

## Salok Mahalla 9

ik oankaar sathigur prasaadh ||

One Universal Creator God. By The Grace Of The True

Guru:

salok mehalaa 9 ||

Shalok, Ninth Mehl:

gun gobindh gaeiou nehee janam akaarathh keen ||

If you do not sing the Praises of the Lord, your life is rendered useless.

kahu naanak har bhaj manaa jih bidhh jal ko meen

||1||

Says Nanak, meditate, vibrate upon the Lord; immerse

your mind in Him, like the fish in the water. ||1||

bikhian sio kaahae rachiou nimakh n hohi oudhaas ||

Why are you engrossed in sin and corruption? You are not detached, even for a moment!

kahu naanak bhaj har manaa parai n jam kee faas

||2||

Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death. ||2||

tharanaapo eio hee gaeiou leeou jaraa than jeeth ||

Your youth has passed away like this, and old age has overtaken your body.

kahu naanak bhaj har manaa aoudhh jaath hai beeth

||3||

Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away! ||3||

biradhh bhaeiou soojhai nehee kaal pehoochiou aan ||

You have become old, and you do not understand that death is overtaking you.

kahu naanak nar baavarae kio n bhajai bhagavaan

||4||

Says Nanak, you are insane! Why do you not  
remember and meditate on God? ||4||

dhhan dhaaraa sanpath sagal jin apunee kar maan ||  
Your wealth, spouse, and all the possessions which you  
claim as your own

ein mai kashh sangee nehee naanak saachee jaan  
||5||

– none of these shall go along with you in the end. O  
Nanak, know this as true. ||5||

pathith oudhhaaran bhai haran har anaathh kae  
naathh ||  
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He is the Saving Grace of sinners, the Destroyer of fear,  
the Master of the masterless.

kahu naanak thih jaaneeai sadhaa basath thum saathh  
||6||

Says Nanak, realize and know Him, who is always with  
you. ||6||

than dhhan jih tho ko dheeuo thaana sio naehu n keen

||

He has given you your body and wealth, but you are  
not in love with Him.

kahu naanak nar baavarae ab kio ddolath dheen ||7||

Says Nanak, you are insane! Why do you now shake  
and tremble so helplessly? ||7||

than dhhan sanpai sukh dheeuo ar jih neekae dhhaam

||

He has given you your body, wealth, property, peace  
and beautiful mansions.

kahu naanak sun rae manaa simarath kaahi n raam

||8||

Says Nanak, listen, mind: why don't you remember the  
Lord in meditation? ||8||

sabh sukh dhaathaa raam hai dhoosar naahin koe ||  
The Lord is the Giver of all peace and comfort. There is  
no other at all.

kahu naanak sun rae manaa thih simarath gath hoe

||9||

Says Nanak, listen, mind: meditating in remembrance  
on Him, salvation is attained. ||9||

jih simarath gath paaeeai thih bhaj rae thai meeth ||  
Remembering Him in meditation, salvation is attained;  
vibrate and meditate on Him, O my friend.

kahu naanak sun rae manaa aoudhh ghattath hai neeth

||10||

Says Nanak, listen, mind: your life is passing away!

||10||

paanch thath ko than rachiou jaanahu chathur sujaan

||

Your body is made up of the five elements; you are  
clever and wise – know this well.

Jjih thae oupajiou naanakaa leen thaahi mai maan

||11||

Believe it – you shall merge once again into the One, O

Nanak, from whom you originated. ||11||

]ghatt ghatt mai har joo basai santhan kehiou pukaar

||

The Dear Lord abides in each and every heart; the  
Saints proclaim this as true.

kahu naanak thih bhaj manaa bho nidhh outharehi

paar ||12||

Says Nanak, meditate and vibrate upon Him, and you  
shall cross over the terrifying world-ocean. ||12||

sukh dhukh jih parasai nehee lobh mohu abhimaan ||

One who is not touched by pleasure or pain, greed,  
emotional attachment and egotistical pride

kahu naanak sun rae manaa so moorath bhagavaan

||13||

– says Nanak, listen, mind: he is the very image of God.

||13||

ousathath nindhiaa naahi jihi kanchan loh samaan ||

One who is beyond praise and slander, who looks upon  
gold and iron alike

kahu naanak sun rae manaa mukath thaahi thai jaan

||14||

– says Nanak, listen, mind: know that such a person is  
liberated. ||14||

harakh sog jaa kai nehee bairee meeth samaan ||

One who is not affected by pleasure or pain, who looks  
upon friend and enemy alike

kahu naanak sun rae manaa mukath thaahi thai jaan

||15||

– says Nanak, listen, mind: know that such a person is  
liberated. ||15||

bhai kaahoo ko dhaeth nehi nehi bhai maanath aan ||

One who does not frighten anyone, and who is not  
afraid of anyone else

kahu naanak sun rae manaa giaanee thaahi bakhaan

||16||

– says Nanak, listen, mind: call him spiritually wise.

||16||

jih bikhiaa sagalee thajee leeu bhaekh bairaag ||

One who has forsaken all sin and corruption, who  
wears the robes of neutral detachment

kahu naanak sun rae manaa thih nar maathhai bhaag

||17||

– says Nanak, listen, mind: good destiny is written on  
his forehead. ||17||

jihī maāeīāā mamathāā thajēē sabh thāē bhāēiōū

ōūdhaas ||

One who renounces Maya and possessiveness and is  
detached from everything

kahū nāānak sun rāē mānāā thih ghatt brēham nīvāas

||18||

– says Nanak, listen, mind: God abides in his heart.

||18||

jihī prāānēē hōūmāi thajēē karathāā rāām pashhāān ||

That mortal, who forsakes egotism, and realizes the  
Creator Lord

kahū nāānak vāhū mukath nar eih man sāāchēē māān

||19||

– says Nanak, that person is liberated; O mind, know  
this as true. ||19||

bhāi nāāsan dhuramath haran kal māi har kō nāām ||

In this Dark Age of Kali Yuga, the Name of the Lord is

the Destroyer of fear, the Eradicator of evil-  
mindedness.

nis dhin jo naanak bhajai safal hohi thih kaam ||20||

Night and day, O Nanak, whoever vibrates and  
meditates on the Lord's Name, sees all of his works  
brought to fruition. ||20||

jihabaa gun gobindh bhajahu karan sunahu har naam

||

Vibrate with your tongue the Glorious Praises of the  
Lord of the Universe; with your ears, hear the Lord's  
Name.

kahu naanak sun rae manaa parehi n jam kai dhhaam

||21||

Says Nanak, listen, man: you shall not have to go to the  
house of Death. ||21||

jo praanee mamathaa thajai lobh moh ahankaar ||

That mortal who renounces possessiveness, greed,  
emotional attachment and egotism

kahu naanak aapan tharai aouran laeth oudhhaar

||22||

– says Nanak, he himself is saved, and he saves many  
others as well. ||22||

jio supanaa ar paekhanaa aisae jag ko jaan ||

Like a dream and a show, so is this world, you must  
know.

ein mai kashh saacho nehee naanak bin bhagavaan

||23||

None of this is true, O Nanak, without God. ||23||

nis dhin maaeiaa kaaranae praanee ddolath neeth ||

Night and day, for the sake of Maya, the mortal  
wanders constantly.

kottan mai naanak koo naaraaein jih cheeth ||24||

Among millions, O Nanak, there is scarcely anyone,  
who keeps the Lord in his consciousness. ||24||

jaisae jal thae budhabudhaa oupajai binasai neeth ||

As the bubbles in the water well up and disappear  
again,

jag rachanaa thaisae rachee kahu naanak sun meeth

||25||

so is the universe created; says Nanak, listen, O my  
friend! ||25||

praanee kashhoo n chaethee madh maaeiaa kai andhh

||

The mortal does not remember the Lord, even for a  
moment; he is blinded by the wine of Maya.

kahu naanak bin har bhajan parath thaahi jam fandhh

||26||

Says Nanak, without meditating on the Lord, he is  
caught by the noose of Death. ||26||

jo sukh ko chaahai sadhaa saran raam kee laeh ||  
If you yearn for eternal peace, then seek the Sanctuary  
of the Lord.

kahu naanak sun rae manaa dhuralabh maanukh dhaeh  
||27||

Says Nanak, listen, mind: this human body is difficult to  
obtain. ||27||

maaeiaa kaaran dhhaavehee moorakh log ajaan ||  
For the sake of Maya, the fools and ignorant people  
run all around.

kahu naanak bin har bhajan birathhaa janam siraan  
||28||

Says Nanak, without meditating on the Lord, life passes  
away uselessly. ||28||

jo praanee nis dhin bhajai roop raam thih jaan ||

That mortal who meditates and vibrates upon the Lord  
night and day – know him to be the embodiment of the  
Lord.

har jan har anthar nehee naanak saachee maan ||29||

There is no difference between the Lord and the  
humble servant of the Lord; O Nanak, know this as  
true. ||29||



man maaeiaa mai fadhh rehiou bisariou gobindh naam  
||

The mortal is entangled in Maya; he has forgotten the  
Name of the Lord of the Universe.

kahu naanak bin har bhajan jeevan kounae kaam  
||30||

Says Nanak, without meditating on the Lord, what is  
the use of this human life? ||30||

praanee raam n chaethee madh maaeiaa kai andhh ||  
The mortal does not think of the Lord; he is blinded by  
the wine of Maya.

kahu naanak har bhajan bin parath thaahi jam fandhh  
||31||

Says Nanak, without meditating on the Lord, he is  
caught in the noose of Death. ||31||

sukh mai bahu sangee bheae dhukh mai sang n koe ||  
In good times, there are many companions around, but  
in bad times, there is no one at all.

kahu naanak har bhaj manaa anth sehaae hoe ||32||

Says Nanak, vibrate, and meditate on the Lord; He shall  
be your only Help and Support in the end. ||32||

janam janam bharamath firiou mittiou n jam ko thraas  
||

Mortals wander lost and confused through countless  
lifetimes; their fear of death is never removed.

kahu naanak har bhaj manaa nirabhai paavehi baas

||33||

Says Nanak, vibrate and meditate on the Lord, and you  
shall dwell in the Fearless Lord. ||33||

jathan bahuth mai kar rehiou mittiou n man ko maan

||

I have tried so many things, but the pride of my mind  
has not been dispelled.

dhuramath sio naanak fadhhiou raakh laehu  
bhagavaan ||34||

I am engrossed in evil-mindedness, Nanak. O God,  
please save me! ||34||

baal juaanee ar biradhh fun theen avasathhaa jaan ||

Childhood, youth and old age – know these as the  
three stages of life.

kahu naanak har bhajan bin birathhaa sabh hee maan

||35||

Says Nanak, without meditating on the Lord,  
everything is useless; you must appreciate this. ||35||

karano hutho s naa keeou pariou lobh kai fandhh ||

You have not done what you should have done; you  
are entangled in the web of greed.

naanak samiou ram gaeiou ab kio rovath andhh ||36||

Nanak, your time is past and gone; why are you crying  
now, you blind fool? ||36||

man maaeiaa mai ram rehiou nikasath naahin meeth

||

The mind is absorbed in Maya – it cannot escape it, my  
friend.

naanak moorath chithr jio shhaaddith naahin bheeth

||37||

Nanak, it is like a picture painted on the wall – it cannot  
leave it. ||37||

nar chaahath kashh aour aourai kee aourai bhee ||

The man wishes for something, but something  
different happens.

chithavath rehiou thagour naanak faasee gal paree

||38||

He plots to deceive others, O Nanak, but he places the  
noose around his own neck instead. ||38||

jathan bahuth sukh kae keeae dhukh ko keeou n koe

||

People make all sorts of efforts to find peace and  
pleasure, but no one tries to earn pain.

kahu naanak sun rae manaa har bhaavai so hoe ||39||

Says Nanak, listen, mind: whatever pleases God comes  
to pass. ||39||

jagath bhikhaaree firath hai sabh ko dhaathaa raam ||

The world wanders around begging, but the Lord is the  
Giver of all.

kahu naanak man simar thih pooran hovehi kaam

||40||

Says Nanak, meditate in remembrance on Him, and all  
your works will be successful. ||40||

jhoothai maan kehaa karai jag supanae jio jaan ||

Why do you take such false pride in yourself? You must  
know that the world is just a dream.

ein mai kashh thaero nehee naanak kehiou bakhaan

||41||

None of this is yours; Nanak proclaims this truth.

||41||

garab karath hai dhaeh ko binasai shhin mai meeth ||

You are so proud of your body; it shall perish in an  
instant, my friend.

jih praanee har jas kehiou naanak thihi jag jeeth

||42||

That mortal who chants the Praises of the Lord, O  
Nanak, conquers the world. ||42||

jih ghatt simaran raam ko so nar mukathaa jaan ||

That person, who meditates in remembrance on the  
Lord in his heart, is liberated – know this well.

thihi nar har anthar nehee naanak saachee maan

||43||

There is no difference between that person and the

Lord: O Nanak, accept this as the Truth. ||43||

eaek bhagath bhagavaan jih praanee kai naahi man ||

That person, who does not feel devotion to God in his  
mind

jaisae sookar suaan naanak maano thaahi than ||44||

– O Nanak, know that his body is like that of a pig, or a

dog. ||44||

suaamee ko grihu jio sadhaa suaan thajath nehee nith

||

A dog never abandons the home of his master.

naanak eih bidhh har bhajo eik man hue eik chith

||45||

O Nanak, in just the same way, vibrate, and meditate  
on the Lord, single-mindedly, with one-pointed  
consciousness. ||45||

theerathh barath ar dhaan kar man mai dhharai  
gumaan ||

Those who make pilgrimages to sacred shrines,  
observe ritualistic fasts and make donations to charity  
while still taking pride in their minds

naanak nihafal jaath thih jio kunchar eisanaan ||46||

– O Nanak, their actions are useless, like the elephant,  
who takes a bath, and then rolls in the dust. ||46||

sir kanpiou pag ddagamagae nain joth thae heen ||

The head shakes, the feet stagger, and the eyes  
become dull and weak.

kahu naanak eih bidhh bhee thoo n har ras leen ||47||

Says Nanak, this is your condition. And even now, you  
have not savored the sublime essence of the Lord.

||47||

nij kar dhaekhiou jagath mai ko kaahoo ko naahi ||

I had looked upon the world as my own, but no one  
belongs to anyone else.

naanak thhir har bhagath hai thih raakho man maahi

||48||

O Nanak, only devotional worship of the Lord is  
permanent; enshrine this in your mind. ||48||

jag rachanaa sabh jhooth hai jaan laehu rae meeth ||

The world and its affairs are totally false; know this  
well, my friend.

kehi naanak thhir naa rehai jio baaloo kee bheeth

||49||

Says Nanak, it is like a wall of sand; it shall not endure.

||49||

raam gaeiou raavan gaeiou jaa ko bahu paravaar ||

Raam Chand passed away, as did Raawan, even though  
he had lots of relatives.

kahu naanak thhir kashh nehee supanae jio sansaar

||50||

Says Nanak, nothing lasts forever; the world is like a  
dream. ||50||

chinthaa thaa kee keejeeai jo anehonee hoe ||

People become anxious, when something unexpected  
happens.

eihu maarag sansaar ko naanak thhir nehee koe ||51||

This is the way of the world, O Nanak; nothing is stable  
or permanent. ||51||

jo oupajiou so binas hai paro aaj kai kaal ||

Whatever has been created shall be destroyed;  
everyone shall perish, today or tomorrow.

naanak har gun gaae lae shhaadd sagal janjaal ||52||

O Nanak, sing the Glorious Praises of the Lord, and give  
up all other entanglements. ||52||

dhoharaa ||

Dohraa:



bal shhuttakiou bandhhan parae kashhoo n hoth  
oupaae ||

My strength is exhausted, and I am in bondage; I  
cannot do anything at all.

kahu naanak ab outt har gaj jio hohu sehaae ||53||

Says Nanak, now, the Lord is my Support; He will help  
me, as He did the elephant. ||53||

bal hoaa bandhhan shhuttae sabh kishh hoth oupaae

||

My strength has been restored, and my bonds have  
been broken; now, I can do everything.

naanak sabh kishh thumarai haathh mai thum hee hoth  
sehaae ||54||

Nanak: everything is in Your hands, Lord; You are my  
Helper and Support. ||54||

sang sakhaa sabh thaj geae koo n nibehiou saathh ||

My associates and companions have all deserted me;  
no one remains with me.

kahu naanak eih bipath mai ttaek eaek raghunaathh  
||55||

Says Nanak, in this tragedy, the Lord alone is my  
Support. ||55||

naam rehiou saadhoo rehiou rehiou gur gobindh ||

The Naam remains; the Holy Saints remain; the Guru,  
the Lord of the Universe, remains.

kahu naanak eih jagath mai kin japiou gur manth

||56||

Says Nanak, how rare are those who chant the Guru's  
Mantra in this world. ||56||

raam naam our mai gehiou jaa kai sam nehee koe ||  
I have enshrined the Lord's Name within my heart;  
there is nothing equal to it.

jih simarath sankatt mittai dharas thuhaaro hoe  
||57||1||

Meditating in remembrance on it, my troubles are  
taken away; I have received the Blessed Vision of Your  
Darshan. ||57||1||