

Sukhmani Sahib

Sukhmani Sahib English Translation

gauRee sukhamanee mahalaa panjavaa ||

Gauree Sukhmani, Fifth Mehla,

salok ||

Shalok:

ikOankaar satigur prasaadh ||

One Universal Creator God. By The Grace Of The True

Guru:

aadh gure nameh || jugaadh gure nameh || satigure

nameh || sree gurdheve nameh ||1||

I bow to the Primal Guru. I bow to the Guru of the
ages. I bow to the True Guru. I bow to the Great, Divine

Guru. ||1||

asa Tapadhee ||

Ashtapadee:

simarau simar simar sukh paavau || kal kales tan maeh
miTaavau || simarau jaas bisu(n)bhar ekai || naam
japat aganatanekai || bedh puraana si(n)mirat
sudhaakhayer || keene raam naam ik aakhayer ||
kinakaa ek jis jeeaa basaavai || taa kee mahimaa ganee
na aavai || kaa(n)khee ekai dharas tuhaaro || naanak
un sa(n)g moh udhaaro ||1||

Meditate, meditate, meditate in remembrance of Him,
and find peace. Worry and anguish shall be dispelled
from your body. Remember in praise the One who
pervades the whole Universe. His Name is chanted by
countless people, in so many ways. The Vedas, the
Puraanas and the Simritees, the purest of utterances,
were created from the One Word of the Name of the
Lord. That one, in whose soul the One Lord dwells the
praises of his glory cannot be recounted. Those who
yearn only for the blessing of Your Darshan – Nanak:
save me along with them! ||1||

sukhamanee sukh a(n)mirat prabh naam || bhagat
janaa kai man bisraam || rahaau || prabh kai simaran
garabh na basai || prabh kai simaran dhookh jam nasai
|| prabh kai simaran kaal paraharai || prabh kai
simaran dhusaman Tarai || prabh simarat kachh
bighan na laagai || prabh kai simaran anadhin jaagai ||
prabh kai simaran bhau na biaapai || prabh kai
simaran dhukh na sa(n)taapai || prabh kaa simaran
saadh kai sa(n)g || sarab nidhaan naanak har ra(n)g
||2||

Sukhmani: Peace of Mind, the Nectar of the Name of
God. The minds of the devotees abide in a joyful peace.

||Pause|| Remembering God, one does not have to
enter into the womb again. Remembering God, the
pain of death is dispelled. Remembering God, death is
eliminated. Remembering God, one's enemies are
repelled. Remembering God, no obstacles are met.
Remembering God, one remains awake and aware,

night and day. Remembering God, one is not touched by fear. Remembering God, one does not suffer sorrow. The meditative remembrance of God is in the Company of the Holy. All treasures, O Nanak, are in the Love of the Lord. ||2||

prabh kai simaran ridh sidh nau nidh || prabh kai simaran giaan dhiaan tat budh || prabh kai simaran jap tap poojaa || prabh kai simaran binasai dhoojaa || prabh kai simaran teerath isanaanee || prabh kai simaran dharageh maanee || prabh kai simaran hoi su bhalaa || prabh kai simaran sufal falaa || se simareh jin aap simaraae || naanak taa kai laagau paae ||3||

In the remembrance of God are wealth, miraculous spiritual powers and the nine treasures. In the remembrance of God are knowledge, meditation and the essence of wisdom. In the remembrance of God are chanting, intense meditation and devotional worship. In the remembrance of God, duality is

removed. In the remembrance of God are purifying
baths at sacred shrines of pilgrimage. In the
remembrance of God, one attains honor in the Court of
the Lord. In the remembrance of God, one becomes
good. In the remembrance of God, one flowers in
fruition. They alone remember Him in meditation,
whom He inspires to meditate. Nanak grasps the feet
of those humble beings. ||3||

prabh kaa simaran sabh te uoochaa || prabh kai
simaran udhare moochaa || prabh kai simaran
tirasanaa bujhai || prabh kai simaran sabh kichh sujhai
|| prabh kai simaran naahee jam traasaa || prabh kai
simaran pooran aasaa || prabh kai simaran man kee
mal jai || a(n)mirat naam ridh maeh samai || prabh
jee baseh saadh kee rasanaa || naanak jan kaa
dhaasan dhasanaa ||4||

The remembrance of God is the highest and most
exalted of all. In the remembrance of God, many are

saved. In the remembrance of God, thirst is quenched.

In the remembrance of God, all things are known. In the remembrance of God, there is no fear of death. In the remembrance of God, hopes are fulfilled. In the remembrance of God, the filth of the mind is removed.

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

abides upon the tongues of His Saints. Nanak is the servant of the slave of His slaves. ||4||

prabh kau simareh se dhanava(n)te || prabh kau simareh se pativa(n)te || prabh kau simareh se jan paravaan || prabh kau simareh se purakh pradhaan || prabh kau simareh s bemuhataaje || prabh kau simareh s sarab ke raaje || prabh kau simareh se sukhavaasee || prabh kau simareh sadhaa abinaasee || simaran te laage jin aap dhiaalaa || naanak jan kee ma(n)gai ravaalaa ||5||

Those who remember God are wealthy. Those who

remember God are honorable. Those who remember God are approved. Those who remember God are the most distinguished persons. Those who remember God are not lacking. Those who remember God are the rulers of all. Those who remember God dwell in peace. Those who remember God are immortal and eternal.

They alone hold to the remembrance of Him, unto whom He Himself shows His Mercy. Nanak begs for the dust of their feet. ||5||

prabh kau simareh se paraupakaaree || prabh kau simareh tin sadh balihaaree || prabh kau simareh se mukh suhaave || prabh kau simareh tin sookh bihaavai || prabh kau simareh tin aatam jeetaa || prabh kau simareh tin niramal reetaa || prabh kau simareh tin anadh ghanere || prabh kau simareh baseh har nere || sa(n)t kirapaa te anadhin jaag || naanak simaran poorai bhaag ||6||

Those who remember God generously help others.

Those who remember God – to them, I am forever a sacrifice. Those who remember God – their faces are beautiful. Those who remember God abide in peace. Those who remember God conquer their souls. Those who remember God have a pure and spotless lifestyle. Those who remember God experience all sorts of joys. Those who remember God abide near the Lord. By the Grace of the Saints, one remains awake and aware, night and day. O Nanak, this meditative remembrance comes only by perfect destiny. ||6||

prabh kai simaran kaaraj poore || prabh kai simaran
kabahu na jhoore || prabh kai simaran har gun baanee
|| prabh kai simaran sahaj samaanee || prabh kai
simaran nihachal aasan || prabh kai simaran kamal
bigaasan || prabh kai simaran anahadh jhunakaar ||
sukh prabh simaran kaa a(n)t na paar || simareh se jan
jin kau prabh miaa || naanak tin jan saranee piaa

||7||

Remembering God, one's works are accomplished.
Remembering God, one never grieves. Remembering
God, one speaks the Glorious Praises of the Lord.
Remembering God, one is absorbed into the state of
intuitive ease. Remembering God, one attains the
unchanging position. Remembering God, the heart-
lotus blossoms forth. Remembering God, the unstruck
melody vibrates. The peace of the meditative
remembrance of God has no end or limitation. They
alone remember Him, upon whom God bestows His
Grace. Nanak seeks the Sanctuary of those humble
beings. ||7||

har simaran kar bhagat praga Taae || har simaran lag
bedh upaae || har simaran bhe sidh jatee dhaate ||
har simaran neech chahu ku(n)T jaate || har simaran
dhaaree sabh dharanaa || simar simar har kaaran
karanaa || har simaran keeo sagal akaaraa || har
simaran meh aap nira(n)kaaraa || kar kirapaa jis aap

bujhaiaa || naanak gurmukh har simaran tin paiaa

||8||1||

Remembering the Lord, His devotees are famous and radiant. Remembering the Lord, the Vedas were composed. Remembering the Lord, we become Siddhas, celibates and givers. Remembering the Lord, the lowly become known in all four directions. For the remembrance of the Lord, the whole world was established. Remember, remember in meditation the Lord, the Creator, the Cause of causes. For the remembrance of the Lord, He created the whole creation. In the remembrance of the Lord, He Himself is Formless. By His Grace, He Himself bestows understanding. O Nanak, the Gurmukh attains the remembrance of the Lord. ||8||1||

salok ||

Shalok:

dheen dharadh dhukh bha(n)janaa ghaT ghaT naath
anaath || saran tum(h)aaree aaio naanak ke prabh
saath ||1||

O Destroyer of the pains and the suffering of the poor,
O Master of each and every heart, O Masterless One: I
have come seeking Your Sanctuary. O God, please be
with Nanak! ||1||

asa Tapadhee ||

Ashtapadee:

jeh maat pitaa sut meet na bhaiee || man uoohaa
naam terai sa(n)g sahaiee || jeh mahaa bhiaan dhoot
jam dhalai || teh keval naam sa(n)g terai chalai || jeh
musakal hovai at bhaaree || har ko naam khin maeh
udhaaree || anik punahacharan karat nahee tarai ||
har ko naam koT paap paraharai || gurmukh naam
japahu man mere || naanak paavahu sookh ghanere
||1||

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

siblings O my mind, there, only the Naam,
the Name of the Lord, shall be with you as your help
and support. Where the great and terrible Messenger
of Death shall try to crush you, there, only the Naam
shall go along with you. Where the obstacles are so
very heavy, the Name of the Lord shall rescue you in an
instant. By performing countless religious rituals, you
shall not be saved. The Name of the Lord washes off
millions of sins. As Gurmukh, chant the Naam, O my
mind. O Nanak, you shall obtain countless joys. ||1||

sagal sirasaT ko raajaa dhukheea || har kaa naam
japat hoi sukheea || laakh karoree ba(n)dh na parai
|| har kaa naam japat nisatarai || anik maiaa ra(n)g
tikh na bujhaavai || har kaa naam japat aaghaavai ||
jeh maarag ih jaat ikelaa || teh har naam sa(n)g hot
suhelaa || aaisaa naam man sadhaa dhiaaieeaa ||
naanak gurmukh param gat paieeaa ||2||

The rulers of the all the world are unhappy; one who

chants the Name of the Lord becomes happy. Acquiring hundreds of thousands and millions, your desires shall not be contained. Chanting the Name of the Lord, you shall find release. By the countless pleasures of Maya, your thirst shall not be quenched. Chanting the Name of the Lord, you shall be satisfied. Upon that path where you must go all alone, there, only the Lord's Name shall go with you to sustain you. On such a Name, O my mind, meditate forever. O Nanak, as Gurmukh, you shall obtain the state of supreme dignity. ||2||

chhoo Tat nahee koT lakh baahee || naam japat teh
paar paraahee || anik bighan jeh aai sa(n)ghaarai ||
har kaa naam tatakaal udhaarai || anik jon janamai
mar jaam || naam japat paavai bisraam || hau mailaa
mal kabahu na dhovai || har kaa naam koT paap
khovai || aaisaa naam japahu man ra(n)g || naanak
paieeaaai saadh kai sa(n)g ||3||

You shall not be saved by hundreds of thousands and millions of helping hands. Chanting the Naam, you shall be lifted up and carried across. Where countless misfortunes threaten to destroy you, the Name of the Lord shall rescue you in an instant. Through countless incarnations, you were born, then died and then born again. Chanting the Name of the Lord, you shall come to rest in peace. The ego is polluted by a filth which can never be washed off. The Name of the Lord erases millions of sins. Chant such a Name with love, O my mind. O Nanak, it is obtained in Company of the Holy. ||3||

jeh maarag ke gane jaeh na kosaa || har kaa naam
uoojaa sa(n)g toosaa || jeh paiddai mahaa a(n)dh
gubaaraa || har kaa naam sa(n)g ujeeaaraa || jahaa
pa(n)th teraa ko na sin(j)aanoo || har kaa naam teh
naal pachhaanoo || jeh mahaa bhiaan tapat bahu
ghaam || teh har ke naam kee tum uopar chhaam ||

jahaa tirakhaa man tujh aakarakhai || teh naanak har
har a(n)mrit barakhai. || 4 ||

On that path where the miles cannot be counted,
there, the Name of the Lord shall be your sustenance.

On that journey of total, pitch-black darkness, the
Name of the Lord shall be the Light with you. On that
journey where no one knows you, with the Name of
the Lord, you shall be recognized. Where there is
awesome and terrible heat and blazing sunshine,
there, the Name of the Lord will give you shade. Where
thirst, O my mind, torments you to cry out, there, O
Nanak, the Ambrosial Name, Har, Har, shall rain down
upon you. || 4 ||

bhagat janaa kee baratan naam || sa(n)t janaa kai man
bisraam || har kaa naam dhaas kee oT || har kai naam
udhare jan koT || har jas karat sa(n)t dhin raat || har
har aukhadh saadh kamaat || har jan kai har naam
nidhaan || paarabraham jan keeno dhaan || man tan

ra(n)g rate ra(n)g ekai || naanak jan kai birat bibekai

||5||

Unto the devotee, the Naam is an article of daily use.

The minds of the humble Saints are at peace. The Name of the Lord is the Support of His servants. By the Name of the Lord, millions have been saved. The Saints chant the Praises of the Lord, day and night. Har, Har –

the Lord's Name – the Holy use it as their healing medicine. The Lord's Name is the treasure of the Lord's servant. The Supreme Lord God has blessed His humble servant with this gift. Mind and body are imbued with ecstasy in the Love of the One Lord. O Nanak, careful and discerning understanding is the way of the Lord's

humble servant. ||5||

har kaa naam jan kau mukat jugat || har kai naam jan kau tirapat bhugat || har kaa naam jan kaa roop ra(n)g

|| har naam japat kab parai na bha(n)g || har kaa naam jan kee vaddiaaiee || har kai naam jan sobhaa

paiee || har kaa naam jan kau bhog jog || har naam
japat kachh naeh biog || jan raataa har naam kee
sevaa || naanak poojai har har dhevaa ||6||

The Name of the Lord is the path of liberation for His
humble servants. With the food of the Name of the
Lord, His servants are satisfied. The Name of the Lord is
the beauty and delight of His servants.

Chanting the Lord's Name, one is never blocked by
obstacles. The Name of the Lord is the glorious
greatness of His servants. Through the Name of
the Lord, His servants obtain honor. The Name of the
Lord is the enjoyment and Yoga of His servants.

Chanting the Lord's Name, there is no separation
from Him. His servants are imbued with the service of
the Lord's Name. O Nanak, worship the Lord, the Lord
Divine, Har, Har. ||6||

har har jan kai maal khajeenaa || har dhan jan kau aap
prabh dheenaa || har har jan kai oT sataanee || har

prataap jan avar na jaanee || ot pot jan har ras raate
|| su(n)n samaadh naam ras maate || aaTh pahar jan
har har japai || har kaa bhagat pragaT nahee chhapai
|| har kee bhagat mukat bahu kare || naanak jan
sa(n)g kete tare ||7||

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

His servants. The treasure of the Lord has been
bestowed on His servants by God Himself. The Lord,
Har, Har is the All-powerful Protection of His servants.

His servants know no other than the Lord's
Magnificence. Through and through, His servants are
imbued with the Lord's Love. In deepest Samaadhi,
they are intoxicated with the essence of the Naam.

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

The devotees of the Lord are known and respected;
they do not hide in secrecy. Through devotion to the
Lord, many have been liberated. O Nanak, along with

His servants, many others are saved. ||7||

paarajaat ih har ko naam || kaamadhen har har gun
gaam || sabh te uootam har kee katha || naam sunat
dharadh dhukh lathaa || naam kee mahimaa sa(n)t
ridh vasai || sa(n)t prataap dhurat sabh nasai || sa(n)t
kaa sa(n)g vaddabhaagee paieeai || sa(n)t kee sevaa
naam dhiaaieeai || naam tul kachh avar na hoi ||
naanak gurmukh naam paavai jan koi || 8 || 2 ||

This Elysian Tree of miraculous powers is the Name of
the Lord. The Khaamadhayn, the cow of miraculous
powers, is the singing of the Glory of the Lord's Name,
Har, Har. Highest of all is the Lord's Speech. Hearing
the Naam, pain and sorrow

are removed. The Glory of the Naam abides in the
hearts of His Saints. By the Saint's kind intervention, all
guilt is dispelled. The Society of the Saints is
obtained by great good fortune. Serving the Saint, one
meditates on the Naam. There is nothing

equal to the Naam. O Nanak, rare are those, who, as

Gurmukh, obtain the Naam. ||8||2||

salok ||

Shalok:

bahu saasatr bahu simritee pekhe sarab ddaddol ||

poojas naahee har hare naanak naam amol ||1||

The many Shaastras and the many Simritees – I have seen and searched through them all. They are not equal to Har, Haray – O Nanak, the Lord's Invaluable Name.

||1||

asa Tapadhee ||

Ashtapadee:

jaap taap giaan sabh dhiaan || khaT saasatr simirat

vakhiaan || jog abhiaas karam dhram kiriaa || sagal

tiaag ban madhe firiaa || anik prakaar ke'ee bahu

jatanaa || pu(n)n dhaan home bahu ratanaa || sareer

kaTai homai kar raatee || varat nem karai bahu

bhaatee || nahee tul raam naam beechaar || naanak
gurmukh naam japeesai ik baar ||1||

Chanting, intense meditation, spiritual wisdom and all meditations; the six schools of philosophy and sermons on the scriptures; the practice of Yoga and righteous conduct; the renunciation of everything and wandering around in the wilderness; the performance of all sorts of works; donations to charities and offerings of jewels to fire; cutting the body apart and making the pieces into ceremonial fire offerings; keeping fasts and making vows of all sorts – none of these are equal to the contemplation of the Name of the Lord, O Nanak, if, as Gurmukh, one chants the Naam, even once. ||1||

nau kha(n)dd pirathamee firai chir jeevai || mahaa
udhaas tapeesar theevai || agan maeh homat paraan
|| kanik asavai haivar bhoom dhaan || niaulee
karam karai bahu aasan || jain maarag sa(n)jam at

saadhan || nimakh nimakh kar sareer ka Taavai ||
tau bhee haumai mai na jaavai || har ke naam samasar
kachh naeh || naanak gurmukh naam japat gat paeh
||2||

You may roam over the nine continents of the world
and live a very long life; you may become a great
ascetic and a master of disciplined meditation and burn
yourself in fire; you may give away gold, horses,
elephants and land; you may practice techniques of
inner cleansing and all sorts of Yogic postures; you may
adopt the self-mortifying ways of the Jains and great
spiritual disciplines; piece by piece, you may cut your
body apart; but even so, the filth of your ego shall not
depart. There is nothing equal to the Name of the Lord.

O Nanak, as Gurmukh, chant the Naam, and obtain
salvation. ||2||

man kaamanaa teerath dheh chhuTai || garab gumaan
na man te huTai || soch karai dhinas ar raat || man

kee mail na tan te jaat || eis dhehee kau bahu
saadhanaa karai || man te kabahoo na bikhiaa Tarai ||
jal dhovai bahu dheh aneet || sudh kahaa hoi kaachee
bheet || man har ke naam kee mahimaa uooch ||
naanak naam udhare patit bahu mooch ||3||

With your mind filled with desire, you may give up your
body at a sacred shrine of pilgrimage; but even so,
egotistical pride shall not be removed from your mind.
You may practice cleansing day and night, but the filth
of your mind shall not leave your body. You may
subject your body to all sorts of disciplines, but your
mind will never be rid of its corruption. You may wash
this transitory body with loads of water, but how can a
wall of mud be washed clean? O my mind, the Glorious
Praise of the Name of the Lord is the highest; O Nanak,
the Naam has saved so many of the worst sinners.

||3||

bahut siaanap jam kaa bhau biaapai || anik jatan kar
tirasanaa dhraapai || bhekh anek agan nahee bujhai
|| koT upaav dharageh nahee sijhai || chhooTas
naahee uobh piaal || moh biaapeh maiaa jaal || avar
karatoot sagalee jam ddaanai || govi(n)dh bhajan bin
til nahee maanai || har kaa naam japat dhukh jai ||
naanak bolai sahaj subhai ||4||

Even with great cleverness, the fear of death clings to you. You try all sorts of things, but your thirst is still not satisfied. Wearing various religious robes, the fire is not extinguished. Even making millions of efforts, you shall not be accepted in the Court of the Lord. You cannot escape to the heavens, or to the nether regions, if you are entangled in emotional attachment and the net of Maya. All other efforts are punished by the Messenger of Death, which accepts nothing at all, except meditation on the Lord of the Universe.

Chanting the Name of the Lord, sorrow is dispelled. O

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

chaar padhaarath je ko maagai || saadh janaa kee
sevaa laagai || je ko aapunaa dhookh miTaavai || har
har naam ridhai sadh gaavai || je ko apunee sobhaa
lorai || saadhasa(n)g ieh haumai chhorai || je ko
janam maran te ddarai || saadh janaa kee saranee
parai || jis jan kau prabh dharas piaasaa || naanak taa
kai bal bal jaasaa ||5||

One who prays for the four cardinal blessings should
commit himself to the service of the Saints. If you wish
to erase your sorrows, sing the Name of the Lord, Har,

Har, within your heart. If you long for honor for
yourself, then renounce your ego in the Saadh Sangat,
the Company of the Holy. If you fear the cycle of birth
and death, then seek the Sanctuary of the Holy. Those
who thirst for the Blessed Vision of God's Darshan –

Nanak is a sacrifice, a sacrifice to them. ||5||

sagal purakh meh purakh pradhaan || saadhasa(n)g jaa
kaa miTai abhimaan || aapas kau jo jaanai neechaa ||
souoo ganeeaaai sabh te uoochaa || jaa kaa man hoi
sagal kee reena || har har naam tin ghaT ghaT
cheena || man apune te buraa miTaanaa || pekhai
sagal sirasaT saajanaa || sookh dhookh jan sam dhirasa
Tetaa || naanak paap pu(n)n nahee lepaa. ||6||

Among all persons, the supreme person is the one who
gives up his egotistical pride in the Company of the
Holy. One who sees himself as lowly, shall be
accounted as the highest of all. One whose mind is the
dust of all, recognizes the Name of the Lord, Har, Har,
in each and every heart. One who eradicates cruelty
from within his own mind, looks upon all the world as
his friend. One who looks upon pleasure and pain as
one and the same, O Nanak, is not affected by sin or
virtue. ||6||

niradhan kau dhan tero naau || nithaave kau naau
teraa thaau || nimaane kau prabh tero maan || sagal
ghaTaa kau dhevahu dhaan || karan karaavanahaar
suaamee || sagal ghaTaa ke a(n)tarajaamee || apanee
gat mit jaanahu aape || aapan sa(n)g aap prabh raate
|| tum(h)ree usatat tum te hoi || naanak avarna
jaanas koi ||7||

To the poor, Your Name is wealth. To the homeless,
Your Name is home. To the dishonored, You, O God,
are honor. To all, You are the Giver of gifts. O Creator
Lord, Cause of causes, O Lord and Master, Inner-
knower, Searcher of all hearts: You alone know Your
own condition and state. You Yourself, God, are
imbued with Yourself. You alone can
celebrate Your Praises. O Nanak, no one else knows.

||7||

sarab dharam meh sresaT dharam || har ko naam jap
niramal karam || sagal kiraa meh uootam kiriaa ||

saadhasa(n)g dhuramat mal hiriaa || sagal udham
meh udham bhalaa || har kaa naam japahu jeea
sadhaa || sagal baanee meh a(n)mirat baanee || har
ko jas sun rasan bakhaanee || sagal thaan te ou
uootam thaan || naanak jeh ghaT vasai har naam
||8||3||

Of all religions, the best religion is to chant the Name
of the Lord and maintain pure conduct. Of
all religious rituals, the most sublime ritual is to erase
the filth of the dirty mind in the Company
of the Holy. Of all efforts, the best effort is to chant the
Name of the Lord in the heart, forever. Of all speech,
the most ambrosial speech is to hear the Lord's Praise
and chant it with the tongue. Of all places, the most
sublime place, O Nanak, is that heart in which the
Name of the Lord abides. ||8||3||

salok ||

Shalok:

niraguneeaar iaaniaa so prabh sadhaa samaal || jin
keaaa tis cheet rakh naanak nibahee naal ||1|| You
worthless, ignorant fool – dwell upon God forever.
Cherish in your consciousness the One who created
you; O Nanak, He alone shall go along with you. || 1 ||

asa Tapadhee ||

Ashtapadee:

ramieeaa ke gun chet paraanee || kavan mool te kavan
dhirasa Taanee || jin too(n) saaj savaar seegaariaa ||
garabh agan meh jineh ubaariaa || baar bivasathaa
tujheh piaarai dhoodh || bhar joban bhojan sukh
soodh || biradh bhiaa uopar saak sain || mukh
apiaau baiTh kau dhain || eih niragun gun kachhoo na
boojhai || bakhas leh tau naanak seejhai ||1||

Think of the Glory of the All-pervading Lord, O mortal;
what is your origin, and what is your appearance? He
who fashioned, adorned and decorated you in the fire
of the womb, He preserved you. In your infancy, He

gave you milk to drink. In the flower of your youth, He gave you food, pleasure and understanding. As you grow old, family and friends are there to feed you as you rest. This worthless person has not appreciated in the least, all the good deeds done for him. If you bless him with forgiveness, O Nanak, only then will he be saved. ||1||

jeh prasaadh dhar uopar sukh baseh || sut bhraat meet banitaa sa(n)g haseh || jeh prasaadh peeveh seetal jalaa || sukhadhaiee pavan paavak amulaa || jeh prasaadh bhogeh sabh rasaa || sagal samagree sa(n)g saath basaa || dheene hasat paav karan netr rasanaa || tiseh tiaag avar sa(n)g rachanaa || aaise dhokh mooR a(n)dh biaape || naanak kaadd leh prabh aape ||2||

By His Grace, you abide in comfort upon the earth. With your children, siblings, friends and spouse, you laugh. By His Grace, you drink in cool water. You have

peaceful breezes and priceless fire. By His Grace, you enjoy all sorts of pleasures. You are provided with all the necessities of life. He gave you hands, feet, ears, eyes and tongue, and yet, you forsake Him and attach yourself to others. Such sinful mistakes cling to the blind fools; Nanak: uplift and save them, God! ||2||

aadh a(n)t jo raakhanahaar || tis siau preet na karai gavaar || jaa kee sevaa nav nidh paavai || taa siau mooRaa man nahee laavai || jo Thaakur sadh sadhaa hajoore || taa kau a(n)dhaa jaanat dhoore || jaa kee Tahal paavai dharageh maan || tiseh bisaarai mugadh ajaan || sadhaa sadhaa ih bhoolanahaar || naanak raakhanahaar apaar ||3||

From beginning to end, He is our Protector, and yet, the ignorant do not give their love to Him. Serving Him, the nine treasures are obtained, and yet, the foolish do not link their minds with Him. Our Lord and Master is Ever-present, forever and ever, and yet, the spiritually blind believe that He

is far away. In His service, one obtains honor in the Court of the Lord, and yet, the ignorant fool forgets Him. Forever and ever, this person makes mistakes; O Nanak, the Infinite Lord is our Saving Grace.

ratan tiaag kauddee sa(n)g rachai || saach chhodd
jhooTh sa(n)g machai || jo chhaddanaa su asathir kar
maanai || jo hovan so dhoor paraanai || chhodd jai tis
kaa sram karai || sa(n)g sahaiee tis paraharai ||
cha(n)dhan lep utaarai dhoi || garadhab preet bhasam
sa(n)g hoi || a(n)dh koop meh patit bikaraal || naanak
kaadd leh prabh dhiaal ||4||

Forsaking the jewel, they are engrossed with a shell.
They renounce Truth and embrace falsehood. That which passes away, they believe to be permanent. That which is immanent, they believe to be far off. They struggle for what they must eventually leave. They turn away from the Lord, their Help and Support, who is always with them. They wash off the sandalwood

paste; like donkeys, they are in love with the mud.

They have fallen into the deep, dark pit. Nanak: lift them up and save them, O Merciful Lord God! ||4||

karatoot pasoo kee maanas jaat || lok pachaaraa karai

dhin raat || baahar bhekh a(n)tar mal maiaa ||

chhapas naeh kachh karai chhapaiaa || baahar giaan dhiaan isanaan || a(n)tar biaapai lobh suaan || a(n)tar

agan baahar tan suaeh || gal paathar kaise tarai athaeh || jaa kai a(n)tar basai prabh aap || naanak te jan sahaj samaat ||5||

They belong to the human species, but they act like animals. They curse others day and night. Outwardly,

they wear religious robes, but within is the filth of Maya. They cannot conceal this, no matter how hard

they try. Outwardly, they display knowledge, meditation and purification, but within clings the dog

of greed. The fire of desire rages within; outwardly

they apply ashes to their bodies. There is a stone

around their neck – how can they cross the unfathomable ocean? Those, within whom God Himself abides – O Nanak, those humble beings are intuitively absorbed in the Lord. ||5||

sun a(n)dhaa kaise maarag paavai || kar geh leh oR nibahaavai || kahaa bujhaarat boojhai ddoraa || nis kaheeaai tau samajhai bhuraa || kahaa bisanapadh gaavai gu(n)g || jatan karai tau bhee sur bha(n)g || keh pi(n)gul parabat par bhavan || nahee hot uoohaa us gavan || karataar karunaa mai dheen benatee karai || naanak tumaree kirapaa tarai ||6||

By listening, how can the blind find the path? Take hold of his hand, and then he can reach his destination. How can a riddle be understood by the deaf? Say ‘night’, and he thinks you said ‘day’. How can the mute sing the Songs of the Lord? He may try, but his voice will fail him. How can the cripple climb up the mountain? He simply cannot go there. O Creator, Lord of Mercy –

Your humble servant prays; Nanak: by Your Grace,
please save me. ||6||

sa(n)g sahaiee su aavai na cheet || jo bairaiiee taa siau
preet || balooaa ke gireh bheetar basai || anadh kel
maiaa ra(n)g rasai || dhiraR kar maanai maneh prateet
|| kaal na aavai moore cheet || bair birodh kaam
karodh moh || jhooTh bikaar mahaa lobh dhroh ||
eiaahoo jugat bihaane kiee janam || naanak raakh leh
aapan kar karam ||7||

The Lord, our Help and Support, is always with us, but the mortal does not remember Him. He shows love to his enemies. He lives in a castle of sand. He enjoys the games of pleasure and the tastes of Maya. He believes them to be permanent – this is the belief of his mind. Death does not even come to mind for the fool. Hate, conflict, sexual desire, anger, emotional attachment, falsehood, corruption, immense greed and deceit: So many lifetimes are wasted in these ways. Nanak: uplift

them, and redeem them, O Lord – show Your Mercy!

||7||

too Thaakur tum peh aradhaas || jeeau pi(n)dd sabh

teree raas || tum maat pitaa ham baarik tere ||

tumaree kirapaa meh sookh ghanere || koi na jaanai

tumaraa a(n)t || uooche te uoochaa bhagava(n)t ||

sagal samagree tumarai sootr dhaaree || tum te hoi su

aagiaakaaree || tumaree gat mit tum hee jaanee ||

naanak dhaas sadhaa kurabaanee ||8||4||

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

This body and soul are all Your property. You are our

mother and father; we are Your children. In Your

Grace, there are so many joys! No one knows

Your limits. O Highest of the High, Most Generous God,

the whole creation is strung on Your thread. That

which has come from You is under Your Command. You

alone know Your state and extent. Nanak, Your slave, is

forever a sacrifice. ||8||4||

salok ||

Shalok:

dhenahaar prabh chhodd kai laageh aan suaai ||
naanak kahoo na seejhiee bin naavai pat jai ||1||

One who renounces God the Giver, and attaches himself to other affairs – O Nanak, he shall never succeed. Without the Name, he shall lose his honor.

||1||



asa Tapadhee ||

Ashtapadee:

dhas basatoo le paachhai paavai || ek basat kaaran
bikhoT gavaavai || ek bhee na dheI dhas bhee hir lei ||

tau mooRaa kahu kaha karei || jis Thaakur siau
naahee chaaraa || taa kau keejai sadh namasakaaraa
|| jaa kai man laagaa prabh mee Thaa || sarab sookh
taahoo man vooThaa || is jan apanaa hukam manaiaa

|| sarab thok naanak tin paiaa ||1||

He obtains ten things, and puts them behind him; for the sake of one thing withheld, he forfeits his faith. But what if that one thing were not given, and the ten were taken away? Then, what could the fool say or do? Our Lord and Master cannot be moved by force. Unto Him, bow forever in adoration. That one, unto whose mind God seems sweet all pleasures come to abide in his mind. One who abides by the Lord's Will, O Nanak, obtains all things. ||1||

aganat saahu apanee dhe raas || khaat peet baratai
anadh ulaas || apunee amaan kachh bahur saahu lei ||
agiaanee man ros karei || apanee parateet aap hee
khovai || bahur us kaa bisavaiaas na hovai || jis kee
basat tis aagai raakhai || prabh kee aagiaa maanai
maathai || aus te chaugun karai nihaal || naanak
saahib sadhaa dhiaal ||2||

God the Banker gives endless capital to the mortal, who eats, drinks and expends it with pleasure and joy.

If some of this capital is later taken back by the Banker, the ignorant person shows his anger. He himself destroys his own credibility, and he shall not again be trusted. When one offers to the Lord, that which belongs to the Lord, and willingly abides by the Will of God's Order, the Lord will make him happy four times over. O Nanak, our Lord and Master is merciful forever. ||2||

anik bhaat maiaa ke het || sarapar hovat jaan anet ||
birakh kee chhaiaa siau ra(n)g laavai || oh binasai uh
man pachhutaavai || jo dheesai so chaalanahaar ||
lapaT rahio teh a(n)dh a(n)dhaar || baTaauroo siau jo
laavai neh || taa kau haath na aavai keh || man har ke
naam kee preet sukhadhaiee || kar kirapaa naanak aap
le laiee ||3||

The many forms of attachment to Maya shall surely pass away – know that they are transitory. People fall in love with the shade of the tree, and when it passes

away, they feel regret in their minds. Whatever is seen, shall pass away; and yet, the blindest of the blind cling to it. One who gives her love to a passing traveler nothing shall come into her hands in this way. O mind, the love of the Name of the Lord bestows peace. O Nanak, the Lord, in His Mercy, unites us with Himself.

||3||

mithiaa tan dhan kuTa(n)b sabaiaa || mithiaa haumai
mamataa maiaa || mithiaa raaj joban dhan maal ||
mithiaa kaam karodh bikaraal || mithiaa rath hasatee
asavai basatraa || mithiaa ra(n)g sa(n)g maiaa pekh
hasataa || mithiaa dhroh moh abhimaan || mithiaa
aapas uopar karat gumaan || asathir bhagat saadh
kee saran || naanak jap jap jeevai har ke charan ||4||

False are body, wealth, and all relations. False are ego, possessiveness and Maya. False are power, youth, wealth and property. False are sexual desire and wild anger. False are chariots, elephants, horses and

expensive clothes. False is the love of gathering wealth,
and reveling in the sight of it. False are deception,
emotional attachment and egotistical pride. False are
pride and self-conceit. Only devotional worship is
permanent, and the Sanctuary of the Holy. Nanak lives
by meditating, meditating on the Lotus Feet of the

Lord. || 4 ||

mithiaa sravan par ni(n)dhaa suneh || mithiaa hasat
par dharab kau hireh || mithiaa netr pekhat par tria
roopaadh || mithiaa rasanaa bhojan an savaiaadh ||
mithiaa charan par bikaar kau dhaaveh || mithiaa man
par lobh lubhaaveh || mithiaa tan nahee
paraupakaaraa || mithiaa baas let bikaaraa || bin
boojhe mithiaa sabh bhe || safal dheh naanak har har
naam le || 5 ||

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

False are the hands which steal the wealth of others.

False are the eyes which gaze upon the beauty of

another's wife. False is the tongue which enjoys delicacies and external tastes. False are the feet which run to do evil to others. False is the mind which covets the wealth of others. False is the body which does not do good to others. False is the nose which inhales corruption. Without understanding, everything is false. Fruitful is the body, O Nanak, which takes the Lord's

Name. ||5||

birathee saakat kee aarajaa || saach binaa keh hovat
soochaa || birathaa naam binaa tan a(n)dh || mukh
aavat taa kai dhuraga(n)dh || bin simaran dhin rain
birathaa bihai || megh binaa jiau khetee jai || gobidh
bhajan bin birathe sabh kaam || jiau kirapan ke
niraarath dhaam || dha(n)n dha(n)n te jan jeh ghaT
basio har naau || naanak taa kai bal bal jaau ||6||

The life of the faithless cynic is totally useless. Without the Truth, how can anyone be pure? Useless is the body of the spiritually blind, without the Name of the

Lord. From his mouth, a foul smell issues forth.

Without the remembrance of the Lord, day and night pass in vain, like the crop which withers without rain.

Without meditation on the Lord of the Universe, all works are in vain, like the wealth of a miser, which lies useless Blessed, blessed are those, whose hearts are filled with the Name of the Lord. Nanak is a sacrifice, a

sacrifice to them. ||6||

rahat avar kachh avar kamaavat || man nahee preet
mukhahu ga(n)dd laavat || jaananahaar prabhoo
parabeen || baahar bhekh na kaahoo bheen || avar
upadhesai aap na karai || aavat jaavat janamai marai
|| jis kai a(n)tar basai nira(n)kaar || tis kee seekh tarai
sa(n)saar || jo tum bhaane tin prabh jaataa || naanak

un jan charan paraataa ||7||

He says one thing, and does something else. There is no love in his heart, and yet with his mouth he talks tall. The Omniscient Lord God is the Knower of all. He is

not impressed by outward display. One who does not practice what he preaches to others, shall come and go in reincarnation, through birth and death. One whose inner being is filled with the Formless Lord by his teachings, the world is saved. Those who are pleasing to You, God, know You. Nanak falls at their feet. ||7||

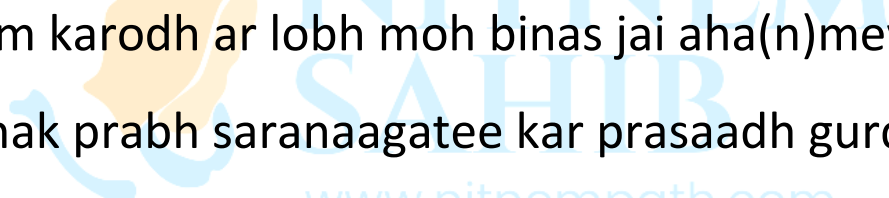
karau benatee paarabraham sabh jaanai || apanaa keeaa aapeh maanai || aapeh aap aap karat niberaa ||
kisai dhoor janaavat kisai bujhaavat neraa || aupaav siaanap sagal te rahat || sabh kachh jaanai aatam kee rahat || jis bhaavai tis le laR lai || thaan thana(n)tar rahiaa samai || so sevak jis kirapaa karee || nimakh nimakh jap naanak haree ||8||5||

Offer your prayers to the Supreme Lord God, who knows everything. He Himself values His own creatures. He Himself, by Himself, makes the decisions. To some, He appears far away, while others perceive Him near at hand. He is beyond all efforts and clever

tricks. He knows all the ways and means of the soul.
Those with whom He is pleased are attached to the
hem of His robe. He is pervading all places and
interspaces. Those upon whom He bestows His favor,
become His servants. Each and every moment, O
Nanak, meditate on the Lord. ||8||5||

salok ||

Shalok:



kaam karodh ar lobh moh binas jai aha(n)mev ||
naanak prabh saranaagatee kar prasaadh gurdhev
||1|| Sexual desire, anger, greed and emotional
attachment – may these be gone, and egotism as well.

Nanak seeks the Sanctuary of God; please bless me
with Your Grace, O Divine Guru. ||1||

asa Tapadhee ||

Ashtapadee:

jeh prasaadh chhateeh a(n)mirat khaeh || tis Thaakur
kau rakh man maeh || jeh prasaadh suga(n)dhat tan
laaveh || tis kau simarat param gat
paaveh || jeh prasaadh baseh sukh ma(n)dhar ||
tiseh dhiaai sadhaa man a(n)dhar || jeh prasaadh
gireh sa(n)g sukh basanaa || aaTh pahar simarahu tis
rasanaa || jeh prasaadh ra(n)g ras bhog || naanak
sadhaa dhiaaieeaaai dhiaavan jog. || 1 ||

By His Grace, you partake of the thirty-six delicacies;
enshrine that Lord and Master within
your mind. By His Grace, you apply scented oils to your
body; remembering Him, the supreme status is
obtained. By His Grace, you dwell in the palace of
peace; meditate forever on Him within your mind. By
His Grace, you abide with your family in peace; keep
His remembrance upon your tongue, twenty-four
hours a day. By His Grace, you enjoy

tastes and pleasures; O Nanak, meditate forever on the

One, who is worthy of meditation. ||1||

jeh prasaadh paaT paTa(n)bar haddaaveh || tiseh tiaag

kat avar lubhaaveh || jeh prasaadh sukh sej soieejai ||

man aaTh pahar taa kaa jas gaaveejai || jeh prasaadh

tujh sabh kouoo maanai || mukh taa ko jas rasan

bakhaanai || jeh prasaadh tero rahataa dharam ||

man sadhaa dhiaai keval paarabraham || prabh jee

japat dharageh maan paaveh || naanak pat setee ghar

jaaveh ||2||

By His Grace, you wear silks and satins; why abandon

Him, to attach yourself to another? By His Grace, you

sleep in a cozy bed; O my mind, sing His Praises,

twenty-four hours a day. By His Grace, you are

honored by everyone; with your mouth and with your

tongue, chant His Praises. By His Grace, you remain in

the Dharma; O mind, meditate continually on the

Supreme Lord God. Meditating on God, you shall be

honored in His Court; O Nanak, you shall return to your
true home with honor. ||2||

jeh prasaadh aarog ka(n)chan dhehee || liv laavahu tis
raam sanehee || jeh prasaadh teraa olaa rahat || man
sukh paaveh har har jas kahat || jeh prasaadh tere
sagal chhidhr ddaake || man saranee par Thaakur
prabh taa kai || jeh prasaadh tujh ko na pahoochai ||
man saas saas simarahu prabh uooche || jeh prasaadh
paiee dhrulabh dheh || naanak taa kee bhagat kareh

||3||

By His Grace, you have a healthy, golden body; attune
yourself to that Loving Lord. By His Grace, your honor
is preserved; O mind, chant the Praises of the Lord,
Har, Har, and find peace. By his Grace, all your deficits
are covered; O mind, seek the Sanctuary of God, our
Lord and Master. By His Grace, no one can rival you; O
mind, with each and every breath, remember God on

High. By His Grace, you obtained this precious human
body; O Nanak, worship Him with devotion. ||3||

jeh prasaadh aabhookhan pahireejai || man tis simarat
kiaua alas keejai || jeh prasaadh asavai hasat
asavaaree || man tis prabh kau kabahoo na bisaaree
|| jeh prasaadh baag milakh dhanaa || raakh paroi
prabh apune manaa || jin teree man banat banaiee ||
uoo That baiThat sadh tiseh dhiaaiee || tiseh dhiaai jo
ek alakhai || e'eehaa uoohaa naanak teree rakhai
||4||

By His Grace, you wear decorations; O mind, why are
you so lazy? Why don't you remember Him in
meditation? By His Grace, you have horses and
elephants to ride; O mind, never forget that God. By
His Grace, you have land, gardens and wealth; keep
God enshrined in your heart. O mind, the One who
formed your form standing up and sitting down,
meditate always on Him. Meditate on Him – the One

Invisible Lord; here and hereafter, O Nanak, He shall
save you. ||4||

jeh prasaadh kareh pu(n)n bahu dhaan || man aaTh
pahar kar tis kaa dhiaan || jeh prasaadh too aachaar
biauhaaree || tis prabh kau saas saas chitaaree || jeh
prasaadh teraa su(n)dhara roop || so prabh simarahu
sadhaa anoop || jeh prasaadh teree neekee jaat || so
prabh simar sadhaa dhin raat || jeh prasaadh teree pat
rahai || gur prasaadh naanak jas
kahai ||5||

By His Grace, you give donations in abundance to
charities; O mind, meditate on Him, twenty-four hours
a day. By His Grace, you perform religious rituals and
worldly duties; think of God with each and every
breath. By His Grace, your form is so beautiful;
constantly remember God, the Incomparably Beautiful
One. By His Grace, you have such high social status;
remember God always, day and night. By His Grace,

your honor is preserved; by Guru's Grace, O Nanak,
chant His Praises. ||5||

jeh prasaadh suneh karan naadh || jeh prasaadh
pekheh bisamaadh || jeh prasaadh boleh a(n)mirat
rasanaa || jeh prasaadh sukh sahaje basanaa || jeh
prasaadh hasat kar chaleh || jeh prasaadh sa(n)pooran
faleh || jeh prasaadh param gat paaveh || jeh
prasaadh sukh sahaj samaaveh || aaisaa prabh tiaag
avar kat laagahu || gur prasaadh naanak man jaagahu
||6||

By His Grace, you listen to the sound current of the
Naad. By His Grace, you behold amazing wonders. By
His Grace, you speak ambrosial words with your
tongue. By His Grace, you abide in peace and ease. By
His Grace, your hands move and work. By His Grace,
you are completely fulfilled. By His Grace, you obtain
the supreme status. By His Grace, you are absorbed
into celestial peace. Why forsake God, and attach

yourself to another? By Guru's Grace, O Nanak,
awaken your mind! ||6||

jeh prasaadh too(n) pragaT sa(n)saar || tis prabh kau
mool na manahu bisaar || jeh prasaadh teraa parataap
|| re man mooR too taa kau jaap || jeh prasaadh tere
kaaraj poore || tiseh jaan man sadhaa hajoore || jeh
prasaadh too(n) paaveh saach || re man mere too(n)
taa siau raach || jeh prasaadh sabh kee gat hoi ||
naanak jaap japai jap soi ||7||

By His Grace, you are famous all over the world; never
forget God from your mind. By His Grace, you have
prestige; O foolish mind, meditate on Him! By His
Grace, your works are completed; O mind, know Him
to be close at hand. By His Grace, you find the Truth; O
my mind, merge yourself into Him. By His Grace,
everyone is saved; O Nanak, meditate, and chant His
Chant. ||7||

aap japaae japai so naau || aap gaavaae su har gun
gaau || prabh kirapaa te hoi pragaas || prabhoo chiaa
te kamal bigaas || prabh suprasa(n)n basai man soi ||
prabh chiaa te mat uootam hoi || sarab nidhaan prabh
teree miaa || aapahu kachhoo na kinahoo liaa || jit jit
laavahu tit lageh har naath || naanak in kai kachhoo na
haath ||8||6||

Those, whom He inspires to chant, chant His Name.
Those, whom He inspires to sing, sing the Glorious
Praises of the Lord. By God's Grace, enlightenment
comes. By God's Kind Mercy, the heart-lotus blossoms
forth. When God is totally pleased, He comes to dwell
in the mind. By God's Kind Mercy, the intellect is
exalted. All treasures, O Lord, come by Your Kind
Mercy. No one obtains anything by himself. As You
have delegated, so do we apply ourselves, O Lord and
Master. O Nanak, nothing is in our hands. ||8||6||

salok ||

Shalok:

agam agaadh paarabraham soi || jo jo kahai su
mukataa hoi || sun meetaa naanak binava(n)taa ||
saadh janaa kee acharaj kathaa ||1||

Unapproachable and Unfathomable is the Supreme
Lord God; whoever speaks of Him shall be liberated.
Listen, O friends, Nanak prays, to the wonderful story
of the Holy. ||1||

asa Tapadhee ||

Ashtapadee:

saadh kai sa(n)g mukh uoojal hot || saadhasa(n)g mal
sagalee khot || saadh kai sa(n)g miTai abhimaan ||
saadh kai sa(n)g praga Tai sugiaan || saadh kai sa(n)g
bujhai prabh neraa || saadhasa(n)g sabh hot niberaa
|| saadh kai sa(n)g paae naam ratan || saadh kai
sa(n)g ek uopar jatan || saadh kee mahimaa baranai

kaun praanee || naanak saadh kee sobhaa prabh maeh

samaanee ||1||

In the Company of the Holy, one's face becomes radiant. In the Company of the Holy, all filth is removed. In the Company of the Holy, egotism is eliminated. In the Company of the Holy, spiritual wisdom is revealed. In the Company of the Holy, God is understood to be near at hand. In the Company of the Holy, all conflicts are settled. In the Company of the Holy, one obtains the jewel of the Naam. In the Company of the Holy, one's efforts are directed toward the One Lord. What mortal can speak of the Glorious Praises of the Holy? O Nanak, the glory of the Holy people merges into God. ||1||

saadh kai sa(n)g agochar milai || saadh kai sa(n)g
sadhaa parafulai || saadh kai sa(n)g aaveh bas
pa(n)chaa || saadhasa(n)g a(n)mirat ras bhu(n)chaa ||
saadhasa(n)g hoi sabh kee ren || saadh kai sa(n)g

manohar bain || saadh kai sa(n)g na katahoo(n)
dhaavai || saadhasa(n)g asathit man paavai || saadh
kai sa(n)g maiaa te bhi(n)n || saadhasa(n)g naanak
prabh suprasa(n)n || 2 ||

In the Company of the Holy, one meets the
Incomprehensible Lord. In the Company of the Holy,
one flourishes forever. In the Company of the Holy, the
five passions are brought to rest. In the Company of
the Holy, one enjoys the essence of ambrosia. In the
Company of the Holy, one becomes the dust of all. In
the Company of the Holy, one's speech is enticing. In
the Company of the Holy, the mind does not wander.
In the Company of the Holy, the mind becomes stable.
In the Company of the Holy, one is rid of Maya. In the
Company of the Holy, O Nanak, God is totally pleased.

|| 2 ||

saadhasa(n)g dhusaman sabh meet || saadhoo kai
sa(n)g mahaa puneet || saadhasa(n)g kis siau nahee

bair || saadh kai sa(n)g na beegaa pair || saadh kai
sa(n)g naahee ko ma(n)dhaa || saadhasa(n)g jaane
paramaana(n)dhaa || saadh kai sa(n)g naahee hau
taap || saadh kai sa(n)g tajai sabh aap || aape jaanai
saadh baddaiee || naanak saadh prabhoo ban aaiee

||3||

In the Company of the Holy, all one's enemies become
friends. In the Company of the Holy, there is great
purity. In the Company of the Holy, no one is hated. In
the Company of the Holy, one's feet do not wander. In
the Company of the Holy, no one seems evil. In the
Company of the Holy, supreme bliss is known. In the
Company of the Holy, the fever of ego departs. In the
Company of the Holy, one renounces all selfishness. He
Himself knows the greatness of the Holy. O Nanak, the

Holy are at one with God. ||3||

saadh kai sa(n)g na kabahoo dhaavai || saadh kai
sa(n)g sadhaa sukh paavai || saadhasa(n)g basat

agochar lahai || saadhoo kai sa(n)g ajar sahai || saadh
kai sa(n)g basai than uochai || saadhoo kai sa(n)g
mahal pahoochai || saadh kai sa(n)g dhiraRai sabh
dharam || saadh kai sa(n)g keval paarabraham ||
saadh kai sa(n)g paae naam nidhaan || naanak
saadhoo kai kurabaan ||4||

In the Company of the Holy, the mind never wanders.
In the Company of the Holy, one obtains everlasting
peace. In the Company of the Holy, one grasps the
Incomprehensible. In the Company of the Holy, one
can endure the unendurable. In the Company of the
Holy, one abides in the loftiest place. In the Company
of the Holy, one attains the Mansion of the Lord's
Presence. In the Company of the Holy, one's Dharmic
faith is firmly established. In the Company of the Holy,
one dwells with the Supreme Lord God. In the
Company of the Holy, one obtains the treasure of the
Naam. O Nanak, I am a sacrifice to the Holy. ||4||

saadh kai sa(n)g sabh kul udhaarai || saadhasa(n)g
saajan meet kuTa(n)b nisataarai || saadhoo kai sa(n)g
so dhan paavai || jis dhan te sabh ko varasaavai ||
saadhasa(n)g dharam rai kare sevaa || saadh kai sa(n)g
sobhaa suradhevaa || saadhoo kai sa(n)g paap palain
|| saadhasa(n)g a(n)mirat gun gain || saadh kai sa(n)g
srab than ga(n)m || naanak saadh kai sa(n)g safal
jana(n)m ||5||

In the Company of the Holy, all one's family is saved. In the company of the Holy, one's friends, acquaintances and relatives are redeemed. In the Company of the Holy, that wealth is obtained. Everyone benefits from that wealth. In the Company of the Holy, the Lord of Dharma serves. In the Company of the Holy, the divine, angelic beings sing God's Praises. In the Company of the Holy, one's sins fly away. In the Company of the Holy, one sings the Ambrosial Glories. In the Company

of the Holy, all places are within reach. O Nanak, in the

Company of the Holy, one's life becomes fruitful.

saadh kai sa(n)g nahee kachh ghaal || dharasan bhe

Tat hot nihaal || saadh kai sa(n)g kalookhat harai ||

saadh kai sa(n)g narak paraharai || saadh kai sa(n)g

ieehaa uoohaa suhelaa || saadhasa(n)g bichhurat har

melaa || jo ichhai soiee fal paavai || saadh kai sa(n)g

na birathaa jaavai || arabraham saadh ridh basai ||

naanak udharai saadh sun rasai ||6||

In the Company of the Holy, there is no suffering. The Blessed Vision of their Darshan brings a sublime, happy

peace. In the Company of the Holy,

blemishes are removed. In the Company of the Holy,

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

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

the separated ones are reunited with the Lord. The

fruits of one's desires are obtained. In the Company of

the Holy, no one goes empty-handed. The Supreme

Lord God dwells in the hearts of the Holy. O Nanak,
listening to the sweet words of the Holy, one is saved.

||6||

saadh kai sa(n)g sunau har naau || saadhasa(n)g
har ke gun gaau || saadh kai sa(n)g na man te bisarai
|| saadhasa(n)g sarapar nisatarai || saadh
kai sa(n)g lagai prabh mee Thaa || saadhoo kai sa(n)g
ghaT ghaT ddee Thaa || saadhasa(n)g
bhe aagiaakaaree || saadhasa(n)g gat bhiee hamaaree
|| saadh kai sa(n)g miTe sabh rog || naanak saadh
bheTe sa(n)jog ||7||

In the Company of the Holy, listen to the Name of the
Lord. In the Company of the Holy, sing the Glorious
Praises of the Lord. In the Company of the Holy, do not
forget Him from your mind. In the Company of the
Holy, you shall surely be saved. In the Company of the
Holy, God seems very sweet. In the Company of the
Holy, He is seen in each and every heart. In the

Company of the Holy, we become obedient to the Lord. In the Company of the Holy, we obtain the state of salvation. In the Company of the Holy, all diseases are cured. O Nanak, one meets with the Holy, by highest destiny. ||7||

saadh kee mahimaa bedh na jaaneh || jetaa suneh
tetaa bakhiaaneh || saadh kee upamaa tih gun te
dhoor || saadh kee upamaa rahee bharapoor || saadh
kee sobhaa kaa naahee a(n)t || saadh kee
sobhaa sadhaa bea(n)t || saadh kee sobhaa uooch
te uoochee || saadh kee sobhaa mooch te moochee ||
saadh kee sobhaa saadh ban aaiee || naanak saadh
prabh bhedh na bhaiee ||8||7||

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

They can describe only what they have heard. The greatness of the Holy people is beyond the three qualities. The greatness of the Holy people is all-pervading. The glory of the Holy people has no limit.

The glory of the Holy people is infinite and eternal. The
glory of the Holy people is the highest of the high. The
glory of the Holy people is the greatest of the great.
The glory of the Holy people is theirs alone; O Nanak,
there is no difference between the Holy people and

God. ||8||7||

salok ||

Shalok:

man saachaa mukh saachaa soi || avar na pekhai ekas
bin koi || naanak ieh lachhan braham giaanee hoi

||1||

The True One is on his mind, and the True One is upon
his lips. He sees only the One. O Nanak, these are the
qualities of the God-conscious being. ||1||

asa Tapadhee ||

Ashtapadee:

braham giaanee sadhaa niralep || jaise jal meh kamal
alep || braham giaanee sadhaa niradhokh || jaise soor
sarab kau sokh || braham giaanee kai dhirasaT samaan
|| jaise raaj ra(n)k kau laagai tul pavaan || braham
giaanee kai dheeraj ek || jiau basudhaa kouoo khodhai
kouoo cha(n)dhan lep || braham giaanee kaa ihai
gunaau || naanak jiau paavak kaa sahaj subhaau ||1||

The God-conscious being is always unattached, as the
lotus in the water remains detached. The God-
conscious being is always unstained, like the sun, which
gives its comfort and warmth to all. The God-conscious
being looks upon all alike, like the wind, which blows
equally upon the king and the poor beggar. The God-
conscious being has a steady patience, like the earth,
which is dug up by one, and anointed with sandal paste
by another. This is the quality of the God-conscious
being: O Nanak, his inherent nature is like a warming
fire. ||1||

braham giaanee niramal te niramalaa || jaise mail na
laagai jalaa || braham giaanee kai man hoi pragaas ||
jaise dhar uopar aakaas || braham giaanee kai mitr
satr samaan || braham giaanee kai naahee abhimaan
|| braham giaanee uooch te uoochaa || man apanai
hai sabh te neechaa || braham giaanee se jan bhe ||
naanak jin prabh aap karei ||2||

The God-conscious being is the purest of the pure; filth
does not stick to water. The God-conscious being's
mind is enlightened, like the sky above the earth. To
the God-conscious being, friend and foe are the same.
The God-conscious being has no egotistical pride. The
God-conscious being is the highest of the high. Within
his own mind, he is the most humble of all. They alone
become God-conscious beings, O Nanak, whom God
Himself makes so. ||2||

braham giaanee sagal kee reena || aatam ras braham
giaanee cheena || braham giaanee kee

sabh uopar miaa || braham giaanee te kachh buraa
na bhiaa || braham giaanee sadhaa samadharasee ||
braham giaanee kee dhirasaT a(n)mrit barasee ||
braham giaanee ba(n)dhan te mukataa || braham
giaanee kee niramal jugataa || braham giaanee kaa
bhojan giaan || naanak braham giaanee kaa braham
dhiaan ||3||

The God-conscious being is the dust of all. The God-conscious being knows the nature of the soul. The God-conscious being shows kindness to all. No evil comes from the God-conscious being. The God-conscious being is always impartial. Nectar rains down from the glance of the God-conscious being. The God-conscious being is free from entanglements. The lifestyle of the God-conscious being is spotlessly pure. Spiritual wisdom is the food of the God-conscious being. O Nanak, the God-conscious being is absorbed in God's meditation. ||3||

braham giaanee ek uopar aas || braham giaanee kaa
nahee binaas || braham giaanee kai gareebee
samaahaa || braham giaanee paraupakaar umaahaa ||
braham giaanee kai naahee dha(n)dhaa || braham
giaanee le dhaavat ba(n)dhaa || braham giaanee kai
hoi su bhalaas || braham giaanee sufal falaa || braham
giaanee sa(n)g sagal udhaar || naanak braham giaanee
japai sagal sa(n)saar ||4||

The God-conscious being centers his hopes on the One alone. The God-conscious being shall never perish. The God-conscious being is steeped in humility. The God-conscious being delights in doing good to others. The God-conscious being has no worldly entanglements. The God-conscious being holds his wandering mind under control. The God-conscious being acts in the common good. The God-conscious being blossoms in fruitfulness. In the Company of the God-conscious being, all are saved. O Nanak, through the God-

conscious being, the whole world meditates on God.

||4||

braham giaanee kai ekai ra(n)g || braham giaanee kai
basai prabh sa(n)g || braham giaanee kai naam
aadhaar || braham giaanee kai naam paravaar ||
braham giaanee sadhaa sadh jaagat || braham giaanee
aha(n)budh tiaagat || braham giaanee kai man
paramaana(n)dh || braham giaanee kai ghar sadhaa
ana(n)dh || braham giaanee sukh sahaj nivaas ||
naanak braham giaanee kaa nahee binaas ||5||

The God-conscious being loves the One Lord alone. The

God-conscious being dwells with God. The God-
conscious being takes the Naam as his Support. The
God-conscious being has the Naam as his Family. The
God-conscious being is awake and aware, forever and
ever. The God-conscious being renounces his proud
ego. In the mind of the God-conscious being, there is
supreme bliss. In the home of the God-conscious being,

there is everlasting bliss. The God-conscious being dwells in peaceful ease. O Nanak, the God-conscious being shall never perish. ||5||

braham giaanee braham kaa betaa || braham giaanee ek sa(n)g hetaa || braham giaanee kai hoi achi(n)t || braham giaanee kaa niramal ma(n)t || braham giaanee jis karai prabh aap || braham giaanee kaa badd parataap || braham giaanee kaa dharas baddabhaagee paieeaai || braham giaanee kau bal bal jaieeaai || braham giaanee kau khojeh mahesur || naanak braham giaanee aap paramesur ||6||

The God-conscious being knows God. The God-conscious being is in love with the One alone. The God-conscious being is carefree. Pure are the Teachings of the God-conscious being. The God-conscious being is made so by God Himself. The God-conscious being is gloriously great. The Darshan, the Blessed Vision of the God-conscious being, is obtained by great good

fortune. To the God-conscious being, I make my life a
sacrifice. The

God-conscious being is sought by the great god Shiva.

O Nanak, the God-conscious being is Himself the
Supreme Lord God. || 6 ||

braham giaanee kee keemat naeh || braham giaanee
kai sagal man maeh || braham giaanee kaa kaun jaanai
bhedh || braham giaanee kau sadhaa adhes || braham
giaanee kaa kathiaa na jai adhaakhayer || braham
giaanee sarab kaa Thaakur || braham kee mit kaun
bakhaanai || braham giaanee kee gat braham giaanee
jaanai || braham giaanee kaa a(n)t na paar || naanak
braham giaanee kau sadhaa namasakaar || 7 ||

The God-conscious being cannot be appraised. The
God-conscious being has all within his mind. Who can
know the mystery of the God-conscious being? Forever
bow to the God-conscious being. The God-conscious
being cannot be described in words. The God-

conscious being is the Lord and Master of all. Who can describe the limits of the God-conscious being? Only the God-conscious being can know the state of the God-conscious being. The God-conscious being has no end or limitation. O Nanak, to the God-conscious being, bow forever in reverence. ||7||

braham giaanee sabh sirasaT kaa karataa || braham giaanee sadh jeevai nahee marataa || braham giaanee mukat jugat jeea kaa dhaataa || braham giaanee pooran purakh bidhaataa || braham giaanee anaath kaa naath || braham giaanee kaa sabh uopar haath || braham giaanee kaa sagal akaar || braham giaanee aap nira(n)kaar || braham giaanee kee sobhaa braham giaanee banee || naanak braham giaanee sarab kaa dhanee ||8||8||

The God-conscious being is the Creator of all the world. The God-conscious being lives forever, and does not die. The God-conscious being is the Giver of the way of

liberation of the soul. The God-conscious being is the Perfect Supreme Being, who orchestrates all. The God-conscious being is the helper of the helpless. The God-conscious being extends his hand to all. The God-conscious being owns the entire creation. The God-conscious being is himself the Formless Lord. The glory of the God-conscious being belongs to the God-conscious being alone. O Nanak, the God-conscious

being is the Lord of all. ||8||8||

salok ||

Shalok:

aur dhaarai jo a(n)tar naam || sarab mai pekhai
bhagavaan || nimakh nimakh Thaakur namasakaarai ||
naanak oh aparas sagal nisataarai ||1||

One who enshrines the Naam within the heart, who sees the Lord God in all, who, each and every moment, bows in reverence to the Lord Master – O Nanak, such

a one is the true 'touch-nothing Saint', who
emancipates everyone. ||1||

asa Tapadhee ||

Ashtapadee:

mithiaa naahee rasanaa paras || man meh preet
nira(n)jan dharas || par tria roop na pekhai netr ||
saadh kee Tahal sa(n)tasa(n)g het || karan na sunai
kaahoo kee ni(n)dhaa || sabh te jaanai aapas kau
ma(n)dhaa || gur prasaadh bikhiaa paraharai || man
kee baasanaa man te Tarai || ei(n)dhree jit pa(n)ch okh
te rahat || naanak KOT madhe ko aaisaa aparas ||1||

One whose tongue does not touch falsehood; whose
mind is filled with love for the Blessed Vision of the
Pure Lord, whose eyes do not gaze upon the beauty of
others' wives, who serves the Holy and loves the
Saints' Congregation, whose ears do not listen to
slander against anyone, who deems himself to be the
worst of all, who, by Guru's Grace, renounces

corruption, who banishes the mind's evil desires from his mind, who conquers his sexual instincts and is free of the five sinful passions – O Nanak, among millions, there is scarcely one such 'touch-nothing Saint'. || 1 ||

baisano so jis uopar suprasa(n)n || bisan kee maiaa te
hoi bhi(n)n || karam karat hovai nihakaram || tis
baisano kaa niramal dharam || kaahoo fal kee ichhaa
nahee baachhai || keval bhagat keeratan sa(n)g
raachai || man tan a(n)tar simaran gopaal || sabh
uopar hovat kirapaal || aap dhiraRai avareh naam
japaavai || naanak oh baisano param gat paavai || 2 ||

The true Vaishnaav, the devotee of Vishnu, is the one with whom God is thoroughly pleased. He dwells apart from Maya. Performing good deeds, he does not seek rewards. Spotlessly pure is the religion of such a Vaishnaav; he has no desire for the fruits of his labors. He is absorbed in devotional worship and the singing of Kirtan, the songs of the Lord's Glory. Within his mind

and body, he meditates in remembrance on the Lord of the Universe. He is kind to all creatures. He holds fast to the Naam, and inspires others to chant it. O Nanak, such a Vaishnaav obtains the supreme status. ||2||

bhagautee bhagava(n)t bhagat kaa ra(n)g || sagal
tiaagai dhusaT kaa sa(n)g || man te binasai sagalaa
bharam || kar poojai sagal paarabraham

||saadhasa(n)g paapaa mal khovai || tis bhagautee
kee mat uotam hovai. || bhagava(n)t kee Tahal
karai nit neet || man tan arapai bisan pareet ||
har ke charan hiradhai basaavai || naanak aaisaa

bhagautee bhagava(n)t kau paavai ||3||

The true Bhagautee, the devotee of Adi Shakti, loves the devotional worship of God. He forsakes the company of all wicked people. All doubts are removed from his mind. He performs devotional service to the Supreme Lord God in all. In the Company of the Holy, the filth of sin is washed away. The wisdom of such a

Bhagaatee becomes supreme. He constantly performs

the service

of the Supreme Lord God. He dedicates his mind and
body to the Love of God. The Lotus Feet of the Lord
abide in his heart. O Nanak, such a Bhagaatee attains

the Lord God. ||3||

so pa(n)ddit jo man parabodhai || raam naam aatam

meh sodhai || raam naam saar ras peevai || aus

pa(n)ddit kai upadhes jag jeevai || har kee kathaa

hiradhahi basaavai || so pa(n)ddit fir jon na aavai ||

bedh puraan simirat boojhai mool || sookham meh
jaanai asathool || chahu varanaa kau dhe upadhes ||

naanak us pa(n)ddit kau sadhaa adhes ||4||

He is a true Pandit, a religious scholar, who instructs
his own mind. He searches for the Lord's Name within
his own soul. He drinks in the Exquisite Nectar of the
Lord's Name. By that Pandit's teachings, the world
lives. He implants the Sermon of the Lord in his heart.

Such a Pandit is not cast into the womb of
reincarnation again. He
understands the fundamental essence of the Vedas,
the Puraanas and the Simritees. In the unmanifest, he
sees the manifest world to exist. He
gives instruction to people of all castes and social
classes. O Nanak, to such a Pandit, I bow in
salutation forever. ||4||

beej ma(n)tr sarab ko giaan || chahu varanaa meh
japai kouoo naam || jo jo japai tis kee gat hoi ||
saadhasa(n)g paavai jan koi || kar kirapaa a(n)tar ur
dhaarai || pas pret mughadh paathar kau taarai ||
sarab rog kaa aukhadh naam || kaliaan roop ma(n)gal
gun gaam || kaahoo jugat kitai na paieeai dharam ||
naanak tis milai jis likhiaa dhur karam ||5||

The Beej Mantra, the Seed Mantra, is spiritual wisdom
for everyone. Anyone, from any class, may chant the
Naam. Whoever chants it, is emancipated. And yet,

rare are those who attain it, in the Company of the Holy. By His Grace, He enshrines it within. Even beasts, ghosts and the stone-hearted are saved. The Naam is the panacea, the remedy to cure all ills. Singing the Glory of God is the embodiment of bliss and emancipation. It cannot be obtained by any religious rituals. O Nanak, he alone obtains it, whose karma is so pre-ordained. ||5||

jis kai man paarabraham kaa nivaas || tis kaa naam sat
raamadhaas || aatam raam tis nadharee aaiaa ||
dhaas dhasa(n)tan bhai tin paiaa || sadhaa nikaT nikaT
har jaan || so dhaas dharageh paravaan || apune
dhaas kau aap kirapaa karai || tis dhaas kau sabh
sojhee parai || sagal sa(n)g aatam udhaas || aaisee
jugat naanak raamadhaas ||6||

One whose mind is a home for the Supreme Lord God his name is truly Ram Das, the Lord's servant. He comes to have the Vision of the Lord, the Supreme

Soul. Deeming himself to be the slave of the Lord's slaves, he obtains it. He knows the Lord to be Ever-present, close at hand. Such a servant is honored in the Court of the Lord. To His servant, He Himself shows His Mercy. Such a servant understands everything. Amidst all, his soul is unattached. Such is the way, O Nanak, of the Lord's servant. ||6||

prabh kee aagiaa aatam hitaavai || jeevan mukat
souoo kahaavai || taisaa harakh taisaa us sog ||
sadhaa ana(n)dh teh nahee biog || taisaa suvaran
taisee us maaTee || taisaa a(n)mrit taisee bikh
khaaTee || taisaa maan taisaa abhimaan || taisaa
ra(n)k taisaa raajaan || jo varataae saiee jugat ||
naanak oh purakh kaheeaai jeevan mukat ||7||

One who, in his soul, loves the Will of God, is said to be Jivan Mukta – liberated while yet alive. As is joy, so is sorrow to him. He is in eternal bliss, and is not separated from God. As is gold, so is dust to him. As is

ambrosial nectar, so is bitter poison to him. As is honor, so is dishonor. As is the beggar, so is the king. Whatever God ordains, that is his way. O Nanak, that being is known as Jivan Mukta. ||7||

paarabraham ke sagale Thaaun || jit jit ghar raakhai
taisaa tin naau || aape karan karaavan jog || prabh
bhaavai soiee fun hog || pasario aap hoi anat tara(n)g
|| lakhe na jaeh paarabraham ke ra(n)g || jaisee mat
dhei taisaa paragaas || paarabraham karataa abinaas
|| sadhaa sadhaa sadhaa dhiaal || simar simar naanak
bhe nihaal ||8||19||

All places belong to the Supreme Lord God. According to the homes in which they are placed, so are His creatures named. He Himself is the Doer, the Cause of causes. Whatever pleases God, ultimately comes to pass. He Himself is All-pervading, in endless waves. The playful sport of the Supreme Lord God cannot be known. As the understanding is given, so is

one enlightened. The

Supreme Lord God, the Creator, is eternal and everlasting. Forever, forever and ever, He is merciful. Remembering Him, remembering Him in meditation, O Nanak, one is blessed with ecstasy. ||8|19||

salok ||

Shalok:

ausatat kareh anek jan a(n)t na paaraavaar || naanak
rachanaa prabh rachee bahu bidh anik prakaar ||1||

Many people praise the Lord. He has no end or limitation. O Nanak, God created the creation, with its many ways and various species. ||1||

asa Tapadhee ||

Ashtapadee:

kree koT hoe poojaaree || kree koT aachaar biauhaaree
|| kree kot bhe teerath vaasee || kree koT ban
bhrameh udhaasee || kree koT bedh ke srote || kree

koT tapeesur hote || kiee koT aatam dhiaan dhaareh
|| kiee koT kab kaab beechaareh || kiee koT navatan
naam dhiaaveh || naanak karate kaa a(n)t na paaveh

||1||

Many millions are His devotees. Many millions perform
religious rituals and worldly duties. Many millions
become dwellers at sacred shrines of pilgrimage. Many
millions wander as renunciates in the wilderness. Many
millions listen to the Vedas. Many millions become
austere penitents. Many millions enshrine meditation
within their souls. Many millions of poets contemplate
Him through poetry. Many millions meditate on His
eternally new Naam. O Nanak, none can find the limits
of the Creator. ||1||

kiee koT bhe abhimaanee || kiee koT a(n)dh agiaanee
|| kiee koT kirapan ka Thor || kiee koT abhig aatam
nikor || kiee koT par dharab kau hireh || kiee koT par
dhookhanaa kareh || kiee koT maiaa sram maeh ||

kiee koT paradhes bhramaeh || jit jit laavahu tit tit
laganaa || naanak karate kee jaanai karataa rachanaa

||2||

Many millions become self-centered. Many millions are
blinded by ignorance. Many millions are stone-hearted
misers. Many millions are heartless, with dry, withered
souls. Many millions steal the wealth of others. Many

millions slander others. Many millions struggle in

Maya. Many millions wander in foreign lands.

Whatever God attaches them to – with that they are
engaged. O Nanak, the Creator alone knows the

workings of His creation. ||2||

kiee koT sidh jatee jogee || kiee koT raaje ras bhogee
|| kiee koT pa(n)khee sarap upaae || kiee koT paathar
birakh nipajaae || kiee koT pavan paanee baisa(n)tar
|| kiee koT dhes bhoo ma(n)ddal || kiee koT saseear
soor nakhayetr || kiee koT dhev dhaanav i(n)dhr sir
chhatr || sagal samagree apanai soot dhaarai ||

naanak jis jis bhaavai tis tis nisataarai ||3||

Many millions are Siddhas, celibates and Yogis. Many millions are kings, enjoying worldly pleasures. Many millions of birds and snakes have been created. Many millions of stones and trees have been produced. Many millions are the winds, waters and fires. Many millions are the countries and realms of the world. Many millions are the moons, suns and stars. Many millions are the demi-gods, demons and Indras, under their regal canopies. He has strung the entire creation upon His thread. O Nanak, He emancipates those with whom He is pleased. ||3||

kiee koT raajas taamas saatak || kiee koT bedh puraan
simirat ar saasat || kiee koT ke'ee ratan samudh ||
kiee koT naanaa prakaar ja(n)t || kiee koT ke'ee chir
jeeve || kiee koT giree mer suvaran theeve || kiee koT
jakhaye ki(n)nar pisaach || kiee koT bhoot pret sookar
miragaach || sabh te nerai sabhahoo te dhoor ||

naanak aap alipat rahiaa bharapoor ||4||

Many millions abide in heated activity, slothful
darkness and peaceful light. Many millions are the
Vedas, Puraanas, Simritees and Shaastras. Many
millions are the pearls of the oceans. Many millions are
the beings of so many descriptions. Many millions are
made long-lived. Many millions of hills and mountains
have been made of gold. 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. Many millions are the evil nature-
spirits, ghosts, pigs and tigers. He is near to all, and yet
far from all; O Nanak, He Himself remains distinct,
while yet pervading all. ||4||

kiee koT paataal ke vaasee || kiee koT narak surag
nivaasee || kiee koT janameh jeeveh mareh || kiee
koT bahu jonee fireh || kiee koT baiThat hee khaeh ||
kiee koT ghaaleh thak paeh || kiee koT ke'ee

dhanava(n)t || kiee koT maiaa meh chi(n)t || jeh jeh
bhaanaa teh teh raakhe || naanak sabh kichh prabh kai
haathe ||5||

Many millions inhabit the nether regions. Many
millions dwell in heaven and hell. Many millions are
born, live and die. Many millions are reincarnated, over
and over again. Many millions eat while sitting at ease.

Many millions are exhausted by their labors. Many
millions are created wealthy. Many millions are
anxiously involved in Maya. Wherever He wills, there
He keeps us. O Nanak, everything is in the Hands of
God. ||5||

kiee kot bhe bairaagee || raam naam sa(n)g tin liv
laagee || kiee koT rabh kau khoja(n)te || aatam meh
paarabraham laha(n)te || kiee koT dharasan prabh
piaas || tin kau milio prabh abinaas || kiee koT
maageh satasa(n)g || paarabraham tin laagaa ra(n)g ||
jin kau hoe aap suprasa(n)n || naanak te jan sadhaa

dhan dha(n)n. ||6||

Many millions become Bairaagees, who renounce the world. They have attached themselves to the Lord's Name. Many millions are searching for God. Within their souls, they find the Supreme Lord God. Many millions thirst for the Blessing of God's Darshan. They meet with God, the Eternal. Many millions pray for the Society of the Saints. They are imbued with the Love of the Supreme Lord God. Those with whom He Himself is pleased, O Nanak, are blessed, forever blessed. ||6||

kiee koT khaanee ar kha(n)dd || kiee koT akaas
brahama(n)dd || kiee koT hoe avataar || kiee jugat
keeno bisathaar || kiee baar pasario paasaar || sadhaa
sadhaa ik eka(n)kaar || kiee koT keene bahu bhaat ||
prabh te hoe prabh maeh samaat || taa kaa a(n)t na
jaanai koi || aape aap naanak prabh soi ||7||

Many millions are the fields of creation and the galaxies. Many millions are the etheric skies and the

solar systems. Many millions are the divine incarnations. In so many ways, He has unfolded Himself. So many times, He has expanded His expansion. Forever and ever, He is the One, the One Universal Creator. Many millions are created in various forms. From God they emanate, and into God they merge once again. His limits are not known to anyone. Of Himself, and by Himself, O Nanak, God exists. || 7 ||

kiee koT paarabraham ke dhaas || tin hovat aatam paragaas || kiee koT tat ke bete || sadhaa nihaareh eko netre || kiee koT naam ras peeveh || amar bhe sadh sadh hee jeeveh || kiee koT naam gun gaaveh || aatam ras sukh sahaj samaaveh || apune jan kau saas saas samaare || naanak oi paramesur ke piaare || 8 ||


10 ||

Many millions are the servants of the Supreme Lord God. Their souls are enlightened. Many millions know the essence of reality. Their eyes gaze forever on the

One alone. Many millions drink in the essence of the Naam. They become immortal; they live forever and ever. Many millions sing the Glorious Praises of the Naam. They are absorbed in intuitive peace and pleasure. He remembers His servants with each and every breath. O Nanak, they are the beloveds of the Transcendent Lord God. ||8||10||

salok II

Shalok:



karan kaaran prabh ek hai dhoosar naahee koi ||
naanak tis balihaaranai jal thal maheeral soi ||1|| God
alone is the Doer of deeds – there is no other at all. O
Nanak, I am a sacrifice to the One, who pervades the
waters, the lands, the sky and all space. ||1||

asa Tapadhee ||

Ashtapadee:

karan karaavan karanai jog || jo tis bhaavai soiee hog
|| khin meh thaap uthaapanahaaraa || a(n)t nahee
kichh paaraavaaraa || hukame dhaar adhar rahaavai ||
hukame upajai hukam samaavai || hukame uooch
neech biauhaar || hukame anik ra(n)g parakaar || kar
kar dhekhai apanee vaddiaaiee || naanak sabh meh
rahiaa samaiee ||1||

The Doer, the Cause of causes, is potent to do anything. That which pleases Him, comes to pass. In an instant, He creates and destroys. He has no end or limitation. By His Order, He established the earth, and He maintains it unsupported. By His Order, the world was created; by His Order, it shall merge again into Him. By His Order, one's occupation is high or low. By His Order, there are so many colors and forms. Having created the Creation, He beholds His own greatness. O Nanak, He is pervading in all. ||1||

prabh bhaavai maanukh gat paavai || prabh bhaavai
taa paathar taraavai || prabh bhaavai bin saas te
raakhai || prabh bhaavai taa har gun bhaakhai ||
prabh bhaavai taa patit udhaarai || aap karai aapan
beecharai || dhuhaa siriaa kaa aap suaamee || khelai
bigasai a(n)tarajaamee || jo bhaavai so kaar karaavai
|| naanak dhirasa Tee avar na aavai || 2 ||

If it pleases God, one attains salvation. If it pleases
God, then even stones can swim. If it pleases God, the
body is preserved, even without the breath of life. If it
pleases God, then one chants the Lord's Glorious
Praises. If it pleases God, then even sinners are saved.

He Himself acts, and He Himself contemplates. He
Himself is the Master of both worlds. He plays and He
enjoys; He is the Inner-knower, the Searcher of hearts.
As He wills, He causes actions to be done. Nanak sees
no other than Him. || 2 ||

kahu maanukh te kiasa hoi aavai || jo tis bhaavai soiee
karaavai || eis kai haath hoi taa sabh kichh lei || jo tis
bhaavai soiee karei || anajaanat bikhiaa meh rachai ||
je jaanat aapan aap bachai || bharama bhooolaa dheh
dhis dhaavai || nimakh maeh char ku(n)T fir aavai ||
kar kirapaa jis apanee bhagat dheh || naanak te jan
naam milei ||3||

Tell me what can a mere mortal do? Whatever pleases
God is what He causes us to do. If it were in our hands,
we would grab up everything. Whatever – pleases God
that is what He does. Through ignorance, people are
engrossed in corruption. If they knew better, they
would save themselves. Deluded by doubt, they
wander around in the ten directions. In an instant,
their minds go around the four corners of the world
and come back again. Those whom the Lord mercifully
blesses with His devotional worship – O Nanak, they
are absorbed into the Naam. ||3||

khin meh neech keeT kau raaj || paarabraham gareeb
nivaaj || jaa kaa dhirasaT kachhoo na aavai || tis
tatakaal dheh dhis praga Taavai Iljaa kau apunee karai
bakhasees || taa kaa lekhaa na ganai jagadhees ||
jeeau pi(n)dd sabh tis kee raas || ghaT ghaT pooran
braham pragaas || apanee banat aap banaiee ||
naanak jeevai dhekh baddaiee ||4||

In an instant, the lowly worm is transformed into a king. The Supreme Lord God is the Protector of the humble. Even one who has never been seen at all, becomes instantly famous in the ten directions. And that one upon whom He bestows His blessings the Lord of the world does not hold him to his account. Soul and body are all His property. Each and every heart is illuminated by the Perfect Lord God. He Himself fashioned His own handiwork. Nanak lives by beholding His greatness. ||4||

eis kaa bal naahee is haath || karan karaavan sarab ko
naath || aagiaakaaree bapuraa kabahoo uooch neech
meh basai || kabahoo sog harakh ra(n)g hasai ||
kabahoo ni(n)dh chi(n)dh biauhaar || kabahoo uobh
akaas piaal || kabahoo betaa braham beechaar ||
naanak aap milaavanahaar ||5||

There is no power in the hands of mortal beings; the
Doer, the Cause of causes is the Lord of all. The
helpless beings are subject to His Command. That
which pleases Him, ultimately comes to pass.
Sometimes, they abide in exaltation; sometimes, they
are depressed. Sometimes, they are sad, and
sometimes they laugh with joy and delight. Sometimes,
they are occupied with slander and anxiety.
Sometimes, they are high in the Akaashic Ethers,
sometimes in the nether regions of the underworld.
Sometimes, they know the contemplation of God. O
Nanak, God Himself unites them with Himself. ||5||

kabahoo nirat karai bahu bhaat || kabahoo soi rahai
dhin raat || kabahoo mahaa karodh bikaraal ||
kabahoo(n) sarab kee hot ravaal || kabahoo hoi bahai
badd raajaa || kabahu bhekhaaree neech kaa saajaa ||
kabahoo apakeerat meh aavai || kabahoo bhalaa
bhalaa kahaavai || jiau prabh raakhai tiv hee rahai ||
gur prasaadh naanak sach kahai ||6||

Sometimes, they dance in various ways. Sometimes,
they remain asleep day and night. Sometimes, they are
awesome, in terrible rage. Sometimes, they are the
dust of the feet of all. Sometimes, they sit as great
kings. Sometimes, they wear the coat of a lowly
beggar.. Sometimes, they come to have evil
reputations. Sometimes, they are known as very, very
good. As God keeps them, so they remain. By Guru's
Grace, O Nanak, the Truth is told. ||6||

kabahoo hoi pa(n)ddit kare bakhayeaan || kabahoo
monidhaaree laavai dhiaan || kabahoo taT teerath

isanaan || kabahoo sidh saadhik mukh giaan ||
kabahoo keeT hasat pata(n)g hoi jeeaa || anik jon
bharamai bharameeaa || naanaa roop jiau savaiaagee
dhikhaavai || jiau prabh bhaavai tivai nachaavai || jo
tis bhaavai soiee hoi || naanak dhoojaa avar na koi
||7||

Sometimes, as scholars, they deliver lectures.
Sometimes, they hold to silence in deep meditation.
Sometimes, they take cleansing baths at places of
pilgrimage. Sometimes, as Siddhas or seekers, they
impart spiritual wisdom. Sometimes, they becomes
worms, elephants, or moths. They may wander and
roam through countless incarnations. In various
costumes, like actors, they
appear. As it pleases God, they dance. Whatever
pleases Him, comes to pass. O Nanak, there is no other
at all. ||7||

kabahoo saadhasa(n)gat ih paavai || aus asathan
te bahur na aavai || a(n)tar hoi giaan paragaas || aus
asathan kaa nahee binaas || man tan naam rate ik
ra(n)g || sadhaa baseh paarabraham kai sa(n)g || jiau
jal meh jal aai kha Taanaa || tiau jotee sa(n)g jot
samaanaa || miT ge gavan paae bisraam || naanak
prabh kai sadh kurabaan ||8||11|| Sometimes, this

being attains the Company of the Holy. From that
place, he does not have to come back again. The light
of spiritual wisdom dawns within. That place does not
perish. The mind and body are imbued with the Love of

the Naam, the Name of the One Lord. He dwells
forever with the Supreme Lord God. As water comes to
blend with water, his light blends into the Light.

Reincarnation is ended, and eternal peace is found.

Nanak is forever a sacrifice to God. ||8||11||

salok ||

Shalok:

sukhee basai masakeeneeaa aap yaar tale || badde

badde aha(n)kaareeaa naanak garab gale ||1||

The humble beings abide in peace; subduing egotism,
they are meek. The very proud and arrogant persons, O

Nanak, are consumed by their own pride. ||1||

asa Tapadhee ||

Ashtapadee:

jis kai a(n)tar raaj abhimaan || so narakapaatee hovat
suaan || jo jaanai mai jobanava(n)t || so hovat bisaTaa

kaa ja(n)t || aapas kau karamava(n)t kahaavai ||

janam marai bahu jon bhramaavai || dhan bhoom kaa

jo karai gumaan || so moorakh a(n)dhaa agiaan || kar

kirapaa jis kai hiradhai gareebee basaavai || naanak

ieehaa mukat aagai sukh paavai ||1||

One who has the pride of power within, shall dwell in

hell, and become a dog. One who deems himself to

have the beauty of youth, shall become a maggot in

manure. One who claims to act virtuously, shall live and die, wandering through countless reincarnations. One who takes pride in wealth and lands is a fool, blind and ignorant. One whose heart is mercifully blessed with abiding humility, O Nanak, is liberated here, and obtains peace hereafter. ||1||

dhanava(n)taa hoi kar garabaavai || tiran samaan
kachh sa(n)g na jaavai || bahu lasakar maanukh
uopar kare aas || pal bheetar taa kaa hoi binaas ||
sabh te aap jaanai balava(n)t || khin meh hoi jai
bhasama(n)t || kisai na badhai aap aha(n)kaaree ||
dharam rai tis kare khuaaree || gur prasaadh jaa kaa
miTai abhimaan || so jan naanak dharageh paravaan
||2||

One who becomes wealthy and takes pride in it not even a piece of straw shall go along with him. He may place his hopes on a large army of men, but he shall vanish in an instant. One who deems himself to be the

strongest of all, in an instant, shall be reduced to ashes. One who thinks of no one else except his own prideful self the Righteous Judge of Dharma shall expose his disgrace. One who, by Guru's Grace, eliminates his ego, O Nanak, becomes acceptable in the Court of the Lord.

||2||

koT karam karai hau dhaare || sram paavai sagale
birathaare || anik tapasiaa kare aha(n)kaar || narak
surag fir fir avataar || anik jatan kar aatam nahee
dhravai || har dharageh kahu kaise gavai || aapas kau
jo bhala kahaavai || tiseh bhalaiee nikaT na aavai ||
sarab kee ren jaa kaa man hoi || kahu naanak taa kee
niramal soi ||3||

If someone does millions of good deeds, while acting in ego, he shall incur only trouble; all this is in vain. If someone performs great penance, while acting in selfishness and conceit, he shall be reincarnated into heaven and hell, over and over again. He makes all

sorts of efforts, but his soul is still not softened how
can he go to the Court of the Lord? One who calls
himself good goodness shall not draw near him. One
whose mind is the dust of all – says Nanak, his
reputation is spotlessly pure. ||3||

jab lag jaanai mujh te kachh hoi || tab is kau sukh
naahee koi || jab ieh jaanai mai kichh karataa || tab
lag garabh jon meh firataa || jab dhaaraai kouoo bairee
meet || tab lag nihachal naahee cheet || jab lag moh
magan sa(n)g mai || tab lag dharam rai dheai sajai ||
prabh kirapaa te ba(n)dhan tooTai || gur prasaadh
naanak hau chhoo Tai ||4||

As long as someone thinks that he is the one who acts,
he shall have no peace. As long as this mortal thinks
that he is the one who does things, he shall wander in
reincarnation through the womb. As long as he
considers one an enemy, and another a friend, his
mind shall not come to rest. As long as he is intoxicated

with attachment to Maya, the Righteous Judge shall punish him. By God's Grace, his bonds are shattered; by Guru's Grace, O Nanak, his ego is eliminated. ||4||

sahas khaTe lakh kau uTh dhaavai || tirapat na aavai
maiaa paachhai paavai || anik bhog bikhiaa ke karai ||
neh tirapataavai khap khap marai || binaa sa(n)tokh
nahee kouoo raajai || supan manorath birathe sabh
kaajai || naam ra(n)g sarab sukh hoi || baddabhaagee
kisai paraapat hoi || karan karaavan aape aap ||
sadhaa sadhaa naanak har jaap ||5||

Earning a thousand, he runs after a hundred thousand.

Satisfaction is not obtained by chasing after Maya. He

may enjoy all sorts of corrupt

pleasures, but he is still not satisfied; he indulges again

and again, wearing himself out, until he dies. Without

contentment, no one is satisfied. Like the objects in a

dream, all his efforts are in vain. Through the love of

the Naam, all peace is obtained. Only a few obtain this,

by great good fortune. He Himself is Himself the Cause
of causes. Forever and ever, O Nanak, chant the Lord's
Name. ||5||

karan karaavan karanaihaar || eis kai haath kahaa
beechar || jaisee dhirasaT kare taisaa hoi || aape aap
aap prabh soi || jo kichh keeno su apanai ra(n)g ||
sabh te dhoor sabhahoo kai sa(n)g || boojhai dhekhai
karai bibek || aapeh ek aapeh anek || marai na binasai
aavai na jai || naanak sadh hee rahiaa samai ||6||

The Doer, the Cause of causes, is the Creator Lord.
What deliberations are in the hands of mortal beings?
As God casts His Glance of Grace, they come to be. God
Himself, of Himself, is unto Himself. Whatever He
created, was by His Own Pleasure. He is far from all,
and yet with all. He understands, He sees, and He
passes judgment. He Himself is the One, and He
Himself is the many. He does not die or perish; He does

not come or go. O Nanak, He remains forever All-
pervading. ||6||

aap upadhesai samajhai aap || aape rachiaa sabh kai
saath || aap keeno aapan bisathaar || sabh kachh us
kaa oh karanaihaar || aus te bhi(n)n kahahu kichh hoi
|| than thana(n)tar ekai soi || apune chalit aap
karanaihaar || kautak karai ra(n)g aapaar || man meh
aap man apune maeh || naanak keemat kahan na jai

||7||

He Himself instructs, and He Himself learns. He Himself
mingles with all. He Himself. created His own expanse.

All things are His; He is the Creator. Without Him, what
could be done? In the spaces and interspaces, He is the

One. In His own play, He Himself is the Actor. He
produces His plays with infinite variety. He Himself is in
the mind, and the mind is in Him. O Nanak, His worth
cannot be estimated. ||7||

sat sat sat prabh suaamee || gur parasaadh kinai
vakhiaanee || sach sach sach sabh keenaa || koT
madhe kinai biralai cheenaa || bhalaa bhalaa bhalaa
teraa roop || at teree baanee || ghaT ghaT sunee
sravan bakhayeaanee || pavitr pavitr pavitr puneet ||
naam japai naanak man preet ||8||12||

True, True, True is God, our Lord and Master. By Guru's

Grace, some speak of Him. True, True, True is the
Creator of all. Out of millions, scarcely anyone knows
Him. Beautiful, Beautiful, Beautiful is Your Sublime
Form. You are Exquisitely Beautiful, Infinite and
Incomparable. Pure, Pure, Pure is the Word of Your
Bani, heard in each and every heart, spoken to the
ears. Holy, Holy, Holy and Sublimely Pure chant the
Naam, O Nanak, with heart-felt love. ||8||12||

salok ||

Shalok:

sa(n)t saran jo jan parai so jan udharanahaar ||sa(n)t
kee ni(n)dhaa naanakaa bahur bahur avataar ||1||
One who seeks the Sanctuary of the Saints shall be
saved. One who slanders the Saints, O Nanak, shall be
reincarnated over and over again. ||1||

asa Tapadhee ||

Ashtapadee:

sa(n)t kai dhookhan aarajaa ghaTai || sa(n)t kai
dhookhan jam te nahee chhu Tai || sa(n)t kai
dhookhan sukh sabh jai || sa(n)t kai dhookhan narak
meh pai || sa(n)t kai dhookhan mat hoi maleen
||sa(n)t kai dhookhan.sobhaa te heen || sa(n)t ke hate
kau rakhai na koi ||sa(n)t kai dhookhan than bhrasaT
hoi || sa(n)t kirapaal kirapaa je karai || naanak
sa(n)tasa(n)g ni(n) dhak bhi tarai ||1||

Slandering the saint one's life is cut short. Slandering
the Saints, one shall not escape the Messenger of
Death. Slandering

Slandering the Saints, one's the Saints, all happiness
vanishes. Slandering the Saints, one falls into hell.

Slandering the Saints, the intellect is polluted.

Slandering the Saints, one's reputation is lost. One who
is cursed by a Saint cannot be saved. Slandering the
Saints, one's place is defiled. But if the Compassionate
Saint shows His Kindness, O Nanak, in the Company of

the Saints, the slanderer may still be saved. ||1||

sa(n)t ke dhookhan te mukh bhavai || sa(n)tan kai
dhookhan kaag jiau lavai || sa(n)tan kai dhookhan
sarap jon pai || sa(n)t kai dhookhan tiragadh jon
kiramai || sa(n)tan kai dhookhan tirsanaa meh jalai ||
sa(n)t kai dhookhan sabh ko chhalai || sa(n)t kai
dhookhan tej sabh jai || sa(n)t kai dhookhan neech
neechai || sa(n)t dhokhee kaa thaau ko naeh ||
naanak sa(n)t bhaavai taa oi bhee gat
paeh ||2||

Slandering the Saints, one becomes a wry-faced

malcontent. Slandering the Saints, one croaks like a raven. Slandering the Saints, one is reincarnated as a snake. Slandering the Saints, one is reincarnated as a wiggling worm. Slandering the Saints, one burns in the fire of desire. Slandering the Saints, one tries to deceive everyone. Slandering the Saints, all one's influence vanishes. Slandering the Saints, one becomes the lowest of the low. For the slanderer of the Saint, there is no place of rest. O Nanak, if it pleases the Saint, even then, he may be saved. ||2||

sa(n)t kaa ni(n)dhak mahaa atataiee || sa(n)t kaa ni(n)dhak khin Tikan na paiee || sa(n)t kaa ni(n)dhak mahaa hatiaaraa || sa(n)t kaa ni(n)dhak paramesur maaraa || sa(n)t kaa ni(n)dhak raaj te heen sa(n)t kaa ni(n)dhak dhukheea ar dheen || sa(n)t ke ni(n)dhak kau sarab rog || sa(n)t ke ni(n)dhak kau sadhaa bijog || sa(n)t kee ni(n)dhaa dhokh meh dhokh || naanak sa(n)t bhaavai taa us kaa bhee hoi mokh ||3||

The slanderer of the Saint is the worst evil-doer. The slanderer of the Saint has not even a moment's rest.

The slanderer of the Saint is a brutal butcher. The slanderer of the Saint is cursed by the Transcendent Lord. The slanderer of the Saint has no kingdom. The slanderer of the Saint becomes miserable and poor.

The slanderer of the Saint contracts all diseases. The slanderer of the Saint is forever separated. To slander a Saint is the worst sin of sins. O Nanak, if it pleases the Saint, then even this one may be liberated. ||3||

sa(n)t kaa dhokhee nahee mit || sa(n)t ke dhokhee kau
ddaan laagai || sa(n)t ke dhokhee kau sabh tiaagai ||
sa(n)t sadhaa apavit || sa(n)t kaa dhokhee kisai kaal
kaa dhokhee mahaa aha(n)kaaree || sa(n)t kaa
dhokhee sadhaa bikaaree || sa(n)t kaa dhokhee
janamai marai || sa(n)t kee dhookhanaa sukh te Tarai
|| sa(n)t ke dhokhee kau naahee Thaaui || naanak
sa(n)t bhaavai taa le milai ||4||

The slanderer of the Saint is forever impure. The slanderer of the Saint is nobody's friend. The slanderer of the Saint shall be punished. The slanderer of the Saint is abandoned by all.

The slanderer of the Saint is totally egocentric. The slanderer of the Saint is forever corrupt. The slanderer of the Saint must endure birth and death. The slanderer of the Saint is devoid of peace. The slanderer of the Saint has no place of rest. O Nanak, if it pleases the Saint, then even such a one may merge in union.

||4||

sa(n)t kaa dhokhee adh beech te TooTai || sa(n)t kaa
dhokhee kitai kaaj na pahoochai || sa(n)t ke dhokhee
kau udhiaan bhramaieeaaai || sa(n)t kaa dhokhee ujhaR
paieeaaai || sa(n)t kaa dhokhee a(n)tar te thoThaa ||
jiau saas binaa mritak kee loThaa || sa(n)t ke dhokhee
kee jaR kichh naeh || aapan beej aape hee khaeh ||
sa(n)t ke dhokhee kau avar na raakhanahaar || naanak

sa(n)t bhaavai taa le ubaar ||5||

The slanderer of the Saint breaks down mid-way. The slanderer of the Saint cannot accomplish his tasks. The slanderer of the Saint wanders in the wilderness. The slanderer of the Saint is misled into desolation. The slanderer of the Saint is empty inside, like the corpse of a dead man, without the breath of life. The slanderer of the Saint has no heritage at all. He himself must eat what he has planted. The slanderer of the Saint cannot be saved by anyone else. O Nanak, if it pleases the Saint, then even he may be saved. ||5||

sa(n)t kaa dhokhee iau bilalai || jiau jal bihoon
machhulee taRafaRai || sa(n)t kaa dhokhee bhookhaa
nahee raajai || jiau paavak ieedhan nahee dhraapai ||
sa(n)t kaa dhokhee chhuTai ikelaa || jiau booaR til
khet maeh dhuhelaa || sa(n)t kaa dhokhee dharam te
rahat || sa(n)t kaa dhokhee sadh mithiaa kahat || kirat
ni(n)dhak kaa dhur hee piaan || naanak jo tis bhaavai

soiee thiaa ||6||

The slanderer of the Saint bewails like this like a fish, out of water, writhing in agony. The slanderer of the Saint is hungry and is never satisfied, as fire is not satisfied by fuel. The slanderer of the Saint is left all alone, like the miserable barren sesame stalk abandoned in the field. The slanderer of the Saint is devoid of faith. The slanderer of the Saint constantly lies. The fate of the slanderer is pre-ordained from the very beginning of time. O Nanak, whatever pleases God's Will comes to pass. ||6||

sa(n)t kaa dhokhee bigaR roop hoi jai || sa(n)t ke dhokhee kau dharageh milai sajai || sa(n)t kaa dhokhee sadhaa sahakaieeai || sa(n)t kaa dhokhee na marai na jeevaieeai || sa(n)t ke dhokhee kee pujai na aasaa || sa(n)t kaa dhokhee uTh chalai niraasaa || sa(n)t kai dhokh na tirasa Tai koi || jaisaa bhaavai taisaa koiee hoi || piasa kirat na me Tai koi || naanak jaanai sachaa

soi ||7||

The slanderer of the Saint becomes deformed. The slanderer of the Saint receives his punishment in the Court of the Lord. The slanderer of the Saint is eternally in limbo. He does not die, but he does not live either. The hopes of the slanderer of the Saint are not fulfilled. The slanderer of the Saint departs disappointed. Slandering the Saint, no one attains satisfaction. As it pleases the Lord, so do people become; no one can erase their past actions. O Nanak, the True Lord alone knows all. ||7||

sabh ghaT tis ke oh karanaihaar || sadhaa sadhaa tis
kau namasakaar || prabh kee usatat karahu dhin raat
|| tiseh dhiaavahu saas giraas || sabh kachh varatai tis
kaa keeaa || jaisaa kare taisaa ko theeaa || apanaa
khel aap karanaihaar || dhoosar kaun kahai beechaar ||
jis no kirapaa karai tis aapan naam dheii ||
baddabhaagee naanak jan sei ||8||13||

All hearts are His; He is the Creator. Forever and ever, I bow to Him in reverence. Praise God, day and night. Meditate on Him with every breath and morsel of food. Everything happens as He wills. As He wills, so people become. He Himself is the play, and He Himself is the actor. Who else can speak or deliberate upon this? He Himself gives His Name to those, upon whom He bestows His Mercy. Very fortunate, O Nanak, are those

people. ||8||13||

salok ||

Shalok:

tajahu siaanap sur janahu simarahu har har rai ||
ek aas har man rakhahu naanak dhookh bharam bhau
jai ||1||

Give up your cleverness, good people remember the Lord God, your King! Enshrine in your heart, your hopes in the One Lord. O Nanak, your pain, doubt and fear shall depart. ||1||

asa Tapadhee ||

Ashtapadee:

maanukh kee Tek birathee sabh jaan || dhevan kau
ekai bhagavaan || jis kai dheeaai rahai aghai || bahur
na tirsanaa laagai aai || maarai raakhai eko aap ||
maanukh kai kichh naahee haath || tis kaa hukam
boojh sukh hoi || tis kaa naam rakh ka(n)Th paroi ||
simar simar simar prabh soi || naanak bighan na laagai
koi ||1||

Reliance on mortals is in vain – know this well. The
Great Giver is the One Lord God. By His gifts, we are
satisfied, and we suffer from thirst no longer. The One
Lord Himself destroys and also preserves. Nothing at all
is in the hands of mortal beings. Understanding His
Order, there is peace. So take His Name, and wear it as
your necklace. Remember, remember, remember God
in meditation. O Nanak, no obstacle shall stand in your
way. ||1||

ausatat man meh kar nira(n)kaar || kar man
mere sat biauhaar || niramal rasanaa a(n)mrit peeau
|| sadhaa suhelaa kar leh jeeau || nainahu pekh
Thaakur kaa ra(n)g || saadhasa(n)g binasai sabh sa(n)g
|| charan chatau maarag gobi(n)dh || miTeh paap
japeeai har bi(n)dh || kar har karam sravan har
kathaa || har dharageh naanak uoojal
mathaa ||2||

Praise the Formless Lord in your mind. O my mind,
make this your true occupation. Let your tongue
become pure, drinking in the Ambrosial Nectar. Your
soul shall be forever peaceful. With your eyes, see the
wondrous play of your Lord and Master. In the
Company of the Holy, all other associations vanish.
With your feet, walk in the Way of the Lord. Sins are
washed away, chanting the Lord's Name, even for a
moment. So do the Lord's Work, and listen to the

Lord's Sermon. In the Lord's Court, O Nanak, your face
shall be radiant. ||2||

baddabhaagee te jan jag maeh || sadhaa sadhaa har
ke gun gaeh || raam naam jo kareh beechaar || se
dhanava(n)t ganee sa(n)saar || man tan mukh boleh
har mukhee || sadhaa sadhaa jaanahu te sukhee ||
eko ek ek pachhaanai || eit ut kee oh sojhee jaanai ||
naam sa(n)g jis kaa man maaniaa || naanak tineh
nira(n)jan jaaniaa ||3||

Very fortunate are those humble beings in this world,
who sing the Glorious Praises of the Lord, forever and
ever. Those who dwell upon the Lord's Name, are the
most wealthy and prosperous in the world. Those who
speak of the Supreme Lord in thought, word and deed
know that they are peaceful and happy, forever and
ever. One who recognizes the One and only Lord as
One, understands this world and the next. One whose

mind accepts the Company of the Naam, the Name of the Lord, O Nanak, knows the Immaculate Lord. ||3||

gur prasaadh aapan aap sujhai || tis kee jaanahu
tirasanaa bujhai || saadhasa(n)g har har jas kahat ||
sarab rog te oh har jan rahat || anadhin keeratan keval
bakhayean || girahasat meh soiee nirabaan || ek
uopar jis jan kee aasaa || tis kee ka Teeaai jam kee
faasaa || paarabraham kee jis man bhookh || naanak
tiseh na laageh dhookh ||4||

By Guru's Grace, one understands himself; know that then, his thirst is quenched. In the Company of the Holy, one chants the Praises of the Lord, Har, Har. Such a devotee of the Lord is free of all disease. Night and day, sing the Kirtan, the Praises of the One Lord. In the midst of your household, remain balanced and unattached. One who places his hopes in the One Lord the noose of Death is cut away from his neck. One

whose mind hungers for the Supreme Lord God, O

Nanak, shall not suffer pain. ||4||

jis kau har prabh man chit aavai || so sa(n)t suhela
nahee ddulaavai || jis prabh apunaa kirapaa karai || so
sevak kahu kis te ddarai || jaisaa saa taisaa dhirasa
Taiaa || apune kaaraj meh aap samaiaa || sodhat
sodhat sodhat seejhiaa || gur prasaadh tat sabh
boojhiaa || jab dhekhau tab sabh kichh mool ||
naanak so sookham soiee asathool ||5||

One who focuses his conscious mind on the Lord God –
that Saint is at peace; he does not waver. Those unto
whom God has granted His Grace who do those
servants need to fear? As God is, so does He appear; in
His Own creation, He Himself is pervading. Searching,
searching, searching, and finally, success! By Guru's
Grace, the essence of all reality is understood.
Wherever I look, there I see Him, at the root of all

things. O Nanak, He is the subtle, and He is also the
manifest. ||5||

neh kichh janamai neh kichh marai || aapan chalit aap
hee karai || aavan jaavan dhirasaT anadhirasaT ||
aagiaakaaree dhaaree sabh sirasaT || aape aap sagal
meh aap || anik jugat rach thaap uthaap || abinaasee
naahee kichh kha(n)dd || dhaaran dhaar rahio
brahama(n)dd || alakh abhev purakh parataap || aap
japaae ta naanak jaap ||6||

Nothing is born, and nothing dies. He Himself stages
His own drama. Coming and going, seen and unseen,
all the world is obedient to His Will. He Himself is All-
in-Himself. In His many ways, He establishes and
disestablishes. He is Imperishable; nothing can be
broken. He lends His Support to maintain the Universe.
Unfathomable and Inscrutable is the Glory of the Lord.

As He inspires us to meditate, O Nanak, so do we
meditate. ||6||

jīn prabh jātaā su sobhāva(n)t || sagal sa(n)saar
udharai tin ma(n)t || prabh ke sevak sagal udhāaran ||
prabh ke sevak dhookh bisaaran || aape mel le
kirapaal || gur kaa sabadh jap bhe nihaal || aun kee
sevaa soiee laagai || jis no kirapaa kareh baddabhaagai
|| naam japat paaveh bisraam || naanak tin purakh
kau uootam kar maan ||7||

Those who know God are glorious. The whole world is redeemed by their teachings. God's servants redeem all. God's servants cause sorrows to be forgotten. The Merciful Lord unites them with Himself. Chanting the Word of the Guru's Shabad, they become ecstatic. He alone is committed to serve them, upon whom God bestows His Mercy, by great good fortune. Those who chant the Naam find their place of rest. O Nanak, respect those persons as the most noble. ||7||

jo kichh karai su prabh kai ra(n)g || sadhaa sadhaa
basai har sa(n)g || sahaj subhai hovai so hoi ||

karanaihaar pachhaanai soi || prabh kaa keeaa jan
meeTh lagaanaa || jaisaa saa taisaa dhirasa Taanaa
|| jis te upaje tis maeh samaae || oi sukh nidhaan
unahoo ban aae || aapas kau aap dheeno maan ||
naanak prabh jan eko jaan ||8||14||

Whatever you do, do it for the Love of God. Forever
and ever, abide with the Lord. By its own natural
course, whatever will be will be. Acknowledge that
Creator Lord; God's doings are sweet to His humble
servant. As He is, so does He appear. From Him we
came, and into Him we shall merge again. He is the
treasure of peace, and so does His servant become.
Unto His own, He has given His honor. O Nanak, know
that God and His humble servant are one and the
same. ||8||14||

salok ||

Shalok:

sarab kalaa bharapoor prabh birathaa jaananahaar ||
jaa kai simaran udhareeaaai naanak tis balihaar ||1||
God is totally imbued with all powers; He is the Knower
of our troubles. Meditating in remembrance on Him,
we are saved; Nanak is a sacrifice to Him. ||1||

asa Tapadhee ||

Ashtapadee:

TooTee gaaddanahaar guopaal || sarab jeeaa aape
pratipaal || sagal kee chi(n)taa jis man maeh || tis te
birathaa koiee naeh || re man mere sadhaa har jaap ||
abinaasee prabh aape aap || aapan keeaa kachhoo na
hoi || je sau praanee lochai koi || tis bin naahee terai
kichh kaam || gat naanak jap ek har naam ||1||

The Lord of the World is the Mender of the broken. He
Himself cherishes all beings. The cares of all are on His
Mind; no one is turned away from Him. O my mind,
meditate forever on the Lord. The Imperishable Lord
God is Himself All-in-all. By one's own actions, nothing

is accomplished, even though the mortal may wish it so, hundreds of times. Without Him, nothing is of any use to you. Salvation, O Nanak, is attained by chanting the Name of the One Lord. ||1||

roopava(n)t hoi naahee mohai || prabh kee jot sagal
ghaT sohai || dhanava(n)taa hoi kiaa ko garabai || jaa
sabh kichh tis kaa dheea dharabai || at sooraa je
kouoo kahaavai || prabh kee kalaa binaa keh dhaavai ||
je ko hoi bahai dhaataar || tis dhenahaar jaanai
gaavaar || jis gur prasaadh too Tai hau rog || naanak
so jan sadhaa arog ||2||

One who is good-looking should not be vain; the Light of God is in all hearts. Why should anyone: be proud of being rich? All riches are His gifts. One may call himself a great hero, but without God's Power, what can anyone. do? One who brags about giving to charities the Great Giver shall judge him to be a fool. One who,

by Guru's Grace, is cured of the disease of ego – O

Nanak, that person is forever healthy. ||2||

jiau ma(n)dhar kau thaamai tha(n)man || tiau gur kaa
sabadh maneh asatha(n)man || jiau paakhaan naav
chaR tarai || praanee gur charan lagat nisatarai || jiau
a(n)dhakaar dheepak paragaas || gur dharasan dhekh
man hoi bigaas || jiau mahaa udhiaan meh maarag
paavai || tiau saadhoo sa(n)g mil jot praga Taavai ||
tin sa(n)tan kee baachhau dhoor || naanak kee har
lochaa poor ||3||

As a palace is supported by its pillars, so does the
Guru's Word support the mind. As a stone placed in a
boat can cross over the river, so is the mortal saved,
grasping hold of the Guru's Feet. As the darkness is
illuminated by the lamp, so does the mind blossom
forth, beholding the Blessed Vision of the Guru's
Darshan. The path is found through the great
wilderness by joining the Saadh Sangat, the Company

of the Holy, and one's light shines forth. I seek the dust
of the feet of those Saints; O Lord, fulfill Nanak's
longing! ||3||

man moorakh kaahe bilalaieeai || purab likhe kaa
likhiaa paieeai || dhookh sookh prabh dhevanahaar
|| avar tiaag too tiseh chitaar || jo kachh karai soiee
sukh maan || bhoolaa kaahe fireh ajaan || kaun basat
aaiee terai sa(n)g || lapaT rahio ras lobhee pata(n)g ||
raam naam jap hiradhe maeh || naanak pat setee ghar
jaeh ||4||

O foolish mind, why do you cry and bewail? You shall
obtain your pre-ordained destiny. God is the Giver of
pain and pleasure. Abandon others, and think of Him
alone. Whatever He does – take comfort in that. Why
do you wander around, you ignorant fool? What things
did you bring with you? You cling to worldly pleasures
like a greedy moth. Dwell upon the Lord's Name in
your heart. O Nanak, thus you shall return to your

home with
honor. ||4||

jis vakhar kau lain too aaiaa || raam naam sa(n)tan
ghar paiaa || taj abhimaan leh man mol || raam naam
hiradhe meh tol || laadh khep sa(n)teh sa(n)g chaal ||
avar tiaag bikhiaa ja(n)jaal || dha(n)n dha(n)n kahai
sabh koi || mukh uoojal har dharageh soi || eih
vaapaar viralaa vaapaarai || naanak taa kai sadh
balihaarai ||5||

This merchandise, which you have come to obtain the
Lord's Name is obtained in the home of the Saints.

Renounce your egotistical pride, and with your mind,
purchase the Lord's Name – measure it out within your
heart. Load up this merchandise, and set out with the
Saints. Give up other corrupt entanglements. 'Blessed,
blessed', everyone will call you, and your face shall be
radiant in the Court of the Lord. In this trade, only a

few are trading. Nanak is forever a sacrifice to them.

||5||

charan saadh ke dhoi dhoi peeau || arap saadh kau
apanaa jeeau || saadh kee dhoor karahu isanaan ||
saadh uopar jaieeai kurabaan || saadh sevaa
vaddabhaagee paieeai || saadhasa(n)g har keeratan
gaieeai || anik bighan te saadhoo raakhai || har gun
gai a(n)mirat ras chaakhai || oT gahee sa(n)teh dhar
aaiaa || sarab sookh naanak teh paiaa ||6||

Wash the feet of the Holy, and drink in this water.
Dedicate your soul to the Holy. Take your cleansing
bath in the dust of the feet of the Holy. To the Holy,
make your life a sacrifice. Service to the Holy is
obtained by great good fortune. In the Saadh Sangat,
the Company of the Holy, the Kirtan of the Lord's
Praise is sung. From all sorts of dangers, the Saint saves
us. Singing the Glorious Praises of the Lord, we taste
the ambrosial essence. Seeking the Protection of the

Saints, we have come to their door. All comforts, O
Nanak, are so obtained. ||6||

mritak kau jeevaalanahaar || bhookhe kau dhevat
adhaar || sarab nidhaan jaa kee dhirasa Tee maeh ||
purab likhe kaa lahanaa paeh || sabh kichh tis kaa oh
karanai jog || tis bin dhoosar hoaa na hog || jap jan
sadhaa sadhaa dhin raineer || sabh te uooch niramal
ieh karanee || kar kirapaa jis kau naam dheeraa ||
naanak so jan niramal theeraa ||7||

He infuses life back into the dead. He gives food to the
hungry. All treasures are within His Glance of Grace.

People obtain that which they are pre-ordained to
receive. All things are His; He is the Doer of all. Other
than Him, there has never been any other, and there
shall never be. Meditate on Him forever and ever, day
and night. This way of life is exalted and immaculate.

One whom the Lord, in His Grace, blesses with His

Name – O Nanak, that person becomes immaculate
and pure. ||7||

jaa kai man gur kee parateet || tis jan aavai har prabh
cheet || bhagat bhagat suneeai tih loi || jaa kai
hiradhai eko hoi || sach karanee sach taa kee rahat ||
sach hiradhai sat mukh kahat || saachee dhirasaT
saachaa aakaar || sach varatai saachaa paasaar ||
paarabraham jin sach kar jaataa || naanak so jan sach
samaataa ||8||15||

One who has faith in the Guru in his mind comes to dwell upon the Lord God. He is acclaimed as a devotee, a humble devotee throughout the three worlds. The One Lord is in his heart. True are his actions; true are his ways. True is his heart; Truth is what he speaks with his mouth. True is his vision; true is his form. He distributes Truth and he spreads Truth. One who recognizes the Supreme Lord God as True O Nanak,

that humble being is
absorbed into the True One. ||8||15||

salok ||

Shalok:

roop na rekh na ra(n)g kichh tirahu gun te prabh
bhi(n)n || tiseh bujhaae naanakaa jis hovai suprasa(n)n
||1||

He has no form, no shape, no color; God is beyond the
three qualities. They alone understand Him, O Nanak,
with whom He is pleased. ||1||

asa Tapadhee ||
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Ashtapadee:

abinaasee prabh man meh raakh || maanukh kee too
preet tiaag || tis te parai naahee kichh koi || sarab
nira(n)tar eko soi || aape beenaa aape dhaanaa ||
gahir ga(n)bheer gaheer sujaanaa || paarabraham
paramesur gobi(n)dh || kirapaa nidhaan dhiaal

bakhasa(n)dh || saadh tere kee charanee paau ||
naanak kai man ih anaraau ||1|| Keep the Immortal
Lord God enshrined within your mind. Renounce your
love and attachment to people. Beyond Him, there is
nothing at all. The One Lord is pervading among all. He

Himself is All-seeing; He Himself is All-knowing,
Unfathomable, Profound, Deep and All-knowing. He is
the Supreme Lord God, the Transcendent Lord, the
Lord of the Universe, the Treasure of mercy,
compassion and forgiveness. To fall at the Feet of Your
Holy Beings – this is the longing of Nanak's mind. ||1||

manasaa pooran saranaa jog || jo kar paiaa soiee
hog || haran bharan jaa kaa netr for || tis kaa ma(n)tr
na jaanai hor || anadh roop ma(n)gal sadh jaa kai ||
sarab thok sune'eeh ghar taa kai || raaj meh raaj jog
meh jogee || tap meh tapeesar girahasat meh bhogee
|| dhiaai dhiaai bhagateh sukh paiaa || naanak tis
purakh kaa kinai a(n)t na

paiaa ||2||

The one who fulfills wishes and gives us Sanctuary.
That which He has written, comes to pass. He destroys
and creates. in the blink of an eye. No one else knows
the mystery of His ways. He is the embodiment of
ecstasy and everlasting joy. I have heard that all things
are in His home. Among kings, He is the King; among
yogis, He is the Yogi. Among ascetics, He is the Ascetic;
among householders, He is the Consummator. By the
constant practice of meditation, His devotee finds
peace. O Nanak, no one has found the limits of that

Supreme Being. ||2||

jaa kee leelaa kee mit naeh || sagal dhev haare
avagaeh || pitaa kaa janam k jaanai poot || sagal
paroiiee apunai soot || sumat giaan dhiaan jin dheh ||
jan dhaas naam dhiaaveh sei || tih gun meh jaa kau
bharamaae || janam marai fir aavai jaae || uooch
neech tis ke asathan || jaisaa janaavai taisaa naanak

jaan ||3||

There is no limit to His play. All the demigods have grown weary of searching for it. What does the son know of his father's birth? All are strung upon His string. He bestows good sense, spiritual wisdom and meditation on His humble servants and slaves who meditate on the Naam. He leads some astray in the three qualities; they are born and die, coming and going over and over again. The high and the low are His places. As He inspires us to know Him, O Nanak, so is He known. ||3||

naanaa roop naanaa jaa ke ra(n)g || naanaa bhekh
kareh ik ra(n)g || naanaa bidh keeno bisathaar ||
prabh abinaasee eka(n)kaar || naanaa chalit kare khin
maeh || poor rahio pooran sabh Thai || naanaa bidh
kar banat banaiee || apanee keemat aape paiee ||
sabh ghaT tis ke sabh tis ke Thaaau || jap jap jeevai
naanak har naau ||4||

Many are His forms; many are His colors. Many are the appearances which He assumes, and yet He is still the One. In so many ways, He has extended Himself.

The Eternal Lord God is the One, the Creator. He performs His many plays in an instant. The Perfect Lord is pervading all places. In so many ways, He created the creation. He alone can estimate His worth. All hearts are His, and all places are His. Nanak lives by chanting,

chanting the Name of the Lord. ||4||

naam ke dhaare sagale ja(n)t || naam ke dhaare
kha(n)dd brahama(n)dd || naam ke dhaare simirat
bedh puraan || naam ke dhaare sunan giaan dhiaan ||
naam ke dhaare aagaas paataal || naam ke dhaare
sagal aakaar || naam ke dhaare pureeaa sabh bhavan
|| naam kai sa(n)g udhare sun sravan || kar kirapaa jis
aapanai naam laae || naanak chauthe padh meh so jan
gat paae ||5||

The Naam is the Support of all creatures. The Naam is

the Support of the earth and solar systems. The Naam is the Support of the Simritees, the Vedas and the Puraanas. The Naam is the Support by which we hear of spiritual wisdom and meditation. The Naam is the Support of the Akaashic ethers and the nether regions. The Naam is the Support of all bodies. The Naam is the Support of all worlds and realms. Associating with the Naam, listening to it with the ears, one is saved. Those whom the Lord mercifully attaches to His Naam – O Nanak, in the fourth state, those humble servants attain salvation. ||5||

roop sat jaa kaa sat asathan || purakh sat keval
paradhaan || karatoot sat sat jaa kee baanee || sat
purakh sabh maeh samaanee || sat karam jaa kee
rachanaa sat || mool sat sat utapat || sat karanee
niramal niramalee || jiseh bujhaae tiseh sabh bhalee
|| sat naam prabh kaa sukhadhaiee || bisavaiaas sat
naanak gur te paiee || 6 ||

His form is true, and true is His place. His personality is true – He alone is supreme. His acts are true, and true is His Word. The True Lord is permeating all. True are His actions; His creation is true. His root is true, and true is what originates from it. True is His lifestyle, the purest of the pure. All goes well for those who know Him. The True Name of God is the Giver of peace.

Nanak has obtained true faith from the Guru. ||6||

sat bachan saadhoo upadhes || sat te jan jaa kai ridhai
praves || sat nirat boojhai je koi || naam japat taa kee
gat hoi || aap sat keeaa sabh sat || aape jaanai apanee
mit gat || jis kee sirasaT su karanaihaar || avar na
boojh karat beechaar || karate kee mit na jaanai keeaa
|| naanak jo tis bhaavai so varateeeaa ||7||

True are the Teachings, and the Instructions of the Holy. True are those into whose hearts He enters. One who knows and loves the Truth chanting the Naam, he obtains salvation. He Himself is True, and all that He

has made is true. He Himself knows His own state and condition. He is the Creator Lord of His world. No one else understands Him, although they may try. The created cannot know the extent of the Creator. O Nanak, whatever pleases Him comes to pass. ||7||

bisaman bisam bhe bisamaadh || jin boojhiaa tis aaiaa
savaiaadh || prabh kai ra(n)g raach jan rahe || gur kai
bachan padhaarath lahe || oi dhaate dhukh kaa
Tanahaar || jaa kai sa(n)g tarai sa(n)saar ||jan kaa
sevak so vaddabhaagee || jan kai sa(n)g ek liv laagee
|| gun gobidh keeratan jan gaavai || gur prasaadh
naanak fal paavai ||8||16||

Gazing upon His wondrous wonder, I am wonder-struck and amazed! One who realizes this, comes to taste this state of joy, God's humble servants remain absorbed in His Love. Following the Guru's Teachings, they receive the four cardinal blessings. They are the givers, the dispellers of pain. In their company, the

world is saved. The slave of the Lord's servant is so very blessed. In the company of His servant, one becomes attached to the Love of the One. His humble servant sings the Kirtan, the songs of the glory of God. By Guru's Grace, O Nanak, he receives the fruits of his rewards. ||8||16||

salok ||

Shalok:



aadh sach jugaadh sach || hai bh sach naanak hosee
bh sach ||1||

True in the beginning, True throughout the ages, True here and now. O Nanak, He shall forever be True.

||1||

asa Tapadhee ||

Ashtapadee:

charan sat sat parasanahaar || poojaa sat sat
sevadhaar || dharasan sat sat pekhanahaar || naam

sat sat dhiaavanahaar || aap sat sat sabh dhaaree ||
aape gun aape gunakaaree || sabadh sat sat prabh
bakataa || surat sat sat jas sunataa || bujhanahaar kau
sat sabh hoi || naanak sat sat prabh soi ||1||

His Lotus Feet are True, and True are those who touch
Them. His devotional worship is True, and True are
those who worship Him. The Blessing of His Vision is
True, and True are those who behold it. His Naam is
True, and True are those who meditate on it. He
Himself is True, and True is all that He sustains. He
Himself is virtuous goodness, and He Himself is the
Bestower of virtue. The Word of His Shabad is True,
and True are those who speak of God. Those ears are
True, and True are those who listen to His Praises. All is
True to one who understands. O Nanak, True, True is
He, the Lord God. ||1||

sat saroop ridhai jin maaniaa || karan karaavan tin
mool pachhaaniaa || jaa kai ridhai bisavaiaas prabh

aaiaa || tat giaan tis man praga Taiaa || bhai te
nirabhau hoi basaanaa || jis te upajiaa tis maeh
samaanaa || basat maeh le basat gaddaiee || taa kau
bhi(n)n na kahanaa jaiee || boojhai boojhanahaar
bibek || naarain mile naanak ek ||2||

One who believes in the Embodiment of Truth with all his heart recognizes the Cause of causes as the Root of all. One whose heart is filled with faith in God the essence of spiritual wisdom is revealed to his mind. Coming out of fear, he comes to live without fear. He is absorbed into the One, from whom he originated. When something blends with its own, it cannot be said to be separate from it. This is understood only by one of discerning understanding. Meeting with the Lord, O Nanak, he becomes one with Him. ||2||

Thaakur kaa sevak aagiaakaaree || Thaakur kaa sevak
sadhaa poojaaree || Thaakur ke sevak kai man
parateet || Thaakur ke sevak kee niramal reet ||

Thaakur kau sevak jaanai sa(n)g || prabh kaa sevak
naam kai ra(n)g || sevak kau prabh paalanahaaraa ||
sevak kee raakhai nira(n)kaaraa || so sevak jis dhiaa
prabh dhaarai || naanak so sevak saas saas samaarai

||3||

The servant is obedient to his Lord and Master. The
servant worships his Lord and Master forever. The
servant of the Lord Master has faith in his mind. The
servant of the Lord Master lives a pure lifestyle. The
servant of the Lord Master knows that the Lord is with
him. God's servant is attuned to the Naam, the
Formless Lord preserves His servant. Unto His servant,
God bestows His Mercy. O Nanak, that servant
remembers Him with each and every breath. ||3||

Name of the Lord. God is the Cherisher of His servant.

The apune jan kaa paradhaa ddaakai || apane sevak
kee sarapar raakhai || apane dhaas kau dhehi vaddaiee
|| apane sevak kau naam japaiee || apane sevak kee

aap pat raakhai || taa kee gat mit koi na laakhai ||
prabh ke sevak kau ko na pahoochai || prabh ke sevak
uooch te uooche || jo prabh apanee sevaa laiaa ||
naanak so sevak dheh dhis praga Taiaa ||4||

He covers the faults of His servant. He surely preserves
the honor of His servant. He blesses His slave with
greatness. He inspires His servant to chant the Naam,
the Name of the Lord. He Himself preserves the honor
of His servant. No one knows His state and extent. No
one is equal to the servant of God. The servant of God
is the highest of the high. One whom God applies to His
own service, O Nanak that servant is famous in the ten
directions. ||4||

neekee keeree meh kal raakhai || bhasam karai lasakar
koT laakhai || jis kaa saas na kaaddat aap || taa kau
raakhat dhe kar haath || maanas jatan karat bahu
bhaat || tis ke karatab birathe jaat || maarai na
raakhail avar na koi || sarab jeeaa kaa raakhaa soi ||

kaahe soch kareh re praanee || jap naanak prabh alakh
viddaanee ||5||

He infuses His Power into the tiny ant; it can then reduce the armies of millions to ashes Those whose breath of life He Himself does not take away He preserves them, and holds out His Hands to protect them. You may make all sorts of efforts, but these attempts are in vain. No one else can kill or preserve He is the Protector of all beings. So why are you so anxious, O mortal? Meditate, O Nanak, on God, the invisible, the wonderful! ||5||

baara(n) baar baar prabh japeeaaai || pee a(n)mrit ih
man tan dhrapeeaaai || naam ratan jin gurmukh paiaa
|| tis kichh avar naahee dhirasa Taiaa || naam dhan
naamo roop ra(n)g || naamo sukh har naam kaa sa(n)g
|| naam ras jo jan tirapataane || man tan naameh
naam samaane || uoThat baiThat sovat naam || kahu
naanak jan kai sadh kaam ||6||

Time after time, again and again, meditate on God.

Drinking in this Nectar, this mind and body are satisfied. The jewel of the Naam is obtained by the Gurmukhs; they see no other than God. Unto them, the Naam is wealth, the Naam is beauty and delight.

The Naam is peace, the Lord's Name is their companion. Those who are satisfied by the essence of the Naam their minds and bodies are drenched with the Naam. While standing up, sitting down and sleeping, the Naam, says Nanak, is forever the occupation of God's humble servant. ||6||

bolahu jas jhabaa dhin raat || prabh apanai jan
keenee dhaat || kareh bhagat aatam kai chai || prabh
apane siau raheh samai || jo hoaa hovat so jaanai ||
prabh apane kaa hukam pachhaanai || tis kee
mahimaa kaun bakhaanau || tis kaa gun keh ek na
jaanau || aaTh pahar prabh baseh hajoore || kahu
naanak seiee jan poore ||7||

Chant His Praises with your tongue, day and night. God Himself has given this gift to His servants. Performing devotional worship with heart-felt love, they remain absorbed in God Himself. They know the past and the present. They recognize God's Own Command. Who can describe His Glory? I cannot describe even one of

His virtuous qualities. Those who dwell in God's Presence, twenty-four hours a day-says Nanak, they are the perfect persons. ||7||

man mere tin kee oT leh || man tan apanaa tin jan
dheh || jin jan apanaa prabhoo pachhaataa || so jan
sarab thok kaa dhaataa || tis kee saran sarab sukh
paaveh || tis kai dharas sabh paap miTaaveh || avar
siaanap sagalee chhaadd || tis jan kee too sevaa laag
|| aavan jaan na hovee teraa || naanak tis jan ke
poojahu sadh pairaa ||8||17||

O my mind, seek their protection; give your mind and body to those humble beings. Those humble beings

who recognizes God are the givers of all things. In His Sanctuary, all comforts are obtained. By the Blessing of His Darshan, all sins are erased. the service of those servants. Your comings and goings shall be ended. O Nanak, worship the feet of God's humble servants forever. ||8||17||

salok ||

Shalok:

sat purakh jin jaaniaa satigur tis kaa naau || tis kai
sa(n)g sikh udharai naanak har gun gaau ||1||

The one who knows the True Lord God, is called the True Guru. In His Company, the Sikh is saved, O Nanak, singing the Glorious Praises of the Lord. ||1||

asa Tapadhee ||

Ashtapadee:

satigur sikh kee karai pratipaal || sevak kau gur sadhaa
dhiaal || sikh kee gur dhuramat mal hirai || gur

bachanee har naam ucharai || satigur sikh ke
ba(n)dhan kaa Tai || gur kaa sikh bikaar te haaTai ||
satigur sikh kau naam dheii || gur kaa sikh
vaddabhaagee he || satigur sikh kaa halat palat
savaarai || naanak satigur sikh kau jeeaa naal samaarai
||1||

The True Guru cherishes Guru washes away the filth of
the evil intellect of His Sikh. Through the Guru's
Teachings, he chants the Lord's Name. The True Guru
cuts away the bonds of His Sikh. The Sikh of the Guru
abstains from evil deeds. The True Guru gives His Sikh
the wealth of the Naam. The Sikh of the Guru is very
fortunate. The True Guru arranges this world and the
next for His Sikh. O Nanak, with the fullness of His
heart, the True Guru mends His Sikh. ||1||

gur kai gireh sevak jo rahai || gur kee aagiaa man meh
sahai || aapas kau kar kachh na janaavai || har har
naam ridhai sadh dhiaavai || man bechai satigur kai

paas || tis sevak ke kaaraj raas || sevaa karat hoi
nihakaamee || tis kau hot paraapat suaamee ||
apanee kirapaa jis aap karei || naanak so sevak gur kee
mat lei ||2||

That selfless servant, who lives in the Guru's household, is to obey the Guru's Commands with all his mind. He is not to call attention to himself in any way.

He is to meditate constantly within his heart on the Name of the Lord. One who sells his mind to the True Guru – that humble servant's affairs are resolved. One who performs selfless service, without thought of reward, shall attain his Lord and Master. He Himself grants His Grace; O Nanak, that selfless servant lives

the Guru's Teachings. ||2||

bees bisave gur kaa man maanai || so sevak
paramesur kee gat jaanai || so satigur jis ridhai har
naau || anik baar gur kau bal jaau || sarab nidhaan
jeea kaa dhaataa || aaTh pahar paarabraham ra(n)g

raataa || braham meh jan jan meh paarabraham ||
ekeh aap nahee kachh bharam || sahas siaanap liaa na
jaieeaaai || naanak aaisaa gur baddabhaagee paieeaaai
||3||

One who obeys the Guru's Teachings one hundred per cent that selfless servant comes to know the state of the Transcendent Lord. The True Guru's Heart is filled with the Name of the Lord. So many times, I am a sacrifice to the Guru. He is the treasure of everything, the Giver of life. Twenty-four hours a day, He is imbued with the Love of the Supreme Lord God. The servant is in God, and God is in the servant. He Himself is One there is no doubt about this. By thousands of clever tricks, He is not found. O Nanak, such a Guru is obtained by the greatest good fortune. ||3||

safal dharasan pekhat puneet || parasat charan gat
niramal reet || bhe Tat sa(n)g raam gun rave ||
paarabraham kee dharageh gave || sun kar bachan

karan aaghaane || man sa(n)tokh aatam pateeaane ||
pooraa gur akhayeo jaa kaa ma(n)tr || a(n)mirat
dhirasa T pekhai hoi sa(n)t || gun bia(n)t keemat nahee
pai || naanak jis bhaavai tis le milai ||4||

Blessed is His Darshan; receiving it, one is purified.
Touching His Feet, one's conduct and lifestyle become
pure. Abiding in His Company, one chants the Lord's
Praise, and reaches the Court of the Supreme Lord
God. Listening to His Teachings, one's ears are
satisfied. The mind is contented, and the soul is
fulfilled. The Guru is perfect; His Teachings are
everlasting. Beholding His Ambrosial Glance, one
becomes saintly. Endless are His virtuous qualities; His
worth cannot be appraised. O Nanak, one who pleases
Him is united with Him. ||4||

jihabaa ek usatat anek || sat purakh pooran bibek ||
kaahoo bol na pahuchat praanee || agam agochar
prabh nirabaanee || niraahaar niravair sukhadhaiee ||

taa kee keemat kinai na paiee anik bhagat ba(n)dhan
nit kareh || charan kamal hiradhai simareh || sadh
balihaaree satigur apane || naanak jis prasaadh aaisaa
prabh japane ||5||

The tongue is one, but His Praises are many. The True Lord, of perfect perfection – no speech can take the mortal to Him. God is Inaccessible, Incomprehensible, balanced in the state of Nirvaanaa. He is not sustained by food; He has no hatred or vengeance; He is the Giver of peace. No one can estimate His worth. Countless devotees continually bow in reverence to Him. In their hearts, they meditate on His Lotus Feet. Nanak is forever a sacrifice to the True Guru; by His Grace, he meditates on God. ||5||

eih har ras paavai jan koi || a(n)mrit peevai amar so
hoi || aus purakh kaa naahee kadhe binaas || jaa kai
man praga Te gunataas || aaTh pahar har kaa naam lei
|| sach upadhes sevak kau dheii || moh maiaa kai

sa(n)g na lep || man meh raakhai har har ek ||
a(n)dhakaar dheepak paragaase || naanak bharam
moh dhukh teh te naase ||6||

Only a few obtain this ambrosial essence of the Lord's Name. Drinking in this Nectar, one becomes immortal. That person whose mind is illuminated by the treasure of excellence, never dies. Twenty-four hours a day, he takes the Name of the Lord. The Lord gives true instruction to His servant. He is not polluted by emotional attachment to Maya. In his mind, he cherishes the One Lord, Har, Har. In the pitch darkness, a lamp shines forth. O Nanak, doubt, emotional attachment and pain are erased. ||6||

tapat maeh Thaadd varataiee || anadh bhiaa dhukh
naa The bhaiee || janam maran ke miTe a(n)dhesse ||
saadhoo ke pooran upadhese || bhau chookaa
nirabhau hoi base || sagal biaadh man te khai nase ||
jis kaa saa tin kirapaa dhaaree || saadhasa(n)g jap

naam muraaree || thit paiee chooke bhram gavan ||

sun naanak har har jas sravan ||7||

In the burning heat, a soothing coolness prevails.

Happiness. ensues and pain departs, O Siblings of
Destiny. The fear of birth and death is dispelled, by the
perfect Teachings of the Holy Saint. Fear is lifted, and
one abides in fearlessness. All evils are dispelled from
the mind. He takes us into His favor as His own. In the

Company of the Holy, chant the Naam, the Name of
the Lord. Stability is attained; doubt and wandering
cease, O Nanak, listening with one's ears to the Praises

of the Lord, Har, Har. ||7||

niragun aap saragun bhee ohee || kalaa dhaar jin
sagalee mohee || apane charit prabh aap banaae ||

apunee keemat aape paae || har bin dhoojaa naahee

koi || sarab nira(n)tar eko soi || ot pot raviaa roop

ra(n)g || bhe pragaas saadh kai sa(n)g || rach

rachanaa apanee kal dhaaree || anik baar naanak

balihaaree ||8||18||

He Himself is absolute and unrelated; He Himself is also involved and related. Manifesting His power, He fascinates the entire world. God Himself sets His play in motion. Only He Himself can estimate His worth. There is none, other than the Lord. Permeating all, He is the One. Through and through, He pervades in form and color. He is revealed in the Company of the Holy. Having created the creation, He infuses His own power into it. So many times, Nanak is a sacrifice to Him.

||8||18||

salok ||

Shalok:

saath na chaalai bin bhajan bikhiaa sagalee chhaar ||
har har naam kamaavanaa naanak ih dhan saar ||1||
Nothing shall go along with you, except your devotion.
All corruption is like ashes. Practice the Name of the

Lord, Har, Har. O Nanak, this is the most excellent

wealth. ||1||

asa Tapadhee ||

Ashtapadee:

sa(n)t janaa mil karahu beechaar || ek simar naam
aadhaar || avar upaav sabh meet bisaarahu || charan
kamal ridh meh ur dhaarahu || karan kaaran so prabh
samarath || dhiraR kar gahahu naam har vath || eih
dhan sa(n)chahu hovahu bhagava(n)t || sa(n)t janaa
kaa niramal ma(n)t || ek aas raakhahu man maeh ||
sarab rog naanak miT jaeh ||1||

Joining the Company of the Saints, practice deep
meditation. Remember the One, and take the
Support of the Naam, the Name of the Lord. Forget all
other efforts, O my friend – enshrine the Lord’s Lotus
Feet within your heart. God is All-powerful; He is the
Cause of causes. Grasp firmly the object of the Lord’s
Name. Gather this wealth, and become very fortunate.

Pure are the instructions of the humble Saints. Keep faith in the One Lord within your mind. All. disease, O Nanak, shall then be dispelled. ||1||

jis dhan kau chaar ku(n)T uth dhaaveh || so dhan har sevaa te paaveh || jis sukh kau nit baachheh meet || so sukh saadhoo sa(n)g pareet || jis sobhaa kau kareh bhalee karanee || saa sobhaa bhaj har kee saranee || anik upaavee rog na jai || rog miTai har avakhadh lai || sarab nidhaan meh har naam nidhaan || jap naanak dharageh paravaan ||2||

The wealth which you chase after in the four directions you shall obtain that wealth by serving the Lord. The peace, which you always yearn for, O friend that peace comes by the love of the Company of the Holy. The glory, for which you perform good deeds – you shall obtain that glory by seeking the Lord’s Sanctuary. All sorts of remedies have not cured the disease – the disease is cured only by giving the medicine of the

Lord's Name. Of all treasures, the Lord's Name is the supreme treasure. Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||

man parabodhahu har kai nai || dheh dhis dhaavat
aavai Thai || taa kau bighan na laagai koi || jaa kai
ridhai basai har soi || kal taatee Thaa(n)ddaa har naau
|| simar simar sadhaa sukh paau || bhau binasai
pooran hoi aas || bhagat bhai aatam paragaas || tit
ghar jai basai abinaasee || kahu naanak kaa Tee jam
faasee ||3||

Enlighten your mind with the Name of the Lord. Having wandered around in the ten directions, it comes to its place of rest. No obstacle stands in the way of one whose heart is filled with the Lord. The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing and cool. Remember, remember it in meditation, and obtain everlasting peace. Your fear shall be dispelled, and your hopes shall be fulfilled. By devotional worship and

loving adoration, your soul shall be enlightened. You shall go to that home, and live forever. Says Nanak, the noose of death is cut away. ||3||

tat beechaar kahai jan saachaa || janam marai so
kaacho kaachaa || aavaa gavan miTai prabh sev || aap
tiaag saran gurdhev || eiau ratan janam kaa hoi udhaar
|| har har simar praan aadhaar || anik upaav na
chhooTanahaare || si(n)mirat saasat bedh beechaare
|| har kee bhagat karahu man lai || man ba(n)chhat
naanak fal pai ||4||

One who contemplates the essence of reality, is said to be the true person. Birth and death are the lot of the false and the insincere. Coming and going in reincarnation is ended by serving God. Give up your selfishness and conceit, and seek the Sanctuary of the Divine Guru. Thus the jewel of this human life is saved.

Remember the Lord, Har, Har, the Support of the breath of life. By all sorts of efforts, people are not

saved not by studying the Simritees, the Shaastras or
the Vedas. Worship the Lord with whole-hearted
devotion. O Nanak, you shall obtain the fruits of your
mind's desire. ||4||

sa(n)g na chaalas terai dhanaa || too(n) kiaa lapa
Taaveh moorakh manaa || sut meet kuTa(n)b ar
banitaa || ein te kahahu tum kavan sanaathaa || raaj
ra(n)g maiaa bisathaar || ein te kahahu kavan
chhuTakaar || as hasatee rath asavaaree || jhoo Thaa
dda(n)f jhooTh paasaaree || jin dhe'ee tis bujhai na
bigaanaa || naam bisaar naanak pachhutaanaa ||5||

Your wealth shall not go with you; why do you cling to
it, you fool? Children, friends, family and spouse who
of these shall accompany you? Power, pleasure, and
the vast expanse of Maya who has ever escaped from
these? Horses, elephants, chariots and pageantry –
false shows and false displays. The fool does not

acknowledge the One who gave this; forgetting the
Naam, O Nanak, he will repent in the end. ||5||
gur kee mat too(n) leh iaane || bhagat binaa bahu
ddoobe siaane || har kee bhagat karahu man meet ||
niramal hoi tum(h)aaro cheet || charan kamal
raakhahu man maeh || janam janam ke kilabikh jaeh
|| aap japahu avaraa naam japaavahu || sunat kahat
rahat gat paavahu || saar bhoot sat har ko naau ||
sahaj subhai naanak gun gaau ||6||

Take the Guru's advice, you ignorant fool; without
devotion, even the clever have drowned. Worship the

Lord with heart-felt devotion, my friend; your
consciousness shall become pure. Enshrine the Lord's
Lotus Feet in your mind; the sins of countless lifetimes
shall depart. Chant the Naam yourself, and inspire
others to chant it well. Hearing, speaking and living it,
emancipation is obtained. The essential reality is the

True Name of the Lord. With intuitive ease, O Nanak,
sing His Glorious Praises. ||6||

gun gaavat teree utaras mail || binas jai haumai bikh
fail || hoh achi(n)t basai sukh naal || saas graas har
naam samaal || chhaadd siaanap sagalee manaa ||
saadhasa(n)g paaveh sach dhanaa || har poo(n)jee
sa(n)ch karahu biauhaar || e'eehaa sukh dharageh
jaikaar || sarab nira(n)tar eko dhekh || kahu naanak
jaa kai masatak lekh ||7||

Chanting His Glories, your filth shall be washed off. The
all-consuming poison of ego will be gone. You shall
become carefree, and you shall dwell in peace. With
every breath and every morsel of food, cherish the
Lord's Name. Renounce all clever tricks, O mind. In the
Company of the Holy, you shall obtain the true wealth.
So gather the Lord's Name as your capital, and trade in
it. In this world you shall be at peace, and in the Court
of the Lord, you shall be acclaimed. See the One

permeating all; says Nanak, your destiny is pre-
ordained. ||7||

eko jap eko saalaeh || ek simar eko man aaeh || ekas
ke gun gaau ana(n)t || man tan jaap ek bhagava(n)t ||
eko ek ek har aap || pooran poor rahio prabh biaap ||
anik bisathaar ek te bhe || ek araadh paraachhat ge ||

man tan a(n)tar ek prabh raataa || gur prasaadh
naanak ik jaataa ||8||19|| Meditate on the One, and
worship the One. Remember the One, and yearn for
the One in your mind. Sing the endless Glorious Praises
of the One. With mind and body, meditate on the One
Lord God. The One Lord Himself is the One and Only.
The Pervading Lord God is totally permeating all. The
many expanses of the creation have all come from the
One. Adoring the One, past sins are removed. Mind
and body within are imbued with the One God. By
Guru's Grace, O Nanak, the One is known. ||8||19||

salok ||

Shalok:

firat firat prabh aaiaa pariaa tau saranai || naanak kee
prabh benatee apanee bhagatee lai ||1||

After wandering and wandering, O God, I have come,
and entered Your Sanctuary. This is Nanak's prayer, O
God: please, attach me to Your devotional service.

||1||



asa Tapadhee ||

Ashtapadee:

jaachak jan jaachai prabh dhaan || kar kirapaa
dhevahu har naam || saadh janaa kee maagau dhoor
|| paarabraham meree saradhaa poor || sadhaa
sadhaa prabh ke gun gaavau || saas saas prabh tumeh
dhiaavau || charan kamal siau laagai preet || bhagat
karau prabh kee nit neet || ek oT eko aadhaar ||
naanak maagai naam prabh saar ||1||

I am a beggar; I beg for this gift from You: please, by Your Mercy, Lord, give me Your Name. I ask for the dust of the feet of the Holy. O Supreme Lord God, please fulfill my yearning; may I sing the Glorious Praises of God forever and ever. With each and every breath, may I meditate on You, O God. May I enshrine affection for Your Lotus Feet. May I perform devotional worship to God each and every day. You are my only Shelter, my only Support. Nanak asks for the most sublime, the Naam, the Name of God. ||1||

prabh kee dhirasa T mahaa sukh hoi || har ras paavai
biralaa koi || jin chaakhiaa se jan tirapataane ||
pooran purakh nahee ddolaane || subhar bhare prem
ras ra(n)g || aupajai chaau saadh kai sa(n)g || pare
saran aan sabh tiaag || a(n)tar pragaas anadhin liv laag
|| baddabhaagee japiaa prabh soi || naanak naam rate
sukh hoi ||2|| By God's Gracious Glance, there is great
peace. Rare are those who obtain the juice of the

Lord's essence. Those who taste it are satisfied. They are fulfilled and realized beings – they do not waver. They are totally filled to over-flowing with the sweet delight of His Love. Spiritual delight wells up within, in the Saadh Sangat, the Company of the Holy. Taking to His Sanctuary, they forsake all others. Deep within, they are enlightened, and they center themselves on Him, day and night. Most fortunate are those who meditate on God. O Nanak, attuned to the Naam, they are at peace. ||2||

sevak kee manasaa pooree bhiee || satigur te niramal
mat liee || jan kau prabh hoio dhiaal || sevak keeno
sadhaa nihaal || ba(n)dhan kaaT mukat jan bhiaa ||
janam maran dhookh bhram giaa || eichh punee
saradhaa sabh pooree || rav rahiaa sadh sa(n)g
hajooree || jis kaa saa tin leea milai || naanak
bhagatee naam samai ||3||

The wishes of the Lord's servant are fulfilled. From the

True Guru, the pure teachings are obtained. Unto His humble servant, God has shown His kindness. He has made His servant eternally happy. The bonds of His humble: servant are cut away, and he is liberated. The pains of birth and death, and doubt are gone. Desires are satisfied, and faith is fully rewarded, imbued forever with His all-pervading peace. He is His-he merges in Union with Him. Nanak is absorbed in devotional worship of the Naam.. ||3||

so kiau bisarai j ghaal na bhaanai || so kiau bisarai j keeaa jaanai || so kiau bisarai jin sabh kichh dheea || so kiau bisarai j jeevan jeeaa || so kiau bisarai j agan meh raakhai || gur prasaadh ko biralaa laakhai || so kiau bisarai j bikh te kaaddai || janam janam kaa TooTaa gaaddai || gur poorai tat ihai bujhaiaa || prabh apanaa naanak jan dhiaaiaa ||4||

Why forget Him, who does not overlook our efforts?
Why forget Him, who acknowledges what we do? Why

forget Him, who has given us everything? Why forget Him, who is the Life of the living beings? Why forget Him, who preserves us in the fire of the womb? By Guru's Grace, rare is the one who realizes this. Why forget Him, who lifts us up out of corruption? Those separated from Him for countless lifetimes, are reunited with Him once again. Through the Perfect Guru, this essential reality is understood. O Nanak, God's humble servants meditate on Him. ||4||

saajan sa(n)t karahu ih kaam || aan tiaag japahu har
naam || simar simar simar sukh paavahu || aap japahu
avareh naam japaavahu || bhagat bhai tareeai
sa(n)saar || bin bhagatee tan hosee chhaar || sarab
kaliaan sookh nidh naam || booddat jaat paae bisraam
|| sagal dhookh kaa hovat naas || naanak naam
japahu gunataas ||5||

O friends, O Saints, make this your work. Renounce everything else, and chant the Name of the Lord.

Meditate, meditate, meditate in remembrance of Him, and find peace. Chant the Naam yourself, and inspire others to chant it. By loving devotional worship, you shall cross over the world-ocean. Without devotional meditation, the body will be just ashes. All joys and comforts are in the treasure of the Naam. Even the drowning can reach the place of rest and safety. All sorrows shall vanish. O Nanak, chant the Naam, the treasure of excellence. ||5||

aupajee preet prem ras chaau || man tan a(n)tar ihee
suaau || netrahu pekh dharas sukh hoi || man bigasai
saadh charan dhoi || bhagat janaa kai man tan ra(n)g
|| biralaa kouoo paavai sa(n)g || ek basat dheejai kar
miaa || gur prasaadh naam jap liaa || taa kee upamaa
kahee na jai || naanak rahiaa sarab samai ||6||

Love and affection, and the taste of yearning, have welled up within; within my mind and body, this is my purpose: beholding with my eyes His Blessed Vision, I

am at peace. My mind blossoms forth in ecstasy,
washing the feet of the Holy. The minds and bodies of
His devotees are infused with His Love. Rare is the one
who obtains their company. Show Your mercy – please,
grant me this one request: by Guru’s Grace, may I
chant the Naam. His Praises cannot be spoken; O
Nanak, He is contained among all. ||6||

prabh bakhasa(n)dh dheen dhiaal || bhagat vachhal
sadhaa kirapaal || anaath naath gobi(n)dh
gupaal || sarab gha Taa karat pratipaal || aadh purakh
kaaran karataar || bhagat janaa ke praan adhaar || jo
jo japai su hoi puneet || bhagat bhai laavai man heet
|| ham niraguneeaar neech ajaan || naanak tumaree
saran purakh bhagavaan ||7||

God, the Forgiving Lord, is kind to the poor. He loves
His devotees, and He is always merciful to them. The
Patron of the patronless, the Lord of the Universe, the
Sustainer of the world, the Nourisher of all beings. The

Primal Being, the Creator of the Creation. The Support
of the breath of life of His devotees. Whoever
meditates on Him is sanctified, focusing the mind in
loving devotional worship. I am unworthy, lowly and
ignorant. Nanak has entered Your Sanctuary, O
Supreme Lord God. ||7||

sarab baiku(n)Th mukat mokh paae || ek nimakh har
ke gun gaae || anik raaj bhog baddiaaiee || har ke
naam kee katha man bhaiee || bahu bhojan kaapar
sa(n)geet || rasanaa japatee har har neet || bhalee su
karanee sobhaa dhanava(n)t || hiradhai base pooran
gur ma(n)t || saadhasa(n)g prabh dheh nivaas || sarab
sookh naanak paragaas ||8||20||

Everything is obtained: the heavens, liberation and
deliverance, if one sings the Lord's Glories, even for an
instant. So many realms of power, pleasures and great
glories, come to one whose mind is pleased with the
Sermon of the Lord's Name. Abundant foods, clothes

and music come to one whose tongue continually
chants the Lord's Name, Har, Har. His actions are good,
he is glorious and wealthy; the Mantra of the Perfect
Guru dwells within his heart. O God, grant me a home
in the Company of the Holy. All pleasures, O Nanak, are
so revealed. ||8||20||

salok ||

Shalok:

saragun niragun nira(n)kaar su(n)n samaadhee aap ||
aapan keeaa naanakaa aape hee fir jaap ||1||

He possesses all qualities; He transcends all qualities;

He is the Formless Lord. He Himself is in Primal

Samaadhi. Through His Creation, O Nanak, He

meditates on Himself. ||1||

asa Tapadhee ||

Ashtapadee:

jab akaar ih kachh na dhirasa Tetaa || paap pu(n)n tab
keh te hotaa || jab dhaaree aapan su(n)n samaadh ||
tab bair birodh kis sa(n)g kamaat || jab is kaa baran
chihan na jaapat || tab harakh sog kahu kiseh biaapat
|| jab aapan aap aap paarabraham || tab moh kahaa
kis hovat bharam || aapan khel aap varateejaa ||
naanak karanaihaar na dhoojaa ||1||

When this world had not yet appeared in any form,
who then committed sins and performed good deeds?

When the Lord Himself was in Profound Samaadhi,
then against whom were hate and jealousy directed?

When there was no color or shape to be seen, then
who When the Supreme Lord Himself was Himself All-
in-all, then where was emotional attachment, and who
had doubts? He Himself has staged His own drama; O

Nanak, there is no other Creator. ||1||

jab hovat prabh keval dhanee || tab ba(n)dh mukat
kahu kis kau ganee || jab ekeh har agam apaar || tab

narak surag kahu kaun aautaar || jab niragun prabh
sahaj subhai || tab siv sakat kahahu kit Thai || jab
aapeh aap apanee jot dharai || tab kavan niddar kavan
kat ddarai || aapan chalit aap karanaihaar || naanak
Thaakur agam apaar ||2||

When there was only God the Master, then who was
called bound or liberated? When there was only the
Lord, Unfathomable and Infinite, then who entered
hell, and who entered heaven? When God was without
attributes, in absolute poise, then where was mind and
where was matter where was Shiva and Shakti? When
He held His Own Light unto Himself, then who was
fearless, and who was afraid? He Himself is the
Performer in His own plays; O Nanak, the Lord Master
is Unfathomable and Infinite. ||2||

abinaasee sukh aapan aasan || teh janam maran kahu
kahaa binaasan || jab pooran karataa prabh soi || tab
jam kee traas kahahu kis hoi || jab abigat agochar

prabh ekaa || tab chitr gupat kis poochhat lekhaa ||
jab naath nira(n)jan agochar agaadhe || tab kaun chhu
Te kaun ba(n)dhan baadhe || aapan aap aap hee
acharajaa || naanak aapan roop aap hee
uparajaa. ||3||

When the Immortal Lord was seated at ease, then
where was birth, death and dissolution? When there
was only God, the Perfect Creator, then who was afraid
of death? When there was only the One Lord,
unmanifest and incomprehensible, then who was
called to account by the recording scribes of the
conscious and the subconscious? When there was only
the Immaculate, Incomprehensible, Unfathomable
Master, then who was emancipated, and who was held
in bondage? He Himself, in and of Himself, is the most
wonderful. O Nanak, He Himself created His Own
Form. ||3||

jeh niramal purakh purakh pat hotaa || teh bin mail
kahahu kiasa dhotaa || jeh nira(n)jan nira(n)kaar
nirabaan || teh kaun kau maan kaun abhimaan || jeh
saroop keval jagadhees || teh chhal chhidhr lagat kahu
kees || jeh jot saroopee jot sa(n)g samaavai || teh
kiseh bhookh kavan tirapataavai || karan karaavan
karanaihaar || naanak karate kaa naeh sumaar ||4||

When there was only the Immaculate Being, the Lord
of beings, there was no filth, so what was there to be
washed clean? When there was only the Pure,
Formless Lord in Nirvaanaa, then who was honored,
and who was dishonored? When there was only the
Form of the Lord of the Universe, then who was
tainted by fraud and sin? When the Embodiment of
Light was immersed in His Own Light, then who was
hungry, and who was satisfied? He is the Cause causes,
the Creator Lord. O Nanak, the Creator is beyond
calculation. ||4||

jab apanee sobhaa aapan sa(n)g banaiee || tab kavan
mai baap mitr sut bhaiee || jeh sarab kalaa aapeh
parabeen || teh bedh kateb kahaa kouoo cheen || jab
aapan aap aap ur dhaarai || tau sagan apasagan kahaa
beecharai || jeh aapan uoch aapan aap neraa || teh
kaun Thaakur kaun kaheeaai cheraa || bisaman bisam
rahe bisamaadh || naanak apanee gat jaanahu aap

||5||

When His Glory was contained within Himself, then
who was mother, father, friend, child or sibling? When
all power and wisdom was latent within Him, then
where were the Vedas and the scriptures, and who was
there to read them? When He kept Himself, All-in-all,
unto His Own Heart, then who considered omens to be
good or bad? When He Himself was lofty, and He
Himself was near at hand, then who was called master,
and who was called disciple? We are wonder-struck at

the wondrous wonder of the Lord. O Nanak, He alone
knows His own state. ||5||

jeh achhal achhedh abhedh samaiaa ||

uoojaa kish biaapat maiaa || aapas kau aapeh
aadhes || tih gun kaa naahee paraves || jeh ekeh ek ek
bhagava(n)taa || teh kaun achi(n)t kis laagai chi(n)taa
|| jeh aapan aap aap pateearaa || teh kaun kathai
kaun sunanaihaaraa || bahu bea(n)t uooch te uoojaa
|| naanak aapas kau aapeh pahoojaa ||6||

When the Undeceiveable, Impenetrable, Inscrutable
One was self-absorbed, then who was swayed by
Maya? When He paid homage to Himself, then the
three qualities were not prevailing. When there was
only the One, the One and Only Lord God, then who
was not anxious, and who felt anxiety? When He
Himself was satisfied with Himself, then who spoke and
who listened? He is vast and infinite, the highest of the
high. O Nanak, He alone can reach Himself. ||6||

jeh aap rachio parapa(n)ch akaar || tih gun meh keeno
bisathaar || paap pu(n)n teh bhiee kahaavat || kouoo
narak kouoo surag ba(n)chhaavat || aal jaal maiaa
ja(n)jaal || haumai moh bharam bhai bhaar || dhookh
sookh maan apamaan || anik prakaar keeo
bakhayean || aapan khel aap kar dhekhai || khel
sa(n)kochai tau naanak ekai ||7|| When He Himself
fashioned the visible world of the creation, he made
the world subject to the three dispositions. Sin and
virtue then began to be spoken of. Some have gone to
hell, and some yearn for paradise. Worldly snares and
entanglements of these came to be described in
various ways. He Himself creates and beholds His own
drama. He winds up the drama, and then, O Nanak, He
alone remains. ||7||

jeh abigat bhagat teh aap || jeh pasarai paasaar sa(n)t
parataap || dhuhoo paakh kaa aapeh dhanee || aun
kee sobhaa unahoo banee || aapeh kautak karai anadh

choj || aapeh ras bhogan nirajog || jis bhaavai tis
aapan nai laavai || jis bhaavai tis khel khilaavai ||
besumaar athaeh aganat atolai || jiau bulaavahu tiau
naanak dhaas bolai ||8||21||

Wherever the Eternal Lord's devotee is, He Himself is there. He unfolds the expanse of His creation for the glory of His Saint. He Himself is the Master of both worlds. His Praise is to Himself alone. He Himself performs and plays His amusements and games. He Himself enjoys pleasures, and yet He is unaffected and untouched. He attaches whomever He pleases to His Name. He causes whomever He pleases to play in His play. He is beyond calculation, beyond measure, uncountable and unfathomable. As You inspire him to speak, O Lord, so does servant Nanak speak. ||8||21||

salok ||

Shalok:

jeea ja(n)t ke Thaakuraa aape varatanahaar || naanak

eko pasariaa dhoojaa keh dhirasa Taar || 1 ||

O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere. O Nanak, The One is All-pervading; where is any other to be seen? ||1||

asa Tapadhee ||

Ashtapadee:

aap kathai aap sunanaihaar || aapeh ek aap bisathaar
|| jaa tis bhaavai taa sirasaT upaae || aapanai bhaanai
le samaae || tum te bhi(n)n nahee kichh hoi || aapan
soot sabh jagat paroi || jaa kau prabh jeeau aap
bujhaae || sach naam samadharasee tat kaa betaa ||
naanak sagal sirasaT kaa jetaa ||1||

He Himself is the speaker, and He Himself is the listener. He Himself is the many. When it pleases Him, He creates the world. As He pleases, He absorbs it back into Himself. Without You, nothing can be done. Upon Your thread, You have strung the whole world. One

whom God Himself inspires

to understand that person obtains the True Name. He looks impartially upon all, and he knows the essential reality. O Nanak, he conquers the whole world. ||1||

jeeā jā(n)tr sabh taa kai haath || dheen dhiaal anaath ko naath || jis raakhai tis koi na maarai || so mooāā jis manahu bisaarai || tis taj avar kahāā ko jai || sabh sir ek nira(n)jan rai || jeeā kee jugat jāā kai sabh haath || a(n)tar baahar jāanahu saath || gun nidhaan bea(n)t apaar || naanak dhaas sadhaa balihaar ||2||

All beings and creatures are in His Hands. He is Merciful to the meek, the Patron of the patronless. No one can kill those who are protected by Him. One who is forgotten by God, is already dead. Leaving Him, where else could anyone go? Over the heads of all is the One, the Immaculate King. The ways and means of all beings are in His Hands. Inwardly and outwardly, know that He is with you. He is the Ocean of

excellence, infinite and endless. Slave Nanak is forever
a sacrifice to Him. ||2||

pooran poor rahe dhiaal || sabh uopar hovat kirapaal
|| apane karatab jaanai aap || a(n)tarajaamee rahio
biaap || pratipaalai jeean bahu bhaat || jo jo rachio su
tiseh dhiaat || jis bhaavai tis le milai || bhagat kareh
har ke gun gai || man a(n)tar bisavaiaas kar maaniaa
|| karanahaar naanak ik jaaniaa ||3||

The Perfect, Merciful Lord is. pervading everywhere.
His kindness extends to all. He Himself knows His own
ways. The Inner-knower, the Searcher of hearts, is
present everywhere. He cherishes His living beings in
so many ways. That which He has created meditates on
Him. Whoever pleases Him, He blends into Himself.

They perform His devotional service and sing the
Glorious Praises of the Lord. With heart-felt faith, they
believe in Him. O Nanak, they realize the One, the
Creator Lord. ||3||

jan laagaa har ekai nai || tis kee aas na birathee jai ||
sevak kau sevaa ban aaiee || hukam boojh param padh
paiee || eis te uopar nahee beechaar || jaa kai man
basiaa nira(n)kaar || ba(n)dhan tor bhe niravair ||
anadhin poojeh gur ke pair || eeh lok sukhe'ee paralok
suhele || naanak har prabh aapeh mele ||4||

The Lord's humble servant is committed to His Name.
His hopes do not go in vain. The servant's purpose is to
serve; obeying the Lord's Command, the supreme
status is obtained. Beyond this, he has no other
thought. Within his mind, the Formless Lord abides. His
bonds are cut away, and he becomes free of hatred.
Night and day, he worships the Feet of the Guru. He is
at peace in this world, and happy in the next. O Nanak,
the Lord God unites him with Himself. ||4||

saadhasa(n)g mil karahu ana(n)dh || gun gaavahu
prabh paramaana(n)dh || raam naam tat karahu
beechaar || dhrulabh dheh kaa karahu udhaar ||

a(n)mirat bachan har ke gun gaau || praan taran kaa
ihai suaau || aaTh pahar prabh pekhahu neraa || miTai
agiaan binasai a(n)dheraa || sun upadhes hiradhai
basaavahu || man ichhe naanak fal paavahu ||5||

Join the Company of the Holy, and be happy. Sing the

Glories of God, the embodiment of supreme bliss.

Contemplate the essence of the Lord's Name. Redeem

this human body, so difficult to obtain. Sing the

Ambrosial Words of the Lord's Glorious Praises; this is

the way to save your mortal soul. Behold God near at
hand, twenty-four hours a day. Ignorance shall depart,

and darkness shall be dispelled. Listen to the

Teachings, and enshrine them in your heart. O Nanak,

you shall obtain the fruits of your mind's desires. ||5||

halat palat dhui leh savaar || raam naam a(n)tar ur

dhaar || poore gur kee pooree dheekhiaa || jis man

basai tis saach pareekhiaa || man tan naam japahu liv

lai || dhookh dharadh man te karahu vaapaaree ||

dharageh nibahai khep tumaaree || ekaa Tek rakhahu

man maeh || naanak bahur na aaveh jaeh ||6||

Embellish both this world and the next; enshrine the

Lord's Name deep within your heart. Perfect are the

Teachings of the Perfect Guru. That person, within

whose mind it abides, realizes the Truth. With your

mind and body, chant the Naam; lovingly attune

yourself to it. Sorrow, pain and fear shall depart from

your mind. Deal in the true trade, O trader, and your

merchandise shall be safe in the Court of the Lord.

Keep the Support of the One in your mind. O Nanak,

you shall not have to come and go in reincarnation

again. ||6||

tis te dhoor kahaa ko jai || aubarai raakhanahaar

dhiaai || nirabhau japai sagal bhau miTai || prabh

kirapaa te praanee chhuTai || jis prabh raakhai tis

naahee dhookh || naam japat man hovat sookh ||

chi(n)taa jai miTai aha(n)kaar || tis jan kau koi na

pahuchanahaar || sir uopar Thaaddaa gur sooraa ||

naanak taa ke kaaraj pooraa ||7||

Where can anyone go, to get away from Him?

Meditating on the Protector Lord, you shall be saved.

Meditating on the Fearless Lord, all fear departs. By

God's Grace, mortals are released. One who is protected by God never suffers in pain. Chanting the Naam, the mind becomes peaceful. Anxiety departs, and ego is eliminated. No one can equal that humble servant. The Brave and Powerful Guru stands over his head. O Nanak, his efforts are fulfilled. || 7 ||

mat pooree a(n)mrit jaa kee dhirasaT || dharasan
pekhat udharat sirasaT || charan kamal jaa ke anoop
|| safal dharasan su(n)dhara har roop || dha(n)n sevaa
sevak paravaan || a(n)tarajaamee purakh pradhaan ||

jis man basai su hot nihaal || taa kai nikaT na aavat
kaal || amar bhe amaraa padh paiaa || saadhasa(n)g

naanak har dhiaaiaa ||8|| 22||

His wisdom is perfect, and His Glance is Ambrosial.
Beholding His Vision, the universe is saved. His Lotus
Feet are incomparably beautiful. The Blessed Vision of
His Darshan is fruitful and rewarding; His Lordly Form is
beautiful. Blessed is His service; His servant is famous.
The Inner-knower, the Searcher of hearts, is the most
exalted Supreme Being. That one, within whose mind
He abides, is blissfully happy. Death does not draw
near him. One becomes immortal, and obtains the
immortal status, meditating on the Lord, O Nanak, in
the Company of the Holy. ||8||22||

salok ||

Shalok:

giaan a(n)jan gur dheea agiaan a(n)dher binaas || har
kirapaa te sa(n)t bhe Tiaa naanak man paragaas ||1||

The Guru has given the healing ointment of spiritual
wisdom, and dispelled the darkness of ignorance. By

the Lord's Grace, I have met the Saint; O Nanak, my
mind is enlightened. ||1||

asa Tapadhee ||

Ashtapadee:

sa(n)tasa(n)g a(n)tar prabh ddee Thaa || naam
prabhoo kaa laagaa meeThaa || sagal samigree ekas
ghaT maeh || anik ra(n)g naanaa dhirasa Taeh || nau
nidh a(n)mrit prabh kaa naam || dhehee meh is kaa
bisraam || su(n)n samaadh anahat teh naadh || kahan
na jaiee acharaj bisamaadh || tin dhekhiaa jis aap
dhikhaae || naanak tis jan sojhee paae ||1||

In the Society of the Saints, I see God deep within my
being. God's Name is sweet to me. All things are
contained in the Heart of the One, although they
appear in so many various colors. The nine treasures
are in the Ambrosial. Name of God. Within the human
body is its place of rest. The Deepest Samaadhi, and
the unstruck sound current of the Naad are there. The

wonder and marvel of it cannot be described. He alone
sees it, unto whom God Himself reveals it. O Nanak,
that humble being understands. ||1||

so a(n)tar so baahar

ana(n)t || ghaT ghaT biaap rahiaa bhagava(n)t ||
dharan maeh aakaas pial || sarab lok pooran
pratipaal || ban tin parabat hai paarabraham || jaisee
aagiaa taisaa karam || paun paanee baisa(n)tar maeh
|| chaar ku(n)T dheh dhise samaeh || tis te bhi(n)n
nahee ko ThaaU || gur prasaadh naanak sukh paau
||2||

The Infinite Lord is inside, and outside as well. Deep
within each and every heart, the Lord God is pervading.
In the earth, in the Akaashic ethers, and in the nether
regions of the underworld in all worlds, He is the
Perfect Cherisher. In the forests, fields and mountains,
He is the Supreme Lord God. As He orders, so do His
creatures act. He permeates the winds and the waters.

He is pervading in the four corners and in the ten directions. Without Him, there is no place at all. By Guru's Grace, O Nanak, peace is obtained. ||2||

bedh puraan si(n)mirat meh dhekh || saseear
soor nakhayetr meh ek || baanee prabh kee sabh ko
bolai || aap addol na kabahoo ddolai || sarab kalaa kar
khelai khel || mol na paieeai guneh amol || sarab jot
meh jaa kee jot || dhaar rahio suaamee ot pot || gur
parasaadh bharam kaa naas || naanak tin meh eh
bisaas ||3||

See Him in the Vedas, the Puraanas and the Simritees. In the moon, the sun and the stars, He is the One. The Bani of God's Word is spoken by everyone. He Himself is unwavering – He never wavers. With absolute power, He plays His play. His value cannot be estimated; His virtues are invaluable. In all light, is His Light. The Lord and Master supports the weave of the fabric of the universe. By Guru's Grace, doubt is

dispelled. O Nanak, this faith is firmly implanted within.

||3||

sa(n)t janaa kaa pekhan sabh braham || sa(n)t janaa
kai hiradhai sabh dharam || sa(n)t janaa suneh subh
bachan || sarab biaapee raam sa(n)g rachan || jin
jaataa tis kee ieh rahat || sat bachan saadhoo sabh
kahat || jo jo hoi soiee sukh maanai || karan
karaavanahaar prabh jaanai || a(n)tar base baahar
bhee ohee || naanak dharasan dhekh
sabh mohee ||4||

In the eye of the Saint, everything is God. In the heart
of the Saint, everything is Dharma. The Saint hears
words of goodness. He is absorbed in the All-pervading
Lord. This is the way of life of one who knows God.
True are all the words. spoken by the Holy. Whatever
happens, he peacefully accepts. He knows God as the
Doer, the Cause of causes. He dwells inside, and

outside as well. O Nanak, beholding the Blessed Vision
of His Darshan, all are fascinated. ||4||

aap sat keeaa sabh sat || tis prabh te sagalee utapat ||
tis bhaavai taa kare bisathaar || tis bhaavai taa
eka(n)kaar || anik kalaa lakhee neh jai || jis bhaavai tis
le milai || kavan nikaT kavan kaheeaai dhoor || aape
aap aap bharapoor || a(n)taragat jis aap janaae ||
naanak tis jan aap bujhaae ||5||

He Himself is True, and all that He has made is True.
The entire creation came from God. As it pleases Him,
He creates the expanse. As it pleases Him, He becomes
the One and Only again. His powers are so numerous,
they cannot be known. As it pleases Him, He merges us
into Himself again. Who is near, and who is far away?

He Himself is Himself pervading everywhere. One
whom God causes to know that He is within the heart –
O Nanak, He causes that person to understand Him.

||5||

sarab bhoot aap varataaraa || sarab nain aap
pekhanahaaraa || sagal samagree jaa kaa tanaa ||
aapan jas aap hee sunaa || aavan jaan ik khel banaiaa
|| aagiaakaaree keenee maiaa || sabh kai madh
alipato rahai || jo kichh kahanaa su aape kahai ||
aagiaa aavai aagiaa jai || naanak jaa bhaavai taa le
samai ||6||

In all forms, He Himself is pervading. Through all eyes,
He Himself is watching. All the creation is His Body. He
Himself listens to His Own Praise. The One has created
the drama of coming and going. He made Maya
subservient to His Will. In the midst of all, He remains
unattached. Whatever is said, He Himself says. By His
Will we come, and by His Will we go. O Nanak, when it
pleases Him, then He absorbs us into Himself. ||6||

eis te hoi su naahee buraa || orai kahahu kinai kachh
karaa || aap bhala karatoot at neekee || aape jaanai
apane jee kee || aap saach dhaaree sabh saach || ot

pot aapan sa(n)g raach || taa kee gat mit kahee na jai
|| dhoosar hoi ta sojhee pai || tis kaa keeaa sabh
paravaan || gur prasaadh naanak ih jaan ||7||

If it comes from Him, it cannot be bad. Other than Him, who can do anything? He Himself is good; His actions are the very best. He Himself knows His Own Being. He Himself is True, and all that He has established is True. Through and through, He is blended with His creation. His state and extent cannot be described. If there were another like Him, then only he could understand Him. His actions are all approved and accepted. By Guru's Grace, O Nanak, this is known. ||7||

jo jaanai tis sadhaa sukh hoi || aap milai le prabh soi ||
oh dhanava(n)t kulava(n)t pativa(n)t || jeevan mukat
jis ridhai bhagava(n)t || dha(n)n dha(n)n dha(n)n jan
aaiaa || jis prasaadh sabh jagat taraiaa || jan aavan
kaa ihai suaau || jan kai sa(n)g chit aavai naau || aap
mukat mukat karai sa(n)saar || naanak tis jan kau

sadhaa namasakaar ||8||23||

One who knows Him, obtains everlasting peace. God blends that one into Himself. He is wealth and prosperous, and of noble birth. He is Jivan Mukta – liberated while yet alive; the Lord God abides in his heart. Blessed, blessed, blessed is the coming of that humble being; by his grace, the whole world is saved.

This is his purpose in life; in the Company of this humble servant, the Lord's Name comes to mind. He Himself is liberated, and He liberates the universe. O Nanak, to that humble servant, 1 bow in reverence forever. ||8||23||

salok ||

Shalok:

pooraa prabh aaraadhiaa pooraa jaa kaa naau ||

naanak pooraa paiaa poore ke gun gaau ||1||

I worship and adore the Perfect Lord God. Perfect is His

Name. O Nanak, I have obtained the Perfect One; I sing
the Glorious Praises of the Perfect Lord. ||1||

asa Tapadhee ||

Ashtapadee:

poore gur kaa sun upadhes || paarabraham nikaT kar
pekh || saas saas simarahu gobi(n)dh || man a(n)tar
kee utarai chi(n)dh || aas anit tiaagahu tara(n)g ||
sa(n)t janaa kee dhoor man ma(n)g || aap chhodd
benatee karahu || saadhasa(n)g agan saagar tarahu ||
har dhan ke bhar leh bha(n)ddaar || naanak gur poore
namasakaar ||1||

Listen to the Teachings of the Perfect Guru; see the
Supreme Lord God near you. With each and every
breath, meditate in remembrance on the Lord of the
Universe, and the anxiety within your mind shall
depart. Abandon the waves of fleeting desire, and pray
for the dust of the feet of the Saints. Renounce your
selfishness and conceit and offer your prayers. In the

Saadh Sangat, the Company of the Holy, cross over the ocean of fire. Fill your stores with the wealth of the Lord. Nanak bows in humility and reverence to the Perfect Guru. ||1||

khem kusal sahaj aana(n)dh || saadhasa(n)g bhaj
paramaana(n)dh || narak nivaar udhaarahu jeeau ||
gun gobi(n)dh a(n)mirat ras peeau || chit chitavahu
naarain ek || ek roop jaa ke ra(n)g anek || gopaal
dhaamodhar dheen dhiaal || dhukh bha(n)jan pooran
kirapaal || simar simar naam baara(n) baar || naanak
jeea kaa ihai adhaar ||2||

Happiness, intuitive peace, poise and bliss in the Company of the Holy, meditate on the Lord of supreme bliss. You shall be spared from hell – save your soul! Drink in the ambrosial essence of the Glorious Praises of the Lord of the Universe. Focus your consciousness on the One, the All-pervading Lord He has One Form, but He has many manifestations. Sustainer of the

Universe, Lord of the world, Kind to the poor,
Destroyer of sorrow, perfectly Merciful. Meditate,
meditate in remembrance on the Naam, again and
again. O Nanak, it is the Support of the soul. ||2||
autam salok saadh ke bachan || amuleek laal eh ratan
|| sunat kamaavat hot udhaar || aap tarai lokeh
nisataar || safal jeevan safal taa kaa sa(n)g || jaa kai
man laagaa har ra(n)g || jai jai sabadh anaahadh vaajai
|| sun sun anadh kare prabh gaajai || praga Te gupaal
mahaa(n)t kai maathe || naanak udhare tin kai saathe
||3||

The most sublime hymns are the Words of the Holy.
These are priceless rubies and gems. One who listens
and acts on them is saved. He himself swims across,
and saves others as well. His life is prosperous, and his
company. is fruitful; his mind is imbued with the love
of the Lord. Hail, hail to him, for whom the sound
current of the Shabad vibrates. Hearing it again and

again, he is in bliss, proclaiming God's Praises. The Lord radiates from the foreheads of the Holy. Nanak is saved in their company. ||3||

saran jog sun saranee aae || kar kirapaa prabh aap milaae || miT ge bair bhe sabh ren || a(n)mirat naam saadhasa(n)g lain || suprasa(n)n bhe gurdhev ll pooran hoiee sevak kee sev || aal ja(n)jaal bikaar te rahate || raam naam sun rasanaa kahate || kar prasaadh dhiaa prabh dhaaree || naanak nibahee khep hamaaree ||4||

Hearing that He can give Sanctuary, I have come seeking His Sanctuary. Bestowing His Mercy, God has blended me with Himself. Hatred is gone, and Naam in the Company of the Holy. The Divine Guru is perfectly pleased; the service of His servant has been rewarded. I have been released from worldly entanglements and corruption, hearing the Lord's Name and chanting it with my tongue. By His Grace, God has bestowed His

Mercy. O Nanak, my merchandise has arrived save and
sound. ||4||

prabh kee usatat karahu. sa(n)t meet || saavadhaan
ekaagar cheet || sukhamanee sahaj gobi(n)dh gun
naam || jis man basai su hot nidhaan || sarab ichhaa
taa kee pooran hoi || pradhaan purakh pragaT sabh loi
|| sabh te uoch paae asathaan || bahur na hovai
aavan jaan || har dhan khaaT chalai jan soi || naanak
jiseh paraapat hoi ||5||

Sing the Praises of God, O Saints, O friends, with total
concentration and one-pointedness of mind. Sukhmani
is the peaceful ease, the Glory of God, the Naam.
When it abides in the mind, one becomes wealthy. All
desires are fulfilled. One becomes the most respected
person, famous all over the world. He obtains the
highest place of all. He does not come and go in
reincarnation any longer. One who departs, after

earning the wealth of the Lord's Name, O Nanak,
realizes it. ||5||

khem saa(n)t ridh nav nidh || budh giaan sarab teh
sidh || bidhiaa tap jog prabh dhiaan || giaan sresaT
uootam isanaan || chaar padhaarath kamal pragaas ||
sabh kai madh sagal te udhaas || su(n)dhari chatur tat
kaa betaa || samadharasee ek dhirasa Tetaa || eeh fal
tis jan kai mukh bhane || gur naanak naam bachan
man sune ||6||

Comfort, peace and tranquility, wealth and the nine
treasures; wisdom, knowledge, and all spiritual
powers; learning, penance, Yoga and meditation on
God; The most sublime. wisdom and purifying baths;
the four cardinal blessings, the opening of the heart-
lotus; in the midst of all, and yet detached from all;
beauty, intelligence, and the realization of reality; to
look impartially upon all, and to see only the One –
these blessings come to one who, through Guru Nanak,

chants the Naam with his mouth, and hears the Word
with his ears. ||6||

eih nidhaan japai man koi || sabh jug meh taa kee gat
hoi || gun gobi(n)dh naam dhun baanee || simirat
saasatr bedh bakhaanee || sagal mataa(n)t keval har
naam || gobi(n)dh bhagat kai man bisraam || koT
apraadh saadhasa(n)g miTai || sa(n)t kirapaa te jam te
chhuTai || jaa kai masatak karam prabh paae || saadh
saran naanak te aae ||7||

One who chants this treasure in his mind in every age,
he attains salvation. In it is the Glory of God, the Naam,
the chanting of Gurbani. The Simritees, the Shaastras
and the Vedas speak of it. The essence of all religion is
the Lord's Name alone. It abides in the minds of the
devotees of God. Millions of sins are erased, in the
Company of the Holy. By the Grace of the Saint, one
escapes the Messenger of Death. Those, who have

such pre-ordained destiny on their foreheads, O

Nanak, enter the Sanctuary of the Saints. ||7||

jis man basai sunai lai preet || tis jan aavai har prabh

cheet || janam maran taa kaa dhookh nivaarai ||

dhulabh dheh tatakaal udhaarai || niramal sobhaa

a(n)mirat taa kee baanee || ek naam man maeh

samaanee || dhookh rog binase bhai bharam || saadh

naam niramal taa ke karam || sabh te uooch taa kee

sobhaa banee || naanak ieh gun naam sukhamanee

||8||24||

One, within whose mind it abides, and who listens to it

with love that humble person consciously remembers

the Lord God. The pains of birth and death are

removed. The human body, so difficult to obtain, is

instantly redeemed. Spotlessly pure is his reputation,

and ambrosial is his speech. The One Name permeates

his mind. Sorrow, sickness, fear and doubt depart. He is

called a Holy person; his actions are immaculate and

pure. His glory becomes the highest of all. O Nanak, by
these Glorious Virtues, this is named Sukhmani, Peace
of mind. ||8||24||

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ,
ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਿਹ!