

Sukhmani Sahib

Siri Sukhmani Sahib:

ga-orhee sukhmanee mehlaa 5.

salok.

ik-onkaar satgur parsaad.

aad gur-ay namah. jugaad gur-ay namah.

satgur-ay namah. sree gurdayv-ay namah. ||1||

asatpadee.

simra-o simar simar sukh paava-o.

kal kalays tan maahi mitaava-o.

simra-o jaas bisumbhar aykai.

naam japat agnat anaykai.

bayd puraan simrit sudhaakh-yar.

keenay raam naam ik aakh-yar.

kinkaa ayk jis jee-a basaavai.

taa kee mahimaa ganee na aavai.

kaaNkhee aykai daras tuhaaro.

naanak un sang mohi udhaaro. ||1||

sukhmanee sukh amrit parabh naam.
bhagat janaa kai man bisraam. rahaa-o.
parabh kai simran garabh na basai.
parabh kai simran dookh jam nasai.
parabh kai simran kaal parharai.
parabh kai simran dusman tarai.
parabh simrat kachh bighan na laagai.
parabh kai simran an-din jaagai.
parabh kai simran bha-o na bi-aapai.
parabh kai simran dukh na santaapai.
parabh kaa simran saadh kai sang.
sarab niDhaan naanak har rang. ||2||
parabh kai simran ridh sidh na-o nidh.
parabh kai simran gi-aan dhi-aan tat budh.
parabh kai simran jap tap poojaa.
parabh kai simran binsai doojaa.
parabh kai simran tirath isnaanee.
parabh kai simran dargeh maanee.

parabh kai simran ho-ay so bhalaa.

parabh kai simran sufal falaa.

say simrahi jin aap simraa-ay.

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

parabh kaa simran sabh tay oochaa.

parabh kai simran udhray moochaa.

parabh kai simran tarisnaa bujhai.

parabh kai simran sabh kichh sujhai.

parabh kai simran naahee jam taraasaa.

parabh kai simran pooran aasaa.

parabh kai simran man kee mal jaa-ay.

amrit naam rid maahey samaa-ay.

parabh jee baseh saadh kee rasnaa.

naanak jan kaa daasan dasnaa. ||4||

parabh ka-o simraih say dhanvantay.

parabh ka-o simraih say pativantay.

parabh ka-o simraih say jan parvaan.

parabh ka-o simraih say purakh pardhaan.

parabh ka-o simraih se baymuhtaajay.
parabh ka-o simraih se sarab kay raajay.
paarabh ka-o simrahi say sukhvaasee.
parabh ka-o simrahi sadaa abhinaasee.
simran tay laagay jin aap da-i-aalaa.
naanak jan kee mangai ravaalaa. ||5||

parabh ka-o simrahi say par-upkaaree.
parabh ka-o simrahi tin sad balihaaree.
parabh ka-o simrahi say mukh suhaavay.
parabh ka-o simrahi tin sookh bihaavai.
parabh ka-o simrahi tin aatam jeetaa.
parabh ka-o simrahi tin nirmal reetaa.
parabh ka-o simrahi tin anad ghanayray.
parabh ka-o simrahi baseh har nayray.
sant kirpaa tay an-din jaag.
naanak simran poorai bhaag. ||6||

parabh kai simran kaaraj pooray.
parabh kai simran kabahu na jhooray.

parabh kai simran har gun baanee.

parabh kai simran sahj samaanee.

parabh kai simran nihchal aasan.

parabh kai simran kamal bigaasan.

parabh kai simran anhad jhunkaar.

sukh parabh simran kaa ant na paar.

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

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

har simran kar bhagat pargataa-ay.

har simran lag bayd upaa-ay.

har simran bha-ay siDh jatee daatay.

har simran neech chahu kunt jaatay.

har simran Dhaaree sabh Dharnaa.

simar simar har kaaran karnaa.

har simran kee-o sagal akaaraa.

har simran meh aap nirankaaraa.

kar kirpa jis aap bujhaya.

nanak gurmukh har simran tinn paya. ||8||1||

salok.:

deen dard dukh bhanjnaa ghat ghat naath anaath.
saran tumharee aa-i-o naanak kay prabh saath. ||1||

asatpadee.

jah maat pitaa sut meet na bhaa-ee.
man oohaa naam teyrey sang sahaa-ee.
jah mahaa bha-i-aan doot jam dalhey
tah keval naam sang teyrey chalhey.
jah muskal hovey att bhaaree.
har ko naam khin maahey udhaaree.
anik punah charan karat nahee tarey.

har ko naam kot paap parharey
gurmukh naam japho man mayrey.
naanak paavhu sookh ghaneyrey. ||1||

sagal sarist ko raajaa dukhee-aa.
har kaa naam japat ho-ay sukhee-aa.
aakh karoree bandh na paray.

har kaa naam japat nistaray.
anik maa-i-aa rang tikh na bujhaavai.
har kaa naam japat aaghaavai.
jih maarag ih jaat ikaylaa.
tah har naam sang hot suhaylaa.
aisaa naam man sadaa Dhi-aa-ee-ai.
naanak gurmukh param gat paa-ee-ai. ||2||

chhootat nahee kot lakh baahee.
naam japat tah paar paraahee.
anik bighan jah aa-ay sanghaarai.
har kaa naam tatkaal uDhaarai.
anik jon janmai mar jaam.
naam japat paavai bisraam.
ha-o mailaa mal kabahu na Dhovai.
har kaa naam kot paap khovai.
aisaa naam japahu man rang.
naanak paa-ee-ai saaDh kai sang. ||3||

jih maarag kay ganay jaahi na kosaa.

har kaa naam oohaa sang tosaa.

jih paidai mahaa anDh gubaaraa.

har kaa naam sang ujee-aaraa.

jahaa panth tayraa ko na sinjaanoo.

har kaa naam tah naal pachhaanoo.

jah mahaa bha-i-aan tapat baho ghaam.

tah har kay naam kee tum oopar chhaam.

jahaa tarikhaa man tujh aakrakhai.

tah naanak har har amrit barkhai. ||4||

bhagat janaa kee bartan naam.

sant janaa kai man bisraam.

har kaa naam daas kee ot.

har kai naam uDhray jan kot.

har jas karat sant din raat.

har har a-ukhaDh saaDh kamaat.

har jan kai har naam niDhaan.

paarbarahm jan keeno daan.

man tan rang ratay rang aykai.
naanak jan kai birat bibaykai. ||5||
man kaamnaa tirath dayh chhutai.
har kaa naam jan ka-o mukat jugat.
har kai naam jan ka-o taripat bhugat.
har kaa naam jan kaa roop rang.
har naam japat kab parai na bhang.
har kaa naam jan kee vadi-aa-ee.
har kai naam jan sobhaa paa-ee.
har kaa naam jan ka-o bhog jog.
har naam japat kachh naahi bi-og.
jan raataa har naam kee sayvaa.
naanak poojai har har dayvaa. ||6||
har har jan kai maal khajeenaa.
har Dhan jan ka-o aap parabh deenaa.
har har jan kai ot sataanee.
har partaap jan avar na jaanee.
ot pot jan har ras raatay.

sunn samaaDh naam ras maatay.
aath pahar jan har har japai.
har kaa bhagat pargat nahee chhapai.
har kee bhagat mukat baho karay.
naanak jan sang kaytay taray. ||7||

paarjaat ih har ko naam.
kaamDhayn har har gun gaam.
sabh tay ootam har kee kathaa.
naam sunat darad dukh lathaa.
naam kee mahimaa sant rid vasai.
sant partaap durat sabh nasai.
sant kaa sang vadbhaagee paa-ee-ai. ||8||2||

salok.

baho saastar baho simritee paykhay sarab dhadhol.
poojas naahee har haray naanak naam amol. ||1||

asatpadee.

jaap taap gi-aan sabh Dhi-aan.

khat saastar simrit vakhi-aan.
jog abhi-aas karam Dharam kiri-aa.
sagal ti-aag ban maDhay firi-aa.
anik parkaar kee-ay baho jatnaa.
punn daan homay baho ratnaa.
sareer kataa-ay homai kar raatee.
varat naym karai baho bhaatee.
nahee tul raam naam beechaar.
naanak gurmukh naam japee-ai ik baar. ||1||
na-o khand parithmee firai chir jeevai.
mahaa udaas tapeesar theevai.
agan maahi homat paraan.
kanik asav haivar bhoom daan.
ni-ulee karam karai baho aasan.
jain maarag sanjam at saaDhan.
nimakh nimakh kar sareer kataavai.
ta-o bhee ha-umai mail na jaavai.

har kay naam samsar kachh naahi.
naanak gurmukh naam japat gat paahi. ||2||

man kaamnaa tirath dayh chhutai.
garab gumaan na man tay hutai.
soch karai dinas ar raat.
man kee mail na tan tay jaat.
is dayhee ka-o baho saaDhnaa karai.
man tay kabhoo na bikhi-aa tarai.
jal Dhovai baho dayh aneet.
suDh kahaa ho-ay kaachee bheet.
man har kay naam kee mahimaa ooch.
naanak naam uDhray patit baho mooch. ||3||

bahut si-aanap jam kaa bha-o bi-aapai.
anik jatan kar tarisan naa Dharaapai.
bhaykh anayk agan nahee bujhai.
kot upaav dargeh nahee sijhai.
chhootas naahee oobh pa-i-aal.
mohi bi-aapahi maa-i-aa jaal.

avar kartoot saglee jam daanai.
govind bhajan bin til nahee maanai.
har kaa naam japat dukh jaa-ay.
naanak bolai sahj subhaa-ay. ||4||

chaar padaarath jay ko maagai.
saaDh janaa kee sayvaa laagai.
jay ko aapunaa dookh mitaavai.
har har naam ridai sad gaavai.
jay ko apunee sobhaa lorai.
saaDhsang ih ha-umai chhorai.
jay ko janam maran tay darai.
saaDh janaa kee sarnee parai.
jis jan ka-o parabh daras pi-aasaa.
naanak taa kai bal bal jaasaa. ||5||

sagal purakh meh purakh parDhaan.
saaDhsang jaa kaa mitai abhimaan.
aapas ka-o jo jaanai neechaa.
so-oo ganee-ai sabh tay oochaa.

jaa kaa man ho-ay sagal kee reena.
har har naam tin ghat ghat cheena.
man apunay tay buraa mitaanaa.
paykhai sagal sarisat saajnaa.
sookh dookh jan sam daristaytaa.
naanak paap punn nahee laypaa. ||6||

nirDhan ka-o Dhan tayro naa-o.
nithaavay ka-o naa-o tayraa thaa-o.
nimaanay ka-o parabh tayro maan.

sagal ghataa ka-o dayvhu daan.
karan karaavanhaar su-aamee.

sagal ghataa kay antarjaamee.

apnee gat mit jaanhu aapay.
aapan sang aap parabh raatay.

tumHree ustat tum tay ho-ay.
naanak avar na jaanas ko-ay. ||7||
sarab Dharam meh saraysat Dharam.
har ko naam jap nirmal karam.

sagal kir-aa meh ootam kiri-aa.

saaDhsang durmat mal hiri-aa.

sagal udam meh udam bhalaa.

har kaa naam japahu jee-a sadaa.

sagal baanee meh amrit baanee.

har ko jas sun rasan bakhaanee.

sagal thaam tay oh ootam thaam.

naanak jih ghat vasai har naam. ||8||3||

salok.

nirgunee-aar i-aani-aa so parabh sadaa samaal.

jini kee-aa tis cheet rakh naanak nibhee naal. ||1||

asatpadee.

rama-ee-aa kay gun chayt paraanee.

kavan mool tay kavan daristaanee.

jini toon saaj savaar seegaari-aa.

garabh agan meh jineh ubaari-aa.

baar bivasthaa tujheh pi-aarai dooDh.

bhar joban bhojan sukh sooDh.
biraDh bha-i-aa oopar saak sain. mukh api-aa-o baith
ka-o dain.

ih nirgun gun kachhoo na boojhai.
bakhas layho ta-o naanak seejhai. ||1||

jih parsaad Dhar oopar sukh baseh.
sut bharaat meet banitaa sang haseh.

jih parsaad peeveh seetal jalaa.
sukh-daa-ee pavan paavak amulaa.

jih parsaad bhogeh sabh rasaa.
sagal samagree sang saath basaa.

deenay hasat paav karan naytar rasnaa.

tiseh ti-aag avar sang rachnaa.

aisay dokh moorh anDh bi-aapay.
naanak kaadh layho parabh aapay. ||2||

aad ant jo raakhanhaar.

tis si-o pareet na karai gavaar.

jaa kee sayvaa nav niDh paavai.

taa si-o moorhaa man nahee laavai.
jo thaakur sad sadaa hajoaray.
taa ka-o anDhaa jaanat dooray.
jaa kee tahal paavai dargeh maan.
tiseh bisaarai mugaDh ajaan.
sadaa sadaa ih bhoolanhaar.
naanak raakhanhaar apaar. ||3||

ratan ti-aag ka-udee sang rachai.
saach chhod jhooth sang machai.
jo chhadnaa so asthir kar maanai.
jo hovan so door paraanai.
chhod jaa-ay tis kaa saram karai.
sang sahaa-ee tis parharai.
chandan layp utaarai Dho-ay.
garDhab pareet bhasam sang ho-ay.
anDh koop meh patit bikraal.
naanak kaadh layho parabh da-i-aal. ||4||

kartoot pasoo kee maanas jaat.
lok pachaaraa karai din raat.
baahar bhaykh antar mal maa-i-aa.
chhapas naahi kachh karai chhapaa-i-aa.
baahar gi-aan Dhi-aan isnaan.
antar bi-aapai lobh su-aan.
antar agan baahar tan su-aah.
gal paathar kaisay tarai athaah.
jaa kai antar basai parabh aap.
naanak tay jan sahj samaat. ||5||
sun anDhaa kaisay maarag paavai.
kar geh layho orh nibhaavai.
kahaa bujhaarat boojhai doraa.
nis kahee-ai ta-o samjhai bhuraa.
kahaa bisanpad gaavai gung.
jatan karai ta-o bhee sur bhang.
kah pingul parbat par bhavan.
nahee hot oohaa us gavan.

kartaar karunaa mai deen bayntee karai.

naanak tumree kirpaa tarai. ||6||

sang sahaa-ee so aavai na cheet.

jo bairaa-ee taa si-o pareet.

baloo-aa kay garih bheetar basai.

anad kayl maa-i-aa rang rasai.

darirh kar maanai maneh parteet.

kaal na aavai moorhay cheet.

bair biroDh kaam kroDh moh.

jhooth bikaar mahaa lobh Dharoh.

i-aahoo jugat bihaanay ka-ee janam.

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

too thaakur tum peh ardaas.

jee-o pind sabh tayree raas.

tum maat pitaa ham baarik tayray.

tumree kirpaa meh sookh ghanayray.

ko-ay na jaanai tumraa ant.

oochay tay oochaa bhagvant.

sagal samagree tumrai sutir Dhaaree

.

tum tay ho-ay so aagi-aakaaree.

tumree gat mit tum hee jaanee.

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

salok.

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

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

asatpadee.

das bastoo lay paachhai paavai.

ayk basat kaaran bikhhot gavaavai.

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

ta-o moorhaa kaho kahaa karay-i.

jis thaakur si-o naahee chaaraa.

taa ka-o keejai sad namaskaaraa.

jaa kai man laagaa parabh meethaa.

sarab sookh taahoo man voothaa.

jis jan apnaa hukam manaa-i-aa.

sarab thok naanak tin paa-i-aa. ||1||

agnat saahu apnee day raas.

khaat peet bartai anad ulaas.

apunee amaan kachh bahur saahu lay-ay.

agi-aanee man ros karay-i.

apnee parteet aap hee khovai.

bahur us kaa bisvaas na hovai.

jis kee basat tis aagai raakhai.

parabh kee aagi-aa maanai maathai.

us tay cha-ugun karai nihaal.

naanak saahib sadaa da-i-aal. ||2||

anik bhaat maa-i-aa kay hayt. sarpar hovat jaan anayt.

birakh kee chhaa-i-aa si-o rang laavai.

oh binsai uho man pachhutaavai.

jo deesai so chaalanhaar.

lapat rahi-o tah anDh anDhaar.

bataa-oo si-o jo laavai nayh.

taa ka-o haath na aavai kayh.
man har kay naam kee pareet sukh-daa-ee.
kar kirpaa naanak aap la-ay laa-ee. ||3||
mithi-aa tan Dhan kutamb sabaa-i-aa.
mithi-aa ha-umai mamtaa maa-i-aa.
mithi-aa raaj joban Dhan maal.
mithi-aa kaam kroDh bikraal.
mithi-aa rath hastee asav bastaraa.
mithi-aa rang sang maa-i-aa paykh hastaa.
mithi-aa Dharoh moh abhimaan.
mithi-aa aapas oopar karat gumaan.
asthir bhagat saaDh kee saran.
naanak jap jap jeevai har kay charan. ||4||
mithi-aa sarvan par nindaa suneh.
mithi-aa hasat par darab ka-o hireh.
mithi-aa naytar paykhat par tari-a roopaad.
mithi-aa rasnaa bhojan an savaad.
mithi-aa charan par bikaar ka-o Dhaaveh.

mithi-aa man par lobh lubhaaveh.
mithi-aa tan nahee par-upkaaraa.
mithi-aa baas layt bikaaraa.
bin boojhay mithi-aa sabh bha-ay.
safal dayh naanak har har naam la-ay. ||5||

birthee saakat kee aarjaa.
saach binaa kah hovat soochaa.
birthaa naam binaa tan anDh.
mukh aavat taa kai durganDh.
bin simran din rain baritha bihaa-ay.
maygh binaa ji-o khaytee jaa-ay.
gobid bhajan bin barithay sabh kaam.
ji-o kirpan kay niraarath daam.
Dhan Dhan tay jan jih ghat basi-o har naa-o.
naanak taa kai bal bal jaa-o. ||6||

rahat avar kachh avar kamaavat.
man nahee pareet mukhahu gandh laavat.
jaananhaar parabhoo parbeen.

baahar bhaykh na kaahoo bheen.

avar updaysai aap na karai.

aavat jaavat janmai marai.

jis kai antar basai nirankaar.

tis kee seekh tarai sansaar.

jo tum bhaanay tin parabh jaataa.

naanak un jan charan paraataa. ||7||

kara-o bayntee paarbarahm sabh jaanai.

apnaa kee-aa aapeh maanai.

aapeh aap aap karat nibayraa.

kisai door janaavat kisai bujhaavat nayraa.

upaav si-aanap sagal tay rahat.

sabh kachh jaanai aatam kee rahat.

jis bhaavai tis la-ay larh laa-ay.

thaan thanantar rahi-aa samaa-ay.

so sayvak jis kirpaa karee.

nimakh nimakh jap naanak haree. ||8||5||

salok.

kaam kroDh ar lobh moh binas jaa-ay ahaNmayv.
naanak parabh sarnaagatee kar parsaad gurdayv. ||1||
asatpadee.

jih parsaad chhateeh amrit khaahi.

tis thaakur ka-o rakh man maahi.

jih parsaad suganDhat tan laaveh.

tis ka-o simrat param gat paavahi.

jih parsaad baseh sukh mandar.

tiseh Dhi-aa-ay sadaa man andar.

jih parsaad garih sang sukh basnaa.

aath pahar simrahu tis rasnaa.

jih parsaad rang ras bhog.

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

jih parsaad paat patambar hadhaaveh.

tiseh ti-aag kat avar lubhaaveh.

jih parsaad sukh sayj so-eejai.

man aath pahar taa kaa jas gaaveejai.

jih parsaad tujh sabh ko-oo maanai.
mukh taa ko jas rasan bakhaanai.
jih parsaad tayro rahtaa Dharam.
man sadaa Dhi-aa-ay kayval paarbarahm.
parabh jee japat dargeh maan paavahi.
naanak pat saytee ghar jaaveh. ||2||

jih parsaad aarog kanchan dayhee.
liv laavhu tis raam sanayhee.
jih parsaad tayraa olaa rahat.
man sukh paavahi har har jas kahat.
jih parsaad tayray sagal chhidar dhaakay.
man sarnee par thaakur parabh taa kai.

jih parsaad tujh ko na pahoochai.
man saas saas simrahu parabh oochay.
jih parsaad paa-ee darulabh dayh.
naanak taa kee bhagat karayh. ||3||

jih parsaad aabhookhan pehreejai.
man tis simrat ki-o aalas keejai.

jih parsaad asav hasat asvaaree.
man tis parabh ka-o kabhoo na bisaaree.
jih parsaad baag milakh Dhanaa.
raakh paro-ay parabh apunay manaa.
jin tayree man banat banaa-ee.
oothat baithat sad tiseh Dhi-aa-ee.
tiseh Dhi-aa-ay jo ayk alkhai.
eehaa oohaa naanak tayree rakhai. ||4||
jih parsaad karahi punn baho daan.
man aath pahar kar tis kaa Dhi-aan.
jih parsaad too aachaar bi-uhaaree.
tis parabh ka-o saas saas chitaaree.
jih parsaad tayraa sundar roop.
so parabh simrahu sadaa anoop.
jih parsaad tayree neekhee jaat.
so parabh simar sadaa din raat.
jih parsaad tayree pat rahai.
gur parsaad naanak jas kahai. ||5||

jih parsaad suneh karan naad.
jih parsaad paykheh bismaad.
jih parsaad boleh amrit rasnaa.
jih parsaad sukh sehjay basnaa.
jih parsaad hasat kar chaleh.
jih parsaad sampooran faleh.
jih parsaad param gat paavahi.
jih parsaad sukh sahj samaaveh.
aisaa parabh ti-aag avar kat laagahu.
gur parsaad naanak man jaagahu. ||6||
jih parsaad tooN pargat sansaar.
tis parabh ka-o mool na manhu bisaar.
jih parsaad tayraa partaap.
ray man moorh too taa ka-o jaap.
jih parsaad tayray kaaraj pooray.
tiseh jaan man sadaa hajoaray.
jih parsaad tooN paavahi saach.
ray man mayray tooN taa si-o raach.

jih parsaad sabh kee gat ho-ay.
naanak jaap japai jap so-ay. ||7||

aap japaa-ay japai so naa-o.
aap gaavaa-ai so har gun gaa-o.
parabh kirpaa tay ho-ay pargaas.
parabhoo da-i-aa tay kamal bigaas.
parabh suparsan basai man so-ay.
parabh da-i-aa tay mat ootam ho-ay.
sarab niDhaan parabh tayree ma-i-aa.
aaphu kachhoo na kinhoo la-i-aa.
jit jit laavhu tit lageh har naath.
naanak in kai kachhoo na haath. ||8||6||

salok.

agam agaaDh paarbarahm so-ay.
jo jo kahai so muktaa ho-ay.
sun meetaa naanak binvantaa.
saadh janaa kee achraj kathaa. ||1||

asatpadee.

saaDh kai sang mukh oojal hot.

saaDhsang mal saglee khot.

saaDh kai sang mitai abhimaan.

saaDh kai sang pargatai sugi-aan.

saaDh kai sang bujhai parabh nayraa.

saaDhsang sabh hot nibayraa.

saaDh kai sang paa-ay naam ratan.

saaDh kai sang ayk oopar jatan.

saaDh kee mahimaa barnai ka-un paraanee.

naanak saaDh kee sobhaa parabh maahi samaanee.

||1||

saaDh kai sang agochar milai.

saaDh kai sang sadaa parfulai.

saaDh kai sang aavahi bas panchaa.

saaDhsang amrit ras bhunchaa.

saaDhsang ho-ay sabh kee rayn.

saaDh kai sang manohar bain.

saaDh kai sang na katahooN Dhaavai.
saaDhsang asthit man paavai.
saaDh kai sang maa-i-aa tay bhinn.
saaDhsang naanak parabh suparsan. ||2||
saaDhsang dusman sabh meet.
saaDhoo kai sang mahaa puneet.
saaDhsang kis si-o nahee bair.
saaDh kai sang na beegaa pair.
saaDh kai sang naahee ko mandaa.
saaDhsang jaanay parmaanandaa.
saaDh kai sang naahee ha-o taap.
saaDh kai sang tajai sabh aap.
aapay jaanai saaDh badaa-ee.
naanak saaDh parabhoo ban aa-ee. ||3||
saaDh kai sang na kabhoo Dhaavai.
saaDh kai sang sadaa sukh paavai.
saaDhsang basat agochar lahai.
saaDhoo kai sang ajar sahai.

saaDh kai sang basai thaen oochai.

saaDhoo kai sang mahal pahoochai.

saaDh kai sang darirhai sabh Dharam.

saaDh kai sang kayval paarbarahm.

saaDh kai sang paa-ay naam niDhaan.

naanak saaDhoo kai kurbaan. ||4||

saaDh kai sang sabh kul uDhaarai.

saaDhsang saajan meet kutamb nistaarai.

saaDhoo kai sang so Dhan paavai.

jis Dhan tay sabh ko varsaavai.

saaDhsang Dharam raa-ay karay sayvaa.

saaDh kai sang sobhaa surdayvaa.

saaDhoo kai sang paap palaa-in.

saaDhsang amrit gun gaa-in.

saaDh kai sang sarab thaen gamm.

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

saaDh kai sang nahee kachh ghaal.

darsan bhaytat hot nihaal.

saaDh kai sang kalookhat harai.
saaDh kai sang narak parharai.
saaDh kai sang eehee oohaa suhaylaa.
saaDhsang bichhurat har maylaa.
jo ichhai so-ee fal paavai.
saaDh kai sang na birthaa jaavai.
paarbarahm saaDh rid basai.
naanak uDhrai saaDh sun rasai. ||6||
saaDh kai sang sun-o har naa-o.
saaDhsang har kay gun gaa-o.
saaDh kai sang na man tay bisrai.
saaDhsang sarpar nistarai.
saaDh kai sang lagai parabh meethaa.
saaDhoo kai sang ghat ghat deethaa.
saaDhsang bha-ay aagi-aakaaree.
saaDhsang gat bha-ee hamaaree.
saaDh kai sang mitay sabh rog.
naanak saaDh bhaytay sanjog. ||7||

saaDh kee mahimaa bayd na jaaneh.

jaytaa suneh taytaa bakhi-aaneh.

saaDh kee upmaa tihu gun tay door.

saaDh kee upmaa rahee bharpoor.

saaDh kee sobhaa kaa naahee ant.

saaDh kee sobhaa sadaa bay-ant.

saaDh kee sobhaa ooch tay oochee.

saaDh kee sobhaa mooch tay moochee.

saaDh kee sobhaa saaDh ban aa-ee.

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

salok.

man saachaa mukh saachaa so-ay.

avar na paykhai aykas bin ko-ay.

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

asatpadee.

barahm gi-aanee sadaa nirlayp.

jaisay jal meh kamal alayp.

barahm gi-aanee sadaa nirdokh.

jaisay soor sarab ka-o sokh.

barahm gi-aanee kai darisat samaan.

jaisay raaj rank ka-o laagai tul pavaan.

barahm gi-aanee kai Dheeraj ayk.

ji-o basuDhaa ko-oo khodai ko-oo chandan layp.

barahm gi-aanee kaa ihai gunaa-o.

naanak ji-o paavak kaa sahj subhaa-o. ||1||

barahm gi-aanee nirmal tay nirmalaa.

jaisay mail na laagai jalaa.

barahm gi-aanee kai man ho-ay pargaas.

jaisay Dhar oopar aakaas.

barahm gi-aanee kai mitar satar samaan.

barahm gi-aanee kai naahee abhimaan.

barahm gi-aanee ooch tay oochaa.

man apnai hai sabh tay neechaa.

barahm gi-aanee say jan bha-ay.

naanak jin parabh aap karay-i. ||2||

barahm gi-aanee sagal kee reena.
aatam ras barahm gi-aanee cheena.
barahm gi-aanee kee sabh oopar ma-i-aa.
barahm gi-aanee tay kachh buraa na bha-i-aa.
barahm gi-aanee sadaa samadrasee.
barahm gi-aanee kee darisat amrit barsee.
barahm gi-aanee banDhan tay muktaa.
barahm gi-aanee kee nirmal jugtaa.
barahm gi-aanee kaa bhojan gi-aan.
naanak barahm gi-aanee kaa barahm Dhi-aan. ||3||
barahm gi-aanee ayk oopar aas.
barahm gi-aanee kaa nahee binaas.
barahm gi-aanee kai gareebee samaahaa.
barahm gi-aanee par-upkaar omaahaa.
barahm gi-aanee kai naahee DhanDhaa.
barahm gi-aanee lay Dhaavat banDhaa.
barahm gi-aanee kai ho-ay so bhalaa.
barahm gi-aanee sufal falaa.

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

barahm gi-aanee kai aykai rang.
barahm gi-aanee kai basai parabh sang.
barahm gi-aanee kai naam aaDhaar.
barahm gi-aanee kai naam parvaar.
barahm gi-aanee sadaa sad jaagat.
barahm gi-aanee ahaN-buDh ti-aagat.
barahm gi-aanee kai man parmaanand.
barahm gi-aanee kai ghar sadaa anand.
barahm gi-aanee sukh sahj nivaas.
naanak barahm gi-aanee kaa nahee binaas. ||5||

barahm gi-aanee barahm kaa baytaa.
barahm gi-aanee ayk sang haytaa.
barahm gi-aanee kai ho-ay achint.
barahm gi-aanee kaa nirmal mant.
barahm gi-aanee jis karai parabh aap.
barahm gi-aanee kaa bad partaap.

barahm gi-aanee kaa daras badbhaagee paa-ee-ai.

barahm gi-aanee ka-o bal bal jaa-ee-ai.

barahm gi-aanee ka-o khojeh mahaysur.

naanak barahm gi-aanee aap parmaysur. ||6||

barahm gi-aanee kee keemat naahi.

barahm gi-aanee kai sagal man maahi.

barahm gi-aanee kaa ka-un jaanai bhayd.

barahm gi-aanee ka-o sadaa adays.

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

barahm gi-aanee sarab kaa thaakur.

barahm gi-aanee kee mit ka-un bakhaanai.

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

barahm gi-aanee kaa ant na paar.

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

barahm gi-aanee sabh sarisat kaa kartaa.

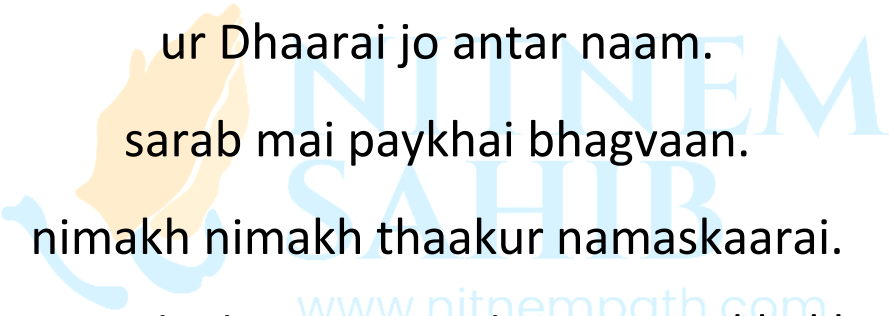
barahm gi-aanee sad jeevai nahee martaa.

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

barahm gi-aanee pooran purakh biDhaataa.

barahm gi-aanee anaath kaa naath.
barahm gi-aanee kaa sabh oopar haath.
barahm gi-aanee kaa sagal akaar.
barahm gi-aanee aap nirankaar.
barahm gi-aanee kee sobhaa barahm gi-aanee banee.
naanak barahm gi-aanee sarab kaa Dhanee. ||8||8||

salok.



ur Dhaarai jo antar naam.
sarab mai paykhai bhagvaan.
nimakh nimakh thaakur namaskaarai.
naanak oh apras sagal nistaarai. ||1||

asatpadee.

mithi-aa naahee rasnaa paras.
man meh pareet niranjan daras.
par tari-a roop na paykhai naytar.
saaDh kee tahal satsang hayt.
karan na sunai kaahoo kee nindaa.

sabh tay jaanai aapas ka-o mandaa.
gur parsaad bikhi-aa parharai.
man kee baasnaa man tay tarai.
indree jit panch dokh tay rahat.
naanak kot maDhay ko aisaa apras. ||1||
baisno so jis oopar suparsan.
bisan kee maa-i-aa tay ho-ay bhinn.
karam karat hovai nihkaram.
tis baisno kaa nirmal Dharam.
kaahoo fal kee ichhaa nahee baachhai.
kayval bhagat keertan sang raachai.
man tan antar simran gopaal.
sabh oopar hovat kirpaal.
aap darirhai avrah naam japaavai.
naanak oh baisno param gat paavai. ||2||
bhag-utee bhagvant bhagat kaa rang.
sagal ti-aagai dusat kaa sang.
man tay binsai saglaa bharam.

kar poojai sagal paarbarahm.
saaDhsang paapaa mal khovai.
tis bhag-utee kee mat ootam hovai.
bhagvant kee tahal karai nit neet.
man tan arpai bisan pareet.
har kay charan hirdai basaavai.
naanak aisaa bhag-utee bhagvant ka-o paavai. ||3||

so pandit jo man parboDhai.
raam naam aatam meh soDhai.
raam naam saar ras peevai.
us pandit kai updays jag jeevai.
har kee kathaa hirdai basaavai.
so pandit fir jon na aavai.
bayd puraan simrit boojhai mool.
sookham meh jaanai asthool.
chahu varnaa ka-o day updays.
naanak us pandit ka-o sadaa adays. ||4||

beej mantar sarab ko gi-aan.
chahu varnaa meh japai ko-oo naam.
jo jo japai tis kee gat ho-ay.
saaDhsang paavai jan ko-ay.
kar kirpaa antar ur Dhaarai.
pas parayt mughad paathar ka-o taarai.
sarab rog kaa a-ukhad naam.
kali-aan roop mangal gun gaam.
kaahoo jugat kitai na paa-ee-ai Dharam.
naanak tis milai jis likhi-aa Dhur karam. ||5||
jis kai man paarbarahm kaa nivaas.
tis kaa naam sat raamdaas.
aatam raam tis nadree aa-i-aa.
daas dasantan bhaa-ay tin paa-i-aa.
sadaa nikat nikat har jaan.
so daas dargeh parvaan.
apunay daas ka-o aap kirpaa karai.
tis daas ka-o sabh sojhee parai.

sagal sang aatam udaas.

aisee jugat naanak raamdaas. ||6||

parabh kee aagi-aa aatam hitaavai.

jeevan mukat so-oo kahaavai.

taisaa harakh taisaa us sog.

sadaa anand tah nahee bi-og.

taisaa suvran taisee us maatee.

taisaa amrit taisee bikh khaatee.

taisaa maan taisaa abhimaan.

taisaa rank taisaa raajaan.

jo vartaa-ay saa-ee jugat.

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

paarbarahm kay saglay thaa-o.

jit jit ghar raakhai taisaa tin naa-o.

aapay karan karaavan jog.

parabh bhaavai so-ee fun hog.

pasri-o aap ho-ay anat tarang.

lakhay na jaahi paarbarahm kay rang.

jaisee mat day-ay taisaa pargaas.

paarbarahm kartaa abinaas.

sadaa sadaa sadaa da-i-aal.

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

salok.

ustat karahi anayk jan ant na paaraavaar.

naanak rachnaa parabh rachee baho biDh anik parkaar.

||1||

asatpadee.

ka-ee kot ho-ay poojaaree.

ka-ee kot aachaar bi-uhaaree.

ka-ee kot bha-ay tirath vaasee.

ka-ee kot ban bharmeh udaasee.

ka-ee kot bayd kay sarotay.

ka-ee kot tapeesur hotay.

ka-ee kot aatam Dhi-aan Dhaareh.

ka-ee kot kab kaab beechaareh.

ka-ee kot navtan naam Dhi-aavahi.
naanak kartay kaa ant na paavahi. ||1||

ka-ee kot bha-ay abhimaanee.

ka-ee kot anDh agi-aanee.

ka-ee kot kirpan kathor.

ka-ee kot abhig aatam nikor.

ka-ee kot par darab ka-o hireh.

ka-ee kot par dookhnaa karahi.

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

ka-ee kot pardays bharmahi.

jit jit laavhu tit tit lagnaa.

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

ka-ee kot siDh jatee jogee.

ka-ee kot raajay ras bhogee.

ka-ee kot pankhee sarap upaa-ay.

ka-ee kot paathar birakh nipjaa-ay.

ka-ee kot pavan paanee baisantar.

ka-ee kot days bhoo mandal.

ka-ee kot sasee-ar soor nakh-yatar.
ka-ee kot dayv daanav indar sir chhatar.
sagal samagree apnai soot Dhaarai.
naanak jis jis bhaavai tis tis nistaarai. ||3||

ka-ee kot raajas taamas saatak.
ka-ee kot bayd puraan simrit ar saasat.
ka-ee kot kee-ay ratan samud.
ka-ee kot naanaa parkaar jant.
ka-ee kot kee-ay chir jeevay.
ka-ee kot giree mayr suvran theevay.
ka-ee kot jakh-y kinnar pisaach.
ka-ee kot bhoot parayt sookar marigaach.
sabh tay nayrai sabhhoo tay door.
naanak aap alipat rahi-aa bharpoor. ||4||

ka-ee kot paataal kay vaasee.
ka-ee kot narak surag nivaasee.
ka-ee kot janmeh jeeveh mareh.
ka-ee kot baho jonee fireh.

ka-ee kot baithat hee khaahi.
ka-ee kot ghaaleh thak paahi.
ka-ee kot kee-ay Dhanvant.
ka-ee kot maa-i-aa meh chint.
jah jah bhaanaa tah tah raakhay.
naanak sabh kichh parabh kai haathay. ||5||

ka-ee kot bha-ay bairaagee.
raam naam sang tin liv laagee.
ka-ee kot parabh ka-o khojantay.
aatam meh paarbarahm lahantay.
ka-ee kot darsan parabh pi-aas.
tin ka-o mili-o parabh abinaas.
ka-ee kot maageh satsang.
paarbarahm tin laagaa rang.
jin ka-o ho-ay aap suparsan.
naanak tay jan sadaa Dhan Dhan. ||6||

ka-ee kot khaanee ar khand.
ka-ee kot akaas barahmand.

ka-ee kot ho-ay avtaar.
ka-ee jugat keeno bisthaar.
ka-ee baar pasri-o paasaar.
sadaa sadaa ik aykankaar.
ka-ee kot keenay baho bhaat.
parabh tay ho-ay parabh maahi samaat.
taa kaa ant na jaanai ko-ay.
aapay aap naanak parabh so-ay. ||7||
ka-ee kot paarbarahm kay daas.
tin hovat aatam pargaas.
ka-ee kot tat kay baytay.
sadaa nihaarahi ayko naytaray.
ka-ee kot naam ras peeveh.
amar bha-ay sad sad hee jeeveh.
ka-ee kot naam gun gaavahi.
aatam ras sukh sahj samaaveh.
apunay jan ka-o saas saas samaaray.
naanak o-ay parmaysur kay pi-aaray. ||8||10||

salok.

karan kaaran parabh ayk hai doosar naahee ko-ay.
naanak tis balihaarnai jal thal mahee-al so-ay. ||1||

asatpadee.

karan karaavan karnai jog.

jo tis bhaavai so-ee hog.

khin meh thaap uthaapanhaaraa.

ant nahee kichh paaraavaaraa.

hukmay Dhaar aDhar rahaavai.

hukmay upjai hukam samaavai.

hukmay ooch neech bi-uhaar.

hukmay anik rang parkaar.

kar kar daykhai apnee vadi-aa-ee.

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

parabh bhaavai maanukh gat paavai.

parabh bhaavai taa paathar taraavai.

parabh bhaavai bin saas tay raakhai.

parabh bhaavai taa har gun bhaakhai.

parabh bhaavai taa patit uDhaarai.

aap karai aapan beechaarai.

duhaa siri-aa kaa aap su-aamee.

khaylai bigsai antarjaamee.

jo bhaavai so kaar karaavai.

naanak daristee avar na aavai. ||2||

kaho maanukh tay ki-aa ho-ay aavai.

jo tis bhaavai so-ee karaavai.

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

jo tis bhaavai so-ee karay-i.

anjaanat bikhi-aa meh rachai.

jay jaanat aapan aap bachai.

bharmay bhooolaa dah dis Dhaavai.

nimakh maahi chaar kunt fir aavai.

kar kirpaa jis apnee bhagat day-ay.

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

khin meh neech keet ka-o raaj.

paarbarahm gareeb nivaaj.

jaa kaa darisat kachhoo na aavai.

tis tatkaal dah dis paragtaavai.

jaa ka-o apunee karai bakhsees.

taa kaa laykhaa na ganai jagdees.

jee-o pind sabh tis kee raas.

ghat ghat pooran barahm pargaas.

apnee banat aap banaa-ee.

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

is kaa bal naahee is haath.

karan karaavan sarab ko naath.

aagi-aakaaree bapuraa jee-o.

jo tis bhaavai so-ee fun thee-o.

kabhoo ooch neech meh basai.

kabhoo sog harakh rang hasai.

kabhoo nind chind bi-uhaar.

kabhoo oobh akaas pa-i-aal.

kabhoo baytaa barahm beechaar.

naanak aap milaavanhaar. ||5||

kabhoo nirat karai baho bhaat.

kabhoo so-ay rahai din raat.

kabhoo mahaa kroDh bikraal.

kabahooN sarab kee hot ravaal.

kabhoo ho-ay bahai bad raajaa.

kabahu bhaykhaaree neech kaa saajaa.

kabhoo apkeerat meh aavai.

kabhoo bhalaa bhalaa kahaavai.

ji-o parabh raakhai tiv hee rahai.

gur parsaad naanak sach kahai. ||6||

kabhoo ho-ay pandit karay bakh-yaan.

kabhoo moniDhaaree laavai Dhi-aan.

kabhoo tat tirath isnaan.

kabhoo siDh saaDhik mukh gi-aan.

kabhoo keet hasat patang ho-ay jee-aa.

anik jon bharmai bharmee-aa.

naanaa roop ji-o savaagee dikhaavai.

ji-o parabh bhaavai tivai nachaavai.

jo tis bhaavai so-ee ho-ay.

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

kabhoo saaDhsangat ih paavai.

us asthaan tay bahur na aavai.

antar ho-ay gi-aan pargaas.

us asthaan kaa nahee binaas.

man tan naam ratay ik rang.

sadaa baseh paarbarahm kai sang.

ji-o jal meh jal aa-ay khataanaa.

ti-o jotee sang jot samaanaa.

mit ga-ay gavan paa-ay bisraam.

naanak parabh kai sad kurbaan. ||8||11||

salok.

sukhee basai maskeenee-aa aap nivaar talay.

baday baday ahaNkaaree-aa naanak garab galay. ||1||

asatpadee.

jis kai antar raaj abhimaan.

so narakpaatee hovat su-aan.

jo jaanai mai jobanvant.

so hovat bistaa kaa jant.

aapas ka-o karamvant kahaavai.

janam marai baho jon bharmaavai.

Dhan bhoom kaa jo karai gumaan.

so moorakh anDhaa agi-aan.

kar kirpaa jis kai hirdai gareebhee basaavai.

naanak eehee mukat aagai sukh paavai. || 1 ||

Dhanvantaa ho-ay kar garbaavai.

tarin samaan kachh sang na jaavai.

baho laskar maanukh oopar karay aas.

pal bheetar taa kaa ho-ay binaas.

sabh tay aap jaanai balvant.

khin meh ho-ay jaa-ay bhasmant.

kisai na badai aap ahaNkaaree.

Dharam raa-ay tis karay khu-aaree.
gur parsaad jaa kaa mitai abhimaan.
so jan naanak dargeh parvaan. ||2||

kot karam karai ha-o Dhaaray.
saram paavai saglay birthaaray.
anik tapasi-aa karay ahaNkaar.
narak surag fir fir avtaar.

anik jatan kar aatam nahee darvai.
har dargeh kaho kaisay gavai.
aapas ka-o jo bhalaa kahaavai.
tiseh bhalaa-ee nikat na aavai.

sarab kee rayn jaa kaa man ho-ay.
kaho naanak taa kee nirmal so-ay. ||3||

jab lag jaanai mujh tay kachh ho-ay.
tab is ka-o sukh naahee ko-ay.
jab ih jaanai mai kichh kartaa.
tab lag garabh jon meh firtaa.
jab Dhaarai ko-oo bairee meet.

tab lag nihchal naahee cheet.

jab lag moh magan sang maa-ay.

tab lag Dharam raa-ay day-ay sajaa-ay.

parabh kirpaa tay banDhan tootai.

gur parsaad naanak ha-o chhootai. ||4||

sahas khatay lakh ka-o uth Dhaavai.

taripat na aavai maa-i-aa paachhai paavai.

anik bhog bikhi-aa kay karai.

nah tariptaavai khap khap marai.

binaa santokh nahee ko-oo raajai.

supan manorath barithay sabh kaajai.

naam rang sarab sukh ho-ay.

badbhaagee kisai paraapat ho-ay.

karan karaavan aapay aap.

sadaa sadaa naanak har jaap. ||5||

karan karaavan karnaihaar.

is kai haath kahaa beechaar.

jaisee darisat karay taisaa ho-ay.

aapay aap aap parabh so-ay.
jo kichh keeno so apnai rang.
sabh tay door sabhhoo kai sang.
boojhai daykhai karai bibayk.
aapeh ayk aapeh anayk.
marai na binsai aavai na jaa-ay.
naanak sad hee rahi-aa samaa-ay. ||6||

aap updaysai samjhai aap.
aapay rachi-aa sabh kai saath.
aap keeno aapan bisthaar.
sabh kachh us kaa oh karnaihaar.
us tay bhinn kahhu kichh ho-ay.
thaan thanantar aykai so-ay.
apunay chalit aap karnaihaar.
ka-utak karai rang aapaar.
man meh aap man apunay maahi.
naanak keemat kahan na jaa-ay. ||7||

sat sat sat parabh su-aamee.
gur parsaad kinai vakhi-aanee.
sach sach sach sabh keenaa.
kot maDhay kinai birlai cheenaa.
bhalaa bhalaa bhalaa tayraa roop.
at sundar apaar anoop.
nirmal nirmal nirmal tayree banee.
ghat ghat sunee sarvan bakh-yaanee.
pavitar pavitar pavitar puneet.
naam japai naanak man pareet. ||8||12||
salok.

sant saran jo jan parai so jan uDhranhaar.
sant kee nindaa naankaa batur batur avtaar. ||1||
asatpadee.

sant kai dookhan aarjaa ghatai.
sant kai dookhan jam tay nahee chhutai.
sant kai dookhan sukh sabh jaa-ay.

sant kai dookhan narak meh paa-ay.

sant kai dookhan mat ho-ay maleen.

sant kai dookhan sobhaa tay heen.

sant kay hatay ka-o rakhai na ko-ay.

sant kai dookhan thaana bharsat ho-ay.

sant kirpaal kirpaa jay karai.

naanak satsang nindak bhee tarai. ||1||

sant kay dookhan tay mukh bhavai.

santan kai dookhan kaag ji-o lavai.

santan kai dookhan sarap jon paa-ay.

sant kai dookhan tarigad jon kirmaa-ay.

santan kai dookhan tarisnaa meh jalai.

sant kai dookhan sabh ko chhalai.

sant kai dookhan tayj sabh jaa-ay.

sant kai dookhan neech neechaa-ay.

sant dokhee kaa thaa-o ko naahi.

naanak sant bhaavai taa o-ay bhee gat paahi. ||2||

sant kaa nindak mahaa attaa-ee.

sant kaa nindak khin tikan na paa-ee.

sant kaa nindak mahaa hati-aaraa.

sant kaa nindak parmaysur maaraa.

sant kaa nindak raaj tay heen.

sant kaa nindak dukhee-aa ar deen.

sant kay nindak ka-o sarab rog.

sant kay nindak ka-o sadaa bijog.

sant kee nindaa dokh meh dokh.

naanak sant bhaavai taa us kaa bhee ho-ay mokh.

||3||

sant kaa dokhee sadaa apvit.

sant kaa dokhee kisai kaa nahee mit.

sant kay dokhee ka-o daan laagai.

sant kay dokhee ka-o sabh ti-aagai.

sant kaa dokhee mahaa ahaNkaaree.

sant kaa dokhee sadaa bikaaree.

sant kaa dokhee janmai marai.

sant kee dookhnaa sukh tay tarai.

sant kay dokhee ka-o naahee thaa-o.

naanak sant bhaavai taa la-ay milaa-ay. ||4||

sant kaa dokhee aDh beech tay tootai.

sant kaa dokhee kitai kaaj na pahoochai.

sant kay dokhee ka-o udi-aan bharmaa-ee-ai.

sant kaa dokhee ujharh paa-ee-ai.

sant kaa dokhee antar tay thothea.

ji-o saas binaa mirtak kee lothaa.

sant kay dokhee kee jarh kichh naahi.

aapan beej aapay hee khaahi.

sant kay dokhee ka-o avar na raakhanhaar.

naanak sant bhaavai taa la-ay ubaar. ||5||

sant kaa dokhee i-o billaa-ay.

ji-o jal bihoon machhulee tarhafrhaa-ay.

sant kaa dokhee bhookhaa nahee raajai.

ji-o paavak eeDhan nahee Dharaapai.

sant kaa dokhee chhutai ikaylaa.

ji-o boo-aarh til khayt maahi duhaylaa.

sant kaa dokhee Dharam tay rahat.

sant kaa dokhee sad mithi-aa kahat.

kirat nindak kaa Dhur hee pa-i-aa.

naanak jo tis bhaavai so-ee thi-aa. ||6||

sant kaa dokhee bigarh roop ho-ay jaa-ay.

sant kay dokhee ka-o dargeh milai sajaa-ay.

sant kaa dokhee sadaa sahkaa-ee-ai.

sant kaa dokhee na marai na jeevaa-ee-ai.

sant kay dokhee kee pujai na aasaa.

sant kaa dokhee uth chalai niraasaa.

sant kai dokh na taristai ko-ay.

jaisaa bhaavai taisaa ko-ee ho-ay.

pa-i-aa kirat na maytai ko-ay.

naanak jaanai sachaa so-ay. ||7||

sabh ghat tis kay oh karnaihaar.

sadaa sadaa tis ka-o namaskaar.

parabh kee ustat karahu din raat.

tiseh Dhi-aavahu saas giraas.
sabh kachh vartai tis kaa kee-aa.
jaisaa karay taisaa ko thee-aa.
apnaa khayl aap karnaihaar.
doosar ka-un kahai beechaar.
jis no kirpaa karai tis aapan naam day-ay.
badbhaagee naanak jan say-ay. ||8||13||

salok.

tajahu si-aanap sur janhu simrahu har har raa-ay.
ayk aas har man rakhahu naanak dookh bharam bha-o
jaa-ay. ||1||

asatpadee.

maanukh kee tayk barithee sabh jaan.
dayvan ka-o aykai bhagvaan.
jis kai dee-ai rahai aghaa-ay.
bahur na tarisnaa laagai aa-ay.
maarai raakhai ayko aap.

maanukh kai kichh naahee haath.
tis kaa hukam boojh sukh ho-ay.
tis kaa naam rakh kanth paro-ay.
simar simar simar parabh so-ay.
naanak bighan na laagai ko-ay. ||1||

ustat man meh kar nirankaar.
kar man mayray sat bi-uhaar.
nirmal rasnaa amrit pee-o.
sadaa suhaylaa kar layhi jee-o.
nainhu paykh thaakur kaa rang.
saaDhsang binsai sabh sang.
charan chala-o maarag gobind.
miteh paap japee-ai har bind.
kar har karam sarvan har kathaa.
har dargeh naanak oojal mathaa. ||2||

badbhaagee tay jan jag maahi.
sadaa sadaa har kay gun gaahi.
raam naam jo karahi beechaar.

say Dhanvant ganee sansaar.
man tan mukh boleh har mukhee.
sadaa sadaa jaanhu tay sukhee.
ayko ayk ayk pachhaanai.
it ut kee oh sojhee jaanai.
naam sang jis kaa man maani-aa.
naanak tineh niranjan jaani-aa. ||3||

gur parsaad aapan aap sujhai.
tis kee jaanhu tarisnaa bujhai.
saaDhsang har har jas kahat.
sarab rog tay oh har jan rahat.
an-din keertan kayval bakh-yaan.
garihsat meh so-ee nirbaan.
ayk oopar jis jan kee aasaa.
tis kee katee-ai jam kee faasaa.
paarbarahm kee jis man bhookh.
naanak tiseh na laageh dookh. ||4||

jis ka-o har parabh man chit aavai.
so sant suhaylaa nahee dulaavai.
jis parabh apunaa kirpaa karai.
so sayvak kaho kis tay darai.
jaisaa saa taisaa daristaa-i-aa.
apunay kaaraj meh aap samaa-i-aa.
soDhat soDhat soDhat seejhi-aa.
gur parsaad tat sabh boojhi-aa.
jab daykh-a-u tab sabh kichh mool.
naanak so sookham so-ee asthool. ||5||
nah kichh janmai nah kichh marai.
aapan chalit aap hee karai.
aavan jaavan darisat an-darisat.
aagi-aakaaree Dhaaree sabh sarisat.
aapay aap sagal meh aap.
anik jugat rach thaap uthaap.
abhinaasee naahee kichh khand.
Dhaaran Dhaar rahi-o barahmand.

alakh abhayv purakh partaap.
aap japaa-ay ta naanak jaap. ||6||

jin parabh jaataa so sobhaavant.
sagal sansaar uDhrai tin mant.
parabh kay sayvak sagal uDhaaran.
parabh kay sayvak dookh bisaaran.

aapay mayl la-ay kirpaal.
gur kaa sabad jap bha-ay nihaal.
un kee sayvaa so-ee laagai.
jis no kirpaa karahi badbhaagai.
naam japat paavahi bisraam.

naanak tin purakh ka-o ootam kar maan. ||7||

jo kichh karai so parabh kai rang.
sadaa sadaa basai har sang.
sahj subhaa-ay hovai so ho-ay.
karnaihaar pachhaanai so-ay.
parabh kaa kee-aa jan meeth lagaanaa.
jaisaa saa taisaa daristaanaa.

jis tay upjay tis maahi samaa-ay.
o-ay sukh niDhaan unhoo ban aa-ay.
aapas ka-o aap deeno maan.
naanak parabh jan ayko jaan. ||8||14||

salok.

sarab kalaa bharpoor parabh birthaa jaananhaar.
jaa kai simran uDhree-ai naanak tis balihaar. ||1||

asatpadee.

tootee gaadhanhaar gopaal.
sarab jee-aa aapay partipaal.
sagal kee chintaa jis man maahi.
tis tay birthaa ko-ee naahi.
ray man mayray sadaa har jaap.
abhinaasee parabh aapay aap.
aapan kee-aa kachhoo na ho-ay.
jay sa-o paraanee lochai ko-ay.

tis bin naahee tayrai kichh kaam.
gat naanak jap ayk har naam. ||1||

roopvant ho-ay naahee mohai.
parabh kee jot sagal ghat sohai.
Dhanvantaa ho-ay ki-aa ko garbai.
jaa sabh kichh tis kaa dee-aa darbai.

at sooraa jay ko-oo kahaavai.
parabh kee kalaa binaa kah Dhaavai.
jay ko ho-ay bahai daataar.
tis daynhaar jaanai gaavaar.
jis gur parsaad tootai ha-o rog.
naanak so jan sadaa arog. ||2||

ji-o mandar ka-o thaamai thamman.
ti-o gur kaa sabad maneh asthamman.

ji-o paakhaan naav charh tarai.
paraanee gur charan lagat nistarai.

ji-o anDhkaar deepak pargaas.
gur darsan daykh man ho-ay bigaas.

ji-o mahaa udi-aan meh maarag paavai.

ti-o saaDhoo sang mil jot paragtaavai.

tin santan kee baachha-o Dhoor.

naanak kee har lochaa poor. ||3||

man moorakh kaahay billaa-ee-ai.

purab likhay kaa likhi-aa paa-ee-ai.

dookh sookh parabh dayvanhaar.

avar ti-aag too tiseh chitaar.

jo kachh karai so-ee sukh maan.

bhoolaa kaahay fireh ajaan.

ka-un basat aa-ee tayrai sang.

lapat rahi-o ras lobhee patang.

raam naam jap hirday maahi.

naanak pat saytee ghar jaahi. ||4||

jis vakhar ka-o lain too aa-i-aa.

raam naam santan ghar paa-i-aa.

taj abhimaan layho man mol.

raam naam hirday meh tol.

laad khayp santeh sang chaal.
avar ti-aag bikhi-aa janjaal.
Dhan Dhan kahai sabh ko-ay.
mukh oojal har dargeh so-ay.
ih vaapaar virlaa vaapaarai.
naanak taa kai sad balihaarai. ||5||
charan saaDh kay Dho-ay Dho-ay pee-o.
arap saaDh ka-o apnaa jee-o.
saaDh kee Dhoor karahu isnaan.
saaDh oopar jaa-ee-ai kurbaan.
saaDh sayvaa vadbhaagee paa-ee-ai.
saaDhsang har keertan gaa-ee-ai.
anik bighan tay saaDhoo raakhai.
har gun gaa-ay amrit ras chaakhai.
ot gahee santeh dar aa-i-aa.
sarab sookh naanak tih paa-i-aa. ||6||
mirtak ka-o jeevaalanhaar.
bhookhay ka-o dayvat aDhaar.

sarab niDhaan jaa kee daristee maahi.

purab likhay kaa lahnaa paahi.

sabh kichh tis kaa oh karnai jog.

tis bin doosar ho-aa na hog.

jap jan sadaa sadaa din raine.

sabh tay ooch nirmal ih karnee.

kar kirpaa jis ka-o naam dee-aa.

naanak so jan nirmal thee-aa. ||7||

jaa kai man gur kee parteet.

tis jan aavai har parabh cheet.

bhagat bhagat sunee-ai tihu lo-ay.

jaa kai hirdai ayko ho-ay.

sach karnee sach taa kee rahat.

sach hirdai sat mukh kahat.

saachee darisat saachaa aakaar.

sach vartai saachaa paasaar.

paarbarahm jin sach kar jaataa.

naanak so jan sach samaataa. ||8||15||

salok.

roop na raykh na rang kichh tarihu gun tay parabh

bhinn.

tiseh bujhaa-ay naankaa jis hovai suparsan. ||1||

asatpadee.

abhinaasee parabh man meh raakh.

maanukh kee too pareet ti-aag.

tis tay parai naahee kichh ko-ay.

sarab nirantar ayko so-ay.

aapay beenaa aapay daanaa.

gahir gambheer gaheer sujaanaa.

paarbarahm parmaysur gobind.

kirpaa niDhaan da-i-aal bakhsand.

saaDh tayray kee charnee paa-o.

naanak kai man ih anraa-o. ||1||

mansaa pooran sarnaa jog.

jo kar paa-i-aa so-ee hog.

haran bharan jaa kaa naytar for.
tis kaa mantar na jaanai hor.
anad roop mangal sad jaa kai.
sarab thok sunee-ah ghar taa kai.
raaj meh raaj jog meh jogee.
tap meh tapeesar garihsat meh bhogee.
Dhi-aa-ay Dhi-aa-ay bhagtah sukh paa-i-aa.
naanak tis purakh kaa kinai ant na paa-i-aa. ||2||
jaa kee leelaa kee mit naahi.
sagal dayv haaray avgaahi.
pitaa kaa janam ke jaanai poot.
sagal paro-ee apunai soot.
sumat gi-aan Dhi-aan jin day-ay.
jan daas naam Dhi-aavahi say-ay.
tihu gun meh jaa ka-o bharmaa-ay.
janam marai fir aavai jaa-ay.
ooch neech tis kay asthaan.
jaisaa janaavai taisaa naanak jaan. ||3||

naanaa roop naanaa jaa kay rang.

naanaa bhaykh karahi ik rang.

naanaa biDh keeno bisthaar.

parabh abhinaasee aykankaar.

naanaa chalit karay khin maahi.

poor rahi-o pooran sabh thaa-ay.

naanaa biDh kar banat banaa-ee.

apnee keemat aapay paa-ee.

sabh ghat tis kay sabh tis kay thaa-o.

jap jap jeevai naanak har naa-o. ||4||

naam kay Dhaaray saglay jant.

naam kay Dhaaray khand barahmand.

naam kay Dhaaray simrit bayd puraan.

naam kay Dhaaray sunan gi-aan Dhi-aan.

naam kay Dhaaray aagaas paataal.

naam kay Dhaaray sagal aakaar.

naam kay Dhaaray puree-aa sabh bhavan.

naam kai sang uDhray sun sarvan.

kar kirpaa jis aapnai naam laa-ay.
naanak cha-uthay pad meh so jan gat paa-ay. ||5||

roop sat jaa kaa sat asthaan.
purakh sat kayval parDhaan.
kartoot sat sat jaa kee banee.
sat purakh sabh maahi samaanee.
sat karam jaa kee rachnaa sat.

mool sat sat utpat.
sat karnee nirmal nirmalee.
jisahi bujhaa-ay tiseh sabh bhalee.
sat naam parabh kaa sukh-daa-ee.
bisvaas sat naanak gur tay paa-ee. ||6||

sat bachan saaDhoo updays.
sat tay jan jaa kai ridai parvays.
sat nirat boojhai jay ko-ay.
naam japat taa kee gat ho-ay.
aap sat kee-aa sabh sat.
aapay jaanai apnee mit gat.

jis kee sarisat so karnaihaar.
avar na boojh karat beechaar.
kartay kee mit na jaanai kee-aa.
naanak jo tis bhaavai so vartee-aa. ||7||

bisman bisam bha-ay bismaad.
jin boojhi-aa tis aa-i-aa savaad.
parabh kai rang raach jan rahay.
gur kai bachan padaarath lahay.
o-ay daatay dukh kaatanhaar.
jaa kai sang tarai sansaar.
jan kaa sayvak so vadbhaagee.
jan kai sang ayk liv laagee.
gun gobid keertan jan gaavai.
gur parsaad naanak fal paavai. ||8||16||

salok.

aad sach jugaad sach.
hai bhe sach naanak hosee bhe sach. ||1||

asatpadee.

charan sat sat parsanhaar.

poojaa sat sat sayvdaar.

darsan sat sat paykhanhaar.

naam sat sat Dhi-aavanhaar.

aap sat sat sabh Dhaaree.

aapay gun aapay gunkaaree.

sabad sat sat parabh baktaa.

surat sat sat jas suntaa.

bujhanhaar ka-o sat sabh ho-ay.

naanak sat sat parabh so-ay. ||1||

sat saroop ridai jin maani-aa.

karan karaavan tin mool pachhaani-aa.

jaa kai ridai bisvaas parabh aa-i-aa.

tat gi-aan tis man paragtaa-i-aa.

bhai tay nirbha-o ho-ay basaanaa.

jis tay upji-aa tis maahi samaanaa.

basat maahi lay basat gadaa-ee.

taa ka-o bhinn na kahnaa jaa-ee.

boojhai boojhanhaar bibayk.

naaraa-in milay naanak ayk. ||2||

thaakur kaa sayvak aagi-aakaaree.

thaakur kaa sayvak sadaa poojaaree.

thaakur kay sayvak kai man parteet.

thaakur kay sayvak kee nirmal reet.

thaakur ka-o sayvak jaanai sang.

parabh kaa sayvak naam kai rang.

sayvak ka-o parabh paalanhaaraa.

sayvak kee raakhai nirankaaraa.

so sayvak jis da-i-aa parabh Dhaarai.

naanak so sayvak saas saas samaarai. ||3||

apunay jan kaa pardaa dhaakai.

apnay sayvak kee sarpar raakhai.

apnay daas ka-o day-ay vadaa-ee.

apnay sayvak ka-o naam japaa-ee.

apnay sayvak kee aap pat raakhai.

taa kee gat mit ko-ay na laakhai.
parabh kay sayvak ka-o ko na pahoochai.
parabh kay sayvak ooch tay oochay.
jo parabh apnee sayvaa laa-i-aa.
naanak so sayvak dah dis paragtaa-i-aa. ||4||

neekee keeree meh kal raakhai.
bhasam karai laskar kot laakhai.
jis kaa saas na kaadhat aap.
taa ka-o raakhat day kar haath.
maanas jatan karat baho bhaat.
tis kay kartab birthay jaat.

maarai na raakhai avar na ko-ay.
sarab jee-aa kaa raakhaa so-ay.
kaahay soch karahi ray paraanee.
jap naanak parabh alakh vidaanee. ||5||

baaraN baar baar parabh japee-ai.
pee amrit ih man tan Dharpee-ai.
naam ratan jin gurmukh paa-i-aa.

tis kichh avar naahee daristaa-i-aa.

naam Dhan naamo roop rang.

naamo sukh har naam kaa sang.

naam ras jo jan tariptaanay.

man tan naameh naam samaanay.

oothat baithat sovat naam.

kaho naanak jan kai sad kaam. ||6||

bolhu jas jihbaa din raat.

parabh apnai jan keenee daat.

karahi bhagat aatam kai chaa-ay.

parabh apnay si-o rahesh samaa-ay.

jo ho-aa hovat so jaanai.

parabh apnay kaa hukam pachhaanai.

tis kee mahimaa ka-un bakhaana-o.

tis kaa gun kahi ayk na jaan-o.

aath pahar parabh baseh hajoaray.

kaho naanak say-ee jan pooray. ||7||

man mayray tin kee ot layhi.
man tan apnaa tin jan deh.
jin jan apnaa parabhoo pachhaataa.
so jan sarab thok kaa daataa.
tis kee saran sarab sukh paavahi.
tis kai daras sabh paap mitaaveh.
avar si-aanap saglee chhaad.
tis jan kee too sayvaa laag.
aavan jaan na hovee tayraa.
naanak tis jan kay poojahu sad pairaa. ||8||17||
salok.

sat purakh jin jaani-aa satgur tis kaa naa-o.
tis kai sang sikh uDhrai naanak har gun gaa-o. ||1||
asatpadee.

satgur sikh kee karai partipaal.
sayvak ka-o gur sadaa da-i-aal.
sikh kee gur durmat mal hirai.

gur bachnee har naam uchrai.
satgur sikh kay banDhan kaatai.
gur kaa sikh bikaar tay haatai.
satgur sikh ka-o naam Dhan day-ay.
gur kaa sikh vadbhaagee hay.
satgur sikh kaa halat palat savaarai.
naanak satgur sikh ka-o jee-a naal samaarai. ||1||

gur kai garihi sayvak jo rahai.
gur kee aagi-aa man meh sahai.
aapas ka-o kar kachh na janaavai.
har har naam ridai sad Dhi-aavai.
man baychai satgur kai paas.
tis sayvak kay kaaraj raas.
sayvaa karat ho-ay nihkaamee.
tis ka-o hot paraapat su-aamee.
apnee kirpaa jis aap karay-i.
naanak so sayvak gur kee mat lay-ay. ||2||

bees bisvay gur kaa man maanai.
so sayvak parmaysur kee gat jaanai.
so satgur jis ridai har naa-o.
anik baar gur ka-o bal jaa-o.
sarab niDhaan jee-a kaa daataa.
aath pahar paarbarahm rang raataa.
barahm meh jan jan meh paarbarahm.
aykeh aap nahee kachh bharam.
sahas si-aanap la-i-aa na jaa-ee-ai.
naanak aisaa gur badbhaagee paa-ee-ai. ||3||
safal darsan paykhat puneet.
parsat charan gat nirmal reet.
bhaytat sang raam gun ravay.
paarbarahm kee dargeh gavay.
sun kar bachan karan aaghaanay.
man santokh aatam patee-aanay.
pooraa gur akh-ya-o jaa kaa mantar.
amrit darisat paykhai ho-ay sant.

gun bi-ant keemat nahee paa-ay.
naanak jis bhaavai tis la-ay milaa-ay. ||4||

jihbaa ayk ustat anayk.
sat purakh pooran bibayk.
kaahoo bol na pahuchat paraanee.
agam agochar parabh nirbaanee.
niraahaar nirvair sukh-daa-ee.
taa kee keemat kinai na paa-ee.
anik bhagat bandan nit karahi.
charan kamal hirdai simrahi.
sad balihaaree satgur apnay.
naanak jis parsaad aisaa parabh japnay. ||5||

ih har ras paavai jan ko-ay.
amrit peevai amar so ho-ay.
us purakh kaa naahee kaday binaas.
jaa kai man pargatay guntaas.
aath pahar har kaa naam lay-ay.
sach updays sayvak ka-o day-ay.

moh maa-i-aa kai sang na layp.
man meh raakhai har har ayk.
anDhkaar deepak pargaasay.
naanak bharam moh dukh tah tay naasay. ||6||

tapat maahi thaadh vartaa-ee.
anad bha-i-aa dukh naathay bhaa-ee.
janam maran kay mitay andaysay.
saaDhoo kay pooran updaysay.
bha-o chookaa nirbha-o ho-ay basay.
sagal bi-aaDh man tay khai nasay.
jis kaa saa tin kirpaa Dhaaree.
saaDhsang jap naam muraaree.
thit paa-ee chookay bharam gavan.
sun naanak har har jas sarvan. ||7||

nirgun aap sargun bhee ohee.
kalaa Dhaar jin saglee mohee.
apnay charit parabh aap banaa-ay.
apunee keemat aapay paa-ay.

har bin doojaa naahee ko-ay.
sarab nirantar ayko so-ay.
ot pot ravi-aa roop rang.
bha-ay pargaas saaDh kai sang.
rach rachnaa apnee kal Dhaaree.
anik baar naanak balihaaree. ||8||18||
salok.

saath na chaalai bin bhajan bikhi-aa saglee chhaar.
har har naam kamaavanaa naanak ih Dhan saar. ||1||
asatpadee.

sant janaa mil karahu beechaar.
ayk simar naam aaDhaar.
avar upaav sabh meet bisaarahu.
charan kamal rid meh ur Dhaarahu.
karan kaaran so parabh samrath.
darirh kar gahhu naam har vath.
ih Dhan sanchahu hovhu bhagvant.

sant janaa kaa nirmal mant.

ayk aas raakho man maahi.

sarab rog naanak mit jaahi. ||1||

jis Dhan ka-o chaar kunt uth Dhaaveh.

so Dhan har sayvaa tay paavahi.

jis sukh ka-o nit baachheh meet.

so sukh saaDhoo sang pareet.

jis sobhaa ka-o karahi bhalee karnee.

saa sobhaa bhaj har kee sarnee.

anik upaavee rog na jaa-ay.

rog mitai har avkhaDh laa-ay.

sarab niDhaan meh har naam niDhaan.

jap naanak dargahi parvaan. ||2||

man parboDhahu har kai naa-ay.

dah dis Dhaavat aavai thaa-ay.

taa ka-o bighan na laagai ko-ay.

jaa kai ridai basai har so-ay.

kal taatee thaaNdhaa har naa-o.

simar simar sadaa sukh paa-o.
bha-o binsai pooran ho-ay aas.
bhagat bhaa-ay aatam pargaas.
tit ghar jaa-ay basai abhinaasee.
kaho naanak kaatee jam faasee. ||3||

tat beechaar kahai jan saachaa.
janam marai so kaacho kaachaa.
aavaa gavan mitai parabh sayv.
aap ti-aag saran gurdayv.
i-o ratan janam kaa ho-ay uDhaar.
har har simar paraan aaDhaar.
anik upaav na chhootanhaaray.
simrit saasat bayd beechaaray.
har kee bhagat karahu man laa-ay.
man banchhat naanak fal paa-ay. ||4||

sang na chaalas tayrai Dhanaa.
tooN ki-aa laptaavahi moorakh manaa.
sut meet kutamb ar banitaa.

in tay kahhu tum kavan sanaathaa.
raaj rang maa-i-aa bisthaar.
in tay kahhu kavan chhutkaar.
as hastee rath asvaaree.
jhoothaa damf jhooth paasaaree.
jin dee-ay tis bujhai na bigaanaa.
naam bisaar naanak pachhutaanaa. ||5||

gur kee mat tooN layhi i-aanay.
bhagat binaa baho doobay si-aanay.
har kee bhagat karahu man meet.
nirmal ho-ay tumHaaro cheet.
charan kamal raakho man maahi.
janam janam kay kilbikh jaahi.
aap japahu avraa naam japaavhu.
sunat kahat rahat gat paavhu.
saar bhoot sat har ko naa-o.
sahj subhaa-ay naanak gun gaa-o. ||6||

gun gaavat tayree utras mail.
binas jaa-ay ha-umai bikh fail.
hohi achint basai sukh naal.
saas garaas har naam samaal.
chhaad si-aanap saglee manaa.
saaDhsang paavahi sach Dhanaa.
har poonjee sanch karahubi-uhaar.
eehaa sukh dargeh jaikaar.
sarab nirantar ayko daykh.
kaho naanak jaa kai mastak laykh. ||7||
ayko jap ayko saalaahi.
ayk simar ayko man aahi.
aykas kay gun gaa-o anant.
man tan jaap ayk bhagvant.
ayko ayk ayk har aap.
pooran poor rahi-o parabh bi-aap.
anik bisthaar ayk tay bha-ay.
ayk araaDh paraachhat ga-ay.

man tan antar ayk parabh raataa.
gur parsaad naanak ik jaataa. ||8||19||

salok.

fiat fiat parabh aa-i-aa pari-aa ta-o sarnaa-ay.
naanak kee parabh bayntee apnee bhagtee laa-ay.

||1||

asatpadee.

jaachak jan jaachai parabh daan.
kar kirpaa dayvhu har naam.
saaDh janaa kee maaga-o Dhoor.
paarbarahm mayree sarDhaa poor.
sadaa sadaa parabh kay gun gaava-o.
saas saas parabh tumeh Dhi-aava-o.
charan kamal si-o laagai pareet.
bhagat kara-o parabh kee nit neet.
ayk ot ayko aaDhaar.
naanak maagai naam parabh saar. ||1||

parabh kee darisat mahaa sukh ho-ay.

har ras paavai birlaa ko-ay.

jin chaakhi-aa say jan tariptaanay.

pooran purakh nahee dolaanay.

subhar bharay paraym ras rang.

upjai chaa-o saaDh kai sang.

paray saran aan sabh ti-aag.

antar pargaas an-din liv laag.

badbhaagee japi-aa parabh so-ay.

naanak naam ratay sukh ho-ay. ||2||

sayvak kee mansaa pooree bha-ee.

satgur tay nirmal mat la-ee.

jan ka-o parabh ho-i-o da-i-aal.

sayvak keeno sadaa nihaal.

banDhan kaat mukat jan bha-i-aa.

janam maran dookh bharam ga-i-aa.

ichh punee sarDhaa sabh pooree.

rav rahi-aa sad sang hajooree.

jis kaa saa tin lee-aa milaa-ay.
naanak bhagtee naam samaa-ay. ||3||

so ki-o bisrai je ghaal na bhaanai.
so ki-o bisrai je kee-aa jaanai.
so ki-o bisrai jin sabh kichh dee-aa.
so ki-o bisrai je jeevan jee-aa.
so ki-o bisrai je agan meh raakhai.
gur parsaad ko birlaa laakhai.
so ki-o bisrai je bikh tay kaadhai.
janam janam kaa tootaa gaadhai.
gur poorai tat ihai bujhaa-i-aa.

parabh apnaa naanak jan Dhi-aa-i-aa. ||4||

saajan sant karahu ih kaam.
aan ti-aag japahu har naam.
simar simar simar sukh paavhu.
aap japahu avrah naam japaavhu.
bhagat bhaa-ay taree-ai sansaar.
bin bhagtee tan hosee chhaar.

sarab kali-aan sookh niDh naam.
boodat jaat paa-ay bisraam.
sagal dookh kaa hovat naas.
naanak naam japahu guntaas. ||5||
upjee pareet paraym ras chaa-o.
man tan antar ihee su-aa-o.
naytarahu paykh daras sukh ho-ay.
man bigsai saaDh charan Dho-ay.
bhagat janaa kai man tan rang.
birlaa ko-oo paavai sang.
ayk basat deejai kar ma-i-aa.
gur parsaad naam jap la-i-aa.
taa kee upmaa kahee na jaa-ay.
naanak rahi-aa sarab samaa-ay. ||6||
parabh bakhsand deen da-i-aal.
bhagat vachhal sadaa kirpaal.
anaath naath gobind gupaal.
sarab ghataa karat partipaal.

aad purakh kaaran kartaar.
bhagat janaa kay paraan aDhaar.
jo jo japai so ho-ay puneet.
bhagat bhaa-ay laavai man heet.
ham nirgunee-aar neech ajaan.
naanak tumree saran purakh bhagvaan. ||7||

sarab baikunth mukat mokh paa-ay.
ayk nimakh har kay gun gaa-ay.
anik raaj bhog badi-aa-ee.
har kay naam kee kathaa man bhaa-ee.
baho bhojan kaapar sangeet.
rasnaa japtee har har neet.
bhalee so karnee sobhaa Dhanvant.
hirdai basay pooran gur mant.
saaDhsang parabh dayh nivaas.
sarab sookh naanak pargaas. ||8||20||

salok.

sargun nirgun nirankaar sunn samaaDhee aap.
aapan kee-aa naankaa aapay hee fir jaap. ||1||
asatpadee.

jab akaar ih kachh na daristaytaa.
paap punn tab kah tay hotaa.
jab Dhaaree aapan sunn samaaDh.
tab bair biroDh kis sang kamaat.
jab is kaa baran chihan na jaapat.
tab harakh sog kaho kiseh bi-aapat.
jab aapan aap aap paarbarahm.
tab moh kahaa kis hovat bharam.

aapan khayl aap varteejaa.
naanak karnaihaar na doojaa. ||1||
jab hovat parabh kayval Dhanee.
tab banDh mukat kaho kis ka-o ganee.
jab aykeh har agam apaar.
tab narak surag kaho ka-un a-utaar.

jab nirgun parabh sahj subhaa-ay.

tab siv sakat kahhu kit thaa-ay.

jab aapeh aap apnee jot Dharai.

tab kavan nidar kavan kat darai.

aapan chalit aap karnaihaar.

naanak thaakur agam apaar. ||2||

abhinaasee sukh aapanaasan.

tah janam maran kaho kahaa binaasan.

jab pooran kartaa parabh so-ay.

tab jam kee taraas kahhu kis ho-ay.

jab abigat agochar parabh aykaa.

tab chitar gupat kis poochhat laykhaa.

jab naath niranjan agochar agaaDhay.

tab ka-un chhutay ka-un banDhan baaDhay.

aapan aap aap hee acharjaa.

naanak aapan roop aap hee uparjaa. ||3||

jah nirmal purakh purakh pat hotaa.

tah bin mail kahhu ki-aa Dhootaa.

jah niranjan nirankaar nirbaan.
tah ka-un ka-o maan ka-un abhimaan.
jah saroop kayval jagdees.
tah chhal chhidar lagat kaho kees.
jah jot saroopee jot sang samaavai.
tah kiseh bhookh kavan tariptaavai.
karan karaavan karnaihaar.
naanak kartay kaa naahi sumaar. ||4||
jab apnee sobhaa aapan sang banaa-ee.
tab kavan maa-ay baap mitar sut bhaa-ee.
jah sarab kalaa aapeh parbeen.
tah bayd katayb kahaa ko-oo cheen.
jab aapan aap aap ur Dhaarai.
ta-o sagan apasgan kahaa beechaarai.
jah aapan ooch aapan aap nayraa.
tah ka-un thaakur ka-un kahee-ai chayraa.
bisman bisam rahay bismaad.
naanak apnee gat jaanhu aap. ||5||

jah achhal achhayd abhayd samaa-i-aa.

oohaa kiseh bi-aapat maa-i-aa.

aapas ka-o aapeh aadays.

tihu gun kaa naahee parvays.

jah aykeh ayk ayk bhagvantaa.

tah ka-un achint kis laagai chintaa.

jah aapan aap aap patee-aaraa.

tah ka-un kathai ka-un sunnaihaaraa.

baho bay-ant ooch tay oochaa.

naanak aapas ka-o aapeh pahoochaa. ||6||

jah aap rachi-o parpanch akaar.

tihu gun meh keeno bisthaar.

paap punn tah bha-ee kahaavat.

ko-oo narak ko-oo surag banchhaavat.

aal jaal maa-i-aa janjaal.

ha-umai moh bharam bhai bhaar.

dookh sookh maan apmaan.

anik parkaar kee-o bakh-yaan.

aapan khayl aap kar daykhai.
khayl sankochai ta-o naanak aykai. ||7||

jah abigat bhagat tah aap.
jah pasrai paasaar sant partaap.
duhoo paakh kaa aapeh Dhanee.
un kee sobhaa unhoo banee.
aapeh ka-utak karai anad choj.

aapeh ras bhogan nirjog.
jis bhaavai tis aapan naa-ay laavai.
jis bhaavai tis khayl khilaavai.
baysumaar athaah agnat atolai.

ji-o bulaavhu ti-o naanak daas bolai. ||8||21||

salok.

jee-a jant kay thaakuraa aapay vartanhaar.
naanak ayko pasri-aa doojaa kah daristaar. ||1||

asatpadee.

aap kathai aap sunnaihaar.

aapeh ayk aap bisthaar.

jaa tis bhaavai taa sarisat upaa-ay.

aapnai bhaanai la-ay samaa-ay.

tum tay bhinn nahee kichh ho-ay.

aapan soot sabh jagat paro-ay.

jaa ka-o parabh jee-o aap bujhaa-ay.

sach naam so-ee jan paa-ay.

so samadrasee tat kaa baytaa.

naanak sagal sarisat kaa jaytaa. || 1 ||

jee-a jantar sabh taa kai haath.

deen da-i-aal anaath ko naath.

jis raakhai tis ko-ay na maarai.

so moo-aa jis manhu bisaarai.

tis taj avar kahaa ko jaa-ay.

sabh sir ayk niranjan raa-ay.

jee-a kee jugat jaa kai sabh haath.

antar baahar jaanhu saath.

gun niDhaan bay-ant apaar.
naanak daas sadaa balihaar. ||2||

pooran poor rahay da-i-aal.
sabh oopar hovat kirpaal.
apnay kartab jaanai aap.
antarjaamee rahi-o bi-aap.
paratipaalai jee-an baho bhaat.
jo jo rachi-o so tiseh Dhi-aat.
jis bhaavai tis la-ay milaa-ay.
bhagat karahi har kay gun gaa-ay.
man antar bisvaas kar maani-aa.
karanhaar naanak ik jaani-aa. ||3||

jan laagaa har aykai naa-ay.
tis kee aas na birthee jaa-ay.
sayvak ka-o sayvaa ban aa-ee.
hukam boojh param pad paa-ee.
is tay oopar nahee beechaar.
jaa kai man basi-aa nirankaar.

banDhan tor bha-ay nirvair.
an-din poojeh gur kay pair.
ih lok sukhee-ay parlok suhaylay.
naanak har parabh aapeh maylay. ||4||

saaDhsang mil karahu anand.
gun gaavhu parabh parmaanand.
raam naam tat karahu beechaar.
darulabh dayh kaa karahu uDhaar.
amrit bachan har kay gun gaa-o.
paraan taran kaa ihai su-aa-o.
aath pahar parabh paykhahu nayraa.

mitai agi-aan binsai anDhayraa.
sun updays hirdai basaavhu.
man ichhay naanak fal paavhu. ||5||

halat palat du-ay layho savaar.
raam naam antar ur Dhaar.
pooray gur kee pooree deekhi-aa.
jis man basai tis saach pareekhi-aa.

man tan naam japahu liv laa-ay.
dookh darad man tay bha-o jaa-ay.
sach vaapaar karahu vaapaaree.
dargeh nibhai khayp tumaaree.
aykaa tayk rakhahu man maahi.
naanak batur na aavahi jaahi. ||6||

tis tay door kahaa ko jaa-ay.
ubrai raakhanhaar Dhi-aa-ay.
nirbha-o japai sagal bha-o mitai.
parabh kirpaa tay paraanee chhutai.
jis parabh raakhai tis naahee dookh.
naam japat man hovat sookh.
chintaa jaa-ay mitai ahaNkaar.
tis jan ka-o ko-ay na pahuchanhaar.
sir oopar thaadhaa gur sooraa.
naanak taa kay kaaraj pooraa. ||7||

mat pooree amrit jaa kee darisat.
darsan paykhat uDhrat sarisat.

charan kamal jaa kay anoop.
safal darsan sundar har roop.
Dhan sayvaa sayvak parvaan.
antarjaamee purakh parDhaan.
jis man basai so hot nihaal.
taa kai nikat na aavat kaal.
amar bha-ay amraa pad paa-i-aa.

saaDhsang naanak har Dhi-aa-i-aa. ||8||22||

salok.

gi-aan anjan gur dee-aa agi-aan anDhayr binaas.
har kirpaa tay sant bhayti-aa naanak man pargaas.

||1||

asatpadee.

satsang antar parabh deethaa.
naam parabhoo kaa laagaa meethaa.
sagal samagree aykas ghat maahi.
anik rang naanaa daristaahi.

na-o niDh amrit parabh kaa naam.

dayhee meh is kaa bisraam.

sunna samaaDh anhat tah naad.

kahan na jaa-ee achraj bismaad.

tin daykhi-aa jis aap dikhaa-ay.

naanak tis jan sojhee paa-ay. ||1||

so antar so baahar anant.

ghat ghat bi-aap rahi-aa bhagvant.

Dharan maahi aakaas pa-i-aal.

sarab lok pooran partipaal.

ban tin parbat hai paarbarahm.

jaisee aagi-aa taisaa karam.

pa-un paanee baisantar maahi.

chaar kunt dah disay samaahi.

tis tay bhinn nahee ko thaa-o.

gur parsaad naanak sukh paa-o. ||2||

bayd puraan simrit meh daykh.

sasee-ar soor nakh-yatar meh ayk.

banee parabh kee sabh ko bolai.
aap adol na kabhoo dolai.
sarab kalaa kar khaylai khayl.
mol na paa-ee-ai gunah amol.
sarab jot meh jaa kee jot.
Dhaar rahi-o su-aamee ot pot.
gur parsaad bharam kaa naas.
naanak tin meh ayhu bisaas. ||3||
sant janaa kaa paykhan sabh barahm.
sant janaa kai hirdai sabh Dharam.
sant janaa suneh subh bachan.
sarab bi-aapee raam sang rachan.
jin jaataa tis kee ih rahat.
sat bachan saaDhoo sabh kahat.
jo jo ho-ay so-ee sukh maanai.
karan karaavanhaar parabh jaanai.
antar basay baahar bhee ohee.
naanak darsan daykh sabh mohee. ||4||

aap sat kee-aa sabh sat.
tis parabh tay saglee utpat.
tis bhaavai taa karay bisthaar.
tis bhaavai taa aykankaar.
anik kalaa lakhee nah jaa-ay.
jis bhaavai tis la-ay milaa-ay.
kavan nikat kavan kahee-ai door.

aapay aap aap bharpoor.
antargat jis aap janaa-ay.
naanak tis jan aap bujhaa-ay. ||5||
sarab bhoot aap vartaaraa.

sarab nain aap paykhanhaaraa.
sagal samagree jaa kaa tanaa.
aapan jas aap hee sunaa.
aavan jaan ik khayl banaa-i-aa.
aagi-aakaaree keenee maa-i-aa.
sabh kai maDh alipato rahai.
jo kichh kahnaa so aapay kahai.

aagi-aa aavai aagi-aa jaa-ay.
naanak jaa bhaavai taa la-ay samaa-ay. ||6||

is tay ho-ay so naahee buraa.
orai kahhu kinai kachh karaa.
aap bhalaa kartoot at neekee.
aapay jaanai apnay jee kee.
aap saach Dhaaree sabh saach.

ot pot aapan sang raach.
taa kee gat mit kahee na jaa-ay.
doosar ho-ay ta sojhee paa-ay.
tis kaa kee-aa sabh parvaan.

gur parsaad naanak ih jaan. ||7||

jo jaanai tis sadaa sukh ho-ay.
aap milaa-ay la-ay parabh so-ay.
oh Dhanvant kulvant pativant.
jeevan mukat jis ridai bhagvant.
Dhan Dhan Dhan jan aa-i-aa.
jis parsaad sabh jagat taraa-i-aa.

jan aavan kaa ihai su-aa-o.

jan kai sang chit aavai naa-o.

aap mukat mukat karai sansaar.

naanak tis jan ka-o sadaa namaskaar. ||8||23||

salok.

pooraa parabh aaraaDhi-aa pooraa jaa kaa naa-o.

naanak pooraa paa-i-aa pooray kay gun gaa-o. ||1||

asatpadee.

pooray gur kaa sun updays.

paarbarahm nikat kar paykh.

saas saas simrahu gobind.

man antar kee utrai chind.

aas anit ti-aagahu tarang.

sant janaa kee Dhoor man mang.

aap chhod bayntee karahu.

saaDhsang agan saagar tarahu.

har Dhan kay bhar layho bhandaar.
naanak gur pooray namaskaar. ||1||

khaym kusal sahj aanand.
saaDhsang bhaj parmaanand.
narak nivaar uDhaarahu jee-o.
gun gobind amrit ras pee-o.
chit chitvahu naaraa-in ayk.
ayk roop jaa kay rang anayk.
gopaal daamodar deen da-i-aal.
dukh bhanjan pooran kirpaal.
simar simar naam baaraN baar.

naanak jee-a kaa ihai aDhaar. ||2||

utam salok saaDh kay bachan.
amuleek laal ayhi ratan.
sunat kamaavat hot uDhaar.
aap tarai lokah nistaar.
safal jeevan safal taa kaa sang.
jaa kai man laagaa har rang.

jai jai sabad anaahad vaajai.
sun sun anad karay parabh gaajai.
pargatay gupaal mahaaNt kai maathay.
naanak uDhray tin kai saathay. ||3||

saran jog sun sarnee aa-ay.
kar kirpaa parabh aap milaa-ay.
mit ga-ay bair bha-ay sabh rayn.

amrit naam saaDhsang lain.
suparsan bha-ay gurdayv.
pooran ho-ee sayvak kee sayv.
aal janjaal bikaar tay rahtay.

raam naam sun rasnaa kahtay.
kar parsaad da-i-aa parabh Dhaaree.
naanak nibhee khayp hamaaree. ||4||

parabh kee ustat karahu sant meet.
saavDhaan aykaagar cheet.
sukhmanee sahj gobind gun naam.
jis man basai so hot niDhaan.

sarab ichhaa taa kee pooran ho-ay.
parDhaan purakh pargat sabh lo-ay.
sabh tay ooch paa-ay asthaan.
bahur na hovai aavan jaan.
har Dhan khaat chalai jan so-ay.
naanak jisahi paraapat ho-ay. ||5||

khaym saaNt riDh nav niDh.
buDh gi-aan sarab tah siDh.
bidi-aa tap jog parabh Dhi-aan.
gi-aan saraysat ootam isnaan.
chaar padaarath kamal pargaas.
sabh kai maDh sagal tay udaas.
sundar chatur tat kaa baytaa.
samadrasee ayk daristaytaa.
ih fal tis jan kai mukh bhanay.
gur naanak naam bachan man sunay. ||6||

ih niDhaan japai man ko-ay.
sabh jug meh taa kee gat ho-ay.

gun gobind naam Dhun banee.
simrit saastar bayd bakhaanee.
sagal mataaNt kayval har naam.
gobind bhagat kai man bisraam.
kot apraaDh saaDhsang mitai.
sant kirpaa tay jam tay chhutai.
jaa kai mastak karam parabh paa-ay.
saaDh saran naanak tay aa-ay. ||7||
jis man basai sunai laa-ay pareet.
tis jan aavai har parabh cheet.
janam maran taa kaa dookh nivaarai.
dulabh dayh tatkaal uDhaarai.
nirmal sobhaa amrit taa kee baanee.
ayk naam man maahi samaanee.
dookh rog binsay bhai bharam.
saaDh naam nirmal taa kay karam.
sabh tay ooch taa kee sobhaa banee.
naanak ih gun naam sukhmanee. ||8||24||

