

## **Japji Sahib**

ik oNkaar

There is Only One God

Sat Naam

Truth is His Name

kartaa purakh nirbh-a-o nirvair akaal moorat

He is the Creator, Protector, Without Fear, No Enmity,

The First Entity,

ajoonee saibhN gur parsaad. jap.

Never born, Self-perpetuating; With the Guru's grace:

Recite!

aad sach jugaad sach.

True in the beginning, True Through the Ages,

hai bhee sach naanak hosee bhee sach.

True even now and says Nanak will be True in the

future

Pauri 1

sochai soch naa hov-a-ee jay sochee lakh vaar

By thinking and thinking again a hundred thousand  
times, one cannot find a solution

chupai chup naa hov-a-ee jay laa-i rahaa liv taar

By being quiet, peace cannot be found even if poised  
deep in meditation forever

bhukhi-aa bhukh naa utree jay bannaa puree-aa bhaar

The hunger of the hungry cannot be quenched if food  
is carried as baggage

sehas si-aanpaa lakh hoh taa ik naa chalai naal

One may possess a hundred thousand clever ideas, but  
even one will not accompany him/her\*

kiv sachi-aaraa ho-ee-ai kiv koorhai tutai paal

How then can one be purified? How can one throw  
away the falsehood?

hukam rajaa-ee chalnaa naanak likhi-aa naal

Says Nanak, By Abiding by the Command of God, which  
is written along with everyone!

## Pauri 2

hukmee hovan aakaar hukam na kahi-aa jaa-ee.

By Your Command entities are formed. Your Command  
cannot be predicted.

hukmee hovan jee-a hukam milai vadi-aa-ee.

With your Command one obtains respect and is  
praised.

hukmee utam neech hukam likh dukh sukh paa-ee-ah.

By Your Command Ups & Downs occur. With Your  
Command is written suffering and happiness.

iknaa hukmee bakhsees ik hukmee sadaa bhavaa-ee-  
ah.

Without Your Command no one is blessed. With your  
Command one lives in perpetual migrations.

hukmai andar sabh ko baahar hukam na ko-ay.

Everyone in Within Your Command, None is outside His  
Order.

naanak hukmai jay bujhai ta ha-umai kahai na ko-ay.

Says Nanak, “Whosoever realizes Your Command,  
Never speaks in ego.”

Pauri 3

gaavai ko taan hovai kisai taan. gaavai ko daat jaanai  
neesaan.

Many sing of His power, who has that power. Many  
sing of the Gift, who knows the sign.

gaavai ko gun vadi-aa-ee-aa chaar. gaavai ko vidi-aa  
vikham veechaar.

Many sing of virtues, praises and greatness. Many sing  
of knowledge, wisdom and understanding.

gaavai ko saaj karay tan khayh. gaavai ko jee-a lai fir  
dayh.

Many sing about how He creates and destroys Many  
sing about how He takes life and then restores it.

gaavai ko jaapai disai door. gaavai ko vaykhai haadraa  
hadoor.

Many sing, chant and see far Many sing that He

watches, is ever-present one-on-one.

kathnaa kathee na aavai tot. kath kath kathee kotee  
kot kot.

There is no shortage of those who preach and teach.  
Millions upon millions offer millions of sermons and  
stories.

daydaa day laiday thak paahi. jugaa jugantar khaahee  
khaahi.

The Great Giver keeps on giving, the receivers grow  
weary of receiving. Throughout the ages, the  
consumers keep on consuming.

hukmee hukam chalaay raahu. naanak vigsai  
vayparvaahu.

The Commander, by His Command, leads us to walk on  
the Path. O Nanak, only He blossoms forth, carefree  
and untroubled.

Pauri 4

saachaa saahib saach naa-ay bhaakhi-aa bhaa-o apaar.

True Master, True is His Name – Meditate it with  
utmost humility and deep love.

aakhahi mangahi dayhi dayhi daat karay daataar.

Ask and plead, “Give, give” – The Giver gives in  
abundance.

fayr ke agai rakhee-ai jit disai darbaar.

What can we place before Him, by which the Darbaar  
can be seen?

muhou ke bolan bolee-ai jit sun Dharay pi-aar.

What words can our mouth utter, listening to which His  
Love is gained?

amrit vaylaa sach naa-o vadi-aa-ee veechaar.

In the Ambrosial period, dwell upon His True Name and  
praises.

karmee aavai kaprhaa nadree mokh du-aar.

With good past karmas, this robe is obtained, By His  
Grace, the Gate of Liberation is found.

naanak evai jaanee-ai sabh aapay sachiaar.

O Nanak, know this well: Everything is in the Righteous  
Lord!

Pauri 5

thaapi-aa na jaa-ay keetaa na ho-ay. aapay aap  
niranjan so-ay.

He cannot be established; By doing it cannot be done.

He Himself is Immaculate and Pure.

jin sayvi-aa tin paa-i-aa maan. naanak gaavee-ai gunee  
niDhaan.

Whoever serves Him receives honor. O Nanak sing –  
“Only Lord has endless Virtues”.

gaavee-ai sunee-ai man rakhee-ai bhaa-o. dukh parhar  
sukh ghar lai jaa-ay.

Sing, listen, and keep your mind humble. For your  
pains, take home every peace.

gurmukh naadaN gurmukh vaydaN gurmukh rahi-aa  
samaa-ee.

The Guru's Word is the Sound-current, wisdom of the Vedas and remains the ultimate protector.

gur eesar gur gorakh barmaa gur paarbatee maa-ee.

The Guru is Shiva, Gorak and Brahma; the Guru is Paarvati and Lakhshmi.

jay ha-o jaanaa aakhaa naahee kahnaa kathan na jaa-ee.

Even knowing Him, I cannot describe Him; He is beyond description in words.

guraa ik dayhi bujhaa-ee. sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. 5

The Guru has extinguished this doubt: All creatures have only the one God – May I never forget this! 5

Pauri 6

tirath naavaa jay tis bhaavaa vin bhaanay ke naa-ay karee.

If by bathing at holy places, He could be obtained, Without His Blessing one cannot get there



jaytee sirath upaa-ee vaykhaa vin karmaa ke milai la-  
ee.

I gaze upon His Creation: without good karmas, what  
will they receive?

mat vich ratan javaahar maanik jay ik gur kee sikh  
sune.

Within the mind are gems, jewels and rubies, when the  
Sikh listens to the One Guru.

guraa ik dayhi bujhaa-ee.

The Guru has extinguished this doubt:

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee.

All creatures have only the one God – May I never  
forget this! 6

Pauri 7

jay jug chaaray aarjaa hor dasoonee ho-ay.

Even if you lived the four ages, or even ten times more,

navaa khanda vich jaanee-ai naal chalai sabh ko-ay.

and even if you were known throughout the nine

continents and everyone followed you,  
changa naa-o rakhaa-ay kai jas keerat jag lay-ay.  
with a good name and reputation, the whole world  
sang your praises –

jay tis nadar na aavee ta vaat na puchhai kay.  
still, if you do not please the Lord, no one will ask  
about you!

keetaa andar keet kar dosee dos Dharay.  
Among worms, you would be considered a lowly worm,  
and even contemptible sinners would hold you in  
contempt.

naanak nirgun gun karay gunvanti-aa gun day.  
O Nanak, He makes unworthy, worthy and gives virtues  
to the virtuous.

tayhaa ko-ay na sujh-ee je tis gun ko-ay karay. 7  
I know of no other who can grant so much to others! 7

Pauri 8

sunī-ai siDh peer sur naath.

Listening – the saints, priests, warriors and recluse.

sunī-ai Dharat Dhaval aakaas.

Listening – the earth, its support and sky.

sunī-ai deep lo-a paataal.

Listening – the oceans, lands of the world and the

nether regions.

sunī-ai pōhi na sakai kaal.

Listening – Death cannot even touch you

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

sunī-ai dookh paap kaa naas.

Listening – pain and sin are erased. 8

Pauri 9

sunī-ai eesar barmaa ind.

Listening – Shiva, Brahma and Indra.

sunī-ai mukh saalaahan mand.

Listening – even foul-mouthed people praise Him.

suni-ai jog jugat tan bhayd.

Listening – the technology of Yoga and the secrets of  
the body.

suni-ai saasat simrit vayd.

Listening – the Holy Books, Philosophy and the Vedas.

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

suni-ai dookh paap kaa naas. 9

Listening-pain and sin are erased. 9

Pauri 10

suni-ai sat santokh gi-aan.

Listening – truth, contentment and spiritual wisdom.

suni-ai athsath kaa isnaan.

Listening – bathe at the sixty-eight holy places.

suni-ai parh parh paavahi maan.

Listening – reading and reciting, honor is obtained.

suni-ai laagai sahj Dhi-aan.

Listening – one attains sure dedication.

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

sun-ai dookh paap kaa naas. 10

Listening-pain and sin are erased. 10

Pauri 11

sun-ai saraa gunaa kay gaah.

Listening – dive deep into the ocean of virtue.

sun-ai saykh peer paatisaah.

Listening – the religious scholars, spiritual teachers and emperors.

sun-ai anDhay paavahi raahu.

Listening – even the blind find the Path.

sun-ai haath hovai asgaahu.

Listening – the Unreachable comes within grasp.

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

sun-ai dookh paap kaa naas. 11

Listening-pain and sin are erased. 11

## Pauri 12

mannay kee gat kahee na jaa-ay.

The state of the Believer cannot be described.

jay ko kahai pichhai pachhuta-ay.

The One who tries shall regret the attempt.

kaagad kalam na likhanhaar.

Neither paper nor pen can narrate.

mannay kaa bahi karan veechaar.

Many study the concept of faith.

aisaa naam niranjan ho-ay.

Such personality obtains purity.

jay ko man jaanai man ko-ay. 12

If one mind understands another's mind. 12

## Pauri 13

mannai surat hovai man buDh.

With faith, awareness and enlightenment is obtained.

mannai sagal bhavan kee suDh.

With faith, all types of realms are understood.

mannai muhi chotaa naa khaa-ay.

The faithful do not face trouble.

mannai jam kai saath na jaa-ay.

The faithful do not go with the Messenger of Death.

aisaa naam niranjan ho-ay.

Such personality obtains purity.

jay ko man jaanai man ko-ay. 13

If one mind understands another's mind. 13

Pauri 14

mannai maarag thaak na paa-ay.

The path of the faithful is never blocked.

mannai pat si-o pargat jaa-ay.

The faithful shall depart with honor and fame.

mannai mag na chalai panth.

The faithful do not follow empty religious rituals.

mannai Dharam saytee san-banDh.

The faithful are firmly bound to the Dharma.

aisaa naam niranjan ho-ay.

Such personality obtains purity.

jay ko man jaanai man ko-ay. 14

If one mind understands another's mind.14

Pauri 15

mannai paavahi mokh du-aar.

The faithful find the Door of Liberation.

mannai parvaarai saaDhaar.

The faithful uplift and redeem their family and  
relations.

mannai tarai taaray gur sikh.

The faithful are saved, together with the Sikhs of the

Guru.

mannai naanak bhavahi na bhikh.

The faithful, O Nanak, do not wander around begging.

aisaa naam niranjan ho-ay.

Such personality obtains purity.



jay ko man jaanai man ko-ay. 15

If one mind understands another's mind. 15

Pauri 16

panch parvaan panch parDhaan. panchay paavahi  
dargahi maan.

The chosen are accepted and preside. The chosen are  
honored in the Court of the Lord

panchay sohahi dar raajaan. panchaa kaa gur ayk Dhi-  
aan.

The chosen look beautiful in the courts of kings. The  
chosen meditate single-mindedly on the Guru.

jay ko kahai karai veechaar. kartay kai karnai naahee  
sumaar.

What is said, mediate on this thought. the actions of  
the Creator cannot be counted.

Dhoul Dharam da-i-aa kaa poot. santokh thaap rakhi-aa  
jin soot.

Bull, the Dharma, is the son of compassion;

Contentment patiently holds it in its place.

jay ko bujhai hovai sachiaar. Dhavlai upar kaytaa bhaar.  
One who understands becomes pure. What is the great  
load on the bull?

Dhartee hor parai hor hor. tis tay bhaar talai kavan jor  
There is another world, then many, more and more!  
Who holds their weight in balance with this force?  
jee-a jaat rangaa kay naav. sabhnaa likhi-aa vurhee  
kalaam.

Beings, species, colors have names. were all inscribed  
by the Almighty's Pen  
ayhu laykhaa likh jaanai ko-ay. laykhaa likhi-aa kaytaa  
ho-ay.

This written account is only known to a few? How  
massive is this written account?  
kaytaa taan su-aalihu roop. kaytee daat jaanai koun  
koot.

What awesome power, fascinating beauty! Whose

wonderful gifts! Who can know their limit?  
keetaa pasaa-o ayko kavaa-o. tis tay ho-ay lakh daree-  
aa-o.

He created the Universe with One Word! Within it flow  
hundreds of thousands of rivers.

kudrat kavan kahaa veechaar. vaari-aa na jaavaa ayk  
vaar.

Think about the mighty Creative Potency? I cannot  
even begin to describe You.

jo tuDh bhaavai saa-ee bhalee kaar. too sadaa  
salaamat nirankaar.16

Whatever pleases You, All will be blessed, You always  
protect us, Formless One! 16

Pauri 17

asaNkh jap asaNkh bhaa-o. asaNkh poojaa asaNkh tap  
taa-o.

Countless mediate, countless yearn. Countless  
worship, countless exercise self-restrain.

asaNkh garanth mukh vayd paath. asaNkh jog man  
rahahi udaas.

Countless recite granths and Vedas prayers. Countless

Yogis detached their minds from the world.

asaNkh bhagat gun gi-aan veechaar. asaNkh satee

asaNkh daataar.

Countless devotees contemplate the Virtues and

Wisdoms. Countless sacrifice; countless donate.

asaNkh soor muh bhakh saar. asaNkh mon liv laa-ay  
taar.

Countless warriors, face attack head on. Countless in

silence, focus their thoughts.

kudrat kavan kahaa veechaar. vaari-aa na jaavaa ayk

vaar.

Think about the mighty Creative Potency? I cannot

even begin to describe You.

jo tuDh bhaavai saa-ee bhalee kaar. too sadaa

salaamat nirankaar. 17

Whatever pleases You, All will be blessed, You always  
protect us, Formless One! 17

Pauri 18

asaNkh moorakh anDh ghor. asaNkh chor haraamkhor.

Countless fools, blinded by ignorance. Countless  
thieves and cheaters.

asaNkh amar kar jaahi jor. asaNkh galvadh hati-aa  
kamaahi.

Countless impose their will by force. Countless cut-  
throats and gather sins.

asaNkh paapee paap kar jaahi. asaNkh koorhi-aar  
koorhay firaahi.

Countless sinners who keep on sinning. Countless liars,  
wander lost in their lies.

asaNkh malaychh mal bhakh khaahi. asaNkh nindak sir  
karahi bhaar.

Countless wretches, eat filth for food. Countless  
slanders, make their heads heavy

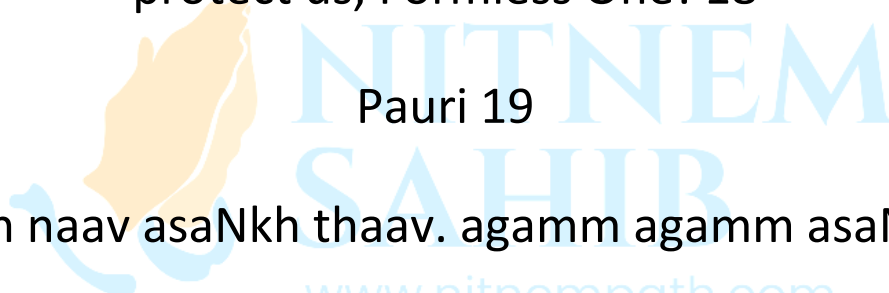
naanak neech kahai veechaar. vaari-aa na jaavaa ayk  
vaar.

Lowly Nanak, gives this explanation. I cannot even  
begin to describe You.

jo tuDh bhaavai saa-ee bhalee kaar. too sadaa  
salaamat nirankaar. 18

Whatever pleases You, All will be blessed, You always  
protect us, Formless One! 18

Pauri 19



asaNkh naav asaNkh thaav. agamm agamm asaNkh lo-  
a.  
www.nitnempath.com

Countless names, countless places. Inaccessible,  
unapproachable, countless celestial bodies.

asaNkh kehahi sir bhaar ho-ay. akhree naam akhree  
saalaah.

Even to call them countless is to carry weight on your  
head. The Word brings Naam; the Word brings Praise.  
akhree gi-aan geet gun gaah. akhree likhan bolan baan.

The Word brings wisdom and the singing of songs of  
His Glory. The Word brings the written and spoken  
words and hymns.

akhraa sir sanjog vakhaan. jin ayhi likhay tis sir naahi.  
The Word brings destiny written on one's forehead.  
But Writer of the destiny – None are written on His  
Forehead.

jiv furmaa-ay tiv tiv paahi. jaytaa keetaa taytaa naa-o.  
vin naavai naahee ko thaa-o.

As He proclaims, so do we receive. Whatever You do, its  
in Your Name. Without Your Name, there is no place at  
all.

kudrat kavan kahaa veechaar. vaari-aa na jaavaa ayk  
vaar.

Think about the mighty Creative Potency? I cannot  
even begin to describe You.

jo tuDh bhaavai saa-ee bhalee kaar. too sadaa  
salaamat nirankaar.19

Whatever pleases You, All will be blessed, You always  
protect us, Formless One! 19

Pauri 20

bharee-ai hath pair tan dayh. paanee Dhotai utras  
khayh.

Hands, feet and the body that are polluted, With water  
the dirt can be washed away.

moot paleetee kaparh ho-ay. day saaboon la-ee-ai oh  
Dho-ay.

Clothes that are soiled and stained by urine, With soap  
they can be washed clean.

bharee-ai mat paapaa kai sang. oh Dhopai naavai kai  
rang.

When the intellect is stained and polluted by sin, That  
can be cleansed by the Color of the Naam.

punnee paapee aakhan naahi. kar kar karnaa likh lai  
jaahu.

Virtue and vice do not come by mere words; actions



repeated, again and again, are engraved on the soul.  
aapay beej aapay hee khaahu. naanak hukmee aavhu  
jaahu. 20

What you plant is what you shall harvest.O Nanak, by  
God's Command, we come and go. 20

### Pauri 21

tirath tap da-i-aa dat daan. jay ko paavai til kaa maan.  
Pilgrimages, austere discipline, compassion and charity.  
these, by themselves, bring only an iota of merit.  
suni-aa mani-aa man keetaa bhaa-o. antargat tirath  
mal naa-o.

By listening and believing bring humility in your mind;  
Within the sacred inner shrine, cleanse your mind.  
sabh gun tayray mai naahee ko-ay. vin gun keetay  
bhagat na ho-ay.

Lord, all virtues are Yours, none are mine. Without  
good deeds, there is no worship.  
su-asat aath banee barmaa-o. sat suhaan sadaa man

cha-a-o.

Forever vibrate the Bani of Brahma. O Mind, forever  
seek the Companionship of Truth.

kavan so vaylaa vakhat kavan kavan thit kavan vaar.

kavan se rutee maahu kavan jit ho-aa aakaar.

What is that time, that moment? What is that day, that  
date? What is that season, that month, when the  
Universe was created?

vayl na paa-ee-aa pandtee je hovai laykh pura-an.

vakhat na paa-i-o kaadee-aa je likhan laykh kura-an.

The Pandits, who have the writings of the Puraans,  
cannot provide this time. The time is not known to the  
Qazis, who study the Koran.

thit vaar naa jogee jaanai rut maahu naa ko-ee. jaa

kartaa sirthee ka-o saajay aapay jaanai so-ee.

The day and date are not known to the Yogis, nor is the  
month or the season. The Creator who created this  
creation only He Himself knows.

kiv kar aakhaa kiv saalaahee ki-o varnee kiv jaanaa.  
naanak aakhan sabh ko aakhai ik doo ik si-aanaa.  
How does one describe or give an opinion of Him or  
praise or get to know Him? Nanak, everyone speaks of  
Him, one wiser than the next!

vadaa saahib vadee naa-ee keetaa jaa kaa hovai.  
naanak jay ko aapou jaanai agai ga-i-aa na sohai. 21  
The Great Master with a Great Name by His doing –  
everything happens. O Nanak, one who thinks he  
knows all, shall not move forwarded. 21

Pauri 22

paataalaa paataal lakh aagaasaa aagaas.  
Planets upon planets and hundreds of thousands of  
skies upon skies.  
orhak orhak bhaal thakay vayd kahan ik vaat.  
Forever and ever, one can search until one grows tired,  
the Vedas say one thing;  
sahas athaarah kahan kataybaa asuloo ik Dhaat.

The scriptures speak of 18,000 worlds, in reality there  
is only One Universe.

laykhaa ho-ay ta likee-ai laykhai ho-ay vinaas.

If one had the knowledge, one could write the account,  
but it could not be finished.

naanak vadaa aakhee-ai aapay jaanai aap.22

Nanak, call Him Great, for He Himself knows all. 22

Pauri 23

saalaahee saalaahi aytee surat na paa-ee-aa.

The praisers praise Him, but this is not how  
understanding is obtained!

nadee-aa atai vaah pavahi samund na jaanee-ahi.

The streams and rivers entering the ocean do not know  
its vastness.

samund saah sultaan girhaa saytee maal Dhan.

Ocean sized kingdoms owners with mountains of  
material wealth.

keerhee tul na hovnee jay tis manhu na veesrahi. 23

Even an ant outweighs them, if the Lord doesn't dwell  
in their mind. 23

Pauri 24

ant na siftee kahan na ant. ant na karnai dayn na ant.

Countless don't Praise Him; Countless don't speak.

Countless don't act; Countless don't give.

ant na vaykhan sunan na ant. ant na jaapai ki-aa man  
mant.

Countless don't see Him; Countless don't listen.

Countless don't worship Him, What's in their mind?

ant na jaapai keetaa aakaar. ant na jaapai paaraavaar.

Countless don't realise the doings of the Almighty.

Countless don't know of His scope and presence.

ant kaaran kaytay billaahi. taa kay ant na paa-ay jaahi.

Countless yearn and struggle to know His limits, but His  
limits cannot be found.

ayhu ant na jaanai ko-ay. bahutaa kahee-ai bahutaa ho-  
ay.

No one knows these Limits. The more you describe, the  
more there is to be known.

vadaa saahib oochaa thaa-o. oochay upar oochaa naa-  
o.

Great is the Master high is His status. Highest of the  
High, and still higher is His Name.

ayvad oochaa hovai ko-ay. tis oochay ka-o jaanai so-ay.

Only a few can get this high, His Lofty and Exalted state  
is only known by them.

jayvad aap jaanai aap aap. naanak nadree karmee daat.

24

How Great He is? Only He knows Himself. Nanak, only  
by His Grace and Doing do we receive His Gifts. 24

Pauri 25

bahutaa karam likhi-aa naa jaa-ay. vadaa daataa til na  
tamaa-ay.

His doings are beyond our written record. The Great  
Giver does not hold anything back.

kaytay mangahi joDh apaar.kayti-aa ganat nahee  
veechaar.

Where will the great warriors beg? So many do not  
contemplate or dwell upon Him.

kaytay khap tutahi vaykaar. kaytay lai lai mukar paahi.

How many in pain break and waste away? How many  
keep taking over and over again, and then deny it?

kaytay moorakh khaahee khaahi. kayti-aa dookh  
bhookh sad maar.

How many fools keep continuously consuming? So  
many endure pain, deprivation and constant abuse.

ayhi bhe daat tayree daataar. band khalaasee bhaanai  
ho-ay.

Even these are Your Gifts, Great Giver! Liberation from  
bondage comes only by Your Will.

hor aakh na sakai ko-ay. jay ko khaa-ik aakhan paa-ay.

oh jaanai jaytee-aa muhi khaa-ay.

No one else has any say in this. If some fool should say

otherwise, he certainly will have to eat his words.  
aapay jaanai aapay day-ay. aakhahi se bhe kay-ee kay-  
ay.

He Himself knows, He Himself gives. Few, very few  
acknowledge this.

jis no bakhsay sifat saalaah. naanak paatisee  
paatisee. 25

One, who is blessed to sing His Praises Nanak, is the  
king of kings. 25

Pauri 26

amul gun amul vaapaar. amul vaapaaree-ay amul  
bhandaar.

Priceless are Virtues, Priceless are Dealings. Priceless  
are Dealers, Priceless are Treasures.

amul aavahi amul lai jaahi. amul bhaa-ay amulaa  
samaahi.

Priceless are the comings; Priceless are taken away.

Priceless is Love for Him, Priceless are absorbed.



amul Dharam amul deebaan. amul tul amul parvaan.  
Priceless is Dharma, Priceless is His Court. Priceless are  
the scales priceless are the weights.

amul bakhsees amul neesaan. amul karam amul  
furmaan.

Priceless are His Blessings, Priceless is the Banner and  
Insignia. Priceless is His Mercy, Priceless is His Royal  
Command.

amulo amul aakhi-aa na jaa-ay. aakh aakh rahay liv laa-  
ay.

Priceless, O Priceless beyond expression! By repeating  
continually remain absorbed in His Love.

aakhahi vayd paath puraan. aakhahi parhay karahi  
vakhi-aan. aakhahi barmay aakhahi ind.

The Vedas and Puraanas speak. The scholars speak and  
lecture. Brahma speaks Indra speaks.

aakhahi gopee tai govind. aakhahi eesar aakhahi siDh.  
aakhahi kaytay keetay buDh.

The Gopis and Krishna speak. Shiva speaks the Siddhas  
speak. The many created Buddhas speak.  
aakhahi daanav aakhahi dayv. aakhahi sur nar mun jan  
sayv.

The demons speak the demi-gods speak. The warriors,  
the heavenly beings, the silent sages, the humble  
Sewadars speak.

kaytay aakhahi aakhan paahi. kaytay kahi kahi uth uth  
jaahi.

Many say He is obtained by speaking. Many having  
spoken over and over have arisen and departed.  
aytay keetay hor karayhi. taa aakh na sakahi kay-ee  
kay-ay.

Having done all this, have it done again; even then,  
they could not describe Him.

jayvad bhaavai tayvad ho-ay. naanak jaanai saachaa so-  
ay.

Whatever the Great one desires so shall transpire. O

Nanak, Only the True Lord knows.

jay ko aakhai boluvigaarh. taa likee-ai sir gaavaaraa  
gaavaar. 26

If anyone presumes to describe God, he shall be known  
as the greatest fool of fools! 26

Pauri 27

so dar kayhaa so ghar kayhaa jit bahi sarab samaalay.  
What is that Place like? What is the House like? Where  
that Lord resides?

vaajay naad anayk asankhaa kaytay vaavanhaaray.  
kaytay raag paree si-o kahee-an kaytay gaavanhaaray.

Numerous Sound-currents vibrate simultaneously –  
Where are the musicians? So many melodious Ragas  
are sung – Where are the singers?

gaavahi tuhno pa-un paanee baisantar gaavai raajaa  
Dharam du-aaray.

Singing for You are the wind, water and fire; the King

Dharma sings at Your Door.

gaavahi chit gupat likh jaaneh likh likh Dharam  
veechaaray.

Chitr and Gupt, the angels of the conscious and  
subconscious who record actions sing; Dharma keeps  
writing, then thinks.

gaavahi eesar barmaa dayvee sohan sadaa savaaray.

gaavahi ind idaasan baithay dayviti-aa dar naalay.

Sing, Shiva, Brahma and Devi, beautifully decorated.

Sing, Indra, seated upon His Throne, with the deities at  
Your Door.

gaavahi siDh samaaDhee andar gaavan saaDh  
vichaaray.

Sing, Yogis in their posture/trance; the holy priests in  
contemplation.

gaavan jatee satee santokhee gaavahi veer  
karaaray.gaan pandit parhan rakheesar jug jug  
vaydaa naalay.

Sing, celibates, fanatics and the peaceful; Sing, the fearless warriors. Sing, Pandits, the religious scholars who have studied the Vedas for many ages.

gaavahi mohnee-aa man mohan surgaa machh pa-i-aalay.

Sing, Mohinis, the enticer of hearts in this world, in paradise, and in the underworld of the subconscious.

gaavan ratan upaa-ay tayray athsath tirath naalay.

gaavahi joDh mahaabal sooraa gaavahi khaanee chaaray.

Sing, celestial jewels created by You, with the 68 holy places of pilgrimage. Sing, brave mighty warriors, Sing, the four sources of creation.

gaavahi khand mandal varbhandaa kar kar rakhay Dhaaray.

Sing, the planets, solar systems and galaxies, created and arranged by Your Hand.

say-ee tuDhuno gaavahi jo tuDh bhaavan ratay tayray

bhagat rasaalay.

Only those alone sing, who yearn for You, Your  
immersed and purified Bhagats.

hor kaytay gaavan say mai chit na aavan naanak ki-aa  
veechaaray.

Who else sings? They do not come to mind. O Nanak,  
What can be considered?

so-ee so-ee sadaa sach saahib saachaa saachee naa-ee.  
hai bhee hosee jaa-ay na jaasee rachnaa jin rachaa-ee.  
He and only He, the True Lord is always True and True  
is His Name. He is, and shall always be. He shall never  
depart – the Creator of the Universe.

rangee rangee bhaatee kar kar jinsee maa-i-aa jin  
upaa-ee.

He created the world, with its various colors, species of  
beings, and the variety of Maya.

kar kar vaykhai keetaa aapnaa jiv tis dee vadi-aa-ee. jo  
tis bhaavai so-ee karsee hukam na karnaa jaa-ee.

Having created the creation, He watches over it  
Himself, by His Greatness. He does whatever He  
pleases. No order can be issued to Him.  
so paatisaahu saahaa paatisaahib naanak rahan rajaa-  
ee. 27

He is the King – the King of kings. Nanak remains  
submissive to His Will. 27

Pauri 28



munda santokh saram pat jholee Dhi-aan kee karahi  
bibhoot.

Make contentment your ear-rings, humility your  
begging bowl and meditation the body ash.  
khinthaa kaal ku-aaree kaa-i-aa jugat dandaa parteet.  
The thought of death; aspiration of the bride to be; and  
faith in the Lord be your walking stick.  
aa-ee panthee sagal jamaatee man jeetai jag jeet.  
Come as a traveller; All are fellow students; conquer  
your mind, and conquer the world.

aadays tisai aadays.

Salutation! My humbly salutation to You.

aad aneel anaad anaahat jug jug ayko vays. 28

The Primal One, the Pure Light, without beginning,  
without end. Throughout time you remain same. 28

Pauri 29

bhugat gi-aan da-i-aa bhandaraan ghat ghat vaajeh  
naad.

Make wisdom your food and compassion your  
attendant; The Sound-current vibrates in each and  
every heart.

aap naath naathee sabh jaa kee riDh siDh avraa saad.

You are Supreme Lord of all; wealth and miraculous  
spiritual powers are the tastes of others.

sanjog vijog du-ay kaar chalaaveh laykhay aavahi  
bhaag.

Union and separation both drive the world; only our  
destiny matters.



aadays tisai aadays.

Salutation! My humbly salutation to You.

aad aneel anaad anaahat jug jug ayko vays. 29

The Primal One, the Pure Light, without beginning,  
without end. Throughout time you remain same. 29

Pauri 30

aykaa maa-ee jugat vi-aa-ee tin chaylay parvaan.

The One Divine Mother conceived and gave birth to  
the three deities.

ik sansaaree ik bhandaree ik laa-ay deebaan.

One the Creator of the World; One the Sustainer; and

One the Destroyer.

jiv tis bhaavai tivai chalaavai jiv hovai furmaan.

Whatever He wishes, He makes to happen according to

His Command.

oh vaykhai onaa nadar na aavai bahutaa ayhu vidaan.

He watches all, but none see Him! How mysterious is

this?

aadays tisai aadays.

Salutation! My humbly salutation to You.

aad aneel anaad anaahat jug jug ayko vays. 30

The Primal One, the Pure Light, without beginning,  
without end. Throughout time you remain same. 30

Pauri 31

aasan lo-ay lo-ay bhandaar.

World upon world are His Seats of Authority and His  
Stores.

jo kichh paa-i-aa so aykaa vaar.

Whatever was put into them, was put there once and  
for all.

kar kar vaykhai sirjanhaar.

Having created the Universe, He watches over it.

naanak sachay kee saachee kaar.

Nanak, This is the True Creator's True Creation.

aadays tisai aadays.

Salutation! My humbly salutation to You.

aad aneel anaad anaahat jug jug ayko vays. 31

The Primal One, the Pure Light, without beginning,  
without end. Throughout time you remain same. 31

### Pauri 32

ik doo jeebhoo lakh hohi lakh hoveh lakh vees.

From the one tongue, if I had 100,000 tongues, and  
these were then multiplied by twenty more.

lakh lakh gayrhaa aakhee-ahi ayk naam jagdees.

I would repeat, hundreds of thousands of times, the  
One Name of the Creator.

ayt raahi pat pavrhee-aa charhee-ai ho-ay ikees.

Tread this path to our Husband Lord, climbing these  
steps one merges with Him.

sun galaa aakaas kee keetaa aa-ee rees.

Hearing of talks of the cosmos, even worms want to  
compete.

naanak nadree paa-ee-ai koorhee koorhai thees. 32

Nanak, Only by His Grace is He obtained. The boastings  
of the false are a sham. 32

Pauri 33

aakhan jor chupai nah jor.

Uttering brings power; silence brings no power.

jor na mangan dayn na jor.

Power is not gained by begging; giving doesn't bring  
power.

jor na jeevan maran nah jor.

Power is not gained by living; death doesn't bring  
power.

jor na raaj maal man sor.

Power is not gained by ruling with wealth and occult  
mental powers.

jor na surtee gi-aan veechaar.

Power is not gained by understanding, spiritual wisdom  
and meditation.

jor na jugtee chhutai sansaar.

Power is not gained by finding a way to escape from  
the world.

jis hath jor kar vaykhai so-ay.

In whose Hand the Power is, He watches over all.

naanak utam neech na ko-ay. 33

O Nanak, no one is high or low. 33

Pauri 34

raatee rutee thitee vaar. pavan paanee agnee paataal.

Nights, days, weeks and seasons; wind, water, fire and  
the nether regions

tis vich Dhartee thaap rakhee Dharam saal. tis vich jee-

a jugat kay rang.

in the midst of these, He established the earth as a

home for Dharma. Upon it, He placed creatures of

various colors.

tin kay naam anayk anant. karmee karmee ho-ay

veechaar.

Their names are uncountable and endless. By their

karams and deeds will they be judged.

sachaa aap sachaa darbaar. tithai sohan panch  
parvaan.

God Himself is True, and True is His Court. There, in  
perfect grace sit the elect Controllers.

nadree karam pavai neesaan. kach pakaa-ee othai paa-  
ay.

Through blessed Karmas, they receive their Mark. The  
ripe and the unripe shall be judged there.

naanak ga-i-aa jaapai jaa-ay. 34

O Nanak, those go there who have worshipped. 34

Pauri 35

Dharam khand kaa ayho Dharam. gi-aan khand kaa  
aakhhu karam.

The Kingdom of Dharma has set rules. Speak of the  
qualities of the realm of knowledge.

kaytay pavan paanee vaisantar kaytay kaan mahays.

So many winds, waters and fires; so many Krishnas and

Shivas

kaytay barmay ghaarhat gharhee-ahi roop rang kay  
vays.

So many Brahmas fashioning forms of great beauty,  
adorned and dressed in many colors.

kaytee-aa karam bhoomee mayr kaytay kaytay Dhoo  
updays.

So many worlds and lands for working out karma. So  
very many lessons to be learned!

kaytay ind chand soor kaytay kaytay mandal days.

So many Indras, so many moons and suns, so many  
worlds and lands.

kaytay siDh buDh naath kaytay kaytay dayvee vays.

So many Siddhas and Buddhas, so many Yogic masters.

So many goddesses of various kinds.

kaytay dayv daanav mun kaytay kaytay ratan samund.

So many demi-gods and demons, so many silent sages.

So many oceans of jewels.

kaytee-aa khaanee kaytee-aa banee kaytay paat  
narind.

So many ways of life, so many languages. So many  
dynasties of rulers.

kaytee-aa surtee sayvak kaytay naanak ant na ant. 35  
So many intuitive people, so many selfless servants. O  
Nanak, Limitless is His limit! 35

Pauri 36

gi-aan khand meh gi-aan parchand.

In the realm of wisdom, spiritual wisdom reigns  
supreme.

tithai naad binod kod anand.

The Sound current vibrates amidst the sounds and the  
sights of bliss.

saram khand kee banee roop.

In the realm of humility the beautiful Bani reigns.

tithai ghaarhat gharhee-ai bahut anoop.

Forms of incomparable beauty are created and



fashioned there.

taa kee-aa galaa kathee-aa naa jaahi.

These things cannot be described.

jay ko kahai pichhai pachhuta-ay.

One who tries to speak of these shall regret the  
attempt.

tithai gharhee-ai surat mat man buDh.

The intuitive consciousness, intellect and  
understanding of the mind are shaped there.

tithai gharhee-ai suraa siDhaa kee suDh. 36

The consciousness of the spiritual warriors and the  
beings of spiritual perfection, are shaped there. 36

Pauri 37

karam khand kee banee jor. tithai hor na ko-ee hor.

In the realm of karma, the Bani is Power. Nothing else  
can prevail here.

tithai joDh mahaabal soor. tin meh raam rahi-aa

bharpoor.

The warriors of great power and immense courage. In  
whom Ram dwells and is infused completely.  
tithai seeto seetaa mahimaa maahi. taa kay roop na  
kathnay jaahi.

Myriads of Sitas are there, cool and calm in their  
majestic glory, Their physical features are beyond  
description.

naa ohi mareh na thaagay jaahi. jin kai raam vasai man  
maahi.

Neither do they die nor can they be robbed, within  
whose minds the Lord Ram resides.

tithai bhagat vaseh kay lo-a. karahi anand sachaa man  
so-ay.

The devotees of many worlds dwell there. They are in  
bliss; the True Lord dwells in their minds.

sach khand vasai nirankaar. kar kar vaykhai nadar  
nihaal.

In the realm of Truth, the Formless Lord abides. Having

created, He watches over the Creation bestowing  
Grace and happiness.

tithai khand mandal varbhand. jay ko kathai ta ant na  
ant.

There are planets, solar systems and galaxies. If one  
describes them, there is no limit, no end.

tithai lo-a lo-a aakaar. jiv jiv hukam tivai tiv kaar.

There are worlds upon worlds of His Creation. As He  
commands, so they exist.

vaykhai vigsai kar veechaar. naanak kathnaa karrhaa  
saar. 37

He watches, contemplates and rejoices upon His  
Creation O Nanak, description is extremely difficult! 37

Pauri 38

jat paahaaraa Dheeraj suni-aar.

Let self-control be the furnace, and patience the  
goldsmith.

ahran mat vayd hathee-aar.

Let understanding be the anvil, and religious wisdom  
the tools.

bha-o khala aagan tap taa-o.

Fear of God the bellows; fan the flames of your body's  
inner heat.

bhaaNdaa bhaa-o amrit tit dhaal.

In the crucible of love, melt the Amrit Nectar of the

Naam,

gharhee-ai sabad sachee taksaal.

Forge the Shabad in the True mint.

jin ka-o nadar karam tin kaar.

Whoever is showered with His Grace, karma of their  
actions excel.

naanak nadree nadar nihaal. 38

O Nanak, the Merciful Lord's Glance uplifts and rescues  
them. 3

Salok

pavan guroo paanee pitaa maataa Dharat mahat.

Air is the Guru, Water is the Father, and Earth is the  
Great Mother of all.

divas raat du-ay daa-ee daa-i-aa khaylai sagal jagat.

Day and night are the two nurses, in whose lap all the  
world is at play. -

chang-aa-ee-aa buri-aa-ee-aa vaachai Dharam hadoor.

Good deeds and bad deeds-the record is read out in  
the Presence of the Lord of  
Dharma.

karmee aapo aapnee kay nayrhai kay door.

According to their own actions, some are drawn closer,  
and some are driven farther  
away.

jinee naam Dhi-aa-i-aa ga-ay maskat ghaal.

Those who have meditated on the Naam, the Name of  
the Lord, and departed after

having worked by the sweat of their brows



naanak tay mukh ujlay kaytee chhutee naal. ||1||  
-O Nanak, their faces are radiant in the Court of the  
Lord, and many are saved along  
with them! ||1||

