Sukhmani Sahib

Meditate, meditate, meditate in remembrance of Him, and find peace.

Worry and anguish shall be dispelled from your body.
Remember in praise the One who pervades the whole Universe.

His Name is chanted by countless people, in so many ways.

The Vedas, the Puraanas and the Simritees, the purest of utterances,

were created from the One Word of the Name of the Lord.

That one, in whose soul the One Lord dwells

the praises of his glory cannot be recounted.

Those who yearn only for the blessing of Your Darshan

- Nanak: save me along with them! ||1||

Sukhmani: Peace of Mind, the Nectar of the Name of God.

The minds of the devotees abide in a joyful peace. ||Pause||

Remembering God, one does not have to enter into the womb again.
Remembering God, the pain of death is dispelled.

Remembering God, death is eliminated.

Remembering God, one's enemies are repelled.

Remembering God, no obstacles are met.

Remembering God, one remains awake and aware, night and day.

Remembering God, one is not touched by fear.

Remembering God, one does not suffer sorrow.

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

All treasures, O Nanak, are in the Love of the Lord.

In the remembrance of God are wealth, miraculous spiritual powers and the nine treasures.
In the remembrance of God are knowledge, meditation and the essence of wisdom.

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

In the remembrance of God, duality is removed.

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

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

In the remembrance of God, one becomes good.

In the remembrance of God, one flowers in fruition.

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

Nanak grasps the feet of those humble beings. ||3||

The remembrance of God is the highest and most exalted of all.
In the remembrance of God, many are saved.

In the remembrance of God, thirst is quenched.

In the remembrance of God, all things are known.

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

In the remembrance of God, hopes are fulfilled.

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

The Ambrosial Naam, the Name of the Lord, is absorbed into the heart.

God abides upon the tongues of His Saints.

Nanak is the servant of the slave of His slaves.

Those who remember God are wealthy.

Those who remember God are honorable.
Those who remember God are approved.

Those who remember God are the most distinguished persons.

Those who remember God are not lacking.

Those who remember God are the rulers of all.

Those who remember God dwell in peace.

Those who remember God are immortal and eternal.

They alone hold to the remembrance of Him, unto whom He Himself shows His Mercy.

Nanak begs for the dust of their feet. ||5||

Those who remember God generously help others.

Those who remember God - to them, I am forever a sacrifice.

Those who remember God - their faces are beautiful.
Those who remember God abide in peace.

Those who remember God conquer their souls.

Those who remember God have a pure and spotless lifestyle.

Those who remember God experience all sorts of joys.

Those who remember God abide near the Lord.

By the Grace of the Saints, one remains awake and aware, night and day.

O Nanak, this meditative remembrance comes only by perfect destiny.

Remembering God, one's works are accomplished.

Remembering God, one never grieves.

Remembering God, one speaks the Glorious Praises of the Lord.

Remembering God, one is absorbed into the state of intuitive ease.
Remembering God, one attains the unchanging position.

Remembering God,

the heart-lotus blossoms forth.

Remembering God, the unstruck melody vibrates.

The peace of the meditative remembrance of God has no end or limitation.

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

Nanak seeks the Sanctuary of those humble beings. ||7||

Remembering the Lord, His devotees are famous and radiant.

Remembering the Lord, the Vedas were composed.

Remembering the Lord, we become Siddhas, celibates and givers.

Remembering the Lord, the lowly become known in all four directions.

For the remembrance of the Lord, the whole world was established.
Remember, remember in meditation the Lord, the Creator, the Cause of causes.

For the remembrance of the Lord, He created the whole creation.

In the remembrance of the Lord, He Himself is Formless.

By His Grace, He Himself bestows understanding.

O Nanak, the Gurmukh attains the remembrance of the Lord.

O Destroyer of the pains and the suffering of the poor, O Master of each and every heart, O Masterless One:

I have come seeking Your Sanctuary. O God, please be with Nanak!

Where there is no mother, father, children, friends or siblings
भर दुर्ग राम उने मींज मगदी "
man oohaa naam tayrai sang sah-ee.
- O my mind, there, only the Naam, the Name of the Lord, shall be with you as your help and support.

तह भल बनिहू िय तभ चले "
jah maha bha-aan doot jam dalai.
Where the great and terrible Messenger of Death shall try to crush you,

उन बेिन राम मींज उने चले "
tah kayval naam sang tayrai chalai.
there, only the Naam shall go along with you.

तह मांद पेिन अनि बनी "
jah muskal hovai at bhaaree.
Where the obstacles are so very heavy,

जि बेिन भर भर भर वनाल "
har ko naam khin maahi uDhaaree.
the Name of the Lord shall rescue you in an instant.

अति वरघर हवड तवड रहे "
anik punahcharan karaṭ nahee ṭarai.
By performing countless religious rituals, you shall not be saved.

जि बेिन भर बेिट बथ पसवे "
har ko naam kot paap parharai.
The Name of the Lord washes off millions of sins.

गुरमुख नाम भर भर भर भर "
gurmukh naam japahu man mayray.
As Gurmukh, chant the Naam, O my mind.

नानक पापहु सुख धनहु "
aanak paavhu sookh ghanayray. ||1||
O Nanak, you shall obtain countless joys. ||1||

सोि रेणि िेिन रुवा दति "
sagal sarisat ko raajaa dukhee-aa.
The rulers of the all the world are unhappy;

जि बेिन भर भर भर भर भर "
har kaa naam japa ho-ay sukhee-aa.
one who chants the Name of the Lord becomes happy.
लुभ लवेढ़ी विषु ् त वहै ||
lak|k karoree banDh na parai.
Acquiring hundreds of thousands and millions, your desires shall not be
contained.

जन्व वा लभु संध्व हिमवन्दे ||
har kaa naam japa|t nistarai.
Chanting the Name of the Lord, you shall find release.

अकिंच अकिंचा वंघ विध न बुझे ||
anik maa-i-aa rang tikh na bujhaavai.
By the countless pleasures of Maya, your thirst shall not be quenched.

जन्व वा लभु संध्व अश्वबे ||
har kaa naam japat aaghaavai.
Chanting the Name of the Lord, you shall be satisfied.

मिस्क भकिः विध तंत्र दिवेल ||
jih maarag ih jaa|t ika|laa.
Upon that path where you must go all alone,

उं जन्व रभु मिर्द वेद मुखेल ||
tah har naam sang ho|t suhaylaa.
there, only the Lord's Name shall go with you to sustain you.

केमा लभु भट संध्व पिन्नी ||
aisaa naam man sadaa Dhi-aa-ee-ai.
On such a Name, O my mind, meditate forever.

रस्तव बुखमुरध वधम माउंड पाशी ||2||
naanak gurmus|kh param gat paa-ee-ai. ||2||
O Nanak, as Gurmukh, you shall obtain the state of supreme dignity. ||2||

चूहा रजी वेंटा रुब घणी ||
chhootat nahee kot lakh baaheee.
You shall not be saved by hundreds of thousands and millions of helping hands.

रस्तव संध्व उठ घण्ड घण्डी ||
naam japat tah paar paraah|ee.
Chanting the Naam, you shall be lifted up and carried across.

अकिंच विधुल नव अस्ति संध्व ||
anik bighan jah aa-ay sanghaarai.
Where countless misfortunes threaten to destroy you,
हर का नाम तत्काल उद्वरल हुयाे ||
the Name of the Lord shall rescue you in an instant.

अनिक जन्म जन्में भय नभ ||
Through countless incarnations, people are born and die.

स्मारत नाम जपात समुष ||
Chanting the Name of the Lord, you shall come to rest in peace.

हा-ओ मैया मल कबाहु न देवे ||
The ego is polluted by a filth which can never be washed off.

हर का नाम लेंट पथ घेरे ||
The Name of the Lord erases millions of sins.

असा नाम जपात मन रंग.
Chant such a Name with love, O my mind.

नानाक पाे-ए आस बै संग ||
O Nanak, it is obtained in the Company of the Holy. ||3||

जी नाम जेहन के लाई संग न देस ||
On that path where the miles cannot be counted,

हर का नाम उहा संग उजाे ||
there, the Name of the Lord shall be your sustenance.

जी नाम आधा अंध बूझाा ||
On that journey of total, pitch-black darkness,

हर का नाम संग उजेे-आरा ||
the Name of the Lord shall be the Light with you.
jahaa panth tayraa ko na sinjaanoo. 
On that journey where no one knows you,

har kaa naam tahu naal pachhaanoo.
with the Name of the Lord, you shall be recognized.

jah maha bha-i-aan tapat baho ghaam.
Where there is awesome and terrible heat and blazing sunshine,

tahu har kay naam kee tum oopar chhaam.
there, the Name of the Lord will give you shade.

jahaa tarikhaa man tujh aakrakhai.
Where thirst, O my mind, torments you to cry out,

tah naanak har har amrit barkhai. ||4||
there, O Nanak, the Ambrosial Name, Har, Har, shall rain down upon you. ||4||

bhagat janaa kee bartan naam.
Unto the devotee, the Naam is an article of daily use.

sant janaa kai man bisraam.
The minds of the humble Saints are at peace.

har kaa naam daas kee ot.
The Name of the Lord is the Support of His servants.

har kai naam uDhray jan kot.
By the Name of the Lord, millions have been saved.

har jas karaat sant din raat.
The Saints chant the Praises of the Lord, day and night.
हर हर अक्षर मण लम्बाड़ ||
har har a-ukhaDh saaDh kamaat.
Har, Har - the Lord's Name - the Holy use it as their healing medicine.

हर जन वै हर रुप निरपतु ||
har jan kai har naam niDhaan.
The Lord's Name is the treasure of the Lord's servant.

परबराहम जन बीते रघु ||
paarbarahm jan keeno daan.
The Supreme Lord God has blessed His humble servant with this gift.

मं तन रंग रातै रंग रहै ||
man tan rang ratay rang aikai.
Mind and body are imbibed with ecstasy in the Love of the One Lord.

नानाक जन वै विज्ञान विज्ञान ||5||
naanak jan kai birat bibaykai. ||5||
O Nanak, careful and discerning understanding is the way of the Lord's humble servant. ||5||

हर का नाम जन बहु भविड़ नूजट ||
har kaa naam jan ka-o mukat jugat.
The Name of the Lord is the path of liberation for His humble servants.

हर कै नाम जन बहु निरपट बहुगट ||
har kai naam jan ka-o tarapat bhugat.
With the food of the Name of the Lord, His servants are satisfied.

हर कै नाम जन बहु रूप रंग ||
har kaa naam jan kaa roop rang.
The Name of the Lord is the beauty and delight of His servants.

हर नाम जपत वर परा न बंग ||
har naam japat kab parai na bhang.
Chanting the Lord's Name, one is never blocked by obstacles.

हर कै नाम जन की रहिडाहट ||
har kaa naam jan kee vadi-aa-ee.
The Name of the Lord is the glorious greatness of His servants.

हर कै नाम जत मेंढ भग ||
har kai naam jan sobbaa paa-ee.
Through the Name of the Lord, His servants obtain honor.
The Name of the Lord is the enjoyment and Yoga of His servants.

Chanting the Lord's Name, there is no separation from Him.

His servants are imbued with the service of the Lord's Name.

O Nanak, worship the Lord, the Lord Divine, Har, Har. ||6||

The Lord's Name, Har, Har, is the treasure of wealth of His servants.

The treasure of the Lord has been bestowed on His servants by God Himself.

The Lord, Har, Har is the All-powerful Protection of His servants.

His servants know no other than the Lord's Magnificence.

Through and through, His servants are imbued with the Lord's Love.

In deepest Samaadhi, they are intoxicated with the essence of the Naam.

Twenty-four hours a day, His servants chant Har, Har.
The devotees of the Lord are known and respected; they do not hide in secrecy.

Through devotion to the Lord, many have been liberated.

O Nanak, along with His servants, many others are saved.

This Elysian Tree of miraculous powers is the Name of the Lord.

The Khaamadhayn, the cow of miraculous powers, is the singing of the Glory of the Lord's Name, Har, Har.

Highest of all is the Lord's Speech.

Hearing the Naam, pain and sorrow are removed.

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

By the Saint's kind intervention, all guilt is dispelled.

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

Serving the Saint, one meditates on the Naam.
There is nothing equal to the Naam.

O Nanak, rare are those, who, as Gurmukh, obtain the Naam.

The many Shaastras and the many Simritees - I have seen and searched through them all.

They are not equal to Har, Haray - O Nanak, the Lord's Invaluable Name.

Chanting, intense meditation, spiritual wisdom and all meditations;

the six schools of philosophy and sermons on the scriptures;

the practice of Yoga and righteous conduct;

the renunciation of everything and wandering around in the wilderness;

the performance of all sorts of works;
पुनः दान ते में खु जोत "
punn daan homay baho rațiıaa.
donations to charities and offerings of jewels to fire;

मलीक बटांडि ते में वदि दोनी "
sareer kataa-ay homai kar raatee.
cutting the body apart and making the pieces into ceremonial fire offerings;

चवट तेम वन घर तजी "
varat naym karai baho bhaatee.
keeping fasts and making vows of all sorts

नबी उरक तम तम धीर जग "
nahēe ्तु राम नाम beechaar.
- none of these are equal to the contemplation of the Name of the Lord,

रसव गुर्मुख तम तमीने विल वज "
naanak gurmukh naam japee-ai ik baar. ||1||
O Nanak, if, as Gurmukh, one chants the Naam, even once. ||1||

रुटुं धंड धुङ्खमी दिवे छिदु तीरे "
na-o khand parithmee firai chir jeevai.
You may roam over the nine continents of the world and live a very long life;

भग वृंघड़ उपीमु धीरे "
mahaa udaas tapeeas theevai.
you may become a great ascetic and a master of disciplined meditation

अराथि भवि वेमु धराल "
agan maahi homat paraan.
and burn yourself in fire;

बिहव भाष तैँड़ युभि रज "
kanik asav haivar bhoom daan.
you may give away gold, horses, elephants and land;

हिंदी ववम वने घर भास्त "
ni-ulee karam karai baho aasan.
you may practice techniques of inner cleansing and all sorts of Yogic postures;

नैल भवि मंति भटि म्याल "
jain maarag sanjam at saaDhan.
you may adopt the self-mortifying ways of the Jains and great spiritual disciplines;
nimakha

piece by piece, you may cut your body apart;

but even so, the filth of your ego shall not depart.

but even so, egotistical pride shall not be removed from your mind.

You may practice cleansing day and night,

but the filth of your mind shall not leave your body.

You may subject your body to all sorts of disciplines,

but your mind will never be rid of its corruption.

You may wash this transitory body with loads of water,
but how can a wall of mud be washed clean?

man har kay naam kee mahimaa ooch.
O my mind, the Glorious Praise of the Name of the Lord is the highest;

naanak naam uDhray patit baho mooch. ||3||
O Nanak, the Naam has saved so many of the worst sinners. ||3||

bahut si-aanap jam kaa bha-o bi-aapai.
Even with great cleverness, the fear of death clings to you.

anik jatan kar tarisan nnaa Dharaapai.
You try all sorts of things, but your thirst is still not satisfied.

bhaykh anayk agan nahee bujhai.
Wearing various religious robes, the fire is not extinguished.

cot upaav dargeh nahee sijhai.
Even making millions of efforts, you shall not be accepted in the Court of the Lord.

chootas nahee oobh pa-i-aal.
You cannot escape to the heavens, or to the nether regions,

mohi bi-aapahi maa-i-aa jaal.
if you are entangled in emotional attachment and the net of Maya.

avar kartoot saglee jam daanai.
All other efforts are punished by the Messenger of Death,

govind bhajan bin tit nahee maanai.
which accepts nothing at all, except meditation on the Lord of the Universe.
Chanting the Name of the Lord, sorrow is dispelled.

O Nanak, chant it with intuitive ease. ||4||

One who prays for the four cardinal blessings should commit himself to the service of the Saints.

If you wish to erase your sorrows,

If you long for honor for yourself,

then renounce your ego in the Saadh Sangat, the Company of the Holy.

If you fear the cycle of birth and death,

then seek the Sanctuary of the Holy.

Those who thirst for the Blessed Vision of God's Darshan
ननाक उन दै बलि बलि लगा ॥५॥
ननाक ता काई बलि बलि जासा। ||५||
- ननाक एक सद्भाव, एक सद्भाव के तुलना। ||५||

मनन भवन भवन भवन भवन ॥
sagai purakh meh purakh parDhan.
Among all persons, the supreme person is the one

मापमंजि सा का भिटे अभिभंधु ॥
saaDhsang jaa kaa mitai abhimaan.
who gives up his egotistical pride in the Company of the Holy.

आभास लहू से माने लहू ॥
aapas ka-o jo jaanai neechaa.
One who sees himself as lowly,

मेंटु जलीिे में धूम ॥
so-oo ganee-ai sabh tay oochaa.
shall be accounted as the highest of all.

सा बा वहु निषु मनन बी जीर ॥
jaa kaa man ho-ay sagal kee reenaa.
One whose mind is the dust of all,

वन वन नम वन वन वन जीर ॥
har har naam tīn ghat ghat cheenaa.
recognizes the Name of the Lord, Har, Har, in each and every heart.

भाव अधुरे दे धूम भिटाव ॥
man apunay tay buraa mitaanaa.
One who eradicates cruelty from within his own mind,

पेंक मनन नमंदि मनन ॥
paykhai sagal sarisat saajnaa.
looks upon all the world as his friend.

सूक सूक मनन दुसि हठियाँ ॥
sookh dookh jan sam daristaytaa.
One who looks upon pleasure and pain as one and the same,

ननाक पा-पर पन्न पन्न लया ॥६॥
nanak paap punn nahee laypaa. ||६||
O Nanak, is not affected by sin or virtue. ||६||
To the poor, Your Name is wealth.

To the homeless, Your Name is home.

To all, You are the Giver of gifts.

O Creator Lord, Cause of causes, O Lord and Master,

You alone know Your own condition and state.

You Yourself, God, are imbued with Yourself.

You alone can celebrate Your Praises.

O Nanak, no one else knows.

Of all religions, the best religion
हर को नाम जप निर्मल कारम।
is to chant the Name of the Lord and maintain pure conduct.

सागल किर नेन मूत मंत्रा।
Of all religious rituals, the most sublime ritual

सागल दुर्मित्र बल निरिन्धा।
is to erase the filth of the dirty mind in the Company of the Holy.

सागल उदम नेन उदम भाला।
Of all efforts, the best effort

हर का नाम जपहूँ जी-आ सड़ा।
is to chant the Name of the Lord in the heart, forever.

सागल बानी नेन अमृत बानी।
Of all speech, the most ambrosial speech

हर को जस सुन रसन बक्हानी।
is to hear the Lord's Praise and chant it with the tongue.

सागल थान तै-वै देवाल वाल।
Of all places, the most sublime place,

नानाक जि-ग्हात वसई हर नाम।
O Nanak, is that heart in which the Name of the Lord abides.

सालोक।
Shalok:

निर्गुण-ए अ-आनी-ए सो पराब-सड़ा समाल।
You worthless, ignorant fool - dwell upon God forever.
Cherish in your consciousness the One who created you; O Nanak, He alone shall go along with you. ||1||

Ashtapadee:

Ashtapadee:

Cherish in your consciousness the One who created you; O Nanak, He alone shall go along with you. ||1||
If you bless him with forgiveness, O Nanak, only then will he be saved. ||1||

By His Grace, you abide in comfort upon the earth.

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

You have peaceful breezes and priceless fire.

By His Grace, you enjoy all sorts of pleasures.

You are provided with all the necessities of life.

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

and yet, you forsake Him and attach yourself to others.

Such sinful mistakes cling to the blind fools;

Nanak: uplift and save them, God! ||2||
From beginning to end, He is our Protector,
and yet, the ignorant do not give their love to Him.

and yet, the foolish do not link their minds with Him.

and yet, the spiritually blind believe that He is far away.

and yet, the ignorant fool forgets Him.

and yet, this person makes mistakes;

O Nanak, the Infinite Lord is our Saving Grace. ||3||
Forsaking the jewel, they are engrossed with a shell.
saach chhod jhoth sang machai.  
They renounce Truth and embrace falsehood.

jo chhadnaa so asthir kar maanai.  
That which passes away, they believe to be permanent.

jo hovan so door paraanai.  
That which is immanent, they believe to be far off.

chhod jaa-ay tis kaa saram karai.  
They struggle for what they must eventually leave.

sang sahaa-ee tis parharai.  
They turn away from the Lord, their Help and Support, who is always with them.

chandan layp utaarai Dho-ay.  
They wash off the sandalwood paste;

garDhab pareet bhasam sang ho-ay.  
like donkeys, they are in love with the mud.

anDh koop meh pātīt bikraal.  
They have fallen into the deep, dark pit.

naanak kaadh layho parabh da-i-aal. ||4||  
Nanak: lift them up and save them, O Merciful Lord God! ||4||

karṭoot pasoo kee maanas jaat.  
They belong to the human species, but they act like animals.

lok pachaaraa karai din raat.  
They curse others day and night.
बाहर भयक्ष अंतर मल माँ-आ।।
Outwardly, they wear religious robes, but within is the filth of Maya.

चह्पास नाही कच्छ कराई चहपा-आ।।
They cannot conceal this, no matter how hard they try.

बाहर धी-आन इस्नान।।
Outwardly, they display knowledge, meditation and purification,

अंतर बिवापे देन सुआ।।
but within clings the dog of greed.

अंतर आगन बाहर तन सुआ।।
The fire of desire rages within; outwardly they apply ashes to their bodies.

tा वे अंतर बसे पृथु अधि।।
Those, within whom God Himself abides

नानाक तय जन सहि समात।।5||
- O Nanak, those humble beings are intuitively absorbed in the Lord. ||5||

सूति अंध बैंसे अंध घरै।।
By listening, how can the blind find the path?

बत आई लेसे दिश किरहनै।।
Take hold of his hand, and then he can reach his destination.

वर युज्ञए तुधे ढेर।।
How can a riddle be understood by the deaf?
Say 'night', and he thinks you said 'day'.

How can the mute sing the Songs of the Lord?

He may try, but his voice will fail him.

How can the cripple climb up the mountain?

He simply cannot go there.

O Creator, Lord of Mercy - Your humble servant prays;

Nanak: by Your Grace, please save me. ||6||

The Lord, our Help and Support, is always with us, but the mortal does not remember Him.

He shows love to his enemies.

He lives in a castle of sand.

He enjoys the games of pleasure and the tastes of Maya.
He believes them to be permanent - this is the belief of his mind.

Death does not even come to mind for the fool.

Hate, conflict, sexual desire, anger, emotional attachment, falsehood, corruption, immense greed and deceit:

So many lifetimes are wasted in these ways.

Nanak: uplift them, and redeem them, O Lord - show Your Mercy! ||7||

You are our Lord and Master; to You, I offer this prayer.

This body and soul are all Your property.

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

In Your Grace, there are so many joys!

No one knows Your limits.
O Highest of the High, Most Generous God,

The whole creation is strung on Your thread.

That which has come from You is under Your Command.

You alone know Your state and extent.

Nanak, Your slave, is forever a sacrifice.

One who renounces God the Giver, and attaches himself to other affairs

O Nanak, he shall never succeed. Without the Name, he shall lose his honor.

He obtains ten things, and puts them behind him; for the sake of one thing withheld, he forfeits his faith.
But what if that one thing were not given, and the ten were taken away?

Then, what could the fool say or do?

Our Lord and Master cannot be moved by force.

Unto Him, bow forever in adoration.

That one, unto whose mind God seems sweet

- all pleasures come to abide in his mind.

One who abides by the Lord's Will,

O Nanak, obtains all things.

God the Banker gives endless capital to the mortal, who eats, drinks and expends it with pleasure and joy.

If some of this capital is later taken back by the Banker,
अज्ञात्तिष्ठ मनि देमन बतेंि ||
agy-annee man ros karay-i.
the ignorant person shows his anger.

अपनी ध्वजाक्षिणि अपने द्रव्य ||
apnee partheet aap hee khovai.
He himself destroys his own credibility,

बहुर दृग लग ध्नुष्मृग र रैं ||
bahur us kaa bisvaas na hovai.
and he shall not again be trusted.

सिम दी चमुर दिस सनो रैं ||
jis kee basaat tis aagai raakhai.
When one offers to the Lord, that which belongs to the Lord,

पुजू दी अज्ञातां भर भ्रम ||
parabh kee aagi-aa maanai maathai.
and willingly abides by the Will of God's Order,

सुम दे सुबूत रैं किरण ||
us tay cha-ugun karai nihaal.
the Lord will make him happy four times over.

नानक महिष मान निशान्य ||
naanak saahib sadaa da-i-aal. ||2||
O Nanak, our Lord and Master is merciful forever. ||2||

अनिक ब्याट अज्ञातां ये तेज ||
anik bhaat maa-i-aa kay hayt. sarpar hovat jaan anayt.
The many forms of attachment to Maya shall surely pass away - know that they are transitory.

बिकबड़ दी ब्याटिअा निपु चंगू रैं ||
birakh kee chhaa-i-aa si-o rang laavai.
People fall in love with the shade of the tree,

हीन फिशमे हीट भरक भुजप ||
oh binsai uho man pachhutaaavai.
and when it passes away, they feel regret in their minds.

मे दीमे मे चलशाल ||
jo deesai so chaalanhaar.
Whatever is seen, shall pass away;
रुपांतरण उपयोग केंद्र अंतिम अंश

• lapat rahi-o ⁸ahkan ⁸Dhan ⁸anDhaar.
• and yet, the blindest of the blind cling to it.

• bataa-oo si-o jo laavai nayh.
• One who gives her love to a passing traveler

• ūna उपव वे राम वी प्रीज मुखषणी
• man har kay naam kee pareet sukh-daa-ee.
• O mind, the love of the Name of the Lord bestows peace.

• kar kirpaa naanak aap la-ay laa-ee. ||3||
• O Nanak, the Lord, in His Mercy, unites us with Himself. ||3||

• mithi-aa ⁸tan ⁸Dhan ⁸kutamb ⁸sabaa-i-aa.
• False are body, wealth, and all relations.

• mithi-aa ha-umai mamţaa maa-i-aa.
• False are ego, possessiveness and Maya.

• mithi-aa raaj joban ⁸Dhan ⁸maal.
• False are power, youth, wealth and property.

• mithi-aa kaam kroDh ⁸bikraal.
• False are sexual desire and wild anger.

• mithi-aa rath hasťee asav basţaraa.
• False are chariots, elephants, horses and expensive clothes.

• mithi-aa rang sang maa-i-aa paykh hastaa.
• False is the love of gathering wealth, and reveling in the sight of it.
False are deception, emotional attachment and egotistical pride.

False are pride and self-conceit.

Only devotional worship is permanent, and the Sanctuary of the Holy.

Nanak lives by meditating, meditating on the Lotus Feet of the Lord.

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

False are the hands which steal the wealth of others.

False are the eyes which gaze upon the beauty of another’s wife.

False is the tongue which enjoys delicacies and external tastes.

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

False is the mind which covets the wealth of others.

False is the body which does not do good to others.
False is the nose which inhales corruption.

Without understanding, everything is false.

Fruitful is the body, O Nanak, which takes to the Lord's Name. ||5||

The life of the faithless cynic is totally useless.

Without the Truth, how can anyone be pure?

Useless is the body of the spiritually blind, without the Name of the Lord.

From his mouth, a foul smell issues forth.

Without the remembrance of the Lord, day and night pass in vain,

like the crop which withers without rain.

Without meditation on the Lord of the Universe, all works are in vain,

like the wealth of a miser, which lies useless.
Blessed, blessed are those, whose hearts are filled with the Name of the Lord.

Nanak is a sacrifice, a sacrifice to them.

There is no love in his heart, and yet with his mouth he talks tall.

The Omniscient Lord God is the Knower of all.

He is not impressed by outward display.

One who does not practice what he preaches to others,

shall come and go in reincarnation, through birth and death.

One whose inner being is filled with the Formless Lord

- by his teachings, the world is saved.

Those who are pleasing to You, God, know You.
Each and every moment, O Nanak, meditate on the Lord. ||8||5||
Sexual desire, anger, greed and emotional attachment - may these be gone, and egotism as well.

Nanak seeks the Sanctuary of God; please bless me with Your Grace, O Divine Guru.

By His Grace, you partake of the thirty-six delicacies;

enshrine that Lord and Master within your mind.

By His Grace, you apply scented oils to your body;

remembering Him, the supreme status is obtained.

By His Grace, you dwell in the palace of peace;

meditate forever on Him within your mind.
By His Grace, you abide with your family in peace;

By His Grace, you enjoy tastes and pleasures;

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

By His Grace, you wear silks and satins;

why abandon Him, to attach yourself to another?

By His Grace, you sleep in a cozy bed;

By His Grace, you are honored by everyone;

with your mouth and with your tongue, chant His Praises.

By His Grace, you remain in the Dharma;
O mind, meditate continually on the Supreme Lord God.

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

O Nanak, you shall return to your true home with honor. ||2||

By His Grace, you have a healthy, golden body;

attune yourself to that Loving Lord.

By His Grace, your honor is preserved;

By His Grace, all your deficits are covered;

O mind, seek the Sanctuary of God, our Lord and Master.

By His Grace, no one can rival you;

O mind, with each and every breath, remember God on High.
**Guru Nanak:**
By His Grace, you obtained this precious human body;
By His Grace, you wear decorations;
By His Grace, you have horses and elephants to ride;
By His Grace, you have land, gardens and wealth;
keep God enshrined in your heart.

**O Nanak,** worship Him with devotion.
O mind, why are you so lazy? Why don't you remember Him in meditation?
O mind, never forget that God.
O mind, the One who formed your form
standing up and sitting down, meditate always on Him.
Meditate on Him - the One Invisible Lord;
eIhw aUhw nw

nk qyrI rKY 

eehaa oohaa naanak ṭayree rakhai. ||4||
here and hereafter, O Nanak, He shall save you. ||4||

jih parsaad karahi pun baho daan.
By His Grace, you give donations in abundance to charities;

man aath pahar kar ṭis kaa Dhi-aan.
O mind, meditate on Him, twenty-four hours a day.

jih parsaad too aachar bi-usahaan.
By His Grace, you perform religious rituals and worldly duties;

ṭis parabh ka-o saas saas chiṭaaree.
think of God with each and every breath.

jih parsaad ṭayraa sundar roop.
By His Grace, your form is so beautiful;

so parabh simrahu sadaa anoop.
consistently remember God, the Incomparably Beautiful One.

jih parsaad ṭayree nekee jaat.
By His Grace, you have such high social status;

so parabh simraa din raat.
remember God always, day and night.

jih parsaad ṭayree paṭ raahai.
By His Grace, your honor is preserved;

gur parsaad naanak jas kahai. ||5||
by Guru's Grace, O Nanak, chant His Praises. ||5||
By His Grace, you listen to the sound current of the Naad.

By His Grace, you behold amazing wonders.

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

By His Grace, you abide in peace and ease.

By His Grace, your hands move and work.

By His Grace, you are completely fulfilled.

By His Grace, you obtain the supreme status.

By His Grace, you are absorbed into celestial peace.

Why forsake God, and attach yourself to another?

By Guru’s Grace, O Nanak, awaken your mind! ||6||

Why forsake God, and attach yourself to another?

By His Grace, you are famous all over the world;
never forget God from your mind.

By His Grace, you have prestige;

By His Grace, your works are completed;

O mind, know Him to be close at hand.

By His Grace, you find the Truth;

O my mind, merge yourself into Him.

By His Grace, everyone is saved;

O Nanak, meditate, and chant His Chant. ||7||

Those, whom He inspires to sing, sing the Glorious Praises of the Lord.
By God's Grace, enlightenment comes.

By God's Kind Mercy, the heart-lotus blossoms forth.

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

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

All treasures, O Lord, come by Your Kind Mercy.

No one obtains anything by himself.

As You have delegated, so do we apply ourselves, O Lord and Master.

O Nanak, nothing is in our hands.

Unapproachable and Unfathomable is the Supreme Lord God;

whoever speaks of Him shall be liberated.
Listen, O friends, Nanak prays, to the wonderful story of the Holy. ||1||

Ashtapadee:

In the Company of the Holy, one's face becomes radiant.

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

In the Company of the Holy, egotism is eliminated.

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

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

In the Company of the Holy, all conflicts are settled.

In the Company of the Holy, one obtains the jewel of the Naam.

In the Company of the Holy, one’s efforts are directed toward the One Lord.

What mortal can speak of the Glorious Praises of the Holy?
ननक साहिब के सोहाँ परब माही समानी।

O Nanak, the glory of the Holy people merges into God.

मन्द वे मंजिल अवदेह मिलें।

In the Company of the Holy, one meets the Incomprehensible Lord.

मन्द वे मंजिल परव भटलें।

In the Company of the Holy, one flourishes forever.

मन्द वे मंजिल आवहि वन रंगें।

In the Company of the Holy, the five passions are brought to rest.

मन्दमंजिल अभिमुख वन ब्रजें।

In the Company of the Holy, one enjoys the essence of ambrosia.

मन्दमंजिल चंद्र भी केर।

In the Company of the Holy, one becomes the dust of all.

मन्द वे मंजिल भंजें वेर।

In the Company of the Holy, one’s speech is enticing.

मन्द वे मंजिल त बउरू पड़े।

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

मन्दमंजिल अस्थिरि भंज पड़े।

In the Company of the Holy, the mind becomes stable.

मन्द वे मंजिल भविधां वे खिल।

In the Company of the Holy, one is rid of Maya.

मन्दमंजिल रत्रज़ भूड मधुमंत्र।

In the Company of the Holy, O Nanak, God is totally pleased.
मापमेंजि ुमभल मजह बीठ ||
saaDhsang dusman sabh meet.
In the Company of the Holy, all one’s enemies become friends.

मयू ले मेंजि भज भूली ||
saaDhoo kai sang maha punee.
In the Company of the Holy, there is great purity.

मापमेंजि लिम मिठि रतज बेद ||
saaDhsang kis si-o nahee bair.
In the Company of the Holy, no one is hated.

मयू ले मेंजि न को बेेंजा पेढ ||
saaDh kai sang na beegaa pair.
In the Company of the Holy, one’s feet do not wander.

मयू ले मेंजि लगी ले मंग ||
saaDh kai sang naahee ko mangaa.
In the Company of the Holy, no one seems evil.

मापमेंजि लगे भक्तमंत्र ||
saaDhsang jaanay parmaanandaa.
In the Company of the Holy, supreme bliss is known.

मयू ले मेंजि लगी चढ़ उप ||
saaDh kai sang naahee ha-o taap.
In the Company of the Holy, the fever of ego departs.

मयू ले मेंजि उने मउ अय ||
saaDh kai sang tajai sabh aap.
In the Company of the Holy, one renounces all selfishness.

आपे नहीं मयू घड़ी ||
aapay jaanai saaDh badaa-ee.
He Himself knows the greatness of the Holy.

चुभच मयू भुज़ बिंब आही ||3||
naanak saaDh parabhoo ban aa-ee. ||3||
O Nanak, the Holy are at one with God. ||3||

मयू ले मेंजि ल वर्ष घड़े ||
saaDh kai sang na kabhoo Dhaavai.
In the Company of the Holy, the mind never wanders.
In the Company of the Holy, one obtains everlasting peace.

In the Company of the Holy, one grasps the Incomprehensible.

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

In the Company of the Holy, one abides in the loftiest place.

In the Company of the Holy, one attains the Mansion of the Lord's Presence.

In the Company of the Holy, one's Dharmic faith is firmly established.

In the Company of the Holy, one dwells with the Supreme Lord God.

In the Company of the Holy, one obtains the treasure of the Naam.

O Nanak, I am a sacrifice to the Holy. ||4||

In the Company of the Holy, all one's family is saved.

In the Company of the Holy, one's friends, acquaintances and relatives are redeemed.
In the Company of the Holy, that wealth is obtained.

Everyone benefits from that wealth.

In the Company of the Holy, the Lord of Dharma serves.

In the Company of the Holy, the divine, angelic beings sing God's Praises.

In the Company of the Holy, one's sins fly away.

In the Company of the Holy, one sings the Ambrosial Glories.

In the Company of the Holy, all places are within reach.

O Nanak, in the Company of the Holy, one's life becomes fruitful.

In the Company of the Holy, there is no suffering.

The Blessed Vision of their Darshan brings a sublime, happy peace.

In the Company of the Holy, blemishes are removed.
\begin{verbatim}
मप वै मंगिस तनाम धनते॥
saaDh kai sang narak parharai.
In the Company of the Holy, hell is far away.

मप वै मंगिस शीत हुए भुलुए॥
saaDh kai sang eehaa oohaa suhaylaa.
In the Company of the Holy, one is happy here and hereafter.

मपमंगिस विभरवत जात में॥
saaDhsang bichhurat har maylaa.
In the Company of the Holy, the separated ones are reunited with the Lord.

मप वै मंगिस त विभङ्ग तंवे॥
saaDh kai sang na birthaa jaavai.
In the Company of the Holy, no one goes empty-handed.

परमार्थम मप कितेव यमे॥
paarbarahm saaDh rid basai.
The Supreme Lord God dwells in the hearts of the Holy.

तनाम हुये मप मंगि तमे॥
naanak uDhrai saaDh sun rasai. ||6||
O Nanak, listening to the sweet words of the Holy, one is saved. ||6||

माप वै मंगिस मुखी अति रुपी॥
saaDh kai sang sun-o har naa-o.
In the Company of the Holy, listen to the Name of the Lord.

मापमंगिस जावे वृत्त गापु॥
saaDhsang har kay gun gaa-o.
In the Company of the Holy, sing the Glorious Praises of the Lord.

मप वै मंगिस त भले वे मिमवे॥
saaDh kai sang na man ātay bisrai.
In the Company of the Holy, do not forget Him from your mind.

मापमंगिस विनासवे॥
saaDhsang sarpar nistarai.
In the Company of the Holy, you shall surely be saved.
\end{verbatim}
In the Company of the Holy, God seems very sweet.

In the Company of the Holy, He is seen in each and every heart.

In the Company of the Holy, we become obedient to the Lord.

In the Company of the Holy, we obtain the state of salvation.

In the Company of the Holy, all diseases are cured.

O Nanak, one meets with the Holy, by highest destiny.

The glory of the Holy people is not known to the Vedas.

They can describe only what they have heard.

The greatness of the Holy people is beyond the three qualities.

The greatness of the Holy people is all-pervading.

The glory of the Holy people has no limit.
The glory of the Holy people is infinite and eternal.

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

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

The glory of the Holy people is theirs alone;

O Nanak, there is no difference between the Holy people and God.

O Nanak, these are the qualities of the God-conscious being.

The God-conscious being is always unattached,
सैमे तल भवि लमल अलेख ||
jaisay jal meh kamal alayp.
as the lotus in the water remains detached.

सैमे नृथ मध्य लघु मेघ ||
jaisay soor sarab ka-o sokh.
like the sun, which gives its comfort and warmth to all.

सैमे राम वंच लघु लघु अलेख ||
jaisay raaj rank ka-o laagai tul pavaan.
like the wind, which blows equally upon the king and the poor beggar.

सैमे जिम्मे जीव जीव जीव ||
jisay basuDhaak ko-o ko-oo chanday layp.
like the earth, which is dug up by one, and anointed with sandal paste by another.

सैमे जिम्मे जीव जीव जीव ||
jisay mail na laagai jalaa.
filth does not stick to water.

This is the quality of the God-conscious being:
धर्म जिद्दी वै भूल तद्दर्थ किने \nbarahm gi-aanee kai man ho-ay pargaas.
The God-conscious being's mind is enlightened,

तैरे यह भूमिक आयम \njaisay Dhar oopar aakaas.
like the sky above the earth.

धर्म जिद्दी वै भूल तद्दर्थ किने \nbarahm gi-aanee kai mṛत saṭar samaan.
To the God-conscious being, friend and foe are the same.

धर्म जिद्दी वै भूमि मभार \nbarahm gi-aanee kai naahee abhimaan.
The God-conscious being has no egotistical pride.

धर्म जिद्दी हृदि देव हृदि \nbarahm gi-aanee ooch ṭay oochaa.
The God-conscious being is the highest of the high.

भूल अपने वै मठ वे तीन \nman apnai hai sabh ṭay neechaa.
Within his own mind, he is the most humble of all.

धर्म जिद्दी में नत करे \nbarahm gi-aanee say jan bha-ay.
They alone become God-conscious beings,

रूप त्रित भूल आधि वर्तदि ||।।2।।
naanak jin parabh aap karay-i. ||2||
O Nanak, whom God Himself makes so. ||2||

धर्म जिद्दी सबल की चीत \nbarahm gi-aanee sagal kee reenaa.
The God-conscious being is the dust of all.

आजम वै सूर्य जिद्दी चीत \naatam ras barahm gi-aanee cheenaa.
The God-conscious being knows the nature of the soul.

धर्म जिद्दी वै मठ हृदि वहिश \nbarahm gi-aanee kee sabh oopar ma-i-aa.
The God-conscious being shows kindness to all.
No evil comes from the God-conscious being.

The God-conscious being is always impartial.

Nectar rains down from the glance of the God-conscious being.

The God-conscious being is free from entanglements.

The lifestyle of the God-conscious being is spotlessly pure.

Spiritual wisdom is the food of the God-conscious being.

O Nanak, the God-conscious being is absorbed in God's meditation.

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

The God-conscious being shall never perish.

The God-conscious being is steeped in humility.

The God-conscious being delights in doing good to others.
The God-conscious being has no worldly entanglements.

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

The God-conscious being acts in the common good.

The God-conscious being blossoms in fruitfulness.

In the Company of the God-conscious being, all are saved.

O Nanak, through the God-conscious being, the whole world meditates on God.

The God-conscious being loves the One Lord alone.

The God-conscious being dwells with God.

The God-conscious being takes the Naam as his Support.

The God-conscious being has the Naam as his Family.

The God-conscious being is awake and aware, forever and ever.
The God-conscious being renounces his proud ego.

In the mind of the God-conscious being, there is supreme bliss.

In the home of the God-conscious being, there is everlasting bliss.

The God-conscious being dwells in peaceful ease.

O Nanak, the God-conscious being shall never perish.

The God-conscious being knows God.

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

The God-conscious being is carefree.

Pure are the Teachings of the God-conscious being.

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

The God-conscious being is gloriously great.
The Darshan, the Blessed Vision of the God-conscious being, is obtained by great good fortune.

To the God-conscious being, I make my life a sacrifice.

The God-conscious being is sought by the great god Shiva.

O Nanak, the God-conscious being is Himself the Supreme Lord God.

The God-conscious being cannot be appraised.

The God-conscious being has all within his mind.

Who can know the mystery of the God-conscious being?

Forever bow to the God-conscious being.

The God-conscious being cannot be described in words.

The God-conscious being is the Lord and Master of all.

Who can describe the limits of the God-conscious being?
Only the God-conscious being can know the state of the God-conscious being.

The God-conscious being has no end or limitation.

O Nanak, to the God-conscious being, bow forever in reverence.

The God-conscious being is the Creator of all the world.

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

The God-conscious being is the Giver of the way of liberation of the soul.

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

The God-conscious being is the helper of the helpless.

The God-conscious being extends his hand to all.

The God-conscious being owns the entire creation.

The God-conscious being is himself the Formless Lord.
The glory of the God-conscious being belongs to the God-conscious being alone.

O Nanak, the God-conscious being is the Lord of all.

Who enshrines the Naam within the heart,

who sees the Lord God in all,

who, each and every moment, bows in reverence to the Lord Master

- O Nanak, such a one is the true 'touch-nothing Saint', who emancipates everyone.

One whose tongue does not touch falsehood;

whose mind is filled with love for the Blessed Vision of the Pure Lord,
par tāri-a roop na paykhai naytar.
whose eyes do not gaze upon the beauty of others' wives,

saaDh kee tahal satsang hayt.
who serves the Holy and loves the Saints' Congregation,

karan na sunai kaahoo kee nindaa.
whose ears do not listen to slander against anyone,

sabh tay jaanai aapas ka-o mandaa.
who deems himself to be the worst of all,

gur parsaa bikhi-aa parharai.
who, by Guru's Grace, renounces corruption,

man kee baasnaa man tay tarai.
who banishes the mind's evil desires from his mind,

indree jit panch dokh tay rahaṭ.
who conquers his sexual instincts and is free of the five sinful passions

naanak kot maDhay ko aisaa apras. ||1||
- O Nanak, among millions, there is scarcely one such 'touch-nothing Saint'. ||1||

baisno so jis oopar suparsan.
The true Vaishnaav, the devotee of Vishnu, is the one with whom God is thoroughly pleased.

bisan kee maa-i-aa tay ho-ay bhinn.
He dwells apart from Maya.

karam karaṭ hovai nikharam.
Performing good deeds, he does not seek rewards.
Spotlessly pure is the religion of such a Vaishnaav;

kaahoo fal kee ichhaa nahee baachhai.
he has no desire for the fruits of his labors.

He is absorbed in devotional worship and the singing of Kirtan, the songs of the Lord's Glory.

Within his mind and body, he meditates in remembrance on the Lord of the Universe.

He is kind to all creatures.

He holds fast to the Naam, and inspires others to chant it.

O Nanak, such a Vaishnaav obtains the supreme status.

The true Bhagaautee, the devotee of Adi Shakti, loves the devotional worship of God.

He forsakes the company of all wicked people.

All doubts are removed from his mind.
He performs devotional service to the Supreme Lord God in all.

In the Company of the Holy, the filth of sin is washed away.

The wisdom of such a Bhagaautee becomes supreme.

He constantly performs the service of the Supreme Lord God.

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

The Lotus Feet of the Lord abide in his heart.

O Nanak, such a Bhagaautee attains the Lord God. ||3||

He is a true Pandit, a religious scholar, who instructs his own mind.

He searches for the Lord's Name within his own soul.

He drinks in the Exquisite Nectar of the Lord's Name.

By that Pandit's teachings, the world lives.
हर की कथा हिरदै बसावै।
He implants the Sermon of the Lord in his heart.

सूक्ष्म भविष्य साहि आदशु ||
so pandit fir jon na aavai.
Such a Pandit is not cast into the womb of reincarnation again.

चुरू वरना दें दीपिमृज ||
chahu varnaa ka-o day updays.
He gives instruction to people of all castes and social classes.

नानाक उस पंडित का-ए सदा अद्याद्य ||4||
O Nanak, to such a Pandit, I bow in salutation forever. ||4||

भीम मंत्र सरब को गी-आन ||
beej mantr sarab ko gi-aan.
The Beej Mantra, the Seed Mantra, is spiritual wisdom for everyone.

चुरू वरना में जपाई को-आ नाम ||
chahu varnaa meh japai ko-oo naam.
Anyone, from any class, may chant the Naam.

जो जपाई तिस की गात हो-य ||
Whoever chants it, is emancipated.

सादृश संह जान को-ए बेडी ||
saaDhsang paavai jan ko-ay.
And yet, rare are those who attain it, in the Company of the Holy.

कर कैरपा अन्तर द्वारे ||
kar kirpaa antar ur Dhaarai.
By His Grace, He enshrines it within.
Even beasts, ghosts and the stone-hearted are saved.

The Naam is the panacea, the remedy to cure all ills.

Singing the Glory of God is the embodiment of bliss and emancipation.

It cannot be obtained by any religious rituals.

O Nanak, he alone obtains it, whose karma is so pre-ordained.

One whose mind is a home for the Supreme Lord God

- his name is truly Ram Das, the Lord's servant.

He comes to have the Vision of the Lord, the Supreme Soul.

Deeming himself to be the slave of the Lord's slaves, he obtains it.

He knows the Lord to be Ever-present, close at hand.

Such a servant is honored in the Court of the Lord.
To His servant, He Himself shows His Mercy.

Such a servant understands everything.

Amidst all, his soul is unattached.

Such is the way, O Nanak, of the Lord's servant. ||6||

One who, in his soul, loves the Will of God,
is said to be Jivan Mukta - liberated while yet alive.

As is joy, so is sorrow to him.

He is in eternal bliss, and is not separated from God.

As is gold, so is dust to him.

As is ambrosial nectar, so is bitter poison to him.

As is honor, so is dishonor.
As is the beggar, so is the king.

Whatever God ordains, that is his way.

O Nanak, that being is known as Jivan Mukta.

All places belong to the Supreme Lord God.

According to the homes in which they are placed, so are His creatures named.

He Himself is the Doer, the Cause of causes.

Whatever pleases God, ultimately comes to pass.

He Himself is All-pervading, in endless waves.

The playful sport of the Supreme Lord God cannot be known.

As the understanding is given, so is one enlightened.

The Supreme Lord God, the Creator, is eternal and everlasting.
sadaa sadaa sadaa da-i-aal.
Forever, forever and ever, He is merciful.

simar simar naanak bha-ay nihaal. ||8||9||
Remembering Him, remembering Him in meditation, O Nanak, one is blessed with ecstasy. ||8||9||

salok.
Shalok:

ustat karahi anayk jan ant na paraavaar.
Many people praise the Lord. He has no end or limitation.

naanak rachnaa parabh rachee baho biDh anik parkaar. ||1||
O Nanak, God created the creation, with its many ways and various species. ||1||

asatpadee.
Ashtapadee:

ka-ee kot ho-ay poojaaree.
Many millions are His devotees.

ka-ee kot aachaaar bi-uhaaaree.
Many millions perform religious rituals and worldly duties.

ka-ee kot bha-ay tirath vaassee.
Many millions become dwellers at sacred shrines of pilgrimage.

ka-ee kot ban bharmeh udaassee.
Many millions wander as renunciates in the wilderness.
Many millions listen to the Vedas.

Many millions become austere penitents.

Many millions become austere penitents.

Many millions become austere penitents.

Many millions become self-centered.

Many millions are blinded by ignorance.

Many millions are stone-hearted misers.

Many millions steal the wealth of others.
वर्षी वेन्द्र भन्न चूर्ण बनिँ।
ka-ee kot par dookhnaa karahi.
Many millions slander others.

वर्षी वेन्द्र भविष्य सूम भगिं।
ka-ee kot maa-i-aa saram maahi.
Many millions struggle in Maya.

वर्षी वेन्द्र भविस्त्र बृहां।
ka-ee kot pardays bharmaahi.
Many millions wander in foreign lands.

विभा विभा लख्वू विभा विभा भावू।
jīt jīt laavhu tīt tīt lagna.
Whatever God attaches them to - with that they are engaged.

नानक कर्तव ली सम बढ़न वचन।
aanak karṭay kee jaanai kartaa rachnaa. ||2||
O Nanak, the Creator alone knows the workings of His creation. ||2||

वर्षी वेन्द्र निव जड़ी नेवी।
ka-ee kot siDh jatee jogee.
Many millions are Siddhas, celibates and Yogis.

वर्षी वेन्द्र कमल रम डेवी।
ka-ee kot raajay ras bhogee.
Many millions are kings, enjoying worldly pleasures.

वर्षी वेन्द्र पंची मच्च डूबनै।
ka-ee kot pankhe sarap upaa-ay.
Many millions of birds and snakes have been created.

वर्षी वेन्द्र भण्डव खवक्षव तिक्ष।
ka-ee kot paathar birakh nipjaa-ay.
Many millions of stones and trees have been produced.

वर्षी वेन्द्र भवत प्रथम बृहस्पत।
ka-ee kot pavan paanee baisantar.
Many millions are the winds, waters and fires.

वर्षी वेन्द्र देव घंड भंड।
ka-ee kot days bhoo mandal.
Many millions are the countries and realms of the world.
कै ए के कॉट ससी-एर सو ॰ नक्ह-यातर।
Many millions are the moons, suns and stars.

कै ए के कॉट डे-व दानाव इंदर सिर चहातर।
Many millions are the demi-gods, demons and Indras, under their regal canopies.

सगल समग्री अपने मृदा याते।
He has strung the entire creation upon His thread.

नानाक जिस जिस ह्वाइव तिस तिस निस्तााँर। ||3||
O Nanak, He emancipates those with whom He is pleased. ||3||

कै ए के कॉट राजस तामास सातक।
Many millions abide in heated activity, slothful darkness and peaceful light.

कै ए के कॉट बे-व ज्ञान निरिभूव अंद समान।
Many millions are the Vedas, Puraanas, Simritees and Shaastras.

कै ए के कॉट बीचे बुराम समां।
Many millions are made long-lived.

कै ए के कॉट गीर ईल सुव्रण थीवाय।
Many millions of hills and mountains have been made of gold.
Many millions are the Yakhshas - the servants of the god of wealth, the Kinnars - the gods of celestial music, and the evil spirits of the Pisaach.

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

He is near to all, and yet far from all;

O Nanak, He Himself remains distinct, while yet pervading all. ||4||

Many millions inhabit the nether regions.

Many millions dwell in heaven and hell.

Many millions are born, live and die.

Many millions are reincarnated, over and over again.

Many millions eat while sitting at ease.

Many millions are exhausted by their labors.

Many millions are created wealthy.
Many millions are anxiously involved in Maya.

Wherever He wills, there He keeps us.

O Nanak, everything is in the Hands of God. ||5||

Many millions become Bairaagees, who renounce the world.

They have attached themselves to the Lord's Name.

Many millions are searching for God.

Within their souls, they find the Supreme Lord God.

Many millions thirst for the Blessing of God's Darshan.

They meet with God, the Eternal.

Many millions pray for the Society of the Saints.

They are imbued with the Love of the Supreme Lord God.
Those with whom He Himself is pleased,

naanak ṭay jan sadā Dhan Dhan. ||6||
O Nanak, are blessed, forever blessed. ||6||

Many millions are the fields of creation and the galaxies.

Many millions are the etheric skies and the solar systems.

Many millions are the divine incarnations.

In so many ways, He has unfolded Himself.

So many times, He has expanded His expansion.

Forever and ever, He is the One, the One Universal Creator.

Many millions are created in various forms.

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

His limits are not known to anyone.
Of Himself, and by Himself, O Nanak, God exists. ||7||

Many millions are the servants of the Supreme Lord God.

Their souls are enlightened.

Many millions know the essence of reality.

Their eyes gaze forever on the One alone.

Many millions drink in the essence of the Naam.

They become immortal; they live forever and ever.

Many millions sing the Glorious Praises of the Naam.

They are absorbed in intuitive peace and pleasure.

He remembers His servants with each and every breath.

O Nanak, they are the beloveds of the Transcendent Lord God. ||8||10||
Shalok:

ब्रह्म भूत भूतें हैं तुमसः रुपी वैभव
karan kaaran parabh ayk hai doosar naahee ko-ay.
God alone is the Doer of deeds - there is no other at all.

नानाक तिस बलिहार्नै जल बलिह भविभव भेद है
naanak tis balihaarnai jal thal mahee-al so-ay. ||1||
O Nanak, I am a sacrifice to the One, who pervades the waters, the lands, the sky and all space. ||1||

असतपादी

Ashtapadee:

विन विन विन विन वैभव
karan karaavan karnai jog.
The Doer, the Cause of causes, is potent to do anything.

जो तिस भावई सोई देव
jo tis bhaavai so-ee hog.
That which pleases Him, comes to pass.

भिन भिन विन विन वैवर्तजय
khin meh thaap uthaapanhaaraa.
In an instant, He creates and destroys.

आँष नाही बिंड भविभव
aṃt nahee kichh paraavaaraa.
He has no end or limitation.

हुकमे पावि अवद जावै
hukmay Dhaar aDhar rahaavai.
By His Order, He established the earth, and He maintains it unsupported.

हुकमे अविभ अवद समावै
hukmay upjai hukam samaavai.
By His Order, the world was created; by His Order, it shall merge again into Him.

हुकमे अविभ अवद बिहूहार
hukmay ooch neech bi-uhaar.
By His Order, one’s occupation is high or low.
By His Order, there are so many colors and forms.

Having created the Creation, He beholds His own greatness.

If it pleases God, one attains salvation.

If it pleases God, then even stones can swim.

If it pleases God, the body is preserved, even without the breath of life.

If it pleases God, then one chants the Lord's Glorious Praises.

If it pleases God, then even sinners are saved.

He Himself acts, and He Himself contemplates.

He plays and He enjoys; He is the Inner-knower, the Searcher of hearts.
As He wills, He causes actions to be done.

Nanak sees no other than Him. ||2||

Tell me - what can a mere mortal do?

Whatever pleases God is what He causes us to do.

If it were in our hands, we would grab up everything.

Whatever pleases God - that is what He does.

Through ignorance, people are engrossed in corruption.

If they knew better, they would save themselves.

Deluded by doubt, they wander around in the ten directions.

In an instant, their minds go around the four corners of the world and come back again.

Those whom the Lord mercifully blesses with His devotional worship
नानक ते सत सदिव भिलेटि ||3||
naanak tay jan naam milay-ay. ||3||
- O Nanak, they are absorbed into the Naam. ||3||

भिल भिल तीज वीट वढ़ि चन्द ||
khn meh neech keet ka-o raaj.
In an instant, the lowly worm is transformed into a king.

पारबराह गरीब निवाज ||
paarbarahm gareeb nivaaaj.
The Supreme Lord God is the Protector of the humble.

ता वा दिसाति बढ़ू ठ आवे ||
jaa kaa darisat kachhoo na aavai.
Even one who has never been seen at all,

dɪɪs tɞɪtkaal dɡo ɡɪs paɾɡtaaʋaɪ.
becomes instantly famous in the ten directions.

ता बढ़ू अपुनी बढ़े वधानीं ||
jaa ka-o apunee karai bakhsees.
And that one upon whom He bestows His blessings

उ ॊ आभा ठ जाई सचानीं ||
taa kaa laykhaa na ganai jagdees.
- the Lord of the world does not hold him to his account.

तीइ ɹɪɪn ɪɹn dɪɪm ɹɪɪn ɡɪm ||
jee-o pind sabh tis kee raas.
Soul and body are all His property.

शि ɹɪɪt ɹɪɪt ɜɥɪɪt ɜɥɪɪt ɡɪm ||
ghat ɡhat pooran barahm pargaas.
Each and every heart is illuminated by the Perfect Lord God.

अपुनी बनात आग्ध बनाती ||
apnee baɳaɽ aap banaa-ee.
He Himself fashioned His own handiwork.

नानक तीइ देथि बढ़ती ||4||
naanak jeevai daykh badaa-ee. ||4||
Nanak lives by beholding His greatness. ||4||
There is no power in the hands of mortal beings;

the Doer, the Cause of causes is the Lord of all.

The helpless beings are subject to His Command.

That which pleases Him, ultimately comes to pass.

Sometimes, they abide in exaltation; sometimes, they are depressed.

Sometimes, they are sad, and sometimes they laugh with joy and delight.

Sometimes, they are occupied with slander and anxiety.

Sometimes, they are high in the Akaashic Ethers, sometimes in the nether regions of the underworld.

Sometimes, they know the contemplation of God.

O Nanak, God Himself unites them with Himself.

Sometimes, they dance in various ways.
Sometimes, they remain asleep day and night.

Sometimes, they are awesome, in terrible rage.

Sometimes, they are the dust of the feet of all.

Sometimes, they sit as great kings.

Sometimes, they wear the coat of a lowly beggar.

Sometimes, they come to have evil reputations.

Sometimes, they are known as very, very good.

As God keeps them, so they remain.

By Guru's Grace, O Nanak, the Truth is told.

Sometimes, as scholars, they deliver lectures.

Sometimes, they hold to silence in deep meditation.
Sometimes, they take cleansing baths at places of pilgrimage.

Sometimes, as Siddhas or seekers, they impart spiritual wisdom.

Sometimes, they becomes worms, elephants, or moths.

They may wander and roam through countless incarnations.

In various costumes, like actors, they appear.

As it pleases God, they dance.

Whatever pleases Him, comes to pass.

O Nanak, there is no other at all. ||7||

Sometimes, this being attains the Company of the Holy.

From that place, he does not have to come back again.

The light of spiritual wisdom dawns within.
उस आस्था नहीं जिससे विराम
us asthaan kaa nahee binaas.
That place does not perish.

मन तन नाम रते हिंदे देवी
man tan naam ratay ik rang.
The mind and body are imbued with the Love of the Naam, the Name of the One Lord.

सदा बसेंगे पारबार्म ते मीरा
sadaa baseh paarbarahm kai sang.
He dwells forever with the Supreme Lord God.

जिसे जल में जल आये धरती
ji-o jal meh jal aa-ay khataanaa.
As water comes to blend with water,

ति हो जोते संघ जोता स्वरूप
ti-o jotee sang jot samaanaa.
his light blends into the Light.

मिट गाय गये निर्माण
mit ga-ay gavan paa-ay bisraam.
Reincarnation is ended, and eternal peace is found.

नानक पराभु के मौलिक
daan parabh kai sad kurbaan. ||8||11||
Nanak is forever a sacrifice to God. ||8||11||

मंबाल
salok.
Shalok:

सुखी बसै मसकीन आप दिसाय उलटे
sukhee basai maskeenee-aa aap nivaar talay.
The humble beings abide in peace; subduing egotism, they are meek.

बदाय बदाय आहा नानक गराव
baday baday ahaN'kaaree-aa naanak garab galay. ||1||
The very proud and arrogant persons, O Nanak, are consumed by their own pride. ||1||
समस्तपदी
asatpadee.
Ashtapadee:

सिम ये अविर रघु अभिमान ||
jis kai antar raaj abhimaan.
One who has the pride of power within,

मे तीजिक उमष्टु माहु ||
so narakpaatlee hovat su-aan.
shall dwell in hell, and become a dog.

मे नारक पाति होवत सूअन ||
jo jaanai mai jobant.
One who deems himself to have the beauty of youth,

मे उकमच बसत दि मंड ||
so hovat bistaa kaa jaan.
shall become a maggot in manure.

आम मधु बचाने भागे ||
aapas ka-o karamvant kahaavai.
One who claims to act virtuously,

नामभि भी बघे सेवा बुभाले ||
janam marai baho jon bharmaavai.
shall live and die, wandering through countless reincarnations.

पति बुधी वे ने बघे बुभाले ||
Dhan bhoom kaa jo karai gumaan.
One who takes pride in wealth and lands

मे मूरक्ख अंघ अबिमान ||
so moorakh anDhaa agi-aan.
is a fool, blind and ignorant.

विदित विवह सिम ये पिवते वाही वसन ||
kar kirpaa jis kai hirdai gareebi basaavai.
One whose heart is mercifully blessed with abiding humility,

सत्संब वीर भूखु आगे सुख पाए ||11||
naanak eehaa mukaat aagai sukh paavai. ||1||
O Nanak, is liberated here, and obtains peace hereafter. ||1||
यहहे वेदित बति नाक्वाले ||
Dhanvanţaa ho-ay kar garbaavai.
One who becomes wealthy and takes pride in it

धरु मंगोळ बाहु संबंध त नहे ||
tarin samaan kachh sang na jaavai.
- not even a piece of straw shall go along with him.

बहु कमलव भूतध छेदविव लेवे आम ||
baho laskar maanukh oopar karay aas.
He may place his hopes on a large army of men,

पल बीते वर वेदित विशाल ||
pal bheetar taa kaa ho-ay binaas.
but he shall vanish in an instant.

सब दे आघ तालै बहरहे ||
sabh tay aap jaanai balvant.
One who deems himself to be the strongest of all,

भिर् मेह वेदित तालिक क्रमसंद ||
khin meh ho-ay jaa-ay bhasmant.
in an instant, shall be reduced to ashes.

किमे त घैल आधि अनेकवनी ||
kisai na badai aap ahã'kaaree.
One who thinks of no one else except his own prideful self

यहम वाणि वितु करे धार्मणी ||
Dharam raa-ay tis karay khu-aaree.
- the Righteous Judge of Dharma shall expose his disgrace.

पुरुष पुराण से विताव अविक्रम ||
gur parsaad jaa kaa mitai abhimaan.
One who, by Guru's Grace, eliminates his ego,

मे नाहू स्वमान वचनव नकाल ||2||
so jan naanak dargeh parvaan. ||2||
O Nanak, becomes acceptable in the Court of the Lord. ||2||

वेदि वाम बढ़े उठे ययावे ||
kot karam karai ha-o Dhaaray.
If someone does millions of good deeds, while acting in ego,
सुभ धारे मरहे विनाशे ॥
saram paavai saglay birthaaray.
he shall incur only trouble; all this is in vain.

अतिश उपहिक्षा वनते अत्यधित ॥
anik tapasi-aa karay aha\(^N\)kaar.
If someone performs great penance, while acting in selfishness and conceit,

रजन्व मुखं दिति दिति अहिदुहः ॥
narak surag fir fir avtaaar.
he shall be reincarnated into heaven and hell, over and over again.

अतिश तद्वत वनि भाग्मु नवी देखे ॥
anik jatan kar aatam nahee darvai.
He makes all sorts of efforts, but his soul is still not softened

जवि रक्षाम बसु बैमे देखे ॥
har dargeh kaho kaisay gavai.
- how can he go to the Court of the Lord?

आभास बस्तै ने बसन बड़ाते ॥
aapas ka-o jo bhalaa kahaavai.
One who calls himself good

हिमवि दलली निर्विष्ट त भोङ्गे ॥
tiseh bhalaa-ee nikat na aavai.
- goodness shall not draw near him.

मधव बी वेश त बा भवृ वैद्य ॥
sarab kee rayn jaa kaa man ho-ay.
One whose mind is the dust of all

बरु रतन उ वी विहिमूल मेंध ॥3॥
kaho naanak taa kee nirmal so-ay. ||3||
- says Nanak, his reputation is spotlessly pure. ||3||

तव रुजु तरहे महु दे बझ वैद्य ॥
jab lag jaanai mujh tay kachh ho-ay.
As long as someone thinks that he is the one who acts,

उब विम बँधुः मधु रसी वैद्य ॥
tab is ka-o sukh naahee ko-ay.
he shall have no peace.
As long as this mortal thinks that he is the one who does things,

he shall wander in reincarnation through the womb.

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

his mind shall not come to rest.

As long as he is intoxicated with attachment to Maya,

the Righteous Judge shall punish him.

By God's Grace, his bonds are shattered;

by Guru's Grace, O Nanak, his ego is eliminated. ||4||

Earning a thousand, he runs after a hundred thousand.

Satisfaction is not obtained by chasing after Maya.

He may enjoy all sorts of corrupt pleasures,
but he is still not satisfied; he indulges again and again, wearing himself out, until he dies.

Without contentment, no one is satisfied.

Like the objects in a dream, all his efforts are in vain.

Through the love of the Naam, all peace is obtained.

Only a few obtain this, by great good fortune.

He Himself is Himself the Cause of causes.

Forever and ever, O Nanak, chant the Lord's Name.

The Doer, the Cause of causes, is the Creator Lord.

What deliberations are in the hands of mortal beings?

As God casts His Glance of Grace, they come to be.

God Himself, of Himself, is unto Himself.
कोई बोलेंगे नू अपनें चंजिंग ||
jo kichh keeno so apnai rang.
Whatever He created, was by His Own Pleasure.

सब दे चुरः देव देवें वै संचित ||
sabh tay door sabh hoo kai sang.
He is far from all, and yet with all.

बूझें देवें लवे विवेच ||
boojhain daykhai karai bibayk.
He understands, He sees, and He passes judgment.

अपनें देव अपनें अलंक ||
aaapeh ayk aapeh anayk.
He Himself is the One, and He Himself is the many.

मैं तू विलमयुं अवें त मनि ||
marai na bnsai aavai na jaa-ay.
He does not die or perish; He does not come or go.

लूधव सह ती विल्लमा समगित ||
naanak sad hee rah-aa samaa-ay. ||6||
O Nanak, He remains forever All-pervading. ||6||

अधि सुधरें सभैं अधि ||
aap updaysai samjhai aap.
He Himself instructs, and He Himself learns.

अधि विपास सह दे संघि ||
aapay rachi-aa sabh kai saath.
He Himself mingles with all.

अधि जीतें अपनत विसपण ||
aap keeno aapan bisthaar.
He Himself created His own expanse.

मह भर धृम वा धृम वर्त्तमय ||
sabh kachh us kaa oh karnaihaar.
All things are His; He is the Creator.

धृम दे निश्चित वर्त्त विद्वत गैं ||
us tay bhinn kahhu kichh ho-ay.
Without Him, what could be done?
In the spaces and interspaces, He is the One.

In His own play, He Himself is the Actor.

He produces His plays with infinite variety.

He Himself is in the mind, and the mind is in Him.

O Nanak, His worth cannot be estimated.

True, True, True is God, our Lord and Master.

By Guru's Grace, some speak of Him.

True, True, True is the Creator of all.

Out of millions, scarcely anyone knows Him.

Beautiful, Beautiful is Your Sublime Form.

You are Exquisitely Beautiful, Infinite and Incomparable.
निर्मल निर्मल निर्मल तेजी गाठी ॥
nirmal nirmal nirmal तयी बानी.
Pure, Pure, Pure is the Word of Your Bani,

अटे अटे मृती मुक्ति बहुती ॥
ghat ghat सुनी सर्व बख्यानी.
heard in each and every heart, spoken to the ears.

पवित्र पवित्र पवित्र पवित्र ॥
pavįtar pavįtar pavįtar puneet.
Holy, Holy, Holy and Sublimely Pure

लघू लघू लघू भक्ति पौरी ॥६॥१२॥
naam japai naanak man pareet. ||8||12||
- chant the Naam, O Nanak, with heart-felt love. ||8||12||

महैसु ॥
salok.
Shalok:

मंड़ मंड़ि के मनु में मनु छिपकरन ॥
sant saran jo jan parai so jan uDhranaar.
One who seeks the Sanctuary of the Saints shall be saved.

मंड सब सब सब सब सब सब सब सब पहुँच अकठान ॥१॥
sant kee ningaa naankaab bahur bahur avtaar. ||1||
One who slanders the Saints, O Nanak, shall be reincarnated over and over again. ||1||

आस्तापादी ॥
asatpadee.
Ashtapadee:

मंड वै दूषित अवलम ये ॥
sant kai dookhan aarjaa ghatai.
Slandering the Saints, one’s life is cut short.

मंड वै दूषित सभ से तवी बुटे ॥
sant kai dookhan jam तय nahee chhutai.
Slandering the Saints, one shall not escape the Messenger of Death.

मंड वै दूषित सुख सब सब नष्टि ॥
sant kai dookhan sukh sabh jaa-ay.
Slandering the Saints, all happiness vanishes.
Slandering the Saints, one falls into hell.

Slandering the Saints, the intellect is polluted.

Slandering the Saints, one's reputation is lost.

One who is cursed by a Saint cannot be saved.

Slandering the Saints, one's place is defiled.

But if the Compassionate Saint shows His Kindness,

O Nanak, in the Company of the Saints, the slanderer may still be saved. ||1||

Slandering the Saints, one becomes a wry-faced malcontent.

Slandering the Saints, one croaks like a raven.

Slandering the Saints, one is reincarnated as a snake.

Slandering the Saints, one is reincarnated as a wiggling worm.
Slandering the Saints, one burns in the fire of desire.

Slandering the Saints, one tries to deceive everyone.

Slandering the Saints, all one’s influence vanishes.

Slandering the Saints, one becomes the lowest of the low.

For the slanderer of the Saint, there is no place of rest.

O Nanak, if it pleases the Saint, even then, he may be saved. ||2||

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

The slanderer of the Saint has not even a moment's rest.

The slanderer of the Saint is a brutal butcher.

The slanderer of the Saint is cursed by the Transcendent Lord.

The slanderer of the Saint has no kingdom.
मंड का हिंदन ूँणीमा अनु चीँ ॥
sanṭ kaa nindak dukhe-aa ar deen.
The slanderer of the Saint becomes miserable and poor.

मंड रे हिंदन वर्ज मस्त भेज ॥
sanṭ kay nindak ka-o sarab rog.
The slanderer of the Saint contracts all diseases.

मंड रे हिंदन वर्ज भिन्न भेज ॥
sanṭ kay nindak ka-o sadaa bijog.
The slanderer of the Saint is forever separated.

मंड रे हिंदन वर्ज भिन्न भेज ॥
sanṭ kee nindaa dakh meh dakh.
To slander a Saint is the worst sin of sins.

रुपरं दूर कल वा ध्यान को को शेध मेह ॥३॥
naanak sanṭ bhaavai taa us kaa bhee ho-ay mokh. ||3||
O Nanak, if it pleases the Saint, then even this one may be liberated. ||3||

मंड का देयी मरा अघयक्त ॥
sanṭ kaa dokhe sadaa apvit.
The slanderer of the Saint is forever impure.

मंड का देयी विमेव वा नहीं भिन्न ॥
sanṭ kaa dokhe kisai kaa nahee mit.
The slanderer of the Saint is nobody’s friend.

मंड रे देयी वर्ज द्रव भरे ॥
sanṭ kay dokhe ka-o daan laagai.
The slanderer of the Saint shall be punished.

मंड रे देयी वर्ज सह दिभागे ॥
sanṭ kay dokhe ka-o sabh ti-aagai.
The slanderer of the Saint is abandoned by all.

मंड का देयी भग अघवरी ॥
sanṭ kaa dokhe mhaa aha^Nkaaree.
The slanderer of the Saint is totally egocentric.

मंड का देयी मरा विक्करी ॥
sanṭ kaa dokhe sadaa bikaaree.
The slanderer of the Saint is forever corrupt.
The slanderer of the Saint must endure birth and death.

The slanderer of the Saint is devoid of peace.

The slanderer of the Saint has no place of rest.

O Nanak, if it pleases the Saint, then even such a one may merge in union.

The slanderer of the Saint breaks down mid-way.

The slanderer of the Saint cannot accomplish his tasks.

The slanderer of the Saint wanders in the wilderness.

The slanderer of the Saint is misled into desolation.

The slanderer of the Saint is empty inside, like the corpse of a dead man, without the breath of life.

The slanderer of the Saint has no heritage at all.
अपने बीते आपे दी यात्रा ||
aapan beej aapay hee khaahi.
He himself must eat what he has planted.

संत के देही बुढ़े अच्छे त कथाभन्दु ||
sant kay dokhee ka-o avar na raakhanhaar.
The slanderer of the Saint cannot be saved by anyone else.

नानाक संत भावाई ताल दुखाता ||
aanak sant bhaavai taa la-ay ubaar. ||5||
O Nanak, if it pleases the Saint, then even he may be saved. ||5||

संत का देखी दिखलाह ||
sant kaa dokhee i-o billaa-ay.
The slanderer of the Saint bewails like this

जि-० जल बीहून मृत्तु तरह खाता-य ||
ji-o jal bihoon machhulee tarhafrhaa-ay.
- like a fish, out of water, writhing in agony.

संत का देखी बुढ़ा रुढ़ी गरते ||
sant kaa dokhee bhookhaa nahee raajai.
The slanderer of the Saint is hungry and is never satisfied,

जि-० पाहाक दीन नाही धराप ||
ji-o paavak deen nahee Dharaapai.
as fire is not satisfied by fuel.

संत का देखी झूटे दिख्ते ||
sant kaa dokhee chhutai ikaylaa.
The slanderer of the Saint is left all alone,

जि-० बुढ़ाता दिखू देखु भाव दिखेल ||
ji-o boo-aarh til khayt maahi duhaylaa.
like the miserable barren sesame stalk abandoned in the field.

संत का देखी पदम दे जद ||
sant kaa dokhee Dharam tay rahat.
The slanderer of the Saint is devoid of faith.

संत का देखी मर भिखार जद ||
sant kaa dokhee sad mithi-aa kahat.
The slanderer of the Saint constantly lies.
The fate of the slanderer is pre-ordained from the very beginning of time.

The slanderer of the Saint becomes deformed.

The slanderer of the Saint receives his punishment in the Court of the Lord.

The slanderer of the Saint is eternally in limbo.

He does not die, but he does not live either.

The hopes of the slanderer of the Saint are not fulfilled.

The slanderer of the Saint departs disappointed.

Slandering the Saint, no one attains satisfaction.

As it pleases the Lord, so do people become;

no one can erase their past actions.
**Guru Granth Sahib**

**Naanak janaii saačhaa so-ay.**
O Nanak, the True Lord alone knows all.

**Sabh ghat tis kay oh karnaihair.**
All hearts are His; He is the Creator.

**Sadaa sadaa tis ka-o namaskaar.**
Forever and ever, I bow to Him in reverence.

**Parabh kee ustaat karaahu din raat.**
Praise God, day and night.

**Tisah Dhi-aavahu saas giraas.**
Meditate on Him with every breath and morsel of food.

**Sabh kachh vartai tis ka kee-aa.**
Everything happens as He wills.

**Jaisaa karay taisaa ko thee-aa.**
As He wills, so people become.

**Apnaa khayl aap karnaihair.**
He Himself is the play, and He Himself is the actor.

**Doosar ka-un kahai beechaar.**
Who else can speak or deliberate upon this?

**Jis no kirpaa karaai tis aapan naam day-ay.**
He Himself gives His Name to those, upon whom He bestows His Mercy.

**Badbhaagee naanak jan say-ay.**
Very fortunate, O Nanak, are those people.
Give up your cleverness, good people - remember the Lord God, your King!

Enshrine in your heart, your hopes in the One Lord. O Nanak, your pain, doubt and fear shall depart. ||1||

Reliance on mortals is in vain - know this well.

The Great Giver is the One Lord God.

By His gifts, we are satisfied,

and we suffer from thirst no longer.

The One Lord Himself destroys and also preserves.

Nothing at all is in the hands of mortal beings.

Understanding His Order, there is peace.


राज का रूप यह वीठ भरैठ ||

tis kaa naam rakh kanth paro-ay.
So take His Name, and wear it as your necklace.

सिमर सिमर सिमर पराब सैय ||
simar simar simar parabh so-ay.
Remember, remember, remember God in meditation.

नानक बिहान न दसों लेठ ||
aanak bighan na laagai ko-ay. ||1||
O Nanak, no obstacle shall stand in your way. ||1||

असिम मंत्र भे वर्त निविघत ||

usat man meh kar nirankaar.
Praise the Formless Lord in your mind.

वर्त भे अरे मनि विघुरण ||
kar man mayray sat bi-uhaar.
O my mind, make this your true occupation.

निर्मल बाम आम्रित पैध ||
nirmal rasnaa amrit pee-o.
Let your tongue become pure, drinking in the Ambrosial Nectar.

मस 'मुंत वर्त लेध नीध ||
sadaa suhaylaa kar layhi jee-o.
Your soul shall be forever peaceful.

नैंहु पेक्ष 'ठाकर बा बंध ||
nainhu paykh thakur kaa rang.
With your eyes, see the wondrous play of your Lord and Master.

साद द्विनाम सद मंग ||
saaDhsang binsai sabh sang.
In the Company of the Holy, all other associations vanish.

चतु चालू भविज नेरिंघ ||
charan chala-o maarag gobind.
With your feet, walk in the Way of the Lord.

मिटह पाप सप्रेमे वर्त बिंघ ||
miteh paap japee-ai har bind.
Sins are washed away, chanting the Lord's Name, even for a moment.
नर उति वचन मृत्युति उति वचन ॥
kar har karam sarvan har katha.
So do the Lord's Work, and listen to the Lord's Sermon.

वदिवः द्वधावः तत्रथः शिशुलयनः ॥ २ ॥
har dargeh naanak oojal mathaa. ||2||
In the Lord's Court, O Nanak, your face shall be radiant. ||2||

बढ़हड़गी दे तन नर भवि ॥
badhhaagee tay jan jag maahi.
Very fortunate are those humble beings in this world,

मरू मरू उदाहर देव सुकृति ॥
sadaa sadaa har kay gun gaahi.
who sing the Glorious Praises of the Lord, forever and ever.

तम तम मे वलिथ प्रीति ॥
raam naam jo karahi beechaar.
Those who dwell upon the Lord's Name,

मे पढ़दृंग गरी संताम ॥
say Dhanvant ganee sansaar.
are the most wealthy and prosperous in the world.

भवित उने भृजि वेखि उति भृजी ॥
man tan mukh boleh har mukhee.
Those who speak of the Supreme Lord in thought, word and deed

मरू मरू तरधु दे मृणी ॥
sadaa sadaa jaanhu tay sukhhee.
- know that they are peaceful and happy, forever and ever.

एयो एक एक एक खतरने ॥
ayko ayk ayk pachhaanai.
One who recognizes the One and only Lord as One,

इत्तू सैंह बी सैंह मेडी नगरने ॥
it ut kee oh sojhee jaanai.
understands this world and the next.

रम मंगल मद वर महूर भृवर ॥
naam sang jis kaa man maani-aa.
One whose mind accepts the Company of the Naam,
Naanak tineh niranjan jaani-aa. ||3||
the Name of the Lord, O Nanak, knows the Immaculate Lord. ||3||

Gur Parsaad aapan aap sujhai.
By Guru's Grace, one understands himself;

Tis kee jaanhu tarisnaa bujhai.
know that then, his thirst is quenched.

SaaDhsang har har jas kahat.
In the Company of the Holy, one chants the Praises of the Lord, Har, Har.

Such a devotee of the Lord is free of all disease.

Night and day, sing the Kirtan, the Praises of the One Lord.

In the midst of your household, remain balanced and unattached.

One who places his hopes in the One Lord.

- the noose of Death is cut away from his neck.

One whose mind hungers for the Supreme Lord God,

O Nanak, shall not suffer pain. ||4||
As God is, so does He appear; in His Own creation, He Himself is pervading.

Searching, searching, searching, and finally, success!

Searching, searching, searching, and finally, success!

As God is, so does He appear;
in His Own creation, He Himself is pervading.
aapan chali aap hee karai.
He Himself stages His own drama.

Coming and going, seen and unseen,
all the world is obedient to His Will.

He Himself is All-in-Himself.

In His many ways, He establishes and disestablishes.

He is Imperishable; nothing can be broken.

Dhaaran Dhaar rahi-o barahmand.
He lends His Support to maintain the Universe.

Unfathomable and Inscrutable is the Glory of the Lord.

As He inspires us to meditate, O Nanak, so do we meditate.

Those who know God are glorious.

The whole world is redeemed by their teachings.
parabh kay sayvak sagal uDhaaran.
God's servants redeem all.

parabh kay sayvak dookh bisaaran.
God's servants cause sorrows to be forgotten.

aapay mayl la-ay kirpaal.
The Merciful Lord unites them with Himself.

gur kaa sabad jap bha-ay nihaal.
Chanting the Word of the Guru's Shabad, they become ecstatic.

un kee sayvaa so-ee laagai.
He alone is committed to serve them,

jis no kirpaa karahi badbhaagai.
upon whom God bestows His Mercy, by great good fortune.

naam japāt paavahi bisraam.
Those who chant the Naam find their place of rest.

naanak tin purakh ka-o ootam kar maan. ||7||
O Nanaṅk, respect those persons as the most noble. ||7||

jo kichh karai so parabh kai rang.
Whatever you do, do it for the Love of God.

sadaa sadaa basai har sang.
Forever and ever, abide with the Lord.

sahj subhaa-ay hovai so ho-ay.
By its own natural course, whatever will be will be.
कर्नाईहार पच्चानाई सो-य।
Acknowledged that Creator Lord;

पृथ्वी का वालिका भोग हीस सालम।
God's doings are sweet to His humble servant.

जैसा साह तैसा दरिसाना।
As He is, so does He appear.

जिस तय उपजय तिस माहि सामाय।
From Him we came, and into Him we shall merge again.

गौर सुभ तिमाल तिमा बन आय।
He is the treasure of peace, and so does His servant become.

आपस का-० आप दीनो माँ।
Unto His own, He has given His honor.

नानाक पराभ जन आयको जा।
O Nanak, know that God and His humble servant are one and the same.

सलोक।
Shalok:

सराब कला भरपूर पृथ्वी जिम्मद नत तरन।
God is totally imbued with all powers; He is the Knower of our troubles.

जा काई सिम्रान उड़ीस-० नानाक तिस बलीवार।
Meditating in remembrance on Him, we are saved; Nanak is a sacrifice to Him.

आसतपादी।
Ashtapadee:
The Lord of the World is the Mender of the broken.

He Himself cherishes all beings.

The cares of all are on His Mind;

no one is turned away from Him.

O my mind, meditate forever on the Lord.

The Imperishable Lord God is Himself All-in-all.

By one’s own actions, nothing is accomplished,

even though the mortal may wish it so, hundreds of times.

Without Him, nothing is of any use to you.

Salvation, O Nanak, is attained by chanting the Name of the One Lord.

One who is good-looking should not be vain;
The Light of God is in all hearts.

Dhanvantaa ho-ay ki-aa ko garbai.
Why should anyone be proud of being rich?

jaa sabh kichh tis kaa dee-aa darbai.
All riches are His gifts.

at sooraa jay ko-oo kahaavai.
One may call himself a great hero,

parabh kee kalaa binaa kah Dhaavai.
but without God’s Power, what can anyone do?

jay ko ho-ay bahai daataaar.
One who brags about giving to charities

tis daynhaar jaanai gaavaar.
- the Great Giver shall judge him to be a fool.

jis gur parsaa tootai ha-o rog.
One who, by Guru’s Grace, is cured of the disease of ego

naanak so jan sadaa arog. ||2||
- O Nanak, that person is forever healthy. ||2||

ji-o mandar ka-o thamai thamman.
As a palace is supported by its pillars,

ti-o gur kaa sabad maneh asthamman.
so does the Guru’s Word support the mind.
As a stone placed in a boat can cross over the river, so is the mortal saved, grasping hold of the Guru's Feet.

As the darkness is illuminated by the lamp, so does the mind blossom forth, beholding the Blessed Vision of the Guru's Darshan.

The path is found through the great wilderness by joining the Saadh Sangat, the Company of the Holy, and one's light shines forth.

I seek the dust of the feet of those Saints; O Lord, fulfill Nanak's longing! O foolish mind, why do you cry and bewail?

You shall obtain your pre-ordained destiny.

God is the Giver of pain and pleasure.
Abandon others, and think of Him alone.

jo kachh karai so-ee sukh maan.
Whatever He does - take comfort in that.

bhoolaa kaahay fireh ajaan.
Why do you wander around, you ignorant fool?

ka-un basaat aa-ee tayrai sang.
What things did you bring with you?

lapat rahi-o ras lobhee paṭang.
You cling to worldly pleasures like a greedy moth.

raam naam jap hirday maahi.
Dwell upon the Lord’s Name in your heart.

naanak paṭ sayttee ghar jaahi. ||4||
O Nanak, thus you shall return to your home with honor. ||4||

jis vakhar ka-o lain too aa-i-aa.
This merchandise, which you have come to obtain

raam naam sanṭan ghar paa-i-aa.
_ - the Lord’s Name is obtained in the home of the Saints.

taj abhimaan layho man mol. raam naam hirday meh ṭol.
Renounce your egotistical pride, and with your mind, purchase the Lord’s Name - measure it out within your heart.

laad khayp sanṭeh sang chaal.
Load up this merchandise, and set out with the Saints.
अवर तित्तिय विभिन्न वाणिज्य संबंध इव।
avar ti-aag bikhi-aa janjaal.
Give up other corrupt entanglements.

दान दान कहां सब गये इव।
Dhan Dhan kahai sabh ko-ay.
"Blessed, blessed", everyone will call you,

भूँह विकलय चार संयात मेंधे इव।
mukh oojal har dargah so-ay.
and your face shall be radiant in the Court of the Lord.

हिंदू रूपान्त विवेक बाबाने इव।
ih vaapaar virlaa vaapaarai.
In this trade, only a few are trading.

नानक ता किया साद बलिहार इव॥5॥
naanak taa kai saa balihaaai. ||5||
Nanak is forever a sacrifice to them. ||5||

चरण मापे उपर येंट येंट गोँधे इव।
charan saaDh kay Dho-ay Dho-ay pee-o.
Wash the feet of the Holy, and drink in this water.

अरप मापे अपने लीले इव।
arap saaDh ka-o apnaa jee-o.
Dedicate your soul to the Holy.

माप की पूर्ण वदव विसमर्त इव।
saaDh kee Dhoor karahu isnaan.
Take your cleansing bath in the dust of the feet of the Holy.

माप दुःखिन नायिने दुःखण्ड इव।
saaDh oopar jaa-ee-ai kurbaan.
To the Holy, make your life a sacrifice.

माप मेंख देखाणी परिठप्पे इव।
saaDh sayvaa vadbhaagee paa-ee-ai.
Service to the Holy is obtained by great good fortune.

मापमेंख वद्य जीववध पापिमे इव।
saaDhsang har keertan gaa-ee-ai.
In the Saadh Sangat, the Company of the Holy, the Kirtan of the Lord's Praise is sung.
anik bighan täy saaDhoo raakhai.
From all sorts of dangers, the Saint saves us.

har gun gaa-ay amrīt ras chaakhai.
Singing the Glorious Praises of the Lord, we taste the ambrosial essence.

ot gahee santheh dar aa-i-aa.
Seeking the Protection of the Saints, we have come to their door.

sarab sookh naanak ūth paa-i-aa. ||6||
All comforts, O Nanak, are so obtained. ||6||

mirtak ka-o jeevaalanhaar.
He infuses life back into the dead.

bhookhay ka-o dayvat aDhaar.
He gives food to the hungry.

sarab niDhaan jaa kee daristee maahi.
All treasures are within His Glance of Grace.

purab likhay kaa lahnāa paahi.
People obtain that which they are pre-ordained to receive.

sabh kichh ūth kaa oh karnai jog.
All things are His; He is the Doer of all.

ţis bin doosar ho-aa na hog.
Other than Him, there has never been any other, and there shall never be.

jap jan sadaa sadaa din rainee.
Meditate on Him forever and ever, day and night.
This way of life is exalted and immaculate.

One whom the Lord, in His Grace, blesses with His Name

O Nanak, that person becomes immaculate and pure.

One who has faith in the Guru in his mind

comes to dwell upon the Lord God.

He is acclaimed as a devotee, a humble devotee throughout the three worlds.

The One Lord is in his heart.

True are his actions; true are his ways.

True is his heart; Truth is what he speaks with his mouth.

True is his vision; true is his form.

He distributes Truth and he spreads Truth.
One who recognizes the Supreme Lord God as True

- O Nanak, that humble being is absorbed into the True One.

He has no form, no shape, no color; God is beyond the three qualities.

They alone understand Him, O Nanak, with whom He is pleased.

Keep the Immortal Lord God enshrined within your mind.

Renounce your love and attachment to people.

Beyond Him, there is nothing at all.

The One Lord is pervading among all.

He Himself is All-seeing; He Himself is All-knowing,
gahir gamheer gaheer sujaanaa.
Unfathomable, Profound, Deep and All-knowing.

paarbarahm parmaysur gobind.
He is the Supreme Lord God, the Transcendent Lord, the Lord of the Universe,

kirpaa niDhaan da-i-aal bakhsand.
the Treasure of mercy, compassion and forgiveness.

saaDh tayray kee charnee paa-o.
To fall at the Feet of Your Holy Beings

naanak kai man ih anraa-o. ||1||
- this is the longing of Nanak's mind. ||1||

mansaa pooran sarnaa jog.
He is the Fulfiller of wishes, who can give us Sanctuary;

jo kar paa-i-aa so-ee hog.
that which He has written, comes to pass.

haran bharan jaa kaa naytar for.
He destroys and creates in the twinkling of an eye.

tis kaa manhtar na jaanai hor.
No one else knows the mystery of His ways.

anad roop mangal sad jaa kai.
He is the embodiment of ecstasy and everlasting joy.

sarab thok sunee-ah ghar taakai.
I have heard that all things are in His home.
raaj meh raaj jog meh jogee.  
Among kings, He is the King; among yogis, He is the Yogi.

tap meh tapeesar garhisa meh bhogee.  
Among ascetics, He is the Ascetic; among householders, He is the Enjoyer.

Dhi-aa-ay Dhi-aa-ay bhagtaa sukh paa-iaa.  
By constant meditation, His devotee finds peace.

naanak tis purakh kaa kinai anṭ na paa-iaa. ||2||
O Nanak, no one has found the limits of that Supreme Being. ||2||

jaa kee leelaa kee mīt naahi.  
There is no limit to His play.

sagal dayv haaray avgaahi.  
All the demigods have grown weary of searching for it.

piṭaa kaa janam ke jaanai poot.  
What does the son know of his father’s birth?

sagal paro-ee apunai sooṭ.  
All are strung upon His string.

sumat gi-aan Dhi-aan jin day-ay. jan daas naam Dhi-aavahi say-ay.  
He bestows good sense, spiritual wisdom and meditation on His humble servants and slaves who meditate on the Naam.

ṭīhu gun meh jaa ka-o bharmaa-ay.  
He leads some astray in the three qualities;

janam marai fir aavai jaa-ay.  
they are born and die, coming and going over and over again.
ooch neech tis kay asthaan.
The high and the low are His places.

jaisaa janaavai taisaa naanak jaan. ||3||
As He inspires us to know Him, O Nanak, so is He known. ||3||

naanaa roop naanaa jaa kay rang.
Many are His forms; many are His colors.

naanaa bhaykh karahi ik rang.
Many are the appearances which He assumes, and yet He is still the One.

In so many ways, He has extended Himself.

The Eternal Lord God is the One, the Creator.

naanaa chaliṭ karay khin maahi.
He performs His many plays in an instant.

poor rahi-o pooran sabh thaa-ay.
The Perfect Lord is pervading all places.

naanaa biDh kar banat banaa-ee.
In so many ways, He created the creation.

apnee keemat aapay paa-ee.
He alone can estimate His worth.

sabh ghat tis kay sabh tis kay thaa-o.
All hearts are His, and all places are His.
Nanak lives by chanting, chanting the Name of the Lord. ||4||

The Naam is the Support of all creatures.

The Naam is the Support of the earth and solar systems.

The Naam is the Support of the Simritees, the Vedas and the Puraananas.

The Naam is the Support by which we hear of spiritual wisdom and meditation.

The Naam is the Support of the Akaashic ethers and the nether regions.

The Naam is the Support of all bodies.

The Naam is the Support of all worlds and realms.

Associating with the Naam, listening to it with the ears, one is saved.

Those whom the Lord mercifully attaches to His Naam

O Nanak, in the fourth state, those humble servants attain salvation. ||5||

- O Nanak, in the fourth state, those humble servants attain salvation. ||5||
roop sāt jaa kaa sāt asthaan.
His form is true, and true is His place.

purakh sāt kayval parDhaan.
His personality is true - He alone is supreme.

karṭooṭ sāt sāt jaa kee banee.
His acts are true, and true is His Word.

sāt purakh sabh maahi samaanee.
The True Lord is permeating all.

sāt karam jaa kee rachnaa sāt.
True are His actions; His creation is true.

mool sāt sāt utpāṭ.
His root is true, and true is what originates from it.

saṭ karnee nirmal nirmalee.
True is His lifestyle, the purest of the pure.

jisahi bujhaa-ay tiseh sabh bhalee.
All goes well for those who know Him.

saṭ naam parabh kaa sukh-daa-ee.
The True Name of God is the Giver of peace.

Nanak has obtained true faith from the Guru. ||6||

sāt bachan saaDhoo updays.
True are the Teachings, and the Instructions of the Holy.
सत तय जन जा कै रिद वाय।
True are those into whose hearts He enters.

सत निरत बूझ है जय को-आय।
One who knows and loves the Truth

नाम जपत ता की गात हो-आय।
- chanting the Naam, he obtains salvation.

आधि मंत नींज मंत मंत।
He Himself is True, and all that He has made is true.

आपे तरै अपली भिंडा मंत।
He Himself knows His own state and condition.

जिस की बिमान ता वर्दैर।
He is the Creator Lord of His world.

अवर ना बूझ करत बीचार।
No one else understands Him, although they may try.

करते की भिंडा ना तरै कीाः।
The created cannot know the extent of the Creator.

नानाक जो तिस भावाव सो वर्ती-आ।
O Nanak, whatever pleases Him comes to pass.

बिसम बिमान छाते बिमानु।
Gazing upon His wondrous wonder, I am wonder-struck and amazed!

जिन बूझ-आई तिस आई-आई साव।
One who realizes this, comes to taste this state of joy.
God’s humble servants remain absorbed in His Love.

Following the Guru’s Teachings, they receive the four cardinal blessings.

They are the givers, the dispellers of pain.

In their company, the world is saved.

The slave of the Lord’s servant is so very blessed.

In the company of His servant, one becomes attached to the Love of the One.

His humble servant sings the Kirtan, the songs of the glory of God.

By Guru’s Grace, O Nanak, he receives the fruits of his rewards.

True in the beginning, True throughout the ages,

True here and now. O Nanak, He shall forever be True.
Ashtapadee:

चरण सत सत परस्महार.
His Lotus Feet are True, and True are those who touch Them.

पूजा सत सत सायदार.
His devotional worship is True, and True are those who worship Him.

dरसन सत सत पायक्षाहार.
The Blessing of His Vision is True, and True are those who behold it.

नाम सत सत धियावानहार.
His Naam is True, and True are those who meditate on it.

आप सत सत साह धारी.
He Himself is True, and True is all that He sustains.

आप गुर आप गुरवाजी.
He Himself is virtuous goodness, and He Himself is the Bestower of virtue.

सबड सत सत पराभ बक्ता.
The Word of His Shabad is True, and True are those who speak of God.

सुरत सत सत जस सुंताह.
Those ears are True, and True are those who listen to His Praises.

बुज्हाहार का-सत साह हो-अय.
All is True to one who understands.

नानक सत सत पारभ सो-अय.
O Nanak, True, True is He, the Lord God.
One who believes in the Embodiment of Truth with all his heart recognizes the Cause of causes as the Root of all.

One whose heart is filled with faith in God - the essence of spiritual wisdom is revealed to his mind.

Coming out of fear, he comes to live without fear.

He is absorbed into the One, from whom he originated.

When something blends with its own, it cannot be said to be separate from it.

This is understood only by one of discerning understanding.

Meeting with the Lord, O Nanak, he becomes one with Him.

The servant is obedient to his Lord and Master.
The servant worships his Lord and Master forever.

The servant of the Lord Master has faith in his mind.

The servant of the Lord Master lives a pure lifestyle.

The servant of the Lord Master knows that the Lord is with him.

God's servant is attuned to the Naam, the Name of the Lord.

God is the Cherisher of His servant.

The Formless Lord preserves His servant.

Unto His servant, God bestows His Mercy.

O Nanak, that servant remembers Him with each and every breath.

He covers the faults of His servant.

He surely preserves the honor of His servant.
He blesses His slave with greatness.

He inspires His servant to chant the Naam, the Name of the Lord.

He Himself preserves the honor of His servant.

No one knows His state and extent.

No one is equal to the servant of God.

The servant of God is the highest of the high.

One whom God applies to His own service, O Nanak

That servant is famous in the ten directions.

He infuses His Power into the tiny ant;

it can then reduce the armies of millions to ashes

Those whose breath of life He Himself does not take away
He preserves them, and holds out His Hands to protect them.

You may make all sorts of efforts, but these attempts are in vain.

No one else can kill or preserve. He is the Protector of all beings.

So why are you so anxious, O mortal?

Meditate, O Nanak, on God, the invisible, the wonderful! Time after time, again and again, meditate on God. Drinking in this Nectar, this mind and body are satisfied.

The jewel of the Naam is obtained by the Gurmukhs; they see no other than God.
नाम धन नामो रूप रंग।
Unto them, the Naam is wealth, the Naam is beauty and delight.

नामो सुख हर नाम का संग।
The Naam is peace, the Lord’s Name is their companion.

नाम रस जो जन तारिप्तानय।
Those who are satisfied by the essence of the Naam

मन तन नामेह नाम समानय।
- their minds and bodies are drenched with the Naam.

उठा उठा उठा नाम।
While standing up, sitting down and sleeping, the Naam,

कहो नानाक जन कास साद काम। ||6||
says Nanak, is forever the occupation of God’s humble servant. ||6||

बोल्हू जाश जिह्बा दिन रात।
Chant His Praises with your tongue, day and night.

पुष्प अपने मल बीती चान।
God Himself has given this gift to His servants.

कराहि भगा आतम काइ चाय।
Performing devotional worship with heart-felt love,

राधा अपने मलें चान।
they remain absorbed in God Himself.

जाने जो हो-आ होवत सो जानाई।
They know the past and the present.
They recognize God's Own Command.

Who can describe His Glory?

I cannot describe even one of His virtuous qualities.

Those who dwell in God's Presence, twenty-four hours a day

-says Nanak, they are the perfect persons.

O my mind, seek their protection;

give your mind and body to those humble beings.

Those humble beings who recognizes God

are the givers of all things.

In His Sanctuary, all comforts are obtained.

By the Blessing of His Darshan, all sins are erased.
अर्थ निभायत मनली दर्श "
avar si-aanap saglee chhaad.
So renounce all other clever devices,

ठिम्म तर बी टु मेहर जन "
tis jan kee too sayvaa laag.
and enjoin yourself to the service of those servants.

आहू तम र चेहर डेख "
aavan jaan na hovee tayraa.
Your comings and goings shall be ended.

तरल ठिम्म तल हे पूरा मद देख ||8||17||
naanak tis jan kay poojahu sad pairaa. ||8||17||
O Nanak, worship the feet of God's humble servants forever. ||8||17||

शलोक "
salok.
Shalok:

मंदिर पुराण सिक्क सालिला मंदिर ठिम्बा रूढ़ि रथ "
sat purakh jin jaani-aa satgur tis kaa naa-o.
The one who knows the True Lord God, is called the True Guru.

ठिम हे मंदिर ठिम्बे तरल तर गुर गूढ़ गाढ़ि "||1||
tis kai sang sikh uDhrai naanak har gun gaa-o. ||1||
In His Company, the Sikh is saved, O Nanak, singing the Glorious Praises of the Lord. ||1||

आषपताड़ी "
asatpaadee.
Ashtapadee:

मंदिरपुराण मंदिर बी बैठे पूजापूज "
satgur sikh kee karai partipaal.
The True Guru cherishes His Sikh.

मेहर बादू टूटा मद चिराग "
sayvak ka-o gur sadaa da-i-aal.
The Guru is always merciful to His servant.

मिष्ठ बी गुर पूर्वांति अल्रु विहे "
sikh kee gur durmaat mal hrai.
The Guru washes away the filth of the evil intellect of His Sikh.
Through the Guru's Teachings, he chants the Lord's Name.

The True Guru cuts away the bonds of His Sikh.

The Sikh of the Guru abstains from evil deeds.

The True Guru gives His Sikh the wealth of the Naam.

The Sikh of the Guru is very fortunate.

The True Guru arranges this world and the next for His Sikh.

O Nanak, with the fullness of His heart, the True Guru mends His Sikh.

That selfless servant, who lives in the Guru's household,

is to obey the Guru's Commands with all his mind.

He is not to call attention to himself in any way.

He is to meditate constantly within his heart on the Name of the Lord.
One who sells his mind to the True Guru

- that humble servant's affairs are resolved.

One who performs selfless service, without thought of reward,

shall attain his Lord and Master.

He Himself grants His Grace;

O Nanak, that selfless servant lives the Guru’s Teachings. ||2||

One who obeys the Guru’s Teachings one hundred per cent

- that selfless servant comes to know the state of the Transcendent Lord.

The True Guru’s Heart is filled with the Name of the Lord.

So many times, I am a sacrifice to the Guru.

He is the treasure of everything, the Giver of life.
aath pahar paarbarahm rang raataa.
Twenty-four hours a day, He is imbued with the Love of the Supreme Lord God.

barahm meh jan jan meh paarbarahm.
The servant is in God, and God is in the servant.

aykeh aap nahee kachh bharam.
He Himself is One - there is no doubt about this.

sahas si-aanap la-i-aa na jaa-ee-ai.
By thousands of clever tricks, He is not found.

naanak aisaa gur baddhaagee paa-ee-ai. ||3||
O Nanak, such a Guru is obtained by the greatest good fortune. ||3||

safal darsan paykhat puneet.
Blessed is His Darshan; receiving it, one is purified.

parsat charan qaat nirmal reet.
Touching His Feet, one's conduct and lifestyle become pure.

bhaytat sang raam gun ravay.
Abiding in His Company, one chants the Lord's Praise,

paarbarahm kee dargheh gavay.
and reaches the Court of the Supreme Lord God.

sun kar bachan karan aaghaanay.
Listening to His Teachings, one's ears are satisfied.

man santokh aatum patee-aanay.
The mind is contented, and the soul is fulfilled.
The Guru is perfect; His Teachings are everlasting.

Beholding His Ambrosial Glance, one becomes saintly.

Endless are His virtuous qualities; His worth cannot be appraised.

O Nanak, one who pleases Him is united with Him. ||4||

The tongue is one, but His Praises are many.

The True Lord, of perfect perfection - no speech can take the mortal to Him.

God is Inaccessible, Incomprehensible, balanced in the state of Nirvaanaa.

He is not sustained by food; He has no hatred or vengeance; He is the Giver of peace.

No one can estimate His worth.

Countless devotees continually bow in reverence to Him.

In their hearts, they meditate on His Lotus Feet.
Nanak is forever a sacrifice to the True Guru;

by His Grace, he meditates on God. ||5||

Only a few obtain this ambrosial essence of the Lord's Name.

Drinking in this Nectar, one becomes immortal.

That person whose mind is illuminated by the treasure of excellence, never dies.

Twenty-four hours a day, he takes the Name of the Lord.

The Lord gives true instruction to His servant.

He is not polluted by emotional attachment to Maya.

In his mind, he cherishes the One Lord, Har, Har.

In the pitch darkness, a lamp shines forth.

O Nanak, doubt, emotional attachment and pain are erased. ||6||
In the burning heat, a soothing coolness prevails.

Happiness ensues and pain departs, O Siblings of Destiny.

The fear of birth and death is dispelled, by the perfect Teachings of the Holy Saint.

Fear is lifted, and one abides in fearlessness.

All evils are dispelled from the mind.

He takes us into His favor as His own.

In the Company of the Holy, chant the Naam, the Name of the Lord.

Stability is attained; doubt and wandering cease,

O Nanak, listening with one’s ears to the Praises of the Lord, Har, Har. ||7||

He Himself is absolute and unrelated; He Himself is also involved and related.
Manifesting His power, He fascinates the entire world.

God Himself sets His play in motion.

Only He Himself can estimate His worth.

There is none, other than the Lord.

Permeating all, He is the One.

Through and through, He pervades in form and color.

He is revealed in the Company of the Holy.

Having created the creation, He infuses His own power into it.

So many times, Nanak is a sacrifice to Him.

Nothing shall go along with you, except your devotion. All corruption is like ashes.
Practice the Name of the Lord, Har, Har. O Nanak, this is the most excellent wealth.

Ashtapāde:  

Joining the Company of the Saints, practice deep meditation.

Remember the One, and take the Support of the Naam, the Name of the Lord.

Forget all other efforts, O my friend

- enshrine the Lord's Lotus Feet within your heart.

God is All-powerful; He is the Cause of causes.

Gather firmly the object of the Lord's Name.

Gather this wealth, and become very fortunate.

Pure are the instructions of the humble Saints.

Keep faith in the One Lord within your mind.
sarab rog naanak mit jaahi. ||1||
All disease, O Nanak, shall then be dispelled. ||1||

jis Dhan ka-o chaar kunt uth Dhaaveh.
The wealth which you chase after in the four directions

so Dhan har sayvaa tay paavahi.
- you shall obtain that wealth by serving the Lord.

jis sukh ka-o nit baachhehmeet.
The peace, which you always yeare for, O friend

so sukh saaDhoo sang pareet.
- that peace comes by the love of the Company of the Holy.

jis sobhaa ka-o karahi bhalee karnee.
The glory, for which you perform good deeds

saa sobhaa bhaj har kee sarnee.
- you shall obtain that glory by seeking the Lord's Sanctuary.

anik upaavee rog na jaa-ay.
All sorts of remedies have not cured the disease

rog mitai har avkhaDh laa-ay.
- the disease is cured only by giving the medicine of the Lord's Name.

sarab niDhaan meh har naam niDhaan.
Of all treasures, the Lord's Name is the supreme treasure.

jap naanak dargahi parvaan. ||2||
Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||
Enlighten your mind with the Name of the Lord.

Having wandered around in the ten directions, it comes to its place of rest.

No obstacle stands in the way of one whose heart is filled with the Lord.

The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing and cool.

Remember, remember it in meditation, and obtain everlasting peace.

Your fear shall be dispelled, and your hopes shall be fulfilled.

By devotional worship and loving adoration, your soul shall be enlightened.

Says Nanak, the noose of death is cut away. ||3||

One who contemplates the essence of reality, is said to be the true person.
janam marai so kaacho kaachaa.
Birth and death are the lot of the false and the insincere.

aavaa gavan mitai parabh sayv.
Coming and going in reincarnation is ended by serving God.

aap ti-aag saran gurdayv.
Give up your selfishness and conceit, and seek the Sanctuary of the Divine Guru.

i-o ratan janam kaa ho-ay uDhaar.
Thus the jewel of this human life is saved.

har har simar paraan aaDhaar.
Remember the Lord, Har, Har, the Support of the breath of life.

anik upaav na chhootanhaaray.
By all sorts of efforts, people are not saved

simriet saasaat bayd beecharay.
- not by studying the Simritees, the Shaastras or the Vedas.

har kee bhagat karahu man laa-ay.
Worship the Lord with whole-hearted devotion.

man banchhat naanak fal paa-ay. ||4||
O Nanak, you shall obtain the fruits of your mind's desire. ||4||

sang na chaalas tayrai Dhanaa.
Your wealth shall not go with you;

tooN ki-aa laptavahi moorakh manaa.
why do you cling to it, you fool?
Children, friends, family and spouse

- who of these shall accompany you?

Power, pleasure, and the vast expanse of Maya

- who has ever escaped from these?

Horses, elephants, chariots and pageantry

- false shows and false displays.

The fool does not acknowledge the One who gave this;

forgetting the Naam, O Nanak, he will repent in the end. ||5||

Take the Guru's advice, you ignorant fool;

without devotion, even the clever have drowned.

Worship the Lord with heart-felt devotion, my friend;
nirmal ho-ay tum^aaro cheet.
your consciousness shall become pure.

charan kamal raakho man maahi.
Enshrine the Lord's Lotus Feet in your mind;

janam janam kay kilbikh jaahi.
the sins of countless lifetimes shall depart.

aap japahu avraa naam japaavhu.
Chant the Naam yourself, and inspire others to chant it as well.

Hearing, speaking and living it, emancipation is obtained.

The essential reality is the True Name of the Lord.

With intuitive ease, O Nanak, sing His Glorious Praises.

Chanting His Glories, your filth shall be washed off.
The all-consuming poison of ego will be gone.

You shall become carefree, and you shall dwell in peace.

With every breath and every morsel of food, cherish the Lord's Name.
Chhaad si-aanap saglee manaa.
Renounce all clever tricks, O mind.

SaaDhsang paavahi sach Dhanaa.
In the Company of the Holy, you shall obtain the true wealth.

Har poonjee sanch karahu bi-uhhaar.
So gather the Lord's Name as your capital, and trade in it.

Eehaa sukh dargeh jaikaar.
In this world you shall be at peace, and in the Court of the Lord, you shall be acclaimed.

Sarab niranțar ayko daykh.
See the One permeating all;

Kaho naanak jaa kai mașṭak layk. ||7||
says Nanak, your destiny is pre-ordained. ||7||

Ayko jap ayko saalaahi.
Meditate on the One, and worship the One.

Ayk simar ayko man aahi.
Remember the One, and yearn for the One in your mind.

Aykas kay gun gaa-o ananț.
Sing the endless Glorious Praises of the One.

Man tan jaap ayk bhagvanț.
With mind and body, meditate on the One Lord God.

Ayk aayk aayk har aap.
The One Lord Himself is the One and Only.
The Pervading Lord God is totally permeating all.

The many expanses of the creation have all come from the One.

Adoring the One, past sins are removed.

Mind and body within are imbued with the One God.

By Guru's Grace, O Nanak, the One is known.

After wandering and wandering, O God, I have come, and entered Your Sanctuary.

This is Nanak's prayer, O God: please, attach me to Your devotional service.

I am a beggar; I beg for this gift from You:
please, by Your Mercy, Lord, give me Your Name.

I ask for the dust of the feet of the Holy.

O Supreme Lord God, please fulfill my yearning;

may I sing the Glorious Praises of God forever and ever.

With each and every breath, may I meditate on You, O God.

May I perform devotional worship to God each and every day.

You are my only Shelter, my only Support.

Nanak asks for the most sublime, the Naam, the Name of God.

By God's Gracious Glance, there is great peace.

Rare are those who obtain the juice of the Lord's essence.
Those who taste it are satisfied.

They are fulfilled and realized beings - they do not waver.

They are totally filled to over-flowing with the sweet delight of His Love.

Spiritual delight wells up within, in the Saadh Sangat, the Company of the Holy.

Taking to His Sanctuary, they forsake all others.

Deep within, they are enlightened, and they center themselves on Him, day and night.

Most fortunate are those who meditate on God.

O Nanak, attuned to the Naam, they are at peace. ||2||

The wishes of the Lord’s servant are fulfilled.

From the True Guru, the pure teachings are obtained.

Unto His humble servant, God has shown His kindness.
He has made His servant eternally happy.

The bonds of His humble servant are cut away, and he is liberated.

The pains of birth and death, and doubt are gone.

Desires are satisfied, and faith is fully rewarded,

Imbued forever with His all-pervading peace.

He is His - He merges in Union with Him.

Nanak is absorbed in devotional worship of the Naam.

Why forget Him, who does not overlook our efforts?

Why forget Him, who acknowledges what we do?

Why forget Him, who has given us everything?

Why forget Him, who is the Life of the living beings?
Why forget Him, who preserves us in the fire of the womb?

Why forget Him, who lifts us up out of corruption?

Those separated from Him for countless lifetimes, are re-united with Him once again.

Through the Perfect Guru, this essential reality is understood.

O Nanak, God's humble servants meditate on Him.

Renounce everything else, and chant the Name of the Lord.

Meditate, meditate, meditate in remembrance of Him, and find peace.

Chant the Naam yourself, and inspire others to chant it.

By loving devotional worship, you shall cross over the world-ocean.
बिन्ह बहादुर उदल रोमी दस्त ||

Without devotional meditation, the body will be just ashes.

सरब कली-आन सुख निध नाम ||

All joys and comforts are in the treasure of the Naam.

बुद्ध तान यथे बिम्भ ||

Even the drowning can reach the place of rest and safety.

सगा दूध वा बेदब नाम ||

All sorrows shall vanish.

नानाक नाम जपाहू गुन्तास. ||5||

O Nanak, chant the Naam, the treasure of excellence. ||5||

उपजी पारे पराम रस चाहू ||

Love and affection, and the taste of yearning, have welled up within;

मन तन आंतर इही सुआ-ऊ ||

within my mind and body, this is my purpose:

नैयतरहु पायक दरास सुख हो-आय ||

beholding with my eyes His Blessed Vision, I am at peace.

मन बिगसई साद चरां जोत ||

My mind blossoms forth in ecstasy, washing the feet of the Holy.

ब्रजस्वल सर से महत वदिय वेंग ||

The minds and bodies of His devotees are infused with His Love.

बिंता बेंद्रे पहे मंड ||

Rare is the one who obtains their company.
Show Your mercy - please, grant me this one request:

by Guru's Grace, may I chant the Naam.

His Praises cannot be spoken;

O Nanak, He is contained among all. ||6||

God, the Forgiving Lord, is kind to the poor.

He loves His devotees, and He is always merciful to them.

The Patron of the patronless, the Lord of the Universe, the Sustainer of the world,

the Nourisher of all beings.

The Support of the breath of life of His devotees.

Whoever meditates on Him is sanctified,
 bhagat bhaa-ay laavai man heet.
focusing the mind in loving devotional worship.

ham nirgunee-aar neech ajaan.
I am unworthy, lowly and ignorant.

naanak tumree saran purakh bhagvaan. ||7||
Nanak has entered Your Sanctuary, O Supreme Lord God. ||7||

sarab baikunth mukaṭ mokh paa-ay.
Everything is obtained: the heavens, liberation and deliverance,

ayk nimakh har kay gun gaa-ay.
if one sings the Lord's Glories, even for an instant.

anik raaj bhog badi-aa-ee.
So many realms of power, pleasures and great glories,

har kay naam kee kathaa man bhaa-ee.
come to one whose mind is pleased with the Sermon of the Lord's Name.

baho bhojan kaapar sangeet.
Abundant foods, clothes and music

rasnaa japtee har har neet.
come to one whose tongue continually chants the Lord's Name, Har, Har.

bhalee so karnee sobhaa Dhanvant.
His actions are good, he is glorious and wealthy;

hirdai basay pooran gur mant.
the Mantra of the Perfect Guru dwells within his heart.
O God, grant me a home in the Company of the Holy.

All pleasures, O Nanak, are so revealed.
तब हराख सोग कहो किस हौ। तब किसे हात डालत? तब अपन अन्ध अर्थित बनवहू। तब आपन आप आप पारबराहम।
When the Supreme Lord Himself was Himself All-in-all,

जब आपन अपन विम कैंड डरह। तब मोह कहाँ किस हौ बहरम। तब आपन अन्ध अथवा बकीस।
Aapan khayl aap varteeja. He Himself has staged His own drama;

नानाक कर्नैहार न दूज। नानाक, there is no other creator. ||1||

जब होवत पारब कैंड डरह। तब बनध मुकात कहो का-ो गानी। तब आपन अन्ध अथवा जब आप।
When there was only God the master,

जब बनध भवध वर्ण विस बुझ गानी। तब आपन अन्ध अथवा जब आप।
When there was only God the Master, Unfathomable and Infinite,

जब नरक सुराग कहो का-ो अ-ताम। तब आपन अन्ध अथवा जब आप।
When God was without attributes, in absolute poise,

जब निर्गुण पारब सहज सहज-सहज। तब निर्गुण पारब सहज सहज-सहज।
When God was without attributes, in absolute poise,

जब सिव सकात काहू हैत थाय। तब सिव सकात काहू हैत थाय।
जब अपनी अपनी तेजि पड़े ॥
jab aapne jot Dharai.
When He held His Own Light unto Himself,

उब बदल तिहार बदल बदल झड़े ॥
	tab kavan nidar kavan khat darai.
then who was fearless, and who was afraid?

अभिधार अपने अपने बख्तैर ॥
aapan chali aap karnaihaar.
He Himself is the Performer in His own plays;

तत्तत्त्व तत्त्व आत्म अभिधार ॥२॥
aanak thaakur agam aapar. ||2||
O Nanak, the Lord Master is Unfathomable and Infinite. ||2||

अभिधार सुध आपन आफल ॥
abhinaas see sukha aapan aasan.
When the Immortal Lord was seated at ease,

उब सब बदल बदल बदल विभल ॥
	tab janam maran kaho kahaa binaasan.
then where was birth, death and dissolution?

उब पूरन बदल पूर वैर ॥
jab pooran kartaa parabh so-ay.
When there was only God, the Perfect Creator,

उब सब बी बूम बदल विन दैर ॥
	tab jam kee taraas kahhu kis ho-ay.
then who was afraid of death?

उब अभिधार अभिधार पूर देव ॥
jab abiga agochar parabh aykaa.
When there was only the One Lord, unmanifest and incomprehensible,

उब चितार चितार विस्तृत पूर देव ॥
	tab chitar gupta kis poochhat laykhaa.
then who was called to account by the recording scribes of the conscious and the subconscious?

उब नाथ निरजन अभिधार अबाद ॥
jab naath niranjan agochar agaaDhay.
When there was only the Immaculate, Incomprehensible, Unfathomable Master,
तब कौन छूटे कौन बंधे बने ॥
तब ka-un chhutay ka-un banDhan baaDhay.
then who was emancipated, and who was held in bondage?

अपन आप आप तो आपत ॥
aapan aap aap hee acharjaa.
He Himself, in and of Himself, is the most wonderful.

रात्तक आप अप अप तो धुःखत ॥3॥
naanak aapan roop aap hee uparjaa. ||3||
O Nanak, He Himself created His Own Form. ||3||

तब निविविष निविविष निच्छित ॥
jah nirnal purakh purakh pat hotaa.
When there was only the Immaculate Being, the Lord of beings,

उर बिषु धैर बिषु विशिष्ट पेहुँ ॥
tah bin mail kahhu ki-aa Dhoottaa.
there was no filth, so what was there to be washed clean?

तब निविविष निविविष निच्छित ॥
jah niranjan nirankaar nirbaan.
When there was only the Pure, Formless Lord in Nirvaanaa,

उर बंधे आप आप बंधे अभिमान ॥
tah ka-un ka-o maan ka-un abhimaan.
then who was honored, and who was dishonored?

उर मुख वेदेंख मारीम ॥
jah saroop kayval jagdees.
When there was only the Form of the Lord of the Universe,

उर बदल बदल बदल बीम ॥
tah chhal chhidar lagat kaho kees.
then who was tainted by fraud and sin?

उर तोिि तोिि तोिि समावे ॥
jah jot saroopee jot sang samaavai.
When the Embodiment of Light was immersed in His Own Light,

उर विजिलिज विज विज विजिलिज़ ॥
tah kiseh bhookh kavan tariptaavai.
then who was hungry, and who was satisfied?
karan karaavan karnaihaar.  
He is the Cause of causes, the Creator Lord.

naanak kartay kaa naahi sumaar. ||4||  
O Nanak, the Creator is beyond calculation. ||4||

jab apnee sobhaa aapan sang banaaa-ee.  
When His Glory was contained within Himself,

then who was mother, father, friend, child or sibling?

When all power and wisdom was latent within Him,

then where were the Vedas and the scriptures, and who was there to read them?

then who considered omens to be good or bad?

then who was called master, and who was called disciple?

We are wonder-struck at the wondrous wonder of the Lord.
O Nanak, He alone knows His own state. ||5||

When the Undeceiveable, Impenetrable, Inscrutable One was self-absorbed,

then who was swayed by Maya?

When He paid homage to Himself,

then the three qualities were not prevailing.

When there was only the One, the One and Only Lord God,

then who was not anxious, and who felt anxiety?

When He Himself was satisfied with Himself,

then who spoke and who listened?

He is vast and infinite, the highest of the high.

O Nanak, He alone can reach Himself. ||6||
When He Himself fashioned the visible world of the creation,
he made the world subject to the three dispositions.

Sin and virtue then began to be spoken of.

Some have gone to hell, and some yearn for paradise.

Worldly snares and entanglements of Maya,
egotism, attachment, doubt and loads of fear;
pain and pleasure, honor and dishonor
- these came to be described in various ways.

He Himself creates and beholds His own drama.
He winds up the drama, and then, O Nanak, He alone remains. ||7||

Wherever the Eternal Lord's devotee is, He Himself is there.
jah pasrai paasaar sant par.taap.
He unfolds the expanse of His creation for the glory of His Saint.

duhoo paakh kaa aapeh Dhanee.
He Himself is the Master of both worlds.

un kee sobhaa unhoo banee.
His Praise is to Himself alone.

aapeh ka-utak karai anad choj.
He Himself performs and plays His amusements and games.

aapeh ras bhogan nirjog.
He Himself enjoys pleasures, and yet He is unaffected and untouched.

jis bhaavai tis aapan naa-ay laavai.
He attaches whomever He pleases to His Name.

jis bhaavai tis khayl khilaavai.
He causes whomever He pleases to play in His play.

baysumaar athaah agnaat atolai.
He is beyond calculation, beyond measure, uncountable and unfathomable.

ji-o bulaavhu tii-o naanak daas bolai. ||8||21||
As You inspire him to speak, O Lord, so does servant Nanak speak. ||8||21||

salok.
Shalok:

jee-a jant kay thaakuraa aapay vartanhaar.
O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere.
O Nanak, The One is All-pervading; where is any other to be seen? ||1||

Ashtapadee:

He Himself is the speaker, and He Himself is the listener.

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

When it pleases Him, He creates the world.

As He pleases, He absorbs it back into Himself.

Without You, nothing can be done.

Upon Your thread, You have strung the whole world.

One whom God Himself inspires to understand that person obtains the True Name.

He looks impartially upon all, and he knows the essential reality.
O Nanak, he conquers the whole world.

All beings and creatures are in His Hands.

He is Merciful to the meek, the Patron of the patronless.

No one can kill those who are protected by Him.

One who is forgotten by God, is already dead.

Leaving Him, where else could anyone go?

Over the heads of all is the One, the Immaculate King.

The ways and means of all beings are in His Hands.

Inwardly and outwardly, know that He is with you.

He is the Ocean of excellence, infinite and endless.

Slave Nanak is forever a sacrifice to Him.
The Perfect, Merciful Lord is pervading everywhere.

His kindness extends to all.

He Himself knows His own ways.

The Inner-knower, the Searcher of hearts, is present everywhere.

He cherishes His living beings in so many ways.

That which He has created meditates on Him.

Whoever pleases Him, He blends into Himself.

They perform His devotional service and sing the Glorious Praises of the Lord.

With heart-felt faith, they believe in Him.

O Nanak, they realize the One, the Creator Lord.

The Lord's humble servant is committed to His Name.
His hopes do not go in vain.

The servant's purpose is to serve;

obeying the Lord's Command, the supreme status is obtained.

Beyond this, he has no other thought.

Within his mind, the Formless Lord abides.

His bonds are cut away, and he becomes free of hatred.

Night and day, he worships the Feet of the Guru.

He is at peace in this world, and happy in the next.

O Nanak, the Lord God unites him with Himself. ||4||

Join the Company of the Holy, and be happy.

Sing the Glories of God, the embodiment of supreme bliss.
Contemplate the essence of the Lord's Name.

Redeem this human body, so difficult to obtain.

Sing the Ambrosial Words of the Lord's Glorious Praises;

this is the way to save your mortal soul.

Behold God near at hand, twenty-four hours a day.

Ignorance shall depart, and darkness shall be dispelled.

Listen to the Teachings, and enshrine them in your heart.

O Nanak, you shall obtain the fruits of your mind's desires. ||5||

Embellish both this world and the next;

enshrine the Lord's Name deep within your heart.

Perfect are the Teachings of the Perfect Guru.
jis man basai 'tis saach pareekh-aa.
That person, within whose mind it abides, realizes the Truth.

man tan naam japahu liv laa-ay.
With your mind and body, chant the Naam; lovingly attune yourself to it.

doorkh darad man tay bha-o jaa-ay.
Sorrow, pain and fear shall depart from your mind.

sach vaapaar karahu vaapaaree.
Deal in the true trade, O trader,

dargeh nibhai khayp tumaaree.
and your merchandise shall be safe in the Court of the Lord.

aykaa tayk rakhahu man maahi.
Keep the Support of the One in your mind.

naanak bahur na aavahi jaahi. ||6||
O Nanak, you shall not have to come and go in reincarnation again. ||6||

tis tay door kahaa ko jaa-ay.
Where can anyone go, to get away from Him?

ubrai raakhanhaar Dhi-aa-ay.
Meditating on the Protector Lord, you shall be saved.

nirbha-o japai sagal bha-o mitai.
Meditating on the Fearless Lord, all fear departs.

parabh kirpaa tay paraanee chhutai.
By God's Grace, mortals are released.
jis parabh raakhai tis nahee dookh.
One who is protected by God never suffers in pain.

naam japat man hovat sookh.
Chanting the Naam, the mind becomes peaceful.

chintaa jaa-ay mitai aha^nkaar.
Anxiety departs, and ego is eliminated.

tis jan ka-o ko-ay na pahuchanhaar.
No one can equal that humble servant.

sir oopar thadhaa gur sooraa.
The Brave and Powerful Guru stands over his head.

naanak taa kay kaaraj pooraa. ||7||
O Nanak, his efforts are fulfilled. ||7||

mat pooree amrit jaa kee darisat.
His wisdom is perfect, and His Glance is Ambrosial.

darsan paykhat uDhart sarisat.
Beholding His Vision, the universe is saved.

charan kamal jaa kay anoop.
His Lotus Feet are incomparably beautiful.

safal darsan sundar har roop.
The Blessed Vision of His Darshan is fruitful and rewarding; His Lordly Form is beautiful.

Dhan sayvaa sayvak parvaan.
Blessed is His service; His servant is famous.
अंतर्जानी धक्ख ध्यानं।
antarjaamee purakh parDhaan.
The Inner-knower, the Searcher of hearts, is the most exalted Supreme Being.

jis man basai so hot nihaal.
That one, within whose mind He abides, is blissfully happy.

Death does not draw near him.

One becomes immortal, and obtains the immortal status,

saaDhsang naanak har Dhi-aa-i-aa. ||8||22||
meditating on the Lord, O Nanak, in the Company of the Holy. ||8||22||

salok.
Shalok:

The Guru has given the healing ointment of spiritual wisdom, and dispelled the darkness of ignorance.

By the Lord's Grace, I have met the Saint; O Nanak, my mind is enlightened.

In the Society of the Saints, I see God deep within my being.
God's Name is sweet to me.

All things are contained in the Heart of the One,

although they appear in so many various colors.

The nine treasures are in the Ambrosial Name of God.

Within the human body is its place of rest.

The Deepest Samaadhi, and the unstruck sound current of the Naad are there.

The wonder and marvel of it cannot be described.

He alone sees it, unto whom God Himself reveals it.

The Infinite Lord is inside, and outside as well.

Deep within each and every heart, the Lord God is pervading.
Dharan maahi aakaas pa-i-aal.
In the earth, in the Akaashic ethers, and in the nether regions of the underworld

sarab lok pooran partipaal.
- in all worlds, He is the Perfect Cherisher.

In the forests, fields and mountains, He is the Supreme Lord God.

jaisee aagi-aa taisaa karam.
As He orders, so do His creatures act.

He permeates the winds and the waters.

He is pervading in the four corners and in the ten directions.

Without Him, there is no place at all.

By Guru's Grace, O Nanak, peace is obtained. ||2||

See Him in the Vedas, the Puraanas and the Simritees.

In the moon, the sun and the stars, He is the One.

The Bani of God's Word is spoken by everyone.
He Himself is unwavering - He never wavers.

With absolute power, He plays His play.

His value cannot be estimated; His virtues are invaluable.

In all light, is His Light.

The Lord and Master supports the weave of the fabric of the universe.

By Guru's Grace, doubt is dispelled.

O Nanak, this faith is firmly implanted within. ||3||

In the eye of the Saint, everything is God.

In the heart of the Saint, everything is Dharma.

The Saint hears words of goodness.

He is absorbed in the All-pervading Lord.
This is the way of life of one who knows God.

True are all the words spoken by the Holy.

Whatever happens, he peacefully accepts.

He knows God as the Doer, the Cause of causes.

He dwells inside, and outside as well.

O Nanak, beholding the Blessed Vision of His Darshan, all are fascinated.

He Himself is True, and all that He has made is True.

The entire creation came from God.

As it pleases Him, He creates the expanse.

As it pleases Him, He becomes the One and Only again.

His powers are so numerous, they cannot be known.
As it pleases Him, He merges us into Himself again.

Who is near, and who is far away?

One whom God causes to know that He is within the heart

- O Nanak, He causes that person to understand Him.

- He Himself is pervading everywhere.

- In all forms, He Himself is pervading.

- Through all eyes, He Himself is watching.

- All the creation is His Body.

- He Himself listens to His Own Praise.

- The One has created the drama of coming and going.

- He made Maya subservient to His Will.
In the midst of all, He remains unattached.

Whatever is said, He Himself says.

By His Will we come, and by His Will we go.

O Nanak, when it pleases Him, then He absorbs us into Himself.

If it comes from Him, it cannot be bad.

Other than Him, who can do anything?

He Himself is good; His actions are the very best.

He Himself knows His Own Being.

He Himself is True, and all that He has established is True.

Through and through, He is blended with His creation.

His state and extent cannot be described.
If there were another like Him, then only he could understand Him.

His actions are all approved and accepted.

By Guru's Grace, O Nanak, this is known. ||7||

One who knows Him, obtains everlasting peace.

God blends that one into Himself.

He is wealth and prosperous, and of noble birth.

He is Jivan Mukta - liberated while yet alive; the Lord God abides in his heart.

Blessed, blessed, blessed is the coming of that humble being;

by his grace, the whole world is saved.

This is his purpose in life;

in the Company of this humble servant, the Lord's Name comes to mind.
हेम भवत भवत वै समस्त II
aap mukat muka karai sansaar.
He Himself is liberated, and He liberates the universe.

तत्तद्रिव तत्तत्त्व प्रकट समस्तवर्तु II||23||
naanak tis jan ka-o sadaa namaskaar. ||8||23||
O Nanak, to that humble servant, I bow in reverence forever. ||8||23||

मंजुइ II
salok.
Shalok:

पुरा पुरा आज्ञामिए पुरा सा का कर मी II
pooraa parabhaa aaraaDhi-aa pooraa jaa kaa naa-o.
I worship and adore the Perfect Lord God. Perfect is His Name.

तत्तद्रिव पुरा प्रभिश पुरे बे पुरा गणयती II||1||
naanak pooraa paa-i-aa pooray kay gun gaa-o. ||1||
O Nanak, I have obtained the Perfect One; I sing the Glorious Praises of the Perfect Lord. ||1||

असतपादी II
asatpadee.
Ashtapadee:

पूरे गुर ला मौल दुहिपरम II
pooray gur kaa sun updays.
Listen to the Teachings of the Perfect Guru;

परबराहम सिविलत बेह देष II
paarbarahm nikat kar paykh.
see the Supreme Lord God near you.

सास सास सिम्राहु गोबिंद II
saas saas simrahu gobind.
With each and every breath, meditate in remembrance on the Lord of the Universe,

भत भाँत ली दुहिते लिंह II
man antar kee utrai chind.
and the anxiety within your mind shall depart.
Abandon the waves of fleeting desire,

Renounce your selfishness and conceit and offer your prayers.

In the Saadh Sangat, the Company of the Holy, cross over the ocean of fire.

Fill your stores with the wealth of the Lord.

Nanak bows in humility and reverence to the Perfect Guru.

Happiness, intuitive peace, poise and bliss

- in the Company of the Holy, meditate on the Lord of supreme bliss.

You shall be spared from hell - save your soul!

Drink in the ambrosial essence of the Glorious Praises of the Lord of the Universe.

Focus your consciousness on the One, the All-pervading Lord
He has One Form, but He has many manifestations.

Sustainer of the Universe, Lord of the world, Kind to the poor,

Destroyer of sorrow, perfectly Merciful.

Meditate, meditate in remembrance on the Naam, again and again.

O Nanak, it is the Support of the soul. ||2||

The most sublime hymns are the Words of the Holy.

These are priceless rubies and gems.

One who listens and acts on them is saved.

He himself swims across, and saves others as well.

His life is prosperous, and his company is fruitful;

his mind is imbued with the love of the Lord.
Hail, hail to him, for whom the sound current of the Shabad vibrates.

Hearing it again and again, he is in bliss, proclaiming God's Praises.

The Lord radiates from the foreheads of the Holy.

Hearing that He can give Sanctuary, I have come seeking His Sanctuary.

Bestowing His Mercy, God has blended me with Himself.

Hatred is gone, and I have become the dust of all.

I have received the Ambrosial Naam in the Company of the Holy.

The Divine Guru is perfectly pleased;

the service of His servant has been rewarded.

I have been released from worldly entanglements and corruption,
hearing the Lord's Name and chanting it with my tongue.

By His Grace, God has bestowed His Mercy.

O Nanak, my merchandise has arrived save and sound. ||4||

Sing the Praises of God, O Saints, O friends,

with total concentration and one-pointedness of mind.

Sukhmani is the peaceful ease, the Glory of God, the Naam.

When it abides in the mind, one becomes wealthy.

One becomes the most respected person, famous all over the world.

He obtains the highest place of all.

He does not come and go in reincarnation any longer.
One who departs, after earning the wealth of the Lord’s Name,

O Nanak, realizes it.

Comfort, peace and tranquility, wealth and the nine treasures;

Wisdom, knowledge, and all spiritual powers;

The most sublime wisdom and purifying baths;

The four cardinal blessings, the opening of the heart-lotus;

In the midst of all, and yet detached from all;

To look impartially upon all, and to see only the One

- these blessings come to one who, through Guru Nanak, chants the Naam with his mouth, and hears the Word with his ears.
One who chants this treasure in his mind

- in every age, he attains salvation.

In it is the Glory of God, the Naam, the chanting of Gurbani.

The Simritees, the Shaastras and the Vedas speak of it.

The essence of all religion is the Lord's Name alone.

It abides in the minds of the devotees of God.

Millions of sins are erased, in the Company of the Holy.

By the Grace of the Saint, one escapes the Messenger of Death.

Those, who have such pre-ordained destiny on their foreheads,

O Nanak, enter the Sanctuary of the Saints. ||7||

One, within whose mind it abides, and who listens to it with love
तिस जन आवै हर धर्म चिन्ति ॥
तिस जन आवै हर पराभ चीत।
- that humble person consciously remembers the Lord God.

जनम भक्त उन का चुंब किये ॥
जनम मरण ताक दूख निवार।
The pains of birth and death are removed.

दुलभ देख उड़कर हूँ पये ॥
दुलभ देख तत्काल उद्धर।
The human body, so difficult to obtain, is instantly redeemed.

निर्मल सोह्य आम्र से वी बनी ॥
nirnmal sohhaa amrit taa kee baanee.
Spotlessly pure is his reputation, and ambrosial is his speech.

येह राम भक्त भक्ति समाली ॥
yeh rambhakht bhakti saamali.
The One Name permeates his mind.

दूध देख विलम्बे ये वचन ॥
dookh rog binsay bhai bharam.
Sorrow, sickness, fear and doubt depart.

माप राम निर्मल उन वे करम ॥
saaDh naam nirnmal taa kay karam.
He is called a Holy person; his actions are immaculate and pure.

सब ते दूध उन की मेंज़ बनी ॥
sabh tay ooch taa kee sohhaa banee.
His glory becomes the highest of all.

नानूक इंद्र बुज्जि राम सुधनी ॥ ॥
naanak ih gun naam sukhmanee. ||8||24||
O Nanak, by these Glorious Virtues, this is named Sukhmani, Peace of mind.
||8||24||