दुःख भंजनी साहिव

(1)
गउड़ी महला ५ माँझ || (२६४-६)
ga-orhee mehlaa ५ maa
Gauree, Fifth Mehl, Maajh:

दुःख भंजनु तेरा नामु जो दुःख भंजनु तेरा नामु ||
dukh bhanjan tayraa naam jee dukh bhanjan tayraa naam. The Destroyer of sorrow is Your Name, Lord; the Destroyer of sorrow is Your Name.

आठ पहर आराध्यें पूरन सतिगुर गिआनु ||१|| रहाँ ||
aath pahar aaraaDhee-ai pooran satgur gi-aan. ||1|| raha-o.
Twenty-four hours a day, dwell upon the wisdom of the Perfect True Guru. ||1||Pause||

जितु घटू वसै पारबराहु सोई सुहावा थाउ ||
jit ghat vasai paarbarahm so-ee suhaavaa thaa-o.
That heart, in which the Supreme Lord God abides, is the most beautiful place.

जम कंकर नेझ़ न आवई रसना हरि गुण गाउ ||१||
jam kankar nayrh na aavee rasnaa har gun gaa-o. ||1||
The Messenger of Death does not even approach those who chant the Glorious Praises of the Lord with the tongue. ||1||

सेवा सुरति न जाणीआ ना जापे आराधि ||
sayvaa surat na jaanee-aa naa jaapai aaraaDh.
I have not understood the wisdom of serving Him, nor have I worshipped Him in meditation.

औट तेरी जगजीवना मेरे ठाकुर अगम आराधि ||२||
ot tayree jagjeevanaa mayray thaakur agam agaaDh. ||2||
You are my Support, O Life of the World; O my Lord and Master, Inaccessible and Incomprehensible. ||2||

भए कृपाल गुसाईआ नढे सोंग संताप ||
bha-ay kirpaal gusaa-ee-aa nathay sog santaap.
When the Lord of the Universe became merciful, sorrow and suffering departed.
तत्त्व का जो लगई सत्गुरु रखेआप ||3||
tatee vaa-o na lag-ee satgur rakhay aap ||3||
The hot winds do not even touch those who are protected by the True Guru. ||3||

गुरु नाराइण दयु गुरु गुरु सचा सिरजणहार ||
gur naaraa-in da-yu gur gur sachaa sirjanhaar.
The Guru is the All-pervading Lord, the Guru is the Merciful Master; the Guru is the True Creator Lord.

गुरि तुढ़ किया पाइआ जन नानक सदा बालिहार ||4||2||170||
gur tuthai sabh kichh paa-i-aa jan naanak sad balihaar. ||4||2||170||
When the Guru was totally satisfied, I obtained everything. Servant Nanak is forever a sacrifice to Him. ||4||2||170||

(2)
गउड़ी महला ५ द (१७४-८)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

मूके हरे कीए खिन माहे ||
sookay haray kee-ay khin maahay.
The dried branches are made green again in an instant.

अमृत दृस्त संचि जोवाए ||11||
amrit darisat sanch jeeva-ay. ||1||
His Ambrosial Glance irrigates and revives them. ||1||

काटे कसत पूरे गुरदेव ||
kaatay kasat pooray gurdayv.
The Perfect Divine Guru has removed my sorrow.

सेवक कउ दीनी अपुनी सेव ||11|| रहाउ ||
sayvak ka-o deenee apunee sayv. ||1|| rahaa-o.
He blesses His servant with His service. ||1||Pause||

मिट्टे गईं चिंड़ पुनी मन आसा ||
mit ga-ee chiñt punee man aasa.
Anxiety is removed, and the desires of the mind are fulfilled,
karee da-i-aa satgur guntaasaa. ||2||
when the True Guru, the Treasure of Excellence, shows His Kindness. ||2||

dukh naathay sukh aa-ay samaa-ay.
Pain is driven far away, and peace comes in its place;

dheel na paree jaa gur furmaa-ay. ||3||
there is no delay, when the Guru gives the Order. ||3||

ichh punee pooray gur milay.
Desires are fulfilled, when one meets the True Guru;

naanak tay jan sufal falay. ||4||58||127||
O Nanak, His humble servant is fruitful and prosperous. ||4||58||127||

(3)
gauri mehlaa 5 (191-12)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

taap ga-ay paa-ee parabh saaNt.
The fever has departed; God has showered us with peace and tranquility.

seetal bha-ay keenee parabh daat. ||1||
A cooling peace prevails; God has granted this gift. ||1||

parabh kirpaa tay bha-ay suhaylay.
By God's Grace, we have become comfortable.
Separated from Him for countless incarnations, we are now reunited with Him. ||1||Pause||

Meditating, meditating in remembrance on God's Name,

the dwelling of all disease is destroyed. ||2||

In intuitive peace and poise, chant the Word of the Lord's Bani.

Twenty-four hours a day, O mortal, meditate on God. ||3||

Pain, suffering and the Messenger of Death do not even approach that one,

says Nanak, who sings the Glorious Praises of the Lord. ||4||59||128||

Remembering Him in meditation, all pains are gone.
The jewel of the Naam, the Name of the Lord, comes to dwell in the mind.

O my mind, chant the Bani, the Hymns of the Lord of the Universe.

The Holy People chant the Lord's Name with their tongues.

Without the One Lord, there is no other at all.

By His Glance of Grace, eternal peace is obtained.

Make the One Lord your friend, intimate and companion.

Write in your mind the Word of the Lord, Har, Har.

The Lord Master is totally pervading everywhere.

Nanak sings the Praises of the Inner-knower, the Searcher of hearts.
Gauree, Fifth Mehl:

कोटि बिघन हिरे खिन माहि ॥
kot bighan hiray khin maahi.
Millions of obstacles are removed in an instant,

हर हर कथा साधसंगि सुनाहि ॥१॥
har har kathaa saaDhsang sunaahi. ||1||
for those who listen to the Sermon of the Lord, Har, Har, in the Saadh Sangat, the Company of the Holy. ||1||

पीवत राम रसु अमृत गुण जासु ॥
peevat raam rasu amrit gun jaas.
They drink in the sublime essence of the Lord's Name, the Ambrosial Elixir.

जाप हर चरण मिटी खुदि तामसु ॥१॥ रहाउ ॥
jap har charan mitee khuDh taas. ||1|| rahaa-o.
Meditating on the Lord's Feet, hunger is taken away. ||1||Pause||

सरब कलिआण सुग सहज निध्न ॥
sarab kali-aan sukh sahj niDhaan.
The treasure of all happiness, celestial peace and poise,

जा कै रिदें वसाहि भगवान ॥२॥
jaa kai ridai vaseh bhagvaan. ||2||
are obtained by those, whose hearts are filled with the Lord God. ||2||

अउखध मंत्र तंत सभ छार ॥
a-ukhaDh mantar tant sabh chhaar.
All medicines and remedies, mantras and tantras are nothing more than ashes.

करणिहार रिदें महि धार ॥३॥
karnaihaar riday meh Dhaar. ||3||
Enshrine the Creator Lord within your heart. ||3||
तज सभ भर्म भजियो पारबर्म ||
taj sabh bharam bhaji-o paarbarahm.
Renounce all your doubts, and vibrate upon the Supreme Lord God.

कहू नानक अटल इह धरम ||४||८०||१४९॥
kaho naanak atal ih Dharam. ||4||80||149||
Says Nanak, this path of Dharma is eternal and unchanging. ||4||80||149||

(6)
गाउँँ महला ५॥ (२००-६)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

साँत भई गुर गोबिद पाई ||
saan't bha-ee gur gobid paa-ee.
Peace and tranquility have come; the Guru, the Lord of the Universe, has brought it.

ताप पाप बिनसे मेरे भाई ||१॥ रहाँ ||
taap paap binsay mayray bhaa-ee. ||1|| rahaa-o.
The burning sins have departed, O my Siblings of Destiny. ||1||Pause||

राम नाम नित रसन बखान ||
raam naam nit rasan bakhaan.
With your tongue, continually chant the Lord's Name.

बिनसे रोग भए कलिआन ||१॥
binsay rog bha-ay kali-aan. ||1||
Disease shall depart, and you shall be saved. ||1||

पारबर्म गुण अगम बीचार ||
paarbarahm gun agam beechaar.
Contemplate the Glorious Virtues of the Unfathomable Supreme Lord God.

साध संगम है निस्तार ||२॥
saaDhoo sangam hai nistaar. ||2||
In the Saadh Sangat, the Company of the Holy, you shall be emancipated. ||2||
निम्नलिखित गुण गावहू नित नीत ||
nirmal gun gaavhu nit neet.
Sing the Glories of God each and every day;

गई विआधि उबरे जन मीत ||3||
ga-ee bi-aaDh ubray jan meet. ||3||
your afflictions shall be dispelled, and you shall be saved, my humble friend. ||3||

मन वच क्रम प्रभु अपना धिआई ||
man bach karam parabh apnaa Dhi-aa-ee.
In thought, word and deed, I meditate on my God.

नानक दास तेरी सरणई ||4||102||171||
aanak daas tayree sarna-ee. ||4||102||171||
Slave Nanak has come to Your Sanctuary. ||4||102||171||

(7)
गउँधी महला ५ || (२००-१०)
ga-oorhee mehlaa 5.
Gauree, Fifth Mehl:

नेट प्रगासु कीआ गुरदेव ||
naytar pargaas kee-aa gurd-ayv.
The Divine Guru has opened his eyes.

भम गए पूरन भई सेव ||1|| राहू ||
bharam ga-ay pooran bha-ee sayv. ||1|| raha-o.
Doubt has been dispelled; my service has been successful. ||1||Pause||

मीतला ते रखिआ बिहारी ||
seetaa tay rakhi-aa bihaaree.
The Giver of joy has saved him from smallpox.

पारबरहम प्रभ किरपा धारी ||1||
paarbarahm parabh kirpaa Dhaaree. ||1||
The Supreme Lord God has granted His Grace. ||1||
नानक नाम जपै सो जीवै ||
naanak naam japai so jeevai.
O Nanak, he alone lives, who chants the Naam, the Name of the Lord.

साधसंग हरि अमृत पीवै ||२।१०३।१७२||
saaDhsang har amrit peevai. ||2||103||172||
In the Saadh Sangat, the Company of the Holy, drink deeply of the Lord's Ambrosial Nectar. ||2||103||172||

(8)
गढ़ी महला ५ || (२०१-५)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

धिर घरि बैस्थु हरि जन पिआरे ||
thir ghar baishu har jan pi-aaray.
Remain steady in the home of your own self, O beloved servant of the Lord.

सतिगुरि तुम्रे काज सवारे ||१। रहाउ ||
satgur tumray kaaj savaaray. ||1|| raha-o.
The True Guru shall resolve all your affairs. ||1||Pause||

दुस्र दूत परमेसारि मारे ||
dusat doot parmaysar maaray.
The Transcendent Lord has struck down the wicked and the evil.

जन की पैज रखी करतारे ||१||
jan kee paij rakhee kartaaray. ||1||
The Creator has preserved the honor of His servant. ||1||

बादिसाह साह सभ वसि करि दीने ||
baadisaah saah sabh vas kar deenay.
The kings and emperors are all under his power;

अमृत नाम महा रस पीने ||२||
amrit naam mahaa ras peenay. ||2||
he drinks deeply of the most sublime essence of the Ambrosial Naam. ||2||
निरभू होइ भजहु भगवान।
nirbha-o ho-ay bhajahu bhagvaan.
Meditate fearlessly on the Lord God.

साधसंगति मिल कीनो दान।
saaDhsangat mil keeno daan. ||3||
Joining the Saadh Sangat, the Company of the Holy, this gift is given. ||3||

सरण परे प्रभ अंतरजामी।
saraq paray parabh antarjaamee.
Nanak has entered the Sanctuary of God, the Inner-knower, the Searcher of hearts;

नानक ओठ पकरी प्रभ सुआमी।
naanak ot pakree parabh su-aamee. ||4||108||
he grasps the Support of God, his Lord and Master. ||4||108||

(9)
गउड़ी महला ५। (२०५-१८)
ga-orthee mehlaa 5.
Gauree, Fifth Mehl:

राख पिता प्रभ मेरे।
raakh pitaa parabh mayray.
Save me, O My Father God.

मोहि निर्गुन सभ गुन तेरे।
mohi nirgun sabh gun tayray. ||1|| rahaa-o.
I am worthless and without virtue; all virtues are Yours. ||1||Pause||

पंच बिखादी एक गरीवा गरखू गरखनहरे।
panch bikhaadee aoky gareebaa raakho raakhanhaaray.
The five vicious thieves are assaulting my poor being; save me, O Savior Lord!

खेदू करहि अरु बहूत संतावहि आइओ सरनि तुहरे।
khayd karahi ar bahut santhaaveh aa-i-o saran tuhaaray. ||1||
They are tormenting and torturing me. I have come, seeking Your Sanctuary. ||1||
Trying all sorts of things, I have grown weary, but still, they will not leave me alone.

But I have heard that they can be rooted out, in the Saadh Sangat, the Company of the Holy; and so I seek their Shelter.

In their Mercy, the Saints have met me, and from them, I have obtained satisfaction.

The Saints have given me the Mantra of the Fearless Lord, and now I practice the Word of the Guru's Shabad.

I have now conquered those terrible evil-doers, and my speech is now sweet and sublime.

Says Nanak, the Divine Light has dawned within my mind; I have obtained the state of Nirvaanaa.

(10)
Sorath mehlaa 5. ||(611-11)||
Sorat'h, Fifth Mehl:

After taking your cleansing bath, remember your God in meditation, and your mind and body shall be free of disease.
कोटि बिघन लाथे प्रभ सरणा घगटे भले संजोगा ॥१॥
kot bighan laathay parabh sarnaa pargatay bhalay sanjogaa. ॥1॥
Millions of obstacles are removed, in the Sanctuary of God, and good fortune dawns.
॥1॥

प्रभ बाणी सबदु सुभाकिशा ॥
parabh banee sabad subhaakhi-aa.
The Word of God's Bani, and His Shabad, are the best utterances.

गावहु सुणहु पढ़हु नित भाई गुर पूरे तू साकिशा ॥ रहाँ ॥
gaavhu sunhu parhahu nit bhaa-ee gur poorai too raakhi-aa. raha-o.
So constantly sing them, listen to them, and read them, O Siblings of Destiny, and the Perfect Guru shall save you. ॥Pause॥

साचा साहिबु अमिति वढ़ाई भगति बछल दढ़ाला ॥
saachaa sahib amit vadhai bhagti bacchla dhadrala.
The glorious greatness of the True Lord is immeasurable; the Merciful Lord is the Lover of His devotees.

संता की पैज रखदा आइआ आदि बिरदु प्रतिपाला ॥२॥
santha kee paij rakhaa-aa aad birad pratipala.
He has preserved the honor of His Saints; from the very beginning of time, His Nature is to cherish them. ॥2॥

हरि अमृत नामु भोजनु नित भुंचहु सर्वे वेला मुख पावहु ॥
har amrit naam bhojan nit bhunchaah sarbuyaalaa mukh paavhu.
So eat the Ambrosial Name of the Lord as your food; put it into your mouth at all times.

जराय मरा ताप सभु नाथा गुण गोबिंद नित गावहु ॥३॥
jaraa maraa taap sabhu naathaa gun gobind nit gaavhu. ॥3॥
The pains of old age and death shall all depart, when you constantly sing the Glorious Praises of the Lord of the Universe. ॥3॥

सुनी अरदास सुआमी मैरे सर्व कला बाणी आई ॥
sunee ardaas su-aamee mayrai sarb kala bani aa-ee.
My Lord and Master has heard my prayer, and all my affairs have been resolved.
प्रगट भई समगे जुग अंतरि गुर नानक की वडिटाई ||८||११||
pargat bha-ee saglay jug antar gur naanak kee vadi-aa-ee. ||4||11||
The glorious greatness of Guru Nanak is manifest, throughout all the ages. ||4||11||

(11)
सोरठ महला ५ ॥ (६१८-२)
sorath mehlaa 5.
Sorat'h, Fifth Mehl:

सूख मंगल कलिआण सहज धुनि प्रभ के चरण निहारिआ ॥
sookh mangal kali-aan sahj Dhun parabh kay charan nihaari-aa.
I have been blessed with peace, pleasure, bliss, and the celestial sound current,
gazing upon the feet of God.

गर्कनहारै गर्विभ्रो बारिक् सतिगुर तापु उतारिआ ॥२॥
raakhanhaarai raakhi-o baarik satgur taap utaari-aa. ||1||
The Savior has saved His child, and the True Guru has cured his fever. ||1||

उबरे सतिगुर की सरणाई ॥
ubray satgur kee sarnaa-ee.
I have been saved, in the True Guru's Sanctuary;

जा की सेव न विस्थी जाई ॥ रहाउ ॥
jaa kee sayv na birthee jaa-ee. rahaa-o.
service to Him does not go in vain. ||1||Pause||

घर महि सूख बारी फुनि सूखा प्रभ अपुने भए टहाला ॥
ghar meh sookh baahar fun sookhaa parabh apunay bha-ay da-i-aalaa.
There is peace within the home of one's heart, and there is peace outside as well,
when God becomes kind and compassionate.

नानक बिघनु न लागें कोऊ मेरा प्रभु होआ किरपाला ॥२॥१२॥४०॥
aanak bighan na laagai ko-oo mayraa parabh ho-aa kirpaalaa. ||2||12||40||
O Nanak, no obstacles block my way; my God has become gracious and merciful to me. ||2||12||40||
Sorat'h, Fifth Mehl:

गए कलेस रोग सभी नासे प्रभव अपुनै किरपा धारी ||
ga-ay kalays rog sabh naasay parabh apunai kirpaa Dhaaree. My sufferings have come to an end, and all diseases have been eradicated.

आठ पहर आराध्यु सुआर्मी पूरन घाल हमारी ||१||
aath pahar aaraaDhahu su-aamee pooran ghaal hamaaree. ||1||
God has showered me with His Grace. Twenty-four hours a day, I worship and adore my Lord and Master; my efforts have come to fruition. ||1||

हार जीउ तू सुख सम्पति राम ||
har jee-o too sukh sampat raas.
O Dear Lord, You are my peace, wealth and capital.

राख्ले भाई मेरे कउ प्रभ आगे अरदास || रहाउ ||
raakh laihu bhaa-ee mayray ka-o parabh aagai ardaas. rahaa-o.
Please, save me, O my Beloved! I offer this prayer to my God. ||Pause||

जो मागउ सोई सोई पावउ अपने खसम भरोसा ||
jo maaga-o so-ee so-ee paava-o apnay khasam bharosaa.
Whatever I ask for, I receive; I have total faith in my Master.

कहो नानक गुरु पूरा भेटिहौ मितिौ सगल अंदेसा ||२||१४||४२||
kaho naanak gur pooraa bhayti-o miti-o sagal andaysaa. ||2||14||42||
Says Nanak, I have met with the Perfect Guru, and all my fears have been dispelled. ||2||14||42||
रिमंति रिमंति गुरु सतिगुरु अपना सगला दूरहु मिटाइँडा।
simar simar gur satgur apnaa saglaa dookh mitaa-i-aa.

Meditating, meditating in remembrance on my Guru, the True Guru, all pains have been eradicated.

tाप रोग गए गुर बचनी मन इछे फल पाइँडा।
taap rog ga-ay gur bachnee man ichhay fal paa-i-aa. ||1||
The fever and the disease are gone, through the Word of the Guru's Teachings, and I have obtained the fruits of my mind's desires. ||1||

मेरा गुरु पूरा सुखदाता।
mayraa gur pooraa sukh-daaTa.
My Perfect Guru is the Giver of peace.

करण कारण समरथ सुआमी पूर्ण पुरुष विधाता।
karan kaaran samrath su-aamee pooran purakh biDhaataa. raha-o.
He is the Doer, the Cause of causes, the Almighty Lord and Master, the Perfect Primal Lord, the Architect of Destiny. ||Pause||

अनंद बिनोद मंगल गुण गाभू गुर नानक भए दूरालाल।
anand binod mangal gun gaavhu gur naanak bha-ay da-i-aalaa.
Sing the Glorious Praises of the Lord in bliss, joy and ecstasy; Guru Nanak has become kind and compassionate.

जै जै कार भए जग भौतिर होआ पारब्रह्म रखवाला।
jai jai kaar bha-ay jag beeter ho-aa paarbarahm rakhvaalaa. ||2||15||43||
Shouts of cheers and congratulations ring out all over the world; the Supreme Lord God has become my Savior and Protector. ||2||15||43||

(14)
सोराथ महला ५। (६२०-२१)
sorath mehlaa 5.
Sorat'h, Fifth Mehl:

दुरु गवाइँडा हरी प्रभि आपे सभु संसार उबारिः।
durat gavaa-i-aa har parabh aapay sabh sansaar ubaari-aa.
The Lord God Himself has rid the whole world of its sins, and saved it.
The Supreme Lord God extended His mercy, and confirmed His innate nature. ||1||

I have attained the Protective Sanctuary of the Lord, my King.

In celestial peace and ecstasy, I sing the Glorious Praises of the Lord, and my mind, body and being are at peace. ||Pause||

My True Guru is the Savior of sinners; I have placed my trust and faith in Him.

The True Lord has heard Nanak's prayer, and He has forgiven everything. ||2||17||45||

The Supreme Lord God, the Transcendent Lord, has forgiven me, and all diseases have been cured.

Those who come to the Sanctuary of the True Guru are saved, and all their affairs are resolved. ||1||
The Lord's humble servant meditates in remembrance on the Naam, the Name of the Lord; this is his only support.

The Perfect True Guru extended His Mercy, and the fever has been dispelled.

So celebrate and be happy, my beloveds - the Guru has saved Hargobind.

Great is the glorious greatness of the Creator, O Nanak; True is the Word of His Shabad, and True is the sermon of His Teachings.

My Lord and Master has become Merciful, in His True Court.

The True Guru has taken away the fever, and the whole world is at peace, O Siblings of Destiny.

The Lord Himself protects His beings and creatures, and the Messenger of Death is out of work.
हर के चरण रिदै उरि धारि ॥
har kay charan ridai ur Dhaar.
Enshrine the Lord's feet within your heart.

सदा सदा प्रभु सिमरींए भाई दुख किलबिख काटणहार ॥१॥ रहाउ ॥
sadaa sadaa parabh simree-ai bhaa-ee dukh kilbikh kaatanhaar. ||1|| raha-o.
Forever and ever, meditate in remembrance on God, O Siblings of Destiny. He is the
Eradicator of suffering and sins. ||1||Pause||

तिस की सरणी उबैरे भाई जिन रचिआ सभू कोझ ॥
tis kee sarnee oobrai bhaa-ee jin rachi-aa sabh ko-ay.
He fashioned all beings, O Siblings of Destiny, and His Sanctuary saves them.

करण कारण समर्थ सो भाई सचै सची सोझ ॥
karan kaaran samrath so bhaa-ee sachai sachee so-ay.
He is the Almighty Creator, the Cause of causes, O Siblings of Destiny; He, the True
Lord, is True.

नानक प्रभू धिआइए भाई मनु तनु सीनलु होझ ॥२॥१६॥४७॥
naanak parabhoo Dhi-aa-e-ei bhaa-ee man tan seetal ho-ay. ||2||19||47||
Nanak: meditate on God, O Siblings of Destiny, and your mind and body shall be cool
and calm. ||2||19||47||

(17)
सोट्ठ महला ५ ॥ (६२०-१३)
sorath mehlaa 5.
Sorath'h, Fifth Mehl:

संतत्तु हरि हरि नामु धिआई ॥
santahu har har naam Dhi-aa-e.e.
O Saints, meditate on the Name of the Lord, Har, Har.

सुख सागर प्रभु विसरऊ नाही मन चिंतिआझार फलु पाई ॥१॥ रहाउ ॥
sukh saagar parabh visra-o naahee man chindi-arhaa fal paa-ee. ||1|| raha-o.
Never forget God, the ocean of peace; thus you shall obtain the fruits of your mind's
desires. ||1||Pause||
सत्गुर पूरे तापु गवाइए आपनी किरपा धारी ॥

satgur poora taap gavaa-i aa apnee kirpaa Dhaaree.

Extending His Mercy, the Perfect True Guru has dispelled the fever.

पारबराह धार भए दुःखाला दुखु मिट्टिया सभ परवारी ॥१॥

paarbarahm parabh bha-ay da-i-aalaa dukh miti-aa sabh parvaaree. ||1||
The Supreme Lord God has become kind and compassionate, and my whole family is now free of pain and suffering. ||1||

सर्व निधान मंगल रस रूप हरि का नामु अधारे ॥

sarab niDhaan mangal ras roopaa har ka naam aDhaaro.

The Treasure of absolute joy, sublime elixir and beauty, the Name of the Lord is my only Support.

नानक पति गवी परमेसर उधराए सभु संसारे ॥२॥२०॥४८॥

naanak paṭ raakhhee parmaysar uDhri-aa sabh sansaaro. ||2||20||48||

O Nanak, the Transcendent Lord has preserved my honor, and saved the whole world. ||2||20||48||

(18)

सोरठ महला ५ ॥ (६२०-२७)

sorath mehlaa 5.

Sorath', Fifth Mehl:

मेरा सतिगुर रक्षाला होआ ॥

mayraa satgur rakhvaalaa ho-aa.

My True Guru is my Savior and Protector.

धारि कृपा प्रभ हाथ दे सरक्षिया हरि गोवितु नवा नियोजा ॥१॥ रहाउ ॥

Dhaar kirpaa parabh haath day raakhi-aa har govid navaa niro-aa. ||1|| rahaao.

Showering us with His Mercy and Grace, God extended His Hand, and saved Hargobind, who is now safe and secure. ||1||Pause||

तापु गवाइए प्रभु आपि मिटाइए जन की लाज रखाई ॥

taap ga-i aa parabh aap mitaa-i aa jan kee laaj rakhaa-e.

The fever is gone - God Himself eradicated it, and preserved the honor of His servant.
साधसंगति ते सभ फल पाए सतिगुर कै बलि जाई ॥

saaDhsangat tay sabh fal paa-ay satgur kai bal jaaN-ee. ||1||
I have obtained all blessings from the Saadh Sangat, the Company of the Holy; I am a sacrifice to the True Guru. ||1||

हलतु पलनु प्रभ दोबे सजबे हमरा गुणु अवगुणु न बीचारिआ ॥
halat palat parabh dovai savaaray hamraa gun avgun na beechaa-aa.
God has saved me, both here and hereafter. He has not taken my merits and demerits into account.

अटल बचनु नानक गुर तेगा सफल करु मसतक धारिआ ॥
atal bachan naanak gur tayraa safal kar mastak Dhaari-aa. ||2||21||49||
Your Word is eternal, O Guru Nanak; You placed Your Hand of blessing upon my forehead. ||2||21||49||

(19)
सरथ महला ॥ (६२१-२)
sorath mehlaa 5.
Sorat'h, Fifth Mehl:

jee-a jantar sabh tis kay kee-ay so-ee sant sahaa-ee.
All beings and creatures were created by Him; He alone is the support and friend of the Saints.

अपुने सेवक की आपे राखै पूरन भई बढाई ॥
apunay sayvak kee aapay raakhai pooran bha-ee badaa-ee. ||1||
He Himself preserves the honor of His servants; their glorious greatness becomes perfect. ||1||

पारबराहु पूरा मैंै नाली ॥
paarbarahm poora mayrai naal.
The Perfect Supreme Lord God is always with me.

गुर पूरै पूरै सभ राखी होए सर्व दह्वाल ॥
gur poorai pooree sabh raakhee ho-ay sarab da-i-aal. ||1|| rahaa-o.
The Perfect Guru has perfectly and totally protected me, and now everyone is kind and compassionate to me. ||1||Pause||
Night and day, Nanak meditates on the Naam, the Name of the Lord; He is the Giver of the soul, and the breath of life itself.

He hugs His slave close in His loving embrace, like the mother and father hug their child.

(20)
Sorath mehla 5. 
Sorath, Fifth Mehl:

The Creator has brought utter peace to my home;

the fever has left my family.

The Perfect Guru has saved us.

I sought the Sanctuary of the True Lord.

The Transcendent Lord Himself has become my Protector.
Tranquility, intuitive peace and poise welled up in an instant, and my mind was comforted forever. ||Pause||

The Lord, Har, Har, gave me the medicine of His Name,

which has cured all disease.

He extended His Mercy to me,

and resolved all these affairs. ||2||

God confirmed His loving nature;

He did not take my merits or demerits into account.

The Word of the Guru's Shabad has become manifest, and through it, my honor was totally preserved. ||3||
bolaa-i-aa bolee tayraa.
I speak as You cause me to speak;

too saahib gunee gahayraa.
O Lord and Master, You are the ocean of excellence.

jap naanak naam sach saakhee.
Nanak chants the Naam, the Name of the Lord, according to the Teachings of Truth.

apunay daas kee paij raakhee. ||4||6||56||
God preserves the honor of His slaves. ||4||6||56||

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

sarab kali-aan kee-ay gurdlayv.
The Divine Guru has blessed me with total happiness.

sayvak apnee laa-i-o sayv.
He has linked His servant to His service.

bighan na laagai jap alakh abhayv. ||1||
No obstacles block my path, meditating on the incomprehensible, inscrutable Lord. ||1||

Dharat puneet bha-ee gun gaa-ay.
The soil has been sanctified, singing the Glories of His Praises.
दुर्गा गई हरि नामु धिङ्गाए ||1|| रहाउ ||
durāṭ ga-i-aa har naam Dhi-aa-ay. ||1|| raha-o.
The sins are eradicated, meditating on the Name of the Lord. ||1||Pause||

सभीनी थाँई रविआ आपि ||
sabhnee tha^N-ee ravi-aa aap.
He Himself is pervading everywhere;

आदि जुगादि जा का बड परताप ||
aad jugaad jaa kaa vad parthaap.
from the very beginning, and throughout the ages, His Glory has been radiantly manifest.

गुर परसादि न होइ संताप ||2||
gur parsaaad na ho-ay saнтaap. ||2||
By Guru's Grace, sorrow does not touch me. ||2||

गुर के चरन लगे मन मोटे ||
gur kay charan lagay man meethay.
The Guru's Feet seem so sweet to my mind.

निरबिघन होइ सभ थाँई बूठे ||
nirbighan ho-ay sabh tha^N-ee voothay.
He is unobstructed, dwelling everywhere.

सभ सुख पाए सतिगुर तूठे ||3||
sabh sukh paa-ay satgur toothay. ||3||
I found total peace, when the Guru was pleased. ||3||

पारबरह प्रभ भए रक्खाले ||
paarbarahm parabh bha-ay rakhvaalay.
The Supreme Lord God has become my Savior.

जिये किये दीसहि नाले ||
jithai kithai deeseh naalay.
Wherever I look, I see Him there with me.
O Nanak, the Lord and Master protects and cherishes His slaves.


Within my heart, I meditate on the Lotus Feet of God.

Disease is gone, and I have found total peace.

The Guru relieved my sufferings, and blessed me with the gift.

My birth has been rendered fruitful, and my life is approved.

The Ambrosial Bani of God's Word is the Unspoken Speech.

Says Nanak, the spiritually wise live by meditating on God.
The Guru, the Perfect True Guru, has blessed me with peace and tranquility.

Peace and joy have welled up, and the mystical trumpets of the unstruck sound current vibrate. ||1||Pause||

Sufferings, sins and afflictions have been dispelled.

Remembering the Lord in meditation, all sinful mistakes have been erased. ||1||

Joining together, O beautiful soul-brides, celebrate and make merry.

Guru Nanak has saved my honor. ||2||3||21||

The Transcendent Lord has brought bliss to all; He has confirmed His Natural Way.

He has become Merciful to the humble, holy Saints, and all my relatives blossom forth in joy. ||1||
The True Guru Himself has resolved my affairs.

He has blessed Hargobind with long life, and taken care of my comfort, happiness and well-being. ||1||Pause||

The forests, meadows and the three worlds have blossomed forth in greenery; He gives His Support to all beings.

Nanak has obtained the fruits of his mind's desires; his desires are totally fulfilled. ||2||Pause||

Bilaaval, Fifth Mehl:

The disease is gone; God Himself took it away.

I sleep in peace; peaceful poise has come to my home. ||Pause||

Eat to your fill, O my Siblings of Destiny.
Meditate on the Ambrosial Naam, the Name of the Lord, within your heart. ||1||

Nanak has entered the Sanctuary of the Perfect Guru,

who has preserved the honor of His Name. ||2||8||26||

Bilaaval, Fifth Mehl:

The fever and sickness are gone, and the diseases are all dispelled.

The Supreme Lord God has forgiven you, so enjoy the happiness of the Saints.

All joys have entered your world, and your mind and body are free of disease.

So chant continuously the Glorious Praises of the Lord; this is the only potent medicine. ||1||
आइ बस्हू घर देस मि ह भले संजोग ॥
aa-ay bashu ghar days meh in bhalay sanjog.
So come, and dwell in your home and native land; this is such a blessed and auspicious occasion.

नानक प्रभु सुप्रसन्न भए लाहि गए बिजोग ॥२॥१०॥२८॥
naanak parabh suparsan bha-ay leh ga-ay bi-og. ||2||10||28||
O Nanak, God is totally pleased with you; your time of separation has come to an end. ||2||10||28||

(27)
बिलावल महाला ५ ॥ (८९३-४)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

बंधन काटे आय मन आय होआ किरपाल ॥
banDhan kaatay aap parabh ho-aa kirpaal.
My bonds have been snapped; God Himself has become compassionate.

दीन देवाल प्रभु पारबरहम तो नदर निहाल ॥१॥
deen da-i-aal parabh paarbarahm taa kee nhadar nihaal. ||1||
The Supreme Lord God is Merciful to the meek; by His Glance of Grace, I am in ecstasy. ||1||

गुरि पौरि किरपा करी काटिआ दुख रोग ॥
gur poorai kirpaa karee kaati-aa dukh rog.
The Perfect Guru has shown mercy to me, and eradicated my pains and illnesses.

मनु तनु सीतलु सुखी भड़व प्रभु धिमावन जोगु ॥१॥ रहाउ ॥
man tan seetal sukhee bha-i-aa parabh Dhi-aavan jog. ||1|| rhaa-o.
My mind and body have been cooled and soothed, meditating on God, most worthy of meditation. ||1||Pause||

अउखाध हार का नाम है जितु रोग न विआपे ॥
a-ukhaDh har kaa naam hai jit rog na vi-aapai.
The Name of the Lord is the medicine to cure all disease; with it, no disease afflicts me.
In the Saadh Sangat, the Company of the Holy, the mind and body are tinged with the Lord's Love, and I do not suffer pain any longer.

I chant the Name of the Lord, Har, Har, Har, Har, lovingly centering my inner being on Him.

Sinful mistakes are erased and I am sanctified, in the Sanctuary of the Holy Saints.

Misfortune is kept far away from those who hear and chant the Praises of the Lord's Name.

Nanak chants the Mahaa Mantra, the Great Mantra, singing the Glorious Praises of the Lord.

Worship and adore the Lord, Har, Har, Har, and you shall be free of disease.

This is the Lord's healing rod, which eradicates all disease.
Meditating on the Lord, through the Perfect Guru, he constantly enjoys pleasure.

I am devoted to the Saadh Sangat, the Company of the Holy; I have been united with my Lord.

Contemplating Him, peace is obtained, and separation is ended.

Nanak seeks the Sanctuary of God, the All-powerful Creator, the Cause of causes.

I have given up all other efforts, and have taken the medicine of the Naam, the Name of the Lord.

Fevers, sins and all diseases are eradicated, and my mind is cooled and soothed.
गुरु पूरा आराधिया संगला दुखु गढ़ा।
gur poora aaraaDhi-aa saglaa dukh ga-aa.
Worshipping the Perfect Guru in adoration, all pains are dispelled.

गर्कनहारै गर्विया अपनी करि मइ।
raakhanhaarai raakhi-aa apnee kar ma-aa. ||1|| rahaa-o.
The Savior Lord has saved me; He has blessed me with His Kind Mercy. ||1||Pause||

भाय पकड़ि प्रभु काठिआ कौना अपन॥
baah pakarh parabh kaadhi-aa keenaa apna-aa.
Grabbing hold of my arm, God has pulled me up and out; He has made me His own.

सिमरि सिमरि मन तन सुखी नानक निरभिआ॥२॥६५॥
simar simar man tan sukhee naanak nirba-aa. ||2||1||65||
Meditating, meditating in remembrance, my mind and body are at peace; Nanak has become fearless. ||2||1||65||

(30)

बिलावलु महला ५। (८१-२)
bilaavalu mehlaa 5.
Bilaaval, Fifth Mehl:

रोग मिटाइआ आपि प्रभु उपजिआ सुखु सांति॥
rog mitaa-i-aa aap parabh upji-aa sukh saaNt.
God Himself eradicated the disease; peace and tranquility have welled up.

वद परताप अचरज रूपु हरि कीनी दाति॥१॥
vad partaap achraj roop har keen'ee daat. ||1||
The Lord blessed me with the gifts of great, glorious radiance and wondrous form. ||1||

गुर गोविंदि कृपा करी राखिआ मेरा भाई॥
gur govind kirpaa karee raakhi-aa mayraa bhaa-ee.
The Guru, the Lord of the Universe, has shown mercy to me, and saved my brother.

हम तिस की सरणागती जो सदा सहाई॥१॥
ham tis kee saranaag tee jo sadaa sahaa-ee. ||1|| rahaa-o.
I am under His Protection; He is always my help and support. ||1||Pause||
बिर्थी कदें न होवै जन की अर्दास ||
birthee kaday na hova-ee jan kee ardaas.
The prayer of the Lord's humble servant is never offered in vain.

नानक जोर गोबिंद का पूरा गुणातिस ||२१३७७||
aanak jor govind kaa pooran guntaas. ||2||13||77||
Nanak takes the strength of the Perfect Lord of the Universe, the treasure of excellence. ||2||13||77||

(31)
बिलाबल महला ५ || (२४-२५)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ताती वाँ न लगई पारब्रह्म सरणाई ||
taatee vaa-o na lag-ee paarbarahm sarnaa-ee.
The hot wind does not even touch one who is under the Protection of the Supreme Lord God.

चउगिरद हमारी राम कार दुख लगै न भाई ||११||
cha-ugirad hamaarai raam kaar dukh lagai na bhaa-ee. ||1||
On all four sides I am surrounded by the Lord's Circle of Protection; pain does not afflict me, O Siblings of Destiny. ||1||

सतिगुर पूर्रा भेटिआ जिनि बणत बणाई ||
satgur poora bhayti-aa jin banat banaa-ee.
I have met the Perfect True Guru, who has done this deed.

राम नामु अउखुद दीआ एका लिव लाई ||११|| रहाउ ||
raam naam a-ukhaDh dee-aa aykaa liv laa-ee. ||1|| rahaa-o.
He has given me the medicine of the Lord's Name, and I enshrine love for the One Lord. ||1||Pause||

राखिल लीए तिन रक्नहारि सभ बिताहि मिटाई ||
raakh lee-ay tin rakhanhaar sabh bi-aaDh mitaa-ee.
The Savior Lord has saved me, and eradicated all my sickness.
कहु नानक किर्पा भई प्रभ भए सहाई ||२||१५||७९||
kaho naanak kirpaa bha-ee parabh bha-ay sahaa-ee. ||2||15||79||
Says Nanak, God has showered me with His Mercy; He has become my help and support. ||2||15||79||

(32)

बिलावल महला ५ || (८१-१६)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

अपने बालक आपि रखिअनू पारब्रह्म गुरदेव ||
apnay baalak aap rakhi-an paarbarahm gurdav.
The Supreme Lord God, through the Divine Guru, has Himself protected and preserved
His children.

सुख साँति सहज आनद भए पूरन भई सेव ||१२|| रहाउ ||
sukh saaNt sahj aanad bha-ay pooran bha-ee sayv. ||1|| raha-o.
Celestial peace, tranquility and bliss have come to pass; my service has been perfect.
||1||Pause||

भगत जना की बेनती सुणी प्रभि आपि ||
bhagat janaa kee bayntee sunee prabh aap.
God Himself has heard the prayers of His humble devotees.

रोग मिटाई जीवालिअनु जा का वह परताप ||१२||
rog mitaa-ay jeevali-an jaa ka kaa vad partaap. ||1||
He dispelled my disease, and rejuvenated me; His glorious radiance is so great! ||1||

दोख हमारे बखसिअनू अपणी कल धारी ||
dokh hamaaray bakhsi-an apnee kal Dhaaree.
He has forgiven me for my sins, and interceded with His power.

मन बाँछट फल दितिअनू नानक बलिहारी ||२||१६||८०||
man baaNchhat fal diti-an naanak balihaaree. ||2||16||80||
I have been blessed with the fruits of my mind's desires; Nanak is a sacrifice to Him.
||2||16||80||
(33)
बिलावलू महला ५ ॥ (८२१-६)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ताप लाही गुर सिरजनहार ॥
taap laahi-aa gur sirjanhaar.
Through the Guru, the Creator Lord has subdued the fever.

सत्गुर अपने कु छ बल जाई जिनि घे जी सारे संसार ॥१॥ रहाँ ॥
satgur apnay ka-o bal jaa-ee jin paij rakhee saarai sansaar. ||1|| raha-o.
I am a sacrifice to my True Guru, who has saved the honor of the whole world. ||1||Pause||

कर मसतक धारी बालिक रख लीनो ॥
kar mastak Dhaar baalik rakh leeno.
Placing His Hand on the child's forehead, He saved him.

प्राभ अमृत नाम महा रस दीनो ॥१॥
parabh amrit naam maha ras deeno. ||1||
God blessed me with the supreme, sublime essence of the Ambrosial Naam. ||1||

दास की लाज रखै मिहरवान ॥
daas kee laaj rakhai miharvaan.
The Merciful Lord saves the honor of His slave.

गुर नानक बोलै दरगह परवान ॥२॥६॥८६॥
gur naanak bolai dargeh parvaan. ||2||6||86||
Guru Nanak speaks - it is confirmed in the Court of the Lord. ||2||6||86||

(34)
बिलावलू महला ५ ॥ (८२५-४)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ताप पाप ते रखेआप ॥
taap paap tay raakhay aap.
He Himself protects me from suffering and sin.
Falling at the Guru's Feet, I am cooled and soothed; I meditate on the Lord's Name within my heart. ||1||Pause||

Granting His Mercy, God has extended His Hands. He is the Emancipator of the World; His glorious radiance pervades the nine continents.

My pain has been dispelled, and peace and pleasure have come; my desire is quenched, and my mind and body are truly satisfied. ||1||

He is the Master of the masterless, All-powerful to give Sanctuary. He is the Mother and Father of the whole Universe.

He is the Lover of His devotees, the Destroyer of fear; Nanak sings and chants the Glorious Praises of his Lord and Master. ||2||20||106||