

Dukh Bhanjani Sahib

gauRee mahalaa panjavaa maa(n)jh ||

Gauree, Fifth Mehla, Maajh:

dhukh bha(n)jan teraa naam jee dhukh bha(n)jan teraa
naam || aaTh pahar aaraadheeai pooran satigur giaan

||1|| rahaau ||

The Destroyer of sorrow is Your Name, Lord; the
Destroyer of sorrow is Your Name. Twenty-four hours a
day, dwell upon the wisdom of the Perfect True Guru.

||1|| Pausell

jit ghaT vasai paarabraham soiee suhaavaa thaau ||
jam ka(n)kar neR na aaviee rasanaa har gungaau ||1||

That heart, in which the Supreme Lord God abides, is
the most beautiful place. The Messenger of Death does

not even approach those who chant the Glorious

Praises of the Lord with the tongue. ||1||

sevaa surat na jaaneeaa naa jaapai aaraadh || oT teree

jagajeevanaa mere Thaakur agam agaadh ||2||

I have not understood the wisdom of serving Him, nor

have I worshipped Him in meditation. You are my

Support, O Life of the World; O my Lord and Master,

Inaccessible and Incomprehensible. ||2||

bhe kirapaal gusaieeaa na The sog sa(n)taap || tatee

vaau na lagiee satigur rakhe aap ||3||

When the Lord of the Universe became merciful,
sorrow and suffering departed. The hot winds do not
even touch those who are protected by the True Guru.

||3||

gur naarain dhay gur gur sachaa sirajanahaar || gur tu

Thai sabh kichh paiaa jan naanak sadh balihaar

||4||2||170||

The Guru is the All-pervading Lord, the Guru is the
Merciful Master, the Guru is the True Creator Lord.

When the Guru was totally satisfied, I obtained

everything. Servant Nanak is forever a sacrifice to Him.

||4||2||170||

gauRee mahalaa panjavaa || Gauree, Fifth Mehla;
sooke hare ke'ee khin maahe || a(n)mirat dhirasaT
sa(n)ch jeevaae ||1||

The dried branches are made green again in an instant.
His Ambrosial Glance irrigates and revives them. ||1||

kaaTe kasaT poore gurdhev || sevak kau dheenee
apunee sev ||1|| rahaau ||

The Perfect Divine Guru has removed my sorrow. He
blesses His servant with His service. ||1|| Pausell
miT giee chi(n)t punee man aasaa || karee dhiaa
satigur gunataasaa ||2||

Anxiety is removed, and the desires of the mind are
fulfilled, when the True Guru, the Treasure of
Excellence, shows His Kindness. ||2||

dhukh naaThe sukh aai samaae || ddeel na paree jaa
gur furamaae ||3||

Pain is driven far away, and peace comes in its place;
there is no delay, when the Guru gives the Order.

||3||

eichh punee poore gur mile || naanak te jan sufal fale
||4||58||127||

Desires are fulfilled, when one meets the True Guru; O
Nanak, His humble servant is fruitful and prosperous.

||4||58||127||

gauRee mahalaa panjavaa ||

Gauree, Fifth Mehla:

taap ge paiee prabh saa(n)t || seetal bhe keenee prabh
dhaat ||1|| The fever has departed; God has
showered us with peace and tranquility. A cooling
peace prevails; God has granted this gift. || 1 ||

prabh kirapaa te bhe suhele || janam janam ke
bichhure mele ||1|| rahaau ||

By God's Grace, we have become comfortable.
Separated from Him for countless incarnations, we are
now reunited with Him. ||1|| Pausell

simarat simarat prabh kaa naau || sagal rog kaa
binasiaa thaau ||2||

Meditating, meditating in remembrance on God's
Name, the dwelling of all disease is destroyed. ||2||

sahaj subhai bolai har baanee || aaTh pahar prabh
simarahu praanee ||3||

In intuitive peace and poise, chant the Word of the
Lord's Bani. Twenty-four hours a day, O mortal,
meditate on God. ||3||

dhookh dharadh jam neR na aavai || kahu naanak jo
har gun gaavai || 4||59||128||

Pain, suffering and the Messenger of Death do not

even approach that one, says Nanak, who sings the

Glorious Praises of the Lord. ||4||59||128||

gauRee mahalaa panjavaa || Gauree, Fifth Mehla:

jis simarat dhookh sabh jai || naam ratan vasai man aai

||1||

Remembering Him in meditation, all pains are gone.

The jewel of the Naam, the Name of the Lord, comes to

dwell in the mind. ||1||

jap man mere govi(n)dh kee baanee || saadhoo jan

raam rasan vakhaanee ||1|| rahaau ||

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

the Universe. The Holy People chant the Lord's Name

with their tongues. || 1||Pause||

eikas bin naahee dhoojaa koi || jaa kee dhirasaT

sadhaa sukh hoi ||2||

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

Glance of Grace, eternal peace is obtained. ||2||

saajan meet sakhaa kar ek || har har akhar man meh

lekh ||3||

Make the One Lord your friend, intimate and companion. Write in your mind the Word of the Lord,

Har, Har. ||3||

rav rahiaa sarabat suaamee || gun gaavai naanak

a(n)tarajaamee ||4||62||131||

The Lord Master is totally pervading everywhere.

Nanak sings the Praises of the Inner-knower, the

Searcher of hearts. ||4||62||131||

gauRee mahalaa panjavaa || Gauree, Fifth Mehla: koT

bighan hire khin maeh || har har kathaa saadhasa(n)g

sunaeh ||1||

Millions of obstacles are removed in instant, for those who listen to the Sermon of the Lord, Har, Har, in the

Saadh Sangat, the Company of the Holy. ||1||

peevat raam ras a(n)mirat gun jaas || jap har charan

miTee khudh taas || 1 || rahaau ||

They drink in the sublime essence of the Lord's Name,
the Ambrosial Elixir. Meditating on the Lord's Feet,

hunger is taken away. || 1 || Pause ||

sarab kaliaan sukh sahaj nidhaan || jaa kai ridhai vaseh

bhagavaan || 2 ||

The treasure of all happiness, celestial peace and poise,
are obtained by those, whose hearts are filled with the

Lord God. || 2 ||

aaukhadh ma(n)tr ta(n)t sabh chhaar || karanaihaar

ridhe mehdhaar || 3 ||

All medicines and remedies, mantras and tantras are
nothing more than ashes. Enshrine the Creator Lord

within your heart. || 3 ||

taj sabh bharam bhajio paarabraham || kahu naanak a

Tal ih dharam || 4 || 80 || 149 ||

Renounce all your doubts, and vibrate upon the
Supreme Lord God. Says Nanak, this path of Dharma is
eternal and unchanging. ||41|80||149||

gauRee mahalaa panjavaa ||

Gauree, Fifth Mehla:

saa(n)t bhiee gur gobidh paiee || taap paap binase
mere bhaiee ||1||rahaau ||

Peace and tranquility have come; the Guru, the Lord of
the Universe, has brought it. The burning sins have
departed, O my Siblings of Destiny. ||1||Pause||

raam naam nit rasan bakhaan || binase rog bhe kaliaan

||1||

With your tongue, continually chant the Lord's Name.

Disease shall depart, and you shall be saved. ||1||

paarabraham gun agam beechaar || saadhoo sa(n)gam
hai nisataar ||2||

Contemplate the Glorious Virtues of the Unfathomable

Supreme Lord God. In the Saadh Sangat, the Company
of the Holy, you shall be emancipated. ||2||

niramal gun gaavahu nit neet || giee biaadh ubare jan
meet ||3||

Sing the Glories of God each and every day, your
afflictions shall be dispelled, and you shall be saved, my
humble friend. ||3||

man bach karam prabh apanaa dhiaaiee || naanak
dhaas teree saranaiee ||4||102||171||

In thought, word and deed, I meditate on my God.

Slave Nanak has come to Your Sanctuary.

|14||102||171||

gauRee mahalaa panjavaa ||

Gauree, Fifth Mehla:

netr pragaas keeaa gurdhev || bharam ge pooran

bhiee sev ||1|| rahaau ||

The Divine Guru has opened his eyes. Doubt has been dispelled; my service has been successful. ||1|| Pausell

seetalaa te rakhiaa bihaaree || paarabraham prabh
kirapaa dhaaree ||1||

The Giver of joy has saved him from smallpox. The Supreme Lord God has granted His Grace. ||1||

naanak naam japai so jeevai || saadhasa(n)g har
a(n)mrit peevai ||2||103||172||

O Nanak, he alone lives, who chants the Naam, the Name of the Lord. In the Saadh Sangat, the Company of the Holy, drink deeply of the Lord's Ambrosial

Nectar. ||2||103||172||

gauRee mahalaa panjavaa ||

Gauree, Fifth Mehla:

thir ghar baisahu har jan piaare || satigur tumare kaaj
savaare ||1||rahaau ||

Remain steady in the home of your own self, O beloved

servant of the Lord. The True Guru shall resolve all your
affairs. ||1|| Pausell

dhusaT dhoot paramesar maare || jan kee paj rakhee
karataare ||1||

The Transcendent Lord has struck down the wicked
and the evil. The Creator has preserved the honor of
His servant. ||1||

baadhisaeh saeh sabh vas kar dheene || a(n)mirat
naam mahaa ras peene ||2||

The kings and emperors are all under his power, he
drinks deeply of the most sublime essence of the
Ambrosial Naam. ||2||

nirabhau hoi bhajahu bhagavaan || saadhasa(n)gat mil
keeno dhaan ||3||

Meditate fearlessly on the Lord God. Joining the Saadh
Sangat, the Company of the Holy, this gift is given.

||3||

saran pare prabh a(n)tarajaamee || naanak oT pakaree

prabh suaamee ||4||108||

Nanak has entered the Sanctuary of God, the Inner-knower, the Searcher of hearts; he grasps the Support

of God, his Lord and Master. ||4||108||

gauRee mahalaa panjavaa || Gauree, Fifth Mehla:

raakh pitaa prabh mere || moh niragun sabh gun tere

||1|| rahaau ||

Save me, O My Father God. I am worthless and without

virtue; all virtues are Yours. ||1|| Pausell

pa(n)ch bikhaadhee ek gareebaa raakhahu

raakhanahaare || khedh kareh ar bahut sa(n)taaveh

aaio saran tuhaare ||1||

The five vicious thieves are assaulting my poor being;

save me, O Savior Lord! They are tormenting and torturing me. I have come, seeking Your Sanctuary.

||1||

kar kar haario anik bahu bhaatee chhoddeh katahoo(n)
naaheell ek baat sun taakee oTaa saadhasa(n)g miT
jaahee ||2||

Trying all sorts of things, I have grown weary, but still,
they will not leave me alone. But I have heard that they
can be rooted out, in the Saadh Sangat, the Company
of the Holy; and so I seek their Shelter. ||2||

kar kirapaa sa(n)t mile moh tin te dheeraj paiaa ||
sa(n)tee ma(n)t dheeo moh nirabhau gur kaa sabadh
kamaiaa ||3||

In their Mercy, the Saints have met me, and from
them, I have obtained satisfaction. The Saints have
given me the Mantra of the Fearless Lord, and now I
practice the Word of the Guru's Shabad. ||3||

jeet le oi mahaa bikhaadhee sahaj suhelee baanee ||
kahu naanak man bhiaa paragaasaa paiaa padh
nirabaanee ||4||4||125||

I have now conquered those terrible evil-doers, and my

speech is now sweet and sublime. Says Nanak, the

Divine Light has dawned within my mind, I have
obtained the state of Nirvaanaa. ||4||4||125||

bilaaval mahalaa panjavaa || Bilaaval, Fifth Mehla:
sarab kaliaan ke'ee gurdhev || sevak apanee laio sev ||
bighan na laagai jap alakh abhev ||1||

The Divine Guru has blessed me with total happiness.
He has linked His servant to His service. No obstacles
block my path, meditating on the incomprehensible,
inscrutable Lord. ||1||

dharat puneet bhiee gun gaae || dhurat giaa har naam
dhiaae ||1||rahaau ||

The soil has been sanctified, singing the Glories of His
Praises. The sins are eradicated, meditating on the
Name of the Lord. ||1||Pausell

sabhaneer thaa(n)iee raviaa aap || aadh jugaadh jaa kaa
vadd parataap || gur parasaadh na hoi sa(n)taap ||2||

He Himself is pervading everywhere; from the very beginning, and throughout the ages, His Glory has been radiantly manifest. By Guru's Grace, sorrow does not touch me.

gur ke charan lage man meeThe || nirabighan hoi sabh
thaa(n)iee vooThe || sabh sukh paae satigur too The

||3||

The Guru's Feet seem so sweet to my mind. He is unobstructed, dwelling everywhere. I found total peace, when the Guru was pleased. ||3||

paarabraham prabh bhe rakhavaale || jithai kithai
dheeseh naale || naanak dhaas khasam pratipaale

||4||2||

The Supreme Lord God has become my Savior. Wherever I look, I see Him there with me. O Nanak, the Lord and Master protects and cherishes His slaves.

||4||2||

bilaaval mahalaa panjavaa || Bilaaval, Fifth Mehla:
charan kamal prabh hiradhai dhiaae || rog ge sagale
sukh paae ||1||

Within my heart, I meditate on the Lotus Feet of God.
Disease is gone, and I have found total peace. ||1||
gur dhukh kaaTiaa dheeno dhaan || safal janam jeevan
paravaan ||1||rahaau ||

The Guru relieved my sufferings, and blessed me with
the gift. My birth has been rendered fruitful, and my
life is approved. ||1||Pause||

akath kathaa a(n)mirat prabh baanee || kahu naanak
jap jeeve giaanee ||2||2||20||

The Ambrosial Bani of God's Word is the Unspoken
Speech. Says Nanak, the spiritually wise live by
meditating on God. ||

bilaaval mahalaa panjavaa || Bilaaval, Fifth Mehla:
saa(n)t paiee gur satigur poore || sukh upaje baaje

anahadh toore || 1|| rahaau ||

The Guru, the Perfect True Guru, has blessed me with
peace and tranquility. Peace and joy have welled up,

and the mystical trumpets of the unstruck sound

current vibrate. ||1||Pause||

taap paap sa(n)taap binaase || har simarat kilavikh

sabh naase ||1||

Sufferings, sins and afflictions have been dispelled.

Remembering the Lord in meditation, all sinful

mistakes have been erased. ||1||

anadh karahu mil su(n)dhar naaree || gur naanak

merree paj savaaree ||2||3||21||

Joining together, O beautiful soul-brides, celebrate and
make merry. Guru Nanak has saved my honor.

||2||3||21||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

sagal ana(n)dh keeaa paramesar apanaa biradh
sam(h)aariaa || saadh janaa hoe kirapaalaa bigase
sabh paravaariaa ||1||

The Transcendent Lord has brought bliss to all; He has confirmed His Natural Way. He has become Merciful to the humble, holy Saints, and all my relatives blossom forth in joy. ||1||

kaaraj satigur aap savaariaa || vaddee aarajaa har
gobi(n)dh kee sookh ma(n)gal kaliaan beechariaa
||1|| rahaau ||

The True Guru Himself has resolved my affairs. He has blessed Hargobind with long life, and taken care of my comfort, happiness and well-being. ||1|| Pausell

van tiran tirabhavan hariaa hoe sagale jeea
saadhaariaa || man ichhe naanak fal paae pooran ichh
pujaariaa ||2||5||23||

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

all beings. Nanak has obtained the fruits of his mind's
desires; his desires are totally fulfilled. ||2||5||23||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

rog giaa prabh aap gavaiaa || needh piee sukh sahaj

ghar aaiaa || 1 || rahaau ||

The disease is gone; God Himself took it away. I sleep
in peace; peaceful poise has come to my home.

||1||Pause||

raj raj bhojan khaavahu mere bhaiee || a(n)mirat

naam ridh maeh dhiaaiee ||1||

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

your heart. ||1||

naanak gur poore saranaiee || jin apane naam kee paj

rakhaiee ||2||81|26||

Nanak has entered the Sanctuary of the Perfect Guru,

who has preserved the honor of His Name.

||2||8||26||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

taap sa(n)taap sagale ge binase te rog || paarabraham

too bakhasiaa sa(n)tan ras bhog || rahaau ||

The fever and sickness are gone, and the diseases are

all dispelled. The Supreme Lord God has forgiven you,

so enjoy the happiness of the Saints. ||Pause||

sarab sukhaa teree ma(n)ddalee teraa man tan aarog

|| gun gaavahu nit raam ke ieh avakhadh jog ||1||

All joys have entered your world, and your mind and

body are free of disease. So chant continuously the

Glorious Praises of the Lord; this is the only potent

medicine. ||1||

aai basahu ghar dhes meh ieh bhale sa(n)jog || naanak

prabh suprasa(n)n bhe leh ge biog ||2||10||28||

So come, and dwell in your home and native land; this
is such a blessed and auspicious occasion. O Nanak,
God is totally pleased with you; your time of separation
has come to an end. ||2||10||28||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

ba(n)dhan kaaTe aap prabh hoaa kirapaal || dheen
dhiaal prabh paarabraham taa kee nadhar nihaal ||1||

My bonds have been snapped; God Himself has
become compassionate. The Supreme Lord God is
Merciful to the meek; by His Glance of Grace, I am in
ecstasy. ||1||

gur poorai kirapaa karee kaa Tiaal dhukh rog || man tan
seetal sukhee bhiaa prabh dhiaavan jog ||1|| rahaau

||

The Perfect Guru has shown mercy to me, C and
eradicated my pains and illnesses. My mind and body

have been cooled and soothed, meditating on God,
most worthy of meditation. ||1|| Pausell

aaukhadh har kaa naam hai jit rog na viaapai ||
saadhasa(n)g man tan hitai fir dhookh na jaapai ||2||

The Name of the Lord is the medicine to cure all
disease, with it, no disease afflicts me. In the Saadh
Sangat, the Company of the Holy, the mind and body
are tinged with the Lord's Love, and I do not suffer pain
any longer. ||2||

har har har har jaapeeai a(n)tar liv laiee || kilavikh
utareh sudh hoi saadhoo saranaiee ||3||

I chant the Name of the Lord, Har, Har, Har, Har,
lovingly centering my inner being on Him. Sinful
mistakes are erased and I am sanctified, in the
Sanctuary of the Holy Saints. ||3||

sunat japat har naam jas taa kee dhoor balaiee ||
mahaa ma(n)tr naanak kathai har ke gun gaiee

||4||23||53||

Misfortune is kept far away from those who hear and chant the Praises of the Lord's Name. Nanak chants the Mahaa Mantra, the Great Mantra, singing the Glorious

Praises of the Lord. |14||23||53||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

har har har aaraadheeaaai hoieeaai aarog ||
raamacha(n)dh kee lasa Tikaa jin maariaa rog
||1||rahaau ||

Worship and adore the Lord, Har, Har, Har, and you shall be free of disease. This is the Lord's healing rod, which eradicates all disease. ||1||Pausell

gur pooraa har jaapeeaai nit keechai bhog ||
saadhasa(n)gat kai vaaranai miliaa sa(n)jog ||1||
Meditating on the Lord, through the Perfect Guru, he constantly enjoys pleasure. I am devoted to the Saadh

Sangat, the Company of the Holy; I have been united
with my Lord. ||1||

jis simarat sukh paieeai binasai biog || naanak prabh
saranaagatee karan kaaran jog ||2||34||64||

Contemplating Him, peace is obtained, and separation
is ended. Nanak seeks the Sanctuary of God, the All-
powerful Creator, the Cause of causes. ||2||34||64||

ikOankaar satigur prasaadh ||

One Universal Creator God. By The Grace Of The True

Guru:

raag bilaaval mahalaa panjavaa dhupadhe ghar

panjavaa

Raag Bilaaval, Fifth Mehla, Dho-Padhay. Fifth House:

ikOankaar satigur prasaadh ||

One Universal Creator God. By The Grace Of The True

Guru:

avar upaav sabh tiaagiaa dhaaroo naam liaa || taap

paap sabh miTe rog seetal man bhiaa ||1||

I have given up all other efforts, and have taken the
medicine of the Naam, the Name of the Lord. Fevers,
sins and all diseases are eradicated, and my mind is
cooled and soothed. ||1||

gur pooraa aaraadhiaa sagalaa dhukh giaa ||

raakhanahaarai raakhiaa apanee kar miaa ||1|| rahaau
||

Worshipping the Perfect Guru in adoration, all pains
are dispelled. The Savior Lord has saved me; He has
blessed me with His Kind Mercy. ||1|| Pausell

baeh pakaR prabh kaaddiaa keenaa apaniaa || simar
simar man tan sukhee naanak nirabhiaa ||2||1||65||

Grabbing hold of my arm, God has pulled me up and
out; He has made me His own. Meditating, meditating
in remembrance, my mind and body are at peace;
Nanak has become fearless. ||2||1||65||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

rog miTaiaa aap prabh upajiaa sukh saa(n)t || vadd

parataap acharaj roop har keen(h)ee dhaat ||1||

God Himself eradicated the disease; peace and tranquility have welled up. The Lord blessed me with the gifts of great, glorious radiance and wondrous

form. ||1||

gur govi(n)dh kirapaa karee raakhiaa meraa bhaiee ||

ham tis kee saranaagatee jo sadhaa sahaiee ||1||

rahaau ||

The Guru, the Lord of the Universe, has shown mercy to me, and saved my brother. I am under His Protection; He is always my help and support.

||1||Pause||

birathee kadhe na hoviee jan kee aradhaas || naanak

jor govi(n)dh kaa pooran gunataas ||2||13||77||

The prayer of the Lord's humble servant is never offered in vain. Nanak takes the strength of the Perfect Lord of the Universe, the treasure of excellence.

||2||13||77||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

taatee vaau na lagiee paarabraham saranaiee ||
chaugiradh hamaarai raam kaar dhukh lagai na bhaiee

||1||

The hot wind does not even touch one who is under the Protection of the Supreme Lord God. On all four

sides I am surrounded by the Lord's Circle of Protection; pain does not afflict me, O Siblings of

Destiny. ||1||

satigur pooraa bheTiaa jin banat banaiee || raam
naam aaukhadh dheea ekaa liv laiee ||1|| rahaau ||

I have met the Perfect True Guru, who has done this

deed. He has given me the medicine of the Lord's
Name, and I enshrine love for the One Lord.

||1||Pausell

raakh le'ee tin rakhanahaar sabh biaadh miTaiee ||
kahu naanak kirapaa bhiee prabh bhe sahaiee

||2||15||79||

The Savior Lord has saved me, and eradicated all my
sickness. Says Nanak, God has showered me with His
Mercy, He has become my help and support.

||2||15||79||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

apane baalak aap rakhian. paarabraham gurdhev ||
sukh saa(n)t sahaj aanadh bhe pooran bhiee sev ||1||
rahaau ||

The Supreme Lord God, through the Divine Guru, has
Himself protected and preserved His children. Celestial

peace, tranquility and bliss have come to pass; my
service has been perfect. ||1||Pause||

bhagat janaa kee benatee sunee prabh aap || rog
miTai jeevaalian jaa kaa vadd parataap ||1||

God Himself has heard the prayers of His humble
devotees. He dispelled my disease, and rejuvenated
me; His glorious radiance is so great! ||1||

dhokh hamaare bakhasian apanee kal dhaaree || man
baa(n)chhat fal dhitian naanak balihaaree
||2||16||80||

He has forgiven me for my sins, and interceded with
His power. I have been blessed with the fruits of my
mind's desires; Nanak is a sacrifice to Him.

||2||16||80||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

taap laahiaa gur sirajanahaar || satigur apane kau bal

jaiee jin paij rakhee saarai sa(n)saar ||1|| rahaau||

Through the Guru, the Creator Lord has subdued the fever. I am a sacrifice to my True Guru, who has saved the honor of the whole world. ||1||Pause||

kar masatak dhaar baalik rakh leeno || prabh a(n)mirat
naam mahaa ras dheeno ||1||

Placing His Hand on the child's forehead,
He saved him. God blessed me with the supreme,
sublime essence of the Ambrosial Naam. ||1||

dhaas kee laaj rakhai miharavaan || gur naanak bolai
dharageh paravaan ||2||6||86||

The Merciful Lord saves the honor of His slave. Guru
Nanak speaks- it is confirmed in the Court of the Lord.

||2||6||86||

bilaaval mahalaa panjavaa ||

Bilaaval, Fifth Mehla:

taap paap te raakhe aap || seetal bhe gur charanee
laage raam naam hiradhe meh jaap ||1|| rahaau||
He Himself protects me from suffering and sin. Falling
at the Guru's Feet, I am cooled. and soothed; I
meditate on the Lord's Name
within my heart. ||1||Pause||

kar kirapaa hasat prabh dheene jagat udhaar nav
kha(n)dd prataap || dhukh binase sukh anadh pravesaa
tirasaa bujhee man tan sach dhraap ||1||
Granting His Mercy, God has extended His Hands. He is
the Emancipator of the World; His glorious radiance
pervades the nine continents. My pain has been
dispelled, and peace and pleasure have come, my
desire is quenched, and my mind and body are truly
satisfied. ||1||

anaath ko naath saran samarathaa sagal sirasaT ko
maiee baap || bhagat vachhal bhai bha(n)jan suaamee
gun gaavat naanak aalaap ||2||20||106||

He is the Master of the masterless, All-powerful to give
Sanctuary. He is the Mother and Father of the whole
Universe. He is the Lover of His devotees, the
Destroyer of fear, Nanak sings and chants the Glorious
Praises of his Lord and Master.

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

kar isanaan simar prabh apanaa man tan bhe aroгаа ||
koT bighan laathe prabh saranaa praga Te bhale
sa(n)jogaa ||1||

After taking your cleansing bath, remember your God
in meditation, and your mind and body shall be free of
disease. Millions of obstacles are removed, in the
Sanctuary of God, and good fortune dawns. ||1||

prabh baanee sabadh subhaakhiaa || gaavahu sunahu
paRahu nit bhaiee gur pooral too raakhiaa ||rahaau ||
The Word of God's Bani, and His Shabad, are the best

utterances. So constantly sing them, listen to them,
and read them, O Siblings of Destiny, and the Perfect
Gurul shall save you. || Pausell

saachaa saahib amit vaddaiee bhagat vachhal dhiaalaa
|| sa(n)taa kee paj rakhadhaa aaiaa aadh biradh
pratipaalaa ||2||

The glorious greatness of the True Lord is
immeasurable; the Merciful Lord is the Lover of His
devotees. He has preserved the honor of His Saints;
from the very beginning, of time, His Nature is to
cherish them. ||2||

har a(n)mirat naam bhojan nit bhu(n)chahu sarab velaa
mukh paavahu || jaraa maraa taap sabh naaThaa gun
gobi(n)dh nit gaavahu ||3||

So eat the Ambrosial Name of the Lord as your food;
put it into your mouth at all times. The pains of old age
and death shall all depart, when you constantly sing
the Glorious Praises of the Lord of the Universe.

sunee aradhaas suaamee merai sarab kalaa ban aaiee

|| pragaT bhiee sagale jug a(n)tar gur naanak kee

vaddiaaiee ||4||11||

My Lord and Master has heard my prayer, and all my
affairs have been resolved. The glorious greatness of

Guru Nanak is manifest, throughout all the ages.

|14||11|||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

sookh ma(n)gal kaliaan sahaj dhun prabh ke charan
nihaariaa || raakhanahaarai raakhio baarik satigur taap

utaariaa ||1||

I have been blessed with peace, pleasure, bliss, and the
celestial sound current, gazing upon the feet of God.

The Savior has saved His child, and the True Guru has

cured his fever. ||1||

aubare satigur kee saranaiee || jaa kee sev na birathee
jaiee || rahaau||

I have been saved, in the True Guru's Sanctuary;
service to Him does not go in vain. ||1||Pause||

ghar meh sookh baahar fun sookhaa prabh apune bhe
dhiaalaa || naanak bighan na laagai kouoo meraa prabh
hoaa kirapaalaa ||2||12||40||

There is peace within the home of one's heart, and
there is peace outside as well, when God becomes kind
and compassionate. O Nanak, no obstacles block my
way, my God has become gracious and merciful to me.

||2||12||40||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehlaz

ge kales rog sabh naase prabh apunai kirapaa dhaaree
|| aaTh pahar aaraadhahu suaamee pooran ghaal
hamaaree ||1||

My sufferings have come to an end, and all diseases have been eradicated. God has showered me with His Grace. Twenty-four hours a day, I worship and adore my Lord and Master; my efforts have come to fruition.

||1||

har jeeau too sukh sa(n)pat raas || raakh laih bhaiee
mere kau prabh aagai aradhaas || rahaau ||

O Dear Lord, You are my peace, wealth and capital.
Please, save me, O my Beloved! I offer this prayer to
my God. ||Pausell

maagau soiee soiee paavau apane khasam bharosaa ||
kahu naanak gur pooraa bheTio miTio sagal a(n)dhesaa

||2||14||42||

Whatever I ask for, I receive; I have total faith in my
Master, Says Nanak, I have met with the Perfect Guru,
and all my fears have been dispelled. 1|2||14||42||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

simar simar gur satigur apanaa sagalaa dhookh miTaiaa

|| taap rog ge gur bachanee man ichhe fal paiaa ||1||

Meditating, meditating in remembrance on my Guru,
the True Guru, all pains have: been eradicated. The
fever and the disease are gone, through the Word of
the Guru's Teachings, and I have obtained the fruits of
my mind's desires. ||1||

meraa gur pooraa sukhadhaataa || karan kaaran
samarath suaamee pooran purakh bidhaataa ||

rahaau||

My Perfect Guru is the Giver of peace. He is the Doer,
the Cause of causes, the Almighty Lord and Master, the
Perfect Primal Lord, the Architect of Destiny. ||Pausell
ana(n)dh binodh ma(n)gal gun gaavahu gur naanak bhe
dhiaalaa || jai jai kaar bhe jag bheetar hoaa

paarabraham rakhavaalaa ||2||15||43||

Sing the Glorious Praises of the Lord in bliss, joy and
ecstasy; Guru Nanak has become kind and
compassionate. Shouts of cheers and congratulations
ring out all over the world; the Supreme Lord God has
become my Savior and Protector. ||2||15||43||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

dhurat gavaiaa har prabh aape sabh sa(n)saar ubaariaa
|| paarabraham prabh kirapaa dhaaree apanaa biradh
samaariaa ||1||

The Lord God Himself has rid the whole world of its
sins, and saved it. The Supreme Lord God extended His
mercy, and confirmed His innate nature. ||1||

hoiee raaje raam kee rakhavaalee || sookh sahaj
aanadh gun gaavahu man tan dheh sukhaalee ||
rahaau||

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

patit udhaaran satigur meraa moh tis kaa bharavaasaa
|| bakhas le sabh sachai saahib sun naanak kee
aradhaasaa ||2||17||45||

My True Guru is the Savior of sinners; I have placed my
trust and faith in Him. The True Lord has heard Nanak's
prayer, and He has forgiven everything. ||2||17||45||
soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

bakhasiaa paarabraham paramesar sagale rog bidhaare
|| gur poore kee saranee ubare kaaraj sagal savaare
||1||

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

who come to the Sanctuary of the True Guru are saved,
and all their affairs are resolved. ||1||

har jan simariaa naam adhaar || taap utaariaa satigur
poorai apanee kirapaa dhaar || rahaau ||

The Lord's humble servant meditates in remembrance
on the Naam, the Name of the Lord; this is his only
support. The Perfect True Guru extended His Mercy,
and the fever has been dispelled. ||Pausell

sadhaa ana(n)dh kareh mere piaare har govidh gur
raakhiaa || vaddee vaddiaaiee naanak karate kee
saach sabadh sat bhaakhiaa ||2||18||46||

So celebrate and be happy, my beloveds the Guru has
saved Hargobind. Great is the glorious greatness of the
Creator, O Nanak; True is the Word of His Shabad, and
True is the sermon of His Teachings. ||2||18||46||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

bhe kirapaal guroo govi(n)dhaa sagal manorath paae ||

asathir bhe laag har charanee govi(n)dh ke gun gaae

||1||

The Guru, the Lord of the Universe, became merciful to

me, and I obtained all of my mind's desires. I have

become stable and steady, touching the Lord's Feet,

and singing the Glorious Praises of the Lord of the

Universe. ||1||

bhalo samoorat pooraa || saa(n)t sahaj aana(n)dh

naam jap vaaje anahadh tooraa ||1|| rahaau ||

It is a good time, a perfectly auspicious time. I am in

celestial peace, tranquility and ecstasy, chanting the

Naam, the Name of the Lord; the unstruck melody of

the sound current vibrates and resounds. ||1|| Pausell

mile suaamee preetam apune ghar ma(n)dhar

sukhadhaiee || har naam nidhaan naanak jan paiaa

sagalee ichh pujaiee ||2||8||36||

Meeting with my Beloved Lord and Master, my home

has become a mansion filled with happiness
Servant Nanak has attained the treasure of the Lord's Name; all
his desires have been fulfilled. ||2||18||36||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

sa(n)tahu har har naam dhiaaiee || sukh saagar prabh
visarau naahee man chi(n)dhiaRaa fal paiee

||1||rahaau ||

O Saints, meditate on the Name of the Lord, Har, Har.
Never forget God, the ocean of peace; thus you shall
obtain the fruits of your mind's desires. ||1|| Pausell

satigur poorai taap gavaiaa apanee kirapaa dhaaree ||
paarabraham prabh bhe dhiaalaa dhukh miTiaa sabh
paravaaree ||1||

Extending His Mercy, the Perfect True Guru has
dispelled the fever. The Supreme Lord God has become

kind and compassionate, and my whole family is now
free of pain and suffering. ||1||

sarab nidhaan ma(n)gal ras roopaa har kaa naam
adhaaro || naanak pat raakhee paramesar udhariaa
sabh sa(n)saaro ||2||20||48||

The Treasure of absolute joy, sublime elixir and beauty,
the Name of the Lord is my only Support. O Nanak, the
Transcendent Lord has preserved my honor, and saved
the whole world. ||2||20||48||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

meraa satigur rakhavaalaa hoaa || dhaar kirapaa prabh
haath dhe raakhiaa har govidh navaa niroaa ||1||
rahaau ||

My True Guru is my Savior and Protector. Showering us
with His Mercy and Grace, God extended His Hand, and

saved Hargobind, who is now safe and secure.

||1|| Pausell

taap giaa prabh aap miTalaaj jan kee laaj rakhaiee ||
saadhasa(n)gat te sabh fal paae satigur jaa(n)iee ||1||

The fever is gone-God Himself eradicated it, and
preserved the honor of His servant. I have obtained all
blessings from the Saadh Sangat, the Company of the

Holy; I am a sacrifice to the True Guru. ||1||
halat palat prabh dhovai savaare hamaraa gun avagun
na beechaariaa || aTal bachan naanak gur teraa safal
kar masatak dhaariaa ||2||21||49||

God has saved me, both here and hereafter. He has not
taken my merits and demerits into account. Your Word
is eternal, O Guru Nanak; You placed Your Hand of
blessing upon my forehead. ||2||21||49||

soraTh mahalaa panjavaa ||

Sorath, Fifth Mehla:

jeea ja(n)tr sabh tis ke ke'ee soiee sa(n)t sahaiee ||
apune sevak kee aape raakhai pooran bhiee baddaiee

||1||

All beings and creatures were created by Him; He alone
is the support and friend of the Saints. He Himself
preserves the honor of His servants: their glorious

greatness becomes perfect. ||1||

paarabraham pooraa merai naal || gur poorai pooree
sabh raakhee hoe sarab dhiaal ||1|| rahaau ||

The Perfect Supreme Lord God is always with me. The
Perfect Guru has perfectly and totally protected me,
and now everyone is kind and compassionate to me.

||1||Pause||

anadhin naanak naam dhiaae jeea praan kaa dhaataa
|| apune dhaas kau ka(n)Th lai raakhai jiau baarik pit
maataa ||2||22||50|||

Night and day, Nanak meditates on the Naam, the
Name of the Lord; He is the Giver of the soul, and the

breath of life itself. He hugs His slave close in His loving
embrace, like the mother and father hug their child. ||

2||22||50||

soraTh mahalaa panjavaa ||

Sorat'h, Fifth Mehla:

Thaadd paiee karataare || taap chhodd giaa paravaare
|| gur poorai hai raakhee || saran sache kee taakee

||1||

The Creator has brought utter peace to my home; the
fever has left my family. The Perfect Guru has saved us.

I sought the Sanctuary of the True Lord. ||1||

paramesar aap hoaa rakhavaalaa || saa(n)t sahaj sukh
khin meh upaje man hoaa sadhaa sukhaalaa || rahaau

||

The Transcendent Lord Himself has become my
Protector. Tranquility, intuitive peace and poise welled

up in an instant, and my mind was comforted forever.

||Pause||

har har naam dheeo dhaaroo || tin sagalaa rog
bidhaaroo || apanee kirapaa dhaaree || tin sagalee
baat savaaree ||2||

The Lord, Har, Har, gave me the medicine of His Name,
which has cured all disease. He extended His Mercy to
me, and resolved all these affairs. ||2||

prabh apanaa biradh samaariaa || hamaraa gun
avagun na beechaariaa || gur kaa sabadh bhio saakhee
|| tin sagalee laaj raakhee ||3||

God confirmed His loving nature; He did not take my
merits or demerits into account. The Word of the
Guru's Shabad has become manifest, and through it,
my honor was totally preserved. ||3||

bolaiaa bolee teraa || too saahib gunee gaheraa || jap
naanak naam sach saakhee || apune dhaas kee paij



raakhee ||4||6||56||

I speak as You cause me to speak; O Lord and Master,
You are the ocean of excellence. Nanak chants the
Naam, the Name of the Lord, according to the
Teachings of Truth. God preserves the honor of His
slaves. ||4|16||56||

