

गउड़ी सुखमनी मः ५ ॥

ga-or^hee suk^hmanee mehlaa 5.
Gauree Sukhmani, Fifth Mehl,

सलोक ॥

salok.
Shalok:

ੴ सतिगुर प्रसादि ॥

ik-o^Nkaar satgur parsaa^d.
One Universal Creator God. By The Grace Of The True Guru:

आदि गुरए नमह ॥

aad^u gur-ay namah.
I bow to the Primal Guru.

जुगादि गुरए नमह ॥

jugaad^u gur-ay namah.
I bow to the Guru of the ages.

सतिगुरए नमह ॥

satgur-ay namah.
I bow to the True Guru.

स्री गुरदेवए नमह ॥१॥

saree gurdayv-ay namah. ||1||
I bow to the Great, Divine Guru. ||1||

असटपदी ॥

asatpadee.
Ashtapadee:

सिमरउ सिमरि सिमरि सुखु पावउ ॥

simra-o simar simar suk^h paava-o.
Meditate, meditate, meditate in remembrance of Him, and find peace.

कलि कलेस तन माहि मिटावउ ॥

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

सिमरउ जासु बिसुम्भर एकै ॥

simra-o jaas bisumbhar aykai.

Remember in praise the One who pervades the whole Universe.

नामु जपत अगनत अनेकै ॥

naam japaṭ agnaṭ anaykai.

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

बेद पुरान सिम्मृति सुधाख्यर ॥

bayḍ puraan simriṭ 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 जीअ बसावै ॥

kinkaa ayk 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.

काँखी एकै दरस तुहारो ॥

kaa^Nkhee aykai daras tuhaaro.

Those who yearn only for the blessing of Your Darshan

नानक उन संगि मोहि उधारो ॥१॥

naanak un sang mohi uDhaaro. ||1||

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

सुखमनी सुख अमृत प्रभ नामु ॥

sukhmanee sukh amriṭ parabh naam.

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

भगत जना कै मनि बिस्राम ॥ रहाउ ॥

bhagat janaa kai man bisraam. rahaa-o.

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

प्रभ कै सिमरनि गरभि न बसै ॥

parabh kai simran garabh na basai.

Remembering God, one does not have to enter into the womb again.

प्रभ कै सिमरनि दूखु जमु नसै ॥

parabh kai simran dookh jam nasai.

Remembering God, the pain of death is dispelled.

प्रभ कै सिमरनि कालु परहरै ॥

parabh kai simran kaal parharai.

Remembering God, death is eliminated.

प्रभ कै सिमरनि दुसमनु टरै ॥

parabh kai simran dusman tarai.

Remembering God, one's enemies are repelled.

प्रभ सिमरत कछु बिघनु न लागै ॥

parabh simrat kachh bighan na laagai.

Remembering God, no obstacles are met.

प्रभ कै सिमरनि अनदिनु जागै ॥

parabh kai simran an-din jaagai.

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

प्रभ कै सिमरनि भउ न बिआपै ॥

parabh kai simran bha-o na bi-aapai.

Remembering God, one is not touched by fear.

प्रभ कै सिमरनि दुखु न संतापै ॥

parabh kai simran dukh na santaapai.

Remembering God, one does not suffer sorrow.

प्रभ का सिमरनु साध कै संगि ॥

parabh kaa simran saaDh kai sang.

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

सर्ब निधान नानक हरि रंगि ॥२॥

sarab niDhaan naanak har rang. ||2||

All treasures, O Nanak, are in the Love of the Lord. ||2||

प्रभ कै सिमरनि रिधि सिधि नउ निधि ॥

parabh kai simran riDh siDh na-o niDh.

In the remembrance of God are wealth, miraculous spiritual powers and the nine treasures.

प्रभ कै सिमरनि गिआनु धिआनु ततु बुधि ॥

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

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

प्रभ कै सिमरनि जप तप पूजा ॥

parabh kai simran jap tap poojaa.

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

प्रभ कै सिमरनि बिनसै दूजा ॥

parabh kai simran binsai doojaa.

In the remembrance of God, duality is removed.

प्रभ कै सिमरनि तीर्थ इसनानी ॥

parabh kai simran tirath isnaanee.

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

प्रभ कै सिमरनि दरगह मानी ॥

parabh kai simran dargeh maanee.

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

प्रभ कै सिमरनि होइ सु भला ॥

parabh kai simran ho-ay so bhalaa.

In the remembrance of God, one becomes good.

प्रभ कै सिमरनि सुफल फला ॥

parabh kai simran sufal falaa.

In the remembrance of God, one flowers in fruition.

से सिमरहि जिन आपि सिमराए ॥

say simrahi jin aap simraa-ay.

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

नानक ता कै लागउ पाए ॥३॥

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

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

प्रभ का सिमरनु सभ ते ऊचा ॥

parabh kaa simran sabh tay oochara.

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

प्रभ कै सिमरनि उधरे मूचा ॥

parabh kai simran uDhray moochara.

In the remembrance of God, many are saved.

प्रभ कै सिमरनि तृसना बुझै ॥

parabh kai simran tarisnaa buhhai.

In the remembrance of God, thirst is quenched.

प्रभ कै सिमरनि सभु किछु सुझै ॥

parabh kai simran sabh kichh suhhai.

In the remembrance of God, all things are known.

प्रभ कै सिमरनि नाही जम त्रासा ॥

parabh kai simran naahee jam taraasaa.

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

प्रभ कै सिमरनि पूरन आसा ॥

parabh kai simran pooran aasaa.

In the remembrance of God, hopes are fulfilled.

प्रभ कै सिमरनि मन की मलु जाइ ॥

parabh kai simran man kee mal jaa-ay.

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

अमृत नामु रिद माहि समाइ ॥

amrith naam ridh maahi samaa-ay.

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

प्रभ जी बसहि साध की रसना ॥

parabh jee baseh saaDh kee rasnaa.

God abides upon the tongues of His Saints.

नानक जन का दासनि दसना ॥४॥

naanak jan kaa daasan dasnaa. ||4||

Nanak is the servant of the slave of His slaves. ||4||

प्रभ कउ सिमरहि से धनवंते ॥

parabh ka-o simrahi say Dhanvantay.

Those who remember God are wealthy.

प्रभ कउ सिमरहि से पतिवंते ॥

parabh ka-o simrahi say pativantay.

Those who remember God are honorable.

प्रभ कउ सिमरहि से जन परवान ॥

parabh ka-o simrahi say jan parvaan.

Those who remember God are approved.

प्रभ कउ सिमरहि से पुरख प्रधान ॥

parabh ka-o simrahi say purakh parDhaan.

Those who remember God are the most distinguished persons.

प्रभ कउ सिमरहि सि बेमुहताजे ॥

parabh ka-o simrahi se baymuhtaajay.

Those who remember God are not lacking.

प्रभ कउ सिमरहि सि सर्व के राजे ॥

parabh ka-o simrahi se sarab kay raajay.

Those who remember God are the rulers of all.

प्रभ कउ सिमरहि से सुखवासी ॥

parabh ka-o simrahi say sukhvaasee.

Those who remember God dwell in peace.

प्रभ कउ सिमरहि सदा अबिनासी ॥

parabh ka-o simrahi sadaa abhinaasee.

Those who remember God are immortal and eternal.

सिमरन ते लागे जिन आपि दइआला ॥

simran tay laagay jin aap da-i-aalaa.

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

नानक जन की मंगै रवाला ॥५॥
naanak jan kee mangai ravaalaa. ||5||
Nanak begs for the dust of their feet. ||5||

प्रभ कउ सिमरहि से परउपकारी ॥
parabh ka-o simrahi say par-upkaaree.
Those who remember God generously help others.

प्रभ कउ सिमरहि तिन सद बलिहारी ॥
parabh ka-o simrahi tin sad balihaaree.
Those who remember God - to them, I am forever a sacrifice.

प्रभ कउ सिमरहि से मुख सुहावे ॥
parabh ka-o simrahi say mukh suhaavay.
Those who remember God - their faces are beautiful.

प्रभ कउ सिमरहि तिन सूखि बिहावै ॥
parabh ka-o simrahi tin sookh bihaavai.
Those who remember God abide in peace.

प्रभ कउ सिमरहि तिन आतमु जीता ॥
parabh ka-o simrahi tin aatam jeetaa.
Those who remember God conquer their souls.

प्रभ कउ सिमरहि तिन निर्मल रीता ॥
parabh ka-o simrahi tin nirmal reetaa.
Those who remember God have a pure and spotless lifestyle.

प्रभ कउ सिमरहि तिन अनद घनेरे ॥
parabh ka-o simrahi tin anad ghanayray.
Those who remember God experience all sorts of joys.

प्रभ कउ सिमरहि बसहि हरि नेरे ॥
parabh ka-o simrahi baseh har nayray.
Those who remember God abide near the Lord.

संत कृपा ते अनदिनु जागि ॥
sant kirpaa tay an-din jaag.
By the Grace of the Saints, one remains awake and aware, night and day.

नानक सिमरनु पूरै भागि ॥६॥

naanak simran poorai bhaag. ||6||

O Nanak, this meditative remembrance comes only by perfect destiny. ||6||

प्रभ कै सिमरनि कारज पूरे ॥

parabh kai simran kaaraj pooray.

Remembering God, one's works are accomplished.

प्रभ कै सिमरनि कबहु न झूरे ॥

parabh kai simran kabahu na jhooray.

Remembering God, one never grieves.

प्रभ कै सिमरनि हरि गुन बानी ॥

parabh kai simran har gun baanee.

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

प्रभ कै सिमरनि सहजि समानी ॥

parabh kai simran sahj samaanee.

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

प्रभ कै सिमरनि निहचल आसनु ॥

parabh kai simran nihchal aasan.

Remembering God, one attains the unchanging position.

प्रभ कै सिमरनि कमल बिगासनु ॥

parabh kai simran kamal bigaasan.

Remembering God, the heart-lotus blossoms forth.

प्रभ कै सिमरनि अनहद झुनकार ॥

parabh kai simran anhad jhunkaar.

Remembering God, the unstruck melody vibrates.

सुखु प्रभ सिमरन का अंतु न पार ॥

sukh parabh simran kaa ant na paar.

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

सिमरहि से जन जिन कउ प्रभ मइआ ॥

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

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

नानक तिन जन सरनी पइआ ॥७॥

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

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

हरि सिमरनु करि भगत प्रगटाए ॥

har simran kar bhagat pargataa-ay.

Remembering the Lord, His devotees are famous and radiant.

हरि सिमरनि लगि बेद उपाए ॥

har simran lag bayd upaa-ay.

Remembering the Lord, the Vedas were composed.

हरि सिमरनि भए सिध जती दाते ॥

har simran bha-ay siDh jatee daatay.

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

हरि सिमरनि नीच चहु कुंट जाते ॥

har simran neech chahu kunt jaatay.

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

हरि सिमरनि धारी सभ धरना ॥

har simran Dhaaree sabh Dharnaa.

For the remembrance of the Lord, the whole world was established.

सिमरि सिमरि हरि कारन करना ॥

simar simar har kaaran karnaa.

Remember, remember in meditation the Lord, the Creator, the Cause of causes.

हरि सिमरनि कीओ सगल अकारा ॥

har simran kee-o sagal akaaraa.

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

हरि सिमरन महि आपि निरंकारा ॥

har simran meh aap nirankaaraa.

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

करि किरपा जिसु आपि बुझाइआ ॥

kar kirpaa jis aap bujhaa-i-aa.

By His Grace, He Himself bestows understanding.

नानक गुरमुखि हरि सिमरनु तिनि पाइआ ॥८॥१॥

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

O Nanak, the Gurmukh attains the remembrance of the Lord. ||8||1||

सलोक ॥

salok.

Shalok:

दीन दरद दुख भंजना घटि घटि नाथ अनाथ ॥

deen darad dukh bhanjnaa ghat ghat naath anaath.

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

सरणि तुमारी आइओ नानक के प्रभ साथ ॥१॥

saran tum^Haaree aa-i-o naanak kay parabh saath. ||1||

I have come seeking Your Sanctuary. O God, please be with Nanak! ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

जह मात पिता सुत मीत न भाई ॥

jah maat pitaa sut meet na bhaa-ee.

Where there is no mother, father, children, friends or siblings

मन ऊहा नामु तेरै संगि सहाई ॥

man oohaa naam tayrai sang sahaa-ee.

- 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 ॥

jah mahaa bha-i-aan doot jam dalai.

Where the great and terrible Messenger of Death shall try to crush you,

तह केवल नामु संगि तेरै चलै ॥

tah kayval naam sang tayrai chalai.

there, only the Naam shall go along with you.

जह मुसकल होवै अति भारी ॥

jah muskal hovai at bhaaree.

Where the obstacles are so very heavy,

हरि को नामु खिन माहि उधारी ॥

har ko naam khin maahi uDhaaree.
the Name of the Lord shall rescue you in an instant.

अनिक पुनहचरन करत नही तरै ॥

anik punahcharan karaṭ nahee tarai.
By performing countless religious rituals, you shall not be saved.

हरि को नामु कोटि पाप परहरै ॥

har ko naam kot paap parharai.
The Name of the Lord washes off millions of sins.

गुरमुखि नामु जपहु मन मेरे ॥

gurmukh naam japahu man mayray.
As Gurmukh, chant the Naam, O my mind.

नानक पावहु सूख घनेरे ॥१॥

naanak paavhu sookh ghanayray. ||1||
O Nanak, you shall obtain countless joys. ||1||

सगल सृसटि को राजा दुखीआ ॥

sagal sarisat ko raajaa dukhee-aa.
The rulers of the all the world are unhappy;

हरि का नामु जपत होइ सुखीआ ॥

har kaa naam japaṭ ho-ay sukhee-aa.
one who chants the Name of the Lord becomes happy.

लाख करोरी बंधु न परै ॥

laakh karoree banDh na parai.
Acquiring hundreds of thousands and millions, your desires shall not be contained.

हरि का नामु जपत निसतरै ॥

har kaa naam japaṭ nistarai.
Chanting the Name of the Lord, you shall find release.

अनिक माइआ रंग तिख न बुझावै ॥

anik maa-i-aa rang tikh na bujhaavai.
By the countless pleasures of Maya, your thirst shall not be quenched.

हरि का नामु जपत आघावै ॥

har kaa naam japat aaghaavai.

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

जिह मारगि इहु जात इकेला ॥

jih maarag ih jaat ikaylaa.

Upon that path where you must go all alone,

तह हरि नामु संगि होत सुहेला ॥

tah har naam sang hot suhaylaa.

there, only the Lord's Name shall go with you to sustain you.

ऐसा नामु मन सदा धिआईऐ ॥

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

On such a Name, O my mind, meditate forever.

नानक गुरमुखि परम गति पाईऐ ॥२॥

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

O Nanak, as Gurmukh, you shall obtain the state of supreme dignity. ||2||

छूटत नही कोटि लख बाही ॥

chhootat nahee kot lakh baahee.

You shall not be saved by hundreds of thousands and millions of helping hands.

नामु जपत तह पारि पराही ॥

naam japat tah paar paraahee.

Chanting the Naam, you shall be lifted up and carried across.

अनिक बिघन जह आइ संघारै ॥

anik bighan jah aa-ay sanghaarai.

Where countless misfortunes threaten to destroy you,

हरि का नामु ततकाल उधारै ॥

har kaa naam tatkaal uDhaarai.

the Name of the Lord shall rescue you in an instant.

अनिक जोनि जनमै मरि जाम ॥

anik jon janmai mar jaam.

Through countless incarnations, people are born and die.

नामु जपत पावै बिस्राम ॥

naam japat paavai bisraam.

Chanting the Name of the Lord, you shall come to rest in peace.

हउ मैला मलु कबहु न धोवै ॥

ha-o mailaa mal kabahu na Dhovai.

The ego is polluted by a filth which can never be washed off.

हरि का नामु कोटि पाप खोवै ॥

har kaa naam kot paap khovai.

The Name of the Lord erases millions of sins.

ऐसा नामु जपहु मन रंगि ॥

aisaa naam japahu man rang.

Chant such a Name with love, O my mind.

नानक पाईऐ साध कै संगि ॥३॥

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

O Nanak, it is obtained in the Company of the Holy. ||3||

जिह मारग के गने जाहि न कोसा ॥

jih maarag kay ganay jaahi na kosaa.

On that path where the miles cannot be counted,

हरि का नामु ऊहा संगि तोसा ॥

har kaa naam oohaa sang tosaa.

there, the Name of the Lord shall be your sustenance.

जिह पैडै महा अंध गुबारा ॥

jih paidai mahaa anDh gubaaraa.

On that journey of total, pitch-black darkness,

हरि का नामु संगि उजीआरा ॥

har kaa naam sang ujee-aaraa.

the Name of the Lord shall be the Light with you.

जहा पंथि तेरा को न सिजानू ॥

jahaa panth tayraa ko na sinjaanoo.

On that journey where no one knows you,

हरि का नामु तह नालि पछानू ॥

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

जह महा भइआन तपति बहु घाम ॥

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

तह हरि के नाम की तुम ऊपरि छाम ॥

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

जहा तृखा मन तुझु आकरखै ॥

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

तह नानक हरि हरि अम्मृतु बरखै ॥४॥

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

भगत जना की बरतनि नामु ॥

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

संत जना कै मनि बिस्रामु ॥

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

हरि का नामु दास की ओट ॥

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

हरि कै नामि उधरे जन कोटि ॥

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

हरि जसु करत संत दिनु राति ॥

har jas karat sant din raat.
The Saints chant the Praises of the Lord, day and night.

हरि हरि अउखधु साध कमाति ॥

har har a-ukhaDh saaDh kamaat.

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

हरि जन कै हरि नामु निधानु ॥

har jan kai har naam niDhaan.

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

पारब्रह्मि जन कीनो दान ॥

paarbarahm jan keeno daan.

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

मन तन रंगि रते रंग एकै ॥

man tan rang ratay rang aykai.

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

नानक जन कै बिरति बिबेकै ॥५॥

naanak jan kai birat bibaykai. ||5||

O Nanak, careful and discerning understanding is the way of the Lord's humble servant. ||5||

हरि का नामु जन कउ मुकति जुगति ॥

har kaa naam jan ka-o mukat jugat.

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

हरि कै नामि जन कउ तृपति भुगति ॥

har kai naam jan ka-o taripat bhugat.

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

हरि का नामु जन का रूप रंगु ॥

har kaa naam jan kaa roop rang.

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

हरि नामु जपत कब परै न भंगु ॥

har naam japat kab parai na bhang.

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

हरि का नामु जन की वडिआई ॥

har kaa naam jan kee vadi-aa-ee.

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

हरि कै नामि जन सोभा पाई ॥

har kai naam jan sob_haa paa-ee.

Through the Name of the Lord, His servants obtain honor.

हरि का नामु जन कउ भोग जोग ॥

har kaa naam jan ka-o bhog jog.

The Name of the Lord is the enjoyment and Yoga of His servants.

हरि नामु जपत कछु नाहि बिओगु ॥

har naam japaṭ kachh naahi bi-og.

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

जनु राता हरि नाम की सेवा ॥

jan raataa har naam kee sayvaa.

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

नानक पूजै हरि हरि देवा ॥६॥

naanak poojai har har dayvaa. ||6||

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

हरि हरि जन कै मालु खजीना ॥

har har jan kai maal khajeenaa.

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

हरि धनु जन कउ आपि प्रभि दीना ॥

har Dhan jan ka-o aap parab_h deenaa.

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

हरि हरि जन कै ओट सताणी ॥

har har jan kai ot saṭaane.

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

हरि प्रतापि जन अवर न जाणी ॥

har partaap jan avar na jaanee.

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

ओति पोति जन हरि रसि राते ॥

oṭ poṭ jan har ras raṭay.

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

सुन्न समाधि नाम रस माते ॥

sunn samaaDh naam ras maatay.

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

आठ पहर जनु हरि हरि जपै ॥

aath pahar jan har har japai.

Twenty-four hours a day, His servants chant Har, Har.

हरि का भगतु प्रगट नही छपै ॥

har kaa bhagat pargat nahee chhapai.

The devotees of the Lord are known and respected; they do not hide in secrecy.

हरि की भगति मुकति बहु करे ॥

har kee bhagat mukat baho karay.

Through devotion to the Lord, many have been liberated.

नानक जन संगि केते तरे ॥७॥

naanak jan sang kaytay taray. ||7||

O Nanak, along with His servants, many others are saved. ||7||

पारजातु इहु हरि को नाम ॥

paarjaat ih har ko naam.

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

कामधेन हरि हरि गुण गाम ॥

kaamDhayn har har gun gaam.

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

सभ ते उत्तम हरि की कथा ॥

sabh tay ootam har kee katha.

Highest of all is the Lord's Speech.

नामु सुनत दरद दुख लथा ॥

naam sunat darad dukh lathaa.

Hearing the Naam, pain and sorrow are removed.

नाम की महिमा संत रिद वसै ॥

naam kee mahimaa sant rid vasai.

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

संत प्रतापि दुरतु सभु नसै ॥

sanṭ partaap duraṭ sabḥ nasai.

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

संत का संगु वडभागी पाईऐ ॥

sanṭ kaa sang vadbhaagee paa-ee-ai.

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

संत की सेवा नामु धिआईऐ ॥

sanṭ kee sayvaa naam Dhi-aa-ee-ai.

Serving the Saint, one meditates on the Naam.

नाम तुलि कछु अवरु न होइ ॥

naam tuḷ kachḥ avar na ho-ay.

There is nothing equal to the Naam.

नानक गुरमुखि नामु पावै जनु कोइ ॥८॥२॥

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

O Nanak, rare are those, who, as Gurmukh, obtain the Naam. ||8||2||

सलोकु ॥

salok.

Shalok:

बहु सासत्र बहु सिमृती पेखे सर्ब ढढोलि ॥

baho saastar baho simritee paykhay sarab dhadhol.

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

पूजसि नाही हरि हरे नानक नाम अमोल ॥१॥

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

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

||1||

असटपदी ॥

asatpadee.

Ashtapadee:

जाप ताप गिआन सभि धिआन ॥

jaap taap gi-aan sabḥ Dhi-aan.

Chanting, intense meditation, spiritual wisdom and all meditations;

खट सासत्र सिमृति वखिआन ॥

khat saastar simrit vakhi-aan.

the six schools of philosophy and sermons on the scriptures;

जोग अभिआस कर्म ध्रम किरिआ ॥

jog abhi-aas karam Dharam kiri-aa.

the practice of Yoga and righteous conduct;

सगल तिआगि बन मधे फिरिआ ॥

sagal ti-aag ban maDhay firi-aa.

the renunciation of everything and wandering around in the wilderness;

अनिक प्रकार कीए बहु जतना ॥

anik parkaar kee-ay baho jatnaa.

the performance of all sorts of works;

पुन्न दान होमे बहु रतना ॥

punn daan homay baho ratnaa.

donations to charities and offerings of jewels to fire;

सरीरु कटाइ होमै करि राती ॥

sareer kataa-ay homai kar raatee.

cutting the body apart and making the pieces into ceremonial fire offerings;

वरत नेम करै बहु भाती ॥

varaṭ naym karai baho bhaatee.

keeping fasts and making vows of all sorts

नही तुलि राम नाम बीचार ॥

nahee tul raam naam beechaar.

- none of these are equal to the contemplation of the Name of the Lord,

नानक गुरमुखि नामु जपीऐ इक बार ॥१॥

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

O Nanak, if, as Gurmukh, one chants the Naam, even once. ||1||

नउ खंड पृथमी फिरै चिरु जीवै ॥

na-o khand parithmee firai chir jeevai.

You may roam over the nine continents of the world and live a very long life;

महा उदासु तपीसरु थीवै ॥

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

अगनि माहि होमत परान ॥

agan maahi homat paraan.
and burn yourself in fire;

कनिक अस्व हैवर भूमि दान ॥

kanik asav haivar bhoom daan.
you may give away gold, horses, elephants and land;

निउली कर्म करै बहु आसन ॥

ni-ulee karam karai baho aasan.
you may practice techniques of inner cleansing and all sorts of Yogic postures;

जैन मारग संजम अति साधन ॥

jain maarag sanjam at saaDhan.
you may adopt the self-mortifying ways of the Jains and great spiritual disciplines;

निमख निमख करि सरीरु कटावै ॥

nimakh nimakh kar sareer kataavai.
piece by piece, you may cut your body apart;

तउ भी हउमै मैलु न जावै ॥

ta-o bhee ha-umai mail na jaavai.
but even so, the filth of your ego shall not depart.

हरि के नाम समसरि कछु नाहि ॥

har kay naam samsar kachh naahi.
There is nothing equal to the Name of the Lord.

नानक गुरमुखि नामु जपत गति पाहि ॥२॥

naanak gurmukh naam japat gat paahi. ||2||
O Nanak, as Gurmukh, chant the Naam, and obtain salvation. ||2||

मन कामना तीर्थ देह छुटै ॥

man kaamnaa tīrath dayh chhutai.

With your mind filled with desire, you may give up your body at a sacred shrine of pilgrimage;

गरबु गुमानु न मन ते हुटै ॥

garab gumaan na man ṭay hutai.

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

सोच करै दिनसु अरु राति ॥

soch karai dinas ar raat.

You may practice cleansing day and night,

मन की मैलु न तन ते जाति ॥

man kee mail na ṭan ṭay jaat.

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

इसु देही कउ बहु साधना करै ॥

is dayhee ka-o baho saaDhnaa karai.

You may subject your body to all sorts of disciplines,

मन ते कबहू न बिखिआ टरै ॥

man ṭay kabhoo na bikhi-aa tarai.

but your mind will never be rid of its corruption.

जलि धोवै बहु देह अनीति ॥

jal Dhovai baho dayh aneet.

You may wash this transitory body with loads of water,

सुध कहा होइ काची भीति ॥

suDh kahaa ho-ay kaachee bheet.

but how can a wall of mud be washed clean?

मन हरि के नाम की महिमा ऊच ॥

man har kay naam kee mahimaa ooch.

O my mind, the Glorious Praise of the Name of the Lord is the highest;

नानक नामि उधरे पतित बहु मूच ॥३॥

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

O Nanak, the Naam has saved so many of the worst sinners. ||3||

बहुतु सिआणप जम का भउ बिआपै ॥

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

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

अनिक जतन करि तृसन ना ध्रापै ॥

anik jaṭan kar ṭarisan naa Dharaapai.

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

भेख अनेक अगनि नही बुझै ॥

bhaykh anayk agan nahee bujhai.

Wearing various religious robes, the fire is not extinguished.

कोटि उपाव दरगह नही सिझै ॥

kot upaav dargeh nahee sijhai.

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

छूटसि नाही ऊभ पइआलि ॥

chhootas naahee oobh pa-i-aal.

You cannot escape to the heavens, or to the nether regions,

मोहि बिआपहि माइआ जालि ॥

mohi bi-aapahi maa-i-aa jaal.

if you are entangled in emotional attachment and the net of Maya.

अवर करतूति सगली जमु डानै ॥

avar kartooṭ saglee jam daanai.

All other efforts are punished by the Messenger of Death,

गोविंद भजन बिनु तिलु नही मानै ॥

govind bhajan bin ṭil nahee maanai.

which accepts nothing at all, except meditation on the Lord of the Universe.

हरि का नामु जपत दुखु जाइ ॥

har kaa naam japaṭ dukh jaa-ay.

Chanting the Name of the Lord, sorrow is dispelled.

नानक बोलै सहजि सुभाइ ॥४॥

naanak bolai sahj subh^haa-ay. ||4||

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

चारि पदार्थ जे को मागै ॥

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

साध जना की सेवा लागै ॥

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

जे को आपुना दूखु मिटावै ॥

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

हरि हरि नामु रिदै सद गावै ॥

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

जे को अपुनी सोभा लोरै ॥

jay ko apunee sobhaa lorai.
If you long for honor for yourself,

साधसंगि इह हउमै छोरै ॥

saaDhsang ih ha-umai chhorai.
then renounce your ego in the Saadh Sangat, the Company of the Holy.

जे को जनम मरण ते डरै ॥

jay ko janam maran tay darai.
If you fear the cycle of birth and death,

साध जना की सरनी परै ॥

saaDh janaa kee sarnee parai.
then seek the Sanctuary of the Holy.

जिसु जन कउ प्रभ दरस पिआसा ॥

jis jan ka-o parabh daras pi-aasaa.
Those who thirst for the Blessed Vision of God's Darshan

नानक ता कै बलि बलि जासा ॥५॥

naanak taa kai bal bal jaasaa. ||5||
- Nanak is a sacrifice, a sacrifice to them. ||5||

सगल पुरख महि पुरखु प्रधानु ॥
sagal purakh meh purakh parDhaan.
Among all persons, the supreme person is the one

साधसंगि जा का मिटै अभिमानु ॥
saaDhsang jaa kaa mitai abhimaan.
who gives up his egotistical pride in the Company of the Holy.

आपस कउ जो जाणै नीचा ॥
aapas ka-o jo jaanai neechaa.
One who sees himself as lowly,

सोऊ गनीऐ सभ ते ऊचा ॥
so-oo ganee-ai sabh tay oochaa.
shall be accounted as the highest of all.

जा का मनु होइ सगल की रीना ॥
jaa kaa man ho-ay sagal kee reena.
One whose mind is the dust of all,

हरि हरि नामु तिनि घटि घटि चीना ॥
har har naam tin ghat ghat cheena.
recognizes the Name of the Lord, Har, Har, in each and every heart.

मन अपुने ते बुरा मिटाना ॥
man apunay tay buraa mitaana.
One who eradicates cruelty from within his own mind,

पेखै सगल सृसटि साजना ॥
paykhai sagal sarisat saajnaa.
looks upon all the world as his friend.

सूख दूख जन सम दृसटेता ॥
sookh dookh jan sam daristaytaa.
One who looks upon pleasure and pain as one and the same,

नानक पाप पुन्न नही लेपा ॥६॥
naanak paap punn nahee laypaa. ||6||
O Nanak, is not affected by sin or virtue. ||6||

निर्धन कउ धनु तेरो नाउ ॥

nirDhan ka-o Dhan tayro naa-o.
To the poor, Your Name is wealth.

निथावे कउ नाउ तेरा थाउ ॥

nithaavay ka-o naa-o tayraa thaa-o.
To the homeless, Your Name is home.

निमाने कउ प्रभ तेरो मानु ॥

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

सगल घटा कउ देवहु दानु ॥

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

करन करावनहार सुआमी ॥

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

सगल घटा के अंतरजामी ॥

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

अपनी गति मिति जानहु आपे ॥

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

आपन संगि आपि प्रभ राते ॥

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

तुम्ही उस्तति तुम ते होइ ॥

tum^Hree ustat tum tay ho-ay.
You alone can celebrate Your Praises.

नानक अवरु न जानसि कोइ ॥७॥

naanak avar na jaanas ko-ay. ||7||
O Nanak, no one else knows. ||7||

सर्व धर्म महि सेसट धरमु ॥

sarab Dharam meh saraysat Dharam.
Of all religions, the best religion

हरि को नामु जपि निर्मल करमु ॥

har ko naam jap nirmal karam.
is to chant the Name of the Lord and maintain pure conduct.

सगल कृआ महि ऊतम किरिआ ॥

sagal kir-aa meh ootam kiri-aa.
Of all religious rituals, the most sublime ritual

साधसंगि दुरमति मलु हिरिआ ॥

saaDhsang durmat mal hiri-aa.
is to erase the filth of the dirty mind in the Company of the Holy.

सगल उदम महि उदमु भला ॥

sagal udam meh udam bhalaa.
Of all efforts, the best effort

हरि का नामु जपहु जीअ सदा ॥

har kaa naam japahu jee-a sadaa.
is to chant the Name of the Lord in the heart, forever.

सगल बानी महि अमृत बानी ॥

sagal baanee meh amrit baanee.
Of all speech, the most ambrosial speech

हरि को जसु सुनि रसन बखानी ॥

har ko jas sun rasan bakhaanee.
is to hear the Lord's Praise and chant it with the tongue.

सगल थान ते ओहु ऊतम थानु ॥

sagal thaan tay oh ootam thaan.
Of all places, the most sublime place,

नानक जिह घटि वसै हरि नामु ॥८॥३॥

naanak jih ghat vasai har naam. ||8||3||
O Nanak, is that heart in which the Name of the Lord abides. ||8||3||

सलोक ॥

salok.

Shalok:

निरगुनीआर इआनिआ सो प्रभु सदा समालि ॥

nirgun^{ee}-aar i-aani-aa so parabh sadaa samaal.

You worthless, ignorant fool - dwell upon God forever.

जिनि कीआ तिसु चीति रखु नानक निबही नालि ॥१॥

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||

असटपदी ॥

asatpadee.

Ashtapadee:

रमईआ के गुन चैति परानी ॥

rama-ee-aa kay gun chayt paraanee.

Think of the Glory of the All-pervading Lord, O mortal;

कवन मूल ते कवन दृसटानी ॥

kavan mool tay kavan daristaanee.

what is your origin, and what is your appearance?

जिनि तूं साजि सवारि सीगारिआ ॥

jin too^N saaj savaar seegaari-aa.

He who fashioned, adorned and decorated you

गरभ अगनि महि जिनहि उबारिआ ॥

garabh agan meh jineh ubaari-aa.

- in the fire of the womb, He preserved you.

बार बिवसथा तुझहि पिआरै दूध ॥

baar bivasthaa tujheh pi-aarai dooDh.

In your infancy, He gave you milk to drink.

भरि जोबन भोजन सुख सूध ॥

bhar joban bhojan sukh sooDh.

In the flower of your youth, He gave you food, pleasure and understanding.

बिरधि भइआ ऊपरि साक सैन ॥ मुखि अपिआउ बैठ कउ दैन ॥

biraDh bha-i-aa oopar saak sain. mukh api-aa-o baith ka-o dain.

As you grow old, family and friends are there to feed you as you rest.

इह निरगुनु गुनु कछू न बूझै ॥

ih nirgun gun kachhoo na boojhai.

This worthless person has not appreciated in the least, all the good deeds done for him.

बखसि लेहु तउ नानक सीझै ॥१॥

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

If you bless him with forgiveness, O Nanak, only then will he be saved. ||1||

जिह प्रसादि धर ऊपरि सुखि बसहि ॥

jih parsaad Dhar oopar sukh baseh.

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

सुत भ्रात मीत बनिता संगि हसहि ॥

sut bharaat meet banitaa sang haseh.

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

जिह प्रसादि पीवहि सीतल जला ॥

jih parsaad peeveh seetal jalaa.

By His Grace, you drink in cool water.

सुखदाई पवनु पावकु अमुला ॥

sukh-daa-ee pavan paavak amulaa.

You have peaceful breezes and priceless fire.

जिह प्रसादि भोगहि सभि रसा ॥

jih parsaad bhogeh sabh rasaa.

By His Grace, you enjoy all sorts of pleasures.

सगल समग्री संगि साथि बसा ॥

sagal samagree sang saath basaa.

You are provided with all the necessities of life.

दीने हसत पाव करन नेत्र रसना ॥

deenay hasat paav karan naytar rasnaa.

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

तिसहि तिआगि अवर संगि रचना ॥

tiseh tī-aag avar sang rachnaa.
and yet, you forsake Him and attach yourself to others.

ऐसे दोख मूड़ अंध बिआपे ॥

aisay dokh moorh anDh bi-aapay.
Such sinful mistakes cling to the blind fools;

नानक काढि लेहु प्रभ आपे ॥२॥

naanak kaadh layho parabh aapay. ||2||
Nanak: uplift and save them, God! ||2||

आदि अंति जो राखनहारु ॥

aad ant jo raakhanhaar.
From beginning to end, He is our Protector,

तिस सिउ प्रीति न करै गवारु ॥

tis si-o pareet na karai gavaar.
and yet, the ignorant do not give their love to Him.

जा की सेवा नव निधि पावै ॥

jaa kee sayvaa nav niDh paavai.
Serving Him, the nine treasures are obtained,

ता सिउ मूड़ा मनु नही लावै ॥

taa si-o moorhaa man nahee laavai.
and yet, the foolish do not link their minds with Him.

जो ठाकुरु सद सदा हजुरे ॥

jo thaakur sad sadaa hajoaray.
Our Lord and Master is Ever-present, forever and ever,

ता कउ अंधा जानत दूरे ॥

taa ka-o anDhaa jaanat dooray.
and yet, the spiritually blind believe that He is far away.

जा की टहल पावै दरगह मानु ॥

jaa kee tahal paavai dargeh maan.
In His service, one obtains honor in the Court of the Lord,

तिसहि बिसारै मुग्धु अजानु ॥
tiseh bisaarai mugaDh ajaan.
and yet, the ignorant fool forgets Him.

सदा सदा इहु भूलनहारु ॥
sadaa sadaa ih bhoolanhaar.
Forever and ever, this person makes mistakes;

नानक राखनहारु अपारु ॥३॥
naanak raakhanhaar apaar. ||3||
O Nanak, the Infinite Lord is our Saving Grace. ||3||

रतनु तिआगि कउडी संगि रचै ॥
ratan ti-aag ka-udee sang rachai.
Forsaking the jewel, they are engrossed with a shell.

साचु छोडि झूठ संगि मचै ॥
saach chhod jhooth sang machai.
They renounce Truth and embrace falsehood.

जो छडना सु असथिरु करि मानै ॥
jo chhadnaa so asthir kar maanai.
That which passes away, they believe to be permanent.

जो होवनु सो दूरि परानै ॥
jo hovan so door paraanai.
That which is immanent, they believe to be far off.

छोडि जाइ तिस का समु करै ॥
chhod jaa-ay tis kaa saram karai.
They struggle for what they must eventually leave.

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

चंदन लेपु उतारै धोइ ॥
chandan layp utaarai Dho-ay.
They wash off the sandalwood paste;

गरधब प्रीति भसम संगि होइ ॥
garDhab pareet bhasam sang ho-ay.
like donkeys, they are in love with the mud.

अंध कूप महि पतित बिकराल ॥
anDh koop meh patit bikraal.
They have fallen into the deep, dark pit.

नानक काढि लेहु प्रभ दइआल ॥४॥
naanak kaadh layho parabh da-i-aal. ||4||
Nanak: lift them up and save them, O Merciful Lord God! ||4||

करतूति पसू की मानस जाति ॥
kartoot pasoo kee maanas jaat.
They belong to the human species, but they act like animals.

लोक पचारा करै दिनु राति ॥
lok pacharaa karai din raat.
They curse others day and night.

बाहरि भेख अंतरि मलु माइआ ॥
baahar bhaykh antar mal maa-i-aa.
Outwardly, they wear religious robes, but within is the filth of Maya.

छपसि नाहि कछु करै छपाइआ ॥
chhapas naahi kachh karai chhapaa-i-aa.
They cannot conceal this, no matter how hard they try.

बाहरि गिआन धिआन इसनान ॥
baahar gi-aan Dhi-aan isnaan.
Outwardly, they display knowledge, meditation and purification,

अंतरि बिआपै लोभु सुआनु ॥
antar bi-aapai lobh su-aan.
but within clings the dog of greed.

अंतरि अगनि बाहरि तनु सुआह ॥
antar agan baahar tan su-aah.
The fire of desire rages within; outwardly they apply ashes to their bodies.

गलि पाथर कैसे तरै अथाह ॥

gal paathar kaisay tarai athaah.

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

जा कै अंतरि बसै प्रभु आपि ॥

jaa kai antar basai parabh aap.

Those, within whom God Himself abides

नानक ते जन सहजि समाति ॥५॥

naanak tay jan sahj samaat. ||5||

- O Nanak, those humble beings are intuitively absorbed in the Lord. ||5||

सुनि अंधा कैसे मारगु पावै ॥

sun anDhaa kaisay maarag paavai.

By listening, how can the blind find the path?

करु गहि लेहु ओड़ि निबहावै ॥

kar geh layho orh nibhaavai.

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

कहा बुझारति बूझै डोरा ॥

kahaa bujhaarat boojhai dora.

How can a riddle be understood by the deaf?

निसि कहीऐ तउ समझै भोरा ॥

nis kahee-ai ta-o samjhai bhoraa.

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

कहा बिसनपद गावै गुंग ॥

kahaa bisanpad gaavai gung.

How can the mute sing the Songs of the Lord?

जतन करै तउ भी सुर भंग ॥

jatān karai ta-o bhee sur bhang.

He may try, but his voice will fail him.

कह पिंगुल पर्वत पर भवन ॥

kah pingul parbat par bhavan.

How can the cripple climb up the mountain?

नही होत ऊहा उसु गवन ॥
nahee hot oohaa us gavan.
He simply cannot go there.

करतार करुणा मै दीनु बेनती करै ॥
kartaar karunaa mai deen bayntee karai.
O Creator, Lord of Mercy - Your humble servant prays;

नानक तुमरी किरपा तरै ॥६॥
naanak tumree kirpaa tarai. ||6||
Nanak: by Your Grace, please save me. ||6||

संगि सहाई सु आवै न चीति ॥
sang sahaa-ee so aavai na cheet.
The Lord, our Help and Support, is always with us, but the mortal does not remember Him.

जो बैराई ता सिउ प्रीति ॥
jo bairaa-ee taa si-o pareet.
He shows love to his enemies.

बलूआ के गृह भीतरि बसै ॥
baloo-aa kay garih bheetar basai.
He lives in a castle of sand.

अनद केल माइआ रंगि रसै ॥
anad kayl maa-i-aa rang rasai.
He enjoys the games of pleasure and the tastes of Maya.

दृडु करि मानै मनहि प्रतीति ॥
darirh kar maanai maneh parteet.
He believes them to be permanent - this is the belief of his mind.

कालु न आवै मूड़े चीति ॥
kaal na aavai moorhay cheet.
Death does not even come to mind for the fool.

बैर बिरोध काम क्रोध मोह ॥
bair biroDh kaam kroDh moh.
Hate, conflict, sexual desire, anger, emotional attachment,

झूठ बिकार महा लोभ धोह ॥

jhooth bikaar mahaa lobh Dharoh.

falsehood, corruption, immense greed and deceit:

इआहू जुगति बिहाने कई जनम ॥

i-aahoo jugat bihaanay ka-ee janam.

So many lifetimes are wasted in these ways.

नानक राखि लेहु आपन करि कर्म ॥७॥

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

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

तू ठाकुरु तुम पहि अरदासि ॥

too thaakur tum peh ardaas.

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

जीउ पिंडु सभु तेरी रासि ॥

jee-o pind sabh tayree raas.

This body and soul are all Your property.

तुम मात पिता हम बारिक तेरे ॥

tum maat pitaa ham baarik tayray.

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

तुमरी कृपा महि सूख घनेरे ॥

tumree kirpaa meh sookh ghanayray.

In Your Grace, there are so many joys!

कोइ न जानै तुमरा 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 तुमरै सूतृ धारी ॥

sagal samagree tumrai sutir Dhaaree.

the whole creation is strung on Your thread.

तुम ते होइ सु आगिआकारी ॥

tum tay ho-ay so aagi-aakaaree.

That which has come from You is under Your Command.

तुमरी गति मिति तुम ही जानी ॥

tumree gat mit tum hee jaanee.

You alone know Your state and extent.

नानक दास सदा कुरबानी ॥८॥४॥

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

Nanak, Your slave, is forever a sacrifice. ||8||4||

सलोक ॥

salok.

Shalok:

देनहारु प्रभ छोडि कै लागहि आन सुआइ ॥

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

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

नानक कहू न सीझई बिनु नावै पति जाइ ॥१॥

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

- O Nanak, he shall never succeed. Without the Name, he shall lose his honor. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

दस बसतू ले पाछै पावै ॥

das bastoo lay paachhai paavai.

He obtains ten things, and puts them behind him;

एक बसतु कारनि बिखोटि गवावै ॥

ayk basat kaaran bikhhot gavaavai.

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

एक भी न देइ दस भी हिरि लेइ ॥

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

But what if that one thing were not given, and the ten were taken away?

तउ मूड़ा कहु कहा करेइ ॥

ta-o moor^haa kaho kaha^a karay-i.
Then, what could the fool say or do?

जिसु ठाकुर सिउ नाही चारा ॥

jis thaakur si-o naahee chaaraa.
Our Lord and Master cannot be moved by force.

ता कउ कीजै सद नमसकारा ॥

taa ka-o keejai sad namaskaaraa.
Unto Him, bow forever in adoration.

जा कै मनि लागा प्रभु मीठा ॥

jaa kai man laagaa parab^h meeth^haa.
That one, unto whose mind God seems sweet

सर्व सूख ताहू मनि वूठा ॥

sarab sook^h taahoo man vooth^haa.
- all pleasures come to abide in his mind.

जिसु जन अपना हुकमु मनाइआ ॥

jis jan apnaa hukam manaa-i-aa.
One who abides by the Lord's Will,

सर्व थोक नानक तिनि पाइआ ॥१॥

sarab thok naanak ^tin paa-i-aa. ||1||
O Nanak, obtains all things. ||1||

अगनत साहु अपनी दे रासि ॥

agnat saahu apnee ^day raas.
God the Banker gives endless capital to the mortal,

खात पीत बरतै अनद उलासि ॥

^khaat ^pee^t bartai anad ulaas.
who eats, drinks and expends it with pleasure and joy.

अपुनी अमान कछु बहुरि साहु लेइ ॥

apunee amaan ^kach^h bahur saahu lay-ay.
If some of this capital is later taken back by the Banker,

अगिआनी मनि रोसु करेइ ॥

agi-aanee man ros karay-i.
the ignorant person shows his anger.

अपनी परतीति आप ही खोवै ॥

apnee parteet aap hee khovai.
He himself destroys his own credibility,

बहुरि उस का बिस्वासु 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,

प्रभ की आगिआ मानै माथै ॥

parabh kee aagi-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॥

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

अनिक भाति माइआ के हेत ॥ सरपर होवत जानु अनेत ॥

anik bhaat maa-i-aa kay hayt. sarpar hovat jaan aneyt.
The many forms of attachment to Maya shall surely pass away - know that they are transitory.

बिरख की छाइआ सिउ रंगु लावै ॥

birakh kee chhaa-i-aa si-o rang laavai.
People fall in love with the shade of the tree,

ओह बिनसै उहु मनि पछुतावै ॥

oh binsai uho man pachhutaavai.
and when it passes away, they feel regret in their minds.

जो दीसै सो चालनहारु ॥

jo deesai so chaalanhaar.
Whatever is seen, shall pass away;

लपटि रहिओ तह अंध अंधारु ॥

lapat rahi-o tah anDh anDhaar.
and yet, the blindest of the blind cling to it.

बटाऊ सिउ जो लावै नेह ॥

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

ता कउ हाथि न आवै केह ॥

taa ka-o haath na aavai kayh.
- nothing shall come into her hands in this way.

मन हरि के नाम की प्रीति सुखदाई ॥

man har kay naam kee pareet sukh-daa-ee.
O mind, the love of the Name of the Lord bestows peace.

करि किरपा नानक आपि लए लाई ॥३॥

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

मिथिआ तनु धनु कुटम्बु सबाइआ ॥

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

मिथिआ हउमै ममता माइआ ॥

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

मिथिआ राज जोबन धन माल ॥

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

मिथिआ काम क्रोध बिकराल ॥

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

मिथिआ रथ हसती अस्व बसत्ता ॥

mithi-aa rath hastee asav bastaraa.

False are chariots, elephants, horses and expensive clothes.

मिथिआ रंग संगि माइआ पेखि हसता ॥

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

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

मिथिआ धोह मोह अभिमानु ॥

mithi-aa Dharoh moh abhimaan.

False are deception, emotional attachment and egotistical pride.

मिथिआ आपस ऊपरि करत गुमानु ॥

mithi-aa aapas oopar karat gumaan.

False are pride and self-conceit.

असथिरु भगति साध की सरन ॥

asthir bhagat saadh kee saran.

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

नानक जपि जपि जीवै हरि के चरन ॥४॥

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

Nanak lives by meditating, meditating on the Lotus Feet of the Lord. ||4||

मिथिआ स्रवन पर निंदा सुनहि ॥

mithi-aa sarvan par nindaa suneh.

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

मिथिआ हसत पर दरब कउ हिरहि ॥

mithi-aa hasat par darab ka-o hireh.

False are the hands which steal the wealth of others.

मिथिआ नेत्र पेखत पर तृअ रूपाद ॥

mithi-aa naytar paykhat par tari-a roopaad.

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

मिथिआ रसना भोजन अन स्वाद ॥

mithi-aa rasnaa bhojan an savaad.

False is the tongue which enjoys delicacies and external tastes.

मिथिआ चरन पर बिकार कउ धावहि ॥

mithi-aa charan par bikaar ka-o Dhaaveh.
False are the feet which run to do evil to others.

मिथिआ मन पर लोभ लुभावहि ॥

mithi-aa man par lobh lubhaaveh.
False is the mind which covets the wealth of others.

मिथिआ तन नही परउपकारा ॥

mithi-aa tan nahee par-upkaaraa.
False is the body which does not do good to others.

मिथिआ बासु लेत बिकारा ॥

mithi-aa baas layt bikaaraa.
False is the nose which inhales corruption.

बिनु बूझे मिथिआ सभ भए ॥

bin boojhay mithi-aa sabh bha-ay.
Without understanding, everything is false.

सफल देह नानक हरि हरि नाम लिए ॥५॥

safal dayh naanak har har naam la-ay. ||5||
Fruitful is the body, O Nanak, which takes to the Lord's Name. ||5||

बिरथी साकत की आरजा ॥

birthee saakat kee aarjaa.
The life of the faithless cynic is totally useless.

साच बिना कह होवत सूचा ॥

saach binaa kah hovat soochaa.
Without the Truth, how can anyone be pure?

बिरथा नाम बिना तनु अंध ॥

birthaa naam binaa tan anDh.
Useless is the body of the spiritually blind, without the Name of the Lord.

मुखि आवत ता कै दुरगंध ॥

mukh aavat taa kai durganDh.
From his mouth, a foul smell issues forth.

बिनु सिमरन दिनु रैनि बृथा बिहाइ ॥

bin simran din rain baritha bihaa-ay.

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

मेघ बिना जिउ खेती जाइ ॥

maygh binaa ji-o khaytee jaa-ay.

like the crop which withers without rain.

गोबिद भजन बिनु बृथे 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.

धंनि धंनि ते जन जिह घटि बसिओ हरि नाउ ॥

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

Blessed, blessed are those, whose hearts are filled with the Name of the Lord.

नानक ता कै बलि बलि 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.

मनि नही प्रीति मुखहु गंढ लावत ॥

man nahee pareet mukhahu gandh laavat.

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

जाननहार प्रभू परबीन ॥

jaananhaar parabhoo parbeen.

The Omniscient Lord God is the Knower of all.

बाहरि भेख न काहू भीन ॥

baahar bhaykh na kaahoo bheen.

He is not impressed by outward display.

अवर उपदेसै आपि न करै ॥

avar updaysai aap na karai.

One who does not practice what he preaches to others,

आवत जावत जनमै मरै ॥

aavaṭ jaavaṭ janmai marai.

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

जिस कै अंतरि बसै निरंकारु ॥

jis kai anṭar basai nirankaar.

One whose inner being is filled with the Formless Lord

तिस की सीख तरै संसारु ॥

ṭis kee seekh ṭarai sansaar.

- by his teachings, the world is saved.

जो तुम भाने तिन प्रभु जाता ॥

jo tum bhaanay ṭin parabḥ jaṭaa.

Those who are pleasing to You, God, know You.

नानक उन जन चरन पराता ॥७॥

naanak un jan charan paraṭaa. ||7||

Nanak falls at their feet. ||7||

करउ बेनती पारब्रह्म सभु जानै ॥

kara-o baynṭee paarbarahm sabḥ jaanai.

Offer your prayers to the Supreme Lord God, who knows everything.

अपना कीआ आपहि मानै ॥

apnaa kee-aa aapeh maanai.

He Himself values His own creatures.

आपहि आप आपि करत निबेरा ॥

aapeh aap aap karaṭ nibayraa.

He Himself, by Himself, makes the decisions.

किसै दूरि जनावत किसै बुझावत नेरा ॥

kisai door janaavaṭ kisai bujhaavaṭ nayraa.

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

उपाव सिआनप सगल ते रहत ॥
upaav si-aanap sagal tay rahat.
He is beyond all efforts and clever tricks.

सभु कछु जानै आतम की रहत ॥
sabh kachh jaanai aatam kee rahat.
He knows all the ways and means of the soul.

जिसु भावै तिसु लए लड़ि लाइ ॥
jis bhaavai tis la-ay larh laa-ay.
Those with whom He is pleased are attached to the hem of His robe.

थान थनंतरि रहिआ समाइ ॥
thaan thanantar rahi-aa samaa-ay.
He is pervading all places and interspaces.

सो सेवकु जिसु किरपा करी ॥
so sayvak jis kirpaa karee.
Those upon whom He bestows His favor, become His servants.

निमख निमख जपि नानक हरी ॥८॥५॥
nimakh nimakh jap naanak haree. ||8||5||
Each and every moment, O Nanak, meditate on the Lord. ||8||5||

सलोकु ॥
salok.
Shalok:

काम क्रोध अरु लोभ मोह बिनसि जाइ अहम्मेव ॥
kaam kroDh ar lobh moh binas jaa-ay aha^Nmayv.
Sexual desire, anger, greed and emotional attachment - may these be gone, and egotism as well.

नानक प्रभ सरणागती करि प्रसादु गुरदेव ॥१॥
naanak parabh sarnaagatee kar parsaad gurdayv. ||1||
Nanak seeks the Sanctuary of God; please bless me with Your Grace, O Divine Guru. ||1||

असटपदी ॥
asatpadee.
Ashtapadee:

जिह प्रसादि छतीह अमृत खाहि ॥

jih parsaad chhateeh amrit khaahi.

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

तिसु ठाकुर कउ रखु मन माहि ॥

tis thaakur ka-o rakh man maahi.

enshrine that Lord and Master within your mind.

जिह प्रसादि सुगंधत तनि लावहि ॥

jih parsaad sugandhat tan laaveh.

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

तिस कउ सिमरत परम गति पावहि ॥

tis ka-o simrat param gat paavahi.

remembering Him, the supreme status is obtained.

जिह प्रसादि बसहि सुख मंदरि ॥

jih parsaad baseh sukh mandar.

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

तिसहि धिआइ सदा मन अंदरि ॥

tiseh Dhi-aa-ay sadaa man andar.

meditate forever on Him within your mind.

जिह प्रसादि गृह संगि सुख बसना ॥

jih parsaad garih sang sukh basnaa.

By His Grace, you abide with your family in peace;

आठ पहर सिमरहु तिसु रसना ॥

aath pahar simrahu tis rasnaa.

keep His remembrance upon your tongue, twenty-four hours a day.

जिह प्रसादि रंग रस भोग ॥

jih parsaad rang ras bhog.

By His Grace, you enjoy tastes and pleasures;

नानक सदा धिआईऐ धिआवन जोग ॥१॥

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

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

जिह प्रसादि पाट पटम्बर हढावहि ॥

jih p^{ar}saad paat patambar hadhaaveh.
By His Grace, you wear silks and satins;

तिसहि तिआगि कत अवर लुभावहि ॥

tiseh ti-aag kaṭ avar lubhaaveh.
why abandon Him, to attach yourself to another?

जिह प्रसादि सुखि सेज सोईजै ॥

jih p^{ar}saad sukh sayj so-eejai.
By His Grace, you sleep in a cozy bed;

मन आठ पहर ता का जसु गावीजै ॥

man aath pahar taa kaa jas gaaveejai.
O my mind, sing His Praises, twenty-four hours a day.

जिह प्रसादि तुझु सभु कोऊ मानै ॥

jih p^{ar}saad tujh sabh ko-oo maanai.
By His Grace, you are honored by everyone;

मुखि ता को जसु रसन बखानै ॥

mukh taa ko jas rasan bakhaanai.
with your mouth and with your tongue, chant His Praises.

जिह प्रसादि तेरो रहता धरमु ॥

jih p^{ar}saad tayro rahtaa Dharam.
By His Grace, you remain in the Dharma;

मन सदा धिआइ केवल पारब्रह्मु ॥

man sadaa Dhi-aa-ay kayval paarbarahm.
O mind, meditate continually on the Supreme Lord God.

प्रभ जी जपत दरगह मानु पावहि ॥

parabh jee japat dargeh maan paavahi.
Meditating on God, you shall be honored in His Court;

नानक पति सेती घरि जावहि ॥२॥

naanak pat saytee ghar jaaveh. ||2||
O Nanak, you shall return to your true home with honor. ||2||

जिह प्रसादि आरोग कंचन देही ॥

jih p^{ar}saad aarog kanchan dayhee.

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

लिव लावहु तिसु राम सनेही ॥

liv laavhu tis raam sanayhee.

attune yourself to that Loving Lord.

जिह प्रसादि तेरा ओला रहत ॥

jih p^{ar}saad tayraa olaa rahaṭ.

By His Grace, your honor is preserved;

मन सुखु पावहि हरि हरि जसु कहत ॥

man sukh paavahi har har jas kahaṭ.

O mind, chant the Praises of the Lord, Har, Har, and find peace.

जिह प्रसादि तेरे सगल छिद्र ढाके ॥

jih p^{ar}saad tayray sagal chhidar dhaakay.

By His Grace, all your deficits are covered;

मन सरनी परु ठाकुर प्रभ ता कै ॥

man sarnee par thaakur parabh taa kai.

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

जिह प्रसादि तुझु को न पहूचै ॥

jih p^{ar}saad tuih ko na pahoochai.

By His Grace, no one can rival you;

मन सासि सासि सिमरहु प्रभ ऊचे ॥

man saas saas simrahu parabh oochay.

O mind, with each and every breath, remember God on High.

जिह प्रसादि पाई दुलभ देह ॥

jih p^{ar}saad paa-ee darulabh dayh.

By His Grace, you obtained this precious human body;

नानक ता की भगति करेह ॥३॥

naanak taa kee bhagaṭ karayh. ||3||

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

जिह प्रसादि आभूखन पहिरीजै ॥

jih parsaad aabhookhan pehreejai.
By His Grace, you wear decorations;

मन तिसु सिमरत किउ आलसु कीजै ॥

man tis simrat ki-o aalas keejai.
O mind, why are you so lazy? Why don't you remember Him in meditation?

जिह प्रसादि अस्व हसति असवारी ॥

jih parsaad asav hasat asvaaree.
By His Grace, you have horses and elephants to ride;

मन तिसु प्रभ कउ कबहू न बिसारी ॥

man tis parabh ka-o kabhoo na bisaaree.
O mind, never forget that God.

जिह प्रसादि बाग मिलख धना ॥

jih parsaad baag milakh Dhanaa.
By His Grace, you have land, gardens and wealth;

राखु परोइ प्रभु अपुने मना ॥

raakh paro-ay parabh apunay manaa.
keep God enshrined in your heart.

जिनि तेरी मन बनत बनाई ॥

jini tayree man banat banaa-ee.
O mind, the One who formed your form

ऊठत बैठत सद तिसहि धिआई ॥

oothat baithat sad tiseh Dhi-aa-ee.
- standing up and sitting down, meditate always on Him.

तिसहि धिआइ जो एक अलखै ॥

tiseh Dhi-aa-ay jo ayk alkhai.
Meditate on Him - the One Invisible Lord;

ईहा ऊहा नानक तेरी रखै ॥४॥

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

जिह प्रसादि करहि पुन्न बहु दान ॥

jih p^{ar}saad^u kara^{hi} punn ba^{ho} daan.

By His Grace, you give donations in abundance to charities;

मन आठ पहर करि तिस का धिआन ॥

man aath^h pa^{har} karⁱ ti^s kaa D^{hi}-aan.

O mind, meditate on Him, twenty-four hours a day.

जिह प्रसादि तू आचार बिउहारी ॥

jih p^{ar}saad^u tu^o aachaar bi-uhaaree.

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

तिसु प्रभ कउ सासि सासि चितारी ॥

ti^s para^{bh} ka-o saas saas chi^{ta}aree.

think of God with each and every breath.

जिह प्रसादि तेरा सुंदर रूप ॥

jih p^{ar}saad^u ta^{yr}aa sun^{dar} roop.

By His Grace, your form is so beautiful;

सो प्रभु सिमरहु सदा अनूप ॥

so para^{bh} simra^{hu} sadaa anoop.

constantly remember God, the Incomparably Beautiful One.

जिह प्रसादि तेरी नीकी जाति ॥

jih p^{ar}saad^u ta^{yr}ee nee^{kee} jaatⁱ.

By His Grace, you have such high social status;

सो प्रभु सिमरि सदा दिन राति ॥

so para^{bh} simarⁱ sadaa diⁿ raatⁱ.

remember God always, day and night.

जिह प्रसादि तेरी पति रहै ॥

jih p^{ar}saad^u ta^{yr}ee pa^ti rahi.

By His Grace, your honor is preserved;

गुर प्रसादि नानक जसु कहै ॥५॥

gur p^{ar}saad^u naanak jas kahi. ||5||

by Guru's Grace, O Nanak, chant His Praises. ||5||

जिह प्रसादि सुनहि करन नाद ॥

jih p^{ar}saad^u suneh karan naad.

By His Grace, you listen to the sound current of the Naad.

जिह प्रसादि पेखहि बिसमाद ॥

jih p^{ar}saad^u payk^heh bismaad.

By His Grace, you behold amazing wonders.

जिह प्रसादि बोलहि अमृत रसना ॥

jih p^{ar}saad^u boleh amrit rasnaa.

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

जिह प्रसादि सुखि सहजे बसना ॥

jih p^{ar}saad^u sukh^h sehjay basnaa.

By His Grace, you abide in peace and ease.

जिह प्रसादि हसत कर चलहि ॥

jih p^{ar}saad^u hasat kar chaleh.

By His Grace, your hands move and work.

जिह प्रसादि सम्पूरन फलहि ॥

jih p^{ar}saad^u sampooran faleh.

By His Grace, you are completely fulfilled.

जिह प्रसादि परम गति पावहि ॥

jih p^{ar}saad^u param gat paavahi.

By His Grace, you obtain the supreme status.

जिह प्रसादि सुखि सहजि समावहि ॥

jih p^{ar}saad^u sukh^h sahj samaaveh.

By His Grace, you are absorbed into celestial peace.

ऐसा प्रभु तिआगि अवर कत लागहु ॥

aisaa parabh^h ti-aag avar kat laagahu.

Why forsake God, and attach yourself to another?

गुर प्रसादि नानक मनि जागहु ॥६॥

gur p^{ar}saad^u naanak man jaagahu. ||6||

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

जिह प्रसादि तूं प्रगटु संसारि ॥

jih p^ursaad t^{oo} pargat sansaar.

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

तिसु प्रभ कउ मूलि न मनहु बिसारि ॥

tis parabh ka-o mool na manhu bisaar.

never forget God from your mind.

जिह प्रसादि तेरा परतापु ॥

jih p^ursaad tayraa partaap.

By His Grace, you have prestige;

रे मन मूडु तू ता कउ जापु ॥

ray man moorh too taa ka-o jaap.

O foolish mind, meditate on Him!

जिह प्रसादि तेरे कारज पूरे ॥

jih p^ursaad tayray kaaraj pooray.

By His Grace, your works are completed;

तिसहि जानु मन सदा हजुरे ॥

tiseh jaan man sadaa hajoaray.

O mind, know Him to be close at hand.

जिह प्रसादि तूं पावहि साचु ॥

jih p^ursaad t^{oo} paavahi saach.

By His Grace, you find the Truth;

रे मन मेरे तूं ता सिउ राचु ॥

ray man mayray t^{oo} taa si-o raach.

O my mind, merge yourself into Him.

जिह प्रसादि सभ की गति होइ ॥

jih p^ursaad sabh kee gat ho-ay.

By His Grace, everyone is saved;

नानक जापु जपै जपु सोइ ॥७॥

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

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

आपि जपाए जपै सो नाउ ॥

aap japaa-ay japai so naa-o.

Those, whom He inspires to chant, chant His Name.

आपि गावाए सु हरि गुन गाउ ॥

aap gaavaa-ai so har gun gaa-o.

Those, whom He inspires to sing, sing the Glorious Praises of the Lord.

प्रभ किरपा ते होइ प्रगासु ॥

parabh kirpaa tay ho-ay pargaas.

By God's Grace, enlightenment comes.

प्रभू दइआ ते कमल बिगासु ॥

parabhoo da-i-aa tay kamal bigaas.

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

प्रभ सुप्रसन्न बसै मनि सोइ ॥

parabh suparsan basai man so-ay.

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

प्रभ दइआ ते मति ऊतम होइ ॥

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

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

सर्व निधान प्रभ तेरी मइआ ॥

sarab niDhaan parabh tayree ma-i-aa.

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

आपहु कछू न किनहू लइआ ॥

aaphu kachhoo na kinhoo la-i-aa.

No one obtains anything by himself.

जितु जितु लावहु तितु लगहि हरि नाथ ॥

jit̥ jit̥ laavhu tit̥ lageh har naath.

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

नानक इन कै कछू न हाथ ॥८॥६॥

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

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

सलोक ॥

salok.

Shalok:

अगम अगाधि पारब्रह्म सोइ ॥

agam agaaDh paarbarahm so-ay.

Unapproachable and Unfathomable is the Supreme Lord God;

जो जो कहै सु मुक्ता होइ ॥

jo jo kahai so muktaa ho-ay.

whoever speaks of Him shall be liberated.

सुनि मीता नानक बिनवंता ॥ साध जना की अचरज कथा ॥१॥

sun meetaa naanak binvantaa. saaDh janaa kee achraj kathaa. ||1||

Listen, O friends, Nanak prays, to the wonderful story of the Holy. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

साध कै संगि मुख ऊजल होत ॥

saaDh kai sang mukh oojal hot.

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

साधसंगि मलु सगली खोत ॥

saaDhsang mal saglee khot.

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

साध कै संगि मिटै अभिमानु ॥

saaDh kai sang mitai abhimaan.

In the Company of the Holy, egotism is eliminated.

साध कै संगि प्रगतै सुगिआनु ॥

saaDh kai sang pargatai sugi-aan.

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

साध कै संगि बुझै प्रभु नेरा ॥

saaDh kai sang bujhai parabh nayraa.

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

साधसंगि सभु होत निबेरा ॥

saaDhsang sabh hot nibayraa.

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

साध कै संगि पाए नाम रतनु ॥

saaDh kai sang paa-ay naam ratan.

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

साध कै संगि एक ऊपरि जतनु ॥

saaDh kai sang ayk oopar jatan.

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

साध की महिमा बरनै कउनु प्रानी ॥

saaDh kee mahimaa barnai ka-un paraanee.

What mortal can speak of the Glorious Praises of the Holy?

नानक साध की सोभा प्रभ माहि समानी ॥१॥

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

O Nanak, the glory of the Holy people merges into God. ||1||

साध कै संगि अगोचरु मिलै ॥

saaDh kai sang agochar milai.

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

साध कै संगि सदा परफुलै ॥

saaDh kai sang sadaa parfulai.

In the Company of the Holy, one flourishes forever.

साध कै संगि आवहि बसि पंचा ॥

saaDh kai sang aavahi bas panchaa.

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

साधसंगि अमृत रसु भुंचा ॥

saaDhsang amrit ras bhunchaa.

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

साधसंगि होइ सभ की रेन ॥

saaDhsang ho-ay sabh kee rayn.

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

साध कै संगि मनोहर बैन ॥

saaDh kai sang manohar bain.

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

साध कै संगि न कतहूं धावै ॥

saaDh kai sang na katahoo^N Dhaavai.

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

साधसंगि असथिति मनु पावै ॥

saaDhsang asthiṭ man paavai.

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

साध कै संगि माइआ ते भिन्न ॥

saaDh kai sang maa-i-aa tay bhinn.

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

साधसंगि नानक प्रभ सुप्रसन्न ॥२॥

saaDhsang naanak parabh suparsan. ||2||

In the Company of the Holy, O Nanak, God is totally pleased. ||2||

साधसंगि दुसमन सभि मीत ॥

saaDhsang dusman sabh meet.

In the Company of the Holy, all one's enemies become friends.

साधू कै संगि महा पुनीत ॥

saaDhoo kai sang mahaa puneet.

In the Company of the Holy, there is great purity.

साधसंगि किस सिउ नही बैरु ॥

saaDhsang kis si-o nahee bair.

In the Company of the Holy, no one is hated.

साध कै संगि न बीगा पैरु ॥

saaDh kai sang na beegaa pair.

In the Company of the Holy, one's feet do not wander.

साध कै संगि नाही को मंदा ॥

saaDh kai sang naahee ko mandaa.

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

साधसंगि जाने परमानंदा ॥

saaDhsang jaanay parmaanandaa.

In the Company of the Holy, supreme bliss is known.

साध कै संगि नाही हउ तापु ॥

saaDh kai sang naahee ha-o taap.

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

साध कै संगि तजै सभु आपु ॥

saaDh kai sang tajai sabh aap.

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

आपे जानै साध बडाई ॥

aapay jaanai saaDh badaa-ee.

He Himself knows the greatness of the Holy.

नानक साध प्रभू बनि आई ॥३॥

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

O Nanak, the Holy are at one with God. ||3||

साध कै संगि न कबहू धावै ॥

saaDh kai sang na kabhoo Dhaavai.

In the Company of the Holy, the mind never wanders.

साध कै संगि सदा सुखु पावै ॥

saaDh kai sang sadaa sukh paavai.

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

साधसंगि बसतु अगोचर लहै ॥

saaDhsang basatu agochar lahai.

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

साधू कै संगि अजरु सहै ॥

saaDhoo kai sang ajar sahai.

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

साध कै संगि बसै थानि ऊचै ॥

saaDh kai sang basai thani oochai.

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

साधू कै संगि महलि पहुचै ॥

saaDhoo kai sang mahal pahoochai.

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

साध कै संगि दृढ़ै सभि धर्म ॥

saaDh kai sang darirhai sabh Dharam.

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

साध कै संगि केवल पारब्रह्म ॥

saaDh kai sang kayval paarbarahm.

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

साध कै संगि पाए नाम निधान ॥

saaDh kai sang paa-ay naam niDhaan.

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

नानक साधू कै कुरबान ॥४॥

naanak saaDhoo kai kurbaan. ||4||

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

साध कै संगि सभ कुल उधारै ॥

saaDh kai sang sabh kul uDhaarai.

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

साधसंगि साजन मीत कुटम्ब निसतारै ॥

saaDhsang saajan meet kutamb nistaarai.

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

साधू कै संगि सो धनु पावै ॥

saaDhoo kai sang so Dhan paavai.

In the Company of the Holy, that wealth is obtained.

जिसु धन ते सभु को वरसावै ॥

jis Dhan tay sabh ko varsaavai.

Everyone benefits from that wealth.

साधसंगि धर्म राइ करे सेवा ॥

saaDhsang Dharam raa-ay karay sayvaa.

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

साध कै संगि सोभा सुरदेवा ॥

saaDh kai sang sobhaa surdayvaa.

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

साधू कै संगि पाप पलाइन ॥

saaDhoo kai sang paap palaa-in.

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

साधसंगि अमृत गुन गाइन ॥

saaDhsang amritṛ gun gaa-in.

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

साध कै संगि सब थान गंमि ॥

saaDh kai sang sarab thaan gamm.

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

नानक साध कै संगि सफल जनम्म ॥५॥

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

O Nanak, in the Company of the Holy, one's life becomes fruitful. ||5||

साध कै संगि नही कछु घाल ॥

saaDh kai sang nahee kachh ghaal.

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

दरसन भेटत होत निहाल ॥

darsan bhaytat hot nihaal.

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

साध कै संगि कलूखत हरै ॥

saaDh kai sang kalookhat harai.

In the Company of the Holy, blemishes are removed.

साध कै संगि नरक परहरै ॥

saaDh kai sang narak parharai.

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

साध कै संगि ईहा ऊहा सुहेला ॥

saaDh kai sang eehaa oohaa suhaylaa.

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

साधसंगि बिछुरत हरि मेला ॥

saaDhsang bichhurat har maylaa.

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

जो इछै सोई फलु पावै ॥

jo ichhai so-ee fal paavai.

The fruits of one's desires are obtained.

साध कै संगि न बिरथा जावै ॥

saaDh kai sang na birthaa jaavai.

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

पारब्रह्म साध रिद बसै ॥

paarbarahm saaDh rid basai.

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

नानक उधरै साध सुनि रसै ॥६॥

naanak uDhrai saaDh sun rasai. ||6||

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

साध कै संगि सुनउ हरि नाउ ॥

saaDh kai sang sun-o har naa-o.

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

साधसंगि हरि के गुन गाउ ॥

saaDhsang har kay gun gaa-o.

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

साध कै संगि न मन ते बिसरै ॥

saaDh kai sang na man tay bisrai.

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

साधसंगि सरपर निसतरै ॥

saaDhsang sarpar nistarai.

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

साध कै संगि लगै प्रभु मीठा ॥

saaDh kai sang lagai parabh meethaa.

In the Company of the Holy, God seems very sweet.

साधू कै संगि घटि घटि डीठा ॥

saaDhoo kai sang ghat ghat deethaa.

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

साधसंगि भए आगिआकारी ॥

saaDhsang bha-ay aagi-aakaaree.

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

साधसंगि गति भई हमारी ॥

saaDhsang gat bha-ee hamaaree.

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

साध कै संगि मिटे सभि रोग ॥

saaDh kai sang mitay sabh rog.

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

नानक साध भेटे संजोग ॥७॥

naanak saaDh bhaytay sanjog. ||7||

O Nanak, one meets with the Holy, by highest destiny. ||7||

साध की महिमा बेद न जानहि ॥

saaDh kee mahimaa bayd na jaaneh.

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

जेता सुनहि तेता बखिआनहि ॥

jaytaa suneh tayttaa bakhi-aaneh.

They can describe only what they have heard.

साध की उपमा तिहु गुण ते दूरि ॥

saaDh kee upmaa tihu gun tay door.

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

साध की उपमा रही भरपूरि ॥

saaDh kee upmaa rahee bharpoor.

The greatness of the Holy people is all-pervading.

साध की सोभा का नाही अंत ॥

saaDh kee sobhaa kaa naahee ant.

The glory of the Holy people has no limit.

साध की सोभा सदा बेअंत ॥

saaDh kee sobhaa sadaa bay-ant.

The glory of the Holy people is infinite and eternal.

साध की सोभा ऊच ते ऊची ॥

saaDh kee sobhaa ooch tay oochee.

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

साध की सोभा मूच ते मूची ॥

saaDh kee sobhaa mooch tay moochee.

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

साध की सोभा साध बनि आई ॥

saaDh kee sobhaa saaDh ban aa-ee.

The glory of the Holy people is theirs alone;

नानक साध प्रभ भेदु न भाई ॥८॥७॥

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

O Nanak, there is no difference between the Holy people and God. ||8||7||

सलोक ॥

salok.

Shalok:

मनि साचा मुख साचा सोइ ॥

man saachaa mukh saachaa so-ay.

The True One is on his mind, and the True One is upon his lips.

अवरु न पेखै एकसु बिनु कोइ ॥

avar na paykhai aykas bin ko-ay.

He sees only the One.

नानक इह लक्षण ब्रह्म गिआनी होइ ॥१॥

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

O Nanak, these are the qualities of the God-conscious being. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

ब्रह्म गिआनी सदा निरलेप ॥

barahm gi-aanee sadaa nirlayp.
The God-conscious being is always unattached,

जैसे जल महि कमल अलेप ॥

jaisay jal meh kamal alayp.
as the lotus in the water remains detached.

ब्रह्म गिआनी सदा निरदोख ॥

barahm gi-aanee sadaa nirdokh.
The God-conscious being is always unstained,

जैसे सूरु सर्व कउ सोख ॥

jaisay soor sarab ka-o sokh.
like the sun, which gives its comfort and warmth to all.

ब्रह्म गिआनी कै दृसटि समानि ॥

barahm gi-aanee kai d̄arisat samaan.
The God-conscious being looks upon all alike,

जैसे राज रंक कउ लागै तुलि पवान ॥

jaisay raaj rank ka-o laagai tul pavaan.
like the wind, which blows equally upon the king and the poor beggar.

ब्रह्म गिआनी कै धीरजु एक ॥

barahm gi-aanee kai Dheeraj ayk.
The God-conscious being has a steady patience,

जिउ बसुधा कोऊ खोदै कोऊ चंदन लेप ॥

ji-o basuDh̄aa ko-oo khodai ko-oo chandan layp.
like the earth, which is dug up by one, and anointed with sandal paste by another.

ब्रह्म गिआनी का इहै गुनाउ ॥

barahm gi-aanee kaa ihai gunaa-o.
This is the quality of the God-conscious being:

नानक जिउ पावक का सहज सुभाउ ॥१॥

naanak ji-o paavak kaa sahj subh̄aa-o. ||1||
O Nanak, his inherent nature is like a warming fire. ||1||

ब्रह्म गिआनी निर्मल ते निरमला ॥

barahm gi-aanee nirmal tay nirmalaa.
The God-conscious being is the purest of the pure;

जैसे मैलु न लागै जला ॥

jaisay mail na laagai jalaa.
filth does not stick to water.

ब्रह्म गिआनी कै मनि होइ प्रगासु ॥

barahm gi-aanee kai man ho-ay pargaas.
The God-conscious being's mind is enlightened,

जैसे धर ऊपरि आकासु ॥

jaisay Dhar oopar aakaas.
like the sky above the earth.

ब्रह्म गिआनी कै मित्र सत्रु समानि ॥

barahm gi-aanee kai mitar satar samaan.
To the God-conscious being, friend and foe are the same.

ब्रह्म गिआनी कै नाही अभिमान ॥

barahm gi-aanee kai naahee abhimaan.
The God-conscious being has no egotistical pride.

ब्रह्म गिआनी ऊच ते ऊचा ॥

barahm gi-aanee ooch tay oochaa.
The God-conscious being is the highest of the high.

मनि अपनै है सभ ते नीचा ॥

man apnai hai sabh tay neechaa.
Within his own mind, he is the most humble of all.

ब्रह्म गिआनी से जन भए ॥

barahm gi-aanee say jan bha-ay.
They alone become God-conscious beings,

नानक जिन प्रभु आपि करेइ ॥२॥

naanak jin parabh aap karay-i. ||2||
O Nanak, whom God Himself makes so. ||2||

ब्रह्म गिआनी सगल की रीना ॥
barahm gi-aanee sagal kee reena.
The God-conscious being is the dust of all.

आतम रसु ब्रह्म गिआनी चीना ॥
aatam ras barahm gi-aanee cheena.
The God-conscious being knows the nature of the soul.

ब्रह्म गिआनी की सभ ऊपरि मइआ ॥
barahm gi-aanee kee sabh oopar ma-i-aa.
The God-conscious being shows kindness to all.

ब्रह्म गिआनी ते कछु बुरा न भइआ ॥
barahm gi-aanee tay kachh buraa na bha-i-aa.
No evil comes from the God-conscious being.

ब्रह्म गिआनी सदा समदरसी ॥
barahm gi-aanee sadaa samadrasee.
The God-conscious being is always impartial.

ब्रह्म गिआनी की दृसटि अम्मृतु बरसी ॥
barahm gi-aanee kee darisat amrit barsee.
Nectar rains down from the glance of the God-conscious being.

ब्रह्म गिआनी बंधन ते मुक्ता ॥
barahm gi-aanee banDhan tay muktaa.
The God-conscious being is free from entanglements.

ब्रह्म गिआनी की निर्मल जुगता ॥
barahm gi-aanee kee nirmal jugtaa.
The lifestyle of the God-conscious being is spotlessly pure.

ब्रह्म गिआनी का भोजनु गिआन ॥
barahm gi-aanee kaa bhojan gi-aan.
Spiritual wisdom is the food of the God-conscious being.

नानक ब्रह्म गिआनी का ब्रह्म धिआनु ॥३॥
naanak barahm gi-aanee kaa barahm Dhi-aan. ||3||
O Nanak, the God-conscious being is absorbed in God's meditation. ||3||

ब्रह्म गिआनी एक ऊपरि आस ॥

barahm gi-aanee ayk oopar aas.

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

ब्रह्म गिआनी का नही बिनास ॥

barahm gi-aanee kaa nahee binaas.

The God-conscious being shall never perish.

ब्रह्म गिआनी कै गरीबी समाहा ॥

barahm gi-aanee kai gareebee samaahaa.

The God-conscious being is steeped in humility.

ब्रह्म गिआनी परउपकार उमाहा ॥

barahm gi-aanee par-upkaar omaahaa.

The God-conscious being delights in doing good to others.

ब्रह्म गिआनी कै नाही धंधा ॥

barahm gi-aanee kai naahee DhanDhaa.

The God-conscious being has no worldly entanglements.

ब्रह्म गिआनी ले धावतु बंधा ॥

barahm gi-aanee lay Dhaavat banDhaa.

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

ब्रह्म गिआनी कै होइ सु भला ॥

barahm gi-aanee kai ho-ay so bhalaa.

The God-conscious being acts in the common good.

ब्रह्म गिआनी सुफल फला ॥

barahm gi-aanee sufal falaa.

The God-conscious being blossoms in fruitfulness.

ब्रह्म गिआनी संगि सगल उधारु ॥

barahm gi-aanee sang sagal uDhaar.

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

नानक ब्रह्म गिआनी जपै सगल संसारु ॥४॥

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

O Nanak, through the God-conscious being, the whole world meditates on God. ||4||

ब्रह्म गिआनी कै एकै रंग ॥

barahm gi-aanee kai aykai rang.

The God-conscious being loves the One Lord alone.

ब्रह्म गिआनी कै बसै प्रभु संग ॥

barahm gi-aanee kai basai parabh sang.

The God-conscious being dwells with God.

ब्रह्म गिआनी कै नामु आधारु ॥

barahm gi-aanee kai naam aaDhaar.

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

ब्रह्म गिआनी कै नामु परवारु ॥

barahm gi-aanee kai naam parvaar.

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

ब्रह्म गिआनी सदा सद जागत ॥

barahm gi-aanee sadaa sada jaagat.

The God-conscious being is awake and aware, forever and ever.

ब्रह्म गिआनी अहम्बुधि तिआगत ॥

barahm gi-aanee aha^N-buDh ti-aagat.

The God-conscious being renounces his proud ego.

ब्रह्म गिआनी कै मनि परमानंद ॥

barahm gi-aanee kai man parmaanand.

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

ब्रह्म गिआनी कै घरि सदा अनंद ॥

barahm gi-aanee kai ghar sadaa anand.

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

ब्रह्म गिआनी सुख सहज निवास ॥

barahm gi-aanee sukh sahj nivaas.

The God-conscious being dwells in peaceful ease.

नानक ब्रह्म गिआनी का नही बिनास ॥५॥

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

O Nanak, the God-conscious being shall never perish. ||5||

ब्रह्म गिआनी ब्रह्म का बेता ॥

barahm gi-aanee barahm kaa bayṭaa.
The God-conscious being knows God.

ब्रह्म गिआनी एक संगि हेता ॥

barahm gi-aanee ayk sang hayṭaa.
The God-conscious being is in love with the One alone.

ब्रह्म गिआनी कै होइ अचिंत ॥

barahm gi-aanee kai ho-ay achint̄.
The God-conscious being is carefree.

ब्रह्म गिआनी का निर्मल मंत ॥

barahm gi-aanee kaa nirmal mant̄.
Pure are the Teachings of the God-conscious being.

ब्रह्म गिआनी जिसु करै प्रभु आपि ॥

barahm gi-aanee jis karai parabh aap.
The God-conscious being is made so by God Himself.

ब्रह्म गिआनी का बड परताप ॥

barahm gi-aanee kaa bad partaap.
The God-conscious being is gloriously great.

ब्रह्म गिआनी का दरसु बडभागी पाईऐ ॥

barahm gi-aanee kaa daras badbhaagee paa-ee-ai.
The Darshan, the Blessed Vision of the God-conscious being, is obtained by great good fortune.

ब्रह्म गिआनी कउ बलि बलि जाईऐ ॥

barahm gi-aanee ka-o bal bal jaa-ee-ai.
To the God-conscious being, I make my life a sacrifice.

ब्रह्म गिआनी कउ खोजहि महेसुर ॥

barahm gi-aanee ka-o khojeh mahaysur.
The God-conscious being is sought by the great god Shiva.

नानक ब्रह्म गिआनी आपि परमेसुर ॥६॥

naanak barahm gi-aanee aap parmaysur. ||6||
O Nanak, the God-conscious being is Himself the Supreme Lord God. ||6||

ब्रह्म गिआनी की कीमति नाहि ॥

barahm gi-aanee kee keemat naahi.

The God-conscious being cannot be appraised.

ब्रह्म गिआनी कै सगल मन माहि ॥

barahm gi-aanee kai sagal man maahi.

The God-conscious being has all within his mind.

ब्रह्म गिआनी का कउन जानै भेदु ॥

barahm gi-aanee kaa ka-un jaanai bhayd.

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

ब्रह्म गिआनी कउ सदा अदेसु ॥

barahm gi-aanee ka-o sadaa adays.

Forever bow to the God-conscious being.

ब्रह्म गिआनी का कथिआ न जाइ अधाख्यरु ॥

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

The God-conscious being cannot be described in words.

ब्रह्म गिआनी सर्व का ठाकुरु ॥

barahm gi-aanee sarab kaa thaakur.

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

ब्रह्म गिआनी की मिति कउनु बखानै ॥

barahm gi-aanee kee mit ka-un bakhaanai.

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

ब्रह्म गिआनी की गति ब्रह्म गिआनी जानै ॥

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

Only the God-conscious being can know the state of the God-conscious being.

ब्रह्म गिआनी का अंतु न पारु ॥

barahm gi-aanee kaa ant na paar.

The God-conscious being has no end or limitation.

नानक ब्रह्म गिआनी कउ सदा नमसकारु ॥७॥

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

O Nanak, to the God-conscious being, bow forever in reverence. ||7||

ब्रह्म गिआनी सभ सृसटि का करता ॥

barahm gi-aanee sabh sarisat kaa kartaa.

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

ब्रह्म गिआनी सद जीवै नही मरता ॥

barahm gi-aanee sad jeevai nahee martaa.

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

ब्रह्म गिआनी मुकति जुगति जीअ का दाता ॥

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

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

ब्रह्म गिआनी पूरन पुरखु बिधाता ॥

barahm gi-aanee pooran purakh biDhaataa.

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

ब्रह्म गिआनी अनाथ का नाथु ॥

barahm gi-aanee anaath kaa naath.

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

ब्रह्म गिआनी का सभ ऊपरि हाथु ॥

barahm gi-aanee kaa sabh oopar haath.

The God-conscious being extends his hand to all.

ब्रह्म गिआनी का सगल अकारु ॥

barahm gi-aanee kaa sagal akaar.

The God-conscious being owns the entire creation.

ब्रह्म गिआनी आपि निरंकारु ॥

barahm gi-aanee aap nirankaar.

The God-conscious being is himself the Formless Lord.

ब्रह्म गिआनी की सोभा ब्रह्म गिआनी बनी ॥

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

The glory of the God-conscious being belongs to the God-conscious being alone.

नानक ब्रह्म गिआनी सर्व का धनी ॥८॥८॥

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

O Nanak, the God-conscious being is the Lord of all. ||8||8||

सलोक ॥

salok.
Shalok:

उरि धारै जो अंतरि नामु ॥

ur Dhaarai jo antar naam.
One who enshrines the Naam within the heart,

सर्व मै पेखै भगवानु ॥

sarab mai paykhai bhagvaan.
who sees the Lord God in all,

निमख निमख ठाकुर नमसकारै ॥

nimakh nimakh thaakur namaskaarai.
who, each and every moment, bows in reverence to the Lord Master

नानक ओहु अपरसु सगल निसतारै ॥१॥

naanak oh apras sagal nistaarai. ||1||
- O Nanak, such a one is the true 'touch-nothing Saint', who emancipates everyone. ||1||

असटपदी ॥

asatpadee.
Ashtapadee:

मिथिआ नाही रसना परस ॥

mithi-aa naahee rasnaa paras.
One whose tongue does not touch falsehood;

मन महि प्रीति निरंजन दरस ॥

man meh pareet niranjan daras.
whose mind is filled with love for the Blessed Vision of the Pure Lord,

पर तृअ रूपु न पेखै नेत्र ॥

par tari-a roop na paykhai naytar.
whose eyes do not gaze upon the beauty of others' wives,

साध की टहल संतसंगि हेत ॥

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

करन न सुनै काहू की निंदा ॥

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

सभ ते जानै आपस कउ मंदा ॥

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

गुर प्रसादि बिखिआ परहरै ॥

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

मन की बासना मन ते टरै ॥

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 कोटि 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 ऊपरि सुप्रसन्न ॥

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

बिसन की माइआ ते होइ भिन्न ॥

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

कर्म करत होवै निहकरम ॥

karam karaṭ hovai nihkaram.
Performing good deeds, he does not seek rewards.

तिसु बैसनो का निर्मल धर्म ॥

tis baisno kaa nirmal Dharam.
Spotlessly pure is the religion of such a Vaishnaav;

काहू फल की इछा नही बाछै ॥

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

केवल भगति कीर्तन संगि राचै ॥

kayval bhagaṭ keertan sang raachai.
He is absorbed in devotional worship and the singing of Kirtan, the songs of the Lord's Glory.

मन तन अंतरि सिमरन गोपाल ॥

man ṭan antar simran gopaal.
Within his mind and body, he meditates in remembrance on the Lord of the Universe.

सभ ऊपरि होवत किरपाल ॥

sabh oopar hovaṭ kirpaal.
He is kind to all creatures.

आपि दृढ़ै अवरह नामु जपावै ॥

aap darirhai avrah naam japaavai.
He holds fast to the Naam, and inspires others to chant it.

नानक ओहु बैसनो परम गति पावै ॥२॥

naanak oh baisno param gaṭ paavai. ||2||
O Nanak, such a Vaishnaav obtains the supreme status. ||2||

भगउती भगवंत भगति का रंगु ॥

bhag-utee bhagvant bhagaṭ kaa rang.
The true Bhagaautee, the devotee of Adi Shakti, loves the devotional worship of God.

सगल तिआगै दुसट का संगु ॥

sagal ṭi-aagai ḍusat kaa sang.
He forsakes the company of all wicked people.

मन ते बिनसै सगला भरमु ॥

man ṭay binsai saglaa bharam.
All doubts are removed from his mind.

करि पूजै सगल पारब्रह्म ॥

kar poojai sagal paarbarahm.

He performs devotional service to the Supreme Lord God in all.

साधसंगि पापा मलु खोवै ॥

saaDhsang paapaa mal khovai.

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

तिसु भगउती की मति ऊतम होवै ॥

tis bhag-utee kee maṭ ooṭam hovai.

The wisdom of such a Bhagautee becomes supreme.

भगवंत की टहल करै नित नीति ॥

bhagvant kee tahal karai niṭ neeṭ.

He constantly performs the service of the Supreme Lord God.

मनु तनु अरपै बिसन परीति ॥

man ṭan arpai bisan pareeṭ.

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

हरि के चरन हिरदै बसावै ॥

har kay charan hiraḍai basaavai.

The Lotus Feet of the Lord abide in his heart.

नानक ऐसा भगउती भगवंत कउ पावै ॥३॥

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

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

सो पंडितु जो मनु परबोधै ॥

so pandiṭ jo man parboDhai.

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

राम नाम आतम महि सोधै ॥

raam naam aaṭam 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 उपदेसि जगु जीवै ॥
us pandit̄ kai updays jag jeevai.
By that Pandit's teachings, the world lives.

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

सो पंडितु फिरि जोनि न आवै ॥
so pandit̄ fir jon na aavai.
Such a Pandit is not cast into the womb of reincarnation again.

बेद पुरान सिमृति बूझै मूल ॥
bayd̄ puraan simrit̄ boojhai mool.
He understands the fundamental essence of the Vedas, the Puraanas and the Simritees.

सूखम महि जानै असथूलु ॥
sookham meh jaanai asthool.
In the unmanifest, he sees the manifest world to exist.

चहु वरना कउ दे उपदेसु ॥
chahu varnaa ka-o day updays.
He gives instruction to people of all castes and social classes.

नानक उसु पंडित कउ सदा अदेसु ॥४॥
naanak us pandit̄ ka-o sadaa adays. ||4||
O Nanak, to such a Pandit, I bow in salutation forever. ||4||

बीज मंत्रु सर्ब को गिआनु ॥
beej manṭar sarab ko gi-aan.
The Beej Mantra, the Seed Mantra, is spiritual wisdom for everyone.

चहु वरना महि जपै कोऊ नामु ॥
chahu varnaa meh japai ko-oo naam.
Anyone, from any class, may chant the Naam.

जो जो जपै तिस की गति होइ ॥
jo jo japai tis kee gat̄ ho-ay.
Whoever chants it, is emancipated.

साधसंगि पावै जनु कोइ ॥

saaDhsang paavai jan ko-ay.

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

करि किरपा अंतरि उर धारै ॥

kar kirpaa antar ur Dhaarai.

By His Grace, He enshrines it within.

पसु प्रेत मुघद पाथर कउ तारै ॥

pas parayt mughad paathar ka-o taarai.

Even beasts, ghosts and the stone-hearted are saved.

सर्व रोग का अउखदु नामु ॥

sarab rog kaa a-ukhadu naam.

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

कलिआण रूप मंगल गुण गाम ॥

kali-aan roop mangal gun gaam.

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

काहू जुगति कितै न पाईऐ धरमि ॥

kaahoo jugat kitai na paa-ee-ai Dharam.

It cannot be obtained by any religious rituals.

नानक तिसु मिलै जिसु लिखिआ धुरि करमि ॥५॥

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

O Nanak, he alone obtains it, whose karma is so pre-ordained. ||5||

जिस कै मनि पारब्रह्म का निवासु ॥

jis kai man paarbarahm kaa nivaas.

One whose mind is a home for the Supreme Lord God

तिस का नामु सति रामदासु ॥

tis kaa naam sat raamdass.

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

आतम रामु तिसु नदरी आइआ ॥

aatam raam tis nadree aa-i-aa.

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

दास दसंतण भाइ तिनि पाइआ ॥

daas dasantān bhaa-ay tin paa-i-aa.

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

सदा निकटि निकटि हरि जानु ॥

sadaa nikat nikat har jaan.

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

सो दासु दरगह परवानु ॥

so daas dargeh parvaan.

Such a servant is honored in the Court of the Lord.

अपुने दास कउ आपि किरपा करै ॥

apunay daas ka-o aap kirpaa karai.

To His servant, He Himself shows His Mercy.

तिसु दास कउ सभ सोझी परै ॥

tis daas ka-o sabh sojhee parai.

Such a servant understands everything.

सगल संगि आत्म उदासु ॥

sagal sang aatam udaas.

Amidst all, his soul is unattached.

ऐसी जुगति नानक रामदासु ॥६॥

aisee jugat naanak raamdaas. ||6||

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

प्रभ की आगिआ आत्म हितावै ॥

parabh kee aagi-aa aatam hitaavai.

One who, in his soul, loves the Will of God,

जीवन मुकति सोऊ कहावै ॥

jeevan mukat so-oo kahaavai.

is said to be Jivan Mukta - liberated while yet alive.

तैसा हरखु तैसा उसु सोगु ॥

taisaa harakh taisaa us sog.

As is joy, so is sorrow to him.

सदा अनंदु तह नही बिओगु ॥

sadaa anand tah nahee bi-og.

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

तैसा सुवरनु तैसी उसु माटी ॥

taisaa suvran taisee us maatee.

As is gold, so is dust to him.

तैसा अम्मृतु तैसी बिखु खाटी ॥

taisaa amrit taisee bikh khaatee.

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

तैसा मानु तैसा अभिमानु ॥

taisaa maan taisaa abhimaan.

As is honor, so is dishonor.

तैसा रंकु तैसा राजानु ॥

taisaa rank taisaa raajaan.

As is the beggar, so is the king.

जो वरताए साई जुगति ॥

jo vartaa-ay saa-ee jugat.

Whatever God ordains, that is his way.

नानक ओहु पुरखु कहीऐ जीवन मुकति ॥७॥

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

O Nanak, that being is known as Jivan Mukta. ||7||

पारब्रह्म के सगले ठाउ ॥

paarbarahm kay saglay thaa-o.

All places belong to the Supreme Lord God.

जितु जितु घरि राखै तैसा तिन नाउ ॥

jit jit ghar raakhai taisaa tin naa-o.

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

आपे करन करावन जोगु ॥

aapay karan karaavan jog.

He Himself is the Doer, the Cause of causes.

प्रभ भावै सोई फुनि होगु ॥

parabh bhaavai so-ee fun hog.

Whatever pleases God, ultimately comes to pass.

पसरिओ आपि होइ अनत तरंग ॥

pasri-o aap ho-ay anāt tarang.

He Himself is All-pervading, in endless waves.

लखे न जाहि पारब्रह्म के रंग ॥

lakhay na jaahi paarbarahm kay rang.

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

जैसी मति देइ तैसा परगास ॥

jaisee mat̄ day-ay taisaa pargaas.

As the understanding is given, so is one enlightened.

पारब्रह्म करता अबिनास ॥

baarbarahm kart̄aa abinaas.

The Supreme Lord God, the Creator, is eternal and everlasting.

सदा सदा सदा दइआल ॥

sadaa sadaa sadaa da-i-aal.

Forever, forever and ever, He is merciful.

सिमरि सिमरि नानक भए निहाल ॥८॥६॥

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

Remembering Him, remembering Him in meditation, O Nanak, one is blessed with ecstasy. ||8||9||

सलोकु ॥

salok.

Shalok:

उसतति करहि अनेक जन अंतु न पारावार ॥

ust̄at̄ karahi anayk jan ant̄ na paaraavaar.

Many people praise the Lord. He has no end or limitation.

नानक रचना प्रभि रची बहु बिधि अनिक प्रकार ॥१॥

naanak rachnaa parabh̄ rachee baho biDh̄ anik parkaar. ||1||

O Nanak, God created the creation, with its many ways and various species. ||1||

असटपदी ॥

asatpadee.
Ashtapadee:

कई कोटि होए पूजारी ॥

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

कई कोटि आचार बिउहारी ॥

ka-ee kot aachaar bi-uhaaree.
Many millions perform religious rituals and worldly duties.

कई कोटि भए तीर्थ वासी ॥

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

कई कोटि बन भ्रमहि उदासी ॥

ka-ee kot ban bharmeh udaasee.
Many millions wander as renunciates in the wilderness.

कई कोटि वेद के स्रोते ॥

ka-ee kot bayd kay sarotay.
Many millions listen to the Vedas.

कई कोटि तपीसुर होते ॥

ka-ee kot tapeesur hotay.
Many millions become austere penitents.

कई कोटि आत्म धिआनु धारहि ॥

ka-ee kot aatam Dhi-aan Dhaareh.
Many millions enshrine meditation within their souls.

कई कोटि कबि काबि बीचारहि ॥

ka-ee kot kab kaab beechaareh.
Many millions of poets contemplate Him through poetry.

कई कोटि नवतन नाम धिआवहि ॥

ka-ee kot navtan naam Dhi-aavahi.
Many millions meditate on His eternally new Naam.

नानक करते का अंतु न पावहि ॥१॥

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

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

कई कोटि भए अभिमानी ॥

ka-ee kot bha-ay abhimaanee.

Many millions become self-centered.

कई कोटि अंध अगिआनी ॥

ka-ee kot anDh agi-aanee.

Many millions are blinded by ignorance.

कई कोटि किरपन कठोर ॥

ka-ee kot kirpan kathor.

Many millions are stone-hearted misers.

कई कोटि अभिग आतम निकोर ॥

ka-ee kot abhig aaam nikor.

Many millions are heartless, with dry, withered souls.

कई कोटि पर दरब कउ हिरहि ॥

ka-ee kot par darab ka-o hireh.

Many millions steal the wealth of others.

कई कोटि पर दूखना करहि ॥

ka-ee kot par dookhnaa karahi.

Many millions slander others.

कई कोटि माइआ स्रम माहि ॥

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

Many millions struggle in Maya.

कई कोटि परदेस भ्रमाहि ॥

ka-ee kot pardays bharmaahi.

Many millions wander in foreign lands.

जितु जितु लावहु तितु तितु लगना ॥

jit jit laavhu tit tit lagna.

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

नानक करते की जानै करता रचना ॥२॥

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

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

कई कोटि सिध जती जोगी ॥

ka-ee kot siDh jatee jogee.

Many millions are Siddhas, celibates and Yogis.

कई कोटि राजे रस भोगी ॥

ka-ee kot raajay ras bhogee.

Many millions are kings, enjoying worldly pleasures.

कई कोटि पंखी सर्प उपाए ॥

ka-ee kot pankhee sarap upaa-ay.

Many millions of birds and snakes have been created.

कई कोटि पाथर बिरख निपजाए ॥

ka-ee kot paathar birakh nipjaa-ay.

Many millions of stones and trees have been produced.

कई कोटि पवण पाणी बैसंतर ॥

ka-ee kot pavan paanee baisantar.

Many millions are the winds, waters and fires.

कई कोटि देस भू मंडल ॥

ka-ee kot days bhoo mandal.

Many millions are the countries and realms of the world.

कई कोटि ससीअर सूर नख्यत्र ॥

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

Many millions are the moons, suns and stars.

कई कोटि देव दानव इंद्र सिरि छत्र ॥

ka-ee kot dayv daanav indar sir chhatar.

Many millions are the demi-gods, demons and Indras, under their regal canopies.

सगल समग्री अपनै सूति धारै ॥

sagal samagree apnai soot Dhaarai.

He has strung the entire creation upon His thread.

नानक जिसु जिसु भावै तिसु तिसु निसतारै ॥३॥

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

O Nanak, He emancipates those with whom He is pleased. ||3||

कई कोटि राजस तामस सातक ॥

ka-ee kot raajas taamas saatak.

Many millions abide in heated activity, slothful darkness and peaceful light.

कई कोटि बेद पुरान सिमृति अरु सासत ॥

ka-ee kot bayd puraan simriti ar saasat.

Many millions are the Vedas, Puraanas, Simritees and Shaastras.

कई कोटि कीए रतन समुद्र ॥

ka-ee kot kee-ay raTan samud.

Many millions are the pearls of the oceans.

कई कोटि नाना प्रकार जंत ॥

ka-ee kot naanaa parkaar jant.

Many millions are the beings of so many descriptions.

कई कोटि कीए चिर जीवे ॥

ka-ee kot kee-ay chir jeevay.

Many millions are made long-lived.

कई कोटि गिरी मेर सुवरन थीवे ॥

ka-ee kot giree mayr suvran theevay.

Many millions of hills and mountains have been made of gold.

कई कोटि जख्य किन्नर पिसाच ॥

ka-ee kot jakh-y kinnar pisaach.

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.

कई कोटि भूत प्रेत सूकर मृगाच ॥

ka-ee kot bhoot parayt sookar marigaach.

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

सभ ते नैरे सभहू ते दूरि ॥

sabh tay nayrai sabh hoo tay door.

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

नानक आपि अलिपतु रहिआ भरपूरि ॥४॥

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

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

कई कोटि पाताल के वासी ॥

ka-ee kot paṭaal kay vaasee.

Many millions inhabit the nether regions.

कई कोटि नरक सुरग निवासी ॥

ka-ee kot narak surag nivaasee.

Many millions dwell in heaven and hell.

कई कोटि जनमहि जीवहि मरहि ॥

ka-ee kot janmeh jeeveh mareh.

Many millions are born, live and die.

कई कोटि बहु जोनी फिरहि ॥

ka-ee kot baho jonee fireh.

Many millions are reincarnated, over and over again.

कई कोटि बैठत ही खाहि ॥

ka-ee kot baithaṭ hee khaahi.

Many millions eat while sitting at ease.

कई कोटि घालहि थकि पाहि ॥

ka-ee kot ghaaleh thak paahi.

Many millions are exhausted by their labors.

कई कोटि कीए धनवंत ॥

ka-ee kot kee-ay Dhanvant.

Many millions are created wealthy.

कई कोटि माइआ महि चिंत ॥

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

Many millions are anxiously involved in Maya.

जह जह भाणा तह तह राखे ॥

jah jah bhaanaa taḥ taḥ raakhay.

Wherever He wills, there He keeps us.

नानक सभु किछु प्रभ कै हाथे ॥५॥

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

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

कई कोटि भए बैरागी ॥

ka-ee kot bha-ay bairaagee.

Many millions become Bairaagees, who renounce the world.

राम नाम संगि तिनि लिव लागी ॥

raam naam sang tin liv laagee.

They have attached themselves to the Lord's Name.

कई कोटि प्रभ कउ खोजंते ॥

ka-ee kot parabh ka-o khojanṭay.

Many millions are searching for God.

आतम महि पारब्रह्म लहंते ॥

aaṭam meh paarbarahm lahanṭay.

Within their souls, they find the Supreme Lord God.

कई कोटि दरसन प्रभ पिआस ॥

ka-ee kot darsan parabh pi-aas.

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

तिन कउ मिलिओ प्रभु अबिनास ॥

tin ka-o mili-o parabh abinaas.

They meet with God, the Eternal.

कई कोटि मागहि सतसंगु ॥

ka-ee kot maageh satsang.

Many millions pray for the Society of the Saints.

पारब्रह्म तिन लागा रंगु ॥

paarbarahm tin laagaa rang.

They are imbued with the Love of the Supreme Lord God.

जिन कउ होए आपि सुप्रसन्न ॥

jīn ka-o ho-ay aap suparsan.

Those with whom He Himself is pleased,

नानक ते जन सदा धनि धनि ॥६॥

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

O Nanak, are blessed, forever blessed. ||6||

कई कोटि खाणी अरु खंड ॥

ka-ee kot khaanee ar khand.

Many millions are the fields of creation and the galaxies.

कई कोटि अकास ब्रहमंड ॥

ka-ee kot akaas barahmand.

Many millions are the etheric skies and the solar systems.

कई कोटि होए अवतार ॥

ka-ee kot ho-ay avtaar.

Many millions are the divine incarnations.

कई जुगति कीनो बिसथार ॥

ka-ee jugat keeno bisthaar.

In so many ways, He has unfolded Himself.

कई बार पसरिओ पासार ॥

ka-ee baar pasri-o paasaar.

So many times, He has expanded His expansion.

सदा सदा इकु एकंकार ॥

sadaa sadaa ik aykankaar.

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

कई कोटि कीने बहु भाति ॥

ka-ee kot keenay baho bhaat.

Many millions are created in various forms.

प्रभ ते होए प्रभ माहि समाति ॥

parabh tay ho-ay parabh maahi samaat.

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

ता का अंतु न जानै कोइ ॥

taa kaa ant na jaanai ko-ay.

His limits are not known to anyone.

आपे आपि नानक प्रभु सोइ ॥७॥

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

Of Himself, and by Himself, O Nanak, God exists. ||7||

कई कोटि पारब्रह्म के दास ॥

ka-ee kot paarbarahm kay das.

Many millions are the servants of the Supreme Lord God.

तिन होवत आतम परगास ॥

tin hovat aatam pargaas.

Their souls are enlightened.

कई कोटि तत के बेते ॥

ka-ee kot tat kay baytay.

Many millions know the essence of reality.

सदा निहारहि एको नेत्रे ॥

sadaa nihaarahi ayko naytaray.

Their eyes gaze forever on the One alone.

कई कोटि नाम रसु पीवहि ॥

ka-ee kot naam ras peeveh.

Many millions drink in the essence of the Naam.

अमर भए सद सद ही जीवहि ॥

amar bha-ay sad sad hee jeeveh.

They become immortal; they live forever and ever.

कई कोटि नाम गुन गावहि ॥

ka-ee kot naam gun gaavahi.

Many millions sing the Glorious Praises of the Naam.

आतम रसि सुखि सहजि समावहि ॥

aatam ras sukh sahj samaaveh.

They are absorbed in intuitive peace and pleasure.

अपुने जन कउ सासि सासि समारे ॥

apunay jan ka-o saas saas samaaray.

He remembers His servants with each and every breath.

नानक ओइ परमेसुर के पिआरे ॥८॥१०॥

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

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

सलोक ॥

salok.

Shalok:

करण कारण प्रभु एकु है दूसर नाही कोइ ॥

karan kaaran parabh ayk hai doosar naahee ko-ay.

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

नानक तिसु बलिहारणै जलि थलि महीअलि सोइ ॥१॥

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

O Nanak, I am a sacrifice to the One, who pervades the waters, the lands, the sky and all space. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

करन करावन करनै जोगु ॥

karan karaavan karnai jog.

The Doer, the Cause of causes, is potent to do anything.

जो तिसु भावै सोई होगु ॥

jo tis bhaavai so-ee hog.

That which pleases Him, comes to pass.

खिन महि थापि उथापनहारा ॥

khin meh thaap uthaapanhaaraa.

In an instant, He creates and destroys.

अंतु नही किछु पारावारा ॥

ant nahee kichh paaraavaaraa.

He has no end or limitation.

हुकमे धारि अधर रहावै ॥

hukmay Dhaar aDhar rahaavai.

By His Order, He established the earth, and He maintains it unsupported.

हुकमे उपजै हुकमि समावै ॥

hukmay upjai hukam samaavai.

By His Order, the world was created; by His Order, it shall merge again into Him.

हुकमे ऊच नीच बिउहार ॥

hukmay ooch neech bi-uhaar.

By His Order, one's occupation is high or low.

हुकमे अनिक रंग परकार ॥

hukmay anik rang parkaar.

By His Order, there are so many colors and forms.

करि करि देखै अपनी वडिआई ॥

kar kar daykhai apnee vadi-aa-ee.

Having created the Creation, He beholds His own greatness.

नानक सभ महि रहिआ समाई ॥१॥

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

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

प्रभ भावै मानुख गति पावै ॥

parabh bhaavai maanukh gat paavai.

If it pleases God, one attains salvation.

प्रभ भावै ता पाथर तरावै ॥

parabh bhaavai taa paathar taraavai.

If it pleases God, then even stones can swim.

प्रभ भावै बिनु सास ते राखै ॥

parabh bhaavai bin saas tay raakhai.

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

प्रभ भावै ता हरि गुण भाखै ॥

parabh bhaavai taa har gun bhaakhai.

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

प्रभ भावै ता पतित उधारै ॥

parabh bhaavai taa patit uDhaarai.

If it pleases God, then even sinners are saved.

आपि करै आपन बीचारै ॥

aap karai aapan beechaarai.

He Himself acts, and He Himself contemplates.

दुहा सिरिआ का आपि सुआमी ॥

duhaa siri-aa kaa aap su-aamee.

He Himself is the Master of both worlds.

खेलै बिगसै अंतरजामी ॥

khaylai bigsai antarjaamee.

He plays and He enjoys; He is the Inner-knower, the Searcher of hearts.

जो भावै सो कार करावै ॥

jo bhaavai so kaar karaavai.

As He wills, He causes actions to be done.

नानक दृसटी अवरु न आवै ॥२॥

naanak daristee avar na aavai. ||2||

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

कहु मानुख ते किआ होइ आवै ॥

kaho maanukh tay ki-aa ho-ay aavai.

Tell me - what can a mere mortal do?

जो तिसु भावै सोई करावै ॥

jo tis bhaavai so-ee karaavai.

Whatever pleases God is what He causes us to do.

इस कै हाथि होइ ता सभु किछु लेइ ॥

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

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

जो तिसु भावै सोई करेइ ॥

jo tis bhaavai so-ee karay-i.

Whatever pleases God - that is what He does.

अनजानत बिखिआ महि रचै ॥

anjaanat bikhi-aa meh rachai.

Through ignorance, people are engrossed in corruption.

जे जानत आपन आप बचै ॥

jay jaanaṭ aapan aap bachai.

If they knew better, they would save themselves.

भरमे भूला दह दिसि धावै ॥

bharmay bhoolaa dah dis Dhaavai.

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

निमख माहि चारि कुंट फिर आवै ॥

nimakḥ maahi chaar kunt fir aavai.

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

करि किरपा जिसु अपनी भगति देइ ॥

kar kirpaa jis apnee bhagaṭ day-ay.

Those whom the Lord mercifully blesses with His devotional worship

नानक ते जन नामि मिलेइ ॥३॥

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

- O Nanak, they are absorbed into the Naam. ||3||

खिन महि नीच कीट कउ राज ॥

khin meh neech keet ka-o raaj.

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

पारब्रह्म गरीब निवाज ॥

paarbarahm gareeb nivaaj.

The Supreme Lord God is the Protector of the humble.

जा का दृसटि कछू न आवै ॥

jaa kaa darisat kachhoo na aavai.

Even one who has never been seen at all,

तिसु ततकाल दह दिस प्रगटावै ॥

tis tatkaal dah dis paragtaavai.

becomes instantly famous in the ten directions.

जा कउ अपुनी करै बखसीस ॥

jaa ka-o apunee karai bakhsees.

And that one upon whom He bestows His blessings

ता का लेखा न गनै जगदीस ॥

taa kaa laykhaa na ganai jagdees.

- the Lord of the world does not hold him to his account.

जीउ पिंडु सभ तिस की रासि ॥

jee-o pind sabh tis kee raas.

Soul and body are all His property.

घटि घटि पूरन ब्रह्म प्रगास ॥

ghat ghat pooran barahm pargaas.

Each and every heart is illuminated by the Perfect Lord God.

अपनी बणत आपि बनाई ॥

apnee banaṭ aap banaa-ee.

He Himself fashioned His own handiwork.

नानक जीवै देखि बडाई ॥४॥

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

Nanak lives by beholding His greatness. ||4||

इस का बलु नाही इसु हाथ ॥

is kaa bal naahee is haath.

There is no power in the hands of mortal beings;

करन करावन सर्व को नाथ ॥

karan karaavan sarab ko naath.

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

आगिआकारी बपुरा जीउ ॥

aagi-aakaaree bapuraa jee-o.

The helpless beings are subject to His Command.

जो तिसु भावै सोई फुनि थीउ ॥

jo tis bhaavai so-ee fun thee-o.

That which pleases Him, ultimately comes to pass.

कबहू उच नीच महि बसै ॥

kabhoo ooch neech meh basai.

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

कबहू सोग हरख रंगि हसै ॥

kabhoo sog harakh rang hasai.

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

कबहू निंद चिंद बिउहार ॥

kabhoo nind chind bi-uhaar.

Sometimes, they are occupied with slander and anxiety.

कबहू ऊभ अकास पइआल ॥

kabhoo oobh akaas pa-i-aal.

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

कबहू बेता ब्रह्म बीचार ॥

kabhoo baytaa barahm beechaar.

Sometimes, they know the contemplation of God.

नानक आपि मिलावणहार ॥५॥

naanak aap milaavanhaar. ||5||

O Nanak, God Himself unites them with Himself. ||5||

कबहू निरति करै बहु भाति ॥

kabhoo nirat karai baho bhaat.

Sometimes, they dance in various ways.

कबहू सोइ रहै दिनु राति ॥

kabhoo so-ay rahai din raat.

Sometimes, they remain asleep day and night.

कबहू महा क्रोध बिकराल ॥

kabhoo mahaa kroDh bikraal.

Sometimes, they are awesome, in terrible rage.

कबहूं सर्ब की होत रवाल ॥

kabhoo^N sarab kee hot ravaal.

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

कबहू होइ बहै बड राजा ॥

kabhoo ho-ay bahai bad raajaa.

Sometimes, they sit as great kings.

कबहु भेखारी नीच का साजा ॥

kabahu bhaykhaaree neech kaa saajaa.
Sometimes, they wear the coat of a lowly beggar.

कबहु अपकीरति महि आवै ॥

kabhoo apkeerat_ṭ meh aavai.
Sometimes, they come to have evil reputations.

कबहु भला भला कहावै ॥

kabhoo bhalaa bhalaa kahaavai.
Sometimes, they are known as very, very good.

जिउ प्रभु राखै तिव ही रहै ॥

ji-o parabh raakhai tiv hee rahai.
As God keeps them, so they remain.

गुर प्रसादि नानक सचु कहै ॥६॥

gur parsaad naanak sach kahai. ||6||
By Guru's Grace, O Nanak, the Truth is told. ||6||

कबहु होइ पंडितु करे बख्यानु ॥

kabhoo ho-ay pandit karay bakh-yaan.
Sometimes, as scholars, they deliver lectures.

कबहु मोनिधारी लावै धिआनु ॥

kabhoo moniDhaaree laavai Dhi-aan.
Sometimes, they hold to silence in deep meditation.

कबहु तट तीर्थ इसनान ॥

kabhoo tat tirath isnaan.
Sometimes, they take cleansing baths at places of pilgrimage.

कबहु सिध साधिक मुखि गिआन ॥

kabhoo siDh saaDhik mukh gi-aan.
Sometimes, as Siddhas or seekers, they impart spiritual wisdom.

कबहु कीट हसति पतंग होइ जीआ ॥

kabhoo keet hasat_ṭ paṭang ho-ay jee-aa.
Sometimes, they becomes worms, elephants, or moths.

अनिक जोनि भरमै भरमीआ ॥

anik jon bharmai bharmee-aa.

They may wander and roam through countless incarnations.

नाना रूप जिउ स्वागी दिखावै ॥

naanaa roop ji-o savaagee dikhaavai.

In various costumes, like actors, they appear.

जिउ प्रभ भावै तिवै नचावै ॥

ji-o parabh bhaavai tivai nachaavai.

As it pleases God, they dance.

जो तिसु भावै सोई होइ ॥

jo tis bhaavai so-ee ho-ay.

Whatever pleases Him, comes to pass.

नानक दूजा अवरु न कोइ ॥७॥

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

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

कबहू साधसंगति इहु पावै ॥

kabhoo saaDhsangat ih paavai.

Sometimes, this being attains the Company of the Holy.

उसु असथान ते बहुरि न आवै ॥

us asthaan tay bahur na aavai.

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

अंतरि होइ गिआन परगासु ॥

antar ho-ay gi-aan pargaas.

The light of spiritual wisdom dawns within.

उसु असथान का नही बिनासु ॥

us asthaan kaa nahee binaas.

That place does not perish.

मन तन नामि रते इक रंगि ॥

man tan naam ratay ik rang.

The mind and body are imbued with the Love of the Naam, the Name of the One Lord.

सदा बसहि पारब्रह्म कै संगि ॥

sadaa baseh paarbarahm kai sang.
He dwells forever with the Supreme Lord God.

जिउ जल महि जलु आइ खटाना ॥

ji-o jal meh jal aa-ay khataanaa.
As water comes to blend with water,

तिउ जोती संगि जोति समाना ॥

ti-o jotee sang jot samaanaa.
his light blends into the Light.

मिटि गए गवन पाए बिस्राम ॥

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

नानक प्रभ कै सद कुरबान ॥८॥११॥

naanak parabh kai sad kurbaan. ||8||11||
Nanak is forever a sacrifice to God. ||8||11||

सलोकु ॥

salok.
Shalok:

सुखी बसै मसकीनीआ आपु निवारि तले ॥

sukhee basai maskeenee-aa aap nivaar talay.
The humble beings abide in peace; subduing egotism, they are meek.

बडे बडे अहंकारीआ नानक गरबि गले ॥१॥

baday baday aha^Nkaaree-aa naanak garab galay. ||1||
The very proud and arrogant persons, O Nanak, are consumed by their own pride. ||1||

असटपदी ॥

asatpadee.
Ashtapadee:

जिस कै अंतरि राज अभिमानु ॥

jis kai antar raaj abhimaanu.
One who has the pride of power within,

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

जो जानै मै जोबनवंतु ॥
jo jaanai mai jobanvant.
One who deems himself to have the beauty of youth,

सो होवत बिसटा 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,

जनमि मरै बहु जोनि भ्रमावै ॥
janam marai baho jon bharmaavai.
shall live and die, wandering through countless reincarnations.

धन भूमि का जो करै गुमानु ॥
Dhan bhoom kaa jo karai gumaan.
One who takes pride in wealth and lands

सो मूरखु अंधा अगिआनु ॥
so moorakh anDhaa agi-aan.
is a fool, blind and ignorant.

करि किरपा जिस कै हिरदै गरीबी बसावै ॥
kar kirpaa jis kai hirdai gareebee basaavai.
One whose heart is mercifully blessed with abiding humility,

नानक ईहा मुक्तु आगै सुखु पावै ॥१॥
naanak eehee mukta aagai sukh paavai. ||1||
O Nanak, is liberated here, and obtains peace hereafter. ||1||

धनवंता होइ करि गरबावै ॥
Dhanvantaa ho-ay kar garbaavai.
One who becomes wealthy and takes pride in it

तृण समानि कछु संगि न जावै ॥

tarin samaan kachh sang na jaavai.

- not even a piece of straw shall go along with him.

बहु लसकर मानुख ऊपरि करे आस ॥

baho laskar maanukh oopar karay aas.

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

पल भीतरि ता का होइ बिनास ॥

pal bheetar taa kaa ho-ay binaas.

but he shall vanish in an instant.

सभ ते आप जानै बलवंतु ॥

sabh tay aap jaanai balvant.

One who deems himself to be the strongest of all,

खिन महि होइ जाइ भसमंतु ॥

khin meh ho-ay jaa-ay bhasmant.

in an instant, shall be reduced to ashes.

किसै न बदै आपि अहंकारी ॥

kisai na badai aap aha^Nkaaree.

One who thinks of no one else except his own prideful self

धर्म राइ तिसु करे खुआरी ॥

Dharam raa-ay tis karay khu-aaree.

- the Righteous Judge of Dharma shall expose his disgrace.

गुर प्रसादि जा का मिटै अभिमानु ॥

gur parsaad jaa kaa mitai abhimaan.

One who, by Guru's Grace, eliminates his ego,

सो जनु नानक दरगह परवानु ॥२॥

so jan naanak dargeh parvaan. ||2||

O Nanak, becomes acceptable in the Court of the Lord. ||2||

कोटि कर्म करै हउ धारे ॥

kot karam karai ha-o Dhaaray.

If someone does millions of good deeds, while acting in ego,

स्रमु पावै सगले बिरथारे ॥

saram paavai saglay birthaaray.
he shall incur only trouble; all this is in vain.

अनिक तपसिआ करे अहंकार ॥

anik tapasi-aa karay aha^Nkaar.
If someone performs great penance, while acting in selfishness and conceit,

नरक सुरग फिरि फिरि अवतार ॥

narak surag fir fir avtaar.
he shall be reincarnated into heaven and hell, over and over again.

अनिक जतन करि आतम नही द्रवै ॥

anik jatan kar aatam nahee darvai.
He makes all sorts of efforts, but his soul is still not softened

हरि दरगह कहु कैसे गवै ॥

har dargeh kaho kaisay gavai.
- how can he go to the Court of the Lord?

आपस कउ जो भला कहावै ॥

aapas ka-o jo bhalaa kahaavai.
One who calls himself good

तिसहि भलाई निकटि न आवै ॥

tiseh bhalaa-ee nikat na aavai.
- goodness shall not draw near him.

सर्ब की रेन जा का मनु होइ ॥

sarab kee rayn jaa kaa man ho-ay.
One whose mind is the dust of all

कहु नानक ता की निर्मल सोइ ॥३॥

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

जब लगु जानै मुझ ते कछु होइ ॥

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

तब इस कउ सुखु नाही कोइ ॥
tab is ka-o sukh naahee ko-ay.
he shall have no peace.

जब इह जानै मै किछु करता ॥
jab ih jaanai mai kichh kartaa.
As long as this mortal thinks that he is the one who does things,

तब लगु गरभ जोनि महि फिरता ॥
tab lag garabh jon meh firtaa.
he shall wander in reincarnation through the womb.

जब धारै कोऊ बैरी मीतु ॥
jab Dhaarai ko-oo bairee meet.
As long as he considers one an enemy, and another a friend,

तब लगु निहचलु नाही चीतु ॥
tab lag nihchal naahee cheet.
his mind shall not come to rest.

जब लगु मोह मगन संगि माइ ॥
jab lag moh magan sang maa-ay.
As long as he is intoxicated with attachment to Maya,

तब लगु धर्म राइ देइ सजाइ ॥
tab lag Dharam raa-ay day-ay sajaa-ay.
the Righteous Judge shall punish him.

प्रभ किरपा ते बंधन तूटै ॥
parabh kirpaa tay banDhan tootai.
By God's Grace, his bonds are shattered;

गुर प्रसादि नानक हउ छूटै ॥४॥
gur parsaad naanak ha-o chhootai. ||4||
by Guru's Grace, O Nanak, his ego is eliminated. ||4||

सहस खटे लख कउ उठि धावै ॥
sahas khatay lakh ka-o uth Dhaavai.
Earning a thousand, he runs after a hundred thousand.

तृपति न आवै माइआ पाछै पावै ॥

taripat na aavai maa-i-aa paachhai paavai.
Satisfaction is not obtained by chasing after Maya.

अनिक भोग बिखिआ के करै ॥

anik bhog bikhi-aa kay karai.
He may enjoy all sorts of corrupt pleasures,

नह तृपतावै खपि खपि मरै ॥

nah tariptaavai khap khap marai.
but he is still not satisfied; he indulges again and again, wearing himself out, until he dies.

बिना संतोख नही कोऊ राजै ॥

binaa santokh nahee ko-oo raajai.
Without contentment, no one is satisfied.

सुपन मनोरथ बृथे सभ काजै ॥

supan manorath barithay sabh kaajai.
Like the objects in a dream, all his efforts are in vain.

नाम रंगि सर्व सुखु होइ ॥

naam rang sarab sukh ho-ay.
Through the love of the Naam, all peace is obtained.

बडभागी किसै परापति होइ ॥

badbhaagee kisai paraapat ho-ay.
Only a few obtain this, by great good fortune.

करन करावन आपे आपि ॥

karan karaavan aapay aap.
He Himself is Himself the Cause of causes.

सदा सदा नानक हरि जापि ॥५॥

sadaa sadaa naanak har jaap. ||5||
Forever and ever, O Nanak, chant the Lord's Name. ||5||

करन करावन करनैहारु ॥

karan karaavan karnaihaar.
The Doer, the Cause of causes, is the Creator Lord.

इस कै हाथि कहा बीचारु ॥

is kai haath kahaa beechaar.

What deliberations are in the hands of mortal beings?

जैसी दृसटि करे तैसा होइ ॥

jaisee darisat karay taisaa ho-ay.

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

आपे आपि आपि प्रभु सोइ ॥

aapay aap aap parabh so-ay.

God Himself, of Himself, is unto Himself.

जो किछु कीनो सु अपनै रंगि ॥

jo kichh keeno so apnai rang.

Whatever He created, was by His Own Pleasure.

सभ ते दूरि सभहू कै संगि ॥

sabh tay door sabhhoo kai sang.

He is far from all, and yet with all.

बूझै देखै करै बिबेक ॥

boojhai daykhai karai bibayk.

He understands, He sees, and He passes judgment.

आपहि एक आपहि अनेक ॥

aapeh ayk aapeh anayk.

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

मरै न बिनसै आवै न जाइ ॥

marai na binsai aavai na jaa-ay.

He does not die or perish; He does not come or go.

नानक सद ही रहिआ समाइ ॥६॥

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

O Nanak, He remains forever All-pervading. ||6||

आपि उपदेसै समझै आपि ॥

aap updaysai samjhai aap.

He Himself instructs, and He Himself learns.

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

आपि कीनो आपन बिसथारु ॥
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 भिन्न कहहु किछु होइ ॥
us tay bhinn kahhu kichh ho-ay.
Without Him, what could be done?

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

अपुने चलित आपि करणैहार ॥
apunay chaliṭ aap karnaihaar.
In His own play, He Himself is the Actor.

कउतक करै रंग आपार ॥
ka-uṭak karai rang aapaar.
He produces His plays with infinite variety.

मन महि आपि मन अपुने माहि ॥
man meh aap man apunay maahi.
He Himself is in the mind, and the mind is in Him.

नानक कीमति कहनु न जाइ ॥७॥
naanak keemaṭ kahan na jaa-ay. ||7||
O Nanak, His worth cannot be estimated. ||7||

सति सति सति प्रभु सुआमी ॥
saṭ saṭ saṭ parabh su-aamee.
True, True, True is God, our Lord and Master.

गुर परसादि किनै वखिआनी ॥
gur parsaad kinai vakhi-aanee.
By Guru's Grace, some speak of Him.

सचु सचु सचु सभु कीना ॥
sach sach sach sabh keenaa.
True, True, True is the Creator of all.

कोटि मधे किनै बिरलै चीना ॥
kot maDhay kinai birlai cheenaa.
Out of millions, scarcely anyone knows Him.

भला भला भला तेरा रूप ॥
bhalaa bhalaa bhalaa tayraa roop.
Beautiful, Beautiful, Beautiful is Your Sublime Form.

अति सुंदर अपार अनूप ॥
at sundar apaar anoop.
You are Exquisitely Beautiful, Infinite and Incomparable.

निर्मल निर्मल निर्मल तेरी बाणी ॥
nirmal nirmal nirmal tayree banee.
Pure, Pure, Pure is the Word of Your Bani,

घटि घटि सुनी स्रवन बख्याणी ॥
ghat ghat sunee sarvan bakh-yaanee.
heard in each and every heart, spoken to the ears.

पवित्र पवित्र पवित्र पुनीत ॥
pavitar pavitar pavitar puneet.
Holy, Holy, Holy and Sublimely Pure

नामु जपै नानक मनि प्रीति ॥८॥१२॥
naam japai naanak man pareet. ||8||12||
- chant the Naam, O Nanak, with heart-felt love. ||8||12||

सलोकु ॥
salok.
Shalok:

संत सरनि जो जनु परै सो जनु उधरनहार ॥

sanṭ saran jo jan parai so jan uDhranhaar.

One who seeks the Sanctuary of the Saints shall be saved.

संत की निंदा नानका बहुरि बहुरि अवतार ॥१॥

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

One who slanders the Saints, O Nanak, shall be reincarnated over and over again. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

संत कै दूखनि आरजा घटै ॥

sanṭ kai dookhan aarjaa ghatai.

Slandering the Saints, one's life is cut short.

संत कै दूखनि जम ते नही छुटै ॥

sanṭ kai dookhan jam tay nahee chhutai.

Slandering the Saints, one shall not escape the Messenger of Death.

संत कै दूखनि सुखु सभु जाइ ॥

sanṭ kai dookhan sukh sabh jaa-ay.

Slandering the Saints, all happiness vanishes.

संत कै दूखनि नरक महि पाइ ॥

sanṭ kai dookhan narak meh paa-ay.

Slandering the Saints, one falls into hell.

संत कै दूखनि मति होइ मलीन ॥

sanṭ kai dookhan maṭ ho-ay maleen.

Slandering the Saints, the intellect is polluted.

संत कै दूखनि सोभा ते हीन ॥

sanṭ kai dookhan sobhaa tay heen.

Slandering the Saints, one's reputation is lost.

संत के हते कउ रखै न कोइ ॥

sanṭ kay haṭay ka-o rakhai na ko-ay.

One who is cursed by a Saint cannot be saved.

संत कै दूखनि थान भ्रसटु होइ ॥

sanṭ kai dookhan thaan bharsat ho-ay.
Slandering the Saints, one's place is defiled.

संत कृपाल कृपा जे करै ॥

sanṭ kirpaal kirpaa jay karai.
But if the Compassionate Saint shows His Kindness,

नानक संतसंगि निंदकु भी तरै ॥१॥

naanak satsang nindak bhee tarai. ||1||
O Nanak, in the Company of the Saints, the slanderer may still be saved.
||1||

संत के दूखन ते मुखु भवै ॥

sanṭ kay dookhan tay mukh bhavai.
Slandering the Saints, one becomes a wry-faced malcontent.

संतन कै दूखनि काग जिउ लवै ॥

santan kai dookhan kaag ji-o lavai.
Slandering the Saints, one croaks like a raven.

संतन कै दूखनि सर्प जोनि पाइ ॥

santan kai dookhan sarap jon paa-ay.
Slandering the Saints, one is reincarnated as a snake.

संत कै दूखनि तृगद जोनि किरमाइ ॥

sanṭ kai dookhan tarigad jon kirmaa-ay.
Slandering the Saints, one is reincarnated as a wiggling worm.

संतन कै दूखनि तृसना महि जलै ॥

santan kai dookhan tarisnaa meh jalai.
Slandering the Saints, one burns in the fire of desire.

संत कै दूखनि सभु को छलै ॥

sanṭ kai dookhan sabh ko chhalai.
Slandering the Saints, one tries to deceive everyone.

संत कै दूखनि तेजु सभु जाइ ॥

sanṭ kai dookhan tayj sabh jaa-ay.
Slandering the Saints, all one's influence vanishes.

संत कै दूखनि नीचु नीचाइ ॥

sanṭ kai dookhan neech neechaa-ay.

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

संत दोखी का थाउ को नाहि ॥

sanṭ dokhee kaa thaa-o ko naahi.

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

नानक संत भावै ता ओइ भी गति पाहि ॥२॥

naanak sanṭ bhaavai taa o-ay bhee gaṭ paahi. ||2||

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

संत का निंदकु महा अतताई ॥

sanṭ kaa nindak mahaa attaa-ee.

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

संत का निंदकु खिनु टिकनु न पाई ॥

sanṭ kaa nindak khin tikan na paa-ee.

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

संत का निंदकु महा हतिआरा ॥

sanṭ kaa nindak mahaa haṭi-aaraa.

The slanderer of the Saint is a brutal butcher.

संत का निंदकु परमेसुरि मारा ॥

sanṭ kaa nindak parmaysur maaraa.

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

संत का निंदकु राज ते हीनु ॥

sanṭ kaa nindak raaj tay heen.

The slanderer of the Saint has no kingdom.

संत का निंदकु दुखीआ अरु दीनु ॥

sanṭ kaa nindak dukhee-aa ar deen.

The slanderer of the Saint becomes miserable and poor.

संत के निंदक कउ सर्ब रोग ॥

sanṭ kay nindak ka-o sarab rog.

The slanderer of the Saint contracts all diseases.

संत के निंदक कउ सदा बिजोग ॥

sant kay nindak ka-o sadaa bijog.
The slanderer of the Saint is forever separated.

संत की निंदा दोख महि दोखु ॥

sant kee nindaa dokh meh dokh.
To slander a Saint is the worst sin of sins.

नानक संत भावै ता उस का भी होइ मोखु ॥३॥

naanak 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||

संत का दोखी सदा अपवितु ॥

sant kaa dokhee sadaa apvit.
The slanderer of the Saint is forever impure.

संत का दोखी किसै का नही मितु ॥

sant kaa dokhee kisai kaa nahee mit.
The slanderer of the Saint is nobody's friend.

संत के दोखी कउ डानु लागै ॥

sant kay dokhee ka-o daan laagai.
The slanderer of the Saint shall be punished.

संत के दोखी कउ सभ तिआगै ॥

sant kay dokhee ka-o sabh ti-aagai.
The slanderer of the Saint is abandoned by all.

संत का दोखी महा अहंकारी ॥

sant kaa dokhee mahaa aha^Nkaaree.
The slanderer of the Saint is totally egocentric.

संत का दोखी सदा बिकारी ॥

sant kaa dokhee sadaa bikaaree.
The slanderer of the Saint is forever corrupt.

संत का दोखी जनमै मरै ॥

sant kaa dokhee janmai marai.
The slanderer of the Saint must endure birth and death.

संत की दूखना सुख ते टरै ॥

sant_ kee dookhnaa sukh tay tarai.
The slanderer of the Saint is devoid of peace.

संत के दोखी कउ नाही ठाउ ॥

sant_ kay dokhee ka-o naahee thaa-o.
The slanderer of the Saint has no place of rest.

नानक संत भावै ता लए मिलाइ ॥४॥

naanak 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||

संत का दोखी अध बीच ते टूटै ॥

sant_ kaa dokhee aDh beech tay tootai.
The slanderer of the Saint breaks down mid-way.

संत का दोखी कितै काजि न पहुचै ॥

sant_ kaa dokhee kitai kaaj na pahoochai.
The slanderer of the Saint cannot accomplish his tasks.

संत के दोखी कउ उदिआन भ्रमाईए ॥

sant_ kay dokhee ka-o udi-aan bharmaa-ee-ai.
The slanderer of the Saint wanders in the wilderness.

संत का दोखी उझड़ि पाईए ॥

sant_ kaa dokhee ujharh paa-ee-ai.
The slanderer of the Saint is misled into desolation.

संत का दोखी अंतर ते थोथा ॥

sant_ kaa dokhee antar tay thothaa.
The slanderer of the Saint is empty inside,

जिउ सास बिना मिरतक की लोथा ॥

ji-o saas binaa mirtak kee lothaa.
like the corpse of a dead man, without the breath of life.

संत के दोखी की जड़ किछु नाहि ॥

sant_ kay dokhee kee jarh kichh naahi.
The slanderer of the Saint has no heritage at all.

आपन बीजि आपे ही खाहि ॥

aapan beej aapay hee khaahi.
He himself must eat what he has planted.

संत के दोखी कउ अवरु न राखनहारु ॥

sant̄ kay dokhee ka-o avar na raakhanhaar.
The slanderer of the Saint cannot be saved by anyone else.

नानक संत भावै ता लए उबारि ॥५॥

naanak sant̄ bhaavai taa la-ay ubaar. ||5||
O Nanak, if it pleases the Saint, then even he may be saved. ||5||

संत का दोखी इउ बिललाइ ॥

sant̄ kaa dokhee i-o billaa-ay.
The slanderer of the Saint bewails like this

जिउ जल बिहून मछुली तड़फड़ाइ ॥

ji-o jal bihoon machhulee tarhafrahaa-ay.
- like a fish, out of water, writhing in agony.

संत का दोखी भूखा नही राजै ॥

sant̄ kaa dokhee bhookhaa nahee raajai.
The slanderer of the Saint is hungry and is never satisfied,

जिउ पावकु ईधनि नही ध्रापै ॥

ji-o paavak eeDhan nahee Dharaapai.
as fire is not satisfied by fuel.

संत का दोखी छुटे इकेला ॥

sant̄ kaa dokhee chhutai ikaylaa.
The slanderer of the Saint is left all alone,

जिउ बूआड़ु तिलु खेत माहि दुहेला ॥

ji-o boo-aarh̄ til̄ khayt̄ maahi duhaylaa.
like the miserable barren sesame stalk abandoned in the field.

संत का दोखी धर्म ते रहत ॥

sant̄ kaa dokhee Dharam tay rahat̄.
The slanderer of the Saint is devoid of faith.

संत का दोखी सद मिथिआ कहत ॥

sant_ kaa dokhee sad_ mithi-aa kahat_.
The slanderer of the Saint constantly lies.

किरतु निंदक का धुरि ही पइआ ॥

kirat_ nindak kaa Dhur hee pa-i-aa.
The fate of the slanderer is pre-ordained from the very beginning of time.

नानक जो तिसु भावै सोई थिआ ॥६॥

naanak jo tis bhaavai so-ee thi-aa. ||6||
O Nanak, whatever pleases God's Will comes to pass. ||6||

संत का दोखी बिगड़ रूपु होइ जाइ ॥

sant_ kaa dokhee bigarh roop ho-ay jaa-ay.
The slanderer of the Saint becomes deformed.

संत के दोखी कउ दरगह मिलै सजाइ ॥

sant_ kay dokhee ka-o dargeh milai sajaa-ay.
The slanderer of the Saint receives his punishment in the Court of the Lord.

संत का दोखी सदा सहकाईऐ ॥

sant_ kaa dokhee sadaa sahkaa-ee-ai.
The slanderer of the Saint is eternally in limbo.

संत का दोखी न मरै न जीवाईऐ ॥

sant_ kaa dokhee na marai na jeevaa-ee-ai.
He does not die, but he does not live either.

संत के दोखी की पुजै न आसा ॥

sant_ kay dokhee kee pujai na aasaa.
The hopes of the slanderer of the Saint are not fulfilled.

संत का दोखी उठि चलै निरासा ॥

sant_ kaa dokhee uth chalai niraasaa.
The slanderer of the Saint departs disappointed.

संत कै दोखि न तृसटै कोइ ॥

sant_ kai dokh na taristai ko-ay.
Slandering the Saint, no one attains satisfaction.

जैसा भावै तैसा कोई होइ ॥

jaisaa bhaavai taisaa ko-ee ho-ay.
As it pleases the Lord, so do people become;

पइआ किरतु न मेटै कोई ॥

pa-i-aa kirat na maytai ko-ay.
no one can erase their past actions.

नानक जानै सचा सोइ ॥७॥

naanak jaanai sachaa so-ay. ||7||
O Nanak, the True Lord alone knows all. ||7||

सभ घट तिस के ओहु करनैहारु ॥

sabh ghat tis kay oh karnaihaar.
All hearts are His; He is the Creator.

सदा सदा तिस कउ नमसकारु ॥

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

प्रभ की उसतति करहु दिनु राति ॥

parabh kee ustat karahu din raat.
Praise God, day and night.

तिसहि धिआवहु सासि गिरासि ॥

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

सभु कछु वरतै तिस का कीआ ॥

sabh kachh vartai tis kaa kee-aa.
Everything happens as He wills.

जैसा करे तैसा को थीआ ॥

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

अपना खेलु आपि करनैहारु ॥

apnaa khayl aap karnaihaar.
He Himself is the play, and He Himself is the actor.

दूसर कउनु कहै बीचारु ॥

doosar ka-un kahai beechaar.

Who else can speak or deliberate upon this?

जिस नो कृपा करै तिसु आपन नामु देइ ॥

jis no kirpaa karai tis aapan naam day-ay.

He Himself gives His Name to those, upon whom He bestows His Mercy.

बडभागी नानक जन सेइ ॥८॥१३॥

badbhaagee naanak jan say-ay. ||8||13||

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

सलोकु ॥

salok.

Shalok:

तजहु सिआनप सुरि जनहु सिमरहु हरि हरि राइ ॥

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

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

एक आस हरि मनि रखहु नानक दूखु भरमु भउ जाइ ॥१॥

ayk aas har man rakhahu naanak dookh bharam 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||

असटपदी ॥

asatpadee.

Ashtapadee:

मानुख की टेक बृथी सभ जानु ॥

maanukh kee tayk barithee sabh jaan.

Reliance on mortals is in vain - know this well.

देवन कउ एकै भगवानु ॥

dayvan ka-o aykai bhagvaan.

The Great Giver is the One Lord God.

जिस कै दीऐ रहै अघाइ ॥

jis kai dee-ai rahai aghaa-ay.

By His gifts, we are satisfied,

बहुरि न तृसना लागै आइ ॥
bahur na ṭarisnaa laagai aa-ay.
and we suffer from thirst no longer.

मारै राखै एको आपि ॥
maarai raakhai ayko aap.
The One Lord Himself destroys and also preserves.

मानुख कै किछु नाही हाथि ॥
maanukh kai kichh naahee haath.
Nothing at all is in the hands of mortal beings.

तिस का हुकमु बूझि सुखु होइ ॥
tis kaa hukam boojh sukh ho-ay.
Understanding His Order, there is peace.

तिस का नामु रखु कंठि परोइ ॥
tis kaa naam rakh kanth paro-ay.
So take His Name, and wear it as your necklace.

सिमरि सिमरि सिमरि प्रभु सोइ ॥
simar simar simar parabh so-ay.
Remember, remember, remember God in meditation.

नानक बिघनु न लागै कोइ ॥१॥
naanak bighan na laagai ko-ay. ||1||
O Nanak, no obstacle shall stand in your way. ||1||

उसतति मन महि करि निरंकार ॥
ustat man meh kar nirankaar.
Praise the Formless Lord in your mind.

करि मन मेरे सति बिउहार ॥
kar man mayray sat bi-uhaar.
O my mind, make this your true occupation.

निर्मल रसना अम्मृतु पीउ ॥
nirmal rasnaa amritu pee-o.
Let your tongue become pure, drinking in the Ambrosial Nectar.

सदा सुहेला करि लेहि जीउ ॥
sadaa suhaylaa kar layhi jee-o.
Your soul shall be forever peaceful.

नैनहु पेखु ठाकुर का रंगु ॥
nainhu paykh thaakur kaa rang.
With your eyes, see the wondrous play of your Lord and Master.

साधसंगि बिनसै सभ संगु ॥
saaDhsang binsai sabh sang.
In the Company of the Holy, all other associations vanish.

चरन चलउ मारगि गोबिंद ॥
charan chala-o maarag gobind.
With your feet, walk in the Way of the Lord.

मिटहि पाप जपीऐ हरि बिंद ॥
miteh paap japee-ai har bind.
Sins are washed away, chanting the Lord's Name, even for a moment.

कर हरि कर्म स्रवनि हरि कथा ॥
kar har karam sarvan har kathaa.
So do the Lord's Work, and listen to the Lord's Sermon.

हरि दरगह नानक ऊजल मथा ॥२॥
har dargeh naanak oojal mathaa. ||2||
In the Lord's Court, O Nanak, your face shall be radiant. ||2||

बडभागी ते जन जग माहि ॥
badbhaagee tay jan jag maahi.
Very fortunate are those humble beings in this world,

सदा सदा हरि के गुन गाहि ॥
sadaa sadaa har kay gun gaahi.
who sing the Glorious Praises of the Lord, forever and ever.

राम नाम जो करहि बीचार ॥
raam naam jo karahi beechaar.
Those who dwell upon the Lord's Name,

से धनवंत गनी संसार ॥

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

मनि तनि मुखि बोलहि हरि मुखी ॥

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

सदा सदा जानहु ते सुखी ॥

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

एको एकु एकु पछानै ॥

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

इत उत की ओहु सोझी जानै ॥

it ut kee oh sojhee jaanai.
understands this world and the next.

नाम संगि जिस का मनु मानिआ ॥

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

नानक तिनहि निरंजनु जानिआ ॥३॥

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

गुर प्रसादि आपन आपु सुझै ॥

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

तिस की जानहु तृसना बुझै ॥

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

साधसंगि हरि हरि जसु कहत ॥

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

सर्व रोग ते ओहृ हरि जनु रहत ॥

sarab rog tay oh har jan rahaṭ.

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

अनदिनु कीरतनु केवल बख्यानु ॥

an-din keertan kayval bakh-yaan.

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

गृहसत महि सोई निरबानु ॥

garihsaṭ meh so-ee nirbaan.

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

एक ऊपरि जिसु जन की आसा ॥

ayk oopar jis jan kee aasaa.

One who places his hopes in the One Lord

तिस की कटीऐ जम की फासा ॥

tis kee katee-ai jam kee faasaa.

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

पारब्रह्म की जिसु मनि भूख ॥

paarbarahm kee jis man bhookh.

One whose mind hungers for the Supreme Lord God,

नानक तिसहि न लागहि दूख ॥४॥

naanak tiseh na laageh dookh. ||4||

O Nanak, shall not suffer pain. ||4||

जिस कउ हरि प्रभु मनि चिति आवै ॥

jis ka-o har parabh man chit aavai.

One who focuses his conscious mind on the Lord God

सो संतु सुहेला नही डुलावै ॥

so sant suhaylaa nahee dulaavai.

- that Saint is at peace; he does not waver.

जिसु प्रभु अपुना किरपा करै ॥

jis parabh apunaa kirpaa karai.

Those unto whom God has granted His Grace

सो सेवकु कहु किस ते डरै ॥
so sayvak kaho kis tay darai.
- who do those servants need to fear?

जैसा सा तैसा दृसटाइआ ॥
jaisaa saa taisaa daristaa-i-aa.
As God is, so does He appear;

अपुने कारज महि आपि समाइआ ॥
apunay kaaraj meh aap samaa-i-aa.
in His Own creation, He Himself is pervading.

सोधत सोधत सोधत सीझिआ ॥
soDhat soDhat soDhat seejhi-aa.
Searching, searching, searching, and finally, success!

गुर प्रसादि ततु सभु बूझिआ ॥
gur parsaad tat sabh boojhi-aa.
By Guru's Grace, the essence of all reality is understood.

जब देखउ तब सभु किछु मूलु ॥
jab daykh-a-u tab sabh kichh mool.
Wherever I look, there I see Him, at the root of all things.

नानक सो सूखमु सोई असथूलु ॥५॥
naanak so sookham so-ee asthool. ||5||
O Nanak, He is the subtle, and He is also the manifest. ||5||

नह किछु जनमै नह किछु मरै ॥
nah kichh janmai nah kichh marai.
Nothing is born, and nothing dies.

आपन चलितु आप ही करै ॥
aapan chalit aap hee karai.
He Himself stages His own drama.

आवनु जावनु दृसटि अनदृसटि ॥
aavan jaavan darisat an-darisat.
Coming and going, seen and unseen,

आगिआकारी धारी सभ सृसटि ॥

aagi-aakaaree Dhaaree sabh sarisat.
all the world is obedient to His Will.

आपे आपि सगल महि आपि ॥

aapay aap sagal meh aap.
He Himself is All-in-Himself.

अनिक जुगति रचि थापि उथापि ॥

anik jugat rach thaap uthaap.
In His many ways, He establishes and disestablishes.

अबिनासी नाही किछु खंड ॥

abhinaasee naahee kichh khand.
He is Imperishable; nothing can be broken.

धारण धारि रहिओ ब्रहमंड ॥

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

अलख अभेव पुरख परताप ॥

alakh abhayv purakh partaap.
Unfathomable and Inscrutable is the Glory of the Lord.

आपि जपाए त नानक जाप ॥६॥

aap japaa-ay ta naanak jaap. ||6||
As He inspires us to meditate, O Nanak, so do we meditate. ||6||

जिन प्रभु जाता सु सोभावंत ॥

jin parabh jaataa so sobhaavant.
Those who know God are glorious.

सगल संसारु उधरै तिन मंत ॥

sagal sansaar uDhrai tin mant.
The whole world is redeemed by their teachings.

प्रभ के सेवक सगल उधारन ॥

parabh kay sayvak sagal uDhaaran.
God's servants redeem all.

प्रभ के सेवक दूख बिसारन ॥

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

आपे मेलि लए किरपाल ॥

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

गुर का सबदु जपि भए निहाल ॥

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

उन की सेवा सोई लागै ॥

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

जिस नो कृपा करहि बडभागै ॥

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

नामु जपत पावहि बिस्रामु ॥

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

नानक तिन पुरख कउ ऊतम करि मानु ॥७॥

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

जो किछु करै सु प्रभ कै रंगि ॥

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

सदा सदा बसै हरि संगि ॥

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

सहज सुभाइ होवै सो होइ ॥

sahj subhaa-ay hovai so ho-ay.
By its own natural course, whatever will be will be.

करणैहारु पछाणै सोइ ॥

karnaihaar pachhaanai so-ay.
Acknowledge that Creator Lord;

प्रभ का कीआ जन मीठ लगाना ॥

parabh kaa kee-aa jan meeth lagaanaa.
God's doings are sweet to His humble servant.

जैसा सा तैसा दृसटाना ॥

jaisaa saa taisaa daristaanaa.
As He is, so does He appear.

जिस ते उपजे तिसु माहि समाए ॥

jis tay upjay tis maahi samaa-ay.
From Him we came, and into Him we shall merge again.

ओइ सुख निधान उनहू बनि आए ॥

o-ay sukh niDhaan unhoo ban aa-ay.
He is the treasure of peace, and so does His servant become.

आपस कउ आपि दीनो मानु ॥

aapas ka-o aap deeno maan.
Unto His own, He has given His honor.

नानक प्रभ जनु एको जानु ॥८॥१४॥

naanak parabh jan ayko jaan. ||8||14||
O Nanak, know that God and His humble servant are one and the same.
||8||14||

सलोकु ॥

salok.
Shalok:

सर्ब कला भरपूर प्रभ बिरथा जाननहार ॥

sarab kalaa bharpoor parabh birthaa jaananhaar.
God is totally imbued with all powers; He is the Knower of our troubles.

जा कै सिमरनि उधरीऐ नानक तिसु बलिहार ॥१॥

jaa kai simran udhree-ai naanak tis balihaar. ||1||
Meditating in remembrance on Him, we are saved; Nanak is a sacrifice to
Him. ||1||

असटपदी ॥
asatpadee.
Ashtapadee:

टूटी गाढनहार गोपाल ॥
tootee gaadhanhaar gopaal.
The Lord of the World is the Mender of the broken.

सर्व जीआ आपे प्रतिपाल ॥
sarab jee-aa aapay partipaal.
He Himself cherishes all beings.

सगल की चिंता जिसु मन माहि ॥
sagal kee chintaa jis man maahi.
The cares of all are on His Mind;

तिस ते बिरथा कोई नाहि ॥
tis tay birthaa ko-ee naahi.
no one is turned away from Him.

रे मन मेरे सदा हरि जापि ॥
ray man mayray sadaa har jaap.
O my mind, meditate forever on the Lord.

अबिनासी प्रभु आपे आपि ॥
abhinaasee parabh aapay aap.
The Imperishable Lord God is Himself All-in-all.

आपन कीआ कछू न होइ ॥
aapan kee-aa kachhoo na ho-ay.
By one's own actions, nothing is accomplished,

जे सउ प्राणी लोचै कोइ ॥
jay sa-o paraanee lochai ko-ay.
even though the mortal may wish it so, hundreds of times.

तिसु बिनु नाही तैरै किछु काम ॥
tis bin naahee tayrai kichh kaam.
Without Him, nothing is of any use to you.

गति नानक जपि एक हरि नाम ॥१॥

gaṭ naanak jap ayk har naam. ||1||

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

||1||

रूपवंतु होइ नाही मोहै ॥

roopvantṭ ho-ay naahee mohai.

One who is good-looking should not be vain;

प्रभ की जोति सगल घट सोहै ॥

parabh kee joṭ sagal ghat sohai.

the Light of God is in all hearts.

धनवंता होइ किआ को गरबै ॥

Dhanvantāa ho-ay ki-aa ko garbai.

Why should anyone be proud of being rich?

जा सभु किछु तिस का दीआ दरबै ॥

jaa sabh kichh tis kaa dee-aa darbai.

All riches are His gifts.

अति सूरु जे कोऊ कहावै ॥

aṭ sooraa jay ko-oo kahaavai.

One may call himself a great hero,

प्रभ की कला बिना कह धावै ॥

parabh kee kalaa binaa kah Dhaavai.

but without God's Power, what can anyone do?

जे को होइ बहै दातारु ॥

jay ko ho-ay bahai daataar.

One who brags about giving to charities

तिसु देनहारु जानै गावारु ॥

tis daynhaar jaanai gaavaar.

- the Great Giver shall judge him to be a fool.

जिसु गुरु प्रसादि तूटै हउ रोगु ॥

jis gur parsaadṭ tootai ha-o rog.

One who, by Guru's Grace, is cured of the disease of ego

नानक सो जनु सदा अरोगु ॥२॥

naanak so jan sadaa arog. ||2||

- O Nanak, that person is forever healthy. ||2||

जिउ मंदर कउ थामै थम्मनु ॥

ji-o mandar ka-o thaamai thamman.

As a palace is supported by its pillars,

तिउ गुर का सबदु मनहि असथम्मनु ॥

ti-o gur kaa sabad maneh asthamman.

so does the Guru's Word support the mind.

जिउ पाखाणु नाव चड़ि तरै ॥

ji-o paakhaan naav charh tarai.

As a stone placed in a boat can cross over the river,

प्राणी गुर चरण लगतु निसतरै ॥

paraanee gur charan lagat nistarai.

so is the mortal saved, grasping hold of the Guru's Feet.

जिउ अंधकार दीपक परगासु ॥

ji-o anDhkaar deepak pargaas.

As the darkness is illuminated by the lamp,

गुर दरसन देखि मनि होइ बिगासु ॥

gur darsan daykh man ho-ay bigaas.

so does the mind blossom forth, beholding the Blessed Vision of the Guru's Darshan.

जिउ महा उदिआन महि मारगु पावै ॥ तिउ साधू संगि मिलि जोति प्रगटावै ॥

ji-o mahaa udi-aan meh maarag paavai. ti-o saaDhoo sang mil jot paragtaavai.

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

तिन संतन की बाछु धूरि ॥

tin santan kee baachha-o Dhoor.

I seek the dust of the feet of those Saints;

नानक की हरि लोचा पूरि ॥३॥
naanak kee har lochaa poor. ||3||
O Lord, fulfill Nanak's longing! ||3||

मन मूरख काहे बिललाईऐ ॥
man moorakh kaahay billaa-ee-ai.
O foolish mind, why do you cry and bewail?

पुरब लिखे का लिखिआ पाईऐ ॥
purab likhay kaa likhi-aa paa-ee-ai.
You shall obtain your pre-ordained destiny.

दूख सूख प्रभ देवनहारु ॥
dookh sookh parabh dayvanhaar.
God is the Giver of pain and pleasure.

अवर तिआगि तू तिसहि चितारु ॥
avar ti-aag too tiseh chitaar.
Abandon others, and think of Him alone.

जो कछु करै सोई सुखु मानु ॥
jo kachh karai so-ee sukh maan.
Whatever He does - take comfort in that.

भूला काहे फिरहि अजान ॥
bhoolaa kaahay fireh ajaan.
Why do you wander around, you ignorant fool?

कउन बसतु आई तेरै संग ॥
ka-un basat aa-ee tayrai sang.
What things did you bring with you?

लपटि रहिओ रसि लोभी पतंग ॥
lapat rahi-o ras lobhee patang.
You cling to worldly pleasures like a greedy moth.

राम नाम जपि हिरदे माहि ॥
raam naam jap hirday maahi.
Dwell upon the Lord's Name in your heart.

नानक पति सेती घरि जाहि ॥४॥

naanak paṭ sayṭee ghar jaahi. ||4||

O Nanak, thus you shall return to your home with honor. ||4||

जिसु वखर कउ लैनि तू आइआ ॥

jis vakhar ka-o lain too aa-i-aa.

This merchandise, which you have come to obtai

राम नामु संतन घरि पाइआ ॥

raam naam santan ghar paa-i-aa.

n - the Lord's Name is obtained in the home of the Saints.

तजि अभिमानु लेहु मन मोलि ॥ राम नामु हिरदे महि तोलि ॥

taj abhimaan layho man mol. raam naam hirday meh tol.

Renounce your egotistical pride, and with your mind, purchase the Lord's Name - measure it out within your heart.

लादि खेप संतह संगि चालु ॥

laad khayp santeh sang chaal.

Load up this merchandise, and set out with the Saints.

अवर तिआगि बिखिआ जंजाल ॥

avar ti-aag bikhi-aa janjaal.

Give up other corrupt entanglements.

धंनि धंनि कहै सभु कोइ ॥

Dhan Dhan kahai sabh ko-ay.

"Blessed, blessed", everyone will call you,

मुख ऊजल हरि दरगह सोइ ॥

mukh oojal har dargeh so-ay.

and your face shall be radiant in the Court of the Lord.

इहु वापारु विरला वापारै ॥

ih vaapaar virkaa vaapaarai.

In this trade, only a few are trading.

नानक ता कै सद बलिहारै ॥५॥

naanak taa kai sad balihaarai. ||5||

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

चरन साध के धोइ धोइ पीउ ॥

charan saaDh kay Dho-ay Dho-ay pee-o.
Wash the feet of the Holy, and drink in this water.

अरपि साध कउ अपना जीउ ॥

arap saaDh ka-o apnaa jee-o.
Dedicate your soul to the Holy.

साध की धूरि करहु इसनानु ॥

saaDh kee Dhoor karahu isnaan.
Take your cleansing bath in the dust of the feet of the Holy.

साध ऊपरि जाईऐ कुरबानु ॥

saaDh oopar jaa-ee-ai kurbaan.
To the Holy, make your life a sacrifice.

साध सेवा वडभागी पाईऐ ॥

saaDh sayvaa vadbhaagee paa-ee-ai.
Service to the Holy is obtained by great good fortune.

साधसंगि हरि कीरतनु गाईऐ ॥

saaDhsang har keertan gaa-ee-ai.
In the Saadh Sangat, the Company of the Holy, the Kirtan of the Lord's Praise is sung.

अनिक बिघन ते साधू राखै ॥

anik bighan tay saaDhoo raakhai.
From all sorts of dangers, the Saint saves us.

हरि गुन गाइ अमृत रसु चाखै ॥

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

ओट गही संतह दरि आइआ ॥

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

सर्व सूख नानक तिह पाइआ ॥६॥

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

मिरतक कउ जीवालनहार ॥
mirtak ka-o jeevaalanhaar.
He infuses life back into the dead.

भूखे कउ देवत अधार ॥
bhookhay ka-o dayvat aDhaar.
He gives food to the hungry.

सर्ब निधान जा की दृसटी माहि ॥
sarab niDhaan jaa kee daristee maahi.
All treasures are within His Glance of Grace.

पुरब लिखे का लहणा पाहि ॥
purab likhay kaa lahnaa paahi.
People obtain that which they are pre-ordained to receive.

सभु किछु तिस का ओहु करनै जोगु ॥
sabh kichh tis kaa oh karnai jog.
All things are His; He is the Doer of all.

तिसु बिनु दूसर होआ न होगु ॥
tis bin doosar ho-aa na hog.
Other than Him, there has never been any other, and there shall never be.

जपि जन सदा सदा दिनु रैणी ॥
jap jan sadaa sadaa din rainee.
Meditate on Him forever and ever, day and night.

सभ ते ऊच निर्मल इह करणी ॥
sabh tay ooch nirmal ih karnee.
This way of life is exalted and immaculate.

करि किरपा जिस कउ नामु दीआ ॥
kar kirpaa jis ka-o naam dee-aa.
One whom the Lord, in His Grace, blesses with His Name

नानक सो जनु निरमलु थीआ ॥७॥
naanak so jan nirmal thee-aa. ||7||
- O Nanak, that person becomes immaculate and pure. ||7||

जा कै मनि गुर की परतीति ॥
jaa kai man gur kee par_tee_t.
One who has faith in the Guru in his mind

तिसु जन आवै हरि प्रभु चीति ॥
tis jan aavai har parab_h chee_t.
comes to dwell upon the Lord God.

भगतु भगतु सुनीए तिहु लोइ ॥
bhagat bhagat sunee-ai tihu lo-ay.
He is acclaimed as a devotee, a humble devotee throughout the three worlds.

जा कै हिरदै एको होइ ॥
jaa kai hirdai ayko ho-ay.
The One Lord is in his heart.

सचु करणी सचु ता की रहत ॥
sach kar_nee sach taa kee rahat.
True are his actions; true are his ways.

सचु हिरदै सति मुखि कहत ॥
sach hirdai sat muk_h kahat.
True is his heart; Truth is what he speaks with his mouth.

साची दृसटि साचा आकारु ॥
saachee darisat saachaa aakaar.
True is his vision; true is his form.

सचु वरतै साचा पासारु ॥
sach var_tai saachaa paasaar.
He distributes Truth and he spreads Truth.

पारब्रह्म जिनि सचु करि जाता ॥
paarbarahm jin sach kar jaataa.
One who recognizes the Supreme Lord God as True

नानक सो जनु सचि समाता ॥८॥१५॥
naanak so jan sach samaataa. ||8||15||
- O Nanak, that humble being is absorbed into the True One. ||8||15||

सलोक ॥

salok.

Shalok:

रूप न रेख न रंगु किछु तूहु गुण ते प्रभ भिन्न ॥

roop na raykh na rang kichh tarihu gun tay parabh bhinn.

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

तिसहि बुझाए नानका जिसु होवै सुप्रसन्न ॥१॥

tiseh bujhaa-ay naankaa jis hovai suparsan. ||1||

They alone understand Him, O Nanak, with whom He is pleased. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

अबिनासी प्रभु मन महि राखु ॥

abhinaasee parabh man meh raakh.

Keep the Immortal Lord God enshrined within your mind.

मानुख की तू प्रीति तिआगु ॥

maanukh kee too pareet ti-aag.

Renounce your love and attachment to people.

तिस ते परै नाही किछु कोइ ॥

tis tay parai naahee kichh ko-ay.

Beyond Him, there is nothing at all.

सर्व निरंतरि एको सोइ ॥

sarab niranṭar ayko so-ay.

The One Lord is pervading among all.

आपे बीना आपे दाना ॥

aapay beenaa aapay daanaa.

He Himself is All-seeing; He Himself is All-knowing,

गहिर गम्भीरु गहीरु सुजाना ॥

gahir gambheer gaheer sujaanaa.

Unfathomable, Profound, Deep and All-knowing.

पारब्रह्म परमेशुर गोविंद ॥

paarbarahm parmaysur gobind.

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

कृपा निधान दइआल बखसंद ॥

kirpaa niDhaan da-i-aal bakhsand.

the Treasure of mercy, compassion and forgiveness.

साध तेरे की चरनी पाउ ॥

saaDh tayray kee charnee paa-o.

To fall at the Feet of Your Holy Beings

नानक कै मनि इहु अनराउ ॥१॥

naanak kai man ih anraa-o. ||1||

- this is the longing of Nanak's mind. ||1||

मनसा पूरन सरना जोग ॥

mansaa pooran sarnaa jog.

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

जो करि पाइआ सोई होगु ॥

jo kar paa-i-aa so-ee hog.

that which He has written, comes to pass.

हरन भरन जा का नेत्र फोरु ॥

haran bharan jaa kaa naytar for.

He destroys and creates in the twinkling of an eye.

तिस का मंत्रु न जानै होरु ॥

tis kaa mantrar na jaanai hor.

No one else knows the mystery of His ways.

अनद रूप मंगल सद जा कै ॥

anad roop mangal sad jaa kai.

He is the embodiment of ecstasy and everlasting joy.

सर्व थोक सुनीअहि घरि ता कै ॥

sarab thok sunee-ah ghar taa kai.

I have heard that all things are in His home.

राज महि राजु जोग महि जोगी ॥

raaj meh raaj jog meh jogee.

Among kings, He is the King; among yogis, He is the Yogi.

तप महि तपीसरु गृहसत महि भोगी ॥

tap meh tapeesar garihsat meh bhogee.

Among ascetics, He is the Ascetic; among householders, He is the Enjoyer.

धिआइ धिआइ भगतह सुखु पाइआ ॥

Dhi-aa-ay Dhi-aa-ay bhagtah sukh paa-i-aa.

By constant meditation, His devotee finds peace.

नानक तिसु पुरख का किनै अंतु न पाइआ ॥२॥

naanak tis purakh kaa kinai ant na paa-i-aa. ||2||

O Nanak, no one has found the limits of that Supreme Being. ||2||

जा की लीला की मिति नाहि ॥

jaa kee leelaa kee mit naahi.

There is no limit to His play.

सगल देव हारे अवगाहि ॥

sagal dayv haaray avgaahi.

All the demigods have grown weary of searching for it.

पिता का जनमु कि जानै पूतु ॥

pitaa kaa janam ke jaanai poot.

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

सगल परोई अपुनै सूति ॥

sagal paro-ee apunai soot.

All are strung upon His string.

सुमति गिआनु धिआनु जिन देइ ॥ जन दास नामु धिआवहि सेइ ॥

sumat gi-aan Dhi-aan jin day-ay. jan daas naam Dhi-aavahi say-ay.

He bestows good sense, spiritual wisdom and meditation on His humble servants and slaves who meditate on the Naam.

तिहु गुण महि जा कउ भरमाए ॥

tihu gun meh jaa ka-o bharmaa-ay.

He leads some astray in the three qualities;

जनमि मरै फिरि आवै जाए ॥

janam marai fir aavai jaa-ay.
they are born and die, coming and going over and over again.

ऊच नीच तिस के असथान ॥

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 ॥

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

नाना भेख करहि इक रंग ॥

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

नाना बिधि कीनो बिसथारु ॥

naanaa biDh keeno bisthaar.
In so many ways, He has extended Himself.

प्रभु अबिनासी एकंकारु ॥

parabh abhinaasee aykankaar.
The Eternal Lord God is the One, the Creator.

नाना चलित करे खिन माहि ॥

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

पूरि रहिओ पूरनु सभ ठाइ ॥

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

नाना बिधि करि बनत बनाई ॥

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

अपनी कीमति आपे पाई ॥

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

सभ घट तिस के सभ तिस के ठाउ ॥

sabh ghat tis kay sabh tis kay thaa-o.
All hearts are His, and all places are His.

जपि जपि जीवै नानक हरि नाउ ॥४॥

jap jap jeevai naanak har naa-o. ||4||
Nanak lives by chanting, chanting the Name of the Lord. ||4||

नाम के धारे सगले जंत ॥

naam kay Dhaaray saglay jant.
The Naam is the Support of all creatures.

नाम के धारे खंड ब्रह्मंड ॥

naam kay Dhaaray khand barahmand.
The Naam is the Support of the earth and solar systems.

नाम के धारे सिमृति बेद पुरान ॥

naam kay Dhaaray simrit bayd puraan.
The Naam is the Support of the Simritees, the Vedas and the Puraanas.

नाम के धारे सुनन गिआन धिआन ॥

naam kay Dhaaray sunan gi-aan Dhi-aan.
The Naam is the Support by which we hear of spiritual wisdom and meditation.

नाम के धारे आगास पाताल ॥

naam kay Dhaaray aagaas paaṭaal.
The Naam is the Support of the Akaashic ethers and the nether regions.

नाम के धारे सगल आकार ॥

naam kay Dhaaray sagal aakaar.
The Naam is the Support of all bodies.

नाम के धारे पुरीआ सभ भवन ॥

naam kay Dhaaray puree-aa sabh bhavan.
The Naam is the Support of all worlds and realms.

नाम कै संगि उधरे सुनि स्रवन ॥

naam kai sang uDhray sun sarvan.

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

करि किरपा जिसु आपनै नामि लाए ॥

kar kirpaa jis aapnai naam laa-ay.

Those whom the Lord mercifully attaches to His Naam

नानक चउथे पद महि सो जनु गति पाए ॥५॥

naanak cha-uthay pad meh so jan gat paa-ay. ||5||

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

रूपु सति जा का सति असथानु ॥

roop sat jaa kaa sat asthaan.

His form is true, and true is His place.

पुरखु सति केवल प्रधानु ॥

purakh sat kayval parDhaan.

His personality is true - He alone is supreme.

करतूति सति सति जा की बाणी ॥

kartoot sat sat jaa kee banee.

His acts are true, and true is His Word.

सति पुरख सभ माहि समाणी ॥

sat purakh sabh maahi samaanee.

The True Lord is permeating all.

सति करमु जा की रचना सति ॥

sat karam jaa kee rachnaa sat.

True are His actions; His creation is true.

मूलु सति सति उत्पति ॥

mool sat sat utpat.

His root is true, and true is what originates from it.

सति करणी निर्मल निरमली ॥

sat karnee nirmal nirmalee.

True is His lifestyle, the purest of the pure.

जिसहि बुझाए तिसहि सभ भली ॥
jisahi bujhaa-ay tiseh sabh bhalee.
All goes well for those who know Him.

सति नामु प्रभ का सुखदाई ॥
sat naam parabh kaa sukh-daa-ee.
The True Name of God is the Giver of peace.

बिस्वासु सति नानक गुर ते पाई ॥६॥
bisvaas sat naanak gur tay paa-ee. ||6||
Nanak has obtained true faith from the Guru. ||6||

सति बचन साधू उपदेस ॥
sat bachan saadhoo updays.
True are the Teachings, and the Instructions of the Holy.

सति ते जन जा कै रिदै प्रवेस ॥
sat tay jan jaa kai ridai parvays.
True are those into whose hearts He enters.

सति निरति बूझै जे कोइ ॥
sat nirat boojhai jay ko-ay.
One who knows and loves the Truth

नामु जपत ता की गति होइ ॥
naam japat taa kee gat ho-ay.
- chanting the Naam, he obtains salvation.

आपि सति कीआ सभु सति ॥
aap sat kee-aa sabh sat.
He Himself is True, and all that He has made is true.

आपे जानै अपनी मिति गति ॥
aapay jaanai apnee mit gat.
He Himself knows His own state and condition.

जिस की सृसटि सु करणैहारु ॥
jis kee sarisat so karnaihaar.
He is the Creator Lord of His world.

अवर न बूझि करत बीचारु ॥

avar na boojh karat beechaar.

No one else understands Him, although they may try.

करते की मिति न जानै कीआ ॥

karṭay kee mit na jaanai kee-aa.

The created cannot know the extent of the Creator.

नानक जो तिसु भावै सो वरतीआ ॥७॥

naanak jo tis bhaavai so varṭee-aa. ||7||

O Nanak, whatever pleases Him comes to pass. ||7||

बिसमन बिसम भए बिसमाद ॥

bisman bisam bha-ay bismaad.

Gazing upon His wondrous wonder, I am wonder-struck and amazed!

जिनि बूझिआ तिसु आइआ स्वाद ॥

jin boojhi-aa tis aa-i-aa savaad.

One who realizes this, comes to taste this state of joy.

प्रभ कै रंगि राचि जन रहे ॥

parabh kai rang raach jan rahay.

God's humble servants remain absorbed in His Love.

गुर कै बचनि पदार्थ लहे ॥

gur kai bachan padaarath lahay.

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

ओइ दाते दुख काटनहार ॥

o-ay daatay dukh kaatanhaar.

They are the givers, the dispellers of pain.

जा कै संगि तरै संसार ॥

jaa kai sang tarai sansaar.

In their company, the world is saved.

जन का सेवकु सो वडभागी ॥

jan kaa sayvak so vadbhaagee.

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

जन कै संगि एक लिव लागी ॥

jan kai sang ayk liv laagee.

In the company of His servant, one becomes attached to the Love of the One.

गुन गोबिद कीरतनु जनु गावै ॥

gun gobid keertan jan gaavai.

His humble servant sings the Kirtan, the songs of the glory of God.

गुर प्रसादि नानक फलु पावै ॥८॥१६॥

gur parsaad naanak fal paavai. ||8||16||

By Guru's Grace, O Nanak, he receives the fruits of his rewards. ||8||16||

सलोकु ॥

salok.

Shalok:

आदि सचु जुगादि सचु ॥

aad sach jugaad sach.

True in the beginning, True throughout the ages,

है भि सचु नानक होसी भि सचु ॥१॥

hai bhe sach naanak hosee bhe sach. ||1||

True here and now. O Nanak, He shall forever be True. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

चरन सति सति परसनहार ॥

charan sat sat parsanhaar.

His Lotus Feet are True, and True are those who touch Them.

पूजा सति सति सेवदार ॥

poojaa sat sat sayvdaar.

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

दरसनु सति सति पेखनहार ॥

darsan sat sat paykhanhaar.

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

नामु सति सति धिआवनहार ॥

naam saṭ saṭ Dhi-aavanhaar.

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

आपि सति सति सभ धारी ॥

aap saṭ saṭ sabh Dhaaree.

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

आपे गुण आपे गुणकारी ॥

aapay guṇ aapay guṇkaaree.

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

सबदु सति सति प्रभु बकता ॥

sabaḍ saṭ saṭ parabh bakṭaa.

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

सुरति सति सति जसु सुनता ॥

surat saṭ saṭ jas sunṭaa.

Those ears are True, and True are those who listen to His Praises.

बुझनहार कउ सति सभ होइ ॥

bujhanhaar ka-o saṭ sabh ho-ay.

All is True to one who understands.

नानक सति सति प्रभु सोइ ॥१॥

naanak saṭ saṭ parabh so-ay. ||1||

O Nanak, True, True is He, the Lord God. ||1||

सति सरूपु रिदै जिनि मानिआ ॥

saṭ saroop ridai jin maani-aa.

One who believes in the Embodiment of Truth with all his heart

करन करावन तिनि मूलु पछानिआ ॥

karan karaavan tin mool pachhaani-aa.

recognizes the Cause of causes as the Root of all.

जा कै रिदै बिस्वासु प्रभ आइआ ॥

jaa kai ridai bisvaas parabh aa-i-aa.

One whose heart is filled with faith in God

ततु गिआनु तिसु मनि प्रगटाइआ ॥

taṭ gi-aan ṭis man paragtaa-i-aa.

- the essence of spiritual wisdom is revealed to his mind.

भै ते निरभउ होइ बसाना ॥

bhai ṭay nirbha-o ho-ay basaanaa.

Coming out of fear, he comes to live without fear.

जिस ते उपजिआ तिसु माहि समाना ॥

jis ṭay upji-aa ṭis maahi samaanaa.

He is absorbed into the One, from whom he originated.

बसतु माहि ले बसतु गडाई ॥

basat maahi lay basat gadaa-ee.

When something blends with its own,

ता कउ भिन्न न कहना जाई ॥

taa ka-o bhinn na kahnaa jaa-ee.

it cannot be said to be separate from it.

बूझै बूझनहारु बिबेक ॥

boojhai boojhanhaar bibayk.

This is understood only by one of discerning understanding.

नाराइन मिले नानक एक ॥२॥

naaraa-in milay naanak ayk. ||2||

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

ठाकुर का सेवकु आगिआकारी ॥

thaakur kaa sayvak aagi-aakaaree.

The servant is obedient to his Lord and Master.

ठाकुर का सेवकु सदा पूजारी ॥

thaakur kaa sayvak sadaa poojaaree.

The servant worships his Lord and Master forever.

ठाकुर के सेवक कै मनि परतीति ॥

thaakur kay sayvak kai man parteet.

The servant of the Lord Master has faith in his mind.

ठाकुर के सेवक की निर्मल रीति ॥

thaakur kay sayvak kee nirmal reet.

The servant of the Lord Master lives a pure lifestyle.

ठाकुर कउ सेवकु जानै संगि ॥

thaakur ka-o sayvak jaanai sang.

The servant of the Lord Master knows that the Lord is with him.

प्रभ का सेवकु नाम कै रंगि ॥

parabh kaa sayvak naam kai rang.

God's servant is attuned to the Naam, the Name of the Lord.

सेवक कउ प्रभ पालनहारा ॥

sayvak ka-o parabh paalanhaaraa.

God is the Cherisher of His servant.

सेवक की राखै निरंकारा ॥

sayvak kee raakhai nirankaaraa.

The Formless Lord preserves His servant.

सो सेवकु जिसु दइआ प्रभु धारै ॥

so sayvak jis da-i-aa parabh Dhaarai.

Unto His servant, God bestows His Mercy.

नानक सो सेवकु सासि सासि समारै ॥३॥

naanak so sayvak saas saas samaarai. ||3||

O Nanak, that servant remembers Him with each and every breath. ||3||

अपुने जन का परदा ढाकै ॥

apunay jan kaa parda dhaakai.

He covers the faults of His servant.

अपने सेवक की सरपर राखै ॥

apnay sayvak kee sarpar raakhai.

He surely preserves the honor of His servant.

अपने दास कउ देइ वडाई ॥

apnay daas ka-o day-ay vadaa-ee.

He blesses His slave with greatness.

अपने सेवक कउ 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 आपि पति राखै ॥

apnay sayvak kee aap pat̄ raakhai.

He Himself preserves the honor of His servant.

ता की गति मिति कोइ न लाखै ॥

taa kee gat̄ mit̄ ko-ay na laakhai.

No one knows His state and extent.

प्रभ के सेवक कउ को न पहूचै ॥

parabh kay sayvak ka-o ko na pahoochai.

No one is equal to the servant of God.

प्रभ के सेवक ऊच ते ऊचे ॥

parabh kay sayvak ooch tay oochay.

The servant of God is the highest of the high.

जो प्रभि अपनी सेवा लाइआ ॥

jo parabh apnee sayvaa laa-i-aa.

One whom God applies to His own service, O Nanak

नानक सो सेवकु दह दिसि प्रगटाइआ ॥४॥

naanak so sayvak dah dis paragtaa-i-aa. ||4||

- that servant is famous in the ten directions. ||4||

नीकी कीरी महि कल राखै ॥

neekee keeree meh kal raakhai.

He infuses His Power into the tiny ant;

भसम करै लसकर कोटि लाखै ॥

bhasam karai laskar kot laakhai.

it can then reduce the armies of millions to ashes

जिस का सासु न काढत आपि ॥

jis kaa saas na kaadhat aap.

Those whose breath of life He Himself does not take away

ता कउ राखत दे करि हाथ ॥

taa ka-o raakhat day kar haath.

- He preserves them, and holds out His Hands to protect them.

मानस जतन करत बहु भाति ॥

maanas jatan karat baho bhaat.

You may make all sorts of efforts,

तिस के करतब बिरथे जाति ॥

tis kay kartab birthay jaat.

but these attempts are in vain.

मारै न राखै अवरु न कोइ ॥

maarai na raakhai avar na ko-ay.

No one else can kill or preserve

सर्व जीआ का राखा सोइ ॥

sarab jee-aa kaa raakhaa so-ay.

- He is the Protector of all beings.

काहे सोच करहि रे प्राणी ॥

kaahay soch karahi ray paraanee.

So why are you so anxious, O mortal?

जपि नानक प्रभ अलख विडाणी ॥५॥

jap naanak parabh alakh vidaanee. ||5||

Meditate, O Nanak, on God, the invisible, the wonderful! ||5||

बारं बार बार प्रभु जपीऐ ॥

baara^N baar baar parabh japee-ai.

Time after time, again and again, meditate on God.

पी अम्मृतु इहु मनु तनु ध्रपीऐ ॥

pee amrit ih man tan Dharpee-ai.

Drinking in this Nectar, this mind and body are satisfied.

नाम रतनु जिनि गुरमुखि पाइआ ॥

naam ratan jin gurmukh paa-i-aa.

The jewel of the Naam is obtained by the Gurmukhs;

तिसु किछु अवरु नाही दृसटाइआ ॥
tis kichh avar naahee daristaa-i-aa.
they see no other than God.

नामु धनु नामो रूपु रंगु ॥
naam Dhan naamo roop rang.
Unto them, the Naam is wealth, the Naam is beauty and delight.

नामो सुखु हरि नाम का संगु ॥
naamo sukh har naam kaa sang.
The Naam is peace, the Lord's Name is their companion.

नाम रसि जो जन तृपताने ॥
naam ras jo jan triptaanay.
Those who are satisfied by the essence of the Naam

मन तन नामहि नामि समाने ॥
man tan naameh naam samaanay.
- their minds and bodies are drenched with the Naam.

ऊठत बैठत सोवत नाम ॥
oothat baithat sovat naam.
While standing up, sitting down and sleeping, the Naam,

कहु नानक जन कै सद काम ॥६॥
kaho naanak jan kai sad kaam. ||6||
says Nanak, is forever the occupation of God's humble servant. ||6||

बोलहु जसु जिहबा दिनु राति ॥
bolhu jas jihbaa din raat.
Chant His Praises with your tongue, day and night.

प्रभि अपनै जन कीनी दाति ॥
parabh apnai jan keenee daat.
God Himself has given this gift to His servants.

करहि भगति आतम कै चाइ ॥
karahi bhagat aatam kai chaa-ay.
Performing devotional worship with heart-felt love,

प्रभ अपने सिउ रहहि समाइ ॥

parabh apnay si-o raheh samaa-ay.
they remain absorbed in God Himself.

जो होआ होवत सो जानै ॥

jo ho-aa hovət so jaanai.
They know the past and the present.

प्रभ अपने का हुकमु पछानै ॥

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

तिस की महिमा कउन बखानउ ॥

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

तिस का गुनु कहि एक न जानउ ॥

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

आठ पहर प्रभ बसहि हजूरै ॥

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

कहु नानक सेई जन पूरे ॥७॥

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

मन मेरे तिन की ओट लेहि ॥

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

मनु तनु अपना तिन जन देहि ॥

man tan apnaa tin jan deh.
give your mind and body to those humble beings.

जिनि जनि अपना प्रभू पछाता ॥

jini jan apnaa parabhoo pachhaataa.
Those humble beings who recognizes God

सो जनु सर्व थोक का दाता ॥
so jan sarab thok kaa daataa.
are the givers of all things.

तिस की सरनि सर्व सुख पावहि ॥
tis kee saran sarab sukh paavahi.
In His Sanctuary, all comforts are obtained.

तिस कै दरसि सभ पाप मिटावहि ॥
tis kai daras sabh paap mitaaveh.
By the Blessing of His Darshan, all sins are erased.

अवर सिआनप सगली छाडु ॥
avar si-aanap saglee chhaad.
So renounce all other clever devices,

तिसु जन की तू सेवा लागु ॥
tis jan kee too sayvaa laag.
and enjoin yourself to the service of those servants.

आवनु जानु न होवी तेरा ॥
aavan jaan na hovee tayraa.
Your comings and goings shall be ended.

नानक तिसु जन के पूजहु सद पैरा ॥८॥१७॥
naanak tis jan kay poojahu sad pairaa. ||8||17||
O Nanak, worship the feet of God's humble servants forever. ||8||17||

सलोकु ॥
salok.
Shalok:

सति पुरखु जिनि जानिआ सतिगुरु तिस का नाउ ॥
sat purakh jin jaani-aa satgur tis kaa naa-o.
The one who knows the True Lord God, is called the True Guru.

तिस कै संगि सिखु उधरै नानक हरि गुन गाउ ॥१॥
tis kai sang sikh uDhrai naanak har gun gaa-o. ||1||
In His Company, the Sikh is saved, O Nanak, singing the Glorious Praises
of the Lord. ||1||

असटपदी ॥
asatpadee.
Ashtapadee:

सतिगुरु सिख की करै प्रतिपाल ॥
satgur sikh kee karai partipaal.
The True Guru cherishes His Sikh.

सेवक कउ गुरु सदा दइआल ॥
sayvak ka-o gur sadaa da-i-aal.
The Guru is always merciful to His servant.

सिख की गुरु दुरमति मलु हिरै ॥
sikh kee gur durmat mal hirai.
The Guru washes away the filth of the evil intellect of His Sikh.

गुर बचनी हरि नामु उचरै ॥
gur bachnee har naam uchrai.
Through the Guru's Teachings, he chants the Lord's Name.

सतिगुरु सिख के बंधन काटै ॥
satgur sikh kay banDhan kaatai.
The True Guru cuts away the bonds of His Sikh.

गुर का सिखु बिकार ते हाटै ॥
gur kaa sikh bikaar tay haatai.
The Sikh of the Guru abstains from evil deeds.

सतिगुरु सिख कउ नाम धनु देइ ॥
satgur sikh ka-o naam Dhan day-ay.
The True Guru gives His Sikh the wealth of the Naam.

गुर का सिखु वडभागी हे ॥
gur kaa sikh vadbhaagee hay.
The Sikh of the Guru is very fortunate.

सतिगुरु सिख का हलतु पलतु सवारै ॥
satgur sikh kaa halat palat savaarai.
The True Guru arranges this world and the next for His Sikh.

नानक सतिगुरु सिख कउ जीअ नालि समारै ॥१॥

naanak satgur sikh ka-o jee-a naal samaarai. ||1||

O Nanak, with the fullness of His heart, the True Guru mends His Sikh.

||1||

गुर कै गृहि सेवक जो रहै ॥

gur kai garihi sayvak jo rahai.

That selfless servant, who lives in the Guru's household,

गुर की आगिआ मन महि सहै ॥

gur kee aagi-aa man meh sahai.

is to obey the Guru's Commands with all his mind.

आपस कउ करि कछु न जनावै ॥

aapas ka-o kar kachh na janaavai.

He is not to call attention to himself in any way.

हरि हरि नामु रिदै सद धिआवै ॥

har har naam ridai sad Dhi-aavai.

He is to meditate constantly within his heart on the Name of the Lord.

मनु बेचै सतिगुर कै पासि ॥

man baychai satgur kai paas.

One who sells his mind to the True Guru

तिसु सेवक के कारज रासि ॥

tis sayvak kay kaaraj raas.

- that humble servant's affairs are resolved.

सेवा करत होइ निहकामी ॥

sayvaa karat ho-ay nihkaamee.

One who performs selfless service, without thought of reward,

तिस कउ होत परापति सुआमी ॥

tis ka-o hot paraapat su-aamee.

shall attain his Lord and Master.

अपनी कृपा जिसु आपि करेइ ॥

apnee kirpaa jis aap karay-i.

He Himself grants His Grace;

नानक सो सेवकु गुर की मति लेइ ॥२॥

naanak so sayvak gur kee mat lay-ay. ||2||

O Nanak, that selfless servant lives the Guru's Teachings. ||2||

बीस बिसवे गुर का मनु मानै ॥

bees bisvay gur kaa man maanai.

One who obeys the Guru's Teachings one hundred per cent

सो सेवकु परमेसुर की गति जानै ॥

so sayvak parmaysur kee gat jaanai.

- that selfless servant comes to know the state of the Transcendent Lord.

सो सतिगुरु जिसु रिदै हरि नाउ ॥

so satgur jis ridai har naa-o.

The True Guru's Heart is filled with the Name of the Lord.

अनिक बार गुर कउ बलि जाउ ॥

anik baar gur ka-o bal jaa-o.

So many times, I am a sacrifice to the Guru.

सर्व निधान जीअ का दाता ॥

sarab niDhaan jee-a kaa daataa.

He is the treasure of everything, the Giver of life.

आठ पहर पारब्रह्म रंगि राता ॥

aath pahar paarbarahm rang raataa.

Twenty-four hours a day, He is imbued with the Love of the Supreme Lord God.

ब्रह्म महि जनु जन महि पारब्रह्म ॥

barahm meh jan jan meh paarbarahm.

The servant is in God, and God is in the servant.

एकहि आपि नही कछु भरमु ॥

aykeh aap nahee kachh bharam.

He Himself is One - there is no doubt about this.

सहस सिआनप लइआ न जाईऐ ॥

sahas si-aanap la-i-aa na jaa-ee-ai.

By thousands of clever tricks, He is not found.

नानक ऐसा गुरु बडभागी पाईऐ ॥३॥

naanak aisaa gur bad**h**haagee paa-ee-ai. ||3||

O Nanak, such a Guru is obtained by the greatest good fortune. ||3||

सफल दरसन पेखत पुनीत ॥

safal **d**arsan pay**k**hat punee**t**.

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

परसत चरन गति निर्मल रीति ॥

parsa**t** charan ga**t** nirma**l** ree**t**.

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

भेटत संगि राम गुन रवे ॥

bhay**t**a**t** sang raam gu**n** rava**y**.

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

पारब्रह्म की दरगह गवे ॥

paarbarah**m** kee **d**arge**h** gava**y**.

and reaches the Court of the Supreme Lord God.

सुनि करि बचन करन आघाने ॥

sun kar bachan karan aag**h**aanay.

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

मनि संतोखु आतम पतीआने ॥

man san**t**ok**h** aa**t**am pa**t**ee-aanay.

The mind is contented, and the soul is fulfilled.

पूरा गुरु अख्यओ जा का मंत्र ॥

pooraa gur ak**h**-ya-o jaa kaa man**t**ar.

The Guru is perfect; His Teachings are everlasting.

अमृत दृसटि पेखै होइ संत ॥

amri**t** **d**arisat pay**k**hai ho-ay san**t**.

Beholding His Ambrosial Glance, one becomes saintly.

गुण बिअंत कीमति नही पाइ ॥

gun**u** bi-an**t** keema**t** nahee paa-ay.

Endless are His virtuous qualities; His worth cannot be appraised.

नानक जिसु भावै तिसु लए मिलाइ ॥४॥

naanak jis bhaavai tis la-ay milaa-ay. ||4||

O Nanak, one who pleases Him is united with Him. ||4||

जिहवा एक उसतति अनेक ॥

jihbaa ayk ustat anayk.

The tongue is one, but His Praises are many.

सति पुरख पूरन बिबेक ॥ काहू बोल न पहुचत प्रानी ॥

sat purakh pooran bibayk. kaahoo bol na pahuchat paraanee.

The True Lord, of perfect perfection - no speech can take the mortal to Him.

अगम अगोचर प्रभ निरबानी ॥

agam agochar parabh nirbaanee.

God is Inaccessible, Incomprehensible, balanced in the state of Nirvaanaa.

निराहार निरवैर सुखदाई ॥

niraahaar nirvair sukh-daa-ee.

He is not sustained by food; He has no hatred or vengeance; He is the Giver of peace.

ता की कीमति किनै न पाई ॥

taa kee keemat kinai na paa-ee.

No one can estimate His worth.

अनिक भगत बंदन नित करहि ॥

anik bhagat bandan nit karahi.

Countless devotees continually bow in reverence to Him.

चरन कमल हिरदै सिमरहि ॥

charan kamal hiradai simrahi.

In their hearts, they meditate on His Lotus Feet.

सद बलिहारी सतिगुर अपने ॥

sad balihaaree satgur apnay.

Nanak is forever a sacrifice to the True Guru;

नानक जिसु प्रसादि ऐसा प्रभु जपने ॥५॥
naanak jis parsaad aisaa parabh japnay. ||5||
by His Grace, he meditates on God. ||5||

इह हरि रसु पावै जनु कोइ ॥
ih har ras paavai jan ko-ay.
Only a few obtain this ambrosial essence of the Lord's Name.

अम्मृतु पीवै अमरु सो होइ ॥
amrit peevai amar so ho-ay.
Drinking in this Nectar, one becomes immortal.

उसु पुरख का नाही कदे बिनास ॥ जा कै मनि प्रगटे गुनतास ॥
us purakh kaa naahee kaday binaas. jaa kai man pargatay guntaas.
That person whose mind is illuminated by the treasure of excellence,
never dies.

आठ पहर हरि 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 संगि न लेपु ॥
moh maa-i-aa kai sang na layp.
He is not polluted by emotional attachment to Maya.

मन महि राखै हरि हरि एकु ॥
man meh raakhai har har ayk.
In his mind, he cherishes the One Lord, Har, Har.

अंधकार दीपक परगासे ॥
anDhkaar deepak pargaasay.
In the pitch darkness, a lamp shines forth.

नानक भर्म मोह दुख तह ते नासे ॥६॥
naanak bharam moh dukh tah tay naasay. ||6||
O Nanak, doubt, emotional attachment and pain are erased. ||6||

तपति माहि ठाढि वरताई ॥

tapat maahi thaadh var_taa-ee.

In the burning heat, a soothing coolness prevails.

अनदु भइआ दुख नाठे भाई ॥

anad bha-i-aa dukh naathay bhaa-ee.

Happiness ensues and pain departs, O Siblings of Destiny.

जनम मरन के मिटे अंदेसे ॥

janam maran kay mitay and_aysay.

The fear of birth and death is dispelled,

साधू के पूरन उपदेसे ॥

saaDhoo kay pooran up_daysay.

by the perfect Teachings of the Holy Saint.

भउ चूका निरभउ होइ बसे ॥

bha-o chookaa nirbha-o ho-ay basay.

Fear is lifted, and one abides in fearlessness.

सगल बिआधि मन ते खै नसे ॥

sagal bi-aaDh man tay khai nasay.

All evils are dispelled from the mind.

जिस का सा तिनि किरपा धारी ॥

jis kaa saa tin kirpaa Dhaaree.

He takes us into His favor as His own.

साधसंगि जपि नामु मुरारी ॥

saaDhsang jap naam muraaree.

In the Company of the Holy, chant the Naam, the Name of the Lord.

थिति पाई चूके भ्रम गवन ॥

thit paa-ee chookay bharam gavan.

Stability is attained; doubt and wandering cease,

सुनि नानक हरि हरि जसु स्रवन ॥७॥

sun naanak har har jas sarvan. ||7||

O Nanak, listening with one's ears to the Praises of the Lord, Har, Har.

||7||

निरगुनु आपि सरगुनु भी ओही ॥

nirgun aap sargun bhee ohee.

He Himself is absolute and unrelated; He Himself is also involved and related.

कला धारि जिनि सगली मोही ॥

kalaa Dhaar jin saglee mohee.

Manifesting His power, He fascinates the entire world.

अपने चरित प्रभि आपि बनाए ॥

apnay charit̄ parabh aap banaa-ay.

God Himself sets His play in motion.

अपुनी कीमति आपे पाए ॥

apunee keemat̄ aapay paa-ay.

Only He Himself can estimate His worth.

हरि बिनु दूजा नाही कोइ ॥

har bin doojaa naahee ko-ay.

There is none, other than the Lord.

सर्व निरंतरि एको सोइ ॥

sarab niraṅtar̄ ayko so-ay.

Permeating all, He is the One.

ओति पोति रविआ रूप रंग ॥

oṭ̄ poṭ̄ ravi-aa roop rang.

Through and through, He pervades in form and color.

भए प्रगास साध कै संग ॥

bha-ay pargaas saaDh kai sang.

He is revealed in the Company of the Holy.

रचि रचना अपनी कल धारी ॥

rach rachnaa apnee kal Dhaaree.

Having created the creation, He infuses His own power into it.

अनिक बार नानक बलिहारी ॥८॥१८॥

anik baar naanak balihaaree. ||8||18||

So many times, Nanak is a sacrifice to Him. ||8||18||

सलोक ॥

salok.

Shalok:

साथि न चालै बिनु भजन बिखिआ सगली छारु ॥

saath na chaalai bin bhajan bikhi-aa saglee chhaar.

Nothing shall go along with you, except your devotion. All corruption is like ashes.

हरि हरि नामु कमावना नानक इहु धनु सारु ॥१॥

har har naam kamaavanaa naanak ih Dhan saar. ||1||

Practice the Name of the Lord, Har, Har. O Nanak, this is the most excellent wealth. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

संत जना मिलि करहु बीचारु ॥

sant janaa mil karahu beechar.

Joining the Company of the Saints, practice deep meditation.

एकु सिमरि नाम आधारु ॥

ayk simar naam aaDhaar.

Remember the One, and take the Support of the Naam, the Name of the Lord.

अवरि उपाव सभि मीत बिसारहु ॥

avar upaav sabh meet**t** bisaarahu.

Forget all other efforts, O my friend

चरन कमल रिद महि उरि धारहु ॥

charan kamal rid meh ur Dhaarahu.

- enshrine the Lord's Lotus Feet within your heart.

करन कारन सो प्रभु समरथु ॥

karan kaaran so parabh samrath.

God is All-powerful; He is the Cause of causes.

दृढु करि गहहु नामु हरि वथु ॥
darirh kar gahhu naam har vath.
Grasp firmly the object of the Lord's Name.

इहु धनु संचहु होवहु भगवंत ॥
ih Dhan sanchahu hovhu bhagvant.
Gather this wealth, and become very fortunate.

संत जना का निर्मल मंत ॥
sant janaa kaa nirmal mant.
Pure are the instructions of the humble Saints.

एक आस राखहु मन माहि ॥
ayk aas raakho man maahi.
Keep faith in the One Lord within your mind.

सर्व रोग नानक मिटि जाहि ॥१॥
sarab rog naanak mit jaahi. ||1||
All disease, O Nanak, shall then be dispelled. ||1||

जिसु धन कउ चारि कुंट उठि धावहि ॥
jis Dhan ka-o chaar kunt uth Dhaaveh.
The wealth which you chase after in the four directions

सो धनु हरि सेवा ते पावहि ॥
so Dhan har sayvaa tay paavahi.
- you shall obtain that wealth by serving the Lord.

जिसु सुख कउ नित बाछहि मीत ॥
jis sukh ka-o nit baachheh meet.
The peace, which you always yearn for, O friend

सो सुखु साधू संगि परीति ॥
so sukh saadhoo sang pareet.
- that peace comes by the love of the Company of the Holy.

जिसु सोभा कउ करहि भली करनी ॥
jis sobhaa ka-o karahi bhalee karnee.
The glory, for which you perform good deeds

सा सोभा भजु हरि की सरनी ॥

saa sob_haa 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

रोगु मिटै हरि अवखधु लाइ ॥

rog mitai har avkhaDh laa-ay.

- the disease is cured only by giving the medicine of the Lord's Name.

सर्व निधान महि हरि नामु निधानु ॥

sarab niDhaan meh har naam niDhaan.

Of all treasures, the Lord's Name is the supreme treasure.

जपि नानक दरगहि परवानु ॥२॥

jap naanak dargahi parvaan. ||2||

Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||

मनु परबोधहु हरि कै नाइ ॥

man parboDhahu har kai naa-ay.

Enlighten your mind with the Name of the Lord.

दह दिसि 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 हरि सोइ ॥

jaa kai ridai basai har so-ay.

whose heart is filled with the Lord.

कलि ताती ठाँढा हरि नाउ ॥

kal taatee thaa^Ndhaa har naa-o.

The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing and cool.

सिमरि सिमरि सदा सुख पाउ ॥

simar simar sadaa sukh paa-o.

Remember, remember it in meditation, and obtain everlasting peace.

भउ बिनसै पूरन होइ आस ॥

bha-o binsai pooran ho-ay aas.

Your fear shall be dispelled, and your hopes shall be fulfilled.

भगति भाइ आतम परगास ॥

bhagat bhaa-ay aatam pargaas.

By devotional worship and loving adoration, your soul shall be enlightened.

तितु घरि जाइ बसै अबिनासी ॥

tit ghar jaa-ay basai abhinaasee.

You shall go to that home, and live forever.

कहु नानक काटी जम फासी ॥३॥

kaho naanak kaatee jam faasee. ||3||

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

ततु बीचारु कहै जनु साचा ॥

taṭ beechaar kahai jan saachaa.

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

जनमि मरै सो काचो काचा ॥

janam marai so kaacho kaachaa.

Birth and death are the lot of the false and the insincere.

आवा गवनु मिटै प्रभ सेव ॥

aavaa gavan mitai parabh sayv.

Coming and going in reincarnation is ended by serving God.

आपु तिआगि सरनि गुरदेव ॥

aap ṭi-aag saran gurdayv.

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

इउ रतन जनम का होइ उधारु ॥
i-o raṭan janam kaa ho-ay uDhaar.
Thus the jewel of this human life is saved.

हरि हरि सिमरि प्रान आधारु ॥
har har simar paraan aaDhaar.
Remember the Lord, Har, Har, the Support of the breath of life.

अनिक उपाव न छूटनहारे ॥
anik upaav na chhootanhaaray.
By all sorts of efforts, people are not saved

सिम्मृति सासत बेद बीचारे ॥
simriti saasaṭ bayd beechaaray.
- not by studying the Simritees, the Shaastras or the Vedas.

हरि की भगति करहु मनु लाइ ॥
har kee bhagaṭ karahu man laa-ay.
Worship the Lord with whole-hearted devotion.

मनि बंछत नानक फल पाइ ॥४॥
man banchhat naanak fal paa-ay. ||4||
O Nanak, you shall obtain the fruits of your mind's desire. ||4||

संगि न चालसि तेरै धना ॥
sang na chaalas tayrai Dhanaa.
Your wealth shall not go with you;

तूं किआ लपटावहि मूरख मना ॥
too^N ki-aa laptaavahi moorakh manaa.
why do you cling to it, you fool?

सुत मीत कुटम्ब अरु बनिता ॥
suṭ meet kutamb ar baniṭaa.
Children, friends, family and spouse

इन ते कहहु तुम कवन सनाथा ॥
in tay kahhu tum kavan sanaathaa.
- who of these shall accompany you?

राज रंग माइआ बिसथार ॥

raaj rang maa-i-aa bisthaar.

Power, pleasure, and the vast expanse of Maya

इन ते कहहु कवन छुटकार ॥

in tay kahhu kavan chhutkaar.

- who has ever escaped from these?

असु हसती रथ असवारी ॥

as hastee rath asvaaree.

Horses, elephants, chariots and pageantry

झूठा डम्फु झूठु पासारी ॥

jhoothaa damf jhooth paasaaree.

- false shows and false displays.

जिनि दीए तिसु बुझै न बिगाना ॥

jin dee-ay tis bujhai na bigaanaa.

The fool does not acknowledge the One who gave this;

नामु बिसारि नानक पछुताना ॥५॥

naam bisaar naanak pachhutaanaa. ||5||

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

गुर की मति तूं लेहि इआने ॥

gur kee mat too^N layhi i-aanay.

Take the Guru's advice, you ignorant fool;

भगति बिना बहु डूबे सिआने ॥

bhagat binaa baho doobay si-aanay.

without devotion, even the clever have drowned.

हरि की भगति करहु मन मीत ॥

har kee bhagat karahu man meet.

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

निर्मल होइ तुमारो चीत ॥

nirmal ho-ay tum^Haaro cheet.

your consciousness shall become pure.

चरन कमल राखहु मन माहि ॥

charan kamal raakho man maahi.
Enshrine the Lord's Lotus Feet in your mind;

जनम जनम के किलबिख जाहि ॥

janam janam kay kilbikh jaahi.
the sins of countless lifetimes shall depart.

आपि जपहु अवरा नामु जपावहु ॥

aap japahu avraa naam japaavhu.
Chant the Naam yourself, and inspire others to chant it as well.

सुनत कहत रहत गति पावहु ॥

sunaṭ kahaṭ rahaṭ gaṭ paavhu.
Hearing, speaking and living it, emancipation is obtained.

सार भूत सति हरि को नाउ ॥

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

सहजि सुभाइ नानक गुन गाउ ॥६॥

sahj subhaa-ay naanak gun gaa-o. ||6||
With intuitive ease, O Nanak, sing His Glorious Praises. ||6||

गुन गावत तेरी उतरसि मैलु ॥

gun gaavaṭ ṭayree uṭras mail.
Chanting His Glories, your filth shall be washed off.

बिनसि जाइ हउमै बिखु फैलु ॥

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

होहि अचिंतु बसै सुख नालि ॥

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

सासि ग्रासि हरि नामु समालि ॥

saas garaas har naam samaal.
With every breath and every morsel of food, cherish the Lord's Name.

छाडि सिआनप सगली मना ॥

chhaad si-aanap saglee manaa.
Renounce all clever tricks, O mind.

साधसंगि पावहि सचु धना ॥

saaDhsang paavahi sach Dhanaa.
In the Company of the Holy, you shall obtain the true wealth.

हरि पूंजी संचि करहु बिउहारु ॥

har poonjee sanch karahu bi-uhaar.
So gather the Lord's Name as your capital, and trade in it.

ईहा सुखु दरगह जैकारु ॥

eehaa sukh dargeh jaikaar.
In this world you shall be at peace, and in the Court of the Lord, you shall be acclaimed.

सर्व निरंतरि एको देखु ॥

sarab niran̄tar ayko daykh.
See the One permeating all;

कहु नानक जा कै मसतकि लेखु ॥७॥

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

एको जपि एको सालाहि ॥

ayko jap ayko saalaahi.
Meditate on the One, and worship the One.

एकु सिमरि एको मन आहि ॥

ayk simar ayko man aahi.
Remember the One, and yearn for the One in your mind.

एकस के गुन गाउ अनंत ॥

aykas kay gun gaa-o anant.
Sing the endless Glorious Praises of the One.

मनि तनि जापि एक भगवंत ॥

man tan jaap ayk bhagvant.
With mind and body, meditate on the One Lord God.

एको एकु एकु हरि आपि ॥

ayko ayk ayk har aap.

The One Lord Himself is the One and Only.

पूरन पूरि रहिओ प्रभु बिआपि ॥

pooran poor rahi-o parabh 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.

एकु अराधि पराछत्त गए ॥

ayk araaDh paraachhat ga-ay.

Adoring the One, past sins are removed.

मन तन अंतरि एकु प्रभु राता ॥

man tan antar ayk parabh raataa.

Mind and body within are imbued with the One God.

गुर प्रसादि नानक इकु जाता ॥८॥१६॥

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

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

सलोकु ॥

salok.

Shalok:

फिरत फिरत प्रभ आइआ परिआ तउ सरनाइ ॥

firat firat parabh aa-i-aa pari-aa ta-o sarnaa-ay.

After wandering and wandering, O God, I have come, and entered Your Sanctuary.

नानक की प्रभ बेनती अपनी भगती लाइ ॥१॥

naanak kee parabh bayntee apnee bhagtee laa-ay. ||1||

This is Nanak's prayer, O God: please, attach me to Your devotional service. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

जाचक जनु जाचै प्रभ दानु ॥

jaachak jan jaachai parabh daan.

I am a beggar; I beg for this gift from You:

करि किरपा देवहु हरि नामु ॥

kar kirpaa dayvhu har naam.

please, by Your Mercy, Lord, give me Your Name.

साध जना की मागउ धूरि ॥

saaDh janaa kee maaga-o Dhoor.

I ask for the dust of the feet of the Holy.

पारब्रह्म मेरी सरधा पूरि ॥

paarbarahm mayree sarDhaa poor.

O Supreme Lord God, please fulfill my yearning;

सदा सदा प्रभ के गुन गावउ ॥

sadaa sadaa parabh kay gun gaava-o.

may I sing the Glorious Praises of God forever and ever.

सासि सासि प्रभ तुमहि धिआवउ ॥

saas saas parabh tumeh Dhi-aava-o.

With each and every breath, may I meditate on You, O God.

चरन कमल सिउ लागै प्रीति ॥

charan kamal si-o laagai pareet.

May I enshrine affection for Your Lotus Feet.

भगति करउ प्रभ की नित नीति ॥

bhagat kara-o parabh kee nit neet.

May I perform devotional worship to God each and every day.

एक ओट एको आधारु ॥

ayk ot ayko aaDhaar.

You are my only Shelter, my only Support.

नानकु मागै नामु प्रभ सारु ॥१॥

naanak maagai naam parabh saar. ||1||

Nanak asks for the most sublime, the Naam, the Name of God. ||1||

प्रभ की दृसटि महा सुखु होइ ॥

parabh kee darisat mahaa sukh ho-ay.
By God's Gracious Glance, there is great peace.

हरि रसु पावै बिरला कोइ ॥

har ras paavai birlaa ko-ay.
Rare are those who obtain the juice of the Lord's essence.

जिन चाखिआ से जन तृपताने ॥

jīn chaakhi-aa say jan t̄riptaaney.
Those who taste it are satisfied.

पूरन पुरख नही डोलाने ॥

pooran purakh nahee dolaaney.
They are fulfilled and realized beings - they do not waver.

सुभर भरे प्रेम रस रंगि ॥

subhar bharay paraym ras rang.
They are totally filled to over-flowing with the sweet delight of His Love.

उपजै चाउ साध कै संगि ॥

upjai chaa-o saadh kai sang.
Spiritual delight wells up within, in the Saadh Sangat, the Company of the Holy.

परे सरनि आन सभ तिआगि ॥

paray saran aan sabh ti-aag.
Taking to His Sanctuary, they forsake all others.

अंतरि प्रगास अनदिनु लिव लागि ॥

an̄tar pargaas an-din liv laag.
Deep within, they are enlightened, and they center themselves on Him, day and night.

बडभागी जपिआ प्रभु सोइ ॥

badbhaagee japi-aa parabh so-ay.
Most fortunate are those who meditate on God.

नानक नामि रते सुखु होइ ॥२॥

naanak naam ratay sukh ho-ay. ||2||
O Nanak, attuned to the Naam, they are at peace. ||2||

सेवक की मनसा पूरी भई ॥

sayvak kee mansaa pooree bha-ee.
The wishes of the Lord's servant are fulfilled.

सतिगुर ते निर्मल मति लई ॥

satgur tay nirmal mat la-ee.
From the True Guru, the pure teachings are obtained.

जन कउ प्रभु होइओ दइआलु ॥

jan ka-o parabh ho-i-o da-i-aal.
Unto His humble servant, God has shown His kindness.

सेवकु कीनो सदा निहालु ॥

sayvak keeno sadaa nihaal.
He has made His servant eternally happy.

बंधन काटि मुक्ति जनु भइआ ॥

banDhan kaat mukat jan bha-i-aa.
The bonds of His humble servant are cut away, and he is liberated.

जनम मरन दूखु भ्रमु गइआ ॥

janam maran dookh bharam ga-i-aa.
The pains of birth and death, and doubt are gone.

इछ पुनी सरधा सभ पूरी ॥

ichh punee sarDhaa sabh pooree.
Desires are satisfied, and faith is fully rewarded,

रवि रहिआ सद संगि हजूरी ॥

rav rahi-aa sad sang hajooree.
imbued forever with His all-pervading peace.

जिस का सा तिनि लीआ मिलाइ ॥

jis kaa saa tin lee-aa milaa-ay.
He is His - he merges in Union with Him.

नानक भगती नामि समाइ ॥३॥

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

सो किउ बिसरै जि घाल न भानै ॥
so ki-o bisrai je ghaal na bhaanai.
Why forget Him, who does not overlook our efforts?

सो किउ बिसरै जि कीआ जानै ॥
so ki-o bisrai je kee-aa jaanai.
Why forget Him, who acknowledges what we do?

सो किउ बिसरै जिनि सभु किछु दीआ ॥
so ki-o bisrai jin sabh kichh dee-aa.
Why forget Him, who has given us everything?

सो किउ बिसरै जि जीवन जीआ ॥
so ki-o bisrai je jeevan jee-aa.
Why forget Him, who is the Life of the living beings?

सो किउ बिसरै जि अगनि महि राखै ॥
so ki-o bisrai je agan meh raakhai.
Why forget Him, who preserves us in the fire of the womb?

गुर प्रसादि को बिरला लाखै ॥
gur parsaad ko birlaa laakhai.
By Guru's Grace, rare is the one who realizes this.

सो किउ बिसरै जि बिखु ते काढै ॥
so ki-o bisrai je bikh tay kaadhai.
Why forget Him, who lifts us up out of corruption?

जनम जनम का टूटा गाढै ॥
janam janam kaa tootaa gaadhai.
Those separated from Him for countless lifetimes, are re-united with Him once again.

गुरि पूरै ततु इहै बुझाइआ ॥
gur poorai tat ihai bujhaa-i-aa.
Through the Perfect Guru, this essential reality is understood.

प्रभु अपना नानक जन धिआइआ ॥४॥
parabh apnaa naanak jan Dhi-aa-i-aa. ||4||
O Nanak, God's humble servants meditate on Him. ||4||

साजन संत करहु इहु कामु ॥
saajan sant karahu ih kaam.
O friends, O Saints, make this your work.

आन तिआगि जपहु हरि नामु ॥
aan ti-aag japahu har naam.
Renounce everything else, and chant the Name of the Lord.

सिमरि सिमरि सिमरि सुख पावहु ॥
simar simar simar sukh paavhu.
Meditate, meditate, meditate in remembrance of Him, and find peace.

आपि जपहु अवरह नामु जपावहु ॥
aap japahu avrah naam japaavhu.
Chant the Naam yourself, and inspire others to chant it.

भगति भाइ तरीऐ संसारु ॥
bhagat bhaa-ay taree-ai sansaar.
By loving devotional worship, you shall cross over the world-ocean.

बिनु भगती तनु होसी छारु ॥
bin bhagtee tan hosee chhaar.
Without devotional meditation, the body will be just ashes.

सर्व कलिआण सूख निधि नामु ॥
sarab kali-aan sookh niDh naam.
All joys and comforts are in the treasure of the Naam.

बूडत जात पाए बिस्रामु ॥
boodat jaat paa-ay bisraam.
Even the drowning can reach the place of rest and safety.

सगल दूख का होवत नासु ॥
sagal dookh kaa hovat naas.
All sorrows shall vanish.

नानक नामु जपहु गुनतासु ॥५॥
naanak naam japahu guntaas. ||5||
O Nanak, chant the Naam, the treasure of excellence. ||5||

उपजी प्रीति प्रेम रसु चाड ॥

upjee pareeṭ paraym ras chaa-o.

Love and affection, and the taste of yearning, have welled up within;

मन तन अंतरि इही सुआड ॥

man tan antar ihee su-aa-o.

within my mind and body, this is my purpose:

नेत्रहु पेखि दरसु सुखु होइ ॥

naytarahu paykh daras sukh ho-ay.

beholding with my eyes His Blessed Vision, I am at peace.

मनु बिगसै साध चरन धोइ ॥

man bigsai saaDh charan Dho-ay.

My mind blossoms forth in ecstasy, washing the feet of the Holy.

भगत जना कै मनि तनि रंगु ॥

bhagat janaa kai man tan rang.

The minds and bodies of His devotees are infused with His Love.

बिरला कोऊ पावै संगु ॥

birlaa ko-oo paavai sang.

Rare is the one who obtains their company.

एक बसतु दीजै करि मइआ ॥

ayk basaṭ deejai kar ma-i-aa.

Show Your mercy - please, grant me this one request:

गुर प्रसादि नामु जपि लइआ ॥

gur parsaaḍ naam jap la-i-aa.

by Guru's Grace, may I chant the Naam.

ता की उपमा कही न जाइ ॥

taa kee upmaa kahee na jaa-ay.

His Praises cannot be spoken;

नानक रहिआ सर्व समाइ ॥६॥

naanak rahi-aa sarab samaa-ay. ||6||

O Nanak, He is contained among all. ||6||

प्रभ बखसंद दीन दइआल ॥

parabh bakhsand deen da-i-aal.
God, the Forgiving Lord, is kind to the poor.

भगति वछल सदा किरपाल ॥

bhagat vachhal sadaa kirpaal.
He loves His devotees, and He is always merciful to them.

अनाथ नाथ गोबिंद गुपाल ॥

anaath naath gobind gupaal.
The Patron of the patronless, the Lord of the Universe, the Sustainer of the world,

सर्व घटा करत प्रतिपाल ॥

sarab ghataa karat partipaal.
the Nourisher of all beings.

आदि पुरख कारण करतार ॥

aad purakh kaaran kartaar.
The Primal Being, the Creator of the Creation.

भगत जना के प्रान अधार ॥

bhagat janaa kay paraan aDhaar.
The Support of the breath of life of His devotees.

जो जो जपै सु होइ पुनीत ॥

jo jo japai so ho-ay puneet.
Whoever meditates on Him is sanctified,

भगति भाइ लावै मन हीत ॥

bhagat bhaa-ay laavai man heet.
focusing the mind in loving devotional worship.

हम निरगुनीआर नीच अजान ॥

ham nirguneer-aar neech ajaan.
I am unworthy, lowly and ignorant.

नानक तुमरी सरनि पुरख भगवान ॥७॥

naanak tumree saran purakh bhagvaan. ||7||
Nanak has entered Your Sanctuary, O Supreme Lord God. ||7||

सर्व बैकुंठ मुक्ति मोख पाए ॥

sarab baikunth mukat mokh paa-ay.

Everything is obtained: the heavens, liberation and deliverance,

एक निमख हरि के गुन गाए ॥

ayk nimakh har kay gun gaa-ay.

if one sings the Lord's Glories, even for an instant.

अनिक राज भोग बडिआई ॥

anik raaj bhog badi-aa-ee.

So many realms of power, pleasures and great glories,

हरि के नाम की कथा मनि भाई ॥

har kay naam kee kathaa man bhaa-ee.

come to one whose mind is pleased with the Sermon of the Lord's Name.

बहु भोजन कापर संगीत ॥

baho bhojan kaapar sangeet.

Abundant foods, clothes and music

रसना जपती हरि हरि नीत ॥

rasnaa japtee har har neet.

come to one whose tongue continually chants the Lord's Name, Har, Har.

भली सु करनी सोभा धनवंत ॥

bhalee so karnee sobhaa Dhanvant.

His actions are good, he is glorious and wealthy;

हिरदै बसे पूरन गुर मंत ॥

hirdai basay pooran gur mant.

the Mantra of the Perfect Guru dwells within his heart.

साधसंगि प्रभ देहु निवास ॥

saaDhsang parabh dayh nivaas.

O God, grant me a home in the Company of the Holy.

सर्व सूख नानक परगास ॥८॥२०॥

sarab sookh naanak pargaas. ||8||20||

All pleasures, O Nanak, are so revealed. ||8||20||

सलोक ॥

salok.

Shalok:

सरगुन निरगुन निरंकार सुन्न समाधी आपि ॥

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.

आपन कीआ नानका आपे ही फिरि जापि ॥१॥

aapan kee-aa naankaa aapay hee fir jaap. ||1||

Through His Creation, O Nanak, He meditates on Himself. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

जब अकारु इहु कछु न दृसटेता ॥

jab akaar ih kachh na daristayta.

When this world had not yet appeared in any form,

पाप पुन्न तब कह ते होता ॥

paap punn tab kah tay hota.

who then committed sins and performed good deeds?

जब धारी आपन सुन्न समाधि ॥

jab Dhaaree aapan sunn samaaDh.

When the Lord Himself was in Profound Samaadhi,

तब बैर बिरोध किसु संगि कमाति ॥

tab bair biroDh kis sang kamaat.

then against whom were hate and jealousy directed?

जब इस का बरनु चिहनु न जापत ॥

jab is kaa baran chihan na jaapat.

When there was no color or shape to be seen,

तब हरख सोग कहु किसहि बिआपत ॥

tab harakh sog kaho kiseh bi-aapaat.

then who experienced joy and sorrow?

जब आपन आप आपि पारब्रह्म ॥

jab aapan aap aap paarbarahm.

When the Supreme Lord Himself was Himself All-in-all,

तब मोह कहा किसु होवत भर्म ॥

tab moh kahaa kis hovat bharam.

then where was emotional attachment, and who had doubts?

आपन खेलु आपि वरतीजा ॥

aapan khayl aap varteejaa.

He Himself has staged His own drama;

नानक करनैहारु न दूजा ॥१॥

naanak karnaihaar na doojaa. ||1||

O Nanak, there is no other Creator. ||1||

जब होवत प्रभ केवल धनी ॥

jab hovat parabh kayval Dhanee.

When there was only God the Master,

तब बंध मुकति कहु किस कउ गनी ॥

tab banDh mukat kaho kis ka-o ganee.

then who was called bound or liberated?

जब एकहि हरि अगम अपार ॥

jab aykeh har agam apaar.

When there was only the Lord, Unfathomable and Infinite,

तब नरक सुरग कहु कउन अउतार ॥

tab narak surag kaho ka-un a-utaar.

then who entered hell, and who entered heaven?

जब निरगुन प्रभ सहज सुभाइ ॥

jab nirgun parabh sahj subhaa-ay.

When God was without attributes, in absolute poise,

तब सिव सकति कहहु कितु ठाइ ॥

tab siv sakat kahhu kit thaa-ay.

then where was mind and where was matter - where was Shiva and Shakti?

जब आपहि आपि अपनी जोति धरै ॥
jab aapeh aap apnee joṭ Dharai.
When He held His Own Light unto Himself,

तब कवन निडरु कवन कत डरै ॥
ṭab kavan nidar kavan kaṭ darai.
then who was fearless, and who was afraid?

आपन चलित आपि करनैहार ॥
aapan chaliṭ aap karnaihaar.
He Himself is the Performer in His own plays;

नानक ठाकुर अगम अपार ॥२॥
naanak ṭhaakur agam apaar. ||2||
O Nanak, the Lord Master is Unfathomable and Infinite. ||2||

अबिनासी सुख आपन आसन ॥
abhinaasee sukh aapan aasan.
When the Immortal Lord was seated at ease,

तह जनम मरन कहु कहा बिनासन ॥
ṭah janam maran kaho kahaa binaasan.
then where was birth, death and dissolution?

जब पूरन करता प्रभु सोइ ॥
jab pooran karṭaa parabḥ so-ay.
When there was only God, the Perfect Creator,

तब जम की त्रास कहहु किसु होइ ॥
ṭab jam kee ṭaraas kahhu kis ho-ay.
then who was afraid of death?

जब अबिगत अगोचर प्रभु एका ॥
jab abigaṭ agochar parabḥ aykaa.
When there was only the One Lord, unmanifest and incomprehensible,

तब चित्र गुप्त किसु पूछत लेखा ॥
ṭab chiṭar gupaṭ kis poochhat laykhaa.
then who was called to account by the recording scribes of the conscious
and the subconscious?

जब नाथ निरंजन अगोचर अगाधे ॥

jab naath niranjan agochar agaaDhay.

When there was only the Immaculate, Incomprehensible, Unfathomable Master,

तब कउन छुटे कउन बंधन बाधे ॥

tab ka-un chhutay ka-un banDhan baaDhay.

then who was emancipated, and who was held in bondage?

आपन आप आप ही अचरजा ॥

aapan aap aap hee acharjaa.

He Himself, in and of Himself, is the most wonderful.

नानक आपन रूप आप ही उपरजा ॥३॥

naanak aapan roop aap hee uparjaa. ||3||

O Nanak, He Himself created His Own Form. ||3||

जह निर्मल पुरखु पुरख पति होता ॥

jah nirmal purakh purakh pat hotaa.

When there was only the Immaculate Being, the Lord of beings,

तह बिनु मैलु कहहु किआ धोता ॥

tah bin mail kahhu ki-aa Dhotaa.

there was no filth, so what was there to be washed clean?

जह निरंजन निरंकार निरबान ॥

jah niranjan nirankaar nirbaan.

When there was only the Pure, Formless Lord in Nirvaanaa,

तह कउन कउ मान कउन अभिमान ॥

tah ka-un ka-o maan ka-un abhiimaan.

then who was honored, and who was dishonored?

जह सरूप केवल जगदीस ॥

jah saroop kayval jagdees.

When there was only the Form of the Lord of the Universe,

तह छल छिद्रु लगत कहु कीस ॥

tah chhal chhidar lagaṭ kaho kees.

then who was tainted by fraud and sin?

जह जोति सरूपी जोति संगि समावै ॥

jah joṭ saroopee joṭ sang samaavai.

When the Embodiment of Light was immersed in His Own Light,

तह किसहि भूख कवनु तृपतावै ॥

ṭah kiseh bhookh kavan triptaavai.

then who was hungry, and who was satisfied?

करन करावन करनैहारु ॥

karan karaavan karnaihaar.

He is the Cause of causes, the Creator Lord.

नानक करते का नाहि सुमारु ॥४॥

naanak kartay kaa naahi sumaar. ||4||

O Nanak, the Creator is beyond calculation. ||4||

जब अपनी सोभा आपन संगि बनाई ॥

jab apnee sobhaa aapan sang banaa-ee.

When His Glory was contained within Himself,

तब कवन माइ बाप मित्र सुत भाई ॥

ṭab kavan maa-ay baap mitar suṭ bhaa-ee.

then who was mother, father, friend, child or sibling?

जह सर्व कला आपहि परबीन ॥

jah sarab kalaa aapeh parbeen.

When all power and wisdom was latent within Him,

तह बेद कतेब कहा कोऊ चीन ॥

ṭah bayd kaṭayb kaha ko-oo cheen.

then where were the Vedas and the scriptures, and who was there to read them?

जब आपन आपु आपि उरि धारै ॥

jab aapan aap aap ur Dhaarai.

When He kept Himself, All-in-all, unto His Own Heart,

तउ सगन अपसगन कहा बीचारै ॥

ṭa-o sagan apasgan kaha beechaarai.

then who considered omens to be good or bad?

जह आपन ऊच आपन आपि नेरा ॥

jah aapan ooch aapan aap nayraa.

When He Himself was lofty, and He Himself was near at hand,

तह कउन ठाकुरु कउनु कहीऐ चैरा ॥

taḥ ka-un thaakur ka-un kahee-ai chayraa.

then who was called master, and who was called disciple?

बिसमन बिसम रहे बिसमाद ॥

bisman bisam rahay bismaad.

We are wonder-struck at the wondrous wonder of the Lord.

नानक अपनी गति जानहु आपि ॥५॥

naanak apnee gat̄ jaanhu aap. ||5||

O Nanak, He alone knows His own state. ||5||

जह अछल अछेद अभेद समाइआ ॥

jah achhal achhayd abhayd samaa-i-aa.

When the Undeceiveable, Impenetrable, Inscrutable One was self-absorbed,

ऊहा किसहि बिआपत माइआ ॥

ooḥaa kiseh bi-aapaṭ̄ maa-i-aa.

then who was swayed by Maya?

आपस कउ आपहि आदेसु ॥

aapas ka-o aapeh aad̄ays.

When He paid homage to Himself,

तिहु गुण का नाही परवेसु ॥

tiḥu guṇ̄ kaa naahee parvays.

then the three qualities were not prevailing.

जह एकहि एक एक भगवंता ॥

jah aykeh ayk ayk bhagvant̄aa.

When there was only the One, the One and Only Lord God,

तह कउनु अचिंतु किसु लागै चिंता ॥

taḥ ka-un achinṭ̄ kis laagai chinṭ̄aa.

then who was not anxious, and who felt anxiety?

जह आपन आपु आपि पतीआरा ॥
jah aapan aap aap patee-aaraa.
When He Himself was satisfied with Himself,

तह कउनु कथै कउनु सुननैहारा ॥
tah ka-un kathai ka-un sunnaihaaraa.
then who spoke and who listened?

बहु बेअंत ऊच ते ऊचा ॥
baho bay-ant ooch tay oochaa.
He is vast and infinite, the highest of the high.

नानक आपस कउ आपहि पहुचा ॥६॥
naanak aapas ka-o aapeh pahoochaa. ||6||
O Nanak, He alone can reach Himself. ||6||

जह आपि रचिओ परपंचु अकारु ॥
jah aap rachi-o parpanch akaar.
When He Himself fashioned the visible world of the creation,

तिहु गुण महि कीनो बिसथारु ॥
tihu gun meh keeno bisthaar.
he made the world subject to the three dispositions.

पापु पुनु तह भई कहावत ॥
paap punn tah bha-ee kahaavat.
Sin and virtue then began to be spoken of.

कोऊ नरक कोऊ सुरग बंछावत ॥
ko-oo narak ko-oo surag banchhaavat.
Some have gone to hell, and some yearn for paradise.

आल जाल माइआ जंजाल ॥
aal jaal maa-i-aa janjaal.
Worldly snares and entanglements of Maya,

हउमै मोह भर्म भै भार ॥
ha-umai moh bharam bhai bhaar.
egotism, attachment, doubt and loads of fear;

दूख सूख मान अपमान ॥

dookh sookh maan apmaan.
pain and pleasure, honor and dishonor

अनिक प्रकार कीओ बख्यान ॥

anik parkaar kee-o bakh-yaan.
- these came to be described in various ways.

आपन खेलु आपि करि देखै ॥

aapan khayl aap kar daykhai.
He Himself creates and beholds His own drama.

खेलु संकोचै तउ नानक एकै ॥७॥

khayl sankochai ta-o naanak aykai. ||7||
He winds up the drama, and then, O Nanak, He alone remains. ||7||

जह अबिगतु भगतु तह आपि ॥

jah abigat bhagat tah aap.
Wherever the Eternal Lord's devotee is, He Himself is there.

जह पसरै पासारु संत परतापि ॥

jah pasrai paasaar sant partaap.
He unfolds the expanse of His creation for the glory of His Saint.

दुहू पाख का आपहि धनी ॥

duhoo paakh kaa aapeh Dhanee.
He Himself is the Master of both worlds.

उन की सोभा उनहू बनी ॥

un kee sobhaa unhoo banee.
His Praise is to Himself alone.

आपहि कउतक करै अनद चोज ॥

aapeh ka-utak karai anad choj.
He Himself performs and plays His amusements and games.

आपहि रस भोगन निरजोग ॥

aapeh ras bhogan nirjog.
He Himself enjoys pleasures, and yet He is unaffected and untouched.

जिसु भावै तिसु आपन नाइ लावै ॥

jis bhaavai tis aapan naa-ay laavai.

He attaches whomever He pleases to His Name.

जिसु भावै तिसु खेल खिलावै ॥

jis bhaavai tis khayl khilaavai.

He causes whomever He pleases to play in His play.

बेसुमार अथाह अगनत अतोले ॥

baysumaar athaah agnat atolai.

He is beyond calculation, beyond measure, uncountable and unfathomable.

जिउ बुलावहु तिउ नानक दास बोलै ॥८॥२१॥

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||

सलोकु ॥

salok.

Shalok:

जीअ जंत के ठाकुरा आपे वरतणहार ॥

jee-a jant kay thaakuraa aapay var^{tan}haar.

O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere.

नानक एको पसरिआ दूजा कह दृसटार ॥१॥

naanak ayko pasri-aa doojaa kah daristaar. ||1||

O Nanak, The One is All-pervading; where is any other to be seen? ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

आपि कथै आपि सुननैहारु ॥

aap kathai aap sunnaihaar.

He Himself is the speaker, and He Himself is the listener.

आपहि एक आपि बिसथारु ॥
aapeh ayk aap bisthaar.
He Himself is the One, and He Himself is the many.

जा तिसु भावै ता सृसटि उपाए ॥
jaa tis bhaavai taa sarisat upaa-ay.
When it pleases Him, He creates the world.

आपनै भाणै लए समाए ॥
aapnai bhaanai la-ay samaa-ay.
As He pleases, He absorbs it back into Himself.

तुम ते भिन्न नही किछु होइ ॥
tum tay bhinn nahee kichh ho-ay.
Without You, nothing can be done.

आपन सूति सभु जगतु परोइ ॥
aapan soot sabh jagat paro-ay.
Upon Your thread, You have strung the whole world.

जा कउ प्रभ जीउ आपि बुझाए ॥
jaa ka-o parabh jee-o aap bujhaa-ay.
One whom God Himself inspires to understand

सचु नामु सोई जनु पाए ॥
sach naam so-ee jan paa-ay.
- that person obtains the True Name.

सो समदरसी तत का बेता ॥
so samadrasee tat kaa baytaa.
He looks impartially upon all, and he knows the essential reality.

नानक सगल सृसटि का जेता ॥१॥
naanak sagal sarisat kaa jaytaa. ||1||
O Nanak, he conquers the whole world. ||1||

जीअ जंत्र सभ ता कै हाथ ॥
jee-a jantar sabh taa kai haath.
All beings and creatures are in His Hands.

दीन दइआल अनाथ को नाथु ॥
deen da-i-aal anaath ko naath.
He is Merciful to the meek, the Patron of the patronless.

जिसु राखै तिसु कोइ न मारै ॥
jis raakhai tis ko-ay na maarai.
No one can kill those who are protected by Him.

सो मूआ जिसु मनहु बिसारै ॥
so moo-aa jis manhu bisaarai.
One who is forgotten by God, is already dead.

तिसु तजि अवर कहा को जाइ ॥
tis taj avar kahaa ko jaa-ay.
Leaving Him, where else could anyone go?

सभ सिरि एकु निरंजन राइ ॥
sabh sir ayk niranjan raa-ay.
Over the heads of all is the One, the Immaculate King.

जीअ की जुगति जा कै सभ हाथि ॥
jee-a kee jugat jaa kai sabh haath.
The ways and means of all beings are in His Hands.

अंतरि बाहरि जानहु साथि ॥
an tar baahar jaanhu saath.
Inwardly and outwardly, know that He is with you.

गुन निधान बेअंत अपार ॥
gun niDhaan bay-ant apaar.
He is the Ocean of excellence, infinite and endless.

नानक दास सदा बलिहार ॥२॥
naanak daas sadaa balihaar. ||2||
Slave Nanak is forever a sacrifice to Him. ||2||

पूरन पूरि रहे दइआल ॥
pooran poor rahay da-i-aal.
The Perfect, Merciful Lord is pervading everywhere.

सभ ऊपरि होवत किरपाल ॥
sabh oopar hovat kirpaal.
His kindness extends to all.

अपने करतब जानै आपि ॥
apnay kartab jaanai aap.
He Himself knows His own ways.

अंतरजामी रहिओ बिआपि ॥
antarjaamee rahi-o bi-aap.
The Inner-knower, the Searcher of hearts, is present everywhere.

प्रतिपालै जीअन बहु भाति ॥
paratipaalai jee-an baho bhaat.
He cherishes His living beings in so many ways.

जो जो रचिओ सु तिसहि धिआति ॥
jo jo rachi-o so tiseh Dhi-aat.
That which He has created meditates on Him.

जिसु भावै तिसु लए मिलाइ ॥
jis bhaavai tis la-ay milaa-ay.
Whoever pleases Him, He blends into Himself.

भगति करहि हरि के गुण गाइ ॥
bhagat karahi har kay gun gaa-ay.
They perform His devotional service and sing the Glorious Praises of the Lord.

मन अंतरि बिस्वासु करि मानिआ ॥
man antar bisvaas kar maani-aa.
With heart-felt faith, they believe in Him.

करनहारु नानक इकु जानिआ ॥३॥
karanhaar naanak ik jaani-aa. ||3||
O Nanak, they realize the One, the Creator Lord. ||3||

जनु लागा हरि एकै नाइ ॥
jan laagaa har aikai naa-ay.
The Lord's humble servant is committed to His Name.

तिस की आस न बिरथी जाइ ॥
tis kee aas na birthee jaa-ay.
His hopes do not go in vain.

सेवक कउ सेवा बनि आई ॥
sayvak ka-o sayvaa ban aa-ee.
The servant's purpose is to serve;

हुकमु बूझि परम पदु पाई ॥
hukam boojh param pad paa-ee.
obeying the Lord's Command, the supreme status is obtained.

इस ते ऊपरि नही बीचारु ॥
is tay oopar nahee beechaar.
Beyond this, he has no other thought.

जा कै मनि बसिआ निरंकारु ॥
jaa kai man basi-aa nirankaar.
Within his mind, the Formless Lord abides.

बंधन तोरि भए निरवैर ॥
banDhan tor bha-ay nirvair.
His bonds are cut away, and he becomes free of hatred.

अनदिनु पूजहि गुर के पैर ॥
an-din poojeh gur kay pair.
Night and day, he worships the Feet of the Guru.

इह लोक सुखीए परलोक सुहेले ॥
ih lok sukhee-ay parlok suhaylay.
He is at peace in this world, and happy in the next.

नानक हरि प्रभि आपहि मेले ॥४॥
naanak har parabh aapeh maylay. ||4||
O Nanak, the Lord God unites him with Himself. ||4||

साधसंगि मिलि करहु अनंद ॥
saaDhsang mil karahu anand.
Join the Company of the Holy, and be happy.

गुन गावहु प्रभ परमानंद ॥

gun gaavhu parabh parmaanand.

Sing the Glories of God, the embodiment of supreme bliss.

राम नाम ततु करहु बीचारु ॥

raam naam tat karahu beechaar.

Contemplate the essence of the Lord's Name.

दुलभ देह का करहु उधारु ॥

darulabh dayh kaa karahu uDhaar.

Redeem this human body, so difficult to obtain.

अमृत बचन हरि के गुन गाउ ॥

amrit**u** bachan har kay gun gaa-o.

Sing the Ambrosial Words of the Lord's Glorious Praises;

प्राण तरन का इहै सुआउ ॥

paraan taran kaa ihai su-aa-o.

this is the way to save your mortal soul.

आठ पहर प्रभ पेखहु नेरा ॥

aath pahar parabh paykhahu nayraa.

Behold God near at hand, twenty-four hours a day.

मितै अगिआनु बिनसै अंधेरा ॥

mitai agi-aan binsai anDhayraa.

Ignorance shall depart, and darkness shall be dispelled.

सुनि उपदेसु हिरदै बसावहु ॥

sun updays hirdai basaavhu.

Listen to the Teachings, and enshrine them in your heart.

मन इछे नानक फल पावहु ॥५॥

man ichhay naanak fal paavhu. ||5||

O Nanak, you shall obtain the fruits of your mind's desires. ||5||

हलतु पलतु दुइ लेहु सवारि ॥

halatu palatu du-ay layho savaar.

Embellish both this world and the next;

राम नामु अंतरि उरि धारि ॥

raam naam antar ur Dhaar.
enshrine the Lord's Name deep within your heart.

पूरे गुर की पूरी दीखिआ ॥

pooray gur kee pooree deekhi-aa.
Perfect are the Teachings of the Perfect Guru.

जिसु मनि बसै तिसु साचु परीखिआ ॥

jis man basai tis saach pareekhi-aa.
That person, within whose mind it abides, realizes the Truth.

मनि तनि नामु जपहु लिव लाइ ॥

man tan naam japahu liv laa-ay.
With your mind and body, chant the Naam; lovingly attune yourself to it.

दूखु दरदु मन ते भउ जाइ ॥

dookh darad man tay bha-o jaa-ay.
Sorrow, pain and fear shall depart from your mind.

सचु वापारु करहु वापारी ॥

sach vaapaar karahu vaapaaree.
Deal in the true trade, O trader,

दरगह निबहै खेप तुमारी ॥

dargeh nibhai khayp tumaaree.
and your merchandise shall be safe in the Court of the Lord.

एका टेक रखहु मन माहि ॥

aykaa tayk rakhahu man maahi.
Keep the Support of the One in your mind.

नानक बहुरि न आवहि जाहि ॥६॥

naanak bahur na aavahi jaahi. ||6||
O Nanak, you shall not have to come and go in reincarnation again. ||6||

तिस ते दूरि कहा को जाइ ॥

tis tay door kahaa ko jaa-ay.
Where can anyone go, to get away from Him?

उबरै राखनहारु धिआइ ॥

ubrai raakhanhaar Dhi-aa-ay.

Meditating on the Protector Lord, you shall be saved.

निरभउ जपै सगल भउ मिटै ॥

nirbha-o japai sagal bha-o mitai.

Meditating on the Fearless Lord, all fear departs.

प्रभ किरपा ते प्राणी छुटै ॥

parabh kirpaa tay paraanee chhutai.

By God's Grace, mortals are released.

जिसु प्रभु राखै तिसु नाही दूख ॥

jis parabh raakhai tis naahee dookh.

One who is protected by God never suffers in pain.

नामु जपत मनि होवत सूख ॥

naam japat man hovat sookh.

Chanting the Naam, the mind becomes peaceful.

चिंता जाइ मिटै अहंकारु ॥

chinta jaa-ay mitai aha^Nkaar.

Anxiety departs, and ego is eliminated.

तिसु जन कउ कोइ न पहुचनहारु ॥

tis jan ka-o ko-ay na pahuchanhaar.

No one can equal that humble servant.

सिर ऊपरि ठाढा गुरु सूरा ॥

sir oopar thaadhaa gur sooraa.

The Brave and Powerful Guru stands over his head.

नानक ता के कारज पूरा ॥७॥

naanak taa kay kaaraj pooraa. ||7||

O Nanak, his efforts are fulfilled. ||7||

मति पूरी अम्मृतु जा की दृसटि ॥

mat pooree amrit jaa kee darisat.

His wisdom is perfect, and His Glance is Ambrosial.

दरसनु पेखत उधरत सूसटि ॥

darsan paykhat uDhrat sarisat.
Beholding His Vision, the universe is saved.

चरन कमल जा के अनूप ॥

charan kamal jaa kay anoop.
His Lotus Feet are incomparably beautiful.

सफल दरसनु सुंदर हरि रूप ॥

safal darsan sundar har roop.
The Blessed Vision of His Darshan is fruitful and rewarding; His Lordly Form is beautiful.

धनु सेवा सेवकु परवानु ॥

Dhan sayvaa sayvak parvaan.
Blessed is His service; His servant is famous.

अंतरजामी पुरखु प्रधानु ॥

antarjaamee purakh parDhaan.
The Inner-knower, the Searcher of hearts, is the most exalted Supreme Being.

जिसु मनि बसै सु होत निहालु ॥

jis man basai so hot nihaal.
That one, within whose mind He abides, is blissfully happy.

ता कै निकटि न आवत कालु ॥

taa kai nikat na aavaṭ kaal.
Death does not draw near him.

अमर भए अमरा पदु पाइआ ॥

amar bha-ay amraa pad paa-i-aa.
One becomes immortal, and obtains the immortal status,

साधसंगि नानक हरि धिआइआ ॥८॥२२॥

saaDhsang naanak har Dhi-aa-i-aa. ||8||22||
meditating on the Lord, O Nanak, in the Company of the Holy. ||8||22||

सलोकु ॥

salok.
Shalok:

गिआन अंजनु गुरि दीआ अगिआन अंधेर बिनासु ॥

gi-aan anjan gur dee-aa agi-aan anDhayr binaas.

The Guru has given the healing ointment of spiritual wisdom, and dispelled the darkness of ignorance.

हरि किरपा ते संत भेटिआ नानक मनि परगासु ॥१॥

har kirpaa ṭay sant bhayti-aa naanak man pargaas. ||1||

By the Lord's Grace, I have met the Saint; O Nanak, my mind is enlightened. ||1||

असटपदी ॥

asatpadee.

Ashtapadee:

संतसंगि अंतरि प्रभु डीठा ॥

satsang antar parabh deethaa.

In the Society of the Saints, I see God deep within my being.

नामु प्रभू का लागा मीठा ॥

naam parabhoo kaa laagaa meethaa.

God's Name is sweet to me.

सगल समिग्री एकसु घट माहि ॥

sagal samagree aykas ghat maahi.

All things are contained in the Heart of the One,

अनिक रंग नाना दृसटाहि ॥

anik rang naanaa daristaahi.

although they appear in so many various colors.

नउ निधि अम्मृतु प्रभ का नामु ॥

na-o niDh amrit parabh kaa naam.

The nine treasures are in the Ambrosial Name of God.

देही महि इस का बिस्रामु ॥

dayhee meh is kaa bisraam.

Within the human body is its place of rest.

सुन्न समाधि अनहत तह नाद ॥

sunⁿ samaaDh anhat tah naad.

The Deepest Samaadhi, and the unstruck sound current of the Naad are there.

कहनु न जाई अचरज बिसमाद ॥

kahan na jaa-ee achraj bismaad.

The wonder and marvel of it cannot be described.

तिनि देखिआ जिसु आपि दिखाए ॥

tin daykhi-aa jis aap dikhaa-ay.

He alone sees it, unto whom God Himself reveals it.

नानक तिसु जन सोझी पाए ॥१॥

naanak tis jan soj^{hee} paa-ay. ||1||

O Nanak, that humble being understands. ||1||

सो अंतरि सो बाहरि अनंत ॥

so an^{tar} so baahar anant.

The Infinite Lord is inside, and outside as well.

घटि घटि बिआपि रहिआ भगवंत ॥

ghat ghat bi-aap rahi-aa bhagvant.

Deep within each and every heart, the Lord God is pervading.

धरनि माहि आकास पइआल ॥

Dharan maahi aakaas pa-i-aal.

In the earth, in the Akaashic ethers, and in the nether regions of the underworld

सर्व लोक पूरन प्रतिपाल ॥

sarab lok pooran partipaal.

- in all worlds, He is the Perfect Cherisher.

बनि तिनि परबति है पारब्रह्म ॥

ban tin parbat^{ai} hai paarbarahm.

In the forests, fields and mountains, He is the Supreme Lord God.

जैसी आगिआ तैसा करमु ॥

jaisee aagi-aa taisaa karam.

As He orders, so do His creatures act.

पउण पाणी बैसंतर माहि ॥

pa-un paanee baisantar maahi.
He permeates the winds and the waters.

चारि कुंट दह दिसे समाहि ॥

chaar kunt dah disay samaahi.
He is pervading in the four corners and in the ten directions.

तिस ते भिन्न नही को ठाउ ॥

tis tay bhinn nahee ko thaa-o.
Without Him, there is no place at all.

गुर प्रसादि नानक सुखु पाउ ॥२॥

gur parsaad naanak sukh paa-o. ||2||
By Guru's Grace, O Nanak, peace is obtained. ||2||

बेद पुरान सिम्मृति महि देखु ॥

bayd puraan simrit meh daykh.
See Him in the Vedas, the Puraanas and the Simritees.

ससीअर सूर नख्यत्र महि एकु ॥

sasee-ar soor nakh-yatar meh ayk.
In the moon, the sun and the stars, He is the One.

बाणी प्रभ की सभु को बोलै ॥

banee parabh kee sabh ko bolai.
The Bani of God's Word is spoken by everyone.

आपि अडोलु न कबहू डोलै ॥

aap adol na kabhoo dolai.
He Himself is unwavering - He never wavers.

सर्व कला करि खेलै खेल ॥

sarab kalaa kar khaylai khayl.
With absolute power, He plays His play.

मोलि न पाईऐ गुणह अमोल ॥

mol na paa-ee-ai gunah amol.
His value cannot be estimated; His virtues are invaluable.

सर्व जोति महि जा की जोति ॥

sarab joṭ meh jaa kee joṭ.
In all light, is His Light.

धारि रहिओ सुआमी ओति पोति ॥

Dhaar rahi-o su-aamee oṭ poṭ.
The Lord and Master supports the weave of the fabric of the universe.

गुर परसादि भर्म का नासु ॥

gur parsaad bharam kaa naas.
By Guru's Grace, doubt is dispelled.

नानक तिन महि एहु बिसासु ॥३॥

naanak tin meh ayhu bisaas. ||3||
O Nanak, this faith is firmly implanted within. ||3||

संत जना का पेखनु सभु ब्रह्म ॥

sant janaa kaa paykhan sabh barahm.
In the eye of the Saint, everything is God.

संत जना कै हिरदै सभि धर्म ॥

sant janaa kai hirdai sabh Dharam.
In the heart of the Saint, everything is Dharma.

संत जना सुनहि सुभ बचन ॥

sant janaa suneh subh bachan.
The Saint hears words of goodness.

सर्व बिआपी राम संगि रचन ॥

sarab bi-aapee raam sang rachan.
He is absorbed in the All-pervading Lord.

जिनि जाता तिस की इह रहत ॥

jin jaataa tis kee ih rahat.
This is the way of life of one who knows God.

सति बचन साधू सभि कहत ॥

saṭ bachan saaDhoo sabh kahat.
True are all the words spoken by the Holy.

जो जो होइ सोई सुखु मानै ॥

jo jo ho-ay so-ee sukh maanai.
Whatever happens, he peacefully accepts.

करन करावनहारु प्रभु जानै ॥

karan karaavanhaar parabh jaanai.
He knows God as the Doer, the Cause of causes.

अंतरि बसे बाहरि भी ओही ॥

an̄tar basay baahar b̄hee ohee.
He dwells inside, and outside as well.

नानक दरसनु देखि सभ मोही ॥४॥

naanak darsan daykh sabh mohee. ||4||
O Nanak, beholding the Blessed Vision of His Darshan, all are fascinated.
||4||

आपि सति कीआ सभु सति ॥

aap sat̄ kee-aa sabh sat̄.
He Himself is True, and all that He has made is True.

तिसु प्रभ ते सगली उत्पति ॥

tis parabh tay saglee utpat̄.
The entire creation came from God.

तिसु भावै ता करे बिसथारु ॥

tis b̄haavai t̄aa karay bisthaar.
As it pleases Him, He creates the expanse.

तिसु भावै ता एकंकारु ॥

tis b̄haavai t̄aa aykankaar.
As it pleases Him, He becomes the One and Only again.

अनिक कला लखी नह जाइ ॥

anik kalaa lakhee nah jaa-ay.
His powers are so numerous, they cannot be known.

जिसु भावै तिसु लए मिलाइ ॥

jis b̄haavai tis la-ay milaa-ay.
As it pleases Him, He merges us into Himself again.

कवन निकटि कवन कहीऐ दूरि ॥
kavan nikat kavan kahee-ai door.
Who is near, and who is far away?

आपे आपि आप भरपूरि ॥
aapay aap aap bharpoor.
He Himself is Himself pervading everywhere.

अंतरगति जिसु आपि जनाए ॥
antargat jis aap janaa-ay.
One whom God causes to know that He is within the heart

नानक तिसु जन आपि बुझाए ॥५॥
naanak tis jan aap bujhaa-ay. ||5||
- O Nanak, He causes that person to understand Him. ||5||

सर्व भूत आपि वरतारा ॥
sarab bhoot aap vartaaraa.
In all forms, He Himself is pervading.

सर्व नैन आपि पेखनहारा ॥
sarab nain aap paykhanhaaraa.
Through all eyes, He Himself is watching.

सगल समग्री जा का तना ॥
sagal samagree jaa kaa tanaa.
All the creation is His Body.

आपन जसु आप ही सुना ॥
aapan jas aap hee sunaa.
He Himself listens to His Own Praise.

आवन जानु इकु खेलु बनाइआ ॥
aavan jaan ik khayl banaa-i-aa.
The One has created the drama of coming and going.

आगिआकारी कीनी माइआ ॥
aagi-aakaaree keenee maa-i-aa.
He made Maya subservient to His Will.

सभ कै मधि अलिपतो रहै ॥

sabh kai maDh alipato rahai.
In the midst of all, He remains unattached.

जो किछु कहणा सु आपे कहै ॥

jo kichh kahnaa so aapay kahai.
Whatever is said, He Himself says.

आगिआ आवै आगिआ जाइ ॥

aagi-aa aavai aagi-aa jaa-ay.
By His Will we come, and by His Will we go.

नानक जा भावै ता लए समाइ ॥६॥

naanak jaa bhaavai taa la-ay samaa-ay. ||6||
O Nanak, when it pleases Him, then He absorbs us into Himself. ||6||

इस ते होइ सु नाही बुरा ॥

is tay ho-ay so naahee buraa.
If it comes from Him, it cannot be bad.

औरै कहहु किनै कछु करा ॥

orai kahhu kinai kachh karaa.
Other than Him, who can do anything?

आपि भला करतूति अति नीकी ॥

aap bhalaa kartoot at neekee.
He Himself is good; His actions are the very best.

आपे जानै अपने जी की ॥

aapay jaanai apnay jee kee.
He Himself knows His Own Being.

आपि साचु धारी सभ साचु ॥

aap saach Dhaaree sabh saach.
He Himself is True, and all that He has established is True.

ओति पोति आपन संगि राचु ॥

ot pot aapan sang raach.
Through and through, He is blended with His creation.

ता की गति मिति कही न जाइ ॥

taa kee gat mit kahee na jaa-ay.
His state and extent cannot be described.

दूसर होइ त सोझी पाइ ॥

doosar ho-ay ta sojhee paa-ay.
If there were another like Him, then only he could understand Him.

तिस का कीआ सभु परवानु ॥

tis kaa kee-aa sabh parvaan.
His actions are all approved and accepted.

गुर प्रसादि नानक इहु जानु ॥७॥

gur parsaad naanak ih jaan. ||7||
By Guru's Grace, O Nanak, this is known. ||7||

जो जानै तिसु सदा सुखु होइ ॥

jo jaanai tis sadaa sukh ho-ay.
One who knows Him, obtains everlasting peace.

आपि मिलाइ लए प्रभु सोइ ॥

aap milaa-ay la-ay parabh so-ay.
God blends that one into Himself.

ओहु धनवंतु कुलवंतु पतिवंतु ॥

oh Dhanvant kulvant pativant.
He is wealth and prosperous, and of noble birth.

जीवन मुक्ति जिसु रिदै भगवंतु ॥

jeevan mukat jis ridai bhagvant.
He is Jivan Mukta - liberated while yet alive; the Lord God abides in his heart.

धन्नु धन्नु धन्नु जनु आइआ ॥

Dhan Dhan Dhan jan aa-i-aa.
Blessed, blessed, blessed is the coming of that humble being;

जिसु प्रसादि सभु जगतु तराइआ ॥

jis parsaad sabh jagat taraa-i-aa.
by his grace, the whole world is saved.

जन आवन का इहै सुआउ ॥
jan aavan kaa ihai su-aa-o.
This is his purpose in life;

जन कै संगि चिति आवै नाउ ॥
jan kai sang chit aavai naa-o.
in the Company of this humble servant, the Lord's Name comes to mind.

आपि मुकतु मुकतु करै संसारु ॥
aap mukat mukat karai sansaar.
He Himself is liberated, and He liberates the universe.

नानक तिसु जन कउ सदा नमसकारु ॥८॥२३॥
naanak tis jan ka-o sadaa namaskaar. ||8||23||
O Nanak, to that humble servant, I bow in reverence forever. ||8||23||

सलोकु ॥
salok.
Shalok:

पूरा प्रभु आराधिआ पूरा जा का नाउ ॥
pooraa parabh aaraaDhi-aa pooraa jaa kaa naa-o.
I worship and adore the Perfect Lord God. Perfect is His Name.

नानक पूरा पाइआ पूरे के गुन गाउ ॥१॥
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||

असटपदी ॥
asatpadee.
Ashtapadee:

पूरे गुर का सुनि उपदेसु ॥
pooray gur kaa sun updays.
Listen to the Teachings of the Perfect Guru;

पारब्रह्म निकटि करि पेखु ॥
paarbarahm nikat kar paykh.
see the Supreme Lord God near you.

सासि सासि सिमरहु गोबिंद ॥

saas saas simrahu gobind.

With each and every breath, meditate in remembrance on the Lord of the Universe,

मन अंतर की उतरै चिंद ॥

man anṭar kee utrai chind.

and the anxiety within your mind shall depart.

आस अनित तिआगहु तरंग ॥

aas anit̄ ti-aagahu ṭarang.

Abandon the waves of fleeting desire,

संत जना की धूरि मन मंग ॥

sant̄ janaa kee Dhoor man mang.

and pray for the dust of the feet of the Saints.

आपु छोडि बेनती करहु ॥

aap chhod baynt̄ee karahu.

Renounce your selfishness and conceit and offer your prayers.

साधसंगि अगनि सागरु तरहु ॥

saaDhsang agan saagar ṭarahu.

In the Saadh Sangat, the Company of the Holy, cross over the ocean of fire.

हरि धन के भरि लेहु भंडार ॥

har Dhan kay bhar layho bhandaar.

Fill your stores with the wealth of the Lord.

नानक गुर पूरे नमस्कार ॥१॥

naanak gur pooray namaskaar. ||1||

Nanak bows in humility and reverence to the Perfect Guru. ||1||

खेम कुसल सहज आनंद ॥

khaym kusal sahj aanand.

Happiness, intuitive peace, poise and bliss

साधसंगि भजु परमानंद ॥

saaDhsang bhaj parmaanand.

- in the Company of the Holy, meditate on the Lord of supreme bliss.

नरक निवारि उधारहु जीउ ॥

narak nivaar uDhaarahu jee-o.

You shall be spared from hell - save your soul!

गुन गोबिंद अमृत रसु पीउ ॥

gun gobind amrit ras pee-o.

Drink in the ambrosial essence of the Glorious Praises of the Lord of the Universe.

चिति चितवहु नाराइण एक ॥

chit chitvahu naaraa-in ayk.

Focus your consciousness on the One, the All-pervading Lord

एक रूप जा के रंग अनेक ॥

ayk roop jaa kay rang anayk.

- He has One Form, but He has many manifestations.

गोपाल दामोदर दीन दइआल ॥

gopaal daamodar deen da-i-aal.

Sustainer of the Universe, Lord of the world, Kind to the poor,

दुख भंजन पूरन किरपाल ॥

dukh bhanjan pooran kirpaal.

Destroyer of sorrow, perfectly Merciful.

सिमरि सिमरि नामु बारं बार ॥

simar simar naam baara^N baar.

Meditate, meditate in remembrance on the Naam, again and again.

नानक जीअ का इहै अधार ॥२॥

naanak jee-a kaa ihai aDhaar. ||2||

O Nanak, it is the Support of the soul. ||2||

उतम सलोक साध के बचन ॥

utam salok saaDh kay bachan.

The most sublime hymns are the Words of the Holy.

अमलीक लाल एहि रतन ॥

amuleek laal ayhi ratan.

These are priceless rubies and gems.

सुनत कमावत होत उधार ॥
sunaṭ kamaavaṭ hoṭ uDhaar.
One who listens and acts on them is saved.

आपि तरै लोकह निसतार ॥
aap tarai lokah nistaar.
He himself swims across, and saves others as well.

सफल जीवनु सफलु ता का संगु ॥
safal jeevan safaḷ taa kaa sang.
His life is prosperous, and his company is fruitful;

जा कै मनि लागा हरि रंगु ॥
jaa kai man laagaa har rang.
his mind is imbued with the love of the Lord.

जै जै सबदु अनाहदु वाजै ॥
jai jai sabaḍ anaahaḍ vaajai.
Hail, hail to him, for whom the sound current of the Shabad vibrates.

सुनि सुनि अनद करे प्रभु गाजै ॥
sun sun anaḍ karay parabḥ gaajai.
Hearing it again and again, he is in bliss, proclaiming God's Praises.

प्रगटे गुपाल महाँत कै माथे ॥
pargatay gupaal mahaa^Nṭ kai maathay.
The Lord radiates from the foreheads of the Holy.

नानक उधरे तिन कै साथे ॥३॥
naanak uDhraỵ tin kai saathay. ||3||
Nanak is saved in their company. ||3||

सरनि जोगु सुनि सरनी आए ॥
saran jog sun sarnee aa-ay.
Hearing that He can give Sanctuary, I have come seeking His Sanctuary.

करि किरपा प्रभ आप मिलाए ॥
kar kirpaa parabḥ aap milaa-ay.
Bestowing His Mercy, God has blended me with Himself.

मिटि गए बैर भए सभ रेन ॥

mit ga-ay bair bha-ay sabh rayn.

Hatred is gone, and I have become the dust of all.

अमृत नामु साधसंगि लैन ॥

amrit naam saaDhsang lain.

I have received the Ambrosial Naam in the Company of the Holy.

सुप्रसन्न भए गुरदेव ॥

suparsan bha-ay gurdayv.

The Divine Guru is perfectly pleased;

पूरन होई सेवक की सेव ॥

pooran ho-ee sayvak kee sayv.

the service of His servant has been rewarded.

आल जंजाल बिकार ते रहते ॥

aal janjaal bikaar tay rahtay.

I have been released from worldly entanglements and corruption,

राम नाम सुनि रसना कहते ॥

raam naam sun rasnaa kahtay.

hearing the Lord's Name and chanting it with my tongue.

करि प्रसादु दइआ प्रभि धारी ॥

kar parsaad da-i-aa parabh Dhaaree.

By His Grace, God has bestowed His Mercy.

नानक निबही खेप हमारी ॥४॥

naanak nibhee khayp hamaaree. ||4||

O Nanak, my merchandise has arrived save and sound. ||4||

प्रभ की उसतति करहु संत मीत ॥

parabh kee ustatt karahu santt meett.

Sing the Praises of God, O Saints, O friends,

सावधान एकागर चीत ॥

saavDhaan aykaagar cheet.

with total concentration and one-pointedness of mind.

सुखमनी सहज गोबिंद गुन नाम ॥

sukhmanee sahj gobind gun naam.

Sukhmani is the peaceful ease, the Glory of God, the Naam.

जिसु मनि बसै सु होत निधान ॥

jis man basai so hot niDhaan.

When it abides in the mind, one becomes wealthy.

सर्व इछा ता की पूरन होइ ॥

sarab ichhaa taa kee pooran ho-ay.

All desires are fulfilled.

प्रधान पुरखु प्रगटु सभ लोइ ॥

parDhaan purakh pargat sabh lo-ay.

One becomes the most respected person, famous all over the world.

सभ ते ऊच पाए असथानु ॥

sabh tay ooch paa-ay asthaan.

He obtains the highest place of all.

बहुरि न होवै आवन जानु ॥

bahur na hovai aavan jaan.

He does not come and go in reincarnation any longer.

हरि धनु खाटि चलै जनु सोइ ॥

har Dhan khaat chalai jan so-ay.

One who departs, after earning the wealth of the Lord's Name,

नानक जिसहि परापति होइ ॥५॥

naanak jisahi paraapat ho-ay. ||5||

O Nanak, realizes it. ||5||

खेम साँति रिधि नव निधि ॥

khaym saa^Nt riDh nav niDh.

Comfort, peace and tranquility, wealth and the nine treasures;

बुधि गिआनु सर्व तह सिधि ॥

buDh gi-aan sarab tah siDh.

wisdom, knowledge, and all spiritual powers;

बिदिआ तपु जोगु प्रभ धिआनु ॥
bidi-aa tap jog parabh Dhi-aan.
learning, penance, Yoga and meditation on God;

गिआनु स्रेसट ऊतम इसनानु ॥
gi-aan saraysat ootam isnaan.
The most sublime wisdom and purifying baths;

चारि पदार्थ कमल प्रगास ॥
chaar padaarath kamal pargaas.
the four cardinal blessings, the opening of the heart-lotus;

सभ कै मधि सगल ते उदास ॥
sabh kai maDh sagal tay udaas.
in the midst of all, and yet detached from all;

सुंदरु चतुरु तत का बेता ॥
sundar chaṭur taṭ kaa bayṭaa.
beauty, intelligence, and the realization of reality;

समदरसी एक दृसटेता ॥
samadrasee ayk daristayṭaa.
to look impartially upon all, and to see only the One

इह फल तिसु जन कै मुखि भने ॥ गुर नानक नाम बचन मनि सुने ॥६॥
ih fal tis jan kai mukh bhanay. gur naanak naam bachan man sunay. ||6||
- these blessings come to one who, through Guru Nanak, chants the
Naam with his mouth, and hears the Word with his ears. ||6||

इहु निधानु जपै मनि कोइ ॥
ih niDhaan japai man ko-ay.
One who chants this treasure in his mind

सभ जुग महि ता की गति होइ ॥
sabh jug meh taa kee gat ho-ay.
- in every age, he attains salvation.

गुण गोबिंद नाम धुनि बाणी ॥
gun gobind naam Dhun banee.
In it is the Glory of God, the Naam, the chanting of Gurbani.

सिमृति सासत्र बेद बखाणी ॥

simriṭ saastar bayḍ bakhaanee.

The Simritees, the Shaastras and the Vedas speak of it.

सगल मताँत केवल हरि नाम ॥

sagal mataa^Nṭ kayval har naam.

The essence of all religion is the Lord's Name alone.

गोबिंद भगत कै मनि बिस्राम ॥

gobinḍ bhagaṭ kai man bisraam.

It abides in the minds of the devotees of God.

कोटि अप्राध साधसंगि मिटै ॥

kot apraaDḥ saaDhsang mitai.

Millions of sins are erased, in the Company of the Holy.

संत कृपा ते जम ते छुटै ॥

sanṭ kirpaạ tay jaṃ tay chhutai.

By the Grace of the Saint, one escapes the Messenger of Death.

जा कै मसतकि कर्म प्रभि पाए ॥

jaa kai mastaḳ karam parabḥ paa-ay.

Those, who have such pre-ordained destiny on their foreheads,

साध सरणि नानक ते आए ॥७॥

saaDḥ saraṇ naanaḳ tay aa-ay. ||7||

O Nanak, enter the Sanctuary of the Saints. ||7||

जिसु मनि बसै सुनै लाइ प्रीति ॥

jis man basai sunai laa-ay pareeṭ.

One, within whose mind it abides, and who listens to it with love

तिसु जन आवै हरि प्रभु चीति ॥

tis jan aavai har parabḥ cheeṭ.

- that humble person consciously remembers the Lord God.

जनम मरन ता का दूखु निवारै ॥

janam maraṇ taa kaa dookḥ nivaarai.

The pains of birth and death are removed.

दुलभ देह ततकाल उधारै ॥

dulabh dayh taṭkaal uDhaarai.

The human body, so difficult to obtain, is instantly redeemed.

निर्मल सोभा अमृत ता की बानी ॥

nirmal sobhaa amrit taa kee baanee.

Spotlessly pure is his reputation, and ambrosial is his speech.

एकु नामु मन माहि समानी ॥

ayk naam man maahi samaanee.

The One Name permeates his mind.

दूख रोग बिनसे भै भर्म ॥

dookh rog binsay bhai bharam.

Sorrow, sickness, fear and doubt depart.

साध नाम निर्मल ता के कर्म ॥

saaDh naam nirmal taa kay karam.

He is called a Holy person; his actions are immaculate and pure.

सभ ते ऊच ता की सोभा बनी ॥

sabh tay ooch taa kee sobhaa banee.

His glory becomes the highest of all.

नानक इह गुणि 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||