Ga-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

आदि गुरें नमह ॥
aad gur-ay namah.
I bow to the Primal Guru.

जुगािद गुरें नमह ॥
jugaad gur-ay namah.
I bow to the Guru of the ages.

सितगुरें नमह ॥
satgur-ay namah.
I bow to the True Guru.

सर्ी गुरदेवें नमह ॥१॥
saree gurdayv-ay namah. ||1||
I bow to the Great, Divine Guru. ||1||
Ashtapadee:

सिमर असिमर असिमर सुख पाव ॥

Simra-o simar simar sukh paava-o.
Meditate, meditate, meditate in remembrance of Him, and find peace.

कल कले सम माही मिताव ॥

Kal kalays tan maahi mitaava-o.
Worry and anguish shall be dispelled from your body.

बीज बीज बीज भिटाप ॥

Beej beej beej bhitap.
Remember in praise the One who pervades the whole Universe.

नाम जपत अगनत अनेक ॥

Naam japat agnat anaykai.
His Name is chanted by countless people, in so many ways.

बेद पुरान सिमरी सुधाख्यर ॥

Bayd puraan simrit suDhaakh-yar.
The Vedas, the Puraanas and the Simritees, the purest of utterances,

कीने राम नाम इक आख्यर ॥

Keenay raam naam ik aakh-yar.
were created from the One Word of the Name of the Lord.

किनका एक जिसु जी बसाव ॥

Kinkaay aayk jis jee-a basaavai.
That one, in whose soul the One Lord dwells -
ता की महिमा गनी न आवै ॥
taa kee mahimaa ganee na aavai.
the praises of his glory cannot be recounted.

कांखी एकै दरस तुहारो ॥
kaaNkhee aikai daras tuhaaro.
Those who yearn only for the blessing of Your Darshan -

नानक उन संग मोहि उधारो ॥
naanak un sang mohi uDhaaro. ||1||
Nanak: save me along with them! ||1||

सुक्खमनी सुख अमर्त परभ नामु ॥
sukhmanee sukh amrit parabh naam.
Sukhmani: Peace of Mind, the Nectar of the Name of God.

भगत जना कै मिन बिस्राम ॥ रहाउ ॥
bhagat janaa kai man bisraam. rahaa-o.
The minds of the devotees abide in a joyful peace. ||Pause||

परभ कै सिमरिन दूखु जमु नसै ॥
parabh kai simran dookh jam nasai.
Remembering God, the pain of death is dispelled.

परभ कै सिमरिन कालु परहरै ॥
parabh kai simran kaal parharai.
Remembering God, death is eliminated.
parabh kai simran dusman tarai.
Remembering God, one’s enemies are repelled.

parabh simrat kachh bighan na laagai.
Remembering God, no obstacles are met.

parabh kai simran an-din jaagai.
Remembering God, one remains awake and aware, night and day.

parabh kai simran bha-o na bi-aapai.
Remembering God, one is not touched by fear.

parabh kai simran dukh na santaapai.
Remembering God, one does not suffer sorrow.

parabh kaa simran saaDh kai sang.
The meditative remembrance of God is in the Company of the Holy.

sarab niDhaan naanak har rang. ||2||
All treasures, O Nanak, are in the Love of the Lord. ||2||

parabh kai simran riDh siDh na-o niDh.
In the remembrance of God are wealth, miraculous spiritual powers and the nine treasures.
parabh kai simran gi-aan Dhi-aan tat buDh.
In the remembrance of God are knowledge, meditation and the essence of wisdom.

parabh kai simran jap tap poojaa.
In the remembrance of God are chanting, intense meditation and devotional worship.

parabh kai simran binsai doojaa.
In the remembrance of God, duality is removed.

parabh kai simran tirath isnaanee.
In the remembrance of God are purifying baths at sacred shrines of pilgrimage.

parabh kai simran dargeh maanee.
In the remembrance of God, one attains honor in the Court of the Lord.

parabh kai simran ho-ay so bhalaa.
In the remembrance of God, one becomes good.

parabh kai simran sufal falaa.
In the remembrance of God, one flowers in fruition.

say simrahi jin aap simraa-ay.
They alone remember Him in meditation, whom He inspires to meditate.
ਨਾਨਕ ਤਾ ਕੈ ਲਾਗੁ ਪਾਏ ॥੩॥

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

ਪਰ੍ਭ ਕੈ ਸਿਸਤਾ ਸਭ ਤੇ ਊਚਾ ॥

The remembrance of God is the highest and most exalted of all.

ਪਰ੍ਭ ਕੈ ਸਿਸਤਾ ਉਧਰੇ ਮੂਚਾ ॥

In the remembrance of God, many are saved.

ਪਰ੍ਭ ਕੈ ਸਿਸਤਾ ਤਰਾਸਾ ਸਭਤੇ ਸੁਜਹਾ ॥

In the remembrance of God, all things are known.

ਪਰ੍ਭ ਕੈ ਸਿਸਤਾ ਜਮ ਤਰਾਝਾ ॥

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

ਪਰ੍ਭ ਕੈ ਸਿਸਤਾ ਪੂਰਨ ਆਸਾ ॥

In the remembrance of God, hopes are fulfilled.

ਪਰ੍ਭ ਕੈ ਸਿਸਤਾ ਮੁਕਲ ਮਾਇ ਜਾਈ ॥

In the remembrance of God, the filth of the mind is removed.
ਅੰਤਰੀ ਤਕਨੀ ਖੇਤਰ ਮਾਇ ਸਮਾਇ ॥
ਅਭੌਨਾਮੁ ਰਿਦ ਸਾਮਾਇ ਸਮਾਇ ॥

amrit naam rid maahi samaa-ay.
The Ambrosial Naam, the Name of the Lord, is absorbed into the heart.

ਪ੍ਰਸ ਜੀ ਬਸਾਗ ਸਾਹੀ ਦੀ ਰਸਨਾ ॥

parabh jee baseh saaDh kee rasnaa.
God abides upon the tongues of His Saints.

ਪਹਿਲਾ ਮੋ ਬਾ ਦਾਮਿਕ ਦਮਾਗ ॥4॥
ਨਾਨਕ ਜਨ ਕਾ ਦਾਸਾਨ ਦਸਨਾ ॥4॥

naanak jan kaa daasan dasnaa. ||4||
Nanak is the servant of the slave of His slaves. ||4||

ਪ੍ਰਾਪ ਬਹੂ ਦਮਿਕਰਿ ਨੇ ਫਲਵੇਂ ਦੇ ॥
ਪਰਭ ਕਾਵੋ ਸਸ਼ਦਾ ਸੇ ਧਨਵੰਤੇ ॥

parabh ka-o simrahi say Dhanvantay.
Those who remember God are wealthy.

ਪ੍ਰਾਪ ਬਹੂ ਦਮਿਕਰਿ ਨੇ ਫਲਵੇਂ ਦੇ ॥
ਪਰਭ ਕਾਵੋ ਸਸ਼ਦਾ ਸੇ ਪਟਿਵੇਂ ਦੇ ॥

parabh ka-o simrahi say pativantay.
Those who remember God are honorable.

ਪ੍ਰਾਪ ਬਹੂ ਦਮਿਕਰਿ ਨੇ ਮਤ ਪਾਰਵਾਨ ॥
ਪਰਭ ਕਾਵੋ ਸਸ਼ਦਾ ਵਾਂ ਸੇ ਜਨ ਪਾਰਵਾਨ ॥

parabh ka-o simrahi say jan parvaan.
Those who remember God are approved.

ਪ੍ਰਾਪ ਬਹੂ ਦਮਿਕਰਿ ਨੇ ਪ੍ਰਚਧ ਪ੍ਰਾਪਤ ॥
ਪਰਭ ਕਾਵੋ ਸਸ਼ਦਾ ਵਾਂ ਸੇ ਪੁਰਖ ਪ੍ਰਥਾਨ ॥

parabh ka-o simrahi say purakh parDhaan.
Those who remember God are the most distinguished persons.

ਪ੍ਰਾਪ ਬਹੂ ਦਮਿਕਰਿ ਨੇ ਬੇਮੁਹਤਾ ਦੇ ॥
ਪਰਭ ਕਾਵੋ ਸਸ਼ਦਾ ਵਾਂ ਸੇ ਬੇਮੁਹਤਾ ਦੇ ॥

parabh ka-o simrahi se baymuhtaajay.
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.

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.

For the remembrance of 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 -
मन ऊहा नामु तेरै संिग सहाई ॥
O my mind, there, only the Naam, the Name of the Lord, shall be with you as your help and support.

जह महा भइआन दूत जम दलै ॥
Where the great and terrible Messenger of Death shall try to crush you,

tah kayval naam sang tayrai chalai.
there, only the Naam shall go along with you.

जह मुसकल होवै अित भारी ॥
Where the obstacles are so very heavy,

हिर को नामु िखन मािह उधारी ॥
The Name of the Lord shall rescue you in an instant.

अिनक पुनहचरन करत नही तरै ॥
By performing countless religious rituals, you shall not be saved.

हिर को नामु कोिट पाप परहरै ॥
The Name of the Lord washes off millions of sins.

गुरमुिख नामु जपहु मन मेरे ॥
As Gurmukh, chant the Naam, O my mind.
O Nanak, you shall obtain countless joys.

The rulers of the all the world are unhappy;

Chanting the Name of the Lord becomes happy.

Acquiring hundreds of thousands and millions, your desires shall not be contained.

Chanting the Name of the Lord, you shall find release.

By the countless pleasures of Maya, your thirst shall not be quenched.

Chanting the Name of the Lord, you shall be satisfied.

Upon that path where you must go all alone,
तह हिर नामु संिग होत सुहेला ॥
there, only the Lord's Name shall go with you to sustain you.

ऐसा नामु मन सदा धिआईए ॥
On such a Name, O my mind, meditate forever.

ऐसा नामु मन सदा िधआईऐ ॥
On such a Name, O my mind, meditate forever.

ਨਾਨਕ ਗੁਰਮੁਿਖ ਪਰਮ ਗਿਤ ਪਾਈਐ ॥
O Nanak, as Gurmukh, you shall obtain the state of supreme dignity. ||2||

ਛੂਟਤ ਨਹੀ ਕੋਿਟ ਲਖ ਬਾਹੀ ॥
You shall not be saved by hundreds of thousands and millions of helping hands.

ਨਾਮੁ ਜਪਤ ਤਹ ਪਾਰਿ ਪਰਾਹੀ ॥
Chanting the Naam, you shall be lifted up and carried across.

ਅਨਿਕ ਬਿਗਨ ਜ਼ ਾ ਤ ਤ ਿਗ ਾਹ ਕਰੀਏ ਇੱਕੇ ॥
Where countless misfortunes threaten to destroy you,

ਹਰ ਕਾ ਨਾਮਿ ਤਤਕਾਲ ਉਧਾਰੀ ॥
the Name of the Lord shall rescue you in an instant.

ਅਨਿਕ ਜੋਨ ਜਨਮੈ ਮੱਰ ਜਾਮ ॥
Through countless incarnations, people are born and die.
ਨਾਮ ਜਪਤ ਪਾਵੈ ਬਿਸਰਾਮ ॥
naam japat paavai bisraam.
Chanting the Name of the Lord, you shall come to rest in peace.

ਹਉ ਮੈਲਾ ਮਲੁ ਕਵਹੁ ਨ ਢੋਵੈ ॥
ha-o mailaa malu kabhoo n dhovai.
The ego is polluted by a filth which can never be washed off.

ਹਿਰ ਕਾ ਨਾਮੁ ਕੋਟ ਪਾਪ ਖੋਵੈ ॥
har kaa naam kot paap khovai.
The Name of the Lord erases millions of sins.

ਐਸਾ ਨਾਮੁ ਜਪਹ ਮਨ ਰੰਗ ॥
aisaa naam japahu man rang.
Chant such a Name with love, O my mind.

ਨਾਨਕ ਪਾਈਐ ਸਾਧ ਕੈ ਸੰਗ ॥੩॥
naanak paa-ee-ai saaDh kai sang. ||3||
O Nanak, it is obtained in the Company of the Holy. ||3||

ਜਿਹ ਮਾਰਗ ਕੇ ਗਨੇ ਜਾਹੀ ਨ ਕੋਸਾ ॥
jih maarag kay ganay jaahi na kosaa.
On that path where the miles cannot be counted,

ਜਿਹ ਕਰ ਨਾਮੁ ਊਹਾ ਸੰਗ ਤੋਸਾ ॥
har kaa naam oohaa sang tosaa.
there, the Name of the Lord shall be your sustenance.

ਜਿਹ ਪੈਦੈ ਮਹਾ ਅੰਧ ਗੁਬਾਰਾ ॥
jih paidai maha anDh gubaaraa.
On that journey of total, pitch-black darkness,
The Name of the Lord shall be the Light with you.

On that journey where no one knows you,

with the Name of the Lord, you shall be recognized.

Where there is awesome and terrible heat and blazing sunshine,

there, the Name of the Lord will give you shade.

Where thirst, O my mind, torments you to cry out,

there, O Nanak, the Ambrosial Name, Har, Har, shall rain down upon you.

Unto the devotee, the Naam is an article of daily use.
The minds of the humble Saints are at peace.

The Name of the Lord is the Support of His servants.

By the Name of the Lord, millions have been saved.

The Saints chant the Praises of the Lord, day and night.

Har, Har - the Lord's Name - the Holy use it as their healing medicine.

The Lord's Name is the treasure of the Lord's servant.

The Supreme Lord God has blessed His humble servant with this gift.

Mind and body are imbued with ecstasy in the Love of the One Lord.
O Nanak, careful and discerning understanding is the way of the Lord's humble servant.

The Name of the Lord is the path of liberation for His humble servants.

With the food of the Name of the Lord, His servants are satisfied.

The Name of the Lord is the beauty and delight of His servants.

Chanting the Lord's Name, one is never blocked by obstacles.

The Name of the Lord is the glorious greatness of His servants.

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.

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. ||7||

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.
ਨਾਮ ਸੁਨਤ ਦਰਦ ਦੁਖ ਲਥਾ ॥
Hearing the Naam, pain and sorrow are removed.

ਨਾਮ ਕੀ ਮਹਿਮਾ ਸੰਤ ਰਿਦ ਵਸੈ ॥
The Glory of the Naam abides in the hearts of His Saints.

ਸੰਤ ਪਰਤਾਪ ਦੁਰਤ ਸਭ ਨਸਾਈ ॥
By the Saints' kind intervention, all guilt is dispelled.

ਸੰਤ ਕਾ ਸੰਗ ਵਡ ਪਾਈਐ ॥
The Society of the Saints is obtained by great good fortune.

ਸੰਤ ਕੀ ਸੇਵਾ ਨਾਮ ਤਿਧਾਈਐ ॥
Serving the Saint, one meditates on the Naam.

ਨਾਮ ਤੁਲ ਕਛੁ ਅਵਰ ਹੋਈ ॥
There is nothing equal to the Naam.

ਨਾਨਕ ਗੁਰਮੁਖ ਨਾਮ ਪਾਵੈ ਜਨ ਕੋਈ ॥੮॥੨॥
O Nanak, rare are those, who, as Gurmukh, obtain the Naam. ||8||2||

ਸਲੋਕੁ  ॥
Shalok:
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. ||1||

Ashtapadee:

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;
Punn daan homay baho ratna.
donations to charities and offerings of jewels to fire;

Sareer kataa-ay homai kar raatee.
cutting the body apart and making the pieces into ceremonial fire offerings;

Varat naym karai baho bhaatee.
keeping fasts and making vows of all sorts -

Nahee tul raam naam beechaar.
none of these are equal to the contemplation of the Name of the Lord,

Naanak gurmukh naam japee-ai ik baar. ||1||
O Nanak, if, as Gurmukh, one chants the Naam, even once. ||1||

Na-o khand parithmee firai chir jeevai.
You may roam over the nine continents of the world and live a very long life;

Maha udaas tapeesar theevai.
you may become a great ascetic and a master of disciplined meditation

Agan maahi homat paraan.
and burn yourself in fire;
You may give away gold, horses, elephants and land;

you may practice techniques of inner cleansing and all sorts of Yogic postures;

you may adopt the self-mortifying ways of the Jains and great spiritual disciplines;

piece by piece, you may cut your body apart;

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

There is nothing equal to the Name of the Lord.

With your mind filled with desire, you may give up your body at a sacred shrine of pilgrimage;
garab gumaan na man tay hutai.  
but even so, egotistical pride shall not be removed from your mind.

soch karai dinas ar raat.  
You may practice cleansing day and night,

man kee mail na tan tay jaat.  
but the filth of your mind shall not leave your body.

is dayhee ka-o baho saaDhnaa karai.  
You may subject your body to all sorts of disciplines,

man tay kabhoo na bikhi-aa tarai.  
but your mind will never be rid of its corruption.

jal Dhovai baho dayh aneet.  
You may wash this transitory body with loads of water,

suDh kahaa ho-ay kaachee bheet.  
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;
O Nanak, the Naam has saved so many of the worst sinners. ||3||

Even with great cleverness, the fear of death clings to you.

You try all sorts of things, but your thirst is still not satisfied.

Wearing various religious robes, the fire is not extinguished.

Even making millions of efforts, you shall not be accepted in the Court of the Lord.

You cannot escape to the heavens, or to the nether regions, if you are entangled in emotional attachment and the net of Maya.
ਗੋਵੰਦ ਭਜਨ ਬਿਨੂ ਤਿਲੂ ਨਹੀ ਮਾਨੈ ॥

govind bhajan bin til nahee maanai.
which accepts nothing at all, except meditation on the Lord of the Universe.

ਵਿਚ ਬਿਠ ਤਵਾ ਦੁਖ ਨਹੀ ਮਾਨੈ ॥

har kaa naam japat dukh jaa-ay.
Chanting the Name of the Lord, sorrow is dispelled.

ਰੁਦਰ ਬੇਲੇ ਮਜੀ ਮੂਰਣਦੀ ॥

naanak bolai sahj subhaa-ay. ||4||
O Nanak, chant it with intuitive ease. ||4||

ਚਾਰ ਪਦਾਰਥ ਜੋ ਆਪਣੇ ॥

chaar padaarath jay ko maagai.
One who prays for the four cardinal blessings

ਸਾਧ ਜਨਾ ਸੇਵਾ ਲਾਗੈ ॥

saaDh janaa kee sayvaa laagai.
should commit himself to the service of the Saints.

ਜੇ ਕੋ ਆਪਣੁ ਦੂਖ ਮਿਟਾਵੈ ॥

jay ko aapunaa dookh mitaavai.
If you wish to erase your sorrows,

ਵਿਚ ਤਵਾ ਬਿਠ ਸਦ ਗਾਵੈ ॥

har har naam ridai sad gaavai.
sing the Name of the Lord, Har, Har, within your heart.

ਜੇ ਕੋ ਆਪਨੀ ਸੋਭਾ ਲੌਰੇ ॥

jay ko apunee sobhaa lorai.
If you long for honor for yourself,
ਸਾਧਸੰਗ ਇਹ ਹੁਣ ਕੀ ਚੋਰੀ।
saaDhsang ih ha-umai chhorai.
then renounce your ego in the Saadh Sangat, the Company of the Holy.

ਤੇ ਦਵੇ ਤਤਸੰਗ ਭਰੋ ਕੀ ਦਵੇ।
jay ko janam maran tay darai.
If you fear the cycle of birth and death,

ਸਾਧ ਜਨਾ ਕੀ ਸਰਨੀ ਪਰੈ।
saaDh janaa kee sarnee parai.
then seek the Sanctuary of the Holy.

ਜੇ ਕੋ ਜਨਮ ਮਰਣ ਤੇ ਡਰੈ।
jis jan ka-o parabh daras pi-aasaa.
Those who thirst for the Blessed Vision of God's Darshan -

ਨਾਨਕਤਾ ਬਿਲ ਬਿਲ ਜਾਸਾ।
naanak taa kai bal bal jaasaa. ||5||
Nanak is a sacrifice, a sacrifice to them. ||5||

ਸਾਗਲ ਪੁਰਾਖ ਮਹੀ ਪੁਰਾਖ ਪਰਧਾਨੁ।
sagal purakh meh purakh parDhaan.
Among all persons, the supreme person is the one

ਸਾਧਸੰਗ ਜਾ ਕਾ ਮੀਟੇ ਅਕਬਰਨੁ।
saaDhsang jaa kaa mitai abhimaan.
who gives up his egotistical pride in the Company of the Holy.

ਅਪਾਸ ਕਾ ਜੋ ਜਾਣੈ ਨੀਚੀ।
aapas ka-o jo jaanai neechaa.
One who sees himself as lowly,
so-oo ganee-ai sabh tay oochaa.
shall be accounted as the highest of all.

jaa kaa man ho-ay sagal kee reenaa.
One whose mind is the dust of all,

har har naam tin ghat ghat cheenaa.
recognizes the Name of the Lord, Har, Har, in each and every heart.

man apunay tay buraa mitaanaa.
One who eradicates cruelty from within his own mind,

paykhai sagal sarisat saajnaa.
looks upon all the world as his friend.

sookh dookh jan sam daristaytaa.
One who looks upon pleasure and pain as one and the same,

naanak paap punn nahee laypaa. ||6||
O Nanak, is not affected by sin or virtue. ||6||

nirDhan ka-o Dhan tayro naa-o.
To the poor, Your Name is wealth.
nithaavay ka-o naa-o tayraa thaa-o.
To the homeless, Your Name is home.

nimaanay ka-o parabh tayro maan.
To the dishonored, You, O God, are honor.

sagal ghataa ka-o dayvhu daan.
To all, You are the Giver of gifts.

karan karaavanhaar su-aamee.
O Creator Lord, Cause of causes, O Lord and Master,

sagal ghataa kay antarjaamee.
Inner-knower, Searcher of all hearts:

apnee gat mit jaanhu aapay.
You alone know Your own condition and state.

aapan sang aap parabh raatay.
You Yourself, God, are imbued with Yourself.

tumHree ustat tum tay ho-ay.
You alone can celebrate Your Praises.
ਨਾਨਕ ਅਵਰ ਨ ਜਾਨਿਸ ਕੋਈ ॥੭॥
O Nanak, no one else knows. ||7||

ਸਰਬ ਧਰਮ ਮਹਿ ਸ੍ਰੇਸਟ ਧਰਮੁ ॥
Of all religions, the best religion

ਹਿਰ ਕੋ ਨਾਮੁ ਜਿਪ ਨਿਰਮਲ ਕਰਮੁ ॥
is to chant the Name of the Lord and maintain pure conduct.

ਸਗਲ ਕ੍ਰਿਆ ਮਹਿ ਊਤਮ ਕਿਰੀਆ ॥
Of all religious rituals, the most sublime ritual

ਸਗਲ ਬਾਨੀ ਮਹਿ ਅੰਤਰ੍ਵ ਬਾਨੀ ॥
Of all speech, the most ambrosial speech
ਹਿਰ ਕੋ ਜਸੁ ਸੁਨ ਰਸਨ ਬਖਾਨੀ ॥

har ko jas sun rasan bakhaanee.

is to hear the Lord's Praise and chant it with the tongue.

ਸਗਲ ਥਾਨ ਤੇ ਓਹ ਉਤਮ ਥਾਨੁ ॥

sagal thaan tay ooh ootam thaan.

Of all places, the most sublime place,

ਨਾਨਕ ਜਿਹ ਘਟ ਵਸੈ ਹਿਰ ਨਾਮੁ ॥੮॥੩॥

naanak jih ghat vasai har naam. ||8||3||

O Nanak, is that heart in which the Name of the Lord abides. ||8||3||

ੋਲੋਕੁ ॥

salok.

Shalok:

ਨਿਰਗੁਨੀਆਰ ਸੌ ਪਰਭੁ ਸੰਮਾਲ ॥

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

You worthless, ignorant fool - dwell upon God forever.

ਨੀਜ ਕੀ ਜਿਤ ਚੀਤ ਨਾਨਕ ਨਰਹੀ ਨਾਲ ॥੧॥

jin kee-aa tis cheet rakh naanak nibhee naal. ||1||

Cherish in your consciousness the One who created you; O Nanak, He alone shall go along with you. ||1||

ਅਸਟਪਦੀ ॥

asatpadee.

Ashtapadee:

ਰਜਾਈਆ ਕੇ ਗੁਣ ਚੀਤ ਪਰਾਨੀ ॥

rama-ee-aa kay gun chayt paraanee.

Think of the Glory of the All-pervading Lord, O mortal;
kavan mool tay kavan daristaanee.
what is your origin, and what is your appearance?

jin tooN saaj savaar seeaari-aa.
He who fashioned, adorned and decorated you, -

garabh agan meh jineh ubaari-aa.
in the fire of the womb, He preserved you.

baar bivasthaa tujheh pi-aarai dooDh.
In your infancy, He gave you milk to drink.

bhar joban bhojan sukh sooDh.
In the flower of your youth, He gave you food, pleasure and understanding.

biraDh bha-i-aa oopar saak sain.
As you grow old, family and friends are there,

mukh api-aa-o baith ka-o dain.
to feed you as you rest.

ih nirgun gun kachhoo na boojhai.
This worthless person has not appreciated in the least, all the good deeds done for him.
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.

By His Grace, you drink in cool water.

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,
ਤਿਸਹ ਤੀਅਗ ਅਰਜ ਸੰਗਰੰਗਾਂ ॥
ਅਦ੍ਵਿਤੀਯਾਗ ਅਰਜ ਬਿਕਾਣੀ ॥
and yet, you forsake Him and attach yourself to others.

ਐਸੇ ਦੋਖ ਮੂੜਾ ਅੰਧ ਿਬਾਪੇ ॥
Such sinful mistakes cling to the blind fools;

ਨਾਨਕ ਕਾਧ ਲੇਹ ਪਰਭ ਆਪੇ ॥੨॥
Nanak: uplift and save them, God! ||2||

ਆਟੀ ਅੰਠ ਤੇ ਗੁਪਤ ਜਗਤੁ ॥
From beginning to end, He is our Protector,

ਤਾ ਿਸਹ ਮੂੜਾ ਮਨੁ ਨਹੀ ਲਾਵੈ ॥
and yet, the ignorant do not link their minds with Him.

ਜਾਂ ਲੀ ਮੇਖਾ ਤਵ ਤੀਪ ਪਾਈ ॥
Serving Him, the nine treasures are obtained,

ਜਾਂ ਮੀਠੁ ਮੁੱਢਾ ਮੰਨ ਨਹੀ ਲਾਵੈ ॥
and yet, the foolish do not link their minds with Him.

ਜੋ ਠਾਕੁਰ ਸਦ ਸਾਦਾ ਜਾਹੂਰੇ ॥
Our Lord and Master is Ever-present, forever and ever,
and yet, the spiritually blind believe that He is far away.

In His service, one obtains honor in the Court of the Lord,

and yet, the ignorant fool forgets Him.

Forever and ever, this person makes mistakes;

O Nanak, the Infinite Lord is our Saving Grace.

Forsaking the jewel, they are engrossed with a shell.

They renounce Truth and embrace falsehood.

That which passes away, they believe to be permanent.
That which is immanent, they believe to be far off.

They struggle for what they must eventually leave.

They turn away from the Lord, their Help and Support, who is always with them.

They wash off the sandalwood paste;

like donkeys, they are in love with the mud.

They have fallen into the deep, dark pit.

Nanak: lift them up and save them, O Merciful Lord God!

They belong to the human species, but they act like animals.
They curse others day and night.

Outwardly, they wear religious robes, but within is the filth of Maya.

They cannot conceal this, no matter how hard they try.

Outwardly, they display knowledge, meditation and purification,

but within clings the dog of greed.

The fire of desire rages within; outwardly they apply ashes to their bodies.

There is a stone around their neck - how can they cross the unfathomable ocean?

Those, within whom God Himself abides -
O Nanak, those humble beings are intuitively absorbed in the Lord. ||5||

By listening, how can the blind find the path?

Take hold of his hand, and then he can reach his destination.

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 enjoys the games of pleasure and the tastes of Maya.

He believes them to be permanent - this is the belief of his mind.
Kaal na aavai moorhay cheet.
Death does not even come to mind for the fool.

Bair biroDh kaam kroDh moh.
Hate, conflict, sexual desire, anger, emotional attachment,

Jhoot bikaar maha lobaDhroh.
falsehood, corruption, immense greed and deceit:

I-ahoo jugat bihaanay ka-ee janam.
So many lifetimes are wasted in these ways.

Naanak raakh layho aapan kar karam. ||7||
Nanak: uplift them, and redeem them, O Lord - show Your Mercy! ||7||

Too thaakur tum peh ardaas.
You are our Lord and Master; to You, I offer this prayer.

Jee-o pind sabh tayree raas.
This body and soul are all Your property.

Tum maat pitaa ham baarik tayray.
You are our mother and father; we are Your children.
तुम्री िकर्पा मिह सूख घनेरे ॥
tumree kirpaa meh sookh ghanayray.
In Your Grace, there are so many joys!

कोई न जानै तुम्रा अंतु ॥
ko-ay na jaanai tumraa ant.
No one knows Your limits.

ऊचे ते ऊचा भगवंत ॥
oochay tay oochaa bhagvant.
O Highest of the High, Most Generous God,

सगल समग्री तुम्रै सूित्रं धारी ॥
sagal samagree tumrai sutir Dhaaree.
the whole creation is strung on Your thread.

तुम ते होइ सु आिगआकारी ॥
tum tay ho-ay so aagi-aakaaree.
That which has come from You is under Your Command.

तुम्री गित िमित तुम ही जानी ॥
tumree gat mit tum hee jaanee.
You alone know Your state and extent.

नानक दास सदा कुर्बानी ॥8॥4॥
naanak daas sadaa kurbaneet. ||8||4||
Nanak, Your slave, is forever a sacrifice. ||8||4||

Shalok:

salok.
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. ||1||

Ashtapadee:

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.
ਤਾ ਕਊ ਕੀਜੈ ਸਦ ਨਮਸਕਾਰਾ।।
taa ka-o keejai sad namaskaaraa.
Unto Him, bow forever in adoration.

ਨਾ ਵੈ ਭਿਤਰ ਬੁੱਧ ਭੀਠਾ॥
jaa kai man laagaa parabh meethaa.
That one, unto whose mind God seems sweet -

ਸਰਬ ਸੁੱਖ ਤਾਹੂ ਮਨੁ ਬੁੱਠਾ॥
sarab sookh taahoo man voothaa.
all pleasures come to abide in his mind.

ਸ਼ਿਸੂ ਤਤ ਅਭਿਨੂ ਹੁਕਮ ਮਨਾਈ॥
jis jan apnaa hukam manaa-i-aa.
One who abides by the Lord's Will,

ਸਰਬ ਥੋਕ ਨਾਨਕ ਤਤਨ ਪਾਈ॥
sarab thok naanak tin paa-i-aa. ||1||
O Nanak, obtains all things. ||1||

ਆਗਨਤ ਸਾਹੂ ਅਪਨੀ ਦੇ ਰਾਸ॥
agnat saahu apnee day raas.
God the Banker gives endless capital to the mortal,

ਖਾਤ ਪੀਤ ਬਰਤੈ ਅਨਦ ਉਲਾਸ॥
khaat peet bartai anad ulaas.
who eats, drinks and expends it with pleasure and joy.

ਆਪੁਨੀ ਅਮਾਨ ਕਛੁ ਬੁੱਧੁ ਰਾਸੁ ਲੈ॥
apunee amaan kachh bahur saahu lay-ay.
If some of this capital is later taken back by the Banker,
अग्नाति मनि रोसु करेइ ॥
agnāatī maṇi rosū karay-i.
the ignorant person shows his anger.

अपनी परतीति आप ही खोवै ॥
apneē parteet aap hee khovai.
He himself destroys his own credibility,

बहुर उस का विस्वास न होवै ॥
bahur us kaa bisvaas na hovai.
and he shall not again be trusted.

जिस की बसतु तिसु आगै राखै ॥
jis kee basat tis aagai raakhai.
When one offers to the Lord, that which belongs to the Lord,

पर्भ की आगाम मानै माथै ॥
parabh kee aagī-aa maanai maathai.
and willingly abides by the Will of God's Order,

उस ते चउगुन करै निहालु ॥
us tay cha-ugun karai nihaal.
the Lord will make him happy four times over.

नानक साहिबु सदा दइआलु ॥२॥
nānak sāhibu sadaa da-i-aal. ||2||
O Nanak, our Lord and Master is merciful forever. ||2||

अनिक भात माइआ के हेत ॥
anik bhaat maa-i-aa kay hayt.
The many forms of attachment to Maya,
ਸਰਪਰ ਹੋਵਤ ਜਾਨ ਅਨੇਤ ॥
sarpar hovat jaan anayt.
shall surely pass away - know that they are transitory.

ਿਬਰਖ ਕੀ ਛਾਇਆ ਿਸਉ ਰੰਗੁ ਲਾਵੈ ॥
birakh kee chhaa-i-aa si-o rang laavai.
People fall in love with the shade of the tree,

ਓਹ ਬਿਨਸੈ ਉਹ ਮਨੀ ਪਛੁਤਾਵੈ ॥
oh binsai uho man pachhutaavai.
and when it passes away, they feel regret in their minds.

ਲਪਿਟ ਰਿਹੋ ਤਹ ਅੰਧ ਅੰਧਾਰੁ ॥
lapat rahi-o tah anDh anDhaar.
and yet, the blindest of the blind cling to it.

ਬਟਾਉ ਿਸਉ ਜੋ ਲਾਵੈ ਨੇਹ ॥
bataa-oo si-o jo laavai nayh.
One who gives her love to a passing traveler -

ਮਨ ਹਿਰ ਕੇ ਨਾਮ ਕੀ ਪਰ੍ੀਿਤ ਸੁਖਦਾਈ ॥
man har kay naam kee pareet sukh-daa-ee.
O mind, the love of the Name of the Lord bestows peace.
O Nanak, the Lord, in His Mercy, unites us with Himself.

False are body, wealth, and all relations.

False are ego, possessiveness and Maya.

False are power, youth, wealth and property.

False are sexual desire and wild anger.

False are chariots, elephants, horses and expensive clothes.

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.

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.

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.
मुँह आवत ता कै दुर्गन्ध ॥
मुँह आवत ता कै दुर्गन्ध ॥
mukh aavat taa kai durganDh.
From his mouth, a foul smell issues forth.

विन्दु विनिरंथ विनु बनिया बिहाई ॥
विन्दु विनिरंथ विनु बनिया बिहाई ॥
vinu simran din rain baritha bihaa-ay.
Without the remembrance of the Lord, day and night pass in vain,

मेघ बिना जिउ खेती जाई ॥
maygh binaa ji-o khaytee jaa-ay.
like the crop which withers without rain.

जीव भजन बिरिये सभ काम ॥
जीव भजन बिरिये सभ काम ॥
gobid bhajan bin barithay sabh kaam.
Without meditation on the Lord of the Universe, all works are in vain,

जिउ किरपन के निरारथ दाम ॥
ji-o kirpan kay niraarath daam.
like the wealth of a miser, which lies useless.

धन धन ते जन जिह घटि बसिओ हर नाउ ॥
Dhan Dhan tay jan jih ghati basi-o har naa-o.
Blessed, blessed are those, whose hearts are filled with the Name of the Lord.

नानक ता कै बल बल जाउ ॥६॥
naanak taa kai bal bal jaa-o. ||6||
Nanak is a sacrifice, a sacrifice to them. ||6||

रहत अवर कछु अवर कमावत ॥
rahat avar kachh avar kamaavat.
He says one thing, and does something else.
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.

by his teachings, the world is saved.

Those who are pleasing to You, God, know You.
ਨਾਨਕ ਉਨ ਜਨ ਚਰਨ ਪਰਆਤਾ ॥੭॥
nanak un jan charan paraataa. ||7||
Nanak falls at their feet. ||7||

ਕਰਉ ਬੇਨਤੀ ਪਾਰਬਰ੍ਹਮੁ ਸਭੁ ਜਾਨੈ ॥
kara-o bayntee paarbarahm sabh jaanai.
Offer your prayers to the Supreme Lord God, who knows everything.

ਅਪਨਾ ਕੀਆ ਆਪਿਹ ਮਾਨੈ ॥
apnaa kee-aa aapeh maanai.
He Himself values His own creatures.

ਅਪਨਾ ਆਪ ਆਪੀਬ ਕਰਤ ਿਨਬੇਰਾ ॥
aapeh aap aap karat nibayraa.
He Himself, by Himself, makes the decisions.

ਿਜਸੁ ਭਾਵੈ ਿਤਸੁ ਲਏ ਲਿੜ ਲਾਇ ॥
jis bhaavai tis la-ay larh laa-ay.
Those with whom He is pleased are attached to the hem of His robe.
He is pervading all places and interspaces.

Those upon whom He bestows His favor, become His servants.

Each and every moment, O Nanak, meditate on the Lord.

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;
ਿਤਸੁ ਠਾਕੁ ਰ ਕਉ ਰੱਖੁ ਮਨ ਮਾਹੀ ॥
tis thaakur ka-o rakh man maahi.
enshrine that Lord and Master within your mind.

ਜਹ ਪਰਸਾਦ ਸੁਗੰਧਤ ਤਿਨ ਲਾਵਿਹ ॥
jih parsaad suganDhat tan laaveh.
By His Grace, you apply scented oils to your body;

ਿਤਸ ਕਉ ਿਸਮਰਤ ਪਰਮ ਗਤੀ ਪਾਵਿਹ ॥
tis ka-o simrat param gat paavahi.
remembering Him, the supreme status is obtained.

ਜਹ ਪਰਸਾਦ ਬਸਿਹ ਸੁਖ ਮੰਦਿਰ ॥
jih parsaad baseh sukh mandar.
By His Grace, you dwell in the palace of peace;

ਿਤਸਿਹ ਿਧਾਇ ਸਦਾ ਮਨ ਅੰਦਿਰ ॥
tiseh Dhi-aa-ay sadaa man andar.
meditate forever on Him within your mind.

ਜਹ ਪਰਸਾਦ ਗਾਹ ਸੰਿਗ ਸੁਖ ਬਸਨਾ ॥
jih parsaad garih sang sukh basnaa.
By His Grace, you abide with your family in peace;

ਆਠ ਪਹਰ ਿਸਮਰਹ ਿਤਸੁ ਰਸਨਾ ॥
aath pahar simrahu tis rasnaa.
keep His remembrance upon your tongue, twenty-four hours a day.

ਜਹ ਪਰਸਾਦ ਰੰਗ ਰਸ ਭੋਗ ॥
jih parsaad rang ras bhog.
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;

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

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;

Meditating on God, you shall return to your true home with honor.

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

attune yourself to that Loving Lord.

By His Grace, your honor is preserved;

man sukh paavahi har har jas kahat.
O mind, chant the Praises of the Lord, Har, Har, and find peace.

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.

By His Grace, you obtained this precious human body;

O Nanak, worship Him with devotion. ||3||

By His Grace, you wear decorations;

O mind, why are you so lazy? Why don't you remember Him in meditation?

By His Grace, you have horses and elephants to ride;
O mind, never forget that God.

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

keep God enshrined in your heart.

O mind, the One who formed your form -

standing up and sitting down, meditate always on Him.

Meditate on Him - the One Invisible Lord;

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

By His Grace, you give donations in abundance to charities;
O mind, meditate on Him, twenty-four hours a day.

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

think of God with each and every breath.

By His Grace, your form is so beautiful;

constantly remember God, the Incomparably Beautiful One.

By His Grace, you have such high social status;

remember God always, day and night.

By His Grace, your honor is preserved;
ਗੁਰ ਪਰਸਾਦ ਨਾਨਕ ਜਸੁ ਕਹੈ ॥੫॥
by Guru's Grace, O Nanak, chant His Praises. ||5||

ਜਹ ਪਰਸਾਦ ਸੁਨਹ ਕਰਨ ਨਾਦ ॥
By His Grace, you listen to the sound current of the Naad.

ਜਹ ਪਰਸਾਦ ਪੇਖਹ ਬਿਸਮਾਦ ॥
By His Grace, you behold amazing wonders.

ਜਹ ਪਰਸਾਦ ਬੋਲਹ ਅਮਰ੍ਤ ਰਸਨਾ ॥
By His Grace, you speak ambrosial words with your tongue.

ਜਹ ਪਰਸਾਦ ਸੁਖ ਸੰਘਜੀ ਬਸਨਾ ॥
By His Grace, you abide in peace and ease.

ਜਹ ਪਰਸਾਦ ਹਸਤ ਕਰ ਚਲਹ ॥
By His Grace, your hands move and work.

ਜਹ ਪਰਸਾਦ ਸੰਪੂਰਨ ਫਲਹ ॥
By His Grace, you are completely fulfilled.

ਜਹ ਪਰਸਾਦ ਪਰਮ ਗਿਤ ਪਾਵਿਹ ॥
By His Grace, you obtain the supreme status.
ਜ਼ਿਹ ਪਰਸਾਦ ਸੁਖ ਸਹਜ ਸਮਾਵਹੀੁ ॥
By His Grace, you are absorbed into celestial peace.

ਅਈਸਾ ਪਰਬੁ ਤੀਆਗ ਅਵਰ ਕਤ ਲਾਗਹੁ ॥
Why forsake God, and attach yourself to another?

ਗੁਰ ਪਰਸਾਦ ਨਾਨਕ ਮਨ ਜਾਗਹੁ ॥੬॥
By Guru's Grace, O Nanak, awaken your mind! ||6||

ਤਿਸ ਪਰਬੁ ਕਾਮੁ ਮੂਲ ਨ ਮਨਹੁ ਬਿਸਾਰੁ ॥
never forget God from your mind.

ਚੇ ਮਨ ਮੁੱਡ ਤੂ ਤਾ ਕਤ ਜਾਪੁ ॥
O foolish mind, meditate on Him!

ਜ਼ਿਹ ਪਰਸਾਦ ਤੇਰਾ ਪਰਤਾਪੁ ॥
By His Grace, you have prestige;

ਚੇ ਮਨ ਮੁੱਡ ਤੂ ਤਾ ਕਤ ਜਾਪੁ ॥
By His Grace, your works are completed;
ਤੇ ਮਨ ਮੇਰੇ ਤਾ ਸੂਰਾਨ ਦੇ ਨੇਤਾ ॥
ray man mayray tooN taa si-o raach.
O my mind, merge yourself into Him.

ਜਿਹ ਪਰਸਾਦ ਸਭ ਕੀ ਗਤੀ ਹੋਈ ॥
jih parsaad sabh kee gat ho-ay.
By His Grace, everyone is saved;

ਨਾਨਕ ਜਾਪੁ ਜਾਪੈ ਜਾਪੁ ਸੋਇ ॥੭॥
aanak jaap japai jap so-ay. ||7||
O Nanak, meditate, and chant His Chant. ||7||

ਆਪ ਜਾਪਾ ਜਾਪੈ ਜਾਪੁ ਸੋ ਨਾਉ ॥
aap japaa-ay japai so naa-o.
Those, whom He inspires to chant, chant His Name.

ਆਪ ਗਾਵਾ ਗਾਰੁਗ ਗਾਰੁਗ ਗਾਰੁਗ ॥
aap gaavaa-ai so har gun gaa-o.
Those, whom He inspires to sing, sing the Glorious Praises of the Lord.

ਪਰ੍ਭ ਕਿਰਪਾ ਤੇ ਗਾਰੁਗ ਪ੍ਰੁਗਾਗਸ ॥
parabh kirpaa tay ho-ay pargaas.
By God's Grace, enlightenment comes.
By God's Kind Mercy, the heart-lotus blossoms forth.

By God's Kind Mercy, 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.

Shalok:
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.

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?

O Nanak, the glory of the Holy people merges into God. ||1||
ਸਾਧ ਕੈ ਸਾਂਗ ਸੰਦਾ ਪਰਫੁਲਾਈ॥
saaDh kai sang sadaa parfulai.
In the Company of the Holy, one flourishes forever.

ਸਾਧ ਕੈ ਸਾਂਗ ਆਵਹ ਬਿਸ ਪੰਚਾ॥
saaDh kai sang aavahi bas panchaa.
In the Company of the Holy, the five passions are brought to rest.

ਸਾਧ ਸਾਂਗ ਅਮਰਤ ਰਸੁ ਭੁੰਚਾ॥
saaDhsang amrit rasu bhunchaa.
In the Company of the Holy, one enjoys the essence of ambrosia.

ਸਾਧ ਸਾਂਗ ਹੋਇ ਸਭ ਕੀ ਰੇਨ॥
saaDhsang ho-ay sabh kee rayn.
In the Company of the Holy, one becomes the dust of all.

ਸਾਧ ਕੈ ਸਾਂਗ ਮਨੋਹਰ ਬਤਿਆ॥
saaDh kai sang manohar bain.
In the Company of the Holy, one's speech is enticing.

ਸਾਧ ਕੈ ਸਾਂਗ ਨਕਤਹੂਂ ਧਾਵੈ॥
saaDh kai sang na katahooN Dhaavai.
In the Company of the Holy, the mind does not wander.

ਸਾਧ ਸਾਂਗ ਅਸਿਥਿਤ ਮਨ ਪਾਵੈ॥
saaDhsang asthit man paavai.
In the Company of the Holy, the mind becomes stable.

ਸਾਧ ਕੈ ਸਾਂਗ ਮਾਇਆ ਤੇ ਭਿੰਨ॥
saaDh kai sang maa-i-aa tay bhinn.
In the Company of the Holy, one is rid of Maya.
ਸਾਧਸੰਗ ਨਾਨਕ ਪਰ੍ਭ ਸੁਪਰ੍ਸੰਨ ॥੨॥
saaDhsang naanak parabh suparsan. ||2||
In the Company of the Holy, O Nanak, God is totally pleased. ||2||

ਸਾਧਸੰਗ ਦੁਸਮਨ ਸਿਭ ਮੀਤ ॥
saaDhsang dusman sabh meet.
In the Company of the Holy, all one's enemies become friends.

ਸਾਧ ਕੈ ਸੰਗ ਮਹਾ ਪੁਨੀਤ ॥
saaDhoo kai sang maha puniit.
In the Company of the Holy, there is great purity.

ਸਾਧਸੰਗ ਕਿਸ ਸਿੱਉ ਨਹੀ ਬੈਰੁ ॥
saaDhsang kis si-o nahee bair.
In the Company of the Holy, no one is hated.

ਸਾਧ ਕੈ ਸੰਗ ਹੁਣੈ ਪੈਰੁ ॥
saaDh kai sang na beegaa pair.
In the Company of the Holy, one's feet do not wander.

ਸਾਧ ਕੈ ਸੰਗ ਨਾਹੀ ਕੋ ਮੰਦਾ ॥
saaDh kai sang naahee ko mandaa.
In the Company of the Holy, no one seems evil.

ਸਾਧ ਕੈ ਸੰਗ ਧਰਮਾਂਦਾ ॥
saaDhsang jaanay parmaanandaa.
In the Company of the Holy, supreme bliss is known.

ਸਾਧ ਕੈ ਸੰਗ ਰਾਹੀ ਹਉ ਤਾਪ ॥
saaDh kai sang naahee ha-o taap.
In the Company of the Holy, the fever of ego departs.
ਸਾਧ ਕੈ ਸੰਗ ਤਜੈ ਸਮੁ ਆਪੁ ॥
saad kai sang tajai sabh aap.
In the Company of the Holy, one renounces all selfishness.

ਆਪੇ ਜਾਨੈ ਸਾਧ ਬਡਾਈ ॥
aapay jaanai saad badaa-ee.
He Himself knows the greatness of the Holy.

ਨਾਨਕ ਸਾਧ ਪਰ੍ਭ ਬਿਵੈ ਆੀ ॥੩॥
naanak saad parabhoo ban aa-ee. ||3||
O Nanak, the Holy are at one with God. ||3||

ਸਾਧ ਕੈ ਸੰਗ ਨ ਕਬਹ ਧਾਵੈ ॥
saaDh kai sang na kabhoo Dhaavai.
In the Company of the Holy, the mind never wanders.

ਸਾਧ ਕੈ ਸੰਗ ਸਦਾ ਸੁਖ ਪਾਵੈ ॥
saaDh kai sang sadaa sukh paavai.
In the Company of the Holy, one obtains everlasting peace.

ਸਾਧ ਕੈ ਸੰਗ ਅਜਰ ਸਹੈ ॥
saaDhoo kai sang ajar sahai.
In the Company of the Holy, one can endure the unendurable.

ਸਾਧ ਕੈ ਸੰਗ ਬਸੈ ਥਾਿਨ ਊਚੈ ॥
saaDh kai sang basai thaan oochai.
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.

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.
jis Dhan tay sabh ko varsaavai.
Everyone benefits from that wealth.

saaDhsang Dharam raa-ay karay sayvaa.
In the Company of the Holy, the Lord of Dharma serves.

saaDh kai sang sobhaa surdayvaa.
In the Company of the Holy, the divine, angelic beings sing God's Praises.

saaDh kai sang paap palaa-in.
In the Company of the Holy, one's sins fly away.

saaDhsang amrit gun gaa-in.
In the Company of the Holy, one sings the Ambrosial Glories.

saaDh kai sang sarab thaan gamm.
In the Company of the Holy, all places are within reach.

naanak saaDh kai sang safal jannam. ||5||
O Nanak, in the Company of the Holy, one's life becomes fruitful. ||5||

saaDh kai sang nahee kachh ghaal.
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.

In the Company of the Holy, hell is far away.

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

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

The fruits of one's desires are obtained.

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

The Supreme Lord God dwells in the hearts of the Holy.
ਸਾਧ 
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ਸਾਧ 
ਸਾਧ 

ਨਾਨਕ ਉਧਰੇ ਸਾਧ ਸੁਨੀ ਰਸੈ ॥ 6॥

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

In the Company of the Holy, listen to the Name of the Lord.

In the Company of the Holy, sing the Glorious Praises of the Lord.

In the Company of the Holy, do not forget Him from your mind.

In the Company of the Holy, you shall surely be saved.

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.
ਸਾਧਸੰਗ ਗਿਤ ਭੈ ਹਮਾਰੀ ॥
saaDhsang gat bha-ee hamaaree.
In the Company of the Holy, we obtain the state of salvation.

ਸਾਧ ਵੈ ਮਿਹਾ ਭੇਡੇ ਗੁਣ ਤੇਵਾ ॥
saaDh vai mahaa bhaytay gun tayvaa.
In the Company of the Holy, all diseases are cured.

ਨਾਨਕ ਸਾਧ ਭੇਟੇ ਸੰਜੋਗ ॥੭॥
naanak saaDh bhaytay sanjog. ||7||
O Nanak, one meets with the Holy, by highest destiny. ||7||

ਸਾਧ ਕੀ ਮਹਿਮਾ ਵੇਦ ਨ ਜਾਨਿਹ ॥
saaDh kee mahimaa bayd na jaaneh.
The glory of the Holy people is not known to the Vedas.

ਜੇਤਾ ਸਾਧ ਭੇਡੇ ਬੰਧਾਨਿਹ ॥
jaytaa saaDh bhaytay bhandh-aaneh.
They can describe only what they have heard.

ਸਾਧ ਕੀ ਉਪਮਾ ਸੁਰ ਗੁਣ ਤੇ ਦੂਰ ॥
saaDh kee upmaa suhu gun tay door.
The greatness of the Holy people is beyond the three qualities.

ਸਾਧ ਕੀ ਉਪਮਾ ਰਹੀ ਭਰਪੂਰ ॥
saaDh kee upmaa rahee bharpoor.
The greatness of the Holy people is all-pervading.

ਸਾਧ ਕੀ ਸੋਭਾ ਕਾ ਨਾਹੀ ਅੰਤ ॥
saaDh kee sobhaa kaa naahee ant.
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.

He sees only the One.
O Nanak, these are the qualities of the God-conscious being.

The God-conscious being is always unattached,
as the lotus in the water remains detached.

The God-conscious being is always unstained,
like the sun, which gives its comfort and warmth to all.

The God-conscious being looks upon all alike,
like the wind, which blows equally upon the king and the poor beggar.
ਬਰ੍ਹਮ ਗੀਅਨੀ ਦੇ ਪੀਠਨੂੰ ਟੇਵਾ ॥
ਬਰਹਮ ਗੀਅਨੀ ਕੇ ਧੀਰਜੁ ਏਕ ॥
barahm gi-aanee kai Dheeraj ayk.
The God-conscious being has a steady patience,

ਫਿਰਦੋਸ ਵਧਿਆਂ ਵੇਰੇ ਵਧੀਆਂ ਚੰਦਰ ਾਲੇ ॥
ਜੀਓ ਬਸੁਧਾ ਕੋਈ ਖੋਦੇ ਕੋਈ ਚੰਦਰ ਾਲੇ ॥
ji-o basuDhaa ko-o khodai ko-o chandan layp.
like the earth, which is dug up by one, and anointed with sandal paste by another.

ਬਰ੍ਹਮ ਗੀਅਨੀ ਲਾਈ ਕਥੁਣਾਤੋ ॥
ਬਰਹਮ ਗੀਅਨੀ ਕਾ ਇਹੈ ਗੁਨਾਉ ॥
barahm gi-aanee kaa ihai gunaa-o.
This is the quality of the God-conscious being:

ਰਾਸਤਵ ਫਿਰਦੋਸ ਵਧਿਆਂ ਵਧੀਆਂ ਚੰਦਰ ਾਲੇ ॥੧॥
ਨਾਨਕ ਜੀਓ ਪਾਵਕ ਕਾ ਸਹਜ ਸੁਭਾਉ ॥੧॥
naanak ji-o paavak kaa sahj subhaa-o. ||1||
O Nanak, his inherent nature is like a warming fire. ||1||

ਬਰ੍ਹਮ ਗੀਅਨੀ ਹੀਉਬਲ ਦੇ ਹੀਉਬਲਾ ॥
ਬਰਹਮ ਗੀਅਨੀ ਨਿਰਮਲ ਤੇ ਨਿਰਮਲਾ ॥
barahm gi-aanee nirmal tay nirmalaa.
The God-conscious being is the purest of the pure;

ਜਤਿੰਦਰ ਮੈਲੁ ਤ ਵਾਹੀ ਹਾਲਾ ॥
ਜਤੀੰਮੈਲੁ ਨ ਲਾਗੀ ਜਲਾ ॥
jaisay mail na laagai jala.
filth does not stick to water.

ਬਰ੍ਹਮ ਗੀਅਨੀ ਲਾਈ ਸੂਰਤ ਦੁਰਗਾਤੋ ॥
ਬਰਹਮ ਗੀਅਨੀ ਕੇ ਮਨ ਹੋਏ ਪ੍ਰਗਾਸੁ ॥
barahm gi-aanee kai man ho-ay pargaas.
The God-conscious being's mind is enlightened,

ਜਤਿੰਦਰ ਧਰ ਊਪਰ ਆਕਾਸ ॥
ਜਤੀੰਮਧਰ ਊਪਰੀ ਆਕਾਸ ॥
jaisay Dhar oopar aakaas.
like the sky above the earth.
To the God-conscious being, friend and foe are the same.

The God-conscious being has no egotistical pride.

The God-conscious being is the highest of the high.

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

They alone become God-conscious beings,

The God-conscious being is the dust of all.

The God-conscious being knows the nature of the soul.

O Nanak, whom God Himself makes so.
बर्हम गिमानी की महाद्विसं सदृश
ब्रह्म धियानी का भोजन गिमान

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. ||4||

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.
बर्हम गिजानी जिसू करै परभु आप ॥
barahm gi-anee jis karai parabh aap.
The God-conscious being is made so by God Himself.

बर्हम गिजानी का बड़ परताप ॥
barahm gi-anee kaa bad partaap.
The God-conscious being is gloriously great.

बर्हम गिजानी का दरसु बड़भागी पाईऐ ॥
barahm gi-anee kaa daras badbhaagee paa-ee-ai.
The Darshan, the Blessed Vision of the God-conscious being, is obtained by great good fortune.

बर्हम गिजानी बिल बिल जाईऐ ॥
barahm gi-anee bal bal jaa-ee-ai.
To the God-conscious being, I make my life a sacrifice.

बर्हम गिजानी खोजिह महेशु ॥
barahm gi-anee khojeh mahaysur.
The God-conscious being is sought by the great god Shiva.

बूँब गिजानी भान्ध भवेमु ॥
O Nanak, the God-conscious being is Himself the Supreme Lord God. ||6||

बर्हम गिजानी की कीमत नाहि ॥
barahm gi-anee kee keemat naahi.
The God-conscious being cannot be appraised.

बर्हम गिजानी के सगल मन माहि ॥
barahm gi-anee kai sagal man maahi.
The God-conscious being has all within his mind.
Who can know the mystery of the God-conscious being?

*Who can describe the limits of the God-conscious being?*

The God-conscious being cannot be described in words.

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

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.
बर्हम गिजानी सभ सिसिट का करता ॥
барахм गिआनी सब सिसित का करता। The God-conscious being is the Creator of all the world.

बर्हम गिजानी सद जीवै नही मरता ॥
барахм गिआनी सद जीवा नही मरता। The God-conscious being lives forever, and does not die.

बर्हम गिजानी मुकत जुगत जीअ का दाता ॥
барахम गिआनी मुकत जुगत जीअ का दाता। The God-conscious being is the Giver of the way of liberation of the soul.

बर्हम गिजानी पूरन पुरख बिधाता ॥
барахм गिआनी पूरन पुरख बिधाता। The God-conscious being is the Perfect Supreme Being, who orchestrates all.

बर्हम गिजानी अनाथ का नाथु ॥
барахм गिआनी अनाथ का नाथु। The God-conscious being is the helper of the helpless.

बर्हम गिजानी का सभ ऊपरि हाथु ॥
барахम गिआनी का सब ऊपरि हाथ। The God-conscious being extends his hand to all.

बर्हम गिजानी का सगल अकारु ॥
барахम गिआनी का सगल अकार। The God-conscious being owns the entire creation.

बर्हम गिजानी आपि निराकारु ॥
барахम गिआनी आप निराकार। 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.

One 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.

Ashtapadee:

उिर धारै जो अंतिर नामु
ur Dhaarai jo antar naam.

सरब मै पेखै भगवानु
sarab mai paykhai bhagvaan.

nimakh nimakh thaakur namaskaarai.

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

naanak oh apras sagal nistaarai.

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

Ashtapadee:
ਮਨ ਕੀ ਬਾਸਨਾ ਮਨ ਤੇ ਟਰੈ ॥
man kee baasnaa man tay tarai.
who banishes the mind's evil desires from his mind,
इंद्री जित पंच दोख ते रहत ॥
indree jit panch dokh tay rahat.
who conquers his sexual instincts and is free of the five sinful passions -

नानक कोट मधे को ऐसा अपरस ॥१॥
naanak kot maDhay ko aisaa apras. ||1||
O Nanak, among millions, there is scarcely one such 'touch-nothing Saint'. ||1||

बैसनो सो जिसु ऊपर सुपर्संन ॥
baisno so jis oopar suparsan.
The true Vaishnaav, the devotee of Vishnu, is the one with whom God is thoroughly pleased.

करम करत होवै निहकरम ॥
karam karat hovai nihkaram.
Performing good deeds, he does not seek rewards.

के वल भगित कीरतन संिग राचै ॥
kayval bhagat keertan sang raachai.
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.
saadh Sang paapaa mal khoavai.
In the Company of the Holy, the filth of sin is washed away.

tis bhag-utee kee mat ootam hovai.
The wisdom of such a Bhagaautee becomes supreme.
bhagvant kee tahal karai nit neet.
He constantly performs the service of the Supreme Lord God.

man tan arpai bisan pareet.
He dedicates his mind and body to the Love of God.

har kay charan hirdai basaavai.
The Lotus Feet of the Lord abide in his heart.

naanak aaisaa bhag-utee bhagvant ka-o paavai. ||3||
O Nanak, such a Bhagaautee attains the Lord God. ||3||

so pandit jo man parboDhai.
He is a true Pandit, a religious scholar, who instructs his own mind.

raam naam aatam meh soDhai.
He searches for the Lord's Name within his own soul.
राम नाम सारु रसु पीवै ॥
raam naam saar ras peevai.
He drinks in the Exquisite Nectar of the Lord's Name.

उसु पंडित कै उपदेस जागु जीवै ॥
us pandit kai updays jag jeevai.
By that Pandit's teachings, the world lives.

हिर की कथा िहरदै बसावै ॥
har kee kathaa hirdai basaavai.
He implants the Sermon of the Lord in his heart.

सो पंिडतु िफिर जोिन न आवै ॥
so pandit fir jon na aavai.
Such a Pandit is not cast into the womb of reincarnation again.

బੇਦ ਪੁਰਾਨ ਿਸਿਮਰ੍ਿਤ ਬੂਜ਼ੀ ਮੂਲ ॥
bayd puraan simrit boojhai mool.
He understands the fundamental essence of the Vedas, the Puraanas and the Simritees.

ਸੂਖਮ ਮਿਹ ਜਾਨੈ ਅਸਥੂਲੁ ॥
sookham meh jaanai asthool.
In the unmanifest, he sees the manifest world to exist.

chahu varnaa ka-o day updays.
He gives instruction to people of all castes and social classes.

naanak us pandit ka-o sadaa adays. ||4||
O Nanak, to such a Pandit, I bow in salutation forever. ||4||
The Beej Mantra, the Seed Mantra, is spiritual wisdom for everyone.

Anyone, from any class, may chant the Naam.

Whoever chants it, is emancipated.

And yet, rare are those who attain it, in the Company of the Holy.

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.
apunay daas ka-o aap kirpaa karai.
To His servant, He Himself shows His Mercy.

Such a servant understands everything.

Amidst all, his soul is unattached.

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

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. ||7||

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.

Forever, forever and ever, He is merciful.

Remembering Him, remembering Him in meditation, O Nanak, one is blessed with ecstasy.
ਸਲੋਕੁ ॥
ਸਲੋਕੁ ॥
salok.
Shalok:

得多一世无尽，普为众善，无始无终，无远无近！
उसति करि ह अनेक जन अंतु न पा रावार ॥
ustat karahi anayk jan ant na paaraavaar.
Many people praise the Lord. He has no end or limitation.

लृण चचर भृषि वच्चि धाव विधि अति धाव ॥१॥
नानक रचना प्रभि रचि वह विधि अनिक प्रकार ॥१॥
naanak rachnaa parabh rachee baho biDh anik parkaar. ||1||
O Nanak, God created the creation, with its many ways and various species. ||1||

�मतपदी ॥
असतपदी ॥
asatpadee.
Ashtapadee:

वस्त लेंट केंद्र प्रृथ्वी ॥
कई कोट होए पूजारी ॥
ka-ee kot ho-ay poojaaree.
Many millions are His devotees.

वस्त लेंट अचार बिदुहारी ॥
कई कोट आचार बिउहारी ॥
ka-ee kot aachaar bi-uhaaree.
Many millions perform religious rituals and worldly duties.

वस्त लेंट डेरे औच रामी ॥
कई कोट ए तीरथ वासी ॥
ka-ee kot bha-ay tirath vaasee.
Many millions become dwellers at sacred shrines of pilgrimage.

वस्त लेंट घर वृत्ति धारभी ॥
कई कोट बन भर्मिह उदासी ॥
ka-ee kot ban bharameh udaasee.
Many millions wander as renunciates in the wilderness.
Many millions listen to the Vedas.

Many millions become austere penitents.

Many millions enshrine meditation within their souls.

Many millions of poets contemplate Him through poetry.

Many millions meditate on His eternally new Naam.

O Nanak, none can find the limits of the Creator. ||1||

Many millions become self-centered.

Many millions are blinded by ignorance.
Many millions are stone-hearted misers.

Many millions are heartless, with dry, withered souls.

Many millions steal the wealth of others.

Many millions slander others.

Many millions struggle in Maya.

Many millions wander in foreign lands.

Whatever God attaches them to - with that they are engaged.

O Nanak, the Creator alone knows the workings of His creation.
Many millions are Siddhas, celibates and Yogis.

Many millions are kings, enjoying worldly pleasures.

Many millions of birds and snakes have been created.

Many millions of stones and trees have been produced.

Many millions are the winds, waters and fires.

Many millions are the countries and realms of the world.

Many millions are the moons, suns and stars.

Many millions are the demi-gods, demons and Indras, under their regal canopies.
ਸਗਲ ਸਮਗਰੀ ਅਪਨੈ ਸੂਿਤ ਧਾਰੈ ॥
sagal samagree apnai soot Dhaarai.
He has strung the entire creation upon His thread.

ਨਾਨਕ ਿਜਸੁ ਿਜਸੁ ਭਾਵੈ ਿਤਸੁ ਿਤਸੁ ਿਨਸਤਾਰੈ ॥੩॥
naanak jis jis bhaavai tis tis nistaarai. ||3||
O Nanak, He emancipates those with whom He is pleased. ||3||

ਕਈ ਕੋਿਟ ਰਾਜਸ ਤਾਮਸ ਸਾਤਕ ॥
ka-ee kot raajas taamas saatak.
Many millions abide in heated activity, slothful darkness and peaceful light.

ਕਈ ਕੋਿਟ ਪੁਰਾਨ ਸੁਵਰਨ ਥੀਵੇ ॥
ka-ee kot puraan suvran theevay.
Many millions are the Vedas, Puraanas, Simritees and Shaastras.

ਕਈ ਕੋਿਟ ਕੀਏ ਰਤਨ ਸਮੁਦ ॥
ka-ee kot kee-ay ratan samud.
Many millions are the pearls of the oceans.

ਕਈ ਕੋਿਟ ਨਾਨਾ ਪਰਕਾਰ ਜੰਤ ॥
ka-ee kot naanaa parkaar jant.
Many millions are the beings of so many descriptions.

ਕਈ ਕੋਿਟ ਚਿਰ ਜੀਵੇ ॥
ka-ee kot chir jeevay.
Many millions are made long-lived.

ਕਈ ਕੋਿਟ ਗਿਰੀ ਸੁਵਰਨ ਥੀਵੇ ॥
ka-ee kot giree mayr suvran theevay.
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,

O Nanak, are blessed, forever blessed.
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.
ਤਾ ਕਾ ਅੰਤੁ ਨ ਜਾਨੈ ਕੋੜ ॥
taa kaa ant na jaanai ko-ay.
His limits are not known to anyone.

ਆਪੇ ਆਪੇ ਨਾਨਕ ਪਰ੍ਭੁ ਸੋਇ ॥੭॥
aapay aap naanak parabh so-ay. ||7||
Of Himself, and by Himself, O Nanak, God exists. ||7||

ਵਿਚਿੇਤ ਪਾਰਬਰ੍ਹਮ ਬੇ ਰਾਮ ॥
ka-e kot paarbarahm kay daas.
Many millions are the servants of the Supreme Lord God.

ਤਿਨ ਹੋਵਤ ਆਤਮ ਪਰਗਾਸ ॥
tin hovat aatam pargaas.
Their souls are enlightened.

ਵਿਚਿੇਤ ਤਤ ਬੇ ਬੇਤੇ ॥
ka-e kot tat kay baytay.
Many millions know the essence of reality.

ਸਦਾ ਨਹਾਰੀ ਏਕੋ ਨੇਤਰ੍ੇ ॥
sadaa nihaarahi ayko naytaray.
Their eyes gaze forever on the One alone.

ਵਿਚਿੇਤ ਨਾਮ ਸੁ ਪੀਵਹ ॥
ka-e kot naam raspeevah.
Many millions drink in the essence of the Naam.

ਅਮਰ ਭੇ ਸਦ ਸਦ ਹੀ ਜੀਤਹਿ ॥
amar bha-ay sad sad hee jeeveh.
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.

God alone is the Doer of deeds - there is no other at all.

O Nanak, I am a sacrifice to the One, who pervades the waters, the lands, the sky and all space.
ਕਰਨ ਕਰਾਵਨ ਕਰਨੈ ਜੋਗੁ ॥
karan karaavan karnai jog.
The Doer, the Cause of causes, is potent to do anything.

ਜੋ ਿਤਸੁ ਭਾਵੈ ਸੋੀ ਹੋਗੁ ॥
jo tis bhaavai so-ee hogue.
That which pleases Him, comes to pass.

ਪ੍ਰਤੀ ਭਾਵ ਤੁਧਾਧਰ ਭਾਵਾਰਾ ॥
priti bhaav to-dhara bhaavaraa.
In an instant, He creates and destroys.

ਆਂਤ ਤਿਕਟਾ ਵਸਤ ਵਸਤਰਾ ॥
ant tiktha vasat vasatraa.
He has no end or limitation.

ਹੁਕਮੇ ਪ੍ਰਤੀ ਅਯਾਤ ਚੱਹਾੇ ॥
hukmay priti ayaat chhaa motivational sleeper.
By His Order, He established the earth, and He maintains it unsupported.

ਹੁਕਮੇ ਬਲਸੈ ਬਲਮਿਕ ਮਧਮਹੋ ॥
hukmay bal sa bal miik madmaah.
By His Order, the world was created; by His Order, it shall merge again into Him.

ਹੁਕਮੇ ਉੱਚਾ ਜੀਤ ਵੈਸਹਾਰਾ ॥
hukmay ooch neech bi-usaar.
By His Order, one's occupation is high or low.

ਹੁਕਮੇ ਅਫ਼ਤ਼ਲ ਵੇਣਿ ਦੁਆਰਾ ॥
hukmay afthil venni duara.
By His Order, there are so many colors and forms.
Having created the Creation, He beholds His own greatness.

O Nanak, He is pervading in all.

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 Himself is the Master of both worlds.

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 -

O Nanak, they are absorbed into the Naam.

In an instant, the lowly worm is transformed into a king.

The Supreme Lord God is the Protector of the humble.
jaa kaa darisat kachhoo na aavai.
Even one who has never been seen at all,
tis tatkaal dah dis paragtaavai.
becomes instantly famous in the ten directions.

jaa ka-o apunee karai bakhsees.
And that one upon whom He bestows His blessings -
taa kaa laykhaa na ganai jagdees.
the Lord of the world does not hold him to his account.

jee-o pind sabh tis kee raas.
Soul and body are all His property.

ghat ghat pooran barahm pargaas.
Each and every heart is illuminated by the Perfect Lord God.
apnee banat aap banaa-ee.
He Himself fashioned His own handiwork.

naanak jeevai daykh badaa-ee. ||4||
Nanak lives by beholding His greatness. ||4||
इस का बलु नाही इसु हाथ॥
karan karaavan sarab ko naath.
the Doer, the Cause of causes is the Lord of all.

आगिकाकारी बपुरा जीउ॥
aagi-aakaaree bapuraa jee-o.
The helpless beings are subject to His Command.

जो तिसु भावै सोई फुन थीउ॥
jo tis bhaavai so-ee fun thee-o.
That which pleases Him, ultimately comes to pass.

कबहू ऊच नीच मिह बसै॥
kabhoo ooch neech meh basai.
Sometimes, they abide in exaltation; sometimes, they are depressed.

कबहू सोग हरख रंग हसै॥
kabhoo sog harakh rang hasai.
Sometimes, they are sad, and sometimes they laugh with joy and delight.

कबहू निंद चिंद बिौहार॥
kabhoo nind chind bi-uhaar.
Sometimes, they are occupied with slander and anxiety.

कबहू ऊब अकास पइआल॥
kabhoo oobh aakaas pa-i-aal.
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. ||5||

Sometimes, they dance in various ways.

Sometimes, they remain asleep day and night.

Sometimes, they are awesome, in terrible rage.

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

Sometimes, this being attains the Company of the Holy.

From that place, he does not have to come back again.
ਅੰਤਿਰ ਹੋਇ ਿਗਆਨ ਪਰਗਾਸੁ ॥
antar ho-ay gi-aan pargaas.
The light of spiritual wisdom dawns within.

उਸੁ ਅਸਥਾਨ ਕਾ ਨਹੀ ਬਣਾਸੁ ॥
us asthaan kaa nahee binaas.
That place does not perish.

ਮਨ ਤਨ ਨਾਿਮ ਰਤੇ ਇਕ ਰੰਗੀ ॥
man tan naam ratay ik rang.
The mind and body are imbued with the Love of the Naam, the Name of the One Lord.

ਸਦਾ ਬਸਿਹ ਪਾਰਬਰ੍ਹਮ ਕੈ ਸੰਗ ॥
sadaa baseh paarbarahm kai sang.
He dwells forever with the Supreme Lord God.

ਜਿਊ ਜਲ ਮਹੀ ਜਲੁ ਆਈ ਖੱਤਾਨਾ ॥
ji-o jal meh jal aa-ay khataanaa.
As water comes to blend with water,

ਤੀਤੁ ਜੋਤੀ ਸੰਗ ਜੋਿਤ ਸਮਾਨਾ ॥
ti-o jotee sang jot samaanaa.
his light blends into the Light.

ਸਦਾ ਬਸਿਹ ਪਾਰਬਰ੍ਹਮ ਕੈ ਸੰਗ ॥
sadaa baseh paarbarahm kai sang.

Nanak is forever a sacrifice to God. ||8||11||
सलोकः ॥
सलोकः ॥
salok.
Shalok:

सुखी बसै मसकीनी आपु निवार तले ॥
sukhee basai maskeenee-aa aap nivaar talay.
The humble beings abide in peace; subduing egotism, they are meek.

बड़े बड़े अन्तःकारी नानक गरिब गले ॥१॥
baday baday ahaNkaaree-aa naanak garab galay. ||1||
The very proud and arrogant persons, O Nanak, are consumed by their own pride. ||1||

अस्तपदी ॥
अस्तपदी ॥
asatpadee.
Ashtapadee:

जिस कै अंतर राज अभिमानु ॥
jis kai antar raaj abhimaan.
One who has the pride of power within,

में नरकपाती होवत सुआनु ॥
so narakpaatee hovat su-aan.
shall dwell in hell, and become a dog.

में तहसिल वे बिस्ता का जंतु ॥
jo jaanai mai jobanvant.
One who deems himself to have the beauty of youth,

में वे बिस्ता का जंतु ॥
so hovat bistaa kaa jant.
shall become a maggot in manure.
आपस कउ करमवंतु कहावै ॥
aapas ka-o karamvant kahaavai.
One who claims to act virtuously,

जनिम मरै बहु जोिन भर्मावै ॥
janam marai baho jon bharmaavai.
shall live and die, wandering through countless reincarnations.

में भूिम आंिए अगिबल्टु ॥
so moorakh anDhaa agi-aan.
is a fool, blind and ignorant.

मै नानक ईहाए मुकतु आगै सुि जावै ॥
naanak eehaa mukat aagai sukh paavai. ||1||
O Nanak, is liberated here, and obtains peace hereafter. ||1||

धनबंि वेधि विंि वजरथरै ॥
Dhanvantaa ho-ay kar garbaavai.
One who becomes wealthy and takes pride in it -

टिंि महसल बढ़ मंिि न सवै ॥
tarin samaan kachh sang na jaavai.
not even a piece of straw shall go along with him.
baho laskar maanukh oopar karay aas.
He may place his hopes on a large army of men,
pal bheetar taa ka ho-ay binaas.
but he shall vanish in an instant.
sabh tay aap jaanai balvant.
One who deems himself to be the strongest of all,
khin meh ho-ay jaa-ay bhasmant.
in an instant, shall be reduced to ashes.
kisai na badai aap ahaNkaaree.
One who thinks of no one else except his own prideful self -
Dharam raa-ay tis karay khu-aaree.
the Righteous Judge of Dharma shall expose his disgrace.
gur parasad jaa kaa mitai abhimaan.
One who, by Guru's Grace, eliminates his ego,
so jan naanak dargeh parvaan. ||2||
O Nanak, becomes acceptable in the Court of the Lord. ||2||
If someone does millions of good deeds, while acting in ego,

If someone performs great penance, while acting in selfishness and conceit,

He shall be reincarnated into heaven and hell, over and over again.

He makes all sorts of efforts, but his soul is still not softened -

One who calls himself good -

goodness shall not draw near him.
sarab kee rayn jaa kaa man ho-ay.
One whose mind is the dust of all -

kaho naanak taa kee nirmal so-ay. ||3||
says Nanak, his reputation is spotlessly pure. ||3||

jab lag jaanai mujh tay kachh ho-ay.
As long as someone thinks that he is the one who acts,

jab Dhaarai ko-oo bairee meet.
As long as he considers one an enemy, and another a friend,
जब लगु मोह मगन संग माइ ॥
As long as he is intoxicated with attachment to Maya,

जब लगु धरम राय देइ सजाइ ॥
the Righteous Judge shall punish him.

पर्भ िकरपा ते बंधन तूटै ॥
By God's Grace, his bonds are shattered;

गुर पर्सािद नानक हउ छूटै ॥४॥
by Guru's Grace, O Nanak, his ego is eliminated. ||4||

सहस खटे लख कउ उिठ धावै ॥
Earning a thousand, he runs after a hundred thousand.

नह ितर्पतावै खिप खिप मरै ॥
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?
ਜੈਸੀ ਦਰਸਿਤ ਕਰੇ ਤੈਸਾ ਹੋਇ ॥
As God casts His Glance of Grace, they come to be.

ਆਪੇ ਆਪਿ ਆਪਿ ਸੋੜੇ ॥
God Himself, of Himself, is unto Himself.

ਜੋ ਕੀਛੁ ਆਪਨੇ ਸੁ ਰੰਗ ॥
Whatever He created, was by His Own Pleasure.

ਸਭ ਤੇ ਦੂਰ ਸੰਗੂ ॥
He is far from all, and yet with all.

ਬੂਜ਼ੇ ਦੇਖੇ ਕਰੈ ਬੀਬੇਕ ॥
He understands, He sees, and He passes judgment.

ਆਪਿ ਅਨੇਕ ॥
He Himself is the One, and He Himself is the many.

ਮਰੈ ਜਾਇ ਨ ਬੀਬੈਸੈ ॥
He does not die or perish; He does not come or go.

ਨਾਨਕ ਸਮਾਇ ॥੬॥
O Nanak, He remains forever All-pervading. ||6||
आप उपदेसै समझै आप ॥
aap updaysai samjhai aap.
He Himself instructs, and He Himself learns.

आपे रचिआ सभ कै सािथ ॥
aapay rachi-aa sabh kai saath.
He Himself mingles with all.

आपे आपन िबसथारु ॥
aap keeno aapan bisthaar.
He Himself created His own expanse.

सभु कछु उस का ओहु करनैहारु ॥
sabh kachh us kaa oh karnaihaar.
All things are His; He is the Creator.

उस ते िभन कहहु िकछु होइ ॥
us tay bhinn kahhu kichh ho-ay.
Without Him, what could be done?

थान थनंतिर एकै सोइ ॥
thaan thanantar aikai so-ay.
In the spaces and interspaces, He is the One.

अपुने चिलत आिप करणैहार ॥
apunay chalit aap karnaihaar.
In His own play, He Himself is the Actor.

कउतक करै रंग आापार ॥
ka-utak karai rang aapaar.
He produces His plays with infinite variety.
मन मन हिम आप मन अपुने हिम ॥
man meh aap man apunay maahi.
He Himself is in the mind, and the mind is in Him.

ਨਾਨਕ ਕੀਮਿਤ ਕਹਨ ਨ ਜਾਇ ॥੭॥
nanak keemat kahan na jaa-ay. ||7||
O Nanak, His worth cannot be estimated. ||7||

ਸਤ ਸਤ ਸਤ ਪਰਬ ਸਾਹਮੀ ॥
sat sat sat parabh su-aamee.
True, True, True is God, our Lord and Master.

ਕੋਤ ਮਧੇ ਿਕਨੈ ਿਬਰਲੈ ਚੀਨਾ ॥
kot maDhay kinai birlai cheenaa.
Out of millions, scarcely anyone knows Him.

ਸਚ ਸਚ ਸਚ ਕੀਨਾ ॥
sach sach sach sabh keenaa.
True, True, True is the Creator of all.

ਅਤ ਸੁੰਦਰ ਅਪਾਰ ਅਨੂਪ ॥
at sundar apaar anoop.
You are Exquisitely Beautiful, Infinite and Incomparable.
Pure, Pure, Pure is the Word of Your Bani,
generated in each and every heart, spoken to the ears.

Holy, Holy, Holy and Sublimely Pure -
chant the Naam, O Nanak, with heart-felt love.

One who seeks the Sanctuary of the Saints shall be saved.
One who slanders the Saints, O Nanak, shall be reincarnated over and over again.

Ashtapadee:
Slandering the Saints, one’s life is cut short.
Slandering the Saints, one shall not escape the Messenger of Death.
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 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 burns in the fire of desire.

Slandering the Saints, one tries to deceive everyone.
ਸੰਤ ਕੈ ਦੂਖਿਨ ਤੇਜੁ ਸਭੁ ਜਾਇ ॥
sant kai dookhan tayj sabh jaa-ay.
Slandering the Saints, all one’s influence vanishes.

ਸੰਤ ਕੈ ਦੂਖਿਨ ਨੀਚੁ ਨੀਚਾਇ ॥
sant kai dookhan neech neechaa-ay.
Slandering the Saints, one becomes the lowest of the low.

ਸੰਤ ਦੋਖੀ ਕਾ ਥਾਉ ਕੋ ਨਾਇਹ ॥
sant dokhee kaa thaa-o ko naahi.
For the slanderer of the Saint, there is no place of rest.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਓਇ ਭੀ ਗਿਤ ਪਾਈ ॥੨॥
naanak sant bhaavai taa o-ay bhee gat paa-ee. ||2||
O Nanak, if it pleases the Saint, even then, he may be saved. ||2||

ਸੰਤ ਕਾ ਨੰਦਕੁ ਭਣ ਭਾਗੁਆਈ ॥
sant kaa nindak maha aataa-ee.
The slanderer of the Saint is the worst evil-doer.

ਸੰਤ ਕਾ ਨੰਦਕੁ ਦਹਨ ਟਿਕਨ ਨ ਪਾਈ ॥
sant kaa nindak khin tikan na paa-ee.
The slanderer of the Saint has not even a moment's rest.

ਸੰਤ ਕਾ ਨੰਦਕੁ ਭਣ ਹਿਤਾਰਾ ॥
sant kaa nindak maha hatti-aaraa.
The slanderer of the Saint is a brutal butcher.

ਸੰਤ ਕਾ ਨੰਦਕੁ ਭਣ ਪਰਮਤੂਰ ਮਾਰ ॥
sant kaa nindak paramysur maa-aa.
The slanderer of the Saint is cursed by the Transcendent Lord.
ਸੰਤ ਕਾ ਨਿੰਦਕ ਰਾਜ ਤੇ ਹੀਨੁ ॥
sant kaa nindak raaj tay heen.
The slanderer of the Saint has no kingdom.

ਸੰਤ ਕਾ ਨਿੰਦਕ ਦੁਸ਼ਿਕਾ ਅਰ ਦੀਨੁ ॥
sant kaa nindak dukhee-aa ar deen.
The slanderer of the Saint becomes miserable and poor.

ਸੰਤ ਕੇ ਨਿੰਦਕ ਸਰਦ ਰੋਗੁ ॥
sant kay nindak ka-o sarab rog.
The slanderer of the Saint contracts all diseases.

ਸੰਤ ਕੇ ਦੂਖੀ ਸੀ ਸਬ ਤੋਲੇ ਦੋਖੁ ॥
sant kee dukhee sadaa bijog.
The slanderer of the Saint is forever separated.

ਸੰਤ ਕੀ ਨਿੰਦਾ ਦੋਖ ਮਹੀ ਦੋਖੁ ॥
sant kee nindaa dokh meh dokh.
To slander a Saint is the worst sin of sins.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਉਸ ਕਾ ਭੀ ਹੋਇ ਮੋਖੁ ॥੩॥
aanak sant bhaavai taa us kaa bhee ho-ay mokh. ||3||
O Nanak, if it pleases the Saint, then even this one may be liberated. ||3||

ਸੰਤ ਕਾ ਦੋਖੀ ਸੰਤ ਅਪਿਵਤੁ ॥
sant kaa dokhee sadaa apvit.
The slanderer of the Saint is forever impure.

ਸੰਤ ਕਾ ਦੋਖੀ ਕਿਸੀ ਤਰੀ ਨਹੀ ਮਿਤੁ ॥
sant kaa dokhee kisai kaa nahee mit.
The slanderer of the Saint is nobody's friend.
ਸੰਤ ਕੇ ਦੋਖੀ ਕਉ ਡਾਨ ਲਾਗੈ ॥
sant kay dokhee ka-o daan laagai.
The slanderer of the Saint shall be punished.

ਸੰਤ ਕੇ ਦੋਖੀ ਕਉ ਸਭ ਤਿਆਗੈ ॥
sant kay dokhee ka-o sabh ti-aagai.
The slanderer of the Saint is abandoned by all.

ਸੰਤ ਕਾ ਦੋਖੀ ਮਹਾ ਅਹਨਕਾਰੀ ॥
sant kaa dokhee mahaa ahaNkaaree.
The slanderer of the Saint is totally egocentric.

ਸੰਤ ਕਾ ਦੋਖੀ ਸਦਾ ਬਿਕਾਰੀ ॥
sant kaa dokhee sadaa bikaaree.
The slanderer of the Saint is forever corrupt.

ਸੰਤ ਕਾ ਦੋਖੀ ਜਨਮੈ ਮਰੈ ॥
sant kaa dokhee janmai marai.
The slanderer of the Saint must endure birth and death.

ਸੰਤ ਕੀ ਦੂਖਨ ਸੁਖ ਤੇ ਟਰੈ ॥
sant kee dookhnaa sukh tay tarai.
The slanderer of the Saint is devoid of peace.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਲੈ ਿਮਲਾਇ ॥੪॥
aanak sant bhaavai taa la-ay milaa-ay. ||4||
O Nanak, if it pleases the Saint, then even such a one may merge in union. ||4||
ਸੰਤ ਕਾ ਦੋਖੀ ਅਧ ਬੀਚ ਤੇ ਟੂਟੈ ॥
sant kaa dokhee aDh beech tay tootai.
The slanderer of the Saint breaks down mid-way.

ਸੰਤ ਕਾ ਦੋਖੀ ਕਿਤੈ ਕਾਜ ਨ ਪਹੁੰਚੈ ॥
sant kaa dokhee kitai kaaj na pahoochai.
The slanderer of the Saint cannot accomplish his tasks.

ਸੰਤ ਕੇ ਦੋਖੀ ਕਉ ਉਦਾਨ ਭਰਮਾਈਐ ॥
sant kay dokhee ka-o udi-aan bharmaa-ee-ai.
The slanderer of the Saint wanders in the wilderness.

ਜਿੜੁ ਸਾਸ ਬਿਨਾ ਮੀਰਤਕ ਕੀ ਲੋਥਾ ॥
ji-o saas binaa mirtak kee lothaa.
like the corpse of a dead man, without the breath of life.

ਸੰਤ ਕੇ ਦੋਖੀ ਅੰਤਰ ਤੇ ਥੋਥਾ ॥
sant kay dokhee antar tay thothaa.
The slanderer of the Saint is empty inside.

ਆਪਨ ਬੀਜ ਆਪੇ ਹੀ ਖਾਹੀ ॥
aapan beej aapay hee khaahi.
He himself must eat what he has planted.
ਸੰਤ ਕੇ ਦੋਖੀ ਕਉ ਅਵਰ ਨ ਰਾਖਨਹਾਰ।
The slanderer of the Saint cannot be saved by anyone else.

ਨਾਨਕ ਸੰਤ ਭਾਵਤ ਤਾ ਲਏ ਉਬਾਈ।
O Nanak, if it pleases the Saint, then even he may be saved.

ਦੋਖੀ ਇੱਕੇ ਲਾਈ।
The slanderer of the Saint is left all alone,

ਰੂਪ ਰੂਪ ਰੁੱਖ ਰੁੱਖ ਤਵੀ ਚੁੱਟ ਇੱਕੇਲਾ।
The slanderer of the Saint is hungry and is never satisfied,

ਜਲ ਜਲ ਮਹਤ ਤਰਹ ਜਰੂਰੇ।
like the miserable barren sesame stalk abandoned in the field.
The slanderer of the Saint is devoid of faith.

The slanderer of the Saint constantly lies.

The fate of the slanderer is pre-ordained from the very beginning of time.

O Nanak, whatever pleases God's Will comes to pass.

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.
ਸੰਤ ਕੇ ਦੋਖੀ ਕੀ ਪੁਜੈ ਨ ਆਸਾ ॥
sant kay dokhee kee pujai na aasaa.
The hopes of the slanderer of the Saint are not fulfilled.

ਸੰਤ ਕੈ ਦੋਖ ਉਠ ਚਲੈ ਨਿਰਾਸਾ ॥
sant kai dokh uth chalai niraasaa.
The slanderer of the Saint departs disappointed.

ਸੰਤ ਕੈ ਦੋਖ ਨ ਤਿਰਸਟੈ ਕੋਇ ॥
sant kai dokh na taristai ko-ay.
Slandering the Saint, no one attains satisfaction.

ਜੈਸਾ ਭਾਵੈ ਤੈਸਾ ਕੋਈ ਹੋਇ ॥
jaisaa bhaavai taisaa ko-ee ho-ay.
As it pleases the Lord, so do people become;

ਪਹਿਲਾ ਲਿਵਤੁ ਨ ਭੇਟੈ ਬੇਠਿਦਿ ॥
pai-aa kirat na maytai ko-ay.
no one can erase their past actions.

ਨਾਨਕ ਜਾਨੈ ਸਚਾ ਸੋਇ ॥੭॥
naanak jaanai sachaa so-ay. ||7||
O Nanak, the True Lord alone knows all. ||7||

ਸਭ ਘਟ ਵਿਚ ਦੇ ਦੁਪਾਂ ਵਧਾਏਗੜੁ ॥
sabh ghat tis kay oh karhaihaar.
All hearts are His; He is the Creator.

ਸਦਾ ਸਦਾ ਤਿਸ ਕੁਲ ਨਮਸਕਾਰ ॥
sadaa sadaa tis ka-o namaskaar.
Forever and ever, I bow to Him in reverence.
ਪਰ੍ਭ ਕੀ ਉਸਤਿਤ ਕਰਹ ਿਦਨ ਰਾਿਤ ॥
parabh kee ustat karahu din raat.
Praise God, day and night.

ਿਤਸਿਹ ਿਧਆਵਹ ਸਾਿਸ ਿਗਰਾਿਸ ॥
tiseh Dhi-aavahu saas giraas.
Meditate on Him with every breath and morsel of food.

ਸਭੁ ਕਛੁ ਵਰਤੈ ਿਤਸ ਕਾ ਕੀਆ ॥
sabh kachh vartai tis kaa kee-aa.
Everything happens as He wills.

ਜੈਸਾ ਕਰੇ ਤੈਸਾ ਕੋ ਥੀਆ ॥
jaisaa karay taisaa ko thee-aa.
As He wills, so people become.

ਅਪਨਾ ਖੇਲੁ ਆਿਪ ਕਰਨੈਹਾਰ ॥
apnaa khayl aap karnaihaar.
He Himself is the play, and He Himself is the actor.

ਦੂਸਰ ਕਉਨ ਕਹੈ ਬੀਚਾਰ ॥
doozar ka-un kahai beechaar.
Who else can speak or deliberate upon this?

ਜਿਸ ਨਾ ਿਕਰਪਾ ਕਰੈ ਿਤਸ ਆਪਨ ਨਾਮ ਦੇਇ ॥
jis no kirpaa karai tis aapan naam day-ay.
He Himself gives His Name to those, upon whom He bestows His Mercy.

Very fortunate, O Nanak, are those people. ||8||13||
Shalok: 

ਸਲੋਕੁ ॥

salok.

Shalok:

ਸਲੋਕੁ ॥

salok.

ਤਜਹ ਸੁਿਰ ਜਨਹ ਹਿਰ ਹਿਰ ਰਾਇ ॥

tajahu si-aanap sur janhu simrahv har har raa-ay.

Give up your cleverness, good people - remember the Lord God, your King!

ਏਕ ਆਸ ਹਿਰ ਮਨੀ ਰਾਕਹ ਨਾਨਕ ਦੂਖ ਭਰਮ ਭਾ ਜਾਈ ॥੧॥

ayk aas har man rakhahu naanak dookh bham bha-o jaa-ay. ||1||

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

Ashtapadee:

ਮਾਨਖ ਕੀ ਟੇਕ ਿਬਰ੍ਥੀ ਸਭ ਜਾਣੁ ॥

maanukh kee tayk barithee sabh jaan.

Reliance on mortals is in vain - know this well.

ਦੇਵਨ ਕਉ ਏਕਹ ਭਗਵਾਨੁ ॥

dayvan ka-o aikai bhagvaan.

The Great Giver is the One Lord God.

ਜਨਹ ਦੂਖ ਭਰਮ ਭਾ ਜਾਈ ॥

janhu dookh bham bha-o jaa-ay.

By His gifts, we are satisfied,

ਬਹਿਰ ਨਿਤਰ੍ਸਨਾ ਲਾਗੈ ਆਈ ॥

bahur na tarisnaa laagai aa-ay.

and we suffer from thirst no longer.
ਮਾਰੈ रਾਖੈ एਕੋ आਪ ॥

The One Lord Himself destroys and also preserves.

ਮਾਨਖ कै  ਿਕਛੁ ਹਾਿਥ ॥

Nothing at all is in the hands of mortal beings.

ਚਾ ਦਰਾਖੁ ਵੁਹਾ ਸੁਖ ਬੀਚੀ ॥

tis kaa hukam boojh sukh ho-ay. Understanding His Order, there is peace.

ਚਾ ਨਾਮ ਭੁਹ ਬਿਲੀ ਦੋਹੀ ॥
	
tis kaa naam rakh kanth paro-ay. So take His Name, and wear it as your necklace.

ਸਿਮਿਰ ਸਿਮਿਰ ਸਿਮਿਰ ਪਰਭੁ ਸੋਇ ॥

Remember, remember, remember God in meditation.

ਨਾਨਕ ਬਗਾਨ ਨ ਲਾਗੈ ਕੋਇ ॥੧॥

O Nanak, no obstacle shall stand in your way. ||1||

ਉਸਤਿਤ ਮਨ ਮੇਰੇ ਸਿਤ ਬੁਹਾਰ ॥

Praise the Formless Lord in your mind.

ਖੰਧ ਭਰ ਮੇਰੇ ਮੰਦੀ ਬੀਚੇਬੁ ॥

O my mind, make this your true occupation.
Let your tongue become pure, drinking in the Ambrosial Nectar.

Your soul shall be forever peaceful.

With your eyes, see the wondrous play of your Lord and Master.

In the Company of the Holy, all other associations vanish.

With your feet, walk in the Way of the Lord.

Sins are washed away, chanting the Lord's Name, even for a moment.

So do the Lord's Work, and listen to the Lord's Sermon.

In the Lord's Court, O Nanak, your face shall be radiant.
badbhagaee tay jan jag maahi.  
Very fortunate are those humble beings in this world,

sadaa sadaa har kay gun gaahi.  
who sing the Glorious Praises of the Lord, forever and ever.

raam naam jo karahi beechar.  
Those who dwell upon the Lord's Name,

say Dhanvant ganee sansaar.  
are the most wealthy and prosperous in the world.

man tan mukh boleh har mukhee.  
Those who speak of the Supreme Lord in thought, word and deed -

sadaa sadaa jaanhu tay sukhee.  
know that they are peaceful and happy, forever and ever.

ayko ayk ayk pachhaanai.  
One who recognizes the One and only Lord as One,

it ut kee oh sojhee jaanai.  
understands this world and the next.
ਨਾਮ ਸੰਗ ਜੀਸ ਕਾ ਮਨੂ ਮਾਤਾ ॥

naam sang jis kaa man nu maani-aa.
One whose mind accepts the Company of the Naam,

ਨਾਨਕ ਤਨਿਹ ਨਿਰਜਨ ਜਾਣਾ ॥ ३ ॥

naanak tineh niranjan jaani-aa. ||3||
the Name of the Lord, O Nanak, knows the Immaculate Lord. ||3||

ਗੁਰ ਪਰਸਾਦ ਆਪਨ ਆਪੁ ਸੂਹੀ ॥

gur parsaad aapan aap sujhai.
By Guru's Grace, one understands himself;

ਤਿਸ ਕੀ ਜਾਨ ਹੁਡ ਤਰਸਨਾ ਬੁਝਤੀ ॥

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

ਸਾਧਨ ਹਰ ਹਰ ਜਹ ਕਹਤ ॥

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

ਸਰਬ ਰੋਗ ਤੇ ਓਹੁ ਹਰ ਜਨ ਰਹਤ ॥

sarab rog tay oh har jan rhat.
Such a devotee of the Lord is free of all disease.

ਆਨਦਿਤੁ ਕੀਰਤਨ ਕੇਵਲ ਬਖਯਾਨੁ ॥

an-din keertan kayval bakh-yaan.
Night and day, sing the Kirtan, the Praises of the One Lord.

ਗਾਰੀਹਸਾਤ ਮਿਹ ਸੋੈ ਨਿਰਬਾਨ ॥

garihsat meh so-ee nirbaan.
In the midst of your household, remain balanced and unattached.
One who places his hopes in the One Lord -

One whose mind hungers for the Supreme Lord God,

One who focuses his conscious mind on the Lord God -

that Saint is at peace; he does not waver.

Those unto whom God has granted His Grace -

who do those servants need to fear?
jaisaa saa taisaa daristaa-i-aa.
As God is, so does He appear;
apunay kaaraj meh aap samaa-i-aa.
in His Own creation, He Himself is pervading.

in His Own creation, He Himself is pervading.

soDhat soDhat soDhat seejhi-aa.
Searching, searching, searching, and finally, success!
gur parsad tat sabh boojhi-aa.
By Guru's Grace, the essence of all reality is understood.
jab daykh-a-u tab sabh kichh mool.
Wherever I look, there I see Him, at the root of all things.
aapan chalit 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.

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.
God's servants redeem all.
God's servants cause sorrows to be forgotten.
The Merciful Lord unites them with Himself.
Chanting the Word of the Guru's Shabad, they become ecstatic.
He alone is committed to serve them,
upon whom God bestows His Mercy, by great good fortune.
ਨਾਮੁ ਜਪਤ ਪਾਵਹੀ ਬਿਸਰ੍ਾਮੁ ॥
naam japat paavahi bisraam.
Those who chant the Naam find their place of rest.

ਨਾਨਕ ਤਿਨ ਪੁਰਖ ਕੂਹ ਊਤਮ ਕਰੀ ਮਾਨੁ ॥੭॥
naanak tin purakh ka-o ootam kar maan. ||7||
O Nanak, respect those persons as the most noble. ||7||

ਨੇ ਕੀਛੁ ਕਰਵਾ ਮ ਭੁਲ ਵੇ ਜੀਗੀ ॥
jo kichh karvai so parabh kai rang.
Whatever you do, do it for the Love of God.

ਕਰਣੈਹਾਰ ਪਛਾਣੈ ਸੋਇ ॥
karnaihaar pachhaanai so-ay.
Acknowledge that Creator Lord;

ਪਰ੍ਭ ਕਾ ਕੀਆ ਜਨ ਮੀਠ ਲਗਆਨਆ ॥
parabh kaa kee-aa jan meeth lagaanaa.
God's doings are sweet to His humble servant.

ਜੈਸਾ ਸਾ ਤੈਸਾ ਿਦਰ੍ਸਟਾਨਾ ॥
jaisaa saa taisaa daristaanaa.
As He is, so does He appear.
jis tay upjay tis maahi samaa-ay.
From Him we came, and into Him we shall merge again.

From Him we came, and into Him we shall merge again.

He is the treasure of peace, and so does His servant become.

Unto His own, He has given His honor.

O Nanak, know that God and His humble servant are one and the same.

Meditating in remembrance on Him, we are saved; Nanak is a sacrifice to Him.
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. ||1||

One who is good-looking should not be vain;

the Light of God is in all hearts.

Why should anyone be proud of being rich?

All riches are His gifts.

One may call himself a great hero,

but without God's Power, what can anyone do?
Jay ko ho-ay bahai daataar.
One who brags about giving to charities -

Tis daynhaar jaanai gaavaar.
The Great Giver shall judge him to be a fool.

Jis gur parsaad too-tai ha-o rog.
One who, by Guru's Grace, is cured of the disease of ego -

Nanak so janu sada ar-oog.
O Nanak, that person is forever healthy.

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.

Ji-o paakhaan naav charh tarai.
As a stone placed in a boat can cross over the river,

Paraanee gur charan lagat nistarai.
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.
Dookh sookh parabh dayvanhaar.
God is the Giver of pain and pleasure.

Avar ti-aag too tiseh chitaar.
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?

Kaan basat aa-ee tayrai sang.
What things did you bring with you?

Lapat rahi-o ras lobhee patang.
You cling to worldly pleasures like a greedy moth.

Raam naam jap hirday maahi.
Dwell upon the Lord's Name in your heart.

Nanak pat saytee 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 santan ghar paa-i-aa.
the Lord's Name is obtained in the home of the Saints.
taj abhimaan layho man mol.
Renounce your egotistical pride, and with your mind,
raam naam hirday meh tol.
purchase the Lord's Name - measure it out within your heart.
laad khayp santeh sang chaal.
Load up this merchandise, and set out with the Saints.
avar ti-aag bikhi-aa janjaal.
Give up other corrupt entanglements.
Dhan Dhan kahai sabh ko-ay.
Blessed, blessed, everyone will call you,
mukh oojal har dargah so-ay.
and your face shall be radiant in the Court of the Lord.
In this trade, only a few are trading.

Nanak is forever a sacrifice to them. ||5||

Wash the feet of the Holy, and drink in this water.

Dedicate your soul to the Holy.

Take your cleansing bath in the dust of the feet of the Holy.

To the Holy, make your life a sacrifice.

Service to the Holy is obtained by great good fortune.

In the Saadh Sangat, the Company of the Holy, the Kirtan of the Lord's Praise is sung.
ਅਨਿਕ ਬਿਘਨ ਤੇ ਸਾਧੂ ਰਾਖੈ ॥
From all sorts of dangers, the Saint saves us.

ਹਿਰ ਗੁਨ ਗਾਇ ਅਮਰਤ ਰਸੁ ਚਾਖੈ ॥
Singing the Glorious Praises of the Lord, we taste the ambrosial essence.

ਓਟ ਗਹੀ ਸੰਤਹ ਦਰੀ ਆਇਆ ॥
Seeking the Protection of the Saints, we have come to their door.

ਸਰਬ ਸੂਖ ਨਾਨਕ ਿਤਹ ਪਾਇਆ ॥
All comforts, O Nanak, are so obtained. ||6||

ਮੀਰਤਕ ਕਉ ਜੀਵਾਲੇਨਹਾਰ ॥
He infuses life back into the dead.

ਬ੍ਰੂੰਖੇ ਕਉ ਦੇਵਤ ਅਧਾਰ ॥
He gives food to the hungry.

ਸਰਬ ਨਿਧਾਨ ਜਾ ਕੀ ਦਿਸਤੀ ਮਾਹੀ ॥
All treasures are within His Glance of Grace.

ਪੁਰਬ ਲਿਖੇ ਕਾ ਲਹਨਾ ਪਾਹੀ ॥
People obtain that which they are pre-ordained to receive.
ਸਭੁ ਕਿਛੁ ਤਿਸ ਕਾ ਖੋਜ ਕਰਨੇ ਜੋਗੁ ॥
sabh kichh tis kaa oh karnai jog.
All things are His; He is the Doer of all.

ਿਤਸੁ ਿਬਨੁ ਦੂਸਰ ਹੋਗੁ ॥
tis bin doosar hoaa na hog.
Other than Him, there has never been any other, and there shall never be.

ਜਿਪ ਜਨ ਸਦਾ ਸਦਾ ਿਦਨ ਰੈਣੀ ॥
jap jan sadaa sadaa din rainee.
Meditate on Him forever and ever, day and night.

ਨਾਨਕ ਸੋ ਜਨ ਿਨਰਮਲ ਥੀਆ ॥੭॥
naanak so jan nirmal thee-aa. ||7||
O Nanak, that person becomes immaculate and pure. ||7||

ਜਾ ਕੈ ਮਿਨ ਗੁਰ ਕੀ ਪਰਤੀ ਾਇ ॥
jaa kai man gur kee parteet.
One who has faith in the Guru in his mind

ਿਤਸੁ ਜਨ ਆਵੈ ਹਿਰ ਪਰ੍ਭੁ ਚੀਤ ॥
tis jan aavai har parabh cheet.
comes to dwell upon the Lord God.
bhagat bhagat sunee-ai tihu lo-ay.
He is acclaimed as a devotee, a humble devotee throughout the three worlds.

jaa kai hirdai ayko ho-ay.
The One Lord is in his heart.

sach karnee sach taa kee rahat.
True are his actions; true are his ways.

sach hirdai sat mukh kahat.
True is his heart; Truth is what he speaks with his mouth.

saachee darisat saachaa aakaar.
True is his vision; true is his form.

sach vartai saachaa paasaar.
He distributes Truth and he spreads Truth.

paarbarahm jin sach kar jaataa.
One who recognizes the Supreme Lord God as True -

naanak so jan sach samaataa. ||8||15||
O Nanak, that humble being is absorbed into the True One. ||8||15||
Shalok:

रूपु न रेख न रंगु किछु तरीहु गुण ते परभ भिन्न ॥
roop na raykh na rang kichh tarih gun tay parabh bhinn.
He has no form, no shape, no color; God is beyond the three qualities.

तिसेह बुझाए नानका जिस होवै सुपरसंन ॥१॥
tiseh bujhaa-ay naankaa jis hovai suparsan. ||1||
They alone understand Him, O Nanak, with whom He is pleased. ||1||

Ashtapadee:

अघिनासी परभु मन मिह राखु ॥
abhinaasee parabh man meh raakh.
Keep the Immortal Lord God enshrined within your mind.

मानुख की तू परीत तितांगु ॥
maanukh kee too pareet ti-aag.
Renounce your love and attachment to people.

मरुंध ने भै रणध विख्त वेंटि ॥
tis tay parai naahee kichh ko-ay.
Beyond Him, there is nothing at all.

sarab nirantari ekh so-ay.
The One Lord is pervading among all.
He Himself is All-seeing; He Himself is All-knowing.

Unfathomable, Profound, Deep and All-knowing.

He is the Supreme Lord God, the Transcendent Lord, the Lord of the Universe,

the Treasure of mercy, compassion and forgiveness.

To fall at the Feet of Your Holy Beings -

this is the longing of Nanak’s mind.

He is the Fulfiller of wishes, who can give us Sanctuary;

that which He has written, comes to pass.
he destroys and creates in the twinkling of an eye.

no one else knows the mystery of his ways.

he is the embodiment of ecstasy and everlasting joy.

i have heard that all things are in his home.

among kings, he is the king; among yogis, he is the yogi.

among ascetics, he is the ascetic; among householders, he is the enjoyer.

by constant meditation, his devotee finds peace.
There is no limit to His play.

All the demigods have grown weary of searching for it.

What does the son know of his father's birth?

All are strung upon His string.

He bestows good sense, spiritual wisdom and meditation,

on His humble servants and slaves who meditate on the Naam.

He leads some astray in the three qualities;

They are born and die, coming and going over and over again.
ऊच नीच तिस के अस्थान ॥
ooch neech tis kay asthaan.
The high and the low are His places.

जैसा जनावै तैसा नानक जान ॥३॥
jaisaa janaavai taisaa naanak jaan. ||3||
As He inspires us to know Him, O Nanak, so is He known. ||3||

नाना रूप नाना जा के रंग ॥
nananaa roop nananaa jaa kay rang.
Many are His forms; many are His colors.

नाना भेख कराह इक रंग ॥
nananaa bhaykh karahi ik rang.
Many are the appearances which He assumes, and yet He is still the One.

नाना विधि दीने विमाहचु ॥
nananaa biDh keeno bimsthaar.
In so many ways, He has extended Himself.

पूर अबिनासी एकंकार ॥
parabh abhinaasee aikankaar.
The Eternal Lord God is the One, the Creator.

नाना चलित करे खिन माहि ॥
nananaa chalit karay khin maahi.
He performs His many plays in an instant.

पूर रहियो पूरनु सभ ठाइ ॥
poor rahi-o pooran sabh thaa-ay.
The Perfect Lord is pervading all places.
In so many ways, He created the creation.

He alone can estimate His worth.

All hearts are His, and all places are His.

Nanak lives by chanting, chanting the Name of the Lord.

The Naam is the Support of all creatures.

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

The Naam is the Support by which we hear of spiritual wisdom and meditation.
ਨਾਮ ਕੇ ਧਾਰੇ ਆਗਾਸ ਪਾਤਾਲ ॥
naam kay Dhaaray aagaas paatal.
The Naam is the Support of the Akaashic ethers and the nether regions.

ਨਾਮ ਕੇ ਧਾਰੇ ਸਗਲ ਆਕਾਰ ॥
naam kay Dhaaray sagal aakaar.
The Naam is the Support of all bodies.

ਨਾਮ ਕੈ ਸੰਗ ਉਧਰੇ ਸੁਨਿ ਸਰਵਨ ॥
naam kai sang uDhray sun sarvan.
Associating with the Naam, listening to it with the ears, one is saved.

ਕਿਰਕਾਰਪਾ ਜਿਸੁ ਆਪਨੈ ਨਾਿਮ ਲਾਏ ॥
kir karpaa jis aapnai naam laa-ay.
Those whom the Lord mercifully attaches to His Naam -

ਰੂਪੁ ਸਿਤ ਜਾ ਕਾ ਸਿਤ ਅਸਥਾਨ ॥
roop sat jaa kaa sat asthaan.
His form is true, and true is His place.

ਪੁਰਖੁ ਸਿਤ ਕੇਵਲ ਪਰਧਾਨ ॥
purakh sat kayval parDhaan.
His personality is true - He alone is supreme.
ਬਰਾਮੁਦੀ ਮੁੱਡ ਮੁੱਡ ਨਾ ਦੀ ਘਰਟੀ ॥
ਕਰਤੂਤ ਸਿਤ ਸਿਤ ਜਾ ਦੀ ਬਣੀ ॥
kartoot sat sat jaa kee banee.
His acts are true, and true is His Word.

ਮੁੱਡ ਪੁਰਖ ਮੁੱਡ ਭਾਵੀ ਮੁਬਾਹੀ ॥
ਸਿਤ ਪੁਰਖ ਸਭ ਮਾਹੀ ਸਮਾਣੀ ॥
sat purakh sabh maahi samaanee.
The True Lord is permeating all.

ਮੁੱਡ ਵਚਨ ਨਾ ਦੀ ਚਰਚਾ ਮੁੱਡ ॥
ਸਿਤ ਕਰਮ ਜਾ ਦੀ ਰਚਨਾ ਸਿਤ ॥
sat karam jaa kee rachnaa sat.
True are His actions; His creation is true.

ਮੁੱਡ ਮੁੱਡ ਦੁਆਰਾਂਦੀ ॥
ਮੂਲ ਸਿਤ ਸਿਤ ਉਤਪਤ ॥
mool sat sat utpat.
His root is true, and true is what originates from it.

ਮੁੱਡ ਵਚਨੀ ਵਿਚਵਚ ਵਿਚਵਚਲੀ ॥
ਸਿਤ ਕਰਣੀ ਨਿਰਮਾਲ ਨਿਰਮਲੀ ॥
sat karnee nirmal nirmalee.
True is His lifestyle, the purest of the pure.

ਮੁੱਡ ਕਲਹ ਦੇ ਕਲਹੀ ਮੁੱਡ ਮੁੱਡੀ ॥
ਜਿਸਹੀ ਬੁੱਝਾਏ ਵਿਸਹੀ ਸਭ ਭਲੀ ॥
jisahi bujhaa-ay tiseh sabh bhalee.
All goes well for those who know Him.

ਮੁੱਡ ਲਘਾ ਪੁਖ ਦੇ ਮੁਖਚਾਦੀ ॥
ਸਿਤ ਨਾਮ ਪਰਭ ਦੀ ਸੁਖਦਾਈ ॥
sat naam parabh kaa sukh-daa-ee.
The True Name of God is the Giver of peace.

ਬਿਸਵਾਸ ਮੁੱਡ ਲਘਾ ਕੁਲ ਦੇ ਧਰਟੀ ॥੬॥
ਬਿਸਵਾਸ ਸਿਤ ਨਾਨਕ ਗੁਰ ਦੇ ਪਾਈ ॥੬॥
bisvaas sat naanak gur tay paa-ee. ||6||
Nanak has obtained true faith from the Guru. ||6||
True are the Teachings, and the Instructions of the Holy.

True are those into whose hearts He enters.

One who knows and loves the Truth -

chanting the Naam, he obtains salvation.

He Himself is True, and all that He has made is true.

He Himself knows His own state and condition.

He is the Creator Lord of His world.

No one else understands Him, although they may try.
 kartay kee mit na jaanai kee-aa.
The created cannot know the extent of the Creator.

naanak jo tis bhaavai so vartee-aa. ||7||
O Nanak, whatever pleases Him comes to pass. ||7||

bisman bisam bha-ay bismaad.
Gazing upon His wondrous wonder, I am wonder-struck and amazed!

jin boojhi-aa tis aa-i-aa savaad.
One who realizes this, comes to taste this state of joy.

parabh kai rang raach jan rahay.
God's humble servants remain absorbed in His Love.

gur kai bachan padaarath lahay.
Following the Guru's Teachings, they receive the four cardinal blessings.

o-ay daatay dukh kaatanhaar.
They are the givers, the dispellers of pain.

jaa kai sang tarai sansaar.
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.
His Lotus Feet are True, and True are those who touch Them.

His devotional worship is True, and True are those who worship Him.

The Blessing of His Vision is True, and True are those who behold it.

His Naam is True, and True are those who meditate on it.

He Himself is True, and True is all that He sustains.

He Himself is virtuous goodness, and He Himself is the Bestower of virtue.

The Word of His Shabad is True, and True are those who speak of God.

Those ears are True, and True are those who listen to His Praises.
ਬੁਝਨਹਾਰ ਕਉ ਸਿਤ ਸਭ ਹੋਇ ॥

bujhanhaar ka-o sat sabh ho-ay.
All is True to one who understands.

ਨਾਨਕ ਸਿਤ ਸਿਤ ਪਰ੍ਭੁ ਸੋਇ ॥੧॥

naanak sat sat parabh so-ay. ||1||
O Nanak, True, True is He, the Lord God. ||1||

ਦਿਵੈ ਦੀਮੂ ਪਰਾਤਿਹਾਰਾ ॥

sat saroop ridai jin maani-aa.
One who believes in the Embodiment of Truth with all his heart

ਜਾ ਕੈ ਬਸਵਾਸੁ ਪਰ੍ਭ ਆਇਆ ॥

jaa kai bisvaas parabh aa-i-aa.
One whose heart is filled with faith in God -

ਤਤੁ ਦੀਗਾਨ ਤਿਸੁ ਮਾਹ ਸਮਾਨਾ ॥

tat gi-aan tis maahi samaanaa.
the essence of spiritual wisdom is revealed to his mind.

ਬਹੈ ਤੇ ਨਿਰਬਹਾ ਹੋਇ ਬਸਾਨਾ ॥

bhai tay nirbha-o ho-ay basaanaa.
Coming out of fear, he comes to live without fear.

ਜਿਸ ਤੇ ਉਪਜਾ ਤਿਸੁ ਮਾਹੀ ਸਮਾਨਾ ॥

jis tay upji-aa tis maahi samaanaa.
He is absorbed into the One, from whom he originated.
basat maahi lay basat gadaa-ee.
When something blends with its own,

taa ka-o bhinn na kahnaa jaa-ee.
it cannot be said to be separate from it.

boojhai boojhanhaar bibayk.
This is understood only by one of discerning understanding.

Meeting with the Lord, O Nanak, he becomes one with Him. ||2||

The servant is obedient to his Lord and Master.

The servant worships his Lord and Master forever.

The servant of the Lord Master lives a pure lifestyle.
 thaakur ka-o sayvak jaanai sang.
The servant of the Lord Master knows that the Lord is with him.

parabh kaa sayvak naam kai rang.
God's servant is attuned to the Naam, the Name of the Lord.

sayvak ka-o parabh paalanhaaraa.
God is the Cherisher of His servant.

so sayvak jis da-i-aa parabh Dhaarai.
Unto His servant, God bestows His Mercy.

naanak so sayvak saas saas samaarai. ||3||
O Nanak, that servant remembers Him with each and every breath. ||3||

apunay jan kaa pardaa dhaakai.
He covers the faults of His servant.

apnay sayvak kee sarp par raakh.
He surely preserves the honor of His servant.
अपने दास कौ देइ वडाई ॥
apnay daas ka-o day-ay vadaa-ee.  
He blesses His slave with greatness.

अपने सेवक कौ नामु जपाई ॥
apnay sayvak ka-o naam japaa-ee.  
He inspires His servant to chant the Naam, the Name of the Lord.

अपने सेवक की आिप पति राखै ॥
apnay sayvak kee aap pat raakhai.  
He Himself preserves the honor of His servant.

ता की गित िमित कोइ न लाखै ॥
taa kee gat mit ko-ay na laakhai.  
No one knows His state and extent.

पर्भ के सेवक कौ को न पहूचै ॥
parabh kay sayvak ka-o ko na pahoochai.  
No one is equal to the servant of God.

जो पर्िभ अपनी सेवा लाइआ ॥
jo parabh apnee sayvaa laa-i-aa.  
One whom God applies to His own service, O Nanak -

that servant is famous in the ten directions. ||4||
ਨੀਕੀ ਕੀਰੀ ਮਹਿ ਕਲ ਰਾਖੈ ॥
neekkee keeree meh kal raakhai.
He infuses His Power into the tiny ant;

ਭਸਮ ਕਰੈ ਲਸਕਰ ਕੋਿਟ ਲਾਖੈ ॥
bhasam karai laskar kot laakhai.
it can then reduce the armies of millions to ashes

ਜਿਸ ਕਾ ਸਾਸੁ ਨੁੰ ਕਾਢਤ ਆਿਪ ॥
jis kaa saas na kaadhat aap.
Those whose breath of life He Himself does not take away -

ਤਾ ਕਉ ਰਾਖਤ ਦੇ ਕਿਰ ਹਾਥ ॥
taa ka-o raakhat day kar haath.
He preserves them, and holds out His Hands to protect them.

ਮਾਨਸ ਜਤਨ ਕਰਤ ਬਹੁ ਭਾਿਤ ॥
maanas jatan karat baho bhaat.
You may make all sorts of efforts,

ਤਿਸ ਕੇ ਕਰਤਬ ਿਬਰਥੇ ਜਾਿਤ ॥
tis kay kartab birthay jaat.
but these attempts are in vain.

ਮਾਰੈ ਨ ਰਾਖੈ ਅਵਰ ਨ ਕੋਇ ॥
maarai na raakhai avar na ko-ay.
No one else can kill or preserve -

ਸਰਬ ਜੀਆ ਕਾ ਰਾਖਾ ਸੋਇ ॥
sarab jee-aa kaa raakhaa so-ay.
He is the Protector of all beings.
काहे सोच करिह रे पराणी ॥
kaahay soch karahi ray paraanee.
So why are you so anxious, O mortal?

जिप नानक परभ अलाख विडाणी ॥५॥
jap naanak parabh alakh vidaanee. ||5||
Meditate, O Nanak, on God, the invisible, the wonderful! ||5||

बारं बार बार परभु जपीऐ ॥
baaraN baar baar parabh japee-ai.
Time after time, again and again, meditate on God.

पी अम्रतु इहु मनु तनु धर्पीऐ ॥
pie amrit ih man tan Dharpee-ai.
Drinking in this Nectar, this mind and body are satisfied.

नाम रतनु िजिन गुरमुिख पाइआ ॥
aam ratanu jin gurmukh paa-i-aa.
The jewel of the Naam is obtained by the Gurmukhs;

ਨਾਮੋ ਸੁਖ ਹਿਰ ਨਾਮ ਕਾ ਸੰਗੁ ॥
aamo sukh har naam kaa sang.
The Naam is peace, the Lord's Name is their companion.
Those who are satisfied by the essence of the Naam -

- Their minds and bodies are drenched with the Naam.

- While standing up, sitting down and sleeping, the Naam,

- says Nanak, is forever the occupation of God's humble servant.

- Chant His Praises with your tongue, day and night.

- God Himself has given this gift to His servants.

- Performing devotional worship with heart-felt love,

- they remain absorbed in God Himself.
They know the past and the present.

parabh apnay kaa hukam pachhaanai.
They recognize God's Own Command.

tis kee mahimaa ka-un bakhaana-o.
Who can describe His Glory?

tis kaa gun kahi ayk na jaan-o.
I cannot describe even one of His virtuous qualities.

aath pahar parabh baseh hajooray.
Those who dwell in God's Presence, twenty-four hours a day -

kaho naanak say-ee jan pooray. ||7||
says Nanak, they are the perfect persons. ||7||

man mayray tin kee ot layhi.
O my mind, seek their protection;

man tan apnaa tin jan deh.
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.

So renounce all other clever devices,

and enjoin yourself to the service of those servants.

Your comings and goings shall be ended.

O Nanak, worship the feet of God's humble servants forever.
Shalok:

salok.

The one who knows the True Lord God, is called the True Guru.

In His Company, the Sikh is saved, O Nanak, singing the Glorious Praises of the Lord.

The True Guru cherishes His Sikh.

The Guru is always merciful to His servant.

The Guru washes away the filth of the evil intellect of His Sikh.

Through the Guru's Teachings, he chants the Lord's Name.
सितगुरु सिख के बंधन काटै ॥
The True Guru cuts away the bonds of His Sikh.

गुर का सिख बिकार ते हाटै ॥
The Sikh of the Guru abstains from evil deeds.

सितगुरु सिख कौ नाम धनु देइ ॥
The True Guru gives His Sikh the wealth of the Naam.

गुर का सिख वडभागी हे ॥
The Sikh of the Guru is very fortunate.

सितगुरु सिख का हलतु पलतु सवारै ॥
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. ||1||

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.

O Nanak, that selfless servant lives the Guru’s Teachings. ||2||
बीस बिसवे गुर का मन मानै ॥
bees bisvay gur kaa man maanai.
One who obeys the Guru's Teachings one hundred per cent -

मे मेहबुब परमेसुर ली गाँठ तिथि ॥
so sayvak parmaysur kee gat jaanai.
that selfless servant comes to know the state of the Transcendent Lord.

सो सेवकु परमेसुर की गित जानै ॥
so satgur jis ridai har naa-o.
The True Guru's Heart is filled with the Name of the Lord.

आठ पहर पारबर्हम रंग राता ॥
aath pahar paarbarahm rang raataa.
Twenty-four hours a day, He is imbued with the Love of the Supreme Lord God.

एकिह आिप नही कछु भरमु ॥
aykeh aap nahee kachh bharam.
He Himself is One - there is no doubt about this.
By thousands of clever tricks, He is not found.

O Nanak, such a Guru is obtained by the greatest good fortune.

Blessed is His Darshan; receiving it, one is purified.

Touching His Feet, one's conduct and lifestyle become pure.

Abiding in His Company, one chants the Lord's Praise,

and reaches the Court of the Supreme Lord God.

Listening to His Teachings, one's ears are satisfied.

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 Nirvaanaaa.
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;

Only a few obtain this ambrosial essence of the Lord's Name.

Drinking in this Nectar, one becomes immortal.
उसु पुरख का नाही कदे बिनास ॥
us purakh kaa naahee kaday binaas.
That person never dies,

जा कै मिन पर्गटे गुनतास ॥
jaa kai man pargatay guntaas.
whose mind is illuminated by the treasure of excellence.

आठ पहर हिर का नामु लेइ ॥
aath pahar har kaa naam lay-ay.
Twenty-four hours a day, he takes the Name of the Lord.

सचु उपदेसु सेवक कउ देइ ॥
sach updays sayvak ka-o day-ay.
The Lord gives true instruction to His servant.

मोह माइआ कै संिग न लेपु ॥
moh maa-i-aa kai sang na layp.
He is not polluted by emotional attachment to Maya.

ਮਨ ਮਿਹ ਰਾਖਤ ਹਿਰ ਹਿਰ ਏਕੁ ॥
man meh raakhai har har ayk.
In his mind, he cherishes the One Lord, Har, Har.

ਅੰਧਕਾਰ ਦੀਪਕ ਪਰਗਾਸੇ ॥
anDhkaar deepak pargaasay.
In the pitch darkness, a lamp shines forth.

ਨਾਨਕ ਭਰਮ ਮੋਹ ਦੁਖ ਤਹ ਤੇ ਨਾਸੇ ॥੬॥
naanak bharam moh dukh tah tay naasay. ||6||
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.
ਥਿਥਿ ਪਾਈ ਚੂਕੇ ਭਰਮ ਗਵਨ
thit paa-ee chookay bharam gavan
Stability is attained; doubt and wandering cease,

ਸੁਨ ਨਾਨਕ ਹਿਰ ਹਿਰ ਜਸੁ ਸਰਵਨ
sun naanak har har jas sarvan. ||7||
O Nanak, listening with one’s ears to the Praises of the Lord, Har, Har. ||7||

ਨਿਰਗੁਨ ਅਧਿ ਮਧਿਗਰ ਕੀ ਦੱਖੀ
nirgun aap sargun bhee ohee.
He Himself is absolute and unrelated; He Himself is also involved and related.

ਕਲਾ ਧਾਰ ਜਿਨ ਸਗਲੀ ਮੋਹੀ
kalaa Dhaar jin saglee mohee.
Manifesting His power, He fascinates the entire world.

ਆਪਨੇ ਚਿਰਤ ਪਰਭ ਆਿਪ ਬਨਾਏ
apnay charit parabh aap banaa-ay.
God Himself sets His play in motion.

ਆਪੁਨੀ ਕੀਮਿਤ ਆਪੇ ਪਾਏ
apunee keemat aapay paa-ay.
Only He Himself can estimate His worth.

ਹਿਰ ਬਣੇ ਦੂਜਾ ਨਾਹੀ ਕੋਇ
har bin doojaa naahee ko-ay.
There is none, other than the Lord.

ਸਰਬ ਨਿਰਰੰਤਰ ਏਕੋ ਸੋਇ
sarab nirantar ayko so-ay.
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.
ਸੰਤ ਜਨਾ ਿਮਿਲ ਕਰਹੁ ਬੀਚਾਰੁ ॥
sant janaa mil karahu beechaar.
Joining the Company of the Saints, practice deep meditation.

ਆਕੁ ਿਸਮਿਰ ਨਾਮ ਆਧਾਰੁ ॥
ayk simar naam aaDhaar.
Remember the One, and take the Support of the Naam, the Name of the Lord.

ਅਵਿਰ ਉਪਾਵ ਸਿਭ ਮੀਤ ਿਬਸਾਰਹੁ ॥
avar upaav sabh meet bisaarahu.
Forget all other efforts, O my friend -

ਚਰਨ ਕਮਲ ਿਰਦ ਮਹਿ ਉਰ ਧਾਰਹੁ ॥
charan kamal rid meh ur Dhaarahu.
enshrine the Lord's Lotus Feet within your heart.

ਕਰਨ ਕਾਰਨ ਸੋ ਪਰਭ ਸਮਰਥੁ ॥
karan kaaran so parabh samrath.
God is All-powerful; He is the Cause of causes.

ਦਿਰਧੁ ਵਾਰਨਾ ਗਾਹੁ ਹਾਰ ਵਰਥੁ ॥
darirh kar gahhu naam har vath.
Grasp firmly the object of the Lord's Name.

ਇਹ ਧਨ ਸੰਚਹੁ ਹੋਵਹੁ ਭਗਵੰਤੁ ॥
ih Dhan sanchahu hovhu bhagvant.
Gather this wealth, and become very fortunate.

ਸੰਤ ਜਨਾ ਿਨਰਮਲ ਮੰਤ ॥
sant janaa kaa nirmal mant.
Pure are the instructions of the humble Saints.
एक आस राखहु मन माहि।
Keep faith in the One Lord within your mind.

सरब रोग नानक मिट जाहि। ||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 baachheh meet.
The peace, which you always yearn 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.
अनिक उपावी रोगु न जाइ॥
anik upaavee rog na jaa-ay.
All sorts of remedies have not cured the disease -

रोग मिटै हरि अवखधु लाई॥
rog mitai har avkhaDh laa-ay.
the disease is cured only by giving the medicine of the Lord's Name.

सरब निधान मिह हरि नामु निधानु ॥
sarab niDhaan meh har naam niDhaan.
Of all treasures, the Lord's Name is the supreme treasure.

जिप नानक दरगिह परवानु ॥
jap naanak dargahi parvaan. ||2||
Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||

मनु परबोधहु हर कै नाइ ॥
man parboDhahu har kai naa-ay.
Enlighten your mind with the Name of the Lord.

दह दिस धावत आवै ठाइ॥
dah dis Dhaavat aavai thaa-ay.
Having wandered around in the ten directions, it comes to its place of rest.

ता कउ बिघनु न लागै कोइ॥
taa ka-o bighan na laagai ko-ay.
No obstacle stands in the way of one

जा कै रिदै बसै हर सोइ॥
jaa kai ridai basai har so-ay.
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.

You shall go to that home, and live forever.

Says Nanak, the noose of death is cut away. ||3||

One who contemplates the essence of reality, is said to be the true person.

Birth and death are the lot of the false and the insincere.
Coming and going in reincarnation is ended by serving God.

Give up your selfishness and conceit, and seek the Sanctuary of the Divine Guru.

Thus the jewel of this human life is saved.

Remember the Lord, Har, Har, the Support of the breath of life.

Worship the Lord with whole-hearted devotion.

O Nanak, you shall obtain the fruits of your mind's desire.
ਸੰਗ न चालिस तेरੈ धਨਾ ॥
Your wealth shall not go with you;

ਤੂੰ ਕਿਆ ਲਪਟਾਵਿਹ ਮੂਰਖ ਮਨਾ ॥
why do you cling to it, you fool?

ਸੁਤ ਮੀਤ ਕੁਟੰਬ ਅਰ ਬਿਨਤਾ ॥
Children, friends, family and spouse -

ਇਨ ਤੇ ਕਹਹ ਤੁਮ ਕਵਨ ਸਨਾਥਾ ॥
who of these shall accompany you?

ਰਾਜ ਰੰਗ ਮਾਇਆ ਿਬਸਥਾਰ ॥
Power, pleasure, and the vast expanse of Maya -

ਇਨ ਤੇ ਕਹਹ ਕਵਨ ਛੁਟਕਾਰ ॥
who has ever escaped from these?

ਅਸੁ ਹਸਤੀ ਰਥ ਅਸਵਾਰੀ ॥
Horses, elephants, chariots and pageantry -

ਜ਼ੁਠਾ ਡੰਫੁ ਝੂਠੁ ਪਾਸਾਰੀ ॥
false shows and false displays.
जिन दीए तिसु बुझै न बिगाना ॥

The fool does not acknowledge the One who gave this;

नामुं बिसार नानक पछुताना ॥५॥

forgetting the Naam, O Nanak, he will repent in the end. ||5||

गुर की मति तूं लेहि इआने ॥

Take the Guru's advice, you ignorant fool;

भगित बिना बहु डूबे सिआने ॥

without devotion, even the clever have drowned.

हिर की भगित करहु मन मीत ॥

Worship the Lord with heart-felt devotion, my friend;

चरन कमल राखहु मन माहि ॥

Enshrine the Lord's Lotus Feet in your mind;

जनम जनम के  किलबख जाीह ॥

the sins of countless lifetimes shall depart.
aap japahu avraa naam japaavhu.

Chant the Naam yourself, and inspire others to chant it as well.

sunat kahat rahat gati paavhu.

Hearing, speaking and living it, emancipation is obtained.

saar bhoot sat har ko naa-o.
The essential reality is the True Name of the Lord.

sahj subhaa-ay naanak gun gaa-o. ||6||

With intuitive ease, O Nanak, sing His Glorious Praises. ||6||

gun gaavat tayree utras mail.
Chanting His Glories, your filth shall be washed off.

binas jaa-ay ha-umai bikh fail.
The all-consuming poison of ego will be gone.

hohi achint basai sukh naal.
You shall become carefree, and you shall dwell in peace.

saas garaas har naam samaal.
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-ủaar.
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.

kaho naanak jaa kai mastak laykh. ||7||
says Nanak, your destiny is pre-ordained. ||7||

ayko jap ayko saalaahi.
Meditate on the One, and worship the One.
एकस के गुन गाउ अनंत ॥
aykas kay gun gaa-o anant.
Sing the endless Glorious Praises of the One.

मन तन जाप एक भगवंत ॥
man tan jaap ayk bhagvant.
With mind and body, meditate on the One Lord God.

एको एकु एकु हरि आप ॥
ayko ayk ayk har aap.
The One Lord Himself is the One and Only.

पूरन पूरित रहिओ प्रभु बिआप ॥
pooran poor rahi-o parab bi-aap.
The Pervading Lord God is totally permeating all.

अनिक बिसथार एक ते भए ॥
anik bisthaar ayk tay bha-ay.
The many expanses of the creation have all come from the One.

यक अरादि पराचन गए ॥
ayk araaDh paraachhat ga-ay.
Adoring the One, past sins are removed.

मन तन अंतर एकु प्रभु राता ॥
man tan antar ayk parab raataa.
Mind and body within are imbued with the One God.

By Guru's Grace, O Nanak, the One is known. ||8||19||

gur parsaad naanak ik jaataa. ||8||19||
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. ||1||

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;
ਸਦਾ ਸਦਾ ਪਰ੍ਭ ਕੇ ਗੁਨ ਗਾਵੁ॥
sadaa sadaa parabh kay gun gaava-o.
may I sing the Glorious Praises of God forever and ever.

ਸਾਸ ਸਾਸ ਪਰ੍ਭ ਤੁਮਿਹ ਦਿਆਵੁ॥
saas saas parabh tumeh di-aava-o.
With each and every breath, may I meditate on You, O God.

ਚਰਨ ਕਮਲ ਦਿੱਤੇ ਲਾਗੈ ਪਰ੍ੀਤ ॥
charan kamal di-o laagai pareet.
May I enshrine affection for Your Lotus Feet.

ਭਗਤ ਕਰੁ ਪਰ੍ਭ ਕੀ ਨੀਤ ਨੀਤੁ॥
bhagat kara-o parabh kee nit neet.
May I perform devotional worship to God each and every day.

ਏਕ ਓਟ ਏਕੋ ਆਧਾਰੁ ॥
ayk ot ayko aaDhaar.
You are my only Shelter, my only Support.

ਨਾਨਕ ਮਾਗੈ ਨਾਮ ਪਰ੍ਭ ਸਾਰ ॥
naanak maagai naam parabh saar. ||1||
Nanak asks for the most sublime, the Naam, the Name of God. ||1||

ਪ੍ਰਭ ਕੀ ਦਿਰਾਸਤ ਮਾਨ ਸੁਖ ਹੋਇ ॥
parabh kee darisat maha sukh ho-ay.
By God's Gracious Glance, there is great peace.

ਹਿਰ ਰਸ ਪਾਵੈ ਬੀਰਲਾ ਕੋਈ ॥
har ras paavai birlaa ko-ay.
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||
ਸੇਵਕ ਕੀ ਮਨਸਾ ਪੂਰੀ ਭਈ ॥
sayvak kee mansaa pooree bha-ee.
The wishes of the Lord's servant are fulfilled.

ਸਿਤਗੁਰ ਤੇ ਨੀਰੋਲਮ ਮਤੀ ਲਈ ॥
satgur tay nirmal mat la-ee.
From the True Guru, the pure teachings are obtained.

ਜਨ ਕਉ ਪਰ੍ਭੁ ਹੋਇਓ ਦੇਇਸਲੁ ॥
jan ka-o parabh ho-i-o da-i-aal.
Unto His humble servant, God has shown His kindness.

ਜਨਮ ਮਰਨ ਦੂਖੁ ਭਰ੍ਮੁ ਗਇਆ ॥
janam maran dookh bharam ga-i-aa.
The pains of birth and death, and doubt are gone.

ਇਛ ਪੁਨੀ ਸਰਧਾ ਸਭ ਪੂਰੀ ॥
ichh punee sarDhaa sabh pooree.
Desires are satisfied, and faith is fully rewarded,
jis kaa saa tin lee-aa milaa-ay.
He is His - he merges in Union with Him.

naanak bhagtee naam samaa-ay. ||3||
Nanak is absorbed in devotional worship of the Naam. ||3||

so ki-o bisrai je ghaal na bhaanai.
Why forget Him, who does not overlook our efforts?

so ki-o bisrai je kee-aa jaanai.
Why forget Him, who acknowledges what we do?

so ki-o bisrai je jeevan jee-aa.
Why forget Him, who is the Life of the living beings?

so ki-o bisrai je agan meh raakhai.
Why forget Him, who preserves us in the fire of the womb?

gur parsaad ko birlaa laakhai.
By Guru's Grace, rare is the one who realizes this.
**ਮੇ ਕਿਹੁ ਕਿਸਾਂਤੀ ਨਾ ਕਿਸਾਂਤੁ ਦੇ ਲੇਫੇ ॥**
ਸੋ ਕਿਉਂ ਕਿਸਾਂਰੇ ਜੀ ਕਿਸਾਂਤੁ ਤੇ ਕਾਛੇ ॥

so ki-o bisrai je bikh tay kaadhai.
Why forget Him, who lifts us up out of corruption?

**ਜਨਮ ਜਨਮ ਕਾ ਟੂਟਾ ਗਾਧੇ ॥**

janam janam kaa tootaa gaadhai.
Those separated from Him for countless lifetimes, are re-united with Him once again.

**ਜਨਮ ਜਨਮ ਕਾ ਟੂਟਾ ਗਾਧੈ ॥**

janam janam kaa tootaa gaadhai.
Those separated from Him for countless lifetimes, are re-united with Him once again.

**ਗੁਰ ਪੂਰਈ ਤਤੁ ਇਹੈ ਬੁਝਾਇਆ ॥**

gur poorai tat ihai bujhaa-i-aa.
Through the Perfect Guru, this essential reality is understood.

**ਪ੍ਰਸ਼ਨ ਅਪਨਾ ਨਾਨਕ ਜਨ ਦਿਖਾਈਆ ॥੪॥**

parabh apnaa naanak jan Dhi-aa-i-aa. ||4||
O Nanak, God's humble servants meditate on Him. ||4||

**ਕਾਮ ਸਾਜਨ ਸੰਤ ਕਰਹ ਇਹ ਕਾਮੁ ॥**

saajan sant karahu ih kaam.
O friends, O Saints, make this your work.

**ਆਨ ਤੀਆਗ ਜਪਹ ਅਵਰਹ ਨਾਮੁ ਜਪਾਵਹੁ ॥**

aan ti-aag japahu avrah naam japaavhu.
Renounce everything else, and chant the Name of the Lord.

**ਸੋਮੀਰ ਸੋਮੀਰ ਸੋਮੀਰ ਸੁਖ ਪਾਵਹੁ ॥**

simar simar simar sukh paavhu.
Meditate, meditate, meditate in remembrance of Him, and find peace.

**ਅਪਿ ਜਪਹ ਅਵਰਹ ਨਾਮ ਜਾਪਾਵਹੁ ॥**

aap japahu avrah naam japaavhu.
Chant the Naam yourself, and inspire others to chant it.
By loving devotional worship, you shall cross over the world-ocean.

Without devotional meditation, the body will be just ashes.

All joys and comforts are in the treasure of the Naam.

Even the drowning can reach the place of rest and safety.

All sorrows shall vanish.

O Nanak, chant the Naam, the treasure of excellence.

Love and affection, and the taste of yearning, have welled up within;

within my mind and body, this is my purpose:
नेतर्हु पेिख दरसु सुखु होइ ॥
naytara hu paykh daras sukh ho-ay.

beholding with my eyes His Blessed Vision, I am at peace.

मनु िबिगसै साध चरन धोइ ॥
man bigsa saaDh charan Dho-ay.

My mind blossoms forth in ecstasy, washing the feet of the Holy.

भगत जना कै मन तन रंगु ॥
bhagat janaa kai man tan rang.
The minds and bodies of His devotees are infused with His Love.

ताकी उपमा कही न जाइ ॥
taa kee upmaa kahee na jaa-ay.
His Praises cannot be spoken;
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 Primal Being, the Creator of the Creation.

The Support of the breath of life of His devotees.

Whoever meditates on Him is sanctified,
हम निर्गुणीआर नीच अजान।
I am unworthy, lowly and ignorant.

Nanak has entered Your Sanctuary, O Supreme Lord God.

Everything is obtained: the heavens, liberation and deliverance,

if one sings the Lord's Glories, even for an instant.

So many realms of power, pleasures and great glories,

come to one whose mind is pleased with the Sermon of the Lord's Name.

Abundant foods, clothes and music

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.

sargun nirgun nirankaar sunn samaaDhee aap.
He possesses all qualities; He transcends all qualities; He is the Formless Lord. He
Himself is in Primal Samaadhi.

aapan kee-aa naankaa aapay hee fir jaap. ||1||
Through His Creation, O Nanak, He meditates on Himself. ||1||
जब अकार इहु कछु न दरिस्ता ॥
When this world had not yet appeared in any form,

पाप पुंन तब कह ते होता ॥
who then committed sins and performed good deeds?

जब धारी आपन सूंन समाधि ॥
When the Lord Himself was in Profound Samaadhi,

तब बैर बिरोध किसु संग कमात ॥
then against whom were hate and jealousy directed?

जब इस का बरनु चिहनु न जापत ॥
When there was no color or shape to be seen,

तब हरख सोग कहु किसह बिआपत ॥
then who experienced joy and sorrow?

जब आपन आप आपि पारबर्हम ॥
When the Supreme Lord Himself was Himself All-in-all,

तब मोह कहा किसु होवत भरम ॥
then where was emotional attachment, and who had doubts?
He Himself has staged His own drama;

O Nanak, there is no other Creator. ||1||

When there was only God the Master,

then who was called bound or liberated?

When there was only the Lord, Unfathomable and Infinite,

then who entered hell, and who entered heaven?

When God was without attributes, in absolute poise,

then where was mind and where was matter - where was Shiva and Shakti?
When He held His Own Light unto Himself,

then who was fearless, and who was afraid?

He Himself is the Performer in His own plays;

then where was birth, death and dissolution?

When the Immortal Lord was seated at ease,

then who was afraid of death?
When there was only the One Lord, unmanifest and incomprehensible,

then who was called to account by the recording scribes of the conscious and the subconscious?

When there was only the Immaculate, Incomprehensible, Unfathomable Master,

then who was emancipated, and who was held in bondage?

He Himself, in and of Himself, is the most wonderful.

O Nanak, He Himself created His Own Form.

When there was only the Immaculate Being, the Lord of beings,
When there was only the Pure, Formless Lord in Nirvana,

When there was only the Form of the Lord of the Universe,

When the Embodiment of Light was immersed in His Own Light,

O Nanak, the Creator is beyond calculation. ||4||
जब अपनी सोभा आपन संग बनाई ॥
jab apnee sobhaa aapan sang banaa-ee.
When His Glory was contained within Himself,

उध वचन भव भवन्मुख मूठ बण्णी ॥
tab kavan maa-ay baap mitra sut bhaa-ee.
then who was mother, father, friend, child or sibling?

जब मचर बल आपछिथ धववीर ॥
jah sarab kalaa aapeh parbeen.
When all power and wisdom was latent within Him,

उध वेद देवेन दरण देवी धीर ॥
tah bayd katayb kahaa ko-oo cheen.
then where were the Vedas and the scriptures, and who was there to read them?

जब आपछ आप आप पर धरी द्वित प्रारे ॥
jab aapan aap aap ur Dhaarai.
When He kept Himself, All-in-all, unto His Own Heart,

उध भवमत आपसम बल दीर्घच धरी द्वित प्रारे ॥
ta-o sagan apasgan kahaa beecharai.
then who considered omens to be good or bad?

जब आपन ऊच आपन आपी नेरा ॥
jah apan ooch aapan aap nayraa.
When He Himself was lofty, and He Himself was near at hand,

उध ताह ठाकु रु ठाकू रु चारी धीर ॥
tah ka-un thaakur ka-un kahee-ai chayraa.
then who was called master, and who was called disciple?
ਬਿਸਮਨ ਬਿਸਮਨ ਰਹੇ ਬਿਸਮਾਦ ॥
ਬਿਸਮਨ ਬਿਸਮਨ ਰਹੇ ਬਿਸਮਾਦ ॥
bisman bisam rahay bismaad.
We are wonder-struck at the wondrous wonder of the Lord.

ਨਾਨਕ ਅਪਨੀ ਗਤੀ ਜਾਨਹੁ ਆਿਪ ॥੫॥
naanak apnee gat jaanhu aap. ||5||
O Nanak, He alone knows His own state. ||5||

ਤਾ ਅਖ਼ਲ ਅਖ਼ੇਦ ਅਖ਼ੇਦ ਤਨਨਾਕੁਆ ॥
jah achhal achhayd abhayd samaa-i-aa.
When the Undeceiveable, Impenetrable, Inscrutable One was self-absorbed,

ਧੂ ਗਤੇ ਸਭਾਦ ਸਭਾਦ ਭਿਨੀਆ ॥
ooth gun kaa naahee parvays.
then the three qualities were not prevailing.

ਤਾ ਇੱਕ ਇੱਕ ਇੱਕ ਭਗਵੰਤਾ ॥
jah aykeh ayk ayk bhagvantaa.
When there was only the One, the One and Only Lord God,

ਤਹ ਕਾਉ ਅਚਿੰਤ ਕਾਉ ਚਿਨਾਿੰਤਾ ॥
tah ka-un achint kis laagai chintaa.
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 highest.

O Nanak, He alone can reach Himself.

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 unfolds the expanse of His creation for the glory of His Saint.
ਦੁਹ ਪਾਖ ਕਾ ਆਪਿਹਾ ਧਨੀ ॥

duhoo paakh kaa aapeh Dhanee.
He Himself is the Master of both worlds.

ਉਨ ਕੀ ਸੋਭਾਂ ਉਨਹੁ ਬਨੀ ॥

un kee sobhaa unhoo banee.
His Praise is to Himself alone.

ਆਪਿਹ ਕਉਤਕ ਕਰੈ ਅਨਦ ਚੋਜ ॥

aapeh ka-utak karai anad choj.
He Himself performs and plays His amusements and games.

ਆਪਿਹ ਰਸ ਭੋਗੇ ਿਨਰਜੋਗ ॥

aapeh ras bhogan nirjog.
He Himself enjoys pleasures, and yet He is unaffected and untouched.

ਜਿਸੁ ਭਾਵਤ ਿਤਸੁ ਆਪਨ ਨਾਈ ਲਾਵੈ ॥

jis bhaавai tis aapan naa-ay laavai.
He attaches whomever He pleases to His Name.

ਜਿਸੁ ਭਾਵਤ ਿਤਸੁ ਖੇਲ ਿਖਲਾਵੈ ॥

jis bhaavai tis khayl khilaavai.
He causes whomever He pleases to play in His play.

ਬੇਸੁਮਾਰ ਅਥਾਹ ਅਗਨਤ ਅਤੋਲੈ ॥

baysumaar athaah agnat atolai.
He is beyond calculation, beyond measure, uncountable and unfathomable.

ਜਿੱਦੁ ਬੁਲਾਵਹਤ ਿਤਿੱਦੁ ਨਾਨਕ ਦਾਸ ਬੋਲੈ ॥੮॥੨੧॥

ji-o bulaavhu ti-o naanak daas bolai. ||8||21||
As You inspire him to speak, O Lord, so does servant Nanak speak. ||8||21||
ਸਲੋਕੁ ॥
ਸਲੋਕੁ ॥
salok.
Shalok:

ਨੀਝ ਸੰਤ ਵੇ ਨਹਵੇ ਅਧੇ ਸਰਵਦੇਵਜ਼॥
ਜੀਰ ਜੰਤ ਕੇ ਠਾਕੁਰਾ ਆਪ ਵਰਤਣਹਾਰ॥
jee-a jant kay thakuraa aapay vartanaar.
O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere.

ਜੀਅ ਜੰਤ ਕੇ ਠਾਕੁ ਰਾ ਆਪ ਵਰਤਣਹਾਰ॥

ਨਾਨਕ ਏਕਾ ਪਸਰਿਆ ਦੂਜਾ ਕਹ ਬਿਸਟਾਰ॥
naanak ayko pasri-aa doojaa kah bistaar. ||1||
O Nanak, The One is All-pervading; where is any other to be seen? ||1||

ਅਸਟਪਦੀ॥
ਅਸਟਪਦੀ॥
asatpadee.
Ashtapadee:

ਅਧਿ ਲੇਕ ਅਧੀ ਸਲੋਕੀ॥
ਆਪੀ ਕਥੀ ਆਪੀ ਸੁਨਾਈਹਾਰ॥
aap kathai aap sunnaaair.
He Himself is the speaker, and He Himself is the listener.

ਅਧਿ ਲੇਕ ਅਧੀ ਸਲੋਕੀ॥
ਆਪੀ ਕਥੀ ਆਪੀ ਸੁਨਾਈਹਾਰ॥
aap kathai aap sunnaaair.
He Himself is the speaker, and He Himself is the listener.

ਅਪਨੇ ਲੈਤੇ ਆਪਨੇ ਸਮਾਏ॥
aapnai baane la-ay samaa-ay.
As He pleases, He absorbs it back into Himself.
ਤੁਮ ਤੇ ਿਭੰਨ ਨਹੀ ਿਕਛੁ ਹੋਇ ॥

Without You, nothing can be done.

ਆਪਨ ਸੂਿਤ ਸਭੁ ਜਗਤ ਪਰੋਇ ॥

Upon Your thread, You have strung the whole world.

ਨਾ ਬਠੁ ਪੁੱਛ ਨੀਠ੍ਹੀ ਆਧੀ ਝੁੱਕਣੇ ॥

One whom God Himself inspires to understand -

ਸਚੁ ਨਾਮੁ ਸੋੈ ਜਨ ਪਾਏ ॥

that person obtains the True Name.

ਐ ਮਹਾਰਮੀ ਉੱਦ ਵੇਕਣੇ ॥

He looks impartially upon all, and he knows the essential reality.

ਨਾਨਕ ਸਗਲ ਸਰੀਸਤ ਕਾ ਜੇਤਾ ॥੧॥

O Nanak, he conquers the whole world. ||1||

ਜੀੜ ਜੰਤਰ ਸਭ ਤਾ ਹਾਥ ॥

All beings and creatures are in His Hands.

ਦੀਨ ਦਇਆਲ ਅਨਾਥ ਕੋ ਨਾਥੁ ॥

He is Merciful to the meek, the Patron of the patronless.
ਜਿਸੁ ਰਾਖੈ ਤਿਸੁ ਕੋਈ ਨ ਮਾਰੈ ॥
No one can kill those who are protected by Him.

ਸੋ ਮੂਆ ਜਿਸੁ ਮਨਹੁ ਬਿਸਾਰੈ ॥
One who is forgotten by God, is already dead.

ਤਿਸੁ ਤਜਿ ਅਵਰ ਕਹਾ ਕੋ ਜਾਈ ॥
Leaving Him, where else could anyone go?

ਸਭ ਸਿਰੀ ਏੱਕੁ ਨਿਰਾਜਨ ਰਾਈ ॥
Over the heads of all is the One, the Immaculate King.

ਜੀਅ ਕੀ ਜੁਗਟ ਜਾ ਕਈ ਸਭ ਹਾਥ ॥
The ways and means of all beings are in His Hands.

ਅੰਤਰੀ ਬਾਹਰੀ ਜਾਨਹੁ ਸਾਥੀ ॥
Inwardly and outwardly, know that He is with you.

ਗੁਨ ਨਿਧਾਨ ਵੇਅੰਤ ਅਪਾਰ ॥
He is the Ocean of excellence, infinite and endless.

ਨਾਨਕ ਦਾਸ ਸਦਾ ਬਲਹਾਰ ॥੨॥
Slave Nanak is forever a sacrifice to Him. ||2||
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. ||3||

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.

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.
पूरे गुर की पूरी दीखा।

pooray gur kee pooree deekhi-a.
Perfect are the Teachings of the Perfect Guru.

jis man basai tis saach pareekhi-a.
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.

dookh 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 rakahu 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||
ਤੇ ਦੂਰ ਕਹਾ ਕੋ ਜਾਇ ॥
ਉਬਰੈ ਰਾਖਨਹਾਰ ਧੀਆਈ ॥
ਨਿਰਬਹੌ ਜਪੈ ਸਗਲ ਭਾ ਮਿਟੈ ॥
ਪਰਭ ਕਿਰਪਾ ਤੇ ਪਰਾਣੀ ਛੁਟੈ ॥
ਜਿਸੁ ਪਰਭ ਰਾਖੈ ਤਿਸ ਨਾਹੀ ਦੂਖ ॥
ਨਾਮੁ ਜਪਤ ਮਿਨ ਹੋਵਤ ਸੂਖ ॥
ਚੰਤਾ ਜਾਈ ਮਿਟੈ ਅਹੰਕਾਰ ॥
ਤਿਸ ਤਲ ਵਚਤੀ ਧਰਸਤਣੁ ॥
Where can anyone go, to get away from Him?
Meditating on the Protector Lord, you shall be saved.
Meditating on the Fearless Lord, all fear departs.
By God's Grace, mortals are released.
One who is protected by God never suffers in pain.
Chanting the Naam, the mind becomes peaceful.
Anxiety departs, and ego is eliminated.
No one can equal that humble servant.
ਿਸਰ \ ਊਪਿਰ \ ਠਾਢਾ \ ਗੁਰ \ ਸੂਰਾ \ ॥

sir oopar thaadhaa gur sooraa.
The Brave and Powerful Guru stands over his head.

ਨਾਨਕ \ ਤਾ \ ਕੇਰਜ \ ਪੂਰਾ \ ॥੭॥
naanak taa kay kaaraj pooraa. ||7||
O Nanak, his efforts are fulfilled. ||7||

ਮਿਤ \ ਪੂਰੀ \ ਅੰਿਮਰ੍ਤੁ \ ਜਾ \ ਕੀ \ ਿਦਰ੍ਸਿਟ \ ॥
mat pooree amrit jaa kee darisat.
His wisdom is perfect, and His Glance is Ambrosial.

ਚਰਨ \ਕਮਲ \ ਜਾ \ ਕੇ \ ਅਨੂਪ \ ॥
charan kamal jaa kay anoop.
His Lotus Feet are incomparably beautiful.

ਸਫਲ \ ਦਰਸਨ \ ਸੁੰਦਰ \ ਹਿਰ \ ਰੂਪ \ ॥
safal darsan sundar har roop.
The Blessed Vision of His Darshan is fruitful and rewarding; His Lordly Form is beautiful.

ਧੰਨ \ ਸੇਵਾ \ ਸੇਵਕੁ \ ਪਰਵਾਨ \ ॥
Dhan sayvaa sayvak parvaan.
Blessed is His service; His servant is famous.

ਆਂਤਰਜਾਮੀ \ ਪੁਰਖੁ \ ਪਰ੍ਧਾਨ \ ॥
antarjaamee purakh parDhaan.
The Inner-knower, the Searcher of hearts, is the most exalted Supreme Being.
That one, within whose mind He abides, is blissfully happy.

Death does not draw near him.

One becomes immortal, and obtains the immortal status,

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.

Ashtapadee:

The Guru has given the healing ointment of spiritual wisdom, and dispelled the darkness of ignorance.
Satsang antar parabh deethaa.
In the Society of the Saints, I see God deep within my being.

Naam parabh kaa laagaa meethaa.
God's Name is sweet to me.

Sagal samagree aykas ghat maahi.
All things are contained in the Heart of the One,

Anik rang naanaa daristaahi.
although they appear in so many various colors.

Na-o niDh amrit parabh kaa naam.
The nine treasures are in the Ambrosial Name of God.

Dayhee meh is kaa bisraam.
Within the human body is its place of rest.

Sunn samaaDh anhat tah naad.
The Deepest Samaadhi, and the unstruck sound current of the Naad are there.

Kahan na jaa-ee achraj bismaad.
The wonder and marvel of it cannot be described.
He alone sees it, unto whom God Himself reveals it.

O Nanak, that humble being understands.

The Infinite Lord is inside, and outside as well.

Deep within each and every heart, the Lord God is pervading.

In the earth, in the Akaashic ethers, and in the nether regions of the underworld -

in all worlds, He is the Perfect Cherisher.

In the forests, fields and mountains, He is the Supreme Lord God.

As He orders, so do His creatures act.
pa-un paanee baisantar maahi.
He permeates the winds and the waters.

chaar kunt dah disay samaahi.
He is pervading in the four corners and in the ten directions.

tis tay bhinn nahee ko thaa-o.
Without Him, there is no place at all.

gur parsaad naanak sukh paa-o. ||2||
By Guru's Grace, O Nanak, peace is obtained. ||2||

bayd puraan simrit meh daykh.
See Him in the Vedas, the Puraanas and the Simritees.

sasee-ar soor nakh-yatar meh ayk.
In the moon, the sun and the stars, He is the One.

banee parabh kee sabh ko bolai.
The Bani of God's Word is spoken by everyone.

aap adol na kabhoo dolai.
He Himself is unwavering - He never wavers.
sarab kalaa kar khaylai khayl.
With absolute power, He plays His play.

mol na paa-ee-ai gunah amol.
His value cannot be estimated; His virtues are invaluable.

sarab jot meh jaa kee jot.
In all light, is His Light.

Dhaar rahi-o su-aamee ot pot.
The Lord and Master supports the weave of the fabric of the universe.

gur parsaa-ee dhaarm ka naas.
By Guru's Grace, doubt is dispelled.

naanak tin meh ayyhu bisaas. ||3||
O Nanak, this faith is firmly implanted within. ||3||

sant janaa kaa paykhan sabh barahm.
In the eye of the Saint, everything is God.

sant janaa kai hirdai sabh Dharam.
In the heart of the Saint, everything is Dharma.
ਸੰਤ ਜਨਾ ਸੁਨਿਹ ਸੁਭ ਬਚਨ ॥
sant janaa suneh subh bachan.
The Saint hears words of goodness.

ਮਰਦ ਤਿਸ਼ਵੀਣ ਤਧ ਮੰਦੀ ਬਚਨ ॥
sarab bi-aapee raam sang rachan.
He is absorbed in the All-pervading Lord.

ਜਿਨ ਜਾਤਾ ਤਿਸ ਕੀ ਇਹ ਰਹਤ ॥
jin jaataa tis kee ih rahat.
This is the way of life of one who knows God.

ਸਤ ਬਚਨ ਸਾਧੂ ਸਿਭ ਕਹਤ ॥
sat bachan saaDhoo sabh kahat.
True are all the words spoken by the Holy.

ਜੋ ਜੋ ਹੋਇ ਸੋਈ ਸੁਖ ਮਾਨੈ ॥
jo jo ho-ay so-ee sukh maanai.
Whatever happens, he peacefully accepts.

ਕਰਨ ਕਰਾਵਨਹਾਰ ਪਰ੍ਭੁ ਜਾਨੈ ॥
karan karaavanhaar parabh jaanai.
He knows God as the Doer, the Cause of causes.

ਆਂਤਰ ਬਸੇ ਬਾਹਰ ਬੀ ਓਹੀ ॥
antar basay baahar bhee ohee.
He dwells inside, and outside as well.

ਨਾਨਕ ਦਰਸਨ ਦੇਿਖ ਸਭ ਮੋਹੀ ॥੪॥
naanak darsan daykh sabh mohee. ||4||
O Nanak, beholding the Blessed Vision of His Darshan, all are fascinated. ||4||
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?

He Himself is Himself pervading everywhere.
antargat jis aap janaa-ay.
One whom God causes to know that He is within the heart -

naanak tis jan aap bujhaa-ay. ||5||
O Nanak, He causes that person to understand Him. ||5||

sarab bhoot aap vartaaraa.
In all forms, He Himself is pervading.

sarab nain aap paykhanhaaraa.
Through all eyes, He Himself is watching.

sagal samagree jaa kaa tanaa.
All the creation is His Body.

aapan jas aap hee sunaa.
He Himself listens to His Own Praise.

aavan jaan ik khayl banaa-i-aa.
The One has created the drama of coming and going.

aagi-aakaaree keenee maa-i-aa.
He made Maya subservient to His Will.
ਸਭ ਕੈ ਮਿਧ ਅਲਪਤੋ ਰਹੈ ॥
sabh kai maDh alipato rahai.
In the midst of all, He remains unattached.

ਜੋਕੀਚੁ ਕਹਣਾ ਸੁ ਆਪੇ ਕਹੈ ॥
jo kichh kahnaa so aapay kahai.
Whatever is said, He Himself says.

ਆਗੀਆ ਆਵੈ ਆਗੀਆ ਜਾਇ ॥
aagi-aa aavai aagi-aa jaa-ay.
By His Will we come, and by His Will we go.

ਨਾਨਕ ਜਾ ਭਾਵੈ ਤਾ ਲਏ ਸਮਾਇ ॥੬॥
naanak jaa bhaavai taa la-ay samaa-ay. ||6||
O Nanak, when it pleases Him, then He absorbs us into Himself. ||6||

ਇਸ ਤੇ ਹੋਇ ਸੁ ਨਾਹੀ ਬੁਰਾ ॥
is tay ho-ay so naahee buraa.
If it comes from Him, it cannot be bad.

ਓਰਈ ਕਹਹ ਕਿਚਨੀ ਕਜਚੁ ਕਰਾ ॥
orai kahhu kinai kachh karaa.
Other than Him, who can do anything?

ਆਪੇ ਜਾਨੈ ਅਪਨੇ ਜੀ ਕੀ ॥
aapay jaanai apnay jee kee.
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.
ਓਹ  ਧਨਵੰਤ ਕੁਲਵੰਤ ਪਿਤਵੰਤ ॥
oh Dhanvant kulvant pativant.
He is wealth and prosperous, and of noble birth.

ਜੀਵਨ ਮੁਕਿਤ ਿਜਸੁ ਿਰਦੈ ਭਗਵੰਤੁ ॥
jeevan mukat jis ridai bhagvant.
He is Jivan Mukta - liberated while yet alive; the Lord God abides in his heart.

ਧੰਨ ਧੰਨ ਧੰਨ ਜਨ ਆਵਈ ॥
Dhan Dhan Dhan jan aa-i-aa.
Blessed, blessed, blessed is the coming of that humble being;

ਜਨ ਕੈ ਸੰਗ ਿਚਿਤ ਆਵਈ ਨਾਉ ॥
jan kai sang chit aavai naa-o.
in the Company of this humble servant, the Lord's Name comes to mind.

ਨਾਨਕ ਿਤਸੁ ਜਨ ਕਉ ਸਦਾ ਨਮਸਕਾਰ ॥੮॥੨੩॥
naanak tis jan ka-o sadaa namaskaar. ||8||23||
O Nanak, to that humble servant, I bow in reverence forever. ||8||23||
पूरा पर्भु आराध्या पूरा जा का नाउ।

I worship and adore the Perfect Lord God. Perfect is His Name.

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||

Listen to the Teachings of the Perfect Guru;

paarbarahm nikat kar paykh.
see the Supreme Lord God near you.

saas saas simrahu gobind.
With each and every breath, meditate in remembrance on the Lord of the Universe,

man antar kee utrai chind.
and the anxiety within your mind shall depart.
Abandon the waves of fleeting desire,

and pray for the dust of the feet of the Saints.

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 -
ਨਰਕ ਨਵਾਰ ਉਧਾਰ ਜੀੂ ॥
narak nivaar uDhaarahu jee-o.
You shall be spared from hell - save your soul!

ਗੁਣ ਗੋਬੰਦ ਅਮੰਤ ਰਸ ਪੀੋ ॥
gun gobind amrit ras pee-o.
Drink in the ambrosial essence of the Glorious Praises of the Lord of the Universe.

ਚਿਤ ਚਿਤਰਵਹ ਨਾਰਾਇਣ ਏਕ ॥
chit chitvahu naaraa-in ayk.
Focus your consciousness on the One, the All-pervading Lord -

ਦੁਖ ਭੰਜਨ ਪੂੰਨ ਿਕਰਪਾਲ ॥
dukh bhanjan pooran kirpaal.
Destroyer of sorrow, perfectly Merciful.

ਚਿਤ ਚਿਤਵਹ ਨਾਰਾਇਣ ਏਕ ॥
chit chitvahu naaraa-in ayk.
Focus your consciousness on the One, the All-pervading Lord -

ਏਕ ਰੂਪ ਜਾ ਕੇ ਰੰਗ ਅਨੇਕ ॥
ayk roop jaa kay rang anayk.
He has One Form, but He has many manifestations.

ਗੋਪਾਲ ਦਾਮੋਦਰ ਦੀਨ ਦਾਇਆਲ ॥
gopaal daamodar deen da-i-aal.
Sustainer of the Universe, Lord of the world, Kind to the poor,

ਦੁਖ ਭੰਜਨ ਪੂਰਨ ਿਕਰਪਾਲ ॥
dukh bhanjan pooran kirpaal.
Destroyer of sorrow, perfectly Merciful.

ਸਿਚੀ ਸਿਚਵਹ ਨਾਮ ਬਾਰ ਬਾਰ ॥
simar simar naam baaraN baar.
Meditate, meditate in remembrance on the Naam, again and again.

ਨਾਨਕ ਜੀ ਕਾ ਇਹ ਅਧਾਰ ॥੨॥
naanak jee-a kaa ihai aDhaar. ||2||
O Nanak, it is the Support of the soul. ||2||
उत्तम सलोक साध के बचन ॥
utam salok saaDh kay bachan.
The most sublime hymns are the Words of the Holy.

अमुलीक लाल एिह रतन ॥
amuleek laal ayhi ratan.
These are priceless rubies and gems.

सुनत कमावत होत उधार ॥
sunat kamaavat hot uDhaar.
One who listens and acts on them is saved.

आिप तरै लोकह निसतार ॥
aap tarai lokah nistaar.
He himself swims across, and saves others as well.

सफल जीवनु सफलु ता का संगु ॥
safal jeevan safal taa kaa sang.
His life is prosperous, and his company is fruitful;

ਜਾ ਕੈ ਮਨੀ ਲਾਗਾ ਹਿਰ ਰੰਗੁ ॥
jaa kai man laagaa har rang.
his mind is imbued with the love of the Lord.

ਜੈ ਜੈ ਸਬਦੁ ਅਨਾਹਦੁ ਵਾਜੈ ॥
jai jai sabad anaahad vaajai.
Hail, hail to him, for whom the sound current of the Shabad vibrates.

ਸਮਤੀ ਮਧਿਤੈ ਪ੍ਰੂਦਲੀਯਾਂ ਗਾਜੈ ॥
sun sun anad karay parabh gaajai.
Hearing it again and again, he is in bliss, proclaiming God's Praises.
The Lord radiates from the foreheads of the Holy.

Nanak is saved in their company. ||3||

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.
sarab ichhaa taa kee pooran ho-ay.
All desires are fulfilled.

parDhaan purakh pargat sabh lo-ay.
One becomes the most respected person, famous all over the world.

sabh tay ooch paa-ay asthaan.
He obtains the highest place of all.

bahur na hovai aavan jaan.
He does not come and go in reincarnation any longer.

har Dhan khaat chalai jan so-ay.
One who departs, after earning the wealth of the Lord's Name,

naanak jisahi paraapat ho-ay. ||5||
O Nanak, realizes it. ||5||

khaym saaNt niDh nav niDh.
Comfort, peace and tranquility, wealth and the nine treasures;

buDh gi-aan sarab tah siDh.
wisdom, knowledge, and all spiritual powers;
ਿਬਿਦਆ ਤਪੁ ਜੋਗ ਪਰ੍ਭ ਦਿਧਆਨ ॥
learning, penance, Yoga and meditation on God;

ਿਗਆਨ ਸਰ੍ੇਸਟ ਊਤਮ ਇਸਨਾਨ ॥
The most sublime wisdom and purifying baths;

ਚਾਰੀ ਪਦਾਰਥ ਕਮਲ ਪਰਗਾਸ ॥
the four cardinal blessings, the opening of the heart-lotus;

ਸੋਂਦਰ ਚਤੁਰ ਤਤ ਕਾ ਬੇਤਾ ॥
beauty, intelligence, and the realization of reality;

ਇਹ ਫਲ ਦਿਤਸੁ ਜਨ ਕੈ ਮੁਖ ਭਨੇ ॥
These blessings come to one who chants the Naam with his mouth,

ਗੁਰ ਨਾਨਕ ਨਾਮ ਬਚਨ ਮਿਨ ਸੁਨੇ ॥6॥
and hears the Word with his ears through Guru Nanak. ||6||
ਇਹ ਨਿਧਾਨ ਸਦੀ ਭਵਿਤ ਬੇਦਿੱਤਾ
 ਇਹੁ ਨਿਧਾਨ ਜਪਾਈ ਮਨਿ ਕੋਈ

One who chants this treasure in his mind -

ਮਹ ਕੁਰ ਭਵਿਤ ਢੰਕ ਲੀ ਵਾਲੀ ਬੇਦਿੱਤਾ
 ਸੰਭ ਜੁਗ ਮਹਨਿ ਤੋ ਕੀ ਗਾਤ ਹੋਈ

in every age, he attains salvation.

ਗੁਣ ਗੋਿਬੰਦ ਨਾਮ ਧੁਿਨ ਬਾਣੀ

gun gobind naam Dhun banee.
In it is the Glory of God, the Naam, the chanting of Gurbani.

ਸਭ ਜੁਗ ਮਹਨਿ ਤੋ ਕੀ ਗਾਤ ਹੋਈ

sabh jug meh taa kee gat ho-ay.
in every age, he attains salvation.

ਸਗਲ ਮਤਾਂਤ ਕੇਵਲ ਹਿਰਨਾਮ

sagal mataaNt kayval har naam.
The essence of all religion is the Lord's Name alone.

ਗੋਿਬੰਦ ਭਗਤ ਕੈ ਮਨਿ ਬਾਸਰਾਮ

gobind bhagat kai man bisraam.
It abides in the minds of the devotees of God.

ਕੋਤ ਅਭ ਸਭ ਸਰਸੀ ਮਿਠਾਈ

kot apraaDh saaDhsang mitai.
Millions of sins are erased, in the Company of the Holy.

ਸਤ ਕਿਰਪਾ ਤੇ ਜਾਮ ਤੇ ਛੁਟੈ

sant kirpaa tay jam tay chhutai.
By the Grace of the Saint, one escapes the Messenger of Death.
Those, who have such pre-ordained destiny on their foreheads,

\[
\text{jaa kai mastak karam parabh paa-ay. }
\]

Those, who have such pre-ordained destiny on their foreheads,

\[
\text{saadh saran naanak tay aa-ay. ||7||}
\]

O Nanak, enter the Sanctuary of the Saints. ||7||

One, within whose mind it abides, and who listens to it with love -

\[
\text{jis man basai sunai laa-ay pareet.}
\]

that humble person consciously remembers the Lord God.

The pains of birth and death are removed.

\[
\text{dulabh dayh tatkaal uDhaarai.}
\]

The human body, so difficult to obtain, is instantly redeemed.

Spotlessly pure is his reputation, and ambrosial is his speech.

The One Name permeates his mind.
दूख रोग बिनसे भै भरम ॥
dookh rog binsay bhai bharam.
Sorrow, sickness, fear and doubt depart.

मय तम निरमल ता के करम ॥
saadh naam nirmal taa kay karam.
He is called a Holy person; his actions are immaculate and pure.

सब ते ऊच ता की सोभा बनी ॥
sabh tay ooch taa kee sobhaa banee.
His glory becomes the highest of all.

नानक इह गुण नामु सुखमनी ॥८॥२४॥
naanak ih gun naam sukhmanee. ||8||24||
O Nanak, by these Glorious Virtues, this is named Sukhmani, Peace of mind. ||8||24||