ ॥**

antarjaamee purakh parDhaan.

God, the inner-knower is the most exalted Supreme Being.

**ਜਿਸੁ ਮਨਿ ਬਸੈ ਸੁ ਹੋਤ ਨਿਹਾਲੁ ॥**

jis man basai so hot nihaal.

The one, within whose mind God dwells, becomes blissfully happy.

**ਤਾ ਕੈ ਨਿਕਟਿ ਨ ਆਵਤ ਕਾਲੁ ॥**

taa kai nikat na aavat kaal.

The fear of death does not draw near him.

**ਅਮਰ ਭਏ ਅਮਰਾ ਪਦੁ ਪਾਇਆ ॥**

amar bha-ay amraa pad paa-i-aa.

They have become immortal, and have received an immortal status,

**ਸਾਧਸੰਗਿ ਨਾਨਕ ਹਰਿ ਧਿਆਇਆ ॥੮॥੨੨॥**

saaDhsang naanak har Dhi-aa-i-aa. ||8||22||

O' Nanak, by meditating on God in the holy congregation. ||8||22||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਗਿਆਨ ਅੰਜਨੁ ਗੁਰਿ ਦੀਆ ਅਗਿਆਨ ਅੰਧੇਰ ਬਿਨਾਸੁ ॥**

gi-aan anjan gur dee-aa agi-aan anDhayr binaas.

When the Guru blesses one with ointment of Divine wisdom, the darkness of hisignorance is dispelled.



**ਹਰਿ ਕਿਰਪਾ ਤੇ ਸੰਤ ਭੇਟਿਆ ਨਾਨਕ ਮਨਿ ਪਰਗਾਸੁ ॥੧॥**

har kirpaa tay sant bhayti-aa naanak man pargaas. ||1||

O' Nanak, by God's Grace, when one meets with the true Guru, his mind gets enlightened by divine knowledge||1||

**ਅਸਟਪਦੀ ॥**

ashtapadee.

Ashtapadee:

**ਸੰਤਸੰਗਿ ਅੰਤਰਿ ਪ੍ਰਭੁ ਡੀਠਾ ॥**

satsang antar parabh deethaa.

In the Holy Congregation, One who has realized God within the self,

**ਨਾਮੁ ਪ੍ਰਭੁ ਕਾ ਲਾਗਾ ਮੀਠਾ ॥**

naam parabhoo kaa laagaa meethaa

starts adoring God's Name.

**ਸਗਲ ਸਮਿਗ੍ਰੀ ਏਕਸੁ ਘਟ ਮਾਹਿ ॥**

sagal samagri aykas ghat maahi.

This person sees everything of the world contained in God Almighty,

**ਅਨਿਕ ਰੰਗ ਨਾਨਾ ਦ੍ਰਿਸਟਾਹਿ ॥**

anik rang naanaa daristaahi.

and countless phenomena of different colors and forms emanating from Him.

**ਨਉ ਨਿਧਿ ਅੰਮ੍ਰਿਤੁ ਪ੍ਰਭੁ ਕਾ ਨਾਮੁ ॥**

na-o niDh amrit parabh kaa naam.

God's ambrosial Name is like the nine treasures of the world,

**ਦੇਹੀ ਮਹਿ ਇਸ ਕਾ ਬਿਸ੍ਰਾਮੁ ॥**

dayhee meh is kaa bisraam.

and It dwells in the human body itself.

**ਸੁੰਨ ਸਮਾਧਿ ਅਨਹਤ ਤਹ ਨਾਦ ॥**

sunn samaaDh anhat tah naad.

In the state of deepest meditation, the non-stop celestial music keeps playing.

**ਹਨੁ ਨ ਜਾਈ ਅਚਰਜ ਬਿਸਮਾਦ ॥**

kahan na jaa-ee achraj bismaad.

The bliss of such a wonderful ecstasy cannot be described.

**ਤਿਨਿ ਦੇਖਿਆ ਜਿਸੁ ਆਪਿ ਦਿਖਾਏ ॥**

tin daykhi-aa jis aap dikhaa-ay.

The one whom God Himself shows, experiences this bliss.

**ਨਾਨਕ ਤਿਸੁ ਜਨ ਸੇਝੀ ਪਾਏ ॥੧॥**

naanak tis jan sojhee paa-ay. ||1||

O' Nanak, God grants this understanding to such a devotee only. ||1||

**ਸੋ ਅੰਤਰਿ ਸੋ ਬਾਹਰਿ ਅਨੰਤ ॥**

so antar so baahar anant.

The Infinite God is both within and same God is outside also.

**ਘਟਿ ਘਟਿ ਬਿਆਪਿ ਰਹਿਆ ਭਗਵੰਤ ॥**

ghat ghat bi-aap rahi-aa bhagvant.

God is pervading in each and every heart.

**ਧਰਨਿ ਮਾਹਿ ਆਕਾਸ ਪਇਆਲ ॥**

Dharan maahi aakaas pa-i-aal.

He is pervading in earth, in the sky and in the nether regions.

**ਸਰਬ ਲੋਕ ਪੂਰਨ ਪ੍ਰਤਿਪਾਲ ॥**

sarab lok pooran partipaal.

He is the perfect sustainer of all worlds.

**ਬਨਿ ਤਿਨਿ ਪਰਬਤਿ ਹੈ ਪਾਰਬ੍ਰਹਮੁ ॥**

ban tin parbat hai paarbrahm.

The Supreme God is permeating in the forests, fields and mountains.

**ਜੈਸੀ ਆਗਿਆ ਤੈਸਾ ਕਰਮੁ ॥**

jaisee aagi-aa taisaa karam.

As is His command, so is the deed of the creature.

**ਪਉਣ ਪਾਣੀ ਬੈਸੰਤਰ ਮਾਹਿ ॥**

pa-un paanee baisantar maahi.

He permeates the wind, the water and the fire.

**ਚਾਰਿ ਕੁੰਟ ਦਹ ਦਿਸੇ ਸਮਾਹਿ ॥**

chaar kunt dah disay samaahi.

He pervades in the four corners and in the ten directions (exists everywhere).

**ਤਿਸ ਤੇ ਭਿੰਨ ਨਹੀ ਕੇ ਠਾਉ ॥**

tis tay bhinn nahee ko thaa-o.

There is no place where He is not.

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਸੁਖੁ ਪਾਉ ॥੨॥**

gur pearsaad naanak sukh paa-o. ||2||

O' Nanak, peace is received by the Guru's Grace. ||2||

**ਬੇਦ ਪੁਰਾਨ ਸਿੰਮ੍ਰਿਤਿ ਮਹਿ ਦੇਖੁ ॥**

bayd puraan simrit meh daykh.

Behold Him in the teachings of Vedas, the Puranas and the Smritis.

**ਸਸੀਅਰ ਸੂਰ ਨਖਯਤਰੁ ਮਹਿ ਏਕੁ ॥**

sasee-ar soor nakh-yatar meh ayk.

The same One is permeating in the moon, the sun and the stars.

**ਬਾਣੀ ਪ੍ਰਭ ਕੀ ਸਭੁ ਕੇ ਬੋਲੈ ॥**

banee prabh kee sabh ko bolai.

Everyone utters God's word,

**ਆਪਿ ਅਡੋਲੁ ਨ ਕਬਹੂ ਡੋਲੈ ॥**

aap adol na kabhoo dolai.

But despite being present in all, He Himself is unshakable and never wavers.

**ਸਰਬ ਕਲਾ ਕਰਿ ਖੇਲੈ ਖੇਲ ॥**

sarab kalaa kar khaylai khayl.

After creating all powers, He is playing the worldly games.

**ਮੋਲਿ ਨ ਪਾਈਐ ਗੁਣਹ ਅਮੋਲ ॥**

mol na paa-ee-ai gunah amol.

His virtues are invaluable and His eminence cannot be assessed.

**ਸਰਬ ਜੋਤਿ ਮਹਿ ਜਾ ਕੀ ਜੋਤਿ ॥**

sarab jot meh jaa kee jot.

He, whose light illuminates all creatures,

**ਧਾਰਿ ਰਹਿਓ ਸੁਆਮੀ ਓਤਿ ਪੋਤਿ ॥**

Dhaar rahi-o su-aamee ot pot.

that Master is providing support to all through and through.

**ਗੁਰ ਪਰਸਾਦਿ ਭਰਮ ਕਾ ਨਾਸੁ ॥**

gur parsaad bharam kaa naas.

They, whose doubt is dispelled by the Guru's grace.

**ਨਾਨਕ ਤਿਨ ਮਹਿ ਏਹੁ ਬਿਸਾਸੁ ॥੩॥**

naanak tin meh ayhu bisaas. ||3||

O' Nanak, they firmly believe that God is omnipotent. ||3||

**ਸੰਤ ਜਨਾ ਕਾ ਪੇਖਨੁ ਸਭੁ ਬ੍ਰਹਮ ॥**

sant janaa kaa paykhan sabh barahm.

The Saints behold God everywhere.

**ਸੰਤ ਜਨਾ ਕੈ ਹਿਰਦੈ ਸਭਿ ਧਰਮ ॥**

sant janaa kai hirdai sabh Dharam.

In the heart of the Saints, all thoughts that arise are of righteousness.

**ਸੰਤ ਜਨਾ ਸੁਨਹਿ ਸੁਭ ਬਚਨ ॥**

sant janaa suneh subh bachan.

The Saints listen words of goodness only,

**ਸਰਬ ਬਿਆਪੀ ਰਾਮ ਸੰਗਿ ਰਚਨ ॥**

sarab bi-aapee raam sang rachan.

and always remain absorbed in the all-pervading God.

**ਜਿਨਿ ਜਾਤਾ ਤਿਸ ਕੀ ਇਹ ਰਹਤ ॥**

jin jaataa tis kee ih rahat.

Such is the way of life of the one who has realized God

**ਸਤਿ ਬਚਨ ਸਾਧੂ ਸਭਿ ਕਹਤ ॥**

sat bachan saaDhoo sabh kahat.

that saint utters only the divine words (words of God's praises).

**ਜੇ ਜੇ ਹੋਇ ਸੋਈ ਸੁਖੁ ਮਾਨੈ ॥**

jo jo ho-ay so-ee sukh maanai.

Whatever happens, he peacefully accepts.

**ਕਰਨ ਕਰਾਵਨਹਾਰੁ ਪ੍ਰਭੁ ਜਾਨੈ ॥**

karan karaavanhaar parabh jaanai.

He knows, God as the Doer, the Cause of causes.

**ਅੰਤਰਿ ਬਸੇ ਬਾਹਰਿ ਭੀ ਓਹੀ ॥**

antar basay baahar bhee ohee.

He believes that the same God who dwells within is also outside.

**ਨਾਨਕ ਦਰਸਨੁ ਦੇਖਿ ਸਭ ਮੋਹੀ ॥੪॥**

naanak darsan daykh sabh mohee. ||4||

O' Nanak, beholding this all pervading sight of God, the entire world is fascinated. ||4||

**ਆਪਿ ਸਤਿ ਕੀਆ ਸਭੁ ਸਤਿ ॥**

aap sat kee-aa sabh sat.

He Himself is True, and all that He has made is also True and not an illusion.

**ਤਿਸੁ ਪ੍ਰਭੁ ਤੇ ਸਗਲੀ ਉਤਪਤਿ ॥**

tis parabh tay saglee utpat.

The entire creation has originated from God.

**ਤਿਸੁ ਭਾਵੈ ਤਾ ਕਰੇ ਬਿਸਥਾਰੁ ॥**

tis bhaavai taa karay bisthaar.

As it pleases Him, He creates the expanse,

**ਤਿਸੁ ਭਾਵੈ ਤਾ ਏਕੰਕਾਰੁ ॥**

tis bhaavai taa aikankaar.

and as it pleases Him, He becomes the One and the only One again.

**ਅਨਿਕ ਕਲਾ ਲਖੀ ਨਹ ਜਾਇ ॥**

anik kalaa lakhee nah jaa-ay.

Manifold are His powers which cannot be known.

**ਜਿਸੁ ਭਾਵੈ ਤਿਸੁ ਲਏ ਮਿਲਾਇ ॥**

jis bhaavai tis la-ay milaa-ay.

He unites with Himself whomsoever He pleases.

**ਕਵਨ ਨਿਕਟਿ ਕਵਨ ਕਹੀਐ ਦੂਰਿ ॥**

kavan nikat kavan kahee-ai door.

It cannot be said as to who is He is close to Him and who is far from Him,

**ਆਪੇ ਆਪਿ ਆਪ ਭਰਪੂਰਿ ॥**

aapay aap aap bharpoor.

because He Himself is pervading everywhere.

**ਅੰਤਰਗਤਿ ਜਿਸੁ ਆਪਿ ਜਨਾਏ ॥**

antargat jis aap janaa-ay.

To whom He imparts this understanding of higher spiritual state,

**ਨਾਨਕ ਤਿਸੁ ਜਨ ਆਪਿ ਬੁਝਾਏ ॥੫॥**

naanak tis jan aap bujhaa-ay. ||5||

O' Nanak, to that person He reveals Himself. ||5||

**ਸਰਬ ਭੂਤ ਆਪਿ ਵਰਤਾਰਾ ॥**

sarab bhoot aap vartaaraa.

He Himself is pervading in all beings,

**ਸਰਬ ਨੈਨ ਆਪਿ ਪੇਖਨਹਾਰਾ ॥**

sarab nain aap paykhanhaaraa.

through all the eyes, He Himself is the beholder.

**ਸਗਲ ਸਮਗ੍ਰੀ ਜਾ ਕਾ ਤਨਾ ॥**

sagal samagree jaa kaa tanaa.

All the creation is His Body.

**ਆਪਨ ਜਸੁ ਆਪ ਹੀ ਸੁਨਾ ॥**

aapan jas aap hee sunaa.

He Himself listens to His Own Praise.

**ਆਵਨ ਜਾਨੁ ਇਕੁ ਖੇਲੁ ਬਨਾਇਆ ॥**

aavan jaan ik khayl banaa-i-aa.

God has created the drama of birth and death.

**ਆਗਿਆਕਾਰੀ ਕੀਨੀ ਮਾਇਆ ॥**

aagi-aakaaree keenee maa-i-aa.

and He has made Maya subservient to His Will.

**ਸਭ ਕੈ ਮਧਿ ਅਲਿਪਤੇ ਰਹੈ ॥**

sabh kai maDh alipato rahai.

In the midst of all, He remains unattached.

**ਜੇ ਕਿਛੁ ਕਹਣਾ ਸੁ ਆਪੇ ਕਹੈ ॥**

jo kichh kahnaa so aapay kahai.

Whatever has to be said, He Himself says.

**ਆਗਿਆ ਆਵੈ ਆਗਿਆ ਜਾਇ ॥**

aagi-aa aavai aagi-aa jaa-ay.

By His order, one is born and by His order, one dies.

**ਨਾਨਕ ਜਾ ਭਾਵੈ ਤਾ ਲਏ ਸਮਾਇ ॥੬॥**

naanak jaa bhaavai taa la-ay samaa-ay. ||6||

O Nanak, when it pleases Him, He absorbs them into Himself. ||6||

**ਇਸ ਤੇ ਹੋਇ ਸੁ ਨਾਹੀ ਬੁਰਾ ॥**

is tay ho-ay so naahee buraa.

Whatever comes from Him cannot be bad.

**ਓਰੈ ਕਹਹੁ ਕਿਨੈ ਕਛੁ ਕਰਾ ॥**

orai kahhu kinai kachh karaa.

Other than Him, who can do anything?

**ਆਪਿ ਭਲਾ ਕਰਤੂਤਿ ਅਤਿ ਨੀਕੀ ॥**

aap bhalaa kartoot at neekee.

He Himself is good; His actions are the very best.

**ਆਪੇ ਜਾਨੈ ਅਪਨੇ ਜੀ ਕੀ ॥**

aapay jaanai apnay jee kee.

He alone knows what is in His mind.

**ਆਪਿ ਸਾਚੁ ਧਾਰੀ ਸਭ ਸਾਚੁ ॥**

aap saach Dhaaree sabh saach.

He is True, and all that He has established is also True and not an illusion.

**ਓਤਿ ਧੋਤਿ ਆਪਨ ਸੰਗਿ ਰਾਚੁ ॥**

ot pot aapan sang raach.

Through and through, He is blended with His creation.

**ਤਾ ਕੀ ਗਤਿ ਮਿਤਿ ਕਹੀ ਨ ਜਾਇ ॥**

taa kee gat mit kahee na jaa-ay.

His greatness and extent cannot be described.

**ਦੂਸਰ ਹੋਇ ਤ ਸੇਝੀ ਪਾਇ ॥**

doosar ho-ay ta sojhee paa-ay.

If there were another like Him, only then could one understand Him.

**ਤਿਸ ਕਾ ਕੀਆ ਸਭੁ ਪਰਵਾਨੁ ॥**

tis kaa kee-aa sabh parvaan.

Everything done by Him must be accepted by all.

**ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਇਹੁ ਜਾਨੁ ॥੭॥**

gur parsaad naanak ih jaan. ||7||

O' Nanak, this is known only through the Guru's grace. ||7||

**ਜੇ ਜਾਨੈ ਤਿਸੁ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥**

jo jaanai tis sadaa sukh ho-ay.

One who realizes Him, receives everlasting peace.

**ਆਪਿ ਮਿਲਾਇ ਲਏ ਪ੍ਰਭੁ ਸੋਇ ॥**

aap milaa-ay la-ay parabh so-ay.

God unites that person with Himself.

**ਓਹੁ ਧਨਵੰਤੁ ਕੁਲਵੰਤੁ ਪਤਿਵੰਤੁ ॥**

oh Dhanvant kulvant pativant.

That person is spiritually wealthy, of noble family and honorable,

**ਜੀਵਨ ਮੁਕਤਿ ਜਿਸੁ ਰਿਦੈ ਭਗਵੰਤੁ ॥**

jeevan mukat jis ridai bhagvant.

in whose heart God dwells becomes free from the cycle of birth and death while still alive.

**ਧੰਨੁ ਧੰਨੁ ਧੰਨੁ ਜਨੁ ਆਇਆ ॥**

Dhan Dhan Dhan jan aa-i-aa.

Totally blessed is the advent of such a human being in the world,

**ਜਿਸੁ ਪ੍ਰਸਾਦਿ ਸਭੁ ਜਗਤੁ ਤਰਾਇਆ ॥**

jis parsaad sabh jagat taraa-i-aa.

by whose grace, the entire world is saved.

**ਜਨ ਆਵਨ ਕਾ ਇਹੈ ਸੁਆਉ ॥**

jan aavan kaa ihai su-aa-o.

Such a devotee of God comes to the world so that,

**ਜਨ ਕੈ ਸੰਗਿ ਚਿਤਿ ਆਵੈ ਨਾਉ ॥**

jan kai sang chit aavai naa-o.

all those who come in his contact start meditating on Naam.



**ਆਪਿ ਮੁਕਤੁ ਮੁਕਤੁ ਕਰੈ ਸੰਸਾਰੁ ॥**

aap mukat mukat karai sansaar.

Such a person is him emancipated, and emancipates the rest of the world.

**ਨਾਨਕ ਤਿਸੁ ਜਨ ਕਉ ਸਦਾ ਨਮਸਕਾਰੁ ॥੮॥੨੩॥**

naanak tis jan ka-o sadaa namaskaar. ||8||23||

O' Nanak, I bow in reverence forever to that devotee of God. ||8||23||

**ਸਲੋਕੁ ॥**

salok.

Shalok:

**ਪੂਰਾ ਪ੍ਰਭੁ ਆਰਾਧਿਆ ਪੂਰਾ ਜਾ ਕਾ ਨਾਉ ॥**

pooraa parabh aaraaDhi-aa pooraa jaa kaa naa-o.

The person who has meditated on that perfect God whose name is eternal.

**ਨਾਨਕ ਪੂਰਾ ਪਾਇਆ ਪੂਰੇ ਕੇ ਗੁਨ ਗਾਉ ॥੧॥**

naanak pooraa paa-i-aa pooray kay gun gaa-o. ||1||

O' Nanak, that person has realized the perfect God. Therefore, you should also sing the praises of the perfect One. ||1||

**ਅਸਟਪਦੀ ॥**

asatpadee.

Ashtapadee:

**ਪੂਰੇ ਗੁਰ ਕਾ ਸੁਨਿ ਉਪਦੇਸੁ ॥**

pooray gur kaa sun updays.

O' my mind, listen to the teachings of the Perfect Guru;

**ਪਾਰਬ੍ਰਹਮੁ ਨਿਕਟਿ ਕਰਿ ਪੇਖੁ ॥**

paarbarahm nikat kar paykh.

and feel the Supreme God near you.

**ਸਾਸਿ ਸਾਸਿ ਸਿਮਰਹੁ ਗੋਬਿੰਦ ॥**

saas saas simrahu gobind.

Meditate on God with each and every breath,

**ਮਨ ਅੰਤਰ ਕੀ ਉਤਰੈ ਚਿੰਦ ॥**

man antar kee utrai chind.

so that the anxiety within your mind departs.

**ਆਸ ਅਨਿਤ ਤਿਆਗਹੁ ਤਰੰਗ ॥**

aas anit ti-aagahu tarang.

O' my mind, abandon the waves of desires for the transient matter,

**ਸੰਤ ਜਨਾ ਕੀ ਧੂਰਿ ਮਨ ਮੰਗ ॥**

sant janaa kee Dhoor man mang.

and ask for the humble service of saintly persons.

**ਆਪੁ ਛੋਡਿ ਬੇਨਤੀ ਕਰਹੁ ॥**

aap chhod bayntee karahu.

Renouncing your self-conceit, make a humble prayer to God,

**ਸਾਧਸੰਗਿ ਅਗਨਿ ਸਾਗਰੁ ਤਰਹੁ ॥**

saaDhsang agan saagar tarahu.

and in the company of saintly persons, swim across the fiery-ocean of vices.

**ਹਰਿ ਧਨ ਕੇ ਭਰਿ ਲੇਹੁ ਭੰਡਾਰ ॥**

har Dhan kay bhar layho bhandaar.

Fill your heart with the wealth of God's Name,

**ਨਾਨਕ ਗੁਰ ਪੂਰੇ ਨਮਸਕਾਰ ॥੧॥**

nanak gur pooray namaskaar. ||1||

and O' Nanak, bow in humility to the Perfect Guru. ||1||

**ਖੇਮ ਕੁਸਲ ਸਹਜ ਆਨੰਦ ॥**

khaym kushal sahj anand.

you will be blessed with eternal peace, comforts of life, and bliss of equipoise.

**ਸਾਧਸੰਗਿ ਭਜੁ ਪਰਮਾਨੰਦ ॥**

saaDhsang bhaj parmaanand.

by lovingly meditating on the supreme God in the holy congregation.

**ਨਰਕ ਨਿਵਾਰਿ ਉਧਾਰਹੁ ਜੀਉ ॥**

narak nivaar uDhaarahu jee-o.

Save your soul from the pains of hell,

**ਗੁਨ ਗੋਬਿੰਦ ਅੰਮ੍ਰਿਤ ਰਸੁ ਪੀਉ ॥**

gun gobind amrit ras pee-o.

by singing the praises of God and by partaking the elixir of Naam.

**ਚਿਤਿ ਚਿਤਵਹੁ ਨਾਰਾਇਣ ਏਕ ॥**

chit chitvahu naaraa-in ayk.

Contemplate on the one God in your mind,

**ਏਕ ਰੂਪ ਜਾ ਕੇ ਰੰਗ ਅਨੇਕ ॥**

ayk roop jaa kay rang anayk.

Who is One, but manifests in many forms.

**ਗੋਪਾਲ ਦਾਮੋਦਰ ਦੀਨ ਦਇਆਲ ॥**

gopaal daamodar deen da-i-aal.

Sustainer of the Universe, Master of the world and kind to the meek,

**ਦੁਖ ਭੰਜਨ ਪੂਰਨ ਕਿਰਪਾਲ ॥**

dukh bhanjan pooran kirpaal.

He is destroyer of sorrows, all pervading and merciful.

**ਸਿਮਰਿ ਸਿਮਰਿ ਨਾਮੁ ਬਾਰੰ ਬਾਰ ॥**

simar simar naam baaraN baar.

With love and devotion remember His Name again and again.

**ਨਾਨਕ ਜੀਅ ਕਾ ਇਹੈ ਅਧਾਰ ॥੨॥**

naanak jee-a kaa ihai aDhaar. ||2||

O' Nanak, Naam is the only Support of the soul. ||2||

**ਉਤਮ ਸਲੋਕ ਸਾਧ ਕੇ ਬਚਨ ॥**

utam salok saaDh kay bachan.

The Guru's Words are the most sublime hymns.

**ਅਮੁਲੀਕ ਲਾਲ ਏਹਿ ਰਤਨ ॥**

amuleek laal ayhi ratan.

These are like priceless pearls and jewels.

**ਸੁਨਤ ਕਮਾਵਤ ਹੇਤ ਉਧਾਰ ॥**

sunat kamaavat hot uDhaar.

One who listens and acts on these is saved from the cycles of birth and death.

**ਆਪਿ ਤਰੈ ਲੋਕਹ ਨਿਸਤਾਰ ॥**

aap tarai lokah nistaar.

He swims across the world ocean of vices and helps others to swim across.

**ਸਫਲ ਜੀਵਨੁ ਸਫਲੁ ਤਾ ਕਾ ਸੰਗੁ ॥**

safal jeevan safal taa kaa sang.

Accomplished is his life, and beneficial is his company,

**ਜਾ ਕੈ ਮਨਿ ਲਾਗਾ ਹਰਿ ਰੰਗੁ ॥**

jaa kai man laagaa har rang.

whose mind is imbued with the love of God.

**ਜੈ ਜੈ ਸਬਦੁ ਅਨਾਹਦੁ ਵਾਜੈ ॥**

jai jai sabad anaahad vaajai.

Within him vibrates a continuous divine music that keeps him in high spirits,

**ਸੁਨਿ ਸੁਨਿ ਅਨਦ ਕਰੇ ਪ੍ਰਭੁ ਗਾਜੈ ॥**

sun sun anad karay parabh gaajai.

Listening it again and again he is in bliss as he enjoys the realization of God within.

**ਪ੍ਰਗਟੇ ਗੁਪਾਲ ਮਹਾਂਤ ਕੈ ਮਾਥੇ ॥**

pargatay gupaal mahaaNt kai maathay.

The Master of the universe manifests Himself through the divine person.

**ਨਾਨਕ ਉਧਰੇ ਤਿਨ ਕੈ ਸਾਥੇ ॥੩॥**

naanak uDhray tin kai saathay. ||3||

O' Nanak, along with such a person, many more are saved. ||3||

**ਸਰਨਿ ਜੋਗੁ ਸੁਨਿ ਸਰਨੀ ਆਏ ॥**

saran jog sun sarnee aa-ay.

Hearing that You are capable of providing shelter, we came to Your refuge,

**ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭੁ ਆਪ ਮਿਲਾਏ ॥**

kar kirpaa parabh aap milaa-ay.

O' God, bestowing Your mercy, You have united us with Yourself.

**ਮਿਟਿ ਗਏ ਬੈਰ ਭਏ ਸਭ ਰੇਨ ॥**

mit ga-ay bair bha-ay sabh rayn.

Now our enmities are gone and we have become extremely humble with everybody.

**ਅੰਮ੍ਰਿਤ ਨਾਮੁ ਸਾਧਸੰਗਿ ਲੈਨ ॥**

amrit naam saaDhsang lain.

We are meditating on the ambrosial Naam in the holy congregation.

**ਸੁਪ੍ਰਸੰਨ ਭਏ ਗੁਰਦੇਵ ॥**

suparsan bha-ay gurdayv.

The Divine Guru is extremely pleased;

**ਪੂਰਨ ਹੋਈ ਸੇਵਕ ਕੀ ਸੇਵ ॥**

pooran ho-ee sayvak kee sayv.

and thus the service of the devotees has been rewarded.

**ਆਲ ਜੰਜਾਲ ਬਿਕਾਰ ਤੇ ਰਹਤੇ ॥**

aal janjaal bikaar tay rahtay.

Now, we have been saved from worldly entanglements and vices,

**ਰਾਮ ਨਾਮ ਸੁਨਿ ਰਸਨਾ ਕਹਤੇ ॥**

raam naam sun rasnaa kahtay.

by listening and uttering God's Name,

**ਕਰਿ ਪ੍ਰਸਾਦੁ ਦਇਆ ਪ੍ਰਭਿ ਧਾਰੀ ॥**

kar parsaad da-i-aa parabh Dhaaree.

By His Grace, God has bestowed His Mercy,

**ਨਾਨਕ ਨਿਬਹੀ ਖੇਪ ਹਮਾਰੀ ॥੪॥**

naanak nibhee khayp hamaaree. ||4||

and O' Nanak, the wealth of Naam has been accepted in God's court. ||4||

**ਪ੍ਰਭ ਕੀ ਉਸਤਤਿ ਕਰਹੁ ਸੰਤ ਮੀਤ ॥**

parabh kee ustat karahu sant meet.

O' my saintly friends, sing the praises of God,

**ਸਾਵਧਾਨ ਏਕਾਗਰ ਚੀਤ ॥**

saavDhaan aykaagar cheet.

with total concentration and single mindedness.

**ਸੁਖਮਨੀ ਸਹਜ ਗੋਬਿੰਦ ਗੁਨ ਨਾਮ ॥**

sukhmanee sahj gobind gun naam.

God's praises and God's Name is the crown jewel of peace and celestial poise.

**ਜਿਸੁ ਮਨਿ ਬਸੈ ਸੁ ਹੋਤ ਨਿਧਾਨ ॥**

jis man basai so hot niDhaan.

The one in whose mind resides Naam becomes the treasure of virtues.

**ਸਰਬ ਇਛਾ ਤਾ ਕੀ ਪੂਰਨ ਹੋਇ ॥**

sarab ichhaa taa kee pooran ho-ay.

All his desires are fulfilled,

**ਪ੍ਰਧਾਨ ਪੁਰਖੁ ਪ੍ਰਗਟੁ ਸਭ ਲੋਇ ॥**

parDhaan purakh pargat sabh lo-ay.

and all over the world he becomes known as a great person.

**ਸਭ ਤੇ ਉਚ ਪਾਏ ਅਸਥਾਨੁ ॥**

sabh tay ooch paa-ay asthaan.

He receives the most exalted spiritual state.

**ਬਹੁਰਿ ਨ ਹੋਵੈ ਆਵਨ ਜਾਨੁ ॥**

bahur na hovai aavan jaan.

He does not go through cycles of birth and death.

**ਹਰਿ ਧਨੁ ਖਾਟਿ ਚਲੈ ਜਨੁ ਸੋਇ ॥**

har Dhan khaat chalai jan so-ay.

That one departs from the world after accumulating the wealth of God's Name,

**ਨਾਨਕ ਜਿਸਹਿ ਪਰਾਪਤਿ ਹੋਇ ॥੫॥**

nanak jisahi paraapat ho-ay. ||5||

O' Nanak, who is blessed by God with this gift .||5||

**ਖੇਮ ਸਾਂਤਿ ਰਿਧਿ ਨਵ ਨਿਧਿ ॥**

khaym saaNt riDh nav niDh.

Eternal peace, tranquility, all powers to perform miracles and the nine treasures of worldly wealth,

**ਬੁਧਿ ਗਿਆਨੁ ਸਰਬ ਤਹ ਸਿਧਿ ॥**

buDh gi-aan sarab tah siDh.

wisdom, knowledge, and supernatural powers comes to that person (who meditates on God's Name).

**ਬਿਦਿਆ ਤਪੁ ਜੋਗੁ ਪ੍ਰਭ ਧਿਆਨੁ ॥**

*bidi-aa tap jog parabh Dhi-aan.*

knowledge, penance, Yoga and meditation on God;

**ਗਿਆਨੁ ਸ੍ਰੇਸ਼ਟ ਉਤਮ ਇਸਨਾਨੁ ॥**

*gi-aan saraysat ootam isnaan.*

the most sublime wisdom and the most exalted ablution,

**ਚਾਰਿ ਪਦਾਰਥ ਕਮਲ ਪ੍ਰਗਾਸ ॥**

*chaar padaarath kamal pargaas.*

the four cardinal boons (faith, wealth, procreation and liberation) and such inner joy, as if the heart has blossomed like a lotus.

**ਸਭ ਕੈ ਮਧਿ ਸਗਲ ਤੇ ਉਦਾਸ ॥**

*sabh kai maDh sagal tay udaas.*

detachment from all worldly attachments while living in the midst of all;

**ਸੁੰਦਰੁ ਚਤੁਰੁ ਤਤ ਕਾ ਬੇਤਾ ॥**

*sundar chatur tat kaa baytaa.*

spiritually beautiful, shrewd and knower of the essence of reality,

**ਸਮਦਰਸੀ ਏਕ ਦ੍ਰਿਸ਼ਟੇਤਾ ॥**

*samadrasee ayk daristaytaa.*

able to look impartially upon all, and see only the One (God) in everything.

**ਇਹ ਫਲ ਤਿਸੁ ਜਨ ਕੈ ਮੁਖਿ ਭਨੇ ॥**

*ih fal tis jan kai mukh bhanay.*

These blessings come to the one,

**ਗੁਰ ਨਾਨਕ ਨਾਮ ਬਚਨ ਮਨਿ ਸੁਨੇ ॥੬॥**

*gur nanak naam bachan man sunay. ||6||*

O' Nanak, who lovingly utters God's name, and attentively listens to and acts upon the Guru's teachings. ||6||

**ਇਹੁ ਨਿਧਾਨੁ ਜਪੈ ਮਨਿ ਕੋਇ ॥**

*ih niDhaan japai man ko-ay.*

Whoever meditates on this treasure of Naam from the core of the heart,

**ਸਭ ਜੁਗ ਮਹਿ ਤਾ ਕੀ ਗਤਿ ਹੋਇ ॥**

sabh jug meh taa kee gat ho-ay.

lives the entire life in an elevated spiritual state.

**ਗੁਣ ਗੋਬਿੰਦ ਨਾਮ ਧੁਨਿ ਬਾਣੀ ॥**

gun gobind naam Dhun banee.

Such a person's ordinary words are like singing God's praises.

**ਸਿਮ੍ਰਿਤਿ ਸਾਸਤ੍ਰ ਬੇਦ ਬਖਾਣੀ ॥**

simrit saastar bayd bakhaanee.

This has also been declared by the Smritis, the Shastras and the Vedas.

**ਸਗਲ ਮਤਾਂਤ ਕੇਵਲ ਹਰਿ ਨਾਮ ॥**

sagal mataaNt kayval har naam.

The essence of all religions is to meditate on the Name of God,

**ਗੋਬਿੰਦ ਭਗਤ ਕੈ ਮਨਿ ਬਿਸ੍ਰਾਮ ॥**

gobind bhagat kai man bisraam.

and this Naam resides in the heart of the God's devotee.

**ਕੋਟਿ ਅਪ੍ਰਾਧ ਸਾਧਸੰਗਿ ਮਿਟੈ ॥**

kot apraaDh saaDhsang mitai.

Millions of sins of such a devotee who recites Naam with love are erased in the Company of the Holy.

**ਸੰਤ ਕ੍ਰਿਪਾ ਤੇ ਜਮ ਤੇ ਛੁਟੈ ॥**

sant kirpaa tay jam tay chhutai.

By the Grace of the Guru, such a devotee escapes the Messenger of Death.

**ਜਾ ਕੈ ਮਸਤਕਿ ਕਰਮ ਪ੍ਰਭਿ ਪਾਏ ॥**

jaa kai mastak karam parabh paa-ay.

Those, who have such preordained destiny,

**ਸਾਧ ਸਰਣਿ ਨਾਨਕ ਤੇ ਆਏ ॥੭॥**

saaDh saran naanak tay aa-ay. ||7||

O' Nanak, they alone seek refuge of the Guru.||7||

**ਜਿਸੁ ਮਨਿ ਬਸੈ ਸੁਨੈ ਲਾਇ ਪ੍ਰੀਤਿ ॥**

jis man basai sunai laa-ay pareet.

One, in whose heart resides Naam and who listens to Naam with love,



**ਤਿਸੁ ਜਨ ਆਵੈ ਹਰਿ ਪ੍ਰਭੁ ਚੀਤਿ ॥**

tis jan aavai har parabh cheet.

such devotee consciously remembers God.

**ਜਨਮ ਮਰਨ ਤਾ ਕਾ ਦੁਖੁ ਨਿਵਾਰੈ ॥**

janam maran taa kaa dookh nivaarai.

Pains of birth and death of such a person are removed,

**ਦੁਲਭ ਦੇਹ ਤਤਕਾਲ ਉਧਾਰੈ ॥**

dulabh dayh tatkaal uDhaarai.

The human body which is so difficult to obtain, he instantly saves it from vices.

**ਨਿਰਮਲ ਸੋਭਾ ਅੰਮ੍ਰਿਤ ਤਾ ਕੀ ਬਾਨੀ ॥**

nirmal sobhaa amrit taa kee baanee.

Spotlessly pure is his reputation, and ambrosial are the words he speaks,

**ਏਕੁ ਨਾਮੁ ਮਨ ਮਾਹਿ ਸਮਾਨੀ ॥**

ayk naam man maahi samaanee.

because his mind is completely imbued with Naam.

**ਦੁਖ ਰੋਗ ਬਿਨਸੇ ਭੈ ਭਰਮ ॥**

dookh rogh binsay bhai bharam.

Sorrow, sickness, fear and doubt depart from him.

**ਸਾਧ ਨਾਮ ਨਿਰਮਲ ਤਾ ਕੇ ਕਰਮ ॥**

saaDh naam nirmal taa kay karam.

He is known as a saint and his actions are immaculate.

**ਸਭ ਤੇ ਉਚ ਤਾ ਕੀ ਸੋਭਾ ਬਾਨੀ ॥**

sabh tay ooch taa kee sobhaa banee.

His glory becomes the highest of the high.

**ਨਾਨਕ ਇਹ ਗੁਣਿ ਨਾਮੁ ਸੁਖਮਨੀ ॥੮॥੨੪॥**

naanak ih gun naam sukhmanee. ||8||24||

O' Nanak, because of such virtues God's Name is the crown jewel of all pleasures and peace. ||8||24||

**ਅਰਦਾਸ**  
**ARDAS**  
Prayer

**ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ ॥**

Ek-Oankar. Waheguroo Ji Ki Fateh

God is One. All victory is of the Wondrous Guru (God).

**ਸ੍ਰੀ ਭਗੌਤੀ ਜੀ ਸਹਾਇ।**

Sri Bhagouti ji Sahai

May the respected sword (God in the form of the Destroyer of evil doers) help us!

**ਵਾਰ ਸ੍ਰੀ ਭਗੌਤੀ ਜੀ ਕੀ ਪਾਤਸ਼ਾਹੀ ੧੦॥**

Vaar Sri Bhagouti Ji Ki Paatshaahee Dasvee

Ode of the respected sword recited by the Tenth Guru.

**ਪ੍ਰਿਥਮ ਭਗੌਤੀ ਸਿਮਰਿ ਕੈ ਗੁਰ ਨਾਨਕ ਲਈਂ ਧਿਆਇ ॥**

Pritham Bhagouti Simar Kai, Guru Naanak Layee Dhiyae

First remember the sword (God in the form of Destroyer of evil doers); then remember Nanak (dwell on his spiritual contribution).

**ਫਿਰ ਅੰਗਦ ਗੁਰ ਤੇ ਅਮਰਦਾਸੁ ਰਾਮਦਾਸੈ ਹੋਈਂ ਸਹਾਇ ॥**

Angad Gur Te Amar Das, Raamdaasai Hoye Sahai

Then remember and meditate upon Guru Angad, Guru Amar Das and Guru Ram Das; May they help us! (dwell on their spiritual contribution)

**ਅਰਜਨ ਹਰਗੋਬਿੰਦ ਨੇ ਸਿਮਰੋ ਸ੍ਰੀ ਹਰਿਰਾਇ ॥**

Arjan Hargobind No Simrou Sri Har Rai

Remember and meditate upon Guru Arjan, Guru Hargobind and Respected Guru Har Rai. (dwell on their spiritual contribution)

**ਸ੍ਰੀ ਹਰਿਕ੍ਰਿਸ਼ਨ ਧਿਆਈਐ ਜਿਸ ਡਿਠੈ ਸਭਿ ਦੁਖ ਜਾਇ ॥**

Sri HarKrishan Dhiyaa-eeai Jis Dhithi Sabh Dukh Jaye

Remember and meditate upon respected Guru Har Krishan, by having the sight of whom, all pains vanish. (dwell on their spiritual contribution)

**ਤੇਗ ਬਹਾਦਰ ਸਿਮਰਿਐ ਘਰ ਨਉ ਨਿਧਿ ਆਵੈ ਧਾਇ ॥**

Teg Bahadur Simareeai Ghar No Nidh Avai Dhai

Remember Guru Tegh Bahadur and then nine sources of spiritual wealth will come hastening to your home.

**ਸਭ ਥਾਂਈ ਹੋਇ ਸਹਾਇ ॥**

Sabh Thai Ho-e Sahaai

Oh God! kindly help us everywhere by *showing us the path*.

**ਦਸਵਾਂ ਪਾਤਸ਼ਾਹ ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਸਾਹਿਬ ਜੀ! ਸਭ ਥਾਂਈ ਹੋਇ ਸਹਾਇ ॥**

Dasvaa Paatshaah Guru Gobind Singh Ji Sabh Thai Ho-e Sahaai

Remember the respected Tenth Guru Gobind Singh (*dwelling on his spiritual contribution*). Oh God! kindly help us everywhere by *showing us the path*.

**ਦਸਾਂ ਪਾਤਸ਼ਾਹੀਆਂ ਦੀ ਜੋਤ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਪਾਠ ਦੀਦਾਰ ਦਾ ਧਿਆਨ ਧਰ ਕੇ  
ਬੋਲੇ ਜੀ ਵਾਹਿਗੁਰੂ!**

Dasa Paatsaaheea Di Jot Sri Guru Granth Sahib Ji, De Paath Deedaar Daa  
Dhiyaan Dhar Ke Bolo Ji Waheguroo

Think and meditate upon the divine light of the Ten Kings contained in the respected Guru Granth Sahib and turn your thoughts to the divine teachings of and get pleasure by the sight of Guru Granth Sahib; Utter Wahe Guru (*Wondrous God*)!

**ਪੰਜਾਂ ਪਿਆਰਿਆਂ, ਚੌਹਾਂ ਸਾਹਿਬਜ਼ਾਦਿਆਂ, ਚਾਲ੍ਹੀਆਂ ਮੁਕਤਿਆਂ, ਹਠੀਆਂ ਜਪੀਆਂ, ਤਪੀਆਂ,  
ਜਿਨ੍ਹਾ ਨਾਮ ਜਪਿਆ, ਵੰਡ ਛਕਿਆ, ਦੇਗ ਚਲਾਈ, ਤੇਗ ਵਾਹੀ, ਦੇਖ ਕੇ ਅਣਡਿੱਠ ਕੀਤਾ,  
ਤਿਨ੍ਹਾਂ ਪਿਆਰਿਆਂ, ਸਚਿਆਰਿਆਂ ਦੀ ਕਮਾਈ ਦਾ ਧਿਆਨ ਧਰ ਕੇ, ਖਾਲਸਾ ਜੀ ! ਬੋਲੇ ਜੀ  
ਵਾਹਿਗੁਰੂ!**

Panja Piyariya, Chauhaa Sahibzadiya, Chaliya Mukhtiya, Huthiya, Jupiya,  
Tupiya, Jina Nam Jupiya, Vand Shakiya, Deg Chalaeee, Teg Vaahee, Dekh  
Ke Andhith Keetaa, Tinhaa Piariyaa, Sachiaariyaa Dee Kamaeee, Da Dhiyaan  
Dhar Ke Bolo Ji Waheguroo

Think of the deeds of the Five Beloved Ones, of the four sons (*of Guru Gobind Singh*); of the Forty Martyrs; of the brave Sikhs of indomitable determination; of the devotees steeped in the colour of the Naam; of those who were absorbed in the Naam; of those who remembered the Naam and shared their food in companionship; of those who started free kitchens; of those who wielded their swords (*for preserving truth*); of those who overlooked others shortcomings; All the aforesaid were pure and truly devoted ones; Utter Wahe Guru (*Wondrous God*)!

**ਜਿਨ੍ਹਾਂ ਸਿੰਘਾਂ ਸਿੰਘਣੀਆਂ ਨੇ ਧਰਮ ਹੇਤ ਸੀਸ ਦਿੱਤੇ, ਬੰਦ ਬੰਦ ਕਟਾਏ, ਖੋਪਰੀਆਂ ਲੁਹਾਈਆਂ, ਚਰਖੜੀਆਂ ਤੇ ਚੜੇ, ਆਰਿਆਂ ਨਾਲ ਚਿਰਾਏ ਗਏ, ਗੁਰਦੁਆਰਿਆਂ ਦੀ ਸੇਵਾ ਲਈ ਕੁਰਬਾਨੀਆਂ ਕੀਤੀਆਂ, ਧਰਮ ਨਹੀਂ ਹਾਰਿਆ, ਸਿੱਖੀ ਕੇਸਾਂ ਸੁਆਸਾਂ ਨਾਲ ਨਿਬਾਹੀ, ਤਿਨ੍ਹਾਂ ਦੀ ਕਮਾਈ ਦਾ ਧਿਆਨ ਧਰ ਕੇ ਖਾਲਸਾ ਜੀ! ਬੋਲੇ ਜੀ ਵਾਹਿਗੁਰੂ!**

[Jinaa Singhaa Singhneeyaa Ne Dharam Het Sees Dithe, Bund Bund Kuttai, Khopriya Luhaiya, Charukriya Te Churhe, Aariaa Naal Chiraae Ge, Gurdwaraiya Di Seva Layee Kurbaniya Keethiya, Dharam Nehee Haariye, Sikhi Kesaa Suwaasaa Naal Nibaahee, Tina Dee Kamaaee Daa Dhiyaan Dhar Ke Bolo Ji Waheguroo](#)

Think of and remember the unique service rendered by those brave Sikh men as well as women, who sacrificed their heads but did not surrender their Sikh Religion; Who got themselves cut to pieces from each of the joints of the body; Who got their scalps removed; Who were tied and rotated on the wheels and broken into pieces; Who were cut by saws; Who were flayed alive; Who sacrificed themselves to upkeep the dignity of the Gurdwaras; Who did not abandon their Sikh faith; Who kept their Sikh Religion and saved their long hair till their last breath; Utter Wahe Guru (*Wondrous God*)!

**ਪੰਜਾਂ ਤਖਤਾਂ, ਸਰਬੱਤ ਗੁਰਦੁਆਰਿਆਂ ਦਾ ਧਿਆਨ ਧਰ ਕੇ ਬੋਲੇ ਜੀ ਵਾਹਿਗੁਰੂ!**

[Saarey Takhta Sarbat Gurdwariya Daa Dhiyaan Dhur Ke Bolo Ji Waheguroo](#)

Turn your thoughts to all of the seats of Sikh Religion and all the Gurdwaras; utter Wahe Guru (*Wondrous God*)!

**ਪ੍ਰਿਥਮੇ ਸਰਬੱਤ ਖਾਲਸਾ ਜੀ ਕੀ ਅਰਦਾਸ ਹੈ ਜੀ, ਸਰਬੱਤ ਖਾਲਸਾ ਜੀ ਕੇ ਵਾਹਿਗੁਰੂ,  
ਵਾਹਿਗੁਰੂ, ਵਾਹਿਗੁਰੂ ਚਿਤ ਆਵੇ, ਚਿੱਤ ਆਵਨ ਕਾ ਸਦਕਾ ਸਰਬ ਸੁਖ ਹੋਵੇ।**

Prithme Sarbat Khaalsaa Ji Ki Ardaas Hai Ji, Sarbat Khaalsaa Ji Ko  
Waheguroo Waheguroo Waheguroo Chit Aavai Chit Aavan Ka Sadkaa  
Surab Sukh Hovai

First the entire respected Khalsa make this supplication that may they meditate on Your Name; and may all pleasures and comforts come through such meditation.

**ਜਹਾਂ ਜਹਾਂ ਖਾਲਸਾ ਜੀ ਸਾਹਿਬ, ਤਹਾਂ ਤਹਾਂ ਰਛਿਆ ਰਿਆਇਤ, ਦੇਗ ਤੇਗ ਫਤਹਿ,  
ਬਿਰਦ ਕੀ ਪੈਜ, ਪੰਥ ਕੀ ਜੀਤ, ਸ੍ਰੀ ਸਾਹਿਬ ਜੀ ਸਹਾਇ, ਖਾਲਸੇ ਜੀ ਕੇ ਬੋਲ ਬਾਲੇ, ਬੋਲੇ ਜੀ  
ਵਾਹਿਗੁਰੂ!**

Jahaa Jahaa Khaalsaa Ji Saahib, Tahaa Tahaa Ruchhiya Riyaa-it, Deg Teg  
Fateh, Bira Ki Paij, Panth Ki Jeet, Sree Saahib Ji Sahaai Khaalse Ji Ko Bol  
Baaley, Bolo Ji Waheguroo

Wherever respected Khalsa is present, give Your protection and grace; May the free kitchen and sword never fail; Maintain the honour of your devotees; Confer victory upon the Sikh people; May the respected sword always come to our assistance; May the Khalsa always get honours; Utter Wahe Guru (Wondrous God)!

**ਸਿੱਖਾਂ ਨੂੰ ਸਿੱਖੀ ਦਾਨ, ਕੇਸ ਦਾਨ, ਰਹਿਤ ਦਾਨ, ਬਿਬੇਕ ਦਾਨ, ਵਿਸਾਹ ਦਾਨ, ਭਰੋਸਾ ਦਾਨ,  
ਦਾਨਾਂ ਸਿਰ ਦਾਨ, ਨਾਮ ਦਾਨ, ਸ੍ਰੀ ਅੰਮ੍ਰਿਤਸਰ ਜੀ ਦੇ ਇਸ਼ਨਾਨ, ਚੌਕੀਆਂ, ਝੰਡੇ, ਬੁੰਗੇ, ਜੁਗੋ  
ਜੁਗ ਅਟੱਲ, ਧਰਮ ਕਾ ਜੈਕਾਰ, ਬੋਲੇ ਜੀ ਵਾਹਿਗੁਰੂ!!!**

Sikhaa Noo Sikhee Daan, Kesh Daan, Rehit Daan, Bibek Daan, Bharosaa  
Daan, Daanaa Sir Daan Naam Daan, Chounkiyaa Jhande Bunge Jugo Jug  
Attal, Dharam Ka Jai Kaar Bolo Ji Waheguroo

Kindly confer upon the Sikhs the gift of Sikhism, the gift of long hair, the gift of observing Sikh laws, the gift of divine knowledge, the gift of firm faith, the gift of belief and the biggest gift of Name. O God! May the choirs, the mansion and the banners exist forever; may the truth ever triumph; utter Wahe Guru (Wondrous God)!

**ਸਿੱਖਾਂ ਦਾ ਮਨ ਨੀਵਾਂ, ਮਤ ਉੱਚੀ ਮਤ ਦਾ ਰਾਖਾ ਆਪ ਵਾਹਿਗੁਰੂ।**

Sikhaa Daa Man Neevaa, Mat Uchee, Mat Pat Daa Raakhaa Aap  
Waheguroo

May the minds of all the Sikhs remain humble and their wisdom exalted; O God! You are the protector of wisdom.

**ਹੇ ਨਿਮਾਣਿਆਂ ਦੇ ਮਾਣ, ਨਿਤਾਣਿਆਂ ਦੇ ਤਾਣ, ਨਿਓਟਿਆਂ ਦੀ ਓਟ, ਸੱਚੇ ਪਿਤਾ, ਵਾਹਿਗੁਰੂ!  
ਆਪ ਦੇ ਹਜ਼ੂਰ.....ਦੀ ਅਰਦਾਸ ਹੈ ਜੀ।**

Hey Nimaneeaa De Maan, Nitaneeaa De Taan, Nioteeaa Di Ot, Sachey Pita  
Waheguroo (Aap Di Hazoor....Di Aardas hai Ji)

O True Father, Wahe Guru! you are the honour of the meek, the Power of the helpless ones, the shelter of the shelterless, we humbly make prayer in your presence.....*(substitute the occasion or prayer made here).*

**ਅੱਖਰ ਵਾਧਾ ਘਾਟਾ ਭੁੱਲ ਚੁੱਕ ਮਾਫ ਕਰਨੀ। ਸਰਬੱਤ ਦੇ ਕਾਰਜ ਰਾਸ ਕਰਨੇ।**

Akhar Vaadhaa Ghaataa Bhul Chuk Maaf Karnee, Sarbat De Kaaraj Raas  
Karney.

Kindly pardon our errors and shortcomings in reciting the above Prayer.  
Kindly fulfill the objects of all.

**ਸੇਈ ਪਿਆਰੇ ਮੇਲ, ਜਿਨ੍ਹਾਂ ਮਿਲਿਆਂ ਤੇਰਾ ਨ ਚਿੱਤਆਵੇ। ਨਾਨਕ ਨਾਮ ਚੜ੍ਹਦੀ ਕਲਾ, ਤੇਰੇ  
ਭਾਣੇ ਸਰਬੱਤ ਦਾ ਭਲਾ।**

Seyee Piyare Mel, Jina Miliya Teraa Naam Chit Aavai, Naanak Naam Chardi  
Kala, Tere Bhaaney Sarbat Daa Bhalaa

Kindly cause us to meet those true devotees by meeting whom, we may remember and meditate upon Your Name. O God! through the True Guru Nanak, may Your Name be exalted, and may all prosper according to Your will.

**ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖ਼ਾਲਸਾ, ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ**

Waheguroo Ji Ka Khaalsaa Waheguroo Ji Ki Fateh

The Khalsa belongs to God; all victory is the victory of God.

## Philosophy for the Journey

Philosophy of Sikhism is characterized by logic, comprehensiveness and its "without frills" approach to the spiritual and material world. Its theology is marked by simplicity. In Sikh ethics there is no conflict between the individual's duty to the self and that towards society (sangat).

Sikhism is the youngest world religion founded by Guru Nanak some 500 years ago. It emphasizes the belief in One Supreme Being and the Creator (Waheguru) of the universe. It offers a simple straight path to eternal bliss and spreads a message of love and universal brotherhood. Sikhism is strictly a monotheistic faith and recognizes God as the only One who is not subject to limits of time or space. Sikhism believes that there is only one God, who is the Creator, Sustainer, Destroyer and does not take human form. The theory of incarnation has no place in Sikhism. It does not attach any value to gods and goddesses and other deities.

In Sikhism the ethics and religion go together. One must inculcate moral qualities and practice virtues in everyday life in order to step towards spiritual development. Qualities such as honesty, compassion, generosity, patience and humility can only be built up by efforts and perseverance. The lives of our Great Gurus are a source of inspiration in this direction.

The Sikh religion teaches that the goal of human life is to break the cycle of birth and death and merge with God. This can be accomplished by following the teachings of the Guru, meditation on the Holy Name (Naam) and performance of acts of service and charity.

Naam Marg emphasizes daily devotion to the remembrance of God. One has to control the five feelings, viz., Kam (Desire), Krodh (anger), Loabh (greed), Moh (worldly attachment) and Ahankar (pride) to achieve salvation. The rituals and routine practices like fasting and pilgrimage, omens and austerities are rejected in Sikh religion. The goal of human life is to merge with God and this is accomplished by following the teachings of Guru Granth Sahib. Sikhism emphasizes Bhagti Marg or the path of devotion. It does,

however, recognize the importance of Gian Marg (Path of Knowledge) and Karam Marg (Path of Action). It lays greatest stress on the need for earning God's Grace in order to reach the spiritual goal.

Sikhism is a modern, logical, and practical religion. It believes that normal family-life (Grahast) is no barrier to salvation. Celibacy or renunciation of the world is not necessary to achieve salvation. It is possible to live detached in the midst of worldly ills and temptations. A devotee must live in the world and yet keep his head above the usual tension and turmoil. He must be a scholarly soldier, and saint for God.

Sikhism is a cosmopolitan and a "secular religion" and thus rejects all distinctions based on caste, creed, race or sex. It believes all human beings are equal in the eyes of God. The Gurus stressed on equality of women and rejected female infanticide and Sati (widow burning) practice. They also actively propagated widow remarriage and rejected purdah system (women wearing veils). In order to keep the mind focused on Him one must meditate on the holy Name (Naam) and perform the acts of service and charity. It is considered honorable to earn one's livelihood through honest work (Kirat Karna) and not by begging or dishonest means. Vand Chhakna, sharing with others, is also a social responsibility. The individual is expected to help those in need, through the Daswandh (10% of his earnings). Seva, community service is also an integral part of Sikhism. The free community kitchen (langar) found at every gurdwara and open to people of all religions is one expression of this community service.

Sikh religion advocates optimism and hope. It does not accept the ideology of pessimism. The Gurus believed that this life has a purpose and a goal. It offers an opportunity for self and God realization. Moreover man is responsible for his own actions. He cannot claim immunity from the results of his actions. He must therefore be very vigilant in what he does.

The Sikh Scripture, Guru Granth Sahib, is the Eternal Guru. This is the only religion which has given the Holy Book the status of a religious preceptor. There is no place for a living human Guru (Dehdhari) in Sikh religion.

Courtesy [www.sikhpoint.com](http://www.sikhpoint.com).



## Role Of Women

The principles of Sikhism state that women have the same souls as men and possess an equal right to cultivate their spirituality. They can lead religious congregations, take part in the Akhand Path (the continuous recitation of the Holy Scriptures), perform *Kirtan* (congregational singing of hymns), work as Granthis (priests). They can participate in all religious, cultural, social, and secular activities. Sikhism was the first major world religions giving equality to men and women. Guru Nanak, preached gender-based equality, and the gurus who succeeded him encouraged women to take a full part in all the activities of Sikh worship and practice.

**The Guru Granth Sahib states,**

***"Women and men, all are created by God. All this is God's play. Says Nanak, all thy creation is good and Holy" -SGGS p.304***

Sikh history has recorded the role of women portraying them as equal in service, devotion, sacrifice, and bravery to men. Many examples of women's moral dignity, service, and self-sacrifice are written in the Sikh tradition.

According to Sikhism, men and women are two sides of the same coin. In the system of interrelations and interdependence where man takes birth from woman, and woman is born of man's seed. According to Sikhism a man cannot feel secure and complete in his life without a woman, and a man's success is related to the love and support of the woman who shares her life with him, and vice versa. Guru Nanak said:

***"[it] is a woman who keeps the race going" and that we should not "consider woman cursed and condemned, [when] from woman are born leaders and kings." SGGS Page 473.***

**Salvation:** An important point to raise is whether a religion considers women capable of achieving salvation, realisation of God here or the highest spiritual realm. The Guru Granth Sahib states,

***“In all beings is the Lord pervasive, the Lord pervades all forms male and female” (Guru Granth Sahib, p.605).***

From the above statement from the Guru Granth Sahib, the light of God rests equally with both sexes. Both men and women can therefore attain equally salvation by following Guru’s teachings. In many religions, a woman is considered a hindrance to man’s spirituality, but not in Sikhism. The Guru rejects this. In ‘Current Thoughts on Sikhism’, Alice Basarke states,

***“the first Guru put woman on a par with man...woman was not a hindrance to man, but a partner in serving God and seeking salvation”.***

**Marriage:** Guru Nanak recommended *grhastha*—the life of a householder, Instead of celibacy and renunciation, Husband and wife were equal partners and fidelity was enjoined upon both. In the sacred verses, domestic happiness is presented as a cherished ideal and marriage provided a running metaphor for the expression of love for the Divine. Bhai Gurdas, poet of early Sikhism and an authoritative interpreter of the Sikh doctrine, pays high tribute to women. He says:

***“A woman, is the favourite in her parental home, loved dearly by her father and mother. In the home of her in-laws, she is the pillar of the family, the guarantee of its good fortune... Sharing in spiritual wisdom and enlightenment and with noble qualities endowed, a woman, the other half of man, escorts him to the door of liberation.” (Varan, V.16)***

**Equal Status:** To ensure equal status between men and women, the Gurus made no distinction between the sexes in matters of initiation, instruction or participation in *sangat* (holy fellowship) and *pangat* (eating together) activities. According to Sarup Das Bhalla, Mahima Prakash, Guru Amar Das disfavoured the use of the veil by women. He assigned women to supervise some communities in disciples and preached against the custom of *sati*. Sikh history records the names of several women, such as Mata Gujri Mai Bhago, Mata Sundari, Rani Sahib Kaur, Rani Sada Kaur and Maharani Jind Kaur, who played important roles in the events of their time

**Education:** Education is considered very important in Sikhism. It is the key to anyone's success. It is a process of personal development and it is the reason why the 3rd Guru set up many schools. The Guru Granth Sahib states, ***"All divine knowledge and contemplation is obtained through the Guru"*** (Guru Granth Sahib, p.831). Education for all is essential and everyone must work to be the best they can be. Fifty two of the Sikh missionaries sent out by the 3rd Guru were women. In, 'The Role and Status of Sikh Women', Dr Mohinder Kaur Gill writes, ***"Guru Amar Das was convinced that no teachings can take root until and unless they are accepted by women folk"***.

**Restrictions on Clothes:** Apart from requiring women not to wear a veil, Sikhism makes a simple yet very important statement regarding dress code. This applies to all Sikhs regardless of gender. The Guru Granth Sahib states, ***"Avoid wearing those clothes in which the body is uncomfortable and mind is filled with evil thoughts."*** SGGs, Page 16

Thus, the Sikhs will realise what type of clothes fill the mind with evil thoughts and should avoid them. Sikh women are expected to defend themselves with Kirpan (sword) and others, this is unique for women because it is the first time in history when women were expected to defend themselves and they are not expected to be dependent on men for physical protection.

**SGGS Quotes:** ***'In the earth and in the sky, I do not see any second. Among all the women and the men, His Light is shining. " Sggs Page 223. From woman, man is born; within woman, man is conceived; to woman he is engaged and married. Woman becomes his friend; through woman, the future generations come. When his woman dies, he seeks another woman; to woman he is bound. So why call her bad? From her, kings are born. From woman, woman is born; without woman, there would be no one at all. Guru Nanak, SGGs Page 473***

**In regard to dowry:** "O my Lord, give me thy name as my wedding gift and dowry." Shri Guru Ram Das ji, Page 78, line 18 SGGs

**Regarding the practice of Purdah:** "Stay, stay, O daughter-in-law - do not cover your face with a veil. In the end, this shall not bring you even half a shell. The one before you used to veil her face; do not follow in her footsteps. The only merit in veiling your face is that for a few days, people will say, "What a noble bride has come". Your veil shall be true only if you skip, dance and sing the Glorious praises of God. -P. 484, SGGS

**Women and indeed all souls were strongly encouraged to lead a spiritual life: "Come, my dear sisters and spiritual companions; hug me close in your embrace. Let's join together, and tell stories of our All-powerful Husband Lord."-Guru Nanak, pg 17, SGGS.**

**"Friend, all other wear ruins happiness, the wear that to the limbs is torment, and with foul thinking fills the mind"-SGGS Page 16.**

## Importance Of Turban

Turban is and has always been an inseparable part of a Sikh. Since about 1500 A.D and the time of Guru Nanak, the founder of Sikhism, Sikhs have been wearing the turban.

The turban or "*pagri*" often shortened to "*pag*" or "*dastar*" are different words in various dialect for the same article. All these words refer to the garment worn by both men and women to cover their heads. It is a headdress consisting of a long scarf-like single piece of cloth wound round the head or sometimes an inner "hat" or patka. Traditionally in India, the turban was only worn by men of high status in society; men of low status or of lower castes were not allowed to wear a turban.

Although the keeping of unshorn hair was mandated by Guru Gobind Singh as one of the Five K's or five articles of faith, it has long been closely associated with Sikhism since the very beginning of Sikhi in 1469. Sikhism is the only religion in the world in which wearing a turban is mandatory for all adult males. Vast majority of people who wear turbans in the Western countries are Sikhs. The Sikh *pagdi* is also called *dastaar*. *'Dastar'* is a Persian word. It means 'Hand of God' implying His Blessing.

Sikhs are famous for their many and distinctive turbans. Traditionally, the turban represents respectability, and has long been an item once reserved for nobility only. During the Mughal domination of India, only the Muslims were allowed to wear a turban. All non-muslims were strictly barred from wearing one.

Guru Gobind Singh, in defiance of this infringement by the Mughals asked all of his Sikhs to wear the turban. This was to be worn in recognition of the high moral standards that he had charted for his Khalsa followers. He wanted his Khalsa to be distinct and be determined "to stand out from the rest of the world". He wanted them to follow the unique path that had been set out by the Sikh Gurus. Thus, a turbaned Sikh has always stood out from the crowd, as the Guru intended; for he wanted his 'Saint-Soldiers' to not only be easily recognizable, but easily found as well.

When a Sikh man or woman dons a turban, the turban ceases to be just a band of cloth; for it becomes one and the same with the Sikh's head. The turban, as well as the four other articles of faith worn by Sikhs, has an

immense spiritual and temporal significance. While the symbolism associated with wearing a turban are many — sovereignty, dedication, self-respect, courage and piety, but!, the main reason that Sikhs wear a turban is to show--their love, obedience and respect for the founder of the Khalsa Guru Gobind Singh. The above high-lighted words need to be replaced by something else. Could be 'reasons for'

*"The turban is our Guru's gift to us. It is how we crown ourselves as the Singhs and Kauras who sit on the throne of commitment to our own higher consciousness. For men and women alike, this projective identity conveys royalty, grace, and uniqueness. It is a signal to others that we live in the image of Infinity and are dedicated to serving all. The turban doesn't represent anything except complete commitment. When you choose to stand out by tying your turban, you stand fearlessly as one single person standing out from six billion people. It is a most outstanding act." (Quoted from Sikhnet).*

## Humility key Essence In Your Journey

Humility is an important aspect of Sikhism. According to this, Sikhs must bow in humility before God. Humility or Nimrata, in Punjabi are closely related words. **Nimrata** is a virtue that is vigorously promoted in Gurbani. The translation of this Punjabi word is "**Humility**", "**Benevolence**" or "**Humbleness**." Someone whose mind is not distracted by the thought that he or she is better or more important than someone. Problem area - not a correct sentence above

This is an important quality for all humans to nurture and one that is an essential part of a Sikh's mind set and this quality must accompany the Sikh at all times. The other four qualities in the Sikh arsenal are: *Truth (Sat), Contentment (Santokh), Compassion (Daya) and Love(Pyaar)*. These five qualities are essential to a Sikh and it is their duty to meditate and recite Gurbani to inculcate these virtues and make them a part of their personality.

### **What Gurbani tells us:**

"The fruit of humility is intuitive peace and pleasure. With Humility they continue to meditate on God, the Treasure of excellence. The God-conscious being is steeped in humility. One whose heart is mercifully blessed with abiding humility. Sikhism deal Humility as begging bowl before the god,"

### **Guru Nanak, First Guru Of Sikhism:**

*"Listening and believing with love and humility in your mind cleanse yourself with the Name, at the sacred shrine deep within."- SGGGS Page 4.*

*"Make contentment your ear-rings, humility your begging bowl, and meditation the ashes you apply to your body."-SGGS Page 6.*

*"In the realm of humility, the Word is Beauty. Forms of incomparable beauty are fashioned there." SGGGS Page 8.*

*"Modesty, humility and intuitive understanding are my mother-in-law and father-in-law" -SGGS Page 152.*



# Journey towards Spirituality

Guru Granth Sahib is an eternal living Guru, a poetic composition of Sikh Gurus, Hindu and Muslim Saints. The compilation is a gift from God through them to all mankind. The vision in the Guru Granth Sahib is of a society based on Divine justice without oppression of any kind. While the Granth acknowledges and respects the scriptures of Hinduism and Islam, it does not imply a moral reconciliation with either of these religions. In Guru Granth Sahib women are highly respected with equal roles as men. Women have the same souls as men and thus possess an equal right to cultivate their spirituality with equal chance of achieving liberation. Women can participate in all religious, cultural, social, and secular activities including leading religious congregations.

Sikhism advocates equality, social justice, service to humanity, and tolerance for other religions. The essential message of Sikhism is spiritual devotion and reverence of God at all times while practicing the ideals of compassion, honesty, humility and generosity in everyday life. The three core tenets of the Sikh religion are meditating and remembering God, Working for Honest living and sharing with others.

Congratulations for making an effort to go on this Spiritual Journey for the soul. The translation can never be close to original, especially when the complete Guru Granth Sahib is in poetry and the use of metaphors makes the task exceedingly difficult. In the Divine message, Hindu & Muslim mythological stories are often used Pralahad , Harnakash, laxmi, Brahma etc. Please do not read them literally but understand their underlying message. The focus is on the fact that God is one and to have union with Him is the goal of human life.

This work has been done over years by several volunteers, to get to you the Divine message in your language. If you have any questions, please feel free to email [walnut@gmail.com](mailto:walnut@gmail.com) and we would love to join you on this journey.