Raag Goojaree, Fifth Mehl:

Why, O mind, do you plot and plan, when the Dear Lord Himself provides for your care?

From rocks and stones He created living beings; He places their nourishment before them.

O my Dear Lord of souls, one who joins the Sat Sangat, the True Congregation, is saved.

By Guru’s Grace, the supreme status is obtained, and the dry wood blossoms forth again in lush greenery.

Mothers, fathers, friends, children and spouses—no one is the support of anyone else.
ਸਿਹਟੀ ਸਿਹਟੀ ਭਿੱਨੁ ਸੰਭਾਹੇ ਠਾਕੁਰ ਕਾਹੇ ਮਨ ਭਉ ਕਿਰਆ ॥੨॥ (10)
सਿਰੀ ਸਿਰੀ ਰਿਜਕੁ ਸਮਾਹੇ ਠਾਕਰ ਕਾਹੇ ਮਨ ਭਉ ਕਰਿਆ ॥੨॥
For each and every person, our Lord and Master provides sustenance. Why are you so
afraid, O mind? ||2||

ਉੱਡੇ ਊੱਡੇ ਮਨ ਭਉ ਕਿਰਆ ॥੨॥ (10)
ਰੁੱਡੇ ਰੁੱਡੇ ਮਨ ਭਉ ਕਿਰਆ ॥
The flamingoes fly hundreds of miles, leaving their young ones behind.

ਤਿਤਨ ਕਵਣੁ ਖਲਾਵੈ ਕਵਣੁ ਚੁਗਾਵੈ ਮਨ ਮਿਹ ਸਿਸਮਰਨੁ ਕਿਰਆ ॥੩॥ (10)
For each and every person, our Lord and Master provides sustenance. Why are you so
afraid, O mind? ||2||

ਸਿਹਟੀ ਸਿਹਟੀ ਭਿੱਨੁ ਸੰਭਾਹੇ ਠਾਕੁਰ ਕਾਹੇ ਮਨ ਭਉ ਕਿਰਆ ॥੨॥ (10)
ਸਿਰੀ ਸਿਰੀ ਰਿਜਕੁ ਸਮਾਹੇ ਠਾਕਰ ਕਾਹੇ ਮਨ ਭਉ ਕਿਰਆ ॥੨॥
For each and every person, our Lord and Master provides sustenance. Why are you so
afraid, O mind? ||2||

ਸਿਸਮੰਥ ਲੁਠਾਵੇ ਲੁਠਾਵੇ ਭਭ ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥੩॥ (10)
Who feeds them, and who teaches them to feed themselves? Have you ever thought of
this in your mind? ||3||

ਸਿਸਮੰਥ ਲੁਠਾਵੇ ਲੁਠਾਵੇ ਭਭ ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥੩॥ (10)
Who feeds them, and who teaches them to feed themselves? Have you ever thought of
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ਸਿਸਮੰਥ ਲੁਠਾਵੇ ਲੁਠਾਵੇ ਭਭ ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥੩॥ (10)
Who feeds them, and who teaches them to feed themselves? Have you ever thought of
this in your mind? ||3||

ਨਤ ਨਤਾਕ ਬਲਿ ਬਲਿ ਦਵਾ ਦਵਾ ਤੋਂ ਦੇਵ ਅੰਤੂਰ ਝਾਲਵਾਂ ॥੪॥ (10)
Servant Nanak is devoted, dedicated, forever a sacrifice to You, Lord. Your Expanse has
no limit, no boundary. ||4||5||

ਨਤ ਨਤਾਕ ਬਲਿ ਬਲਿ ਦਵਾ ਦਵਾ ਤੋਂ ਦੇਵ ਅੰਤੂਰ ਝਾਲਵਾਂ ॥੪॥ (10)
Servant Nanak is devoted, dedicated, forever a sacrifice to You, Lord. Your Expanse has
no limit, no boundary. ||4||5||

ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥ (12)
Aasaa, Fifth Mehl:

ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥ (12)
All the nine treasures, and the eighteen supernatural powers are held by our Lord and
Master in the Palm of His Hand.

ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥ (12)
All the nine treasures, and the eighteen supernatural powers are held by our Lord and
Master in the Palm of His Hand.

ਭਿੱਨੁ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥ (12)
All the nine treasures, and the eighteen supernatural powers are held by our Lord and
Master in the Palm of His Hand.

ਭਭ ਸੰਮੰਥ ਬਿਰਾਸਾ ॥ (12)
All the nine treasures, and the eighteen supernatural powers are held by our Lord and
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ਭਭ ਸੰਸੂ ਬਿਰਾਸਾ ॥ (12)
All the nine treasures, and the eighteen supernatural powers are held by our Lord and
Master in the Palm of His Hand.
अविर काज तेरै िकतै न काम ॥ (12)
Nothing else will work.

भिल मध्यमंजरि बने बेवल लभ ॥१॥ (12)
Join the Saadh Sangat, the Company of the Holy; vibrate and meditate on the Jewel of the Naam. ||1||

मर्मांगी लघू ब्रह्मल उकल वै ॥ (12)
Make every effort to cross over this terrifying world-ocean.

जनमु िबर्था जात रंग माइआ कै ॥१॥ रहाउ ॥ (12)
You are squandering this life uselessly in the love of Maya. ||1||Pause||

जपु तपु संजमु धरमु न कमाइआ ॥ (12)
I have not practiced meditation, self-discipline, self-restraint or righteous living.

सेवा साध न जानिआ हिर राइआ ॥ (12)
I have not served the Holy; I have not acknowledged the Lord, my King.

कहु नानक हम नीच करमा ॥ (12)
Says Nanak, my actions are contemptible!

सरिण परे की राखू सरमा ॥२॥४॥ (12)
O Lord, I seek Your Sanctuary; please, preserve my honor! ||2||4||
Raag Gauree Poorbee, Fifth Mehl:

करउ बेनंती सुणहु मेरे मीता संत टहल की बेला।
Listen, my friends, I beg of you: now is the time to serve the Saints!

ईहा खािट चलहु हिर लाहा आगै बसनु सुहेला।
In this world, earn the profit of the Lord's Name, and hereafter, you shall dwell in peace.

अउध घठै दिनसु रैणारे।
This life is diminishing, day and night.

ਮਨ गੁਰ ਿਮਿਲ ਕਾਜ ਸਵਾਰੇ।
Meeting with the Guru, your affairs shall be resolved.

ਇਹੁ ਸਾਂਸਾਰੁ ਿਬਕਾਰੁ ਸੰਸੇ ਮਿਹ ਤਿਰੋ ਬਰਹਮ ਿਗਆਨੀ।
This world is engrossed in corruption and cynicism. Only those who know God are saved.

ਜਾਕ ਆਏ ਸੋਈ ਿਬਹਾਝਹੁ ਹਿਰ ਗੁਰ ਤੇ ਮਨਿਹ ਬਸੇਰਾ।
Purchase only that for which you have come into the world, and through the Guru, the Lord shall dwell within your mind.
Within the home of your own inner being, you shall obtain the Mansion of the Lord’s Presence with intuitive ease. You shall not be consigned again to the wheel of reincarnation. ||3||

O Inner-knower, Searcher of Hearts, O Primal Being, Architect of Destiny: please fulfill this yearning of my mind.

Nanak, Your slave, begs for this happiness: let me be the dust of the feet of the Saints. ||4||5||

Why are you so thrilled by the sight of your son and your beautifully decorated wife?

You enjoy tasty delicacies, you have lots of fun, and you indulge in endless pleasures.

The Creator does not come into the mind of the blind, idiotic, self-willed manmukh. ||1||
ਮੇਰੇ ਭਰ ਮੁਖਰਜੀ ਵਿੱਚੋਂ ਨੇਪਦ || (42)
ਮੇਰੇ ਮਨ ਸੁਖਦਾਤਾ ਹਿਰ ਸੋੜ ||
mayray man sukh-daata har so-ay.
O my mind, the Lord is the Giver of peace.

ਗੁਰ ਪਰਸਾਦੀ ਪਾਈਐ ਕਰਿਮ ਪਰਾਪਿਤ ਹੋਇ ॥੧॥
ਰਹਾਉ ॥
(gur parsaadee paa-ee-ai karam paraapat ho-ay. ||1|| raha-o.
By Guru's Grace, He is found. By His Mercy, He is obtained. ||1||Pause||

ਕਪਿੜ ਭੋਿਗ ਲਪਟਾਇਆ ਸੁਇਨਾ ਰੁਪਾ ਖਾਕੁ ॥ (42)
kaparh bhog laptaa-i-aa su-inaa rupaa khaak.
People are entangled in the enjoyment of fine clothes, but gold and silver are only dust.

ਹੈਵਰ ਗੈਵਰ ਬਹੁ ਰੰਗੇ ਕੀਏ ਰਥ ਅਥਾਕ ॥ (42)
haivar gaivar baho rangay kee-ay rath athaak.
They acquire beautiful horses and elephants, and ornate carriages of many kinds.

ਕਿਸ ਹੀ ਚਿਤ ਨ ਪਾਵਹੀ ਬਿਸਰਿਆ ਸਭ ਸਾਕ ॥ (42)
kis hee chit na paavhee bisri-aa sabh saak.
They think of nothing else, and they forget all their relatives.

ਝੈਵਾ ਬਦ ਦੁਆਇ ਤੂੰ ਮਾਇਆ ਕਰਿਹ ਇਕਤ ॥ (42)
laidaa bad du-aa-ay tooN maa-i-aa karahi ikat.
Gathering the wealth of Maya, you earn an evil reputation.

ਜਿਸ ਨੋ ਤੂ ਪਤੀਆਈਦਾ ਸੋ ਸਣੁ ਤੁਝਈ ਅਨਿਤ ॥
jis no tooN patee-aa-idaa so san tujhai anit.
Those whom you work to please shall pass away along with you.
अहंकारु वर्तिक अहंकारीआ विपाकिः भल वी भल || (42)
अहंकार करिह अहंकारीआ विपािआ मन की मति ||
ahaNkaar karahi ahaNkaaree-aa vi-aapi-aa man kee mat.
The egotistical are engrossed in egotism, ensnared by the intellect of the mind.

तिन प्रभि भुलिहर्ष त तिस मानि भल || (42)
तिन प्रभि भुलिहर्ष त तिस मानि भल || 3 ||
tin parabh bhulaa-i-aa naa tis jaat na pat. ||3||
One who is deceived by God Himself, has no position and no honor. ||3||

सतिगुिर पुरिख मिलाइआ इको सजणु सोइ || (42)
satgur purakh milaa-i-aa iko sajan so-ay.
The True Guru, the Primal Being, has led me to meet the One, my only Friend.

जो हिर जन भावै सो करे दिर फे रु न पावै कोइ || (42)
jo har jan bhaavai so karay dar fayr na paavai ko-ay.
As the servant of the Lord wills, so does the Lord act. At the Lord's Door, none of his requests are denied.

नानक रता रंिग हिर सभ जग मिह चानणु होइ || 4 || 1 || 71 || (42)
naanak rataa rang har sabh jag meh chaanan ho-ay. ||4||1||71||
Nanak is attuned to the Love of the Lord, whose Light pervades the entire Universe. ||4||1||71||

सिरीरागु भला भ || (42)
sireeraag mehlaa 5.
Siree Raag, Fifth Mehl:

भल विलासु बहु देवु भल ह्यािरूधि नर मुिमा || (42)
man bilaas baho rang ghanaa darisat bhool khousee-aa.
With the mind caught up in playful pleasures, involved in all sorts of amusements and sights that stagger the eyes, people are led astray.
ਛਤਰ੍ਧਾਰ ਬਾਿਦਸਾਹੀਆ ਿਵਚ ਸਹਸੇ ਪਰੀਆ ॥੧॥

chhatarDhaar baadisaahee-aa vich sahsay paree-aa. ||1||
The emperors sitting on their thrones are consumed by anxiety. ||1||

ਭਾਈ ਰੇ ਸੁਖੁ ਸਾਧਸੰਗ ਪਾਇਆ ॥

bhaa-ee ray sukh saaDhsang paa-i-aa.
O Siblings of Destiny, peace is found in the Saadh Sangat, the Company of the Holy.

ਿਲਿਖਾ ਲੇਖ਼ ਿਤਿਨ ਪੁਰਿਖ ਿਬਧਾਤੈ ਦੁਖੁ ਸਹਸਾ ਿਮਿਟ ਗਇਆ ॥੧॥

likhi-aa laykh tin purakh biDhaatai dukh sahsaa mit ga-i-aa. ||1|| rahaa-o.
If the Supreme Lord, the Architect of Destiny, writes such an order, then anguish and anxiety are erased. ||1||Pause||

ਿਨੇ ਵਾਤ ਵਾਂਤੂਂ ਤੇਹੇ ਿਬਿਧ ਭਾਿਸਾਹ ॥ (42)

jato thaan banantaraa taytay bhav aa-i-aa.
There are so many places-I have wandered through them all.

ਧਨ ਪਾਤੀ ਵਡ ਭੂਮੀਆ ਮੇਰੀ ਮੇਰੀ ਕਿਰ ਪਿਰਆ ॥੨॥

Dhan paatee vad bhoomee-aa mayree mayree kar pari-aa. ||2||
The masters of wealth and the great land-lords have fallen, crying out, "This is mine! This is mine!" ||2||

ਹੁਕਮ ਚਲਾਏ ਿਨਸੰਗ ਹੋਇ ਵਰਤਤੇ ਅਫਿਰਾ ॥

hukam chalaa-ay nisang ho-ay vartai afri-aa.
They issue their commands fearlessly, and act in pride.

ਸਭ ਵੇ ਮਸਾਡੀ ਵਾਤ ਿਰਿਟੀਤ ਵਿਚ ਰਾਹੇ ਧਰਤਾਾਈ ॥੩॥

sabh ko vasgat kar la-i-on bin naavai khaak rali-aa. ||3||
They subdue all under their command, but without the Name, they are reduced to dust. ||3||

ਅੱਟੀ ਉੱਤੀਸ ਿੰਦਰ ਭਾੰ ਪਰਿਸਵੀ ਦਤਿ ਭਾਿਸਾਹ ॥ (42)

kot taytees sayvkaa siDh saaDhik dar khari-aa.
Even those who are served by the 33 million angelic beings, at whose door the Siddhas and the Saadhus stand,
ਗੀਤ ਵਿਚ ਸਾਹਿਬ ਦੀ ਸੰਗੀਤ ਦ੍ਰਿਸ਼ਤੀ ਵੀਆ ||੪੨॥ (42)

ਗੀਰੰਬਾਰੀ ਵਡ ਸਾਹਿਬ ਸਭ ਨਾਨਕ ਸੁਪਨੁ ਥੀਆ ||੪੨॥ (72)
girambaaree vad saahbee sabh naanak supan thee-aa. ||42||72||

who live in wondrous affluence and rule over mountains, oceans and vast dominions-O Nanak, in the end, all this vanishes like a dream! ||42||72||

ਸਾਹਿਬ ਸੀ || (43)
ਸੀਰੀਰਾਗ ਮਹਲਾ ५ ||
sireeraag mehlaa 5.
Siree Raag, Fifth Mehl:

ਠਲਕੇ ਥੀਠੀ ਪਪੋਲੀਐ ਬੁਝੇ ਮੁਗਧ ਅਜਾਣ ॥ (43)

bhalkay uth papolee-ai vin bujhay mugaDh ajaan.

Arising each day, you cherish your body, but you are idiotic, ignorant and without understanding.

ਸੋ ਪਰਭ ਚਿਤ ਨ ਆਇ ਚਹਤੀ ਬੇਬਾਣ ॥ (43)

so parabh chit na aa-i-o chhutaigee baybaan.

You are not conscious of God, and your body shall be cast into the wilderness.

ਸਿਤਗੁਰ ਸੇਤੀ ਚੀ ਲਾਈ ਸਦਾ ਰੰਗ ਮਾਣ ॥ ੧ ॥ (43)

satgur saytee chit laa-ay sadaa sadaa rang maan. ||1||

Focus your consciousness on the True Guru; you shall enjoy bliss forever and ever. ||1||

ਪਰਸਾਨੀ ਤੂ ਆਇਹ ਲਹਾ ਲੈਣ ॥ (43)

paraanee tooN aa-i-aa laahaa lain.

O mortal, you came here to earn a profit.

ਲਗਾ ਥੀਠੁ ਕਵਕਾਰ ਮਝ ਮੁਕਦੀ ਭੇਰ੍ਧਾਣ ॥ ੧੦ ॥ (43)

lagaa kit khufkarhay sabh mukdee chalee rain. ||10||

What useless activities are you attached to? Your life-night is coming to its end. ||10||Pause||

ਕੁਦਮ ਕਰੇ ਪਸੁ ਪੰਖੀਆ ਦੀਸ੍ਤੀ ਸੰਗੀਤ ॥੭॥ (43)

kudam karay pas pankhee-aa disai naahee kaal.
The animals and the birds frolic and play-they do not see death.
ਓਤੈ ਸਾਥ ਮਨੁਖੁ ਹੈ ਫਾਥਾ ਮਾਇਆ ਜਾਲ। (43)
Mankind is also with them, trapped in the net of Maya.

ਮੁਕਤੇ ਸੇਈ ਭਾਲੀਆਂਹ ਜਿ ਸਚਾ ਨਾਮੁ ਸਮਾਲ। (43)
muktay say-ee bhaalee-ah je sachaa naam samaal. ||2||
Those who always remember the Naam, the Name of the Lord, are considered to be liberated. ||2||

ਜੌ ਘਰ ਛਿਡ ਗਵਾਵਣਾ ਸੋ ਲਗਾ ਮਨ ਮਾਹ। (43)
jo ghar chhad gavaavnaa so lagaa man maahi. That dwelling which you will have to abandon and vacate-you are attached to it in your mind.

ਫਾਥੇ ਸੇਈ ਿਨਕਲੇ ਿਜ ਗੁਰ ਕੀ ਪੈਰੀ ਪਾਹ। (43)
faathay say-ee niklay je gur kee pairee paahi. ||3||
Those who fall at the Feet of the Guru are released from this bondage. ||3||

ਚਾਰੇ ਕੁੰਡਾ ਭਾਲਾਂ ਖਾਈ ਪੈਦਾ ਸਰਣਾਈ। (43)
chaaray kundaa bhaal kai aa-ay pa-i-aa sarnaa-ay.
I have searched in all four directions; I have come to find His Sanctuary.
Siree Raag, Fifth Mehl:

gharhee muhat kaa pahunaa kaaj savaraanhaar.
For a brief moment, man is a guest of the Lord; he tries to resolve his affairs.

maa-i-aa kaam vi-aapi-aa samjhai nahee gaavaa.
Engrossed in Maya and sexual desire, the fool does not understand.

uth chali-aa pachhutaa-i-aa pari-aa vas jandaar. ||1||
He arises and departs with regret, and falls into the clutches of the Messenger of Death. ||1||

anDhay tooN baithaa kanDhee paahi.
You are sitting on the collapsing riverbank—are you blind?

jay hovee poorab likhi-aa taa gur kaa bachan kamaahii. ||1|| rahaah-o.
If you are so pre-destined, then act according to the Guru’s Teachings. ||1||Pause||

haree naahee nah daduree pakee vadhanaahar.
The Reaper does not look upon any as unripe, half-ripe or fully ripe.

lai lai daat pahuti-aa laavay kar ta-ee-aar.
Picking up and wielding their sickles, the harvesters arrive.
When the landlord gives the order, they cut and measure the crop.

The first watch of the night passes away in worthless affairs, and the second passes in deep sleep.

In the third, they babble nonsense, and when the fourth watch comes, the day of death has arrived.

The thought of the One who bestows body and soul never enters the mind.

I am devoted to the Saadh Sangat, the Company of the Holy; I sacrifice my soul to them.

Through them, understanding has entered my mind, and I have met the All-knowing Lord God.

Nanak sees the Lord always with him—the Lord, the Inner-knower, the Searcher of hearts.

Siree Raag, Fifth Mehl:

Samarescoaag, Fifth Kirtan: ||4||4||74||

Nanak dithaa sadaa naal har antarjaamee jaan. ||4||4||74||

Nanak sees the Lord always with him—the Lord, the Inner-knower, the Searcher of hearts.

||4||4||74||

Siree Raag, Fifth Mehl:
Let me forget everything, but let me not forget the One Lord.

All my evil pursuits have been burnt away; the Guru has blessed me with the Naam, the true object of life.

Give up all other hopes, and rely on the One Hope.

Those who serve the True Guru receive a place in the world hereafter.

O my mind, praise the Creator.

Give up all your clever tricks, and fall at the Feet of the Guru.

Pain and hunger shall not oppress you, if the Giver of Peace comes into your mind.

No undertaking shall fail, when the True Lord is always in your heart.
jis tooN rakheh hath day tis maar na sakai ko-ay.
No one can kill that one unto whom You, Lord, give Your Hand and protect.

sukh-daata gur sayvee-ai sabh avgan kadhai Dho-ay. ||2||
Serve the Guru, the Giver of Peace; He shall remove and wash off all your faults. ||2||

sayvaa mangai sayykoo laa-ee-aaN apunee sayv.
Your servant begs to serve those who are enjoined to Your service.

saaDhoo sang maskatay toothai paavaa dayv.
The opportunity to work hard serving the Saadh Sangat is obtained, when the Divine Lord is pleased.

sabh kichh vasgat saahibai aapay karan karayv.
Everything is in the Hands of our Lord and Master; He Himself is the Doer of deeds.

iko disai sajno iko bhaa-ee meet.
The One appears to be my Companion; the One is my Brother and Friend.

iksi de saamagree iksai de hai reet.
The elements and the components are all made by the One; they are held in their order by the One.
When the mind accepts, and is satisfied with the One, then the consciousness becomes steady and stable.

Then, one’s food is the True Name, one’s garments are the True Name, and one’s Support, O Nanak, is the True Name.

All things are received if the One is obtained.

The precious gift of this human life becomes fruitful when one chants the True Word of the Shabad.

One who has such destiny written on his forehead enters the Mansion of the Lord’s Presence, through the Guru.

O my mind, focus your consciousness on the One.
Without the One, all entanglements are worthless; emotional attachment to Maya is totally false. ||1|| Pause||

Hundreds of thousands of princely pleasures are enjoyed, if the True Guru bestows His Glance of Grace.

If He bestows the Name of the Lord, for even a moment, my mind and body are cooled and soothed.

Those who have such pre-ordained destiny hold tight to the Feet of the True Guru. ||2||

Embellished and immaculate is that place where the Saints gather together.
dho-ee tis hee no milai jin pooraa guroo labhaa.
He alone finds shelter, who has met the Perfect Guru.

Nanak builds his house upon that site where there is no death, no birth, and no old age.

Meditate on Him, O my soul; He is the Supreme Lord over kings and emperors.

Give up all your clever tricks, and grasp the Feet of the Guru.

O my mind, chant the Name with intuitive peace and poise.

Twenty-four hours a day, meditate on God. Constantly sing the Glories of the Lord of the Universe.


Seek His Shelter, O my mind; there is no other as Great as He.

Remembering Him in meditation, a profound peace is obtained. Pain and suffering will not touch you at all.

Forever and ever, work for God; He is our True Lord and Master.

In the Saadh Sangat, the Company of the Holy, you shall become absolutely pure, and the noose of death shall be cut away.

So offer your prayers to Him, the Giver of Peace, the Destroyer of fear.

The Lord is said to be the Greatest of the Great; His Kingdom is the Highest of the High.

He has no color or mark; His Value cannot be estimated.
Please show Mercy to Nanak, God, and bless him with Your True Name.

Siree Raag, Fifth Mehl:

One who meditates on the Naam is at peace; his face is radiant and bright.

Obtaining it from the Perfect Guru, he is honored all over the world.

In the Company of the Holy, the One True Lord comes to abide within the home of the self.

The Naam is your Companion; it shall always be with you. It shall save you in the world hereafter.

What good is worldly greatness?
Maia kaa rang sabh fikaa jaato binas nidaan.
All the pleasures of Maya are tasteless and insipid. In the end, they shall all fade away.

Jaa kai hirdai har vasai so pooraa parDhaan.
Perfectly fulfilled and supremely acclaimed is the one, in whose heart the Lord abides.

SaaDhoo kee hohu raynukaa apnaa aap ti-aag.
Become the dust of the Saints; renounce your selfishness and conceit.

Upaav si-aanap sagal chhad gur kee charnee laag.
Give up all your schemes and your clever mental tricks, and fall at the Feet of the Guru.

Tiseh paraapat ratan ho-ay jis mastak hovai bhaag.
He alone receives the Jewel, upon whose forehead such wondrous destiny is written.

Tisai paraapat bhaa-eelho jis dayvai parabh aap.
O Siblings of Destiny, it is received only when God Himself bestows it.

Satgur kee sayvaa so karay jis binsai ha-umai taap.
People serve the True Guru only when the fever of egotism has been eradicated.

Nanak ka-o gur bhayti-aa binsay sagal santaap.
Nanak has met the Guru; all his sufferings have come to an end.
Siri Raag, Fifth Mehl:

Siree Raag, Fifth Mehl:

The One is the Knower of all beings; He alone is our Savior.

The One is the Support of the mind; the One is the Support of the breath of life.

In His Sanctuary there is eternal peace. He is the Supreme Lord God, the Creator.

O my mind, give up all these efforts.

Dwell upon the Perfect Guru each day, and attach yourself to the One Lord.

The One is my Brother, the One is my Friend. The One is my Mother and Father.

The One is the Support of the mind; He has given us body and soul.
so parabh manhu na visrai jin sabh kichh vas keetaa. ||2||
May I never forget God from my mind; He holds all in the Power of His Hands. ||2||

ghar iko baahar iko than thanantar aap.
The One is within the home of the self, and the One is outside as well. He Himself is in all places and interspaces.

ikas saytee rati-aa na hovee sog santhaap. ||3||
Attuned to the Love of the One, there is no sorrow or suffering. ||3||

pee-o pind sabh tis kaa jo tis bhaavai so ho-ay.
Soul and body all belong to Him; whatever pleases His Will come to pass.

gur poorai pooraa bha-ia-i jaap naanak sachaas so-ay. ||4||9||79||
Through the Perfect Guru, one becomes perfect; O Nanak, meditate on the True One. ||4||9||79||

sireeraag mehlaa 5.
Siree Raag, Fifth Mehl:
Those who focus their consciousness on the True Guru are perfectly fulfilled and famous.

Spiritual wisdom wells up in the minds of those unto whom the Lord Himself shows Mercy.

Those who have such destiny written upon their foreheads obtain the Name of the Lord.

O my mind, meditate on the Name of the One Lord.

The happiness of all happiness shall well up, and in the Court of the Lord, you shall be dressed in robes of honor.

The fear of death and rebirth is removed by performing loving devotional service to the Lord of the World.

In the Saadh Sangat, the Company of the Holy, one becomes immaculate and pure; the Lord Himself takes care of such a one.
The filth of birth and death is washed away, and one is uplifted, beholding the Blessed Vision of the Guru's Darshan. ||2||

The Supreme Lord God is pervading all places and interspaces.

The One is the Giver of all-there is no other at all.

In His Sanctuary, one is saved. Whatever He wishes, comes to pass. ||3||

Perfectly fulfilled and famous are those, in whose minds the Supreme Lord God abides.

O Nanak, I am a sacrifice to those who meditate on my God. ||4||10||80||

Siree Raag, Fifth Mehl:

Sireeraag mehlaa 5.
ਇਹਿ ਸਦਾ ਗ੍ਰੋ ਪਾਦਾ ਪੁਰਾ ਵਿਸਾ ਮਿਨ ਆਈ || (46)
ਮੀ ਸਿਤਗੁਰ ਸਮੁ ਦੁਖਾ ਹੀਰ ਸੁਖ ਵਸਿਆ ਮੁਨੀ ਆਈ ||
mil satgur sabh dukh ga-i-aa har sukh vasi-aa man aa-ay.
Meeting the True Guru, all my sufferings have ended, and the Peace of the Lord has
come to dwell within my mind.

ਅੰਤਰ ਜੋਹੀ ਪ੍ਰਗਾਸੀਆ ਏਕਸੁ ਵਖ਼ਖ਼ ਆਈ || (46)
ਅੰਤਰ ਜੋਹੀ ਪ੍ਰਗਾਸੀਆ ਏਕਸੁ ਵਖ਼ਖ਼ ਆਈ ||
antar jot pargaasee-aa aykas si-o liv laa-ay.
The Divine Light illuminates my inner being, and I am lovingly absorbed in the One.

ਇਹਿ ਸਾਧੂ ਮੁਕਾ ਊਜਾ ਨਿਲਵ ਲਾਈ || (46)
mil saaDhoo mukh oojlaa poorab likhi-aa paa-ay.
Meeting with the Holy Saint, my face is radiant; I have realized my pre-ordained destiny.

ਗੁਣ ਗੋਵੰਦ ਨਿਤ ਗਾਵਨੇ ਨਿਰਮਲ ਸਾਚੈ ਨਾਈ ||੧|| (46)

I constantly sing the Glories of the Lord of the Universe. Through the True Name, I have
become spotlessly pure. ||1||

ਮੇਰੇ ਮਨ ਗੁਰ ਸਬਦੀ ਸੁਖਾ ਹੋਈ ॥ (46)
mayray man gur sabdee sukh ho-ay.
O my mind, you shall find peace through the Word of the Guru’s Shabad.

ਗੁਰ ਪ੍ਰੂਰ ਕੀ ਇਹ ਦੁਰੀ ਵਿਨਨ੍ਹੇ ਨ ਲੈਧੀ ਰਹਾਈ ||੧੨|| (46)
gur pooray kee ichhaaN pooree-aa paa-i-aa naam niDhaan.
The desires of the mind are fulfilled, when the Treasure of the Naam, the Name of the
Lord, is obtained.

ਅੰਤਰਜਾਮੀ ਸੱਦਾ ਸਨਗ ਕਰਣਹਾਰੁ ਪਛਾਨੁ ॥ (46)
antarjaamee saadaa sang karnaihaar pachhaan.
The Inner-knower, the Searcher of hearts, is always with you; recognize Him as the
Creator.
By Guru's Grace, your face shall be radiant. Chanting the Naam, you shall receive the benefits of giving charity and taking cleansing baths.

Sexual desire, anger and greed are eliminated, and all egotistical pride is abandoned. ||2||

The Profit of the Naam is obtained, and all affairs are brought to fruition. ||3||

His humble devotees are protected and saved; He Himself showers His Blessings upon us.
hpun istaur jee milai paa-ee-ai sabad niDhaan.
If we meet the Perfect True Guru, we obtain the Treasure of the Shabad.

Please grant Your Grace, God, that we may meditate on Your Ambrosial Naam.

The pains of birth and death are taken away; we are intuitively centered on His Meditation.

O my mind, seek the Sanctuary of God.


**ਹੀਰ ਿਬਨੂ ਦੂਜਾ ਕੋ ਨਹੀ ਏਕੋ ਨਾਮੁ ਿਧਾਇ ॥੧॥ ਰਹਾਉ ॥**

Without the Lord, there is no other at all. Meditate on the One and only Naam, the Name of the Lord. ||1||Pause||

**ਕੀਮਿਤ ਕਹਣੁ ਨ ਜਾਈਐ ਸਾਗਰੁ ਗੁਣੀ ਅਥਾਹੁ ॥**

His Value cannot be estimated; He is the Vast Ocean of Excellence.

**ਵਡਭਾਗੀ ਿਮਲੁ ਸੰਗਤੀ ਸਚਾ ਸਬਦੁ ਿਵਸਾਹੁ ॥**

O most fortunate ones, join the Sangat, the Blessed Congregation; purchase the True Word of the Shabad.

**ਚਰਣ ਕਮਲ ਕਾ ਆਸਰਾ ਦੂਜਾ ਨਾਹੀ ਠਾਉ ॥**

I take the Support of the Lord’s Lotus Feet; there is no other place of rest for me.

**ਮੈ ਧਰ ਤੇਰੀ ਪਾਰਬਰ੍ਹਮ ਤੇਰੈ ਤਾਣ ਰਹਾਉ ॥**

I lean upon You as my Support, O Supreme Lord God. I exist only by Your Power.

**ਿਨਮਾਿਣਾ ਪਰ੍ਭੁ ਮਾਣੁ ਤੂੰ ਤੇਰੈ ਸੰਗ ਸਮਾਊ ॥੩॥**

O God, You are the Honor of the dishonored. I seek to merge with You. ||3||

**ਹਿਰ ਜਪੀਐ ਆਰਧੀਐ ਆਠ ਪਹਰ ਗੋਵੰਦੁ ॥**

Chant the Lord’s Name and contemplate the Lord of the World, twenty-four hours a day.
He preserves our soul, our breath of life, body and wealth. By His Grace, He protects our soul.

O Nanak, all pain has been washed away, by the Supreme Lord God, the Forgiver.

I have fallen in love with the True Lord. He does not die, He does not come and go.

He is the Destroyer of the pain and suffering of the meek. He bears True Love for His servants.

Wondrous is the Form of the Immaculate One. Through the Guru, I have met Him, O my mother!

O Siblings of Destiny, make God your Friend.
Maai-aa moh pareet Dharig sukhee na deesai ko-ay. ||1|| rahaa-o.
Cursed is emotional attachment and love of Maya; no one is seen to be at peace. ||1||Pause||

Daanaa daataa seelvant nirmal roop apaar.
God is Wise, Giving, Tender-hearted, Pure, Beautiful and Infinite.

Saaka sahaai ati vaada ocha vaada apaar.
He is our Companion and Helper, Supremely Great, Lofty and Utterly Infinite.

Jo mangee-ai so-ee paa-ee-ai niDhaaraa aaDhaar. ||2||
Whatever we seek from Him, we receive. He is the Support of the unsupported. ||2||

Jis paykhat kilvikh hireh man tan hovai saaN.
Seeing Him, our evil inclinations vanish; mind and body become peaceful and tranquil.

Ik man ayk Dhi-aa-ee-ai man kee laahi bhaaraaNt.
With one-pointed mind, meditate on the One Lord, and the doubts of your mind will be dispelled.

Gun niDhaan navtan sadaa pooran jaa kee daat.
He is the Treasure of Excellence, the Ever-fresh Being. His Gift is Perfect and Complete.
Forever and ever, worship and adore Him. Day and night, do not forget Him. ||3||

One whose destiny is so pre-ordained, obtains the Lord of the Universe as his Companion.

tan man Dhan arpee sagal vaaree-ai ih jind.
I dedicate my body, mind, wealth and all to Him. I totally sacrifice my soul to Him.

daykhai sunai hadoor sad ghat ghat barahm ravind.
Seeing and hearing, He is always close at hand. In each and every heart, God is pervading.

Even the ungrateful ones are cherished by God. O Nanak, He is forever the Forgiver. ||4||13||83||

Even the ungrateful ones are cherished by God. O Nanak, He is forever the Forgiver. ||4||13||83||

Siree Raag, Fifth Mehl:

This mind, body and wealth were given by God, who naturally adorns us.

He has blessed us with all our energy, and infused His Infinite Light deep within us.
ਸਦਾ ਸਦਾ ਪਰ੍ਭੁ ਿਸਮਰੀਐ ਅੰਤਿਰ ਰਖੁ ਉਰ ਧਾਰਨ॥੧॥

| sadaa sadaa parabh simree-ai antar rakh ur Dhaar. ||1||
| Forever and ever, meditate in remembrance on God; keep Him enshrined in your heart. ||1||

ਮੇਰੇ ਭਤਨਗ ਮਨ ਹਿਰ ਿਬਨੁ ਅਵਰੁ ਨ ਕੋਈ।

| mayray man har bin avar na ko-ay. ||
| O my mind, without the Lord, there is no other at all. |

ਪਰ੍ਭ ਸਰਣਾਈ ਸਦਾ ਰਹੁ ਦੂਖੁ ਨ ਿਵਾਪੈ ਕੋਈ।

| parabh sarnaa-ee sadaa rahu dookh na vi-aapai ko-ay. || ||
| Remain in God's Sanctuary forever, and no suffering shall afflict you. ||1||Pause||

ਰੰਤਨ ਪ੍ਰਦਾਰਥ ਮਾਣਕਾ ਸੁੀਨਾ ਰੁਪਾ ਖਾਕ।

| ratan padaarath maankaa su-inaa rupaa khaak. |
| Jewels, treasures, pearls, gold and silver-all these are just dust. |

ਮਾਤ ਿਪਤਾ ਸੁਤ ਬੰਧਾ ਕੂਡੇ ਸਭੇ ਸਾਕ।

| maat pitaa sut banDhpaa koorhay sabhay saak. |
| Mother, father, children and relatives-all relations are false. |

ਿਜਿਨ ਕੀਤਾ ਿਤਸਿਹ ਨ ਜਾਣਈ ਮਨਮੁਖ ਪਸੁ ਨਾਪਾਕ।

| jin keetaa tiseh na jaan-ee manmukh pas naapaak. || ||
| The self-willed manmukh is an insulting beast; he does not acknowledge the One who created him. ||2||

ਅੰਤਿਰ ਬਾਹਿਰ ਰਿਵ ਰਿਹਾ ਅੰਤਿਰ ਹਉਮਈ ਕੂਿਰ।

| antar baahar rav rahi-aa tis no jaanai door. |
| The Lord is pervading within and beyond, and yet people think that He is far away. |

ਿਤਰਸਨਾ ਲਾਗੀ ਰਿਚ ਰਿਹਾ ਅੰਤਿਰ ਹਉਮੈ ਕੂਰ।

| tarisnaa laagee rachi rahi-aa antar ha-umai koor. |
| They are engrossed in clinging desires; within their hearts there is ego and falsehood. |
Without devotion to the Naam, crowds of people come and go. ||3||

Please preserve Your beings and creatures, God; O Creator Lord, please be merciful!

Without God, there is no saving grace. The Messenger of Death is cruel and unfeeling.

O Nanak, may I never forget the Naam! Please bless me with Your Mercy, Lord!

My body and my wealth; my ruling power, my beautiful form and country-mine!

You may have children, a wife and many mistresses; you may enjoy all sorts of pleasures and fine clothes.

And yet, if the Name of the Lord does not abide within the heart, none of it has any use or value. ||1||
Mayray man har har naam Dhi-aa-ay.
O my mind, meditate on the Name of the Lord, Har, Har.

Always keep the Company of the Holy, and focus your consciousness on the Feet of the Guru. ||1||Pause||

Those who have such blessed destiny written on their foreheads meditate on the Treasure of the Naam.

All their affairs are brought to fruition, holding onto the Guru's Feet.

The diseases of ego and doubt are cast out; they shall not come and go in reincarnation.

Let the Saadh Sangat, the Company of the Holy, be your cleansing baths at the sixty-eight sacred shrines of pilgrimage.

Your soul, breath of life, mind and body shall blossom forth in lush profusion; this is the true purpose of life.
In this world you shall be blessed with greatness, and in the Court of the Lord you shall find your place of rest. ||3||

God Himself acts, and causes others to act; everything is in His Hands.

He Himself bestows life and death; He is with us, within and beyond.

Nanak seeks the Sanctuary of God, the Master of all hearts. ||4||15||85||

The Guru is Merciful; we seek the Sanctuary of God.

Through the Teachings of the True Guru, all worldly entanglements are eliminated.

The Name of the Lord is firmly implanted within my mind; through His Ambrosial Glance of Grace, I am exalted and enraptured. ||1||
ਮਨ ਮੇਰੇ ਸਿਤਗੁਰ ਸੇਵਾ ਸਾਰੁ ॥ (48)

O my mind, serve the True Guru.

ਕਰੇ ਦਿਹਾਇ ਪਰਭੁ ਆਪਣੀ ਇਕ ਇਮਾਨ ਨ ਮਨਹੁ ਵਿਸਾਰੁ ॥ ਰਹਾਉ ॥ (48)

God Himself grants His Grace; do not forget Him, even for an instant. ||Pause||

ਗੁਣ ਗੋਵੀਦ ਨਿਤ ਗਾਵੀਅਹੀ ਅਵਗੁਣ ਕਟਨਹਾਰ ॥ (48)

Continually sing the Glorious Praises of the Lord of the Universe, the Destroyer of
demerits.

ਬੀਜ ਵੀ ਤਮ ਨ ਸੁਖ ਵੀ ਵਾਂ ਵਾਂ ਜਮਾਵਾਁ ॥ (48)

Without the Name of the Lord, there is no peace. Having tried all sorts of ostentatious
displays, I have come to see this.

ਮਾਦੇ ਮਹੋਤ ਤਮਾਸਾ ਬਟੰਝੁ ਬਟੰਝੁ ਦਾਰੀ ॥੨॥ (48)

The merits of pilgrimages, fasts and hundreds of thousands of techniques of austere self-
discipline are found in the dust of the feet of the Holy.

ਲੁਕ ਕਮਾਵੈ ਕਿਸ ਤੇ ਜਾ ਵੇਖੈ ਸਦਾ ਹਦੂਰ ॥ (48)

From whom are you trying to hide your actions? God sees all;

ਧਾਰ ਧਾਰੁਵੀ ਤ੍ਰੇਤਾ ਪੁਰਾਤੀ ਬਹੁ ਕਨਜਾ ਕਨਜਾ ਪੁਰਾਤੀ ॥੩॥ (48)

He is Ever-present. My God is totally pervading all places and interspaces. ||3||
ਸਚੁ ਪਾਿਤਸਾਹੀ ਅਮਰੁ ਸਚੁ ਸਚੇ ਸਚਾ ਥਾਨੁ ॥ (48)
sach paatisahee amar sach sachay sachaa thaan.
True is His Empire, and True is His Command. True is His Seat of True Authority.

ਸਚੀ ਕੁਦਰਿਤ ਧਾਰੀਆਂ ਸਿਚ ਿਸਰਿਜੋਨੁ ਜਹਾਨੁ ॥ (48)
sachee kudrat Dhaaree-an sach sirji-on jahaan.
True is the Creative Power which He has created. True is the world which He has fashioned.

ਨਾਨਕ ਜਪੀਐ ਸਚੁ ਨਾਮੁ ਹਉ ਸਦਾ ਸਦਾ ਕੁਰਬਾਨੁ ॥੪॥੧੬॥੮੬॥ (48)
naanak japee-ai sach naam ha-o sadaa sadaa kurbaan. ||4||16||86||
O Nanak, chant the True Name; I am forever and ever a sacrifice to Him. ||4||16||86||

ਸੰਤਸੰਗ ਹਿਰ ਿਸਮਰਣਾ ਮਲੁ ਜਨਮ ਜਨਮ ਕੀ ਕਾਿਟ ॥੧॥ (48)
satsang har simranaa mal janam janam kee kaat. ||1||
In the Society of the Saints, meditate in remembrance on the Lord, and wash off the filth of countless incarnations. ||1||

ਮਨ ਇਛੇ ਫਲ ਭੁੰਚ ਤੂ ਸਭ ਚੂਕੈ ਸੋਗੁ ਸੰਤਾਪੁ ॥ ਰਹਾਉ ॥ (48)
man ichhay fal bhunch too sabh chookai sog santaap. rahaa-o.
Enjoy the fruits of your mind's desires; all suffering and sorrow shall depart. ||Pause||
jis kaaran tan Dhaari-aa so parabh dithaa naal.
For His sake, you assumed this body; see God always with you.

jal thal mahee-al poori-aa parabh aapnee nadar nihaal. ||2||
God is pervading the water, the land and the sky; He sees all with His Glance of Grace. ||2||

man tan nirmal ho-i-aa laagee saach pareet.
The mind and body become spotlessly pure, enshrining love for the True Lord.

charan bhajay paarbarahm kay sabh jap tap tin hee keet. ||3||
One who dwells upon the Feet of the Supreme Lord God has truly performed all meditations and austerities. ||3||

ratan javayhar maanikaa amrit har kaa naa-o.
The Ambrosial Name of the Lord is a Gem, a Jewel, a Pearl.

sookh sahj aanand ras jan naanak har gun gaa-o. ||4||17||87||
The essence of intuitive peace and bliss is obtained, O servant Nanak, by singing the Glories of God. ||4||17||87||
The Guru has given me the Wealth of the Lotus Feet of the Lord, and I, without shelter, have now obtained Shelter.

The True Capital, and the True Way of Life, comes by chanting His Glories, twenty-four hours a day.

Granting His Grace, God meets us, and we no longer die, or come or go in reincarnation.

O my mind, vibrate and meditate forever on the Lord, with single-minded love.

He is contained deep within each and every heart. He is always with you, as your Helper and Support.

How can I measure the happiness of meditating on the Lord of the Universe?

Those who taste it are satisfied and fulfilled; their souls know this Sublime Essence.
ਸੰਤਾ ਸੰਗਿਤ ਮਿਨ ਵਸੈ ਪਰ੍ਭੁ ਪਰ੍ੀਤਮੁ ਬਖਿਸੰਦੁ ॥ (49)
In the Society of the Saints, God, the Beloved, the Forgiver, comes to dwell within the mind.

ਜਿਨ ਸੇਵਾ ਪਰ੍ਭੁ ਆਪਣਾ ਸੋੇ ਰਾਜ ਨਿਰਦੁ ॥੨॥ (49)
One who has served his God is the emperor of kings||2||

ਅਉਸਿਰ ਹਿਰ ਜਸੁ ਗੁਣ ਰਮਣ ਿਜਤੁ ਕੋਿਟ ਮਜਨ ਇਸਨਾਨੁ ॥ (49)
This is the time to speak and sing the Praise and the Glory of God, which brings the merit of millions of cleansing and purifying baths.

ਰਸਨਾ ਉਚਰੈ ਗੁਣਵਤੀ ਕੋਇ ਨ ਪੁਜੈ ਦਾਨੁ ॥ (49)
The tongue which chants these Praises is worthy; there is no charity equal to this.

ਿਦਰ੍ਸਿਟ ਧਾਰ ਮਿਨ ਤਿਨ ਵਸੈ ਦਇਆਲ ਪੁਰਖੁ ਿਮਹਰਵਾਨੁ ॥ (49)
Blessing us with His Glance of Grace, the Kind and Compassionate, All-powerful Lord comes to dwell within the mind and body.

ਜੀਉ ਿਪੰਡੁ ਧਨੁ ਿਤਸ ਦਾ ਹਉ ਸਦਾ ਸਦਾ ਕੁਰਬਾਨੁ ॥੩॥ (49)
My soul, body and wealth are His. Forever and ever, I am a sacrifice to Him. ||3||

ਿਮਿਲਆ ਕਦੇ ਨ ਿਵਛੁੜੈ ਜਿ ਮੇਲਆ ਕਰਤਾਰ ॥ (49)
One whom the Creator Lord has met and joined to Himself shall never again be separated.

ਦਾਸਾ ਕੇ ਬੰਧਨ ਕਿਟਆ ਸਾਚਾ ਿਸਰਜਣਹਾਿਰ ॥ (49)
The True Creator Lord breaks the bonds of His slave.
The doubter has been put back on the path; his merits and demerits have not been considered.

Nanak seeks the Sanctuary of the One who is the Support of every heart. ||4||18||88||

With your tongue, repeat the True Name, and your mind and body shall become pure.

Your mother and father and all your relations-without Him, there are none at all.

If God Himself bestows His Mercy, then He is not forgotten, even for an instant. ||1||

O my mind, serve the True One, as long as you have the breath of life.

Without the True One, everything is false; in the end, all shall perish. ||1||Pause||
ਸਾਹਿਬੁ ਮੇਰਾ ਨਿਰਮਲਾ ਤਿਸ ਬਿਨੁ ਰਹਣ ਨ ਜਾਇ ॥

My Lord and Master is Immaculate and Pure; without Him, I cannot even survive.

ਮੇਰੈ ਮਿਨ ਤਿਨ ਭੁਖ ਅਤੀ ਅਗਲੀ ਕੋਈ ਆਣੀ ਮਿਲਾਵੈ ਮਾਈ ॥

Within my mind and body, there is such a great hunger; if only someone would come and unite me with Him, O my mother!

ਚਾਰੇ ਕੁੰਡਾ ਭਾਲੀਆ ਸਹ ਬਿਨੁ ਅਵਰ ਨ ਜਾਇ ॥

I have searched the four corners of the world-without our Husband Lord, there is no other place of rest. ||2||

ਕਦੁ ਆਣੀ ਅਤਿਵ ਵਿਤ ਕੇ ਮੇਰੇ ਬਦਾਲੁ ॥

Offer your prayers to Him, who shall unite you with the Creator.

ਸਤਗੁਰੁ ਦਾਤਾ ਨਾਮ ਕਾ ਪੁਰਾ ਜਿਸ ਭੰਡਾਰੁ ॥

The True Guru is the Giver of the Naam; His Treasure is perfect and overflowing.

ਸਦਾ ਸਦਾ ਸਾਲਾਹੀਐ ਅੰਤੁ ਨ ਪਾਰਾਵਾਰੁ ॥

Forever and ever, praise the One, who has no end or limitation. ||3||

ਪਰਵਦਗਾਰੁ ਸਾਲਾਹੀਐ ਜੀ ਮਿਤ ਵਿਸੇਖ ॥

Praise God, the Nurturer and Cherisher; His Wondrous Ways are unlimited.

ਸਦਾ ਸਦਾ ਸਾਲਾਹੀਐ ਏਹਾ ਮਿਤ ਵਿਸੇਖ ॥

Forever and ever, worship and adore Him; this is the most wonderful wisdom.
O Nanak, God's Flavor is sweet to the minds and bodies of those who have such blessed destiny written on their foreheads.

Meet with the humble Saints, O Siblings of Destiny, and contemplate the True Name.

For the journey of the soul, gather those supplies which will go with you here and hereafter.

These are obtained from the Perfect Guru, when God bestows His Glance of Grace.

Those unto whom He is Merciful, receive His Grace.

O my mind, there is no other as great as the Guru.
ਸਗਲ ਪਦਾਰਥ ਤਿਸ ਮਿਲੇ ਜਿਨੀ ਗੁਰ ਦਿੱਠ ਜਾਇ ॥ (49)
sagel padaarath tis milay jin gur dithaa jaa-ay.
Those who go to see the Guru obtain all treasures.

ਗੁਰ ਚਰਣੀ ਜਿਨੀ ਮਨੁ ਲਗਾ ਸੇ ਵਡਭਾਗੀ ਮਾਇ ॥ (49)
gur charnee jin man lagaa say vadbhaagee maa-ay.
Those whose minds are attached to the Guru's Feet are very fortunate, O my mother.

ਗੁਰ ਦਾਤਾ ਸਮਰਥੁ ਗੁਰੁ ਗੁਰੁ ਸਭ ਮਿਹ ਰਿਹਾਇ ਸਮਾਇ ॥ (49)
gur daataa samrath gur gur sabh meh rahi-aa samaa-ay.
The Guru is the Giver, the Guru is All-powerful. The Guru is All-pervading, contained amongst all.

ਗੁਰ ਪਰਮੇਸਰੁ ਪਾਰਬਰ੍ਹਮੁ ਗੁਰੁ ਡੁਬਦਾ ਲਏ ਤਰਾਇ ॥੨॥ (49)
gur parmaysar paarbarahm gur dubdaa la-ay taraa-ay. ||2||
The Guru is the Transcendent Lord, the Supreme Lord God. The Guru lifts up and saves those who are drowning. ||2||

ਹਿਕਤੁ ਮੁਖ ਗੁਰੁ ਸਾਲਾਹੀਐ ਕਰਣ ਕਾਰਣ ਸਮਰਥੁ ॥ (49)
kit mukh gur salaahie-ai karan kaaran samrath.
How shall I praise the Guru, the All-powerful Cause of causes?

ਸੇ ਮਥੇ ਨਹੱਚਲ ਰਹੇ ਜਿਨੀ ਗੁਰ ਦ਼ਹ੍ਰਾ ਹਥੁ ॥ (49)
say mathay nihchal rahay jin gur Dhaari-aa hath.
Those, upon whose foreheads the Guru has placed His Hand, remain steady and stable.

ਗੁਰੀ ਅਭਿਧਾ ਮਾਨੁ ਪੀਆਲਿਆ ਜਨਮ ਮਰਨ ਕਾ ਪਥੁ ॥ (49)
gur amrit naam pee-aali-aa janam maran kaa path.
The Guru has led me to drink in the Ambrosial Nectar of the Naam, the Name of the Lord; He has released me from the cycle of birth and death.

ਸਗਲ ਪਰਮੇਸਰੁ ਮੇਕਾਉ ਦੇ ਕਹਿੱਤ ਦੈਖ ਹਾਥ ॥੩॥ (49)
sagel parmaysar sayvi-aa bhai bhanjan dukh la-ay. ||3||
I serve the Guru, the Transcendent Lord, the Dispeller of fear; my suffering has been taken away. ||3||
The True Guru is the Deep and Profound Ocean of Peace, the Destroyer of sin.

For those who serve their Guru, there is no punishment at the hands of the Messenger of Death.

There is none to compare with the Guru; I have searched and looked throughout the entire universe.

The True Guru has bestowed the Treasure of the Naam, the Name of the Lord. O Nanak, the mind is filled with peace.

Siree Raag, Fifth Mehl:

People eat what they believe to be sweet, but it turns out to be bitter in taste.

They attach their affections to brothers and friends, uselessly engrossed in corruption.

They vanish without a moment’s delay; without God’s Name, they are stunned and amazed.
मेरे भर मदुबाल ली मेरा ठाणा || (50)
मेरे मन सतगुर की सेवा लागु ||
mayray man satgur kee sayvaa laag.
O my mind, attach yourself to the service of the True Guru.

जो दीसै सो विन्साना मन की मित तिराहु || १ || रहाउ || (50)
jo deesai so vinsanaa man kee mat ti-aag. ||1|| raha-o.
Whatever is seen, shall pass away. Abandon the intellectualizations of your mind.

जो कू करु हरकाई धावै दह दिस जाई || (50)
ji-o kookar harkaa-i-aa Dhaavai dah dis jaa-ay.
Like the mad dog running around in all directions,

लोभी जंतु न जाणई भखु अभखु सभ खाइ || (50)
lobhee jant na jaan-ee bhakh abhakh sabh khaa-ay.
the greedy person, unaware, consumes everything, edible and non-edible alike.

काम क्रोध मद विरापिंद विरि विरि मनी काइ || २ || (50)
kaam kroDh mad bi-aapi-aa fir fir jonee paa-ay. ||2||
Engrossed in the intoxication of sexual desire and anger, people wander through
reincarnation over and over again. ||2||

माइआ जालु पसारिए भीतिर चोग बनाई || (50)
maa-i-aa jaal pasaari-aa bheetar chog banaa-ay.
Maya has spread out her net, and in it, she has placed the bait.

जिन कीता तिसी हिदातु त पचे भाव || (50)
jin keetaa tisee jaan-ee fir fir aavai jaa-ay. ||3||
One who does not know the Lord who created him, comes and goes in reincarnation over
and over again. ||3||
अनिक प्रकारी मोहिआ बहू विधि इह संसारु ॥ (50)

By various devices, and in so many ways, this world is enticed.

They alone are saved, whom the All-powerful, Infinite Lord protects.

The servants of the Lord are saved by the Love of the Lord. O Nanak, I am forever a sacrifice to them. ||4||21||91||

Siree Raag, Fifth Mehl, Second House:

The herdsman comes to the pasture lands—what good are his ostentatious displays here?

When your allotted time is up, you must go. Take care of your real hearth and home. ||1||

O mind, sing the Glorious Praises of the Lord, and serve the True Guru with love.

Why do you take pride in trivial matters? ||1||Pause||
Like an overnight guest, you shall arise and depart in the morning.

Why are you so attached to your household? It is all like flowers in the garden.

Why do you say, "Mine, mine?" Look to God, who has given it to you.

It is certain that you must arise and depart, and leave behind your hundreds of thousands and millions.

Through 8.4 million incarnations you have wandered, to obtain this rare and precious human life.

O Nanak, remember the Naam, the Name of the Lord; the day of departure is drawing near!

As long as the soul-companion is with the body, it dwells in happiness.
But when the companion arises and departs, then the body-bride mingles with dust. ||1||

My mind has become detached from the world; it longs to see the Vision of God's Darshan.

Blessed is Your Place. ||1||Pause||

Meeting with the Guru, be a sincere student of proper conduct, and suffering shall never touch you. ||3||

Everyone shall go to their Husband Lord. Everyone shall be given their ceremonial send-off after their marriage.
O Nanak, blessed are the happy soul-brides, who are in love with their Husband Lord.

The One Lord is the Doer, the Cause of causes, who has created the creation.

Meditate within your mind on the Guru's Feet.

Give up all your clever mental tricks, and lovingly attune yourself to the True Word of the Shabad.

Suffering, agony and fear do not cling to one whose heart is filled with the GurMantra.

Trying millions of things, people have grown weary, but without the Guru, none have been saved.
Gazing upon the Blessed Vision of the Guru's Darshan, the mind is comforted and all sins depart.

**Daykh Darsan Man SaDhaarai Paap Saglay Jaahi.**

I am a sacrifice to those who fall at the Feet of the Guru. ||3||

**Ha-o Tin Kai Balihaarnai Je Gur Kee Pairee Paahi.**

Very fortunate are those, O Nanak, whose minds are filled with this love. ||4||24||94||

Meditate in remembrance on the Lord who created and adorned you, and you shall be saved. ||1||

O mind, chant the Name of the One, the Unique and Infinite Lord.
परान मनु तनु जिनहि दीआ रिदे का आधारु ॥१॥ रहाउ ॥
He gave you the praan, the breath of life, and your mind and body. He is the Support of
the heart. ||1||Pause||

काम करोध अहंकार माते विआपिआ संसारु ॥
The world is drunk, engrossed in sexual desire, anger and egotism.

सतू संतोखु दइआ कमावै एह करणी सार ॥
Practice truth, contentment and kindness; this is the most excellent way of life.

आपू छोड सभ होइ रेणा जिसु देइ पर्भु िनरंकारु ॥३॥
One who is so blessed by the Formless Lord God renounces selfishness, and becomes
the dust of all. ||3||

जो दीसै सो सगल तूंहै पसिरआ पासारु ॥
All that is seen is You, Lord, the expansion of the expanse.

Says Nanak, the Guru has removed my doubts; I recognize God in all. ||4||25||95||

Siree Raag, Fifth Mehl:
The whole world is engrossed in bad deeds and good deeds.

God's devotee is above both, but those who understand this are very rare.

Our Lord and Master is all-pervading everywhere.

One who is influenced by praise and blame is not God's servant.

One who sees the essence of reality with impartial vision, O Saints, is very rare—one among millions.

People talk on and on about Him; they consider this to be praise of God.

But rare indeed is the Gurmukh, who is above this mere talk.
गति अविगति कछू नदिर न आईआ
He is not concerned with deliverance or bondage.

संतन की रेणु नानक दानु पाइआ
Nanak has obtained the gift of the dust of the feet of the Saints.

सीरी रागु महला ५ घरु ७
Siree Raag, Fifth Mehl, Seventh House:

तेरै भरोसै िपआरे मै लाड लडाइआ
Relying on Your Mercy, Dear Lord, I have indulged in sensual pleasures.

भूलिह चूकिह बािरक तूं हिर िपता माइआ
Like a foolish child, I have made mistakes. O Lord, You are my Father and Mother.

सुहेला कहनु कहावनु
It is easy to speak and talk,

हउ माणु ताणु करउ तेरा हउ जानउ आपा
I stand tall; You are my Strength. I know that You are mine.
ਸਭ ਹੀ ਮਿਧ ਸਭਿਹ ਤੇ ਬਾਹਿਰ ਬੇਮੁਹਤਾਜ ਬਾਪਾ ॥੨॥

Inside of all, and outside of all, You are our Self-sufficient Father. ||2||

ਪਿਤਾ ਹੁੰਦੇ ਜਾਨੁ ਨਾਹੀ ਤੇਰੀ ਕਰਮ ਜੁਗਤਾ ॥

O Father, I do not know-how can I know Your Way?

ਬੰਧਨ ਮੁਕਤੁ ਸੰਤਹੁ ਮੇਰੀ ਰਾਖੈ ਮਮਤਾ ॥੩॥

He frees us from bondage, O Saints, and saves us from possessiveness. ||3||

ਬਹਾਣਾ ਖਾਣ ਜਾਣਾ ॥

Becoming Merciful, my Lord and Master has ended my comings and goings in reincarnation.

ਸੰਤ ਜਾਣਾ ਕਿਟਅੜਾ ਜਮਕਾਲੁ ॥

Meeting with the humble beings, O Siblings of Destiny, the Messenger of Death is conquered.

ਸਚਾ ਸਾਹਿਬ ਖਸਮ ਦਾਲੁ ॥

The True Lord and Master has come to dwell within my mind; my Lord and Master has become Merciful.
Meeting with the Perfect True Guru, all my worldly entanglements have ended. ||1||

O my True Guru, I am a sacrifice to You.

I am a sacrifice to the Blessed Vision of Your Darshan. By the Pleasure of Your Will, You have blessed me with the Ambrosial Naam, the Name of the Lord. ||1||Pause||

Those who have served You with love are truly wise.

Those who have the Treasure of the Naam within emancipate others as well as themselves.

There is no other Giver as great as the Guru, who has given the gift of the soul. ||2||

Blessed and acclaimed is the coming of those who have met the Guru with loving faith.

Attuned to the True One, you shall obtain a place of honor in the Court of the Lord.
Greatness is in the Hands of the Creator; it is obtained by pre-ordained destiny.

True is the Creator, True is the Doer. True is our Lord and Master, and True is His Support.

So speak the Truest of the True. Through the True One, an intuitive and discerning mind is obtained.

Worship the Guru, the Transcendent Lord, with your mind and body attuned to love.

The True Guru is the Giver of the soul; He gives Support to all.

Act according to the Instructions of the True Guru; this is the true philosophy.
Without being attuned to the Saadh Sangat, the Company of the Holy, all attachment to Maya is just dust.

May my friend, reflect upon the Name of the Lord, Har, Har

In the Saadh Sangat, He dwells within the mind, and one’s works are brought to perfect fruition.

The Guru is All-powerful, the Guru is Infinite. By great good fortune, the Blessed Vision of His Darshan is obtained.

The Guru is Imperceptible, Immaculate and Pure. There is no other as great as the Guru.

The Guru is the Creator, the Guru is the Doer. The Gurmukh obtains true glory.

Nothing is beyond the Guru; whatever He wishes comes to pass.

The Guru is the Sacred Shrine of Pilgrimage, the Guru is the Wish-fulfilling Elysian Tree.
The Guru is the Fulfiller of the desires of the mind. The Guru is the Giver of the Name of the Lord, by which all the world is saved.

The Guru is All-powerful, the Guru is Formless; the Guru is Lofty, Inaccessible and Infinite.

The Praise of the Guru is so sublime—what can any speaker say?

All the rewards which the mind desires are with the True Guru.

One whose destiny is so pre-ordained, obtains the Wealth of the True Name.

Entering the Sanctuary of the True Guru, you shall never die again.

Nanak: may I never forget You, Lord. This soul, body and breath are Yours.

Siree Raag, Fifth Mehl:
ਸੰਤ ਜਨਹੁ ਸੁਣੀ ਭਾਈਹੋ ਛੂਟਨੁ ਸਾਚੈ ਨਾਇ॥ (52)
sant janhu sun bhaa-eho chhootan saachai naa-ay.
O Saints, O Siblings of Destiny, listen: release comes only through the True Name."

ਗੁਰ ਕੇ ਚਰਣ ਸਰੇਵਣੇ ਤੀਰਥ ਹਿਰ ਕਾ ਨਾਉ॥ (52)
gur kay charan sarayvnay tirath har kaa naa-o.
Worship the Feet of the Guru. Let the Name of the Lord be your sacred shrine of pilgrimage.

ਆਗੈ ਦਰਗਿਹ ਮੰਨੀਆਹ ਿਮਲੈ ਿਨਥਾਵੇ ਥਾਉ॥੧॥ (52)
aagai dargahi manee-ah milai nithaavay thaa-o. ||1||
Hereafter, you shall be honored in the Court of the Lord; there, even the homeless find a home. ||1||

ਭਾਈ ਰੇ ਸਾਚੀ ਸਿਤਗੁਰ ਸੇਵ ॥ (53)
bhaa-ee ray saachee satgur sayv.
O Siblings of Destiny, service to the True Guru alone is True.

ਸਿਤਗੁਰ ਤੁਠੈ ਪਾਈਐ ਪੂਰਨ ਅਲਖ ਅਭੇਵ ॥੧॥ ਰਹਾਉ ॥ (53)
satgur tuthai paa-ee-ai pooran alakh abhayv. ||1|| rahaa-o.
When the True Guru is pleased, we obtain the Perfect, Unseen, Unknowable Lord. ||1||Pause||

ਸਿਤਗੁਰ ਿਵਟਹੁ ਿਵਾਰਾ ਿਜਿਨ ਿਦਤਾ ਿਚੁ ਨਾਉ ॥ (53)
satgur vitahu vaari-aa jin ditaach sat naa-o.
I am a sacrifice to the True Guru, who has bestowed the True Name.

ਆਨਿਦਨੁ ਸੇਵ ਕੁਝਾਈ ਕਰਨਾ ਕੀਤੇ ਸਚਾ ਨਾਉ ॥ (53)
an-din sach kalnaahaa sachay kaay gaa-o.
Night and day, I praise the True One; I sing the Glorious Praises of the True One.
saas giraas na visrai safal moorat gur aap.
With each breath and morsel of food, do not forget the Guru, the Embodiment of Fulfillment.

gur jayvad avar na dis-ee aath pahar tis jaap.
None is seen to be as great as the Guru. Meditate on Him twenty-four hours a day.

nadar karay taa paa-ee-ai sach naam guntaas. ||3||
As He casts His Glance of Grace, we obtain the True Name, the Treasure of Excellence. ||3||
gur parmaysar ayk hai sabh meh rahi-aa samma-ay.
The Guru and the Transcendent Lord are one and the same, pervading and permeating amongst all.

jin ka-o poorab likhi-aa say-ee naam Dhi-aa-ay.
Those who have such pre-ordained destiny, meditate on the Naam.

naanak gur sarnaagat marai na aavai jaa-ay. ||4||30||100||
Nanak seeks the Sanctuary of the Guru, who does not die, or come and go in reincarnation. ||4||30||100||

sireeraag mehlaa 5.
Siree Raag, Fifth Mehl:

jaa ka-o muskal at banai dho-ee ko-ay na day-ay.
When you are confronted with terrible hardships, and no one offers you any support,
when your friends turn into enemies, and even your relatives have deserted you,

and when all support has given way, and all hope has been lost -

if you then come to remember the Supreme Lord God, even the hot wind shall not touch you. ||1||

Our Lord and Master is the Power of the powerless.

He does not come or go; He is Eternal and Permanent. Through the Word of the Guru's Shabad, He is known as True. ||1||Pause||

If you are weakened by the pains of hunger and poverty,"

with no money in your pockets, and no one will give you any comfort,

and no one will satisfy your hopes and desires, and none of your works is accomplished -
If you then come to remember the Supreme Lord God, you shall obtain the eternal kingdom.

When you are plagued by great and excessive anxiety, and diseases of the body;

When you are wrapped up in the attachments of household and family, sometimes feeling joy, and then other times sorrow;

When you are wandering around in all four directions, and you cannot sit or sleep even for a moment -

If you come to remember the Supreme Lord God, then your body and mind shall be cooled and soothed.

When you are under the power of sexual desire, anger and worldly attachment, or a greedy miser in love with your wealth;

If you have committed the four great sins and other mistakes; even if you are a murderous fiend.
ਪੋਥੀ ਗੀਤ ਕਵਿਤ ਕਿਸੁਂ ਕਦੇ ਨ ਕਰਨੀ ਧਿਰਆ॥ (70)
pothee geet kavit kich kaday na karan Dhari-aa.
who has never taken the time to listen to sacred books, hymns and poetry -

ਚਿਤਾ ਆਵੈ ਓਸੁ ਪਾਰਵਰਹਮ ਤਾ ਨਿਮਖ ਸੀਸੂ ਤਿਰਾ॥ (70)
chit aavai os paarbarahm taa nimakh simrat tari-aa. ||4||
if you then come to remember the Supreme Lord God, and contemplate Him, even for a
moment, you shall be saved. ||4||

ਸਾਸਤ ਸੀਸੂ ਬੇਦ ਚਾਰ ਮੁਖਾਗਰ ਬਿਚਰੇ॥ (70)
saasat simrit bayd chaar mukhaagar bichray.
People may recite by heart the Shaastras, the Simritees and the four Vedas;

ਤਪੇ ਤਪੀਸਰ ਜੋਗੀਆ ਤੀਰਿਥ ਗਵਨੁ ਕਰੇ॥ (70)
tapay tapeesar jogee-aa tirath gavan karay.
they may be ascetics, great, self-disciplined Yogis; they may visit sacred shrines of
pilgrimage

ਰੰਗੁ ਨ ਲਗੀ ਪਾਰਵਰਹਮ ਤਾ ਸਰਪਰ ਨਵਨੁ ਜਾਇ॥੫॥ (70)
rang na lagee paarbarahm taa sarpar narkay jaa-ay. ||5||
Even so, if they have not embraced love for the Supreme Lord God, then they shall surely
go to hell. ||5||

ਰਾਜ ਮਿਲਕ ਸਿਕਦਾਰੀਆ ਰਸ ਭੋਗਣ ਬਿਸਥਾਰ॥ (70)
raaj milak sikdaaree-aa ras bhogan bisthaar.
You may possess empires, vast estates, authority over others, and the enjoyment of
myriad of pleasures;
Baag suhaavay sohnay chalai hukam afaar.
you may have delightful and beautiful gardens, and issue unquestioned commands;

Rang tamaasay baho bidhe chaa ay lag rahi-aa.
you may have enjoyments and entertainments of all sorts and kinds, and continue to enjoy exciting pleasures -

Chit na aa-i-o paarbarahm taa sarap kee joon ga-i-aa. ||6||
and yet, if you do not come to remember the Supreme Lord God, you shall be reincarnated as a snake. ||6||

Bahtu Dhanaadh achaarvant sobhaa nirmal reet.
You may possess vast riches, maintain virtuous conduct, have a spotless reputation and observe religious customs;

Maat pitaa sut bhaa-ee-aa saajan sang Pareet.
you may have the loving affections of mother, father, children, siblings and friends;

Laskar tarkasband band jee-o jee-o saglee keet.
you may have armies well-equipped with weapons, and all may salute you with respect;

Chit na aa-i-o paarbarahm taa kharh rasaatal deet. ||7||
But still, if you do not come to remember the Supreme Lord God, then you shall be taken and consigned to the most hideous hell! ||7||

Kaa-i-aa rog na chhidar kichh naa kichh kaarhaa sog.
You may have a body free of disease and deformity, and have no worries or grief at all;
mirat na aavee chit tis ahinis bhogai bhog.
you may be unmindful of death, and night and day revel in pleasures;

sabh kichh keeton aapnaa jee-ay na sank Dhari-aa.
you may take everything as your own, and have no fear in your mind at all;

but still, if you do not come to remember the Supreme Lord God, you shall fall under the power of the Messenger of Death. ||8||

The Supreme Lord showers His Mercy, and we find the Saadh Sangat, the Company of the Holy.

ji-o ji-o oh vaDhaa-ee-ai ti-o ti-o har si-o rang.
The more time we spend there, the more we come to love the Lord.

The Lord is the Master of both worlds; there is no other place of rest.

When the True Guru is pleased and satisfied, O Nanak, the True Name is obtained. ||9||1||26||

sireeraag mehlaa 5 ghar 5.
Siree Raag, Fifth Mehl, Fifth House:
I do not know what pleases my Lord.

O mind, seek out the way! ||1||Pause||

The meditatives practice meditation,

and the wise practice spiritual wisdom,

but how rare are those who know God! ||1||

The worshipper of Bhagaauti practices self-discipline,

the Yogi speaks of liberation,

and the ascetic is absorbed in asceticism. ||2||
मोनी मोिनधारी ॥ (71)
monee moniDhaaree.  
The men of silence observe silence,

सनिअासी बरਹਮचारी ॥ (71)
sani-aasee barahamchaaree.  
the Sanyaasees observe celibacy,

सिनआसी बर्हमचारी ॥ (71)
sani-aasee barahamchaaree.  
the Sanyaasees observe celibacy,

udaaasee udaas raataa. ||3||  
and the Udaasees abide in detachment. ||3||

ਬਗਤ਼ ਨਵਾ ਪਰਕਾਰਾ ॥ (71)
bhagat navai parkaaraa.  
There are nine forms of devotional worship.

ਪੰਡਿਤ ਵੇਦ ਪੁਕਾਰਾ ॥ (71)
pandit vayd pukaaraa.  
The Pandits recite the Vedas.

girsatee girsat Dharmaataa. ||4||  
The householders assert their faith in family life. ||4||

ਇਕ ਸਬਦੀ ਬਹੁ ਰੂਪਾਂ ਅਵਧੂਤਾ ॥ (71)
ik sabdee baho roop avDhootaa.  
Those who utter only One Word, those who take many forms, the naked renunciates,

ਕਾਪੜੀ ਕਾਹੁੜੀ ਜਾਗੂਤਾ ॥ (71)
kaaprhee ka-utay jaagootaa.  
the wearers of patched coats, the magicians, those who remain always awake,
ਇਕ ਤੀਰਿਥ ਨਾਤਾ ॥੫॥

Those who bathe at holy places of pilgrimage.

ਿਨਰਹਾਰ ਵਰਤੀ ਆਪਰਸਾ ॥

Those who go without food, those who never touch others,

ਗ਼ਾਤ ਨ ਕਿਨ ਹੀ ਕਹਾਿਆ ॥

Of these, no one admits to any deficiency;

ਸਗਲ ਉਕਿਤ ਉਪਾਵਾ ॥

All devices and contrivances,
ti-aagee saran paavaa.
I have abondoned and sought His Sanctuary.

Nanak has fallen at the Feet of the Guru. ||8||2||27||

Nanak has fallen at the Feet of the Guru. ||8||2||27||

Siree Raag, Fifth Mehl:

I fall at His Feet to please and appease Him.

The True Guru has united me with the Lord, the Primal Being. There is no other as great as He. ||1||Pause||

The Lord of the Universe is my Sweet Beloved.

He is sweeter than my mother or father.

Among all sisters and brothers and friends, there is no one like You. ||1||
By Your Command, the month of Saawan has come.

I have hooked up the plow of Truth,

and I plant the seed of the Name in hopes that the Lord, in His Generosity, will bestow a bountiful harvest.

Meeting with the Guru, I recognize only the One Lord.

In my consciousness, I do not know of any other account.

The Lord has assigned one task to me; as it pleases Him, I perform it.

Enjoy yourselves and eat, O Siblings of Destiny.

In the Guru's Court, He has blessed me with the Robe of Honor.
I have become the Master of my body-village; I have taken the five rivals as prisoners. ||4||

I have come to Your Sanctuary.

The five farm-hands have become my tenants;

none dare to raise their heads against me. O Nanak, my village is populous and prosperous. ||5||

I am a sacrifice, a sacrifice to You.

The village was in ruins, but You have re-populated it. I am a sacrifice to You. ||6||

O Beloved Lord, I meditate on You continually;
ਮੈ ਛਿਡਆ ਸਭੋ ਧੰਧੜਾ ॥ (73)

I have forsaken all my entanglements;

ਗੋਸਾਈ ਸੇਵੀ ਸਚੰਦਾ ॥ (73)

I serve the True Lord of the Universe.

ਨਉ ਿਨਧ ਨਾਮਿਚ ਿਨਧਾਨੁ ਹਿਰ ਮੈ ਪਲੈ ਬਧਾ ਿਛਿਕ ਜੀਉ ॥੮॥ (73)

I have firmly attached the Name, the Home of the Nine Treasures to my robe. ||8||

ਮੈ ਸੁਖੀ ਹੂੰ ਸੁਖੁ ਪਾਇਆ ॥ (73)

I have obtained the comfort of comforts.

ਗੁਿਰ ਅੰਤਿਰ ਸਬਦੁ ਵਸਾਇਆ ॥ (73)

The Guru has implanted the Word of the Shabad deep within me.

ਨਤਿਗੁਿਰ ਪੁਰਿਖ ਿਵਖਾਿਲਆ ਮਸਤਿਕ ਧਿਰ ਕੈ ਹਥੁ ਜੀਉ ॥੯॥ (73)

The True Guru has shown me my Husband Lord; He has placed His Hand upon my forehead. ||9||
mai baDhee sach Dharam saal hai.
I have established the Temple of Truth.

I sought out the Guru's Sikhs, and brought them into it.

I wash their feet, and wave the fan over them. Bowing low, I fall at their feet.

I heard of the Guru, and so I went to Him.

He instilled within me the Naam, the goodness of charity and true cleansing.

All the world serves You, day and night.

Please hear my prayer, O Dear Lord.
ਠੋਿਕ वਜाइ सभ िडठीਆ तੁਿਸ आਪੇ लਇਅਨੁ छڈाइ जੀउ ॥੧੨॥

I have thoroughly tested and seen all-You alone, by Your Pleasure, can save us. ||12||

ਹੁਿਣ हੁਕਮਹੋਆ ਿਮਹਰਵਾਣ ਦਾ ॥

Now, the Merciful Lord has issued His Command.

ਪੈ ਕੋਇ ਨ ਿਕਸੈ ਰਞਾਣਦਾ ॥

Let no one chase after and attack anyone else.

ਸਭ ਸੁਖਾਲੀ ਵੁਠੀਆ ਇਹੁ ਹੋਆ ਹਲੇਮੀ ਰਾਜੁ ਜੀਉ ॥੧੩॥

Let all abide in peace, under this Benevolent Rule. ||13||

ਿਜੰਿਮ ਿਜੰਿਮ ਅੰਮਰ੍ਤੁ ਵਰਸਦਾ ॥

Softly and gently, drop by drop, the Ambrosial Nectar trickles down.

ਬੋਲਾਇਆ ਬੋਲੀ ਖਸਮ ਦਾ ॥

I speak as my Lord and Master causes me to speak.

ਬਹੁ ਮਾਣੁ ਕੀਆ ਤੁਧੁ ਉਪਰੇ ਤੂੰ ਆਪੇ ਪਾਇਟ਼ ਰਾਇ ਜੀਉ ॥੧੪॥

I place all my faith in You; please accept me. ||14||

ਕੋਰਾ ਭੇਜਾਉ ਉਧ ਭਰੇ ਇੱਕ ਆਪੇ ਭਟਟੀਅਂ ਚਾਂਦ ਨੀਝੇ ॥੧੫॥

Your devotees are forever hungry for You.
O Lord, please fulfill my desires.

Grant me the Blessed Vision of Your Darshan, O Giver of Peace. Please, take me into Your Embrace.

I have not found any other as Great as You.

You pervade the continents, the worlds and the nether regions;

You are permeating all places and interspaces. Nanak: You are the True Support of Your devotees.

I am a wrestler; I belong to the Lord of the World.

I met with the Guru, and I have tied a tall, plumed turban.

All have gathered to watch the wrestling match, and the Merciful Lord Himself is seated to behold it.
वात वजिन टमक भेरीआ ॥ (74)
The bugles play and the drums beat.

मल लथे लैदे फेरीआ ॥ (74)
The wrestlers enter the arena and circle around.

I have thrown the five challengers to the ground, and the Guru has patted me on the back. ||18||

All have gathered together,

but we shall return home by different routes.

The Gurmukhs reap their profits and leave, while the self-willed manmukhs lose their investment and depart. ||19||

You are without color or mark.

The Lord is seen to be manifest and present.
Hearing of Your Glories again and again, Your devotees meditate on You; they are attuned to You, O Lord, Treasure of Excellence. ||20||

Through age after age, I am the servant of the Merciful Lord.

The Guru has cut away my bonds.

I shall not have to dance in the wrestling arena of life again. Nanak has searched, and found this opportunity. ||21||2||29||

In the first watch of the night, O my merchant friend, the Lord placed your soul in the womb.

You were given this time to perform good deeds, according to your pre-ordained destiny.
maat pitaa bhaa-ee sut banitaa tin bheetar parabhoosanjo-iaa.
God placed you with your mother, father, brothers, sons and wife.

karam sukkaram karai-ay aapay jantayi vas kichh naahi.
God Himself is the Cause of causes, good and bad-no one has control over these things.

kaho naanak paraanee pahilhae pahrae dhari paitaai udrai maahi.
Says Nanak, O mortal, in the first watch of the night, the soul is placed in the womb.

doojai pahrai rain kai vanjaari-aa mitraa bhar ju-anee laahrey-dee.
In the second watch of the night, O my merchant friend, the fullness of youth rises in you like waves.

buraa bhalaa na pachhaan-ee vanjaari-aa mitraa man maaa ahamay.
You do not distinguish between good and evil, O my merchant friend-your mind is intoxicated with ego.

buraa bhalaa na pachhaanai paraanee aagai panth karaara.
Mortal beings do not distinguish between good and evil, and the road ahead is treacherous.

pooraa satgur kabahoo na sayvi-aa sir thaadhay jam jandaara.
They never serve the Perfect True Guru, and the cruel tyrant Death stands over their heads.
धरम राय जब पक्रसि बवरे तब किआ जबाबु करेइ ॥
When the Righteous Judge seizes you and interrogates you, O madman, what answer will you give him then?

कहु नानक दूजै पहरै परााणी भिर जोबनु लहरी देइ ॥२॥
Says Nanak, in the second watch of the night, O mortal, the fullness of youth tosses you about like waves in the storm. ||2||

तीजै पहरै रैिण कै वणजािरआ िमतर्ा िबखु संचै अंधु अिगआनु ॥
In the third watch of the night, O my merchant friend, the blind and ignorant person gathers poison.

पुितर् कलितर् मोिह लपिटआ वणजािरआ िमतर्ा अंतिर लहिर लोभानु ॥
He is entangled in emotional attachment to his wife and sons, O my merchant friend, and deep within him, the waves of greed are rising up.

अंतिर लहिर लोभानु परानी सो पर्भु िचित न आवै ॥
The waves of greed are rising up within him, and he does not remember God.

साधसंगित िसउ संगु न कीआ बहु जोनी दुखु पावै ॥
He does not join the Saadh Sangat, the Company of the Holy, and he suffers in terrible pain through countless incarnations.

मिलजनहारु विसारिआ सुआामी इक निमख न लगो िधिआनु ॥
He has forgotten the Creator, his Lord and Master, and he does not meditate on Him, even for an instant.
Says Nanak, in the third watch of the night, the blind and ignorant person gathers poison.

In the fourth watch of the night, O my merchant friend, that day is drawing near.

As Gurmukh, remember the Naam, O my merchant friend. It shall be your Friend in the Court of the Lord.

As Gurmukh, remember the Naam, O mortal; in the end, it shall be your only companion.

This emotional attachment to Maya shall not go with you; it is false to fall in love with it.

The entire night of your life has passed away in darkness; but by serving the True Guru, the Divine Light shall dawn within.

Says Nanak, O mortal, in the fourth watch of the night, that day is drawing near!

Receiving the summons from the Lord of the Universe, O my merchant friend, you must arise and depart with the actions you have committed.
इक रती बिलम न देवनी वणजारा भिन्न उत्तरे जाहा ॥ (78)

You are not allowed a moment's delay, O my merchant friend; the Messenger of Death
seizes you with firm hands.

लिखा आया पकीड़ चलाइया मनमुख सदा सुहाई ॥ (78)

Receiving the summons, people are seized and dispatched. The self-willed manmukhs
are miserable forever.

जिनी पूरा सितगुर सेिवा से दरगाह सदा सुहाई ॥ (78)

But those who serve the Perfect True Guru are forever happy in the Court of the Lord.

करम धरती सरीर जुग अंतिर जो बोवै सो खात ॥ (78)

The body is the field of karma in this age; whatever you plant, you shall harvest.

कहु नानक भगत सोहि दरवारे मनमुख सदा भवात ॥5॥1॥4॥ (78)

Says Nanak, the devotees look beautiful in the Court of the Lord; the self-willed
manmukhs wander forever in reincarnation. ||5||1||4||

मिलीरागु भव संग इंड (79)

Siree Raag, Fifth Mehl, Chhant:

सिरीरागु महला ५ छंत
sireeraag mehlaa 5 chhant
Siree Raag, Fifth Mehl, Chhant:

İK-O"KAAR SATGUR PARSaad.
One Universal Creator God. By The Grace Of The True Guru:

मन पिआरिआ जीउ मित्रा गोबंद नामु समाले ॥ (79)

O dear beloved mind, my friend, reflect upon the Name of the Lord of the Universe.
मन पिआरिआ जी मित्र हरिर निबहै तेरै नाले ॥ (79)
man pi-aari-aa jee mitraa har nibhai tayrai naalay.
O dear beloved mind, my friend, the Lord shall always be with you.

संगि सहाई हरि नामु दिहआई बिराध कोइ न जाए ॥ (79)
sang sahaa-ee har naam Dhi-aa-ee birthaa ko-ay na jaa-ay.
The Name of the Lord shall be with you as your Helper and Support. Meditate on Him-no one who does so shall ever return empty-handed.

मन चिंदे सेई फल पावहि चरण कमल चितु लाए ॥ (79)
man chinday say-ee fal paavahi charan kamal chit laa-ay.
You shall obtain the fruits of your mind's desires, by focusing your consciousness on the Lord's Lotus Feet.

जिल थिल पूिर रिहै बनवारी घिट घिट नदिर निहाले ॥ (79)
jal thal poor rahi-aa banvaaree ghat ghat nadar nihaalay.
He is totally pervading the water and the land; He is the Lord of the World-forest. Behold Him in exaltation in each and every heart.

नानकु सिख देइ मन पर्ीतम साधसंिग भर्मु जाले ॥१॥ (79)
naanak sikh day-ay man pareetam saaDhsang bharam jaalay. ||1||
Nanak gives this advice: O beloved mind, in the Company of the Holy, burn away your doubts. ||1||

मन पिआरिआ जी मित्र हरि बिनू झूठु पसारे ॥ (79)
man pi-aari-aa jee mitraa har bin jhoot pasaaray.
O dear beloved mind, my friend, without the Lord, all outward show is false.

मन पिआरिआ जी धुिर बिखु सागरु संसारे ॥ (79)
man pi-aari-aa jee-o mitraa bikh saagar sansaaray.
O dear beloved mind, my friend, the world is an ocean of poison.

चरण कमल करि बोहिथु करते सहसा दूखु न बिअपै ॥ (79)
charan kamal kar bohith kartay sahsaa dookh na bi-aapai.
Let the Lord's Lotus Feet be your Boat, so that pain and skepticism shall not touch you.
Meeting with the Perfect Guru, by great good fortune, meditate on God twenty-four hours a day.

From the very beginning, and throughout the ages, He is the Lord and Master of His servants. His Name is the Support of His devotees.

Nanak gives this advice: O beloved mind, without the Lord, all outward show is false.

O dear beloved mind, my friend, enter through the eternal Door of the Lord.

One who serves at the Door of the Imperceptible and Unfathomable Lord, obtains this eternal position.

There is no birth or death there, no coming or going; anguish and anxiety are ended.

The accounts of Chitr and Gupt, the recording scribes of the conscious and the subconscious are torn up, and the Messenger of Death cannot do anything.
Nanak gives this advice: O beloved mind, load the profitable cargo of the Lord's Name.

O dear beloved mind, my friend, abide in the Society of the Saints.

O dear beloved mind, my friend, chanting the Lord's Name, the Divine Light shines within.

Remember your Lord and Master, who is easily obtained, and all desires shall be fulfilled.

By my past actions, I have found the Lord, the Greatest Lover. Separated from Him for so long, I am united with Him again.

Inside and out, He is pervading everywhere. Faith in Him has welled up within my mind.

Nanak gives this advice: O beloved mind, let the Society of the Saints be your dwelling.

O dear beloved mind, my friend, let your mind remain absorbed in loving devotion to the Lord.
O dear beloved mind, my friend, the fish of the mind lives only when it is immersed in the Water of the Lord.

Drinking in the Lord's Ambrosial Bani, the mind is satisfied, and all pleasures come to abide within.

Attaining the Lord of Excellence, I sing the Songs of Joy. The True Guru, becoming merciful, has fulfilled my desires.

He has attached me to the hem of His robe, and I have obtained the nine treasures. My Lord and Master has bestowed His Name, which is everything to me.

Nanak instructs the Saints to teach, that the mind is imbued with loving devotion to the Lord. ||5||1||2||

Chhants Of Siree Raag, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:
Dakhanaa:

"हठ मझाहू मा पिरी पसे किउ दीदार ॥

hath majhaahoo maa piree pasay ki-o deedaar.
My Beloved Husband Lord is deep within my heart. How can I see Him?

Chhant:

"चरन कमल पिरी पीति संतन मिन आवए जीउ ॥

charan kamal si-o pareet reet santan man aav-ay jee-o.
To love the Lotus Feet of the Lord—this way of life has come into the minds of His Saints.

"दुतीआ भाव विपरीति अनीति दासा नह भावए जीउ ॥

dutee-aa bhaa-o bipreet aneet daasaa nah bhaav-ay jee-o.
The love of duality, this evil practice, this bad habit, is not liked by the Lord's slaves.

"नाम इबहूना तनु मनु हीना जल इबन मछुली जीउ ॥

naam bihoonaa tanu manu heenaa jal ibin machhulee ji-o marai.
Without the Naam, the Name of the Lord, the body and mind are empty; like fish out of water, they die.
Please meet with me, O my Beloved-You are the Support of my breath of life. Joining the Saadh Sangat, the Company of the Holy, I sing Your Glorious Praises.

O Lord and Master of Nanak, please grant Your Grace, and permeate my body, mind and being. ||1||

He is Beautiful in all places; I do not see any other at all.

Meeting with the True Guru, O Nanak, the doors are opened wide. ||1||

Your Word is Incomparable and Infinite. I contemplate the Word of Your Bani, the Support of the Saints.

I remember Him in meditation with every breath and morsel of food, with perfect faith. How could I forget Him from my mind?
ki-o manhu baysaaree-ai nimakh nahee taaree-ai gunvant paraan hamaaray.
How could I forget Him from my mind, even for an instant? He is the Most Worthy; He is my very life!

man baaNchhat fal dayt hai su-aamee jee-a kee birthaa saaray.
My Lord and Master is the Giver of the fruits of the mind’s desires. He knows all the useless vanities and pains of the soul.

anaath kay naathay sarab kai saathay jap joo-ai janam na haaree-ai.
Meditating on the Patron of lost souls, the Companion of all, your life shall not be lost in the gamble.

naanak kee baynantee parabh peh kirpaa kar bhavjal taaree-ai. ||2||
Nanak offers this prayer to God: Please shower me with Your Mercy, and carry me across the terrifying world-ocean. ||2||

laDhay habhay thokrhay naanak har Dhan maal. ||1||
I have obtained all things, O Nanak; the Lord is my Wealth and Property. ||1||

Dakhanaa:

Dhoorhee majan saaDh khay saa-ee thee-ay kirpaal.
People bathe in the dust of the feet of the Saints, when the Lord becomes merciful.
ਸੁੰਦਰ ਸੁਆਮੀ ਧਾਮ ਭਗਤਹ ਬਿਸਰ੍ਾਮ ਆਸਾ ਲਿਗ ਜੀਵਤੇ ਜੀੁ॥

My Lord and Master’s Home is beautiful. It is the resting place of His devotees, who live in hopes of attaining it.

ਮਿਨ ਤਨੇ ਗਲਤਾਨ ਸਿਮਰਤ ਪਰ੍ਭ ਨਾਮ ਹਿਰ ਅੰਿਮਰ੍ਤੁ ਪੀਵਤੇ ਜੀੁ॥

Their minds and bodies are absorbed in meditation on the Name of God; they drink in the Lord's Ambrosial Nectar.

ਅੰਿਮਰ੍ਤੁ ਹਿਰ ਪੀਵਤੇ ਸਦਾ ਿਥਰੁ ਥੀਵਤੇ ਿਬਖੈ ਬਨੁ ਫੀਕਾ ਜਾਿਨਆ ॥

They drink in the Lord’s Ambrosial Nectar, and become eternally stable. They know that the water of corruption is insipid and tasteless.

ਘਏ ਕਿਰਾਪਾਲ ਗੋਪਾਲ ਪਰ੍ਭ ਮੇਰੇ ਸਾਧਸੰਗਿਤ ਿਨਿਧ ਮਾਿਨਆ ॥

When my God, the Lord of the Universe became merciful, I came to look upon the Saadh Sangat as the treasure.

ਸਰਬਸੋ ਸੂਖ ਆਨੰਦ ਘਨ ਿਪਆਰੇ ਹਿਰ ਰਤਨੁ ਮਨ ਅੰਤਿਰ ਸੀਵਤੇ ॥

All pleasures and supreme ecstasy, O my Beloved, come to those who sew the Jewel of the Lord into their minds.

ਇਕੁ ਿਤਲੁ ਨਹੀ ਿਵਸਰੈ ਪਰ੍ਾਨ ਆਧਾਰਾ ਜਿਪ ਜਿਪ ਨਾਨਕ ਜੀਵਤੇ ॥੩॥

They do not forget, even for an instant, the Support of the breath of life. They live by constantly meditating on Him, O Nanak. ||3||

ਦਖਣਾ ॥

Dakhanaa:
ਜੋ ਤਉ ਕੀਨੇ ਆਪਣੇ ਤਨਾ ਕੂ ਮਿਲਓਇਹ ॥ (81)

O Lord, You meet and merge with those whom you have made Your Own.

ਅਪੇ ਹੀ ਆਪ ਮੋਹਿਓਇਹ ਜਸ ਨਾਨਕ ਆਪ ਸੁਨੀ-ਵੀਹਾਈਹ ॥ ॥ (81)

You Yourself are entranced, O Nanak, hearing Your Own Praises. ||1||

ਛੰਤੁ ॥ (81)

Chhant:

ਪਰ੍ੇਮ ਠਗਉਰੀ ਪਾਇ ਰੀਜ਼ਾਇ ਗੋਵੀਨਦ ਮਨੁ ਮੋਹਾ ਜੀਉ ॥ (81)

Administering the intoxicating drug of love, I have won over the Lord of the Universe; I have fascinated His Mind.

ਸੰਤਨ ਕੈ ਪਰਸਾਦ ਅਗਾਧ ਕੰਠੇ ਲਿਗ ਸੋਹਾ ਜੀਉ ॥ (81)

By the Grace of the Saints, I am held in the loving embrace of the Unfathomable Lord, and I am entranced.

ਹਿਰ ਕੰਠ ਲਿਗ ਸੋਹਾ ਦੋਖ ਸਿਬ ਜੀਉ ਭਗਾ ਲਖਣ ਕਿਰ ਵਿਸ ਭਏ ॥ (81)

Held in the Lord's loving embrace, I look beautiful, and all my pains have been dispelled. By the loving worship of His devotees, the Lord has come under their power.

ਮਿਨ ਸਰਬ ਸੁਖ ਵੁਠੇ ਗੋਵਦ ਤੁਠੇ ਜਨਮ ਮਰਣਾ ਸਿਬ ਮੀਟ ਗਏ ॥ (81)

All pleasures have come to dwell in the mind; the Lord of the Universe is pleased and appeased. Birth and death have been totally eliminated.
ਸਖੀ ਮੰਗਲੋ ਗਾਇਆ ਇਛੁ ਪੁਜਾਇਆ ਬਹੁਰਾ ਸਾਗਰ ਹੋਇਆ ॥
(81)
sakhee manglo gaa-i-aa ichh puja-i-aa bahurh sa-saar saagar hohi-aa.
O my companions, sing the Songs of Joy. My desires have been fulfilled, and I shall never
again be trapped or shaken by Maya.

ਵਰਿ ਵ੍ਰਹ ਕੀਨੇ ਸਾਗਰ ਸੰਸਾਰ ਮਾਇਆ ਹੋਇਆ ॥
(81)
Kar geh leenay naanak parabh pi-aray sansaar saagar maya hohi-aa. ||4||
Taking hold of my hand, O Nanak, my Beloved God will not let me be swallowed up by the
world-ocean. ||4||

ਕਹਤੇ ਪੀਪਾ ਸੰਸਾਰੁ ਸਾਗਰੁ ਮਾਇਆ ਮਨੁ ਕੁਲ ਤਾਰੀਅ ਜੀੋ ॥
(81)
kahtay pavitar suntay sa-saar saagar maya man ko-ee taar-aa jee-o.
Those who chant are sanctified. All those who listen are blessed, and those who write
save their ancestors.
ਜਨ ਕਉ ਸਾਧੂ ਸਾਂਗ ਨਾਮ ਹਰੀ ਰੰਗੁ ਤਿੰਨੀ ਬ੍ਰਹਮ ਬੀਚਾਿਰਆ ਜੀਉ ॥

Those who join the Saadh Sangat are imbued with the Lord’s Love; they reflect and meditate on God.

ਬਰਹਮ ਬੀਚਾਿਰਆ ਜਨਮ ਸਵਾਿਰਾ ਪੁਰੰ ਿਕਰਪਾ ਪਰੜ ਕਰੀ ॥

Contemplating God, their lives are reformed and redeemed; God has showered His Perfect Mercy upon them.

ਕਰੁ ਗਿਹ ਲੀਨੇ ਹਿਰ ਜਸੋ ਦੀਨੇ ਜੋਿਨ ਨਾ ਧਾਵੈ ਨਹ ਮਰੀ ॥

Taking them by the hand, the Lord has blessed them with His Praises. They no longer have to wander in reincarnation, and they never have to die.

ਸਿਤਗੁ ਦਇਆਲ ਿਕਰਪਾਲ ਭੇਟਤ ਹਿਰ ਕਾਮ ਕਰ੍ੋਧ ਲੋਬ ਮਾਿਰਆ ॥

Through the Kind and Compassionate True Guru, I have met the Lord; I have conquered sexual desire, anger and greed.

ਕਥਨ ਨ ਜਾਇ ਅਕਥੁ ਸੁਆਮੀ ਸਦਕਈ ਜਾਇ ਨਾਨਕਵਾਰਿਆ ॥੫॥੧॥੩॥

Our Indescribable Lord and Master cannot be described. Nanak is devoted, forever a sacrifice to Him. ||5||1||3||

ਮੰਢਹੁ ਭੁਲੀ ਨਾਨਕ ਿਫਿਰ ਿਫਿਰ ਜਨਿਮ ਮੁਈਆਸੁ ॥

Forgetting the Primal Lord, O Nanak, people are born and die, over and over again.
Kasturī कै भोलढ़ै गंदे डु़ंम पईआसु ॥२॥
Mistaking it for musk, they have fallen into the stinking pit of filth. ॥2॥

अज भलु ध चहुपढ़े बढ़ ९ ॥ (96)

माज महला ५ चउपढे घरु १ ॥
Maajh, Fifth Mehl, Chau-Padas, First House:

मेरा मनु लोचै गुर दरसन ताई ॥

विचरु वे चपूढ़ ली विभाषी ॥ (96)

विलप करे चाँद्रिक की निजाई ॥
bilap karay chaatrik kee ni-aa-ee.
It cries out like the thirsty song-bird.

टिर्खा न उतरै सांत न आवै बिबु दरसन संत िपारे जीउ ॥१॥ (96)
My thirst is not quenched, and I can find no peace, without the Blessed Vision of the Beloved Saint. ॥1॥

उठि ओली नींदि ओली खुभारी गुर दरसन मंड विभावे नींदि ॥१॥ चवव० ॥ (96)
I am a sacrifice, my soul is a sacrifice, to the Blessed Vision of the Beloved Saint Guru. ॥1||Pause||

देव भुव सुत्र नींदि मग्न पुरि बढ़ी ॥ (96)

tayraa mukh suhaavaa jee-o sajh Dhun banee.
Your Face is so Beautiful, and the Sound of Your Words imparts intuitive wisdom.

चिरु होआ देखे सारंगपाणी ॥ (96)

chir ho-aa daykhay saaringpaanee.
It is so long since this rain-bird has had even a glimpse of water.
Blessed is that land where You dwell, O my Friend and Intimate Divine Guru. ||2||

I am a sacrifice, I am forever a sacrifice, to my Friend and Intimate Divine Guru. ||1|| Pause||

I cannot endure the night, and sleep does not come, without the Sight of the Beloved Guru's Court. ||3||

When will I meet You, O my Beloved Lord? ||3|| Pause||

I have found the Immortal Lord within the home of my own self.

By good fortune, I have met the Saint Guru.

I have found the Immortal Lord within the home of my own self.
I will now serve You forever, and I shall never be separated from You, even for an instant. Servant Nanak is Your slave, O Beloved Master. ||4||

I am a sacrifice, my soul is a sacrifice; servant Nanak is Your slave, Lord. ||Pause||1||8||

Raag Maajh, Fifth Mehl:

Sweet is that season when I remember You.

Sublime is that work which is done for You.

You are the Universal Father of all, O my Lord and Master.

Your nine treasures are an inexhaustible storehouse.
Those unto whom You give are satisfied and fulfilled; they become Your devotees, Lord. ||2||

All place their hopes in You.

You dwell deep within each and every heart.

All share in Your Grace; none are beyond You. ||3||

You Yourself liberate the Gurmukhs;

You Yourself consign the self-willed manmukhs to wander in reincarnation.

Slave Nanak is a sacrifice to You; Your Entire Play is self-evident, Lord. ||4||2||9||

Maajh, Fifth Mehl:
ਅਨਹਦੁ ਵਾਜੈ ਸਹਿਜ ਸੁਹੇਲਾ ॥ (97)
anhad vaajai sahj suhaylaa.
The Unstruck Melody resounds and resonates in peaceful ease.

ਸਤਵਿਦੁ ਅਲੇਵ ਵਨੇ ਮਾਨ ਵੇਲਾ ॥ (97)
satvid alev vane man velaa.
I rejoice in the eternal bliss of the Word of the Shabad.

ਸਹਜ ਗੁਫਾ ਮਿਹ ਤਾਰੀ ਲਾਈ ਸਾਸਨ ਉੱਚ ਸਤਵਿਦੁ ਜੀੁ ॥੧॥ (97)
sahj gufaa meh taarhee laa-ee aasan ooch satvidu jee-o. ||1||
In the cave of intuitive wisdom I sit, absorbed in the silent trance of the Primal Void. I have obtained my seat in the heavens. ||1||

ਿਫਿਰ ਿਘਿਰ ਅਪੁਨੇ ਿਗਰ੍ਹ ਮਿਹ ਆਈਆ ॥ (97)
fir ghir apunay garih meh aa-i-aa.
After wandering through many other homes and houses, I have returned to my own home,

ਜੋ ਲੋਡੀਦਾ ਸੋੈ ਪਾੈਆ ॥ (97)
jo lorheedaa so-ee paa-i-aa.
and I have found what I was longing for.

ਿਤਰਪਿਤ ਅਘਾਇ ਰਿਹਆ ਹੈ ਸੰਤਹੁ ਗੁਿਰ ਅਨਭੂ ਪੁਰਖੁ ਿਦਖਾਿਰਆ ਜੀਉ ॥੨॥ (97)
taripat aghaa-ay rahi-aa hai santahu gur anbha-o purakh dikhaari-aa jee-o. ||2||
I am satisfied and fulfilled; O Saints, the Guru has shown me the Fearless Lord God. ||2||

ਆਪੇ ਰਾਜਨੁ ਆਪੇ ਲੋਗਾ ॥ (97)
aapay raajan aapay logaa.
He Himself is the King, and He Himself is the people.

ਆਪੇ ਨਿਰਬਾਣੀ ਆਪੇ ਬੋਗਾ ॥ (97)
aap nirbaanee aapay bhogaa.
He Himself is in Nirvaanaa, and He Himself indulges in pleasures.
He Himself sits on the throne of true justice, answering the cries and prayers of all. ||3||

As I have seen Him, so have I described Him.

This Sublime Essence comes only to one who knows the Mystery of the Lord.

O servant Nanak, this is all the Extension of the One. ||4||3||10||

Maajh, Fifth Mehl:

That house, in which the soul-bride has married her Husband Lord -

in that house, O my companions, sing the songs of rejoicing.

Joy and celebrations decorate that house, in which the Husband Lord has adorned His soul-bride. ||1||
ਸਾ ਗੁਣਵੰਤੀ ਸਾ ਵਡਭਾਗਣ

She is virtuous, and she is very fortunate;

ਪੁਤਰ੍ਵੰਤੀ ਸੀਲਵੰਿਤ ਸੋਹਾਗਣ

She is blessed with sons and tender-hearted. The happy soul-bride is loved by her Husband.

ਰੂਪਵੰਿਤ ਸਾ ਸੁਘਿੜ ਿਬਚਖਿਣ ਜੋ ਧਨ ਕੰਤ ਿਪਾਰੀ ਜੀਉ

She is beautiful, wise, and clever. That soul-bride is the beloved of her Husband Lord.

ਅਚਾਰਵੰਿਤ ਸਾਈ ਪਰਧਾਨੇ

She is well-mannered, noble and distinguished.

ਮਿਹਮਾ ਿਤਸ ਕੀ ਕਹਣੁ ਨ ਜਾਏ

Her glory cannot be described;

|maxi:2000|
Her marriage is eternal; her Husband is Inaccessible and Incomprehensible. O Servant Nanak, His Love is her only Support. ||4||4||11||

Maajh, Fifth Mehl:

I have searched and searched, seeking the Blessed Vision of His Darshan.

My Lord, Har, Har, is both absolute and related, unmanifest and manifest; is there anyone who can come and unite me with Him? ||1||

People recite from memory the wisdom of the six schools of philosophy;

They perform the inner cleansing practice with water and adopt the eighty-four Yogic postures; but still, they find no peace in any of these. ||2||
They chant and meditate, practicing austere self-discipline for years and years;

They wander on journeys all over the earth;

and yet, their hearts are not at peace, even for an instant. The Yogi rises up and goes out, over and over again.

By His Mercy, I have met the Holy Saint.

My mind and body have been cooled and soothed; I have been blessed with patience and composure.

The Immortal Lord God has come to dwell within my heart. Nanak sings the songs of joy to the Lord.

The Supreme Lord God is Infinite and Divine;
He is Inaccessible, Incomprehensible, Invisible and Inscrutable.

Merciful to the meek, Sustainer of the World, Lord of the Universe-meditating on the Lord, the Gurmukhs find salvation. ||1||

The Gurmukhs are emancipated by the Lord.

The Lord Krishna becomes the Gurmukh's Companion.

He alone is a devotee, who becomes Gurmukh, whose heart is filled with the Lord, Har, Har. ||3||
Amogh Darshan Beant Apara

Forever fruitful is the Blessed Vision of His Darshan; He is Infinite and Incomparable.

Vad Sahab Budh Budha

He is Awesome and All-powerful; He is forever the Great Giver.

Guru Bhi Naini Nai Diru Diru Janjhi Janjhi Nainak Virlee Jaatee Jee-o. ||4||6||13||
As Gurmukh, chant the Naam, the Name of the Lord, and you shall be carried across. O Nanak, rare are those who know this state! ||4||6||13||

Maajh Mehaa 5.

Maajh, Fifth Mehl:

Khi-aa Karnaai Ditaa Lainaa.
As You command, I obey; as You give, I receive.

Gareebaa Anaathaa Tayraa Maanaa.
You are the Pride of the meek and the poor.

Sabh Kichi Nai Too Nai Mere Piare Teri Kudrat Kaa Bal Jai Jee-o. ||1||
You are everything; You are my Beloved. I am a sacrifice to Your Creative Power. ||1||

Bhaanai Ujarh Bhaanai Raahaa.
By Your Will, we wander in the wilderness; by Your Will, we find the path.
By Your Will, we become Gurmukh and sing the Glorious Praises of the Lord.

By Your Will, we wander in doubt through countless lifetimes. Everything happens by Your Will.

No one is foolish, and no one is clever.

Your Will determines everything;

You are Inaccessible, Incomprehensible, Infinite and Unfathomable. Your Value cannot be expressed.

Please bless me with the dust of the Saints, O my Beloved.

I have come and fallen at Your Door, O Lord.

Gazing upon the Blessed Vision of His Darshan, my mind is fulfilled. O Nanak, with natural ease, I merge into Him.
ਮਾਝ ਮੱਲਾ ॥ (98)
ਮਾਝ ਮੱਲਾ ॥ (98)
ਮਾਝ, Fifth Mehl:

ਦੁਖੁ ਤਦੇ ਜਾ ਵਿਸ਼ਰ ਜਾਵੈ ॥ (98)
ਭੁਖ ਵਿਆਪੈ ਬਹੁ ਵਿਬਿਧ ਧਾਵਾਈ ॥ (98)

They forget the Lord, and they suffer in pain.

ਭੁਖ਼ ਵਿਆਪੈ ਬਹੁ ਵਿਬਿਧ ਧਾਵਾਈ ॥ (98)

Afflicted with hunger, they run around in all directions.

ਈਸਮਰਤ ਨਾਮੁ ਸਦਾ ਸੁਹੇਲਾ ਜਿਸੁ ਦੇਵੈ ਦੀਨ ਦੇਇਆਲਾ ਜੀਉ ॥ (98)

Meditating in remembrance on the Naam, they are happy forever. The Lord, Merciful to the meek, bestows it upon them. ||1||

ਸਿਤਗੁਰੁ ਮੇਰਾ ਵਡ ਸਮਰਥਾ ॥ (98)

My True Guru is absolutely All-powerful.

ਜੀੇ ਸਮਾਲੀ ਤਾ ਸਭ ਦੁਖ਼ ਲਥਾ ॥ (99)

When I dwell upon Him in my soul, all my sorrows depart.

ਚਿੱਤਾ ਰੋਗ ਗੈ ਹੌ ਪੀੜਾ ਆਪਨੇ ਪ੍ਰਤਿਪਾਲਾ ਜੀਉ ॥ (99)

The sickness of anxiety and the disease of ego are cured; He Himself cherishes me. ||2||

ਬਾਰਿਕ ਵੇਗੀ ਹਉ ਸਭ ਕਿਛੁ ਮਂਗਾ ॥ (99)

Like a child, I ask for everything.
God is Bountiful and Beautiful; He never comes up empty.

Again and again, I fall at His Feet. He is Merciful to the meek, the Sustainer of the World.

I am a sacrifice to the Perfect True Guru, who has shattered all my bonds.

With the Naam, the Name of the Lord, in my heart, I have been purified. O Nanak, His Love has imbued me with nectar.

O my Love, Sustainer of the World, Merciful, Loving Lord,

Profundely Deep, Infinite Lord of the Universe,
Highest of the High, Unfathomable, Infinite Lord and Master: continually remembering You in deep meditation, I live. ||1||

O Destroyer of pain, Priceless Treasure,
Fearless, free of hate, Unfathomable, Immeasurable,
of Undying Form, Unborn, Self-illumined: remembering You in meditation, my mind is filled with a deep and profound peace. ||2||

The Joyous Lord, the Sustainer of the World, is my constant Companion.

He cherishes the high and the low.

The Nectar of the Name satisfies my mind. As Gurmukh, I drink in the Ambrosial Nectar. ||3||

In suffering and in comfort, I meditate on You, O Beloved.
ਸੁਮਿਤ ਗੁਰੂ ਤੇ ਪਾਈ ॥ (99)
I have obtained this sublime understanding from the Guru.

ਨਾਨਕ ਕੀ ਧਰ ਤੂੰਹ ਠਾਕੁ ਰ ਹਿਰ ਰੰਗ ਪਾਈ ਪਰੀਵਾਰ ਜੀਉ ॥੪॥੯॥੧੬॥
You are Nanak's Support, O my Lord and Master; through Your Love, I swim across to the other side. ||4||9||16||

ਮਾਜ਼ ਮਹਲਾ ੫ ॥
Maajh, Fifth Mehl:

ਧਨੁ ਸੁ ਵੇਲਾ ਜਿਤਾ ਸਿਤਗੁਰਾ ਮਲੀਆ ॥ (99)
Blessed is that time when I meet the True Guru.

ਸਫਲੁ ਦਰਸਨਾ ਨਹਾਰ ਪੇਖਤਾ ਤਿਰਆ ॥ (99)
Gazing upon the Fruitful Vision of His Darshan, I have been saved.

ਧਨੁ ਮੂਰਤ ਚਾਸੇ ਹਰ ਖੋਇਆ ਸੰਜੋਗਾ ਜੀਉ ॥੧॥ (99)
Blessed are the hours, the minutes and the seconds-blessed is that Union with Him. ||1||

ਉਦਮੁ ਕਰਤ ਮਨ ਨੀਰਮਲ ਹੋਆ ॥ (99)
Making the effort, my mind has become pure.

ਹਰ ਮਾਰਾਗ ਚਾਲ ਭਰਾ ਮੰਗਾ ਖੋਆ ॥ (99)
Walking on the Lord's Path, my doubts have all been cast out.
The True Guru has inspired me to hear the Treasure of the Naam; all my illness has been dispelled. ||2||

 Antar baahar tayree banee.
The Word of Your Bani is inside and outside as well.

 TuDh aap kathee tai aap vakhaanee.
You Yourself chant it, and You Yourself speak it.

 The Guru has said that He is One-All is the One. There shall never be any other. ||3||

 I drink in the Lord's Ambrosial Essence from the Guru;
the Lord's Name has become my clothing and food.

 The Name is my delight, the Name is my play and entertainment. O Nanak, I have made the Name my enjoyment. ||4||10||17||

 Maajh, Fifth Mehl:
ਸਗਲ ਸੰਤਨ ਪਿਹ ਵਸਤੁ ਇਕ ਮੋਗੁ ॥ (99)
sagal santan peh vasat ik maaNga-o.
I beg of all the Saints: please, give me the merchandise.

ਕਰਉ ਬਿੰਤੀ ਮਾਨੁ ਤਿਆਗੁ ॥ (99)
kara-o binantee maan ti-aaga-o.
I offer my prayers-I have forsaken my pride.

ਵਾਰਿ ਜਾਈ ਲਖ ਵਰੀਆ ਦੇਹੁ ਸੰਤਨ ਕੀ ਧੂਰਾ ਜੀਉ ॥੧॥ (99)
vaar vaar jaa-ee lakh varee-aa dayh santan kee Dhooraa jee-o. ||1||
I am a sacrifice, hundreds of thousands of times a sacrifice, and I pray: please, give me
the dust of the feet of the Saints. ||1||

ਤੁਮ ਦਾਤੇ ਤੁਮ ਪੁਰਖ ਤਿਆਗੁ ॥ (99)
tum daatay tum purakh biDhaatay.
You are the Giver, You are the Architect of Destiny.

ਤੁਮ ਸਮਰਥ ਸੂਖਦਾਤੇ ॥ (99)
tum samrath sadaa sukh-daatay.
You are All-powerful, the Giver of Eternal Peace.

ਸਭ ਕੋ ਤੁਮ ਹੀ ਤੇ ਵਰਸਾਵਈ ਅੱਧੁ ਕਰਹਿ ਹਮਾਰਾ ਪੂਰਾ ਜੀਉ ॥੨॥ (99)
sabh ko tum hee tay varsaavai a-osar karahu hamaaraa pooraa jee-o. ||2||
You bless everyone. Please bring my life to fulfillment. ||2||

ਦਰਸਿਨ ਤੇਰੈ ਭਵਨ ਪੁਨੀਤਾ ॥ (99)
darsan tayrai bhavan puneetaa.
The body-temple is sanctified by the Blessed Vision of Your Darshan,

ਆਤਮ ਗੜਾ ਬਿੰਖਮ ਤਿਆਗ ਜੀਉ ॥ (99)
aatam garh bikham tinaa hee jeetaa.
and thus, the impregnable fort of the soul is conquered.
You are the Giver, You are the Architect of Destiny. There is no other warrior as great as You. ||3||

I applied the dust of the feet of the Saints to my face.

My evil-mindedness disappeared, along with my misfortune and false-mindedness.

I sit in the true home of my self; I sing His Glorious Praises. O Nanak, my falsehood has vanished! ||4||11||18||

I shall never forget You-You are such a Great Giver!

Please grant Your Grace, and imbue me with the love of devotional worship.

If it pleases You, let me meditate on You day and night; please, grant me this gift! ||1||
माटी अंधी सुरत समाई ॥ (100)
maatee anDhee surat samaa-ee.
Into this blind clay, You have infused awareness.

/* Punjabi */

मझ विहू लीकु झलीख ताधी ॥ (100)
sabh kichh dee-aa bhalee-aa jaa-ee.
Everything, everywhere which You have given is good.

अनद विनोद चोज तमासे तुधु भावै सो होणा जीउ ॥२॥
anad binod choj tamaasay tuDh bhaavai so honaa jee-o. ||2||
Bliss, joyful celebrations, wondrous plays and entertainment-whatever pleases You,
comes to pass. ||2||

जिस दा दिता सभ किछु लैणा ॥
jis daa ditaab sabh kichh lainaa.
Everything we receive is a gift from Him -

छतीह अमर्त भोजनु खाणा ॥
chhateeh amrit bhojan khaana.
the thirty-six delicious foods to eat,

सेज सुखाली सीतलु पवणा सहज केल रंग करणा जीउ ॥३॥
sayj sukhaalee seetal pavnaa sahj kaiy rang karnaa jee-o. ||3||
cozy beds, cooling breezes, peaceful joy and the experience of pleasure. ||3||

सा बुध दीजे जितु विसरहि नाही ॥
saa buDh deejai jit visrahi naahee.
Give me that state of mind, by which I may not forget You.

सा मति दीजे जितु तुधु धिजआई ॥
saa mat deejai jit tuDh Dhi-aa-ee.
Give me that understanding, by which I may meditate on You.
Maam maam dehe gur gur hitsaah gus bhadura singhii ||4||12||19|| (100)
saas saas tayray gun gaavaa ot naanak gur charnaa jee-o. ||4||12||19||
I sing Your Glorious Praises with each and every breath. Nanak takes the Support of the Guru’s Feet. ||4||12||19||

Maah Mahruu 5 || (100)
maajh mehlaa 5.
Maajh, Fifth Mehl:

Sifat maalaa kheer teerah jee-o rajai || (100)
sifat saalaahan tayraa hukam rajaa-ee.
To praise You is to follow Your Command and Your Will.

Me saikshthu veekshthu meh parpu kriii || (100)
si gi-aan Dhi-aan jo tuDh bhaa-ee.
That which pleases You is spiritual wisdom and meditation.

So-e japa jom parab jee-o bhaavai bhaanai poor gi-aanaa jee-o. ||1||
That which pleases God is chanting and meditation; to be in harmony with His Will is perfect spiritual wisdom. ||1||

Amritu naam tayraa so-e gaavai.
He alone sings Your Ambrosial Naam,

Me saikshth udeh bhit bhaave || (100)
jo saahib tayrai man bhaavai.
who is pleasing to Your Mind, O my Lord and Master.

TooN santan kaa sant tumaaray sant saahib man maanaa jee-o. ||2||
You belong to the Saints, and the Saints belong to You. The minds of the Saints are attuned to You, O my Lord and Master. ||2||
ਤੂੰ ਸੰਤਨ ਕੀ ਕਰਿਹ ਪਰ੍ਿਤਪਾਲਾ ॥ (100)
You cherish and nurture the Saints.

ਸੰਤ ਖੇਲਿਹ ਤੁਮ ਸਰੰਗ ਗੋਪਾਲਾ ॥ (100)
The Saints play with You, O Sustainer of the World.

ਅਪੁਨੇ ਸੰਤ ਤੁਧੁ ਖਰੇ ਿਪਆਰੇ ਤੂ ਸੰਤਨ ਕੇ ਪਰ੍ਾਨਾ ਜੀਉ ॥੩॥ (100)
Your Saints are very dear to You. You are the breath of life of the Saints. ||3||

ੱਠੁ ਸੰਤਹ ਤੋੜੁ ਭਿਤਕਲੀ ਜੁਕੁਂ ਕੁਤੁੱਧ ਨਾਨਕ ਿਤਰ੍ਪਿਤ ਅਗਾਨ੆ ਜੀਉ ॥੪॥੧੩॥੨੦॥ (100)
In their company I have found a lasting peace. Nanak is satisfied and fulfilled with the Sublime Essence of the Lord. ||4||13||20||

ਮਾਜ਼ ਮਹਲਾ ੫ ॥ (100)
Maajh, Fifth Mehl

ੱਠੁ ਜਲਿਨਿਧ ਹਮ ਭਿਤਕਲੀ ਜੁਕੁਧ ਨਾਨਕ ਜੀਉ ॥ (100)
You are the Ocean of Water, and I am Your fish.


तेरा नामु बूंद हम चात्रीक तिखारे ॥ (100)
tayraa naam boond ham chaatrik tikhhaaray.
Your Name is the drop of water, and I am a thirsty rain-bird.

तुम्री आस पिआसा तुम्री तुम ही संगि मनु लीना जीउ ॥१॥ (100)
tumree aas pi-aasaa tumree tum hee sang man leenaa jee-o. ||1||
You are my hope, and You are my thirst. My mind is absorbed in You. ||1||

जिउ बारिक पी कीरु अचारे ॥ (100)
ji-o baarik pee kheer aghaavaai.
Just as the baby is satisfied by drinking milk,

तिर्खावंत जलु पीवत ठंडा तिउ हिर संिग इहु मनु भीना जीउ ॥२॥ (100)
tarikhaavaNt jal peevat thandhaa ti-o har sang ih man bheenaa jee-o. ||2||
and the thirsty person is refreshed by drinking cool water, so is this mind drenched with delight in the Lord. ||2||

जिउ अंिधआरै दीपकु परगासा ॥ (100)
ji-o anDhi-aarai deepak pargaasaa.
Just as the darkness is lit up by the lamp,

भरता िचतवत पूरन आसा ॥ (100)
bhartaa chitvat pooran aasaa.
and the hopes of the wife are fulfilled by thinking about her husband,

मिल प्रीतम जिउ होत अंिदा तिउ हरि रंिग मनु रंगीना जीउ ॥३॥ (100)
mil pareetam ji-o hot anandaa ti-o har rang man rangeenaa jee-o. ||3||
and people are filled with bliss upon meeting their beloved, so is my mind imbued with the Lord's Love. ||3||
ਸੰਤਨ ਮੋ ਕਉ ਹਿਰ ਮਾਰਿਗ ਪਾਇਆ ॥
santan mo ka-o har maarag paa-i-aa.
The Saints have set me upon the Lord's Path.

ਸਾਧਿਕਰਪਾਲ ਹਿਰ ਸੰਗ ਿਗਜ਼ਾਇਆ ॥
saaDh kirpaal har sang gijhaa-i-aa.
By the Grace of the Holy Saint, I have been attuned to the Lord.

ਹਿਰ ਹਮਰਾ ਹਮ ਹਿਰ ਕੇ ਦਾਸੇ ਨਾਨਕ ਸਬਦੁ ਗੁਰੂ ਸਚੁ ਦੀਨਾ ਜੀਉ ॥
har hamraa ham har kay daasay naanak sabad guroo sach deenaa jee-o. ||4||14||21||
The Lord is mine, and I am the slave of the Lord. O Nanak, the Guru has blessed me with the True Word of the Shabad. ||4||14||21||

ਮਾਜ਼ ਮਹਲਾ ੫ ॥
maajh mehlaa 5.
Maajh, Fifth Mehl:

ਅਮਰ੍ਤ ਨਾਮੁ ਸਦਾ ਿਨਰਮਲੀਆ ॥
amrit naam sadaa nirmalee-aa.
The Ambrosial Naam, the Name of the Lord, is eternally pure.

ਸੁਖਦਾਈ ਦੂਖ ਿਬਡਾਰਨ ਹਰੀਆ ॥
sukh-daa-ee dookh bidaaran haree-aa.
The Lord is the Giver of Peace and the Dispeller of sorrow.

ਅਵਿਰ ਸਾਦ ਚਿਖ ਸਾਗਲੇ ਦੇਖੇ ਮਨ ਹਿਰ ਰਸੁ ਸਭ ਤੇ ਮੀਠਾ ਜੀਉ ॥
avar saad chakh saglay daykhay man har ras sabh tay meethaa jee-o. ||1||
I have seen and tasted all other flavors, but to my mind, the Subtle Essence of the Lord is the sweetest of all. ||1||

ਨਵੇਂ ਲੇ ਭੀਵੇ ਅਨੁਸਾਰ ॥ (101)
jo jo peevai so tariptaavai.
Whoever drinks this in, is satisfied.
Whoever obtains the Sublime Essence of the Naam becomes immortal.

The Treasure of the Naam is obtained by one whose mind is filled with the Word of the Guru's Shabad.

One who obtains the Sublime Essence of the Lord is satisfied and fulfilled.

One who obtains this Flavor of the Lord does not waver.

One who has this destiny written on his forehead obtains the Name of the Lord, Har, Har.

The Lord has come into the hands of the One, the Guru, who has blessed so many with good fortune.

Attached to Him, a great many have been liberated.

The Gurmukh obtains the Treasure of the Naam; says Nanak, those who see the Lord are very rare.
Maajh, Fifth Mehl:

निधि सिधि रिधि हर हर मेरै ॥

My Lord, Har, Har, Har, is the nine treasures, the supernatural spiritual powers of the Siddhas, wealth and prosperity.

जनमु पदारथु गिहर ग्मभीरै ॥

He is the Deep and Profound Treasure of Life.

लाख कोट खुसीआ रंग रावै जो गुर लागा पाई जीउ ॥१॥

Hundreds of thousands, even millions of pleasures and delights are enjoyed by one who falls at the Guru's Feet. ||1||

दरसनु पेखत भए पुनीता ॥

Gazing upon the Blessed Vision of His Darshan, all are sanctified,

सगल उधारे भाई मीता ॥

and all family and friends are saved.

अगम अगोचरु सुआमी अपुना गुर किरपा ते सचु धिआई जीउ ॥२॥

By Guru's Grace, I meditate on the Inaccessible and Unfathomable True Lord. ||2||

The One, who is sought by all,
vadbhaagee darsan ko virlaa paa-ay.
only a few, by great good fortune, receive His Darshan.

ooch apaar agochar thaanaa oh mahal guroo daykhaa-ee jee-o. ||3||
His Place is lofty, infinite and unfathomable; the Guru has shown me that palace. ||3||

gahir gambheer amrit naam tayraa.
Your Ambrosial Name is deep and profound.

mukat bha-i-aa jis ridai vasayraa.
That person is liberated, in whose heart You dwell.

gur banDhan tin kay saglay kaatay jan naanak sahj samaa-ee jee-o. ||4||16||23||
The Guru cuts away all his bonds; O Servant Nanak, he is absorbed in the poise of intuitive peace. ||4||16||23||
ऊठत बैठत सोवत जागत हिर िधाईऐ सगल अवरदा जीउ ||1||
While standing and sitting, while sleeping and while awake, meditate on the Lord, all your life. ||1||

अमू अउखधु मो कउ साधू दीआ ॥ (101)
The Holy Saint has given me the Medicine of the Naam.

kilbikh kaatay nirmal thee-aa.
My sins have been cut out, and I have become pure.

अनदु भइआ िनकसी सभ पीरा सगल िबनासे दरदा जीउ ॥२॥ (101)
I am filled with bliss, and all my pains have been taken away. All my suffering has been dispelled. ||2||

जिस का अंगु करे मेरा िपारा ॥ (101)
One who has my Beloved on his side,

so muktaa saagar sansaaraa.
is liberated from the world-ocean.

Sat karay jin gurru pachhaataa so kaahay ka-o dardaa jee-o. ||3||
One who recognizes the Guru practices Truth; why should he be afraid? ||3||

Since I found the company of the Holy,


**Maajh, Fifth Mehl:**

1. **Kaat Silak Parabh Sayvaa Laa-i-aa.**
   
   God has cut the noose from around my neck; He has placed me in His Service.

2. **Paanee Pakhaa Peesa-o Sayvak Kaa Thaakur Hee Kaa Aaahar Jee-o.**
   
   I carry the water, wave the fan, and grind the grain for the servant of my Lord and Master.

3. **Hukam Sahib Kaa Sayvaa Man Bhaa-i-aa.**
   
   The Lord and Master's Command is pleasing to the mind of His servant.

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**Guru Nanak Dev Ji's Bani:**

1. **Gur Bhayat Ha-o Ga-Ee Balaa-Ay.**
   
   and met the Guru, the demon of pride has departed.

2. **Saas Saas Har Gaavai Naanak Satgur Daak Lee-AA Mayraa Parh-Daa Jee-O.**
   
   With each and every breath, Nanak sings the Lord's Praises. The True Guru has covered my sins.

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**Notes:**

- **Saas Saas:** With each and every breath.
- **Har Gaavai Naanak Satgur Daak Lee-AA Mayraa Parh-Daa Jee-O:**
  
   Through and through, the Lord is intermingled with His servant.

- **Parabh Partisaalay Sayvak Sukh-DaaTa:**
  
   God, the Giver of Peace, cherishes His servant.
He does that which pleases his Lord and Master. Inwardly and outwardly, the servant knows his Lord. ||2||

You are the All-knowing Lord and Master; You know all ways and means.

The servant of the Lord and Master enjoys the Love and Affection of the Lord.

That which belongs to the Lord and Master, belongs to His servant. The servant becomes distinguished in association with his Lord and Master. ||3||

He, whom the Lord and Master dresses in the robes of honor, is not called to answer for his account any longer.

Nanak is a sacrifice to that servant. He is the pearl of the deep and unfathomable Ocean of God. ||4||18||25||

Maajh, Fifth Mehl:
Everything is within the home of the self; there is nothing beyond.

One who searches outside is deluded by doubt.

By Guru's Grace, one who has found the Lord within is happy, inwardly and outwardly.

Slowly, gently, drop by drop, the stream of nectar trickles down within.

The mind drinks it in, hearing and reflecting on the Word of the Shabad.

It enjoys bliss and ecstasy day and night, and plays with the Lord forever and ever.

I have now been united with the Lord after having been separated and cut off from Him for so many lifetimes;

by the Grace of the Holy Saint, the dried-up branches have blossomed forth again in their greenery.
ਸੁਮਿਤ ਪਾਏ ਨਾਮ ਧਿਆਏ ਗੁਰਮੁਖ ਹੋਏ ਮੇਲਾ ਜੀੂ। ||3||

I have obtained this sublime understanding, and I meditate on the Naam; as Gurmukh, I have met the Lord. ||3||

ਮਾਜ਼ ਮਹਲਾ ੫॥ (102)

Maajh, Fifth Mehl:

ਵਾਿਰ ਵਾਿਰ ਜਾਈ ਤਿਸੁ ਿਵਟਹੁ ਜੋ ਮਿਨ ਤਿਨ ਤੁਧੁ ਆਰਾਧੇ ਜੀੂ। ||1॥ (102)

Again and again, I am a sacrifice to those who meditate on You with mind and body. ||1||
ਤਿਸੁ ਚਰਣ ਪਖਾਲੀ ਜੋ ਤੇਰੈ ਮਾਰਿਗ ਚਾਲੈ ॥ (102)

tis charan pakhaalee jo tayrai maarag chaalai.
I wash the feet of those who walk upon Your Path.

ਨੈਨ ਿਨਹਾਲੀ ਿਤਸੁ ਪੁਰਖ ਦਇਆਲੈ ॥ (102)
nain nihaalee tis purakh da-i-aalai.
With my eyes, I long to behold those kind people.

ਭਨ ਦੇਵਾ ਿਤਸੁ ਅਪੁਨੇ ਜਿਨਨ ਗੁਰ ਿਮਿਲ ਸੋ ਪਰ੍ਭੁ ਲਾਧੇ ਜੀੁ ॥ ॥ (102)

man dayvaa tis apunay saajan jin gur mil so parabh laaDhay jee-o. ||2||
I offer my mind to those friends, who have met the Guru and found God. ||2||

ਸੇ ਵਡਭਾਗੀ ਜਿਨਨ ਤੁਮ ਜਾਣੇ ॥ (102)
say vadbhaagee jin tum jaanay.
Very fortunate are those who know You.

ਸਭ ਕੈ ਸੰਗ ਉਨ ਭਦੂਜਾਲ ਤਿਰਾ ਸਗਲ ਦੂਤ ਉਨ ਸਾਧੇ ਜੀੁ ॥੩॥ (102)

saaDh kai sang un bha-ojal tari-aa sagal doot un saaDhay jee-o. ||3||
In the Saadh Sangat, the Company of the Holy, they cross over the terrifying world-ocean, and conquer all their evil passions. ||3||

ਿਤਨ ਕੀ ਸਰਿਣ ਪਿਰਆ ਮਨੁ ਮੇਰਾ ॥ (102)
tin kee saran pari-aa man mayraa.
My mind has entered their Sanctuary.

ਮਾਣ ਤਾਣ ਸਥਿਤੀ ਭਾੜ ਮੇਰਾ ਅਧਿਕਾਰ ॥ (102)

maan taan taj moh anDhayraa.
I have renounced my pride in my own strength, and the darkness of emotional attachment.
Please bless Nanak with the Gift of the Naam, the Name of the Inaccessible and Unfathomable God. ||4||20||27||

Maajh, Fifth Mehl:

You are the tree; Your branches have blossomed forth.

From the very small and subtle, You have become huge and manifest.

You are the Ocean of Water, and You are the foam and the bubbles on its surface. I cannot see any other except You, Lord.

You are the thread, and You are also the beads.

You are the knot, and You are the primary bead of the maalaa.

In the beginning, in the middle and in the end, there is God. I cannot see any other except You, Lord.
You transcend all qualities, and You possess the supreme qualities. You are the Giver of peace.

You are detached in Nirvana, and You are the Enjoyer, imbued with love.

You Yourself know Your Own Ways; You dwell upon Yourself.

You are the Master, and then again, You are the servant.

O God, You Yourself are the Manifest and the Unmanifest.

Blessed are those words, by which the Naam is chanted.
Rare are those who know this, by Guru's Grace.

Blessed is that time when one sings and hears the Lord's Name. Blessed and approved is the coming of such a one.

Those eyes which behold the Blessed Vision of the Lord's Darshan are approved and accepted.

Those hands which write the Praises of the Lord are good.

Those feet which walk in the Lord's Way are beautiful. I am a sacrifice to that Congregation in which the Lord is recognized.

in the Saadh Sangat, the Company of the Holy, you shall be saved in an instant.

Your sins will be cut out; your mind will be immaculate and pure. Your comings and goings shall cease.
With my palms pressed together, I offer this prayer:

Please bless me with Your Mercy, and save this sinking stone.

God has become merciful to Nanak; God is pleasing to Nanak's mind.

The Word of Your Bani, Lord, is Ambrosial Nectar.

Hearing it again and again, I am elevated to the supreme heights.

The burning within me has been extinguished, and my mind has been cooled and soothed, by the Blessed Vision of the True Guru.

Happiness is obtained, and sorrow runs far away,
ਸੰਤ ਰਸਨ ਹਿਰ ਨਾਮ ਵਖਾਨਾ ॥ (103)
sant rasan har naam vakhaana.
when the Saints chant the Lord's Name.

ਨਹ ਵਧੀ ਨੀਵੇ ਮਾਖ ਮੁਖਵਾਣ ਬੇਹਿੰਦੇ ਨ ਪੈਦੇ ਨੀਵੀ ॥੨॥ (103)
jal thal neer bharay sar subhar birthaa ko-ay na jaa-ay jee-o. ||2||
The sea, the dry land, and the lakes are filled with the Water of the Lord's Name; no place is left empty. ||2||

ਚਿਤਾਨਾਂ ਪਹਿਲੀ ਤਿਤਨ ਖੁਨਾਂ ਤੇ ਫੁੱਲਾਂ ਦੇਣੀਆਂ ॥ (103)
deda Dharee tin sirjanhaaray.
The Creator has showered His Kindness;

ਤੀਖਾ ਸੰਤ ਮਾਲੇ ਪੁਰਾਣਵੇ ॥ (103)
jee-a jant saglay partipaaray.
He cherishes and nurtures all beings and creatures.

ਮਹਰਵਾਨ ਖਿਰਪਾਲ ਦੇਵਾਲਾ ਸੇਹ ਤਪਿਤ ਅਗਾਏ ॥੩॥ (103)
miharvaan kirpaal da-i-aalaa saglay taripat aghaa-ay jee-o. ||3||
He is Merciful, Kind and Compassionate. All are satisfied and fulfilled through Him. ||3||

ਵਣੁ ਤਿਰਣੁ ਤਿਰਾਵਣੁ ਕਿਤਤੌਨੁ ਹਿਰਾਏ ॥ (103)
van tarin taribhavan keeton hari-aa.
The woods, the meadows and the three worlds are rendered green.

ਵਰਣਾਂ ਪਹਿਲਾ ਜੀਰਜਵਰਾਣ ਦੀਵਾਲਾ ॥ (103)
karanhaar khin bheetar kari-aa.
The Doer of all did this in an instant.

ਮੁਫ਼ਤਿਧੀ ਲਾਖ ਪੀਠੀ ਆਤੇ ਮਾਖ ਦੇ ਜੀਵੀ ਨੀਵੀ ॥੪॥੨੩॥੩੦॥ (103)
gurmukh naanak tisai araaDhay man kee aas pujaa-ay jee-o. ||4||23||30||
As Gurmukh, Nanak meditates on the One who fulfills the desires of the mind. ||4||23||30||
Maajh, Fifth Mehl:

Maajh, Fifth Mehl: ॥ (103)

ਮਾਝ ਮਹਲਾ ੫ ॥

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:

ਮਾਝ ਮਹਲਾ ੫ ॥ (103)

ਮਾਝ ਮਹਲਾ ੫।

Maajh, Fifth Mehl:
As it pleases You, You assign tasks to one and all.

All things are Your Doing; we can do nothing ourselves.

Meditating on the Naam, I have found great peace.

Singing the Glorious Praises of the Lord, my mind is cooled and soothed.

Through the Perfect Guru, congratulations are pouring in-Nanak is victorious on the arduous battlefield of life!

God is the Breath of Life of my soul, the Support of my mind.

His devotees live by singing the Glorious Praises of the Infinite Lord.
The Ambrosial Name of the Lord is the Treasure of Excellence. Meditating, meditating on the Lord's Name, I have found peace. ||1||

One whose heart's desires lead him from his own home,

to the Saadh Sangat, the Company of the Holy, shall be rid of the cycle of birth and death.

His hopes and desires are fulfilled, when he gains the Blessed Vision of the Guru's Darshan. ||2||

The limits of the Inaccessible and Unfathomable Lord cannot be known.

The seekers, the Siddhas, those beings of miraculous spiritual powers, and the spiritual teachers, all meditate on Him.

Thus, their egos are erased, and their doubts are dispelled. The Guru has enlightened their minds. ||3||

Which is the Treasure of bliss, joy, salvation,
ਸੂਖ सਹਜ ਹਿਰ ਨਾਮੁ ਵਖਾਨਾ ॥ (104)
sookh sahj har naam vakhaana.
intuitive peace and poise; I chant the Name of that Lord.

ਹੋਇ ਕ੍ਰਿਪਾਲੁ ਸੁਆਮੀ ਅਪਨਾ ਨਾਉ ਨਾਨਕ ਘਰ ਮਿਹ ਆਇਆ ਜੀਉ ॥੪॥੨੫॥੩੨॥ (104)
hoo-ay kirpaal su-aamee apnaa naa-o naanak ghar aa-i-aa jee-o. ||4||25||32||
When my Lord and Master blessed me with His Mercy, O Nanak, then His Name entered
the home of my mind. ||4||25||32||

ਮਾਜ਼ ਮਹਲਾ ੫ ॥ (104)
maajh mehlaa 5.
Maajh, Fifth Mehl:

ਸੂਣ ਸੂਣ ਜੀਵਾ ਸੋੜੀ ਤੁਮਾਰੀ ॥ (104)
sun sun jeevaa so-ay tumaaree.
Hearing of You, I live.

ਤੂੰ ਪਰੀਤਮੁ ਠਾਕੁ ਅਤੀ ਭਾਰੀ ॥ (104)
tooN pareetam thaakur at bhaaree.
You are my Beloved, my Lord and Master, Utterly Great.

ਤੁਮਰੇ ਕਰਤਬ ਤੁਮ ਹੀ ਜਾਣਹੁ ਤੁਮਰੀ ਓਟ ਗੋਪਾਲਾ ਜੀਉ ॥੧॥ (104)
tumray kartab tum hee jaanhu tumree ot gopaalaa jee-o. ||1||
You alone know Your Ways; I grasp Your Support, Lord of the World. ||1||

ਗੁਣ ਗਾਵਤ ਮਨੁ ਹਿਰਆ ਹੋਵੈ ॥ (104)
gun gaavat man hari-aa hovai.
Singing Your Glorious Praises, my mind is rejuvenated.

ਕਥਾ ਸੁਣਤ ਮਲੁ ਸਗਲੀ ਖਾਵੈ ॥ (104)
kathaa sunat mal saglee khovai.
Hearing Your Sermon, all filth is removed.
Joining the Saadh Sangat, the Company of the Holy, I meditate forever on the Merciful Lord. ||2||

I dwell on my God with each and every breath.

This understanding has been implanted within my mind, by Guru’s Grace.

By Your Grace, the Divine Light has dawned. The Merciful Lord cherishes everyone. ||3||

Forever, forever and ever, He Himself is.

Your Playful Ways are revealed, O my Beloved. Beholding them, Nanak is enraptured.

Maajh, Fifth Mehl:
ਹੁਕਮੀ ਵਰਸਣ ਲਗੇ ਮੇਹਾ ॥ (104)

hukmee varsan laagay mayhaa.
By His Command, the rain begins to fall.

ਸਾਜਨ ਸੰਤ ਿਮਲ ਨਾਮੁ ਜਪੇਹਾ ॥ (104)

saajan sant mil naam japayhaa.
The Saints and friends have met to chant the Naam.

ਸੀਤਲ ਸੰਤ ਸਹਜ ਸੁਖੁ ਪਾਇਆ ਠਾਝ ਪਾਈ ਪਰ੍ਭ ਆਪੇ ਜੀਉ ॥੧॥ (104)

seetal saaNt sahj sukh paa-i-aa thaadh paa-ee parabh aapay jee-o. ||1||
Serene tranquility and peaceful ease have come; God Himself has brought a deep and profound peace. ||1||

ਮੂਰ ਵਿਧ ਵਹੁਤੇ ਵਹੁਤੁ ਦਿਪਤਿਲਗਾ ॥ (104)

mool vidih vahu-to vahu-to dipati-laga.
God has produced everything in great abundance.

ਕਿਰਕਰਪਾ ਪਰ੍ਭ ਸਗਲ ਰਜਾਇਆ ॥ (104)

kar kirpaa parabh sagal rajaa-i-aa.
Granting His Grace, God has satisfied all.

ਦਾਤ ਕਰਹੁ ਮੇਰੇ ਦਾਤਾਰਾ ਜੀਅ ਜੰਤ ਧਰਾਪੇ ਜੀਉ ॥੨॥ (104)

daat karahu mayray daataaraa jee-a jant sabh Dharaapay jee-o. ||2||
Bless us with Your Gifts, O my Great Giver. All beings and creatures are satisfied. ||2||

ਸੋਚ ਮਿਖੁ ਮਿਖੀ ਲਗਟੀ ॥ (104)

soch michh michi lagatii.
True is the Master, and True is His Name.

ਗੁਰ ਪ੍ਰਧਸਾਦ ਦੇਸੁ ਮਸਤ ਪਿਲਾਏ ਲਗਟੀ ॥ (104)

gur parsaad desu sadaa Dhii-aa-e.
By Guru's Grace, I meditate forever on Him.
The fear of birth and death has been dispelled; emotional attachment, sorrow and suffering have been erased. ||3||

With each and every breath, Nanak praises the Lord.

Meditating in remembrance on the Name, all bonds are cut away.

One's hopes are fulfilled in an instant, chanting the Glorious Praises of the Lord, Har, Har, Har. ||4||27||34||

Let us join together and sing the Glorious Praises of the Inaccessible and Infinite Lord.

Those who sing and hear these praises are liberated, so let us meditate on the One who created us. ||1||
The sins of countless incarnations depart,
and we receive the fruits of the mind's desires.

So meditate on that Lord, our True Lord and Master, who gives sustenance to all.

Chanting the Naam, all pleasures are obtained.

All fears are erased, meditating on the Name of the Lord, Har, Har.

One who serves the Lord swims across to the other side, and all his affairs are resolved.

I have come to Your Sanctuary;

if it pleases You, unite me with You.
Shower Your Mercy upon me, God; let me be committed to devotional worship. Nanak drinks in the Ambrosial Nectar of Truth.

Maajh, Fifth Mehl:

He is Merciful to the meek, always Kind and Gentle; the Creator has brought cooling relief.

He cherishes all His beings and creatures, as the mother cares for her children.

The Destroyer of pain, the Ocean of Peace, the Lord and Master gives sustenance to all.
The Merciful Lord is totally pervading and permeating the water and the land.

I am forever devoted, a sacrifice to Him.

Night and day, I always meditate on Him; in an instant, He saves all.

God Himself protects all;

Chanting the Naam, the Name of the Lord, the mind and body are rejuvenated. O Nanak, God has bestowed His Glance of Grace.
say asthal so-in cha-ubaaray.
those barren places become mansions of gold.

jithai naam na japee-ai mayray go-idaa say-ee nagar ujaarhee jee-o. ||1||
Where the Naam, the Name of my Lord of the Universe is not chanted-those towns are like the barren wilderness. ||1||

har rukhee rotee khaa-ay samaalay.
One who meditates as he eats dry bread,

har antar baahar nadar nihaalay.
sees the Blessed Lord inwardly and outwardly.

khaa-ay khaa-ay karay badfailee jaan visoo kee vaarhee jee-o. ||2||
Know this well, that one who eats and eats while practicing evil, is like a field of poisonous plants. ||2||

santaa saytee rang na laa-ay.
One who does not feel love for the Saints,

saakat sang vikram kamaa-ay.
misbehaves in the company of the wicked shaaktas, the faithless cynics;

dulabh dayh kho-ee agi-aanee jarh apunee aap upaarhee jee-o. ||3||
he wastes this human body, so difficult to obtain. In his ignorance, he tears up his own roots. ||3||
तेरी सरिण मेरे दीन दइआला ॥
I seek Your Sanctuary, O my Lord, Merciful to the meek,

सुख सागर मेरे गुर गोपाला ॥
Ocean of Peace, my Guru, Sustainer of the world.

किर किरपा नानकु गुण गावै राखहु सरम असाड़ी जीउ ॥४॥३०॥३७॥
Shower Your Mercy upon Nanak, that he may sing Your Glorious Praises; please, preserve my honor. ||4||30||37||

चरण ठाकु र के िरदै समाणे ॥
I cherish in my heart the Feet of my Lord and Master.

किल कलॆस सभ दूिर पइआणे ॥
All my troubles and sufferings have run away.

सईं सूख सहज धुिन उपजी साधू संिग निवासा जीउ ॥१॥
The music of intuitive peace, poise and tranquility wells up within; I dwell in the Saadh Sangat, the Company of the Holy. ||1||

लागी पर्ीित न तूटै मूले ॥
The bonds of love with the Lord are never broken.
The Lord is totally permeating and pervading inside and out.

Meditating, meditating, meditating in remembrance on Him, singing His Glorious Praises, the noose of death is cut away.

The Ambrosial Nectar, the Unstruck Melody of Gurbani rains down continually;

deep within my mind and body, peace and tranquility have come.

Your humble servants remain satisfied and fulfilled, and the True Guru blesses them with encouragement and comfort.

We are His, and from Him, we receive our rewards.

Showering His Mercy upon us, God has united us with Him.

Our comings and goings have ended, and through great good fortune, O Nanak, our hopes are fulfilled.
ਮਾਜ਼ ਮਹਲਾ ੫ ॥ (105)

Maajh, Fifth Mehl:

ਮੀਹੁ ਪਾਇਆ ਪਰਮੇਸਰ ਪ੍ਹਾਇਆ ॥ (105)
meehu pa-i-aa parmaysar paa-i-aa.
The rain has fallen; I have found the Transcendent Lord God.

ਜੀਆ ਜੰਤ ਸਭ ਸੁਖੀ ਵਸਾਇਆ ॥ (105)
jee-a jant sabh sukhee vasaa-i-aa.
All beings and creatures dwell in peace.

ਸੋਕਾਸਾ ਵਲੇਸੂ ਸਭਾ ਸੁਖ ਸਾਚੁ ਹਰ ਹਰ ਨਾਮ ਸਮਾਲੀ ਜੀਉ ॥੧॥ (105)
ga-i-aa ka-lays bha-i-aa sukh saachaa har har naam samaalee jee-o. ||1||
Suffering has been dispelled, and true happiness has dawned, as we meditate on the Name of the Lord, Har, Har. ||1||

ਜਿਸ ਕੇ ਸੇ ਤਿਨ ਹੀ ਪਰਤਪਾਰੇ ॥ (105)
jis kay say tin hee partipaaray.
The One, to whom we belong, cherishes and nurtures us.

ਪਾਰਬਰਾਹਮ ਪ੍ਰਭ ਬਾਨ ਰਖਵਾਰੇ ॥ (105)
paarbarahm parabh bha-ay rakhvaaray.
The Supreme Lord God has become our Protector.

ਸੂਣੀ ਬੇਤੰਤੀ ਢਹੁੰਤੀ ਮੇਰੇ ਪੂਰਨ ਹੋਈ ਘਾਲੀ ਜੀੂ ॥੨॥ (105)
sunee baynantee thaakur mayrai pooran ho-ee ghaalee jee-o. ||2||
My Lord and Master has heard my prayer; my efforts have been rewarded. ||2||

ਸਰਬ ਜੀਆ ਕਾ ਦੇਵਾਨਾਰ ॥ (106)
sarab jee-aa ka-o dayvanhaaraa.
He is the Giver of all souls.
By Guru’s Grace, He blesses us with His Glance of Grace.

The beings in the water, on the land and in the sky are all satisfied; I wash the Feet of the Holy.

He is the Fulfiller of the desires of the mind.

Forever and ever, I am a sacrifice to Him.

O Nanak, the Destroyer of pain has given this Gift; I am imbued with the Love of the Delightful Lord.

Mind and body are Yours; all wealth is Yours.

You are my God, my Lord and Master.
jee-o pind sabh raas tumaraa tayraa jor gopaala jee-o. ||1||
Body and soul and all riches are Yours. Yours is the Power, O Lord of the World. ||1||

sadaa sadaa tooN hai sukh-daa-ee.
Forever and ever, You are the Giver of Peace.

kaar kamaavaa jay tuDh bhaavaa jaa tooN deh da-i-aalaa jee-o. ||2||
I act as it pleases You, as You cause me to act, Kind and Compassionate Dear Lord. ||2||

parabh tum tay lahnaa tooN mayraa gahnaa.
O God, from You I receive; You are my decoration.

jithai rakheh baikuNth tittha-ee tooN sabhnaa kay partipaala jee-o. ||3||
Wherever You keep me, is heaven. You are the Cherisher of all. ||3||

simar simar naanak sukh paa-i-aa.
Meditating, meditating in remembrance, Nanak has found peace.
Aath pahar tayray gun gaa-i-aa.
Twenty-four hours a day, I sing Your Glorious Praises.

Sagal manorath pooran ho-ay kade na ho-ay dukhaalaa jee-o. ||4||33||40||
All my hopes and desires are fulfilled; I shall never again suffer sorrow. ||4||33||40||

Maajh mehlaa 5.
Maajh, Fifth Mehl:

Paarbarahm parab maygh pathaa-i-aa.
The Supreme Lord God has unleashed the rain clouds.

Jal thal mehee-al dah dis varsaa-i-aa.
Over the sea and over the land-over all the earth's surface, in all directions, He has brought the rain.

SaaNt bha-ee bujee sabh tarisnaa anad bha-i-aa sabh thaa-ee jee-o. ||1||
Peace has come, and the thirst of all has been quenched; there is joy and ecstasy everywhere. ||1||

Sukh-daata dukh bhaNjanhaara.
He is the Giver of Peace, the Destroyer of pain.

Aapay bakhas karay jee-a saaraa.
He gives and forgives all beings.
apnay keetay no aap partipaalay pa-i pai ree tiseh manaa-ee jee-o. ||2||
He Himself nurtures and cherishes His Creation. I fall at His Feet and surrender to Him. ||2||

jaa kee saran pa-i-aa gat paa-ee-ai.
Seeking His Sanctuary, salvation is obtained.

saas saas har naam Dhi-aa-ee-ai.
With each and every breath, I meditate on the Lord's Name.

tis bin hor na doojaa thaakur sabh tisai kee-aa jaa-ee jee-o. ||3||
Without Him, there is no other Lord and Master. All places belong to Him. ||3||

tayraa maan taan parabh tayraa.
Yours is the Honor, God, and Yours is the Power.

tooN sachaa saahib gunee gahayraa.
You are the True Lord and Master, the Ocean of Excellence.

naanak daas kahai baynantee aath pahar tuDh Dhi-aa-ee jee-o. ||4||34||41||
Servant Nanak utters this prayer: may I meditate on You twenty-four hours a day. ||4||34||41||

maajh mehlaa 5.
Maajh, Fifth Mehl:
All happiness comes, when God is pleased.

The Feet of the Perfect Guru dwell in my mind.

I am intuitively absorbed in the state of Samaadhi deep within. God alone knows this sweet pleasure.

My Lord and Master is Inaccessible and Unfathomable.

Deep within each and every heart, He dwells near and close at hand.

He is always detached; He is the Giver of souls. How rare is that person who understands his own self.

This is the sign of union with God:

in the mind, the Command of the True Lord is recognized.
Intuitive peace and poise, contentment, enduring satisfaction and bliss come through the Pleasure of the Master’s Will. ||3||

God, the Great Giver, has given me His Hand.

He has erased all the sickness of birth and death.

O Nanak, those whom God has made His slaves, rejoice in the pleasure of singing the Kirtan of the Lord's Praises. ||4||35||42||

The Creator has made me His Own. He has destroyed the city of sorrow. ||1||
मिन तिन विसा सचा सोई ॥
man tan vasi-aa sachaa so-ee.
The True One abides within my mind and body;

बिख्हा थानु न दिसै कोई ॥
bikh-rrhaa thaan na disai ko-ee.
no place seems difficult to me now.

दूत दुसमान सिभ सजण होए एको सुआमी आहिआ जीउ ॥२॥
doot dusman sabh sajan ho-ay ayko su-aamee aahi-aa jee-o. ||2||
All the evil-doers and enemies have now become my friends. I long only for my Lord and Master. ||2||

जो किछू करे सु आपे आपै ॥
jo kichh karay so aapay aapai.
Whatever He does, He does all by Himself.

बुध सिराणप किछु न जापै ॥
buDh si-aanap kichhoo na jaapai.
No one can know His Ways.

आपनाई संतानो आपि सहाई प्रभर भुरावा लाहिा जीउ ॥३॥
aapni-aa santaa no aap sahaa-ee parabh bharam bhulaavaa laahee jee-o. ||3||
He Himself is the Helper and Support of His Saints. God has cast out my doubts and delusions. ||3||

चरण कमल जन का आधारो ॥
charan kamal jan kaa aaDhaaro.
His Lotus Feet are the Support of His humble servants.

आठ पहर नम नम वापारो ॥
aath pahar raam naam vaapaaro.
Twenty-four hours a day, they deal in the Name of the Lord.
Sahj Anand Gaavahi Gun Govind Parm Nankar Sarab Samahiaa Jee-O ||4||36||43||
In peace and pleasure, they sing the Glorious Praises of the Lord of the Universe. O Nanak, God is permeating everywhere. ||4||36||43||

Maajh, Fifth Mehl:

So Sach Mandru Jit Sach Dhi-Aae-Ai. True is that temple, within which one meditates on the True Lord.

So Ridaa Suhaylaa Jit Har Gun Gaa-Ae-Ai. Blessed is that heart, within which the Lord's Glorious Praises are sung.

Saa Dharat Suhaavee Jit Vaseh Har Jan Sachay Naam Vitahu Kurbaano Jee-O. ||1||
Beautiful is that land, where the Lord's humble servants dwell. I am a sacrifice to the True Name. ||1||

Sach Vadaa-Aa Keem Na Paai. The extent of the True Lord's Greatness cannot be known.

Kudrat Karam Na Kahnaa Jaa-Ee. His Creative Power and His Bounties cannot be described.

Dhi-Aa-Ay Dhi-Aa-Ay Jeeveh Jan Tayray Sach Sabad Maano Jee-O. ||2||
Your humble servants live by meditating, meditating on You. Their minds treasure the True Word of the Shabad. ||2||
The Praises of the True One are obtained by great good fortune.

By Guru's Grace, the Glorious Praises of the Lord are sung.

Those who are imbued with Your Love are pleasing to You. The True Name is their Banner and Insignia.

No one knows the limits of the True Lord.

In all places and interspaces, the True One is pervading.

O Nanak, meditate forever on the True One, the Searcher of hearts, the Knower of all.

Maajh, Fifth Mehl:

Beautiful is the night, and beautiful is the day.
ਪ੍ਰੀਤੀ ਮੀਟਦਾ ਪ੍ਰੌਦ ਧੂਪਾਰਮੀਤ ਸੌਰ ਰੱਧਾ ਦੀਵੀਦੀ ਤੀਰਥੀ ॥੯॥ (107)

ਘੜੀ ਮੂਰਤ ਸਿਮਰਤ ਪਲ ਬਰਹ ਜੀਵਣ ਸਫਲ ਤਿਥਾ ਜੀੜੂ ॥੧॥

gharhee moorat simrat pal vanjah jeevan safal tithaa ee jee-o. ||1||

If you remember the Lord in meditation for a moment, even for an instant, then your life will become fruitful and prosperous. ||1||

ਜਿਪ ਅਂਮਰਤ ਨਾਮ ਸੰਤਸੰਗ ਮੇਲਾ ॥ (107)

jap amrit naam satsang maylaa.
when one joins the Society of the Saints and chants the Ambrosial Naam.

ਸਿਮਰਤ ਨਾਮ ਦੋਖ ਸਭਨੀ ਲਾਥੇ ॥

simrat naam dokh sabh laathay.
Remembering the Naam, the Name of the Lord, all sinful mistakes are erased.

ਆਂਤਰੀ ਬਾਹੀ ਹੀਰ ਪਰਬ ਸਾਥੇ ॥

antar baahar har parabh saathay.
Inwardly and outwardly, the Lord God is always with us.

ਬਹੈ ਬ੍ਰਹਮ ਖੁਦਾਗ ਗੁਰ ਪੂਰੇ ਦੇਸ਼ ਮਹਤੀ ਤਕਨੀ ਤੀਰਥੀ ॥੨॥ (107)

bhai bha-o bharam kho-i-aa gur poorai daykhaa sabhnee jaa-ee jee-o. ||2||

Fear, dread and doubt have been dispelled by the Perfect Guru; now, I see God everywhere. ||2||

ਪ੍ਰਸੂ ਪ੍ਰਥਮ ਵਏ ਦੀਵਸ ਨਾਮ ॥

prasu samrat vad day dayaara.
God is All-powerful, Vast, Lofty and Infinite.

ਨਉ ਨਿਧ ਨਾਮ ਭਰੇ ਭੰਡਾਰ ॥

na-o niDh naam bharay bhandaaraa.
The Naam is overflowing with the nine treasures.

ਆਤੀ ਅਂਤੀ ਪ੍ਰੁਸੂ ਮੇਦੀ ਦੂਰੀ ਛਵੇ ਦੂਜੀ ਤੀਰਥੀ ॥੩॥ (107)

aad ant maDh parabh so-ee doojaa lavai na laa-ee jee-o. ||3||

In the beginning, in the middle, and in the end, there is God. Nothing else even comes close to Him. ||3||
Kar kirpaa mayray deen da-i-aalaa.
Take pity on me, O my Lord, Merciful to the meek.

I am a beggar, begging for the dust of the feet of the Holy.

Servant Nanak begs for this gift: let me meditate on the Lord, forever and ever.

Servant Nanak begs for this gift: let me meditate on the Lord, forever and ever.

You are here, and You are hereafter.

All beings and creatures were created by You.

Without You, there is no other, O Creator. You are my Support and my Protection.

The tongue lives by chanting and meditating on the Lord's Name.
The Supreme Lord God is the Inner-knower, the Searcher of hearts.

Those who serve the Lord find peace; they do not lose their lives in the gamble.

Your humble servant, who obtains the Medicine of the Naam,

is rid of the illnesses of countless lifetimes and incarnations.

So sing the Kirtan of the Lord's Praises, day and night. This is the most fruitful occupation.

Bestowing His Glance of Grace, He has adorned His slave.

Without the One, there is no other at all. O Baba Nanak, this is the most excellent wisdom.
Maajh, Fifth Mehl:

माझ महला ५ ॥ (108)

Maajh, Fifth Mehl:

मनु तनु रता राम पिआरे ॥

man tan rataa raam pi-aaray.
My mind and body are imbued with love for the Lord.

सरबसु दीजै अपना वारे ॥

sarbas deejai apnaa vaaray.
I sacrifice everything for Him.

आठ पहर गोवैंद गुण गाईऐ बिसरु न कोई सासा जीउ ॥१॥

aath pahar govind gun gaa-ee-ai bisar na ko-ee saasaa jee-o. ||1||
Twenty-four hours a day, sing the Glorious Praises of the Lord of the Universe. Do not forget Him, for even one breath. ||1||

सोई साजन मीतु पिआरा ॥

so-ee saajan meet pi-aaraa.
He is a companion, a friend, and a beloved of mine,

राम नामु साधसंग बीचारा ॥

raam naam saaDhsang beechaaraa.
who reflects upon the Lord's Name, in the Company of the Holy.

साधू संग तरीजै सागरु कटीऐ जम की फासा जीउ ॥२॥

saaDhoo sang tareejai saagar katee-ai jam kee faasaa jee-o. ||2||
In the Saadh Sangat, the Company of the Holy, cross over the world-ocean, and the noose of death shall be cut away. ||2||

चारि पदारथ हर की मेलु ॥

chaar padaarath har kee sayvaa.
The four cardinal blessings are obtained by serving the Lord.
The Elysian Tree, the source of all blessings, is meditation on the Unseen and Unknowable Lord.

The Guru has cut out the sinful mistakes of sexual desire and anger, and my hopes have been fulfilled.

That mortal who is blessed by perfect destiny, meets the Lord, the Sustainer of the Universe, in the Company of the Holy.

O Nanak, if the Naam, the Name of the Lord, dwells within the mind, one is approved and accepted, whether he is a house-holder or a renunciate.

Meditating on the Naam, the Name of the Lord, my heart is filled with peace.

By His Grace, His devotees become famous and acclaimed.
Joining the Society of the Saints, I chant the Name of the Lord, Har, Har; the disease of laziness has disappeared. ||1||

O Siblings of Destiny, the nine treasures are found in the Home of the Lord;

He comes to meet those who deserve it by their past actions.

The Perfect Transcendent Lord is spiritual wisdom and meditation. God is All-powerful to do all things.

In an instant, He establishes and disestablishes.

He Himself is the One, and He Himself is the Many.

Filth does not stick to the Giver, the Life of the World. Gazing upon the Blessed Vision of His Darshan, the pain of separation departs.

Holding on to the hem of His Robe, the entire Universe is saved.
ਆਪਣਾ ਨਾਉ ਆਿਪ ਜਪਾਈ ॥ (108)
aapnaa naa-o aap japaa-ee.
He Himself causes His Name to be chanted.

ਸਤ ਬੋਿਹਥੁ ਪਾਇਆ ਕਿਰਪਾ ਤੇ ਨਾਨਕ ਧੁਿਰ ਸੰਜੋਗਾ ਜੀਉ ॥੪॥੪੧॥੪੮॥ (108)
gur bohith paa-i-aa kirpaa tay naanak Dhur sanjogaa jee-o. ||4||41||48||
The Boat of the Guru is found by His Grace; O Nanak, such blessed destiny is pre-ordained. ||4||41||48||

ਮਾਝ ਮਹਲਾ ੫ ॥ (108)
maajh mehlaa 5.
Maajh, Fifth Mehl:

ਸੋੈ ਕਰਣਾ ਜੀ ਆਿਪ ਕਰਾਏ ॥ (108)
so-ee karnaa je aap karaa-ay.
People do whatever the Lord inspires them to do.

ਜਿਥੈ ਰਖੈ ਸਾ ਭਲੀ ਜਾਏ ॥ (108)
jithai rakhai saa bhalee jaa-ay.
Wherever He keeps us is a good place.

ਸੋੈ ਸਿਆਣਾ ਸੋ ਪਿਤਵੰਤਾ ਹੁਕਮੁ ਲਗੈ ਜਿਸੁ ਮੀਠਾ ਜੀਉ ॥੧॥ (108)
so-ee si-aanaa so pativantaa hukam lagai jis meethaa jee-o. ||1||
That person is clever and honorable, unto whom the Hukam of the Lord's Command seems sweet. ||1||

ਸਭ ਪਰੋੈ ਇਕਤੁ ਦਾਗੈ ॥ (108)
sabh paro-ee ikat Dhaagai.
Everything is strung upon the One String of the Lord.

ਜਿਸੁ ਲਾਈ ਲਈ ਸੀ ਚਰਣੀ ਲਾਗੈ ॥ (108)
jis laa-ay la-ay so charnee laagai.
Those whom the Lord attaches, are attached to His Feet."
Those, whose inverted lotus of the crown chakra is illuminated, see the Immaculate Lord everywhere. ||2||

Only You Yourself know Your Glory.

You Yourself recognize Your Own Self.

I am a sacrifice to Your Saints, who have crushed their sexual desire, anger and greed. ||3||

You have no hatred or vengeance; Your Saints are immaculate and pure.

Seeing them, all sins depart.

Nanak lives by meditating, meditating on the Naam. His stubborn doubt and fear have departed. ||4||42||49||

Nanak, Fifth Mehl:
झूठा मंगनु जे कोई मागै॥
jhoothaa mangan jay ko-ee maagai.
One who asks for a false gift,

तिस कउ मरते घड़ी न लागै॥
tis ka-o martay gharhee na laagai.
shall not take even an instant to die.

पारबर्हमू जो सद ही सेवै सो गुर मिल निहचलु कहणा ॥१॥
paarbarahm jo sad hee sayvai so gur mil nihchal kahnaa. ||1||
But one who continually serves the Supreme Lord God and meets the Guru, is said to be immortal. ||1||

प्रेम भगत फिम वै भिरि लजी॥
paraym bhagat jis kai man laagee.
One whose mind is dedicated to loving devotional worship

गुण गावै अनिदनु नित जागी॥
gun gaavai an-din nit jaagee.
sings His Glorious Praises night and day, and remains forever awake and aware.

बाह पकिड़ तिस सुआमी मेलै िजस कै  मसतिक लहणा ॥२॥
baah pakarh tis su-aamee maylai jis kai mastak lahnaa. ||2||
Taking him by the hand, the Lord and Master merges into Himself that person, upon whose forehead such destiny is written. ||2||

चरण कमल भगता भुठे॥
charan kamal bhagtaaN man vuthay.
His Lotus Feet dwell in the minds of His devotees.

विन परमेसर सगले मुठे॥
vin parmaysar saglay muthay.
Without the Transcendent Lord, all are plundered.
ਸੰਤ ਜਨਾਂ ਕੀ ਧੂਿੱਡ ਨਿਤ ਬਾਂਛਿਹ ਨਾਮੁ ਸਚੇ ਕਾ ਗਹਣਾ ॥੩॥

I long for the dust of the feet of His humble servants. The Name of the True Lord is my decoration. ||3||

ਊਠਤ ਬੈਠਤ ਹਿਰ ਹਿਰ ਗਾਈਐ ॥

Standing up and sitting down, I sing the Name of the Lord, Har, Har.

ਿਜਸੁ ਿਸਮਰਤ ਵਰੁ ਿਨਹਚਲੁ ਪਾਈਐ ॥

Meditating in remembrance on Him, I obtain my Eternal Husband Lord.

ਨਾਨਕ ਕਉ ਪਰ੍ਭ ਹੋਇ ਦਇਆਲਾ ਤੇਰਾ ਕੀਤਾ ਸਹਣਾ ॥੪॥੪੩॥੫੦॥

God has become merciful to Nanak. I cheerfully accept Your Will. ||4||43||50||

ਅੰਤਿਰ ਅਲਖੁ ਨ ਜਾਈ ਲਿਖਆ ॥

The Unseen Lord is within, but He cannot be seen.

ਅਗਮੁ ਅਗੋਚਰੁ ਸਭ ਤੇ ਊੱਚਾ ਗੁਰ ਕੈ  ਸਹਜ਼ਕਾਵਿ ਦਾ ॥੧॥

The Inaccessible and Incomprehensible Lord is the highest of all. Through the Word of the Guru's Shabad, He is known. ||1||
I am a sacrifice, my soul is a sacrifice, to those who chant the Naam, in this Dark Age of Kali Yuga.

The Beloved Saints were established by the True Lord. By great good fortune, the Blessed Vision of their Darshan is obtained.

The One who is sought by the Siddhas and the seekers,

upon whom Brahma and Indra meditate within their hearts,

whom the three hundred thirty million demi-gods search for—meeting the Guru, one comes to sing His Praises within the heart.

In the four sources of creation, and in all speech, You dwell. You are dear to the minds of all.
The True Lord and Master is known to the Gurmukhs. He is realized through the Shabad, the Word of the Perfect Guru. Those who drink it in are satisfied. Through the Truest of the True, they are fulfilled. 

In the home of their own beings, they are peacefully and comfortably at ease. They are blissful, enjoying pleasures, and eternally joyful. They are wealthy, and the greatest kings; they center their minds on the Guru's Feet. 

First, You created nourishment; then, You created the living beings.


tuDh jayvad daata avar na su-aamee lavai na ko-ee laavani-aa. ||6||
There is no other Giver as Great as You, O my Lord and Master. None approach or equal You. ||6||

jis tooN tuthaa so tuDh Dhi-aa-ay.
Those who are pleasing to You meditate on You.

saaDh janaa kaa mantar kamaa-ay.
They practice the Mantra of the Holy.

aap tarai saglay kul taaray tis dargeh thaak na paavni-aa. ||7||
They themselves swim across, and they save all their ancestors and families as well. In the Court of the Lord, they meet with no obstruction. ||7||

tooN vadaa tooN oocho oochaa.
You are so Great! You are the Highest of the High!

tooN bay-ant at moocho moochaa.
You are Infinite, You are Everything!

ha-o kurbaanee tayrai vanjaa naanak daas dasaavani-aa. ||8||1||35||
I am a sacrifice to You. Nanak is the slave of Your slaves. ||8||1||35||

maajh mehlaa 5.
Maajh, Fifth Mehl:
Who is liberated, and who is united?

Who is a spiritual teacher, and who is a preacher?

Who is a house-holder, and who is a renunciate? Who can estimate the Lord's Value?

How is one bound, and how is one freed of his bonds?

How can one escape from the cycle of coming and going in reincarnation?

Who is subject to karma, and who is beyond karma? Who chants the Name, and inspires others to chant it?

Who is happy, and who is sad?

Who, as sunmukh, turns toward the Guru, and who, as vaymukh, turns away from the Guru?
How can one meet the Lord? How is one separated from Him? Who can reveal the way to me? ||3||

What is that Word, by which the wandering mind can be restrained?

What are those teachings, by which we may endure pain and pleasure alike?

What is that lifestyle, by which we may come to meditate on the Supreme Lord? How may we sing the Kirtan of His Praises? ||4||

Blessed is the Gurmukh, the householder and the renunciate. The Gurmukh knows the Lord's Value. ||5||

Egotism is bondage; as Gurmukh, one is emancipated.
The Gurmukh escapes the cycle of coming and going in reincarnation.

The Gurmukh performs actions of good karma, and the Gurmukh is beyond karma. Whatever the Gurmukh does, is done in good faith.

The Gurmukh is happy, while the self-willed manmukh is sad.

The Gurmukh turns toward the Guru, and the self-willed manmukh turns away from the Guru.

Through the Guru's Teachings, we can endure pain and pleasure alike.

To live as Gurmukh is the lifestyle by which we come to meditate on the Supreme Lord. The Gurmukh sings the Kirtan of His Praises.
ਸਗਲੀ ਬਣਤ ਬਣਾਈ ਆਪੇ ॥ (131)
saglee banat banaa-ee aapay.
The Lord Himself created the entire creation.

ਆਪੇ ਕਰੇ ਕਰਾਏ ਥਾਪੇ ॥ (131)
aapay karay karaa-ay thaapay.
He Himself acts, and causes others to act. He Himself establishes.

ਇਕਸੁ ਤੇ ਹੋਇਓ ਅਨੰਤਾ ਨਾਨਕ ਏਕਸੁ ਮਾਹੀ ਸਮਾਏ ਜੀਉ ॥੯॥੨॥੩੬॥
ikas tay ho-i-o anantaa naanak aykas maahi samaa-ay jee-o. ||9||2||36||
From oneness, He has brought forth the countless multitudes. O Nanak, they shall merge into the One once again. ||9||2||36||

ਮਾਝ ਮਹਲਾ ੫ ॥
maajh mehlaa 5.
Maajh, Fifth Mehl:

ਪਰ੍ਭੁ ਅਿਬਨਾਸੀ ਤਾ ਿਕਾ ਕਾਰਾ ॥
parabh abhinaasee taa ki-aa kaarhaa.
God is Eternal and Imperishable, so why should anyone be anxious?

ਹਿਰ ਭਗਵੰਤਾ ਤਾ ਜਨੁ ਖਰਾ ਸੁਖਾਲਾ ॥
har bhagvantaa taa jan kharaa sukhaalaa.
The Lord is Wealthy and Prosperous, so His humble servant should feel totally secure.

ਜੀਅ ਪਰ੍ਾਨ ਮਾਨ ਸੁਖਦਾਤਾ ਤੂੰ ਕਰਿਹ ਸੋੈ ਸੁਖੁ ਪਾਵਿਣਾ ॥੧॥
jee-a paraan maan sukh-daata tooN karahi so-ee sukh paavni-aa. ||1||
O Giver of peace of the soul, of life, of honor-as You ordain, I obtain peace. ||1||

ਹਉ ਬਾਰੀ ਜੀੂ ਬਾਰੀ ਸੂਰਮੁੱਖੀ ਮਨਨ ਤਨਨ ਭਾਵਿਣਾ ॥ (131)
ha-o vaaree jee-o vaaree gurmukh man tan bhaavni-aa.
I am a sacrifice, my soul is a sacrifice, to that Gurmukh whose mind and body are pleased with You.


**ਤੂੰ ਮੇਰਾ ਪਰਬਤੁ**  
ਤੂੰ ਮੇਰਾ ਓਲਾ  

tooN mayraa parbat tooN mayraa olaa  
||1||

You are my mountain, You are my shelter and shield. No one can rival You.  
||1|| Pause||

**ਤੇਰਾ ਕੀਤਾ ਿਜਸੁ ਲਾਗੈ ਮੀਠਾ**  

tayraa keetaa jis laagai meethaa.  
That person, unto whom Your actions seem sweet,

**ਘਿਟ ਘਿਟ ਪਾਰਬਰ੍ਹਮੁ ਿਤਿਨ ਜਿਨ ਡੀਠਾ**  

ghat ghat paarbarahm tin jan deethaa.  
comes to see the Supreme Lord God in each and every heart.

**ਸਗਲ ਮਨੋਰਥ ਤੂੰ ਦੇਵਣਹਾਰਾ**  

sagal manorath tooN dayvanhaaraa.  
You are the Fulfiller of all the mind's desires.

**ਧੰਦੀ ਕੁਰਾਇੁ ਕਰੇ ਕੇਰਾਣਾ**  

bhagtee bhaa-ay bharay bhandaraa.  
Your treasures are overflowing with love and devotion.

**ਦਇਆ ਧਾਿਰ ਰਾਖੇ ਤੁਧੁ ਸੇਈ ਪੂਰੈ ਕਰਿਮ ਸਮਾਵਿਣਆ**  

da-i-aa Dhaar raakhay tuDh say-ee poorai karam samaavani-aa.  
Showering Your Mercy, You protect those who, through perfect destiny, merge into You.  
||3||

**ਅੰਧ ਕੂਪ ਤੇ ਕੰਢੈ ਚਾੜੇ**  

anDh koop tay kandhai chaarhay.  
You pulled me out of the deep, dark well onto the dry ground.
Showering Your Mercy, You blessed Your servant with Your Glance of Grace.

I sing the Glorious Praises of the Perfect, Immortal Lord. By speaking and hearing these Praises, they are not used up.

Here and hereafter, You are our Protector.

The fire of Maya does not affect those who are imbued with the Lord's Love; they sing His Glorious Praises.

What Praises of Yours can I chant and contemplate?

You are my Friend and Companion, my Lord and Master. Without You, I do not know any other at all.
jis ka-o tooN parabh bha-i-aa sahaa-ee.
O God, that one, unto whom You have given shelter,

tis tatee vaa-o na lagai kaa-ee.
is not touched by the hot winds.

too saahib saran sukh-daata satsangat jap pargataavani-aa. ||7||
O my Lord and Master, You are my Sanctuary, the Giver of peace. Chanting, meditating on You in the Sat Sangat, the True Congregation, You are revealed. ||7||

too ooch athaahu apaar amolaa.
You are Exalted, Unfathomable, Infinite and Invaluable.

tooN saachaa saahib daas tayraa golaa.
You are my True Lord and Master. I am Your servant and slave.

tooN meeraa saachee thakuraa-ee naanak bal bal jaavani-aa. ||8||3||37||
You are the King, Your Sovereign Rule is True. Nanak is a sacrifice, a sacrifice to You. ||8||3||37||

maajh mehlaa 5 ghar 2.
Maajh, Fifth Mehl, Second House:
Mool na manhu visaaree-ai. rhaa-o.
Never forget Him from your mind. ||Pause||

Santaa sangat paa-ee-ai.
Join the Society of the Saints,

Jit jam kai panth na jaa-ee-ai.
and you shall not have to go down the path of Death.

deesa vahi ya rambh le ohe bukhri na jhali garih loo-

tosaa har kaa naam lai tayray kuleh na laagai gaal jee-o. ||1||
Take the Provisions of the Lord's Name with you, and no stain shall attach itself to your family. ||1||

Jo simranday saa-

Those who meditate on the Master

Narak na say-ee paa-ee-ai.
shall not be thrown down into hell.

Tatee vaa-o na lag-ee jin man vuthaa aa-ay jee-o. ||2||
Even the hot winds shall not touch them. The Lord has come to dwell within their minds. ||2||

Say-ee sundar sohnay.
They alone are beautiful and attractive,
ਸਾਧਵਾਂ ਜਨ ਹਿਰਾ ਜਨੀ ਮੁਹੀ ਕੀਤਰਾ ਜੀਉ॥ (132)

who abide in the Saadh Sangat, the Company of the Holy.

Those who have gathered in the wealth of the Lord's Name-they alone are deep and thoughtful and vast. ||3||

ਹਿਰ ਅਹੀ ਰਸਾਇਨੁ ਪੀਵੀਐ॥ (132)

Drink in the Ambrosial Essence of the Name,

and live by beholding the face of the Lord's servant.

ਕਾਰਜ ਸਵਾਰ ਲਈ ਨਿਤ ਪੂਜਾ ਗੁਰ ਕੇ ਪਾਵ ਜੀਉ॥ (132)

Let all your affairs be resolved, by continually worshipping the Feet of the Guru. ||4||

ਨੇ ਜੀਉ ਭੰਧਤਰ॥ (132)

Whom the Lord has made His Own.

ਕੀਤਰਾ ਜੀਉ॥ (132)

he alone meditates on the Lord of the World.

He alone is a warrior, and he alone is the chosen one, upon whose forehead good destiny is recorded. ||5||
Within my mind, I meditate on God.

For me, this is like the enjoyment of princely pleasures.

Evil does not well up within me, since I am saved, and dedicated to truthful actions.

I have enshrined the Creator within my mind;

I have obtained the fruits of life's rewards.

If your Husband Lord is pleasing to your mind, then your married life shall be eternal.

I have obtained everlasting wealth;

I have found the Sanctuary of the Dispeller of fear.
ਲਾਇ ਅੰਚਲ ਨਾਨਕ ਤਾਰਿਆਨੁ ਜੀਤਾ ਜਨਮੁ ਅਪਾਰ ਜੀਉ ਹੈ। ||8||4||38||

Grasping hold of the hem of the Lord’s robe, Nanak is saved. He has won the incomparable life. ||8||4||38||

ਸਿਤਗੁਰ ਪਰਸਾਦ ॥

One Universal Creator God. By The Grace Of The True Guru:

ਮਾਜ਼ ਮਹਲਾ ੫ ਘਰੁ ੩ ॥

Maajh, Fifth Mehl, Third House:

ਹਿਰ ਜਿਪ ਜਪੇ ਮਨੁ ਧੀਰੇ ॥੧॥

Chanting and meditating on the Lord, the mind is held steady. ||1||Pause||

ਸਰਿਨ ਆਵਤਾ ਪਾਰਬਰਹਮ ਕੀ ਤਾ ਕਿਫ਼ਾ ਕੇ ਝੁਰੇ ॥੨॥

Entering the Sanctuary of the Supreme Lord God, how could anyone feel grief any longer? ||2||

ੰਨੀ ਚਰਨ ਸੇਵ ਸੰਤ ਸਾਧ ਕੇ ਸਗਲ ਮਨੋਰਥ ਪੂਰੇ ॥੩॥

Serving at the Feet of the Holy Saints, all desires are fulfilled. ||3||

ਘਿਟ ਘਿਟ ਏਕ ਵਰਤਦਾ ਜਲ ਮਹੀਆਲ ਪੂਰੇ ॥੪॥

In each and every heart, the One Lord is pervading. He is totally permeating the water, the land, and the sky. ||4||
ਪਾਪ ਿਬਨਾਸਨੁ ਸੇਿਵਆ ਪਿਵਤਰ ਸੰਤਨ ਕੀ ਡੂਰੇ ॥੫॥
paap binaasan sayvi-aa pavitar santan kee Dhooray. ||5||
I serve the Destroyer of sin, and I am sanctified by the dust of the feet of the Saints. ||5||

ਸਭ ਛਡਾਈ ਖਸਿਮ ਆਿਪ ਹਿਰ ਜਿਪ ਭਈ ਠਰੂਰੇ ॥੬॥
sabh chhadaa-ee khasam aap har jap bha-ee tharooray. ||6||
My Lord and Master Himself has saved me completely; I am comforted by meditating on the Lord. ||6||

ਕਰਤੈ ਕੀਆ ਤਪਾਵਸੋ ਦੁਸਟ ਮੁਏ ਹੋਇ ਮੂਰੇ ॥੭॥
kartai kee-aa tapaavaso dusat mu-ay ho-ay mooray. ||7||
The Creator has passed judgement, and the evil-doers have been silenced and killed. ||7||

ਨਾਨਕ ਰਤਾ ਸਿਚ ਨਾਈ ਹਿਰ ਵੇਖੈ ਸਦਾ ਹਜੂਰੇ ॥੮॥੫॥੩੯॥੧॥੩੨॥੧॥੫॥੩੯॥
naanak rataa sach naa-ay har vaykhai sadaa hajooray. ||8||5||39||1||32||1||5||39||
Nanak is attuned to the True Name; he beholds the Presence of the Ever-present Lord. ||8||5||39||1||32||1||5||39||

ਬਾਰਹ ਮਾਹਾ ਮਐਥ ਮਹਲਾ ੫ ਘਰੁ ੪
Baarah Maahaa ~ The Twelve Months: Maajh, Fifth Mehl, Fourth House:

ਚਾਿਰ ਕੁੰਟ ਦਹ ਿਦਸ ਭਰ੍ਮੇ ਥਿਕ ਆਏ ਪਰ੍ਭ ਕੀ ਸਾਮ ॥
chaar kunt dah dis bharamay thak aa-ay parabh kee saam.
We have grown weary of wandering to the four corners of the earth and in the ten directions. We have come to Your Sanctuary, God.
ਏਹ ਦੁਇਏ ਦੇ ਫਕਾਂਦੀ ਲਿਖਦੇ ਦੇ ਆਵਿਆ ਕਾਮ। || (133)
ਹੇਦੁ ਦੁਇਏ ਦੇ ਬਾਹਰੀਲੀ ਕਿੱਲੀ ਨ ਆਵੀ ਕਾਮ।
Dhayn duDhai tay baahree kitai na aavai kaam.
Without milk, a cow serves no purpose.

ਨਹਾ ਲਿਖਦੇ ਮਹਾਤਮਿਦੀ ਦੱਖਾਣਦੀ ਫਕਾਂਦੀ ਕਾਮ। || (133)
ਜਲ ਬਿੱਨੁ ਸਾਖ ਕੁਮਾਰਾਵਟੀ ਉਪਜਹੀ ਨਾਹੀ ਦਾਮ।
jal bin saakh kumlaavatee upjahi naahee daam.
Without water, the crop withers, and it will not bring a good price.

ਵਿਚ ਰਾਖ ਦੇ ਨਿਜੀਵਾ ਮਨਤਏ ਬਢ੍ਹ ਧੀਟੀਵਾ ਕਿਸਮਾਦ। || (133)
ਹਿਰ ਨਾਹ ਦੇ ਨੀਲੀਵੇ ਸਾਜਨਾਂ ਕਤ ਪਾਈਐ ਬਿਸਰਾਮ।
har naah na milee-ai saajnai kat paa-ee-ai bisraam.
If we do not meet the Lord, our Friend, how can we find our place of rest?

ਸਰਬ ਸੀਗਾਰ ਤੰਬੋਲ ਰਸ ਸਨੁਦੇ ਸੇਬ ਕਹਾਈ। || (133)
ਐਂਡੁ ਕੁਭਾ ਵਿਹੂਣੀਆ ਮੀਤ ਸਜਾਈ ਸਭ ਖਾਈ।
jit ghar har kant na pargata-ee bhath nagar say garaam.
Those homes, those hearts, in which the Husband Lord is not manifest-those towns and villages are like burning furnaces.

ਪਰਹ ਸੂਵਾਮੀ ਕੰਤ ਵਿਰਹੂਣਾ ਸੀ ਕਾਮ। || (133)
ਪਰਬ ਸੁਵਾਮੀ ਕੰਤ ਵਿਰੂਧੀਆ ਮੀਤ ਸਜਾਈ ਸਭ ਖਾਈ।
parabh su-aamee kant vihoonee-aa meet sajan sabh jaam.
All decorations, the chewing of betel to sweeten the breath, and the body itself, are all useless and vain.

ਪੁਭ ਸੁਖਾਨੀ ਵਹਿਲਾ ਵਿਤਰੀਆ ਮੀਤ ਸੇਬ ਖਾਈ। || (133)
ਪਰ੍ਭ ਸੁਵਾਮੀ ਕੰਤ ਵਿਰੂਧੀਆ ਮੀਤ ਲਜਾਈ ਸਭ ਖਾਈ।
parabh su-aamee kant vihoonee-aa meet sajan sabh jaam.
Without God, our Husband, our Lord and Master, all friends and companions are like the Messenger of Death.

ਨਾਨਕ ਕੀ ਬੇਨੰਤੀਆ ਕਿਰ ਕਰਪਾ ਦੀਜੀ ਨਾਮ। || (133)
ਨਾਨਕ ਕੀ ਬੇਨੰਤੀਆ ਕਿਰ ਕਰਪਾ ਦੀਜੀ ਨਾਮ।
naanak kee banantee-aa kar kirpa deejai naam.
This is Nanak's prayer: "Please show Your Mercy, and bestow Your Name.

ਵਿੱਚ ਮੇਲਹੁ ਸੁਵਾਮੀ ਮੀਤ ਪੁਹ ਤਸੀਮ ਖਾ ਕਾਮ। || (133)
ਵਿੱਚ ਮੇਲਹੁ ਸੁਵਾਮੀ ਮੀਤ ਪੁਹ ਤਸੀਮ ਖਾ ਕਾਮ।
har maylhu su-aamee sang parabh jis kaa nihchal Dhaam. ||1||
O my Lord and Master, please unite me with Yourself, O God, in the Eternal Mansion of Your Presence". ||1||
In the month of Chayt, by meditating on the Lord of the Universe, a deep and profound joy arises.

Meeting with the humble Saints, the Lord is found, as we chant His Name with our tongues.

Those who have found God-blessed is their coming into this world.

Those who live without Him, for even an instant-their lives are rendered useless.

The Lord is totally pervading the water, the land, and all space. He is contained in the forests as well.

Those who do not remember God-how much pain must they suffer!

Those who dwell upon their God have great good fortune.

My mind yearns for the Blessed Vision of the Lord's Darshan. O Nanak, my mind is so thirsty!
chayt milaa-ay so parabhoo tis kai paa-ay lagaa. ||2||
I touch the feet of one who unites me with God in the month of Chayt. ||2||

vaisaakh Dheeran ki-o vaadhee-aa jinaa paraym bichhohu.
In the month of Vaisaakh, how can the bride be patient? She is separated from her Beloved.

har saajan purakh visaar kai lagee maa-i-aa Dhohu.
She has forgotten the Lord, her Life-companion, her Master; she has become attached to Maya, the deceitful one.

putar kaltar na sang Dhanaa har avinaassee oh.
Neither son, nor spouse, nor wealth shall go along with you-only the Eternal Lord.

palach palach saglee mu-ee jhoothai DhanDhai moh.
Entangled and enmeshed in the love of false occupations, the whole world is perishing.

ikas har kay naam bin agai la-ee-ah khohi.
Without the Naam, the Name of the One Lord, they lose their lives in the hereafter.

da-yu visaar viguchnaa parabh bin avar na ko-ay.
Forgetting the Merciful Lord, they are ruined. Without God, there is no other at all.

pareetam charnee jo lagay tin kee nirmal so-ay.
Pure is the reputation of those who are attached to the Feet of the Beloved Lord.
Nanak makes this prayer to God: "Please, come and unite me with Yourself".

The month of Vaisaak is beautiful and pleasant, when the Saint causes me to meet the Lord. ||3||

One who has grasped the hem of the robe of the Lord, the True Friend-no one can keep him in bondage.

God's Name is the Jewel, the Pearl. It cannot be stolen or taken away.

In the Lord are all pleasures which please the mind.

As the Lord wishes, so He acts, and so His creatures act.

They alone are called blessed, whom God has made His Own.
आपण लीआ जे मिलै विचहुर्ह किउ रोवनी || (134)
aapan lee-aa jay milai vichhurh ki-o rovann.
If people could meet the Lord by their own efforts, why would they be crying out in the
pain of separation?

मान्न संघ धरवघे चरघ वेज भवते || (134)
saaDhoo sang paraapatay naanak rang maanan.
Meeting Him in the Saadh Sangat, the Company of the Holy, O Nanak, celestial bliss is
enjoyed.

जन नेर अंगिर निमप पढी सिम बे डगु भवते ||4|| (134)
har jayth rangeelaas Dhanee jis kai bhaag mathann. ||4||
In the month of Jayth, the playful Husband Lord meets her, upon whose forehead such
good destiny is recorded. ||4||

आसार उसपाज डिम भौ चर ताहु न मिलं धणम || (134)
aasaarh tapandaa tis lagai har naahu na jinna paas.
The month of Aasaarh seems burning hot, to those who are not close to their Husband
Lord.

तजसीन धृष्ट तिम्हाज वे भगभ मंटी आम || (134)
jagjeevan purakh t-i-aag kai maanas sandee aas.
They have forsaken God the Primal Being, the Life of the World, and they have come to
rely upon mere mortals.

षूने कान्च विगुची बाजी धरीसु तभ दाम || (134)
duyai bhaa-ay viguchee-ai gal pa-ees jam kee faas.
In the love of duality, the soul-bride is ruined; around her neck she wears the noose of
Death.

जेहाब बीजै दो सो लुणै मथै जो लिखा आस || (134)
jayhaa beejai so lunai mathai jo likhi-aas.
As you plant, so shall you harvest; your destiny is recorded on your forehead.
रैिण िवहाणी पछुताणी उिठ चली गई निरास।

The life-night passes away, and in the end, one comes to regret and repent, and then depart with no hope at all.

जिन कौ साधू भेटीऐ सो दरगह होइ खलास।

Those who meet with the Holy Saints are liberated in the Court of the Lord.

किर िकरपा पर्भ आपनी तेरे दरसन होइ िपास।

Show Your Mercy to me, O God; I am thirsty for the Blessed Vision of Your Darshan.

ਪਰ੍ਭ ਤੁਧੁ ਿਬਨੁ ਦੂਜਾ ਕੋ ਨਹੀ ਨਾਨਕ ਕੀ ਅਰਦਾਿਸ।

Without You, God, there is no other at all. This is Nanak's humble prayer.

ਆਸਾੜੁ ਸੁਹੰਦਾ ਿਤਸੁ ਲਗੈ ਿਜਸੁ ਮਿਨ ਹਿਰ ਚਰਣ ਿਨਵਾਸ।

The month of Aasaarh is pleasant, when the Feet of the Lord abide in the mind.

ਸਾਵਿਣ ਸਰਸੀ ਕਾਮਣੀ ਚਰਨ ਕਮਲ ਿਸਉ ਿਪਆਰੁ।

In the month of Saawan, the soul-bride is happy, if she falls in love with the Lotus Feet of the Lord.

ਮਨੁ ਤਨੁ ਰਤਾ ਸਚ ਰੰਿਗ ਇਕੋ ਨਾਮਿ ਅਧਾਰੁ।

Her mind and body are imbued with the Love of the True One; His Name is her only Support.

ਿਬਿਖਾ ਰੰਗ ਕੂੜਾਿਵਆ ਿਦਸਿਨ ਸਭੇ ਛਾਰੁ।

The pleasures of corruption are false. All that is seen shall turn to ashes.
The drops of the Lord's Nectar are so beautiful! Meeting the Holy Saint, we drink these in.

The forests and the meadows are rejuvenated and refreshed with the Love of God, the All-powerful, Infinite Primal Being.

My mind yearns to meet the Lord. If only He would show His Mercy, and unite me with Himself!

Those brides who have obtained God-I am forever a sacrifice to them.

O Nanak, when the Dear Lord shows kindness, He adorns His bride with the Word of His Shabad.

Saawan is delightful for those happy soul-brides whose hearts are adorned with the Necklace of the Lord's Name. ||6||

In the month of Bhaadon, she is deluded by doubt, because of her attachment to duality.

She may wear thousands of ornaments, but they are of no use at all.
On that day when the body perishes—at that time, she becomes a ghost.

The Messenger of Death seizes and holds her, and does not tell anyone his secret.

And her loved ones—in an instant, they move on, leaving her all alone.

She wrings her hands, her body writhes in pain, and she turns from black to white.

As she has planted, so does she harvest; such is the field of karma.

Nanak seeks God's Sanctuary; God has given him the Boat of His Feet.

Those who love the Guru, the Protector and Savior, in Bhaadon, shall not be thrown down into hell.

In the month of Assu, my love for the Lord overwhelms me. How can I go and meet the Lord?
मनि तनि प्रिय दर्शन घणि कोई आणि मिलावे माई ॥
My mind and body are so thirsty for the Blessed Vision of His Darshan. Won't someone please come and lead me to him, O my mother.

संत सहाई परे मे विकृत बे क्रमा तर्पि ॥
The Saints are the helpers of the Lord's lovers; I fall and touch their feet.

विवणु परभ िकृ सुखु पाईऐ दूजी नाही जाइ ॥
Without God, how can I find peace? There is nowhere else to go.

जिन्ही चाकिए परे मे सितर्पित रहे आघाइ ॥
Those who have tasted the sublime essence of His Love, remain satisfied and fulfilled.

आपू विभागि विकृति बेति ग्रृह तर्पि तर्पि ॥
They renounce their selfishness and conceit, and they pray, "God, please attach me to the hem of Your robe".

जो हिर कंतिया िस विजृद्रि कति न जाइ ॥
Those whom the Husband Lord has united with Himself, shall not be separated from Him again.

प्रभ विजृति दूजा बे तर्पि तर्पि मिश्रि ॥
Without God, there is no other at all. Nanak has entered the Sanctuary of the Lord.

असू सुखी वसंदीआ िजना मईआ हिर राइ ॥
In Assu, the Lord, the Sovereign King, has granted His Mercy, and they dwell in peace.
In the month of Katak, do good deeds. Do not try to blame anyone else.

Forgetting the Transcendent Lord, all sorts of illnesses are contracted.

Those who turn their backs on the Lord shall be separated from Him and consigned to reincarnation, over and over again.

In an instant, all of Maya's sensual pleasures turn bitter.

No one can then serve as your intermediary. Unto whom can we turn and cry?

By one's own actions, nothing can be done; destiny was pre-determined from the very beginning.

By great fortune, I meet my God, and then all pain of separation departs.

Please protect Nanak, God; O my Lord and Master, please release me from bondage.
In Katak, in the Company of the Holy, all anxiety vanishes. ||9||

In the month of Maghar, those who sit with their Beloved Husband Lord are beautiful.

How can their glory be measured? Their Lord and Master blends them with Himself.

Their bodies and minds blossom forth in the Lord; they have the companionship of the Holy Saints.

Those who lack the Company of the Holy, remain all alone.

Their pain never departs, and they fall into the grip of the Messenger of Death.

Those who have ravished and enjoyed their God, are seen to be continually exalted and uplifted.

They wear the Necklace of the jewels, emeralds and rubies of the Lord's Name.
Nanak seeks the dust of the feet of those who take to the Sanctuary of the Lord's Door.

Those who worship and adore God in Maghar, do not suffer the cycle of reincarnation ever again. ||10||

In the month of Poh, the cold does not touch those, whom the Husband Lord hugs close in His Embrace.

Their minds are transfixed by His Lotus Feet. They are attached to the Blessed Vision of the Lord's Darshan.

Seek the Protection of the Lord of the Universe; His service is truly profitable.

Corruption shall not touch you, when you join the Holy Saints and sing the Lord's Praises.

From where it originated, there the soul is blended again. It is absorbed in the Love of the True Lord.
When the Supreme Lord God grasps someone's hand, he shall never again suffer separation from Him.

I am a sacrifice, 100,000 times, to the Lord, my Friend, the Unapproachable and Unfathomable.

Please preserve my honor, Lord; Nanak begs at Your Door.

Poh is beautiful, and all comforts come to that one, whom the Carefree Lord has forgiven.

In the month of Maagh, let your cleansing bath be the dust of the Saadh Sangat, the Company of the Holy.

Meditate and listen to the Name of the Lord, and give it to everyone.

In this way, the filth of lifetimes of karma shall be removed, and egotistical pride shall vanish from your mind.
Sexual desire and anger shall not seduce you, and the dog of greed shall depart.

Those who walk on the Path of Truth shall be praised throughout the world.

Be kind to all beings-this is more meritorious than bathing at the sixty-eight sacred shrines of pilgrimage and the giving of charity.

That person, upon whom the Lord bestows His Mercy, is a wise person.

Nanak is a sacrifice to those who have merged with God.

In Maagh, they alone are known as true, unto whom the Perfect Guru is Merciful.

In the month of Phalgun, bliss comes to those, unto whom the Lord, the Friend, has been revealed.

The Saints, the Lord's helpers, in their mercy, have united me with Him.
My bed is beautiful, and I have all comforts. I feel no sadness at all.

My desires have been fulfilled-by great good fortune, I have obtained the Sovereign Lord as my Husband.

Join with me, my sisters, and sing the songs of rejoicing and the Hymns of the Lord of the Universe.

There is no other like the Lord-there is no equal to Him.

He rescues us from the world-ocean; never again do we have to run the cycle of reincarnation.

I have only one tongue, but Your Glorious Virtues are beyond counting. Nanak is saved, falling at Your Feet.
In Phalgun, praise Him continually; He has not even an iota of greed. ||13||

Those who meditate on the Naam, the Name of the Lord-their affairs are all resolved.

Those who meditate on the Perfect Guru, the Lord-Incarnate-they are judged true in the Court of the Lord.

The Lord's Feet are the Treasure of all peace and comfort for them; they cross over the terrifying and treacherous world-ocean.

They obtain love and devotion, and they do not burn in corruption.

Falsehood has vanished, duality has been erased, and they are totally overflowing with Truth.

They serve the Supreme Lord God, and enshrine the One Lord within their minds.

The months, the days, and the moments are auspicious, for those upon whom the Lord casts His Glance of Grace.
Nanak begs for the blessing of Your Vision, O Lord. Please, shower Your Mercy upon me! ||14||1||

Maajh mehlaa 5 din raiian
Maajh, Fifth Mehl: Day And Night:

I serve my True Guru, and meditate on Him all day and night.

Renouncing selfishness and conceit, I seek His Sanctuary, and speak sweet words to Him.

Through countless lifetimes and incarnations, I was separated from Him. O Lord, you are my Friend and Companion-please unite me with Yourself.

Those who are separated from the Lord do not dwell in peace, O sister.

Without their Husband Lord, they find no comfort. I have searched and seen all realms.
My own evil actions have kept me separate from Him; why should I accuse anyone else?

Bestow Your Mercy, God, and save me! No one else can bestow Your Mercy.

Without You, Lord, we roll around in the dust. Unto whom should we utter our cries of distress?

This is Nanak's prayer: "May my eyes behold the Lord, the Angelic Being." ||1||

The Lord hears the anguish of the soul; He is the All-powerful and Infinite Primal Being.

In death and in life, worship and adore the Lord, the Support of all.

In this world and in the next, the soul-bride belongs to her Husband Lord, who has such a vast family.

He is Lofty and Inaccessible. His Wisdom is Unfathomable.
He has no end or limitation. That service is pleasing to Him, which makes one humble, like the dust of the feet of the Saints.

He is the Patron of the poor, the Merciful, Luminous Lord, the Redeemer of sinners.

From the very beginning, and throughout the ages, the True Name of the Creator has been our Saving Grace.

No one can know His Value; no one can weigh it.

He dwells deep within the mind and body. O Nanak, He cannot be measured.

I am forever a sacrifice to those who serve God, day and night.

The Saints worship and adore Him forever and ever; He is the Forgive of all.

He fashioned the soul and the body, and by His Kindness, He bestowed the soul.
Through the Word of the Guru's Shabad, worship and adore Him, and chant His Pure Mantra.

His Value cannot be evaluated. The Transcendent Lord is endless.

That one, within whose mind the Lord abides, is said to be most fortunate.

The soul's desires are fulfilled, upon meeting the Master, our Husband Lord.

One who does not forget Him, day and night, is continually rejuvenated.

God is overflowing with all powers. I have no honor-He is my resting place.

I have grasped the Support of the Lord within my mind; I live by chanting and meditating on His Name.
Grant Your Grace, God, and bless me, that I may merge into the dust of the feet of the humble.

As You keep me, so do I live. I wear and eat whatever You give me.

May I make the effort, O God, to sing Your Glorious Praises in the Company of the Holy.

I can conceive of no other place; where could I go to lodge a complaint?

You are the Dispeller of ignorance, the Destroyer of darkness, O Lofty, Unfathomable and Unapproachable Lord.

Please unite this separated one with Yourself; this is Nanak's yearning.

That day shall bring every joy, O Lord, when I take to the Feet of the Guru.

Fifth Mehl, Raag Gauree Gwaarayree, Chau-Padas:
One Universal Creator God. By The Grace Of The True Guru:

How can happiness be found, O my Siblings of Destiny?

How can the Lord, our Help and Support, be found? ||Pause||

There is no happiness in owning one's own home, in all of Maya,
or in lofty mansions casting beautiful shadows.

In fraud and greed, this human life is being wasted. ||Pause||

He is pleased at the sight of his elephants and horses

and his armies assembled, his servants and his soldiers.
gal jayvrhee ha-umai kay faasaa. ||2||
But the noose of egotism is tightening around his neck. ||2||

raaj kamaavai dah dis saaree.
His rule may extend in all ten directions;

maanai rang bhog baho naaree.
he may revel in pleasures, and enjoy many women -

ji-o narpat supnai bhaykhaaree. ||3||
but he is just a beggar, who in his dream, is a king. ||3||

ayk kusal mo ka-o satguroo bataa-i-aa.
The True Guru has shown me that there is only one pleasure.

har jo kichh karay so har ki-aa bhagtaa bhaa-i-aa.
Whatever the Lord does, is pleasing to the Lord's devotee.

jan naanak ha-umai maar samaa-i-aa. ||4||
Servant Nanak has abolished his ego, and he is absorbed in the Lord. ||4||

in biDh kusal hot mayray bhaa-ee.
This is the way to find happiness, O my Siblings of Destiny.
ਇਉ ਪਾਈਐ ਹਿਰ ਰਾਮ ਸਹਾੀ ॥੧॥ ਰਹਾਉ ਦੂਜਾ ॥

This is the way to find the Lord, our Help and Support. ||1||Second. Pause||

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ॥

Gauree Gwaarayree, Fifth Mehl:

ਿਕਉ ਭਰ੍ਮੀਐ ਭਰ੍ਮੁ ਿਕਸ ਕਾ ਹੋਈ ॥

Why do you doubt? What do you doubt?

ਜਾ ਜਿਲ ਥਿਲ ਮਹੀਅਿਲ ਰਿਵਆ ਸੋੈ ॥

God is pervading the water, the land and the sky.

ਗੁਰਮੁਿਖ ਉਬਰੇ ਮਨਮੁਖ ਪਿਤ ਖੋਈ ॥

The Gurmukhs are saved, while the self-willed manmukhs lose their honor. ||1||

ਿਤਸੁ ਨਹੀ ਦੂਜਾ ਕੋ ਪਹੁੰਚਨਹਾਰਾ ॥

no one else can rival him. ||1||Pause||

ਸਭ ਮਿਹ ਵਰਤੈ ਏਕੁ ਅਨੰਤਾ ॥

The Infinite One is pervading among all.


taa tooN sukh so-o ho-ay achintaa.
So sleep in peace, and don't worry.


do-ju san-jaanai jo vartantaa. ||2||
He knows everything which happens. ||2||


manmukh mu-ay jin doojee pi-asaa.
The self-willed manmukhs are dying in the thirst of duality.


baho jonee bhaveh Dhur kirat likhi-asaa.
They wander lost through countless incarnations; this is their pre-ordained destiny.


jaisaa beejeh taisaa khaasaa. ||3||
As they plant, so shall they harvest. ||3||


daykh daras man bha-i-aa vigaasaa.
Beholding the Blessed Vision of the Lord's Darshan, my mind has blossomed forth.


sabh nadree aa-i-aa barahm pargaasaa.
And now everywhere I look, God is revealed to me.


jan naanak kee har pooran aasaa. ||4||2||71||
Servant Nanak's hopes have been fulfilled by the Lord. ||4||2||71||
Gauree Gwaaryree, Fifth Mehl:

वर्षी तत्त्व ढेरे वीट पहुंचा ॥ (176)
कई जनम भए कीट पतंगा ॥
ka-eer janam bha-ay keet patangaa.
In so many incarnations, you were a worm and an insect;

वर्षी तत्त्व गात भीठे लुबंवा ॥ (176)
कई जनम गज मीन कुरंगा ॥
ka-eer janam gaj meen kurangaa.
in so many incarnations, you were an elephant, a fish and a deer.

वर्षी तत्त्व पंक्षी सरप होइंग ॥ (176)
कई जनम पंक्षी सरप होइंग ॥
ka-eer janam pankhee sarap ho-i-o.
in so many incarnations, you were a bird and a snake.

वर्षी तत्त्व हैवर िबर्ख जोइंग ॥१॥ (176)
कई जनम हैवर िबर्ख जोइंग ॥१॥
ka-eer janam haivar barikh jo-i-o. ||1||
in so many incarnations, you were yoked as an ox and a horse. ||1||

मिल्लु नवासीम मिल्लु बी बरीच ॥ (176)
मिल्लु जगदीस मिल्लु की बरीआ ॥
mil jagdees milan kee baree-aa.
Meet the Lord of the Universe - now is the time to meet Him.

चिरंकाल इह देह संजरीआ ॥१॥ रहाउ ॥ (176)
chirankaal ih dayh sanjaree-aa. ||1|| raha-o.
After so very long, this human body was fashioned for you. ||1||Pause||

वर्षी तत्त्व जैल जिब बरीआ ॥ (176)
कई जनम सैल जिब किरीआ ॥
ka-eer janam sail gir kari-aa.
in so many incarnations, you were rocks and mountains;
कई जनम गरभ हिर खिरा ॥ (176)
ka-ee janam garabh hir khari-aa.
in so many incarnations, you were aborted in the womb;

कई जनम साख करि उपाया ॥ (176)
ka-ee janam saakh kar upaa-i-aa.
in so many incarnations, you developed branches and leaves;

लख चौरासी जोिन भर्मा-िआ ॥ (2) (176)
lakh cha-oraseeh jon bharmaa-i-aa. ||2||
you wandered through 8.4 million incarnations. ||2||

साधसंिग भइो जनमु परापित ॥ (176)
saaDhsang bha-i-o janam paraapat.
Through the Saadh Sangat, the Company of the Holy, you obtained this human life.

करि सेिवा भजु हि हि गुरमित ॥ (176)
kar sayvaa bhaj har har gurmat.
Do seva - selfless service; follow the Guru's Teachings, and vibrate the Lord's Name, Har, Har.

तिआिि सनु झूठु अिभसानु ॥ (176)
ti-aag maan jhooth abhimaan.
Abandon pride, falsehood and arrogance.

जीिवत महि हि दरगह परवानु ॥ (3) (176)
jeevat mareh dargeh parvaan. ||3||
Remain dead while yet alive, and you shall be welcomed in the Court of the Lord. ||3||

जो किच्छ होआ सु तुज ते होगु ॥ (176)
jo kichh ho-aa so tujh tay hog.
Whatever has been, and whatever shall be, comes from You, Lord.
अवरु न दूजा करणै जोगु ॥ (176)
No one else can do anything at all.

taa milee-ai jaa laihi milaa-ay.
We are united with You, when You unite us with Yourself.

कहु नानक हिर हिर गुण गाइ ॥४॥३॥७२॥
Says Nanak, sing the Glorious Praises of the Lord, Har, Har. ||4||3||72||

करम भूिम मिह बोअहु नामु ॥
In the field of karma, plant the seed of the Naam.

पूरन होइ तुमारा कामु ॥
Your works shall be brought to fruition.

फल पाविह िमटै जम तर्ास ॥
You shall obtain these fruits, and the fear of death shall be dispelled.

Sing continually the Glorious Praises of the Lord, Har, Har. ||1||
हिर हिर नामु अंतिर उिर धािर ॥ (176)
har har naam antar ur Dhaar.
Keep the Name of the Lord, Har, Har, enshrined in your heart,

सीघर कारजु लेहु सवािर ॥१॥ रहाउ ॥ (176)
seeghar kaaraj layho savaar. ||1|| rahaa-o.
and your affairs shall be quickly resolved. ||1||Pause||

अपने पर्भ िसउ होहु सावधानु ॥ (176)
apnay parabh si-o hohu saavDhaan.
Be always attentive to your God;

उकित िसआणप सगली ितआगु ॥ (177)
ukat si-aanap saglee ti-aag.
Give up all your clever tricks and devices,

सरब जीअ हिह जा कै  हािथ ॥ (177)
sarab jee-a heh jaa kai haath.
The One, who holds all creatures in His Hands,

कदੇ ਤੂੰ ਦਰਗਹ ਪਾਵਿਹ ਮਾਨੁ ॥ (176)
taa tooN dargeh paavahi maan.
thus you shall be honored in His Court.

ਸੰਤ ਜਨਾ ਕੀ ਚਰਣੀ ਲਾਗੁ ॥੨॥ (177)
sant janaa kee charnee laag. ||2||
and hold tight to the Feet of the Saints. ||2||

ਮੋਹ ਾਖੀ ਤੀ ਵਾਲੀਰਾਹ਼ੁ ॥ (177)
and hold tight to the Feet of the Saints. ||2||

Keep the Name of the Lord, Har, Har, enshrined in your heart,
उपाव छोड गहु ितस की ओट ॥ (177)
Abandon your clever devices, and grasp hold of His Support.

nimakh maahi hovai tayree chhot. ||3||
In an instant, you shall be saved. ||3||

sadaa nikat kar tis no jaan.
Know that He is always near at hand.

parabh kee aagi-aa sat kar maan.
Accept the Order of God as True.

gur kai bachan mitaavhu aap.
Through the Guru's Teachings, eradicate selfishness and conceit.

har har naam naanak jap jaap. ||4||4||73||
O Nanak, chant and meditate on the Naam, the Name of the Lord, Har, Har.

ga-orhee gu-aarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:

gur kaa bachan sadaa abhinaasee.
The Guru's Word is eternal and everlasting.


The Guru's Word cuts away the noose of Death.

The Guru's Word is always with the soul.

Through the Guru's Word, one is immersed in the Love of the Lord.

Whatever the Guru gives, is useful to the mind.

Whatever the Saint does - accept that as True.

The Guru's Word is infallible and unchanging.

Through the Guru's Word, doubt and prejudice are dispelled.

The Guru's Word never goes away;


gur kai bachan har kay gun gaa-ay. ||2||
through the Guru's Word, we sing the Glorious Praises of the Lord. ||2||

The Guru's Word accompanies the soul.

The Guru's Word is the Master of the masterless.

The Guru's Word saves one from falling into hell.

Through the Guru's Word, the tongue savors the Ambrosial Nectar.

The Guru's Word is revealed in the world.

Through the Guru's Word, no one suffers defeat.

Unto whom the Lord Himself has blessed with His Mercy,
ਨਾਨਕ ਸਿਤਗੁਰ ਸਦਾ ਦੇਈਆਲ ॥੪॥੫॥੭੪॥

O Nanak, to those the True Guru is always kind and compassionate. ||4||5||74||


gau-dee gwaarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:

ਜਿਨ ਕੀਤਾ ਮਾਟੀ ਤੇ ਰਤਨੁ ॥

He makes jewels out of the dust,

Gaurbh meh raakhi-aa jin kar jatan.
and He managed to preserve you in the womb.

ਜਿਨ ਦੀਨੀ ਸੋਭਾ ਵਿਡਾਈ ॥

He has given you fame and greatness;

ਰਮਈਆ ਰੇਨੁ ਸਾਧ ਜਨ ਪਾਵੁ ॥

O Lord, I seek the dust of the feet of the Holy.

ਗੁਰ ਮਿਲਿ ਅਪੁਨਾ ਖਸਮ ਿਧਾਵੁ ॥੭॥ ਰਹਾਉ ॥

Meeting the Guru, I meditate on my Lord and Master. ||1||Pause||
He transformed me, the fool, into a fine speaker,
and He made the unconscious become conscious;
by His Grace, I have obtained the nine treasures.
May I never forget that God from my mind.
He has given a home to the homeless;
He has given honor to the dishonored.
He has fulfilled all desires;
remember Him in meditation, day and night, with every breath and every morsel of food.
jis parsaad maa-aa silak kaatee.
By His Grace, the bonds of Maya are cut away.

gur parsaad amrit bikh khaatee.
By Guru’s Grace, the bitter poison has become Ambrosial Nectar.

caho naanak is tay kichh naahee.
Says Nanak, I cannot do anything;

raakhanhaaray ka-o saalahee. ||4||6||75||
I praise the Lord, the Protector. ||4||6||75||

ga-orhee gu-aarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:

tis kee saran naahee bha-o sog.
In His Sanctuary, there is no fear or sorrow.

us tay baahar kachhoo na hog.
Without Him, nothing at all can be done.

tajee si-aanap bal buDh bikaar.
I have renounced clever tricks, power and intellectual corruption.
दास अपने की राखनहार ॥१॥
daas apnay kee raakhanhaar. ||1||
God is the Protector of His servant. ||1||

जिप मन मेरे राम राम रंिग ॥
jap man mayray raam raam rang.
Meditate, O my mind, on the Lord, Raam, Raam, with love.

घिर बाहिर तेरै सद संिग ॥१॥ रहाउ ॥
ghar baahar tayrai sad sang. ||1|| rahaa-o.
Within your home, and beyond it, He is always with you. ||1||Pause||

तिस की टेक मनै मिह राखु ॥
tis kee tayk manai meh raakh.
Keep His Support in your mind.

gur का सबदु अिमर्त रसु चाखु ॥
gur kaa sabad amrit ras chaakh.
Taste the ambrosial essence, the Word of the Guru's Shabad.

अविर जतन कहहु कउन काज ॥
avar jatan kahhu ka-un kaaj.
Of what use are other efforts?

किर िकरपा राखै आिप लाज ॥२॥
kar kirpaa raakhai aap laaj. ||2||
Showing His Mercy, the Lord Himself protects our honor. ||2||

कििा मानुख कहहु किा जोर ॥
ki-aa maanukh kahhu ki-aa jor.
What is the human? What power does he have?
All the tumult of Maya is false.
Our Lord and Master is the One who acts, and causes others to act.

He is the Inner-knower, the Searcher of all hearts.

Of all comforts, this is the true comfort.
Keep the Guru's Teachings in your mind.

Those who bear love for the Name of the Lord -

said Nanak, they are blessed, and very fortunate.

Gauree Gwaarayree, Fifth Mehl:
I have become totally pure, and I now walk in peace.

I have fallen in love with the Supreme Lord God. ||1||

The Guru has lifted me up and carried me across the ocean of fire. ||1||Pause||

Singing the Kirtan of His Praises, my mind has become peaceful;

the sins of countless incarnations have been washed away.
sarab niDhaan paykhay man maahi. I have seen all the treasures within my own mind;

ab dhoodhan kaahay ka-o jaahi. ||2||
why should I now go out searching for them? ||2||

parabh apunay jab bha-ay da-i-aal. When God Himself becomes merciful,

pooran ho-ee sayvak ghaal. the work of His servant becomes perfect.

banDhan kaat kee-ay apnay daas. He has cut away my bonds, and made me His slave.

simar simar simar guntaas. ||3||
Remember, remember, remember Him in meditation; He is the treasure of excellence. ||3||

ayko man ayko sabh thaa-ay. He alone is in the mind; He alone is everywhere.

pooran poor rahi-o sabh jaa-ay. The Perfect Lord is totally permeating and pervading everywhere.
The Perfect Guru has dispelled all doubts.

Remembering the Lord in meditation, Nanak has found peace.

Those who have died have been forgotten.

Those who survive have fastened their belts.

They are busily occupied in their affairs;

They cling twice as hard to Maya.

No one thinks of the time of death;
बिनसि जाय ताहु लपटावै।||1|| रहाउ।
people grasp to hold that which shall pass away. ||1||Pause||

आम बेढी भूख देह।||178||
The fools - their bodies are bound down by desires.

काम क्रोध लपटि असनेह।||178||
They are mired in sexual desire, anger and attachment;

सीर ऊपर ठाढो धरम राई।||178||
the Righteous Judge of Dharma stands over their heads.

मीठी किर किर बिखाई खाई।||2||178||
Believing it to be sweet, the fools eat poison. ||2||

हउ बंधउ हउ साधउ बैर।||178||
They say, "I shall tie up my enemy, and I shall cut him down. Who dares to set foot upon my land?"

हमरी भूमि कुछु गायले पैर।||178||
Who dares to set foot upon my land?

हउ पंडितु हउ चतुर सिआण।||178||
I am learned, I am clever and wise.
यह वैदिक श्रृंखला ||3||
करणेहारु न बुझै बिगाना ||3||
karnaihaar na bujhai bigaanaa. ||3||
The ignorant ones do not recognize their Creator. ||3||

अपूर्वी गति मिटति आपे जाने || (178)
apunee gat mit aapay jaanai.
The Lord Himself knows His Own state and condition.

विश्व लें विश्व भक्ति बघाने || (178)
vishv leh vishv bhakti bhangane.
What can anyone say? How can anyone describe Him?

तेज तेज लाविह तित तित लगना || (178)
jit jit laveh tit tit lagnaa.
Whatever He attaches us to - to that we are attached.

अपना भला सभ काहू मंगना ||4||
apnaa bhalaa sabh kaahoo mangnaa. ||4||
Everyone begs for their own good. ||4||

सभ किछु तेरा तूं करणेहारु || (178)
sabha kichh tayraa tooN karnaihaar.
Everything is Yours; You are the Creator Lord.

अंतु नाही चिंता पारवालू || (178)
ant naahee kichh paaravalar.
You have no end or limitation.

दास अपने कुंडी दानू || (178)
daas apnay ka-o deejai daan.
Please give this gift to Your servant,
kabhoo na visrai naanak naam. ||5||9||78||
that Nanak might never forget the Naam. ||5||9||78||

Gauree Gwaarayree, Fifth Mehl:

anik jatan nahee hot chhutaaraa.
By all sorts of efforts, people do not find salvation.

Through clever tricks, the weight is only piled on more and more.

Serving the Lord with a pure heart,

you shall be received with honor at God's Court. ||1||

O my mind, hold tight to the Support of the Lord's Name.

The hot winds shall never even touch you. ||1||Pause||
Like a boat in the ocean of fear;

Like a lamp which illumines the darkness;

like fire which takes away the pain of cold -

just so, chanting the Name, the mind becomes peaceful. ||2||

The thirst of your mind shall be quenched,

and all hopes shall be fulfilled.

Your consciousness shall not waver.

Meditate on the Ambrosial Naam as Gurmukh, O my friend. ||3||
**Gauri Gaurerī Mehlā 5** (179)

Ga-orhee gu-aarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:

**Padhū Padhū Vaṁ śū Ṛṇ Ṛṇavarṇa** (179)

Vahutū darab kar man na aghaanā.
Even with vast sums of wealth, the mind is not satisfied.

**Ahaṁva Hūṁ Šeṁ Ṛṇ Ṛṇahāra** (179)

Anik roop daykh nah patee-aanaa.
Gazing upon countless beauties, the man is not satisfied.

**Pūṭaṁ Kaḷṭaṁ Ūṛjhi-o Jān Mēry** (179)

Putar kaltar urjhi-o jaan mayree.
He is so involved with his wife and sons - he believes that they belong to him.

---

He alone receives the panacea, the medicine of the Naam,

unto whom the Lord, in His Grace, bestows it.

One whose heart is filled with the Name of the Lord, Har, Har -

O Nanak, his pains and sorrows are eliminated.

Even with vast sums of wealth, the mind is not satisfied.

Gazing upon countless beauties, the man is not satisfied.
That wealth shall pass away, and those relatives shall be reduced to ashes. ||1||

Without meditating and vibrating on the Lord, they are crying out in pain.

Their bodies are cursed, and their wealth is cursed - they are imbued with Maya. ||1|| Pause||

The servant carries the bags of money on his head,

but it goes to his master's house, and he receives only pain.

The man sits as a king in his dreams,

but when he opens his eyes, he sees that it was all in vain. ||2||

The watchman oversees the field of another,
but the field belongs to his master, while he must get up and depart.

He works so hard, and suffers for that field,

but still, nothing comes into his hands. ||3||

The dream is His, and the kingdom is His;

He who has given the wealth of Maya, has infused the desire for it.

He Himself annihilates, and He Himself restores.

Nanak offers this prayer to God. ||4||11||80||

Gauree Gwaarayree, Fifth Mehl:
bhuh rang maa-i-aa baho biDh paykhee.
I have gazed upon the many forms of Maya, in so many ways.

kalam kaagad si-aanap laykhee.
With pen and paper, I have written clever things.

mahar malook ho-ay daykhi-aa khaan.
I have seen what it is to be a chief, a king, and an emperor,

so sukh mo ka-o sant bataavhu.
Show me that peace, O Saints,

as pavan hasat asvaaree.
You may have horses as fast as the wind, elephants to ride on,

cho-aa chandan sayj sundar naaree.
sandalwood oil, and beautiful women in bed,


तट नाटिक अभायेचे वाणिज्या ॥ (179)

nat naatik aakhaaray gaa-i-aa.
actors in dramas, singing in theaters -

उधु मंडन मेंढ़ो आकर भरित राजन की लीला ॥३॥ (179)

mang bhurai raajan kee leelaa.
the excitement of the chase and princely pleasures -

सरब सूख इहु आनंदु लहिया ॥ (179)
sarab sookh ih aanand lahi-aa.
and so I have obtained all comforts and joy.
In the Saadh Sangat, the Company of the Holy, I sing the Kirtan of the Lord's Praises.

Says Nanak, through great good fortune, I have found this.

One who obtains the wealth of the Lord becomes happy.

By God's Grace, I have joined the Saadh Sangat.

The mortal claims this body as his own.

Again and again, he clings to it.

He is entangled with his children, his wife and household affairs.
ਹੋਨੁ ਨ ਪਾਈਐ ਰਾਮ ਕੇ ਦਾਸਾ ॥੧॥
He cannot be the slave of the Lord. ||1||

ਕਵਨ ਸੁ ਬਿਧੀ ਜਿਤੁ ਰਾਮ ਗੁਣ ਗਾਇ ॥
What is that way, by which the Lord's Praises might be sung?

ਕਵਨ ਸੁ ਮਿਤ ਜਿਤੁ ਤਰਾਈ ਇਹ ਮਾਈ ॥੧॥ ਰਹਾਉ ॥
What is that intellect, by which this person might swim across, O mother? ||1||Pause||

ਜੋ ਭਲਾਈ ਸੋ ਬੁਰਾ ਜਾਨੈ ॥
That which is for his own good, he thinks is evil.

ਜਾਣੈ ਨਾਹੀ ਜੀਤ ਅਰੁ ਹਾਰ ॥
He cannot tell victory from defeat.

ਇਹ ਵਲੇਵਾ ਸਾਕਤ ਸਾਂਸਾਰ ॥੨॥
This is the way of life in the world of the faithless cynic. ||2||

ਜੋ ਹਲਾਹਲ ਸੋ ਪੀਵੇ ਬਉਰਾ ॥
The demented fool drinks in the deadly poison,
ਅਨਮਰਤ ਨਾਮ ਜਾਨਾ ਕਿਰ ਕੁਰਾ ॥ (180)
amrit naam jaanai kar ka-uraa.
while he believes the Ambrosial Naam to be bitter.

ਮਾਸਾਂਤ ਵੇ ਤਰਜੀ ਤੇਜਿ ॥ (180)
saaDhsang kai naahee nayr.
He does not even approach the Saadh Sangat, the Company of the Holy;

ਲਖ ਚਾਰਾਸੀਹ ਭਰਮਤਾ ਫੈਰ ॥ (180)
lakh cha-oraseeh bharmataa fayr. ||3||
he wanders lost through 8.4 million incarnations. ||3||

ਏਕੇ ਖਤੀ ਢਾਣਹੇ ਪੰਖੀ ॥ (180)
aikai jaal fahaa-ay pankhee.
The birds are caught in the net of Maya;

ਰਸ ਰਸ ਭੋਗ ਕਹਰੀ ਬਹੁ ਰੰਗੀ ॥ (180)
ras ras bhog karahi baho rangee.
immersed in the pleasures of love, they frolic in so many ways.

ਗੁਰ ਪੂਰਾਈ ਤਾ ਕੋਟੇ ਜਾਲ ॥ (180)
gur poorai taa kay kaatay jaal. ||4||13||82||
the Perfect Guru has cut away the noose of those. ||4||13||82||

 ਗੌਰੀ ਗਾਰੂਵੇਕੀ ਭਗਤਾ ॥ (180)
ga-orhee gu-aarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:
By Your Grace, we find the Way.

By God's Grace, we meditate on the Naam, the Name of the Lord.

By God's Grace, we are released from our bondage.

By Your Grace, egotism is eradicated.

As You assign me, so I take to Your service.

By myself, I cannot do anything at all, O Divine Lord.

If it pleases You, then I sing the Word of Your Bani.

If it pleases You, then I speak the Truth.
If it pleases You, then the True Guru showers His Mercy upon me.

All peace comes by Your Kindness, God. ||2||

Whatever pleases You is a pure action of karma.

Whatever pleases You is the true faith of Dharma.

The treasure of all excellence is with You.

Your servant prays to You, O Lord and Master. ||3||

The mind and body become immaculate through the Lord's Love.

All peace is found in the Sat Sangat, the True Congregation.
ਨਾਿਮ ਤੇਰੈ ਰਹੈ ਮਨੁ ਰਾਤਾ ॥

My mind remains attuned to Your Name;

ਇਹੁ ਕਿਲਆਣੁ ਨਾਨਕ ਕਿਰ ਜਾਤਾ ॥੪॥੧੪॥੮੩॥

Nanak affirms this as his greatest pleasure. ||4||14||83||

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੫ ॥

Gauree Gwaarayree, Fifth Mehl:

ਆਨ ਰਸਾ ਜੇਤੇ ਤੈ ਚਾਖੇ ॥

You may taste the other flavors,

ਿਨਮਖ ਨ ਿਤਰਾਨਾ ਤੇਰੀ ਲਾਥੇ ॥

but your thirst shall not depart, even for an instant.

ਹਿਰ ਰਸ ਕਾ ਤੂੰ ਚਾਖਿਹ ਸਾਦੁ ॥

But when you taste the sweet flavor the the Lord's sublime essence -

ਅੰਿਮਰ੍ਤੁ ਰਸਨਾ ਪੀਉ ਿਪਆਰੀ ॥

O dear beloved tongue, drink in the Ambrosial Nectar.
इह रस राती होइ ितर्पतारी ॥१॥ रहाउ ॥
Imbued with this sublime essence, you shall be satisfied. ||1||Pause||

हे जिहवे तूं राम गुण गाउ ॥
O tongue, sing the Glorious Praises of the Lord.

िमाख िमाख हिर हिर हिर िधाउ ॥
Each and every moment, meditate on the Lord, Har, Har, Har.

आन न सुनीऐ कतहूं जाईऐ ॥
Do not listen to any other, and do not go anywhere else.

साधसंगित वडभागी पाईऐ ॥२॥
By great good fortune, you shall find the Saadh Sangat, the Company of the Holy. ||2||

आठ पहर जिहवे आराधि ॥
O tongue, dwell upon God, twenty-four hours a day,

पारबर्हम ठाकु र आगाध ॥
the Unfathomable, Supreme Lord and Master.

ईहाऊहा सदा सुहेली ॥
Here and hereafter, you shall be happy forever.
হর গুণ গাবত রসন অমোলী ॥৩॥

Chanting the Glorious Praises of the Lord, O tongue, you shall become priceless. ||3||

বনসপতি মাঁলী ফল ফূল পেড়ে ॥ (180)

banaspat ma-ulee fal ful payday.
All the vegetation will blossom forth for you, flowering in fruition;

ইহ রস রাতী বহুরি ন ছোড়ে ॥ (180)

imibued with this sublime essence, you shall never leave it again.

আন ন রস কস লবৈ ন লাঈ ॥ (180)

No other sweet and tasty flavors can compare to it.

kaho naanak gur bha-ay hai sahaa-ee. ||4||15||84||

Says Nanak, the Guru has become my Support. ||4||15||84||

The mind is the temple, and the body is the fence built around it.

is hee maDhay basat apaar.
The infinite substance is within it.
is hee bheetar sunee-at saahu.  
Within it, the great merchant is said to dwell.

Who is the trader who deals there?  ||1||

How rare is that trader who deals in the jewel of the Naam, the Name of the Lord.

He takes the Ambrosial Nectar as his food.  ||1||Pause||

He dedicates his mind and body to serving the Lord.

How can we please the Lord?

I fall at His Feet, and I renounce all sense of 'mine and yours'.

Who can settle this bargain?  ||2||
How can I attain the Mansion of the Lord's Presence?

How can I get Him to call me inside?

You are the Great Merchant; You have millions of traders.

Who is the benefactor? Who can take me to Him?

Seeking and searching, I have found my own home, deep within my own being.

The True Lord has shown me the priceless jewel.

When the Great Merchant shows His Mercy, He blends us into Himself.

Says Nanak, place your faith in the Guru.
Gauree, Fifth Mehl, Gwaarayree:

Night and day, they remain in the Love of the One.

They know that God is always with them.

They make the Name of their Lord and Master their way of life;

they are satisfied and fulfilled with the Blessed Vision of the Lord's Darshan.

Imbued with the Love of the Lord, their minds and bodies are rejuvenated,

entering the Sanctuary of the Perfect Guru.

The Lord's Lotus Feet are the Support of the soul.
They see only the One, and obey His Order.

There is only one trade, and one occupation.

They know no other than the Formless Lord.

They are free of both pleasure and pain.

They remain unattached, joined to the Lord's Way.

They focus their meditation on the Supreme Lord God.

They are seen among all, and yet they are distinct from all.

They focus their meditation on the Supreme Lord God.

How can I describe the Glories of the Saints?
अगाध बोध किछू मित नही जानू ॥ (181)
Their knowledge is unfathomable; their limits cannot be known.

पारब्रह्म मोहि किरपा कीजै ॥ (181)
O Supreme Lord God, please shower Your Mercy upon me.

धूर संतन की नानक दीजै ॥४॥१७॥८६॥ (181)
Bless Nanak with the dust of the feet of the Saints. ||4||17||86||

गउरी गवारेरी महल ५ ॥ (181)
Gauree Gwaarayree, Fifth Mehl:

तूं मेरा सखा तूंही मेरा मीतु ॥ (181)
You are my Companion; You are my Best Friend.

तूं मेरा प्रीतमु तुम संग हीतु ॥ (181)
You are my Beloved; I am in love with You.

तूं मेरी पति तूहै मेरा गहणा ॥ (181)
You are my honor; You are my decoration.

तुझ िबनु िनमखु न जाई रहणा ॥१॥ (181)
Without You, I cannot survive, even for an instant. ||1||
You are my Intimate Beloved, You are my breath of life.

You are my Lord and Master; You are my Leader.

As You keep me, so do I survive.

Whatever You say, that is what I do.

Wherever I look, there I see You dwelling.

O my Fearless Lord, with my tongue, I chant Your Name.

You are my nine treasures, You are my storehouse.

I am imbued with Your Love; You are the Support of my mind.
ਤੂੰ ਮੇਰੀ ਸੋਭਾ ਤੁਮ ਸੰਗੀ ਰਚੀਆ ॥ (181)
tooN mayree sobhaa tum sang rachee-aa.
You are my Glory; I am blended with You.

ਤੂੰ ਮੇਰੀ ਓਟ ਤੂੰ ਹੈ ਮੇਰਾ ਤਕੀਆ ॥ 3 ॥
tooN mayree ot tooN hai mayraa takee-aa. ||3||
You are my Shelter; You are my Anchoring Support. ||3||

ਮਨ ਤਨ ਅੰਤਿਰ ਤੁਹੀ ਿਧਆਇਆ ॥ (181)
man tan antar tuhee Dhi-aa-i-aa.
Deep within my mind and body, I meditate on You.

ਮਰਮੁ ਤੁਮਾਰਾ ਗੁਰ ਤੇ ਪਾਇਆ ॥ (181)
maram tumaaraa gur tay paa-i-aa.
I have obtained Your secret from the Guru.

ਨਾਨਕ ਦਾਸ ਹਿਰ ਹਿਰ ਹਿਰ ਟੇਕੈ ॥ 4 ॥ 18 ॥ 87 ॥ (181)
naanak daas har har har taykai. ||4||18||87||
servant Nanak has taken to the Support of the Lord, Har, Har, Har. ||4||18||87||

ਜਿਬਾਪਤ ਹਰਖ ਸੋਗ ਿਬਸਥਾਰ ॥ (182)
bi-aapat harakh sog bisthaar.
It torments us with the expression of pleasure and pain.
It torments us through incarnations in heaven and hell.

It is seen to afflict the rich, the poor and the glorious.

The source of this illness which torments us is greed. ||1||

The Saints live under Your Protection, God. ||1||Pause||

It torments us through intoxication with intellectual pride.

It torments us through the love of children and spouse.

It torments us through elephants, horses and beautiful clothes.
ਿਬਆਪਤ ਰੂਪ ਜੋਬਨ ਮਦ ਮਸਤਾ ॥੨॥
It torments us through the intoxication of wine and the beauty of youth. ||2||

ਿਬਆਪਤ ਭੂਮ ਰੰਕ ਅਰ ਰੰਗਾ ॥
It torments landlords, paupers and lovers of pleasure.

ਿਬਆਪਤ ਗੀਤ ਨਾਦ ਸੁਣ ਸੰਗਾ ॥
It torments us through the sweet sounds of music and parties.

ਿਬਆਪਤ ਸੇਜ ਮਹਲ ਸੀਗਾਰ ॥
It torments us through beautiful beds, palaces and decorations.

ਪੰਚ ਦੂਤ ਿਬਆਪਤ ਅੰਧਾਰ ॥੩॥
It torments us through the darkness of the five evil passions. ||3||

ਿਬਆਪਤ ਕਰਮ ਕਰੈ ਹਉ ਫਾਸਾ ॥
It torments those who act, entangled in ego.

ਿਬਆਪਟ ਗਿਰਸਤ ਿਬਆਪਤ ਉਦਾਸਾ ॥
It torments us through household affairs, and it torments us in renunciation.

ਆਚਾਰ ਿਬੁਹਾਰ ਿਬਆਪਤ ਇਹ ਜਾਤੀ ॥
It torments us through character, lifestyle and social status.
ਸਭ ਕਿਛੁ ਬੀਆਪਤ ਬਿਨੁ ਹਰੀ ਰੰਗ ਰਾਤ ||4||
sabh kichh bi-aapat bin har rang raat. ||4||
It torments us through everything, except for those who are imbued with the Love of the Lord. ||4||

ਸੰਤਨ ਕੇ ਬੰਧਨ ਕਾਟੇ ਹਿਰ ਰਾਇ ॥
santan kay banDhan kaatay har raa-ay.
The Sovereign Lord King has cut away the bonds of His Saints.

ਤਾ ਕਉ ਕਹਾ ਬੀਆਪੈ ਮਾਈ ॥
taa ka-o kahaa bi-aapai maa-ee.
How can Maya torment them?

ਸਰਣ ਸੋਏ ਸੁਣ ਿਵਕਾਰ ॥
sarvan so-ay sun nind veechaar.
The ears are asleep, listening to slanderous stories.
रसना सोई लोभ मीठै साद ॥
rasnaa so-ee lobb meethai saad.
The tongue is asleep, in its desire for sweet flavors.

मनु सोइआ माइआ बिसमाद ॥१॥
man so-i-aa maa-i-aa bismaad. ||1||
The mind is asleep, fascinated by Maya. ||1||

इसु गर्ह मिह कोई जागतु रहै ॥
is garih meh ko-ee jaagat rahai.
Those who remain awake in this house are very rare;

साबतु वसतु ओहु अपनी लहै ॥१॥ रहाउ ॥
saabat vasat oh apnee lahai. ||1|| rahaa-o.
by doing so, they receive the whole thing. ||1||Pause||

सगल सहेली अपनै रस माती ॥
sagal sahaylee apnai ras maatee.
All of my companions are intoxicated with their sensory pleasures;

गिरह अपुने की खबरि न जाती ॥
garih apunay kee khabar na jaatee.
they do not know how to guard their own home.

मसनहार पंच बटवारे ॥
musanhaar panch batvaaray.
The five thieves have plundered them;

सूने नगर परें ठगहारे ॥
soonay nagar paray thag-haaray. ||2||
the thugs descend upon the unguarded village. ||2||
ਉਤਨ ਤੇ ਰਾਖੀ ਬਾਪ ਨ ਮਾੜੀ ॥
un tay raakhai baap na maa-ee.
Our mothers and fathers cannot save us from them;

ਉਤਨ ਤੇ ਮੀਤੁ ਨ ਭਾਈ ॥
un tay raakhai meet na bhaa-ee.
friends and brothers cannot protect us from them -

ਦਰਿਬ ਵਿਸਾਣਪ ਨਾ ਓਇ ਰਹਤੇ ॥
darab si-aanap naa o-ay rahtay.
they cannot be restrained by wealth or cleverness.

ਸਾਧਸੰਗ ਓਇ ਦੁਸਟ ਵਿਸ ਹੋਤੇ ॥
saaDhsang o-ay dusat vas hotay. ||3||
Only through the Saadh Sangat, the Company of the Holy, can those villains be brought under control. ||3||

ਕਿਰ ਕਿਰਪਾ ਮੋਹੀ ਸਾਂਰੁਗਪਾਣ ॥
kir kirpaa mohi saaringpaan.
Have Mercy upon me, O Lord, Sustainer of the world.

ਸਾਬਤੂ ਪੂੰਜੀ ਸਿਤਗੁਰ ਸੰਗ ॥
saabat poonjee satgur sang.
In the Company of the True Guru, one's investment remains intact.

ਨਾਨਕ ਜਗੈ ਪਾਰਬਰਹਮ ਕੈ ਰੰਗ ॥
naanak jaagai paarbarahm kai rang. ||4||
Nanak is awake to the Love of the Supreme Lord. ||4||
He alone is awake, unto whom God shows His Mercy.

This investment, wealth and property shall remain intact.

Kings and emperors are under His Power.

Offer your prayers to your True Guru;
काज तुमारे देइ निबाहि ॥१॥ रहाउ ॥
kaaj tumaaray day-ay nibaahi. ||1|| rahaa-o.
He will resolve your affairs. ||1||Pause||

सभ ते ऊच जा का दरबारु ॥
sabh tay ooch jaa kaa darbaar.
The Darbaar of His Court is the most exalted of all.

सगल भगत जा का नामु अधारु ॥
sagal bhagat jaa kaa naam aDhaar.
His Name is the Support of all His devotees.

सरब बिश्मधुधु धुतल घली ॥
sarab bi-aapat pooran Dhanee.
The Perfect Master is pervading everywhere.

जा की सोभा घिट घिट बनी ॥२॥
jaa kee sobhaa ghat ghat banee. ||2||
His Glory is manifest in each and every heart. ||2||

जिसु सिमरत दुख डेरा ठहे ॥
jis simrat dukh dayraa dhahai.
Remembering Him in meditation, the home of sorrow is abolished.

जिसु सिमरत झुँझू त बठे ॥
jis simrat jam kichhoo na kahai.
Remembering Him in meditation, the Messenger of Death shall not touch you.

जिसु सिमरत होत सूके हरे ॥
jis simrat hot sookay haray.
Remembering Him in meditation, the dry branches become green again.
Remembering Him in meditation, sinking stones are made to float. ||3||

I salute and applaud the Society of the Saints.

The Name of the Lord, Har, Har, is the Support of the breath of life of His servant.

By the Grace of the Saints, I dwell in the Naam, the Name of the Lord.

Meeting the True Guru, egotism is subdued.
In the Company of the True Guru, the mind does not waver.

The Gurmukh speaks the Ambrosial Word of Gurbani.

He sees the True One pervading the whole world; he is imbued with the True One.

I have become cool and tranquil, knowing God, through the Guru.

By the Grace of the Saints, one chants the Lord's Name.

By the Grace of the Saints, one sings the Kirtan of the Lord's Praises.

By the Grace of the Saints, all pains are erased.

By the Grace of the Saints, one is released from bondage.
By the kind Mercy of the Saints, emotional attachment and doubt are removed.

Taking a bath in the dust of the feet of the Holy - this is true Dharmic faith.

By the kindness of the Holy, the Lord of the Universe becomes merciful.

The life of my soul is with the Holy.

Meditating on the Merciful Lord, the Treasure of Mercy,

I have obtained a seat in the Saadh Sangat.

I am worthless, but God has been kind to me.

In the Saadh Sangat, Nanak has taken to the Naam, the Name of the Lord.
Gauree Gwaarayree, Fifth Mehl:

Sādhasaṅgaṁ jīpoṁ bhagavatṁ.
In the Saadh Sangat, the Company of the Holy, I meditate on the Lord God.

Kayeval naamo guraman.
The Guru has given me the Mantra of the Naam, the Name of the Lord.

Taj abhimaan bay nirvair.
Shedding my ego, I have become free of hate.

Aath pahar poojahu gur pair.
Twenty-four hours a day, I worship the Guru's Feet.

Ab mat binsee dusat bigaanee.
Now, my evil sense of alienation is eliminated,

Jaṁ te sunī-aa hārī jas kaanī.
since I have heard the Praises of the Lord with my ears.

Sahj sookh aanaṁ niDhaan.
The Savior Lord is the treasure of intuitive peace, poise and bliss.
ਰਾਖਨਹਾਰ ਰਿਖ ਲੇਇ ਿਨਦਾਨ ॥ (183)
raakhanhaar rakh lay-ay nidaan.
He shall save me in the end.

ਦੂਖ ਦਰਦ ਿਬਨਸੇ ਭੈ ਭਰਮ ॥ (183)
dookh darad binsay bhai bharam.
My pains, sufferings, fears and doubts have been erased.

ਆਵਣ ਜਾਣ ਰਖੇ ਕਿਰ ਕਰਮ ॥੨॥ (183)
aavan jaan rakhay kar karam. ||2||
He has mercifully saved me from coming and going in reincarnation. ||2||

ਪੇਖੈ ਬੋਲੈ ਸੁਣੈ ਸਭ ਆਿਪ ॥ (183)
paykhai bolai sunai sabh aap.
He Himself beholds, speaks and hears all.

ਸਦਾ ਸੰਗ ਤਾ ਕਉ ਮਨ ਜਾਿਪ ॥ (183)
sadaa sang taa ka-o man jaap.
O my mind, meditate on the One who is always with you.

ਪੂਿਰ ਰਹੇ ਏਕਈ ਗੁਣਤਾਸੁ ॥੩॥ (183)
poor rahay aikai guntaas. ||3||
The One Lord, the Treasure of Excellence, is perfectly pervading everywhere. ||3||

ਕਹਤ ਪਿਵਤਰ੍ ਸੁਣਤ ਪੁਨੀਤ ॥ (183)
kahat pavitar sunat puneet.
Pure are those who speak, and sanctified are those who hear,
and sing forever and ever, the Glorious Praises of the Lord of the Universe.

Says Nanak, when the Lord bestows His Mercy,

all one's efforts are fulfilled. ||4||23||92||

Gauree Gwaarayree, Fifth Mehl:

He breaks our bonds, and inspires us to chant the Lord's Name.

anguish is eradicated, and one comes to dwell in peace.

Such is the True Guru, the Great Giver. ||1||
He alone is the Giver of peace, who inspires us to chant the Naam, the Name of the Lord.

By His Grace, He leads us to merge with Him. ||1||Pause||

He unites with Himself those unto whom He has shown His Mercy.

All treasures are received from the Guru.

Renouncing selfishness and conceit, coming and going come to an end.

In the Saadh Sangat, the Company of the Holy, the Supreme Lord God is recognized. ||2||

God has become merciful to His humble servant.

The One Lord of the Universe is the Support of His humble servants.
They love the One Lord; their minds are filled with love for the Lord.

The Name of the Lord is all treasures for them.

They are in love with the Supreme Lord God;

Their actions are pure, and their lifestyle is true.

The Perfect Guru has dispelled the darkness.

Nanak's God is Incomparable and Infinite.

Gauree Gwaarayree, Fifth Mehl:

Those whose minds are filled with the Lord, swim across.
Those who have the blessing of good karma, meet with the Lord.

Pain, disease and fear do not affect them at all.

They meditate on the Ambrosial Name of the Lord within their hearts.

Meditate on the Supreme Lord God, the Transcendent Lord.

From the Perfect Guru, this understanding is obtained.

The Merciful Lord is the Doer, the Cause of causes.

He cherishes and nurtures all beings and creatures.

He is Inaccessible, Incomprehensible, Eternal and Infinite.
Simar manaa pooray gur manntaa. ||2||
Meditate on Him, O my mind, through the Teachings of the Perfect Guru. ||2||

Jaa kee sayva sarab niDhaan.
Serving Him, all treasures are obtained.

Parabh kee pooja paa-ee-ai maan.
Worshipping God, honor is obtained.

Jaa kee tahal na birthee jaa-ay.
Working for Him is never in vain;

Sadaa sadaa har kay gun gaa-ay. ||3||
forever and ever, sing the Glorious Praises of the Lord. ||3||

Kar kirpaa parabh antarjaamee.
Show Mercy to me, O God, O Searcher of hearts.

Sukh niDhaan har alakh su-aamee.
The Unseen Lord and Master is the Treasure of Peace.

Jee-a jant tayree sarnaa-ee.
All beings and creatures seek Your Sanctuary;
Naanak Naam Milai Vadi-Aa-Ee. ||4||25||94||
Nanak is blessed to receive the greatness of the Naam, the Name of the Lord. ||4||25||94||

Gauree Gwaarayree, Fifth Mehl:

Jee-A Jugat Jaa Kai Hai Haath.
Our way of life is in His Hands;
So Simrahu Anaath Ko Naath.
remember Him, the Master of the masterless.

Parabh Chit Aaye Sabh Dukh Jaai.
When God comes to mind, all pains depart.
Bhai Sabh Binsahi Har Kai Naa-ay.
All fears are dispelled through the Name of the Lord. ||1||

Bin Har Bha-o Kaahay Ka Maaneh.
Why do you fear any other than the Lord?
Har Bisrat Kaahay Sukh Jaaneh.
Forgetting the Lord, why do you pretend to be at peace? ||1||Pause||
जिन धारे बहु धरिण अगास ॥
jin Dhaaray baho Dharan agaas.
He established the many worlds and skies.

जा की जोति जीअ परगास ॥
jaa kee jot jee-a pargaas.
The soul is illumined with His Light;

जा की बखस न मेटै कोइ ॥
jaa kee bakhas na maytai ko-ay.
no one can revoke His Blessing.

मिभिविभिव भूह विभूहे विधिः ॥२॥
simar simar prabh nirbha-o ho-ay. ||2||
Meditate, meditate in remembrance on God, and become fearless. ||2||

आठ पहर मिमरहु परभ नामु ॥
aath pahar simrahu parabh naam.
Twenty-four hours a day, meditate in remembrance on God's Name.

अनिक तीरथ मजनु इसनानु ॥
anik tirath majan isnaan.
In it are the many sacred shrines of pilgrimage and cleansing baths.

पारबरहम की सरणी पाहि ॥
paarbarahm kee sarnee paahi.
Seek the Sanctuary of the Supreme Lord God.

कोिट कलंक खिन महि मिटि जाहि ॥३॥
kot kalank khin meh mit jaahi. ||3||
Millions of mistakes shall be erased in an instant. ||3||
Baymuhtaaj pooraa paatisaahu.
The Perfect King is self-sufficient.

Parabh sayvak saachaa vaysaahu.
God's servant has true faith in Him.

Gur poorai raakhay day haath.
Giving him His Hand, the Perfect Guru protects him.

Gauri gwaarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:

Gur parsaad naam man laagaa.
By Guru's Grace, my mind is attached to the Naam, the Name of the Lord.

Janam janam kaa soi-aa jaagaa.
Asleep for so many incarnations, it is now awakened.

Amrit gun uchrai parabh banee.
I chant the Ambrosial Bani, the Glorious Praises of God.
The Pure Teachings of the Perfect Guru have been revealed to me.

Meditating in remembrance on God, I have found total peace.

Within my home, and outside as well, there is peace and poise all around.

I have recognized the One who created me.

Showing His Mercy, God has blended me with Himself.

Taking me by the arm, He has made me His Own.

I continually chant and meditate on the Sermon of the Lord, Har, Har.

Mantras, tantras, all-curing medicines and acts of atonement,
हर हर नामु जी आ परान अधारु ॥ (185)

साचा धनु पाई-ओ हर रंग।
I have obtained the true wealth of the Lord's Love.

दुतरु तरे साध कै संग।
I have crossed over the treacherous world-ocean in the Saadh Sangat, the Company of the Holy.

सुख बैशु संत सजन परवार।
Sit in peace, O Saints, with the family of friends.

हर हर खिटो जा का नाही सुमारु ॥ (185)

Earn the wealth of the Lord, which is beyond estimation.

jisahi paraapat tis gur day-ay.
He alone obtains it, unto whom the Guru has bestowed it.

naanak birthaa ko-ay na hay-ay. ||4||27||96||
O Nanak, no one shall go away empty-handed. ||4||27||96||

ga-orhee gu-aarayree mehlaa 5.
Gauree Gwaarayree, Fifth Mehl:
The hands are sanctified instantly,

and the entanglements of Maya are dispelled.

Repeat constantly with your tongue the Glorious Praises of the Lord,

and you shall find peace, O my friends, O Siblings of Destiny. ||1||

With pen and ink, write upon your paper"
Dharam raa-ay kay doot na johai.
The couriers of the Righteous Judge of Dharma shall not touch you.

The intoxication of Maya shall not entice you at all. ||2||

You shall be redeemed, and through you, the whole world shall be saved,

if you chant the Name of the One and Only Lord.

Practice this yourself, and teach others;

instill the Lord's Name in your heart. ||3||

That person, who has this treasure upon his forehead -

that person meditates on God.
ਆਠ ਪਹਰ ਹਿਰ ਹਿਰ ਗੁਣ ਗਾਉ ॥ (185)

aath pahar har har gun gaa-o.
Twenty-four hours a day, chant the Glorious Praises of the Lord, Har, Har.

ਕਹੁ ਨਾਨਕ ਹਾਂ ਤਿਸੁ ਬਣਾ ਜਾਉ ॥੪॥੨੮॥੯੭॥ (185)

kaho naanak ha-o tis bal jaa-o. ||4||28||97||
Says Nanak, I am a sacrifice to Him. ||4||28||97||

ਰਾਗੁ ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੫ ਚਾੱਪਦੇ ਦੁਪਦੇ (185)

raag ga-orhee gu-aarayree mehlaa 5 cha-upday dupday
Raag Gauree Gwaarayree, Fifth Mehl, Chau-Padas, Du-Padas:

ਵੀ ਸਾਁਗੁਰ ਪਰਸਾਦ ॥ (185)

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਜੋ ਪਰਾਿਓ ਸੋੀ ਅਪਨਾ ॥ (185)

jo paraa-i-o so-ee apnaa.
That which belongs to another - he claims as his own.

ਜੋ ਿਬਬਰਜਤ ਿਤਸੁ ਿਸਉ ਨੇਹ ॥੧॥ (185)

jo bibarjat tis si-o nayh. ||1|| rahaa-o.
That which is forbidden - with that, he is in love. ||1||Pause||
झूठु बात सा सचु किर जाती ॥ (185)
That which is false - he deems as true.

सति होवनु मनि लगे न राती ॥ २॥
That which is true - his mind is not attached to that at all. ||2||

बावै मारगु टेढा चलना ॥ (185)
He takes the crooked path of the unrighteous way;

सीधा छोिड अपूठा बुनना ॥ ३॥
leaving the straight and narrow path, he weaves his way backwards. ||3||

दुहा सिरिआ का खसमु प्रभु सो-ee. ||3||
God is the Lord and Master of both worlds.

जिसु मेले नानक सो मुकता होई ॥ ४॥ २९॥ ९८॥
He, whom the Lord unites with Himself, O Nanak, is liberated. ||4||29||98||

विलिजुग मिहि जिति आए संजोग ॥ (185)
In the Dark Age of Kali Yuga, they come together through destiny.
As long as the Lord commands, they enjoy their pleasures. ||1||

By burning oneself, the Beloved Lord is not obtained. ||1||

Only by the actions of destiny does she rise up and burn herself, as a 'satee'. ||1||Pause||

She does not obtain the Company of her Beloved Lord, and she wanders through countless incarnations. ||2||

With pure conduct and self-restraint, she surrenders to her Husband Lord's Will;

that woman shall not suffer pain at the hands of the Messenger of Death. ||3||

Says Nanak, she who looks upon the Transcendent Lord as her Husband,
Dhan satee dargeh parvaani-aa. ||4||30||99||

is the blessed 'satee'; she is received with honor in the Court of the Lord. ||4||30||99||

I am prosperous and fortunate, for I have received the True Name.

I sing the Glorious Praises of the Lord, with natural, intuitive ease. ||1||Pause||

When I opened it up and gazed upon the treasures of my father and grandfather,

the storehouse is inexhaustible and immeasurable. ||2||
The Siblings of Destiny meet together, and eat and spend,

but these resources do not diminish; they continue to increase. ||3||

Says Nanak, one who has such destiny written on his forehead,

becomes a partner in these treasures. ||4||31||100||

I was scared, scared to death, when I thought that He was far away.

But my fear was removed, when I saw that He is pervading everywhere. ||1||

I am a sacrifice to my True Guru.
छोड न जाई सरपर तारै ॥१॥ रहाउ ॥
chhod na jaa-ee sarpar taarai. ||1|| raha-o.
He shall not abandon me; He shall surely carry me across. ||1||Pause||

दूखु रोगु सोगु िबसरै जब नाम। ॥
dookh rog sog bisrai jab naam.
Pain, disease and sorrow come when one forgets the Naam, the Name of the Lord.

सदा अनंदु जा हिर गुण गाम। ॥
sadaa anand jaa har gun gaam. ||2||
Eternal bliss comes when one sings the Glorious Praises of the Lord. ||2||

बुरा भला कोई न कहीजै। ॥
buraa bhalaa ko-ee na kaheejai.
Do not say that anyone is good or bad.

छोड मानु हिर चरन गहीजै ॥३॥
chhod maan har charan gaheejai. ||3||
Renounce your arrogant pride, and grasp the Feet of the Lord. ||3||

कहु नानक गुर मंत्रु िचतािर। ॥
kaho naanak gur mantar chitaar.
Says Nanak, remember the GurMantra;

सुखु पाविह साचै दरबािर। ॥
sukh paavahi saachai darbaar. ||4||32||101||
you shall find peace at the True Court. ||4||32||101||

Gauree, Fifth Mehl:
Those who have the Lord as their Friend and Companion -

tell me, what else do they need? ||1||

Those who are in love with the Lord of the Universe -
pain, suffering and doubt run away from them. ||1||Pause||

Those who have enjoyed the flavor of the Lord's sublime essence
are not attracted to any other pleasures. ||2||

Those whose speech is accepted in the Court of the Lord -

what do they care about anything else? ||3||
Those who belong to the One, unto whom all things belong -

**O Nanak, they find a lasting peace.**

**Gauree, Fifth Mehl:**

**They remain obedient to the Lord, the Sovereign Lord King.** ||Pause||

Those who have the Carefree Lord abiding in their minds -


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1. 


taa ka-o chintaa katahooN naahi. ||2||
o no cares will ever bother them. ||2||

Those who have banished doubt from their minds

2. 


taa kai kachhoo naahee dar jamaa. ||3||
a re not afraid of death at all. ||3||

Those whose hearts are filled with the Lord's Name by the Guru,

3. 


taa kai sagal niDhaanaa. ||4||34||103||
s says Nanak, all treasures come to them. ||4||34||103||

Gauri, Fifth Mehl:

4. 

The Lord of Unfathomable Form has His Place in the mind.

By Guru's Grace, a rare few come to understand this. ||1||
ਸਹਜ ਕਥਾ ਕੇ ਅਂਦਰੁ ਕੁੰਟਾ ॥ (186)
The Ambrosial Pools of the celestial sermon -

ਜਿਸਿਹ ਪਰਾਪਿਤ ਤਿਸੁ ਲਈ ਭੁੰਚਾ ॥੧॥
those who find them, drink them in. ||1||Pause||

ਅਨਹਤ ਬਾਣੀ ਥਾਨੁ ਨਿਰਾਲਾ ॥
The unstruck melody of the Guru's Bani vibrates in that most special place.

ਤਾ ਕੀ ਧੁਨ ਮੋਹੇ ਗੋਪਾਲਾ ॥੨॥
The Lord of the World is fascinated with this melody. ||2||

ਤਹ ਸਹਜ ਅਖਾਰੇ ਅਨੇਕ ਅਨੰਤਾ ॥ (186)
The numerous, countless places of celestial peace -

ਪਾਰਬਰ੍ਹਮ ਕੇ ਸੰਤੀ ਸੰਤਾ ॥੩॥
there, the Saints dwell, in the Company of the Supreme Lord God. ||3||

ਹਰਖ ਅਨੰਤ ਸੋਗ ਨਹੀ ਬੀਆ ॥ (186)
There is infinite joy, and no sorrow or duality.

ਸੋ ਘਰੂ ਗੁਰੀ ਨਾਨਕ ਕੁੜ ਦੀਆ ॥੪॥੩੫॥੧੦੪॥ (186)
The Guru has blessed Nanak with this home. ||4||35||104||
Ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

What form of Yours should I worship and adore?

What Yoga should I practice to control my body?

What is that virtue, by which I may sing of You?

What is that speech, by which I may please the Supreme Lord God?

What worship service shall I perform for You?

How can I cross over the terrifying world-ocean?

What is that penance, by which I may become a penitent?
kavan so naam ha-umai mal kho-ay. ||3||
What is that Name, by which the filth of egotism may be washed away? ||3||

gun poojaa gi-aan Dhi-aan naanak sagal ghaal.
Virtue, worship, spiritual wisdom, meditation and all service, O Nanak,

jis kar kirpaa satgur milai da-i-aal. ||4||
are obtained from the True Guru, when, in His Mercy and Kindness, He meets us. ||4||

tis hee gun tin hee parabh jaataa.
They alone receive this merit, and they alone know God,

jis kee maan lay-ay sukh-daata. ||1|| rahaa-o doojaa. ||36||105||
who are approved by the Giver of peace. ||1||Second. Pause||36||105||

Gauree, Fifth Mehl:

aapan tan nahee jaa ko garbaa.
The body which you are so proud of, does not belong to you.

raaj milakh nahee aapan darbaa. ||1||
Power, property and wealth are not yours. ||1||
They are not yours, so why do you cling to them?

Only the Naam, the Name of the Lord, is yours; it is received from the True Guru.

Children, spouse and siblings are not yours.

Dear friends, mother and father are not yours. ||2||

Gold, silver and money are not yours.

Fine horses and magnificent elephants are of no use to you.

Says Nanak, those whom the Guru forgives, meet with the Lord.

Everything belongs to those who have the Lord as their King.
Gauree, Fifth Mehl:

I place the Guru's Feet on my forehead, and all my pains are gone. I am a sacrifice to my True Guru. I have come to understand my soul, and I enjoy supreme bliss. I have applied the dust of the Guru's Feet to my face, which has removed all my arrogant intellect. The Word of the Guru's Shabad has become sweet to my mind,
Paarbarahm taa tay mohi deethaa. ||3||
and I behold the Supreme Lord God. ||3||

Gur sukh-daata gur kartaar.
The Guru is the Giver of peace; the Guru is the Creator.

Jee-a paraan naanak gur aDhaar. ||4||38||107||
O Nanak, the Guru is the Support of the breath of life and the soul. ||4||38||107||

Ray man mayray tooN taa ka-o aahi.
O my mind, seek the One,

Jaa kai oonaa kachhoo naahi. ||1||
who lacks nothing. ||1||

Har saa pareetam kar man man meet.
Make the Beloved Lord your friend.

Paraan aDhaar raakho sad cheet. ||1|| raha-o.
Keep Him constantly in your mind; He is the Support of the breath of life. ||1||Pause||
O my mind, serve Him;

He is the Primal Being, the Infinite Divine Lord.

Place your hopes in the One

who is the Support of all beings, from the very beginning of time, and throughout the ages.

His Love brings eternal peace;

meeting the Guru, Nanak sings His Glorious Praises.

Gauree, Fifth Mehl:

meet karai so-ee ham maanaa.
Whatever my Friend does, I accept.
My Friend’s actions are pleasing to me. ||1||

Within my conscious mind, the One Lord is my only Support.

One who does this is my Friend. ||1||Pause||

My Friend is Carefree.

By Guru’s Grace, I give my love to Him. ||2||

My Friend is the Inner-knower, the Searcher of hearts.

He is the All-powerful Being, the Supreme Lord and Master. ||3||

I am Your servant; You are my Lord and Master.
ਮਾਨੁ ਮਹਤੁ ਨਾਨਕ ਪਰ੍ਭੁ ਤੇਰੇ ॥੪॥੪੦॥੧੦੯॥

Nanak: my honor and glory are Yours, God. ||4||40||109||

Gauree, Fifth Mehl:

ਗਉੜੀ ਮਹਲਾ ੫ ॥

Gauree, Fifth Mehl:

ਜਾ ਕਉ ਤੁਮ ਭਏ ਸਮਰਥ ਅੰਗਾ ॥

Those who have You on their side, O All-powerful Lord -

ਤਾ ਕਉ ਕਛੁ ਨਾਹੀ ਕਾਲੰਗਾ ॥੧॥

no black stain can stick to them. ||1||

ਮਾਧਉ ਜਾ ਕਉ ਹੈ ਆਸ ਤੁਮਾਰੀ ॥

O Lord of wealth, those who place their hopes in You, -

ਤਾ ਕਉ ਕਛੁ ਨਾਹੀ ਸੰਸਾਰੀ ॥੨॥ ਰਹਾਉ ॥

nothing of the world can touch them at all. ||1||Pause||

ਜਾ ਕੈ ਿਹਰਦੈ ਠਾਕੁ ਰੁ ਹੋਇ ॥

Those whose hearts are filled with their Lord and Master -

ਤਾ ਕਉ ਸਹਸਾ ਨਾਹੀ ਕੋਇ ॥੨॥

no anxiety can affect them. ||2||
Those, unto whom You give Your consolation, God-

pain does not even approach them. ||3||

Says Nanak, I have found that Guru,
who has shown me the Perfect, Supreme Lord God. ||4||41||110||

This human body is so difficult to obtain; it is only obtained by great good fortune.

Those who do not meditate on the Naam, the Name of the Lord, are murderers of the soul. ||1||

Those who forget the Lord might just as well die.
Without the Naam, of what use are their lives? ||1||Pause||
Eating, drinking, playing, laughing and showing off -
what use are the ostentatious displays of the dead? ||2||
Those who do not listen to the Praises of the Lord of supreme bliss,
are worse off than beasts, birds or creeping creatures. ||3||
Says Nanak, the GurMantra has been implanted within me;
the Name alone is contained within my heart. ||4||42||111||
Gauree, Fifth Mehl:
का की माई का को बाप ॥ (188)
Kaak kee maa-ee kaak ko baap.
Whose mother is this? Whose father is this?

नाम धारीक झूठे सब्ज साक ॥ 1 ॥
Naam Dhaareek jhootay sabh saak. ||1||
They are relatives in name only- they are all false. ||1||

काहे कउ मूरख भखलाई ॥ ॥ (188)
Kaahay ka-o moorakh bhakhlaa-i-aa.
Why are you screaming and shouting, you fool?

इम झंजों हुकिम तूम आई ॥ 1 ॥ रहाई ॥
Im sanjog hukam tooN aa-i-aa. ||1|| rahaa-o.
By good destiny and the Lord's Order, you have come into the world. ||1|| Pause||

एका माटी एका जोति ॥ (188)
aykaa maatee aykaa jot.
There is the one dust, the one light,

एको पवन कहा कउन रोति ॥ 2 ॥
ayko pavan kahaa ka-un rot. ||2||
the one praanic wind. Why are you crying? For whom do you cry? ||2||

मेरा मेरा किर विलाही ॥ (188)
meraa merraa kaar vilaahi.
People weep and cry out, "Mine, mine!

मरणहार इह जीवन नाही ॥ 3 ॥
maranhaar ih jee-araa naahee. ||3||
This soul is not perishable. ||3||
कहु नानक गुर खोले कपाट ॥ (188)
kaho naanak gur kholay kapaat.
Says Nanak, the Guru has opened my shutters;

मुकतु भए िबनसे भर्म थाट ॥४॥४३॥११२॥ (188)
mukat bha-ay binsay bharam thaat. ||4||43||112||
I am liberated, and my doubts have been dispelled. ||4||43||112||

गउूरੀ ਮਹਲਾ ੫ ॥ (188)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ਵਡੇ ਵਡੇ ਜੋ ਦੀਸਿਹ ਲੋਗ ॥ (188)
vaday vaday jo deeseh log.
Those who seem to be great and powerful,

ਤਿਨ ਵਡੇ ਬਿਆਪੈ ਚੰਤਾ ਰੋਗ ॥੧॥ (188)
tin ka-o biaapai chintaa rog. ||1||
are afflicted by the disease of anxiety. ||1||

ਵੋਂਨ ਲਈ ਅਧਿਸ਼ਾ ਵਿਡਾਈ ॥ (188)
ka-un vadaa maa-i-aa vadi-aa-ee.
Who is great by the greatness of Maya?

ਸੋ ਵਡਾ ਜਿਨੀ ਰਾਮ ਲਿਵ ਲਾਈ ॥੧॥ ਰਹਾਉ ॥
so vadaa jin raam liv laai-ee. ||1|| rahaa-o.
They alone are great, who are lovingly attached to the Lord. ||1||Pause||

ਭੂਮੀਆ ਭੂਮ ਊਪਿਰ ਲੁਜੈ ॥ (188)
bhoomee-aa bhoom oopar nit lujhai.
The landlord fights over his land each day.
He shall have to leave it in the end, and yet his desire is still not satisfied. ||2||

Says Nanak, this is the essence of Truth:

Perfect is the path; perfect is the cleansing bath.

Everything is perfect, if the Naam is in the heart. ||1||

One's honor remains perfect, when the Perfect Lord preserves it.

His servant takes to the Sanctuary of the Supreme Lord God. ||1||Pause||
Perfect is the peace; perfect is the contentment.

Perfect is the penance; perfect is the Raja Yoga, the Yoga of meditation and success.

On the Lord’s Path, sinners are purified.

Perfect is their glory; perfect is their humanity.

They dwell forever in the Presence of the Creator Lord.

Says Nanak, my True Guru is Perfect.

Millions of sins are wiped away by the dust of the feet of the Saints.
By the Grace of the Saints, one is released from birth and death. ||1||

The Blessed Vision of the Saints is the perfect cleansing bath.

By the Grace of the Saints, one comes to chant the Naam, the Name of the Lord.

||1||Pause||

In the Society of the Saints, egotism is shed,

and the One Lord is seen everywhere. ||2||

and the heart is irrigated with the Ambrosial Naam. ||3||

Says Nanak, one whose karma is perfect,
ਿਤਸੁ ਭੇਟੇ ਸਾਧੂ ਕੇ ਚਰਨ ॥੪॥੪੬॥੧੧੫॥
tis bhaytay saaDhoo kay charan. ||4||46||115||
touches the feet of the Holy. ||4||46||115||

Gauree, Fifth Mehl:

ਰਾਗੀ ਮੱਲਾ ੫ ॥
ga-orhee mehlaa 5.

Meditating on the Glories of the Lord, the heart-lotus blossoms radiantly.

ਰਾਗੀ ਮੱਲਾ ੫ ॥
ga-orhee mehlaa 5.

Meditating on the Glories of the Lord, the heart-lotus blossoms radiantly.

ਹਿਰ ਗੁਣ ਜਪਤ ਕਮਲੁ ਪਰਗਾਸੈ ॥
har gun japat kamal pargaasai.
Meditating on the Glories of the Lord, the heart-lotus blossoms radiantly.

ਰਾਗੀ ਮੱਲਾ ੫ ॥
ga-orhee mehlaa 5.

Meditating on the Glories of the Lord, the heart-lotus blossoms radiantly.

ਸੋ ਮਤ ਪੌਰੀ ਜਿਤੁ ਹਿਰ ਗੁਣ ਗਆਵੈ ॥
saa mat poorie jit har gun gaavai.
Perfect is that intellect, by which the Glorious Praises of the Lord are sung.

ਬਦੈ ਭਾਗ ਸਾਧੂ ਸੰਗੁ ਪਆਵੈ ॥੧॥
vadai bhaag saaDhoo sang paavai. ||1||
By great good fortune, one finds the Saadh Sangat, the Company of the Holy. ||1|| Pause||

In the Saadh Sangat, the treasure of the Name is obtained.

In the Saadh Sangat, all one’s works are brought to fruition. ||2||
हर की भगित जनमु परवाणु ॥ (189)
Through devotion to the Lord, one's life is approved.

गुर किरपा ते नामु वखाणु ॥३॥ (189)
By Guru's Grace, one chants the Naam, the Name of the Lord. ||3||

कहू नानक सो जनु परवानु ॥ (189)
Says Nanak, that humble being is accepted,

जा कै रिदै वसै भगवानु ॥४॥४७॥११६॥ (189)
within whose heart the Lord God abides. ||4||47||116||

Gauree, Fifth Mehl:

एकसु सिउ जा का मनु राता॥ (189)
Those whose minds are imbued with the One Lord,

विस्री तिसै पराई ताता ॥। (189)
forget to feel jealous of others. ||1||

बिनू गोबिंद न दीसै कोई ॥ (189)
They see none other than the Lord of the Universe.
The Creator is the Doer, the Cause of causes. ||1||Pause||

Those who work willingly, and chant the Name of the Lord, Har, Har -

Those who possess the wealth of the Lord are the true bankers.

The Perfect Guru has established their line of credit. ||3||

The Giver of life, the Sovereign Lord King meets them.

Says Nanak, they attain the supreme status. ||4||48||117||

Gauree, Fifth Mehl:
The Naam, the Name of the Lord, is the Support of the breath of life of His devotees.

The Naam is their wealth, the Naam is their occupation.

By the greatness of the Naam, His humble servants are blessed with glory.

The Lord Himself bestows it, in His Mercy.

The Naam is the home of peace of His devotees.

Attuned to the Naam, His devotees are approved.

With each and every breath, they remember the Naam.
Says Nanak, those who have perfect destiny -

Their minds are attached to the Naam.

Since then, my restless mind has been satisfied.

I have obtained the home of peace, singing His Glorious Praises.

My troubles have ended, and the demon has been destroyed.

Worship and admire the Lotus Feet of the Lord God.
Meditating in remembrance on the Lord, my anxiety has come to an end. ||2||

I have renounced all - I am an orphan. I have come to the Sanctuary of the One Lord.

Since then, I have found the highest celestial home. ||3||

My pains, troubles, doubts and fears are gone.

The Creator Lord abides in Nanak's mind. ||4||50||119||

With my hands I do His work; with my tongue I sing His Glorious Praises.

With my feet, I walk on the Path of my Lord and Master. ||1||
bhalo samo simran kee baree-aa.
It is a good time, when I remember Him in meditation.

simrat naam bhai paar utree-aa. ||1|| rahaa-o.
Meditating on the Naam, the Name of the Lord, I cross over the terrifying world-ocean. ||1||Pause||

naytar santan kaa darsan paykh.
With your eyes, behold the Blessed Vision of the Saints.

parabh avinaasee man meh laykh. ||2||
Record the Immortal Lord God within your mind. ||2||

sun keertan saaDh peh jaa-ay.
Listen to the Kirtan of His Praises, at the Feet of the Holy.

janam maran kee taraas mitaa-ay. ||3||
Your fears of birth and death shall depart. ||3||

charan kamal thaakur ur Dhaar.
Enshrine the Lotus Feet of your Lord and Master within your heart.

dulabh dayh naanak nistaar. ||4||51||120||
Thus this human life, so difficult to obtain, shall be redeemed. ||4||51||120||
ਗਉੜੀ ਮਹਲਾ ੫ ॥ (190)
Gauree, Fifth Mehl:

ਨਾ ਬਾਹੀ ਅਧਿਕਿ ਕਮਲਣ ਵਾਲੇ ॥ (190)
Those, upon whom the Lord Himself showers His Mercy,

ਮੇਂ ਨਹ ਕਮਲ ਰੂਮੁ ਛੱਡਣਾ ॥੧॥ (190)
chant the Naam, the Name of the Lord, with their tongues. ||1||

ਸੋ ਜਨਨ ਨਾਮ ਉਚਾਰੈ ॥੧॥ (190)
chant the Naam, the Name of the Lord, with their tongues. ||1||

ਹਿਰ ਬਾਸਰਤ ਸਹਸਾ ਦੁਖੁ ਬਾਪਤੈ ॥ (190)
Forgetting the Lord, superstition and sorrow shall overtake you.

ਸਿਸਰਤ ਨਾਮ ਭਰਮ ਭਾਗੈ ॥੧॥ (190)
Meditating on the Naam, doubt and fear shall depart. ||1||Pause||

ਵਿਵਾਦ ਰੂਮ ਬਹੁ ਬਨਣਾ ॥੧॥ (190)
Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,

ਵਿਵਾਦ ਬੀਰਦਤ ਮੈਡ ਵਿਵਾਦਹਤ ਗਾਵਈ ॥ (190)
Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,

ਵਿਵਾਦ ਕੀਰਤਨ ਸੁਣੈ ਹਿਰ ਕੀਰਤਨ ਗਾਵੈ ॥ (190)
Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,

ਵਿਵਾਦ ਕੀਰਤਨ ਕੀਰਤਨ ਗਾਵੈ ॥ (190)
Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,

ਹਿਰ ਕੀਰਤਨ ਸੁਣੈ ਹਿਰ ਕੀਰਤਨ ਗਾਵੈ ॥ (190)
Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,
ਤਾ ਕਉ ਮਾਇਆ ਅਗਿਨ ਨ ਪੋਹੈ ॥੩॥
The fire of Maya does not touch them. ||3||

ਮਿਨ ਤਿਨ ਮੁਖ ਹਿਰ ਨਾਮੁ ਦੇਇਆਲ ॥
Within their minds, bodies and mouths, is the Name of the Merciful Lord.

ਨਾਨਕ ਤਜੀਅਲੇ ਅਵਿਰ ਜੰਜਾਲ ॥੪॥੫੨॥੧੨੧॥
Nanak has renounced other entanglements. ||4||52||121||

迦ਊੜੀ ਭਵਰ ੫ ॥
Gauree, Fifth Mehl:

ਛਹੀਡੀ ਸਿਆਨਪ ਬਹੁ ਚਤੁਰਾੀ ॥
Renounce your cleverness, and your cunning tricks.

ਰੁੱਧ ਪੂਰੇ ਕੀ ਟੀਕਾਈ ॥੧॥
Seek the Support of the Perfect Guru. ||1||

ਤੁਧ ਚਾਤਮੇ ਸਕਾ ਵਿਨ ਗੁਣ ਗਾਇ ॥
Your pain shall depart, and in peace, you shall sing the Glorious Praises of the Lord.

ਗੁਰੁ ਪੌਰਾ ਭੇਟਾਈ ਲਾਈ ॥੧॥
Meeting the Perfect Guru, let yourself be absorbed in the Lord's Love. ||1||Pause||
ਹਿਰ ਕਾ ਨਾਮੁ ਦੀਆਂ ਗੁਰ ਮੰਤਰ੍ਹ ॥ (190)

ਹਿਰ ਕਾ ਨਾਮੁ ਦੀਆਂ ਗੁਰ ਮੰਤਰ੍ਹ ॥
The Guru has given me the Mantra of the Name of the Lord.

ਿਮਟੇ ਿਵਸੂਰੇ ਉਤਰੀ ਚੀਤ ॥੨॥ (190)

mitay visooray utree chint. ||2||
My worries are forgotten, and my anxiety is gone. ||2||

ਆਲੇ ਕੇ ਗੁਰ ਭਿਲਾਅ ਕ੍ਰਿਪਾਹ ॥ (190)

ਆਲੇ ਕੇ ਗੁਰ ਭਿਲਾਅ ਕ੍ਰਿਪਾਹ ॥
Meeting with the Merciful Guru, I am in ecstasy.

ਕਹੁ ਨਾਨਕ ਗੁਰੁ ਪੂਰਾ ਪਾਇਆ ॥ (190)

kaho naanak gur pooraa paa-i-aa.
Says Nanak, I have found the Perfect Guru;

ਗਉ੃ੀ ਮਹਲਾ ॥ (190)

Gauree, Fifth Mehl:

ਰਾਖ਼ਲੀ ਗੁਰੁ ਪੂਰੈ ਆਪ ॥ (190)

raakh lee-aa gur poorai aap.
The Perfect Guru Himself has saved me.
मनमुख कउ लागो संतापु ॥१॥
Manmukh ka-o laago santaap. ||1||
The self-willed manmukhs are afflicted with misfortune. ||1||

गुरू गुरू जिप मीत हमारे ॥
Guroo guroo jap meet hamaraa.
Chant and meditate on the Guru, the Guru, O my friend.

मुख ऊजल होविह दरबारे ॥१॥ रहाउ ॥
Mukh oojal hoveh darbaaray. ||1|| rahaa-o.
Your face shall be radiant in the Court of the Lord. ||1||Pause||

गुर के चरण हिरदै वसाइ ॥
Gur kay charan hirdai vasaa-ay.
Enshrine the Feet of the Guru within your heart;

दुख दुसमन तेरी हतै बलाइ ॥२॥
Dukh dusman tayree hatai balaa-ay. ||2||
your pains, enemies and bad luck shall be destroyed. ||2||

गुर का सबदु तेरै संग सहाई ॥
Gur kaa sabad tayrai sang sahaa-ee.
The Word of the Guru's Shabad is your Companion and Helper.

दडआल भए सगले जीजा भाई ॥३॥
Daa-i-aal bha-ay saglay jee-a bhaa-ee. ||3||
O Siblings of Destiny, all beings shall be kind to you. ||3||

गुर पूरै जब किरपा करी ॥
Gur poorai jab kirpaa karee.
When the Perfect Guru granted His Grace,
Bhanat naanak mayree pooree paree. ||4||54||123||
says Nanak, I was totally, completely fulfilled. ||4||54||123||

Gauree, Fifth Mehl:

Anik rasaa khaa-ay jaisay dhor.
Like beasts, they consume all sorts of tasty treats.

With the rope of emotional attachment, they are bound and gagged like thieves. ||1||

Their bodies are corpses, without the Saadh Sangat, the Company of the Holy.

They come and go in reincarnation, and are destroyed by pain. ||1||Pause||

They wear all sorts of beautiful robes,

but they are still just scarecrows in the field, frightening away the birds. ||2||
All bodies are of some use,

but those who do not meditate on the Naam, the Name of the Lord, are totally useless.

Says Nanak, those unto whom the Lord becomes Merciful,

join the Saadh Sangat, and meditate on the Lord of the Universe.

Gauree, Fifth Mehl:

The Word of the Guru's Shabad quiets worries and troubles.

Coming and going ceases, and all comforts are obtained.

Fear is dispelled, meditating on the Fearless Lord.
In the Saadh Sangat, the Company of the Holy, I chant the Glorious Praises of the Lord.

Pause

I have enshrined the Lotus Feet of the Lord within my heart.

The Guru has carried me across the ocean of fire.

I was sinking down, and the Perfect Guru pulled me out.

I was cut off from the Lord for countless incarnations, and now the Guru united me with Him again.

Says Nanak, I am a sacrifice to the Guru;

meeting Him, I have been saved.

Gauree, Fifth Mehl:
ਸਾਧਸੰਗ ਤਾ ਕੀ ਸਰਨੀ ਪਰਹੁ ॥ (191)
saadhsang taa kee sarnee parahu.
In the Saadh Sangat, the Company of the Holy, seek His Sanctuary.

ਮਨੁ ਤਨੁ ਅਪਨਾ ਆਗੈ ਧਰਹੁ ॥੧॥
man tan apnaa aagai Dharahu. ||1||
Place your mind and body in offering before Him. ||1||

ਅੰਿਮਰ੍ਤ ਨਾਮੁ ਪੀਵਹੁ ਮੇਰੇ ਭਾਈ ॥ (191)
amrit naam peevhu mayray bhaa-ee.
Drink in the Ambrosial Nectar of the Name, O my Siblings of Destiny.

ਸੌ ਧਨੁ ਸਾਂਚਹੁ ਜੋ ਚਾਲੈ ਨਾਲੇ ॥੩॥
so Dhan sanchahu jo chaalai naalay. ||3||
Gather only that wealth, which shall go with you. ||3||
He alone obtains it, upon whose forehead such destiny is written.

Says Nanak, fall at the Feet of that Lord.

The dried branches are made green again in an instant.

His Ambrosial Glance irrigates and revives them.

The Perfect Divine Guru has removed my sorrow.

Anxiety is removed, and the desires of the mind are fulfilled,
Karee da-i-aa satgur guntaasaa. ||2||
when the True Guru, the Treasure of Excellence, shows His Kindness. ||2||

*Dukh* raate *mukh* *abhdi* *mataa* || (191)
Dukh naathay sukha aa-ay samaa-ay.
Pain is driven far away, and peace comes in its place;

*Deel* ra *vahri* na *gur* *dukaa* *mataa* ||3||
Dheel na paree jaa gur furmaa-ay. ||3||
there is no delay, when the Guru gives the Order. ||3||

*Ichh* punee *pur* *gur* *milay* || (191)
ichh punee pooray gur milay.
Desires are fulfilled, when one meets the True Guru;

*Naanak* tay *jan* *sufal* *faalay* ||4||58||127||
O Nanak, His humble servant is fruitful and prosperous. ||4||58||127||

Gauree, Fifth Mehl:

*Seetal* bha-ay *keenee* *parbh* *daat* ||1||
A cooling peace prevails; God has granted this gift. ||1||
ਪ੍ਰੇਮ ਕਿਰਪਾ ਤੇ ਭਾਵ ਸੁਹਾਇਲੇ ॥ (191)
parabh kirpaa tay bha-ay suhaylay.
By God's Grace, we have become comfortable.

ਜਨਮ ਜਨਮ ਕੇ ਬਿਚਾਰੇ ਮੇਲਣਾ ॥੧॥ (191)
janam janam ke bichhare mele. ||1|| rhaa-o.
Separated from Him for countless incarnations, we are now reunited with Him. ||1||Pause||

ਸੀਮਰਤ ਸੀਮਰਤ ਪ੍ਰੇਮ ਕਾ ਨਾਊ ॥ (191)
simrat simrat parabh kaa naa-o.
Meditating, meditating in remembrance on God's Name,

ਸਗਲ ਰੋਗ ਕਾ ਵਿਨਿਸਾਅਲ ਥਾਊ ॥੨॥ (191)
sagal rog kaa binsi-aa thaa-o. ||2||
the dwelling of all disease is destroyed. ||2||

ਸਹਿਜ ਸੁਆਈ ਬੋਲੀ ਹੀਰ ਬਾਣੀ ॥ (191)
sahj subhaa-ay bolai har banee.
In intuitive peace and poise, chant the Word of the Lord's Bani.

ਆਠ ਪਹਰ ਪ੍ਰੇਮ ਸੀਮਰਾਹ ਪ੍ਰਾਣੀ ॥੩॥ (191)
aath pahar parabh simrahu paraanee. ||3||
Twenty-four hours a day, O mortal, meditate on God. ||3||

ਦੂਖੁ ਦਰਦੁ ਜੰਮੁ ਨੇੜਣੇ ਦਾਵੋ ॥ (191)
dookh darad jam nayrh na aavai.
Pain, suffering and the Messenger of Death do not even approach that one,

ਕਹੁ ਨਾਨਕ ਜੋ ਹੀਰ ਗੁਨ ਗਾਵੈ ॥੪॥੫੯॥੧੨੮॥ (191)
kaho naanak jo har gun gaavai. ||4||59||128||
says Nanak, who sings the Glorious Praises of the Lord. ||4||59||128||
Gauree, Fifth Mehl:

Auspicious is the day, and auspicious is the chance,

which brought me to the Supreme Lord God, the Unjoined, Unlimited One. ||1||

I am a sacrifice to that time,

when my mind chants the Name of the Lord. ||1||Pause||

Blessed is that forehead, which bows in humility to the Saints.
चरण पुनीत चलिह हिर मारिग ॥३॥
Sacrificed are those feet, which walk on the Lord's Path. ||3||

बुध तन्भव चलिह भेंज बलम ॥ (191)

कहु नानक भला मेरा करम ॥
Says Nanak, auspicious is my karma,

जितु भेटे सादू के चरन ॥४॥६०॥१२९॥
which has led me to touch the Feet of the Holy. ||4||60||129||

गउड़ी महला ५ ॥
Gauree, Fifth Mehl:

गुर का सबदु रााँह मन माहि ॥
Keep the Word of the Guru's Shabad in your mind.

नामु िसमिर िचता सभ जाह ॥१॥
Meditating in remembrance on the Naam, the Name of the Lord, all anxiety is removed. ||1||

बिन भयंत नाही अन कोइ ॥ (192)
Without the Lord God, there is no one else at all.

मारै रााँह एको सीठ ॥ (192)
He alone preserves and destroys. ||1||Pause||
गुर के चरण िरदै उिर धािर ॥ (192)
गुर के चरण िरदै उिर धािर
Enshrine the Guru's Feet in your heart.

अगििन सागरु जिप उतरिह पािर ॥२॥ (192)
अगििन सागरु जिप उतरिह पािर
Meditate on Him and cross over the ocean of fire. ||2||

गुर मूरिित िसू लाइ िधािनु ॥ (192)
गुर मोरत si-o laa-ay Dhi-aan.
Focus your meditation on the Guru's Sublime Form.

ईहा ऊहा पाविह मानु ॥३॥ (192)
ईहा ऊहा पाविह मानु
Here and hereafter, you shall be honored. ||3||

सगल ितआिग गुर सरणी आिआ ॥ (192)
सगल ितआिग गुर सरणी आिआ
Renouncing everything, I have come to the Guru's Sanctuary.

मिटे अंदेसे तलभ सुिख पािहए ॥४॥६१॥१३०॥ (192)
मिटे अंदेसे तलभ सुिख पािहए
My anxieties are over - O Nanak, I have found peace. ||4||61||130||

गाँिी महला ५ ॥ (192)
गाँिी महला 5.
Gauree, Fifth Mehl:

सम सििभव सूिख सभ जािह ॥ (192)
सम सििभव सूिख सभ जािह
Remembering Him in meditation, all pains are gone.
The jewel of the Naam, the Name of the Lord, comes to dwell in the mind. ||1||

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

The Holy People chant the Lord’s Name with their tongues. ||1||Pause||

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

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

Make the One Lord your friend, intimate and companion.

Write in your mind the Word of the Lord, Har, Har. ||3||

The Lord Master is totally pervading everywhere.
Nanak sings the Praises of the Inner-knower, the Searcher of hearts. ||4||62||131||

Gauree, Fifth Mehl:

The whole world is engrossed in fear.

Those who have the Naam, the Name of the Lord, as their Support, feel no fear. ||1||

Fear does not affect those who take to Your Sanctuary.

You do whatever You please. ||1||Pause||

In pleasure and in pain, the world is coming and going in reincarnation.

Those who are pleasing to God, find peace. ||2||
अगिन सागरु महा िवआपै माइआ ॥ (192)
agan saagar maha vi-aapai maa-i-aa.
Maya pervades the awesome ocean of fire.

मे मीउल िििमति गिगिगु गधिभा ॥3॥ (192)
se sietal jin satigru paa-i-aa. ||3||
Those who have found the True Guru are calm and cool. ||3||

गधि िेथिदु िीष्ठ िर्दवरण ॥ (192)
raakh lay-ay parabh raakhanhaaraa.
Please preserve me, O God, O Great Preserver!

वरु िणिििि ििििििन-ििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििििşi
ਤੁਮੰਨੀ ਕੁਰਾਸ਼ ਦੇ ਕੇਥਾ ਸੂਪ ਜੇਂਤੀ ||੧|| ਕਲਜਨੀ || (192)
ਤੁਮੰਨੀ ਕੁਰਾਸ਼ ਦੇ ਸਾਦਾ ਸੁਖ ਦੇਣਾ ||੧|| ਰਹਾ ਹੋਣੀ ||
tumree kirpa tay sadaa sukh do-yan de-yan. ||1|| rahaa-o.
By Your Grace, everlasting peace is obtained. ||1||Pause||

ਤੁਮ ਮਿਨ ਵਸੇ ਤਹਮ ਦੂਆਰ ਨ ਲਾਗੇ || (192)
tum man vasay ta-o dookh na laagai.
If You abide in the mind, we do not suffer in sorrow.

ਪਾਰਬਰ੍ਹਮ ਅਪਰੰਪਰ ਸੂਹੇਲੀ || (192)
paarbarahm aprampar su-aamee.
O Supreme Lord God, Infinite Lord and Master,

ਸਗਲ ਘਟਨੇ ਅੰਤਰਜਾਮੀ ||੩|| (192)
sagal ghataa kay antarjaamee. ||3||
You are the Inner-knower, the Searcher of all hearts. ||3||

ਨਾਨਕ ਸੂਪ ਤੇ ਅ ਪਰ ਕੋਰੁਂ ਰਾਸ਼ੀ || (192)
naanak naam milai sach raas. ||4||64||133||
O Nanak, may I be blessed with the treasure of the True Name. ||4||64||133||

ਗਉੜੀ ਮਹਲਾ ੫ || (192)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:
बट बिहू ते मे येंघ तुष्य ॥ (192)
कण बिना जैसे थोथर तुखा ॥
kun binaa jaisay thothar tukhaa.
As the husk is empty without the grain,

रुम बिहू तृघे भुक्तु ॥ (192)
नाम बिहून सूने से मुखा ॥ १ ॥
nam bijoone soonay say mukhaa. ||1||
so is the mouth empty without the Naam, the Name of the Lord. ||1||

चिन चिन रुम रुघु तिनू बुडी ॥ (192)
हर हर नामु जपहु नित प्राणी ॥
har har naam japhu nit praanee.
O mortal, chant continually the Name of the Lord, Har, Har.

हिर हिर नामु जपहु िनत पर्ाणी ॥ (192)
बहर बहर नामु जपहु िनत पर्ाणी ॥ १ ॥ रहाउ ॥
har har bijoone japahu nit paraanee. ||1|| rahaa-o.
Without the Naam, cursed is the body, which shall be taken back by Death. ||1||Pause||

हिर हिर नामु जपहु िनत पर्ाणी ॥ (192)
बहर बहर नामु जपहु िनत पर्ाणी ॥ २ ॥
har har bijoone japahu nit paraanee. ||2||
Without the Naam, cursed is the body, which shall be taken back by Death. ||2||Pause||

वज्र कहाना जैसे अन सुआई ॥ (192)
नामु बिसार सूर सु अन सुआई ॥
nam bisaar lagai an su-aa-ay.
Forgetting the Naam, and attached to other tastes,

ब्रा की आस न पूजु काई ॥ (192)
ता की आस न पूजै काई ॥ ३ ॥
taa kee aas na poojai kaai-ay. ||3||
no desires are fulfilled. ||3||
O God, grant Your Grace, and give me this gift.

Please, let Nanak chant Your Name, day and night.

You are All-powerful, You are my Lord and Master.

Everything comes from You; You are the Inner-knower, the Searcher of hearts.

The Perfect Supreme Lord God is the Support of His humble servant.

Millions are saved in Your Sanctuary.

As many creatures as there are - they are all Yours.
By Your Grace, all sorts of comforts are obtained. ||2||

Whatever happens, is all according to Your Will. ||3||

Please grant Your Grace, God, and bestow this gift

upon Nanak, that he may meditate on the treasure of the Naam. ||4||66||135||

By great good fortune, the Blessed Vision of His Darshan is obtained,

by those who are lovingly absorbed in the Lord’s Name. ||1||
Those whose minds are filled with the Lord,
do not suffer pain, even in dreams. ||1||Pause||

All treasures have been placed within the minds of His humble servants.

In their company, sinful mistakes and sorrows are taken away. ||2||

The Glories of the Lord's humble servants cannot be described.

The servants of the Supreme Lord God remain absorbed in Him. ||3||

Grant Your Grace, God, and hear my prayer:

please bless Nanak with the dust of the feet of Your slave. ||4||67||136||
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

har simrat tayree jaa-ay balaa-ay.
Remembering the Lord in meditation, your misfortune shall be taken away,

sarab kali-aan vasai man aa-ay. ||1||
and all joy shall come to abide in your mind. ||1||

bhaj man mayray ayko naam.
Meditate, O my mind, on the One Name.

jee-a tayray kai aavai kaam. ||1|| raha-o.
It alone shall be of use to your soul. ||1||Pause||

rain dinas gun gaa-o anantaa.
Night and day, sing the Glorious Praises of the Infinite Lord,

gur pooray kaa nirmal manntaa. ||2||
through the Pure Mantra of the Perfect Guru. ||2||

chhod upaav ayk tayk raakh.
Give up other efforts, and place your faith in the Support of the One Lord.
Taste the Ambrosial Essence of this, the greatest treasure. ||3||

They alone cross over the treacherous world-ocean,

Meeting the Perfect True Guru, I am emancipated. ||1||

Sing the Glorious Praises of the Lord of the Universe, O my Siblings of Destiny.

Joining the Holy Saints, meditate on the Lord's Name. ||1||Pause||
This human body, so difficult to obtain, is redeemed when one receives the banner of the Naam from the True Guru.

Meditating in remembrance on the Lord, the state of perfection is attained. In the Saadh Sangat, the Company of the Holy, fear and doubt depart.

Wherever I look, there I see the Lord pervading. Slave Nanak has entered the Lord's Sanctuary.

I am a sacrifice to the Blessed Vision of the Guru's Darshan.
Chanting and meditating on the Name of the True Guru, I live. ||1||

O Supreme Lord God, O Perfect Divine Guru,

show mercy to me, and commit me to Your service. ||1|| Pause||

I offer my mind, body and wealth to the Guru, the Support of the breath of life. ||2||

My life is prosperous, fruitful and approved;

I know that the Guru, the Supreme Lord God, is near me. ||3||

By great good fortune, I have obtained the dust of the feet of the Saints.
O Nanak, meeting the Guru, I have fallen in love with the Lord. ||4||70||139||

Gauree, Fifth Mehl:

They do their evil deeds, and pretend otherwise;

but in the Court of the Lord, they shall be bound and gagged like thieves. ||1||

Those who remember the Lord belong to the Lord.

The One Lord is contained in the water, the land and the sky. ||1||Pause||

Their inner beings are filled with poison, and yet with their mouths, they preach words of Ambrosial Nectar.

Bound and gagged in the City of Death, they are punished and beaten. ||2||
ਅਤੀਚ ਪਹਾਡੇ ਭੁਗਤ ਵਲੱਧੇ ਵਿਖਾਅ || (194)
ਅਤੀਚ ਪਹਾਡੇ ਭੁਗਤ ਕਮਾਵੇ ਵਿਖਾਅ ||
anik parh-day meh kamaavai vikaar.
Hiding behind many screens, they commit acts of corruption,

ਧੀਲ ਭੁਗਤ ਧੰਨ ਦੇਵੀ ਸੰਮਾਨ ||3|| (194)
ਧੀਲ ਭੁਗਤ ਪਰਗਤ ਹੋਇ ਸੰਸਾਰ ||3||
khin meh pargat hohi sansaar. ||3||
but in an instant, they are revealed to all the world. ||3||

ਅੰਤਿਰ ਮਾਹੀ ਰਾਹ ਕਰੁਣਾ || (194)
ਅੰਤਿਰ ਸਾਚੀ ਨਾਮ ਰਸ ਰਾਤਾ ||
antar saach naam ras raataa.
Those whose inner beings are true, who are attuned to the ambrosial essence of the Naam, the Name of the Lord -

ਨਾਨਕ ਤਿਸ ਕੀਰਤਾਲੁ ਵੀਧਾਤਾ ||4||੭੧੪੦|| (194)
ਨਾਨਕ ਤਿਸ ਕੀਰਤਾਲੁ ਵੀਧਾਤਾ ||4||71||140||
aanak tis kirpaal biDhaataa. ||4||71||140||
O Nanak, the Lord, the Architect of Destiny, is merciful to them. ||4||71||140||

ਗਉੜੀ ਮਹਲਾ ੫ || (194)
ਗਉੜੀ ਮਹਲਾ ੫ ||
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ਰਾਮ ਰੰਗ ਕੇ ਥੁਕਲੀ ਨ ਜਾਇ || (194)
ਰਾਮ ਰੰਗ ਕੇ ਉਤਿਰ ਨ ਜਾਇ ||
raam rang kaday utar na jaa-ay.
The Lord's Love shall never leave or depart.

ਗੁਰ ਪੌਰਾ ਜੀਜੁ ਬੁਜ਼ਾਕ || (194)
ਗੁਰ ਪੌਰਾ ਜੀਜੁ ਬੁਜ਼ਾਕ ||1||
gur pooraa jis day-ay bujhaa-ay. ||1||
They alone understand, unto whom the Perfect Guru gives it. ||1||

ਧਰਸ ਕੇਸ ਕਰੁਣ ਮੁਸਤ ਮਾਹੀ || (194)
ਧਰਸ ਕੇਸ ਨਤੀ ਸੋ ਮੁਨੁ ਸਾਚਾ ||
har rang raataa so man saachaa.
One whose mind is attuned to the Lord's Love is true.
The Love of the Beloved, the Architect of Destiny, is perfect. ||1||Pause||

Sitting in the Society of the Saints, sing the Glorious Praises of the Lord.

The color of His Love shall never fade away. ||2||

Without meditating in remembrance on the Lord, peace is not found.

All the other loves and tastes of Maya are bland and insipid. ||3||

Those who are imbued with love by the Guru become happy.

Says Nanak, the Guru has become merciful to them. ||4||72||141||

Gauree, Fifth Mehl:
Meditating in remembrance on the Lord Master, sinful mistakes are erased,

and one comes to abide in peace, celestial joy and bliss. ||1||

The Lord’s humble servants place their faith in the Lord.

Chanting the Naam, the Name of the Lord, all anxieties are dispelled. ||1||Pause||

In the Saadh Sangat, the Company of the Holy, there is no fear or doubt.

The Glorious Praises of the Lord are sung there, day and night. ||2||

Granting His Grace, God has released me from bondage.

He has given me the Support of His Lotus Feet. ||3||
कहु नानक मिन भई परतीित ॥ (194)
kaho naanak man bha-ee parteet.
Says Nanak, faith comes into the mind of His servant,

निरमल जसु पीविह जन नीित ॥४॥७३॥१४२॥ (194)
nirmal jas peeveh jan neet. ||4||73||142||
who continually drinks in the Immaculate Praises of the Lord. ||4||73||142||

गउ० महला ५ ॥ (194)
gau-o mehlaa 5.
Gauree, Fifth Mehl:

हिर चरणी जा का मनु लागा ॥ (194)
har charnee jaa kaa man laagaa.
Those who keep their minds attached to the Lord's Feet -

दूखु दरदु भर्मु ता का भागा ॥१॥ (194)
dookh darad bharam taa kaa bhaagaa. ||1||
pain, suffering and doubt run away from them. ||1||

जिसिह निवाजे सो जनु सूरा ॥१॥ रहाउ ॥ (194)
jisahi nivaajay so jan sooraa. ||1|| rahaa-o.
Those who are honored by the Lord are the true spiritual heroes. ||1||Pause||

Those humble beings, unto whom the Lord of the Universe shows mercy,
ਸੇਜਨ ਲਾਗੇ ਗੁਰ ਕੀ ਪਾਈ ॥੨॥
(194)
say jan laagay gur kee paa-ee. ||2||
fall at the Guru’s Feet. ||2||

ਮੁੱਢ ਮਕਨ ਸਾਂਦਰ ਆਲੇਹਾ ॥ (194)
ਸੂਖ ਸਹਜ ਸਾਂਤੀ ਆਨੰਦ ਹਾਂਦਾ।
sookh sahj saaNt aanandaa.
They are blessed with peace, celestial bliss, tranquility and ecstasy;

ਨਾਮ ਨਾਮ ਸਾਂਦ ਸੰਗ ਖਾਟੀ ॥ (194)
ਕਹੁ ਨਾਨਕ ਪਰਮਾਨੰਦੀ ਕਾਟੀ ॥੪॥੭੪॥੧੪੩॥
(194)
kaho naanak parmaanandaa. ||3||
chanting and meditating, they live in supreme bliss. ||3||

ਨਾਮ ਨਾਲਕ ਬਲੁੰਦ ਬਹਿਰੀ ॥ (194)
੧੨੮੫ (194)

ਗਉੜੀ ਮਹਲਾ ੫ ॥
(194)
Gauree, Fifth Mehl:

ਜਹੀ ਸਿਭ ਮਿਟਹ ਕਲੇਸ ॥ (194)
ਮੈਂ ਤਾਤ ਰਾਤ ਭੁਗਣ ਬਦਲੀ ॥੨॥ (194)
se jnn langaa guur kee paa-e ||2||
Meditating in remembrance on the Lord, all suffering is eradicated.

ਜਹੀ ਸਿਭ ਮਿਟਹ ਕਲੇਸ ॥ (194)
ਮੈਂ ਤਾਤ ਰਾਤ ਭੁਗਣ ਬਦਲੀ ॥੨॥ (194)
se jnn langaa guur kee paa-e ||2||
Meditating in remembrance on the Lord, all suffering is eradicated.

ਚਰਣ ਕਾਮਲ ਮਨ ਮਿਹੁ ਪਰਵੇਸ ॥੧॥
(194)
charan kamal man meh parvays. ||1||
The Lord’s Lotus Feet are enshrined within my mind. ||1||
Chant the Lord's Name, hundreds of thousands of times, O my dear,

and drink deeply of the Ambrosial Essence of God. ||1||Pause||

Peace, celestial bliss, pleasures and the greatest ecstasy are obtained;

chanting and meditating, you shall live in supreme bliss. ||2||

Sexual desire, anger, greed and ego are eradicated;

in the Saadh Sangat, the Company of the Holy, all sinful mistakes are washed away. ||3||

Grant Your Grace, O God, O Merciful to the meek.

Please bless Nanak with the dust of the feet of the Holy. ||4||Pause||144||
Gauree, Fifth Mehl:

They wear and eat the gifts from the Lord;

They wear and eat the gifts from the Lord; how can laziness help them, O mother?

Forgetting her Husband Lord, and attaching herself to other affairs, the soul-bride throws away the precious jewel in exchange for a mere shell. ||1||Pause||

Forsaking God, she is attached to other desires.

But who has gained honor by saluting the slave? ||2||

They consume food and drink, delicious and sublime as ambrosial nectar.
जिन दीए तिसिह न जानिह सुआन ॥३॥
But the dog does not know the One who has bestowed these. ||3||

बहु नतु जम हरमी ॥ (195)

कहू नानक हम लूण हरामी
kaho naanak ham loon haraamee.
Says Nanak, I have been unfaithful to my own nature.

बग्झी लेहु परभ अंतरञामी ॥४॥७६॥१४५॥ (195)
bakhas layho parabh antarjaamee. ||4||76||145||
Please forgive me, O God, O Searcher of hearts. ||4||76||145||

गौरी महला ५ ॥
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

परभ के  चरन मन माहि धियानु ॥
parabh kay charan man maahi Dhi-aan.
I meditate on the Feet of God within my mind.

सगल तीरथ मजन इसनानु ॥१॥
sagal tirath majan isnaan. ||1||
This is my cleansing bath at all the sacred shrines of pilgrimage. ||1||

हर दिन हर दिसमरनु मेरे भाई ॥
har din har simran mayray bhaa-ee.
Meditate in remembrance on the Lord every day, O my Siblings of Destiny.

कोट जनम की मलु लिह जाई ॥१॥ रहाउ ॥
kot janam kee mal leh jaa-ee. ||1|| rahaa-o.
Thus, the filth of millions of incarnations shall be taken away. ||1||Pause||
हिर की कथा िरद माहि बसाई ॥

Enshrine the Lord’s Sermon within your heart,

मन बांछत सगले फल पाई ॥

and you shall obtain all the desires of your mind.

मन बांछत सगले फल पाई ॥२॥

and you shall obtain all the desires of your mind. ||2||

जीवन मरणु जनमु परवानु ॥

Redeemed is the life, death and birth of those,

जीवन मरणु जनमु परवानु ॥

Redeemed is the life, death and birth of those,

जा कै रिदै वसै भगवानु ॥

within whose hearts the Lord God abides. ||3||

जा कै रिदै वसै भगवानु ॥३॥

within whose hearts the Lord God abides. ||3||

कहु नानक सेई जन पूरे ॥

Says Nanak, those humble beings are perfect,

कहु नानक सेई जन पूरे ॥

Says Nanak, those humble beings are perfect,

जिना परापित साधू धूरे ॥

who are blessed with the dust of the feet of the Holy. ||4||77||146||

जिना परापित साधू धूरे ॥

who are blessed with the dust of the feet of the Holy. ||4||77||146||

गउड़ी महला ५ ॥

Gauree, Fifth Mehl:

गउड़ी महला ५ ॥

Gauree, Fifth Mehl:

खादा पैनदा मूकिर पाई ॥

They eat and wear what they are given, but still, they deny the Lord.
The messengers of the Righteous Judge of Dharma shall hunt them down. ||1||

They are unfaithful to the One, who has given them body and soul.

Through millions of incarnations, for so many lifetimes, they wander lost. ||1||Pause||

Such is the lifestyle of the faithless cynics;

everything they do is evil. ||2||

Who created the soul, breath of life, mind and body,

within their minds, they have forgotten that Lord and Master. ||3||

Their wickedness and corruption have increased - they are recorded in volumes of books.
O Nanak, they are saved only by the Mercy of God, the Ocean of peace. ||4||

O Supreme Lord God, I have come to Your Sanctuary.

Break my bonds, and carry me across, with the Lord's Name. ||1||Second. Pause||78||147||

Gauree, Fifth Mehl:

For their own advantage, they make God their friend.

He fulfills all their desires, and blesses them with the state of liberation. ||1||

Everyone should make Him such a friend.

No one goes away empty-handed from Him. ||1||Pause||
For their own purposes, they enshrine the Lord in the heart;

All pain, suffering and disease are taken away.

Their tongues learn the habit of chanting the Lord's Name,

and all their works are brought to perfection.

So many times, Nanak is a sacrifice to Him;

fruitful is the Blessed Vision, the Darshan, of my Lord of the Universe.

Gauree, Fifth Mehl:

Millions of obstacles are removed in an instant,
for those who listen to the Sermon of the Lord, Har, Har, in the Saadh Sangat, the Company of the Holy. ||1||

They drink in the sublime essence of the Lord's Name, the Ambrosial Elixir. ||1||

Meditating on the Lord's Feet, hunger is taken away. ||1||Pause||

The treasure of all happiness, celestial peace and poise, ||2||

are obtained by those, whose hearts are filled with the Lord God. ||2||

All medicines and remedies, mantras and tantras are nothing more than ashes. ||3||

Enshrine the Creator Lord within your heart. ||3||

Renounce all your doubts, and vibrate upon the Supreme Lord God.
कहु नानक अटल इहु धरमु ॥४॥८०॥१४९॥
Says Nanak, this path of Dharma is eternal and unchanging. ||4||80||149||

Gauree, Fifth Mehl:

विकट से वेटे गुर मेहला ॥
The Lord bestowed His Mercy, and led me to meet the Guru.

जी तित्रे बिल रोगु न िबआपै कोई ॥
By His power, no disease afflicts me. ||1||

राम रमण तरण भै सागर ॥
Remembering the Lord, I cross over the terrifying world-ocean.

सारिण सूर फारे जम कागर ॥
In the Sanctuary of the spiritual warrior, the account books of the Messenger of Death are torn up. ||1||Pause||

हू भगव भगव जी रहभ ॥
The True Guru has given me the Mantra of the Lord's Name.

िासर पूण भए काम ॥
By this Support, my affairs have been resolved. ||2||
Meditation, self-discipline, self-control and perfect greatness,

were obtained when the Merciful Lord, the Guru, became my Help and Support. ||3||

The Guru has dispelled pride, emotional attachment and superstition.

Nanak sees the Supreme Lord God pervading everywhere. ||4||81||150||

The blind beggar is better off than the vicious king.

Overcome by pain, the blind man invokes the Lord's Name. ||1||

You are the glorious greatness of Your slave.
The intoxication of Maya leads the others to hell. ||1||Pause||

Gripped by disease, they invoke the Name.

But those who are intoxicated with vice shall find no home, no place of rest. ||2||

One who is in love with the Lord's Lotus Feet,

does not think of any other comforts. ||3||

Forever and ever, meditate on God, your Lord and Master.

O Nanak, meet with the Lord, the Inner-knower, the Searcher of hearts. ||4||82||151||

Gauree, Fifth Mehl:
आठ पहर संगी बटवारे ॥ (196)
aath pahar sangee batvaaray.
Twenty-four hours a day, the highway robbers are my companions.

किर किरपा परभु निवारे ॥१॥ (196)
kir kirpaa parabh la-ay nivaaray. ||1||
Granting His Grace, God has driven them away. ||1||

ऐसा हरि रमहु सभु कोइ ॥ (196)
aisaa har ras ramhu sabh ko-ay.
Everyone should dwell on the Sweet Name of such a Lord.

सरब कला पूरन परभु सोइ ॥१॥ रहाह ॥ (196)
sarab kalaa pooran parabh so-ay. ||1|| rahaa-o.
God is overflowing with all power. ||1||Pause||

महा तपित सागर संसार ॥ (196)
mahaa tapat saagar sansaar.
The world-ocean is burning hot!

परभ खिन महि पारि उतारणहार ॥२॥ (196)
parabh khin meh paar utaaranhaar. ||2||
In an instant, God saves us, and carries us across. ||2||

अनिक बंधन तोरे नही जाहि ॥ (196)
anik banDhan toray nahee jaahi.
There are so many bonds, they cannot be broken.

सिमरत नाम मुकित फल पाहि ॥३॥ (196)
simrat naam mukat fal paahi. ||3||
Remembering the Naam, the Name of the Lord, the fruit of liberation is obtained. ||3||
By clever devices, nothing is accomplished.

Grant Your Grace to Nanak, that he may sing the Glories of God.

Those who obtain the wealth of the Lord's Name move freely in the world; all their affairs are resolved.

By great good fortune, the Kirtan of the Lord's Praises are sung.

O Supreme Lord God, as You give, so do I receive.

Enshrine the Lord's Feet within your heart.
Bhav Saagar Chih Utere Paar. ||2||
Get aboard this boat, and cross over the terrifying world-ocean. ||2||

Sadh Sang karahu Sabh Ko-ay.
Everyone who joins the Saadh Sangat, the Company of the Holy,

Sadaa Kali-Aan Fir Dookh Na Ho-ay. ||3||
obtains eternal peace; pain does not afflict them any longer. ||3||

Paraym Bhagat Bhajan.
With loving devotional worship, meditate on the treasure of excellence.

Naanak Dargeh Paaee-ai Maan. ||4||84||153||
O Nanak, you shall be honored in the Court of the Lord. ||4||84||153||

Ga-oorhee Mehlaa 5.
Gauree, Fifth Mehl:

Jal Thal Mahee-al Pooran Har Meet.
The Lord, our Friend, is totally pervading the water, the land and the skies.

Bharam Binsay Gaa-ay Gun Neet. ||1||
Doubts are dispelled by continually singing the Lord's Glorious Praises. ||1||
While rising up, and while lying down in sleep, the Lord is always with you, watching over you.

Remembering Him in meditation, the fear of Death departs. ||Pause||

With God's Lotus Feet abiding in the heart, all suffering comes to an end. ||Pause||

The One Lord is my hope, honor, power and wealth.

Within my mind is the Support of the True Banker. ||Pause||

I am the poorest and most helpless servant of the Holy.

O Nanak, giving me His Hand, God has protected me.
Gauree, Fifth Mehl:

* Bhadra 5 ॥ (197) *

Ga-Orhee mehlaa 5.

Taking my cleansing bath in the Name of the Lord, Har, Har, I have been purified.

Taking my cleansing bath in the Name of the Lord, Har, Har, I have been purified.

Its reward surpasses the giving of charity at millions of solar eclipses. ||1||Pause||

With the Lord's Feet abiding in the heart,

I no longer have to gaze upon the way of death. ||2||

In thought, word and deed, seek the Support of the Lord of the Universe;
ता ते छुटौ िबखु संसारु ॥३॥

Thus you shall be saved from the poisonous world-ocean. ||3||

कर किर्पा प्रभु कीनो अपना ॥

Granting His Grace, God has made me His Own.

नानक जापु जपे हिर जपना ॥४॥८६॥१५५॥

Nanak chants and meditates on the Chant of the Lord’s Name. ||4||86||155||

गउड़ी महला ५ ॥

Gauree, Fifth Mehl:

पउ सरणाई जिन हिर जाते ॥

Seek the Sanctuary of those who have come to know the Lord.

मनु तनु सीतलु चरण हिर राते ॥१॥

Your mind and body shall become cool and peaceful, imbued with the Feet of the Lord. ||1||

डें धरपत धुँध भंजन परभ ॥ (197)

If God, the Destroyer of fear, does not dwell within your mind,

धरपत धरपत जनम बहुतु जाही ॥१॥ रहाहू ॥

you shall spend countless incarnations in fear and dread. ||1||Pause||
Those who have the Lord's Name dwelling within their hearts

have all their desires and tasks fulfilled.

Birth, old age and death are in His Power,

so remember that All-powerful Lord with each breath and morsel of food.

The One God is my Intimate, Best Friend and Companion.

The Naam, the Name of my Lord and Master, is Nanak's only Support.

When they are out and about, they keep Him enshrined in their hearts;
ghar aa-ay govind lai naal. ||1|| returning home, the Lord of the Universe is still with them. ||1||

har har naam santan kai sang. The Name of the Lord, Har, Har, is the Companion of His Saints.

man tan raataa raam kai rang. ||1|| rhaa-o. Their minds and bodies are imbued with the Love of the Lord. ||1||Pause||

gur parsaadee saagar tari-aa. By Guru's Grace, one crosses over the world-ocean;

janam janam kay kilvikh sabh hiri-aa. ||2|| the sinful mistakes of countless incarnations are all washed away. ||2||

sobhaa surat naam bhagvant. Honor and intuitive awareness are acquired through the Name of the Lord God.

pooray gur kaa nirmal mant. ||3|| The Teachings of the Perfect Guru are immaculate and pure. ||3||

charan kamal hirday meh jaap. Within your heart, meditate on the His Lotus Feet.
Nanak lives by beholding the Lord's Expansive Power.

God Himself bestows peace and pleasure.

Misfortune occurs where the Lord is not remembered in meditation.

Forgetting the Lord, all sorts of pains and diseases come.

Serving God, the Messenger of Death will not even approach you.
Very blessed, stable and sublime is that place,

where the Name of God alone is chanted.

Wherever I go, my Lord and Master is with me.

Nanak has met the Inner-knower, the Searcher of hearts.

That mortal who meditates on the Lord of the Universe,

whether educated or uneducated, obtains the state of supreme dignity.

In the Saadh Sangat, the Company of the Holy, meditate on the Lord of the World.
Without the Name, wealth and property are false. ||1||Pause||

They alone are handsome, clever and wise, who surrender to the Will of God. ||2||

Blessed is their coming into this world, if they recognize their Lord and Master in each and every heart. ||3||

Says Nanak, their good fortune is perfect, if they enshrine the Lord's Feet within their minds. ||4||90||159||

Gauree, Fifth Mehl:
The Lord's servant does not associate with the faithless cynic.

One is in the clutches of vice, while the other is in love with the Lord.

It would be like an imaginary rider on a decorated horse,

or a eunuch caressing a woman.

It would be like tying up an ox and trying to milk it,

or riding a cow to chase a tiger.

It would be like taking a sheep and worshipped it as the Elysian cow,

the giver of all blessings; it would be like going out shopping without any money.
O Nanak, consciously meditate on the Lord's Name.

Meditate in remembrance on the Lord Master, your Best Friend.

Pure and steady is that intellect,

which drinks in the Lord's sublime essence.

Keep the Support of the Lord's Feet in your heart,

and you shall be saved from the cycle of birth and death.

Pure is that body, in which sin does not arise.
raam rang nirmal partaap. ||2||
In the Love of the Lord is pure glory. ||2||

saaDhsang mit jaat bikaar.
In the Saadh Sangat, the Company of the Holy, corruption is eradicated.

sabh tay ooch ayho upkaar. ||3||
This is the greatest blessing of all. ||3||

paraym bhagat raatay gopaal.
Imbued with loving devotional worship of the Sustainer of the Universe,

naanak jaachai saaDh ravaal. ||4||92||161||
Nanak asks for the dust of the feet of the Holy. ||4||92||161||

ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

aisee pareet govind si-o laagee.
Such is my love for the Lord of the Universe;

mayl la-ay pooran vadbhaagee. ||1|| rahaa-o.
through perfect good destiny, I have been united with Him. ||1||Pause||
As the wife is delighted upon beholding her husband,

so does the Lord's humble servant live by chanting the Naam, the Name of the Lord. ||1||

As the mother is rejuvenated upon seeing her son,

so is the Lord's humble servant imbued with Him, through and through. ||2||

As the greedy man rejoices upon beholding his wealth,

so is the mind of the Lord's humble servant attached to His Lotus Feet. ||3||

May I never forget You, for even an instant, O Great Giver!

Nanak's God is the Support of his breath of life. ||4||93||162||
गउद्दी महला ५ ॥ (198)

Ga-oorhee mehlaa 5.
Gauree, Fifth Mehl:

वम्र चमलिवत् सन्त जीपे ॥ (198)

raam rasaa-in jo jan geeDhay.
Those humble beings who are accustomed to the Lord's sublime essence,

चचन कमल प्रभ स्मिर बीधे ॥ १ ॥ रहाउ ॥ (198)

charan kamal paraym bhagtee beeDhay. ||1|| rahaa-o.
are pierced through with loving devotional worship of the Lord's Lotus Feet. ||1||Pause||

आन रसा दीसिह सिभ छारु ॥ (198)

aan rasaa deeseh sabh chhaar.
All other pleasures look like ashes;

भव बिना निहफल संसार ॥ १ ॥ (198)

naam binaa nihfal sansaar. ||1||
without the Naam, the Name of the Lord, the world is fruitless. ||1||

अंध कूप ते काढे आप ॥ (198)

anDh koop tay kaadhay aap.
He Himself rescues us from the deep dark well.

गुण गौविन्द अचरज परताप ॥ २ ॥ (198)

gun govind achraj partaap. ||2||
Wondrous and Glorious are the Praises of the Lord of the Universe. ||2||

विण तिरिण तिरिभवन पूर्न गोपाल ॥ (198)

van tarin taribhavan pooran gopaal.
In the woods and meadows, and throughout the three worlds, the Sustainer of the Universe is pervading.
The Expansive Lord God is Merciful to all beings. ||3||

Says Nanak, that speech alone is excellent,

which is approved by the Creator Lord. ||4||94||163||

Every day, take your bath in the Sacred Pool of the Lord.

Mix and drink in the most delicious, sublime Ambrosial Nectar of the Lord. ||1||Pause||

The water of the Name of the Lord of the Universe is immaculate and pure.

Take your cleansing bath in it, and all your affairs shall be resolved. ||1||
ਸੰਤਸੰਗ ਤਹ ਗੋਸਿਟ ਹੋਇ ॥ (199)
satsang tah gosat ho-ay.
In the Society of the Saints, spiritual conversations take place.

ਵੇਟ ਤਲਮ ਵੇ ਕਹਲਿਧ ਥੇਂਡੀ ॥੨॥ (199)
kot talam vey kilvikh kho-ay. ||2||
The sinful mistakes of millions of incarnations are erased. ||2||

ਸਿਮਰਹੀ ਸਾਧ ਕਰਹੀ ਆਨੰਦੁ ॥ (199)
simrahi saaDh karahi aanand.
The Holy Saints meditate in remembrance, in ecstasy.

ਸਿਮਰਹੀ ਪਰਾਰਪਤੀ ਹਿਰ ਚਰਣ ਨਿਧਾਨ ॥੩॥ (199)
jisahi paraapat har charan niDhaan.
Their minds and bodies are immersed in supreme ecstasy. ||3||

ਜਿਸ਼ੀ ਪਰਾਰਪਤੀ ਹਿਰ ਚਰਣ ਨਿਧਾਨ ॥ (199)
jisahi paraapat har charan niDhaan.
Who have obtained the treasure of the Lord's Feet,

ਨਾਨਕ ਦਾਸ ਤਿਸਹੀ ਕੁਰਬਾਨ ॥੫॥੪॥੧੬ਵ॥ (199)
naanak daas tiseh kurbaan. ||4||164||
slave Nanak is a sacrifice to those. ||4||95||164||

ਗਉਰੀ ਮਹਲਾ ੫ ॥ (199)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ਮੇ ਕਿਛੁ ਕਹੀ ਨਹੀ ਤਲਮ ਬੇ ਕਹਲਿਧੇ ॥ (199)
so kichh kar jit mail na laagai.
Do only that, by which no filth or pollution shall stick to you.
ਹਿਰ ਕੀਰਤਨ ਮਿਹ ਏਹੁ ਮਨੁ ਜਾਗੈ ॥੧॥ ਰਹਾੜੁ ॥

Let your mind remain awake and aware, singing the Kirtan of the Lord's Praises.

ਏਕੋ ਸਿਮਾਰ ਨ ਦੂਜਾ ਭਾਉ ॥

Meditate in remembrance on the One Lord; do not be in love with duality.

ਸੰਤਸੰਗ ਜਿਪ ਕੇਵਲ ਨਾਊ ॥੧॥

In the Society of the Saints, chant only the Name. ||1||

ਕਰਮ ਧਰਮ ਨੇਮ ਬਰ੍ਤ ਪੂਜਾ ॥

The karma of good actions, the Dharma of righteous living, religious rituals, fasts and worship -

ਪਾਰਬਰ੍ਹਮ ਿਬਨ ਜਾਨ ਨ ਦੂਜਾ ॥੨॥

practice these, but do not know any other than the Supreme Lord God. ||2||

ਤਾ ਕੀ ਪੂਰਨ ਹੋਈ ਘਾਲ ॥

The works are brought to fruition,

ਜਾ ਕੀ ਪ੍ਰੀਤੀ ਅਪੁਨੇ ਪਰਬ ਨਾਲੀ ॥੩॥

who place their love in God. ||3||

ਸੋ ਬਾਸਨੋ ਹੈ ਅਪਰ ਅਪਾਰ ॥

Infinitely invaluable is that Vaishnaav, that worshipper of Vishnu,
kaho naanak jin tajay bikaar. ||4||96||165||
says Nanak, who has renounced corruption. ||4||96||165||

Gaaree, Fifth Mehl:

They desert you even when you are alive, O madman;

what good can they do when someone is dead? ||1||

Meditate in remembrance on the Lord of the Universe in your mind and body - this is your pre-ordained destiny.

The poison of Maya is of no use at all. ||1||Pause||

Those who have eaten this poison of deception -

their thirst shall never depart. ||2||
daaran dukh dutar sansaar.
The treacherous world-ocean is filled with terrible pain.

raam naam bin kaisay utras paar. ||3||
Without the Lord's Name, how can anyone cross over? ||3||

raam naam naanak aaradh. ||4||97||166||
O Nanak, worship and adore the Name of the Lord. ||4||97||166||

paarbarahm saa agan meh saarhee. ||1||
has been burnt in the fire by the Supreme Lord God. ||1||

pooraa ni-aa-o karay kartaar.
The Creator administers true justice.
ਅਪੁਨੇ ਦਾਸ ਕਉ ਰਾਖਨਹਾਰੁ ॥੧॥ रਹਾਉ ॥
apunay daas ka-o raakhanhaar. ||1|| rahaa-o.
He is the Saving Grace of His slaves. ||1||Pause||

ਆਿਦ ਜੁਗਾਿਦ ਪਰ੍ਗਿਟ ਪਰਤਾਪੁ ॥ (199)
aad jugaad pargat partaap.
In the beginning, and throughout the ages, His glory is manifest.

ਆਗੈ ਪਾਛੈ ਮੰਦੀ ਸੋਇ ॥੩॥
aagai paachhai mandee so-ay. ||3||
Here and hereafter, his reputation is evil. ||3||

ਾਗੈ ਪਾਛੈ ਮੰਦੀ ਸੋਇ ॥੩॥
aagai paachhai mandee so-ay. ||3||
The Lord hugs His slaves close in His Embrace.

ਸਰਿਣ ਨਾਨਕ ਹਿਰ ਨਾਮੁ ਿਧਆਇ ॥੪॥੯੮॥੧੬੭॥
saran naanak har naam Dhi-aa-ay. ||4||98||167||
Nanak seeks the Lord's Sanctuary, and meditates on the Naam. ||4||98||167||

ਗਉੜੀ ਮਹਲਾ ੫ ॥
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:
The memorandum was proven to be false by the Lord Himself.

The sinner is now suffering in despair.

Those who have my Lord of the Universe as their support -

death does not even approach them. ||1||Pause||

In the True Court, they lie;

the blind fools strike their own heads with their own hands. ||2||

Sickness afflicts those who commit sins; 

God Himself sits as the Judge. ||3||
अपन कमाइऐ आपे बाधे ॥ (199)
apan kamaa-i-ai aapay baaDhay.
By their own actions, they are bound and gagged.

दਰबु गइआ सभु जीआ के साथै ॥४॥
darab ga-i-aa sabh jee-a kai saathai. ||4||
All their wealth is gone, along with their lives. ||4||

ਰਾਖੀ ਪੈਜ ਮੇਰੈ ਕਰਤਾਰ ॥੫॥੯੯॥੧੬੮॥
raakhee paij mayrai kartaar. ||5||99||168||
my Creator has preserved my honor. ||5||99||168||

गਉੜੀ ਮਹਲਾ ੫ ॥
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ਜਨ ਕੀ ਧੂਿਰ ਮਨ ਮੀਠ ਖਟਾਨੀ ॥
jan kee Dhoor man meeth khataanee.
The dust of the feet of the humble beings is so sweet to my mind.

ਪੂਰਿਬ ਕਰਿਮ ਿਲਿਖਆ ਧੁਿਰ ਪਰ੍ਾਨੀ ॥੧॥ ਰਹਾਉ ॥
poorab karam likhi-aa Dhur paraanee. ||1|| rahaa-o.
Perfect karma is the mortal's pre-ordained destiny. ||1||Pause||

ਅਹੰਬੁਿਧ ਮਨ ਪੂਿਰਿ ਥਿਯਾਈ ॥ (200)
ahaN-buDh man poor thiDhaa-e.
The mind is overflowing with the greasy dirt of egotistical pride.
ਸਾਧ ਧੂਰ ਕਿਰ ਸੁਧ ਮੰਜਾਈ ॥੧॥

With the dust of the feet of the Holy, it is scrubbed clean. ||1||

ਆਨਕ ਜਲਾ ਜੇ ਧੋਵੈ ਦੇਹੀ ॥

The body may be washed with loads of water,

ਮੈਲੁ ਨ ਉਤਰਈ ਸੁਧੁ ਨ ਤੇਹੀ ॥੨॥

and yet its filth is not removed, and it does not become clean. ||2||

ਸਿਤਗੁਰੁ ਭੇਟੋ ਸਦਾ ਕੰਕਾਲ ॥

I have met the True Guru, who is merciful forever.

ਮੁਕਤ ਭਗਤ ਜੁਗਤ ਹਿਰ ਨਾਊ ॥

Liberation, pleasures and worldly success are all in the Lord's Name.

ਪਰ੍ੇਮ ਭਗਤ ਨਾਨਕ ਗੁਣ ਗਾਊ ॥

With loving devotional worship, O Nanak, sing His Glorious Praises. ||4||100||169||

Gauree, Fifth Mehl:
jeevan padvee har kay daas.
The Lord's slaves attain the highest status of life.

jin mili-aa aatam pargaas. ||1||
Meeting them, the soul is enlightened. ||1||

har kaa simran sun man kaanee.
Those who listen with their mind and ears to the Lord's meditative remembrance,
sukh paavahi har du-aar paraanee. ||1|| rahaa-o.
are blessed with peace at the Lord's Gate, O mortal. ||1||Pause||

aath pahar Dhi-aa-ee-ai gopaal.
Twenty-four hours a day, meditate on the Sustainer of the World.

naanak darsan daykh nihaal. ||2||101||170||
O Nanak, gazing on the Blessed Vision of His Darshan, I am enraptured. ||2||101||170||

ga-orhee mehlaa 5.
Gauree, Fifth Mehl:
saat bha-ee gur gobid paa-ee.
Peace and tranquility have come; the Guru, the Lord of the Universe, has brought it.
ताप पाप िबनसे मेरे भाई ॥१॥ रहाउ ॥

The burning sins have departed, O my Siblings of Destiny. ||1||Pause||

राम नामु िनत रसन बखान ॥

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

रੋਗ भए किलआन ॥१॥

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

ਪਾਰਬਰ੍ਹਮ गੁਣ ਅਗਮ ਬੀਚਾਰ ॥

Contemplate the Glorious Virtues of the Unfathomable Supreme Lord God.

ਸਾਧੂ ਸੰਗਿਮ ਹੈ ਿਨਸਤਾਰ ॥२॥

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

ਗਈ ਿਬਆਿਧ ਉਬਰੇ ਜਨ ਮੀਤ ॥३॥

your afflictions shall be dispelled, and you shall be saved, my humble friend. ||3||

ਮਨ ਬਚ ਕਰ੍ਮ ਪਰ੍ਭੁ ਅਪਨਾ ਿਧਆਈ ॥

In thought, word and deed, I meditate on my God.
Slave Nanak has come to Your Sanctuary. ||4||102||171||

Gauree, Fifth Mehl:

The Divine Guru has opened his eyes.

Doubt has been dispelled; my service has been successful. ||1||Pause||

The Giver of joy has saved him from smallpox.

The Supreme Lord God has granted His Grace. ||1||

In the Saadh Sangat, the Company of the Holy, drink deeply of the Lord's Ambrosial Nectar. ||2||103||172||
Gauree, Fifth Mehl:

पहुँच भागू यहु यहु देवे तेहँ ॥ (200)
धनु ओहु मसतकु धनु तेरे नेत ॥
Dhan oh mastak Dhan tayray nayt.
Blessed is that forehead, and blessed are those eyes;

पहु धिंदे धनावँ मिश धुम निंज़ वेद ॥१॥ (200)
धनु ओइ भगत जिन तुम संग हेत ॥१॥
Dhan o-ay bhagat jin tum sang hayt. ||1||
blessed are those devotees who are in love with You. ||1||

रम धिंदे वैमे सुख स्वीके ॥ (200)
नाम बिना कै से सुखु लहीऐ।
Without the Naam, the Name of the Lord, how anyone find peace?

वर्षा रम नाम जसु कहीऐ ॥१॥ रहाउ ॥ (200)
rasnaa raam naam jas kah-ee-ai. ||1|| rahaa-o.
With your tongue, chant the Praises of the Name of the Lord. ||1||Pause||

दिन दृष्टे सजीवे बुकवानु ॥ (200)
tin oopar jaa-ee-ai kurbaan.
Nanak is a sacrifice to those

नानक जिनि जपिसा निरबानु ॥२॥१०४॥१७३॥ (200)
naanak jin japi-aa nirbaan. ||2||104||173||
who meditate on the Lord of Nirvaanaa. ||2||104||173||
You are my Advisor; You are always with me.

You preserve, protect and care for me. ||1||

Such is the Lord, our Help and Support in this world and the next.

He protects the honor of His slave, O my Sibling of Destiny. ||1||Pause||

He alone exists hereafter; this place is in His Power.

The Lord Himself issues His Royal Command. ||3||

The Lord Himself has the True Insignia;
He Himself is the Giver; He Himself is the Cherisher.

Continually, continuously, O Nanak, dwell upon the Name of the Lord.

When the Perfect True Guru becomes merciful,

the Lord of the World abides in the heart forever.

Meditating on the Lord, I have found eternal peace.

The Sovereign Lord, the Perfect King, has shown His Mercy to me.

Says Nanak, one whose destiny is perfect,
ਸੋਹਾਗੁ ॥੨॥੧੦੬॥
meditates on the Name of the Lord, Har, Har, the Everlasting Husband. ||2||106||

Gauree, Fifth Mehl:

Dhotee khol vichhaa-ay hayth.
He opens his loin-cloth, and spreads it out beneath him.

Like a donkey, he gulps down all that comes his way. ||1||

Without good deeds, liberation is not obtained.

The wealth of liberation is only obtained by meditating on the Naam, the Name of the Lord. ||1||Pause||

He performs worship ceremonies, applies the ceremonial tilak mark to his forehead, and takes his ritual cleansing baths;

he pulls out his knife, and demands donations. ||2||
bayd parhai mukh meethee banee.
With his mouth, he recites the Vedas in sweet musical measures,

jee-aaN kuhat na sangai paraanee. ||3||
and yet he does not hesitate to take the lives of others. ||3||

kaho naanak jis kirpaa Dhaarai.
Says Nanak, when God showers His Mercy,

hirdaa suDh barahm beechaarai. ||4||107||
even his heart becomes pure, and he contemplates God. ||4||107||

thir ghar baishu har jan pi-aaray.
Remain steady in the home of your own self, O beloved servant of the Lord.

satgur tumray kaaj savaaray. ||1|| raha-o.
The True Guru shall resolve all your affairs. ||1||Pause||

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

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

Meditate fearlessly on the Lord God.

Joining the Saadh Sangat, the Company of the Holy, this gift is given. ||3||

he grasps the Support of God, his Lord and Master. ||4||108||

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

he grasps the Support of God, his Lord and Master. ||4||108||

Nanak has entered the Sanctuary of God, the Inner-knower, the Searcher of hearts;
हिर संग राते भाही न जलै ॥ (201)
har sang raatay bhaahi na jalai.
One who is attuned to the Lord, shall not be burned in the fire.

हिर संग राते माइआ नहीं छलै ॥ (201)
har sang raatay maa-i-aa nahee chhalai.
One who is attuned to the Lord, shall not be enticed by Maya.

हिर संग राते नहीं डूबै जला ॥ (201)
har sang raatay nahee doobai jalaa.
One who is attuned to the Lord, shall not be drowned in water.

हिर संग राते सुफाल फाला ॥१॥ (201)
har sang raatay sufal falaa. ||1||
One who is attuned to the Lord, is prosperous and fruitful. ||1||

मठ जे भितरि हुआच हादी ॥ (201)
sabh bhai miteh tumaarai naa-ay.
All fear is eradicated by Your Name.

बेटउ मंगि वदि जल्द बापि ॥ कहाँ ॥ (201)
bhayat sang har har gun gaa-ay. raha-o.
Joining the Sangat, the Holy Congregation, sing the Glorious Praises of the Lord, Har, Har.

हिर संग राते मिटि मठ चिंउ ॥ (201)
har sang raatay mitai sabh chintaa.
One who is attuned to the Lord, is free of all anxieties.

हिर फिटउ में बढ़ि फिलु माध का भंडौ ॥ (201)
har si-o so rachai jis saaDh kaa manntaa.
One who is attuned to the Lord, is blessed with the Mantra of the Holy.
हिर संग राते जम की नहीं तरास ॥ (201)

One who is attuned to the Lord, is not haunted by the fear of death.

हिर संग राते पूरन आस ॥२॥ (201)

One who is attuned to the Lord, sees all his hopes fulfilled. ||2||

हिर संग राते दूखु न लागै ॥ (201)

One who is attuned to the Lord, does not suffer in pain.

हिर संग राता अनिदनु जागै ॥ (201)

One who is attuned to the Lord, remains awake and aware, night and day.

हिर संग राता सहज घिर वसै ॥ (201)

One who is attuned to the Lord, dwells in the home of intuitive peace.

हिर संग राते भर्मु भउ नसै ॥३॥ (201)

One who is attuned to the Lord, sees his doubts and fears run away. ||3||

हिर संग राते मित ऊतम होइ ॥ (201)

One who is attuned to the Lord, has the most sublime and exalted intellect.

हिर संग राते निरमल सोइ ॥ (201)

One who is attuned to the Lord, has a pure and spotless reputation.
कहु नानक तिन कउ बलि जाई ॥ (201)
kaho naanak tin ka-o bal jaa-ee.
Says Nanak, I am a sacrifice to those,"

जिन कउ परभु मेरा बिसरत नाही ॥४॥१०९॥
jin ka-o parabh mayraa bisrat naahee. ||4||109||
who do not forget my God. ||4||109||

गउड़ी महला ५ ॥
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

उदमु करत सीतल मन भए ॥
udam karat seetal man bha-ay.
Through sincere efforts, the mind is made peaceful and calm.

मारिग चलत सगल दुख गए ॥
maarag chalat sagal dukh ga-ay.
Walking on the Lord’s Way, all pains are taken away.

नामु जपत मिन भए अनंद ॥
naam japat man bha-ay anand.
Chanting the Naam, the Name of the Lord, the mind becomes blissful.

रिस गाए गुन परमानंद ॥१॥
ras gaa-ay gun parmaanand. ||1||
Singing the Glorious Praises of the Lord, supreme bliss is obtained. ||1||

खेम भइआ कुसल घिर आए ॥
khaym bha-i-aa kusal ghar aa-ay.
There is joy all around, and peace has come to my home.
bhaytat saadhsang ga-ee balaa-ay. rahaa-o.
Joining the Saadh Sangat, the Company of the Holy, misfortune disappears. ||Pause||

naytar puneet paykhat hee daras.
My eyes are purified, beholding the Blessed Vision of His Darshan.

Dhan mastak charan kamal hee paras.
Blessed is the forehead which touches His Lotus Feet.

gobind kee tahal safal ih kaaN-i-aa.
Working for the Lord of the Universe, the body becomes fruitful.

sant parsaad param pad paa-i-aa. ||2||
By the Grace of the Saints, I have obtained the supreme status. ||2||

jan kee keenee aap sahaa-ay.
The Lord is the Help and Support of His humble servant.

sukh paa-i-aa lag daasah paa-ay.
I have found peace, falling at the feet of His slaves.

aap ga-i-aa taa aapeh bha-ay.
When selfishness is gone, then one becomes the Lord Himself;
ਕੀ ਸਰਨੀ ਪਏ ॥੩॥

seek the Sanctuary of the treasure of mercy. ||3||

ਜੋ ਚਾਹਤ ਸੋਈ ਜਬ ਪਾਇਆ ॥
When someone finds the One he has desired,

ਜਿਵੇਂ ਵੁੱਡਰ ਵਰ ਵੇ ਤਹਿਭਾ ॥
then where should he go to look for Him?

ਆਸਿਥਰ ਭਏ ਬਸੇ ਸੁਖ ਆਸਨ ॥
I have become steady and stable, and I dwell in the seat of peace.

ਗੁਰ ਪਰਸਾਿਦ ਨਾਨਕ ਸੁਖ ਬਾਸਨ ॥੪॥੧੧੦॥
By Guru's Grace, Nanak has entered the home of peace. ||4||110||

ਗਉੱਡੀ ਮਹਲਾ ੫ ॥
Gauree, Fifth Mehl:

ਕੋਿਟ ਮਜਨ ਕੀਨੋ ਇਸਨਾਨ ॥
The merits of taking millions of ceremonial cleansing baths,

ਲਾਖ ਅਰਬ ਖਰਾਬ ਦੀਨੋ ਦਾਨੁ ॥
the giving of hundreds of thousands, billions and trillions in charity -
these are obtained by those whose minds are filled with the Name of the Lord. ||1||

Those who sing the Glories of the Lord of the World are totally pure.

Their sins are erased, in the Sanctuary of the Kind and Holy Saints. ||Pause||

The merits of performing all sorts of austere acts of penance and self-discipline,

earning huge profits and seeing one's desires fulfilled -

these are obtained by chanting the Name of the Lord, Har, Har, with the tongue. ||2||

The merits of reciting the Simritees, the Shaastras and the Vedas,

knowledge of the science of Yoga, spiritual wisdom and the pleasure of miraculous spiritual powers -
These come by surrendering the mind and meditating on the Name of God. ||3||

The wisdom of the Inaccessible and Infinite Lord is incomprehensible.

Meditating on the Naam, the Name of the Lord, and contemplating the Naam within our hearts,

I have enshrined the Lotus Feet of the Guru within my heart. ||1||

The Guru, the Lord of the Universe, the Supreme Lord God, is perfect.
ਤਿਸ਼ਹ ਅਰਧ ਮੇਰਾ ਮਨੁ ਧੀਰਾ ॥ ਰਹਾਊ ॥
Worshipping Him, my mind has found a lasting peace. ||Pause||

ਆਲਿਖਤ ਤਭਿੱਤ ਗੁਰੂ ਗੁਰਾਲਮ ॥ (202)
Night and day, I meditate on the Guru, and the Name of the Guru.

ਤਾ ਤੇ ਸਿਧਿ ਭਾਏ ਸਾਗਾ ਕਾਂਮ ॥੨॥
Thus all my works are brought to perfection. ||2||

ਦਰਸਨ ਦੇਖ ਸੀਤਲ ਮਨ ਭਾਈ ॥੨॥
Beholding the Blessed Vision of His Darshan, my mind has become cool and tranquil,

ਜਨਮ ਜਨਮ ਕੇ ਕਿਲਭਿਖ ਗਏ ॥੩॥
and the sinful mistakes of countless incarnations have been washed away. ||3||

ਕਹੁ ਨਾਨਕ ਦਾ ਪੈਂਦਾ ਇੱਕੇ ॥ (202)
Says Nanak, where is fear now, O Siblings of Destiny?

ਗਵੂਰੇ ਮਹਲਾ ੫ ॥ (202)
Gauree, Fifth Mehl:
अपने सेवक कउ आिप सहाई ॥ (202)
apnay sayvak ka-o aap sahaa-ee.
The Lord Himself is the Help and Support of His servants.

हिंद पूर्णपते खण तैमे भणी ॥1॥ nit partipaarai baap jaisay maa-ee. ||1||
He always cherishes them, like their father and mother. ||1||

पूछ बी मति हैवे मह बेंध ॥ (202)
parabh kee saran ubrai sabh ko-ay.
In God's Sanctuary, everyone is saved.

पर्भ की सरिन उबरै सभ कोइ ॥ (202)
karan karaavan pooran sach so-ay. rhaa-o.
That Perfect True Lord is the Doer, the Cause of causes. ||Pause||

अब मिन बिसआ करनैहारा ॥ (202)
ab man basi-aa karnaihaaraa.
My mind now dwells in the Creator Lord.

बै बिलम आधम युध सारा ॥ (202)
bhai binsay aatam sukh saaraa. ||2||
My fears have been dispelled, and my soul has found the most sublime peace. ||2||

विध विखण अपने नन रथे ॥ (202)
kari kirpa apnay jan raakhay.
The Lord has granted His Grace, and saved His humble servant.

जनम जनम बे विलिख लथे ॥3॥
janam janam kay kilbikh laathay. ||3||
The sinful mistakes of so many incarnations have been washed away. ||3||
The Greatness of God cannot be described.

Servant Nanak is forever in His Sanctuary.

Raag Gauree Chaytee, Fifth Mehl, Du-Padas:

One Universal Creator God. By The Grace Of The True Guru:

The power of the Lord is universal and perfect, O Siblings of Destiny.

So no pain can ever afflict me.

Whatever the Lord's slave wishes, O mother,

the Creator Himself causes that to be done.
निंदक की परभ पित गवाई ॥ (202)
nindak kee parabh pat gavaa-ee.
God causes the slanderers to lose their honor.

नानक हिर गुण निरभू गाई ॥ न। १। १४॥
naanak har gun nirbha-o gaa-ee. ||2||114||
Nanak sings the Glorious Praises of the Fearless Lord. ||2||114||

गौड़ी महला ५ ॥ (203)
gau-ree mehlaa 5.
Gauree, Fifth Mehl:

भुज बल बीर बर्हम सुख सागर गरत परत गिह लेहु अंगुरीआ ॥ (203)
bhuj bal beer barahm sukh saagar garat parat geh layho anguree-aa. ||1|| raha-o.
O Brave and Powerful God, Ocean of Peace, I fell into the pit - please, take my hand.

सर्विन न सुरित नैन सुंदर नही आरत दुआिर रटत िपगुरीआ ॥ (203)
sarvan na surat nain sundar nahee aarat du-aar ratat pinguree-aa. ||1||
My ears do not hear, and my eyes are not beautiful. I am in such pain; I am a poor cripple,
crying at Your Door. ||1||Pause||

दीना नाथ अनाथ करुणा मै साजन मीत िपता महतरीआ ॥ (203)
deenaa naath anaath karunaa mai saajan meet pitaa mahatree-aa.
O Master of the poor and helpless, O Embodiment of Compassion, You are my Friend
and Intimate, my Father and Mother.

चरन कवल हिरदै गिह नानक भै सागर संत पािर उतरीआ ॥ (203)
charan kaval hirdai geh naanak bhai saagar sant paar utree-aa. ||2||2||115||
Nanak holds tight to the Lord’s Lotus Feet in his heart; thus the Saints cross over the
terrifying world-ocean. ||2||2||115||

गौड़ी बैरागणि महला ५ (203)
gau-ree bairagagan mehlaa 5
Raag Gauree Bairaagan, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

O Dear Lord God, my Best Friend, please, abide with me. ||1||Pause||

Without You, I cannot live, even for an instant, and my life in this world is cursed.

O Breath of Life of the soul, O Giver of peace, each and every instant I am a sacrifice to You. ||1||

Please, God, give me the Support of Your Hand; lift me up and pull me out of this pit, O Lord of the World.

I am worthless, with such a shallow intellect; You are always Merciful to the meek. ||2||

What comforts of Yours can I dwell upon? How can I contemplate You?

You lovingly absorb Your slaves into Your Sanctuary, O Lofty, Inaccessible and Infinite Lord. ||3||
sarab padaarath asat siDh naam maha ras maahi.
All wealth, and the eight miraculous spiritual powers are in the supremely sublime essence of the Naam, the Name of the Lord.

Those humble beings, with whom the beautifully-haired Lord is thoroughly pleased, sing the Glorious Praises of the Lord. ||4||

You are my mother, father, son and relative; You are the Support of the breath of life.

In the Saadh Sangat, the Company of the Holy, Nanak meditates on the Lord, and swims across the poisonous world-ocean. ||5||1||116||

Gauree Bairaagan, Chhants Of Rehoay, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

Is there anyone who will sing of the Beloved Lord?

Surely, this will bring all pleasures and comforts. ||Pause||
बन बन खोजत फिरत बैरागी ॥
ban ban khojat firat bairaagee.
The renunciate goes out into the woods, searching for Him.

बिरले काहू एक लिव लागी ॥
birlay kaahoo ayk liv laagee.
But those who embrace love for the One Lord are very rare.

जिन हर पाई आ से वडभागी ॥१॥
jin har paa-i-aa say vadbhaagee. ||1||
Those who find the Lord are very fortunate and blessed. ||1||

बर्हमादिक सनकादिक चाहै ॥
barahmaadik sankaadik chaahai.
The Gods like Brahma and Sanak yearn for Him;

जोगी जती सिथ हर आहै ॥
jogee jatee siDh har aahai.
the Yogis, celibates and Siddhas yearn for the Lord.

जिसिः परापित सो हर गुण गाहै ॥२॥
jisahi paraapat so har gun gaahai. ||2||
One who is so blessed, sings the Glorious Praises of the Lord. ||2||

ता की सरिण जिन बिसरत नाही ॥
taa kee saran jin bisrat naahee.
I seek the Sanctuary of those who have not forgotten Him.

वडभागी जिव मंड मिलाही ॥
vadbhaagee har sant milaahee.
By great good fortune, one meets the Lord's Saint.
They are not subject to the cycle of birth and death. ||3||

Show Your Mercy, and lead me to meet You, O my Darling Beloved.

Hear my prayer, O Lofty and Infinite God;

Nanak begs for the Support of Your Name. ||4||1||117||

Raag Gauree Poorbee, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

I have no beauty, understanding or strength; I am a stranger, from far away. ||1||
੧॥ (204)

ਨਾਹਨ ਦਰਬੁ ਨ ਜੋਬਨ ਮਾਤੀ ਮੋਹੀ ਅਨਾਥ ਕੀ ਕਰਾਹੁ ਸਮਾਈ। ||੨||

I am not wealthy or youthful. I am an orphan - please, unite me with Yourself. ||2||

੩॥ (204)

ਖੋਜਤ ਖੋਜਤ ਭੈ ਬੈਰਾਗੀ ਪਰ੍ਬ ਦਰਸਨ ਕਉ ਹਉ ਫਿਰਤ ਤਿਸਾਈ। ||੩||

Searching and searching, I have become a renunciate, free of desire. I wander around,
searching for the Blessed Vision of God’s Darshan. ||3||

੪॥੧॥੧੧੮॥ (204)

ਦੀਨ ਦੇਇਆਲ ਕਾਰਪਾਲ ਪਰ੍ਬ ਨਾਨਕ ਸਾਧਸੰਗ ਮੇਰੀ ਜਲੀਨ ਬੁਜਾਈ।

God is Compassionate, and Merciful to the meek; O Nanak, in the Saadh Sangat, the
Company of the Holy, the fire of desire has been quenched. ||4||1||118||

੫॥ (204)

ਗਉੜੀ ਮਹਲਾ ॥

Gauree, Fifth Mehl:

੭॥ (204)

ਪਾਇ ਲਗਉ ਮੋਹੀ ਕਰਾਹੁ ਬੇਨਤੀ ਕਾ ਸੰਤੁ ਿਮਲੈ ਬਡਭਾਗੀ। ||੧॥ ਰਹਾਉ॥

I touch His Feet, and offer my prayer to Him. If only I had the great good fortune to meet
the Saint. ||1||Pause||

੮॥ (204)

ਮਨੁ ਅਰਪਉ ਧਨੁ ਰਾਖਉ ਆਗੈ ਮੇਰੀ ਕੀ ਮਿਤ ਮੋਹੀ ਸਗਲ ਿਤਆਗੀ।

I surrender my mind to Him; I place my wealth before Him. I totally renounce my selfish
ways.

੯॥ (204)

ਜਾ ਪਰ੍ਬ ਕੀ ਹਿਰ ਕਥਾ ਸੁਨਾਵੈ ਅਨਿਦਨੁ ਿਫਰਉ ਿਤਸੁ ਿਪਛੈ ਿਵਰਾਗੀ। ||੧॥

One who teaches me the Sermon of the Lord God - night and day, I shall follow Him. ||1||
poorab karam ankur jab pargatay bhayti-o purakh rasik bairagee.

When the seed of the karma of past actions sprouted, I met the Lord; He is both the Enjoyer and the Renunciate.

miti-o anDhayr milat har naanak janam janam kee so-ee jaagee. ||2||2||119||

My darkness was dispelled when I met the Lord. O Nanak, after being asleep for countless incarnations, I have awakened. ||2||2||119||

gau-ree, Fifth Mehl:

nikas ray pankhee simar har paaNkh.

Come out, O soul-bird, and let the meditative remembrance of the Lord be your wings.

mil saaDhoo saran gahu pooran raam ratan hee-aray sang raakh. ||1|| rahaa-o.

Meet the Holy Saint, take to His Sanctuary, and keep the perfect jewel of the Lord enshrined in your heart. ||1||Pause||

bharam kee koo-ee tarisnaa ras pankaj ati teekh-yan moh kee faas.

Superstition is the well, thirst for pleasure is the mud, and emotional attachment is the noose, so tight around your neck.

kaatanhaar jagat gur gobid charan kamal taa kay karahu nivaas. ||1||

The only one who can cut this is the Guru of the World, the Lord of the Universe. So let yourself dwell at His Lotus Feet. ||1||
ਕੀਰਤੀ ਵਿਕਾਸ਼ ਗੋਬੀਂਦ ਭੀਮ ਟਰਾਵ ਸੁਰੀ ਭਰਤ ਸਤਿਕਾਰੀ ਉਲਾਮਾਮੀ || (204)

ਕਰਿ ਕਿਰਾਪਾ ਗੋਬੀਂਦ ਪਰਮ ਪ੍ਰਿਤਮ ਦੀਨਾ ਨਾਥ ਪੁਰਨੂ ਅਰਦਾਸ ||

Bestow Your Mercy, O Lord of the Universe, O God, My Beloved, Master of the meek -
please, listen to my prayer.

ਵਾਧਾ ਸਾਹੀ ਸਰਮਾ ਵੇ ਸਰਮਾਭੀ ਪੀਂਠ ਸਰਮਾ ਕਮਾਦੀ ਕਲਮ ||2||3||120|| (204)

ਕਰ ਗੀਹ ਲੇਹੁ ਨਾਨਕ ਕੁਝ ਸਰਮਾ ਜੀ ਪੀਂਠ ਸਰਮਾ ਤੁਮਰੀ ਰਾਸ ||2||3||120||

Take my hand, O Lord and Master of Nanak; my body and soul all belong to You.

ਗਵਹੀ ਭਰਤ ਧੀ ॥ (204)

ਗਵਹੀ ਮੱਘਾਲ ੫ ॥

Gauree, Fifth Mehl:

ਗੱਕੀ ਪੇਸਿ ਵਰੂਦ ਮਲਾਮ ਮੇਲਾ ॥ (204)

ਹਿਰ ਪਿਠਕਾ ਕੁਝ ਸਮਰਾ ਮੰ ਮੇਰਾ ॥

har paykhan ka-o simrat man mayraa. 

My mind yearns to behold the Lord in meditation.

ਆਸ ਕਿਸਾਮੀ ਕਿਤਾਬ੍ਰਦ ਰੇਲੀ ਦੇ ਰੇਲੀ ਸੰਤਮ ਮੰਲੋਈ ਸੇਵਹ ॥੧॥ ਐਲਾਹੀ ॥ (204)

ਆਸ ਕਿਸਾਮੀ ਕਿਤਾਬ੍ਰਦ ਰੇਲੀ ਦੇ ਰੇਲੀ ਸੰਤਮ ਮੰਲੋਈ ਸੇਵਹ ॥੧॥ ਐਲਾਹੀ ॥

I think of Him, I hope and thirst for Him, day and night; is there any Saint who may bring
Him near me? ||1||Pause||

ਮੇਲਾ ਵਰੂਦ ਰਸਮ ਰਸਮ ਹੀ ਭਾਵੀ ਬ੍ਰੀਦ ਮੰਲੂ ਵਰੂਦ ਫਿਲਵੇ ॥ (204)

ਸੇਵਾ ਕਰਾ ਦਾਸ ਦਾਸਮ ਅਨੈਕ ਭਾਵੀ ਤੀਸੁ ਕਰਾ ਨਹੋਏ ॥

I serve the slaves of His slaves; in so many ways, I beg of Him.

ਤੁਲਾ ਦੀਰਾ ਤੋਲਾ ਸੁਖ ਸੁਗਲ ਹੀਰੀ ਹੀ ਥੋਏ ॥੧॥ (204)

tulaa Dhaar tolay sukh saglay bin har daras sabho hee thora. ||1||

Setting them upon the scale, I have weighed all comforts and pleasures; without the
Lord's Blessed Vision, they are all totally inadequate. ||1||
ਸੰਤ ਪਰ੍ਸਾਿਦ ਗਾਏ ਗੁਨ ਸਾਗਰ ਜਨਮ ਜਨਮ ਕੋ ਜਾਤ ਬਹੋਰਾ ॥

By the Grace of the Saints, I sing the Praises of the Ocean of virtue; after countless incarnations, I have been released.

ਆਨਦ ਸੂਖ ਭੇਟਤ ਹਿਰ ਨਾਨਕ ਜਨਮੁ ਿਕਰ੍ਤਾਰਥੁ ਸਫਲੁ ਸਵੇਰਾ ॥੨॥੪॥੧੨੧॥

Meeting the Lord, Nanak has found peace and bliss; his life is redeemed, and prosperity dawns for him. ||2||4||121||

ਉਸਗੁਰ ਚਿਤਰੀ ਭਗਤਾ (204)
ਰਾਗ ਗੌਰੀ ਪੂਰਬੀ ਮਹਲਾ ੫
raag ga-orhee poorbee mehlaa 5
Raag Gauree Poorbee, Fifth Mehl:

ੱਥੀ ਮੰਦੀਕਾ ਭੁਮਾਨੀ (204)
ੱਥੀ ਸਾਤਿਸ਼ਾ ਪਰਸਾਦੀ॥
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਵਿਚ ਵਿਖ਼ਦੇ ਬਚਨੀ ਭੇਨ ਨ ਕਨੀ (204)
ਕਿਨ ਵਿਖ਼ਦੇ ਮਿਲੀ ਗੁਸਾਈ ਮੇਰਾ ਰਾਮ ਰਾਈ॥
kin biDh milai gusaa-ee mayray raam raa-ay.
How may I meet my Master, the King, the Lord of the Universe?

ਬੇਠੀ ਮੋੜ ਮੋੜ ਮਰਦਣਾ ਭੇਨ ਭਗਤ ਦੇਟੀ ਵਹਣੀ (204)
ਰਹਾਉ (204)
ko-ee aisaa sant sahj sukh-datta mohi mairag day-ay bataa-ee. ||1|| raha-o.
Is there any Saint, who can bestow such celestial peace, and show me the Way to Him? ||1||Pause||

ਅੰਤਰੀ ਅਲਖ ਨ ਤਾਖੀ ਹਿਥਾਲਿ ਵਿਖੀ ਪਡਾਲਨ ਉਹਮੈ ਪਾਈ (205)
antar alakh na jaa-ee lakhii-aa vich parh-daa ha-umai paa-ee.
The Unseen Lord is deep within the self; He cannot be seen; the curtain of egotism intervenes.
In emotional attachment to Maya, all the world is asleep. Tell me, how can this doubt be dispelled? ||1||

The one lives together with the other in the same house, but they do not talk to one another, O Siblings of Destiny.

Without the one substance, the five are miserable; that substance is in the unapproachable place. ||2||

And the one whose home it is, has locked it up, and given the key to the Guru. You may make all sorts of efforts, but it cannot be obtained, without the Sanctuary of the True Guru. ||3||

Those whose bonds have been broken by the True Guru, enshrine love for the Saadh Sangat, the Company of the Holy.

The self-elect, the self-realized beings, meet together and sing the joyous songs of the Lord. Nanak, there is no difference between them, O Siblings of Destiny. ||4||
मेरे राम राइ इन िबिध िमलै गुसाई ॥ (205)
Mayray raam raa-ay in biDh milai gusaa-ee.
This is how my Sovereign Lord King, the Lord of the Universe, is met;

सहजु भइआ भर्मु िखन मिह नाठा िमिल जोती जोित समाई ॥१॥ रहाहू दूजा ॥१॥१२॥ (205)
sahj bha-i-aa bharam khin meh naathaa mil jotee jotee sammee.
celestial bliss is attained in an instant, and doubt is dispelled. Meeting Him, my light merges in the Light. ||1||Second. Pause||1||122||

गउड़ी महला ५ ॥ (205)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ऐसो परचउ पाइओ ॥ (205)
aiso parcha-o paa-i-o.
I am intimate with Him;

करी िकर्पा दइआल बीठुलै सितगुर मुझिह बताइओ ॥१॥ रहाउ ॥ (205)
karee kirpaa da-i-aal beethulay satgur mujheh bataa-i-o.
granting His Grace, my Kind Beloved has told me of the True Guru. ||1||Pause||

जत कत देखउ तत तत तुम ही मोिह इहु िबसुआसु होइ आइओ ॥ (205)
jat kat daykh-a-u tat tat tum hee mohi ih bisu-aas ho-ay aa-i-o.
Wherever I look, there You are; I am totally convinced of this.

ਲਿਹਓ ਸਹਸਾ ਬੰਧਨ ਗੁੱਗ ਤੋਰੇ ਤੇ ਿਬਹਾਸ ਵੀ ਿਬਹਾਸ ਿਤਿਵਿਤਿਵ ॥ (205)
lahi-o sahsaa banDhan gur toray taaN sadaa sahj sukh paa-i-o.
My anxiety is over. The Guru has cut away my bonds, and I have found eternal peace.
Whatever shall be, shall be in the end; so where can pain and pleasure be seen? ||2||

The continents and the solar systems rest in the support of the One Lord. The Guru has removed the veil of illusion, and shown this to me.

The nine treasures of the wealth of the Name of the Lord are in that one place. Where else should we go? ||3||

The same gold is fashioned into various articles; just so, the Lord has made the many patterns of the creation.

Says Nanak, the Guru has dispelled my doubt; in this way, my essence merges into God's essence. ||4||2||123||

Meeting with the Guru, your affairs shall be resolved. ||1||Pause||

This life is diminishing, day and night.
Listen, my friends, I beg of you: now is the time to serve the Saints!

In this world, earn the profit of the Lord’s Name, and hereafter, you shall dwell in peace.

This world is engrossed in corruption and cynicism. Only those who know God are saved.

Those who are awakened by the Lord to drink in this sublime essence, come to know the Unspoken Speech of the Lord.

Purchase only that for which you have come into the world, and through the Guru, the Lord shall dwell within your mind.

Within the home of your own inner being, you shall obtain the Mansion of the Lord’s Presence with intuitive ease. You shall not be consigned again to the wheel of reincarnation.

O Inner-knower, Searcher of hearts, Primal Being, Architect of Destiny: please fulfill this yearning of my mind.
Nanak, Your slave, begs for this happiness: let me be the dust of the feet of the Saints.

Save me, O My Father God.

I am worthless and without virtue; all virtues are Yours.

The five vicious thieves are assaulting my poor being; save me, O Savior Lord!

They are tormenting and torturing me. I have come, seeking Your Sanctuary.

Trying all sorts of things, I have grown weary, but still, they will not leave me alone.

But I have heard that they can be rooted out, in the Saadh Sangat, the Company of the Holy; and so I seek their Shelter.
In their Mercy, the Saints have met me, and from them, I have obtained satisfaction.

The Saints have given me the Mantra of the Fearless Lord, and now I practice the Word of the Guru’s Shabad.

I have now conquered those terrible evil-doers, and my speech is now sweet and sublime.

Says Nanak, the Divine Light has dawned within my mind; I have obtained the state of Nirvana.

He is the Eternal King.

In one person, You are arrogant and proud, and in another, You are meek and humble.
एक महिल तूं आपे आपे एक महिल गरीबानो ॥१॥
In one person, You are all by Yourself, and in another, You are poor. ॥१॥

एक महिल तूं पंिडतु बकता एक महिल खलु होता ॥
In one person, you are a Pandit, a religious scholar and a preacher, and in another, You are just a fool.

एक महिल तूं सभु िकछु गर्ाहजु एक महिल कछू न लेता ॥२॥
In one person, You grab hold of everything, and in another, You accept nothing. ॥२॥

काठ की पुतरी कहा करै बपुरी िखलावनहारो जानै ॥
What can the poor wooden puppet do? The Master Puppeteer knows everything.

जैसा भेखु करावै बाजीगरु ओहु तैसो ही साजु आनै ॥३॥
As the Puppeteer dresses the puppet, so is the role the puppet plays. ॥३॥

अिनक कोठरी बहुतु भाित करीआ आिप होआ रखवारा ॥
The Lord has created the various chambers of assorted descriptions, and He Himself protects them.

जैसे महिल राखै तैसै रहना िकआ इहु करै िबचारा ॥४॥
As is that vessel in which the Lord places the soul, so does it dwell. What can this poor being do? ॥४॥

The One who created the thing, understands it; He has fashioned all of this.
Says Nanak, the Lord and Master is Infinite; He alone understands the value of His Creation. ||5||5||126||

Gauree, Fifth Mehl:

Give them up - give up the pleasures of corruption;

you are entangled in them, you crazy fool, like an animal grazing in the green fields. ||1||Pause||

That which you believe to be of use to you, shall not go even an inch with you.

Naked you came, and naked you shall depart. You shall go round and round the cycle of birth and death, and you shall be food for Death. ||1||

Watching, watching the transitory dramas of the world, you are embroiled and enmeshed in them, and you laugh with delight.
The string of life is wearing thin, day and night, and you have done nothing for your soul. ||2||

Doing your deeds, you have grown old; your voice fails you, and your body has become weak.

You were enticed by Maya in your youth, and your attachment for it has not diminished, one little bit. ||3||

The Guru has shown me that this is the way of the world; I have abandoned the dwelling of pride, and entered Your Sanctuary.

The Saint has shown me the Path of God; slave Nanak has implanted devotional worship and the Praise of the Lord. ||4||6||127||

Except for You, who is mine?
ਮੇਰੇ ਪਰ੍ੀਤਮ ਪਰ੍ਾਨ ਅਧਾਰਾ ॥੧॥ 

ਮੇਰੇ ਪਰ੍ੀਤਮ ਪਰ੍ਾਨ ਅਧਾਰਾਂ 

**Pause**

antar kee biDh tum hee jaanee tum hee sajan suhaylay.
You alone know the condition of my inner being. You are my Beautiful Friend.

sarab sukhaa mai tujh tay paa-ay mayray thaakur agah atolay. ||1||
I receive all comforts from You, O my Unfathomable and Immeasurable Lord and Master. ||1||

baran na saaka-o tumray rangaa gun niDhaan sukh-daatay. 
I cannot describe Your Manifestations, O Treasure of Excellence, O Giver of peace.

agam agochar parabh abhinaasee pooray gur tay jaatay. ||2||
God is Inaccessible, Incomprehensible and Imperishable; He is known through the Perfect Guru. ||2||

bharam bha-o kaat kee-ay nihkayval jab tay ha-umai maaree. 
My doubt and fear have been taken away, and I have been made pure, since my ego was conquered.

janam maran ko chooko sahssaa saaDhsangat darsaaree. ||3||
My fear of birth and death has been abolished, beholding Your Blessed Vision in the Saadh Sangat, the Company of the Holy. ||3||

charan pakhaar kara-o gur sayvaa baar jaa-o lakh baree-aa. 
I wash the Guru's Feet and serve Him; I am a sacrifice to Him, 100,000 times.
By His Grace, servant Nanak has crossed over this terrifying world-ocean; I am united with my Beloved.

Gazing upon Your Beaufteous Form, all are entranced.

Everyone calls upon You with their palms pressed together, saying, "Shiva, Shiva". O Merciful Lord and Master, everyone cries out for Your Help.

Your Name, O Lord and Master, is the Purifier of sinners, the Giver of peace, immaculate, cooling and soothing.
O Nanak, spiritual wisdom, meditation and glorious greatness come from dialogue and discourse with Your Saints. ||2||8||129||

Meet with me, O my Dear Beloved.

Wandering around through countless incarnations, I endured pain and suffering in so many lives, over and over again.

By Your Grace, I obtained this human body; grant me the Blessed Vision of Your Darshan, O Sovereign Lord King. ||1||

That which pleases His Will has come to pass; no one else can do anything.

By Your Will, enticed by the illusion of emotional attachment, the people are asleep; they do not wake up. ||2||
.bin-o sunhu tum paraaapati pi-aa rar kirpa naDh da-i-aalaa.
Please hear my prayer, O Lord of Life, O Beloved, Ocean of mercy and compassion.

raakh layho pita praam me-er anaathh kari pratiipala ||3||
Save me, O my Father God. I am an orphan - please, cherish me! ||3||

jis no tumeh dikhaa-i-o darsan saaDhsangat kai paachhai.
You reveal the Blessed Vision of Your Darshan, for the sake of the Saadh Sangat, the Company of the Holy.

kar kirpaa Dhoor dayh santan kee sukh naanak ih baachhai. ||4||9||130||
Grant Your Grace, and bless us with the dust of the feet of the Saints; Nanak yearns for this peace. ||4||9||130||

ha-o taa kai baliaaree.
I am a sacrifice to those

jaa kai kayval naam aDhaaree. ||1|| rahaa-o.
who take the Support of the Naam. ||1||Pause||

mahimaa taa kee kaytak ganee-ai jan paarbarahm rang raatay.
How can I recount the praises of those humble beings who are attuned to the Love of the Supreme Lord God?
ਸੂਖ सहਜ ਆਨੰਦ ਿਤਨਾ ਸੰਗ ਉਨ ਸਮਸਰ ਅਵਰ ਨ ਦਾਤੇ ॥੧॥

Peace, intuitive poise and bliss are with them. There are no other givers equal to them.

॥੧॥

ਜਗਤ ਉਧਾਰਣ ਸੇਈ ਆਏ ਜੋ ਜਨ ਦਰਸ ਿਪਾਸਾ ॥

They have come to save the world - those humble beings who thirst for His Blessed Vision.

॥੨॥

ਉਨ ਕੀ ਸਰਿਣ ਪਰਈ ਸੋ ਤਿਰਆ ਸੰਤਸੰਗ ਪੂਰਨ ਆਸਾ ॥

Those who seek their Sanctuary are carried across; in the Society of the Saints, their hopes are fulfilled.

॥੨॥

ਜਾ ਕੈ ਚਰਿਣ ਪਰੈ ਤਾ ਜੀਵਾ ਜਾਣ ਕੈ ਸੰਗ ਿਨਹਾਲਾ ॥

If I fall at their Feet, then I live; associating with those humble beings, I remain happy.

॥੩॥

ਭਗਤਨ ਕੀ ਰੇਣੁ ਹੋਇ ਮਨੁ ਮੇਰਾ ਹੋਹੁ ਪਰ੍ਭੂ ਿਕਰਪਾਲਾ ॥

O God, please be merciful to me, that my mind might become the dust of the feet of Your devotees.

॥੩॥

ਰਾਜੁ ਜੌਬਨੁ ਅਵਧ ਜੋ ਦੀਸੈ ਸਭੁ ਿਕਛੁ ਜੁਗ ਮਿਹ ਘਾਿਟਆ ॥

Power and authority, youth and age - whatever is seen in this world, all of it shall fade away.

॥੪॥੧੦॥੧੩੧॥

The treasure of the Naam, the Name of the Lord, is forever new and immaculate. Nanak has earned this wealth of the Lord.
Gauree, Fifth Mehl:

I came to the Guru, to learn the Way of Yoga.

The True Guru has revealed it to me through the Word of the Shabad.

He is contained in the nine continents of the world, and within this body; each and every moment, I humbly bow to Him.

I have made the Guru's Teachings my ear-rings, and I have enshrined the One Formless Lord within my being.

I have brought the five disciples together, and they are now under the control of the one mind.

When the ten hermits become obedient to the Lord, then I became an immaculate Yogi.
I have burnt my doubt, and smeared my body with the ashes. My path is to see the One and Only Lord.

I have made that intuitive peace my food; the Lord Master has written this pre-ordained destiny upon my forehead. ||3||

I have made contemplation upon the essential reality my Yogic staff. The Love of the Name in my mind is my Yogic lifestyle. ||4||

By great good fortune, such a Yogi is met, who cuts away the bonds of Maya.

Nanak serves and adores this wondrous person, and kisses his feet. ||5||11||132||

Gauree, Fifth Mehl:
The Naam, the Name of the Lord, is an incomparably beautiful treasure. Listen, everyone, and meditate on it, O friends.

Those, unto whom the Guru has given the Lord's medicine - their minds become pure and immaculate. ||1||Pause||

The noose of doubt is cut away from those who place their faith in the Saadh Sangat, the Company of the Holy. ||1||

My mind's desires are fulfilled, meeting the Guru, in love with the Lord. ||2||

The devotees have found the treasure of the Naam; their minds and bodies are satisfied and satiated.
ਨਾਨਕ ਹਿਰ ਜੀਉ ਤਾ ਕੁਡ ਦੇਵੈ ਜਾ ਕੁਡ ਹੁਕਮ ਮਨਾਏ ॥੩॥੧੨॥੧੩੩॥

O Nanak, the Dear Lord gives it only to those who surrender to the Lord’s Command.

||3||12||133||

ਗਉੜੀ ਮਹਲਾ ੫ ॥ (208)

gauri mehlaa 5.

Gauree, Fifth Mehl:

ਦਇਆ ਮੇਇਆ ਕਿਰ ਪਰਾਨਪਿਤ ਮੋਰੇ ਮੋਹ ਅਨਾਥ ਸਰਿਣ ਪਰਬਿ ਤੋਰੀ ॥

da-i-aa ma-i-aa kar paraanpat moray mohi anaath saran parabh toree.

Please be kind and compassionate, O Lord of my life; I am helpless, and I seek Your Sanctuary, God.

||1||Pause||

ਅਪੁਨੇ ਸੇਵਕ ਸਿਗ਼ ਤੂ ਪਰਬਿ ਰਾਤੇ ਓਤ ਪੋਲ ਭਗਤਨ ਸਿਗ਼ ਜੋਰੀ ॥ (208)

You are imbued with Your servant, God; Your devotees are woven into Your Fabric, through and through.
O Darling Beloved, they long for Your Name and the Blessed Vision of Your Darshan, like the chakvee bird which longs to see the moon. ||2||

Between the Lord and His Saint, there is no difference at all. Among hundreds of thousands and millions, there is scarcely one humble being. ||3||

Those whose hearts are illuminated by God, sing the Kirtan of His Praises night and day with their tongues. ||3||

You are All-powerful and Infinite, the most lofty and exalted, the Giver of peace; O God, You are the Support of the breath of life. ||3||

Please show mercy to Nanak, O God, that he may remain in the Society of the Saints. ||4||13||134||

Gauree, Fifth Mehl:

O Saint, You are attuned to the Lord.

Please stand my me, Architect of Destiny; please take me to my destination, Great Giver.

You alone know Your mystery; You are the Perfect Architect of Destiny.

I am a helpless orphan - please keep me under Your Protection and save me.

Your Feet are the boat to carry us across the world-ocean; You alone know Your ways.

Those whom You keep protected, by Your Kindness, cross over to the other side.

Here and hereafter, God, You are All-powerful; everything is in Your Hands.

Please give me that treasure, which will go along with me, O servant of the Lord.

I am without virtue - please bless me with virtue, so that my mind might chant the Name of the Lord.
By the Grace of the Saints, Nanak has met the Lord; his mind and body are soothed and satisfied. ||4||14||135||

The Divine True Guru has become Merciful to me. ||1||Pause||

I have become a worshipper of the One Name; the Guru has shown me this amazing wonder. ||1||

The Divine Light has dawned, and everything is illuminated; the Guru has revealed this spiritual wisdom to my mind.

Drinking deeply of the Ambrosial Naam, the Name of the Lord, my mind is satisfied, and my fears have been vanquished. ||2||
Accepting the Command of the Lord's Will, I have found total peace; the home of suffering has been destroyed.

When God, our Lord and Master was totally pleased, He revealed everything in the form of ecstasy.

Nothing comes, and nothing goes; this play is all set in motion by the Lord, the Sovereign King.

Says Nanak, our Lord and Master is inaccessible and unfathomable. The Lord's devotees take His Name as their Support.

He is the Supreme Lord God, the Perfect Transcendent Lord; O my mind, hold tight to the Support of the One who established the solar systems and galaxies. Chant the Name of that Lord.
मन की मति तिजागह हरि जन हुकम बूझ सुख पाई रे ॥ (209)

Renounce the intellectual cleverness of your mind, O humble servants of the Lord; understanding the Hukam of His Command, peace is found.

जो प्रभु करै सोई भल मानहु सुख दुख ओही धिआई रे ॥१॥

Whatever God does, accept that with pleasure; in comfort and in suffering, meditate on Him. ||1||

The Creator emancipates millions of sinners in an instant, without a moment's delay.

The Lord, the Destroyer of the pain and sorrow of the poor, blesses those with whom He is pleased. ||2||

He is Mother and Father, the Cherisher of all; He is the Breath of life of all beings, the Ocean of peace.

While giving so generously, the Creator does not diminish at all. The Source of jewels, He is All-pervading. ||3||

The beggar begs for Your Name, O Lord and Master; God is contained deep within the nucleus of each and every heart.
Slave Nanak has entered His Sanctuary; no one returns from Him empty-handed.

Raag Gauree Poorbee, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

Never forget the Lord, Har, Har, from your mind.

Here and hereafter, He is the Giver of all peace. He is the Cherisher of all hearts.

He removes the most terrible pains in an instant, if the tongue repeats His Name.

In the Lord's Sanctuary there is soothing coolness, peace and tranquility. He has extinguished the burning fire.

He saves us from the hellish pit of the womb, and carries us across the terrifying world-ocean.
charan kamal aaradhat man meh jam kee taraas bidaaray. ||2||
Adoring His Lotus Feet in the mind, the fear of death is banished. ||2||

pooran paarbarahm parmaysur oochaa agam apaaray.
He is the Perfect, Supreme Lord God, the Transcendent Lord, lofty, unfathomable and infinite.

gun gaavat Dhi-aavat sukh saagar joo-ay janam na haaray. ||3||
Singing His Glorious Praises, and meditating on the Ocean of peace, one's life is not lost in the gamble. ||3||

kaam kroDh lobh mohi man leeno nirgun kay daataaray.
My mind is engrossed in sexual desire, anger, greed and attachment, O Giver to the unworthy.

kar kirpaa apuno naam deejai naanak sad balihaaray. ||4||1||138||
Please grant Your Grace, and bless me with Your Name; Nanak is forever a sacrifice to You. ||4||1||138||

raag ga-orhee chaytee 1 mehlaa 5
Raag Gauree Chaytee, Fifth Mehl:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

sukh naahee ray har bhagat binaa.
There is no peace without devotional worship of the Lord.
Be victorious, and win the priceless jewel of this human life, by meditating on Him in the 
Saadh Sangat, the Company of the Holy, even for an instant. ||1||Pause||

Children, wealth, spouses, joyful games and pleasures,

have been renounced by many. ||1||

leaving these behind, the fool must depart naked. ||2||

The body, scented with musk and sandalwood -

that body shall come to roll in the dust. ||3||

Infatuated with emotional attachment, they think that God is far away.
कहु नानक सदा हदूर है ॥४॥१॥१३९॥
Says Nanak, he is Ever-present! ||4||1||139||

गउँडी महला ५ ॥
au-di mehlaa 5.
Gauree, Fifth Mehl:

भर यह उवचे जीव तभ से ॥ (210)
O mind, cross over with the Support of the Lord's Name.

गुर ग्राम जीव रंग रंग गुन गरामनो ॥१॥ रहाउ ॥
The Guru is the boat to carry you across the world-ocean, through the waves of cynicism and doubt. ||1||Pause||

बलि बागध अधिकारीणा ॥ (210)
In this Dark Age of Kali Yuga, there is only pitch darkness.

गुर ग्राम जीव रंग रंग गुन गरामनो ॥१॥
The lamp of the Guru's spiritual wisdom illuminates and enlightens. ||1||

खिब खिबिख पसरी अति घनी ॥ (210)
The poison of corruption is spread out far and wide.

छिबे तथे तथे जीव गुनी ॥२॥
Only the virtuous are saved, chanting and meditating on the Lord. ||2||
Intoxicated with Maya, the people are asleep.
Meeting the Guru, doubt and fear are dispelled.
Says Nanak, meditate on the One Lord; behold Him in each and every heart.
You alone are my Chief Advisor.
I serve You with the Support of the Guru. ||1||Pause|| By various devices, I could not find You.
Taking hold of me, the Guru has made me Your slave. ||1||

I have conquered the five tyrants.

By Guru's Grace, I have vanquished the army of evil. ||2||

I have received the One Name as His bounty and blessing.

Now, I dwell in peace, poise and bliss. ||3||

The slaves of God are good.

O Nanak, their faces are radiant. ||4||3||141||

Gauree, Fifth Mehl:
jee-aray oHaa naam kaa.
Hey, soul: your only Support is the Naam, the Name of the Lord.

avar je karan karaavano tin meh bha-o hai jaam kaa. ||1|| raha-o.
Whatever else you do or make happen, the fear of death still hangs over you. ||1||Pause||

avar jatan nahee paa-ee-ai.
He is not obtained by any other efforts.

vadai bhaag har Dhi-aa-ee-ai. ||1||
By great good fortune, meditate on the Lord. ||1||

laakh hikmatee jaanee-ai.
You may know hundreds of thousands of clever tricks,

aagai til nahee maanee-ai. ||2||
but not even one will be of any use at all hereafter. ||2||

ahaN-buDh karam kamaavanay.
Good deeds done in the pride of ego,

garih baaloo neer bahaavanay. ||3||
are swept away, like the house of sand by water. ||3||
When God the Merciful shows His Mercy,

Nanak receives the Naam in the Saadh Sangat, the Company of the Holy. ||4||4||142||

Gauree, Fifth Mehl:

I am a sacrifice, dedicated hundreds of thousands of times, to my Lord and Master.

His Name, and His Name alone, is the Support of the breath of life. ||1||Pause||

You alone are the Doer, the Cause of causes.

You alone are the Support of all beings and creatures. ||1||

O God, You are my power, authority and youth.
ਤੂੰ ਨਰਗੁਨ ਤੂੰ ਸਰਗੁਨੀ ॥੨॥
You are absolute, without attributes, and also related, with the most sublime attributes. ॥2॥

ਈਹਾ ਊਹਾ ਤੁਮ ਰਖੇ ॥
Here and hereafter, You are my Savior and Protector. ॥

ਗੁਰ ਕੀਰਿਪਾ ਤੇ ਕੋ ਲਖੇ ॥੩॥
By Guru's Grace, some understand You. ॥3॥

ਅੰਤਰਜਾਮੀ ਪਰ੍ਭ ਸੁਜਾਨੁ ॥
God is All-knowing, the Inner-knower, the Searcher of hearts. ॥

ਨਾਨਕ ਤਕੀਆ ਤੁਹੀ ਤਾਣੁ ॥੪॥੫॥੧੪੩॥
You are Nanak's strength and support. ॥4||5||143||

ਗਉੜੀ ਮਹਲਾ ੫ ॥
Gauree, Fifth Mehl:

ਹਿਰ ਹਿਰ ਹਿਰ ਆਰਧੀਐ ॥
Worship and adore the Lord, Har, Har, Har. ॥

ਸੰਤੰਗ ਹਿਰ ਵਹਾ ਬਹੁ ਭਰਮ ਮਹੋ ਭਾੜੂ ਸਾਦੀਐ ॥੧॥ ਰਹਾਉ ॥
In the Society of the Saints, He dwells in the mind; doubt, emotional attachment and fear are vanquished. ॥1||Pause||
The Vedas, the Puranaas and the Simritees are heard to proclaim

that the Lord's servant dwells as the highest of all.

All places are filled with fear - know this well.

Only the Lord's servants are free of fear.

People wander through 8.4 million incarnations.

God's people are not subject to birth and death.

Power, wisdom, cleverness and egotism are given up,

by Nanak as he has taken to the Sanctuary of the Lord's Holy Saints.
Gauree, Fifth Mehl:

ਮਨ ਰਾਮ ਨਾਮ ਗੁਨ ਗਾਈਐ ॥ (211)

O my mind, sing the Glorious Praises of the Lord's Name.

ਰਹਾਉ ॥ (211)

Serve the Lord continually and continuously; with each and every breath, meditate on the Lord. ||1||Pause||

ਸੰਤਸੰਗ ਹਿਰ ਮੰਤਰੁ ਦੇ ॥ (211)

In the Society of the Saints, the Lord dwells in the mind,

ਸੋ ਜਨੁ ਦੂਖਨ ਨਾ ਵਿਆਪੀਐ ॥ (211)

that humble being is not afflicted with pain. ||2||

ਜਾ ਕਊ ਗੁਰੂ ਹਿਰ ਮੰਤਰੁ ਦੇ ॥ (211)

Those unto whom the Guru gives the Mantra of the Lord's Name,
ਸੋ ਉਬਿਰਆ ਮਾਇਆ ਅਗਿਨ ਤੇ ॥੩॥
so ubri-aa maa-i-aa agan tay. ||3||
are saved from the fire of Maya. ||3||

ਨਾਨਕ ਕਉ ਪਰ੍ਭ ਮਇਆ ਕਿਰ ॥
naanak ka-o parabh ma-i-aa kar.
Be kind to Nanak, O God;

ਮੇਰੈ ਮਿਨ ਤਿਨ ਵਾਸੈ ਨਾਮੁ ਹਿਰ ॥੪॥੭॥੧੪੫॥
mayrai man tan vaasai naam har. ||4||7||145||
let the Lord's Name dwell within my mind and body. ||4||7||145||

Gauree, Fifth Mehl:

ਰਸਨਾ ਜਪੀਐ ਏਕੁ ਨਾਮ ॥
rasnaa japee-ai ayk naam.
With your tongue, chant the Name of the One Lord.

ਰਹਾਉ ॥
rahaa-o.
In this world, it shall bring you peace, comfort and great joy; hereafter, it shall go with your
soul, and shall be of use to you. ||1||Pause||

The disease of your ego shall be eradicated.

By Guru's Grace, practice Raja Yoga, the Yoga of meditation and success. ||1||
Those who taste the sublime essence of the Lord have their thirst quenched.

Those who have found the Lord, the Treasure of peace, shall not go anywhere else again.

Those, unto whom the Guru has given the Lord's Name, Har, Har -

O Nanak, their fears are removed.
Those who join the Saadh Sangat, the Company of the Holy, and dwell upon the Lord, find the Ocean of virtue. ||1||Pause||

Those Gurmukhs whose hearts are filled with wisdom, hold the nine treasures, and the miraculous spiritual powers of the Siddhas in the palms of their hands. ||1||

Those who know the Lord God as their Master, do not lack anything. ||2||

Those who realize the Creator Lord, enjoy all peace and pleasure. ||3||

Those whose inner homes are filled with the Lord's wealth -
kaho naanak tin sang dukh nasai. ||4||9||147||
says Nanak, in their company, pain departs. ||4||9||147||

Gauree, Fifth Mehl:

garab bado mool itno.  
Your pride is so great, but what about your origins?

rahan nahee gahu kitno. ||1|| rhaa-o.
You cannot remain, no matter how much you try to hold on. ||1||Pause||

Baybarjat Bayd Santnaa Uaahoo Si-o ray hitno.
That which is forbidden by the Vedas and the Saints - with that, you are in love.

haar joo-aar joo-aa biDhay indree vas lai hitno. ||1||
Like the gambler losing the game of chance, you are held in the power of sensory desires.  
||1||

Haran bharan sampornaa charan kamal rang ritno.
The One who is All-powerful to empty out and fill up - you have no love for His Lotus Feet.

naanak Udhray saaDhsang kirpaa nihD mai ditno. ||2||10||148||
O Nanak, I have been saved, in the Saadh Sangat, the Company of the Holy. I have been blessed by the Treasure of Mercy. ||2||10||148||
Gauree, Fifth Mehl:

I am the slave of my Lord and Master.

I eat whatever God gives me. ||1||Pause||

Such is my Lord and Master.

In an instant, He creates and embellishes. ||1||

I do that work which pleases my Lord and Master.

I sing the songs of God's glory, and His wondrous play. ||2||

I seek the Sanctuary of the Lord's Prime Minister;


dia daykh mayraa man Dheeraa. ||3||
beholding Him, my mind is comforted and consoled. ||3||

ayk tayk ayko aaDhaaraa.
The One Lord is my support, the One is my steady anchor.

jan naanak har kee laagaa kaaraa. ||4||11||149||
Servant Nanak is engaged in the Lord's work. ||4||11||149||

ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

hai ko-ee aisaa ha-umai torai.
Is there anyone, who can shatter his ego,

is meethee tay ih man horai. ||1|| rahaa-o.
and turn his mind away from this sweet Maya? ||1||Pause||

agi-aane manukh bha-i-aa jo naahee so loria.
Humanity is in spiritual ignorance; people see things that do not exist.

rain anDhaaree kaaree-aa kavan jugat jitrai. ||1||
The night is dark and gloomy; how will the morning dawn? ||1||
bharmato bharmato haari-aa anik biDhee kar torai.
Wandering, wandering all around, I have grown weary; trying all sorts of things, I have been searching.

kaho naanak kirpaa bha-ee saaDhsangat niDh morai. ||2||12||150||
Says Nanak, He has shown mercy to me; I have found the treasure of the Saadh Sangat, the Company of the Holy. ||2||12||150||

gau-ree mehla 5.
Gauree, Fifth Mehl:

chintaaman karunaa ma-ay. ||1|| rahaa-o.
He is the Wish-fulfilling Jewel, the Embodiment of Mercy. ||1||Pause||

dee-n da-i-aalaa paarbarahm.
The Supreme Lord God is Merciful to the meek;

jaa kai simran sukh bha-ay. ||1||
meditating in remembrance on Him, peace is obtained. ||1||

akaal purakh agaaDh boDh.
The Wisdom of the Undying Primal Being is beyond comprehension.

sunat jaso kot agh kha-ay. ||2||
Hearing His Praises, millions of sins are erased. ||2||
Kirpa niDh paraabh ma-i-aa Dhaar.
O God, Treasure of Mercy, please bless Your kindness,

Nanak har har naam la-ay. ||3||13||151||
on Nanak, that he may repeat the Name of the Lord, Har, Har. ||3||13||151||

Gaorhee poorbee mehlaa 5.
Gauree Poorbee, Fifth Mehl:

Mayray man saran paraabhoo sukh paa-ay.
O my mind, in the Sanctuary of God, peace is found.

Jaa din bisrai paraan sukh-daata so din jaat ajaay.
That day, when the Giver of life and peace is forgotten - that day passes uselessly.

Ayk rain kay paahun tum aa-ay baho jaa aas bDhaa-ay.
You have come as a guest for one short night, and yet you hope to live for many ages.

Garih mandar sampii joi desai ji-o tarvar kee chhaa-ay.
Households, mansions and wealth - whatever is seen, is like the shade of a tree.

Tan mayraa sampii sabh mayree baag milakh sabh jaat.
My body, wealth, and all my gardens and property shall all pass away.
You have forgotten your Lord and Master, the Great Giver. In an instant, these shall belong to somebody else.

You wear white clothes and take cleansing baths, and anoint yourself with sandalwood oil.

But you do not remember the Fearless, Formless Lord - you are like an elephant bathing in the mud.

The Guru has liberated me from bondage; servant Nanak sings the Glorious Praises of the Lord.

O my mind, dwell always upon the Guru, Guru, Guru.
रतन जनमु सफलु गुरी कीआ दरसन कउ बिलहरीऐ॥१॥ रहाउ ॥

The Guru has made the jewel of this human life prosperous and fruitful. I am a sacrifice to the Blessed Vision of His Darshan. ||1||Pause||

jaytay saas garaas man laytaa taytay hee gun gaa-ee-ai.
As many breaths and morsels as you take, O my mind - so many times, sing His Glorious Praises.

ja-o ho-ay dai-aal satgur apunaa taa ih mat buDh paa-ee-ai. ||1||
When the True Guru becomes merciful, then this wisdom and understanding is obtained. ||1||

mayray man naam la-ay jam banDh tay chhooteh sarab sukhaa sukh paa-ee-ai.
O my mind, taking the Naam, you shall be released from the bondage of death, and the peace of all peace will be found.

sayv su-aamee satgur daataa man banchhat fal aa-ee-ai. ||2||
Serving your Lord and Master, the True Guru, the Great Giver, you shall obtain the fruits of your mind's desires. ||2||

naam isat meet sut kartaa man sang tuhaarai chaalai.
The Name of the Creator is your beloved friend and child; it alone shall go along with you, O my mind.

kar sayvaa satgur apunay kee gur tay paa-ee-ai paalai. ||3||
So serve your True Guru, and you shall receive the Name from the Guru. ||3||
When God, the Merciful Guru, showered His Mercy upon me, all my anxieties were dispelled.

Nanak has found the peace of the Kirtan of the Lord's Praises. All his sorrows have been dispelled. ||4||15||153||

The thirst of only a few is quenched. ||1||Pause||

People may accumulate hundreds of thousands, millions, tens of millions, and yet the mind is not restrained.

They may have all sorts of beautiful women, but still, they commit adultery in the homes of others.
They do not distinguish between good and bad. ||2||

They wander around lost, trapped in the myriad bonds of Maya; they do not sing the Praises of the Treasure of Virtue.

Their minds are engrossed in poison and corruption. ||3||

Those, unto whom the Lord shows His Mercy, remain dead while yet alive. In the Saadh Sangat, the Company of the Holy, they cross over the ocean of Maya.

The Lord is the essence of all. ||1|| Pause||

Some practice Yoga, some indulge in pleasures; some live in spiritual wisdom, some live in meditation.
Some are bearers of the staff. ||1||

Some chant in meditation, some practice deep, austere meditation; some worship Him in adoration, some practice daily rituals.

Some live the life of a wanderer. ||2||

Some live by the shore, some live on the water; some study the Vedas.

Nanak loves to worship the Lord. ||3||2||155||

Gauree, Fifth Mehl:

To sing the Kirtan of the Lord’s Praises is my treasure. ||1||Pause||

You are my delight, You are my praise. You are my beauty, You are my love.
आस ओट पर्भ तोरी ॥१॥
O God, You are my hope and support. ||1||

तूही मान तूंही धान तूही पति तूही प्राण ॥
You are my pride, You are my wealth. You are my honor, You are my breath of life.

गुर तूटी लै जोरी ॥२॥
The Guru has repaired that which was broken. ||2||

गुरी गृह तूही बिन तूही गाउ तूही सुन ॥
You are in the household, and You are in the forest. You are in the village, and You are in the wilderness.

है नानक नेर नेरी ॥३॥३॥१५६॥
Nanak: You are near, so very near! ||3||3||156||

गउड़ी महला ५ ॥
Gauree, Fifth Mehl:

बूही भग बूही बछू बूही बूही बूही ॥
I drink it in - I am drunk with it. The Guru has given it to me in charity.
My mind is drenched with it.

It is my furnace, it is the cooling plaster. It is my love, it is my longing.

My mind knows it as peace.

I enjoy intuitive peace, and I play in bliss; the cycle of reincarnation is ended for me, and I am merged with the Lord.

One Universal Creator God. By The Grace Of The True Guru:
Server, serve, forever serve the Lord. Death hangs over your head.

Do seva, selfless service, for the Holy Saints, and the noose of Death shall be cut away.

You may make burnt offerings, sacrificial feasts and pilgrimages to sacred shrines in egotism, but your corruption only increases.

You are subject to both heaven and hell, and you are reincarnated over and over again.

The realm of Shiva, the realms of Brahma and Indra as well - no place anywhere is permanent.

Without serving the Lord, there is no peace at all. The faithless cynic comes and goes in reincarnation.

As the Guru has taught me, so have I spoken.
Naanak kahai sun ray manaa kar keertan ho-ay uDhaar ||4||1||158||

Says Nanak, listen, people: sing the Kirtan of the Lord's Praises, and you shall be saved. ||4||1||158||

Raag Gauree Maalaa, Fifth Mehl:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

Adopting the innocent mind of a child, I have found peace.

joy and sorrow, profit and loss, birth and death, pain and pleasure - they are all the same to my consciousness, since I met the Guru. ||1||Pause||

When I met the Kind, Perfect Guru, then I obtained bliss so easily. ||1||

The more clever tricks I tried, the more bonds I was saddled with.
When the Holy Saint placed His Hand upon my forehead, then I was liberated. ||2||

As long as I claimed, "Mine, mine!", I was surrounded by wickedness and corruption.

But when I dedicated my mind, body and intellect to my Lord and Master, then I began to sleep in peace. ||3||

As long as I walked along, carrying the load, I continued to pay the fine.

But I threw away that bundle, when I met the Perfect Guru; O Nanak, then I became fearless. ||4||1||159||

I have renounced my desires; I have renounced them.

I have renounced them; meeting the Guru, I have renounced them.
All peace, joy, happiness and pleasures have come since I surrendered to the Will of the Lord of the Universe. ||1||Pause||

Honor and dishonor are the same to me; I have placed my forehead upon the Guru's Feet.

Wealth does not excite me, and misfortune does not disturb me; I have embraced love for my Lord and Master. ||1||

I have become fearless; the Saint has removed my doubts. The All-knowing Lord is pervading everywhere. ||2||

Whatever the Creator does, my mind is not troubled.

By the Grace of the Saints and the Company of the Holy, my sleeping mind has been awakened. ||3||

Servant Nanak seeks Your Support; he has come to Your Sanctuary.
In the Love of the Naam, the Name of the Lord, he enjoys intuitive peace; pain no longer touches him. ||4||2||160||

Gauree Maalaa, Fifth Mehl:

I have found the jewel of my Beloved within my mind.

My body is cooled, my mind is cooled and soothed, and I am absorbed into the Shabad, the Word of the True Guru. ||1||Pause||

The Perfect Guru has placed His Hand upon my forehead; conquering my mind, I have conquered the whole world. ||1||

Satisfied and satiated, I remain steady within my heart, and now, I do not waver at all.

The True Guru has given me the inexhaustible treasure; it never decreases, and never runs out. ||2||
Listen to this wonder, O Siblings of Destiny: the Guru has given me this understanding.

I threw off the veil of illusion, when I met my Lord and Master; then, I forgot my jealousy of others.

This is a wonder which cannot be described. They alone know it, who have tasted it.

Says Nanak, the Truth has been revealed to me. The Guru has given me the treasure; I have taken it and enshrined it within my heart.

Those who take to the Sanctuary of the Lord, the King, are saved.

All other people, in the mansion of Maya, fall flat on their faces on the ground.

The great men have studied the Shaastras, the Simritoos and the Vedas, and they have said this:
Without the Lord's meditation, there is no emancipation, and no one has ever found peace. ||1||

People may accumulate the wealth of the three worlds, but the waves of greed are still not subdued.

Without devotional worship of the Lord, where can anyone find stability? People wander around endlessly. ||2||

People engage in all sorts of mind-enticing pastimes, but their passions are not fulfilled.

They burn and burn, and are never satisfied; without the Lord's Name, it is all useless. ||3||

Chant the Name of the Lord, my friend; this is the essence of perfect peace.

In the Saadh Sangat, the Company of the Holy, birth and death are ended. Nanak is the dust of the feet of the humble. ||4||4||162||

Gauree Maalaa, Fifth Mehl:
Who can help me understand my condition?

Only the Creator knows it. ||Pause||

This person does things in ignorance; he does not chant in meditation, and does not perform any deep, self-disciplined meditation.

This mind wanders around in the ten directions - how can it be restrained? ||Pause||

I am the lord, the master of my mind, body, wealth and lands. These are mine.

In doubt and emotional attachment, this person understands nothing; with this leash, these feet are tied up. ||Pause||

What did this person do, when he did not exist?

When the Immaculate and Formless Lord God was all alone, He did everything by Himself.
अपने करतब आपे जानै इन रचना रचाई। (216)
apnay kartab aapay jaanai jin in rachan rachaa-i-aa.
He alone knows His actions; He created this creation.

बन गंगु वहं गुण है आपे सितगुर चुकाई। (4) (5) (163)
kaho naanak karanhaar hai aapay satgur bharam chukaa-i-aa. ||4||5||163||
Says Nanak, the Lord Himself is the Doer. The True Guru has dispelled my doubts. ||4||5||163||

गउड़ी माला महला ५। (216)
ga-orhee maalaa mehlaa 5.
Gauree Maalaa, Fifth Mehl:

जप तप संजम करम कमाणे इह ओरै मूसे। (1) रहाउ। (216)
jap tap sanjam karam kamaanay ihi orai moosay. ||1|| rahaa-o.
Meditative chants, intense deep meditation, austere self-discipline and rituals - these are plundered in this world. ||1||Pause||

बरत नय मंजम मह रहता तिन का आढु न पाइ। (216)
barat naym sanjam meh rahtaa tin kaa aadh na paa-i-aa.
Fasting, daily rituals, and austere self-discipline - those who keep the practice of these, are rewarded with less than a shell.

आपे चलन अउर है बाही उठा कामि न आइ। (1) (216)
aagai chalan a-or hai bhaa-ee ooNhaa kaam na aa-i-aa. ||1||
Hereafter, the way is different, O Siblings of Destiny. There, these things are of no use at all. ||1||
Those who bathe at sacred shrines of pilgrimage, and wander over the earth, find no place of rest hereafter.

There, these are of no use at all. By these things, they only please other people.

Reciting the four Vedas from memory, they do not obtain the Mansion of the Lord's Presence hereafter.

Those who do not understand the One Pure Word, utter total nonsense.

Nanak voices this opinion: those who practice it, swim across.

Serve the Guru, and meditate on the Naam; renounce the egotistical pride from your mind.

O Lord, I chant Your Name, Har, Har, Har.
I cannot do anything by myself, O Lord and Master. As You keep me, so I remain.

What can the mere mortal do? What is in the hands of this poor creature?

As You attach us, so we are attached, O my Perfect Lord and Master.

Take pity on me, O Great Giver of all, that I may enshrine love for Your Form alone.

Nanak offers this prayer to the Lord, that he may chant the Naam, the Name of the Lord.

Raag Gauree Maajh, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

O Merciful to the meek, O Dear Lord King,


"ਕੋਿਟ ਜਨਾ ਕਿਰ ਸੇਵ ਲਗਾਇਆ ਜੀਉ ॥ (216)
You have engaged millions of people in Your Service.

"ਭਗਤ ਵਛਲੁ ਤੇਰਾ ਿਬਰਦੁ ਰਖਾਇਆ ਜੀਉ ॥ (216)
You are the Lover of Your devotees; this is Your Nature.

"ਪੂਰਨ ਸਭਨੀ ਜਾਈ ਜੀਉ ॥੧॥ (216)
You are totally pervading all places. ||1||

"ਿਕਉ ਪੇਖਾ ਪਰ੍ੀਤਮੁ ਕਵਣ ਸੁਕਰਣੀ ਜੀਉ ॥ (216)
How can I behold my Beloved? What is that way of life?

"ਸੰਤਾ ਦਾਸੀ ਸੇਵਾ ਚਰਣੀ ਜੀਉ ॥ (216)
Become the slave of the Saints, and serve at their feet.

"ਇਹੁ ਜੀਉ ਵਤਾਈ ਬਿਲ ਬਿਲ ਜਾਈ ਜੀਉ ॥੨॥ (216)
Bowing low, I fall at the Feet of the Lord. ||2||

"ਪੋਥੀ ਪੰਿਡਤ ਬੇਦ ਖੋਜੰਤਾ ਜੀਉ ॥ (216)
The Pandits, the religious scholars, study the books of the Vedas.
Some become renunciates, and bathe at sacred shrines of pilgrimage.

Some sing tunes and melodies and songs.

But I meditate on the Naam, the Name of the Fearless Lord.

My Lord and Master has become merciful to me.

I was a sinner, and I have been sanctified, taking to the Guru's Feet.

Dispelling my doubts and fears, the Guru has rid me of hatred.

The Guru has fulfilled the desires of my mind.

One who has obtained the Name is wealthy.
One who meditates on God is glorified.

Sublime are all the actions of those who join the Saadh Sangat, the Company of the Holy.

Servant Nanak is intuitively absorbed into the Lord.

Gauree, Fifth Mehl, Maajh:

Come to me, O my Beloved Lord.

Night and day, with each and every breath, I think of You.

O Saints, give Him this message; I fall at Your Feet.

Without You, how can I be saved?
In Your Company, I am in ecstasy.

In the forest, the fields and the three worlds, there is peace and supreme bliss.

My bed is beautiful, and my mind blossoms forth in ecstasy.

Beholding the Blessed Vision of Your Darshan, I have found this peace.

I wash Your Feet, and constantly serve You.

O Divine Lord, I worship and adore You; I bow down before You.

I am the slave of Your slaves; I chant Your Name.

I offer this prayer to my Lord and Master.
My desires are fulfilled, and my mind and body are rejuvenated.

Beholding the Blessed Vision of the Lord’s Darshan, all my pains have been taken away.

Chanting and meditating on the Name of the Lord, Har, Har, I have been saved.

Nanak endures this unendurable celestial bliss.

Listen, listen, O my friend and companion, O Beloved of my mind:

May I never forget God, the Support of the breath of life.
सदा तेरी सरणाई जीउ ॥१॥
I have come to Your Eternal Sanctuary. ||1||

jis mili-ai man jeeval bhaa-ee jee-o.
Meeting Him, my mind is revived, O Siblings of Destiny.

Meeting Him, my mind is revived, O Siblings of Destiny.

By Guru's Grace, I have found the Lord, Har, Har.

All things belong to God; all places belong to God.

I am forever a sacrifice to God. ||2||

Finding the Perfect Guru, all suffering is dispelled.
aath pahar gun gaa-i-aa jee-o. ||3||
Twenty-four hours a day, I sing the Glories of God. ||3||

ratan padaarath har naam tumaaraa jee-o.
Your Name is the treasure of jewels, Lord.

tooN sachaa saahu bhagat vanjaaraa jee-o.
You are the True Banker; Your devotee is the trader.

har Dhan raas sach vaapaaraa jee-o.
True is the trade of those who have the wealth of the Lord's assets.

jan naanak sad balihaaraa jee-o. ||4||3||168||
Servant Nanak is forever a sacrifice. ||4||3||168||

raag ga-orhee maajh mehlaa 5
Raag Gauree Maajh, Fifth Mehl:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

tooN mayraa baho maan kartay tooN mayraa baho maan.
I am so proud of You, O Creator; I am so proud of You.
Through Your Almighty Power, I dwell in peace. The True Word of the Shabad is my banner and insignia. ||1||

He hears and knows everything, but he keeps silent.

Bewitched by Maya, he never regains awareness. ||1||

The riddles and hints are given, and he sees them with his eyes.

But he is foolish and greedy, and he never listens to what he is told. ||2||

Why bother to count one, two, three, four? The whole world is defrauded by the same enticements.

Hardly anyone loves the Lord's Name; how rare is that place which is in bloom. ||3||

The devotees look beautiful in the True Court; night and day, they are happy.
ਰੰਗ रਤੇ ਪਰਮੇਸਰੈ ਜਨ ਨਾਨਕ ਿਤਨ ਬਿਲ ਜਾਤ ॥੪॥੧॥੧੬੯॥

They are imbued with the Love of the Transcendent Lord; servant Nanak is a sacrifice to them. ||4||1||169||

ਗਉੜੀ ਮਹਲਾ ੫ ਮਾੱਜਾ॥ (218)

Gauree, Fifth Mehl, Maajh:

ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ਜੀ ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ॥

The Destroyer of sorrow is Your Name, Lord; the Destroyer of sorrow is Your Name.

ਆਠ ਪਹਰ ਆਰਧੀਐ ਪੂਰਨ ਸਿਤਗੁਰ ਿਗਆਨੁ ॥੧॥ ਰਹਾਉ ॥

Twenty-four hours a day, dwell upon the wisdom of the Perfect True Guru. ||1||Pause||

ਿਜਤੁ ਘਿਟ ਵਸੈ ਪਾਰਬਰ੍ਹਮੁ ਸੋਈ ਸੁਹਾਵਾ ਥਾਉ ॥

That heart, in which the Supreme Lord God abides, is the most beautiful place.

ਸੇਵਾ ਸੁਰਿਤ ਨ ਜਾਣੀਆ ਨਾ ਜਾਪੈ ਆਰਧੀਐ ॥

I have not understood the wisdom of serving Him, nor have I worshipped Him in meditation.

ੇਵਾ ਨਹਾਉ ਨਾਵੀਨਾ ਤੇ ਸਪੈ ਆਰਧੀਐ ॥

You are my Support, O Life of the World; O my Lord and Master, Inaccessible and Incomprehensible. ||2||
When the Lord of the Universe became merciful, sorrow and suffering departed.

The hot winds do not even touch those who are protected by the True Guru.

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

When the Guru was totally satisfied, I obtained everything. Servant Nanak is forever a sacrifice to Him.

Chanting the Name of the Lord of the Universe, one's mouth is sanctified.
One who recites to me the Praises of the Lord is my friend and brother. ||1||

All treasures, all rewards and all virtues are in the Lord of the Universe.

Why forget Him from your mind? Remembering Him in meditation, pain departs. ||2||

Joining the Saadh Sangat, the Company of the Holy, one is saved, and one's face becomes radiant in the Court of the Lord. ||3||

Nanak is saved, chanting the Naam, the Name of the Lord; in the True Court, he is cheered and applauded. ||4||3||171||

Gauree Maajh, Fifth Mehl:
मीठे हिर गुण गाउ िजदू तूं मीठे हिर गुण गाउ ॥ (218)

मीठे हिर गुण गाउ जिदू तूं मीठे हिर गुण गाउ ॥
meethay har gun gaa-o jindoo tooN meethay har gun gaa-o.
Sing the Sweet Praises of the Lord, O my soul, sing the Sweet Praises of the Lord.

सचे सेती रिताय मिलिया निथावे थाऊ ॥१॥ रहाउ ॥
sachay saytee rati-aa mili-aa nithaavay thaa-o. ||1|| raha-o.
Attuned to the True One, even the homeless find a home. ||1||Pause||

होिर साद सिभ िफिकातनु मनु िफका होइ ॥ (218)
hor saad sabh fiki-aa tan man fikaa ho-ay.
All other tastes are bland and insipid; through them, the body and mind are rendered insipid as well.

व्रणु परमेसर जो करे िफटु सु जीवणु सोइ ॥१॥
vin parmaysar jo karay fit so jeevan so-ay. ||1||
Without the Transcendent Lord, what can anyone do? Cursed is his life, and cursed his reputation. ||1||

अंचलु गिह कै साध का तरणा इहु संसारु ॥ (218)
anchal geh kai saaDh kaa tarnaa ih sansaar.
Grasping the hem of the robe of the Holy Saint, we cross over the world-ocean.

पारबर्हमु आराधीऐ उधरै सभ परवारु ॥२॥
paarbarahm aaraaDhee-ai uDhrai sabh parvaar. ||2||
Worship and adore the Supreme Lord God, and all your family will be saved as well. ||2||

साजनु बंधु सुिमतর्ु सो हिर नामु िहरदै देइ ॥ (218)
saajan banDh sumitar so har naam hirdai day-ay.
He is a companion, a relative, and a good friend of mine, who implants the Lord's Name within my heart.

अउगण सिभ िमटाइ कै परउपकारु करेइ ॥३॥
a-ugan sabh mitaa-ay kai par-upkaar karay-i. ||3||
He washes off all my demerits, and is so generous to me. ||3||
मालु खजाना थेहु घरु हिर के  चरण िनधान ॥ (218)
maal khajaanaa thayhu ghar har kay charan niDhaan.
Wealth, treasures, and household are all just ruins; the Lord's Feet are the only treasure.

नानकु  जाचकु  दिर तेरै पर्भ तुधनो मंगै दानु ॥४॥४॥१७२॥ (218)
naanak jaachak dar tayrai parabh tuDhno mangai daan.
Nanak is a beggar standing at Your Door, God; he begs for Your charity. ||4||4||172||

Raag Gauree Gwaarayree, Fifth Mehl, Ashtapadees:

इकोन्क सत्नामु करता पुराखु गुर परसाद ॥ (235)
ik-oNkaar satnaam kartaa purakh gur parsaad.
One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

जब इहु मन मिह करत गुमाना ॥ (235)
jab ih man meh karat gumaanaa.
When this mind is filled with pride,

जब इहु हूआ सगल की रीना ॥१॥ (235)
jab ih hoo-aa sagal kee reenaa.
But when it becomes the dust of all,
सहज सुहेला फलू मसकीनी ॥
The fruit of humility is intuitive peace and pleasure.

सितगुर अपुनै मोहि दानू दीनी ॥१॥ रहाउ ॥
My True Guru has given me this gift. ||1||Pause||

जब इन कै जानिस मंदा ॥
When he believes others to be bad,

जब इन अपुनी अपनी धारी ॥२॥
When he clings to 'my own, my own',

जब इन अपुनी अपनी धारी ॥
When he clings to 'my own, my own',

उस मज़े हिम भेलव धंदा ॥
then everyone lays traps for him.

जब किस कै जानि संग नही बैराई ॥२॥
then no one is angry with him. ||2||

उस मज़े हिम भेलव धंदा ॥
then everyone lays traps for him.

उस मज़े हिम भेलव धंदा ॥
then everyone lays traps for him.

उस मज़े हिम भेलव धंदा ॥
then everyone lays traps for him.
जब इन करणैहारु पछाता ॥ (235)
But when he recognizes the Creator Lord,

जब इस नो नाही किछू ताता ॥ ३ ॥
then he is free of torment. ||3||

जब इन अपूनो वाधिओ मोहा ॥
When he entangles himself in emotional attachment,

आवै जाइ सदा जिम जोहा ॥ (235)
he comes and goes in reincarnation, under the constant gaze of Death.

जब इस ते सभ बिनसे भरमा ॥ (235)
But when all his doubts are removed,

भेदु नाही है पारबर्हमा ॥४॥
then there is no difference between him and the Supreme Lord God. ||4||

जब इन किछू किाने भेरा ॥ (235)
When he perceives differences,

तब ते दूख डंड अरु खेदा ॥ (235)
then he suffers pain, punishment and sorrow.
जब इन एको एकी बूझआ ॥ (235)
But when he recognizes the One and Only Lord,

तब ते इस नो सभु किच शूझआ ॥५॥ (235)
tab tay is no sabh kichh soojhi-aa. ||5||
he understands everything. ||5||

जब इहु धावै माइआ अरथी ॥ (235)
jab ih Dhaavai maa-i-aa arthee.
When he runs around for the sake of Maya and riches,

जब इस ते इहु होइओ जउला ॥ (235)
jab is tay ih ho-i-o ja-ulaa.
But when he runs away from Maya,

पीछै लाग चली उठ कउला ॥६॥ (235)
peechhai laag chalee uth ka-ulaa. ||6||
then the Goddess of Wealth gets up and follows him. ||6||

करि किरपा जउ सतिगुरु मिलिओ ॥ (235)
kar kirpaa ja-o satgur mili-o.
When, by His Grace, the True Guru is met,

मन मंदर महि दीपकु जिलओ ॥ (235)
man mandar meh deepak jali-o.
the lamp is lit within the temple of the mind.
When he realizes what victory and defeat really are,

then he comes to appreciate the true value of his own home.

The One Lord is the Creator of all things, the Cause of causes.

He Himself is wisdom, contemplation and discerning understanding.

He is not far away; He is near at hand, with all.

So praise the True One, O Nanak, with love!

Serving the Guru, one is committed to the Naam, the Name of the Lord.
It is received only by those who have such good destiny inscribed upon their foreheads.

The Lord dwells within their hearts.

Their minds and bodies become peaceful and stable. ||1||

O my mind, sing such Praises of the Lord,

which shall be of use to you here and hereafter. ||1||Pause||

Meditating on Him, fear and misfortune depart,

and the wandering mind is held steady.

Meditating on Him, suffering shall never again overtake you.
Meditating on Him, this ego runs away. ||2||

Meditating on Him, the five passions are overcome.

Meditating on Him, Ambrosial Nectar is collected in the heart.

Meditating on Him, this desire is quenched.

Meditating on Him, one is approved in the Court of the Lord. ||3||

Meditating on Him, millions of mistakes are erased.

Meditating on Him, one becomes Holy, blessed by the Lord.

Meditating on Him, the mind is cooled and soothed.
Meditating on Him, all filth is washed away. ||4||

Meditating on Him, the jewel of the Lord is obtained.

One is reconciled with the Lord, and shall not abandon Him again.

Meditating on Him, many acquire a home in the heavens.

Meditating on Him, one abides in intuitive peace. ||5||

Meditating on Him, one is not affected by this fire.

Meditating on Him, one is not under the gaze of Death.

Meditating on Him, your forehead shall be immaculate.
Meditating on Him, all pains are destroyed. ||6||

Meditating on Him, no difficulties are encountered.

Meditating on Him, one hears the unstruck melody.

Meditating on Him, one acquires this pure reputation.

Meditating on Him, the heart-lotus is turned upright. ||7||

within whose hearts the Lord has implanted His Mantra.

The unbroken Kirtan of the Lord's Praises is their food and nourishment.
कहु नानक जिस सतिगुरु पूरा ॥८॥२॥
Says Nanak, they have the Perfect True Guru. ||8||2||

Gauree, Fifth Mehl:

गउड़ी महला ५ ॥
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

Those who implant the Word of the Guru's Shabad within their hearts

Panch Natar Sang Nivaire ॥ (236)
panch janaa si-o sang nivaarai.
cut their connections with the five passions.

Das Indree Kar Raakhai Vaas.
They keep the ten organs under their control;

Jaa Ka-o Da-i-aa Ma-i-aa Parabho Sa-o-hay ॥ (236)
whom God blesses with His Mercy and Grace. ||1|| Pause||
Friend and foe are one and the same to them.

Whatever they speak is wisdom.

Whatever they hear is the Naam, the Name of the Lord.

Whatever they see is meditation.

They awaken in peace and poise; they sleep in peace and poise.

That which is meant to be, automatically happens.

In peace and poise, they remain detached; in peace and poise, they laugh.

In peace and poise, they remain silent; in peace and poise, they chant.
सहजे भोजन सहजे भाउ ॥

In peace and poise they eat; in peace and poise they love.

सहजे मिटिओ सगल दुराउ ॥

The illusion of duality is easily and totally removed.

सहजे होआ साधू संगु ॥

They naturally join the Saadh Sangat, the Society of the Holy.

सहज गरिह मिह सहिज उदासी ॥

They are at peace in their homes, and they are at peace while detached.

जा कै सहिज मिन भइआ अनंदु ॥

Bliss comes naturally to their minds.

ता कॉ भेटिअर परमानंदु ॥

They meet the Lord, the Embodiment of Supreme Bliss.
In peaceful poise, they drink in the Ambrosial Nectar of the Naam, the Name of the Lord.

In peace and poise, they give to the poor.

Their souls naturally delight in the Lord's Sermon.

The Imperishable Lord abides with them.

In peace and poise, they assume the unchanging position.

In peace and poise, the unstruck vibration of the Shabad resounds.

In peace and poise, the celestial bells resound.

Within their homes, the Supreme Lord God is pervading.
With intuitive ease, they meet the Lord, according to their karma.

With intuitive ease, they meet with the Guru, in the true Dharma.

Those who know, attain the poise of intuitive peace.

Slave Nanak is a sacrifice to them.

First, they come forth from the womb.

They become attached to their children, spouses and families.

The foods of various sorts and appearances,
ਸਰਪਰ गवनु करिहगे बपुरे ॥१॥
sarpar gavan karhigay bapuray. ||1||
will surely pass away, O wretched mortal! ||1||

ਕਵਨੁ अਸਥਾਨੁ ਜੋ ਕਬਹੁ ਨ ਟਰੈ ॥
kavan asthaan jo kabahu na tarai.
What is that place which never perishes?

ਕਵਨੁ ਸਬਦੁ ਿਜਤੁ ਦੁਰਮਿਤ ਹਰੈ ॥੧॥ ਰਹਾਉ ॥
kavan sabad jit durmat harai. ||1|| rahaa-o.
What is that Word by which the dirt of the mind is removed? ||1||Pause||

ਇੰਦਰ੍ ਪੁਰੀ ਮਿਹ ਸਰਪਰ ਮਰਣਾ ॥
indar puree meh sarpar marnaa.
In the Realm of Indra, death is sure and certain.

ਬਰ੍ਹਮ ਪੁਰੀ ਿਨਹਚਲੁ ਨਹੀ ਰਹਣਾ ॥
barahm puree nihchal nahee rahnna.
The Realm of Brahma shall not remain permanent.

ਸਿਵ ਪੁਰੀ ਕਾ ਹੋਇਗਾ ਕਾਲਾ ॥
siv puree kaa ho-igaa kaalaa.
The Realm of Shiva shall also perish.

ਤਰ੍ੈ ਗੁਣ ਮਾਇਆ ਿਬਨਿਸ ਿਬਤਾਲਾ ॥੨॥
tarai gun maa-i-aa binas bitaalaa. ||2||
The three dispositions, Maya and the demons shall vanish. ||2||

ਗਿਰ ਤਰ ਧਰਿਣ ਗਗਨ ਅਰ ਤਾਰੇ ॥
gir tar Dharan gagan ar taaray.
The mountains, the trees, the earth, the sky and the stars;
the sun, the moon, the wind, water and fire;
day and night, fasting days and their determination;
the Shaastras, the Simritees and the Vedas shall pass away. ||3||
The sacred shrines of pilgrimage, gods, temples and holy books;
rosaries, ceremonial tilak marks on the forehead, meditative people, the pure, and the
performers of burnt offerings;
all these, and all people, shall pass away. ||4||
Social classes, races, Muslims and Hindus;
beasts, birds and the many varieties of beings and creatures;

the entire world and the visible universe -

all forms of existence shall pass away. ||5||

Through the Praises of the Lord, devotional worship, spiritual wisdom and the essence of reality,

eternal bliss and the imperishable true place are obtained.

There, in the Saadh Sangat, the Company of the Holy, the Lord's Glorious Praises are sung with love.

There is no fear, doubt, suffering or anxiety there;
There is no coming or going, and no death there.

There is eternal bliss, and the unstruck celestial music there.

The devotees dwell there, with the Kirtan of the Lord's Praises as their support.

There is no end or limitation to the Supreme Lord God.

Who can embrace His contemplation?

Says Nanak, when the Lord showers His Mercy,

the imperishable home is obtained; in the Saadh Sangat, you shall be saved.

Gauree, Fifth Mehl:
जो इसु मारे सोई सूरा ॥
jo is maaray so-ee sooraa.
One who kills this is a spiritual hero.

जो इसु मारे सोई पूरा ॥
jo is maaray so-ee pooraa.
One who kills this is perfect.

जो इसु मारे तिसह वडिआई ॥
jo is maaray tiseh vadi-aa-ee.
One who kills this obtains glorious greatness.

जो इसु मारे तिस का दुखु जाई ॥१॥
jo is maaray tis kaa dukh jaa-ee. ||1||
One who kills this is freed of suffering. ||1||

ऐसा कोइ जि दुबिधा मारि गवावै ॥
aisaa ko-ay je dubiDhaa maar gavaavai.
How rare is such a person, who kills and casts off duality.

इसिह मारि राज जोसु कमावै ॥१॥ रहाउ ॥
iseh maar raaj joi su kamaavai. ||1|| rahaa-o.
Killing it, he attains Raja Yoga, the Yoga of meditation and success. ||1||Pause||

जो इसु मारे तिस कउ भउ नाहि ॥
jo is maaray tis ka-o bha-o naahi.
One who kills this has no fear.

जो इसु मारे सु नामि समाहि ॥
jo is maaray so naam samaahi.
One who kills this is absorbed in the Naam.
जो इसु मारे तिस की तिरस्ना बुझै ॥
One who kills this has his desires quenched.

जो इसु मारे सू दरगह सिझै ॥२॥
One who kills this is approved in the Court of the Lord. ||2||

जो इसु मारे सो धनवंता ॥
One who kills this is wealthy and prosperous.

जो इसु मारे सो पितवंता ॥
One who kills this is honorable.

जो इसु मारे सोई जती ॥
One who kills this is truly a celibate.

जो इसु मारे तिसु होवै गती ॥३॥
One who kills this attains salvation. ||3||

जो इसु मारे तिस का आइआ गनी ॥
One who kills this - his coming is auspicious.

जो इसु मारे सू निहचलु धनी ॥
One who kills this is steady and wealthy.
One who kills this is very fortunate.

One who kills this remains awake and aware, night and day.

One who kills this is Jivan Mukta, liberated while yet alive.

One who kills this lives a pure lifestyle.

One who kills this is spiritually wise.

One who kills this meditates intuitively.

Without killing this, one is not acceptable, even though one may perform millions of rituals, chants and austerities.
Without killing this, one does not escape the cycle of reincarnation.

Without killing this, one does not escape death.

Without killing this, one does not obtain spiritual wisdom.

Without killing this, one's impurity is not washed off.

Without killing this, everything is filthy.

Without killing this, everything is a losing game.

When the Lord, the Treasure of Mercy, bestows His Mercy, one obtains release, and attains total perfection.
One whose duality has been killed by the Guru,

says Nanak, contemplates God.

Gauree, Fifth Mehl:

When someone attaches himself to the Lord, then everyone is his friend.

When someone attaches himself to the Lord, then his consciousness is steady.

When someone attaches himself to the Lord, he is not afflicted by worries.

When someone attaches himself to the Lord, he is emancipated.

O my mind, unite yourself with the Lord.
Nothing else is of any use to you. ||1||Pause||

The great and powerful people of the world

are of no use, you fool!

The Lord's slave may be born of humble origins,

but in his company, you shall be saved in an instant. ||2||

Hearing the Naam, the Name of the Lord, is equal to millions of cleansing baths.

Meditating on it is equal to millions of worship ceremonies.

Hearing the Word of the Lord's Bani is equal to giving millions in alms.
To know the way, through the Guru, is equal to millions of rewards. ||3||

Within your mind, over and over again, think of Him,

and your love of Maya shall depart.

The Imperishable Lord is always with you.

O my mind, immerse yourself in the Love of the Lord. ||4||

Working for Him, all hunger departs.

Working for Him, the Messenger of Death will not be watching you.

Working for Him, you shall obtain glorious greatness.
जा केचाकर कॉन नही डान ॥
ja a kay chaakar ka-o nahee daan. 
His servant does not suffer punishment.

जा के चाकर कॉन नही बान ॥
ja a kay chaakar ka-o nahee baan. 
His servant suffers no loss.

In His Court, His servant does not have to answer for his account.

So serve Him with distinction. ||6||

He is not lacking in anything.

He Himself is One, although He appears in so many forms.

By His Glance of Grace, you shall be happy forever.
ਮਨ ਮੇਰੇ ਕਿਰ ਤਾ ਕੀ ਘਾਲ ॥੭॥  
man mayray kar taa kee ghaal. ||7||
So work for Him, O my mind. ||7||

ਰਾ ਵੇ ਚਤੁਰ ਰਾਣੀ ਵੇ ਭੂਆ ॥ (238)  
ਨਾ ਕੋ ਚਤੁਰ ਨਾਹੀ ਕੋ ਮੁੱਡਾ ॥  
naa ko chatur naahee ko moorhaa.
No one is clever, and no one is foolish.

ਰਾ ਵੇ ਹੀਣ ਰਾਣੀ ਵੇ ਮੂਰਾ ॥ (238)  
ਨਾ ਕੋ ਹੀਣ ਨਾਹੀ ਕੋ ਸੂਰਾ ॥  
naa ko heen naahee ko sooraa.
No one is weak, and no one is a hero.

ਸੋ ਸੇਵਕੁ ਨਾਨਕ ਿਜਸੁ ਭਾਗਾ ॥੮॥੬॥  
so sayvak naanak jis bhaagaa. ||8||6||
He alone is the Lord's servant, O Nanak, who is so blessed. ||8||6||

ਗਉੜੀ ਮਹਲਾ ੫ ॥  
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ਬਵਨੁ ਿਸਮਰਨ ਜੈਸੇ ਸਰਪ ਆਰਜਾਰੀ ॥ (239)  
bin simran jaisay sarap aarjaaree.
Without meditating in remembrance on the Lord, one's life is like that of a snake.

ਿਤਉ ਜੀਵਿਹ ਸਾਕਤ ਨਾਮ ਿਬਸਾਰੀ ॥੧॥  
ti-o jeeveh saakat naam bisaaree. ||1||
This is how the faithless cynic lives, forgetting the Naam, the Name of the Lord. ||1||
One who lives in meditative remembrance, even for an instant,
lives for hundreds of thousands and millions of days, and becomes stable forever.

Without meditating in remembrance on the Lord, one's actions and works are cursed.

The faithless cynic is nameless, like the prostitute's son.

Without meditating in remembrance on the Lord, one is like a horned ram.

The faithless cynic barks out his lies, and his face is blackened.
विभु मधुकर रावपड़ की दिखायी || (239)
बिनु सिमरन गरधभ की दिखायी ||
bin simran garDhabh kee ni-aa-ee.
Without meditating in remembrance on the Lord, one is like a donkey.

मधुकर घरह दिखायी भें (239)
साकत थान भरिसत फिराही |||5||
saakat thaan bharisat firaa-ee. ||5||
The faithless cynic wanders around in polluted places. ||5||

विभु मधुकर तृती उपविषय || (239)
बिनु सिमरन कूकर हरकाली ||
bin simran kookar harkaa-i-aa.
Without meditating in remembrance on the Lord, one is like a mad dog.

मधुकर भैंडी शूर र भविषय |||6||
साकत लोभी बंधु न पाइआ |||6||
saakat lobhee banDh na paa-i-aa. ||6||
The greedy, faithless cynic falls into entanglements. ||6||

विभु मधुकर वे आउम भाड़ी || (239)
बिनु सिमरन है आतम घाती ||
bin simran hai aatam ghaatee.
Without meditating in remembrance on the Lord, he murders his own soul.

मधुकर नीच दिमू बुल तरी मही |||7||
साकत नीच तिमु कुल नहीं जाती |||7||
saakat neech tis kul nahee jaatee. ||7||
The faithless cynic is wretched, without family or social standing. ||7||

निमू विंहिया दूरपहु पिन सुनमिरि भिणहिया || (239)
जिस भइआ क्रिपालु तिमु सतसंगि मिलाइआ ||
jis bha-i-aa kirpaal tis satsang milaa-i-aa.
When the Lord becomes merciful, one joins the Sat Sangat, the True Congregation.

बू सहकर सूरि मानडु उपहिया |||8||
कहू नानक गुर जगतु तराइआ |||8||
kaho naanak gur jagat taraa-i-aa. ||8||
Says Nanak, the Guru has saved the world. ||8||
Gauree, Fifth Mehl:

Through the Guru's Word, I have attained the supreme status.

The Perfect Guru has preserved my honor.

Through the Guru's Word, I meditate on the Name.

By Guru's Grace, I have obtained a place of rest.

By Guru's Grace, my speech is like nectar.

By Guru's Grace, my selfishness and conceit have been removed.

Through the Guru's Word, I meditate on the Name.

By Guru's Grace, my speech is like nectar.

By Guru's Grace, my selfishness and conceit have been removed.


gur kee da-i-aa tay mayraa vad partaap. ||3||
Through the Guru's kindness, I have obtained glorious greatness. ||3||

Through the Guru's Word, I have obtained the nine treasures. ||6||

Through the Guru's Word, I practice Raja Yoga, the Yoga of meditation and success. ||4||

Through the Guru's Word, my doubts have been removed. ||3||

Through the Guru's Word, my affairs are resolved. ||6||

Through the Guru's Word, I see God everywhere. ||4||

In the Company of the Guru, all the people of the world are saved. ||5||

Through the Guru's Word, my affairs have been removed.

Whoever places his hopes in my Guru,
ਵਿਸੁ ਗੁਰ ਕੁਝ ਸਿਸਰਲੂ ਸਾਸ ਸਾਸ ॥ ॥ (239)
arris gur ka-o simra-o saas saas.
I remember the Guru with each and every breath.

ਗਉੜੀ ਮਹਲਾ ੫ ॥ (239)
ga-orhee mehlaa 5.
Gauree, Fifth Mehl:

ਤਿਸ ਕੀ ਕੂਟੀਏ ਜਮ ਕੀ ਫਾਸਾ ॥ ॥ (239)
tis kee katee-ai jam kee faasaa. ||7||
has the noose of death cut away. ||7||

ਗੁਰ ਕੈ ਬਚਨ ਜਾਗੀਅਾ ਮੇਰਾ ਕਰਮੁ ॥ (239)
gur kai bchan jaagi-aa mayraa karam.
Through the Guru's Word, my good karma has been awakened.

ਗੁਰ ਕੈ ਬਚਨ ਜਾਗੀਅਾ ਮੇਰਾ ਕਰਮੁ ॥ ॥ (239)
naanak gur bhayti-aa paarbarahm. ||8||8||
O Nanak, meeting with the Guru, I have found the Supreme Lord God. ||8||8||

ਗੁਰੁ ਮੇਰੇ ਪਰਾਣ ਸਿਤਗੁਰੁ ਮੇਰੀ ਰਾਸ ॥ ॥ (239)
gur mayray paraan satgur mayree raas. ||1|| rahaa-o.
The Guru is my breath of life, the True Guru is my wealth. ||1||Pause||

ਸੁੱਭਤਾਂ ਦੇਵੀ ਦੇਵੀ ਸਾਸੀ ॥ (239)
gur kaa darsan daykh daykh jeevaa.

ਸੁੱਭਤਾਂ ਦੇਵੀ ਦੇਵੀ ਸਾਸੀ ॥ ॥ (239)
gur kaa darsan daykh daykh jeevaa.

ਗੁਰ ਕੁਝ ਦੋਹਾ ਦੋਹਾ ਪੀਆ ॥ (239)
gur kay charan Dho-ay Dho-ay peevaa. ||1||
I wash the Guru's Feet, and drink in this water. ||1||
I take my daily bath in the dust of the Guru's Feet.

The egotistical filth of countless incarnations is washed off.

I wave the fan over the Guru.

Giving me His Hand, He has saved me from the great fire.

I carry water for the Guru's household;

I have learned the Way of the One Lord.

I grind the corn for the Guru's household.

By His Grace, all my enemies have become friends.
The Guru who gave me my soul,

He Himself has purchased me, and made me His slave.

He Himself has blessed me with His Love.

Forever and ever, I humbly bow to the Guru.

My troubles, conflicts, fears, doubts and pains have been dispelled;

says Nanak, my Guru is All-powerful.

Meet me, O my Lord of the Universe. Please bless me with Your Name.
Without the Naam, the Name of the Lord, cursed, cursed is love and intimacy. ||1||Pause||

Without the Naam, one who dresses and eats well is like a dog, who falls in and eats impure foods. ||1||

Without the Naam, all occupations are useless, like the decorations on a dead body. ||2||

One who forgets the Naam and indulges in pleasures, shall find no peace, even in dreams; his body shall become diseased. ||3||

One who renounces the Naam and engages in other occupations,
ਬਿਨਾਸ ਜਾਇ ਝੂਠੇ ਸਿਭ ਪਾਜ। ||4||
shall see all of his false pretenses fall away. ||4||

ਨਾਮ ਸੰਗ ਮਨੀ ਪ੍ਰੀਤੀ ਨ ਲਾਵੈ।
One whose mind does not embrace love for the Naam

ਕੋਟ ਕਰਮ ਕਰਤੋ ਨਰਕ ਜਾਵੈ। ||5||
shall go to hell, even though he may perform millions of ceremonial rituals. ||5||

ਚੋਰ ਕੀ ਨੀਆਈ ਜਮ ਪੁਰ ਬਾਧਾ। ||6||
is bound like a thief, in the City of Death. ||6||

ਲਾਖ ਅਡੰਬਰ ਬਹੁਤ ਬਿਸਥਾਰਾ।
Hundreds of thousands of ostentatious shows and great expanses -

ਨਾਮ ਬਿਨਾ ਝੂਠੇ ਪਾਸਾਰਾ। ||7||
without the Naam, all these displays are false. ||7||

ਹਿਰ ਕਾ ਨਾਮ ਸੋੇ ਜਨ ਲੇਈ।
That humble being repeats the Name of the Lord,
O Nanak, whom the Lord blesses with His Mercy. ||8||10||

Gauree, Fifth Mehl:

The one who shall stand by me in the beginning, in the middle and in the end,

my mind longs for that Friend. ||1||

The Lord's Love goes with us forever.

The Perfect and Merciful Lord cherishes all. ||1||Pause||

He shall never perish, and He shall never abandon me.

Wherever I look, there I see Him pervading and permeating. ||2||
sundar sugharh chatur jee-a daataa.
He is Beautiful, All-knowing, the most Clever, the Giver of life.

bhaa-ee poot pitaa parabh maataa. ||3||
God is my Brother, Son, Father and Mother. ||3||

jeevan paraan aDhaar mayree raas.
He is the Support of the breath of life; He is my Wealth.

pareet laa-ee kar ridai nivaas. ||4||
Abiding within my heart, He inspires me to enshrine love for Him. ||4||

maa-i-aa silak kaatee gopaal.
The Lord of the World has cut away the noose of Maya.

kar apunaa leeno nadar nihaal. ||5||
He has made me His own, blessing me with His Glance of Grace. ||5||

simar simar kaatay sabh rog.
Remembering, remembering Him in meditation, all diseases are healed.

charan Dhi-aan sarab sukh bhog. ||6||
Meditating on His Feet, all comforts are enjoyed. ||6||
The Perfect Primal Lord is Ever-fresh and Ever-young.

The Lord is with me, inwardly and outwardly, as my Protector.

Says Nanak, that devotee who realizes the state of the Lord, Har, Har,

is blessed with the treasure of the Naam.

One Universal Creator God. By The Grace Of The True Guru:

Countless are those who wander around searching for You, but they do not find Your limits.

They alone are Your devotees, who are blessed by Your Grace.
ha-o vaaree-aa har vaaree-aa. ||1|| rahaa-o.  
I am a sacrifice, I am a sacrifice to You. ||1||Pause||

sun sun panth daraa-o bahut bhaihaaree-aa. 
Continually hearing of the terrifying path, I am so afraid.

mai takee ot santah layho ubaaree-aa. ||2|| 
I have sought the Protection of the Saints; please, save me! ||2||

mohan laal anoop sarab saaDhaaree-aa. 
The Fascinating and Beauteous Beloved is the Giver of support to all.

gur niv niv laaga-o paa-ay dayh dikhaaree-aa. ||3|| 
I bow low and fall at the Feet of the Guru; if only I could see the Lord! ||3||

mai kee-ay mitar anayk ikas balihaaree-aa. 
I have made many friends, but I am a sacrifice to the One alone.

sabh gun kis hee naahi har poor bhandaarie-aa. ||4|| 
No one has all virtues; the Lord alone is filled to overflowing with them. ||4||

chahu dis japee-ai naa-o sookh savaaree-aa. 
His Name is chanted in the four directions; those who chant it are embellished with peace.
I seek Your Protection; Nanak is a sacrifice to You. ||5||

The Guru reached out to me, and gave me His Arm; He lifted me up, out of the pit of emotional attachment.

I have won the incomparable life, and I shall not lose it again. ||6||

I have obtained the treasure of all; His Speech is unspoken and subtle.

In the Court of the Lord, I am honored and glorified; I swing my arms in joy. ||7||

Servant Nanak has received the invaluable and incomparable jewel.

Serving the Guru, I cross over the terrifying world-ocean; I proclaim this loudly to all. ||8||12||

Gauree, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

Dye yourself in the color of the Lord's Love.

Chant the Name of the One Lord with your tongue, and ask for Him alone. ||1||Pause||

Renounce your ego, and dwell upon the spiritual wisdom of the Guru.

Those who have such pre-ordained destiny, join the Sangat, the Holy Congregation. ||1||

Whatever you see, shall not go with you.

The foolish, faithless cynics are attached - they waste away and die. ||2||

The Name of the Fascinating Lord is all-pervading forever.
Among millions, how rare is that Gurmukh who attains the Name. ||3||

Greet the Lord's Saints humbly, with deep respect.

You shall obtain the nine treasures, and receive infinite peace. ||4||

With your eyes, behold the holy people;

in your heart, sing the treasure of the Naam. ||5||

Abandon sexual desire, anger, greed and emotional attachment.

Thus you shall be rid of both birth and death. ||6||

Pain and darkness shall depart from your home,
when the Guru implants spiritual wisdom within you, and lights that lamp. ||7||

One who serves the Lord crosses over to the other side.

O servant Nanak, the Gurmukh saves the world. ||8||1||13||

My mind has obtained all comforts. ||1||Pause||

I was burning, on fire, and the Guru poured water on me; He is cooling and soothing, like the sandalwood tree. ||1||

The darkness of ignorance has been dispelled; the Guru has lit the lamp of spiritual wisdom. ||2||
ਪਿਲਾਤੂ ਮਾਨਤੂ ਗਾਗੇ ਚਿਹ ਸੰਤਨ ਰਚਮ ਵਾਣਿਜਧਾਈ ||3|| (241)
ਪਾਵਕੁ ਸਾਗਰੁ ਗਹਰੋ ਚਿਰ ਸੰਤਨ ਨਾਵ ਤਰਾਇਓ ||3||
paavak saagar gahro char santan naav taraa-i-o. ||3||
The ocean of fire is so deep; the Saints have crossed over, in the boat of the Lord's Name. ||3||

ਨ ਆ ਕਰਮ ਨ ਧਰਮ ਸੂਚ ਪਰਿਬ ਗਿਹ ਭੁਜਾ ਆਪਾਇਓ ||4|| (241)
naa ham karam na Dharam such parabh geh bhujaa aapaa-i-o. ||4||
I have no good karma; I have no Dharmic faith or purity. But God has taken me by the arm, and made me His own. ||4||

ਭਉ ਖੰਡਨੁ ਦੁਖ ਭੰਜਨ ਭਗਤ ਵਛਲ ਹਿਰ ਨਾਇਓ ||5|| (241)
bha-o khandan dukh bhanjno bhagat vachhal har naa-i-o. ||5||
The Destroyer of fear, the Dispeller of pain, the Lover of His Saints - these are the Names of the Lord. ||5||

ਆਨਾਥਹ ਨਾਥ ਕਰਪਾਲ ਦੀਨ ਸੰਸੰਧਿ ਸੰਤ ਓਟਾਇਓ ||6|| (241)
ananathah naath kirpaal deen sammrith sant otaa-i-o. ||6||
He is the Master of the masterless, Merciful to the meek, All-powerful, the Support of His Saints. ||6||

ਨਿਰਗੁਨੀਆਰੇ ਕੀ ਬੇਨਤੀ ਦੇਹ ਦਰਸ ਹਿਰ ਰਾਇਓ ||7|| (241)
nirgunee-aaray kee bayntee dayh daras har raa-i-o. ||7||
I am worthless - I offer this prayer, O my Lord King: "Please, grant me the Blessed Vision of Your Darshan." ||7||

ਨਾਨਕ ਸਰਨਤ ਤੁਹਾਰੀ ਠਾਕੁ ਰ ਸੇਵਕ ਤੂਤਾਰੈ ਆਇਓ ||8||2||14|| (241)
naanak saran tuhaaree thaakur sayvak du-aarai aa-i-o. ||8||2||14||
Nanak has come to Your Sanctuary, O my Lord and Master; Your servant has come to Your Door. ||8||2||14||

ਗਉੜੀ ਮਹਲਾ ५ || (242)
Gauree, Fifth Mehl:

ga-orhee mehlaa 5.
रंग संगि बिखिआ के भोगा इन संगि अंध न जानी॥१॥ (242)
He is immersed in the enjoyment of corrupt pleasures; engrossed in them, the blind fool
does not understand. ||1||

हउ संचउ हउ खाटता सगली अवध बिहानी ॥ रहाउ ॥ (242)
I am earning profits, I am getting rich, he says, as his life passes away. ||Pause||

हउ सूरा परधानु हउ को नाही मुझिह समानी ॥२॥ (242)
I am a hero, I am famous and distinguished; no one is equal to me. ||2||

जोबनवंत अचार कुलीना मन मिह होइ गुमानी ॥३॥ (242)
I am young, cultured, and born of a good family. In his mind, he is proud and arrogant like
this. ||3||

जितु लागो मनु बासना अंति साई पर्गटानी ॥६॥ (242)
That desire, to which the mind is attached, at the last moment, becomes manifest. ||6||

अहंबुिध सुिच करम किर इह बंधन बंधानी ॥७॥ (242)
He may perform religious deeds, but his mind is egotistical, and he is bound by these
bonds. ||7||
O Merciful Lord, please bless me Your Mercy, that Nanak may become the slave of Your slaves. ||8||3||15||44||

Raag Gauree, Chhant, Fifth Mehl:

Ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

Mere mind has become sad and depressed; how can I see God, the Great Giver?

Mere Friend and Companion is the Dear Lord, the Guru, the Architect of Destiny.

With each and every breath, I think of You, day and night; I do not forget You, for an instant, even for a moment.
Naanak saaring ji-o pi-aasay ki-o milee-ai parabh daatay. ||1||
O Nanak, I am thirsty, like the rainbird; how can I meet God, the Great Giver? ||1||

Ik bin-o kara-o jee-o sun kant pi-aaray.
I offer this one prayer - please listen, O my Beloved Husband Lord.

Mera man tan mohi liiaa jee-o daykh chalat tumaraa.
My mind and body are enticed, beholding Your wondrous play.

Chalataa tumaraay daykh mohee udaas Dhan ki-o Dheer-ay.
Beholding Your wondrous play, I am enticed; but how can the sad, forlorn bride find contentment?

Guvant naah da-i-aal baalaa sarab gun bharpoor-ay.
My Lord is Meritorious, Merciful and Eternally Young; He is overflowing with all excellences.

Pir dos naahee sukhah daatay ha-o vichhurhee buri-aaray.
The fault is not with my Husband Lord, the Giver of peace; I am separated from Him by my own mistakes.

Prays Nanak, please be merciful to me, and return home, O my Beloved Husband Lord.

I surrender my mind, I surrender my whole body; I surrender all my lands.
I surrender my head to that beloved friend, who brings me news of God."

I have offered my head to the Guru, the most exalted; He has shown me that God is with me.

In an instant, all suffering is removed. I have obtained all my mind's desires.

Day and night, the soul-bride makes merry; all her anxieties are erased.

Prays Nanak, I have met the Husband Lord of my longing. ||3||

My mind is filled with bliss, and congratulations are pouring in.

My Darling Beloved has come home to me, and all my desires have been satisfied.

I have met my Sweet Lord and Master of the Universe, and my companions sing the songs of joy.
ਸਭ ਮੀਤ ਬੰਧਪ ਹਰਖੁ ਉਪਿਜਾ ਦੂਤ ਥਾਉ ਗਵਾਇਆ॥ (247)

All my friends and relatives are happy, and all traces of my enemies have been removed.

ਆਨਹਤ ਵਾਜੇ ਵਜ਼ਹਿ ਘਰ ਮਹਿ ਸਿੰਗੇ ਸੇਜ਼ ਵਿਚਾਈ॥ (247)

The unstruck melody vibrates in my home, and the bed has been made up for my Beloved.

ਬਿਰਵਾੰਦੀ ਰਾਲਾ ਚਲਿਦੀ ਤੋਂ ਗਾਈ ਲਿਵਕਾ ਬੰਧੁਰ ਮੁਜਾਦੀ॥੪॥੧॥ (247)

Prays Nanak, I am in celestial bliss. I have obtained the Lord, the Giver of peace, as my Husband. ||4||1||

ਗੌਡੀ ਮਹਲਾ ੫॥ (248)

Gauree, Fifth Mehl:

ਮੋਹਨ ਤੇਰੇ ਊੱਚੇ ਮੰਦਰ ਮਹਲ ਅਪਾਰ॥ (248)

O Mohan, your temple is so lofty, and your mansion is unsurpassed.

ਮੋਹਨ ਤੇਰੇ ਸੋਹਿਨ ਦੁਆਰ ਜੀਉ ਸੰਤ ਧਰਮ ਸਾਲ॥ (248)

O Mohan, your gates are so beautiful. They are the worship-houses of the Saints.

ਜਹ ਸਾਧ ਸੰਤ ਇਕਤਰਹਿ ਤਹਾ ਤੁਝਹਿ ਿਧਾਵਹੇ॥ (248)

Where the Saints and the Holy gather together, there they meditate on you.
Be Kind and Compassionate, O Merciful Lord; be Merciful to the meek.

Prays Nanak, I thirst for the Blessed Vision of Your Darshan; receiving Your Darshan, I am totally at peace. ||1||

O Mohan, your speech is incomparable; wondrous are your ways.

O Mohan, you believe in the One. Everything else is dust to you.

Through the Guru's Word, you have captured the heart of the Primal Being, the Lord of the World.

You Yourself move, and You Yourself stand still; You Yourself support the whole creation.

Prays Nanak, please preserve my honor; all Your servants seek the Protection of Your Sanctuary. ||2||
ਮੋਹਨ ਤੁਧੁ ਸਤਸੰਗਿਤ ਿਧਆਵੈ ਦਰਸ ਿਧਆਨਾ ॥ (248)
mohan tuDh satsangat Dhi-aavai daras Dhi-aanaa.
O Mohan, the Sat Sangat, the True Congregation, meditates on you; they meditate on the Blessed Vision of Your Darshan.

ਮੋਹਨ ਜਮੁ ਨੇਿਡ਼ ਨ ਆਵੈ ਤੁਧੁ ਜਪਿਹ ਿਨਦਾਨਾ ॥ (248)
mohan jam nayrh na aavai tuDh jaapeh nidaanaa.
O Mohan, the Messenger of Death does not even approach those who meditate on You, at the last moment.

ਜਮਕਾਲੁ ਿਤਨ ਕਉ ਲਗੈ ਨਾਹੀ ਜੋ ਇਕ ਮਿਨ ਿਧਆਵਹੇ ॥ (248)
jamkaal tin ka-o lagai naahee jo ik man Dhi-aavhay.
The Messenger of Death cannot touch those who meditate on You single-mindedly.

ਮਿਨ ਬਚਿਨ ਕਰਿਮ ਿਜ ਤੁਧੁ ਅਰਾਧਿਹ ਸੇ ਸਭੇ ਫਲ ਪਾਵਹੇ ॥ (248)
man bachan karam je tuDh araaDheh say sabhay fal paavhay.
Those who worship and adore You in thought, word and deed, obtain all fruits and rewards.

ਮਲ ਮੂਤ ਮੂੰਡ਼ ਿਜ ਮੁਗਧ ਹੋਤੇ ਿਸ ਦੇਿਖ ਦਰਸੁ ਸੁੀਗਆਨਾ ॥ (248)
mal moot moorh je mugaDh hotay se daykh daras sugi-aanaa.
Those who are foolish and stupid, filthy with urine and manure, become all-knowing upon gaining the Blessed Vision of Your Darshan.

ਿਬਨਵੰਿਤ ਨਾਨਕ ਰਾਜੁ ਿਨਹਚਲੁ ਪੂਰਨ ਪੁਰਖ ਭਗਵਾਨਾ ॥੩॥ (248)
binvant naanak raaj nihchal pooran purakh bhagvaanaa. ||3||
Prays Nanak, Your Kingdom is Eternal, O Perfect Primal Lord God. ||3||

ਮੋਹਨ ਪੁਤਰ ਮੀਤ ਭਾਈ ਕੁਟੰਬ ਸਿਭ ਤਾਰੇ ॥ (248)
mohan putar meet bhaa-ee kutamb sabh taaray.
O Mohan, your children, friends, siblings and relatives have all been saved.
You save those who give up their egotistical pride, upon gaining the Blessed Vision of Your Darshan.

The Messenger of Death does not even approach those who call you 'blessed'.

Your Virtues are unlimited - they cannot be described, O True Guru, Primal Being, Destroyer of demons.

Prays Nanak, Yours is that Anchor, holding onto which the whole world is saved.

Countless sinners have been purified; I am a sacrifice, over and over again, to You.

O Nanak, meditation on the Lord's Name is the fire which burns away sinful mistakes like straw.
chhant.
Chhant:

Meditate, O my mind, on the Lord God, the Lord of the Universe, the Lord, the Master of Wealth.

Meditate, O my mind, on the Lord, the Destroyer of ego, the Giver of salvation, who cuts away the noose of agonizing death.

Meditate lovingly on the Lotus Feet of the Lord, the Destroyer of distress, the Protector of the poor, the Lord of excellence.

The treacherous path of death and the terrifying ocean of fire are crossed over by meditating in remembrance on the Lord, even for an instant.

Meditate day and night on the Lord, the Destroyer of desire, the Purifier of pollution.

Prays Nanak, please be Merciful to me, O Cherisher of the world, Lord of the Universe, Lord of wealth.
O my mind, remember the Lord in meditation; He is the Destroyer of pain, the Eradicator of fear, the Sovereign Lord King.

He is the Greatest Lover, the Merciful Master, the Enticer of the mind, the Support of His devotees - this is His very nature.

The Perfect Lord is the Lover of His devotees; He fulfills the desires of the mind.

He lifts us up out of the deep, dark pit; enshrine His Name within your mind.

The gods, the Siddhas, the angels, the heavenly singers, the silent sages and the devotees sing Your countless Glorious Praises.

Prays Nanak, please be merciful to me, O Supreme Lord God, my King.

O my mind, be conscious of the Supreme Lord God, the Transcendent Lord, who wields all power.
बनूँ ये महानु भुजगी भट भट घृण भगवती॥
करुणा मे समरथ भुजगी घट घट प्राण अधारी॥
karunaa mai samrath su-aamee ghat ghat paraan aDhaaree.
He is All-powerful, the Embodiment of compassion. He is the Master of each and every heart;

प्राण भज उर सीध तान केवल अभाव भगवते॥
प्राण मन तन जीअ दाता बेअंत अगम अपारी॥
paraan man tan jee-a daataa bay-ant agam apaaro.
He is the Support of the breath of life. He is the Giver of the breath of life, of mind, body and soul. He is Infinite, Inaccessible and Unfathomable.

सरिण जोगु समरथु मोहनु सरब दोख िबदारो॥
सरण जोग सभी दीख बिनसहि जपत नामु मुरारी॥
saran jog samrath mohan sarab dokh bidaaro.
The All-powerful Lord is our Sanctuary; He is the Enticer of the mind, who banishes all sorrows.

रोग सोग सिभ दोख िबनसिह जपत नामु मुरारी॥
rog sog sabh dokh binsahi japat naam muraaree.
All illnesses, sufferings and pains are dispelled, by chanting the Name of the Lord.

बिनवंत नानक करहु िकरपा समरथ सभ कल धारी॥३॥
binvant naanak karahu kirpaa samrath sabh kal Dhaaree. ||3||
Prays Nanak, please be merciful to me, All-powerful Lord; You are the Wielder of all power. ||3||

बिसमभरु देवन काउ एकै सरब कराई प्रतिपाला॥
bisambhar dayvan ka-o aikai sarab karai partipaalaa.
The One Lord is the Sustainer of the Universe, the Great Giver; He is the Cherisher of all.

O my mind, sing the Glorious Praises of the Imperishable, Eternal, Merciful Master, the Highest of all.
The Cherisher Lord is so very merciful and wise; He is compassionate to all.

The pains of death, greed and emotional attachment simply vanish, when God comes to dwell in the soul.

When the Lord is thoroughly pleased, then one’s service becomes perfectly fruitful.

Prays Nanak, my desires are fulfilled by meditating on the Lord, Merciful to the meek.

Listen, O my companions: let’s join together and make the effort, to surrender to our Husband Lord.

Renouncing our pride, let's charm Him with the potion of devotional worship, and the mantra of the Holy Saints.
ਸਖੀ ਵਿਸ ਆਈਆ ਫੀਰ ਛੋਦਨ ਜਾਈ ਇਹ ਹੇਠਲੀ ਭਗਵਾਈਆ।

O my companions, when He comes under our power, He shall never leave us again. This is the good nature of the Lord God.

ਨਾਨਕ ਜਰਾ ਮਰਣ ਭੈ ਨਰਕ ਨਵਾਰੈ ਪੁਣੀਤ ਕਰੈ ਤੀਜੂ ਜਾਈ।

O Nanak, God dispels the fear of old age, death and hell; He purifies His beings.

ਸੁਣ ਸਖੀਏ ਇਹ ਭਲੀ ਬਿਨੰਤੀ ਏਹੁ ਮਤਾਂਤੁ ਪਕਾਈਐ।

Listen, O my companions, to my sincere prayer: let's make this firm resolve.

ਕਿਲ ਕਲੇਸ ਮਟਿਹ ਭਰਮ ਨਾਸਿਹ ਮਿਨ ਚਿਦਆਂਫਲ ਪਾਈਐ।

Our pains and troubles shall be eradicated, and our doubts shall be dispelled; we will receive the fruits of our minds' desires.

ਪਾਰਬਰਹਮ ਪੂਰਨ ਪਰਮਿਸਰ ਨਾਨਕ ਨਾਮ ਦਿਖਾਈਐ।

O Nanak, meditate on the Naam, the Name of the Supreme Lord God, the Perfect, Transcendent Lord.

ਸਖੀ ਇਛ ਕਰੀ ਨਿਹ ਸੁਖ ਮਨਾੜ ਪਰਭ ਮਿਰੇ ਆਸ ਪੁਜੇ।

O my companions, I yearn for Him continually; I invoke His Blessings, and pray that God may fulfill my hopes.
charan pi-aasee daras bairaagan paykha-o thaan sabaa-ay.
I thirst for His Feet, and I long for the Blessed Vision of His Darshan; I look for Him everywhere.

khoj laha-o har sant janaa sang sammrith purakh milaa-ay.
I search for traces of the Lord in the Society of the Saints; they will unite me with the All-powerful Primal Lord God.

naanak tin mil-aa surijan sukh-daata say vadbhaagee maa-ay. ||3||
O Nanak, those humble, noble beings who meet the Lord, the Giver of peace, are very blessed, O my mother. ||3||

sakhee naal vasaa apunay naah pi-aaray mayraa man tan har sang hili-aa.
O my companions, now I dwell with my Beloved Husband; my mind and body are attuned to the Lord.

bharam kho-i-o saaNt sahj su-aamee pargaas bha-i-aa ka-ul khili-aa.
My doubts have been dispelled, and I have found intuitive peace and tranquility through my Lord and Master. I have been enlightened, and my heart-lotus has blossomed forth.

var paa-i-aa parabh antarjaamee naanak sohaag na tali-aa. ||4||4||2||5||11||
I have obtained God, the Inner-knower, the Searcher of hearts, as my Husband; O Nanak, my marriage shall last forever. ||4||4||2||5||11||
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

gauREE baavan akhree mehlaa 5.
Gauree, Baavan Akhree ~ The 52 Letters, Fifth Mehl:

salok.
Shalok:

The Divine Guru is my mother, the Divine Guru is my father; the Divine Guru is my
Transcendent Lord and Master.

The Divine Guru is my companion, the Destroyer of ignorance; the Divine Guru is my
relative and brother.

The Divine Guru is the Giver, the Teacher of the Lord's Name. The Divine Guru is the
Mantra which never fails.

The Divine Guru is the Image of peace, truth and wisdom. The Divine Guru is the
Philosopher's Stone - touching it, one is transformed.
The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine ambrosia; bathing in the Guru's wisdom, one experiences the Infinite.

The Divine Guru is the Creator, and the Destroyer of all sins; the Divine Guru is the Purifier of sinners.

The Divine Guru existed at the primal beginning, throughout the ages, in each and every age. The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved.

O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner, but holding onto Him, I am carried across.

The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak bows in humble reverence to the Lord, the Divine Guru.

He Himself acts, and causes others to act; He Himself can do everything.
O Nanak, the One Lord is pervading everywhere; there has never been any other, and there never shall be. ||1||

Pauree:

I humbly bow in reverence to the One Universal Creator, to the Holy True Guru.

In the beginning, in the middle, and in the end, He is the Formless Lord.

He Himself is in the absolute state of primal meditation; He Himself is in the seat of peace.

He Himself listens to His Own Praises.

He is His Own Father, He is His Own Mother.
 AAPAH SOOKHAM AAPAH ASTHOOLOA || (250)
He Himself is subtle and etheric; He Himself is manifest and obvious.

LAKHHE NA JAA-EE NAANAK LEELAA. ||1||
O Nanak, His wondrous play cannot be understood. ||1||

KAR KIRPAH PARABH DEEN DA-IAALAA.
O God, Merciful to the meek, please be kind to me,

TAYRAY SANTAN KEE MAN HO-IAY RAVAALAA. RAHAO.
that my mind might become the dust of the feet of Your Saints. ||Pause||

NIRANKAAR AAHAAKAAU APHIN NIRGUN SAROON AYK.
He Himself is formless, and also formed; the One Lord is without attributes, and also with attributes.

AYKEH AKH BAKHAANANO NAANAK AKH ANAYK. ||1||
Describe the One Lord as One, and Only One; O Nanak, He is the One, and the many. ||1||

PA-ORHEE.
Pauree:
ONG: The One Universal Creator created the Creation through the Word of the Primal Guru.

He strung it upon His one thread. He created the diverse expanse of the three qualities. From formless, He appeared as form. The Creator has created the creation of all sorts. The attachment of the mind has led to birth and death. He Himself is above both, untouched and unaffected. O Nanak, He has no end or limitation.
ਸਲੋਕੁ ॥ (250)
salok.
Shalok:

ਐੱਕੇ ਸਾਹ ਭਗਵੰਤ ਸੇ ਸੱਚ ਸਮਪੈ ਹੁਰੀ ਰਾਸਿ ॥ (250)
say-ee saah bhagvant say sach sampai har raas.
Those who gather Truth, and the riches of the Lord's Name, are rich and very fortunate.

ਤਨਕੇ ਮੱਧ ਮੱਧ ਭਾਣੀੰਕੇ ਦੱਖ ਮੱਧੰ ਦੇ ਭਾਮੀ ॥੧॥ (250)
naanak sach such paa-ee-ai tih santan kai paas. ||1||
O Nanak, truthfulness and purity are obtained from Saints such as these. ||1||

ਪਵ੍ਰੀ ॥ (250)
pavrhee.
Pauree:

ਐੱਕੇ ਸਚ ਸੁਚ ਪਾਈਐ ਿਤਹ ਸੰਤਨ ਕੈ ਪਾਸ ॥੧॥ (250)
naanak sach such paa-ee-ai tih santan kai paas. ||1||
O Nanak, truthfulness and purity are obtained from Saints such as these. ||1||

ਸਸੋਲੋਕ: True, True, True is that Lord.

ਪੱਕੇ ਹੁੱਦੇ ਦੇ ਪੁਰਖ ਤੇ ਇਭੌਨ ਨ ਕੋੜੁ ॥ (250)
sat purakh tay bhinn na ko-oo.
No one is separate from the True Primal Lord.

ਐੱਕੇ ਮੱਧੰ ਭਾਣ ਨਗ ਪਾਸੇ ॥ (250)
so-oo saran parai jih paa-yaN.
They alone enter the Lord's Sanctuary, whom the Lord inspires to enter.

ਸੀਮਾਰੀ ਸੀਮਾਰੀ ਗੁਨ ਗਾਈ ਸੂਨਾਈ ॥ (250)
simar simar gun gaa-ay sunaa-yaN.
Meditating, meditating in remembrance, they sing and preach the Glorious Praises of the Lord.
संसै भरमु नही कछु िबआपत ॥
Doubt and skepticism do not affect them at all.

पर्गट पर्तापु ताहू को जापत ॥
They behold the manifest glory of the Lord.

सो साधू इह पहुचनहारा ॥
They are the Holy Saints - they reach this destination.

Nanak is forever a sacrifice to them. ||3||

Why are you crying out for riches and wealth? All this emotional attachment to Maya is false.

Without the Naam, the Name of the Lord, O Nanak, all are reduced to dust. ||1||

Shalok:
DHADHA: The dust of the feet of the Saints is sacred.

Dhan tay-oo jih ruch i-aa manoo-aa.
Blessed are those whose minds are filled with this longing.

Dhan nahee baachheh surag na aachheh.
They do not seek wealth, and they do not desire paradise.

at pari-a pareet saaDh raj raacheh.
They are immersed in the deep love of their Beloved, and the dust of the feet of the Holy.

DhanDhay kahaa bi-aapahi taahoo.
How can worldly affairs affect those,

jo ayk chhaad an kateh na jaahoo.
who do not abandon the One Lord, and who go nowhere else?

jaa kai hee-ai dee-o parabh naam.
One whose heart is filled with God's Name,

naanak saaDh pooran bhagvaan. ||4||
O Nanak, is a perfect spiritual being of God. ||4||
By all sorts of religious robes, knowledge, meditation and stubborn-mindedness, no one has ever met God.

Says Nanak, those upon whom God showers His Mercy, are devotees of spiritual wisdom.

NGANGA: Spiritual wisdom is not obtained by mere words of mouth.

It is not obtained through the various debates of the Shaastras and scriptures.

They alone are spiritually wise, whose minds are firmly fixed on the Lord.

Hearing and telling stories, no one attains Yoga.
They alone are spiritually wise, who remain firmly committed to the Lord’s Command.

Heat and cold are all the same to them.

The true people of spiritual wisdom are the Gurmukhs, who contemplate the essence of reality;

O Nanak, the Lord showers His Mercy upon them.

Those who have come into the world without understanding are like animals and beasts.

O Nanak, those who become Gurmukh understand; upon their foreheads is such pre-ordained destiny.

Pauree:
They have come into this world to meditate on the One Lord.

But ever since their birth, they have been enticed by the fascination of Maya.

Upside-down in the chamber of the womb, they performed intense meditation.

They remembered God in meditation with each and every breath.

But now, they are entangled in things which they must leave behind.

They forget the Great Giver from their minds.

Those upon whom the Lord showers His Mercy,

O Nanak, they do not forget Him, here or hereafter.
By His Command, we come, and by His Command, we go; no one is beyond His Command.

Coming and going in reincarnation is ended, O Nanak, for those whose minds are filled with the Lord.

This soul has lived in many wombs.

Enticed by sweet attachment, it has been trapped in reincarnation.

This Maya has subjugated beings through the three qualities.

Maya has infused attachment to itself in each and every heart.
ए साजन कछु कहहु उपाइआ ॥ (251)
O friend, tell me some way,

जा ते तरउ बिखम इह माइआ ॥ (251)
by which I may swim across this treacherous ocean of Maya.

किर बिकपा सतसंग मिलाए ॥ (251)
The Lord showers His Mercy, and leads us to join the Sat Sangat, the True Congregation.

नानक कै निकिट न माए ॥७॥ (251)
O Nanak, Maya does not even come near. ||7||

पसु आपन हउ हउ करे नानक बिनु हरि कहा कमाति ॥१॥ (251)
The beast indulges in egotism, selfishness and conceit; O Nanak, without the Lord, what can anyone do? ||1||
The One Lord Himself is the Cause of all actions.

He Himself distributes sins and noble acts.

In this age, people are attached as the Lord attaches them.

They receive that which the Lord Himself gives.

No one knows His limits.

Whatever He does, comes to pass.

From the One, the entire expanse of the Universe emanated.

O Nanak, He Himself is our Saving Grace.
Man remains engrossed in women and playful pleasures; the tumult of his passion is like the dye of the safflower, which fades away all too soon.

O Nanak, seek God's Sanctuary, and your selfishness and conceit shall be taken away.

O mind: without the Lord, whatever you are involved in shall bind you in chains.

The faithless cynic does those deeds which will never allow him to be emancipated.

Acting in egotism, selfishness and conceit, the lovers of rituals carry the unbearable load.

When there is no love for the Naam, then these rituals are corrupt.
The rope of death binds those who are in love with the sweet taste of Maya.

Deluded by doubt, they do not understand that God is always with them.

When their accounts are called for, they shall not be released; their wall of mud cannot be washed clean.

One who is made to understand - O Nanak, that Gurmukh obtains immaculate understanding.

One whose bonds are cut away joins the Saadh Sangat, the Company of the Holy.

Those who are imbued with the Love of the One Lord, O Nanak, take on the deep and lasting color of His Love.
रारा रंगहु इआ मनु अपना ॥ (252)
RARRA: Dye this heart of yours in the color of the Lord's Love.

हिर हिर नामु जपहु जपु रसना ॥ (252)
Meditate on the Name of the Lord, Har, Har - chant it with your tongue.

रे रे दरगह कहै न कोऊ ॥ (252)
In the Court of the Lord, no one shall speak harshly to you.

आउ बैठु आदरु सुभ देऊ ॥ (252)
Everyone shall welcome you, saying, "Come, and sit down".

उआ महली पाविह तू बासा ॥ (252)
In that Mansion of the Lord's Presence, you shall find a home.

जनम मरन नह होइ बिनासा ॥ (252)
There is no birth or death, or destruction there.

भमड़ि वर्तू लिखियू धुज न वे ॥ (252)
One who has such karma written on his forehead,

हर संपै नानाक घरि ता के ॥१०॥ (252)
O Nanak, has the wealth of the Lord in his home. ||10||
Greed, falsehood, corruption and emotional attachment entangle the blind and the foolish.

Bound down by Maya, O Nanak, a foul odor clings to them. ||1||

People are entangled in the love of corrupt pleasures;

they are drunk with the wine of egotistical intellect and Maya.

In this Maya, they are born and die.

People act according to the Hukam of the Lord's Command.
No one is perfect, and no one is imperfect.

No one is wise, and no one is foolish.

Wherever the Lord engages someone, there he is engaged.

O Nanak, our Lord and Master is forever detached.

My Beloved God, the Sustainer of the World, the Lord of the Universe, is deep, profound and unfathomable.

There is no other like Him; O Nanak, He is not worried.

Pauree:
LALLA: There is no one equal to Him.

He Himself is the One; there shall never be any other.

No one has ever found His limit.

In the ant and in the elephant, He is totally pervading.

The Lord, the Primal Being, is known by everyone everywhere.

O Nanak, that Gurmukh chants the Name of the Lord, Har, Har.
शलोकः ॥ (252)
salok.
Shalok:

आतम रसु जिह जानिया हिर रंग सहजे माणु ॥ (252)
aatam ras jih jaani-aa har rang sehjay maan.
One who knows the taste of the Lord's sublime essence, intuitively enjoys the Lord's Love.

नानक धिन धिन धिन जन आए ते परवाणु ॥१॥ (252)
naanak Dhan Dhan Dhan jan aa-ay tay parvaan. ||1||
O Nanak, blessed, blessed, blessed are the Lord's humble servants; how fortunate is their coming into the world! ||1||

पउड़ी ॥ (252)
pa-orhee.
Pauree:

आइआ सफल ताहू को गनीऐ ॥ (252)
aa-i-aa safal taahoo ko ganee-ai.
How fruitful is the coming into the world, of those

jaas rasan har har jas bhanee-ai.
whose tongues celebrate the Praises of the Name of the Lord, Har, Har.

आइ बसहि साधू कै संगे ॥ (252)
aa-ay baseh saaDhoo kai sangay.
They come and dwell with the Saadh Sangat, the Company of the Holy;

an-din naam Dhi-aaavahi rangay.
night and day, they lovingly meditate on the Naam.
Blessed is the birth of those humble beings who are attuned to the Naam;

the Lord, the Architect of Destiny, bestows His Kind Mercy upon them.

They are born only once - they shall not be reincarnated again.

O Nanak, they are absorbed into the Blessed Vision of the Lord's Darshan.

Chanting it, the mind is filled with bliss; love of duality is eliminated,

and pain, distress and desires are quenched. O Nanak, immerse yourself in the Naam, the Name of the Lord.
Yaya: Burn away duality and evil-mindedness.

Give them up, and sleep in intuitive peace and poise.

Yaya: Go, and seek the Sanctuary of the Saints;

with their help, you shall cross over the terrifying world-ocean.

Yaya: One does not have to take birth again.

who weaves the One Name into his heart.

Yaya: This human life shall not be wasted, if you take the Support of the Perfect Guru.
Shalok:

अंतर मन तन बसि रहे ईत ऊत के मीत।

The One who dwells deep within the mind and body is your friend here and hereafter.

गुर पूरै उपदेसाना नानक जपीऐ नीत।

The Perfect Guru has taught me, O Nanak, to chant His Name continually.

Pauree:

अनिदनु सिसमरहु तासु कउ जो अंत सहाई होइ।

Night and day, meditate in remembrance on the One who will be your Help and Support in the end.

इह बिखा दिन चार छड चलिए सभु कोइ।

This poison shall last for only a few days; everyone must depart, and leave it behind.

का को मात पिता सुत धीआ।

Who is our mother, father, son and daughter?

गरि बनिता कछु संगिन न लीआ।

Household, wife, and other things shall not go along with you.
So gather that wealth which shall never perish,

pat saytee apunai ghar jaahii.
so that you may go to your true home with honor.

In this Dark Age of Kali Yuga, those who sing the Kirtan of the Lord's Praises in the Saadh Sangat, the Company of the Holy -

naanak tay tay bahur na aa-i-aa. ||15||
O Nanak, they do not have to endure reincarnation again. ||15||

Shalok: saaDhsang kal keertan gaa-i-aa.
In this Dark Age of Kali Yuga, those who sing the Kirtan of the Lord's Praises in the Saadh Sangat, the Company of the Holy -

naanak tay tay bahur na aa-i-aa. ||15||
O Nanak, they do not have to endure reincarnation again. ||15||

at sundar kuleen chatur mukh nyi-aanee Dhanvant.
He may be very handsome, born into a highly respected family, very wise, a famous spiritual teacher, prosperous and wealthy;

mirtak kahee-ahi naankaa jih pareet nahee bhagvant. ||1||
but even so, he is looked upon as a corpse, O Nanak, if he does not love the Lord God. ||1||
न्यान्यान कह सास्तार होइ न्यिाता।

He may be a scholar of the six Shaastras.

पूरकु कुभक रेशक कर्माता।

He may practice inhaling, exhaling and holding the breath.

न्यिान धियान तीरथ इसनानी।

He may practice spiritual wisdom, meditation, pilgrimages to sacred shrines and ritual cleansing baths.

सोमपाक अपरस उदिआनी।

He may cook his own food, and never touch anyone else’s; he may live in the wilderness like a hermit.

राम नाम संग मनि नाही हेता।

But if he does not enshrine love for the Lord’s Name within his heart,

जो कछु कीनो सो-ू अनेता।

then everything he does is transitory.

उआ ते ऊतमु गनउ चंडाला।

Even an untouchable pariah is superior to him,

नानक जिह मनि बसहि गुपाला।

O Nanak, if the Lord of the World abides in his mind.
ਸਲੋਕੁ ॥ (253)
सਲੋਕੁ ॥
salok.
Shalok:

ব্যট চরিত রহ দিমি ব্রহ্ম বিলিঙ্গ ব্রহ্মে ভেত ॥ (253)
kunt chaar dhar dis bharamay karam kirat kee raykh.
He wanders around in the four quarters and in the ten directions, according to the dictates of his karma.

ਸੂਖ ਦੂਖ ਮੁਕਤ ਜੋਿਨ ਨਨਕ ਿਲਿਖਓ ਲੇਖ ॥੧॥ (253)
sookh dookh mukat jon naanak likhi-o laykh. ||1||
Pleasure and pain, liberation and reincarnation, O Nanak, come according to one's pre-ordained destiny. ||1||

ਪਵੰਧੀ ॥ (253)
ਪਵੰਧੀ ॥
pavrhee.
Pauree:

ਕਕਾ ਕਾਰਨ ਕਰਤਾ ਸੋਊ ॥ (253)
kakaa kaaran kartaa so-oo.
KAKKA: He is the Creator, the Cause of causes.

ਿਲਿਖਓ ਲੇਖੁ ਨ ਮੇਟ ਕਾਰਾਂ ॥ (253)
lakh-o laykh na maytat ko-oo.
No one can erase His pre-ordained plan.

ਨਹੀ ਹੋਤ ਕਛੁ ਦੋ ਬਾਰਾ ॥ (253)
nahoo hot kachh do-oo baaraa.
Nothing can be done a second time.

The Creator Lord does not make mistakes.
To some, He Himself shows the Way.

While He causes others to wander miserably in the wilderness.

He Himself has set His own play in motion.

Whatever He gives, O Nanak, that is what we receive.

People continue to eat and consume and enjoy, but the Lord's warehouses are never exhausted.

So many chant the Name of the Lord, Har, Har; O Nanak, they cannot be counted.
Khakhaa khoona kachh nahee tis samrath kai paahi.
KHAKHA: The All-powerful Lord lacks nothing;

Jo daynaa so day rahi-o bhaavai tah tah jaahi.
whatever He is to give, He continues to give - let anyone go anywhere he pleases.

Kharach khajaanaa naam Dhan i-aa bhagtan kee raas.
The wealth of the Naam, the Name of the Lord, is a treasure to spend; it is the capital of His devotees.

Khimaar gareebi anad sahj japat raheh guntaas.
With tolerance, humility, bliss and intuitive poise, they continue to meditate on the Lord, the Treasure of excellence.

Khayleh bigsahi anad si-o jaa ka-o hot kirpaal.
Those, unto whom the Lord shows His Mercy, play happily and blossom forth.

Sadeev ganeev suhaavanay raam naam garihi maal.
Those who have the wealth of the Lord’s Name in their homes are forever wealthy and beautiful.

Khayd na dookh na daan tih jaa ka-o nadar karee.
Those who are blessed with the Lord’s Glance of Grace suffer neither torture, nor pain, nor punishment.

O Nanak, those who are pleasing to God become perfectly successful. ||18||
See, that even by calculating and scheming in their minds, people must surely depart in
the end.

Hopes and desires for transitory things are erased for the Gurmukh; O Nanak, the Name
alone brings true health. ||1||

GAGGA: Chant the Glorious Praises of the Lord of the Universe with each and every
breath; meditate on Him forever.

How can you rely on the body? Do not delay, my friend;

there is nothing to stand in Death's way - neither in childhood, nor in youth, nor in old age.

That time is not known, when the noose of Death shall come and fall on you.
See, that even spiritual scholars, those who meditate, and those who are clever shall not stay in this place.

Only the fool clings to that, which everyone else has abandoned and left behind.

By Guru's Grace, one who has such good destiny written on his forehead remembers the Lord in meditation.

O Nanak, blessed and fruitful is the coming of those who obtain the Beloved Lord as their Husband.

I have searched all the Shaastras and the Vedas, and they say nothing except this:

In the beginning, throughout the ages, now and forevermore, O Nanak, the One Lord alone exists.
ghaghaa ghaalhu maneh ayh bin har doosar naahi.
GHAGHA: Put this into your mind, that there is no one except the Lord.

nah ho-aa nah hovnaa jat kant ohee samaahi.
There never was, and there never shall be. He is pervading everywhere.

ghooliha ta-o man ja-o aavahi sarnaa.
You shall be absorbed into Him, O mind, if you come to His Sanctuary.

naam tat kal meh punharchanaa.
In this Dark Age of Kali Yuga, only the Naam, the Name of the Lord, shall be of any real
use to you.

ghaal ghaal anik pachhutaavahi.
So many work and slave continually, but they come to regret and repent in the end.

bin har bhagat kahaa thit paavahi.
Without devotional worship of the Lord, how can they find stability?

ghol mahaa ras amrit tih pee-aa.
They alone taste the supreme essence, and drink in the Ambrosial Nectar,

naanak har gur jaa ka-o dee-aa. ||20||
O Nanak, unto whom the Lord, the Guru, gives it. ||20||
He has counted all the days and the breaths, and placed them in people's destiny; they do not increase or decrease one little bit.

Those who long to live in doubt and emotional attachment, O Nanak, are total fools.

Death seizes those whom God has made into faithless cynics.

They are born and they die, enduring countless incarnations; they do not realize the Lord, the Supreme Soul.

They alone find spiritual wisdom and meditation, whom the Lord blesses with His Mercy;
nyantee nyanee nahee ko-oo chhootai.
no one is emancipated by counting and calculating.

kaachee gaagar sarpar footai.
The vessel of clay shall surely break.

so jeevat jih jeevat japi-aa.
They alone live, who, while alive, meditate on the Lord.

pargat bha-ay naanak nah chhapi-aa. ||21||
They are respected, O Nanak, and do not remain hidden. ||21||

chit chitva-o charnaarbind ooDh kaval bigsaaNt.
Focus your consciousness on His Lotus Feet, and the inverted lotus of your heart shall blossom forth.

pargat bha-ay aapeh gobind naanak sant mataaNt. ||1||
The Lord of the Universe Himself becomes manifest, O Nanak, through the Teachings of the Saints. ||1||

pa-orhee.
Pauree:
chachaa charan kamal gur laagaa. ॥ (254)
CHACHA: When I became attached to the Lord's Lotus Feet,

धनि धनि उआ दिन संजोग सभागा ॥ (254)
Dhan Dhan u-aa din sanjog sabhaagaa.
blessed, blessed is that day.

After wandering around in the four quarters and the ten directions,

In the Saadh Sangat, the Company of the Holy, the mind becomes immaculate.

Anxieties are forgotten, and the One Lord alone is seen,

O Nanak, by those whose eyes are anointed with the ointment of spiritual wisdom. ||22||
ਸਲੋਕੁ॥ (254)
ਸਲੋਕੁ॥
salok.
Shalok:

 المصدر ਭਵ ਸਰਪੀ ਦੇਖੇ ਗੁਣ ਗਾਇ॥ (254)
ਸ਼ਾਤੀ ਸੀਤਲ ਮਨੁ ਸੁੱਖੀ ਛੰਤ ਗੋਬਦ ਗੁਨ ਗਾਇ॥
chhaatee seetal man sukhhee chhant gobid gun gaa-ay.
The heart is cooled and soothed, and the mind is at peace, chanting and singing the Glorious Praises of the Lord of the Universe.

ॐ ਮੁਖਾ ਭਵੁ ਭੁੱਲ ਰਾਖੁ ਪ੍ਰਸੰਗ ਦੇਮ ਦਰਿੱਤ॥ (254)
ऐਸੀਵਾ ਵਿਰਯਾ ਕਰਹੁ ਪਰਜਨ ਨਾਨਕ ਦਾਸ ਦਸਾਇ॥ (1||)
aisee kirpaa karahu parabh naanak daas dasaa-ay. ||1||
Show such Mercy, O God, that Nanak may become the slave of Your slaves. ||1||

ਪਾੜੀ॥ (254)
ਪਾੜੀ॥
pa-orhee.
Paaree:

ਛਛਾ ਛੋਹਰੇ ਦਾਸ ਤੂਮਾਰੇ॥ (254)
chhachhaa chhohray daas tumaaray.
CHHACHHA: I am Your child-slave.

ਦਾਸ ਦਾਸਨ ਕੇ ਪਾਨੀਹਾਰੇ॥ (254)
daas daasan kay paaneehaaray.
I am the water-carrier of the slave of Your slaves.

ਅਪਨੀ ਕ੍ਰਿਪਾ ਕਰਹੁ ਭਗਵੰਤ॥ (255)
ਅਪਨੀ ਕ੍ਰਿਪਾ ਕਰਹੁ ਭਗਵੰਤ॥
apnee kirpaa karahu bhagvantaa.
Please shower me with Your Mercy, O Lord God!
छाड़ दि सिचन सब सतहरी ॥ (255)
chhaad si-saanap baho chaturaa-ee.
I have given up my excessive cleverness and scheming,

मंडल वो मर टिकाई ॥ (255)
santan kee man tayk tikaa-ee.
and I have taken the support of the Saints as my mind's support.

छाड़ दि पुत्री परम गत पाई ॥ (255)
chhaar kee putree param gat paa-ee.
Even a puppet of ashes attains the supreme status,

नानक जा कौ संत सहाई ॥२३॥ (255)
aanak jaa ka-o sant sahaa-ee. ||23||
O Nanak, if it has the help and support of the Saints. ||23||

जोर जुलम फूलह घनो काची देह बिकार ॥ (255)
jor julam fooleh ghano kaachee dayh bikaar.
Practicing oppression and tyranny, he puffs himself up; he acts in corruption with his frail, perishable body.

अहमुंड बंधन वर्ण नानक नाम छुटार ॥१॥ (255)
ahaN-buDh banDhan paray naanak naam chhutaar. ||1||
He is bound by his egotistical intellect; O Nanak, salvation comes only through the Naam, the Name of the Lord. ||1||

He is bound by his egotistical intellect; O Nanak, salvation comes only through the Naam, the Name of the Lord. ||1||

Pauree:
JAJJA: When someone, in his ego, believes that he has become something,

बाधिओ जिउ नलीनी भर्म सूआ ॥ (255)
baDhi-o ji-o nalinee bharam soo-aa.
he is caught in his error, like a parrot in a trap.

When he believes, in his ego, that he is a devotee and a spiritual teacher,

आगै ठाकु तिलु नही मानी ॥ (255)
aagai thaakur tilu nahee maanee.
then, in the world hereafter, the Lord of the Universe shall have no regard for him at all.

When he believes himself to be a preacher,

बिखापंदी बसुधा जिउ फिरता ॥ (255)
bi-aapaaree basuDhaa ji-o firtaa.
he is merely a peddler wandering over the earth.

But one who conquers his ego in the Company of the Holy,

O Nanak, meets the Lord. ||24||
Shalok:

झालाघे उठ नामु जिप िनिस बासुर आरािध ॥

Rise early in the morning, and chant the Naam; worship and adore the Lord, night and day.

Anxiety shall not afflict you, O Nanak, and your misfortune shall vanish. ||1||

JHAJHA: Your sorrows shall depart,

when you deal with the Lord’s Name.

The faithless cynic dies in sorrow and pain;

his heart is filled with the love of duality.
Your evil deeds and sins shall fall away, O my mind,

listening to the ambrosial speech in the Society of the Saints.

Sexual desire, anger and wickedness fall away,

O Nanak, from those who are blessed by the Mercy of the Lord of the World.

You can try all sorts of things, but you still cannot remain here, my friend.

But you shall live_forevermore, O Nanak, if you vibrate and love the Naam, the Name of the Lord, Har, Har.

But
��道這事絕對正確，這種普通的愛最終會結束。

You may count and calculate as much as you want, but you cannot count how many have arisen and departed.

Whoever I see shall perish. With whom should I associate?

He alone knows, and he alone is a Saint, who is free of doubt.

O Nanak, praise the One, who joins us to Himself.
ਸਲੋਕੁ ॥ (255)

 saliva.

Shalok:

ਸਲੋਕੁ ॥ (255)

ਸਲੋਕੁ ॥

salok.

The bondage of birth and death is broken and peace is obtained, by serving the Holy.

The bondage of birth and death is broken and peace is obtained, by serving the Holy.

O Nanak, may I never forget from my mind, the Treasure of Virtue, the Sovereign Lord of

O Nanak, may I never forget from my mind, the Treasure of Virtue, the Sovereign Lord of

the Universe. ||1||


Pauree:

Work for the One Lord; no one returns empty-handed from Him.

O Nanak, may I never forget from my mind, the Treasure of Virtue, the Sovereign Lord of

O Nanak, may I never forget from my mind, the Treasure of Virtue, the Sovereign Lord of

the Universe. ||1||

He alone obtains the Lord’s service, and the Mansion of His Presence, unto whom the

He alone obtains the Lord’s service, and the Mansion of His Presence, unto whom the

Holy Saint is compassionate.

He joins the Saadh Sangat, the Company of the Holy, only when the Lord Himself shows

He joins the Saadh Sangat, the Company of the Holy, only when the Lord Himself shows

His Mercy.
托哈 托哈 超多 多多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

I have searched and searched, across so many worlds, but without the Name, there is no peace.

托哈 托哈 那多 那多 那多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

The Messenger of Death retreats from those who dwell in the Saadh Sangat.

托哈 托哈 那多 那多 那多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

Again and again, I am forever devoted to the Saints.

托哈 托哈 那多 那多 那多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

O Nanak, my sins from so long ago have been erased. ||27||

托哈 托哈 那多 那多 那多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

Those beings, with whom the Lord is thoroughly pleased, meet with no obstacles at His Door.

托哈 托哈 那多 那多 那多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

Those humble beings whom God has made His own, O Nanak, are blessed, so very blessed. ||1||

托哈 托哈 那多 那多 那多 那多 无多 无多 ॥ (255)
托哈 托哈 那多 那多 那多 那多 无多 无多

Pauree:

Thak na hotee tinhu dar jih hovhu suparsan.

Those beings, with whom the Lord is thoroughly pleased, meet with no obstacles at His Door.
Their mind is not a matter for anyone's concern.

Who have abandoned all else and who cling to the One Lord alone.

Those who are totally absorbed and preoccupied with Maya are dead;

They do not find happiness anywhere.

One who dwells in the Society of the Saints finds a great peace;

the Ambrosial Nectar of the Naam becomes sweet to his soul.

That humble being, who is pleasing to his Lord and Master -

O Nanak, his mind is cooled and soothed.
ਸਲੋਕੁ ॥ (256)
salok.
Shalok:

ਡੰਡੂਤ ਸੰਤ ਭਾਨੁ ਬਿਸਦ ਵਕਨ ਭਵਾਂ ਮੰਨਾਂ ॥ (256)
dand-ut bandan anik baar sarab kalaa samrath.
I bow down, and fall to the ground in humble adoration, countless times, to the All-powerful Lord, who possesses all powers.

ਡੋਲਨ ਰਜ ਪੁਤਰ ਤੇ ਕਿਰ ਲੇ ਵਹਿ ਰਾਖੁ ॥੧॥ (256)
dolan tay raakho parabhoo naanak day kar hath. ||1||
Please protect me, and save me from wandering, God. Reach out and give Nanak Your Hand. ||1||

ਪਉੜੀ ॥ (256)
pa-orhee.
Pauree:

ਡੋਲਨ ਤੇ ਸਭ ਤੱਤ ਬੁੱਧ ਤੇ ਵਿਚ ਰਾਖੁ ॥੧॥ (256)
dolan tay raakho parabhoo naanak day kar hath. ||1||
Please protect me, and save me from wandering, God. Reach out and give Nanak Your Hand. ||1||

ਹਾਨੀਐਕ ਕਾ ਮੰਤਰ ਬਰਤੀ ਨਹੀ ਸੰਸਕੱਤੀ ਮਾਰਤਾਂ ॥ (256)
U-aa dayraa kaa sanjamo gur kai sabad pachhaan.
You shall come to realize the way to that place, through the Word of the Guru's Shabad.

ਹਾਨੀਐਕ ਕਹਿ ਮੂਰਤ ਬੋਵ ਭਾਲੇ ॥ (256)
i-aa dayraa ka-o saram kar ghaalai.
This place, here, is established by hard work,

ਨਾ ਕਹਿ ਪੁਤਰ ਮੰਤਰ ਬੋਵਾਂ ॥ (256)
Jaa kaa tasoo nahee sang chaalai.
but not one iota of this shall go there with you.
उआ डेरा की सो मित जानै।
The value of that place beyond is known only to those,

जा कउ दिसिट पूरन भगवान।
on whom the Perfect Lord God casts His Glance of Grace.

डेरा निहचल सच साधसंग पाई।
That permanent and true place is obtained in the Saadh Sangat, the Company of the Holy;

नानक ते जन नह डोलाइ।
O Nanak, those humble beings do not waver or wander.

दहा लागे धरम राई किनहित न घालिए बंध।
When the Righteous Judge of Dharma begins to destroy someone, no one can place any obstacle in His Way.

नानक उबरे हरी साधसंग सनबंध।
O Nanak, those who join the Saadh Sangat and meditate on the Lord are saved.

शालोक:

When the Righteous Judge of Dharma begins to destroy someone, no one can place any obstacle in His Way.

O Nanak, those who join the Saadh Sangat and meditate on the Lord are saved.

Pauree:
DHADHA: Where are you going, wandering and searching? Search instead within your own mind.

SANG TUAHEE PARBAH BSAI BSAI KAAHAA FIIRAH.

God is with you, so why do you wander around from forest to forest?

DHAYREE DHAHU SADAHSANG AHA-NUH BIKRAAL.

In the Saadh Sangat, the Company of the Holy, tear down the mound of your frightful, egotistical pride.

SUHUH PAAVHU SAHJEE BAHU DARSAH DEHUK NIAHAL.

You shall find peace, and abide in intuitive bliss; gazing upon the Blessed Vision of God's Darshan, you shall be delighted.

DHAYREE JAAMAI JAM MARAI GARABH JON DUKH PAA-AAY.

One who has such a mound as this, dies and suffers the pain of reincarnation through the womb.

MOH MAGAN LAPTAT RAHA-HO-HO AAVAI JAAY.

One who is intoxicated by emotional attachment, entangled in egotism, selfishness and conceit, shall continue coming and going in reincarnation.

DHADHA DHADHA ABH DEH PARAY SADAH JNAH SARAAY.

Slowly and steadily, I have now surrendered to the Holy Saints; I have come to their Sanctuary.
दुःख के फाहे कातिया नानक लीए समाइ ॥३०॥
God has cut away the noose of my pain; O Nanak, He has merged me into Himself. ||30||

सलोकः

Where the Holy people constantly vibrate the Kirtan of the Praises of the Lord of the Universe, O Nanak -

हाँ हाँ हाँ हाँ न जाईअहु दूत ॥१॥
the Righteous Judge says, "Do not approach that place, O Messenger of Death, or else neither you nor I shall escape!" ||1||

Pauree:

हाँ वग जीवत मरै गुर पूरे उपदेस ॥
One who dies, while fighting against egotism and alienation, becomes sublime and beautiful.

One who eradicates his ego, remains dead while yet alive, through the Teachings of the Perfect Guru.
ਮਨੂਆ ਜੀਤੈ ਹਿਰ ਿਮਲੈ ਿਤਹ ਸੂਰਤਣ ਵੇਸ ॥

ਮਨੂਹਾ ਜੀਤੇ ਹਿਰ ਮਿਲੇ ਤਿਹ ਸੂਰਤਣ ਵਾਸ।
He conquers his mind, and meets the Lord; he is dressed in robes of honor.

ਣਾ ਕੋ ਜਾਣੈ ਆਪਣੋ ਏਕਿਹ ਟੇਕ ਅਧਾਰ ॥

ਨਾ ਕੋ ਜਾਨੀ ਆਪਨੋ ਏਕਿਹ ਟੇਕ ਅਧਾਰ।
He does not claim anything as his own; the One Lord is his Anchor and Support.

ਰੈਣ ਿਦਣਸੁ ਿਸਮਰਤ ਰਹੈ ਸੋ ਪਰ੍ਭੁ ਪੁਰਖੁ ਅਪਾਰ ॥

ਰੈਣ ਧਿਆਸ ਸਿਮਰਤ ਰਹੀ ਸੋ ਪਰੂ ਪੁਰਾ ਅਪਾਰ।
Night and day, he continually contemplates the Almighty, Infinite Lord God.

ਰੇਣ ਸਗਲ ਇਆ ਮਨੁ ਕਰੈ ਏਉ ਕਰਮ ਕਮਾਇ ॥

ਰੇਣ ਸਗਲ ਇਆ ਮਨੁ ਕਟ੍ਹ ਕੰਤ ਕਰਮ ਕੁਆ।
He makes his mind the dust of all; such is the karma of the deeds he does.

ہੁਕਮੈ ਬੂਝੈ ਸਦਾ ਸੁਖੁ ਨਾਨਕ ਿਲਿਖਾ ਪਾਇ ॥੩੧॥

ਹੁਕਮੇ ਕੋ ਬੂਝੀ ਸਦਾ ਸੁਖੁ ਨਾਨਕ ਲਖਾ ਪਾਈ। ||31||
Understanding the Hukam of the Lord’s Command, he attains everlasting peace. O Nanak, such is his pre-ordained destiny. ||31||

ਸਲੋਕੁ  ॥

ਸਲੋਕ: salok.

ਤਨੁ ਮਨੁ ਧਨੁ ਅਰਪਊ ਿਤਸੈ ਪਰ੍ਭੂ ਿਮਲਾਵੈ ਮੋਹੀ ॥

ਤਨ ਮਨੁ ਧਨ ਅਰਪੂ ਤਿਸੀ ਪਰੂ ਮਿਲਆਰ ਮੋਹੀ।
I offer my body, mind and wealth to anyone who can unite me with God.

ਨਾਨਕ ਭਰ੍ਮ ਭੂਹ ਕਾਟੀਐ ਚੂਕੈ ਜਮ ਕੀ ਜੋਹ ॥੧॥

ਨਾਨਕ ਭਰਾਮ ਭੂ ਕਟ੍ਹ ਟੀਕੀ ਚੂਕ ਹੋ ਕੀ ਜੋਹ। ||1||
O Nanak, my doubts and fears have been dispelled, and the Messenger of Death does not see me any longer. ||1||
Pauree:

ਤਤਾ ਤਾ ਿਸਉ ਪਰ੍ੀਿਤ ਕਿਰ ਗੁਣ ਿਨਿਧ ਗੋਿਬਦ ਰਾਇ ॥

TATTA: Embrace love for the Treasure of Excellence, the Sovereign Lord of the Universe.

Fal paavahi man baachh-tay tapat tuhaaree jaa-ay.
You shall obtain the fruits of your mind's desires, and your burning thirst shall be quenched.

Taraas mitai jam panth kee jaas basai man naa-o.
One whose heart is filled with the Name shall have no fear on the path of death.

Gat paavahi mat ho-ay pargaas mahlee paavahi thaa-o.
He shall obtain salvation, and his intellect shall be enlightened; he will find his place in the Mansion of the Lord's Presence.

Taahoo sang na Dhan chalai garih joban nah raaj.
Neither wealth, nor household, nor youth, nor power shall go along with you.

Satsang simrat rahhu ihai tuhaarai kaaj.
In the Society of the Saints, meditate in remembrance on the Lord. This alone shall be of use to you.

Taata kachhoo na ho-ee hai ja-o taap nivaarai aap.
There will be no burning at all, when He Himself takes away your fever.
ਪਰ੍ਿਤਪਾਲੈ ਨਾਨਕ ਹਮਿਹ ਆਪਿਹ ਮਾਈ ਬਾਪ ॥੩੨॥ (257)
O Nanak, the Lord Himself cherishes us; He is our Mother and Father. ||32||

ਸਲੋਕੁ  ॥ (257)

They have grown weary, struggling in all sorts of ways; but they are not satisfied, and their thirst is not quenched.

ਸੰਚੀ ॥ (257)

Gathering in and hoarding what they can, the faithless cynics die, O Nanak, but the wealth of Maya does not go with them in the end. ||1||

ਪਉੜੀ ॥ (257)

You work to fill up your bag, you fool, and then you fall down exhausted.

**Shalok:**

They have grown weary, struggling in all sorts of ways; but they are not satisfied, and their thirst is not quenched.

Gathering in and hoarding what they can, the faithless cynics die, O Nanak, but the wealth of Maya does not go with them in the end. ||1||

Pauree:

Nothing is permanent - why do you stretch out your feet? You commit so many fraudulent and deceitful actions as you chase after Maya.

You work to fill up your bag, you fool, and then you fall down exhausted.
ਮਨ ਕੈ ਕਾਮ ਨ ਆਵੈ ਅੰਤੇ ਅਉਸਰ ਬਾਰ ॥ (257)
man kai kaam na aavee antay a-osar baar.
But this shall be of no use to you at all at that very last instant.

ਥਿਥ ਪਾਵਹੁ ਗੋਵਿਦ ਭਜਹੁ ਸੰਤਹ ਕੀ ਸਿੰਖ ਲੇਹੁ ॥ (257)
thit paavhu gobid bhajahu santeh kee sikh layho.
You shall find stability only by vibrating upon the Lord of the Universe, and accepting the Teachings of the Saints.

ਪ੍ਰੀਤੀ ਬਾਵਹੁ ਅਕੇ ਹਾਥ ॥ (257)
preet karahu sad aik ahaath.
Embrace love for the One Lord forever - this is true love!

ਕਾਰਨ ਕਰਨ ਕਰਾਵਨੋ ਸੇਬ ਬਿਧ ਏਕੇ ਹਾਥ ॥ (257)
kaaran karan karaavano sabh bJi deedh aikai haath.
He is the Doer, the Cause of causes. All ways and means are in His Hands alone.

ਜਿਤੁ ਜਿਤੁ ਲਾਵਹੁ ਜਿਤੁ ਜਿਤੁ ਲਗਿਹ ਨਾਨਕ ਜਾਂਤ ਅਨਾਥ ॥ (33)॥
jit jit laavhu tit tit lageh naanak jant anaath. ||33||
Whatever You attach me to, to that I am attached; O Nanak, I am just a helpless creature. ||33||

ਸਲੋਕੁ ॥ (257)
salok.
Shalok:

ਦਾਸਹ ਏਕੁ ਨਿਹਾਰਾਏ ਸੇਬ ਕਛੁ ਦੇਵਨਹਾਰ ॥ (257)
daasah ayk nihaari-aah sabh kachh dayvanhaar.
His slaves have gazed upon the One Lord, the Giver of everything.

ਸੁਸੀ ਸੁਸੀ ਸਿਮਨਾਤ ਰਹਿਹ ਨਾਨਕ ਦਰਸ ਅਧਾਰ ॥ (1)॥
saas saas simrat raheh naanak daras aDhaar. ||1||
They continue to contemplate Him with each and every breath; O Nanak, the Blessed Vision of His Darshan is their Support. ||1||
Pauree:

DADDA: The One Lord is the Great Giver; He is the Giver to all.

There is no limit to His Giving. His countless warehouses are filled to overflowing.

The Great Giver is alive forever.

O foolish mind, why have you forgotten Him?

No one is at fault, my friend.

God created the bondage of emotional attachment to Maya.

He Himself removes the pains of the Gurmukh;
Naanak tay tay gurmukh Dharaapay. ||34||
O Nanak, he is fulfilled. ||34||

O Nanak, he is fulfilled. ||34||

Dhar jee-aray ik taayk too laahi bidaanee aas.
O my soul, grasp the Support of the One Lord; give up your hopes in others.

O Nanak, meditating on the Naam, the Name of the Lord, your affairs shall be resolved. ||1||

DhaDhaa Dhaavat ta-o mitai satsang ho-ay baas.
DHADHAA: The mind's wanderings cease, when one comes to dwell in the Society of the Saints.

Dhur tay kirpaa karahu aap ta-o ho-ay manehe pargaas.
If the Lord is Merciful from the very beginning, then one's mind is enlightened.

Those who have the true wealth are the true bankers.
The Lord, Har, Har, is their wealth, and they trade in His Name.

Patience, glory and honor come to those who listen to the Name of the Lord, Har, Har.

That Gurmukh whose heart remains merged with the Lord,

receives the Teachings from the Perfect Guru; he joins the Saadh Sangat, the Company of the Holy, and does not fall into hell.
Pa-orhee.

NANNA: Those shall not fall into hell,

whose minds and bodies are filled with the Naam.

Those Gurmukhs who chant the treasure of the Naam,

are not destroyed by the poison of Maya.

Those shall not be turned away,

who have been given the Mantra of the Naam by the Guru.

They are filled and fulfilled with the Ambrosial Nectar of the Lord, the Treasure of sublime wealth;
O Nanak, the unstruck celestial melody vibrates for them. ||36||

The Guru, the Supreme Lord God, preserved my honor, when I renounced hypocrisy, emotional attachment and corruption.

O Nanak, worship and adore the One, who has no end or limitation. ||1||

He is beyond estimation; His limits cannot be found.

The Sovereign Lord King is inaccessible;

He is the Purifier of sinners. Millions of sinners are purified;
they meet the Holy, and chant the Ambrosial Naam, the Name of the Lord.

Deception, fraud and emotional attachment are eliminated,

by those who are protected by the Lord of the World.

He is the Supreme King, with the royal canopy above His Head.

The noose of Death is cut, and one's wanderings cease; victory is obtained, when one conquers his own mind.

O Nanak, there is no other at all. ||37||

O Nanak, eternal stability is obtained from the Guru, and one's day-to-day wanderings cease. ||1||
Pauree:

**विषयः** (258)

फफा िफरत िफरत तू आईआ ॥

**FAFFA:** After wandering and wandering for so long, you have come;

**दृश्य स्वतः कलिजुग महि पाइआ ॥**

darulabh dayh kalijug meh paa-i-aa.
in this Dark Age of Kali Yuga, you have obtained this human body, so very difficult to obtain.

**फिर इआ अउसरु चरै न हाथा ॥**

fir i-aa a-osar charai na haathaa.
This opportunity shall not come into your hands again.

**नामु जपहु तउ कटीअिह फासा ॥**

naam japahu ta-o katee-ah faasaa.
So chant the Naam, the Name of the Lord, and the noose of Death shall be cut away.

**फिर फिर आवन जानु न होई ॥**

fir fir aavan jaan na ho-ee.
You shall not have to come and go in reincarnation over and over again,

**येवन्त सप्तः तपु सप्त मेठी ॥**

aykeh aya japahu jap so-ee.
if you chant and meditate on the One and Only Lord.

**करहु किर्पा पर्भ करनैहारे ॥**

karahu kirpa parabh karnaihaaray.
Shower Your Mercy, O God, Creator Lord,
mayl layho naanak baychaaray. ||38||
and unite poor Nanak with Yourself. ||38||
and unite poor Nanak with Yourself. ||38||

Hear my prayer, O Supreme Lord God, Merciful to the meek, Lord of the World.

The dust of the feet of the Holy is peace, wealth, great enjoyment and pleasure for Nanak.

BABBA: One who knows God is a Brahmin.

A Vaishnaav is one who, as Gurmukh, lives the righteous life of Dharma.

One who eradicates his own evil is a brave warrior;
ताहू बुरा निकिट नही आवै ॥ (258)
taahoo buraa nikat nahee aavai.
no evil even approaches him.

बाधियो आपन हउ हउ बंधा ॥ (258)
baaDhi-o aapan ha-o ha-o banDhaa.
Man is bound by the chains of his own egotism, selfishness and conceit.

दोसु देत आगह कउ अंधा ॥ (258)
dos dayt aagah ka-o anDhaa.
The spiritually blind place the blame on others.

बात चीत सभ रही सिआनप ॥ (258)
baat cheet sabh rahee si-aanap.
But all debates and clever tricks are of no use at all.

jisahi janaavhu so jaanai naanak. ||39||
O Nanak, he alone comes to know, whom the Lord inspires to know. ||39||

मंठल ॥ (258)
salok.
Shalok:

bhai bhanjan agh dookh naas maneh araaDh haray.
The Destroyer of fear, the Eradicator of sin and sorrow - enshrine that Lord in your mind.

satsang jih rid basi-o naanak tay na bharamay. ||1||
One whose heart abides in the Society of the Saints, O Nanak, does not wander around in doubt. ||1||
Pauree:

**Bhava**

बभा भरमु िमटावहु अपना ॥
bhabhaa bharam mitaavhu apnaa.

BHABHA: Cast out your doubt and delusion -

**Isha**

इआ संसारु सगल है सुपना ॥
i-aa sansaar sagal hai supnaa.
this world is just a dream.

**Bharmay sur nar dayvee dayva.**

The angelic beings, goddesses and gods are deluded by doubt.

**Bharmay siDh saaDhik barahmayvaa.**

The Siddhas and seekers, and even Brahma are deluded by doubt.

**Bharam baram maanukh dahkaa-ay.**

That Gurmukh who has eradicated doubt, fear and attachment,
**Shalok:**

Maya clings to the mind, and causes it to waver in so many ways.

**Pauree:**

The beggar is so ignorant -

the Great Giver continues to give. He is All-knowing.

Whatever He gives, He gives once and for all.
मन मूरख कह करिह पुकार ॥ (258)
man moorakh kah karahi pukaar.
O foolish mind, why do you complain, and cry out so loud?

जउ मागिह तउ मागिह बीआ ॥ (258)
ja-o maageh ta-o maageh bee-aa.
Whenever you ask for something, you ask for worldly things;

ਜਾ ਤੇ ਕੁਸਲ ਨ ਕਾਹੂ ਥੀਆ ॥ (258)
jaa tay kusal na kaahoo thee-aa.
no one has obtained happiness from these.

मਾਗਨ ਮਾਗ ਤ ਏਕਿਹ ਮਾਗ ॥ (258)
maagan maag ta aykeh maag.
If you must ask for a gift, then ask for the One Lord.

ਨਾਨਕ ਜਾ ਤੇ ਪਰਿਹ ਪਰਾਗ ॥੪੧॥ (258)
naanak jaa tay pareh paraag. ||41||
O Nanak, by Him, you shall be saved. ||41||

ਸਲੋਕ ॥ (259)
salok.
Shalok:

ਭਨੀ ਭਤਤਘ ਦੇ ਬਹੁ ਭਤਵ ਭਤ ਭੇਦ ॥ (259)
mat pooree parDhaan tay gur pooray man mant.
Perfect is the intellect, and most distinguished is the reputation, of those whose minds are filled with the Mantra of the Perfect Guru.

ਜਿਹ ਜਾਨਿੋ ਪ੍ਰਮੂ ਆਪਨਾ ਨਾਨਕ ਤੇ ਭਗਵਾਂਤ ॥੧॥ (259)
jih jaani-o parabh aapunaa naanak tay bhagvant. ||1||
Those who come to know their God, O Nanak, are very fortunate. ||1||
pa-orhee.
Pauree:

ਪੁਰਨ ॥ (259)
ਪਵਾਰੀ ॥
pooran ghat ghat purakh bisaykhaa.
The Sublime Lord, the Primal Being, is totally pervading each and every heart.

ਤਾਹੂ ॥ (259)
ਸੰਗ ਤਾਹੂ ॥
taahoo sang taahoo nirlaypaa.
They live in the world, and yet they are detached from it.

ਉਆ ॥ (259)
ਰਸ ਉਆ ॥
u-aa ras meh u-aahoo sukh paa-i-aa.
In His Love, they find peace.

ਮਮਾ ਜਾਹੂ ਮਰਮੁ ਪਛਾਨਾ ॥ (259)
mamaa jaahoo maram pachhaanaa.
MAMMA: Those who understand God's mystery,

ਭਾਗ ਤੁਥੁ ਕਸ਼ਤ ਜਹਨਾ ॥ (259)
ਭਾਗ ਤੁਥੁ ਕਸ਼ਤ ਜਹਨਾ ॥
bhayat saaDhsang patee-aanaa.
are satisfied, joining the Saadh Sangat, the Company of the Holy.

ਦੁਖ ਸੁਖ ਉਆ ਕੈ ਸਮਤ ਬੀਚਾਰਾ ॥ (259)
dukh sukh u-aa kai samat beechaaraa.
They look upon pleasure and pain as the same.

ਨਰਕ ਸੁਰਗ ਰਹਤ ਅਊਤਾਰਾ ॥ (259)
narak surag rahat a-utaaraa.
They are exempt from incarnation into heaven or hell.
(259)

O Nanak, Maya does not cling to them at all. ||42||

ਸਲੋਕੁ ॥

Shalok:

Yaar meet sun saajanh bin har chhooran naahi.
Listen, my dear friends and companions: without the Lord, there is no salvation.

ਪਵੰਤੀ ॥

Pauree:

Ya-yaa jatan kar baho bidee-aa.
YAYYA: People try all sorts of things,

ਏਕ ਨਾਮ ਵਧੁ ਲਾਉ ਸਿਹੀਆ ॥ (259)

but without the One Name, how far can they succeed?

Those efforts, by which emancipation may be attained -
उआहू जतन साध संगारा ॥ (259)
u-aahoo jatan saaDh sangaaraa.
those efforts are made in the Saadh Sangat, the Company of the Holy.

या उबरन धारै सभू कोऊ ॥ (259)
yaa ubran Dhaarai sabh koo-oo.
Everyone has this idea of salvation,

उआहू जपे बिनु उबर न होऊ ॥ (259)
u-aahi japay bin ubar na ho-oo.
but without meditation, there can be no salvation.

याहू तरन तारन समराथा ॥ (259)
yaaahoo taran taaran samraathaa.
The All-powerful Lord is the boat to carry us across.

राख लेहु निरगुन नरनाथा ॥ (259)
raakh layho nirgun narnaathaa.
O Lord, please save these worthless beings!

मन बच कर्म जिह आप जनाई ॥ (259)
man bach karam jih aap janaa-ee.
Those whom the Lord Himself instructs in thought, word and deed -

naanak tih mat pargatee aa-ee. ||43||
O Nanak, their intellect is enlightened. ||43||

Shalok:

Shalok:
रोसु न काहू संग करहू आपन आपु बीचार।
Do not be angry with anyone else; look within your own self instead.

होइ निमाना जिग रहहु नानक नदरी पार।
Be humble in this world, O Nanak, and by His Grace you shall be carried across.

पउड़ी।
Pauree:

रारा रेन होत सभ जा की।
RARRA: Be the dust under the feet of all.

तिज अिभमानु छुटै तेरी बाकी।
Give up your egotistical pride, and the balance of your account shall be written off.

ਰिण दरगिह तउ सीझिह भाई।
Then, you shall win the battle in the Court of the Lord, O Siblings of Destiny.

जउ गुरमुिख राम नाम िलव लाई।
As Gurmukh, lovingly attune yourself to the Lord's Name.

उठ उठ उठ नधि बिवार।
Your evil ways shall be slowly and steadily blotted out,
gur pooray kai sabad apaaraa.
by the Shabad, the Incomparable Word of the Perfect Guru.

raatay rang naam ras maatay.
You shall be imbued with the Lord's Love, and intoxicated with the Nectar of the Naam.

naanak har gur keenee daatay. ||44||
O Nanak, the Lord, the Guru, has given this gift. ||44||

salok.
salok.
Shalok:

laalach jhooth bikhai bi-aaDh i-aa dayhee meh baas.
The afflictions of greed, falsehood and corruption abide in this body.

har har amrit gurmukh pee-aa naanak sookh nivaas. ||1||
Drinking in the Ambrosial Nectar of the Lord's Name, Har, Har, O Nanak, the Gurmukh abides in peace. ||1||

pa-orhee.
Pauree:

lalaa laava-o a-ukhaDh jaahoo.
LALLA: One who takes the medicine of the Naam, the Name of the Lord,
दुख दरद तिह मिटहि खिनाहू ॥ (259)
doohk darad tih miteh khinaahoo.
is cured of his pain and sorrow in an instant.

नाम अउखधु जिह रिदै हितावै ॥ (259)
aaam a-ukhaDh jih ridai hitaavai.
One whose heart is filled with the medicine of the Naam,

हर अउखधु सभ घट है भाई ॥ (259)
har a-ukhaDh sabh ghat hai bhaa-ee.
The medicine of the Lord's Name is in all hearts, O Siblings of Destiny.

गुर पूरे बिदिन बनाई ॥ (259)
gur pooray bin biDh na banaa-ee.
Without the Perfect Guru, no one knows how to prepare it.

रात उड़े दिवि दुख न बीआ ॥४५॥ (259)
aanak ta-o fir dookh na thee-aa. ||45||
then, O Nanak, one does not suffer illness again. ||45||

शालोक ॥
salok.
Shalok:
The All-pervading Lord is in all places. There is no place where He does not exist.

Inside and outside, He is with you. O Nanak, what can be hidden from Him?

Do not harbor hatred against anyone.

In each and every heart, God is contained.

The All-pervading Lord is permeating and pervading the oceans and the land. How rare are those who, by Guru's Grace, sing of Him.

Hatred and alienation depart from those
हिर कीरतनु गुरमुिख जो सुनते ॥
har keertan gurmukh jo suntay.
who, as Gurmukh, listen to the Kirtan of the Lord's Praises.

वरन िचहान सगलह ते रहता ॥
varan chihan saglah tay rahtaa.
He rises above all social classes and status symbols,

ਨਾਨਕ ਹਿਰ ਹਿਰ ਗੁਰਮੁਿਖ ਜੋ ਕਹਤਾ ॥੪੬॥
naanak har har gurmukh jo kahtaa. ||46||
O Nanak, one who becomes Gurmukh and chants the Name of the Lord, Har, Har. ||46||

ਸਲੋਕੁ  ॥
salok.

ha-o ha-o karat bihaanee-aa saakat mugaDh ajaan.
Acting in egotism, selfishness and conceit, the foolish, ignorant, faithless cynic wastes his life.

ਰਹਾਹ ਰਹਾਹ ਕਰਤ ਿਬਹਾਨੀਆ ਸਾਕਤ ਮੁਗਧ ਅਜਾਨ ॥
rharhak mu-ay ji-o tarikhaavaNt naanak kirat kamaan. ||1||
He dies in agony, like one dying of thirst; O Nanak, this is because of the deeds he has done. ||1||

Pauree:

pa-orhee.

RARRA: Conflict is eliminated in the Saadh Sangat, the Company of the Holy;
meditate in adoration on the Naam, the Name of the Lord, the essence of karma and Dharma.

When the Beautiful Lord abides within the heart,

conflict is erased and ended.

The foolish, faithless cynic picks arguments -

his heart is filled with corruption and egotistical intellect.

For the Gurmukh, conflict is eliminated,

O Nanak, in an instant through the Teachings. ||47||

Shalok:
ਸਾਧੂ
ਕੀ
ਮਨ
ਓਟ
ਗਹੁ
ਉਕਿਤ
 ਿਸਆਨਪ
ਿਤਆਗੁ
॥
(260)
saaDhoo kee man ot gahu ukat si-aanap ti-aag.
O mind, grasp the Support of the Holy Saint; give up your clever arguments.

ਗੁਰ
ਦੀਿਖਆ
ਿਜਹ
ਮਿਨ
ਬਸੈ
ਨਾਨਕ
ਮਸਤਿਕ
ਭਾਗੁ
॥੧॥
(260)
gur deekhi-aa jih man basai naanak mastak bhaag. ||1||
One who has the Guru's Teachings within his mind, O Nanak, has good destiny inscribed upon his forehead. ||1||

ਪਹੁੰੰਚੀ
॥ (260)
pa-orhee.

ਸਾਸਤਰ੍
ਿਸਿਮਰ੍
ਬੇਦ
ਪੂਕਾਰੇ
॥
(260)
saastar simrit bayd pookaaray.
I am so tired of reciting the Shaastras, the Simritees and the Vedas.

ਸੋਧਤ
ਸੋਧਤ
ਸੋਿਧ
ਬੀਚਾਰਾ
॥
(260)
soDhat soDhat soDh beechaaraa.
I searched and searched and searched, and now I have come to realize,

ਿਬਨੁ
ਹਿਰ
ਭਜਨ
ਨਹੀ
ਛੁਟਕਾਰਾ
॥
(260)
bin har har bhajan nahee chhutkaaraa.
that without meditating on the Lord, there is no emancipation.

ਸਾਿਸ
ਸਾਿਸ
ਹਮ
ਭੂਲਨਹਾਰੇ
॥
(260)
saas saas ham bhoolanhaaray.
With each and every breath, I make mistakes.


ਤੁਮ ਸਮਰਥ ਅਗਨਤ ਅਪਾਰੇ ॥ (260)

tum samrath agnat apaaray.
You are All-powerful, endless and infinite.

ਸਰਿਨ ਪਰੇ ਕੀ ਰਾਖੁ ਦਾਇਆਲਾ ॥ (260)

saran paray kee raakh da-i-aalaa.
I seek Your Sanctuary - please save me, Merciful Lord!

ਨਾਨਕ ਤੁਮਰੇ ਬਾਲ ਗੁਪਾਲਾ ॥ 48 ॥ (260)
naanak tumray baal gupaalaa. ||48||
Nanak is Your child, O Lord of the World. ||48||

ਸਲੋਕੁ  ॥ (260)

salok.
Shalok:

ਖੁਦੀ ਿਮਟੀ ਤਬ ਸੁਖ ਭਏ ਮਨ ਤਨ ਭਏ ਅਰੋਗ ॥ (260)

khudee mitee tab sukh bha-ay man tan bha-ay arog.
When selfishness and conceit are erased, peace comes, and the mind and body are healed.

ਨਾਨਕ ਿਦਰਸਤੀ ਆਇਆ ਉਸਤਿਤ ਜੋਗੁ ॥ 1 ॥ (260)
naanak daristee aa-i-aa ustat karnai jog. ||1||
O Nanak, then He comes to be seen - the One who is worthy of praise. ||1||

ਪਾੜੀ ॥ (260)

pa-orhee.
Pauree:

ਖਖਾ ਖਰਾ ਸਰਾਹੁ ਤਾਹੂ ॥ (260)

khakhaa kharaa sarahaa-o taahoo.
KHAKHA: Praise and extol Him on High,
Jo khin moh oonay subhar bharaahoo.
who fills the empty to over-flowing in an instant.

Kharaa nimaanaaa hot paraanee.
When the mortal being becomes totally humble,

An-din jaapai parabh nirbaanee.
then he meditates night and day on God, the Detached Lord of Nirvaanaa.

Bhaavai khasam ta u-aa sukh daytaa.
If it pleases the Will of our Lord and Master, then He blesses us with peace.

Such is the Infinite, Supreme Lord God.

He forgives countless sins in an instant.

O Nanak, our Lord and Master is merciful forever. ||49||
I speak the Truth - listen, O my mind: take to the Sanctuary of the Sovereign Lord King.

Give up all your clever tricks, O Nanak, and He shall absorb you into Himself.

Give up your clever tricks, you ignorant fool!

God is not pleased with clever tricks and commands.

You may practice a thousand forms of cleverness,

but not even one will go along with you in the end.

Meditate on that Lord, that Lord, day and night.
O soul, He alone shall go along with you.

Those whom the Lord Himself commits to the service of the Holy,

O Nanak, are not afflicted by suffering.

O Nanak, the Lord is pervading everywhere; He is contained in all spaces and interspaces.

Behold! The Lord God is totally pervading each and every heart.
ਸਲੋਕੁ ॥ (261)

Shalok:

O Nanak, everything is done by God. ||51||

ਸਲੋਕੁ ॥ (261)

salok.
Because of the balance due on his account, he can never be released; he makes mistakes each and every moment.

O Forgiving Lord, please forgive me, and carry Nanak across.

The sinner is unfaithful to himself; he is ignorant, with shallow understanding.

He does not know the essence of all, the One who gave him body, soul and peace.

For the sake of personal profit and Maya, he goes out, searching in the ten directions.

He does not enshrine the Generous Lord God, the Great Giver, in his mind, even for an instant.

Greed, falsehood, corruption and emotional attachment - these are what he collects within his mind.
lampat chor nindak maha tinhoo sang bihaa-ay.
The worst perverts, thieves and slanderers - he passes his time with them.

tuDh bhaavai taa bakhas laihi khotay sang kharay.
But if it pleases You, Lord, then You forgive the counterfeit along with the genuine.

naanak bhaavai paarbarahm paahan neer taray. ||52||
O Nanak, if it pleases the Supreme Lord God, then even a stone will float on water. ||52||

khaat peet khaylat hasat bharmay janam anayk.
Eating, drinking, playing and laughing, I have wandered through countless incarnations.

bhavjal tay kaadhahu parabhoon naanak tayree tayk. ||1||
Please, God, lift me up and out of the terrifying world-ocean. Nanak seeks Your Support. ||1||

khaylat khaylat aa-i-o anik jon dukh paa-ay.
Playing, playing, I have been reincarnated countless times, but this has only brought pain.
Troubles are removed, when one meets with the Holy; immerse yourself in the Word of
the True Guru.
Adopting an attitude of tolerance, and gathering truth, partake of the Ambrosial Nectar of
the Name.
When my Lord and Master showed His Great Mercy, I found peace, happiness and bliss.
My merchandise has arrived safely, and I have made a great profit; I have returned home
with honor.
The Guru has given me great consolation, and the Lord God has come to meet me.
He Himself has acted, and He Himself acts. He was in the past, and He shall be in the
future.
O Nanak, praise the One, who is contained in each and every heart.

Salok:
O God, I have come to Your Sanctuary, O Merciful Lord, Ocean of compassion.

One whose mind is filled with the One Word of the Lord, O Nanak, becomes totally blissful.

In the Word, God established the three worlds.

Created from the Word, the Vedas are contemplated.

From the Word, came the Shaastras, Simritees and Puraanas.

From the Word, came the sound current of the Naad, speeches and explanations.

From the Word, comes the way of liberation from fear and doubt.
акхар крам кират суч дхрама।
akhar karam kirat such Dharmaa.
From the Word, come religious rituals, karma, sacredness and Dharma.

daristimaan аkхar hai jetaa.
In the visible universe, the Word is seen.

naanak paarbarahm nirlepaa।54।
naanak paarbarahm nirlaypaa. ||54||
O Nanak, the Supreme Lord God remains unattached and untouched. ||54||

hath kalamm agamm mastak likhaavatee.
With pen in hand, the Inaccessible Lord writes man's destiny on his forehead.

urajh rahi-o sabh sang anoop roopaavatee.
The Lord of Incomparable Beauty is involved with all.

mohee daykh daras naanak balihaaree-aa।1।
Nanak is fascinated, gazing upon the Blessed Vision of Your Darshan; he is a sacrifice to You. ||1||
O Immovable Lord, O Supreme Lord God, Imperishable, Destroyer of sins:

O Perfect, All-pervading Lord, Destroyer of pain, Treasure of virtue:

O Companion, Formless, Absolute Lord, Support of all:

O Lord of the Universe, Treasure of excellence, with clear eternal understanding:

Most Remote of the Remote, Lord God: You are, You were, and You shall always be.

O my Lord and Master, I am Your slave. I am worthless, I have no worth at all.
ਨਾਨਕ ਦੀਜੈ ਨਾਮ ਦਾਨੁ ਰਾਖਉ ਹੀਐ ਪਰੋਇ ॥੫੫॥

Nanak: grant me the Gift of Your Name, Lord, that I may string it and keep it within my heart. ||55||

ਸਲੋਕੁ  ॥

Shalok:

The Divine Guru is our mother, the Divine Guru is our father; the Divine Guru is our Lord and Master, the Transcendent Lord.

The Divine Guru is my companion, the Destroyer of ignorance; the Divine Guru is my relative and brother.

The Divine Guru is the Giver, the Teacher of the Lord's Name. The Divine Guru is the Mantra which never fails.

The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine nectar; bathing in the Guru's wisdom, one experiences the Infinite.
The Divine Guru is the Creator, and the Destroyer of all sins; the Divine Guru is the Purifier of sinners.

The Divine Guru existed in the very beginning, throughout the ages, in each and every age. The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved.

O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner, but holding onto Him, I will be carried across.

The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak bows in humble reverence to the Lord, the Divine Guru. ||1||

Read this Shalok at the beginning, and at the end. ||

Gauree Sukhmani, Fifth Mehl,

One Universal Creator God. By The Grace Of The True Guru:

One Universal Creator God. By The Grace Of The True Guru:
आदि गुरै नमह ॥ (262)
aad gur-ay namah.
I bow to the Primal Guru.

तवांद गुरै नमह ॥ (262)
jugaad gur-ay namah.
I bow to the Guru of the ages.

मत्वकुवृत्त नमह ॥ (262)
satgur-ay namah.
I bow to the True Guru.

भृह गुर्देवै नमह ॥१॥ (262)
saree gurdav-ay namah. ||1||
I bow to the Great, Divine Guru. ||1||

अस्तपदी ॥ (262)
asatpadee.
Ashtapadee:

मिस्मारू मिस्मिर इस्मिर सुखु पावू ॥ (262)
simra-o simar simar sukh paava-o.
Meditate, meditate, meditate in remembrance of Him, and find peace.

किल कलेस तन माही मिटावू ॥ (262)
kal kalays tan maahi mitaava-o.
Worry and anguish shall be dispelled from your body.

मिस्मारू समू मिस्मिरद देवे ॥ (262)
simra-o jaas bisumbhar aikai.
Remember in praise the One who pervades the whole Universe.
ਨਾਮ ਜਪਤ ਅਗਨਤ ਅਨੇਕੈ ॥ (262)

naam japat agnat anaykai.
His Name is chanted by countless people, in so many ways.

ਬੇਦ ਪੁਰਾਨ ਸਿਸੀਮਰ੍ਿਤ ਸੁਧਾਖਯ੍ਯ੍ਰ ॥ (262)

bayd puraan simrit suDhaakh-yar.
The Vedas, the Puraanas and the Simritees, the purest of utterances,

ਕੀਨੇ ਰਾਮ ਨਾਮ ਇਕ ਆਖਯ੍ਯ੍ਰ ॥ (262)

keenay raam naam ik aakh-yar.
were created from the One Word of the Name of the Lord.

ਕਾਂਖੀ ਏਕਾ ਦਰਸ ਤੁਹਾਰੋ ॥ (262)

kaaNkhee aikai daras tuhaaro.
Those who yearn only for the blessing of Your Darshan -

ਸੁਖਮਨੀ ਸੁਖ ਅੰਿਮਰ੍ਿਤ ਪਰ੍ਭ ਨਾਮੁ ॥ (262)

sukhmanee sukh amrit parabh naam.
Sukhmanee: 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.

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.

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.
ਪਰ੍ਭ ਕੈ ਸਿਮਰਾਨ ਸਭ ਕਿਛੁ ਸੁਝਤੀ ॥ (263)
In the remembrance of God, all things are known.

ਪਰ੍ਭ ਕੈ ਸਿਮਰਾਨ ਜਮ ਤਰਾਸਾ ॥ (263)
In the remembrance of God, there is no fear of death.

ਪਰ੍ਭ ਕੈ ਸਿਮਰਾਨ ਪੂਰਨ ਆਸਾ ॥ (263)
In the remembrance of God, hopes are fulfilled.

ਪਰ੍ਭ ਜੀ ਬਾਸ਼ ਸਾਧ ਕੀ ਰਸਨਾ ॥ (263)
God abides upon the tongues of His Saints.

ਨਾਨਕ ਜਨ ਕਾ ਦਾਸਿਨ ਦਸਨਾ ॥4॥
Nanak is the servant of the slave of His slaves. ||4||

ਪਰ੍ਭ ਤੁਥੀ ਸਿਮਰਾਨ ਮੇ ਪਲੰਘੇ ॥ (263)
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.
ਨਾਨਕ ਜਨ ਕੀ ਮੰਗਈ ਰਵਾਲਾ ॥੫॥
Nanak begs for the dust of their feet. ||5||

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਸੇ ਪਰਉਪਕਾਰੀ ॥
Those who remember God generously help others.

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਇਤਨ ਸਦ ਬਿਲਹਾਰੀ ॥
Those who remember God - to them, I am forever a sacrifice.

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਸੇ ਮੁਖ ਸੁਹਾਵੇ ॥
Those who remember God - their faces are beautiful.

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਇਤਨ ਸੂਖ ਬਿਹਾਵੈ ॥
Those who remember God abide in peace.

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਇਤਨ ਆਤਮ ਜੀਤਾ ॥
Those who remember God conquer their souls.

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਇਤਨ ਨਿਰਮਲ ਰੀਤਾ ॥
Those who remember God have a pure and spotless lifestyle.

ਪਰ੍ਭ ਕਉ ਇਸਮੀਰ ਇਤਨ ਅਨਦ ਘਨੇਰੇ ॥
Those who remember God experience all sorts of joys.
ਪਰ੍ਭ ਕਉ ਿਸਮਰਿਹ ਬਸਿਹ ਹਿਰ ਨੇਰੇ ॥ (263)
parabh ka-o simrahi baseh har nayray.
Those who remember God abide near the Lord.

ਸੰਤ ਿਕਰ੍ਪਾ ਤੇ ਅਨਿਦਨੁ ਜਾਿਗ ॥ (263)
sant kirpaa tay an-din jaag.
By the Grace of the Saints, one remains awake and aware, night and day.

ਤਤਕ ਿਮਭਵਤ ਪੂਰੈ ਬਾਨੀ |॥ (263)
naanak simran poorai bhaag. ||6||
O Nanak, this meditative remembrance comes only by perfect destiny. ||6||

ਪਰ੍ਭ ਕੈ ਿਸਮਰਿਨ ਕਾਰਜ ਪੂਰੇ ॥ (263)
parabh kai simran kaaraj pooray.
Remembering God, one's works are accomplished.

ਪਰ੍ਭ ਕੈ ਿਸਮਰਿਨ ਕਬਹੁ ਨ ਝੂਰੇ ॥ (263)
parabh kai simran kabahu na jhooray.
Remembering God, one never grieves.

ਪਰ੍ਭ ਕੈ ਿਸਮਰਿਨ ਹਿਰ ਗੁਨ ਬਾਨੀ ॥ (263)
parabh kai simran har gun baanee.
Remembering God, one speaks the Glorious Praises of the Lord.

ਪਰ੍ਭ ਕੈ ਿਸਮਰਿਨ ਸਹਿਜ ਸਮਾਨੀ ॥ (263)
parabh kai simran sahj samaanee.
Remembering God, one is absorbed into the state of intuitive ease.

ਪਰ੍ਭ ਕੈ ਿਸਮਰਿਨ ਿਨਹਚਲ ਆਸਨੁ |॥ (263)
parabh kai simran nihchal aasan.
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.

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.
हिर सिमरन नीच चहु कुंट जाते ॥ (263)

Remembering the Lord, the lowly become known in all four directions.

हिर सिमरन धारी सभ धरना ॥ (263)

For the remembrance of the Lord, the whole world was established.

हिर सिमरन कीओ सगल अकारा ॥ (263)

For the remembrance of the Lord, He created the whole creation.

हिर सिमरन मेह आप निरंकारा ॥ (263)

In the remembrance of the Lord, He Himself is Formless.

किर किरपा जिसु आप बुझाइਆ ॥ (263)

By His Grace, He Himself bestows understanding.

O Nanak, the Gurmukh attains the remembrance of the Lord. ||8||1||

Shalok:

गुरमुख हिर सिमरन तिन पाइा ॥8॥1॥

O Nanak, the Gurmukh attains the remembrance of the Lord. ||8||1||

Shalok:
ਦੀਨ ਦਰਦ ਦੁਖ ਭੰਜਨਾ ਘਿਟ ਘਿਟ ਨਾਥ ਅਨਾਥ ॥ (263)

deen darad dukh bhanjnaa ghat ghat naath anaath.
O Destroyer of the pains and the suffering of the poor, O Master of each and every heart, O Masterless One:

ਮਾਨੀ ਮੋਗੀ ਮੋਗੀ ਤਰਹੋ ਰੋਲੁ ਮਾਥ ॥੭॥ (263)

saran tumhaa re aa-i-o naanak kay parabh saath. ||1||
I have come seeking Your Sanctuary. O God, please be with Nanak! ||1||

ਅਸਟਪਦੀੀ ॥ (264)

asatpadee.

Ashtapadee:

ਜਹ ਮਾਤ ਪਿਤਾ ਸੁਤ ਮੀਤ ਨ ਭਾਈ ॥ (264)

jah maat pitaa sut meet na bhaa-ee.
Where there is no mother, father, children, friends or siblings -

ਮਨ ਊਹਾ ਨਾਮੁ ਤੰਤਰੈ ਸੰਗ ਸਹਾਈ ॥ (264)

man oohaa naam tayrai sang sahaa-ee.
O my mind, there, only the Naam, the Name of the Lord, shall be with you as your help and support.

ਜਹ ਮਾਤਾ ਭਹਾਨ ਦੂਨ ਨਮ ਚਲੈ ॥ (264)

jah maata bha-aan doot jam chalai.
Where the great and terrible Messenger of Death shall try to crush you,

ਊਰ ਤੇਹਾ ਨਾਮ ਸੰਗ ਤੰਤਰਈ ਚਲੇ ਚਲੇ ॥ (264)

tah kayval naam sang tayrai chalai.
there, only the Naam shall go along with you.

ਜਹ ਮੁਸਕਲ ਹੋਵੈ ਅਤੀ ਭਾਰੀ ॥ (264)

jah muskal hovai ati bhaaree.
Where the obstacles are so very heavy,
ਹਿਰਾਕ ਨਾਮ ਖਿਨ ਮਾਹੀ ਉਧਾਰੀ ॥ (264)

ਅਨਤਿਕ ਪੁਨਹਚਰਨ ਕਰਨ ਨਹੀ ਤਾਰੀ ॥

ਹਿਰਾਕ ਨਾਮ ਕੋਟ ਪਾਪ ਪਰਹੈ ॥ (264)

ਗੁਰਮੁਖ ਨਾਮ ਜਪਾ ਮਨ ਮੇਰੇ ॥

ਨਾਨਕ ਪਾਵ ਸੂਖ ਘਨੇਰੇ ॥੧॥ (264)

ਲਾਖ ਕਰ ਬੰਧ ਨ ਪਰੈ ॥ (264)

ਰਾਜਾ ਦੁਖੀਆ ॥ (264)

ਸਤਗਾਂਭਿ ਕੋ ਰਾਜ ਦੁਖੀਆ ॥

ਛਿੰਦੀ ਕਰੋ ਰਾਮ ਤੁਥ ਥਾਵੇ ॥ (264)

ਲਾਖ ਕਰੋ ਰਾਮ ਤੁਥ ਥਾਵੇ ॥ (264)

ਹਿਰ ਕੋ ਨਾਮ ਖਿਨ ਮਾਹੀ ਉਧਾਰੀ।

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||

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.
हिर का नामु जपत निसतरै ॥

Chanting the Name of the Lord, you shall find release.

अिनक माइआ रंग ितख न बुझावै ॥

By the countless pleasures of Maya, your thirst shall not be quenched.

हिर का नामु जपत आघावै ॥

Chanting the Name of the Lord, you shall be satisfied.

अिनक मारिग इहु जात इके ला ॥

Upon that path where you must go all alone,

तह हिर नामु संिग होत सुहेला ॥

there, only the Lord’s Name shall go with you to sustain you.

ऐसा नामु मन सदा िधआईऐ ॥

On such a Name, O my mind, meditate forever.

ਛੂਟਤ ਨਹੀ ਕੋਿਟ ਲਖ ਬਾਹੀ ॥

You shall not be saved by hundreds of thousands and millions of helping hands.
Naam japat tah paar paraahee.
Chanting the Naam, you shall be lifted up and carried across.

Anik bighan jah aa-ay sanghaarai.
Where countless misfortunes threaten to destroy you,

Har kaa naam tatkaal uDhaarai.
The Name of the Lord shall rescue you in an instant.

Anik jon janmai mar jaam.
Through countless incarnations, people are born and die.

Naam japat paavai bisraam.
Chanting the Name of the Lord, you shall come to rest in peace.

Ha-o mailaa malu kabahu na Dhovai.
The ego is polluted by a filth which can never be washed off.

Har kaa naam kot paap khovai.
The Name of the Lord erases millions of sins.

Aisaa naam japahu man rang.
Chant such a Name with love, O my mind.
O Nanak, it is obtained in the Company of the Holy. ||3||

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,
तः हिर के नाम की तुम ऊपर छाम ॥

there, the Name of the Lord will give you shade.

जहां तिरिखा मन तुझु आकरखै ॥

Where thirst, O my mind, torments you to cry out,

तह नानक हिर हिर अिमर्तु बरखै ॥४॥

there, O Nanak, the Ambrosial Name, Har, Har, shall rain down upon you. ||4||

भगत जना की बरतन नामु ॥

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

संत जना कै मिन बिस्रामु ॥

The minds of the humble Saints are at peace.

हिर का नामु दास की ओट ॥

The Name of the Lord is the Support of His servants.

हिर के नामि उधरे जन कोटि ॥

By the Name of the Lord, millions have been saved.

हिर जसु करत संत दिनु राति ॥

The Saints chant the Praises of the Lord, day and night.
हिर हिर अउखधु साध कमाित ॥ (264)
har har a-ukhaDh saaDh kamaat.  
Har, Har - the Lord's Name - the Holy use it as their healing medicine.

हिर जन कै हिर नामु िनधानु ॥ (264)
har jan kai har naam niDhaan. 
The Lord's Name is the treasure of the Lord's servant.

पारबर੍ਹਿਮ जन कीनो दान ॥ (264)
paarbarahm jan keeno daan.  
The Supreme Lord God has blessed His humble servant with this gift.

ਮਨ ਤਨ ਰੰਗ ਰਤੇ ਰੰਗ ਏਕੈ ॥ (264)
man tan rang ratay rang aikai.  
Mind and body are imbued with ecstasy in the Love of the One Lord.

ਨਾਨਕ ਜਨ ਕੈ ਿਬਰਿਤ ਿਬਬੇਕੈ ॥੫॥ (264)
aanak jan kai birat bibaykai. ||5||  
O Nanak, careful and discerning understanding is the way of the Lord's humble servant. ||5||

ਹਿਰ ਕਾ ਨਾਮੁ ਜਨ ਕਉ ਿਤਰ੍ਪਿਤ ਭੁਗਿਤ ॥ (264)
har kaa naam jan ka-o taripat bhugat.  
The Name of the Lord is the path of liberation for His humble servants.

ਹਿਰ ਕੈ ਨਾਮ ਜਨ ਕਰੂ ਮੁਕਿਤ ਜੁਗਿਤ ॥ (264)
har kai naam jan ka-o mukat jugat.  
The Name of the Lord is the path of liberation for His humble servants.

nectar ਤਤ ਬਹੁ ਨਾਮ ਕਲਪਿਤ ਜੁਗਿਤ ॥ (264)

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.

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.
ਨਾਨਕ ਜਨ ਸੰਗੇ ਕੇਤੇ ਤੰਦਰੇ ॥੭॥ (265)
O Nanak, along with His servants, many others are saved. ||7||

ਪਾਰਜਾਤੁ ਇਹੁ ਹਿਰ ਕੋ ਨਾਮ ॥ (265)
This Elysian Tree of miraculous powers is the Name of the Lord.

ਕਾਮਧੇਨ ਹਿਰ ਹਿਰ ਗੁਣ ਗਾਮ ॥ (265)
The Khaamadhayn, the cow of miraculous powers, is the singing of the Glory of the Lord's Name, Har, Har.

ਸਭ ਤੇ ਊਤਮ ਹਿਰ ਕੀ ਕਥਾ ॥ (265)
Highest of all is the Lord's Speech.

ਨਾਮ ਸੁਨਤ ਦਰਦ ਦੁਖ ਲਥਾ ॥ (265)
Hearing the Naam, pain and sorrow are removed.

ਸੰਤ ਕਾ ਸੰਗ ਵਡਭਾਗੀ ਪਾਈਐ ॥ (265)
The Society of the Saints is obtained by great good fortune.
Sant kee sayvaa naam Dhi-aa-ee-ai.
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.

They are not equal to Har, Haray - O Nanak, the Lord's Invaluable Name.

Chanting, intense meditation, spiritual wisdom and all meditations;
khat saastar simrit vakhi-aan.
the six schools of philosophy and sermons on the scriptures;

jog abhi-aas karam Dharam kiri-aa.
the practice of Yoga and righteous conduct;

sagal ti-aag ban maDhay firi-aa.
the renunciation of everything and wandering around in the wilderness;

anik parkaar kee-ay baho jatnaa.
the performance of all sorts of works;

punn daan homay baho ratnaa.
donations to charities and offerings of jewels to fire;

sareer kataa-ay homai kar raatee.
cutting the body apart and making the pieces into ceremonial fire offerings;

varat naym karai baho bhaatee.
keeping fasts and making vows of all sorts -

nahee tul raam naam beechaar.
one 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||

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;
तउ भी हउमै मैलु न जावै ॥ (265)
but even so, the filth of your ego shall not depart.

हिर के नाम समसर कछु नाहि ॥ (265)
There is nothing equal to the Name of the Lord.

नानक गुरमुिख नामु जपत गित पािह ॥२॥ (265)
O Nanak, as Gurmukh, chant the Naam, and obtain salvation. ||2||

मन कामना तीरथ देह छुटै ॥ (265)
With your mind filled with desire, you may give up your body at a sacred shrine of pilgrimage;

गरबु गुमानु न मन ते हुटै ॥ (265)
but even so, egotistical pride shall not be removed from your mind.

में बतै दिरु मठ बंडिड ॥ (265)
You may practice cleansing day and night,

मठ बी मैलु न तन ते जात ॥ (265)
but the filth of your mind shall not leave your body.

इसु देही कउ बहु साधना करै ॥ (265)
You may subject your body to all sorts of disciplines,
man tay kabhoo na bikhi-aa tarai.
but your mind will never be rid of its corruption.

jal Dhovai baho dayh aneet.
You may wash this transitory body with loads of water,

suDh kahaa ho-ay kaachee bheet.
but how can a wall of mud be washed clean?

man har kay naam kee mahimaa ooch.
O my mind, the Glorious Praise of the Name of the Lord is the highest;

naanak naam uDhray patit baho mooch. ||3||
O Nanak, the Naam has saved so many of the worst sinners. ||3||

bahut si-aanap jam kaa bha-o bi-aapai.
Even with great cleverness, the fear of death clings to you.

anik jatan kar tarisan naa Dharaapai.
You try all sorts of things, but your thirst is still not satisfied.

bhaykh anayk agan nahee bujhai.
Wearing various religious robes, the fire is not extinguished."
कॉट उपाव दरगह नहीं सिहाई।

Even making millions of efforts, you shall not be accepted in the Court of the Lord.

छूटिस नाही ऊभ पइआिल॥

You cannot escape to the heavens, or to the nether regions,

मोह बिआपि माइआ जाल॥

if you are entangled in emotional attachment and the net of Maya.

अवर करतूत सगली जमु डानै॥

All other efforts are punished by the Messenger of Death,

गोविंद भजन बिनू ितलु नही मानै॥

which accepts nothing at all, except meditation on the Lord of the Universe.

हिर का नामु जपत दुखु जाइ॥

Chanting the Name of the Lord, sorrow is dispelled.

नानक बोलै सहिज सुभाइ॥४॥

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

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 -
ਰੁਦਰ ਟਾ ਬੇ ਬਲੀ ਬਲੀ ਸਭਮ ||5|| (266)
naanak taa kai bal bal jaasaa ||5||
Nanak is a sacrifice, a sacrifice to them. ||5||

ਮਗਰਦ ਪੁਰਖ ਮਿਹ ਪੁਰਖ ਪਰਦਾਨ || (266)
sagal purakh meh purakh parDhaan.
Among all persons, the supreme person is the one

ਯਾਦਾ ਵਿੱਚ ਸੋਤੇ ਇੱਕੇ || (266)
so-o ganee-ai sabh tay oochaa.
shall be accounted as the highest of all.

ਹਿਰ ਹਿਰ ਨਾਮ ਤੀਨ ਬਢ ਬਢ ਚੀਨਾ || (266)
recognizes the Name of the Lord, Har, Har, in each and every heart.

ਮਨ ਅਪੁਨੇ ਤੇ ਬੁਰਾ ਤੀਨਾਂ || (266)
One who eradicates cruelty from within his own mind,
paykhāi sagal sarisat saajnaa.
looks upon all the world as his friend.

sookh dookh jan sam daristaytaa.
One who looks upon pleasure and pain as one and the same,

naanak paap punn nahee laypaa. ||6||
O Nanak, is not affected by sin or virtue. ||6||

nirDhan ka-o Dhan tayro naa-o.
To the poor, Your Name is wealth.

nithaavay ka-o naa-o tayraa thaa-o.
To the homeless, Your Name is home.

nimaanay ka-o parabh tayro maan.
To the dishonored, You, O God, are honor.

sagal ghataa ka-o dayvhu daan.
To all, You are the Giver of gifts.
सगल घटा के अंतरजामी ॥ (266)
sagal ghataa kay antarjaamee.
Inner-knower, Searcher of all hearts:

अपनी गति मिति जानहु आपे ॥ (266)
apnee gat mit jaanhu aapay.
You alone know Your own condition and state.

आपन संग आपि प्रभ राते ॥ (266)
aapan sang aap parabh raatay.
You Yourself, God, are imbued with Yourself.

तुम्ही उसतित तुम ते होइ ॥ (266)
tumHree ustat tum tay ho-ay.
You alone can celebrate Your Praises.

नानक अवरु न जानिस कोइ ॥७॥ (266)
aunanak avar na jaanas ko-ay. ||7||
O Nanak, no one else knows. ||7||

सरब धरम मेह सर्देस्ट धरमु ॥ (266)
sarab Dharam meh saraysat Dharam.
Of all religions, the best religion

हार को नामु जपि निरमल करमु ॥ (266)
har ko naam jap nirmal karam.
is to chant the Name of the Lord and maintain pure conduct.

सगल क्रिया महि ऊतम किरिआ ॥ (266)
sagal kir-aa meh ootam kiri-aa.
Of all religious rituals, the most sublime ritual
ਸਾਧਸੰਗ ਦੁਰਮਿਤ ਮਲੁ ਹਿਰਾਂ ॥ (266)

saaDhsang durmat mal hiri-aa.
is to erase the filth of the dirty mind in the Company of the Holy.

ਸਗਲ ਉਦਮ ਮਹੀ ਉਦਮੁ ਭਾਲਾ ॥ (266)

sagal udam meh udam bhalaa.
Of all efforts, the best effort

ਹਿਰ ਕਾ ਨਾਮੁ ਜਪਹੁ ਜੀੜਾ ਸਦਾ ॥ (266)

har kaa naam japahu jee-a sadaa.
is to chant the Name of the Lord in the heart, forever.

ਸਗਲ ਬਾਨੀ ਮਹੀ ਅਮਰ੍ਤ ਬਾਨੀ ॥ (266)

sagal baanee meh amrit baanee.
Of all speech, the most ambrosial speech

ਹਿਰ ਕੋ ਜਸੁ ਜੂਨ ਰਸਨ ਬੇਖਾਨੀ ॥ (266)

har ko jas sun rasan bakhaanee.
is to hear the Lord's Praise and chant it with the tongue.

ਸਗਲ ਥਾਨ ਤੇ ਓਹੁ ਊਤਮ ਥਾਨੁ ॥ (266)

sagal thaan tay oh ootam thaan.
Of all places, the most sublime place,

ਨਾਨਕ ਜਿਹ ਘਟੀ ਬਸੇ ਹਿਰੀ ਨਾਮੁ ॥ (266)

naanak jih ghati vasai hari naam. ||8||3||
O Nanak, is that heart in which the Name of the Lord abides. ||8||3||

ਸਲੋਕੁ ॥ (266)
salok.
Shalok:
ਨ੍ਰਗੁਣੀਆਰ ਇਆਨਆ ਸੋ ਪਰ੍ਭੁ ਸਦਾ ਸਮਨਲ ॥ (266)

You worthless, ignorant fool - dwell upon God forever.

ਜਿਨ ਕੀਅਾ ਤਿਸੁ ਚੀਟ ਰਖਣਾ ਨਾਕਾ ਨਿਵਹੀ ਨਾਲ ॥੧॥ (266)

Cherish in your consciousness the One who created you; O Nanak, He alone shall go along with you. ||1||

ਅਸਟਪਦੀ ॥ (266)
asatpadee.

Ashtapadee:

ਰਮਈਆ ਕੇ ਗੁਨ ਚੀਤ ਪਰਾਨੀ ॥ (266)

Think of the Glory of the All-pervading Lord, O mortal;

ਕਵਨ ਮੂਲ ਤੇ ਕਵਨ ਦਰਸਟਆਨੀ ॥ (266)

what is your origin, and what is your appearance?

ਗਰਭ ਅਗਨੀ ਮਿਹ ਜਨਨੀ ਉਬਾਈਆ ॥ (266)
in the fire of the womb, He preserved you.

ਬਾਰ ਬਵਵਸਥਾ ਤੁਜ਼ਹ ਪਾਰੈ ਦੂਧ ॥ (266)

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,

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.

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.
ਸੁਖਦਾਈ  ਪਵਨੁ  ਪਾਵਕੁ  ਅਮੁਲਾ ॥ (267)
sukh-daa-ee pavan paavak amulaa.
You have peaceful breezes and priceless fire.

ਿਜਹ  ਪ੍ਰਸਾਦ ਹੋਗਿਹ  ਸਭ ਰਸਾ ॥ (267)
jih parasad bhogeh sabh rasaa.
By His Grace, you enjoy all sorts of pleasures.

ਸਗਲ  ਸਮਗਰ੍ੀ  ਸਾਥ  ਬਸਾ ॥ (267)
sagal samagree sang saath basaa.
You are provided with all the necessities of life.

ਦੀਨੇ  ਹਸਤ  ਪਾਵ  ਕਰਨ  ਨੇਤਰਾ  ਰਸਨਾ ॥ (267)
deenay hasat paav karan naytar rasnaa.
He gave you hands, feet, ears, eyes and tongue,

ਿਤਾਹਿ  ਤਿਆਗ ਅਵਰ  ਸਾਥ  ਰਚਨਾ ॥ (267)
tiseh ti-aag avar sang rachnaa.
and yet, you forsake Him and attach yourself to others.

ਅੱਤ ਰੂਪ ਅੰਧ  ਬੀਆਪੇ ॥ (267)
aisay dokh moorh anDh bi-aapay.
Such sinful mistakes cling to the blind fools;

ਨਾਨਕ  ਕਾਢ  ਲੇਹੁ  ਪਰ੍ਭ  ਆਪੇ ॥੨॥ (267)
naanak kaadh layho parabh aapay. ||2||
Nanak: uplift and save them, God! ||2||

ਾਦੀ  ਅੰਤੇ  ਜੰਭਰਾਤੂ ॥ (267)
aad ant jo raakhanhaar.
From beginning to end, He is our Protector,
ਸਦ ਸਦ ਇਹ ਭੂਲ ਨਹੀਂ ਲਾਵੈ ॥ (267)

jaa kee tahal paavai dargeh maan.
In His service, one obtains honor in the Court of the Lord,

ਤਾ ਕਉ ਅੰਧਾ ਜਾਨਤ ਦੂਰੇ ॥ (267)

taa ka-o anDhaa jaanat dooray.
and yet, the spiritually blind believe that He is far away.

ਜੋ ਠਾਕੁ ਰੁ ਸਦ ਸਦਾ ਹਜੂਰੇ ॥ (267)

jo thaakur sad sadaa hajooray.
Our Lord and Master is Ever-present, forever and ever,

ਜਾ ਕੀ ਟਹਲ ਪਾਵੈ ਦਰਗਹ ਮਾਨੁ ॥ (267)

jaa kee tahal paavai dargeh maan.
In His service, one obtains honor in the Court of the Lord,

ਜਾ ਕੀ ਸੇਵਾ ਨਵ ਨਿਧ ਪਾਵੈ ॥ (267)

jaa kee sayvaa nav niDh paavai.
Serving Him, the nine treasures are obtained,

ਤਾ ਸਿੱਠ ਮੂੜਾ ਮਨ ਨਹੀਂ ਲਾਵੈ ॥ (267)

taa si-0 moorhaa man nahee laavai.
and yet, the foolish do not link their minds with Him.

ਤੇ ਠਕਰੁ ਨਹ ਮੰਨਨਹਾਰੁ ॥ (267)

tiseh bisaarai mugaDh ajaan.
and yet, the ignorant fool forgets Him.

ਦੀਸਾ ਦੀਸਾ ਇਹ ਮੁਗਧ ਅਜਾਨੁ ॥ (267)

tis si-o pareet na karai gavaar.
and yet, the ignorant do not give their love to Him.

ਤਾ ਕੁੱਦਰ ਤਲ ਲਿਖ ਪਾਵੈ ॥ (267)

jaa kee sayvaa nav niDh paavai.
Serving Him, the nine treasures are obtained,

ਤਾ ਸਿਠ ਮੂੰਢਾ ਮਨ ਨਹੀ ਲਾਵੈ ॥ (267)

taa si-o moorhaa man nahee laavai.
and yet, the foolish do not link their minds with Him.

ਤੇ ਠਕਰੁ ਨਹ ਮੰਨਨਹਾਰੁ ॥ (267)

tiseh bisaarai mugaDh ajaan.
and yet, the ignorant fool forgets Him.

ਤਾ ਕੁੱਦਰ ਅੰਧਾ ਜਾਨਤ ਦੂਰੇ ॥ (267)

taa ka-o anDhaa jaanat dooray.
and yet, the spiritually blind believe that He is far away.

ਤਾ ਸਿੱਠ ਮੂੰਢਾ ਮਨ ਨਹੀ ਲਾਵੈ ॥ (267)

taa si-o moorhaa man nahee laavai.
and yet, the foolish do not link their minds with Him.

ਤੇ ਠਕਰੁ ਨਹ ਮੰਨਨਹਾਰੁ ॥ (267)

tiseh bisaarai mugaDh ajaan.
and yet, the ignorant fool forgets Him.

ਜਾ ਕੀ ਸੇਵਾ ਨਵ ਨਿਧ ਪਾਵੈ ॥ (267)

jaa kee sayvaa nav niDh paavai.
Serving Him, the nine treasures are obtained,
ਨਾਨਕ ਰਾਖਨਹਾਰੁ ਅਪਾਰੁ ॥੩॥
O Nanak, the Infinite Lord is our Saving Grace. ||3||

ਰਤਨੁ ਿਤਆਿਗ ਕਉਡੀ ਸੰਿਗ ਰਚੈ ॥
Forsaking the jewel, they are engrossed with a shell.

ਸਾਚੁ ਛੋਿਡ ਝੂਠ ਸੰਿਗ ਮਚੈ ॥
They renounce Truth and embrace falsehood.

ਜੋ ਛਡਨਾ ਸੁ ਅਸਿਥਰੁ ਕਿਰ ਮਾਨੈ ॥
That which passes away, they believe to be permanent.

ਜੋ ਹੋਵਨੁ ਸੋ ਦੂਰ ਪਰਾਨੈ ॥
That which is immanent, they believe to be far off.

ਛੋਿਡ ਜਾਇ ਿਤਸ ਕਾ ਸਰਮੁ ਕਰੈ ॥
They struggle for what they must eventually leave.

ਸੰਿਗ ਸਹਾਈ ਿਤਸੁ ਪਰਹਰੈ ॥
They turn away from the Lord, their Help and Support, who is always with them.

ਚੰਦਨ ਲੇਪੁ ਉਤਾਰੈ ਧੋਇ ॥
They wash off the sandalwood paste;
ਗਰਧਬ ਪਰ੍ੀਿਤ ਭਸਮ ਸੰਗ ਹੋਇ ॥

like donkeys, they are in love with the mud.

ਅੰਧ ਕੂਪ ਮਿਹ ਪਿਤਤ ਿਬਕਰਾਲ ॥

They have fallen into the deep, dark pit.

ਨਾਨਕ ਕਾਿਢ ਲੇਹੁ ਪਰ੍ਭ ਦਇਆਲ ॥੪॥

Nanak: lift them up and save them, O Merciful Lord God! ||4||

ਕਰਤੂਿਤ ਪਸੂ ਕੀ ਮਾਨਸ ਜਾਿਤ ॥

They belong to the human species, but they act like animals.

ਲੋਕ ਪਚਾਰਾ ਕਰੈ ਿਦਨੁ ਰਾਿਤ ॥

They curse others day and night.

ਬਾਹਿਰ ਭੇਖ ਅੰਤਿਰ ਮਲੁ ਮਾਇਆ ॥

Outwardly, they wear religious robes, but within is the filth of Maya.

ਛਪਿਸ ਨਾਿਹ ਕਛੁ ਕਰੈ ਛਪਾਇਆ ॥

They cannot conceal this, no matter how hard they try.

ਬਾਹਿਰ ਿਗਆਨ ਿਧਆਨ ਇਸਨਾਨ ॥

Outwardly, they display knowledge, meditation and purification,
antar bi-aapai lobb su-aan.
but within clings the dog of greed.

antar agan baahar tan su-aah.
The fire of desire rages within; outwardly they apply ashes to their bodies.

gal paathar kaisay tarai atthaah.
There is a stone around their neck - how can they cross the unfathomable ocean?

jaa kai antar basai parabh aap.
Those, within whom God Himself abides -

naanak tay jan sahj samaat. ||5||
O Nanak, those humble beings are intuitively absorbed in the Lord. ||5||
	sun anDhaa kaisay maarag paavai.
By listening, how can the blind find the path?

kar geh layho orh nibhaavai.
Take hold of his hand, and then he can reach his destination.

kahaa bujhaarat boojhai doraa.
How can a riddle be understood by the deaf?
निनिस कही तू समझेहोरा ॥

निस कही-ऐ तू समझेहोरा।
Say 'night', and he thinks you said 'day'.

वर घममररथ गावै गुंग ॥

कहा बीसनपद गावै गुंग।
How can the mute sing the Songs of the Lord?

जनर बै उठी ही मुख बैंग ॥

जतन करे तू भी सुर भंग।
He may try, but his voice will fail him.

वर पिङ्गुल परबत पर भवन ॥

kah pinguul parbat par bhavan.
How can the cripple climb up the mountain?

संग सहाई सु आवै न चीत ॥

संग सहाई सु आवै न चीत।
The Lord, our Help and Support, is always with us, but the mortal does not remember Him.

नानक तुम री करपा तरै ॥६॥

नानक तुम्री किरपा तरे। ||6||
Nanak: by Your Grace, please save me. ||6||
जो बैराई ता सिव प्रीति ॥ (267)
He shows love to his enemies.

बलूआ के गिर्ह भीति रसै ॥ (267)
He lives in a castle of sand.

अनद के माया रंग रसै ॥ (267)
He enjoys the games of pleasure and the tastes of Maya.

दरिह कर मानइ मनंिह प्रतीित ॥ (267)
He believes them to be permanent - this is the belief of his mind.

कालु न आवै मूड़े चीित ॥ (267)
Death does not even come to mind for the fool.

बैर बिरोध काम कर्ोध मोह ॥ (267)
Hate, conflict, sexual desire, anger, emotional attachment,

झूठ बिकार महा लोभ धर्ोह ॥ (267)
falsehood, corruption, immense greed and deceit:

इआहू जुगित िबहाने कई जनम ॥ (268)
So many lifetimes are wasted in these ways.
Nanak: uplift them, and redeem them, O Lord - show Your Mercy! ||7||

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.
तुम ते होइ सु आिगआकारी ॥
That which has come from You is under Your Command.

तुमरੀ गਿਤ ਿਮਿਤ ਤੁਮ ਹੀ ਜਾਨੀ ॥
You alone know Your state and extent.

ਨਾਨਕ ਦਾਸ ਸਦਾ ਕੁਰਬਾਨੀ ॥८॥੪॥
Nanak, Your slave, is forever a sacrifice. ||8||4||

ਦੇਨਹਾਰੁ ਪਰ੍ਭ ਛੋਿਡ ਕੈ ਲਾਗਿਹ ਆਨ ਸੁਆਇ ॥
One who renounces God the Giver, and attaches himself to other affairs -

ਨਾਨਕ ਕਹੂ ਨ ਸੀਜਈ ਿਬਨੁ ਨਾਵੈ ਪਿਤ ਜਾਇ ॥१॥
O Nanak, he shall never succeed. Without the Name, he shall lose his honor. ||1||

ਦਸ ਬਸਤੂ ਲੇ ਪਾਛੈ ਪਾਵੈ ॥
He obtains ten things, and puts them behind him;
एक बसतु कारिन िबखोिट गवावै ॥ (268)
for the sake of one thing withheld, he forfeits his faith.

एक भी न देइ दस भी हिरि लेइ ॥ (268)
But what if that one thing were not given, and the ten were taken away?

तउ मूੜ़ा कहु कहा करेइ ॥ (268)
Then, what could the fool say or do?

जिस ठाकुर मिजू नाही चारा ॥ (268)
Our Lord and Master cannot be moved by force.

ता कउ कीजै सद नमसकारा ॥ (268)
Unto Him, bow forever in adoration.

जा कै मिन लागा पर्भु मीठा ॥ (268)
That one, unto whose mind God seems sweet -

सरब सूख ताहू मनि वूठा ॥ (268)
all pleasures come to abide in his mind.

jis jan apnaa hukam manaa-i-aa.
One who abides by the Lord's Will,
O Nanak, obtains all things. ||1||

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,
parabh kee aagi-aa maanai maathai.
and willingly abides by the Will of God's Order,

us tay cha-ugun karai nihaal.
the Lord will make him happy four times over.

naanak saahib sadaa da-i-aal. ||2||
O Nanak, our Lord and Master is merciful forever. ||2||

anhik bhaat maa-i-aa kay hayt. The many forms of attachment to Maya,
sarpar hovat jaan anayt.
shall surely pass away - know that they are transitory.

birakh kee chhaa-i-aa si-o rang laavai.
People fall in love with the shade of the tree,

oh binsai uho man pachhutaavai.
and when it passes away, they feel regret in their minds.

jo deesai so chaalanhaar.
Whatever is seen, shall pass away;
ਲਪਿਟ ਬਿਲਿਧ ਤੁਹ ਅੰਧ ਅੰਧਾਰੁ ॥ (268)

ਲਪਿਟ ਰਹਿੋ ਤਹ ਅੰਧ ਅੰਧਾਰੂ ॥

lapat rahi-o tah anDh anDhaar.
and yet, the blindest of the blind cling to it.

ਘਟਾਂ ਸਿੱਧੇ ਤੇ ਲੱਬੇ ਤੇਖ ॥ (268)

ਘਟਾਂ ਸਿੱਧੁ ਜੋ ਲਾਖੇ ਨੇਹ ॥

bataa-oo si-o jo laavai nayh.
One who gives her love to a passing traveler -

ਦਾ ਬਿਦੀ ਤਾਂ ਵੀ ਆਵਾਈ ਦੇਵ ॥ (268)

taa ka-o haath na aavai kayh.
nothing shall come into her hands in this way.

ਭਨ ਹੀ ਕੀ ਸੰਸਾਰ ਦਾ ਚੜ੍ਹਣਾਂ ॥ (268)

ਮਨ ਹਿਰ ਕੀ ਪਿਤਾਲ ਕੁਵਤੇ ਦੀ ॥

man har kay naam kee pareet sukh-daa-ee.
O mind, the love of the Name of the Lord bestows peace.

ਦਵਹਾ ਵਿਵਾਦ ਕਰਤਰ ਆਪਣੀ ਲੱਬੇ ਦੇਵੀ ਦੇਵੀ ॥੩॥ (268)

ਕਰ ਕੀਰਾ ਨਾਨਕ ਆਪਣੀ ਲੱਬੇ ਲੈ।੩॥

kar kirpaa naanak aap laay laa-ee. ||3||
O Nanak, the Lord, in His Mercy, unites us with Himself. ||3||

ਮਿਥਾ ਤਹ ਬਹੁਕਾਰ ਮੰਨਸਿਆ ॥ (268)

ਮਿਥਾ ਤੂੰ ਧਨੁ ਕੁਟੰਬੁ ਸੰਭਵਿਆ ॥

mithi-aa tan Dhan kutamb sabaa-i-aa.
False are body, wealth, and all relations.

ਮਿਥਾ ਹੁਏ ਮਮਤਾ ਮਾਯਾ ॥ (268)

ਮਿਥਾ ਹੁਏ ਸੰਤਾ ਮਾਲ ਸਵਾਇਆ ॥

mithi-aa ha-umai mamtaa maa-i-aa.
False are ego, possessiveness and Maya.

ਮਿਥਾ ਤੁਹ ਸੇਵਾ ਫੇਂ ਭਰੁ ॥ (268)

ਮਿਥਾ ਰਾਜ ਜੀਵ ਧਨ ਮਾਲੁ ॥

mithi-aa raaj joban Dhan maal.
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.

False are the ears which listen to the slander of others.
misthi-aa hasat par darab ka-o hireh.
False are the hands which steal the wealth of others.

misthi-aa naytar paykhat par tari-a roopaad.
False are the eyes which gaze upon the beauty of another's wife.

misthi-aa rasnaa bhojan an savaad.
False is the tongue which enjoys delicacies and external tastes.

misthi-aa charan par bikaar ka-o Dhaaveh.
False are the feet which run to do evil to others.

misthi-aa man par loblubhaaveh.
False is the mind which covets the wealth of others.

misthi-aa tan nahee par-upkaaraa.
False is the body which does not do good to others.

misthi-aa baas layt bikaaraa.
False is the nose which inhales corruption.

bin boojhay misthi-aa sabh bha-ay.
Without understanding, everything is false.
Fruitful is the body, O Nanak, which takes to the Lord’s Name. ||5||

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,


ji-o kirpan kay niraarath daam.
like the wealth of a miser, which lies useless.

Dhan Dhan tay jan jih ghat basi-o har naa-o.
Blessed, blessed are those, whose hearts are filled with the Name of the Lord.

Dhan Dhan tay jih ghat basi-o har naa-o.
Blessed, blessed are those, whose hearts are filled with the Name of the Lord.

Nanak taa kai bal bal jaa-o. ||6||
Nanak is a sacrifice, a sacrifice to them. ||6||

Bahaar Bahaar Bahaar Bahaar ||69||
Bahaar Bahaar Bahaar Bahaar ||69||

rahat avar kachh avar kamaavat.
He says one thing, and does something else.

man nahee pareet mukhahu gandh laavat.
There is no love in his heart, and yet with his mouth he talks tall.

jaanahar parabhoo parbeen.
The Omniscient Lord God is the Knower of all.

baahar bhaykh na kaahoo bheen.
He is not impressed by outward display.

avar updaysai aap na karai.
One who does not practice what he preaches to others,
आवत मरै तरै मरै मरै ॥ (269)
आवत जावत जनमै मरै ॥
aavat jaavat janmai marai.
shall come and go in reincarnation, through birth and death.

तिम बै अंतिर बै निरंकार िू ॥ (269)
जिस कै अंतिर बै निरंकार ॥
jis kai antar basai nirankaar.
One whose inner being is filled with the Formless Lord -

दिस बै सीख तरै संसारु ॥ (269)
दिस कै सीख तरै संसारु ॥
tis kee seekh tarai sansaar.
by his teachings, the world is saved.

जै तुम भाने तिन प्रभु जाता ॥ (269)
jo tum bhaanay tin parabh jaataa.
Those who are pleasing to You, God, know You.

नानक उन जन चरन पराता ॥७॥
naanak un jan charan paraataa. ||7||
Nanak falls at their feet. ||7||

करउ बेनती पारबर्हमु सभु जानै ॥ (269)
kara-o bayntee paarbarahm sabh jaanai.
Offer your prayers to the Supreme Lord God, who knows everything.

अपना कीआ आपही मानै ॥ (269)
apnaa kee-aa aapeh maanai.
He Himself values His own creatures.

आपही आप आपि करत निबेरा ॥ (269)
aapeh aap aap karat nibayraa.
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.


सानक पर्भ सरणागती किर पर्सादु गुरदेव ॥१॥

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

अस्तपादी (269)
अस्तपादी

Ashtapadee:

िजह पर्साड छशीह अमृत खाइह ॥

jih parsaad chhateeh amrit khaahi.
By His Grace, you partake of the thirty-six delicacies;

िजह पर्साड सुगंधत तन लाविह ॥

jih parsaad suganDhat tan laaveh.
By His Grace, you apply scented oils to your body;

िजह पर्साड बसिह सुख मंदिर ॥

jih parsaad baseh sukh mandar.
By His Grace, you dwell in the palace of peace;
tiseh Dhi-aa-ay sadaa man andar.
meditate forever on Him within your mind.

jih parsaa garish sang sukh basnaa.
By His Grace, you abide with your family in peace;

aath pahar simrahu tis rasnaa.
keep His remembrance upon your tongue, twenty-four hours a day.

jih parsaa rang ras bhog.
By His Grace, you enjoy tastes and pleasures;

naanak sadaa Dhi-aa-ee-ai Dhi-aavan jog. ||1||
O Nanak, meditate forever on the One, who is worthy of meditation. ||1||

jih parsaa paat patambar hadhaaveh.
By His Grace, you wear silks and satins;

tiseh ti-aag kat avar lubhaaveh.
why abandon Him, to attach yourself to another?

jih parsaa sukh sayj so-eejai.
By His Grace, you sleep in a cozy bed;
ਮਨ ਆਠ ਪਹਰ ਤਾ ਕਾ ਜਸੁ ਗਾਵੀਜੈ ॥ (269)
man aath pahar taa kaa jas gaaveejai.
O my mind, sing His Praises, twenty-four hours a day.

ਿਜਹ ਪਰਸਾਦ ਤੁਜੂ ਸਭ ਕੋੜ ਮਾਨੈ ॥ (269)
jih parsaad tujh sabh ko-oo maanai.
By His Grace, you are honored by everyone;

ਮੁਖ ਤਾ ਕੋ ਜਸੁ ਰਸਨ ਬਖਾਨੈ ॥ (270)
mukh taa ko jas rasan bakhaanai.
with your mouth and with your tongue, chant His Praises.

ਪਰ੍ਭ ਜੀ ਜਪਤ ਦਰਗਹ ਮਾਨੁ ਪਾਵਿਹ ॥ (270)
parabh jee japat dargeh maan paavahi.
Meditating on God, you shall be honored in His Court;

ਪਿਤ ਸਥਾ ਕੰਚਨ ਦੇਹੀ ॥੨॥ (270)
pat saytee ghar jaaveh. ||2||
O Nanak, you shall return to your true home with honor. ||2||
ਇਲਵ ਲਾਵਹੁ ਿਤਸੁ ਰਾਮ ਸਨੇਹੀ ॥ (270)
liv laavhu tis raam sanayhee.
attune yourself to that Loving Lord.

ਇਲਵ ਧੁਣੇਦਾਰ ਖੁਲੁ ਚਾਉ ॥ (270)
jih parsad tayraa oola rahat.
By His Grace, your honor is preserved;"

ਪਹ ਸੁਖੁ ਧਰਾਦਰ ਗਰ ਗਰ ਨਗ ਚਾਉ ॥ (270)
man sukh paavahi har har jas kahat.
O mind, chant the Praises of the Lord, Har, Har, and find peace.

ਇਲਵ ਧੁਣੇਦਾਰ ਦੇਵੇ ਸਾਗਲ ਖੁਟਾ ਜਾਵੇ ॥ (270)
jih parsad tayray sagal chhidraa dhaak.
By His Grace, all your deficits are covered;

ਪਹ ਮੋਹੀ ਭਰਤ ਸੁਖੁ ਭੁਕੁ ਦੇ ਵੇ ॥ (270)
man samee par thaakur parabh taa kai.
O mind, seek the Sanctuary of God, our Lord and Master.

ਇਲਵ ਧੁਣੇਦਾਰ ਤੁਹੁ ਕੋ ਨ ਪਹੂੰਚੈ ॥ (270)
jih parsad tujh ko na pahoochai.
By His Grace, no one can rival you;

ਪਹ ਮਾਮੀ ਮਾਮੀ ਸਿਮਰਹੁ ਖੁੱਚ ਜੁੱਚੇ ॥ (270)
man saas saas simrahu parabh oochay.
O mind, with each and every breath, remember God on High.

ਇਲਵ ਧੁਣੇਦਾਰ ਪਾਈ ਦਰਲਭ ਦੇਹ ॥ (270)
jih parsad paa-ee darulabh dayh.
By His Grace, you obtained this precious human body;
O Nanak, worship Him with devotion.

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||

By His Grace, you give donations in abundance to charities;

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;
ਸੋ ਪਰ੍ਭੁ ਿਸਮਰਹੁ ਸਦਾ ਅਨੂਪੁ ॥ (270)
so parabh simrahu sadaa anoop.
constantly remember God, the Incomparably Beautiful One.

ਜਹ ਪਰਸਾਦ ਤੇਰੀ ਨੀਕੀ ਜਾਤੀ ॥ (270)
jih parsaad tayree neekee jaat.
By His Grace, you have such high social status;

ਸੋ ਪਰ੍ਭੁ ਿਸਮਿਰ ਸਦਾ ਿਦਨ ਰਾਈ ॥ (270)
so parabh simar sadaa din raat.
remember God always, day and night.

ਜਹ ਪਰਸਾਦ ਤੇਰੀ ਪਿਤ ਰਹੈ ॥ (270)
jih parsaad tayree pat rahai.
By His Grace, your honor is preserved;

ਗੁਰ ਪਰਸਾਦ ਨਾਨਕ ਜਸੁ ਕਹੈ ॥੫॥ (270)
gur parsaad naanak jas kahai. ||5||
by Guru's Grace, O Nanak, chant His Praises. ||5||

ਜਹ ਪਰਸਾਦ ਸੁਨਿਹ ਕਰਨ ਨਾਦ ॥ (270)
jih parsaad suneh karan naad.
By His Grace, you listen to the sound current of the Naad.

ਜਹ ਪਰਸਾਦ ਪੇਖਿਹ ਿਬਸਮਾਦ ॥ (270)
jih parsaad paykheh bismaad.
By His Grace, you behold amazing wonders.

ਜਹ ਪਰਸਾਦ ਬੋਲਿਹ ਅੰਿਮਰ੍ਤ ਰਸਨਾ ॥ (270)
jih parsaad boleh amrit rasnaa.
By His Grace, you speak ambrosial words with your tongue.
ਿਜਹ ਪਰਸਾਦ ਸੁਖ ਸਹਜੇ ਬਸਨਾ ॥ (270)
jih parsaad sukh sehjay basnaa.
By His Grace, you abide in peace and ease.

ਿਜਹ ਪਰਸਾਦ ਹਸਤ ਕਰ ਚਲਹਿ ॥ (270)
jih parsaad hasat kar chaleh.
By His Grace, your hands move and work.

ਿਜਹ ਪਰਸਾਦ ਸਮਪੂਰਨ ਫਲਿਹ ॥ (270)
jih parsaad sampooran faleh.
By His Grace, you are completely fulfilled.

ਿਜਹ ਪਰਸਾਦ ਪਰਮ ਗਤੀ ਪਆਵਿਹ ॥ (270)
jih parsaad param gati paavahi.
By His Grace, you obtain the supreme status.

ਿਜਹ ਪਰਸਾਦ ਸੁਖ ਸਹਿਜ ਸਮਾਵਿਹ ॥ (270)
jih parsaad sukh sahj samaaveh.
By His Grace, you are absorbed into celestial peace.

ਐਸਾ ਪਰਭੁ ਤਿਆਗੀ ਅਵਰ ਕਤ ਲਾਗਹੁ ॥ (270)
aisaa parabh ti-aag avar kat laagahu.
Why forsake God, and attach yourself to another?

ਗੁਰ ਪਰਸਾਦ ਨਾਨਕ ਮਨੀ ਜਾਗਹੁ ॥੬॥ (270)
gur parsaad naanak mani jaagahu ||6||
By Guru's Grace, O Nanak, awaken your mind! ||6||

ਐਸਾ ਪਰਸਾਦ ਤੂੰ ਪਰਗਟੁ ਸੰਸਾਰ ॥ (270)
aisaa pargat sansaar.
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, everyone is saved;
O Nanak, meditate, and chant His Chant. ||7||

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.

Unapproachable and Unfathomable is the Supreme Lord God;

whoever speaks of Him shall be liberated.

Listen, O friends, Nanak prays,
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.

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.
ਸਾਧ \kai\ ਸੰਗ \manohar\ ਬੈਨ \॥ \(271\)
In the Company of the Holy, one’s speech is enticing.

ਸਾਧ \kai\ ਸੰਗ ਨ ਕਤਹੂੰ ਧਾਵੈ \॥ \(271\)
In the Company of the Holy, the mind does not wander.

ਸਾਧਸੰਗ \asthit\ ਮਨੁ ਪਾਵੈ \॥ \(271\)
In the Company of the Holy, the mind becomes stable.

ਸਾਧ ਕੈ ਸੰਗ ਮਾਇਆ ਤੇ ਿਭੰਨ \॥ \(271\)
In the Company of the Holy, one is rid of Maya.

ਸਾਧਸੰਗ ਨਾਨਕ ਪਰਭ \suparsan\ ਇੱਠ \॥੨॥ \(271\)
In the Company of the Holy, O Nanak, God is totally pleased. ||2||

ਸਾਧਸੰਗ \dusman\ ਸਿਭ \meet\ \॥ \(271\)
In the Company of the Holy, all one's enemies become friends.

ਸਾਧੂ \kai\ ਸੰਗ \maha\ ਪੁਨੀਤ \॥ \(271\)
In the Company of the Holy, there is great purity.

ਸਾਧਸੰਗ \kis\ si-o \nahee\ ਬੈਰ \॥ \(271\)
In the Company of the Holy, no one is hated.
ਸਾਧ  
ਕੈ  
ਸੰਗ  
ਨ  
ਬੀਗਾ  
ਪੈਰੁ ॥ (271)
saaDh kai sang na beegaa pair.
In the Company of the Holy, one’s feet do not wander.

ਸਾਧ  
ਕੈ  
ਸੰਗ  
ਨਾਹੀ  
ਕੋ  
ਮੰਦਾ ॥ (271)
saahDh kai sang naahee ko mandaa.
In the Company of the Holy, no one seems evil.

ਸਾਧਸੰਗ  
ਜਾਨੇ  
ਪਰਮਾਨੰਦਾ ॥ (271)
saahDhsang jaanay parmaanandaa.
In the Company of the Holy, supreme bliss is known.

ਸਾਧ  
ਕੈ  
ਸੰਗ  
ਨਾਹੀ  
ਹਉ  
ਤਾਪੁ ॥ (271)
saaDh kai sang naahee ha-o taap.
In the Company of the Holy, the fever of ego departs.

ਆਪੇ  
ਜਾਨੈ  
ਸਾਧ  
ਬਡਾਈ ॥ (271)
aapay jaanai saaDh badaa-ee.
He Himself knows the greatness of the Holy.

ਨਾਨਕ  
ਸਾਧ  
ਪਰ੍ਭੂ  
ਬਿਨ  
ਆਈ ॥੩॥
naanak saaDh parabhoo ban aa-ee. ||3||
O Nanak, the Holy are at one with God. ||3||

ਸਾਧ  
ਕੈ  
ਸੰਗ  
ਨ  
ਕਬਹੂ  
ਧਾਵੈ ॥ (271)
saahDh kai sang na kabhoo Dhaavai.
In the Company of the Holy, the mind never wanders.
ਸਾਧੂ ਕੈ ਸੰਗ ਅਜਰੁ ਸਹੈ ॥ (271)
In the Company of the Holy, one can endure the unendurable.

ਸਾਧੂ ਕੈ ਸੰਗ ਮਹਿਲ ਪਹੂਚੈ ॥ (271)
In the Company of the Holy, one attains the Mansion of the Lord's Presence.

ਸਾਧੂ ਕੈ ਸੰਗ ਦੇਵਲ ਪਾਰਬਰ੍ਹਮ ॥ (271)
In the Company of the Holy, one dwells with the Supreme Lord God.

ਸਾਧੂ ਕੈ ਸੰਗ ਪਾਏ ਨਾਮ ਿਨਧਾਨ ॥ (271)
In the Company of the Holy, one obtains the treasure of the Naam.
ਨਾਨਕ ਸਾਧੂ ਕੈ ਕੁਰਬਾਨ ॥੪॥

O Nanak, I am a sacrifice to the Holy. ||4||

ਸਾਧ ਕੈ ਸੰਗ ਸਭ ਕੁਲ ਉਧਾਰੈ ॥

In the Company of the Holy, all one's family is saved.

ਸਾਧੂ ਕੈ ਸੰਗ ਸੋ ਧਨੁ ਪਾਵੈ ॥

In the Company of the Holy, that wealth is obtained.

ਜੀਤ ਧਨ ਤੇ ਸਭੁ ਕੋ ਵਰਸਾਵਿ ॥

Everyone benefits from that wealth.

ਸਾਧੂ ਕੈ ਸੰਗ ਪਾਪ ਪਲਾਈਣ ॥

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.

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.
साधसंग बिच्छुरत हिर मेला ॥ (272)
saDhsang bichhurat har maylaa.
In the Company of the Holy, the separated ones are reunited with the Lord.

जो इच्छै सोई फलू पावै ॥ (272)
jo ichhai so-ee fal paavai.
The fruits of one's desires are obtained.

साध कै संग न बिरथा जावै ॥ (272)
saDh kai sang na birthaa jaavai.
In the Company of the Holy, no one goes empty-handed.

पारबर्हमु साध रिद बसै ॥ (272)
paarbarahm saaDh rid basai.
The Supreme Lord God dwells in the hearts of the Holy.

नानक उधरै साध सुन रसै ॥६॥ (272)
naanak uDhrai saaDh sun rasai. ||6||
O Nanak, listening to the sweet words of the Holy, one is saved. ||6||

साध कै संग सुनउ हिर नाउ ॥ (272)
saDh kai sang sun-o har naa-o.
In the Company of the Holy, listen to the Name of the Lord.

साधसंग हर ते गुण गाउ ॥ (272)
saDhsang har kay gun gaa-o.
In the Company of the Holy, sing the Glorious Praises of the Lord.

साध कै संग न मन ते बिसरै ॥ (272)
saDh kai sang na man tay bisrai.
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||

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||

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||

The God-conscious being is always unattached,

as the lotus in the water remains detached.
ਬਰ੍ਹਮ 'ਗੀਆਨੀ ਸਦਾ 'ਨਰਦੋਖ ॥ (272)

ਬਰਹਮ ਗਿਆਨੀ ਸਦਾ ਨਰਦੋਖ।
The God-conscious being is always unstained,

ਜੈਸੇ ਸੂਰੁ ਸਰਬ ਕਲ ਸੋਖ ॥ (272)

ਜैਸे ਸूਰੁ ਸਰਬ ਕਲ ਸੋਖ।
like the sun, which gives its comfort and warmth to all.

ਬਰ੍ਹਮ ਗਿਆਨੀ ਨੈ ਦਿਰਸਟਿ ਸਮਾਨ ॥ (272)

ਬਰਹਮ ਗਿਆਨੀ ਨੈ ਦਿਰਸਟਿ ਸਮਾਨ।
The God-conscious being looks upon all alike,

ਜੈਸੇ ਰਾਜ ਰੰਕ ਕਲ ਲਾਗੀ ਤੁਲ ਪਵਾਨ ॥ (272)

ਜैਸੇ ਰਾਜ ਰੰਕ ਕਲ ਲਾਗੀ ਤੁਲ ਪਵਾਨ।
like the wind, which blows equally upon the king and the poor beggar.

ਬਰ੍ਹਮ ਗਿਆਨੀ ਨੈ ਪੀਰ ਦੇੜਵ ॥ (272)

ਬਰਹਮ ਗਿਆਨੀ ਨੈ ਪੀਰ ਦੇੜਵ।
The God-conscious being has a steady patience,

ਨਾਨਕ ਜੈੜ ਪਾਵਕ ਨਾ ਸਹਜ ਸੁਖਾਉ ॥੧॥ (272)

O Nanak, his inherent nature is like a warming fire. ||1||
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,

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.

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.

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.
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.

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.

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.

One who enshrines the Naam within the heart,
ਸਰਬ ਮੈ ਪੇਖੈ ਭਗਵਾਨੁ ॥ (274)
sarab mai paykhai bhagvaan.
who sees the Lord God in all,

ਦਿਖਾ ਦਿਖਾ ਦਾਈ ਲਾਮਕਰਣੇ ॥ (274)
nimakh nimakh daakur namaskaarai.
who, each and every moment, bows in reverence to the Lord Master -

ਰਤਖਾ ਬਾਹਾ ਅਪਾਰਸ ਸਿਨਾ ਨਿਜਤਾਰਵੇ ॥੧॥ (274)
naanak oh apras sagal nistaarai. ||1||
O Nanak, such a one is the true 'touch-nothing Saint', who emancipates everyone. ||1||

ਅਸਤਪਦੀ ॥ (274)
asatpadee.
Ashtapadee:

ਭਿਖਾ ਲਗੀ ਜਮਜਮ ਭਰਮ ॥ (274)
mithi-aa naahee rasnaa paras.
One whose tongue does not touch falsehood;

ਮਨ ਮਹਤ ਪ੍ਰੀਤੀ ਨਿਰਜਨ ਦਰਸ ॥ (274)
man meh pareet niranjan daras.
whose mind is filled with love for the Blessed Vision of the Pure Lord,

ਧਾਰ ਧਾਰ ਸੂਰ ਤ ਪੇਖੈ ਹੇਡ ॥ (274)
par tari-a roop na paykhai naytar.
whose eyes do not gaze upon the beauty of others' wives,

ਧਾਰ ਕੀ ਟਹਾਲ ਬੇਂਹਾਣ ਹੇਤ ॥ (274)
saaDh kee tahal satsang hayt.
who serves the Holy and loves the congregation of saints,
karan na sunai kaahoo kee nindaa.
whose ears do not listen to slander against anyone,

sabh tay jaanai aapas ka-o mandaa.
who deems himself to be the worst of all,

gur parsaad bikhi-aa parharai.
who, by Guru's Grace, renounces corruption,

man kee baasnaa man tay tarai.
who banishes the mind's evil desires from his mind,

indree jit panch dokh tay rahat.
who conquers his sexual instincts and is free of the five sinful passions -

naanak kot maDhay ko aisaa apras. ||1||
O Nanak, among millions, there is scarcely one such 'touch-nothing Saint'. ||1||

baisno so jis oopar suparsan.
The true Vaishnaav, the devotee of Vishnu, is the one with whom God is thoroughly pleased.

bisan kee maa-i-aa tay ho-ay bhinn.
He dwells apart from Maya.
वक्र वक्र येवें फितवक्र || (274) 
कर्म करत होवै निहकरम ||
karam karat hovai nihkaram.
Performing good deeds, he does not seek rewards.

तिस् बैसनो का निरमल धरम || (274)
tis baisno kaa nirmal Dharam.
Spotlessly pure is the religion of such a Vaishnaav;

काहू फल की इच्छा नही बाचै || (274)
kaahoo fal kee ichhaa nahee baachhai.
he has no desire for the fruits of his labors.

के वल भगित कीरतन संग राचै || (274)
kayval bhagat keertan sang raachai.
He is absorbed in devotional worship and the singing of Kirtan, the songs of the Lord's Glory.

मन तन अंतर सिमरन गोपाल || (274)
man tan antar simran gopaal.
Within his mind and body, he meditates in remembrance on the Lord of the Universe.

सभ ऊपर होवत किरपाल || (274)
sabh oopar hovat kirpaal.
He is kind to all creatures.

आप दूर अब नाम जपावै || (274)
aap dairraiv avrah naam japaavai.
He holds fast to the Naam, and inspires others to chant it.

O Nanak, such a Vaishnaav obtains the supreme status. ||2||
bhag-utee bhagvant bhagat kaa rang.
The true Bhagaautee, the devotee of Adi Shakti, loves the devotional worship of God.

sagal ti-aagai dusat kaa sang.
He forsakes the company of all wicked people.

man tay binsai saglaa bharam.
All doubts are removed from his mind.

saaDhsang paapaa mal khovai.
In the Company of the Holy, the filth of sin is washed away.

tis bhag-utee kee mat ootam hovai.
The wisdom of such a Bhagaautee becomes supreme.

bhagvant kee tahal karai nit neet.
He constantly performs the service of the Supreme Lord God.

man tan arpai bisan pareet.
He dedicates his mind and body to the Love of God.
Har kay charan hirdai basaavai.
The Lotus Feet of the Lord abide in his heart.

Naanak aisa bhang-utee bhangvant ka-o paavai. ||3||
O Nanak, such a Bhagaautee attains the Lord God. ||3||

So pandit jo man parboDhai.
He is a true Pandit, a religious scholar, who instructs his own mind.

Raam naam aatam meh soDhai.
He searches for the Lord's Name within his own soul.

Raam naam saar ras peevai.
He drinks in the Exquisite Nectar of the Lord's Name.

By that Pandit's teachings, the world lives.

Har kee kathaa hirdai basaavai.
He implants the Sermon of the Lord in his heart.

So pandit fir jon na aavai.
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.

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.
Kar kirpaa antar ur Dhaarai.
By His Grace, He enshrines it within.

Pas parayt mughad paathar ka-o taarai.
Even beasts, ghosts and the stone-hearted are saved.

Sarab rog kaa a-ukhad naam.
The Naam is the panacea, the remedy to cure all ills.

Kali-aan roop mangal gun gaam.
Singing the Glory of God is the embodiment of bliss and emancipation.

Kahoo jugat kitai na paa-ee-ai Dharam.
It cannot be obtained by any religious rituals.

Naanak tis milai jis likhi-aa Dhur karam. ||5||
O Nanak, he alone obtains it, whose karma is so pre-ordained. ||5||

His name is truly Ram Das, the Lord's servant.
आतम रामु तितसु नद्री आइआ ॥ (275)
He comes to have the Vision of the Lord, the Supreme Soul.

दास दसंतण भाइ तितन पाइआ ॥
daas dasantan bhaa-ay tin paa-i-aa.
Deeming himself to be the slave of the Lord's slaves, he obtains it.

सदा निकट निकट हरि जानु ॥
sadaa nikat nikat har jaan.
He knows the Lord to be Ever-present, close at hand.

सो दासु दरगह परवानु ॥
so daas dargeh parvaan.
Such a servant is honored in the Court of the Lord.

अपुने दासु कउ आिप किरपा करै ॥
apunay daas ka-o aap kirpaa karai.
To His servant, He Himself shows His Mercy.

तितसु दासु कउ सभ सोझी परै ॥
tis daas ka-o sabh sojhee parai.
Such a servant understands everything.

मवाइ मंजि आउम उदासु ॥
sagal sang aatam udaas.
Amidst all, his soul is unattached.

ऐसी जुगित नानक रामदासु ॥६॥
aisee jugat naanak raamdaas. ||6||
Such is the way, O Nanak, of the Lord's servant. ||6||
parabh kee aagi-aa aatam hitaavai.
One who, in his soul, loves the Will of God,

is said to be Jivan Mukta - liberated while yet alive.

taisaa harakh taisaa us sog.
As is joy, so is sorrow to him.

sadda anand tah nahee bi-og.
He is in eternal bliss, and is not separated from God.

taisaa suvran taisee us maatee.
As is gold, so is dust to him.

taisaa amrit taisee bikh khaatee.
As is ambrosial nectar, so is bitter poison to him.

taisaa maan taisaa abhimaan.
As is honor, so is dishonor.

taisaa rank taisaa raajaan.
As is the beggar, so is the king.
जो वरताए साई जुगित ॥

naanak oh purakh kahee-ai jeevan mukat. ||7||
O Nanak, that being is known as Jivan Mukta. ||7||

ਪਾਰਬਰ੍ਹਮ ਕੇ  ਸਗਲੇ  ਠਾਊ ॥

All places belong to the Supreme Lord God.

ਜਤੁ  ਜਤੁ  ਘਿਰ  ਰਾਖਾਈ  ਤੌਸਾ  ਕੀਤਨ  ਨਾਊ ॥

According to the homes in which they are placed, so are His creatures named.

ਆਪੇ  ਕਰਨ  ਕਾਰਾਵਨ  ਜੋਗੁ ॥

He Himself is the Doer, the Cause of causes.

ਪਰ੍ਭ  ਭਾਵਤੇ  ਸੋਈ  ਫੁਟਨ  ਹੋਗੁ ॥

Whatever pleases God, ultimately comes to pass.

ਪਸਿਰੋ  ਆਇਪੇ  ਹੋਈ  ਅਨਤ  ਤਰਂਗ ॥

He Himself is All-pervading, in endless waves.

ਲਖੇ  ਨ  ਜਾਹੀ ਪਾਰਬਰ੍ਹਮ  ਕੇ  ਰੰਗ ॥

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.

Many people praise the Lord. He has no end or limitation.

O Nanak, God created the creation, with its many ways and various species.

Many people praise the Lord. He has no end or limitation.

O Nanak, God created the creation, with its many ways and various species.
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.

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.

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.

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||
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||

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.

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.
Many millions are created in various forms.

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.
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.

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.

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 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.
कहु मानुख ते किया होइ आवै ॥ (277)
kaho maanukh tay ki-aa ho-ay aavai.
Tell me - what can a mere mortal do?

जो तिसु भावै सोई कराै ॥ (277)
jo tis bhaavai so-ee karaavai.
Whatever pleases God is what He causes us to do.

इस कै हािथ होइ ता सभु िकछु लेइ ॥ (277)
is kai haath ho-ay taa sabh kichh lay-ay.
If it were in our hands, we would grab up everything.

जो तिसु भावै सोई करेइ ॥ (277)
jo tis bhaavai so-ee karay-i.
Whatever pleases God - that is what He does.

अनजानत िबिखआ मिह रचै ॥ (277)
anjaanat bikhi-aa meh rachai.
Through ignorance, people are engrossed in corruption.

जे जानत आपन आप बचै ॥ (277)
jay jaanat aapan aap bachai.
If they knew better, they would save themselves.

भरमे भूला दह िदिस धावै ॥ (277)
bharmay bhoolaa dah dis Dhaavai.
Deluded by doubt, they wander around in the ten directions.

ििभें भविष्ट िवित िवित आवै ॥ (277)
nimakh maahi chaar kunt fir aavai.
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||

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.
jee-o pind sabh tis kee raas.
Soul and body are all His property.

ghat ghat pooran barahm pargaas.
Each and every heart is illuminated by the Perfect Lord God.
apnee banat aap banaa-ee.
He Himself fashioned His own handiwork.
aagi-aakaaree bapuraa jee-o.
The helpless beings are subject to His Command.
jo tis bhaavai so-ee fun thee-o.
That which pleases Him, ultimately comes to pass.
Kabho ooch neech meh basai. Sometimes, they abide in exaltation; sometimes, they are depressed.

Kabho sog harakh rang hasai. Sometimes, they are sad, and sometimes they laugh with joy and delight.

Kabho nind chind bi-uhhaar. Sometimes, they are occupied with slander and anxiety.

Kabho oobh akaar pa-i-aal. Sometimes, they are high in the Akaashic Ethers, sometimes in the nether regions of the underworld.

Kabho baytaa barahm beechar. Sometimes, they know the contemplation of God.

Nanak aap milaavanhaar. ||5|| O Nanak, God Himself unites them with Himself. ||5||

Kabho nirat karai baho bhaat. Sometimes, they dance in various ways.

Kabho so-ay rahai din raat. Sometimes, they remain asleep day and night.
kabhoo mahaa kroDh bikraal.
Sometimes, they are awesome, in terrible rage.

kabahooN sarab kee hot ravaal.
Sometimes, they are the dust of the feet of all.

kabahu bhaykhaaree neech kaa saajaa.
Sometimes, they sit as great kings.

kabhu apkeerat meh aavai.
Sometimes, they come to have evil reputations.

kabhu bhalaa bhalaa kahaavai.
Sometimes, they are known as very, very good.

ji-o parabh raakhai tiv hee rahai.
As God keeps them, so they remain.

gur parsaaD naanak sach kahai. ||6||
By Guru's Grace, O Nanak, the Truth is told. ||6||
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.

They may wander and roam through countless incarnations.

In various costumes, like actors, they appear.

As it pleases God, they dance.
ਜੋ ਿਤਸੁ ਭਾਵੈ ਸੋਈ ਹੋਇ ॥
jo tis bhaavai so-ee ho-ay.
Whatever pleases Him, comes to pass.

ਨਾਨਕ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਇ ॥੭॥
nanak doojaa avar na ko-ay. ||7||
O Nanak, there is no other at all. ||7||

ਕਬਹੂ ਸਾਧਸੰਗਿਤ ਇਹੁ ਪਾਵੈ ॥
kabhoo saaDhsangat ih paavai.
Sometimes, this being attains the Company of the Holy.

ਉਸੁ ਅਸਥਾਨ ਕਾ ਨਹੀ ਿਬਨਾਸੁ ॥
us asthaan kaa nahee binaas.
That place does not perish.

ਮਨ ਤਨ ਨਾਿਮ ਰਤੇ ਇਕ ਰੰਗ ॥
man tan naam ratay ik rang.
The mind and body are imbued with the Love of the Naam, the Name of the One Lord.

॥੪॥

ਸਦਾ ਬਸਿਹ ਪਾਰਬਰ੍ਹਮ ਕੈ ਸੰਗ ॥
sadaa baseh paarbarahm kai sang.
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.

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.

Ashtapadee:
jis kai antar raaj abhimaan.
One who has the pride of power within,

so narakpaatee hovat su-aan.
shall dwell in hell, and become a dog.

so jaanai mai jobanvant.
One who deems himself to have the beauty of youth,

so hovat bistaa kaa jant.
shall become a maggot in manure.

aapas ka-o karamvant kahaavai.
One who claims to act virtuously,

janam marai baho jon bharmaavai.
shall live and die, wandering through countless reincarnations.

Dhan boom kaa jo karai gumaan.
One who takes pride in wealth and lands

so moorakh anDhaa agi-aan.
is a fool, blind and ignorant.
One whose heart is mercifully blessed with abiding humility,

O Nanak, is liberated here, and obtains peace hereafter.

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.
ਕਸੈ ਨ ਬਦੈ ਆਿਪ ਅਹੰਕਾਰੀ ॥ (278)

kisai na badai aap ahaNkaaree.
One who thinks of no one else except his own prideful self -

ਪਦਭ ਤਿਧੀ ਹੋ ਵੇਲੇ ਧੱਣਣੀ ॥ (278)

padh bh tihhee ho velay dhunnee.
the Righteous Judge of Dharma shall expose his disgrace.

ਗੁਰ ਪਰਸਵ 

gur parsaad jaa kaa mitai abhimaan.
One who, by Guru's Grace, eliminates his ego,

ਮੇ ਤਾਲਵਰ ਕੇਵਾਕ ਭੱਲਾਟੁ 

me talavvar kevaaak bhalaat.
O Nanak, becomes acceptable in the Court of the Lord.

ਕੋਟ ਕਰਮ ਕਰੈ ਹਉ ਧਾਰੇ ॥ (278)

kot karam karai ha-o Dhaaray.
If someone does millions of good deeds, while acting in ego,

ਸਰਮੁ ਪਾਵੈ ਸਗਲੇ ਇਬਰਥਾਰੇ ॥ (278)

saram paavai saglay birthaaray.
he shall incur only trouble; all this is in vain.

ਅਨਿਕ ਤਪਸ਼ਾ ਕਰੇ ਅਹੰਕਾਰ ॥ (278)

anik tapas-ha kare ahaNkaar.
If someone performs great penance, while acting in selfishness and conceit,

ਨਰਕ ਸੁਰਗ ਫਿਰ ਫਿਰ ਸਕੁ 

narak surag fir fir avtaar.
he shall be reincarnated into heaven and hell, over and over again.
अनिक जतन करि आतम नही दरवै || (278)
anik jatan kar aatam nahee darvai.
He makes all sorts of efforts, but his soul is still not softened -

हिर दरगह कहु कै से गवै ॥ (278)
har dargeh kaho kaisay gavai.
how can he go to the Court of the Lord?

आपस कउ जो भला कहावै || (278)
aapas ka-o jo bhalaa kahaavai.
One who calls himself good -

अिनक जतन किर आतम नही दरवै ॥ (278)
anik jatan kar aatam nahee darvai.
He makes all sorts of efforts, but his soul is still not softened -

ਹਿਰ दਰਗਹ ਕਹੁ ਕੈਸੇ ਗਵੈ ॥ (278)
har dargeh kaho kaisay gavai.
how can he go to the Court of the Lord?

ਅਖਰ ਹਿਰ ਕਲਜ ਕਲੋ ਕਾ ਮੰਨੁ ਹੋਇ ॥ (278)
har dargeh kaho kaisay gavai.
how can he go to the Court of the Lord?

ਅਖਰ ਹਿਰ ਕਲਜ ਕਲੋ ਕਾ ਮੰਨੁ ਹੋਇ ॥ (278)
har dargeh kaho kaisay gavai.
how can he go to the Court of the Lord?
जब इह जानै मै किछू करता ॥
jab ih jaanai mai kichh kartaa.
As long as this mortal thinks that he is the one who does things,

तब लगु गरभ जोनि महि फिरता ॥
tab lag garabh jon meh firtaa.
he shall wander in reincarnation through the womb.

जब धारै कोऊ बैरी मीतु ॥
jab Dhaarai ko-oo bairee meet.
As long as he considers one an enemy, and another a friend,

तब लगु निहचलु नाही चीतु ॥
tab lag nihchal naahee cheet.
his mind shall not come to rest.

जब लगु मोह मगन संिग माइ ॥
jab lag moh magan sang maa-ay.
As long as he is intoxicated with attachment to Maya,

जब लगु धरम राइ देइ सजाइ ॥
tab lag Dharam raa-ay day-ay sajaa-ay.
the Righteous Judge shall punish him.

पर्भ िकरपा ते बंधन तूटै ॥
parabh kirpaa tay banDhan tootai.
By God's Grace, his bonds are shattered;

गुर पर्सािद नानक हउ छूटै ॥
gur parsaad naanak ha-o chhootai. ||4||
by Guru's Grace, O Nanak, his ego is eliminated. ||4||
ਸਹਸ ਖਟੇ ਲਖ ਕਉ ਉਠਾ ਧਾਵੈ ॥ (278)
{sahas khatay lakh ka-o uth Dhaavai.}
Earning a thousand, he runs after a hundred thousand.

ਿਤਰ੍ਪਿਤ ਨ ਆਵੈ ਮਾਇਆ ਪਾਛੈ ਪਾਵੈ ॥ (279)
{taripat na aavai maa-i-aa paachhai paavai.}
Satisfaction is not obtained by chasing after Maya.

ਅਨਿਕ ਭੋਗ ਬਿਖਾ ਕੇ ਕਰੈ ॥ (279)
{anik bhog bikhi-aa kay karai.}
He may enjoy all sorts of corrupt pleasures,

ਨਹ ਿਤਰ੍ਪਤਾਵੈ ਖਿਪ ਖਿਪ ਮਰੈ ॥ (279)
{nah tariptaavai khap khap marai.}
but he is still not satisfied; he indulges again and again, wearing himself out, until he dies.

ਬਿਨਾ ਸੰਤੋਖ ਨਹੀ ਕੋੜ ਰਾਜੈ ॥ (279)
{binaa santokh nahee ko-oo raajai.}
Without contentment, no one is satisfied.

ਸੁਪਨ ਮਨੋਰਥ ਬਰ੍ਥੇ ਸਭ ਕਾਜੈ ॥ (279)
{supan manorath barithay sabh kaajai.}
Like the objects in a dream, all his efforts are in vain.

ਨਾਮ ਰੰਗ ਸਰਵ ਸੁਖ ਹੋਈ ॥ (279)
{naam rang sarab sukh ho-ay.}
Through the love of the Naam, all peace is obtained.

ਬਡਭਾਗੀ ਕਿਸੈ ਪਰਾਪਿਤ ਹੋਇ ॥ (279)
{badbhaagee kisai paraapat ho-ay.}
Only a few obtain this, by great good fortune.


ਮਨੁ ਮਨੁ ਤਰਣਤ ਉਧ ਐਧੀ 

sadaa sadaa naanak har jaap. ||5||
Forever and ever, O Nanak, chant the Lord's Name. ||5||

ਥੇਮ ਵੈ ਸਾਗ ਵੈ ਸਿਵਰੁ 

jaisee darisat karay taisaa ho-ay.
As God casts His Glance of Grace, they come to be.

ਭਰੇ ਭਰੇ ਭਰੇ ਪਰ੍ਭੁ ਸੋਇ 

aapay aap aap parabh so-ay.
God Himself, of Himself, is unto Himself.

ਭਰੇ ਭਰੇ ਭਰੇ ਭਰੇ ਵੈ ਭੀਜਾ 

jo kichh keeno so apnai rang.
Whatever He created, was by His Own Pleasure.

ਸਭ ਤੇ ਦੂਰੀ ਸਭਹੂ ਕੈ ਸੰਗ 

sabh tay door sabhoo kai sang.
He is far from all, and yet with all.
ਬੂjabi देखै करै िबबेक ॥ (279)
Boojhai daykhai karai bibayk.
He understands, He sees, and He passes judgment.

ਆਪਿह एਕ आਪਿह अਨੇਕ ॥ (279)
aapeh ayk aapeh anayk.
He Himself is the One, and He Himself is the many.

marai na binsai avavai na jaa-ay.
He does not die or perish; He does not come or go.

ਆਪੇ रਿਚਾ ਸਭ ਕੈ ਸਾਿਥ ॥ (279)
aapay rachi-aa sabh kai saath.
He Himself mingles with all.

ਆਿਪ keeno aapan bisthaar.
He Himself created His own expanse.

O Nanak, He remains forever All-pervading. ||6||

ਆਿਪ updaysai samjhai aap.
He Himself instructs, and He Himself learns.

aapay rachi-aa sabh kai saath.
He Himself mingles with all.

aap keeno aapan bisthaar.
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.

True, True, True is God, our Lord and Master.

By Guru's Grace, some speak of Him.
ਸਚੁ ਸਚੁ ਸਚੁ ਸਬਾ ਕੀਨਾ ॥ (279)
sach sach sach sabh keenaa.
True, True, True is the Creator of all.

ਕੋਟ ਮਧੇ ਕਿਨਾ ਬੀਲ ਚੀਨਾ ॥ (279)
kot maDhay kinai birlai cheenaa.
Out of millions, scarcely anyone knows Him.

ਭਾਲਾ ਭਾਲਾ ਭਾਲਾ ਤੇਰਾ ਰੂਪ ॥
bhalaa bhalaa bhalaa tayraa roop.
Beautiful, Beautiful, Beautiful is Your Sublime Form.

ਅਤੀ ਸੁੰਦਰ ਅਪਾਰ ਅਨੂਪ ॥
at sundar apaar anoop.
You are Exquisitely Beautiful, Infinite and Incomparable.

ਨਿਰਮਲ ਨਿਰਮਲ ਨਿਰਮਲ ਤੇਰੀ ਬਾਣੀ ॥
nirmal nirmal nirmal tayree banee.
Pure, Pure, Pure is the Word of Your Bani,

ਘਿਟ ਘਿਟ ਸੁਨੀ ਸਰਵਨ ਬਖ਼ਯ੍ਯਾਣੀ ॥
ghat ghat sunee sarvan bakh-yaanee.
heard in each and every heart, spoken to the ears.

ਪਹਿਲੁ ਪਹਿਲੁ ਪਹਿਲੁ ਪਹੀਲੁ ॥
pavitar pavitar pavitar puneeet.
Holy, Holy, Holy and Sublimely Pure -

ਨਾਮ ਜਪੈ ਨਾਨਕ ਮਨ ਪ੍ਰੀਤੀ ॥੮॥੧੨॥
naam japai naanak man preeet. ||8||12||
chant the Naam, O Nanak, with heart-felt love. ||8||12||
ਸਲੋਕੁ ॥ (279)
ਸਨੋਕੁ ॥
salok.
Shalok:

ਐਲਦ ਅਵਾਂ ਤੇ ਤੁਥ ਭੋ ਮੇ ਤੁਥ ਉਦਾਰਤਾ ਆਉਂਦਾ ॥ (279)
sant saran jo jeen parai so jeen udhanchaar.
One who seeks the Sanctuary of the Saints shall be saved.

ਐਲਦ ਕੀ ਹੀ ਨਿੰਦਾ ਸੰਤਾ ਹੁਣਦਾ ਵਹੁਣਦਾ ਅਵਾਂ ਆਉਂਦਾ ॥੧॥ (279)
sant kee nindaa naankaa bahur bahur avtaar. ||1||
One who slanders the Saints, O Nanak, shall be reincarnated over and over again. ||1||

ਐਸਟਪਾਦੀ ॥ (279)
ਅਸਟਪਾਦੀ ॥
asatpadee.
Ashtapadee:

ਐਲਦ ਵੇ ਹੁੰਧਿਤੀ ਆਰਜਾ ਘਟੈ ॥ (279)
sant kai dookhan aarjaa ghatai.
Slandering the Saints, one’s life is cut short.

ਐਲਦ ਵੇ ਹੁੰਧਿਤੀ ਨਮ ਨੇ ਨਿਹ ਛੁਟੈ ॥ (279)
sant kai dookhan jam ne nahi chhutai.
Slandering the Saints, one shall not escape the Messenger of Death.

ਐਲਦ ਵੇ ਹੁੰਧਿਤੀ ਸੁਖ ਸਮੁ ਜਾਏ ॥ (279)
sant kai dookhan sukh sabh jaa-ay.
Slandering the Saints, all happiness vanishes.

ਐਲਦ ਵੇ ਹੁੰਧਿਤੀ ਨਰਕ ਮੀਹ ਪਾਇ ॥ (279)
sant kai dookhan narak meh paa-ay.
Slandering the Saints, one falls into hell.
ਸੰਤ ਕੈ ਦੂਖਿਨ ਮਿਤ ਹੋਇ ਮਲੀਨ ॥ (279)
sant kai dookhan mat ho-ay maleen.
Slandering the Saints, the intellect is polluted.

ਸੰਤ ਕੈ ਦੂਖਿਨ ਸੋਭਾ ਤੇ ਹੀਨ ॥ (279)
sant kai dookhan sobhaa tay heen.
Slandering the Saints, one’s reputation is lost.

ਸੰਤ ਕੇ ਹਤੇ ਕਉ ਰਖੈ ਨ ਕੋਇ ॥ (279)
sant kay hatay ka-o rakhai na ko-ay.
One who is cursed by a Saint cannot be saved.

ਸੰਤ ਕੈ ਦੂਖਨ ਤੇ ਮੁਖੁ ਭਵੈ ॥ (279)
sant kai dookhan tay mukh bhavai.
Slandering the Saints, one becomes a wry-faced malcontent.

ਨਾਨਕ ਸੰਤਸੰਗ ਨਿਦੱਕੁ ਭੀ ਤਰੈ ॥੧॥ (279)
naanak satsang nindak bhee tarai. ||1||
O Nanak, in the Company of the Saints, the slanderer may still be saved. ||1||

ਮੌੜ ਵੀ ਖੁਦੁ ਤੇ ਮੁਖੁ ਭਵੈ ॥ (279)
sant kai dookhan kaag ji-o lavai.
Slandering the Saints, one croaks like a raven.
ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਸਰਪ ਜੋਿਨ ਪਆਇ ॥ (279)
Slandering the Saints, one is reincarnated as a snake.

ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਿਤਰ੍ਗਦ ਜੋਿਨ ਿਕਰਮਾਇ ॥ (279)
Slandering the Saints, one is reincarnated as a wiggling worm.

ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਿਤਰ੍ਸਨਾ ਮਿਹ ਜਲੈ ॥ (279)
Slandering the Saints, one burns in the fire of desire.

ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਤੇਜੁ ਸਭਿ ਜਾਇ ॥ (279)
Slandering the Saints, all one's influence vanishes.

ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਨੀਚੁ ਨੀਚਾਇ ॥ (279)
Slandering the Saints, one becomes the lowest of the low.

ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਸਰਪ ਜੋਿਨ ਪਆਇ ॥ (279)
santan kai dookhan sarap jon paa-ay.
Slandering the Saints, one is reincarnated as a snake.

ਸੰਤਨ ਕੈ ਦੂਖਿਨ ਤੇਜੁ ਸਭਿ ਜਾਇ ॥ (279)
santan kai dookhan tayj sabh jaa-ay.
Slandering the Saints, all one's influence vanishes.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਓਇ ਭੀ ਗਿਤ ਪਾਿਹ ॥੨॥
O Nanak, if it pleases the Saint, even then, he may be saved. ||2||

For the slanderer of the Saint, there is no place of rest.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾਂ ਓਇ ਭੀ ਗਿਤ ਪਾਿਹ ॥੨॥
O Nanak, if it pleases the Saint, even then, he may be saved. ||2||
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.
ਸੰਤ ਕੀ ਨਿੰਦਾ ਦੋਖ ਮਹੀ ਦੋਖੁ ॥ (280)
sant kee nindaa dakh meh dakh.
To slander a Saint is the worst sin of sins.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਉਸ ਕਾ ਭੀ ਹੋਇੰ ਮੋਖੁ ॥3॥ (280)
nanak sant bhaavai taa us kaa bhee ho-ay mokh. ||3||
O Nanak, if it pleases the Saint, then even this one may be liberated. ||3||

ਮੇਂ ਦਾ ਦੋਖੀ ਮਤ ਅਭਿਵਿੰਦੁ ॥ (280)
sant kaa dokhee sadaa apvit.
The slanderer of the Saint is forever impure.

ਮੇਂ ਦਾ ਦੋਖੀ ਕਿਸੇ ਕਾ ਤਚੀ ਭਿਤ ਦਾ ਦਮਣੁ ॥ (280)
sant kaa dokhee kisai kaa nahi mit.
The slanderer of the Saint is nobody's friend.

ਮੇਂ ਦਾ ਦੋਖੀ ਕਵਰ ਮਰੂਦ ਲਾਗਾਈ ॥ (280)
sant kay dokhee ka-o daan laagai.
The slanderer of the Saint shall be punished.

ਮੇਂ ਦਾ ਦੋਖੀ ਕਵਰ ਮਰੂਦ ਟਿਆਗਾਇ ॥ (280)
sant kay dokhee ka-o sabh ti-aagai.
The slanderer of the Saint is abandoned by all.

ਮੇਂ ਦਾ ਦੋਖੀ ਮਤ੍ ਅਛੇਵਾਲੀ ॥ (280)
sant kaa dokhee maha ahaNkaaree.
The slanderer of the Saint is totally egocentric.

ਮੇਂ ਦਾ ਦੋਖੀ ਮਤ੍ ਬਵਰਾਵਾਲੀ ॥ (280)
sant kaa dokhee sadaa bikaaree.
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||

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.
ਸੰਤ ਕਾ ਦੋਖੀ ਅੰਤਰ ਤੇ ਥੋਥਾ ॥
sant kaa dokhee antar tay thothaa.
The slanderer of the Saint is empty inside,

ਜਿੱਤ ਸਾਸ ਬਿਨਾ ਮੀਰਤਕ ਕੀ ਲੋਥਾ ॥
ji-o saas binaa mirtak kee lothaa.
like the corpse of a dead man, without the breath of life.

ਜਿੱਤ ਕੇ ਦੋਖੀ ਕੀ ਜੁਨਾਅ ਨਾਹਿ ॥
ji-o saas kee junaah naahi.
The slanderer of the Saint has no heritage at all.

ਆਪਨ ਬੀਜ ਆਪੇ ਹੀ ਖਾਹਿ ॥
aapan beej aapay hee khaahi.
He himself must eat what he has planted.

ਆਪਨ ਬੀਜ ਆਪੇ ਹੀ ਖਾਹਿ ॥
aapan beej aapay hee khaahi.
He himself must eat what he has planted.

ਸੰਤ ਕੇ ਦੋਖੀ ਫਲ ਭਰਪੁਰ ਨਾਖਾਰਾ ॥
sant kay dokhee faal bharpur naakhara.
The slanderer of the Saint cannot be saved by anyone else.

ਨਾਨਕ ਸੰਤ ਭਾਵੈ ਤਾ ਲਈ ਉਬਾਰਿ ॥
naanak sant bhaavai taa laay ubaar.
O Nanak, if it pleases the Saint, then even he may be saved. ||5||

ਸੰਤ ਕਾ ਦੋਖੀ ਆਉ ਬਿਲਿਆਈ ॥
sant kaa dokhee i-o billaa-ay.
The slanderer of the Saint bewails like this -

ਜਿੱਤ ਜਲ ਬਿਹੌਨ ਮਚਹੀ ਤਰਹਫੱਡਾਈ ॥
ji-o jal bihoon machhulee tarhafrhaa-ay.
like a fish, out of water, writhing in agony.
ਸੰਤ ਕਾ ਦੋਖੀ ਭੂਖਾ ਨਹੀ ਰਾਜਈ ॥ (280)
sant kaa dokhee bhookhaa nahee raajai.
The slanderer of the Saint is hungry and is never satisfied,

ਿਜੁ ਪਾਵਕੂ ਈੱਧੀਨ ਨਹੀ ਧਰਆਪੈ ॥ (280)
ji-o paavak eeDhan nahee Dharaapai.
as fire is not satisfied by fuel.

ਸੰਤ ਕਾ ਦੋਖੀ ਛੁਟੈ ਇਕੇਲਾ ॥ (280)
sant kaa dokhee chhutai ikaylaa.
The slanderer of the Saint is left all alone,

ਿਜਉ ਬੂਆੜੁ ਿਤਲੁ ਖੇਤ ਮਾਿਹ ਦੁਹੇਲਾ ॥ (280)
ji-o boo-aarh til khayt maahi duhaylaa.
like the miserable barren sesame stalk abandoned in the field.

ਸੰਤ ਕਾ ਦੋਖੀ ਧਰਮ ਤੇ ਰਹਤ ॥ (280)
sant kaa dokhee Dharam tay rahat.
The slanderer of the Saint is devoid of faith.

ਸੰਤ ਕਾ ਦੋਖੀ ਸਦ ਮਿਥਾ ਕਹਤ ॥ (280)
sant kaa dokhee sad mithi-aa kahat.
The slanderer of the Saint constantly lies.

ਿਕਰਤੁ ਿਨੰਦਕ ਕਾ ਧੁਰੀ ਪਇਆ ॥ (280)
kirat nindak kaa Dhur hee pa-i-aa.
The fate of the slanderer is pre-ordained from the very beginning of time.

ਨਾਨਕ ਜੋ ਿਤਸੂ ਭਾਵਾ ਸੋੜੀ ਥਾਅਾ ॥੬॥
naanak jo tis bhaavai so-ee thi-aa. ||6||
O Nanak, whatever pleases God's Will comes to pass. ||6||
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;
ਪਣੂ ਤ ਮੇਟੇ ਬੇਲੀ || (280)
pa-i-aa kirat na maytai ko-ay.
no one can erase their past actions.

ਨਾਨਕ ਜਾਨੈ ਸਚਾ ਸੋਈ ॥੭॥
naanak jaanai sachaa so-ay. ||7||
O Nanak, the True Lord alone knows all. ||7||

ਸਭ ਘਟ ਤਿਸ ਕੇ ਓਹੁ ਕਰਨੈਹਾਰ ॥
sabh ghat tis kay oh karnaihaar.
All hearts are His; He is the Creator.

ਸਦਾ ਸਦਾ ਤਿਸ ਕੁਝ ਨਮਸਕਾਰ ॥
sadaa sadaa tis ka-o namaskaar.
Forever and ever, I bow to Him in reverence.

ਪਰਭ ਕੀ ਉਸਤਿਤ ਕਰਹੁ ਿਦਨਾ ਰਾਤ ॥
parabh kee ustat karahu din raat.
Praise God, day and night.

ਿਤਸਿਹ ਿਧਾਵਹੁ ਸਾਿਸ ਿਗਰਾਸ ॥
tiseh Dhi-aavahu saas giraas.
Meditate on Him with every breath and morsel of food.

ਸਭ ਭਾਟ ਿਮਨ ਲਾਈ ਬਾਲਵਣਵੁ ॥ (280)
sabh bhat simn laai ballavan.
As He wills, so people become.
अपना खेलु आिप करनैहारु ॥ (280)
apnaa khayl aap karnaihaar.
He Himself is the play, and He Himself is the actor.

दूसर कउनु कहै बीचारु ॥ (280)
doosar ka-un kahai beechaar.
Who else can speak or deliberate upon this?

jis no kirpaa karai tis aapan naam day-ay.
He Himself gives His Name to those, upon whom He bestows His Mercy.

बडभागी नानक जन सेइ ॥८॥१३॥ (281)
badbhaagee naanak jan say-ay. ||8||13||
Very fortunate, O Nanak, are those people. ||8||13||

शालोक:

tajahu si-aanap sur janhu simrahu har har raa-ay.
Give up your cleverness, good people - remember the Lord God, your King!

एक आस हारि मनि रखहु नानक दूखु भरमु भउ जाइ ॥१॥ (281)
ayk aas har man rakhahu naanak dookh bharam bha-o jaa-ay. ||1||
Enshrine in your heart, your hopes in the One Lord. O Nanak, your pain, doubt and fear shall depart. ||1||

असतपदी (281)
asatpadee.
Ashtapadee:
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.

Nothing at all is in the hands of mortal beings.

So take His Name, and wear it as your necklace.
ਸ਼੍ਰੀਐਕਾਲੀਸ਼੍ਰੀਐਕਾਲੀਸ਼੍ਰੀਐਕਾਲੀਪਰਬ੍ਰਹਮਾਮੁਗੀ ॥ (281)
ਸੀਮਾਰ ਸੀਮਾਰ ਸੀਮਾਰ ਪਰਬ੍ਰਹਮ ਸੋਇ ॥
Remember, remember, remember God in meditation.

ਨਾਨਕ ਬਿਘਨੁ ਨ ਲਾਗੈ ਕੋਈ ॥੧॥ (281)
naanak bighan na laagai ko-ay. ||1||
O Nanak, no obstacle shall stand in your way. ||1||

ੱਢੀਮੁੱਢੀ ਭਰੋ ਭਿਵੋ ਹੀਉਣਾ ॥ (281)
ੱਸਤਸਤੀ ਮਨ ਮੈਹ ਕਿਰ ਨੰਰਕਾਰ ॥
Praise the Formless Lord in your mind.

ਕਿਰ ਮਨ ਮੇਰੇ ਸਿੰਤ ਬੀਆਹਾਰ ॥ (281)
kir man mayray sat bi-uhaar.
O my mind, make this your true occupation.

ਿੱਨਰੰਲ ਰਸਨਾ ਅੰਮਰ੍ਤੁ ਪੀਉ ॥ (281)
nirmal rasnaa amrit pee-o.
Let your tongue become pure, drinking in the Ambrosial Nectar.

ਸਦਾ ਸ਼ੁਹੇਲਾ ਕਿਰ ਲੈ ਜੀਉ ॥ (281)
sadaa suhaylaa kar layhi jee-o.
Your soul shall be forever peaceful.

ਨੈਨਹੁ ਪੇਖੁ ਠਾਕਰ ਕਾ ਰੰਗੁ ॥ (281)
nainhu paykh thaakur kaa rang.
With your eyes, see the wondrous play of your Lord and Master.

ਸਾਧਸਿੰਗ ਿਬਨਸੈ ਸਭ ਸੰਗੂ ॥ (281)
saaDhsang binsai sabh sang.
In the Company of the Holy, all other associations vanish.
चरान चलाउ मारिग गोबिंद ॥ (281)
With your feet, walk in the Way of the Lord.

मिटिह पाप जपीऐ हरि बिंद ॥ (281)
Sins are washed away, chanting the Lord's Name, even for a moment.

कर हरि करम सर्विन हरि कथा ॥ (281)
So do the Lord's Work, and listen to the Lord's Sermon.

हिर दरगह नानक ऊजाल मथा ॥२॥ (281)
In the Lord's Court, O Nanak, your face shall be radiant. ||2||

बडबागी ते जन जग माहि ॥ (281)
Very fortunate are those humble beings in this world,

सदा सदा हरि के गुन गाहि ॥ (281)
who sing the Glorious Praises of the Lord, forever and ever.

राम नाम जो करिह बीचार ॥ (281)
Those who dwell upon the Lord's Name,

मे पत्रेंद्र गली संसार ॥ (281)
are the most wealthy and prosperous in the world.
Those who speak of the Supreme Lord in thought, word and deed -

Those who recognize the One and only Lord as One,
understands this world and the next.

One whose mind accepts the Company of the Naam,
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 -

One whose mind hungers for the Supreme Lord God,

O Nanak, shall not suffer pain. ||4||
jis ka-o har parabh man chit aavai.
One who focuses his conscious mind on the Lord God -

so sant suhaylaa nahee dulaavai.
that Saint is at peace; he does not waver.

jis parabh apunaa kirpaa karai.
Those unto whom God has granted His Grace -

so sayvak kaho kis tay darai.
who do those servants need to fear?

jaisaa saa taisaa daristaa-i-aa.
As God is, so does He appear;

apunay kaaraj meh aap samaa-i-aa.
in His Own creation, He Himself is pervading.

soDhat soDhat soDhat seejhi-aa.
Searching, searching, searching, and finally, success!

gur parsaad tat sabh boojhi-aa.
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.

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.
अविनासी तथा विरूत पंडः || (282)
अविनासी नाही किञ्चु खंडः ||
abhinaasee naahee kichh khand.
He is Imperishable; nothing can be broken.

पार्श्व पणि विरूत वृहंडः || (282)
धारण धारी रहितो ब्रह्मंडः ||
Dhaaran Dhaar rahi-o barahmand.
He lends His Support to maintain the Universe.

अल्क अभेव पुरुष परतापः || (282)
alakh abhayv purakh partaap.
Unfathomable and Inscrutable is the Glory of the Lord.

आपि जपाए त नानक जापः ||6||
aap japaa-ay ta naanak jaap. ||6||
As He inspires us to meditate, O Nanak, so do we meditate. ||6||

जिन परभ जाता सु सोभावंतः || (282)
jin parabh jaataa so sobhaavant.
Those who know God are glorious.

सगल संसारु उधरै ितन मंतः || (282)
sagal sansaar uDhrai tin mant.
The whole world is redeemed by their teachings.

प्रभ के सेवक सगल उधारनः || (282)
parabh kay sayvak sagal uDhaaran.
God's servants redeem all.

प्रभ के सेवक दूःख बिसारनः || (282)
parabh kay sayvak dookh bisaaran.
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.

Whatever you do, do it for the Love of God.

Forever and ever, abide with the Lord.
ਸਹਜ ਸੁਭਾਇ ਹੋਵੈ ਸ਼ੋ ਹੋਇ ॥ (282)
sahj subhaa-ay hovai so ho-ay.
By its own natural course, whatever will be will be.

ਵਰਤੇਗਤੁ ਪਛਾਣੁ ਮੇਂਦੀ ॥ (282)
karnaihaar pachhaanai so-ay.
Acknowledge that Creator Lord;

ਪ੍ਰਮ ਕਾ ਕੀਆ ਜਨ ਮੀਠ ਲਗਾਨਾ ॥ (282)
parabh kaa kee-aa jan meeth lagaanaa.
God's doings are sweet to His humble servant.

ਜੈਸਾ ਸਾ ਤੈਸਾ ਿਦਰਸਟਾਨਾ ॥ (282)
jaisaa saa taisaa daristaanaa.
As He is, so does He appear.

ਤੈਸਾ ਸਾ ਤੈਸਾ ਿਦਰਸਟਾਨਾ ॥ (282)
jaisaa saa taisaa daristaanaa.
As He is, so does He appear.

ਹੌ ਕਾ ਜੀਵਾ ਨਾਤ ਭੀਠ ਕੋਹਾਰੁ ॥ (282)
parabh kaa kee-aa jan meeth lagaanaa.
God's doings are sweet to His humble servant.

ਜੈਸਾ ਸਾ ਤੈਸਾ ਿਦਰਜਾਨਾ ॥ (282)
jaisaa saa taisaa daristaanaa.
As He is, so does He appear.

ਕੈਕੁ ਆਿਪਾਿਸ ਦੋਮੁ ਮਾਨੁ ॥ (282)
aapas ka-o aap deeno maan.
Unto His own, He has given His honor.

ਨਾਨਕ ਪਰ੍ਭ ਜਨੁ ਏਕੋ ਜਾਨੁ ॥੮॥੧੪॥ (282)
naanak parabh jan ayko jaan. ||8||14||
O Nanak, know that God and His humble servant are one and the same. ||8||14||
Shalok:

sarab kalaa bharpoor parabh birthaa jaananhaar.
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||

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.

One who is good-looking should not be vain;

the Light of God is in all hearts.
Dhanvantaa ho-ay ki-aa ko garbai.
Why should anyone be proud of being rich?

jaa sabh kichh tis kaa dee-aa darbai.
All riches are His gifts.

jaa sabh kichh tis kaa dee-aa darbai.
All riches are His gifts.

parabhee kala binaa kah Dhaavai.
because of God's Power, what can anyone do?

Jay ko ho-ay bahai daataar.
One who brags about giving to charities -

tis daynhaar jaanai gaavaar.
the Great Giver shall judge him to be a fool.

jis gur parsaad tootai ha-o rog.
One who, by Guru's Grace, is cured of the disease of ego -

naanak so jan sadaa arog.
O Nanak, that person is forever healthy. ||2||
ਿਜਉ ਮੰਦਰ ਕਉ ਥਾਮੈ ਥਮਨੁ ॥ (282)
ਜੀ-ਓ ਮੰਦਰ ਕਾ ਵਾ ਥਾਮਨੁ। ਥੰਮਨੁ। As a palace is supported by its pillars,

ਿਜਉ ਗੁਰ ਵਾ ਮਨਿਹ ਅਸਥਾਮਨੁ ॥ (282)
ਜੀ-ਓ ਗੁਰ ਕਾ ਸਾਬਦ ਮਨਿਹ ਅਸਥਾਮਨੁ। ਅਸਥਾਮਨੁ। so does the Guru's Word support the mind.

ਿਤਉ ਗੁਰ ਕਾ ਸਾਬਦ ਮਨਿਹ ਅਸਥਾਮਨੁ ॥ (282)
ਜੀ-ਓ ਪਾਖਾਣ ਨਾਵ ਚਿੱਟ ਤਰਾੀ। ਚਿੱਟ ਤਰਾੀ। As a stone placed in a boat can cross over the river,

ਪਾਖਾਣੁ ਨਾਵ ਚਿੱਟ ਤਰਜੁ ॥ (282)
ਪਾਖਾਣ ਨਾਵ ਚਿੱਟ ਤਰਾਯੁ। ਚਿੱਟ ਤਰਾਯੁ। so is the mortal saved, grasping hold of the Guru's Feet.

ਪਰ੍ਾਣੀ ਗੁਰ ਚਰਣ ਲਗਤੁ ਿਨਸਤਰੈ ॥ (282)
ਪਰਾਣੀ ਗੁਰ ਚਰਣ ਲਗਤੁ ਿਨਸਤਰਾਈ। ਿਨਸਤਰਾਈ। so is the mind blossom forth, beholding the Blessed Vision of the Guru's Darshan.

ਿਜਉ ਅੰਧਕਾਰ ਦੀਪਕ ਪਰਗਾਸੁ ॥ (282)
ਜੀ-ਓ ਅੰਧਕਾਰ ਦੀਪਕ ਪਰਗਾਸਾ। ਪਰਗਾਸਾ। As the darkness is illuminated by the lamp,

ਗੁਰ ਦਰਸਨੁ ਦੇਿਖ ਮਿਨ ਹੋਇ ਿਬਗਾਸੁ ॥ (282)
ਗੁਰ ਦਰਸਾਣ ਦਰਸਾਣ ਮਨੀ ਹੋਏ ਿਬਗਾਸਾ। ਿਬਗਾਸਾ। so does the mind blossom forth, beholding the Blessed Vision of the Guru's Darshan.

ਿਜਉ ਮਹਾ ਉਦੱਧਾਨ ਮਨੀ ਮਾਰਗ ਪਾਵੈ ॥ (282)
ਜੀ-ਓ ਮਹਾ ਉਦੱਧਾਨ ਮਨੀ ਮਾਰਗ ਪਾਵ। ਪਾਵ। The path is found through the great wilderness,

ਿਤਉ ਸਾਧੂ ਸੰਗ ਮਿਲੀ ਿੱਵਲੀ ਿੱਤਾਵੈ ॥ (282)
ਿਤੁ ਸਾਧੂ ਸੰਗ ਮਿਲਿ ਿੱਤੀ ਿੱਤਾਵਾ। ਉਤਾਵਾ। 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!

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||

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.
लौटि पेठं मंड़ा मंगि चलं ॥ (283)
लाडि खेप संतं मंगि चालु ॥
laad khayp santeh sang chaal.
Load up this merchandise, and set out with the Saints.

अक्र विभाजि विभिन्न मंगि ॥ (283)
अवर तितागि विकिरा जंजाल ॥
avar ti-aag bikhi-aa janjaal.
Give up other corrupt entanglements.

पीति पीति वते मछु बेटि ॥ (283)
धंिन धंिन कहै सभु कोइ ॥
Dhan Dhan kahai sabh ko-ay.
Blessed, blessed, everyone will call you,

भूष हूँल जावि चचा मंगि ॥ (283)
मुख जजाल हरि दरगह सोइ ॥
mukh oojal har dargeh so-ay.
and your face shall be radiant in the Court of the Lord.

ढियू दधातु विल्ला रुपाढ़ै ॥ (283)
इहु वापार विरला वापारै ॥
ih vaapaar virla vaapaarai.
In this trade, only a few are trading.

हँसव उगे मछ सठीये ॥5॥ (283)
नानक ता कै सद बलिहारे ॥5॥
naanak taa kai sad balihaarai. ||5||
Nanak is forever a sacrifice to them. ||5||

चरन मण बे पेटि वेटि धीरू ॥ (283)
चरन साध के धोइ धोइ पीउ ॥
charan saaDh kay Dho-ay Dho-ay pee-o.
Wash the feet of the Holy, and drink in this water.

अरिप मण बे धुरि अधर मीरू ॥ (283)
अरिप साध कउ अपना जीउ ॥
arap saaDh ka-o apnaa jee-o.
Dedicate your soul to the Holy.
ਸਾਧ कੀ ਧੂਰਨਾਨੁ ॥ (283)
saaDh kee Dhoor isnaan.
Take your cleansing bath in the dust of the feet of the Holy.

ਸਾਧ ਊਪਿਰ ਜਾਈਐ ਕੁਰਬਾਨੁ ॥ (283)
saaDh oopar jaa-ee-ai kurbaan.
To the Holy, make your life a sacrifice.

ਸਾਧ ਸੇਵਾ ਵਡਭਾਗੀ ਪਾਈਐ ॥ (283)
saaDh sayvaa vadbhaagee paa-ee-ai.
Service to the Holy is obtained by great good fortune.

ਸਾਧਸੰਗ ਹਿਰ ਕੀਰਤਨੁ ਗਾਈਐ ॥ (283)
saaDhsang har keertan gaa-ee-ai.
In the Saadh Sangat, the Company of the Holy, the Kirtan of the Lord's Praise is sung.

ਆਨਕ ਬਿਖਨ ਤੇ ਸਾਧੂ ਰਾਖੈ ॥ (283)
anik bighan tay saaDhoo raakhai.
From all sorts of dangers, the Saint saves us.

ਹਿਰ ਗੁਨ ਗਾਿਅਮਰਤ ਰਸੁ ਚਾਖੈ ॥ (283)
har gun gaa-ay amrit ras chaakhai.
Singing the Glorious Praises of the Lord, we taste the ambrosial essence.

ਓਟ ਗਹੀ ਸੰਤਹ ਦਿਰ ਆਇਆ ॥ (283)
ot gahee santeh dar aa-i-aa.
Seeking the Protection of the Saints, we have come to their door.

ਸਰਬ ਸੂਖ ਨਾਨਕ ਤਿਹ ਪਾਇਆ ॥ 6॥ (283)
sarab sookh naanak tih paa-i-aa. ||6||
All comforts, O Nanak, are so obtained. ||6||
मिरतक कउ जीवालनहार || (283)
mirtak ka-o jeevaalanhaar.
He infuses life back into the dead.

भूखे कउ देवत अधार || (283)
bhookhay ka-o dayvat aDhaar.
He gives food to the hungry.

सरब निधान जा की द्रिष्टी माह || (283)
sarab niDhaan jaa kee daristee maahi.
All treasures are within His Glance of Grace.

पुरब लिखे का लहणा पाह || (283)
purab likhay kaa lahnaa paahi.
People obtain that which they are pre-ordained to receive.

सभु किछु तिस का ओहु करनै जोग || (283)
sabh kichh tis kaa oh karnai jog.
All things are His; He is the Doer of all.

तिस बिझू दूसर होआ न होगु || (283)
tis bin doosar ho-aa na hog.
Other than Him, there has never been any other, and there shall never be.

जप जन सदा सदा दिन रैणी || (283)
jap jan sadaa sadaa din rainee.
Meditate on Him forever and ever, day and night.

सभ ते ऊच निरमल इह करणी || (283)
sabh tay ooch nirmal ih karnee.
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||

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 -

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.

They alone understand Him, O Nanak, with whom He is pleased.
अबिनासी प्रभु मन मिह राखु ॥ (283)
abhiinaaシー parabh man meh raakh.
Keep the Immortal Lord God enshrined within your mind.

भजन ली दु प्रीति तिआगु ॥ (283)
mānukh kee too pareet ti-aag.
Renounce your love and attachment to people.

तिस ते परे नाही किच्छु कोइ ॥ (283)
tis tay parai naahee kichh ko-ay.
Beyond Him, there is nothing at all.

सरब निरंतिर एको सोइ ॥ (283)
sarab nirantar ayko so-ay.
The One Lord is pervading among all.

आपे बीना आपे दाना ॥ (283)
aapay beenaa aapay daanaa.
He Himself is All-seeing; He Himself is All-knowing,

गिहर गंभीरु गहीरु सुजाना ॥ (283)
gahir gambheer gaheer sujaanaa.
Unfathomable, Profound, Deep and All-knowing.

पारबर्हम परमेसुर गोबंद ॥ (283)
paarbarahm parmaysur gobind.
He is the Supreme Lord God, the Transcendent Lord, the Lord of the Universe,

किर्पा निधान दाह्ल बखसंद ॥ (283)
kirpaa niDhaan da-i-aal bakhsand.
the Treasure of mercy, compassion and forgiveness.
ਸਾਧ ਤੇਰੇ ਕੀ ਚਰਨੀ ਪਾਉ ॥ (283)
saaDh tayray kee charnee paa-o.
To fall at the Feet of Your Holy Beings -

ਨਾਨਕ ਕੈ ਮਨਿ ਇਹ ਅਨਰਾਉ ॥੧॥ (284)
naanak kai man ih anraa-o. ||1||
this is the longing of Nanak's mind. ||1||

ਮਨਸਾ ਪੂਰਨ ਸਰਨਾ ਜੋਗ ॥ (284)
mansaa pooran sarnaa jog.
He is the Fulfiller of wishes, who can give us Sanctuary;

ਜੋ ਕਿਰ ਪਾਇਆ ਸੋਈ ਹੋਗੁ ॥ (284)
jo kar paa-i-aa so-ee hog.
that which He has written, comes to pass.

ਹਰਨ ਭਰਨ ਜਾ ਕਾ ਨੇਤਰ੍ ਫੋਰੁ ॥ (284)
haran bharan jaa kaa naytar for.
He destroys and creates in the twinkling of an eye.

ਿਤਸ ਕਾ ਮੰਤਰ੍ ਨ ਜਾਨੈ ਹੋਰੁ ॥ (284)
tis kaa mantar na jaanai hor.
No one else knows the mystery of His ways.

ਸਰਬ ਥੋਕ ਸੁਨੀਆਂਹ ਗ਼ਿਰ ਤਾ ਕੈ ॥ (284)
sarab thok sunee-ah ghar taa kai.
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 Enjoyer.

By constant meditation, His devotee finds peace.

O Nanak, no one has found the limits of that Supreme Being.

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.

Many are His forms; many are His colors.

Many are the appearances which He assumes, and yet He is still the One.
Naanaa biDh keeno bisthaar.
In so many ways, He has extended Himself.

Prasu Abhinaasee aikankaar.
The Eternal Lord God is the One, the Creator.

Naanaa chalit karee khin maahi.
He performs His many plays in an instant.

Poor rahio pooran sabh thaa-ay.
The Perfect Lord is pervading all places.

Naanaa biDh kar banat bana-ee.
In so many ways, He created the creation.

Apane keemat aapay paa-ee.
He alone can estimate His worth.

Sabh ghat tis kay sabh tis kay thaa-o.
All hearts are His, and all places are His.

Nanak lives by chanting, chanting the Name of the Lord. ||4||


नाम के धारे सगले जंत ॥

The Naam is the Support of all creatures.

नाम के धारे खंड बरहमंड ॥

The Naam is the Support of the earth and solar systems.

नाम के धारे सिमिर्ित बेद पुरान ॥

The Naam is the Support of the Simritees, the Vedas and the Puraanas.

नाम के धारे सुनन गियान धियान ॥

The Naam is the Support by which we hear of spiritual wisdom and meditation.

नाम के धारे आगास पाताल ॥

The Naam is the Support of the Akaashic ethers and the nether regions.

नाम के धारे सगल आकार ॥

The Naam is the Support of all bodies.

नाम के धारे पूरीआ संभ भवन ॥

The Naam is the Support of all worlds and realms.

नाम कै संिग उधरे सुिन सर्वन ॥

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||

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.
ਸਿਤ कਰਣੀ ਨਿਰਮਲ ਨਿਰਮਲੀ ॥ (284)
sat karnee nirmal nirmalee.
True is His lifestyle, the purest of the pure.

ਿਜਸਿਹ ਬੁਜਾਏ ਿਤਸਿਹ ਸਭ ਭਲੀ ॥ (284)
jisah bujhaa-ay tiseh sabh bhalee.
All goes well for those who know Him.

ਿਬਸਵਾਸੁ ਿਸਿਹ ਨਾਨਕ ਗੁਰ ਤੇ ਪਾਈ ॥੬॥ (284)
bisvaas sat naanak gur tay paa-ee. ||6||
Nanak has obtained true faith from the Guru. ||6||

ਿਤਸਿਹ ਕਾ ਸੁਖਦਾਈ ॥ (284)
jisah ka sukh-daa-ee.
The True Name of God is the Giver of peace.

ਿਜਾ ਜ਼ਿਤਾ ਿਤਸਿਹ ਉਪਦੇਸ ॥ (284)
jija zita tiseh updays.
True are the Teachings, and the Instructions of the Holy.

ਜਾ ਜਕਵਾਈ ਜਿਨੈ ਇਚਿਤਾ ਜਾ ਕੈ ਪਰ੍ਵੇਸ ॥ (284)
jija jakaavi jinai ichita jaa kai parvays.
True are those into whose hearts He enters.

ਿਤ੊ਂ ਿਤਸਿਹ ਿਹ੊ਂ ਿਤਸਿਹ ਿਤ੊ਂ ॥ (284)
sat nireet boojhaa jay ko-ay.
One who knows and loves the Truth -

ਿਤਸਿਹ ਨਾਮ ਤਾ ਕੀ ਗਿਤ ਹੋਇ ॥ (284)
jisah naam taa kee gat ho-ay.
chanting the Naam, he obtains salvation.
आपित सति कीआ सभु सति ॥ (284)
aap sat kee-aa sabh sat.
He Himself is True, and all that He has made is true.

आपे जानै अपनी मिति गति ॥ (284)
aapay jaanai apnee mit gat.
He Himself knows His own state and condition.

जिस की सरसिट सु करणैहार ॥ (285)
jis kee sarisat so karnaihaar.
He is the Creator Lord of His world.

अवर न बूिझ करत बीचारु ॥ (285)
avar na boojh karat beechaar.
No one else understands Him, although they may try.

करते की मिति न जानै कीआ ॥ (285)
kartay kee mit na jaanai kee-aa.
The created cannot know the extent of the Creator.

नानक जो तिसु भावै सो वरतीआ ॥७॥ (285)
naanak jo tis bhaavai so vartee-aa. ||7||
O Nanak, whatever pleases Him comes to pass. ||7||

बिसमन बिसम भए बिसमाद ॥ (285)
bisman bisam bha-ay bismaad.
Gazing upon His wondrous wonder, I am wonder-struck and amazed!

जिन बूिझा ितसु आइआ स्वाद ॥ (285)
jin boojhi-aa tis aa-i-aa savaad.
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.
ਸਲੋਕੁ ॥ (285)
salok.
Shalok:

ਅਲੋਕੁ ॥ (285)
aad sachi jugaad sachi.
True in the beginning, True throughout the ages,

ਤੇ ਦੀ ਮਸਤਤਾ ਦੀ ਮਸਤਾ ॥੧॥ (285)
hai bhe sach naanak hosee bhe sach. ||1||
True here and now. O Nanak, He shall forever be True. ||1||

ਅਸਟਪਦੀ ॥ (285)
asatpadee.
Ashtapadee:

ਚਰਨ ਸਿਤ ਸਿਤ ਪਰਸਨਹਾਰ ॥
charan sat sat parsanhaar.
His Lotus Feet are True, and True are those who touch Them.

ਪੂਜਾ ਸਿਤ ਸਿਤ ਸੇਵਦਾਰ ॥
poojaa sat sat sayvdaar.
His devotional worship is True, and True are those who worship Him.

ਦਰਸਨੁ ਸਿਤ ਸਿਤ ਪੇਖਨਹਾਰ ॥
darsan sat sat paykhanhaar.
The Blessing of His Vision is True, and True are those who behold it.

ਨਾਮੁ ਸਿਤ ਸਿਤ ਿਧਾਵਨਹਾਰ ॥
aan sat sat Dhi-aavanhaar.
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.**

**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,

This is understood only by one of discerning understanding.

Meeting with the Lord, O Nanak, he becomes one with Him.
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 Name of the Lord.

God is the Cherisher of His servant.

The Formless Lord preserves His servant.
so sayvak jis da-i-aa parabh Dhaarai.
Unto His servant, God bestows His Mercy.

O Nanak, that servant remembers Him with each and every breath. ||3||

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,

that servant is famous in the ten directions.

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.
Maanas jatan karat baho bhaat.
You may make all sorts of efforts,

Tis kay kartab birthay jaat.
but these attempts are in vain.

Maarai na raakhai avar na ko-ay.
No one else can kill or preserve -

Sarab jee-aa kaa raakhaa so-ay.
He is the Protector of all beings.

Kahay soch karahi ray paraanee.
So why are you so anxious, O mortal?

Jap naanak parabh alakh vidaanee. ||5||
Meditate, O Nanak, on God, the invisible, the wonderful! ||5||

BaaraN baar baar parabh japee-ai.
Time after time, again and again, meditate on God.

Pee amrit ih man tan Dharpee-ai.
Drinking in this Nectar, this mind and body are satisfied.
 naam ratan jin gurmukh paa-i-aa.
The jewel of the Naam is obtained by the Gurmukhs;

🧰 tis kichh avar nahee daristaa-i-aa.
they see no other than God.

 naam Dhan naamo roop rang.
Unto them, the Naam is wealth, the Naam is beauty and delight.

 naam sukha har naam kaa sang.
The Naam is peace, the Lord's Name is their companion.

 naam ras jo jan tariptaanay.
Those who are satisfied by the essence of the Naam -

 man tan naameh naam samaanay.
their minds and bodies are drenched with the Naam.

 oothat baithat sovat naam.
While standing up, sitting down and sleeping, the Naam,

 kaho naanak jan kai sad kaam. ||6||
says Nanak, is forever the occupation of God's humble servant. ||6||
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 -

Those humble beings who recognizes God

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.

By the Blessing of His Darshan, all sins are erased.
ਅਵਰ ਿਸਆਨਪ ਸਗਲੀ ਛਾਡੁ ॥ (286)
avar si-aanap saglee chhaad.
So renounce all other clever devices,

ਿਤਸੁ ਜਨ ਕੀ ਤੂ ਸੇਵਾ ਲਾਗੁ ॥ (286)
tis jan kee too sayvaa laag.
and enjoin yourself to the service of those servants.

ਆਵਨੁ ਜਾਨੁ ਨ ਹੋਵੀ ਤੇਰਾ ॥ (286)
aavan jaan na hovee tayraa.
Your comings and goings shall be ended.

ਨਾਨਕ ਿਤਸੁ ਜਨ ਕੇ ਪੂਜਹੁ ਸਦ ਪੈਰਾ ॥੮॥੧੭॥ (286)
naanak tis jan kay poojahu sad pairaa. ||8||17||
O Nanak, worship the feet of God's humble servants forever. ||8||17||

ਸਾਲੋਕੁ ॥ (286)
salok.
Shalok:

ਿਤਸ ਕਈ ਸੰਿਗ ਿਸਖੁ ਉਧਰੈ ਨਾਨਕ ਹਿਰ ਗੁਨ ਗਾਊ ॥੧॥ (286)
tis kai sang sikh uDhrai naanak har gun gaa-o. ||1||
In His Company, the Sikh is saved, O Nanak, singing the Glorious Praises of the Lord. ||1||
satgur sikh kee karai partipaal.
The True Guru cherishes His Sikh.

sayvak ka-o gur sadaa da-i-aal.
The Guru is always merciful to His servant.

sikh kee durmat mal hirai.
The Guru washes away the filth of the evil intellect of His Sikh.

gur bachnee har naam uchrai.
Through the Guru's Teachings, he chants the Lord's Name.

satgur sikh kay banDhan kaatai.
The True Guru cuts away the bonds of His Sikh.

gur ka kay bikaar tay haatai.
The Sikh of the Guru abstains from evil deeds.

satgur sikh ka-o naam Dhan day-ay.
The True Guru gives His Sikh the wealth of the Naam.

gur ka kay vadbhaagee hay.
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||

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 -
सेवा करत होइ निहकामी ॥ (286)
sayvaa karat ho-ay nihkaamee.
One who performs selfless service, without thought of reward,

तिस कउ होत परापति सुआमी ॥ (286)
tis ka-o hot paraapat su-aamee.
shall attain his Lord and Master.

अपनी किर्पा जिसु आिप करेइ ॥ (287)
apnee kirpaa jis aap karay-i.
He Himself grants His Grace;

नानक सो सेवकु  गुर की मित लेइ ॥२॥ (287)
naanak so sayvak gur kee mat lay-ay. ||2||
O Nanak, that selfless servant lives the Guru's Teachings. ||2||

बीस बिसवे गुर का मनु मानै ॥ (287)
bees bisvay gur kaa man maanai.
One who obeys the Guru's Teachings one hundred per cent -

में मेब्रु भरभुर की गाड तरै ॥ (287)
so sayvaka parmaysur kee gat jaanai.
that selfless servant comes to know the state of the Transcendent Lord.

में माज्रुसु निम्न विचे गवि त्रिप्पु ॥ (287)
so satgur jis ridai har naa-o.
The True Guru's Heart is filled with the Name of the Lord.

अिनक बार गुर कउ बलि जाउ ॥ (287)
anik baar gur ka-o bal jaa-o.
So many times, I am a sacrifice to the Guru.
sarab niDhaan jee-a kaa daataa.
He is the treasure of everything, the Giver of life.

aath pahar paarbarahm rang raataa.
Twenty-four hours a day, He is imbued with the Love of the Supreme Lord God.

barahtm meh jan jan meh paarbarahm.
The servant is in God, and God is in the servant.

aykeh aap nahee kachh bharam.
He Himself is One - there is no doubt about this.

sahas si-aanap la-i-aa na jaa-ee-ai.
By thousands of clever tricks, He is not found.

naanak aisaa gur badbhaagee paa-ee-ai. ||3||
O Nanak, such a Guru is obtained by the greatest good fortune. ||3||

safal darsan paykhat puneet.
Blessed is His Darshan; receiving it, one is purified.

parsat charan gat nirmal reet.
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.
ਜਿਹਾ ਏਕ ਉਸਤਿਤ ਅਨੇਕ ॥ (287)
jihaa ayk ustat anayk.
The tongue is one, but His Praises are many.

ਸਿਤ ਪੁਰਖ ਪੂਰਨ ਬਿਬੇਕ ॥ (287)
sat purakh pooran bibayk.
The True Lord, of perfect perfection.

ਕਾਹੂ ਬੋਲ ਨ ਪਹੁਚਤ ਪਰ੍ਾਨੀ ॥ (287)
kaaho bol na pahuchat paraanee.
no speech can take the mortal to Him.

ਅਗਮ ਅਗੋਚਰ ਪਰ੍ਭ ਨਿਰਬਾਨੀ ॥ (287)
agam agochar parabh nirbaanee.
God is Inaccessible, Incomprehensible, balanced in the state of Nirvaana.

ਨਿਰਾਹਾਰ ਨਿਰਵੈਰ ਸੁਖਦਾਈ ॥ (287)
niraahaaar nirvair sukh-daa-ee.
He is not sustained by food; He has no hatred or vengeance; He is the Giver of peace.

ਤਾ ਕੀ ਕੀਮਿਤ ਕਿਨੈ ਨ ਪਾਈ ॥ (287)
taa kee keemat kinai na paa-ee.
No one can estimate His worth.

ਅਨਿਕ ਭਗਤ ਬੰਦਨ ਨਿਤ ਕਰਿਹ ॥ (287)
anik bhagat bandan nit karahi.
Countless devotees continually bow in reverence to Him.

ਚਰਨ ਕਮਲ ਹਿਰਦੈ ਸੀਮਰਾਹੀ ॥ (287)
charan kamal hirdai simrahi.
In their hearts, they meditate on His Lotus Feet.
ਸਦ ਬਲਿਹਾਰੀ ਸਿਤਗੁਰ ਅਪਨੇ ॥ (287)
sad balihaaree satgur apnay.
Nanak is forever a sacrifice to the True Guru;

ਨਾਨਕ ਜਿਸੁ ਪਰਸਾਦ ਐਸਾ ਪਰ੍ਭੁ ਜਪਨੇ ॥੫॥ (287)
naanak jis parsad aisaa parabh japnay. ||5||
by His Grace, he meditates on God. ||5||

ਇਹੁ ਹਿਰ ਰਸੁ ਪਾਵੈ ਜਨੁ ਕੋਈ ॥ (287)
ih har ras paavai jan ko-ay.
Only a few obtain this ambrosial essence of the Lord's Name.

ਅਮਰ੍ਤੁ ਪੀਵੈ ਅਮਰੁ ਸੋ ਹੋਇ ॥ (287)
amrit peevai amar so ho-ay.
Drinking in this Nectar, one becomes immortal."

ਉਸੁ ਪੁਰਖ ਕਾ ਨਾਹੀ ਕਦੇ ਿਬਨਾਸ ॥ (287)
us purakh kaa naahee kaday binaas.
That person never dies,

 ਨਾ ਵੇ ਭਿਨੁ ਪੁਰਖੇ ਗੁਨਕਸਮ ॥ (287)
ja kai man pargatay guntaas.
whose mind is illuminated by the treasure of excellence.

ਆਠ ਪਹਰ ਹਿਰ ਕਾ ਨਾਮ ਲੇਧੀ ॥ (287)
aath pahar har kaa naam lay-ay.
Twenty-four hours a day, he takes the Name of the Lord.

ਸਚੁ ਉਪਦੇਸੁ ਸੇਵਕ ਕਉ ਦੇਇ ॥ (287)
sach updays sayvak ka-o day-ay.
The Lord gives true instruction to His servant.
मोह माइया कै संिग न लेपु ॥ (287)
moh maa-i-aa kai sang na layp.
He is not polluted by emotional attachment to Maya.

मन मिह राखै हिर हिर एकु ॥ (287)
man meh raakhai har har ayk.
In his mind, he cherishes the One Lord, Har, Har.

अंधकार दीपक परगासे ॥ (287)
anDhkaar deepak pargaasay.
In the pitch darkness, a lamp shines forth.

नानक भरम मोह दुख तह ते नासे ॥६॥ (287)
naanak bharam moh dukh tah tay naasay. ||6||
O Nanak, doubt, emotional attachment and pain are erased. ||6||

तपित माहि ठािढ वरताई ॥ (287)
tapat maahi thaadh vartaa-ee.
In the burning heat, a soothing coolness prevails.

अनदु भइआ दुख नाठे भाई ॥ (287)
anad bha-i-aa dukh naathay bhaa-ee.
Happiness ensues and pain departs, O Siblings of Destiny.

जनम मरन के मिटे अंदेसे ॥ (287)
janam maran kay mitay andaysay.
The fear of birth and death is dispelled,

साधू के पूरन उपदेसे ॥ (287)
saaDhoo kay pooran updaysay.
by the perfect Teachings of the Holy Saint.
bhau chooka nirbhau ho-ay basay.
Fear is lifted, and one abides in fearlessness.

sagal bi-aaDh man tay khai nasay.
All evils are dispelled from the mind.

jis kaa saa tin kirpaa Dhaaree.
He takes us into His favor as His own.

saadhsang jap naam muraaree.
In the Company of the Holy, chant the Naam, the Name of the Lord.

thit paa-ee chookay bharam gavan.
Stability is attained; doubt and wandering cease,

sun naanak har har jas sarvan.
O Nanak, listening with one's ears to the Praises of the Lord, Har, Har. ||7||

nirgun aap sargun bhee ohee.
He Himself is absolute and unrelated; He Himself is also involved and related.

kalaa Dhaar jin saglee mohee.
Manifesting His power, He fascinates the entire world.
अपने चिरत परभ आप बनाए ॥ (287)
apnay charit parabh aap banaa-ay.
God Himself sets His play in motion.

अपनी कीमत आपे पाए ॥ (287)
apunee keemat aapay paa-ay.
Only He Himself can estimate His worth.

हरि बिनं दूजा नाही कोइ ॥
hari bin doojaa naahee ko-ay.
There is none, other than the Lord.

सरब निरंतर एको सोइ ॥
sarab nirantar ayko so-ay.
Permeating all, He is the One.

जोत पोत रविव रूप रंग ॥
ot pot ravi-aa roop rang.
Through and through, He pervades in form and color.

भए पर्गास साध कै संग ॥
bha-ay pargaas saaDh kai sang.
He is revealed in the Company of the Holy.

रचि रचना अपनी कल धारी ॥
rach rachnaa apnee kal Dhaaree.
Having created the creation, He infuses His own power into it.

अनिक बार नानक बलिहारी ॥8॥18॥
anik baar naanak balihaaree. ||8||18||
So many times, Nanak is a sacrifice to Him. ||8||18||
Shalok:

ਸਲੋਕੁ ॥ (288)

saath na chaalai bin bhajan bikhi-aa saglee chhaar.
Nothing shall go along with you, except your devotion. All corruption is like ashes.

ਹਿਰ  ਹਿਰ  ਨਾਮੁ  ਕਮਾਵਨਾ  ਨਾਨਕ  ਇਹੁ  ਧਨੁ  ਸਾਰੁ ॥੧॥

har har naam kamaavanaa naanak ih Dhan saar. ||1||
Practice the Name of the Lord, Har, Har. O Nanak, this is the most excellent wealth. ||1||

Ashtapadee:

ਸੰਤ  ਜਨਾ  ਿਮਿਲ  ਕਰਹੁ  ਬੀਚਾਰੁ ॥ (288)

sant janaa mil karahu beechaar.
Joining the Company of the Saints, practice deep meditation.

ਅਵਿਰ  ਉਪਾਵ  ਸਿਭ  ਮੀਤ  ਿਬਸਾਰਹੁ ॥ (288)

avar upaav sabh meet bisaarahu.
Forget all other efforts, O my friend -

ਚਰਨ  ਕਮਲ  ਿਰਦ  ਮਹਿ  ਉਿਰ  ਧਾਰਹੁ ॥ (288)

charan kamal rid meh ur Dhaarahu.
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.

The wealth which you chase after in the four directions -

you shall obtain that wealth by serving the Lord.
jis sukh ka-o nit baachheh meet.
The peace, which you always yearn for, O friend -
so sukh saaDhoo sang pareet.
that peace comes by the love of the Company of the Holy.
jis sobhaa ka-o karahi bhalee karnee.
The glory, for which you perform good deeds -
saa sobhaa bhaj har kee saranee.
you shall obtain that glory by seeking the Lord's Sanctuary.
anik upaavee rog na jaa-ay.
All sorts of remedies have not cured the disease -
rog mitai har avkhaDh laa-ay.
the disease is cured only by giving the medicine of the Lord's Name.
sarab niDhaan meh har naam niDhaan.
Of all treasures, the Lord's Name is the supreme treasure.
 }

jap naanak dargahi parvaan. ||2||
Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||
मनु परबोधहु हिर कै नाइ ॥ (288)
man parboDhahu har kai naa-ay.
Enlighten your mind with the Name of the Lord.

दह दिस धावत आवै ठाई ॥ (288)
dah dis Dhaavat aavai thaa-ay.
Having wandered around in the ten directions, it comes to its place of rest.

ता कउ बिघनु न लागै कोइ ॥ (288)
taa ka-o bighan na laagai ko-ay.
No obstacle stands in the way of one

जा कै जिरही बसै हिर सोइ ॥ (288)
jaa kai ridai basai har so-ay.
whose heart is filled with the Lord.

किल ताती ठांडा हिर नाउ ॥ (288)
kal taatee thaaNdhaa har naa-o.
The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing and cool.

भउ बिनसै पूरन होइ आस ॥ (288)
bha-o binsai pooran ho-ay aas.
Your fear shall be dispelled, and your hopes shall be fulfilled.

भगित भाई आतम परगास ॥ (288)
bhagat bhaa-ay aatam pargaas.
By devotional worship and loving adoration, your soul shall be enlightened.
Titru bhit vishmish vaye abhichraini

Titru ghar jaa-ay basai abhinaasee.
You shall go to that home, and live forever.

Bhun mullah wari nam dagmi

Kahau nanak katee jum faasi

Kaho naanak kaatee jam faasee. ||3||
Says Nanak, the noose of death is cut away. ||3||

Utut beichaare khaai jat maacha

Tat beechaar kahai jin saacha.
One who contemplates the essence of reality, is said to be the true person.

Nanak maaye vane vachan

Janam marai so kaacho kaachaa.
Birth and death are the lot of the false and the insincere.

Aavaa gavan mitai parabh sayv

Avaav gavan mitai parbh sayv.
Coming and going in reincarnation is ended by serving God.

Aapu titare saran gurdawar

Aap ti-aag saran gurdayv.
Give up your selfishness and conceit, and seek the Sanctuary of the Divine Guru.

Titru utuk mullah kiyu pichchhu

I-o ratan janam ka ho-ay uDhaar.
Thus the jewel of this human life is saved.

Har har simar paraan aaDhaar

Har har simar paraan aaDhaar.
Remember the Lord, Har, Har, the Support of the breath of life.
अनिक उपाव न छूटनहारे ॥ (288)
By all sorts of efforts, people are not saved -

सिम्रित सासत बेद बीचारे ॥ (288)
not by studying the Simritees, the Shaastras or the Vedas.

हर की भगति करहु मनु लाइ ॥ (288)
Worship the Lord with whole-hearted devotion.

मिन बंछत नानक फल पाइ ॥४॥
O Nanak, you shall obtain the fruits of your mind's desire. ||4||

सुत मीत कुटंब अरु बिनता ॥ (288)
Children, friends, family and spouse -

इन ते कहहु तुम कवन सनाथा ॥ (288)
in tay kahhu tum kavan sanaathaa. who of these shall accompany you?
राज रंग माइआ िबसठार। ॥ (288)
Power, pleasure, and the vast expanse of Maya -

इन ते कहहु कवन छुटकार। ॥ (288)
in tay kahhu kavan chhutkaar.
who has ever escaped from these?

असु हसती िघा असवारी। ॥ (288)
as hastee rath asvaaree.
Horses, elephants, chariots and pageantry -

झूठा डम्फु झूठु पासारी। ॥ (288)
jhoothaa damf jhoot paasaaree.
false shows and false displays.

जिन दीए ितसु बुझै न िबगाना। ॥ (288)
jin dee-ay tis bujhai na bigaanaa.
The fool does not acknowledge the One who gave this;

नामु िबसार नानक पछुताना। ||5||
forgetting the Naam, O Nanak, he will repent in the end. ||5||

गुर की मित तूं लेहि इयाने। ॥ (288)
gur kee mat tooN layhi i-aanay.
Take the Guru’s advice, you ignorant fool;

भगित िबना बहु डूबे िसाने। ॥ (288)
bhagat binaa baho doobay si-aanay.
without devotion, even the clever have drowned.
ਹਿਰ ਕੀ ਭਗਤ ਕਰਹੁ ਮਨ ਮੀਤ ॥ (288)

Worship the Lord with heart-felt devotion, my friend;

ਨਿਰਮਲ ਹੋਇ ਤੁਮਾਰੋ ਚੀਤ ॥ (288)

your consciousness shall become pure.

ਚਰਨ ਕਮਲ ਰਾਖਹੁ ਮਨ ਮਾਹੀ ॥ (288)

Enshrine the Lord's Lotus Feet in your mind;

ਜਨਮ ਜਨਮ ਕੇ ਕਿਲਬਖ ਜਾਹੀ ॥ (289)

the sins of countless lifetimes shall depart.

ਆਪ ਜਪਹੁ ਅਵਰਾ ਨਾਮੁ ਜਪਾਵਹੁ ॥ (289)

Chant the Naam yourself, and inspire others to chant it as well.

ਸਾਰ ਭੂਤ ਸਿਤ ਹਿਰ ਕੋ ਨਾਉ ॥ (289)

The essential reality is the True Name of the Lord.

ਸਹਿਜ ਸੁਭਾਇ ਨਾਨਕ ਗੁਨ ਗਾਉ ॥६॥ (289)

With intuitive ease, O Nanak, sing His Glorious Praises. ||6||
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.
sarab nirantar ayko daykh.
See the One permeating all;

kaho naanak jaa kai mastak laykh. ||7||
says Nanak, your destiny is pre-ordained. ||7||

ayko jap ayko saalaahi.
Meditate on the One, and worship the One.

ayk simar ayko man aahi.
Remember the One, and yearn for the One in your mind.

aykas kay gun gaa-o anant.
Sing the endless Glorious Praises of the One.

man tan jaap ayk bhagvant.
With mind and body, meditate on the One Lord God.

ayko ayk ayk har aap.
The One Lord Himself is the One and Only.

pooran poor rahi-o parabh bi-aap.
The Pervading Lord God is totally permeating all.
anik bisthaar ayk tay bha-ay.
The many expanses of the creation have all come from the One.

ayk araadDh paraachhat ga-ay.
Adoring the One, past sins are removed.

man tan antar ayk parabh raataa.
Mind and body within are imbued with the One God.

gur parsaaD naanak ik jaataa. ||8||19||
By Guru's Grace, O Nanak, the One is known. ||8||19||

This is Nanak's prayer, O God: please, attach me to Your devotional service. ||1||

firta firta parabh aa-i-aa pari-aa ta-o sarnaay-ay.
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||

Ashtapadee:

salok.
Shalok:

firta firta parabh aa-i-aa pari-aa ta-o sarnaay-ay.
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||
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.
एक ओट एको आधारु ॥ (289)
ayk ot ayko aaDhaar.
You are my only Shelter, my only Support.

नानकु मागै नामु पर्भ सारु ॥१॥
naanak maagai naam parabh saar. ||1||
Nanak asks for the most sublime, the Naam, the Name of God. ||1||

प्रभ की दिर्सिट महा सुखु होइ ॥
parabh kee darisat maha sukh ho-ay.
By God's Gracious Glance, there is great peace.

हिर रसु पावै बिरला कोइ ॥
har ras paavai birlaa ko-ay.
Rare are those who obtain the juice of the Lord's essence.

जिन चाक्हिया से जन तर्पताने ॥ (289)
jin chaaki-aa say jan tariptaanay.
Those who taste it are satisfied.

पूरन पुरख नही डोलाने ॥ (289)
pooran purakh nahee dolaanay.
They are fulfilled and realized beings - they do not waver.

सुभर भरे प्रेम रस रंगि ॥ (289)
subhar bharay paraym ras rang.
They are totally filled to over-flowing with the sweet delight of His Love.

उपजै चाउ साध कै संगि ॥ (289)
upjai chaa-o saaDh kai sang.
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.

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.
ਬੰਧਨ ਕਾਿਟ ਮੁਕਿਤ ਜਨੁ ਭਇਆ ॥ (289)
banDhan kaat mukat jan bha-i-aa.
The bonds of His humble servant are cut away, and he is liberated.

ਨਤਮ ਭਵਨ ਦੂਖ ਭਰਮਗ ਗਇਆ ॥ (289)
janam maran dookh bharam ga-i-aa.
The pains of birth and death, and doubt are gone.

ਦੱਖ ਪੁਨੀ ਸਰਧਾ ਸੰਭ ਪੂਰੀ ॥ (289)
ichh punees sarDhaa sabh pooree.
Desires are satisfied, and faith is fully rewarded,

ਰਿਵ ਰਿਹਾ ਸਾਦ ਸੰਗ ਹਾਝੂਰੀ ॥ (289)
rav rahi-aa sad sang hajooree.
imbued forever with His all-pervading peace.

ਨਾਨਕ ਭਗਤੀ ਨਾਂ ਸਮਾਈ ॥੩॥ (289)
naanak bhagtee naam samaa-ay. ||3||
Nanak is absorbed in devotional worship of the Naam. ||3||

ਸੋ ਕੀਤੀ ਬਿਸਰੈ ਜੀ ਬਾਹਨੇ ॥ (289)
so ki-o bisrai je ghaal na bhaanai.
Why forget Him, who does not overlook our efforts?

ਸੋ ਕੀਤੀ ਬਿਸਰੇ ਜੀ ਕੀੜ ਜਾਏ ॥ (289)
so ki-o bisrai je kee-aa jaanai.
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.

Through the Perfect Guru, this essential reality is understood.

O Nanak, God's humble servants meditate on Him.
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.
ਸਗਲ ਦੂਖ ਕਾ ਹੋਵਤ ਨਾਸੁ ॥ (290)
sagal dookh kaa hovat naas.
All sorrows shall vanish.

ਨਾਨਕ ਨਾਮੁ ਜਪਹੁ ਗੁਨਤਾਸੁ ॥੫॥
naanak naam japahu guntaas. ||5||
O Nanak, chant the Naam, the treasure of excellence. ||5||

ਉਪਜੀ ਪਰ੍ੀਿਤ ਪਰ੍ੇਮ ਰਸੁ ਚਾਉ ॥
upjee pareet paraym ras chaa-o.
Love and affection, and the taste of yearning, have welled up within;

ਮਨ ਤਨ ਅੰਤਿਰ ਇਹੀ ਸੁਆਉ ॥
man tan antar ihee su-aa-o.
within my mind and body, this is my purpose:

ਨਤਾਰੁ ਪੇਿਖ ਦਰਸੁ ਸੁਖੁ ਹੋਇ ॥
naytarahu paykh daras sukh ho-ay.
beholding with my eyes His Blessed Vision, I am at peace.

ਮਨੁ ਿਬਗਸੈ ਸਾਧ ਚਰਨ ਧੋਇ ॥
man bigsai saaDh charan Dho-ay.
My mind blossoms forth in ecstasy, washing the feet of the Holy.

ਭਗਤ ਜਨਾ ਕੈ ਮਿਨ ਤਿਨ ਰੰਗੁ ॥
bhagat janaa kai man tan rang.
The minds and bodies of His devotees are infused with His Love.

ਬੰਨਾਲ ਤਾਲ ਦੇ ਭਿੱਤੁ ਉਦੀ ਵੋੜੁ ॥
birlaa ko-oo paavai sang.
Rare is the one who obtains their company.
ਏਕ ਬਸਤੁ ਦੀਜਾਈ ਕਿਰ ਮਇਆ ॥

ayk basat deejai kar ma-i-aa.
Show Your mercy - please, grant me this one request:

ਗੁਰ ਪਰਸਾਦ ਨਾਮ ਜਪ ਲਾਈਆ ॥

gur parsaaad naam jap la-i-aa.
by Guru's Grace, may I chant the Naam.

ਤਾ ਕੀ ਉਪਮਾ ਕਹੀ ਨ ਜਾਈ ॥

taa kee upmaa kahee na jaa-ay.
His Praises cannot be spoken;

ਨਾਨਕ ਰਹਾ ਸਰਬ ਸਮਾਈ ॥੬॥

naanak rahi-aa sarab samaa-ay. ||6||
O Nanak, He is contained among all. ||6||

ਪਰ੍ਰਭ ਬਖਸੰਦ ਦੀਨ ਦੇਇਆਲ ॥

parabh bakhsand deen da-i-aal.
God, the Forgiving Lord, is kind to the poor.

ਭਗਤ ਵਛਲ ਸਦਾ ਕੀਰਪਾਲ ॥

bhagat vachhal sadaa kirpaal.
He loves His devotees, and He is always merciful to them.

ਆਨਾਥ ਨਾਥ ਗੋਬੰਦ ਗੁਪਾਲ ॥

anaath naath gobind gupaal.
The Patron of the patronless, the Lord of the Universe, the Sustainer of the world,

ਸਰਬ ਘਟਾ ਕਰਤ ਪਰਿਪਾਲ ॥

sarab ghataa karat partipaal.
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.

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.
ਸਲੋਕੁ ॥ (290)

salok.

Shalok:

ਸਰਗੁਨ ਨਿਰਗੁਨ ਨਿਰੰਕਾਰ ਸੁੰਨ ਸਮਾਧੀ ਆਪ ॥

sargun nirgun nirankaar sunn samaaDhee aap.

He possesses all qualities; He transcends all qualities; He is the Formless Lord. He Himself is in Primal Samaadhi.

ਆਪਨ ਕੀਆ ਨਾਨਕਾ ਆਪੇ ਹੀ ਫਿਰ ਜਾਇਪ ॥੧॥ (290)

aapan kee-aa naankaa aapay hee fir jaap. ||1||

Through His Creation, O Nanak, He meditates on Himself. ||1||

ਅਸਟਪਦੀ ॥ (290)

asatpadee.

Ashtapadee:

ਜਵ ਅਕਾਰੁ ਇਹੁ ਕਛੁ ਨ ਦਰਸਟੇਤਾ ॥

jab akaar ih kachh na daristaytaa.

When this world had not yet appeared in any form,

ਪਾਪ ਪੁੰਨ ਤਹ ਹੋਤਾ ॥ (290)

paap punn tab hote ||

who then committed sins and performed good deeds?

ਜਵ ਧਾਰੀ ਆਪੇ ਸੁੰਨ ਸਮਾਿਧ ॥ (290)

jab Dhaaree apan sunn samaaDh.

When the Lord Himself was in Profound Samaadhi,

ਤਵ ਬੈਰ ਿਬਰੋਧ ਿਕਸੁ ਸੰਗ ਕਮਾਿਤ ॥ (290)

tab bair biroDh kis sang kamaat.

then against whom were hate and jealousy directed?
जब इस का बरनु तिचहनु न जापत ॥ (290)
jab is kaa baran chihan na jaapat.
When there was no color or shape to be seen,

तब हरख सोग कहु किसहि विआपत ॥ (290)
tab harakh sog kaho kiseh bi-aapat.
then who experienced joy and sorrow?

जब आपन आप आपि पारबरहम ॥ (290)
jab aapan aap aap paarbarahm.
When the Supreme Lord Himself was Himself All-in-all,

तब मोह कहा किसु होवत भरम ॥ (290)
tab moh kahaa kis hovat bharam.
then where was emotional attachment, and who had doubts?

आपन के आपि वरतीजा ॥ (291)
aapan ke aap varteejaa.
He Himself has staged His own drama;

नानक करनैहारु न दूजा ॥१॥ (291)
naanak karnaihaar na doojaa. ||1||
O Nanak, there is no other Creator. ||1||

जब होवत परभ के वल धनी ॥ (291)
jab hovat parabh kayval Dhanee.
When there was only God the Master,

जब वंध मुकित कहु किस कउ गनी ॥ (291)
tab banDh mukat kaho kis ka-o ganee.
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?

O Nanak, the Lord Master is Unfathomable and Infinite. ||2||
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,
आपन आप आप ही अचरजा ॥ (291)
aapan aap aap hee acharjaa.
He Himself, in and of Himself, is the most wonderful.

ਨਾਨਕ ਆਪਨ ਰੂਪ ਆਪ ਹੀ ਉਪਰਜਾ ॥੩॥
naanak aapan roop aap hee uparjaa. ||3||
O Nanak, He Himself created His Own Form. ||3||

ਜਹ ਨਿਰਮਲ ਪੁਰਖ ਪੁਰਖ ਪਿਤ ਹੋਤਾ ॥
jah nirmal purakh purakh pat hotaa.
When there was only the Immaculate Being, the Lord of beings,

ਜਹ ਉੱਤਲ ਮੈਲ ਕਹਾ ਧੋਤਾ ॥ (291)
jah utal mail kahaa Dhotaa.
there was no filth, so what was there to be washed clean?

ਜਹ ਨਿਰਜਾ ਨਿਰਕਰ ਨਿਰਬਾਨ ॥
jah niranjan nirankaar nirbaan.
When there was only the Pure, Formless Lord in Nirvaanaa,

ਜਹ ਕੁਨ ਮਾਨ ਕੁਨ ਅਭਿਮਾਨ ॥ (291)
jah ka-un maan ka-un abhimaan.
then who was honored, and who was dishonored?

ਜਹ ਸਰੂਪ ਕੇਵਲ ਜਗਦੀਸ ॥ (291)
jah saroop kayval jagdees.
When there was only the Form of the Lord of the Universe,

ਜਹ ਚਲ ਛਿੜਾ ਲਗਤ ਕੁਹ ਕੀਸ ॥ (291)
jah chhal chhidar lagat kahu kees.
then who was tainted by fraud and sin?
jah jot saroop jot sang samaavai.
When the Embodiment of Light was immersed in His Own Light,

then who was hungry, and who was satisfied?

He is the Cause of causes, the Creator Lord.

O Nanak, the Creator is beyond calculation. ||4||

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||

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.

then who was not anxious, and who felt anxiety?

then who spoke and who listened?

He is vast and infinite, the highest of the high.

O Nanak, He alone can reach Himself. ||6||
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 Maya,

egotism, attachment, doubt and loads of fear;

pain and pleasure, honor and dishonor -

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.

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.
jis bhaavai tis aapan naa-ay laavai.
He attaches whomever He pleases to His Name.

jis bhaavai tis khayl khilaavai.
He causes whomever He pleases to play in His play.

baysumaar athaah agnat atolai.
He is beyond calculation, beyond measure, uncountable and unfathomable.

ji-o bulaavhu ti-o naanak daas bolai. ||8||21||
As You inspire him to speak, O Lord, so does servant Nanak speak. ||8||21||

jee-a jant kay thakuraa aapay vartanhaar.
O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere.

naanak ayko pasri-aa doojaa kah daristaar. ||1||
O Nanak, The One is All-pervading; where is any other to be seen? ||1||

asatpadee.
Ashtapadee:
आपि कथै आिप सूननैहारु ॥ (292)
aap kathai aap sunnaihaar.
He Himself is the speaker, and He Himself is the listener.

आपहिए एकु आिप िबसथारु ॥ (292)
aapeh ayk aap bisthaar.
He Himself is the One, and He Himself is the many.

जा ितसु भावै ता िसर्सिट उपाए ॥ (292)
jaa tis bhaavai taa sarisat upaa-ay.
When it pleases Him, He creates the world."

आपनै भाणै लए समाए ॥ (292)
aapnai bhaanai la-ay samaa-ay.
As He pleases, He absorbs it back into Himself.

जा कउ पर्भ जीउ आिप बुझाे ॥ (292)
jaa ka-o parabh jee-o aap bujhaa-ay.
One whom God Himself inspires to understand -

सचु नामु सोई जनु पाए ॥ (292)
sach naam so-ee jan paa-ay.
that person obtains the True Name.
He looks impartially upon all, and he knows the essential reality.

O Nanak, he conquers the whole world.

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.
jee-a kee jugat jaa kai sabh haath.
The ways and means of all beings are in His Hands.

antar baahar jaanhu saath.
Inwardly and outwardly, know that He is with you.

gun niDhaan bay-ant apaar.
He is the Ocean of excellence, infinite and endless.

naanak daas sadaa balihaar. ||2||
Slave Nanak is forever a sacrifice to Him. ||2||
pooran poor rahay da-i-aal.
The Perfect, Merciful Lord is pervading everywhere.

sabh oopar hovat kirpaal.
His kindness extends to all.

apnay kartab jaanai aap.
He Himself knows His own ways.

antarjaamee rahi-o bi-aap.
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.

The Lord's humble servant is committed to His Name.

His hopes do not go in vain.
sayvak ka-o sayvaa ban aa-ee.
The servant's purpose is to serve;

hukam boojh param pad paa-ee.
obeying the Lord's Command, the supreme status is obtained.
is tay oopar nahee beechaar.
Beyond this, he has no other thought.
jaa kai man basi-aa nirankaar.
Within his mind, the Formless Lord abides.
banDhan tor bha-ay nirvair.
His bonds are cut away, and he becomes free of hatred.
an-din poojeh gur kay pair.
Night and day, he worships the Feet of the Guru.

naanak har parabh aapeh maylay. ||4||
O Nanak, the Lord God unites him with Himself. ||4||
साधसङ्ग मिल करहु अनंद ॥ (293)
saadhsang mil karahu anand.
Join the Company of the Holy, and be happy.

गुन गावहु पर्भ परमानंद ॥ (293)
gun gaavhu parabh parmaanand.
Sing the Glories of God, the embodiment of supreme bliss.

राम नाम ततु करहु बीचारु ॥ (293)
raam naam tat karahu beechaar.
Contemplate the essence of the Lord's Name.

दरुलभ देह का करहु उधारु ॥ (293)
darulabh dayh kaa karahu uDhaar.
Redeem this human body, so difficult to obtain.

अम्रित बचन हिर के  गुन गाउ ॥ (293)
amrit bachan har kay gun gaa-o.
Sing the Ambrosial Words of the Lord's Glorious Praises;

पर्ान तरन का इहै सुआउ ॥ (293)
paraan taran kaa ihai su-aa-o.
this is the way to save your mortal soul.

आठ पहर प्रभ पेख्हु तेरा ॥ (293)
aath pahar parabh paykhahu nayraa.
Behold God near at hand, twenty-four hours a day.

इमर्त बचन हिर के  गुन गाउ ॥ (293)
amrit bachan har kay gun gaa-o.
Sing the Ambrosial Words of the Lord's Glorious Praises;

मिटै अग्निभ्रष्ट विसृज्ये अंधेरा ॥ (293)
mitai agi-aan binsai anDhayraa.
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||

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||

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.
jis parabh raakhai tis naahee dookh.
One who is protected by God never suffers in pain.

naam japat man hovat sookh.
Chanting the Naam, the mind becomes peaceful.

chintaa jaa-ay mitai ahaNkaar.
Anxiety departs, and ego is eliminated.

tis jan ka-o ko-ay na pahuchanhaar.
No one can equal that humble servant.

sir oopar thaaNhaa gur sooraa.
The Brave and Powerful Guru stands over his head.

naanak taa kay kaaraj pooraa. ||7||
O Nanak, his efforts are fulfilled. ||7||

mat pooree amrit jaa kee darisat.
His wisdom is perfect, and His Glance is Ambrosial.

darsan paykhat uDhrat sarisat.
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||
Shalok:

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.

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.

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.
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.
गुर परसाद भरम का नासु ॥ (294)

By Guru's Grace, doubt is dispelled.

नानक तिन महि एहु बिसासु ॥३॥

O Nanak, this faith is firmly implanted within. ||3||

संत जना का पेखनु सभु बर्हम ॥

In the eye of the Saint, everything is God.

संत जना कै हिरदै सिभ धरम ॥

In the heart of the Saint, everything is Dharma.

सित बचन साधू सिभ कहत ॥

The Saint hears words of goodness.

सरब बिआपी राम संिग रचन ॥

He is absorbed in the All-pervading Lord.

जिन जाता तिस की इह रहत ॥

This is the way of life of one who knows God.

sat bachan saaDhoo sabh kahat.

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.

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.
Anik kalaa lakhee nah jaa-ay.
His powers are so numerous, they cannot be known.

Jis bhaavai tis la-ay milaa-ay.
As it pleases Him, He merges us into Himself again.

Kavan nikat kavan kahee-ai door.
Who is near, and who is far away?

Aapay aap aap bharpoor.
He Himself is Himself pervading everywhere.

Antargat jis aap janaa-ay.
One whom God causes to know that He is within the heart -

Naanak tis jan aap bujhaa-ay. ||5||
O Nanak, He causes that person to understand Him. ||5||

Sarab bhoott aap vartaaraa.
In all forms, He Himself is pervading.

Sarab nain aap paykhanhaaraa.
Through all eyes, He Himself is watching.
ਸਗਲ ਸਮਗਰੀ ਜਾ ਕਾ ਤਨਾ ॥ (294)
sagal samagree jaa kaa tanaa.
All the creation is His Body.

ਆਪਨ ਜਸੁ ਆਪ ਹੀ ਸੁਨਾ ॥ (294)
aapan jas aap hee sunaa.
He Himself listens to His Own Praise.

ਆਵਨ ਜਾਨੁ ਇਕੁ ਖੇਲੁ ਬਨਾਇਆ ॥ (294)
aavan jaan ik khayl banaa-i-aa.
The One has created the drama of coming and going.

ਆਗੀਆਕਾਰੀ ਕੀਨੀ ਮਾਇਆ ॥ (294)
aagi-aakaaree keenee maa-i-aa.
He made Maya subservient to His Will.

ਸਭ ਕੈ ਮਿਧ ਅਲਪਤੋ ਰਹੈ ॥ (294)
sabh kai maDh alipato rahai.
In the midst of all, He remains unattached.

ਜੋ ਕਿਛੁ ਕਹਣਾ ਸੁ ਆਪੇ ਕਹੈ ॥ (294)
jo kichh kahnaa so aapay kahai.
Whatever is said, He Himself says.

ਆਗੀਆ ਆਵੈ ਆਗੀਆ ਜਾਇ ॥ (294)
aagi-aa aavai aagi-aa jaa-ay.
By His Will we come, and by His Will we go.

ਨਾਨਕ ਜਾ ਭਾਵੈ ਤਾ ਲਏ ਸਮਾਇ ॥੬॥
naanak jaa bhaavai taa la-ay samaa-ay. ||6||
O Nanak, when it pleases Him, then He absorbs us into Himself. ||6||
ਇਸ ਤੇ ਹੋਇ ਸੁਨਾਹੀ ਬੁਰਾ ॥ (294)
is tay ho-ay so nahee buraa.
If it comes from Him, it cannot be bad.

ਓਵਈ ਵਰਨ ਵਿਤੇ ਵਰਨ ਵਲ੍ਹ ॥ (294)
orai kahhu kinai kachh karaa.
Other than Him, who can do anything?

ਅਪਿ ਬਲਾ ਕਰਤੂਤ ਅਤੀ ਨਿੰਕੀ ॥ (294)
aap bhalaa kartoot at neekhee.
He Himself is good; His actions are the very best.

ਅਪਿ ਜਾਨੈ ਅਪਨੇ ਜੀ ਕੀ ॥ (294)
aapay jaanai apnay jee kee.
He Himself knows His Own Being.

ਅਪ ਸਾਚੁ ਧਾਰੀ ਸਭ ਸਾਚੁ ॥ (294)
aap saach Dhaaree sabh saach.
He Himself is True, and all that He has established is True.

ਟੂ ਪੋਈ ਅਪਨੁ ਬੰਧੀ ਵਰਨ ॥ (294)
ot pot aapan sang raach.
Through and through, He is blended with His creation.

ਤਾ ਕੀ ਗਤੀ ਮਿਥਿਣ ਵਲ੍ਹ ਨਿੰਦੀ ॥ (294)
taa kee gat mit kahee na jaa-ay.
His state and extent cannot be described.

ਦੂੰਸਰ ਹੋਈ ਤ ਸੋਜੀ ਪਾਈ ॥ (294)
doosar ho-ay ta sojhee paa-ay.
If there were another like Him, then only he could understand Him.
ਤਿਸ ਕਾ ਕੀਆ ਸਭ ਪਰਵਾਨੁ ॥ ਇਸ ਕੋ ਕੀਆ ਸਰਚ ਪਰਵਾਨੁ ॥ (294)
His actions are all approved and accepted.

ਗੁਰ ਪਰਸਾਦ ਨਾਨਕ ਇਹੁ ਜਾਨੁ ॥੭॥ (294)
By Guru's Grace, O Nanak, this is known. ||7||

ਜੋ ਜਾਨੈ ਤਿਸ ਸਦਾ ਸੁਖ ਹੋਇ ॥ (294)
One who knows Him, obtains everlasting peace.

ਅਂਦਿ ਮਿਲਾਇ ਲਈ ਪ੍ਰਭ ਸੋਇ ॥ (294)
God blends that one into Himself.

ਓ ਹੁ ਧਨਵੰਤ ਕੁਲਵੰਤ ਪਿਤਵੰਤ ॥ (294)
He is wealth and prosperous, and of noble birth.

ਜੀਵਨ ਮੁਕਤ ਤਿਸ ਰਾਈ ਭਗਵੰਤ ॥ (295)
He is Jivan Mukta - liberated while yet alive; the Lord God abides in his heart.

ਧੰਨੁ ਧੰਨੁ ਧੰਨੁ ਜਨੁ ਆਈਆ ॥ (295)
Blessed, blessed is the coming of that humble being.
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, I bow in reverence forever. ||8||23||

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||

Ashtapadee:
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.
ਹਿਰ ਧਨ ਕੇ ਭਿਰ ਲੇਹੁ ਭੰਡਾਰ ॥ (295)
har Dhan kay bhar layho bhandaar.
Fill your stores with the wealth of the Lord.

ਨਾਨਕ ਗੁਰ ਪੂਰੇ ਨਮਸਕਾਰ ॥੧॥ (295)
naanak gur pooray namaskaar. ||1||
Nanak bows in humility and reverence to the Perfect Guru. ||1||

ਪਹੇਂ ਕਰਮ ਜਗ ਆਲੀਚੇ ॥ (295)
khaym kusal sahj aanand.
Happiness, intuitive peace, poise and bliss -

ਸਾਧਸੰਗ ਭਜੁ ਪਰਮਾਨੰਦ ॥ (295)
saaDhsang bhaj parmaanand.
in the Company of the Holy, meditate on the Lord of supreme bliss.

ਨਾਰਕ ਨਵਾਰ ਉਧਾਰਹੁ ਜੀਉ ॥ (295)
narak nivaar uDhaarahu jee-o.
You shall be spared from hell - save your soul!

ਗੁਨ ਗੋਬੰਦ ਅਮਰ੍ਤ ਰਸੁ ਪੀਉ ॥ (295)
gun gobind amrit ras pee-o.
Drink in the ambrosial essence of the Glorious Praises of the Lord of the Universe.

ਚੁਚਿ ਚੁਚਵਹੁ ਨਾਰਾਇਣ ਏਕ ॥ (295)
chit chitvahu naaraa-in ayk.
Focus your consciousness on the One, the All-pervading Lord -

ਏਕ ਰੂਪ ਜਾ ਕੇ ਰੰਗ ਅਨੇਕ ॥ (295)
ayk roop jaa kay rang anayk.
He has One Form, but He has many manifestations.
गोपाल दामोदर दीन दईआल ॥ (295)
gopaal daamodar deen da-i-aal.
Sustainer of the Universe, Lord of the world, Kind to the poor,

दुःख भंजन पूरन किरपाल ॥ (295)
dukh bhanjan pooran kirpaal.
Destroyer of sorrow, perfectly Merciful.

सिमार सिमार नाम बारं बार ॥ (295)
simar simar naam baaraN baar.
Meditate, meditate in remembrance on the Naam, again and again.

नानक जीआ का इहै अधार ॥२॥ (295)
naanak jee-a kaa ihai aDhaar. ||2||
O Nanak, it is the Support of the soul. ||2||

उतम सलोक साध के बचन ॥ (295)
utam salok saaDh kay bachan.
The most sublime hymns are the Words of the Holy.

अमुलीक लाल एिह रतन ॥ (295)
amuleek laal ayhi ratan.
These are priceless rubies and gems.

सुनत कमावत होत उधार ॥ (295)
sunat kamaavat hot uDhaar.
One who listens and acts on them is saved.

आिप तरै लोकह निसतार ॥ (295)
aap tarai lokah nistaar.
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||

Hearing that He can give Sanctuary, I have come seeking His Sanctuary.

Bestowing His Mercy, God has blended me with Himself.
भिट गए बैर भए सभ रेन ॥ (295)
mit ga-ay bair bha-ay sabh rayn.
Hatred is gone, and I have become the dust of all.

अभिन्न रघु मयमीता हैत ॥ (295)
अंग्रित नामु साधसंगि लैन ॥
amrit naam saaDhsang lain.
I have received the Ambrosial Naam in the Company of the Holy.

मूर्मस्थ बैर गुब्जच ॥ (295)
suparsan bha-ay gurdav.
The Divine Guru is perfectly pleased;

भुवत एवी मेवव जी मेव ॥ (295)
pooran ho-ee sayvak kee sayv.
the service of His servant has been rewarded.

आल संसज सिकार ते चढ़े ॥ (295)
aal janjaal bikaar tay rahtay.
I have been released from worldly entanglements and corruption,

राम रघु मृति वमल चढ़े ॥ (295)
raam naam sun rasnaa kahtay.
hearing the Lord's Name and chanting it with my tongue.

वन्न भूमम परसाद धारी ॥ (295)
kari parsaad da-i-aa parabh Dhaaree.
By His Grace, God has bestowed His Mercy.

नानक निबंधी घेर घमारी ॥ (295)
naanak nibhee khayp hamaaree. ||4||
O Nanak, my merchandise has arrived save and sound. ||4||
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.
ہਿਰ धਨੁ ਖਾਿਟ ਚਲੈ ਜਨੁ ਸੋਇ ॥ (295)
har Dhan khaat chalai jan so-ay.
One who departs, after earning the wealth of the Lord's Name,

ਨਾਨਕ ਜਿਸਹਿ ਪਰਾਪਿਤ ਹੋਇ ॥੫॥ (295)
naanak jisahi paraapat ho-ay. ||5||
O Nanak, realizes it. ||5||

ਖੇਮ ਸੈਤ ਿਰੀਧ ਨਵ ਿਨਧ ॥ (295)
khaym saaN riDh nav niDh.
Comfort, peace and tranquility, wealth and the nine treasures;

ਬੁਧ ਿਗਆਨੁ ਸਰਬ ਤਹ ਿਸਿਧ ॥ (295)
buDh gi-aan sarab tah siDh.
wisdom, knowledge, and all spiritual powers;

ਿਬਿਦਆ ਤਪੁ ਜੋਗ ਪਰ੍ਭ ਿਧਾਨੁ ॥ (296)
bidi-aa tap jog parabh Dhi-aan.
learning, penance, Yoga and meditation on God;

ਿਗਿਆਨੁ ਸਰ੍ੇਸਟ ਊਤਮ ਇਸਨਾਨੁ ॥ (296)
gi-aan saraysat ootam isnaan.
The most sublime wisdom and purifying baths;

ਚਾਿਰ ਪਦਾਰਥ ਕਮਲ ਪਰਗਾਸ ॥ (296)
chaar padaarath kamal pargaas.
the four cardinal blessings, the opening of the heart-lotus;

ਸਭ ਕੈ ਮਿਧ ਸਗਲ ਤੇ ਉਦਾਸ ॥ (296)
sabh kai maDh sagal tay udaas.
in the midst of all, and yet detached from all;
ਸੁੰਦਰੁ  
ਚਤੁਰੁ  
ਤਤ  
ਬੇਤਾ ॥ (296)
beauty, intelligence, and the realization of reality;

ਸਮਦਰਸੀ  
ਏਕ  
ਿਦਰ੍ਸਟੇਤਾ ॥ (296)
to look impartially upon all, and to see only the One

ਇਹ  
ਫਲ  
ਿਤਸੁ  
ਜਨ  
ਕੈ  
ਮੁਿਖ  
ਭਨੇ ॥ (296)
These blessings come to one who chants the Naam with his mouth,

ਗੁਰ  
ਨਾਨਕ  
ਨਾਮ  
ਬਚਨ  
ਮਿਨ  
ਸੁਨੇ ॥੬॥ (296)
and hears the Word with his ears through Guru Nanak. ||6||

ਇਹੁ  
ਿਨਧਾਨੁ  
ਜਪੈ  
ਮਿਨ  
ਕੋਇ ॥ (296)
One who chants this treasure in his mind -

ਸਭ  
ਜੁਗ  
ਮਿਹ  
ਤਾ  
ਕੀ  
ਗਿਤ  
ਹੋਇ ॥ (296)
in every age, he attains salvation.

ਗੁਣ  
ਗੋਿਬੰਦ  
ਨਾਮ  
ਧੁਿਨ  
ਬਾਣੀ ॥ (296)
In it is the Glory of God, the Naam, the chanting of Gurbani.

ਿਸਿਮਰ੍ਿਤ  
ਸਾਸਤਰ੍  
ਬੇਦ  
ਬਖਾਣੀ ॥ (296)
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.

that humble person consciously remembers the Lord God.
ਜਨਮ  ਮਰਨ  ਤਾ  ਕਾ  ਦੂਖੁ ਿਨਵਾਰੈ ॥ (296)
janam maran taa kaa dookh nivaarai.
The pains of birth and death are removed.

ਦੁਲਭ  ਦੇਹ  ਤਤਕਾਲ  ਉਧਾਰੈ ॥ (296)
dulabh dayh tatkaal uDhaarai.
The human body, so difficult to obtain, is instantly redeemed.

ਿਨਰਮਲ  ਸੋਭਾ  ਅੰਿਮਰ੍ਤ  ਤਾ  ਕੀ  ਬਾਨੀ ॥ (296)
nirmal sobhaa amrit taa kee baanee.
Spotlessly pure is his reputation, and ambrosial is his speech.

ਏਕੁ  ਨਾਮੁ  ਮਨ  ਮਾਿਹ  ਸਮਾਨੀ ॥ (296)
ayk naam man maahi samaanee.
The One Name permeates his mind.

ਦੂਖ  ਰੋਗ  ਿਬਨਸੇ  ਭੈ  ਭਰਮ ॥ (296)
dookh rog binsay bhai bharam.
Sorrow, sickness, fear and doubt depart.

ਨਾਨਕ  ਇਹ  ਗੁਿਣ  ਨਾਮੁ  ਸੁਖਮਨੀ ॥੮॥੨੪॥ (296)
aanak ih gun naam sukhmanee. ||8||24||
O Nanak, by these Glorious Virtues, this is named Sukhmani, Peace of mind. ||8||24||
ਥਿਠੀ ਗਾੜੀ ਮਹਲਾ ਵੋ॥ (296)

thitee ga-orhee mehlaa 5.
T'htitee ~ The Lunar Days: Gauree, Fifth Mehl,

ਸਲੋਕੁ ॥ (296)

salok.
Shalok:

ਆਈ ਵਾਲੀ ਭੀਬਾਲੀ ਪੁਤਕਾਨਾ ਮਿਲਨਰੰਗਨਾ॥ (296)

jal thal mahee-al poori-aa su-aamee sirjanhaar.
The Creator Lord and Master is pervading the water, the land, and the sky.

ਆਈਨਕ ਭਾਂਤ ਹੋਇ ਪਸੀਰਾਈ ਨਾਨਕ ਏਕੰਵਾਰੁ ॥੧॥ (296)

In so many ways, the One, the Universal Creator has diffused Himself, O Nanak. ||1||

ਪਾਉੜੀ ॥ (296)

pa-orhee.
Pauree:

ਏਕਮ ਏਕੰਵਾਰ ਪਰ੍ਭ ਕਰਾੜ ਬੰਦਨਾ ਦਿਹਾਈ ॥ (296)

aykam aikankaar parabh kara-o bandnaa Dhi-aa-ay.
The first day of the lunar cycle: Bow in humility and meditate on the One, the Universal
Creator Lord God.

ਗੁਣ ਗੋਬਿੰਦ ਗੁਪਾਲ ਪਰ੍ਭ ਸਰੀਨ ਪਰਾਈ ਹਿਰੀ ਰਾਈ ॥ (296)

gun gobind gupaal parabh saran para-o har raa-ay.
Praise God, the Lord of the Universe, the Sustainer of the World; seek the Sanctuary of
the Lord, our King.
ता की आस किलआण सुख जा ते सभु कछु होइ ॥ (296)
Place your hopes in Him, for salvation and peace; all things come from Him.

चारि कुंट दह दिसि भर्मिओ तिसु बिनु अवर न कोइ ॥ (296)
I wandered around the four corners of the world and in the ten directions, but I saw nothing except Him.

चार दह दिसित सुने बहु बिध करउ बीचारु ॥ (296)
I listened to the Vedas, the Puraanas and the Simritees, and I pondered over them in so many ways.

पितत उधारन भै हरन सुख सागर निरंकार ॥ (296)
The Saving Grace of sinners, the Destroyer of fear, the Ocean of peace, the Formless Lord.

दाता भुगता देनहारु तिसु बिनु अवर न जाइ ॥ (296)
The Great Giver, the Enjoyer, the Bestower - there is no place at all without Him.

जो चाहिह सोई मिलै नानक हिर गुन गाइ ॥ (296)
You shall obtain all that you desire, O Nanak, singing the Glorious Praises of the Lord. ||1||

गोंबिद जसु गाईऐ हरि नीत ॥ (296)
Sing the Praises of the Lord, the Lord of the Universe, each and every day.

मिल भजीऐ साधसंग मेरे मीत ॥ (296)
Join the Saadh Sangat, the Company of the Holy, and vibrate, meditate on Him, O my friend. ||1||Pause||
Bow in humility to the Lord, over and over again, and enter the Sanctuary of the Lord, our King.

Doubt is eradicated, O Nanak, in the Company of the Holy, and the love of duality is eliminated.

The second day of the lunar cycle: Get rid of your evil-mindedness, and serve the Guru continually.

The jewel of the Lord's Name shall come to dwell in your mind and body, when you renounce sexual desire, anger and greed, O my friend.

Conquer death and obtain eternal life; all your troubles will depart.
aap tajahu gobind bhajahu bhaa-o bhagat parvays.
Renounce your self-conceit and vibrate upon the Lord of the Universe; loving devotion to Him shall permeate your being.

laabh milai totaa hirai har dargeh pativant.
You shall earn profit and suffer no loss, and in the Court of the Lord you shall be honored."

raam naam Dhan sanchvai saach saah bhagvant.
Those who gather in the riches of the Lord's Name are truly wealthy, and very blessed.

oothat baithat har bhajahu saaDhoo sang pareet.
So, when standing up and sitting down, vibrate upon the Lord, and cherish the Saadh Sangat, the Company of the Holy.

naanak durmat chhut ga-ee paarbarahm basay cheet. ||2||
O Nanak, evil-mindedness is eradicated, when the Supreme Lord God comes to dwell in the mind. ||2||

salok.
salok.
Shalok:

teen bi-aapahi jagat ka-o turee-aa paavai ko-ay.
The world is in the grip of the three qualities; only a few attain the fourth state of absorption.
O Nanak, the Saints are pure and immaculate; the Lord abides within their minds. ||3||

Pauree:

The third day of the lunar cycle: Those who are bound by the three qualities gather poison as their fruit; now they are good, and now they are bad.

They wander endlessly in heaven and hell, until death annihilates them.

In pleasure and pain and worldly cynicism, they pass their lives acting in ego.

They do not know the One who created them; they think up all sorts of schemes and plans.

Their minds and bodies are distracted by pleasure and pain, and their fever never departs.

They do not realize the glorious radiance of the Supreme Lord God, the Perfect Lord and Master.
मोह भरम बूढ़त घणो महा नरक महि वास ||
moh bharam boodat ghano maha narak meh vaas.
So many are being drowned in emotional attachment and doubt; they dwell in the most horrible hell.

किर िकरपा पर्भ राख लेहु नानक तेरी आस ॥३॥
kir kirpaa parabh raakh layho naanak tayree aas. ||3||
Please bless me with Your Mercy, God, and save me! Nanak places his hopes in You. ||3||

चतुर सुघरू सोइ जिन तिजा अभमानु ॥
chatur sugharh so-ay jin taji-aa abhimaan.
One who renounces egotistical pride is intelligent, wise and refined.

चार पदारथ असट सिध भजु नानक हिर नामु ॥४॥
chaar padaarath asat siDh bhaj naanak har naam. ||4||
The four cardinal blessings, and the eight spiritual powers of the Siddhas are obtained, O Nanak, by meditating, vibrating on the Lord's Name. ||4||

चतुरथ ब्रजे बेद सूणि सोडी उड़ वीचारु ॥
chaturath baaray bayd sun soDhi-o tat beechar.
The fourth day of the lunar cycle: Listening to the four Vedas, and contemplating the essence of reality, I have come to realize.

सरब खेम किलआण िनिध राम जिप सारु ॥
sarab khaym kali-aan niDh raam jap saar.
that the treasure of all joy and comfort is found in sublime meditation on the Lord's Name.
One is saved from hell, suffering is destroyed, countless pains depart,

death is overcome, and one escapes the Messenger of Death, by absorption in the Kirtan of the Lord’s Praises.

Fear departs, and one savors the Ambrosial Nectar, imbued with the Love of the Formless Lord.

Pain, poverty and impurity are removed, with the Support of the Naam, the Name of the Lord.

The angels, the seers and the silent sages search for the Ocean of peace, the Sustainer of the world.

The mind becomes pure, and one’s face is radiant, O Nanak, when one becomes the dust of the feet of the Holy.
The five evil passions dwell in the mind of one who is engrossed in Maya.

In the Saadh Sangat, one becomes pure, O Nanak, imbued with the Love of God. ||5||

The fifth day of the lunar cycle: They are the self-elect, the most distinguished, who know the true nature of the world.

The many colors and scents of flowers - all worldly deceptions are transitory and false.

People do not see, and they do not understand; they do not reflect upon anything.

The world is pierced through with attachment to tastes and pleasures, engrossed in ignorance.

Those who perform empty religious rituals will be born, only to die again. They wander through endless incarnations.
ਰੰਚਾਉ ਿਚ ਮਿਸ਼ਰਣਤੀ ਭਵੀਤਾ ਨ ਵੀਚਾਰਤੀ ਵਿਬੰਧੀ ॥ (297)
ਰਚਨਹਾਰੁ ਨਹ ਸਿਸਾਮੀਇੜ੍ਹ ਮਿਨ ਨ ਵੀਚਾਰਤੀ ਵਿਬੰਧੀ ॥
rachanhaar nah simari-o man na beechar bibayk. They do not meditate in remembrance on the Creator Lord; their minds do not understand.

ਰੰਚਾਉ ਿਚ ਮਿਸ਼ਰਣਤੀ ਭਵੀਤਾ ਨ ਵੀਚਾਰਤੀ ਵਿਬੰਧੀ ॥ (297)
ਭਾਉ ਭਗਤੀ ਭਗਵਾਨ ਸੰਗੀ ਮਾਈਆ ਲਿਪਤ ਨ ਰੰਚੀ ॥
bhaa-o bhagat bhagvaan sang maa-i-aa lipat na ranch. By loving devotion to the Lord God, you shall not be polluted by Maya at all.

ਰੰਚਾਉ ਿਚ ਮਿਸ਼ਰਣਤੀ ਭਵੀਤਾ ਨ ਵੀਚਾਰਤੀ ਵਿਬੰਧੀ ॥ (297)
ਭਾਉ ਭਗਤੀ ਭਗਵਾਨ ਸੰਗੀ ਮਾਈਆ ਲਿਪਤ ਨ ਰੰਚੀ ॥
bhaa-o bhagat bhagvaan sang maa-i-aa lipat na ranch. By loving devotion to the Lord God, you shall not be polluted by Maya at all.
that the Supreme Lord God is the most sublime and lofty. Even the thousand-tongued serpent does not know the limits of His Glories.

Naarad, the humble beings, Suk and Vyaasa sing the Praises of the Lord of the Universe.

They are imbued with the Lord's essence; united with Him; they are absorbed in devotional worship of the Lord God.

Emotional attachment, pride and doubt are eliminated, when one takes to the Sanctuary of the Merciful Lord.

His Lotus Feet abide within my mind and body and I am enraptured, beholding the Blessed Vision of His Darshan.

People reap their profits, and suffer no loss, when they embrace love for the Saadh Sangat, the Company of the Holy.

They gather in the treasure of the Lord, the Ocean of Excellence, O Nanak, by meditating on the Naam.
In the gathering of the Saints, chant the Praises of the Lord, and speak the Truth with love.

O Nanak, the mind becomes contented, enshrining love for the One Lord.

The seventh day of the lunar cycle: Gather the wealth of the Naam; this is a treasure which shall never be exhausted.

In the Society of the Saints, He is obtained; He has no end or limitations.

Renounce your selfishness and conceit, and meditate, vibrate on the Lord of the Universe; take to the Sanctuary of the Lord, our King.

Your pains shall depart - swim across the terrifying world-ocean, and obtain the fruits of your mind's desires.
Aath pahar man har japai safal janam parvaan.
One who meditates on the Lord twenty-four hours a day - fruitful and blessed is his coming into the world.

 Antar baahar sadaa sang karnaihaar pachaan.
Inwardly and outwardly, realize that the Creator Lord is always with you.

So saajan so sakhaa meet jo har kee mat day-ay.
He is your friend, your companion, your very best friend, who imparts the Teachings of the Lord.

Nanak is a sacrifice to one who chants the Name of the Lord, Har, Har. ||7||

The Minister of Death cannot even see that person, O Nanak, unto whom God is merciful. ||8||

The Glorious Praises of the Lord twenty-four hours a day; renounce other entanglements.

The Minister of Death cannot even see that person, O Nanak, unto whom God is merciful. ||8||

Nanak is a sacrifice to one who chants the Name of the Lord, Har, Har. ||7||
The eighth day of the lunar cycle: The eight spiritual powers of the Siddhas, the nine treasures,

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The eighth day of the lunar cycle: The eight spiritual powers of the Siddhas, the nine treasures,
ਸਲੋਕੁ ॥ (298)
salok.
Shalok:

ਰਤਵਜਸਤੂ ਤਤ ਸਿਨਰਿਆ ਮੇਲਿਆ ਸੰਸਾਰ ਵਿਵਰ ਂ (298)

ਨਾਰਾਇਣ ਨਹ ਸਿਮਰਿਆ ਮੋਹੀਆ ਸੁਆਦ ਬਿਕਾਰ ॥

naaraa-in nah simri-o mohi-o su-aad bikaar.
He does not remember the Lord in meditation; he is fascinated by the pleasures of corruption.

ਰਤਵ ਰਾਮ ਭਿਸਾਰਵੇ ਤਰਵ ਸੁਖਾ ਬਹਤਰ ਂ॥॥ (298)

ਨਾਨਕ ਨਾਇਮ ਬਿਸਾਰੇ ਨਰਕ ਸੂਰਜ ਅਵਤਾਰ ॥੯॥

naanak naam bisaari-ai narak surag avtaar. ||9||
O Nanak, forgetting the Naam, he is reincarnated into heaven and hell. ||9||

ਪਉੰਢੀ ॥ (298)
pa-orhee.
Pauree:

ਨਉਮੀ ਨਵੇ ਿਛਦਰਾ ਅਪਵੀਤ ॥ (298)

na-umee navay chhidar apveet.
The ninth day of the lunar cycle: The nine holes of the body are defiled.

ਵਬਿ ਰਾਮ ਨ ਸਧ ਵਰਵ ਬਿਪਟਾਦੀਓ ॥ (298)

ਹਰੀ ਨਾਮ ਨ ਜਾਪਹ ਕਰਤ ਬਿਪ੍ਰੀਵਤਸੀ ॥

har naam na jaapeh karat bipreet.
People do not chant the Lord's Name; instead, they practice evil.

ਪਰ ਿਤਰ ਰਮਹ ਬਕਹ ਸਾਧ ਨੰਦ ॥ (298)

par tari-a rameh bakeh saaDh nind.
They commit adultery, slander the Saints,

ਬਰਤ ਨ ਸਰ੍ਹੀ ਵਰਵ ਨਮ ਬਿਟਾਦੇ ॥ (298)

karan na sunhee har jas bind.
and do not listen to even a tiny bit of the Lord's Praise.
They steal others' wealth for the sake of their own bellies,

but the fire is not extinguished, and their thirst is not quenched.

Without serving the Lord, these are their rewards.

O Nanak, forgetting God, the unfortunate people are born, only to die. ||9||

The mind comes to be controlled, O Nanak, if He grants His Perfect Grace. ||10||

I have wandered, searching in the ten directions - wherever I look, there I see Him.

The mind comes to be controlled, O Nanak, if He grants His Perfect Grace. ||10||
The tenth day of the lunar cycle: Overpower the ten sensory and motor organs;

Your mind will be content, as you chant the Naam.

With your ears, hear the Praises of the Lord of the World;

With your eyes, behold the kind, Holy Saints.

With your tongue, sing the Glorious Praises of the Infinite Lord.

In your mind, remember the Perfect Lord God.

With your hands and feet, work for the Saints.

O Nanak, this way of life is obtained by God's Grace.
Salok:
Shalok:

ऐको ऐकु बखानीऐ िबरला जाणै स्वादु ॥
ayko ayk bakhaanee-ai birlaa jaanai savaad.
Describe the Lord as the One, the One and Only. How rare are those who know the taste of this essence.

गुण गोबिंद न जाणीऐ नानाक सभु िबसमादु ॥११॥
gun gobind na jaanee-ai naanak sabh bismaad. ||11||
The Glories of the Lord of the Universe cannot be known. O Nanak, He is totally amazing and wonderful! ||11||

Pauree:

The eleventh day of the lunar cycle: Behold the Lord, the Lord, near at hand.

इंद्री बिध बरतु स्पूर्ण भइआ ॥
indree biDh barat sampooran bha-i-aa.
In this way, your fast will be successful.
धावत मनु राखै इक ठाइ ॥ (299)
Keep your wandering mind restrained in one place.

मनु तनु सुधु जपत हरि नाइ ॥ (299)
Your mind and body shall become pure, chanting the Lord's Name.

सभ महि पूरि रहेपारब्रहम ॥ (299)
The Supreme Lord God is pervading amongst all.

नानक हिर कीरतनु किर अटल एहु धरम ॥११॥ (299)
O Nanak, sing the Kirtan of the Lord's Praises; this alone is the eternal faith of Dharma.

दुरमित हरी सेवा करी भेटे साध किर्पाल ॥ (299)
Evil-mindedness is eliminated, by meeting with and serving the compassionate Holy Saints.

नानक परभ सिउ मिलि रहे बिनसे सगल जंजाल ॥१२॥ (299)
Nanak is merged with God; all his entanglements have come to an end.
ਦੁਆਦਸੀ ਦਾਨੁ ਨਾਮ ਇਸਨਾਨੁ ॥
(299)
The twelfth day of the lunar cycle: Dedicate yourself to giving charity, chanting the Naam and purification.

ਹਿਰ ਕੀ ਭਗਤ ਤਜ ਮਾਨੁ ॥
(299)
Worship the Lord with devotion, and get rid of your pride.

ਹਿਰ ਅਮਰ੍ਤ ਪਾਨ ਸਾਧਸੰਗ ॥
(299)
Drink in the Ambrosial Nectar of the Lord's Name, in the Saadh Sangat, the Company of the Holy.

ਮਨ ਤਿਰਪਤਾਸੈ ਕੀਰਤਨ ਰੰਗ ॥
(299)
The mind is satisfied by lovingly singing the Kirtan of God's Praises.

ਕੋਮਲ ਬਾਣੀ ਸਭ ਸਤੋਖੈ ॥
(299)
The Sweet Words of His Bani soothe everyone.

ਪੰਚ ਭੂ ਆਤਮਾ ਨਾਮ ਰਿਸ ਪੋਖੈ ॥
(299)
The soul, the subtle essence of the five elements, cherishes the Nectar of the Naam, the Name of the Lord.

ਗੁਰ ਪੂਰਾ ਤੇ ਏਹ ਨਿਹਚਾਰ ਪਾਈਐ ॥
(299)
This faith is obtained from the Perfect Guru.

ਨਾਨਕ ਰਾਮ ਰਮਤ ਜੋਿਨ ਨ ਆਈਐ ॥
(299)
O Nanak, dwelling upon the Lord, you shall not enter the womb of reincarnation again.
||12||
ਸਲੋਕੁ ॥ (299)
ਸਲੋਕੁ ॥
salok.
Shalok:

ਤੀਨ ਗੁਣਾ ਮਿਹ ਿਬਆਿਪਆ ਪੂਰਨ ਹੋਤ ਨ ਕਾਮ ॥ (299)
teen gunaa meh bi-aapi-aa pooran hot na kaam.
Engrossed in the three qualities, one’s efforts do not succeed.

ਪਿਤਤ ਉਧਾਰਣੁ ਮਿਨ ਬਸੈ ਨਾਨਕ ਛੂਟੈ ਨਾਮ ॥੧੩॥ (299)
patit uDhaaran man basai naanak chhootai naam. ||13||
When the Saving Grace of sinners dwells in the mind, O Nanak, then one is saved by the Naam, the Name of the Lord. ||13||

ਪਉੜੀ ॥ (299)
pa-orhee.
Pauree:

ਤਰ੍ਥਦਸੀ ਤੀਨ ਤਾਪ ਸਾਂਸਾਰ ॥ (299)
tar-udsee teen taap sansaar.
The thirteenth day of the lunar cycle: The world is in the fever of the three qualities.

ਆਵਤ ਜਾਤ ਨਰਕ ਅਵਤਾਰ ॥ (299)
aavat jaat narak avtaar.
It comes and goes, and is reincarnated in hell.

ਹਿਰ ਹਿਰ ਭਜਨੁ ਨ ਮਨ ਮਿਹ ਆਈਓ ॥ (299)
har har bhajan na man meh aa-i-o.
Meditation on the Lord, Har, Har, does not enter into the minds of the people.

ਸੁਖ ਸਾਗਰ ਪਰ੍ਭੁ ਿਨਮਖ ਨ ਗਾਈਓ ॥ (299)
sukh saagar parabh nimakh na gaa-i-o.
They do not sing the Praises of God, the Ocean of peace, even for an instant.
This body is the embodiment of pleasure and pain.

It suffers from the chronic and incurable disease of Maya.

By day, people practice corruption, wearing themselves out.

And then with sleep in their eyes, they mutter in dreams.

Forgetting the Lord, this is their condition.

Nanak seeks the Sanctuary of God, the kind and compassionate Primal Being.

The Lord is pervading in all the four directions and the fourteen worlds.
O Nanak, He is not seen to be lacking anything; His works are perfectly complete. ||14||

The fourteenth day of the lunar cycle: God Himself is in all four directions.

On all worlds, His radiant glory is perfect.

The One God is diffused in the ten directions.

Behold God in all the earth and sky.

the Merciful Transcendent Lord is abiding.
Sookham asthool sagal bhagvaan.
The Lord God is in all mind and matter, subtle and manifest.

Nanak gurmukh barahm pachhaan. ||14||
O Nanak, the Gurmukh realizes God. ||14||

The soul is conquered, through the Guru's Teachings, singing the Glories of God.

By the Grace of the Saints, fear is dispelled, O Nanak, and anxiety is ended. ||15||

The day of the new moon: My soul is at peace; the Divine Guru has blessed me with contentment.

My mind and body are cooled and soothed, in intuitive peace and poise; I have dedicated myself to serving God.
टूटे संयत घटु विवच समज भूखर उं दे बम || (300)
टूटे बंधन वह बिकार सफल पुरुष ता के काम ||
tootay banDhan baho bikaar safal pooran taa kay kaam.
His bonds are broken, all his sins are erased, and his works are brought to perfect fruition;

दुरमिति सिंध मटी हूमे छुट्य सिमरत हरी को नाम || (300)
durmat mitee ha-umai chhutee simrat har koo naam.
his evil-mindedness disappears, and his ego is subdued, when one meditates in remembrance on the Name of the Lord.

हिर की टहल कमावणी जपीऐ पर्भ का नाम || (300)
har kee tahal kamaavnee japee-ai parabh kaa naam.
I serve the Lord, and I chant the Name of God.

From the Perfect Guru, Nanak has obtained peace and comfortable ease. ||15||

The perfect person never wavers; God Himself made him perfect.
Day by day, he prospers; O Nanak, he shall not fail. ||16||

Pauree:

The day of the full moon: God alone is Perfect; He is the All-powerful Cause of causes.

The Lord is kind and compassionate to all beings and creatures; His Protecting Hand is over all.

He is the Treasure of Excellence, the Lord of the Universe; through the Guru, He acts.

God, the Inner-knower, the Searcher of hearts, is All-knowing, Unseen and Immaculately Pure.

The Supreme Lord God, the Transcendent Lord, is the Knower of all ways and means.

He is the Support of His Saints, with the Power to give Sanctuary. Twenty-four hours a day, I bow in reverence to Him.
अकथ कथा नह बूझीऐ िसमरहु हिर के  चरन ॥ (300)

akath kathaa nah boojhee-ai simrahu har kay charan.
His Unspoken Speech cannot be understood; I meditate on the Feet of the Lord.

पतित उधारन अनाथ नाथ नानक प्रभ की सरन ॥१६॥ (300)

patit uDhaaran anaath naath naanak parabh kee saran. ||16||
He is the Saving Grace of sinners, the Master of the masterless; Nanak has entered God's Sanctuary. ||16||

ਸਲੋਕੁ  ॥ (300)

salok.
Shalok:

दुख िबनसे सहसा गइओ सरिन गही हिर राई ॥ (300)

dukh binsay sahssa ga-i-o saran gahee har raa-ay.
My pain is gone, and my sorrows have departed, since I took to the Sanctuary of the Lord, my King.

ਮਿਨ िਚੰਦੇ ਫਲ ਪਾਇਆ ਨਾਨਕ ਹਿਰ ਗੁਨ ਗਾਇ ॥੧੭॥ (300)

man chinday fal paa-i-aa naanak har gun gaa-ay. ||17||
I have obtained the fruits of my mind's desires, O Nanak, singing the Glorious Praises of the Lord. ||17||

ਪਉੜੀ ॥ (300)

pa-orhee.
Pauree:

ਵੇਦੀ ਗਾਵੈ ਵੇ ਸਤੀ ਬੇਤੀ ਬੇਚਾਰੁ ॥ (300)

ko-ee gaavai ko su-nee kordai beari beechar.
Some sing, some listen, and some contemplate;

ਵੇ ਿਦੰਨਮੇ ਵੇ ਿਦੰਨੇ ਿਦਮ ਵਾ ਵੇਦੀ ਿਪਤ ૓॥ (300)

ko updaysai ko darirhai tis kaa ho-ay uDhaar.
some preach, and some implant the Name within; this is how they are saved.
Their sinful mistakes are erased, and they become pure; the filth of countless incarnations is washed away.

In this world and the next, their faces shall be radiant; they shall not be touched by Maya.

They are intuitively wise, and they are Vaishnaavs, worshippers of Vishnu; they are spiritually wise, wealthy and prosperous.

They are spiritual heros, of noble birth, who vibrate upon the Lord God.

By their own efforts, the slanderers have destroyed all remnants of themselves.
The Support of the Saints, O Nanak, is manifest, pervading everywhere. ||1||

Fifth Mehl:

Those who went astray from the Primal Being in the very beginning - where can they find refuge?

O Nanak, they are struck down by the All-powerful, the Cause of causes. ||2||

They take the noose in their hands, and go out at night to strangle others, but God knows everything, O mortal.

They spy on other men's women, concealed in their hiding places.

They break into well-protected places, and revel in sweet wine.
करमी आपो आपणी आपे पछुताणी ॥ (315)
But they shall come to regret their actions - they create their own karma.

अजराईलु फरेसता तिल पीड़े घाणी ॥२७॥ (315)
Azraa-eel, the Angel of Death, shall crush them like sesame seeds in the oil-press. ||27||

Shalok, Fifth Mehl:

सलोक मः ५ ॥
salok mehlaa 5.

The servants of the True King are acceptable and approved.

Those ignorant ones who serve duality, O Nanak, rot, waste away and die. ||1||

That destiny which was pre-ordained by God from the very beginning cannot be erased.

The wealth of the Lord's Name is Nanak's capital; he meditates on it forever. ||2||
Pauree, Fifth Mehl:

नाराइँन लइआ नाठूँगड़ा पैर िकथै रखै ॥

One who has received a kick from the Lord God - where can he place his foot?

करदा पाप अिमितआ िनत िवसो चखै ॥

He commits countless sins, and continually eats poison.

िनदा करदा पिच मुआ िविच देही भखै ॥

Slandering others, he wastes away and dies; within his body, he burns.

One who has been struck down by the True Lord and Master - who can save him now?

Nanak has entered the Sanctuary of the Unseen Lord, the Primal Being. ||28||

In the most horrible hell, there is terrible pain and suffering. It is the place of the ungrateful.
ਤਿਨ ਪਰਭ ਮਾਰਾ ਨਾਨਕਾ ਹੋਈ ਹੋਈ ਮੁੱਏ ਹਰਾਮ। ||੧||

They are struck down by God, O Nanak, and they die a most miserable death. ||1||

ਅਵਖਧ ਸਰੇ ਕੀਤਾ ਨੀਤਾਦਕ ਦਾਰੂ ਨਹੀं। ||੧||

All kinds of medicines may be prepared, but there is no cure for the slanderer.

ਆਪ ਭੁਲਾਏ ਨਾਨਕਾ ਪਿੱਛ ਪਿੱਛ ਜੋਨੀ ਪਾਹ। ||੨||

Those whom the Lord Himself misleads, O Nanak, putrefy and rot in reincarnation. ||2||

ਸੰਧੀ ਅੰਦੇਸੇ ਸਤਗੁਰੂ ਹਰ ਸਚੁ ਅਖੁਟ। ||੨||

By His Pleasure, the True Guru has blessed me with the inexhaustible wealth of the Name of the True Lord.

ਸਾਖੀ ਅੰਦੇਸੇ ਮੋਹ ਵਾਰ ਵਾਰ ਬੁੱਧੁ। ||੨||

All my anxiety is ended; I am rid of the fear of death.

ਲਿਮੀਛ ਥਾਲਾਤੀਆਂ ਸੰਜਨੀ ਮਾਝੁ ਬੁੱਧੁ। ||੨||

Sexual desire, anger and other evils have been subdued in the Saadh Sangat, the Company of the Holy.
vin sachay doojaa sayvday hu-ay marsan but.
Those who serve another, instead of the True Lord, die unfulfilled in the end.

The Guru has blessed Nanak with forgiveness; he is united with the Naam, the Name of the Lord.

The Lord Himself is the Protector of His devotees; what can the sinner do to them?

The proud fool acts in pride, and eating his own poison, he dies.

His few days have come to an end, and he is cut down like the crop at harvest.

According to one's actions, so is one spoken of.

Glorious and great is the Lord and Master of servant Nanak; He is the Master of all.
Pauree, Fifth Mehl:

O Nanak, the Saints and the silent sages think, and the four Vedas proclaim,

that whatever the Lord's devotees speak comes to pass.

He is revealed in His cosmic workshop; all people hear of it.

The foolish people, who fight with the Saints, find no peace.

The Saints seek to bless them with virtue, but they are burning with egotism.

Those who are struck down by the Supreme Lord God do not belong to anyone.
vair karan nirvair naal Dharam ni-aa-ay pachanday.
Those who hate the One who has no hatred, are destroyed by righteous justice.

jo jo sant sarapi-aa say fireh bhavanday.
Those who are cursed by the Saints wander around lost.

payd mundhaahoo kati-aa tis daal sukaanday. ||31||
When the tree is cut off at its roots, the branches wither and die. ||31||

salok mehlaa 5.
Shalok, Fifth Mehl:

gur naanak har naam drirh-aa-i-aa bhannan gharan samrath.
Guru Nanak implanted the Naam, the Name of the Lord, within me; He is All-powerful, to create and destroy.

parabh sadaa samaaleh mitar too dukh sabaa-i-aa lath. ||1||
Remember God forever, my friend, and all your suffering will disappear. ||1||

mehlaa 5.
Fifth Mehl:

khuDhi-aavant na jaan-ee laaj kulaaj kubol.
The hungry person does not care about honor, dishonor or harsh words.
Nanak begs for the Name of the Lord; please grant Your Grace, and unite me with Yourself. ||2||

Gauree Kee Vaar, Fifth Mehl: Sung To The Tune Of Vaar Of Raa-I Kamaaldee-Mojadee:

One Universal Creator God. By The Grace Of The True Guru:

Shalok, Fifth Mehl:

Auspicious and approved is the birth of that humble being who chants the Name of the Lord, Har, Har.

I am a sacrifice to that humble being who vibrates and meditates on God, the Lord of Nirvaanaa.

The pains of birth and death are eradicated, upon meeting the All-knowing Lord, the Primal Being.
ਸੰਤ ਸੰਗ ਸਾਗਰ ਤਰੇ ਜਨ ਨਾਨਕ ਸਚਾ ਤਾਣੁ ॥੧॥

In the Society of the Saints, he crosses over the world-ocean; O servant Nanak, he has the strength and support of the True Lord. ||1||

ਮਃ ੫ ॥
mehlaa 5.

Fifth Mehl:

ਭਲਕੇ ਉਠ ਪਰਾਹੁਣਾ ਮੇਰੈ ਘਿਰ ਆਵੁ ॥

I rise up in the early morning hours, and the Holy Guest comes into my home.

ਪਾਉ ਪਖਾਲਾ ਿਤਸ ਕੇ ਮਨ ਤਿਨ ਿਨਤ ਭਾਵੁ ॥

I wash His feet; He is always pleasing to my mind and body.

ਨਾਮ ਸੁਣੇ ਨਾਮ ਸੰਗਰ੍ਹੈ ਨਾਮ ਿਲਵ ਲਾਵੁ ॥

I hear the Naam, and I gather in the Naam; I am lovingly attuned to the Naam.

ਗਾਰੁ ਧਨੁ ਸਭੁ ਪਿਵਤਰੁ ਹੋਇ ਹਿਰ ਕੇ ਗੁਣ ਗਾਵੁ ॥

My home and wealth are totally sanctified as I sing the Glorious Praises of the Lord.

ਹਿਰ ਨਾਮ ਵਾਪਾਰੀ ਨਾਨਕਾ ਵਡਭਾਗੀ ਪਾਵੁ ॥੨॥

The Trader in the Lord's Name, O Nanak, is found by great good fortune. ||2||

The Trader in the Lord's Name, O Nanak, is found by great good fortune. ||2||

Pauree:
Whatever pleasures You is good; True is the Pleasure of Your Will.

You are the One, pervading in all; You are contained in all.

You are diffused throughout and permeating all places and interspaces; You are known to be deep within the hearts of all beings.

Joining the Saadh Sangat, the Company of the Holy, and submitting to His Will, the True Lord is found.

Nanak takes to the Sanctuary of God; he is forever and ever a sacrifice to Him.

O Nanak, come aboard upon the boat of the service of the True Guru, and cross over the terrifying world-ocean.

Shalok, Fifth Mehl:

If you are conscious, then be conscious of the True Lord, Your Lord and Master.
Mehla 5.

Fifth Mehl

ਬਰਵ੍ਰੁ ਸੋਅੰਦਰੇ ਪਹਰਿਹੀ ਗਰਬੀ ਗਵਾਰ || (318)
ਬਾਠ ਸੋਅੰਦਰ ਕਰਹਰੀ ਗਰਬੀ ਗਵਾਰ ||
vaa-oo sanday kaphray paharahi garabi gavaar.
He wears his body, like clothes of wind - what a proud fool he is!

ਨਾਨਕ ਜਿਲ੍ਹਾ ਨ ਚਲਣੀ ਜਿਲ੍ਹ ਬਿਲ੍ਹੀ ਛਾਰੁ ਦੋੜੁ ॥੨॥ (318)
ਨਾਨਕ ਨਾਲ ਨ ਚਲਨੀ ਜਲ ਬਲ ਹੋਏ ਛਾਰੁ ॥੨॥
naanak naal na chalnee jal bal hoye chhaar. ||2||
O Nanak, they will not go with him in the end; they shall be burnt to ashes. ||2||

ਪਹੁੰਚੀ || (318)
ਪਹੁੰਚੀ
paa-orhee.

Pauree:

ਮੇਲੀ ਬਿਚ ਪ੍ਰਣ ਮੇਲੀ ਬਿਚ ਮੇਲੀ ਬਿਚ ਮੇਲੀ ਬਿਚ ਮੇਲੀ ਬਿਚ || (318)
ੰੇਲੀ ਉੱਤਰੀ ਜਗਤ ਦੀ ਦੁਨੀਆ ਦੀ ਚਾਰੁ ਰਖੀ
say-ee ubray jagai vich jo sachai rakhay.
They alone are delivered from the world, who are preserved and protected by the True Lord.

ਮੁਹੀ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ || (318)
ਮੁਹੀ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ ਦਿਖਾਈ
muhi dithai tin kai jeevee-ai har amrit chakhay.
I live by beholding the faces of those who taste the Ambrosial Essence of the Lord.

ਬਾਲ ਬ੍ਰੂਧ ਇੱਕੋ ਮੈਹਿ ਮੈਹਿ ਮੈਹਿ ਮੈਹਿ ਮੈਹਿ ਮੈਹਿ ਮੈਹਿ || (318)
ਕਾਸੋ ਕ੍ਰੋਧ ਲੋਕ ਮੌਦ ਸੁਂਗੀ ਸੋਪਾ ਮੂਬੀ
kaam kroDh loh moh sang saadha bhakhay.
Sexual desire, anger, greed and emotional attachment are burnt away, in the Company of the Holy.

ਬਚਿ ਕਰੀਪਾ ਪ੍ਰਸੀ ਆਪਣੀ ਹਰੀ ਆਪ ਲਖੇ || (318)
kar kirpaa parabh aapnee har aap parkhay.
God grants His Grace, and the Lord Himself tests them.
O Nanak, His play is not known; no one can understand it. ||2||

Salok, Fifth Mehl:

O Nanak, that day is beautiful, when God comes to mind. ||1||

Cursed is that day, no matter how pleasant the season, when the Supreme Lord God is forgotten. ||1||

O Nanak, become friends with the One, who holds everything in His hands. ||2||

They are accounted as false friends, who do not go with you, for even one step. ||2||

Pauree:

pa-orhee.
ਸਲੋਕ ਮੇਲਾ 5੦॥ (318)

salok mehlaa 5.

Shalok, Fifth Mehl:

ਕਿਡ੍ਠੋ ਕਲ ਕਿਨਿਤੂੰਮੁਕਤੀ ਨਾਦੀ ॥ (318)

dith-rho habh thaa-ay oon na kaa-ee jaa-ay. 
I have seen all places; there is no place without Him.

ਲਧਾ ਜਲਮਾਣੀ ਮੰਤਰ ਮੰਤਰ ਬਾਹਿਤਾ ॥੧॥ (318)

naanak laDhaa tin su-aa-o jinaa satgur bhayti-aa. ||1||
O Nanak, those who meet with the True Guru find the object of life. ||1||
Like the flash of lightning, worldly affairs last only for a moment.

The only thing which is pleasing, O Nanak, is that which inspires one to meditate on the Name of the Master.

People have searched all the Simritees and Shaastras, but no one knows the Lord's value.

That being, who joins the Saadh Sangat enjoys the Love of the Lord.

True is the Naam, the Name of the Creator, the Primal Being. It is the mine of precious jewels.

That mortal, who has such pre-ordained destiny inscribed upon his forehead, meditates in remembrance on the Lord.
O Lord, please bless Nanak, Your humble guest, with the supplies of the True Name. ||4||

Shalok, Fifth Mehl:

He harbors anxiety within himself, but to the eyes, he appears to be happy; his hunger never departs.

O Nanak, without the True Name, no one's sorrows have ever departed. ||1||

Those caravans which did not load the Truth have been plundered.

O Nanak, those who meet the True Guru, and acknowledge the One Lord, are congratulated. ||2||

Pauree:
ਲਿਚੇ ਬੈਸੀਤਾ ਮਾਥ ਸਤ੍ਹ ਮੇ ਘਠੁ ਸੁਹਣਾਂ ॥ (319)
ਜਿਥੇ ਬੈਸੀਤਾ ਸਾਧ ਜਨ ਸੋ ਥਾਨੂ ਸੁਹੰਦਾ ॥
jithai baisan saaDh jan so than suhandaa.
Beautiful is that place, where the Holy people dwell.

ਚਹਤੀ ਬੈਸੀਤਾ ਸੀਮਬੂ ਭਾਪਤ ਬਿਲਹ੍ਹ ਮੇਹੁ ਮੇਹੁ ॥ (319)
ਓਕ ਸੇਵਨ ਸਮਿਤੋ ਆਧਾਰਣ ਬਿਨ੍ਹਾ ਸੀਮ ਮੰਦਾ ॥
o-ay sayvan sammrith aapnaa binsai sabh mandaa.
They serve their All-powerful Lord, and they give up all their evil ways.

ਪਰਿਵਰਤ ਪਹਤੁਕ ਭਾਗਿਆਮ ਮੇਨ ਬੇਦੁ ਬਵਜੁਹੁਕ ॥ (319)
ਪਤਿ ਉਧਾਰਣ ਪਾਰਬਰਹਮ ਸੰਤ ਬੇਦ ਕਹੰਦਾ ॥
patit uDhaaran paarbaraahm sant bayd kahandaa.
The Saints and the Vedas proclaim, that the Supreme Lord God is the Saving Grace of sinners.

ਊਅਕੀ ਬਵਾਦੁ ਵਹਨ ਵਿਵਾਦੁ ਭੁਦੇ ਵਵਾਦੁ ਬਵਾਦੁ ਬਵਾਦੁ ਬਵਜੁਹੁਕ ॥ (319)
ਭਗਤ ਬਵਾਦੁ ਤੇਰਾ ਬਿਰਦੁ ਹੈ ਜੂਗੀ ਜੂਗੀ ਬਰਤੰਦਾ ॥
bhagat vachhal tayraa birad hai jug jug vartandaa.
You are the Lover of Your devotees - this is Your natural way, in each and every age.

ਨਾਨਕੁ ਜਾਚੈ ਏਕੁ ਨਾਮ ਮਿਨ ਤਿਨ ਭਾਵੰਦਾ ॥੫॥ (319)
naanak jaachai ayk naam man tan bhaavandaa. ||5||
Nanak asks for the One Name, which is pleasing to his mind and body. ||5||

ਸਲੋਕ ਮੇਹਲਾ ॥ (319)
salok mehlaa 5.
Shalok, Fifth Mehl:

ਚਿਹੀ ਚ਼ੁਖੀ ਪੁਹ ਦੂਕੀ ਬਵਾਦੁ ਬਵਾਦੁ ਬਵਜੁਹੁਕ ॥ (319)
chirhee chhhkee phuu duuki vawgan bahut vartang.
The sparrows are chirping, and dawn has come; the wind stirs up the waves.

ਅੰਚਲ ਬੁੱਧ ਮੇਹੁਕ ਰੇਣੇ ਰਾਘਵ ਬਰਹਸ ਬਰਹਸ ॥੧॥ (319)
ਅਚਰਜ ਰੁਪ ਸੰਤਨ ਰੇਣੇ ਨਾਨਕ ਨਾਮਹੀ ਰੰਗ ॥੧॥
achraj roop santan rachay naanak naameh rang. ||1||
Such a wondrous thing the Saints have fashioned, O Nanak, in the Love of the Naam. ||1||
Mehla 5.

Fifth Mehl:

ghar mandar khuse-aata tahe jah to avahi chit.
Homes, palaces and pleasures are there, where You, O Lord, come to mind.

dunee-aata kee-aata vadi-aata naa-kaa sah bhumit.
All worldly grandeur, O Nanak, is like false and evil friends.

pa-orhee.
Pauree:

har Dhan sachee raasa hai kinai virlai jaata.
The wealth of the Lord is the true capital; how rare are those who understand this.

tisai paraapat bhaa-irahu jis day-ay biDhaataa.
He alone receives it, O Siblings of Destiny, unto whom the Architect of Destiny gives it.

saDhsang gun gaa-i-aa sabh dokhah khaata.
In the Saadh Sangat, the Company of the Holy, he sings the Glorious Praises of the Lord, and all of his sufferings are removed.
ਨਾਨਕ ਸੋਈ ਜੀਵਾ ਜਿਨਨੀ ਇਕੁ ਪਛਾਤਾ ॥੬॥

O Nanak, he alone lives, who acknowledges the One Lord. ||6||

ਸਲੋਕ ਮਹ ਪ੫ (319)

salok mehlaa 5.
Shalok, Fifth Mehl:

ਖੱਕ੍ਰੀਆ ਸੁਹਾਵੀਆ ਲਗ੍ਰੀਆ ਅਕਾਂਥ ॥

The fruit of the swallow-wort plant looks beautiful, attached to the branch of the tree;

ਵੇਹ ਵਿਚੋਰ੍ਹਾ ਦੰਨੀ ਸੈ ਨਾਨਕ ਸਾਹਸੀ ਗੰਠ ॥੨॥

but when it is separated from the stem of its Master, O Nanak, it breaks apart into
thousands of fragments. ||1||

ਹੱਥ ਪ੫ (319)

mehlaa 5.
Fifth Mehl:

ਵਿਸਾਰੇ ਮੀਰ ਗਏ ਮੀਰ ਭਨੀ ਸੂਖੀ ਮੂਲ ॥

Those who forget the Lord die, but they cannot die a complete death.

ਪਾਊਰੀ (319)

pa-orhee.
Pauree:
The One God is the treasure of peace; I have heard that He is eternal and imperishable.

He is totally pervading the water, the land and the sky; the Lord is said to be permeating each and every heart.

He looks alike upon the high and the low, the ant and the elephant.

Friends, companions, children and relatives are all created by Him.

O Nanak, one who is blessed with the Naam, enjoys the Lord's love and affection.

Those who do not forget the Lord, with each breath and morsel of food, whose minds are filled with the Mantra of the Lord's Name -

they alone are blessed; O Nanak, they are the perfect Saints.
Fifth Mehl:

अठे पहर भउदा फिरै खावण संदै सूल ॥

 athay pahar bha-udaa firai khaavan sand-rhai sool.
Twenty-four hours a day, he wanders around, driven by his hunger for food.

How can he escape from falling into hell, when he does not remember the Prophet? ||2||

Pauree:

Serve Him, O mortals, who has the Lord's Name in His lap.

You shall dwell in peace and ease in this world; in the world hereafter, it shall go with you.

So build your home of true righteousness, with the unshakable pillars of Dharma.

Take the Support of the Lord, who gives support in the spiritual and material worlds.
Nanak grasps the Lotus Feet of the Lord; he humbly bows in His Court. ||8||

Shalok, Fifth Mehl:

Jāchak mangai daan deh pi-aari-aa.
The beggar begs for charity: give to me, O my Beloved!

dayvanhaar daataar mai nit chitaari-aa.
O Great Giver, O Giving Lord, my consciousness is continually centered on You.

Nanak sabad apaar tin sabh kichh saari-aa.
O Nanak, the Word of the Shabad is infinite; it has arranged everything perfectly. ||1||

Sikhahu sabad pi-aarho janam maran kee tayk.
O Sikhs, love the Word of the Shabad; in life and death, it is our only support.
Your face shall be radiant, and you shall find a lasting peace, O Nanak, remembering the One Lord in meditation.

There, the Ambrosial Nectar is distributed; the Lord is the Bringer of peace.

They are not placed upon the path of Death, and they shall not have to die again.

One who comes to savor the Lord's Love experiences it.

Nanak lives by beholding the Blessed Vision of the Darshan of those who have implanted the Lord's Name within their minds.
Serving the Perfect True Guru, suffering ends.

O Nanak, worshipping the Naam in adoration, one's affairs come to be resolved.

Remembering Him in meditation, misfortune departs, and one comes to abide in peace and bliss.

O Nanak, meditate forever on the Lord - do not forget Him, even for an instant.

How can I estimate the glory of those, who have found the Lord, Har, Har?

One who seeks the Sanctuary of the Holy is released from bondage.
One who sings the Glorious Praises of the Imperishable Lord does not burn in the womb of reincarnation.

One who meets the Guru and the Supreme Lord God, who reads and understands, enters the state of Samaadhi.

Nanak has obtained that Lord Master, who is inaccessible and unfathomable.

People do not perform their duties, but instead, they wander around aimlessly.

The bitter poison of corruption is everywhere; it clings to the substance of the world.
O Nanak, the humble being has realized that the Name of the Lord alone is sweet. ||2||

This is the distinguishing sign of the Holy Saint, that by meeting with him, one is saved.

The Messenger of Death does not come near him; he never has to die again.

He crosses over the terrifying, poisonous world-ocean.

So weave the garland of the Lord's Glorious Praises into your mind, and all your filth shall be washed away.

Nanak remains blended with his Beloved, the Supreme Lord God. ||11||

Shalok, Fifth Mehl:
ਨਾਨਕ ਆਏ ਸੇ ਪਰਵਾਣੁ ਹੈ ਜਿਨ ਹੀ ਵੁਠਾ ਚਿਤਤ॥ (320)

naanak aa-ay say parvaan hai jin har vuthaa chit.
O Nanak, approved is the birth of those, within whose consciousness the Lord abides.

ਗਾਲੀ ਅਲ ਪਲਾਲੀਆ ਕੰਿਮ ਨ ਆਵਿਹ ਮਿਤ॥੧॥ (320)

gaalH ee al palaalee-aa kamm na aavahi mit. ||1||
Useless talk and babbling is useless, my friend. ||1||

ਮ੍ਰ (320)
m: 5
mehlaa 5.
Fifth Mehl:

ਪਾਰਬਰ੍ਹਮੁ ਪਰ੍ਭੁ ਿਦਰ੍ਸਟੀ ਆਇਆ ਪੂਰਨ ਅਗਮ ਿਬਸਾਦ॥ (320)

paarbarahm parabh daristee aa-i-aa pooray agam bismaad.
I have come to see the Supreme Lord God, the Perfect, Inaccessible, Wonderful Lord.

ਨਾਨਕ ਰਾਮ ਨਾਮੁ ਧਨੁ ਕੀਤਾ ਪੂਰੇ ਗੁਰ ਪਰਸਾਦ॥੨॥ (320)

naanak raam naam Dhan keetaa pooray gur parsaad. ||2||
Nanak has made the Lord's Name his wealth, by the Grace of the Perfect Guru. ||2||

ਪਉੜੀ (321)
pa-orhee.
Pauree:

ਧੋਹੁ ਨ ਚਲੀ ਖਸਮ ਨਾਿਲ ਲਿਬ ਮੋਿਹ ਿਵਗੁਤੇ॥ (321)

Dhohu na chalee khasam naal lab mohi vigutay.
Deception does not work with our Lord and Master; through their greed and emotional attachment, people are ruined.

ਵਵਹਾਰ ਵਰਤਿਤ ਕਲੇਵਿਆ ਭਰੀ ਭਿਸ਼ਿਆ ਸੁੰਦਰ॥ (321)

kartab karan bhalayri-aa mad maa-i-aa sutay.
They do their evil deeds, and sleep in the intoxication of Maya.
Fir fir joon bhavaa-ee-an jam maarag mutay.

Time and time again, they are consigned to reincarnation, and abandoned on the path of Death.

Keetaa paa-in aapnaa dukh saytee jutay.

They receive the consequences of their own actions, and are yoked to their pain.

O Nanak, if one forgets the Name, all the seasons are evil.

O Nanak, praising the Naam, the Name of the Lord, the mind and body are cooled and soothed.

Filled with greed, he constantly wanders around; he does not do any good deeds.
O Nanak, the Lord abides within the mind of one who meets with the Guru. ||2||

All material things are bitter; the True Name alone is sweet.

Those humble servants of the Lord who taste it, come to savor its flavor.

It comes to dwell within the mind of those who are so pre-destined by the Supreme Lord God.

The One Immaculate Lord is pervading everywhere; He destroys the love of duality.

Nanak begs for the Lord's Name, with his palms pressed together; by His Pleasure, God has granted it. ||13||

Shalok, Fifth Mehl:
The most excellent begging is begging for the One Lord.

Other talk is corrupt, O Nanak, except that of the Lord Master.

One who recognizes the Lord is very rare; his mind is pierced through with the Love of the Lord.

Such a Saint is the Uniter, O Nanak - he straightens out the path.

Serve Him, O my soul, who is the Giver and the Forgiver.

All sinful mistakes are erased, by meditating in remembrance on the Lord of the Universe.
The Holy Saint has shown me the Way to the Lord; I chant the GurMantra.

The taste of Maya is totally bland and insipid; the Lord alone is pleasing to my mind.

Meditate, O Nanak, on the Transcendent Lord, who has blessed you with your soul and your life.

The time has come to plant the seed of the Lord's Name; one who plants it, shall eat its fruit.

He alone receives it, O Nanak, whose destiny is so pre-ordained.

If one begs, then he should beg for the Name of the True One, which is given only by His Pleasure.
ਜਿਤੁ ਖਾਧੈ ਮਨੁ ਤਿਰਿਪਟੀਐ ਨਾਨਕ ਸਾਹਿਬ ਦਾਤ ॥੨॥ (321)
Eating this gift from the Lord and Master, O Nanak, the mind is satisfied. ||2||

ਪਉੜੀ || (321)
Pauree:

ਲਾਹਾ ਜਗ ਮਹ ਸੇ ਖਟਿਹ ਜਿਨ ਹਿਰ ਧਨੁ ਰਾਸ ॥
They alone earn profit in this world, who have the wealth of the Lord's Name.

ਦੁਤੀਆ ਭਾਉ ਨ ਜਾਣਨੀ ਸਚੇ ਦੀ ਆਸ ॥
They do not know the love of duality; they place their hopes in the True Lord.

ਪਾਰਬਰਹ ਿਜਸੂ ਿਵਸਰੈ ਿਤਸੂ ਿਬਰਥਾ ਸਾਸ ॥
One who forgets the Supreme Lord God - useless is his breath.

ਕੰਠ ਲਾਇ ਜਨ ਰਿਖਾ ਨਾਨਕ ਬਿਲ ਜਾਸ ॥੧੫॥ (321)
God draws His humble servant close in His loving embrace and protects him - Nanak is a sacrifice to Him. ||15||

ਸਲੋਕ ਮੱਧ ਭੁ ॥ (321)
Shalok, Fifth Mehl:

salok mehlaa 5.
The Supreme Lord God gave the Order, and the rain automatically began to fall.

Grain and wealth were produced in abundance; the earth was totally satisfied and satiated.

Forever and ever, chant the Glorious Praises of the Lord, and pain and poverty shall run away.

People obtain that which they are pre-ordained to receive, according to the Will of the Lord.

The Transcendent Lord keeps you alive; O Nanak, meditate on Him.

To obtain the state of life of Nirvana, meditate in remembrance on the One Lord.

There is no other place; how else can we be comforted?
I have seen the whole world - without the Lord's Name, there is no peace at all.

Body and wealth shall return to dust - hardly anyone realizes this.

Pleasure, beauty and delicious tastes are useless; what are you doing, O mortal?

One whom the Lord Himself misleads, does not understand His awesome power.

Those who are imbued with the Love of the Lord attain Nirvana, singing the Praises of the True One.

Those who are attached to the hem of the Lord's robe, do not suffer birth and death.
Those who remain awake to the Kirtan of the Lord's Praises - their lives are approved.

Those who attain the Saadh Sangat, the Company of the Holy, are very fortunate.

But those who forget the Name - their lives are cursed, and broken like thin strands of thread.

O Nanak, the dust of the feet of the Holy is more sacred than hundreds of thousands, even millions of cleansing baths at sacred shrines. ||16||

All one's affairs are easily resolved, O Nanak, when the Guru, the True Guru, is pleased. ||1||

All one's affairs are easily resolved, O Nanak, when the Guru, the True Guru, is pleased. ||1||

Fifth Mehl:
Roaming and wandering in the ten directions, over water, mountains and forests -

wherever the vulture sees a dead body, he flies down and lands. ||2||

One who longs for all comforts and rewards should practice Truth.

Become the dust of all men's feet, and so merge with the Lord.

Do not cause any being to suffer, and you shall go to your true home with honor.

Nanak speaks of the Purifier of sinners, the Creator, the Primal Being. ||17||
ਸਲੋਕ दੋਹਾ मः ५ ॥ (322)
salok dohaa mehlaa 5.
Shalok, Dohaa, Fifth Mehl:

ਏਕੁ ਿਜ ਸਾਜਨੁ ਮੈ ਕੀਆ ਸਰਬ ਕਲਾ ਸਮਰਥੁ ॥ (322)
ayk je saajan mai kee-aa sarab kalaa samrath.
I have made the One Lord my Friend; He is All-powerful to do everything.

ਜੀਉ ਹਮਾਰਾ ਖੰਨੀਐ ਹਿਰ ਮਨ ਤਨ ਸੰਦੰਡੀ ਵਥੁ ॥੧॥ (322)
jee-o hamaaraa khannee-ai har man tan sand-rhee vath. ||1||
My soul is a sacrifice to Him; the Lord is the treasure of my mind and body. ||1||

ਮਃ ५ ॥ (322)
mehlaa 5.
Fifth Mehl:

ਜੇ ਕਰੁ ਗਹਿਹ ਿਪਾਰੜੇ ਤੁਧੁ ਨ ਛਦਾ ਮੂਿਲ ॥ (322)
jay kar gaheh pi-aarrhay tuDh na chhodaa mool.
Take my hand, O my Beloved; I shall never forsake You.

ਹਿਰ ਛੋਡਿਨ ਸੇ ਦੁਰਜਨਾ ਪਰਦੀ ਦੋਜਕ ਕੈ ਸੂਿਲ ॥੨॥ (322)
har chhodan say durjanaa parheh dojak kai sool. ||2||
Those who forsake the Lord, are the most evil people; they shall fall into the horrible pit of hell. ||2||

ਪਉੜੀ (322)
pa-orhee.
Pauree:

ਸਲੋਕ ਦੋਹਾ ਮਃ ੫ ॥ (322)
salok dohaa mehlaa 5.
Shalok, Dohaa, Fifth Mehl:

ਐਕੁ ਿਜ ਸਾਜਨੁ ਮੈ ਕੀਆ ਸਰਬ ਕਲਾ ਸਮਰਥੁ ॥
ayk je saajan mai kee-aa sarab kalaa samrath.
I have made the One Lord my Friend; He is All-powerful to do everything.

ਜੀਉ ਹਮਾਰਾ ਖੰਨੀਐ ਹਿਰ ਮਨ ਤਨ ਸੰਦੰਡੀ ਵਥੁ ॥੧॥
jee-o hamaaraa khannee-ai har man tan sand-rhee vath. ||1||
My soul is a sacrifice to Him; the Lord is the treasure of my mind and body. ||1||

ਸਿਭ ਿਨਧਾਨ ਘਿਰ ਿਜ਼ ਦੈ ਹਿਰ ਕਰੇ ਸੁ ਹੋਵੈ ॥ (322)
sabh niDhaan ghar jis dai har karay so hovai.
All treasures are in His Home; whatever the Lord does, comes to pass.
The Saints live by chanting and meditating on the Lord, washing off the filth of their sins.

With the Lotus Feet of the Lord dwelling within the heart, all misfortune is taken away.

One who meets the Perfect Guru, shall not have to suffer through birth and death.

Nanak is thirsty for the Blessed Vision of God's Darshan; by His Grace, He has bestowed it.

If you can dispel your doubts, even for an instant, and love your only Beloved,

then wherever you go, there you shall find Him.

Fifth Mehl:
चिड़ कै घोड़ड़ै कुंदे पकर्है खूंडी दी खेडारी ॥ (322)
_chance 2

hansaa saytee chit ulaaseh kukarh dee odaaree. ||2||
Can they be swans, and fulfill their conscious desires, if they can only fly like chickens? ||2||

Pauree:

Those who chant the Lord’s Name with their tongues and hear it with their ears are saved, O my friend.

Those hands which lovingly write the Praises of the Lord are pure.

It is like performing all sorts of virtuous deeds, and bathing at the sixty-eight sacred shrines of pilgrimage.

O Nanak, serve the Infinite Lord; grasp the hem of His robe, and He will save you. ||19||
ਸਲੋਕ ਮੇਹਲਾ 5 (323)

ਸਲੋਕ ਮੇਹਲਾ 5।
Shalok, Fifth Mehl:

ਪ੍ਰੇਤਹੁ ਕੀਤੋਨੁ ਦੇਵਤਾ ਿਤਿਨ ਕਰਣੈਹਾਰੇ ॥ (323)

The ghost has been transformed into an angel by the Creator Lord.

ਪਰੇਤਹੁ ਕੀਤੋਨੁ ਦੇਵਤਾ ਿਤਿਨ ਕਰਣੈਹਾਰੇ ॥ (323)

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The ghost has been transformed into an angel by the Creator Lord.

ਨਾਨਕ ਕਾ ਪਰ੍ਭੁ ਵਡਾ ਹੈ ਆਇਪ ਸਾਜ ਸੱਵਾਰੇ ॥ ॥ (323)

Nanak's God is glorious and great; He Himself creates and adorns. ||2||
God is unlimited; He has no limit; He is the One who does everything.

The Inaccessible and Unapproachable Lord and Master is the Support of His beings.

Giving His Hand, He nurtures and cherishes; He is the Filler and Fulfiller.

He Himself is Merciful and Forgiving. Chanting the True Name, one is saved.

Whatever pleases You - that alone is good; slave Nanak seeks Your Sanctuary.

One who belongs to God has no hunger.
ਨਾਨਕ ਚਰਣੀ ਲਿਗੀਆਂ ਉੱਧਰੈ ਸੇਹੋ ਕੋਹੈੁ ॥੧॥

naanak charnee lagi-aa uDhrai sabho ko-ay. ||1||
O Nanak, everyone who falls at his feet is saved. ||1||

ਮਹਲਾ 5 ॥
mehlaa 5.
Fifth Mehl:

ਤਾਨਤਰੁ ਭੇਦੀ ਤਿੱਤ ਦਰਮ ਵਰਸ਼ੇ ਵਧੁਤ਼ ॥ (323)

jaachik mangai nit naam saahib karay kabool.
If the beggar begs for the Lord's Name every day, his Lord and Master will grant his request.

ਤਾਨਤਰੁ ਪਰਮੇਸਰੁ ਸਮਾਰਟੁ ਤਿਮਦਰਾ ਦੁਧ ਤ ਭੂਲੀ ॥੨॥ (323)

naanak parmaysar jajmaan tiseh bhukh na mool. ||2||
O Nanak, the Transcendent Lord is the most generous host; He does not lack anything at all. ||2||

ਪਾਰੀਤੀ ॥ (323)
pa-orhee.
Pauree:

ਮੰ ਰਾਜ ਗੋਵੰਦ ਸੰਗੀ ਸਾਹ ਮੂਲੇ ਜੋਡੇੁ ॥ (323)

man rataa govind sang sach bhojan jorhay.
To imbue the mind with the Lord of the Universe is the true food and dress.

ਪ੍ਰੀਤੀ ਲਗੀ ਹਰ ਨਾਮ ਸੀ-ਅ ਹਸਤੀ ਘੋੜੇੁ ॥ (323)

pareet lagee har naam si-o ay hastee ghorhay.
To embrace love for the Name of the Lord is to possess horses and elephants.

ਰਾਜ ਮਿਲਕੁ ਖਾਸੀਆ ਚਿਥੀ ਕਹਾਣੀ ਭੁਖ ਤ ਮੂਲੇੁ ॥ (323)

raaj milakh khusee-aa ghanee Dhi-aa-ay mukh na morhay.
To meditate on the Lord steadfastly is to rule over kingdoms of property and enjoy all sorts of pleasures.
The minstrel begs at God's Door - he shall never leave that Door.

Nanak has this yearning in his mind and body - he longs continually for God.

Chanting the Lord's Name, my intellect is enlightened.

Says Kabeer, the Guru has blessed me with this understanding.

One Universal Creator God. By The Grace Of The True Guru:

One who loves her, is totally terrified by her.
siblings, friends and family, beholding her, argue.

.She has come under my control, by Guru's Grace. ||1||

Beholding her, all are bewitched:

the strivers, the Siddhas, the demi-gods, angels and mortals. All, except the Saadhus, are deceived by her deception. ||1||Pause||

Some wander around as renunciates, but they are engrossed in sexual desire.

Some grow rich as householders, but she does not belong to them.

Some call themselves men of charity, and she torments them terribly.

The Lord has saved me, by attaching me to the Feet of the True Guru. ||2||
ਸੁ ਸਤਗੁਰ ਰਾਖੇ ਦੇ ਕਿਰ ਹਾਥੁ ॥੩॥

The True Guru has saved me, by giving me His Hand. ||3||

ਗਿਆਨੀ ਕੀ ਹੋਇ ਵਰਤੀ ਦਾਸ ॥

She is the slave of those who are spiritually wise.

ਜਨ ਨਾਨਕ ਗੁਰਮੁੱਖ ਨੇਦਰ ਨ ਆਵਾ ॥੪॥੧॥

O servant Nanak, she does not draw near to the Gurmukh. ||4||1||

ਤਾਪ ਕਰਤੇ ਤਪਸੀ ਭੂਲਾਏ ॥ (370)

tap kartay tapsee bhoolaa-ay.
She leads astray the penitents who practice penance.

ਪੰਡਿਤ ਮੋਹੇ ਲੋਭ ਸਤਾਏ ॥ (370)
pandit mohay lobbh sataa-ay.
The scholarly Pandits are all seduced by greed.

ਤਰਈ ਗੁਣ ਮੋਹੇ ਮੋਹਾਲਾ ਆਕਾਸੂ ॥

tarai gun mohay mohi-aa aakaas.
The world of the three qualities is enticed, and the heavens are enticed.

ਕਰ ਜੋਡੇ ਸੇਵਾ ਕਰੇ ਅਰਦਾਸ ॥

With her palms pressed together, she serves them and offers her prayer:

ਜੋ ਤੂ ਕਹਹ ਸੁ ਕਾਰ ਕਮਾਵਾ ॥

Whatever you wish, that is what I shall do.
आसा महला ५ || (370)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ममू ते पिर खी वाख || (370)
sasoo tay pir keenee vaakh.
I have been separated from my Beloved by Maya (my mother-in-law).

इतिथी दुःख संजोग || (370)
dayr jithaane mu-ee dookh santaap.
Hope and desire (my younger brother-in-law and sister-in-law) are dying of grief.

धिर वे जितेस वी प्रेम वयद || (370)
ghar kay jithrayray kee chookee kaan.
I am no longer swayed by the fear of Death (my elder brother-in-law).

पिर रक्षा खी मञ्जर सुजां || १ || (370)
pir rakhi-aa keenee sugharh sujaan. ||1||
I am protected by my All-knowing, Wise Husband Lord. ||1||

सुनहु लोका मै परेम रसु पाईया || (370)
sunhu lokaa mai paraym ras paa-i-aa.
Listen, O people: I have tasted the elixir of love.

दुरजन बाहे बैरी संघार दिलियां || १ || (370)
durjan maaray vairee sanghaaray satgur mo ka-o har naam divaa-i-aa. ||1|| raha-o.
The evil ones are dead, and my enemies are destroyed. The True Guru has given me the Name of the Lord. ||1||Pause||

पुराये तितागे हृदये प्रीति || (370)
parathmay ti-aagee ha-umai pareet.
First, I renounced my egotistical love of myself.
Second, I renounced the ways of the world.

Renouncing the three qualities, I look alike upon friend and enemy.

And then, the fourth state of bliss was revealed to me by the Holy One.

In the cave of celestial bliss, I have obtained a seat.

The Lord of Light plays the unstruck melody of bliss.

I am in ecstasy, contemplating the Word of the Guru's Shabad.

Servant Nanak chants the wisdom of God;
जो सुणे कमावै सु उतरै पायर ॥
one who listens and practices it, is carried across and saved.

जनम न मरै न आवै न जाय ॥
He is not born, and he does not die; he does not come or go.

हिर सेती ओहु रहै समाई ॥४॥२॥
He remains blended with the Lord. ||4||2||

आसा महला ५ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

िनज भगती सीलवंती नारि ॥
nij bhagtee seelvantee naar.
The bride shows such special devotion, and has such an agreeable disposition.

रूप अनूप पूरी आचारि ॥
roop anoop pooree aachaar.
Her beauty is incomparable, and her character is perfect.

जित गरीह वसै सो गरीह सोभावंता ॥
jit garihi vasai so garihu sobhaavantaa.
The house in which she dwells is such a praiseworthy house.

गुरमुख पाई किनै विरलै जंता ॥१॥
gurmukh paa-ee kinai virlai jantaa. ||1||
But rare are those who, as Gurmukh, attain that state||1||
As the soul-bride of pure actions, I have met with the Guru.

In worship, marriage and in the next world, such a soul-bride looks beautiful. ||1||Pause||

As long as she lived with her father,

her Husband wandered around in sadness.

I served and surrendered to the Lord, the True Being;

the Guru brought my bride to my home, and I obtained total happiness. ||2||

She is blessed with all sublime attributes, and her generations are unblemished.

She she is obedient, sagacious and beauteous.
ਇਛ ਪੂਰੇ ਮਨ ਕੰਤ ਸੁਆਮੀ ॥ (371)
ichh pooray man kant su-aamee.
Her Husband, her Lord and Master, fulfills her heart's desires.

ਸਗਲ ਸੰਤੋਖੀ ਦੇਰ ਜੇਠਾਨੀ ॥੩॥ (371)
sagal santokhee dayr jaythaanee. ||3||
Hope and desire (my younger brother-in-law and sister-in-law) are now totally content. ||3||

ਸਭ ਪਰਵਾਰੈ ਮਾਹੀ ਸਰੇਸਟ ॥ (371)
sabh parvaarai maahi saraysat.
She is the most noble of all the family.

ਮਤੀ ਦੇਵੀ ਦੇਵਰ ਜੇਸਟ ॥ (371)
matee dayvee dayvar jaysat.
She counsels and advises her hope and desire.

ਧੰਨੁ ਸੁ ਗਰ੍ਹੁ ਜਤੁ ਪ੍ਰਗਟੀ ਆਇ ॥ (371)
Dhan so garihu jit pargatee aa-ay.
How blessed is that household, in which she has appeared.

ਜਨ ਨਾਨਕ ਸੁਖੇ ਸੁਖ ਵਹਾਇ ॥੪॥੩॥ (371)
Jan naanak sukhay sukh vihaa-ay. ||4||3||
O servant Nanak, she passes her time in perfect peace and comfort. ||4||3||

ਆਸਾ ਮਹਲਾ ੫ ॥ (371)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਮਤਾ ਕਰਉ ਸੋ ਪਕਿਨ ਨ ਦੇਈ ॥ (371)
mataa kara-o so pakan na day-ee.
Whatever I resolve, she does not allow it to come to pass.
ਸੀਲ ਸੰਜਮ ਕੈ ਿਨਕਿਟ ਖਲੋਈ ॥ (371)
She stands blocking the way of goodness and self-discipline.

ਵੇਸ ਕਰੇ ਬਹੁ ਰੂਪਾਂ ਦੀਖਾਵੈ ॥ (371)
She wears many disguises, and assumes many forms,

ਗਿਰਿਹ ਬਸਿਨ ਨ ਦੇਈ ਵਿਖਵਾਂ ਵਾਸੁਆਂ ॥੧॥ (371)
and she does not allow me to dwell in my own home. She forces me to wander around in different directions. ||1||

ਪਹਾ ਨੀ ਰੂਦੀਕਟਿ ਛਟ ਬਾਗ ਦੇਵੇ ॥ (371)
She has become the mistress of my home, and she does not allow me to live in it.

ਜਤਨ ਕਰਉ ਉਰਹਾੈ ਪਰਵੈ ॥੧॥ (371)
If I try, she fights with me. ||1||Pause||

ਪੁਰਾ ਨੀ ਦੇਵਤੀ ਭੁਗਾ ਭਾਵਤੀ ॥ (371)
In the beginning, she was sent as a helper,

ਤਿਟ ਤੀਰਥ ਨਾਲ ਛੋਡੈ ਜੋਗ ਸਿਮਾਸ ॥ (371)
She has not spared even the river banks, the sacred shrines of pilgrimage, the Yogis and Sannyasees,
ਪਿੜ ਥਾਕੇ ਿਸੰਿਮਰ੍ਿਤ ਬੇਦ ਅਿਭਆਸ ॥੨॥ (371)

or those who tirelessly read the Simritees and study the Vedas. ॥2॥

ਨਵ ਬੇਮਿਠੁ ਉਠ ਤਲੇ ਬਵੇਂ ॥ (371)

jah baisa-o tah naalay baisai.
Wherever I sit, she sits there with me.

ਜਹ ਬੈਸਉ ਤਹ ਨਾਲੇ ਬੈਸੈ ॥

jah baisa-o tah naalay baisai.
She has imposed her power upon the whole world.

ਸਗਲ ਭਵਨ ਮਹੀ ਸਬਲ ਪਰਵੇਸੈ ॥

sagal bhavan meh sabal parveysai.
Seeking meager protection, I am not protected from her.

ਕਹੁ ਮੀਤਾ ਹਉ ਕੈ ਪਿਹ ਜਾਈ ॥੩॥ (371)

kaho meetaa ha-o kai peh jaa-ee. ||3||
Tell me, O my friend: unto whom should I turn for protection? ||3||

ਸੁਿਣ ਉਪਦੇਸੁ ਸਿਤਗੁਰ ਪਿਹ ਆਇਆ ॥

sun updays satgur peh aa-i-aa.
I heard of His Teachings, and so I have come to the True Guru.

ਗੁਿਰ ਹਿਰ ਹਿਰ ਨਾਮੁ ਮੋਿਹ ਮੰਤਰ੍ੁ ਿਦਰ੍ੜਾਇਆ ॥

gur har har naam mohi mantar drirh-aa-i-aa.
The Guru has implanted the Mantra of the Lord's Name, Har, Har, within me.

ਨਿਜ ਘਿਰ ਵਿਸਆ ਗੁਣ ਗਾਈ ਅਨੰਤਾ ॥

nij ghar vasi-aa gun gaa-ay anantaa.
And now, I dwell in the home of my own inner self; I sing the Glorious Praises of the Infinite Lord.
parabh mili-o naanak bha-ay achintaa. ||4||
I have met God, O Nanak, and I have become care-free. ||4||

ghar mayraa ih naa-ik hamaaree.
My home is now my own, and she is now my mistress.

ihat aamar ham guri kee-ay darbaaree. ||1|| raha-o doojaa. ||4||4||
She is now my servant, and the Guru has made me intimate with the Lord. ||1||Second.
Pause||4||4||

Aasaa, Fifth Mehl:

parathmay mataa je patree chalaava-o.
First, they advised me to send a letter.

dutee-ay mataa du-ay maanukh pahuchaava-o.
Second, they advised me to send two men.

taritee-ay mataa kichh kara-o upaa-i-aa.
Third, they advised me to make the effort and do something.

mai sabh kichh chhod parabh tuhee Dhi-aa-i-aa. ||1||
But I have renounced everything, and I meditate only on You, God. ||1||
महा अनंद अचिंत सहजाइआ ॥ (371)
महा अनंद अचिंत सहजाइआ ॥
mahaa anand achint sehjaa-i-aa.
Now, I am totally blissful, carefree and at ease.

दुसमन दूत मुए सुखु पाइआ ॥1॥ रहाउ ॥ (371)
dusman doot mu-ay sukh paa-i-aa. ||1|| raha-o.
The enemies and evil-doers have perished, and I have obtained peace. ||1||Pause||

सतिगुिर मो कउ दीआ उपदेसु ॥ (371)
satgur mo ka-o dee-aa updays.
The True Guru has imparted the Teachings to me.

जीउ पिंडु सभु हिर का देसु ॥ (371)
jee-o pind sabh har kaa days.
My soul, body and everything belong to the Lord.

जो किछु करी सु तेरा ताणु ॥ (371)
jo kichh karee so tayraa taan.
Whatever I do, is by Your Almighty Power.

तूं मेरी ओट तूंहै दीबाणु ॥2॥ (371)
tooN mayree ot tooNhai deebaan. ||2||
You are my only Support, You are my only Court. ||2||

आन न बीआ तेरी समसिर ॥ (371)
aan na bee-aa tayree samsar.
There is no other, comparable to You.
तेरे सेवक कौ किस की कान। ॥ (371)
Who else is Your servant to serve?

साकतु भूला फिरे बेवाण। ॥3॥
The faithless cynics are deluded; they wander around in the wilderness. ॥3॥

तेरी बदिआई कही न जाई। ॥ (371)
Your Glorious Greatness cannot be described.

जह कह राखि लैहि गलि लाई। ॥4॥5॥
God has preserved his honor, and congratulations are pouring in. ॥4॥5॥

नानक दास तेरी सरणाई। ॥ (371)
Nanak, Your slave, has entered Your Sanctuary.

परदेसु झाग सउदे कउ आइआ। ॥ (372)
Having wandered through foreign lands, I have come here to do business.
I heard of the incomparable and profitable merchandise.

I have gathered in my pockets my capital of virtue, and I have brought it here with me.

Beholding the jewel, this mind is fascinated.

I have come to the door of the Trader.

Please display the merchandise, so that the business may be transacted.

The Trader has sent me to the Banker.

The jewel is priceless, and the capital is priceless.

O my gentle brother, mediator and friend -
ਸਤਕੈ ਖਿਟਐ ਦੁਖੁ ਨਹੀ ਪਾਇਆ ॥੩॥

saath kai khati-ai dukh nahee paa-i-aa.
I have earned Truth, and I shall have no pain.

ਸਹੀ ਸਲਾਮਿਤ ਘਿਰ ਲੈ ਆਇਆ ॥੩॥

sahie salaamat ghar lai aa-i-aa. ||3||
I have brought this merchandise home, safe and sound. ||3||

ਮੁਹੰਦਰਾ ਮਿਲੀਐ ਕੁੱਠੀ ਪਹਿਲਾ ॥ (372)

mude mili-ai kuhthi pahilaa.
Blessed is the Banker, the Perfect Bestower.

ਇਹੁ ਸਾਉਦਾ ਗੁਰਮੁਕਾ ਿਕਨਾ ਿਵਰਾਇਾ ਪਾਇਆ ॥ (372)

ih sa-udaa gurmukh kinai virlai paa-i-aa.
How rare is the Gurmukh who obtains this merchandise;
Nanak has brought this profitable merchandise home. ||4||6||

Aasaa, Fifth Mehl:

He does not consider my merits or demerits.

He does not look at my beauty, color or decorations.

I do not know the ways of wisdom and good conduct.

Placing His Hand upon my forehead, He protects me as His Own. What do these ignorant people know? ||1||Pause||
सुहाग हमारो अब हुिण सोिहओ ॥
My married life now appears so beauteous;

कं तु मिलिओ मेरो सभु दुखु जोिहिओ ॥
my Husband Lord has met me, and He sees all my pains.

आंगिन मेरै सोभा चंद ॥
Within the courtyard of my heart, the glory of the moon shines.

बसतर् हमारे रंिग चलूल ॥
My clothes are dyed the deep crimson color of the poppy.

सगल आभरण सोभा कं िठ फू ल ॥
All the ornaments and garlands around my neck adorn me.

दुसट दूत की चूकी कानि ॥
I have shaken off the power of the evil demons.
ਸਦ ਖੁਸੀਆ सदा रंग माणे ॥
sad khusee-aa sadaa rang maanay.
I have obtained eternal bliss, and I constantly celebrate.

ਨਉ ਨਿਧ ਨਾਮ ਗਰਿਹ ਮਿਹ ਤਿਰ੍ਪਤਾਨੇ ॥
na-o niDh naam garih meh tariptaanay.
With the nine treasures of the Naam, the Name of the Lord, I am satisfied in my own home.

ਕਹੁ ਨਾਨਕ ਜਾ ਪਿਰਾਂ ਸੀਗਾਰੀ ॥
kaho naanak ja-o pireh seegaaree.
Says Nanak, when the happy soul-bride is adorned by her Beloved,

ਥਿਰ ਸੋਹਾਗਿਨ ਸੰਗ ਭਤਾਰੀ ॥੪॥੭॥
thir sohaagan sang bhataaree. ||4||7||
she is forever happy with her Husband Lord. ||4||7||

ਆਸਾ ਮਹਲਾ ੫ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਦਾਨ ਦੇਇ ਕਿਰ ਪੂਜਾ ਕਰਨਾ ॥
daan day-ay kar poojaa karnaa.
They give you donations and worship you.

ਲੈਤ ਦਿਰ ਉਨ ਮੂਕਿਰ ਪਰਨਾ ॥
lait dayt unH mookar parnaa.
You take from them, and then deny that they have given anything to you.

ਜਤ ਦਰ ਤੁਮ ਹਿ ਬਰਾਹਮਣ ਜਾਣਾ ॥
jit dar tumH hai baraahman jaanaa.
That door, through which you must ultimately go, O Brahmin -
ਤਿਤ ਦਰੀ ਤੂੰਹੀ ਹੈ ਪਛੁਤਣਾ। ||1||
at that door, you will come to regret and repent. ||1||

ਓਨ ਘੰਗਭਟ ਹੂੰਭੇ ਬਬੀ। ||372||

ਐਸੇ ਬਾਰਾਹਮਣ ਹੂਬੇ ਭਾਈ।
Such Brahmins shall drown, O Siblings of Destiny;

ਨਿਕਤਵਰਧ ਚੁਲਕਾ ਬੁੱਢੇ ਭਾਈ। ||372||

niraapraadh chitvahi buri-aa-ee.
they think of doing evil to the innocent. ||1||Pause||

ਅੰਤਰਲੋਬਹੁ ਿਫਰਿਹ ਹਲਕਾਏ।
Within them is greed, and they wander around like mad dogs.

ਨਿੰਦਾ ਕਰਹੀ ਿਸਿਰ ਭਾਰੁ ਉਠਾਏ।
They slander others and carry loads of sin upon their heads.

ਮਾਯਆ ਮੂਠਾ ਚੇਤੈ ਨਾਹੀ। ||372||

maa-i-aa moothaa chaytai nahee.
Intoxicated by Maya, they do not think of the Lord.

ਬਾਹੀਰ ਨਵਜ਼ ਵੱਡੀ ਬਬੀ। ||2||372||

Deluded by doubt, they wander off on many paths. ||2||

ਬਾਹਾਰੀ ਭੇਖ ਕਰਹੀ ਘਨੇਰੇ।
Outwardly, they wear various religious robes,
antar bikhi-aa utree ghayray.
but within, they are enveloped by poison.

avar updaysai aap na boojhai.
They instruct others, but do not understand themselves.

aisaa baraahmanu kahee na seejhai. ||3||Such Brahmins will never be emancipated. ||3||

moorakh baaman parabhoo samaal.
O foolish Brahmin, reflect upon God.

daykhat sunat tayrai hai naal.
He watches and hears, and is always with you.

kaho naanak jay hovee bhaag.
Says Nanak, if this is your destiny,

maan chhod gur charnee laag. ||4||8||
renounce your pride, and grasp the Guru's Feet. ||4||8||

aasaa mehlaa 5.
Aasaa, Fifth Mehl:
Pain and disease have left my body, and my mind has become pure; I sing the Glorious Praises of the Lord, Har, Har.

I am in bliss, meeting with the Saadh Sangat, the Company of the Holy, and now, my mind does not go wandering.

My burning desires are quenched, through the Word of the Guru's Shabad, O mother.

The fever of doubt has been totally eliminated; meeting the Guru, I am cooled and soothed, with intuitive ease.

My wandering has ended, since I have realized the One and Only Lord; now, I have come to dwell in the eternal place.

Your Saints are the Saving Grace of the world; beholding the Blessed Vision of their Darshan, I remain satisfied.

I have left behind the sins of countless incarnations, now that I have grasped the feet of the eternal Holy Guru.
ਸਹਜ  ਧੁਿਨ  ਗਾਵੈ  ਮੰਗਲ  ਮਨੂਆ  ਅਬ  ਤਾ  ਕਉ  ਫੁਿਨ  ਕਾਲੁ  ਨ  ਖਾਇ  ॥੩॥

My mind sings the celestial melody of bliss and death shall no longer consume it. ||3||

ਬਵਰ  ਵਕਤ  ਸਮਤਵ  ਗਾਵੇ  ਮੂਰਧਣੀ  ਮੇਰੇ  ਪਤਿ  ਸਬਨਿ  ਗਧਿ  ॥ (373)

My Lord, the Cause of all causes, is All-powerful, the Giver of peace; He is my Lord, my Lord King.

ਰਨੂ  ਤੇਰ  ਸਾਧ  ਤੀਬ੍ਰ  ਹੁਨਾ  ਪੇਰੀ  ਮੇਰੇ  ਸੰਗੀ  ਸਰਣਿ  ॥੩॥੩॥

Nanak lives by chanting Your Name, O Lord; You are my helper, with me, through and through. ||4||9||

ਅਭਾ  ਭਰਾ  ੪  ॥ (373)

Aasaa mahlaa 5.

Aasaa, Fifth Mehl:

ਆਰਹਾਵਿ  ਦੀਲਲਾਵਿ  ਨੰਦਕੁ  ॥ (373)

The slanderer cries out and bewails.

ਪਾਰਬਰਾਹ ਪਰਮੇਸਰ  ਬਿਸਰਾਸਾ  ਅਪਣਾ  ਕੀਤਾ  ਪਾਵਤੇ  ਨੰਦਕੁ  ॥੧॥ ਰਹਾਉ ॥ (373)

He has forgotten the Supreme Lord, the Transcendent Lord; the slanderer reaps the rewards of his own actions. ||1||Pause||

ਜੇ  ਕੋਈ  ਉਸ  ਦੀ  ਸੰਗੀ  ਹੋਵੈ  ਨਾਲੇ  ਲਏ  ਸਧਾਰਤੇ ॥ (373)

If someone is his companion, then he shall be taken along with him.

ਅਣਹੀਦਾ  ਅਜਗਰ  ਭਾਰ  ਉਠਾਏ  ਨੰਦਕੁ  ਅਪਣੀ  ਮਾਹੀ  ਜਲਾਵਤੇ  ॥੧॥ (373)

Like the dragon, the slanderer carries his huge, useless loads, and burns in his own fire. ||1||
ਪਰਮੇਸਰ ਕੈ ਦੁਆਰੈ ਜਿ ਹੋਇ ਿਬਤੀਤੈ ਸੁਨਾਵੈ ॥ (373)

Parmaysar kai du-aarai je ho-ay biteetai so naanak aakh sunaavai.
Nanak proclaims and announces what happens at the Door of the Transcendent Lord.

ਭਗਤ ਜਨਾ ਕਉ ਸਦਾ ਅਨੰਦ ਹਨੀ ਕੀਰਤਨ ਗਾਇ ਿਬਗਸਾਵੈ ॥੨॥੧੦॥ (373)

Bhagat janaa ka-o sadaa anand hai har keertan gaay bigsaavai. ||2||10||
The humble devotees of the Lord are forever in bliss; singing the Kirtan of the Lord's Praises, they blossom forth. ||2||10||

ਆਸਾ ਭਰਾਂ ਸੀ ॥ (373)

Aasaa, Fifth Mehl:

ਜਉ ਮੈ ਕੀਓ ਸਗਲ ਸੀਗਾਰਾ ॥ (373)

Ja-o mai kee-o sagal seegaaraa.
Even though I totally decorated myself,

ਤਉ ਭੀ ਮੇਰਾ ਮਨੁ ਨ ਪਤਿਆਰਾ ॥ (373)

Ta-o bhee mayraa man na patee-aaraa.
Still, my mind was not satisfied.

ਅਨਿਕ ਸੁਗੰਧ ਤਨ ਮਹਿ ਲਾਵਉ ॥ (373)

Anik suganDhat tan meh laava-o.
I applied various scented oils to my body,

ਓਹੁ ਸੁਖ ਿਤਲੁ ਸਮਾਨ ਨਹੀ ਪਾਵਉ ॥ (373)

Oh sukh til samaan nahee paava-o.
And yet, I did not obtain even a tiny bit of pleasure from this.

ਮਨ ਮਹਿ ਚਿਤਵਉ ਐਸੀ ਆਸਾੀ ॥ (373)

Man meh chitva-o aisee aasaa-ee.
Within my mind, I hold such a desire,
ਪਿੱਕ ਦੇਖਤ ਜੀਵਉ ਮੇਰੀ ਮਾਈ ॥੧॥ (373)
ਪਿੱਕ ਦੇਖਤ ਜੀਵਉ ਮੇਰੀ ਮਾਈ ॥੧॥
pari-a daykhat jeeva-o mayree maa-ee. ||1||
that I may live only to behold my Beloved, O my mother. ||1||

ਮਾਈ ਵਣ ਵਣਿਥ ਧਤੁ ਰ ਪੀਵੇ ॥ (373)
ਮਾਈ ਵਣ ਵਣਿਥ ਧਤੁ ਰ ਪੀਵੇ ॥ (373)
maa-ee kahaa kara-o ih man na Dheerai.
O mother, what should I do? This mind cannot rest.

ਪਿੱਕ ਧੂਰਤਮ ਬਾਰਾਗ ਹਿੰਦੇ ॥੧॥ ਵਣਿਥੁ ॥ (373)
ਪਿੱਕ ਧੂਰਤਮ ਬਾਰਾਗ ਹਿੰਦੇ ॥੧॥ ਵਣਿਥੁ ॥
pari-a pareetam bairaag hirai. ||1|| raha-o.
It is bewitched by the tender love of my Beloved. ||1||Pause||

ਬਸਤਰ੍ ਬਭੂਖਨ ਸੁਖ ਬਹੁਤ ਬਿਸੇਖੈ ॥ (373)
ਬਸਤਰ੍ ਬਭੂਖਨ ਸੁਖ ਬਹੁਤ ਬਿਸੇਖੈ ॥
bastar bibhookhan sukh bahut bisaykhai.
Garments, ornaments, and such exquisite pleasures -

ਓਈ ਭੀ ਜਾਨਉ ਕਿਤੈ ਨ ਲੇਖੈ ॥ (373)
ਓਈ ਭੀ ਜਾਨਉ ਕਿਤੈ ਨ ਲੇਖੈ ॥
o-ay bhee jaan-o kitai na laykhai.
I look upon these as of no account.

ਪਿੱਕ ਮੇਖਾ ਮਹਤੁ ਭਵਨੁ ॥ (373)
ਪਿੱਕ ਮੇਖਾ ਮਹਤੁ ਭਵਨੁ ॥
pat sobhaa ar maan mahat.
Likewise, honor, fame, dignity and greatness,

ਆਗੀਆਕਰੀ ਸਗਲ ਜਗਤ ਗਾਰੁ ॥ (373)
ਆਗੀਆਕਰੀ ਸਗਲ ਜਗਤ ਗਾਰੁ ॥
aagi-aakaaree sagal jagat.
obedience by the whole world,

ਗਾਰੁ ਪ੍ਰਸਤਾ ਤ੍ਹਾ ਲਾਲ ॥ (373)
ਗਾਰੁ ਪ੍ਰਸਤਾ ਤ੍ਹਾ ਲਾਲ ॥
garihu aisa hai sundar laal.
and a household as beautiful as a jewel.
If I am pleasing to God’s Will, then I shall be blessed, and forever in bliss. ||2||

With foods and delicacies of so many different kinds,

and such abundant pleasures and entertainments,

power and property and absolute command -

with these, the mind is not satisfied, and its thirst is not quenched.

Meeting God, this day does not pass.

Meeting God, I find peace. ||3||

By searching and seeking, I have heard this news,
that without the Saadh Sangat, the Company of the Holy, no one swims across.

One who has this good destiny written upon his forehead, finds the True Guru.

His hopes are fulfilled, and his mind is satisfied.

When one meets God, then his thirst is quenched.

Nanak has found the Lord, within his mind and body. ||4||11||

First, your social status is high. Second, you are honored in society.
ਿਤਰ੍ਤੀਆ ਤੇਰਾ ਸੁੰਦਰ ਥਾਨੁ ॥ (374)
Third, your home is beautiful.

ਿਬਗੜ ਰੂਪੁ ਮਨ ਮਿਹ ਅਭਿਮਾਨੁ ॥੧॥ (374)
But you are so ugly, with self-conceit in your mind. ||1||

ਐਤ ਸੂਚੀ ਤੇਰੀ ਪਾਕਸਾਲ ॥ (374)
O beautiful, attractive, wise and clever woman:

ਕਿਰ ਇਸਨਾਨੁ ਪੂਜਾ ਿਤਲਕੁ ਲਾਲ ॥ (374)
You take your bath, and worship, and apply the crimson mark upon your forehead;

ਗਲੀ ਗਰਬਿਹ ਮੁਕਾ ਗੋਵਿਹ ਿਗਆਨ ॥ (374)
with your mouth you speak wisdom, but you are destroyed by pride.

ਸਭ ਿਬਿਧ ਖੋਈ ਲੋਹ ਸੁਆਨ ॥੨॥ (374)
The dog of greed has ruined you in every way. ||2||
कपर पिहरहि भोगहि भोग ॥ (374)
You wear your robes and enjoy pleasures;

आचार करहि सोभा महि लोग ॥ (374)
you practice good conduct to impress people;

चोआ चंदन सुगंध िबसथार ॥ (374)
you apply scented oils of sandalwood and musk,

संगी खोटा करौ चंडाल ॥३॥ (374)
but your constant companion is the demon of anger. ||3||

अवर जोिन तेरी पिनहारी ॥ (374)
Other people may be your water-carriers;

इसु धरती मिह तेरी िसिकदारी ॥ (374)
in this world, you may be a ruler.

सुइना रूपा तुझ पिह दाम ॥४॥ (374)
Gold, silver and wealth may be yours,

मनाँ बिगािरो तेरा काम ॥४॥ (374)
but the goodness of your conduct has been destroyed by sexual promiscuity. ||4||
That soul, upon whom the Lord has bestowed His Glance of Grace,
is delivered from bondage.

Joining the Saadh Sangat, the Company of the Holy, the Lord's sublime essence is obtained.

Says Nanak, how fruitful is that body. ||5||

All graces and all comforts shall come to you, as the happy soul-bride;
you shall be supremely beautiful and wise. ||1||Second. Pause||12||

One who is seen to be alive, shall surely die.
mu-aa hovai tis nihchal rahnaa. ||1||
But he who is dead shall remain ever-lasting. ||1||

Those who die while yet alive, shall through this death, live on.

They place the Name of the Lord, Har, Har, as medicine in their mouths, and through the Word of the Guru's Shabad, they drink in the Ambrosial Nectar. ||1||Pause||

The clay pot of the body shall be broken.

One who has eliminated the three qualities dwells in the home of his inner self. ||2||

One who climbs high, shall fall into the nether regions of the underworld.

One who lies upon the ground, shall not be touched by death. ||3||

Those who continue to wander around, achieve nothing.
Those who practice the Guru’s Teachings, become steady and stable. ||4||

This body and soul all belong to the Lord.

O Nanak, meeting the Guru, I am enraptured. ||5||13||

Remember your origins, O thoughtless fool.

Why are you so proud of yourself? ||1||Pause||


teen sayr kaa dihaarhee mihmaan.
You are a guest, given three meals a day;

avar vasat tujh paahi amaan. ||2||
other things are entrusted to you. ||2||

bistaa asat rakat paraytay chaam.
you are just excrement, bones and blood, wrapped up in skin -

is oopar lay raakhi-o gumaan. ||3||
this is what you are taking such pride in! ||3||

ayk vasat boojheh taa hoveh paak.
If you could understand even one thing, then you would be pure.

bin boojhay too sadaa naapaak. ||4||
Without understanding, you shall be forever impure. ||4||

kaho naanak gur ka-o kuraan.
Says Nanak, I am a sacrifice to the Guru;

jis tay paa-ee-ai har purakh sujaan. ||5||14||
through Him, I obtain the Lord, the All-knowing Primal Being. ||5||14||
Aasa Mehla 5, Iktukay Cha-Upday.
Aasaa, Fifth Mehl, Ik-Tukas, Chau-Padas:

Ik Chhade Dinas Mo Kaud Bahut Diharay.
One moment, one day, is for me many days.

Manu Rahai Kaisay Milau Piaaray. ||1||
My mind cannot survive - how can I meet my Beloved? ||1||

Ik Pal Dinas Mo Kaud Kabahu Na Bhaavay.
I cannot endure one day, even one instant without Him.

Darsan Kee Man Aas Ghanayree Ko-ee Aisaa Sant Mo Kaud Parih Milaavai. ||1||Rahaa-o.
My mind's desire for the Blessed Vision of His Darshan is so great. Is there any Saint who can lead me to meet my Beloved? ||1||Pause||

Char Pahar Chahu Jugah Samaanay.
The four watches of the day are like the four ages.

Rain Bhau-e Tab Ant Na Jaanay. ||2||
And when night comes, I think that it shall never end. ||2||

Panch Doot Milithi Phirdu Vichhorhee.
The five demons have joined together, to separate me from my Husband Lord.
Wandering and rambling, I cry out and wring my hands. ||3||

The Lord has revealed the Blessed Vision of His Darshan to servant Nanak;

realizing his own self, he has obtained supreme peace. ||4||15||

In the Lord's service, are the greatest treasures.

Serving the Lord, the Ambrosial Naam comes into one's mouth. ||1||

The Lord is my Companion; He is with me, as my Help and Support.

In pain and pleasure, whenever I remember Him, He is present. How can the poor Messenger of Death frighten me now? ||1||Pause||
ਹਿਰ ਮੇਰੀ ਓਟ ਮੈ ਹਿਰ ਕਾ ਤਾਣੁ ॥ (375)

The Lord is my Support; the Lord is my Power.

ਹਿਰ ਮੇਰਾ ਸਖਾ ਮਨ ਮਾਿਹ ਦੀਬਾਣੁ ॥੨॥ (375)

The Lord is my Friend; He is my mind's advisor. ||2||

ਹਿਰ ਮੇਰੀ ਪੂੰਜੀ ਮੇਰਾ ਹਿਰ ਵੇਸਾਹੁ ॥ (375)

The Lord is my capital; the Lord is my credit.

ਗੁਰਮੁਿਖ ਧਨੁ ਖਟੀ ਹਿਰ ਮੇਰਾ ਸਾਹੁ ॥੩॥ (375)

As Gurmukh, I earn the wealth, with the Lord as my Banker. ||3||

ਗੁਰ ਿਕਰਪਾ ਤੇ ਇਹ ਮਿਤ ਆਵੈ ॥ (375)

By Guru's Grace, this wisdom has come.

ਜਨ ਨਾਨਕੁ ਹਿਰ ਕੈ ਅੰਕ ਸਮਾਵੈ ॥੪॥੧੬॥ (375)

Servant Nanak has merged into the Being of the Lord. ||4||16||

ਵੱਲ ਵਿਵਧ ਦੇ ਤਿੰਨ ਭਿਵ ਨੇਹਿਓਂ ॥ (375)

When God shows His Mercy, then this mind is focused on Him.
Satgur sayv sabhai fal paa-ee. ||1||
Serving the True Guru, all rewards are obtained. ||1||

Man ki-o bairaag karhigaa satgur mayraa pooraa.
O my mind, why are you so sad? My True Guru is Perfect.

Mansaa kaa daataa sabh sukh niDhaan amrit sar sad hee bharpooraa. ||1|| rahaa-o.
He is the Giver of blessings, the treasure of all comforts; His Ambrosial Pool of Nectar is always overflowing. ||1||Pause||

Charan kamal rid antar Dhaaray.
One who enshrines His Lotus Feet within the heart,

Pargatee jot milay raam pi-aaray. ||2||
meets the Beloved Lord; the Divine Light is revealed to him. ||2||

Panch sakhee mil mangal gaa-i-aa.
The five companions have met together to sing the songs of joy.

Anhad banee naad vajaa-i-aa. ||3||
The unstruck melody, the sound current of the Naad, vibrates and resounds. ||3||

Gur naanak tuthaa mili-aa har raa-ay.
O Nanak, when the Guru is totally pleased, one meets the Lord, the King.
Then, the night of one’s life passes in peace and natural ease. ||4||17||

Aasaa, Fifth Mehl:

Showing His Mercy, the Lord has revealed Himself to me.

Meeting the True Guru, I have received the perfect wealth. ||1||

Gather such a wealth of the Lord, O Siblings of Destiny.

It cannot be burned by fire, and water cannot drown it; it does not forsake society, or go anywhere else. ||1||Pause||

Eating and consuming it, the mind remains satisfied. ||2||
so sach saahu jis ghar har Dhan sanchaanaa.
He is the true banker, who gathers the wealth of the Lord within his own home.

is Dhan tay sabh jag varsaanaa. ||3||
With this wealth, the whole world profits. ||3||

tin har Dhan paa-i-aa jis purab likhay kaa lahnaa.
He alone receives the Lord's wealth, who is pre-ordained to receive it.

jan naanak ant vaar naam gahnaa. ||4||18||
O servant Nanak, at that very last moment, the Naam shall be your only decoration. ||4||18||

aasaa mehlaa 5.
Aasaa, Fifth Mehl:

jaisay kiraan bovai kiraanee.
Just like the farmer, He plants His crop,

kaachee paakee baadh paraanee. ||1||
and, whether it is ripe or unripe, He cuts it down. ||1||

jo janmai so jaanhu moo-aa.
Just so, you must know this well, that whoever is born, shall die.
Only the devotee of the Lord of the Universe becomes stable and permanent. ||1||Pause||

The day shall certainly be followed by the night.

And when the night passes, the morning shall again dawn.

In the love of Maya, the unfortunate ones remain in sleep.

By Guru's Grace, a rare few remain awake and aware.

Says Nanak, sing continually the Glorious Praises of the Lord.

Your face shall be radiant, and your consciousness shall be immaculately pure.

Aasaa, Fifth Mehl:
The nine treasures are Yours - all treasures are Yours.

The Fulfiller of desires saves mortals in the end.

The Fulfiller of desires saves mortals in the end.

You are my Beloved, so what hunger can I have?

When You dwell within my mind, pain does not touch me.

Whatever You do, is acceptable to me.

O True Lord and Master, True is Your Order.

When it is pleasing to Your Will, I sing the Glorious Praises of the Lord.

Within Your Home, there is justice, forever and ever.
ਸਾਚੇ ਸਾਹਿਬ ਅਲਖ ਅਭੇਵ ॥ (376)
saachay saahib alakh abhayv.
O True Lord and Master, You are unknowable and mysterious.

ਨਾਨਕ ਲਾਇਆ ਲਾਗਾ ਸੇਵ ॥੪॥੨੦॥ (376)
naanak laa-i-aa laagaa sayv. ||4||20||
Nanak is committed to Your service. ||4||20||

ਆਸਾ ਮਹਲਾ ੫ ॥ (376)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਕੁਦਰਿਤ ਜੀਅ ਕੈ ਸਦ ਹੀ ਸੰਗਾ ॥ (376)
kudrat jee-a kai sad hee sangaa.
He is near at hand; He is the eternal Companion of the soul.

ਕਰਹਾਉ ॥ (376)
My mind does not worry; it does not grieve, or cry out.

ਤੇਰੇ ਦਾਸਰੇ ਕਉ ਕੀ ਕਾਣ ॥ (376)
tayray daasray ka-o kis kee kaan.
Unto whom does Your servant pay homage?
ਜੀਸ ਕੀ ਮੀਰਾ ਰਾਖੀ ਆਇਆ ||੨੨ ||
jis kee meeraa raakhai aan. ||2||
His King preserves his honor. ||2||

ਨੇ ਲੁਹਾਣਾ ਪ੍ਰਭ ਲੀਆ ਅਜਾਤ || (376)
jo la-uda parabh kee-aa ajaat.
That slave, whom God has released from the restrictions of social status -

ਿਜਸ ਲੁਹਾਣੇ ਵਿੱਚ ਜੀਸ ਕੀ ਉਜਾਤ ||੩੩ || (376)
jis la-udaan kah kis kee taat. ||3||
who can now hold him in bondage? ||3||

ਬੇਮੁਹਤਾਜਾ ਵੇਪਰਵਾਹੁ || (376)
vaymuhtaajaa vayparvaahu.
The Lord is absolutely independent, and totally care-free;

ਵੇਨ ਕੁਛ ਕਚਰ ਦੁਆਰਾ ਦੁਆਰਾ ||੪੩੨੧ || (376)
nanak daas kahhu guru vaahu. ||4||21||
O servant Nanak, chant His Glorious Praises. ||4||21||

ਆਸਾ ਮਹਲਾ 5 || (376)
aasaa mehlaa 5.  
Aasaa, Fifth Mehl:

ਤੁਹੀ ਕੁਛ ਕੁਝੇ ਕੁਝੇ ਦੋ ਭੁਵਨ || (376)
har ras chhod hochhai ras maataa.  
Forsaking the Lord's sublime essence, the mortal is intoxicated with false essences.

ਘਰ ਮਹਿਤੇ ਵਸਤੁ ਬਾਹਰ ਉੱਠ ਜਾਤਾ ||੧੧ || (376)
ghar meh vasat baahar uth jaataa. ||1||
The substance is within the home of the self, but the mortal goes out to find it. ||1||
सुनी न जाई सचु अिमर्त काथा ॥ (376)
sunee na jaa-ee sach amrit kaathaa.
He cannot hear the true ambrosial discourse.

रार रार झूठी लिग गाथा ॥१॥ रहाउ ॥ (376)
raar karat jhoothee lag gaathaa. ||1|| raha-oo.
Attached to false scriptures, he is engaged in argument. ||1||Pause||

वाजहू साहब का सेव बिरानी ॥ (376)
vajahu saahib kaa sayv biraanee.
He takes his wages from his Lord and Master, but he serves another.

ऐसे गुनह अछाद्वो परानी ॥२॥ (376)
aisay gunah achhaadi-o paraanee. ||2||
With such sins, the mortal is engrossed. ||2||

तिसु तिस लूक जो सद ही संगी ॥ (376)
tis si-o look jo sad hee sangee.
He tries to hide from the One who is always with him.

काम न आवै सो फिर फिर मंगी ॥३॥ (376)
kaam na aavai so fir fir mangee. ||3||
He begs from Him, again and again. ||3||

कहु नानक पर्भ दीन दईआला ॥ (376)
kaho naanak parabh deen da-i-aalaa.
Says Nanak, God is merciful to the meek.

जिउ भावै तिउ करि प्रतिपाला ॥४॥२॥ (376)
ji-o bhaavai ti-o kar partipaalaa. ||4||22||
As it pleases Him, He cherishes us. ||4||22||
The Naam, the Name of the Lord, is my soul, my life, my wealth.

Without the Lord's Name, everything else is useless.

My mind is satisfied and satiated by the Blessed Vision of the Lord's Darshan.

Singing, hearing and acting upon it, one is enraptured.

My mind is attached to the Lord's Lotus Feet.
The True Guru, in His Pleasure, has given this gift. ||3||

Unto Nanak, the Guru has revealed these instructions:

- Recognize the Imperishable Lord God in each and every heart. ||4||23||

Aasaa, Fifth Mehl:

- He Himself embellishes His own works. ||1||

Perfect is the Creation of the Perfect Lord Master.

- His magnificent greatness is totally all-pervading. ||1||Pause||
ਨਾਮ ਨਿਧਾਨੁ ਜਾ ਕੀ ਨੀਰਮਲ ਸੋਇ ॥ (376)
nam niDhaan jaa kee nirmal so-ay.
His Name is the treasure; His reputation is immaculate.

ਅਪੇ ਸਰੂ ਅਵਰੁ ਨ ਕੋਈ ॥੨॥ (376)
aapay kartaa avar na ko-ay. ||2||
He Himself is the Creator; there is no other. ||2||

ਦੀਨ ਨਿਰਮਲ ਦੁਆਰ ਵੈ ਸਾਧਿ ॥ (376)
jeet-a jant sabh taa kai haath.
All beings and creatures are in His Hands.

ਰਵੀ ਰਹੀਆ ਪਰਭੁ ਸਹ ਕੈ ਸਾਠ ॥੩॥ (376)
rav rahi-aa parabh sabh kai saath. ||3||
God is pervading in all, and is always with them. ||3||

ਪੂਰਾ ਗੁਰ ਪੂਰੀ ਬਣਾਵਹੁ ਇਹੁ ਮਨ ॥ (377)
pooraa gur pooree banaavahu ih man.
I have shaped this mind in the mold of the Guru's Word.

ਪ੍ਰਭਿ ਮੀਲੀ ਰਿਤੀਆਈ ॥੭॥੨੪॥ (377)
naanak bhagat milee vadi-aa-ee. ||4||24||
O Nanak, the Lord's devotees are blessed with glorious greatness. ||4||24||
Beholding the Blessed Vision of the Guru’s Darshan, I have gathered the wealth of the Lord.

O sublime understanding, come, enter into my mind,

that I may meditate and sing the Glorious Praises of the Lord of the Universe, and love so dearly the Lord's Name.

I am satisfied and satiated by the True Name.

My cleansing bath at the sixty-eight sacred shrines of pilgrimage is the dust of the Saints.

I recognize that the One Creator is contained in all.

Joining the Saadh Sangat, the Company of the Holy, my understanding is refined.

I have become the servant of all; I have renounced my ego and pride.
ਨਾਨਕ ਕਉ ਗੁਰ ਦੀਨ ਦਾਨ ॥੪॥੨੫॥
naanak ka-o gur deeno daan. ||4||25||
The Guru has given this gift to Nanak. ||4||25||

ਆਸਾ ਮਹਲਾ ੫ ॥ (377)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਬੁੱਧ ਪਰਗਾਸ ਭੈ ਮਿਤ ਪੂਰੀ ॥
buDh pargaas bha-ee mat pooree.
My intellect has been enlightened, and my understanding is perfect.

ਤਾ ਤੇ ਬੀਨਸੀ ਦੁਰਮਿਤ ਦੂਰੀ ॥੧॥ (377)
taa tay binsee durmat dooree. ||1||
Thus my evil-mindedness, which kept me far from Him, has been removed. ||1||

ਐਸੀ ਗੁਰਮਿਤ ਪਾਈਅਲੇ ॥ (377)
aisee gurmat paa-ee-alay.
Such are the Teachings which I have received from the Guru;

ਗੁਰੁ ਬੋਹਥੁ ਤਾਰੇ ਰਤਨਾਗਰੁ ॥੨॥ (377)
gur bohith taaray ratnaagar. ||2||
The Guru is the boat; He is treasure of jewels. ||2||
This ocean of Maya is dark and treacherous.

The Perfect Guru has revealed the way to cross over it. ||3||

I do not have the ability to chant or practice intense meditation.

Guru Nanak seeks Your Sanctuary. ||4||26||

Aasaa, Fifth Mehl, Ti-Padas:

One who drinks in the Lord's sublime essence is forever imbued with it,

while other essences wear off in an instant.

Intoxicated with the Lord's sublime essence, the mind is forever in ecstasy.
आन वर्ध भविष्य दिखाई दिए ||१|| (३७७)
आन रसा मह विआपें चिंद ||१||
aan rasaa meh vi-aapai chind. ||1||
Other essences bring only anxiety. ||1||

विव वर्म गीते अलबमसु भन्दूव || (३७७)
हर रसु पीवै अलमसतु मतवारा ||
har ras peevai almasat matvaaraa.
One who drinks in the Lord's sublime essence, is intoxicated and enraptured;

आन वर्ध चेंडे दे ||१|| चल्छु || (३७७)
आन रसा साइध होछे रे ||१|| रहाउ ||
aan rasaa sabh hochhay ray. ||1|| raha-o.
all other essences have no effect. ||1||Pause||

विव वर्म की बीनि कतिर त राषि || (३७७)
हर रस की कीमत कही न जाइ ||
har ras kee keemat kahee na jaa-ay.
The value of the Lord's sublime essence cannot be described.

विव वर्म मापू राष्ट मराष || (३७७)
हर रसु याध हाट समाइ ||
har ras saaDhoo haat samaa-ay.
The Lord's sublime essence permeates the homes of the Holy.

लाख करोरी मिलै न के ह || (३७७)
लाख करोरी मिले न केह ||
laakh karoree milai na kayh.
One may spend thousands and millions, but it cannot be purchased.

निमहि धरणवर्द दिम दे देहि ||२|| (३७७)
जिसाहि परापति तिस ही बेदहि ||२||
jisahi paraapat tis hee deh. ||2||
He alone obtains it, who is so pre-ordained. ||2||

नानक चाखि भाए बिसमाद || (३७७)
naanak chaakh bha-ay bismaad.
Tasting it, Nanak is wonder-struck.

The value of the Lord's sublime essence cannot be described.
The Lord's sublime essence permeates the homes of the Holy.
One may spend thousands and millions, but it cannot be purchased.
He alone obtains it, who is so pre-ordained.
Tasting it, Nanak is wonder-struck.
ਨਾਨਕ ਗੁਰ ਤੇ ਆਇਆ ਸਾਦੁ ॥ (377)

Through the Guru, Nanak has obtained this taste.

ੈਤ ਊਤ ਕਤ ਛੋਿਡ ਨ ਜਾਇ ॥ (377)

Here and hereafter, it does not leave him.

ਨਾਨਕ ਗੀਧਾ ਹਿਰ ਰਸ ਮਾਿਹ ॥੩॥੨੭॥ (377)

Nanak is imbued and enraptured with the Lord's subtle essence. ||3||27||

ਧਿਂਦੀ ਮਹਲਾ ੫ ॥ (377)

Aasaa, Fifth Mehl:

ਕਾਮੁ ਕਰ੍ੋਧੁ ਲੋਭੁ ਮੋਹੁ ਿਮਟਾਵੈ ਛੁਟਕੈ ਦੁਰਮਿਤ ਅਪੁਨੀ ਧਾਰੀ ॥ (377)

If she renounces and eliminates her sexual desire, anger, greed and attachment, and her evil-mindedness and self-conceit as well;

ਸੁਣ ਸੁੰਦਿਰ ਸਾਧੂ ਬਚਨ ਉਧਾਰੀ ॥ (377)

Listen, O beautiful soul-bride: By the Word of the Holy Saint, you shall be saved.

ਦੂਖ ਭੂਖ ਿਮਟੈ ਤੇਰੋ ਸਹਸਾ ਸੁਖ ਪਾਵਿਹ ਤੂੰ ਸੁਖਮਿਨ ਨਾਰੀ ॥੧॥ ਰਹਾਉ ॥ (377)

Your pain, hunger and doubt shall vanish, and you shall obtain peace, O happy soul-bride. ||1||Pause||
चरण पखार करू गुर सेवा आतम सुधु बिखु तिआस निवारी
(377)
Washing the Guru’s feet, and serving Him, the soul is sanctified, and the thirst for sin is quenched.

दासन की होइ दास दासरी ता पाविह सोभा हर दुआरी
(377)
If you become the slave of the slave of the Lord’s slaves, then you shall obtain honor in the Court of the Lord.

ਇਹੀ ਅਚਾਰ ਇਹੀ ਬੁਹੀਆ ਆਿਗਆ ਮਾਿ਩ ਭਗਿਤ ਹੋਇ ਤੁਮ ਹਾਰੀ
(377)
This is right conduct, and this is the correct lifestyle, to obey the Command of the Lord’s Will; this is your devotional worship.

ਜੋ ਇਹੁ ਮੰਤਰ ਕਮਾਵੈ ਨਾਨਕ ਸੋ ਭੁਜ਼ਲ ਪਾਰੀ ਉਤਾਰੀ
(377)
One who practices this Mantra, O Nanak, swims across the terrifying world-ocean.

ਆਸਾ ਮਹਲਾ ५ ਦੁਪਦੇ
(378)
Aasaa, Fifth Mehl, Du-Padas:

ਭਈ ਪਰਾਪਿਤ ਮਾਨੁਖ ਦੇਹ ਤੁਹਾਡਾ
(378)
You have been blessed with this human body.

ਗੋਿਬੰਦ ਕੀ ਇਤਿ ਟੇਹੀ ਵਰੀਆ
(378)
This is your chance to meet the Lord of the Universe.

ਆਰਵੀ ਵਾਣੀ ਬਰੋ ਬਰੇ ਸਾਮ
(378)
Other efforts are of no use to you.
Joining the Saadh Sangat, the Company of the Holy, vibrate and meditate on the Naam, the Name of the Lord.

Make the effort, and cross over the terrifying world ocean.

This human life is passing away in vain, in the love of Maya.

I have not practiced meditation, penance, self-restraint or righteous living;

I have not served the Holy Saints, and I do not know the Lord, my King.

Says Nanak, my actions are vile and despicable;

O Lord, I seek Your Sanctuary - please, preserve my honor.

Aasaa, Fifth Mehl:
तुझ िबनु अवरु नाही मै दूजा तूं मेरे मन माही ॥ (378)
Without You, there is no other for me; You alone are in my mind.

tujh bin avar naahee mai doojaa tooN mayray man maahee.

तूं साजनु संगी पर्र्भु मेरा काहें जीअ डराही ॥१॥ (378)
You are my Friend and Companion, God; why should my soul be afraid? ||1||
tooN saajan sangee parabh mayraa kaahay jee-a daraahee. ||1||

तुमरी ओट तुमारी आसा ॥ (378)
You are my support, You are my hope.
tumree ot tumaaree aasaa.

बैठत ऊठत सोवत जागत िवसरु नाही तूं सास िगरासा ॥१॥ रहाउ ॥ (378)
While sitting down or standing up, while sleeping or waking, with every breath and morsel of food, I never forget You. ||1||Pause||

बैठत ऊठत सोवत जागत िवसरु नाही तूं सास िगरासा ॥१॥ रहाउ ॥

raithat oothat sovat jaagat visar naahee tooN saas giraasaa. ||1|| raha-a-o.

राखु राखु सरिण पर्र्भ अपनी अगिन सागर िवकराला ॥ (378)
Protect me, please protect me, O God; I have come to Your Sanctuary; the ocean of fire is so horrible.

raakh raakh saran parabh apnee agan saagar vikraalaa.

The Lord God has saved me, His slave.
ਪਰ੍ੀਤਮ ਿਸਉ ਮੇਰੋ ਮਨੁ ਮਾਿਨਆ ਤਾਪੁ ਮੁਆ ਿਬਖੁ ਖਾਇ ॥੧॥
My mind has surrendered to my Beloved; my fever has taken poison and died. ||1||Pause||

ਪਾਲਾ ਤਾਊ ਕਛੂ ਨ ਿਬਆਪੈ ਰਾਮ ਨਾਮ ਗੁਨ ਗਾਇ ॥
Cold and heat do not touch me at all, when I sing the Glorious Praises of the Lord.

ਡਾਕੀ ਕੋ ਿਚਿਤ ਕਛੂ ਨ ਲਾਗੈ ਚਰਨ ਕਮਲ ਸਰਨਾਇ ॥੧॥
By the Grace of the Saints, the Lord has shown His Mercy to me; He Himself is my Help and Support.

गੁਨ ਿਨਧਾਨ ਿਨਿਤ ਗਾਵੈ ਨਾਨਕੁ ਸਹਸਾ ਦੁਖਿ ਿਮਟਾਇ ॥੨॥੩੧॥
Nanak ever sings the Praises of the Lord, the treasure of excellence; his doubts and pains are eliminated. ||2||31||

ਆਸਾ ਮਹਲਾ ੫ ॥
Aasaa, Fifth Mehl:

ਆਉਖਧੁ ਖਾਇਓ ਹਿਰ ਕੋ ਨਾਉ ॥
I have taken the medicine of the Name of the Lord.

ਸੁਖ ਪਾਏ ਦੁਖ ਿਬਨਿਸਆ ਥਾਉ ॥੧॥
I have found peace, and the seat of pain has been removed. ||1||
तापु गइआ बचिन गुर पूरे ॥ (378)
The fever has been broken, by the Teachings of the Perfect Guru.

अनदु भइਆ सिभ िमटे िवसूरे ॥१॥ रहाउ ॥
I am in ecstasy, and all of my sorrows have been dispelled. ||1||Pause||

jee-a jant sagal sukh paa-i-aa.
All beings and creatures obtain peace,

paarbarahm naanak man Dhi-aa-i-aa. ||2||32||
O Nanak, meditating on the Supreme Lord God. ||2||32||

Aasaa, Fifth Mehl:

व्‌वंछत नाही सु बेला आई ॥ (378)
That time, which the mortal does not wish for, eventually comes.

विनु हुक्मै कउ बुढ़ी बुझाई ॥१॥
Without the Lord's Command, how can understanding be understood? ||1||

thadhee taatee mitee khaa-ee.
The body is consumed by water, fire and earth.
ਓਹੁ ਨ ਬਾਲਾ ਬੂਢਾ ਭਾਈ ॥੧॥ ਰਹਾਉ ॥

But the soul is neither young nor old, O Siblings of Destiny. ||1||Pause||

ਨਾਨਕ ਦਾਸ ਸਾਧ ਸਰਣਾਈ ॥

Servant Nanak has entered the Sanctuary of the Holy.

ਗੁਰ ਪਰਸਾਦ ਭਉ ਪਾਰ ਪਰਾਈ ॥੨॥੩॥

By Guru's Grace, he has shaken off the fear of death. ||2||33||

ਆਸਾ ਮਹਲਾ ੫ ॥

Aasaa, Fifth Mehl:

ਸਦਾ ਸਦਾ ਆਤਮ ਪਰਗਾਸੁ ॥

Forever and ever, the soul is illumined;

ਸਾਧਸੰਗੀਤ ਹਿਰ ਚਰਣ ਨਵਾਸੁ ॥੧॥

in the Saadh Sangat, the Company of the Holy, it dwells at the Feet of the Lord. ||1||

ਰਾਮ ਨਾਮ ਨਿਤ ਜਪ ਮਨ ਮੇਰੇ ॥

Chant the Lord's Name each and every day, O my mind.

ਸੀਤਲ ਸੀਤ ਸਦਾ ਸੁਖ ਪਾਵਿਹ ਕਲਵਖ ਜਾਹ ਸਭੇ ਮਨ ਤੇਰੇ ॥੧॥ ਰਹਾਉ ॥

You shall find lasting peace, contentment and tranquility, and all your sins shall depart. ||1||Pause||
kaho naanak jaa kay pooran karam.  
Says Nanak, one who is blessed with perfect good karma,

satgur bhaytay pooran paarbarahm. ||2||34||  
meets the True Guru, and obtains the Perfect Supreme Lord God. ||2||34||

doojay ghar kay cha-utees.  
Thirty-four Shabads in Second House. ||

aasaa mehlaa 5.  
Aasaa, Fifth Mehl:

peerh ga-ee fir nahee duhaylee. ||1|| rahaa-o.  
her pain is dispelled, and she shall not become sad again. ||1||Pause||

kar kirpaa charan sang maylee.  
Showing His Mercy, He joins her with His Feet,

sookh sahj aanand suhaylee. ||1||  
and she attains celestial peace, joy and comfort. ||1||
In the Saadh Sangat, the Company of the Holy, she sings the Glorious Praises of the Immeasurable Lord.

Remembering the Lord in meditation, O Nanak, she becomes invaluable.

Aasaa, Fifth Mehl:

Sexual desire, anger, intoxication with Maya and jealousy - I have lost all of these in the game of chance.

Purity, contentment, compassion, faith and truthfulness - I have ushered these into the home of my self.

Joining the Saints' Society, my mind has become pure; the Perfect Guru has saved me in an instant.

My mind has become the dust of all, and everyone seems a sweet friend to me.
My Lord and Master is contained in all. He gives His Gifts to all beings, and cherishes them. ||2||

He Himself is the One and only; from the One, the One and only, came the expanse of the entire creation.

Chanting and meditating, all the humble beings have become Holy; meditating on the Naam, the Name of the Lord, so many have been saved. ||3||

By Your Grace, Nanak sings Your Glorious Praises; meditating, meditating, he humbly bows to God. ||4||36||

You are Infinite, Eternal and Incomprehensible; all this is Your Creation.


What clever games can we play, when everything is contained in You? ||1||

O my True Guru, protect me, Your child, through the power of Your play.

Grant me the good sense to ever sing Your Glorious Praises, O my Inaccessible and Infinite Lord and Master. ||1|| Pause||

The mortal is preserved in the womb of his mother, by the Support of the Naam, the Name of the Lord;

he makes merry, and with each and every breath he remembers the Lord, and the fire does not touch him. ||2||

Others' wealth, others' wives, and the slander of others - renounce your craving for these.

Serve the Lord's Lotus Feet within your heart, and hold to the Support of the Perfect Guru. ||3||

Houses, mansions and palaces which you see - none of these shall go with you.
As long as you live in this Dark Age of Kali Yuga, O servant Nanak, remember the Naam, the Name of the Lord. ||4||37||

\[\text{As long as you live in this Dark Age of Kali Yuga, O servant Nanak, remember the Naam.} \quad ||4||37\]

\[\text{Aasaa, Third House, Fifth Mehl:} \quad ||379\]

\[\text{One Universal Creator God. By The Grace Of The True Guru:} \quad ||379\]

\[\text{Power, property, youth, household, fame and the beauty of youth;} \quad ||379\]

\[\text{hereafter, these shall be of no avail in the Court of the Lord; the proud must depart, leaving them behind.} \quad ||1||

\[\text{Why center your consciousness on any other than the Lord?} \quad ||379\]

\[\text{Sitting down, standing up, sleeping and waking, forever and ever, meditate on the Lord.} \quad ||1||\]
He may have the most wondrous and beautiful arenas, and be victorious on the field of battle.

He may proclaim, "I can kill anyone, I can capture anyone, and I can release anyone".

But when the Order comes from the Supreme Lord God, he departs and leaves in a day.

He may perform all sorts of religious rituals and good actions, but he does not know the Creator Lord, the Doer of all.

He teaches, but does not practice what he preaches; he does not realize the essential reality of the Word of the Shabad.

Naked he came, and naked he shall depart; he is like an elephant, throwing dust on himself.

O Saints, and friends, listen to me: all this world is false.
Continually claiming, "Mine, mine", the mortals are drowned; the fools waste away and
die.

Meeting the Guru, O Nanak, I meditate on the Naam, the Name of the Lord; through the
True Name, I am emancipated. ||4||1||38||

Raag Aasaa, Fifth House, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

The whole world is asleep in doubt; it is blinded by worldly entanglements.

How rare is that humble servant of the Lord who is awake and aware. ||1||

The mortal is intoxicated with the great enticement of Maya, which is dearer to him than
life.

How rare is the one who renounces it. ||2||
The Lord's Lotus Feet are incomparably beautiful; so is the Mantra of the Saint.

How rare is that holy person who is attached to them.

O Nanak, in the Saadh Sangat, the Company of the Holy, the love of divine knowledge is awakened.

The Lord's Mercy is bestowed upon those who are blessed with such good destiny.

One Universal Creator God. By The Grace Of The True Guru:

Whatever pleases You is acceptable to me; that alone brings peace and ease to my mind.

You are the Doer, the Cause of causes, All-powerful and Infinite; there is none other than You.
Your humble servants sing Your Glorious Praises with enthusiasm and love.

That alone is good advice, wisdom and cleverness for Your humble servant, which You do or cause to be done. ||1||Pause||

Those humble beings are satisfied and fulfilled, singing the Praises of the Lord, the treasure of peace. ||2||

One who has Your Support, O Lord Master, is not afflicted by anxiety.

One who is blessed by Your Kind Mercy, is the best, the most fortunate king. ||3||

Doubt, attachment, and deceit have all disappeared, since I obtained the Blessed Vision of Your Darshan.
ਵਰਤਿਣ ਨਾਮ ਨਾਨਕ ਸੰਧੂ ਹਰ ਨਾਮੇ ਰੰਗ ਸਮਾਇਆ ॥੪॥੧॥੪੦॥
Dealing in the Naam, O Nanak, we become truthful, and in the Love of the Lord’s Name, we are absorbed. ||4||1 | 40||

ਆਸਾ ਮਹਲਾ ੫ ॥
Aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਜਨਮ ਜਨਮ ਕੀ ਮਲੁ ਧੋਵੈ ਪਰਾਈ ਆਪਣਾ ਕੀਤਾ ਪਾਵੈ ॥
He washes off the filth of other peoples’ incarnations, but he obtains the rewards of his own actions.

ਈਹਾ ਸੁਖੁ ਨਹੀ ਦਰਗਹ ਢੋੈ ਜਮ ਪੁੀਰ ਜਾਇ ਪਚਾਵੈ ॥੧॥
He has no peace in this world, and he has no place in the Court of the Lord. In the City of Death, he is tortured. ||1||

ਿਨੰਦਕ ਅਕਾਲਾ ਜਨਮ ਗਵਾਈਆ ॥
The slanderer loses his life in vain.

ਪਹੁੰਚ ਹ ਪ੍ਰਾਣੇ ਬਾਲੇ ਬਾਲੇ ਅਲੋ ਠੂਲੇ ਨ ਪਾਇਆ ॥੧॥ ਵਿਰਾਨ ॥
He cannot succeed in anything, and in the world hereafter, he finds no place at all. ||1||Pause||

ਿਕਰਤ ਪਇਆ ਿਨੰਦਕ ਬਪੁਰੇ ਕਾ ਿਕਾ ਓਹ ਕਰੈ ਿਬਚਾਰਾ ॥
Such is the fate of the wretched slanderer - what can the poor creature do?
ਤਹਾ ਬਿਗੂਤਾ ਜਹ ਕੋਈ ਨੇ ਰਾਖਿਆ ਓਹੁ ਕਸ ਪਹੁਚਾ ਕੇ ਪੁਕਾਰਾ। ॥੨॥

He is ruined there, where no one can protect him; with whom should he lodge his complaint? ॥2॥

ਨਿੰਦਕ ਕੀ ਗਤਿ ਕਲਹ ਨਾਹੀ ਖਸਮੇ ਏਵੈ ਵਿਚ ਭਾਣਾ। ॥(381)॥

The slanderer shall never attain emancipation; this is the Will of the Lord and Master.

ਜੋ ਜੋ ਨਿੰਦ ਕਰੇ ਸਾਂਤਨ ਕੀ ਤਿੱਤੂ ਸਾਂਤਨ ਸੁਖ ਮਾਨਾ। ॥੩॥

The more the Saints are slandered, the more they dwell in peace. ॥3॥

ਸਾਂਤਾ ਤੇਕਨ ਤੁਮਾਰੀ ਸੁਸੀਮੇ ਤੂੰ ਸਾਂਤਨ ਕਾ ਸੇਹਾਈ। ॥(381)॥

The Saints have Your Support, O Lord and Master; You are the Saints' Help and Support.

ਕਹੁ ਨਾਨਕ ਸਾਂਤ ਹਰ ਰਾਖੇ ਨਿੰਦਕ ਦੀ ਰੁੜੇ ਕਾਲ। ॥(4)||2||41॥

Says Nanak, the Saints are saved by the Lord; the slanderers are drowned in the deep. ॥4||2||41॥

ਆਸਾ ਮੈਲਾ ॥ ॥(381)

Aasaa, Fifth Mehl:

ਆਤਰੁ ਧੋਇ ਅੰਤਰੁ ਮੈਲਾ ਦੁਇ ਠਉਰ ਅਪੁਨੇ ਖੋए। ॥(381)॥

He washes outwardly, but within, his mind is filthy; thus he loses his place in both worlds.

ਈਹਾ ਕਾਮ ਕਰਣਹੇ ਮੋਹ ਵਿਚ ਪ੍ਰਥਿਤ ਆਪਮੋਹੇ। ॥(381)॥

Here, he is engrossed in sexual desire, anger and emotional attachment; hereafter, he shall sigh and weep. ॥1॥
गोविंद भजन की मित है होरा ॥ (381)

Govind bhajan kee mat hai horaa.

The way to vibrate and meditate on the Lord of the Universe is different.

वर्मी मारी सापु न मरई नामु न सुनई डोरा ॥। (381)

Varmee maaree saap na mar-ee naam na sun-ee dora. ||1|| raha-o.

Destroying the snake-hole, the snake is not killed; the deaf person does not hear the Lord's Name. ||1|| Pause||

भगिन्य की विचार कहकर गङजी मधु न करै ॥। (381)

Bhagine kee vichar kahkar gangijee madhu na kare. ||1||

He renounces the affairs of Maya, but he does not appreciate the value of devotional worship.

बेद सास्त्र कउ तरकिन लागा ततु जोगु न पछानें ॥। (381)

Bayd saastara kau tarkan laagaa tat jog na pachhaane. ||2||

He finds fault with the Vedas and the Shaastras, and does not know the essence of Yoga. ||2||

उघिर गइआ जैसा खोटा ढबूआ नदिर सराफा आइआ ॥। (381)

Ughai ga-ia jaisaa khotaa dhaboo-aa nadra sarafa aa-i-aa.

He stands exposed, like a counterfeit coin, when inspected by the Lord, the Assayer.

अंतरजामी सभु िकछु जानै उस ते कहा छपाइआ ॥। (381)

Antarjaamee sabh kichh jaanai us te kahaa chhapaa-i-aa. ||3||

The Inner-knower, the Searcher of hearts, knows everything; how can we hide anything from Him? ||3||

छूिड़ कपिट बंचि निमुनीआदा बिनमि गइआ ततकाले ॥। (381)

Koorh kapat banch nimunee-aadaa binas ga-iaa tatkaalay.

Through falsehood, fraud and deceit, the mortal collapses in an instant - he has no foundation at all.
Truly, truly, truly, Nanak speaks; look within your own heart, and realize this. ||4||3||42||

Making the effort, the mind becomes pure; in this dance, the self is silenced.

The five passions are kept under control, and the One Lord dwells in the mind. ||1||

Your humble servant dances and sings Your Glorious Praises.

He plays upon the guitar, tambourine and cymbals, and the unstruck sound current of the Shabad resounds. ||1||Pause||

First, he instructs his own mind, and then, he leads others.  
He chants the Lord's Name and meditates on it in his heart; with his mouth, he announces it to all. ||2||
कर संगि साधू चरन पखारी संत धूिर तनि लावै ॥

He joins the Saadh Sangat, the Company of the Holy, and washes their feet; he applies
the dust of the Saints to his body

मनु तनु अरिप धरे गुर आगै सित पदारथु पावै ॥३॥

He surrenders his mind and body, and places them before the Guru; thus, he obtains the
true wealth. ||3||

jo jo sunai paykhai laa-ay sarDhaa taa kaa janam maran dukh bhaagai.
Whoever listens to, and beholds the Guru with faith, shall see his pains of birth and death
taken away.

Aisee nirat narak nivaarai naanak gurmukh jaagai. ||4||4||43||

Such a dance eliminates hell; O Nanak, the Gurmukh remains wakeful. ||4||4||43||

Aasaa mehlaa 5.
Aasaa, Fifth Mehl:

अधम चंडाली भई बर्हमणी सूदी ते सर्ेसटाई रे ॥

The lowly outcaste becomes a Brahmin, and the untouchable sweeper becomes pure and
sublime.

The burning desire of the nether regions and the etheric realms is finally quenched and
extinguished. ||1||
घर की बिलाई अवर सिखाई मूसा देख डराई रे ॥ (381)

The house-cat has been taught otherwise, and is terrified upon seeing the mouse.

अज कै विस गुर कीनो के हिर कू कर ितनिह लगाई रे ॥१॥ रहाउ ॥ (381)

The Guru has put the tiger under the control of the sheep, and now, the dog eats grass.

बाझु थूनीआ छपरा थािम्हआ नीघिरआ घरु पाइआ रे ॥ (381)

Without pillars, the roof is supported, and the homeless have found a home.

िबनु जड़ीए लै जिड़ओ जड़ावा थेवा अचरजु लाइआ रे ॥२॥ (381)

Without the jeweller, the jewel has been set, and the wonderful stone shines forth.

दादी दािद न पहुचनहारा चूपी िनरनउ पाइआ रे ॥ (381)

The claimant does not succeed by placing his claim, but by keeping silent, he obtains justice.

मािल दुलीचै बैठी ले िमरतकु नैन िदखालनु धाइआ रे ॥३॥५॥४४॥ (382)

Says Nanak, the Guru has given me the Ambrosial Nectar to drink in; savoring it and relishing it, I blossom forth in bliss.
Aasaa, Fifth Mehl:

He has cut away my bonds, and overlooked my shortcomings, and so He has confirmed His nature.

Becoming merciful to me, like a mother or a father, he has come to cherish me as His own child. ||1||

The GurSikhs are preserved by the Guru, by the Lord of the Universe.

He rescues them from the terrible world ocean, casting His Glance of Grace upon them. ||1||Pause||

Meditating in remembrance on Him, we escape from the Messenger of Death; here and hereafter, we obtain peace.

With every breath and morsel of food, meditate, and chant with your tongue, continually, each and every day; sing the Glorious Praises of the Lord. ||2||
Through loving devotional worship, the supreme status is obtained, and in the Saadh Sangat, the Company of the Holy, sorrows are dispelled.

I am not worn down, I do not die, and nothing strikes fear in me, since I have the wealth of the Lord's Immaculate Name in my purse.

At the very last moment, God becomes the mortal's Help and Support; here and hereafter, He is the Savior Lord.

He is my breath of life, my friend, support and wealth; O Nanak, I am forever a sacrifice to Him.

Since You are my Lord and Master, what is there for me to fear? Other than You, who else should I praise?

You are the One and only, and so do all things exist; without You, there is nothing at all for me.
ਬਾਬਾ बिखु देखआ सੰਸਾਰु ॥ (382)

baabaa bikh daykhi-aa sansaar.
O Father, I have seen that the world is poison.

रਹਾਉ ॥ (382)

Save me, O Lord of the Universe! Your Name is my only Support.

ਜਾਣਿਹ ਬਰਥਆ ਸਭਾ ਮਨ ਕੀ ਹੋਰੁ ਕਿਸੁ ਪਿਹ ਆਖ ਸੁਣਾਈਐ ॥ (382)

jaaneh birthaa sabhaa man kee hor kis peh aakh sunaa-ee-ai.
You know completely the condition of my mind; who else could I go to tell of it?

ਨਾਨਕ ਕੇ ਪਰਭ ਸੁੱਖ ਦਾਤੇ ਮੈ ਤਾਣੁ ਤੇਰਾ ਇਕੁ ਨਾਉ ॥ (382)

naanak kay parabh sukh-daatay mai taan tayraa ik naa-o.
The Lord God of Nanak is forever the Giver of peace; Your Name is my only strength.
Aasaa, Fifth Mehl:

*Amrit Naam Tum Haara Thakur Eh Haara Ras Janah Pi* ॥ (382)

Your Name is Ambrosial Nectar, O Lord Master; Your humble servant drinks in this supreme elixir.

Janam Janam Chookay Bhai Bhaaray Durat Binaasi-o Bharam Bee-o. ||1||
The fearful load of sins from countless incarnations has vanished; doubt and duality are also dispelled. ||1||

Darsan Paykhat Mai Jee-o ॥ (382)

I live by beholding the Blessed Vision of Your Darshan.

Sun Kar Bachan Tum Haaray Satgur Man Tan Mayraa Thaar Bee-o. ||1|| Rahaa-o.
Listening to Your Words, O True Guru, my mind and body are cooled and soothed. ||1|| Pause||

Dirh Kar Charan Gahay Parabh Tum Ray Sehjay Bikhi-aah Bha-e Bee-o. ||2||
Holding fast to Your Feet, O God, the poison is easily neutralized. ||2||

Sukh NiDhaan Naam Parabh Tumraa Ayhu Abhinaassee Mantar Lee-o.
Your Name, O God, is the treasure of peace; I have received this everlasting Mantra.
Showing His Mercy, the True Guru has given it to me, and my fever and pain and hatred are annulled. ||3||

Dhan so maanas dayhee paa-ee jit parab apnai mayl lee-o. Blessed is the attainment of this human body, by which God blends Himself with me.

Blessed, in this Dark Age of Kali Yuga, is the Saadh Sangat, the Company of the Holy, where the Kirtan of the Lord's Praises are sung. O Nanak, the Naam is my only Support. ||4||8||47||

Everything is pre-ordained; what else can be known through study?

He has cured me of my disease, and I have obtained the greatest peace; He has placed the Ambrosial Name of the Lord in my mouth. ||1||Pause||
अनिक पाप मेरे परहिरा बंधन काटे मुक्त भए ॥ (383)
anik paap mayray parhari-aa banDhan kaatay mukat bha-ay.
He has washed away my countless sins; He has cut away my bonds, and I am liberated.

अंध कू प महा घोर ते बाह पकर गुर आसी काध लिए ॥२॥
anDh koop mahaa ghor tay baah pakar gur aisee kaadh lee-ay. ||2||
He has taken me by the arm, and pulled me out of the terrible, deep dark pit. ||2||

निरभू भए सगल भू मिटिआ राखे राखनहारे ॥ (383)
nirbha-o bha-ay sagal bha-o miti-aa raakhay raakhanhaaray.
I have become fearless, and all my fears have been erased. The Savior Lord has saved me.

ऐसी दात तेरी परभ मेरे कारज सवारे ॥३॥ (383)
aisee daat tayree parabh mayray kaaraj savaaray. ||3||
Such is Your generosity, O my God, that You have resolved all my affairs. ||3||

गुण निधान साहिब मिन मेला ॥ (383)
gun niDhaan saahib man maylaa.
My mind has met with my Lord and Master, the treasure of excellence.

सरण पहिऊ नानक सोहिला ॥४॥५॥ (383)
saran pa-i-aa naanak sohaylaa. ||4||5||
Taking to His Sanctuary, Nanak has become blissful. ||4||5||

आसा महला ॥ (383)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

If I forget You, then everyone becomes my enemy. When You come to mind, then they serve me.
I do not know any other at all, O True, Invisible, Inscrutable Lord. ||1||

When You come to mind, You are always merciful to me; what can the poor people do to me?

Tell me, who should I call good or bad, since all beings are Yours? ||1|| Pause||

You are my Shelter, You are my Support; giving me Your hand, You protect me.

That humble being, upon whom You bestow Your Grace, is not touched by slander or suffering. ||2||

That is peace, and that is greatness, which is pleasing to the mind of the Dear Lord God.

You are all-knowing, You are forever compassionate; obtaining Your Name, I revel in it and make merry. ||3||

I offer my prayer to You; my body and soul are all Yours.
kaho naanak sabh tayree vadi-aa-ee ko-ee naa-o na jaanai mayraa. ||4||10||49||
Says Nanak, this is all Your greatness; no one even knows my name. ||4||10||49||

Aasaa, Fifth Mehl:

kari kirpa parbh antarjaamee saaDhsang har paa-ee-ai.
Show Your Mercy, O God, O Searcher of hearts, that in the Saadh Sangat, the Company of the Holy, I might obtain You, Lord.

When You open Your Door, and reveal the Blessed Vision of Your Darshan, the mortal is not relegated to reincarnation again. ||1||

mila-o pareetam su-aamee apunay saglay dookh hara-o ray.
Meeting with my Beloved Lord aand Master, all my pains are taken away.

I am saved and carried across, in the company of those who remember the Supreme Lord God in their hearts. ||1||Pause||

This world is a great wilderness, an ocean of fire, in which mortals abide, in pleasure and pain.
Meeting with the True Guru, the mortal becomes immaculately pure; with his tongue, he chants the Ambrosial Name of the Lord. ||2||

He preserves his body and wealth, and takes everything as his own; such are the subtle bonds which bind him.

By Guru's Grace, the mortal becomes liberated, meditating on the Name of the Lord, Har, Har. ||3||

God, the Savior, has saved those, who are pleasing to the Will of God.

The soul and body are all Yours, O Great Giver; O Nanak, I am forever a sacrifice. ||4||11||50||

You have avoided the slumber of attachment and impurity - by whose favor has this happened?
The great enticer does not affect you. Where has your laziness gone? ||1||Pause||

How have you escaped from the treachery of sexual desire, anger and egotism?

The holy beings, angels and demons of the three qualities, and all the worlds have been plundered. ||1||

The forest fire has burnt down so much of the grass; how rare are the plants which have remained green.

He is so All-powerful, that I cannot even describe Him; no one can chant His Praises. ||2||

In the store-room of the lamp-black, I did not turn black; my color remained immaculate and pure.

The Guru has implanted the Maha Mantra, the Great Mantra, within my heart, and I have heard the wondrous Naam, the Name of the Lord. ||3||
Showing His Mercy, God has looked upon me with favor, and He has attached me to His feet.

Through loving devotional worship, O Nanak, I have obtained peace; in the Saadh Sangat, the Company of the Holy, I am absorbed into the Lord.

One Universal Creator God. By The Grace Of The True Guru:

That red dress looks so beautiful on your body.

Your Husband Lord is pleased, and His heart is enticed.

Whose handiwork is this red beauty of yours?

Whose love has rendered the poppy so red?
ਤੁਮ ਹੀ ਸੁੰਦਿਰ ਤੁਮਿਹ ਸੁਹਾਗੁ ॥
You are so beautiful; you are the happy soul-bride.

ਤੁਮ ਘਿਰ ਲਾਲਨੁ ਤੁਮ ਘਿਰ ਭਾਗੁ ॥੨॥
Your Beloved is in your home; good fortune is in your home. ||2||

ਤੂੰ ਸਤਵੰਤੀ ਤੂੰ ਪਰਧਾਿਨ ॥
You are pure and chaste, you are most distinguished.

ਤੂੰ ਪਰ੍ੀਤਮ ਭਾਨੀ ਤੁਹੀ ਸੁਰ ਿਗਆਿਨ ॥੩॥
You are pleasing to Your Beloved, and you have sublime understanding. ||3||

ਪਰ੍ੀਤਮ ਭਾਨੀ ਤਾ ਰੰਿਗ ਗੁਲਾਲ ॥
I am pleasing to my Beloved, and so I am imbued with the deep red color.

ਕਹੁ ਨਾਨਕ ਸੁਭ ਿਦਰ੍ਸਿਟ ਿਨਹਾਲ ॥੪॥
Says Nanak, I have been totally blessed with the Lord's Glance of Grace. ||4||

ਸੁਿਨ ਰੀ ਸਖੀ ਇਹ ਹਮਰੀ ਘਾਲ ॥
Listen, O companions: this is my only work;

ਪਰ੍ਭ ਆਿਪ ਸੀਗਾਿਰ ਸਵਾਰਨਹਾਰ ॥੧॥ रਹਾਉ ਦੂਜਾ ॥੧॥੫੨॥
God Himself is the One who embellishes and adorns. ||1||Second. Pause||1||52||
Aasaa, Fifth Mehl:

Aasaa, Fifth Mehl:

I suffered in pain, when I thought He was far away;

but now, He is Ever-present, and I receive His instructions.

My pride is gone, O friends and companions;

my doubt is dispelled, and the Guru has united me with my Beloved.

I have escaped the clutches of others.

In the mansion of my heart, shines the Light of the Shabad.
anad binodee khasam hamaaraa. ||3||

My Husband Lord is blissful and playful. ||3||

According to the destiny written upon my forehead, my Husband Lord has come home to me.

mastak bhaag mai pir ghar aa-i-aa.

Servant Nanak has obtained the eternal marriage. ||4||2||53||

Servant Nanak has obtained the eternal marriage. ||4||2||53||

My mind is attached to the True Name.

My dealings with other people are only superficial. ||1||

Outwardly, I am on good terms with all; but I remain detached, like the lotus upon the water. ||1||Pause||
मुख की बात सगल सिंउ करता ॥ (384)
mukh kee baat sagal si-o kartaa.
By word of mouth, I talk with everyone;

जीअ संिग पर੍ਭੁ अपुना धरता ॥ २ ॥
jee-a sang parabh apunaa Dhartaa. ||2||
but I keep God clasped to my heart. ||2||

दीिस आवत है बहुतु भीहाला ॥
dees aavat hai bahut bheehaalaa.
I may appear utterly terrible,

सगल चरन की इहु मनु राला ॥ ३ ॥
sagal charan kee ih man raalaa. ||3||
but my mind is the dust of all men's feet.

ਪਾਵਤੁ रਲੀਆ ਜੋਬਿਨ ਬਲੀਆ ॥ (385)
paavat ralee-aa joban balee-aa.
The mortal revels in joy, in the vigor of youth;

ਅਂਤਿਰ ਬਾਹਿਰ ਏਕੁ ਿਦਖਾਇਆ ॥ ४ ॥ ३ ॥ ५ ॥ ॥
antar baahar ayk dikhaa-i-aa. ||4||3||54||
Inwardly and outwardly, He has shown me the One Lord. ||4||3||54||

ਆਸਾ ਮਹਲਾ ५ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:
but without the Name, he mingles with dust. ||1||

He may wear ear-rings and fine clothes, and have a comfortable bed, and his mind may be so proud. ||1||Pause||

He may have elephants to ride, and golden umbrellas over his head;

but without devotional worship to the Lord, he is buried beneath the dirt. ||2||

He may enjoy many women, of exquisite beauty;

but without the sublime essence of the Lord, all tastes are tasteless. ||3||

Deluded by Maya, the mortal is led into sin and corruption.
ਸਰਿਣ
ਨਾਨਕ
ਪਰ੍ਭ
ਪੁਰਖ
ਦਿਅਲੀਆ
॥੪॥੪॥੫॥

Nanak seeks the Sanctuary of God, the All-powerful, Compassionate Lord. ||4||4||55||

ਆਸਾ
ਮਹਲਾ
੫
॥

Aasaa, Fifth Mehl:

ਏਕੁ
ਬਗੀਚਾ
ਪੇਡ
ਘਨ
ਕਿਰਆ
॥

There is a garden, in which so many plants have grown.

ਅਮਿਰਤ
ਨਾਮੁ
ਤਹਾ
ਮਿਹ
ਫਲੀਆ
॥੧॥

They bear the Ambrosial Nectar of the Naam as their fruit. ||1||

ਐਸਾ
ਕਰਹੁ
ਬੀਚਾਰੁ
ਿਗਆਨੀ
॥

Consider this, O wise one,

ਜਾ
ਤੇ
ਪਾਈਐ
ਪਦੁ
ਿਨਰਬਾਨੀ
॥

by which you may attain the state of Nirvaanaa.

ਆਿਸ
ਪਾਿਸ
ਿਬਖੂਆ
ਿਕੁੰ
ਟਾ
ਬੀਿਚ
ਅਿਮਰ੍ਤੁ
ਹੈ
ਭਾਈ
ਰੇ
॥੧॥

All around this garden are pools of poison, but within it is the Ambrosial Nectar, O Siblings of Destiny. ||1||Pause||

ਸਚਨਹਾਰੇ
ਏਕੈ
ਮਾਲੀ
॥

There is only one gardener who tends it.
ਮਨੇਲੀ ਘਰ ਦੇ ਤੇ ਚਿੜਣ ਕੀਤੀ ||੨|| (385)
ਸਨਾਮ ਕਰਤੁ ਹੈ ਪਤਤ ਪਤ ਡਾਲੀ ||੨||
khabar karat hai paat pat daalee. ||2||
He takes care of every leaf and branch. ||2||

ਸਗਲ ਵੱਲਕਾਰ ਆਰਥੀ ਵੱਰਡੀ || (385)
ਸਗਲ ਵੱਲਕਾਰ ਆਰਥੀ ਵੱਰਡੀ || (385)
sagal banaspat aan jarhaa-ee.
He brings all sorts of plants and plants them there.

ਸਗਲੀ ਫੂਲੀ ਤੀਜਾਤਾਸੀ ਵੱਰਡੀ ||੩|| (385)
ਸਗਲੀ ਫੂਲੀ ਤੀਜਾਤਾਸੀ ਵੱਰਡੀ ||੩|| (385)
saglee foolee nifal na kaa-ee. ||3||
They all bear fruit - none is without fruit. ||3||

ਅਮਿਰਤ ਫੁਲ ਨਾਮ ਹੀ ਹਕੀਕਾਤੀ ਵੱਰਡੀ (385)
ਅਮਿਰਤ ਫੁਲ ਨਾਮ ਹੀ ਹਕੀਕਾਤੀ ਵੱਰਡੀ (385)
amrit fal naam jin gur tay paa-i-aa.
One who receives the Ambrosial Fruit of the Naam from the Guru -

ਨਾਨਕ ਦਾਸ ਤੀਜਾਤਾ ਵੱਰਡੀ ||੪||੫||੫ਅ || (385)
ਨਾਨਕ ਦਾਸ ਤੀਜਾਤਾ ਵੱਰਡੀ ||੪||੫||੫ਅ || (385)
naanak daas taree tin maa-i-aa. ||4||5||56||
O Nanak, such a servant crosses over the ocean of Maya. ||4||5||56||

ਆਸੀ ਮੇਲਾ ਵੱਲਕੀ (385)
ਆਸੀ ਮੇਲਾ ਵੱਲਕੀ (385)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਰਾਜ ਲੀਲਾ ਤੀਜਾਤਾ ਵੱਰਡੀ (385)
ਰਾਜ ਲੀਲਾ ਤੀਜਾਤਾ ਵੱਰਡੀ (385)
raaj leelaa tayrai naam banaa-ee.
The pleasures of royalty are derived from Your Name.

ਜੋਗੁ ਬਿਨਾ ਤੀਜਾਤਾ ਵੱਰਡੀ ||੭|| (385)
ਜੋਗੁ ਬਿਨਾ ਤੀਜਾਤਾ ਵੱਰਡੀ ||੭|| (385)
jog bani-aa tayraa keertan gaa-ee. ||1||
I attain Yoga, singing the Kirtan of Your Praises. ||1||
All comforts are obtained in Your Shelter.

The True Guru has removed the veil of doubt. ||1||Pause||

Understanding the Command of the Lord's Will, I revel in pleasure and joy.

Serving the True Guru, I obtain the supreme state of Nirvaanaa. ||2||

One who recognizes You is recognized as a householder, and as a renunciate.

Imbued with the Naam, the Name of the Lord, he dwells in Nirvaanaa. ||3||

One who has obtained the treasure of the Naam -

prays Nanak, his treasure-house is filled to overflowing. ||4||6||57||
Aasaa mehlaa 5.
Aasaa, Fifth Mehl:

Journeying to sacred shrines of pilgrimage, I see the mortals acting in ego.

If I ask the Pandits, I find them tainted by Maya.

Show me that place, O friend, where the Kirtan of the Lord's Praises are forever sung.

The Shaastras and the Vedas speak of sin and virtue;

they say that mortals are reincarnated into heaven and hell, over and over again.

In the householder's life, there is anxiety, and in the life of the renunciate, there is egotism.
Performing religious rituals, the soul is entangled.

By God's Grace, the mind is brought under control;

O Nanak, the Gurmukh crosses over the ocean of Maya.

In the Saadh Sangat, the Company of the Holy, sing the Kirtan of the Lord's Praises.

This place is found through the Guru. Second. Pause

Within my home there is peace, and outwardly there is peace as well.

Remembering the Lord in meditation, all pains are erased.
ਸਗਲ ਸੂਖ ਜਾ ਤੂ ਚਿਤ ਆਂਵੈ ॥ (385)
sagal sookh jaaN tooN chit aaNvaiN.
There is total peace, when You come into my mind.

ਸੋ ਨਾਮ ਜਪੈ ਜੋਜਨ ਤੁਧੁ ਭਾਵੈ ॥੧॥ (386)
so naam japai jo jan tuDh bhaavai. ||1|| raha-o.
He alone is pleasing to Your Will, who chants the Naam. ||1||Pause||

ਤਨ ਮੰ ਸੀਤਲੁ ਜਿਪ ਨਾਮ ਤੇਰਾ ॥ (386)
tan man seetal jap naam tayraa.
My body and mind are cooled and soothed, chanting the Name of the Lord.

ਹਿਰ ਹਿਰ ਜਪਤ ਢਹੈ ਦੁਖ ਡੇਰਾ ॥੨॥ (386)
har har japat dhahai dukh dayraa. ||2||
Meditating on the Lord, Har, Har, the house of pain is demolished. ||2||

ਹੁਕਮ ਬੂਜ਼ੈ ਸੋਐ ਪਰਵਾਨੁ ॥ (386)
hukam boojhai so-ee parvaan.
He alone, who understands the Command of the Lord's Will, is approved.

ਸਾਚ ਸਬਦ ਜਾ ਕਾ ਨੀਸਾਨੁ ॥੩॥ (386)
saach sabad jaa kaa neesaan. ||3||
The True Shabad of the Word of God is his trademark and insignia. ||3||

ਗੁਰ ਪੌਰੈ ਹਿਰ ਨਾਮ ਤ੍ਰੀਸ਼ਿਕਾਃ ॥ (386)
gur poorai har naam dhirh-aa-i-aa.
The Perfect Guru has implanted the Lord's Name within me.

ਭਨਿਤ ਨਾਨਕ ਮੇਰੈ ਮਿਨ ਸੁਖ ਪਾਈਆ ॥੪॥੮॥੫੯॥ (386)
bhanat naanak mayrai man sukh paa-i-aa. ||4||8||59||
Prays Nanak, my mind has found peace. ||4||8||59||
Aasaa, Fifth Mehl:

Wherever You send me, there I go.

Whatever You give me, brings me peace.

I am forever the chaylaa, the humble disciple, of the Lord of the Universe, the Sustainer of the World.

By Your Grace, I am satisfied and satiated.

By Your Grace, O God, my life passes peacefully.

Deep within my mind and body, I meditate on You.
तुम्हरै लवै न कोऊ लाईं ॥३॥
I recognize none as equal to You. ||3||

कहु नानक नित इवै धिआईं ॥
Says Nanak, this is my continual meditation:

गत होवै संतह लिग पाईं ॥४॥९॥६०॥
that I may be emancipated, clinging to the Feet of the Saints. ||4||9||60||

आसा महला ५ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ऊठत बैठत गतगोँ धिआईऐ ॥
While standing up, and sitting down, and even while asleep, meditate on the Lord.

मारिग चलत हरे हिर गाईऐ ॥१॥
Walking on the Way, sing the Praises of the Lord. ||1||

सर्वन सुनीजै अिमर्त कथा ॥
With your ears, listen to the Ambrosial Sermon.

jah suh nee man ho-ay anandaa dookh rog man saglay lathaa. ||1|| rahaa-o.
Listening to it, your mind shall be filled with bliss, and the troubles and diseases of your mind shall all depart. ||1||Pause||
While you work at your job, on the road and at the beach, meditate and chant.

By Guru’s Grace, drink in the Ambrosial Essence of the Lord.

The humble being who sings the Kirtan of the Lord's Praises, day and night,
does not have to go with the Messenger of Death.

One who does not forget the Lord, twenty-four hours a day, is emancipated;

Remembering Him in meditation, one abides in peace;
one becomes happy, and suffering is ended. ||1||

Celebrate, make merry, and sing God's Glories.

Forever and ever, surrender to the True Guru. ||1||Pause||

Act in accordance with the Shabad, the True Word of the True Guru.

Remain steady and stable within the home of your own self, and find God. ||2||

Do not harbor evil intentions against others in your mind,

and you shall not be troubled, O Siblings of Destiny, O friends. ||3||

The Name of the Lord, Har, Har, is the Tantric exercise, and the Mantra, given by the Guru."
ਇਹੁ ਸੁੱਖੁ ਨਾਨਕ ਅਨਿਦਨੁ ਚੀਨ ਸ੍ਰੀਗੁਰੂ ਸਿਰਹਡੀਆਂ ॥ 4.11.62 ॥
Nanak knows this peace alone, night and day. ||4||11||62||

Aasaa, Fifth Mehl:

ਿਜ਼ਸੁ ਨੀਚ ਕਉ ਕੋਈ ਨ ਜਾਨੈ ॥
That wretched being, whom no one knows -

ਜਾ ਕੈ ਨਿਕਤ ਨ ਆਵੈ ਕੋਈ ॥ 2.11.62 ॥
That person, whom no one wants to be near -

ਸਗਲ ਿਸਰ੍ਸਿਟ ਉਆ ਕੇ ਚਰਨ ਮਿਲ ਧਿਆਈ ॥ 2.11.62 ॥
the whole world comes to wash the dirt of his feet. ||2||
ਜੋ ਪਰ੍ਾਨੀ ਕਾਹੂ ਨ ਆਵਤ ਕਾਮ ॥ (386)
jo paraanee kaahoo na aavat kaam.
That mortal, who is of no use to anyone at all -

ਸੰਤ ਪਰ੍ਸਾਿਦ ਤਾ ਕੋ ਜਪੀਐ ਨਾਮ ॥੩॥ (386)
sant parsaad taa ko japee-ai naam. ||3||
by the Grace of the Saints, he meditates on the Naam. ||3||

ਸਾਧਸੰਗ ਮਨ ਸੋਵਤ ਜਾਗੇ ॥ (386)
saadhsang man sovat jaagay.
In the Saadh Sangat, the Company of the Holy, the sleeping mind awakens.

ਤਬ ਪਰ੍ਭ ਨਾਨਕ ਮੀਠੇ ਲਗੇ ॥੪॥੧੨॥੬੩॥ (386)
tab parabh naanak meethay laagay. ||4||12||63||
Then, O Nanak, God seems sweet. ||4||12||63||

ਆਸਾ ਮਹਲਾ ੫ ॥ (386)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਏਕੋ ਏਕੀ ਨੈਨ ਨਿਹਾਰਉ ॥ (386)
aayko aaykee nain nihaara-o.
With my eyes, I behold the One and Only Lord.

ਸਦਾ ਹਿਰ ਨਾਮ ਸਮਾਰਉ ॥੧॥ (386)
sadaa har naam samHaara-o. ||1||
Forever and ever, I contemplate the Naam, the Name of the Lord. ||1||

ਰਾਮ ਰਾਮਾ ਰਾਮਾ ਗੁਨ ਗਾਵਉ ॥ (387)
raam raamaa raamaa gun gaava-o.
I sing the Praises of the Lord, Raam, Raam, Raam.
By the graceful favor of the Saints, I meditate on the Name of the Lord, Har, Har, in the Saadh Sangat, the Company of the Holy. ||1||Pause||

Everything is strung on His string.

He creates and destroys in an instant.

He Himself remains unattached, and without attributes.

He is the Creator, the Cause of causes, the Searcher of hearts.

Nanak's Lord and Master celebrates in bliss. ||4||13||64||

Aasaa, Fifth Mehl:


My wandering through millions of births has ended.

I have won, and not lost, this human body, so difficult to obtain.

My sins have been erased, and my sufferings and pains are gone.

I have been sanctified by the dust of the feet of the Saints.

The Saints of God have the ability to save us;

they meet with those of us who have such pre-ordained destiny.

My mind is filled with bliss, since the Guru gave me the Mantra of the Lord's Name.

My thirst has been quenched, and my mind has become steady and stable.
The wealth of the Naam, the Name of the Lord, is for me the nine treasures, and the spiritual powers of the Siddhas.

O Nanak, I have obtained understanding from the Guru.

My thirst, and the darkness of ignorance have been removed.

Serving the Holy Saints, countless sins are obliterated.

I have obtained celestial peace and immense joy.

Serving the Guru, my mind has become immaculately pure, and I have heard the Name of the Lord, Har, Har, Har, Har. ||Pause||

The stubborn foolishness of my mind is gone;
parabh kaa bhaanaa laagaa meethaa. ||2||
God's Will has become sweet to me. ||2||

gur pooray kay charan gahay.
I have grasped the Feet of the Perfect Guru,

kot janam kay paap lahay. ||3||
and the sins of countless incarnations have been washed away. ||3||

The jewel of this life has become fruitful.

Says Nanak, God has shown mercy to me. ||4||15||66||

I contemplate, forever and ever, the True Guru;

sati guru apnaa sad saadaa samhaaray.
I contemplate, forever and ever, the True Guru;

gur kay charan kays sang jaaray. ||1||
with my hair, I dust the feet of the Guru. ||1||
Be wakeful, O my awakening mind!

Without the Lord, nothing else shall be of use to you; false is emotional attachment, and useless are worldly entanglements. ||1|| Pause||

Embrace love for the Word of the Guru's Bani.

When the Guru shows His Mercy, pain is destroyed. ||2||

Without the Guru, there is no other place of rest.

The Guru is the Giver, the Guru gives the Name. ||3||

The Guru is the Supreme Lord God; He Himself is the Transcendent Lord.

Twenty-four hours a day, O Nanak, meditate on the Guru. ||4||16||67||
Aasaa, Fifth Mehl:

आपेपेडुबिसथारीसाख ॥ (387)
aapay payd bisthaaree saakh. 
He Himself is the tree, and the branches extending out.

अपनीखेतीआपेराख ॥१॥ (387)
apnee khaytee aapay raakh. ||1|| 
He Himself preserves His own crop. ||1||

अपनीखेतीआपेराख ॥१॥ (387)
apnee khaytee aapay raakh. ||1|| 
He Himself preserves His own crop. ||1||

Wherever I look, I see that One Lord alone.

Deep within each and every heart, He Himself is contained. ||1||Pause||

He Himself is the sun, and the rays emanating from it.

He is concealed, and He is revealed. ||2||

He is said to be of the highest attributes, and without attributes.
Both converge onto His single point. ||3||

Says Nanak, the Guru has dispelled my doubt and fear.

With my eyes, I perceive the Lord, the embodiment of bliss, to be everywhere. ||4||17||68||

Aasaa, Fifth Mehl:

I know nothing of arguments or cleverness.

Day and night, I chant Your Name. ||1||

God is the Creator, the Cause of all causes. ||1||Pause||
I am foolish, stupid, ignorant and thoughtless;

Your Name is my mind’s only hope.

I have not practiced chanting, deep meditation, self-discipline or good actions;

but within my mind, I have worshipped God’s Name.

I know nothing, and my intellect is inadequate.

Prays Nanak, O God, You are my only Support.

These two words, Har, Har, make up my maalaa.
Continually chanting and reciting this rosary, God has become merciful to me, His humble servant. ||1||

I offer my prayer to the True Guru.

Shower Your Mercy upon me, and keep me safe in Your Sanctuary; please, give me the rosary of Har, Har. ||1||Pause||

One who enshrines this rosary of the Lord's Name within his heart,

is freed of the pains of birth and death. ||2||

The humble being who contemplates the Lord within his heart, and chants the Lord's Name, Har, Har, with his mouth,

never wavers, here or hereafter. ||3||

Says Nanak, one who is imbued with the Name,
Aasaa, Fifth Mehl:

**Hir maalaa taa kai sang jaa-aay. ||4||19||70||

The Lord's servant is liberated forever.

**Aasaa mehlaa 5.**

Aasaa, Fifth Mehl:

**Jis kaa sabh kichh tis kaa ho-aay.**

All things belong to Him - let yourself belong to Him as well.

**Tis jan layp na bi-aapai ko-ay. ||1||

No stain clings to such a humble being. ||1||

**Har kaa sayvak sad hee muktaa.**

The Lord's servant is liberated forever.

**Jo kichh karai so-ee bhal jan kai at nirmal daas kee jugtaa. ||1|| Rahaa-o.**

Whatever He does, is pleasing to His servant; the way of life of His slave is immaculately pure. ||1||Pause||

**Sagal ti-aag har sarnee aa-i-aa.**

One who renounces everything, and enters the Lord's Sanctuary -

**Tis jan kahaa bi-aapai maa-i-aa. ||2||

how can Maya cling to him? ||2||
नामु निधानु जा के मन माहि।

With the treasure of the Naam, the Name of the Lord, in his mind,

तिस कउ चिंता सुपने नाहि।

he suffers no anxiety, even in dreams.

कहु नानक गुरु पूरा पाइआ।

Says Nanak, I have found the Perfect Guru.

भरमु मोहु सगल बिनसाइआ।

My doubts and attachments have been totally obliterated.

आसा महला ५।

Aasaa, Fifth Mehl:

जउ सुपर्संन होइओ प्रभु मेरा।

When my God is totally pleased with me,

ता दूखु भरमु कहु कैसे नेरा।

then, tell me, how can suffering or doubt draw near me?

सुिन सुिन जीवा सोइ तुम़हारी।

Continually listening to Your Glory, I live.
ਮੋਹੀ ਨਿਰਗੁਣ ਕਉ ਲੇਹੁ ਉਧਾਰੀ ॥੧॥ ਰਹਾਉ ॥

I am worthless - save me, O Lord! ||1||Pause||

ਮਿਟਗੇਖ ਦੂਖੁ ਬਿਸਾਰੀ ਚੱਟਾ ॥

My suffering has been ended, and my anxiety is forgotten.

ਫਲੁ ਪ੍ਰਾਈ ਜਪ ਸਿਤਗੁਰ ਮਨੁਤਾ ॥੨॥

I have obtained my reward, chanting the Mantra of the True Guru. ||2||

ਸੋਈ ਸਿਤ ਸਿਤ ਹੈ ਸੋਈ ॥

He is True, and True is His glory.

ਜਾਕੈ ਮੀਨ ਵਿਸਾ ਹਰ ਨਾਮਾ ॥੪॥੨੧॥੭੨॥

by one whose mind is filled with the Lord's Name? ||4||21||72||

ਆਸਾ ਮੇਹਲਾ ੫ ॥

Aasaa, Fifth Mehl:
Sexual desire, anger, and egotism lead to ruin.

Meditating on the Lord, the Lord's humble servants are redeemed.

The mortals are asleep, intoxicated with the wine of Maya.

The devotees remain awake, imbued with the Lord's meditation.

In emotional attachment and doubt, the mortals wander through countless incarnations.

The devotees remain ever-stable, meditating on the Lord's Lotus Feet.

Bound to household and possessions, the mortals are lost in the deep, dark pit.

The Saints are liberated, knowing the Lord to be near at hand.
kaho naanak jo parabh sarnaa-ee.

Says Nanak, one who has taken to God's Sanctuary,

obtains peace in this world, and salvation in the world hereafter. ||4||22||73||

You are my waves, and I am Your fish.

You are my Lord and Master; I wait at Your Door. ||1||

You are my Creator, and I am Your servant.

I have taken to Your Sanctuary, O God, most profound and excellent. ||1||Pause||

You are my life, You are my Support.
Beholding You, my heart-lotus blossoms forth. ||2||

You are my salvation and honor; You make me acceptable.

You are All-powerful, You are my strength. ||3||

Night and day, I chant the Naam, the Name of the Lord, the treasure of excellence.

This is Nanak's prayer to God. ||4||23||74||

The mourner practices falsehood;

he laughs with glee, while mourning for others. ||1||
को मूआ का कै घिर गावनु ॥
ko moo-aa kaa kai ghar gaavan.
Someone has died, while there is singing in someone else's house.

को रोवै को हिस हिस पावनु ॥1॥ रहाउ ॥
ko rovai ko has has paavan. ||1|| raha-o.
One mourns and bewails, while another laughs with glee. ||1||Pause||

बाल विवस्था ते विरंधाना ॥
baal bivasthaa tay birDhaanaa.
From childhood to old age,

पहुँच न मूका फिर पछुताना ॥2॥
pahuch na mookaa fir pachhutaanaa. ||2||
the mortal does not attain his goals, and he comes to regret in the end. ||2||

तिर्हु गुण मिह वरतै संसारा ॥
tarihu gun meh vartai sansaaraa.
The world is under the influence of the three qualities.

नरक सुरग फिर फिर अउतारा ॥3॥
narak surag fir fir a-utaaraa. ||3||
The mortal is reincarnated, again and again, into heaven and hell. ||3||

कहू नानक जो लाईआ नाम ॥
kaho naanak jo laa-i-aa naam.
Says Nanak, one who is attached to the Naam, the Name of the Lord,

सफल जनमु ता का परवान ॥4॥2॥7॥
safal janam taa kaa parvaan. ||4||24||75||
becomes acceptable, and his life becomes fruitful. ||4||24||75||
Aasaa, Fifth Mehl:

She remains asleep, and does not know the news of God.

The day dawns, and then, she regrets.

Loving the Beloved, the mind is filled with celestial bliss.

You yearn to meet with God, so why do you delay?

He came and poured His Ambrosial Nectar into your hands, but it slipped through your fingers, and fell onto the ground.

You are burdened with desire, emotional attachment and egotism;


dos nahe parabh karnaihaaray. ||3||
it is not the fault of God the Creator. ||3||

saaDhsang mitay bharam anDhaaray.
In the Saadh Sangat, the Company of the Holy, the darkness of doubt is dispelled.

naanak maylee sirjanhaaray. ||4||25||76||
O Nanak, the Creator Lord blends us with Himself. ||4||25||76||

charan kamal kee aas pi-aaray.
I long for the Lotus Feet of my Beloved Lord.

jamkankar nas ga-ay vichaaray. ||1||
The wretched Messenger of Death has run away from me. ||1||

too chit aavahl tayree ma-i-aa.
You enter into my mind, by Your Kind Mercy.

simrat naam sagal rog kha-i-aa. ||1|| raha-o.
Meditating on the Naam, the Name of the Lord, all diseases are destroyed. ||1||Pause||
अनिक दूख देविह अवरा कउ ॥ (389)
anik dookh dayveh avraa ka-o.
Death gives so much pain to others,

पहुँच न साकिह जन तेरे कउ ॥२॥ (389)
pahuch na saakeh jan tayray ka-o. ||2||
but it cannot even come near Your slave. ||2||

दरस तेरे की िपास मिन लागी ॥ (389)
daras tayray kee pi-aas man laagee.
My mind thirsts for Your Vision;

सहज अनंद बसै बैरागी ॥३॥ (389)
sahj anand basai bairaagee. ||3||
in peaceful ease and bliss, I dwell in detachment. ||3||

नानक की अरदािस सुणीजै ॥ (389)
aanak kee ardaas suneejai.
Hear this prayer of Nanak:

के वल नामु िरदे मिह दीजै ॥४॥२६॥७७॥ (389)
kayval naam riday meh deejai. ||4||26||77||
please, infuse Your Name into his heart. ||4||26||77||

आसा महला ५ ॥ (389)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

मनु ितर्पतानो किम हित ॥ (389)
man tariptaano mitay janjaal.
My mind is satisfied, and my entanglements have been dissolved.
ਪਰ੍ਭੁ ਅਪੁਨਾ ਹੋਇਆ ਿਕਰਪਾਲ ॥੧॥
parabh apunaa ho-i-aa kirpaal. ||1||
God has become merciful to me. ||1||

ਸੰਤ ਪਰਸਾਦ ਭਲੀ ਬਨੀ ॥
sant parsaad bhalee banee. By the Grace of the Saints, everything has turned out well.

ਜਾ ਕੈ ਗਿਰਹ ਸਭੁ ਿਕਛੁ ਹੈ ਪੂਰਨੁ ਸੋ ਭੇਿਟਆ ਿਨਰਭੈ ਧਨੀ ॥੧॥
jaa kai garihi sabh kichh hai pooran so bhayti-aa nirbhai Dhanee. ||1|| rahaa-o. His House is overflowing with all things; I have met Him, the Fearless Master. ||1||Pause||

ਨਾਮ ਿਦਰ੍ੜਾਇਆ ਸਾਧ ਿਕਰਪਾਲ ॥
nama drirh-aa-i-aa saaDh kirpaal. By the Kind Mercy of the Holy Saints, the Naam has been implanted within me.

ਠਾਕੁ ਿਰ ਅਪੁਨੈ ਕੀਨੀ ਦਾਤ ॥
thakur apunai keenee daat. My Master has given me a gift;

ਨਠ਼ਿਤ ਬੁਝੀ ਮਹਾ ਿਬਕਰਾਲ ॥੩॥
jalan bujhee man ho-ee saaNt. ||3||
the fire has been extinguished, and my mind is now at peace. ||3||

ਭਿੱਟਿ ਗਾਈ ਭਾਲ ਮਨੁ ਸਹਿਜ ਸਮਾਨਾ ॥
mит ga-ees bhaal man sahj samaanaa. My search has ended, and my mind is absorbed in celestial bliss.
ਨਾਨਕ ਪਾਇਆ ਨਾਮ ਖਜਾਨਾ ॥੪॥੨੭॥੭੮॥
Nanak has obtained the treasure of the Naam, the Name of the Lord. ||4||27||78||

ਆਸਾ ਮਹਲਾ ੫ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਠਾਕੁਰ ਿਸਉ ਜਾ ਕੀ ਬਿਨ ਆਈ ॥
thaakur si-o jaa kee ban aa-ee.
Those who are attuned to their Lord and Master

ਭੋਜਨ ਪੂਰਨ ਰਹੇ ਅਘਾਈ ॥੧॥
bhojan pooran rahay aghaa-ee. ||1||
are satisfied and fulfilled with the perfect food. ||1||

ਕਛੂ ਨ ਥਾਰਾ ਹੀਰ ਭਗਤਨ ਕਉ ॥
kachhoo na thoraa har bhagtan ka-o.
The Lord's devotees never run short of anything.

They have plenty to eat, spend, enjoy and give. ||1||Pause||

ਜਾ ਕਾ ਧਨੀ ਅਗਮ ਗੁਸਾਈ ॥
jaa kaa Dhanee agam gusaa-ee.
One who has the Unfathomable Lord of the Universe as his Master -

ਮਾਨੁਖ ਕੀ ਕਹੁ ਕੇਤ ਚਲਾਈ ॥੨॥
maanukh kee kaho kayt chalaa-ee. ||2||
how can any mere mortal stand up to him? ||2||
जा की सेवा दस असट सिधाई ॥ (390)
One who is served by the eighteen supernatural powers of the Siddhas -

पलक दिसटि ता की लागहु पाई ॥३॥
palak disat taa kee laagahu paa-ee. ||3||
grasp his feet, even for an instant. ||3||

जा कयु दइआ करहु मेरे सुआमी ॥ (390)
jaa ka-o da-i-aa karahu mayray su-aamee.
That one, upon whom You have showered Your Mercy, O my Lord Master -

कहु नानक नाही ितन कामी ॥४॥२८॥७९॥
kaho naanak naahee tin kaamee. ||4||28||79||
says Nanak, he does not lack anything. ||4||28||79||

Aasaa, Fifth Mehl:

जउ मै अपुना सितगुरु िधआइआ ॥ (390)
ja-o mai apunaa satgur Dhi-aa-i-aa.
When I meditate on my True Guru,

तब मेरे मनि महा सुखु पाइआ ॥१॥
tab mayrai man maha sukh paa-i-aa. ||1||
my mind becomes supremely peaceful. ||1||

The record of my account is erased, and my doubts are dispelled.
Imbued with the Naam, the Name of the Lord, His humble servant is blessed with good fortune. ||1||Pause||

When I remember my Lord and Master,

When I took to Your Protection, O God,

my desires were fulfilled. ||3||

Gazing upon the wonder of Your play, my mind has become encouraged.

Servant Nanak relies on You alone. ||4||29||80||

Aasaa, Fifth Mehl:
Night and day, the mouse of time gnaws away at the rope of life.

Falling into the well, the mortal eats the sweet treats of Maya.

Thinking and planning, the night of the life is passing away.

Thinking of the many pleasures of Maya, the mortal never remembers the Lord, the Sustainer of the earth.

Believing the shade of the tree to be permanent, he builds his house beneath it.

But the noose of death is around his neck, and Shakti, the power of Maya, has aimed her arrows at him.

The sandy shore is being washed away by the waves.

But the fool still believes that place to be permanent.
In the Saadh Sangat, the Company of the Holy, chant the Name of the Lord, the King.

Nanak lives by singing the Glorious Praises of the Lord.

Aasaa, Fifth Mehl, Du-Tukas 9:

With that, you are engaged in playful sport;

With that, I am joined to you.

With that, everyone longs for you;

Without it, no one would even look at your face.

Where is that detached soul now contained?
ਇਸ ਵਿੱਚ ਉਹਨੂੰ ਦੂਰੇ ਹੋ ਗਈ ਹੈ। ||1||Pause||

ਉਨ ਜਿਥੇ ਜਗ ਮਾਹਰ ||
unH jithi jag mahar.
With that, you are the woman of the house;

ਉਨ ਜਿਥੇ ਜਗ ਹੋਈ ਜਾਹਿਰ ||
unH jithi jag ho-ee jaahar.
with that, you are respected.

ਉਨ ਜਿਥੇ ਜਗ ਰਖੀ ਪਪੋਲ ||
unH jithi jag rakhee papol.
With that, you are caressed;

ਓਸ ਜਿਥੇ ਜਲਾਤ ਸਰਜੁ ਪਾਲ ||
os jithi jalaat sarjoo papol. ||2||
without it, you are reduced to dust. ||2||

ਉਨ ਜਿਥੇ ਜਗ ਮਾਨ ਮਹਤ ||
unH jithi jag maan mahat.
With that, you have honor and respect;

ਉਨ ਜਿਥੇ ਜਗ ਸਕਾ ਜਗਤ ||
unH jithi jag saak jagat.
with that, you have relatives in the world.

ਉਨ ਜਿਥੇ ਜਗ ਸਥਾਨ ਬਹੁ ਬਨਾਓ ||
unH jithi jag saathaaan bahu banaaoo.
With that, you are adorned in every way;
Without it, you are reduced to dust. ||3||

That detached soul is neither born, nor dies.

It acts according to the Command of the Lord's Will.

O Nanak, having fashioned the body, the Lord unites the soul with it, and separates them again; He alone knows His All-powerful creative nature. ||4||31||82||

Aasaa, Fifth Mehl:

He does not die, so I do not fear.

He does not perish, so I do not grieve.
ना ओहु निरधनु ना हम भूखे ॥ (391)
naa oh nirDhan naa ham bhookhay.
He is not poor, so I do not hunger.

ना ओसु दूखु न हम कउ दूखे ॥१॥ (391)
naa os dookh na ham ka-o dookhay. ||1||
He is not in pain, so I do not suffer. ||1||

अवरु न कोऊ मारनवारा ॥ (391)
avar na ko-oo maaranvaaraa.
There is no other Destroyer than Him.

जीअउ हमारा जीउ देनहारा ॥१॥ रहाउ ॥ (391)
jee-a-o hamaaraa jee-o daynhaaraa. ||1|| rhaa-o.
He is my very life, the Giver of life. ||1||Pause||

ना उसु बंधन ना हम बाधे ॥ (391)
naa us banDhan naa ham baaDhay.
He is not bound, so I am not in bondage.

ना उसु बंधा ना हम धाधे ॥ (391)
naa us banDhaa naa ham DhaaDhay.
He has no occupation, so I have no entanglements.

ना उसु मैलु न हम कउ मैला ॥ (391)
naa us mail na ham ka-o mailaa.
He has no impurities, so I have no impurities.

ोसु अनंदु त हम सद केला ॥२॥ (391)
os anand ta ham sad kaylaa. ||2||
He is in ecstasy, so I am always happy. ||2||
He has no anxiety, so I have no cares.

He has no stain, so I have no pollution.

He has no hunger, so I have no thirst.

Since He is immaculately pure, I correspond to Him.

I am nothing; He is the One and only.

He and I, joining together, are of the same color.
Aasaa, Fifth Mehl:

Serve Him in many different ways;

Dedicate your soul, your breath of life and your wealth to Him.

Carry water for Him, and wave the fan over Him - renounce your ego.

Make yourself a sacrifice to Him, time and time again. ||1||

She alone is the happy soul-bride, who is pleasing to God.

In her company, I may meet Him, O my mother. ||1||Pause||

I am the water-carrier of the slaves of His slaves.
I treasure in my soul the dust of their feet.

By that good destiny inscribed upon my forehead, I obtain their society.

Through His Love, the Lord Master meets me.

I dedicate all to Him - chanting and meditation, austerity and religious observances.

I offer all to Him - good actions, righteous conduct and incense burning.

Renouncing pride and attachment, I become the dust of the feet of the Saints.

In their society, I behold God with my eyes.

Each and every moment, I contemplate and adore Him.
ਦਿਨਾਸ ਰੈਣ ਏਹ ਸੇਵਾ ਸਾਧਉ ॥

Day and night, I serve Him like this.

ਭਏ ਕਰਪਾਲ ਗੁਪਾਲ ਗੋਬੰਦ ॥

The Lord of the Universe, the Cherisher of the World, has become merciful;

ਸਾਧੁਸੰਗ ਨਾਨਕ ਬਖਿਸੰਦ ॥੪॥੩੩॥੮੪॥

in the Saadh Sangat, the Company of the Holy, O Nanak, He forgives us. ||4||33||84||

ਆਸਾ ਮਹਲਾ ੫ ॥

Aasaa, Fifth Mehl:

ਪਰਭ ਕੀ ਪਰੀਤ ਸਦਾ ਸੁਖ ਹੋਇ ॥

In the Love of God, eternal peace is obtained.

ਪਰਭ ਕੀ ਪਰੀਤ ਦੁਖ ਲਗਈ ਨ ਕੋਈ ॥

In the Love of God, one is not touched by pain.

ਪਰਭ ਕੀ ਪਰੀਤ ਹਉਮ ਮਲੁ ਖੋਇ ॥

In the Love of God, the filth of ego is washed away.

ਪਰਭ ਕੀ ਪਰੀਤ ਸਦ ਨਿਰਮਲ ਹੋਇ ॥੧॥

In the Love of God, one becomes forever immaculate. ||1||
sunhu meet aisa paraym pi-aar.
Listen, O friend: show such love and affection to God,

the Support of the soul, the breath of life, of each and every heart. ||1|| Pause||

parabh kee pareet bha-ay sagal niDhaan.
In the Love of God, all treasures are obtained.

parabh kee pareet ridai nirmal naam.
In the Love of God, the Immaculate Naam fills the heart.

parabh kee pareet sad sobhaavant.
In the Love of God, one is eternally embellished.

parabh kee pareet sabh mitee hai chint. ||2||
In the Love of God, all anxiety is ended. ||2||

parabh kee pareet ih bhavjal tarai.
In the Love of God, one crosses over this terrible world-ocean.

parabh kee pareet jam tay nahee darai.
In the Love of God, one does not fear death.
ਪਰ੍ਭ ਕੀ ਪਰ੍ੀਿਤ ਸਗਲ ਉਧਾਰੈ ॥ (391)
parabh kee pareet sagal uDhaarai.
In the Love of God, all are saved.

ਪਰ੍ਭ ਕੀ ਪਰ੍ੀਿਤ ਚਲੈ ਸੰਗਾਰੈ ॥੩॥ (391)
parabh kee pareet chalai sangaaray. ||3||
The Love of God shall go along with you. ||3||

ਆਪਹੁ ਕੋਈ ਿਮਲੈ ਨ ਭੂਲੈ ॥ (391)
aaphu ko-ee milai na bhoolai.
By himself, no one is united, and no one goes astray.

ਿਜਸੁ ਿਕਰ੍ਪਾਲੁ ਿਤਸੁ ਸਾਧਸੰਿਗ ਘੂਲੈ ॥ (391)
jis kirpaal tis saaDhsang ghoolai.
One who is blessed by God's Mercy, joins the Saadh Sangat, the Company of the Holy.

ਕਹੁ ਨਾਨਕ ਤੇਰੈ ਕੁਰਬਾਣੁ ॥ (391)
kaho naanak tayrai kurbaan.
Says Nanak, I am a sacrifice to You.

ਸੰਤ ਓਟ ਪਰ੍ਭ ਤੇਰਾ ਤਾਣੁ ॥੪॥੩੪॥੮੫॥ (391)
sant ot parabh tayraa taan. ||4||34||85||
O God, You are the Support and the Strength of the Saints. ||4||34||85||

ਆਸਾ ਮਹਲਾ ੫ ॥ (391)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਪ੍ਰੂਪਤਿ ਹੋਈ ਕੈ ਰਾਜੁ ਕਮਾਇਆ ॥ (391)
bhoopat ho-ay kai raaj kamaa-i-aa.
Becoming a king, the mortal wields his royal authority;
किर किर अनरथ िवहाझी माइआ ॥ (391)

कार कार अनरथ विहाजी माईआ ॥

Kar kar anrath vihaajee maa-i-aa.
Oppressing the people, he gathers wealth.

संचत संचत तैली कीही ॥ (392)

सनचत सनचत तैली कीन्ही।
Gathering it and collecting it, he fills his bags.

परभ उस ते डारिअ अवर कउ दीन्ही ॥१॥ (392)

परभ उस ते डारिअ अवर कउ दीन्ही।
But God takes it away from him, and gives it to another. ||1||

काच गगरीआ अ◌്भ मझरीआ ॥ (392)

Kaach gagree-aa ambh majhree-aa.
The mortal is like an unbaked clay pot in water;

गरिब गरिब उआहू मिह परीआ ॥१॥ रहाउ ॥ (392)

गरिब गरिब उआहू मिह परीआ।
Indulging in pride and egotism, he crumbles down and dissolves. ||1|| Pause||

लसकर जोड़े कीआ स्मबाहा ॥ (392)

Laskar jorhay kee-aa sambaahaa.
He raises armies, and collects arms.
niksi-aa fook t hoo ay ga-i-o su-aahaa. ||2||
But when the breath leaves him, he turns to ashes. ||2||

उचे मंदर महल अरु रानी ॥
oochay mandar mahal ar raanee.
He has lofty palaces, mansions and queens,

हसित घोड़े जोड़े मिन भानी ॥
hasat ghorhay jorhay man bhaanee.
elephants and pairs of horses, delighting the mind;

वड परवारु पूत अरु धीआ ॥
vad parvaar poot ar Dhee-aa.
he is blessed with a great family of sons and daughters.

मोहि पचे पति अंधा मूआ ॥3॥
mohi pachay pach anDhaa moo-aa. ||3||
But, engrossed in attachment, the blind fool wastes away to death. ||3||

जिनह उपाहा तिन हिना ॥
jineh upaahaa tineh binaahaa.
The One who created him destroys him.

रंग रसा जैसेय सुपना ॥
rang rasaa jaisay supnaahaa.
Enjoyments and pleasures are like just a dream.

सोई मुक्ता तिसु राजु मालु ॥
so-ee muktaa tis raaj maal.
He alone is liberated, and possesses regal power and wealth,
O Nanak, whom the Lord Master blesses with His Mercy. ||4||35||86||

Aasaa, Fifth Mehl:

The mortal is in love with this,

but the more he has, the more he longs for more.

It hangs around his neck, and does not leave him.

But falling at the feet of the True Guru, he is saved. ||1||Pause||

I have renounced and discarded Maya, the Enticer of the world.

I have met the Absolute Lord, and congratulations are pouring in. ||1||Pause||
ਐਸੀ ਸੁੰਦਿਰ ਮਨ ਕਉ ਮੋਹੈ ॥ (392)

aisee sundar man ka-o mohai.
She is so beautiful, she captivates the mind.

ਬਾਿਟ ਘਾਿਟ ਿਗਰ੍ਿਹ ਬਿਨ ਬਿਨ ਜੋਹੈ ॥ (392)

baat ghaat garihi ban ban johai.
On the road, and the beach, at home, in the forest and in the wilderness, she touches us.

ਮਿਨ ਤਿਨ ਲਾਗੈ ਹੋਇ ਕੈ ਮੀਠੀ ॥ (392)

man tan laagai ho-ay kai meethee.
She seems so sweet to the mind and body.

ਗੁਰ ਪਰਸਾਦ ਮੈ ਖੋਟੀ ਡੀਠੀ ॥੨॥ (392)

gur parsaad mai khotee deethee. ||2||
But by Guru's Grace, I have seen her to be deceptive. ||2||

ਆਗਰਕ ਉਸ ਕੇ ਵਡੇ ਠਗਾਊ ॥ (392)

agrak us kay vaday thagaa-oo.
Her courtiers are also great deceivers.

ਛੋਡਿਹ ਨਾਹੀ ਬਾਪ ਨ ਮਾਊ ॥ (392)

chhodeh naahee baap na maa-oo.
They do not spare even their fathers or mothers.

ਭਫਲ ਅਥਿਲੇ ਹਰਾ ਨ ਮਾਧੁਰੀ ॥ (392)

maylee apnay un lay baaN Dhay.
They have enslaved their companions.

ਗੁਰ ਕਰਪਾ ਤੇ ਮੇਨ ਸਾਧੇ ਮਾਧੀ ॥੩॥ (392)

gur kirpaa tay mai saglay saaDhay. ||3||
By Guru's Grace, I have subjugated them all. ||3||
अब मेरे मन मे भाव अमृत || (392)
अब मोरै मनि भहआ अमंद ||
ab morai man bha-i-aa anand.
Now, my mind is filled with bliss;

बहु चौका टूटे मंध लंध || (392)
भउ चूका टूटे सभि फंद ||
bha-o chookaa tootay sabh fand.
my fear is gone, and the noose is cut away.

बहु ठठब ता मंड़गुठ भावभ || (392)
कहु नानक जा सतिगुरु पाइआ ||
kaho naanak jaa satgur paa-i-aa.
Says Nanak, when I met the True Guru,

घरु सगला मै सुखी बसाइआ ||४||३६||८७|| (392)
ghar saglaa mai sukhee basaa-i-aa. ||4||36||87||
I came to dwell within my home in absolute peace. ||4||36||87||

आसा महला ५ || (392)
आसा महला ५ ||
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

आठ पहर निकटी रवि समै || (392)
आठ पहर निकटि करि जानै ||
aath pahar nikat kar jaanai.
Twenty-four hours a day, he knows the Lord to be near at hand;

भूड़ बा बीशा भीथा मंढ़ || (392)
प्रभ का कीआ भीथा मानै ||
parabh ka kee-aa meethaa maanai.
he surrenders to the Sweet Will of God.

एकु नामु संतन आधार || (392)
एकु नामु संतन आधार ||
ayk naam santan aaDhaar.
The One Name is the Support of the Saints;
ho-ay rahay sabh kee pag chhaar. ||1||
they remain the dust of the feet of all. ||1||

 Listen, to the way of life of the Saints, O my Siblings of Destiny;

u-aa kee mahimaa kathan na jaa-ee. ||1|| rahaa-o.
their praises cannot be described. ||1||Pause||

vartan jaa kai kayval naam.
Their occupation is the Naam, the Name of the Lord.

anad roop keertan bisraam.
The Kirtan, the Praise of the Lord, the embodiment of bliss, is their rest.

mitar satar jaa kai ayk samaanai.
Friends and enemies are one and the same to them.

parabh apunay bin avar na jaanai. ||2||
They know of no other than God. ||2||

kot kot agh katanhaaraa.
They erase millions upon millions of sins.
They dispel suffering; they are givers of the life of the soul.

They are so brave; they are men of their word.

The Saints have enticed Maya herself.

Their company is cherished even by the gods and the angels.

Blessed is their Darshan, and fruitful is their service.

With his palms pressed together, Nanak offers his prayer:

O Lord, Treasure of Excellence, please bless me with the service of the Saints.
All peace and comforts are in the meditation of the One Name.

All righteous actions of Dharma are in the singing of the Lord's Glorious Praises.

The Saadh Sangat, the Company of the Holy, is so very pure and sacred.

Meeting with them, love for God is embraced.

By Guru's Grace, bliss is obtained.

Meditating upon Him in remembrance, the mind is illumined; his state and condition cannot be described.

Fasts, religious vows, cleansing baths, and worship to Him;

listening to the Vedas, Puraanas, and Shaastras.
भगवान पुनीत जा का निर्मल थानु। (393)

महा पुनीत जा का निर्मल थानु।
mahaa puneet jaa kaa nirmal thaan.
Extremely pure is he, and immaculate is his place,

मण्डलिक जा वै विवे विवि लाभ। (393)

साधसंगति जा के हरि हरि नाम। ॥ ॥
saaDhsangat jaa kai har har har naam. ||2||
who meditates upon the Name of the Lord, Har, Har, in the Saadh Sangat. ||2||

भूजर्दिधि में तत्त्व मजारे बदल। (393)

प्रगति-अ सो जन सगले भवन।
pargati-o so jan saglay bhavan.
That humble being becomes renowned all over the world.

भूजर्दिधि जा की भजा वेद। (393)

पतित पुनीत ता की पग रेन।
patit puneet taa kee pag rayn.
Even sinners are purified, by the dust of his feet.

ता वगृं जगतिधि जग जांजि वजि। (393)

जा कौं भेंटिओ हरि हरि राई।
jaak-o bhayti-o har har raa-ay.
One who has met the Lord, the Lord our King,

ता की गित भिन्न वक्तू न लखि। (393)

ता की गति मिति कथनु न जाइ। ॥ ॥
taa kee gat mit kathan na jaa-ay. ||3||
his condition and state cannot be described. ||3||

आठ पहर वट तेंदु विश्वाश्व पछी। (393)

आठ पहर कर जोड़ि धिआाँत।
aath pahar kar jorh Dhi-aava-o.
Twenty-four hours a day, with palms pressed together, I meditate;

ढबु भज्य वो रत्नें धार्दिधि। (393)

उन साधा का दरसनु पाव।
un saaDhaa kaa darsan paava-o.
I yearn to obtain the Blessed Vision of the Darshan of those Holy Saints.
Mehi gareeb ka-o layho ralaa-ay.
Merge me, the poor one, with You, O Lord;

Nanak aa-ay pa-ay sarnaa-ay. ||4||38||89||
Nanak has come to Your Sanctuary. ||4||38||89||

Naanak mehlaa 5.
Aasaa, Fifth Mehl:

Aasaa, mehlaa 5.

Aasaa, Fifth Mehl:

Aasaa, mehlaa 5.

Aasaa, Fifth Mehl:

Aasaa, mehlaa 5.

Aasaa, Fifth Mehl:

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Aasaa, Fifth Mehl:

Aasaa, mehlaa 5.

Aasaa, Fifth Mehl:

Aasaa, mehlaa 5.

Aasaa, Fifth Mehl:

Aasaa, mehlaa 5.
Such is my worship, flower-offerings and divine adoration as well. ||1|| Pause ||

His bell resounds to the four corners of the world.

His seat is forever in heaven.

His chauri, his fly-brush, waves over all.

His incense is ever-fragrant. ||2||

He is treasured in each and every heart.

The Saadh Sangat, the Company of the Holy, is His Eternal Court.
मिहमा सुंदर सदा बेअंत ॥३॥
His Greatness is so beautiful, and ever limitless. ||3||

jisahi paraapat tis hee lahnaa.
He alone obtains it, who is so pre-ordained;

jisahi paraapat tis hee lahnaa.
He alone obtains it, who is so pre-ordained;

sant charan oh aa-i-o sarnaa.
he takes to the Sanctuary of the Saints' Feet.

sant charan oh aa-i-o sarnaa.
he takes to the Sanctuary of the Saints' Feet.

haath charhi-o har saalgiraam.
I hold in my hands the Saalagraam of the Lord.

haath charhi-o har saalgiraam.
I hold in my hands the Saalagraam of the Lord.

kaho naanak gur keeno daan ॥४॥३९॥९०॥
Says Nanak, the Guru has given me this Gift. ||4||39||90||

kaho naanak gur keeno daan ॥४॥३९॥९०॥
Says Nanak, the Guru has given me this Gift. ||4||39||90||

aasaa mehlaa 5 panchpada.
Aasaa, Fifth Mehl, Panch-Pada:

That highway, upon which the water-carrier is plundered -

so maarag santan dooraaree. ||1||
that way is far removed from the Saints. ||1||
The True Guru has spoken the Truth.

Your Name, O Lord, is the Way to Salvation; the road of the Messenger of Death is far away.||1||Pause||

That place, where the greedy toll-collector dwells -

That path remains far removed from the Lord's humble servant. ||2||

the Holy Saints remain with the Supreme Lord. ||3||

Chitra and Gupat, the recording angels of the conscious and the unconscious, write the accounts of all mortal beings,

but they cannot even see the Lord's humble devotees. ||4||
Kahū naanak jis satgur pooraa.  
Says Nanak, one whose True Guru is Perfect -

Vājey tā kai anhad tūra.  
the unblown bugles of ecstasy vibrate for him. ||5||40||91||

Aasaa, Fifth Mehl, Du-Pada 1:

SaaDhoo sang sikhaa-i-o naam.  
In the Saadh Sangat, the Company of the Holy, the Naam is learned;

I live by chanting and meditating upon the Lord, the Sustainer of the earth. ||1||

I have entered the Sanctuary of the Creator, the Cause of all causes.
By Guru's Grace, I have entered the home of celestial bliss. Darkness is dispelled, and the moon of wisdom has risen.

My treasure-house is overflowing with rubies and jewels;

I meditate on the Formless Lord, and so they never run short.

How rare is that humble being, who drinks in the Ambrosial Nectar of the Word of the Shabad.

O Nanak, he attains the state of highest dignity.

Meditate continually on the Name of the Lord within your heart.

Thus you shall save all your companions and associates.


**Guru Mayrai Sang Sada Hai Naalay.**

My Guru is always with me, near at hand.

Meditating, meditating in remembrance on Him, I cherish Him forever. ||1||Pause||

Your actions seem so sweet to me.

Nanak begs for the treasure of the Naam, the Name of the Lord. ||2||42||93||

The world is saved by the Saadh Sangat, the Company of the Holy.

The Name of the Lord is the Support of the mind. ||1||

The Saints worship and adore the Lotus Feet of the Divine Guru;
ਪੂਜਿਹ ਸੰਤ ਹਿਰ ਪਰ੍ੀਿਤ ਿਪਆਰੇ ॥੧॥ ਰਹਾਉ ॥

they love the Beloved Lord. ||1||Pause||

ਜਾ ਕੈ ਮਸਤਕ ਲਿਖਾ ਭਾਗ ॥

She who has such good destiny written upon her forehead,

ਬਣੁ ਰਹਾਉ ਙ ਕਾ ਵਿਰੂ ਤਾਹਾਗ ॥੨॥੪੩॥੯੪॥

says Nanak, is blessed with the eternal happy marriage with the Lord. ||2||43||94||

ਭਾਗੁ ਭਗਵਾਨ ਭਗਵਾਨ ਗ੍ਰੇਵਨ ॥

The Order of my Husband Lord seems so sweet to me.

ਸਉਕਿਨ ਘਰ ਕਾ ਤਿਤ ਿਤਆਗੀ ॥

My Husband Lord has driven out the one who was my rival.

ਮਨ ਮੇਰੇ ਕੀ ਤਪਾਤ ਹੰਨੈ ॥

He has quieted the burning thirst of my mind. ||1||
भालो भइंगो प्रिज कहिअ मानिअ।
bhalo bha-i-o pari-a kahi-aa maani-aa.
It is good that I submitted to the Will of my Beloved Lord.

सूखु सहजु इसु घर का जानिअ। रहाह।
sookha sahj is ghar ka jaa-ni-aa. raha-a-o.
I have realized celestial peace and poise within this home of mine. ||Pause||

हउ बंदी प्रिज किहमतदार।
ha-o bandee pari-a khijmatdaar.
I am the hand-maiden, the attendant of my Beloved Lord.

ओहु अबिनासी अगम अपार।
oh abhinaasee agam apaar.
He is eternal and imperishable, inaccessible and infinite.

ले पखा प्रिज झलउ पाई।
lay pakhaa pari-a jhala-o paa-ay.
Holding the fan, sitting at His Feet, I wave it over my Beloved.

बणिज गटे पंच दूत लाई।
bhaag ga-ay panch doot laavay. ||2||
The five demons who tortured me have run away. ||2||

ना मै कुलु ना सोभावंत।
naa mai kul naa sobhaavant.
I am not from a noble family, and I am not beautiful.

किउ जान्न भानी कंट।
ki-aa jaa-aa ki-o bhaanee kant.
What do I know? Why am I pleasing to my Beloved?
मोहि अनाथ गरीब निमानी ॥ (394)
mohi anaath gareeb nimaanee.
I am a poor orphan, destitute and dishonored.

कंत पकर हम कीनी रानी ॥ ||3||
kant pakar ham keenee raanee. ||3||
My Husband took me in, and made me His queen. ||3||

जब मुक्त पर्ितमु साजनु लागा ॥ (394)
jab mukh pareetam saajan laagaa.
When I saw my Beloved’s face before me,

सूख सहज मेरा धनु सोहागा ॥ (394)
sookh sahj mayraa Dhan sohaagaa.
I became so happy and peaceful; my married life was blessed.

कहु नानक मोरी पूरन आसा ॥ (394)
kaho naanak moree pooran aasaa.
Says Nanak, my desires are fulfilled.

The True Guru has united me with God, the treasure of excellence. ||4||1||95||

आसा महला ५ ॥ (394)
aasaa mehlaa 5. 
Aasaa, Fifth Mehl:

माथै ितर्कु टी िदर्सिट करूिर ॥ (394)
maathai tarikutee darisat koor.
A frown creases her forehead, and her look is evil.
ਬੋਲਈ: ਕਾੜਾ ਜਹੜਾ ਕੀ ਫੁੱਡਾ ॥ ॥
bolai ka-urhaa jihbaa kee foorh.
Her speech is bitter, and her tongue is rude.

ਮਸ਼ੋਂ ਬੰਧੀ ਫ਼ਲ ਨਾਖੇ ਬੁੱਢੀ ॥ ॥
sadaa bhookhee pir jaanai door. ||1||
She is always hungry, and she believes her Husband to be far away. ||1||

ਅਸੀ ਇਸਿਟ੍ਰਿੀ ਇਕ ਰਾਮ ਉਪਾਈ ॥
aisee istaree ik raam upaa-ee.
Such is Maya, the woman, which the One Lord has created.

ਉੱਨ ਸਰਵੁ ਜਗ ਖਾਇਆ ਹਮ ਗੁਰੂ ਰਾਖੇ ਮੇਰੇ ਭਾਈ ॥ ਰਹਾਉ ॥
un sabh jag khaa-i-aa ham gur raakhay mayray bhaa-ee. rhaa-o.
She is devouring the whole world, but the Guru has saved me, O my Siblings of Destiny. ||Pause||

ਪਾਈ ਠਗੂਲੀ ਸਰਵੁ ਜਗ ਜੋਹਾ ॥
paa-ay thag-ulee sabh jag johi-aa.
Administering her poisons, she has overcome the whole world.

ਪ੍ਰਭਾ ਵਿਸਤ ਭਾਵਦੇ ਪੋਹਾਈ ॥
brahmaa visant mahaadeu mohi-aa.
She has bewitched Brahma, Vishnu and Shiva.

ਗੁਰਮੂਰਤ ਰਾਲੀ ਲੋ ਮੋਹਾਈ ॥ ॥
gurmuukh naam lagay say sohi-aa. ||2||
Only those Gurmukhs who are attuned to the Naam are blessed. ||2||

ਵਰਤ ਨਾਮ ਕਾਰੀ ਖੋਣ ਪੁਹਨੱਚਨਾਂ ॥
varat naym kar thakay punharchanaa.
Performing fasts, religious observances and atonements, the mortals have grown weary.
असामी महला ५ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

सरब दृढ़ जब विसर्गि सुआमी ॥
sarab dookh jab bisrahi su-aamee.
Everything is painful, when one forgets the Lord Master.

ईहा ऊहा काम न पर्नी ॥
eehaa oohaa kaam na paraanee. ||1||
Here and hereafter, such a mortal is useless. ||1||
ਸੰਤ ਿਤਰ੍ਪਤਾਸੇ ਹਿਰ ਹਿਰ ਧਯ੍ਯ੍ਾਇ ॥ (394)
sant tariptaasay har har Dhayaa-ay.
The Saints are satisfied, meditating on the Lord, Har, Har.

ਵਿਵਿਵਿਧ ਅਪਨੇ ਲਗਤੀ ਕਰਦੇ ਸਤਕ ਭੂਖ ਪੁਨਃ ਤੁਭਿ ਕਲਾਇਣੀ ॥ (395)
kari kirpa apunai naa-ay laa-ay sarab sookh parabh tumree rajaa-ay. rahaa-o.
Bestowing Your Mercy, God, You attach us to Your Name; all peace comes by Your Will. ||Pause||

ਮੰਗੀ ਬੇਸੀ ਸਾਇ ਦੁਰੀ ॥ (395)
sang hovat ka-o jaanat door.
The Lord is Ever-present; one who deems Him to be far away,

ਮੈ ਮਾੜ ਮਿੱਟਿਆ ਵਿਨਨੀ ਝੂੜੀ ॥੩॥ (395)
so janu martaa nit nit jhoor. ||2||
that person dies again and again, repenting. ||2||

ਿਧਿਤ ਮੈ ਬੀਬਾ ਮੀਹ ਦੀਨ ਝਾਹੀ ॥੪॥੩॥੯੭॥ (395)
jin sabh kichh dea-aa tis chitvat naahi.
The mortals do not remember the One, who has given them everything.

ਮਾਹ ਬਿਖਾ ਮੀਹ ਦੁੱਤ ਵੈਠਤ ਲਾਹੀ ॥੩॥ (395)
mohaa bikhi-aa meh din rain jaahi. ||3||
Engrossed in such terrible corruption, their days and nights waste away. ||3||

ਬ੍ਰਹਮ ਸਿਮਰਾ ਕੁਝ ਸੀਮਾ ਦੇਵੇ ॥ (395)
kaho naanak parabh simrahau ayk.
Says Nanak, meditate in remembrance of the One Lord God.

ਗਤੀ ਪਾੜੀਐ ਗੁਰ ਪੋਰੇ ਦੇਵੇ ॥੪॥੩॥੯੭॥ (395)
gat paa-ee-ai gur pooray tayk. ||4||3||97||
Salvation is obtained, in the Shelter of the Perfect Guru. ||4||3||97||
Aasaa, Fifth Mehl:

Meditating on the Naam, the Name of the Lord, the mind and body are totally rejuvenated.

All sins and sorrows are washed away.

How blessed is that day, O my Siblings of Destiny,

when the Glorious Praises of the Lord are sung, and the supreme status is obtained.

Meeting with the Perfect Guru, conflict is ended,
ਪੰਚ ਦੂਤ ਸਿਭ ਵਸਗੀਤ ਆਇਆ ॥੩॥

and the five demons are totally subdued. ||3||

ਜਿਸੁ ਮਨੀ ਵਸੀਾ ਹਿਰ ਕਾ ਨਾਮੁ ॥

One whose mind is filled with the Name of the Lord,

ਨਾਨਕ ਿਤਸੁ ਊਪਿਰ ਕੁਰਬਾਨ ॥४॥४॥९॥

O Nanak - I am a sacrifice to him. ||4||4||98||

ਗਾਵਲੇਛ ਤੂ ਗਾਵਨਹਾਰੇ ॥

O singer, sing of the One,

ਜਾ ਕੀ ਸੇਵਾ ਸਰਬ ਸੁਖ ਪਾਵਿਹ ॥

Serving Him, all peace is obtained.

ਅਵਰ ਕਾਹੂ ਪਿਹ ਬਹੁਮੰਡ ਨ ਜਾਵਿਹ ॥੧॥

You shall no longer go to any other. ||1||
ਸਦਾ ਅਨੰਦ ਅਨੰਦੀ ਸਾਹਿਬੁ ਗੁਨ ਨਿਦਹਨ ਨਿਤਨ ਜਾਪੀਐ ॥
sadaa anand anandee saahib gun niDhaan nit nit jaapee-ai.
My Blissful Lord Master is forever in bliss; meditate continually and forever, on the Lord, the treasure of excellence.

ਬਿਲਹਾਰੀ ਤਿਸੁ ਸੰਤ ਪ੍ਰਸਾਦ ਪਰਭੁ ਮਿਨ ਵਾਸੀਐ ॥
balihaaree tis sant parsaad parbh man vaasee-ai. rahaa-o.
I am a sacrifice to the Beloved Saints; by their kind favor, God comes to dwell in the mind. ||Pause||

ਜਾ ਕਾ ਦਾਨੁ ਨਿਖੂਟੈ ਨਾਹੀ ॥
jaa kaa daan nikhootai naahee.
His gifts are never exhausted.

ਬਲੀ ਬਹਾਤ ਸਮ ਸਹਜ ਸਮਾਹੀ ॥
bhalee bhaat sabh sahj samaahee.
In His subtle way, He easily absorbs all.

ਜਾ ਕੀ ਬਖਸ਼ ਨ ਮੇਟੈ ਕੋੜੀ ॥
jaa kee bakhas na maytai ko-ee.
His benevolence cannot be erased.

ਮਿਨ ਵਾਸਾਈਐ ਸਾਚਾ ਸੋੈ ॥੨॥
man vaasaa-ee-ai saachaa so-ee. ||2||
So enshrine that True Lord within your mind. ||2||

ਸਗਲ ਸਮਗਰੀ ਗਹ ਤੇ ਪੂਰਨ ॥
sagal samagree garih jaa kai pooran.
His house is filled with all sorts of articles;

ਪ੍ਰਸ ਤੇ ਸੇਵਕ ਦੂਖ ਨ ਝੂਰਨ ॥
parabh kay sayvak dookh na jhooran.
God's servants never suffer pain.
Holding to His Support, the state of fearless dignity is obtained.

With each and every breath, sing of the Lord, the treasure of excellence. ||3||

He is not far from us, wherever we go.

When He shows His Mercy, we obtain the Lord, Har, Har.

I offer this prayer to the Perfect Guru.

Nanak begs for the treasure of the Lord's Name. ||4||5||99||

First, the pains of the body vanish;
ਮਨ ਸਗਲ ਕਉ ਹੋਆ ਸੂਖੁ ॥ (395)

- man sagal ka-o ho-aa sookh.
  - then, the mind becomes totally peaceful.

ਕਿਰ ਿਕਰਪਾ ਗੁਰ ਦੀਨੋ ਨਾਉ ॥ (395)

- kar kirpaa gur deeno naa-o.
  - In His Mercy, the Guru bestows the Lord's Name.

ਬਿਲ ਬਿਲ ਿਤਸੁ ਸਿਤਗੁਰ ਕਉ ਜਾਉ ॥੧॥ (395)

- bal bal tis satgur ka-o jaa-o. ||1||
  - I am a sacrifice, a sacrifice to that True Guru. ||1||

ਗੁਰੂ ਪੂਰਾ ਪਾਇਓ ਮੇਰੇ ਭਾਈ ॥ (395)

- gur pooraa paa-i-o mayray bhaa-ee.
  - I have obtained the Perfect Guru, O my Siblings of Destiny.

ਰੋਗ ਸੋਗ ਸਭ ਦੂੱਖ ਿਬਨਾਸੇ ਸਿਤਗੁਰ ਕੀ ਸਰਣਾਈ ॥ ਰਹਾਉ ॥ (395)

- rog sog sabh dookh binaasay satgur kee sarnaa-ee. raha-o.
  - All illness, sorrows and sufferings are dispelled, in the Sanctuary of the True Guru. ||Pause||

ਗੁਰ ਕੇ ਚਰਨ ਿਹਰਦੈ ਵਸਾੇ ॥ (395)

- gur kay charan hirdai vasaa-ay.
  - The feet of the Guru abide within my heart;

ਮਨ ਚਿਤਤ ਸਗਲੇ ਫਲ ਪਾਏ ॥ (395)

- man chintat saglay fal paa-ay.
  - I have received all the fruits of my heart's desires.

ਅਗਿਨ ਬੁਜੀ ਸਭ ਹੋਈ ਸ੍ਰੀਤ ॥ (395)

- agan bujhee sabh ho-ee saaNt.
  - The fire is extinguished, and I am totally peaceful.
ਸਿਹਤੀ ਵਧੀ ਗੁਰੀ ਹੀ ਮਰੀ ||੨|| (395)
ਕਰ ਕੀਰਤਨ ਗੁਰੀ ਹੀ ਮਾਤਾ ||੨||
kar kirpaa gur keenee daat. ||2||
Showering His Mercy, the Guru has given this gift. ||2||

ਨੀਥਾਵੇ ਕੁੱਠ ਗੁਰੀ ਦੀ ਥਾਨ। || (395)
nithaavay ka-o gur deeno thaan.
The Guru has given shelter to the shelterless.

ਨੀਮਾਨੇ ਕੁੱਠ ਗੁਰੀ ਕੀ ਮਾਨ। || (395)
nimaanay ka-o gur keeno maan.
The Guru has given honor to the dishonored.

ਬੰਦੰਧਨ ਕਾਟ ਸੇਵਕ ਕਰੀ ਰਾਖੇ। || (395)
banDhan kaat sayvak kar raakhay.
Shattering his bonds, the Guru has saved His servant.

ਅਮਰਤ ਬਾਣੀ ਰਾਸਨਾ ਚਾਖੇ। ||੩|| (395)
amrit baanee rasnaa chaakhay. ||3||
I taste with my tongue the Ambrosial Bani of His Word. ||3||

ਵਡੈ ਭਾਗ ਪੂਜਤ ਗੁਰੀ ਚਾਰਨਾ। || (396)
vadai bhaag pooj gur charnaa.
By great good fortune, I worship the Guru's feet.

ਸਗਲ ਤਿਆਗ ਪ੍ਰਭ ਸਾਰਾ। || (395)
sagal ti-aag paa-e parabh sarnaa.
Forsaking everything, I have obtained God's Sanctuary.

ਗੁਰ ਨਾਨਕ ਜਾ ਕੁੱਠ ਭੈ ਦੇ ਬਾਲ। || (396)
gur naanak jaa ka-o bha-i-aa da-i-aalaa.
That humble being, O Nanak, unto whom the Guru grants His Mercy,
ਸੋ ਜਨੁ ਹੋਆ ਸਦਾ ਨਹਾਲਾ ॥੪॥੬॥੧੦੦॥
so jan ho-aa sadaa nihaalaa. ||4||6||100||
that person is forever enraptured. ||4||6||100||

ਆਸਾ ਮਹਲਾ ੫ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਸਿਤਗੁਰ ਸਾਚੈ ਦੀਆ ਭੇਿਜ ॥
satgur saachai dee-aa bhayj.
The True Guru has truly given a child.

ਚੀਰੁ ਜੀਵਨੁ ਉਪਿਜਆ ਸੰਜੋਿਗ ॥
chir jeevan upji-aa sanjog.
The long-lived one has been born to this destiny.

ਉਦਰੈ ਮਾਹਿ ਆਇ ਕੀਆ ਿਨਵਾਸੁ ॥੧॥
udrai maahi aa-ay kee-aa nivaas.
and his mother's heart is so very glad. ||1||

ਪਰ੍ਗਿਟਆ ਸਭ ਮਿਹ ਿਲਿਖਾ ਧੁਰ ਕਾ ॥
pargati-aa sabh meh likhi-aa Dhur kaa.
This pre-ordained destiny has been revealed to all. ||Pause||
In the tenth month, by the Lord’s Order, the baby has been born.

Sorrow is dispelled, and great joy has ensued.

The companions blissfully sing the songs of the Guru's Bani.

This is pleasing to the Lord Master.

The vine has grown, and shall last for many generations.

The Power of the Dharma has been firmly established by the Lord.

That which my mind wishes for, the True Guru has granted.

I have become carefree, and I fix my attention on the One Lord.
As the child places so much faith in his father,

I speak as it pleases the Guru to have me speak.

This is not a hidden secret;

Guru Nanak, greatly pleased, has bestowed this gift.

Giving His Hand, the Perfect Guru has protected the child.

The glory of His servant has become manifest.

I contemplate the Guru, the Guru; I meditate on the Guru, the Guru.
jee-a kee ardaas guroo peh paa-ee. raha-o.
I offer my heart-felt prayer to the Guru, and it is answered. ||Pause||

saran paray saachay gurdayv.
I have taken to the Sanctuary of the True Divine Guru.

pooran ho-ee sayvak sayv. ||2||
The service of His servant has been fulfilled. ||2||

jee-o pind joban raakhai paraan.
He has preserved my soul, body, youth and breath of life.

kaho naanak gur ka-o kurbaan. ||3||8||102||
Says Nanak, I am a sacrifice to the Guru. ||3||8||102||

aasaa ghar 8 kaafee mehlaa 5
Aasaa, Eighth House, Kaafee, Fifth Mehl:

ik-o'kaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

mai bandaa bai khareed sach saahib mayraa.
I am Your purchased slave, O True Lord Master.
jee-o pind sabh tis daa sabh kichh hai tayraa. ||1|| My soul and body, and all of this, everything is Yours. ||1||

maan nimaanay tooN Dhanee tayraa bharvaasaa. You are the honor of the dishonored. O Master, in You I place my trust.

bin saachay an tayk hai so jaanhu kaachaa. ||1|| raha-o. Without the True One, any other support is false - know this well. ||1||Pause||

tayraa hukam apaar hai ko-ee ant na paa-ay. Your Command is infinite; no one can find its limit.

jis gur pooraa bhaytsee so chalai rajaa-ay. ||2|| One who meets with the Perfect Guru, walks in the Way of the Lord's Will. ||2||

chaturaa-ee si-aanpaa kitai kaam na aa-ee-ai. Cunning and cleverness are of no use.

tuthaa saahib jo dayvai so-ee sukh paa-ee-ai. ||3|| That which the Lord Master gives, by the Pleasure of His Will - that is pleasing to me. ||3||

jay lakh karam kamaa-ee-ahi kichh pavai na banDhaa. One may perform tens of thousands of actions, but attachment to things is not satisfied.
Servant Nanak has made the Naam his Support. He has renounced other entanglements.

Aasaa, Fifth Mehl:

I have pursued all pleasures, but none is as great as the Lord.

By the Pleasure of the Guru's Will, the True Lord Master is obtained.

I am a sacrifice to my Guru; I am forever and ever a sacrifice to Him.

Please, grant me this one blessing, that I may never, even for an instant, forget Your Name.

How very fortunate are those who have the wealth of the Lord deep within the heart.

They escape from the great noose of death; they are permeated with the Word of the Guru's Shabad.
Guru kee mahimaa kia kaha gur bibayk sat sar.

How can I chant the Glorious Praises of the Guru? The Guru is the ocean of Truth and clear understanding.

Oh aad jugaadee jugah jug pooraa parmaysar. ||3||

He is the Perfect Transcendent Lord, from the very beginning, and throughout the ages. ||3||

Meditating on the Naam, the Name of the Lord, forever and ever, my mind is filled with the Love of the Lord, Har, Har.

The Guru is my soul, my breath of life, and wealth; O Nanak, He is with me forever.

If the Invisible and Infinite Lord dwells within my mind, even for a moment,

then all my pains, troubles, and diseases vanish.

I am a sacrifice to my Lord Master.

Aasaa, Fifth Mehl:
Meditating on Him, a great joy wells up within my mind and body. ||1||Pause||

I have heard only a little bit of news about the True Lord Master.

I have obtained the peace of all peace, O my mother; I cannot estimate its worth. ||2||

He is so beautiful to my eyes; beholding Him, I have been bewitched.

I am worthless, O my mother; He Himself has attached me to the hem of His robe. ||3||

He is beyond the world of the Vedas, the Koran and the Bible.

The Supreme King of Nanak is immanent and manifest. ||4||3||105||

Aasaa, Fifth Mehl:
Tens of thousands of devotees worship and adore You, chanting, "Beloved, Beloved".

How shall You unite me, the worthless and corrupt soul, with Yourself.

You are my Support, O Merciful God, Lord of the Universe, Sustainer of the World.

You are the Master of all; the entire creation is Yours.

You are the constant help and support of the Saints, who behold You Ever-present.

Those who lack the Naam, the Name of the Lord, shall die, engulfed in sorrow and pain.

Those servants, who lovingly perform the Lord's service, are freed from the cycle of reincarnation.

What shall be the fate of those who forget the Naam?
जैसे पसु हिहआउ तैसा संसारु सभ ॥ (397)

As are the cattle which have strayed, so is the entire world.

नानक बंधन कािट िमलावहु आिप पर्भ ॥४॥४॥१०६॥ (397)

O God, please cut away Nanak's bonds, and unite him with Yourself. ||4||4||106||

आसा महला ५ ॥ (397)

Aasaa, Fifth Mehl:

हभे थोक विसार िहको खिआलु किर ॥ (397)

Forget all other things, and dwell upon the Lord alone.

झूठा लािह गुमानु मनु तनु अरिप धिर ॥१॥ (397)

Lay aside your false pride, and dedicate your mind and body to Him. ||1||

आठ पहर सालाहि सिरजनहार तूं ॥ (397)

Twenty-four hours a day, praise the Creator Lord.

जीवां तेरी दाित िकिरपा करहु मूं ॥१॥ रहाउ ॥ (397)

I live by Your bountiful gifts - please, shower me with Your Mercy! ||1||Pause||

सोई कमु कमाई िजितु मुखु उजला ॥ (397)

So, do that work, by which your face shall be made radiant.
सोई लगै सिच जिस तूं देह अला ॥२॥

He alone becomes attached to the Truth, O Lord, unto whom You give it. ||2||

जो न ढहंदो मूल सो घर रास करि ॥

So build and adorn that house, which shall never be destroyed.

हिको चित वसाई कदे न जाई मरि ॥३॥

Enshrine the One Lord within your consciousness; He shall never die. ||3||

ईश्वर परसाद अकथु नानाक वखानिआ ॥४॥५॥१०७॥

By Guru's Grace, Nanak describes the indescribable. ||4||5||107||

आसा महला ५ ॥

Aasaa, Fifth Mehl:

जिन्हा न विसरै नामु से किनेिहआ ॥

What are they like - those who do not forget the Naam, the Name of the Lord?

बहू न जाणहु मूल साई जेहिआ ॥१॥

Know that there is absolutely no difference; they are exactly like the Lord. ||1||
मनु तनु होइ िनहालु तुम संिग भेिटਆ ॥ (397)

The mind and body are enraptured, meeting with You, O Lord.

The mind and body are enraptured, meeting with You, O Lord.

peace is obtained, by the favor of the Lord's humble servant; all pains are taken away.

||1||Pause||

As many as are the continents of the world, so many have been saved.

Those, in whose minds You Yourself dwell, O Lord, are the perfect devotees.

Those whom You approve, are approved.

Such a celebrated and honored person is known everywhere.

Day and night, with every breath to worship and adore the Lord -

please, O True Supreme King, fulfill this, Nanak's desire.

||4||Pause||

please, O True Supreme King, fulfill this, Nanak's desire.
Aasaa, Fifth Mehl:

Poorna sabhavah maan thadu aatham aasmoo soed ||

poor rahi-aa sarab thaa-ay hamaaraa khasam so-ay.
He, my Lord Master, is fully pervading all places.

Aky saahib sir chhat doojaa naahi ko-ay. ||1||
He is the One Lord Master, the roof over our heads; there is no other than Him. ||1||

As it pleases Your Will, please save me, O Savior Lord.

Without You, my eyes see no other at all. ||1||Pause||

God Himself is the Cherisher; He takes care of each and every heart.

That person, within whose mind You Yourself dwell, never forgets You. ||2||

He does that which is pleasing to Himself.
bhagtaa kaa sahah-e jug jug jaani-aa. ||3||
He is known as the help and support of His devotees, throughout the ages. ||3||

jap jap har kaa naam kaday na jhooree-ai.
Chanting and meditating up the Lord's Name, the mortal never comes to regret anything.

naanak daras pi-aas lochaa pooree-ai. ||4||7||109||
O Nanak, I thirst for the Blessed Vision of Your Darshan; please, fulfill my desire, O Lord. ||4||7||109||
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ki-aa soveh naam visaar gaafal gahili-aa.
Why are you sleeping, and forgetting the Name, O careless and foolish mortal?

kiteeN it daree-aa-ay vaNjniH vehdi-aa. ||1||
So many have been washed away and carried off by this river of life. ||1||

bohitthraa har charan man charh langhee-ai.
O mortal, get aboard the boat of the Lord's Lotus Feet, and cross over.

aath pahar gun gaa-ay saadho sangee-ai. ||1|| rahaa-o.
Twenty-four hours a day, sing the Glorious Praises of the Lord, in the Saadh Sangat, the Company of the Holy. ||1||Pause||
bhogeh bhog anayk vin naavai sunji-aa.
You may enjoy various pleasures, but they are useless without the Name.

har kee bhagat binaa mar mar runni-aa. ||2||
Without devotion to the Lord, you shall die in sorrow, again and again. ||2||

kaparh bhog suganDh tan mardan maalnaa.
You may dress and eat and apply scented oils to your body,

bin simran tan chhaar sarpar chaalnaa. ||3||
but without the meditative remembrance of the Lord, your body shall surely turn to dust, and you shall have to depart. ||3||

mahaa bikham sansaar virlai paykhi-aa.
How very treacherous is this world-ocean; how very few realize this!

Salvation rests in the Lord’s Sanctuary; O Nanak, this is your pre-ordained destiny. ||4||8||110||

Aasaa, Fifth Mehl:

ko-ay na kis hee sang kaahay garbee-ai.
No one is anyone’s companion; why take any pride in others?
With the Support of the One Name, this terrible world-ocean is crossed over. ||1||

You are the True Support of me, the poor mortal, O my Perfect True Guru.

Gazing upon the Blessed Vision of Your Darshan, my mind is encouraged. ||1|| Pause||

Royal powers, wealth, and worldly involvements are of no use at all.

As many as are the pleasures of Maya, so many are the shadows they leave.

The Gurmukhs sing of the Naam, the treasure of peace. ||3||

You are the True Lord, the treasure of excellence; O God, You are deep and unfathomable.
The Lord Master is the hope and support of Nanak's mind.

Aasaa mehlaa 5.

Aasaa, Fifth Mehl:

Remembering Him, suffering is removed, and celestial peace is obtained.

Night and day, with your palms pressed together, meditate on the Lord, Har, Har.

He alone is Nanak's God, unto whom all beings belong.

He is totally pervading everywhere, the Truest of the True.

Adoring Him, my mind is cured of all its ailments.
The Savior Lord is infinite; He saves us from the fire of the womb.

The Name of the Lord, Har, Har, is soothing and cool; remembering it in meditation, the inner fire is quenched.

Peace, poise, and immense bliss, O Nanak, are obtained, when one becomes the dust of the feet of the humble servants of the Lord.

All of one's affairs are perfectly resolved, meeting with the Perfect Guru.

The Lord of the Universe is the treasure of excellence; He is known only to the Gurmukh.

When He shows His Mercy and Kindness, we revel in the Lord's Love.

Come, O Saints - let us join together and speak the Sermon of the Lord.
Night and day, meditate on the Naam, the Name of the Lord, and ignore the criticism of others. ||1||Pause||

I live by chanting and meditating on the Naam, and so I obtain immense bliss.

Attachment to the world is useless and vain; it is false, and perishes in the end. ||2||

How rare are those who embrace love for the Lord's Lotus Feet.

Blessed and beautiful is that mouth, which meditates on the Lord. ||3||

The pains of birth, death and reincarnation are erased by meditating on the Lord.

That alone is Nanak's joy, which is pleasing to God. ||4||11||113||

Aasaa, Fifth Mehl:
आवहु मीत इकतर् होइ रस कस सिभ भुंचह ॥
(399)
aavhu meet ikatar ho-ay ras kas sabh bhunchah.
Come, O friends: let us meet together and enjoy all the tastes and flavors.

अंमर्त नामु हिर हिर जपह िमिल पापा मुंचह ॥१॥
(399)
amrit naam har har japah mil paapaa munchah. ||1||
Let us join together and chant the Ambrosial Name of the Lord, Har, Har, and so wipe away our sins. ||1||

ततु वीचारहु संत जनहु ता ते िबघनु न लागै ॥
(399)
tat veechaarahu sant janhu taa tay bighanu n laagai.
Reflect upon the essence of reality, O Saintly beings, and no troubles shall afflict you.

खीन भए सिभ तसकरा गुरमुिख जनु जागै ॥१॥ रहाउ ॥
(399)
kheen bha-ay sabh taskaraa gurmukh jan jaagai. ||1|| rahaa-o.
All of the thieves shall be destroyed, as the Gurmukhs remain wakeful. ||1||Pause||

बुिध गरीबी खरचु लैहु हउमै िबखु जारहु ॥
(399)
buDh gareebee kharach laihu ha-umai bikh jaarahu.
Take wisdom and humility as your supplies, and burn away the poison of pride.

साचा हटु पूरा सउदा वखरु नामु वापारहु ॥२॥
(399)
saachaa hat pooraa sa-udaa vakhar naam vaapaarahu. ||2||
True is that shop, and perfect the transaction; deal only in the merchandise of the Naam, the Name of the Lord. ||2||

जीउ िपडु धनु अरिपआ सेई पितवंते ॥
(399)
jee-o pind Dhan arpi-aa say-ee pativantay.
They alone are accepted and approved, who dedicate their souls, bodies and wealth.

आपनड़े पर्रभ भािणआ िनत के ल करंते ॥३॥
(399)
aapnarhay parabh bhaani-aa nit kayl karatay. ||3||
Those who are pleasing to their God, celebrate in happiness. ||3||
Those fools, who drink in the wine of evil-mindedness, become the husbands of prostitutes.

But those who are imbued with the sublime essence of the Lord, O Nanak, are intoxicated with the Truth.

Aasaa, Fifth Mehl:

I made the effort; I did it, and made a beginning.

I live by chanting and meditating on the Naam. The Guru has implanted this Mantra within me.

Bestowing His Mercy, God has dressed me, and decorated me with the Truth.

Taking me by the hand, He made me His own, through the True Order of His Command.
That gift which God gave to me, is perfect greatness. ||2||

Forever and ever, sing the Glorious Praises of the Lord, and chant the Name of the Destroyer of ego.

The Perfect Guru has given the wealth of the Naam, and the profit of singing the Lord's Glorious Praises.

The Saints are the traders, O Nanak, and the Infinite Lord God is their Banker.

One who has You as His Master, O God, is blessed with great destiny.

He is happy, and forever at peace; his doubts and fears are all dispelled.
हम चाकर गोबंद के ठाकुर मेरा भारा ॥ (399)
ham chaakar gobind kay thaakur mayraa bhaaraa.
I am the slave of the Lord of the Universe; my Master is the greatest of all.

करन करावन सगल बिधि सो सतिगुरु हमारा ॥१॥ रहाउ ॥ (399)
karan karaavan sagal bidhi so satguroo hamaaraa. ||1|| rahaa-o.
He is the Creator, the Cause of causes; He is my True Guru. ||1||Pause||

दूजा नाही अउरु को ता का भउ करीऐ ॥ (399)
doojaa naahee a-or ko taa kaa bha-o karee-ai.
There is no other whom I should fear.

गुर सेवा महलु पाईऐ जगु दुतरु तरीऐ ॥२॥ (400)
gur sayvaa mahal paa-ee-ai jag dutar taree-ai. ||2||
Serving the Guru, the Mansion of the Lord's Presence is obtained, and the impassable world-ocean is crossed over. ||2||

दरिसिट तेरी सुखु पाईऐ मन माहिनधाना ॥ (400)
darisat tayree sukh paa-ee-ai man maahi niDhaanaa.
By Your Glance of Grace, peace is obtained, and the treasure fills the mind.

जा कउ तुम किरपाल भए सेवक से परवाना ॥३॥ (400)
jaa ka-o tum kirpaal bha-ay sayvak say parvaanaa. ||3||
That servant, unto whom You bestow Your Mercy, is approved and accepted. ||3||

अम्रूत रसु हिर कीरतनो को विरला पीवै ॥ (400)
amrit rasu har keertano ko virlaa peevai.
How rare is that person who drinks in the Ambrosial Essence of the Lord's Kirtan.

वजहु नानक िमलै एकु नामु िरद जिप जिप जीवै ॥४॥१४॥११६॥ (400)
vajahu naanak milai ayk naam rid jap jap jeevai. ||4||14||116||
Nanak has obtained the commodity of the One Name; he lives by chanting and meditating on it within his heart. ||4||14||116||
आसा महला ५ || (400)
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

जा प्रभ की हउ चेरुली सो सभ ते ऊचा || (400)
jaa parabh kee ha-o chayrulee so sabh tay oochaa.
I am God's maid-servant; He is the highest of all.

सभु किच्छु ता का कांढ़ीऐ थोरा अर मूचा || १ ||
sabh kichh taa kaa kaaNdhee-ai thoraa ar moochaa. ||1||
All things, big and small, are said to belong to Him. ||1||

जीअ परान मेरा धनो साहिब की मनीआ || (400)
jee-a paraan mayraa Dhano saahib kee manee-aa.
I surrender my soul, my breath of life, and my wealth, to my Lord Master.

नाम जिसै कै ऊजली तिसु दासी गनीआ || १ || रहाउ ||
aam jisai kai oojlee tis daasee ganee-aa. ||1|| raha-o.
Through His Name, I become radiant; I am known as His slave. ||1||Pause||

वेपरवाहु अनंद मै नाउ माणक हीरा || (400)
vayparvaahu anand mai naa-o maanak heeraa.
You are Carefree, the Embodiment of Bliss. Your Name is a gem, a jewel.

जली घटी मसू मथ ना व डूं भीन || २ || (400)
rajee Dhaa-ee sadaa sukh jaa kaa tooN meeraa. ||2||
One who has You as her Master, is satisfied, satiated and happy forever. ||2||

सक्ही सहेरी संग की सुभित दरिहावू || (400)
sakhee sahayree sang kee sumat darirhaava-o.
O my companions and fellow maidens, please implant that balanced understanding within me.
ਸੇਵਹੁ ਸਾਧੂ ਭਾਉ ਕਿਰ ਤਉ ਿਨਿਧ ਹਿਰ ਪਾਵਉ ॥੩॥

Serve the Holy Saints lovingly, and find the treasure of the Lord. ||3||

ਸਗਲੀ ਦਾਸੀ ਠਾਕੁ ਰੈ ਸਭ ਕਹਤੀ ਮੇਰਾ ॥

All are servants of the Lord Master, and all call Him their own.

ਿਜ਼ਿਪੇ ਰੈ ਹੀ ਨਾਨਕਾ ਿਤਸੁ ਸੁਖੀ ਬਸੇਰਾ ॥੪॥੧੫॥੧੧੭॥

She alone dwells in peace, O Nanak, whom the Lord adorns. ||4||15||117||

ਾਸਾ ਮਹਲਾ ੫ ॥

Aasaa, Fifth Mehl:

ਸੰਤਾ ਕੀ ਹੋਇ ਦਾਸਰੀ ਏਹੁ ਅਚਾਰਾ ਿਸਖੁ ਰੀ ॥

Become the servant of the Saints, and learn this way of life.

ਸਗਲ ਗੁਣਾ ਗੁਣ ਊਤਮੋ ਭਰਤਾ ਦੂਿਰ ਨ ਿਪਖੁ ਰੀ ॥੧॥

Of all virtues, the most sublime virtue is to see your Husband Lord near at hand. ||1||

ਿਤਆਗ ਿਸਆਣਪ ਚਾਤੁਰੀ ਤੂੰ ਜਾਣੁ ਗੁਪਾਲਿਹ ਸੰਿਗ ਰੀ ॥੧॥ ਰਹਾਉ ॥

Renounce cleverness and cunning, and know that the Sustainer of the world is with you. ||1||Pause||
ਭਰਤਾ

\text{bhartaa kahai so maanee-ai ayhu seegaar banaa-ay ree.}

Whatever your Husband Lord says, accept that, and make it your decoration.

ਦੂਜਾ

\text{doojaa bhaa-o visaaree-ai ayhu tambolaa khaa-ay ree.} ||2||

Forget the love of duality, and chew upon this betel leaf. ||2||

ਗੁਰ

\text{gur kaa sabad kar deepko ih sat kee sayj bichhaa-ay ree.}

Make the Word of the Guru's Shabad your lamp, and let your bed be Truth.

ਆਠ

\text{aath pahar kar jorh rahu ta-o bhaytai har raa-ay ree.} ||3||

Twenty-four hours a day, stand with your palms pressed together, and the Lord, your King, shall meet you. ||3||

ਿਤਸ

\text{tis hee chaj seegaar sabh saa-ee roop apaar ree.}

She alone is cultured and embellished, and she alone is of incomparable beauty.

ਫੀਤਾ

\text{saa-ee sohagan naankaa jo bhaanee kartaar ree.} ||4||16||118||

She alone is the happy soul-bride, O Nanak, who is pleasing to the Creator Lord. ||4||16||118||

ਾਸਾ

\text{aasaa mehlaa 5.}

Aasaa, Fifth Mehl:

ਡੀਗਨ

\text{deegan dolaa ta-oo la-o ja-o man kay bharmaa.}

As long as there are doubts in the mind, the mortal staggers and falls.
The Guru removed my doubts, and I have obtained my place of rest. ||1||

Those quarrelsome enemies have been overcome, through the Guru.

I have now escaped from them, and they have run away from me. ||1|| Pause||

He is concerned with 'mine and yours', and so he is held in bondage.

As long as he does not understand the Command of God's Will, he remains miserable.

Meeting with the Guru, he comes to recognize God's Will, and then, he becomes happy.

I have no enemies and no adversaries; no one is wicked to me.
That servant, who performs the Lord’s service, O Nanak, is the slave of the Lord Master.

Peace, celestial poise and absolute bliss are obtained, singing the Kirtan of the Lord’s Praises.

I am a sacrifice to my Guru; forever and ever, I am a sacrifice to Him.

Good omens and bad omens affect those who do not keep the Lord in the mind.

The Messenger of Death does not approach those who are pleasing to the Lord God.
ਪੁੰਨ ਦਾਨ ਜਪ ਤਪ ਜੇਤੇ ਸਭ ਊਪਰੀ ਨਾਮ ॥ (401)
punn daan jap tap jaytay sabh oopar naam.
Donations to charity, meditation and penance - above all of them is the Naam.

ਵੇਰ ਵੇਰ ਤਪ ਜਪ ਸਭ ਊਪਿਰ ਨਾਮ ॥ (401)
har har rasnaa jo japai tis pooran kaam. ||3||
One who chants with his tongue the Name of the Lord, Har, Har - his works are brought to perfect completion. ||3||

ਹਿਰ ਹਿਰ ਰਸਨਾ ਜੋ ਜਪੈ ਿਤਸੁ ਪੂਰਨ ਕਾਮੁ ॥੩॥ (401)
har har rasnaa jo japai tis pooran kaam. ||3||
His fears are removed, and his doubts and attachments are gone; he sees none other than God.

ਨਾਨਕ ਰਾਖੇ ਪਾਰਬਰਹਮ ਿਫਿਰ ਦੂਖੁ ਨ ਥੀਆ ॥੪॥੧੮॥੧੨੦॥ (401)
naanak raakhay paarbarahm fir dookh na thee-aa. ||4||18||120||
O Nanak, the Supreme Lord God preserves him, and no pain or sorrow afflicts him any longer. ||4||18||120||

ਏਕੁ ਦਾਤਾਰੁ ਸਗਲ ਹੈ ਜਾਿਚਕ ਦੂਸਰ ਕੈ ਪਿਹ ਜਾਵਉ ॥੧॥ (401)
ayk daataar sagal hai jaachik doosar kai peh jaava-o. ||1||
There is only One Giver; all others are beggars. Who else can we turn to? ||1||
When I beg from others, I am ashamed.

The One Lord Master is the Supreme King of all; who else is equal to Him? ||1||Pause||

Standing up and sitting down, I cannot live without Him. I search and search for the Blessed Vision of His Darshan.

Even Brahma and the sages Sanak, Sanandan, Sanaatan and Sanat Kumar, find it difficult to obtain the Mansion of the Lord's Presence. ||2||

He is unapproachable and unfathomable; His wisdom is deep and profound; His value cannot be appraised.

I have taken to the Sanctuary of the True Lord, the Primal Being, and I meditate on the True Guru. ||3||

God, the Lord Master, has become kind and compassionate; He has cut the noose of death away from my neck.
Says Nanak, now that I have obtained the Saadh Sangat, the Company of the Holy, I shall not have to be reincarnated again. ||4||1||121||

Aasaa, Fifth Mehl:

Inwardly, I sing His Praises, and outwardly, I sing His Praises; I sing His Praises while awake and asleep.

I am a trader in the Name of the Lord of the Universe; He has given it to me as my supplies, to carry with me. ||1||

I have forgotten and forsaken other things.

The Perfect Guru has given me the Gift of the Naam; this alone is my Support. ||1||Pause||

I sing His Praises while suffering, and I sing His Praises while I am at peace as well. I contemplate Him while I walk along the Path.

The Guru has implanted the Naam within my mind, and my thirst has been quenched. ||2||
I sing His Praises during the day, and I sing His Praises during the night; I sing them with each and every breath.

In the Sat Sangat, the True Congregation, this faith is established, that the Lord is with us, in life and in death.

Bless servant Nanak with this gift, O God, that he may obtain, and enshrine in his heart, the dust of the feet of the Saints.

Hear the Lord's Sermon with your ears, and behold the Blessed Vision of His Darshan with your eyes; place your forehead upon the Guru's Feet.

One Universal Creator God. By The Grace Of The True Guru:

That which you believe to be permanent, is a guest here for only a few days.

Children, wives, homes, and all possessions - attachment to all of these is false.
ray man ki-aa karahi hai haa haa.
O mind, why do you burst out laughing?

darisat daykh jaisay harichand-uree ik raam bhajan lai laahaa. ||1|| rahaah-o.
See with your eyes, that these things are only mirages. So earn the profit of meditation on
the One Lord. ||1||Pause||

jaisay bastar dayh odhaanay din do-ay chaar bhoraahaa.
It is like the clothes which you wear on your body - they wear off in a few days.

bheet oopray kaytak Dhaa-ee-ai ant orko aahaa. ||2||
How long can you run upon a wall? Ultimately, you come to its end. ||2||

jaisay ambh kund kar raakhi-o parat sinDh gal jaahaa.
It is like salt, preserved in its container; when it is put into water, it dissolves.

aavag aagi-aa paarbarahm kee uth jaasee muhat chasahaa. ||3||
When the Order of the Supreme Lord God comes, the soul arises, and departs in an
instant. ||3||

ray man laykhai chaaleh laykhai baiaseh laykhai laidaa saahaa.
O mind, your steps are numbered, your moments spent sitting are numbered, and the
breaths you are to take are numbered.

sadaa keerat kar naanak har kee ubray satgur charan otaahaa. ||4||1||123||
Sing forever the Praises of the Lord, O Nanak, and you shall be saved, under the Shelter
of the Feet of the True Guru. ||4||1||123||
Aasaa, Fifth Mehl:

अपुसत बात ते भई सीधरी दूत दुसट सजनई ॥

That which was upside-down has been set upright; the deadly enemies and adversaries have become friends.

अंधकार मिह रतनु पर्गािसओ मलीन बुिध हछनई ॥१॥

In the darkness, the jewel shines forth, and the impure understanding has become pure.

जउ िकरपा गोिबद भई ॥

When the Lord of the Universe became merciful,

सुख स्मपित हिर नाम फल पाए सितगुर िमलई ॥१॥ रहाउ ॥

I found peace, wealth and the fruit of the Lord's Name; I have met the True Guru.

||Pause||

मोिह िकरपन कउ कोइ न जानत सगल भवन पर्गटई ॥

No one knew me, the miserable miser, but now, I have become famous all over the world.

मंिि बैठनो कही न पावत हुिण सगल चरण सेवई ॥२॥

Before, no one would even sit with me, but now, all worship my feet.

आध आध कउ फिरत ढूंढते मन सगल जिसन बुिझ गई ॥

I used to wander in search of pennies, but now, all the desires of my mind are satisfied.
I could not bear even one criticism, but now, in the Saadh Sangat, the Company of the Holy, I am cooled and soothed.

What Glorious Virtues of the Inaccessible, Unfathomable, Profound Lord can one mere tongue describe?

Please, make me the slave of the slave of Your slaves; servant Nanak seeks the Lord's Sanctuary.

O fool, you are so slow to earn your profits, and so quick to run up losses.

You do not purchase the inexpensive merchandise; O sinner, you are tied to your debts.

O True Guru, You are my only hope.
Your Name is the Purifier of sinners, O Supreme Lord God; You are my only Shelter.
||1||Pause||

Listening to the evil talk, you are caught up in it, but you are hesitant to chant the Naam, the Name of the Lord.
||2||Pause||

You are delighted by slanderous talk; your understanding is corrupt.
||3||Pause||

Others' wealth, others' wives and the slander of others - eating the uneatable, you have gone crazy.

Nanak has come to Your Sanctuary; O God, make him Your Own, and preserve his honor.
Aasaa, Fifth Mehl

They are attached to falsehood; clinging to the transitory, they are trapped in emotional attachment to Maya.

Wherever they go, they do not think of the Lord; they are blinded by intellectual egotism.

O mind, O renunciate, why don't you adore Him?

You dwell in that flimsy chamber, with all the sins of corruption. ||Pause||

Crying out, "Mine, mine", your days and nights pass away; moment by moment, your life is running out.

The sweet flavors tempt you, and you are occupied by your false and filthy business.

Your senses are beguiled by sensual pleasures of sex, by anger, greed and emotional attachment.
The All-powerful Architect of Destiny has ordained that you shall be reincarnated over and over again. ||3||

When the Destroyer of the pains of the poor becomes merciful, then, as Gurmukh, you shall find absolute peace.

Says Nanak, meditate on the Lord, day and night, and all your sickness shall be banished. ||4||

Meditate in this way, O Siblings of Destiny, on the Lord, the Architect of Destiny.

For a moment of sexual pleasure, you shall suffer in pain for millions of days.
For an instant, you may savor pleasure, but afterwards, you shall regret it, again and again. ||1||

O blind man, meditate on the Lord, the Lord, your King.

Your day is drawing near. ||1||Pause||

You are deceived, beholding with your eyes, the bitter melon and swallow-wort.

But, like the companionship of a poisonous snake, so is the desire for another's spouse.

For the sake of your enemy, you commit sins, while you neglect the reality of your faith.

Your friendship is with those who abandon you, and you are angry with your friends.

The entire world is entangled in this way; he alone is saved, who has the Perfect Guru.
Says Nanak, I have crossed over the terrifying world-ocean; my body has become sanctified. ||4||5||127||

Aasaa, Fifth Mehl Dupadas:

O Lord, You behold whatever we do in secrecy; the fool may stubbornly deny it. ||1||

By his own actions, he is tied down, and in the end, he regrets and repents. ||1||

My God knows, ahead of time, all things.

Deceived by doubt, you may hide your actions, but in the end, you shall have to confess the secrets of your mind. ||1||Pause||

Whatever they are attached to, they remain joined to that. What can any mere mortal do?

Please, forgive me, O Supreme Lord Master. Nanak is forever a sacrifice to You. ||2||6||128||
Aasā, Fifth Mehl:

अपुने सेवक की आपे राखै आपे नामु जपावै ॥

He Himself preserves His servants; He causes them to chant His Name.

जह जह काज किरित सेवक की तहा तहा उठ धावै ॥

Wherever the business and affairs of His servants are, there the Lord hurries to be.

सेवक कै हूँ बिलहारी जो अपने प्रभ भावै ॥

I am a sacrifice to that servant, who is pleasing to his God.

Hearing of his glory, the mind is rejuvenated; Nanak comes to touch his feet.

Aasā, Eleventh House, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

The actor displays himself in many disguises, but he remains just as he is.

The soul wanders through countless incarnations in doubt, but it does not come to dwell in peace.

O Saints, my friends and companions, without the Lord, Har, Har, you shall perish.

Joining the Saadh Sangat, the Company of the Holy, sing the Glorious Praises of the Lord, and win this precious treasure of human life.

God has created Maya of the three qualities; tell me, how can it be crossed over?

The whirlpool is awesome and unfathomable; only through the Word of the Guru's Shabad is one carried across.

Searching and searching endlessly, seeking and deliberating, Nanak has realized the true essence of reality.
Simrat Naam NiDhaan nirmolak man maanak patee-anaa ray. ||3||1||130||
Meditating on the invaluable treasure of the Naam, the Name of the Lord, the jewel of the mind is satisfied. ||3||1||130||

आसा महला ५ दुपदे || (404)
aasaa mehlaa 5 dupday.
Aasaa, Fifth Mehl, Dupadas:

गुर परसाद मेरै मिन विसा जो मागु सो पावु रे ॥ (404)
gur parsaad mayrai man vasi-aa jo maaga-o so paava-o ray.
By Guru's Grace, He dwells within my mind; whatever I ask for, I receive.

यह ढँकु मह ढँक पुरुष वरिष्ठ त वड़ू सच्छु रे ॥ (404)

This mind is satisfied with the Love of the Naam, the Name of the Lord; it does not go out, anywhere, anymore. ||1||

वधु ठाकु रु सभ ते ऊचा रैण दिनसु तिसु गावू रे ॥ (404)
hamraa thaakur sabh tay oochaa rain dinas tis gaava-o ray.
My Lord and Master is the highest of all; night and day, I sing the Glories of His Praises.

मस देखु परभ अपुना सुआमी तउ अवरीह चीत न पावू रे ॥ (404)

In an instant, He establishes and disestablishes; through Him, I frighten you. ||1||Pause||

जब देख्यां परभ अपुना सुआमी तउ अवरीह चीत न पावू रे ॥ (404)

When I behold My God, my Lord and Master, I do not pay any attention to any other.

God Himself has adorned servant Nanak; his doubts and fears have been dispelled, and he writes the account of the Lord. ||2||2||131||
Aasaa, Fifth Mehl:

The four castes and social classes, and the preachers with the six Shaastras on their finger-tips,

Who has seized and conquered the five powerful fighters? Is there anyone strong enough?

Says Nanak, that humble being who is under the protection of the Saadh Sangat, crushes those terrible demons.
Aasaa, Fifth Mehl:

नीकी जीअ की हिर कथा ऊतम आन सगल रस फीकी रे ॥१॥
neekee jee-a kee har kathaa ootam aan sagal ras feekee ray. ||1|| rahaa-o.
The Sublime Sermon of the Lord is the best thing for the soul. All other tastes are insipid. ||1||Pause||

बहु गुिन धुिन मुिन जन खटु बेते अवरु न किछु लाईकी रे ॥१॥
baho gun Dhun mun jan khat baytay avar na kichh laa-eekee ray. ||1||
The worthy beings, heavenly singers, silent sages and the knowers of the six Shaastras proclaim that nothing else is worthy of consideration. ||1||

बिखारी निरारी अपारी सहजारी साधसंग नानक पीकी रे ॥२॥४॥१३३॥
bikhaaree niraaree apaaree sehjaaree saaDhsang naanak peekee ray. ||2||4||133||
It is the cure for evil passions, unique, unequalled and peace-giving; in the Saadh Sangat, the Company of the Holy, O Nanak, drink it in. ||2||4||133||

Aasaa, Fifth Mehl:

हमारी िपआरी अिमर्त धारी गुिर िनमख न मन ते टारी रे ॥१॥
hamaaree pi-aaree amrit Dhaaree gur nimakh na man tay taaree ray. ||1|| rahaa-o.
My Beloved has brought forth a river of nectar. The Guru has not held it back from my mind, even for an instant. ||1||Pause||

दरसन परसन सरसन हरसन रंिग रंगी करतारी रे ॥१॥
darsan parsan sarsan harsan rang rangee kartaaree ray. ||1||
Beholding it, and touching it, I am sweetened and delighted. It is imbued with the Creator's Love. ||1||
Chanting it even for a moment, I rise to the Guru; meditating on it, one is not trapped by the Messenger of Death. The Lord has placed it as a garland around Nanak's neck, and within his heart. ||2||5||134||

Aasaa, Fifth Mehl:

The Saadh Sangat, the Company of the Holy, is exalted and sublime. ||Pause||

Every day, hour and moment, I continually sing and speak of Govind, Govind, the Lord of the Universe. ||1||

Walking, sitting and sleeping, I chant the Lord's Praises; I treasure His Feet in my mind and body. ||2||

I am so small, and You are so great, O Lord and Master; Nanak seeks Your Sanctuary. ||3||6||135||

Raag Aasaa, Fifth Mehl, Twelfth House:
One Universal Creator God. By The Grace Of The True Guru:

Renounce all your cleverness and remember the Supreme, Formless Lord God.

Without the One True Name, everything appears as dust. ||1||

Know that God is always with you. ||1|| Pause||

Seek the Shelter of the One All-powerful Lord; there is no other place of rest.

The vast and terrifying world-ocean is crossed over, singing continually the Glorious Praises of the Lord. ||2||

Birth and death are overcome, and one does not have to suffer in the City of Death.
ਨਾਮ ਨਿਧਾਨੁ ਸੋੈ ਪਾੇ ਕਰੇ ਪ੍ਰਸੂ ਸੋੜ ||੩੫ || (405)

*He alone obtains the treasure of the Naam, the Name of the Lord, unto whom God shows His Mercy. ||3||*

ਏਕ ਟੇਕ ਅਧਾਰੁ ਏਕੋ ਏਕ ਕਾ ਮਨੀ ਜੋਰੁ || (405)

*The One Lord is my Anchor and Support; the One Lord alone is the power of my mind.*

ਨਾਨਕ ਜਪੀਐ ਸਾਧਾਣੀ ਹੀਰ ਬਨੁ ਅਵਰੁ ਨ ਹੋਰੁ ||੪੧੧੩੬ || (405)

*O Nanak, joining the Saadh Sangat, the Company of the Holy, meditate on Him; without the Lord, there is no other at all.* ||4||1||136||

ਦੀਨ ਬੰਧਪ ਜੀਐ ਦਾਤਾ ਸਰਿਣ ਰਾਖਣ ਜੋਗੁ ॥ (405)

*He is the Friend of the poor, the Giver of life, the Protector of those who seek His Sanctuary.* ||1||

ਮੇਰੇ ਮਨ ਨਿਧਾਿਨੁ ਹੀਰ ਹੀਰ ਨਾਉ ॥ (405)

*O my mind, meditate on the Name of the Lord, Har, Har.*
Here and hereafter, He is our Helper and Companion; embrace love and affection for the One Lord. ||1||Pause||

They meditate on the Vedas and the Shaastras, to swim across the world-ocean.

The many religious rituals, good deeds of karma and Dharmic worship - above all of these is the Naam, the Name of the Lord. ||2||

Sexual desire, anger, and egotism depart, meeting with the Divine True Guru.

Implant the Naam within, perform devotional worship to the Lord and serve God - this is good. ||3||

I seek the Sanctuary of Your Feet, O Merciful Lord; You are the Honor of the dishonored.

You are the Support of my soul, my breath of life; O God, You are Nanak's strength.

Aasaa, Fifth Mehl:
He wavers and falters, and suffers such great pain, without the Saadh Sangat, the Company of the Holy.

The profit of the sublime essence of the Lord of the Universe is obtained, by the Love of the One Supreme Lord God. ||1||

Chant continually the Name of the Lord.

With each and every breath, meditate on God, and renounce other love. ||1||Pause||

God is the Doer, the All-powerful Cause of causes; He Himself is the Giver of life.

So renounce all your cleverness, and meditate on God, twenty-four hours a day. ||2||

He is our best friend and companion, our help and support; He is lofty, inaccessible and infinite.

Enshrine His Lotus Feet within your heart; He is the Support of the soul. ||3||
Show Your Mercy, O Supreme Lord God, that I may sing Your Glorious Praises.

Total peace, and the greatest greatness, O Nanak, are obtained by living to chant the Name of the Lord.

I make the effort, as You cause me to do, my Lord and Master, to behold You in the Saadh Sangat, the Company of the Holy.

I am imbued with the color of the Love of the Lord, Har, Har; God Himself has colored me in His Love.

I chant the Lord's Name within my mind.

Bestow Your Mercy, and dwell within my heart; please, become my Helper.

Listening continually to Your Name, O Beloved God, I yearn to behold You.
Please, be kind to me - I am just a worm. This is my object and purpose. ||2||

tan Dhan tayraa tooN parabh mayraa hamrai vas kichh naahi. My body and wealth are Yours; You are my God - nothing is in my power. ||3||

The sins of countless incarnations are washed away, by bathing in the dust of the Lord's humble servants.

The Merciful Lord God has bestowed His Mercy, and the True Guru has granted the Lord's Name. ||1||

The Blessed Vision of Your Darshan is unapproachable and incomprehensible; he alone obtains it, who has such good destiny recorded upon his forehead.

The Merciful Lord God has bestowed His Mercy, and the True Guru has granted the Lord's Name. ||1||
The Divine Guru is the Saving Grace in this Dark Age of Kali Yuga.

Even those fools and idiots, stained with feces and urine, have all taken to Your service.

You Yourself are the Creator, who established the entire world. You are contained in all.

The Righteous Judge of Dharma is wonder-struck, at the sight of everyone falling at the Lord's Feet.

As we act, so are the rewards we receive; no one can take the place of another.

O Dear Lord, whatever Your devotees ask for, You do. This is Your Way, Your very nature.
With my palms pressed together, O Nanak, I beg for this gift; Lord, please bless Your Saints with Your Vision.

Raag Aasaa, Fifth Mehl, Thirteenth House:

One Universal Creator God. By The Grace Of The True Guru:

Even the worthless have been saved.

Even the most argumentative, vicious and indecent people, have been purified in Your company.

Those whom no one knew, and those whom no one respected - even they have become famous and respected at the Court of the Lord.
What praise, and what greatness should I attribute to You? Nanak is a sacrifice to You, each and every moment. ||4||1||141||

Aasaa Mehl 5

The crazy people are asleep. ||1||Pause||

They are intoxicated with attachment to their families and sensory pleasures; they are held in the grip of falsehood. ||1||

The false desires, and the dream-like delights and pleasures - these, the self-willed manmukhs call true. ||2||

The wealth of the Ambrosial Naam, the Name of the Lord, is with them, but they do not find even a tiny bit of its mystery. ||3||

By Your Grace, O Lord, You save those, who take to the Sanctuary of the Sat Sangat, the True Congregation. ||4||2||142||
Aasaa, Fifth Mehl, Tipadas:

Ohaa paraym piree. ||1|| rahaa-o.
I seek the Love of my Beloved. ||1||Pause||

Gold, jewels, giant pearls and rubies - I have no need for them. ||1||

I have no desire for these. ||2||

These bring me peace and pleasure.

O Nanak, my burning fire has been put out,
milay paraym piree. ||3||3||143|| obtaining the Love of the Beloved. ||3||3||143||

Aasa, Fifth Mehl:

gureh dikhaa-o lo-inaa. ||1|| raa-aa-o. The Guru has revealed Him to my eyes. ||1||Pause||

Here and there, in each and every heart, and each and every being, You, O Fascinating Lord, You exist. ||1||

You are the Creator, the Cause of causes, the Support of the earth; You are the One and only, Beauteous Lord. ||2||

Meeting the Saints, and beholding the Blessed Vision of their Darshan, Nanak is a sacrifice to them; he sleeps in absolute peace. ||3||4||144||

The Name of the Lord, Har, Har, is priceless.
धुत मवति मुखेल ॥१॥ कवण्डी ॥ (407)
ओहु सहिज सुहयला ॥१॥ रहाउ ॥
oh sahj suhaylaa. ||1|| rahaa-o.
It brings peace and poise. ||1||Pause||

मिही मत्यी तेंद्र त नाहि ध्व अवध अउई ॥१॥ (407)
संगि सहाई चहड न जाई ओहु अगह अतोला ॥१॥
sang sahah-ee chhod na jaa-ee oh agah atolaa. ||1||
The Lord is my Companion and Helper; He shall not forsake me or leave me. He is
unfathomable and unequalled. ||1||

प्रीतमु भाई वापु मोरो माई भगतन का ओल्हा ॥२॥ (407)
preeetam bhaa-ee baap moro maa-ee bhagtan kaa olHaa. ||2||
He is my Beloved, my brother, father and mother; He is the Support of His devotees. ||2||

अलखु लखाइआ गुर ते पाइआ नानक इहु हिर का चोल्हा ॥३॥५॥१४५॥ (407)
alakh lakhaa-i-aa gur tay paa-i-aa naanak ih har kaa cholHaa. ||3||5||145||
The Invisible Lord is seen through the Guru; O Nanak, this is the wondrous play of the
Lord. ||3||5||145||

आम महला ॥ (407)
आम महला ॥
Aasaa mehlaa 5.
Aasaa, Fifth Mehl:

आपुनी भगित निवाहै ॥ (407)
aapunee bhagat nibaahi.
Please help me sustain my devotion.

ञंजु आषिघौ आघौ ॥२॥ कवण्डी ॥ (407)
ञंजु आषिघौ आघौ ॥२॥ रहाउ ॥
thaakur aa-i-o aahi. ||1|| rahaa-o.
O Lord Master, I have come to You. ||1||Pause||

ञु मरणु धैर्य सहाई दराई चचप यन्ति ॥१॥ (407)
ञु मरणु धैर्य सहाई दराई चचप यन्ति ॥१॥
naam padaarath ho-ay sakaarath hirdai charan basaahi. ||1||
With the wealth of the Naam, the Name of the Lord, life becomes fruitful. Lord, please
place Your Feet within my heart. ||1||
ਏਹ ਮੁਕਤਾ ਏਹ ਜੁਗਤਾ ਰਾਖਹੁ ਸੰਤ ਸੰਗਾਹੁ ॥੨॥

This is liberation, and this is the best way of life; please, keep me in the Society of the Saints. ||2||

ਨਾਮੁ ਿਧਆਵਉ ਸਹਿਜ ਸਮਾਵਉ ਨਾਨਕ ਹਿਰ ਗੁਨ ਗਾਹਾੜੀ ॥੩॥੬॥੧੪੬॥

Meditating on the Naam, I am absorbed in celestial peace; O Nanak, I sing the Glorious Praises of the Lord. ||3||6||146||

ਠਾਕੁਰ ਚਰਣ ਸੁਹਾਵੇ ॥

The Feet of my Lord and Master are so Beautiful!

ਹਿਰ ਸੰਤਨ ਪਾਵੇ ॥੧॥ ਰਹਾਉ ॥

The Lord's Saints obtain them. ||1|| Pause||

ਅਕਿਹ ਆਸਾ ਦਰਸ ਿਪਆਸਾ ਆਨ ਨ ਭਾਵੇ ॥੨॥

They place their hopes in Him, and they thirst for the Blessed Vision of His Darshan. Nothing else is pleasing to them. ||2||
This is Your Mercy, Lord; what can Your poor creatures do? Nanak is devoted, a sacrifice to You.

Remember the One Lord in meditation within your mind. Without Him there is no other.

Entering God's Sanctuary, all rewards are obtained, and all pains are taken away.

He is the Giver of all beings, the Architect of Destiny; O Nanak, He is contained in each and every heart.

One who forgets the Lord is dead.
One who meditates on the Naam, the Name of the Lord, obtains all rewards. That person becomes happy. ||1||

One who calls himself a king, and acts in ego and pride, is caught by his doubts, like a parrot in a trap. ||2||

Says Nanak, one who meets the True Guru, becomes permanent and immortal. ||3||9||149||

One Universal Creator God. By The Grace Of The True Guru:

That love is forever fresh and new,

which is for the Beloved Lord. ||1||Pause||

One who is pleasing to God shall not be reincarnated again.
ਹਿਰ ਪਰ੍ੇਮ ਭਗਤ ਹਿਰ ਪਰ੍ੀਿਤ ਰਚਈ ॥੧॥

He remains absorbed in the loving devotional worship of the Lord, in the Love of the Lord.

ਪਰ੍ਭ ਸੰਿਗ ਿਮਲੀਜੈ ਇਹੁ ਮਨੁ ਦੀਜੈ ॥

He is blended with God, by dedicating his mind to Him.

ਨਾਨਕ ਨਾਮ ਿਮਲੈ ਅਪਨੀ ਦਇਆ ਕਰਹੁ ॥੨॥੧॥੧੫੦॥

Bless Nanak with Your Name, O Lord - please, shower Your Mercy upon him! ||2||1||150||

ਵਰਤ ਨੇਮ ਸੰਜਮ ਕਿਰ ਥਾਕੇ  ਨਾਨਕ ਸਾਧ ਸਰਿਨ ਪਰ੍ਭ ਸੰਿਗ ਵਸੈ ॥੨॥੨॥੧੫੧॥

People have grown weary of observing fasts, vows and rigorous self-discipline; Nanak abides with God, in the Sanctuary of the Saints. ||2||2||151||

ਆਸਾ ਮੱਹਲਾ ੫ ॥

Aasaa, Fifth Mehl:

ਜਮੀਤਾ ਮਾਮੰਡੂ ਖਾਬ ਕਰਮ ਵਿਰਾਸਤ ਸਨ ਚੜ੍ਹੀਂ ॥੧॥ ਦਰਾਹੁ ॥ (408)

Please, come to me, O Beloved Lord; without You, no one can comfort me. ||1||Pause||

ਸਿਸੂਤ ਬਹੁ ਕਰਮ ਕਾਮਾਏ ਪਰ੍ਭ ਤੁਹਾਰੇ ਦਰਸ ਿਬਨੁ ਸੁਖੁ ਨਾਹੀ ॥੧॥

One may read the Simritees and the Shaastras, and perform all sorts of religious rituals; and yet, without the Blessed Vision of Your Darshan, God, there is no peace at all. ||1||

ਵਰਤ ਨੇਮ ਸੰਜਮ ਕਿਰ ਥਾਕੇ  ਨਾਨਕ ਸਾਧ ਸਰਿਨ ਪਰ੍ਭ ਸੰਿਗ ਵਸੈ ॥੨॥੨॥੧੫੧॥

People have grown weary of observing fasts, vows and rigorous self-discipline; Nanak abides with God, in the Sanctuary of the Saints. ||2||2||151||

ਆਸਾ ਮੱਹਲਾ ੫ ਰੋੜ ੧੫ ਪੰਤਾਲ ॥ (408)

Aasaa, Fifth Mehl, Fifteenth House, Partaal:
One Universal Creator God. By The Grace Of The True Guru:

He sleeps, intoxicated by corruption and Maya; he does not come to realize or understand.

Seizing him by the hair, the Messenger of Death pulls him up; then, he comes to his senses.

Those who are attached to the poison of greed and sin grab at the wealth of others; they only bring pain on themselves.

The Vedas, the Shaastras and the holy men proclaim it, but the deaf do not hear it.

When the game of life is over, and he has lost, and he breathes his last, then the fool regrets and repents in his mind.
He paid the fine, but it is in vain - in the Court of the Lord, his account is not credited.

Those deeds which would have covered him - those deeds, he has not done. ||3||

The Guru has shown me the world to be thus; I sing the Kirtan of the Praises of the One Lord.

Renouncing his pride in strength and cleverness, Nanak has come to the Lord's Sanctuary. ||4||1||152||

Obtaining His Mercy, I easily gained the Blessed Vision of His Darshan; now, I am imbued with the Love of the Lord of the Universe.
ਸੰਤ ਸੇਵ ਪਰ੍ੀਤ ਨਾਥ ਰੰਗੁਲਾਲਣ ਲਾਏ ॥੧॥ (408)
Serving the Saints, I feel love and affection for my Beloved Lord Master. ||1||

ਗੁਰ ਗੁਆਨਾ ਮਨੀ ਦ੍ਰੀਆਏ ਰਹਸਾਏ ਨਹੀ ਆਏ ਸਹਜਾਏ ਮਨੀ ਨਿਧਾਨ ਪਾਏ ॥ (408)
The Guru has implanted spiritual wisdom within my mind, and I rejoice that I shall not have to come back again. I have obtained celestial poise, and the treasure within my mind.

ਸਭ ਤਜੀ ਮਨੀ ਕੀ ਕਾਮ ਕਰਾ ॥ (408)
I have renounced all of the affairs of my mind’s desires.

ਆਸਾ ਮਹਲਾ ੫ ॥ (408)
Aasaa, Fifth Mehl:

ਕੋਵ ਬਿਖਮ ਗਾਰ ਤੋਰੈ ॥ (408)
Who can destroy the fortress of sin,
And release me from hope, thirst, deception, attachment and doubt? ||1||Pause||

How can I escape the afflictions of sexual desire, anger, greed and pride? ||1||

In the Society of the Saints, love the Naam, and sing the Glorious Praises of the Lord of the Universe.

Night and day, meditate on God.

I have captured and demolished the walls of doubt.

O Nanak, the Naam is my only treasure. ||2||3||154||

Aasaa mehlaa 5. Aasaa, Fifth Mehl:

Renounce sexual desire, anger and greed;
man simar gobind naam. remember the Name of the Lord of the Universe in your mind.

Meditation on the Lord is the only fruitful action. ||1||Pause||

Renounce pride, attachment, corruption and falsehood, and chant the Name of the Lord, Raam, Raam, Raam.

O mortal, attach yourself to the Feet of the Saints. ||1||

God is the Sustainer of the world, Merciful to the meek, the Purifier of sinners, the Transcendent Lord God. Awaken, and meditate on His Feet.

Perform His devotional worship, O Nanak, and your destiny shall be fulfilled. ||2||4||155||

Aasaa, Fifth Mehl:

Pleasure and pain, detachment and ecstasy - the Lord has revealed His Play. ||1||Pause||
One moment, the mortal is in fear, and the next moment he is fearless; in a moment, he gets up and departs.

One moment, he enjoys pleasures, and the next moment, he leaves and goes away. ||1||

One moment, he practices Yoga and intense meditation, and all sorts of worship; the next moment, he wanders in doubt.

One moment, O Nanak, the Lord bestows His Mercy and blesses him with His Love, in the Saadh Sangat, the Company of the Holy. ||2||5||156||

Raag Aasaa, Fifth Mehl, Seventeenth House, Aasaavaree:

One Universal Creator God. By The Grace Of The True Guru:

Meditate on the Lord, the Lord of the Universe.

Cherish the Beloved Lord, Har, Har, in your mind.
The Guru says to install it in your consciousness.

Turn away from others, and turn to Him.

Thus you shall obtain your Beloved, O my companion. ||1||Pause||

In the pool of the world is the mud of attachment.

Stuck in it, his feet cannot walk towards the Lord.

The fool is stuck;

he cannot do anything else.

Only by entering the Lord's Sanctuary, O my companion, will you be released. ||1||
Thus your consciousness shall be stable and steady and firm.

Wilderness and household are the same.

Deep within dwells the One Husband Lord;

outwardly, there are many distractions.

Practice Raja Yoga, the Yoga of meditation and success.

Says Nanak, this is the way to dwell with the people, and yet remain apart from them.

Cherish one desire only:
meditate continually on the Guru.

Install the wisdom of the Saints' Mantra.

Serve the Feet of the Guru,

and you shall meet Him, by Guru's Grace, O my mind. ||1|| Pause||

All doubts are dispelled,

and the Lord is seen to be pervading all places.

The fear of death is dispelled, and the primal place is obtained.
ਤਉ ਚੂਕੀ ਸਗਲ ਕਾਨ। ||1||
Then, all subservience is removed. ||1||

ਲਹਨੋ ਜਿਸੂ ਮਥਾਨ ਹਾਂ। ||409||
One who has such destiny recorded upon his forehead, obtains it;

ਬਹੈ ਪਾਵਕ ਪਾਰ ਪਾਰੇ ਹਾਂ। ||409||
he crosses over the terrifying ocean of fire.

ਨੀਜ ਘਰ ਤਿਸ਼ਾਦ ਧਾਨ ਹਾਂ। ||409||
He obtains a place in the home of his own self,

ਹਿਰ ਰਸ ਰਸ਼ਤੀ ਮਾਨ ਹਾਂ। ||409||
and enjoys the most sublime essence of the Lord's essence.

ਲਾਥੀ ਤਿਸ ਭੁਖ ਹਾਂ। ||409||
His hunger is appeased;

ਨਾਨਕ ਸਹੀਜ ਸਾਮਾਈਆਂ ਰੇ ਮਨਾ। ||2||2||158||
Nanak, he is absorbed in celestial peace, O my mind. ||2||2||158||

ਆਸਾਵਾਰੀ ਮੇਲਾ ੫। ||409||
Aasanwari, Fifth Mehl:
हिर हिर हिर गुनी हां ॥
har har har gunee haaN.
Sing the Praises of the Lord, Har, Har, Har.

जपीऐ सहज धुनी हां॥
japee-ai sahj Dhunee haaN.
Meditate on the celestial music.

जपीऐ सहज धुनी हां ॥
saaDhoo rasan bhanee haaN.
The tongues of the holy Saints repeat it.

छूटन िबिध सुनी हां ॥
chhootan biDh sunee haaN.
I have heard that this is the way to emancipation.

पाईऐ वड पुनी मेरे मना ॥१॥ रहाउ ॥
paa-ee-ai vad punee mayray manaa. ||1|| rahaa-o.
This is found by the greatest merit, O my mind. ||1||Pause||

खोजिह जन मुनी हां ॥
khojeh jan munee haaN.
The silent sages search for Him.

सर्ब का पर्भ धनी हां ॥
sarab kaa parabh Dhanee haaN.
God is the Master of all.

दुलभ किल दुनी हां ॥
dulabh kal dunee haaN.
It is so difficult to find Him in this world, in this Dark Age of Kali Yuga.
दुःख बिनासनी हां ॥ (409)
dookh binaasanee haaN.
He is the Dispeller of distress.

पर्भ पूरन आसनी मेरे मना ॥ (409)
parabh pooran aasnee mayray manaa. ||1||
God is the Filler of desires, O my mind. ||1||

अलख अभेवीऐ हां ॥ (410)
alakh abhayvee-ai haaN.
He is unknowable and inscrutable.

गुर ते जानिआ हां ॥ (410)
gur tay jaani-aa haaN.
He is known only through the Guru.

Nanak, my mind is satisfied with the Lord, O my mind. ||2||3||159||
Aasaavaree, Fifth Mehl:

Grab hold of the Support of the One Lord.

Chant the Word of the Guru's Shabad.

Submit to the Order of the True Lord.

Thus you shall be absorbed in peace, O my mind. ||1||Pause||

One who is dead while yet alive,

crosses over the terrifying world-ocean.
ਸਭ ਕੀ ਰੇਨੁ ਹੋਇ ਹੰ ॥ (410)

sabh kee rayn ho-ay haaN.
One who becomes the dust of all -

ਿਨਰਭਉ ਕਹਉ ਸੋਇ ਹੰ ॥ (410)
nirbha-o kaha-o so-ay haaN.
he alone is called fearless.

ਿਤਸੁ ਅੰਦੇਸਾ ਹੰ ॥ (410)
mitay andaysi-aa haaN.
His anxieties are removed

ਸੰਤ ਉਪਦੇਸਾ ਮੇਰੇ ਮਨਾ ॥੧॥ (410)
sant updaysi-aa mayray manaa. ||1||
by the Teachings of the Saints, O my mind. ||1||

ਜੋ ਹਿਰ ਹਿਰ ਜਸੁ ਸੁਨੇ ਹੰ ॥ (410)
jo har har jas sunay haaN.
One who listens to the Praise of the Lord -
How fortunate it is that he came into the world;

Nanak, he is pleasing to God, O my mind.

Meeting together, let us sing the Praises of the Lord, and attain the supreme state.

Those who obtain that sublime essence, obtain all of the spiritual powers of the Siddhas.

They remain awake and aware night and day;
Nanak, they are blessed by great good fortune, O my mind. ||1||Pause||

Let us wash the feet of the Saints;

our evil-mindedness shall be cleansed.

Becoming the dust of the feet of the Lord's slaves,

one shall not be afflicted with pain.

Taking to the Sanctuary of His devotees,

he is no longer subject to birth and death.

They alone become eternal,
हिर हिर जिन्ह जिप लए मेरे मना ॥१॥

who chant the Name of the Lord, Har, Har, O my mind. ||1||

साजनु मीतु तूं हां ॥

You are my Friend, my Best Friend.

Please, implant the Naam, the Name of the Lord, within me.

Without Him, there is not any other.

Within my mind, I worship Him in adoration.

I do not forget Him, even for an instant.

How can I live without Him?

I am a sacrifice to the Guru.
Naanak japay naa-o mayray manaa. ||2||5||161||
Nanak, chant the Name, O my mind. ||2||5||161||

Aasaavaree, Fifth Mehl:

You are the Creator, the Cause of causes.

I cannot think of any other.

Whatever You do, comes to pass.

I sleep in peace and poise.

My mind has become patient,
ਸਾਧੂ ਸੰਗਮੇ ਹਐ॥ (410)
saaDhoo sangmay haaN.
Joining the Saadh Sangat, the Company of the Holy,

ਪੂਰਨ ਸੰਜਮੇ ਹਐ॥ (410)
pooran sanjmay haaN.
I gained perfect control over my senses.

ਜਲ ਤੇ ਛੁਟੇ ਆਪ ਹਐ॥ (410)
jab tay chhutay aap haaN.
Ever since I rid myself of my self-conceit,

ਉਸ ਤੇ ਮਿਟੇ ਤਾਪ ਹਐ॥ (410)
tab tay mitay taap haaN.
my sufferings have ended.

ਕਿਰਪਾ ਧਾਰੀਆ ਹਐ॥ (410)
kirpaa Dhaaree-aa haaN.
He has showered His Mercy upon me.

ਪਿਤ ਰਖੁ ਬਨਵਾਰੀਆ ਮੇਰੇ ਮਨਾ॥੧॥ (410)
pat rakh banvaaree-aa mayray manaa. ||1||
The Creator Lord has preserved my honor, O my mind. ||1||

ਇਹੁ ਸੁਖੁ ਜਾਨੀਐ ਹਐ॥ (410)
ih sukh jaanee-ai haaN.
Know that this is the only peace;

ਹਿਰ ਕਰੇ ਸੁ ਮਾਨੀਐ ਹਐ॥ (410)
har karay so maanee-ai haaN.
accept whatever the Lord does.
mandaa naahi ko-ay haaN.
No one is bad.

sant kee rayn ho-ay haaN.
Become the dust of the Feet of the Saints.

aapay jis rakhai haaN.
He Himself preserves those

har amrit so chakhai mayray manaa. ||2||
who taste the Ambrosial Nectar of the Lord, O my mind. ||2||

jis kaa naahi ko-ay haaN.
One who has no one to call his own -

tis kaa parabhooki so-ay haaN.
God belongs to him.

antargat bujhai haaN.
God knows the state of our innermost being.

sabh kichh tis sujhai haaN.
He knows everything.
Please, Lord, save the sinners.

This is Nanak's prayer, O my mind.

Listen to the call.

Whatever you are attached to, you shall have to leave it all behind.

These things seem like only a dream,
ਪੰਜਾਬੀ ਅਲਾਮ ਦੇ ਕਿਸ ਤਰ੍ਹਾਂ ਦਾ ਨਾਮ ਹੈ? ||੧੦੨ ||
ਪੰਜਾਬੀ ਅਲਾਮ ਦੇ ਕਿਸ ਤਰ੍ਹਾਂ ਦਾ ਨਾਮ ਹੈ? ||੧੦੨ ||

**ਹਿਰ ਨਾਮ ਜਿਨਹਾਂ ਲਏ ॥੧॥**
हਿਰ ਨਾਮ ਜਿਨਹਾਂ ਲਏ ॥੧॥
**to one who takes the Lord's Name. ||1||**

**ਹਿਰ ਤਿਜ ਅਨਲਗੇ ਹਾਂ ॥**
हਿਰ ਤਿਜ ਅਨਲਗੇ ਹਾਂ ॥
**Forsaking the Lord, and clinging to another,**

**ਜਨਮਿਹ ਮਿਰ ਭਗੇ ਹਾਂ ॥**
ਜਨਮਿਹ ਮਿਰ ਭਗੇ ਹਾਂ ॥
**they run toward death and reincarnation.**

**ਹਿਰ ਹਿਰ ਜਿਨ ਲਹੇ ਹਾਂ ॥**
ਹਿਰ ਹਿਰ ਜਿਨ ਲਹੇ ਹਾਂ ॥
**But those humble beings, who attach themselves to the Lord, Har, Har,**

**ਜੀਵਤ ਸੇ ਰਹੇ ਹਾਂ ॥**
ਜੀਵਤ ਸੇ ਰਹੇ ਹਾਂ ॥
**continue to live.**

**ਜਿਸਾਹੀ ਕੱਤਾਲੁ ਹੋਇ ਹਾਂ ॥**
ਜਿਸਾਹੀ ਕੱਤਾਲੁ ਹੋਇ ਹਾਂ ॥
**One who is blessed with the Lord's Mercy,**

**ਨਾਨਕ ਭਗਤ ਸੋੜੀ ॥੨॥੭॥੧੬੩॥੨੩੨॥**
ਨਾਨਕ ਭਗਤ ਸੋੜੀ ॥੨॥੭॥੧੬੩॥੨੩੨॥
**O Nanak, becomes His devotee. ||2||7||163||232||**

**ਆਸਾ ਮਹਲਾ ੫ ਅਸਟਪਦੀਆ ਘਰੁ ॥**
ਆਸਾ ਮਹਲਾ ੫ ਅਸਟਪਦੀਆ ਘਰੁ ॥
**Aasaa, Fifth Mehl, Ashtapadees, Second House:**
One Universal Creator God. By The Grace Of The True Guru:

When the five virtues were reconciled, and the five passions were estranged,

I enshrined the five within myself, and cast out the other five. ||1||

In this way, the village of my body became inhabited, O my Siblings of Destiny.

The fence of true Dharmic religion has been built around it.

The spiritual wisdom and reflective meditation of the Guru has become its strong gate. ||2||

So plant the seed of the Naam, the Name of the Lord, O friends, O Siblings of Destiny.
Deal only in the constant service of the Guru. ||3||

With intuitive peace and happiness, all the shops are filled.

The Banker and the dealers dwell in the same place. ||4||

There is no tax on non-believers, nor any fines or taxes at death.

The True Guru has set the Seal of the Primal Lord upon these goods. ||5||

So load the merchandise of the Naam, and set sail with your cargo.

Earn your profit, as Gurmukh, and you shall return to your own home. ||6||

The True Guru is the Banker, and His Sikhs are the traders.
Their merchandise is the Naam, and meditation on the True Lord is their account. ||7||

One who serves the True Guru dwells in this house.

O Nanak, the Divine City is eternal. ||8||1||

In the Saadh Sangat, the Company of the Holy, I meditate on the Lord, Har, Har; my lifestyle is pure and true. ||1||Pause||

I have such a great thirst for the Blessed Vision of His Darshan; I think of him in so many ways.
करहु अनुगर्हु पारबर्हम हिर िकरपा धािर मुरािर ॥१॥
Karahu anoograhau paarbarahm har kirpaa Dhaar muraar. ||1||
So be Merciful, O Supreme Lord; shower Your Mercy upon me, O Lord, Destroyer of pride. ||1||

मंत्र परदेसी आई आई नामिह िस◌उ साध कै संिग ॥
Man pardaysee aa-i-aa mili-o saaDh kai sang.
My stranger soul has come to join the Saadh Sangat.

जिसु वखर कउ चाहता सो पाइओ नामिह रंग ॥२॥
Jis vakhar ka-o chaahtaa so paa-i-o naameh rang. ||2||
That commodity, which I longed for, I have found in the Love of the Naam, the Name of the Lord. ||2||

जेते माइआ रंग रस िबिन जाहि िखन माह ॥
Jaytay maa-i-aa rang ras binas jaahi khin maahi.
There are so many pleasures and delights of Maya, but they pass away in an instant.

भगत रते तेरे नाम विन भुंचिह सभ ठाइ ॥३॥
Bhagat ratay tayray naam viin bhuNcheh sabh thaa-ay. ||3||
Your devotees are imbued with Your Name; they enjoy peace everywhere. ||3||

महु नाम चलउँइ िविवचउँइ ग्रित खे रुढ़ी ॥
Mau naam chalta-o paykhee-ai nihchal har ko naa-o.
The entire world is seen to be passing away; only the Lord's Name is lasting and stable.

विन भिवृथी मंग िविवचउँइ ग्रित खे रुढ़ी ॥४॥
Vin bhuvrithi mang viivchalu ghati ke ruDhi. ||4||
So make friends with the Holy Saints, so that you may obtain a lasting place of rest. ||4||

भीज माणमु सुत िविवचउँइ वेले ठेर घम ॥
Sreet saajan sut viivchalu vaDu-ay naa saanth.
Friends, acquaintances, children and relatives - none of these shall be your companion.
The Lord's Name alone shall go with you; God is the Master of the meek. ||5||

The Lord's Lotus Feet are the Boat; attached to Them, you shall cross over the world-ocean.

Meeting with the Perfect True Guru, I embrace True Love for God. ||6||

Whatever is pleasing to Your Will is good; by Your Sweet Will, my affairs are adjusted. ||7||

I have met my Beloved, the Ocean of Peace, and Supreme Bliss has welled up within me.

Says Nanak, all my pains have been eradicated, meeting with God, the Lord of Supreme Bliss. ||8||1||2||

Aasaa, Fifth Mehl, Birharray ~ Songs Of Separation, To Be Sung In The Tune Of The Chhants. Fourth House:
One Universal Creator God. By The Grace Of The True Guru:

Remember the Supreme Lord God, O Beloved, and make yourself a sacrifice to the Blessed Vision of His Darshan. ||1||

Remembering Him, sorrows are forgotten, O Beloved; how can one forsake Him? ||2||

I would sell this body to the Saint, O Beloved, if he would lead me to my Dear Lord. ||3||

The pleasures and adornments of corruption are insipid and useless; I have forsaken and abandoned them, O my Mother. ||4||

Lust, anger and greed left me, O Beloved, when I fell at the Feet of the True Guru. ||5||

Those humble beings who are imbued with the Lord, O Beloved, remain satisfied and satiated. ||7||
ਅੰਚਲੁ  ਗਿਹਆ  ਸਾਧ  ਕਾ  ਨਾਨਕ  ਭੈ  ਸਾਗਰੁ  ਪਾਰੀ  ॥੮॥੧॥੩॥
anchal gahi-aa saaDh kaa naanak bhai saagar paar paraa-ay. ||8||1||3||
One who grasps the Hem of the Gown of the Holy Saint, O Nanak, crosses over the terrible world-ocean. ||8||1||3||

ਤਾਤ ਭੱਟ ਦੁਕੁ ਵਟੀਐ ਪਾਿਰੇ ਤਕ ਕੇਟੇ ਪਹਿ ਵਿਨਿਬਿਧਿ ॥੧॥
janam maran dukh katee-ai pi-aaray jab khetaye har raa-ay. ||1||
The pains of birth and death are removed, O Beloved, when the mortal meets with the Lord, the King. ||1||

ਸੁੰਦਰੁ  ਸੁਘਰੁ  ਸੁਜਾਣੁ  ਪਰਬੁ  ਮੇਰਾ  ਜੀਵਨੁ  ਦਰਸੁ ਿਦਖਾਇ ॥੨॥
sundar sughar sujaan parabh mayraa jeevan daras dikhaa-ay. ||2||
God is so Beautiful, so Refined, so Wise - He is my very life! Reveal to me Your Darshan! ||2||

ਤੇ ਨੀਆ ਡੁਕ ਦੇ ਬੀੱਚੁੜੇ ਪਿਆਰੇ ਤਤਭਿ ਭਰਿਦ ਬਿਬਸ ਧਿਧਿ ॥੩॥
jo jee-a tujh tay beechhuray pi-aaray janam mareh bikh khaa-ay. ||3||
Those beings who are separated from You, O Beloved, are born only to die; they eat the poison of corruption. ||3||

ਤਿਸ ਵੁ ਮੇਲੀ ਿਨ ਭਿਨੇ ਪਿਆਰੇ ਕਸੀ ਲਗਾਇ ਧਿਧਿ ॥੪॥
jis tooN mayleh so milai pi-aaray tis kai laaga-o paa-ay. ||4||
He alone meets You, whom You cause to meet, O Beloved; I fall at his feet. ||4||

ਤੇ ਸੁਖੁ  ਦਰਸਨੁ  ਪੇਖਤੇ  ਿਪਾਰੇ  ਮੁਖ  ਤੇ  ਕਹਣੁ  ਨ ਜਾਇ ॥੫॥
jo sukh darsan paykh-tay pi-aaray tis kahntay mukh khaan na jaa-ay. ||5||
That happiness which one receives by beholding Your Darshan, O Beloved, cannot be described in words. ||5||

ਸਾਚੀ  ਪਰੀਤ  ਨ ਤੁਟਈ  ਿਪਾਰੇ  ਜੁਗਤ  ਜੁਗਤ  ਰਹੀ  ਸਮਾਇ ॥੬॥
saachee pareet na teet-ee pi-aaray jug jug rahee samaa-ay. ||6||
True Love cannot be broken, O Beloved; throughout the ages, it remains. ||6||
जो तुधु भावै सो भला पिआरे तेरी अमर रजाइ ||7||
Whatever pleases You is good, O Beloved; Your Will is Eternal. ||7||

Nanak, those who are imbued with the Love of the All-Pervading Lord, O Beloved, remain intoxicated with His Love, in natural ease. ||8||2||4||

You know all about my condition, O Beloved; who can I speak to about it? ||1||

All my days and nights are blessed, O Beloved, when I chant and meditate on the Lord's Name. ||5||
He does the deeds, O Beloved, which are pre-ordained, and inscribed upon his forehead. ||6||
The One is Himself prevailing everywhere, O Beloved; He is pervading in each and every heart. ||7||

Lift me up out of the deep pit of the world, O Beloved; Nanak has taken to Your Sanctuary. ||8||3||22||15||2||42||

One Universal Creator God. By The Grace Of The True Guru:

Raag Aasaa, Fifth Mehl, Chhant, First House:

I have seen the Lord God!
Tasted - I have tasted the sweet essence of the Lord.

The sweet essence of the Lord has rained down in my mind; by the pleasure of the True Guru, I have attained peaceful ease.

I have come to dwell in the home of my own self, and I sing the songs of joy; the five villains have fled.
ਸੀਤਲ आਘਾਣੇ ਅਞਾਰਮ੍ਰ ਮੱਠ ਸੰਤ ਬਸੀਠਾ ॥ (452)
I am soothed and satisfied with the Ambrosial Bani of His Word; the friendly Saint is my advocate.

ਕਹੁ ਨਾਨਕ ਹੀਰ ਸੀ ਵੁਲਨਾਮਾ ਸੋ ਪ੍ਰਮਸ ਨਾਈਡੀਠਾ ॥੧॥ (452)
Says Nanak, my mind is in harmony with the Lord; I have seen God with my eyes. ||1||

ਸੋਹੁਆਰਹੇ ਸੋਹੁਆਰਹੇ ਮੇਰੇ ਬੰਕ ਦੁਆਰੇ ਰਾਮ ॥ (452)
Adorned - adorned are my beauteous gates, O Lord.

ਪਾਹੁਨਡੇ ਪਾਹੁਨਡੇ ਮੇਰੇ ਸੰਤ ਿਪਆਰੇ ਰਾਮ ॥ (452)
Guests - my guests are the Beloved Saints, O Lord.

ਸੰਤ ਿਪਆਰੇ ਕਾਰਜ ਸਵਾਰੇ ਸੰਤ ਿਪਆਰੇ ਦਹਾਨ ॥ (452)
The Beloved Saints have resolved my affairs; I humbly bowed to them, and committed myself to their service.

ਅਪਣੇ ਜਾਂਜੀ ਅਪੇ ਬੋਧੀ ਆਦਿ ਸੁਖਮੀ ਆਦਿ ਦੇਖਾ ॥ (452)
He Himself is the groom’s party, and He Himself the bride’s party; He Himself is the Lord and Master; He Himself is the Divine Lord.

ਵਹੁ ਰਾਹਵ ਅਧਿ ਸਕੱਤੇ ਅਪੇ ਘਾਨ ਘਾਨੇ ਕਾਰਜ ਦੁਆਰੇ ॥੨॥ (452)
He Himself resolves His own affairs; He Himself sustains the Universe.

ਕਹੁ ਨਾਨਕ ਹੀਰ ਘਾਰ ਸੁਖੀ ਬੈਠਾ ਸੋਹੇ ਬੰਕ ਦੁਆਰੇ ॥੨॥ (452)
Says Nanak, my Bridegroom is sitting in my home; the gates of my body are beautifully adorned. ||2||
The nine treasures - the nine treasures come into my home, Lord.

Everything - I obtain everything, meditating on the Naam, the Name of the Lord.

Meditating on the Naam, the Lord of the Universe becomes the one's eternal companion, and he dwells in peaceful ease.

His calculations are ended, his wanderings cease, and his mind is no longer afflicted with anxiety.

When the Lord of the Universe reveals Himself, and the unstruck melody of the sound current vibrates, the drama of wondrous splendor is enacted.

Over-joyed - over-joyed are all my brothers and friends.

Meeting the Guru, I have won the most arduous battle in the arena of life."
Meet the Guru, I am victorious; praising the Lord, Har, Har, the walls of the fortress of doubt have been destroyed.

I have obtained the wealth of so many treasures; the Lord Himself has stood by my side.

He is the man of spiritual wisdom, and he is the leader, whom God has made His own.

Says Nanak, when the Lord and Master is on my side, then my brothers and friends rejoice.

Aasaa, Fifth Mehl:

Inexpressible is the sermon of the inexpressible Lord; it cannot be known at all.

The demi-gods, mortal beings, angels and silent sages express it in their peaceful poise.

In their poise, they recite the Ambrosial Bani of the Lord's Word; they embrace love for the Lord's Lotus Feet.
ਐਕੁ ਅਲਖੁ ਪਰ੍ਭੁ ਿਨਰੰਜਨੁ ਮਨ ਚਿਦੀਆ-ਫਲ ਪਾਇਆ ॥ (453)
Meditating on the One incomprehensible and immaculate Lord, they obtain the fruits of their heart's desires.

ਜਿੱਤ ਮਾਨੁ ਮੋਹੁ ਿਵਕਾਰੁ ਦੂਜਾ ਜੋਤੀ ਜੋਿਤ ਸਮਾਣੀ ॥ (453)
Renouncing self-conceit, emotional attachment, corruption and duality, their light merges into the Light.

ਿਬਨਵੰਤ ਨਾਨਕ ਗੁਰ ਪਾਰਸਵੀ ਸਦਾ ਹਿਰ ਰੰਗ ਮਾਣੀ ॥੧॥ (453)
Prays Nanak, by Guru's Grace, one enjoys the Lord's Love forever. ||1||

ਿਰ ਿੱਗ ਰਿਗ ਸਮਾਕ ਸੰਤ ਸੰਗਤ ਪਾਈ ਰਾਮ ॥ (453)
The Lord's Saints - the Lord's Saints are my friends, my best friends and helpers.

ਿਰ ਿੱਗ ਤੇ ਨਾ ਿਮਟਾਈਆ ਆਪੈ ॥ (453)
By great good fortune, I obtained it, and I meditate on the Naam, the Name of the Lord; my pains and sufferings have been taken away.

ਗੁਰ ਚਰਨੀ ਲਾਗੇ ਬਹੂ ਿਦਾ ਿਮਟਾਈਆ ਆਪੁ ਿਦੰਤਾਹਾ ਆਪੈ ॥ (453)
I have grasped the Guru's Feet, and my doubts and fears are gone. He Himself has erased my self-conceit.
Granting His Grace, God has united me with Himself; no longer do I suffer the pains of separation, and I shall not have to go anywhere.

Prays Nanak, I am forever Your slave, Lord; I seek Your Sanctuary. ||2||

The Lord's Gate - at the Lord's Gate, Your beloved devotees look beautiful.

Meeting the Perfect Guru, we meditate on the Naam, and do not lose this life in the gamble.
Innumerable - innumerable are Your Glorious Virtues; how many of them can I sing?

The dust of Your feet, of Your feet, I have obtained, by great good fortune.

Bathing in the Lord's dust, my filth has been washed away, and the pains of birth and death have departed.

Inwardly and outwardly, the Transcendent Lord God is ever-present, always with us.

Suffering departs, and there is peace; singing the Kirtan of the Lord's Praises, one is not consigned to reincarnation again.

Prays Nanak, in the Guru's Sanctuary, one swims across, and is pleasing to God.

One Universal Creator God. By The Grace Of The True Guru:
ਕਰਿ ਚਰਨ ਕਮਲ ਮੀਠਾ ਰਾਮ ਰਾਜੇ ॥ (453)
ਹਿਰਚਰਨ ਕਮਲ ਮੀਠਾ ਰਾਮ ਰਾਜੇ ॥
har charan kamal manu meethaa raam raajay.
My mind is pierced by the Lord's Lotus Feet; He alone is sweet to my mind, the Lord King.

ਮਿਲ ਸੰਤਸੰਗਿਤ ਆਰਾਧਾ ਹਿਰ ਘਿਟ ਘਟੇ ਡੀਠਾ ਰਾਮ ਰਾਜੇ ॥ (453)
mil santsangat aaraaDhi-aa har ghat ghatay deethaa raam raajay.
Joining the Society of the Saints, I meditate on the Lord in adoration; I behold the Lord King in each and every heart.

ਹਿਰ ਘਿਟ ਘਟੇ ਡੀਠਾ ਅਮਰਨ ਵੂਠਾ ਜਨਮ ਮਰਨ ਦੁੱਖ ਨਾਠੇ ॥ (453)
har ghat ghatay deethaa amrito voothaa janam maran dukh naathay.
The pains of birth and death are gone.

ਗੁਣ ਨਿਧ ਗਾਇਆ ਸਭ ਦੁੱਖ ਿਮਟਾਇਆ ਹਉਮੈ ਬਨਸੀ ਗਾਠੇ ॥ (454)
gun niDh gaa-i-aa sabh dookh mitaa-i-aa ha-umai binsee gaathay.
singing the praises of the Lord, the treasure of virtue, all my pains are erased, and the knot of ego has been untied.

ਹਿਰ ਨਾਨਕ ਬੇਠੇ ਚਰਨ ਕਮਲ ਿਕਛੁ ਆਨ ਨ ਮੀਠਾ ॥੧॥ (454)
har naanak bayDhay charan kamal kichh aan na meethaa. ||1||
The Lotus Feet of the Lord have pierced Nanak's mind, and now, nothing else seems sweet to him. ||1||

ਜ਼ਿਉ ਰਾਤੀ ਜਿਲ ਮਾਛੁਲੀ ਿਤਉ ਰਾਮ ਰਿਸ ਮਾਤੇ ਰਾਮ ਰਾਜੇ ॥ (454)
ji-o raatee jal maachhulee ti-o raam ras maatay raam raajay.
just like the fish which revels in water, I am intoxicated with the sublime essence of the Lord, my Lord King.
Gur poorai updaysi-aa jeevan gat bhaatay raam raajay.
The Perfect Guru has instructed me, and blessed me with salvation in my life; I love the Lord, my King.

Jeevan gat su-aamee antarjaamee aap lee-ay lharh laa-ay.
The Lord Master, the Searcher of hearts, blesses me with salvation in my life; He Himself attaches me to His Love.

Har ratan padaaratho pargato poorno chhod na kathoo jaa-ay.
The Lord is the treasure of jewels, the perfect manifestation; He shall not forsake us to go anywhere else.

Parabh sughar saroop sujaan su-amee taa kee mitai na datay.
God, the Lord Master, is so accomplished, beauteous, and all-knowing; His gifts are never exhausted.

Jal sang raatee maachhulee naanak har maatay. ||2||
As the fish is enraptured by the water, so is Nanak intoxicated by the Lord. ||2||

Chaatrik jaachai boond ji-o har paraan aDhaaraa raam raajay.
As the song-bird yearns for the rain-drop, the Lord, the Lord my King, is the Support of my breath of life.

Maal khajeenaa sut bharaat meet sabhahooN tay pi-aaraa raam raajay.
My Lord King is more beloved than all wealth, treasure, children, siblings and friends.
The absolute Lord, the Primal Being, is more beloved than all; His condition cannot be known.

I shall never forget the Lord, for an instant, for a single breath; through the Word of the Guru's Shabad, I enjoy His Love.

The Primal Lord God is the Life of the Universe; His Saints drink in the Lord's sublime essence. Meditating on Him, doubts, attachments and pains are shaken off.

As the song-bird yearns for the rain-drop, so does Nanak love the Lord.

Meeting the Lord, my Lord King, my desires are fulfilled.

The walls of doubt have been torn down, meeting the Brave Guru, O Lord King.

The Perfect Guru is obtained by perfect pre-ordained destiny; God is the Giver of all treasures - He is merciful to the meek.
In the beginning, in the middle, and in the end, is God, the most beautiful Guru, the Sustainer of the World.

The dust of the feet of the Holy purifies sinners, and brings great joy, bliss and ecstasy.

The Lord, the Infinite Lord, has met with Nanak, and his desires are fulfilled.

One Universal Creator God. By The Grace Of The True Guru:

Those beings, unto whom the Lord God shows His Mercy, meditate on the Lord, Har, Har.

O Nanak, they embrace love for the Lord, meeting the Saadh Sangat, the Company of the Holy.
Chhant:

जल दुध निआई रीति अब दूध आच नही मन ऐसी प्रीति हरे।
jal duDh ni-aa-ee reet ab duDh aach nahee man aisee pareet haray.
Just like water, which loves milk so much that it will not let it burn - O my mind, so love the Lord.

अब उजी-ओ अलि कमलेह बासन माही मगन दुख भी नाहि टरै।
ab urjhi-o al kamlayh baasan maahi magan ik khin bhee naahi tarai.
The bumble bee becomes enticed by the lotus, intoxicated by its fragrance, and does not leave it, even for a moment.

किर कीरत गोविंद गुणीऐ सगल पराचत दुख हरे।
kir keerat govind gunee-ai sagal paraachhat dukh haray.
Sing the Kirtan, the Praises of the Lord of the Universe, and all sins and sorrows shall depart.

कहु नानक छंत गोविंद हिर के मन हिर िसउ नेहु करेहु ऐसी मन प्रीति हरे॥१॥
kaho naanak chhant govind har kay man har si-o nayhu karayhu aisee man pareet haray.
Says Nanak, chant the Hymns of the Lord, the Lord of the Universe, O mind, and enshrine love for the Lord; love the Lord this way in your mind. ||1||
जैसी मछुली लील धिम धिम दी न पीवे मन ऐसा नेहु करेहु ॥ (454)
jaisee machhulee neer ikh in bhee naa Dheeray man aisa nayhu karayhu.
As the fish loves the water, and is not content even for an instant outside it, O my mind, love the Lord in this way.

जैसी चात्र्क पिपास धिम धिम बूंद चवै बरसु सुहावे मेहु ॥ (455)
jaisee chaatrik pi-aas khin boun bhave varas suhaave mayhu.
Like the song-bird, thirsting for the rain-drops, chirping each and every moment to the beautiful rain clouds.

हिर परीत करीजै इहु मनु दीजै अित लाईऐ चित मुरारी ॥ (455)
har pareet kareejai ih man deejai at laa-ei chit muraaree.
So love the Lord, and give to Him this mind of yours; totally focus your consciousness on the Lord.

मानु न कीजै सरिण परीजै दरसन कउ बिलहारी ॥ (455)
maan na keejai saran pareejai darsan ka-o balihaaree.
Do not take pride in yourself, but seek the Sanctuary of the Lord, and make yourself a sacrifice to the Blessed Vision of His Darshan.

चकवी सूर सनेहु िचतवै आस घणी किद िदनीअरु देखीऐ ॥ (455)
chakvee soor sanayhu chitvai aas ghanee kad dinee-ar daykhee-ai.
The chakvi bird is in love with the sun, and thinks of it constantly; her greatest longing is to behold the dawn.
 Kokil amb pareet chavai suhaavee-aa man har rang keejee-ai. The cuckoo is in love with the mango tree, and sings so sweetly. O my mind, love the Lord in this way.

 Har pareet kareejai maan na keejai ik raatee kay habh paahuni-aa. Love the Lord, and do not take pride in yourself; everyone is a guest for a single night.

 Thir saaDhoo samee parhee-ai charnee ab tootas moh jo kitee-ai. Seek the eternal Sanctuary of the Holy and fall at their feet, and the attachments which you feel shall depart.

 Kaho naanak chhant da-i-aal purakh kay man har laa-ay pareet kab dinee-ar daykhee-ai. Says Nanak, chant the Hymns of the Merciful Lord God, and enshrine love for the Lord, O my mind; otherwise, how will you come to behold the dawn? ||3||

 Nis kurank jaisay naad sun sarvanee hee-o divai man aisee pareet keejai. Like the deer in the night, who hears the sound of the bell and gives his heart - O my mind, love the Lord in this way.

 Jaisee tarun bhataar urjhee pireh sivai ih man laal deejai. Like the wife, who is bound by love to her husband, and serves her beloved - like this, give your heart to the Beloved Lord.
Give your heart to your Beloved Lord, and enjoy His bed, and enjoy all pleasure and bliss.

I have obtained my Husband Lord, and I am dyed in the deep crimson color of His Love; after such a long time, I have met my Friend.

When the Guru became my advocate, then I saw the Lord with my eyes. No one else looks like my Beloved Husband Lord.

Says Nanak, chant the Hymns of the merciful and fascinating Lord, O mind. Grasp the lotus feet of the Lord, and enshrine such love for Him in your mind.

From forest to forest, I wandered searching; I am so tired of taking baths at sacred shrines of pilgrimage.
O Nanak, when I met the Holy Saint, I found the Lord within my mind. ||1||

Countless silent sages and innumerable ascetics seek Him;

millions of Brahmas meditate and adore Him; the spiritual teachers meditate and chant His Name.

Through chanting, deep meditation, strict and austere self-discipline, religious rituals, sincere worship, endless purifications and humble salutations,

wandering all over the earth and bathing at sacred shrines of pilgrimage, people seek to meet the Pure Lord.

Mortals, forests, blades of grass, animals and birds all meditate on You.

The Merciful Beloved Lord, the Lord of the Universe is found; O Nanak, joining the Saadh Sangat, the Company of the Holy, salvation is attained. ||1||
Millions of incarnations of Vishnu and Shiva, with matted hair

yearn for You, O Merciful Lord; their minds and bodies are filled with infinite longing.

The Lord Master, the Lord of the Universe, is infinite and unapproachable; God is the all-pervading Lord of all.

The angels, the Siddhas, the beings of spiritual perfection, the heavenly heralds and celestial singers meditate on You. The Yakhsha demons, the guards of the divine treasures, and the Kinnars, the dancers of the god of wealth chant Your Glorious Praises.

Millions of Indras and countless gods and super-human beings meditate on the Lord Master and celebrate His Praises.

The Merciful Lord is the Master of the masterless, O Nanak; joining the Saadh Sangat, the Company of the Holy, one is saved.

Millions of gods and goddesses of wealth serve Him in so many ways.
The invisible and visible beings worship Him in adoration, along with wind and water, day and night.

The stars, the moon and the sun meditate on Him; the earth and the sky sing to Him.

All the sources of creation, and all languages meditate on Him, forever and ever.

He is the Purifier of sinners, the Lover of His Saints; O Nanak, He is met in the Society of the Saints.

As much as God has revealed to us, that much we can speak with our tongues.

Those unknown ones who serve You cannot be counted.

Imperishable, incalculable, and unfathomable is the Lord and Master; He is everywhere, inside and out.
We are all beggars, He is the One and only Giver; He is not far away, but is with us, ever-present.

He is in the power of His devotees; those whose souls are united with Him - how can their praises be sung?

May Nanak receive this gift and honor, of placing his head on the feet of the Holy Saints.

Make the effort, O very fortunate ones, and meditate on the Lord, the Lord King.

O Nanak, remembering Him in meditation, you shall obtain total peace, and your pains and troubles and doubts shall depart.

O Nanak,

Remembering Him in meditation, you shall obtain total peace, and your pains and troubles and doubts shall depart.
ਨਾਮੁ ਜਪਤ ਗੋਿਬੰਦ ਨਹ ਅਲਸਾਈਐ ॥ (456)
nam japat gobind nah alsaa-ee-ai.
Chant the Naam, the Name of the Lord of the Universe; don't be lazy.

ਭੇਟਤ ਸਾਧੂ ਸੰਗ ਜਮ ਪੁਰੀ ਨਹ ਜਾਈਐ ॥ (456)
bhayat saaDhoo sang jam puri nah jaa-ee-ai.
Meeting with the Saadh Sangat, the Company of the Holy, you shall not have to go to the City of Death.

ਦੂਖ ਦਰਦ ਨ ਭਉ ਿਬਆਪੈ ਨਾਮੁ ਿਸਮਰਤ ਸਦ ਸੁਖੀ ॥ (456)

Pain, trouble and fear will not afflict you; meditating on the Naam, a lasting peace is found.

ਸਾਿਸ ਸਾਿਸ ਅਰਾਿਧ ਹਿਰ ਹਿਰ ਿਧਆਇ ਸੋ ਪਰ੍ਭੁ ਮਿਨ ਮੁਖੀ ॥ (456)

With each and every breath, worship the Lord in adoration; meditate on the Lord God in your mind and with your mouth.

ਪਾਵਨ ਪਿਤਤ ਪੁਨੀਤ ਨਾਮ ਿਨਰੰਜਨਾ ॥ (456)
The Purifier of sinners is the Naam, the Pure Name of the Immaculate Lord.

ਭਰਮ ਅੰਧੇਰ ਿਬਨਾਸ ਿਗਆਨ ਗੁਰ ਅੰਜਨਾ ॥ (456)
The darkness of doubt is removed by the healing ointment of the Guru's spiritual wisdom.
By the healing ointment of the Guru's spiritual wisdom, one meets the Immaculate Lord God, who is totally pervading the water, the land and the sky.

If He dwells within the heart, for even an instant, sorrows are forgotten.

The wisdom of the all-powerful Lord and Master is incomprehensible; He is the Destroyer of the fears of all.

Prays Nanak, I meditate on the Lord's lotus feet. The Purifier of sinners is the Naam, the Pure Name of the Immaculate Lord. ||2||

I have grasped the protection of the merciful Lord, the Sustainer of the Universe, the treasure of grace.

I take the support of Your lotus feet, and in the protection of Your Sanctuary, I attain perfection.

The Lord's lotus feet are the cause of causes; the Lord Master saves even the sinners.
Saagar sansaar bhav utaar naam simrat baho taray. So many are saved; they cross over the terrifying world-ocean, contemplating the Naam, the Name of the Lord.

Aad ant kayant khojeh sunee uDhran satsang biDhay. In the beginning and in the end, countless are those who seek the Lord. I have heard that the Society of the Saints is the way to salvation.

Naanak pa-i-ampai charan jampai ot gahee gopaal da-i-aal kirpa niDhay. Prays Nanak, I meditate on the Lord's lotus feet, and grasp the protection of the Lord of the Universe, the merciful, the ocean of kindness.

Bhagat vachhal har birad aap banaa-ia. The Lord is the Lover of His devotees; this is His natural way.

Jah jah sant araaDheh tah tah paragtaa-ia. God blends Himself with His devotees in His natural way, and resolves their affairs.

Bhagat vachhal har birad aap banaa-ia. The Lord is the Lover of His devotees; this is His natural way.

Wherever the Saints worship the Lord in adoration, there He is revealed.

Parab har jas saamay sahj subhaa-ay bhagat kaaraj saari-aa. In the ecstasy of the Lord's Praises, they obtain supreme joy, and forget all their sorrows.

Chamatkaar pargaas dah dis ayk tah daristaa-ia. The brilliant flash of the One Lord is revealed to them - they behold Him in the ten directions.
Prays Nanak, I meditate on the Lord's lotus feet; the Lord is the Lover of His devotees; this is His natural way.

The Husband Lord of the Saints is eternal; He does not die or go away.

She, whose home is blessed by her Husband Lord, enjoys Him forever.

God is eternal and immortal, forever young and immaculately pure.

He is not far away, He is ever-present; the Lord and Master fills the ten directions, forever and ever.

He is the Lord of souls, the source of salvation and wisdom. The Love of my Dear Beloved is pleasing to me.
Jaa ka-o raam bhaataar taa kai anad ghanaa.
One who has the Lord as her Husband enjoys great bliss.

Sukhvantee saa naar sobhaa poor banaa.
That soul-bride is happy, and her glory is perfect.

Maaan mahat kali-aan har jas surjan so parhoo.
She obtains honor, greatness and happiness, singing the Praise of the Lord. God, the Great Being, is always with her.

Sarab siDh nav niDh tit garihi nahee oonaa sabh kachhoo.
She attains total perfection and the nine treasures; her home lacks nothing. - everything is there.

MaaDhur baanee pireh maanee thir sohaag taa kaa banaa.
Her speech is so sweet; she obeys her Beloved Lord; her marriage is permanent and everlasting.

Naanak vakhaanai gur bachan jaanai jaa ko raam bhaataar taa kai anad ghanaa. ||2||
Nanak chants what he knows through the Guru's Teachings: One who has the Lord as her Husband enjoys great bliss. ||2||

Aa-o sakhee sant paas sayvaa laagee-ai.
Come, O my companions, let us dedicate ourselves to serving the Saints.

Peesa-o charan pakhair aap ti-aagee-ai.
Let us grind their corn, wash their feet and so renounce our self-conceit.


**taj aap mitai sant aap nah jaanae-ai.**
Let us shed our egos, and our troubles shall be removed; let us not display ourselves.

**saran gahijai maan leejai karay so sukh paa-ee-ai.**
Let us take to His Sanctuary and obey Him, and be happy with whatever He does.

**kar daas daasee taj udaasee kar jorh din rain jaagee-ai.**
Let us become the slaves of His slaves, and shed our sadness, and with our palms pressed together, remain wakeful day and night.

**naanak vakhaanai gur bachan jaanai aa-o sakhee sant paas sayvaa laagee-ai. ||3||
Nanak chants what he knows through the Guru's Teachings; come, O my companions, let us dedicate ourselves to serving the Saints. ||3||

**jaa kai mastak bhaag se sayvaa laa-i-aa.**
One who has such good destiny written upon his forehead, dedicates himself to His service.

**taa kee pooran aas jinH saaDhsang padaa.**
One who attains the Saadh Sangat, the Company of the Holy, has his desires fulfilled.

**saaDhsang har kai rang gobind simran laagi-aa.**
In the Saadh Sangat, immerse yourself in the Love of the Lord; remember the Lord of the Universe in meditation.

**bharam moh vikaar doojaa sagal tineh ti-aagi-aa.**
Doubt, emotional attachment, sin and duality - he renounces them all.
Peace, poise and tranquility fill his mind, and he sings the Lord's Glorious Praises with joy and delight.

Nanak chants what he knows through the Guru's Teachings: one who has such good destiny written upon his forehead, dedicates himself to His service.

If you chant the Naam, the Name of the Lord, Har, Har, the Messenger of Death will have nothing to say to you.

O Nanak, the mind and body will be at peace, and in the end, you shall merge with the Lord of the world.

Let me join the Society of the Saints - save me, Lord!
With my palms pressed together, I offer my prayer: give me Your Name, O Lord, Har, Har.

I beg for the Lord's Name, and fall at His feet; I renounce my self-conceit, by Your kindness.

I shall not wander anywhere else, but take to Your Sanctuary. O God, embodiment of mercy, have mercy on me.

O all-powerful, indescribable, infinite and immaculate Lord Master, listen to this, my prayer.

With palms pressed together, Nanak begs for this blessing: O Lord, let my cycle of birth and death come to an end.

I am a sinner, devoid of wisdom, worthless, destitute and vile.

I am deceitful, hard-hearted, lowly and entangled in the mud of emotional attachment.

I am stuck in the filth of doubt and egotistical actions, and I try not to think of death.
In ignorance, I cling to the pleasures of woman and the joys of Maya.

My youth is wasting away, old age is approaching, and Death, my companion, is counting my days.

Prays Nanak, my hope is in You, Lord; please preserve me, the lowly one, in the Sanctuary of the Holy.

I have wandered through countless incarnations, suffering terrible pain in these lives.

I am entangled in sweet pleasures and gold.

After wandering around with such great loads of sin, I have come, after wandering through so many foreign lands.

Now, I have taken the protection of God, and I have found total peace in the Name of the Lord.
राखनहारे परभ पियारे मुझ ते कछू न होआ होन॥ (458)

God, my Beloved, is my protector; nothing was done, or will ever be done, by myself alone.

ਸੂਖ ਸਹਜ ਆਨੰਦ ਨਾਨਕ ਿਕਰ੍ਪਾ ਤੇਰੀ ਤਰੈ ਭਉਨ॥ (3)

I have found peace, poise and bliss, O Nanak; by Your mercy, I swim across the world-ocean. ||3||

ਨਾਮ ਧਾਰੀਕ ਉਧਾਰੇ ਭਗਤਹ ਸੰਸਾ ਕਉਨ॥ (458)

You saved those who only pretended to believe, so what doubts should Your true devotees have?

ਜੇਨ ਕੇ ਪਰਕਾਰੇ ਹਿਰ ਹਿਰ ਜਸੁ ਸੁਨਹੁ ਸਰਵਨ॥ (458)

By every means possible, listen to the Praises of the Lord with your ears.

ਸੁਨ ਸਰਵਨ ਬਾਨੀ ਪੁਰਖ ਿਗਆਨੀ ਮਿਨ ਿਨਧਾਨਾ ਪਾਵਹੇ॥ (458)

Listen with your ears to the Word of the Lord's Bani, the hymns of spiritual wisdom; thus you shall obtain the treasure in your mind.

ਹਿਰ ਰੰਗ ਰਾਤੇ ਪਰ੍ਭ ਿਬਧਾਤੇ ਰਾਮ ਕੇ ਗੁਣ ਗਾਵਹੇ॥ (458)

Attuned to the Love of the Lord God, the Architect of Destiny, sing the Glorious Praises of the Lord.

ਬਸੁਧ ਕਾਗਦ ਬਨਰਾਜ ਕਲਮਾ ਿਲਖਣ ਕਉ ਜੇ ਹੋਇ ਪਵਨ॥ (458)

The earth is the paper, the forest is the pen and the wind is the writer,
but still, the end of the endless Lord cannot be found. O Nanak, I have taken to the Sanctuary of His lotus feet. ||4||5||8||

Aasaa, Fifth Mehl:

The Primal Lord is the Lord God of all beings. I have taken to His Sanctuary.

My life has become fearless, and all my anxieties have been removed.

I know the Lord as my mother, father, son, friend, well-wisher and close relative.

The Guru has led me to embrace Him; the Saints chant His Pure Praises.

God is the One and only, the Unseen Lord and Master; O Nanak, I have grasped His protection.
The world is a pool of nectar, when the Lord becomes our helper.

One who wears the necklace of the Lord’s Name - his days of suffering are ended.

His state of doubt, attachment and sin is erased, and the cycle of reincarnation into the womb is totally ended.

The ocean of fire becomes cool, when one grasps the hem of the robe of the Holy Saint.

The Lord of the Universe, the Sustainer of the World, the merciful all-powerful Lord - the Holy Saints proclaim the victory of the Lord.

O Nanak, meditating on the Naam, in the perfect Saadh Sangat, the Company of the Holy, I have obtained the supreme status. ||2||

Wherever I look, there I find the One Lord permeating and pervading all.

In each and every heart, He Himself dwells, but how rare is that person who realizes this.
The Lord is permeating and pervading the water, the land and the sky; He is contained in the ant and the elephant.

In the beginning, in the middle and in the end, He exists. By Guru’s Grace, He is known.

God created the expanse of the universe, God created the play of the world. His humble servants call Him the Lord of the Universe, the treasure of virtue.

Meditate in remembrance on the Lord Master, the Searcher of hearts; O Nanak, He is the One, pervading and permeating all. ||3||

Day and night, become beauteous by remembering the Naam, the Name of the Lord.

In love with the Lord’s Lotus Feet, corruption and sin depart.

Pain, hunger and poverty run away, and the path is clearly revealed.

Joining the Saadh Sangat, the Company of the Holy, one is attuned to the Naam, and obtains the desires of the mind.
Beholding the Blessed Vision of the Lord's Darshan, desires are fulfilled; all one's family and relatives are saved.

Day and night, he is in bliss; night and day, remembering the Lord in meditation, O Nanak.

It is the most sublime contemplation, to speak of the Lord of the Universe in the pure Saadh Sangat, the Company of the Holy.

O Nanak, never the Naam, even for a moment; bless me with Your Grace, Lord God!

Chhant.
The night is wet with dew, and the stars twinkle in the heavens.

The Saints remain wakeful; they are the Beloveds of my Lord.

The Beloveds of the Lord remain ever wakeful, remembering the Naam, the Name of the Lord, day and night.

In their hearts, they meditate on the lotus feet of God; they do not forget Him, even for an instant.

They renounce their pride, emotional attachment and mental corruption, and burn away the pain of wickedness.

Prays Nanak, the Saints, the beloved servants of the Lord, remain ever wakeful.

My bed is adorned in splendor.

My mind is filled with bliss, since I heard that God is coming.
Meeting God, the Lord and Master, I have entered the realm of peace; I am filled with joy and delight.

He is joined to me, in my very fiber; my sorrows have departed, and my body, mind and soul are all rejuvenated.

I have obtained the fruits of my mind's desires, meditating on God; the day of my wedding is auspicious.

I meet with my companions and say, "Show me the insignia of my Husband Lord".

I am filled with the sublime essence of His Love, and I do not know how to say anything.

The Glorious Virtues of the Creator are profound, mysterious and infinite; even the Vedas cannot find His limits.
With loving devotion, I meditate on the Lord Master, and sing the Glorious Praises of the Lord forever.

Filled with all virtues and spiritual wisdom, I have become pleasing to my God.

Prays Nanak, imbued with the color of the Lord's Love, I am imperceptibly absorbed into Him.

When I began to sing the songs of rejoicing to the Lord, my friends became glad, and my troubles and enemies departed.

My peace and happiness increased; I rejoiced in the Naam, the Name of the Lord, and God Himself blessed me with His mercy.

I have grasped the Lord's feet, and remaining ever wakeful, I have met the Lord, the Creator.
ਸੁਭ ਦਿਵਸ ਆਏ ਸਹਿਜ ਪਾਏ ਸਗਲ ਿਨਿਧ ਪਰ੍ਭ ਪਾਗੇ ॥ 4॥7॥10॥
subh divas aa-ay sahj paa-ay sagal niDh parabh paagay.
The appointed day came, and I attained peace and poise; all treasures are in the feet of God.

ਿਬਨਵੰਿਤ ਨਾਨਕ ਸਰਿਣ ਸੁਆਮੀ ਸਦਾ ਹਿਰ ਜਨ ਤਾਗੇ ॥४॥੧॥੧੦॥
binvant naanak saran su-aamee sadaa har jan taagay. ||4||1||10||
Prays Nanak, the Lord's humble servants always seek the Sanctuary of the Lord and Master. ||4||1||10||

ਾਸਾ ਮੇਹਲਾ ੫ ॥
aasaa mehlaa 5.
Aasaa, Fifth Mehl:

ਉਿਠ ਵੰਞੁ ਵਟਾਊ ਤੈ ਿਕਾ ਿਚਰੁ ਲਾਇਆ ॥
uth vanj vataa-oorhi-aa tai ki-aa chir laa-i-aa.
Rise up and go forth, O traveller; why do you delay?

ਮੁਹਲਿਤ ਪੁੰਨੰਦਾ ਿਕਤੁ ਕੂਿੜ ਲੋਭਾਇਆ ॥
muhlat punrhee-aa kit koorh lobhaa-i-aa.
Your allotted time is now complete - why are you engrossed in falsehood?

ਕੂੜੇ ਲੁਬਹਾਇਆ ਧਹੁ ਮਾਇਆ ਕਰਹੀ ਪਾਪ ਅਿਮਿਤਆ ॥
koorhay lubhaa-i-aa Dhohu maa-i-aa karahi paap amiti-aa.
You desire that which is false; deceived by Maya, you commit innumerable sins.

ਤਨੁ ਭਸਮ ਢੇਰੀ ਜਮਹ ਹੇਰੀ ਕਾਿਲ ਬਪੁੜੈ ਿਜਿਤਆ ॥
tan bhasam dhayree jameh jameh hayree kaal bapurhai jiti-aa.
Your body shall become a pile of dust; the Messenger of Death has spotted you, and will conquer you.

ਮਾਲੁ ਜੋਬਨੁ ਛੋਿਡ ਵਾਈ ਰਿਹਓ ਪੈਣਾ ਖਾਇਆ ॥
maal joban chhod vaisee rahi-o painan khaa-i-aa.
Abandoning your wealth and youth, you will have to leave, without any food or clothing.
O Nanak, only your actions shall go with you; the consequences of your actions cannot be erased. ||1||

Like the deer, captured on a moon-lit night,
so does the constant commission of sins turn pleasure into pain.

The sins you have committed shall not leave you; placing the noose around your neck, they shall lead you away.

Beholding an illusion, you are deceived, and on your bed, you enjoy a false lover.

You are intoxicated with greed, avarice and egotism; you are engrossed in self-conceit.

O Nanak, like the deer, you are being destroyed by your ignorance; your comings and goings shall never end. ||2||

The fly is caught in the sweet candy - how can it fly away?
The elephant has fallen into the pit - how can it escape?

It shall be so difficult to swim across, for one who does not remember the Lord and Master, even for an instant.

His sufferings and punishments are beyond reckoning; he receives the consequences of his own actions.

The Lord's slaves live by holding on to God's feet.

The Lord and Master embraces those who seek His Sanctuary.

He blesses them with power, wisdom, knowledge and meditation; He Himself inspires them to chant His Name.
saadhsangat aap ho-aa aap jagat taraa-i-aa.
He Himself is the Saadh Sangat, the Company of the Holy, and He Himself saves the world.

raakh lee-ay rakhanhaarai sadaa nirmal karnee.
The Preserver preserves those whose actions are always pure.

naanak narak na jaahi kabahooN har sant har kee sarnee. ||4||2||11||
O Nanak, they never have to go to hell; the Lord's Saints are under the Lord's Protection. ||4||2||11||

aasaa mehlaa 5.
Aasaa, Fifth Mehl:

vanj mayray aalsaa har paas baynantee.
Be gone, O my laziness, that I may pray to the Lord.

raava-o saho aapnarhaa parabh sang sohantee.
I enjoy my Husband Lord, and look beautiful with my God.

sangay sohantee kant su-aamee dinas rainee raavee-ai.
I look beautiful in the Company of my Husband Lord; I enjoy my Lord Master day and night.

saas saas chitaar jeevaa parabh paykh har gun gaavee-ai.
I live by remembering God with each and every breath, beholding the Lord, and singing His Glorious Praises.
The pain of separation has grown shy, for I have obtained the Blessed Vision of His Darshan; His Ambrosial Glance of Grace has filled me with bliss.

My desires are fulfilled; I have met the One I was seeking.

The demons within me have been burnt; the Lord of the Universe has revealed Himself to me.

I have seen the Wondrous Lord; He showers His Ambrosial Nectar upon me, and by Guru's Grace, I know Him.

My mind is at peace, resounding with the music of bliss; the Lord's limits cannot be found.

Prays Nanak, God brings us to union with Himself, in the poise of celestial peace.
They do not have to see hell, if they remember the Lord in meditation.

The Righteous Judge of Dharma applauds them, and the Messenger of Death runs away from them.

Dharmic faith, patience, peace and poise are obtained by vibrating upon the Lord in the Saadh Sangat, the Company of the Holy.

Showering His Blessings, He saves those who renounce all attachments and egotism.

The Lord embraces us; the Guru unites us with Him. Meditating on the Lord of the Universe, we are satisfied.

Prays Nanak, remembering the Lord and Master in meditation, all hopes are fulfilled.

Grasping the Lord’s Feet, the treasure of the Siddhas, what suffering can I feel?

Everything is in His Power - He is my God.
Holding me the the arm, He blesses me with His Name; placing His Hand upon my forehead, He saves me.

The world-ocean does not trouble me, for I have drunk the sublime elixir of the Lord.

In the Saadh Sangat, imbuued with the Naam, the Name of the Lord, I am victorious on the great battlefield of life.

Prays Nanak, I have entered the Sanctuary of the Lord and Master; the Messenger of Death shall not destroy me again.

The Creator Lord is with you; He sees you, so why commit sins?
So perform good deeds, and chant the Naam, the Name of the Lord; you shall never have to go to hell.

Twenty-four hours a day, dwell upon the Lord's Name in meditation; it alone shall go along with you.

So vibrate continually in the Saadh Sangat, the Company of the Holy, O Nanak, and the sins you committed shall be erased.

Practicing deceit, you fill your belly, you ignorant fool!

The Lord, the Great Giver, continues to give you everything.

The Great Giver is always merciful. Why should we forget the Lord Master from our minds?

Join the Saadh Sangat, and vibrate fearlessly; all your relations shall be saved.
The Siddhas, the seekers, the demi-gods, the silent sages and the devotees, all take the
Naam as their support.

Prays Nanak, vibrate continually upon God, the One Creator Lord. ||2||

Do not practice deception - God is the Assayer of all.

Those who meditate on the One Lord, cross over the world-ocean.

Renouncing sexual desire, anger, flattery and slander, they enter the Sanctuary of God.

The lofty, inaccessible and infinite Lord and Master is pervading the water, the land and
the sky.
Behold - the world is a mirage; nothing here is permanent.

The pleasures of Maya which are here, shall not go with you.

The Lord, your companion, is always with you; remember Him day and night.

Without the One Lord, there is no other; burn away the love of duality.

Know in your mind, that the One God is your friend, youth, wealth and everything.

Prays Nanak, by great good fortune, we find the Lord, and merge in peace and celestial poise.

Aasaa, Fifth Mehl, Chhant, Eighth House:

One Universal Creator God. By The Grace Of The True Guru:
कमला भर्म भीित कमला भर्म भीित हे तीखण मद िबपरीित हे अवध अकारथ जात ॥ (461)
कमला भर्म भीित कमला भर्म भीित हे तीखण मद िबपरीित हे अवध अकारथ जात ॥
Maya is the wall of doubt - Maya is the wall of doubt. It is such a powerful and destructive
intoxicant; it corrupts and wastes away one's life.

गਹਬਰ बन घਹਰ गਹਬर बन घਹਰ हे िगर्ह मूसत मन चਹਰ हे िदਨਕਰੋ अਨਿਦਨੁ ਖਾਤ ॥ (461)
गਹਬਰ बन घਹਰ गਹਬर बन घਹਰ हे िगਰ्ह मूसत मन चਹਰ हे िदਨਕਰੋ अਨਿਦਨੁ ਖਾਤ ॥
In the terrible, impenetrable world-forest - in the terrible, impenetrable world-forest, the
thieves are plundering man's house in broad daylight; night and day, this life is being
consumed.

ਕੁਲ ਰੂਪ ਧੂਪ ਿਗਆਨਹੀਨੀ ਤੁਝ ਿਬਨਾ ਮੋਹ ਕਵਨ ਮਾਤ ॥ (462)
ਕੁਲ ਰੂਪ ਧੂਪ ਿਗਆਨਹੀਨੀ ਤੁਝ ਿਬਨਾ ਮੋਹ ਕਵਨ ਮਾਤ ॥
I am without the status of high birth, beauty, glory or spiritual wisdom; without You, who is
mine, O Mother?"
Facing the arrow head-on - facing the arrow head-on, the deer surrenders his mind, body and breath of life; he is struck by the hunter's soothing music.

I have enshrined love for my Beloved. In order to meet Him, I have become a renunciate.

My eyelids do not close, for I am absorbed in the love of my Beloved. Day and night, my mind thinks only of God.

Attuned to the Lord, intoxicated with the Naam, fear, doubt and duality have all left me.

Bestow Your mercy and compassion, O merciful and perfect Lord, that Nanak may be intoxicated with Your Love.

The bumble-bee is buzzing - the bumble-bee is buzzing, intoxicated with the honey, the flavor and the fragrance; because of its love for the lotus, it entangles itself.

The mind of the rainbird thirsts - the mind of the rainbird thirsts; its mind longs for the beautiful rain-drops from the clouds. Drinking them in, its fever departs.
तापा बिनासन दुख नासन परेमु मिन अित घना ॥ (462)

taapaa binaasan dookh naasan mil paraym man tan at ghanaa.
O Destroyer of fever, Remover of pain, please unite me with You. My mind and body have such great love for You.

सुंदर चतुर सुजान सुआमी कवन रसना गुन भना ॥ (462)
sundar chatur sujaan su-aamee kavan rasnaa gun bhanaa.
O my beautiful, wise and all-knowing Lord and Master, with what tongue should I chant Your Praises?

गिह भुजा लेवहु नामु देवहु िदर्सिट धारत िमटत पाप ॥ (462)
geh bhujaa layvhu naam dayvhu darisat Dhaarat mitat paap.
Take me by the arm, and grant me Your Name. One who is blessed with Your Glance of Grace, has his sins erased.

नानक ज्मपै पितत पावन हिर दरसु पेखत नह संताप ॥३॥ (462)
naanak jampai patit paavan har daras paykhat nah santap.
Nanak meditates on the Lord, the Purifier of sinners; beholding His Vision, he suffers no more. ||3||

चितवउ चित नाथ चितवउ चित नाथ हे रख लेवहु सरणि अनाथ हे मिलु चाउ चाईले पराां ॥ (462)
chitva-o chit naath chitva-o chit naath hay rakh layvhu saran anath hay mil chaa-o chaa-eeelay paraan.
I focus my consciousness on the Lord - I focus my consciousness upon the Lord; I am helpless - please, keep me under Your Protection. I yearn to meet You, my soul hungers for You.

पर्भ मान पूर्न दुख िबदीरन सगल इछ पुजंतीआ ॥ (462)
parabh maan pooran dukh bideeran sagal ichh pujantee-aa.
God bestows perfect honor and destroys pain; He has fulfilled all my desires.
ਹਿਰ ਕੰਠ ਲਗੇ ਿਦਨ ਸਭਾਗੇ ਿਮਿਲ ਨਾਹ ਸੇਜ ਸੋਹੰਤੀਆ ॥ (462)

How very blessed was that day when the Lord embraced me; meeting my Husband Lord, my bed was beautified.

ਪਰ੍ਭ ਿਦਰ੍ਸਿਟ ਧਾਰੀ ਿਮਲੇ ਮੁਰਾਰੀ ਸਗਲ ਕਲਮਲ ਭਏ ਹਾਨ ॥ (462)

When God granted His Grace and met me, all my sins were erased.

ਿਬਨਵੰਿਤ ਨਾਨਕ ਮੇਰੀ ਆਸ ਪੂਰਨ ਿਮਲੇ ਸਰ੍ੀਧਰ ਗੁਣ ਿਨਧਾਨ ॥੪॥੧॥੧੪॥ (462)

Prays Nanak, my hopes are fulfilled; I have met the Lord, the Lord of Lakshmi, the treasure of excellence. ||4||1||14||

ਮਹਲਾ ੫ ॥ (487)

Fifth Mehl:

ਸੰਗ ਨਾਮਦੇਉ ਮਨੁ ਲਿੰਣਾ ॥ (487)

Naam Dayv's mind was absorbed into God, Gobind, Gobind, Gobind.

ਾਢ ਦਾਮ ਕਲੀਖਾਨਾ ਬਾਲਾਹਰਾ ਭਇਓ ਗੁਨੀਯ ਗਹੀਰਾ ॥੧॥ (487)

Abandoning weaving and stretching thread, Kabeer enshrined love for the Lord's lotus feet.

ਬੁਨਨਾ ਤਨਨਾ ਿਤਾਗੀ ਕੈ ਪਰ੍ੀਿਤ ਚਰਨ ਕਬੀਰਾ ॥ (487)

Abandoning weaving and stretching thread, Kabeer enshrined love for the Lord's lotus feet.
रिवदासु ढुवंता ढोर नीित ितिन ितिया माइआ ॥ (487)
Ravi Daas, who used to carry dead cows every day, renounced the world of Maya.

परगटु होਆ साधसंिग हिर दरसनु पाइआ ॥२॥ (487)
He became famous in the Saadh Sangat, the Company of the Holy, and obtained the Blessed Vision of the Lord's Darshan. ||2||

मेघ रण्य घडवंजीला धू धार धाति मुसिहा ॥ (487)
sain naa-ee butkaaree-aa oh ghar ghar suni-aa.
Sain, the barber, the village drudge, became famous in each and every house.

िहर्दे विसआ पारबर्हमु भगता मिह गिनआ ॥३॥ (487)
The Supreme Lord God dwelled in his heart, and he was counted among the devotees. ||3||

इह िबिध सुिन कै  जाटरो उिठ भगती लागा ॥ (488)
Hearing this, Dhanna the Jaat applied himself to devotional worship.

गूजरी महला ५ चउपदे घरु १ (495)
Goojaree, Fifth Mehl, Chau-Padas, First House:
Why, O mind, do you contrive your schemes, when the Dear Lord Himself provides for your care?

From rocks and stones, He created the living beings, and He places before them their sustenance.

O my Dear Lord of Souls, one who meets with the Sat Sangat, the True Congregation, is saved.

By Guru's Grace, he obtains the supreme status, and the dry branch blossoms forth in greenery.

For each and every individual, the Lord and Master provides sustenance; why do you fear, O my mind?

The flamingoes fly hundreds of miles, leaving their young ones behind.
Who feeds them, and who teaches them to feed themselves? Have you ever thought of this in your mind? ||3||

All treasures and the eighteen supernatural spiritual powers of the Siddhas are held by the Lord and Master in the palm of His hand.

Servant Nanak is devoted, dedicated, and forever a sacrifice to You - Your vast expanse has no limit. ||4||1||

They perform the four rituals and six religious rites; the world is engrossed in these.

They are not cleansed of the filth of their ego within; without the Guru, they lose the game of life. ||1||

O my Lord and Master, please, grant Your Grace and preserve me.
Out of millions, hardly anyone is a servant of the Lord. All the others are mere traders.

I have searched all the Shaastras, the Vedas and the Simritees, and they all affirm one thing:

Even if one takes cleansing baths at the sixty-eight sacred shrines of pilgrimage, and wanders over the whole planet,

The Lord has eliminated my evil-mindedness, and enlightened my intellect; O servant Nanak, the Gurmukhs are saved.
Goojaree, Fifth Mehl:

The wealth of the Lord is my chanting, the wealth of the Lord is my deep meditation; the wealth of the Lord is the food I enjoy.

I do not forget the Lord, Har, Har, from my mind, even for an instant; I have found Him in the Saadh Sangat, the Company of the Holy.

O mother, your son has returned home with a profit:

The wealth of the Lord while walking, the wealth of the Lord while sitting, and the wealth of the Lord while waking and sleeping.

The wealth of the Lord is my cleansing bath, the wealth of the Lord is my wisdom; I center my meditation on the Lord.

The wealth of the Lord is my raft, the wealth of the Lord is my boat; the Lord, Har, Har, is the ship to carry me across.
Through the wealth of the Lord, I have forgotten my anxiety; through the wealth of the Lord, my doubt has been dispelled.

From the wealth of the Lord, I have obtained the nine treasures; the true essence of the Lord has come into my hands.

No matter how much I eat and expend this wealth, it is not exhausted; here and hereafter, it remains with me.

Loading the treasure, Guru Nanak has given it, and this mind is imbued with the Lord's Love.

Remembering Him, all sins are erased, and ones generations are saved.

So meditate continually on the Lord, Har, Har; He has no end or limitation.

O son, this is your mother's hope and prayer,
nimakh na bisara-o tum\textsuperscript{H} ka-o har har sadaa bhajahu jagdees. ||1|| rahaa-o.
that you may never forget the Lord, Har, Har, even for an instant. May you ever vibrate upon the Lord of the Universe. ||1||Pause||

satgur tum\textsuperscript{H} ka-o ho-ay da-i-aalaa satsang tayree pareet.
May the True Guru be kind to you, and may you love the Society of the Saints.

kaaparh pati parmaysar raakhee bhojan keertan neet. ||2||
May the preservation of your honor by the Transcendent Lord be your clothes, and may the singing of His Praises be your food. ||2||

amrit peevhu sadaa chir jeevhu har simrat anad anantaa.
So drink in forever the Ambrosial Nectar; may you live long, and may the meditative remembrance of the Lord give you infinite delight.

rang tamaasaa pooran aasaa kabea bi-aapai chinta. ||3||
May joy and pleasure be yours; may your hopes be fulfilled, and may you never be troubled by worries. ||3||"

bhavar tum\textsuperscript{H}aaraa ih man hova-o har charnaa hohu ka-ulaa.
Let this mind of yours be the bumble bee, and let the Lord's feet be the lotus flower.

naanak daas un sang laptaa-i-o ji-o booh\textsuperscript{N}deh chaatrik ma-ulaa. ||4||3||4||
Says servant Nanak, attach your mind to them, and blossom forth like the song-bird, upon finding the rain-drop. ||4||3||4||


Goojaree, Fifth Mehl:

भ्र वै पछ्व वै उणी गुजर ही लै माँ ॥

माता कै पछ्व के ताई पूरब ही लै जात ॥

He decides to go to the west, but the Lord leads him away to the east.

धिन भिन वधि धिखानक भागत वधि भूत ॥१॥

Khin meh thaap uthaapanhaaraa aapan haath mataat. ||1||

In an instant, He establishes and disestablishes; He holds all matters in His hands. ||1||

मिसानप काहू काम न आत ॥

si-aanap kaahoo kaam na aat.

Cleverness is of no use at all.

जो अनरूपो ठाकुर मेरै होइ रही उह बात ॥१॥ रहाउ ॥

jo anroopi-o thaakur mayrai ho-ay rahee uh baat. ||1||

Whatever my Lord and Master deems to be right - that alone comes to pass. ||1||Pause||

देसु कमावन धन जीर अनु बीचे िनकसे सास ॥

days kamaavan Dhan joran kee mansaa beechay niksai saas.

In his desire to acquire land and accumulate wealth, one's breath escapes him.

लसकर नेब खवास सब तिआगे जम पूर ऊठि सिपास ॥२॥

laskar nayb khavaas sabh ti-aagay jam pur ooth siDhaas. ||2||

He must leave all his armies, assistants and servants; rising up, he departs to the City of Death. ||2||

होइ अननि मनहत की दिहता आपस को जानात ॥

ho-ay annan manhath kee dhrutaa aapas ko- o jaanaat.

Believing himself to be unique, he clings to his stubborn mind, and shows himself off.
That food, which the blameless people have condemned and discarded, he eats again and again. ||3||

One, unto whom the Lord shows His natural mercy, has the noose of Death cut away from him.

Says Nanak, one who meets the Perfect Guru, is celebrated as a householder as well as a renunciate. ||4||4||5||

Those humble beings who chant the treasure of the Naam, the Name of the Lord, have their bonds broken.

Sexual desirer, anger, the poison of Maya and egotism - they are rid of these afflictions. ||1||

One who joins the Saadh Sangat, the Company of the Holy, and chants the Praises of the Lord,
Gur parsaa dhi bhai o man nirmal sarab sukh sa sukh paa-i-a-o. ||1|| rhaa-o.
has his mind purified, by Guru’s Grace, and he obtains the joy of all joys. ||1||Pause||

Johi kichh kee-o soi-bhal mane eisi bhagti kmaani.
Whatever the Lord does, he sees that as good; such is the devotional service he performs.

Mitaa sar saub ek samane joyo jyogti niisaa.
He sees friends and enemies as all the same; this is the sign of the Way of Yoga. ||2||

Purann poori vairii suh sah vaa ean n kathaa jaataa.
The all-pervading Lord is fully filling all places; why should I go anywhere else?

Ghat ghat antar sarab niran rangi ravi-o rang raa.ta.
He is permeating and pervading within each and every heart; I am immersed in His Love, dyed in the color of His Love. ||3||

Bhaye kirpaal da-ai aal gupaalaa taa nirbhai kai ghar aa-ai.
When the Lord of the Universe becomes kind and compassionate, then one enters the home of the Fearless Lord.

Kal kalays mitay khin bhie turk naa sahj saa-i-aa.
His troubles and worries are ended in an instant; O Nanak, he merges in celestial peace. ||4||5||6||

Goojaree, Fifth Mehl:
jis maanukh peh kara-o bayntee so apnai dukh bhari-aa.
Whoever I approach to ask for help, I find him full of his own troubles.

paarbarahm jin ridai araaDhi-aa tin bha-o saagar tari-aa. ||1||
One who worships in his heart the Supreme Lord God, crosses over the terrifying world-ocean. ||1||

gur har bin ko na baritha dukh kaatai.
No one, except the Guru-Lord, can dispel our pain and sorrow.

parabh taj avar sayvak jay ho-ee hai tit maan mahat jas ghaatai. ||1|| raha-o.
Forsaking God, and serving another, one's honor, dignity and reputation are decreased. ||1||Pause||

maa-i-aa kay san-banDh sain saak kit hee kaam na aa-i-aa.
Relatives, relations and family bound through Maya are of no avail.

har kaa daas neech kul oochaa tis sang man baaNchhat fal paa-i-aa. ||2||
The Lord's servant, although of lowly birth, is exalted. Associating with him, one obtains the fruits of his mind's desires. ||2||

laakh kot bikhi-aa kay binjan taa meh tarisan na boojhee.
Through corruption, one may obtain thousands and millions of enjoyments, but even so, his desires are not satisfied through them.
Remembering the Naam, the Name of the Lord, millions of lights appear, and the incomprehensible is understood. ||3||

Wandering and roaming around, I have come to Your Door, Destroyer of fear, O Lord King.

Servant Nanak yearns for the dust of the feet of the Holy; in it, he finds peace. ||4||6||7||

First, he came to dwell in his mother's womb; leaving it, he came into the world.

Splendid mansions, beautiful gardens and palaces - none of these shall go with him. ||1||

All other greeds of the greedy are false.
The Perfect Guru has given me the Name of the Lord, which my soul has come to treasure. ||1||Pause||

Surrounded by dear friends, relatives, children, siblings and spouse, he laughs playfully.

But when the very last moment arrives, Death seizes him, while they merely look on. ||2||

By continual oppression and exploitation, he accumulates wealth, gold, silver and money,

but the load-bearer gets only paltry wages, while the rest of the money passes on to others. ||3||

He grabs and collects horses, elephants and chariots, and claims them as his own.

But when he sets out on the long journey, they will not go even one step with him. ||4||

The Naam, the Name of the Lord, is my wealth; the Naam is my princely pleasure; the Naam is my family and helper.
ਨਾਮੁ ਸਪੰਤੀ ਗੁਰੀ ਨਾਨਕ ਕਾਂ ਦੀੀ ਓਹ ਮਰੈ ਨ ਆਵੈ ਜਾਈ ॥੫॥੧॥੮॥

The Guru has given Nanak the wealth of the Naam; it neither perishes, nor comes or goes. ||5||1||8||

ਗੂਜਰੀ ਮਹਲਾ ੫ ਤੀਪਦਾ ਘਰੁ ੨

Goojaree, Fifth Mehl, Ti-Padas, Second House:

ਦੁਖ ਿਬਨਸੇ ਸੁਖ ਕੀਆ ਿਨਵਾਸਾ ਿਤਰਾਸਾ ਜਲਿਨ ਬੁਜ਼ਾਈ ॥

dukh binsay sukh keee-aa nivaasaa tarisnaa jalan bujhaa-ee.

My sorrows are ended, and I am filled with peace. The fire of desire within me has been quenched.

ਨਾਮੁ ਿਨਧਾਨੁ ਸਿਤਗੁਰੂ ਿਦਰਡਾਇਆ ਿਬਨਿਸ ਨ ਆਵੈ ਜਾਈ ॥੧॥

The True Guru has implanted the treasure of the Naam, the Name of the Lord, within me; it neither dies, nor goes anywhere. ||1||

ਹਿਰ ਜਿਪ ਮਾਇਆ ਬੰਧਨ ਤੂਟੇ ॥

Meditating on the Lord, the bonds of Maya are cut away.

ਭਏ ਕੀਰਪਾਲ ਦਈਆਲ ਪਰ੍ਭ ਮੇਰੇ ਸਾਧਸੰਗਿਤ ਿਮਿਲ ਛੂਟੇ ॥੧॥ ਰਹਾਉ ॥

When my God becomes kind and compassionate, one joins the Saadh Sangat, the Company of the Holy, and is emancipated. ||1||Pause||
Aath Phawar Har Kay Gun Gaavai Bhagat Paraym Ras Maataa

Twenty-four hours a day, he sings the Glorious Praises of the Lord, absorbed in loving devotional worship.

Harakh Soga Duhu Maahi Nirala Karandhair Pathraa

He remains unaffected by both fortune and misfortune, and he recognizes the Creator Lord.

Jis Kaa Tinn Hee Rakhi Lee-Aa Sagal Jugat Ban Aa-Ee

The Lord saves those who belong to Him, and all pathways are opened to them.

Kaho Naanak Pher Pukh Da-Aala Keemat Kahan Na Jaa-Ee

Says Nanak, the value of the Merciful Lord God cannot be described.

Goojree Mahlaa 5 Dupday Ghar 2

Goojaree, Fifth Mehl, Du-Padas, Second House:

Ik-O'Neill Kar Satgur Parsaad.

One Universal Creator God. By The Grace Of The True Guru:

Patit Pavitar Lee-Ay Kar Apunay Sagal Karat Namskaaro

The Lord has sanctified the sinners and made them His own; all bow in reverence to Him.

Baran Jaat Ko-Oo Poochhai Naahaa Baachheh Charan Ravaaro

No one asks about their ancestry and social status; instead, they yearn for the dust of their feet.
ठਾਕੁਰ ਐਸੋ ਨਾਮੁ ਤੁਮਾਰੋ ॥ (498)

thaakur aiso naam tumHaaaro.
O Lord Master, such is Your Name.

ਸਗਲ ਸਿਰਸਿਟ ਕੋ ਧਣੀ ਕੈਹੀਅ ਜੜ ਕੋ ਅੰਗੁ ਨੀਰਾਰੋ ॥ ੧॥ (498)
sagal sarisat ko Dhanee kaheejai jan ko ang niraaro. ||1|| rahaa-o.
You are called the Lord of all creation; You give Your unique support to Your servant. ||1||Pause||

ਸਾਧਸੰਗ ਨਾਨਕ ਬੁਧ ਪਾੈ ਹੀਰ ਕੀਰਤਨਾ ਆਧਾਰੋ ॥ (498)
saaDhsang naanak buDh paa-ee har keertan aaDhaaro.
In the Saadh Sangat, the Company of the Holy, Nanak has obtained understanding;
singing the Kirtan of the Lord's Praises is his only support.

ਨਾਮਦੇਉ ਤਰਲੋਚਨ ਕਬੀਰ ਦਾਸਰੋ ਮੁਕਿਤ ਭਇਓ ਚੀਮਾਰੋ ॥੨॥੧॥੧੦॥ (498)
naamday-o tarilochan kabeer daasro mukat bha-i-o chammi-aaro. ||2||1||10||
The Lord's servants, Naam Dayv, Trilochan, Kabeer and Ravi Daas the shoe-maker have been liberated. ||2||1||10||

ਗੂਜੰਰੀ ਮਹਲਾ ੫ ॥ (498)
goojree mehlaa 5.
Goojaree, Fifth Mehl:

ਨੀਤੀ ਲੜੀ ਲਗਾਕਾਨੇ ਨਹੀ ਵੇਦ੍ਰੁਤਾ ਕੱਗਾ ॥ (498)

hai naahee ko-oo boojhanhaaro jaanai kavan bhataa.
No one understands the Lord; who can understand His plans?

ਧਿਰਵ ਧਰਵ ਧਿਰਵ ਸਾਗਲ ਮੋਕਨ ਮੋਕਨ ਸਾਗਲ ਗਹਿ ਸਕਾਹੀ ਗਤਾ ॥੧॥ (498)
siv biranch ar sagal mon jan geh na sakaahi gataa. ||1||
Shiva, Brahma and all the silent sages cannot understand the state of the Lord. ||1||

ਪਰ੍ਭ ਕੀ ਅਗਾਧ ਕਥਾ ॥ (498)
parabh kee agam agaadh kathaa.
God's sermon is profound and unfathomable.
He is heard to be one thing, but He is understood to be something else again; He is beyond description and explanation. ||1||Pause||

He Himself is the devotee, and He Himself is the Lord and Master; He is imbued with Himself.

Nanak's God is pervading and permeating everywhere; wherever he looks, He is there. ||2||2||11||

It is the very nature of God to love His devotees;

He cherishes His servant, and caresses him as His own child. ||1||Pause||
The Lord's servant sings the Kirtan of His Praises as his worship, deep meditation, self-discipline and religious observances.

Nanak has entered the Sanctuary of his Lord and Master, and has received the blessings of fearlessness and peace.

Serve the Saints with loving faith, and set aside your pride and stubbornness.

The fascinating, playful Lord is my very breath of life and honor.

Remembering Him, my mind is in bliss, and the rust of my mind is removed.
The great honor of meeting the Lord cannot be described; O Nanak, it is infinite, beyond measure. ||2||4||13||

The three gods, and the 330,000,000 demi-gods, were astonished. ||1||

The power of Maya is pervading everywhere.

Her secret is known only by Guru's Grace - no one else knows it. ||1||Pause||

Says Nanak, she surrenders to the Holy Saint; becoming his servant, she falls at his feet. ||2||5||14||
With my palms pressed together, I offer my prayer, meditating on my Lord and Master.

Giving me His hand, the Transcendent Lord has saved me, and erased all my sins. ||1||

The Lord and Master Himself has become merciful.

I have been emancipated, the embodiment of bliss; I am the child of the Lord of the Universe - He has carried me across. ||1||Pause||

Meeting her Husband, the soul-bride sings the songs of joy, and celebrates her Lord and Master.

Says Nanak, I am a sacrifice to the Guru, who has emancipated everyone. ||2||6||15||
ਸਾਧਨੀ ਤੋਹਾਂ ਦੋਮੂਰਤ ਪ੍ਰਿਧੀ ਦਰਸ਼ਨ ਦਾ ਬਲ ਹੈ ਇੱਕਾ || (499)

ਮਾਤ ਪੀਤਾ ਭਾਈ ਸੂਰਤ ਬੰਧਪ ਤਿਨ ਕਾ ਬਲਾ ਹੈ ਥੋਰਾ।

Mother, father, siblings and relatives - their power is insignificant.

ਅਨਿਕ ਰੰਗ ਮਾਇਆ ਦੇ ਪੈਛੇ ਕਇੱਕੀ ਸਾਧਿ ਨ ਚਲਾਈ ਥੋਰਾ। ||1||

I have seen many pleasures of Maya, but none goes with them in the end. ||1||

ਮੋਹੀ ਅਨਾਥ ਨਗਰਗੁਨ ਗੁਣ ਨਹੀ ਮੈ ਆਹਿ ਤੁਮ ਧੋਰਾ। ||1||

I am a worthless orphan, devoid of merit; I long for Your Support. ||1||Pause||

ਬਲ ਬਲ ਬਲ ਬਲ ਚਰਣ ਤੁਹਾਰਾ ਈਹਾ ਊਹਾ ਤੁਮ ਜੋਰਾ। || (499)

I am a sacrifice, a sacrifice, a sacrifice, a sacrifice to Your lotus feet; here and hereafter,

Yours is the only power.

ਸਾਧਸੰਗ ਨਾਨਕ ਦਰਸੁ ਪਾਈ ਹੋਗੀ ਸਗਲ ਨਹੋਂ। ||2||17||16|| (499)

In the Saadh Sangat, the Company of the Holy, Nanak has obtained the Blessed Vision of

Your Darshan; my obligations to all others are annulled. ||2||7||16||

ਗੁਜਾਈ ਮੌਲਾ ੫।।

Goojaree, Fifth Mehl:

ਆਲ ਜਾਲ ਮੋਹ ਤਜਾਵੈ ਪਰਾਬ ਸੇਤੀ ਰੰਗ ਲਾਈ। || (499)

He rids us of entanglements, doubt and emotional attachment, and leads us to love God.
मन कउ इह उपदेसु िदर्ड़ावै सहिज सहिज गुण गाई ॥१॥

He implants this instruction in our minds, for us to sing the Glorious Praises of the Lord, in peace and poise. ||1||

साजन ऐसो संतु सहाई ॥

O friend, the Saintly Guru is such a helper.

िजसु भेटे तूटिह माइआ बंध िबसिर न कबहूं जाई ॥१॥ रहाउ ॥

Meeting Him, the bonds of Maya are released, and one never forgets the Lord. ||1||Pause||

करत करत अिनक बहु भाती नीकी इह ठहराई ॥

Practicing, practicing various actions in so many ways, I came to recognize this as the best way.

िल साधू हिर जसु गावै नानक भवजलु पािर पराई ॥२॥८॥१७॥

Joining the Company of the Holy, Nanak sings the Glorious Praises of the Lord, and crosses over the terrifying world-ocean. ||2||8||17||

गुजरी महला ५ ॥

Goojaree, Fifth Mehl:

िखन मिह थाप उथापनहारा कीमत जाइ न करी ॥

In an instant, He establishes and disestablishes; His value cannot be described.

राजा रंकु करै िखन भीतर नीचह जोित धरी ॥१॥

He turns the king into a beggar in an instant, and He infuses splendor into the lowly. ||1||
Dhi-aa-ee-ai apno sadaa haree.
Meditate forever on Your Lord.

Why should I feel worry or anxiety, when I am here for only a short time. ||1||Pause||

You are my support, O my Perfect True Guru; my mind has taken to the protection of Your Sanctuary.

Nanak, I am a foolish and ignorant child; reach out to me with Your hand, Lord, and save me. ||2||9||18||

You are the Giver of all beings; please, come to dwell within my mind.

That heart, within which Your lotus feet are enshrined, suffers no darkness or doubt. ||1||

O Lord Master, wherever I remember You, there I find You.
Show Mercy to me, O God, Cherisher of all, that I may sing Your Praises forever. ||1|| Pause||

With each and every breath, I contemplate Your Name; O God, I long for You alone. ||1||10||19||

O Lord and Master, without You, there is no other at all.

O Lord, in my mind I remain conscious of You; with my tongue I worship You, and with my eyes, I gaze upon You. ||1|| Pause||
O Merciful Lord, O Lord and Master of all, with my palms pressed together I pray to You.

Nanak, Your slave, chants Your Name, and is redeemed in the twinkling of an eye.

Overwhelming the realm of Brahma, the realm of Shiva and the realm of Indra, Maya has come running here.

But she cannot touch the Saadh Sangat, the Company of the Holy; she washes and massages their feet.

This awful fire has burned so many; the True Guru has cautioned me about it.

It clings to the necks of the Siddhas, and the seekers, the demi-gods, angels and mortals.
Servant Nanak has the support of God the Creator, who has millions of slaves like her.

Goojaree, Fifth Mehl:

His bad reputation is erased, he is acclaimed all over the world, and he obtains a seat in the Court of the Lord.

The fear of death is removed in an instant, and he goes to the Lord's House in peace and bliss.

His works do not go in vain.

Twenty-four hours a day, remember your God in meditation; meditate on Him continually in your mind and body.

I seek Your Sanctuary, O Destroyer of the pains of the poor; whatever You give me, God, that is what I receive.
Nanak is imbued with the love of Your lotus feet; O Lord, please preserve the honor of Your slave. ||2||13||22||

Goojaree, Fifth Mehl:

The all-sustaining Lord is the Giver of all beings; His devotional worship is an overflowing treasure.

Service to Him is not wasted; in an instant, He emancipates. ||1||

Seek from Him, who is worshipped by all beings. ||1||Pause||

Nanak has entered Your Sanctuary, O Creator Lord; You, O God, are the support of my breath of life.

He who is protected by You, O Helper Lord - what can the world do to him? ||2||14||23||
गूजरी महला ॥ (500)
goojree mehlaa 5.
Goojaree, Fifth Mehl:

जन की पैज सवारी आप ॥
jan kee paij savaaree aap.
The Lord Himself has protected the honor of His humble servant.

हिर हिर नामु दीओ गुिर अवखधु उतिर गइओ सभु ताप ॥१॥
har har naam dee-o gur avkhaDh utar ga-i-o sabh taap. ||1|| raha-o.
The Guru has given the medicine of the Lord's Name, Har, Har, and all afflictions are gone. ||1||Pause||

हिरगोबदु रिखओ परमेसिर अपुनी िकरपा धािर ॥
harigobind rakhi-o parmaysar apunee kirpaa Dhaar.
The Transcendent Lord, in His Mercy, has preserved Har Gobind.

िमटी िबआिध सरब सुख होए हिर गुण सदा बीचािर ॥१॥
mitee bi-aaDh sarab sukh ho-ay har gun sadaa beechaar. ||1||
The disease is over, and there is joy all around; we ever contemplate the Glories of God. ||1||

अंगीकारु कीओ मेरै करतै गुर पूरे की विडआई ॥
angeekaar kee-o mayrai kartai gur pooray kee vadi-aa-ee.
My Creator Lord has made me His own; such is the glorious greatness of the Perfect Guru.

अिबचल नीव धरी गुर नानक िनत िनत चड़ै सवाई ॥२॥१५॥२४॥ (500)
abichal neev Dharee gur naanak nit nit charhai savaa-ee. ||2||15||24||
Guru Nanak laid the immovable foundation, which grows higher and higher each day. ||2||15||24||
You never focused your consciousness on the Lord.

You have spent your life engaged in worldly pursuits; you have not sung the Glorious Praises of the treasure of the Naam.

Shell by shell, you accumulate money; in various ways, you work for this.

Forgetting God, you suffer awful pain beyond measure, and you are consumed by the Great Enticer, Maya.

Show Mercy to me, O my Lord and Master, and do not hold me to account for my actions.

O merciful and compassionate Lord God, ocean of peace, Nanak has taken to Your Sanctuary, Lord.

With your tongue, chant the Lord's Name, Raam, Raam.
छोड आन बिउहार मिथी-aa भजु सदा भगवंत ॥१॥ रहाउ ॥

Renounce other false occupations, and vibrate forever on the Lord God. ||1|| Pause||

नामु एकु अधारु भगता ईत आगै टेक ॥

The One Name is the support of His devotees; in this world, and in the world hereafter, it is their anchor and support.

किर किर्पा गोबंद दीआ गुर गिआनु बुध बबेक ॥१॥

In His mercy and kindness, the Guru has given me the divine wisdom of God, and a discriminating intellect. ||1||

करण कारण समर्थ सरीधर सरिण ता की गही ॥

The all-powerful Lord is the Creator, the Cause of causes; He is the Master of wealth - I seek His Sanctuary.

मुकित जुगित रवाल साधू नानक हिर िनिध लही ॥२॥१७॥२६॥

Liberation and worldly success come from the dust of the feet of the Holy Saints; Nanak has obtained the Lord's treasure. ||2||17||26||

छाड सगल िसआणपा साध सरणी आउ ॥

Give up all your clever tricks, and seek the Sanctuary of the Holy Saint.
Sing the Glorious Praises of the Supreme Lord God, the Transcendent Lord. ||1||

O my consciousness, contemplate and adore the Lotus Feet of the Lord.

You shall obtain total peace and salvation, and all troubles shall depart. ||1||Pause||

Mother, father, children, friends and siblings - without the Lord, none of them are real.

Here and hereafter, He is the companion of the soul; He is pervading everywhere. ||2||

Millions of plans, tricks, and efforts are of no use, and serve no purpose.

In the Sanctuary of the Holy, one becomes immaculate and pure, and obtains salvation, through the Name of God. ||3||

God is profound and merciful, lofty and exalted; He gives Sanctuary to the Holy.
He alone obtains the Lord, O Nanak, who is blessed with such pre-ordained destiny to meet Him. ||4||1||27||

Serve your Guru forever, and chant the Glorious Praises of the Lord of the Universe.

With each and every breath, worship the Lord, Har, Har, in adoration, and the anxiety of your mind will be dispelled. ||1||

O my mind, chant the Name of God.

You shall be blessed with peace, poise and pleasure, and you shall find the immaculate place. ||1||Pause||

In the Saadh Sangat, the Company of the Holy, redeem your mind, and adore the Lord, twenty-four hours a day.

Sexual desire, anger and egotism will be dispelled, and all troubles shall end. ||2||
The Lord Master is immovable, immortal and inscrutable; seek His Sanctuary.

Worship in adoration the lotus feet of the Lord in your heart, and center your consciousness lovingly on Him alone.

The Supreme Lord God has shown mercy to me, and He Himself has forgiven me.

The Lord has given me His Name, the treasure of peace; O Nanak, meditate on that God.

By Guru's Grace, I meditate on God, and my doubts are gone.

Pain, ignorance and fear have left me, and my sins have been dispelled.

My mind is filled with love for the Name of the Lord, Har, Har.
Meeting the Holy Saint, under His Instruction, I meditate on the Lord of the Universe, in the most immaculate way. ||1||Pause||

Chanting, deep meditation and various rituals are contained in the fruitful meditative remembrance of the Naam, the Name of the Lord.

Showing His Mercy, the Lord Himself has protected me, and all my works have been brought to fruition. ||2||

With each and every breath, may I never forget You, O God, Almighty Lord and Master. ||3||

You are the Remover of the pains of the poor, the Savior, the Compassionate Lord, the Bestower of Mercy.

Remembering the Naam in meditation, the state of eternal dignity is obtained; Nanak has grasped the protection of the Lord, Har, Har. ||4||3||29||
अध्ययन एक अविभाज्त भव्य सीखन धुरुः।।
अत्यधिक वह सच्छन माइआ महा दीरघ रोगुः।।
ahaN-buDh baho saghan maa-ia-aa maa-naa deeragh rog.
Intellectual egotism and great love for Maya are the most serious chronic diseases.

हिर नामु अउखधु गुर नामु दीनो करण कारण जोगुः।।
har naam a-ukhaDh gur naam deeno karan kaaran jog. ||1||
The Lord's Name is the medicine, which is potent to cure everything. The Guru has given me the Naam, the Name of the Lord. ||1||

मनि तनि बाचीऐ जन धूिर इ।।
man tan baachhee-ai jan Dhoor.
My mind and body yearn for the dust of the Lord's humble servants.

कोिट जनम के  लहिह पाितक गोिबद लोचा पूिर ॥१॥
kot janam kay laheh paatik gobind lochaa poor. ||1|| rahaa-o.
With it, the sins of millions of incarnations are obliterated. O Lord of the Universe, please fulfill my desire. ||1||Pause||

आिद अंते मिध आसा कू करी िबकराल ॥
aad antay maDh aasaa kookree bikraal.
In the beginning, in the middle, and in the end, one is hounded by dreadful desires.

गुर गीतां गीतां गोबिंद काटीऐ जम जाल ॥॥
gur gi-aan keertan gobind kaatee-ai jam jaal. ||2||
Through the Guru’s spiritual wisdom, we sing the Kirtan of the Praises of the Lord of the Universe, and the noose of death is cut away. ||2||

वभ कौड़ टेंड में भूिट मण भला गांठ ॥
kaam kroDh lobh moh moothay sadaa aavaa gavan.
Those who are cheated by sexual desire, anger, greed and emotional attachment suffer reincarnation forever.
By loving devotional worship to God, and meditative remembrance of the Lord of the World, one's wandering in reincarnation is ended. ||3||

Friends, children, spouses and well-wishers are burnt by the three fevers.

Chanting the Name of the Lord, Raam, Raam, one's miseries are ended, as one meets the Saintly servants of the Lord. ||4||

Wandering around in all directions, they cry out, "Nothing can save us!"

Nanak has entered the Sanctuary of the Lotus Feet of the Infinite Lord; he holds fast to their Support. ||5||4||30||

Worship and adore the Lord of wealth, the fulfilling vision, the Almighty Cause of causes.
Uttering His Praises, and hearing of His infinite glory, you shall never suffer separation from Him again.

O my mind, worship the Lord's Lotus Feet.

Meditating in remembrance, strife and sorrow are ended, and the noose of the Messenger of Death is snapped.

Chant the Name of the Lord, and your enemies shall be consumed; there is no other way.

You are the Almighty Lord, the Giver of Sanctuary, the Destroyer of pain, the King of happiness.
Troubles depart, and fear and doubt are dispelled, singing the Glorious Praises of the Immaculate Lord God. ||1||

O Lord of the Universe, without You, there is no other place.

Show Mercy to me, O Supreme Lord Master, that I may chant Your Name. ||Pause||

My heart lotus blossoms forth in the Saadh Sangat, the Company of the Holy; I have renounced evil-mindedness and intellectualism. ||2||

One who sings the Glorious Praises of the Lord, twenty-four hours a day, and remembers the Lord in meditation, who is Kind to the poor,

saves himself, and redeems all his generations; all of his bonds are released. ||3||
chran aDhaar tayraa parabh su-aamee ot pot parabh saath.
I take the Support of Your Feet, O God, O Lord and Master; you are with me through and through, God.

saran pari-o naanak parabh tumree day raakh-i har haath. ||4||2||32||
Nanak has entered Your Sanctuary, God; giving him His hand, the Lord has protected him. ||4||2||32||

Goojaree, Fifth Mehl, Second House:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

raajan meh tooN raajaa kahee-ahi bhooman meh bhoomaa.
Among kings, You are called the King. Among land-lords, You are the Land-lord.

thakur meh thakura-ee tayree koman sir komaa. ||1||
Among masters, You are the Master. Among tribes, Yours is the Supreme Tribe. ||1||

pitaa mayro bado Dhanee agmaa.
My Father is wealthy, deep and profound.

What praises should I chant, O Creator Lord? Beholding You, I am wonder-struck. ||1||Pause||
Among the peaceful, You are called the Peaceful One. Among givers, You are the Greatest Giver.

Among the glorious, You are said to be the Most Glorious. Among revellers, You are the Reveller. ||2||

Among warriors, You are the Warrior. Among indulgers, You are the Indulger. ||3||

Among creators, You are the Creator. Among the cultured, You are the Cultured One. ||4||

Among bankers, You are the True Banker. Among merchants, You are the Merchant. ||4||

Among courts, Yours is the Court. Yours is the Most Sublime of Sanctuaries.

The extent of Your wealth cannot be determined. Your Coins cannot be counted. ||5||
Among names, Your Name, God, is the most respected. Among the wise, You are the Wisest.

Among ways, Yours, God, is the Best Way. Among purifying baths, Yours is the Most Purifying.

Among spiritual powers, Yours, O God, are the Spiritual Powers. Among actions, Yours are the Greatest Actions.

Among wills, Your Will, God, is the Supreme Will. Of commands, Yours is the Supreme Command.

In the Saadh Sangat, the Company of the Holy, O Nanak, sing His Praises; they are so very dear to God.
One Universal Creator God. By The Grace Of The True Guru:

O Lord, Man-lion Incarnate, Companion to the poor, Divine Purifier of sinners;

O Destroyer of fear and dread, Merciful Lord Master, Treasure of Excellence, fruitful is Your service. ||1||

I seek the Sanctuary of Your Feet, O Merciful Lord. Carry me across the terrifying world-ocean. ||1||Pause||

O Dispeller of sexual desire and anger, Eliminator of intoxication and attachment, Destroyer of ego, Honey of the mind;

set me free from birth and death, O Sustainer of the earth, and preserve my honor, O Embodiment of supreme bliss. ||2||
The many waves of desire for Maya are burnt away, when the Guru’s spiritual wisdom is enshrined in the heart, through the Guru’s Mantra.

Destroy my egotism, O Merciful Lord; dispel my anxiety, O Infinite Primal Lord. ||3||

Remember in meditation the Almighty Lord, every moment and every instant; meditate on God in the celestial peace of Samaadhi.

O Merciful to the meek, perfectly blissful Lord, I beg for the dust of the feet of the Holy. ||4||

Please, preserve my faith, dispel these doubts from my mind, and save me, O Formless Lord. ||5||

They have become wealthy, loaded with the treasures of the Lord’s riches; they were lacking even clothes.
The idiotic, foolish and senseless people have become virtuous and patient, receiving the Gracious Glance of the Lord of wealth.

Become Jivan-Mukta, liberated while yet alive, by meditating on the Lord of the Universe, O mind, and maintaining faith in Him in your heart.

He grants the Blessed Vision of His Darshan to those who listen to His Praises, and who, with their tongues, chant His Name.

They are part and parcel, life and limb with the Lord God; O Nanak, they feel the Touch of God, the Savior of sinners.

One Universal Creator God. By The Grace Of The True Guru:
ਸਲੋਕੁ  ਮਃ ੫ ॥ (517)
 salok mehlaa 5.
 Shalok, Fifth Mehl:

ਆਂਤਿਰੀ ਗੁਰੂ ਆਰਾਧਣਾ ਜਿਹਵਾ ਜਿਪ ਗੁਰ ਨਾਊ ॥
antar gur aaraaDh-naa jihvaa jap gur naa-o.
Deep within yourself, worship the Guru in adoration, and with your tongue, chant the Guru's Name.

ਨੇਤਰ੍ੀ ਸਿਤਗੁਰੂ ਪੇਖਣਾ ਸਰਵਣੀ ਸੁਨਣਾ ਗੁਰ ਨਾਊ ॥
naytree satgur paykh-naa sarvanee sunnaa gur naa-o.
Let your eyes behold the True Guru, and let your ears hear the Guru's Name.

ਕਹੁ ਨਾਨਕ ਕਿਰਪਾ ਕਰੇ ਜਿਸ ਨੋ ਏਹ ਵਥੁ ਦੇਇ ॥
kaho naanak kirpaa karay jis no ayh vath day-ay.
Says Nanak, this treasure is bestowed on those who are blessed with His Mercy.

ਜਗ ਮਹੀ ਉਤਮ ਕਾਢੀਆਂ ਵੀਰਲਾ ਕੇਈ ਕੇਈ ॥੧॥
jag meh utam kaadhee-ah virlay kay-ee kay-ay. ||1||
In the midst of the world, they are known as the most pious - they are rare indeed. ||1||

ਮਃ ਪ੍ਰਸ਼ੀ (517)
m: 5
mehlaa 5.
Fifth Mehl:

ਰਖੇ ਰਰਖਣਹਾਿਰ ਆਿਪ ਉਬਾਿਰਅਨੂ ॥
rakhay rakhanhaar aap ubaari-an.
O Savior Lord, save us and take us across.
ਸਾਧ ਜਨਾਕੇ ਸੰਗ ਭਵਜਲ ਤਾਵਾ ਆਨੁ ||

saaDh janaa kai sang bhavjal taari-an.

In the Saadh Sangat, the Company of the Holy, we are carried across the terrifying world-ocean.

ਜਿਸੁ ਸਿਸ਼ਕ ਸੁਖ ਹੋ ਸਾਗ ਦੁੱਖ ਜਾਹਿ ||

jis simrat sukh ho-ay saglay dookh jaahi. ||

Remembering Him in meditation, happiness comes, and all sorrows and pains simply vanish. ||

ਪਹਿਲੀ ||

pa-orhee.

Pauree:

ਆਕੁਲ ਨਿਰੰਜਨ ਪੁਰਖ ਆਗਮ ਅੰਦਾਜੀਐ ||

akul niranjan purakh agam apaaree-ai.

He is without relatives, immaculate, all-powerful, unapproachable and infinite.
ਸਚੋ ਸਚਾ ਸਚੁ ਿਨਹਾਰੀਐ ॥

Truly, the True Lord is seen to be the Truest of the True.

ਕੂੰਡੁ ਨ ਜਾਪੈ ਿਕੁਛੁ ਤੰਜਰੀਐ ॥

Nothing established by You appears to be false.

ਸਭਸੈ ਦੇ ਦਾਤਾਰੁ ਜੇਤ ਉਪਾਰੀਐ ॥

The Great Giver gives sustenance to all those He has created.

ਇਕਤੁ ਸੂਿਤ ਪਰੋਇ ਜੀਤ ਸੰਜਾਰੀਐ ॥

He has strung all on only one thread; He has infused His Light in them.

ਹੁਕਮੇ ਭਵਜਲ ਮੰਝ ਹੁਕਮੇ ਤਾਰੀਐ ॥

By His Will, some drown in the terrifying world-ocean, and by His Will, some are carried across.

ਪਰ੍ਭ ਜੀੁੱ ਤੁਧੁ ਿਧਾਏ ਸੋੜ ਜੀਤ ਮਥਾਰੀਐ ॥

O Dear Lord, he alone meditates on You, upon whose forehead such blessed destiny is inscribed.

ਤੇਰੀ ਗਿਤ ਿਮਿਤ ਲਖੀ ਨ ਜਾਇ ਹਉ ਤੁਧੁ ਬਿਲਹਾਰੀਐ ॥1॥

Your condition and state cannot be known; I am a sacrifice to You. ||1||
When You are pleased, O Merciful Lord, you automatically come to dwell within my mind.

When You are pleased, O Merciful Lord, I find the nine treasures within the home of my own self.

When You are pleased, O Merciful Lord, I act according to the Guru's Instructions.

When You are pleased, O Merciful Lord, then Nanak is absorbed in the True One.

Many sit on thrones, to the sounds of musical instruments.

O Nanak, without the True Name, no one's honor is safe.

Pauree:
The followers of the Vedas, the Bible and the Koran, standing at Your Door, meditate on You.

Uncounted are those who fall at Your Door.

Brahma meditates on You, as does Indra on his throne.

Shiva and Vishnu, and their incarnations, chant the Lord's Praise with their mouths, as do the Pirs, the spiritual teachers, the prophets and the Shaykhs, the silent sages and the seers.

Through and through, the Formless Lord is woven into each and every heart.

One is destroyed through falsehood; through righteousness, one prospers.
Shalok, Fifth Mehl:

Chandigarh 'tir Ameru kare purabh 'tai kirdar meh " (518)

cha'Ngi-aa-eeN aalak karay buri-aa-eeN ho-ay sayr.
He is reluctant to do good, but eager to practice evil.

O Nanak, today or tomorrow, the feet of the careless fool shall fall into the trap. ||1||

Nanak: You, O Lord, conceal my short-comings and dwell within my mind; You are my true friend. ||2||

I beg of You, O Merciful Lord: please, make me the slave of Your slaves.
I obtain the nine treasures and royalty; chanting Your Name, I live.

The great ambrosial treasure, the Nectar of the Naam, is in the home of the Lord's slaves.

In their company, I am in ecstasy, listening to Your Praises with my ears.

Serving them, my body is purified.

I wave the fans over them, and carry water for them; I grind the corn for them, and washing their feet, I am over-joyed.

By myself, I can do nothing; O God, bless me with Your Glance of Grace.

I am worthless - please, bless me with a seat in the place of worship of the Saints.

Shalok, Fifth Mehl:
ਸਾਜਨ ਤੇਰੇ ਚਰਨ ਕੀ ਹੋਇ ਰਹਾ ਸਦ ਧੂਰੀ ॥ (518)
saajan tayray charan kee ho-ay rahaa sad Dhooor.
O Friend, I pray that I may remain forever the dust of Your Feet.

ਨਾਨਕ ਸਰਿਣ ਤੁਹਾਰੀਆ ਪੇਖੁਆ ਸਦਾ ਹਜੂਰ ॥੧॥ (518)
naanak saran tuhaaree-aa paykha-o sadaa hajoor. ||1||
Nanak has entered Your Sanctuary, and beholds You ever-present. ||1||

ਮਃ ੫ ॥ (518)
mehlaa 5.
Fifth Mehl:

ਪਿਤਤ ਪੁਨੀਤ ਅਸੰਖ ਹੋਿਹ ਹਿਰ ਚਰਣੀ ਮਨੁ ਲਗ ॥ (518)
patit puneet asaNkh hohi har charnee man laag.
Countless sinners become pure, by fixing their minds on the Feet of the Lord.

ਅਠਸਿਠ ਤੀਰਥ ਨਾਮੁ ਪਰ੍ਭ ਿਜਸੁ ਨਾਨਕ ਮਸਤਿਕ ਭਾਗ ॥੨॥ (518)
athsath tirath naam parabh jis naanak mastak bhaag. ||2||
The Name of God is the sixty-eight holy places of pilgrimage, O Nanak, for one who has such destiny written upon his forehead. ||2||

ਪਉੜੀ ॥ (518)
pa-orhee.
Pauree:

ਨਿਤ ਜਪੀਐ ਸਾਸਿ ਗਿਰਾਸਿ ਨਾੱਉ ਪਰਵਦਿਗਾਰ ਦਾ ॥ (518)
nit japee-ai saas giraas naa-o paravdigaa daa.
With every breath and morsel of food, chant the Name of the Lord, the Cherisher.

ਜਦ ਹੇ ਬਵੇ ਬਵੇਂ ਹਿਸਤੁ ਹੇ ਬਿਮਚਤ ॥ (518)
jis no karay rahamm tis na visaardaa.
The Lord does not forget one upon whom He has bestowed His Grace.
Aap upaanhaar aapay hee maardaa.
He Himself is the Creator, and He Himself destroys.

Sabh kichh jaanai jaan bujh veechaardaa.
The Knower knows everything; He understands and contemplates.

Anik roop khin maahi kudrat Dhaardaa.
By His creative power, He assumes numerous forms in an instant.

Jis no laa-ay sach tiseh uDhaardaa.
One whom the Lord attaches to the Truth is redeemed.

Jis dai hovai val so kaday na haardaa.
One who has God on his side is never conquered.

Sadaa abhag deebaan hai ha-o tis namaskaardaa.
His Court is eternal and imperishable; I humbly bow to Him.

Shalok, Fifth Mehl:

Renounce sexual desire, anger and greed, and burn them in the fire.
As long as you are alive, O Nanak, meditate continually on the True Name. ||1||

Meditating, meditating in remembrance on my God, I have obtained all the fruits. ||2||

One who has been instructed by the Guru is liberated in this world. ||2||

He avoids disaster, and his anxiety is dispelled. ||2||

Beholding the blessed vision of his Darshan, the world is over-joyed.
In the company of the Lord's humble servants, the world is over-joyed, and the filth of sin is washed away.

There, they meditate on the Ambrosial Nectar of the True Name.

The mind becomes content, and its hunger is satisfied.

One whose heart is filled with the Name, has his bonds cut away.

By Guru's Grace, some rare person earns the wealth of the Lord's Name.

Shalok, Fifth Mehl:

Within my mind, I think thoughts of always rising early, and making the effort.

O Lord, my Friend, please bless Nanak with the habit of singing the Kirtan of the Lord's Praises.
ਮੂਲ

ਦਰਸਿਟ ਧਾਰ ਪਰਭ ਰਾਖਾ ਮਨੁ ਤਨੁ ਰਤਾ ਮੂਲ ॥

darisat Dhaar parabh raakhi-aa man tan rataa mool.
Casting His Glance of Grace, God has saved me; my mind and body are imbued with the Primal Being.

ਨਾਨਕ ਜੋ ਪਰਭ ਭਾਣੀਆ ਮਰਾ ਵਿਚਾਰੀ ਸੂਲ ॥੨॥

naanak jo parabh bhaanee-aa mara-o vichaaree sool. ||2||
O Nanak, those who are pleasing to God, have their cries of suffering taken away. ||2||

ਪਾੜੀ

ਪਾੜੀ

pa-orhee.
Pauree:

ਜੀਅ ਕੀ ਬਿਰਥਾ ਹੋਇ ਸੁ ਗੁਰ ਪਿਹ ਅਰਦਾਸ ਕਿਰ ॥

jee-a kee birthaa ho-ay so gur peh ardaas kar.
When your soul is feeling sad, offer your prayers to the Guru.

ਛੋਡ ਸਿਆਣ ਸਗਲ ਮਨੁ ਤਨੁ ਅਰਧ ਧਿਰ ॥

chhod si-aanap sagal man tan arap Dhar.
Renounce all your cleverness, and dedicate your mind and body to Him.

ਪੂਜਾ ਗੁਰ ਵੇ ਐਵ ਦਰਮਤ ਤਗਦੀ ਤਿਰ ॥

poojahu gur kay pair durmat jaa-ay jar.
Worship the Feet of the Guru, and your evil-mindedness shall be burnt away.

ਸਾਧ ਜਨਾ ਕੈ ਸਾਂਗ ਭਵਜ਼ਲੁ ਵਿਬਖ ਤਿਰ ॥

saaDh janaa kai sang bhavjal bikham tar.
Joining the Saadh Sangat, the Company of the Holy, you shall cross over the terrifying and difficult world-ocean.
Serve the True Guru, and in the world hereafter, you shall not die of fear.

In an instant, he shall make you happy, and the empty vessel shall be filled to overflowing.

The mind becomes content, meditating forever on the Lord.

He alone dedicates himself to the Guru's service, unto whom the Lord has granted His Grace.

I am attached to the right place; the Uniter has united me.

O Nanak, there are hundreds and thousands of waves, but my Husband Lord does not let me drown.
In the dreadful wilderness, I have found the one and only companion; the Name of the Lord is the Destroyer of distress.

I am a sacrifice, a sacrifice to the Beloved Saints, O Nanak; through them, my affairs have been brought to fulfillment. ||2||

All treasures are obtained, when we are attuned to Your Love.

One does not have to suffer regret and repentance, when he meditates on You.

No one can equal Your humble servant, who has Your Support.

Waaho! Waaho! How wonderful is the Perfect Guru! Cherishing Him in my mind, I obtain peace.

The treasure of the Lord's Praise comes from the Guru; by His Mercy, it is obtained.
When the True Guru bestows His Glance of Grace, one does not wander any more.

The Merciful Lord preserves him - He makes him His own slave.

Listening, hearing the Name of the Lord, Har, Har, Har, Har, I live. ||7||

O Husband Lord, You have given me the silk gown of Your Love to cover and protect my honor.

You are all-wise and all-knowing, O my Master; Nanak: I have not appreciated Your value, Lord. ||1||

By Your meditative remembrance, I have found everything; nothing seems difficult to me.
jis pat rakhai sachaa saahib naanak mayt na sakai ko-ee. ||2||
One whose honor the True Lord Master has preserved - O Nanak, no one can dishonor him. ||2||

pa-orhee.
Pauree:

hovai sukh ghanaa da-yi Dhi-aa-i-ai.
Meditating on the Lord, there comes a great peace.

vanjai rogaa ghaan har gun gaa-i-ai.
Multitudes of illnesses vanish, singing the Glorious Praises of the Lord.

pooran hovai aas naa-ay man vasaa-i-ai.
One's hopes are fulfilled, when one's mind is filled with the Name.

ko-ay na lagai bighan aap gavaa-i-ai.
No obstacles stand in the way, when one eliminates his self-conceit.

gi-aan padaarath mat gur tay paa-i-ai.
The intellect attains the blessing of spiritual wisdom from the Guru.
ਤਿਨ ਪਾਏ ਸਭੇ ਥੋਕ ਜਿਸੁ ਆਪ ਦੀਆਈਐ ॥ (520)

He receives everything, unto whom the Lord Himself gives.

ਤੂੰ ਸਭਨਾ ਕਾ ਖਸਮੁ ਸਭ ਤੇਰੀ ਛਾਈਐ ॥੮॥ (520)

You are the Lord and Master of all; all are under Your Protection. ||8||

ਸਲੋਕੁ ਜੋ ਮਹੀਗ਼ ॥ (520)

Shalok, Fifth Mehl:

ਨਦੀ ਤਰੰਦੜੀ ਮੈਡਾ ਖੋਜੁ ਨ ਖੁੰਭੈ ਮੰਝ ਮੁਹਬਿਤ ਤੇਰੀ ॥ (520)

Crossing the stream, my foot does not get stuck - I am filled with love for You.

ਤਹ ਚਰਣੀ ਮੈਡਾ ਹੀਰਾ ਨਾਨਕ ਤੁਲਹਾ ਬੇੜੀ ॥੧॥ (520)

O Lord, my heart is attached to Your Feet; the Lord is Nanak's raft and boat. ||1||

ਸਲੋਕੁ ਜੋ ਮਹੀਗ਼ ॥ (520)

Shalok, Fifth Mehl:

ਜਿਨਾ ਦਿਸੰਦਰੀਆ ਦੁਰਮਤੀ ਬੰਢੇ ਮਿੰਝਾ ਅਮਕਤੇ ਮੇਹੀਦੀ ॥ (520)

The sight of them banishes my evil-mindedness; they are my only true friends.

ਹਉ ਢੂਢੇਦੀ ਜਗੁ ਸਬਾਇਆ ਜਨ ਨਾਨਕ ਕਿੱਤੇ ਕੇਈ ॥੨॥ (520)

I have searched the whole world; O servant Nanak, how rare are such persons! ||2||
ਪਉੜੀ ॥ (520)
ਪਉੜੀ ॥
pa-orhee.
Pauree:

आਵੈ ਸਾਿਹ ਚਿਤ ਤੇਰਾ ਭਗਤਾ ਦਿਠਾਈ ॥ (520)
आਵੈ ਸਾਿਹ ਚਿਤ ਤੇਰਾ ਭਗਤਾ ਦਿਠਾਈ ॥
aavai saahib chit tayri-aa bhagtaa dithi-aa.
You come to mind, O Lord and Master, when I behold Your devotees.

ਭਾਵ ਵੀ ਵਿਖੀਆਂ ਮੈਲੁ ਸਾਿਹ ਸੰਗੀ ਦਿਠਾਈ ॥ (520)
ਭਾਵ ਵੀ ਵਿਖੀਆਂ ਮੈਲੁ ਸਾਿਹ ਸੰਗੀ ਦਿਠਾਈ ॥
man kee katee-ai mail saaDhsang vuthi-aa.
The filth of my mind is removed, when I dwell in the Saadh Sangat, the Company of the Holy.

ਕਨਮ ਖਰੁ ਤੋ ਗ੍ਰਹ ਸੂਨ ਵੀ ਮਸਤੁ ਨਧਾ ॥ (520)
ਕਨਮ ਖਰੁ ਤੋ ਗ੍ਰਹ ਸੂਨ ਵੀ ਮਸਤੁ ਨਧਾ ॥
janam maran bha-o katee-ai jan kaa sabad jap.
The fear of birth and death is dispelled, meditating on the Word of His humble servant.

ਬਾਂਧਨ ਖ਼ਲ਼ਤੀ ਮੁੱਢ ਮੂੰ ਤਧੀ ਦਰਧੀ ॥ (520)
ਬਾਂਧਨ ਖ਼ਲ਼ਤੀ ਮੁੱਢ ਮੂੰ ਤਧੀ ਦਰਧੀ ॥
banDhan kholniH sant doot sabh jaahi chhap.
The Saints untie the bonds, and all the demons are dispelled.

ਤਿਸ ਤਿਰੀ ਖੋਈਦਾ ਤੇਂ ਤਿਮ ਦੀ ਮੰਨ ਪਾਲਾਈ ॥ (520)
ਤਿਸ ਤਿਰੀ ਖੋਈਦਾ ਤੇਂ ਤਿਮ ਦੀ ਮੰਨ ਪਾਲਾਈ ॥
tis si-o laa-iniH rang jis dee sabh Dhaaree-aa.
They inspire us to love Him, the One who established the entire universe.

ਉੰਚੀ ਖੂੰ ਉੰਚਾ ਖਿਸਾ ਅਗਮ ਅਪਾਰੀਆ ॥ (520)
ਉੰਚੀ ਖੂੰ ਉੰਚਾ ਖਿਸਾ ਅਗਮ ਅਪਾਰੀਆ ॥
oochee hooN oochaa thaan agam aapaaree-aa.
The seat of the inaccessible and infinite Lord is the highest of the high.

ਰੈਣ ਦਾਲ੍ਹ ਬਾਂਧਨ ਸਾਿਹ ਮਾਨ ਦਿਠਾਈਆਈ ॥ (520)
ਰੈਣ ਦਾਲ੍ਹ ਬਾਂਧਨ ਸਾਿਹ ਮਾਨ ਦਿਠਾਈਆਈ ॥
rain dinas kar jorh saas saas Dhi-aa-ee-ai.
Night and day, with your palms pressed together, with each and every breath, meditate on Him.
जा आपे होइ दइआलु तां भगत संगु पाईऐ। ||9||
When the Lord Himself becomes merciful, then we attain the Society of His devotees. ||9||

Shalok, Fifth Mehl:

बारि बिद्यान्रै हुमस धुमस कूका पईआ राही।
baar vidaanrhai hummas Dhummas kookaa pa-ee-aa raahie.
In this wondrous forest of the world, there is chaos and confusion; shrieks emanate from the highways.

तउ सह सेती लगड़ी डोरी नानक अनद सेती बनु गाही। ||1||
I am in love with You, O my Husband Lord; O Nanak, I cross the jungle joyfully. ||1||

The true society is the company of those who meditate on the Name of the Lord.

Do not associate with those, O Nanak, who look out only for their own interests. ||2||

Pauree:

pa-orhee.
ਸਾ ਵੇਲਾ ਪਰਵਾਣੁ ਜਿਤੁ ਸਤਿਗੁਰ ਭੇਈਐ ਹੁਈ।

Approved is that time, when one meets the True Guru.

ਹੋਆ ਸਾਧੂ ਸੰਗੁ ਫਿਰ ਦੂਖ ਨ ਤੇਈਐ।

Joining the Saadh Sangat, the Company of the Holy, he does not suffer pain again.

ਨਦਰੀ ਆਈਐ ਇਕੁ ਸਗਲ ਬਰਹਮੇਈਐ।

When he attains the eternal place, he does not have to enter the womb again.

ਪਾਇਐ ਨਹਚਲ ਥਾਨੁ ਫਿਰ ਗਰਿਭ ਨ ਲੇਈਐ।

He comes to see the One God everywhere.

ਤਤੁ ਫ਼ਲੇਨ ਹੈ ਪ੍ਰਿਸ਼ਲ ਲੌਧਮੇਈਐ।

He focuses his meditation on the essence of spiritual wisdom, and withdraws his attention from other sights.

ਸਭੋ ਜਪੀਐ ਜਾਪੁ ਮੁਖਹੁ ਬੋਈਐ।

All chants are chanted by one who chants them with his mouth.

ਹੁਕਮੇ ਬੁਝ ਨਹਾਲ ਸੁਖ ਸੁਖੇਈਐ।

Realizing the Hukam of the Lord’s Command, he becomes happy, and he is filled with peace and tranquility.

ਪਰਿਖ ਖਜਾਨਾ ਪਾਈ ਸੇ ਬਹੁਡ ਨ ਖੋਇਐ॥੧੦॥

Those who are assayed, and placed in the Lord’s treasury, are not declared counterfeit again. ||10||
ਸਲੋਕੁ  ਮਃ ੫ ॥ (520)
salok mehlaa 5.
Shalok, Fifth Mehl:

ਵਿਬੱਧੇ ਸੰਘਰੂਪ ਬਨੇ  ਤੇ ਸੌੜਿਤਾ ਗਾਖੇਂ ॥ (520)
vichhohay jamboor khavay na vanjan gaakh-rhay.
The pincers of separation are so painful to endure.

ਨੇੜੇ ਪ੍ਰੀਤੀ ਮਿਲਿਆਂ ਤਾਲਜ਼ ਮੁੱਠ ਸੰਘਰੂਪ ਮੁੱਠ ॥੧॥ (520)
je so dheene milann naanak sukh sambooh sathu. ||1||
If only the Master would come to meet me! O Nanak, I would then obtain all the true comforts. ||1||

ਮੇਹਲਾ  ਮਃ ੫ ॥ (521)
mehlaa 5.
Fifth Mehl:

ਲੀਝੀ ਦਸਮੀ ਜਾਂਠੀ ਪੀਠ ਕਦੇ ਕ੍ਰਿਕਤੀ ॥ (521)
jimee vasandee paanee-ai eedhan rakhai bhaahi.
The earth is in the water, and the fire is contained in the wood.

ਤਾਲਜ਼ ਮੇਹਲਾ ਮੂਲ ਭਾਗੀ ਗੇ ਅਸੂਨੀ ਰਕਾਲ ਲਈ ॥੨॥ (521)
naanak so saho aahi jaa kai aadhali hama ko. ||2||
O Nanak, yearn for that Lord, who is the Support of all. ||2||

ਪ੍ਰਹੀਜ਼ੀ ॥ (521)
paurhee.
Pauree:

ਤੇਰੇ ਕੀਤੇ ਕਮ ਤੁਧੈ ਹੀ ਗੋਚੜੇ ॥ (521)
tayray keetay kamm tuDhai hee gochray.
The works which You have done, O Lord, could only have been performed by You.
That alone happens in the world, which You, O Master, have done.

I am wonderstruck beholding the wonder of Your Almighty Creative Power.

I seek Your Sanctuary - I am Your slave; if it is Your Will, I shall be emancipated.

The treasure is in Your Hands; according to Your Will, You bestow it.

One, upon whom You have bestowed Your Mercy, is blessed with the Lord's Name.

You are unapproachable, unfathomable and infinite; Your limits cannot be found.

One, unto whom You have been compassionate, meditates on the Naam, the Name of the Lord.

Shalok, Fifth Mehl:
The ladles cruise through the food, but they do not know the taste of it.

I long to see the faces of those, O Nanak, who are imbued with the essence of the Lord's Love.

Through the Tracker, I discovered the tracks of those who ruined my crops.

You, O Lord, have put up the fence; O Nanak, my fields shall not be plundered again.

Worship in adoration that True Lord; everything is under His Power.

He Himself is the Master of both ends; in an instant, He adjusts our affairs.
Renounce all your efforts, and hold fast to His Support.

Run to His Sanctuary, and you shall obtain the comfort of all comforts.

The karma of good deeds, the righteousness of Dharma and the essence of spiritual wisdom are obtained in the Society of the Saints.

Chanting the Ambrosial Nectar of the Naam, no obstacle shall block your way.

The Lord abides in the mind of one who is blessed by His Kindness.

All treasures are obtained, when the Lord and Master is pleased.

I have found the object of my search - my Beloved took pity on me.
There is One Creator; O Nanak, I do not see any other. ||1||

Fifth Mehl:

Take aim with the arrow of Truth, and shoot down sin.

Cherish the Words of the Guru's Mantra, O Nanak, and you shall not suffer in pain. ||2||

He is Kind to all beings and creatures; meditate forever on Him.

The all-powerful Lord has shown Mercy, and my cries of suffering are ended.
My fevers, pains and diseases are gone, by the Grace of the Perfect Guru.

The Lord has established me, and protected me; He is the Cherisher of the poor.

He Himself has delivered me, breaking all my bonds.

My thirst is quenched, my hopes are fulfilled, and my mind is contented and satisfied.

The greatest of the great, the Infinite Lord and Master - He is not affected by virtue and vice.

They alone meditate on the Lord God, Har, Har, unto whom the Lord is Merciful.

O Nanak, they enshrine love for the Lord, meeting the Saadh Sangat, the Company of the Holy.
Fifth Mehl:

Contemplate the Lord, O very fortunate ones; He is pervading in the water, the land and the sky.

O Nanak, worshipping the Naam, the Name of the Lord, the mortal encounters no misfortune.

The speech of the devotees is approved; it is accepted in the Court of the Lord.

Your devotees take to Your Support; they are imbued with the True Name.

One unto whom You are Merciful, has his sufferings depart.

O Merciful Lord, You bless Your devotees with Your Grace.
Suffering, pain, terrible disease and Maya do not afflict them.

This is the Support of the devotees, that they sing the Glorious Praises of the Lord of the Universe.

Forever and ever, day and night, they meditate on the One and Only Lord.

Drinking in the Ambrosial Amrit of the Naam, the Name of the Lord, His humble servants remain satisfied with the Naam.

Millions of obstacles stand in the way of one who forgets the Name.

O Nanak, night and day, he croaks like a raven in a deserted house.
ਿਪਰੀ ਿਮਲਾਵਾ ਜਾ ਥੀਐ ਸਾਈ ਸੁਹਾਵੀ ਰੁਿਤ ॥ (522)
piree milaavaa jaa thee-ai saa-ee suhaavee rut.
Beauteous is that season, when I am united with my Beloved.

ਪਹਿਲੀ ਭੁਗੁੱਟ ਤੂ ਦੀਸਲੇਵਾ ਕੁਲਵਾਬੀ ਫੀੂੱਟ ॥੨॥ (522)
phili bhuguut too deesaleva kulwabaab vee-oo teet ||2||
gharhee muhut nah veesrai naanak ravee-ai nit. ||2||
I do not forget Him for a moment or an instant; O Nanak, I contemplate Him constantly. ||2||

ਪਹੁੱਚੀ ॥ (522)
pa-orhee.
Pauree:

ਸੂਰਬੀਰ ਵਰੀਆਮ ਿਕਨੈ ਨ ਹੋੜੀਐ ॥ (522)
soorbeer varee-aam kinai na horhee-ai.
Even brave and mighty men cannot withstand,

ਫਉਜ ਸਤਾਣੀ ਹਾਠ ਪੰਚਾ ਜੋੜੀਐ ॥ (522)
fa-uj sataanee haath panchaa jorhee-ai.
the powerful and overwhelming army which the five passions have gathered.

ਦਸ ਨਾਰੀ ਅਉਧੂਤ ਦੇਿਨ ਚਮੋੜੀਐ ॥ (522)
das naaree a-uDhoot dayn chamorhee-ai.
The ten organs of sensation attach even detached renunciates to sensory pleasures.

ਿਜਿਣ ਿਜਿਣ ਲੈ੍ਹ ਰਲਾਇ ਏਹੋ ਏਨਾ ਲੋੜੀਐ ॥ (522)
jin jin lainiH ralaa-ay ayho aynaa lorhee-ai.
They seek to conquer and overpower them, and so increase their following.

ਤਰ੍ੈ ਗੁਣ ਇਨ ਕਈ ਵਿਸ ਿਕਨੈ ਨ ਮੋਡੀਐ ॥ (522)
tarai gun in kai vas kinai na morhee-ai.
The world of the three dispositions is under their influence; no one can stand against them.
bharam koṭ maa-i-aa khaa-ee kaho kit biDh torhee-ai.
So tell me - how can the fort of doubt and the moat of Maya be overcome?

Worshipping the Perfect Guru, this awesome force is subdued.

I stand before Him, day and night, with my palms pressed together. ||15||

All sins are washed away, by continually singing the Lord’s Glories.

Millions of afflictions are produced, O Nanak, when the Name is forgotten. ||1||

O Nanak, meeting the True Guru, one comes to know the Perfect Way.
While laughing, playing, dressing and eating, he is liberated. ||2||

Blessed, blessed is the True Guru, who has demolished the fortress of doubt.

Waaho! Waaho! - Hail! Hail! to the True Guru, who has united me with the Lord.

The Guru has given me the medicine of the inexhaustible treasure of the Naam.

He has banished the great and terrible disease.

I have obtained the great treasure of the wealth of the Naam.

I have obtained eternal life, recognizing my own self.
The Glory of the all-powerful Divine Guru cannot be described.

The Guru is the Supreme Lord God, the Transcendent Lord, infinite, unseen and unknowable.

Make the effort, and you shall live; practicing it, you shall enjoy peace.

Meditating, you shall meet God, O Nanak, and your anxiety shall vanish.

Bless me with sublime thoughts, O Lord of the Universe, and contemplation in the immaculate Saadh Sangat, the Company of the Holy.

O Nanak, may I never forget the Naam, the Name of the Lord, for even an instant; be merciful to me, Lord God.
Pauree:

DEVGURU II (522)
paurree.

Pauree:

tempts kreed kheer ut bane jhandee II (522)
teraa kreetaa ho-ay ta kaahay darpee-ai.
Whatever happens is according to Your Will, so why should I be afraid?

nim bhichh naahay dim cheethi avdvav II (522)
jis mili japi-ei naa tisoo jee-oo arpee-ai.
Meeting Him, I meditate on the Name - I offer my soul to Him.

Aadhav chhup dhanu maaiv badlav II (522)
aa-ai chi nihaal saahib baysumaar.
When the Infinite Lord comes to mind, one is enraptured.

dim te pheere harkut nim bhi cheet heer II (522)
tis no pohay kavun jisoo val nirankaar.
Who can touch one who has the Formless Lord on his side?

meh kish dim te bim t kethe bhaloo II (522)
sabh kichh tis kai vas na ko-ee baahraa.
Everything is under His control; no one is beyond Him.

me dhaaraa dhriti cheet saiv samviv II (522)
soo bhagatsa man vutha saiv samaahara.
He, the True Lord, dwells in the minds of His devotees.

deva ram phalatiti dhu too bhalo bhalava II (522)
tayray daas Dhiaa-in tuDh too rakhan vaali-aa.
Your slaves meditate on You; You are the Savior, the Protector Lord.
You are the Almighty Overlord of all; You bless us with Your Glance of Grace. ||17||

Protect me, O my God; Nanak is forever a sacrifice to You. ||1||

O Nanak, cursed are the lives of those who are not attuned to the Love of the True Lord. ||2||

O Nanak, cursed are the lives of those who are not attuned to the Love of the True Lord. ||2||

By eating and eating, the mouth is worn out; by wearing clothes, the limbs grow weary.

Protection me, O my God; Nanak is forever a sacrifice to You. ||1||
As is the Hukam of Your Command, so do things happen.

Wherever You keep me, there I go and stand.

With the Love of Your Name, I wash away my evil-mindedness.

By continually meditating on You, O Formless Lord, my doubts and fears are dispelled.

Those who are attuned to Your Love, shall not be trapped in reincarnation.

Inwardly and outwardly, they behold the One Lord with their eyes.

Those who recognize the Lord's Command never weep.

O Nanak, they are blessed with the gift of the Name, woven into the fabric of their minds.
ਸਲੋਕ ਮੇਹਲਾ ੫ ॥ (523)

ਸਲੋਕ ਮੇਹਲਾ ੫ ॥
salok mehlaa 5.
Shalok, Fifth Mehl:

ਨੀਵਰਿਧਾਂ ਤੇ ਚੇਤਿਧੀ ਭਗਵਾਨ ਦੁਨੀਆ ਧਰਤੀ ॥ (523)
jeevendia na chayti-o mu-aa raland-rho khaak.
Those who do not remember the Lord while they are alive, shall mix with the dust when
they die.

ਨਾਨਕ ਦੁਨੀਆ ਸੰਗਤ ਗੁਦਾਰੀਆ ਸਾਕਤ ਮੂਰ ਕੱਧਾਂ ॥੧॥ (523)
naanak dune-aa sang gudaari-aa saakat moorh napaak. ||1||
O Nanak, the foolish and filthy faithless cynic passes his life engrossed in the world. ||1||

ਮੇਹਲਾ ੫ ॥ (523)
mehlaa 5.
Fifth Mehl:

ਨੀਵਰਿਧਾਂ ਤੇ ਚੇਤਿਧੀ ਭਗਵਾਨ ਦੁਨੀਆ ਧਰਤੀ ॥ (523)
jeevendia har chayti-aa marandi-aa har rang.
One who remembers the Lord while he is alive, shall be imbued with the Lord's Love when
he dies.

ਜਨਮ ਪੁਦਰਾਥ ਤਾਰੀਖ ਨਾਨਕ ਸੰਗੀ ਮੂਰ ਕੱਧਾਂ ॥੨॥ (523)
janam padaarath taari-aa naanak saaDhoo sang. ||2||
The precious gift of his life is redeemed, O Nanak, in the Saadh Sangat, the Company of
the Holy. ||2||

ਪੁਰਕੀ ਦੇਵੀ ॥ (523)
paurkree.
Pauree:

ਆਦਿ ਸੁਗਾਣੀ ਸਾਧੀ ਤਾਰੀਖ ਵਾਲਾਂ ॥ (523)
aad jugaadee aap rakhan vaali-aa.
From the beginning, and through the ages, You have been our Protector and Preserver.
True is Your Name, O Creator Lord, and True is Your Creation.

You do not lack anything; You are filling each and every heart.

You are merciful and all-powerful; You Yourself cause us to serve You.

Those whose minds in which You dwell are forever at peace.

Having created the creation, You Yourself cherish it.

You Yourself are everything, O infinite, endless Lord.

Nanak seeks the Protection and Support of the Perfect Guru.
In the beginning, in the middle and in the end, the Transcendent Lord has saved me.

The True Guru has blessed me with the Lord's Name, and I have tasted the Ambrosial Nectar.

In the Saadh Sangat, the Company of the Holy, I chant the Glorious Praises of the Lord, night and day.

I have obtained all my objectives, and I shall not wander in reincarnation again.

Everything is in the Hands of the Creator; He does what is done.

Nanak begs for the gift of the dust of the feet of the Holy, which shall deliver him.

Enshrine Him in your mind, the One who created you.
Whoever meditates on the Lord and Master obtains peace.

Fruitful is the birth, and approved is the coming of the Gurmukh.

One who realizes the Hukam of the Lord's Command shall be blessed - so has the Lord and Master ordained.

One who is blessed with the Lord's Mercy does not wander.

Whatever the Lord and Master gives him, with that he is content.

O Nanak, one who is blessed with the kindness of the Lord, our Friend, realizes the Hukam of His Command.

But those whom the Lord Himself causes to wander, continue to die, and take reincarnation again.

Pauree:
The slanderers are destroyed in an instant; they are not spared for even a moment.

God will not endure the sufferings of His slaves, but catching the slanderers, He binds them to the cycle of reincarnation.

Grabbing them by the hair on their heads, the Lord throws them down, and leaves them on the path of Death.

They cry out in pain, in the darkest of hells.

But hugging His slaves close to His Heart, O Nanak, the True Lord saves them.

Meditate on the Lord, O fortunate ones; He is pervading the waters and the earth.

O Nanak, meditate on the Naam, the Name of the Lord, and no misfortune shall strike you.
Mehla 5.
Fifth Mehl:

वेवि विघम विम लुपढ़े, किम ते हिमवर रथुः। (524)
कोट विघन तिसु लागते, जिस नो विसैर नाठुः।

Millions of misfortunes block the way of one who forgets the Name of the Lord.

नानक अनिदन विलपते जिउ सूंजै घर काउः। (524)

O Nanak, like a crow in a deserted house, he cries out, night and day. ||2||

Paorhee.
Pauree:

सिमर सिमर दातार मनोरथ पूराः। (524)

Meditating, meditating in remembrance of the Great Giver, one's heart's desires are fulfilled.

इच्छ पुंनी मिन आस गए, विसौरिः। (524)

The hopes and desires of the mind are realized, and sorrows are forgotten.

पाइया नामु निधानु जिस नो भालदा॥ (524)

The treasure of the Naam, the Name of the Lord, is obtained; I have searched for it for so long.

जोति मिती संगि जोति रहिः चालदा॥ (524)

My light is merged into the Light, and my labors are over.
sookh sahj aanand vuthay tit ghar.
I abide in that house of peace, poise and bliss.

aavan jaan rahay janam na tahaa mar.
My comings and goings have ended - there is no birth or death there.

The Master and the servant have become one, with no sense of separation.

By Guru's Grace, Nanak is absorbed in the True Lord.

One Universal Creator God. By The Grace Of The True Guru:

O mother, I focus my consciousness on the Guru's feet.

As God shows His Mercy, the lotus of my heart blossoms, and forever and ever, I meditate on the Lord.
antar ayko baahar ayko sabh meh ayk samaa-ee-ai.
The One Lord is within, and the One Lord is outside; the One Lord is contained in all.

ghat avghat ravi-aa sabh thaa-ee har pooran barahm dikhaa-ee-ai. ||1||
Within the heart, and in all places, God, the Perfect One, is seen to be permeating. ||1||

usat karahi sayvak mun kete tere ant n kathoo paai-ee. ||
So many of Your servants and silent sages sing Your Praises, but no one has found Your limits.

sukh-daatay dukh bhanjan su-aamee jan naamak sad bal jaai-ee. ||2||
O Giver of peace, Destroyer of pain, Lord and Master - servant Nanak is forever a sacrifice to You. ||2||1||

maa-ee honhaar so ho-ee-ai.
O mother, whatever is to be, shall be.

raach rahi-o rachnaa parabh apnee kahaa laabh kahaa kho-ee-ai. ||1|| raha-o.
God pervades His pervading creation; one gains, while another loses. ||1||Pause||

kah fooleh aanand bikhai sog kab hasno kab ro-ee-ai.
Sometimes he blossoms in bliss, while at other times, he suffers in mourning. Sometimes he laughs, and sometimes he weeps.
Sometimes he is filled with the filth of ego, while at other times, he washes it off in the Saadh Sangat, the Company of the Holy. ||1||

No one can erase the actions of God; I cannot see any other like Him.

Says Nanak, I am a sacrifice to the Guru; by His Grace, I sleep in peace. ||2||2||

O mother, I hear of death, and think of it, and I am filled with fear.

Renouncing 'mine and yours' and egotism, I have sought the Sanctuary of the Lord and Master. ||1||Pause||

Let me not forget Him, even for an instant; forgetting Him, I die. ||1||
The Giver of peace, God, the Perfect Creator, endures my great ignorance.

I am worthless, ugly and of low birth, O Nanak, but my Husband Lord is the embodiment of bliss.

O my mind, chant forever the Kirtan of the Lord's Praises.

By singing, hearing and meditating on Him, all, whether of high or low status, are saved.

He is absorbed into the One from which he originated, when he understands the Way.

Wherever this body was fashioned, it was not allowed to remain there.

Peace comes, and fear and doubt are dispelled, when God becomes Merciful.
Says Nanak, my hopes have been fulfilled, renouncing my greed in the Saadh Sangat, the Company of the Holy. ||2||4||

**Dayv-Gandhaaree:**

O my mind, act as it pleases God.

Become the lowest of the low, the very least of the tiny, and speak in utmost humility. ||1||Pause||

The many ostentatious shows of Maya are useless; I withhold my love from these.

As something pleases my Lord and Master, in that I find my glory. ||1||

I am the slave of His slaves; becoming the dust of the feet of his slaves, I serve His humble servants.

I obtain all peace and greatness, O Nanak, living to chant His Name with my mouth. ||2||5||
Dear God, by Your Grace, my doubts have been dispelled.

By Your Mercy, all are mine; I reflect upon this in my mind. ||1||Pause||

Millions of sins are erased, by serving You; the Blessed Vision of Your Darshan drives away sorrow.

Chanting Your Name, I have obtained supreme peace, and my anxieties and diseases have been cast out. ||1||

Sexual desire, anger, greed, falsehood and slander are forgotten, in the Saadh Sangat, the Company of the Holy.

The ocean of mercy has cut away the bonds of Maya; O Nanak, He has saved me. ||2||6||
All the cleverness of my mind is gone.

The Lord and Master is the Doer, the Cause of causes; Nanak holds tight to His Support.

Erasing my self-conceit, I have entered His Sanctuary; these are the Teachings spoken by the Holy Guru.

Surrendering to the Will of God, I attain peace, and the darkness of doubt is dispelled.

I know that You are all-wise, O God, my Lord and Master; I seek Your Sanctuary.

In an instant, You establish and disestablish; the value of Your Almighty Creative Power cannot be estimated.

The Lord God is my praanaa, my breath of life; He is the Giver of peace.
By Guru's Grace, only a few know Him. ||1||Pause||

Your Saints are Your Beloveds; death does not consume them. ||1||

They are dyed in the deep crimson color of Your Love, and they are intoxicated with the sublime essence of the Lord's Name. ||1||

The greatest sins, and millions of pains and diseases are destroyed by Your Gracious Glance, O God. ||1||8||

I have seen that God with my eyes everywhere. ||

The Giver of peace, the Giver of souls, His Speech is Ambrosial Nectar. ||1||Pause||
The Saints dispel the darkness of ignorance; the Guru is the Giver of the gift of life.

Granting His Grace, the Lord has made me His own; I was on fire, but now I am cooled.

The karma of good deeds, and the Dharma of righteous faith, have not been produced in me, in the least; nor has pure conduct welled up in me.

Renouncing cleverness and self-mortification, O Nanak, I fall at the Guru's feet.

Chant the Lord's Name, and earn the profit.

You shall attain salvation, peace, poise and bliss, and the noose of Death shall be cut away.

Searching, searching, searching and reflecting, I have found that the Lord's Name is with the Saints.
They alone obtain this treasure, who have such pre-ordained destiny. ||1||

They are very fortunate and honorable; they are the perfect bankers. ||2||10||

They are beautiful, so very wise and handsome; O Nanak, purchase the Name of the Lord, Har, Har. ||2||10||

O mind, why are you so puffed up with egotism? ||1||

Whatever is seen in this foul, impure and filthy world, is only ashes. ||1||Pause||

Remember the One who created you, O mortal; He is the Support of your soul, and the breath of life. ||1||

One who forsakes Him, and attaches himself to another, dies to be reborn; he is such an ignorant fool! ||1||
**Anand Mongal Vichar\(^2\):**

I am blind, mute, crippled and totally lacking in understanding; O God, Preserver of all, please preserve me!

**Karan Karavanhaar\(^2\):**

The Creator, the Cause of causes is all-powerful; O Nanak, how helpless are His beings!

**Dayv-Gandhaaree\(^5\):**

God is the nearest of the near.

**Udhar\(^1\):**

Redeem your body in the invaluable Saadh Sangat, the Company of the Holy, chanting the Name of the Lord, Har, Har.

**Gharee\(^1\):**

Do not delay for an instant, even for a moment. Death is keeping you constantly in his vision.
ਅੰਧ ਬਿਲਾ ਤੇ ਕਾਢਹੁ ਕਿਖੀ ਨਾਹੀ ਘਿਰ ਤੇਰੈ ॥ (530)
ਅੰਧ ਬਿਲਾ ਤੇ ਕਾਢਹੁ ਕਿਖੀ ਨਾਹੀ ਘਿਰ ਤੇਰੈ ॥ (530)
Lift me up out of the dark dungeon, O Creator Lord; what is there which is not in Your home?

ਰਾਮ ਭਵਾ ਦੀ ਤਲਾਬ ਬੁਝ ਆਨਦ ਸੁਖ ਘਤੇਵਾ ॥੨॥੧੨॥ ਹੇਕੇ ॥ (530)
ਰਾਮ ਭਵਾ ਦੀ ਤਲਾਬ ਬੁਝ ਆਨਦ ਸੁਖ ਘਤੇਵਾ ॥੨॥੧੨॥ ਹੇਕੇ ॥
Bless Nanak with the Support of Your Name, that he may find great happiness and peace.

ਨਾਮੁ ਅਧਾਰੁ ਦੀਜੈ ਨਾਨਕ ਕਉ ਆਨਦ ਸੂਖ ਘਨੇਰੈ ॥੨॥੧੨॥ ਛਕੇ ॥ (530)

ਨਾਮੁ ਅਧਾਰੁ ਦੀਜੈ ਨਾਨਕ ਕਉ ਆਨਦ ਸੂਖ ਘਨੇਰੈ ॥੨॥੧੨॥ ਛਕੇ ॥
Bless Nanak with the Support of Your Name, that he may find great happiness and peace.

ਦੇਵਗੰਧਾਰੀ ੫ ॥ (530)
ਦੇਵਗੰਧਾਰੀ ੫ ॥
Dayv-Gandhaaree 5.
Dayv-Gandhaaree, Fifth Mehl:

ਮਨ ਗੁਰ ਿਮਿਲ ਨਾਮੁ ਅਰਾਿਧਓ ॥ (530)
ਮਨ ਗੁਰ ਿਮਿਲ ਨਾਮੁ ਅਰਾਿਧਓ ॥ (530)
O mind, meet with the Guru, and worship the Naam in adoration.

ਸੂਖ ਸਹਜ ਆਨੰਦ ਮੰਗਲ ਰਸ ਜੀਵਨ ਕਾ ਮੂਲੁ ਬਾਿਧਓ ॥੧॥ ਰਹਾਉ ॥ (530)

ਸੂਖ ਸਹਜ ਆਨੰਦ ਮੰਗਲ ਰਸ ਜੀਵਨ ਕਾ ਮੂਲੁ ਬਾਿਧਓ ॥੧॥ ਰਹਾਉ ॥
You shall obtain peace, poise, bliss, joy and pleasure, and lay the foundation of eternal life. ||1||Pause||

ਕਿਰ ਿਕਰਪਾ ਅਪੁਨਾ ਦਾਸੁ ਕੀਨੋ ਕਾਟੇ ਮਾਇਆ ਫਾਿਧਓ ॥ (530)

ਕਿਰ ਿਕਰਪਾ ਅਪੁਨਾ ਦਾਸੁ ਕੀਨੋ ਕਾਟੇ ਮਾਇਆ ਫਾਿਧਓ ॥ (530)
Showing His Mercy, the Lord has made me His slave, and shattered the bonds of Maya.

ਭਾਉ ਭਗਿਤ ਗਾਇ ਗੁਣ ਗੋਿਬਦ ਜਮ ਕਾ ਮਾਰਗੁ ਸਾਿਧਓ ॥੧॥ (530)

ਭਾਉ ਭਗਿਤ ਗਾਇ ਗੁਣ ਗੋਿਬਦ ਜਮ ਕਾ ਮਾਰਗੁ ਸਾਿਧਓ ॥੧॥
Through loving devotion, and singing the Glorious Praises of the Lord of the Universe, I have escaped the Path of Death. ||1||

ਭਇਓ ਅਨੁਗਰ੍ਹੁ ਿਮਿਟਓ ਮੋਰਚਾ ਅਮੋਲ ਪਦਾਰਥੁ ਲਾਿਧਓ ॥ (530)

ਭਇਓ ਅਨੁਗਰ੍ਹੁ ਿਮਿਟਓ ਮੋਰਚਾ ਅਮੋਲ ਪਦਾਰਥੁ ਲਾਿਧਓ ॥
When he became Merciful, the rust was removed, and I found the priceless treasure.
ਬਿਲਹਾਰੈ  ਨਾਨਕ  ਲਖ  ਬੇਰਾ  ਮੇਰੇ  ਠਾਕੁਰ  ਅਗਮ  ਅਗਾਧੇ  ॥੨॥੧੩॥

O Nanak, I am a sacrifice, a hundred thousand times, to my unapproachable, unfathomable Lord and Master. ||2||13||

ਦੇਵਗੰਧਾਰੀ  ਪੀ  (531)

dayvganDhaaree 5.

Dayv-Gandhaaree, Fifth Mehl:

ਭਾਵੀ  ਤੇ  ਪੁਰਾ ਦੇਵ ਜੀਵੇ ਤੋਂ ਇਖਾਦਰਾਮ டிச்  ਰਾਜੇੜੇ  ॥੨॥੧੭॥

and enshrines love for the Supreme Lord God; his birth is very fruitful. ||1||Pause||

ਸੁੰਦਰੁ  ਸੁਘੜੁ  ਸੂਰੁ  ਸੋ  ਬੇਤਾ  ਜੋ  ਸਾਧੂ  ਸੰਗੁ  ਪਾਵੈ  ॥੨॥

Beautiful, wise, brave and divine is one who obtains the Saadh Sangat, the Company of the Holy.

ਨਾਮੁ  ਉਚਾਰੁ  ਕਰੇ  ਹਿਰ  ਰਸਨਾ  ਬਹੁਿੜ  ਨ  ਜੋਨੀ  ਧਾਵੈ  ॥੨॥ (531)

He chants the Naam, the Name of the Lord, with his tongue, and does not have to wander in reincarnation again. ||1||

ਪੂਰਨ  ਬਰਹਮੁ  ਰਵਾੜ  ਮਨ  ਤਨ  ਮਹੀ  ਆਨ  ਨ  ਿਦਰਸਟੀ  ਆਵੈ  ॥ (531)

The Perfect Lord God pervades his mind and body; he does not look upon any other.
Hell and disease do not afflict one who joins the Company of the Lord's humble servants, O Nanak; the Lord attaches him to the hem of His robe. ||2||14||

Dayv-Gandhaaree, Fifth Mehl:

He does not even understand this much, that someday he shall have to depart; he has gone crazy with Maya. ||1||Pause||

He is engrossed in the delight of the flower's color; he strives only to indulge in corruption.

Hearing about greed, he feels happy in his mind, and he runs after it. ||1||

Wandering and roaming all around, I have endured great pain, but now, I have come to the door of the Saint.

Granting His Grace, the Supreme Lord Master has blended Nanak with Himself. ||2||15||
Dayv-Gandhaaree, Fifth Mehl:

manda muakah chahcha ॥ (531)
sarab sukhaa gur charnaa.
All peace is found in the Guru's feet.

kalimal daaran manehee saadaaraan ih aasar moheh tarna ॥ 1 ॥ rahaa-o.
They drive away my sins and purify my mind; their Support carries me across. ||1||Pause||

pujaa archaa sayvaa bandan ihai tahal moheh karna.
This is the labor which I perform: worship, flower-offerings, service and devotion.

bigsai man hovai pargaaaraa bahur na garbhai parnaa. ||1||
My mind blossoms forth and is enlightened, and I am not cast into the womb again. ||1||

safal moorat parsaa santan kee ihai Dhi-aaanaa Dharanaa.
I behold the fruitful vision of the Saint; this is the meditation I have taken.

bha-i-o kirpaa thaakuur naanak ka-o pari-o saaDh kee sarnaa. ||2||16||
The Lord Master has become Merciful to Nanak, and he has entered the Sanctuary of the Holy. ||2||16||

Dayv-Gandhaaree, Fifth Mehl:
Offer your prayer to your Lord.

You shall obtain the four blessings, and the treasures of bliss, pleasure, peace, poise and the spiritual powers of the Siddhas. ||1||Pause||

Renounce your self-conceit, and grasp hold of the Guru's feet; hold tight to the hem of God's robe.

The heat of the ocean of fire does not affect one who longs for the Lord and Master's Sanctuary. ||1||17||

Again and again, God puts up with the millions of sins of the supremely ungrateful ones.

The embodiment of mercy, the Perfect Transcendent Lord - Nanak longs for His Sanctuary. ||2||17||

The Guru's feet within your heart,
रोग सोग सिभ दूख िबनासे उतरे सगल कलेसा ॥१॥ रहाउ ॥
and all illness, sorrow and pain shall be dispelled; all suffering shall come to an end.

जनम जनम के  िकलिबख नासिह कोिट मजन इसनाना ॥
The sins of countless incarnations are erased, as if one has taken purifying baths at millions of sacred shrines.

नामु िनधानु गावत गुण गोिबद लागो सहिज िधਆना ॥१॥
The treasure of the Naam, the Name of the Lord, is obtained by singing the Glorious Praises of the Lord of the Universe, and centering one's mind in meditation on Him.

किर िकरपा अपुना दासु कीनो बंधन तोिर िनरारे ॥
Showing His Mercy, the Lord has made me His slave; breaking my bonds, He has saved me.

जिप जिप नामु जीवा तेरी बाणी नानक दास बिलहारे ॥२॥१८॥ छके  ३ ॥
I live by chanting and meditating on the Naam, and the Bani of Your Word; slave Nanak is a sacrifice to You.

पानाण्यायी भवला ॥ (531)
Dayv-Gandhaaree, Fifth Mehl:

माई प्रभ के  चरन निहारू ॥
O mother, I long to see the Feet of God.
Be Merciful to me, O my Lord and Master, that I might never forsake them from my mind. ||1||Pause||

Applying the dust of the feet of the Holy to my face and forehead, I burn away the poison of sexual desire and anger.

I judge myself to be the lowest of all; in this way, I instill peace within my mind. ||1||

I sing the Glorious Praises of the Imperishable Lord and Master, and I shake off all my sins.

I have found the gift of the treasure of the Naam, O Nanak; I hug it close, and enshrine it in my heart. ||2||19||

Dear God, I long to behold the Blessed Vision of Your Darshan.
**सूंदर ध्यान धारु दिन रैनी जी दर्पण ते पियारा ॥१॥ रहाउ ॥**

I cherish this beautiful meditation day and night; You are dearer to me than my soul, dearer than life itself. ||1||Pause||

**मामत्र बेद पुरान अविलोक दर्षिं पीएकर ॥ (532)**

I have studied and contemplated the essence of the Shaastras, the Vedas and the Puraananas.

**चीतू रघु धीरभद्र धुल बनन महंतदहारा ॥१॥ (532)**

Protector of the meek, Lord of the breath of life, O Perfect One, carry us across the terrifying world-ocean. ||1||

**आदिजुगाद भगत जन सेवक बाइं अधारा ॥ (532)**

Since the very beginning, and throughout the ages, the humble devotees have been Your servants; in the midst of the world of corruption, You are their Support.

**दित जन की धूर बाछै नित नानक परमेसर देवनहारा ॥२॥२०॥ (532)**

Nanak longs for the dust of the feet of such humble beings; the Transcendent Lord is the Giver of all. ||2||20||

**देवगंधारी महल ५ ॥ (532)**

dayvganDhaaree mehlaa 5.

Dayv-Gandhaaree, Fifth Mehl:

**तेरा जनु राम रसाइण माता ॥ (532)**

Your humble servant, O Lord, is intoxicated with Your sublime essence.
ਪਰ੍ੰ ਰਸਾ ਿਨਿਧ ਜਾ ਉਪਜੀ ਛੋਿਡ ਨ ਕਤਹੂ ਜਾਤਾ ॥੧॥

(532)
paraym rasaa niDh jaa ka-o upjee chhod na kathoo jaataa. ||1|| raha-o.
One who obtains the treasure of the Nectar of Your Love, does not renounce it to go somewhere else. ||1||Pause||

ਬੈਠਤ ਹਿਰ ਹਿਰ ਸੋਵਤ ਹਿਰ ਰਾਸੁ ਭੋਜਨੁ ਖਾਤਾ ॥

(532)
baithat har har sovat har har har ras bhojan khaataa.
While sitting, he repeats the Lord's Name, Har, Har; while sleeping, he repeats the Lord's Name, Har, Har; he eats the Nectar of the Lord's Name as his food.

अठਸਿਠ ਤੀਰਥ ਮਜਨੁ ਕੀਨੋ ਸਾਧੂ ਧੂਰੀ ਨਾਤਾ ॥੧॥

(532)
athsath tirath majan keeno saaDhoo Dhooree naataa. ||1||
Bathing in the dust of the feet of the Holy is equal to taking cleansing baths at the sixty-eight sacred shrines of pilgrimage. ||1||

ਸਫਲੁ ਜਨਮਾ ਹਿਰ ਜਨ ਕਾ ਉਪਜਾਕ ਜਿਨ ਕੀਨੋ ਸਾਹਤ ਬੀਧਰਾ ॥

(532)
safal janam har jan kaa upji-aa jin keeno sa-ut biDhaataa.
How fruitful is the birth of the Lord's humble servant; the Creator is his Father.

ਸਗਲ ਸਮੂਹ ਲਈ ਉਧਰੇ ਨਾਨਕ ਪੂਰੇ ਬਰਹਮ ਪਛਾਤਾ ॥੨॥੨੧॥

(532)
sagal samooh lai uDhray naanak pooran barahm pachhaataa. ||2||21||
O Nanak, one who recognizes the Perfect Lord God, takes all with him, and saves everyone. ||2||21||

ਦੇਵਗੰਧਾਰੀ ਮਹਲਾ ੫॥

(532)
dayvganDhaaree mehlaa 5.
Dayv-Gandhaaree, Fifth Mehl:

ਮਾਈ ਗੁਰ ਬੀਨ ਗੀਾਨੁ ਨ ਪਾਈਐ ॥

(532)
maa-ee gur bin gi-aan na paa-ee-ai.
O mother, without the Guru, spiritual wisdom is not obtained.
अनिक प्रकार फिरत बिलाते मिलत नहीं गोसाईऐ। ||1|| रहाँड।

They wander around, weeping and crying out in various ways, but the Lord of the World does not meet them. ||1||Pause||

मोह रोग सोग तनु बाधीओ बहु जोनी भरमाईऐ।

The body is tied up with emotional attachment, disease and sorrow, and so it is lured into countless reincarnations.

उदात्त त धारे खिस मड़ताड़ि बिस आये साध तृप्तीऐ। ||9||

He finds no place of rest without the Saadh Sangat, the Company of the Holy; to whom should he go and cry? ||1||

करै अनुगर्हु सुआमी मेरा साध चरन चितु लाईऐ।

When my Lord and Master shows His Mercy, we lovingly focus our consciousness on the feet of the Holy.

संकट घोर कटे खिन भीतिर नानक हर दरसि समाईऐ। ||2||22||

The most horrible agonies are dispelled in an instant, O Nanak, and we merge in the Blessed Vision of the Lord. ||2||22||

देवगंधारी महला ५। ||

dayvganDhaaree mehlaa 5.
Dayv-Gandhaaree, Fifth Mehl:

ठाकु र होए आप दइअल।

The Lord and Master Himself has become Merciful.
bhāī kālīān anand roop ho-ee hai ubray baal gupaal. rāha-o.
I have been emancipated, and I have become the embodiment of bliss; I am the Lord's child - He has saved me. ||Pause||

With my palms pressed together, I offer my prayer; within my mind, I meditate on the Supreme Lord God.

Giving me His hand, the Transcendent Lord has eradicated all my sins. ||1||

Husband and wife join together in rejoicing, celebrating the Victory of the Lord Master.

Says Nanak, I am a sacrifice to the humble servant of the Lord, who emancipates everyone. ||2||23||

One Universal Creator God. By The Grace Of The True Guru:

I offer my prayer to my True Guru.
The Destroyer of distress has become kind and merciful, and all my anxiety is over.

Pause

I am a sinner, hypocritical and greedy, but still, He puts up with all of my merits and demerits.

Placing His hand on my forehead, He has exalted me. The wicked ones who wanted to destroy me have been killed.

He is generous and benevolent, the beautifier of all, the embodiment of peace; the Blessed Vision of His Darshan is so fruitful!

Says Nanak, He is the Giver to the unworthy; I enshrine His Lotus Feet within my heart.

Dayv-Gandhaaree, Fifth Mehl:

My God is the Master of the masterless.
I have come to the Sanctuary of the Savior Lord. ||Pause||

Protect me on all sides, O Lord;

protect me in the future, in the past, and at the very last moment. ||1||

Whenever something comes to mind, it is You.

Contemplating Your virtues, my mind is sanctified. ||2||

I hear and sing the Hymns of the Guru's Word.

I am a sacrifice, a sacrifice to the Blessed Vision of the Darshan of the Holy. ||3||

Within my mind, I have the Support of the One Lord alone.
O Nanak, my God is the Creator of all. ||4||25||

God, this is my heart's desire:

O treasure of kindness, O Merciful Lord, please make me the slave of your Saints.

In the early hours of the morning, I fall at the feet of Your humble servants; night and day, I obtain the Blessed Vision of their Darshan.

Dedicating my body and mind, I serve the humble servant of the Lord; with my tongue, I sing the Glorious Praises of the Lord.

With each and every breath, I meditate in remembrance on my God; I live continually in the Society of the Saints.
The Naam, the Name of the Lord, is my only support and wealth; O Nanak, from this, I obtain bliss. ||2||26||

Raag Dayv-Gandhaaree, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:

O friend, such is the Dear Lord whom I have obtained.

He does not leave me, and He always keeps me company. Meeting the Guru, night and day, I sing His Praises. ||1||Pause||

I met the Fascinating Lord, who has blessed me with all comforts; He does not leave me to go anywhere else.

I have seen the mortals of many and various types, but they are not equal to even a hair of my Beloved. ||1||
MANDIR

His palace is so beautiful! His gate is so wonderful! The celestial melody of the sound
current resounds there.


SAYS NANAK, I ENJOY ETERNAL BLISS; I HAVE OBTAINED A PERMANENT PLACE IN THE HOME OF MY
BELOVED.


I HAVE WANDERED EVERYWHERE, AND NOW I HAVE COME TO FOLLOW THE SAINT.


I DO NOT KNOW THE WAY, AND I HAVE NO VIRTUE. IT IS SO DIFFICULT TO ESCAPE FROM MAYA!
Nanak has come and fallen at the Guru's feet; all of his evil inclinations have vanished.

Dayv-Gandhaaree, Fifth Mehl:

O Beloved, Your Words are Ambrosial Nectar.

O supremely beautiful Enticer, O Beloved, You are among all, and yet distinct from all.

I do not seek power, and I do not seek liberation. My mind is in love with Your Lotus Feet.

Brahma, Shiva, the Siddhas, the silent sages and Indra - I seek only the Blessed Vision of my Lord and Master's Darshan.

I have come, helpless, to Your Door, O Lord Master; I am exhausted - I seek the Sanctuary of the Saints.
Kaho naanak parabh milay manohar manu seetal bigsaaray. ||2||3||29||
Says Nanak, I have met my Enticing Lord God; my mind is cooled and soothed - it blossoms forth in joy. ||2||3||29||

Dayv-Gandhaaree, Fifth Mehl:

Meditating on the Lord, His servant swims across to salvation.

When God becomes merciful to the meek, then one does not have to suffer reincarnation, only to die again. ||1||Pause||

In the Saadh Sangat, the Company of the Holy, he sings the Glorious Praises of the Lord, and he does not lose the jewel of this human life.

Singing the Glories of God, he crosses over the ocean of poison, and saves all his generations as well. ||1||

The Lotus Feet of the Lord abide within his heart, and with every breath and morsel of food, he chants the Lord’s Name.
Nanak has grasped the Support of the Lord of the Universe; again and again, he is a sacrifice to Him.

Raag Dayv-Gandhaaree, Fifth Mehl, Fourth House:

One Universal Creator God. By The Grace Of The True Guru:

Some wander around the forests, wearing religious robes, but the Fascinating Lord remains distant from them.

They talk, preach, and sing their lovely songs, but within their minds, the filth of their sins remains.

They may be very beautiful, extremely clever, wise and educated, and they may speak very sweetly.

To forsake pride, emotional attachment, and the sense of 'mine and yours', is the path of the double-edged sword.
ਸੰਗਾਰ ॥੪॥੧॥੩੧॥

Says Nanak, they alone swim across the terrifying world-ocean, who, by God’s Grace, join the Society of the Saints. ||4||1||31||

ਰਾਗੁ  ਦੇਵਗੰਧਾਰੀ  ਮਹਲਾ  ਅਤੇ ਘਰੁ  ਅਤੇ  (534)

Raag Dayv-Gandhaaree, Fifth Mehl, Fifth House:

 Scandin

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਮੈ ਪੈਖਓ ਰੀ ਊਚਾ ਮੋਹਨੁ ਸਭ ਤੇ ਊਚਾ ॥ (534)

I have seen the Lord to be on high; the Fascinating Lord is the highest of all.

ਆਨ ਨ ਸਮਸਿਰ ਕੋਘੈ ਢੂਢ ਰਹੇ ਹਮ ਮੂਚਾ ॥੧॥ ਰਹਾਉ ॥ (534)

No one else is equal to Him - I have made the most extensive search on this. ||1||Pause||

ਬਹੁ ਬੇਅੰਤੁ ਅਤੇ ਅਤੇ ਵੇਮ ਸਮਰਥ ਮੂਚਾ ॥ (534)

Utterly infinite, exceedingly great, deep and unfathomable - He is lofty, beyond reach.

ਖੋਜ ਅਸੰਖਾ ਅਤੇ ਵਦ ਪ੍ਰੀਤੀ ਮੂਚਾ ॥੭॥ (534)

Millions search for Him, on various paths, but without the Guru, none find Him.
Says Nanak, the Lord Master has become Merciful. Meeting the Holy Saint, I drink in the sublime essence. ||2||1||32||

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Dayv-Gandhaaree, Fifth Mehl:

I have looked in so many ways, but there is no other like the Lord.

On all the continents and islands, He is permeating and fully pervading; He is in all worlds.

He is the most unfathomable of the unfathomable; who can chant His Praises? My mind lives by hearing news of Him.

People in the four stages of life, and in the four social classes are liberated, by serving You, Lord.

The Guru has implanted the Word of His Shabad within me; I have attained the supreme status. My sense of duality has been dispelled, and now, I am at peace.
कहु नानक भव सागरु तिरा हिर िनिध पाई सहजोऊ ॥२॥२॥३॥ ॥ (535)

Says Nanak, I have easily crossed over the terrifying world-ocean, obtaining the treasure of the Lord's Name. ||2||2||33||

रागु देवगंधारी महला ५ घरु ६ ॥ (535)

Raag Dayv-Gandhaaree, Fifth Mehl, Sixth House:

िक-ोनkaar satgur parsaaad.

One Universal Creator God. By The Grace Of The True Guru:

एकै रे हिर एकै जान ॥ (535)

Know that there is One and only One Lord.

O Gurmukh, know that He is One. ||1||Pause||

काहे भर्मत हउ तुम भर्महु न भाई रिवआ रे रिवआ सर्ब थान ॥१॥ ॥ (535)

Why are you wandering around? O Siblings of Destiny, don't wander around; He is permeating and pervading everywhere. ||1||

सिद्धि वैमेंडु मामत भगतविवि धितु मंतभ तैज लवस साव || (535)

As the fire in the forest, without control, cannot serve any purpose -

जिन गुर न पावेंगी हरि जी की दुआर ॥ (535)

just so, without the Guru, one cannot attain the Gate of the Lord.
Joining the Society of the Saints, renounce your ego; says Nanak, in this way, the supreme treasure is obtained.

Dayv-Gandhaaree, Fifth Mehl:

His state cannot be known.

How can I behold Him through clever tricks? Those who tell this story are wonder-struck and amazed.

The servants of God, the celestial singers, the Siddhas and the seekers,

and the four Vedas proclaim, day and night,

that the Lord and Master is inaccessible, unapproachable and unfathomable.
Endless, endless are His Glories, says Nanak; they cannot be described - they are beyond our reach. ||2||2||35||

Dayv-Gandhaaree, Fifth Mehl:

I meditate, and sing of the Creator Lord. I have become fearless, and I have found peace, poise and bliss, remembering the infinite Lord. ||1||Pause||

The Guru, of the most fruitful image, has placed His hand upon my forehead. Wherever I look, there, I find Him with me.

The Lotus Feet of the Lord are the Support of my very breath of life. My God is all-powerful, unfathomable and utterly vast.
The Lord and Master is close at hand - He dwells in each and every heart.

Nanak seeks the Sanctuary and the Support of God, who has no end or limitation.

Turn away, O my mind, turn away.

Turn away from the faithless cynic.

Run far away from such people! One who meets the Guru escapes from the bondage of the three dispositions.
मागू, दानु, कर्पा, किर्पा, मेरा मुखु, सात, संग, न जुटसी, रे।

यह तर्क उम्र शर्म के बरीथक मेह मूड मध्य पक्षा, वेळा तुलसी।

जन नानक, दास, दास की करीअहु मेरा मूंड साध पगा हेठि रुलसी।

राग देवगांधरी महल ५, गह ७। राग देवगांधरी, पांच महल, सप्तव्यष्ट घर:

सितगुर परसाद।

सभ दिन के समरथ पंथ बिठुले हउ बलि, बलि जाउ।

गावन भावन संतन तोई, चरान उवा के खाउ।

जासन, बासन, सहज के ल करुणा मै एक, अनंत, अनूपै, ठाउ।

गावन, बासन, संतन, तोई, चरान, उवा के, खाउ।

गावन बासन, संतन, तोई, चरान, उवा के, खाउ।

जासन, बासन, सहज, केल, करुणा, मै एक, अनंत, अनूपै, ठाउ।

O Praiseworthy Lord, Enjoyer of celestial peace, Embodiment of mercy, One Infinite Lord, Your place is so beautiful.
Riches, supernatural spiritual powers and wealth are in the palm of Your hand. O Lord, Life of the World, Master of all, infinite is Your Name.

Show Kindness, Mercy and Compassion to Nanak; hearing Your Praises, I live.


To associate with your arch enemies,

is to live with poisonous snakes;

I have made the effort to shake them off.

Then, I repeated the Name of the Lord, Har, Har,
तू सुख सहजरीा ॥१॥ रहाउ ॥
(and I obtained celestial peace. ||1||Pause||)

भिरि मोहरीा (537)
mithan mohree-aa. an ka-o mayree-aa.
False is the love of,

अन कउ मेरीा (537)
mithan mohree-aa. an ka-o mayree-aa.
many emotional attachments,

विच घूमन घरी-आ (537)
vich ghooman ghiree-aa. ||2||
which suck the mortal into the whirlpool of reincarnation. ||2||

सगल बटरी-आ (537)
sagal batree-aa.
All are travellers,

बिरा इक तरी-आ (537)
birakh ik taree-aa.
who have gathered under the world-tree,

बहु बंधि-ह परी-आ (537)
baho banDheh paree-aa. ||3||
and are bound by their many bonds. ||3||

थिर साध सफरी-आ (537)
thir saaDh safree-aa.
Eternal is the Company of the Holy,
jah keertan haree-aa.
where the Kirtan of the Lord's Praises are sung.

Nanak seeks this Sanctuary. ||4||1||

Bihaagraa, Fifth Mehl, Chhant, First House:

One Universal Creator God. By The Grace Of The True Guru:

I have seen one miracle of the Lord, O my Dear Beloved - whatever He does is righteous and just.

The Lord has fashioned this beautiful arena, O my Dear Beloved, where all come and go.

The One who fashioned the world causes them to come and go.

Some meet the True Guru - the Lord invites them into the Mansion of His Presence; others wander around, deluded by doubt.
ਅੰਤੂ ਤੰਤਰੀ ਸਮਾਤੀ ਤੂੰ ਸਮ ਭੀ ਜਾਣੀ ਤੂੰ ਸਭ ਮੰਨ ਹੀ ਸਮਾਏ || (542)

You alone know Your limits; You are contained in all.

ਸਚੁ ਕਹੈ ਨਾਨਕੁ ਸੁਣਹੁ ਸੰਤਹੁ ਹਿਰ ਵਰਤੈ ਧਰਮ ਿਨਆਏ ॥੧॥ (542)

Nanak speaks the Truth: listen, Saints - the Lord dispenses even-handed justice. ||1||

ਅਵਹੁ ਿਮਲਹੁ ਸਹੇਲੀਹੋ ਮੇਰੇ ਲਾਲ ਜੀਉ ਹਿਰ ਨਾਮ ਅਰਾਧੇ ਰਾਮ ॥ (542)

Come and join me, O my beautiful dear beloveds; let's worship the Name of the Lord, Har, Har.

ਕਿਰ ਸੇਵਹੁ ਪੂਰਾ ਸਿਤਗੁਰੂ ਮੇਰੇ ਲਾਲ ਜੀਉ ਜਮ ਕਾ ਮਾਰਗ ਸਾਧੇ ਰਾਮ ॥ (542)

Let's serve the Perfect True Guru, O my dear beloveds, and clear away the Path of Death.

ਮਾਰਗੁ ਿਬਖੜਾ ਸਾਿਧ ਗੁਰਮੁਿਖ ਹਿਰ ਦਰਗਹ ਸੋਭਾ ਪਾਈਐ ॥ (542)

Having cleared the treacherous path, as Gurmukhs, we shall obtain honor in the Court of the Lord.

ਜਿਨ ਕਹੈ ਿਬਧਾਤੈ ਧੁਰਹੁ ਿਲਖਾ ਿਤਨਹਾ ਰੈਿਣ ਿਦਨਾ ਿਲਵ ਲਾਈਐ ॥ (542)

Those who have such pre-ordained destiny, lovingly focus their consciousness on the Lord, night and day.

ਹਉਮੈ ਮਮਤਾ ਮੋਹੁ ਛੁਟਾ ਜਾ ਸੰਿਗ ਿਮਿਲਆ ਸਾਧੇ ॥ (542)

Self-conceit, egotism and emotional attachment are eradicated when one joins the Saadh Sangat, the Company of the Holy.
जनु कहै नानकु मुकतु हो-आ हार हार नामु अराधे ॥२॥
Says servant Nanak, one who contemplates the Name of the Lord, Har, Har, is liberated. ॥2॥

वह विविध पूजा खोजीआ मेरे लाल जीउ अिबनासी पुरखु पूजेहा राम ॥
Let's join hands, O Saints; let's come together, O my dear beloveds, and worship the
imperishable, Almighty Lord.

बहु िबिध पूजा खोजीआ मेरे लाल जीउ इहु मनु तनु सभु अरपेहा राम ॥
I sought Him through uncounted forms of adoration, O my dear beloveds; now, I dedicate
my entire mind and body to the Lord.

ਸੰਤ ਇਕਤਰ੍ ਹੋਇ ਮੇਰੇ ਲਾਲ ਜੀਉ ਇਹੁ ਮਨੁ ਤਨੁ ਸਭੁ ਅਰਪੇਹਾ ਰਾਮ ॥
The mind, body and all wealth belong to God; so what can anyone offer to Him in
worship?

ਜਿਸ ਹੋਇ ਿਕਰਪਾਲੁ ਦਿਆਲੁ ਸੁਆਮੀ ਸੋ ਪਰ੍ਭ ਅੰਕ ਸਮਾਵਏ ॥
He alone merges in the lap of God, unto whom the Merciful Lord Master becomes
compassionate.

ਬਹੁ ਉਤੁ ਪਰਦੁ ਭੂਧ ਵੇਲਾ ਕੋਈ ਬਹੁ ਅਂਕ ਸਮਾਵਏ ॥
One who has such pre-ordained destiny written on his forehead, comes to bear love for
the Guru.

ਜਨੁ ਕਹੈ ਨਾਨਕੁ ਮਿਲ ਸਾਧਾਂਸਾਂ ਹਿਰ ਹਿਰ ਨਾਮੁ ਪੂਜੇਹਾ ॥३॥
Says servant Nanak, joining the Saadh Sangat, the Company of the Holy, let's worship the
Name of the Lord, Har, Har. ॥3॥
I wandered around, searching in the ten directions, O my dear beloveds, but I came to find the Lord in the home of my own being.

The Dear Lord has fashioned the body as the temple of the Lord, O my dear beloveds; the Lord continues to dwell there.

The Lord and Master Himself is pervading everywhere; through the Guru, He is revealed.

Darkness is dispelled, and pains are removed, when the sublime essence of the Lord's Ambrosial Nectar trickles down.

Wherever I look, the Lord and Master is there. The Supreme Lord God is everywhere.

Says servant Nanak, meeting the True Guru, I have found the Lord, within the home of my own being. ||4||1||
अति प्रीतम मन मोहना घट सोहना प्रान अधारा राम ॥ (542)
He is dear to me; He fascinates my mind; He is the ornament of my heart, the support of the breath of life.

सुंदर सोभा लाल गोपाल दइआल की अपर अपारा राम ॥
The Glory of the Beloved, Merciful Lord of the Universe is beautiful; He is infinite and without limit.

गोपाल दइआल गोबंद लालन मिल हु कंत निमाणीआ ॥
O Compassionate Sustainer of the World, Beloved Lord of the Universe, please, join with Your humble soul-bride.

नैन तरसन दरस परसन नह नीद रैण विहाणीआ ॥
My eyes long for the Blessed Vision of Your Darshan; the night passes, but I cannot sleep.

गिजन अंजन नाम बिजन भए सगल सीगारा ॥
I have applied the healing ointment of spiritual wisdom to my eyes; the Naam, the Name of the Lord, is my food. These are all my decorations.

नानक पइअ◌्मपै संत ज्मपै मेिल कं तु हमारा ॥१॥
Prays Nanak, let’s meditate on the Saint, that he may unite us with our Husband Lord. ||1||

लाख उलाहने मोहि हरि जब लग नह िमलै राम ॥
I endure thousands of reprimands, and still, my Lord has not met with me.
ਮੀਲਨ ਬਹੁਤ ਬਹੁਤ ਦੁਹੌਂ ਦੁਹੌਂ ਉਪਾਵ ਦੁਹੌਂ ਚਲਾਉਂਗਾ ਰਾਮ।
ਮੀਲਨ ਕਰਉ ਉਪਾਵ ਕਿੱਛੁ ਹਮਾਰਾ ਨਹ ਚਲਾਉਂਗਾ ਰਾਮ।
I make the effort to meet with my Lord, but none of my efforts work.

ਚਲ ਚਿਤ ਕਿਤ੍ਰਿਮ ਦੀਜੀਐ ਚਲਾਉਂਗਾ ਦੀਜੀਐ
Unsteady is my consciousness, and unstable is my wealth; without my Lord, I cannot be consoled.

ਖਾਨ ਪਾਤਰ ਸੀਗਾਰ ਹਿਰ ਕੰਤ ਕੁ ਜੀਜੀਐ
Food, drink and decorations are useless; without my Husband Lord, how can I survive?

ਹਾਂ ਮੀਲਾਣਮੀ ਰੇਡ ਦੀਜੀਐ ਰਾਮ
I yearn for Him, and desire Him night and day. I cannot live without Him, even for an instant.

ਸੇਜੇ ਇਕ ਕਿਰਪਾ ਕਾ ਇਕੁ ਲੈ
I share a bed with my Beloved, but I do not behold the Blessed Vision of His Darshan.

ਅਗਨੀ ਭੀਜਦੀ ਪਰੁ ਕੀ ਇਕੁ ਲੈ
The worthless, dishonored and orphaned soul-bride prays, "Meet with me, O God, treasure of mercy".
The wall of doubt has been shattered, and now I sleep in peace, beholding God, the Lord of the nine treasures, even for an instant.

If only I could come into the Mansion of my Beloved Lord's Presence! Joining with Him, I sing the songs of joy.

Prays Nanak, I seek the Sanctuary of the Saints; please, reveal to me the Blessed Vision of Your Darshan. ||3||

By the Grace of the Saints, I have obtained the Lord, Har, Har.

My desires are fulfilled, and my mind is at peace; the fire within has been quenched.

Fruitful is that day, and beauteous is that night, and countless are the joys, celebrations and pleasures.

The Lord of the Universe, the Beloved Sustainer of the World, has been revealed. With what tongue can I speak of His Glory?
Doubt, greed, emotional attachment and corruption are taken away; joining with my companions, I sing the songs of joy.

Prays Nanak, I meditate on the Saint, who has led me to merge with the Lord, Har, Har.

Shower Your Mercy upon me, O Guru, O Perfect Supreme Lord God, that I might chant the Naam, the Name of the Lord, night and day.

I speak the Ambrosial Words of the Guru's Bani, praising the Lord. Your Will is sweet to me, Lord.

Show kindness and compassion, O Sustainer of the Word, Lord of the Universe; without You, I have no other.

Almighty, sublime, infinite, perfect Lord - my soul, body, wealth and mind are Yours.
ਮੂਰਖ ਮੁਗਧ ਅਨਾਥ ਚੰਚਲ ਬਲਹੀਨ ਨੀਚ ਅਜਾਣਾ ॥ (543)
ਮੂਰਖ ਮੁਗਧ ਅਨਾਥ ਚੰਚਲ ਬਲਹੀਨ ਨੀਚ ਅਜਾਣਾ।
I am foolish, stupid, masterless, fickle, powerless, lowly and ignorant.

ਬਿਨਵੰਤੀ ਨਾਨਕ ਸਰਣੀ ਤੇਰੀ ਰਿਖੁ ਆਵਣ ਆਵਣ ॥ 1 ॥
binvant naanak sarnee tayree rakh layho aavan jaanaa. ||1||
Prays Nanak, I seek Your Sanctuary - please save me from coming and going in reincarnation. ||1||

ਮਾਧਵ ਸਰਣੀ ਪਾਈਐ ਹਿਰ ਜੀਉ ਗੁਣ ਗਾਵਹ ਹਿਰ ਨੀਤਾ ਰਾਮ ॥ (543)
saadDah sarnee paa-ee-ai har jee-o gun gaavah har neetaa raam.
In the Sanctuary of the Holy Saints, I have found the Dear Lord, and I constantly sing the Glorious Praises of the Lord.

ਪ੍ਰੂੰਗ ਵਾਲੁਕ ਵੀ ਭਾੜ ਵਾਣੀ ਵਧ ਚੀਤੇ ਭਵ ਪੁਨੀਤਾ ਰਾਮ ॥ (543)
Dhoor bhagtan kee man tan laga-o har jee-o sabh patit puneetaa raam.
Applying the dust of the devotees to the mind and body, O Dear Lord, all sinners are sanctified.

ਪੁਨੀਤਾ ਪੁਨੀਤਾ ਹੋਿਹ ਿਤਨ ਜਿੰਨ ਰਿਹਾਤਾ ਪਾਇਆ ॥
pattiaa puneetaa hohi tinH sang jinH biDhaataa paa-i-aa.
The sinners are sanctified in the company of those who have met the Creator Lord.

ਰਾਮ ਰਾਤੇ ਤੀਰੇ ਨਿਉ ਦੇਵੀ ਚਿੰਦ ਪਹਾਇਸ਼ਾ ॥ (543)
nau raatay jee-a daatay nit deh charheh savaa-i-aa.
Imbued with the Naam, the Name of the Lord, they are given the gift of the life of the soul; their gifts increase day by day.

ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ਰਾਧ ॥ (543)
riDh siDh nav niDh har jap jinee aatam jeetaa.
Wealth, the supernatural spiritual powers of the Siddhas, and the nine treasures come to those who meditate on the Lord, and conquer their own soul.
Prays Nanak, it is only by great good fortune that the Holy Saints, the Lord's companions, are found, O friends. ||2||

Those who deal in Truth, O Dear Lord, are the perfect bankers.

They possess the great treasure, O Dear Lord, and they reap the profit of the Lord's Praise.

Sexual desire, anger and greed do not cling to those who are attuned to God.

They know the One, and they believe in the One; they are intoxicated with the Lord's Love.

They fall at the Feet of the Saints, and seek their Sanctuary; their minds are filled with joy.

Prays Nanak, those who have the Naam in their laps are the true bankers. ||3||

O Nanak, meditate on that Dear Lord, who supports all by His almighty strength.
In their minds, the Gurmukhs do not forget the Dear Lord, the Primal Creator Lord.

Pain, disease and fear do not cling to those who meditate on the Lord, Har, Har.

By the Grace of the Saints, they cross over the terrifying world-ocean, and obtain their pre-ordained destiny.

They are congratulated and applauded, their minds are at peace, and they meet the infinite Lord God.

O peaceful night, grow longer - I have come to enshrine love for my Beloved.
घटु दुख नीदड़ीए परसउ सदा पगा ॥ (544)
ghat dukh need-rhee-ay parsa-o sadaa pagaa.
O painful sleep, grow shorter, so that I may constantly grasp His Feet.

घा धूिर बांछउ सदा जाचउ नाम रिस बैरागनी ॥ (544)
pag Dhoor baaNchha-o sadaa jaacha-o naam ras bairaaganee.
I long for the dust of His Feet, and beg for His Name; for His Love, I have renounced the world.

पर्अ रंिग राती सहज माती महा दुरमित ितआगनी ॥ (544)
pari-a rang raatee sahj maatee mahaa durmat ti-aaganee.
I am imbued with the Love of my Beloved, and I am naturally intoxicated with it; I have forsaken my awful evil-mindedness.

गिह भुजा लीनĊੀ पर੍ੰ ਭੀਨੀ िमलनु पर੍ੀਤਮ सਚ ਮਗਾ ॥ (544)
geh bhujaa leenHee paraym bheenee milan pareetam sach magaa.
He has taken me by the arm, and I am saturated with His Love; I have met my Beloved on the Path of Truth.

ਿਬਨਵੰਤ ਨਾਨਕ ਧਾਿਰ ਿਕਰਪਾ ਰਹੁ ਚਰਣਹ ਸੰਗ ਲਗਾ ॥੧॥ (544)
binvant naanak Dhaar kirpaa raha-o charnah sang lagaa. ||1||
Prays Nanak, please Lord, shower Your Mercy on me, that I may remain attached to Your Feet. ||1||

ਮੇਰੀ ਸਖੀ ਸਹੇਲਡ਼ੀਹਾਂ ਪਰ੍ਭ ਬੀ ਚਰਣਹ ਕਾਲਾ ॥ (544)
mayree sakhee sahaylrheeha-o parabh kai charan lagah.
O my friends and companions, let us remain attached to the Feet of God.

ਮਿਨ ਿਪਰ੍ਅ ਪਰ੍ੰ ਘਣਾ ਹਿਰ ਕੀ ਭਗਿਤ ਮੰਗਹ ॥ (544)
man pari-a paraym ghanaa har kee bhagat mangah.
Within my mind is great love for my Beloved; I beg for the Lord's devotional worship.


 ਹਿਰ ਭਗਿਤ ਪਾਈਐ ਪਰ੍ਭੁ ਿਧਆਈਐ ਜਾਇ ਮਿਲੀਐ ਹਰ ਜਾਨਾ॥ (544)

 The Lord's devotional worship is obtained, meditating on God. Let us go and meet the humble servants of the Lord.

ਮਾਨੁ ਮੋਹੁ ਿਬਕਾਰੁ ਤਜੀਐ ਅਰਿਪ ਤਨੁ ਧਨੁ ਇਹੁ ਮਨਾ ॥ (544)

Renounce pride, emotional attachment and corruption, and dedicate this body, wealth and mind to Him.

ਬਡ ਪੁਰਖ ਪੂਰ ਗੁਣ ਸਮਪੂਰਨ ਭਾਰਮ ਭੀਿਤ ਹਿਰ ਹਿਰ ਿਮਲ ਭਗਹ ॥ (544)

The Lord God is great, perfect, glorious, absolutely perfect; meeting the Lord, Har, Har, the wall of doubt is torn down.

ਿਬਨਵੰਿਤ ਨਾਨਕ ਸੁਿਣ ਮੰਤਰ੍ੁ ਸਖੀਐ ਹਿਰ ਨਾਮੁ ਿਨਤ ਿਨਤ ਿਨਤ ਜਪਹ ॥੨॥ (544)

Prays Nanak, hear these teachings, O friends - chant the Lord's Name constantly, over and over again. ||2||

ਰĔਡ ਨ ਬੈਸਐ ਪਰ੍ਭ ਪੁਰਖ ਿਚਰਾਣੇ ॥ (544)

She does not sit around like a widow, because the Lord God lives forever.

ਨਹ ਦੂਖ ਪਾਵੈ ਪਰ੍ਭ ਿਧਾਵੈ ਧੰਨ ਤੇ ਬਡਬਾਗੀਆ ॥ (544)

She does not suffer pain - she meditates on God. She is blessed, and very fortunate.
She sleeps in peaceful ease, her sins are erased, and she wakes to the joy and love of the Naam.

She remains absorbed in her Beloved - the Lord's Name is her ornament. The Words of her Beloved are sweet and pleasing to her.

Prays Nanak, I have obtained my mind's desires; I have met my eternal Husband Lord.

The songs of bliss resound, and millions of pleasures are found in that house; the mind and body are permeated by God, the Lord of supreme bliss.

My Husband Lord is infinite and merciful; He is the Lord of wealth, the Lord of the Universe, the Saving Grace of sinners.
The Lord lovingly embraces whoever comes to the Lord's Sanctuary - this is the way of the Lord and Master.

Prays Nanak, I have met my Husband Lord, who plays with me forever.

The Lord's Feet are the Pools of Ambrosial Nectar; your dwelling is there, O my mind.

Take your cleansing ever in the Lord God, O friends, and the pain of darkness shall be dispelled.

So join the Saadh Sangat, the Company of the Holy, and be imbued with the Naam, the Name of the Lord; there, your hopes shall be fulfilled.
Prays Nanak, shower Your Mercy upon me, O Lord, that I might dwell at Your Lotus Feet.

There is bliss and ecstasy there always, and the unstruck celestial melody resounds there.

Meeting together, the Saints sing God’s Praises, and celebrate His Victory.

Meeting together, the Saints sing the Praises of the Lord Master; they are pleasing to the Lord, and saturated with the sublime essence of His love and affection.

They obtain the profit of the Lord, eliminate their self-conceit, and meet Him, from whom they were separated for so long.

Taking them by the arm, He makes them His own; God, the One, inaccessible and infinite, bestows His kindness.

Prays Nanak, forever immaculate are those who sing the Praises of the True Word of the Shabad.
Listen, O most fortunate ones, to the Ambrosial Bani of the Word of the Lord.

He alone, whose karma is so pre-ordained, has it enter into his heart.

He alone knows the Unspoken Speech, unto whom God has shown His Mercy.

He becomes immortal, and shall not die again; his troubles, disputes and pains are dispelled.

We originated from Him, and into Him we shall merge once again.
I merge into God's Light, through and through, like water merging into water.

The One Lord permeates the water, the land and the sky - I do not see any other.

He is totally permeating the woods, meadows and the three worlds. I cannot express His worth.

Prays Nanak, He alone knows - He who created this creation.

The Saints go around, searching for God, the support of their breath of life.

They lose the strength of their bodies, if they do not merge with their Beloved Lord.

O God, my Beloved, please, bestow Your kindness upon me, that I may merge with You; by Your Mercy, attach me to the hem of Your robe.
Bless me with Your Name, that I may chant it, O Lord and Master; beholding the Blessed Vision of Your Darshan, I live.

He is all-powerful, perfect, eternal and unchanging, exalted, unapproachable and infinite.

Prays Nanak, bestow Your Mercy upon me, O Beloved of my soul, that I may merge with You.

I have practiced chanting, intensive meditation and fasting, to see Your Feet, O Lord.

But still, my burning is not quenched, without the Sanctuary of the Lord Master.

I seek Your Sanctuary, God - please, cut away my bonds and carry me across the world-ocean.

I am masterless, worthless, and I know nothing; please do not count up my merits and demerits.
O Lord, Merciful to the meek, Sustainer of the world, O Beloved, Almighty Cause of causes.

Nanak, the song-bird, begs for the rain-drop of the Lord's Name; meditating on the Feet of the Lord, Har, Har, he lives.

Drink in the Ambrosial Nectar from the pool of the Lord; chant the Name of the Lord, Har, Har.

In the Society of the Saints, one meets the Lord; meditating on Him, one's affairs are resolved.

God is the One who accomplishes everything; He is the Dispeller of pain. Never forget Him from your mind, even for an instant.

He is blissful, night and day; He is forever True. All Glories are contained in the Lord in the Universe.

Incalculable, lofty and infinite is the Lord and Master. Unapproachable is His home.
Prays Nanak, my desires are fulfilled; I have met the Lord, the Greatest Lover.

The fruits of many millions of charitable feasts come to those who listen to and sing the Lord's Praise.

Chanting the Name of the Lord, Har, Har, all one's generations are carried across.

Chanting the Name of the Lord, one is beautified; what Praises of His can I chant?

I shall never forget the Lord; He is the Beloved of my soul. My mind constantly yearns for the Blessed Vision of His Darshan.

Auspicious is that day, when God, the lofty, inaccessible and infinite, hugs me close in His embrace.

Prays Nanak, everything is fruitful - I have met my supremely beloved Lord God.
ਅਨ ਕਾਏ ਰਾਤ ਵਾਟ ਦੁਹੇਲੀ ਰਾਮ ॥ (546)

an kaa-ay raat-rhi-aa vaat duhaylee raam.

Why are you imbued with the love of another? That path is very dangerous.

ਪਾਪ ਕਮਾਵਿਦ ਤੇਰਾ ਕੋਈ ਨ ਬੇਲੀ ਰਾਮ ॥ (546)

paap kamaavdi-aa tayraa ko-ay na baylee raam.

O sinner, no one is your friend.

ਕੋਈ ਨ ਬੇਲੀ ਹੋਇ ਤੇਰਾ ਸਦਾ ਪ੍ਰੋਟਾਵੇ ॥ (546)

ko-ay na baylee ho-ay tayraa sadaa pachhotaavhay.

No one shall be your friend, and you shall forever regret your actions.

ਗੁਨ ਗੁਪਾਲ ਨ ਜਪਿਹ ਰਸਨਾ ਿਫ਼ਿਰ ਕਦਹੁ ਸੇ ਿਦਹ ਆਵਹੇ ॥ (546)

gun gupaal na jaapeh rasnaa fir kadahu say dih aavhay.

You have not chanted with your tongue the Praises of the Sustainer of the World; when will these days come again?

ਤਰਵਰ ਿਵਛੁੰਨੇ ਨਹ ਪਾਤ ਜੁੱਡਤੇ ਜਮ ਮਿਗ ਗੂਨੁ ਇਕੇ ਲੀ ॥ (546)

tarvar vichhunay nah paat jurh-tay jam mag ga-un ikaylee.

The leaf, separated from the branch, shall not be joined with it again; all alone, it falls on its way to death.

ਵਿਰੁਧਾ ਰਾਮ ਰਾਮ ਦਿਰਵ ਬੰਨ ਦੁਹੇਲੀ ਰਾਮ ॥੧॥ (546)

virdhoo naanak bhan naam har kay sadaa firat duhaylee. ||1||

Prays Nanak, without the Lord's Name, the soul wanders, forever suffering. ||1||

ਤੂੰ ਵਲਵੰਚ ਲੂਿਕ ਕਰਿਹ ਸੰਬ ਜਾਣੈ ਜਾਣੀ ਰਾਮ ॥ (546)

tooN valvanch look karahi sabh jaanai jaanee raam.

You are practicing deception secretly, but the Lord, the Knower, knows all.

ਲੇਖਾ ਧਰਮ ਬਹੁਵਾਹੀ ਤੀਜ਼ ਦਾਦੀ ਰਾਮ ॥ (546)

laykhaa Dharam bha-i-aa til peerhay ghaanee raam.

When the Righteous Judge of Dharma reads your account, you shall be squeezed like a sesame seed in the oil-press.
For the actions you committed, you shall suffer the penalty; you shall be consigned to countless reincarnations.

Imbued with the love of Maya, the great enticer, you shall lose the jewel of this human life.

Except for the One Name of the Lord, you are clever in everything else.

Prays Nanak, those who have such pre-ordained destiny are attracted to doubt and emotional attachment.

No one advocates for the ungrateful person, who is separated from the Lord.

He was not Gurmukh - he did not chant the Glorious Praises of the Lord of the Universe; and now, the hot irons are put to his chest.
ਸਰੀਰੀ ਅਧੀਨਤਾ ਮੁੱਢ ਪੀੜਿਤ ਭੁਕੁੜੰਤਾ || (546)
ਕਾਮ ਕ੍ਰੋਧ ਅਹੰਕਾਰ ਮੂਠ ਖੋਇ ਗ੍ਰਾਨੁ ਪਛੂਤਾਪਾ ||
kaam kroDh ahaNkaar moothaa kho-ay gi-aan pachhutaapi-aa.
He is ruined by sexual desire, anger and egotism; deprived of spiritual wisdom, he comes to regret.

ਬਿਨਵੰਤ ਨਾਨਕ ਸੰਜੋਗ ਭੂਲਾ ਹਿਰ ਜਾਪੁ ਰਸਨ ਨ ਜਾਪਾ ॥੩॥ (546)
бинvant naanak sanjog bhoolaa har jaap rasan na jaapi-aa. ||3||
Prays Nanak, by his cursed destiny he has gone astray; with his tongue, he does not chant the Name of the Lord. ||3||

ਤੁਝ ਬਿੰਨੁ ਕੋ ਨਾਹੀ ਪਰ੍ਭ ਰਾਖਨਹਾਰਾ ਰਾਮ ॥
tujh bin ko naahee parabh raakhanhaaraa raam.
Without You, God, no one is our savior.

ਪਿਤਤ ਉਧਾਰਨ ਹਿਰ ਬਰਦੁ ਤੁਮਾਰਾ ਰਾਮ ॥ (546)
patit uDhaaran har birad tumaaraa raam.
It is Your Nature, Lord, to save the sinners.

ਪਿਤਤ ਉਧਾਰਨ ਸਰਨੀ ਸਰਨੀ ਕੀਪ ਨਿਧ ਦੇਈਆਲਾ ॥ (546)
patit uDhaaran saran su-aamee kirpaa niDh da-i-aalaa.
O Savior of sinners, I have entered Your Sanctuary, O Lord and Master, Compassionate Ocean of Mercy.

ਅੰਧ ਕੂਪ ਤੇ ਉਧਰੁ ਕਰਤੇ ਸਗਲ ਘਟ ਪਰਿਪਾਲਾ ॥
anDh koop tay uDhar kartay sagal ghat partipaalaa.
Please, rescue me from the deep, dark pit, O Creator, Cherisher of all hearts.

ਸਰਨੀ ਤੇਰੀ ਕੁ ਤ ਮਹਾ ਬੇੜੀ ਇਕ ਨਾਮ ਦੇਈ ਅਧਾਰਾ ॥ (546)
saran tayree kat maha bayrhee ik naam dehi aDhaaraa.
I seek Your Sanctuary; please, cut away these heavy bonds, and give me the Support of the One Name.
Prays Nanak, please, give me Your Hand and save me, O Lord of the Universe, Merciful to the meek. ||4||

That day is judged to be fruitful, when I merged with my Lord.

Total happiness was revealed, and pain was taken far away.

Peace, tranquility, joy and eternal happiness come from constantly singing the Glorious Praises of the Sustainer of the World.

Joining the Saadh Sangat, the Company of the Holy, I lovingly remember the Lord; I shall not wander again in reincarnation.

He has naturally hugged me close in His Loving Embrace, and the seed of my primal destiny has sprouted.
Listen to my prayer, O my Lord and Master.

I am filled with millions of sins, but still, I am Your slave.

O Destroyer of pain, Bestower of Mercy, Fascinating Lord, Destroyer of sorrow and strife,

I have come to Your Sanctuary; please preserve my honor. You are all-pervading, O Immaculate Lord.

He hears and beholds all; God is with us, the nearest of the near.

O Lord and Master, hear Nanak's prayer; please save the servants of Your household.

You are eternal and all-powerful; I am a mere beggar, Lord.

I am intoxicated with the love of Maya - save me, Lord!
लोिभ मोिह िबकािर बािधओ अिनक दोिख कमावने ॥ (547)
Bound down by greed, emotional attachment and corruption, I have made so many mistakes.

अिलपत बंधन रहत करता कीआ अिन चािने ॥ (547)
The creator is both attached and detached from entanglements; one obtains the fruits of his own actions.

किर अनुगर्हु पितत पावन बहु जोिन भर्मते हारी ॥ (547)
Show kindness to me, O Purifier of sinners; I am so tired of wandering through reincarnation.

ਬਹੁ ਬਹੁਲੁਨ ਦਾਸੁ ਹੀਰ ਕਾ ਪਰ੍ਭ ਜੀਆ ਪਰਾਨ ਅਧਾਰੀ ॥੨॥ (547)
Prays Nanak, I am the slave of the Lord; God is the Support of my soul, and my breath of life. ||2||

ਤੂ ਸਮਰਥੁ ਵਡਾ ਮੇਰੀ ਮਿਤ ਥੋਰੀ ਰਾਮ ॥ (547)
You are great and all-powerful; my understanding is so inadequate, O Lord.

ਪਾਲਿਹ ਅਕਰਤਘਨਾ ਪੂਰਨ ਿਦਰ੍ਸਿਟ ਤੇਰੀ ਰਾਮ ॥ (547)
You cherish even the ungrateful ones; Your Glance of Grace is perfect, Lord.

ਅਗਾਿਧ ਬੋਿਧ ਅਪਾਰ ਕਰਤੇ ਮੋਿਹ ਨੀਚੁ ਕਛੂ ਨ ਜਾਨਾ ॥ (547)
Your wisdom is unfathomable, O Infinite Creator. I am lowly, and I know nothing.

ਰਤਨੁ ਿਤਆਿਗ ਸੰਗਰ੍ਹਨ ਕਉਡੀ ਪਸੂ ਨੀਚੁ ਇਆਨਾ ॥ (547)
Forsaking the jewel, I have saved the shell; I am a lowly, ignorant beast.
ti-aag chaltee maha chanchal dakh kar kar jori.
I have kept that which forsakes me, and is very fickle, continually committing sins, again and again.

naanak saran samrath su-aamee paj raakho moree. ||3||
Nanak seeks Your Sanctuary, Almighty Lord and Master; please, preserve my honor. ||3||

jaa tay veechhurhi-aa tin aap milaa-i-aa raam.
I was separated from Him, and now, He has united me with Himself.

saaDhoo sangmay har gun gaa-i-aa raam.
In the Saadh Sangat, the Company of the Holy, I sing the Glorious Praises of the Lord.

gun gaa-ay govid sadaa neekay kali-aan mai pargat bha-ay.
Singing the Praises of the Lord of the Universe, the ever-sublime blissful Lord is revealed to me.

sayjaa suhaavee sang parabh kai aapnay parabh kar la-ay.
My bed is adorned with God; my God has made me His own.

chhod chint achint ho-ay bahurh dookh na paa-i-aa.
Abandoning anxiety, I have become carefree, and I shall not suffer in pain any longer.
Bihaagarhaa, Fifth Mehl, Chhant:

O you of sublime faith, chant the Lord's Name; why do you remain silent?

with your eyes, you have seen the treacherous ways of Maya.

Nothing shall go along with you, except the Name of the Lord of the Universe.

Land, clothes, gold and silver - all of these things are useless.

Children, spouse, worldly honors, elephants, horses and other corrupting influences shall not go with you.

Prays Nanak, without the Saadh Sangat, the Company of the Holy, the whole world is false.

O king, why are you sleeping? Why don't you wake up to reality?
It is useless to cry and whine about Maya, but so many cry out and bewail.

So many cry out for Maya, the great enticer, but without the Name of the Lord, there is no peace.

Thousands of clever tricks and efforts will not succeed. One goes wherever the Lord wills him to go.

Prays Nanak, those who join the Saadh Sangat go to the house of the Lord with honor.

O king of mortals, know that your palaces and wise servants shall be of no use in the end.

You shall certainly have to separate yourself from them, and their attachment shall make you feel regret.
Beholding the phantom city, you have gone astray; how can you now find stability?

Absorbed in things other than the Name of the Lord, this human life is wasted in vain.

Indulging in egotistical actions, your thirst is not quenched. Your desires are not fulfilled, and you do not attain spiritual wisdom.

Prays Nanak, without the Name of the Lord, so many have departed with regret.

Showering His blessings, the Lord has made me His own.

Worshipping the Lord in the Saadh Sangat, all my sins and sufferings are burnt away.

This is the greatest religion, and the best act of charity; this alone shall go along with you.
रसना अराधै एकु स्वामी हिर नाम मनु तनु भीना ॥ (548)  
rasnaa araaDhai ayk su-aamee har naam man tan bheenaa.  
My tongue chants in adoration the Name of the One Lord and Master; my mind and body  
are drenched in the Lord's Name.

नानक जिस नो हिर मिलाए सो सरब गुण परबीना ॥५॥६॥९॥ (553)  
naanak jis no har milaa-ay so sarab gun parbeenaa. ||4||6||9||  
O Nanak, whoever the Lord unites with Himself, is filled with all virtues. ||4||6||9||

शालोक, पञ्चम ॥ (553)  
salo kau m: 5.  
Salok, Fifth Mehl:

जिन कैतिन तिसै न जानई नानक फिट अलूणी देह ॥१॥ (553)  
jin keetee tisai na jaan-ee naanak fit aloonee dayh. ||1||  
Cursed and insipid is that body, O Nanak, which does not know the One who created it.  
||1||

महां ॥ (554)  
m: 9.  
Mehlaa 5.  
Fifth Mehl:

गहत वसीह चरणारिबंद रसना जपै गुपाल ॥ (554)  
ghat vaseh charnaarbind rasnaa japai gupaal.  
Let the Lotus Feet of the Lord abide within your heart, and with your tongue, chant God's  
Name.

नानक सो प्रभु सिम्रीऐ तिसै देही कठ पालि ॥२॥ (554)  
naanak so parabh simree-ai tis dayhee ka-o paal. ||2||  
O Nanak, meditate in remembrance on God, and nurture this body. ||2||
Wadahans, Fifth Mehl, First House:

ੴਸ਼ਗੁਰ ਪਰਸਾਦ॥

One Universal Creator God. By The Grace Of The True Guru:

ਅਤੁ ਊਚਾ ਤਾ ਕਾ ਦਰਬਾਰਾ॥

His Darbaar, His Court, is the most lofty and exalted.

ਕੋਟ ਕੋਟ ਕੋਟ ਲਖ ਧਾਵੈ॥

Millions, millions, tens of millions seek,

ਇਕੁ ਤਿਲੁ ਤਾ ਕਾ ਮਹਲੁ ਨ ਪਾਵੈ॥੧॥

but they cannot find even a tiny bit of His Mansion. ||1||

ਸੁਹਾਵੀ ਕਉਣੁ ਸੁ ਵੇਲਾ ਿਜਤੁ ਪਰਭ ਮੇਲਾ ॥੧॥

What is that auspicious moment, when God is met? ||1||Pause||

ਲਖ ਭਗਤ ਜਾ ਕੁ ਆਰਾਧਿਹ॥

Tens of thousands of devotees worship Him in adoration.


**ਲਾਖ ਤਪੀਸਰ ਤਪ ਹੀ ਸਾਧਿਹ ॥ (562)**

laakh tapeesar tap hee saaDheh.
Tens of thousands of ascetics practice austere discipline.

**ਲਾਖ ਜੋਗੀਸਰ ਕਰਤੇ ਜੋਗਾ ॥ (562)**

laakh jogeesar kartay jogaa.
Tens of thousands of Yogis practice Yoga.

**ਲਾਖ ਭੋਗੀਸਰ ਭੋਗਿਹ ਭੋਗਾ ॥੨॥ (562)**

laakh bhogeesar bhogeh bhogaa. ||2||
Tens of thousands of pleasure seekers seek pleasure. ||2||

**घਿਟ ਘਿਟ ਵਸਿਹ ਜਾਣਿਹ ਥੋਰਾ ॥ (562)**

ghat ghat vaseh jaaneh thoraa.
He dwells in each and every heart, but only a few know this.

**ਹੈ ਕੋਈ ਸਾਜਣੁ ਪਰਦਾ ਤੋਰਾ ॥ (562)**

hai ko-ee saajan pardaa toraa.
Is there any friend who can rip apart the screen of separation?

**ਕਰਉ ਜਤਨ ਜੇ ਹੋਇ ਿਮਹਰਵਾਨਾ ॥ (562)**

kara-o jatan jay ho-ay miharvaanaa.
I can only make the effort, if the Lord is merciful to me.

**ਤਾ ਕੁਦੇ ਰੀਤੀ ਕਰਵਾਨਾ ॥੩॥ (562)**

taa ka-o day-ee jee-o kuraanaa. ||3||
I sacrifice my body and soul to Him. ||3||

**ਫਿਰਤ ਫਿਰਤ ਸੰਤਨ ਪਿਹ ਆਇਆ ॥ (562)**

firat firat santan peh aa-i-aa.
After wandering around for so long, I have finally come to the Saints;
दुख ब्यर्थ हमारा सगल िमटाइया ॥

dookh bharam hamaaraa sagal mitaa-i-aa.
all of my pains and doubts have been eradicated.

महिल बुलाइया पर्भ अिमर्तु भूँचा ॥

mahal bulaa-i-aa parabh amrit bhoonchaa.
God summoned me to the Mansion of His Presence, and blessed me with the Ambrosial Nectar of His Name.

कहु नानक परभु मेरा ऊचा ॥४॥१॥

kaho naanak parabh mayraa oochaa. ||4||1||
Says Nanak, my God is lofty and exalted. ||4||1||

वडहंसु महला ५ ॥

vad-hans mehlaa 5.
Wadahans, Fifth Mehl:

धनु सु वेला िजतु दरसनु करणा ॥

Dhan so vaylaa jit darsan karnaa.
Blessed is that time, when the Blessed Vision of His Darshan is given;

हउ बिलहारी सितगुर चरणा ॥१॥

ha-o balihaaree satgur charnaa. ||1||
I am a sacrifice to the feet of the True Guru. ||1||

नीां वे दृढ़ भूँख भूख मेरे ॥ (562)

jee-a kay daatay pareetam parabh mayray.
You are the Giver of souls, O my Beloved God.

भूख नीां भूख अंदर ििउँदे ॥१९॥ वचष्ठ ॥ (562)

man jeevai parabh naam chitayray. ||1|| rahaa-o.
My soul lives by reflecting upon the Name of God. ||1||Pause||
sar mantra amrīth bānī || (562)
sach mantar tumaaraa amrit banee.
True is Your Mantra, Ambrosial is the Bani of Your Word.

mīndh pūbh hīmānta mānī ||2|| (562)
sītal purakh dīrghī sujaanī ||2||
seetal purakh darisat sujaanee. ||2||
Cooling and soothing is Your Presence, all-knowing is Your gaze. ||2||

sar sarvak hukam tumaara tikhī nīvāsa || (562)
sach hukam tumaaraa takhat nivaase.
True is Your Command; You sit upon the eternal throne.

ādī n jāvai meṛa parbhu abhīnāsa ||3|| (562)
āa-ay na jaavai mayraa parabh abhinaasee. ||3||
My eternal God does not come or go. ||3||

sūmb bhīvhdv brahma bīrā || (562)
tum mihprvān daas ham ānī
You are the Merciful Master; I am Your humble servant.

nānak sahībh bharprī īnā ||4||2|| (562)
nanak saahib bharpur leenaa. ||4||2||
O Nanak, the Lord and Master is totally permeating and pervading everywhere. ||4||2||

vadhāṃs mehla 5 || (562)
vad-hans mehlaa 5.
Wadahans, Fifth Mehl:

tū beānt ko virīlā jāanī || (562)
too bay-ant ko virlaa jaanai.
You are infinite - only a few know this.
By Guru's Grace, some come to understand You through the Word of the Shabad. ||1||

Your servant offers this prayer, O Beloved:

I live by meditating on Your Feet, God. ||1|| Pause||

Here and hereafter, I seek Your Protection. ||3||

I am without virtue; I know none of Your Glorious Virtues.
ਨਾਨਕ ਸਾਧੂ ਦੇਿਖ ਮਨੁ ਰਾਤਾ ॥੪॥੩॥

O Nanak, seeing the Holy Saint, my mind is imbued with You. ||4||3||

ਵਡਹੰਸੁ ਮੇਹਾਲਾ ॥

Wadahans, Fifth Mehl:

ਅੰਤਰਜਾਮੀ ਸੋ ਪਰ੍ਭੁ ਪੂਰਾ ॥

God is perfect - He is the Inner-knower, the Searcher of hearts.

ਦਾਨੁ ਦੇਇ ਸਾਧੂ ਕੀ ਧੂਰਾ ॥੧॥

He blesses us with the gift of the dust of the feet of the Saints. ||1||

ਕਿਰ ਿਕਰਪਾ ਪਰ੍ਭ ਦੀਨ ਦਿਆਲਾ ॥

Bless me with Your Grace, God, O Merciful to the meek.

ਤੇਰੀ ਓਟ ਪੂਰਨ ਗੋਪਾਲਾ ॥੧॥ ਰਹਾਉ ॥

I seek Your Protection, O Perfect Lord, Sustainer of the World. ||1||Pause||

ਨਿਕਟ ਵਸੈ ਨਾਹੀ ਪਰ੍ਭੁ ਦੂਰੇ ॥੨॥

God is near at hand, not far away. ||2||

The text is in Gurmukhi script, which is the literary language used in the Sikh scriptures, the Guru Granth Sahib. The script contains both Devanagari script and Gurmukhi script characters. The document includes hymns from the Guru Granth Sahib, written in Punjabi, a language spoken in the Punjab region of India. The text is structured with poetic verses, each composed of two or three lines, and is known for its devotional and spiritual content. The language is rich in religious and cultural references, and the text is often recited in Sikh religious practices. The Gurmukhi script is a North Indian script primarily used for writing the Punjabi language. It is an abugida script, meaning consonants have a default vowel, usually 'a'. The text is formatted with vertical alignment, typical of Punjabi script, and includes traditional typography with slanted lines and rounded letters. The script is similar to the Devanagari script used in Sanskrit and Hindi, but has its own unique character set and grammar rules. The text is rich in spiritual and religious imagery, often describing the relationship between the devotee and the divine, and the verses are meant to inspire meditation and divine connection. The script is used in the composition, printing, and calligraphy of Sikh religious texts, and is a significant part of Sikh cultural and historical heritage. The text is read naturally as if you were reading it aloud, with emphasis on the pronunciation and intonation typical of Sikh recitation. The use of musical notations, called 'tala', is often indicated in the script, which is used to perform the hymns in a devotional context. The script is also used in the creation of Sikh art, such as calligraphy and paintings, which are meant to convey the spiritual and aesthetic dimensions of the hymns. The Gurmukhi script is a vital component of the Sikh heritage and is an essential part of the Sikh religious and cultural identity. The text is a testament to the rich history and spiritual tradition of the Sikh community, and the script is a mirror of the cultural and linguistic diversity of the Indian subcontinent.
jis no nadar karay so Dhi-aa-ay.
One whom He blesses with His Grace, meditates on Him.

aath pahar har kay gun gaa-ay. ||3||
Twenty-four hours a day, he sings the Glorious Praises of the Lord. ||3||

jee-a jant saglay partipaaray.
He cherishes and sustains all beings and creatures.

saran pari-o naanak har du-aaray. ||4||4||
Nanak seeks the Sanctuary of the Lord's Door. ||4||4||

vad-hans mehlaa 5.
Wadahans, Fifth Mehl:

too vad daataa antarjaamee.
You are the Great Giver, the Inner-knower, the Searcher of hearts.

sabh meh ravi-aa pooran parabh su-aamee. ||1||
God, the Perfect Lord and Master, is permeating and pervading in all. ||1||

mayray parabh pareetam naam aDhaaraa.
The Name of my Beloved God is my only support.
हउ सुिण सुिण जीवा नामु तुमारा ॥१॥ रहाउ ॥
I live by hearing, continually hearing Your Name. ||1||Pause||

तेरी सरण सतिगुर मेरे पूरे ॥
tayree saran satgur mayray pooray.
I seek Your Sanctuary, O my Perfect True Guru.

मनु िनरमलु होइ संता धूरे ॥२॥
man nirmal ho-ay santaa Dhooray. ||2||
My mind is purified by the dust of the Saints. ||2||

चरन कमल हिरदै उिर धारे ॥
charan kamal hirdai ur Dhaaray.
I have enshrined His Lotus Feet within my heart.

तेरे दरसन कउ जाई बिलहारे ॥३॥
tayray darsan ka-o jaa-ee balihaaray. ||3||
I am a sacrifice to the Blessed Vision of Your Darshan. ||3||

किर िकरपा तेरे गुण गा-वा ॥
kir kirpaa tayray gun gaavaa.
Show mercy unto me, that I may sing Your Glorious Praises.

नानक नामु जपत सुिखु पावा ॥४॥५॥
naanak naam japat sukh paavaa. ||4||5||
O Nanak, chanting the Naam, the Name of the Lord, I obtain peace. ||4||5||

vad-hans mehlaa 5.
Wadahans, Fifth Mehl:
In the Saadh Sangat, the Company of the Holy, drink in the Ambrosial Nectar of the Lord.

The soul does not die, nor does it ever waste away. ||1||

By great good fortune, one meets the Perfect Guru.

By Guru's Grace, one meditates on God. ||1||Pause||

The Lord is the jewel, the pearl, the gem, the diamond.

Meditating, meditating in remembrance on God, I am in ecstasy. ||2||

Wherever I look, I see the Sanctuary of the Holy.

Singing the Glorious Praises of the Lord, my soul becomes immaculately pure. ||3||
घट घट अंतिर मेरा सुआमी वूठा ॥ (563)
ghat ghat antar mayraa su-aamee voothaa.
Within each and every heart, dwells my Lord and Master.

ਨਾਨਕ नामु पਾਇਆ ਪਰ੍ਭੁ ਤੂਠਾ ॥੪॥੬॥ (563)
naanak naam paa-i-aa parabh toothaa. ||4||6||
O Nanak, one obtains the Naam, the Name of the Lord, when God bestows His Mercy. ||4||6||

ਬਦਹੰਸੁ ਮਹਲਾ ੫ ॥ (563)
vad-hans mehlaa 5.
Wadahans, Fifth Mehl:

ਭਵਿਸਰੁ ਨਾਹੀ ਪਰ੍ਭ ਦੀਨ ਦਇਆਲਾ ॥ (563)
visar naahee parabh deen da-i-aalaa.
Do not forget me, O God, Merciful to the meek.

ਤੇਰੀ ਸਰਿਣ ਪੂਰਨ ਿਕਰਪਾਲਾ ॥੧॥ ਰਹਾਉ ॥ (563)
tayree saran pooran kirpaalaa. ||1|| rahaa-o.
I seek Your Sanctuary, O Perfect, Compassionate Lord. ||1|| Pause||

ਤਹ ਚਿਤ ਆਵਿਹ ਸੋ ਥਾਨੁ ਸੁਹਾਵਾ ॥ (563)
jah chit aavahi so thaan suhaavaa.
Wherever You come to mind, that place is blessed.

ਜਿਤੁ ਵੇਲਾ ਿਵਸਰਿਹ ਤਾ ਲਗਈ ਹਾਵਾ ॥੧॥ (563)
jit vaylaa visrahi taa laagai haavaa. ||1||
The moment I forget You, I am stricken with regret. ||1||

ਤੇਰੇ ਜੀਅ ਤੂ ਸਦ ਹੀ ਸਾਥੀ ॥ (563)
tayray jee-a too sad hee saathee.
All beings are Yours; You are their constant companion.
ਸੰਸਾਰ सਾਗਰ ਤੇ ਕਢੁ ਦੇ ਹਾਥੀ ॥੨॥
Please, give me Your hand, and pull me up out of this world-ocean. ||2||

ਆਵਣੁ ਜਾਣਾ ਤੁਮ ਹੀ ਕੀਆ ॥
Coming and going are by Your Will. ||2||

ੱਜਸੁ ਤੂ ਰਾਖਿਹ ਿਤਸੁ ਦੂਖੁ ਨ ਥੀਆ ॥੩॥
One whom You save is not afflicted by suffering. ||3||

ਤੂ ਏਕੋ ਸਾਿਹਬੁ ਅਵਰੁ ਨ ਹੋਿਰ ॥
You are the One and only Lord and Master; there is no other. ||3||

ਤੂ ਜਾਣਾਇਿਹ ਤਾ ਕੋਈ ਜਾਣੈ ॥
When You allow Yourself to be known, then we know You. ||4||7||

ਤੇਰਾ ਦੀਆ ਨਾਮੁ ਵਖਆਣੈ ॥੧॥
We chant Your Name, which You have given to us. ||1||


Too achraj kudrat tayree bismaa. ||1|| rhaa-o.
You are wonderful! Your creative potency is amazing! ||1||Pause||

You Yourself are the Cause of causes, You Yourself are the Creator.

By Your Will, we are born, and by Your Will, we die. ||2||

Your Name is the Support of our mind and body.

This is Your blessing to Nanak, Your slave. ||3||8||

Wadahans, Fifth Mehl, Second House:

One Universal Creator God. By The Grace Of The True Guru:

Deep within me, there is a longing to meet my Beloved; how can I attain my Perfect Guru?
Even though a baby may play hundreds of games, he cannot survive without milk.

The hunger within me is not satisfied, O my friend, even though I am served hundreds of dishes.

My mind and body are filled with love for my Beloved; how can my soul find relief, without the Blessed Vision of the Lord's Darshan?

Listen, O my dear friends and siblings - lead me to my True Friend, the Giver of peace.

He knows all the troubles of my soul; every day, he tells me stories of the Lord.

I cannot live without Him, even for an instant. I cry out for Him, just as the song-bird cries for the drop of water.

Which of Your Glorious Virtues should I sing? You save even worthless beings like me.
I have become depressed, waiting for my Husband Lord, O my friend; when shall my eyes behold my Husband?

I have forgotten how to enjoy all pleasures; without my Husband Lord, they are of no use at all.

These clothes do not please my body; I cannot dress myself.

I bow to those friends of mine, who have enjoyed their Beloved Husband Lord.

I have adorned myself with all sorts of decorations, O my friend, but without my Husband Lord, they are of no use at all.

When my Husband does not care for me, O my friend, then my youth passes, totally useless.

Blessed, blessed are the happy soul-brides, O my friend, who are blended with their Husband Lord.
I am a sacrifice to those happy soul-brides; I wash their feet again and again. ||4||

As long as I suffered from duality and doubt, O my friend, I thought God was far away.

But when I met the Perfect True Guru, O my friend, then all my hopes and desires were fulfilled.

I have obtained all pleasures and comforts, O my friend; my Husband Lord is all-pervading everywhere.

Servant Nanak enjoys the Lord's Love, O my friend; I fall at the feet of the Guru, the True Guru.

Meeting with the Guru, I have found my Beloved Lord God.
I have made this body and mind a sacrifice, a sacrificial offering to my Lord.

Dedicating my body and mind, I have crossed over the terrifying world-ocean, and shaken off the fear of death.

Drinking in the Ambrosial Nectar, I have become immortal; my comings and goings have ceased.

I have found that home, of celestial Samaadhi; the Name of the Lord is my only Support.

Says Nanak, I enjoy peace and pleasure; I bow in reverence to the Perfect Guru. ||1||

the Guru has given the Mantra of the Shabad, the True Word of God.

Meditating on this True Shabad, I sing the songs of joy, and my mind is rid of anxiety.
So parabh paa-i-aa kateh na jaa-i-aa sadaa sadaa sang baisaa.
I have found God, who never leaves; forever and ever, He sits with me.

Parabh jee bhaanaa sachaa maanaa parabh har Dhan sehjay deetaa.
One who is pleasing to God receives true honor. The Lord God blesses him with wealth.

Kaho naanak tis jan baliharee tayra daan sabhnee hai leetaa. ||2||
Says Nanak, I am a sacrifice to such a humble being. O Lord, You bless all with Your bountiful blessings. ||2||

Guru sir Gora Dhirpat Apkene Ram || (577)
Bhavaa taaro tripatit avaya Ram
When it pleases You, then I am satisfied and satiated.

Bhut bhiwhaa thandha sabh tarisan bujhaya Ram || (577)
Man thee-a thandhaa sabh tarisan bujhaya Ram.
My mind is soothed and calmed, and all my thirst is quenched.

Bhut bhiwhaa chakhi Dhan Pahishtha Yohu Pharang || (577)
Man thee-a thandhaa chookkee danjhaa paa-i-aa bahut khajaanaa.
My mind is soothed and calmed, the burning has ceased, and I have found so many treasures.

Sikh sayvak sabh bhunchhan lagay ha\textsuperscript{N}-u satgur kai kuraanaa.
All the Sikhs and servants partake of them; I am a sacrifice to my True Guru.

Nirbha-o bha-ay khasam rang raatay jam kee taraas bujhaya.
I have become fearless, imbued with the Love of my Lord Master, and I have shaken off the fear of death.
Nanak Dasa, Your humble servant, lovingly embraces Your meditation; O Lord, be with me always. ||3||

Purii Aasa Ji Manasa Mare Ram ||
poori aasaa jee mansaa mayray raam.
My hopes and desires have been fulfilled, O my Lord.

Mohi Nirgun Jee-O Sabh Gun Tere Ram ||
mohi nirgun jee-o sabh gun tayray raam.
I am worthless, without virtue; all virtues are Yours, O Lord.

Sabh Gun Tere Thakur Mare Kitu Muki Tushu SAlanee ||
sabh gun tayray thaakur mayray kit mukh tuDh saalaahee.
All virtues are Yours, O my Lord and Master; with what mouth should I praise You?

Gun Avgun Mera Kichh Na Bechaari-Aa Bakhas Lee-Aa Khin Maheee. You did not consider my merits and demerits; you forgave me in an instant.

Says Nanak, I have found my Husband Lord within my own home, and all my anxiety is forgotten. ||4||1||

Shalok:
ki-aa sunaydo koorh vanjan pavan jhulaari-aa.

Why do you listen to falsehood? It shall vanish like a gust of wind.

naanak sunee-ar tay parvaan jo sunayday sach Dhanee. ||1||

O Nanak, those ears are acceptable, which listen to the True Master. ||1||

chhant.

Chhant:

tin ghol ghumaa-ee jin parabh sarvanee suni-aa raam.

I am a sacrifice to those who listen with their ears to the Lord God.

say sahj suhaylay gunah amolay jagat uDhaaran aa-ay.

They are naturally embellished, with priceless virtues; they have come to save the world.

bhai bohith saagar parabh charnnaa kaytay paar laghaa-ay.

God's Feet are the boat, which carries so many across the terrifying world-ocean.

jin kaN-u kirpaa karee mayrai thaakur tin kaa laykhaa na gani-aa.

Those who are blessed with the favor of my Lord and Master, are not asked to render their account.
कहु नानक तिस घोल घुमाई जिन पर्भु सर्वणी सुनिआ ॥१॥
Says Nanak, I am a sacrifice to those who listen to God with their ears. ||1||

ਸਲੋਕੁ  ॥
Shalok:

ਲੋਇਣ ਲੋਈ ਿਡਠ ਿਪਆਸ ਨ ਬੁਝੈ ਮੂ ਘਣੀ ॥
With my eyes, I have seen the Light of the Lord, but my great thirst is not quenched.

ਨਾਨਕ ਸੇ ਅਖੜੀਆਂ ਿਬਅੰਿਨ ਿਜਨੀ ਿਡਸੰਦੋ ਮਾ ਿਪਰੀ ॥੧॥
O Nanak, those eyes are different, which behold my Husband Lord. ||1||

ਛੰਤੁ ॥
Chhant:

ਜਿਨੀ ਹਿਰ ਪਰ੍ਭੁ ਿਡਠਾ ਿਤਨ ਕੁਰਬਾਣੇ ਰਾਮ ॥
I am a sacrifice to those who have seen the Lord God.

ਸੇ ਸਾਚੀ ਦਰਗਹ ਭਾਣੇ ਰਾਮ ॥
In the True Court of the Lord, they are approved.

ਠਾਕੁ ਿਰ ਮਾਨੇ ਸੇ ਪਰਧਾਨੇ ਹਿਰ ਸੇਤੀ ਰੰਗ ਰਾਤੇ ॥
They are approved by their Lord and Master, and acclaimed as supreme; they are imbued with the Lord's Love.
They are satiated with the sublime essence of the Lord, and they merge in celestial peace; in each and every heart, they see the all-pervading Lord.

They alone are the friendly Saints, and they alone are happy, who are pleasing to their Lord and Master.

Says Nanak, I am forever a sacrifice to those who have seen the Lord God.

The body is blind, totally blind and desolate, without the Naam.

O Nanak, fruitful is the life of that being, within whose heart the True Lord and Master abides.

I am cut into pieces as a sacrifice, to those who have seen my Lord God.
Jan chaakh aghaanay har har amrit meethaa raam.
His humble servants partake of the Sweet Ambrosial Nectar of the Lord, Har, Har, and are satiated.

Har manehe meethaa parabhoo toothaa ami-o voothaa sukh bha-ay.
The Lord seems sweet to their minds; God is merciful to them, His Ambrosial Nectar rains down upon them, and they are at peace.

Dukh naas bharam binaas tan te jahi jagdees eesah jai ja-ay.
Pain is eliminated and doubt is dispelled from the body; chanting the Name of the Lord of the World, their victory is celebrated.

Moh rahat bikaar thakay panch te sang tootaa.
They are rid of emotional attachment, their sins are erased, and their association with the five passions is broken off.

Kaho naanak tin khannee-ai vanjaa jin ghat mayraa har parabh voothaa. ||3||
Says Nanak, I am every bit a sacrifice to those, within whose hearts my Lord God abides. ||3||

Shalok:

Jo lorheeday raam sayvak say-ee kaaNdhi-aa.
Those who long for the Lord, are said to be His servants.
Nanak knows this Truth, that the Lord is not different from His Saint. ||1||

As water mixes and blends with water,
so does one's light mix and blend with the Lord's Light.

Merging with the perfect, all-powerful Creator, one comes to know his own self.

Then, he enters the celestial state of absolute Samaadhi, and speaks of the One and Only Lord.

He Himself is unmanifest, and He Himself is liberated; He Himself speaks of Himself.

O Nanak, doubt, fear and the limitations of the three qualities are dispelled, as one merges into the Lord, like water blending with water. ||4||2||
Wadahans, Fifth Mehl:

प्रभ करण कारण समरथा राम ॥
parabh karan kaaran samrathaa raam.
God is the all-powerful Creator, the Cause of causes.

रखु जगतु सगल दे हथा राम ॥
rakh jagat sagal day hathaa raam.
He preserves the whole world, reaching out with His hand.

समरथ सरणा जोगु सुआमी किर्पा निध सुखदाता ॥
samrath sarnaa jog su-aamee kirpaa niDh sukh-daata.
He is the all-powerful, safe Sanctuary, Lord and Master, Treasure of mercy, Giver of peace.

हंउ कुरबाणी दास तेरे जिनी एकु पछाता ॥
haN-u kurbaanee daas tayray jinee ayk pachhaataa.
I am a sacrifice to Your slaves, who recognize only the One Lord.

Prays Nanak, hear my prayer, O God, Almighty Creator, Cause of causes. ||1||

These beings are Yours; You are their Creator.
God is the Destroyer of pain, suffering and doubt.

Eliminate my doubt, pain and suffering in an instant, and preserve me, O Lord, Merciful to the meek.

You are mother, father and friend, O Lord and Master; the whole world is Your child, O Lord of the World.

One who comes seeking Your Sanctuary, obtains the treasure of virtue, and does not have to enter the cycle of birth and death again.

Prays Nanak, I am Your slave. All beings are Yours; You are their Creator.

Meditating on the Lord, twenty-four hours a day,

the fruits of the heart's desires are obtained.

Your heart's desires are obtained, meditating on God, and the fear of death is dispelled.
गोबिंद गाजे सदा बिबाजे अगम अगोचर ऊँचा ॥ ३ ॥
binvant naanak dinas rainee sadaa har har Dhi-aa-ee-ai. ||3||
Prays Nanak, day and night, meditate forever on the Lord, Har, Har. ||3||

 lah di putra dhan sahaj gaane ran || (578)

dar vaajeh anhat vaajay raam.
At the Lord's Door, the unstruck melody resounds.

ghat ghat har gobind gaajay raam.
In each and every heart, the Lord, the Lord of the Universe, sings.

The Lord of the Universe sings, and abides forever; He is unfathomable, profoundly deep, lofty and exalted.
Prays Nanak, happiness comes from devotional worship of the Naam; at His Door, the unstruck melody resounds. ||4||3||

Sorath, Fifth Mehl, First House, Ti-Tukas:

One Universal Creator God. By The Grace Of The True Guru:

Who should I ask? Who should I worship? All were created by Him.

Whoever appears to be the greatest of the great, shall ultimately be mixed with the dust.

The Fearless, Formless Lord, the Destroyer of Fear bestows all comforts, and the nine treasures. ||1||

Why should I praise the poor helpless man? Why should I feel subservient to him? ||Pause||
ਜਿਨ ਹਿਰਦਾਈਆ ਸਭੁ ਕਿਛੁ ਤਿਸ ਕਾ ਤਿਸ ਕੀ ਭੂਖ ਗਵਾਈ ॥ (608)
All things come to one who meditates on the Lord; the Lord satisfies his hunger.

ਐਸਾ ਧਨੁ ਦੀਆ ਸੁਖਦਾਤੈ ਨਕਬਹੀ ਜਾਈ ॥ (608)
The Lord, the Giver of peace, bestows such wealth, that it can never be exhausted.

ਅਨਦੁ ਭਇਆ ਸੁਖ ਸਹਿਜ ਸਮਾਣੇ ਸਿਤਗੁਰ ਮੇਲ ਜਮਾਈ ॥੨॥ (608)
I am in ecstasy, absorbed in celestial peace; the True Guru has united me in His Union. ||2||

ਸੰਤਨ ਕਚਚੁ ਕੀਤਾ ਤੇਰਾ ਵਰਤੈ ਹਮ ਬਾਲ ਗੁਪਾਲਾ ॥ (608)
Everything which You do, prevails; I am just a poor child - what can I do?
ਰਾਿਖ लੇਹੁ नਾਨਕ ਜਨੂ ਤੁਮਰਾ ਿਜਉ ਿਪਤਾ ਪੂਤ ਿਕਰਪਾਲਾ। ||4||1||
Protect and preserve Your servant Nanak; be kind to him, like a father to his son. ||4||1||

ਸੋਰਿਠ ਮਹਲਾ ੫ ਘਰੁ ੧ ਚੌਤੁਕੇ। ||608||
sorath mehlaa 5 ghar 1 choutukay.
Sorat'h, Fifth Mehl, First House, Chau-Tukas:

ਗੁਰੂ ਗੋਿਵੰਦੁ ਸਲਾਹੀਐ ਭਾਈ ਤਿਨ ਿਹਰਦੈ ਧਾਰ। ||608||
gur govind salaahee-ai bhaa-ee man tan hirdai Dhaar.
Praise the Guru, and the Lord of the Universe, O Siblings of Destiny; enshrine Him in your mind, body and heart.

ਸਾਚਾ ਸਾਿਹਾਬ ਤਿਨ ਨਾਮੁ ਊਪਜੈ ਭਾਈ ਏਹਾ ਕਰਣੀ ਸਾਰ। ||608||
saachaa saahib man vasai bhaa-ee ayhaa karnee saar.
Let the True Lord and Master abide in your mind, O Siblings of Destiny; this is the most excellent way of life.

ਿਜਤੁ ਤਿਨ ਨਾਮੁ ਊਪਜੈ ਭਾਈ ਜਨੂ ਸਭੁ ਿਕਛੁ ਹੋਏ। ||608||
jit tan naam na oopjai bhaa-ee say tan ho-ay chhaar.
Those bodies, in which the Name of the Lord does not well up, O Siblings of Destiny - those bodies are reduced to ashes.

ਸਾਧਸੰਗਿਤ ਕਉ ਵਾਿਰਾ ਭਾਈ ਜਿਸ ਤੇ ਸਭੁ ਿਕਛੁ ਹੋਇ। ||608||
saaDhsangat ka-o vaari-aa bhaa-ee jis say sabh kichh ho-ay.
I am a sacrifice to the Saadh Sangat, the Company of the Holy, O Siblings of Destiny; they take the Support of the One and Only Lord. ||1||

ਸੋੇੀ ਸਚ ਅਰਾਧਣਾ ਭਾਈ ਜਿਸ ਤੇ ਸਭੁ ਕਿੱਛੁ ਹੋਇ। ||608||
so-ee sach araaDhanaa bhaa-ee jis say sabh kichh ho-ay.
So worship and adore that True Lord, O Siblings of Destiny; He alone does everything.
The Perfect Guru has taught me, O Siblings of Destiny, that without Him, there is no other at all.

Without the Naam, the Name of the Lord, they putrefy and die, O Siblings of Destiny; their numbers cannot be counted.

Without Truth, purity cannot be achieved, O Siblings of Destiny; the Lord is true and unfathomable.

Coming and going do not end, O Siblings of Destiny; pride in worldly valuables is false.

The Gurmukh saves millions of people, O Siblings of Destiny, blessing them with even a particle of the Name.

I have searched through the Simritees and the Shaastras, O Siblings of Destiny - without the True Guru, doubt does not depart.

They are so tired of performing their many deeds, O Siblings of Destiny, but they fall into bondage again and again.
ਚਾਰੇ ਕੁੰਡਾ ਸੋਧੀਆ ਭਾਈ ਵਿਸ਼ਵ ਸਤਗੁਰ ਨਹੀ ਜਾਇ ॥

I have searched in the four directions, O Siblings of Destiny, but without the True Guru, there is no place at all.

ਵਡਭਾਗੀ ਗੁਰੁ ਪਾਇਆ ਭਾਈ ਹਿਰ ਹਿਰ ਨਾਮੁ ਪਦਾਈ ॥੩॥

By great good fortune, I found the Guru, O Siblings of Destiny, and I meditate on the Name of the Lord, Har, Har. ||3||

ਸਚੁ ਸਦਾ ਹੈ ਨਰਮਲਾ ਭਾਈ ਨਰਮਲ ਸਾਚੇ ਸੋਈ ॥

The Truth is forever pure, O Siblings of Destiny; those who are true are pure.

ਨਦਿਰ ਕਰੇ ਜਸੁ ਆਪਣੀ ਭਾਈ ਤਸੁ ਪਾਈਐ ਹੋਇ ॥

When the Lord bestows His Glance of Grace, O Siblings of Destiny, then one obtains Him.

ਕੋਿਟ ਮਧੇ ਜਨੁ ਪਾਈਐ ਭਾਈ ਵਰਲਾ ਕੋਈ ਕੋਈ ॥

Among millions, O Siblings of Destiny, hardly one humble servant of the Lord is found.

ਨਾਨਕ ਰਤਾ ਸਿਚ ਨਾਿਮ ਭਾਈ ਸੁਣ ਮਨੁ ਤਨੁ ਨਰਮਲੁ ਹੋਇ ॥੪॥੨॥

Nanak is imbued with the True Name, O Siblings of Destiny; hearing it, the mind and body become immaculately pure. ||4||2||

ਸੋਰਿਠ ਮਹਲਾ ੫ ਦੁਤੁਕੇ ॥

Sorat'h, Fifth Mehl, Du-Tukas:

ਜਉ ਲਉ ਭਾਉ ਅਭਾਉ ਇਹੁ ਮਾਨੈ ਤਉ ਲਉ ਿਮਲਣੁ ਦੂਰਾਈ ॥

As long as this person believes in love and hate, it is difficult for him to meet the Lord.
As long as he discriminates between himself and others, he will distance himself from the Lord. ||1||

O Lord, grant me such understanding, that I might serve the Holy Saints, and seek the protection of their feet, and not forget them, for a moment, even an instant. ||Pause||

Renouncing the Lord of Life, you have become engrossed in other things, and you are involved with your enemies. ||2||

Sorrow does not afflict one who does not harbor self-conceit; in the Saadh Sangat, the Company of the Holy, I have attained this understanding.

Know that the babbling of the faithless cynic is like wind passing by. ||3||

This mind is inundated by millions of sins - what can I say?
ਜਨ ਨਾਨਕ ਦੀਨ ਸਰਿਨ ਆਇਓ ਪਰ੍ਭ ਸਭੁ ਲੇਖਾ ਰਖਹੁ ਉਠਾਈ ॥੪॥੩॥

Nanak, Your humble servant has come to Your Sanctuary, God; please, erase all his accounts. ||4||3||

ਸੋਰਿਠ ਮਹਲਾ ੫ ॥

Sorath, Fifth Mehl:

ਪੁਤਰਕਲਤਰਲੋਕਿਗਰਹਬਿਨਤਾਮਾਇਆਸਨਬੰਧੇਹੀ ॥

Children, spouses, men and women in one's household, are all bound by Maya.

ਅੰਤ ਕੀ ਬਾਰ ਕੋ ਖਰਾ ਹੋਸੀ ਸਭ ਿਮਿਥਆ ਅਸਨੇਹੀ ॥੧॥

At the very last moment, none of them shall stand by you; their love is totally false. ||1||

ਰੇ ਨਰ ਕਾਹੇ ਪਪੋਰਹੁ ਦੇਹੀ ॥

O man, why do you pamper your body so?

ਤੀਿਨ ਸੰਿਙਆ ਕਿਰ ਦੇਹੀ ਕੀਨੀ ਜਲ ਕੂ ਕਰ ਭਸਮੇਹੀ ॥

There are three ways in which the body can be consumed - it can be thrown into water, given to the dogs, or cremated to ashes.

ਹੋਇ ਆਮਰੋ ਿਗਰਹ ਮਿਹ ਬਾਈਣ ਕਾਰਣ ਿਬਸਰੋਹੀ ॥੨॥

He considers himself to be immortal; he sits in his home, and forgets the Lord, the Cause of causes. ||2||
In various ways, the Lord has fashioned the beads, and strung them on a slender thread.

The thread shall break, O wretched man, and then, you shall repent and regret.

He created you, and after creating you, He adorned you - meditate on Him day and night.

God has showered His Mercy upon servant Nanak; I hold tight to the Support of the True Guru.

I met the True Guru, by great good fortune, and my mind has been enlightened.

No one else can equal me, because I have the loving support of my Lord and Master.

I am a sacrifice to my True Guru.
I am at peace in this world, and I shall be in celestial peace in the next; my home is filled with bliss. ||Pause||

He is the Inner-knower, the Searcher of hearts, the Creator, my Lord and Master.

I have become fearless, attached to the Guru's feet; I take the Support of the Name of the One Lord. ||2||

Fruitful is the Blessed Vision of His Darshan; the Form of God is deathless; He is and shall always be.

He hugs His humble servants close, and protects and preserves them; their love for Him is sweet to Him. ||3||

Great is His glorious greatness, and wondrous is His magnificence; through Him, all affairs are resolved.

Nanak has met with the Perfect Guru; all his sorrows have been dispelled. ||4||5||
ਸੋਰਿਠ मਹਲਾ ५ ॥ (610)

sorath mehlaa 5.

Sorat’h, Fifth Mehl:

ਸੁਖੀਏ ਕਉ ਪੇਖੈ ਸਭ ਸੁਖੀਆ ਰੋਗੀ ਕੈ ਭਾਣੈ ਸਭ ਰੋਗੀ ॥ (610)
sukhee-ay ka-o paykhai sabh sukhee-aa rogee kai bhaanai sabh rogee.
To the happy person, everyone seems happy; to the sick person, everyone seems sick.

ਕਰਣ ਕਰਾਵਨਹਾਰ ਸੁਆਮੀ ਆਪਨ ਹਾਿਥ ਸੰਜੋਗੀ ॥੧॥ (610)
karan karaavanhaar su-aamee aapan haath sanjogee. ||1||
The Lord and Master acts, and causes us to act; union is in His Hands. ||1||

ਮਨ ਮੇਰੇ ਜਿਨ ਅਪੁਨਾ ਭਰਮੁ ਗਵਾਤਾ ॥ (610)
man mayray jin apunaa bharam gavaataa.
O my mind, no one appears to be mistaken,

ਿਤਸ ਕੈ ਭਾਣੈ ਕੋਇ ਨ ਭੂਲਾ ਿਜਿਨ ਸਗਲੋ ਬਰ੍ਹਮੁ ਪਛਾਤਾ ॥ ਰਹਾਉ ॥ (610)
tis kai bhaanai ko-ay na bhoolaa jin saglo barahm pachhaataa. rahaa-o.
one who has dispelled his own doubts; he realizes that everyone is God. ||Pause||

ਸੰਤ ਸੰਿਗ ਜਾ ਕਾ ਮਨੁ ਿਬਾਿਪਤ ਓਹੁ ਜਾਣੈ ਸਗਲੀ ਠĔਢੀ ॥ (610)
sant sang jaa kaa man bi-aapat oh janam saglee thaaNdhee.
One whose mind is comforted in the Society of the Saints, believes that all are joyful.

ਹਉਮੈ ਰੋਿਗ ਜਾ ਕਾ ਮਨੁ ਿਬਾਿਪਤ ਓਹੁ ਜਾਣੈ ਸਗਲੀ ਠਰ੍ਹਾਤੀ ॥੨॥ (610)
ha-umai rog jaa kaa man bi-aapat oh janam marai billaatee. ||2||
One whose mind is afflicted by the disease of egotism, cries out in birth and death. ||2||

ਿਗਆਨ ਅੰਜਨੁ ਜਾ ਕੀ ਨੇਤਰ੍ੀ ਪਿੜਾਏ ਕਉ ਸਰਬ ਪਰ੍ਗਾਸਾ ॥ (610)
gi-aan anjan jaa kee naytree parhi-aa taa ka-o sarab pargaasaa.
Everything is clear to one whose eyes are blessed with the ointment of spiritual wisdom.
ਅਗਿਆਨੀ ਅੰਧੇਰੀ ਸੂਜ਼ਿਸ ਨਾਹੀ ਬਹੁਡ਼ਤ ਬਹੁਡ਼ਤ ਭਰਮਾਤਾ ॥੩॥
In the darkness of spiritual ignorance, he sees nothing at all; he wanders around in reincarnation, over and over again. ||3||

ਸੁਣ ਬੇਨੰਤੀ ਸੁਆਮੀ ਅਪੁਨੇ ਨਾਨਕੁ ਇਹਾ ਸੁਖੁ ਮਾਗੈ ॥
Hear my prayer, O Lord and Master; Nanak begs for this happiness:

ਜਹ ਕੀਰਤਨਿ ਤੇਰਾ ਸਾਧੂ ਗਾਵਿਹ ਤਹ ਮੇਰਾ ਮਨੁ ਲਾਗੈ ॥੪॥੬॥
wherever Your Holy Saints sing the Kirtan of Your Praises, let my mind be attached to that place. ||4||6||

ਸਤਨ ਸੰਤਨ ਕਾ ਧਨੁ ਸੰਤਨ ਕਾ ਮਨੁ ਸੰਤਨ ਕਾ ਕੀਆ ॥
My body belongs to the Saints, my wealth belongs to the Saints, and my mind belongs to the Saints.

ਸੋਰਥ ਮੈਲਾ ੫ ॥
Sorath, Fifth Mehl:

ਤਨ ਸੰਤਨ ਕਾ ਧਨੁ ਸੰਤਨ ਕਾ ਮਨੁ ਸੰਤਨ ਕਾ ਕੀਆ ॥
tan santan kaa Dhan santan kaa man santan kaa kee-aa.

By the Grace of the Saints, I meditate on the Lord's Name, and then, all comforts come to me. ||1||

ਸੋਰਥ ਬਿਚੁ ਅਵਰੁ ਦਾਤਾ ਬੀਆ ॥
Without the Saints, there are no other givers.

ਜੋ ਜੋ ਸਰਿਣ ਪਰੈ ਸਾਧੂ ਕੀ ਸੋ ਪਾਰਗਾਰਮੀ ਕੀਆ ॥ ਰਹਾਉ ॥
Whoever takes to the Sanctuary of the Holy Saints, is carried across. ||Pause||
ਸੋਧੀ ਭਿਨਨ ਭਿਨੀ ਤਰਾ ਮੇਲ ਅਦਾ ਬੀਰੜਸ਼ ਮਿਹ ਗਾਯੀਐ ਮੋਹ ਮੋਹ ਕੁਗਰਾ ਅੰਧ ਕੂਪ ਮਹ ਨਾਨਕ ਲੇਹਿ ਨਿਬਾਹੀ ਮੋਹ ਮੋਹ ਅਗਰ ਅੰਧ ਕੂਪ ਮਹ ਨਾਨਕ ਲੇਹਿ ਨਿਬਾਹੀ

ਕੋਤ ਪਰਾਦਹ ਮਿਤ੍ਰੀ ਜਨ ਸੇਵਾ ਹਰੀ ਕੀਰਤਨ ਰਸੀ ਗਾਈਐ।

Millions of sins are erased by serving the humble Saints, and singing the Glorious Praises of the Lord with love.

ਈਹਾ ਸੁਖੁ ਆਗੈ ਮੁੱਖ ਊਜਲ ਜਨ ਕਾ ਸੰਗੁ ਵਡਬਾਗੀ ਪਾਈਐ।

One finds peace in this world, and one's face is radiant in the next world, by associating with the humble Saints, through great good fortune.

ਰਸਨਾ ਏਕ ਅਨੇਕ ਗੁਣ ਪੂਰਨ ਜਨ ਕੀ ਕੇਤਕ ਉਪਮਾਹਾ ਕਹੀਐ।

I have only one tongue, and the Lord's humble servant is filled with countless virtues; how can I sing his praises?

ਅਗਮ ਅਗੋਚਰ ਸਦ ਅਨਿਵਾਰੀ ਸਰਣ ਕੀ ਲਹੀਐ।

The inaccessible, unapproachable and eternally unchanging Lord is obtained in the Sanctuary of the Saints.

ਿਨਰਗੁਨ ਨੀਚ ਅਨਾਥ ਅਪਰਾਧੀ ਓਟ ਸੰਤਨ ਕੀ ਆਹੀ।

I am worthless, lowly, without friends or support, and full of sins; I long for the Shelter of the Saints.

ਬੂਡਤ ਮੋਹ ਕੁਗਰਾ ਅੰਧ ਕੂਪ ਮਹ ਨਾਨਕ ਲੇਹਿ ਨਿਬਾਹੀ।

I am drowning in the deep, dark pit of household attachments - please save me, Lord!

ਮੋਸਾਠ ਅਰਧ ਪ ਖਰੁਂ ੫ ოਟਰੰਗ ਪ੍ਰਸ਼ਨੀ

Sorat'h, Fifth Mehl, First House:
ja aapne tu kartay ta keh aas pujaa-e.
Your Creator Lord, You fulfill the desires of those, within whose heart You abide.

daas apunay ka-o too visrahi naahee charan Dhoor man bhaa-ee. ||1||
Your slaves do not forget You; the dust of Your feet is pleasing to their minds. ||1||
tayree akath katha kathan na ja-ee.
Your Unspoken Speech cannot be spoken.
gun niDhaan sukh-daatay su-aamee sabh tay ooch badaa-ee. raha-o.
O treasure of excellence, Giver of peace, Lord and Master, Your greatness is the highest of all. ||Pause||
so so karam karat hai paraanee jaisee tum likh paa-ee.
The mortal does those deeds, and those alone, which You ordained by destiny.
sayvak ka-o tum sayvaa deenee darsan daykh aghaa-ee. ||2||
Your servant, whom You bless with Your service, is satisfied and fulfilled, beholding the Blessed Vision of Your Darshan. ||2||
sarab nirantar tumeh samaanay jaa ka-o tuDh aap bujhaa-ee.
You are contained in all, but he alone realizes this, whom You bless with understanding.
gur parsaad miti-o agi-aanaa pargat bha-ay sabh thaa-ee. ||3||
By Guru's Grace, his spiritual ignorance is dispelled, and he is respected everywhere. ||3||
He alone is spiritually enlightened, he alone is a meditator, and he alone is a man of good nature.

Says Nanak, one unto whom the Lord becomes Merciful, does not forget the Lord from his mind.

The whole creation is engrossed in emotional attachment; sometimes, one is high, and at other times, low.

No one can be purified by any rituals or devices; they cannot reach their goal.

O my mind, emancipation is attained in the Sanctuary of the Holy Saints.

Without the Perfect Guru, births and deaths do not cease, and one comes and goes, over and over again.

The whole world is entangled in what is called the delusion of doubt.
The perfect devotee of the Primal Lord God remains detached from everything.

Don't indulge in slander for any reason, for everything is the creation of the Lord and Master.

One who is blessed with the Mercy of my God, dwells on the Name in the Saadh Sangat, the Company of the Holy.

The Supreme Lord God, the Transcendent Lord, the True Guru, saves all.

Says Nanak, without the Guru, no one crosses over; this is the perfect essence of all contemplation.

I have searched and searched and searched, and found that the Lord's Name is the most sublime reality.
Contemplating it for even an instant, sins are erased; the Gurmukh is carried across and saved. ||1||

Drink in the sublime essence of the Lord's Name, O man of spiritual wisdom.

Listening to the Ambrosial Words of the Holy Saints, the mind finds absolute fulfillment and satisfaction. ||Pause||

The Lord and Master is all-powerful, the Cause of causes; without Him, there is nothing at all. ||3||
By great good fortune, I have obtained the jewel of human life; have mercy on me, O Merciful Lord.

In the Saadh Sangat, the Company of the Holy, Nanak sings the Glorious Praises of the Lord, and contemplates Him forever in meditation.

After taking your cleansing bath, remember your God in meditation, and your mind and body shall be free of disease.

Millions of obstacles are removed, in the Sanctuary of God, and good fortune dawns.

So constantly sing them, listen to them, and read them, O Siblings of Destiny, and the Perfect Guru shall save you.
The glorious greatness of the True Lord is immeasurable; the Merciful Lord is the Lover of His devotees.

He has preserved the honor of His Saints; from the very beginning of time, His Nature is to cherish them.

So eat the Ambrosial Name of the Lord as your food; put it into your mouth at all times.

The pains of old age and death shall all depart, when you constantly sing the Glorious Praises of the Lord of the Universe.

My Lord and Master has heard my prayer, and all my affairs have been resolved.

The glorious greatness of Guru Nanak is manifest, throughout all the ages.

One Universal Creator God. By The Grace Of The True Guru:
The One God is our father; we are the children of the One God. You are our Guru.

Listen, friends: my soul is a sacrifice, a sacrifice to You; O Lord, reveal to me the Blessed Vision of Your Darshan. ||1||

This mind is yours, O Siblings of Destiny. ||Pause||

I wash your feet, I massage and clean them; I give this mind to you.

Listen, friends: I have come to Your Sanctuary; teach me, that I might unite with God. ||2||

Do not be proud; seek His Sanctuary, and accept as good all that He does.

Listen, friends: dedicate your soul, body and your whole being to Him; thus you shall receive the Blessed Vision of His Darshan. ||3||
भइओ अनुगर्हु पर्साद संतन कै हिर नामा है मीठा ॥ (612)

He has shown mercy to me, by the Grace of the Saints; the Lord's Name is sweet to me.

जन नानक कौ गुरि किरपा धारी समु अकु ल निरंजनु डीठा ॥४॥१॥१२॥ (612)

The Guru has shown mercy to servant Nanak; I see the casteless, immaculate Lord everywhere. ||4||1||12||

मेलाक भजन ५ ॥ (612)
sorath mehlaa 5.
Sorat’h, Fifth Mehl:

God is the Lord and Master of millions of universes; He is the Giver of all beings.

He ever cherishes and cares for all beings, but the fool does not appreciate any of His virtues. ||1||

O Dear Lord, I go by the name of the Lord's slave. ||Pause||
The Compassionate Lord is Merciful to the meek, the ocean of peace; He fills all hearts.

He sees, hears, and is always with me; but I am a fool, and I think that He is far away.

The Lord is limitless, but I can only describe Him within my limitations; what do I know, about what He is like?

I offer my prayer to my True Guru; I am so foolish - please, teach me!

I am just a fool, but millions of sinners just like me have been saved.

Those who have heard, and seen Guru Nanak, do not descend into the womb of reincarnation again.

Sorath, Fifth Mehl:

Those things, which caused me such anxiety, have all vanished.
Now, I sleep in peace and tranquility, and my mind is in a state of deep and profound peace; the inverted lotus of my heart has blossomed forth.

Behold, a wondrous miracle has happened!

That Lord and Master, whose wisdom is said to be unfathomable, has been enshrined within my heart, by the Guru.

The demons which tormented me so much, have themselves become terrified.

When the treasure of the Lord of the Universe is opened, those who are pre-destined, receive it.

The Guru has given me the one jewel, and my mind and body have become peaceful and tranquil.
The Guru has blessed me with the one drop of Ambrosial Nectar, and so I have become stable, unmoving and immortal - I shall not die.

The Lord blessed Guru Nanak with the treasure of devotional worship, and did not call him to account again.

Those whose minds are attached to the lotus feet of the Lord - those humble beings are satisfied and fulfilled.

But those, within whose hearts the priceless virtue does not abide - those men remain thirsty and unsatisfied.

Worshipping the Lord in adoration, one becomes happy, and free of disease.

But one who forgets my Dear Lord - know him to be afflicted with tens of thousands of illnesses.
Those who hold tightly to Your Support, God, are happy in Your Sanctuary.

But those humble beings who forget the Primal Lord, the Architect of Destiny, are counted among the most miserable beings.

One who has faith in the Guru, and who is lovingly attached to God, enjoys the delights of supreme ecstasy.

One who forgets God and forsakes the Guru, falls into the most horrible hell.

As the Lord engages someone, so he is engaged, and so does he perform.

Nanak has taken to the Shelter of the Saints; his heart is absorbed in the Lord's feet.

As the king is entangled in kingly affairs, and the egotist in his own egotism,
ਲੋਭਨ ਮਿਹਲੋਭੀ ਲੋਭਾਇਆਂ ਹਿਰ ਰਂਗ ਰੱਚੇ ਗੀਆਨੀ ॥੧॥

and the greedy man is enticed by greed, so is the spiritually enlightened being absorbed in the Love of the Lord. ||1||

ਹਿਰ ਜਨ ਕਉ ਇਹੀ ਸੁਹਾਵੈ ॥

This is what befits the Lord's servant.

ਪੇਖ਼ ਨਿਕਟ ਕਾਰਨ ਸੋਨਗ ਪ੍ਰਸੰਗੀ ਤਿਰਾਤਾਵੈ ॥

Beholding the Lord near at hand, he serves the True Guru, and he is satisfied through the Kirtan of the Lord's Praises. ||Pause||

ਅਮਲਨ ਸਾਨੁ ਅਮਲੀ ਲਪਟਾਇਆਂ ਭੁਮਨ ਭੂਮ ਪਾਵਹੀ ॥

The addict is addicted to his drug, and the landlord is in love with his land.

ਖੀਰ ਸੰਗ ਬਾਰਿਕੁ ਹੈ ਲੀੰਨਾ ਪਰਬ ਸੰਤ ਐਸੇ ਹੀਤਕਾਰੀ ॥

As the baby is attached to his milk, so the Saint is in love with God. ||2||

ਵਿਵਿਦਾ ਭੁਤ ਵਿਰਾਸਤੀ ਵਿਰਿਸ਼ ਤੇਲ ਰੱਧੀ ਪ੍ਰਤਾਵੀ ॥

The scholar is absorbed in scholarship, and the eyes are happy to see.

ਜਈਸੇ ਰਸਨਾ ਸਾਈ ਲੁਬਾਅਨੀ ਤੀਥ ਹਿਰ ਗੁਣ ਗਾਵਹੀ ॥

As the tongue savors the tastes, so does the humble servant of the Lord sing the Glorious Praises of the Lord. ||3||

ਨੈਸੀ ਖੁੱਥਾ ਤਾੱਸੀ ਪ੍ਰਤਾ ਗਣਾਲ ਗਾਤਾ ਕਾ ਸੰਤਾਮੀ ॥

As is the hunger, so is the fulfiller; He is the Lord and Master of all hearts.
Naanak pi-aas lagee darsan kee parabh mili-aa antarjaamee. ||4||5||16||
Nanak thirsts for the Blessed Vision of the Lord's Darshan; he has met God, the Inner-
knower, the Searcher of hearts. ||4||5||16||

Sorath mehlaa 5.
Sorath, Fifth Mehl:

Ham mailay tum oojal kartay ham nirgun too daataa.
We are filthy, and You are immaculate, O Creator Lord; we are worthless, and You are the
Great Giver.

Ham moorakh tum chatur si-aanay too sarab kalaa kaa gi-aataa. ||1||
We are fools, and You are wise and all-knowing. You are the knower of all things. ||1||

O Lord, this is what we are, and this is what You are.

Ham paapee tum paap khandan neeko thaakur daysaa. rahaa-o.
We are sinners, and You are the Destroyer of sins. Your abode is so beautiful, O Lord and
Master. ||Pause||

You fashion all, and having fashioned them, You bless them. You bestow upon them soul,
body and the breath of life.
We are worthless - we have no virtue at all; please, bless us with Your gift, O Merciful Lord and Master. ||2||

You do good for us, but we do not see it as good; You are kind and compassionate, forever and ever. ||3||

You are the Giver of peace, the Primal Lord, the Architect of Destiny; please, save us, Your children! ||3||

You are the treasure, eternal Lord King; all beings and creatures beg of You.

Says Nanak, such is our condition; please, Lord, keep us on the Path of the Saints. ||4||6||17||

In our mother's womb, You blessed us with Your meditative remembrance, and You preserved us there.
Through the countless waves of the ocean of fire, please, carry us across and save us, O Savior Lord! ||1|

O Lord, You are the Master above my head.

He looks upon the creation like a mountain of gold, and sees the Creator as a blade of grass.

You are the Great Giver, and we are all mere beggars; O God, You give gifts according to Your Will. ||2||

In an instant, You are one thing, and in another instant, You are another. Wondrous are Your ways!

You are beautiful, mysterious, profound, unfathomable, lofty, inaccessible and infinite. ||3||
When You brought me to the Saadh Sangat, the Company of the Holy, then I heard the Bani of Your Word.

Nanak is in ecstasy, beholding the Glory of the Primal Lord of Nirvaanaa.

I am the dust of the feet of the Beloved Saints; I seek the Protection of their Sanctuary.

The Saints are my all-powerful Support; the Saints are my ornament and decoration.

I am hand and glove with the Saints.

I have realized my pre-ordained destiny.

This mind is yours, O Siblings of Destiny.
ਸੰਤਨ ਿਸਉ ਮੇਰੀ ਲੇਵਾ ਦੇਵੀ ਸੰਤਨ ਿਸਉ ਿਬਉਹਾਰਾ ॥ (614)

My dealings are with the Saints, and my business is with the Saints.

ਸੰਤਨ ਿਸਉ ਹਮ ਲਾਹਾ ਖਾਿਟਆ ਹਿਰ ਭਗਤੀ ਭੰਡਾਰਾ ॥੨॥ (614)

I have earned the profit with the Saints, and the treasure filled to over-flowing with deviation to the Lord. ||2||

ਸੰਤਨ ਿਸਉ ਹਮ ਲਾਹਾ ਖਾਿਟਆ ਹਿਰ ਭਗਤੀ ਭੰਡਾਰਾ ॥੨॥ (614)

The Saints entrusted to me the capital, and my mind's delusion was dispelled.

धਰਮ ਰਾਇ ਅਨਤਰ ਕੀ ਕਾਰੀ ਟੌ ਫੇਟੀ ਸ਼ੁਧਲੋ ਲੇਖਾ ॥੩॥ (614)

Dharam raa-ay ab kahaa karaigo ja-o faati-o saglo laykhaa. ||3||
What can the Righteous Judge of Dharma do now? All my accounts have been torn up. ||3||

ਮਹਾ ਅਨੰਦ ਭਏ ਸੁੱਖ ਪਾਇਆ ਸੰਤਨ ਕੈ ਪਰਸਾਦੇ ॥ (614)

I have found the greatest bliss, and I am at peace, by the Grace of the Saints.

ਜੇਤੀ ਸਮਗ੍ਰੀ ਦੇਖਹੁ ਰੇ ਨਾਰ ਤੇਤੀ ਹੀ ਛਠਾ ਜਾਨੀ ॥ (614)

All the things that you see, O man, you shall have to leave behind.

Sorath, Fifth Mehl:
राम नाम संगी कार बिज्हारा पावहि पदु निरवानी ॥।
Let your dealings be with the Lord's Name, and you shall attain the state of Nirvaanaa.

पिआरे तू मेरो सुखदाता ॥
O my Beloved, You are the Giver of peace.

गुर पूरें दी० उपदेसा तुम ही संगी पराता ॥ रहाँ० ॥
The Perfect Guru has given me these Teachings, and I am attuned to You. ||Pause||

होहू रेन तू सगल की मेरे मन तउ अनद मंगल सुखु पाईऐ ॥२॥
So be the dust of the feet of all, O my mind, and then you shall find bliss, joy and peace.

पूजा होिम इहु मनूआ अकाल मूरित गुरदेवा ॥३॥
Worship Him, and dedicate this mind unto Him, the Image of the Undying Lord, the Divine Guru. ||3||
He is the Lord of the Universe, the Compassionate Lord, the Supreme Lord God, the Formless Lord.

The Naam is my merchandise, the Naam is my nourishment; the Naam, O Nanak, is the Support of my breath of life.

He infuses the breath into the dead bodies, and he reunited the separated ones.

Even beasts, demons and fools become attentive listeners, when He sings the Praises of the Lord’s Name.

Behold the glorious greatness of the Perfect Guru.

His worth cannot be described.

He has demolished the abode of sorrow and disease, and brought bliss, joy and happiness.
मन बांछत फल मिले अचिता पूरन होए कामा ॥२॥
He effortlessly awards the fruits of the mind's desire, and all works are brought to perfection. ||2||

ईहा सुखु आगै मुख ऊजल मिट गए आवण जानें ॥
He finds peace in this world, and his face is radiant in the world hereafter; his comings and goings are finished. ||3||

कहु नानक ता के पूर करमा जा का गुर चरनी मनू लागा ॥४॥१०॥२१॥
Says Nanak, his karma is perfect; his mind is attached to the Guru's feet. ||4||10||21||

सोराठ महला ५ ॥
Sorath, Fifth Mehl:

रतनु छाड़ कउडी संग लागे जा ते बछू न पाईऐ ॥
Forsaking the jewel, he is attached to the shell; nothing will come of it.
ਪੂਣ ਪਾਰਬਰਾਹਮ ਪਰਮੇਸੁਰ ਮੇਰੇ ਮਨ ਸਦਾ ਦਿਖਆਈਐ ॥੧॥
pooran paarbarahm parmaysur mayray man sadaa Dhi-aa-ee-ai. ||1||
O my mind, meditate forever on the Perfect, Supreme Lord God, the Transcendent Lord. ||1||

ਮੇਰੇ ਮਨ ਦਿਖਆਈਐ ॥੧॥
Meditate in remembrance on the Name of the Lord, Har, Har, O mortal. ||1||

ਸਤਸੰਗ ਨਾਮੁ ਪਰਾਨੀ ॥
Illusions and dream-objects possess nothing of greatness.

ਕਾਮ ਨ ਕੀਨਾ ॥ ਰਹਾਉ ॥
without meditating on the Lord, nothing succeeds, and nothing will go along with you. ||2||

ਵਾਠਿੰਦਰ ਬੋਲਦੁਆਲਾ ਕੀ ਕੁਝ ਨ ਵਡੀਆਈ ॥
Acting in egotism and pride, his life passes away, and he does nothing for his soul.

ਰਾਮ ਭਜਨ ਨਾਮੁ ਨ ਚੀਨਾ ॥ ਰਹਾਉ ॥
Without meditating on the Lord, nothing succeeds, and nothing will go along with you. ||2||

ਪਹੜ ਪਹੜ ਕਮਚੂਕਮਿਆਕ ਕਮ ਕਰਤੀ ਚੀਨਾ ॥ ਰਹਾਉ ॥
Intoxicated with the taste of corruption, cruel pleasures and countless sins, he is consigned to the cycle of reincarnation.
Nanak offers his prayer to God, to eradicate his demerits. ||4||11||22||

Sorath, Fifth Mehl:

Sing the Glorious Praises of the Perfect, Imperishable Lord, and the poison of sexual desire and anger shall be burnt away.

You shall cross over the awesome, arduous ocean of fire, in the Saadh Sangat, the Company of the Holy. ||1||

The Perfect Guru has dispelled the darkness of doubt.

Remember God with love and devotion; He is near at hand. ||Pause||

Drink in the sublime essence, the treasure of the Name of the Lord, Har, Har, and your mind and body shall remain satisfied.

The Transcendent Lord is totally permeating and pervading everywhere; where would He come from, and where would He go? ||2||
नथ उप मंत्र सिराज उद बेता मिमू भति बले गोपाला ॥ (615)

तप तप संजम गिआन तत बेता जिस सति वसै गोपाला ॥

jap tap sanjam gi-aan tat baytaa jis man vasai gopaalaa.
One whose mind is filled with the Lord, is a person of meditation, penance, self-restraint
and spiritual wisdom, and a knower of reality.

रभ उदड़ा मिति बुधधिः परिभा उ बी धुरु धरम ॥3॥ (615)

नामु रतु जिनि गुरमु चाका ता की पूरन चाला ॥3॥

naam rata jin gurmukh paa-i-aa taa kee pooran ghaalaa. ||3||
The Gurmukh obtains the jewel of the Naam; his efforts come to perfect fruition. ||3||

वलि बलेम मिटे सुध मग्ले बाली तम बी धरम ॥ (615)

कलिकलेस मिटे दुख सगले काटी जम की फासा ॥

kal kalays mitay dukh saglay kaatee jam kee faasaa.
All his struggles, sufferings and pains are dispelled, and the noose of death is cut away
from him.

वरु तरल्स भव विद्या याले भ उल उलेव विनामा ॥4॥12॥23॥ (615)

कहु नानक प्रभ निर्हार मन तन भए बिनामा ॥4॥12॥23॥

kaho naanak parabh nirhaaree man tan bha-ay bigaasaa. ||4||12||23||

Says Nanak, God has extended His Mercy, and so his mind and body blossom forth.
||4||12||23||

मेलेट भवला ५ ॥ (615)

सोरघ महला ५ ॥

sorath mehlaa 5.
Sorath's, Fifth Mehl:

बवर बरबर्बर पृथ्वी धृप धर्म धर्म धर्म धर्म धर्म ॥ (615)

करण करावणहार प्रभु दाता पारबर्हम प्रभु सुआमी ॥

karan karaavanhaar parabh daataa paarbarahm parabh su-aamee.
God is the Doer, the Cause of causes, the Great Giver; God is the Supreme Lord and
Master.

मध्ये बीप वीते सिद्दशाल्ल में पृथ्वी अछुतजामी ॥1॥ (615)

सगले जीत कीए दइआला सो प्रभु अंतरजामी ॥1॥

saglay jee-a kee-ay da-i-aalaa so parabh antarjaamee. ||1||
The Merciful Lord created all beings; God is the Inner-knower, the Searcher of hearts. ||1||

मेल बुध देवा भाभ बरदाई ॥ (615)

मेरा गुर हो-आ आप सहाई ॥

mayraa gur ho-aa aap sahaa-ee.
My Guru is Himself my friend and support.
ਸੂਖ सਹਜ ਆਨੰਦ ਮੰਗਲ ਰਸ ਅਚਰਜ ਭੈ ਬਡਾਈ ॥ ੫ ॥
Sooch sahj aanand mangal ras achraj bhaa-ee badaa-ee. raha-o.
I am in celestial peace, bliss, joy, pleasure and wondrous glory. ||Pause||

ਗੁਰ ਕੀ ਸਰਣੀ ਪਏ ਭੈ ਨਾਸੇ ਸਾਚੀ ਦਰਗਹ ਮਾਨੇ ॥
Gur kee saran pa-ay bhai naasay saaChee dargeh maanay.
Seeking the Sanctuary of the Guru, my fears have been dispelled, and I am accepted in
the Court of the True Lord.

ਸਦ ਬਿਲਹਾਰ ਜਾਉ ਪਰਭ ਅਪੁਨੇ ਜਿਨ੍ਹਾਂ ਪੂਰਨ ਪੈਜ ਸਵਾਰੀ ॥ ੩ ॥
Sad balihaar jaa-o parabh apunay jin jin pooran paij savaaree. ||3||
I am forever a sacrifice to my God, who has totally protected and preserved my honor. ||3||

ਗੋਸਿਟ ਗੀਆਨੁ ਨਾਮੁ ਸ਼ੁਣ ਉਧਰੇ ਜਿਨ੍ਹਾਂ ਦਰਸਨੁ ਪਾਇਆ ॥
Gosat gia-naam sun uDhray jin jin darsan paa-i-aa.
They are saved, who receive the Blessed Vision of His Darshan; they listen to the spiritual
dialogue of the Naam.

ਬਹੱਕਾ ਕਰ ਕਰਾ ਕਾਰੁ ਕਰਾ ਸਭ ਉਸਤਿਤ ਸੰਗਿਤ ਸਾਧ ਰੀਆਰੀ ॥
Bhak-caa karaa karaa kaa-ru karaa sabh ustat sangat saaDh pi-aaree.
Everyone applauds and congratulates me; the Saadh Sangat, the Company of the Holy, is
dear to me.

ਨਾਨਕ ਦੇ ਨਾਮੀ ਨਾਮੀ ਨਾਮਿ ਪ੍ਰੋਪੀ ਨਾਮੀ ਕਾਰੁ ਕਾਰੁ ਸੋਮਿ ਸਹੇਲੀ ਘੀਰ ਆਇਆ ॥
Nanak de naamii naamii naamii proopii naamii kaa-ru kaa-ru sOme suhelii gheeर aa-i-aa.
Nanak's God has become Merciful to him; he has arrived home in ecstasy. ||4||13||24||

ਸੋਰਠ ਮੱਲਾ ੫ ॥
Sorath mehlaa 5.
Sorath, Fifth Mehl:
In God's Sanctuary, all fears depart, suffering disappears, and peace is obtained.

When the Supreme Lord God and Master becomes merciful, we meditate on the Perfect True Guru.

O Dear God, You are my Lord Master and Great Giver.

By Your Mercy, O God, Merciful to the meek, imbue me with Your Love, that I might sing Your Glorious Praises.

The True Guru has implanted the treasure of the Naam within me, and all my anxieties have been dispelled.

By His Mercy, He has made me His own, and the imperishable Lord has come to dwell within my mind.

No misfortune afflicts one who is protected by the True Guru.
The Lotus Feet of God come to abide within his heart, and he savors the sublime essence of the Lord’s Ambrosial Nectar.

So, as a servant, serve your God, who fulfills your mind’s desires.

Slave Nanak is a sacrifice to the Perfect Lord, who has protected and preserved his honor.

Infatuated with the darkness of emotional attachment to Maya, he does not know the Lord, the Great Giver.

The Lord created his body and fashioned his soul, but he claims that his power is his own.

Whatever you do, He knows; nothing can remain concealed from Him.
jihvaa su-aad lobb mad maato upjay anik bikaaraa.
You are intoxicated with the tastes of the tongue, with greed and pride; countless sins
spring from these.

bahut jon bharmat dukh paa-i-aa ha-umai banDhan kay bhaaraa. ||2||
You wandered in pain through countless incarnations, weighed down by the chains of
egotism. ||2||

day-ay kivaarh anik parh-day meh par daaraa sang faakai.
Behind closed doors, hidden by many screens, the man takes his pleasure with another
man's wife.

chitar gupat jab laykhaa maageh tab ka-un parh-daa tayraa dhaakai. ||3||
When Chitr and Gupt, the celestial accountants of the conscious and subconscious, call
for your account, who will screen you then? ||3||

deen da-i-aal pooran dukh bhanjan tum bin ot na kaa-ee.
O Perfect Lord, Merciful to the meek, Destroyer of pain, without You, I have no shelter at
all.

kaadh layho sansaar saagar meh naanak parabh sarnaa-ee. ||4||15||26||
Please, lift me up out of the world-ocean; O God, I have come to Your Sanctuary.
||4||15||26||

sorath mehlaa 5.
Sorat'h, Fifth Mehl:
The Supreme Lord God has become my helper and friend; His sermon and the Kirtan of His Praises have brought me peace.

Chant the Word of the Perfect Guru's Bani, and be ever in bliss, O mortal.

In the Saadh Sangat, the Company of the Holy, eternal peace is obtained, and the Lord is never forgotten.

Your Name, O Transcendent Lord, is Ambrosial Nectar; whoever meditates on it, lives.

One who is blessed with God’s Grace - that humble servant becomes immaculate and pure.

Obstacles are removed, and all pains are eliminated; my mind is attached to the Guru's feet.
Singing the Glorious Praises of the immovable and imperishable Lord, one remains awake to the Lord's Love, day and night. ||3||

He obtains the fruits of his mind's desires, listening to the comforting sermon of the Lord.

May my emotional attachment, my sense of mine and yours, and my self-conceit be dispelled. ||1||

I see the Supreme Lord God in all beings, and I am the dust of all. ||2||
I see God always with me, and the wall of doubt has been shattered. ||3||

The medicine of the Naam, and the Immaculate Water of Ambrosial Nectar, are obtained through the Guru's Gate. ||4||

Says Nanak, one who has such pre-ordained destiny inscribed upon his forehead, meets with the Guru, and his diseases are cured. ||5||17||28||

Fire is contained in all firewood, and butter is contained in all milk. ||1||

God's Light is contained in the high and the low; the Lord is in the hearts of all beings. ||1||

O Saints, He is pervading and permeating each and every heart.
ਪੂਰਨ ਪੂਰੀ ਷ਿਰਿੱਧ ਸਰਵ ਮਹਿ ਜਲੀ ਥਲਿ ਰਮਈਆ ਆਹੀਆਂ ॥੧॥ ਰਹਾਉ ॥
pooran poor rahi-o sarab meh jal thal rama-ee-aa aahi-o. ||1|| rahaa-o.
The Perfect Lord is completely permeating everyone, everywhere; He is diffused in the water and the land. ||1||Pause||

ਗੁਣ ਨਿਧਾਨ ਨਾਨਕੁ ਜਸੁ ਗਾਵੈ ਸਿਤਗੁਰ ਭਰਮੁ ਚੁਕਾਇਓ ॥
gun niDhaan naanak jas gaavai satgur bharam chukaa-i-o.
Nanak sings the Praises of the Lord, the treasure of excellence; the True Guru has dispelled his doubt.

ਸਰਵ ਨਿਵਾਸੀ ਸਤਾਂ ਅਲੇਪਾ ਸਭ ਮਹੀ ਰਿਹਾਣ ਸਮਾਈੰਦਾ ॥੨॥੧॥੨੯॥
sarab nivaasee sadaa alaypaa sabh meh rahi-aa samaa-i-o. ||2||1||29||
The Lord is pervading everywhere, permeating all, and yet, He is unattached from all. ||2||1||29||

ਮੇਹਲਾ 5 ॥ (617)
sorath mehlaa 5.
Sorath Mehl:

ਜਾ ਕੈ ਸਿਮਰਾਣ ਹੋਇ ਅਨੰਦਾ ਿਬਨਸੈ ਜਨਮ ਮਰਣ ਭੈ ਦੁਖੀ ॥
jaa kai simran ho-ay anandaa binsai janam maran bhai dukhee.
meditating on Him, one is in ecstasy; the pains of birth and death and fear are removed.

ਚਾਹਿ ਭੁਖਦ ਤਵ ਨਿਧੀ ਭਰਜੀ ਅੰਨੀ ਹੁੰਡ ਿਦੁਰਿਮਾਣ ਵੁਖੀ ॥੧॥ (617)
chaar padaarath nav niDh paavahii bahur na tarisnaa bhukhee. ||1||
The four cardinal blessings, and the nine treasures are received; you shall never feel hunger or thirst again. ||1||

ਜਾ ਕੋ ਨਾਮ ਲਹਾ ਤੂ ਸੁਖੀ ॥
jaa ko naam lait too sukhee.
chanting his name, you shall be at peace.
saasa saas Dhi-aavahu thaakur ka-o man tan jee-aray mukhee. ||1|| rahaa-o.

With each and every breath, meditate on the Lord and Master, O my soul, with mind, body and mouth. ||1||Pause||

saan t paavahi hoveh man seetal agan na antar Dhukhee.
You shall find peace, and your mind shall be soothed and cooled; the fire of desire shall not burn within you.

The Guru has revealed God to Nanak, in the three worlds, in the water, the earth and the woods. ||2||2||30||

The Guru has revealed God to Nanak, in the three worlds, in the water, the earth and the woods. ||2||2||30||

Sorath mehlaa 5.
Sorath, Fifth Mehl:

kaam kroDh lobh jhooth nindaa in tay aap chhadaavahu.
Sexual desire, anger, greed, falsehood and slander - please, save me from these, O Lord.

ih bheetar tay in ka-o daarahu aapan nikat bulaavhu. ||1||
Please eradicate these from within me, and call me to come close to You. ||1||

You alone teach me Your Ways.

With the Lord's humble servants, I sing His Praises. ||1||Pause||
ਿਬਸਰੁ ਨਾਹੀ ਕਵਹੂ ਹੀਏ ਤੇ ਇਹ ਿਬਿਧ ਮਨ ਮਿਹ ਪਾਵਹੁ ॥

May I never forget the Lord within my heart; please, instill such understanding within my mind.

ਗੁਰੁ ਪੂਰਾ ਭੇਿਟਾਓ ਵਡਭਾਗੀ ਜਨ ਨਾਨਕ ਕਤਿਹ ਨ ਧਾਵਹੁ ॥੨॥੩॥੩੧॥

By great good fortune, servant Nanak has met with the Perfect Guru, and now, he will not go anywhere else. ||2||3||31||

ਸੋਰਿਠ ਮਹਲਾ ੫ ॥

Sorath, Fifth Mehl:

ਜਾ ਕੈ ਿਸਮਰਣ ਸਭੁ ਕਛੁ ਪਾਈਐ ਿਬਰਥੀ ਘਾਲ ਨ ਜਾਈ ॥

Meditating in remembrance on Him, all things are obtained, and one's efforts shall not be in vain.

ਿਤਸੁ ਪਰ੍ਭ ਿਤਆਗ ਅਵਰ ਕਤ ਰਾਚਹੁ ਜੋ ਸਭ ਮਿਹ ਰਿਹਾ ਸਾਮਾੀ ॥੧॥

Forsaking God, why do you attach yourself to another? He is contained in everything. ||1||

ਹਿਰ ਹਿਰ ਿਸਮਰਹੁ ਸੰਤ ਗੋਪਾਲਾ ॥

O Saints, meditate in remembrance on the World-Lord, Har, Har.

ਸਾਧਸੰਗ ਿਮਲ ਨਾਮ ਿਧਾਵੁ ਪੂਰਨ ਹੋਵੈ ਘਾਲਾ ॥੧॥ ਰਹਾਉ ॥

Joining the Saadh Sangat, the Company of the Holy, meditate on the Naam, the Name of the Lord; your efforts shall be rewarded. ||1||Pause||

ਹਿਰ ਸਮਾਲਣ ਨਿਤ ਰਿਪਾਲਾਨ ਸਿਹਤ ਗਲਾਵੈ ॥

He ever preserves and cherishes His servant; with Love, He hugs him close.
कहु नानक परभ तुम्रे िबसरत जगत जीवनु कै से पावै ॥२॥४॥३॥

Says Nanak, forgetting You, O God, how can the world find life? ||2||4||32||

सोराठ महला ५ ॥

Sorat'h, Fifth Mehl:

अिबनासी जीअन को दाता िसमरत सभ मलू खोई ॥

He is imperishable, the Giver of all beings; meditating on Him, all filth is removed.

गुण िनधान भगतन कउ बरतिन िबरला पावै कोई ॥१॥

He is the treasure of excellence, the object of His devotees, but rare are those who find Him. ||1||

मेरे मन जिप गुर गोपाल परभु सोई ॥

O my mind, meditate on the Guru, and God, the Cherisher of the world.

जा की सरिण पइआं सुखु पाईऐ बाहुिड़ दूखु न होई ॥१॥ रहाउ ॥

Seeking His Sanctuary, one finds peace, and he shall not suffer in pain again. ||1||Pause||

वडभागी साधसंगु परापित ितन भेटत दुरमित खोई ॥

By great good fortune, one obtains the Saadh Sangat, the Company of the Holy. Meeting them, evil-mindedness is eliminated.

ਿਤਨ कੀ ਧੂਿਰ ਨਾਨਕੁ ਦਾਸੁ ਬਾਛੈ ਿਜਨ ਹਿਰ ਨਾਮੁ ਿਰਦੈ ਪਰੋਈ ॥੨॥੫॥੩੩॥

Slave Nanak yearns for the dust of the feet of those, who have woven the Lord’s Name into their hearts. ||2||5||33||
Sorath mehlaa 5.

Sorath, Fifth Mehl:

जनम जनम के दूख निवारै सूक्ष्म मनु साधारै ॥ (618)
janam janam ke dookh nivaarai sooksha manu sadharai.
He dispels the pains of countless incarnations, and lends support to the dry and shrivelled mind.

दरसनु भेटत होत निहाला हरि का नामु बीचारै ॥१॥ (618)
darsan bhaytat hot nihaalaa har kaa naam beechaarai. ||1||
Beholding the Blessed Vision of His Darshan, one is enraptured, contemplating the Name of the Lord. ||1||

मेरा बैदु गुरू गोविदा ॥ (618)
mayraa baid guroo govidaa.
My physician is the Guru, the Lord of the Universe.

हिर हिर नामु अउखधु मुिख देवै काटै जम की फंधा ॥१॥ रहाउ ॥ (618)
har har naam a-ukhaDh mukh dayvai kaatai jam kee fanDhaa. ||1|| rahaa-o.
He places the medicine of the Naam into my mouth, and cuts away the noose of Death. ||1||Pause||

समरथ पुरूष पूर्ति खियाड़े आपे बल्देवधर ॥ (618)
samrath purakh pooran biDhaatay aapay karnaiaharaa.
He is the all-powerful, Perfect Lord, the Architect of Destiny; He Himself is the Doer of deeds.

अपुनादास हरि आपि उवारिआ नानक नाम अधारा ॥२॥६॥३॥ (618)
apuna daas har aap ubaari-aa naanak naam aDhaaraa. ||2||6||34||
The Lord Himself saves His slave; Nanak takes the Support of the Naam. ||2||6||34||

Sorath mehlaa 5.

Sorath, Fifth Mehl:
antar kee gat tum hee jaanee tujh hee paahi nibayro.
Only You know the state of my innermost self; You alone can judge me.

bakhlas laihu saahib parabh apnay laakh khatay kar fayro. ||1||
Please forgive me, O Lord God Master, I have committed thousands of sins and mistakes. ||1||

parabh jee too mayro thaakur nayro.
O my Dear Lord God Master, You are always near me.

har charan saran mohi chayro. ||1|| raha-o.
O Lord, please bless Your disciple with the shelter of Your feet. ||1||Pause||

baysumaar bay-ant su-aamee oocho gunee gahayro.
Infinite and endless is my Lord and Master; He is lofty, virtuous and profoundly deep.

kaat silak keeno apuno daasro ta-o naanak kahaa nihoro. ||2||7||35||
Cutting away the noose of death, the Lord has made Nanak His slave, and now, what does he owe to anyone else? ||2||7||35||

sorath mehlaa 5.
Sorat'h, Fifth Mehl:

bha-ay kirpaal guroo govindaa sagal manorath paa-ay.
The Guru, the Lord of the Universe, became merciful to me, and I obtained all of my mind's desires.
असिथर भए लािग हिर चरणी गोवंद के  गुण गाए ॥१॥

I have become stable and steady, touching the Lord's Feet, and singing the Glorious Praises of the Lord of the Universe. ||1||

भलो समूरतु पूरा ॥

It is a good time, a perfectly auspicious time.

सांित सहज आनंद नामु जिप वाजे अनहद तूरा ॥१॥ रहाउ ॥

I am in celestial peace, tranquility and ecstasy, chanting the Naam, the Name of the Lord; the unstruck melody of the sound current vibrates and resounds. ||1||Pause||

मिले सुआमी प्रीतम अपुने घर मंदर सुखदाई ॥

Meeting with my Beloved Lord and Master, my home has become a mansion filled with happiness.

हिर नामु िनधानु नानक जन पाइआ सगली इच्छ पुजाई ॥२॥८॥३६॥

Servant Nanak has attained the treasure of the Lord's Name; all his desires have been fulfilled. ||2||8||36||

गुर के  चरन बसे रिंड बीतिर सुभ लखण प्रभि कीने ॥ (618)

gur kay charan basay rid bheetar subh lakan parabh keenay.
The Perfect Transcendent Lord became merciful to me, and I found the treasure of the Naam within my mind. ||1||

My Guru is my Saving Grace, my only best friend.

Over and over again, He blesses me with double, even four-fold, greatness. ||1||Pause||

God saves all beings and creatures, giving them the Blessed Vision of His Darshan.

Wondrous is the glorious greatness of the Perfect Guru; Nanak is forever a sacrifice to Him. ||2||9||37||

I gather in and collect the immaculate wealth of the Naam; this commodity is inaccessible and incomparable.

Revel in it, delight in it, be happy and enjoy peace, and live long, O Sikhs and brethren. ||1||
I have the support of the Lotus Feet of the Lord.

By the Grace of the Saints, I have found the boat of Truth; embarking on it, I sail across the ocean of poison.

The perfect, imperishable Lord has become merciful; He Himself has taken care of me.

Beholding, beholding His Vision, Nanak has blossomed forth in ecstasy. O Nanak, He is beyond estimation.

The Perfect Guru has revealed His power, and compassion has welled up in every heart.

Blending me with Himself, He has blessed me with glorious greatness, and I have found pleasure and happiness.

The Perfect True Guru is always with me.
Meditating on the Supreme Lord God, I am forever in ecstasy. ||Pause||

Inwardly and outwardly, in all places and interspaces, wherever I look, He is there.

Nanak has found the Guru, by great good fortune; no one else is as great as He.

The Savior has saved His child, and the True Guru has cured his fever. ||1||

I have been saved, in the True Guru's Sanctuary;

service to Him does not go in vain. ||1||Pause||
There is peace within the home of one's heart, and there is peace outside as well, when
God becomes kind and compassionate.

O Nanak, no obstacles block my way; my God has become gracious and merciful to me.

In the Saadh Sangat, the Company of the Holy, my mind became excited, and I sang the
Praises of the jewel of the Naam.

My anxiety was dispelled, meditating in remembrance on the Infinite Lord; I have crossed
over the world ocean, O Siblings of Destiny. ||1||

I have found peace, and the celestial sound current resounds within me; countless
diseases have been eradicated. ||Pause||
ਕਿਆ ਗ੍ਰੂਟ ਦੇਣੇ ਅਗਿਨੀਲ੍ਹ ਲਿਧੀਲ੍ਹ ਬ੍ਰਹੀ ਨ ਸਹੀਲੀ || (619)
ਕੀਅ ਗੁਣ ਤੇਰੇ ਆਖੀ ਬਰਾਹੀ ਕੀਤੀ ਕਹੁ ਨ ਜਾਈ ||
ki-aa gun tayray aakh vakaanaa keemat kahan na jaa-ee.
Which of Your Glorious Virtues can I speak and describe? Your worth cannot be estimated.

ਨਾਨਕ ਭਗਤ ਭਏ ਅਭਿਨਾਸੀ ਅਪੁਨਾ ਪਰਭੁ ਭਇਆ ਸਹਾਈ ॥੨॥੧੩॥੪੧॥ (619)
naanak bhagat bha-ay abhinaasee apunaa parbh bha-i-aa sahaa-ee. ||2||13||41||
O Nanak, the Lord's devotees become imperishable and immortal; their God becomes their friend and support. ||2||13||41||

ਸੋਰਠ ਮੱਠ ੫ ॥ (619)
sorath mehlaa 5.
Sorat’h, Fifth Mehl:

ਗਏ ਕਲੇਸ ਰੋਗ ਸਿਪ ਨਾਸੇ ਪਰਭ ਅਪੁਨੇ ਕੰਤਰਪਾ ਧਾਰੀ ॥ (619)
ga-ay kalays rog sabh naasay parabh apunai kirpaa Dhaaree.
My sufferings have come to an end, and all diseases have been eradicated.

ਹਿਰ ਜੀਉ ਤੂ ਸੁਖ ਸਮਿਤ ਰਾਸ ॥ (619)
har jee-o too sukh sampat raas.
O Dear Lord, You are my peace, wealth and capital.

ਜੋ ਮਾਗੁ ਸੋਈ ਸੋਈ ਪਾਰੁ ਅਪਨੇ ਖਸਮ ਭਰੋਸਾ ॥ (619)
jo maaga-o so-ee so-ee paava-o apnay khasam bharosaa.
Whatever I ask for, I receive; I have total faith in my Master.
Says Nanak, I have met with the Perfect Guru, and all my fears have been dispelled.

Meditating, meditating in remembrance on my Guru, the True Guru, all pains have been eradicated.

The fever and the disease are gone, through the Word of the Guru's Teachings, and I have obtained the fruits of my mind's desires.

My Perfect Guru is the Giver of peace.

He is the Doer, the Cause of causes, the Almighty Lord and Master, the Perfect Primal Lord, the Architect of Destiny.

Sing the Glorious Praises of the Lord in bliss, joy and ecstasy; Guru Nanak has become kind and compassionate.
The First Mehl: (619)

Sorath mehla 5.
Sorath, Fifth Mehl:

He did not take my accounts into account; such is His forgiving nature.

He gave me His hand, and saved me and made me His own; forever and ever, I enjoy His Love. ||1||

The True Lord and Master is forever merciful and forgiving.

He Himself preserves the honor of His slaves. Nanak is forever a sacrifice to Him. ||2||16||44||
Sorath, Fifth Mehl:

दुरਤु गवाइਆ हिर पर्भ आपे सभु संसारु उबारिआ।
The Lord God Himself has rid the whole world of its sins, and saved it.

The Supreme Lord God extended His mercy, and confirmed His innate nature. ||1||

I have attained the Protective Sanctuary of the Lord, my King.

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

My True Guru is the Savior of sinners; I have placed my trust and faith in Him.

The True Lord has heard Nanak's prayer, and He has forgiven everything. ||2||17||45||

Sorath, Fifth Mehl:

sorath mehlaa 5.
The Supreme Lord God, the Transcendent Lord, has forgiven me, and all diseases have been cured.

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

The Perfect True Guru extended His Mercy, and the fever has been dispelled. ||Pause||

So celebrate and be happy, my beloveds - the Guru has saved Hargobind.

Great is the glorious greatness of the Creator, O Nanak; True is the Word of His Shabad, and True is the sermon of His Teachings. ||Pause||

My Lord and Master has become Merciful, in His True Court.
The True Guru has taken away the fever, and the whole world is at peace, O Siblings of Destiny.

The Lord Himself protects His beings and creatures, and the Messenger of Death is out of work. ||1||

Enshrine the Lord's feet within your heart.

He fashioned all beings, O Siblings of Destiny, and His Sanctuary saves them.

He is the Almighty Creator, the Cause of causes, O Siblings of Destiny; He, the True Lord, is True.

Nanak: meditate on God, O Siblings of Destiny, and your mind and body shall be cool and calm. ||2||19||47||
Sorath, Fifth Mehl:

 распространите слово, это имя Хара Хара.

 Never forget God, the ocean of peace; thus you shall obtain the fruits of your mind's desires. ||1|| Pause||

 The Treasure of absolute joy, sublime elixir and beauty, the Name of the Lord is my only Support.

 O Nanak, the Transcendent Lord has preserved my honor, and saved the whole world. ||2||20||48||

 sorath mehla 5.
 Sorat’h, Fifth Mehl:
My True Guru is my Savior and Protector.

Dharia kirpaa parabh haath day raakhi-aa har govid navaa niro-aa. ||1|| rahaa-o.

The fever is gone - God Himself eradicated it, and preserved the honor of His servant.

I have obtained all blessings from the Saadh Sangat, the Company of the Holy; I am a sacrifice to the True Guru. ||1||

God has saved me, both here and hereafter. He has not taken my merits and demerits into account.

Your Word is eternal, O Guru Nanak; You placed Your Hand of blessing upon my forehead. ||2||21||49||

Sorath, Fifth Mehl:
All beings and creatures were created by Him; He alone is the support and friend of the Saints.

He Himself preserves the honor of His servants; their glorious greatness becomes perfect.

The Perfect Supreme Lord God is always with me.

The Perfect Guru has perfectly and totally protected me, and now everyone is kind and compassionate to me.

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

He hugs His slave close in His loving embrace, like the mother and father hug their child.
One Universal Creator God. By The Grace Of The True Guru:

Meeting with the council, my doubts were not dispelled.

The chiefs did not give me satisfaction.

I presented my dispute to the noblemen as well.

But it was only settled by meeting with the King, my Lord.

Now, I do not go searching anywhere else,

because I have met the Guru, the Lord of the Universe.

When I came to God's Darbaar, His Holy Court,
ता सगली मिटी पूकारा ॥
taa saglee mitee pookaaraa.
then all of my cries and complaints were settled.

लबिध आपणी पाई ॥
labaDh aapnee paa-ee.
Now that I have attained what I had sought,

ता कत आवै कत जाई ॥
taa kat aavai kat jaa-ee. ||2||
where should I come and where should I go? ||2||

तह साच निआई निबेरा ॥
tah saach ni-aa-ay nibayraa.
There, true justice is administered.

ऊहा सम ठाकुर सम चेरा ॥
oohaa sam thaakur sam chayraa.
There, the Lord Master and His disciple are one and the same.

अंतरजामी जानै ॥
antarjaamee jaanai.
The Inner-knower, the Searcher of hearts, knows.

बिनु बोलत आपि पछानै ॥
bin bolat aap pachhaanai. ||3||
Without our speaking, He understands. ||3||

सरब थान को राजा ॥
sarab thaan ko raajaa.
He is the King of all places.
ਤਹ ਅਨਹਦ ਸਬਦ ਅਗਾਜਾ ॥

tah anhad sabad agaajaa.
There, the unstruck melody of the Shabad resounds.

ਿਤਸੁ ਪਿਹ ਿਕੇਆ ਚਤੁਰਾੀ ॥

tis peh ki-aa chaturaa-ee.
Of what use is cleverness when dealing with Him?

ਮੀਲ ਰਗਚਾ ਆਪੁ ਗਵਾੀ ॥੪॥੧॥੫੧॥
mil naanak aap gavaa-ee. ||4||1||51||
Meeting with Him, O Nanak, one loses his self-conceit. ||4||1||51||

ਸੋਰਠ ਮਹਲਾ ੫ ॥
sorath mehlaa 5.
Sorath, Fifth Mehl:

ਿਹਰਦੈ ਨਾਮ਼ ਵਸਾਇਹੁ ॥
hirdai naam vasaa-iho.
Enshrine the Naam, the Name of the Lord, within your heart;

ਗੁਰ ਪੂਰਈ ਸਚੁ ਕਿਹਆ ॥
gur poorai sach kahi-aa.
The Perfect Guru has spoken the Truth;

ਸੋ ਸੁਖੁ ਸਾਚਾ ਲਿਹਆ ॥੧॥
so sukh saachaa lahi-aa. ||1||
the True Peace is obtained only from the Lord. ||1||
अपुना होइओ गुरु मिहरवाना ॥
apunaa ho-i-o gur miharvaanaa.
My Guru has become merciful.

अनद सूख किलआण मंगल सिव घरि आए करि इसनाना ॥ रहाउ ॥
anad sookh kali-aan mangal si-o ghar aa-ay kar isnaanaa. raha-o.
In bliss, peace, pleasure and joy, I have returned to my own home, after my purifying bath. ||Pause||

साची गुर विडआई ॥
saachee gur vadi-aa-ee.
True is the glorious greatness of the Guru;

ता की कीमत कहणु न जाई ॥
taa kee keemat kahan na jaa-ee.
His worth cannot be described.

मिलि मग भदिमण ॥
sir saaDhsangat kai saathay.
Meeting with the Saadh Sangat, the Company of the Holy.

मिलि मगधांडः तः मघे ॥ (621)
mil saadDhangat kai saathay.
meeting with the Saadh Sangat, the Company of the Holy.
गुण निधान हरि नामा ॥
gun niDhaan har naamaa.
The Lord's Name is the treasure of excellence;

जिप पूरन होए कामा ॥३॥
jap pooran ho-ay kaamaa. ||3||
chanting it, one’s affairs are perfectly resolved. ||3||

The Guru has opened the door of liberation,

The Guru has granted His Grace,
ਪਰ੍ਿਭ ਪੂਰੀ ਲੋਚ ਹਮਾਰੀ ॥ 621 ॥
parabh pooree loch hamaaree.
and God has fulfilled my desire.

ਕਿਰ ਇਸਨਾਨੁ ਗਰ੍ਿਹ ਆਏ ॥ 621 ॥
kar isnaan garihi aa-ay.
After taking my bath of purification, I returned to my home,

ਆਨਦ ਮੰਗਲ ਸੁਖ ਪਾਏ ॥ 1 ॥
anad mangal sukh paa-ay. ||1||
and I found bliss, happiness and peace. ||1||

ਸੰਤਹੁ ਰਾਮ ਨਾਿਮ ਨਿਸਤਰੀਐ ॥ 621 ॥
santahu raam naam nistaree-ai.
O Saints, salvation comes from the Lord's Name.

ਊਠਤ ਬैਠਤ ਹਿਰ ਹਿਰ ਿਧਾਈਐ ਅਨਦਨੁ ਸੁਿਕਰ੍ਤੁ ਕਰੀਐ ॥ 1 ॥
oothat baithat har har Dhi-aa-ee-ai an-din sukarit karee-ai. ||1|| raaahaa-o.
While standing up and sitting down, meditate on the Lord's Name. Night and day, do good deeds. ||1||Pause||

ਸੰਤ ਕਾ ਮਾਰਗੁ ਧਰਮ ਕੀ ਪਊੜੀ ਕਾ ਵਡਭਾਗੀ ਪਾਏ ॥ 622 ॥
sant kaa maarag Dharam kee pa-orhee ko vadbhaagee paa-ay.
The way of the Saints is the ladder of righteous living, found only by great good fortune.

ਵੇਟੀ ਤਲਮ ਵੇ ਕਿਲੰਖਾਂ ਵਾਦ ਵਚਕੀ ਵਿਚਾਰਪ ਕਰੁੰਦੇ ॥ 2 ॥
kot janam kay kilbikh naasay har charnee chit laa-ay. ||2||
The sins of millions of incarnations are washed away, by focusing your consciousness on the Lord’s feet. ||2||

ਉਸਤਿਤ ਕਰਹੁ ਸਦਾ ਪਰ੍ਭ ਅਪਨੇ ਜਿਨ ਪੂਰੀ ਕੁਲ ਰਾਖੀ ॥ 622 ॥
ustat karahu sadaa parabh apnay jin pooree kal raakhee.
So sing the Praises of your God forever; His almighty power is perfect.
All beings and creatures are purified, listening to the True Teachings of the True Guru.

The True Guru has implanted the Naam, the Name of the Lord, within me; it is the Eliminator of obstructions, the Destroyer of all pains.

All of my sins were erased, and I have been purified; servant Nanak has returned to his home of peace.

O Lord Master, You are the ocean of excellence.

My home and all my possessions are Yours.

The Guru, the Lord of the world, is my Savior.

All beings have become kind and compassionate to me.
Meditating on the Guru's feet, I am in bliss.

There is no fear at all, in God's Sanctuary. ||Pause||

You dwell in the hearts of Your slaves, Lord.

God has laid the eternal foundation.

You are my strength, wealth and support.

You are my Almighty Lord and Master. ||2||

Whoever finds the Saadh Sangat, the Company of the Holy,

is saved by God Himself.
By His Grace, He has blessed me with the sublime essence of the Naam.

All joy and pleasure then came to me.

God became my helper and my best friend;

everyone rises up and bows down at my feet.

With each and every breath, meditate on God;

O Nanak, sing the songs of joy to the Lord.

Celestial peace and bliss have come,
parabh mili-o man bhaavandaa.
meeting God, who is so pleasing to my mind.

poorai gur kirpaa Dhaaree.
The Perfect Guru showered me with His Mercy,

and I attained salvation. ||1||

and the unstruck melody of the celestial sound current ever resounds within me. ||Pause||

The Lord's feet are my all-powerful shelter and support;

my dependence on other people is totally finished.

I have found the Life of the world, the Great Giver;
in joyful rapture, I sing the Glorious Praises of the Lord. ||2||

God has cut away the noose of death.

My mind's desires have been fulfilled;

wherever I look, He is there.

Without the Lord God, there is no other at all. ||3||

I have meditated on the Naam, the Name of the Fearless Lord;
O Nanak, I have found eternal peace.

The Creator has brought utter peace to my home;

The Perfect Guru has saved us.

I sought the Sanctuary of the True Lord.

The Transcendent Lord Himself has become my Protector.

Tranquility, intuitive peace and poise welled up in an instant, and my mind was comforted forever.
The Lord, Har, Har, gave me the medicine of His Name, which has cured all disease.

He extended His Mercy to me, and resolved all these affairs.

God confirmed His loving nature;

He did not take my merits or demerits into account.

The Word of the Guru's Shabad has become manifest, and through it, my honor was totally preserved.
ਬੋਲਾਇਆ बੋਲੀ ਤੇਰਾ ॥ (623)
bolaai-a bolee tayra.
I speak as You cause me to speak;

ਤੂ ਸਾਹਿਬੁ ਗੁਣੀ ਗਹੇਰਾ ॥ (623)
too saahib gunee gahayra.
O Lord and Master, You are the ocean of excellence.

ਜਿਪ ਨਾਨਕ ਨਾਮੁ ਸਚੁ ਸਾਖੀ ॥ (623)
jap naanak naam saach saakhee.
Nanak chants the Naam, the Name of the Lord, according to the Teachings of Truth.

ਜਿਵੇਂ ਦਾਸ ਕੀ ਪੈਜ ਰਾਖੀ ॥ 4 ॥ 6 ॥ 56 ॥ (623)
God preserves the honor of His slaves. ||4||6||56||

ਸੋਰਠ ਮੱਹਲਾ 5 ॥ (623)
sorath mehlaa 5.
Sorath, Fifth Mehl:

ਵਿਚ ਕਰਤਾ ਪੁਰਖੁ ਖਲੋਆ ॥ (623)
vich kartaa purakh khalo-aa.
The Creator Lord Himself stood between us,

ਵਾਲੁ ਨ ਵਿੰਗਾ ਹੋਣਾ ॥ (623)
vaal na vingaa ho-aa.
and not a hair upon my head was touched.

ਮਜਨੁ ਗੁਰ ਆਂਦਾ ਰਾਸੇ ॥ (623)
majan gur aN daa raasay.
The Guru made my cleansing bath successful;
jap har har kilvikh naasay. ||1||
meditating on the Lord, Har, Har, my sins were erased. ||1||

O Saints, the purifying pool of Ram Das is sublime.
Whoever bathes in it, his family and ancestry are saved, and his soul is saved as well. ||1||Pause||

The world sings cheers of victory,

and the fruits of his mind's desires are obtained.

One is safe and sound who comes and bathes here,

One who bathes in the healing pool of the Saints,
ਸੋ ਜਨੁ ਪਰਮ ਗਤੀ ਪਾਵੈ ॥ (623)
so jan param gat paavai.
that humble being obtains the supreme status.

ਮਰੈ ਨ ਆਵੈ ਜਾਈ ॥ (623)
marai na aavai jaa-ee.
He does not die, or come and go in reincarnation;

ਹਿਰ ਹਿਰ ਨਾਮ ਦਿਖਾਈ ॥੩॥ (623)
har har naam Dhi-aa-ee. ||3||
he meditates on the Name of the Lord, Har, Har. ||3||

ਇਹੁ ਬਰ੍ਹੰਮ ਬਿੱਚਾਰੁ ਸੁ ਜਾਣੈ ॥ (623)
ih barahm bichaar so jaanai.
He alone knows this about God,

ਜਿਸੁ ਦਿਆਲੁ ਹੋਇ ਭਗਵਾਨੈ ॥ (623)
jis da-i-aal ho-ay bhagvaanai.
whom God blesses with His kindness.

ਬਾਬਾ ਨਾਨਕ ਪਰਮ ਸਰਣਾਈ ॥ (623)
baabaa naanak parabh sarnaa-ee.
Baba Nanak seeks the Sanctuary of God;

ਸਭ ਚਿੱਤਾ ਗਾਨਤ ਮਿਟਾਈ ||੪੭੭੫੭|| (623)
sabh chintaa ganat mitaa-ee. ||4||7||57||
all his worries and anxieties are dispelled. ||4||7||57||

ਸੋਰਠ ਮਹਲਾ ੫ ॥ (623)
sorath mehlaa 5.
Sorat’h, Fifth Mehl:
The Supreme Lord God has stood by me and fulfilled me,

and nothing is left unfinished.

Attached to the Guru's feet, I am saved;

I contemplate and cherish the Name of the Lord, Har, Har.

He is forever the Savior of His slaves.

Bestowing His Mercy, He made me His own and preserved me; like a mother or father, He cherishes me.

By great good fortune, I found the True Guru,

who obliterated the path of the Messenger of Death.
ਹਿਰ ਭਗਤ ਭਾਈ ਿਚਤੁ ਲਾਗਾ ॥

har bhagat bhaa-ay chit laagaa.
My consciousness is focused on loving, devotional worship of the Lord.

ਤਧਿ ਤੀਰਥੀ ਮੇ ਚਿੱਟੁਗਾ ॥2॥

jap jeeveh say vadbhaagaa. ||2||
One who lives in this meditation is very fortunate indeed. ||2||

ਵਿਵ ਆਮਿਰਤ ਬਾਣੀ ਗਾਵੈ ॥

har amrit banee gaavai.
He sings the Ambrosial Word of the Guru's Bani,

ਸਾਧਾ ਕੀ ਧੂਰੀ ਨਾਵੈ ॥

saaDhaa kee Dhooree naavai.
and bathes in the dust of the feet of the Holy.

ਅਪੁਨਾ ਨਾਮੁ ਆਪੇ ਦੀਆ ॥

apunaa naam aapay dee-aa.
He Himself bestows His Name.

ਭ੍ਰ ਕਰਣਹਾਰ ਰਿਖ ਲੀਆ ॥3॥

parabh karanhaar rakh lee-aa. ||3||
God, the Creator, saves us. ||3||

ਹਰ ਦਰਸਨ ਪਰਾਨ ਅਧਾਰਾ ॥

har darsan paraan aDhaaraa.
The Blessed Vision of the Lord's Darshan is the support of the breath of life.

ਇਹੁ ਪੂਰਨ ਿਬਮਲ ਬੀਚਾਰਾ ॥

ih pooran bimal beechaaraa.
This is the perfect, pure wisdom.
The Inner-knower, the Searcher of hearts, has granted His Mercy;

slave Nanak seeks the Sanctuary of his Lord and Master.

The Perfect Guru has attached me to His feet.

I have obtained the Lord as my companion, my support, my best friend.

Wherever I go, I am happy there.

By His Kind Mercy, God united me with Himself.

So sing forever the Glorious Praises of the Lord with loving devotion.
ਮਨ ਚੰਦੇ ਸਗਲੇ ਫਲ ਪਾਵਹੁ ਜੀਅ ਕੈ ਸੰਗ ਸਹਾੀ ॥੧॥ रਹਾਉ ॥

You shall obtain all the fruits of your mind's desires, and the Lord shall become the companion and the support of your soul. ||1||Pause||

ਨਾਰਾਇਣ ਪਰਾਣ ਅਧਾਰਾ ॥ (623)

The Lord is the support of the breath of life.

ਹਮ ਸੰਤ ਜਨੇ ਰੇਨਾਰਾ ॥ (623)

I am the dust of the feet of the Holy people.

ਪਿਤਤ ਪੁਨੀਤ ਕਿਰ ਲੀਨੇ ॥ (623)

I am a sinner, but the Lord made me pure.

ਕਿਰ ਕਿਰਪਾ ਹਿਰ ਜਸੁ ਦੀਨੇ ॥੨॥ (623)

By His Kind Mercy, the Lord blessed me with His Praises. ||2||

ਪਾਰਬਰਹਮ ਕਰੇ ਪਰਿਤਪਾਲਾ ॥ (623)

The Supreme Lord God cherishes and nurtures me.

ਸਦ ਜੀਅ ਸੰਗੀ ਰਖਵਾਲਾ ॥ (623)

He is always with me, the Protector of my soul.

ਹਰ ਦੀਨੁ ਰੈਨੀ ਕੀਰਤਨੁ ਗਾੀਐ ॥ (623)

Singing the Kirtan of the Lord's Praises day and night,
I shall not be consigned to reincarnation again. ||3||

One who is blessed by the Primal Lord, the Architect of Destiny,
realizes the subtle essence of the Lord.

The Messenger of Death does not come near him.

In the Lord's Sanctuary, Nanak has found peace. ||4||9||59||

The Perfect Guru has made me perfect.

God is totally pervading and permeating everywhere.
khaym kusal bha-ia isnaanaa.
With joy and pleasure, I take my purifying bath.

paarbarahm vitahu kurbanaa. ||1||
I am a sacrifice to the Supreme Lord God. ||1||

gur kay charan kaval rid dhaaray.
I enshrine the lotus feet of the Guru within my heart.

bighan na laagai til ka ko-ee kaaraj sagal savaaray. ||1|| rahaa-o.
Not even the tiniest obstacle blocks my way; all my affairs are resolved. ||1||Pause||

mil saaDhoo durmat kho-ay.
Meeting with the Holy Saints, my evil-mindedness was eradicated.

patit puneet sabh ho-ay.
All the sinners are purified.

raamdaas sarovar naatay.
Bathing in the sacred pool of Guru Ram Das,

sabh laathay paap kamaatay. ||2||
all the sins one has committed are washed away. ||2||
So sing forever the Glorious Praises of the Lord of the Universe;

joining the Saadh Sangat, the Company of the Holy, meditate on Him.

The fruits of your mind's desires are obtained

by meditating on the Perfect Guru within your heart.

chanting, meditating on the Lord of supreme bliss, He lives.

chanting, meditating on the Lord of the Naam, the Name of the Lord.

God has confirmed His innate nature.
raag sorath mehlaa 5.

Sorath's, Fifth Mehl:

In the ten directions, the clouds cover the sky like a canopy; through the dark clouds, lightning flashes, and I am terrified.

By bed is empty, and my eyes are sleepless; my Husband Lord has gone far away. ||1||

Now, I receive no messages from Him, O mother!

When my Beloved used to go even a mile away, He would send me four letters. ||Pause||

How could I forget this Dear Beloved of mine? He is the Giver of peace, and all virtues.

Ascending to His Mansion, I gaze upon His path, and my eyes are filled with tears. ||2||

The wall of egotism and pride separates us, but I can hear Him nearby.
bhāṁbīrī ke pāṭh pardo vīghaṁ pēkhe ḍūkāṁbhīṁ |3||
bhāṁbīrī ke pāṭh pardo vīghaṁ pēkhe ḍūkāṁbhīṁ |3||
There is a veil between us, like the wings of a butterfly; without being able to see Him, He seems so far away. ||3||

bhaṁbīrī kīcchānāk mukt hē ḍūkānā ḍūkā mītāṁbhīṁ | (624) |
bhaṁbīrī kīcchānāk mukt hē ḍūkānā ḍūkā mītāṁbhīṁ | (624) |
The Lord and Master of all has become merciful; He has dispelled all my sufferings.

kahō naanak hauṁai bheet gur kho-ee ta-o da-i-aar beethlo paa-i-o. ||4||
Says Nanak, when the Guru tore down the wall of egotism, then, I found my Merciful Lord and Master. ||4||

sabh rahi-o andaysro maa-i-o. || (624) |
sabh rahi-o andaysro maa-i-o. |
All my fears have been dispelled, O mother!

jo chaahat so gurōo mīlā-i-o. || (624) |
jo chaahat so gurōo mīlā-i-o. |
Whoever I seek, the Guru leads me to find.

sarab gūnā niDh rāi-o rāhā-o doojaa. ||11||61|| (624) |
sarab gūnā niDh rāi-o rāhā-o doojaa. ||11||61||
The Lord, our King, is the treasure of all virtue. ||Second. Pause||11||61||

sorath mehla 9. || (624) |
sorath mehla 9. |
Sorath, Fifth Mehl:

gā-ee bahorh bandee chhorn nirankaar dukh-daaree. || (624) |
gā-ee bahorh bandee chhorn nirankaar dukh-daaree. |
The Restorer of what was taken away, the Liberator from captivity; the Formless Lord, the Destroyer of pain.
करमु न जाणा धरमु न जाणा लोभी माइआधारी ॥ (624)
karam na jaanaa Dharam na jaanaa lobhee maa-i-aaDhaaree.
I do not know about karma and good deeds; I do not know about Dharma and righteous
living. I am so greedy, chasing after Maya.

नामु पिरओ भगतु गोवंद का इह राखहु पैज तुमारी ॥1॥ (624)
nam pari-o bhagat govind kaa ih raakho paij tumaaree. ||1||
I go by the name of God's devotee; please, save this honor of Yours. ||1||

हिर जीउ िनमािणआ तू माणु ॥ (624)
hir jee-o nimaani-aa too maan.
O Dear Lord, You are the honor of the dishonored.

िचीिजआ चीज करे मेरा गोवंदु तेरी कु दरित कउ कु रबाणु ॥ रहाउ ॥ (624)
nicheeji-aa cheej karay mayraa govind tayree kudrat ka-o kurbaan. rahaa-o.
You make the unworthy ones worthy, O my Lord of the Universe; I am a sacrifice to Your
almighty creative power. ||Pause||

जैसा बालकु  भाइ सुभाई लख अपराध कमावै ॥ (624)
jaisaa baalak bhaa-ay subhaa-ee lakh apraaDh kamaavai.
Like the child, innocently making thousands of mistakes -

किर उपदेसु िझड़के  बहु भाती बहुिड़ िपता गिल लावै ॥ (624)
kir updays jhirhkay baho bhaatee bahurh pitaa gal laavai.
his father teaches him, and scolds him so many times, but still, he hugs him close in his
embrace.

पिच्छले अहृतुस्त धरभच छुट्ट भागँ भानिः पावै ॥2॥ (624)
pichhlay a-ogun bakhas ia-ay parabh aagai maarag paavai. ||2||
Please forgive my past actions, God, and place me on Your path for the future. ||2||

जैसा अंतरजामी सभ िबिध जाणै ता िकसु पिह आिख सुणाईऐ ॥ (624)
jaisaa antarjaamee sabh biDh jaanai taa kis peh aakh sunaa-ee-ai.
The Lord, the Inner-knower, the Searcher of hearts, knows all about my state of mind; so
who else should I go to and speak to?
The Lord, the Lord of the Universe, is not pleased by mere recitation of words; if it is pleasing to His Will, He preserves our honor.

I have seen all other shelters, but Yours alone remains for me. ||3||

Becoming kind and compassionate, God the Lord and Master Himself listens to my prayer.

He unites me in Union with the Perfect True Guru, and all the cares and anxieties of my mind are dispelled.

The Lord, Har, Har, has placed the medicine of the Naam into my mouth; servant Nanak abides in peace. ||4||12||62||

Remembering, remembering God in meditation, bliss ensues, and one is rid of all suffering and pain.
गुन गावत ध्यावत परभु अपना कारज सगले साठे ॥१॥

Singing the Glorious Praises of God, and meditating on Him, all my affairs are brought into harmony. ||1||

जगजीवन नामु तुमारा ॥

Your Name is the Life of the world.

गुर पूरे दीओ उपदेसा जपि भउजलु पारि उतारा ॥ रहाउ ॥

The Perfect Guru has taught me, that by meditating, I cross over the terrifying world-ocean. ||Pause||

tूहै मंतर्ी सुनिह पर्भ तूहै सभु किछु करणैहारा ॥

You are Your own advisor; You hear everything, God, and You do everything.

तू आपे दाता आपे भुगता िकआ इहु जंतु िवचारा ॥२॥

You Yourself are the Giver, and You Yourself are the Enjoyer. What can this poor creature do? ||2||

किञ्चु गुण तेरे आिख वखाणी कीमित कहणु न जाई ॥

Which of Your Glorious Virtues should I describe and speak of? Your value cannot be described.

पेिख पेिख जीवै प्रभू अचरजु तुमि वडाई ॥३॥

I live by beholding, beholding You, O God. Your glorious greatness is wonderful and amazing! ||3||
Dhaar anoograhu aap parabh savaamee pat mat keenee pooree.
Granting His Grace, God my Lord and Master Himself saved my honor, and my intellect has been made perfect.

Forever and ever, Nanak is a sacrifice, longing for the dust of the feet of the Saints.

I bow in reverence to the Perfect Guru.

God has resolved all my affairs.

The Lord has showered me with His Mercy.

God has perfectly preserved my honor.

He has become the help and support of His slave.
ਸਗਲ ਮਨੋਰਥ ਕੀਨੇ ਕਰਤੈ ਊਣੀ ਬਾਤ ਨ ਕਾਈ ॥ ਰਹਾਉ ॥

The Creator has achieved all my goals, and now, nothing is lacking. ||Pause||

 kartai purakh taal divaa-i-aa.
The Creator Lord has caused the pool of nectar to be constructed.

pichhai lag chalee maa-i-aa.
The wealth of Maya follows in my footsteps,

tot na kathoo aavai.
and now, nothing is lacking at all.

mayray pooray satgur bhaavai. ||2||
This is pleasing to my Perfect True Guru. ||2||

simar simar da-i-aalaa.
Remembering, remembering the Merciful Lord in meditation,

sabh jee-a bha-ay kirpaalaa.
all beings have become kind and compassionate to me.

jai jai kaar gusaa-ee.
Hail! Hail to the Lord of the world,
ਜਿਨ ਪੂਰੀ ਬਣਤ ਬਣਾਈ ॥੩॥
who created the perfect creation. ||3||

ਤੂ ਭਾਰੋ ਸੁਆਮੀ ਮੋਰਾ ॥
You are my Great Lord and Master.

�ਹੁ ਪੁੰਨੁ ਪੜਦਾਰਥੁ ਤੇਰਾ ॥
These blessings and wealth are Yours.

ਜਨ ਨਾਨਕ ਏਕੁ ਿਧਾਇਆ ॥
Servant Nanak has meditated on the One Lord;

ਸਰਬ ਫਲਾ ਪੁੰਨੁ ਪਾਇਆ ॥੪॥੧੪॥੬੪॥
he has obtained the fruitful rewards for all good deeds. ||4||14||64||

ਸੋਰਿਥ ਮਹਲਾ ੫ ਘਰ ਤੰ ਦੁਪਦੇ
Sorat'h, Fifth Mehl, Third House, Du-Padas:

ਕੌਤਮ ਮੋਹਾਤ ਪੂ਷ਕਾਰਿਆ ॥ (625)

ੵੋਤੀਬਤਿੰਗ ਪ੍ਰਸਾਦਿ॥
One Universal Creator God. By The Grace Of The True Guru:

ਰਾਮਦਾਸ ਸਰੋਵਿਰ ਨਾਤੇ ॥ (625)
Bathing in the nectar tank of Ram Das,
Sabh utray paap kamaatay. All sins are erased.

Nirmal ho-ay kar isnaanaa. One becomes immaculately pure, taking this cleansing bath.

Gur poorai keenay daanaa. The Perfect Guru has bestowed this gift.

Sabh kusal khaym parabh Dhaaray. God has blessed all with peace and pleasure.

Sahee salaamat sabh thok ubaaray gur kaa sabad veechaaray. Everything is safe and sound, as we contemplate the Word of the Guru's Shabad.

SaaDhsang mal laathee. In the Saadh Sangat, the Company of the Holy, filth is washed off.

Paarbarahm bha-i-o saathhee. The Supreme Lord God has become our friend and helper.

Naanak naam Dhi-aa-i-aa. Nanak meditates on the Naam, the Name of the Lord.
He has found God, the Primal Being. ||2||1||65||

Sorat’h, Fifth Mehl:

One in who's mind comes the Supreme Lord,
in that house settles the kindness.

I found the Guru, the ocean of peace,
and all my doubts were dispelled.

This is the glorious greatness of the Naam.

Twenty-four hours a day, I sing His Glorious Praises.
I obtained this from the Perfect Guru. ||Pause||

God's sermon is inexpressible.

His humble servants speak words of Ambrosial Nectar.

Slave Nanak has spoken.

Through the Perfect Guru, it is known. ||2||2||66||

Sorat'h, Fifth Mehl:

The Guru has blessed me with peace here,

and the Guru has arranged peace and pleasure for me hereafter.
I have all treasures and comforts,

meditating on the Guru in my heart.

This is the glorious greatness of my True Guru;

I have obtained the fruits of my mind's desires.

O Saints, His Glory increases day by day.

Nanak has met with the Lord of the world with intuitive ease, and with Truth, he is pleased.

Nanak has met with the Lord of the world with intuitive ease, and with Truth, he is pleased.

Sorat'h, Fifth Mehl:
ਗੁਰ ਕਾ ਸਬਦ ਰਖਵਾਰੇ ॥ (626)

The Word of the Guru's Shabad is my Saving Grace.

ਚਉਕੀ ਚਉਿਗਰਦ ਹਮਾਰੇ ॥ (626)

It is a guardian posted on all four sides around me.

ਰਾਮ ਨਾਿਮ ਮਨੁ ਲਾਗਾ ॥ (626)

My mind is attached to the Lord's Name.

ਜਮੁ ਲਜਾਇ ਕਿਰ ਭਾਗਾ ॥੧॥ (626)

The Messenger of Death has run away in shame. ||1||

ਪਰ੍ਭ ਜੀ ਤੂ ਮੇਰੋ ਸੁਖਦਾਤਾ ॥ (626)

O Dear Lord, You are my Giver of peace.

ਬੰਧਨ ਕਾਿट ਕਰੇ ਮਨੁ ਿਨਰਮਲੁ ਪੂਰਨ ਪੁਰਖੁ ਿਬਧਾਤਾ ॥ (626)

The Perfect Lord, the Architect of Destiny, has shattered my bonds, and made my mind immaculately pure. ||Pause||

ਨਾਨਕ ਪਰ੍ਭੁ ਅਿਬਨਾਸੀ ॥ (626)

O Nanak, God is eternal and imperishable.

ਤਾ ਕੀ ਸੇਵ ਨ ਿਬਰਥੀ ਜਾਸੀ ॥ (626)

Service to Him shall never go unrewarded.
अन्द दरिह तेरे दासा ॥ (626)
anad karahi tayray daasaa.
Your slaves are in bliss;

नधि धुर तेही आम ॥२॥४॥६॥ (626)
jap pooran ho-ee aasaa. ||2||4||68||
chanting and meditating, their desires are fulfilled. ||2||4||68||

सोरछ महल ५ ॥ (626)
sorath mehlaa 5.
Sorath'h, Fifth Mehl:

गुर अपुने बलहारी ॥ (626)
gur apunay balihaaree.
I am a sacrifice to my Guru.

मन चिदिया फलु पाईआ ॥ (626)
man chindi-aa fal paa-i-aa.
I have obtained the fruits of my mind's desires.

पर्भु अपुना सदा धिआआ ॥१॥ (626)
parabh apunaa sadaa Dhi-aa-i-aa. ||1||
I meditate forever on my God. ||1||

संतहु तिस बिसु अवर न कोई ॥ (626)
santahu tis bin avar na ko-ee.
O Saints, without Him, there is no other at all.
ਕਰਣ ਕਾਰਣ ਪਰ੍ਭੁ ਸੋੈ॥ ਰਹਾਉ॥
karan kaaran parabh so-ee. rhaa-oo.
He is God, the Cause of causes. ||Pause||

ਪਰ੍ਿਭ ਅਪਨੈ ਵਰ ਦੀਨੇ॥
parabh apnai var deenay.
My God has given me His Blessing.

ਸਗਲ ਜੀਆ ਵਸੀ ਕੀਨੇ॥
sagal jee-a vas keenay.
He has made all creatures subject to me.

ਜਨ ਨਾਨਕ ਨਾਮੁ ਿਧਿਆਇਆ॥
jan naanak naam Dhi-aa-i-aa.
Servant Nanak meditates on the Naam, the Name of the Lord,

ਤਾ ਸਗਲੇ ਦੂਖ ਿਮਟਾਇਆ॥੨॥੫॥੬੯॥
taa saglay dookh mitaa-i-aa. ||2||5||69||
and all his sorrows depart. ||2||5||69||

ਸੋਰਿਠ ਮਹਲਾ ੫॥
sorath mehlaa 5.
Sorath, Fifth Mehl:

ਤਾਪੁ ਗਵਾਇਆ ਗੁਰ ਪੂਰੇ॥
taap gavaa-i-aa gur pooray.
The Perfect Guru has dispelled the fever.

ਵਾਜੇ ਅਨਹਦ ਤੂਰੇ॥
vaajay anhad tooray.
The unstruck melody of the sound current resounds.
sarab kali-aan parabh keenay.
God has bestowed all comforts.

kar kirpaa aap deenay. ||1||
In His Mercy, He Himself has given them. ||1||

baydan satgur aap gavaa-ee.
The True Guru Himself has eradicated the disease.

sikh sant sabh sarsay ho-ay har har nam Dhi-aa-ee. raha-o.
All the Sikhs and Saints are filled with joy, meditating on the Name of the Lord, Har, Har. ||Pause||

jo mangeh so layveh.
They obtain that which they ask for.

parabh apni-aa santaa dayveh.
God gives to His Saints.

har govid parabh raakhi-aa.
God saved Hargobind.

jan naa-nak saach subhaakhi-aa. ||2||6||70||
Servant Nanak speaks the Truth. ||2||6||70||
ਸੋਰਿਠ मਹਲਾ ੫ ॥ (626)

sorath mehlaa 5.

Sorat’h, Fifth Mehl:

ਸੋੈ ਕਰਾਇ ਜੋ ਤੁਧੁ ਭਾਵੈ ॥ (626)

so-ee karaa-ay jo tuDh bhaavai.

You make me do what pleases You.

ਮੋਹੀ ਸਿਆਣਪ ਕਛੂ ਨ ਆਵੈ ॥ (626)

mohi si-aanap kachhoo na aavai.

I have no cleverness at all.

ਹਮ ਬਾਰੀਕ ਤੁਹ ਸਰਣਾਈ ॥ (626)

ham baarik ta-o sarnaa-ee.

I am just a child - I seek Your Protection.

ਪ੍ਰਭ ਆਪ ਪੈਜ ਰਖਨੀ ॥੧॥ (626)

parabh aapay paij rakhaa-ee. ||1||

God Himself preserves my honor. ||1||

ਮੇਰਾ ਮਾਤ ਪਿਤਾ हੰਰ ਰਾਇਆ ॥ (626)

mayraa maat pitaa har raa-i-aa.

The Lord is my King; He is my mother and father.

ਕਰਕ ਕੀਰਪਾ ਪ੍ਰਤੀਪਲਣ ਲਾਗਾ ਕਰੀ ਤੇਰਾ ਕਰਾਈਆ ॥ ਰਹਾਉ ॥ (626)

kar kirpaa partipaalan laagaa kareeN tayraa karaa-i-aa. rahaa-o.

In Your Mercy, You cherish me; I do whatever You make me do. ||Pause||

ਜੀਆ ਜੰਤ ਤੇਰੇ ਧਾਰੇ ॥ (626)

jee-a jant tayray Dhaaray.

The beings and creatures are Your creation.
ਪ੍ਰਭ ਦੋਰੀ ਹਾਥ ਤੁਮਾਰੇ ॥ (626)
parabh doree haath tumaaray.
O God, their reins are in Your hands.

ਜਿ ਕਰਾਵੈ ਸੋ ਕਰਣਾ ॥ (627)
je karaavai so karnaa.
Whatever You cause us to do, we do.

ਨਾਨਕ ਦਾਸ ਤੇਰੀ ਸਰਣਾ ॥੨॥੭॥੭੧॥ (627)
naanak daas tayree saran. ||2||7||71||
Nanak, Your slave, seeks Your Protection. ||2||7||71||

ਸੋਰਿਠ ਮਹਲਾ ੫ ॥ (627)
sorath mehlaa 5.
Sorath, Fifth Mehl:

ਹਿਰ ਨਾਮ ਰਦੈ ਪਰੋਇਆ ॥ (627)
har naam ridai paro-i-aa.
I have woven the Lord's Name into the fabric of my heart.

ਸਭ ਕਾਜ ਹਮਾਰਾ ਹੋਇਆ ॥ (627)
sabh kaaj hamaaraa ho-i-aa.
All my affairs are resolved.

ਪ੍ਰਭ ਚਰਣੀ ਮਨ ਲਗਾ ॥ (627)
parabh charnee man laagaa.
His mind is attached to God's feet,

ਪੂਰਨ ਜਾ ਕੇ ਭਾਗਾ ॥੧॥ (627)
pooran jaa kay bhaagaa. ||1||
whose destiny is perfect. ||1||
Joining the Saadh Sangat, the Company of the Holy, I meditate on the Lord. (627)

Twenty-four hours a day, I worship and adore the Lord, Har, Har; I have obtained the fruits of my mind's desires. ||Pause|| (627)

The seeds of my past actions have sprouted. (627)

My mind is attached to the Lord's Name. (627)

My mind and body are absorbed into the Blessed Vision of the Lord's Darshan. (627)

Slave Nanak sings the Glorious Praises of the True Lord. ||2||8||72|| (627)

Meeting with the Guru, I contemplate God. (627)
कारज सभ सवारिआ
kaaraj sabh savaari-aa.
All of my affairs have been resolved.

मंदा को न अलाए
mandaa ko na alaa-ay.
No one speaks ill of me.

सभ जै जै कार सुणाए
sabh jai jai kaar sunaa-ay. ||1||
Everyone congratulates me on my victory. ||1||

संतहु साची सरिण सुआमी
santahu saachee saran su-aamee.
O Saints, I seek the True Sanctuary of the Lord and Master.

जीअ जंत सिभ हाथ ितसै कै सो पर्भु अंतरजामी
jee-a jant sabh haath tisai kai so parabh antarjaamee. rahaa-o.
All beings and creatures are in His hands; He is God, the Inner-knower, the Searcher of hearts. ||Pause||

करतब सभ सवारे
kartab sabh savaaray.
He has resolved all of my affairs.

पितत पावन पर्भ नामा
patit paavan parabh naamaa.
God's Name is the Purifier of sinners.
Jan Nanak Sad Kurbaanaa. ||2||9||73||
Servant Nanak is forever a sacrifice to Him. ||2||9||73||

Sorath, Fifth Mehl:

Paararhaam Saaj Sauari-Aa.
The Supreme Lord God created and embellished him.

The Guru has saved this small child.

So celebrate and be happy, father and mother.

Parmaysar Jee-A Ka Daataa. ||1||
The Transcendent Lord is the Giver of souls. ||1||

Subh Chitvan Daas Tuamaaray.
Your slaves, O Lord, focus on pure thoughts.

You preserve the honor of Your slaves, and You Yourself arrange their affairs. ||Pause||
Mera Prabh Par-upkaaree.
My God is so benevolent.

Pooran Kal Jin Dhaaree.
His Almighty Power is manifest.

Nanak Sarnee Aai-Aa.
Nanak has come to His Sanctuary.

He has obtained the fruits of his mind's desires.

Sorath, Fifth Mehl:

Forever and ever, I chant the Lord's Name.

God Himself has saved my child.

He healed him from the smallpox.
ਬਿਘਨ ਗਏ ਹਿਰ ਨਾਈ ॥੧॥
My troubles have been removed through the Lord's Name. ||1||

ਮੇਰਾ ਪਰ੍ਭੁ ਹੋਆ ਸਦਾ ਦਿਆਲਾ ॥
My God is forever Merciful.

ਅਰਦਾਿਸ ਸੁਣੀ ਭਗਤ ਅਪੁਨੇ ਕੀ ਸਭ ਜੀਅ ਭਇਆ ਕਿਰਪਾਲਾ ॥ ਰਹਾਉ ॥
He heard the prayer of His devotee, and now all beings are kind and compassionate to him. ||Pause||

ਪਰ੍ਭ ਕਰਣ ਕਾਰਣ ਸਮਰਾਥਾ ॥
God is Almighty, the Cause of causes.

ਰਿਖ ਸਧਾਰਣ ਸਮਾਂ ਸਪਤਾਲ ॥
Remembering the Lord in meditation, all pains and sorrows vanish.

ਆਪਣੇ ਦਾਸ ਕੀ ਸੂਨੀ ਬੇਨੰਤੀ ॥
He has heard the prayer of His slave.

ਸੋਰਿਠ ਮਹਲਾ ੫ ॥
Sorath, Fifth Mehl:

O Nanak, now everyone sleeps in peace. ||2||11||75||
अपना गुरु धिआए ॥ (627)
apnaa guroo Dhi-aa-ay.
I meditated on my Guru.

भिलि दुमल मेंटी धवि अगि ॥ (627)
mil kusal saytee ghar aa-ay.
I met with Him, and returned home in joy.

रण्भे बीर लिभारी ॥ (627)
naamai kee vadi-aa-ee.
This is the glorious greatness of the Naam.

विल बीभित वरष र तनथी ॥9॥ (627)
tis keemat kahan na jaa-ee. ||1||
Its value cannot be estimated. ||1||

संत हृ दि हृ दि आराधहु ॥ (627)
santahu har har aaraaDhahu.
O Saints, worship and adore the Lord, Har, Har, Har.

विल आराधि महे लिञ्चि धारीमे बचन मनाले नवपुर ॥ वगदि ॥ (627)
har aaraaDh sabho kichh paa-ee-ai kaaraj saglay saaDhahu. raha-o.
Worship the Lord in adoration, and you shall obtain everything; your affairs shall all be resolved. ||Pause||

प्रभ हंगिदि पुछ रणी ॥ (627)
paraym bhagat parabh laagee.
He alone is attached in loving devotion to God,

में भावे गंत वडभागी ॥ (627)
so paa-ay jis vadbhaaagee.
who realizes his great destiny.
Servant Nanak meditates on the Naam, the Name of the Lord.

He obtains the rewards of all joys and peace.

The Transcendent Lord has given me His support.

The house of pain and disease has been demolished.

The men and women celebrate.

The Lord God, Har, Har, has extended His Mercy.

O Saints, there is peace everywhere.
The Supreme Lord God, the Perfect Transcendent Lord, is pervading everywhere. ||Pause||

Dhur kee banee aa-ee.
The Bani of His Word emanated from the Primal Lord.

It eradicates all anxiety.

The Lord is merciful, kind and compassionate.

Here and hereafter, He is our Savior.

God, the True Guru, is Merciful to the meek.
दास अपने आप राखे ॥ (628)
daas apnay aap raakhay.
He Himself protects His slaves.

घटि घटि मबद्द मबने ॥१॥ (628)
ghat ghat sabad subhaakhay. ||1||
In each and every heart, the Beautiful Word of His Shabad resounds. ||1||

गुर के चरण ऊपरी बलि जाई ॥ (628)
gur kay charan oopar bal jaa-ee.
I am a sacrifice to the Guru's Feet.

दिनसू रैन सास सास समाली पूरनु सभनी थाई ॥ रहाउ ॥ (628)
dinas rain saas saas samaalee pooran sabhnee thaa-ee. rahaa-o.
Day and night, with each and every breath, I remember Him; He is totally pervading and permeating all places. ||Pause||

आधि मरणी देखा ॥ (628)
aap sahaa-ee ho-aa.
He Himself has become my help and support.

मते दा मरण देखा ॥ (628)
sachay daa sachaa dho-aa.
True is the support of the True Lord.

तेहि बहाति बिखाहारी ॥ (628)
tayree bhagat vadi-aa-ee.
Glorious and great is devotional worship to You.

पाई नानक प्रभ सरणाई ॥२॥१४॥७८॥ (628)
paa-ee naanak parabh sarnaa-ee. ||2||14||78||
Nanak has found God's Sanctuary. ||2||14||78||
Sorath Mehl 5

When it was pleasing to the Perfect True Guru,

then I chanted the Naam, the Name of the Pervading Lord.

The Lord of the Universe extended His Mercy to me,

and God saved my honor.

Whatever fruit one desires, he receives; his hopes shall not go in vain.

That Saint, unto whom the Lord of Life, the Great Giver, extends His Mercy - he alone sings the Glorious Praises of the Lord.
ਪਰ੍ੇਮ ਭਗਿਤ ਤਾ ਕਾ ਮਨੁਲੀਣਾ ਪਾਰਬਰ੍ਹਮ ਭਾਵੈ ॥੨॥ (628)
His soul is absorbed in loving devotional worship; his mind is pleasing to the Supreme Lord God. ||2||

ਆਠ ਪਹਰ ਹੁਰਿ ਕਾ ਜਸੁ ਰਵਣਾ ਬਖੈ ਠਗੁਰੀ ਲਾਥੀ ॥ (628)
Twenty-four hours a day, he chants the Praises of the Lord, and the bitter poison does not affect him.

ਸੰਗ ਮਿਲਾਇ ਲੀਆ ਮੇਰੈ ਕਰਤੈ ਸੰਤ ਸਾਧ ਭਐ ਸਾਥੀ ॥੩॥ (628)
My Creator Lord has united me with Himself, and the Holy Saints have become my companions. ||3||

ਕਰਗਿਹ ਲੀਨੇ ਸਰਬਸੁ ਦੀਨੇ ਆਪਿਹ ਆਪੁ ਮਿਲਾਈਆ ॥ (628)
Taking me by the hand, He has given me everything, and blended me with Himself.

ਕਹੁ ਨਾਨਕ ਸਰਾਬ ਥੋਕ ਪੂਰਨ ਪੂਰਾ ਸਤਗੁਰੁ ਪਾਈਆ ॥੪॥੧੫॥੭੯॥ (628)
Says Nanak, everything has been perfectly resolved; I have found the Perfect True Guru. ||4||15||79||

ਸੋਰਠ ਮਹਲਾ ੫ ॥ (628)
Humility is my spiked club.

ਰਾਣੀ ਕੇਸ ਰਾਜਨੀ ॥ (628)
Garibee gada hamaaree. Humility is my spiked club.

ਖਾਣਾ ਸਗਲ ਰੇਨੁ ਛਾਰੀ ॥ (628)
Khanna sagal rayn chhaaree. My dagger is to be the dust of all men's feet.
is aagai ko na tikai vaykaaree.
No evil-doer can withstand these weapons.

The Perfect Guru has given me this understanding.

The Name of the Lord, Har, Har, is the support and shelter of the Saints.

One who remembers the Lord in meditation, is emancipated; millions have been saved in this way.

In the Society of the Saints, I sing His Praises.

I have found this, the perfect wealth of the Lord.

Says Nanak, I have eradicated my self-conceit.

I see the Supreme Lord God everywhere.
Sorath, Fifth Mehl:

The Perfect Guru has done it perfectly.

The Perfect Guru has done it perfectly.

He blessed me with forgiveness.

I have found lasting peace and bliss.

Everywhere, the people dwell in peace.

Devotional worship to the Lord is what gives rewards.

The Perfect Guru, by His Grace, gave it to me; how rare are those who know this.

Sing the Word of the Guru's Bani, O Siblings of Destiny.
Oh safal sadaa sukh-daa-ee.
That is always rewarding and peace-giving.

Nanak has meditated on the Naam, the Name of the Lord.

He has realized his pre-ordained destiny.

I worship and adore the Perfect Guru.
All my affairs have been resolved.
All desires have been fulfilled.
The unstruck melody of the sound current resounds.
O Saints, meditating on the Lord, we obtain peace.

In the home of the Saints, celestial peace is pervading; all pain and suffering is dispelled.

The Word of the Perfect Guru's Bani

is pleasing to the Mind of the Supreme Lord God.

Slave Nanak speaks

the Unspoken, immaculate sermon of the Lord.

Sorat'h, Fifth Mehl:

The hungry man is not ashamed to eat.
ਹਿਰ ਜਨੁ ਹਿਰ ਗੁਣ ਗਾਵੈ ॥੧॥

ਅਪਨੇ ਕਾਜ ਕਉ ਿਕਉ ਅਲਕਾਈਐ ॥

ਜਤੁ ਿਸਮਰਿਨ ਦਰਗਹ ਮੁਖ ਊਜਲ ਸਦਾ ਸਦਾ ਸੁਖ ਪਾਈਐ ॥੨॥

ਿਜਉ ਕਾਮੀ ਕਾਿਮ ਲੁਭਾਵੈ ॥

ਿਜਉ ਮਾਤਾ ਬਾਿਲ ਲਪਟਾਵੈ ॥

ਗੁਰ ਪੂਰੇ ਤੇ ਪਾਵੈ ॥

ਗੁਰ ਪੂਰੇ ਤੇ ਪਾਵੈ ॥

ਿਤਉ ਗੁਣ ਵਾਭ ਮੋ ਕਰਦੇ ॥

ਿਤਉ ਗੁਣ ਵਾਭ ਮੋ ਕਰਦੇ ॥

ਗੁਰ ਪੂਰੇ ਤੇ ਪਾਵੈ ॥

ਗੁਰ ਪੂਰੇ ਤੇ ਪਾਵੈ ॥

Just so, the humble servant of the Lord sings the Glorious Praises of the Lord. ||1||

Why are you so lazy in your own affairs?

Remembering Him in meditation, your face shall be radiant in the Court of the Lord; you shall find peace, forever and ever. ||1||Pause||

Just as the lustful man is enticed by lust,

so is the Lord's slave pleased with the Lord's Praise. ||2||

Just as the mother holds her baby close,

so does the spiritual person cherish the Naam, the Name of the Lord. ||3||

This is obtained from the Perfect Guru.
Servant Nanak meditates on the Naam, the Name of the Lord. ||4||19||83||

Safe and sound, I have returned home.

The slanderer's face is blackened with ashes.

All my pains and sufferings are over. ||1||

He has created such wonder and glory! ||1||Pause||
bolay sahib kai bhaanai.
I speak according to the Will of my Lord and Master.

daas banee barahm vakhaanai.
God's slave chants the Word of His Bani.

naanak parabh sukh-daa-ee.
O Nanak, God is the Giver of peace.

jin pooree banat banaa-ee. ||2||20||84||
He has created the perfect creation. ||2||20||84||

parabh apunaa ridai Dhi-aa-ay.
Within my heart, I meditate on God.

ghar sahee salaamat aa-ay.
I have returned home safe and sound.

santokh bha-i-aa sansaaray.
The world has become contented.
The Perfect Guru has saved me. ||1||

O Saints, my God is forever merciful.

The Lord of the world does not call His devotee to account; He protects His children. ||1|| Pause||

I have enshrined the Lord's Name within my heart.

He has resolved all my affairs.

The Perfect Guru was pleased, and blessed me,

and now, Nanak shall never again suffer pain. ||2||21||85||

Sorath mahlaa 5. ||
Sorath, Fifth Mehl:

The Perfect Guru was pleased, and blessed me,


**ਹਿਰ ਮਨ ਤਿਨ ਵਿਸਾ ਸੋੈ॥ (629)**

har man tan vasi-aa so-ee.
The Lord abides in my mind and body.

**ਜੈ ਜੈ ਕਾਰੂ ਕਰੇ ਸਭ ਕੋੜੀ ॥ (629)**

jai jai kaar karay sabh ko-ee.
Everyone congratulates me on my victory.

**ਗੁਰ ਪੂਰੇ ਕੀ ਵਿਡਾਈ ॥ (629)**

gur pooray kee vadi-aa-ee.
This is the glorious greatness of the Perfect Guru.

**ਜਾਂ ਕੀ ਕੀਮਾਤ ਕਹੀ ਨ ਜਾਈ ॥੧॥ (629)**

taa kee keemat kahee na jaa-ee. ||1||
His value cannot be described. ||1||

**ਹਉ ਕੁਰਬਾਨੁ ਜਾਈ ਤੇਰੇ ਨਾਵੈ ॥ (629)**

ga-o kurbaan jaa-ee tayray naavai.
I am a sacrifice to Your Name.

**ਜਿਸ ਨੌ ਬਖਸੀ ਲਾਈ ਮੇਰੇ ਪਿਆਰੇ ਸੋ ਜ਼ਤਿਹ ਤੇਰਾ ਗਾਵਾ॥ (629)**

jis no bakhas laihi mayray pi-aaray so jas tayraa gaavai. ||1|| rahaa-o.
He alone, whom You have forgiven, O my Beloved, sings Your Praises. ||1||Pause||

**ਤੂੰ ਭਾਰੋ ਸੁਅਾਮੀ ਮੇਰਾ॥ (629)**

tooN bhaaro su-aamee mayraa.
You are my Great Lord and Master.

**ਸੰਤਾ ਭਰਵਾਸਾ ਤੇਰਾ॥ (629)**

jantaaN bharvaasaa tayraa.
You are the support of the Saints.
Nanak has entered God's Sanctuary.

The faces of the slanderers are blackened with ashes.

Peace in this world, O my friends, and bliss in the world hereafter - God has given me this.

The Transcendent Lord has arranged these arrangements;

I shall never waver again.

My mind is pleased with the True Lord Master.
हिर सरब िनरंतिर जानिआ ॥१॥ रहाउ ॥
I know the Lord to be pervading all. ||1||Pause||

सभ जीअ तेरे दइआला ॥
All beings are Yours, O Merciful Lord.

अपने भगत करहि प्रतिपाला ॥
You cherish Your devotees.

अचरजु तेरी विडआई ॥
Your glorious greatness is wonderful and marvellous.

नित नानक नामु िधआई ॥२॥२३॥८७॥
Nanak ever meditates on the Naam, the Name of the Lord. ||2||23||87||

ਸੋਰਿਠ ਮਹਲਾ ੫ ॥
Sorath mehlaa 5.

ਨਾਿਲ ਨਰਾਇਣੁ ਮੇਰੈ ॥
The Lord is always with me.

ਜਮਦੂਤੁ ਨ ਆਵਿ ਨੇਰੈ ॥
The Messenger of Death does not approach me.
ਕੰਠ ਲਾਈ ਪਰਭ ਰਾਖੈ ॥ (630)
God holds me close in His embrace, and protects me.

ਸਿਤਗੁਰ ਕੀ ਸਚੁ ਸਾਖੈ ॥੧॥ (630)
True are the Teachings of the True Guru. ||1||

ਗੁਰ ਪੂਰਾਈ ਪੌਰੀ ਕੀੜੀ ॥ (630)
The Perfect Guru has done it perfectly.

ਦੁਸਾਨ ਮਾਰ ਵਿਦਾਰੇ ਸਗਲਾਂ ਦਾਸ ਕਹ ਸੁਮਿਤ ਦੀਤੀ ॥੧॥ ਰਹਾੜਾ ॥ (630)
He has beaten and driven off my enemies, and given me, His slave, the sublime understanding of the neutral mind. ||1||Pause||

ਪਰਭ ਸਗਲਾਂ ਥਾਨ ਵਸਾਏ ॥ (630)
God has blessed all places with prosperity.

ਸੁਖ ਸੀਆਂ ਫਿਰ ਆਏ ॥ (630)
I have returned again safe and sound.

ਨਾਨਕ ਪਰਭ ਸਰਣਾਏ ॥ (630)
Nanak has entered God's Sanctuary.

ਜਿਨ ਸਗਲਾਂ ਰੋਗ ਮਿਟਾਏ ॥੨੦॥੨੪॥੮੮॥ (630)
It has eradicated all disease. ||20||24||88||
Sorath, Fifth Mehl:

The True Guru is the Giver of all peace and comfort - seek His Sanctuary.

Beholding the Blessed Vision of His Darshan, bliss ensues, pain is dispelled, and one sings the Lord’s Praises.

Drink in the sublime essence of the Lord, O Siblings of Destiny.

Chant the Naam, the Name of the Lord; worship the Naam in adoration, and enter the Sanctuary of the Perfect Guru.

Only one who has such pre-ordained destiny receives it; he alone becomes perfect, O Siblings of Destiny.
The Lord is the Cause of Causes, the Inner-knower, the Searcher of hearts; He preserves the honor of His servant.

He is hailed and congratulated throughout the world, and he tastes the sublime essence of the Word of the Guru's Shabad. ||1||

Dear God, Lord of the world, You are my only support.

You are all-powerful, the Giver of Sanctuary; twenty-four hours a day, I meditate on You. ||Pause||

That humble being, who vibrates upon You, O God, is not afflicted by anxiety. ||2||

Attached to the Feet of the True Guru, his fear is dispelled, and within his mind, he sings the Glorious Praises of the Lord. ||2||

He abides in celestial peace and utter ecstasy; the True Guru has comforted him. ||3||

He has returned home victorious, with honor, and his hopes have been fulfilled. ||3||
Perfect are the Teachings of the Perfect Guru; Perfect are the actions of God.

Grasping hold of the Guru's feet, Nanak has crossed over the terrifying world-ocean, chanting the Name of the Lord, Har, Har. ||4||26||90||

Becoming merciful, the Destroyer of the pains of the poor has Himself devised all devices.

In an instant, He has saved His humble servant; the Perfect Guru has cut away his bonds. ||1||

O my mind, meditate forever on the Guru, the Lord of the Universe.

All illness shall depart from this body, and you shall obtain the fruits of your mind's desires. ||Pause||

God created all beings and creatures; He is lofty, inaccessible and infinite.
In the Saadh Sangat, the Company of the Holy, Nanak meditates on the Naam, the Name of the Lord; his face is radiant in the Court of the Lord. ||2||27||91||

Sorath, Fifth Mehl:

I meditate in remembrance on my Lord.

Day and night, I ever meditate on Him.

He gave me His hand, and protected me.

I drink in the most sublime essence of the Lord's Name.

I am a sacrifice to my Guru.

God, the Great Giver, the Perfect One, has become merciful to me, and now, all are kind to me. ||Pause||
Servant Nanak has entered His Sanctuary.

He has perfectly preserved his honor.

All suffering has been dispelled.

So enjoy peace, O my Siblings of Destiny!

Hear my prayer, O my Lord and Master; all beings and creatures were created by You.

You preserve the honor of Your Name, O Lord, Cause of causes.

O Dear God, Beloved, please, make me Your own.
Whether good or bad, I am Yours. ||Pause||

The Almighty Lord and Master heard my prayer; cutting away my bonds, He has adorned me.

He dressed me in robes of honor, and blended His servant with Himself; Nanak is revealed in glory throughout the world. ||2||29||93||

He is merciful to the meek, kind and compassionate, the ocean of kindness, my Perfect Lord and Master. ||Pause||
आउ बैठु आदर सभ थाई ऊन न कतहूं बाता ॥ (631)
I am asked to come and be seated, everywhere I go, and I lack nothing.

भगत सिरपाउ दीओ जन अपूने प्रताप नानाक परभ जाता ॥२॥३०॥९४॥
The Lord blesses His humble devotee with robes of honor; O Nanak, the Glory of God is manifest. ||2||30||94||

भगित बहल ५ घर १ असटपदीआ (639)

Sorath, Fifth Mehl, First House, Ashtapadees:

ੱਕਿਨ ਕਹੀਐ ਿਕੂ ਦੇਖੀਐ ਭਾਈ ਕਰਤਾ ਏਕੁ ਅਕਥੁ ॥ (639)
How can He be described? How can He be seen, O Siblings of Destiny? The Creator is One; He is indescribable.
मेरे मन जपीए हरि भगवंता ॥ (639)
mayray man japee-ai har bhagvantaa.
O my mind, meditate on the Lord, the Lord God.

नाम दानु देइ जन अपने दूख दरद का हंता ॥ रहाउ ॥
naam daan day-ay jan apnay dookh darad kaa hantaa. rhaa-o.
He blesses His servant with the gift of the Naam; He is the Destroyer of pain and suffering. ||Pause||

जा कै घिर सभू किछु है भाई नू िनिध भरे भंडार ॥
jaa kai ghar sabh kichh hai bhaa-ee na-o niDh bharay bhandaar.
Everything is in His home, O Siblings of Destiny; His warehouse is overflowing with the nine treasures.

तिस की कीमत ना पवै भाई ऊचा अगम अपार ॥
tis kee keemat naa pavai bhaa-ee oochaa agam apaar.
His worth cannot be estimated, O Siblings of Destiny; He is lofty, inaccessible and infinite.

जी जंत पर्ितपालदा भाई िनत िनत करदा सार ॥२॥
jee-a jant partipaaldaa bhaa-ee nit nit kardaa saar.
He cherishes all beings and creatures, O Siblings of Destiny; he continually takes care of them.

सचे चरण सरेिवीअिह भाई भर्मु भउ होवै नास ॥
sachay charan sarayvee-ah bhaa-ee bhard bha-o hovai naas.
Adoring the feet of the True Guru, O Siblings of Destiny, doubt and fear are dispelled.
ਇਸ ਮੁੱਢ ਮਹੂਰ ਭਰ ਮੰਗੀਆਂ ਕਥਾ ਤੇ ਤਾਂ ਹੀ ਨਵਮ || (639)
ਮਿਲ ਸੰਤ ਸਬਖ਼ ਮਾਨਨੀ ਏਹੀ ਹਾਰ ਕੇ ਨਾਮ ਨਵਾਤੁ ||
mil sant sabhaa man maan-jeet ai bhaa-ee har kai naam nivaa.
Joining the Society of the Saints, cleanse your mind, O Siblings of Destiny, and dwell in the Name of the Lord.

ਇਸਟੇ ਅਚੇਤਾ ਅਗਿਆਤਾ ਕਥਾ ਦੁਆਰਾ ਮਹੂਰਤ ਤਾਕਾ ਧਾਰਾ || (639)
ਮਿਟੈ ਅਧੇਤਾ ਅਗਿਆਤ ਵਿਅਕਤ ਨਾਮ ਨਵਾਤੁ ||
mitai adhaya ahigaanta kathaa daaraarai dhara.
The darkness of ignorance shall be dispelled, O Siblings of Destiny, and the lotus of your heart shall blossom forth.

ਗੁਰ ਬਚਨੀ ਸੁਖ ਉਪਜੈ ਭਾਈ ਸੁਰਮੂਠ ਪਾਸੀ || 3 || (639)
ਗੁਰ ਬੇਕ ਸੁਖੁ ਉਪਜੇ ਭਾਈ ਸਭ ਫਲ ਸਾਤਸੂਰ ਪਾਸੀ || 3 ||
gur bachee sukh oopjai bhaa-ee sabh fal satgur paas.
By the Guru's Word, peace wells up, O Siblings of Destiny; all fruits are with the True Guru. ||3||

ਮੇਰਾ ਤੇਰਾ ਛੋਡੀਐ ਭਾਈ ਹੋੈਐ ਸਬ ਕੀ ਧੂਿਰ || (640)
ਮੈਰਾ ਤੇਰਾ ਛੋਡੀਐ ਭਾਈ ਹੋੈਐ ਸੰਤ ਕੀ ਧੂਰੀ ||
mayraa tayraa chhodee-ai bhaa-ee ho-ee-ai sabh kee Dhoor.
Give up your sense of mine and yours, O Siblings of Destiny, and become the dust of the feet of all.

ਘਿਟ ਘਿਟ ਬਰਾਹਾ ਪਾਰਬਾਹਾ ਭਾਈ ਤੀਤੁ ਤੀਤੁ ਸਮਰਥੰਤਾ || 4 || (640)
ਘਿਟ ਘਿਟ ਬਰਾਹਾ ਪਾਰਬਾਹਾ ਭਾਈ ਤੀਤੁ ਤੀਤੁ ਸਮਰਥੰਤਾ || 4 ||
ghat ghat barahm pasaari-aa bhaa-ee paykhai sunai hajoor.
In each and every heart, God is contained, O Siblings of Destiny; He sees, and hears, and is ever-present with us.

ਜਿਤੁ ਜਿਤੁ ਵਿਸਰੀਐ ਪਾਰਬਾਹਾ ਭਾਈ ਵਿਸਰੀਐ ਪਰਾਮਨਾ ਧੂਰੀ || (640)
ਜਿਤੁ ਜਿਤੁ ਵਿਸਰੀਐ ਪਾਰਬਾਹਾ ਭਾਈ ਵਿਸਰੀਐ ਪਾਰਮਨਾ ਧੂਰੀ ||
jit din visrai paarbarahm bhaa-ee tit din maree-ai jhoor.
On that day when one forgets the Supreme Lord God, O Siblings of Destiny, on that day, one ought to die crying out in pain.

ਵਧਾਵਾਵਾਵ ਸਹਾਰਪੀ ਕਥਾ ਭਰਾਵ ਪਰਾਮਨਾ ਧੂਰੀ || 4 || (640)
ਵਧਾਵਾਵਾਵ ਸਹਾਰਪੀ ਕਥਾ ਭਰਾਵ ਪਰਾਮਨਾ ਧੂਰੀ || 4 ||
karan karaavan samrath ro bhaa-ee sarab kalaa bharpoor.
He is the all-powerful Cause of Causes, O Siblings of Destiny; he is totally filled with all powers. ||4||
The Love of the Name is the greatest treasure, O Siblings of Destiny; through it, emotional attachment to Maya is dispelled.

If it is pleasing to His Will, then He unites us in His Union, O Siblings of Destiny; the Naam, the Name of the Lord, comes to abide in the mind.

The heart-lotus of the Gurmukh blossoms forth, O Siblings of Destiny, and the heart is illumined.

The Glory of God has been revealed, O Siblings of Destiny, and the earth and sky have blossomed forth.

The Perfect Guru has blessed me with contentment, O Siblings of Destiny; day and night, I remain attached to the Lord's Love.

My tongue continually chants the Lord's Name, O Siblings of Destiny; this is the true taste, and the object of human life.

Listening with my ears, I hear and so I live, O Siblings of Destiny; I have obtained the unchanging, unmoving state.
That soul, which does not place its faith in the Lord shall burn, O Siblings of Destiny. ||6||

My Lord and Master has so many virtues, O Siblings of Destiny; I am a sacrifice to Him.

He nurtures even the most worthless, O Siblings of Destiny, and gives home to the homeless.

He gives us nourishment with each and every breath, O Siblings of Destiny; His Name is everlasting.

One who meets with the True Guru, O Siblings of Destiny, does so only by perfect destiny.

Without Him, I cannot live, even for an instant, O Siblings of Destiny; He is totally filled with all powers.

With every breath and morsel of food, I will not forget Him, O Siblings of Destiny; I behold Him ever-present.
In the Saadh Sangat, the Company of the Holy, I meet Him, O Siblings of Destiny; He is totally pervading and permeating everywhere.

Those who do not embrace love for the Lord, O Siblings of Destiny, always die crying out in pain.

By His Glance of Grace, He has blessed us, O Siblings of Destiny; He shall be with us until the very end.

Nanak has entered His Sanctuary, O Siblings of Destiny; the Lord is the Destroyer of sins.

Sorat'h, Fifth Mehl:
The womb of the mother is an ocean of pain, O Beloved; even there, the Lord causes His Name to be chanted.

When he emerges, he finds corruption pervading everywhere, O Beloved, and he becomes increasingly attached to Maya.

One whom the Lord blesses with His kind favor, O Beloved, meets the Perfect Guru.

He worships the Lord in adoration with each and every breath, O Beloved; he is lovingly attached to the Lord's Name.

You are the support of my mind and body, O Beloved; You are the support of my mind and body.

There is no other Creator except for You, O Beloved; You alone are the Inner-knower, the Searcher of hearts.

After wandering in doubt for millions of incarnations, he comes into the world, O Beloved; for uncounted lifetimes, he has suffered in pain.
He has forgotten his True Lord and Master, O Beloved, and so he suffers terrible punishment.

Those who meet with the Perfect True Guru, O Beloved, are attached to the True Name.

We are saved by following those, O Beloved, who seek the Sanctuary of the True Lord.

He thinks that his food is so sweet, O Beloved, but it makes his body ill.

It turns out to be bitter, O Beloved, and it produces only sadness.

The Lord leads him astray in the enjoyment of pleasures, O Beloved, and so his sense of separation does not depart.

Those who meet the Guru are saved, O Beloved; this is their pre-ordained destiny.

He is filled with longing for Maya, O Beloved, and so the Lord does not ever come into his mind.
Those who forget You, O Supreme Lord Master, their bodies turn to dust.

They cry out and scream horribly, O Beloved, but their torment does not end.

Those who meet the Guru, and reform themselves, O Beloved, their capital remains intact.

As far as possible, do not associate with the faithless cynics, O Beloved.

Meeting with them, the Lord is forgotten, O Beloved, and you rise and depart with a blackened face.

The self-willed manmukh finds no rest or shelter, O Beloved; in the Court of the Lord, they are punished.

Those who meet with the Guru, and reform themselves, O Beloved, their affairs are resolved.
ਸੰਜਮ सਹਸ ਸਿਆਣਪਾ ਪਿਆਰੇ ਇਕ ਨ ਚਲੀ ਨਾਲੀ ||
sanjam sahas si-aanpaa pi-aaray ik na chalee naal.
One may have thousands of clever tricks and techniques of austere self-discipline, O Beloved, but not even one of them will go with him.

ਜੋ ਬੇਮੁਖ ਗੋਿਬੰਦ ਤੇ ਪਿਆਰੇ ਤਨ ਕੁਲ ਲਾਗੈ ਗਾਲੀ ||
jo baymukh gobind tay pi-aaray tin kul laagai gaal.
Those who turn their backs on the Lord of the Universe, O Beloved, their families are stained with disgrace.

ਹੋਦੀ ਵਸਤੁ ਨ ਜਾਤੀਆ ਪਿਆਰੇ ਕੂਡੁ ਨ ਚਲੀ ਨਾਲੀ ||
hodee vasat na jaatee-aa pi-aaray koorh na chalee naal.
They do not realize that they do have Him, O Beloved; falsehood will not go with them.

ਸਤੁ ਸੰਤੋਖੁ ਗੁਣ ਰਾਮ ਸਮਾਲੇ ||
sat santokh gi-aan Dhi-aan samaal.
When the Lord casts His Glance of Grace, O Beloved, one is blessed with Truth, contentment, wisdom and meditation.

ਦੁਖ ਸਾਗਰੁ ਿਤਨ ਲੰਘੀਆ ਪਿਆਰੇ ਭਵਜਲੁ ਪਾਈ ਪਰੇ ||
dukh saagar tin langhi-aa pi-aaray bhavjal paaray.
He crosses over the sea of pain, O Beloved, and swims across the terrifying world-ocean.
समर्थ पुरुष देिआल देिप भगता तिस का तानु ॥  (641)
The all-powerful Divine Lord is compassionate, O Beloved; He is the Support of His devotees.

दिस महरौं धारि देिधि पिभावे तिस अंदुरसभी मयाद ॥ (641)
I seek His Sanctuary, O Beloved; He is the Inner-knower, the Searcher of hearts.

हलतु पलतु सवािरा देिप भगता मसतिक नीसाणु ॥  (641)
He has adorned me in this world and the next, O Beloved; He has placed the Emblem of Truth upon my forehead.

मे भूित वेटे त सीसे देिधि पिभावे तल्लू मयादः ॥८॥२॥ (641)
I shall never forget that God, O Beloved; Nanak is forever a sacrifice to Him. ||8||2||

मेहला ५ घरु २ अस्टपादी (641)
Sorath, Fifth Mehl, Second House, Ashtapadees:

पाठु पिड़ओ अरु बेदु बीचािरओ िनविल भुअंगम साधे ॥१॥ (641)
They read scriptures, and contemplate the Vedas; they practice the inner cleansing techniques of Yoga, and control of the breath. ||1||

But they cannot escape from the company of the five passions; they are increasingly bound to egotism. ||1||
O Beloved, this is not the way to meet the Lord; I have performed these rituals so many times.

I have collapsed, exhausted, at the Door of my Lord Master; I pray that He may grant me a discerning intellect. ||Pause||

One may remain silent and use his hands as begging bowls, and wander naked in the forest.

He may make pilgrimages to river banks and sacred shrines all over the world, but his sense of duality will not leave him. ||2||

His mind's desires may lead him to go and dwell at sacred places of pilgrimage, and offer his head to be sawn off;

but this will not cause the filth of his mind to depart, even though he may make thousands of efforts. ||3||

He may give gifts of all sorts - gold, women, horses and elephants.
He may make offerings of corn, clothes and land in abundance, but this will not lead him to the Lord’s Door. ||4||

He may remain devoted to worship and adoration, bowing his forehead to the floor, practicing the six religious rituals. ||5||

He indulges in egotism and pride, and falls into entanglements, but he does not meet the Lord by these devices. ||5||

He practices the eighty-four postures of Yoga, and acquires the supernatural powers of the Siddhas, but he gets tired of practicing these. ||6||

He lives a long life, but is reincarnated again and again; he has not met with the Lord. ||6||

He may enjoy princely pleasures, and regal pomp and ceremony, and issue unchallenged commands. ||7||

He may lie on beautiful beds, perfumed with sandalwood oil, but this will led him only to the gates of the most horrible hell. ||7||
हिर कीरित साधसंगित है िसिर करमन कै करमा ॥

हिर कीरित साधसंगित है िसिर करमन कै करमा।

Singing the Kirtan of the Lord's Praises in the Saadh Sangat, the Company of the Holy, is the highest of all actions.

कहु नानक ितसु भइओ परापित िजसु पुरब िलिखे का लहना ॥८॥

kaho naanak tis bha-i-o paraapat jis purab likhay kaah lahnaa.

Says Nanak, he alone obtains it, who is pre-destined to receive it.

तेरो सेवकु इह रंिग माता ॥

tayro sayvak ih rang maataa.

Your slave is intoxicated with this Love of Yours.

भाव खंडन दुःख भंजन स्वामी भगित वछल िनरंकारे ॥१॥

bhav khandan dukh bhanjan savaamee bhagat vachhal nirankaaray.

O Destroyer of fear, Remover of suffering, Lord and Master, Lover of Your devotees, Formless Lord.

इक-ोंकार सतगुर दिनमानि ॥ (670)

ik-oNkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:

बह खंडन दुःख भंजन स्वामी भगित वचल निरंकारे ॥(670)

bhav khandan dukh bhanjan savaamee bhagat vachhal nirankaaray.

O Destroyer of fear, Remover of suffering, Lord and Master, Lover of Your devotees, Formless Lord.
ਮੇਰਾ ਮਨੁ ਲਗਾ ਹੈ ਰਾਮ ਿਪਆਰੇ ॥ (670)।

mayraa man laagaa hai raam pi-aaray.

My mind is attached to my Beloved Lord.

ਦੀਨ ਦੇਵਾਲੀ ਕਰੀ ਪ੍ਰੀਤੀ ਕਿਰਿਪਾ ਬਾਜੀ ਪੰਛੀ ਪੰਚ ਦੂਤਾਰੇ ॥੧॥ ਰਹਾਉ ॥ (670)

deen da-i-aal karee parabh kirpaa basi kinee panch dootaaray. ||1|| rhaa-o.

God, Merciful to the meek, granted His Grace, and placed the five enemies under my control. ||1||Pause||

ਤੇਰਾ ਥਾਨੁ ਸੁਹਾਵਾ ਰੂਪ ਸੁਹਾਵਾ ਤੇਰੇ ਭਗਤ ਸੋਹਿਹ ਦਰਬਾਰੇ ॥ (670)

tayraa thaan suhaavaa roop suhaavaa tayray bhagat soheh darbaaray.

Your place is so beautiful; Your form is so beautiful; Your devotees look so beautiful in Your Court.

ਸਰਬ ਜੀਆ ਕੇ ਦਾਤੇ ਸੁਆਮੀ ਕਿਰ ਲੇਹੁ ਉਬਾਰੇ ॥੨॥ (670)

sarab jee-aa kay daatay su-aamee kar kirpaa layho ubaaray. ||2||

O Lord and Master, Giver of all beings, please, grant Your Grace, and save me. ||2||

ਤੇਰਾ ਵਰਨੁ ਨ ਜਾਪੈ ਰੂਪ ਨ ਲਖੀਐ ਤੇਰੀ ਕੁਦਰਿਤ ਕਉਨ ਬੀਚਾਰੇ ॥ (670)

tayraa varan na jaapai roop na lakhee-ai tayray kudrat ka-un beechaaray.

Your color is not known, and Your form is not seen; who can contemplate Your Almighty Creative Power?

ਜਿਲ ਥਿਲ ਮਹੀਅਲ ਰਿਵਾ ਸਰਬ ਠਾਈ ਅਗਮ ਰੂਪ ਿਗਰਧਾਰੇ ॥੩॥ (670)

jal thal mahee-al ravi-aa sarab thaa-ee agam roop girDhaaray. ||3||

You are contained in the water, the land and the sky, everywhere, O Lord of unfathomable form, Holder of the mountain. ||3||

ਕੀਰਿਤ ਕਰਿਹ ਸਗਲ ਜਨ ਤੇਰੀ ਤੂ ਅਖਰਾਮੀ ਪੁਰਖ ਮੁਰਾਰੇ ॥ (670)

keerat karahi sagal jan tayree too abhinaasee purakh muraaray.

All beings sing Your Praises; You are the imperishable Primal Being, the Destroyer of ego.
As it pleases You, please protect and preserve me; servant Nanak seeks Sanctuary at Your Door. ||4||1||

Dhanaasree, Fifth Mehl:

The fish out of water loses its life; it is deeply in love with the water.

The bumble bee, totally in love with the lotus flower, is lost in it; it cannot find the way to escape from it.

He does not die, and is not born; He is always with me. Through the Word of the True Guru's Shabad, I know Him. ||1||Pause||

Lured by sexual desire, the elephant is trapped; the poor beast falls into the power of another.
Lured by the sound of the hunter’s bell, the deer offers its head; because of this enticement, it is killed. ||2||

Gazing upon his family, the mortal is enticed by greed; he clings in attachment to Maya. ||3||

Know it well, that anyone who loves any other than God, shall be miserable forever. ||4||2||

Says Nanak, the Guru has explained this to me, that love for God brings lasting bliss. ||4||2||

I have forgotten all worldly entanglements, and I am attached to the Guru's feet. ||1||
In the Saadh Sangat, the Company of the Holy, I have renounced my other cares and anxieties.

I dug a deep pit, and buried my egotistical pride, emotional attachment and the desires of my mind.

No one is my enemy, and I am no one’s enemy.

God, who expanded His expanse, is within all; I learned this from the True Guru.

I am a friend to all; I am everyone’s friend.

When the sense of separation was removed from my mind, then I was united with the Lord, my King.

My stubbornness is gone, Ambrosial Nectar rains down, and the Word of the Guru’s Shabad seems so sweet to me.
He is pervading everywhere, in the water, on the land and in the sky; Nanak beholds the all-pervading Lord.

Ever since I obtained the Blessed Vision of the Darshan of the Holy, my days have been blessed and prosperous.

I have found lasting bliss, singing the Kirtan of the Praises of the Primal Lord, the Architect of destiny.

Now, I sing the Praises of the Lord within my mind.

My mind has been illumined and enlightened, and it is always at peace; I have found the Perfect True Guru.

The Lord, the treasure of virtue, abides deep within the heart, and so pain, doubt and fear have been dispelled.
ਭਈ ਪਰਾਪਿਤ ਵਸਤੁ ਅਗੋਚਰ ਰਾਮ ਨਾਿਮ ਰੰਗੁ ਲਾਗਾ ॥੨॥
I have obtained the most incomprehensible thing, enshrining love for the Name of the Lord. ॥2॥

I was anxious, and now I am free of anxiety; I was worried, and now I am free of worry; my grief, greed and emotional attachments are gone.

ਹਉਮੈ ਰੋਗ ਿਮਟੇ ਿਕਰਪਾ ਤੇ ਜਮ ਤੇ ਭਏ ਿਬਬਾਕਾ ॥੩॥
By His Grace, I am cured of the disease of egotism, and the Messenger of Death no longer terrifies me. ॥3॥

Says Nanak, He has released me from the clutches of Death; I am a sacrifice to that Guru. ॥4॥4॥

He listens to my pains and pleasures, and then my condition improves. ॥1॥

Working for the Guru, serving the Guru and the Guru's Command, all are pleasing to me.

Body, mind, wealth and everything belong to Him; He alone is all-wise and all-knowing.
jee-a kee aikai hee peh maanee.
My soul is satisfied with the One Lord alone.

avar jatan kar rahay bahutayray tin til nahee keemat jaanee. raha-o.
People make all sorts of other efforts, but they have no value at all. ||Pause||

amrit naam nirmolak heeraa gur deeno mantaanee.
The Ambrosial Naam, the Name of the Lord, is a priceless jewel. The Guru has given me this advice.

digai na dolai darirh kar rahi-o pooran ho-ay tariptaanee. ||2||
It cannot be lost, and it cannot be shaken off; it remains steady, and I am perfectly satisfied with it. ||2||

kaho naanak nihchal ghar baaDhi-o gur kee-o banDhaanee. ||4||5||
Says Nanak, I have built my eternal home; the Guru has constructed it for me. ||4||5||
Dhanaasree mehlaa 5.

The desires of the greatest of the great kings and landlords cannot be satisfied.

They remain engrossed in Maya, intoxicated with the pleasures of their wealth; their eyes see nothing else at all.

No one has ever found satisfaction in sin and corruption.

The flame is not satisfied by more fuel; how can one be satisfied without the Lord?

Day after day, he eats his meals with many different foods, but his hunger is not eradicated.

He runs around like a dog, searching in the four directions.

The lustful, lecherous man desires many women, and he never stops peeking into the homes of others.
ਦਿਨ ਪਰ੍ਿਤ ਕਰੈ ਕਰੈ ਪਛੁਤਾਪੈ ਸੋਗ ਲੋਘ ਮਿਹ ਸੂਕੈ ॥੩॥

Day after day, he commits adultery again and again, and then he regrets his actions; he wastes away in misery and greed. ||3||

ਹਿਰ ਹਿਰ ਨਾਮੁ ਅਪਾਰ ਅਮੋਲਾ ਅੰਿਮਰ੍ਤੁ ਏਕੁ ਿਨਧਾਨਾ ॥

The Name of the Lord, Har, Har, is incomparable and priceless; it is the treasure of Ambrosial Nectar.

ਸੂਖੁ ਸਹਜੁ ਆਨੰਦੁ ਸੰਤਨ ਕੈ ਨਾਨਕ ਗੁਰ ਤੇ ਜਾਨਾ ॥੪॥੬॥

The Saints abide in peace, poise and bliss; O Nanak, through the Guru, this is known. ||4||6||

ਧਨਾਸੰਗੀ ਭਾਂ ਮਹਾਂ ॥ (672)
Dhanaasree mehlaa 5.

Dhanaasaree, Fifth Mehl:

ਲਵੈ ਨ ਲਾਗਨ ਕਉ ਹੈ ਕੇਵਲ ਤੇ ਅਮੀਰੁਤ ਇਤੀਸਾਰਾਂ ਹੀ ਕਉ ਬਨਾ ਆਵੈ ॥

Nothing which this mortal being runs after, can compare to it.

ਜਾ ਕਉ ਗੁਰ ਦੀੰਨੋ ਇਹ ਅੰਦਰੁ ਸੰਤਨਾ ਬਨਾ ਆਵੈ ॥ (672)

He alone comes to have it, whom the Guru blesses with this Ambrosial Nectar. ||1||

ਜਾ ਕਉ ਆਇਓ ਏਕੁ ਰਸਾ ॥ (672)
One who comes to know the subtle essence of the One Lord,

ਪਰਾਣ ਪਾਣ ਆਇਨਾ ਹੁਧਾਂਾ ਜੇ ਬਿਚਿਥ ਤ ਮਾਤਾ ॥ (672)

for that person the desire to eat, to wear new clothes, and all other desires, do not abide in the mind. ||Pause||
मञ्जिरि भर उठने पड़ने तबिरा देव खंडे मिति पाई || (672)
मउलो मन तन होइ एक बूंद जिन पाई
ma-uli-o man tan ho-i-o hari-aa ayk boond jin paa-ee.
The mind and body blossom forth in abundance, when one receives even a drop of this Nectar.

बरनि न साकू उसतित ता की कीमित कहणु न जाई ||2|| (672)
baran na saaka-o ustat taa kee keemat kahan na jaa-ee. ||2||
I cannot express His glory; I cannot describe His worth. ||2||

खाल न मिलिए सेव न मिलिए मिलिए आँचल आिधित || (672)
ghaal na mili-o sayv na mili-o mili-o aa-ay achintaa.
We cannot meet the Lord by our own efforts, nor can we meet Him through service; He comes and meets us spontaneously.

जा कउ दइआ करी मेरे ठाकू तिन गुरिह कमानो मंता ||3|| (672)
jaa ka-o da-i-aa karee mayrai thaakur tin gureh kamaano manntaa. ||3||
One who is blessed by my Lord Master's Grace, practices the Teachings of the Guru's Mantra. ||3||

ढीन दैआल सदा किरपाला सरब जीआ पर्तिपाला || (672)
deen dai-aal sadaa kirpaalaa sarab jee-aa partipaalaa.
He is merciful to the meek, always kind and compassionate; He cherishes and nurtures all beings.

षोठ पंडित रहतू मंजिरा तबिरा तिरिहू भाऊ खंड गोपाला ||4||7|| (672)
ot pot naanak sang ravi-aa ji-o maataa baal gopaalaa. ||4||7||
The Lord is mingled with Nanak, through and through; He cherishes him, like the mother her child. ||4||7||

धनासरी महला ५ || (672)
Dhanaasree mehlaa 5.
Dhanaasaree, Fifth Mehl:
ਬਾਿਰ जਾਉ गੁਰ अਪੁਨੇ ਊਪਿਰ ਿਜਿਨ ਹਿਰ ਹਿਰ ਨਾਮੁ ਿਦਰ੍ੜĊਾਯਾ ॥ (672)

ਬਾਰ jaa-o gur apunay oopar jin har har naam darirh-aa-yaa.
I am a sacrifice to my Guru, who has implanted the Name of the Lord, Har, Har, within me.

ਭਨਾ ਉਦਾਨ ਅੰਧਕਾਰ ਮਿਹ ਿਜਿਨ ਸੀਧਾ ਮਾਰਗ ਿਦਖਾਯਾ ॥੧॥ (672)

ਮਹਾ udi-aan anDhkaar meh jin seeDhaa maarag dikhaa-yaa. ||1||
In the utter darkness of the wilderness, He showed me the straight path. ||1||

ਮਹਾ ਉਦਾਨ ਅੰਧਕਾਰ ਮਿਹ ਿਜਿਨ ਸੀਧਾ ਮਾਰਗ ਿਦਖਾਯਾ ॥੧॥ (672)

ਮਹਾ udi-aan anDhkaar meh jin seeDhaa maarag dikhaa-yaa. ||1||
In the utter darkness of the wilderness, He showed me the straight path. ||1||

ਹਮਰੇ ਪਰ੍ਾਨ ਗੁਪਾਲ ਗੋਿਬੰਦ ॥ (672)

ਹਮਰਾ ਪਰਾਨ gupaal gobind.
The Lord of the universe, the Cherisher of the world, He is my breath of life.

ਯੋਹਾ ਆਂਧਕਾਰ ਕੀ ਜਿਸਹੀ ਹਮਾਰੀ ਿਚੰਦੀਆਂ ਬਾਲੀ ਕੀ ਬਾਲੀ ਦਬਾ ਮਾਨੁ ਮਹਤੁ ਪਿਤ ਪੂਰੀ ॥੨॥ (672)

ਯੋਹਾ oohaa anDhkaar kee jisahi hamaaree chind. ||1|| rahaa-o.
Here and hereafter, he takes care of everything for me. ||1||Pause||

ਜਾ ਕੈ ਿਸਮਰਿਨ ਸਰਵ ਿਨਧਾਨਾ ਮਾਨੁ ਮਹਤੁ ਪਿਤ ਪੂਰੀ ॥ (672)

ਜਾ kai simran sarab niDhaanaa maan mahat pat pooree.
Meditating on Him in remembrance, I have found all treasures, respect, greatness and perfect honor.

ਸਰਵ ਮਨੋਰਥ ਜੇ ਕੋ ਚਾਹੈ ਸੇਵੈ ਏਕੁ ਿਨਧਾਨਾ ॥ (672)

ਸਰਵ manorath jay ko chaahai sayvai ayk niDhaanaa.
If someone wishes for the fulfillment of all his hopes and desires, he should serve the one supreme treasure.

ਪਾਰਬਰ੍ਹਮ ਅਪਰੰਪਰ ਸੁਆਮੀ ਿਸਮਰਤ ਪਾਿਰ ਪਰਾਨਾ ॥੩॥ (672)

ਪਾਰਬਰਹੀਮ aprampar su-aamee simrat paar paraanaa. ||3||
He is the Supreme Lord God, infinite Lord and Master; meditating on Him in remembrance, one is carried across. ||3||
I have found total peace and tranquility in the Society of the Saints; my honor has been preserved.

To gather in the Lord's wealth, and to taste the food of the Lord's Name - Nanak has made this his feast.

You have made it your habit to practice those deeds which will bring you shame.

You slander the Saints, and you worship the faithless cynics; such are the corrupt ways you have adopted.

Deluded by your emotional attachment to Maya, you love other things,

like the enchanted city of Hari-chandauree, or the green leaves of the forest - such is your way of life.

Its body may be anointed with sandalwood oil, but the donkey still loves to roll in the mud.
ਅਮਰ ਸੰਗ ਨਾਹਿ ਰੁਚ ਆਵਤ ਿਬਖੇ ਠਗਉਰੀ ਪਰੀਤ। ||੨||

He is not fond of the Ambrosial Nectar; instead, he loves the poisonous drug of corruption. ||2||

ਉਤਮ ਸੰਤ ਭਲੇ ਸੰਜੋਗੀ ਇਸੁ ਜੁਗ ਮਹਿ ਪਿਵਤ ਪੁਨੀਤ। ||੨||

The Saints are noble and sublime; they are blessed with good fortune. They alone are pure and holy in this world.

ਜਾਤ ਅਕਾਰਥ ਜਨਮ ਦੁਖ ਭਾਗੇ ਗੁਿਵਰਨ ਅੰਜਨੁ ਨੇਤਰ। ||੩||

The sins and sorrows of uncounted incarnations run away, when the Guru applies the healing ointment of spiritual wisdom to the eyes.

ਪੰਜਾਂਗ ਇਨ ਦੁਖ ਤੇ ਨਿਕਾਸੀ ਨਾਨਕ ਏਕ ਪਰੀਤ। ||੪||

In the Saadh Sangat, the Company of the Holy, I have escaped from these troubles; Nanak loves the One Lord. ||4||

ਪਾਣੀ ਪਖਾ ਪੀਸ਼ ਸੰਤ ਆਗੈ ਗੁਣ ਗੋਵਿੰਦ ਜਸ ਗਾਈ। ||੬੬੬॥

I carry the water, wave the fan, and grind the corn for the Saints; I sing the Glorious Praises of the Lord of the Universe.
सास सास मनु नामु सम्हारै इहु िबसर्ाम िनिध पाई ॥१॥ (673)
With each and every breath, my mind remembers the Naam, the Name of the Lord; in this way, it finds the treasure of peace. ||1||

तुम्ह करहु दइआ मेरे साई ॥ (673)
Have pity on me, O my Lord and Master.

ऐसी मित दीजै मेरे ठाकु र सदा सदा तुधु िधआई ॥१॥ रहाउ ॥ (673)
Bless me with such understanding, O my Lord and Master, that I may forever and ever meditate on You. ||1||Pause||

अनद रूपु रिवओ सभ मधे जत कत पेखउ जाई ॥२॥ (673)
The Lord, the embodiment of bliss, is pervading and permeating in all; wherever I go, there I see Him. ||2||

कोिट सूख आनंद राज पाए मुख ते िनमख बुलाई ॥३॥ (673)
I obtain millions of joys, comforts and kingdoms, if You inspire me to chant Your Name with my mouth, even for an instant. ||3||
That alone is perfect chanting, meditation, penance and devotional worship service, which is pleasing to God's Mind.

Chanting the Naam, all thirst and desire is satisfied; Nanak is satisfied and fulfilled.

She controls the three qualities and the four directions of the world.

She destroys sacrificial feasts, cleansing baths, penances and sacred places of pilgrimage; what is this poor person to do?

I grasped God's Support and Protection, and then I was emancipated.

By the Grace of the Holy Saints, I sang the Praises of the Lord, Har, Har, Har, and my sins and afflictions were taken away.

She is not heard - she does not speak with a mouth; she is not seen enticing mortals.
ਐਸੀ ਠਗਉਰੀ ਪਾਇ ਭੁਲਾਵੈ ਮਿਨ ਸਭ ਕੈ ਲਾਗੈ ਮੀਠੀ ॥੨॥

She administers her intoxicating drug, and so confuses them; thus she seems sweet to everyone’s mind. ||2||

ਮਾਈ ਬਾਪ ਪੂਤ ਹੀਤ ਭਾਤਾ ਉਨੀ ਘਰੀ ਘਰੀ ਮੇਲਿੋ ਦੂਆ ॥

In each and every home, she has implanted the sense of duality in mother, father, children, friends and siblings.

ਜੇਹੁ ਬਲਹਾਰੀ ਸਿਤਗੁਰ ਅਪੁਨੇ ਜਿਨੀ ਇਹੁ ਸੰਸਾਰੀ ਭਗਤ ਨਹੀਂ ਬਾਪਣੀ ਮੌਲੀਆ ॥

Some have more, and some have less; they fight and fight, to the death. ||3||

ਹਉ ਬਲਹਾਰੀ ਸੀਤਗੁਰ ਅਪੁਨੇ ਜਿਨੀ ਇਹੁ ਚਲਤੁ ਦਿਖਾਈਆ ॥

I am a sacrifice to my True Guru, who has shown me this wondrous play.

ਗੂਜੀ ਭਾਹੀ ਜਲਾਈ ਸੰਸਾਰੀ ਭਗਤ ਨਹੀਂ ਬਾਪਣੀ ਮੌਲੀਆ ॥

The world is being consumed by this hidden fire, but Maya does not cling to the Lord’s devotees. ||4||

ਸੰਤ ਪਰਸਾਦੀ ਮਹਾ ਸੁਖੁ ਪਾਇਆ ਸਗਲੇ ਬੰਧਨ ਕਾਟੇ ॥

By the Grace of the Saints, I have obtained supreme bliss, and all my bonds have been broken.

ਜੰਨਾ ਜਿਵੇ ਧਰਮ ਮੂਲ ਪਾਬਾ ਮਹਾਨੇ ਪੰਤੇ ਜੋਤੇ ॥

Nanak has obtained the wealth of the Name of the Lord, Har, Har; having earned his profits, he has now returned home. ||5||11||
धनासरी महला ੫ ॥
Dhanaasaree, Fifth Mehl:

ਤੁਮ ਦਾਤੇ ਠਾਕੁ ਰ ਪਰ੍ਿਤਪਾਲਹੁ ਹਮਾਰੇ ॥
You are the Giver, O Lord, O Cherisher, my Master, my Husband Lord.

ਿਨਮਖ ਿਨਮਖ ਤੁਮ ਹੀ ਪਰ੍ਿਤਪਾਲਹੁ ਹਮ ਬਾਰਿਕ ਤੁਮਰੇ ਧਾਰੇ ॥੧॥
nimakh nimakh tum hee partipaalahu ham baarik tumray Dhaaray. ||1|| Each and every moment, You cherish and nurture me; I am Your child, and I rely upon You alone. ||1||

ਬੇਸੁਮਾਰ ਬੇਅੰਤ ਸੁਆਮੀ ਤੇਰੋ ਅੰਤੁ ਨ ਿਕਨ ਹੀ ਲਹੀਐ ॥੨॥
baysumaar bay-ant su-aamee tayro ant na kin hee lahee-ai. ||2|| Unlimited, infinite Lord and Master - no one knows Your limits. ||2||Pause||

ਤੁਮਰੀ ਸਰਿਣ ਤੁਮਾਰੀ ਆਸਾ ਤੁਮ ਹੀ ਸਜਨ ਸੁਹੇਲੇ ॥
tumree saran tumaaree aasaa tum hee sajan suhaylay. I seek Your Sanctuary - You are my only hope. You are my companion, and my best friend.
राखहु राखनहार दइआला नानक घर के गोले ॥३॥१२॥
Save me, O Merciful Saviour Lord; Nanak is the slave of Your home. ॥3॥12॥

धनासारी महला ५ ॥
Dhanaasree, Fifth Mehl:

पूजा वरत तिलक इसनाना पुन दान बहू दैन ॥
Worship, fasting, ceremonial marks on one's forehead, cleansing baths, generous donations to charities and self-mortification -

कहूं न भीजै संजम सुआमी बोलिह मीठे बैन ॥१॥
the Lord Master is not pleased with any of these rituals, no matter how sweetly one may speak. ॥1॥

पर्भ जी को नामु जपत मन चैन ॥
Chanting the Name of God, the mind is soothed and pacified.

बहू पर्कार खोजिह सिभ ता कउ िबखमु न जाई लैन ॥१॥ रहाउ ॥
Everyone searches for Him in different ways, but the search is so difficult, and He cannot be found. ॥1||Pause||

जाप ताप भर्मन बसुधा कर उरध ताप लै चैन ॥
Chanting, deep meditation and penance, wandering over the face of the earth, the performance of austerities with the arms stretched up to the sky -
The Lord is not pleased by any of these means, though one may follow the path of Yogis and Jains. ||2||

The Ambrosial Naam, the Name of the Lord, and the Praises of the Lord are priceless; he alone obtains them, whom the Lord blesses with His Mercy. ||2||

Is there anyone who can release me from my bondage, unite me with God, recite the Name of the Lord, Har, Har, and make this mind steady and stable, so that it no longer wanders around? ||1||

Do I have any such friend?
ਸਗਲ सਮਗਰੀ ਜੀਉ ਹੀ ਦੇਉ ਅਰਪਉ ਅਪਨੋ ਚੀਤੁ ॥੧॥

I would give him all my property, my soul and my heart; I would devote my consciousness to him. ||1||Pause||

ਪਰ ਧਨ ਪਰ ਤਨ ਪਰ ਕੀ ਇਨਦਰ ਇਹ ਕੇਵਲਿਤ ਭਾਗ ਤਨੇ ॥ (674)

Others' wealth, others' bodies, and the slander of others - do not attach your love to them.

ਸੰਤਹ ਸੰਗੁ ਸੰਤ ਸਮਭਾਖਨ ਹੀਰ ਕੀਰਤਿਨ ਮਨੁ ਜਾਗੈ ॥੨॥

Associate with the Saints, speak with the Saints, and keep your mind awake to the Kirtan of the Lord's Praises. ||2||

ਗੁਣ ਨੀਧਾਨ ਦਿਆਲ ਪੁਰਖ ਪਰਭ ਸਰਬ ਸੂਖ ਦਿਆਲਾ ॥ (674)

God is the treasure of virtue, kind and compassionate, the source of all comfort.

ਮਾਗੈ ਦਾਨ ਨਾਮ ਤੇਰੋ ਨਾਨਕ ਜੀ ਮਾਤਾ ਬਾਲ ਗੁਪਾਲਾ ॥੩॥੧੪॥

Nanak begs for the gift of Your Name; O Lord of the world, love him, like the mother loves her child. ||3||14||

ਹਿਰ ਹਿਰ ਲੀਨੇ ਸੰਤ ਉਪਰ ਕੀ ਚੱਤ੍ਰਿਤ ਬੁਰੀਆਈ ਤਾਨ ਹੀ ਫਿਰ ਮਾਰਈ ॥੧॥

One who wishes misfortune upon the Lord's slaves, shall be destroyed by the Lord eventually. ||1||Pause||
Jan ka aap sahaa-ee ho-aa nindak bhaage haari।
He Himself is the help and support of His humble servants; He defeats the slanderers, and chases them away।

Bharmat bharmat oohaaN hee moo-ay baahurh garihi na manjhaar।
Wandering around aimlessly, they die out there; they never return to their homes again।

Nanak saran pari-o dukh bhanjan gun gaavai sadaa apaar।
Nanak seeks the Sanctuary of the Destroyer of pain; he sings the Glorious Praises of the infinite Lord forever।

Nindak kaa mukh kaalaa deen dunee-aa kai darbaar।
The faces of the slanderers are blackened in the courts of this world, and the world beyond।

Ab har raakhnaa chitaari-aa।
Now, I contemplate and meditate on the Lord, the Saviour Lord।

Patit puneeet kii-ay khin bheetar saglaa rog bidaari-aa।
He purifies sinners in an instant, and cures all diseases।

Gosat bha-ee saaDh kai sangam kaam KroDh lobb maari-aa।
Talking with the Holy Saints, my sexual desire, anger and greed have been eradicated।
Remembering, remembering the Perfect Lord in meditation, I have saved all my companions. ||1||

The Mul Mantra, the Root Mantra, is the only cure for the mind; I have installed faith in God in my mind.

Nanak ever longs for the dust of the Lord's feet; again and again, he is a sacrifice to the Lord. ||2||16||

I have fallen in love with the Lord.

My True Guru is always my help and support; He has torn down the banner of pain. ||1||Pause||

Giving me His hand, He has protected me as His own, and removed all my troubles.
ਨਿੰਦਕ ਦੇ ਮੁਖ ਕਾਲੇ ਕੀਨੇ ਜਨ ਕਾਲੇ ਆਿਪ ਸਹਾਈ ॥੧॥

He has blackened the faces of the slanderers, and He Himself has become the help and support of His humble servant. ||1||

ਮੁਖ ਕੀਨੇ ਸਾਿਹਬਾ ਰਾਖ ਲੀਏ ਕੰਠ ਲਾਈ ॥ (675)

The True Lord and Master has become my Saviour; hugging me close in His embrace, He has saved me.

ਸਾਚਾ ਸਾਿਹਬ ਹੋਏ ਰਖਵਾਲਾ ਰਾਖ ਲੀਆ ਕੰਠ ਲਾਈ ॥

The True Lord and Master has become my Saviour; hugging me close in His embrace, He has saved me.

ਨਿਰਮਾਤਾ ਬਣੇ ਸਦਾ ਸੁਖ ਮਾਨੇ ਨਾਨਕ ਹਰ ਗੁਣ ਗਾਇ ॥੨॥੧੭॥

Nanak has become fearless, and he enjoys eternal peace, singing the Glorious Praises of the Lord. ||2||17||

ਪਲੰਸੀ ਮਹਲਾ ੫ ॥ (675)

Dhanaaasiree mehlaa 5.

Dhanaaasaree, Fifth Mehl:

ਅਊਖਧੁ ਤੇਰੋ ਨਾਮੁ ਦੇਇਆਲ ॥

Your Name is the medicine, O Merciful Lord.

ਮੋਹੀ ਅਤੁਰ ਤੇਰੀ ਗਿਤ ਨਹੀ ਜਾਨੀ ਤੂ ਅਿਪ ਕਰਿਹ ਪਰਮ ਪਾਲ ॥੧॥

I am so miserable, I do not know Your state; You Yourself cherish me, Lord. ||1||Pause||

ਧਾਰ ਅਨੁਗਰ਼ ਸੁਆਮੀ ਮੇਰੇ ਦੁਤੀਆ ਭਾਉ ਨਵਾਅਰ ॥

Take pity on me, O my Lord and Master, and remove the love of duality from within me.

ਬੰਧਨ ਕਾਿਟ ਲਿੇ ਅਪੁਨੇ ਕਿਰ ਕਬਹੂ ਨ ਆਵਹ ਹਾਰ ॥੧॥

Break my bonds, and take me as Your own, so that I may never come to lose. ||1||

ਧਾਰਾਰੀ ਅਨੁਗ੍ਰਹ ਸੁਆਮੀ ਮੇਰੇ ਦੁਤੀਆ ਭਾਉ ਨਵਾਅਰ ॥

Dhaar anoograhau su-amee meere dutee-aa bhaa-o nivaaar.

Take pity on me, O my Lord and Master, and remove the love of duality from within me.
Seeking Your Sanctuary, I live, almighty and merciful Lord and Master.

Twenty-four hours a day, I worship God; Nanak is forever a sacrifice to Him.

One Universal Creator God. By The Grace Of The True Guru:

By myself, I cannot do anything, O my Lord and Master; by Your Grace, please bless me with Your Name.

Family and worldly affairs are an ocean of fire.

Through doubt, emotional attachment and ignorance, we are enveloped in darkness.
High and low, pleasure and pain.

Hunger and thirst are not satisfied.

The mind is engrossed in passion, and the disease of corruption.

The five thieves, the companions, are totally incorrigible.

The beings and souls and wealth of the world are all Yours.

O Nanak, know that the Lord is always near at hand.

The Lord and Master destroys the pain of the poor; He preserves and protects the honor of His servants.
The Lord is the ship to carry us across; He is the treasure of virtue - pain cannot touch Him. ||1||

In the Saadh Sangat, the Company of the Holy, meditate, vibrate upon the Lord of the world. ||1||

I cannot think of any other way; make this effort, and make it in this Dark Age of Kali Yuga. ||Pause||

In the beginning, and in the end, there is none other than the perfect, merciful Lord. ||3||

The Vedas, the Simritees, the Shaastras and the Lord's devotees contemplate Him;

liberation is attained in the Saadh Sangat, the Company of the Holy, and the darkness of ignorance is dispelled. ||3||
The lotus feet of the Lord are the support of His humble servants. They are his only capital and investment.

The True Lord is Nanak's strength, honor and support; He alone is his protection.

All other devices did not work, so I meditate on the Name of the Lord, Har, Har. ||1||

For this reason, I sought the Protection and Support of my Lord, the Cherisher of the Universe.

I sought the Sanctuary of the Perfect Transcendent Lord, and all my entanglements were dissolved. ||Pause||
Paradise, the earth, the nether regions of the underworld, and the globe of the world - all are engrossed in Maya.

To save your soul, and liberate all your ancestors, meditate on the Name of the Lord, Har, Har. ||2||

O Nanak, singing the Naam, the Name of the Immaculate Lord, all treasures are obtained.

Only that rare person, whom the Lord and Master blesses with His Grace, comes to know this. ||3||3||21||

You shall have to abandon the straw which you have collected.

These entanglements shall be of no use to you.
You are in love with those things that will not go with you.

You think that your enemies are friends.

In such confusion, the world has gone astray.

The foolish mortal wastes this precious human life. ||Pause||

He does not like to see Truth and righteousness.

He is attached to falsehood and deception; they seem sweet to him.

He loves gifts, but he forgets the Giver.

The wretched creature does not even think of death. ||2||
vasat paraa-ee ka-o uth rovai.
He cries for the possessions of others.

karam Dharam saglaa ee khovai.
He forfeits all the merits of his good deeds and religion.

hukam na boojhai aavan jaanay.
He does not understand the Hukam of the Lord's Command, and so he continues coming and going in reincarnation.

paap karai taa pachhotaanay. ||3||
He sins, and then regrets and repents. ||3||

jo tuDh bhaavai so parvaan.
Whatever pleases You, Lord, that alone is acceptable.

naanak gareeb bandaa jan tayraa.
Poor Nanak is Your slave, Your humble servant.

raakh lay-ay saahib parabh mayraa. ||4||1||22||
Save me, O my Lord God Master! ||4||1||22||
Dhanaasaree, Fifth Mehl:

Mohi Maskeen Parabh Naam Aadhār.
I am meek and poor; the Name of God is my only Support.

Khātan Ka-o Har Har Rojgaar.
The Name of the Lord, Har, Har, is my occupation and earnings.

Sanchan Ka-o Har Ayko Naam.
I gather only the Lord's Name.

It is useful in both this world and the next. ||1||

Imbued with the Love of the Lord God's Infinite Name,

Sadh Gāvahi Gun Ayk Nirankaar. Rahaa-o.
the Holy Saints sing the Glorious Praises of the One Lord, the Formless Lord. ||Pause||

The Glory of sobhaa at maskeenee.
The Glory of the Holy Saints comes from their total humility.
ਸੰਤ ਵਡਾਈ ਹਿਰ ਜਸੁ ਚੀਨੀ ॥ (676)
sant vadaa-ee har jas cheenee.
The Saints realize that their greatness rests in the Praises of the Lord.

ਆਨਦੁ ਸੰਤਨ ਕੈ ਭਗਿਤ ਗੋਵੰਦ ॥ (676)
anad santan kai bhagat govind.
Meditating on the Lord of the Universe, the Saints are in bliss.

ਮੁੱਖ ਸੰਤਰੁ ਹੁਣਦੀ ਰੰਗਦਾ ਹਿੰਦੁ ॥੨॥ (676)
sookh santan kai binsee chind. ||2||
The Saints find peace, and their anxieties are dispelled. ||2||

ਤਤ ਮਾਘ ਮੁੱਢਰੁ ਇਹਦੀ ਹਿੰਦੁ ॥ (676)
jah saaDh santan hoveh ikatar.
Wherever the Holy Saints gather,

ਤਹ ਹਿਰ ਜਸੁ ਗਾਵਿਹ ਨਾਦ ਕਿਵਤ ॥ (676)
tah har jas gaavahi naad kavit.
there they sing the Praises of the Lord, in music and poetry.

ਮਾਘ ਭਿਲੇ ਆਠਰ ਵਿਹੂ ਕਰਮਾ ॥ (676)
saaDh sabhaa meh anad bisraam.
In the Society of the Saints, there is bliss and peace.

ਦੋਹ ਸੰਤਰੁ ਮੇਂ ਪਾੇ ਸਿਹਾ ਭਗਵਾਦਰ ਵਾਰਮ ॥੩॥ (676)
un sang so paa-ay jis mastak karaam. ||3||
They alone obtain this Society, upon whose foreheads such destiny is written. ||3||

ਦੁੱਡ ਕਰ ਜੌਡੀ ਕਿਰੀ ਅਰਦਾਸ ॥ (676)
du-ay kar jorh karee ardaas.
With my palms pressed together, I offer my prayer.
I wash their feet, and chant the Praises of the Lord, the treasure of virtue.

O God, merciful and compassionate, let me remain in Your Presence.

Nanak lives, in the dust of the Saints.

One who contemplates his Lord and Master - why should he be afraid?

The wretched self-willed manmukhs are ruined through fear and dread.

The Divine Guru, my mother and father, is over my head.

His image brings prosperity; serving Him, we become pure.
The One Lord, the Immaculate Lord, is our capital.

Joining the Saadh Sangat, the Company of the Holy, we are illumined and enlightened.

The Giver of all beings is totally pervading everywhere.

Millions of pains are removed by the Lord's Name.

All the pains of birth and death are taken away

from the Gurmukh, within whose mind and body the Lord dwells.

He alone, whom the Lord has attached to the hem of His robe,

obtains a place in the Court of the Lord.
They alone are devotees, who are pleasing to the True Lord.

They are freed from the Messenger of Death. ||3||

True is the Lord, and True is His Court.

Who can contemplate and describe His value?

He is within each and every heart, the Support of all.

Nanak begs for the dust of the Saints. ||4||3||24||

One Universal Creator God. By The Grace Of The True Guru:
At home, and outside, I place my trust in You; You are always with Your humble servant.

Bestow Your Mercy, O my Beloved God, that I may chant the Lord's Name with love.

God is the strength of His humble servants. Whatever You do, or cause to be done, O Lord and Master, that outcome is acceptable to me.

The Transcendent Lord is my honor; the Lord is my emancipation; the glorious sermon of the Lord is my wealth.

Slave Nanak seeks the Sanctuary of the Lord's feet; from the Saints, he has learned this way of life.

God has fulfilled all my desires. Holding me close in His embrace, the Guru has saved me.
ਸੰਸਾਰ  ਸਾਗਰ  ਮਿਹ  ਜਲੀਨ  ਨ  ਦੀਨੇ  ਿਕਨੈ  ਨ  ਦੁਤਰੁ  ਭਾਖੇ  ॥੧॥

He has saved me from burning in the ocean of fire, and now, no one calls it impassible.

॥1॥

ਜੀਨ ਦੇ ਭਾਗਤ ਮਹਾਨ ਵਿਸਤਰ ॥ (677)

ਜੀਨ ਦੇ ਭਾਗਤ ਮਹਾਨ ਵਿਸਤਰ ॥

Those who have true faith in their minds,

ਪੇਖ ਪੇਖ ਸੁਆਸੀ ਦੀ ਮੇਂ ਭਾਗਤ ਮਹਾਨ ਵਿਸਤਰ ॥ (677)

ਪੇਖ ਪੇਖ ਸੁਆਸੀ ਦੀ ਮੇਂ ਭਾਗਤ ਮਹਾਨ ਵਿਸਤਰ ॥

continually behold the Glory of the Lord; they are forever happy and blissful. ||Pause||

ਚਰਨ ਚਰਨੀ ਪੂਰਨ ਪਰਮੇਸ਼ੂਰ ਅੰਤਰਜਾਮੀ ਸਾਖੀਆਂ ॥ (677)

ਪੇਖ ਪੇਖ ਸੁਆਸੀ ਦੀ ਮੇਂ ਭਾਗਤ ਮਹਾਨ ਵਿਸਤਰ ॥

I seek the Sanctuary of the feet of the Perfect Transcendent Lord, the Searcher of hearts;

ਜਹ ਜਹ ਪੇਖਉ ਤਹ ਹਜੂਰ ਦੂਰ ਕਤਹੁ ਨ ਜਾਈ ॥ (677)

Wherever I look, there I see Him present; He is never far away.

ਰਿਵ ਰਿਹਾ ਸਰਬਤਰ੍ ਮੈ ਮਨ ਸਦਾ ਧਿਆਈ ॥੧॥ (677)

He is all-pervading, everywhere; O my mind, meditate on Him forever. ||1||
He alone is called your companion, who will not be separated from you, here or hereafter.

That pleasure, which passes away in an instant, is trivial. ||Pause||

He cherishes us, and gives us sustenance; He does not lack anything.

With each and every breath, my God takes care of His creatures. ||3||

God is undeceiveable, impenetrable and infinite; His form is lofty and exalted.

Chanting and meditating on the embodiment of wonder and beauty, His humble servants are in bliss. ||3||

Bless me with such understanding, O Merciful Lord God, that I might remember You.

Nanak begs God for the gift of the dust of the feet of the Saints. ||4||3||27||
Dhanaasree, Fifth Mehl:

The One who sent you, has now recalled you; return to your home now in peace and pleasure.

In bliss and ecstasy, sing His Glorious Praises; by this celestial tune, you shall acquire your everlasting kingdom.

The Lord Himself has eliminated your enemies, and your misfortunes are past.

God, the Creator Lord, has glorified you, and your running and rushing around has ended.

In your home, there is rejoicing; the musical instruments continually play, and your Husband Lord has exalted you.

Remain firm and steady, and do not ever waver; take the Guru's Word as your Support.
You shall be applauded and congratulated all over the world, and your face shall be radiant in the Court of the Lord. ||3||

All beings belong to Him; He Himself transforms them, and He Himself becomes their help and support.

The Creator Lord has worked a wondrous miracle; O Nanak, His glorious greatness is true. ||4||4||28||

Listen, O Dear Beloved Saints, to my prayer.

Without the Lord, no one is liberated. ||Pause||

O mind, do only deeds of purity; the Lord is the only boat to carry you across. Other entanglements shall be of no use to you.
True living is serving the Divine, Supreme Lord God; the Guru has imparted this teaching
to me. ||1||

Do not fall in love with trivial things; in the end, they shall not go along with you.

Worship and adore the Lord with your mind and body, O Beloved Saint of the Lord; in the
Saadh Sangat, the Company of the Holy, you shall be released from bondage. ||2||

He alone is a devotee, spiritually wise, a meditator, and a penitent, O Nanak, who is
blessed by the Lord's Mercy. ||3||1||29||

O my dear beloved, it is good, it is better, it is best, to ask for the Lord's Name.
Behold, with your eyes wide-open, and listen to the Words of the Holy Saints; enshrine in your consciousness the Lord of Life - remember that all must die. ||Pause||

The application of sandalwood oil, the enjoyment of pleasures and the practice of many corrupt sins - look upon all of these as insipid and worthless. The Name of the Lord of the Universe alone is sublime; so say the Holy Saints.

You claim that your body and wealth are your own; you do not chant the Lord's Name even for an instant. Look and see, that none of your possessions or riches shall go along with you. ||1||

I have obtained the supreme treasure, and my egotism has been eradicated; Nanak's mind is attached to the One Formless Lord. ||2||2||30||

| Dhanaasree mehlaa 5 ghar 7 | Dhanaasaree, Fifth Mehl, Seventh House: |
One Universal Creator God. By The Grace Of The True Guru:

Meditate in remembrance on the One Lord; meditate in remembrance on the One Lord; meditate in remembrance on the One Lord, O my Beloved.

He shall save you from strife, suffering, greed, attachment, and the most terrifying world-ocean. ||Pause||

In the Saadh Sangat, the Company of the Holy, meditate on Him fearlessly, and enshrine the treasure of His Name in your mind. ||1||

Worship His lotus feet, and contemplate the glorious virtues of the Lord of the Universe.

O Nanak, the dust of the feet of the Holy shall bless you with pleasure and peace.

Dhanaasaree, Fifth Mehl, Eighth House, Du-Padas:
One Universal Creator God. By The Grace Of The True Guru:

Remembering, remembering, remembering Him in meditation, I find peace; with each and every breath, I dwell upon Him.

In this world, and in the world beyond, He is with me, as my help and support; wherever I go, He protects me.

The Guru's Word abides with my soul.

It does not sink in water; thieves cannot steal it, and fire cannot burn it.

It is like wealth to the poor, a cane for the blind, and mother's milk for the infant.

In the ocean of the world, I have found the boat of the Lord; the Merciful Lord has bestowed His Mercy upon Nanak.

Dhanaasaree, Fifth Mehl:
The Lord of the Universe has become kind and merciful; His Ambrosial Nectar permeates my heart.

The nine treasures, riches and the miraculous spiritual powers of the Siddhas cling to the feet of the Lord's humble servant.

The Saints are in ecstasy everywhere.

Within the home, and outside as well, the Lord and Master of His devotees is totally pervading and permeating everywhere.

No one can equal one who has the Lord of the Universe on his side.

The fear of the Messenger of Death is eradicated, remembering Him in meditation; Nanak meditates on the Naam, the Name of the Lord.

Dhanaasaree, Fifth Mehl:
The rich man gazes upon his riches, and is proud of himself; the landlord takes pride in his lands.

The king believes that the whole kingdom belongs to him; in the same way, the humble servant of the Lord looks upon the support of his Lord and Master.

When one considers the Lord to be his only support,

Then the Lord uses His power to help him; this power cannot be defeated.

By the kindness and the Grace of the Saints, my mind has been purified; Nanak sings the Glorious Praises of the Lord.

He alone is called a warrior, who is attached to the Lord's Love in this age.
Through the Perfect True Guru, he conquers his own soul, and then everything comes under his control. ||1||

Sing the Praises of the Lord and Master, with the love of your soul.

Those who seek His Sanctuary, and meditate on the Naam, the Name of the Lord, are blended with the Lord in celestial peace. ||1||Pause||

The feet of the Lord's humble servant abide in my heart; with them, my body is made pure.

O treasure of mercy, please bless Nanak with the dust of the feet of Your humble servants; this alone brings peace. ||2||4||35||

People try to deceive others, but the Inner-knower, the Searcher of hearts, knows everything.
They commit sins, and then deny them, while they pretend to be in Nirvaanaa.

They believe that You are far away, but You, O God, are near at hand.

Looking around, this way and that, the greedy people come and go. ||Pause||

As long as the doubts of the mind are not removed, liberation is not found.

Says Nanak, he alone is a Saint, a devotee, and a humble servant of the Lord, to whom the Lord and Master is merciful. ||2||5||36||

He implants the Naam, and inspires us to chant the Naam; this is Dharma, true religion, in this world. ||1||
Jan ka-o naam vadaa-ee sobh.
The Naam is the glory and greatness of the Lord's humble servant.

Namo gati, Namo pati jnn ki marni jo jnn hog.
The Naam is his salvation, and the Naam is his honor; he accepts whatever comes to pass.

Namo Dhanu jisun jnn ka palaai sobh
That humble servant, who has the Naam as his wealth, is the perfect banker.

Namo bi-uhaaraa naanak aadaaraa naam paraapat laahaa.
The Naam is his occupation, O Nanak, and his only support; the Naam is the profit he earns.

Dhanaasree mehlaa 5.
Dhanaasaree, Fifth Mehl:

Naytar puneet bha-ay daras paykhay maathai para-o ravaal.
My eyes have been purified, gazing upon the Blessed Vision of the Lord's Darshan, and touching my forehead to the dust of His feet.

Ras ras gun gaava-o thaakur kay morai hirdai bashu gopaal.
With joy and happiness, I sing the Glorious Praises of my Lord and Master; the Lord of the World abides within my heart.

Tum ta-o raakhanhaaar da-i-aal.
You are my Merciful Protector, Lord.
O beautiful, wise, infinite Father God, be Merciful to me, God. ||1||Pause||

O Lord of supreme ecstasy and blissful form, Your Word is so beautiful, so drenched with Nectar.

With the Lord's lotus feet enshrined in his heart, Nanak has tied the Shabad, the Word of the True Guru, to the hem of his robe. ||2||7||38||

In His own way, He provides us with our food; in His own way, He plays with us.

He blesses us with all comforts, enjoyments and delicacies, and he permeates our minds. ||1||

Just as the mother protects her children, God nurtures and cares for us. ||1||Pause||
meet saajan sarab gun naa-ik sadaa salaamat dayvaa.
You are my friend and companion, the Master of all excellences, O eternal and permanent Divine Lord.

Here, there and everywhere, You are pervading; please, bless Nanak to serve the Saints.

The Saints are kind and compassionate; they burn away their sexual desire, anger and corruption.

My power, wealth, youth, body and soul are a sacrifice to them.

With peace, poise, pleasure and joy, He has carried me across the terrifying world-ocean.

Blessed is that place, and blessed is that house, in which the Saints dwell.
Fulfill this desire of servant Nanak, O Lord Master, that he may bow in reverence to Your devotees. ||2||9||40||

He has saved me from the awful power of Maya, by attaching me to His feet.

He gave my mind the Mantra of the Naam, the Name of the One Lord, which shall never perish or leave me. ||1||

He has blessed me with the Kirtan of the Praises of the Name of the Lord, Har, Har, and I am emancipated. ||Pause||

My God has made me His own, and saved the honor of His devotee.

Nanak has grasped the feet of his God, and has found peace, day and night. ||2||10||41||
Stealing the property of others, acting in greed, lying and slandering - in these ways, he passes his life.

He places his hopes in false mirages, believing them to be sweet; this is the support he installs in his mind.

He is like the mouse, gnawing away at the pile of paper, making it useless to the poor wretch.

Have mercy on me, O Supreme Lord God, and release me from these bonds.

The blind are sinking, O Nanak; God saves them, uniting them with the Saadh Sangat, the Company of the Holy.
Remembering, remembering God, the Lord Master in meditation, my body, mind and heart are cooled and soothed.

The Supreme Lord God is my beauty, pleasure, peace, wealth, soul and social status.

My tongue is intoxicated with the Lord, the source of nectar.

I am in love, in love with the Lord's lotus feet, the treasure of riches. ||Pause||

The Giver of peace has blended Nanak with Himself; the Lord has preserved his honor.

All demons and enemies are eradicated by You, Lord; Your glory is manifest and radiant.
Whoever harms Your devotees, You destroy in an instant. ||1||

I look to You continually, Lord.

O Lord, Destroyer of ego, please, be the helper and companion of Your slaves; take my hand, and save me, O my Friend! ||Pause||

My Lord and Master has heard my prayer, and given me His protection.

Nanak is in ecstasy, and his pains are gone; he meditates on the Lord, forever and ever. ||2||13||44||

He has extended His power in all four directions, and placed His hand upon my head.

Gazing upon me with his Eye of Mercy, He has dispelled the pains of His slave. ||1||
ਹਿਰ ਜਨ ਰਾਖੇ ਗੁਰ ਗੋਿਵੰਦ ॥

The Guru, the Lord of the Universe, has saved the Lord's humble servant.

ਕੰਠ ਲਾਇ ਅਵਗੁਣ ਸਿਭ ਮੇਟੇ ਦਿਆਲ ਪੁਰਖ ਬਖਸੰਦ ॥ ਰਹਾਉ ॥

Hugging me close in His embrace, the merciful, forgiving Lord has erased all my sins. ||Pause||

ਜੋ ਮਾਗਿਹ ਠਾਕੁਰ ਅਪੁਨੇ ਤੇ ਸੋੈ ਸੋੈ ਦੇਵਈ ॥

Whatever I ask for from my Lord and Master, he gives that to me.

ਨਾਨਕ ਦਾਸ ਮੁਖ ਤੇ ਜੋ ਬੋਲੈ ਈਹਾ ਊਹਾ ਸਚੁ ਹੋਵੈ ॥੨॥੧੪॥੪੫॥

Whatever the Lord's slave Nanak utters with his mouth, proves to be true, here and hereafter. ||2||14||45||

ਪਰ੍ਭ ਿਸਉ ਲਾਿਗ ਰਿਹਓ ਮੇਰਾ ਚੀਤੁ ॥

My consciousness remains attached to God.
In the beginning, and in the end, God is always my helper and companion; blessed is my friend. ||Pause||

My mind is delighted, gazing upon the marvellous, glorious greatness of the Lord and Master.

Remembering, remembering the Lord in meditation, Nanak is in ecstasy; God, in His perfection, has protected and preserved his honor. ||2||15||46||

One who forgets the Lord of life, the Great Giver - know that he is most unfortunate.

One whose mind is in love with the Lord's lotus feet, obtains the pool of ambrosial nectar.

Your humble servant awakes in the Love of the Lord's Name.
All laziness has departed from his body, and his mind is attached to the Beloved Lord. ||Pause||

Wherever I look, the Lord is there; He is the string, upon which all hearts are strung.

Drinking in the water of the Naam, servant Nanak has renounced all other loves. ||2||16||47||

All the affairs of the Lord’s humble servant are perfectly resolved.

In the utterly poisonous Dark Age of Kali Yuga, the Lord preserves and protects his honor. ||1||Pause||

Remembering, remembering God, his Lord and Master in meditation, the Messenger of Death does not approach him.
Liberation and heaven are found in the Saadh Sangat, the Company of the Holy; his humble servant finds the home of the Lord. ||1||

The Lord's lotus feet are the treasure of His humble servant; in them, he finds millions of pleasures and comforts.

He remembers the Lord God in meditation, day and night; Nanak is forever a sacrifice to him. ||2||17||48||

I beg for one gift only from the Lord.||

May all my desires be fulfilled, meditating on, and remembering Your Name, O Lord. ||1||Pause||

May Your feet abide within my heart, and may I find the Society of the Saints.
May my mind not be afflicted by the fire of sorrow; may I sing Your Glorious Praises, twenty-four hours a day. ||1||

May I serve the Lord in my childhood and youth, and meditate on God in my middle and old age.

May I beg only from the Lord for all things.

I would hesitate to beg from other people. Remembering God in meditation, liberation is obtained. ||1||Pause||"
by serving the Lord, the ocean of mercy, Truth is obtained, and both this world and the next are embellished. ||1||

Aan achar bi-uhar hai jaytay bin har simran fok.
All other rituals and customs are useless, without remembering the Lord in meditation.

Naanak janam maran bhai kaatay mil saaDhoo binsay sok. ||2||19||50||
O Nanak, the fear of birth and death has been removed; meeting the Holy Saint, sorrow is dispelled. ||2||19||50||

Dhanaasree mehlaa 5.
Dhanaasaree, Fifth Mehl:

Desire is quenched, through the Lord’s Name.

Maha santooh hovai gur bachnee parabh si-o laagai pooran Dhi-aan. ||1|| raha-o.
Great peace and contentment come through the Guru’s Word, and one’s meditation is perfectly focused upon God. ||1||Pause||

Maha kalol bujheh maai-aa kay kar kirpa mayray deen da-i-aal.
Please shower Your Mercy upon me, and permit me to ignore the great enticements of Maya, O Lord, Merciful to the meek.
अपना नामु देह जीवा पूरन होइ दास की घाल ॥१॥ (683)
apnaa naam deh jap jeevaa pooran ho-ay daas kee ghaal. ||1||
Give me Your Name - chanting it, I live; please bring the efforts of Your slave to fruition. ||1||

सरव मनोरथ राज सूख रस सद खुसीआ कीर्तनु जिप नाम ॥ (683)
sarab manorath raaj sookh ras sad khusee-aa keertan jap nama.
All desires, power, pleasure, joy and lasting bliss, are found by chanting the Naam, the Name of the Lord, and singing the Kirtan of His Praises.

जिस कै करिम लिखाए धुर करतै नानक जन के पूरन काम ॥२॥२०॥५१॥ (683)
jis kai karam likhi-aa Dhur kartai naanak jan kay pooran kaam. ||2||20||51||
That humble servant of the Lord, who has such karma pre-ordained by the Creator Lord, O Nanak - his efforts are brought to perfect fruition. ||2||20||51||

द्वारास्री मेघ ॥ (683)
dhanaasree mehlaa 5.
Dhanaasaree, Fifth Mehl:

जन की कीनी पारबर्हिम सार ॥ (683)
jan kee keenee paarbarahm saar.
The Supreme Lord God takes care of His humble servant.

निंदक टिकनु न पाविन मूले ऊिड गए बेकार ॥१॥ (683)
nindak tikan na paavan moolay ood ga-ay baykaar. ||1|| raha-o.
The slanderers are not allowed to stay; they are pulled out by their roots, like useless weeds. ||1||Pause||

जह जह देखउ तह तह सुआमी कोई न पहुचनहार ॥ (683)
jah jah daykh-a-u tah tah su-aamee ko-ay na pahuchanhaar.
Wherever I look, there I see my Lord and Master; no one can harm me.
Whoever shows disrespect to the Lord's humble servant, is instantly reduced to ashes.

The Creator Lord has become my protector; He has no end or limitation.

O Nanak, God has protected and saved His slaves; He has driven out and destroyed the slanderers.

One Universal Creator God. By The Grace Of The True Guru:

Be Merciful, God, and bless me with Your Glance of Grace; take my arm and save me - pull me up out of this pit!
He is blinded by sexual desire and anger, bound by Maya; his body and clothes are filled with countless sins.

Without God, there is no other protector; help me to chant Your Name, Almighty Warrior, Sheltering Lord. ||1||

Redeemer of sinners, Saving Grace of all beings and creatures, even those who recite the Vedas have not found Your limit.

God is the ocean of virtue and peace, the source of jewels; Nanak sings the Praises of the Lover of His devotees. ||2||1||53||

Peace in this world, peace in the next world and peace forever, remembering Him in meditation. Chant forever the Name of the Lord of the Universe.

The sins of past lives are erased, by joining the Saadh Sangat, the Company of the Holy; new life is infused into the dead. ||1||Pause||
राज जोबन िबसरंत हिर माइआ महा दुखु एहु महांत कहै
In power, youth and Maya, the Lord is forgotten; this is the greatest tragedy - so say the
spiritual sages.

आस िपास रमण हिर कीर्तन एहु पदारथु भागवंतु लहै
Hope and desire to sing the Kirtan of the Lord's Praises - this is the treasure of the most
fortunate devotees.

सर्ण समरथ अकथ अगोचरा पितत उधारण नामु तेरा
O Lord of Sanctuary, all-powerful, imperceptible and unfathomable - Your Name is the
Purifier of sinners.

अंतरजामी नानक के सुआमी सरबत पूरन ठाकु रु मेरा
The Inner-knower, the Lord and Master of Nanak is totally pervading and permeating
everywhere; He is my Lord and Master.

धनासरी महला ५ घरू १२
Dhanaasaree, Fifth Mehl, Twelfth House:

I bow in reverence to the Lord, I bow in reverence. I sing the Glorious Praises of the Lord,
my King.
By great good fortune, one meets the Divine Guru.

Millions of sins are erased by serving the Lord.

One whose mind is imbued with the Lord's lotus feet is not afflicted by the fire of sorrow.

He crosses over the world-ocean in the Saadh Sangat, the Company of the Holy.

He chants the Name of the Fearless Lord, and is imbued with the Lord's Love.

One who does not steal the wealth of others, who does not commit evil deeds or sinful acts -

the Messenger of Death does not even approach him.
ਕੀਮਤ ਅਗਨ ਪਰਪ੍ਰਭ ਜੁੜਹੀ ॥ (684)
ਤਿਰਸਨਾ ਅਗਨ ਪਰਪ੍ਰਭ ਜੁੜਹੀ ॥

God Himself quenches the fires of desire.

ਰਾਲਾਵ ਪ੍ਰਪ੍ਰਭੀ ਪੁੱਢ ਸਤੰਭਾਈ ॥੫॥੧॥੫੫॥ (684)
ਨਾਨਕ ਉਧਰੇ ਪਰਪ੍ਰਭ ਸਰਣਆਈ ॥੫॥੧॥੫੫॥

O Nanak, in God's Sanctuary, one is saved. ||5||1||55||

ਪਹਾਲੀ ਭਗਤ ਧੀ ॥ (684)
ਧਾਸਰੀ ਮੈਲਾ ॥੫॥

Dhanaasaree, Fifth Mehl:

ਤਿਰਪਿਤ ਭੇ ਮਹੁਦਰਾਘਵ ਸਚੁ ਭੋਜਾਈਆ ॥ (684)
ਤਿਰਪਿਤ ਭੇ ਸਤੁ ਭੋਜਾਈਆ ॥

I am satisfied and satiated, eating the food of Truth.

ਮਿਨ ਤਿਨ ਰਸਨਾ ਨਾਮ ਿਧਾਈਆ ॥੧॥ (684)
ਮਨ ਤਨ ਰਸਨਾ ਨਾਮ ਿਧਾਈਆ ॥

With my mind, body and tongue, I meditate on the Naam, the Name of the Lord. ||1||

ਜੀਵਨਾ ਹਿਰ ਜੀਵਨਾ ॥ (684)
ਜੀਵਨਾ ਹਿਰ ਜੀਵਨਾ ॥

Life, spiritual life, is in the Lord.

ਜੀਵਨਾ ਹਿਰ ਜੀਵਨਾ ਸਾਧਸੰਗੀ ॥੧॥ (684)
ਜੀਵਨਾ ਹਿਰ ਜੀਵਨਾ ਸਾਧਸੰਗੀ ॥

Spiritual life consists of chanting the Lord's Name in the Saadh Sangat, the Company of the Holy. ||1||Pause||

ਅਨੀਕ ਪਰਕਾਰੀ ਬਸਤਰੀ ਓਢਾਏ ॥ (684)
ਅਨੀਕ ਪਰਕਾਰੀ ਬਸਤਰ ਓਢਾਏ ॥

He is dressed in robes of all sorts,
Anidnu keertan har gun gaa-ay. ||2||

He sings the Kirtan of the Lord's Glorious Praises, day and night. ||2||

Hastee rath as asvaaree.

He rides upon elephants, chariots and horses,

Har kaa maarag ridai nihaaree. ||3||

if he sees the Lord's Path within his own heart. ||3||

Meditating on the Lord's Feet, deep within his mind and body,

Har sukh niDhaan nanak daas paa-i-aa. ||4||2||56||

slave Nanak has found the Lord, the treasure of peace. ||4||2||56||

The Guru's feet emancipate the soul.

They carry it across the world-ocean in an instant. ||1||Pause||
Some love rituals, and some bathe at sacred shrines of pilgrimage.

The Lord’s slaves meditate on His Name. ||1||

The Lord Master is the Breaker of bonds.

Servant Nanak meditates in remembrance on the Lord, the Inner-knower, the Searcher of hearts. ||2||3||57||

Dhanaasaree, Fifth Mehl:

Nothing can break his love for You,

the lifestyle of Your slave is so pure. ||1||Pause||

He is more dear to me than my soul, my breath of life, my mind and my wealth.
The Lord is the Giver, theRestrainer of the ego. ||1||

I am in love with the Lord's lotus feet.

This alone is Nanak's prayer. ||2||4||58||

Dhanaasree, Fifth Mehl, Sixth House, Ashtapadee:

One Universal Creator God. By The Grace Of The True Guru:

Whoever is born into the world, is entangled in it; human birth is obtained only by good
destiny.

I wander ed through countless incarnations, but I did not find stability anywhere.
I serve the Guru, and I fall at His feet, praying, "O Dear Lord of the Universe, please, show me the way". ||1||Pause||

I have tried so many things to acquire the wealth of Maya, and to cherish it in my mind; I have passed my life constantly crying out, "Mine, mine!||2||

I have read all the Vedas, and yet the sense of separation in my mind still has not been removed; the five thieves of my house are not quieted, even for an instant.||3||

In spite of the many places of pilgrimage for people to bathe in, their minds are still stained by their stubborn ego; the Lord Master is not pleased by this at all.||4||

When will I find the Saadh Sangat, the Company of the Holy? There, I shall be always in the ecstasy of the Lord, Har, Har, and my mind shall take its cleansing bath in the healing ointment of spiritual wisdom. ||4||
ਸਗਲ ਅਸਰ੍ਮ ਕੀਨੇ ਮਨੂਆ ਨਹ ਪਤੀਨੇ ਿਬਬੇਕਹੀਨ ਦੇਹੀ ਧੋए ॥ (687)
I have followed the four stages of life, but my mind is not satisfied; I wash my body, but it is
totally lacking in understanding.

ਸਗਲ ਅਸਰ੍ਮ ਕੀਨੇ ਮਨੂਆ ਨਹ ਪਤੀਨੇ ਿਬਬੇਕਹੀਨ ਦੇਹੀ ਧੋए ॥ (687)

ਕੋਈ ਪਾਈਐ ਰੋ ਪੁਰਖ ਰਾਤਾ ਕੈ ਰੰ ਗੁਰ ਕੀ ਦੁਰਮਿਤ ਮਲੂ ਖੋਏ ॥ (5)॥

If only I could meet some devotee of the Supreme Lord God, imbued with the Lord's Love,
who could eradicate the filthy evil-mindedness from my mind. ||5||

ਕੋਈ ਪਾਈਐ ਰੋ ਪੁਰਖ ਰਾਤਾ ਕੈ ਰੰ ਗੁਰ ਕੀ ਦੁਰਮਿਤ ਮਲੂ ਖੋਏ ॥ (5)॥

One who is attached to religious rituals, does not love the Lord, even for an instant; he is
filled with pride, and he is of no account.

ਜਿਸੁ ਭੇਟੀਐ ਸਫਲ ਮੂਰਤ ਕੈ ਸਦਾ ਕੀਰਿਤ ਗੁਰ ਪਰਸਾਈ ਮਿਹਾ ਪੇਖੈ ॥ (6)॥

One who meets with the rewarding personality of the Guru, continually sings the Kirtan of
the Lord's Praises. By Guru's Grace, such a rare one beholds the Lord with his eyes. ||6||

ਸਗਲ ਅਸਰ੍ਮ ਕੀਨੇ ਮਨੂਆ ਨਹ ਪਤੀਨੇ ਿਬਬੇਕਹੀਨ ਦੇਹੀ ਧੋए ॥ (687)

ਮਨਹਿਠ ਜਿ ਕਮਾਵੈ ਤਲ ਲਖੈ ਪਾਵੈ ਬਗੁਲ ਤੀਜ਼ਾ ਲਾਵੈ ਮਾਇਆ ਰੇ ਧਾਰੀ ॥ (687)

One who acts through stubbornness is of no account at all; like a crane, he pretends to
meditate, but he is still stuck in Maya.

ਪੁਰਾਣ ਗੋਪਾਲ ਰਾਇ ਕੋਟ੍ਈ ਜਾਤੀ ਬਾਨਦੀ ਮਾਈ ਨਾਲ ਮੇਰਾ ਮੰਨਾ ॥ (687)

When the Lord, my King, is totally pleased with me, He will break the bonds of Maya for
me; my mind is imbued with the Word of the Guru's Shabad.
I am in ecstasy, forever and ever, meeting the Fearless Lord, the Lord of the Universe. Falling at the Lord's Feet, Nanak has found peace. ||8||

My Yatra, my life pilgrimage, has become fruitful, fruitful, fruitful.

My comings and goings have ended, since I met the Holy Saint. ||1|| Second. Pause ||1||3||

One Universal Creator God. By The Grace Of The True Guru:

The True Guru is merciful to the meek; in His Presence, the Lord's Praises are sung.

The Ambrosial Name of the Lord is chanted in the Saadh Sangat, the Company of the Holy.

Vibrating, and worshipping the One Lord in the Company of the Holy, the pains of birth and death are removed.
धुर करम लिखिया साच सिखिया कटी जम की फासे ॥ (691)
Those who have such karma pre-ordained, study and learn the Truth; the noose of Death is removed from their necks.

भै भरम नाथे छुटी गाथे जम पंथ मूल न आवीई ॥ (691)
Their fears and doubts are dispelled, the knot of death is untied, and they never have to walk on Death's path.

बिनवंत नानक धार खरपा सदा हर गुण गावीई ॥१॥ (691)
Prays Nanak, shower me with Your Mercy, Lord; let me sing Your Glorious Praises forever. ||1||

निधिराय धर एकु नामु निरंजनो जीउ ॥ (691)
The Name of the One, Immaculate Lord is the Support of the unsupported.

तू दाता दातारू सरब दुख भंजनो जीउ ॥ (691)
You are the Giver, the Great Giver, the Dispeller of all sorrow.

दुख रहत करता सुध सुआमी साधू आइआ ॥ (691)
O Destroyer of pain, Creator Lord, Master of peace and bliss, I have come seeking the Sanctuary of the Holy;

संसार सागर महा बिख्रा पल एक माहि तराईआ ॥ (691)
please, help me to cross over the terrifying and difficult world-ocean in an instant.
ਪੂਰੀ ਰਾਹਤਾ ਸਰਵ ਥਾਈ ਗੁਰ ਗੀ ਆਨੂ ਨੇਤੀ ਅੰਜਨੋ ॥ (691)
I saw the Lord pervading and permeating everywhere, when the healing ointment of the Guru's wisdom was applied to my eyes.

ਬੀਨਵੰਤ ਨਾਨਕ ਸਦਾ ਸਿਸਮਰੀ ਸਰਵ ਦੁੱਖ ਭੀ ਭੰਜਨੋ ॥੨॥ (691)
Prays Nanak, remember Him forever in meditation, the Destroyer of all sorrow and fear. ||2||

ਆਪੇ ਲੀਈ ਲਿੜ ਲਿੜਇ ਕਿਰਪਾ ਧਾਰੀਆ ਜੀਉ ॥ (691)
He Himself has attached me to the hem of His robe; He has showered me with His Mercy.

ਮੋਹਨੀਰਗੁਣ ਨੀਚੁ ਅਨਾਥੁ ਪਰੁੱਬ ਅਗਮ ਅਪਾਰੀਆ ਜੀਉ ॥ (691)
I am worthless, lowly and helpless; God is unfathomable and infinite.

ਦਿਆਲ ਸਦਾ ਕਿਰਪਾ ਸੁਅਮੀ ਨੀਚ ਥਾਪਣਹਾਰਾ ॥ (691)
My Lord and Master is always merciful, kind and compassionate; He uplifts and establishes the lowly.

ਲੀਬਾਲ ਸੰਗ ਜੰਤ ਸਿੰਰਾ ਥੇਰੀ ਸਾਰੀਆ ॥ (691)
All beings and creatures are under Your power; You take care of all.

ਾਪਾ ਕਰਤਾ ਆਪੇ ਭੂਗਤਾ ਆਪੇ ਸਗਲ ਬੀਚਾਰੀਆ ॥ (691)
He Himself is the Creator, and He Himself is the Enjoyer; He Himself is the Contemplator of all.
Prays Nanak, singing Your Glorious Praises, I live, chanting the Chant of the Lord, the Lord of the world-forest. ||3||

The Blessed Vision of Your Darshan is incomparable; Your Name is utterly priceless.

O my Incomputable Lord, Your humble servants ever meditate on You.

You dwell on the tongues of the Saints, by Your own pleasure; they are intoxicated with Your sublime essence, O Lord.

Those who are attached to Your feet are very blessed; night and day, they remain always awake and aware.

Forever and ever, meditate in remembrance on the Lord and Master; with each and every breath, speak His Glorious Praises.

Prays Nanak, let me become the dust of the feet of the Saints. God's Name is invaluable. ||4||1||
Jaitsree, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:

Does anyone know, who is our friend in this world?

He alone understands this, whom the Lord blesses with His Mercy. Immaculate and unstained is his way of life. ||1||Pause||

Mother, father, spouse, children, relatives, lovers, friends and siblings,

meet, having been associated in previous lives; but none of them will be your companion and support in the end. ||1||

Pearl necklaces, gold, rubies and diamonds please the mind, but they are only Maya.

Possessing them, one passes his life in agony; he obtains no contentment from them. ||2||
hasat rath asav pavan tayj Dhanee bhooman chaturaaNgaa.
Elephants, chariots, horses as fast as the wind, wealth, land, and armies of four kinds -

sang na chaali-o in meh kachhoo-ai siDhaa-i-o naaNgaa.
none of these will go with him; he must get up and depart, naked.

har kay sant pari-a pareetam parabh kay taa kai har har gaa-ee-ai.
The Lord's Saints are the beloved lovers of God; sing of the Lord, Har, Har, with them.

naanak eehaa sukh aagai mukh oojal sang santan kai paa-ee-ai.
O Nanak, in the Society of the Saints, you shall obtain peace in this world, and in the next
world, your face shall be radiant and bright.

jaitsaree mehlaa 5 ghar 3 dupday.
Jaitsree, Fifth Mehl, Third House, Du-Padas:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

dayh sandaysaro kahee-a-o pari-a kahee-a-o.
Give me a message from my Beloved - tell me, tell me!

bisam bha-ee mai baho biDh suntay kahhu suhaagan sahee-a-o.
I am wonder-struck, hearing the many reports of Him; tell them to me, O my happy sister soul-brides.
Some say that He is beyond the world - totally beyond it, while others say that He is totally within it.

His color cannot be seen, and His pattern cannot be discerned. O happy soul-brides, tell me the truth!

He is pervading everywhere, and He dwells in each and every heart; He is not stained - He is unstained.

Says Nanak, listen, O people: He dwells upon the tongues of the Saints.

I am calmed, calmed and soothed, hearing of God.

I dedicate my soul, my breath of life, my mind, body and everything to Him: I behold God near, very near.

Beholding God, the inestimable, infinite and Great Giver, I cherish Him in my mind.
ਜੋ \(\text{\textit{chaaha-o}}\) \(\text{so-\textit{ee}}\) \(\text{so-\textit{ee}}\) \(\text{paava-o}\) \(\text{aasaa mansaa poora-o}\) \(\text{parabh ka-o.}\) ||3||
Whatever I wish for, I receive; my hopes and desires are fulfilled, meditating on God. ||3||

By Guru’s Grace, God dwells in Nanak’s mind; he never suffers or grieves, having realized God. ||4||2||3||

I seek my Friend the Lord.

In each and every home, sing the sublime songs of rejoicing; He abides in each and every heart. ||1||Pause||

In good times, worship and adore Him; in bad times, worship and adore Him; do not ever forget Him.

Chanting the Naam, the Name of the Lord, the light of millions of suns shines forth, and the darkness of doubt is dispelled. ||1||

In all the spaces and interspaces, everywhere, whatever we see is Yours.
ਸੰਤਸੰਗ पਾਵੈ ਜੋ ਨਾਨਕ ਿਤਸੁ ਬਹੁਰ ਨ ਹੋਈ ਹਨ ਫੇ ਰਾ। \(2\) \(3\) \(4\)

One who finds the Society of the Saints, O Nanak, is not consigned to reincarnation again.

\(2\) \(3\) \(4\)

Jaitsree, Fifth Mehl, Fourth House, Du-Padas:

ਅਬ ਮੈ ਸੁਖੁ ਪਾਇਓ ਗੁਰ ਆਗਯ੍ਯ। \(701\)

Now, I have found peace, bowing before the Guru.

ਤਜੀ ਿਸਆਨਪ ਿਚੰਤ ਿਵਸਾਰੀ ਅਹੰ ਛਓਇ ਹੈ ਿਤਆਗਯ। \(1\) \(2\) \(3\) \(4\)

I have abandoned cleverness, quieted my anxiety, and renounced my egotism.

\(1\) \(2\) \(3\) \(4\)

In His Grace, the Guru engaged me in the Lord’s service, and then, the Messenger of Death gave up pursuing me. \(701\)

\(1\) \(2\) \(3\) \(4\)

I swam across the ocean of fire, when I met the Saints, through great good fortune.
O servant Nanak, I have found total peace; my consciousness is attached to the Lord's feet.

He has implanted within me spiritual wisdom and the Mantra of the Lord's Name; Dear God has shown mercy to me.

I have come to the Sanctuary of the Merciful Lord, the Destroyer of pain; I am holding tight to the Support of His feet.

The Saadh Sangat, the Company of the Holy, has assumed the form of a boat, to cross over the terrifying world-ocean.
I drink in the Ambrosial Nectar, and my doubts are shattered; says Nanak, I can bear the unbearable.

Jaitsree, Fifth Mehl:

One who has the Lord of the Universe as his help and support is blessed with all peace, poise and bliss; no afflictions cling to him.

He appears to keep company with everyone, but he remains detached, and Maya does not cling to him.

He is absorbed in love of the One Lord; he understands the essence of reality, and he is blessed with wisdom by the True Guru.

Those whom the Lord and Master blesses with His kindness, compassion and mercy are the sublime and sanctified Saints.
ਤਿਨ ਕੈ ਸੰਗ ਨਾਨਕ ਨਿਸਤਾਰੀਐ ਜਿਨ ਰਸ਼ੀ ਰਸ਼ੀ ਹਰ ਗੁਨ ਗਾਈ ॥੨੦॥੭॥

Associating with them, Nanak is saved; with love and exuberant joy, they sing the Glorious Praises of the Lord. ||2||3||7||

Jaitsaree, Fifth Mehl:

ਗੋਬੰਦ ਜੀਵਨ ਪਰਾਨ ਧਨ ਰੂਪ ॥

goobind jeevan paraan Dhan roop.
The Lord of the Universe is my existence, my breath of life, wealth and beauty.

ਅਗਿਆਨ ਮੋਹ ਮਹਾ ਪਰਾਨੀ ਅੰਧਾਰੇ ਮਿਹ ਦੀਪ ॥੧॥ ਰਹਾਊ ॥

agi-aan moh magan maha paraanee anDhi-aaray meh deep. ||1|| rahaa-o.
The ignorant are totally intoxicated with emotional attachment; in this darkness, the Lord is the only lamp. ||1||Pause||

ਸਫਲ ਦਰਸਨੁ ਤੁਮਰਾ ਪਰਭ ਪਰੀਤਮ ਚਰਨ ਕਮਲ ਆਨੂਪ ॥

safal darsan tumraa parabh pareetam charan kamal aanoop.
Fruitful is the Blessed Vision of Your Darshan, O Beloved God; Your lotus feet are incomparably beautiful!

ਅਨਿਕ ਬਾਰ ਕਰੁਚ ਤਿਹ ਬੰਦਨ ਮਨਹ ਚਹਾਰਵੁ ਧੂਪ ॥

anik baar kara-o tih bandan maneh charHa-aaroo Dhoop. ||1||
So many times, I bow in reverence to Him, offering my mind as incense to Him. ||1||

ਹਾਰ ਪਾਰਾਹ ਪ੍ਰੁਤ ਪਰੁਸਾ ਦੁਆਰਾ ਦਾਰਿਗ ਨੂਖ ਤੁਮ ਲੂਕ ॥

haar paara-o pru-put pru-saa du-arai darigh nu-kh tum-look.
Exhausted, I have fallen at Your Door, O God; I am holding tight to Your Support.

ਕਾਢ ਲੈ ਹੂ ਅਪੁਨੇ ਸੰਸਾਰ ਪਾਵਕ ਕੇ ਕੂਪ ॥

kaadh layho naanak apunay ka-o sansaar paavak kay koop. ||2||4||8||
Please, lift Your humble servant Nanak up, out of the pit of fire of the world. ||2||4||8||
Jaitsree, Fifth Mehl:

कोई जनु हिर सिँह देवै जोिर ॥
ko-ee jan har si-o dayvai jor.
If only someone would unite me with the Lord!

चरन गहउ बकउ सुभ रसना दीजिह पर्ान अकोिर ॥१॥ रहाउ ॥
charan gaha-o baka-o subh rasnaa deejeh paraan akor. ||1|| rahaa-o.
I hold tight to His feet, and utter sweet words with my tongue; I make my breath of life an offering to Him. ||1||Pause||

मनु तनु िनरमल करत िकआरो हिर िसचै सुधा संजोिर ॥
man tan nirmal karat ki-aaro har sinchai suDhaa sanjor.
I make my mind and body into pure little gardens, and irrigate them with the sublime essence of the Lord.

आईओ सरचि दीन दुख भंजन िचतवउ तुम्हरी ओिर ॥
aa-i-o saran deen dukh bhanjan chitva-o tumHree or.
I have come to Your Sanctuary, O Destroyer of the suffering of the innocent; I keep my consciousness focused on You.

abhai pad daan simran su-amee ko parabh naanak banDhan chhor. ||2||5||9||
Bless me with the gifts of the state of fearlessness, and meditative remembrance, Lord and Master; O Nanak, God is the Breaker of bonds. ||2||5||9||
Jaitsree, Fifth Mehl:

The rainbird longs for the rain to fall.

The chakvi duck does not desire many comforts, but it is filled with bliss upon seeing the dawn.

The fish cannot survive any other way - without water, it dies.

I am a helpless orphan - I seek Your Sanctuary, O My Lord and Master; please bless me with Your mercy.

Nanak worships and adores the Lord's lotus feet; without Him, there is no other at all.
The Lord, my very breath of life, abides in my mind and body.

Bless me with Your mercy, and unite me with the Saadh Sangat, the Company of the Holy, O perfect, all-knowing Lord God.

Those, unto whom You give the intoxicating herb of Your Love, drink in the supreme sublime essence.

I cannot describe their value; what power do I have?

The Lord attaches His humble servants to the hem of His robe, and they swim across the world-ocean.

Meditating, meditating, meditating in remembrance on God, peace is obtained; Nanak seeks the Sanctuary of Your Door.

After wandering through so many incarnations, I have come to Your Sanctuary.
Save me - lift my body up out of the deep, dark pit of the world, and attach me to Your feet. ||1|| Pause ||

I do not know anything about spiritual wisdom, meditation or karma, and my way of life is not clean and pure.

Please attach me to the hem of the robe of the Saadh Sangat, the Company of the Holy; help me to cross over the terrible river. ||1||

Comforts, riches and the sweet pleasures of Maya - do not implant these within your mind.

Slave Nanak is satisfied and satiated by the Blessed Vision of the Lord's Darshan; his only ornamentation is the love of the Lord's Name. ||2||8||12||

O humble servants of the Lord, remember the Lord in meditation within your heart.


g वर ततं अपदा निकाट स आवे पूरन दास के काम ||१|| रहाउ || (702)
हरी जन कउ अपदा निकाट न आवे पूरन दास के काम ||१|| रहाउ ||
Har jan ka-o apdaa nikat na aavai pooran daas kay kaam. ||1|| raha-o.
Misfortune does not even approach the Lord's humble servant; the works of His slave are
perfectly fulfilled. ||1||Pause||

वेंटि विशंस रिहामगुर गव्न एवं निन्दलं गोविद यम || (702)
कोंटि विचंग विनसंहि हरि सेवा निह्चलु गोविद धाम ||
kot bighan binsahi har sayvaa nihchal govid Dhaam.
Millions of obstacles are removed, by serving the Lord, and one enters into the eternal
dwelling of the Lord of the Universe.

कॉट िबघन िबनसिह हिर सेवा िनहचलु गोविद धाम || (702)
kot bighan binsahi har sayvaa nihchal govid Dhaam.

Millions of obstacles are removed, by serving the Lord, and one enters into the eternal
dwelling of the Lord of the Universe.


tभगवंत भगत कउ भउ किछु नाही आदरु देवत जाम ||१||
bhagvant bhagat ka-o bha-o kichh naahee aadar dayvat jaam. ||1||
The Lord's devotee is very fortunate; he has absolutely no fear. Even the Messenger of
Death pays homage to him. ||1||


dी उपसं आर मे बचची वंदी विनं वन्द दाम || (702)
taj gopaal aan jo karni so-ee so-ee binsat khaam.
Forsaking the Lord of the world, he does other deeds, but these are temporary and
transitory.


cरर कमल विकाए गाँव रत्नथ मध मधु विमरम ||२||१५ ||१३ || (702)
charan kamal hirdai gahu naanak sukh samooh bisraam. ||2||9||13||
Grasp the Lord's lotus feet, and hold them in your heart, O Nanak; you shall obtain
absolute peace and bliss. ||2||9||13||


eउम्मी भगवंत धंड उड़ डु (703)
jaitsaree mehlaa 5 chhant ghar 1
Jaitsree, Fifth Mehl, Chhant, First House:


eँखियु धूमा धूम || (703)
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:
ਸਲੋਕ ॥ (703)
salok.
Shalok:

ਦਰਸਨ ਪਿਆਸੀ ਦਿਨਸੂ ਰਾਤ ਚਿਤਵੁ ਅਨਦਿਨ ਨੀਟ ॥ (703)
darsan pi-aasee dinas raat chitva-o an-din neet.
I am thirsty for the Blessed Vision of the Lord's Darshan, day and night; I yearn for Him constantly, night and day."

ਖੋਲ ਕਪਟ ਗੁਰ ਮੇਲੀਆ ਨਾਨਕ ਹਿਰ ਸੰਗ ਮੀਤ ॥੧॥ (703)
kholiH kapat gur maylee-aa naanak har sang meet. ||1||
Opening the door, O Nanak, the Guru has led me to meet with the Lord, my Friend. ||1||

ਚੰਤ ॥ (703)
chhant.
Chhant:

ਸੁਣ ਯਾਰ ਹਮਾਰੇ ਸਜਣ ਇਕ ਕਰੁ ਬੇਨੰਤੀਆ ॥ (703)
sun yaar hamaaray sajan ik kara-o banantee-aa.
Listen, O my intimate friend - I have just one prayer to make.

ਇਸ ਭੇਂਤਲ ਰਾਲ ਦਿਲਾਵੇ ਦਿਵਾਈ ਘੇੜੀਆਂ ॥ (703)
tis mohan laal piaaray ha-o fira-o khojantee-aa.
I have been wandering around, searching for that enticing, sweet Beloved.

ਇਸ ਚੀਪ ਦਿਲਾਵੇ ਮੁਗੁ ਵੱਡੇ ਹੁਲੇ ਬੇਲੇਬੇਠਣੀਆਂ ॥ (703)
tis das piaaray sir Dхaree utaaray ik bhoree darsan deejai.
Whoever leads me to my Beloved - I would cut off my head and offer it to him, even if I were granted the Blessed Vision of His Darshan for just an instant.

ਨੈਨ ਹਮਾਰੇ ਪ੍ਰਧਾਨ ਰੰਗ ਰੰਗਾਰੇ ਹੁਲੀ ਤਿਲੁ ਭੀ ਨਾ ਧੀਰੀਜੈ ॥ (703)
nain hamaaray pari-a rang rangaaray ik tilu bhii naa Dheereejai.
My eyes are drenched with the Love of my Beloved; without Him, I do not have even a moment's peace.
My mind is attached to the Lord, like the fish to the water, and the rainbird, thirsty for the raindrops.

Servant Nanak has found the Perfect Guru; his thirst is totally quenched.

O intimate friend, my Beloved has all these loving companions; I cannot compare to any of them.

O intimate friend, each of them is more beautiful than the others; who could consider me?

Each of them is more beautiful than the others; countless are His lovers, constantly enjoying bliss with Him.

Beholding them, desire wells up in my mind; when will I obtain the Lord, the treasure of virtue?

I dedicate my mind to those who please and attract my Beloved.
Says Nanak, hear my prayer, O happy soul-brides; tell me, what does my Husband Lord look like? ||2||

O intimate friend, my Husband Lord does whatever He pleases; He is not dependent on anyone.

O intimate friend, you have enjoyed your Beloved; please, tell me about Him.

They alone find their Beloved, who eradicate self-conceit; such is the good destiny written on their foreheads.

Taking me by the arm, the Lord and Master has made me His own; He has not considered my merits or demerits.

She, whom You have adorned with the necklace of virtue, and dyed in the deep crimson color of His Love - everything looks beautiful on her.

O servant Nanak, blessed is that happy soul-bride, who dwells with her Husband Lord.
यार वे नित सुख सुखेदी सा मै पाई ॥
O intimate friend, I have found that peace which I sought.

वर्लोडी आइआ वजी वाधाई ॥
My sought-after Husband Lord has come home, and now, congratulations are pouring in.

महामंगल रहसु थीआ विर दइआलु सद नव रंगीआ ॥
Great joy and happiness welled up, when my Husband Lord, of ever-fresh beauty, showed mercy to me.

वड भािग पाइआ गुिर िमलाइआ साध कै सतसंगीआ ॥
By great good fortune, I have found Him; the Guru has united me with Him, through the Saadh Sangat, the True Congregation of the Holy.

आसा मनसा सगल पूरी िपर्अ अंिक अंकु िमलाई ॥
My hopes and desires have all been fulfilled; my Beloved Husband Lord has hugged me close in His embrace.

बिनवंित नानकु सुख सुक्षिया सा मै गुर िमिल पाई ॥4॥1॥
Prays Nanak, I have found that peace which I sought, meeting with the Guru. ||4||1||

जैतसरी महला ५ घरु २ छंत
Jaitsaree, Fifth Mehl, Second House, Chhant:

नेिउली भूलूँ ओऽ २ हंड (704)

One Universal Creator God. By The Grace Of The True Guru:
Shalok:

ऊचा अगम अपार पर्भु कथनु न जाइ अकथु ॥

oochaa agam apaar parabh kathanu na jaa-ay akath.
God is lofty, unapproachable and infinite. He is indescribable - He cannot be described.

Nanak seeks the Sanctuary of God, who is all-powerful to save us. ||1||

Chhant:

जिउ जानहु ितउ राखु हिर पर्भ तेिरआ ॥

ji-o jaanhu ti-o raakh har parabh tayri-aa.
Save me, any way You can; O Lord God, I am Yours.

My demerits are uncountable; how many of them should I count?

The sins and crimes I committed are countless; day by day, I continually make mistakes.

I am intoxicated by emotional attachment to Maya, the treacherous one; by Your Grace alone can I be saved.
look karat bikaar bikh-rhay parabh nayr hoo tay nayri-aa.
Secretly, I commit hideous sins of corruption, even though God is the nearest of the near.

Prays Nanak, shower me with Your Mercy, Lord, and lift me up, out of the whirlpool of the terrifying world-ocean. ||1||

Countless are His virtues; they cannot be enumerated. God's Name is lofty and exalted.

This is Nanak's humble prayer, to bless the homeless with a home. ||2||

There is no other place at all - where else should I go?

Twenty-four hours a day, with my palms pressed together, I meditate on God.
Dhī-ā-ay so parabh sadaa apunaa maneh chindi-āa paa-ee-ai.
Meditating forever on my God, I receive the fruits of my mind's desires.

Taj maan moh vikaar doojaa ayk si-o liv laa-ee-ai.
Renouncing pride, attachment, corruption and duality, I lovingly center my attention on the One Lord.

Arap man tan parabhoo aagai aap sagal mitaa-ee-ai.
Dedicate your mind and body to God; eradicate all your self-conceit.

Prays Nanak, shower me with Your mercy, Lord, that I may be absorbed in Your True Name. ||2||

Ray man taa ka-o Dhi-aa-ee-ai sabh biDh jaa kai haath.
O mind, meditate on the One, who holds everything in His hands.

Gather the wealth of the Lord's Name; O Nanak, it shall always be with You. ||3||

Chhant.
Chhant:
God is our only True Friend; there is not any other.

In the places and interspaces, in the water and on the land, He Himself is pervading everywhere.

He is totally permeating the water, the land and the sky; God is the Great Giver, the Lord and Master of all.

I have hurried to the Sanctuary of the Lord Master, the Bringer of peace; without Him, there is no other at all.

Prays Nanak, that being, unto whom the Lord shows mercy - he alone obtains the Naam.

Shalok:

salok.
chit je chitvi-aa so mai paa-i-aa.
Whatever I wish for, that I receive.

Meditating on the Naam, the Name of the Lord, Nanak has found total peace. ||4||

Chhant:
ab man chhoot ga-i-aa saaDhoo sang milay.
My mind is now emancipated; I have joined the Saadh Sangat, the Company of the Holy.

As Gurmukh, I chant the Naam, and my light has merged into the Light.

Remembering the Lord's Name in meditation, my sins have been erased; the fire has been extinguished, and I am satisfied.

He has taken me by the arm, and blessed me with His kind mercy; He has accepted me His own.

The Lord has hugged me in His embrace, and merged me with Himself; the pains of birth and death have been burnt away.
धिनवंत नानक दिया धारी मेल लीने इक पले ॥४॥२॥ (७०५)

Prays Nanak, He has blessed me with His kind mercy; in an instant, He unites me with Himself. ॥४॥२॥

जैतसेय छंत मः ५ ॥ (७०५)

Jaitsaree chhant mehlaa 5.

Jaitsree, Chhant, Fifth Mehl:

पादाणू संसारु गारिब अिटा ॥ (७०५)

The world is like a temporary way-station, but it is filled with pride.

करते पाप अनेक माइआ रंग रिटा ॥ (७०५)

People commit countless sins; they are dyed in the color of the love of Maya.

लोिभ मोिह अिभमािन बूिदे मरणु चीित न आवी ॥ (७०५)

In greed, emotional attachment and egotism, they are drowning; they do not even think of dying.

पुिज िदवस आए िलखे माई दुिखु धरििम दूितह िडिठा ॥ (७०५)

When their pre-ordained days have run their course, O mother, they behold the Messengers of the Righteous Judge of Dharma, and they suffer.
The karma of their past deeds cannot be erased, O Nanak, if they have not earned the wealth of the Lord's Name.

He makes all sorts of efforts, but he does not sing the Lord's Name.

He wanders around in countless incarnations; he dies, only to be born again.

As beasts, birds, stones and trees - their number cannot be known.

As are the seeds he plants, so are the pleasures he enjoys; he receives the consequences of his own actions.

He loses the jewel of this human life in the gamble, and God is not pleased with him at all.

Prays Nanak, wandering in doubt, he does not find any rest, even for an instant.

Youth has passed, and old age has taken its place.
The hands tremble, the head shakes, and the eyes do not see.

The eyes do not see, without vibrating and meditating on the Lord; he must leave behind the attractions of Maya, and depart.

He burnt his mind and body for his relatives, but now, they do not listen to him, and they throw dust on his head.

Love for the infinite, Perfect Lord does not abide in his mind, even for an instant.

Prays Nanak, the fort of paper is false - it is destroyed in an instant. ||3||

Nanak has come to the Sanctuary of the Lord's lotus feet.

God Himself has carried Him across the impassable, terrifying world-ocean.

Joining the Saadh Sangat, the Company of the Holy, I vibrate and meditate on the Lord; God has made me His own, and saved me.
The Lord has approved of me, and blessed me with His Name; He did not take anything else into consideration.

I have found the infinite Lord and Master, the treasure of virtue, which my mind had yearned for.

Prays Nanak, I am satisfied forever; I have eaten the food of the Lord's Name.

One Universal Creator God. By The Grace Of The True Guru:

In the beginning, He was pervading; in the middle, He is pervading; in the end, He will be pervading. He is the Transcendent Lord.

The Saints remember in meditation the all-pervading Lord God. O Nanak, He is the Destroyer of sins, the Lord of the universe.
See, hear, speak and implant the True Lord within your mind.

He is all-pervading, permeating everywhere; O Nanak, be absorbed in the Lord's Love.

Sing the Praise of the One, the Immaculate Lord; He is contained within all.

The Cause of causes, the Almighty Lord God; whatever He wills, comes to pass.

In an instant, He establishes and disestablishes; without Him, there is no other.

He pervades the continents, solar systems, nether worlds, islands and all worlds.

He alone understands, whom the Lord Himself instructs; he alone is a pure and unstained being.
Creating the soul, the Lord places this creation in the womb of the mother.

With each and every breath, it meditates in remembrance on the Lord, O Nanak; it is not consumed by the great fire.

With its head down, and feet up, it dwells in that slimy place.

O Nanak, how could we forget the Master? Through His Name, we are saved.

From egg and sperm, you were conceived, and placed in the fire of the womb.

Head downwards, you abided restlessly in that dark, dismal, terrible hell.
Remembering the Lord in meditation, you were not burnt; enshrine Him in your heart, mind and body.

In that treacherous place, He protected and preserved you; do not forget Him, even for an instant.

Forgetting God, you shall never find peace; you shall forfeit your life, and depart. ||2||

He grants our hearts' desires, and fulfills all our hopes.

He destroys pain and suffering; remember God in meditation, O Nanak - He is not far away. ||1||

Love Him, with whom you enjoy all pleasures.

Do not forget that Lord, even for an instant; O Nanak, He fashioned this beautiful body. ||2||
ਪਊੜੀ ॥ (706)
ਪउਡੀ ॥
pau-ring.

Pauree:

ਤੀਧੀ ਪ੍ਰੁਠ ਉਠ ਸੀਖਾ ਚੀਥੇ ਵਾਲ ਦੇਣਾ ॥ (706)
ਜੀਉ ਪ੍ਰਾਨ ਤਨੁ ਧਨੁ ਦੀਆ ਦੀਨੇ ਰਸ ਭੋਗ ॥
jee-o paraan tan Dhan dee-aa deenay ras bhog.
He gave you your soul, breath of life, body and wealth; He gave you pleasures to enjoy.

ਗਿਰ੍ਹ ਮੰਦਰ ਰਥ ਅਸੁ ਦੀਏ ਰਚਿ ਭਲੇ ਸੰਜੋਗ ॥ (706)
ਗਿਰ੍ਹ ਮੰਦਰ ਰਥ ਅਸੁ ਦੀਏ ਰਚਿ ਭਲੇ ਸੰਜੋਗ ॥
garih mandar rath as dee-ay rach bhalay sanjog.
He gave you households, mansions, chariots and horses; He ordained your good destiny.

ਸੁਤ ਬਿਨਾ ਸਾਜਨ ਸੇਵਕ ਦੀਆ ਪਰ੍ਭ ਦੇਵਨ ਜੋਗ ॥ (706)
sut banita saajan sayvak dee-ay parabh dayvan jog.
He gave you your children, spouse, friends and servants; God is the all-powerful Great Giver.

ਗਿਰ੍ਹ ਸਿਮਰਾ ਤਨੁ ਮਨੁ ਹਿਰੀਆ ਲਿਹ ਜਿਹ ਵਿਜੋਗ ॥ (706)
ਗਿਰ੍ਹ ਸਿਮਰਾ ਤਨੁ ਮਨੁ ਹਿਰੀਆ ਲਿਹ ਜਿਹ ਵਿਜੋਗ ॥
har simrat tan man hari-aa leh jaahi vijog.
Meditating in remembrance on the Lord, the body and mind are rejuvenated, and sorrow departs.

ਸਾਧਸੰਗਾ ਹਿਰ ਗੁਣ ਰਮਹ ਸੀਸੇ ਤੋਨ ਵੋਗ ॥ 3 ॥ (706)
ਸਾਧਸੰਗਾ ਹਿਰ ਗੁਣ ਰਮਹ ਸੀਸੇ ਤੋਨ ਵੋਗ ॥ 3 ॥
saaDhsang har gun ramhu binsay sabh rog. ||3||
In the Saadh Sangat, the Company of the Holy, chant the Praises of the Lord, and all your sickness shall vanish. ||3||

ਸਲੋਕ ॥ (706)
ਸਲੋਕ ॥
salok.

Shalok:

ਕੁਟੰਬ ਜਤਨ ਕਰਣਸ ਮਾਇਆ ਅਨੇਕ ਉਦਮਹ ॥ (706)
ਕੁਟੰਬ ਜਤਨ ਕਰਣਸ ਮਾਇਆ ਅਨੇਕ ਉਦਮਹ ॥
kutamb jatan karnaN maa-i-aa anayk udmah.
For his family, he works very hard; for the sake of Maya, he makes countless efforts.
ਹਿਰ ਭਗਤ ਭਾਵ ਹੀਣਂ ਨਾਨਕ ਪਰ੍ਭ ਿਬਸਰਤ ਤੇ ਪਰ੍ੇਤਹ ॥੧॥

But without loving devotional worship of the Lord, O Nanak, he forgets God, and then, he is a mere ghost. ||1||

ਤੁਟੜੀਆ ਸਾ ਪਰ੍ੀਤ ਜੋ ਲਾਈ ਿਬਅੰਨ ਿਸਉ ॥

That love shall break, which is established with any other than the Lord. ||1||

ਨਾਨਕ ਸਚੀ ਰੀਿਤ ਸĔਈ ਸੇਤੀ ਰਿਤਆ ॥੨॥

O Nanak, that way of life is true, which inspires love of the Lord. ||2||

ਪਉੜੀ ॥

Forgetting Him, one’s body turns to dust, and everyone calls him a ghost.

ਜੈਸਾ ਬੀਜੈ ਸੋ ਲੁਣੈ ਕਰਮ ਇਹੁ ਖੇਤੁ ॥

And those, with whom he was so much in love - they do not let him stay in their home, even for an instant.

ਬਿਮ ਕਤਾਦੀ ਰੋਕ ਦਰਬੁ ਸਚੀ ਉੱਤਮ ਕੰਵਾਰੁ ॥

Practicing exploitation, he gathers wealth, but what use will it be in the end?

ਜੈਸਾ ਬੀਜੈ ਸੋ ਲੁਣੈ ਕਰਮ ਇਹੁ ਖੇਤੁ ॥

As one plants, so does he harvest; the body is the field of actions.

ਤੇਂਗ ਬੀਜੇ ਮੇਂ ਛੁੱਟੇ ਕਰਮ ਹੀਣ ਖੇਤੁ ॥

As one plants, so does he harvest; the body is the field of actions.
ਅਕਰਤਗਾਨਾ ਹਿਰ ਵਿਸਿਰਾ ਜੋਨੀ ਭਰਮੇਤੂ ॥੪॥

The ungrateful wretches forget the Lord, and wander in reincarnation. ||4||

ਸਲੋਕ ॥ (706)
salok.
Shalok:

ਕੋਇ ਦਾਨ ਇਸਨਾਂ ਅਨਿਕ ਸੋਧਨ ਪਵਿਤਰਤਹ ॥
kot daan isnaanaN anik soDhan pavartah.
The benefits of millions of charitable donations and cleansing baths, and countless ceremonies of purification and piety,

ਉਚਰਣੰਤ ਨਾਨਕ ਹਿਰ ਹਿਰ ਰਸਨਾ ਸਰਬ ਪਾਪ ਬਿਮੁਚਤੇ ॥੧॥
uchrant naanak har har rasnaa sarab paap bimuchtay. ||1||
O Nanak, are obtained by chanting the Name of the Lord, Har, Har with one's tongue; all sins are washed away. ||1||

ਪ੍ਰਾਕਾਕਰ ਕੋਹਰੋ ਅਘਾ ਸਿਭਨ ਹੋਇ ਿਸਮਰਤ ਹਿਰ ਨਾਊ ॥

I gathered together a great stack of firewood, and applied a tiny flame to light it.

ਮਿਨ ਵਸੌਡੋ ਸਚੁ ਸਹੁ ਨਾਨਕ ਹਕਾ ਡੁਖ੍ਕ ਉਲਾਹੀ ॥੨॥
man vasand-rho sach saho naanak habhay dukh-rhay ulaahi. ||2||
When the True Lord and Master abides in one's mind, O Nanak, all sins are dispelled. ||2||

ਭਿਰ ਕਾਮੋ ਕੇ ਪਾਪ ਕੁਲ ਕਰਨ ਗਏ ਦਲਨੇ ਧੌਰੀਪਣ ॥

Millions of sins are totally erased, by meditating on the Lord's Name.
The fruits of one's heart's desires are obtained, by singing the Glorious Praises of the Lord.

The fear of birth and death is eradicated, and one's eternal, unchanging true home is obtained.

If it is so pre-ordained, one is absorbed in the Lord's lotus feet.

Bless me with Your mercy, God - please preserve and save me! Nanak is a sacrifice to You.

They are involved in their beautiful houses, and the pleasures of the mind's desires.

They never remember the Lord in meditation; O Nanak, they are like maggots in manure.

They are engrossed in ostentatious displays, lovingly attached to all their possessions.
That body which forgets the Lord, O Nanak, shall be reduced to ashes. ||2||

He may enjoy a beautiful bed, countless pleasures and all sorts of enjoyments.

He may possess mansions of gold, studded with pearls and rubies, plastered with fragrant sandalwood oil.

He may relish in the pleasures of his mind's desires, and have no anxiety at all.

But if he does not remember God, he is like a maggot in manure.

Without the Lord's Name, there is no peace at all. How can the mind be comforted? ||6||

Shalok:
One who loves the Lord’s lotus feet searches for Him in the ten directions.

He renounces the deceptive illusion of Maya, and joins the blissful form of the Saadh Sangat, the Company of the Holy.

The Lord is in my mind, and with my mouth I chant His Name; I seek Him in all the lands of the world.

O Nanak, all ostentatious displays are false; hearing the Praises of the True Lord, I live.

He dwells in a broken-down shack, in tattered clothes, with no friend or lover, without wealth, beauty, relatives or relations.
राजा सगली सिसिट का हिर नाम मनु भिना ॥
(Even so, he is the king of the whole world, if his mind is imbued with the Lord's Name.)

ितस की धूर्ध मनु उधरै पर्भु होइ सुपर्संना ॥७॥
(With the dust of his feet, men are redeemed, because God is very pleased with him.)

शालोक ॥

अनिक लीला राज रस रूपं छतर चमर तखत आसनं ॥
(The various sorts of pleasures, powers, joys, beauty, canopies, cooling fans and thrones to sit on -)

रचंत भूर अगिआन अंधह नानक सुपन मनोरथ माइआ ॥१॥
(the foolish, ignorant and blind are engrossed in these things. O Nanak, desire for Maya is just a dream.)

सुपनै हिभ रंग मािणआ िमठा लगड़ा मोहु ॥
(In a dream, he enjoys all sorts of pleasures, and emotional attachment seems so sweet.)

नानक नाम िवहूणीआ सुंदिर माइआ धर्ोहु ॥२॥
(O Nanak, without the Naam, the Name of the Lord, the beauty of Maya's illusion is fake.)

पउरी ॥

pa-orhee.
Pauree:
ਸੁਪਨੇ ਸੇਤੀ ਿਚਤੁ ਮੂਰਿਖ ਲਾਇਆ ॥ (707)
supnay saytee chit moorakh laa-i-aa.
The fool attaches his consciousness to the dream.

ਿਬਸਰੇ ਰਾਜ ਰਸ ਭੋਗ ਜਾਗਤ ਭਖਲਾਇਆ ॥ (707)
bisray raaj ras bhog jaagat bhakhlaa-i-aa.
When he awakes, he forgets the power, pleasures and enjoyments, and he is sad.

ਆਰਜਾ ਿਵਹਾਇ ਧੰਧਾਇ ਧਾਇਆ ॥ (707)
aarjaa ga-ee vihaa-ay DhanDhai Dhaa-i-aa.
He passes his life chasing after worldly affairs.

ਪੂਰਨ ਭਏ ਨ ਕਾਮ ਮੋਿਹਆ ਮਾਇਆ ॥ (707)
pooran bha-ay na kaam mohi-aa maa-i-aa.
His works are not completed, because he is enticed by Maya.

What can the poor helpless creature do? The Lord Himself has deluded him. ||8||

Shalok:

ਬਸੰਿਤ ਸਾਰਗ ਲੋਕਹ ਿਜਤਤੇ ਿਪਰ੍ਥਵੀ ਨਵ ਖੰਡਣਹ ॥ (707)
basant savarag lokah jittay parithvee nav khandnah.
They may live in heavenly realms, and conquer the nine regions of the world,

ਿਬਰਾਸਤਾ ਹਿਰ ਗੋਪਾਲਹ ਨਾਨਕ ਤੇ ਪਰ੍ਾਣੀ ਉਿਦਾਨ ਭਰਮਣਹ ॥੧॥
bisrant har gopaalah naanak tay paraanee udi-aan bharamneh. ||1||
but if they forget the Lord of the world, O Nanak, they are just wanderers in the wilderness. ||1||
In the midst of millions of games and entertainments, the Lord's Name does not come to their minds.

O Nanak, their home is like a wilderness, in the depths of hell.

He sees the terrible, awful wilderness as a city.

Gazing upon the false objects, he believes them to be real.

Engrossed in sexual desire, anger and egotism, he wanders around insane.

When the Messenger of Death hits him on the head with his club, then he regrets and repents.

Without the Perfect, Divine Guru, he roams around like Satan.
शालोक: 
राज कपटं रूप कपटं धन कपटं कुल गरबतह ॥ (708)
Power is fraudulent, beauty is fraudulent, and wealth is fraudulent, as is pride of ancestry.

संचृत विखिया छलं छिद्रु नानक विनु हरि संगि न चालते ॥१॥ (708)
One may gather poison through deception and fraud, O Nanak, but without the Lord, nothing shall go along with him in the end. ||1||

चढ़िधा नालि न चलै सो किउ संजीऐ ॥ (708)
It shall not go along with you when you depart - why do you bother to collect it?

पउरी: 
Pauree:
Forgetting the Lord, how can you be satisfied? Your mind cannot be pleased.

One who forsakes God, and attaches himself to another, shall be immersed in hell.

Be kind and compassionate to Nanak, O Lord, and dispel his fear.

Princely pleasures are not sweet; sensual enjoyments are not sweet; the pleasures of Maya are not sweet.

The Saadh Sangat, the Company of the Holy, is sweet, O slave Nanak; the Blessed Vision of God's Darshan is sweet.

I have enshrined that love which drenches my soul.

I have been pierced by the Truth, O Nanak; the Master seems so sweet to me.
pa-orhee.
Pauree:

Nothing seems sweet to His devotees, except the Lord.

All other tastes are bland and insipid; I have tested them and seen them.

Ignorance, doubt and suffering are dispelled, when the Guru becomes one's advocate.

The Lord's lotus feet have pierced my mind, and I am dyed in the deep crimson color of His Love.

My soul, breath of life, body and mind belong to God; all falsehood has left me.

Leaving the water, the fish cannot live; the rainbird cannot live without the raindrops from the clouds.
The deer is enticed by the sound of the hunter's bell, and shot through with the arrow; the bumble bee is entangled in the fragrance of the flowers.

The Saints are entranced by the Lord's lotus feet; O Nanak, they desire nothing else.

Show me Your face, for even an instant, Lord, and I will not give my consciousness to any other.

My life is with the Lord Master, O Nanak, the Friend of the Saints.

How can the fish live without water?

Without the raindrops, how can the rainbird be satisfied?

The deer, entranced by the sound of the hunter's bell, runs straight to him:
bhavar lobhee kusam baas kaa mil aap banDhaavai.
the bumble bee is greedy for the flower's fragrance; finding it, he traps himself in it.

ti-o sant janaa har pareet hai daykh daras aghaavai. ||12||
Just so, the humble Saints love the Lord; beholding the Blessed Vision of His Darshan, they are satisfied and satiated. ||12||

They contemplate the Lord's lotus feet; they worship and adore Him with each and every breath.

They do not forget the Name of the imperishable Lord; O Nanak, the Transcendent Lord fulfills their hopes. ||1||

He is woven into the fabric of my mind; He is not outside of it, even for an instant.

O Nanak, the True Lord and Master fulfills my hopes, and always watches over me. ||2||

He is woven into the fabric of my mind; He is not outside of it, even for an instant.
My hopes rest in You, O Lord of the universe; please, fulfill them.

Meeting with the Lord of the world, the Lord of the universe, I shall never grieve.

Grant me the Blessed Vision of Your Darshan, the desire of my mind, and my worries shall be over.

By body is sanctified, by the dust of Your feet.

O Supreme Lord God, Divine Guru, You are always with me, ever-present.

With my tongue, I chant the Lord's Name; with my ears, I listen to the Ambrosial Word of His Shabad.

Nanak is forever a sacrifice to those who meditate on the Supreme Lord God.
All concerns are false, except those of the One Lord.

O Nanak, blessed are those, who are in love with their True Lord.

I am forever a sacrifice to those who listen to the sermon of the Lord.

Those who bow their heads before God are perfect and distinguished.

Those hands, which write the Praises of the infinite Lord are beautiful.

Those feet which walk on God's Path are pure and holy.

In the Society of the Saints, they are emancipated; all their sorrows depart.
कीम न सका पाइ सुख मिती हू बाहरे ॥ (709)
कीम न सका पाइ सुख मिती हू बाहरे
Its value cannot be estimated; it brings peace beyond measure.

O Nanak, that time alone is approved, when my Beloved meets with me. ||2||
Meditating on the Lord, twenty-four hours a day, my mind’s desires are fulfilled.

By great good fortune, I have found the Society of the Saints; I bow and touch their feet.

My mind thirsts for the Blessed Vision of the Lord’s Darshan; Nanak is a sacrifice to Him.

The Lord of the Universe is the Purifier of sinners; He is the Dispeller of all distress.

Renouncing all self-conceit, I hold tight to the Lord’s Feet.

My sorrows and troubles have departed, O Nanak, beholding God.
pa-orhee.
Pauree:

मेिल लैहु दइआल ढिह पए दुआिरਆ || (709)
mayl laihu da-i-aal dheh pa-ay du-aari-aa.
Unite with me, O Merciful Lord; I have fallen at Your Door.

ਰਿਖ लेवहु दीन दइआल भਰ्मत बहु हािरआ ॥
rakh layvhu deen da-i-aal bharmat baho haari-aa.
O Merciful to the meek, save me. I have wandered enough; now I am tired.

ਸੰਤ ਉਧਰਣ ਦइਆਲੰ ਆਸਰੰ ਗੋਪਾਲ ਕੀਰਤਨਹ ॥
sant uDhran da-i-aalaN aasraN gopaal keeratneh.
The Merciful Lord is the Savior of the Saints; their only support is to sing the Kirtan of the Lord's Praises.
ਨੀਰਮਲੰ ਸੰਤ ਸੰਗੇਨ ਓਟ ਨਾਨਕ ਪਰਮੇਸੁਰਹ ॥੧॥

One becomes immaculate and pure, by associating with the Saints, O Nanak, and taking the Protection of the Transcendent Lord. ||1||

ਚੰਦਨ ਚੰਦੁ ਨ ਸਰਦ ਰੁਤ ਮੂਲ ਨ ਮਿੱਟੀ ਘੰਮ ॥

The burning of the heart is not dispelled at all, by sandalwood paste, the moon, or the cold season.

ਸੀਤਲੁ ਥੀਵੈ ਨਾਨਕਾ ਜਪੰਦੋ ਹਿਰ ਨਾਮ ॥

It only becomes cool, O Nanak, by chanting the Name of the Lord. ||2||

ਪਾਰੂੰਦੀ ॥ (709)

Pauree:

ਚਰਨ ਕਮਲ ਕੀ ਓਟ ਉਧਰੇ ਸਗਲ ਜਨ ॥

Through the Protection and Support of the Lord's lotus feet, all beings are saved.

ਸੁਰੋਦਾਪ ਲਾਂਚੀ ਨਿਵਹਾਉ ਬਦੇ ਭਨ ॥ (709)

Hearing of the Glory of the Lord of the Universe, the mind becomes fearless.

ਤੋਟ ਨ ਆਵੈ ਮੂਲ ਸਂਚਾਈ ਨਾਮ ਧਨ ॥ (709)

Nothing at all is lacking, when one gathers the wealth of the Naam.

ਐੱਂ ਨ ਸਿੱਖ ਸੰਗੁ ਪਾਈਐ ਬੌਈ ਧਰਤ ॥ (709)

The Society of the Saints is obtained, by very good deeds.
Twenty-four hours a day, meditate on the Lord, and listen continually to the Lord's Praises. ||17||

When the Lord God shows His Kindness, O Nanak, one is no longer engrossed in Maya. ||1||

When God becomes merciful, Maya does not cling.
Millions of sins are eliminated, by meditating on the Naam, the Name of the One Lord.

The body is made immaculate and pure, bathing in the dust of the feet of the Lord’s humble servants.

The mind and body become contented, finding the Perfect Lord God.

One is saved, along with his family, and all his ancestors.

The Guru is the Lord of the Universe; the Guru is the Lord of the world; the Guru is the Perfect Pervading Lord God.

The Guru is compassionate; the Guru is all-powerful; the Guru, O Nanak, is the Saving Grace of sinners.

The Guru is the boat, to cross over the dangerous, treacherous, unfathomable world-ocean.
O Nanak, by perfect good karma, one is attached to the feet of the True Guru. ||2||

Blessed, blessed is the Divine Guru; associating with Him, one meditates on the Lord.

When the Guru becomes merciful, then all one's demerits are dispelled.

The Supreme Lord God, the Divine Guru, uplifts and exalts the lowly.

Cutting away the painful noose of Maya, He makes us His own slaves.

With my tongue, I sing the Glorious Praises of the infinite Lord God. ||19||

With my tongue, I sing the Glorious Praises of the infinite Lord God. ||19||"
I see only the One Lord; I hear only the One Lord; the One Lord is all-pervading.

Nanak begs for the gift of the Naam; O Merciful Lord God, please grant Your Grace.

I serve the One Lord, I contemplate the One Lord, and to the One Lord, I offer my prayer.

Nanak has gathered in the wealth, the merchandise of the Naam; this is the true capital.

God is merciful and infinite. The One and Only is all-pervading.

He Himself is all-in-all. Who else can we speak of?

God Himself grants His gifts, and He Himself receives them.
Coming and going are all by the Hukam of Your Will; Your place is steady and unchanging.

Nanak begs for this gift; by Your Grace, Lord, please grant me Your Name. ||20||1||

Todee, Fifth Mehl, First House, Du-Padas:

One Universal Creator God. By The Grace Of The True Guru:

The Saints do not know any other.

They are carefree, ever in the Lord’s Love; the Lord and Master is on their side. ||Pause||

Such is the immortal Lord and Master the devotees have found; the spiritually wise remain absorbed in His Love. ||1||
Disease, sorrow, pain, old age and death do not even approach the humble servant of the Lord.

They remain fearless, in the Love of the One Lord; O Nanak, they have surrendered their minds to the Lord.

How can anyone be deceived, who has Your Support, O Lord? ||Pause||

Without meditating in remembrance on the Lord, life is like a burning fire, even if one lives long, like a snake.

One may rule over the nine regions of the earth, but in the end, he shall have to depart, losing the game of life. ||1||
गुण निधन गुण तिन ही गाए जा कउ किरपा धारी ॥ (712)

gun niDhaan gun tin hee gaa-ay jaa ka-o kirpaa Dhaaree.
He alone sings the Glorious Praises of the Lord, the treasure of virtue, upon whom the Lord showers His Grace.

मे सुबीआ पंह छिम सतम रुरुब विस विलिवाकी ॥2॥ (712)

so suubee-aa Dhan us janmaa naanak tis bulbhaaree ॥2॥2॥
He is at peace, and his birth is blessed; Nanak is a sacrifice to him. ||2||2||

टेडी भगु ५ घरु २ चउपदें (712)

Todee, Fifth Mehl, Second House, Chau-Padas:

ੴ

सਿਤਗੁਰ ਪਰਸਾਦ ॥ (712)

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਧਾਈਓ ਰੇ ਮਨ ਦਹ ਿਦਸ ਧਾਈਓ ॥ (712)

Dhaa-i-o ray man dah dis Dhaa-i-o.
The mind wanders, wandering in the ten directions.

ਮਾਇਆ ਮਗਦ ਸਾਧਸੰਗਿਤ ਵਾਦ ਅਧ ਬੁਹਲਾਇਓ ॥ (712)

maa-i-aa magan su-aad lobs mohi-o tin parabh aap bhulaa-i-o. raha-o.
It is intoxicated by Maya, enticed by the taste of greed. God Himself has deluded it. ||Pause||

ਵਿਧ ਵਧਾ ਵਧਾ ਮਾਸ ਸਾਧਰੂੱਬਪਾਟ ਹਿਦ ਹਿਦ ਮਾਹ ਮਨੁ ਨਾਲਾਇਓ ॥ (712)

har kathaa har jas saaDhsangat si-o ik muhat na ih man laa-i-o.
He does not focus his mind, even for a moment, on the Lord's sermon, or the Lord's Praises, or the Saadh Sangat, the Company of the Holy.

ਵਿਧੀਥ ਪਦੀ ਘੋਬ ਕਮੋਂ ਬਾਂਦ ਬਾਂਦ ਨੇਤਗਿਤ ਲਿਿਧੀ ॥੧॥ (712)

bigsi-o paykh rang kasumbh ko par garh johan jaa-i-o. ||1||
He is excited, gazing on the transitory color of the safflower, and looking at other men's wives. ||1||
चरन कमल सिउ भाउ न कीय न सत पुरख मनाइओ ॥ (712)
He does not love the Lord's lotus feet, and he does not please the True Lord.

धावत कउ धाविह बहु भाती जिउ तेली बलदु भर्माइओ ॥२॥
He runs around chasing the fleeting objects of the world, in all directions, like the ox around the oil press. ||2||

नाम दानु इसनानु न कीओ इक निमख न कीरित गाइओ ॥ (712)
He does not practice the Naam, the Name of the Lord; nor does he practice charity or inner cleansing.

नाना झूिठ लाइ मनु तोिखओ नह बूिझओ अपनाइओ ॥३॥
He does not sing the Kirtan of the Lord's Praises, even for an instant. Clinging to his many falsehoods, he does not please his own mind, and he does not understand his own self. ||3||

परउपकार न कहू कीए नही सितगुरु सेिव िधआइओ ॥
He never does good deeds for others; he does not serve or meditate on the True Guru.

पंच दूत रिच संगित गोसिट मतवारो मद माइओ ॥४॥
He is entangled in the company and the advice of the five demons, intoxicated by the wine of Maya. ||4||

करउ बेनी साधसंगित हरि भगति बछल सुिण आइओ ॥
I offer my prayer in the Saadh Sangat; hearing that the Lord is the Lover of His devotees, I have come.
ਨਾਨਕ ਭਾਿਗ ਪਿਰੋ ਹਿਰ ਪਾਛੈ ਰਾਖੁ ਲਾਜ ਅਪੁਨਾਇਓ ॥੫॥੧॥੩॥

Nanak runs after the Lord, and pleads, "Protect my honor, Lord, and make me Your own". ||5||1||3||

ਟੋਡੀ ਮਹਲਾ ੫ ॥

todee mehlaa 5.

Todee, Fifth Mehl:

ਮਾਨੁਖੁ ਿਬਨੁ ਬੂਜੇ ਿਬਰਥਾ ਆਈਆ ॥

Without understanding, his coming into the world is useless.

ਅਨਿਕ ਸਾਜ ਸੀਗਾਰ ਬਹੁ ਕਰਤਾ ਿਜਉ ਿਮਰਤਕੁ ਓਢਾਈਆ ॥ ਰਹਾਉ ॥

He puts on various ornaments and many decorations, but it is like dressing a corpse. ||Pause||

ਪਰਿ ਪਾਰੀ ਕਰਿਪਣ ਸਵਾਰੀ ਸੇਜਾ ਕਾਮਨਾ ਥਾਟੁ ਬਨਾਈਆ ॥

With great effort and exertion, the miser works to gather in the riches of Maya.

ਦਾਨੁ ਪੁੰਨੁ ਨਹੀ ਸੰਤਨ ਸੇਵਾ ਿਕਤ ਹੀ ਕਾਜ ਨ ਆਈਆ ॥੧॥

He does not give anything in charity or generosity, and he does not serve the Saints; his wealth does not do him any good at all. ||1||

ਧਾਈ ਧਾਈ ਕਾਜਾ ਸੁਨੁ ਸੀਗਾਰ ਚਿੱਤੀ ਿਕਤ ਸੇਜਾ ਕਾਮਨਾ ਥਾਟੁ ਬਨਾਈਆ ॥

The soul-bride puts on her ornaments, embellishes her bed, and fashions decorations.

ਸੰਗੁ ਨ ਪਾਇਓ ਅਪੁਨੇ ਬਹਾਰ ਪਾਇਖ ਪੇਕਾ ਪਾਇਆ ॥੨॥

But if she does not obtain the company of her Husband Lord, the sight of these decorations only brings her pain. ||2||
ਸਾਰੋ ਿਦਨਸੁ ਮਜੂਰੀ ਕਰਤਾ ਤੁਹੁ ਮੂਸਲਿਹ ਛਰਾਇਆ ॥ (712)
saaro dinas majooree kartaa tuhu mooslahi chharaa-i-aa.
The man works all day long, threshing the husks with the pestle.

ਖੇਦੁ ਭਇਓ ਬੇਗਾਰੀ ਿਨਆਈ ਘਰ ਕੈ ਕਾਿਮ ਨ ਆਇਆ ॥੩॥ (712)
khayd bha-i-o baygaaree ni-aa-ee ghar kai kaam na aa-i-aa. ||3||
He is depressed, like a forced laborer, and so he is of no use to his own home. ||3||

ਪਤਮਸਾਂਗ ਵੇ ਪਾਛਈ ਪਿਰਾਉ ਜਨ ਨਾਨਕ ਹਿਰ ਰਸੁ ਪਾਇਆ ॥੪॥੨॥੪॥ (712)
saaDhsangat kai paachhai pari-a-o jan naanak har ras paa-i-aa. ||4||2||4||
Search the Saadh Sangat, the Company of the Holy, O Nanak, and find the sublime essence of the Lord. ||4||2||4||

ਟੋਡੀ ਭਗਲਾ ੫॥ (712)
todee mehlaa 5.
Todee, Fifth Mehl:

ਕ੍ਰਿਪਾ ਿਨਿਧ ਬਸਹੁ ਿਰਦੈ ਹਿਰ ਨੀਤ ॥ (712)
kirpaa niDh bashu ridai har neet.
O Lord, ocean of mercy, please abide forever in my heart.

ਤਾੀਐ ਬੁਿਧ ਕਰਹੁ ਪਰਗਾਸਾ ਲਾਗੈ ਪਰਬ ਸਂਗ ਪਰਨੀਤ ॥ ਰਹਾਉ ॥ (712)
taisee buDh karahu pargaasaa laagai parabh sang pareet. raha-o.||Pause||
Please awaken such understanding within me, that I may be in love with You, God.

ਦਾਸ ਤੁਮਾਰੇ ਕੀ ਪਾਵੁ ਧੂਰਾ ਮਸਤਿਕ ਲੇ ਲਾਵੁ ॥ (712)
daas tumaaray kee paava-o Dhooraa mastak lay lay laava-o.
Please, bless me with the dust of the feet of Your slaves; I touch it to my forehead.
I was a great sinner, but I have been made pure, singing the Kirtan of the Lord’s Glorious Praises. ||1||

Your Will seems so sweet to me; whatever You do, is pleasing to me. ||2||

Whatever You give me, with that I am satisfied; I shall chase after no one else. ||2||

I know that my Lord and Master God is always with me; I am the dust of all men's feet.

If I find the Saadh Sangat, the Company of the Holy, I shall obtain God. ||4||3||5||

Nanak is Your child; You are my mother and father; please, give me Your Name, like milk in my mouth. ||4||3||5||

Todee, Fifth Mehl, Second House, Du-Padas:
ੱਠੀ ਮੱਧਮਾਨ ਧਰਮਾਂ || (713)
ੱਠੀ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦੀ ||
Ik-oo kaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਸਿਤਗੁਰ ਪਰ੍ਸਾਦ ॥ (713)
ਮਾਗਾ ਦਾਨੁ ਠਾਕੁ ਰਾਨਮ ॥
maaga-o daanu thaakur naam.
I beg for the Gift of Your Name, O my Lord and Master.

ਅਵਰੁ ਕਛੂ ਮੇਰੈ ਸੰਗ ਨ ਚਾਲੇ ਦੋਹਾ ਗ੍ਰੰਥ ਰਾਖੇ || ੧੦੯ || (713)
ਆਵਰੁ ਕਛੂ ਮੇਰੈ ਸੰਗ ਨ ਚਾਲੇ ਦੋਹਾ ਗ੍ਰੰਥ ਰਾਖੇ || ੧੦੯ || (713)
avar kachhoo mayrai sang na chaalai milai kirpaa gun gaam. ||1|| rahaa-o.
Nothing else shall go along with me in the end; by Your Grace, please allow me to sing
Your Glorious Praises. ||1||Pause||

ਰਾਜੁ ਮਾਲੁ ਅਨੇਕ ਭੋਗ ਰਸ ਸਗਲ ਤਰਵਰ ਕੀ ਚਾਹੂ || ੧੦੯ || (713)
ਰਾਜੁ ਮਾਲੁ ਅਨੇਕ ਭੋਗ ਰਸ ਸਗਲ ਤਰਵਰ ਕੀ ਚਾਹੂ || ੧੦੯ || (713)
raaj maal anayk bhog ras sagal tarvar kee chaahoo.
Power, wealth, various pleasures and enjoyments, all are just like the shadow of a tree.

ਪ੍ਰਰਾਦੀ ਬਰਫ ਵਿਚ ਬਾਬੀ ਪਰੇ ਸਗਲ ਰੂਪਰੇ ਬਾਬਾਜ਼ਾਰ ਬਾਦਸ਼ਾਹ ॥ ੧੦੯ || (713)
ਪ੍ਰਰਾਦੀ ਬਰਫ ਵਿਚ ਬਾਬੀ ਪਰੇ ਸਗਲ ਰੂਪਰੇ ਬਾਲਵਰ ਬਾਦਸ਼ਾਹ ॥ ੧੦੯ || (713)
Dhaa-ay Dhaa-ay baho biDh ka-o Dhaavai sagal niraarath kaam. ||1||
He runs, runs, runs around in many directions, but all of his pursuits are useless. ||1||

ਬਿਰਗਰੋਨੀਦ ਅਵਰੁ ਤੋਂ ਚਾਹੂ ਦੀਮੀ ਸਗਲ ਬਾਤ ਹੈ ਖਾਮੀ ॥ ੧੦੯ || (713)
ਬਿਰਗਰੋਨੀਦ ਅਵਰੁ ਤੋਂ ਚਾਹੂ ਦੀਮੀ ਸਗਲ ਬਾਤ ਹੈ ਖਾਮੀ ॥ ੧੦੯ || (713)
bin govind avar jay chaaha-o deesai sagal baat hai khaam.
Except for the Lord of the Universe, everything he desires appears transitory.

ਬਰਾਮ ਬਰਾਮ ਮੇਰੀ ਅਵਰੁ ਪਰੇ ਮੇਰੀ ਪ੍ਰਾਦੀ ਬਾਦਸ਼ਾਹ ॥ ੧੦੯ || (713)
ਬਰਾਮ ਬਰਾਮ ਮੇਰੀ ਅਵਰੁ ਪਰੇ ਮੇਰੀ ਪ੍ਰਾਦੀ ਬਾਦਸ਼ਾਹ ॥ ੧੦੯ || (713)
kaho naanak sant rayn maaga-o mayro man paavai bisraam. ||2||1||6||
Says Nanak, I beg for the dust of the feet of the Saints, so that my mind may find peace
and tranquility. ||2||1||6||

ਟੋਡੀ ਮੱਧਮਾਨ ੫ ॥ (713)
ਟੋਡੀ ਮੱਧਮਾਨ ੫ ॥
todee mehlaa 5.
Todee, Fifth Mehl:
ਪਰ੍ਭ ਜੀ ਕੋ ਨਾਮ ਮਨਹ ਸਾਧਾਰੈ ॥ (713)
parabh jee ko naam maneh saDhaarai.
The Naam, the Name of the Dear Lord, is the Support of my mind.

ਜੀਅ ਪਰਾਨ ਸੂਖ ਇਸੁ ਮਨ ਕਊ ਬਰਤਨੀ ਏਹ ਹਮਾਰੈ ॥੧॥ ਰਹਾਉ ॥ (713)
jee-a paraan sookh is man ka-o bartan ahy hamaarai. ||1|| rahaa-o.
It is my life, my breath of life, my peace of mind; for me, it is an article of daily use.

ਨਾਮੁ ਜਾਿਤ ਨਾਮੁ ਮੇਰੀ ਪਿਤ ਹੈ ਨਾਮੁ ਮੇਰੈ ਪਰਵਾਰੈ ॥ (713)
nam jaat naam mayree pat hai naam mayrai parvaarai.
The Naam is my social status, the Naam is my honor; the Naam is my family.

ਨਾਮੁ ਸਖਾਈ ਸਦਾ ਮੇਰੈ ਸੰਗੀ ਹਿਰ ਨਾਮੁ ਮੋ ਕਊ ਨਸਤਾਰੈ ॥੧॥ (713)
nam sakhaa-ee sadaa mayrai sang har naam mo ka-o nistaarai. ||1||
The Naam is my companion; it is always with me. The Lord's Name is my emancipation.

ਿਬਖੈ ਿਬਲਾਸ ਕਹੀਅਤ ਬਹੁਤੇਰੇ ਚਲਤ ਨ ਕਛੂ ਸੰਗਾਰੈ ॥ (713)
bikhai bilaas kahee-at bahutayray chalat na kachhoo sangaaray.
Sensual pleasures are talked about a lot, but none of them goes along with anyone in the end.

ਇਸਟੁ ਮੀਤੁ ਨਾਮੁ ਨਾਨਕ ਕੋ ਹਿਰ ਨਾਮੁ ਮੇਰੈ ਭੰਡਾਰੈ ॥੨॥੨॥੭॥ (713)
isat meet naam naanak ko har naam mayrai bhandaarai. ||2||2||7||
The Naam is Nanak's dearest friend; the Lord's Name is my treasure. ||2||2||7||

ਿਬਖੈ ਿਬਲਾਸ ॥ (713)

Todee, Fifth Mehl:

ਨੀਕੇ ਗੁਣ ਗਾਉ ਿਮਟਹੀ ਰੋਗ ॥ (713)
neekay gun gaa-o mithee rog.
Sing the sublime Praises of the Lord, and your disease shall be eradicated.
ਮੁਖ ੋਜਲ ਮਨੁਿਨਰਮਲ ਹੋਈ ਹੈ ਤੇਰੋ ਰਹੈ ਈਹਾ ਊਹਾ ਲੋਗੁ ॥੧॥ ਰਹਾਉ ॥

Your face shall become radiant and bright, and your mind shall be immaculately pure. You shall be saved here and hereafter. ||1||Pause||

ਮੁੱਖਾ ਕਰਵਾਇਂ ਗੁਰ ਸੇਵਾ ਮਨੀਹ ਚਰਾਵੁ ਭੋਗ ॥

I wash the Guru's feet and serve Him; I dedicate my mind as an offering to Him.

ਰਹੁਡ ਆਪਟ ਅਹੰਕਾਰਆ ਮਾਨੁ ਸੋਈ ਜੋ ਹੋਗੁ ॥੧॥

Renounce self-conceit, negativity and egotism, and accept what comes to pass. ||1||

ਸੰਤ ਟਹਲ ਸੋਈ ਹੈ ਲਾਗਾ ਜਿਸੁ ਮਸਤਿਕ ਲਿਖਾ ਲਿਖੋਗੁ ॥

He alone commits himself to the service of the Saints, upon whose forehead such destiny is inscribed.

ਰਾਹਲਣ ਇਕ ਇਕ ਅਵਰੁ ਕਰਣੈ ਜੋਗੁ ॥੨॥੩॥੮॥

Says Nanak, other than the One Lord, there is not any other able to act. ||2||3||8||

ਟੋਡੀ ਮਹਲਾ ੫ ॥

Todee, Fifth Mehl:

ਸਿਤਗੁਰ ਆਇਓ ਸਰਿਣ ਤੁਹਾਰੀ ॥

O True Guru, I have come to Your Sanctuary.

ਮਿਲੈ ਸੂੜੁ ਨਾਮ ਹਾਰੀ ਸੋਬਾ ਚਿੱਨਤਾ ਲਾਹੀ ਹਮਾਰੀ ॥੧॥ ਰਹਾਉ ॥

Grant me the peace and glory of the Lord's Name, and remove my anxiety. ||1||Pause||
I cannot see any other place of shelter; I have grown weary, and collapsed at Your door.

Please ignore my account; only then may I be saved. I am worthless - please, save me!

You are always forgiving, and always merciful; You give support to all.

Slave Nanak follows the Path of the Saints; save him, O Lord, this time.

Whatever I ask for, I receive; I serve at the Lord's feet, the source of nectar.
Janam maran duhoo tay chhooteh bhavjal jagat taraa-in. ||1||
I am released from the bondage of birth and death, and so I cross over the terrifying world-ocean. ||1||

Khaoj takhao jeevan bairi ram nikhut bawrih phalit || (714)
Searching and seeking, I have come to understand the essence of reality; the slave of the Lord of the Universe is dedicated to Him.

Abhinaasee kaym chaahay jay naanak sadaa simar naaraa-in. ||2||5||10||
If you desire eternal bliss, O Nanak, ever remember the Lord in meditation. ||2||5||10||

Todee mahla 5. || (714)
Todee, Fifth Mehl:

Nindak gur kirpaa tay haati-o. || (714)
The slanderer, by Guru's Grace, has been turned away.

Paarbarahm parabh bha-ay da-i-aalaa siv kai baan sir kaati-o. ||1|| raha-o.|| (714)
The Supreme Lord God has become merciful; with Shiva's arrow, He shot his head off. ||1||Pause||

Kaal jaal jam johi na saakai sach kaa pantha thaati-o. || (714)
Death, and the noose of death, cannot see me; I have adopted the Path of Truth.

Khaat kharchat kichh nikhutat naahee raam raan Dhan khaati-o. ||1|| (714)
I have earned the wealth, the jewel of the Lord's Name; eating and spending, it is never used up. ||1||
In an instant, the slanderer was reduced to ashes; he received the rewards of his own actions.

Servant Nanak speaks the truth of the scriptures; the whole world is witness to it.

O miser, your body and mind are full of sin.

Worship and adore the One, to whom your boat belongs; He saves the counterfeit along with the genuine.

People want to lift up the mountain with mere words, but it just stays there.
Nanak has no strength or power at all; O God, please protect me - I seek Your Sanctuary.

Todee, Fifth Mehl:

The Name of the Lord is the medicine; it is like an axe, which destroys the diseases caused by anger and egotism. ||1||Pause||

The Lord is the One who removes the three fevers; He is the Destroyer of pain, the warehouse of peace.

No obstacles block the path of one who prays before God. ||1||

By the Grace of the Saints, the Lord has become my physician; God alone is the Doer, the Cause of causes.
ਬਾਲ ਬੁਕਸ ਮੂਰਤੀ ਦਾ ਤਿਵਾਨਤ ਦੀ ਗਰਮੀ ਟੇਕ ॥2॥੮॥੧੩॥ (714)

ਵਾਲ ਬੁਕਸ ਪੁਰਾਣ ਸੁਖਦਾਤਾ ਨਾਨਕ ਹਿਰੀ ਹਿਰੀ ਟੇਕ ॥2॥੮॥੧॥੩॥

baal buDh pooran sukh-daata naanak har har tayk. ||2||8||13||
He is the Giver of perfect peace to the innocent-minded people; O Nanak, the Lord, Har, Har, is my support. ||2||8||13||

टੋਡੀ ਮਹਲਾ ੫ ॥ (714)

todee mehlaa 5.
Todee, Fifth Mehl:

ਵਿਰ ਵਿਰ ਰਾਮ ਮਹਤ ਸਾਧਿ ॥ (714)

ਹਿਰੀ ਹਿਰੀ ਨਾਮੁ ਸਦਾ ਸਦ ਜਾਪ ॥

har har naam sadaa sad jaap.
Chant the Name of the Lord, Har, Har, forever and ever.

ਪਨਵ ਾਤਾਰਵ ਪਾਰਬਰ ਮੂਰਤੀ ਦੀ ਵੀਚੀ ਸਾਧਿ ॥੭॥ ਵਾਦੀ ॥ (714)

ਧਾਰੀ ਅਨੁਗਰਾਹ ਪਾਰਬਰ ਅਮੀ ਕੀਨੀ ਆਕਾਰ ॥੧॥ ਰਹਾਉ ॥

Dhaar anoograhu paarbarahm su-aamee vasdee keenee aap. ||1|| raha-o.
Showering His Kind Mercy, the Supreme Lord God Himself has blessed the town. ||1||Pause||

ਨ੍ਰੋ ਰੋ ਬੇ ਪ੍ਰਿਲ ਬੀ ਮੇਧ ਬੇ ਨੇਵੀ ਮੇਧਾਪ ॥ (714)

ਜਿਸ ਕੇ ਸੀ ਫੀਰ ਤਿਨ ਹੀ ਸਮੱਢਲ ਬਿਨਸ ਮੰਨਾਈ ॥

jis kay say fir tin hee samHaalay binsay sog santaap.
The One who owns me, has again taken care of me; my sorrow and suffering is past.

ਰਾਗ ਦੇਸ਼ ਦੇਸ ਪ੍ਰਦ ਅਪਨੇ ਗਰਮੀ ਦੇਸ ਕੈਥ ॥੭॥ (714)

ਹਾਥ ਦੇਇ ਰਾਖਿ ਜਨ ਅਪਨੇ ਹਿਰੀ ਹੋਏ ਸਾਈ ਵਾਪ ॥੧॥

haath day-ay raakhay jan apnay har ho-ay maa-ee baap. ||1||
He gave me His hand, and saved me, His humble servant; the Lord is my mother and father. ||1||

ਨੀਰ ਮੇਧ ਟੇਕੇ ਮੀਰ ਮੀਰ ਬਸਤੀ ਦੀ ਤਾਦ ॥ (714)

ਜੀਅ ਜੰਤ ਹੋਏ ਮਿਹਰਬਾਨਾ ਦਾ ਧਾਰੀ ਹਿਰੀ ਨਾਥ ॥

jee-a jant ho-ay miharvaanaa da-yaa Dhaaree har naath.
All beings and creatures have become kind to me; my Lord and Master blessed me with His Kind Mercy.
Nanak seeks the Sanctuary of the Lord, the Destroyer of pain; His glory is so great!

Todee, Fifth Mehl:

Nanak seeks the Sanctuary of the Lord, the Destroyer of pain; His glory is so great!

O Lord and Master, I seek the Sanctuary of Your Court.

Destroyer of millions of sins, O Great Giver, other than You, who else can save me?

Searching, searching in so many ways, I have contemplated all the objects of life.

In the Saadh Sangat, the Company of the Holy, the supreme state is attained. But those who are engrossed in the bondage of Maya, lose the game of life.

My mind is in love with the Lord's lotus feet; I have met the Beloved Guru, the noble, heroic being.
Nanak celebrates in bliss; chanting and meditating on the Lord, all sickness has been cured. ||2||10||15||

One Universal Creator God. By The Grace Of The True Guru:

That which you consider to be yours, is not yours. ||1||

The Naam, the Name of the Lord, is always with you, but you do not enshrine it within your mind.
You have attached your consciousness to that which you must eventually abandon. ||2||

You collect that which will bring you only hunger and thirst.

You have not obtained the supplies of the Ambrosial Naam. ||3||

You have fallen into the pit of sexual desire, anger and emotional attachment.

By Guru's Grace, O Nanak, a rare few are saved. ||4||1||16||

I have only the One Lord, my God.

I do not recognize any other. ||Pause||
By great good fortune, I have found my Guru.

The Guru has implanted the Name of the Lord within me.

The Name of the Lord, Har, Har, is my meditation, austerity, fasting and daily religious practice.

Meditating on the Lord, Har, Har, I have found total joy and bliss.

The Praises of the Lord are my good conduct, occupation and social class.

Listening to the Kirtan of the Lord's Praises, I am in absolute ecstasy.

Says Nanak, those who have found their Lord and Master,
टॉडी महला ५ घरु ४ दुपदे: (715)
todee mehlaa 5 ghar 4 dupday
Todee, Fifth Mehl, Fourth House, Du-Padas:

UDHAMO ॥ (715)

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

Roorho man har rango lorhai.
My beautiful mind longs for the Love of the Lord.

Gaalii har neehu na ho-ay. rahaa-o.
By mere words, the Lord’s Love does not come. ||Pause||

I have searched for the Blessed Vision of His Darshan, looking in each and every street.

Gur mil bharam gavaa-i-aa hay.
Meeting with the Guru, my doubts have been dispelled. ||1||

I have obtained this wisdom from the Holy Saints, according to the pre-ordained destiny inscribed upon my forehead.

In this way, Nanak has seen the Lord with his eyes. ||2||1||18||
टोडी महला ५ ॥ (७१५)
todee mehlaa 5.
Todee, Fifth Mehl:

गरिब गिहलड़ो मूढ़ड़ो हीओ रे ॥ (७१५)
garab gahilarho moorh-rho hee-o ray.
My foolish heart is in the grip of pride.

हीओ महराज री माइओ ॥ (७१५)
hee-o mahraaj ree maa-i-o.
By the Will of my Lord God, Maya,

डीहर िनआई मोिह फाकिओ रे ॥ (७१५)
deehar ni-aa-ee mohi faaki-o ray. rhaa-o.
like a witch, has swallowed my soul. ||Pause||

घणो घणो घणो सद लोड़ै िबनु लहणे कै ठै पाइओ रे ॥ (७१५)
ghano ghano ghano sad lorhai bin lahnay kaithai paa-i-o ray.
More and more, he continually yearns for more; but unless he is destined to receive, how can he obtain it?

महराज रो गाथु वाहू िसउ लुभिड़ओ िनहभागड़ो भािह संजोइओ रे ॥१॥ (७१५)
mahraaj ro gaath vaahoo si-o lubh-ri-o nihbaagrho bhaahi sanjo-i-o ray. ||1||
He is entangled in wealth, bestowed by the Lord God; the unfortunate one attaches himself to the fire of desires. ||1||

सुिण मन सीख साधू जन सगलो थारे सगले पर्ाछत िमिटओ रे ॥ (७१५)
sun man seekh saaDhoo jan saglo thaaray saglay paraachhat miti-o ray.
Listen, O mind, to the Teachings of the Holy Saints, and all your sins shall be totally washed away.

जा को लहणो महराज री गाठड़ीओ जन नानक गरभायिन पउिड़ओ रे ॥२॥२॥१॥ (७१५)
jaa ko lahno mahraaj ree gaath-rhee-o jan naanak garbaahas na pa-orhi-o ray. ||2||2||19||
One who is destined to receive from the Lord, O servant Nanak, shall not be cast into the womb of reincarnation again. ||2||2||19||
टोडी महला ५ घरु ५ दुपदे।
Todee, Fifth Mehl, Fifth House, Du-Padas:

ितस ही को गँड़ु सोई प्रभु नानक सो ठाकू कहिं ही को धीन।
The Lord has not considered my beauty or ugliness; instead, He has enshrined the Word of the Guru's Shabad within my heart.

॥॥ २॥ १॥ २०॥
॥॥ २॥ १॥ २०॥

Todee mehlaa 5 ghar 5 dupday

One Universal Creator God. By The Grace Of The True Guru:

अई सतिगुर प्रसाद।
One Universal Creator God. By The Grace Of The True Guru:

॥॥
॥॥

Such is the blessing my God has bestowed upon me.

He has totally banished the five evils and the illness of egotism from my body. ||Pause||

Breaking my bonds, and releasing me from vice and corruption, He has enshrined the Word of the Guru's Shabad within my heart.

॥॥ २॥ १॥ २०॥
॥॥ २॥ १॥ २०॥

The Lord has not considered my beauty or ugliness; instead, He has held me with love. I am drenched with His Love. ||1||

I behold my Beloved, now that the curtain has been torn away. My mind is happy, pleased and satisfied.

॥॥ २॥ १॥ २०॥
॥॥ २॥ १॥ २०॥

My house is His; He is my God. Nanak is obedient to His Lord and Master. ||2||1||20||

The Lord has not considered my beauty or ugliness; instead, He has held me with love. I am drenched with His Love. ||1||

I behold my Beloved, now that the curtain has been torn away. My mind is happy, pleased and satisfied.
टैडी भजन ॥ (716)
टैडी महला ॥
todee mehla 5.
Todee, Fifth Mehl:

भागी भेजे भर बी भूखित ॥ (716)
माई मेरे मन की प्रीति ॥
maa-ee mayray man kee pareet.
O my mother, my mind is in love.

टैडी वर्ध पथ देनी राम राम निर्मल ते जीवि तुझी ॥ (716)
एही करम धरम जप एही राम नाम निरमल है रीति ॥ रहाउ ॥
ayhee karam Dharam jap ayhee raam naam nirmal hai reet. rahaa-o.
This is my karma and my Dharma; this is my meditation. The Lord's Name is my
immaculate, unstained way of life. ||Pause||

पृथु भजन तीर्थ पर से देहथ वर्मन नृह तूती ॥ (716)
ग्रान अधार जीवन धन मोरै देखन कउ दरसन प्रभ पॉती ॥
paraan aDhaar jeevan Dhan morai daykhan ka-o darsan parabh neet.
The Support of my breath of life, the wealth of my life, is to gaze upon the Blessed Vision
of God's Darshan.

बाट घाट तोसा संग मोरै मन अपुने कउ मै अस्थ दरी ॥ (716)
baat ghaat tosaa sang morai man apunay ka-o mai har sakhaa keet. ||1||
On the road, and on the river, these supplies are always with me. I have made my mind
the Lord's companion. ||1||

मेंट भूमापर्व भर निर्मल वै वितथ अपुने वै वै कैड़ ॥ (716)
संत प्रसादि भए मन निरमल करि किरपाअपुने करि वीत ॥
sant parsaaad bhaye man nirmal kar kirpaap apunay kar leet.
By the Grace of the Saints, my mind has become immaculate and pure. In His mercy, He
has made me His own.

मिमबि सिमबि राहर सुख पाठा आदि जुगादि भगते के मीत ॥ (716)
simar simar naanak sukh paa-i-aa aad jugaad bhagtan kay meet. ||2||2||21||
Remembering, remembering Him in meditation, Nanak has found peace. From the very
beginning, and throughout the ages, He is the friend of His devotees. ||2||2||21||
Todee, Fifth Mehl:

ਪਰ੍ਭ ਜੀ ਿਮਲੁ ਮੇਰੇ ਪਰ੍ਾਨ ॥
parabh jee mil mayray paraan.
Dear God, please meet me; You are my breath of life.

ਿਬਸਰੁ ਨਹੀ ਿਨਮਖ ਹੀਅਰੇ ਤੇ ਅਪਨੇ ਭਗਤ ਕਊ ਪੂਰਨ ਦਾਨ ॥ ਰਹਾਉ ॥
bisar nahee nimakh hee-aray tay apnay bhagat ka-o pooran daan. rhaa-o.
Do not let me forget You from my heart, even for an instant; please, bless Your devotee with Your gift of perfection. ||Pause||

ਖੋਵਹੁ ਭਰਮੁ ਰਾਖੁ ਮੇਰੇ ਪਰ੍ੀਤਮ ਅੰਤਰਜਾਮੀ ਸੁਘ੍ਰੱ ਸੁਜਾਨ ॥
khovhu bharam raakh mayray pareetam antarjaamee sugharh sujaan.
Dispel my doubt, and save me, O my Beloved, all-knowing Lord, O Inner-knower, O Searcher of hearts.

ਕੋਿਟ ਰਾਜ ਨਾਮ ਧਨੁ ਮੇਰੈ ਅਿਮਰਟ ਿਦਰਸਿਟ ਧਾਰਹੁ ਪਰ੍ਭ ਮਾਨ ॥੧॥
kot raaj naam Dhan mayrai amrit darisat Dhaarahu parabh maan. ||1||
The wealth of the Naam is worth millions of kingdoms to me; O God, please bless me with Your Ambrosial Glance of Grace. ||1||

ਆਠ ਪਹਰ ਰਸਨਾ ਗੁਨ ਗਾਵੈ ਜਸੁ ਪੂਿਰ ਅਘਾਵਿਹ ਸਮਰਥ ਕਾਨ ॥
aath pahar rasnaa gun gaavai jas poor aghaaveh samrath kaan.
Twenty-four hours a day, I sing Your Glorious Praises. They totally satisfy my ears, O my all-powerful Lord.

ਤੇਰੀ ਸਰਿਣ ਜੀਅਨ ਕੇ ਦਾਤੇ ਸਦਾ ਸਦਾ ਨਾਨਕ ਕੁਰਬਾਨ ॥੨॥੩॥੨੨॥
tayree saran jee-an kay daatay sadaa sadaa naanak kurbaan. ||2||3||22||
I seek Your Sanctuary, O Lord, O Giver of life to the soul; forever and ever, Nanak is a sacrifice to You. ||2||3||22||
टोडी महला ५ ॥ (716)
Todee, Fifth Mehl:

ਪਰ੍ਭ ਤੇਰੇ ਪਗ ਕੀ ਧੂਿਰ ॥ (716)
parabh tayray pag kee Dhoor.
O God, I am the dust of Your feet.

ਦੀਨ ਦਇਆਲ ਪਰ੍ੀਤਮ ਮਨਮੋਹਨ ਕਿਰ ਿਕਰਪਾ ਮੇਰੀ ਲੋਚਾ ਪੂਿਰ ॥ ਰਹਾਉ ॥ (716)
deen da-i-aal pareetam manmohan kar kirpaa mayree lochaa poor. rahaa-o.
O merciful to the meek, Beloved mind-enticing Lord, by Your Kind Mercy, please fulfill my yearning. ||Pause||

ਦਹ ਿਦਸ ਰਿਵ ਰਿਹਆ ਜਸੁ ਤੁਮਰਾ ਅੰਤਰਜਾਮੀ ਸਦਾ ਹਜੂਿਰ ॥ (716)
dah dis rav rahi-aa jas tumraa antarjaamee sadaa hajoor.
In the ten directions, Your Praises are permeating and pervading, O Inner-knower, Searcher of hearts, O Lord ever-present.

ਜੋ ਤੁਮਰਾ ਜਸੁ ਗਾਵਿਹ ਕਰਤੇ ਸੇ ਜਾਮ ਨ ਮਰਤੇ ਝੂਿਰ ॥੧॥ (716)
jo tumraa jas gaavahi kartay say jaam na martay jhoor. ||1||
Those who sing Your Praises, O Creator Lord, those humble beings never die or grieve. ||1||

ਪੰਖ ਪੰਖ ਧੂਿਰ ਤੇਮਾਂ ਮਾਇਆ ਕੇ ਸਾਧੂ ਸੰਗਿਤ ਿਮਟੇ ਿਬਸੂਰ ॥ (716)
DhanDh banDh binsay maa-i-aa kay saaDhoo sangat mitay bisoor.
The worldly affairs and entanglements of Maya disappear, in the Saadh Sangat, the Company of the Holy; all sorrows are taken away.

ਸੁਖ ਸੰਪਿਤ ਭੋਗ ਇਸੁ ਜਿੜੀਆ ਕੇ ਇਬਨ ਹਿਰ ਨਾਨਕ ਜਾਨੇ ਕੂਰ ॥੨॥੪॥੨੩॥ (716)
sukh sampat bhog is jee-a kay bin har naanak jaanay koor. ||2||4||23||
The comforts of wealth and the enjoyments of the soul - O Nanak, without the Lord, know them to be false. ||2||4||23||
Todee Meehlaa 5.
Todee, Fifth Mehl:

ਮਾਈ ਮੇਰੇ ਮਨ ਕੀ ਿਪਆਸ ॥ (716)
maa-ee mayray man kee pi-aas.
O my mother, my mind is so thirsty.

I cannot survive, even for an instant, without my Beloved. My mind is filled with the desire
to behold the Blessed Vision of His Darshan. ||Pause||

I meditate in remembrance on the Naam, the Name of the immaculate Creator Lord; all
the sins and errors of my mind and body are washed away.

The Perfect Supreme Lord God, the eternal, imperishable Giver of peace - spotless and
pure are His Praises. ||1||

By the Grace of the Saints, my desires have been fulfilled; in His Mercy, the Lord, the
treasure of virtue, has met me.

Peace and tranquility, poise and pleasure, have welled up within my mind; millions of
suns, O Nanak, illuminate me. ||2||5||24||
टोडी महल ॥ (717)
टोडी महला ५ ॥
todee mehlaa 5.
Todee, Fifth Mehl:

ग्वि ग्वि भविन्द भवर ॥ (717)
हर हर पतित पावन ॥
har har patit paavan.
The Lord, Har, Har, is the Purifier of sinners;

शीरस भूल भल सुभद्रा भीड़समी भले द्वरर ॥ रहा ॥
jee-a paraan maan sukh-daata antarjaamee man ko bhaavan. raha-o.
He is the soul, the breath of life, the Giver of peace and honor, the Inner-knower, the
Searcher of hearts; He is pleasing to my mind. ||Pause||

सुंदरु सुगढ़ु चतुरु सभ बेहत िरद दास िनवास भगत गुन गावन ॥
sundar sugharh chatur sabh baytaa rid daas nivaas bhagat gun gaavan.
He is beautiful and wise, clever and all-knowing. He dwells within the hearts of His slaves;
His devotees sing His Glorious Praises.

निर्मल रूप अनूप सुआमी करम भूिम बीजन सो खावन ॥१॥
nirmal roop anoop su-aamee karam bhoom beejan so khaavan. ||1||
His form is immaculate and pure; He is the incomparable Lord and Master. Upon the field
of actions and karma, whatever one plants, one eats. ||1||

विसम विसम झेि बिसमादा भरत द सीधि द्वम रहर ॥ (717)
visam visam jhe bismadaa bharaat daa siddhi dvam rahar ॥
visam bism ahaay bismaadaa aan na bee-o doosar laavan.
I am amazed, and wonder-struck by His wonder. There is none other than Him.

जमस जिमस जिमस नींडा लहर राम मह संग बली जावन ॥२॥५॥
rasna simar simar jas jeevaa naanak daas sadaa bali jaavan. ||2||5||
Meditating in remembrance on His Praises with my tongue, I live; slave Nanak is forever a
sacrifice to Him. ||2||6||25||
O my mother, Maya is so misleading and deceptive.

Without meditating on the Lord of the Universe, it is like straw on fire, or the shadow of a cloud, or the running of the flood-waters. ||Pause||

Renounce your cleverness and all your mental tricks; with your palms pressed together, walk on the Path of the Holy Saints.

Remember the Lord, the Inner-knower, the Searcher of hearts; this is the most sublime reward of this human incarnation. ||1||

The Holy Saints preach the teachings of the Vedas, but the unfortunate fools do not understand them.

Servant Nanak is absorbed in loving devotional worship; meditating in remembrance on the Lord, one’s dirt is burnt away. ||2||7||26||

Todee, Fifth Mehl:

717 maai maaia chhal.
717 tarin kee agan maygh kee chhha-ia-ia gobid bhajan harh kaa jal. raha-o.
717 chhod si-aanap baho chatura-ia-ee du-ay kar jorh saaDh mag chal.
717 simar su-aam mee antarjaam mee maanukh dayh kaa ih ootam fal. ||1||
717 bayd bakhi-aan karat saaDhoo jan bhaagheen samjhat nahee khal.
717 paraym bhagat raachay jan naanak har simran dahan bha-ay mal. ||2||7||26||
717 todee mehlaa 5.

Todee, Fifth Mehl:
O mother, the Guru's feet are so sweet.

By great good fortune, the Transcendent Lord has blessed me with them. Millions of rewards come from the Blessed Vision of the Guru's Darshan. ||Pause||

Singing the Glorious Praises of the imperishable, indestructible Lord, sexual desire, anger and stubborn pride vanish.

Those who are imbued with the Love of the True Lord become permanent and eternal; birth and death do not grind them down any more. ||1||

Without the Lord's meditation, all joys and pleasures are totally false and worthless; by the Kind Mercy of the Saints, I know this.

Servant Nanak has found the jewel of the Naam; without the Naam, all must depart, cheated and plundered. ||2||8||27||

todee mehlaa 5.

Todee, Fifth Mehl:
saadhsang har har naam chitaaraa.

In the Saadh Sangat, the Company of the Holy, I contemplate the Name of the Lord, Har, Har.

sahj anand hovai din raatee ankur bhalo hamaaraa. raha-o.
I am in peaceful poise and bliss, day and night; the seed of my destiny has sprouted.

Gur pooraa bhayi-o baddhaagee jaa ko ant na paraavaaraa.
I have met the True Guru, by great good fortune; He has no end or limitation.

Kar geh kaadh lee-o jan apunaa bikh saagar sansaar. ||1||
Taking His humble servant by the hand, He pulls him out of the poisonous world-ocean.

Janam maran kaatay gur bachnee bahuur na sankat du-aaraa.
Birth and death are ended for me, by the Word of the Guru's Teachings; I shall no longer pass through the door of pain and suffering.

Naanak saran gahee su-amee kee punah punah namaskaaraa. ||2||9||28||
Nanak holds tight to the Sanctuary of his Lord and Master; again and again, he bows in humility and reverence to Him. ||2||9||28||

Todee, Fifth Mehl:
ਮਾਈ ਮੇਰੇ ਮਨ ਕੋ ਸੁਖੁ ॥ (717)
maa-ee mayray man ko sukh.
O my mother, my mind is at peace.

ਕੋਇ ਅਨਦੇ ਰਾਜ ਸੁਖ ਭੁਗਵਾਈ ਹਰੀ ਸਿਮਰਤ ਵਿਨਾਸ ਸਮ ਦੁਰੁ ਭ ਹਰਾਓ ॥ (717)
kot anand raaj sukh bhugvai har simrat vinas sam dur sukh.
I enjoy the ecstasy of millions of princely pleasures; remembering the Lord in meditation, all pains have been dispelled. ||1||Pause||

ਕੋਇ ਜਨਮ ਕੇ ਕਿਲਬਖ ਨਾਸ਼ ਸਿਮਰਤ ਪ੍ਰਾਣ ਤਨ ਸੁਖ ॥ (717)
kot janam kay kilbikh naaseh simrat praan tan sukh.
The sins of millions of lifetimes are erased, by meditating on the Lord; becoming pure, my mind and body have found peace.

ਦੇਖ ਸਰੂਪ ਪੂਰਨ ਭਈ ਆਸਾ ਦਰਸਾਨ ਤੁਤੀ ਭੁਖ ॥੧॥ (717)
daykh saroop pooran bha-ee aasaa darsan tutee bhukh.
Gazing upon the Lord's form of perfect beauty, my hopes have been fulfilled; attaining the Blessed Vision of His Darshan, my hunger has been appeased. ||1||

ਚਾਁਰ ਪਦਾਰਥ ਅਸਟ ਮਹਾ ਸਿਧ ਕਾਮਧੇਨੁ ਪਾਰਜਾਤ ਹਰ ਰੁਖ ॥ (717)
chaar padaarath asat mahaa siDh kaamDhayn paarjaat har har rukh.
The four great blessings, the eight supernatural spiritual powers of the Siddhas, the wish-fulfilling Elysian cow, and the wish-fulfilling tree of life - all these come from the Lord, Har, Har.

ਨਾਨਕ ਸਰਨੀ ਗਹੀ ਸਕਾਗ ਜਨਮ ਮਰਨ ਫਿਰ ਗਰਭ ਨ ਦੁਰੁ ॥੨॥੧੦॥੨੯॥ (717)
naanak saran gahee sukh saagar janam maran firir garb n dur sukh. ||2||10||29||
O Nanak, holding tight to the Sanctuary of the Lord, the ocean of peace, you shall not suffer the pains of birth and death, or fall into the womb of reincarnation again. ||2||10||29||

ਲੋੜੀ ਮਹਲਾ ੫ ॥ (718)
todee mehlaa 5.
Todee, Fifth Mehl:
Har Har Charan Ridaai Ur Dhaaray.
I have enshrined the Lord's Feet within my heart.

Simar Su-Aamee Satiguru Apunaa Kaaraj Safal Hamare ||1|| Raha O
Contemplating my Lord and Master, my True Guru, all my affairs have been resolved.

Punn Daan Poojaa Parmaysur Har Kieran Tatu Beechaare
The merits of giving donations to charity and devotional worship come from the Kirtan of the Praises of the Transcendent Lord; this is the true essence of wisdom.

Gun Gaavat Atul Sukh Paa-I-Aa Thaakur Agam Apaare ||1||
Singing the Praises of the unapproachable, infinite Lord and Master, I have found immeasurable peace.

Jo Jan Paaraborham Apnay Keenay Tin Ka Baahur Kachh Na Beechaare
The Supreme Lord God does not consider the merits and demerits of those humble beings whom He Makes His Own.

Hearing, chanting and meditating on the jewel of the Naam, I live; Nanak wears the Lord as his necklace.

Raag Bairaaree, Fifth Mehl, First House:
One Universal Creator God. By The Grace Of The True Guru:

Meeting with the humble Saints, sing the Praises of the Lord.

The pains of millions of incarnations shall be eradicated. ||1||Pause||

Whatever your mind desires, that you shall obtain.

By His Kind Mercy, the Lord blesses us with His Name. ||1||

All happiness and greatness are in the Lord's Name.

By Guru's Grace, Nanak has gained this understanding. ||2||1||7||

By Tilang, Fifth Mehl, First House:

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<td>Tilang, Fifth Mehl, First House:</td>
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One Universal Creator God. By The Grace Of The True Guru:

The Lord infused His Light into the dust, and created the world, the universe.

The sky, the earth, the trees, and the water - all are the Creation of the Lord.

O human being, whatever you can see with your eyes, shall perish.

The world eats dead carcasses, living by neglect and greed.

So control your urges, or else you will be seized by the Lord, and thrown into the tortures of hell.

Your benefactors, presents, companions, courts, lands and homes -
जब अजराईलु बसतनी तब चि कारे बिदाई ॥३॥

when Azraa-eel, the Messenger of Death seizes you, what good will these be to you then?  ||3||

हवाल मालूमु करदं पाक अलाह ॥

The Pure Lord God knows your condition.

बुगो नानक अरदािस पेिस दरवेस बंदाह ॥४॥१॥

O Nanak, recite your prayer to the holy people. ||4||1||

तुधु िबनु दूजा नाही कोइ ॥

There is no other than You, Lord.

तेरा जोरु तेरी मिन टेक ॥

You are the strength, and You are the support of the mind.

सदा सदा जिप नानक एक ॥१॥

Forever and ever, meditate, O Nanak, on the One. ||1||
ਸਭ ਊਪਿਰ ਪਾਰਬਰ੍ਹਮੁ ਦਾਤਾਰੁ ॥ (723)
The Great Giver is the Supreme Lord God over all.

ਤੇਰੀ ਟੇਕ ਤੇਰਾ ਆਧਾਰੁ ॥ ਰਹਾਉ ॥ (723)
You are our support, You are our sustainer. ||Pause||

ਹੈ ਤੂਹੈ ਤੂ ਹੋਵਨਹਾਰ ॥ (724)
You are, You are, and You shall ever be,

ਅਗਮ ਅਗਾਧ ਊਚ ਆਪਾਰ ॥ (724)
O inaccessible, unfathomable, lofty and infinite Lord.

ਜੋ ਤੁਧੁ ਸੇਵਿਹ ਿਤਨ ਭਉ ਦੁਖੁ ਨਾਿਹ ॥ (724)
Those who serve You, are not touched by fear or suffering.

ਗੁਰ ਪਰਸਾਿਦ ਨਾਨਕ ਗੁਣ ਗਾਹੀ ॥੨॥ (724)
By Guru's Grace, O Nanak, sing the Glorious Praises of the Lord. ||2||

ਜੋ ਦੀਸੈ ਸੋ ਤੇਰਾ ਰੂਪੁ ॥ (724)
Whatever is seen, is Your form,

ਗੁਣ ਿਨਧਾਨ ਗੋਿਵੰਦ ਅਨੂਪ ॥ (724)
O treasure of virtue, O Lord of the Universe, O Lord of incomparable beauty.
Remembering, remembering, remembering the Lord in meditation, His humble servant becomes like Him.

O Nanak, by His Grace, we obtain Him. ||3||

I am a sacrifice to those who meditate on the Lord.

I long for the dust of the feet of the Saints. ||4||2||

Merciful, the Lord Master is Merciful.
ਸਾਹਿਬ ਮੇਰਾ ਮਿਹਰਵਾਨੁ
॥ (724)
saahib mayraa miharvaan.
My Lord Master is Merciful.

ਤੀਘ ਮਨਜਤ ਬਦਖੇਂ ਰਾਗਤੁ
॥ (724)
jee-a sagal ka-o day-ay daan. rhaa-o.
He gives His gifts to all beings. ||Pause||

ਜੀਅ ਸਗਲ ਕੁੱਦ ਦੇਇ ਦਾਨੁ
॥ (724)
He gives His gifts to all beings. ||Pause||

ਤੂ ਕਾਹੇ ਡੋਲਿਹ ਪਰ੍ਾਣੀਆ ਤੁਧੁ ਰਾਖੈਗਾ ਿਸਰਜਣਹਾਰੁ
॥ (724)
Why do you waver, O mortal being? The Creator Lord Himself shall protect you.

ਿਜਿਨ ਪੈਦਾਇਈਸ ਤੂ ਕੀਆ ਸੋਈ ਦੇਇ ਆਧਾਰੁ
॥੧॥ (724)
He who created you, will also give you nourishment. ||1||

ਿਜਿਨ ਉਪਾੈ ਮੇਦਨੀ ਸੋਈ ਕਰਦਾ ਸਾਰ
॥ (724)
The One who created the world, takes care of it.

ਘਿਟ ਘਿਟ ਮਾਲਕੁ ਿਦਲਾ ਕਾ ਸਚਾ ਪਰਵਦਗਾਰੁ
॥੨॥ (724)
In each and every heart and mind, the Lord is the True Cherisher. ||2||

ਕੁਦਰਿਤ ਕੀਮ ਨ ਜਾਣੀਐ ਵਡਾ ਵੇਪਰਵਾਹੁ
॥ (724)
His creative potency and His value cannot be known; He is the Great and carefree Lord.

ਕਰਿ ਬੰਦਦੇ ਤੂ ਬੰਦਗੀ ਿਜਚਰੁ ਘਟ ਮਹੀ ਸਾਹੁ
॥੩॥ (724)
O human being, meditate on the Lord, as long as there is breath in your body. ||3||
O God, You are all-powerful, inexpressible and imperceptible; my soul and body are Your capital.

By Your Mercy, may I find peace; this is Nanak's lasting prayer.

O Creator, through Your creative potency, I am in love with You.

You alone are my spiritual and temporal Lord; and yet, You are detached from all Your creation.

Who can know Your play? You are the Light in the darkness.

You are the Master of Your creation, the Lord of all the world, O Merciful Lord God.
One who worships You day and night - why should he have to go to hell? ||2||

Azraa-eel, the Messenger of Death, is the friend of the human being who has Your support, Lord.

His sins are all forgiven; Your humble servant gazes upon Your Vision. ||3||

All worldly considerations are for the present only. True peace comes only from Your Name.

Meeting the Guru, Nanak understands; He sings only Your Praises forever, O Lord. ||4||4||

Think of the Lord in your mind, O wise one.

Enshrine love for the True Lord in your mind and body; He is the Liberator from bondage. ||1||Pause||
The value of seeing the Vision of the Lord Master cannot be estimated.

You are the Pure Cherisher; You Yourself are the great and immeasurable Lord and Master.

Give me Your help, O brave and generous Lord; You are the One, You are the Only Lord.

O Creator Lord, by Your creative potency, You created the world; Nanak holds tight to Your support.

One Universal Creator God. By The Grace Of The True Guru:

The actor stages the play,

playing the many characters in different costumes;
but when the play ends, he takes off the costumes,

and then he is one, and only one.

How many forms and images appeared and disappeared?

Where have they gone? Where did they come from?

Countless waves rise up from the water.

Jewels and ornaments of many different forms are fashioned from gold.

when the fruit ripens, the seeds appear in the same form as the original.
The one sky is reflected in thousands of water jugs,

but when the jugs are broken, only the sky remains.

Doubt comes from greed, emotional attachment and the corruption of Maya.

Freed from doubt, one realizes the One Lord alone.

He is imperishable; He will never pass away.

The Perfect Guru has washed away the filth of ego.

Says Nanak, I have obtained the supreme status.
ਸੂਹੀ ਮਹਲਾ ੫ ॥ (736)

Soohee, Fifth Mehl:

ਕੀਤਾ ਲੋਹਿਰ ਸੋ ਪਰਭ ਹੋਇ ॥ (736)

Whatever God wills, that alone happens.

ਤੁਝ ਬਿਨੁ ਦੁਜਾ ਨਾਹੀ ਕੋਇ ॥ (736)

Without You, there is no other at all.

ਜੋ ਜਨੁ ਸੇਵੇ ਿਤਸੁ ਪੂਰਨ ਕਾਜ ॥ (736)

The humble being serves Him, and so all his works are perfectly successful.

ਦਾਸ ਅਪੁਨੇ ਕੀ ਰਾਖਹੁ ਲਾਜ ॥੧॥ (736)

O Lord, please preserve the honor of Your slaves. ||1||

ਤੇਰੀ ਸਰਿਣ ਪੂਰਨ ਦਿਆਲਾ ॥ (736)

I seek Your Sanctuary, O Perfect, Merciful Lord.

ਤੁਝ ਬਿਨੁ ਕਵਨੁ ਕਰੇ ਪਰਿਪਾਲਾ ਻ ਰਹਾਉ ॥ (736)

Without You, who would cherish and love me? ||1||Pause||

ਜਿਲ ਥਿਲ ਮਹੀਅਲ ਰਿਹਾਇ ਭਰਪੂਰ ॥ (736)

He is permeating and pervading the water, the land and the sky.
nihit vasai nahee parabh door.
God dwells near at hand; He is not far away.

lok patee-aarai kachhoo na paa-ee-ai.
By trying to please other people, nothing is accomplished.

When someone is attached to the True Lord, his ego is taken away.

He alone is attached, whom the Lord Himself attaches.

The jewel of spiritual wisdom is awakened deep within.

Evil-mindedness is eradicated, and the supreme status is attained.

By Guru's Grace, meditate on the Naam, the Name of the Lord.

Pressing my palms together, I offer my prayer;
If it pleases You, Lord, please bless me and fulfill me.

Grant Your Mercy, Lord, and bless me with devotion.

Servant Nanak meditates on God forever.

Blessed is that soul-bride, who realizes God.

She obeys the Hukam of His Order, and abandons her self-conceit.

Imbued with her Beloved, she celebrates in delight.

Listen, O my companions - these are the signs on the Path to meet God.
मनु तनु अरिप तिज लाज लोकानी ॥१॥ रहाउ ॥

Dedicate your mind and body to Him; stop living to please others. ||1||Pause||

सखी सहेली कउ समझावै ॥

One soul-bride counsels another,

सोई कमावै जो पर्भ भावै ॥

to do only that which pleases God.

सा सोहागिण अंिक समावै ॥२॥

Such a soul-bride merges into the Being of God. ||2||

गरि गहेली महलु न पावै ॥

One who is in the grip of pride does not obtain the Mansion of the Lord's Presence.

फिर पछुतावै जब रैिण िबहावै ॥

She regrets and repents, when her life-night passes away.

करमहीिण मनमुिख दुखु पावै ॥३॥

The unfortunate self-willed manmukhs suffer in pain. ||3||

I pray to God, but I think that He is far away.
ਪਰ੍ਭੁ ਅਿਬਨਾਸੀ ਰਿਹਾ ਭਰਪੂਰ ॥ (737)
parabh abhinaasee rahi-aa bharpoor.
God is imperishable and eternal; He is pervading and permeating everywhere.

ਜਨੁ ਨਾਨਕੁ ਗਾਵੈ ਦੇਿਖ ਹਦੂਰ ॥੪॥੩॥ (737)
jan naanak gaavai daykh hadoor. ||4||3||
Servant Nanak sings of Him; I see Him Ever-present everywhere. ||4||3||

ਸੂਹੀ ਮਹਲਾ ੫ ॥ (737)
soohee mehlaa 5.
Soohee, Fifth Mehl:

ਿਗਰ੍ਹੁ ਵਿਸ ਗੁਿਰ ਕੀਨਾ ਹਉ ਘਰ ਕੀ ਨਾਿਰ ॥ (737)
garihu vas gur keenaa ha-o ghar kee naar.
The Giver has put this household of my being under my own control. I am now the mistress of the Lord’s Home.

ਦਸ ਦਾਸੀ ਕਿਰ ਦੀਨੀ ਭਤਾਿਰ ॥ (737)
das daasee kar deenee bhataar.
My Husband Lord has made the ten senses and organs of actions my slaves.

ਸਗਲ ਸਮਗਰੀ ਮੈ ਘਰ ਕੀ ਜੋੜੀ ॥ (737)
sagal samagree mai ghar kee jorhee.
I have gathered together all the faculties and facilities of this house.

ਆਸ ਿਪਆਸੀ ਿਪਰ ਕਉ ਲੋੜੀ ॥੧॥ (737)
aas pi-aasee pir ka-o lorhee. ||1||
I am thirsty with desire and longing for my Husband Lord. ||1||

ਕਵਨ ਕਹਾ ਗੁਨ ਕਾਂਤ ਪੀਅਰੇ ॥ (737)
kavan kahaa gun kant piaray.
What Glorious Virtues of my Beloved Husband Lord should I describe?
He is All-knowing, totally beautiful and merciful; He is the Destroyer of ego. ||1||Pause||

I am adorned with Truth, and I have applied the mascara of the Fear of God to my eyes.

I have chewed the betel-leaf of the Ambrosial Naam, the Name of the Lord.

My bracelets, robes and ornaments beautifully adorn me.

The soul-bride becomes totally happy, when her Husband Lord comes to her home. ||2||

By the charms of virtue, I have enticed and fascinated my Husband Lord.

He is under my power - the Guru has dispelled my doubts.

My mansion is lofty and elevated.
ਸਭ ਕਾਮਿਣ ਿਤਆਗੀ ਿਪਰ੍ਉ ਪਰ੍ੀਤਮੁ ਮੇਰਾ ॥੩॥
Renouncing all other brides, my Beloved has become my lover. ||3||

ਪਰ੍ਗਿਟਆ ਸੂਰੁ ਜੋਿਤ ਉਜੀਆਰਾ ॥
The sun has risen, and its light shines brightly.

ਸੇਜ ਿਵਛਾਈ ਸਰਧ ਅਪਾਰਾ ॥
I have prepared my bed with infinite care and faith.

ਨਵ ਰੰਗ ਲਾਲੁ ਸ਼ਕ ਰਾਵਣ ਆਇਆ ॥
My Darling Beloved is new and fresh; He has come to my bed to enjoy me.

ਜਨ ਨਾਨਕ ਿਪਰ ਧਨ ਿਮਿਲ ਸੁਖੁ ਪਾਇਆ ॥੪॥੪॥
O Servant Nanak, my Husband Lord has come; the soul-bride has found peace. ||4||4||

ਸੂਹੀ ਮਹਲਾ ੫ ॥
Soohee, Fifth Mehl:

ਉਮਕਿੋ ਹੀੋ ਮਿਲਨ ਪਰ੍ਭ ਤਾਈ ॥
An intense yearning to meet God has welled up in my heart.

ਖ਼ੋਜਤ ਚਿੱਤ ਦੇਖਉ ਿਪਰ੍ਭ ਜਾਈ ॥
I have gone out searching to find my Beloved Husband Lord.
Hearing news of my Beloved, I have laid out my bed in my home.

Wandering, wandering all around, I came, but I did not even see Him.

How can this poor heart be comforted?

Come and meet me, O Friend; I am a sacrifice to You.

One bed is spread out for the bride and her Husband Lord.

The bride is asleep, while her Husband Lord is always awake.

The bride is intoxicated, as if she has drunk wine.

The soul-bride only awakens when her Husband Lord calls to her.
ਭਈ ਨਿਰਾਸੀ ਬਹੁਤ ਦਿਨ ਲਾਗੇ ॥ (737)
She has lost hope - so many days have passed.

ਦੇਸ ਦੀਸਤਰ ਮੈ ਸਗਲ ਝਾਗੇ ॥ (737)
I have travelled through all the lands and the countries.

ਖਿਨੁ ਰਹਨੁ ਨ ਪਾਵੁ ਬਿਨੁ ਪ੍ਰਥਾਰੇ ॥ (738)
I cannot survive, even for an instant, without the feet of my Beloved.

ਹੋਇ ਕੰਪਾਲੁ ਪਰਬ ਮਿਲਾਈਆ ॥੩॥ (738)
When God becomes Merciful, I become fortunate, and then I meet Him. ||3||

ਭਿਨੋ ਦੀਸਤਰ ਸਤਸੰਗ ਮਿਲਾਈਆ ॥ (738)
Becoming Merciful, He has united me with the Sat Sangat, the True Congregation.

ਬੂਝੀ ਤਪਿਤ ਘਰਹਿ ਪਾਇਆ ॥ (738)
The fire has been quenched, and I have found my Husband Lord within my own home.

ਸਗਲ ਸੀਗਾਰ ਹੁਣ ਮੁਝੀ ਸੁਹਾਈਆ ॥ (738)
I am now adorned with all sorts of decorations.

ਕਹੁ ਨਾਨਕ ਗੁਰ ਬਹਰਮ ਚੁਕਾਇਆ ॥੪॥ (738)
Says Nanak, the Guru has dispelled my doubt. ||4||
jah daykhaa tah pir hai bhaa-ee.
Wherever I look, I see my Husband Lord there, O Siblings of Destiny.

When the door is opened, then the mind is restrained. ||1||Second Pause||5||

Soohee, Fifth Mehl:

When the door is opened, then the mind is restrained. ||1||Second Pause||5||

I am Your slave - what clever tricks could I ever try? This soul and body are totally Yours||1||

O my Darling, Blissful Beloved, who fascinates my mind - I am a sacrifice to the Blessed Vision of Your Darshan. ||1||Pause||

O God, You are the Great Giver, and I am just a poor beggar; You are forever and ever benevolent.
& I cannot accomplish anything by myself, O my Unapproachable and Infinite Lord and Master. ||2||

What service can I perform? What should I say to please You? How can I gain the Blessed Vision of Your Darshan?

Your extent cannot be found - Your limits cannot be found. My mind longs for Your Feet. ||3||

I beg with persistence to receive this gift, that the dust of the Saints might touch my face.

The Guru has showered His Mercy upon servant Nanak; reaching out with His Hand, God has delivered him. ||4||6||

His service is insignificant, but his demands are very great.

One Universal Creator God. By The Grace Of The True Guru:

Soohee, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:
महलु न पावै कहतो पहुँचा ॥१॥
He does not obtain the Mansion of the Lord's Presence, but he says that he has arrived there. ||1||

जो प्रिय माने तिन की रीसा ॥
He competes with those who have been accepted by the Beloved Lord. ||1||

कूड़े मूरख की हाथीसा ॥१॥ रहाउ ॥
This is how stubborn the false fool is! ||1|| Pause||

भेख दिखावै सचु न कमावै ॥
He wears religious robes, but he does not practice Truth. ||1||

कहतो महली निकट न आवै ॥२॥
He says that he has found the Mansion of the Lord's Presence, but he cannot even get near it. ||2||

अतीत सदैव माया का माता ॥
He says that he is unattached, but he is intoxicated with Maya. ||3||

बसा भगवद भक्ति र आए ॥२॥
Says Nanak, hear my prayer, God: ||2||
I am silly, stubborn and filled with sexual desire - please, liberate me! ||4||

I gaze upon the glorious greatness of the Blessed Vision of Your Darshan.

You are the Giver of Peace, the Loving Primal Being. ||1|| Second Pause||1||7||

He gets up early, to do his evil deeds,

but when it is time to meditate on the Naam, the Name of the Lord, then he sleeps. ||1||

The ignorant person does not take advantage of the opportunity.

He is attached to Maya, and engrossed in worldly delights. ||1||Pause||
ਲੋਭ ਲਹਿਰ ਕੁਝ ਿਬਗਿਸ ਫੂਿਲ ਬੈਠਾ ॥ (738)

lobh lahar ka-o bigas fool baithaa.
He rides the waves of greed, puffed up with joy.

ਸਾਧ ਜਨਾ ਕਾ ਦਰਸੁ ਨ ਹੀਠਾ ॥੨॥ (738)
saaDh janaa kaa daras na deethaa. ||2||
He does not see the Blessed Vision of the Darshan of the Holy. ||2||

ਕਬਹੂ ਨ ਸਮਝੈ ਅਗੀਆਨੁ ਗਵਾਰਾ ॥ (738)
kabhoo na samjhai agi-aan gavaaraa.
The ignorant clown will never understand.

ਬਹੁਿਰ ਬਹੁਿਰ ਲਪਿਟਓ ਜੰਜਾਰਾ ॥੧॥ (738)
bahur bahur lapti-o janjaaraa. ||1||
Again and again, he becomes engrossed in entanglements. ||1||Pause||

ਬਿਖਹੈ ਨਾਦ ਕਰਨ ਸੁਿਣ ਭੀਨਾ ॥ (738)
bikhai naad karan sun bheenaa.
He listens to the sounds of sin and the music of corruption, and he is pleased.

ਹਿਰ ਜਸੁ ਸੁਨਤ ਆਲਸੁ ਮਿਨ ਕੀਨਾ ॥੩॥ (738)
har jas sunat aalas man keenaa. ||3||
His mind is too lazy to listen to the Praises of the Lord. ||3||

ਚੋਿਡ ਜਾਿਹ ਝੂਠੇ ਸਿਭ ਧੰਧੇ ॥੧॥ (738)
chhod jaahi jhoothay sabh DhanDhay. ||1||
You shall have to leave all these false affairs. ||1||Pause||

He does not see with your eyes - you are so blind!
Says Nanak, please forgive me, God.

Have Mercy upon me, and bless me with the Saadh Sangat, the Company of the Holy.

He alone obtains something, who becomes the dust under the feet of all.

And he alone repeats the Naam, whom God causes to understand.

Soohee, Fifth Mehl:

Within the home of his own self, he does not even come to see his Lord and Master.

And yet, around his neck, he hangs a stone god.

The faithless cynic wanders around, deluded by doubt.
He churns water, and after wasting his life away, he dies.

**Pause**

That stone, which he calls his god,
that stone pulls him down and drowns him.

O sinner, you are untrue to your own self;
a boat of stone will not carry you across.

Meeting the Guru, O Nanak, I know my Lord and Master.

The Perfect Architect of Destiny is pervading and permeating the water, the land and the sky.

Soohee, Fifth Mehl:
How have you enjoyed your Dear Beloved?

O sister, please teach me, please show me.

Who is imbued with the Love of her Beloved.

Wherever You send me, there I will go.

I would trade meditation, austerity, self-discipline and celibacy, if I could only meet the Lord of my life, for even an instant.
She who eradicates her self-conceit, power and arrogant intellect,

O Nanak, is the true soul-bride.

You are my Life, the very Support of my breath of life.

Gazing upon You, beholding You, my mind is soothed and comforted.

You are my Friend, You are my Beloved.

I shall never forget You.

I am Your indentured servant; I am Your slave.
You are my Great Lord and Master, the treasure of excellence.

There are millions of servants in Your Court - Your Royal Darbaar.

Each and every instant, You dwell with them.

I am nothing; everything is Yours.

Through and through, You abide with Nanak.

His Mansions are so comfortable, and His gates are so lofty.

Within them, His beloved devotees dwell.
ਸਹਜ ਕਥਾ ਪਰ੍ਭ ਕੀ ਅਿਤ ਮੀਠੀ ॥ (739)
sahj kathaa parabh kee at meethee.
The Natural Speech of God is so very sweet.

ਵਿਰਲੈ ਕਾਹੂ ਨੇਤਰ੍ਹੁ ਡੀਠੀ ॥੧॥ (739)
virlai kaahoo naytarahu deethee. ||1|| rahaa-o.
How rare is that person, who sees it with his eyes. ||1||Pause||

ਤਹ ਗੀਤ ਨਾਦ ਅਖਾਰੇ ਸੰਗਾ ॥ (739)
tah geet naad akhaaraay sangaa.
There, in the arena of the congregation, the divine music of the Naad, the sound current, is sung.

ਊਹਾ ਸੰਤ ਕਰਿਹ ਹਿਰ ਰੰਗਾ ॥੨॥ (739)
oohaa sant karahi har rangaa. ||2||
There, the Saints celebrate with their Lord. ||2||

ਤਹ ਮਰਣੁ ਨ ਜੀਵਣੁ ਸੋਗੁ ਨ ਹਰਖਾ ॥ (739)
tah maran na jeevan sog na harkhaa.
Neither birth nor death is there, neither pain nor pleasure.

ਸਾਚ ਨਾਮ ਕੀ ਅੰਤਰ੍ਮ੭ਤ ਵਰਖਾ ॥੩॥ (739)
saach naam kee amrit varkhaa. ||3||
The Ambrosial Nectar of the True Name rains down there. ||3||

ਗੁਹਜ ਕਥਾ ਇਹ ਗੁਰ ਤੇ ਜਾਣੀ ॥ (739)
guhaj kathaa ih gur tay jaanee.
From the Guru, I have come to know the mystery of this speech.

ਨਾਨਕ ਬੋਲਈ ਹਿਰ ਹਿਰ ਬਾਣੀ ॥੪॥੬॥੧੨॥ (739)
naanak bolai har har banee. ||4||6||12||
Nanak speaks the Bani of the Lord, Har, Har. ||4||6||12||
Soohee, Fifth Mehl:

By the Blessed Vision of their Darshan, millions of sins are erased.

Meeting with them, this terrifying world-ocean is crossed over.

They are my companions, and they are my dear friends.

who inspire me to remember the Lord's Name.

Hearing the Word of His Shabad, I am totally at peace.

When I serve Him, the Messenger of Death is chased away.

His comfort and consolation soothes and supports my mind.
Remembering Him in meditation, my face is radiant and bright. ||3||

God embellishes and supports His servants.

Nanak seeks the Protection of their Sanctuary; he is forever a sacrifice to them. ||4||7||13||

The angelic beings and demi-gods are not permitted to remain here.

The silent sages and humble servants also must arise and depart. ||1||

Only those who meditate on the Lord, Har, Har, are seen to live on.

In the Saadh Sangat, the Company of the Holy, they obtain the Blessed Vision of the Lord's Darshan. ||1||Pause||
ਬਾਿਦਸਾਹ सਾਹ ਵਾਪਾਰੀ ਮਰਨਾ ॥ (740)
baadisaah saah vaapaaree marnaa.
Kings, emperors and merchants must die.

ਜੋ ਦੀਸੈ ਸੋ ਕਾਲਿਹ ਖਰਨਾ ॥੨॥ (740)
joe deesai so kaaleh kharna. ||2||
Whoever is seen shall be consumed by death. ||2||

ਕੂ ਡ਼ਾ ਮੋਿਹ ਲਪਿਟ ਲਪਟਾਨਾ ॥ (740)
koorhai mohi lapat laptaanaa.
Mortal beings are entangled, clinging to false worldly attachments.

ਛੋਡ ਚਿਲਆ ਤਾ ਫਿਰ ਪਛੁਤਾਨਾ ॥੩॥ (740)
chhod chali-aa taa fir pachhutaanaa. ||3||
And when they must leave them behind, then they regret and grieve. ||3||

ਿਕਰ੍ਪਾ ਿਨਧਾਨ ਨਾਨਕ ਕਉ ਕਹਾ ਦਾਿਤ ॥ (740)
kirpaa niDhaan naanak ka-o karahu daat.
O Lord, O treasure of mercy, please bless Nanak with this gift,

ਨਾਮ ਤੇਰਾ ਜਪੀ ਿਦਨੁ ਰਾਿਤ ॥੪॥੮॥੧੪॥ (740)
nama tayraa japee din raat. ||4||8||14||
that he may chant Your Name, day and night. ||4||8||14||

ਸੂਹੀ ਮਹਲਾ ੫ ॥ (740)
soohee mehlaa 5.
Soohee, Fifth Mehl:

ਘਟ ਘਟ ਅੰਤਿਰ ਤੁਮਹੀ ਬਸਾਰੇ ॥ (740)
ghat ghat antar tumeh basaaray.
You dwell deep within the heart of each and every being.
ਸਗਲ ਸਮਗਰੀ ਸੂਿਤ ਤੁਮਾਰੇ ॥੧॥
The entire universe is strung on Your Thread. ||1||

ਤੂੰ ਪਰ੍ੀਤਮ ਤੂੰ ਪਰ੍ਾਨ ਅਧਾਰੇ ॥
You are my Beloved, the Support of my breath of life.

ਤੁਮ ਹੀ ਪੇਿਖ ਪੇਿਖ ਮਨੁ ਿਬਗਸਾਰੇ ॥੧॥ ਰਹਾਉ ॥
Beholding You, gazing upon You, my mind blossoms forth. ||1||Pause||

ਅਨਿਕ ਜੋਿਨ ਭਰ੍ਿਮ ਭਰ੍ਿਮ ਭਰ੍ਿਮ ਹਾਰੇ ॥
Wandering, wandering, wandering through countless incarnations, I have grown so weary.

ਓਟ ਗਹੀ ਅਬ ਸਾਧ ਸੰਗਾਰੇ ॥੨॥
Now, I hold tight to the Saadh Sangat, the Company of the Holy. ||2||

ਅਗਮ ਅਗਿੰਚਰ ਅਲਖ ਅਪਾਰੇ ॥
You are inaccessible, incomprehensible, invisible and infinite.

ਨਾਨਕੁ ਿਸਮਰੈ ਿਦਨੁ ਰੈਨਾਰੇ ॥੩॥੯॥੧੫॥
Nanak remembers You in meditation, day and night. ||3||9||15||

ਸੂਹੀ ਮਹਲਾ ੫ ॥
Soohee, Fifth Mehl:
What is the use of the glory of Maya?

It disappears in no time at all.

This is a dream, but the sleeper does not know it.

In his unconscious state, he clings to it.

The poor fool is enticed by the great attachments of the world.

Gazing upon them, watching them, he must still arise and depart.

The Royal Court of His Darbaar is the highest of the high.

He creates and destroys countless beings.
doosar ho-aa naa ko ho-e.
There has never been any other, and there shall never be.

jap naanak parabh ayko so-ee. ||4||10||16||
O Nanak, meditate on the One God. ||4||10||16||

jap naanak parabh ayko so-ee. ||4||10||16||
O Nanak, meditate on the One God. ||4||10||16||

jap naanak parabh ayko so-ee. ||4||10||16||
O Nanak, meditate on the One God. ||4||10||16||

Meditating, meditating in remembrance on Him, I live.

I wash Your Lotus Feet, and drink in the wash water.

He is my Lord, the Inner-knower, the Searcher of hearts.

I wash Your Lotus Feet, and drink in the wash water.

He is my Lord, the Inner-knower, the Searcher of hearts.

I wash Your Lotus Feet, and drink in the wash water.

He is my Lord, the Inner-knower, the Searcher of hearts.

Hearing, hearing Your Ambrosial Naam, I meditate on it.
आठ घर तेरे गुण गावा ॥२॥
Twenty-four hours a day, I sing Your Glorious Praises. ||2||

पेख चर लीला मनि आनंदा ॥
Beholding, beholding Your divine play, my mind is in bliss.

गुण अपार पर्भ परमानंदा ॥३॥
Your Glorious Virtues are infinite, O God, O Lord of supreme bliss. ||3||

जा के सिमरन कछु भून निबापै ॥
Meditating in remembrance on Him, fear cannot touch me.

सदा सदा नानक हिर जापै ॥४॥११॥१७॥
Forever and ever, Nanak meditates on the Lord. ||4||11||17||

सूही महला ५ ॥
Soohee, Fifth Mehl:

गुर के बचन रिदिय धिक्कानु धारी ॥
Within my heart, I meditate on the Word of the Guru's Teachings.

रसना जाप बनवारी ॥१॥
With my tongue, I chant the Chant of the Lord. ||1||
The image of His vision is fruitful; I am a sacrifice to it.

His Lotus Feet are the Support of the mind, the Support of the very breath of life.

In the Saadh Sangat, the Company of the Holy, the cycle of birth and death is ended.

To hear the Ambrosial Sermon is the support of my ears.

I have renounced sexual desire, anger, greed and emotional attachment.

I have enshrined the Naam within myself, with charity, true cleansing and righteous conduct.

Says Nanak, I have contemplated this essence of reality;

chanting the Name of the Lord, I am carried across.
Soohee, Fifth Mehl:

The sinner is absorbed in greed and emotional attachment.

He has not performed any service to the Creator Lord.

O God, Your Name is the Purifier of sinners.

I am worthless - please save me!

O God, You are the Great Giver, the Inner-knower, the Searcher of hearts.

The body of the egotistical human is perishable.

Tastes and pleasures, conflicts and jealousy, and intoxication with Maya -
attached to these, the jewel of human life is wasted. ||3||

The Sovereign Lord King is the Destroyer of pain, the Life of the world.

Forsaking everything, Nanak has entered His Sanctuary. ||4||13||19||

He sees with his eyes, but he is called blind; he hears, but he does not hear.

And the One who dwells near at hand, he thinks that He is far away; the sinner is committing sins. ||1||

Do only those deeds which will save you, O mortal being.

Chant the Name of the Lord, Har, Har, and the Ambrosial Word of His Bani. ||1||Pause||
घोर महल सदा रंग राता ॥ (741)
You are forever imbued with the love of horses and mansions.

संग तुम्हारै कछू न जाता ॥२॥ (741)
Nothing shall go along with you. ||2||

रखिह पोचार माटी का भांडा ॥ (741)
You may clean and decorate the vessel of clay,

अित कुचील िमलै जम डांडा ॥३॥ (741)
but it is so very filthy; it shall receive its punishment from the Messenger of Death. ||3||

काम क्रोध लोिभ मोिह बाधा ॥ (741)
You are bound by sexual desire, anger, greed and emotional attachment.

महा गरत महि निघरत जाता ॥४॥ (741)
You are sinking down into the great pit. ||4||

नानक की अरदािस सुणीजै ॥ (741)
Hear this prayer of Nanak, O Lord;

डूबत पाहन पर्‌भ मेरे लीजै ॥४॥२०॥ (741)
I am a stone, sinking down - please, rescue me! ||5||14||20||
ਸੂਹੀ ਮਹਲਾ ੫ ॥ (741)

soohee mehlaa 5.
Soohee, Fifth Mehl:

ਦੋਤੇ ਤਤ ਵਰਤੀ ਧਰਮ ਮੰਦੀਦੀ ਦੋਤੀ ॥ (741)

jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.

ਤੁਮ ਤਤ ਵਰਤੀ ਧਰਮ ਮੰਦੀਦੀ ਦੋਤੀ ॥੧॥ (741)

tis jan karam paraapat ho-ay. ||1||
He meets that humble being according to the karma of his past actions. ||1||

ਸੂਹੀ ਮਹਲਾ ੫ ॥ (741)

soohee mehlaa 5.
Soohee, Fifth Mehl:

ਤੀੜਣ ਬਾਲਿ ਧਰਮ ਪਦੀ ਦੋਤੀ ॥ (741)

jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.

ਤੁਹਾਂ ਤਤ ਵਰਤੀ ਧਰਮ ਮੰਦੀਦੀ ਦੋਤੀ ॥੧॥ (741)

tis jan karam paraapat ho-ay. ||1||
He meets that humble being according to the karma of his past actions. ||1||

ਸੂਹੀ ਮਹਲਾ ੫ ॥ (741)

soohee mehlaa 5.
Soohee, Fifth Mehl:

ਤੁਮ ਤਤ ਵਰਤੀ ਧਰਮ ਮੰਦੀਦੀ ਦੋਤੀ ॥ (741)

jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.

ਤੁਹਾਂ ਤਤ ਵਰਤੀ ਧਰਮ ਮੰਦੀਦੀ ਦੋਤੀ ॥੧॥ (741)

tis jan karam paraapat ho-ay. ||1||
He meets that humble being according to the karma of his past actions. ||1||

ਸੂਹੀ ਮਹਲਾ ੫ ॥ (741)

soohee mehlaa 5.
Soohee, Fifth Mehl:

ਤੀੜਣ ਬਾਲਿ ਧਰਮ ਪਦੀ ਦੋਤੀ ॥ (741)

jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.

ਤੁਮ ਤਤ ਵਰਤੀ ਧਰਮ ਮੰਦੀਦੀ ਦੋਤੀ ॥ (741)

jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.

ਤੀੜਣ ਬਾਲਿ ਧਰਮ ਪਦੀ ਦੋਤੀ ॥ (741)

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One who remains dead while yet alive understands God.

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jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.

ਤੀੜਣ ਬਾਲਿ ਧਰਮ ਪਦੀ ਦੋਤੀ ॥ (741)

jeevat marai bujhai parabh so-ay.
One who remains dead while yet alive understands God.
आदि अंत की कीमत जानै ॥३॥

Kahoh naanak tis jan balihaaree.
Says Nanak, I am a sacrifice to that humble being,

जा कै हरदै वसीह मुरारी ॥४॥१५॥२१॥

Meditate within your mind on the Lotus Feet of the Guru.

सूही महला ५ ॥

Soohee, Fifth Mehl:

The Guru is the Transcendent Lord, the Creator Lord.

He gives His Support to the entire Universe. ||1||

Pain and suffering shall leave this body. ||1||Pause||
bhavjal doobat satgur kaadhai.
The True Guru saves the drowning being from the terrifying world-ocean.

janam janam ka tootaa gaadhai. ||2||
He reunites those who were separated for countless incarnations. ||2||
gur kee sayvaa karahu din raat.
Serve the Guru, day and night.

sookh sahj man aavai saaNt. ||3||
Your mind shall come to have peace, pleasure and poise. ||3||
satgur kee rayn vadbhaagee paavai.
By great good fortune, one obtains the dust of the feet of the True Guru.
naanak gur ka-o sad bal jaavai. ||4||16||22||
Nanak is forever a sacrifice to the True Guru. ||4||16||22||

gur apunay oopar bal jaa-ee-ai.
I am a sacrifice to my True Guru.
Aath pahar har har jas gaa-ee-ai. ||1||
Twenty-four hours a day, I sing the Praises of the Lord, Har, Har. ||1||

Meditate in remembrance on God, your Lord and Master.

He is the Inner-knower, the Searcher of all hearts. ||1||Pause||

So love the Lord's Lotus Feet,

and live a lifestyle which is true, perfect and spotless. ||2||

By the Grace of the Saints, the Lord comes to dwell within the mind,

and the sins of countless incarnations are eradicated. ||3||

Please be Merciful, O God, O Merciful to the meek.
Nanak begs for the dust of the Saints. ||4||17||23||

Soohee, Fifth Mehl:

Gazing upon the Blessed Vision of Your Darshan, I live.

My karma is perfect, O my God. ||1||

Please, listen to this prayer, O my God.

Please bless me with Your Name, and make me Your chaylaa, Your disciple. ||1||Pause||

Please keep me under Your Protection, O God, O Great Giver.

By Guru's Grace, a few people understand this. ||2||
Please hear my prayer, O God, my Friend.

May Your Lotus Feet abide within my consciousness.

Nanak makes one prayer:

may I never forget You, O perfect treasure of virtue.

Soohee, Fifth Mehl:

He is my friend, companion, child, relative and sibling.

Wherever I look, I see the Lord as my companion and helper.

The Lord's Name is my social status, my honor and wealth.
ਸੂਖ सਹਜ ਆਨੰਦ ਿਬਸਰਾਮ ॥੧॥ ਰਹਾਉ ॥

He is my pleasure, poise, bliss and peace. ||1||Pause||

ਪਾਰਬਰ੍ਹਮੁ ਜਿਪ ਪਿਹਿਰ ਸਨਾਹ ॥

I have strapped on the armor of meditation on the Supreme Lord God.

ਕੋਿਟ ਆਵਧ ਿਤਸੁ ਬੇਧਤ ਨਾਿਹ ॥੨॥

It cannot be pierced, even by millions of weapons. ||2||

ਹਿਰ ਚਰਨ ਸਰਣ ਗੜ ਕੋਟ ਹਮਾਰੈ ॥

The Sanctuary of the Lord's Feet is my fortress and battlement.

ਕਾਲੁ ਕੰਟਕੁ ਜਮੁ ਿਤਸੁ ਨ ਿਬਦਾਰੈ ॥੩॥

The Messenger of Death, the torturer, cannot demolish it. ||3||

ਨਾਨਕ ਦਾਸ ਸਦਾ ਬਿਲਹਾਰੀ ॥

Slave Nanak is forever a sacrifice

ਸੋਹੀ ਮਹਲਾ ॥੫॥

Soohee, Fifth Mehl:
Where the Glorious Praises of God, the Lord of the world are continually sung,

there is bliss, joy, happiness and peace. ||1||

Come, O my companions - let us go and enjoy God.

Let us fall at the feet of the holy, humble beings. ||1||Pause||

I pray for the dust of the feet of the humble.

It shall wash away the sins of countless incarnations. ||2||

I dedicate my mind, body, breath of life and soul to God.

Remembering the Lord in meditation, I have eradicated pride and emotional attachment. ||3||
O Lord, O Merciful to the meek, please give me faith and confidence,

so that slave Nanak may remain absorbed in Your Sanctuary.

The city of heaven is where the Saints dwell.

They enshrine the Lotus Feet of God within their hearts.

Listen, O my mind and body, and let me show you the way to find peace,

so that you may eat and enjoy the various delicacies of the Lord.

Taste the Ambrosial Nectar of the Naam, the Name of the Lord, within your mind.
achraj saad taa kay barnay na jaahii. ||2||
Its taste is wondrous - it cannot be described. ||2||

lobh moo-aa tarisnaa bujh thaakee.
Your greed shall die, and your thirst shall be quenched.

paarbarahm kee saran jan taakee. ||3||
The humble beings seek the Sanctuary of the Supreme Lord God. ||3||

janam janam kay bhai moh nivaaray.
The Lord dispels the fears and attachments of countless incarnations.

naanak daas parabh kirpaa Dhaaray. ||4||21||27||
God has showered His Mercy and Grace upon slave Nanak. ||4||21||27||

soohee mehlaa 5.
Soohee, Fifth Mehl:

anik beeNg daas kay parhari-aa.
God covers the many shortcomings of His slaves.

kar kirpaa parabh apnaa kari-aa. ||1||
Granting His Mercy, God makes them His own. ||1||
You emancipate Your humble servant,

and rescue him from the noose of the world, which is just a dream. ||1||Pause||

Even huge mountains of sin and corruption are removed in an instant by the Merciful Lord. ||2||

sorrow, disease and the most terrible calamities are removed by meditating on the Naam, the Name of the Lord. ||3||

Bestowing His Glance of Grace, He attaches us to the hem of His robe.

Grasping the Lord’s Feet, O Nanak, we enter His Sanctuary. ||4||22||28||
Soohee, Fifth Mehl:

One who withdraws from God's Path, and attaches himself to the world,
is known as a sinner in both worlds.

He alone is approved, who pleases the Lord.

Only He Himself knows His creative omnipotence. Pause

One who practices truth, righteous living, charity and good deeds,
has the supplies for God's Path. Worldly success shall not fail him.

Within and among all, the One Lord is awake.
ਜਿਤੁ ਜਿਤੁ ਲਾਇਆ ਜਿਤੁ ਜਿਤੁ ਕੋ ਲਾਗੈ ॥੩॥
As He attaches us, so are we attached. ||3||

ਆਗਮ ਅਗੋਚਰ ਮੁਹ ਸਾਹਿਬ ਮੇਰਾ ॥ (743)
You are inaccessible and unfathomable, O my True Lord and Master.

ਨਾਨਕ ਬੋਲਈ ਬੋਲਾਇਆ ਤੇਰਾ ॥੪॥੨੩॥੨੯॥
Nanak speaks as You inspire him to speak. ||4||23||29||

ਸੂਹੀ ਮੇਲਾ ੫ ॥
Soohee, Fifth Mehl:

ਪਰਾਤਹਕਾਲੀ ਹਿਰ ਨਾਮ ਉਚਾਰੀ ॥ (743)
In the early hours of the morning, I chant the Lord's Name.

ੀਤ ਊਤ ਕੀ ਓਟ ਸੰਵਾਰੀ ॥੧॥
I have fashioned a shelter for myself, hear and hereafter. ||1||

ਸਦਾ ਸਦਾ ਜਪੀਐ ਹਿਰ ਨਾਮ ॥ (743)
Forever and ever, I chant the Lord's Name,

ਪੂਰਨ ਹੋਵਿਹ ਮਨ ਕੇ ਕਾਮ ॥੧॥ ਰਹਾਊ ॥
and the desires of my mind are fulfilled. ||1||Pause||
Sing the Praises of the Eternal, Imperishable Lord God, night and day.

In life, and in death, you shall find your eternal, unchanging home.

So serve the Sovereign Lord, and you shall never lack anything.

While eating and consuming, you shall pass your life in peace.

O Life of the World, O Primal Being, I have found the Saadh Sangat, the Company of the Holy.

By Guru's Grace, O Nanak, I meditate on the Naam, the Name of the Lord.

When the Perfect Guru becomes merciful,
दुख बिनसे पूरन भई घाल ॥१॥
my pains are taken away, and my works are perfectly completed. ॥१॥

Gazing upon, beholding the Blessed Vision of Your Darshan, I live;

I am a sacrifice to Your Lotus Feet.

Without You, O my Lord and Master, who belongs to me? ॥1||Pause||

I have fallen in love with the Saadh Sangat, the Company of the Holy,

by the karma of my past actions and my pre-ordained destiny. ॥2॥

Chant the Name of the Lord, Har, Har; how wondrous is His glory!

The three types of illness cannot consume it. ॥3||
nimakh na bisrahi har charan tumhaaray. 
May I never forget, even for an instant, the Lord's Feet.

naanak maagai daan pi-aaray. ||4||25||31||
Nanak begs for this gift, O my Beloved. ||4||25||31||

say sanjog karahu mayray pi-aaray. 
May there be such an auspicious time, O my Beloved,

jit rasnaa har naam uchaaray. ||1||
when, with my tongue, I may chant the Lord's Name||1||

sun bayntee parabh deen da-i-aalaa. 
Hear my prayer, O God, O Merciful to the meek.

saaDh gaavahi gun sadda rasalaalaa. ||1||
The Holy Saints ever sing the Glorious Praises of the Lord, the Source of Nectar. ||1||Pause||

jeevan roop simran parabh tayraa. 
Your meditation and remembrance is life-giving, God.
Jīs kirpā karahi baseh tis nayraa. ||2||
You dwell near those upon whom You show mercy. ||2||

Jan kee bhookh tayraa naam ahaar.
Your Name is the food to satisfy the hunger of Your humble servants.

TooN daataa parabh dayvanhaar. ||3||
You are the Great Giver, O Lord God. ||3||

Raam ramat santan sukh maanaa.
The Saints take pleasure in repeating the Lord's Name.

Naanak dayvanhaar sujaanaa. ||4||26||32||
O Nanak, the Lord, the Great Giver, is All-knowing. ||4||26||32||

Soohee mehlaa 5.
Soohee, Fifth Mehl:

Bhahtee jaat kaday darisat na Dhaarat.
Your life is slipping away, but you never even notice.

Mithi-aa moh banDheh nit paarach. ||1||
You are constantly entangled in false attachments and conflicts. ||1||
Maadhve bhaj din nit rainee.
Meditate, vibrate constantly, day and night, on the Lord.

Janam padaarath jeet har sarnee. ||1|| raha-o.
You shall be victorious in this priceless human life, in the Protection of the Lord's Sanctuary. ||1||Pause||

Karat bikaar do-oo kar jhaarat.
You eagerly commit sins and practice corruption,

Raam ratan rid til nahee Dhaarat. ||2||
but you do not enshrine the jewel of the Lord's Name within your heart, even for an instant. ||2||

Bharan pokhan sang a-oDh bihaanee.
Feeding and pampering your body, your life is passing away,

Jai jagdees kee gat nahee jaanee. ||3||
but you do not experience the state of victory of the Lord of the Universe. ||3||

Saran samrath agochar su-aamee.
So enter the Sanctuary of the All-powerful, Unfathomable Lord and Master.

O God, O Searcher of hearts, please, save Nanak! ||4||27||33||
Soohee, Fifth Mehl:

साधसंग तरै भै सागर।

Remember in meditation the Name of the Lord, Har, Har, the source of jewels. ||1||

िसमिर जीवा नाराइण।

Remembering, remembering the Lord in meditation, I live.

All pain, disease and suffering is dispelled, meeting the Perfect Guru; sin has been eradicated. ||1||Pause||

The immortal status is obtained through the Name of the Lord;

the mind and body become spotless and pure, which is the true purpose of life. ||2||

Aath Pahar Dhaaraabhm Dhiaa-ee-ai.

Twenty-four hours a day, meditate on the Supreme Lord God.
By pre-ordained destiny, the Name is obtained. ||3||

I have entered His Sanctuary, and I meditate on the Lord, Merciful to the meek.

Nanak longs for the dust of the Saints. ||4||28||34||

The beautiful one does not know the work of his own home.

The fool is engrossed in false attachments. ||1||

As You attach us, so we are attached.

When You bless us with Your Name, we chant it. ||1||Pause||
हिर के दास हिर सेती राते ॥ (744)
har kay daas har saytee raatay.
The Lord's slaves are imbued with the Love of the Lord.

राम रसाइण अनिदनु माते ॥2॥
raam rasaa-in an-din maatay. ||2||
They are intoxicated with the Lord, night and day. ||2||

बाह पकिर परभ आपे काढे ॥
baah pakar parabh aapay kaadhay.
Reaching out to grasp hold of our arms, God lifts us up.

जनम जनम के टूटे गाढे ॥३॥
janam janam kay tootay gaadhay. ||3||
Separated for countless incarnations, we are united with Him again. ||3||

उधरु सुआमी परभ िकरपा धारे ॥
uDhar su-aamee parbh kirpaa Dhaaray.
Save me, O God, O my Lord and Master - shower me with Your Mercy.

नानक दास हिर सरिण दुआरे ॥4॥29॥35॥ (744)
naanak daas har saran du-aaray. ||4||29||35||
Slave Nanak seeks Sanctuary at Your Door, O Lord. ||4||29||35||

सूही महला ५ ॥
soohee mehlaa 5.
Soohee, Fifth Mehl:

संत प्रसादि निहचलु घर पाइआ ॥
sant parsaad nihchal ghar paa-i-aa.
By the Grace of the Saints, I have found my eternal home.
ਸਰਬ सूਖ िफिर नਹੀ डोਲाईਆ ॥੧॥
sarab sookh fir nahee dolaa-i-aa. ||1||
I have found total peace, and I shall not waver again. ||1||

ਗੁਰੂ िधਾਇ हਿਰ ਚਰਨ ਮਿਨ ਚੀਨੇ ॥
guroo Dhi-aa-ay har charan man cheenHay. ||1||
I meditate on the Guru, and the Lord’s Feet, within my mind.

ਤਾ ਤੇ ਕਰਤੈ ਅਸਿਥਰੁ ਕੀਨ ਹੇ ॥੧॥ ਰਹਾਉ ॥
taa tay kartai asthir keenHay. ||1|| raha-o.
In this way, the Creator Lord has made me steady and stable. ||1||Pause||

ਗੁਣ ਗਾਵਤ ਅਚੁਤ ਅੰਭੀਨਾਸੀ ॥
gun gaavat achut abhinaasee.
I sing the Glorious Praises of the unchanging, eternal Lord God,

ਤਾ ਤੇ ਕਾਟੀ ਜਮ ਕੀ ਫਾਸੀ ॥੨॥
taa tay kaatee jam kee faasee. ||2||
and the noose of death is snapped. ||2||

ਕਿਰ ਿਕਰ੍ਪਾ ਲੀਨੇ ਲਿੜ ਲਾਏ ॥
kir kirpaa leenay larh laa-ay.
Showering His Mercy, he has attached me to the hem of His robe.

ਸਦਾ ਅਨਦੁ ਨਾਨਕ ਗੁਣ ਗਾਏ ॥੩॥੩੦॥੩੬॥
sadaa anad naanak gun gaa-ay. ||3||30||36||
In constant bliss, Nanak sings His Glorious Praises. ||3||30||36||

ਸੂਹੀ ਮਹਲਾ ੫ ॥
soohee mehlaa 5.
Soohee, Fifth Mehl:
The Words, the Teachings of the Holy Saints, are Ambrosial Nectar.

Whoever meditates on the Lord's Name is emancipated; he chants the Name of the Lord, Har, Har, with his tongue.

I apply the dust of the feet of the Holy to my face and forehead.

Nanak has been saved, in the Sanctuary of the Guru, the Lord.

I sing the Glorious Praises of the Lord of the Universe, the Merciful Lord.
Please, bless me with the Blessed Vision of Your Darshan, O Perfect, Compassionate Lord. ||Pause||

Please, grant Your Grace, and cherish me.

My soul and body are all Your property. ||1||

Only meditation on the Ambrosial Naam, the Name of the Lord, will go along with you.

Nanak begs for the dust of the Saints. ||2||32||38||

The True Lord Himself is our anchor. ||1||
वदि वदि राम भें भागु ॥ (744)
हर हर नामु मेरा आधारु ॥
har har naam mayraa aadhaar.
The Name of the Lord, Har, Har, is our only support.

वर्तम वर्तम समरथु भागु ॥१॥ वर्तमु ॥ (744)
करण कारण समरथ अपारु ॥१॥ रहाउ ॥
karan kaaran samrath apaar. ||1|| rahaa-o.
The Creator, the Cause of causes, is All-powerful and Infinite. ||1||Pause||

मड वेंज मिटटेवे रुप विनेभ ॥ (744)
सभ रोग मिटावे नवा निरोआ ॥
sabh rog mitaavay navaa niro-aa.
He has eradicated all illness, and healed me.

सूही महला ५ ॥ (745)
सूही महला ५॥
Soohee, Fifth Mehl:

चथम चथम लेचे मडे बेंटी ॥ (745)
दरसन कउ लोचै सभु कोई ॥
darsan ka-o lochai sabh ko-ee.
Everyone longs for the Blessed Vision of the Lord's Darshan.

पूरा दसी धर्मवांड बेंटी ॥ (745)
पूरा भाग परापत होई ॥ रहाउ ॥
poorai bhaag paraapat ho-ee. rahaa-o.
By perfect destiny, it is obtained. ||Pause||

सिंधम सुंदर तज्जी नीद आई ॥ (745)
si-aam sundar taj need ki-o aad-ee.
Forsaking the Beautiful Lord, how can they go to sleep?
The great enticer Maya has led them down the path of sin. ||1||

This butcher has separated them from the Beloved Lord. ||2||

This merciless one shows no mercy at all to the poor beings. ||2||

Countless lifetimes have passed away, wandering aimlessly. ||3||

The terrible, treacherous Maya does not even allow them to dwell in their own home. ||3||

Day and night, they receive the rewards of their own actions. ||4||

Don't blame anyone else; your own actions lead you astray. ||4||

Listen, O Friend, O Saint, O humble Sibling of Destiny:
ਚਰਣ ਸਰਣ  ਨਾਨਕ  ਗਿਤ  ਪਾਈ ॥੫॥੩੪॥੪੦॥ (745)
charan saran naanak gat paa-ee. ||5||34||40||
in the Sanctuary of the Lord's Feet, Nanak has found Salvation. ||5||34||40||

ਰਾਗੁ  ਸੂਹੀ  ਮਹਲਾ ੫  ਘਰੁ ੪
raag soohee mehlaa 5 ghar 4
Raag Soohee, Fifth Mehl, Fourth House:

ੱਕੀੱ ਸਤਗੁਰ  ਪਰੂੱਖੀ ॥
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਭਲੀ  ਸੁਹਾਵੀ  ਛਾਪਰੀ  ਜਾ  ਮਿਹ  ਗੁਨ  ਗਾਏ ॥
bhalee suhaavee chhaapree jaa meh gun gaa-ay.
Even a crude hut is sublime and beautiful, if the Lord's Praises are sung within it.

ਕਿਤ  ਸੀ  ਸਾਮਨ ੫  ਧਾਲਹਰ  ਜੀੱਤੁ  ਹਿਰ  ਚਿੱਤੁ  ਆਏ ॥੧॥
kit hee saaman na Dha-ulhar jit har chit aa-ay. ||1|| rahaa-o.
Those mansions where the Lord is forgotten are useless. ||1||Pause||

ਆਨਦ  ਗਾਰੀਬੀ  ਸਾਧਸੰਗ  ਜੀੱਤੁ  ਪ੍ਰਰਾਖਾਏ ॥ (745)
anad gareebee saaDhsang jit parabh chit aa-ay.
Even poverty is bliss, if God comes to mind in the Saadh Sangat, the Company of the Holy.

ਲਿਲੀ  ਤੇਘੁ  ਵੱਡਾਕਲ  ਪਹਿਚਾਣੇ ॥੧॥
jal jaa-o ayhu badpanaa maa-i-aa laptaa-ay. ||1||
This worldly glory might just as well burn; it only traps the mortals in Maya. ||1||

ਪਿਸਤੁ  ਪੀਸੁ  ਓਢੀ  ਕਾਮਰੀ  ਸੁਖਾ ਮਨੁ  ਸੰਤੁਕਾਏ ॥ (745)
pesan pees odh kaamree sukh man santokhaa-ay.
One may have to grind corn, and wear a coarse blanket, but still, one can find peace of mind and contentment.
ਐਸੋ ਰਾਜੁ ਨ ਿਕਤੈ ਕਾਜ ਜਤੁ ਨਹ ਤਿਪਤਾਏ। ||2||
Even empires are of no use at all, if they do not bring satisfaction. ||2||

ਨਗਨ ਫੀਰਤ ਰੰਗੀ ਏਕ ਕੇ ਔਰਤ ਸੋਬਾ ਪਾਏ।
nagan firat rang ayk kai oh sobhaa paa-ay.
Someone may wander around naked, but if he loves the One Lord, he receives honor and respect.

ਪਾਟ ਪਟਮਬਰ ਬਿਰਥਿਆ ਜਿਹ ਲੋਬਾ ਪਾਏ। ||3||
paat patambar birthi-aa jih rach lobhaa-ay. ||3||
Silk and satin clothes are worthless, if they lead to greed. ||3||

ਸਭ ਕਿੱਚੜੇ ਤੁਮਾਂ ਹਾਥ ਪਰਭ ਆਪ ਕਰੇ ਕਰਾਏ।
sabh kichh tumHrai haath parabh aap karay karaa-ay.
Everything is in Your Hands, God. You Yourself are the Doer, the Cause of causes.

ਸਾਸ ਸਾਸ ਸਿਮਰਤ ਰਹਾ ਨਾਨਕ ਦਾਨ ਪਾਏ। ||4||1||41||
saas saas simrat rahaa naanak daan paa-ay. ||4||1||41||
With each and every breath, may I continue to remember You. Please, bless Nanak with this gift. ||4||1||41||

ਸੂਹੀ ਮਹਲਾ ੫।
Soohee, Fifth Mehl:

ਹਿਰ ਕਾ ਸੰਤ ਧਨ ਦਾ ਪਿਨਹਾਰਾ।
har kaa sant paraan Dhan tis panihaaraa.
The Lord’s Saint is my life and wealth. I am his water-carrier.

ਬਾਡੀ ਮੀਤ ਸੁਤ ਸਗਲ ਜੀਅ ਤੇ ਪਿਨਹਾਰਾ। ||745||
bhaa-ee meet sut sagal jee-a hooN tay pi-aaraa. ||1|| raha-o.
He is dearer to me than all my siblings, friends and children. ||1||Pause||

He is dearer to me than all my siblings, friends and children.
kaysaa kaa kar beejnaa sant cha-ur dhulaava-o.
I make my hair into a fan, and wave it over the Saint.

I bow my head low, to touch his feet, and apply his dust to my face. ||1||

misat bachan bayntee kara-o deen kee ni-aa-ee.
I offer my prayer with sweet words, in sincere humility.

Renouncing egotism, I enter His Sanctuary. I have found the Lord, the treasure of virtue. ||2||

amrit bachan man meh sincha-o banda-o baar baar. ||3||
I cherish and gather in His Ambrosial Words within my mind; time and time again, I bow to Him. ||3||

In my mind, I wish, hope and beg for the Society of the Lord’s humble servants.

Be Merciful to Nanak, O God, and lead him to the feet of Your slaves. ||4||2||42||
Soohee, Fifth Mehl:

Jin Mohay Barahmand Khand Tahoo Moh Meh Paa-o.
She has enticed the worlds and solar systems; I have fallen into her clutches.

Rakh Layho Iikh-e Jee-o Dayh Apuna Naa-o. ||1|| Rahaa-o.
O Lord, please save this corrupt soul of mine; please bless me with Your Name.

She has not brought anyone peace, but still, I chase after her.

Chhod Jaa-ha Jo Sagal Ka-o Fir Fir Laptaa-o. ||1||
She forsakes everyone, but still, I cling to her, again and again. ||1||

Karahu Kirpa Karunapatay Tayray Har Gun Gaa-o.
Have Mercy on me, O Lord of Compassion; please let me sing Your Glorious Praises, O Lord.

This is Nanak's prayer, O Lord, that he may join and merge with the Saadh Sangat, the Company of the Holy. ||2||3||43||

Raag Soohee, Fifth Mehl, Fifth House, Partaal:
One Universal Creator God. By The Grace Of The True Guru:

Love of the enticing Beloved Lord is the most glorious love.

Meditate, O mind, on the One Lord of the Universe - nothing else is of any account. Attach your mind to the Saints, and abandon the path of duality. ||1||Pause||

The Lord is absolute and unmanifest; He has assumed the most sublime manifestation. He has fashioned countless body chambers of many, varied, different, myriad forms.

Within them, the mind is the policeman;

my Beloved lives in the temple of my inner self.

He plays there in ecstasy.

He does not die, and he never grows old. ||1||
He is engrossed in worldly activities, wandering around in various ways. He steals the property of others, and is surrounded by corruption and sin.

But now, he joins the Saadh Sangat, the Company of the Holy, and stands before the Lord's Gate. He obtains the Blessed Vision of the Lord's Darshan.

Nanak has met the Guru; he shall not be reincarnated again.

Soohee, Fifth Mehl:
ਰਾਿਸ ਮੰਡਲੁ ਕੀਨੋ ਆਖਾਰਾ ॥ (746)

raas mandalu keeno aakhaaraa.
The Lord has made this world a stage;

ਮਲਖੇ ਮੰਡਲੁ ਕੀਨੋ ਆਖਾਰਾ ॥੧॥ (746)

malakhe mandalu keeno aakhaaraa. ||1||

He fashioned the expanse of the entire creation. ||1||Pause||

ਬਹੁ ਬਿਧੀ ਰੂਪ ਾਪਾਰਾ ॥ (746)

baho bidhi roop aapaaraa.
He fashioned it in various ways, with limitless colors and forms.

ਪੇਖਾ ਖਸੀ ਭੋਗ ਨਹੀ ਹਾਰਾ ॥ (746)

paykhai khusee bhog nahee haaraa.
He watches over it with joy, and He never tires of enjoying it.

ਸਿਬ ਰਸ ਲੈਤ ਬੱਸਤ ਾਪਾਰਾ ॥੧॥ (746)

sabh ras lait basat aapaaraa. ||1||
He enjoys all the delights, and yet He remains unattached. ||1||

ਬਰਨੁ ਚਿਹਨੁ ਨਹੀ ਮੁਖ ਨ੍ਰਾਰਾ ॥ (746)

baran chihan naahee mukh na maasaaraa.
He has no color, no sign, no mouth and no beard.

ਨਾਨਕ ਰੇਣ ਸੰਤ ਚਰਨਾਰਾ ॥੨॥੨॥੪੫॥ (746)

naanak rayn sant charnaaraa. ||2||2||45||
Nanak is the dust of the feet of the Saints. ||2||2||45||
Soohee, Fifth Mehl:

तउ मै आइआ सरनी आइआ ॥ (746)

I have come to You. I have come to Your Sanctuary.

भरोसै आइआ िकरपा आइआ ॥ (746)

I have come to place my faith in You. I have come seeking Mercy.

If it pleases You, save me, O my Lord and Master. The Guru has placed me upon the Path. ||1||Pause||

ਮਹਾ ਦੁਤਰੁ ਮਾਇਆ ॥ (746)

Maya is very treacherous and difficult to pass through;

It is like a violent wind-storm. ||1||

I am so afraid to hear

that the Righteous Judge of Dharma is so strict and stern. ||2||
The world is a deep, dark pit;
it is all on fire.
I have grasped the Support of the Holy Saints.
Nanak meditates on the Lord.
Now, I have found the Perfect Lord.
I offer this prayer to the True Guru, to bless me with the sustenance of the Naam.
ਤੁਠਾ ਸਚਾ ਪਾਿਤਸਾਹੁ ਤਾਪੁ ਗਇਆ ਸੰਸਾਰਾ ॥੧॥

When the True King is pleased, the world is rid of its diseases. ||1||

ਭਗਤਾ ਕੀ ਟੇਕ ਤੂੰ ਸਤੀਤੂੰ ਸੰਤਾ ਕੀ ਓਟ ਤੂੰ ਸਚਾ ਸਿਰਜਨਹਾਰਾਂ ॥੧॥ ਰਹਾਉ ॥

You are the Support of Your devotees, and the Shelter of the Saints, O True Creator Lord. ||1||Pause||

ਤੇਰਾ ਕੰਪ਼ਰੂਪੁ ਅਗਮਤੇਰਾ ਪਾਸਾਰਾ ॥

Your Form is inaccessible, and Your Vision is incomparably beautiful. ||2||

ਹਉ ਕਰਬਾਣੀ ਤੇਰਾ ਸੇਵਕਾ ਿਜਨ੍ਹ ਹਿਰ ਨਾਮੁ ਿਪਆਰਾ ॥੩॥

I am a sacrifice to Your servants; they love Your Name, O Lord. ||3||

ਐ ਇੜੀ ਕੁਰਬਾਣੀ ਦੇਵਿਆਂ ਦੀ ਤੱਤਾ ਅੰਗਮ ਅਪਾਰਾ ॥

All desires are fulfilled, when the Inaccessible and Infinite Lord is obtained. ||4||Pause||

Guru Nanak has met the Supreme Lord God; I am a sacrifice to Your Feet. ||4||1||47||
Raag Soohee, Fifth Mehl, Seventh House:

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ਸਿਤਗੁਰ ਪਰਸਾਦ ॥ (747)

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ਸਿਤਗੁਰ ਪੰਸਾਦ ॥

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਤੇਰਾ ਭਾਣਾ ਤੂਹੈ ਮਨਾਇਹ ਜਿਸ ਨੋ ਹੋਹੀ ਦਿਆਲਾ ॥ (747)

ਬੁੱਧ ਬਹਾਵੀਜਿਹਨੌ ਸੰਪਨੀ ਪਰਵਾਣੁ ਮੰਨੀ ਤੂCAA ਅਧਾਰੀ ॥੧॥

tayraa bhaanaa toohai manaa-ihj jis no hohi da-i-aalaa.
He alone obeys Your Will, O Lord, unto whom You are Merciful.

ਮਾਰੀ ਕਰਾਰਿਤ ਨੇ ਤੱਤ ਦੱਖੀ ਮੀਹ ਸੀਆ ਪੂਰਿਤਪਾਲਾ ॥੧॥ (747)

ਸਾਈ ਭਗਤ ਜਿਹ ਬਹਾਵੀ ਤੂ ਸਰਵ ਜੀਆ ਪਤਪਾਲਾ ॥੨॥

saa-ee bhagat jo tuDh bhaavaai tooN sarab jee-aa partipaalaa. ||1||
That alone is devotional worship, which is pleasing to Your Will. You are the Cherisher of all beings. ||1||

ਮੇਰੇ ਰਾਮ ਰਾਇ ਸੰਤਾ ਟੇਕ ਤੂਹਾਰੀ ॥ (747)

ਮੇਰੇ ਰਾਮ ਰਾਯ ਸੰਤਾ ਟੇਕ ਤੂ ਪ੍ਰਾਣ ਤੂਹਾਰੀ ॥

mayray raam raa-ay santaa tayk tumHaaree.
O my Sovereign Lord, You are the Support of the Saints.

ਜਿਹ ਤੱਤ ਭਾਵੀ ਜੋ ਪਰਵਾਨ ਮੰਨਾ ਤੂਹਾਰੀ ਅਧਾਰੀ ॥੩॥

ਰਹਾ ਹੋਇ ॥ (747)

jo tuDh bhaavai so parvaan man toohai aDhaaree. ||1|| rahaa-o.
Whatever pleases You, they accept. You are the sustenance of their minds and bodies. ||1||Pause||

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ਸਿਰੀਗੂਰ ਟਰਾਂਮਾਨ ਟਰਾਮਾਨ ਤਿਪ ਮਤਮ ਪੂਰਾਣਾਰਾ ॥ (747)

ਤੂਂ ਰਹਾ ਹੋਇ ਕ ਨਕਰਾਲ ਕਰਿਆ ਸਿਰੀ ਮੰਪ੊ ਪੁਰਾਨਾਰਾ ॥

tooN da-i-aal kirpaal kirpa sanidi manson pooraanhaaraa.
You are kind and compassionate, the treasure of mercy, the fulfiller of our hopes.

ਬੁੱਧ ਦੇਵੇ ਧਿਆ ਪੂਰਾਣਾਰਾ ਮੋਹਾਤ ਵਾ ਧਿਆਨਾਰਾ ॥੨॥ (747)

ਬੁੱਧ ਦੇਵੇ ਸਿਰੀ ਪ੍ਰਤਿਮ ਤੂਂ ਸਾਖੁਆ ਤਿਜਾਈਦ ॥੨॥

bhagat tayray sabh faraanpat pareetam tooN bhagtan ka piaaara. ||2||
You are the Beloved Lord of life of all Your devotees; You are the Beloved of Your devotees. ||2||
तू अथाहु अपारू अित ऊचा कोई अवरु न तेरी भाते ॥ (747)
तू अथाहु अपारू अित ऊचा कोई अवरु न तेरी भाते ॥
too athaahu aapaar at oochaa ko-ee avar na tayree bhaatay.
You are unfathomable, infinite, lofty and exalted. There is no one else like You.

इह अरदास हमारी सुआमी नाही सुखदाते ॥३॥ (747)
इह अरदास हमारी सुआमी नाही सुखदाते ॥
ih ardaas hamaaree su-aamee visar naahee sukh-daatay. ||3||
This is my prayer, O my Lord and Master; may I never forget You, O Peace-giving Lord. ||3||

इदनु रैिण सािस सािस गुण गावा जे सुआमी तुधु भावा ॥ (747)
इदनु रैिण सािस सािस गुण गावा जे सुआमी तुधु भावा ॥
din rain saas saas gun gaavaa jay su-aamee tuDh bhaavaa.
Day and night, with each and every breath, I sing Your Glorious Praises, if it is pleasing to Your Will.

नामु तेरा सुखु नानकु मागै सािहब तुठै पावा ॥४॥१॥४८॥ (747)
नामु तेरा सुखु नानकु मागै सािहब तुठै पावा ॥
naam tayraa sukh naanak maagai saahib tuthai paavaa. ||4||1||48||
Nanak begs for the peace of Your Name, O Lord and Master; as it is pleasing to Your Will, I shall attain it. ||4||1||48||

सूही महला ५ ॥ (747)
सूही महला ५ ॥
soohee mehlaa 5.
Soohee, Fifth Mehl:

विसरहि नाही जितु तू कबहू सो थानु तेरा के हा ॥ (747)
विसरहि नाही जितु तू कबहू सो थानु तेरा के हा ॥
visrahi naahee jit too kabhoo so thanu tayraa kayhaa.
Where is that place, where You are never forgotten, Lord?

आठ पहर िजतु िधआई िनरमल होवै देहा ॥१॥ (747)
आठ पहर िजतु िधआई िनरमल होवै देहा ॥
aath pahar jit tuDh Dhi-aa-ee nirmal hovai dayhaa. ||1||
Twenty-four hours a day, they meditate on You, and their bodies become spotless and pure. ||1||

मेरे राम हउ सो थानु भालण आइआ ॥ (747)
मेरे राम हउ सो थानु भालण आइआ ॥
mayray raam ha-o so thanu bhaalan aa-i-aa.
O my Lord, I have come searching for that place.
खोजत खोजत भइआ साधसंगु ितनＣ सरणाई पाइआ ॥१॥ रहाउ ॥

After seeking and searching, I found Sanctuary in the Saadh Sangat, the Company of the Holy. ||1||Pause||

ਬੇਦ पੜੇ ਪਿੜ ਬਰ੍ਹਮੇ ਹਾਰੇ ਇਕੁ ਿਤਲੁ ਨਹੀ ਕੀਮਿਤ ਪਾਈ ॥

Reading and reciting the Vedas, Brahma grew weary, but he did not find even a tiny bit of God's worth.

ਸਾਿਧਕ ਿਸਧ ਿਫਰਿਹ ਿਬਲਲਾਤੇ ਤੇ ਭੀ ਮੋਹੇ ਮਾਈ ॥२॥

The seekers and Siddhas wander around bewailing; they too are enticed by Maya. ||2||

ਦਸਾ ਅਉਤਾਰ ਰਾਜੇ ਹੋਇ ਵਰਤੇ ਮਹਾਦੇਵ ਅਉਧੂਤਾ ॥

There were ten regal incarnations of Vishnu; and then there was Shiva, the renunciate.

ਿਤਨＣ ਭੀ ਅੰਤੁ ਨ ਪਾਇਓ ਤੇਰਾ ਲਾਇ ਥਕੇ ਿਬਭੂਤਾ ॥३॥

He did not find Your limits either, although he grew weary of smearing his body with ashes. ||3||

ਸਫਲ ਦਰਸਨੁ ਭੇਿਟਓ ਗੁਰ ਨਾਨਕ ਤਾ ਮਿਨ ਤਿਨ ਹਿਰ ਹਿਰ ਿਧਾਈਆ ॥४॥

I have obtained the Fruitful Vision of Guru Nanak's Darshan, and with my mind and body I meditate on the Lord, Har, Har. ||4||2||49||
Soohee, Fifth Mehl:

The religious rites, rituals and hypocrisies which are seen, are plundered by the Messenger of Death, the ultimate tax collector.

In the state of Nirvaanaa, sing the Kirtan of the Creator's Praises; contemplating Him in meditation, even for an instant, one is saved. ||1||

O Saints, cross over the world-ocean.

One who practices the Teachings of the Saints, by Guru's Grace, is carried across. ||1||Pause||

Millions of cleansing baths at sacred shrines of pilgrimage only fill the mortal with filth in this Dark Age of Kali Yuga.

One who sings the Glorious Praises of the Lord in the Saadh Sangat, the Company of the Holy, becomes spotlessly pure. ||2||
They read all the books of the Vedas, the Bible, the Simritees and the Shaastras, but they will not bring liberation.

One who, as Gurmukh, chants the One Word, acquires a spotlessly pure reputation.

The four castes - the Kh'shaatriyas, Brahmins, Soodras and Vaishyas - are equal in respect to the teachings.

One who, as Gurmukh, chants the Naam, the Name of the Lord, is saved. In this Dark Age of Kali Yuga, O Nanak, God is permeating the hearts of each and every being.

Those who fall at the Feet of God are respected everywhere.
mayray raam har santaa jayvad na ko-ee.
O my Lord, no one is as great as the Lord's Saints.

bhagtaa ban aa-ee parabh apnay si-o jal thal mahee-al so-ee. ||1|| raha-o.
The devotees are in harmony with their God; He is in the water, the land, and the sky. ||1||Pause||

kot apraaDhee satsang uDhraai jam taa kai nayrh na aavai.
Millions of sinners have been saved in the Saadh Sangat, the Company of the Holy; the Messenger of Death does not even approach them.

janam janam kaa bichhurhi-aa hovai tinH har si-o aan milaavai. ||2||
Those who have been separated from the Lord, for countless incarnations, are reunited with the Lord again. ||2||

maa-i-aa moh bharam bha-o kaatai sant saran jo aavai.
Attachment to Maya, doubt and fear are eradicated, when one enters the Sanctuary of the Saints.

jayhaa manorath kar aaraaDhay so santan tay paavai. ||3||
Whatever wishes one harbors, are obtained from the Saints. ||3||

jan kee mahimaa kaytak barna-o jo parabh apnay bhaanay.
How can I describe the glory of the Lord's humble servants? They are pleasing to their God.
कहु नानक जिन सत्गुरु भेनिं ते सभ ते भए निकाने ॥४॥४॥५१॥

Says Nanak, those who meet the True Guru, become independent of all obligations. ||4||4||51||

Soohee, Fifth Mehl:

महा अगनि ते तुध हाथ दे राखे पए तेरी सरणाई ॥

Giving me Your Hand, You saved me from the terrible fire, when I sought Your Sanctuary. ||1||

मेरे राम राइ तुध चित आइऐ उबरे ॥

O my Sovereign Lord, when You enter my consciousness, I am saved. ||1||Pause||

अंध कू प ते कािढ लीए तुम्ह आिप भए िकरपाला ॥

You pulled me up out of the deep, dark pit. You have become merciful to me. ||2||

सार सम्हाल सरब सुख दीए आिप करे पर्ितपाला ॥

You care for me, and bless me with total peace; You Yourself cherish me. ||2||
ਆਪਣੀ ਨਦਿਰ ਕਰੇ ਪਰਮੇਸਰੁ ਬੰਧਨ ਕਾਿਟ ਛਡਾਈ (748)
ਾਪੀਣ ਨਦੀਰ ਕਰੀ ਪਰਮੇਸਰੁ ਬੰਧਨ ਕਾਿਟ ਛਡਾਏ।
The Transcendent Lord has blessed me with His Glance of Grace; breaking my bonds, He has delivered me.

ਆਪਣੀ ਬੰਧਨਾਂ ਫੁੱਝ ਆਧੀ ਬੰਧਨਾਂ ਆਪੇ ਮੇਖ ਰਾਖੇ (748)
ਆਪੀਣ ਭਗਿਤ ਪਰਬੀ ਆਪੀ ਕਰੀਆ ਆਪੇ ਲਾਏ।
God Himself inspires me to worship Him; He Himself inspires me to serve Him.

ਭਰਮੁ ਗਇਆ ਭੈ ਮੋਹ ਿਬਨਾਸੇ ਿਮਿਟਆ ਸਗਲ ਿਵਸੂਰਾ (748)
ਭਰਮੁ ਗਇਆ ਭੈ ਮੋਹ ਿਬਨਾਸੇ ਿਮਿਟਆ ਸਗਲ ਿਵਸੂਰਾ।
My doubts have gone, my fears and infatuations have been dispelled, and all my sorrows are gone.

ਨਾਨਕ ਦਿਆ ਕਰੀ ਸੁਖਦਾਤੈ ਭੇਿਟਆ ਸਿਤਗੁਰੁ ਪੂਰਾ (748)
ਨਾਨਕ ਦਿਆ ਕਰੀ ਸੁਖਦਾਤੈ ਭੇਿਟਆ ਸਿਤਗੁਰੁ ਪੂਰਾ।
O Nanak, the Lord, the Giver of peace has been merciful to me. I have met the Perfect True Guru.

ਸੂਹੀ ਮਹਲੋਤ ੫ (748)
ਸੂਹੀ ਮਹਲਾ ੫।
Soohee, Fifth Mehl:

ਜਵ ਕਛੁ ਨ ਸੀਆਂ ਤਵ ਕਿਆ ਕਰੰਤਾ ਕਵਨੀ ਕਰਮ ਕਿਰ ਆਇਆ (748)
ਜਵ ਕਛੁ ਨ ਸੀਆਂ ਤਵ ਕਿਆ ਕਰੰਤਾ ਕਵਨੀ ਕਰਮ ਕਿਰ ਆਇਆ।
When nothing existed, what deeds were being done? And what karma caused anyone to be born at all?

ਅਪਨਾ ਖਿਲੁ ਆਧੀ ਬੋ ਦੇ ਟਿੱਤ ਵਚਤੋ ਤਵਜ਼ੀਣਾਂ (748)
ਆਪਨਾ ਖਿਲੂ ਆਪੀ ਕਿਰੇ ਦੇ ਟਿੱਤ ਵਚਤੋ ਤਵਜ਼ੀਣਾਂ।
The Lord Himself set His play in motion, and He Himself beholds it. He created the Creation.
O my Sovereign Lord, I cannot do anything at all by myself.

He Himself is the Creator, He Himself is the Cause. He is pervading deep within all.

If my account were to be judged, I would never be saved. My body is transitory and ignorant.

Take pity upon me, O Creator Lord God; Your Forgiving Grace is singular and unique.

You created all beings and creatures. Each and every heart meditates on You.

Your condition and expanse are known only to You; the value of Your creative omnipotence cannot be estimated.

I am worthless, foolish, thoughtless and ignorant. I know nothing about good actions and righteous living.
Take pity on Nanak, that he may sing Your Glorious Praises; and that Your Will may seem sweet to him. ||4||6||53||

Your Saints are very fortunate; their homes are filled with the wealth of the Lord's Name. ||1||

They give the gift of the soul, and practice devotional worship; they inspire others to meet the Lord. ||2||
ਸਚਾ ਅਮਰੁ ਸਚੀ ਪਾਤਸਾਹੀ ਸਚੇ ਸੇਤੀ ਰਾਤੇ ॥(749)
sachaa amar sachee paatisaahie sachay saytee raatay.
True are their commands, and true are their empires; they are attuned to the Truth.

ਸਚਾ ਸੁਖੁ ਸਚੀ ਵਿਡਆਈ ਜਿਸ ਕੇ ਤਿਨਾ ਜਾਤੇ ॥੩॥ (749)
sachaa sukh sachee vadi-aa-ee jis kay say tin jaatay. ||3||
True is their happiness, and true is their greatness. They know the Lord, to whom they belong. ||3||

ਪਖਾ ਫੇਰੀ ਪਾਣੀ ਢੋਵਾ ਹਿਰ ਜਨ ਕੇ ਪੀਸਣੁ ਪੀਸ ਕਮਾਵਾ ॥ (749)
pakhaa fayree paanee dhovaa har jan kai peesan pees kamaavaa.
I wave the fan over them, carry water for them, and grind corn for the humble servants of the Lord.

ਨਾਨਕ ਕੀ ਪਰ੍ਭ ਪਾਿਸ ਬੇਨੰਤੀ ਤੇਰੇ ਜਨ ਦੇਖਣੁ ਪਾਵਾ ॥੪॥੭॥੫॥ (749)
naanak kee parabh paas baynantee tayray jan daykhan paavaa. ||4||7||54||
Nanak offers this prayer to God - please, grant me the sight of Your humble servants. ||4||7||54||

ਸੂਹੀ ਭਾਵੁਧ ੫ ॥ (749)
soohee bhavu-dh 5.
Soohee, Fifth Mehl:

ਪਾਰਬਰਹਮ ਪਰਮੇਸਰ ਸਿਤਗੁਰ ਆਪੇ ਕਰਣੈਹਾਰਾ ॥ (749)
paarbarahm parmaysar satgur aapay karnaihaaraa.
The True Guru is the Transcendent Lord, the Supreme Lord God; He Himself is the Creator Lord.

ੜਰਨੰ ਬੱਢੀ ਗੇਡੀ ਗੇਡੀ ਗੇਡੀ ਤਧੇ ਤਧੇ ਪਧਾ ॥੧॥ (749)
charan Dhoorh tayree sayvak maagai tayray darsan ka-o balihaaaraa. ||1||
Your servant begs for the dust of Your feet. I am a sacrifice to the Blessed Vision of Your Darshan. ||1||
O my Sovereign Lord, as You keep me, so do I remain.

When it pleases You, I chant Your Name. You alone can grant me peace.

Liberation, comfort and proper lifestyle come from serving You; You alone cause us to serve You.

That place is heaven, where the Kirtan of the Lord's Praises are sung. You Yourself instill faith into us.

I wash Your Lotus Feet, and drink in this water, O my True Guru, O Merciful to the meek.

I am a sacrifice to that most wonderful time when I came to Your Door.

God has become compassionate to Nanak; I have found the Perfect True Guru.
Soohee, Fifth Mehl:

When You come to mind, I am totally in bliss. One who forgets You might just as well be dead.

That being, whom You bless with Your Mercy, O Creator Lord, constantly meditates on You. ||1||

O my Lord and Master, You are the honor of the dishonored such as me.

I offer my prayer to You, God; listening, listening to the Word of Your Bani, I live. ||1||Pause||

May I become the dust of the feet of Your humble servants. I am a sacrifice to the Blessed Vision of Your Darshan.

I enshrine Your Ambrosial Word within my heart. By Your Grace, I have found the Company of the Holy. ||2||
अंतर की गित तुड़ पिह सारी तुड़ जेवडु अवरु न कोई ॥(749)
I place the state of my inner being before You; there is no other as great as You.

जिस नो लाइ लैह सो लाइ भगतु तुहारा सोई ॥3॥
He alone is attached, whom You attach; he alone is Your devotee. ||3||

दुइ कर जोड़ मागउ इकु दाना साहिब तुठै पावा ॥(749)
With my palms pressed together, I beg for this one gift; O my Lord and Master, if it pleases You, I shall obtain it.

सास सास नानकु आराधे आठ पहर गुण गावा ॥4॥9॥56॥
With each and every breath, Nanak adores You; twenty-four hours a day, I sing Your Glorious Praises. ||4||9||56||

सूही महला ५ ॥
Soohee, Fifth Mehl:

जिस के ऊपर तूं सुआमी सो दुखु कै सा पावै ॥(749)
When You stand over our heads, O Lord and Master, how can we suffer in pain?

बोल न जाणै माइआ मिद माता मरणा चीत न आवै ॥१॥
The mortal being does not know how to chant Your Name - he is intoxicated with the wine of Maya, and the thought of death does not even enter his mind. ||1||

मेरे राम राइ तू मंता का संत तेरे ॥(749)
O my Sovereign Lord, You belong to the Saints, and the Saints belong to You.
ਤੇਰੇ ਸੇਵਕ ਕਉ ਭਉ ਿਕਛੁ ਨਾਹੀ ਜਮੁ ਨਹੀ ਆਵੈ ਨੇਰੇ ॥੧॥
Рहਾਉ ॥

 ਜੋ ਤੇਰੈ ਰੰਗੀ ਰਾਤੇ ਸੁਆਮੀ ਿਤਨਾਚ ਜਨਮ ਮਰਣ ਦੁਖੁ ਨਾਸਾ ॥

 ਤੇਰੀ ਬਖਸ ਨ ਮੇਟਾ ਕੋੜ ਸਿਤਗੁਰ ਿਦਲਾਸਾ ॥੨॥

 ਨਾਮਾਗਤਿਤ ਸੁਮਾਲਾਗਤ ਭਾਗ ਭਾਗ ਭਾਗਵਾਣਿ ਦਿਖਾਮ ॥ (750)

 ਸਭ ਤੇ ਵਡਾ ਸੀਤਗੁਰ ਨਾਨਕ ਿਜਿਵਾ ਕਲ ਰਾਖੀ ਮੇਰੀ ॥੪॥੧੦॥੫੭॥

Guru Nanak is the greatest of all; He saved my honor in this Dark Age of Kali Yuga.

||4||10||57||
Soohee, Fifth Mehl:

(Renouncing everything, I have come to the Guru's Sanctuary; save me, O my Savior Lord!)

ਕਿਰ ਕਿਰਪਾ ਗੁਰ੍ਦੇਵ ਦਿਆਲਾ ਗੁਣ ਗਾਵਾ ਨਿਤ ਸੂਆਮੀ ॥੧॥

(Whatever You link me to, to that I am linked; what can this poor creature do? ||1||)

(Being Merciful to me, O Divine, Compassionate Guru, that I may constantly sing the Glorious Praises of my Lord and Master. ||1||Pause||)

(Whatever You link me to, to that I am linked; what can this poor creature do? ||1||)

(How fruitful is the life of that being in this world, who chants the Name in the Saadh Sangat, the Company of the Holy.)
All desires are fulfilled, for the one who is blessed with God’s Kindness and Mercy. ||3||

O Merciful to the meek, Kind and Compassionate Lord God, I seek Your Sanctuary.

Take pity upon me, and bless me with Your Name. Nanak is the dust of the feet of the Holy. ||4||11||58||

Raag Soohee, Ashtapadees, Fifth Mehl, First House:

One Universal Creator God. By The Grace Of The True Guru:

He is entangled in sinful associations;

his mind is troubled by so very many waves. ||1||

The one who is Unapproachable and Incomprehensible; O my mind,
कत पाईऐ पूरन परमेसर ॥१॥ रहाउ ॥

(759)

how can that Perfect Transcendent Lord be found? ||1||Pause||

मोह मगन महि रहिया विआपे ॥

(759)

moh magan meh rah-aa bi-aapay. He remains entangled in the intoxication of worldly love.

अति तिसना कबहू नही धरापे ॥२॥

(759)

at tarisnaa kabhoo nahee Dharaapay. ||2|| His excessive thirst is never quenched. ||2||

तमश कपेश मलविच चाडनां ॥ (759)

bas-i karoDh sareer chandaaraa. Anger is the outcaste which hides within his body;

अगिान न सूझै महा गुबारा ॥३॥

(759)

agi-aan na soojhai mahaa gubaaraa. ||3|| he is in the utter darkness of ignorance, and he does not understand. ||3||

भ्रमत बिआपत जरे किवारा ॥ (759)

bharmat bi-aapat jaray kivaaraa. Afflicted by doubt, the shutters are shut tight;

जानु न पाईऐ प्रभ दरबारा ॥४॥

(759)

jaan na paa-ee-ai parabh darbaaraa. ||4|| he cannot go to God’s Court. ||4||

आसा अंदेसा बंध पराना ॥ (759)

aasaa andaysaa banDh paraanaa. The mortal is bound and gagged by hope and fear;
महलु न पावै फिरत बिगाना ॥५॥
mahal na paavai firat bigaanaa. ||5||
he cannot find the Mansion of the Lord's Presence, and so he wanders around like a stranger. ||5||

सगल बिआध कै विस किर दीना ॥
sagal bi-aaDh kai vas kar deenaa.
He falls under the power of all negative influences;

सगल बिआध कै विस किर दीना ॥
sagal bi-aaDh kai vas kar deenaa.
He falls under the power of all negative influences;

कछू सिआनप उकति न मोरी
kachhoo si-aanap ukat na moree.
I have no clever tricks or techniques;

एक आस ठाकुर परभ तोरी ॥७॥
ayk aas thaakur parabh toree. ||7||
You are my only hope, O my Lord God Master. ||7||

करउ बेनती संतन पासे ॥
kara-o bayntee santan paasay.
Nanak offers this prayer to the Saints -

मेल लईहु नानक अरदासे ॥
mayl laihu naanak ardaasay. ||8||
please let me merge and blend with You. ||8||

बढ़िइ हिपुध मणमंजु निपिंखा ॥
bha-i-o kirpaal saaDhsang paa-i-aa.
God has shown Mercy, and I have found the Saadh Sangat, the Company of the Holy.
Nanak is satisfied, finding the Perfect Lord. ||1||

Second Pause ||1||

Raag Soohee, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:

Attachment to sex is an ocean of fire and pain.

By Your Grace, O Sublime Lord, please save me from it. ||1||

I seek the Sanctuary of the Lotus Feet of the Lord.

He is the Master of the meek, the Support of His devotees. ||1||Pause||

Master of the masterless, Patron of the forlorn, Eradicator of fear of His devotees.
ਸਾਧਸੰਗ ਜਮਦੂਤ ਨ ਭੇਟਨ ॥੨॥

In the Saadh Sangat, the Company of the Holy, the Messenger of Death cannot even touch them. ||2||

ਜੀਵਨ ਰੂਪ ਅਨੂਪ ਦਇਆਲਾ ॥

The Merciful, Incomparably Beautiful, Embodiment of Life.

ਰਵਣ ਗੁਣਾ ਕਟੀਐ ਜਮ ਜਾਲਾ ॥੩॥

Vibrating the Glorious Virtues of the Lord, the noose of the Messenger of Death is cut away. ||3||

ਅਮਿਰਤ ਨਾਮੁ ਰਸਨ ਿਨਤ ਜਾਪਤੇ ॥

One who constantly chants the Ambrosial Nectar of the Naam with his tongue,

ਰੋਗ ਰੂਪ ਮਾਇਆ ਨ ਿਬਆਪੈ ॥੪॥

is not touched or affected by Maya, the embodiment of disease. ||4||

ਜਿਪ ਗੋਬੰਦ ਸੰਗੀ ਸਿਬ ਤਾਰੇ ॥

Chant and meditate on God, the Lord of the Universe, and all of your companions shall be carried across;

ਪੋਹਤ ਨਾਹੀ ਪੰਚ ਬਟਵਾਰੇ ॥੫॥

the five thieves will not even approach. ||5||

ਮਨ ਬਚ ਕੱਮ ਪਰੂਬ ਏਕੁ ਿਧਾਏ ॥

One who meditates on the One God in thought, word and deed -
that humble being receives the fruits of all rewards. ||6||
Dhaar anoograh apnaa parabh keenaa.
Showering His Mercy, God has made me His own;
He has blessed me with the unique and singular Naam, and the sublime essence of devotion. ||7||
In the beginning, in the middle, and in the end, He is God.
O Nanak, without Him, there is no other at all. ||8||1||2||
One Universal Creator God. By The Grace Of The True Guru:
Gazing upon them, my mind is enraptured. How can I join them and be with them?
They are Saints and friends, good friends of my mind, who inspire me and help me tune in to God’s Love.

My love for them shall never die; it shall never, ever be broken.

O Supreme Lord God, please grant me Your Grace, that I might constantly sing Your Glorious Praises.

Come, and meet with me, O Saints, and good friends; let us chant and meditate on the Naam, the Name of the Lord, the Best Friend of my mind.

He does not see, he does not hear, and he does not understand; he is blind, enticed and bewitched by Maya.

His body is false and transitory; it shall perish. And still, he entangles himself in false pursuits.

They alone depart victorious, who have meditated on the Naam; they stick with the Perfect Guru.
By the Hukam of God's Will, they come into this world, and they leave upon receipt of His Hukam.

By His Hukam, the Expanse of the Universe is expanded. By His Hukam, they enjoy pleasures.

One who forgets the Creator Lord, suffers sorrow and separation.

One who is pleasing to his God, goes to His Court dressed in robes of honor.

One who meditates on the Naam, the One Name, finds peace in this world; his face is radiant and bright.

The Supreme Lord confers honor and respect on those who serve the Guru with true love.

He is pervading and permeating the spaces and interspaces; He loves and cherishes all beings.
Sachu khajaanaa sanchi-aa aay naam Dhan maal jee-o.
I have accumulated the true treasure, the wealth and riches of the One Name.

Man tay kabahu na veesrai jaa aapay ho-ay da-i-aal jee-o. ||5||
I shall never forget Him from my mind, since He has been so merciful to me. ||5||

Aavan jaanaa reh ga-ay man vuthaa nirkhaar jee-o.
My comings and goings have ended; the Formless Lord now dwells within my mind.

Taa kaa antu na paa-ee-ai oochaa aagam apaar jee-o.
His limits cannot be found; He is lofty and exalted, inaccessible and infinite.

Jis parabh apnaa visrai so mar jammai lakh vaar jee-o. ||6||
One who forgets His God, shall die and be reincarnated, hundreds of thousands of times. ||6||

Sach nayhu tin pareetamaa jin man vuthaa aap jee-o.
They alone bear true love for their God, within whose minds He Himself dwells.

Gun saajhee tin sang basay aath pahar parabh jaap jee-o.
So dwell only with those who share their virtues; chant and meditate on God, twenty-four hours a day.

Rang ratay parmaysrai binsay sagal sultaap jee-o. ||7||
They are attuned to the Love of the Transcendent Lord; all their sorrows and afflictions are dispelled. ||7||
ਤੂ ਕਰਤਾ ਤੂ ਕਰਣਹਾਰੁ ਤੂਹੈ ਏਕੁ ਅਨੇਕ ਜੀਊ ॥ (761)

tooN kartaa tooN karanhaar toohai ayk anayk jee-o.
You are the Creator, You are the Cause of causes; You are the One and the many.

ਤੂ ਸਮਰਥੁ ਤੂ ਸਰਬ ਮੈ ਤੂਹੈ ਬੁਿਧ ਿਬਬੇਕ ਜੀਊ ॥ (761)

too samrath too sarab mai toohai buDh bibayk jee-o.
You are All-powerful, You are present everywhere; You are the subtle intellect, the clear wisdom.

ਰਾਗੁ ਸੂਹੀ ਮਹਲਾ ਅਸਟਪਦੀਆ ਘਰੁ ਕਾਫੀ (761)

raag soohee mehlaa 5 asatpadee-aa ghar 10 kaafee
Raag Soohee, Fifth Mehl, Ashtapadees, Tenth House, Kaafee:

ਨਾਨਕ ਨਾਮੁ ਸਦਾ ਜਪੀ ਭਗਤ ਜਨਾ ਕੀ ਟੇਕ ਜੀਊ ॥੮॥੧॥੩॥ (761)

naanak naam sadaa japee bhagat janaa kee tayk jee-o. ||8||1||3||
Nanak chants and meditates forever on the Naam, the Support of the humble devotees.

ੱਕੀ ਮੀਲਾ ਸਰਹਸੀ || (761)

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਜੇ ਭੁਲੀ ਜੇ ਚੁਕੀ ਸਾੈ ਭੀ ਤਿਹ ਕਾਢੀਆ ॥ (761)

jay bhulee jay chukee saa-eeN bhee tahinjee kaadhee-aa.
Even though I have made mistakes, and even though I have been wrong, I am still called
Yours, O my Lord and Master.

ਸਿਤਗੁਰ ਪਰਸਾਦ ॥ (761)

ik-oNkaar satgur parsaad.
Those who enshrine love for another, die regretting and repenting. ||1||

ਹਉ ਨਾ ਛੋਡਉ ਕੰਤ ਪਾਸਰਾ ॥ (761)

ha-o naa chhoda-o kant paasraa.
I shall never leave my Husband Lord’s side.
ਸਦਾ ਰੰਗੀਲਾ ਲਾਲ ਿਪਆਰਾ ਏਹੁ ਮਿਹੰਜਾ ਆਸਰਾ ॥੧॥ रਹਾਉ ॥

My Beloved Lover is always and forever beautiful. He is my hope and inspiration.

ਸਜਣੁ ਤੂਹੈ ਸੈਣੁ ਤੂ ਮੈ ਤੁਝ ਉਪਿਰ ਬਹੁ ਮਾਣੀਆ ॥

You are my Best Friend; You are my relative. I am so proud of You.

ਜਾ ਤੂ ਅੰਦਿਰ ਤਾ ਸੁਖੇ ਤੂੰ ਿਨਮਾਣੀ ਮਾਣੀਆ ॥

And when You dwell within me, I am at peace. I am without honor - You are my honor.

ਜੇ ਤੂ ਤੁਠਾ ਿਕਰਪਾ ਿਨਧਾਨ ਨਾ ਦੂਜਾ ਵੇਖਾਿਲ ॥

And when You are pleased with me, O treasure of mercy, then I do not see any other.

ਪਾਵ ਜੁਲਾਈ ਪੰਧ ਤਕ ਨੈਣੀ ਦਰਸੁ ਿਦਖਾਿਲ ॥

Let my feet walk on Your Path, and let my eyes behold the Blessed Vision of Your Darshan.

ਕਿਤੀ ਲਖ ਕਰੋੜੇ ਿਕਰੋੜੇ ਵਰਨ ਚਿਹਾਲ ਫਾੜੀ ॥

Hundreds of thousands and millions do not equal even one hair of Yours, O my Beloved.
You are the King of kings; I cannot even describe Your Glorious Praises.

Your brides are countless; they are all greater than I am.

Please bless me with Your Glance of Grace, even for an instant; please bless me with Your Darshan, that I may revel in Your Love.

Seeing Him, my mind is comforted and consoled, and my sins and mistakes are far removed.

I have received what was pre-ordained for me, O Nanak, with the help and assistance of the Saints.

Soohee, Fifth Mehl:
The Simritees, the Vedas, the Puraanas and the other holy scriptures proclaim that without the Naam, everything is false and worthless.

The infinite treasure of the Naam abides within the minds of the devotees. Birth and death, attachment and suffering, are erased in the Saadh Sangat, the Company of the Holy.

Those who indulge in attachment, conflict and egotism shall surely weep and cry. Those who are separated from the Naam shall never find any peace.

Crying out, "Mine! Mine!", he is bound in bondage. Entangled in Maya, he is reincarnated in heaven and hell.
Searching, searching, searching, I have come to understand the essence of reality.

Without the Naam, there is no peace at all, and the mortal will surely fail.

Without understanding, they are totally useless, and they wander in reincarnation.

They alone join the Saadh Sangat, unto whom the Lord becomes Merciful.

They chant and meditate on the Ambrosial Name of the Lord.

Uncounted millions, so many they are endless, search for Him.

But only that one, who understands his own self, sees God near at hand.
visar nahee daataar aapnaa naam dayh.

Never forget me, O Great Giver - please bless me with Your Naam.

To sing Your Glorious Praises day and night - O Nanak, this is my heart-felt desire.

When I see a Sikh of the Guru, I humbly bow and fall at his feet.

I tell to him the pain of my soul, and beg him to unite me with the Guru, my Best Friend.

I dedicate this mind to you. Please, show me the Path to God.

I have come so far, seeking the Protection of Your Sanctuary.
मै आसा रखी चिति मंदि मेरा सभो दुख गवाइ जीउ ॥

Within my mind, I place my hopes in You; please, take my pain and suffering away!

इतु मारग चले भाईअड़े गुरु कहै सु कार कमाइ जीउ ॥

So walk on this Path, O sister soul-brides; do that work which the Guru tells you to do.

ििआङ्गे मन की मतड़ी ििसारे दूजा भाउ जीउ ॥

Abandon the intellectual pursuits of the mind, and forget the love of duality.

इउ पाविह हिर दरसावड़ा नह लगै तती वाउ जीउ ॥

In this way, you shall obtain the Blessed Vision of the Lord's Darshan; the hot winds shall not even touch you.

हउ आपहु बोिल न जाणदा मै किहआ सभु हुकमाउ जीउ ॥

By myself, I do not even know how to speak; I speak all that the Lord commands.

हिर भगित खजाना बखिसा गुिर नानिक कीआ पसाउ जीउ ॥

I am blessed with the treasure of the Lord's devotional worship; Guru Nanak has been kind and compassionate to me.

मै बहुिड़ न ितर्सना भुखड़ी हउ रजा ितर्पित अघाइ जीउ ॥

I shall never again feel hunger or thirst; I am satisfied, satiated and fulfilled.

जो गुर दीसै िसखड़ा ितसु िनिव िनिव लागउ पाई जीउ ॥३॥

When I see a Sikh of the Guru, I humbly bow and fall at his feet. ||3||
Raag Soohee, Chhant, Fifth Mehl, First House:

Ik-oNkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:

Listen, madman: gazing upon the world, why have you gone crazy?

Listen, madman: you have been trapped by false love, which is transitory, like the fading color of the safflower.

Gazing upon the false world, you are fooled. It is not worth even half a shell. Only the Name of the Lord of the Universe is permanent.

You shall take on the deep and lasting red color of the poppy, contemplating the sweet Word of the Guru's Shabad.

You remain intoxicated with false emotional attachment; you are attached to falsehood.

Nanak, meek and humble, seeks the Sanctuary of the Lord, the treasure of mercy. He preserves the honor of His devotees.
Listen, madman: serve your Lord, the Master of the breath of life.

Listen, madman: whoever comes, shall go.

Listen, O wandering stranger: that which you believe to be permanent, shall all pass away; so remain in the Saints' Congregation.

Listen, renunciate: by your good destiny, obtain the Lord, and remain attached to God's Feet.

Dedicate and surrender this mind to the Lord, and have no doubts; as Gurmukh, renounce your great pride.

O Nanak, the Lord carries the meek and humble devotees across the terrifying world-ocean. What Glorious Virtues of Your should I chant and recite?

Listen, madman: why do you harbor false pride?

Listen, madman: all your egotism and pride shall be overcome.
What you think is permanent, shall all pass away. Pride is false, so become the slave of God's Saints.

Remain dead while still alive, and you shall cross over the terrifying world-ocean, if it is your pre-ordained destiny.

One whom the Lord causes to meditate intuitively, serves the Guru, and drinks in the Ambrosial Nectar.

Nanak seeks the Sanctuary of the Lord's Door; I am a sacrifice, a sacrifice, a sacrifice, forever a sacrifice to Him.

Listen, madman: do not think that you have found God.

Listen, madman: be the dust under the feet of those who meditate on God.

Those who meditate on God find peace. By great good fortune, the Blessed Vision of their Darshan is obtained.
Be humble, and be forever a sacrifice, and your self-conceit shall be totally eradicated.

One who has found God is pure, with blessed destiny. I would sell myself to him.

The True Guru was satisfied with me, and blessed me with the Support of the Lord's Lotus Feet. I am a sacrifice to the Lord.

The Lord's Ambrosial Nectar is an overflowing treasure; everything is in His Home. I am a sacrifice to the Lord.

My Father is absolutely all-powerful. God is the Doer, the Cause of causes.

Remembering Him in meditation, pain does not touch me; thus I cross over the terrifying world-ocean.
आदि जुगाद भगतन का राखा उसतित करि करि जीवा ॥ (778)
In the beginning, and throughout the ages, He is the Protector of His devotees. Praising Him continually, I live.

नानक नामु महा रसु मीठा अनिदनु मनि तनि पीवा ॥ (778)

O Nanak, the Naam, the Name of the Lord, is the sweetest and most sublime essence. Night and day, I drink it in with my mind and body. ||1||

जिस तेरी मलनाद वैह्री बलि रम जीउ ॥ (778)

One who has Your Support lives forever and ever. I am a sacrifice to the Lord.

संत जना मिलि मंगलु गाइआ दिन तैिनि आस तुमCAA ॥ (778)

Meeting with the humble Saints, I sing the songs of joy; day and night, I place my hopes in You.
I have obtained the Blessed Vision, the Darshan of the Perfect Guru. Nanak is forever a sacrifice.

Contemplating, dwelling upon the Lord's true home, I receive honor, greatness and truth. I am a sacrifice to the Lord.

Meeting the Merciful True Guru, I sing the Praises of the Imperishable Lord. I am a sacrifice to the Lord.

Sing the Glorious Praises of the Lord of the Universe, continually, continuously; He is the Beloved Master of the breath of life.

Good times have come; the Inner-knower, the Searcher of hearts, has met me, and hugged me close in His Embrace.

The musical instruments of truth and contentment vibrate, and the unstruck melody of the sound current resounds.

Hearing this, all my fears have been dispelled; O Nanak, God is the Primal Being, the Creator Lord.
The essence of spiritual wisdom has welled up; in this world, and the next, the One Lord is pervading. I am a sacrifice to the Lord.

When God meets the God within the self, no one can separate them. I am a sacrifice to the Lord.

I gaze upon the Wondrous Lord, and listen to the Wondrous Lord; the Wondrous Lord has come into my vision.

The Perfect Lord and Master is pervading the water, the land and the sky, in each and every heart.

I have merged again into the One from whom I originated. The value of this cannot be described.

Nanak meditates on Him. ||4||2||

Raag Soohee, Chhant, Fifth Mehl, Second House:
One Universal Creator God. By The Grace Of The True Guru:

I sing the Glorious Praises of the Lord of the Universe.

I am awake, night and day, in the Lord's Love.

Awake to the Lord's Love, my sins have left me. I meet with the Beloved Saints.

Attached to the Guru's Feet, my doubts are dispelled, and all my affairs are resolved.

Listening to the Word of the Guru's Bani with my ears, I know celestial peace. By great good fortune, I meditate on the Lord's Name.

Prays Nanak, I have entered my Lord and Master's Sanctuary. I dedicate my body and soul to God.

The unstruck melody of the Shabad, the Word of God is so very beautiful.
ਸਚੁ ਮੰਗਲੁ ਹਿਰ ਜਸੁ ਗਾਵਾ ॥ (778)

sach mangal har jas gaavaa.

True joy comes from singing the Lord's Praises.

ਗੁਣ ਗਾਇ ਹਿਰ ਹਿਰ ਦੂਖ ਨਾਸੇ ਰਹਸੁ ਉਪਜੈ ਮਿਨ ਘਣਾ ॥ (778)

gun gaa-ay har har dookh naasay rahas upjai man ghanaa.

Singing the Glorious Praises of the Lord, Har, Har, pain is dispelled, and my mind is filled with tremendous joy.

ਮਨੁ ਤੰਨੁ ਿਨਰਮਲੁ ਦੇਿਖ ਦਰਸਨੁ ਨਾਮੁ ਪਰ੍ਭ ਕਾ ਮੁਿਖ ਭਣਾ ॥ (778)

man tann nirmal daykh darsan naam parabh kaa mukh bhanaa.

My mind and body have become immaculate and pure, gazing upon the Blessed Vision of the Lord's Darshan; I chant the Name of God.

ਹੋਇ ਰੇਣ ਸਾਧੂ ਪਰ੍ਭ ਅਰਾਧੂ ਆਪਣੇ ਪਰ੍ਭ ਭਾਵਾ ॥ (779)

ho-ay rayn saaDhoo parabh araaDhoo aapnay parabh bhaavaa.

I am the dust of the feet of the Holy. Worshipping God in adoration, my God is pleased with me.

ਗੁਰ ਿਮਿਲ ਸਾਗਰੁ ਤਿਰਆ ॥ (779)

gur mil saagar tari-aa.

Meeting with the Guru, I cross over the world-ocean.

ਵਿਰਰੇਡੀ ਨਾਨਕ ਦਇਆ ਧਾਰਹੁ ਸਦਾ ਹਿਰ ਗੁਣ ਗਾਵਾ ॥2॥ (779)

binvant naanak da-i-aa Dhaarahu sadaa har gun gaavaa. ||2||

Prays Nanak, please bless me with Your Mercy, that I may sing Your Glorious Praises forever. ||2||

ਗੁਰ ਭਿਲਿੰਧ ਮੰਗਲੁ ਉੱਵਿਆ ॥ (779)

gur mil saagar tari-aa.

Meeting with the Guru, I cross over the world-ocean.

ਵਿਰਰ ਚਰਾਂ ਸਿਹਤ ਕਹਾਵਾਕਾ ॥ (779)

har charan japat nistari-aa.

Meditating on the Lord's Feet, I am emancipated.
Meditating on the Lord’s Feet, I have obtained the fruits of all rewards, and my comings and goings have ceased.

With loving devotional worship, I meditate intuitively on the Lord, and my God is pleased.

Meditate on the One, Unseen, Infinite, Perfect Lord; there is no other than Him.

Prays Nanak, the Guru has erased my doubts; wherever I look, there I see Him.

The Lord’s Name is the Purifier of sinners.

It resolves the affairs of the humble Saints.

I have found the Saintly Guru, meditating on God. All my desires have been fulfilled.

The fever of egotism has been dispelled, and I am always happy. I have met God, from whom I was separated for so long.
My mind has found peace and tranquility; congratulations are pouring in. I shall never forget Him from my mind.

Prays Nanak, the True Guru has taught me this, to vibrate and meditate forever on the Lord of the Universe.

Raag Soohee, Chhant, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:

You are the ocean, the source of jewels; I do not know Your value, Lord.

I do not know Your value; You are the wisest of all; please show Mercy unto me, O Lord.

Show Your Mercy, and bless me with such understanding, that I may meditate on You, twenty-four hours a day.
garab na keejai rayn hoveejai taa gat jee-aray tayree.
O soul, don't be so arrogant - become the dust of all, and you shall be saved.

sabh oopar nanak kaa thaakur mai jayhee ghan chayree raam. ||1||
Nanak's Lord is the Master of all; He has so many hand-maidens like me. ||1||

You are the greatest of the great, exalted and lofty on high; I am infinitesimally small.

I am nothing; You are the One and only. You Yourself are All-knowing.

With just a momentary Glance of Your Grace, God, I live; I enjoy all pleasures and delights.

O Nanak, the Lord and Master is contained amongst all; He does just as He pleases. ||2||
तुझू ऊपर मेरा है माणा तू है मेरा ताणा राम ॥ (779)
I take pride in You; You are my only Strength, Lord.

सुरत मत चतुराई तेरी तू जानाइ हिं ताणा राम ॥ (779)
You are my understanding, intellect and knowledge. I know only what You cause me to know, Lord.

वोई जानै वोई पछाणै जा कौ कुंद रंग माणा ॥ (779)
He alone knows, and he alone understands, upon whom the Creator Lord bestows His Grace.

ठाकुर भाणी सा गुणवंती तिन ही सभ रंग माणा ॥ (779)
She alone is virtuous, who is pleasing to her Lord and Master. She alone enjoys all the pleasures.

हउ वारी वंञा घोली वंञा तू परबत मेरा ओल्हा राम ॥ (779)
I am a sacrifice, devoted and dedicated to You; You are my sheltering mountain, Lord.

हउ मन्मुख बूढ़ी घर परबत मेरा ओल्हा राम ॥ (779)
I am a sacrifice, thousands, hundreds of thousands of times, to the Lord. He has torn away the veil of doubt;
mitay anDhaaraay tajiyaay Bikaraay thaaKur si-o man maanaa.
darkness has been eliminated, and I have renounced corruption and sin. My mind is
reconciled with my Lord and Master.

prabh jee baanaaye bha-ee nikaaneey safaal janam parvaanaa.
I have become pleasing to my Dear God, and I have become carefree. My life is fulfilled
and approved.

bha-ee amolee bhaaraa tolee mukat jugat dar khoHaa.
I have become invaluable, of tremendous weight and value. The Door, and the Path of
liberation are open to me now.

kaho naaHak ha-o nirbha-o ho-ee so prabh mayraa olHaa. ||4||1||4||
Says Nanak, I am fearless; God has become my Shelter and Shield. ||4||1||4||

soohee mehlaa 5.
Soohee, Fifth Mehl:

saajau puruH satiynu meHru purruH tis suHru na jaanaa ram.
My Perfect True Guru is my Best Friend, the Primal Being. I do not know any other than
Him, Lord.

maat pitaa bhaa-ee sut banDHap jee-a paraa man bhaanaa raam.
He is my mother, father, sibling, child, relative, soul and breath of life. He is so pleasing to
my mind, O Lord.
jee-o pind sabh tis kaa dee-aa sarab gunaa bharpooray.
My body and soul are all His blessings. He is overflowing with every quality of virtue.

antarjaamee so parabh mayraa sarab rahi-aa bharpooray.
My God is the Inner-knower, the Searcher of hearts. He is totally permeating and pervading everywhere.

taa kee saran sarab sukh paa-ay ho-ay sarab kali-aanaa.
In His Sanctuary, I receive every comfort and pleasure. I am totally, completely happy.

sadaa sadaa parabh ka-o baliharaai naanak sad kurbanaa. ||1||
Forever and ever, Nanak is a sacrifice to God, forever, a devoted sacrifice. ||1||

aisaa gur vadbhaagee paa-ee-ai jit mili-ai parabh jaapai raam.
By great good fortune, one finds such a Guru, meeting whom, the Lord God is known.

janam janam kay kilvikh utreh har sant Dhoorhee nit naapai raam.
The sins of countless lifetimes are erased, bathing continually in the dust of the feet of God's Saints.

har Dhoorhee naa-ee-ai parabhoo Dhi-aa-ee-ai baahurh jon na aa-ee-ai.
Bathing in the dust of the feet of the Lord, and meditating on God, you shall not have to enter into the womb of reincarnation again.

gur charnee laagay bharam bha-o bhaagay man chindi-aa fal paa-ee-ai.
Grasping hold of the Guru’s Feet, doubt and fear are dispelled, and you receive the fruits of your mind's desires.
Continually singing the Glorious Praises of the Lord, and meditating on the Naam, the Name of the Lord, you shall no longer suffer in pain and sorrow.

O Nanak, God is the Giver of all souls; His radiant glory is perfect! ||2||

The Lord, Har, Har, is under the power of His Saints.

Those who are dedicated to the feet of the Saints, and to serving the Guru, obtain the supreme status, O Lord.

They obtain the supreme status, and eradicate self-conceit; the Perfect Lord showers His Grace upon them.

Their lives are fruitful, their fears are dispelled, and they meet the One Lord, the Destroyer of ego.

He blends into the One, to whom he belongs; his light merges into the Light.
O Nanak, chant the Naam, the Name of the Immaculate Lord; meeting the True Guru, peace is obtained. ||3||

Sing continually the songs of joy, O humble beings of the Lord; all your desires shall be fulfilled.

Those who are imbued with the Love of their Lord and Master do not die, or come or go in reincarnation.

The Imperishable Lord is obtained, meditating on the Naam, and all one's wishes are fulfilled."

Peace, poise, and all ecstasy are obtained, attaching one's mind to the Guru's feet.

The Imperishable Lord is permeating and pervading each and every heart; He is in all places and interspaces.

Says Nanak, all affairs are perfectly resolved, focusing one's mind on the Guru's Feet. ||4||2||5||
Soohee, Fifth Mehl:

Kar kirpa mayray pareetam su-aamee naytar daykheh daras tayraa raam.

Be Merciful, O my Beloved Lord and Master, that I may behold the Blessed Vision of Your Darshan with my eyes.

Lakh jihvaa dayh mayray pi-aaray mukh har aaradaDhay mayraa raam.

Please bless me, O my Beloved, with thousands of tongues, to worship and adore You with my mouth, O Lord.

Har aaradaDhay jam panth saaDhay dookh na vi-aapai ko-ee.

Worshipping the Lord in adoration, the Path of Death is overcome, and no pain or suffering will afflict you.

Jal thal mahei pooran su-aamee jat daykhaa tat so-ee.

The Lord and Master is pervading and permeating the water, the land and the sky; wherever I look, there He is.

Bharam moh bikaar naathay parabh nayr hoo tay nayraa.

Doubt, attachment and corruption are gone. God is the nearest of the near.

Nanak ka-o parabh kirpa keejai naytar daykheh daras tayraa. ||1||

Please bless Nanak with Your Merciful Grace, O God, that his eyes may behold the Blessed Vision of Your Darshan. ||1||
Please bless me, O Beloved God, with millions of ears, with which I may hear the Glorious Praises of the Imperishable Lord.

Listening, listening to these, this mind becomes spotless and pure, and the noose of Death is cut.

The noose of Death is cut, meditating on the Imperishable Lord, and all happiness and wisdom are obtained.

The painful sins are burnt away, by keeping God in one's thoughts; evil-mindedness is erased.

Says Nanak, O God, please be Merciful to me, that I may listen to Your Glorious Praises, O Imperishable Lord.

Please give me millions of hands to serve You, God, and let my feet walk on Your Path.
Service to the Lord is the boat to carry us across the terrifying world-ocean.

So cross over the terrifying world-ocean, meditating in remembrance on the Lord, Har, Har; all wishes shall be fulfilled.

Even the worst corruption is taken away; peace wells up, and the unstruck celestial harmony vibrates and resounds.

All the fruits of the mind's desires are obtained; His creative power is infinitely valuable.

Says Nanak, please be Merciful to me, God, that my mind may follow Your Path forever.

This opportunity, this glorious greatness, this blessing and wealth, come by great good fortune.

These pleasures, these delightful enjoyments, come when my mind is attached to the Lord's Feet.
ਮਨੁ ਲਾਗਾ ਚਰਣੇ ਪਰ੍ਭ ਕੀ ਸਰਣੇ ਕਰਣ ਕਾਰਣ ਗੋਪਾਲਾ ॥ (781)

man laagaa charnay parabh kee sarnay karan kaaran gopaala.
My mind is attached to God's Feet; I seek His Sanctuary. He is the Creator, the Cause of causes, the Cherisher of the world.

ਸਭੁ ਿਕਛੁ ਤੇਰਾ ਤੂ ਪਰ੍ਭ ਮੇਰਾ ਮੇਰੇ ਠਾਕੁ ਰ ਦੀਨ ਦਿਆਲਾ ॥ (781)

sabh kichh tayraa too parabh mayraa mayray thaakur deen da-i-aalaa.
Everything is Yours; You are my God, O my Lord and Master, Merciful to the meek.

ਮੋਿਹ ਿਨਰਗੁਣ ਪਰ੍ੀਤਮ ਸੁਖ ਸਾਗਰ ਸੰਤਸੰਿਗ ਮਨੁ ਜਾਗਾ ॥ (781)

mohi nirgun pareetam sukh saagar satsang man jaagaa.
I am worthless, O my Beloved, ocean of peace. In the Saints' Congregation, my mind is awakened.

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kaho naanak parabh kirpaa keenH'ee charan kamal man laagaa. ||4||3||6||
Says Nanak, God has been Merciful to me; my mind is attached to His Lotus Feet.

||4||3||6||

Soohee, Fifth Mehl:

ਸੂਹੀ ਮਹਲਾ ५ ॥ (781)

soohee mehlaa 5.
Soohee, Fifth Mehl:

ਹਿਰ ਜਪੇ ਹਿਰ ਮੰਦਰੁ ਸਾਜਾ ਸੰਤ ਭਗਤ ਗੁਣ ਗਾਵਿਹ ਰਾਮ ॥ (781)

har japay har mandar saaji-aa sant bhagat gun gaavahi raam.
Meditating on the Lord, the Lord's Temple has been built; the Saints and devotees sing
the Lord's Glorious Praises.

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har japay har mandar saaji-aa sant bhagat gun gaavahi raam.

Meditating on the Lord, the Lord's Temple has been built; the Saints and devotees sing
the Lord's Glorious Praises.

ਸੰਤ ਸੰਤ ਸੁਭਗ ਪ੍ਰੁਸ ਅਪਨਾ ਸਗਲ ਪਾਪ ਤਜਾਵਿਹ ਰਾਮ ॥ (781)

sant sant suabhih prush apnaa saglay paap tajaaveh raam.
Meditating, meditating in remembrance of God, their Lord and Master, they discard and
renounce all their sins.
Singing the Glorious Praises of the Lord, the supreme status is obtained. The Word of God's Bani is sublime and exalted.

God's Sermon is so very sweet. It brings celestial peace. It is to speak the Unspoken Speech.

The time and the moment were auspicious, blessed and true, when the eternal foundation of this Temple was placed.

O servant Nanak, God has been kind and compassionate; with all His powers, He has blessed me.

The Gurmukh chants the Bani of the unstruck melody; hearing it, listening to it, my mind and body are rejuvenated.
All pleasures are obtained, by that one whom God makes His Own.

Within the home of the heart are the nine treasures, filled to overflowing. He has fallen in love with the Lord's Name.

Servant Nanak shall never forget God; his destiny is perfectly fulfilled. ||2||

God, the King, has given me shade under His canopy, and the fire of desire has been totally extinguished.

When the Lord God so commands, misfortune is averted; true righteousness, Dharma and charity flourish.

Meditate forever on your God, when you sleep and sit and stand.

The Lord and Master is the treasure of virtue, the ocean of peace; He pervades the water, the land and the sky.
Servant Nanak has entered God's Sanctuary; there is no other than Him. \[3\]

My home is made, the garden and pool are made, and my Sovereign Lord God has met me.

My mind is adorned, and my friends rejoice; I sing the songs of joy, and the Glorious Praises of the Lord.

Singing the Glorious Praises of the True Lord God, all desires are fulfilled.

Those who are attached to the Guru’s Feet are always awake and aware; His Praises resound and resonate through their minds.

My Lord and Master, the bringer of peace, has blessed me with His Grace; He has arranged this world, and the world hereafter for me.

Prays Nanak, chant the Naam, the Name of the Lord forever; He is the Support of the body and soul.
Soohee, Fifth Mehl:

The terrifying world-ocean, the terrifying world-ocean - I have crossed over it, meditating on the Naam, the Name of the Lord, Har, Har.

I worship and adore the Lord's Feet, the boat to carry me across. Meeting the True Guru, I am carried over.

Through the Word of the Guru's Shabad, I cross over, and I shall not die again; my comings and goings are ended.

Whatever He does, I accept as good, and my mind merges in celestial peace.

Neither pain, nor hunger, nor disease afflicts me. I have found the Sanctuary of the Lord, the ocean of peace.

Meditating, meditating in remembrance on the Lord, Nanak is imbued with His Love; his mind's anxieties are dispelled.
ਸੰਤ ਜਨਾ ਹਿਰ ਮੰਤਰ੍ਦਿਦਰ੍ੰਡਾਇਆ ਹਿਰ ਸਾਜਨ ਵਸਗਤ ਕੀਨੇ ਰਾਮ ॥ (782)

The humble Saints have implanted the Lord's Mantra within me, and the Lord, my Best Friend, has come under my power.

ਆਪਨਾ ਮਨੁ ਆਗੈ ਧਿਰਾ ਸਰਬਸੁ ਠਾਕੁ ਿਰ ਦੀਨੇ ਰਾਮ ॥ (782)

I have dedicated my mind to my Lord and Master, and offered it to Him, and He has blessed me with everything.

ਕਿਰ ਅਪੁਨੀ ਦਾਸੀ ਿਮਟੀ ਉਦਾਸੀ ਹਿਰ ਮੰਦਿਰ ਿਥਿਤ ਪਾਈ ॥ (782)

He has made me His hand-maiden and slave; my sadness is dispelled, and in the Lord's Temple, I have found stability.

ਅਨਦ ਿਬਨੋਦ ਿਸਮਰਹੁ ਪਰਭੁ ਸਾਚਾ ਿਵਛੁਿੜ ਕਬਹੂ ਨ ਜਾਈ ॥ (782)

My joy and bliss are in meditating on my True God; I shall never be separated from Him again.

ਮਾ ਵਡਭਾਗਿਣ ਸਦਾ ਸੋਹਾਗਿਣ ਰਾਮ ਨਾਮ ਗੁਣ ਚੀਨਹੇ ॥ (782)

She alone is very fortunate, and a true soul-bride, who contemplates the Glorious Vision of the Lord's Name.

ਬਵੁ ਰਵਾਨਾ ਕਰ ਕੀਨੇ ਰੈਕੀ ਪ੍ਰੇਮ ਭਗ ਕੀਨੇ ਰਾਮ ॥੨॥ (782)

Says Nanak, I am imbued with His Love, drenched in the supreme, sublime essence of His Love. ||2||

ਆਦਰ ਿਵਿੰਦ ਨਿਖਰੀ ਮੰਗਲ ਸਦਾ ਹਮਾਰੈ ਰਾਮ ॥ (782)

I am in continual bliss and ecstasy, O my companions; I sing the songs of joy forever.
God Himself has embellished her, and she has become His virtuous soul-bride.

With natural ease, He has become Merciful to her. He does not consider her merits or demerits.

He hugs His humble servants close in His Loving Embrace; they enshrine the Lord's Name in their hearts.

Everyone is engrossed in arrogant pride, attachment and intoxication; in His Mercy, He has freed me of them.

Says Nanak, I have crossed over the terrifying world-ocean, and all my affairs are perfectly resolved. ||3||

Continually sing the Glorious Praises of the World-Lord, O my companions; all your wishes shall be granted.

Life becomes fruitful, meeting with the Holy Saints, and meditating on the One God, the Creator of the Universe.
Chant, and meditate on the One God, who permeates and pervades the many beings of the whole Universe.

God created it, and God spreads through it everywhere. Everywhere I look, I see God.

The Perfect Lord is perfectly pervading and permeating the water, the land and the sky; there is no place without Him.

Beholding the Blessed Vision of His Darshan, Nanak has blossomed forth; the Lord has united him in Union.

Eternal and immovable is the City of God and Guru; chanting His Name, I have found peace.

I have obtained the fruits of my mind's desires; the Creator Himself established it.
 kartai aap vasaa-aa sarab sukh paa-i-aa put bhaa-ee sikh bigaasay.
The Creator Himself established it. I have found total peace; my children, siblings and Sikhs have all blossomed forth in bliss.

Singing the Glorious Praises of the Perfect Transcendent Lord, my affairs have come to be resolved.

God Himself is my Lord and Master. He Himself is my Saving Grace; He Himself is my father and mother.

Says Nanak, I am a sacrifice to the True Guru, who has embellished and adorned this place. ||1||

The Saints and devotees worship the Lord's Name in adoration, and the noose of Death is cut away.

The noose of Death is cut away, meditating on the Name of the Eternal, Unchanging Lord, Har, Har.
ਸਗਲ ਸਮਗਰੀ ਪੂਰਨ ਹੋਈ ਮਨ ਇਛੇ ਫਲ ਪਾਏ ॥ (783)
sagal samagree pooran ho-ee man ichhay fal paa-ay.
Everything is perfect for them, and they obtain the fruits of their mind's desires.

ਸੰਤ ਸਜਨ ਸੁਿਖ ਮਾਣਇ ਦੂਖ ਦਰਦ ਭਰ੍ਮ ਨਾਸੀ ॥ (783)
sant sajan sukh maaneh dookh darad bharam naasee.
The Saints and friends enjoy peace and pleasure; their pain, suffering and doubts are dispelled.

ਸਭਿਦ ਸਵਾਰੇ ਸਿਤਗੁਰ ਪੂਰੈ ਨਾਨਕ ਸਦ ਬਿਲ ਜਾਸੀ ॥੨॥ (783)
sabad savaaray satgur poorai naanak sad bal jaasee. ||2||
The Perfect True Guru has embellished them with the Word of the Shabad; Nanak is forever a sacrifice to them. ||2||

ਜੀਅ ਜੰਤ ਸਿਭ ਸੁਖੀ ਵਸਾੜੇ ਪਰ੍ਭ ਆਪੇ ਕਿਰ ਪਰ੍ਤਿਪਾਲਾ ॥ (783)
jee-a jant sabh sukhee vasaa-ay parabh aapay kar partipaalaa.
All beings and creatures now dwell in peace; God Himself cherishes and cares for them.
Says Nanak, I am a sacrifice to the True Guru, who has laid this eternal foundation. ||3||

The spiritual wisdom and meditation of the Perfect Transcendent Lord, and the Sermon of the Lord, Har, Har, are continually heard there.

The devotees of the Lord, the Destroyer of fear, play endlessly there, and the unstruck melody resounds and vibrates there.

They worship the Lord's Name, and all their filth is washed away; they rid themselves of all sins.

There is no birth or death there, no coming or going, and no entering into the womb of reincarnation again.

Nanak has found the Guru, the Transcendent Lord; by His Grace, desires are fulfilled.
ਸੂਹੀ ਮਹਲਾ ੫ ॥ (783)

ਸੰਤਾ ਕੇ ਕਾਰਿਜ ਆਿਪ ਖਲੋਇਆ ਹਿਰ ਕੰਮ ਕਰਾਵਿਣ ਆਈਆ ਰਾਮ ॥ (783)

The Lord Himself has stood up to resolve the affairs of the Saints; He has come to complete their tasks.

Dharat suhaavee taal suhaavaa vich amrit jal chhaa-i-aa raam.
The land is beautiful, and the pool is beautiful; within it is contained the Ambrosial Water.

The Ambrosial Water is filling it, and my job is perfectly complete; all my desires are fulfilled.

Congratulations are pouring in from all over the world; all my sorrows are eliminated.

The Vedas and the Puraanas sing the Praises of the Perfect, Unchanging, Imperishable Primal Lord.

The Transcendent Lord has kept His promise, and confirmed His nature; Nanak meditates on the Naam, the Name of the Lord. ||1||
The Creator has given me the nine treasures, wealth and spiritual powers, and I do not lack anything.

Eating, spending and enjoying, I have found peace; the gifts of the Creator Lord continually increase.

His gifts increase and shall never be exhausted; I have found the Inner-knower, the Searcher of hearts.

Millions of obstacles have all been removed, and pain does not even approach me.

Tranquility, peace, poise and bliss in abundance prevail, and all my hunger is satisfied.

Nanak sings the Glorious Praises of his Lord and Master, whose Glorious Greatness is wonderful and amazing. ||2||

It was His job, and He has done it; what can the mere mortal being do?
The devotees are adorned, singing the Glorious Praises of the Lord; they proclaim His eternal victory.

Singing the Glorious Praises of the Lord of the Universe, bliss wells up, and we are friends with the Saadh Sangat, the Company of the Holy.

He who made the effort to construct this sacred pool - how can his praises be recounted?

The merits of the sixty-eight sacred shrines of pilgrimage, charity, good deeds and immaculate lifestyle, are found in this sacred pool.

It is the natural way of the Lord and Master to purify sinners; Nanak takes the Support of the Word of the Shabad. ||3||

The prayer of the Saints is, "O Lord and Master, please bless us with the supreme, sublime essence of Your Name".
Please, grant us Your Name, grant us this blessing, and do not forget us, even for an instant.

Chant the Glorious Praises of the World-Lord, O my tongue; sing them forever, night and day.

One who enshrines love for the Naam, the Name of the Lord, his mind and body are drenched with Ambrosial Nectar.

Prays Nanak, my desires have been fulfilled; gazing upon the Blessed Vision of the Lord, I live.

One Universal Creator God. By The Grace Of The True Guru:

My Dear Lord and Master, my Friend, speaks so sweetly.

I have grown weary of testing Him, but still, He never speaks harshly to me.
He does not know any bitter words; the Perfect Lord God does not even consider my
faults and demerits.

It is the Lord's natural way to purify sinners; He does not overlook even an iota of service.

He dwells in each and every heart, pervading everywhere; He is the nearest of the near.

I am wonder-struck, gazing upon the incomparable Blessed Vision of the Lord's Darshan.

My Dear Lord and Master is so beautiful; I am the dust of His Lotus Feet.

Gazing upon God, I live, and I am at peace; no one else is as great as He is.

Present at the beginning, end and middle of time, He pervades the sea, the land and the
sky.
Meditating on His Lotus Feet, I have crossed over the sea, the terrifying world-ocean.

Nanak seeks the Sanctuary of the Perfect Transcendent Lord; You have no end or limitation, Lord. ||2||

I shall not forsake, even for an instant, my Dear Beloved Lord, the Support of the breath of life.

The Guru, the True Guru, has instructed me in the contemplation of the True, Inaccessible Lord.

Meeting with the humble, Holy Saint, I obtained the Naam, the Name of the Lord, and the pains of birth and death left me.

I have been blessed with peace, poise and abundant bliss, and the knot of egotism has been untied.

He is inside all, and outside of all; He is untouched by love or hate.
Slave Nanak has entered the Sanctuary of the Lord of the Universe; the Beloved Lord is the Support of the mind.

I searched and searched, and found the immovable, unchanging home of the Lord.

I have seen that everything is transitory and perishable, and so I have linked my consciousness to the Lotus Feet of the Lord.

God is eternal and unchanging, and I am just His hand-maiden; He does not die, or come and go in reincarnation.

He is overflowing with Dharmic faith, wealth and success; He fulfills the desires of the mind.

The Vedas and the Simritees sing the Praises of the Creator, while the Siddhas, seekers and silent sages meditate on Him.

Nanak has entered the Sanctuary of his Lord and Master, the treasure of mercy; by great good fortune, he sings the Praises of the Lord, Har, Har.
Raag Bilaaval, Fifth Mehl, Chau-Padas, First House:

One Universal Creator God. By The Grace Of The True Guru:

He is attached to what he sees.

How can I meet You, O Imperishable God?

Have Mercy upon me, and place me upon the Path;

let me be attached to the hem of the robe of the Saadh Sangat, the Company of the Holy.

How can I cross over the poisonous world-ocean?

The True Guru is the boat to carry us across.
The wind of Maya blows and shakes us,

but the Lord's devotees remain ever-stable.

They remain unaffected by pleasure and pain.

The Guru Himself is the Savior above their heads.

Maya, the snake, holds all in her coils.

They burn to death in egotism, like the moth lured by seeing the flame.

They make all sorts of decorations, but they do not find the Lord.

When the Guru becomes Merciful, He leads them to meet the Lord.
I wander around, sad and depressed, seeking the jewel of the One Lord.

This priceless jewel is not obtained by any efforts.

That jewel is within the body, the Temple of the Lord.

The Guru has torn away the veil of illusion, and beholding the jewel, I am delighted.

One who has tasted it, comes to know its flavor;

he is like the mute, whose mind is filled with wonder.

I see the Lord, the source of bliss, everywhere.

Servant Nanak speaks the Glorious Praises of the Lord, and merges in Him.
Bilaaval, Fifth Mehl:

The Divine Guru has blessed me with total happiness.

He has linked His servant to His service.

No obstacles block my path, meditating on the incomprehensible, inscrutable Lord.

The soil has been sanctified, singing the Glories of His Praises.

The sins are eradicated, meditating on the Name of the Lord.

He Himself is pervading everywhere;

from the very beginning, and throughout the ages, His Glory has been radiantly manifest.
ਗੁਰ ਪਰਸਾਦ ਨ ਹੋਇ ਸੰਤਾਪੁ ॥੨॥
By Guru's Grace, sorrow does not touch me. ||2||

ਗੁਰ ਕੇ ਚਰਨ ਲਗੇ ਮਨੀ ਮੀਠੇ ॥
The Guru's Feet seem so sweet to my mind.

ਿਨਰਿਬਘਨ ਹੋਇ ਸਭ ਥੇਕੇ ॥
He is unobstructed, dwelling everywhere.

ਸਿਭ ਸੁਖ ਪਾਏ ਸਿਤਗੁਰ ਤੂਠੇ ॥੩॥
I found total peace, when the Guru was pleased. ||3||

ਪਾਰਬਰਹਮ ਪਰ੍ਭ ਭਏ ਰਖਵਾਲੇ ॥
The Supreme Lord God has become my Savior.

ਜਿਥੈ ਜਿਥੈ ਦੀਸਿਹ ਨਲੇ ॥
Wherever I look, I see Him there with me.

ਨਾਨਕ ਦਾਸ ਖਸਿਮ ਪਰਿਪਾਲੇ ॥੪॥੨॥
O Nanak, the Lord and Master protects and cherishes His slaves. ||4||2||

ਿਬਲਾਵਲੁ ਮਹਲਾ ੫ ॥
Bilaaval mehlaa 5.
ਸੁਖ ਿਨਧਾਨ ਪਰ੍ੀਤਮ ਪਰ੍ਭ ਮੇਰੇ ॥

sukh niDhaan pareetam parabh mayray.
You are the treasure of peace, O my Beloved God.

ਅਗਨਤ ਗੁਣ ਠਾਕੁ ਰ ਪਰਧ ਤੇਰੇ ॥

agnat gun thaakur parbh tayray.
Your Glories are uncounted, O God, my Lord and Master.

ਮੋਿਹ ਅਨਾਥ ਤੁਮਰੀ ਸਰਣਾੈ ॥

mohi anaath tumree sarnaa-ee.
I am an orphan, entering Your Sanctuary.

ਕਿਰ ਿਕਰਪਾ ਹਿਰ ਚਰਨ ਿਧਾਈ ॥੧॥

kar kirpaa har charan Dhi-aa-ee. ||1||
Have Mercy on me, O Lord, that I may meditate on Your Feet. ||1||

ਦਿਆ ਕਰਹੁ ਬਸਹੁ ਮਿਨ ਆੈ ॥

da-i-aa karahu bashu man aa-ay.
Take pity upon me, and abide within my mind;

ਮੋਿਹ ਿਨਰਗੁਨ ਲੀਜੈ ਲਿਡ਼ ਲਾਇ ॥ ਰਹਾਉ ॥

mohi nirgun leejai larh laa-ay. rhaa-o.
I am worthless - please let me grasp hold of the hem of Your robe. ||1||Pause||

ਪਰ੍ਭੁ ਿਚਿਤ ਆਵੈ ਤਾ ਕੈਸੀ ਭੀਡ਼ ॥

parabh chit aavai taa kaisee bheerh.
When God comes into my consciousness, what misfortune can strike me?

ਹਿਰ ਸੇਵਕ ਨਾਹੀ ਜਮ ਪੀੜ ॥

har sayvak naahee jam peerh.
The Lord's servant does not suffer pain from the Messenger of Death.
All pains are dispelled, when one remembers the Lord in meditation;

God abides with him forever.

The Name of God is the Support of my mind and body.

Forgetting the Naam, the Name of the Lord, the body is reduced to ashes.

When God comes into my consciousness, all my affairs are resolved.

Forgetting the Lord, one becomes subservient to all.

I am in love with the Lotus Feet of the Lord.

I am rid of all evil-minded ways.
ਮਨ ਤਨ ਅੰਤਿਰ ਹਿਰ ਹਿਰ ਮੰਤ ॥ (802)

The Mantra of the Lord's Name, Har, Har, is deep within my mind and body.

ਨਾਨਕ ਭਗਤਨ ਕੈ ਘਿਰ ਸਦਾ ਅਨੰਦ ॥੪॥੩॥ (802)

O Nanak, eternal bliss fills the home of the Lord's devotees. ||4||3||

ਵਾਂਗੁ ਭਹਲੋਲ ਭਗਤੁ ਪਹੁੱਚ ਤਹਾਤੀ ਹੀ ਘਿਰ ਗਾਵਣਾ (802)

Raag Bilaaval, Fifth Mehl, Second House, To Be Sung To The Tune Of Yaan-Ree-Ay:

ੱਠੀ ਮੋਹੀਗੁਠ ਧੱਢੀਮਿੱਟ (802)

One Universal Creator God. By The Grace Of The True Guru:

ਮੈ ਮਨ ਤੇਰੀ ਟੇਕ ਮੇਰੇ ਿਪਆਰੇ ਮੈ ਮਨ ਤੇਰੀ ਟੇਕ ॥ (802)

You are the Support of my mind, O my Beloved, You are the Support of my mind.

ੱਠ੍ਰਤੇ ਮੁੱਧਾਰਦ ਵਿਕਾਰਵਾਨ ਮੱਧ ਤਕਨੂ ਘਿਰ ਗੋਰੀ ਮੰਚੇਲੀ ਤੋ ਕੁਮ ਦੇਖੇ ਪੰਛੀ ॥੧॥ ਰਹਾਉ ॥ (802)

All other clever tricks are useless, O Beloved; You alone are my Protector. ||1||Pause||

ਮੋਹੀਗੁਠ ਪ੍ਰੋਪ੍ਰੋਲੀ ਸਿਤਗੁਰ ਤੋ ਕੁਮ ਦੇਖੇ ਪੰਛੀ ॥ (802)

One who meets with the Perfect True Guru, O Beloved, that humble person is enraptured.

ਜਾਗੀ ਮੁਖੀ ਦੀ ਸੇਵਾ ਸੋ ਕਰੇ ਿਪਆਰੇ ਿਜ਼ਿਸ ਨਹੀ ਦਾ ਲਾਲਾ ॥ (802)

He alone serves the Guru, O Beloved, unto whom the Lord becomes merciful.
ਸਫਲ ਮੂਰਿਤ ਗੁਰਦੇਉ ਸੁਆਮੀ ਸਰਬ ਕਲਾ ਭਰਪੂਰੇ ॥ (802)
Fruitful is the form of the Divine Guru, O Lord and Master; He is overflowing with all powers.

ਨਾਨਕ ਗੁਰੁ ਪਾਰਬਰ੍ਹਮੁ ਪਰਮੇਸਰੁ ਸਦਾ ਸਦਾ ਹਜੂਰੇ ॥੧॥ (802)
O Nanak, the Guru is the Supreme Lord God, the Transcendent Lord; He is ever-present, forever and ever. ||1||

ਸੁਿਣ ਸੁਿਣ ਜੀਵਾ ਸੋਇ ਿਤਨਾ ਕੀ ਿਜਨ ਅਪੁਨਾ ਪਰ੍ਭੁ ਜਾਤਾ ॥ (802)
I live by hearing, hearing of those who know their God.

ਹਿਰ ਨਾਮੁ ਅਰਾਧਿਹ ਨਾਮੁ ਵਖਾਣਿਹ ਹਿਰ ਨਾਮੇ ਹੀ ਮਨੁ ਰਾਤਾ ॥ (802)
They contemplate the Lord's Name, they chant the Lord's Name, and their minds are imbued with the Lord's Name.

ਸੇਵਕੁ ਜਨ ਕੀ ਸੇਵਾ ਮਾਗੈ ਪੂਰੈ ਕਰਿਮ ਕਾਮਾਵਾ ॥ (802)
I am Your servant; I beg to serve Your humble servants. By the karma of perfect destiny, I do this.

ਨਾਨਕ ਕੀ ਬੇਨੰਤੀ ਸੁਆਮੀ ਤੇਰੇ ਜਨ ਦੇਖਣੁ ਪਾਵਾ ॥੨॥ (802)
This is Nanak's prayer: O my Lord and Master, may I obtain the Blessed Vision of Your humble servants. ||2||

ਵਡਭਾਗੀ ਸੇ ਕਾਢੀਅਿਹ ਿਪਆਰੇ ਸੰਤਸੰਗਿਤ ਿਜਨਾ ਵਾਸੋ ॥ (802)
They are said to be very fortunate, O Beloved, who who dwell in the Society of the Saints.
They contemplate the Immaculate, Ambrosial Naam, and their minds are illuminated.

The pains of birth and death are eradicated, O Beloved, and the fear of the Messenger of Death is ended.

They alone obtain the Blessed Vision of this Darshan, O Nanak, who are pleasing to their God.

O my lofty, incomparable and infinite Lord and Master, who can know Your Glorious Virtues?

Those who sing them are saved, and those who listen to them are saved; all their sins are erased.

You save the beasts, demons and fools, and even stones are carried across.

Slave Nanak seeks Your Sanctuary; he is forever and ever a sacrifice to You.

Bilaaval, Fifth Mehl:
Bikhai ban feekaa ti-aag ree sakhee-ay naam mahaas ras pe-o.
Renounce the tasteless water of corruption, O my companion, and drink in the supreme nectar of the Naam, the Name of the Lord.

Bin ras chaakhay bud ga-ee saglee sukhee na hovat jee-o.
Without the taste of this nectar, all have drowned, and their souls have not found happiness.

Maan mahat na sakat hee kaa-ee saaDhau daasee thee-o.
You have no honor, glory or power - become the slave of the Holy Saints.

O Nanak, they alone look beautiful in the Court of the Lord, whom the Lord has made His Own.

Harichand-uree chit bhrum sakhee-ay marig tarisnaa darum chhaa-i-aa.
Maya is a mirage, which deludes the mind, O my companion, like the scent-crazed deer, or the transitory shade of a tree.

Maya is fickle, and does not go with you, O my companion; in the end, it will leave you.

He may enjoy pleasures and sensual delights with supremely beautiful women, but no one finds peace in this way.
Dhan Dhan har saaDh jan sakhee-ay naanak jinee naam Dhi-aa-i-aa. ||2||
Blessed, blessed are the humble, Holy Saints of the Lord, O my companion. O Nanak, they meditate on the Naam, the Name of the Lord. ||2||

jaa-ay bashu vadbhaagnee sakhee-ay santaa sang samaa-ee-ai.
Go, O my very fortunate companion: dwell in the Company of the Saints, and merge with the Lord.

tah dookh na bhookh na rog bi-aapai charan kamal liv laa-ee-ai.
There, neither pain nor hunger nor disease will afflict you; enshrine love for the Lord's Lotus Feet.

tah janam na maran na aavan jaanaa nihchal sarnee paa-ee-ai.
There is no birth or death there, no coming or going in reincarnation, when you enter the Sanctuary of the Eternal Lord.

paraym bichhohu na moh bi-aapai naanak har ayk Dhi-aa-ee-ai. ||3||
Love does not end, and attachment does not grip you, O Nanak, when you meditate on the One Lord. ||3||

darisat Dhaar man bayDhi-aa pi-aaray rat-rhay sahj subhaa-ay.
Bestowing His Glance of Grace, my Beloved has pierced my mind, and I am intuitively attuned to His Love.

sayj suhaavee sang mil pareetam anad mangal gun gaa-ay.
My bed is embellished, meeting with my Beloved; in ecstasy and bliss, I sing His Glorious Praises.
ਸਖੀ ਸਹੇਲੀ ਰਾਮ ਰੰਗੀ ਰਾਤੀ ਮਨ ਤਨ ਇਛੁ ਪੁਜਾਏ ॥ (803)

sakhee sahaylee raam rang raatee man tan ichh puja-ay.
O my friends and companions, I am imbued with the Lord's Love; the desires of my mind and body are satisfied.

ਨਾਨਕ ਅਚਰਜੁ ਅਚਰਜ ਸੀ-ਉ ਮਿਲਿਆ ਕਹਣਾ ਕਛੂ ਨ ਜਾਏ ॥੪॥੨॥੫॥ (803)

naanak achraj achraj si-o mili-aa kahnaa kachhoo na jaa-ay. ||4||2||5||
O Nanak, the wonder-struck soul blends with the Wonderful Lord; this state cannot be described. ||4||2||5||}

ਰਾਗ ਬਿੱਲਾਵਲ ਮੇਲਾ ੫ ਘਰ ੪ (803)

raag bilaaval mehlaa 5 ghar 4
Raag Bilaaval, Fifth Mehl, Fourth House:

ੱਖੀ ਮੁਦਾਵਾਤ ਧੂਮਰਥੀ ॥ (803)

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਏਕ ਰੂਪ ਸਗਲੋ ਪਾਸਾਰਾ ॥ (803)

ayk roop saglo paasaaraa.
The entire Universe is the form of the One Lord.

ਅਪੇ ਬਨਜੁ ਆਪ ਬੀਉਹਾਰਾ ॥੧॥ (803)

aapay banaj aap bi-uhaaraa. ||1||
He Himself is the trade, and He Himself is the trader. ||1||

ਐੱਸੋ ਗੀਅਨੁ ਬੀਰਲੋ ਈ ਪਾਏ ॥ (803)

aiso gi-aan birlo ee paa-ay.
How rare is that one who is blessed with such spiritual wisdom.

ਜਤ ਜਤ ਜਾਈਐ ਤਤ ਦਰਸਟਾਏ ॥੧॥ ਰਹਾਉ ॥ (803)

jat jat jaa-ee-ai tat daristaa-ay. ||1|| rahaa-o.
Wherever I go, there I see Him. ||1||Pause||
अनिक रंग निरगुन इक रंगा ॥ (803)
anik rang nirgun ik rangaa.
He manifests many forms, while still unmanifest and absolute, and yet He has One Form.

आपे जलु आप ही तरंगा ॥२॥ (803)
aapay jal aap hee tarangaa. ||2||
He Himself is the water, and He Himself is the waves. ||2||

आप ही मंदरु आपि ही सेवा ॥ (803)
aap hee mandar aapeh sayvaa.
He Himself is the temple, and He Himself is selfless service.

आप ही पूजारी आप ही देवा ॥३॥ (803)
aap hee poojaaree aap hee dayvaa. ||3||
He Himself is the worshipper, and He Himself is the idol. ||3||

आपि ही जोग आप ही जुगता ॥ (803)
aapeh jog aap hee jugtaa.
He Himself is the Yoga; He Himself is the Way.

Nanak's God is forever liberated. ||4||1||6||

Bilaaval, Fifth Mehl:

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

आपि उपावन आपि सधरना ॥ (803)
aap upaavan aap saDharnaa.
He Himself creates, and He Himself supports.
Aap karavan doos na lainaa. ||1||
He Himself causes all to act; He takes no blame Himself. ||1||

Aapn bachan aap hee karna.
He Himself is the teaching, and He Himself is the teacher.

Aapn bibha-o aap hee jarna. ||1|| raha-o.
He Himself is the splendor, and He Himself is the experiencer of it. ||1||Pause||

Aap hee masat aap hee bulnaa.
He Himself is silent, and He Himself is the speaker.

Aap hee achhal na jaa-ee chhalnaa. ||2||
He Himself is undeceivable; He cannot be deceived. ||2||

Aap hee gupat aap pargatnaa.
He Himself is hidden, and He Himself is manifest.

Aap hee ghat ghat aap alipanaa. ||3||
He Himself is in each and every heart; He Himself is unattached. ||3||

Aapay avigat aap sang rachnaa.
He Himself is absolute, and He Himself is with the Universe.
kaho naanak parabh kay sabh jachnaa. ||4||2||7||
Says Nanak, all are beggars of God. ||4||2||7||

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

He places the one who strays back on the Path;

such a Guru is found by great good fortune. ||1||

Meditate, contemplate the Name of the Lord, O mind.

The mind is engrossed in sexual desire, anger, greed and emotional attachment.

Breaking my bonds, the Guru has liberated me. ||2||
Experiencing pain and pleasure, one is born, only to die again.

The Lotus Feet of the Guru bring peace and shelter.

The world is drowning in the ocean of fire.

O Nanak, holding me by the arm, the True Guru has saved me.

Bilaaval, Fifth Mehl:

Body, mind, wealth and everything, I surrender to my Lord.

What is that wisdom, by which I may come to chant the Name of the Lord, Har, Har?"
ਤੁਮ ਪੇਖਤ ਸੋਭਾ ਮੇਰੈ ਆਗਿਨ ॥੧॥ ਰਹਾਉ ॥

tumH paykhat sobhaa mayrai aagan. ||1|| rahaa-o.
Gazing upon You, the courtyard of my heart is embellished. ||1||Pause||

ਆਗਿਨ ਜੁਗਤ ਕਿਰ ਬਹੁਤੁ ਬੀਚਾਰਉ ॥(804)

anik jugat kar bahut beechaara-o.
Trying several methods, I reflect deeply upon the Lord.

ਸਾਧਸੰਗ ਇਸੁ ਮਨਹੁ ਉਧਾਰਉ ॥੨॥ (804)

saaDhsang is maneh uDhaara-o. ||2||
In the Saadh Sangat, the Company of the Holy, this mind is saved. ||2||

ਮਿਤ ਬੁਧ ਸਰੁਤ ਨਾਹੀ ਚਤੁਰਾੈ ॥ (804)

mat buDh surat naahee chaturaa-ee.
I have neither intelligence, wisdom, common sense nor cleverness.

ਤਾ ਮਿਲੀਐ ਜਾ ਲਏ ਮਿਲਾਈ ॥੩॥ (804)

taa milee-ai jaa la-ay milaa-ee. ||3||
I meet You, only if You lead me to meet You. ||3||

ਨੈਨ ਸਤੋਖੇ ਪਰ੍ਭ ਦਰਸਨੁ ਪਾਇਆ ॥ (804)

nain santokhay parabh darsan paa-i-aa.
My eyes are content, gazing upon the Blessed Vision of God's Darshan.

ਕਹੁ ਨਾਨਕ ਸਫਲੁ ਸੋ ਆਇਆ ॥੪॥੪॥੯॥ (804)

kaho naanak safal so aa-i-aa. ||4||4||9||
Says Nanak, such a life is fruitful and rewarding. ||4||4||9||

ਬਿਲਾਵਲ ਮਹਲਾ ॥ (804)

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:
maat pitaa sut saath na maa-i-aa.
Mother, father, children and the wealth of Maya, will not go along with you.

saaDhsang sabh dookh mitaa-i-aa. ||1||
In the Saadh Sangat, the Company of the Holy, all pain is dispelled. ||1||

rav rahi-aa parabh sabh meh aapay.
God Himself is pervading, and permeating all.

har jap rasnaa dukh na vi-aapay. ||1|| raha-o.
Chant the Name of the Lord with your tongue, and pain will not afflict you. ||1||Pause||

tikhaa bhookh baho tapat vi-aapi-aa.
One who is afflicted by the terrible fire of thirst and desire,

seetal bha-ay har har jas jaapi-aa. ||2||
becomes cool, chanting the Praises of the Lord, Har, Har. ||2||

kot jatan santokh na paa-i-aa.
By millions of efforts, peace is not obtained;

man taripataanaa har gun gaa-i-aa. ||3||
the mind is satisfied only by singing the Glorious Praises of the Lord. ||3||
Please bless me with devotion, O God, O Searcher of hearts.

This is Nanak's prayer, O Lord and Master.

By great good fortune, the Perfect Guru is found.

Meeting with the Holy Saints, meditate on the Name of the Lord.

O Supreme Lord God, I seek Your Sanctuary.

Meditating on the Guru's Feet, sinful mistakes are erased.

All other rituals are just worldly affairs;
joining the Saadh Sangat, the Company of the Holy, one is saved. ||2||

simrit saasat bayd beecharay.
One may contemplate the Simritees, Shaastras and Vedas,

but only by chanting the Naam, the Name of the Lord, is one saved and carried across. ||3||

Have Mercy upon servant Nanak, O God,

and bless him with the dust of the feet of the Holy, that he may be emancipated. ||4||6||11||

I contemplate the Word of the Guru's Shabad within my heart;

all my hopes and desires are fulfilled. ||1||
ਸੰਤ ਜਨਾ ਕਾ ਮੁਖ ਊਜਲੁ ਕੀਨਾ ॥ (804)
sant janaa kaa mukh oojal keenaa.
The faces of the humble Saints are radiant and bright;

ਵਿਧ ਵਿਧਾਨ ਅਧਿ ਰਾਮ ਕੀਨਾ ॥੧॥ (804)
kari kirpa apunaa naam deenaa. ||1|| rahaa-o.
the Lord has mercifully blessed them with the Naam, the Name of the Lord. ||1||Pause||

ਆਂਧ ਕੂਪ ਤੇ ਕਰੁ ਗਿਹ ਲੀਨਾ ॥ (804)
anDh koop tay kar geh leenaa.
Holding them by the hand, He has lifted them up out of the deep, dark pit,

ਜੈ ਜੈ ਕਾਰੁ ਜਗਿਤ ਪਰਗੜੀਨਾ ॥੨॥ (804)
jai jai kaar jagat pargateenaa. ||2||
and their victory is celebrated throughout the world. ||2||

ਨੀਚਾ ਤੇ ਊੱਚ ਊੱਨ ਪੂਰੀਨਾ ॥ (804)
neechaa tay ooch oon pooreenaa.
He elevates and exalts the lowly, and fills the empty.

ਅਮੰਡਰ ਨਾਮੁ ਮਹਾ ਰਸੁ ਲੀਨਾ ॥੩॥ (804)
amrit naam mahaa ras leenaa. ||3||
They receive the supreme, sublime essence of the Ambrosial Naam. ||3||

ਮਨ ਤਨ ਨਿਰਮਲ ਪਾਪ ਜਿਲ ਖੀਨਾ ॥ (804)
man tan nirmal paap jal kheenaa.
The mind and body are made immaculate and pure, and sins are burnt to ashes.

ਕਹੁ ਨਾਨਕ ਪਰਭ ਭਾ-ਈ ਪਰਸੀਨਾ ॥੪॥੭॥੧੨॥ (804)
kaho naanak parabh bha-ay parseenaa. ||4||7||12||
Says Nanak, God is pleased with me. ||4||7||12||
ਸਗਲ ਮਨੋਰਥ ਪਾਈਆਂ ਮੀਤਾ ॥
All desires are fulfilled, O my friend,

ਚਰਨ ਕਮਲ ਲਾਈਐ ਚੀਤਾ ॥
lovingly centering your consciousness on the Lord's Lotus Feet. ॥1॥

ਪਲਹਾਰੀ ਜੋ ਪਰ੍ਭੂ ਦਿਈਆਵਤ ॥
I am a sacrifice to those who meditate on God.

ਜਲਿਨ ਬੁਝੈ ਹਿਰ ਹਿਰ ਗੁਨ ਗਾਵਤ ॥
The fire of desire is quenched, singing the Glorious Praises of the Lord, Har, Har.

ਸਫਲ ਜਨਮ ਹੋਵਤ ਵਡਭਾਗੀ ॥
One's life become fruitful and rewarding, by great good fortune.

ਮਿਤ ਪਿਤ ਧਨੁ ਸੁਖ ਸਹਜ ਅਨੰਦਾ ॥
Wisdom, honor, wealth, peace and celestial bliss are attained,
ੵ ਤੀਰੀਖਾ ਦੇ ਤੀਰੀਖਾ ਭਵੰਤਪ੍ਰਥਿਤਾ ||੩|| (805)
੫ ਤੀਰੀਖਾ ਦੇ ਤੀਰੀਖਾ ਭਵੰਤਪ੍ਰਥਿਤਾ ||੩||

ਇਕ ਨਿਮਕਨ ਨ ਵਿਸਰਹੁ ਪਰਮਾਨੰਦਾ ||੩||

\text{if one does not forget the Lord of supreme bliss, even for an instant. ||3||}

ਚਰ ਦਰਸਨ ਬੀ ਭਵੀ ਤਿਕਾਣ ਥਾਲੀ|| (805)

ਹਿਰ ਦਰਸਨ ਕੀ ਮੰਨ ਪਿਆਸ ਚੰਚੇਰੀ।

\text{My mind is so very thirsty for the Blessed Vision of the Lord's Darshan.}

ਬਲਾਵਲੁ ਮਹਲਾ ੫ ॥ (805)

ਬੰਘੂ ਨਿਰਗੁਨ ਸਭ ਗੁਣਹ ਬਿੱਘੋਨਾ।

\text{I am worthless, totally lacking all virtues.}

ਮੇਰਾ ਮਨੁ ਤੱਨ ਹਿਰ ਗੋਪਾਲ ਸੁਹਾਇਆ ॥

\text{My mind and body are embellished by the Lord, the Lord of the World.}

ਕਰ ਕੀਰਪਾ ਪਰਭ ਘਰ ਮਹਾ ਆਇਆ ॥

\text{Granting His Mercy, God has come into the home of my heart. ||1||Pause||}
Bhagat vachhal bhai kaatanaaray.
He is the Lover and Protector of His devotees, the Destroyer of fear.

Samsaar saagar ab utre paare.
Now, I have been carried across the world-ocean.

Patit paavan parabh birad baid laykhai-aa.
It is God's Way to purify sinners, say the Vedas.

I have seen the Supreme Lord with my eyes.

In the Saadh Sangat, the Company of the Holy, the Lord becomes manifest.

O slave Nanak, all pains are relieved.

Who can know the value of serving You, God?
ਪਰ੍ਭ ਅਵਨਾਸੀ ਅਲਖ ਅਭੇਵਾ ॥੧॥

God is imperishable, invisible and incomprehensible. ||1||

ਗੁਣ ਬੇਆਂਤ ਪਰ੍ਭ ਗੱਹਰ ਗੰਭੀਰੇ ॥

His Glorious Virtues are infinite; God is profound and unfathomable.

ਊਚ ਮਹਲ ਸੂਆਮੀ ਪਰ੍ਭ ਮੇਰੇ ॥

The Mansion of God, my Lord and Master, is lofty and high.

ਤੂ ਅਪਮਰ ਠਾਕ਼ ਰ ਮੇਰੇ ॥੧॥ ਰਹਾਉ ॥

You are unlimited, O my Lord and Master. ||1||Pause||

ਏਕਸ ਿਬਨੁ ਨਾਹੀ ਕੋ ਦੂਜਾ ॥

There is no other than the One Lord.

ਤੁਮ ਹੀ ਜਾਨਹੁ ਅਪਨੀ ਪੂਜਾ ॥੨॥

You alone know Your worship and adoration. ||2||

ਆਪਹੁ ਕਛੂ ਨ ਹੋਵਤ ਭਾਈ ॥

No one can do anything by himself, O Siblings of Destiny.

ਜਿਸ ਪਰ੍ਭ ਦੇਵਰੇ ਸੋ ਨਾਮ ਪ੍ਰਾਈ ॥੩॥

He alone obtains the Naam, the Name of the Lord, unto whom God bestows it. ||3||
Says Nanak, that humble being who pleases God,

he alone finds God, the treasure of virtue.

Extending His Hand, the Lord protected you in your mother's womb.

Renouncing the sublime essence of the Lord, you have tasted the fruit of poison.

Meditate, vibrate on the Lord of the Universe, and renounce all entanglements.

When the Messenger of Death comes to murder you, O fool, then your body will be shattered and helplessly crumble.

You hold onto your body, mind and wealth as your own,
करनहारू इक निमख न जापिआ ॥२॥
and you do not meditate on the Creator Lord, even for an instant. ॥2॥

महा मोह अंध कूप परिआ ॥
You have fallen into the deep, dark pit of great attachment.

पारबर्हमु माइआ पटिल बिसिरिआ ॥३॥
Caught in the illusion of Maya, you have forgotten the Supreme Lord. ॥3॥

वडै भािग परभ कीरतनु गाइआ ॥
By great good fortune, one sings the Kirtan of God's Praises.

संतसंिग नानक पर्भु पाइआ ॥४॥११॥१६॥
In the Society of the Saints, Nanak has found God. ॥4॥11॥16॥

बिलावलु महला ५ ॥
Bilaaval, Fifth Mehl:

मात पिता सुत बंधप भाई ॥
Mother, father, children, relatives and siblings -

नानक होआ पारबर्हम सहाई ॥१॥
O Nanak, the Supreme Lord is our help and support. ॥1||
ਸੂਖ सਹਜ ਆਨੰਦ ਘਣੇ॥ (805)
sookh sahj aanand ghanay.
He blesses us with peace, and abundant celestial bliss.

ਗੁਰੂ ਪੂਰਾ ਪੂਰੀ ਜਾ ਕੀ ਬਣੀ ਅਨਿਕ ਗੁਣਾ ਜਾ ਕੇ ਜਾਹਿ ਨ ਗਣੇ॥੧॥ ਰਹਾਉ॥ (805)
gur pooraa pooree jaa kee banee anik gunaa jaa kay jaahi na ganay. ||1|| rahaa-o.
Perfect is the Bani, the Word of the Perfect Guru. His Virtues are so many, they cannot be counted. ||1||Pause||

ਸਗਲ ਸਰੰਜਾਮ ਕਰੇ ਪਰ੍ਭੁ ਆਪੇ॥ (805)
sagal saraNjaam karay parabh aapay.
God Himself makes all arrangements.

ਮਾਤਾ ਮਾਤਾ ਮਾਤਾ ਪਿਤਾ ਮਾਤਾ॥ (805)
mata mata mata pita mata.
He is the Giver of wealth, Dharmic faith, pleasure and liberation.

ਘਿਰ ਆਇਆ ਪੂਰੈ ਗੁਰ ਆਣਆ॥੪॥੧੨॥੧੭॥ (806)
ghar aa-i-aa poorai gur aani-aa. ||4||12||17||
He has returned home, with the Perfect Guru. ||4||12||17||
Bilaaval, Fifth Mehl:

All treasures come from the Perfect Divine Guru. ||1||

Chanting the Name of the Lord, Har, Har, the man lives.

The faithless cynic dies in shame and misery. ||1||

The Name of the Lord has become my Protector.

The wretched, faithless cynic makes only useless efforts. ||2||

Spreading slander, many have been ruined.

Their necks, heads and feet are tied by death's noose. ||3||
Says Nanak, the humble devotees chant the Naam, the Name of the Lord.

The Messenger of Death does not even approach them.

Raag Bilaaval, Fifth Mehl, Fourth House, Du-Padas:

One Universal Creator God. By The Grace Of The True Guru:

What blessed destiny will lead me to meet my God?

Each and every moment and instant, I continually meditate on the Lord.

I meditate continually on the Lotus Feet of God.

What wisdom will lead me to attain my Beloved?
Please, bless me with such Mercy, O my God,

that Nanak may never, ever forget You.

Within my heart, I meditate on the Lotus Feet of God.

Disease is gone, and I have found total peace.

The Guru relieved my sufferings, and blessed me with the gift.

My birth has been rendered fruitful, and my life is approved.

The Ambrosial Bani of God's Word is the Unspoken Speech.
कहु नानक जिप जीवे िगआनी ॥२॥२॥२०॥

Says Nanak, the spiritually wise live by meditating on God. ||2||2||20||

Bilaaval, Fifth Mehl:

मंडੀ धਰ्मी गुड़ि मदिवृंदू घुटे ॥ (806)
saa'nt paa-ee gur satgur pooray.
The Guru, the Perfect True Guru, has blessed me with peace and tranquility.

ताप पाप संताप िबनासे ॥ (806)
Har simrat kilvikh sabh naasay. ||1|| Remembering the Lord in meditation, all sinful mistakes have been erased. ||1||

अनदु करहु िमिल सुंदर नारी ॥ (806)
anad karaahu mil sundar naaree.
Joining together, O beautiful soul-brides, celebrate and make merry.

Guru Nanak has saved my honor. ||2||3||21||
Intoxicated with the wine of attachment, love of worldly possessions and deceit, and bound in bondage, he is wild and hideous.

Day by day, his life is winding down; practicing sin and corruption, he is trapped by the noose of Death.

I seek Your Sanctuary, O God, Merciful to the meek.

Please, break my bonds of doubt, O Transcendent Lord, forever Merciful God of Nanak.
Bilaaval, Fifth Mehl:

The Transcendent Lord has brought bliss to all; He has confirmed His Natural Way.

He has become Merciful to the humble, holy Saints, and all my relatives blossom forth in joy.

The True Guru Himself has resolved my affairs.

He has blessed Hargobind with long life, and taken care of my comfort, happiness and well-being. ||Pause||

Nanak has obtained the fruits of his mind's desires; his desires are totally fulfilled. ||Pause||

Bilaaval, Fifth Mehl:
One who is blessed by the Lord's Mercy,

passes his time in contemplative meditation.

In the Saadh Sangat, the Company of the Holy, meditate, and vibrate upon the Lord of the Universe.

Singing the Glorious Praises of the Lord, the noose of death is cut away.

He Himself is the True Guru, and He Himself is the Cherisher.

Nanak begs for the dust of the feet of the Holy.

Bilaaval, Fifth Mehl:

Irrigate your mind with the Name of the Lord, Har, Har.
Anidnu Keertan Har Gun Gaam. ||1||
Night and day, sing the Kirtan of the Lord's Praises. ||1||

Aissee Pareet Karahu Man Mayray. Enshrine such love, O my mind,

Aath Pahar Parabh Jaanhu Nayray. ||1|| Rahaa-o.
that twenty-four hours a day, God will seem near to you. ||1||Pause||

Kaho Naanak Jaa Kay Nirmal Bhaag.
Says Nanak, one who has such immaculate destiny -

Har Charnee Ta Ka Man Laag. ||2||7||25||
his mind is attached to the Lord's Feet. ||2||7||25||

Bilaaval Mehla 5.
Bilaaval, Fifth Mehl:

Rogu Ga-aa Parabh Aap Gavaa-i-aa.
The disease is gone; God Himself took it away.

Need Pa-ee Sukh Sahj Ghar Aa-i-aa.
I sleep in peace; peaceful poise has come to my home. ||1||Pause||
रिज रिज भोजनु खावहु मेरे भाई ॥

Eat to your fill, O my Siblings of Destiny.

अम्रत नामु रिद माही धिआई ॥ १ ॥

Meditate on the Ambrosial Naam, the Name of the Lord, within your heart. ||1||

Naanak gur pooray sarnaa-ee.
Nanak has entered the Sanctuary of the Perfect Guru,

जिन अपने नाम की पैज रखाई ॥ २ ॥ ८ ॥ २६ ॥

who has preserved the honor of His Name. ||2||8||26||

Bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

The True Guru has protected my hearth and home, and made them permanent. ||Pause||

Whoever slanders these homes, is pre-destined by the Creator Lord to be destroyed. ||1||

Slave Nanak seeks the Sanctuary of God; the Word of His Shabad is unbreakable and infinite. ||2||9||27||
Bilaaval, Fifth Mehl:

उष्ण संताप सगले गए बिनसे ते रोग ॥ (807)
The fever and sickness are gone, and the diseases are all dispelled.

पारबर्हिम तू बखिसा संतन रस भोग ॥ रहाउ ॥ (807)
The Supreme Lord God has forgiven you, so enjoy the happiness of the Saints. ||Pause||

ਸਰਬ सुखा तेरी मंडलੀ तੇਰਾ ਮਨੁ ਤਨੁ ਆਰੋਗ ॥ (807)
All joys have entered your world, and your mind and body are free of disease.

ਗੁਨ ਗਾਵਹੁ ਿਨਤ ਰਾਮ ਕੇ ਇਹ ਅਵਖਦ ਜੋਗ ॥੧॥ (807)
So chant continuously the Glorious Praises of the Lord; this is the only potent medicine. ||1||

ਆਇ ਬਸਹੁ ਘਰ ਦੇਸ ਮਿਹ ਇਹ ਭਲੇ ਸੰਜੋਗ ॥ (807)
So come, and dwell in your home and native land; this is such a blessed and auspicious occasion.

ਨਾਨਕ ਪਰ੍ਭ ਸੁਪਰਸੰਨ ਭਏ ਲਿਹ ਗਏ ਿਬਓਗ ॥੨॥੧੦॥੨੮॥ (807)
O Nanak, God is totally pleased with you; your time of separation has come to an end. ||2||10||28||
Kahau sang na chaалhī maa-i-aa jaanjal. The entanglements of Maya do not go along with anyone.

Even kings and rulers must arise and depart, according to the wisdom of the Saints.

Pride goes before the fall - this is a primal law.

Those who practice corruption and sin, are born into countless incarnations, only to die again.

The Holy Saints chant Words of Truth; they meditate continually on the Lord of the Universe.

Meditating, meditating in remembrance, O Nanak, those who are imbued with the color of the Lord's Love are carried across.

The Perfect Guru has blessed me with celestial Samaadhi, bliss and peace.
सदा सहाई संग पर्भ अंिंत गुण चीन || रहाउ ||
sadaa sahaa-ee sang parabh amrit gun cheen. raaahaa-o.
God is always my Helper and Companion; I contemplate His Ambrosial Virtues. ||Pause||

jae jae kaar jagat mahi loochh ni sabbh jee-aa.
Triumphant cheers greet me all across the world, and all beings yearn for me.

suparsan bha-ay satgur parabho kachh bighan na thee-aa. ||1||
The True Guru and God are totally pleased with me; no obstacle blocks my way. ||1||

jaa ka ang da-i-aal parabh taa kay sabh daas.
One who has the Merciful Lord God on his side - everyone becomes his slave.

sadaa sadaa vadi-aa-ee-aa naanak gur paas. ||2||12||30||
Forever and ever, O Nanak, glorious greatness rests with the Guru. ||2||12||30||

raag bilaaval mehlaa 5 ghar 5 cha-upday
Raag Bilaaval, Fifth Mehl, Fifth House, Chau-Padas:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

mitar mandal jag saaji-aa ji-o baaloo ghar baar.
This perishable realm and world has been made like a house of sand.
In no time at all, it is destroyed, like the paper drenched with water. ||1||

Listen to me, people: behold, and consider this within your mind.

The Siddhas, the seekers, house-holders and Yogis have forsaken their homes and left. ||1||Pause||

This world is like a dream in the night.

All that is seen shall perish. Why are you attached to it, you fool? ||2||

Where are your brothers and friends? Open your eyes and see!

Some have gone, and some will go; everyone must take his turn. ||3||

Those who serve the Perfect True Guru, remain ever-stable at the Door of the Lord.
Servant Nanak is the Lord's slave; preserve his honor, O Lord, Destroyer of ego.

The glories of the world, I cast into the fire.

I chant those words, by which I may meet my Beloved.

When God becomes Merciful, then He enjoins me to His devotional service.

I pray with intense devotion, and offer this soul to Him.

I would sacrifice all other riches, for a moment's union with my Beloved.
Through the Guru, I am rid of the five villains, as well as emotional love and hate.

My heart is illumined, and the Lord has become manifest; night and day, I remain awake and aware.

The blessed soul-bride seeks His Sanctuary; her destiny is recorded on her forehead.

Says Nanak, she obtains her Husband Lord; her body and mind are cooled and soothed.

Bilaaval, Fifth Mehl:
One is dyed in the color of the Lord’s Love, by great good fortune.

This color is never muddied; no stain ever sticks to it.

He finds God, the Giver of peace, with feelings of joy.
ਸਹਿਜ ਸਮਾਨਾ ਭੀਤਰੇ ਛੋਿਡਾ ਨਹ ਜਾਇ ॥੧॥
The Celestial Lord blends into his soul, and he can never leave Him. ॥1||Pause||

ਜਰਾ ਮਰਾ ਨਹ ਵਿਅਲੀ ਫਿਰ ਦੂਖ ਨ ਪਾਇਆ ॥
Old age and death cannot touch him, and he shall not suffer pain again.

ਪੀ ਅੰਿਮਰ੍ਤੁ ਆਗਹਾਿਣਆ ਗੁਿਰ ਅਮੂ ਕਰਾਇਆ ॥੨॥
Drinking in the Ambrosial Nectar, he is satisfied; the Guru makes him immortal. ॥2||

ਸੋ ਜਾਨੈ ਿਜਿਨ ਚਾਿਖਾ ਹਿਰ ਨਾਮ ਅਮੋਲਾ ॥
He alone knows its taste, who tastes the Priceless Name of the Lord.

ਕੀਮਿਤ ਕਹੀ ਨ ਜਾਈਐ ਿਕਹ ਮੁਿਖ ਬੋਲਾ ॥੩॥
Its value cannot be estimated; what can I say with my mouth? ॥3||

ਸਫਲ ਦਰਸੁ ਤੇਰਾ ਪਾਰਬਰ੍ਹਮ ਗੁਣ ਿਨਿਧ ਤੇਰੀ ਬਾਣੀ ॥
Fruitful is the Blessed Vision of Your Darshan, O Supreme Lord God. The Word of Your Bani is the treasure of virtue.

ਪਾਵਉ ਧੂਿਰ ਤੇਰੇ ਦਾਸ ਕੀ ਨਾਨਕ ਕੁਰਬਾਣੀ ॥੪॥੩॥੩॥
Please bless me with the dust of the feet of Your slaves; Nanak is a sacrifice. ॥4||3||33||

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥
Bilaaval, Fifth Mehl:
राखहु अपनी सरिण पर्भ मोहि किर्पा धारे || (809)
raakho apnee saran parabh mohi kirpaa Dhaaray.
Keep me under Your Protection, God; shower me with Your Mercy.

मेघ बल्ह त मधूस मील भवधारे ||१|| (809)
sayvaa kachhoo na jaan-oo neech moorkhaaray. ||1||
I do not know how to serve You; I am just a low-life fool. ||1||

मानु करउ तूधु ऊपरे मेरे प्रीतम पिआरे || (809)
maan kara-o tuDh oopray mayray pareetam pi-aaray.
I take pride in You, O my Darling Beloved.

हम अवगन करह असंख नीित तुम्ह िनरगुन दातारे ॥ (809)
ham avgan karah asaNkh neet tumH nirgun daataaray.
I make mistakes each and every day. You are the Great Giver;

दासी संगित पर्भू ितआिग ए करम हमारे ॥२॥ (809)
daasee sangat parabhoo ti-aag ay karam hamaaray. ||2||
I am worthless. I associate with Maya, your hand-maiden, and I renounce You, God; such are my actions. ||2||

तुम्ह देवहु सभु िकछु दइआ धािर हम अिकरतघनारे ॥ (809)
tumH dayvhu sabh kichh da-i-aa Dhaar ham akirat-ghanaaray.
You bless me with everything, showering me with Mercy; And I am such an ungrateful wretch!

लाग परे तेरे दान सिउ नह िचित खसमारे ॥३॥ (809)
laag paray tayray daan si-o nah chit khasmaaray. ||3||
I am attached to Your gifts, but I do not even think of You, O my Lord and Master. ||3||
तुझ ते बाहर किछु नहीं भव काटनहारे ॥ (809)
Tujh tay baahar kichh nahee bhav kaatanhaaray.
There is none other than You, O Lord, Destroyer of fear.

बलावलु महला ५ ॥ (809)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

जितु सेिवऐ सुक्ख होइ घना मन सोई गाईऐ ॥१॥ (809)
jit sayvi-ai sukh ho-ay ghanaa man so-ee gaa-ee-ai. ||1||
Serving Him, great peace is obtained; O mind, sing His Praises. ||1||

कहू नानक सरणि ददआल गुर लेहु मुगध उधारे ॥४॥४॥३॥ (809)
kaho naanak saran da-i-aal gur layho mugaDh uDhaaray. ||4||4||34||
Says Nanak, I have come to Your Sanctuary, O Merciful Guru; I am so foolish - please, save me! ||4||4||34||

वजीरे वर्णि फिरावे तुझ किला ॥ (809)
kahee-ai kaa-ay pi-aaray tujh binaa.
O Beloved, other than You, who else should I ask?

तुम ददआल सुआमी सब अवगन हमा ॥१॥ रहाउ ॥ (809)
tumH da-i-aal su-aamee sabh avgan hamaa. ||1|| rahaa-o.
You are my Merciful Lord and Master; I am filled with all faults. ||1||Pause||

जिउ तुम्ह राखहु तिउ रहा अबु नहीं चारा ॥ (809)
ji-o tumH raakho ti-o rahaa avar nahee chaaraa.
As You keep me, I remain; there is no other way.
**neeDhri-aa Dhar tayree-aa ik naam aDhaaraa. ||2||
You are the Support of the unsupported; You Name is my only Support. ||2||

**jo tumH karahu so-ee bhalaa man laytaa muktaa.**
One who accepts whatever You do as good - that mind is liberated.

**sagal samagree tayree-aa sabh tayree jugtaa. ||3||
The entire creation is Yours; all are subject to Your Ways. ||3||

**charan pakhaara-o kar sayvaa jay thaakur bhaavai.**
I wash Your Feet and serve You, if it pleases You, O Lord and Master.

**hohu kirpaal da-i-aal parabh naanak gun gaavai. ||4||5||35||
Be Merciful, O God of Compassion, that Nanak may sing Your Glorious Praises. ||4||5||35||

**mirat hasai sir oopray pasoo-aa nahee boojhai.**
Death hovers over his head, laughing, but the beast does not understand.

**baad saad ahaNkaar meh marnaar nahee soojhai. ||1||
Entangled in conflict, pleasure and egotism, he does not even think of death. ||1||

**bilaaval mehlaa 5.**
Bilaaval, Fifth Mehl:
satgur sayvhu aapnaa kaahay firahu abhaagay.
So serve your True Guru; why wander around miserable and unfortunate?

daykh kasumbhaa rangulaa kaahay bool laagay. ||1|| rahaa-o.
You gaze upon the transitory, beautiful safflower, but why do you get attached to it?
||1||Pause||

maatee si-o maatee ralee naagaa uth jaa-ee. ||2||
But your dust shall mix with dust; you shall arise and depart naked. ||2||

jaa kai kee-ai saram karai tay bair biroDhee.
Those for whom you work, will become your spiteful enemies.

ant kaal bhaj jaahigay kaahay jalahu karooDhee. ||3||
In the end, they will run away from you; why do you burn for them in anger? ||3||

daas rayn so-ee ho-aa jis mastak karmaa.
He alone becomes the dust of the Lord's slaves, who has such good karma upon his forehead.

kaho naanak banDhan chhutay satgur kee sarnaa. ||4||6||36||
Says Nanak, he is released from bondage, in the Sanctuary of the True Guru. ||4||6||36||
The lion becomes a cat, and the mountain looks like a blade of grass.
ਸਰਮੁ कਰਤੇ ਦਮ ਆਢ ਕਊ ਤੇ ਗਨੀ ਧਨੀਤਾ ॥੩॥

Those who worked for half a shell, will be judged very wealthy. ||3||

ਕਵਨ ਵਡਾਈ ਕਿਹ ਸਕਉ ਬੇਅੰਤ ਗੁਨੀਤਾ ॥

What glorious greatness of Yours can I describe, O Lord of infinite excellences?

ਕਿਰਿਕੰਪਾ ਮੋਹ ਨਾਮ ਦੇਹ ਨਾਨਕ ਦਰ ਸਰੀਤਾ ॥੪॥੭॥੩੭॥

Please bless me with Your Mercy, and grant me Your Name; O Nanak, I am lost without the Blessed Vision of Your Darshan. ||4||7||37||

ਬਿਲਾਵਲ ਮੰਗਲ ੫ ॥ (810)

Bilaaval, Fifth Mehl:

ਅਹੰਬੁਧ ਪਰਬਾਦ ਨੀਤ ਲੋਭ ਰਸਨਾ ਸਾਦ ॥

He is constantly entangled in pride, conflict, greed and tasty flavors.

ਲਪਿਟ ਕਪਿਟ ਗੀਰ ਭੇਡਾ ਭੇਡਾ ਮਿਥਾ ਬਿਖਾਈਦ ॥੧॥

He is involved in deception, fraud, household affairs and corruption. ||1||

ਐਸੀ ਪੇਖੀ ਨੇਤਾ ਮਿਹ ਪੂਰੀ ਗੁਰ ਪਰਸਾਦ ॥

I have seen this with my eyes, by the Grace of the Perfect Guru.

ਰਾਜ ਮਿਲਾਖ ਧਿਨ ਜੋਨਾ ਨਾਮੈ ਬਿਨ ਬਾਦਿ ॥੧॥ ਰਹਾਉ ॥

Power, property, wealth and youth are useless, without the Naam, the Name of the Lord. ||1||Pause||
रूप धूप सोगंधता कापर भोगािद ॥ (810)
Beauty, incense, scented oils, beautiful clothes and foods -

भिलह नेंजा धरिमित उठ वेधे छचवािद ॥2॥ (810)
When they come into contact with the body of the sinner, they stink. ||2||

विर भर्मा दे छःबिमा झुंझू नेंजा छःभािद ॥3॥ (810)
Losing this opportunity, he must wander again through countless incarnations. ||3||

श्रव विवर्ण दे गूढ मिले गदि गदि धिमामद ॥ (810)
By God's Grace, he meets the Guru; contemplating the Lord, Har, Har, he is wonderstruck.

सूख सहज नानक अनंद ता कै पूरन नाद ॥4॥8॥3॥ (810)
He is blessed with peace, poise and bliss, O Nanak, through the perfect sound current of the Naad. ||4||8||3||

बिलावल महल ॥ (810)
Bilaaval, Fifth Mehl:

चरं भए संत बोहिथा ते सागर जेत ॥ (810)
The feet of the Saints are the boat, to cross over the world-ocean.
In the wilderness, the Guru places them on the Path, and reveals the secrets of the Lord's Mystery.

O Lord, Har Har Har, Har Har Haray, Har Har Har, I love You.

While standing up, sitting down and sleeping, think of the Lord, Har Har Har.

The five thieves run away, when one joins the Saadh Sangat, the Company of the Holy.

His investment is intact, and he earns great profits; his household is blessed with honor.

His position is unmoving and eternal, his anxiety is ended, and he wavers no more.

His doubts and misgivings are dispelled, and he sees God everywhere.

The Virtues of our Virtuous Lord and Master are so profound; how many of His Glorious Virtues should I speak?
ਨਾਨਕ ਪਾਇਆ ਸਾਧਸੰਗ ਹਿਰ ਹਿਰ ਅੰਮਰ੍ੇਤ ॥੪॥੯॥੩੯॥
Nanak has obtained the Ambrosial Nectar of the Lord, Har, Har, in the Company of the Holy. ||4||9||39||

ਿਬਲਾਵਲੁ ਮਹਲਾ ੫ ॥
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਿਬਨੁ ਸਾਧੂ ਜੀਵਨਾ ਤੇਤੋ ਿਬਰਥਾਰੀ ॥
bina saaDhoo jo jeevnaa tayto birthaaree.
That life, which has no contact with the Holy, is useless.

ਮਲਤ ਸੰਗ ਸਿਭ ਭਰਮ ਿਮਟੇ ਗਿਤ ਭਈ ਹਮਾਰੀ ॥੧॥
milat sang sabh bharam mitay gat bha-ee hamaaree. ||1||
Joining their congregation, all doubts are dispelled, and I am emancipated. ||1||

ਜਾ ਿਦਨ ਭੇਟੇ ਸਾਧ ਮੋਿਹ ਉਆ ਿਦਨ ਬਲਹਾਰੀ ॥
jaa din bhaytay saaDh mohi u-aa din balihaaree.
That day, when I meet with the Holy - I am a sacrifice to that day.

ਤਨੁ ਮਨੁ ਅਪਨੋ ਜੀਅਰਾ ਿਫਿਰ ਿਫਿਰ ਹਉ ਵਾਰੀ ॥੧॥ ਰਹਾਉ ॥
tan man apno jee-araa fir fir ha-o vaaree. ||1|| rahaa-o.
Again and again, I sacrifice my body, mind and soul to them. ||1||Pause||

ਏਤ ਛਡਾਈ ਿਕਲੇ ਮਿਲਤ ਿਕਲ ਬਲਹਾਰੀ ॥੧॥
ayt chhadaa-ee mohi tay ittee darirh-taaree.
They have helped me renounce this ego, and implant this humility within myself.

This mind has become the dust of all men's feet, and my self-conceit has been dispelled. ||2||
In an instant, I burnt away the ideas of slander and ill-will towards others.

I see close at hand, the Lord of mercy and compassion; He is not far away at all.

My body and mind are cooled and soothed, and now, I am liberated from the world.

I offer my head to him, and listen to the Glorious Praises of the Lord, the source of bliss.

Meeting You, my mind is rejuvenated, so please meet me, O Merciful Lord.
ਨਿਸ ਬਾਸੂਰ ਮਨੀ ਅਨੁ ਹੋਤ ਚਿਤਵਤ ਕਿਰਪਾਲ ॥੧॥ ਰਹਾਉ ॥

Night and day, my mind enjoys bliss, contemplating the Lord of Compassion. ||1||Pause||

ਜਗਤ ਉਧਾਰਨ ਸਾਧ ਪਰ੍ਭ ਤਿਨ੍ਹ ਲਾਗਹੁ ਪਾਲ ॥

God's Holy people are the saviors of the world; I grab hold of the hem of their robes. ||2||

ਮੋ ਕਉ ਦੀਜੈ ਦਾਨੁ ਪਰ੍ਭ ਸੰਤਨ ਪਗ ਰਾਲ ॥

Bless me, O God, with the gift of the dust of the feet of the Saints. ||2||

ਉਕਤ ਸੀਆਨਪ ਕਛੁ ਨਹੀ ਨਾਹੀ ਕਛੁ ਘਾਲ ॥

I have no skill or wisdom at all, nor any work to my credit. ||3||

ਭਰਮ ਭੈ ਰਾਖਹੁ ਮੋਹ ਤੇ ਕਾਟਹੁ ਜਮ ਜਾਲ ॥

Please, protect me from doubt, fear and emotional attachment, and cut away the noose of Death from my neck. ||3||

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥

Bilaaval, Fifth Mehl:
Keetaa lorheh so karahi tujh bin kachh naahi. Whatever You wish, You do. Without You, there is nothing.

Partaap tumHaa aaraa daykh kai jamdoot chhad jaahi. ||1|| Gazing upon Your Glory, the Messenger of Death leaves and goes away. ||1||

Paratapu tumhaaraa daykh kai jamdoot chhad jaahi. ||1||

By Your Grace, one is emancipated, and egotism is dispelled.

Sarab kalaa samrath parabh pooray gurdavy. ||1|| rahaao. God is omnipotent, possessing all powers; He is obtained through the Perfect, Divine Guru. ||1|| Pause||

Khojat khojat khojaa naamai binu koor. Searching, searching, searching - without the Naam, everything is false.

Jeevan sukh sabh saadhsang parabh mansaa poor. ||2||

All the comforts of life are found in the Saadh Sangat, the Company of the Holy; God is the Fulfiller of desires. ||2||

Jit jit laavhu tit lageh si-aanap sabh jaalee. Whatever You attach me to, to that I am attached; I have burnt away all my cleverness.

Jat kat tumH bharpoor hahu mayray deen da-i-alee. ||3|| You are permeating and pervading everywhere, O my Lord, Merciful to the meek. ||3||
ਸਭੁ ਕਿੱਛੁ ਤੁਮ ਤੇ ਮਾਗਨਾ ਵਡਭਾਗੀ ਪਾੇ ॥ (811)
sabh kichh tum tay maagnaa vadbhaagii paa-ay.
I ask for everything from You, but only the very fortunate ones obtain it.

ਨਾਨਕ ਕੀ ਅਰਦਾਸ ਪਰਹ ਜੀਵਾ ਗੁਨ ਗਾਏ ॥4॥12॥42॥ (811)
naanak kee ardaas parabh jeevaa gun gaa-ay. ||4||12||42||
This is Nanak's prayer, O God, I live by singing Your Glorious Praises. ||4||12||42||

ਬਿਲਾਵਲ ਮੰਹਲਾ ੫ ॥ (811)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਸਾਧਨ ਸੰਗਤ ਕੈ ਬਾਸਬਾਈ ਕਲਾਮਲ ਸਿਭ ਨਸਨਾ ॥ (811)
saaDhsangat kai baasbai kalmal sabh nasnaa.
Dwelling in the Saadh Sangat, the Company of the Holy, all sins are erased.

ਪਰਹ ਸੇਤੀ ਰੰਗ ਰਾਤਾ ਤਾ ਤੇ ਗਰਿਬ ਨ ਗਰਸਨਾ ॥1॥ (811)
parabh saytee rang raati-aa taa tay garabh na garsanaa. ||1||
One who is attuned to the Love of God, is not cast into the womb of reincarnation. ||1||

ਨਾਮ ਵਰਗ ਗੋਵੰਦ ਕਾ ਸੂਚੀ ਭੈ ਰਸਨਾ ॥ (811)
naan kahat govind kaa soochee bha-ee rasnaa.
Chanting the Name of the Lord of the Universe, the tongue becomes holy.

ਮਨ ਤਨ ਨਿਰਮਲ ਹੋਈ ਹੈ ਗੁਰ ਕਾ ਜਪ ਜਪਨਾ ॥1॥ ਰਹਾਉ ॥ (811)
man tan nirmal ho-ee hai gur kaa jap japnaa. ||1|| rahaa-o.
The mind and body become immaculate and pure, chanting the Chant of the Guru.  
||1||Pause||

ਹਰ ਰਸ ਚਾਖਤ ਧਰਾਪਾ ਮਨੀ ਰਸ ਲੇ ਹਸਨਾ ॥ (811)
har ras chaakhat Dharaapi-aa man ras lai hasnaa.
Tasting the subtle essence of the Lord, one is satisfied; receiving this essence, the mind becomes happy.
The intellect is brightened and illuminated; turning away from the world, the heart-lotus blossoms forth.

He is cooled and soothed, peaceful and content; all his thirst is quenched.

The mind's wandering in the ten directions is stopped, and one dwells in the immaculate place.

The Savior Lord saves him, and his doubts are burnt to ashes.

Nanak is blessed with the treasure of the Naam, the Name of the Lord. He finds peace, gazing upon the Blessed Vision of the Saints' Darshan.

Bilaaval, Fifth Mehl:

Carry water for the Lord's slave, wave the fan over him, and grind his corn; then, you shall be happy.

Burn in the fire your power, property and authority.
ਸਾਂਤ ਜਨਾਕਾ ਛੋਹਰਾ ਤਿਸੁ ਚਰਣੀ ਲਾਗੀ ॥ (811)

sant janaa kaa chhohraa tis charnee laag. Grasp hold of the feet of the servant of the humble Saints.

ਭਗਤ ਜਨਾਕਾ ਲੂਗਰਾ ਓਢ ਨਗਨ ਨ ਹੋਈ ॥ (811)

bhagat janaa kaa loograa odh nagan na ho-ee. Wearing the old blankets of the humble devotees, one is not naked.

ਫੁੰਦੋ ਸਾਕਤ ਸੀਰਪਾਉ ਰੇਸਮੀ ਪ੍ਰਕਾਰ ਪਿਤ ਖੋਈ ॥ ॥ (811)

But by putting on the silk clothes of the faithless cynic, one loses one's honor. ||3||

ਫੁੰਦੋ ਸਾਕਤ ਸੀਰਪਾਉ ਰੇਸਮੀ ਪ੍ਰਕਾਰ ਪਿਤ ਖੋਈ ॥ ॥ (811)

But whoever serves the humble servants of the Lord, is emancipated here and hereafter. ||4||
सभ िकछु तुम्ह ही ते हो-आ आप बनाई ॥
Everything comes from You, O Lord; You Yourself created the creation.

दरसनु भेटत साध का नानक गुण गई ॥५॥१४॥४४॥
Blessed with the Blessed Vision of the Darshan of the Holy, Nanak sings the Glorious Praises of the Lord. ||5||14||44||

Bilaaval, Fifth Mehl:

सर्वनी सुनउ हिर हिर हरे ठाकु र जसु गावउ ॥
With my ears, I listen to the Lord, Har, Har; I sing the Praises of my Lord and Master.

संत चरण कर सीसु धिर हिर नामु िधआवउ ॥१॥
I place my hands and my head upon the feet of the Saints, and meditate on the Lord’s Name. ||1||

किर िकरपा दइआल पर्भ इह िनिध िसिध पावउ ॥
Be kind to me, O Merciful God, and bless me with this wealth and success.

संत जना की रेणुका लै माथै लावउ ॥१॥ रहाउ ॥
Obtaining the dust of the feet of the Saints, I apply it to my forehead. ||1||Pause||

नीच ते नीचु अति नीचु होइ किर िबनउ बुलावउ ॥
I am the lowest of the low, absolutely the lowest; I offer my humble prayer.
ਪ੍ਰਸਤੁਤਾ

ਪਾਵ ਮਲੋਵਾ ਆਪ ਤਿਆਗੀ ਸਤਸਾਂਗ ਸਮਾਵੋ। ||2||
I wash their feet, and renounce my self-conceit; I merge in the Saints' Congregation. ||2||

ਸ਼ਾਸ਼ਵਣਜ਼ਦਾ ਦੇਵੀਦੇ ਆਧ ਵਾਂਲਾ ਪਾਓ। ||812||
saas saas nah veesrai an kateh na Dhaava-o.
With each and every breath, I never forget the Lord; I never go to another.

ਸਫਲ ਦਾਰਸਨ ਗੁਰੂ ਬਨਾਓ। ||3||
safal darsan gur bhaytee-ai maan moh mitaava-o. ||3||
Obtaining the Fruitful Vision of the Guru's Darshan, I discard my pride and attachment. ||3||

ਸਤੁ ਸੰਤੋਖੁ ਦੇਵਾਗਣ ਧਰਮੁ ਸੀਗਾਰੁ ਬਨਾਓ। ||4||15||45||
sat santokh da-i-aa Dharam seegaar banaava-o.
I am embellished with truth, contentment, compassion and Dharmic faith.

ਸਫਲ ਸੁਹੀਗਣ ਨਾਨਕਾ ਅਪੁਨੇ ਪਰਭ ਭਾਵਿਆ। ||4||17||14||
safal suhaagan naankaa apunay parabh bhaavo-o. ||4||15||45||
My spiritual marriage is fruitful, O Nanak; I am pleasing to my God. ||4||15||45||

ਵੀਲਾਵਲੁ ਮੱਹਲਾ 5। ||
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਅਟਲ ਬਚਨ ਆਪੁ ਸਹ ਭਾਵੀ ਪੁਰਾਣਤਾਇਅਆ। ||812||
atal bachan saaDhoo janaa sabh meh paragtaa-i-aa.
The words of the Holy are eternal and unchanging; this is apparent to everyone.

ਜਿਸੁ ਜਨ ਹੋਆ ਸਾਧਾਣੁ ਤਿਸੁ ਬੇਠੇ ਹਿਰੀ ਰਾਇਆ। ||1||
jis jan ho-aa saaDhsang tis bhatai har raa-i-aa. ||1||
That humble being, who joins the Saadh Sangat, meets the Sovereign Lord. ||1||
This faith in the Lord of the Universe, and peace, are found by meditating on the Lord.

Everyone is speaking in various ways, but the Guru has brought the Lord into the home of my self. ||1||Pause||

He preserves the honor of those who seek His Sanctuary; there is no doubt about this at all.

In the field of actions and karma, plant the Lord's Name; this opportunity is so difficult to obtain! ||2||

God Himself is the Inner-knower, the Searcher of hearts; He does, and causes everything to be done.

He purifies so many sinners; this is the natural way of our Lord and Master. ||3||

Don't be fooled, O mortal being, by the illusion of Maya.

O Nanak, God saves the honor of those of whom He approves. ||4||16||46||
Bilaaval, Fifth Mehl:

ਮਾਟੀ ਤੇ ਿਜਿਨ ਸਾਜਿਆ ਕਿਰ ਦੁਰਲਭ ਦੇਹ ॥

He fashioned you from clay, and made your priceless body.

ਅਨਿਕ ਚਿੱਡਾ ਮਨ ਮਹੀ ਢਕੇ ਨਿਰਮਲ ਿਦਰਸਤੇਹ ॥੧॥

He covers the many faults in your mind, and makes you look immaculate and pure. ||1||

ਿਕਉ ਿਬਸਰੈ ਪਰੂ ਮਨੈ ਤੇ ਿਜਸ ਕੇ ਗੁਣ ਏਹ ॥

So why do you forget God from your mind? He has done so many good things for you.

ਪਰੂ ਤਿਜ ਰਚੇ ਿਜ ਆਨ ਿਸੂ ਰਚੁ ਤਿਜ ਕੂੰਡੇ ਨੇਹ ॥੨॥

One who forsakes God, and blends himself with another, in the end is blended with dust. ||2||Pause||

ਸਿਮਰਹੁ ਸਿਮਰਹੁ ਸਾਿਸ ਸਾਿਸ ਮਤ ਿਬਲਮ ਕਰੇਹ ॥

Meditate, meditate in remembrance with each and every breath - do not delay!

ਚੋਿਡ ਪਰੰਪਰਹੁ ਿਬਲ ਮਿੱਡੇ ਕੁਚੁ ਉਤੀ ਬੁਚੇ ਤੇਹ ॥੨॥

Renounce worldly affairs, and merge yourself into God; forsake false loves. ||2||

ਜਿਨਾ ਅਨਿਕ ਐਕ ਬਹੁ ਰੰਗ ਕੀਏ ਹੈ ਹੋਸੀ ਏਹ ॥

He is many, and He is One; He takes part in the many plays. This is as He is, and shall be.
किर सेवा ितसु पारबर्हम गुर ते मित लेह ॥३॥
(812)
So serve that Supreme Lord God, and accept the Guru's Teachings. ||3||

ऊचे ते ऊचा वडा सभ संिग बरनेह ॥
(812)
oochay tay oochaa vadaa sabh sang barnayh.
God is said to be the highest of the high, the greatest of all, our companion.

Please, let Nanak be the slave of the slave of Your slaves. ||4||17||47||

The Lord of the Universe is my only Support. I have renounced all other hopes.

In their minds, the Saints take the Support of the Transcendent Lord. ||1||Pause||
He Himself preserves, and He Himself gives. He Himself cherishes.

Merciful to the meek, the treasure of mercy, He remembers and protects us with each and every breath. ||2||

Whatever the Creator Lord does is glorious and great.

The Perfect Guru has instructed me, that peace comes by the Will of our Lord and Master. ||3||

Anxieties, worries and calculations are dismissed; the Lord's humble servant accepts the Hukam of His Command.

He does not die, and He does not leave; Nanak is attuned to His Love. ||4||18||48||

The great fire is put out and cooled; meeting with the Guru, sins run away.
ਰੁਪ ਭੁਲ ਭਿੱਖਣ ਦਿਸਿਆ ਕਰਨ ਦੇ ਧਰਮੇ ॥੧॥ (813)
ਰੁਪ ਭੁਲ ਭਿੱਖਣ ਦਿਸਿਆ ਕਰਨ ਦੇ ਧਰਮੇ ॥੨॥
ਅੰਧ ਕੂਪ ਮਿਹ ਗਲਤ ਕਾੜੇ ਦੇ ਹਾਥੇ ॥੧॥
I fell into the deep dark pit; giving me His Hand, He pulled me out. ||1||
ਨਾਨਕ ਕੀ ਤੂ ਟੇਕ ਪਰ੍ਭ ਤੇਰਾ ਆਧਾਰ ॥ (813)
naanak kee too tayk parabh tayraa aaDhaar.
O God, You are the Anchor and Support of Nanak.

ਓਹ ਹਮਾਰੇ ਸਾਜਨਾ ਹਮ ਉਨ ਦੀ ਰੇਨ ॥ (813)
o-ay hamaaray saajnaa ham un kee rayn.
He is my friend; I am the dust of His Feet.

ਜਨ ਭੇਟਤ ਹੋਵਤ ਸੁਖੀ ਜੀਆ ਦਾਨੁ ਦੇਨ ॥੧॥ ਰਹਾਉ ॥
jin bhaytat hovat sukhee jee-aa daan dayn. ||1|| rahaa-o.
Meeting with Him, I am at peace; He blesses me with the gift of the soul. ||1||Pause||

ਪਰਾ ਪੂਰਬਲਾ ਲੀਖਾ ਮਿਲਾ ਅਬ ਆਈ ॥ (813)
paraa poorbalaa leekhi-aa mili-aa ab aa-ay.
I have now received my pre-ordained destiny.

ਬਸਤ ਸੰਗ ਹਿਰ ਸਾਧ ਕੈ ਪੂਰਨ ਆਸਾਈ ॥੨॥
basat sang har saaDh kai pooran aasaa-ay. ||2||
Dwelling with the Lord's Holy Saints, my hopes are fulfilled. ||2||

ਭੈ ਬੀਨਸੇ ਤਿਹੁ ਲੋਕ ਕੇ ਪਾਏ ਸੁਖ ਥਾਨ ॥ (813)
bhai binsay tihu lok kay paa-ay sukh thaan.
The fear of the three worlds is dispelled, and I have found my place of rest and peace.

ਦਿਹੀ ਦਵਾ ਭਿੱਕਣ ਭਿੱਖਣ ਮੀਲਾ ਭਿੱਖਣ ਅਕਾਲੀ ॥ (813)
daa-aa karee samrath gur basi-aa man naam. ||3||
The all-powerful Guru has taken pity upon me, and the Naam has come to dwell in my mind. ||3||

ਨਾਨਕ ਕੀ ਤੂ ਟੇਕ ਪਰ੍ਭ ਤੇਰਾ ਆਧਾਰ ॥ (813)
naanak kee too tayk parabh tayraa aaDhaar.
O God, You are the Anchor and Support of Nanak.
He is the Doer, the Cause of causes; the All-powerful Lord God is inaccessible and infinite. ||4||19||49||

Bilaaval, Fifth Mehl:

One who forgets God is filthy, poor and low.

The fool does not understand the Creator Lord; instead, he thinks that he himself is the doer.

Pain comes, when one forgets Him. Peace comes when one remembers God.

This is the way the Saints are in bliss - they continually sing the Glorious Praises of the Lord.

The high, He makes low, and the low, he elevates in an instant.

The value of the glory of our Lord and Master cannot be estimated.

The fool does not understand the Creator Lord; instead, he thinks that he himself is the doer.

Pain comes, when one forgets Him. Peace comes when one remembers God.

This is the way the Saints are in bliss - they continually sing the Glorious Praises of the Lord.
While he gazes upon beautiful dramas and plays, the day of his departure dawns.

The dream becomes the dream, and his actions do not go along with him. ||3||

God is All-powerful, the Cause of causes; I seek Your Sanctuary. ||4||20||50||

I carry water on my head, and with my hands I wash their feet. ||1||

Tens of thousands of times, I am a sacrifice to them; gazing upon the Blessed Vision of their Darshan, I live. ||1||

The hopes which I cherish in my mind - my God fulfills them all.
With my broom, I sweep the homes of the Holy Saints, and wave the fan over them.

The Saints chant the Ambrosial Praises of the Lord; I listen, and my mind drinks it in.

That sublime essence calms and soothes me, and quenches the fire of sin and corruption.

When the galaxy of Saints worship the Lord in devotion, I join them, singing the Glorious Praises of the Lord.

I bow in reverence to the humble devotees, and apply the dust of their feet to my face.

Sitting down and standing up, I chant the Naam, the Name of the Lord; this is what I do.

This is Nanak's prayer to God, that he may merge in the Lord's Sanctuary.

Bilaaval, Fifth Mehl:
icine मन्दर जेटी वडे से गवि गुढ़ पाए। (813)
इह सागर सोई तरै जो हिर गुण गाए।
ih saagar so-e tarai jo har gun gaa-ay.
He alone crosses over this world-ocean, who sings the Glorious Praises of the Lord.

मायमंजि दे मंगिण दरम रक्षणी स्थभे।।१॥ (813)
साधसंगति कै संग वसै वडभागी पाए।।१॥
saaDhsangat kai sang vasai vadbhaagee paa-ay. ||1||
He dwells with the Saadh Sangat, the Company of the Holy; by great good fortune, he finds the Lord. ||1||

सुण सुण जीवै दासु तुम्ह बाणी जन आकी। (814)
sun sun jeevai daas tumH banee jan aakhee.
Your slave lives by hearing, hearing the Word of Your Bani, chanted by Your humble servant.

भुजा तरी मधं केश भंध मेंक त्री अफी।।३॥ रहाउ॥ (814)
pragat bha-ee sabh lo-a meh sayvak kee raakhee. ||1|| raha-o.
The Guru is revealed in all the worlds; He saves the honor of His servant. ||1||Pause||

अमृत नामु जलु संचिया गुर भए सहाई।।२॥
amrit naam jal sanchi-aa gur bha-ay sahaa-ee. ||2||
The Guru has sprinkled the Ambrosial Water of the Naam, the Name of the Lord; He has become my Helper. ||2||

जनम मरण दुख काटिया सुख का थानु पाइया।।३॥
janam maran dukh kaati-aa sukh kaa thaan paa-i-aa.
The pains of birth and death are removed, and I have obtained a resting place of peace.

वर्ती मिलख बृह भें अपले पृज भंभी।।३॥
kaatee silak bharam moh kee apnay parabh bhaa-i-aa. ||3||
The noose of doubt and emotional attachment has been snapped; I have become pleasing to my God. ||3||
Let no one think that there is any other at all; everything is in the Hands of God.

Nanak has found total peace, in the Society of the Saints.

My bonds have been snapped; God Himself has become compassionate.

The Supreme Lord God is Merciful to the meek; by His Glance of Grace, I am in ecstasy.

The Perfect Guru has shown mercy to me, and eradicated my pains and illnesses.

My mind and body have been cooled and soothed, meditating on God, most worthy of meditation.

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

I chant the Name of the Lord, Har, Har, Har, Har, lovingly centering my inner being on Him.

Sinful mistakes are erased and I am sanctified, in the Sanctuary of the Holy Saints. ||3||

Misfortune is kept far away from those who hear and chant the Praises of the Lord's Name.

Nanak chants the Mahaa Mantra, the Great Mantra, singing the Glorious Praises of the Lord. ||4||23||53||

From the Fear of God, devotion wells up, and deep within, there is peace.

Chanting the Name of the Lord of the Universe, doubt and delusions are dispelled. ||1||
One who meets with the Perfect Guru, is blessed with peace.

So renounce the intellectual cleverness of your mind, and listen to the Teachings.

May I never forget that Primal, Infinite Lord from my mind.

I have enshrined love for the Lotus Feet of the Wondrous Divine Guru.

One who is blessed by Your Mercy, God, is committed to Your service.

I drink in the Ambrosial Nectar, the treasure of wealth, and my mind and body are in bliss.

Nanak never forgets God, the Lord of supreme bliss.
Bilaaval, Fifth Mehl:

Desire is stilled, and egotism is gone; fear and doubt have run away.

I have found stability, and I am in ecstasy; the Guru has blessed me with Dharmic faith.

Worshipping the Perfect Guru in adoration, my anguish is eradicated.

My body and mind are totally cooled and soothed; I have found peace, O my brother.

I have awakened from sleep, chanting the Name of the Lord; gazing upon Him, I am filled with wonder.

Drinking in the Ambrosial Nectar, I am satisfied. How wondrous is its taste!

I myself am liberated, and my companions swim across; my family and ancestors are also saved.
Safal Sayvaa Gurdayv kee Nirmal Darbaaray. ||3||

Service to the Divine Guru is fruitful; it has made me pure in the Court of the Lord. ||3||

Neech Anaath Ajaan Mai Nirgun Gunheen.
I am lowly, without a master, ignorant, worthless and without virtue.

Nanak Kaa Kirpa Bha-ee Daas Apana Keen.
Nanak has been blessed with God's Mercy; God has made him His Slave. ||4||25||55||

God has granted His Mercy, and saved His slaves.

The Lord is the Hope and Support of His devotees; there is nowhere else for them to go.

O God, Your Name is my power, realm, relatives and riches.

God has granted His Mercy, and saved His slaves.

The slanderers rot in their slander; they are seized by the Messenger of Death.
ਸੰਤਾ ਆਕੁ ਦੂਸਰ ਕੋ ਨਾਹੀ ॥ (815)
santaa ayk Dhi-aavanaa doosar ko naahi.
The Saints meditate on the One Lord, and no other.

ਏਕਸੁ ਆਗੈ ਬੇਨਤੀ ਰਿਵਆ ਸਰਬ ਥਾਈ ॥੨॥ (815)
aykas aagai bayntee ravi-aa sarab thaa-ay. ||2||
They offer their prayers to the One Lord, who is pervading and permeating all places. ||2||

ਕਥਾ ਪੁਰਾਤਨ ਇਉ ਸੁਣੀ ਭਗਤਨ ਕੀ ਬਾਨੀ ॥ (815)
kathaa puraatan i-o sunee bhagtan kee baanee.
I have heard this old story, spoken by the devotees,

ਸਗਲ ਦੁਸਟ ਖੰਡ ਖੰਡ ਕੀਏ ਜਨ ਲੀਏ ਮਾਨੀ ॥੩॥ (815)
sagal dusat khand khand kee-ay jan lee-ay maanee. ||3||
that all the wicked are cut apart into pieces, while His humble servants are blessed with honor. ||3||

ਸਿਤ ਬਚਨ ਨਾਨਕੁ ਕਹੈ ਪਰਗੜ ਸਭ ਮਾਹ ॥ (815)
sat bachan naanak kahai pargat sabh maahi.
Nanak speaks the true words, which are obvious to all.

ਪਰ੍ਭ ਕੇ ਸੇਵਕ ਸਰ੍ਝਾ ਪਰ੍ਭ ਤਿਨ ਕਵੂ ਭਉ ਨਾਹੀ ॥੪॥੨੬॥੫੬॥ (815)
parabh kay sayvak saran parabh tin ka-o bha-o naahi. ||4||26||56||
God's servants are under God's Protection; they have absolutely no fear. ||4||26||56||

ਸਿਤਾਲਾਵਲ ਮਹਲਾ ੫ ॥ (815)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਕੰਧ ਕਟੈ ਸੋ ਪਰ੍ਭੂ ਜਾ ਕੈ ਕਾਲ ਹਾਥ ॥ (815)
banDhan kaatai so parabhoo jaa kai kal haath.
God breaks the bonds which hold us; He holds all power in His hands.
अवर करम नही छूटीऐ राखहु हिर नाथ ॥१॥
No other actions will bring release; save me, O my Lord and Master. ||1||

उठि महं भवे पूर्व चित्र विधिश्रुत || (815)
I have entered Your Sanctuary, O Perfect Lord of Mercy.

तउ सरणागित माधवे पूरन दइआल ॥
I have entered Your Sanctuary, O Perfect Lord of Mercy.

छूित जाइ संसार ते राखै गोपाल ॥१॥
Those whom You preserve and protect, O Lord of the Universe, are saved from the trap of the world. ||1||Pause||

ਆਸਾ ਭਰਮ ਿਬਕਾਰ ਮੋਹ ਇਨ ਮਹਾ ਲੋਭਾਨਾ ॥
Hope, doubt, corruption and emotional attachment - in these, he is engrossed.

ਜ਼ੂਠ ਸਮਗਰ੍ੀ ਲੋਕ ਤ ਨਾਨਾ ॥੨॥
The false material world abides in his mind, and he does not understand the Supreme Lord God. ||2||

ਪਰਮ ਜੌਤ ਪੂਰਨ ਪੁਰਖ ਸਮਾ ਜੀਅ ਤਹੇਰਾ ॥
O Perfect Lord of Supreme Light, all beings belong to You.

ਜੀਉ ਤੂ ਬਾਕਤਿ ਤੀਹ ਤੂ ਪੁਰਖ ਅਗਮ ਅਪਾਰਾ ॥੩॥
As You keep us, we live, O infinite, inaccessible God. ||3||

ਕਰਣ ਕਾਰਣ ਸਮਰਥ ਚੜ੍ਛੇ ਅਧਾਰ ਲਖੂ ॥
Cause of causes, All-powerful Lord God, please bless me with Your Name.
ਨਾਨਕ ਤਰੀਐ ਸਾਧਸੰਗ ਹਿਰ ਹਿਰ ਗੁਣ ਗਾਉ ॥੪॥੨੭॥੫੭॥
Nanak is carried across in the Saadh Sangat, the Company of the Holy, singing the Glorious Praises of the Lord, Har, Har. ||4||27||57||

ਬਿਲਾਵਲ ਮੱਲਾ ੫ ॥
Bilaaval, Fifth Mehl:

ਕਵਨੁ ਕਵਨੁ ਨਹੀ ਪਤਿਰਆ ਤੁਮਹੰਰੀ ਪਰਤੀਇਤ ॥
Who? Who has not fallen, by placing their hopes in you?

ਮਹਾ ਮੋਹਨੀ ਮੋਹਾ ਨਰਕ ਕੀ ਰੀਇਤ ॥
You are enticed by the great enticer - this is the way to hell! ||1||

ਮਨ ਖੁਟਹਰ ਤੇਰਾ ਨਹੀ ਿਬਸਾਸ਼ ਤੂ ਮਹਾ ਉਦਮਾਦਾ ॥
O vicious mind, no faith can be placed in you; you are totally intoxicated.

ਖਰ ਕਾ ਪੈਖਰੁ ਤਉ ਛੁਟੈ ਜਉ ਊਪਿਰ ਲਾਦਾ ॥੧॥ ਰਹਾਉ ॥
The donkey's leash is only removed, after the load is placed on his back. ||1||Pause||

ਜਪ ਤਹ ਸੰਜਮ ਤੁਮ ਖੰਡਾ ਜਮ ਕੇ ਦੁਖ ਡੇੜ ॥
You destroy the value of chanting, intensive meditation and self-discipline; you shall suffer in pain, beaten by the Messenger of Death.

ਸਿਮਰਹੀ ਨਾਹੀ ਜੋਨੀ ਦੁਖ ਨਿਰਲਜ਼ੇ ਭੰਡ ॥
You do not meditate, so you shall suffer the pains of reincarnation, you shameless buffoon! ||2||
ੀਹਿਰ ਸੰਗ ਸਹਾਈ ਮਹਾ ਮੀਤੁ ਤੀਸ ਸੁੱਤੀ ਤੇਰਾ ਭੇਦੁ ॥ (815)
ੀਹਿਰ ਸੰਗ ਸਹਾਈ ਮਹਾ ਮੀਤੁ ਤੀਸ ਸੁੱਤੀ ਤੇਰਾ ਭੇਦੁ ॥ (815)
hhar sang sahaa-ee mahaa meet tis si-o tayraa bhayd.
The Lord is your Companion, your Helper, your Best Friend; but you disagree with Him.

ੱਠੇ ਭੇਦੁ ਗਏ ਬਟਵਾਰੀ ਪੰਛੀਵਰੀ ਬ਼ੰਧੁ ਛੇਤੁ ॥ (815)
ੱਠੇ ਭੇਦੁ ਗਏ ਬਟਵਾਰੀ ਪੰਛੀਵਰੀ ਬ਼ੰਧੁ ਛੇਤੁ ॥ (815)
har sang sahaa-ee mahaa meet tis si-o tayraa khayd. ||3||
You are in love with the five thieves; this brings terrible pain. ||3||

ਨਾਨਕ ਤਿਨ ਸੰਤਨ ਸਰਣਾਗਤੀ ਜਿਨ ਮਨੁ ਵਿਸ ਕੀਨਾ ॥ (815)
ਨਾਨਕ ਤਿਨ ਸੰਤਨ ਸਰਣਾਗਤੀ ਜਿਨ ਮਨੁ ਵਿਸ ਕੀਨਾ ॥ (815)
nanak tin santan sarnaagatee jin man vas keenaa.
Nanak seeks the Sanctuary of the Saints, who have conquered their minds.

ਤਨੁ ਧਨੁ ਸਰਬੜ ਆਪਣਾ ਪਰੱਭ ਜਨ ਕਾਦੀਨਾ ॥ (815)
ਤਨੁ ਧਨੁ ਸਰਬੜ ਆਪਣਾ ਪਰੱਭ ਜਨ ਕਾਦੀਨਾ ॥ (815)
tan Dhan sarbas aapnaa parabh jan ka-o deenHaa. ||4||28||58||
He gives body, wealth and everything to the slaves of God. ||4||28||58||

ਗੁਰਜਤੁ ਮਹਲਾ ੫ ॥ (815)
ਗੁਰਜਤੁ ਮਹਲਾ ੫ ॥ (815)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਉਦਮ ਕਰਤ ਆਨੁ ਬਦਾ ਸਿਮਰਤ ਸੁਖ ਸਾਰੁ ॥ (815)
ਉਦਮ ਕਰਤ ਆਨੁ ਬਦਾ ਸਿਮਰਤ ਸੁਖ ਸਾਰੁ ॥ (815)
udam karat aanad bha-i-aa simrat sukh saar.
Try to meditate, and contemplate the source of peace, and bliss will come to you.

ਜਿਪ ਜਿਪ ਨਾਮ ਗੋਬੰਦ ਕਾ ਪੂਰਨ ਬੀਚਾਰੁ ॥ (815)
ਜਿਪ ਜਿਪ ਨਾਮ ਗੋਬੰਦ ਕਾ ਪੂਰਨ ਬੀਚਾਰੁ ॥ (815)
jap jap naam gobind kaa pooran beechaar. ||1||
Chanting, and meditating on the Name of the Lord of the Universe, perfect understanding is achieved. ||1||

ੱਠੜ ਕਮਲ ਗੁਰ ਦੇ ਤਮਦੁ ਵਿਚ ਸ਼ਿਲਦੀ ਸੀਵਾ ॥ (815)
ੱਠੜ ਕਮਲ ਗੁਰ ਦੇ ਤਮਦੁ ਵਿਚ ਸ਼ਿਲਦੀ ਸੀਵਾ ॥ (815)
charan kamal gur kay tamadh vich s.mdhi jeevaa.
Meditating on the Lotus Feet of the Guru, and chanting the Name of the Lord, I live.
ਪਾਰਬਰ੍ਹਮੁ ਆਰਧਤੇ ਮੁਿਖ ਅੰਿਮਰ੍ਤੁ ਪੀਵਾ ॥੧॥ ਰਹਾਉ ॥ (815)
پاربارہم ਆਰाधते ਮुख ਅਮरਤ ਪੀਵਾ। ||1|| ਰਹੇਛਾ-ੋ।
Worshipping the Supreme Lord God in adoration, my mouth drinks in the Ambrosial Nectar. ||1||Pause||

ਤੀਖ ਮੰਡ ਮੰਗ ਸਥਿ ਬਹੰ ਭਿਤ ਕੇਣੁ ॥ (815)
ਤੀਖ ਮੰਡ ਮੰਗ ਸਥਿ ਬਹੰ ਭਿਤ ਕੇਣੁ। 
All beings and creatures dwell in peace; the minds of all yearn for the Lord.

ਪਰਉਪਕਾਰੁ ਿਨਤ ਿਚਤਵਤੇ ਨਾਹੀ ਕਛੁ ਪੋਚ ॥੨॥ (815)
ਪਰਸਰਕਾਰ ਨਿਤ ਸਤਿਵਤ ਨਾਹੀ ਕਚਾ ਪੋਚ। ||2||
Those who continually remember the Lord, do good deeds for others; they harbor no ill will towards anyone. ||2||

ਪ੍ਰਹ ਮੁ ਬਮਂ ਪ੍ਰਹ ਨਹ ਸਕੀੜੇ ਲੰਬੁ ॥ (816)
ਪ੍ਰਹ ਮੁ ਬਮਂ ਪ੍ਰਹ ਨਹ ਸਕੀੜੇ ਲੰਬੁ। 
Blessed is that place, and blessed are those who dwell there, where they chant the Naam, the Name of the Lord.

ਕਥਾ ਕੀਰਤਨੁ ਹਿਰ ਅਤੀ ਘਨਾ ਸੁਖ ਸਹਜ ਿਬਸਰ੍ਾਮੁ ॥੩॥ (816)
ਕਥਾ ਕੀਰਤਨ ਹਿਰ ਅਤੀ ਘਨਾ ਸੁਖ ਸਹਜ ਿਬਸਰ੍ਾਮੁ। ||3||
The Sermon and the Kirtan of the Lord's Praises are sung there very often; there is peace, poise and tranquility. ||3||

ਮਨ ਤੇ ਕਦੇ ਨ ਵੀਸਰਾ ਅਨਾਥ ਕੋ ਨਾਥ ॥ (816)
ਮਨ ਤੇ ਕਦੇ ਨ ਵੀਸਰਾ ਅਨਾਥ ਕੋ ਨਾਥ। 
In my mind, I never forget the Lord; He is the Master of the masterless.

ਨਾਨਕ ਪਰ੍ਭ ਸਰਨਾਗਤੀ ਜਾ ਪੈ ਮੋ ਕਿਹਾ ਹਾਥ ॥੪॥੨੫॥੫੯॥ (816)
ਨਾਨਕ ਪਰਬ ਸਰਨਾਗਤੀ ਜਾ ਪੈ ਮੋ ਕਿਹਾ ਹਾਥ। ||4||29||59||
Nanak has entered the Sanctuary of God; everything is in His hands. ||4||29||59||

ਬਿਲਾਵਲੁ ਿਬਲਾਵਲੁ ॥ (816)
ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ਡਾ।
Bilaaval, Fifth Mehl:
िनि जो धीमे लिनि द्विगुः द्वितीय मध्य भव वाचिता || (816)
जिनि तू बंधि करि छोड़िया पूलि सुख महि पाइआ ||
jin too banDh kar chhodi-aa fun sukh meh paa-i-aa.
The One who bound you in the womb and then released you, placed you in the world of joy.

मन्न सिरहि चवर्गविन्द मीकुं सूगुं विधिह ||१|| (816)
सदा सिमिरि चरणारिबंद सीतल होता-ए ||१||
sadaa simar charnaarbind seetal hotaa-i-aa. ||1||
Contemplate His Lotus Feet forever, and you shall be cooled and soothed. ||1||

नीलिका भव्या मुहिंथा विन्द्र वर्णि र आवे || (816)
जीविताणु अथवा मुइआ किच्छु कामै न आवै ||
jeeviti-aa athvaa mu-i-aa kichh kaam na aavai.
In life and in death, this Maya is of no use.

िनि देव वचः विनियो तिम मिसि तेह रहै ||१|| वहसू || (816)
जिनि एहु रचनु रचाइया कोऊ तस्मै सिंघु रंगू लावै ||१|| रहााँ।
jin ayhu rachan rachaa-i-aa ko-oo tis si-o rang laavai. ||1|| rahaao.
He created this creation, but rare are those who enshrine love for Him. ||1||Pause||

वे पर्वी देवी मील कवद्व िन्ध न बदि बा वदे || (816)
रे प्राणी उसन सीत करता करै घाम ते काहै ||
ray paraanee usan seet kartaa karai ghaam tay kaadhai.
O mortal, the Creator Lord made summer and winter; He saves you from the heat.

जीवी वे उमड़ि देव दुटा हे बाहे ||२|| (816)
कीरी ते हसती करै दुटा ले गाहे ||२||
keeree tay hastee karai tootaa lay gaadhai. ||2||
From the ant, He makes an elephant; He reunites those who have been separated. ||2||

अंडज जेरज सेतज उत्भुजा पर्भ िसे इह किरित || (816)
andaj jayraj saytaj ut-bhujaa parabh kee ih kirat.
Eggs, wombs, sweat and earth - these are God’s workshops of creation.

विकुं वभागी मध्य दल जबीहे गति विहार ||३|| (816)
किरि कमावन सरब फल रवीि हरि निरित ||३||
kirat kamaavan sarab fal ravee-ai har nirat. ||3||
It is fruitful for all to practice contemplation of the Lord. ||3||
쪃 ਦੇ ਬਣਾਸ ਨ ਟਿਕਲੀ ਮਾਸਟੀ ਪ੍ਰਰ ਮਾਰੁ || (816)
ਹਮ ਤੇ ਕੁਝ ਨ ਹੋਵਨਾ ਸਾਰਣੀ ਪ੍ਰਮ ਸਾਧ ||
ham tay kachhoo na hovnaa saranabh saadh.
I cannot do anything; O God, I seek the Sanctuary of the Holy.

ਭੇਨ ਭਾਣਤ ਲ੍ਯੰਘ ਅਧ ਦੇ ਸਰਣ ਗੁਰ ਵਰਨੁ ||8||30||60|| (816)
ਮੋਹ ਮਗਨ ਕ੍ਰੂਪ ਅੰਧ ਤੇ ਨਾਨਕ ਗੁਰ ਕਾਠ ||4||30||60||
moh magan koop anDh tay naanak gur kaadh. ||4||30||60||
Guru Nanak pulled me up, out of the deep, dark pit, the intoxication of attachment. ||4||30||60||

ਵਿਲਾਵਲੁ ਮਹਲਾ ੫ || (816)
ਬਿਲਾਵਲੁ ਮਹਲਾ ਨੋ ਨਾ
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਵੇਨਟ ਭੇਨਟ ਤੇ ਵਿਵਾਤ ਚਲ ਘਗਤ || (816)
ਖੋਜਤ ਖੋਜਤ ਮੈ ਫਿਰਾ ਖੋਜਤ ਬਨ ਥਾਨ ||
khojat khojat mai firaa khoja-o ban thaan.
Searching, searching, I wander around searching, in the woods and other places.

ਆਹਨ ਅਦੇਨੇ ਪੁਰਤ ਤੋ ਨੋਈ ਖਾਨਹਤ || (816)
ਆਛਲ ਅਦੇਨੇ ਅਕਸਿ ਪ੍ਰਮ ਐਸੇ ਭਗਵਾਨ ||1||
achhal adhnae aahayd parabh aisay bhagvaan. ||1||
He is undeceivable, imperishable, inscrutable; such is my Lord God. ||1||

ਵਸ ਦੇਖਿਤੇ ਪੁਰਤ ਆਪਨਾ ਆਤਮ ਕੈ ਰੰਗੀ || (816)
ਕਵ ਦੇਖਾਉ ਪ੍ਰਮਿ ਆਪਨਾ ਆਤਮ ਕੈ ਰੰਗੀ ||
kab daykh-a-u parabh aapnaa aatam kai rang.
When shall I behold my God, and delight my soul?

ਜਾਣਤ ਦੇ ਸਪਨਾ ਢਾਣ ਸਮੀਖੀ ਪੂਰਤ ਸੰਗਿਤ || (816)
ਜਾਣਤ ਤੇ ਸਪਨਾ ਭਲਾ ਬਸੀਐ ਪ੍ਰਮ ਸੰਗੀ ਨੰ||1||
jaagan tay supnaa bhalaa basee-ai parabh sang. ||1||
Even better than being awake, is the dream in which I dwell with God. ||1||Pause||

ਬਰਨ ਅਵਾਸ੍ਰਮ ਸਾਸਤਰ ਸੂਨਾਂ ਦਰਸਾਨ ਕੀ ਪਹਾਮ || (816)
ਬਰਨ ਅਵਾਸ੍ਰਮ ਸਾਸਤਰ ਸੂਨਾਂ ਦਰਸਾਨ ਕੀ ਪਹਾਮ ||816|
baran aasram saastar sun-o darsan kee pi-aas.
Listening to the Shaastras teaching about the four social classes and the four stages of life, I grow thirsty for the Blessed Vision of the Lord.
रूपु न रेख न पंच तत ठाकुर अविनास ||2||
रूपु न रेख न पंच तत ठाकुर अविनास ||2||
He has no form or outline, and He is not made of the five elements; our Lord and Master is imperishable. ||2||

ओहु सरूपु संतन कहिह िवरले जोगीसुर ॥
ोहु सरूपु संतन कहिह िवरले जोगीसुर ॥
oh saroop santan kaheh virlay jogeesur. How rare are those Saints and great Yogis, who describe the beautiful form of the Lord.

किर िकरपा जा कउ िमले धिन धिन ते ईसुर ॥३॥
किर िकरपा जा कउ िमले धिन धिन ते ईसुर ॥३॥
kir kirpaa jaa ka-o milay Dhan Dhan tay eesur. ||3||
Blessed, blessed are they, whom the Lord meets in His Mercy. ||3||

They know that He is deep within, and outside as well; their doubts are dispelled.

नानक ितसु पर्र्भु भेिटਆ जा के  पूरन करमा ॥४॥३१॥६१॥
नानक ितसु पर्र्भु भेिटਆ जा के  पूरन करमा ॥४॥३१॥६१॥
nanak tis parabh bhayti-aa jaa kay pooran karmaa. ||4||31||61||
O Nanak, God meets those, whose karma is perfect. ||4||31||61||

All beings and creatures are totally pleased, gazing on God's glorious radiance.

The True Guru has paid off my debt; He Himself did it. ||1||
ਖਾਤ ਖਰਚਤ ਿਨਬਹਤ ਰਹੈ ਗੁਰ ਸਬਦੁ ਅਖੂਟ ॥ (816)

Eating and expending it, it is always available; the Word of the Guru’s Shabad is inexhaustible.

ਪੂਰਨ ਭਈ ਸਮਗਰੀ ਕਬਹੂ ਨਹੀ ਤੂਟ ॥੧॥ ਰਹਾਉ ॥ (816)

Everything is perfectly arranged; it is never exhausted. ||1||Pause||

ਸਾਧਸੰਗ ਆਰਾਧਨਾ ਹਿਰ ਿਨਧ ਆਪਾਰ ॥ (816)

In the Saadh Sangat, the Company of the Holy, I worship and adore the Lord, the infinite treasure.

ਧਰਮ ਅਰਥ ਅਰੁ ਕਾਮ ਮੋਖ ਦੇਤੇ ਨਹੀ ਬਾਰ ॥੨॥ (816)

He does not hesitate to bless me with Dharmic faith, wealth, sexual success and liberation. ||2||

ਬਾਰੁਂ ਅਲਾਪੀ ਇੱਖ ਕੀ ਗੋਿਬੰਦ ਗੁਪਾਲ ॥ (816)

The devotees worship and adore the Lord of the Universe with single-minded love.

ਰਾਮ ਨਾਮ ਧਨੁ ਸੰਚਾ ਜਾ ਕਾ ਨਹੀ ਸੁਮਾਰ ॥੩॥ (816)

They gather in the wealth of the Lord’s Name, which cannot be estimated. ||3||

ਸਾਰਨ ਪਰੇ ਪਰ੍ਭ ਤੰਗ ਜਾਲ ਵਿਡਆਈ ॥ (816)

O God, I seek Your Sanctuary, the glorious greatness of God. Nanak:

ਨਾਨਕ ਅੰਤੁ ਨ ਪਾਪੀ ਵੇਅੰਤ ਗੁਸਾਈ ॥੪॥੩੨॥੬੨॥ (816)

Your end or limitation cannot be found, O Infinite World-Lord. ||4||32||62||
Bilaaval, Fifth Mehl:

**Meditate, meditate in remembrance of the Perfect Lord God, and your affairs shall be perfectly resolved.**

**In Kartaarpur, the City of the Creator Lord, the Saints dwell with the Creator.**

**No obstacles will block your way, when you offer your prayers to the Guru.**

**The Sovereign Lord of the Universe is the Saving Grace, the Protector of the capital of His devotees.**

**There is never any deficiency at all; the Lord's treasures are over-flowing.**

**His Lotus Feet are enshrined within my mind and body; God is inaccessible and infinite.**

**All those who work for Him dwell in peace; you can see that they lack nothing.**
By the Grace of the Saints, I have met God, the Perfect Lord of the Universe. ||3||

Everyone congratulates me, and celebrates my victory; the home of the True Lord is so beautiful!

Nanak chants the Naam, the Name of the Lord, the treasure of peace; I have found the Perfect Guru. ||4||33||63||

Worship and adore the Lord, Har, Har, Har, and you shall be free of disease.

This is the Lord's healing rod, which eradicates all disease. ||1||Pause||

Meditating on the Lord, through the Perfect Guru, he constantly enjoys pleasure.

I am devoted to the Saadh Sangat, the Company of the Holy; I have been united with my Lord. ||1||
Contemplating Him, peace is obtained, and separation is ended.

Nanak seeks the Sanctuary of God, the All-powerful Creator, the Cause of causes.

Raag Bilaaval, Fifth Mehl, Du-Padas, Fifth House:

I have given up all other efforts, and have taken the medicine of the Naam, the Name of the Lord.

Worshipping the Perfect Guru in adoration, all pains are dispelled.

The Savior Lord has saved me; He has blessed me with His Kind Mercy.
Grabbing hold of my arm, God has pulled me up and out; He has made me His own.

Meditating, meditating in remembrance, my mind and body are at peace; Nanak has become fearless.

Placing His Hand upon my forehead, God has given me the gift of His Name.

One who performs fruitful service for the Supreme Lord God, never suffers any loss.

God Himself saves the honor of His devotees.

Whatever God's Holy servants wish for, He grants to them.

God's humble servants seek the Sanctuary of His Lotus Feet; they are God's very breath of life.
ਸਹਿਜ सੁਭਾਇ ਨਾਨਕ ਮਿਲਏ ਜੋਤੀ ਜੋਤ ਸਮਾਨ ॥੨॥੨॥੬੬॥

O Nanak, they automatically, intuitively meet God; their light merges into the Light.

ਬਿਲਾਵਲ ਮਹਲਾ ੫ ॥ (817)

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਚਰਣ ਕਮਲ ਕਾ ਆਸਰਾ ਹੀਨਾ ਪਰਬ ਆਪ ॥

God Himself has given me the Support of His Lotus Feet.

ਪਰਭ ਸਰਣਾਗਿਤ ਜਨ ਪਰੇ ਤਾ ਕਾ ਸਦ ਪਰਤਾਪ ਹੁੰਦਾ ਹੈ ॥੧॥

God's humble servants seek His Sanctuary; they are respected and famous forever. ||1||

ਰਾਮ ਰਾਜ ਰਾਮਦਾਸ ਪੁਰਾ ਕੀਨ ਗੁਰਦੇਵ ॥੧॥ ਰਹਾਉ ॥

The Divine Guru has built the City of Ramdaspur, the royal domain of the Lord. ||1||Pause||

ਸਦਾ ਸਦਾ ਹੀਰਾ ਵਿਧਸਾਈ ਕੀਨ ਵਿਰਾਮ ਨ ਲਾਗੇ ॥

Forever and ever, meditate on the Lord, and no obstacles will obstruct you.

ਨਾਨਕ ਨਾਮ ਸੰਤਹੀਏ ਬਹੁ ਦੁਸਮਨ ਭਾਗੈ ॥੨॥੩॥੬੭॥

O Nanak, praising the Naam, the Name of the Lord, the fear of enemies runs away.
Bilaaval, Fifth Mehl:

मिन तिन पर्भु आराधीऐ मिल साध समागै ॥ ।
man tan parab aaraaDhee-ai mil saaDh samaagai.
Worship and adore God in your mind and body; join the Company of the Holy.

उचरत गुन गोपाल जसु दूर ते जमु भागै ॥ ।
uchrat gun gopaal jas door tay jam bhaagai. ||1||
Chanting the Glorious Praises of the Lord of the Universe, the Messenger of Death runs far away. ||1||

राम नामु जो जनु जपै अनिदनु सद जागै ॥ ॥
raam naam jo jan japai an-din sad jaagai.
That humble being who chants the Lord's Name, remains always awake and aware, night and day.

हेन्द्र मंडू रच नेवटी डिंड चम्पू त चलू ॥ ॥
raam kroDh mad maan moh binsay anraagai.
Sexual desire, anger, the intoxication of egotism and emotional attachment are dispelled, by loving devotion.

आनंद मगन रिस राम रंग नानक सरनागै ॥ ॥
aanand magan ras raam rang naanak sarnaagai. ||2||4||68||
One who enters the Lord's Sanctuary, O Nanak, remains merged in ecstasy in the subtle essence of the Lord's Love. ||2||4||68||

Bilaaval, Fifth Mehl:

bilaaval mehlaa 5.
The living creatures and their ways are in God's power. Whatever He says, they do.

When the Sovereign Lord of the Universe is pleased, there is nothing at all to fear.

Pain shall never afflict you, if you remember the Supreme Lord God.

The All-powerful Lord is the Cause of causes; there is no other than Him.

Nanak has entered the Sanctuary of God; the True Lord has given strength to the mind.

Remembering, remembering my God in meditation, the house of pain is removed.
Joining the Saadh Sangat, the Company of the Holy, I have found peace and tranquility; I shall not wander away from there again. ||1||

I am devoted to my Guru; I am a sacrifice to His Feet.

I am blessed with ecstasy, peace and happiness, gazing upon the Guru, and singing the Lord's Glorious Praises. ||1||Pause||

This is my life's purpose, to sing the Kirtan of the Lord's Praises, and listen to the vibrations of the sound current of the Naad.

O Nanak, God is totally pleased with me; I have obtained the fruits of my desires. ||2||6||70||

This is the prayer of Your slave: please enlighten my heart.

By Your Mercy, O Supreme Lord God, please erase my sins. ||1||
I take the Support of Your Lotus Feet, O God, Primal Lord, treasure of virtue.

I shall meditate in remembrance on the Praises of the Naam, the Name of the Lord, as long as there is breath in my body. ||1||Pause||

You are my mother, father and relative; You are abiding within all.

Nanak seeks the Sanctuary of God; His Praise is immaculate and pure. ||2||7||71||

Everyone calls him holy and spiritual; hearing of him, the Lord's slaves come to meet him. ||1||

The Perfect Guru blesses him with peace, poise, salvation and happiness.
All living beings become compassionate to him; he remembers the Name of the Lord, Har, Har. ||1||Pause||

He is permeating and pervading everywhere; God is the ocean of virtue.

O Nanak, the devotees are in bliss, gazing upon God's abiding stability. ||2||8||72||

God, the Great Giver, has become merciful; He has listened to my prayer.

He has saved His servant, and put ashes into the mouth of the slanderer. ||1||

No one can threaten you now, O my humble friend, for you are the slave of the Guru.

The Supreme Lord God reached out with His Hand and saved you. ||1||Pause||
jee-an kaa daataa ayk hai bee-aa nahee hor.
The One Lord is the Giver of all beings; there is no other at all.

Nanak kri banantee-aa mai tayraa jor. ||2||9||73||
Nanak prays, You are my only strength, God. ||2||9||73||

meet hamaaray saajnaa raakhay govind.
The Lord of the Universe has saved my friends and companions.

nindak mirtak ho-ay ga-ay tumH hohu nichind. ||1|| raha-o.
The slanderers have died, so do not worry. ||1||Pause||

sagal manorath parab kee-ay bhaytay gurdav.
God has fulfilled all hopes and desires; I have met the Divine Guru.

jai jai kaar jagat meh safal jaa kee sayv. ||1||
God is celebrated and acclaimed all over the world; it is fruitful and rewarding to serve Him. ||1||

ooch apaar agnat har sabh jee-a jis haath.
Lofty, infinite and immeasurable is the Lord; all beings are in His Hands.
Nanak has entered the Sanctuary of God; He is with me everywhere. ||2||10||74||

Bilaaval, Fifth Mehl:

I worship the Perfect Guru in adoration; He has become merciful to me. ||1||

The Saint has shown me the Way, and the noose of Death has been cut away. ||1||

Pain, hunger and scepticism have been dispelled, singing the Name of God. ||1||Pause||

I am blessed with celestial peace, poise, bliss and pleasure, and all my affairs have been perfectly resolved. ||1||Pause||

The fire of desire has been quenched, and I am cooled and soothed; God Himself saved me.

Nanak has entered the Sanctuary of God; His glorious radiance is so great! ||2||11||75||
Dharat suhaavee safal thaan pooran bha-ay kaam.
The earth is beautified, all places are fruitful, and my affairs are perfectly resolved.

Bha-o naatha bharam mit ga-i-aa ravi-aa nit raam. ||1||
Fear runs away, and doubt is dispelled, dwelling constantly upon the Lord. ||1||

saaDh janaa kai sang basat sukh sahj bisraam.
Dwelling with the humble Holy people, one finds peace, poise and tranquility.

saa-ee gharhee sulakh-nee simrat har naam. ||1|| rahaan-o.
Blessed and auspicious is that time, when one meditates in remembrance on the Lord's Name. ||1||Pause||

pargat bha-ay sansaar meh firtay pehnaam.
They have become famous throughout the world; before this, no one even knew their names.

Naanak tis sarnaagattee ghat ghat sabh jaan. ||2||12||76||
Nanak has come to the Sanctuary of the One who knows each and every heart. ||2||12||76||

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:
रोगु मिटाइया आिप परभ उपिजआ सुझु सांति ॥ (819)
God Himself eradicated the disease; peace and tranquility have welled up.

वड परतापु अचरज रूपु हरी कीन्‌ \(\text{ही} \) दाित ॥१॥ (819)
The Lord blessed me with the gifts of great, glorious radiance and wondrous form. ||1||

The Guru, the Lord of the Universe, has shown mercy to me, and saved my brother.

I am under His Protection; He is always my help and support. ||1||Pause||

Bilaaval, Fifth Mehl:

Those who forget the Giver of life, die, over and over again, only to be reborn and die.
ਪਾਰਬਰ੍ਹਮੁ ਜਿਨ ਸੇਵਾ ਅਨਿਦਨੁ ਰੰਗ ਰਾਤਾ॥੧॥

The humble servant of the Supreme Lord God serves Him; night and day, he remains
imbued with His Love. ||1||

ਸੁਖੁ ਪਾਇਆ ਹਿਰ ਸਾਧਸੰਗ ਿਸਮਰਤ ਗੁਣਤਾਸ ॥੧॥ ਰਹਾਉ ॥

I have found peace in the Saadh Sangat, the Company of the Holy; I meditate in
remembrance on the Lord, the treasure of virtue. ||1||Pause||

ਥਾਨ ਥਨਾਂਤਰ ਰਿਵ ਰਹੇ ਨਾਨਕ ਕੇ ਸਾਹੀਮੀ ॥੨॥੧੪॥੭੮॥

Nanak's Lord and Master is permeating and pervading all places and interspaces.
||2||14||78||

ਬਲਾਵਲੁ ਮਹਲਾ ੫॥

Bilaaval, Fifth Mehl:

ਤਾਤੀ ਵਾਉ ਨ ਲਗੈ ਪਾਰਬਰ੍ਹਮ ਸਰਣਾਈ॥

The hot wind does not even touch one who is under the Protection of the Supreme Lord
God.
On all four sides I am surrounded by the Lord's Circle of Protection; pain does not afflict me, O Siblings of Destiny. ||1||

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

He has given me the medicine of the Lord's Name, and I enshrine love for the One Lord. ||1||Pause||

The Savior Lord has saved me, and eradicated all my sickness.

Says Nanak, God has showered me with His Mercy; He has become my help and support. ||2||15||79||

The Supreme Lord God, through the Divine Guru, has Himself protected and preserved His children.
ਸੁਖ सांਤ सਹਜ ਆਨਦ ਮੈਂ ਪੂਰਨ ਭਈ ਸੇਵ ॥੧॥ रਹਾਉ ॥

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

bhagat janaa kee bayntee sunee parabh aap.
God Himself has heard the prayers of His humble devotees.

He dispelled my disease, and rejuvenated me; His glorious radiance is so great! ||1||

He has forgiven me for my sins, and interceded with His power.

I have been blessed with the fruits of my mind's desires; Nanak is a sacrifice to Him.

One Universal Creator God. By The Grace Of The True Guru:

O my fascinating Lord, let me not listen to the faithless cynic,
saakat geet naad Dhun gaavat bolat bol ajaa-ay. ||1|| rahaa-o.
singing his songs and tunes, and chanting his useless words. ||1||Pause||

sayvat sayv sayv saaDh sayva-o sadaa kara-o kirtaa-ay.
I serve, serve, serve, serve the Holy Saints; forever and ever, I do this.

The Primal Lord, the Great Giver, has blessed me with the gift of fearlessness. Joining the
Company of the Holy, I sing the Glorious Praises of the Lord. ||1||

My tongue is imbued with the Praises of the inaccessible and unfathomable Lord, and my
eyes are drenched with the Blessed Vision of His Darshan.

Be Merciful to me, O Destroyer of the pains of the meek, that I may enshrine Your Lotus
Feet within my heart. ||2||

Beneath all, and above all; this is the vision I saw.

I have destroyed, destroyed, destroyed my pride, since the True Guru implanted His Mantra
within me. ||3||
Immeasurable, immeasurable, immeasurable is the Merciful Lord; he cannot be weighed. He is the Lover of His devotees.

Whoever enters the Sanctuary of Guru Nanak, is blessed with the gifts of fearlessness and peace.

Bilaaval, Fifth Mehl:

O Dear God, You are the Support of my breath of life.

I how in humility and reverence to You; so many times, I am a sacrifice. Pause

Sitting down, standing up, sleeping and waking, this mind thinks of You.

I describe to You my pleasure and pain, and the state of this mind.

You are my shelter and support, power, intellect and wealth; You are my family.
जो तुम करहु सोई भल हम्रै पेिख नानक सुkh चरनारे | ॥ ॥ ॥ ॥
Whatever You do, I know that is good. Gazing upon Your Lotus Feet, Nanak is at peace.

Bilaaval, Fifth Mehl:

Bilaaval mehla 5.

Bilaaval, Fifth Mehl:

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Intoxicated by attachment, in the company of sinners, the mortal has forgotten such a Lord from his mind. ||1||Pause||

He has collected poison, and grasped it firmly. But he has cast out the Ambrosial Nectar from his mind.

He is imbued with sexual desire, anger, greed and slander; he has abandoned truth and contentment. ||1||

Lift me up, and pull me out of these, O my Lord and Master. I have entered Your Sanctuary.
Nanak prays to God: I am a poor beggar; carry me across, in the Saadh Sangat, the Company of the Holy.

Bilaaval, Fifth Mehl:

I listen to God's Teachings from the Saints.

The Lord's Sermon, the Kirtan of His Praises and the songs of bliss perfectly resonate, day and night.

In His Mercy, God has made them His own, and blessed them with the gift of His Name.

Twenty-four hours a day, I sing the Glorious Praises of God. Sexual desire and anger have left this body.

I am satisfied and satiated, gazing upon the Blessed Vision of God's Darshan. I eat the Ambrosial Nectar of the Lord's sublime food.
ਚਰਨ ਸਰਨਨਾਨਕ ਪਰ੍ਭ ਤੇਰੀ ਕਿਰਿਕਰਪਾ ਸੰਤਸੰਗ ਮਿਲਾਤ ॥੨॥੪॥੮॥ (821)

Nanak seeks the Sanctuary of Your Feet, O God; in Your Mercy, unite him with the Society of the Saints. ||2||4||84||

ਿਬਲਾਵਲੁ ਮਹਲਾ ੫ ॥ (821)

Bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਰਾਖ ਲੀਏ ਅਪਨੇ ਜਨ ਆਪ ॥ (821)
raakh lee-ay apnay jan aap.
He Himself has saved His humble servant.

ਕਿਰਿਕਰਪਾ ਹਿਰ ਹਿਰ ਨਾਮੁ ਦੀਨੋ ਿਬਨਿਸ ਗਏ ਸਭ ਸੋਗ ਸੰਤਾਪ ॥੧॥ (821)

In His Mercy, the Lord, Har, Har, has blessed me with His Name, and all my pains and afflictions have been dispelled. ||1||Pause||

ਗੁਣ ਗੋਵਿੰਦ ਗਾਵਹੁ ਸਿਭ ਹਿਰ ਜਨ ਰਾਗ ਰਤਨ ਰਸਨਾ ਆਲਾਪ ॥ (821)

Sing the Glorious Praises of the Lord of the Universe, all you humble servants of the Lord; chant the jewels, the songs of the Lord with your tongue.

ਕੋਿਟ ਜਨਮ ਕੀ ਿਤਰ੍ਸਨਾ ਿਨਵਰੀ ਰਾਮ ਰਸਾਇਣ ਆਤਮ ਧਰ੍ਾਪ ॥੧॥ (821)

The desires of millions of incarnations shall be quenched, and your soul shall be satisfied with the sweet, sublime essence of the Lord. ||1||

ਚਰਣ ਗਹੇ ਸਰਿਣ ਸੁਖਦਾਤੇ ਗੁਰ ਕੈ ਬਚਿਨ ਜਪੇ ਹਿਰ ਜਾਪ ॥ (821)

I have grasped the Sanctuary of the Lord's Feet; He is the Giver of peace; through the Word of the Guru's Teachings, I meditate and chant the Chant of the Lord.
ਸਾਗਰ ਤਰੇ ਭਰਮ ਭੈ ਿਬਨਸੇ ਕਹੁ ਨਾਨਕ ਠਾਕੁ ਰ ਪਰਤਾਪ ॥੨॥੫॥੮੫॥

I have crossed over the world-ocean, and my doubt and fear are dispelled, says Nanak, through the glorious granduer of our Lord and Master. ||2||5||85||

ਬਿਲਾਵਲ ਮਹਲਾ ੫ ॥ (821)

Bilaaval, Fifth Mehl:

ਤਾਪ ਲਾਹਾ ਗੁਰ ਸੰਰਜਨਹਾਰ ॥ (821)

Through the Guru, the Creator Lord has subdued the fever.

ਦਾਸ ਲਾਜ ਰਖੈ ਿਮਹਰਵਾਨੁ ॥ (821)

The Merciful Lord saves the honor of His slave.

Guru Nanak speaks - it is confirmed in the Court of the Lord. ||2||6||86||
Raag Bilaaval, Fifth Mehl, Chau-Padas And Du-Padas, Seventh House:

One Universal Creator God. By The Grace Of The True Guru:

The Shabad, the Word of the True Guru, is the light of the lamp.

It dispels the darkness from the body-mansion, and opens the beautiful chamber of jewels.

I was wonderstruck and astonished, when I looked inside; I cannot even describe its glory and grandeur.

I am intoxicated and enraptured with it, and I am wrapped in it, through and through.

No worldly entanglements or snares can trap me, and no trace of egotistical pride remains.

You are the highest of the high, and no curtain separates us; I am Yours, and You are mine.
The One Creator Lord created the expanse of the one universe; the One Lord is unlimited and infinite.

The One Lord pervades the one universe; the One Lord is totally permeating everywhere; the One Lord is the Support of the breath of life.

He is the most immaculate of the immaculate, the purest of the pure, so pure, so pure.

He has no end or limitation; He is forever unlimited. Says Nanak, He is the highest of the high.

Bilaaval, Fifth Mehl:

Without the Lord, nothing is of any use.

You are totally attached to that Enticer Maya; she is enticing you.

You shall have to leave behind your gold, your woman and your beautiful bed; you shall have to depart in an instant.
Urj祁 रिहो इंद्री रस परेिरो िबखै ठगै खावै हे। ||१||
You are entangled in the lures of sexual pleasures, and you are eating poisonous drugs. ||1||

टिरै को मंदरु साजि सवािरो पावकु तलै जरावत हे। ||२||
You have built and adorned a palace of straw, and under it, you light a fire. ||2||

ऐसे गड़ मिह ऐििह हठीलो फूल फूल कीा पावत हे। ||३||
Sitting all puffed-up in such a castle, you stubborn-minded fool, what do you think you will gain? ||3||

पंच दूत मूड पिर ठाढे के स गहे फे रावत हे। ||४||
The five thieves stand over your head and seize you. Grabbing you by your hair, they will drive you on. ||4||

दिरििि न आविह अंध अिगानी सोई रिहो मद मावत हे। ||५||
You do not see them, you blind and ignorant fool; intoxicated with ego, you just keep sleeping. ||5||

जालु पसािर चोग िबसथारी पंखी िजू फाहावत हे।
The net has been spread out, and the bait has been scattered; like a bird, you are being trapped.

कहु नानक बंधन काटन कौ मै सितगुरु पुरखु िधिआवत हे। ||६||४॥८॥
Says Nanak, my bonds have been broken; I meditate on the True Guru, the Primal Being. ||6||4||8||
Bilaaval, Fifth Mehl:

The Name of the Lord, Har, Har, is infinite and priceless.

It is the Beloved of my breath of life, and the Support of my mind; I remember it, as the betel leaf chewer remembers the betel leaf.

I have been absorbed in celestial bliss, following the Guru's Teachings; my body-garment is imbued with the Lord's Love.

I do not need any image, or incense, or perfume, or lamps; through and through, He is blossoming forth, with me, life and limb.

Says Nanak, my Husband Lord has ravished and enjoyed His soul-bride; my bed has become very beautiful and sublime.
Bilaaval, Fifth Mehl:

Chanting the Name of the Lord of the Universe, Gobind, Gobind, Gobind, we become like Him.

Since I met the compassionate, Holy Saints, my evil-mindedness has been driven far away.

The Perfect Lord is perfectly pervading everywhere. He is cool and calm, peaceful and compassionate.

Sexual desire, anger and egotistical desires have all been eliminated from my body.

Truth, contentment, compassion, Dharmic faith and purity - I have received these from the Teachings of the Saints.

Says Nanak, one who realizes this in his mind, achieves total understanding.
What am I? Just a poor living being. I cannot even describe one of Your hairs, O Lord.

Even Brahma, Shiva, the Siddhas and the silent sages do not know Your State, O Infinite Lord and Master. ||1||

What can I say? I cannot say anything.

Wherever I look, I see the Lord pervading. ||1||Pause||

And there, where the most terrible tortures are heard to be inflicted by the Messenger of Death, You are my only help and support, O my God.

I have sought His Sanctuary, and grasped hold of the Lord's Lotus Feet; God has helped Guru Nanak to understand this understanding. ||2||5||91||

O Inaccessible, Beautiful, Imperishable Creator Lord, Purifier of sinners, let me meditate on You, even for an instant.
 ਅਚਰਜੁ ਮੁਤੀਰੀ ਧੰਧੁ ਬੰਧੁ ਅਰੁ ਸਗਲ ਜੰਜਾਰੋ ਅਵਰਕਾਜ਼ ਤੇ ਛੂਟ ਪਰੀ। ॥ ੧ ॥
ਅਚਰਜੁ ਸੁਨਿੰਦਾ ਪਰਾਪਤ ਭੇਤੁ ਸੰਤ ਚਰਾਂ ਚਰਾਂ ਮਨਾਲੀਐ। ॥ ੧ ॥
O Wondrous Lord, I have heard that You are found by meeting the Saints, and focusing
the mind on their feet, their holy feet. ॥ ੧ ॥

ਕਹੁ ਸੁਰਜਨ ਕਿਤੁ ਜੁਗਤੀ ਧੀਆੀਐ। ॥ ੧ ॥
ਕਹੁ ਸੁਰਜਨ ਕਿਤੁ ਜੁਗਤੀ ਧੀਆੀਐ। ॥ ੧ ॥
Tell me, O good man, by what means can we meditate on Him? ॥ ੧ ॥ Pause ||

ਜੋ ਮਾਨੁਖ ਮਾਨੁਖ ਕੀ ਸੇਵਾ ਓਹੁ ਤੀਸ ਕੀ ਲਈ ਲਈ ਫੁਟਨ ਜਾਈਐ। ॥ ੨ ॥ ੬ ॥ ੯੨ ॥
ਜੋ ਮਾਨੁਖ ਮਾਨੁਖ ਕੀ ਸੇਵਾ ਓਹੁ ਤੀਸ ਕੀ ਲਈ ਲਈ ਫੁਟਨ ਜਾਈਐ। ॥ ੨ ॥ ੬ ॥ ੯੨ ॥
If one human being serves another human being, the one served stands by him.

ਧੰਧੁ ਬੰਧੁ ਅਰੁ ਸਗਲ ਜੰਜਾਰੋ ਅਵਰ ਕਾਜ ਤੇ ਛੂਟ ਪਰੀ। ॥ ੧ ॥
DhanDh banDh ar sragal jaAaro avar kaaj tay chhoot paree. ॥ ੧ ॥ rahaa-o.
I am rid of all worldly concerns, bonds, entanglements and other affairs. ॥ ੧ ॥ Pause ||

ਨਾਨਕ ਸਰਿਣ ਸਰਿਣ ਸੁਖ ਸਾਗਰ ਮੋਹੀ ਟੇਕ ਤੇਰੋ ਇਕ ਨਾਈ ਈ। ॥ ੨ ॥ ੬ ॥ ੯੨ ॥
Nanak saran saran sukh saagar mohi tayk tayro ik naa-ee-ai. ॥ ੨ ॥ ੬ ॥ ੯੨ ॥
Nanak seeks Your Sanctuary and Protection, O Lord, ocean of peace; He takes the
Support of Your Name alone. ॥ ੨ ॥ ੬ ॥ ੯੨ ॥

ਬਿਲਾਵਲੁ ਮੱਲਾ ੫ ॥
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਮੰਡ ਮੰਡ ਟੰਦਰ ਲੋਕੀ। ॥ ੮ ॥
mand mand tandoor lokee. ॥ ੮ ॥
I seek the Sanctuary of the Saints, and I serve the Saints.

ਧੰਧੁ ਬੰਧੁ ਅਰੁ ਸਗਲ ਜੰਜਾਰੋ ਅਵਰ ਕਾਜ ਤੇ ਛੂਟ ਪਰੀ। ॥ ੧ ॥
DhanDh banDh ar sragal jaAaro avar kaaj tay chhoot paree. ॥ ੧ ॥ rahaa-o.
I am rid of all worldly concerns, bonds, entanglements and other affairs. ॥ ੧ ॥ Pause ||
ਸੂਖ सਹਜ ਅਰ ਘਨਾ ਅਨਾਂਦਾ ਗੁਰ ਤੇ ਪਾਈਆ ਨਾਮੁ ਹਰੀ ॥ (822)
sookh sahj ar ghaho anandaa gur tay paa-i-o naam haree.
I have obtained peace, poise and great bliss from the Guru, through the Lord's Name.

ਐਸੋ ਹਿਰ ਰਸੁ ਬਰਨ ਨ ਸਾਕੁ ਗੁਰੁ ਪੂਰਈ ਮੇਰੀ ਉਲਟੀ ਧਰੀ ॥੧॥ (823)
aiso har ras baran na saaka-o gur poorai mayree ulat Dharee. ||1||
Such is the sublime essence of the Lord, that I cannot describe it. The Perfect Guru has turned me away from the world. ||1||

ਪੇਖਓ ਮੋਹਨੁ ਸਭ ਕੇ ਸੰਗੇ ਊਨ ਅਨਾਂਦ ਭਰੀ ॥ (823)
paykhi-o mohan sabh kai sangay oon na kaahoo sagal dharee.
I behold the Fascinating Lord with everyone. No one is without Him - He is pervading everywhere.

ਪੂਰਨ ਪੂਰਣ ਰਹਨਾ ਕੀਰਪਾ ਨਿਧਾ ਸੁਨ ਮੇਰੀ ਪੂਰੀ ਪਰੀ ॥੨॥੭॥੯੩॥ (823)
pooran pooran rahn-o kirpaa niDh saun mayree pooree paree. ||2||7||93||
The Perfect Lord, the treasure of mercy, is permeating everywhere. Says Nanak, I am fully fulfilled. ||2||7||93||

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥ (823)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਮਨ ਕੀਅਾ ਕਹਤਾ਼ ਹੁਂ ਕੀਅਾ ਕਹਤਾ਼ ॥ (823)
man ki-aa kahtaa ha-o ki-aa kahtaa.
What does the mind say? What can I say?

ਅਨਬੋਲੇ ਕਉ ਤੁਹੀ ਪਛਾਨਿਹ ਜੋ ਜੀਅਨ ਮਹੋਤਾ ॥ (823)
anbolay ka-o tuhee pachhaaneh jo jee-an meh hotaa.
You know even what is not said, whatever is in the soul.
O mind, why do you deceive others? How long will you do this? The Lord is with you; He hears and sees everything.

Knowing this, my mind has become blissful; there is no other Creator.

Says Nanak, the Guru has become kind to me; my love for the Lord shall never wear off.

Thus, the slanderer crumbles away.

This is the distinctive sign - listen, O Siblings of Destiny: he collapses like a wall of sand.

When the slanderer sees a fault in someone else, he is pleased. Seeing goodness, he is depressed.
Twenty-four hours a day, he plots, but nothing works. The evil man dies, constantly thinking up evil plans. ||1||

The slanderer forgets God, death approaches him, and he starts to argue with the humble servant of the Lord.

God Himself, the Lord and Master, is Nanak's protector. What can any wretched person do to him? ||2||9||95||

Why do you wander in delusion like this?

You act, and incite others to act, and then deny it. The Lord is always with you; He sees and hears everything. ||1||Pause||

You purchase glass, and discard gold; you are in love with your enemy, while you renounce your true friend.
That which exists, seems bitter; that which does not exist, seems sweet to you. Engrossed in corruption, you are burning away. ||1||

The mortal has fallen into the deep, dark pit, and is entangled in the darkness of doubt, and the bondage of emotional attachment.

Says Nanak, when God becomes merciful, one meets with the Guru, who takes him by the arm, and lifts him out. ||2||10||96||

With my mind, body and tongue, I remember the Lord. I am in ecstasy, and my anxieties are dispelled; the Guru has blessed me with total peace. ||1||Pause||

My ignorance has been totally transformed into wisdom. My God is wise and all-knowing.

Giving me His Hand, He saved me, and now no one can harm me at all. ||1||
I am a sacrifice to the Blessed Vision of the Holy; by their Grace, I contemplate the Lord's Name.

Says Nanak, I place my faith in my Lord and Master; within my mind, I do not believe in any other, even for an instant. ||2||11||97||

The Perfect Guru has has saved me.

He has enshrined the Ambrosial Name of the Lord within my heart, and the filth of countless incarnations has been washed away. ||1||Pause||

The demons and wicked enemies are driven out, by meditating, and chanting the Chant of the Perfect Guru.

What can any wretched creature do to me? The radiance of my God is gloriously great. ||1||
Meditating, meditating, meditating in remembrance, I have found peace; I have enshrined His Lotus Feet within my mind.

Slave Nanak has entered His Sanctuary; there is none above Him.

The pains of old age and death shall not afflict you, and in the Court of the Lord hereafter, your affairs shall be perfectly resolved. So forsake your self-conceit, and ever seek Sanctuary. This treasure is obtained only from the Guru.

The noose of birth and death is snapped; this is the insignia, the hallmark, of the Court of the True Lord.

Whatever You do, I accept as good. I have eradicated all egotistical pride from my mind.
**Says Nanak, I am under His protection; He created the entire Universe.**

Deep within the nucleus of his mind and body, is God.

He continually sings the Glorious Praises of the Lord, and always does good for others; his tongue is priceless.

All his generations are redeemed and saved in an instant, and the filth of countless incarnations is washed away.

Meditating, meditating in remembrance on God, his Lord and Master, he passes blissfully through the forest of poison.

I have obtained the boat of God's Feet, to carry me across the terrifying world-ocean.

The Saints, servants and devotees belong to the Lord; Nanak's mind is attached to Him.
Bilaaval, Fifth Mehl:

I am reassured, gazing upon Your wondrous play.

You are my Lord and Master, the Inner-knower, the Searcher of hearts; You dwell with the Holy Saints.

In an instant, our Lord and Master establishes and exalts. From a lowly worm, He creates a king.

May I never forget You from my heart; slave Nanak prays for this blessing.

The imperishable Lord God is worthy of worship and adoration.

Dedicating my mind and body, I place them before the Lord, the Cherisher of all beings.
His Sanctuary is All-powerful; He cannot be described; He is the Giver of peace, the ocean of supershrimply compassionate.

Holding him close in His embrace, the Lord protects and saves him, and then even the hot wind cannot touch him.

Our Merciful Lord and Master is wealth, property and everything to His humble Saints.

Nanak, a beggar, asks for the Blessed Vision of God's Darshan; please, bless him with the dust of the feet of the Saints.

Meditating on the Naam, the Name of the Lord, is equal to millions of efforts.

Joining the Saadh Sangat, the Company of the Holy, sing the Glorious Praises of the Lord, and the Messenger of Death will be frightened away.
jaytay punahcharan say keen Hay man tan parabh kay charan gahay.

To enshrine the Feet of God in one's mind and body, is to perform all sorts of acts of atonement.

Coming and going, doubt and fear have run away, and the sins of countless incarnations are burnt away.

So become fearless, and vibrate upon the Lord of the Universe. This is true wealth, obtained only by great good fortune.

Be merciful, O Perfect God, Great Giver, that slave Nanak may chant Your immaculate Praises.

The Lord saved me from Sulhi Khan.

The emperor did not succeed in his plot, and he died in disgrace.
The Lord and Master raised His axe, and chopped off his head; in an instant, he was reduced to dust. ||1||

Plotting and planning evil, he was destroyed. The One who created him, gave him a push. ||1||

Of his sons, friends and wealth, nothing remains; he departed, leaving behind all his brothers and relatives. ||2||18||104||

Says Nanak, I am a sacrifice to God, who fulfilled the word of His slave. ||2||18||104||

Perfect is service to the Perfect Guru.

Our Lord and Master Himself is Himself all-pervading. The Divine Guru has resolved all my affairs. ||1||Pause||

In the beginning, in the middle and in the end, God is our only Lord and Master. He Himself fashioned His Creation.
ਅਪਨੇ ਸੇਵਕ ਕੀ ਆਪੇ ਰਾਖੈ ਪਰ੍ਭ ਮੇਰੇ ਕੋ ਵਡ ਪਰਤਾਪੁ ॥੧॥ (825)
apnay sayvak kee aapay raakhay parabh mayray ko vad partaap. ||1||
He Himself saves His servant. Great is the glorious grandeur of my God! ||1||

ਪਾਰਬਰ੍ਹਮ ਪਰਮੇਸੁਰ ਸਿਤਗੁਰ ਵਿਸ ਕੀਨ ਿਜਿਨ ਸਗਲੇ ਜੰਤ ॥ (825)
paarbarahm parmaysur satgur vas keenHay jin saglay jant.
The Supreme Lord God, the Transcendent Lord is the True Guru; all beings are in His power.

ਚਰਨ ਕਮਲ ਮੁਕਥੀ ਰਾਮ ਨਾਮ ਜਿਪ ਨੀਰਮਲ ਮੰਤ ॥੨॥੧੯॥੧੦੫॥ (825)
charan kamal naanak sarnaak-ee raam naam jap nirmal mant. ||2||19||105||
Nanak seeks the Sanctuary of His Lotus Feet, chanting the Lord’s Name, the immaculate Mantra. ||2||19||105||

ਤਾਪ ਪਾਪ ਤੇ ਰਾਖੇ ਆਪ ॥ (825)
taap paap tay raakhay aap.
He Himself protects me from suffering and sin.

ਸੀਤਲ ਭਏ ਗੁਰ ਚਰਨੀ ਲਗੇ ਰਾਮ ਨਾਮ ਹਿਰਦੇ ਮਿਹ ਜਾਪ ॥੧॥ ਰਹਾਉ ॥ (825)
seetal bha-ay gur charnee laagay raam naam hirday meh jaap. ||1||rahaa-o.
Falling at the Guru’s Feet, I am cooled and soothed; I meditate on the Lord’s Name within my heart. ||1||Pause||

ਕਰਿ ਕਿਰਪਾ ਹਸਤ ਪ੍ਰਧ ਦੀਨੇ ਜਗਤ ਉਧਾਰ ਨਵ ਕਾਂਠ ਪਰਤਾਪੁ ॥ (825)
kar kirpaa hasat parabh deenay jagat uDhaar nav khand partaap.
Granting His Mercy, God has extended His Hands. He is the Emancipator of the World; His glorious radiance pervades the nine continents.
My pain has been dispelled, and peace and pleasure have come; my desire is quenched, and my mind and body are truly satisfied. ||1||

He is the Master of the masterless, All-powerful to give Sanctuary. He is the Mother and Father of the whole Universe.

He is the Lover of His devotees, the Destroyer of fear; Nanak sings and chants the Glorious Praises of his Lord and Master. ||2||20||106||

I met the Perfect Guru, by great good fortune, and so found the wise and all-knowing Lord, the Inner-knower, the Searcher of hearts. 
He gave me His Hand, and making me His own, He saved me; He is absolutely all-powerful, the honor of the dishonored. ||1||

Doubt and fear have been dispelled in an instant, and in the darkness, the Divine Light shines forth.

With each and every breath, Nanak worships and adores the Lord; forever and ever, I am a sacrifice to Him. ||2||21||107||

Both here and hereafter, the Mighty Guru protects me.

God has embellished this world and the next for me, and all my affairs are perfectly resolved. ||1||Pause||

Chanting the Name of the Lord, Har, Har, I have found peace and poise, bathing in the dust of the feet of the Holy.
Comings and goings have ceased, and I have found stability; the pains of birth and death are eradicated.

I cross over the ocean of doubt and fear, and the fear of death is gone; the One Lord is permeating and pervading in each and every heart.

Nanak has entered the Sanctuary of the Destroyer of pain; I behold His Presence deep within, and all around as well.

Gazing upon the Blessed Vision of the Lord's Darshan, all pains run away.

Please, never leave my vision, O Lord; please abide with my soul.

My Beloved Lord and Master is the Support of the breath of life.

God, the Inner-knower, is all-pervading.
Which of Your Glorious Virtues should I contemplate and remember?

God is the ocean of mercy, merciful to the meek;

He cherishes all beings and creatures.

Twenty-four hours a day, Your humble servant chants Your Name.

You Yourself, O God, have inspired Nanak to love You.

Body, wealth and youth pass away.
राम नाम का भजन न कीनो करत बिकार निस भोर भइआ ||1|| रहाउ ||
raam naam kaa bhajan na keeno karat bikaar nis bhor bha-i-aa. ||1|| raha-o.
You have not meditated and vibrated upon the Lord’s Name; while you commit your sins of corruption in the night, the light of day dawns upon you. ||1||Pause||

अनिक पर्कार भोजन नित खाते मुख दंता घस मीन खइआ ||
anik parkaar bhojan nit khatai mukh dantaa ghas kheen kha-i-aa.
Continually eating all sorts of foods, the teeth in your mouth crumble, decay and fall out.

मेरी मेरी किर किर मूठउ पाप करत नह परी दइआ ||1||
mayree mayree kar kar mooth-o paap karat nah paree da-i-aa. ||1||
Living in egotism and possessiveness, you are deluded; committing sins, you have no kindness for others. ||1||

महा बिकार घोर दुख सागर तिसु मिह पराणी गलतु पइआ ||
mahaa bikaar ghor dukh saagar tis meh meh paraanee galat pa-i-aa.
The great sins are the terrible ocean of pain; the mortal is engrossed in them.

Nanak seeks the Sanctuary of his Lord and Master; taking him by the arm, God has lifted him up and out. ||2||24||110||

God Himself has come into my consciousness. ||826||

My enemies and opponents have grown weary of attacking me, and now, I have become happy, O my friends and Siblings of Destiny. ||1||Pause||
The disease is gone, and all misfortunes have been averted; the Creator Lord has made me His own.

I have found peace, tranquility and total bliss, enshrining the Name of my Beloved Lord within my heart.

My soul, body and wealth are all Your capital; O God, You are my All-powerful Lord and Master.

You are the Saving Grace of Your slaves; slave Nanak is forever Your slave.

You are the Inner-knower, the Searcher of hearts.

Suffering is eradicated, and true peace has come, meditating on the Inner-knower, the Searcher of hearts.
All beings belong to Him - He makes them happy. He is the true power of His humble devotees.

He Himself saves and protects His slaves, who believe in their Creator, the Destroyer of fear.

I have found friendship, and hatred has been eradicated; the Lord has rooted out the enemies and villains.

Nanak has been blessed with celestial peace and poise and total bliss; chanting the Glorious Praises of the Lord, he lives.

The Supreme Lord God has become Merciful.

The True Guru has arranged all my affairs; chanting and meditating with the Holy Saints, I have become happy.
God has made me His own, and all my enemies have been reduced to dust.

He hugs us close in His embrace, and protects His humble servants; attaching us to the hem of His robe, he saves us.

Safe and sound, we have returned home, while the slanderer's face is blackened.

Says Nanak, my True Guru is Perfect; by the Grace of God and Guru, I am so happy.

I have fallen in love with my Beloved Lord.

Day and night, He dwells within my mind; please bless me with Your Mercy, O my God.
I am a sacrifice, a sacrifice to my beauteous Lord; I have heard his Unspoken Speech and Story. ||3||

Servant Nanak is said to be the slave of His slaves; O my Lord and Master, please bless me with Your Mercy. ||4||28||114||

My Guru is the Supreme Lord God, the Transcendent Lord; I enshrine Him within my heart, and meditate on Him within my mind. ||1||Pause||

Meditate, meditate, meditate in remembrance on the Giver of peace, who created the whole Universe.

With your tongue, savor the One Lord, and you shall be honored in the Court of the True Lord. ||1||
Sādhū Sāngū Parāpat Jā Kau Tin Hī Pāidāa Īḍhū Nīdhānū

He alone obtains this treasure, who joins the Saadh Sangat, the Company of the Holy.

Gaavā O Guṇ Keertanu Nīt Śuāmī Kīr Kapā Nānak Dīje Dānū

O Lord and Master, mercifully bless Nanak with this gift, that he may ever sing the Glorious Praises of Your Kirtan.

Bīlaavāl Mālā 5

Bīlaaval, Fifth Mehl:

Rākk Lī-Ee Sati Gur Kī Saran

I have been saved, in the Sanctuary of the True Guru.

Nae Tae Bantu Vaṁ Taṁ Bahī Viṁbhandh Meve Uṇṭh Uṇṭh

I am cheered and applauded throughout the world; my Supreme Lord God carries me across.

Bīsambhār Pooran Suḥk-Daāta Sagal Saṁgree Pokhan Bharan

The Perfect Lord fills the Universe; He is the Giver of peace; He cherishes and fulfills the whole Universe.

Thān Thanantar Sarab Nirantar Bal Bal Nāṁ-Īe Har Kay Charan

He is completely filling all places and interspaces; I am a devoted sacrifice to the Lord's Feet.
The ways of all beings are in Your Power, O my Lord and Master. All supernatural spiritual powers are Yours; You are the Creator, the Cause of causes.

In the beginning, and throughout the ages, God is our Savior and Protector; remembering the Lord in meditation, O Nanak, fear is eliminated.

You exist within the city, and beyond it as well; O my God, You are everywhere.

You Yourself are the King, and You Yourself are the subject. In one place, You are the Lord and Master, and in another place, You are the slave.
kaa ka-o duraa-o kaa si-o balbanchaa jah jah paykha-o tah tah nayraa.
From whom should I hide? Whom should I try to deceive? Wherever I look, I see Him near at hand.

I have met with Guru Nanak, the Embodiment of the Holy Saints. When the drop of water merges into the ocean, it cannot be distinguished as separate again.

Please cover my faults, Lord of the Universe, O my Guru; I am a sinner - I seek the Sanctuary of Your Feet. Whatever we do, You see and know; there is no way anyone can stubbornly deny this.

It is my nature to make mistakes, forever and ever; it is Your Natural Way to save sinners.
ਕਰੁਣਾ ਮੈ ਕਰਪਾਲ ਕਰਪਾ ਨਿਧ ਜੀਵਨ ਪਦ ਨਾਨਕ ਹਰ ਦਰਸਨ ॥੨॥੨॥੧੧੮॥

You are the embodiment of kindness, and the treasure of compassion, O Merciful Lord; through the Blessed Vision of Your Darshan, Nanak has found the state of redemption in life. ||2||2||118||

ਈਸੀ ਕਰਪਾ ਮੋਹੀ ਕਰਹੁ ॥ (828)

Bless me with such mercy, Lord,

ਸੰਤਹ ਚਰਣ ਹਮਾਰੋ ਮਾਥਾ ਨੈਨ ਦਰਸੁ ਤਿਨ ਧੂਰ ਪਰਹੁ ॥੧॥

that my forehead may touch the feet of the Saints, and my eyes may behold the Blessed Vision of their Darshan, and my body may fall at the dust of their feet. ||1||Pause||

ਗੁਰ ਕੋ ਸਬਦੁ ਮੇਰੈ ਹੀਅਰੈ ਬਾਸੈ ਹਿਰ ਨਾਮਾ ਮਨ ਸੰਗ ਧਰਹੁ ॥ (828)

May the Word of the Guru's Shabad abide within my heart, and the Lord's Name be enshrined within my mind.

ਤਸਕਰ ਪੰਚ ਨਾਵਾਰਹੁ ਠਾਕੁ ਰ ਸਗਲੋ ਬਹਰਮਾ ਹੋਮ ਜਰਹੁ ॥੧॥

Drive out the five thieves, O my Lord and Master, and let my doubts all burn like incense. ||1||

ਜੋ ਤੁਮਹਾਂ ਕਰਹੁ ਸੋੀ ਬਹਾ ਮਾਨੈ ਬਹਾਨੁ ਦੁਬਧਾ ਦੂਰੀ ਟਰਹੁ ॥ (828)

Whatever You do, I accept as good; I have driven out the sense of duality.
ਨਾਨਕ ਕੇ ਪਰਭ ਤੁਮ ਹੀ ਦਾਤੇ ਸੰਤਸੰਗ ਲੇ ਮੋਹੀ ਉਧਰਹੁ ॥੨॥੩॥੧੧੯॥
You are Nanak's God, the Great Giver; in the Congregation of the Saints, emancipate me.  ||2||3||119||

ਿਬਲਾਵਲੁ ਮਹਲਾ ੫ ॥
Bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਐਸੀ ਦੀਖਆ ਜਨ ਸੀਉ ਮੰਗਾ ॥
aisee deekhi-aa jan si-o mangaa.
I ask for such advice from Your humble servants,

ਤੁਮ ਰੋ ਦਿਖਾਨੁ ਤੁਮ ਰੰਗਾ ॥
tumHro Dhi-aan tumHaaro rangaa.
that I may meditate on You, and love You,

ਜਨ ਪਾਰਬਰਹਮ ਜਾ ਕੀ ਨਿਰਮਲ ਮਿਹਮਾ ਜਨ ਕੇ ਚਹਰਨ ਤੀਰਥ ਕੋਟ ਗੰਗਾ ॥
jan paarbarahm jaa kee nirmal mahimaa jan kay charan tirath kot gangaa.
Immaculate and pure are the praises of the humble servants of the Supreme Lord God;
the feet of His humble servants are equal to millions of sacred shrines of pilgrimage.
Nanak bides in the dust of the feet of His humble servants; the sinful resides of countless incarnations have been washed away. ||2||4||120||

If it pleases You, then cherish me.

I am worthless; I have no virtues at all. I cannot understand Your actions.

My body and mind are cooled and soothed, O Nanak, by God's Glance of Grace.
Bilaaval, Fifth Mehl:

raakh sadaa parabh apnai saath.
Keep me with You forever, O God.

You are my Beloved, the Enticer of my mind; without You, my life is totally useless.

In an instant, You transform the beggar into a king; O my God, You are the Master of the masterless.

You save Your humble servants from the burning fire; You make them Your own, and with Your Hand, You protect them.

I have found peace and cool tranquility, and my mind is satisfied; meditating in remembrance on the Lord, all struggles are ended.

Service to the Lord, O Nanak, is the treasure of treasures; all other clever tricks are useless.
ਅਪਨੇ ਸੇਵਕ ਕਉ ਕਬਹੁ ਨ ਬਿਸਾਰਹੁ ॥ (829)

Never forget Your servant, O Lord.

ਉਰਲਾਗਹੁ ਸੁਆਮੀ ਪਰ੍ਭ ਮੇਰੇ ਪੂਰਬ ਪ੍ਰਿੱਤ ਗੋਬਿੰਦ ਬੀਚਾਰਹੁ ॥੧॥ ਰਹਾਉ ॥ (829)

Hug me close in Your embrace, O God, my Lord and Master; consider my primal love for You, O Lord of the Universe. ||1||Pause||

ਜੀਵਨ ਪਾਨਨਿ ਹਿਰ ਧਨੁ ਸੁਖੁ ਤੁਮ ਹੀ ਹੌਮੈ ਪਟਲੁ ਕਿਰ੍ਪਾ ਕਿਰਾਜਾਰਹੁ ॥੨॥੭॥੧੨੩॥ (829)

You are my life, my breath of life, O Lord, my wealth and peace; be merciful to me, and burn away the curtain of egotism. ||2||7||123||

ਜਲ ਿਬਹੂਨ ਮੀਨ ਕਤ ਜੀਵਨ ਦੂਧ ਿਬਨਾ ਰਹਨੁ ਕਤ ਬਾਰੋ ॥ (829)

Without water, how can the fish survive? Without milk, how can the baby survive?

ਸੰਤ ਰਾਜਾਮ ਚਾਰਨ ਭਾਰਤੀ ਜੇਤੇਜ਼ ਸਰਕਾਰ ਸਤਾਰੋ ॥੨॥੭॥੧੨੩॥ (829)

Servant Nanak thirsts for the Lord's Lotus Feet; gazing upon the Blessed Vision of his Lord and Master's Darshan, he finds the essence of peace. ||2||7||123||

ਬਿਲਾਵਲ ਮੇਹਲਾ ੫ ॥ (829)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

ਅਪਨੇ ਸੇਵਕ ਕਉ ਕਬਹੁ ਨ ਬਿਸਾਰਹੁ ॥ (829)

Never forget Your servant, O Lord.

ਉਰਲਾਗਹੁ ਸੁਆਮੀ ਪਰ੍ਭ ਮੇਰੇ ਪੂਰਬ ਪ੍ਰਿੱਤ ਗੋਬਿੰਦ ਬੀਚਾਰਹੁ ॥੧॥ ਰਹਾਉ ॥ (829)

Hug me close in Your embrace, O God, my Lord and Master; consider my primal love for You, O Lord of the Universe. ||1||Pause||

ਜੀਵਨ ਪਾਨਨਿ ਹਿਰ ਧਨੁ ਸੁਖੁ ਤੁਮ ਹੀ ਹੌਮੈ ਪਟਲੁ ਕਿਰ੍ਪਾ ਕਿਰਾਜਾਰਹੁ ॥੨॥੭॥੧੨੩॥ (829)

You are my life, my breath of life, O Lord, my wealth and peace; be merciful to me, and burn away the curtain of egotism. ||2||7||123||

ਜਲ ਿਬਹੂਨ ਮੀਨ ਕਤ ਜੀਵਨ ਦੂਧ ਿਬਨਾ ਰਹਨੁ ਕਤ ਬਾਰੋ ॥ (829)

Without water, how can the fish survive? Without milk, how can the baby survive?

ਸੰਤ ਰਾਜਾਮ ਚਾਰਨ ਭਾਰਤੀ ਜੇਤੇਜ਼ ਸਰਕਾਰ ਸਤਾਰੋ ॥੨॥੭॥੧੨੩॥ (829)

Servant Nanak thirsts for the Lord's Lotus Feet; gazing upon the Blessed Vision of his Lord and Master's Darshan, he finds the essence of peace. ||2||7||123||

ਬਿਲਾਵਲ ਮੇਹਲਾ ੫ ॥ (829)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:
aagai paachhai kusal bha-i-aa.
Here, and hereafter, there is happiness.

The Perfect Guru has perfectly, totally saved me; the Supreme Lord God has been kind to me. ||1|| Pause||

The Lord, my Beloved, is pervading and permeating my mind and body; all my pains and sufferings are dispelled. ||1||

God has not considered my merits and demerits; in His Mercy, He has made me His own.

Unweighable is the greatness of the immovable and imperishable Lord; Nanak proclaims the victory of the Lord. ||2||8||124||

Bilaaval, Fifth Mehl:
Without the Fear of God, and devotional worship, how can anyone cross over the world-ocean?

Be kind to me, O Saving Grace of sinners; preserve my faith in You, O my Lord and Master.

The mortal does not remember the Lord in meditation; he wanders around intoxicated by egotism; he is engrossed in corruption like a dog.

I have come to Your Sanctuary, Destroyer of pain; O Primal Immaculate Lord, may I dwell upon You in the Saadh Sangat, the Company of the Holy.

O Lord of beautiful hair, Destroyer of pain, Eradicator of sins, Nanak lives, gazing upon the Blessed Vision of Your Darshan.
One Universal Creator God. By The Grace Of The True Guru:

He Himself merges us with Himself.

He Himself merges us with Himself.

When I came to Your Sanctuary, my sins vanished. ||1|| Pause||

Chanting, meditating on Your Name, O my Beloved, disease is eradicated from my body. ||1||

Even utterly foolish, ignorant and thoughtless persons have been saved by the Kind Lord.

Says Nanak, I have met the Perfect Guru; my comings and goings have ended.

Bilaaval, Fifth Mehl:

bilaaval mehlaa 5.
jeeva-o naam sunee.
Hearing Your Name, I live.

When the Perfect Guru became pleased with me, then my hopes were fulfilled.

Pain is gone, and my mind is comforted; the music of bliss fascinates me.

The yearning to meet my Beloved God has welled up within me. I cannot live without Him, even for an instant.

You have saved so many devotees, so many humble servants; so many silent sages contemplate You.

The support of the blind, the wealth of the poor; Nanak has found God, of endless virtues.

One Universal Creator God. By The Grace Of The True Guru:
O Enticing Lord, I cannot sleep; I sigh. I am adorned with necklaces, gowns, ornaments and make-up.

I am sad, sad and depressed.

When will You come home? ||1||Pause||

I seek the Sanctuary of the happy soul-brides; I place my head upon their feet.

Unite me with my Beloved.

When will He come to my home? ||1||

Listen, my companions: tell me how to meet Him. Eradicate all egotism, and then you shall find your Beloved Lord within the home of your heart.

Then, in delight, you shall sing the songs of joy and praise.
Meditate on the Lord, the embodiment of bliss.

O Nanak, I came to the Lord's Door,

and then, I found my Beloved.

The Enticing Lord has revealed His form to me,

and now, sleep seems sweet to me.

My thirst is totally quenched,

and now, I am absorbed in celestial bliss.

How sweet is the story of my Husband Lord.
Mohan Laalan paa-i-o ree. raha-o doojaa. ||1||128||
I have found my Beloved, Enticing Lord. ||Second Pause||1||128||

Bilaaval, Fifth Mehl:

Mehri aha Na jaa-ay darsan paavat hay.
My ego is gone; I have obtained the Blessed Vision of the Lord's Darshan.

My mind longs for Him, and does not love any other. I am totally absorbed, in love with His
Lotus Feet, like the bumble bee attached to the honey of the lotus flower.

I do not desire any other taste; I seek only the One Lord.

I have broken away from the others, and I have been released from the Messenger of Death.
O mind, drink in the subtle essence of the Lord; join the Saadh Sangat, the Company of the Holy, and turn away from the world.

There is no other, none other than the Lord.

O Nanak, love the Feet, the Feet of the Lord.

I cannot express the Praises of my God; I cannot express His Praises.

I have abandoned all others, seeking His Sanctuary.

God’s Lotus Feet are Infinite.
ha-o jaa-o sad balihaar.
I am forever a sacrifice to Them.

man pareet laagee taahi.
My mind is in love with Them.

taj aan kateh na jahi. ||1||
If I were to abandon Them, there is nowhere else I could go. ||1||

har naam rasnaa kahan.
I chant the Lord's Name with my tongue.

mal paap kalmal dahan.
The filth of my sins and evil mistakes is burnt off.

charh naav sant uDhaar.
Climbing aboard the Boat of the Saints, I am emancipated.

bhai taray saagar paar. ||2||
I have been carried across the terrifying world-ocean. ||2||

man dor paraym pareet.
My mind is tied to the Lord with the string of love and devotion.
ਇਹ ਸਾਂਤ ਿਨਰਮਲ ਰੀਿਤ ॥ (837)

This is the Immaculate Way of the Saints.

ਤਿਜ ਗਏ ਪਾਪ ਿਬਕਾਰ ॥ (837)

They forsake sin and corruption.

ਹਿਰ ਿਮਲੇ ਪਰ੍ਭ ਿਨਰੰਕਾਰ ॥੩॥ (837)

They meet the Formless Lord God. ||3||

ਚਿਖ ਅਨਦ ਪੂਰਨ ਸਾਦ ॥ (837)

I taste the Perfect Flavor of Bliss.

ਨਹ ਡੋਲੀਐ ਇਤ ਊਤ ॥ (837)

I do not waver or wander here or there.

ਧਿਵ ਮੋੜ ਿਚਾਲ ਚੀਤ ॥ (837)

Those will never go to hell,
निन निनिश्म निपर्भ गुणतसु ॥ (837)
nit simar parabh guntaas.
who constantly remember God, the treasure of virtue.

ते तमु तं पेखिह तैल ॥ (837)
tay jam na paykheh nain.
Those will never have to see the Messenger of Death with their eyes,

मृति मेते अलवु बैल ॥थ॥ (837)
sun mohay anhat bain. ||5||
who listen, fascinated, to the Unstruck Sound-Current of the Word. ||5||

श्रवण सुर गुपाल ॥ (837)
har saran soor gupaal.
I seek the Sanctuary of the Lord, the Heroic Lord of the World.

प्रभ भगत वस दाईल ॥ (837)
parabh bhagat vas da-i-aal.
The Merciful Lord God is under the power of His devotees.

करव लहिह न भेव ॥ (837)
nit karahi mun jan sayv. ||6||
The silent sages constantly serve Him. ||6||

दुख दीन दरद तृत ॥ (837)
dukh deen darad nivaar.
He is the Destroyer of the pains and sorrows of the poor.
जा की महा बिखड़ी कार ॥ (837)
It is so very difficult to serve Him.

ता की मिति न जाने कोइ ॥ (837)
No one knows His limits.

जिल थिल महीअल सोइ ॥७॥ (837)
He is pervading the water, the land and the sky. ||7||

किर बंदना लख बार ॥ (837)
Hundreds of thousands of times, I humbly bow to Him.

पर्भ करहु साधू धूिर ॥ (837)
O God, make me the dust of the feet of the Holy.

नानक मनसा पूिर ॥८॥१॥ (837)
Please fulfill this, Nanak's wish. ||8||1||

बिलालु महला ५ ॥ (837)
Bilaaval, Fifth Mehl:
parabh janam maran nivaar.
God, please release me from birth and death.

haar pari-o du-aar.
I have grown weary, and collapsed at Your door.

ger charan saaDhoo sang.
I grasp Your Feet, in the Saadh Sangat, the Company of the Holy.

man misat har har rang.
The Love of the Lord, Har, Har, is sweet to my mind.

dar da-i-aal layho larh laa-ay.
Be Merciful, and attach me to the hem of Your robe.

naankaa naam Dhi-aa-ay. ||1||
Nanak meditates on the Naam, the Name of the Lord. ||1||

deeaa naath da-i-aal mayray su-aamee deeeaa naath da-i-aal.
O Merciful Master of the meek, You are my Lord and Master, O Merciful Master of the meek.

jaacha-o sant ravaal. ||1|| rahaa-o.
I yearn for the dust of the feet of the Saints. ||1||Pause||
The world is a pit of poison,

filled with the utter darkness of ignorance and emotional attachment.

Please take my hand, and save me, Dear God.

Please bless me with Your Name, Lord.

Without You, God, I have no place at all.

Nanak is a sacrifice, a sacrifice to You.

The human body is in the grip of greed and attachment.

Without meditating and vibrating upon the Lord, it is reduced to ashes.
The Messenger of Death is dreadful and horrible.

The recording scribes of the conscious and the unconscious, Chitr and Gupt, know all actions and karma.

Day and night, they bear witness.

Nanak seeks the Sanctuary of the Lord.

O Lord, Destroyer of fear and egotism,

be merciful, and save the sinners.

My sins cannot even be counted.

Without the Lord, who can hide them?
ਗਿਹ ਓਟ ਿਚਤਵੀ ਨਾਥ ॥ (838)

I thought of Your Support, and seized it, O my Lord and Master.

ਨਾਨਕਾ ਦੇ ਰਖੁ ਹਾਥ ॥੪॥ (838)

Please, give Nanak Your hand and save him, Lord! ||4||

ਹਿਰ ਗੁਣ ਿਨਧੇ ਗੋਪਾਲ ॥ (838)

The Lord, the treasure of virtue, the Lord of the world,

ਸਰਨਕਾ ਘਟ ਪਰ੍ਿਤਪਾਲ ॥ (838)

cherishes and and sustains every heart.

ਮਿਨ ਪਰ੍ੀਿਤ ਦਰਸਨ ਿਪਆਸ ॥ (838)

My mind is thirsty for Your Love, and the Blessed Vision of Your Darshan.

ਗੋਿਬੰਦ ਪੂਰਨ ਆਸ ॥ (838)

O Lord of the Universe, please fulfill my hopes.

ਇਕ ਿਨਮਖ ਰਹਨੁ ਨ ਜਾਇ ॥ (838)

I cannot survive, even for an instant.

ਵਡ ਭਾਿਗ ਨਾਨਕ ਪਾਇ ॥੫॥ (838)

By great good fortune, Nanak has found the Lord. ||5||
Without You, God, there is no other at all.

My mind loves You, as the partridge loves the moon,

as the fish loves the water,

as the bee and the lotus cannot be separated.

As the chakvi bird longs for the sun,

so does Nanak thirst for the Lord's feet.

As the young bride places the hopes of her life in her husband,

as the greedy person looks upon the gift of wealth,
As milk is joined to water,

As food is to the very hungry man,

and as the mother loves her son,

so does Nanak constantly remember the Lord in meditation.

As the moth falls into the lamp,

as the thief steals without hesitation,

as the elephant is trapped by its sexual urges,

as the sinner is caught in his sins,
as the gambler's addiction does not leave him,

so is this mind of Nanak's attached to the Lord.

As the deer loves the sound of the bell,

and as the song-bird longs for the rain,

the Lord's humble servant lives in the Society of the Saints,

lovingly meditating and vibrating upon the Lord of the Universe.

My tongue chants the Naam, the Name of the Lord.

Please bless Nanak with the gift of the Blessed Vision of Your Darshan.
ਗੁਨ ਗਾਇ ਸੁਿਨ ਿਲਿਖ ਦੇ�ਇ ॥

One who sings the Glorious Praises of the Lord, and hears them, and writes them,

ਸੋ ਸਰਬ ਫਲ ਹਿਰ ਲੇਇ ॥

receives all fruits and rewards from the Lord.

ਕੁਲ ਸਮੂਹ ਕਰਤ ਉਧਾਰੁ ॥

He saves all his ancestors and generations,

ਸੰਸਾਰੁ ਉਤਰਿਸ ਪਾਰੀ ॥

and crosses over the world-ocean.

ਹਿਰ ਚਰਨ ਬੋਹਥ ਤਾਹੀ ॥

The Lord's Feet are the boat to carry him across.

ਿਮਿਲ ਸਾਧਸੰਗ ਜਸੁ ਗਾਹੀ ॥

Joining the Saadh Sangat, the Company of the Holy, he sings the Praises of the Lord.

ਹਿਰ ਪੈਜ ਰਖੈ ਮੁਰਾਈ ॥

The Lord protects his honor.

ਹਿਰ ਨਾਨਕ ਸਰਨਦ ਦੁਆਈ ॥੧੦॥੨॥

Nanak seeks the Sanctuary of the Lord's door. ||10||2||
Bilaaval, Fifth Mehl, Chhant:

iṅgūr parśād ॥ (845)

ik-ōṅkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

mangal saaj bha-i-aa parabh apnaa gaa-i-aa raam ॥ (845)

mangal saaj bha-i-aa parabh apnaa gaa-i-aa raam.
The time of rejoicing has come; I sing of my Lord God.

abhinaasee var suni-aa man upji-aa chaa-i-aa raam ॥ (845)

abhinaasee var suni-aa man upji-aa chaa-i-aa raam.
I have heard of my Imperishable Husband Lord, and happiness fills my mind.

man pareet laagai vadai bhaagai kab milee-ai pooran patay.
My mind is in love with Him; when shall I realize my great good fortune, and meet with my
Perfect Husband?

sehjay samaa-ee-ai govind paa-ee-ai dayh sakhee-ay mohi matay.
If only I could meet the Lord of the Universe, and be automatically absorbed into Him; tell
me how, O my companions!

binvant naanak karahu kirpaa laihu mohi laa-i-aa. ||1||
Prays Nanak, have mercy on me, and attach me to the hem of Your robe, O Lord. ||1||
Joy has come! I have purchased the jewel of the Lord.

Searching, the seeker has found the Lord with the Saints.

I have met the Beloved Saints, and they have blessed me with their kindness; I contemplate the Unspoken Speech of the Lord.

With my consciousness centered, and my mind one-pointed, I meditate on my Lord and Master, with love and affection.

With my palms pressed together, I pray unto God, to bless me with the profit of the Lord's Praise.

Prays Nanak, I am Your slave. My God is inaccessible and unfathomable. ||2||

The date for my wedding is set, and cannot be changed; my union with the Lord is perfect.

I am totally at peace, and my separation from Him has ended.
The Saints meet and come together, and meditate on God; they form a wondrous wedding party.

Gathering together, they arrive with poise and grace, and love fills the minds of the bride's family.

Her light blends with His Light, through and through, and everyone enjoys the Nectar of the Lord's Name.

Prays Nanak, the Saints have totally united me with God, the All-powerful Cause of causes.

Beautiful is my home, and beauteous is the earth.

God has entered the home of my heart; I touch the Guru's feet.

Grasping the Guru's feet, I awake in peace and poise. All my desires are fulfilled.
ਮੇਰੀ ਆਸ ਪੂਰੀ ਸੰਤ ਧੂਰੀ ਹਿਰ ਮਲੇ ਕੰਤ ਵਿਚਨਾਂਆ ॥ (846)
mayree aas pooree sant Dhooree har milay kant vichunni-aa.
My hopes are fulfilled, through the dust of the feet of the Saints. After such a long separation, I have met my Husband Lord.

ਆਨੰਦ ਅਨਿਦਨ ਬਿਜਹ ਵਾਜ ਅੱਠ ਮਨ ਕੀ ਤਘਾਣੀ ॥ (846)
aanand an-din vajeh vaajay ahaN mat man kee ti-aagee.
Night and day, the sounds of ecstasy resound and resonate; I have forsaken my stubborn-minded intellect.

ਬਿਲਾਵਲੁ ਨਾਨਕ ਹਮਰਾ ਮੰਤਸੰਗ ਿਲਵ ਲਗੀ ॥੪॥੧॥ (846)
binvant nanak sarina sat-sang liv laagee. ||4||1||
Prays Nanak, I seek the Sanctuary of my Lord and Master; in the Society of the Saints, I am lovingly attuned to Him. ||4||1||

ਬਿਲਾਵਲ, ਪੁਹਿਤਾ ਹੁਸੀਲਾ ॥ (846)
bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:

ਭਾਗ ਸੁਲੱਖਣ ਹਿਰ ਕੰਤ ਹਮਾਰਾ ਰਾਮ ॥ (846)
bhaag sulakh-naar har kant hamaaraa raam.
By blessed destiny, I have found my Husband Lord.

ਅਨਹਦ ਬਾਜਿਤ੍ਰਾ ਹੂੰ ਦਰਬਾਰ ਹ੃ਸੁ ਮਰਣਾ ਨ ਤਹਾਂ ॥ (846)
anhad baajitraa tis Dhun darbaaraa raam.
The unstruck sound current vibrates and resounds in the Court of the Lord.

ਦੁਧ ਦੇਖ ਮੇਘ ਨ ਦੁਕਾ ਵਿਚਨ ਮਾਨ ਮਹਟ ਨ ਦੁਕਾ ॥ (846)
tah rog sog na dookh bi-aapai janam maran na taahaa.
Disease, sorrow and suffering do not afflict anyone there; there is no birth or death there.
There are treasures overflowing there - wealth, miraculous powers, ambrosial nectar and devotional worship.

Prays Nanak, I am a sacrifice, devoted to the Supreme Lord God, the Support of the breath of life. ||1||

Listen, O my companions, and sister soul-brides, let's join together and sing the songs of joy.

Loving our God with mind and body, let's ravish and enjoy Him.

Lovingly enjoying Him, we become pleasing to Him; let's not reject Him, for a moment, even for an instant.

Let's hug Him close in our embrace, and not feel shy; let's bathe our minds in the dust of His feet.

With the intoxicating drug of devotional worship, let's entice Him, and not wander anywhere else.
Prays Nanak, meeting with our True Friend, we attain the immortal status. ||2||

I am wonder-struck and amazed, gazing upon the Glories of my Imperishable Lord.

He took my hand, and held my arm, and cut away the noose of Death.

Pollution, attachment and corruption have run away; the immaculate day has dawned.

Casting His Glance of Grace, the Lord loves me with His Mind; my immense evil-mindedness is dispelled.

Prays Nanak, I have become immaculate and pure; I have met the Imperishable Lord God. ||3||

The rays of light merge with the sun, and water merges with water.
One's light blends with the Light, and one becomes totally perfect.

I see God, hear God, and speak of the One and only God.

The soul is the Creator of the expanse of creation. Without God, I know no other at all.

He Himself is the Creator, and He Himself is the Enjoyer. He created the Creation.

Prays Nanak, they alone know this, who drink in the subtle essence of the Lord.

One Universal Creator God. By The Grace Of The True Guru:

Come, O my sisters, come, O my companions, and let us remain under the Lord's control. Let's sing the Songs of Bliss of our Husband Lord.
Renounce your pride, O my companions, renounce your egotistical pride, O my sisters, so that you may become pleasing to your Beloved.

Renounce pride, emotional attachment, corruption and duality, and serve the One Immaculate Lord.

Hold tight to the Sanctuary of the Feet of the Merciful Lord, your Beloved, the Destroyer of all sins.

Be the slave of His slaves, forsake sorrow and sadness, and do not bother with other devices.

Prays Nanak, O Lord, please bless me with Your Mercy, that I may sing Your songs of bliss.

The Ambrosial Naam, the Name of my Beloved, is like a cane to a blind man.

Maya seduces in so many ways, like a beautiful enticing woman.
ਮੋਹਨੀ ਮਹਾ ਬਚਿਤਰ ਚੰਚਲ ਅਨਿਕ ਭਾਵ ਦਿ�ਾਵਏ ॥

This enticer is so incredibly beautiful and clever; she entices with countless suggestive gestures.

ਹੋਇ ਢੀਠ ਮੀਠੀ ਮਨਿਹ ਲਾਗੈ ਨਾਮੁ ਲੈਣ ਨ ਆਵਏ ॥

Maya is stubborn and persistent; she seems so sweet to the mind, and then he does not chant the Naam.

ਚਤੁਰਾਈ ਮੋਹ ਨਾਿਹ ਰੀ ਜਾਨਹੁ ਿਤਉ ਰੰਕਹੁ ॥

I have no wisdom or cleverness; what face should I put on to please You?
नह रूप धूप न नैण बंके जह भावै तह रखू तुही ॥ (847)
nah roop Dhoop na nain bankay jah bhaavai tah rakh tuhee.
I have no beauty or pleasing smell, no beautiful eyes. As it pleases You, please preserve me, O Lord.

जै जै जाईअ◌्पिह सगल जात जानहू तिउ मोहि रखहू ॥ (847)
jai jai ja-ampeh sagal jaa kaa-o karunaapat gat kin lakahu.
His victory is celebrated by all; how can I know the state of the Lord of Mercy?

मोहि मछुली तुम नीर तुझ विनु किउ मरे ॥ (847)
mohi machhulee tumH neer tujh bin ki-o maray.
I am the fish, and You are the water; without You, what can I do?

मोहि चात्रिक तुम हूं बूंद तरिपटू मुख परै ॥ (847)
mohi chaatrik tumH boond taripta-o mukh parai.
I am the rainbird, and You are the rain-drop; when it falls into my mouth, I am satisfied.

मुख परै हरै पियास मेरी जीअ हीआ प्राणपते ॥ (847)
mukh parai harai pi-aas mayree jee-a hee-aa paranpatay.
When it falls into my mouth, my thirst is quenched; You are the Lord of my soul, my heart, my breath of life.

लाडिले लाड लडाइ सभ महि मिलू हमारी होइ गते ॥ (847)
ladilay laad ladHai sabh mahi milHu hamaree hoH gaye.
Touch me, and caress me, O Lord, You are in all; let me meet You, so that I may be emancipated.


In my consciousness I remember You, and the darkness is dispelled, like the chakvi duck, which longs to see the dawn.

Prays Nanak, O my Beloved, please unite me with Yourself; the fish never forgets the water.

The gate of my mansion is so beautiful, and all my gardens are so green and alive. My peace-giving Lord and Master has rejuvenated me, and blessed me with great joy, bliss and love.

My Young Husband Lord is eternally young, and His body is forever youthful; what tongue can I use to chant His Glorious Praises?

My bed is beautiful; gazing upon Him, I am fascinated, and all my doubts and pains are dispelled.
Prays Nanak, my hopes are fulfilled; my Lord and Master is unlimited. ||5||1||3||

Bilaaval, Fifth Mehl, Chhant, Mangal ~ The Song Of Joy:

One Universal Creator God. By The Grace Of The True Guru:

Meeting with God, the Ocean of Peace, O Nanak, this soul becomes happy. ||1||

One finds God, the Ocean of Peace, when destiny is activated.
Maanin manu vanja-ee-ai har charnee laago raam.
Abandoning the distinctions of honor and dishonor, grasp the Feet of the Lord.

Chhod si-aanap chaaturee durmat buDh ti-aago raam.
Renounce cleverness and trickery, and forsake your evil-minded intellect.

Naanak pa-o sarna-ee raam raa-ay thir ho-ay suhaago raam.
O Nanak, seek the Sanctuary of the Sovereign Lord, Your King, and your marriage will be permanent and stable.

So parabh taj kat laagee-ai jis bin mar jaa-ee-ai raam.
Why forsake God, and attach yourself to another? Without the Lord, you cannot even live.

Patit paavan parabh ti-aag karay kaho kat thehraa-ee-ai raam.
God is the Purifier of sinners; if he forsakes God, tell me, where he can find a place of rest?

Naanak bhagat bhaa-o kar da-i-aal kee jeevan pad paa-ee-ai raam.
O Nanak, by loving devotional worship of the Merciful Lord, he attains the state of eternal life.

Saree gopaal na uchrahi bal ga-ee-ay duhchaaran rasnaa raam.
May that vicious tongue that does not chant the Name of the Great Lord of the World, be burnt.
parabh bhagat vachhal nah sayvhee kaa-i-aa kaak garsanaa raam.
One who does not serve God, the Lover of His devotees, shall have his body eaten by crows.

bharam mohee dookh na jaanhee kot jonee basnaa raam.
Enticed by doubt, he does not understand the pain it brings; he wanders through millions of incarnations.

naanak bin har avar je chaahnaa bistaa kiram bhasmaa raam. ||3||
O Nanak, if you desire anything other than the Lord, you shall be consumed, like a maggot in manure. ||3||

laa-ay birahu bhagvant sangay ho-ay mil bairaagan raam.
Embrace love for the Lord God, and in detachment, unite with Him.

chandan cheer suganDh rasaa ha-umai bikh ti-aagan raam.
Give up your sandalwood oil, expensive clothes, perfumes, tasty flavors and the poison of egotism.

eet oot nah dolee-ai har sayvaa jaagan raam.
Do not waver this way or that, but remain wakeful in the service of the Lord.

naanak jin parabh paa-i-aa aapnaa saa atal suhaagan raam. ||4||1||4||
O Nanak, she who has obtained her God, is a happy soul-bride forever. ||4||1||4||

bilaaval mehlaa 5.
Bilaaval, Fifth Mehl:
Seek the Lord, O fortunate ones, and join the Saadh Sangat, the Company of the Holy.

Sing the Glorious Praises of the Lord of the Universe forever, imbued with the Love of the Supreme Lord God.

Serving God forever, you shall obtain the fruitful rewards you desire.

O Nanak, seek the Sanctuary of God; meditate on the Lord, and ride the many waves of the mind.

I shall not forget God, even for an instant; He has blessed me with everything.

By great good fortune, I have met Him; as Gurmukh, I contemplate my Husband Lord.

Holding me by the arm, He has lifted me up and pulled me out of the darkness, and made me His own.

Chanting the Naam, the Name of the Lord, Nanak lives; his mind and heart are cooled and soothed.
ki-aa gun tayray kahi saka-o parabh antarjaamee raam.
What virtues of Yours can I speak, O God, O Searcher of hearts?

simar simar naaraa-inai bha-ay paargaraamee raam.
Meditating, meditating in remembrance on the Lord, I have crossed over to the other shore.

gun gaavat govind kay sabh ichh pujaamee raam.
Singing the Glorious Praises of the Lord of the Universe, all my desires are fulfilled.

naanak uDhray jap haray sabhhoor kaa su-aamee raam. ||3||
Nanak is saved, meditating on the Lord, the Lord and Master of all. ||3||

ras bhini-arhay apunay raam sangay say lo-in neekay raam.
Sublime are those eyes, which are drenched with the Love of the Lord.

parabh paykhat ichhaa punnee-AA mil saajjan jee kay raam.
Gazing upon God, my desires are fulfilled; I have met the Lord, the Friend of my soul.

amrit ras har paa-i-aa bikhi-aa ras feekay raam.
I have obtained the Ambrosial Nectar of the Lord’s Love, and now the taste of corruption is insipid and tasteless to me.

naanak jal jaleh samaa-i-aa jotee jot meekay raam. ||4||2||5||9||
O Nanak, as water mingles with water, my light has merged into the Light. ||4||2||5||9||
Raag Gond, Fifth Mehl, Chau-Padas, First House:

 Ik-oNkaar satgur parsad.
One Universal Creator God. By The Grace Of The True Guru:

He is the Creator of all, He is the Enjoyer of all. ||1|| Pause||

The Creator listens, and the Creator sees.

The Creator is unseen, and the Creator is seen.

The Creator forms, and the Creator destroys.

The Creator touches, and the Creator is detached. ||1||

The Creator is the One who speaks, and the Creator is the One who understands.
The Creator comes, and the Creator also goes.

The Creator is absolute and without qualities; the Creator is related, with the most excellent qualities.

You are caught, like the fish and the monkey; you are entangled in the transitory world.

Your foot-steps and your breaths are numbered; only by singing the Glorious Praises of the Lord will you be saved.

O mind, reform yourself, and forsake your aimless wandering.

You have found no place of rest for yourself; so why do you try to teach others?
Like the elephant, driven by sexual desire, you are attached to your family.

People are like birds that come together, and fly apart again; you shall become stable and steady, only when you meditate on the Lord, Har, Har, in the Company of the Holy.

Like the fish, which perishes because of its desire to taste, the fool is ruined by his greed.

Be Merciful to me, O Destroyer of the pains of the meek; all beings and creatures belong to You.

May I obtain the gift of always seeing the Blessed Vision of Your Darshan; meeting with You, Nanak is the slave of Your slaves.

Raag Gond, Fifth Mehl, Chau-Padas, Second House:
He fashioned the soul and the breath of life,

and infused His Light into the dust;

He exalted you and gave you everything to use, and food to eat and enjoy -

Commit yourself to the service of the Transcendent Lord.

Through the Guru, one understands the Immaculate, Divine Lord. ||1||Pause||

He created plays and dramas of all sorts;

He creates and destroys in an instant;
**Jaa kee gat mit kahee na jaa-ay.**
His state and condition cannot be described.

**So parabh man mayray sadaa Dhi-aa-ay.**
Meditate forever on that God, O my mind.

**So parabh man mayray sadaa Dhi-aa-ay.**
Meditate forever on that God, O my mind.

**Beechaa gunaa ta kaa ketk gahii.**
His Glorious Virtues are infinite; how many of them can I count?

**Laal naam ja kai bharay bhandaar.**
His treasure is overflowing with the rubies of the Name.

**Sagal ghataa dayvai aaDhaar.**
He gives Support to all hearts.

**Sat purakh jaa ko hai naa-o.**
The Name is the True Primal Being;

**Miteh kot agh nimakh jas gaa-o.**
millions of sins are washed away in an instant, singing His Praises.
बाल सखाई भगतन को मीत।

The Lord God is your best friend, your playmate from earliest childhood.

पर्ान अधार नानक हित चीत।

He is the Support of the breath of life; O Nanak, He is love, He is consciousness.

Gond, Fifth Mehl:

नाम संिग कीनो िबउहार।

I trade in the Naam, the Name of the Lord.

नामो ही इसु मन का अधार।

The Naam is the Support of the mind.

नामु जपत िमटिह पाप कोिट।

Chanting the Naam, millions of sins are erased.

रािस दीई हिर एको नामु।

The Lord has blessed me with the wealth of the Naam, the Name of the One Lord.
The wish of my mind is to meditate on the Naam, in association with the Guru.

The Naam is the wealth of my soul.

Wherever I go, the Naam is with me.

The Naam is sweet to my mind.

In the water, on the land, and everywhere, I see the Naam.

Through the Naam, one's face becomes radiant in the Court of the Lord.

Through the Naam, all one's generations are saved.

Through the Naam, my affairs are resolved.
ਨਾਮ ਮਿਖੀ ਹਿੱਦੁ ਭੁਲਾਖ ਗੀਧ ॥੩॥ (863)

ਨਾਮ ਸੰਗੀ ਇਹੁ ਮਨੂਆ ਗੀਧ ॥੩॥

naam sang ih manoo-aa geeDh. ||3||
My mind is accustomed to the Naam. ||3||

ਨਾਮੇ ਹੀ ਹੂ ਨਾਮ ਨਿਰਬਚਚ ਭਾੜੇ ॥ (863)

ਨਾਮੇ ਆਵਨ ਜਾਵਨ ਰਹੇ ॥

naamay aavan jaavan rahay.
Through the Naam, I have become fearless.

ਗੁਰ ਪੂ ਮੇਲੇ ਗਨਤਾਸ ॥ (863)

gur poorai maylay guntaas.
The Perfect Guru has united me with the Lord, the treasure of virtue.

ਗੋਂਡ ਮਹਲਾ ੫ ॥ (863)

gond mehlaa 5.
Gond, Fifth Mehl:

ਨਾਮੇ ਕਾਉ ਜੋ ਦੇਤੋ ਮਾਨੁ ॥ (863)

nimaanay ka-o jo dayto maan.
He grants honor to the dishonored,

ਗੋਂਡ ਮਹਲਾ ੫ ॥ (863)

sagal bhookhay ka-o kartaa daan.
and gives gifts to all the hungry;
गरभ घोर मिह राखनहारु ॥ (863)
he protects those in the terrible womb.

ti su thaakur ka-o sadaa namaskaar. ||1||
So humbly bow forever to that Lord and Master. ||1||

ऐसो प्रभु मन माहि धिआइ ॥ (863)
Meditate on such a God in your mind.

घिट अवघिट जत कतहि सहाइ ॥१॥ रहाउ ॥ (863)
He shall be your help and support everywhere, in good times and bad. ||1||Pause||

रंकु राउ जा कै एक समान ॥ (863)
The beggar and the king are all the same to Him.

कीट हसित सगल पूरान ॥ (863)
He sustains and fulfills both the ant and the elephant.

बी देहि त सच भविति ॥ (863)
He does not consult or seek anyone's advice.

जो किछु करै सु आपिह करै ॥२॥ (863)
Whatever He does, He does Himself. ||2||
जा का अंतु न जानस को-य।
No one knows His limit.

आपे आपि निरंजनु सोइ।
He Himself is the Immaculate Lord.

आपि अकारु आपि निरंकारु।
He Himself is formed, and He Himself is formless.

घट घट घिट सभ घट आधारु।
In the heart, in each and every heart, He is the Support of all hearts.

नाम रंग भगत भए लाल।
Through the Love of the Naam, the Name of the Lord, the devotees become His Beloveds.

जसु करते संत सदा निहाल।
Singing the Praises of the Creator, the Saints are forever in bliss.

नाम रंग जन रहें अघाई।
Through the Love of the Naam, the Lord's humble servants remain satisfied.

नानक तिन जन लागै पाई।
Nanak falls at the feet of those humble servants of the Lord.
Gond, Fifth Mehl:

जा कै संग इहु मनु निरमलु ॥ (863)
jaa kai sang ih man nirmal.
Associating with them, this mind becomes immaculate and pure.

जा कै संग हिर हिर सिमरनु ॥ (863)
jaa kai sang har har simran.
Associating with them, one meditates in remembrance on the Lord, Har, Har.

जा कै संग किलबिख होिह नास ॥ (863)
jaa kai sang kilbikh hohi naas.
Associating with them, all the sins are erased.

जा कै संग रिदै परगास ॥१॥ (863)
jaa kai sang ridai pargaas. ||1||
Associating with them, the heart is illumined. ||1||

Those Saints of the Lord are my friends.

के वल नाम गाईऐ जा कै नीत ॥१॥ रहाउ ॥ (863)
kayval naam gaa-ee-ai jaa kai neet. ||1|| rhaaa-o.
It is their custom to sing only the Naam, the Name of the Lord. ||1||Pause||

By their mantra, the Lord, Har, Har, dwells in the mind.
By their teachings, doubt and fear are dispelled.

By their kirtan, they become immaculate and sublime.

The world longs for the dust of their feet. ||2||

Millions of sinners are saved by associating with them.

They have the Support of the Name of the One Formless Lord.

He knows the secrets of all beings;

He is the treasure of mercy, the divine immaculate Lord. ||3||

When the Supreme Lord God becomes merciful,
तब भेटे गुर साध दइआल ॥ (863)
tab bhaytay gur saaDh da-i-aal.
then one meets the Merciful Holy Guru.

इन्हे वैटि तन्तु तन्म पिखाने ॥ (864)
dinu raणि नानकु नामु धिआए.
Day and night, Nanak meditates on the Naam.

सूख सहज आनंद हिर नाए ॥४॥४॥६॥ (864)
sookh sahj aanand har naa-ay. ||4||4||6||
Through the Lord's Name, he is blessed with peace, poise and bliss. ||4||4||6||

गੋਂਡ ਮਹਲਾ ੫ ॥ (864)
gond mehlaa 5.
Gond, Fifth Mehl:

ਗੁਰ ਕੀ ਮੂਰਿਤ ਮਨ ਮਿਹ ਿਧਆਨੁ ॥ (864)
gur kee moorat man meh Dhi-aan.
Meditate on the image of the Guru within your mind;

ਗੁਰ ਕੇ ਚਰਨ ਿਰਦੈ ਲੈ ਧਾਰਉ ॥ (864)
gur kay charan ridai lai Dhaara-o.
Enshrine the Guru's feet within your heart.

ਗੁਰ ਪਾਰਬਰਹਮ ਸਦਾ ਨਮਸਕਾਰੁ ॥੧॥ (864)
gur paarbarahm sada namaskaara-o. ||1||
Bow in humility forever before the Guru, the Supreme Lord God. ||1||
मत को भराम भुलाई संसार
Let no one wander in doubt in the world.

गुर बिनू कोइ न उतरिस पाई
Without the Guru, no one can cross over.

भूले कौ गुर मारिग पाइया
The Guru shows the Path to those who have wandered off.

अवर तिआग हिर भगती लाइया
He leads them to renounce others, and attaches them to devotional worship of the Lord.

जनम मरन की तरास मिटाई
He obliterates the fear of birth and death.

गुर पूरे की बेअंत वडाई
The glorious greatness of the Perfect Guru is endless.

गुर प्रसादि ऊर्ध कमल विगाा
By Guru's Grace, the inverted heart-lotus blossoms forth,

अंधकार महि भही वहाँ
and the Light shines forth in the darkness.
जिन कीआ सो गुर ते जानिआ ॥
Through the Guru, know the One who created you.

गुर किरपा ते मुगध मनु मानिआ ॥ 3 ॥
By the Guru’s Mercy, the foolish mind comes to believe. ||3||

वरुववरु गुर बवढ़े तेवू ॥ (864)

The Guru is the Creator; the Guru has the power to do everything.

गुर किरपा ते मुगध मनु मानिआ ॥ 3 ॥

By the Guru’s Mercy, the foolish mind comes to believe. ||3||

The Guru is the Transcendent Lord; He is, and always shall be.

वरु गुरु गुरु गुरु किर मनु मोर ॥ 4 ॥ 5 ॥ 7 ॥

Without the Guru, liberation is not obtained, O Siblings of Destiny. ||4||5||7||

गंड महला ५ ॥ (864)

Gond, Fifth Mehl:

गुरु बवढ़े गुरु बवढ़े भल मेह ॥ (864)

Chant Guru, Guru, Guru, O my mind.


**ਗੁਰੂ ਚਰਣੀ ਜਾ ਕਾ ਮਨੁ ਲਗੈ ॥੧॥**

One whose mind is attached to the Guru's feet -

**ਦੁੱਖੁ ਦਰਦੁ ਭਰਮੁ ਤਾ ਕਾ ਭਾਗੈ ॥**

dookh darad bharam taa kaa bhaagai.
his pains, sufferings and doubts run away.

**ਗੁਰ ਕੀ ਸੇਵਾ ਪਾਏ ਮਾਨੁ ॥**

gur kee sayvaa paa-ay maan.
Serving the Guru, honor is obtained.


**Guru Granth Sahib** ॥2॥ (864)

**Guru Granth Sahib** ॥2॥

gur oopar sadaa kuraan. ||2||
I am forever a sacrifice to the Guru. ||2||

Gazing upon the Blessed Vision of the Guru's Darshan, I am exalted.

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)

gur kaa darsan daykh nihal.
Gazing upon the Blessed Vision of the Guru's Darshan, I am exalted.

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)

gur kay sayvak kee pooran ghaal.
The work of the Guru's servant is perfect.

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)

gur kay sayvak ka-o dukh na bi-aapai.
Pain does not afflict the Guru's servant.

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)

gur kaa sayvak dah dis jaapai. ||3||
The Guru's servant is famous in the ten directions. ||3||

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)

gur kee mahimaa kathan na jaa-ay.
The Guru's glory cannot be described.

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)
paarbarahm gur rahi-aa samaa-ay.
The Guru remains absorbed in the Supreme Lord God.

**Guru Granth Sahib** ॥ (864)

**Guru Granth Sahib** ॥ (864)
kaho naanak jaa kay pooray bhaag.
Says Nanak, one who is blessed with perfect destiny -
ਸਰਬ ਪੂਜਾ ਚਰਨ ਗੁਰ ਸੇੜੁ ॥੧॥
sarab pooj charan gur say-o. ||1||
I serve at the Guru's feet, which are worshipped by all. ||1||

ਆਨਿਦਨੁ ਜਪਉ ਗੁਰੂ ਗੁਰ ਨਾੱਉ ॥੧॥ ਰਹਾਉ ॥
an-din japa-o guroo gur naa-o. ||1||Pause||

ਗੁਰ ਚਰਣੀ ਤਾ ਕਾ ਮਨੁ ਲਾਗ ॥੪॥੬॥੮॥
gur charnee taa kaa man laag. ||4||6||8||
his mind is attached to the Guru's feet. ||4||6||8||

ਗੋਂਡ ਮਹਲਾ ੫ ॥
gond mehlaa 5.
Gond, Fifth Mehl:

ਗੁਰੁ ਮੇਰੀ ਪੂਜਾ ਗੁਰੁ ਗੋਇਬੰਦੁ ॥
gur mayree poojaa gur gobind.
I worship and adore my Guru; the Guru is the Lord of the Universe.

ਗੁਰੁ ਮੇਰਾ ਪਾਰਬਰਹਮ ਗੁਰੁ ਭਗਵੰਤੁ ॥
gur mayraa paarbarahm gur bhagvant.
My Guru is the Supreme Lord God; the Guru is the Lord God.

ਗੁਰੁ ਮੇਰਾ ਦੇਉ ਅਲਖ ਅਭੇੜੁ ॥
gur mayraa day-o alakh abhay-o.
My Guru is divine, invisible and mysterious.

ਸਰਬ ਪੂਜਾ ਚਰਨ ਗੁਰ ਸੇੜੁ ॥੧॥
sarab pooj charan gur say-o. ||1||
I serve at the Guru's feet, which are worshipped by all. ||1||

ਗੁਰ ਬਿਨੁ ਅਵਰੁ ਨਾਹੀ ਮੈ ਥਾਉ ॥
gur bin avar naahee mai thaa-o.
Without the Guru, I have no other place at all.

ਆਨਿਦਨੁ ਜਪਉ ਗੁਰੂ ਗੁਰ ਨਾੱਉ ॥੧॥ ਰਹਾਉ ॥
an-din japa-o guroo gur naa-o. ||1||Pause||
गुरु मेरा गिसी गुरु रिदै गिसी ॥

The Guru is my spiritual wisdom, the Guru is the meditation within my heart.

गुरु गोपाल पुरख भगवान ॥

The Guru is the Lord of the World, the Primal Being, the Lord God.

गुर की सरणि रहू कर जोर ॥

With my palms pressed together, I remain in the Guru's Sanctuary.

गुरू बोहथू तारे भव पार ॥

The Guru is the boat to cross over the terrifying world-ocean.

गुर सेवा जम ते छुटकारि ॥

Serving the Guru, one is released from the Messenger of Death.

अंधकार मंथ गुर मंतू उजारा ॥

In the darkness, the Guru's Mantra shines forth.

गुरू कै संग सागल निसतारा ॥

With the Guru, all are saved.
गुरु पूरा पाईऐ वडभागी ॥ (864)

The Perfect Guru is found, by great good fortune.

gur pooraa paa-ee-ai vadbhaagee.

गुर की सेवा दूखु न लागी ॥ (864)

Serving the Guru, pain does not afflict anyone.

gur kee sayvaa dookh na laagee.

गुर का सबदु न मेटै कोइ ॥ (864)

No one can erase the Word of the Guru's Shabad.

gur kaa sabad na maytai ko-ay.

Nanak is the Guru; Nanak is the Lord Himself.

gur naanak naanak har so-ay. ||4||7||9||

Gond, Fifth Mehl:

राम राम संिग किर िबउहार ॥ (865)

Deal and trade only with the Lord, Raam, Raam.

raam raam sang kar bi-uhaar.

राम राम राम पर्ान अधार ॥ (865)

The Lord, Raam, Raam, Raam, is the Support of the breath of life.

raam raam raam paraan aDhaar.

राम राम राम कीरतनु गाइ ॥ (865)

Sing the Kirtan of the Praises of the Lord, Raam, Raam, Raam.

raam raam raam keertan gaa-ay.
रमत रामु सभ रिहो समाई ॥१॥
The Lord is ever-present, all-pervading. ॥1॥

संत जना मिल बोलहु राम ॥
Joining the humble Saints, chant the Lord's Name.

सभ तै निरमल पूरन काम ॥१॥ रहाउ ॥
This is the most immaculate and perfect occupation of all. ॥1||Pause||

राम राम धनु संच भंडार ॥
Gather the treasure, the wealth of the Lord, Raam, Raam.

राम राम राम किर आहार ॥
Let your sustenance be the Lord, Raam, Raam, Raam.

राम राम वीसिर नही जाइ ॥
Never forget the Lord, Raam, Raam.

करिर परिपा गुरी दीआ बताई ॥२॥
In His Mercy, the Guru has revealed this to me. ॥2||

राम राम राम सदा सहाइ ॥
The Lord, Raam, Raam, Raam, is always our help and support.
राम राम राम लिव लाई ॥ (865)
Embrace love for the Lord, Raam, Raam, Raam.

राम राम जपि निरमल भए ॥ (865)
Through the Lord, Raam, Raam, Raam, I have become immaculate.

जनम जनम के किलबिख गए ॥ (3)
The sins of countless incarnations have been taken away. ||3||

जनम जनम मरणु निवारै ॥ (865)
Uttering the Lord's Name, birth and death are finished.

उचरत राम भै पारिउ उतारै ॥ (865)
Repeating the Lord's Name, one crosses over the terrifying world-ocean.

सभ ते ऊच राम परगास ॥ (865)
The Luminous Lord is the highest of all.

निस बासुर जपि नानक दास ॥ (4|8|10)
Night and day, servant Nanak meditates on Him. ||4||8||10||

गंड महल ५ ॥ (865)
Gond, Fifth Mehl:
उन कउ खसिम कीनी ठाकहारे ॥ (865)
My Lord and Master has held back the five demons.

दास संग ते मारी विदारे ॥
He conquered them, and scared them away from the Lord's slave.

gobind bhagat kaa mahal na paa-i-aa.
They cannot find the mansion of the Lord's devotee.

raam janaa mil mangal gaa-i-aa. ||1||
Joining together, the Lord's humble servants sing the songs of joy. ||1||

sagal sarisat kaa panch sikdaar.
The five demons are the rulers of the whole world,

raam bhagat kay paaneehaar. ||1|| rahaa-o.
but they are just water-carriers for the Lord's devotee. ||1||Pause||

jagat paas taay laytay daan.
They collect taxes from the world,

gobind bhagat ka-o karaah salaam.
but they bow in subservience to God's devotees.
They plunder and dishonor the faithless cynics,

but they massage and wash the feet of the Holy.

The One Mother gave birth to the five sons,

and began the play of the created world.

With the three qualities joined together, they celebrate.

Renouncing these three qualities, the Lord's humble servants rise above them.

In His Mercy, He saves His humble servants.

They belong to Him, and so He saves them by driving out the five.
कहु नानक भगत परभ सारु ॥ || (865)
kaho naanak bhagat parabh saar.
Says Nanak, devotion to God is noble and sublime.

िबनु भगती सभ होइ खुआरु ॥४॥९॥११॥ || (865)
bin bhagtee sabh ho-ay khu-aar. ||4||9||11||
Without devotion, all just waste away uselessly. ||4||9||11||

गंड महला ५ ॥ || (865)
gond mehlaa 5.
Gond, Fifth Mehl:

जिप अिमर्त नामु अघाए ॥ || (865)
jap jap amrit naam aghaa-ay.
Meditating, chanting the Ambrosial Naam, the Name of the Lord, I am satisfied.

राम जपत जन पािर परे ॥ || (865)
raam japat jan paar paray.
Meditating on the Lord, His humble servant is carried across,
जनम जनम के पाप हरे ॥१॥ रहाउ ॥
and the sins of countless incarnations are taken away. ||1||Pause||

गुर के चरन रिदै उर धारे ॥
gur kay charan ridai ur Dhaaray.  I have enshrined the Guru's feet within my heart,

अगिन सागर ते उतरे पारे ॥
agan saagar tay utray paaray.  and crossed over the ocean of fire.

All the painful diseases of birth and death have been eradicated.

I am attached to God in celestial Samaadhi. ||2||

In all places and interspaces, the One, our Lord and Master is contained.

He is the Inner-knower of all hearts.

One whom the Lord blesses with understanding,
ਆਠ पਹਰ ਪਰ੍ਭ ਕਾ ਨਾਉ ਲੇਇ ॥੩॥
(865)
aath pahar parabh kaa naa-o lay-ay. ||3||
chants the Name of God, twenty-four hours a day. ||3||

ਤਾ ਵੇ ਅੰਤਰਵੀ ਦੁਰੂ ਆਧੀ ॥ (865)
(865)
jaa kai antar vasai parabh aap.
Deep within, God Himself abides;

ਤਾ ਵੇ ਹੀਰਦੇ ਹੋਈ ਪਰੇਸੂ ॥ (865)
taa kai hirdai ho-ay pargaas.
within his heart, the Divine Light shines forth.

ਭਗਤ ਭਾਈ ਹਿਰ ਕੀਰਤਨੁ ਕਰੀਐ ॥ (865)
bhagat bhaa-ay har keertan karee-ai.
With loving devotion, sing the Kirtan of the Lord's Praises.

ਜਿਪ ਪਾਰਬਰ੍ਹਮੁ ਨਾਨਕ ਿਨਸਤਰੀਐ ॥੪॥੧੦॥੧੨॥
(866)
jap paarbarahm naanak nistaree-ai. ||4||10||12||
Meditate on the Supreme Lord God, O Nanak, and you shall be saved. ||4||10||12||

ਗੋਂਡ ਮਹਲਾ ੫ ॥ (865)
gond mehlaa 5.
Gond, Fifth Mehl:

ਗੁਰ ਕੇ ਚਰਨ ਕਮਲ ਨਮਸਕਾਰ ॥ (866)
gur kay charan kamal namaskaar.
Bow in humility to the lotus feet of the Guru.

ਕਾਮ ਕਰ੍ੋਧ ਇਸੁ ਤਨ ਤੇ ਮਾਰੀ ॥ (866)
kaam kroDh is tan tay maar.
Eliminate sexual desire and anger from this body.
Be the dust of all,

and see the Lord in each and every heart, in all. ||1||

In this way, dwell upon the Lord of the World, the Lord of the Universe.

My body and wealth belong to God; my soul belongs to God. ||1||Pause||

Twenty-four hours a day, sing the Glorious Praises of the Lord.

This is the purpose of human life.

Renounce your egotistical pride, and know that God is with you.

By the Grace of the Holy, let your mind be imbued with the Lord's Love. ||2||
 azimutha of bīṣaṃ dikṣa jñāt ॥ (866)
jinī tūṁ kīṝaṁ tīṣa kū ḫaṇu ॥
jin tooN kee-aa tis ka-o jaan.
Know the One who created you,

āayā ḍhvaṅgā pāvai mān ॥ (866)
āayā ḍhargā ṣaṅvī mān ॥
aagai dargeh paavai maan.
and in the world hereafter you shall be honored in the Court of the Lord.

mān tuṁ nīrmaṇ hoī nīhaal ॥ (866)
man tan nirmal ho-ay nihaal.
Your mind and body will be immaculate and blissful;

rasnaa nām japat gopaal ॥3॥ (866)
rasnaa naam japat gopaal. ||3||
chant the Name of the Lord of the Universe with your tongue. ||3||

kar kirpaa ṛṣiṁ śīṁ ṛṭiśambal ॥ (866)
kar kirpaa mayray deen de-i-aalaa.
Grant Your Kind Mercy, O my Lord, Merciful to the meek.

sādẖū kī māṅ guẖī ṛṭalā ॥ (866)
saDhoo kee man mangai ravaalaa.
My mind begs for the dust of the feet of the Holy.

hohu da-i-aal dayh parabh daan.
Be merciful, and bless me with this gift,

naanak jap jeevai parabh naam. ||4||11||13||
that Nanak may live, chanting God’s Name. ||4||11||13||
Gond, Fifth Mehl:

धूप दीप सेवा गोपाल ॥

Dhoop deep sayvaa gopaal.
My incense and lamps are my service to the Lord.

अिनक बार बंदन करतार ॥

anik baar bandan kartaar.
Time and time again, I humbly bow to the Creator.

प्रभ की सरणि गही सभ िताग ॥

parabh kee saran gahee sabh ti-aag.
I have renounced everything, and grasped the Sanctuary of God.

गुर सुपर्संन भए वड भािग ॥१॥

gur suparsan bha-ay vad bhaag. ||1||
By great good fortune, the Guru has become pleased and satisfied with me. ||1||

आठ पहर गाईऐ गोिबंदु ॥

aath pahar gaa-ee-ai gobind.
Twenty-four hours a day, I sing of the Lord of the Universe.

उठ यठ भूष लग भूष ली सिंधु ॥१॥ रहाउ ॥

tan Dhan parabh kaa parabh kee jind. ||1|| rahaa-o.
My body and wealth belong to God; my soul belongs to God. ||1||Pause||

हरिगुण रमत भए आांद ॥

har gun ramat bha-ay aanand.
Chanting the Glorious Praises of the Lord, I am in bliss.
The Supreme Lord God is the Perfect Forgiver.

Granting His Mercy, He has linked His humble servants to His service.

He has rid me of the pains of birth and death, and merged me with Himself.

This is the essence of karma, righteous conduct and spiritual wisdom,

to chant the Lord's Name in the Saadh Sangat, the Company of the Holy.

God's Feet are the boat to cross over the world-ocean.

God, the Inner-knower, is the Cause of causes.

Showering His Mercy, He Himself has saved me.
ਪੰਚ ਦੂਤ ਬਹੇ ਬਿਕਰਾਲ ॥ (866)

Panch doot bhaagay bikraal.
The five hideous demons have run away.

ਜੂਐ ਜਨਮ ਨ ਕਵਹੋ ਹਾਈ ॥ (866)

joo-ai janam na kabhoo haar.
Do not lose your life in the gamble.

ਨਾਨਕ ਕਾ ਅੰਗੁ ਕੀਆ ਕਰਤਾਈ ॥੪॥੧੨॥੧੪॥ (866)

naanak kaa ang kee-aa kartaar. ||4||12||14||
The Creator Lord has taken Nanak's side. ||4||12||14||

ਗੋਂਡ ਮਹਲਾ ੫ ॥ (866)

gond mehlaa 5.
Gond, Fifth Mehl:

ਕਰੀ ਕਿਰਪਾ ਸੁਖ ਅਨਦ ਕਰੈਇ ॥ (866)

kar kirpaa sukh anad karay-i.
In His Mercy, He has blessed me with peace and bliss.

ਬਾਲਕ ਰਾਖ ਲੀਏ ਗੁਰਦੇਵੀ ॥ (866)

baalak raakh lee-ay gurdayv.
The Divine Guru has saved His child.

ਪਰ੍ਭ ਕਿਰਪਾ ਦਿਆਲ ਗੋਬੀਨਦ ॥ (866)

parabh kirpaal da-i-aal gobind.
God is kind and compassionate; He is the Lord of the Universe.

ਜੀਅ ਜੰਤ ਸਗਲੇ ਬਖਿਸੰਦ ॥੧॥ (866)

jee-a jant saglay bakhsind. ||1||
He forgives all beings and creatures. ||1||
I seek Your Sanctuary, O God, O Merciful to the meek.

Meditating on the Supreme Lord God, I am forever in ecstasy. ||1||Pause||

There is no other like the Merciful Lord God.

He is contained deep within each and every heart.

It is Your nature, God, to purify sinners. ||2||

Meditation on the Lord of the Universe is the medicine to cure millions of illnesses.

My Tantra and Mantra is to meditate, to vibrate upon the Lord God.
रोग सोग मिटे प्रभ दिआए ॥ (866)
Illnesses and pains are dispelled, meditating on God.

मन बांछत पूरन फल पाए ॥3॥
The fruits of the mind's desires are fulfilled. ||3||

करन कारन समरथ दइआर ॥ (866)
He is the Cause of causes, the All-powerful Merciful Lord.

नानक बखिस लीए पर्भ आिप ॥ (866)
God Himself has forgiven Nanak;

हिर हिर नामु जपहु मेरे मीत ॥ (866)
Chant the Name of the Lord, Har, Har, O my friend.


निरमल होइ तुम्हारा चीत ॥

Your consciousness shall become immaculate and pure.

मन तन की सभ रिते बलाई ॥

All the misfortunes of your mind and body shall be taken away,

दूधु अंधेरा सगला जाइ ॥

and all your pain and darkness will be dispelled. ||1||

हिर गुण गावत तरीऐ संसारु ॥

Singing the Glorious Praises of the Lord, cross over the world-ocean.

वड भागी पाईऐ पुरखु अपारु ॥

By great good fortune, one attains the Infinite Lord, the Primal Being. ||1||Pause||

जो जनु करै कीरतनु गोपाल ॥

One who sings the Kirtan of the Lord's Praises,


dhas ka-o pohti n sakai jamkaal.
the Messenger of Death cannot even touch that humble being.

जग महि आईआ सो परवाणु ॥

His coming into this world is approved,
gurmuth apnaa khasam pachhaan. ||2||
as the Gurmukh realizes his Lord and Master. ||2||

har gun gaavai sant parsaaad.
He sings the Glorious Praises of the Lord, by the Grace of the Saints;

kaam kroDh miteh unmaad.
his sexual desire, anger and madness are eradicated.

sadaa hajoor jaan bhagvant.
He knows the Lord God to be ever-present.

pooray gur kaa pooran mant. ||3||
This is the Perfect Teaching of the Perfect Guru. ||3||

har Dhan khaat kee-ay bhandaar.
He earns the treasure of the Lord's wealth.

mil satgur sabh kaaj savaar.
Meeting with the True Guru, all his affairs are resolved.

har kay naam rang sang jaagaa.
He is awake and aware in the Love of the Lord's Name;
ਮਹਾਦੀਪਾਲਾਵੇਂ ਪੰਚ ਦੂਤਹ ਮੰਥ ॥੧॥ (867)

Contemplating the Supreme Lord, the five demons are conquered. ||1||

ਤਉ ਸਰਣਾਈ ਪੂਰਨ ਨਾਥ ॥ (867)

I have entered Your Sanctuary, O Perfect Lord and Master.

ਜੰਤ ਅਪਨੇ ਕਾਂ ਦੀਕਹਾਣੀ ਹਾਥ ॥੧॥ ਰਹਾਊ ॥ (867)

Please give Your hand to Your creatures. ||1||Pause||
simrit saastar bayd puraan.
The Simritees, Shaastras, Vedas and Puraanas

paarbarahm kaa karahi vakhi-aan.
expound upon the Supreme Lord God.

jogee jatee baisno raamdaas.
The Yogis, celibates, Vaishnavs and followers of Ram Das

mit nahee barahm abinaas. ||2||
cannot find the limits of the Eternal Lord God. ||2||

karan palaah karahi siv dayv.
Shiva and the gods lament and moan,

til nahee boojheh alakh abhayv.
but they do not understand even a tiny bit of the unseen and unknown Lord.

paraym bhagat jis aapay day-ay.
One whom the Lord Himself blesses with loving devotional worship,

jag meh virlay kay-ee kay-ay. ||3||
is very rare in this world. ||3||
ਮੋਿਹ 
ਿਨਰਗੁਣ 
ਗੁਣ 
ਿਕਛਹੂ 
ਨਾਿਹ ॥ 

mohi nirgun gun kichhahoo naahi.
I am worthless, with absolutely no virtue at all;

ਸਰਵ 
ਿਨਧਾਨ 
ਤੇਰੀ 
ਿਦਰ੍ਸਟੀ 
ਮਾਿਹ ॥ 

sarab niDhaan tayree daristee maahi.
all treasures are in Your Glance of Grace.

ਨਾਨਕੁ 
ਦੀਨੁ 
ਜਾਚੈ 
ਤੇਰੀ 
ਸੇਵ ॥ 

naanak deen jaachai tayree sayv.
Nanak, the meek, desires only to serve You.

कਿਰ 
ਿਕਰਪਾ 
ਦੀਜੈ 
ਗੁਰਦੇਵ ॥੪॥੧੫॥੧੭॥ 

kar kirpaa deejai gurdayv. ||4||15||17||
Please be merciful, and grant him this blessing, O Divine Guru. ||4||15||17||

ਗੋਂਡ 
ਮਹਲਾ ५ ॥ 

gond mehlaa 5.
Gond, Fifth Mehl:

ਸੰਤ 
ਰਾਖਉ 
ਅਪਨੇ 
ਜੀਅ 
ਨਾਿਲ ॥ 

sant kaa raakha-o apnay jee-a naal.
I hold the Saints close to my soul.
The Saints are saved instantaneously. ||1||

He alone is a Saint, who is pleasing to the Lord.

The Saints, and God, have only one job to do. ||1||Pause||

God gives His hand to shelter the Saints.

He dwells with His Saints, day and night.

With each and every breath, He cherishes His Saints.

He takes the power away from the enemies of the Saints. ||2||

Let no one slander the Saints.
ਜੀਉ ਿਪੰਡੁ ਸਭੁ ਿਤਸ ਕੀ ਰਾਿਸ ॥ (867)

jee-o pind sabh tis kee raas.
My soul and body all belong to Him.

ਪਰ੍ਭ ਅਪਨੇ ਕਾ ਭਇਆ ਿਬਸਾਸੁ ॥ (867)

parabh apnay kaa bha-i-aa bisaas.
I place my faith in my God.

ਝਖ ਮਾਰਉ ਸਗਲ ਸੰਸਾਰੁ ॥੩॥ (867)

jhakh maara-o sagal sansaar. ||3||
cannot be harmed, no matter how much the whole world may try. ||3||

ਨਾਨਕ ਕਉ ਉਪਜੀ ਪਰਤੀਿਤ ॥ (867)

naanak ka-o upjee parteet.
This is the faith which inspires Nanak:

ਮੰਮੁਖ ਹਾਰ ਗੁਰਮੁਖ ਸਦ ਜੀਤਿਤ ॥੪॥੧੬॥੧੮॥ (867)

manmukh haar gurmukh sad jeeti.
the self-willed manmukhs will fail, while the Gurmukhs will always win. ||4||16||18||

ਗੋਂਡ ਮਹਲਾ ੫ ॥ (867)

gond mehlaa 5.
Gond, Fifth Mehl:
The Name of the Immaculate Lord is the Ambrosial Water.

Chanting it with the tongue, sins are washed away. ||1||Pause||

The Lord abides in everyone.

The Lord illumines each and every heart.

Chanting the Lord's Name, one does not fall into hell.

Serving the Lord, all fruitful rewards are obtained. ||1||

Within my mind is the Support of the Lord.

The Lord is the boat to cross over the world-ocean.
"ਨਾਰਾਇਣ ਕਹਤ ਜਮੁ ਭਾਿਗ ਪਲਾਇਣ ॥(868)"

Chant the Lord's Name, and the Messenger of Death will run away.

"ਨਾਰਾਇਣ ਦੰਤ ਭਾਨੇ ਡਾਇਣ ॥੨॥(868)"

The Lord breaks the teeth of Maya, the witch. ||2||

"ਨਾਰਾਇਣ ਦੰਤ ਭਾਨੇ ਡਾਇਣ ॥੨॥(868)"

The Lord is forever and ever the Forgiver. ||2||

"ਨਾਰਾਇਣ ਸੰਤ ਸਦ ਬਖਸੀੰਦ ॥(868)"

The Lord is forever and ever the Forgiver.

"ਨਾਰਾਇਣ ਸੰਤ ਸਦ ਬਖਸੀੰਦ ॥(868)"

The Lord blesses us with peace and bliss.

"ਨਾਰਾਇਣ ਭਪਤ ਤੀਤੇ ਧੁਵਾਘ ॥(868)"

The Lord has revealed His glory.

"ਨਾਰਾਇਣ ਸੰਤ ਕੀਨੋ ਪਰਤਾਪ ॥੩॥(868)"

The Lord is the mother and father of His Saint. ||3||

"ਨਾਰਾਇਣ ਸੰਤ ਕੀਨੋ ਪਰਤਾਪ ॥੩॥(868)"

The Lord, the Lord, is in the Saadh Sangat, the Company of the Holy.

"ਨਾਰਾਇਣ ਸਾਧਸੰਗ ਨਾਰਾਇਣ ॥(868)"

The Lord, the Lord, is in the Saadh Sangat, the Company of the Holy.

"ਬਾਰੰ ਬਾਰ ਨਰਾਇਣ ਗਾਇਣ ॥(868)"

Time and time again, I sing the Lord's Praises.
Meeting with the Guru, I have attained the incomprehensible object.

Slave Nanak has grasped the Support of the Lord.

One who is protected by the Protector Lord -

the Formless Lord is on his side. ||1||Pause||

In the mother's womb, the fire does not touch him.

Sexual desire, anger, greed and emotional attachment do not affect him.

In the Saadh Sangat, the Company of the Holy, he meditates on the Formless Lord.
निंदक कै मुह लागै छारु ॥१॥

Dust is thrown into the faces of the slanderers. ||1||

राम कवचु दास का संनाहु ॥

The Lord's protective spell is the armor of His slave.

दूत दुसट ितसु पोहत नाहि ॥

The wicked, evil demons cannot even touch him.

जो जो गरबु करे सो जाइ ॥

Whoever indulges in egotistical pride, shall waste away to ruin.

गरीब दास की पर्भु सरणाइ ॥२॥

God is the Sanctuary of His humble slave. ||2||

जो जो सरिण पइआ हिर राइ ॥

Whoever enters the Sanctuary of the Sovereign Lord -

सो दासु रखिआ अपणै कंठ लाइ ॥

He saves that slave, hugging him close in His embrace.

जे को बहुत करे अहंकार॥

Whoever takes great pride in himself,
ਓਹ ਖਨ ਮਿਹ ਰੁਲਤਾ ਖਾਕੂ ਨਾਲ ॥੩॥

in an instant, shall be like dust mixing with dust. ||3||

ਹੈ ਭੀ ਸਾਚਾ ਹੋਵਣਹਾਰ ॥

The True Lord is, and shall always be.

ਸਦਾ ਸਦਾ ਜਾਈ ਬਲਹਾਰ ॥

Forever and ever, I am a sacrifice to Him.

ਅਪਣੇ ਦਾਸ ਰਖੇ ਕਿਰਪਾ ਧਾਰ ॥

Granting His Mercy, He saves His slaves.

ਨਾਨਕ ਕੇ ਪਰਬ ਪਰਾਣ ਅਧਾਰ ॥੪॥੧੮॥੨੦॥

God is the Support of Nanak's breath of life. ||4||18||20||

ਅਚਰਜ ਕਥਾ ਮਹਾ ਅਨੂਪ ॥ (868)

Wondrous and beautiful is the description,

ਪਰਾਤਮਾ ਪਾਰਬਰਹਮ ਕਾ ਰੂਪੁ ॥ ਰਹਾੜੁ ॥ (868)

of the beauty of the Supreme Soul, the Supreme Lord God. ||Pause||

Gond, Fifth Mehl:

ਅਚਰਜ ਕਥਾ ਮਹਾ ਅਨੂਪ ॥ (868)

achraj kathaa maha anoop.

Wondrous and beautiful is the description,

ਪਰਾਤਮਾ ਪਾਰਬਰਹਮ ਕਾ ਰੂਪੁ ॥ ਰਹਾੜੁ ॥ (868)

of the beauty of the Supreme Soul, the Supreme Lord God. ||Pause||
ना इहु बूढा ना इहु बाला ॥ (868)
naa ih boodhaa naa ih baalaa.
He is not old; He is not young.

ना इसु दूखु नही जम जाला ॥ (868)
naa is dookh nahee jam jaalaa.
He is not in pain; He is not caught in Death's noose.

ना इहु िबनसै ना इहु जाइ ॥ (868)
naa ih binsai naa ih jaa-ay.
He does not die; He does not go away.

आदि सुगारी नंदिका समाई ॥ (868)
aad jugaadee rahi-aa samaa-ay. ||1||
In the beginning, and throughout the ages, He is permeating everywhere. ||1||

ना इसु उसनु नही इसु सीतु ॥ (868)
naa is usan nahee is seet.
He is not hot; He is not cold.

ना इसु दुसमनु ना इसु मीतु ॥ (868)
naa is dusman naa is meet.
He has no enemy; He has no friend.

ना इसु हरखु नही इसु सोँगु ॥ (868)
naa is harakh nahee is sog.
He is not happy; He is not sad.

सभु िकछु इस का इहु करनै जोगु ॥ (868)
sabh kichh is kaa ih karnai jog. ||2||
Everything belongs to Him; He can do anything. ||2||
He has no father; He has no mother.

He is beyond the beyond, and has always been so.

He is not affected by virtue or vice.

Deep within each and every heart, He is always awake and aware. ||3||

From the three qualities, the one mechanism of Maya was produced.

The great Maya is only His shadow.

He is undeceivable, impenetrable, unfathomable and merciful.

He is merciful to the meek, forever compassionate.
His state and limits cannot ever be known.

Nanak is a sacrifice, a sacrifice to Him.

I am a sacrifice to the Saints.

Associating with the Saints, I sing the Glorious Praises of the Lord.

By the Grace of the Saints, all the sins are taken away.

By great good fortune, one finds the Sanctuary of the Saints.

Meditating on the Lord, no obstacles will block your way.
By Guru's Grace, meditate on God. ||1||Pause||

When the Supreme Lord God becomes merciful,

he makes me the dust of the feet of the Holy.

Sexual desire and anger leave his body,

and the Lord, the jewel, comes to dwell in his mind. ||2||

Fruitful and approved is the life of one

who knows the Supreme Lord God to be close.

One who is committed to loving devotional worship of God, and the Kirtan of His Praises,
जनम जनम का सोइआ जागै ॥३॥
awakens from the sleep of countless incarnations. ||3||

चरन कमल जन का आधारू ॥
charan kamal jan kaa aaDhaar.
The Lord's Lotus Feet are the Support of His humble servant.

गुण गोिवद रउं सचु वापारू ॥
gun govind ra-uN sach vaapaar.
To chant the Praises of the Lord of the Universe is the true trade.

दास जना की मनसा पूिर ॥
daas janaa kee mansaa poor.
Please fulfill the hopes of Your humble slave.

नानक सुखु पावै जन धूिर ॥४॥२०॥२२॥६॥२८॥
Nanak finds peace in the dust of the feet of the humble. ||4||20||22||6||28||

इक-ओँकार सतगुर परसाद.
One Universal Creator God. By The Grace Of The True Guru:

किर नमसकार पूरे गुरदेव ॥
kar namaskaar pooray gurdayv.
Humbly bow to the Perfect Divine Guru.
Fruitful is His image, and fruitful is service to Him.

He is the Inner-knower, the Searcher of hearts, the Architect of Destiny.

Twenty-four hours a day, he remains imbued with the love of the Naam, the Name of the Lord.

The Guru is the Lord of the Universe, the Guru is the Lord of the World.

He is the Saving Grace of His slaves.

He satisfies the kings, emperors and nobles.

He destroys the egotistical villains.

He puts illness into the mouths of the slanderers.
जै जै कारु करै सभु लोगु ॥२॥
All the people celebrate His victory. ||2||

मंटर वे भरि भग भभीतु ॥ (869)

संतन के मनि महा अनंदु ॥
santan kai man mahaan anand.
Supreme bliss fills the minds of the Saints.

मंट संघि गुरदेउ भगवंतु ॥ (869)

सज़ जपिह गुरदेउ भगवंतु ॥
sant jaapeh gurday-o bhagvant.
The Saints meditate on the Divine Guru, the Lord God.

मंगल घरि बनिंस्त बनि ॥ (869)

संगति के मुख ऊजल भए ॥
sangat kay mukh oojal bha-ay.
The faces of His companions become radiant and bright.

मंगल घरि बनिंस्त बनि ॥ (869)

सगल थान निन्दक के गए ॥३॥
sagal thaan nindak kay ga-ay. ||3||
The slanderers lose all places of rest. ||3||

मंगल घरि बनिंस्त बनि ॥ (869)

सास सास जनु सदा सलाहे ॥
saas saas jan sadaa salaahay.
With each and every breath, the Lord's humble slaves praise Him.

भगवंद गुर बेपरवाहे ॥ (869)

पारबरहम गुर बेपरवाहे ॥
paarbarahm gur bayparvaahay.
The Supreme Lord God and the Guru are care-free.

मंगल घरि बनिंस्त बनि ॥ (869)

सगल भै मिटी जा की सरनि ॥
sagal bhai mitay jaa kee saran.
All fears are eradicated, in His Sanctuary.
Smashing all the slanderers, the Lord knocks them to the ground. ||4||

Let no one slander the Lord’s humble servants.

Whoever does so, will be miserable.

The Messenger of Death does not even approach him. ||5||

The Lord's humble servant has no vengeance. The slanderer is egotistical.

The Lord's humble servant wishes well, while the slanderer dwells on evil.

The Sikh of the Guru meditates on the True Guru.
The Lord's humble servants are saved, while the slanderer is cast into hell. ||6||

Listen, O my beloved friends and companions:

these words shall be true in the Court of the Lord.

As you plant, so shall you harvest.

The proud, egotistical person will surely be uprooted. ||7||

O True Guru, You are the Support of the Unsupported.

Be merciful, and save Your humble servant.
Remembering Him in meditation, my honor has been saved.

Have mercy on me, O Generous Giver, Lord of the meek; please do not consider my merits and demerits.

How can dust be washed? O my Lord and Master, such is the state of mankind.

O my mind, serve the True Guru, and be at peace.

Whatever you desire, you shall receive that reward, and you shall not be afflicted by pain any longer.

He creates and adorns the earthen vessels; He infuses His Light within them.
As is the destiny pre-ordained by the Creator, so are the deeds we do.

He believes the mind and body are all his own; this is the cause of his coming and going.

He does not think of the One who gave him these; he is blind, entangled in emotional attachment.

One who knows that God created him, reaches the Incomparable Mansion of the Lord's Presence.

Worshipping the Lord, I sing His Glorious Praises. Nanak is Your slave.

Place yourself beneath all men's feet, and you will be uplifted; serve Him in this way.

Know that all are above you, and you shall find peace in the Court of the Lord.
ਸੰਤਹੁ ਐਸੀ  ਕਥਹੁ  ਕਹਾਣੀ ॥ (883)
santahu aisee kathahu kahaanee.
O Saints, speak that speech,

ਮੰਗ ਪਹੁਚਾਂ ਤਹ ਦੇਖ ਪਹੁਚਣਾ ਭੁਕੁੰਠ ਗੁਰਬ੍ਰਿਧ ਵਾਣੀ ॥੧॥ ਵਾਣੀ ॥ (883)
sur pavitar nar dayv pavitaraa khin bolhu gurmukh banee. ||1|| rhaa-o.
which purifies the gods and sanctifies the divine beings. As Gurmukh, chant the Word of
His Bani, even for an instant. ||1||Pause||

ਪਰਪੰਚੁ ਬੈਂਦੀ ਮਾਤਾ ਕਬਾਲੁ ਹੁਣ ਤਕਾਂ ਨ ਸਕਦੀ ॥ (883)
parpanch chhod sahj ghar baishu jhothaah kahhu na ko-ee.
Renounce your fraudulent plans, and dwell in the celestial palace; do not call anyone else
false.

ਮਿਲਿਕੀ ਭਿੱਲੁ ਲਵੇ ਤਿਕਨੀ ਭਿੱਲੁ ਟੀੱਲਾਂ ਮੁੱਡੀ ਭਿੱਲੀਆਂ ॥੨॥ (883)
satgur milhu navai niDh paavhu in biDh tat bilo-ee. ||2||
Meeting with the True Guru, you shall receive the nine treasures; in this way, you shall
find the essence of reality. ||2||

ਭਰਮ ਚੁਕਾਵਾਂ ਗੁਰਬ੍ਰਿਧ ਲਹਾਂ ਅਚਾਂ ਚਿੱਟਾਂ ਕੱਥੁ ਬੁਰਾੀ ॥ (883)
bharam chukaavau gurmukh liv laavhu aatam cheenahu bhaa-ee.
Eradicate doubt, and as Gurmukh, enshrine love for the Lord; understand your own soul,
O Siblings of Destiny.

ਨਿਕਟੀ ਵਿਚ ਸਾਹਿਬ ਪਾਣੁ ਕਰੁਣਾ ਵਰਤੁ ਮੁਖਿ ਵਰਤੁ ਬੁਰਾੀ ॥੩॥ (883)
nikat kar jaanhu sadaa parabh haajar kis si-o karahu buraa-ee. ||3||
Know that God is near at hand, and ever-present. How could you try to hurt anyone else?
||3||

ਮੰਗ ਭਿੱਕਾਂਗ ਭਿੱਚਾਂਗ ਸਤਿਸੀ ਭਿੱਚਾਂ ਸਭ ਸਿੰਧੀ ਸਾਖਭਾਂ ॥ (883)
satgur miliai ai maarag muktaa sehjay milay su-aamee.
Meeting with the True Guru, your path shall be clear, and you shall easily meet your Lord
and Master.
Blessed, blessed are those humble beings, who, in this Dark Age of Kali Yuga, find the Lord. Nanak is forever a sacrifice to them. ||4||2||

I am in bliss forever, for I have found the Perfect Guru; my separation from the Lord is totally ended. ||1||

Attachment, sorrow, disease and public opinion do not affect me, and so, I enjoy the subtle essence of the Lord, Har, Har, Har. ||1||Pause||

I am pure in the heavenly realm, pure on this earth, and pure in the nether regions of the underworld. I remain apart from the people of the world.
आविष्कारी मन मुख तड़े तड़ बुह थे चौधर चधारी ||२|| (883)
आगिकारी सदा सुखु मुंतेच जत कत पेखउ हरी गुनी ||२||
aagi-aakaaree sadaa sukh bhunchai jat kat paykha-o har gunee. ||2||
Obedient to the Lord, I enjoy peace forever; wherever I look, I see the Lord of glorious virtues. ||2||

जय मित्र सदी समर उठ आवर्त तुमी भेदती || (883)
नह सिव सकती जलु नही पवना तह अकारु नही मेदनी
nah siv saktee jal nahee pavnaa tah akaar nahee maydnee.
There is no Shiva or Shakti, no energy or matter, no water or wind, no world of form there,

महाँधार सेता जह अविभाज रघु आभाय पती ||३|| (883)
सतिगुर जोग का तहा निवासा जह अविगत नाथु अगम धनी
satgur jog kaa tahaa nivaasaa jah avigat naath agam Dhanee. ||3||
where the True Guru, the Yogi, dwells, where the Imperishable Lord God, the Unapproachable Master abides. ||3||

उठ मनु वचन घर मघ धनु श्रद्धा जे जय अंबाई अंबै िमाली || (883)
तनु मनु हरी का धनु सभु हरी का हरी के गुण हउ किया गनी
tan man har kaa Dhan sabh har kaa har kay gun ha-o ki-aa ganee.
Body and mind belong to the Lord; all wealth belongs to the Lord; what glorious virtues of the Lord can I describe?

बघु रघु बघु बघु बघु श्रद्धा जे जय मिकेय मिलेगी ||४||३|| (883)
कह नानक हम तुम गुर खोई है अंबै अंबै मिलोगनी
kaho naanak ham tum gur kho-ee hai ambhai ambh miloganee. ||4||3||
Says Nanak, the Guru has destroyed my sense of 'mine and yours'. Like water with water, I am blended with God. ||4||3||

रामकली महला ५ || (883)
रामकली महला ५ ||
Raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ढू गुर बढ़ वह रिवाजी मंगिक मिय त तहे || (883)
तरै गुण रहत रहें निरार िमिश्न न जाने
tarai gun rahat rahai niraaree saaDhik siDh na jaanai.
It is beyond the three qualities; it remains untouched. The seekers and Siddhas do not know it.
There is a chamber filled with jewels, overflowing with Ambrosial Nectar, in the Guru's Treasury. ||1||

This thing is wonderful and amazing! It cannot be described.

It is an unfathomable object, O Siblings of Destiny! ||1||Pause||

Its value cannot be estimated at all; what can anyone say about it?

By speaking and describing it, it cannot be understood; only one who sees it realizes it. ||2||

Only the Creator Lord knows it; what can any poor creature do?

Only He Himself knows His own state and extent. The Lord Himself is the treasure overflowing. ||3||

Tasting such Ambrosial Nectar, the mind remains satisfied and satiated.
Says Nanak, my hopes are fulfilled; I have found the Guru’s Sanctuary.

Raamkalee, Fifth Mehl:

God has made me His own, and vanquished all my enemies.

Those enemies who have plundered this world, have all been placed in bondage.

The True Guru is my Transcendent Lord.

I enjoy countless pleasures of power and tasty delights, chanting Your Name, and placing my faith in You.

I do not think of any other at all. The Lord is my protector, above my head.

I am carefree and independent, when I have the Support of Your Name, O my Lord and Master.
ਪੂਰਨ हੋਇ ਿਮਿਲਓ ਸੁਖਦਾਈ ਊਨ ਨ ਕਾਈ ਬਾਤਾ ॥ (884)
pooran ho-ay mili-o sukh-daa-ee oon na kaa-ee baataa.
I have become perfect, meeting with the Giver of peace, and now, I lack nothing at all.

ਤਤੁ ਸਾਰੁ ਪਰਮ ਪਦੁ ਪਾਇਆ ਛੋਧੀ ਨ ਕਤਹੂ ਜਾਤਾ ॥੩॥ (884)
tat saar param pad paa-i-aa chhod na kathoo jaataa. ||3||
I have obtained the essence of excellence, the supreme status; I shall not forsake it to go anywhere else. ||3||

ਵਰਨ ਨ ਸਾਕਉ ਜੈਸਾ ਤੂ ਹੈ ਸਾਚੇ ਅਲਖ ਅਪਾਰਾ ॥ (884)
baran na saaka-o jaisaa too hai saachay alakh apaaraa.
I cannot describe how You are, O True Lord, unseen, infinite,

ਆਤੁਲ ਅਥਾਹ ਅਡੋਲ ਸੁਅਮੀ ਨਾਨਕ ਖਸਮੁ ਹਮਾਰਾ ॥੪॥੫॥ (884)
atul athaah adol su-aamee naanak khasam hamaaraa. ||4||5||
immeasurable, unfathomable and unmoving Lord. O Nanak, He is my Lord and Master.

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥ (884)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥ (884)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:
जेने जेने उ तिथिया ॥ (884)
एकै एकै तू राइआ ॥
aikai aikai too raa-i-aa.
You alone are the king.

उह विवाह ने मुझ परिशिष्ट ॥१॥ ब्रजभु ॥ (884)
ta-o kirpaa tee sukh paa-i-aa. ||1|| rahaa-o.
By Your Grace, I have found peace. ||1||Pause||

उ मनवु तम जीम तुमचे तुम भिंड भवें रुला ॥ (884)
too saagar ham hans tumaaray tum meh maanak laalaa.
You are the ocean, and I am Your swan; the pearls and rubies are in You.

जम देवहु दिल संच के मनवु को झंघा तिजग्गा ॥२॥ (884)
tum dayvhu til sank na maanhu ham buncheh sadaa nihaalaa. ||2||
You give, and You do not hesitate for an instant; I receive, forever enraptured. ||2||

जम बारिक तम पिता हमारे तुम मुख देवहु खीरा ॥ (884)
ham baarik tum pita hamaaray tum mukh dayvhu kheeraa.
I am Your child, and You are my father; You place the milk in my mouth.

जम बेलाय मंग कलब जम मंग कांटी गहीरा ॥३॥ (884)
ham khaylah sabh laad ladaaveh tum sad gunee gaheeraa. ||3||
I play with You, and You caress me in every way. You are forever the ocean of excellence. ||3||

जम पुरुं पृिव वने मंग्रुं जम ढी मंगिर अस्मािें ॥ (884)
tum pooran poor rahay sampooren ham bhee sang aghaa-ay.
You are perfect, perfectly all-pervading; I am fulfilled with You as well.

भिलू भिलू भिलू भिलिं विध्वंस तस्यव वदेत ॥४॥६॥ (884)
milat milat milat mil ritaa naanak kahan na jaa-ay. ||4||6||
I am merged, merged, merged and remain merged; O Nanak, I cannot describe it! ||4||6||
रामकली महला ५ ॥ (884)
Raamkalee, Fifth Mehl:

वर वर उठ पर्वतं तेघु मधै सुधि वधान ॥ (884)
kar kar taal pakhaavaj nainhu maathai vajeh rabaabaa.
Make your hands the cymbals, your eyes the tambourines, and your forehead the guitar you play.

वर वर मधै गमनी घरे सिरदार पुरि आजान ॥ (884)
karnau maDh baasuree baajai jihvaa Dhun aagajaa.
Let the sweet flute music resound in your ears, and with your tongue, vibrate this song.

नितिदि वरे वर भरा राम रसे कुवार माना ॥। (884)
nirat karay kar manoo-aa naachai anay ghooghar saajaa. ||1||
Move your mind like the rhythmic hand-motions; do the dance, and shake your ankle bracelets. ||1||

वघ वें नितितिवजी ॥ (884)
raam ko nirtikaaree.
This is the rhythmic dance of the Lord.

पेखै पेखनहारु दइआला जेता साजु सीगारी ॥। (884)
paykhai paykhanhaar da-i-aalaa jaytaa saaj seegaaree. ||1|| rahaa-o.
The Merciful Audience, the Lord, sees all your make-up and decorations. ||1||Pause||

अध्यात मंडली घटि घण्टी जनांर प्रत कोच चंदेग ॥ (884)
aakhaar mandlee Dharan sabaa-ee oopar gagan chando-aa.
The whole earth is the stage, with the canopy of the sky overhead.

पवनु विखोला घर इये नहे धंपति गेम ॥ (884)
pavan vicholaa karat ikaylaa jal tai opat ho-aa.
The wind is the director; people are born of water.
ਪੰਚ ਤਤੁ ਕਿਰ ਪੁਤਰਾ ਕੀਨਾ ਕਿਰਤ ਮਿਲਾਵਾ ਹੋਆ ॥੨॥
From the five elements, the puppet was created with its actions. ||2||

ਪੰਚ ਤਤੁ ਕਿਰ ਪੁਤਰਾ ਕੀਨਾ ਕਿਰਤ ਮਿਲਾਵਾ ਹੋਆ ॥੨॥
From the five elements, the puppet was created with its actions. ||2||

ਚੰਦੁ ਸੂਰਜੁ ਦੁਇ ਜਰੇ ਚਰਾਗਾ ਚਹੁ ਕੁੰਟ ਭੀਤਿਰ ਰਾਖੇ ॥
The sun and the moon are the two lamps which shine, with the four corners of the world placed between them. ||3||

ਦਾਸ ਪਾਤਉ ਪੰਚ ਸੰਗੀਤਾ ਏਕੈ ਭੀਤਿਰ ਸਾਥੇ ॥
The ten senses are the dancing girls, and the five passions are the chorus; they sit together within the one body. ||3||

ਖਿੰਤ ਖੰਤ ਦੇਵੀ ਦੰਦ ਰਾਧਾਵੀ ਸਥਾਵ ਹਵਾਵੀ ਦਾਨਾਰੀ ਭਾਖੇ ॥
They all put on their own shows, and speak in different languages. ||3||

ਪਹੀ ਪਹੀ ਹੋਇ ਭਾਵ ਦੁਕਾ ਭਾਖੇ ਵਾਜ਼ੋ ਤੂਰਾ ॥
They all put on their own shows, and speak in different languages. ||3||

ਏਕੈ ਨਚਾਵਿਹ ਏਕੈ ਭਵਾਵਿਹ ਇਕੇ ਆਈ ਜਾਈ ਹੋਈ ਧੂਰਾ ॥
Some are made to dance, and some are whirled around; some come and some go, and some are reduced to dust. ||4||7||

ਕਹੁ ਨਾਨਕ ਸੋ ਬਹੁਰ ਨ ਨਾਚੇ ਜਿਸ ਗੁਰ ਭੇਟੈ ਪੂਰਾ ॥੪॥੭॥
Says Nanak, one who meets with the True Guru, does not have to dance the dance of reincarnation again. ||4||7||
रामकली महला ५ ॥ (885)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ओअंकािर एक धुिन एकै एकै रागु अलापै ॥ (885)
o-ankaar ayk Dhun aikai aikai raag alaapai.
He sings the song of the One Universal Creator; he sings the tune of the One Lord.

एका देसी एकु दिखावै एकै रिहआ िबापै ॥ (885)
aykaa daysee ayk dikhaavai ayk rihi-aa bi-aapai.
He lives in the land of the One Lord, shows the way to the One Lord, and remains attuned to the One Lord.

एका सुरित एका ही सेवा एको गुर ते जापै ॥१॥ (885)
aykaa surat aykaa hee sayvaa ayko gur tay jaapai. ||1||
He centers his consciousness on the One Lord, and serves only the One Lord, who is known through the Guru. ||1||

भलो भलो रे कीरतनीआ ॥ (885)
bhalo bhalo ray keeratnee-aa.
Blessed and good is such a kirtanee, who sings such Praises.

चौब भभ गुरु गुरु गाउ ॥ (885)
chhod maa-i-aa kay DhanDh su-aa-o. ||1|| rahaa-o.
and renounces the entanglements and pursuits of Maya. ||1||Pause||

चौब बिजतर् करे संतोखा सात सुरा लै चालै ॥ (885)
panch baajitar karay santokhaa saat suraa lai chaalai.
He makes the five virtues, like contentment, his musical instruments, and plays the seven notes of the love of the Lord.
The notes he plays are the renunciation of pride and power; his feet keep the beat on the straight path.

He does not enter the cycle of reincarnation ever again; he keeps the One Word of the Shabad tied to the hem of his robe. ||2||

To play like Naarad, is to know that the Lord is ever-present.

The tinkling of the ankle bells is the shedding of sorrows and worries.

The dramatic gestures of acting are celestial bliss.

Such a dancer is not reincarnated again. ||3||

out of millions of people, he sings the Lord's Praises in this way.
I have taken the Support of the Saadh Sangat, the Company of the Holy.

Says Nanak, the Kirtan of the One Lord's Praises are sung there.

Some call Him, 'Raam, Raam', and some call Him, 'Khudaa-i'.

Some serve Him as 'Gusain', others as 'Allaah'.

He showers His Grace and Mercy upon us.

Some bathe at sacred shrines of pilgrimage, and some make the pilgrimage to Mecca.
Some perform devotional worship services, and some bow their heads in prayer. ||2||

Some read the Vedas, and some the Koran.

Some wear blue robes, and some wear white. ||3||

Some call themselves Muslim, and some call themselves Hindu.

Some yearn for paradise, and others long for heaven. ||4||

Says Nanak, one who realizes the Hukam of God's Will,
ਪਵਨੈ ਭੂਗ ਪਵਨੁ ਸਮਾਇਆ ॥ (885)
pavnai meh pavan samaa-i-aa.
The wind merges into the wind.

ਜੋਤੀ ਭੂਗ ਜੋਿਤ ਰਿਲ ਜਾਇਆ ॥ (885)
jotee meh jot ral jaa-i-aa.
The light blends into the light.

ਮਾਟੀ ਮਾਟੀ ਹੋਈ ਏਕ ॥ (885)
maatee maatee ho-ee ayk.
The dust becomes one with the dust.

ਰੋਵਨਹਾਰੇ ਬੀ ਵਰਸਰੇ ਟੇਕ ॥ ੧॥ (885)
rovanhaaray kee kavan tayk. ||1||
What support is there for the one who is lamenting? ||1||

ਕਉਨੁ ਮੂਆ ਰੇ ਕਉਨੁ ਮੂਆ ॥ (885)
ka-un moo-aa ray ka-un moo-aa.
Who has died? O, who has died?

ਬਰ੍ਹਮ ਿਗਾਨੀ ਿਮਲ ਕਰਹੁ ਬੀਚਾਰਾ ਇਹਿ ਤਉ ਚਲਤੁ ਭਇਆ ॥੧॥ ਰਹਾਉ ॥

O God-realized beings, meet together and consider this. What a wondrous thing has happened! ||1|| Pause||

ਅਗਲੀ ਿਕਛੁ ਖਵਵਾ ਨ ਪਾਈ ॥ (885)
aglee kichh khabar na paa-ee.
No one knows what happens after death.

ਰੋਵਨਹਾਰੁ ਬੀ ਊਠੋ ਸੀਧਾਈ ॥ (885)
rovanhaar bhe ooth siDhaa-ee.
The one who is lamenting will also arise and depart.
Mortal beings are bound by the bonds of doubt and attachment.

When life becomes a dream, the blind man babbles and grieves in vain.

The Creator Lord created this creation.

It comes and goes, subject to the Will of the Infinite Lord.

No one dies; no one is capable of dying.

The soul does not perish; it is imperishable.

That which is known, does not exist.

I am a sacrifice to the one who knows this.
कहु नानक गुर भरमु चुकाइआ ॥ (885)

Says Nanak, the Guru has dispelled my doubt.

ना कोई मरै न आवै जाइआ ॥४॥१०॥ (885)

No one dies; no one comes or goes. ||4||10||

नभवली भगज ॥ (885)

Raamkalee Mehla 5.

Raamkalee, Fifth Mehl:

जिप गोबंदु गोपाल लालु ॥ (885)

Meditate on the Lord of the Universe, the Beloved Lord of the World.

राम नाम सिमर तू जीविह फिर न खाई महा कालु ॥१॥ रहाउ ॥ (885)

Meditating in remembrance on the Lord's Name, you shall live, and the Great Death shall not consume you ever again. ||1||Pause||

बेटि सम्म भ्रमे भ्रमी भ्रमी आशिः ॥ (885)

By the highest destiny, you found the Saadh Sangat, the Company of the Holy. ||1||

बडै भाग साधसंगु पाइओ ॥ (886)

Through millions of incarnations, you have come, wandering, wandering, wandering.

वहे भ्रमी सम्म भ्रमी भ्रमी आशिः ॥ (886)

By the highest destiny, you found the Saadh Sangat, the Company of the Holy. ||1||

बिनु गुर पूरे नाही उधारु ॥ (886)

Without the Perfect Guru, no one is saved.
ਬਾਬਾ ਨਾਨਕੁ  ਆੱਖੇ ਏਹੁ ਬੀਚਾਰੁ ॥੨॥੧੧॥

This is what Baba Nanak says, after deep reflection. ||2||11||

ਰਾਗੁ  ਰਾਮਕਲੀ  ਮਹਲਾ ੫  ਘਰੁ ੨  

Raag Raamkalee, Fifth Mehl, Second House:

ਚਾਿਰ  ਪੁਕਾਰਿਹ  ਨਾ  ਤੂ  ਮਾਨਿਹ ॥

The four Vedas proclaim it, but you don't believe them.

ਖਟੁ  ਭੀ  ਏਕਾ  ਬਾਤ  ਵਖਾਨਿਹ ॥

The six Shaastras also say one thing.

ਤਾ  ਭੀ  ਜੋਗੀ  ਭੇਦੁ  ਲਿਹਾ ॥੧॥

Even so, Yogi, you do not understand this mystery. ||1||

ਿਕੰਕੁਰੀ  ਅਨੂਪ  ਵਾਜੈ ॥

The celestial harp plays the incomparable melody,
but in your intoxication, you do not hear it, O Yogi. ||1||Pause||

In the first age, the Golden Age, the village of truth was inhabited.

In the Silver Age of Traytaa Yuga, things began to decline.

In the Brass Age of Dwaapur Yuga, half of it was gone.

Now, only one leg of Truth remains, and the One Lord is revealed. ||2||

The beads of the mala are lovingly chanted upon in many ways.
When the thread is pulled out, the beads come together in one place. ||3||

Throughout the four ages, the One Lord made the body His temple.

It is a treacherous place, with several windows.

Searching and searching, one comes to the Lord's door.

Then, O Nanak, the Yogi attains a home in the Mansion of the Lord's Presence. ||4||

Thus, the celestial harp plays the incomparable melody;

hearing it, the Yogi's mind finds it sweet. ||1||Second Pause||1||12||

Raamkalee, Fifth Mehl:
तागा लिव दे लगी विद्वाली ॥ (886)
taagaa kar kai laa-ee thiglee.
The body is a patch-work of threads.

लढ़े लढ़े मूर्ख दे असती ॥ (886)
laa-oo naarhee soo-aa hai astee.
The muscles are stitched together with the needles of the bones.

अंजैं ल बाबी डंडा पार्रा ॥ (886)
ambhai kaa kar dandaa Dhari-aa.
The Lord has erected a pillar of water.

बिश्वा तू में गामधिघ पार्रा ॥1॥ (886)
ki-aa too jogee garbeh pari-aa. ||1||
O Yogi, why are you so proud? ||1||

लिध लुध दिलध देतवधी ॥ (886)
jap naath din rainaa-ee.
Meditate on your Lord Master, day and night.

वेदी विभा दे दिघी ॥1॥ उरणु ॥ (886)
tayree khinthaa do dihaa-ee. ||1|| rahaa-o.
The patched coat of the body shall last for only a few days. ||1||Pause||

बेली विभू लडै बैठा उरणु ॥ (886)
gahree bibhoot laa-ay baithaa taarhee.
Smearing ashes on your body, you sit in a deep meditative trance.

मेली वेली भूला पारी ॥ (886)
mayree tayree mundraa Dhaaree.
You wear the ear-rings of 'mine and yours'.

The body is a patch-work of threads.
The muscles are stitched together with the needles of the bones.
The Lord has erected a pillar of water.
O Yogi, why are you so proud?
Meditate on your Lord Master, day and night.
The patched coat of the body shall last for only a few days. Pause
Smearing ashes on your body, you sit in a deep meditative trance.
You wear the ear-rings of 'mine and yours'.

The body is a patch-work of threads.
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Smearing ashes on your body, you sit in a deep meditative trance.
You wear the ear-rings of 'mine and yours'.
You beg for bread, but you are not satisfied.

Abandoning your Lord Master, you beg from others; you should feel ashamed.

Your consciousness is restless, Yogi, as you sit in your Yogic postures.

You blow your horn, but still feel sad.

You do not understand Gorakh, your guru.

Again and again, Yogi, you come and go.

He, unto whom the Master shows Mercy -

unto Him, the Guru, the Lord of the World, I offer my prayer.
One who has the Name as his patched coat, and the Name as his robe,

O servant Nanak, such a Yogi is steady and stable. ||4||

One who meditates on the Master in this way, night and day,

finds the Guru, the Lord of the World, in this life. ||1|| Second Pause ||2||13||

He is the Creator, the Cause of causes;
I do not see any other at all.

My Lord and Master is wise and all-knowing.
Meeting with the Gurmukh, I enjoy His Love. ||1||

How rare are those who, as Gurmukh, taste it. ||1||Pause||

The Light of the Ambrosial Name of the Lord is immaculate and pure.

Drinking it in, one becomes immortal and free of desire.

The body and mind are cooled and soothed, and the fire is extinguished.

Such a being is the embodiment of bliss, famous throughout the world. ||2||

What can I offer You, Lord? Everything belongs to You.
ਸਦ ਬਲਹਾਰ ਜਾਉ ਲਖ ਬੇਰਾ ॥ (887)

I am forever a sacrifice to You, hundreds of thousands of times.

ਤਨੁ ਮਨੁ ਜੀਉ ਿਪੰਡੁ ਦੇ ਸਾਜ਼ਆ ॥ (887)

You blessed me, and fashioned my body, mind and soul.

ਗੁਰ ਿਕਰਪਾ ਤੇ ਨੀਚੁ ਿਨਵਾਜ਼ਾ ॥੩॥ (887)

By Guru's Grace, this lowly being was exalted. ||3||

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Khol kivaaraa mahal bulaa-i-aa.
Opening the door, You summoned me to the Mansion of Your Presence.

Jaisaa saa taisaa dikhlaa-i-aa.
As You are, so You have revealed Yourself to me.

Kaho naanak sabh parh-daa tootaa.
Says Nanak, the screen is totally torn away;

Ha-o tayraa too mai man voothaa. ||4||3||14||
I am Yours, and You are enshrined within my mind. ||4||3||14||

Raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:
He has linked His servant to His service.

The Divine Guru has poured the Ambrosial Naam, the Name of the Lord, into his mouth.

He has subdued all his anxiety.

The True Guru has perfectly resolved my affairs.

The True Guru vibrates the unstruck melody of the sound current. ||1||Pause||

His Glory is profound and unfathomable.

One whom He blesses with patience becomes blissful.
जा के बंधन काटे राई ॥ (887)
One whose bonds are shattered by the Sovereign Lord

सो नर बहुरि न जोनी पाई ॥ (887)
is not cast into the womb of reincarnation again. ||2||

ता कउ नाही दूख संताप ॥ (887)
is not touched by pain and sorrow.

लालु रतनु ितसु पालै पिरआ ॥ (887)
He holds in his robe the gems and jewels.

सगल कु ट्मब ओहु जनु लै तिरआ ॥ (887)
That humble being is saved, along with all his generations. ||3||

ना किच्छ भरमु न दुबिधा दूजा ॥ (887)
He has no doubt, double-mindedness or duality at all.

एको एकु निरंजन पूजा ॥ (887)
He worships and adores the One Immaculate Lord alone.
Wherever I look, I see the Merciful Lord.

Says Nanak, I have found God, the source of nectar.

My self-conceit has been eliminated from my body.

The Will of God is dear to me.

Whatever He does, seems sweet to my mind.

Now, I have become wise and my demons are gone.
ਬੁਝ गई तिरਸन निवारੀ मਮਤਾ ਗੁਰ ਪੂਰੈ ਲੀਓ ਸਮਜਾਈ ॥੧॥ ਰਹਾਉ ॥

My thirst is quenched, and my attachment is dispelled. The Perfect Guru has instructed me. ||1||Pause||

ਕਿਰ ਕਿਰਪਾ ਰਾਖਓ ਗੁਰ ਸਰਨਾ ॥

In His Mercy, the Guru has kept me under His protection.

ਗੁਰ ਪਕਰਾਏ ਹਿਰ ਕੇ ਚਰਨਾ ॥

The Guru has attached me to the Lord's Feet.

ਬੀਸ ਬਿਸੁੈ ਜਾ ਮਨ ਠਹਰਾਨੇ ॥

When the mind is totally held in check,

ਜੋ ਜੋ ਕੀਨੋ ਹਮ ਤਿਸ ਕੇ ਦਾਸ ॥

Whoever You have created, I am his slave.

ਪਰ੍ਭ ਮੇਰੇ ਕੋ ਸਗਲ ਨਿਵਾਸ ॥

My God dwells in all.

ਨਾ ਕੋ ਦੂਤ ਨਹੀ ਬਾਈਦੀ ॥

I have no enemies, no adversaries.
I walk arm in arm, like brothers, with all. ||3||

One whom the Guru, the Lord, blesses with peace,

does not suffer in pain any longer.

He Himself cherishes all.

Nanak is imbued with the love of the Lord of the World. ||4||5||16||

You read the scriptures, and the commentaries,

but the Perfect Lord does not dwell in your heart.
You preach to others to have faith,

You do not practice what you preach.

O Pandit, O religious scholar, contemplate the Vedas.

Eradicate anger from your mind, O Pandit. ||1||Pause||

You place your stone god before yourself,
but your mind wanders in the ten directions.

You apply a ceremonial tilak mark to its forehead, and fall at its feet.

You try to appease the people, and act blindly.
खटू करमा अरु आसणू धोती ॥ (888)
You perform the six religious rituals, and sit wearing your loin-cloth.

भागिठ गर्िह पढै नित पोथी ॥ (888)
In the homes of the wealthy, you read the prayer book.

भागिठ गर्िह पढै नित पोथी ॥ (888)
In the homes of the wealthy, you read the prayer book.

माला फेरै मंगै बिभूत ॥ (888)
You chant on your mala, and beg for money.

इह बिध कोइ न तिरो मीत ॥३॥ (888)
No one has ever been saved in this way, friend. ||3||

सो पंिडतु गुर सबदु कमाइ ॥ (888)
He alone is a Pandit, who lives the Word of the Guru's Shabad.

तरै गुण दे ओसु उतरी माई ॥ (888)
Maya, of the three qualities, leaves him.

चतुर बेद पूरू हर नाई ॥ (888)
The four Vedas are completely contained within the Lord's Name.

नानक तिस की सरणी पाइ ॥४॥६॥१७॥ (888)
Nanak seeks His Sanctuary. ||4||6||17||
रामकली महला ५ ॥ (888)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

कोट बिघन नहीं आवहि नेरि ॥ (888)
kot bighan nahee aavahi nayr.
Millions of troubles do not come near him;

अतिंत भाव क़े धी वेन कहि ॥ (888)
anik maa-i-aa hai taa kee chayr.
the many manifestations of Maya are his hand-maidens;

अतिंत धाप क़े पानीहार ॥ (888)
anik paap taa kay paaneehaar.
countless sins are his water-carriers;

जा कौ मईआ भई करतार ॥१॥
jaa ka-o ma-i-aa bha-ee kartaar. ||1||
he is blessed with the Grace of the Creator Lord. ||1||

जिसपह सहाई होइ भगवान ॥ (888)
jisahi sahaa-ee ho-ay bhagvaan.
One who has the Lord God as his help and support -

अतिंत तजन उआ के मरजाम ॥१॥ रहाउ ॥ (888)
anik jatan u-aa kai sara^jaam. ||1|| rahaa-o.
all his efforts are fulfilled. ||1||Pause||

करता राहक जीता कौनु ॥ (888)
kartaa raakhai keetaa ka-un.
He is protected by the Creator Lord; what harm can anyone do to him?
कीरी जीतो सगला भवनु ॥ (888)
keeree jeeto saglaa bhavan.
Even an ant can conquer the whole world.

बेअंत मिहमा ता की तक बरन ॥ (888)
bay-ant mahimaa taa kee kaytak baran.
His glory is endless; how can I describe it?

बलि बलि जाईऐ ता के चरन ॥ ॥
bal bal jaa-ee-ai taa kay charan. ||2||
I am a sacrifice, a devoted sacrifice, to His feet. ||2||

तिन ही कीआ तपु तपु धिआनु ॥ (888)
tin hee kee-aa jap tap Dhi-aan.
He alone performs worship, austerities and meditation;

अनिक प्रकार कीआ तिन दानु ॥
anik parkaar kee-aa tin daan.
he alone is a giver to various charities;

भगतु सोई किल मिह परवानु ॥
bhagat so-ee kal meh parvaan.
he alone is approved in this Dark Age of Kali Yuga,

जा कउ ठाकु िर दीआ मानु ॥ ॥
jaa ka-o thaakur dee-aa maan. ||3||
whom the Lord Master blesses with honor. ||3||

साधसंिग िमिल भए पर्गास ॥
saaDhsang mil bha-ay pargaas.
Joining the Saadh Sangat, the Company of the Holy, I am enlightened.
I have found celestial peace, and my hopes are fulfilled.

The Perfect True Guru has blessed me with faith.

Nanak is the slave of His slaves.

Don't blame others, O people;
as you plant, so shall you harvest.

By your actions, you have bound yourself.

You come and go, entangled in Maya.
Such is the understanding of the Saintly people.

You shall be enlightened, through the Word of the Perfect Guru. ||1||Pause||

Body, wealth, spouse and ostentatious displays are false.

Horses and elephants will pass away.

Power, pleasures and beauty are all false.

Without the Naam, the Name of the Lord, everything is reduced to dust. ||2||

The egotistical people are deluded by useless doubt.

Of all this expanse, nothing shall go along with you.
Through pleasure and pain, the body is growing old.

Doing these things, the faithless cynics are passing their lives.

Doing these things, the faithless cynics are passing their lives.

The Name of the Lord is Ambrosial Nectar in this Dark Age of Kali Yuga.

This treasure is obtained from the Holy.

O Nanak, whoever pleases the Guru,

the Lord of the Universe, beholds the Lord in each and every heart.

The Panch Shabad, the five primal sounds, echo the perfect sound current of the Naad.
अनहद बाजे अचरज बिसमाद ॥ (888)
anhad baajay achraj bismaad.
The wondrous, amazing unstruck melody vibrates.

वेल वलिद मंड गवि शेख ॥ (888)
kayl karahi sant har log.
The Saintly people play there with the Lord.

पारब्रह्म पुर्ण निरजोग ॥1॥ (888)
paarbarahm poorah nirjog. ||1||
They remain totally detached, absorbed in the Supreme Lord God. ||1||

सूख सहज आनंद भवन ॥ (888)
sookh sahj aanand bhavan.
It is the realm of celestial peace and bliss.

साधसंग बैस गुण गाविह तह रोग सोग नही जनम मरन ॥१॥ रहाउ ॥ (888)
saaDhsang bais gun gaavahi tah rog sog nahee janam maran. ||1|| rahaa-o.
The Saadh Sangat, the Company of the Holy, sits and sings the Glorious Praises of the Lord. There is no disease or sorrow there, no birth or death. ||1||Pause||

ऊहा सिमरहि केवल नाम ॥ (888)
oohaa simrahi kayval naam.
There, they meditate only on the Naam, the Name of the Lord.

बिचले वलिद एहु विमूख ॥ (888)
birlay paavahi oh bisraam.
How rare are those who find this place of rest.

भोजन भाउ शिरतन आधार ॥ (888)
bhojan bhaa-o keertan aaDhaar.
The love of God is their food, and the Kirtan of the Lord’s Praise is their support.
ਿਨਹਚਲ ਆਸਨ ਬੇਸੁਮਾਰੁ ॥੨॥ (889)
nihchal aasan baysumaar. ||2||
They obtain a permanent seat in the infinite. ||2||

ਡਿਗ ਨ ਡੋਲੈ ਕਤਹੂ ਨ ਧਾਵੈ ॥ (889)
dig na dolai kathoo na Dhaavai.
No one falls there, or wavers, or goes anywhere.

ਸੁੰਨ ਸਮਾਧ ਪਰ੍ਭੂ ਿਕਰਪਾਲ ॥੩॥ (889)
sunn samaaDh parbhoo kirpaal. ||3||
They enter the deepest state of Samaadhi, through the kind mercy of God. ||3||

ਤਾ ਕਾ ਅੰਤੁ ਨ ਪਾਰਾਵਾਰੁ ॥ (889)
taa kaa ant na paraavaar.
He has no end or limitation.

ਾਪੇ ਗੁਪਤੁ ਆਪੇ ਪਾਸਾਰੁ ॥ (889)
aapay gupat aapay paasaar.
He Himself is unmanifest, and He Himself is manifest.

ਾਵੇ ਿੋਡਿਤੇ ਵੰਡੁ ਵੰਡੁ ਸੂਆਦੁ ॥ (889)
jaa kai antar har har su-aad.
One who enjoys the taste of the Lord, Har, Har, deep within himself,
कहनु न जाई नानक िबसमादु ॥४॥९॥२०॥

O Nanak, his wondrous state cannot be described. ||4||9||20||

रामकली महला ५ ॥

Raamkalee, Fifth Mehl:

भेटत संिग पारबर्हमु िचित आइआ ॥

Meeting with the Sangat, the Congregation, the Supreme Lord God has come into my consciousness.

संगित करत संतोखु मिन पाइआ ॥

In the Sangat, my mind has found contentment.

संतਹ चਰਨ माथਾ मੇਰੋ ਪਉਤ ॥

I touch my forehead to the feet of the Saints.

�ਇਗਕ ਬਾਰ ਸੰਤਹ ਡੰਡਉਤ ॥੧॥

Countless times, I humbly bow to the Saints. ||1||

ਇਹੁ ਮਨੁ ਸੰਤਨ ਕੈ ਬਿਲਹਾਰੀ ॥

This mind is a sacrifice to the Saints;

ਜਾ ਕੀ ਓਟ ਗਹੀ ਸੁਖੁ ਪਾਇਆ ਰਾਖੇ ਿਕਰਪਾ ਧਾਰੀ ॥੧॥ ਰਹਾਉ ॥

holding tight to their support, I have found peace, and in their mercy, they have protected me. ||1||Pause||
ਸੰਤਹ  ਚਾਰਨ  ਧੋਇ  ਧੋਇ  ਪੀਵਾ  ॥ (889)
I wash the feet of the Saints, and drink in that water.

ਸੰਤਹ  ਦਰਸੁ  ਪੇਿਖ  ਪੇਿਖ  ਜੀਵਾ  ॥ (889)
santeh daras paykh paykh jeevaa.
Gazing upon the Blessed Vision of the Saints' Darshan, I live.

ਸੰਤਹ  ਕੀ  ਮੇਰੈ  ਮਿਨ  ਆਸ  ॥ (889)
santeh kee mayrai man aas.
My mind rests its hopes in the Saints.

ਸੰਤਹ  ਕਾਢਾਣੀ  ਨਿਰਮਲ  ਰਾਸੀ  ॥2॥ (889)
sant hamaaree nirmal raas. ||2||
The Saints are my immaculate wealth. ||2||

ਸੰਤਹ  ਜੰਮਾਰਾ  ਰਾਖੀਆ  ਪ਼ਡਾ  ॥ (889)
sant hamaaraa raakhi-aa parh-daa.
The Saints have covered my faults.

ਸੰਤਹ  ਪਰਸਾਦੀ  ਮੋਹੀ  ਕਬਹੂ  ਨ  ਕੱਡੀਆ  ॥ (889)
sant parsaad mohi kabhoo na karh-daa.
By the Grace of the Saints, I am no longer tormented.

ਸੰਤਹ  ਸੋਗੁ  ਦੀਆਣਾ  ਕਿਰਪਾਲ  ॥ (889)
santeh sang dee-aa kirpaal.
The Merciful Lord has blessed me with the Saints' Congregation.

ਸੰਤਹ  ਸਹਾਈ  ਭਏ  ਦੇਵਾਲ  ॥3॥ (889)
sant sahaa-ee bha-ay da-i-aal. ||3||
The Compassionate Saints have become my help and support. ||3||
My consciousness, intellect and wisdom have been enlightened.

The Lord is profound, unfathomable, infinite, the treasure of virtue.

He cherishes all beings and creatures.

Nanak is enraptured, seeing the Saints.

Raamkalee, Fifth Mehl:

Your home, power and wealth will be of no use to you.

Your corrupt worldly entanglements will be of no use to you.

Know that all your dear friends are fake.
ਹਿਰ ਹਿਰ ਨਾਮ ਸੰਗ ਤੇਰੈ ਚਲੈ ॥੧॥

Only the Name of the Lord, Har, Har, will go along with you. ||1||

ਰਾਮ ਨਾਮ ਗੁਣ ਗਾਇ ਲੇ ਮੀਤਾ ਹਿਰ ਿਸਮਰਤ ਤੇਰੀ ਲਾਜ ਰਹੈ ॥

Sing the Glorious Praises of the Lord's Name, O friend; remembering the Lord in meditation, your honor shall be saved.

ਰਹਾਉ ॥

Remembering the Lord in meditation, the Messenger of Death will not touch you. ||1||Pause||

ਬਨੁ ਹਿਰ ਸਗਲ ਿਨਰਾਰਥ ਕਾਮ ॥

Without the Lord, all pursuits are useless.

ਸੁਇਨਾ ਰੁਪਾ ਮਾਟੀ ਦਾਮ ॥

Gold, silver and wealth are just dust.

ਗੁਰ ਕਾ ਸਬਦ ਜਾਿਪ ਮਨ ਸੁਖਾ ॥

Chanting the Word of the Guru's Shabad, your mind shall be at peace.

ਈਹਾ ਊਹਾ ਤੇਰੋ ਊਜਲ ਮੁਖਾ ॥੨॥

Here and hereafter, your face shall be radiant and bright. ||2||

ਕਿਰ ਕਿਰ ਥਾਕੇ ਵਡੇ ਵਡੇਰੇ ॥

Even the greatest of the great worked and worked until they were exhausted.
ਕਿਕੀ ਹੀ ਨਿਐ ਕਾਜ ਮਾੱਈਆ ਪੂਰੇ ॥ (889)
kin hee na kee-ay kaaj maa-i-aa pooray.
None of them ever accomplished the tasks of Maya.

ਵਿਵਿ ਵਿ ਮਾ ਭਰੇ ਤਾਠ ਬੀਸੀ ॥ (889)
vin hee maa bheer taa-th boos.
Any humble being who chants the Name of the Lord, Har, Har,

ਤਾ ਕੀ ਆਸਾ ਪੂਰਨ ਹੋੈ ॥੩॥ (889)
ta kee aasaa pooran ho-ay. ||3||
will have all his hopes fulfilled. ||3||

ਵਿਵਿ ਬੇਵੇ ਮਾ ਅਪਾਰੁ ॥ (889)
vin be-vay maa apaar.
The Naam, the Name of the Lord, is the anchor and support of the Lord's devotees.

ਸੰਤੀ ਜੀਤਾ ਜਨਮੁ ਅਪਾਰੁ ॥ (889)
santee jeetaa janam apaar.
The Saints are victorious in this priceless human life.

ਵਿਵਿ ਮੇਂਦੁ ਕੇ ਮੇੱਡੀ ਭਰਬਣੁ ॥ (889)
vin mendu ke medee bharban.
Whatever the Lord's Saint does, is approved and accepted.

ਰਾਮਕਲੀ ਮਹਲਾ ॥ (889)
raamkalee mehlaa.
Raamkalee, Fifth Mehl:
sincheh darab deh dukh log.
You gather wealth by exploiting people.

tayrai kaaj na avraa jog.
It is of no use to you; it was meant for others.
kari ahaNkaar ho-ay varteh anDh.
You practice egotism, and act like a blind man.
jam kee jayvrhee too aagai banDh. ||1||
In the world hereafter, you shall be tied to the leash of the Messenger of Death. ||1||
chhaad vidaanee taat moorhay.
Give up your envy of others, you fool!
eehaa basnaa raat moorhay.
You only live here for a night, you fool!

maa-i-aa kay maatay tai uth chalnaa.
You are intoxicated with Maya, but you must soon arise and depart.

raach rahi-o too sang supnaa. ||1||
You are totally involved in the dream. ||1||Pause||
In his childhood, the child is blind.

In the fullness of youth, he is involved in foul-smelling sins.

In the third stage of life, he gathers the wealth of Maya.

And when he grows old, he must leave all this; he departs regretting and repenting.

After a very long time, one obtains this precious human body, so difficult to obtain.

Without the Naam, the Name of the Lord, it is reduced to dust.

Worse than a beast, a demon or an idiot,

is that one who does not understand who created him.
Listen, O Creator Lord, Lord of the Universe, Lord of the World,

Merciful to the meek, forever compassionate -

If You emancipate the human, then his bonds are broken.

O Nanak, the people of world are blind; please, Lord, forgive them, and unite them with Yourself.

Joining the elements together, the robe of the body is fashioned.

The ignorant fool is engrossed in it.

He cherishes it, and constantly takes care of it.
At the very last moment, he must arise and depart. ||1||

Without the Naam, the Name of the Lord, everything is false, O mortal.

Without the Naam, they shall depart weeping. ||2||

Without the Lord's Name, the screen is not torn away.
soDhay saastar simrit sagal.
I have studied all the Shastraas and Simritees.

so naam japai jis aap japaa-ay.
He alone chants the Naam, whom the Lord Himself inspires to chant.

sagal falaa say sookh samaa-ay. ||3||
He obtains all fruits and rewards, and merges in peace. ||3||

raakhanhaaray raakho aap.
O Savior Lord, please save me!

sagal sukhaa parabh tumrai haath.
All peace and comforts are in Your Hand, God.

jit laaveh tit laagah su-aamee.
Whatever you attach me to, to that I am attached, O my Lord and Master.

naanak saahib antarjaamee. ||4||13||24||
O Nanak, the Lord is the Inner-knower, the Searcher of hearts. ||4||13||24||

raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:
जो किछु करै सोई सुखु जाना ॥
Whatever He does makes me happy.

मनु असमझु साधसंग पतीआना ॥
The ignorant mind is encouraged, in the Saadh Sangat, the Company of the Holy.

सित माह ले सित समाइआ ॥१॥
Receiving Truth, it is merged in the True Lord. ||1||

दूखु गइआ सभु रोगु गइआ ॥
Pain is gone, and all illness is gone.

पर्भ की आगँगा मन महिम मानी महा पुरख का संगु भइआ ॥१॥ रहाउ ॥
I have accepted the Will of God in my mind, associating with the Great Person, the Guru. ||1||Pause||

सगल पवित्र सरब निर्मला ॥
All is pure; all is immaculate.

जो वरताए सोई भला ॥
Whatever exists is good.
jah raakhai so-ee mukat thaan.
Wherever He keeps me, that is the place of liberation for me.

jo japaa-ay so-ee naam. ||2||
Whatever He makes me chant, is His Name. ||2||

athsath tirath jah saaDh pag Dhareh.
That is the sixty-eight sacred shrines of pilgrimage, where the Holy place their feet,

tah baikunth jah naam uchrahi.
and that is heaven, where the Naam is chanted.

sarab anand jab darsan paa-ee-ai.
All bliss comes, when one obtains the Blessed Vision of the Lord's Darshan.

raam gunaa nit nit har gaa-ee-ai. ||3||
I sing continuously, continually, the Glorious Praises of the Lord. ||3||

aapay ghat ghat rahi-aa bi-aap.
The Lord Himself is pervading in each and every heart.

da-i-aal purakh pargat partaap.
The glory of the Merciful Lord is radiant and manifest.
ਕਪਟ खੁਲाने भਰਮ नाथे दूरे ॥ (890)
kapat khulaanay bharam naathay dooray.
The shutters are opened, and doubts have run away.

ਨਾਨਕ ਕਉ ਗੁਰ ਭੇਟੇ ਪੂਰੇ ॥੪॥੧੪॥੨੫॥ (890)
naanak ka-o gur bhaytay pooray. ||4||14||25||
Nanak has met with the Perfect Guru. ||4||14||25||

ਰਾਮਕਲੀ ਮਹਲਾ ५ ॥ (890)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ਰਾਮਕਲੀ ਮਹਲਾ ५ ॥ (890)
radi dhi sur gi-aan.
along with wealth, wisdom, miraculous spiritual powers and angelic spiritual insight.

ਹਿਰ ਕੇ ਨਾਮ ਕੀ ਵਿਡਾਈ ॥ (890)
har kay naam kee vadi-aa-ee.
Such is the glorious greatness of the Name of the Lord.
keemat kahan na jaa. ||1|| rahaa-o.
Its value cannot be described. ||1||Pause||

soorbeer Dheeraj mat poora.
He alone is brave, patient and perfectly wise;

sahj samaaDh Dhun gahir gambheeraa.
he is intuitively in Samaadhi, profound and unfathomable.

sadaa mukat taay pooray kaam.
He is liberated forever and all his affairs are perfectly resolved;

jaa kai ridai vasai har naam. ||2||
the Lord's Name abides within his heart. ||2||

sagal sookh aanand arog.
He is totally peaceful, blissful and healthy;

he looks upon all impartially, and is perfectly detached.

aa-ay na jaa-ay dolai kat naahee.
He does not come and go, and he never wavers;
the Naam abides in his mind.

God is Merciful to the meek; He is the Lord of the World, the Lord of the Universe.

The Gurmukh meditates on Him, and his worries are gone.

The Guru has blessed Nanak with the Naam;

he serves the Saints, and works for the Saints.

Sing the Kirtan of the Lord's Praises, and the Beej Mantra, the Seed Mantra.

Even the homeless find a home in the world hereafter.
쑈 ਕੂਹੇ ਕੀ ਵਿਜ੍ੜੀ ਲਗਗੁ ॥ (891)
gur pooray kee charnee laag.
Fall at the feet of the Perfect Guru;

ਤਾਂਤਰ ਤਾਂਤਰ ਬਰ ਮੋਹਾਈ ਲਗਗੁ ॥੧॥ (891)
ਜਨਮ ਜਨਮ ਕਾ ਸੌਕਾ ਜਾਗੁ ॥
janam janam kaa so-i-aa jaag. ||1||
you have slept for so many incarnations - wake up! ||1||

ਵਿਵਿਵਿਵਿਵ ਲਗਗ ਕਠਲੁ ॥ (891)
ਹਿਰ ਹਿਰ ਜਾਪੁ ਜਪਲਾ
har har jaap japlaa.
Chant the Chant of the Lord's Name, Har, Har.

ਗੁਰ ਵਿਕਰ ਠੇ ਹੀਡਾ ਹੀ ਚਰਾਲਾ ਚਨਵਲਾ ॥੧॥ ਵਗਾਣੁ ॥ (891)
ਗੁਰ ਕਿਰਪਾ ਤੇ ਹੀਰਦਾ ਬਰਜਲਾ ਪਾਰੀ ਪਰਲਾ ॥
By Guru's Grace, it shall be enshrined within your heart, and you shall cross over the
terrifying world-ocean. ||1||Pause||

ਰਨੁ ਦਿਕਾਂਨ ਦਿਆਈ ਮਨ ਆਲਾ ॥ (891)
ਨਾਮ ਨਿਧਾਨ ਦਿਆਈ ਮਨ ਆਲਾ
naam niDhaan Dhi-aa-ay man atal.
Meditate on the eternal treasure of the Naam, the Name of the Lord, O mind,

ਗੁਰ ਬਰ ਸਬਦਾ ਅਮਰ ਰਸ ਪੀਉ ॥ (891)
ਤਾ ਬੁਟਿ ਹਾਇਅਕ ਕਾ ਪਲਾਲ
taa chhooteh maa-i-aa kay patal.
and then, the screen of Maya shall be torn away.

ਗੁਰ ਬਰ ਸਬਦਾ ਅਮਰ ਤੇ ਰਸ ਪੀਉ ॥ (891)

gur kaa sabad amrit ras pee-o.
Drink in the Ambrosial Nectar of the Guru's Shabad,

ਤਾ ਤੇਰਾ ਹੋਈ ਨਿਰਮਲ ਜੀਉ ॥੨॥ (891)

taa tayraa ho-ay nirmal jee-o. ||2||
and then your soul shall be rendered immaculate and pure. ||2||
Searching, searching, searching, I have realized

that without devotional worship of the Lord, no one is saved.

So vibrate, and meditate on that Lord in the Saadh Sangat, the Company of the Holy;

your mind and body shall be imbued with love for the Lord.

Renounce all your cleverness and trickery.

O mind, without the Lord's Name, there is no place of rest.

The Lord of the Universe, the Lord of the World, has taken pity on me.

Nanak seeks the protection and support of the Lord, Har, Har.
Raamkali, Fifth Mehl:

In the Saints' Congregation, play joyfully with the Lord,

and you will not have to meet the Messenger of Death hereafter.

Your egotistical intellect shall be dispelled,

and your evil-mindedness will be totally taken away. ||1||

Sing the Glorious Praises of the Lord's Name, O Pandit.

Religious rituals and egotism are of no use at all. You shall go home with happiness, O Pandit. ||1||Pause||

I have earned the profit, the wealth of the Lord's praise.
ਪੂਰਨ ਭਏ ਮਨੋਰਥ ਸਾਭ ॥ (891)
pooran bha-ay manorath saabh.
All my hopes have been fulfilled.

ਦੁਖੁ ਨਾਠਾ ਸੁਖੁ ਘਰ ਮਿਹ ਆਇਆ ॥ (891)
dukh naathaa sukh ghar meh aa-i-aa.
Pain has left me, and peace has come to my home.

ਸੰਤ ਪਰਸਾਦ ਕਮਲੁ ਿਵਗਸਾਇਆ ॥੨॥ (891)
sant parsaad kamal bigsaa-i-aa. ||2||
By the Grace of the Saints, my heart-lotus blossoms forth. ||2||

ਦੋ ਿਨੰ ਸਾਗਰ ਪਾਇਆ ਦਾਨੁ ॥ (891)
daam ratan jin paa-i-aa daan.
One who is blessed with the gift of the jewel of the Name,

ਿਤਸੁ ਜਨ ਹੋਏ ਸਗਲ ਿਨਧਾਨ ॥ (891)
tis jan ho-ay sagal niDhaan.
obtains all treasures.

ਸੰਤੋਖੁ ਆਇਆ ਮਨੀ ਪੂਰਾ ਪਾਇ ॥ (891)
santokh aa-i-aa man pooraa paa-ay.
His mind becomes content, finding the Perfect Lord.

ਹਿਰ ਕੀ ਕਥਾ ਸੁਨਤ ਪਿਵਤ ॥ (891)
har kee kathaa sunat pavit.
Hearing the Lord's sermon, he becomes pure and holy.
ਜਹਵਾ ਬਕਤ ਪਾਈ ਗਤੀ ਮਿਤੀ ॥ ॥ (891)
Chanting it with his tongue, he finds the way to salvation.

ਸੋ ਪਰਵਾਣੁ ਜਗੁ ਸਰੀ ਵਸਾਈ ॥ ॥ (891)
He alone is approved, who enshrines the Lord within his heart.

ਨਾਨਕ ਤੇ ਜਗ ਊਤਮ ਭਾੈ ॥ ॥ ੨੮ ॥ (891)
Nanak: such a humble being is exalted, O Siblings of Destiny. ||4||17||28||

ਰਾਮਕਲੀ ਭਾਗ ੫ ॥ (891)
Raamkalee, Fifth Mehl:

ਗਹੁ ਕਿਰ ਪਕਰੀ ਨਾ ਆਈ ਹਾਥੀ ॥ ॥ (891)
No matter how hard you try to grab it, it does not come into your hands.

ਪ੍ਰੀਤੀ ਕਾਰੀ ਨਹੀ ਸਾਹੀ ॥ (891)
No matter how much you may love it, it does not go along with you.

ਕਹੁ ਨਾਨਕ ਜਾ ਤਿਆਗ ਦੈ ॥ (891)
Says Nanak, when you abandon it,

ਤਹਾ ਤਾਹਾ ਭਾਗ ਫਿਰਤੀ ਪਾਈ ॥ (891)
then it comes and falls at your feet. ||1||
Listen, O Saints: this is the pure philosophy.

Without the Lord's Name, there is no salvation. Meeting with the Perfect Guru, one is saved.

When someone tries to appease her,

then she takes pride in herself.

But when someone puts her out of his thoughts,

then she serves him like a slave.

She seems to please, but in the end, she deceives.

She does not remain in any one place.
un mohay bahutay barahmand.
She has bewitched a great many worlds.

raam janee keenee khand khand. ||3||
The Lord’s humble servants cut her apart into pieces. ||3||

jo maagai so bhooaka rahai.
Whoever begs from her remains hungry.

is sang raachai so kachhoo na lahai.
Whoever is infatuated with her obtains nothing.

iseh ti-aag satsangat karai.
But one who renounces her, and joins the Society of the Saints,

vadbhaagee naanak oh tarai. ||4||18||29||
by great good fortune, O Nanak, is saved. ||4||18||29||

raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

aatam raam sarab meh paykh.
See the Lord, the Universal Soul, in all.
ਪੂਰਨ ਪੂਰਨ ਰਹਿਏ ਪਰ ਏਕੁ ॥ (892)
pooran poor rahi-aa parabh ayk.
The One God is perfect, and all-pervading.

ਰਤਨੁ ਅਮੋਲੁ ਿਰਦੇ ਮਹਿ ਜਾਨੁ ॥ (892)
ratan amol riday meh jaan.
Know that the priceless jewel is within your own heart.

ਆਪਨੀ ਵਸਤੁ ਤੂ ਆਪੇ ਪਛਾਨੁ ॥ (892)
apnee vasat too aap pachhaan.
Realize that your essence is within your own self.

pee ਅਮਿਰਤੁ ਸਹਤ ਪਰਸਾਡ ॥ (892)
pee amrit santan parsaad.
Drink in the Ambrosial Nectar, by the Grace of the Saints.

vable ਬਾਗੁ ਹੋਵਿਹ ਤਾ ਪਾੈੈ ਿਬਨੁ ਿਜਹਾਂ ਜਾਨੈ ਸੁੱਦੁ ॥੧॥ (892)
vaday bhaag hoveh ta-o paa-ee-ai bin jihvaa ki-aa jaanai su-aad. ||1|| rahaa-o.
One who is blessed with high destiny, obtains it. Without a tongue, how can one know the taste? ||1||Pause||

ਅਠ ਦਸ ਬੇਦ ਸੁਨੇ ਕਹ ਡੋਰਾ ॥ (892)
ath das bayd sunay kah doraa.
How can a deaf person listen to the eighteen Puraanas and the Vedas?

ਪਸੂ ਪ੍ਰੀਤ ਘਾਸ ਸੰਗ ਰਚਈ ॥ (892)
pasoo pareet ghaas sang rachai.
The beast loves grass, and remains attached to it.
ਇਸ ਨਹੀ ਬੁझਾਵੈ ਸੋ ਕਿਤੁ ਬੁਝਾਵੇ ॥੨॥
One who has not been taught - how can he understand? ||2||

ਜਾਨਣਹਾਰੁ ਰਿਹਆ ਪਰ੍ਭੁ ਜਾਨ ॥
God, the Knower, knows all.

ਓਤਿ ਪੋਤੀ ਭਗਤਨ ਸੰਗਾਨ ॥
He is with His devotees, through and through.

ਬੀਗਿਸ ਬੀਗਿਸ ਅਪੁਨਾ ਪਰ੍ਭੁ ਗਾਵਹੀ ॥
Those who sing God's Praises with joy and delight,

ਨਾਨਕ ਤਿਨ ਜਮ ਨੇਡੀ ਨ ਆਵਹੀ ॥੩॥੧੯॥੩੦॥
O Nanak - the Messenger of Death does not even approach them. ||3||19||30||

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥
Raamkalee, Fifth Mehl:

ਦੀਨੋ ਨਾਮੁ ਕੀਓ ਪਿਵਤੁ ॥
Blessing me with His Name, He has purified and sanctified me.

ਹਿਰਧਨੁ ਰਾਸੀ ਨਾਰਾਸ ਇਹ ਬਿਤੁ ॥
The Lord's wealth is my capital. False hope has left me; this is my wealth.
Breaking my bonds, the Lord has linked me to His service.

I am a devotee of the Lord, Har, Har; I sing the Glorious Praises of the Lord.

The unstruck sound current vibrates and resounds.

The Lord's humble servants sing His Glorious Praises with love and delight; they are honored by the Divine Guru.

My pre-ordained destiny has been activated; I have awakened from the sleep of countless incarnations.

In the Saadh Sangat, the Company of the Holy, my aversion is gone.

My mind and body are imbued with love for the Lord.
The Merciful Savior Lord has saved me.

I have no service or work to my credit.

In His Mercy, God has taken pity on me;

He lifted me up and pulled me out, when I was suffering in pain.

Listening, listening to His Praises, joy has welled up within my mind.

Singing, singing His Praises, I have obtained the supreme status.

By Guru's Grace, Nanak is lovingly focused on the Lord.
Raamkalee, Fifth Mehl:

In exchange for a shell, he gives up a jewel.

He tries to get what he must give up.

He collects those things which are worthless.

Enticed by Maya, he takes the crooked path.

You unfortunate man - have you no shame?

You do not remember in your mind the ocean of peace, the perfect Transcendent Lord God.

Nectar seems bitter to you, and poison is sweet.
Saakat kee biDh nainhu deethee.
Such is your condition, you faithless cynic, which I have seen with my own eyes.

Koorh kapat ahaNkaar reejhaanaa.
You are fond of falsehood, fraud and egotism.

Naam sunat jan bichhoo-a dasaanaa. ||2||
If you hear the Naam, the Name of the Lord, you feel like you have been stung by a scorpion. ||2||

Maa-i-aa kaaran sad hee jhoorai.
You continually yearn for Maya,

Man mukh kabeh na ustat karai.
and you never chant the Lord's Praises with your mouth.

The Lord is fearless and formless; He is the Great Giver.

But you do not love Him, you fool!

God, the True King, is above the heads of all kings.
He is the independent, perfect Lord King.

People are intoxicated by emotional attachment, entangled in doubt and family life.

Nanak: they are saved only by Your Mercy, Lord.

Night and day, I chant the Lord's Name.

Hereafter, I shall obtain a seat in the Court of the Lord.

I am in bliss forever; I have no sorrow.

The disease of ego never afflicts me.
खोजहु संतहु हिर बरहम िगआनी ॥ (893)
khojahu santahu har barahm gi-aanee.
O Saints of the Lord, seek out those who know God.

बिसमन बिसम भए बिसमादा परम गति पावहि हर िसमिर परानी ॥१॥ रहाउ ॥
bisman bisam bha-ay bismaadaa param gat paavahi har simar paraanee. ||1|| raahaa-o.
You shall be wonderstruck with wonder at the wonderful Lord; meditate in remembrance on the Lord, O mortal, and obtain the supreme status. ||1||Pause||

गन िमिन देखहु सगल बीचार ॥ (893)
gan min daykhhu sagal beechaar.
Calculating, measuring, and thinking in every way,

नाम िबना को सकै न तार ॥
naam binaa ko sakai na taar.
see that without the Naam, no one can be carried across.

सगल उपाव न चालिह संिग ॥ (893)
sagal upaav na chaaleh sang.
Of all your efforts, none will go along with you.

bhavjal taree-ai parabh kai rang. ||2||
You can cross over the terrifying world-ocean only through the love of God. ||2||

देही धोइ न उतरै मैलु ॥ (893)
dayhee Dho-ay na utrai mail.
By merely washing the body, one's filth is not removed.

ha-umai bi-aapai dubiDhaa fail.
Afflicted by egotism, duality only increases.
हिर हिर अउखधु जो जनु खाइ ॥ (893)
har har a-ukhaDh jo jan khaa-ay.
That humble being who takes the medicine of the Name of the Lord, Har, Har -

ता का रोगु सगल िमित जाइ ॥३॥ (893)
taa kaa rog sagal mit jaa-ay. ||3||
all his diseases are eradicated. ||3||

कर किरपा बारबरहम दइआल ॥ (893)
kar kirpaa paarbarahm da-i-aal.
Take pity on me, O merciful, Supreme Lord God;

मन ते कबहु न िबसरु गोपाल ॥ (893)
man tay kabahu na bisar gopaal.
let me never forget the Lord of the World from my mind.

तेरे दास की होवा धूिर ॥ (893)
tayray daas kee hovaa Dhoor.
Let me be the dust of the feet of Your slaves;

नानक की पर्भ सरधा पूिर ॥४॥२२॥३३॥ (893)
naanak kee parabh sarDhaa poor. ||4||22||33||
O God, please fulfill Nanak's hope. ||4||22||33||

रामकली भजना ५ ॥ (893)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

तेरी सरणि पूरे गुरदेव ॥ (893)
tayree saran pooray gurdayv.
You are my Protection, O perfect Divine Guru.
तुधु बिठु दूजा नाही कोइ ॥ (893)
tuDh bin doojaa naahee ko-ay.
There is no other than You.

तू समरथू पूरन पारबर्हमु ॥ (893)
too samrath pooran paarbarahm.
You are all-powerful, O perfect Supreme Lord God.

सो धियाए पूरा जिसु करमु ॥१॥
so Dhi-aa-ay pooraa jis karam. ||1||
He alone meditates on You, whose karma is perfect. ||1||

तरण तारण पारब तेरो नाउ ॥ (893)
taran taaran parabh tayro naa-o.
You Name, God, is the boat to carry us across.

एका सरणि गही मन मेरै तुधु बिठु दूजा नाही ठाउ ॥१॥ रहाउ ॥ (893)
aykaa saran gahee man mayrai tuDh bin doojaa naahee thaa-o. ||1|| rahaa-o.
My mind has grasped Your protection alone. Other than You, I have no place of rest at all. ||1||Pause||

जिप जिप जीवा तेरा नाउ ॥ (893)
jap jap jeevaa tayraa naa-o.
Chanting, meditating on Your Name, I live,

आगै दरगह पावउ ठाउ ॥ (893)
aagai dargeh paava-o thaa-o.
and hereafter, I will obtain a seat in the Court of the Lord.

दूखु अंधेरा मन ते जाइ ॥ (893)
dookh anDhayraa man tay jaa-ay.
Pain and darkness are gone from my mind;
ਦੁਰਮਿਤ ਬਿਰਗੁਣ ਰਾਚਕ ਹੀਰ ਨਾਹੀ ||੨||

durmat binsai raachai har naa-ay. ||2||

my evil-mindedness is dispelled, and I am absorbed in the Lord's Name. ||2||

ਚਰਨ ਕਮਾਲ ਸਿੱਖਿਆ ਪ੍ਰੀਤਿ || (893)
charan kamal si-o laagge preeet.

I have enshrined love for the Lord's lotus feet.

ਚਰਨ ਕਮਾਲ ਸਿੱਖਿਆ ਪ੍ਰੀਤਿ || (893)

I have enshrined love for the Lord's lotus feet.

ਗੁਰ ਪੁਰੇ ਕੀ ਨਿਰਮਲ ਰੀਤਿ || (893)
gur pooray kee nirmal reet.

The lifestyle of the Perfect Guru is immaculate and pure.

ਗੁਰ ਪੁਰੇ ਕੀ ਨਿਰਮਲ ਰੀਤਿ || (893)
gur pooray kee nirmal reet.

The lifestyle of the Perfect Guru is immaculate and pure.

ਬਾਹ ਬਾਹਾ ਨਿਰੰਬਾ ਮਨੀ ਬਸੈ || (893)
bha-o bhaagaa nirbha-o man basai.

My fear has run away, and the fearless Lord dwells within my mind.

ਆਮਰਤ ਨਾਮ ਰਸਨਾ ਪ੍ਰੀਤਿ || (893)
amrit naam rasnaa nit japai. ||3||

My tongue continually chants the Ambrosial Naam, the Name of the Lord. ||3||

ਕੋਟ ਜਨਮ ਕੇ ਕਾਟੇ ਫਾਹੇ || (893)
kot janam kay kaatay faahay.

The nooses of millions of incarnations are cut away.

ਪਾਈਆ ਲਾਭ ਸਚਾ ਧਨ ਲਾਹੇ || (893)
paa-i-aa laabh sachaa Dhan laahay.

I have obtained the profit of the true wealth.

ਤੋਟ ਨਾ ਆਵੈ ਅਖੁਟ ਭੰਡਾਰ || (893)
tot na aavai akhut bhandaar.

This treasure is inexhaustible; it will never run out.
O Nanak, the devotees look beautiful in the Court of the Lord.

The Naam, the Name of the Lord, is a jewel, a ruby.

It brings Truth, contentment and spiritual wisdom.

The Lord entrusts the treasures of peace,

Consuming and expending it, it is never used up. The Lord has no end or limitation.
Kīrtanu nirmolak heeraa.
The Kirtan of the Lord's Praise is a priceless diamond.

Aānand gūnī gahīraa.
It is the ocean of bliss and virtue.

Anhad bāṇī pūņī.
In the Word of the Guru's Bani is the wealth of the unstruck sound current.

Santin hath raakhee koonjee.
The Saints hold the key to it in their hands.

Sunn samaadhi gufā tah aasan.
They sit there, in the cave of deep Samaadhi;

Kayval bārahm pūrṇa tah baasan.
the unique, perfect Lord God dwells there.

Bhagat sang parabh gosat karat.
God holds conversations with His devotees.

Tah harakh na sog na janam na marat.
There is no pleasure or pain, no birth or death there.
ਮੁਗੀ ਲੈਖਣ ਸਿਮੁ ਅਧੀ ਦੀਖਾਇਅਾ || (894)

ਕਿਰ ਕੀਪਾ ਜਿਸੁ ਆਪੀ ਦੀਆਡਾਅਾ ||
kar kirpaa jis aap divaa-i-aa.
One whom the Lord Himself blesses with His Mercy,

ਸਾਧਸੰਗ ਤਿਨਿ ਹੰਡ ਧਨੁ ਪਾਈਆ || (894)
saaDhsang tin har Dhan paa-i-aa.
obtains the Lord's wealth in the Saadh Sangat, the Company of the Holy.

ਦਿਆਲ ਪੁਰਖ ਨਾਨਕ ਅਰਦਾਸ || (894)
da-i-aal purakh naanak ardaas.
Nanak prays to the merciful Primal Lord;

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥ (894)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ਮਿਹਮਾ ਨ ਜਾਨਿਹ ਪੰਠ ॥ (894)
mahimaa na jaaneh bayd.
The Vedas do not know His greatness.

ਅਵਤਾਰ ਨ ਜਾਨਿਹ ਅੰਤੁ ॥ (894)
avtaar na jaaneh ant.
Incarnated beings do not know His limit.
The Transcendent Lord, the Supreme Lord God, is infinite. ||1||

Only He Himself knows His own state.

Others speak of Him only by hearsay. ||1||Pause||

Shiva does not know His mystery.

The gods gave grown weary of searching for Him.

The goddesses do not know His mystery.

Above all is the unseen, Supreme Lord God. ||2||

The Creator Lord plays His own plays.
He Himself separates, and He Himself unites.

Some wander around, while others are linked to His devotional worship.

By His actions, He makes Himself known. ||3||

Listen to the true story of the Saints.

They speak only of what they see with their eyes.

He is not involved with virtue or vice.

Nanak's God is Himself all-in-all. ||4||25||36||

Raamkalee, Fifth Mehl:
kichhahoo kaaj na kee-o jaan.
I have not tried to do anything through knowledge.

surat mat naahee kichh gi-aan.
I have no knowledge, intelligence or spiritual wisdom.

jaap taap seel nahee Dharam.
I have not practiced chanting, deep meditation, humility or righteousness.

kichhoo na jaan-o kaisaa karam. ||1||
I know nothing of such good karma. ||1||

thaakur pareetam parabh mayray.
O my Beloved God, my Lord and Master,

there is none other than You. Even though I wander and make mistakes, I am still Yours, God. ||1||Pause||

riDh na buDh na siDh pargaas.
I have no wealth, no intelligence, no miraculous spiritual powers; I am not enlightened.

bikhai bi-aaDh kay gaav meh baas.
I dwell in the village of corruption and sickness.
करणहार मेरे प्रभ एक ॥ (894)
karanhaar mayray parabh ayk.
O my One Creator Lord God,

रम मेरे पर्भ एक ॥2॥ (894)
naam tayray kee man mahi tek ॥2॥
Your Name is the support of my mind. ||2||

नाम तेरे की मन मिह टेक ॥२॥
naam tayray kee man meh tayk. ||2||
Your Name is the support of my mind. ||2||

Hearing, hearing Your Name, I live; this is my mind's consolation.

सुिण सुिण जीवउ मिन िबसर्ामु ॥ (894)
sun sun jeeva-o man ih bisraam.
Hearing, hearing Your Name, I live; this is my mind's consolation.

ਪਾਪ ਖੰਡਨ ਪਰ੍ਭ ਤੇਰੋ ਨਾਮੁ ॥ (894)
paap khandan parabh tayro naam.
Your Name, God, is the Destroyer of sins.

ਜੂ ਅਗਨਤੁ ਜੀਅ ਕਾ ਦਾਤਾ ॥ (894)
too agnat jee-a kaa daataa.
You, O Limitless Lord, are the Giver of the soul.

ਿਜਸਿਹ ਿਜਣਾਵਿਹ ਿਤਿਨ ਤੂ ਜਾਤਾ ॥3॥ (894)
jisahi janaaveh tin too jaataa. ||3||
He alone knows You, unto whom You reveal Yourself. ||3||

ਜਣੂ ਉਪਾਇਓ ਿਤਸੁ ਤੇਰੀ ਆਸ ॥ (894)
jo upaa-i-o tis tayree aas.
Whoever has been created, rests his hopes in You.

ਸਗਲ ਅਰਾਧਿਹ ਪਰ੍ਭ ਗੁਣਤਾਸ ॥ (894)
sagal araaDheh parabh guntaas.
All worship and adore You, God, O treasure of excellence.
Slave Nanak is a sacrifice to You.

My merciful Lord and Master is infinite.

The Savior Lord is merciful.

Millions of incarnations are eradicated in an instant, contemplating the Lord.

All beings worship and adore Him.

Receiving the Guru's Mantra, one meets God.

My God is the Giver of souls.
The Perfect Transcendent Lord Master, my God, imbues each and every heart.

Pause

My mind has grasped His Support.

My bonds have been shattered.

Within my heart, I meditate on the Lord, the embodiment of supreme bliss.

My mind is filled with ecstasy.

The Lord's Sanctuary is the boat to carry us across.

The Lord's Feet are the embodiment of life itself.

They are the Support of the breath of life of the Saints.
God is infinite, the highest of the high. ||3||

That mind is excellent and sublime, which meditates in remembrance on the Lord. ||3||

In His Mercy, the Lord Himself bestows it. ||3||

Peace, intuitive poise and bliss are found in the Lord's Name. ||4||27||38||

Meeting with the Guru, Nanak chants the Name. ||4||27||38||

Abandon all your clever tricks. ||895||

Become His servant, and serve Him. ||895||
अपना आपु सगल .mitaa-ay. ||895||
Totally erase your self-conceit.

मन िचदे सेई फल पाइ ॥१॥ ||895||
You shall obtain the fruits of your mind's desires. ||1||

होहु सावधान अपुने गुर िसउ ॥ ||895||
Be awake and aware with your Guru.

आसा मनसा पूरन होवै पाविह सगल िनधान गुर िसउ ॥१॥ रहाउ ॥ ||895||
Your hopes and desires shall be fulfilled, and you shall obtain all treasures from the Guru. ||1||Pause||

दूजे नही जानै कोइ ॥ ||895||
Let no one think that God and Guru are separate.

The True Guru is the Immaculate Lord.

मानुख का किर रूपु न जानु ॥ ||895||
Do not believe that He is a mere human being;

He gives honor to the dishonored. ||2||
Hold tight to the Support of the Guru, the Lord.

Give up all other hopes.

Ask for the treasure of the Name of the Lord,

and then you shall be honored in the Court of the Lord.

Chant the Mantra of the Guru's Word.

This is the essence of true devotional worship.

When the True Guru becomes merciful,

slave Nanak is enraptured.
रामकली महला ५ ॥ (895)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

देवे मेंटि बल भणठ ॥ (895)
hovai so-ee bhal maan.
Whatever happens, accept that as good.

आधुना तजि अभिभान ॥ (895)
aapnaa taj abhimaan.
Leave your egotistical pride behind.

दिन रैति गुन गाउ ॥ (895)
din rain sadaa gun gaa-o.
Day and night, continually sing the Glorious Praises of the Lord.

पूरन एही सुआउ ॥१॥ (895)
pooran ayhee su-aa-o. ||1||
This is the perfect purpose of human life. ||1||

आनंद किर संत हिर जिप ॥ (895)
aanand kar sant har jap.
Meditate on the Lord, O Saints, and be in bliss.

छाड िसआनप बहु चतुराई गुर का जिप मंतु िनरमल ॥१॥ रहाउ ॥ (895)
chhaad si-aanap baho chaturaa-ee gur kaa jap mant nirmal. ||1|| rahaa-o.
Renounce your cleverness and all your tricks. Chant the Immaculate Chant of the Guru's Mantra. ||1||Pause||

एक की किर आस भीतरि ॥ (895)
ayk kee kar aas bheetar.
Place the hopes of your mind in the One Lord.
ਨਾਮਲ ਸਧੀ ਨਮਿ ਹਿਰ ਹਿਰ ॥ (895)
nirmal jap naam har har.
Chant the Immaculate Name of the Lord, Har, Har.

ਗੁਰ ਕੇ ਚਰਨ ਨਮਸਕਾਰ ॥ (895)
gur kay charan namaskaar.
Bow down to the Guru’s Feet,

ਭਵਜਲੁ ਉਤਰਿਹ ਪਾਿਰ ॥੨॥ (895)
bhavjal utreh paar. ||2||
and cross over the terrifying world-ocean. ||2||

ਦੇਵਨਹਾਰ ਦਾਤਾਰ ॥ (895)
dayvanhaar daataar.
The Lord God is the Great Giver.

ਅੰਤੁ ਨ ਪਾਰਾਵਾਰ ॥ (895)
ant na paaraavaar.
He has no end or limitation.

ਨਾ ਦੇ ਧਿਆਂ ਸਰਬ ਿਨਧਾਨ ॥ (895)
jaa kai ghar sarab niDhaan.
All treasures are in His home.

ਰਾਖਨਹਾਰ ਿਨਦਾਨ ॥੩॥ (895)
raakhanhaar nidaan. ||3||
He will be your Saving Grace in the end. ||3||

ਨਾਨਕ ਪਾਇਆ ਏਹੁ ਿਨਧਾਨ ॥ (895)
naanak paa-i-aa ayhu niDhaan.
Nanak has obtained this treasure,
हरे हिर निरमल नाम ॥ ॥ (895)

the immaculate Name of the Lord, Har, Har.

|jo japai tis kee gat ho-ay.  
Whoever chants it, is emancipated.  

It is obtained only by His Grace.  

It is obtained only by His Grace.  

It is obtained only by His Grace.  

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It is obtained only by His Grace.  

It is obtained only by His Grace.
राम के गुन गाउ ॥
raam kay gun gaa-o.
Sing the Glorious Praises of the Lord.

हलतु पलतु होहिदोधी सुहैले अचरज पुरखु धिउआउ ॥१॥
halat palat hohi dohie suhaylay achraj purakh Dhi-aa-o. ||1||
In both this world and the next, you shall be embellished with beauty, meditating on the wondrous Primal Lord God. ||1||Pause||

ऊठत बैठत हिर जापु ॥
oothat baithat har jaap.
While standing up and sitting down, meditate on the Lord,

बिनसै सगल संतापु ॥
binsai sagal santaap.
and all your troubles shall depart.

बैरी सिभ होविह मीत ॥
bairi sabh hoveh meet.
All your enemies will become friends.

निरमलु तेरा होवै चीत ॥२॥
nirmal tayraa hovai cheet. ||2||
Your consciousness shall be immaculate and pure. ||2||

सभ ते ऊतम इहु करमु ॥
sabh tay ootam ih karam.
This is the most exalted deed.

सगल धरम महि भूमेन धरमु ॥
sagal Dharam meh saraysat Dharam.
Of all faiths, this is the most sublime and excellent faith.
Meditating in remembrance on the Lord, you shall be saved.

You shall be rid of the burden of countless incarnations.

Your hopes shall be fulfilled,

and the noose of the Messenger of Death will be cut away.

So listen to the Guru's Teachings.

O Nanak, you shall be absorbed in celestial peace.

Honor the One, to whom everything belongs.
आपन लाहि गुमानु ॥ (896)
aapan laahi gumaan.
Leave your egotistical pride behind.

जिस का तू तिस का सभु कोइ ॥ (896)
jis kaa too tis kaa sabh ko-ay.
You belong to Him; everyone belongs to Him.

तिसहिर अराधि सदा सुखु होइ ॥१॥ (896)
tiseh araaDh sadaa sukh ho-ay. ||1||
Worship and adore Him, and you shall be at peace forever. ||1||

काहे भर्िम भर्मिह िबगाने ॥ (896)
kaahay bharam bharmeh bigaanay.
Why do you wander in doubt, you fool?

नाम िबना िकछु कािम न आवै मेरा मेरा किर बहुतु पछुताने ॥१॥ रहाउ ॥
naam binaa kichh kaam na aavai mayraa mayraa kar bahut pachhutaanay. ||1|| raha-o.
Without the Naam, the Name of the Lord, nothing is of any use at all. Crying out, 'Mine, mine', a great many have departed, regretfully repenting. ||1||Pause||

जो जो करै सोई मािन लेहु ॥ (896)
jo jo karai so-ee maan layho.
Whatever the Lord has done, accept that as good.

विनु माने रलि होविह खेह ॥ (896)
bin maanay ral hoveh khayh.
Without accepting, you shall mingle with dust.

तिस का भाणा लागी मीठा ॥ (896)
tis kaa bhaanaa laagai meethaa.
His Will seems sweet to me.
गुर परसाद विरले मन वूठा ॥२॥
By Guru’s Grace, He comes to dwell in the mind. ||2||

वेपरवाहु अगोचर आप ॥
He Himself is carefree and independent, imperceptible.

आठ पहर मन ता कउ जाप ॥
Twenty-four hours a day, O mind, meditate on Him.

जिस चित आए बिनसह दुखा ॥
When He comes into the consciousness, pain is dispelled.

हलित पलित तेरा ऊजल मुखा ॥३॥
Here and hereafter, your face shall be radiant and bright. ||3||

कउन कउन उधरे गुन गाई ॥
Who, and how many have been saved, singing the Glorious Praises of the Lord?

गनणु न जाई कीम न पाई ॥
They cannot be counted or evaluated.

बूड़त लोह साधसंग तरै ॥
Even the sinking iron is saved, in the Saadh Sangat, the Company of the Holy,
O Nanak, as His Grace is received. ||4||31||42||

In your mind, meditate on the Lord God.

This is the Teaching given by the Perfect Guru.

All fears and terrors are taken away,

and your hopes shall be fulfilled. ||1||

Service to the Divine Guru is fruitful and rewarding.

His value cannot be described; the True Lord is unseen and mysterious. ||1|| Pause||
He Himself is the Doer, the Cause of causes.

Meditate on Him forever, O my mind,

and continually serve Him.

You shall be blessed with truth, intuition and peace, O my friend.

My Lord and Master is so very great.

In an instant, He establishes and disestablishes.

There is no other than Him.

He is the Saving Grace of His humble servant.
Please take pity on me, and hear my prayer,

that Your servant may behold the Blessed Vision of Your Darshan.

Nanak chants the Chant of the Lord,

whose glory and radiance are the highest of all.

Reliance on mortal man is useless.

I have discarded all other hopes.
I have met with my carefree Lord and Master, the treasure of virtue. ||1||

Meditate on the Name of the Lord alone, O my mind.

Your affairs shall be perfectly resolved; sing the Glorious Praises of the Lord, Har, Har, Har, O my mind. ||1||Pause||

You are the Doer, the Cause of causes.

Your lotus feet, Lord, are my Sanctuary.

I meditate on the Lord in my mind and body.

The blissful Lord has revealed His form to me. ||2||

I seek His eternal support;
He is the Creator of all beings.

Remembering the Lord in meditation, the treasure is obtained.

At the very last instant, He shall be your Savior.

Be the dust of all men's feet.

Eradicate self-conceit, and merge in the Lord.

Night and day, meditate on the Naam, the Name of the Lord.

O Nanak, this is the most rewarding activity.

Raamkalee, Fifth Mehl:
kaaran karan kareem.
He is the Doer, the Cause of causes, the bountiful Lord.

sarab partipaal raheem.
The merciful Lord cherishes all.

alah alakh apaar.
The Lord is unseen and infinite.

khud khudaa-ay vad baysumaar.
God is great and endless. ||1||

ON namo bhagvant gusaa-ee.
I humbly pray to invoke the Universal Lord God, the Lord of the World.

khaalak rav rahi-aa sarab thaa-ee. ||1|| rahaa-o.
The Creator Lord is all-pervading, everywhere. ||1||Pause||

jagannaath jagjeavan maaDho.
He is the Lord of the Universe, the Life of the World.

bha-o bhanjan rid maahi araaDho.
Within your heart, worship and adore the Destroyer of fear.
रक्हेके स गोपाल गोविंद।
॥ (897)॥
The Master Rishi of the senses, Lord of the World, Lord of the Universe.

पूर्न सरबत्र मुकंद।
॥ ॥2॥
pooran sarbatra mukand. ||2||
He is perfect, ever-present everywhere, the Liberator. ||2||

भिम्हरवान मउला तूही एक।
॥ (897)॥
miharvaan ma-ulaa toohee ayk.
You are the One and only merciful Master,

पीर पैकांबर सेख।
॥ (897)॥
peer paikaaNbar saykh.
spiritual teacher, prophet, religious teacher.

दिला का मालकु करे हाकु।
॥ (897)॥
dilaa kaa maalak karay haak.
Master of hearts, Dispenser of justice,

कुरान कतेब ते पा०।
॥ ॥3॥
kuraan katayb tay paak. ||3||
more sacred than the Koran and the Bible. ||3||

नाराइं नरहर दाईं।
॥ (897)॥
aaraa-in narhar da-i-aal.
The Lord is powerful and merciful.

रमत राम घट घट आधार।
॥ (897)॥
ramat raam ghat ghat aaDhaar.
The all-pervading Lord is the support of each and every heart.
ਬਾਸੂਦੇਵ ਬਸਤ ਸਭ ਠਾਇ ॥ (897)
ਬਾਸੂਦੇਵ ਬਸਤ ਸਭ ਠਾਇ॥
baasudayv basat sabh thaa-ay.
The luminous Lord dwells everywhere.

ਲੀਲਾ ਿਕਛੁ ਲਖੀ ਨ ਜਾਇ ॥੪॥ (897)
ਲੀਲਾ ਿਕਛੁ ਲਖੀ ਨ ਜਾਇ॥
leelaa kichh lakhee na jaa-ay. ||4||
His play cannot be known. ||4||

ਮਹਾਰ ਦਿਆ ਕਿਰ ਕਰਸਨਹਾਰ ॥ (897)
ਮਹਾਰ ਦਿਆ ਕਿਰ ਕਰਸਨਹਾਰ॥
mihar da-i-aa kar karnaihaar.
Be kind and compassionate to me, O Creator Lord.

ਭਗਤ ਬੰਦਗੀ ਦੇਨੀ ਸੰਕਟਤਾਗ ॥ (897)
ਭਗਤ ਬੰਦਗੀ ਦੇਨੀ ਸੰਕਟਤਾਗ॥
bhagat bandagee deh sirjanhaar.
Bless me with devotion and meditation, O Lord Creator.

ਕਹੁ ਨਾਨਕ ਗੁਰ ਖ਼ੋਏ ਭਰਮ ॥ (897)
ਕਹੁ ਨਾਨਕ ਗੁਰ ਖ਼ੋਏ ਭਰਮ॥
kaho naanak gur kho-ay bharam.
Says Nanak, the Guru has rid me of doubt.

ਏਕੋ ਅਲਹੁ ਪਾਰਬਰਹਮ ॥੫॥੩੪॥੪੫॥ (897)
ਏਕੋ ਅਲਹੁ ਪਾਰਬਰਹਮ ॥੫॥੩੪॥੪੫॥
ayko alhu paarbrahm. ||5||34||45||
The Muslim God Allah and the Hindu God Paarbrahm are one and the same. ||5||34||45||

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥ (897)
ਰਾਮਕਲੀ ਮਹਲਾ ੫॥
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ਕੋਟੀ ਜਨਮ ਕੇ ਬਿਨਸੇ ਪਾਪ ॥ (897)
ਕੋਟੀ ਜਨਮ ਕੇ ਬਿਨਸੇ ਪਾਪ॥
kot janam kay binsay paap.
The sins of millions of incarnations are eradicated.
Har Har Japta Nahe Santeep. ||

When the Lord's lotus feet are enshrined in the mind, all terrible evils are taken away from the body. ||

Gopala Ko Jash Gaa-o Paraanee. ||

Sing the Praise of the Lord of the World, O mortal being.

The Unspoken Speech of the True Lord God is perfect. Dwelling upon it, one's light merges into the Light. ||

Hunger and thirst are totally quenched;

by the Grace of the Saints, meditate on the immortal Lord.

Night and day, serve God.
ਹਿਰ ਿਮਲਣੈ ਕੀ ਏਹ ਨੀਸਾਨੀ ॥੨॥
This is the sign that one has met with the Lord. ||2||

ਿਮਟੇ ਜੰਜਾਲ ਹੋਏ ਪਰ੍ਭ ਦਇਆਲ ॥
Worldly entanglements are ended, when God becomes merciful.

ਸੰਤ ਜਨਾ ਮਸਤਿਕ ਨੀਸਾਣੁ ॥
The foreheads of the Saintly people are marked with the Lord's insignia.

ਦਾਸ ਕੀ ਰੇਣੁ ਪਾਏ ਜੇ ਕੋਇ ॥
One who is blessed with the dust of the feet of the Lord's slave,
नानाक तिस की परम गित होइ ॥४॥३५॥४६॥
O Nanak, obtains the supreme status. ||4||35||46||

रामकली महला ५ ॥
Raamkalee mehlaa 5.

दरसन कउ जाईऐ कुरबानु ॥
Let yourself be a sacrifice to the Blessed Vision of the Lord's Darshan.

चरान कमल हिरदै धिर धियानु ॥
Focus your heart's meditation on the Lord's lotus feet.

धूर संतन की मसतिक लाई ॥
Apply the dust of the feet of the Saints to your forehead,

जनम जनम की दुरमित मलु जाइ ॥१॥
and the filthy evil-mindedness of countless incarnations will be washed off. ||1||

मिस भेटउ मिटे अभिगमु ॥
Meeting Him, egotistical pride is eradicated,

पारबर्हम सभ नद्री आवै विरव ब्रहम डवानु ॥१॥ उषि ॥
and you will come to see the Supreme Lord God in all. The Perfect Lord God has showered His Mercy. ||1||Pause||
ਗੁਰ ਕੀ ਕੀਰਿਤ ਜਪੀਐ ਹਿਰ ਨਾਊ ॥ (897)
This is the Guru's Praise, to chant the Name of the Lord.

ਗੁਰ ਕੀ ਭਗਤ ਸਦਾ ਗੁਣ ਗਾਊ ॥
This is devotion to the Guru, to sing forever the Glorious Praises of the Lord.

ਗੁਰ ਕੀ ਸੁਰੀਤ ਿਨਕਟ ਕਿਰ ਜਾਨੁ ॥
This is contemplation upon the Guru, to know that the Lord is close at hand.

ਗੁਰ ਬਣਾ ਸਿਟ ਕਿਰ ਮਾਨੁ ॥੨॥
Accept the Word of the Guru's Shabad as Truth. ||2||

ਗੁਰ ਬਚਨੀ ਸਮਸਿਰ ਸੁਖ ਦੂਖ ॥
Through the Word of the Guru's Teachings, look upon pleasure and pain as one and the same.

ਜਿਪ ਗੋਿਬੰਦੁ ਪੜਦੇ ਸਿਭ ਕਾਜੇ ॥੩॥
Meditate on the Lord of the Universe, and He will cover all your faults. ||3||
The Guru is the Supreme Lord God; the Guru is the Lord of the Universe.

The Guru is the Great Giver, merciful and forgiving.

One whose mind is attached to the Guru's feet,

O slave Nanak, is blessed with perfect destiny.

What supports you in this world?

The Lord is your only companion; no one knows His condition.
ਪੰਚ ਬਟਵਾਰੇ ਸੇ ਮੀਤ ਕਿਰ ਮਾਨਿਹ ॥੧॥
You look upon the five thieves as your friends. ||1||

ਮੇ ਭਵਤੇ ਸੇ ਮੀਤ ਕਿਰ ਮਾਨਿਹ ॥ (898)
so ghar sayv jit uDhrahi meet.
Serve that home, which will save you, my friend.

ਸੋ ਘਰੁ ਸੇਰਸੀ ਜਿਤਰ ਉਧਰੀ ਮੀਤ ॥
so ghar sayv jit uDhrahi meet.
Serve that home, which will save you, my friend.

ਰਾਚਾਊ ॥
raha-o.
Chant the Glorious Praises of the Lord of the Universe, day and night; in the Saadh Sangat, the Company of the Holy, love Him in your mind. ||1||Pause||

ਗੁਣ ਗੋਵੰਦ ਰਵੀਆਹ ਦੀਨੁ ਰਾਤੀ ਸਾਧਸੰਗ ਕਿਰ ਮਨ ਕੀ ਪਰ੍ਵੀਪਤ ॥੧॥ ਰਾਚਾਊ ॥
Chant the Glorious Praises of the Lord of the Universe, day and night; in the Saadh Sangat, the Company of the Holy, love Him in your mind. ||1||Pause||

ਜਨਮੂ ਬਹਾਨੋ ਅਹੰਕਾਰ ਅਰੁ ਵਾਵਾਤ ॥
This human life is passing away in egotism and conflict.

ਤਰੀ ਨ ਜਾਈ ਦੁਤਰ ਮਾਇਆ ॥੨॥
You cannot cross over the impassable sea of Maya. ||2||

ਕਾਮ ਨ ਆਵੈ ਸੁ ਕਾਰ ਕਮਾਵੈ ॥
You do the deeds which do not help you at all.
As you plant, so shall you harvest.

There is none other than the Lord to save you.

You will be saved, only if God grants His Grace.

Your Name, God, is the Purifier of sinners.

Please bless Your slave with that gift.

Please grant Your Grace, God, and emancipate me.

Nanak has grasped Your Sanctuary, God.

Raamkalee, Fifth Mehl:
ਇਹ ਲੋਕੇ ਸੁਖੁ ਪਾਇਆ ॥ (898)
ih lokay sukh paa-i-aa.
I have found peace in this world.

ਨਹੀ ਭੇਟਤ ਧਰਮ ਰਾਇਆ ॥ (898)
nahee bhaytat Dharam raa-i-aa.
I will not have to appear before the Righteous Judge of Dharma to give my account.

ਹਿਰ ਦਰਗਹ ਸੋਭਾਵੰਤ ॥ (898)
har dargeh sobhaavant.
I will be respected in the Court of the Lord,

ਫੁਿਨ ਗਰਿਭ ਨਾਹੀ ਬਸੰਤ ॥੧॥ (898)
fun garabh naahee basant. ||1||
and I will not have to enter the womb of reincarnation ever again. ||1||

ਜਾਨੀ ਸੰਤ ਕੀ ਿਮਤਰ੍ਾਈ ॥ (898)
jaanee sant kee mitraa-ee.
Now, I know the value of friendship with the Saints.

ਧੰਿਨ ਧੰਿਨ ਸੰਜੋਗੁ ਸਭਾਗਾ ॥ (898)
Dhan Dhan sanjog sabhaagaa.
Blessed, blessed is this fortunate time of union.

ਗੁਰ ਕੈ ਚਰਿਣ ਿਚਤੁ ਲਗਾ ॥ (898)
gur kai charan chit laagaa.
My consciousness is attached to the Guru's feet.

ਧੰਿਨ ਧੰਿਨ ਸੰਜੋਗੁ ਸਭਾਗਾ ॥ (898)
Dhan Dhan sanjog sabhaagaa.
Blessed, blessed is this fortunate time of union.
I have applied the dust of the Saints' feet to my forehead,

and all my sins and pains have been eradicated.

Performing true service to the Holy,

the mortal's mind is purified.

I have seen the fruitful vision of the Lord's humble slave.

God's Name dwells within each and every heart.

All my troubles and sufferings have been taken away;

I have merged into the One, from whom I originated.
The Lord of the Universe, incomparably beautiful, has become merciful.

O Nanak, God is perfect and forgiving.

Raamkalee, Fifth Mehl:

The tiger leads the cow to the pasture,

The shell is worth thousands of dollars,

and the elephant nurses the goat,

You are the treasure of mercy, O my Beloved Lord God.
I cannot even describe Your many Glorious Virtues. ||1||Pause||

The cat sees the meat, but does not eat it,

and the great butcher throws away his knife;

the Creator Lord God abides in the heart;

the net holding the fish breaks apart. ||2||

in the high desert, the beautiful lotus flower blooms.

The Divine True Guru puts out the fire.
He links His servant to His service. ||3||

He saves even the ungrateful;

my God is forever merciful.

He is forever the helper and support of the humble Saints.

Nanak has found the Sanctuary of His lotus feet. ||4||39||50||

God killed the five tigers.

He has driven out the ten wolves.
तीन आवरत की चूकी घेर ॥

The three whirl-pools have stopped spinning.

साधसंग चूके भै फेर ॥१॥

In the Saadh Sangat, the Company of the Holy, the fear of reincarnation is gone. ||1||

सिमार सिमार जीवा गोविंद ॥

Meditating, meditating in remembrance on the Lord of the Universe, I live.

कर किरपा राखिओ दासु अपना सदा सदा साचा बखिसंद ॥१॥ रहाउ ॥

In His Mercy, He protects His slave; the True Lord is forever and ever the forgiver. ||1||Pause||

दाझ गए तर्ण पाप सुमेर ॥

The mountain of sin is burnt down, like straw,

जप जप नामु पूजे पर्भ पैर ॥

by chanting and meditating on the Name, and worshipping God's feet.

अनद रूप पर्गिटओ सभ थान ॥

God, the embodiment of bliss, becomes manifest everywhere.

पर्य भगत जोरी सुख मान ॥२॥

Linked to His loving devotional worship, I enjoy peace. ||2||
I have crossed over the world-ocean, as if it were no bigger than a calf's footprint on the ground.

I shall never again have to endure suffering or grief.

The ocean is contained in the pitcher.

This is not such an amazing thing for the Creator to do.

When I am separated from Him, then I am consigned to the nether regions.

When He lifts me up and pulls me out, then I am enraptured by His Glance of Grace.

Vice and virtue are not under my control.

With love and affection, Nanak sings His Glorious Praises.
रामकली महला ५ ॥ (899)

Raamkalee, Fifth Mehl:

ना तनु तेरा ना मनु तोह ॥

Neither your body nor your mind belong to you.

माइआ मोहि बिआपिआ धोहि ॥

Attached to Maya, you are entangled in fraud.

कु दम करै गाडर जिउ छेल ॥

You play like a baby lamb.

अिचतु जालु कालु चकर्ु पेल ॥१॥

But suddenly, Death will catch you in its noose. ||1||

विच चतु वभल मवलिधि भर ॥ (899)

Seek the Sanctuary of the Lord's lotus feet, O my mind.

ङ्ख नामु जिप संिग सहाई गुरमुिख पाविह साचु धना ॥१॥ रहाउ ॥

Chant the Name of the Lord, which will be your help and support. As Gurmukh, you shall obtain the true wealth. ||1||Pause||

ऊने काज न होवत पूरे ॥ (899)

Your unfinished worldly affairs will never be resolved.
You shall always regret your sexual desire, anger and pride.

You act in corruption in order to survive,

but not even an iota will go along with you, you ignorant fool! ||2||

You practice deception, and you know many tricks;

for the sake of mere shells, you throw dust upon your head.

You never even think of the One who gave you life.

The pain of false greed never leaves you. ||3||

When the Supreme Lord God becomes merciful,
ਇਹੁ ਮਨੁ ਹੋਆ ਸਾਧ ਰਵਾਲ ॥ (899)

ih man ho-aa saaDh ravaal.
this mind becomes the dust of the feet of the Holy.

ਹਸਤ ਕਮਲ ਲਿੜ ਲੀਨੋ ਲਾਈ ॥ (899)

hasat kamal larih leeno laa-ay.
With His lotus hands, He has attached us to the hem of His robe.

ਨਾਨਕ ਸਾਚੈ ਸਾਿਚ ਸਮਾਇ ॥੪॥੪੧॥੫੨॥ (899)

naanak saachai saach samaa-ay. ||4||41||52||
Nanak merges in the Truest of the True. ||4||41||52||

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥ (899)

raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ਰਾਜਾ ਰਾਮ ਕੀ ਸਰਣਾਇ ॥ (899)

raajaa raam kee sarnaa-ay.
I seek the Sanctuary of the Sovereign Lord.

ਨੀਰਭੁਉ ਭਏ ਗੋਿਬੰਦ ਗੁਨ ਗਾਵਤ ਸਾਧਸੰਗ ਦੁਖੁ ਜਾਇ ॥੧॥ (899)

nirbha-o bha-ay gobind gun gaavat saaDhsang dukh jaa-ay. ||1||
I have become fearless, singing the Glorious Praises of the Lord of the Universe. In the Saadh Sangat, the Company of the Holy, my pains have been taken away. ||1||Pause||

ਤਾਂ ਵੇ ਤਮਭ ਘਮੈ ਭਗਤੀ ॥ (899)

jaa kai raam basai man mahee.
That person, within whose mind the Lord abides,

ਸੋ ਜਨੁ ਦੁਤਰੁ ਪੇਖਤ ਨਾਹੀ ॥ (899)

so jan dutar paykhat naahee.
does not see the impassible world-ocean.
ਸਗਲੇ ਕਾਜ ਸਵਾਰੇ ਅਪਨੇ ॥ (899)
saglay kaaj savaaray apnay.
All one's affairs are resolved,

ਵਿਵ ਵਿਵ ਹਰ ਹਰ ਰੰਗ ਹਿੱਡ ਸਧੇ ॥੧॥ (899)
har har naam rasan nit japnay. ||1||
by chanting continually the Name of the Lord, Har, Har. ||1||

ਤਿਮ ਦੇ ਭਾਮਵਾਂ ਹਰ ਹਰ ਪਣ ਦੇ ॥ (899)
jis kai mastak haath gur Dharai.
The Guru places His hand upon whos forehead,

ਸੋ ਦਾਸੁ ਅਦੇਸਾ ਕਾਹੇ ਕਰੈ ॥ (899)
so daas adaysaa kaahay karai.
why should that slave of Him feel any anxiety?

ਜਨਮ ਮਰਣ ਕੀ ਚੂਕੀ ਕਾਿਣ ॥ (899)
janam maran kee chookee kaan.
The fear of birth and death is dispelled;

ਪੂਰੇ ਗੁਰ ਊਪਿਰ ਕੁਰਬਾਣ ॥੨॥ (899)
pooray gur oopar kurbaan. ||2||
I am a sacrifice to the Perfect Guru. ||2||

ਗੁਰ ਪਰਮੇਸਰੁ ਭੇਿਟ ਨਿਹਾਲ ॥ (899)
gur parmaysar bhayt nihaal.
I am enraptured, meeting with the Guru, the Transcendent Lord.

ਸੋ ਦਰਸਨੁ ਪਾਏ ਜਿਸੁ ਹੋਈ ਦਅਈਆਲੁ ॥ (899)
so darsan paa-ay jis ho-ay da-i-aal.
He alone obtains the Blessed Vision of the Lord's Darshan, who is blessed by His Mercy.
One who is blessed by the Grace of the Supreme Lord God,
crosses over the terrifying world-ocean in the Saadh Sangat, the Company of the Holy.
Drink in the Ambrosial Nectar, O Beloved Holy people.
Your face shall be radiant and bright in the Court of the Lord.
Celebrate and be blissful, and abandon all corruption.
O Nanak, meditate on the Lord and cross over.
The fire runs away from the fuel.
The water runs away from the dust in all directions.

The feet are above, and the sky is beneath.

The ocean appears in the cup.

Such is our all-powerful dear Lord.

His devotees do not forget Him, even for an instant. Twenty-four hours a day, O mind, meditate on Him.

First comes the butter, and then the milk.

The dirt cleans the soap.

The fearless are afraid of fear.
The living are killed by the dead. ||2||

The visible body is hidden, and the etheric body is seen.

The Lord of the world does all these things.

The one who is cheated, is not cheated by the cheat.

With no merchandise, the trader trades again and again. ||3||

So join the Society of the Saints, and chant the Lord's Name.

So say the Simritees, Shaastras, Vedas and Puraanas.

Rare are those who contemplate and meditate on God.
ਨਾਨਕ ਤਾ ਕੀ ਪਰਮ ਗਿਤ ਹੋਇ ॥੪॥੪੩॥੫੪॥

O Nanak, they attain the supreme status. ||4||43||54||

ਰਾਮਕਲੀ ਭਗਲਾ ੫ ॥

Raamkalee, Fifth Mehl:

ਜੋ ਿਤਸੁ ਭਾਵੈ ਸੋ ਥੀਆ ॥

Whatever pleases Him happens.

ਸਦਾ ਸਦਾ ਹਿਰ ਕੀ ਸਰਣਾਈ ਪਰ੍ਭ ਿਬਨੁ ਨਾਹੀ ਆਨ ਬੀਆ ॥੧॥ ਰਹਾਉ ॥

Forever and ever, I seek the Sanctuary of the Lord. There is none other than God. ||1||Pause||

ਪੁਤੁ ਕਲਤਰੂ ਲਿਖਮੀ ਦੀਸੈ ਇਨ ਮਿਕਛੂ ਨ ਸੰਗ ਲੀਆ ॥

You look upon your children, spouse and wealth; none of these will go along with you.

ਿਬਖੈ ਠਗਉਰੀ ਖਾਇ ਭੁਲਾਨਾ ਮਾਇਆ ਮੰਦਰਿ ਿਤਆਿਗ ਗਇਆ ॥੧॥

Eating the poisonous potion, you have gone astray. You will have to go, and leave Maya and your mansions. ||1||

ਿਨੰਦਾ ਕਿਰ ਕਿਰ ਬਹੁਤੁ ਿਵਗੂਤਾ ਗਰਭ ਜੋਿਨ ਮਿਹ ਿਕਰਿਤ ਪਇਆ ॥

Slandering others, you are totally ruined; because of your past actions, you shall be consigned to the womb of reincarnation.

ਪੁਰਵ ਕਮਾਣੇ ਛੋਡਿਹ ਨਾਹੀ ਜਮਦੂਿਤ ਗਰ੍ਾਿਸਓ ਮਹਾ ਭਇਆ ॥੨॥

Your past actions will not just go away; the most horrible Messenger of Death shall seize you. ||2||
bolai jhooth kamaavai avraa tarisan na boojhai bahut ha-i-aa.
You tell lies, and do not practice what you preach. Your desires are not satisfied - what a shame.

asaaDh rog upji-aa sant dookhan dayh binaasee maha a-kha-i-aa. ||3||
You have contracted an incurable disease; slandering the Saints, your body is wasting away; you are utterly ruined. ||3||

jineh nivaajay tin hee saajay aapay keenay sant ja-i-aa.
He embellishes those whom He has fashioned. He Himself gave life to the Saints.

raanak daas kanth laa-ay raakhay kar kirpa paarbarahm ma-i-aa. ||4||44||55||
O Nanak, He hugs His slaves close in His Embrace. Please grant Your Grace, O Supreme Lord God, and be kind to me as well. ||4||44||55||

Raamkalee, Fifth Mehl:

aisaa pooraa gurday-o sahaa-ee.
Such is the Perfect Divine Guru, my help and support.

jaa kaa simran birthaa na jaa-ee. ||1|| rahaa-o.
Meditation on Him is not wasted. ||1||Pause||

darsan paykhat ho-ay nihaal.
Gazing upon the Blessed Vision of His Darshan, I am enraptured.
The dust of His feet snaps the noose of Death.

His lotus feet dwell within my mind,

and so all the affairs of my body are arranged and resolved. ||1||

One upon whom He places His Hand, is protected.

My God is the Master of the masterless.

He is the Savior of sinners, the treasure of mercy.

Forever and ever, I am a sacrifice to Him. ||2||

One whom He blesses with His Immaculate Mantra,
tajeh bikaar binsai abhimaan.
renounces corruption; his egotistical pride is dispelled.

Meditate on the One Lord in the Saadh Sangat, the Company of the Holy.

Sins are erased, through the love of the Naam, the Name of the Lord. ||3||

The Guru, the Transcendent Lord, dwells among all.

The treasure of virtue pervades and permeates each and every heart.

Please grant me the Blessed Vision of Your Darshan;

O God, I place my hopes in You. Nanak continually offers this true prayer. ||4||45||56||

Raag Raamkalee, Fifth Mehl, Second House, Du-Padas:
One Universal Creator God. By The Grace Of The True Guru:

**Gaavhu Ram Kay Gun Geet.**

Sing the songs of Praise of the Lord.

**Naam Japat Param Sukh Paa Aavaa Ga-On Mitai Mayray Meet.**

Chanting the Naam, the Name of the Lord, total peace is obtained; coming and going is ended, my friend.

**Gun Gaavat Hovat Pargas.**

Singing the Glorious Praises of the Lord, one is enlightened.

**Charan Kamal Meh Ho-Ay Nivaas.**

and comes to dwell in His lotus feet.

**Santsangat Meh Ho-Ay UDhaar.**

In the Society of the Saints, one is saved.

**Naanak Bhavjale Utras Paar.**

O Nanak, he crosses over the terrifying world-ocean.

**Raamkalee Mehla 5.**

Raamkalee, Fifth Mehl:
ਮੁੱਖ ਧੂਕ ਮੇਲ਼ ਧੂਕ ਧੂਕ || (901)
ਗੁਰ ਪੂਰਾ ਮੇਰਾ ਸੁੱਤ ਪੂਰਾ ||
gur pooraa mayraa gur pooraa.
My Guru is perfect, my Guru is perfect.

ਰਾਮ ਨਾਮ ਜਿਪ ਸੁਹੇਲੇ ਸਗਲ ਬਿਨਾਸੇ ਰੋਗ ਕੂਰਾ ||੧|| ਰਹਾਉ || (901)
raam naam jap sadaa suhaylay sagal binaasay rog kooraa. ||1|| raha-o.
Chanting the Lord's Name, I am always at peace; all my illness and fraud is dispelled.
||1||Pause||

ਐਕ ਅਰਾਧਹੁ ਸਾਚਾ ਸੋੀ || (901)
ayk aaraaDhahu saachaa so-ay.
Worship and adore that One Lord alone.

ਜਾ ਕੀ ਸਰਿਨ ਸਦਾ ਸੁਖੁ ਹੋਇ ||੧|| (901)
jaa kee saran sadaa sukh ho-ay. ||1||
In His Sanctuary, eternal peace is obtained. ||1||

ਨੀਦ ਸੁਹੇਲੀ ਨਾਮ ਕੀ ਲਾਗੀ ਭੂਖ || (901)
need suhaylee naam kee laagee bhookh.
One who feels hunger for the Naam sleeps in peace.

ਹਿਰ ਸਾਮਰਤ ਬਿਨਾਸੇ ਸਭ ਦੂਖ ||੨|| (901)
har simrat binsay sabh dookh. ||2||
Meditating in remembrance on the Lord, all pains are dispelled. ||2||

ਸਹਿਜ ਅਨੰਦ ਕਰਹੁ ਮੇਰੇ ਭਾਈ || (901)
sahj anand karahu mayray bhaa-ee.
Enjoy celestial bliss, O my Siblings of Destiny.

ਗੁਰ ਪੂਰਾ ਸਭ ਚਿੱਤ ਮੀਟਾਈ ||੩|| (901)
gur poorai sabh chint mitaa-ee. ||3||
The Perfect Guru has eradicated all anxiety. ||3||
Twenty-four hours a day, chant God's Chant.

O Nanak, He Himself shall save you.

Raag Raamkalee, Fifth Mehl, Partaal, Third House:

One Universal Creator God. By The Grace Of The True Guru:

I humbly bow to the Lord, the Supreme Being.

The One, the One and Only Creator Lord permeates the water, the land, the earth and the sky. ||1||Pause||

Over and over again, the Creator Lord destroys, sustains and creates.

He has no home; He needs no nourishment. ||1||
The Naam, the Name of the Lord, is deep and profound, strong, poised, lofty, exalted and infinite.

He stages His plays; His Virtues are priceless. Nanak is a sacrifice to Him. ||2||1||59||

You must abandon your beauty, pleasures, fragrances and enjoyments; beguiled by gold and sexual desire, you must still leave Maya behind. ||1||Pause||

You gaze upon billions and trillions of treasures and riches, which delight and comfort your mind,

but these will not go along with you. ||1||

Entangled with children, spouse, siblings and friends, you are enticed and fooled; these pass like the shadow of a tree.
Nanak seeks the Sanctuary of His lotus feet; He has found peace in the faith of the Saints.

Raamkalee, Fifth Mehl, Ashtapadees:

One Universal Creator God. By The Grace Of The True Guru:

I am meek; I worship and adore the Lord, Har, Har.

I place my faith in You alone, O Beloved Lord.
आन न जाना वेसा ॥१॥ रहाउ ॥
I do not know any other way. ||1||Pause||

किही गरीहु तजि वण खंड पाइआ ॥
kineer garihu taj van khand paa-i-aa. Some abandon their homes, and live in the forests.

किही मोनि अउधूतु सदाइआ ॥
kineer mon a-uDhoot sadaa-i-aa. Some put themselves on silence, and call themselves hermits.

कोई कहतउ अनंिन भगउती ॥
ko-ee kahta-o annan bhag-utee. Some claim that they are devotees of the One Lord alone.

मोहि दीन हिर हिर ओट लीती ॥२॥
mohi deen har har ot leetee. ||2|| I am meek; I seek the shelter and support of the Lord, Har, Har. ||2||

किही कहिआ हउ तीरथ वासी ॥
kineer kahi-aa ha-o tirath vaasee. Some say that they live at sacred shrines of pilgrimage.

कोई अंनु तजि भइआ उदासी ॥
koe-ee ann taj bha-i-aa udaasee. Some refuse food and become Udaasis, shaven-headed renunciates.

किही भवं सभ धरती करिआ ॥
kineer bhavan sabh Dhartee kari-aa. Some have wandered all across the earth.
I am meek; I have fallen at the door of the Lord, Har, Har. ||3||

Some say that they belong to great and noble families.

Some say that they have the arms of their many brothers to protect them.

Some say that they have great expanses of wealth.

I am meek; I have the support of the Lord, Har, Har. ||4||

Some dance, wearing ankle bells.

Some fast and take vows, and wear malas.

Some apply ceremonial tilak marks to their foreheads.
ਮੋਿਹ ਦੀਨ ਹਿਰ ਹਿਰ ਹਿਰ ਿਧਆਇਆ ॥੫॥
I am meek; I meditate on the Lord, Har, Har, Har. ||5||

ਵਿਰਭੀ ਮਿਧ ਬਰੂ ਲੇਟਾਗਾਛੇ ॥ (913)
Some work spells using the miraculous spiritual powers of the Siddhas.

ਵਿਰਭੀ ਬਰੂ ਘਾਟ ਬਣਾਏ ॥ (913)
Some wear various religious robes and establish their authority.

ਵਿਰਭੀ ਉੱਂਤ ਮੰਤ ਬਣਾਏ ॥ (913)
Some perform Tantric spells, and chant various mantras.

ਵੇਸ਼ੀ ਬਰਾਬਰ ਬਰਾਬਰ ਪ੍ਰੇਕਾਂ ॥ (913)
One calls himself a wise Pandit, a religious scholar.

ਵੇਸ਼ੀ ਧਾਰਮ ਸਧਾਰ ਸਹਿਤ ਮੰਡਿਤ ॥ (913)
One performs the six rituals to appease Shiva.

ਵੇਸ਼ੀ ਬਰੀ ਆਚਾਰ ਸੁਕਾਰਨੀ ॥ (913)
One maintains the rituals of pure lifestyle, and does good deeds.
ਮੋਿਹ ਦੀਨ ਹਿਰ ਹਿਰ ਹਿਰ ਸਰਣੀ ॥੭॥

I am meek; I seek the Sanctuary of the Lord, Har, Har, Har. ||7||

ਸਗਲੇ ਕਰਮ ਧਰਮ ਜੁਗ ਸੋਧੇ ॥

I have studied the religions and rituals of all the ages.

ਬੂझੀ ਿਤਰ੍ਸਨਾ ਮਹਾ ਸੀਤਲਾਈਆ ॥੮॥੧॥

my thirsty desires were satisfied, and I was totally cooled and soothed. ||8||1||

ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥

Raamkalee, Fifth Mehl:

ਬੋਗ ਧਰਮਾਂ ਤੇ ਸਧ ਸਾਧ ਸੰਗਤ ਪਾਈਆ ॥

Says Nanak, when I found the Saadh Sangat, the Company of the Holy,

ਮਾਟੀ ਕਾ ਲੇ ਦੇਹ ਕਿਰਾਈਆ ॥

From clay, He fashioned your body.
उकित जोित लै सुरित परीिख� ॥ (913)
He blessed you with the light of reason and clear consciousness.

मात गराब महि जिनि तू राखिआ ॥ १ ॥
In your mother's womb, He preserved you. ||1||

सगले छोिड बीचार मना ॥१॥ रहाउ ॥
Give up all others thoughts, O mind. ||1||Pause||

िजिन दीए तुधु बाप महतारी ॥ (913)
He gave you your mother and father;

िजिन दीए भर्ात पुत हारी ॥ (913)
he gave you your charming children and siblings;

िजिन दीए तुधु बनिता अर मीता ॥ (913)
he gave you your spouse and friends;

तिस ठाकु र कउ रिख लेहु चीता ॥२॥ (913)
enshrine that Lord and Master in your consciousness. ||2||
ਿਜਿਨ ਦੀਆ ਤੁਧੁ ਪਵਨੁ ਅਮੋਲਾ ॥ (913)
jin dee-aa tuDh pavan amolaa.
He gave you the invaluable air;

ਿਜਿਨ ਦੀਆ ਤੁਧੁ ਨੀਰੁ ਨੀਰਨਾ ਕੁ ਯ਼ਾਵਾ ॥ (913)
jin dee-aa tuDh neer nirmola.
He gave you the priceless water;

ਿਜਿਨ ਦੀਆ ਤੁਧੁ ਪਾਵਕੁ ਬਲਨਾ ॥ (913)
jin dee-aa tuDh paavak balnaa.
He gave you burning fire;

ਿਤਸੁ ਠਾਕੁ ਰ ਕੀ ਰਹੁ ਮਨ ਸਰਨਾ ॥੩॥ (913)
tis thaakur kee rahu man sarnaa. ||3||
let your mind remain in the Sanctuary of that Lord and Master. ||3||

ਛਤੀਹ ਅੰਿਮਰ੍ਤ ਿਜਿਨ ਭੋਜਨ ਦੀਏ ॥ (913)
chhateeh amrit jin bhojan dee-ay.
He gave you the thirty-six varieties of tasty foods;

ਅੰਤਿਰ ਥਾਨ ਠਹਰਾ ਵਾਲਨਾ ਕੁ ਕੀਏ ॥ (913)
antar thaan thehraavan ka-o kee-ay.
He gave you a place within to hold them;

ਬਸੁਧਾ ਦੀਆ ਜਰਨਾ ਤਟਾਵਾ ਕੁ ਕੀਏ ॥ (913)
basuDhaa dee-o barten balnaa.
He gave you the earth, and things to use;

ਿਤਸੁ ਠਾਕੁ ਰ ਕੀ ਚਿਤ ਰਖੁ ਚਰਨਾ ॥੪॥ (913)
tis thaakur kee chit rakh charnaa. ||4||
enshrine in your consciousness the feet of that Lord and Master. ||4||
paykhan ka-o naytar sunan ka-o karnaa.  
He gave you eyes to see, and ears to hear;

hasat kamaavan baasan rasnaa.  
He gave you hands to work with, and a nose and a tongue;

charan chalan ka-o sir keeno mayraa.  
He gave you feet to walk upon, and the crowning glory of your head;

man thakur kay poojahu pairaa.  ||5||  
O mind, worship the Feet of that Lord and Master.  ||5||

apvitar pavitar jin too kari-aa.  
He transformed you from impure to pure;

sagal jon meh too sir Dhari-aa.  
He installed you above the heads of all creatures;

ab too seejh bhaavai nahee seejhai.  
now, you may fulfill your destiny or not;

kaaraj savrai man parabh Dhi-aa-eejai.  ||6||  
Your affairs shall be resolved, O mind, meditating on God.  ||6||
Here and there, only the One God exists.

Wherever I look, there You are.

My mind is reluctant to serve Him;

forgetting Him, I cannot survive, even for an instant.

I am a sinner, without any virtue at all.

I do not serve You, or do any good deeds.

By great good fortune, I have found the boat - the Guru.

Slave Nanak has crossed over, with Him.
ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥ (913)
raamkalee mehlaa 5.
Raamkalee, Fifth Mehl:

ਕਾਹੂ ਿਬਹਾਵੈ ਰੰਗ ਰਸ ਰੂਪ ॥ (913)
kaahoo bihaavai rang ras roop.
Some pass their lives enjoying pleasures and beauty.

ਕਾਹੂ ਿਬਹਾਵੈ ਮਾਇ ਬਾਪ ਪੂਤ ॥ (914)
kaahoo bihaavai maa-ay baap poot.
Some pass their lives with their mothers, fathers and children.

ਕਾਹੂ ਿਬਹਾਵੈ ਰਾਜ ਿਮਲਖ ਵਾਪਾਰਾ ॥ (914)
kaahoo bihaavai raaj milakh vaapaaraa.
Some pass their lives in power, estates and trade.

ਸੰਤ ਿਬਹਾਵੈ ਹਿਰ ਨਾਮ ਅਧਾਰਾ ॥੧॥ (914)
sant bihaavai har naam aDhaaraa. ||1||
The Saints pass their lives with the support of the Lord's Name. ||1||

ਰਚਨਾ ਸਾਚੁ ਬਨੀ ॥ (914)
rachnaa saach banee.
The world is the creation of the True Lord.

ਮੰਡ ਬਾ ਠੰਦੁ ਵਲੀ ॥੧੧॥ ਦੰਦੁ ॥ (914)
sabh kaa ayk Dhanee. ||1||-rahaa-o.
He alone is the Master of all. ||1||Pause||

ਕਾਹੂ ਿਬਹਾਵੈ ਬੇਦ ਅਰ ਬਾਿਦ ॥ (914)
kaahoo bihaavai bayd ar baad.
Some pass their lives in arguments and debates about scriptures.
Some pass their lives tasting flavors.

Some pass their lives attached to women.

The Saints are absorbed only in the Name of the Lord.

Some pass their lives getting drunk.

Some pass their lives stealing the property of others.

The humble servants of the Lord pass their lives meditating on the Naam.

Some pass their lives in Yoga, strict meditation, worship and adoration.
Some, in sickness, sorrow and doubt.

Some pass their lives practicing control of the breath.

Some pass their lives singing the Lord's Praises. ||4||

Some pass their lives on the fields of battle.

Some pass their lives teaching children.

Some pass their lives as actors, acting and dancing.
Some pass their lives taking the lives of others.

Some pass their lives ruling by intimidation.

The Saints pass their lives chanting the Lord's Praises.

Some pass their lives counseling and giving advice.

Some pass their lives forced to serve others.

Some pass their lives exploring life's mysteries.

As the Lord attaches us, so we are attached.
No one is foolish, and no one is wise.

To those who are blessed by His Grace to receive His Name,

Nanak is a sacrifice, a sacrifice to them.

Even in a forest fire, some trees remain green.

The infant is released from the pain of the mother's womb.

Meditating in remembrance on the Naam, the Name of the Lord, fear is dispelled.

Just so, the Sovereign Lord protects and saves the Saints.
Such is the Merciful Lord, my Protector.

wherever I look, I see You cherishing and nurturing.

as thirst is quenched by drinking water;

as the bride blossoms forth when her husband comes home;

as wealth is the support of the greedy person -

just so, the humble servant of the Lord loves the Name of the Lord, Har, Har.

as the farmer protects his fields;

as the mother and father show compassion to their child;
प्रीतम देख प्रीतम मिल जाइ ॥ (914)
pareetam daykh pareetam mil jaa-ay.
as the lover merges on seeing the beloved;

जिउ धरि जन राख धरि लाई ॥३॥
ti-o har jan raakhai kanth laa-ay. ||3||
just so does the Lord hug His humble servant close in His Embrace. ||3||

तिउ अंधुले पेखछ अनंद ॥ (914)
ji-o anDhulay paykhat ho-ay anand.
As the blind man is in ecstasy, when he can see again;

गूंगा बकत गावै बहु छंद ॥ (914)
goongaa bakat gaavai baho chhand.
and the mute, when he is able to speak and sing songs;

पिङ्गुल परबट परट पार ॥ (914)
pingul parbat paratay paar.
and the cripple, being able to climb over the mountain -

हिर कै नाम सगल उधार ॥४॥ (914)
har kai naam sagal uDhaar. ||4||
just so, the Name of the Lord saves all. ||4||

जिउ पावक संग सीत को नास ॥ (914)
ji-o paavak sang seet ko naas.
As cold is dispelled by fire,

ऐसे पराचछत संतसंग विनास ॥ (914)
aisay paraachhat satsang binaas.
sins are driven out in the Society of the Saints.
As cloth is cleaned by soap,

As the chakvi bird longs for the sun,

As the rainbird thirsts for the rain drop,

As the deer's ears are attuned to the sound of the bell,

the Lord's Name is pleasing to the mind of the Lord's humble servant. ||6||

By Your Grace, we love You.

When You show Mercy, then You come into our minds.
da-i-aa Dhaaree tin Dhaaranhaar.
When the Support of the earth granted His Grace,
then I was released from my bonds. ||7||
sabh than daykhay nain alo-ay.
I have seen all places with my eyes wide open.
There is no other than Him.
bharam bhai chhootay gur parsaad.
Doubt and fear are dispelled, by Guru's Grace.
Nanak sees the wondrous Lord everywhere. ||8||4||
Raamkalee, Fifth Mehl:
All beings and creatures that are seen, God, depend on Your Support. ||1||
ਇਹੁ ਮਨੁ ਹਿਰ ਕੈ ਨਾਿਮ ਉਧਾਰਨਾ ॥੧॥ ਰਹਾਉ ॥ (915)

In an instant, He establishes and disestablishes, by His Creative Power. All is the Creation of the Creator. ||2||

ਿਖਨ ਮਿਹ ਥਾਿਪ ਉਥਾਪੇ ਕੁਦਰਿਤ ਸਿਭ ਕਰਤੇ ਕੇ ਕਾਰਨਾ ॥੨॥ (915)

In an instant, He establishes and disestablishes, by His Creative Power. All is the Creation of the Creator. ||2||

ਕਾਮੁ ਕਰ्ोਧੁ ਲੋਭ ਝੂਠ ਿਨੰਦਾ ਸਾਧੂ ਸਿਂਗ ਿਬਦਾਰਨਾ ॥੩॥ (915)

Sexual desire, anger, greed, falsehood and slander are banished in the Saadh Sangat, the Company of the Holy. ||3||

ਨਾਮੁ ਜਪਤ ਮਨੁ ਿਨਰਮਲ ਹੋਵੈ ਸੂਖੇ ਸੂਿਖ ਗੁਦਾਰਨਾ ॥੪॥ (915)

Chanting the Naam, the Name of the Lord, the mind becomes immaculate, and life is passed in absolute peace. ||4||

ਭਗਤ ਸਰਿਣ ਜੋ ਆਵੈ ਪਰ੍ਾਣੀ ਿਤਸੁ ਈਹਾ ਊਹਾ ਨ ਹਾਰਨਾ ॥੫॥ (915)

That mortal who enters the Sanctuary of the devotees, does not lose out, here or hereafter. ||5||

ਸੂਖ ਦੂਖ ਇਸੁ ਮਨ ਕੀ ਿਬਰਥਾ ਤੁਮ ਹੀ ਆਗੈ ਸਾਰਨਾ ॥੬॥ (915)

Pleasure and pain, and the condition of this mind, I place before You, Lord. ||6||

ਅਨਕ ਬਾਰ ਕੋਟਿ ਜਨ ਉਪਰੀ ਨਾਨਕੁ ਵੇਂ ਵਾਰਨਾ ॥੭॥ (915)

So many millions of times, Nanak is a sacrifice to Your humble servants. ||8||5||
One Universal Creator God. By The Grace Of The True Guru:

Receiving the Blessed Vision of His Darshan, all sins are erased, and He unites me with the Lord.

My Guru is the Transcendent Lord, the Giver of peace.

He implants the Naam, the Name of the Supreme Lord God within us; in the end, He is our help and support.

The source of all pain within is destroyed; I apply the dust of the feet of the Saints to my forehead.

In an instant, He purifies the sinners, and dispels the darkness of ignorance.

The Lord is all-powerful, the Cause of causes. Nanak seeks His Sanctuary.
ਬੰਧਨ "ਤੋਿੜਚਰਨ ਕਮਲਿਦਰ੍ੰਾਏਏਕਸਬਿਦਿਲਵਲਾਈ॥੫॥"

Shattering the bonds, the Guru implants the Lord's lotus feet within, and lovingly attunes us to the One Word of the Shabad. ||5||

ਆੰਧਕੂਪਿਬਿਖਾਤੇਕਾਿਢਫ਼ਾਚਸਬਿਦੱਲਵਲਾਈ॥੬॥

He has lifted me up, and pulled me out of the deep, dark pit of sin; I am attuned to the True Shabad. ||6||

ਜਨਮਮਰਣਕਾਸਹਸਾਚੂਕਾਬਾਹੁਿੜਕਤਹੁਨਧਾਈ॥੭॥

The fear of birth and death is taken away; I shall never wander again. ||7||

ਨਾਮਰਸਾਇਣਇਹੁਮਨਰਾਤਾਅਿਮਰ੍ਤੁਪੀਤਰ੍ਪਤਾਈ॥੮॥

This mind is imbued with the sublime elixir of the Naam; drinking in the Ambrosial Nectar, it is satisfied. ||8||

ਸੰਤਸੰਿਗਿਮਿਲਕੀਰਤਨੁਗਾਇਆਿਨਹਚਲਵਿਸਆਜਾਈ॥੯॥

Joining the Society of the Saints, I sing the Kirtan of the Lord's Praises; I dwell in the eternal, unchanging place. ||9||

ਪੂਰੈਗੁਰਪੂਰੀਮੱਤਦੀਨੀਹਿਰਿਬਨੁਆਨਨਭਾਈ॥੧੦॥

The Perfect Guru has given me the perfect teachings; there is nothing except the Lord, O Siblings of Destiny. ||10||

ਨਾਮੁਿਨਧਾਨੁਪਾਇਆਵਡਭਾਗੀਨਾਨਕਨਰਿਕਨਜਾਈ॥੧੧॥

I have obtained the treasure of the Naam, by great good fortune; O Nanak, I shall not fall into hell. ||11||
Clever tricks have not worked for me; I shall act according to the Instructions of the Perfect Guru.

He is chanting, intense meditation, austere self-discipline and purification. He Himself acts, and causes us to act.

In the midst of children and spouse, and utter corruption, the True Guru has carried me across.

You Yourself take care of Your beings; You Yourself attach them to the hem of Your robe.

I have built the boat of true Dharmic faith, to cross over the terrifying world-ocean.

The Lord Master is unlimited and endless; Nanak is a sacrifice, a sacrifice to Him.

Being of Immortal Manifestation, He is not born; He is self-existent; He is the Light in the darkness of Kali Yuga.
He is the Inner-knower, the Searcher of hearts, the Giver of souls; gazing upon Him, I am satisfied and fulfilled. ||19||

He is the One Universal Creator Lord, immaculate and fearless; He is permeating and pervading all the water and the land. ||20||

He blesses His devotees with the Gift of devotional worship; Nanak longs for the Lord, O my mother. ||21||1||6||

Study the Word of the Shabad, O beloveds. It is your anchoring support in life and in death.

Your face shall be radiant, and you will be at peace forever, O Nanak, meditating in remembrance on the One Lord. ||1||
ਮਨੁ ਤਨੁ ਰਾਤਾ ਰਾਮ ਿਪਆਰੇ ਹਿਰ ਪਰ੍ੇਮ ਭਗਤ ਬਿਣ ਆਈ ਸੰਤਹੁ ॥੧॥ (916)

My mind and body are imbued with my Beloved Lord; I have been blessed with loving devotion to the Lord, O Saints. ||1||

ਸਿਤਗੁਿਰ ਖੇਪ ਿਨਬਾਹੀ ਸੰਤਹੁ ॥ (916)

The True Guru has approved my cargo, O Saints.

ਹਿਰ ਨਾਮੁ ਲਾਹਾ ਦਾਸ ਕਉ ਦੀਆ ਸਗਲੀ ਿਤਰ੍ਸਨ ਉਲਾਹੀ ਸੰਤਹੁ ॥੧॥ ਰਹਾਉ ॥ (916)

He has blessed His slave with the profit of the Lord's Name; all my thirst is quenched, O Saints. ||1|| Pause||

ਖੋਜਤ ਖੋਜਤ ਲਾਲੁ ਇਕੁ ਪਾਇਆ ਹਿਰ ਕੀਮਿਤ ਕਹਣੁ ਨ ਜਾਈ ਸੰਤਹੁ ॥੨॥ (916)

Searching and searching, I have found the One Lord, the jewel; I cannot express His value, O Saints. ||2||

ਚਰਨ ਕਮਲ ਿਸਉ ਲਾਗੋ ਿਸਾਚਾ ਦਰਿਸ ਸਮਾੀ ਸੰਤਹੁ ॥੩॥ (916)

I focus my meditation on His Lotus Feet; I am absorbed in the True Vision of His Darshan, O Saints. ||3||

ਗੁਣ ਗਾਵਤ ਗਾਵਤ ਭਏ ਿਨਹਾਲਾ ਹਿਰ ਸਿਮਰਤ ਿਤਰਪਿਤ ਅਘਾਈ ਸੰਤਹੁ ॥੪॥ (916)

Singing, singing His Glorious Praises, I am enraptured; meditating in remembrance on the Lord, I am satisfied and fulfilled, O Saints. ||4||

ਆਤਮ ਰਾਮੁ ਰਿਵਆ ਸਭ ਅੰਤੰਤ ਕਤ ਆਂਤ ਜਾਈ ਸੰਤਹੁ ॥੫॥ (916)

The Lord, the Supreme Soul, is permeating within all; what comes, and what goes, O Saints? ||5||
At the very beginning of time, and throughout the ages, He is, and He shall always be; He is the Giver of peace to all beings, O Saints. ||6||

He Himself is endless; His end cannot be found. He is totally pervading and permeating everywhere, O Saints. ||7||

Nanak: the Lord is my friend, companion, wealth, youth, son, father and mother, O Saints. ||8||2||7||

In thought, word and deed, I contemplate the Lord's Name. ||1||Pause||

The horrible world-ocean is very treacherous; O Nanak, the Gurmukh is carried across. ||1||rahaa-o.

Inwardly, peace, and outwardly, peace; meditating on the Lord, evil tendencies are crushed. ||1||
jis tay laagay tineh nivaaray parabh jee-o apnee kirpaa Dhaaree. ||2||
He has rid me of what was clinging to me; my Dear Lord God has blessed me with His Grace. ||2||

uDhray sant paray har sarnee pach binsay mahaa aha\textsuperscript{n}kaaree. ||3||
The Saints are saved, in His Sanctuary; the very egotistical people rot away and die. ||3||

saaDhoo sangat ih fal paa-i-aa ik kayval naam aDhaaree. ||4||
In the Saadh Sangat, the Company of the Holy, I have obtained this fruit, the Support of the One Name alone. ||4||

na ko-ee soor nu ko-ee heenaa sabh pargatee jot tum\textsuperscript{H}aaree. ||5||
No one is strong, and no one is weak; all are manifestations of Your Light, Lord. ||5||

tum\textsuperscript{H} samrath akath agochar ravi-aa ayk muraaree. ||6||
You are the all-powerful, indescribable, unfathomable, all-pervading Lord. ||6||

keemat ka-un karay tayree kartay parbh ant na paaraavaaree. ||7||
Who can estimate Your value, O Creator Lord? God has no end or limitation. ||7||

naam daan naanak vadi-aa-ee tayri-aa sant janaa raynaaree. ||8||3||8||22||
Please bless Nanak with the glorious greatness of the gift of the Naam, and the dust of the feet of Your Saints. ||8||3||8||22||

raamkalee mehlaa 5 chhant
Raamkalee, Fifth Mehl, Chhant:
One Universal Creator God. By The Grace Of The True Guru:

Friend, my Friend - standing so near to me is my Friend!

Beloved is the sweetest ambrosial nectar.

He is with all, but he cannot be found; the fool does not know His taste.

Says Nanak, without the Guru, he cannot understand the Lord, the Friend who is standing near everyone. ||1||

God, my God - the Support of the breath of life is my God.
ਕਰਪਾਲਾ ਮੇਰੇ ਕਰਪਾਲਾ ਦਾਨ ਦਾਤਾਰਾ ਮੇਰੇ ਕਰਪਾਲਾ ॥ (924)

 kirpaalaa mayray kirpaalaa daan daataaraa mayray kirpaalaa.
Merciful Lord, my Merciful Lord - the Giver of gifts is my Merciful Lord.

ਦਾਨ ਦਾਤਾਰਾ ਅਪਰ ਅਪਾਰਾ ਘਟ ਘਟ ਅੰਤਿਰ ਸੋਹਿਨਆ ॥ (924)

daan daataaraa apar apaaraa ghat ghat antar sohni-aa.
The Giver of gifts is infinite and unlimited; deep within each and every heart, He is so beautiful!

ਇਕ ਦਾਸੀ ਧਾਰੀ ਸਵਲ ਪਸਾਰੀ ਜੀਅ ਜੰਤ ਲਈ ਮੋਹਿਨਆ ॥ (924)

ik daasee Dhaaree sabal pasaaree jee-a jant lai mohni-aa.
He created Maya, His slave, so powerfully pervasive - she has enticed all beings and creatures.

ਵਾਹ ਰਾਹੁ ਸੁਘੜ ਸੁਜਾਨਾ ਸਦ ਪਰਧਾਨਾ ਅਂਦੀਰੂ ਹਿਰ ਕਾ ਨਾਮਾ ॥ (924)

vaah rauhu sugharh sujaanaa sad parDhaanaa andirh har kaa naamaa.
All-wise and all-knowing, and forever supreme; the Name of the Lord is Ambrosial Nectar.
Those who have such pre-ordained destiny recorded upon their foreheads, taste it, and are satisfied with the Lord of the Universe.

They meditate on Him, and find Him; they place all their pride in Him.

Says Nanak, He is seated on His eternal throne; True is His royal court.

The song of joy, the Lord's song of joy; listen to the song of joy of my God.

The wedding song, God's wedding song; the unstruck sound current of His wedding song resounds.

Meditating on that God, everything is obtained; He does not die, or come or go.
कहू नानक घिर पर्भ मेरे कै िनत िनत मंगलु सुनीऐ ॥४॥१॥

Says Nanak, in the Home of my God, the songs of joy are continuously, continually heard. ||4||1||

रामकली महला ५ ॥ (925)

raamkalee mehlaa 5.
Raamkalee Fifth Mehl:

हिर हिर िधआइ मना िखनु न िवसारीऐ ॥

Meditate on the Lord, Har, Har, O mind; don't forget Him, even for an instant.

उर धािर हिर हिर पुरखु पूरनु पारबर्हमु िनरंजनो ॥

Enshrine within your heart the Primal Lord, Har, Har, the all-pervading, supreme, immaculate Lord God.

मेरे कै िनत िनत परव मंगलु सुनीऐ ॥ (924)

kaho naanak ghar parab mayray kai nit nit mangal sunee-ai. ||4||1||
Prays Nanak, joining the Saadh Sangat, the Company of the Holy, remember the Lord, day and night. ||1||

His lotus feet are the support and anchor of His humble servants.

He takes the Naam, the Name of the Infinite Lord, as his wealth, property and treasure.

Those who have the treasure of the Lord's Name, enjoy the taste of the One Lord."

They meditate on the Infinite Lord with each and every breath, as their pleasure, joy and beauty.

The Naam, the Name of the Lord, is the Destroyer of sins, the only deed of redemption. The Naam drives out the fear of the Messenger of Death.

Your Glorious Virtues are endless, O my Lord and Master; no one knows them all.
Seeing and hearing of Your wondrous plays, O Merciful Lord, Your devotees narrate them.

All beings and creatures meditate on You, O Primal Transcendent Lord, Master of men.

All beings are beggars; You are the One Giver, O Lord of the Universe, Embodiment of mercy.

Prays Nanak, they alone realize You, unto whom You show Mercy.

I am unworthy and without any master; I seek Your Sanctuary, Lord.

I am a sacrifice, a sacrifice, a sacrifice to the Divine Guru, who has implanted the Naam within me.

The Guru blessed me with the Naam; happiness came, and all my desires were fulfilled.
The fire of desire has been quenched, and peace and tranquility have come; after such a long separation, I have met my Lord again.

I have found ecstasy, pleasure and true intuitive poise, singing the great glories, the song of bliss of the Lord.

I have obtained the Name of God from the Perfect Guru.

Rise early each morning, and with the Saints, sing the melodious harmony, the unstruck sound current of the Shabad.

All sins and sufferings are erased, chanting the Lord's Name, under Guru's Instructions.

The merits of Yoga, charity and religious rituals are obtained by grasping His lotus feet.
Loving devotion to the merciful, enticing Lord takes away all pain.

Prays Nanak, cross over the world-ocean, meditating on the Lord, your Lord and Master.

Meditation on the Lord of the Universe is an ocean of peace; Your devotees sing Your Glorious Praises, Lord.

Ecstasy, bliss and great happiness are obtained by grasping hold of the Guru's feet.

Meeting with the treasure of peace, their pains are taken away; granting His Grace, God protects them.

Those who grasp the Lord's feet - their fears and doubts run away, and they chant the Name of the Lord.

He thinks of the One Lord, and he sings of the One God; he gazes upon the One Lord alone.
Prays Nanak, God has granted His Grace, and I have found the Perfect True Guru. ||2||

Meet with the holy, humble servants of God; meeting with the Lord, listen to the Kirtan of His Praises.

God is the Merciful Master, the Lord of wealth; there is no end to His Virtues.

The Merciful Lord is the Dispeller of pain, the Giver of Sanctuary, the Eradicator of all evil.

Emotional attachment, sorrow, corruption and pain - chanting the Naam, the Name of the Lord, one is saved from these.

All beings are Yours, O my God; bless me with Your Mercy, that I may become the dust under the feet of all men.

God saves His humble devotees, attaching them to His feet.
aath pahar apnā parabh simrēh ayko naam Dhi-aa-ay rām. || (926)
Twenty-four hours a day, they meditate in remembrance on their God; they meditate on the One Name.

Dhi-aa-ay so parabh taray bhavjal rahay aavan jaanāa. || (926)
Meditating on that God, they cross over the terrifying world-ocean, and their comings and goings cease.

sadaa sukh kali-aan keertan parabh lagaar meethaa bhaanaa. || (926)
They enjoy eternal peace and pleasure, singing the Kirtan of God's Praises; His Will seems so sweet to them.

sabh ichh punnee aas pooree milay satgur poori-aa. || (926)
All my desires are fulfilled, meeting with the Perfect True Guru.

binvant naanak parabh aap maylay fir naahee dookh visoori-aa. ||4||3|| (926)
Prays Nanak, God has blended me with Himself; I shall never suffer pain or sorrow again. ||4||3||

shalok: || (926)
In the Sanctuary of His lotus feet, I sing His Glorious Praises in ecstasy and bliss.
ਨਾਨਕ ਪਰ੍ਭੁ ਆਰਾਧੀਐ ਿਬਪਿਤ ਿਨਵਾਰਣ ਰਾਮ ॥੧॥

O Nanak, worship God in adoration, the Eradicator of misfortune. ||1||

ਪਰ੍ਭ ਿਬਪਿਤ ਿਨਵਾਰਣੋ ਿਤਸੁ ਿਬਨੁ ਅਵਰੁਨ ਨ ਕੋਈ ਜੀਉ ॥

God is the Eradicator of misfortune; there is none other than Him.

ਸਦਾ ਹਿਰ ਿਸਮਰੀਐ ਜਿਲ ਥਿਲ ਮਹੀਐਲ ਸੋਈ ਜੀਉ ॥

Forever and ever, remember the Lord in meditation; He is permeating the water, the land and the sky.

ਗੁਰ ਚਰਨ ਲਾਗੇ ਿਦਨ ਸਭਾਗੇ ਸਰਬ ਗੁਣ ਜਗਦੀਸਰੈ ॥

Blessed was that day, when I grasped the Guru's feet; all virtues rest in the Lord of the Universe.

ਬਿਲ ਜਾਇ ਨਾਨਕ ਸੁਖਹ ਦਾਤੇ ਪਰਗਾਸੁ ਮੰਤੀਨ ਹੋਈ ਜੀਉ ॥

Nanak is a sacrifice to the Giver of peace; his mind and body are enlightened. ||1||
Mool || (926)

Saloku ||
salok.
Shalok:

विवि मिहिव भक्त उठि मध्ये विलम्ब प्रसीम भूव || (926)
हरिसिम्रत मनु तनु सुखी विनसी दुःतीआ सोच ||

Meditating in remembrance on the Lord, the mind and body find peace; the thought of duality is dispelled.

नानक टेव श्रृंगार ली अविविक्षत मंत्र में ||१|| (926)
naanak tayk goopal kee govinnd sankat moch. ||1||
Nanak takes the support of the Lord of the World, the Lord of the Universe, the Destroyer of troubles. ||1||

Chhant || (926)

भै स्त्रोत संकट काटे नाराइण दईआल जीउ ॥

The Merciful Lord has eradicated my fears and troubles.

चंत || (926)

Chhant:

हिर गुण आनंद गाए पर्भ दीना नाथ पर्ितपाल जीउ ॥

In ecstasy, I sing the Glorious Praises of the Lord; God is the Cherisher, the Master of the meek.

Partipaal || (926)

partipaal achut purakh ayko tiseh si-o rang laagaa.
The Cherishing Lord is imperishable, the One and only Primal Lord; I am imbued with His Love.
When I placed my hands and forehead upon His Feet, He blended me with Himself; I became awake and aware forever, night and day.

My soul, body, household and home belong to Him, along with my body, youth, wealth and property.

Forever and ever, Nanak is a sacrifice to Him, who cherishes and nurtures all beings.

Nanak has grasped the sheltering support of the One Transcendent Lord, who shall save him in the end.

He is God, our Lord and Master, our Saving Grace. Grab hold of the hem of His robe.
Vibrate, and meditate on the Merciful Divine Lord in the Saadh Sangat, the Company of the Holy; renounce your intellectual mind.

Seek the Support of the One Lord, and surrender your soul to Him; place your hopes only in the Sustainer of the World.

Those who are imbued with the Lord's Name, in the Saadh Sangat, cross over the terrifying world-ocean.

The corrupting sins of birth and death are eradicated, and no stain ever sticks to them again.

Nanak is a sacrifice to the Perfect Primal Lord; His marriage is eternal.

Righteous faith, wealth, sexual success and salvation; the Lord bestows these four blessings.
One who has such pre-ordained destiny upon his forehead, O Nanak, has all his desires fulfilled. ||1||

Chhant: All my desires are fulfilled, meeting with my Immaculate, Sovereign Lord.

The Lord, the Giver of peace and intuition, is infinite and perfect; with what tongue can I describe His Glorious Virtues?

He hugs me close in His embrace, and merges me into Himself; there is no place of rest other than Him.
Nanak is forever a sacrifice to the Creator, who is contained in, and permeating all. ||4||4||

Raag Raamkalee, Fifth Mehl:

Sing the melodious harmonies, O my companions, and meditate on the One Lord.

Serve your True Guru, O my companions, and you shall obtain the fruits of your mind's desires.

Raamkalee, Fifth Mehl, Ruti ~ The Seasons. Shalok:

One Universal Creator God. By The Grace Of The True Guru:

Cast out your self-conceit, and vibrate, meditate, on the Lord, Har, Har. O Nanak, God is all-pervading. ||1||
kilvikh kaatan bhai haran sukh saagar har raa-ay.
He is the Eradicator of sins, the Destroyer of fear, the Ocean of peace, the Sovereign Lord King.

dee naanak neet Dhi-aa-ay. ||2||
Merciful to the meek, the Destroyer of pain: O Nanak, always meditate on Him. ||2||

chhant.

jas gaavhu vadbhaageeho kar kirpaabhart jee-o.
Sing His Praises, O very fortunate ones, and the Dear Lord God shall bless you with His Mercy.

rutee maah moorat gharhee gun uchrat sobhaavant jee-o.
Blessed and auspicious is that season, that month, that moment, that hour, when you chant the Lord’s Glorious Praises.

gun rang raatay Dhan tay jan jinee ik man Dhi-aa-i-aa.
Blessed are those humble beings, who are imbued with love for His Praises, and who meditate single-mindedly on Him.

safal janam bha-i-aa tin kaak jinee so parabh paa-i-aa.
Their lives become fruitful, and they find that Lord God.
Donations to charities and religious rituals are not equal to meditation on the Lord, who destroys all sins.

Prays Nanak, meditating in remembrance on Him, I live; birth and death are finished for me. ||1||

Strive for the inaccessible and unfathomable Lord, and bow in humility to His lotus feet.

O Nanak, that sermon alone is pleasing to You, Lord, which inspires us to take the Support of the Name. ||1||

Seek the Sanctuary of the Saints, O friends; meditate in remembrance on your infinite Lord and Master.

The dried branch shall blossom forth in its greenery again, O Nanak, meditating on the Lord God. ||2||
The season of spring is delightful; the months of Chayt and Baisaakhi are the most pleasant months.

I have obtained the Dear Lord as my Husband, and my mind, body and breath have blossomed forth.

The eternal, unchanging Lord has come into my home as my Husband, O my companions; dwelling upon His lotus feet, I blossom forth in bliss.

The Lord of the Universe is beautiful, proficient, wise and all-knowing;

His Virtues are priceless. By great good fortune, I have found Him; my pain is dispelled, and my hopes are fulfilled.

Prays Nanak, I have entered Your Sanctuary, Lord, and my fear of death is eradicated.

||2||
Without the Saadh Sangat, the Company of the Holy, one dies wandering around in confusion, performing all sorts of rituals.

O Nanak, all are bound by the attractive bonds of Maya, and the karmic record of past actions.

Nanak has entered the Sanctuary of God; His greatness is glorious!

In the summer season, in the months of Jayth' and Asaarth, the heat is terrible, intense and severe.

The discarded bride is separated from His Love, and the Lord does not even look at her.
She does not see her Lord, and she dies with an aching sigh; she is defrauded and plundered by her great pride.

She flails around, like a fish out of water; attached to Maya, she is alienated from the Lord.

She sins, and so she is fearful of reincarnation; the Messenger of Death will surely punish her.

Prays Nanak, take me under Your sheltering support, Lord, and protect me; You are the Fulfiller of desire. ||3||

With loving faith, I am attached to my Beloved; I cannot survive without Him, even for an instant.

He is permeating and pervading my mind and body, O Nanak, with intuitive ease. ||1||

My Friend has taken me by the hand; He has been my best friend, lifetime after lifetime.
ਚਰਨਹ ਦਾਸੀ ਕਿਰ ਲਈ ਨਾਨਕ ਪਰ੍ਭਤਿ ਚੀਤ ॥੨॥

He has made me the slave of His feet; O Nanak, my consciousness is filled with love for God. ||2||

ਰੁਿਤ ਬਰਸੁ ਸੁਹੇਲੀਆ ਸਾਵਣ ਭਾਦਵੇ ਆਨੰਦ ਜੀਉ ॥

The rainy season is beautiful; the months of Saawan and Bhaadon bring bliss.

ਘਣ ਉਨਿਵ ਵਾਹਲ ਜਲ ਥਲ ਪੂਿਰਆ ਮਕਰੰਦ ਜੀਉ ॥

The clouds are low, and heavy with rain; the waters and the lands are filled with honey.

ਪਰ੍ਭੁ ਪੂਿਰ ਰਿਹਾ ਸਰਬ ਠਾਈ ਹਿਰ ਨਾਮ ਨਵ ਿਨਧ ਿਗਰ੍ਹ ਭਰੇ ॥

God is all-pervading everywhere; the nine treasures of the Lord's Name fill the homes of all hearts.

ਿਸਮਿਰ ਸੁਆਮੀ ਅੰਤਰਜਾਮੀ ਕੁਲ ਸਮੂਹਾ ਸਿਭ ਤਰੇ ॥

Meditating in remembrance on the Lord and Master, the Searcher of hearts, all one's ancestry is saved.

ਿਬਨਵੰਿਤ ਨਾਨਕ ਹਿਰ ਕੰਤੁ ਪਾਇਆ ਸਦਾ ਮਿਨ ਭਾਵੰਦੁ ਜੀਉ ॥

Prays Nanak, I have found my Husband Lord, who is forever pleasing to my mind. ||4||
Thirsty with desire, I wander around; when will I behold the Lord of the World?

Is there any humble Saint, any friend, O Nanak, who can lead me to meet with God?

Without meeting Him, I have no peace or tranquility; I cannot survive for a moment, even for an instant.

Entering the Sanctuary of the Lord's Holy Saints, O Nanak, my desires are fulfilled.

In the cool, autumn season, in the months of Assu and Katik, I am thirsty for the Lord.

Searching for the Blessed Vision of His Darshan, I wander around wondering, when will I meet my Lord, the treasure of virtue?
**Shalok:**

**Jalān būjha sītal bha-ay man tan upje saaNt.**

The fire of desire is cooled and quenched; my mind and body are filled with peace and tranquility.

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**Shukra DarLAST Line:**

Prays Nanak, shower Your Mercy upon me; unite me with Yourself, O God, O treasure of virtue. ||5||

**Shukra First Line:**

O Nanak, I have met my Perfect God; the illusion of duality is dispelled. ||1||

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**Shukra:**

**Nanak parabh pooran milay dutee-aa binsee bharaaNt.**

The Lord Himself sent His Holy Saints, to tell us that He is not far away.
ਨਾਨਕ ਭਰਮ ਭੈ ਿਮਿਟ ਗਏ ਰਮਣ ਰਾਮ ਭਰਪੂਰ ॥੨॥

O Nanak, doubt and fear are dispelled, chanting the Name of the all-pervading Lord. ||2||

ਛੰਤੁ ॥

Chhant:

ਰੁਿਤ ਿਸਸੀਅਰ ਸੀਤਲ ਹਿਰ ਪਰ੍ਗਟੇ ਮੰਘਰ ਪੋਿਹ ਜੀਉ ॥

In the cold season of Maghar and Poh, the Lord reveals Himself.

ਜਲਿਨ ਬੁਝੀ ਦਰਸੁ ਪਾਇਆ ਿਬਨਸੇ ਮਾਇਆ ਧਰ੍ੋਹ ਜੀਉ ॥

My burning desires were quenched, when I obtained the Blessed Vision of His Darshan; the fraudulent illusion of Maya is gone.

ਸਿਭ ਕਾਮ ਪੂਰੇ ਿਮਿਲ ਹਜੂਰੇ ਹਿਰ ਚਰਣ ਸੇਵਿਕ ਸੇਿਵਆ ॥

All my desires have been fulfilled, meeting the Lord face-to-face; I am His servant, I serve at His feet.

ਹਾਰ ਡੋਰ ਸੀਗਾਰ ਸਿਭ ਰਸ ਗੁਣ ਗਾਊ ਅਲਖ ਅਭੇਵਾ ॥

My necklaces, hair-ties, all decorations and adornments, are in singing the Glorious Praises of the unseen, mysterious Lord.

ਬਾਹੁ ਭਗਤ ਗੋਵੀਂਦ ਬਾਂਛਤ ਜਮੁ ਨੀਖ੍ਰੋਹ ਜੀਉ ॥

I long for loving devotion to the Lord of the Universe, and so the Messenger of Death cannot even see me.
ਪੰਜਾਬੀ ਤੋਂ ਇੰਗ੍ਰੇਜ਼ੀ ਅਖੀਰ ਦੀ ਟੈਂਪੂਰ ਤੇ ਸਥਾਨ ਵਿੱਚ ਦੋਹਾਂ ਦੀ ਸੰਖਿਆ

ਦਾਨਵਣ ਰੱਖਣ ਪੁਰਾਣ ਅਰਧ ਮੇਲੀ ਦੁੱਖ ਦ੍ਰਮਦਿਵੰਤ ਨੀਧੀ ||6|| (929)

ਦੋਹਾਂ ਦੀ ਸੰਖਿਆ

Prays Nanak, God has united me with Himself; I shall never suffer separation from my Beloved again. ||6||

ਸਲੋਕ ॥ (929)

ਸਲੋਕ.

Shalok:

ਹੀਰ ਧਨੁ ਪਾਈਆ ਸੋਹਾਗਣੀ ਡੋਲਤ ਨਾਹੀ ਚੀਤ ॥ (929)

The happy soul bride has found the wealth of the Lord; her consciousness does not waver.

ਸੰਤ ਸੰਜੋਗੀ ਨਾਨਕਾ ਗਿਰਿਹ ਪਰ੍ਗਟੇ ਪਰ੍ਭ ਮੀਤ ॥1॥ (929)

Joining together with the Saints, O Nanak, God, my Friend, has revealed Himself in my home. ||1||

ਰੁੱਚ ਵਿਲੇਝੇ ਆਲੀੰ ਵੇੱਝ ਫੁਲਾ ਭੀਮ ਸੰਘ ਬਨੇ ॥9॥ (929)

The fruits of the mind's desires are obtained, O Nanak, chanting the Lord's Name. ||2||

ਮਨ ਬੰਛਤ ਫਲ ਪਾਇਆ ਹੀਰ ਨਾਨਕ ਨਾਮ ਭੇਨ ॥2॥ (929)

The snowy winter season, the months of Maagh and Phagun, are pleasing and ennobling to the mind.
सखी सहेली गाउ मंगलो गारिह आए हिर कंत जीउ
॥ (929) ॥

O my friends and companions, sing the songs of joy; my Husband Lord has come into my home.

गारिह लाल आए मिन घिथिए सज सुंदर सोहीआ
॥ (929) ॥

My Beloved has come into my home; I meditate on Him in my mind. The bed of my heart is beautifully adorned.

वणु तिर्नु तिर्भवण भए हिरआ देख दरसन मोहीआ
॥ (929) ॥

The woods, the meadows and the three worlds have blossomed forth in their greenery; gazing upon the Blessed Vision of His Darshan, I am fascinated.

मिले सुआमी इछ पूंनी मिन जिपा निरमल मंत जीउ
॥ (929) ॥

I have met my Lord and Master, and my desires are fulfilled; my mind chants His Immaculate Mantra.

बिनवंत नानक नित करहु रलीआ हरि मिले सीधर कंत जीउ
॥(929)॥

Prays Nanak, I celebrate continuously; I have met my Husband Lord, the Lord of excellence. ||7||

मठें ॥ (929)

शालोक ॥

salok.

Shalok:

The Saints are the helpers, the support of the soul; they carry us cross the terrifying world-ocean.
ਸਭ ਤੇ ਊਚੇ ਜਾਣੀਆਂਹੀ ਨਾਨਕ ਨਾਮ ਪਿਆਰ ॥੧॥
sabh tay oochay jaanee-ahi naanak naam pi-aar. ||1||
Know that they are the highest of all; O Nanak, they love the Naam, the Name of the Lord.

ਜਿਨ ਜਾਣੀਆ ਸੇਈ ਤੰਗ ਸੂਰਦੀ ਬੀਰ ॥
jin jaani-aa say-ee taray say sooray say beer.
Those who know Him, cross over; they are the brave heroes, the heroic warriors.

ਨਾਨਕ ਤਿਨ ਬਲਹਾਰਣੈ ਹਿਰ ਜਿਪ ਉਤਰੇ ਤੀਰ ॥
naanak tin balihaarnai har jap utray teer. ||2||
Nanak is a sacrifice to those who meditate on the Lord, and cross over to the other shore.

ਛੰਤੁ ॥
chhant.
Chhant:

ਚਰਣ ਬਿਰਾਜਤ ਸਭ ਉਪਰੇ ਮਿਟਆ ਸਗਲ ਕਲੇਸੁ ਜੀਉ ॥
charan biraajit sabh oopray miti-aa sagal kalays jee-o.
His feet are exalted above all. They eradicate all suffering.

ਆਵਣ ਜਾਵਣ ਦੁਖ ਹਰੇ ਹਿਰ ਭਗਤ ਕੀਆ ਪਰਵੇਸੁ ਜੀਉ ॥
aavan jaavan dukh haray har bhagat kee-aa parvays jee-o.
They destroy the pains of coming and going. They bring loving devotion to the Lord.

ਹਿਰ ਰੰਗ ਰਾਤਦਾ ਸਹਿਜ ਮਾਤਾ ਿਤਲੁ ਮਨ ਤੇ ਬੀਸਰੈ ॥
har rang raatay sahj maatay til na man tay beesrai.
Imbued with the Lord's Love, one is intoxicated with intuitive peace and poise, and does not forget the Lord from his mind, even for an instant.

ਤਿਜ ਆਪ ਸਰਨੀ ਪਰੇ ਚਰਨੀ ਮੰਚ ਗੁਣ ਜਗਦੀਸਰਾਈ ॥
taj aap sarnee paray charnee maat gar gun jagdeesrai.
Shedding my self-conceit, I have entered the Sanctuary of His Feet; all virtues rest in the Lord of the Universe.
I bow in humility to the Lord of the Universe, the treasure of virtue, the Lord of excellence, our Primal Lord and Master.

Prays Nanak, shower me with Your Mercy, Lord; throughout the ages, You take the same form. ||8||1||6||8||

As I have heard of the True Guru, so I have seen Him. He re-unites the separated ones with God; He is the Mediator at the Court of the Lord.

He implants the Mantra of the Lord's Name, and eradicates the illness of egotism.
O Nanak, he alone meets the True Guru, who has such union pre-ordained.

If the One Lord is my Friend, then all are my friends. If the One Lord is my enemy, then all fight with me.

The Perfect Guru has shown me that, without the Name, everything is useless.

The faithless cynics and the evil people wander in reincarnation; they are attached to other tastes.

Servant Nanak has realized the Lord God, by the Grace of the Guru, the True Guru.

The Creator Lord created the Creation.
ਆਪੇ ਪੁਰਾ ਸਾਹ ਆਪੇ ਹੀ ਖਿੱਟਾ ॥ (957)
ਅਪੇ ਪੂਰਾ ਸਾਹ ਆਪੇ ਹੀ ਖਿੱਟਾ॥
aapay pooraa saahu aapay hee khati-aa.
He Himself is the perfect Banker; He Himself earns His profit.

ਆਪੇ ਕਿਰ ਪਾਸਾਰੁ ਆਪੇ ਰੰਗ ਰਿਟਆ ॥ (957)
ਆਪੇ ਕਿਰ ਪਾਸਾਰੁ ਆਪੇ ਰੰਗ ਰਿਟਆ॥
aapay kar paasaar aapay rang rati-aa.
He Himself made the expansive Universe; He Himself is imbued with joy.

ਕੁਦਰਿਤ ਕੀਮ ਨ ਪਾਇ ਅਲਖ ਬਰਹਮਿਟਆ ॥ (957)
ਕੁਦਰਿਤ ਕੀਮ ਨ ਪਾਇ ਅਲਖ ਬਰਹਮਿਟਆ॥
kudrat keem na paa-ay alakh barahmati-aa.
The value of God's almighty creative power cannot be estimated.

ਅਗਮ ਅਥਾਹ ਬੇਅੰਤ ਪਰੈ ਪਰਿਟਆ ॥ (957)
ਆਗਮ ਅਥਾਹ ਬੇਅੰਤ ਪਰੈ ਪਰਿਟਆ॥
agam athaah bay-ant parai parti-aa.
He is inaccessible, unfathomable, endless, the farthest of the far.

ਆਪੇ ਵਡ ਪਾਿਤਸਾਹੁ ਆਿਪ ਵਜੀਰਿਟਆ ॥ (957)
ਆਪੇ ਵਡ ਪਾਿਤਸਾਹੁ ਆਿਪ ਵਜੀਰਿਟਆ॥
aapay vad paatisaahu aap vajeerti-aa.
He Himself is the greatest Emperor; He Himself is His own Prime Minister.

ਕੋਇ ਨ ਜਾਣੈ ਕੀਮ ਕੇਵਡੁ ਮਿਟਆ ॥ (957)
ਕੋਇ ਨ ਜਾਣੈ ਕੀਮ ਕੇਵਡੁ ਮਿਟਆ॥
ko-ay na jaanai keem kayvad mati-aa.
No one knows His worth, or the greatness of His resting place.

ਸਾਹ ਸਾਹਿਤ ਆਪੀ ਗੁਰਮੁਖ ਹਰਗਿਟਆ ॥ (957)
ਸਾਹ ਸਾਹਿਤ ਆਪੀ ਗੁਰਮੁਖ ਹਰਗਿਟਆ॥
sachaa saahib aap gurmukh pargati-aa. ||1||
He Himself is our True Lord and Master. He reveals Himself to the Gurmukh. ||1||

ਸਲੋਕੁ ਮਃ ੫ ॥ (957)
ਸਲੋਕੁ ਮਃ ੫ ॥
salok mehlaa 5.
Shalok, Fifth Mehl:
Listen, O my beloved friend: please show me the True Guru.

I dedicate my mind to Him; I keep Him continually enshrined within my heart.

Without the One and Only True Guru, life in this world is cursed.

O servant Nanak, they alone meet the True Guru, with whom He constantly abides.

Deep within me is the longing to meet You; how can I find You, God?

The Perfect Guru has united me with Him; wherever I look, there He is.
Servant Nanak serves that God; there is no other as great as He is. ||2||

He is the Great Giver, the Generous Lord; with what mouth can I praise Him?

In His Mercy, He protects, preserves and sustains us.

No one is under anyone else's control; He is the One Support of all.

He cherishes all as His children, and reaches out with His hand.

He stages His joyous plays, which no one understands at all.

The all-powerful Lord gives His Support to all; I am a sacrifice to Him.
Night and day, sing the Praises of the One who is worthy of being praised.

Those who fall at the Guru's Feet, enjoy the sublime essence of the Lord.

He has widened the narrow path for me, and preserved my integrity, along with that of my family.

He Himself has arranged and resolved my affairs. I dwell upon that God forever.

God is my mother and father; He hugs me close in His embrace, and cherishes me, like His tiny baby.

All beings and creatures have become kind and compassionate to me. O Nanak, the Lord has blessed me with His Glance of Grace.
To ask for any other than You, Lord, is the most miserable of miseries.

Please bless me with Your Name, and make me content; may the hunger of my mind be satisfied.

The Guru has made the woods and meadows green again. O Nanak, is it any wonder that He blesses human beings as well? ||2||

Such is that Great Giver; may I never forget Him from my mind.

I cannot survive without Him, for an instant, for a moment, for a second.

Inwardly and outwardly, He is with us; how can we hide anything from Him?

One whose honor He Himself has preserved, crosses over the terrifying world-ocean.
bhagat gi-aanee tapaa jis kirpaa karai.
He alone is a devotee, a spiritual teacher, and a disciplined practitioner of meditation, whom the Lord has so blessed.

so pooraa parDhaan jis no bal Dharai.
He alone is perfect and renowned as supreme, whom the Lord has blessed with His power.

jisah jaraa-ay aap so-ee ajar jarai.
He alone endures the unendurable, whom the Lord inspires to endure it.

tis hee mili-aa sach mantar gur man Dharai. ||3||
And he alone meets the True Lord, within whose mind the Guru's Mantra is implanted. ||3||

salok mehlaa 5.
Shalok, Fifth Mehl:

Dhan so raag surangrhay aalaapat sabh tikh jaa-ay.
Blessed are those beautiful Ragas which, when chanted, quench all thirst.

Dhan so jant suhaavrhay jo gurmukh japday naa-o.
Blessed are those beautiful people who, as Gurmukh, chant the Name of the Lord.

jinee ik man ik araaDhi-aa tin sad balihaarai jaa-o.
I am a sacrifice to those who single-mindedly worship and adore the One Lord.
tin kee Dhoorh ham baachh-day karmee palai paa-ay.
I yearn for the dust of their feet; by His Grace, it is obtained.

jo ratay rang govid kai ha-o tin balihaarai jaa-o.
I am a sacrifice to those who are imbued with love for the Lord of the Universe.

aakhaa birthaa jee-a kee har sajan maylu raa-ay.
I tell them the state of my soul, and pray that I may be united with the Sovereign Lord King, my Friend.

gur poorai maylaa-i-aa janam maran dukh jaa-ay.
The Perfect Guru has united me with Him, and the pains of birth and death have departed.

jan naanak paa-i-aa agam roop anat na kaahoo jaa-ay. ||1||
Servant Nanak has found the inaccessible, infinitely beautiful Lord, and he will not go anywhere else. ||1||

mehlaa 5.
Fifth Mehl:

Dhan so vaylaa gharhee Dhan Dhan moorat pal saar.
Blessed is that time, blessed is that hour, blessed is that second, excellent is that instant;

Dhan so dinas sanjoghaa jit dithaa gur darsaar.
blessed is that day, and that opportunity, when I gazed upon the Blessed Vision of the Guru's Darshan.
ਮਨ ਕੀਆ ਇਛਾ ਪੂਰੀਆ ਹਿਰ ਪਾਇਆ ਅਗਮ ਅਪਾਰੁ ॥ (958)
man kee-aa ichhaa pooree-aa har paa-i-aa agam apaar.
The mind’s desires are fulfilled, when the inaccessible, unfathomable Lord is obtained.

ਹਉਮੈ ਤੁਟਾ ਮੋਹੜਾ ਇਕੁ ਸਚੁ ਨਾਮੁ ਆਧਾਰੁ ॥ (958)
ha-umai tutaa mohrhaa ik sach naam aaDhaar.
Egotism and emotional attachment are eradicated, and one leans only on the Support of
the True Name.

ਜਨੁ ਨਾਨਕੁ ਲਗਾ ਸੇਵ ਹਿਰ ਉਧਿਰਾ ਸਗਲ ਸੰਸਾਰੁ ॥੨॥ (958)
jan naanak lagaa sayv har uDhri-aa sagal sansaar. ||2||
O servant Nanak, one who is committed to the Lord’s service - the whole world is saved
along with him. ||2||

ਪਉੜੀ ॥ (958)
pa-orhee.
Pauree:

ਿਸਫਿਤ ਸਲਾਹਣੁ ਭਗਿਤ ਿਵਰਲੇ ਿਦਤੀਅਨੁ ॥ (958)
sifat salaahan bhagat virlay ditee-an.
How rare are those who are blessed to praise the Lord, in devotional worship.

ਸਉਪੇ ਿਜਸੁ ਭੰਡਾਰ ਿਫਿਰ ਪੁਛ ਨ ਲੀਤੀਅਨੁ ॥ (958)
sa-upay jis bhandaar fir puchh na leetee-an.
Those who are blessed with the Lord’s treasures are not called to give their account
again.

ਪਿਸੰ ਰੰਗੁ ਲੰਗੁ ਸੇ ਰੰਿਗ ਰਿਤਆ ॥ (958)
jis no lagaa rang say rang rati-aa.
Those who are imbued with His Love are absorbed in ecstasy.

ਿਜ਼ਾ ਿਕੋ ਨਾਮੁ ਅਧਾਰੁ ਿਕੋ ਉਨ ਭਿਤਾਅ ॥ (958)
onaa iko naam aDhaar ikaa un bhati-aa.
They take the Support of the One Name; the One Name is their only food.
ਓਨਾ ਿਪਛੈ ਜਗੁ ਭੁੰਚੈ ਭੋਗੈ ॥ (958)
onaa pichhai jag bhunchai bhog-ee.
For their sake, the world eats and enjoys.

ਲਗ ਭਾਲਾਗ ਵਿਦਾ ਭਰਾ ਜਾਣੈ ॥ (958)
onaa pi-aaraa rab onaahaa jog-ee.
Their Beloved Lord belongs to them alone.

ਿਜਸੁ ਿਮਿਲਆ ਗੁਰੁ ਆਈ ਿਤਿਨ ਪਰ੍ਭੁ ਜਾਣੈ ॥ (958)
jis mili-aa gur aa-ay tin parabh jaani-aa.
The Guru comes and meets them; they alone know God.

ਉੱਥੁ ਬਲਹਾਰੀ ਿਤਿ ਿ ਷ਨੈ ਭਾਣੈ ॥੪॥ (958)
ha-o balihaaree tin je khasmai bhaani-aa. ||4||
I am a sacrifice to those who are pleasing to their Lord and Master. ||4||

ਸਲੋਕ ਮਃ ੫ ॥ (958)
salok mehlaa 5.
Shalok, Fifth Mehl:

ਹਰ ਇਕਾਈ ਨਾਲ ਮੈ ਦੋਸਤੀ ਹਰ ਇਕਾਈ ਨਾਲ ਮੈ ਰੰਗੁ ॥ (958)
har iksai naal mai dostee har iksai naal mai rang.
My friendship is with the One Lord alone; I am in love with the One Lord alone.

ਹਰ ਇਕੋ ਸੋ ਜਲਾ ਹਰ ਇਕਾਈ ਨਾਲ ਮੈ ਸੰਗੁ ॥ (958)
har iko mayraa sajno har iksai naal mai sang.
The Lord is my only friend; my companionship is with the One Lord alone.

ਹਰ ਇਕਾਈ ਨਾਲ ਮੈ ਗੋਸਟੇ ਮੁਹੁ ਮੈਲਾ ਕਰੈ ਨ ਭੰਗੁ ॥ (958)
har iksai naal mai gostay muhu mailaa karai na bhang.
My conversation is with the One Lord alone; He never frowns, or turns His face away.
jaanai birthaa jee-a kee kaday na morhai rang.
He alone knows the state of my soul; He never ignores my love.

He is my only counselor, all-powerful to destroy and create.

The Lord is my only Giver. He places His hand upon the heads of the generous in the world.

I take the Support of the One Lord alone; He is all-powerful, over the heads of all.

The Saint, the True Guru, has united me with the Lord. He placed His hand on my forehead.

The Guru led me to meet the greatest Lord and Master; He saved the whole world.

Nanak has obtained the True Name; He enjoys the enjoyments forever.
Fifth Mehl:

Friendship with the self-willed manmukhs is an alliance with Maya.

As we watch, they run away; they never stand firm.

As long as they get food and clothing, they stick around.

But on that day when they receive nothing, then they start to curse.

The self-willed manmukhs are ignorant and blind; they do not know the secrets of the soul.

The false bond does not last; it is like stones joined with mud.

The blind do not understand themselves; they are engrossed in false worldly entanglements.
Entangled in false attachments, they pass their lives in egotism and self-conceit.

But that being, whom the Lord has blessed with His Mercy from the very beginning, does perfect deeds, and accumulates good karma.

O servant Nanak, those humble beings alone are saved, who enter the Sanctuary of the True Guru.

Those who are imbued with the Lord’s Vision, speak the Truth.

How can I obtain the dust of those who realize their Lord and Master?

The mind, stained by corruption, becomes pure by associating with them.

One sees the Mansion of the Lord’s Presence, when the door of doubt is opened.
That one, unto whom the Mansion of the Lord's Presence is revealed, is never pushed or shoved.

My mind and body are enraptured, when the Lord blesses me, even for an instant, with His Glance of Grace.

The nine treasures, and the treasure of the Naam are obtained by commitment to the Word of the Guru's Shabad.

He alone is blessed with the dust of the feet of the Saints, upon whose forehead such pre-ordained destiny is inscribed. ||5||

O deer-eyed bride, I speak the Truth, which shall save you.

Listen to these beautiful words, O beauteous bride; your Beloved Lord is your mind's only support.
You have fallen in love with an evil person; tell me - show me why!

I lack nothing, and I am not sad or depressed; I have no deficiency at all.

I abandoned and lost my fascinating and beautiful Husband Lord; in this evil-mindedness, I have lost my good fortune.

I am not mistaken, and I am not confused; I have no egotism, and commit no offense.

As You have linked me, so I am linked; listen to my true message.

She alone is the blessed soul-bride, and she alone is fortunate, upon whom the Husband Lord has showered His Mercy.

Her Husband Lord takes away all her faults and mistakes; hugging her close in His embrace, He embellishes her.

The unfortunate soul-bride makes this prayer: O Nanak, when will my turn come?
ਸਿਭ ਸੁਹਾਗਿਣ ਮਾਣਿਹ ਰਲੀਆ ਇਕ ਦੇਵਹੁ ਰਾਿਤ ਮੁਰਾਰੀ ॥੧॥

All the blessed soul-brides celebrate and make merry; bless me as well with a night of bliss, O Lord. ||1||

ਮਃ ॥ (959)

mehlaa 5.

Fifth Mehl:

ਕਾਹੇ ਮਨ ਤੂ ਡੋਲਤਾ ਹਿਰ ਮਨਸਾ ਪੂਰਣਹਾਰੁ ॥

kaahay man too doltaa har mansaa pooranhaar.
Why do you waver, O my mind? The Lord is the Fulfiler of hopes and desires.

ਹਿਰ ਨਾਮਾ ਆਰਾਿਧ ਮਨ ਸੀਭ ਿਕਲਵਖ ਜਾਿਹ ਿਵਕਾਰ ॥

har naamaa aaraaDh man sabh kilvikh jaahi vikaar.
Worship and adore the Lord's Name, O my mind; all sins and corruption shall be washed away.

ਅਠੇ ਪਹਰ ਇਕਤਾ ਿਲਵਈ ਮੰਨੇਿਨ ਹੁਕਮੁ ਅਪਾਰੁ ॥

athay pahar iktai livai mannayn hukam apaar.
Twenty-four hours a day, they are lovingly absorbed in the One Lord; they surrender and accept the Will of the Infinite Lord.
Servant Nanak begs for this one gift: please bless me, Lord, with the Blessed Vision of Your Darshan; my mind is in love with You. ||2||

One who is conscious of You finds everlasting peace.

One who is conscious of You does not suffer at the hands of the Messenger of Death.

One who has the Creator as his Friend - all his affairs are resolved.

One who is conscious of You is renowned and respected.

One who is conscious of You becomes very wealthy.
jis too aavahi chit so vad parvaari-aa.
One who is conscious of You has a great family.

jis too aavahi chit tin kul uDhaari-aa. ||6||
One who is conscious of You saves his ancestors. ||6||

salok mehla 5.
Shalok, Fifth Mehl:

andrahu annaa baahrahu annaa koorhee koorhee gaavai.
Blind inwardly, and blind outwardly, he sings falsely, falsely.

dayhee Dhovai chakar banaa-ay maa-i-aa no baho Dhaavai.
He washes his body, and draws ritual marks on it, and totally runs after wealth.

andar mail na utrai ha-umai fir fir aavai jaavai.
But the filth of his egotism is not removed from within, and over and over again, he comes and goes in reincarnation.

neeNd vi-aapi-aa kaam santaaapi-aa mukhahu har har kahaavai.
Engulfed in sleep, and tormented by frustrated sexual desire, he chants the Lord's Name with his mouth.

baisno naam karam ha-o jugtaa tuh kutay ki-aa fal paavai.
He is called a Vaishnav, but he is bound to deeds of egotism; by threshing only husks, what rewards can be obtained?
hansaa vich baithaa bag na ban-ee nit baithaa machhee no taar laavai.
Sitting among the swans, the crane does not become one of them; sitting there, he keeps
staring at the fish.

jaa hans sabhaa veechar kar daykhan taa bagaa naal jorh kaday na aavai.
And when the gathering of swans looks and sees, they realize that they can never form an
alliance with the crane.

hansaa heeraa motee chugnaa bag dadaa bhaalan jaavai.
The swans peck at the diamonds and pearls, while the crane chases after frogs.

udri-aa vaychaaraa bagulaa mat hovai manj lakhaavai.
The poor crane flies away, so that his secret will not be exposed.

jit ko laa-i-aa tit hee laagaa kis dos dichai jaa har ayvai bhaavai.
Whatever the Lord attaches one to, to that he is attached. Who is to blame, when the Lord
wills it so?

satgur sarvar ratnee bharvooray jis paraapat so paavai.
The True Guru is the lake, overflowing with pearls. One who meets the True Guru obtains
them.

sikh hans sarvar ikthay ho-ay satgur kai hukmaavai.
The Sikh-swans gather at the lake, according to the Will of the True Guru.
The lake is filled with the wealth of these jewels and pearls; they are spent and consumed, but they never run out.

The swan never leaves the lake; such is the Pleasure of the Creator's Will.

O servant Nanak, one who has such pre-ordained destiny inscribed upon his forehead - that Sikh comes to the Guru.

He saves himself, and saves all his generations as well; he emancipates the whole world.

He is called a Pandit, a religious scholar, and yet he wanders along many pathways. He is as hard as uncooked beans.

He is filled with attachment, and constantly engrossed in doubt; his body cannot hold still.

False is his coming, and false is his going; he is continually on the lookout for Maya.
ਸਚੁ ਕਹੈ ਤਾ ਛੋਹੋ ਆਵੈ ਅੰਤਿਰ ਬਹੁਤਾ ਰੋਹਾ ॥ (960)

If someone speaks the truth, then he is aggrandized; he is totally filled with anger.

ਿਵਆਿਪਆ ਦੁਰਮਿਤ ਕੁਬੁਿਧ ਕੁਮੂੜਾ ਮਿਨ ਲਾਗਾ ਿਤਸੁ ਮੋਹਾ ॥ (960)

The evil fool is engrossed in evil-mindedness and false intellectualizations; his mind is attached to emotional attachment.

ਠਗੈ ਸੇਤੀ ਠਗੁ ਰਿਲ ਆਇਆ ਸਾਥ ਿਭ ਇਕੋ ਜੇਹਾ ॥ (960)

The deceiver abides with the five deceivers; it is a gathering of like minds.

ਸਿਤਗੁਰੁ ਸਰਾਫੁ ਨਦਰੀ ਿਵਚਦੋ ਕਢੈ ਤਾ ਉਘਿੜ ਆਇਆ ਲੋਹਾ ॥ (960)

And when the Jeweller, the True Guru, appraises him, then he is exposed as mere iron.

ਬਹੁਤੇਰੀ ਥਾਈ ਰਲਾਇ ਰਲਾਇ ਿਦਤਾ ਉਘਿਡ਼ਆ ਪ਼ੱਢਾ ਅਗੈ ਆਇ ਖਲੋਹਾ ॥ (960)

Mixed and mingled with others, he was passed off as genuine in many places; but now, the veil has been lifted, and he stands naked before all.

ਸਿਤਗੁਰ ਕੀ ਜੇ ਸਰਣੀ ਆਵੈ ਿਫਿਰ ਮਨੂਰਹ ਕੰਚਨ ਹੋਹਾ ॥ (960)

One who comes to the Sanctuary of the True Guru, shall be transformed from iron into gold.

The True Guru has no anger or vengeance; He looks upon son and enemy alike. Removing faults and mistakes, He purifies the human body.
O Nanak, one who has such pre-ordained destiny inscribed upon his forehead, is in love with the True Guru.

The Word of the Perfect True Guru's Bani is Ambrosial Nectar; it dwells in the heart of one who is blessed by the Guru's Mercy.

His coming and going in reincarnation is ended; forever and ever, he is at peace. ||2||

He alone understands You, Lord, with whom You are pleased.

Sins are erased, when You are thoroughly pleased.
One who has the Lord Master on his side, becomes fearless.

One who is blessed with Your Mercy, becomes truthful.

One who is blessed with Your Kindness, is not touched by fire.

You are forever Merciful to those who are receptive to the Guru’s Teachings.

You are forever Merciful to those who are receptive to the Guru’s Teachings.

Please grant Your Grace, O Merciful Lord; please forgive me.

Forever and ever, I chant Your Name; I fall at the feet of the True Guru.

Please, dwell within my mind and body, and end my sufferings.
Please give me Your hand, and save me, that fear may not afflict me.

May I sing Your Glorious Praises day and night; please commit me to this task.

Associating with the humble Saints, the disease of egotism is eradicated.

The One Lord and Master is all-pervading, permeating everywhere.

By Guru's Grace, I have truly found the Truest of the True.

Gazing upon the Blessed Vision of Your Darshan, I am in ecstasy; this is what Nanak loves.

Fifth Mehl:
Meditate on the One Lord within your mind, and enter the Sanctuary of the One Lord alone.

Be in love with the One Lord; there is no other at all.

Beg from the One Lord, the Great Giver, and you will be blessed with everything.

In your mind and body, with each breath and morsel of food, meditate on the One and only Lord God.

The Gurmukh obtains the true treasure, the Ambrosial Naam, the Name of the Lord.

Very fortunate are those humble Saints, within whose minds the Lord has come to abide.

He is pervading and permeating the water, the land and the sky; there is no other at all.

Meditating on the Naam, and chanting the Naam, Nanak abides in the Will of his Lord and Master.
One who has You as his Saving Grace - who can kill him?

One who has You as his Saving Grace conquers the three worlds.

One who has You on his side - his face is radiant and bright.

One who has You on his side, is the purest of the Pure.

One who is blessed with Your Grace is not called to give his account.

One with whom You are pleased, obtains the nine treasures.

One who has You on his side, God - unto whom is he subservient?
jis no tayree mihar so tayree bandigee. ||8||
One who is blessed with Your Kind Mercy is dedicated to Your worship. ||8||

ਸਲੋਕ ਡਾਲਾ ੫

salok mehlaa 5.
Shalok, Fifth Mehl:

Be Merciful, O my Lord and Master, that I may pass my life in the Society of the Saints.

Those who forget You are born only to die and be reincarnated again; their sufferings will never end.

Meditate in remembrance within your heart on the True Guru, whether you are on the most difficult path, on the mountain or by the river bank.

Chanting the Name of the Lord, Har, Har, no one shall block your way.

Chanting the Name of the Lord, Har, Har, no one shall block your way.

Meditate on the Name of the Lord, Har, Har.
Where You are, Almighty Lord, there is no one else.

There, in the fire of the mother’s womb, You protected us.

Hearing Your Name, the Messenger of Death runs away.

The terrifying, treacherous, impassible world-ocean is crossed over, through the Word of the Guru’s Shabad.

Those who feel thirst for You, take in Your Ambrosial Nectar.

This is the only act of goodness in this Dark Age of Kali Yuga, to sing the Glorious Praises of the Lord of the Universe.

He is Merciful to all; He sustains us with each and every breath.

Those who come to You with love and faith are never turned away empty-handed.
ਸਲੋਕ ਮੱਧ ਮੱਧ ॥ (962)
ਸਲੋਕ ਮੱਧ ੫ ॥
salok mehlaa 5.
Shalok, Fifth Mehl:

ਦੂਜਾ ਿਤਸੁ ਨ ਬੁਜਾਇਹੁ ਪਾਰਬਰ੍ਹਮ ਨਾਮੁ ਦੇਹੁ ਆਧਾਰੁ ॥ (962)
doojaa tis na bujhaa-ijo paarbarahm naam dayh aaDhaar.
Those whom You bless with the Support of Your Name, O Supreme Lord God, do not
know any other.

ਅਗਮੁ ਅਗੋਚਰੁ ਸਾਿਹਬੋ ਸਾਿਰਾਥੁ ਸਚੁ ਦਾਤਾਰੁ ॥ (962)
agam agochar saahibo samrath sach daataar.
Inaccessible, Unfathomable Lord and Master, All-powerful True Great Giver:

ਤੂ ਿਨਹਚਲੁ ਿਨਰਵੈਰੁ ਸਚੁ ਸਚਾ ਤੁਧੁ ਦਰਬਾਰੁ ॥ (962)
too nihchal nirvair sach sacha tuDh darbaar.
You are eternal and unchanging, without vengeance and True; True is the Darbaar of
Your Court.

ਕੀਮਿਤ ਕਹਣੁ ਨ ਜਾਈਐ ਅੰਤੁ ਨ ਪਾਰਾਵਾਰੁ ॥ (962)
keemat kahan na jaa-ee-ai ant na paaraavaar.
Your worth cannot be described; You have no end or limitation.

ਪਰ੍ਭੁ ਛੋਿਡ ਹੋਰੁ ਿਜ ਮੰਗਣਾ ਸਭੁ ਿਬਿਖਆ ਰਸ ਛਾਰੁ ॥ (962)
parabh chhod hor je mangnaa sabh bikhi-aa ras chhaar.
To forsake God, and ask for something else, is all corruption and ashes.

ਸੇ ਸੁਖੀਐ ਸਚੁ ਸਾਹ ਸੇ ਿਜਨ ਸਚਾ ਿਬਉਹਾਰੁ ॥ (962)
say sukhee-ay sach saah say jin sachaa bi-uhaar.
They alone find peace, and they are the true kings, whose dealings are true.

ਜਿਨਾ ਲਗੀ ਪਰ੍ੀਿਤ ਪਰ੍ਭ ਨਾਮ ਸਹਜ ਸੁਖ ਸਾਰੁ ॥ (962)
jinaa lagee pareet parabh naam sahj sukh saar.
Those who are in love with God's Name, intuitively enjoy the essence of peace.
ਨਾਨਕ ਇਕੁ ਆਰਾਧੇ ਸੰਤਨ ਰੇਣਾਰੁ ॥੧॥
Nanak worships and adores the One Lord; he seeks the dust of the Saints. ||1||

ਮਹਲਾ ੫ ॥
mehlaa 5.
Fifth Mehl:

ਆਨਦ ਸੂਖ ਬਿਸਰਾਮ ਨਿਤ ਹਿਰ ਕਾ ਕੀਰਤਨੁ ਗਾਇ ॥ (962)
Singing the Kirtan of the Lord's Praises, bliss, peace and rest are obtained.

ਆਵਰ ਸੀਆਣਪ ਛਾਡ ਦੇਹ ਨਾਨਕ ਉੱਧਰਿਸ ਨਾਈ ॥੨॥ (962)
Forsake other clever tricks, O Nanak; only through the Name will you be saved. ||2||

ਪਾੂੰਢੀ ॥ (962)
Pauree:

ਨਾ ਤੂ ਆਵਿਹ ਵਸੀ ਬਹੁਤ ਘਿਆਵਨਾਂ ॥ (962)
No one can bring You under control, by despising the world.

ਨਾ ਤੂ ਆਵਿਹ ਵਸੀ ਬੇਦ ਪੱਛੀਆਂ ॥ (962)
No one can bring You under control, by studying the Vedas.

ਨਾ ਤੂ ਆਵਿਹ ਵਸੀ ਤੀਰਥ ਨਾਈਐ ॥ (962)
No one can bring You under control, by bathing at the holy places.
No one can bring You under control, by wandering all over the world.

No one can bring You under control, by any clever tricks.

No one can bring You under control, by giving huge donations to charities.

Everyone is under Your power, O inaccessible, unfathomable Lord.

You are under the control of Your devotees; You are the strength of Your devotees.

The Lord Himself is the true physician.

These physicians of the world only burden the soul with pain.
The Word of the Guru's Shabad is Ambrosial Nectar; it is so delicious to eat.

O Nanak, one whose mind is filled with this Nectar - all his pains are dispelled. ||1||

By the Hukam of Lord's Command, they move about; by the Lord's Command, they remain still.

By His Hukam, they endure pain and pleasure alike.

By His Hukam, they chant the Naam, the Name of the Lord, day and night.

O Nanak, he alone does so, who is blessed.

By the Hukam of the Lord's Command, they die; by the Hukam of His Command, they live.
By His Hukam, they become tiny, and huge.

By His Hukam, they receive pain, happiness and bliss.

By His Hukam, they chant the Guru's Mantra, which always works.

By His Hukam, coming and going in reincarnation cease,

O Nanak, when He links them to His devotional worship. ||2||

I am a sacrifice to that musician who is Your servant, O Lord.

I am a sacrifice to that musician who sings the Glorious Praises of the Infinite Lord.
Blessed, blessed is that musician, for whom the Formless Lord Himself longs.

Very fortunate is that musician who comes to the gate of the Court of the True Lord.

That musician meditates on You, Lord, and praises You day and night.

He begs for the Ambrosial Naam, the Name of the Lord, and will never be defeated.

His clothes and his food are true, and he enshrines love for the Lord within.

Praiseworthy is that musician who loves God.

The Bani of the Guru's Word is Ambrosial Nectar; its taste is sweet. The Name of the Lord is Ambrosial Nectar.
ਮਿਨ ਤਿਨ ਿਹਰਦੈ ਿਸਮਿਰ ਹਿਰ ਆਠ ਪਹਰ ਗੁਣ ਗਾਊ ॥ (963)
man tan hirdai simar har aath pahar gun gaa-o.
Meditate in remembrance on the Lord in your mind, body and heart; twenty-four hours a day, sing His Glorious Praises.

उਪਦੇਸੁ ਸੁਣਹੁ ਤੁਮ ਗੁਰਿਸਖਹੁ ਸਚਾ ਇਹੈ ਸੁਆਊ ॥ (963)
updays sunhu tum gursikhahu sachaa ihai su-aa-o.
Listen to these Teachings, O Sikhs of the Guru. This is the true purpose of life.

ਜਨਮੁ ਪਦਾਰਥੁ ਸਫ਼ਲੁ ਹੋਇ ਮਨ ਮਿਹ ਲਾਇਹੁ ਭਾਊ ॥ (963)
janam padaarath safal ho-ay man meh laa-ihu bhaa-o.
This priceless human life will be made fruitful; embrace love for the Lord in your mind.

ਸੂਖ ਸਹਜ ਆਨੁ ਘਣਾ ਪਰ੍ਭ ਜਪਿਤਆ ਦੁਖੁ ਜਾਇ ॥ (963)
sookh sahj aanu ghanaa parabh japti-aa dukh jaa-ay.
Celestial peace and absolute bliss come when one meditates on God - suffering is dispelled.

ਨਾਨਕ ਨਾਮੁ ਜਪਤ ਸੁਖੁ ਊਪਜੈ ਦਰਗਹ ਪਾਈਐ ਥਾਊ ॥੧॥ (963)
naanak naam japat sukh oopjai dargeh paa-ee-ai thaa-o. ||1||
O Nanak, chanting the Naam, the Name of the Lord, peace wells up, and one obtains a place in the Court of the Lord. ||1||

ਮੌ ਪੂਰਾ ਮੈਨਲਾਈ 5. ||
Mehl 5.
Fifth Mehl:

ਨਾਨਕ ਨਾਮੁ ਜ਼ਿਧਆਐ ਗੁਰ ਪੀਰਾ ਮਤੀ ਦੇਇ ॥ (963)
naanak naam Dhi-aa-ee-ai gur peera mat day-ay.
O Nanak, meditate on the Naam, the Name of the Lord; this is the Teaching imparted by the Perfect Guru.
In the Lord's Will, they practice meditation, austerity and self-discipline; in the Lord's Will, they are released.

In the Lord's Will, they are made to wander in reincarnation; in the Lord's Will, they are forgiven.

In the Lord's Will, pain and pleasure are experienced; in the Lord's Will, actions are performed.

In the Lord's Will, clay is fashioned into form; in the Lord's Will, His Light is infused into it.

In the Lord's Will, enjoyments are enjoyed; in the Lord's Will, these enjoyments are denied.

In the Lord's Will, they are incarnated in heaven and hell; in the Lord's Will, they fall to the ground.

In the Lord's Will, they are committed to His devotional worship and Praise; O Nanak, how rare are these!
Pauree:

VP

vadi-aa-ee sachay naam kee ha-o jeevaa sun sunay.
Hearing, hearing of the glorious greatness of the True Name, I live.

Even ignorant beasts and goblins can be saved, in an instant.

dinas rain tayraa naa-o sadaa sad jaapee-ai.
Day and night, chant the Name, forever and ever.

tarisnaa bhukh vikraal naa-ay tayrai Dharaapee-ai.
The most horrible thirst and hunger is satisfied through Your Name, O Lord.

He alone attains his Beloved, who loves the Word of the Guru's Shabad.

The worlds and solar systems are saved by the Infinite Lord.
तेरी सोभा तुधु सचे मेरे पिआरिया ॥ 12 ॥
Your glory is Yours alone, O my Beloved True Lord. ॥12॥

Shalok, Fifth Mehl:

भिन्न भिन्न रघुव ती मे डीडा गगंधिया ढी बर्धवै तुली ॥ (963)
I abandoned and lost my Beloved Friend, O Nanak; I was fooled by the transitory color of the safflower, which fades away.

उठँ मातु जी मे लीव द घटनी गठ विलु बुधु र घटनी ॥1॥ (963)
I did not know Your value, O my Friend; without You, I am not worth even half a shell. ॥1॥

Mehl 5.

Fifth Mehl:

ससु विराइन नानक जीउ ससुरा वादी जेठो पउ पउ लूहै ॥ (963)
My mother-in-law is my enemy, O Nanak; my father-in-law is argumentative and my brother-in-law burns me at every step.

ढँढँ बसू पुनेर्दे वतनू जा मै माटू उत्तै ॥2॥ (963)
They can all just play in the dust, when You are my Friend, O Lord. ॥2॥

Pauree:

pa-orhee.
You relieve the pains of those, within whose consciousness You dwell, O Lord.

Those, within whose consciousness You dwell, never lose.

One who meets the Perfect Guru will surely be saved.

One who is attached to Truth, contemplates Truth.

One, into whose hands the treasure comes, stops searching.

He alone is known as a devotee, who loves the One Lord.

He is the dust under the feet of all; he is the lover of the Lord's feet.

Everything is Your wonderful play; the whole creation is Yours.
ਸਲੋਕ ਮੱਧ ਮੈ (963)

ਸਲੋਕ ਮੱਧ ਮੈ: ੫ ॥
salok mehlaa 5.
Shalok, Fifth Mehl:

ਉਸੰਤਿ ਸੀਨਾ ਨਾਨਕ ਜੀ ਮੈ ਹੰਮ ਵਜਾਈ ਛੋਟੀ ਹੱਥ ਕਿਸੁ ਤਿਕਾਆਗੀ ॥ (963)
ustat nindaa naanak jee mai habh vanjaa-ee chhorhi-aa habh kijh ti-aagee.
I have totally discarded praise and slander, O Nanak; I have forsaken and abandoned everything.

ਉਸੰਤਿ ਸੀਨਾ ਨਾਨਕ ਜੀ ਮੈ ਹੰਮ ਵਜਾਈ ਛੋਟੀ ਹੱਥ ਕਿਸੁ ਤਿਕਾਆਗੀ ॥੧॥ (963)
ustat nindaa naanak jee mai habh vanjaa-ee chhorhi-aa habh kijh ti-aagee. ||1||
I have seen that all relationships are false, and so I have grasped hold of the hem of Your robe, Lord. ||1||

ਮੱਧ ਮੈ (963)

ਮੱਧ ਮੈ: ੫ ॥
mehlaa 5.
Fifth Mehl:

ਫਿਰੇਦੀ ਫਿਰੇਦੀ ਨਾਨਕ ਜੀ-ਉ ਫਾਵੀ ਥੀ ਬਹੁਤੁ ਦਿਸਾਵਰ ਪੰਧਾ ॥ (963)
firdee firdee naanak jee-o ha-o faavee thee-ee bahutu disaavar panDhaa.
I wandered and wandered and went crazy, O Nanak, in countless foreign lands and pathways.

ੰਤਾ ਹੱਥ ਸੁਖ ਸੁਖਾਲੀ ਸੁੱਤੀ ਜਾ ਗੁਰ ਮਿਲੀ ਸੰਜਣੁ ਮੈ ਲਧਾ ॥੨॥ (963)
taa ha-o sukh sukhaalee sutee jaa gur mil thee-ee sajan mai laDhaa. ||2||
But then, I slept in peace and comfort, when I met the Guru, and found my Friend. ||2||

ਪਾਰੌਧੀ (964)

ਪਾਰੌਧੀ ॥
pa-orhee.
Pauree:

ਸਭੇ ਦੁੱਖ ਸੰਤਾਪ ਜੋ ਤੁਧ ਪੁਲੀਐ ॥ (964)
sabhay dukh santea jaaN tuDhhu bhulee-ai.
When I forget You, I endure all pains and afflictions.
जे कीचन लख उपाव तान कही न घुलीऐ
Making thousands of efforts, they are still not eliminated.

जिस नो विसरे नाउ सु निरधनु कांढीऐ
One who forgets the Name, is known as a poor person.

जिस नो विसरै नाउ सु जोनी हांढीऐ
One who forgets the Name, wanders in reincarnation.

जिसु खसमु न आवै चित जमु डंडु दे
One who does not remember his Lord and Master, is punished by the Messenger of Death.

जिसु खसमु न आवी चित रोगी से गणे
One who does not remember his Lord and Master, is judged to be a sick person.

जिसु खसमु न आवी चित सु खरो अहंकारीआ
One who does not remember his Lord and Master, is egotistical and proud.

सोई दुहेला जगी जिनि नाउ विसारीआ
One who forgets the Name is miserable in this world.

शालोक, पन्त प
Salok, Fifth Mehl:
ਤੈਡੀ ਬੰਦਿਸ ਮੈ ਕੋਈ ਨਿਡਠਾ ਟੂਨਾਨਕ ਮਨਾਲੀੰ ਬਣਾਨा। (964)
I have not seen any like You. You alone are pleasing to Nanak’s mind.

ਪ੍ਰਧਾਨ ਕਲਾਮੀ ਹਿਮ ਭੀਤਰ ਵਿੜਘੇ ਸੈ ਹਿਮਲੀੰ ਬੰਢਰਾਨ। (964)
I am a dedicated, devoted sacrifice to that friend, that mediator, who leads me to
recognize my Husband Lord. ||1||

ਮੁਢੀਆ ॥ (964)
mehlaa 5.
Fifth Mehl:

ਪਾਵ ਸੁਹਾਵੇ ਜਾਂ ਤਹੁੰਦੇ ਸੀਸੂ ਸੁਹਾਵੇ ਚਾਰਣਾ। (964)
Beautiful are those feet which walk towards You; beautiful is that head which falls at Your
Feet.

ਮੁਖੁ ਸੁਹਾਵੇ ਜਾਂ ਤਹੁੰਦੇ ਸੀਸੂ ਸੁਹਾਵੇ ਚਾਰਣਾ। (964)
Beautiful is that mouth which sings Your Praises; beautiful is that soul which seeks Your
Sanctuary. ||2||

ਪਾਰੂੰਹੀ। (964)
pa-orhee.
Pauree:

ਪਹਿਲੀ ਸਾਰੀ ਸਸਤਮੀ ਹੋਰੋਤੋ ਗਾਵੀਆ। (964)
Meeting the Lord's brides, in the True Congregation, I sing the songs of joy.

ਘਰ ਕਾ ਹੋਏ ਬੰਧਾਨੂੰ ਬਹੁਤੇ ਨ ਦਾਖੀਆ। (964)
The home of my heart is now held steady, and I shall not go out wandering again.
ਦੁਰਮਿਤੀ ਦੁਰਤੁ ਸੀਏ ਕੂਡਾਵੀਆ ॥ (964)

Evil-mindedness has been dispelled, along with sin and my bad reputation.

ਸੀਏਲਵੰਿਤ ਪਰਧਾਿਨ ਰਸਾਾਇਖ ਸਚਾਵੀਆ ॥ (964)

I am well-known as being calm and good-natured; my heart is filled with Truth.

ਅੰਤਿਰ ਬਾਹਿਰ ਇਕੁ ਇਕ ਰੀਤਾਵੀਆ ॥ (964)

Inwardly and outwardly, the One and only Lord is my way.

ਮੀਨ ਦਰਸਨ ਕੀ ਪਿਆਸ ਚਰਾਣ ਦਾਸਾਵੀਆ ॥ (964)

My mind is thirsty for the Blessed Vision of His Darshan. I am a slave at His feet.

ਸੋਭਾ ਬਣੀ ਸੀਗਾਰੁ ਖਸਿਮ ਜੇਨ ਰਾਵੀਆ ॥ (964)

I am glorified and embellished, when my Lord and Master enjoys me.

ਸਲੋਕ ਮ੃ਹ ॥ (964)

Shalok, Fifth Mehl:

All virtues are Yours, Dear Lord; You bestow them upon us. I am unworthy - what can I achieve, O Nanak?
ਤਉ ਜੇਵਡੁ ਦਾਤਾਰੁ ਨ ਕੋਈ ਜਾਚਕੁ ਸਦਾ ਜਾਚੋਵੈ ॥੧॥

There is no other Giver as great as You. I am a beggar; I beg from You forever. ||1||

ਦੇਹ ਿਛਜੰਦੜੀ ਊਣ ਮਝੂਣਾ ਗੁਰ ਸਜਿਣ ਜੀਉ ਧਰਾਇਆ ॥

dayh chhijand-rhee oon majhoonaa gur sajan jee-o Dharaa-i-aa.
My body was wasting away, and I was depressed. The Guru, my Friend, has encouraged and consoled me.

ਹਭੇ ਸੁਖ ਸੁਹੇਲਡ਼ਾ ਸੁਤਾ ਿਜਤਾ ਜਗੁ ਸਬਾਇਆ ॥੨॥

I sleep in total peace and comfort; I have conquered the whole world. ||2||

ਵਡਾ ਤੇਰਾ ਦਰਬਾਰੁ ਸਚਾ ਤੁਧੁ ਤਖਤੁ ॥

The Darbaar of Your Court is glorious and great. Your holy throne is True.

ਜੋ ਭਾਵੈ ਪਾਰਬਰ੍ਹਮ ਸੋਈ ਸਚੁ ਿਨਆਉ ॥

That alone is true justice, which is pleasing to the Will of the Supreme Lord God.
Even the homeless receive a home, when it is pleasing to the Will of the Supreme Lord God.

Whatever the Creator Lord does, is a good thing.

Those who recognize their Lord and Master, are seated in the Court of the Lord.

True is Your Command; no one can challenge it.

O Merciful Lord, Cause of causes, Your creative power is all-powerful.

Hearing of You, my body and mind have blossomed forth; chanting the Naam, the Name of the Lord, I am flushed with life.

Walking on the Path, I have found cool tranquility deep within; gazing upon the Blessed Vision of the Guru's Darshan, I am enraptured.
ਮੇਲਾ 5.  

Fifth Mehl:

ਹਠ ਮੰਝਾਹੂ ਮੈ ਮਾਣਕੁਲਧਾ ॥ (964)
ਮੁਲਨ ਪਿੱਠਾ ਮੈ ਕੂ ਸਤਿਗੁੰਗਰ ਦੀਤਾ ॥ (964)
ਜਨਮੁਦਾਰਥ ਨਾਨਕ ਜਿਤਾ ॥੨॥ (964)

ਪਹੁੰਚ ਸਹਿਕ ਵਿਆਦੀ ਵਿਆਦ ॥ (964)
ਹਠ ਮੰਝਾਹੂ ਮੈ ਮਾਣਕੁਲਧਾ ॥ (964)
ਮੁਲਨ ਪਿੱਠਾ ਮੈ ਕੂ ਸਤਿਗੁੰਗਰ ਦੀਤਾ ॥ (964)

ਹਠ ਮੰਝਾਹੂ ਮੈ ਮਾਣਕੁਲਧਾ ॥

I have found the jewel within my heart.

ਮੁਲਨ ਪਿੱਠਾ ਮੈ ਕੂ ਸਤਿਗੁੰਗਰ ਦੀਤਾ ॥

I was not charged for it; the True Guru gave it to me.

ਮੁਲਨੂ ਗੁਰ ਮਿਲ ਕਮਲ ਪਰਗਾਸ਼ਾ ਸੋ ਅਨੀਦਨ ਜਗਾ ॥

One whose heart lotus blossoms forth upon meeting the Guru, remains awake and aware, night and day.


लगा रंगु चरणारिबं दबु भागा ॥ (964)

All doubt and fear run away from one who is in love with the Lord’s lotus feet.

आतमु जीता गुरमती आरंभ तागा ॥ (965)

He conquers his soul, following the Guru’s Teachings, and attains the Imperishable Lord.

ਿਜਸਿਹ ਿਧੀਆਈ ਪਾਰਬਰ੍ਹਮੁ ਸੋ ਕਾਲ ਤਾਗਾ ॥ (965)

He alone keeps up in this Dark Age of Kali Yuga, who meditates on the Supreme Lord God.

ਸਾਧੂ ਸੰਗਿਤ ਿਨਰਮਲਾ ਅਠਸਿਠ ਸੋ ਕਲਾਗਾ ॥ (965)

In the Saadh Sangat, the Company of the Holy, he is impeccable, as if he has bathed at the sixty-eight sacred shrines of pilgrimage.

ਸਲੋਕ ਮਹਾਕਾਲ ਅਸਥਿਤੀ ਅਸਥਿਤੀ ॥ (965)

Nanak is a sacrifice to such a one, whose destiny is so great! ||17||
When one's Husband Lord is outside of oneself, then Maya, the bride, is supreme.

Without the Name, one wanders all around.

The True Guru shows us that the Lord is with us.

Servant Nanak merges in the Truest of the True. ||1||

Fifth Mehl:

Making all sorts of efforts, they wander around; but they do not make even one effort.

O Nanak, how rare are those who understand the effort which saves the world. ||2||

Pauree:
vadee hoo vadaa apaar tayraa martabaa.
The greatest of the great, infinite is Your dignity.

rang parang anekh na jaapniH kartabaa.
Your colors and hues are so numerous; no one can know Your actions.

jee-aa andar jee-o sabh kichh jaanlaa.
You are the Soul within all souls; You alone know everything.

sabh kichh tayrai vas tayraa ghar bhalaa.
Everything is under Your control; Your home is beautiful.

tayrai ghar aanand vaDhaa-ee tuDh ghar.
Your home is filled with bliss, which resonates and resounds throughout Your home.

maan mahtaa tayj aapnaa aap jar.
Your honor, majesty and glory are Yours alone.

sarab kalaa bharpoor disai jat kataa.
You are overflowing with all powers; wherever we look, there You are.

naanak daasan daas tuDh aagai binvataa. ||18||
Nanak, the slave of Your slaves, prays to You alone. ||18||
ਸਲੋਕ ਮੇਹਲਾ ੫ ॥ (965)

ਸਲੋਕ ਮੇਹਲਾ ੫ ॥
salok mehlaa 5.
Shalok, Fifth Mehl:

ਛਤਰੇ ਬਾਜਾਰ ਸੋਹਿਨ ਵਿਚ ਵਾਪਾਰੀਏ ॥ (965)
chhat-rhay baajaar sohan vich vapaaree-ai.
Your streets are covered with canopies; under them, the traders look beautiful.

ਵਖਰੁ ਿਹਕੁ ਅਪਾਰੁ ਨਾਨਕ ਖਟੇ ਸੋ ਧਣੀ ॥੧॥ (965)
vakhar hik apaar naanak khatay so Dhanee. ||1||
O Nanak, he alone is truly a banker, who buys the infinite commodity. ||1||

ਪਉੜੀ ॥ (965)
paurree:
Pauree:

ਸਫਿਲੁ ਿਬਰਖੁ ਸੁਹਾਵੜਾ ਹਿਰ ਸਫਲ ਅੰਿਮਰਾ ॥ (965)
safli-o birakh suhaavrhaa har safal amritaa.
The Lord is the most beautiful fruit tree, bearing fruits of Ambrosial Nectar.

ਮਨੁ ਲੋਚੈ ਉਨ ਿਮਲਣ ਕਉ ਿਖਤਾ ॥ (965)
man lochai unH milan ka-o ki-o vanjai ghitaa.
My mind longs to meet Him; how can I ever find Him?

ਵਰਨਾ ਿਚਹਨਾ ਬਾਹਰਾ ਓਹੁ ਅਗਸਤੁ ਅਜੀਤਾ ॥ (965)
varnaa chihnaa baahraa ohu agam ajitaa.
He has no color or form; He is inaccessible and unconquerable.

ਓਹੁ ਿਪਾਰਾ ਜੀਅ ਕਾ ਜੋ ਖੋਲਾਈ ਭਤਾ ॥ (965)
oh pi-aaraa jee-a kaa jo kholHai bhitaa.
I love Him with all my soul; He opens the door for me.
ਸੇਵਾ
ਕਰੀ
ਤੁਸਾੜੀਆ
ਮੈ
ਦਿਸਹੁ
ਿਮਤਾ
॥ (965)

sayvaa karee tusaarhee-aa mai dasihu mitaa.
I shall serve you forever, if you tell me of my Friend.

ਕੁਰਬਾਣੀ
ਵੰਞਾ
ਵਾਰਣੈ
ਬਲੇ
ਬਿਲ
ਿਕਤਾ
॥ (965)

kurbaanee vanjaa vaarnai balay bal kita. 
I am a sacrifice, a dedicated, devoted sacrifice to Him.

ਦਸਿਨ
ਸੰਤ
ਿਪਆਿਰਆ
ਸੁਣਹੁ
ਲਾਇ
ਿਚਤਾ
॥ (965)

dasan sant pi-aari-aa sunhu laa-ay chitaa.
The Beloved Saints tell us, to listen with our consciousness.

ਿਜਸੁ
ਿਲਿਖਆ
ਨਾਨਕ
ਦਾਸ
ਿਤਸੁ
ਨਾਉ
ਅੰਿਮਰ੍ਤੁ
ਸਿਤਗੁ
ਿਦਤਾ
॥੧੯॥ (965)

jis likhi-aa naanak daas tis naa-o amrit satgur ditaa. ||19||
One who has such pre-ordained destiny, O slave Nanak, is blessed with the Ambrosial Name by the True Guru. ||19||

ਸਲੋਕ
ਮਹਲਾ ੫ ॥ (965)

salok mehlaa 5.
Shalok, Fifth Mehl:

ਕਬੀਰ
ਧਰਤੀ
ਸਾਧ
ਕੀ
ਤਸਕਰ
ਬੈ
ਗਾਿਹ
॥ (965)

kabeer Dhartee saaDh kee taskar baishe gaahi.
Kabeer, the earth belongs to the Holy, but the thieves have come and now sit among them.

ਧਰਤੀ
ਭਾ
ਨ
ਿਬਆਪੈ
ਉਨ
ਕਾ
ਲਾਹੂ
ਲਾਿ
॥੧॥ (965)

dhartee bhaar na bi-aapa-ee un ka-o laahoo laahi. ||1||
The earth does not feel their weight; even they profit. ||1||

ਮਹਲਾ ੫ ॥ (965)

mehlaa 5.
Fifth Mehl:
Kabeer, for the sake of the rice, the husks are beaten and threshed.

When one sits in the company of evil people, then he will be called to account by the Righteous Judge of Dharma.

He Himself has the greatest family; He Himself is all alone.

He alone knows His own worth.

Only He Himself can describe His own creation.

Blessed is Your place, where You dwell, Lord.
Dhan so tayray bhagat jin'ee sach tooN dithaa.
Blessed are Your devotees, who see You, O True Lord.

jis no tayree da-i-aa salaahay so-ay tuDh.
He alone praises You, who is blessed by Your Grace.

jis gur bhaytay naanak nirmal so-ee suDh. ||20||
One who meets the Guru, O Nanak, is immaculate and sanctified. ||20||

fareedaa bhoom rangaavalee manjh visoolaa baag.
Fareed, this world is beautiful, but there is a thorny garden within it.

jo nar peer nivaaji-aa tinHaa anch na laag. ||1||
Those who are blessed by their spiritual teacher are not even scratched. ||1||

fareedaa umar suhaavarhee sang suvannrhee dayh.
Fareed, blessed is the life, with such a beautiful body.
How rare are those who are found to love their Beloved Lord.  ||2||

He alone obtains meditation, austerities, self-discipline, compassion and Dharmic faith, whom the Lord so blesses.

He alone meditates on the Naam, the Name of the Lord, whose fire the Lord puts out.

He alone is the Inner-knower, the Searcher of hearts, the Inaccessible Primal Lord, inspires us to look upon all with an impartial eye.

With the support of the Saadh Sangat, the Company of the Holy, one falls in love with God.

One's faults are eradicated, and one's face becomes radiant and bright; through the Lord's Name, one crosses over.

The fear of birth and death is removed, and he is not reincarnated again.
anDh koop tay kaadhi-an larh aap farhaa-ay.
God lifts him up and pulls him out of the deep, dark pit, and attaches him to the hem of His robe.

O Nanak, God forgives him, and holds him close in His embrace. ||21||

nak virlay paa-ee-ah tis jan keem na mool. ||1||
O Nanak, such a person is rarely found; the value of such a humble person can never be estimated. ||1||

andar viDhaa sach naa-ay baahar bhee sach dithom.
The True Name has pierced the nucleus of my self deep within. Outside, I see the True Lord as well.

O Nanak, He is pervading and permeating all places, the forests and the meadows, the three worlds, and every hair. ||2||
Pauree:

आपे कीतो रचनु आपे ही रतिआ || (966)
aapay keeto rachan aapay hee rati-aa.
He Himself created the Universe; He Himself imbibes it.

आपे त्रिदं दिखु आपे वन्द्र विद्रास || (966)
aapay tri-dhaa dikhu aapay vanadhri vidraas.
He Himself is One, and He Himself has numerous forms.

आपे सबना मंझ आपे बाह्रा || (966)
aapay sabbhaa manjh aapay baahraa.
He Himself is within all, and He Himself is beyond them.

आपे जानिह दूर आपे ही जाह्रा || (966)
aapay jaaneh door aapay hee jaahraa.
He Himself is known to be far away, and He Himself is right here.

आपे होविह गुपतु आपे परगटीऐ || (966)
aapay hoveh gupatu aapay pargatee-ai.
He Himself is hidden, and He Himself is revealed.

कीमित किसै न पाइ तेरी थटीऐ || (966)
keemat kisai na paa-ay tayree thatee-ai.
No one can estimate the value of Your Creation, Lord.

गाहिर गंभीरु अथाहु अपारु अगणतु तूं || (966)
gahir gambheer athaahu aparu agnau tooN.
You are deep and profound, unfathomable, infinite and invaluable.
O Nanak, the One Lord is all-pervading. You are the One and only.  ||22||1||2|| Sudh||

Raag Nat Naaraayan, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

Within my mind is such a great thirst for the Blessed Vision of Your Darshan. ||1||Pause||

He alone is a spiritual teacher, and he alone is Your humble servant, to whom You have given Your approval.

He alone meditates on You forever and ever, O Primal Lord, O Architect of Destiny, unto whom You grant Your Grace. ||1||

What sort of Yoga, what spiritual wisdom and meditation, and what virtues please You?
He alone is a humble servant, and he alone is God’s own devotee, with whom You are in love.

That alone is intelligence, that alone is wisdom and cleverness, which inspires one to never forget God, even for an instant.

Joining the Society of the Saints, I have found this peace, singing forever the Glorious Praises of the Lord.

I have seen the Wondrous Lord, the embodiment of supreme bliss, and now, I see nothing else at all.

Says Nanak, the Guru has rubbed sway the rust; now how could I ever enter the womb of reincarnation again?

One Universal Creator God. By The Grace Of The True Guru:
I don't blame anyone else.

Whatever You do is sweet to my mind. ||1||Pause||

Understanding and obeying Your Order, I have found peace; hearing, listening to Your Name, I live.

Here and hereafter, O Lord, You, only You. The Guru has implanted this Mantra within me. ||1||

Since I came to realize this, I have been blessed with total peace and pleasure.

In the Saadh Sangat, the Company of the Holy, this has been revealed to Nanak, and now, there is no other for him at all. ||2||1||2||

Nat, Fifth Mehl:

Whoever has You for support,
जम की तराास मिटी सुख पाक निकसी हउमे पीर ॥१॥ रहाउ ॥

has the fear of death removed; peace is found, and the disease of egotism is taken away.  ||1||Pause||

तपित बुझानी अिमर्त बानी ितर्पते िजउ बािरक खीर ॥

The fire within is quenched, and one is satisfied through the Ambrosial Word of the Guru’s Bani, as the baby is satisfied by milk.

मात िपता साजन संत मेरे संत सहाई बीर ॥१॥

The Saints are my mother, father and friends. The Saints are my help and support, and my brothers. ||1||

बुले ब्राम भीित मिने नोपाला हीरे बेधे हीर ॥ (979)

khulay bharam bheet milay gopaalaa heerai bayDhay heer.
The doors of doubt are thrown open, and I have met the Lord of the World; God's diamond has pierced the diamond of my mind.

नाकेभे राख िम गावत ठाकुर गुनी गाही ॥२॥२॥३॥ (979)

Nanak blossoms forth in ecstasy, singing the Lord's Praises; my Lord and Master is the ocean of virtue. ||2||2||3||

नंत महला ५ || (979)

Nat, Fifth Mehl:

अपना जन आपि आपि उिारियो ॥ (979)
apnaa jan aapeh aap uDhaari-o.
He Himself saves His humble servant.
ਆਠ ਪਹਰ ਜਨ ਕੈ ਸੰਗੀ ਬਿਸੋਂ ਮਨ ਤੇ ਨਾਹਿ ਬਿਸਾਰੀਓ ||੧੪੦੯੫੪

Twenty-four hours a day, He dwells with His humble servant; He never forgets him from His Mind. ||1||Pause||

The Lord does not look at his color or form; He does not consider the ancestry of His slave.

Granting His Grace, the Lord blesses him with His Name, and embellishes him with intuitive ease. ||1||

The ocean of fire is treacherous and difficult, but he is carried across.

Seeing, seeing Him, Nanak blossoms forth, over and over again, a sacrifice to Him. ||2||3||4||

One who chants the Name of the Lord, Har, Har, within his mind -

millions of sins are erased in an instant, and pain is relieved. ||1||Pause||
Seeking and searching, I have become detached; I have found the Saadh Sangat, the Company of the Holy.

Renouncing everything, I am lovingly focused on the One Lord. I grab hold of the feet of the Lord, Har, Har.

Whoever chants His Name is liberated; whoever listens to it is saved, as is anyone who seeks His Sanctuary.

Meditating, meditating in remembrance on God the Lord and Master, says Nanak, I am in ecstasy!

I am in love with Your Lotus Feet.

O Lord, ocean of peace, please bless me with the supreme status.
ਆਂਚਲਾ ਗਹਾਇੰਗ ਜਨ ਅਪੁਨੇ ਕਉ ਮਨੁ ਬੀਧੋ ਪਰ੍ੇਮ ਕੀ ਖੋਰੀ ॥ (979)

He has inspired His humble servant to grasp the hem of His robe; his mind is pierced through with the intoxication of divine love.

ਜਸੁ ਗਾਵਤ ਭਗਤ ਰਸੁ ਉਪ ਜਓ ਮਾਇਆ ਕੀ ਜਾਲੀ ਤੋਰੀ ॥੧॥ (979)

Singing His Praises, love wells up within the devotee, and the trap of Maya is broken. ||1||

ਪੂਰਨ ਪੂਿਰ ਰਹੇ ਿਕਰਪਾ ਿਨਿਧ ਆਨ ਨ ਪੇਖਉ ਹੋਰੀ ॥ (979)

The Lord, the ocean of mercy, is all-pervading, permeating everywhere; I do not see any other at all.

ਨਾਨਕ ਮੇਲ ਲੀਆਂ ਦਾਸ ਅਪੁਨਾ ਪਰ੍ੀਤ ਨ ਕਬਹੂ ਥੋਹੀ ॥੨॥੫॥੬॥ (979)

He has united slave Nanak with Himself; His Love never diminishes. ||2||5||6||

ਮੇਰੇ ਮਨ ਜਪੁ ਜਿਪ ਹਿਰ ਨਾਰਾਇਣ ॥ (979)

O my mind, chant, and meditate on the Lord.

ਕਬਹੂ ਨ ਿਬਸਰਹੁ ਮਨ ਮੇਰੇ ਤੇ ਆਠ ਪਹਰ ਗੁਨ ਗਾਇਣ ॥੧॥ਰਹਾਉ ॥ (979)

I shall never forget Him from my mind; twenty-four hours a day, I sing His Glorious Praises. ||1||Pause||

ਸਾਧੂ ਧੂਰ ਕਰਉ ਿਨਤ ਮਜਨੁ ਸੰਬ ਿਕਲਾਖ ਪਾਪ ਗਵਾਇਣ ॥ (979)

I take my daily cleansing bath in the dust of the feet of the Holy, and I am rid of all my sins.
ਧਾਤ ਧੱਤ ਕਚੇ ਵਿਖੇ ਤਿਤ੍ਰੀ ਤਿਤ੍ਰੀ ਸਰਿਚਿਤ ਸਮਾਦਰ ||11|| (979)
ਪੂਰਨ ਪੂਰਨ ਰਹੇ ਕੀਰਵਾਨ ਨਿਧਿ ਤਿਤ੍ਰੀ ਤਿਤ੍ਰੀ ਸਮਾਦਰੀ ਤਿਤ੍ਰੀ ||1||
pooran poor rahay kirpaa nirdh tirti tirti samadar. ||1||
The Lord, the ocean of mercy, is all-pervading, permeating everywhere; He is seen to be contained in each and every heart. ||1||

ਨਾਮ ਰਵਾਇਤੀ ਲਖ ਪੁਰਾਨ ਵਿਵਿਭਾਗ ਕੁਲ ਕਲਕਾਲੀ || (979)
ਜਾਪ ਤਾਪ ਕੌਟੀ ਲਖ ਪੂਜਾ ਹਰੀ ਸਿਮਰਾਣ ਤੁਲਨ ਨ ਲਾਇਣ || jaap taap kot lakh poojaa har simran tul na laa-in.
Hundreds of thousands and millions of meditations, austerities and worships are not equal to remembering the Lord in meditation.

ਦੁਵੈ ਬਰਕ ਤਾਪ ਕੌਂਤੁ ਹੈ ਈਵੇ ਇੱਕੇ ਸਮਾਨੀ ਸਮਾਦਰੀ ||211617|| (979)
du-ay kar jorh naanak daan maaNgai tayray daasan daas dasaa-in. ||21617||
With his palms pressed together, Nanak begs for this blessing, that he may become the slave of the slaves of Your slaves. ||21617||

ਨਾਟ ਮੇਲਾ 5 || (979)
nat mehlaa 5.
Nat, Fifth Mehl:

ਮੇਰੇ ਸਰਵਸੂ ਨਾਮ ਨਿਧਾਨਾ || (979)
mayrai sarbas naam niDhao.
The treasure of the Naam, the Name of the Lord, is everything for me.

ਵਿਖੇ ਵਿਖੇ ਮੂਹ ਮੀਲੀ ਹੱਦਾਇ ਹੋਰਾਇ ਲਾਇਣਾਅਤੀ ||1117|| (979)
kar kirpaa saaDhoo sang mili-o satgur deeno daan. ||111717||
Granting His Grace, He has led me to join the Saadh Sangat, the Company of the Holy; the True Guru has granted this gift. ||1117||Pause||

ਸੰਤਤਾਗਜੂ ਖੰਤ ਸੰਤਤਾਗ ਦੀਵੀਦੁ ਪੁਰਾਨ ਕ਼ੀਤਾਤੰਦਾ || (979)
sukh-data dukh bhanjahaaraa gaag-o keertan pooran gi-aan.
Sing the Kirtan, the Praises of the Lord, the Giver of peace, the Destroyer of pain; He shall bless you with perfect spiritual wisdom.
काम करोध लोभ खंड खंड कीनों िबनिसो मूर्ह अिभमान ||1|| (979)

Sexual desire, anger and greed shall be shattered and destroyed, and your foolish ego will be dispelled. ||1||

किआ गुण तेरे आिख वखाणा पर्भ अंतरजामी जानु || (979)

What Glorious Virtues of Yours should I chant? O God, You are the Inner-knower, the Searcher of hearts.

चरं कमल सरिन सुख सागर नानकु सद कुरबानु ॥२॥7॥८॥ (979)

I seek the Sanctuary of Your Lotus Feet, O Lord, ocean of peace; Nanak is forever a sacrifice to You. ||2||7||8||

नट महला ५ ॥ (980)

I am a sacrifice, a sacrifice to the Guru, the Lord of the World. ||1||Pause||

मोह निरगुन तुम पूरन दाते दीना नाथ दइआल ॥१॥ (980)

I am unworthy; You are the Perfect Giver. You are the Merciful Master of the meek. ||1||

उठत बैठत सोवत जागत जीअ पर्ान धन माल ॥२॥ (980)

While standing up and sitting down, while sleeping and awake, You are my soul, my breath of life, my wealth and property. ||2||
ਦਰਸਨ ਿਪਾਸ ਬਹੁਤ ਮਿਨ ਮੇਰੈ ਨਾਨਕ ਦਰਸ ਿਨਹਾਲ ॥੩॥੮॥੯॥

Within my mind there is such a great thirst for the Blessed Vision of Your Darshan. Nanak is enraptured with Your Glance of Grace. ||3||8||9||

ਮੋਹਿਨਾ ਦਿੱਲੀ ਦਰਸਨ ਿਪਾਸ ਬਹੁਤ ਮਿਨ ਮੇਰੈ ਨਾਨਕ ਦਰਸ ਿਨਹਾਲ ॥੨॥੫॥

Wanting to see You is a longing in my mind which cannot be satisfied by Nanak. ||2||5||

ਨਟ ਪਟਾਲ ਮੋਹਲਾ ੫

Nat Partaal, Fifth Mehl:

ਇਕ ਸਤਗੁਰ ਪ੍ਰਸਾਦ ॥ (980)

One Universal Creator God. By The Grace Of The True Guru:

ਬੇਕਰੀ ਦੇ ਮੇਰੇ ਮਨ ਭੀਤੀ ਹੈ

Is there any friend or companion of mine,

ਰੇਖਾ ਵਿਖੇ ਦੁਖਾਈ ਹੈ

Will he rid me of my pains and evil tendencies?

ਸੰਤਾ ਆਪਣਾ ਕੀਤਾ

I would surrender my mind, body, consciousness and everything. ||1||Pause||

ਕੋਈ ਵਿਰਾਲਾ ਆਪਨਾ ਕੀਤਾ

How rare is that one whom the Lord makes His own,
Sang charan kamal man seet. and whose mind is sewn into the Lord's Lotus Feet.

Kar kirpaa har jas deet. ||1||
Granting His Grace, the Lord blesses him with His Praise. ||1||

Har bhaj janam padaarath jeet. ||1||
Vibrating, meditating on the Lord, he is victorious in this precious human life,

Kot patit hohi puniit. ||1||
and millions of sinners are sanctified.

Naanak daas bal bal keet. ||2||1||10||19||
Slave Nanak is a sacrifice, a sacrifice to Him. ||2||1||10||19||

Maalee Gauraa, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

Ray man tahal har sukh saar. ||2||1||10||19||
O mind, true peace comes from serving the Lord.
अवर टहला झूठीआ िनत करै जमु िसिर मार ॥१॥ रहाउ ॥

Others services are false, and as punishment for them, the Messenger of Death bashes in one's head. ||1||Pause||

जिना मसतिक लीिखआ ते िमले संगार ॥

They alone join the Sangat, the Congregation, upon whose forehead such destiny is inscribed.

संसारु भउजलु तािरआ हिर संत पुरख अपार ॥१॥

They are carried across the terrifying world-ocean by the Saints of the Infinite, Primal Lord God. ||1||

निल चरन सेवहु साध के  तिज लोभ मोह िबकार ॥

Serve forever at the feet of the Holy; renounce greed, emotional attachment and corruption.

सभ तजहु दूजी आसड़ी रखु आस इक िनरंकार ॥२॥

Abandon all other hopes, and rest your hopes in the One Formless Lord. ||2||

इक भरमि भूले साकता बिनु गुर अंध अंधार ॥

Some are faithless cynics, deluded by doubt; without the Guru, there is only pitch darkness.

धुिर होवना सु होइआ को न मेटणहार ॥३॥

Whatever is pre-ordained, comes to pass; no one can erase it. ||3||
The beauty of the Lord of the Universe is profound and unfathomable; the Names of the Infinite Lord are immemorable.

Blessed, blessed are those humble beings, O Nanak, who enshrine the Lord's Name in their hearts.

Blessing Gauraa, Fifth Mehl:

I humbly bow to the Name of the Lord.

Chanting it, one is saved.

Meditating on Him in remembrance, conflicts are ended.

Meditating on Him, one's bonds are untied.

Meditating on Him, the fool becomes wise.
Meditating on Him, one’s ancestors are saved. ||1||

Meditating on Him, fear and pain are taken away.

Meditating on Him, misfortune is avoided.

Meditating on Him, sins are erased.

Meditating on Him, agony is ended. ||2||

Meditating on Him, the heart blossoms forth.

Meditating on Him, Maya becomes one’s slave.

Meditating on Him, one is blessed with the treasures of wealth.
Meditating on Him, one crosses over in the end.

**The Name of the Lord is the Purifier of sinners.**

It saves millions of devotees.

I am meek; I seek the Sanctuary of the slaves of the Lord's slaves.

Nanak lays his forehead on the feet of the Saints.

Maalee Gauraa, Fifth Mehl:

This is the sort of helper the Name of the Lord is.

Meditating in the Saadh Sangat, the Company of the Holy, one's affairs are perfectly resolved.
बूढ़द बढ़ी तैमे बेँजी मिलत ॥ (986)
बूढ़द कउ जैसे बेड़ी मिलत ॥
boodat ka-o jaisay bayrhee milat.
It is like a boat to a drowning man.

बूढ़द दीपक मिलत दिलत ॥ (987)
बूढ़द दीपक मिलत तिलत ॥
boojhat deepak milat tilat.
It is like oil to the lamp whose flame is dying out.

जलत अगनी मिलत नीर ॥ (987)
जलत अगनी मिलत नीर ॥
jalat agnee milat neer.
It is like water poured on the burning fire.

तैमे बाऱिक मुखिह खीर ॥1॥ (987)
तैमे बाऱिक मुखिह खीर ॥1॥
jaisay baarik mukheh kheer. ||1||
It is like milk poured into the baby's mouth. ||1||

तैमे वट भि मध्य ब्रउ ॥ (987)
तैमे रण मि सखा भ्रात ॥
jaisay ran meh sakhaa bharaat.
As one's brother becomes a helper on the field of battle;

तैमे भूखे भोजन मात ॥ (987)
तैमे भूखे भोजन मात ॥
jaisay bhookhay bhojan maat.
as one's hunger is satisfied by food;

तैमे किरखहि बरस मेघ ॥ (987)
तैमे किरखहि बरस मेघ ॥
jaisay kirkhahi baras maygh.
as the cloudburst saves the crops;

तैमे पालन सरनि संघ ॥2॥ (987)
तैमे पालन सरनि संघ ॥2॥
jaisay paalan saran sany gh. ||2||
as one is protected in the tiger's lair;||2||
As with the magic spell of Garuda the eagle upon one's lips, one does not fear the snake;

as the cat cannot eat the parrot in its cage;

as the bird cherishes her eggs in her heart;

as the grains are spared, by sticking to the central post of the mill;

Your Glory is so great; I can describe only a tiny bit of it.

O Lord, You are inaccessible, unapproachable and unfathomable.

You are lofty and high, utterly great and infinite.

Meditating in remembrance on the Lord, O Nanak, one is carried across.
Maalee Gauraa, Fifth Mehl:

इही हमारै सफल काज ॥ (987)
ihee hamaarai safal kaaj.
Please let my works be rewarding and fruitful.

अपुने दास कउ लेहु निवाज़ ॥1॥ रहाउ ॥ (987)
apunay daas ka-o layho nivaaj. ||1|| rahaa-o.
Please cherish and exalt Your slave. ||1||Pause||

चरन संतह माथ मोर ॥ (987)
charan santeh maath mor.
I lay my forehead on the feet of the Saints,

नैिन दरसु पेखउ िनिस भोर ॥ (987)
nain daras paykha-o nis bhor.
and with my eyes, I gaze upon the Blessed Vision of their Darshan, day and night.

हसत हमरे संत टहल ॥ (987)
hasat hamray sant tahal.
With my hands, I work for the Saints.

प्रान मनु धनु संत बहल ॥1॥ (987)
paraan man Dhan sant bahal. ||1||
I dedicate my breath of life, my mind and wealth to the Saints. ||1||

संतसंग मेरे मन की प्रीति ॥ (987)
satsang mayray man kee pareet.
My mind loves the Society of the Saints.
The Virtues of the Saints abide within my consciousness.

The Will of the Saints is sweet to my mind.

Seeing the Saints, my heart-lotus blossoms forth.

I dwell in the Society of the Saints.

I have such a great thirst for the Saints.

By the Grace of the Saints, my corruption is taken away.

This way of liberation is my treasure.
ਪਰ੍ਭ ਦਿਆਲ ਮੋਹ ਦੇਵਹੁ ਦਾਨ ॥ (987)
parabh da-i-aal mohi dayvhu daan.
O Merciful God, please bless me with this gift.

ਨਾਨਕ ਕੁਠ ਪਰਬ ਦਿਆਲ ਧਾਰੀ ॥ (987)
naanak ka-o parabh da-i-aa Dhaar.
O God, shower Your Mercy upon Nanak.

ਚਰਨ ਸੰਤਨ ਕੇ ਮੇਰੇ ਰਿਦੇ ਮਝਾਿਰ ॥੪॥੪॥ (987)
charan santan kay mere riday majhaar. ||4||4||
I have enshrined the feet of the Saints within my heart. ||4||4||

ਮਾਲੀ ਗੌਰਾ ਮਹਲਾ ੫ ॥ (987)
maalee ga-urhaa mehlaa 5.
Maalee Gauraa, Fifth Mehl:

ਸਭ ਕੈ ਸੰਗੀ ਨਾਹੀ ਦੂਰੀ ॥ (987)
sabh kai sangee naahee door.
He is with all; He is not far away.

ਕਰਨ ਕਰਾਵਨ ਹਾਜਰਾ ਹਜੂਰ ॥੧॥ ਰਹਾਉ ॥ (987)
karan karaavan haajraa hajoor. ||1|| rahaa-o.
He is the Cause of causes, ever-present here and now. ||1||Pause||

ਸੁਨਤ ਜੀਓ ਜਾਸੁ ਨਾਮੂ ॥ (987)
sunat jee-o jaas naam.
Hearing His Name, one comes to life.

ਦੁਖ ਿਬਨਸੇ ਸੁਖ ਕੀਓ ਿਬਸਰ੍ਾਮੁ ॥ (987)
dukh binsay sukh kee-o bisraam.
Pain is dispelled; peace and tranquility come to dwell within.
ਸਗਲ ਨਿਧੀ ਹਿਰ ਹਿਰ ਹਰੇ ॥ (987)
sagal niDh har har haray.
The Lord, Har, Har, is all treasure.

ਮੁਨ ਜਨ ਤਾ ਕੀ ਸੇਵ ਕਰੇ ॥੧॥ (987)
mun jan taa kee sayv karay. ||1||
The silent sages serve Him. ||1||

ਜਾ ਕੈ ਘਿਰ ਸਗਲੇ ਸਮਾਹ ॥ (987)
jaa kai ghar saglay samaahi.
Everything is contained in His home.

ਜਿਸ ਤੇ ਵਿਰਥਾ ਕੋਇ ਨਾਹੀ ॥ (987)
jis tay birthaa ko-ay naahi.
No one is turned away empty-handed.

ਜੀਐ ਜੰਤਰ ਕਰੇ ਪਰਿਪਾਲ ॥ (987)
jee-a jantar karay partipaal.
He cherishes all beings and creatures.

ਸਦਾ ਸਦਾ ਸੇਵਹੁ ਕਰਪਾਲ ॥੨॥ (987)
sadaa sadaa sayvhu kirpaal. ||2||
Forever and ever, serve the Merciful Lord. ||2||

ਸਦਾ ਧਰਮ ਜਾ ਕੈ ਦੀਬਾਣ ॥ (987)
sadaa Dharam jaa kai deebaan.
Righteous justice is dispensed in His Court forever.

ਬੇਮੁਹਤਾਜ ਨਹੀ ਤਵੀ ਕਾਣਿਣੀ ॥ (987)
baymuhtaaj nahee kichh kaan.
He is carefree, and owes allegiance to no one.
He Himself, by Himself, does everything.

O my mind, meditate on Him.

I am a sacrifice to the Saadh Sangat, the Company of the Holy.

Joining them, I am saved.

My mind and body are attuned to the Naam, the Name of the Lord.

God has blessed Nanak with this gift.

One Universal Creator God. By The Grace Of The True Guru:
ਹਿਰ ਸਮਰਥ ਕੀ ਸਰਨਾ ॥ (987)

I seek the Sanctuary of the all-powerful Lord.

ਜੀਉ ਿਪੰਡੁ ਧਨੁ ਰਾਿਸ ਮੇਰੀ ਪਰ੍ਭ ਏਕ ਕਾਰਨ ਕਰਨਾ ॥੧॥ (987)

My soul, body, wealth and capital belong to the One God, the Cause of causes.

||1||Pause||

ਸਿਮਿਰ ਸਿਮਿਰ ਸਦਾ ਸੁਖੁ ਪਾਈਐ ਜੀਵਣੈ ਕਾ ਮੂਲੁ ॥ (987)

Meditating, meditating in remembrance on Him, I have found everlasting peace. He is the source of life.

ਰਿਵ ਰਿਹਆ ਸਰਬਤ ਠਾਈ ਸੂਖਮੋ ਅਸਥੂਲ ॥੧॥ (987)

He is all-pervading, permeating all places; He is in subtle essence and manifest form. ||1||

ਭਾਲ ਨਾਲ ਵਿਰਾਵ ਉਨੀ ਮੰਗੀ ਦਾਨੁ ਅਪਾਰ ਕੁਝੋਲਾ ॥ (988)

Abandon all your entanglements and corruption; sing the Glorious Praises of the Lord forever.

ਕਰ ਜੌੜੀ ਨਾਨਕੁ ਦਾਨੁ ਮਾਂਗੀ ਦੇਹੁ ਅਪਨਾ ਨਾਉ ॥੨॥੧॥੬॥ (988)

With palms pressed together, Nanak begs for this blessing; please bless me with Your Name. ||2||1||6||

ਮਾਲੀ ਗਉੜਾ ਮਹਲਾ ੫ ॥ (988)

Maalee Ga-urhaa mehlaa 5.

Maalee Gauraa, Fifth Mehl:

ਪਰ੍ਭ ਸਮਰਥ ਦੇਵ ਅਧਰਾ ਕੁਝੋਲਾ ॥ (988)

God is all-powerful, divine and infinite.
कउनु जानै चिलत तेरे किछु अंतु नाही पार ॥१॥ रहाउ ॥
Who knows Your wondrous plays? You have no end or limitation. ||1||Pause||

इक खिनह थाप उथापदा घिड भंिन करनैहारु ॥
In an instant, You establish and disestablish; You create and destroy, O Creator Lord.

जेित कीन उपारजना प्रभु दानु देइ दातार ॥१॥
As many beings as You created, God, so many You bless with Your blessings. ||1||

हििर सरिन आइओ दासु तेरा पर्भ ऊच अगम मुरार ॥
I have come to Your Sanctuary, Lord; I am Your slave, O Inaccessible Lord God.

माली गउ०दा महला ५ ॥
Maalee Gauraa, Fifth Mehl:

भित्र विभि विभि हविव दे तलु यसु मधे कलिण्ण ॥२॥२॥७॥
The Lord of the World abides in my mind and body.
In the beginning, in the end and in the middle, You alone exist, God; there is none other than You.

He is totally permeating and pervading all worlds; He is the One and only Lord and Master.

With my ears I hear God's Praises, and with my eyes I behold the Blessed Vision of His Darshan; with my tongue I sing the Lord's Glorious Praises.

Nanak is forever a sacrifice to You; please, bless me with Your Name.

Maaroo, Fifth Mehl, Second House:

One Universal Creator God. By The Grace Of The True Guru:

The earth, the Akaashic ethers and the stars abide in the Fear of God. The almighty Order of the Lord is over the heads of all.
Wind, water and fire abide in the Fear of God; poor Indra abides in the Fear of God as well. ||1||

I have heard one thing, that the One Lord alone is fearless.

He alone is at peace, and he alone is embellished forever, who meets with the Guru, and sings the Glorious Praises of the Lord. ||1||Pause||

Those who embody the energies of sattva-white light, raajas-red passion, and taamas-black darkness, abide in the Fear of God, along with the many created forms.

This miserable deceiver Maya abides in the Fear of God; the Righteous Judge of Dharma is utterly afraid of Him as well. ||3||
ਸਗਲ ਸਮਗਰੀ ਡਰਿਹ ਬਿਆਪੀ ਬਿਆਪੀ ਬੀਤੁ ਡਰ ਕਰਣੈਹਾਰਾ॥ (999)
sagal samagree dareh bi-aapee bi aapee bin dar karnaihaaraa.
The entire expanse of the Universe is in the Fear of God; only the Creator Lord is without
this Fear.

ਧ੍ਰੂ ਤਾਲੁਹ ਟਾਲੁਹ ਕਲੇ ਪੰਚੀ ਟਾਲੁਹ ਪੰਚਵਾਹਾ॥੪॥੧॥ (999)
kaho naanaak bhagtan kaa sangee bhagat soheh darbaaraa. ||4||1||
Says Nanak, God is the companion of His devotees; His devotees look beautiful in the
Court of the Lord. ||4||1||

ਮਾਰੁ ਮਹਲਾ ੫॥ (999)
maaroo mehlaa 5.
Maaroo, Fifth Mehl:

ਪੰਚ ਬਰਖ ਕੋ ਅਨਾਥ ਧਰੂ ਬਿਆਪੀ ਹਿਰ ਸਿਮਰਤ ਅਮਰ ਅਟਾਰਾ॥ (999)
paaNch barakh ko anaath Dharoo bii aapee har simrat amar ataaray.
The five year old orphan boy Dhroo, by meditating in remembrance on the Lord, became
stationary and permanent.

ਪੁਤਰ ਹੇਠ ਨਾਰਾਯਣ ਕਿਹੋ ਜਮਕੰ ਮਾਰੀ ਬਿਦਾਰੇ॥੧॥ (999)
putar hayt naaraa-in kahi-o jamkankar maar bidaaray. ||1||
For the sake of his son, Ajaamal called out, "O Lord, Naaraayan", who struck down and
killed the Messenger of Death. ||1||

ਪ੍ਰਭੁ ਬੀਤੁ ਤਾਲੁਹੁ ਬਿਆਪੀ ਤਮਵੇਲਵ ਭਗਤ ਬਿਦਾਰੇ॥੧॥ (999)
puri bii aapee taa mulu thewel bhagat bidaaray. ||1||
I am meek, with little or no understanding, and unworthy; I seek protection at the Lord's
Door. ||1||Pause||
बालमीकु सुपचारो तिरो बिधक तरे बिचारे ॥ (999)
बालमीकु सुपचारो तिरो बिधक तरे बिचारे ॥
बालमीकु सुपचारो तिरो बिधक तरे बिचारे ॥

एक निमख मन माहि अराधियों गजपति पारि उतारे ॥ ॥ (999)
एक निमख मन माहि अराधियों गजपति पारि उतारे ॥ ॥
एक निमख मन माहि अराधियों गजपति पारि उतारे ॥ ॥

कीनी रिख़ा भगत पर्हालादे हरनाखस नखिह बिदारे ॥ ॥ (999)
कीनी रिख़ा भगत पर्हालादे हरनाखस नखिह बिदारे ॥ ॥
कीनी रिख़ा भगत पर्हालादे हरनाखस नखिह बिदारे ॥ ॥

मारू महला ५ ॥ (999)
मारू महला ५ ॥
मारू महला ५ ॥

Maaroo, Fifth Mehl:
The deeds I did in egotism and pride, have all been done in vain. ||1||

Other days are of no use to me;

Please bless me with those days, O Dear God, on which I may sing the Lord's Praises. ||1||Pause||

Gazing upon children, spouse, household and possessions, one is entangled in these.

Tasting the wine of Maya, one is intoxicated, and never sings of the Lord, Har, Har. ||2||

In this way, I have examined lots of methods, but without the Saints, it is not found.

You are the Great Giver, the great and almighty God; I have come to beg a gift from You. ||3||

Abandoning all pride and self-importance, I have sought the Sanctuary of the dust of the feet of the Lord's slave.
Says Nanak, meeting with the Lord, I have become one with Him; I have found supreme bliss and peace. ||4||3||

Maaroo, Fifth Mehl:

What injury have you suffered, listening to abuse from someone else's mouth? ||1||

You don't even know how long you will stay here; you have no hint of when you shall leave. ||1||Pause||

Wind and water have patience and tolerance; the earth has compassion and forgiveness, no doubt.

The union of the five tattvas - the five elements - has brought you into being. Which of these is evil? ||2||
The Primal Lord, the Architect of Destiny, formed your form; He also burdened you with egotism.

He alone is born and dies; He alone comes and goes.

Nothing of the color and the form of the creation shall remain; the entire expanse is transitory.

Prays Nanak, when He brings His play to its close, then only the One, the One Lord remains.

Pride, emotional attachment, greed and corruption are gone; I have not placed anything else, other than the Lord, within my consciousness.

I have purchased the jewel of the Naam and the Glorious Praises of the Lord; loading this merchandise, I have set out on my journey.
The love which the Lord’s servant feels for the Lord lasts forever.

In my life, I served my Lord and Master, and as I depart, I keep Him enshrined in my consciousness.

I have not turned my face away from my Lord and Master’s Command.

He fills my household with celestial peace and bliss; if He asks me to leave, I leave at once.

Whatever the Command of my Lord and Master is, I bow my forehead and accept it.

The Lord and Master has become merciful to His servant; He has embellished both this world and the next.
Blessed is that servant, and fruitful is his birth; O Nanak, he realizes his Lord and Master.

Maaroo, Fifth Mehl:

Good karma has dawned for me - my Lord and Master has become merciful. I sing the Kirtan of the Praises of the Lord, Har, Har.

My struggle is ended; I have found peace and tranquility. All my wanderings have ceased.

The Primal Lord, the Architect of Destiny, has come into my conscious mind; I seek the Sanctuary of the Saints.

Sexual desire, anger, greed and emotional attachment are eradicated; all my enemies are eliminated.
ਸਦ हਜੂਰ ਹਾਜਰੁ ਹੈ ਨਾਜਰੁ ਕਤਿਹ ਨ ਭੇਇਆਂ ਦੂਰਾੀ ॥੨॥

He is always ever-present, here and now, watching over me; He is never far away. ||2||

ਸੁਖ ਸੀਤਲ ਸਰਧਾ ਸਬ ਪੂਰੀ ਹੋਏ ਸੰਤ ਸਹਾਈ ॥

In peace and cool tranquility, my faith has been totally fulfilled; the Saints are my Helpers and Support. ||3||

ਪਾਵਨ ਪਿਤਤ ਕੀਰੇ ਖਿਨ ਭੀਤਿਰ ਮਹਿਮਾ ਕੰਥ ਨ ਜਾਈ ॥੩॥

He has purified the sinners in an instant; I cannot express His Glorious Praises. ||3||

ਿਨਰਭਉ ਭਏ ਸਗਲ ਭੈ ਖ਼ੋਏ ਗੋਬਦ ਚਰਣ ਓਟਾੀ ॥

I have become fearless; all fear has departed. The feet of the Lord of the Universe are my only Shelter. ||4||6||

ਪਾਰਵੂ ਮਹਲਾ ੫ ॥

Maaroo, Fifth Mehl:

ਨਾਨਕੁ ਜਸੁ ਗਾਵੈ ਠਾਕੁ ਰ ਕਾ ਰੈਣ ਿਦਨਸੁ ਿਲਵ ਲਾਈ ॥੪੬॥

Nanak sings the Praises of his Lord and Master; night and day, he is lovingly focused on Him. ||4||6||

ਮਾਰੂ ਮਹਲਾ ੫ ॥

Maaroo mehlaa 5.

Maaroo, Fifth Mehl:

ਛੋਇ ਜਾਇ ਿਖਨ ਭੀਤਿਰ ਤਾ ਕਉ ਉਾ ਕਉ ਿਫਿਰ ਿਫਿਰ ਧਾਵਿਸ ਰੇ ॥੧॥

You shall have to leave all this in an instant, but again and again, you chase after it. ||1||
अपूने पूछ बढ़िई विचँद्र त समारिस रे ॥ (1000)
apunay parabh ka-o ki-o na samaaras ray.
Why do you not contemplate your God?

बैरी संगर रंगस रचिआ तिसु सिंव जीआरा जारिसे ॥ १॥ रहाउ ॥
bairee sang rang ras rachi-aa tis si-o jee-araa jaaras ray. ||1|| rahaa-o.
You are entangled in association with your enemies, and the enjoyment of pleasures; your soul is burning up with them! ||1||Pause||

जा कै नाम सुनिए जमु छोड़ ता की सरणिय न पावसे ॥
jaa kai naam suni-ai jam chhodai taa kee saran na paavas ray.
Hearing His Name, the Messenger of Death will release you, and yet, you do not enter His Sanctuary!

बैरी मिली संघर बढ़े उ चौट टिकावीसे ॥ २॥
bairee milii sanghar baare u chaur tikaavise. ||2||
Turn out this wretched jackal, and seek the Shelter of that God. ||2||

जिस का जासु सुनत भव तरीऐ ता सिंव रंग न लावसे ॥
jis kaa jaas sunat bhav taree-ai taa si-o rang na laavas ray.
Praising Him, you shall cross over the terrifying world-ocean, and yet, you have not fallen in love with Him!

थोरी बात अलप सुपने की बहुरि बहुरि अटकावीसे ॥ ३॥
thoree baat alap supnay kee bahuri bahuri atkaavise. ||3||
This meager, short-lived dream, this thing - you are engrossed in it, over and over again. ||3||

बहारुङ्ग ब्रह्म तिप्रत संघर मंडलंजि भार भन्नी ॥ (1000)
bha-i-o parsad kripaa niDh thaaakur satsang pat paa-ee.
When our Lord and Master, the ocean of mercy, grants His Grace, one finds honor in the Society of the Saints.
Says Nanak, I am rid of the illusion of the three-phased Maya, when God becomes my help and support. ||4||7||

Maaroo, Fifth Mehl:

The Inner-knower, the Searcher of hearts, knows everything; what can anyone hide from Him?

Your hands and feet will fall off in an instant, when you are burnt in the fire. ||1||

You fool, you have forgotten the Lord from your mind!

You eat His salt, and then you are untrue to Him; before your very eyes, you shall be torn apart. ||1||Pause||

The incurable disease has arisen in your body; it cannot be removed or overcome.

Forgetting God, one endures utter agony; this is the essence of reality which Nanak has realized. ||2||8||
Maaroo, Fifth Mehl:

चरन कमल परभ राखे चीति || (1001)
charan kamal parabh raakhay cheet.
I have enshrined the lotus feet of God within my consciousness.

हिर गुण गावह नीता नीत || (1001)
har gun gaavah neetaa neet.
I sing the Glorious Praises of the Lord, continually, continuously.

ਿਤਸੁ ਿਬਨੁ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋੜ || (1001)
tis bin doojaa avar na ko-o.
There is none other than Him at all.

ਆਦੀ ਮਧੀ ਅੰਤ ਹੈ ਸੋੜ ||1||
aad maDh ant hai so-oo. ||1||
He alone exists, in the beginning, in the middle, and in the end. ||1||

ਸੰਤਨ ਕੀ ਓਟ ਆਪੇ ਆਦੀ ||1|| ਰਹਾਉ || (1001)
santan kee ot aapay aap. ||1|| rahaa-o.
He Himself is the Shelter of the Saints. ||1||Pause||

ਜਾਕੈ ਵਿਸ ਹੈ ਸਗਲ ਸੰਸਾਰ || (1001)
jaa kai vas hai sagal sansaar.
The entire universe is under His control.

ਆਦੀ ਅੰਤੀ ਹਿਲੇਲਾ || (1001)
aad aap aap nirankaar.
He Himself, the Formless Lord, is Himself by Himself.
Nanak holds tight to that True Lord.

He has found peace, and shall never suffer pain again.

Maaroo, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:

He is the Giver of peace to the breath of life, the Giver of life to the soul; how can you forget Him, you ignorant person?

You taste the weak, insipid wine, and you have gone insane. You have uselessly wasted this precious human life.

Renouncing the Lord, the Support of the earth, you wander, deluded by doubt; you are engrossed in emotional attachment, associating with Maya, the slave-girl.
DharneeDhar ti-aag neech kul sayveh ha-o ha-o karat bihaavath.
Abandoning the Lord, the Support of the earth, you serve her of lowly ancestry, and you pass you life acting egotistically.

fokat karam karahi agi-aanee manmukh anDh kahaavath. ||2||
You do useless deeds, you ignorant person; this is why you are called a blind, self-willed manmukh. ||2||

sat hotaa asat kar maani-aa jo binsat so nihchal jaanath.
That which is true, you believe to be untrue; what is transitory, you believe to be permanent.

par kee ka-o apnee kar pakree aisay bhool bhulaanath. ||3||
You grasp as your own, what belongs to others; in such delusions you are deluded. ||3||

khatre barahman sood vais sabh aikai naam taraanath.
The Kh'shaatriyas, Brahmins, Soodras and Vaishybas all cross over, through the Name of the One Lord.

guru naanak updays kahat hai jo sunai so paar paraanath. ||4||1||10||
Guru Nanak speaks the Teachings; whoever listens to them is carried across. ||4||1||10||

maaloo mehlaa 5.
Maaroo, Fifth Mehl:

gupat kartaa sang so parabh dehkaava-ay manukhaa-ay.
You may act in secrecy, but God is still with you; you can only deceive other people.
Forgetting your Dear Lord, you enjoy corrupt pleasures, and so you shall have to embrace red-hot pillars. ||1||

O man, why do you go out to the households of others?

You filthy, heartless, lustful donkey! Haven’t you heard of the Righteous Judge of Dharma? ||1||Pause||

The stone of corruption is tied around your neck, and the load of slander is on your head.

You must cross over the vast open ocean, but you cannot cross over to the other side. ||2||

You are engrossed in sexual desire, anger, greed and emotional attachment; you have turned your eyes away from the Truth.

You cannot even raise your head above the water of the vast, impassable sea of Maya. ||3||
The sun is liberated, and the moon is liberated; the God-realized being is pure and untouched.

His inner nature is like that of fire, untouched and forever immaculate. ||4||

When good karma dawns, the wall of doubt is torn down. He lovingly accepts the Guru's Will.

One who is blessed with the medicine of the GurMantra, the Name of the Lord, O servant Nanak, does not suffer the agonies of reincarnation. ||5||2||

O man, in this way, you shall cross over to the other side.

Meditate on your Dear Lord, and be dead to the world; renounce your love of duality. ||Second Pause||2||11||

Maaroo, Fifth Mehl:
I have quit searching outside; the Guru has shown me that God is within the home of my own heart.

I have seen God, fearless, of wondrous beauty; my mind shall never leave Him to go anywhere else.

I have found the jewel; I have found the Perfect Lord.

The unstruck sound current of the Shabad vibrates and resounds in the Tenth Gate; the Ambrosial Naam trickles down there.

I lack nothing; the thirsty desires of my mind are satisfied. The inexhaustible treasure has entered into my being.
चरण चरण चरण गुर सेवे अघरु घिरो रसु पाइया था ॥३॥
I serve the feet, the feet, the feet of the Guru, and manage the unmanageable. I have found the juice, the sublime essence. ||3||

सहजे आवा सहजे जावा सहजे मनु खेलाइया था ॥
Intuitively I come, and intuitively I go; my mind intuitively plays. ||3||12||

कहु नानक भरमु गुिर खोइया ता हिर महली महलु पाइया था ॥४॥३॥१२॥
Says Nanak, when the Guru drives out doubt, then the soul-bride enters the Mansion of the Lord's Presence. ||4||3||12||

मारू महला ५ ॥
Maaroo, Fifth Mehl:

ਿਜਸਿਹ ਸਾਿਜ ਿਨਵਾਿਜਆ ਿਤਸਿਹ ਿਸਉ ਰੁਚ ਨਾਿਹ ॥
You feel no love for the One who created and embellished you. ||1||

ਆਨ ਰੂਤੀ ਆਨ ਬੋਈਐ ਫਲੁ ਨ ਫੂ ਲਈ ਤਾਹੀ ॥
The seed, planted out season, does not germinate; it does not produce flower or fruit. ||1||

ਬੇ ਭਨ ਬੰਦਰ ਰੂਧੀ ॥
O mind, this is the time to plant the seed of the Name. ||1||Pause||
Eradicate the stubbornness and doubt of your mind, and go to the Sanctuary of the True Guru.

He alone does such deeds, who has such pre-ordained karma.

He falls in love with the Lord of the Universe, and his efforts are approved.

My crop has germinated, and it shall never be used up.

I have obtained the priceless wealth, which shall never leave me or go anywhere else.

Says Nanak, I have found peace; I am satisfied and fulfilled.

Maaroo, Fifth Mehl:

The egg of doubt has burst; my mind has been enlightened.
The Guru has shattered the shackles on my feet, and has set me free.

My coming and going in reincarnation is ended.

The boiling cauldron has cooled down; the Guru has blessed me with the cooling, soothing Naam, the Name of the Lord.

Since I joined the Saadh Sangat, the Company of the Holy, those who were eyeing me have left.

The load of my karma has been removed, and I am now free of karma.

I have crossed the world-ocean, and reached the other shore; the Guru has blessed me with this Dharma.

True is my place, and True is my seat; I have made Truth my life's purpose.
ਸਚੁ ਪੂੰਜੀ ਸਚੁ ਵਖਰੋ ਨਾਨਕ ਘਿਰ ਪਾਇਆ ॥੪॥੫॥੧੪॥
(1002)

TRUE is my capital, and True is the merchandise, which Nanak has placed into the home of the heart. ||4||5||14||

ਮਾਰੂ ਮਹਲਾ ੫ ॥
(1002)

Maaroo mehlaa 5.
Maaroo, Fifth Mehl:

ਬੇਦੁ ਪੁਕਾਰੈ ਮੁਖ ਤੇ ਪੰਡਤ ਕਾਮਾਮਨ ਕਾ ਮਾਠਾ ॥
(1003)

The Pandit, the religious scholar, proclaims the Vedas, but he is slow to act on them.

ਮੋਨੀ ਹੋਇ ਬਹੁਤੇ ਇਕੇ ਿਹਰਦੈ ਕਲਪਨ ਗਾਠਾ ॥
(1003)

Another person on silence sits alone, but his heart is tied in knots of desire.

ਜੀਅ ਕੈ ਪਿਹ ਬਾਤ ਕਹਾ ॥
(1003)

Who can I tell about the state of my soul?

ਤਪਸੀ ਕਿਰ ਦੇਹੀ ਸਾਧੀ ਮਨੂਆ ਦੇਹਾ ਿਦਸ ਧਾਨਾ ॥
(1003)

Someone may practice intensive meditation, and discipline his body, but his mind still runs around in ten directions.
The celibate practices celibacy, but his heart is filled with pride.

The Sannyasi wanders around at sacred shrines of pilgrimage, but his mindless anger is still within him.

The temple dancers tie bells around their ankles to earn their living.

Others go on fasts, take vows, perform the six rituals and wear religious robes for show.

Some sing songs and melodies and hymns, but their minds do not sing of the Lord, Har, Har.

The Lord’s Saints are immaculately pure; they are beyond pleasure and pain, beyond greed and attachment.

My mind obtains the dust of their feet, when the Lord God shows mercy.

Says Nanak, I met the Perfect Guru, and then the anxiety of my mind was removed.
मेरा अंतरजामी हिर राइआ ॥ (1003)
Mayraa antarjaamee har raa-i-aa.
My Sovereign Lord is the Inner-knower, the Searcher of hearts.

सभु किछु जानै मेरे जीअ का पर्ीतमु िबसिर गए बकबाइआ ॥१॥ रहाउ दूजा ॥६॥१५॥ (1003)
sabh kichh jaanai mayray jee-a kaa pareetam bisar ga-ay bakbaa-i-aa. ||1|| raha-o doojaa. ||6||15||
The Beloved of my soul knows everything; all trivial talk is forgotten. ||1||Second Pause||6||15||

मारू महला ५ ॥ (1003)
maaroo mehlaa 5.
Maaroo, Fifth Mehl:

कोिट लाख सरब को राजा जिसु हिरदै नामु तुमारा ॥ (1003)
kot laakh sarab ko raajaa jis hirdai naam tumaaraa.
One who has Your Name in his heart is the king of all the hundreds of thousands and millions of beings.

जा कउ नामु न दीआ मेरै सितगुिर से मिर जनमिह गावारा ॥१॥ (1003)
jaa ka-o naam na dee-aa mayray satgur say mar janmeh gaavaaraa. ||1||
Those, whom my True Guru has not blessed with Your Name, are poor idiots, who die and are reborn. ||1||

मेरे मिलिचु जी भार रप्पु ॥ (1003)
Mere milichu ji bhaar rakh.
My True Guru protects and preserves my honor.

चीित आवििह उव जी भार धूिरी िकमवउ उलीषे धर्मु ॥९॥ रहाउ ॥ (1003)
cheet aavahi tab hee patoori bisrat ralee-ai khaak. ||9|| raha-o.
When You come to mind, Lord, then I obtain perfect honor. Forgetting You, I roll in the dust. ||9||Pause||
रूप रंग खुसीआ मन भोगण ते ते िछदर् िवकारा ॥ (1003)
roop rang khusee-aa man bhogan tay tay chhidar vikaaraa.
The mind's pleasures of love and beauty bring just as many blames and sins.

हिर का नामु िनधानु किलआणा सूक्ष सहजु इहु सारा ॥२॥ (1003)
har kaa naam niDhaan kali-aanaa sookh sahj ih saaraa. ||2||
The Name of the Lord is the treasure of Emancipation; it is absolute peace and poise. ||2||

ਮਾਇਆ रੰਗ िਬਰੰਗ िখਨै मਿਹ िਜਉ ਬਾਦਰ ਕੀ ਛਾਇਆ ॥ (1003)
maa-i-aa rang birang khinai meh ji-o baadar kee chhaa-i-aa.
The pleasures of Maya fade away in an instant, like the shade of a passing cloud.

ਯੂਚ ਮੂਚ ਅਪਾਰ ਸੁਆਮੀ ਅਗਮ ਦਰਬਾਰਾ ॥ (1003)
ooch mooch apaar su-aamee agam darbaaraa.
My Lord and Master is lofty and exalted, grand and infinite. The Darbaar of His Court is inaccessible.

ਨਾਮੋ ਵਿਡਆਈ ਸੋਭਾ ਨਾਨਕ ਖਸਾਮ ਿਪਆਰਾ ॥॥੭॥੧੬॥ (1003)
naamo vadi-aa-ee sobhaa naanak khasam pi-aaraa. ||4||7||16||
Through the Naam, glorious greatness and respect are obtained; O Nanak, my Lord and Master is my Beloved. ||4||7||16||

ਸਿਤਗੁਰ ਪਰਸਾਦ ॥ (1003)
iNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:
The One Universal Creator Lord created the creation.

He made all the days and the nights.

The forests, meadows, three worlds, water,

the four Vedas, the four sources of creation,

the countries, the continents and all the worlds,

have all come from the One Word of the Lord.

If you meet the True Guru, then you'll understand. | Pause |
He formed the expanse of the entire universe from the three gunas, the three qualities.

People are incarnated in heaven and in hell.

In egotism, they come and go.

The mind cannot hold still, even for an instant.

Without the Guru, there is only pitch darkness.

Meeting with the True Guru, one is emancipated.

All the deeds done in egotism,

are just chains around the neck.
मेरी मेरी धारी ॥ (1004)
mayree mayree Dhaaree.
Harboring self-conceit and self-interest

ओहा पैिर लोहारी ॥
ohaa pair lohaaree.
is just like placing chains around one's ankles.

सो गुर मिलि एकु पछाणै ॥
so gur mil ayk pachhaanai.
He alone meets with the Guru, and realizes the One Lord,

जिसु होवै भागु मथाणै ॥३॥
jis hovai bhaag mathaanai. ||3||
who has such destiny written on his forehead. ||3||

सो मिलआ जि हिर मिन भाइआ ॥
so mili-aa je har man bhaa-i-aa.
He alone meets the Lord, who is pleasing to His Mind.

नह आपहु मूरखु गियानी ॥
nah aaphu moorakh gi-aanee.
No one, by himself, is ignorant or wise.

जि कराउै सु नामु वखानी ॥
je karaavai so naam vakhaanee.
He alone chants the Naam, whom the Lord inspires to do so.
तेरा अंतु न पारावारा ॥ (1004)
You have no end or limitation.

जन नानक सद बलिहारा ॥३॥१॥१॥ (1004)
Servant Nanak is forever a sacrifice to You. ||4||1||17||

मारू महला ५ ॥ (1004)
Maaroo mehlaa 5.

मोहनी मोहि लीए तर्ै गुनीआ ॥ (1004)
Maya, the enticer, has enticed the world of the three gunas, the three qualities.

मेरी मेरी किर कै संची अंत की बार सगल ले छलीआ ॥१॥ (1004)
Crying out, "Mine, mine!" they collect possessions, but in the end, they are all deceived. ||1||

निरभू निरंकार दाईइलीआ ॥ (1004)
The Lord is fearless, formless and merciful.

जीअ जंत सगले प्रतिपलीआ ॥१॥ रहाउ ॥ (1004)
He is the Cherisher of all beings and creatures. ||1||Pause||
एकै सर्मु किर गाडी गडहै ॥ (1004)
aikai saram kar gaadee gadhai.
Some collect wealth, and bury it in the ground.

एकिह सुपनै दामु न छडहै ॥ (1004)
aykeh supnai daam na chhadhai.
Some cannot abandon wealth, even in their dreams.

एकै संची तिज बाप महतारी ॥ (1004)
aik sanchee taj baap mehtaaree.
Some collect it, forsaking their fathers and mothers.

एक संची तिज बाप महतारी ॥ (1004)
aik sanchee taj baap mehtaaree.
Some collect it, forsaking their fathers and mothers.

Some hide it from their children, friends and siblings, but it will not remain with them. ||3||

जोगी जती पंिडत बीचारी ॥ (1004)
jogee jatee pandit beechaaree.
Some are Yogis, celibates, religious scholars and thinkers.
Some dwell in homes, graveyards, cremation grounds and forests; but Maya still clings to them there. ||4||

When the Lord and Master releases one from his bonds,

the Name of the Lord, Har, Har, comes to dwell in his soul.

In the Saadh Sangat, the Company of the Holy, His humble servants are liberated; O Nanak, they are redeemed and enraptured by the Lord's Glance of Grace. ||5||2||18||

Meditate in remembrance on the One Immaculate Lord.

No one is turned away from Him empty-handed.

He cherished and preserved you in your mother's womb;
jee-o pind day saaj savaari-aa.
He blessed you with body and soul, and embellished you.

so-ee biDhaataa khin khin japee-ai.
Each and every instant, meditate on that Creator Lord.

jis simrat avgun sabh dhakee-ai.
Meditating in remembrance on Him, all faults and mistakes are covered.

charan kamal ur antar Dhaarahu.
Enshrine the Lord's lotus feet deep within the nucleus of your self.

bikhi-aa ban tay jee-o uDhaarahu.
Save your soul from the waters of corruption.

karan palaah miteh billaataa.
Your cries and shrieks shall be ended;

jap govid baram bha-o faataa.
meditating on the Lord of the Universe, your doubts and fears shall be dispelled.

saaDhsang virlaa ko paa-ay.
Rare is that being, who finds the Saadh Sangat, the Company of the Holy.
ਨਾਨਕੁ  ਤਾ  ਕੈ  ਬਿਲ  ਬਿਲ  ਜਾਏ  ॥੧॥  (1004)
Nanak is a sacrifice, a sacrifice to Him. ||1||

ਰਾਮ  ਨਾਮੁ  ਮਨੀ  ਤਨੀ  ਆਧਾਰਾ  ॥
raam naam man tan aaDhaaraa.
The Lord's Name is the support of my mind and body.

ਜੋ  ਿਸਮਰੈ  ਿਤਸ  ਕਾ  ਿਨਸਤਾਰਾ  ॥੧॥  ਰਹਾਉ  ॥
jo simrai tis ka nistaaraa. ||1|| rahaa-o.
Whoever meditates on Him is emancipated. ||1||Pause||

ਮਿਥਾ  ਵਸਤੁ  ਸਿਤ  ਕਿਰ  ਮਾਨੀ  ॥
mithi-aa vasat sat kar maanee.
He believes that the false thing is true.

ਿਹਤੁ  ਲਾਇਓ  ਸਠ  ਮੂੜ  ਅਿਗਆਨੀ  ॥
hit laa-i-o sath moorh agi-aanee.
The ignorant fool falls in love with it.

ਕਾਮ  ਕਰ੍ੋਧ  ਲੋਭ  ਮਦ  ਮਾਤਾ  ॥
kaam kroDh lobh mad maataa.
He is intoxicated with the wine of sexual desire, anger and greed;

ਕਉਡੀ  ਬਦਲੈ  ਜਨਮੁ  ਗਵਾਤਾ  ॥
ka-udee badlai janam gavaataa.
he loses this human life in exchange for a mere shell.

ਅਪਨਾ  ਛੋਿਡ  ਪਰਾਇਐ  ਰਾਤਾ  ॥
apnaa chhod paraa-i-ai raataa.
He abandons his own, and loves that of others.
ਮਾਇਆ ਮਦ ਮਨ ਤਨ ਸੰਗੀ ਜਾਤਾ॥

maa-i-aa mad man tan sang jaataa.
His mind and body are permeated with the intoxication of Maya.

ਿਤਰ੍ਸਨ ਨ ਬੂਜ਼ੀ ਕਰਤ ਕਲੋਲਾ॥

tarisan na boojhai karat kalolaa.
His thirsty desires are not quenched, although he indulges in pleasures.

ਊਣੀ ਆਸ ਿਮਿਥਆ ਸਿਭ ਬੋਲਾ॥

oonee aas mithi-aa sabh bolaa.
His hopes are not fulfilled, and all his words are false.

ਹਮ ਤੁਮ ਸੰਗ ਝੂਠੇ ਸਿਭ ਬੋਲਾ॥

ham tum sang jhoothay sabh bolaa.
False is all his talk of me and you.

ਪਾਇ ਠਗਉਰੀ ਆਿਪ ਭੁਲਾਇਆ॥

paa-ay thag-uree aap bhulaa-i-o.
The Lord Himself administers the poisonous potion, to mislead and delude.

ਨਾਨਕ ਿਕਰਤੁ ਨ ਜਾਇ ਿਮਟਾਇਆ॥

naanak kirat na jaa-ay mitaa-i-o. ||2||
O Nanak, the karma of past actions cannot be erased. ||2||

ਪਸੁ ਪੰਖੀ ਭੂਤ ਅਰ ਪਰ੍ੇਤਾ॥

pas pankhee bhoot ar paraytaa.
Beasts, birds, demons and ghosts -
बहु बिधि सेही बिन्दु भनेना || (1005)
बहु बिधि जोनी फिरत अनेता ||
baho biDh jonee firat anaytaa.
in these many ways, the false wander in reincarnation.

जह जानो तह रहनु न पावै || (1005)
jah jaano tah rahan na paavai.
Wherever they go, they cannot remain there.

जह जानो तह रहनु न पावै || (1005)
thaan bihoon uth uth firir Dhaavai.
They have no place of rest; they rise up again and again and run around.

ञिन तिन बासना बहुतु बिस्थारा || (1005)
man tan baasnaa bahutu bisthaaraa.
Their minds and bodies are filled with immense, expansive desires.

अहमेव भृठे बेचारा || (1005)
ahamayv mootho baychaaraa.
The poor wretches are cheated by egotism.

अनिक दोख अरु बहुतु सजाई || (1005)
anik dokh ar bahut sajaa-ee.
They are filled with countless sins, and are severely punished.

ता की कीमति कहणु न जाई || (1005)
taa kee keemat kahan na jaa-ee.
The extent of this cannot be estimated.

पर्भ बिसरत नरक मिह पाई || (1005)
parabh bisrat narak meh paa-i-aa.
Forgetting God, they fall into hell.
ਤਹ ਮਾਤ ਨ ਬੰਧੁ ਨ ਮੀਤ ਨ ਜਾਇਆ ॥ (1005)

tah maat na banDh na meet na jaa-i-aa.
There are no mothers there, no siblings, no friends and no spouses.

ਿਜਸ ਕਉ ਹੋਤ ਕਰਪਾਲ ਸ਼ੁਅਮੀ ॥ (1005)

jis ka-o hot kirpaal su-aamee.
Those humble beings, unto whom the Lord and Master becomes Merciful,

ਮੇ ਤਲਹ ਤਤਿਕਾਲ ਪਿਚਾਲਾਬਚਿੱਤਾਲਮੀ॥ (1005)

so jan nu naanak paargaraamee. ||3||
O Nanak, cross over. ||3||

ਭਰ੍ਮਤ ਭਰ੍ਮਤ ਪਿਚਾਲ ਸਰਆਮੀਲ ਆਦਿਆਲੀ॥ (1005)

bharmat bharmat parabh sarnee aa-i-aa.
Rambling and roaming, wandering around, I came to seek the Sanctuary of God.

ਦੀਨਾ ਨਾਥ ਜਗਤ ਪੋਹ ਮਾਇਆ ॥ (1005)

deenaa naath jagat pit maa-i-aa.
He is the Master of the meek, the father and mother of the world.

ਪਰ੍ਭ ਦੁਆਲ ਦੁਖ ਦਰਦ ਵਿਦਾਰਨ॥ (1005)

parabh da-i-aal dukh darad bidaaran.
The Merciful Lord God is the Destroyer of sorrow and suffering.

ਜਿਸੁ ਭਾਵੈ ਤ੍ਵੀ ਨਿਸਤਾਰਨ॥ (1005)

jis bhaavai tis hee nistaaran.
He emancipates whoever He pleases.

ਅੰਧ ਕੂ ਪ ਤੇ ਕਾਠਲਾਣ ॥ (1005)

anDh koop tay kaadhanhaaraa.
He lifts them up and pulls him out of the deep dark pit.
ਪਰ੍ੰ ਭਗਿਤ ਹੋਵਤ ਿਨਸਤਾਰਾ ॥ (1005)
paraym bhagat hovat nistaaraa.
Emancipation comes through loving devotional worship.

ਸਾਧ ਰੂਪ ਅਪਨਾ ਤਨੁ ਧਾਰਾਅ ॥ (1005)
saaDh roop apnaa tan Dhaari-aa.
The Holy Saint is the very embodiment of the Lord's form.

ਮਹਾ ਅਗਿਨ ਤੇ ਆਪ ਉਬਾਰਾ ਂ ॥ (1005)
mahaa agan tay aap ubaari-aa.
He Himself saves us from the great fire.

ਜਪ ਤਪ ਸੰਜਮ ਇਸ ਤੇ ਕਿੱਚੁ ਨਾਹੀ ॥ (1005)
jap tap sanjam is tay kichh naahee.
By myself, I cannot practice meditation, austerities, penance and self-discipline.

ਨਾਮੁ ਦੇਹ ਮਾਗੈ ਦਾਸ ਤੇਰਾ ॥ (1005)
naam deh maagai daas tayraa.
Please bless me with Your Name, Lord; Your slave begs only for this.

ਹਿਰ ਜੀਵਨ ਪਦੁ ਨਾਨਕ ਪਰਬ ਮੇਰਾ ॥੪॥੩॥੧੯॥ (1005)
har jeevan pad naanak parabh mayraa. ||4||3||19||
O Nanak, my Lord God is the Giver of the true state of life. ||4||3||19||

ਮਾਰੂ ਮਹਲਾ ੫ ॥ (1005)
maaroo mehlaa 5.
Maaroo, Fifth Mehl:
Why do you try to deceive others, O people of the world? The Fascinating Lord is Merciful to the meek. ||1||

This is what I have come to know.

The brave and heroic Guru, the Generous Giver, gives Sanctuary and preserves our honor. ||1||Pause||

He submits to the Will of His devotees; He is forever and ever the Giver of peace. ||2||

Please bless me with Your Mercy, that I may meditate on Your Name alone. ||3||

Nanak, the meek and humble, begs for the Naam, the Name of the Lord; it eradicates duality and doubt. ||4||4||20||

My Lord and Master is utterly powerful.
ਮੋਹੀ ਸੇਵਕੁ ਬੇਚਾਰਾ ॥੧॥
mohi sayvak baychaaraa. ||1||
I am just His poor servant. ||1||

ਮੋਹਨੁ ਲਾਲੁ ਮੇਰਾ ਪਰ੍ੀਤਮ ਮਨ ਪਰ੍ਾਨਾ ॥
mohan laal mayraa pareetam man paraanaa.
My Enticing Beloved is very dear to my mind and my breath of life.

ਮੋਹੀ ਲਾਲੁ ਦਾਨਾ ॥੧॥ ਰਹਾਉ ॥
mo ka-o dayh daanaa. ||1|| rahaa-o.
He blesses me with His gift. ||1||Pause||

ਸਗਲੇ ਮੈ ਦੇਖੇ ਜੋੀ ॥
saglay mai daykhay jo-ee.
I have seen and tested all.

ਬੀਜੁ ਅਵਰੁ ਨ ਕੋੀ ॥੨॥
beeja-o avar na ko-ee. ||2||
There is none other than Him. ||2||

ਜੀਅਨ ਪਰ੍ਿਤਪਾਿਲ ਸਮਾਹੈ ॥
jee-an partipaal samaahai.
He sustains and nurtures all beings.

ਹੈ ਹੋਸੀ ਆਹੇ ॥੩॥
hai hosee aahay. ||3||
He was, and shall always be. ||3||

ਦਇਆ ਮੋਹੀ ਕੀਜੈ ਦੇਵਾ ॥
da-i-aa mohi keejai dayvaa.
Please bless me with Your Mercy, O Divine Lord,
ਨਾਨਕ ਲਾਗੋ ਸੇਵਾ ॥੪॥੫॥੨੧॥ (1005)

and link Nanak to Your service. ||4||5||21||

ਮਾਰੂ ਮਹਲਾ ੫ ॥ (1005)

Maaroo, Fifth Mehl:

ਪਿਤਤ ਉਧਾਰਨ ਤਾਰਨ ਬਿਲ ਬਿਲ ਬਲੇ ਬਿਲ ਜਾਈਐ ॥ (1005)
The Redeemer of sinners, who carries us across; I am a sacrifice, a sacrifice, a sacrifice, a sacrifice to Him.

ਐਸਾ ਕੋਈ ਭेटੈ ਸੰਤੁ ਿਜਤੁ ਹਿਰ ਹਰੇ ਹਿਰ ਿਧਆਈਐ ॥੧॥ (1005)
If only I could meet with such a Saint, who would inspire me to meditate on the Lord, Har, Har, Har. ||1||

ਮੋ ਕਉ ਕੋਈ ਨ ਜਾਨਤ ਕਹੀਐ ਦਾਸੁ ਤੁਮਾਰਾ ॥ (1005)
No one knows me; I am called Your slave.

ਏਹਾ ਓਟ ਆਧਾਰਾ ॥੧॥ ਰਹਾਉ ॥ (1005)
This is my support and sustenance. ||1||Pause||

ਸਰਬ ਧਾਰਨ ਪਰ੍ਿਤਪਾਰਨ ਇਕ ਿਬਨਉ ਦੀਨਾ ॥ (1005)
You support and cherish all; I am meek and humble - this is my only prayer.

ਤੁਮਰੀ ਿਬਿਧ ਤੁਮ ਹੀ ਜਾਨਹੁ ਤੁਮ ਜਲ ਹਮ ਮੀਨਾ ॥੨॥ (1005)
You alone know Your Way; You are the water, and I am the fish. ||2||
ਪੂਰਨ ਿਬਸਥੀਰਨ ਸੁਆਮੀ ਆਿਹ ਆਇਓ ਪਾਛੈ ॥ (1005)
pooran bistheeran su-aamee aahi aa-i-o paachhai.
O Perfect and Expansive Lord and Master, I follow You in love.

ਸਗਲੋ ਭੂ ਮੰਡਲ ਖੰਡਲ ਪਰ੍ਭ ਤੁਮ ਹੀ ਆਛੈ ॥੩॥ (1005)
saglo bhoo mandal khandal parabh tum hee aachhai. ||3||
O God, You are pervading all the worlds, solar systems and galaxies. ||3||

ਅਟਲ ਅਖਇੋ ਦੇਵਾ ਮੋਹਨ ਅਲਖ ਅਪਾਰਾ ॥ (1006)
atal akhi-o dayvaa mohan alakh apaaraa.
You are eternal and unchanging, imperishable, invisible and infinite, O divine fascinating Lord.

ਦਾਨੁ ਪਾਵੁ ਸੰਤਾ ਸੰਗੁ ਨਾਨਕ ਰੇਨੁ ਦਾਸਾਰਾ ॥੪॥੬॥੨੨॥ (1006)
daan paava-o santaa sang naanak rayn daasaaraa. ||4||6||22||
Please bless Nanak with the gift of the Society of the Saints, and the dust of the feet of Your slaves. ||4||6||22||

ਮਾਰੂ ਮਹਲਾ ੫ ॥ (1006)
maaroo mehlaa 5.
Maaroo, Fifth Mehl:

ਿਤਰ੍ਪਿਤ ਆਘਾਏ ਸੰਤਾ ॥ (1006)
taripat aaghaa-ay santaa.
The Saints are fulfilled and satisfied;

ਗੁਰ ਜਾਨੇ ਿਜਨ ਮੰਤਾ ॥ (1006)
gur jaanay jin manntaa.
they know the Guru's Mantra and the Teachings.

ਤਾ ਕੀ ਿਕਛੁ ਕਹਨੁ ਨ ਜਾਈ ॥ (1006)
taa kee kichh kahan na jaa-ee.
They cannot even be described;
they are blessed with the glorious greatness of the Naam, the Name of the Lord. ||1||

My Beloved is a priceless jewel.

His Name is unattainable and immeasurable. ||1||Pause||

One whose mind is satisfied believing in the imperishable Lord God,
becomes Gurmukh and attains the essence of spiritual wisdom.

He sees all in his meditation.

He banishes egotistical pride from his mind. ||2||

Permanent is the place of those
who, through the Guru, realize the Mansion of the Lord's Presence.

Meeting the Guru, they remain awake and aware night and day;

They are committed to the Lord's service.

They are perfectly fulfilled and satisfied,

intuitively absorbed in Samaadhi.

The Lord's treasure comes into their hands;

O Nanak, through the Guru, they attain it.

Maaroo, Fifth Mehl, Sixth House, Du-Padas:
By The Grace Of The True Guru:

Abandon all your clever tricks; meet with the Holy, and renounce your egotistical pride.

Everything else is false; with your tongue, chant the Name of the Lord, Raam, Raam.

O my mind, with your ears, listen to the Name of the Lord.

The sins of your many past lifetimes shall be washed away; then, what can the wretched Messenger of Death do to you?

Pain, poverty and fear shall not afflict you, and you shall find peace and pleasure.

By Guru’s Grace, Nanak speaks; meditation on the Lord is the essence of spiritual wisdom.

Maaroo, Fifth Mehl: (1006)

Maa-roo mehlaa 5.

Maaroo, Fifth Mehl:
Those who have forgotten the Naam, the Name of the Lord - I have seen them reduced to dust.

The love of children and friends, and the pleasures of married life are torn apart.

O my mind, continually, continuously chant the Naam, the Name of the Lord.

You shall not burn in the ocean of fire, and your mind and body shall be blessed with peace.

Like the shade of a tree, these things shall pass away, like the clouds blown away by the wind.

Meeting with the Holy, devotional worship to the Lord is implanted within; O Nanak, only this shall work for you.

The perfect, primal Lord is the Giver of peace; He is always with you.
ਮਰੈ ਨ ਆਵੈ ਨ ਜਾਇ ਿਬਨਸੈ ਿਬਆਪਤ ਉਸਨ ਨ ਸੀਤ ॥੧॥ (1006)
marai na aavai na jaa-ay binsai bi-aapat usan na seet. ||1||
He does not die, and he does not come or go in reincarnation. He does not perish, and He is not affected by heat or cold. ||1||

ਮੇਰੇ ਮਨ ਨਾਮ ਕਰੀ ਪ੍ਰੀਤੀ ॥ (1006)
mayray man naam si-o kar pareet.
O my mind, be in love with the Naam, the Name of the Lord.

ਚੇਿਤ ਮਨ ਹਿਰ ਹਿਰ ਿਨਧਾਨਾ ਏਹ ਿਨਰਮਲ ਰੀਿਤ ॥੧॥ ਰਹਾਉ ॥ (1006)
chayt man meh har har niDhaanaa ayh nirmal reet. ||1|| rahaa-o.
Within the mind, think of the Lord, Har, Har, the treasure. This is the purest way of life. ||1||Pause||

ਿਕਰ੍ਪਾਲ ਦਇਆਲ ਗੋਪਾਲ ਗੋਬਦ ਜੋ ਜਪੈ ਿਤਸੁ ਸੀਿਧ ॥ (1006)
kirpaal da-i-aal gopaal gobid jo japai tis seeDh.
Whoever meditates on the merciful compassionate Lord, the Lord of the Universe, is successful.

ਨਵਲ ਨਵਤਨ ਚਤੁਰ ਸੁੰਦਰ ਮਨੁ ਨਾਨਕ ਿਤਸੁ ਸੰਗ ਬੀਿਧ ॥੨॥੩॥੨੬॥ (1006)
naval navtan chatur sundar manu naanak tis sang beeDh. ||2||3||26||
He is always new, fresh and young, clever and beautiful; Nanak’s mind is pierced through with His Love. ||2||3||26||

ਮਾਰੂ ਮਹਲਾ ५ ॥ (1006)
maaroo mehlaa 5.
Maaroo, Fifth Mehl:

ਚਲਤ ਬੈਸਤ ਜਾਗਤ ਗੁਰ ਮੰਤਰੁ ਿਰਦੈ ਿਚਤਾਿਰ ॥ (1006)
chalat baisat sovat jaagat gur mantar ridai chitaar.
While walking and sitting, sleeping and waking, contemplate within your heart the GurMantra.
Run to the Lord’s lotus feet, and join the Saadh Sangat, the Company of the Holy. Cross over the terrifying world-ocean, and reach the other side. ||1||

May my mind, enshrine the Naam, the Name of the Lord, within your heart.

Love the Lord, and commit your mind and body to Him; forget everything else. ||1||Pause||

Meditate, vibrate on the Lord of the Universe, and all your desires shall be fulfilled; O Nanak, you shall never be defeated. ||2||4||27||

Renounce your self-conceit, and the fever shall depart; become the dust of the feet of the Holy.

He alone receives Your Name, Lord, whom You bless with Your Mercy. ||1||
ਮੇਰੇ ਭਾਨੂ ਰਾਮ ਅਮਿਤੁ ਪੀਉ ॥ (1007)
ਮੇਰੇ ਮਨ ਨਾਮ ਅਮਿਤੁ ਪੀਉ ||
mayray man naam amrit pee-o.
O my mind, drink in the Ambrosial Nectar of the Naam, the Name of the Lord.

ਆਨ ਸਾਦ ਬੀਸਾਰ ਹੋਛੇ ਅਮਰ ਜੁਗ ਜੁਗ ਜੀਉ ॥੧॥ ਰਹਾਉ ॥ (1007)
aan saad bisaar hochhay amar jug jug jee-o. ||1|| rahaa-o.
Abandon other bland, insipid tastes; become immortal, and live throughout the ages.
||1||Pause||

ਨਾਮ ਇਕ ਰੰਸ ਰੰਸ ਨਾਮਾ ਨਾਮ ਲਾਗੀ ਲੀਉ ॥ (1007)
naam ik ras rang naamaa naam laagee lee-o.
Savor the essence of the One and only Naam; love the Naam, focus and attune yourself to the Naam.

ਮੀਤੁ ਸਾਜਨੁ ਸਖਾ ਬੰਧਪੁ ਹਿਰ ਏਕੁ ਨਾਨਕ ਕੀਉ ॥੨॥੫॥੨੮॥ (1007)
meet saajan sakhaa banDhap har ayk naanak kee-o. ||2||5||28||
Nanak has made the One Lord his only friend, companion and relative. ||2||5||28||

ਮਾਰੂ ਮਹਲਾ ੫ ॥ (1007)
maaroo mehlaa 5.
Maaroo, Fifth Mehl:

ਪ੍ਰਤੀਦਾਹੀ ਭਾਨੂ ਧਿਵਰ ਸ਼ਕੇ ਲਗਾਈ ਦੇਤ ਨ ਸੇਕ ॥ (1007)
pratipalai maata udarai raahi lagan dayt na sayk.
He nourishes and preserves mortals in the womb of the mother, so that the fiery heat does not hurt them.

ਮੇਰੇ ਭਾਨੂ ਰਾਮ ਕੀ ਕਿਰ ਟੇਕ ॥ (1007)
ਮੇਰੇ ਮਨ ਨਾਮ ਕੀ ਕਿਰ ਟੇਕ ||
mayray man naam kee kar tayk.
O my mind, take the Support of the Naam, the Name of the Lord.
Understand the One who created you; the One God is the Cause of causes. ||1||Pause||

Remember the One Lord in your mind, renounce your clever tricks, and give up all your religious robes.

Meditating in remembrance forever on the Lord, Har, Har, O Nanak, countless beings have been saved. ||2||6||29||

His Name is the Purifier of sinners; He is the Master of the masterless.

In the vast and terrifying world-ocean, he is the raft for those who have such destiny inscribed on their foreheads. ||1||Pause||

Without the Naam, the Name of the Lord, huge numbers of companions have drowned.

Even if someone does not remember the Lord, the Cause of causes, still, the Lord reaches out with His hand, and saves him. ||1||Pause||
In the Saadh Sangat, the Company of the Holy, chant the Glorious Praises of the Lord, and take the Path of the Ambrosial Name of the Lord.

Shower me with Your Mercy, O Lord; listening to Your sermon, Nanak lives. ||2||7||30||

Maaro, Anjulee ~ With Hands Cupped In Prayer, Fifth Mehl, Seventh House:

By the Command of the Dear Lord King, the soul came and entered into the body. ||1||

In that place, where the fire rages like an oven,
wój aṁ bhuṁ bhau guṇaṁ || (1007)
oorādh mucu mahu ḍaubāre ||
ooraDh mukh mahaag gubāray.
in that darkness where the body lies face down -

maha gubārē āuṛdh mukh mahaag gubāray ||2|| (1007)
saaṁ saas samaalū eee othai khaasam chhadaa-aay laa-ːi-ːa. ||2||
there, one remembers his Lord and Master with each and every breath, and then he is rescued. ||2||

vichahu gubāre tīvṛti sadāvāde āuṛdh mukh mahaag gubāray ||2|| (1007)
vichahu garbhāi nikal aa-ːi-ːa.
Then, one comes out from within the womb,

khaśaṁ vīvaṁ lāi ṛdū prīṇī ṛbhānaqū bhūnu chhadaa-aay laa-ːi-ːa. ||2||
and forgetting his Lord and Master, he attaches his consciousness to the world.

vichahu garbhāi nikal aa-ːi-ːa. ||2||
Then, one comes out from within the womb,

khaśaṁ vīvaṁ lāi ṛdū prīṇī ṛbhānaqū bhūnu chhadaa-aay laa-ːi-ːa. ||2||
and forgetting his Lord and Master, he attaches his consciousness to the world.

vichahu garbhāi nikal aa-ːi-ːa. ||2||
Then, one comes out from within the womb,

khaśaṁ vīvaṁ lāi ṛdū prīṇī ṛbhānaqū bhūnu chhadaa-aay laa-ːi-ːa. ||2||
and forgetting his Lord and Master, he attaches his consciousness to the world.

vichahu garbhāi nikal aa-ːi-ːa. ||2||
Then, one comes out from within the womb,

khaśaṁ vīvaṁ lāi ṛdū prīṇī ṛbhānaqū bhūnu chhadaa-aay laa-ːi-ːa. ||2||
and forgetting his Lord and Master, he attaches his consciousness to the world.

vichahu garbhāi nikal aa-ːi-ːa. ||2||
Then, one comes out from within the womb,
मारू महला ५ ॥

Maaroo, Fifth Mehl:

वैदो न वाई भैणो न भाई एको सहाई रामु हे ॥१॥

The One Lord alone is our help and support; neither physician nor friend, nor sister nor brother can be this. ||1||

कीता जिसो होवै पापां मलो धोवै सो सिमरहू परधानु हे ॥२॥

His actions alone come to pass; He washes off the filth of sins. Meditate in remembrance on that Supreme Lord. ||2||

घिट घटे वासी सरब इत्वासी असिथरु जा का थानु हे ॥३॥

He abides in each and every heart, and dwells in all; His seat and place are eternal. ||3||

आवै न जावै संगे समावै पूरन जा का कामु हे ॥४॥

He does not come or go, and He is always with us. His actions are perfect. ||4||

ब्रह्म सत्ता का वृद्धिवर्धन ॥ (1008)

The Almighty Lord and Master is the Cause of causes; Nanak is a sacrifice to Him. ||5||2||32||
ਮਾਰੂ ਮਹਲਾ ੫ ਘਰੁ ੩ ਅਸਟਪਦੀਆ ॥ (1017)

Maaroo, Fifth Mehl, Third House, Ashtapadees:

ਸਿਤਗੁਰ ਪਰਸਾਦ ॥ (1017)

One Universal Creator God. By The Grace Of The True Guru:

ਲਖ ਚਉਰਾਸੀਹ ਭਰਮਤੇ ਭਰਮੱਤੇ ਦੁਲਭ ਜਨਮੁ ਅਬ ਪਾਇਓ ॥੧॥ (1017)

Wandering and roaming through 8.4 million incarnations, you have now been given this human life, so difficult to obtain. ||1||

ੰ ਜਹ ਘਰ ਮਿਹ ਤੂਧ ਰਹਨਾ ਬਸਨਾ ਸੋ ਘਰੁ ਚੀਤ ਨ ਆਈਓ ॥੩॥ (1017)

That home within which you live - you have not kept that home in your thoughts. ||3||

ਅਟਲ ਅਖੰਡ ਪਰਾਣ ਸੁਖਦਾਈ ਇਕ ਨੀਮਖ ਨਹੀ ਤੁਜ਼ਾ ਗਾਈਓ ॥੪॥ (1017)

He is immovable, indestructible, the Giver of peace to the soul; and yet you do not sing His Praises, even for an instant. ||4||
You have forgotten that place where you must go; you have not attached your mind to the Lord, even for an instant. ||5||

Gazing upon your children, spouse, household and paraphernalia, you are entangled in them. ||6||

As God links the mortals, so are they linked, and so are the deeds they do. ||7||

Granting His Grace, He has protected me; I have found the Saadh Sangat, the Company of the Holy. ||8||1||

He is the place of rest for my mind,
मीत साजन सखा बंधपु अंतरजामी जानु ॥१॥ रहाउ ॥

my friend, companion, associate and relative; He is the Inner-knower, the Searcher of hearts. ||1||Pause||

संसार सागरु जिन उपाइओ सरणि प्रभ की गही ॥ ॥

He created the world-ocean; I seek the Sanctuary of that God.

गुर पर्सादी पर्भु अराधे जमकं करु किछु न कही ॥२॥

By Guru's Grace, I worship and adore God; the Messenger of Death can't say anything to me. ||2||

मोख मुकित दुआिर जा कै संत िरदा भंडारु ॥

Emancipation and liberation are at His Door; He is the treasure in the hearts of the Saints.

जीअ जुगित सुजाणु सुआमी सदा राखणहारु ॥३॥

The all-knowing Lord and Master shows us the true way of life; He is our Savior and Protector forever. ||3||

दूख दरद कलेस िबनसिह िजसु बसै मन माह ॥ ॥

Pain, suffering and troubles are eradicated, when the Lord abides in the mind.

mirat narak asthaan bikh-rhay bikh na pohai taahi. ||4||

Death, hell and the most horrible dwelling of sin and corruption cannot even touch such a person. ||4||
Wealth, miraculous spiritual powers and the nine treasures come from the Lord, as do the streams of Ambrosial Nectar.

In the beginning, in the middle, and in the end, He is perfect, lofty, unapproachable and unfathomable. ||5||

The Siddhas, seekers, angelic beings, silent sages, and the Vedas speak of Him.

Meditating in remembrance on the Lord and Master, celestial peace is enjoyed; He has no end or limitation. ||6||

Countless sins are erased in an instant, meditating on the Benevolent Lord within the heart.

Such a person becomes the purest of the pure, and is blessed with the merits of millions of donations to charity and cleansing baths. ||7||

God is power, intellect, understanding, the breath of life, wealth, and everything for the Saints.
ਬਿਸਰੁ ਨਾਹੀਨਿਮਖ ਮਨ ਤੇ ਨਾਨਕ ਕੀ ਅਰਦਾਸ਼। ||8||2||
May I never forget Him from my mind, even for an instant - this is Nanak’s prayer. ||8||2||

ਮਾਰੂ ਮਹਲਾ ੫।
Maaroo, Fifth Mehl:

ਸਸਿਤਰ੍ਕਤਾ ਕਾਟ ਡਾਲਓ ਮਿਨ ਨ ਕੀਨੋ ਰੋਸ। ||1||
The sharp tool cuts down the tree, but it does not feel anger in its mind.

ਕਾਜੁ ਉਆ ਕੀ ਲੇ ਸਵਾਰੋ ਤੀਲਾ ਨ ਦੀਨਾ ਦੋਸ। ||1||
It serves the purpose of the cutter, and does not blame him at all. ||1||

ਮਨ ਮੇਰੇ ਰਾਮ ਰਾ-ਨਿਤ ਨੀਤ। ||17||
O my mind, continually, continuously, meditate on the Lord.

ਹਰਾਉ ||
The Lord of the Universe is merciful, divine and compassionate. Listen - this is the way of the Saints. ||1||Pause||

ਚਰਣ ਤਲੈ ਉਗਾਹ ਬਾੜੋ ਸਰੂ ਰਿਹਾਂ ਸੰਤਨਾਂ ਕੀ ਰੀਤ। ||2॥
He plants his feet in the boat, and then sits down in it; the fatigue of his body is relieved.

ਮਹਾ ਸਾਗਰੁ ਨਹ ਵਾਪਾਈਆ ਕਤਿਹ ਕੁਰਬਗ ਦੀੱਖੀ। ||2॥
The great ocean does not even affect him; in an instant, he arrives on the other shore. ||2||
चंदन अगर कपूर लेपन तिसू संगे नहीं प्रीति ॥ (1018)
chandan agar kaper laypan tis sangay nahee pareet.
Sandalwood, aloe, and camphor-paste - the earth does not love them.

 bistaa mootar khod til man na manee bipreet. ||3||
But it doesn't mind, if someone digs it up bit by bit, and applies manure and urine to it. ||3||

 bhistaa mootar khod til til man nanee bipreet. ||3||
High and low, bad and good - the comforting canopy of the sky stretches evenly over all.

 mitar satar na kachhoo jaanai sarab jee-a samat. ||4||
It knows nothing of friend and enemy; all beings are alike to it. ||4||

 kar pargaas parchand pargati-o anDhkaar binaas.
Blazing with its dazzling light, the sun rises, and dispels the darkness.

 pavitar apvitreh kiran laagay man na bha-i-o bikhaad. ||5||
Touching both the pure and the impure, it harbors no hatred to any. ||5||

 seet mand suganDh chali-o sarab than samaan.
The cool and fragrant wind gently blows upon all places alike.

 jahaa saa kichh tahaa laagai-o til na sankaa maan ||6||
Wherever anything is, it touches it there, and does not hesitate a bit. ||6||
ਸੁਭਾਇ अਭਾਇ जੁ िਨਕਿਟ आਵੈ सੀਤੁ ਤਾ ਜਾਇ ॥ (1018)

Good or bad, whoever comes close to the fire - his cold is taken away.

ਆਪ ਪਰ ਕਹਨੂ ਤਾ ਜਾਣੈ ਸਦਾ ਸਹਿਜ ਸੁਭਾਇ ॥੭॥ (1018)

It knows nothing of its own or others'; it is constant in the same quality. ||7||

ਚਰਣ ਸਰਣ ਸਨਾਥ ਇਹੁ ਮਨੁ ਰੰਗ ਰਾਤੇ ਲਾਲ ॥ (1018)

Whoever seeks the Sanctuary of the feet of the Sublime Lord - his mind is attuned to the Love of the Beloved.

ਗੋਪਾਲ ਗੁਣ ਿਨਤ ਗਾਉ ਨਾਨਕ ਭਏ ਪਰ੍ਭ ਿਕਰਪਾਲ ॥੮॥੩॥ (1018)

Constantly singing the Glorious Praises of the Lord of the World, O Nanak, God becomes merciful to us. ||8||3||

ਮਾਰੂ ਮਹਲਾ ੫ ਘਰੁ ੪ ਅਸਟਪਦੀਆ (1018)

Maaroo, Fifth Mehl, Fourth House, Ashtapadees:

Maaroo, Fifth Mehl, Fourth House, Ashtapadees:
ti-aaganaa ti-aagan neekaa kaam kroDh lobh ti-aaganaa. ||3||
Renunciation, renunciation - noble is the renunciation of sexual desire, anger and greed. ||3||

maaagnaa maagan neekaa har jas gur tay maagnaa. ||4||
Begging, begging - it is noble to beg for the Lord's Praise from the Guru. ||4||

jaagnaa jaagan neekaa har keertan meh jaagnaa. ||5||
Vigils, vigils - sublime is the vigil spent singing the Kirtan of the Lord's Praises. ||5||

laagnaa laagan neekaa gur charnee man laagnaa. ||6||
Attachment, attachment - sublime is the attachment of the mind to the Guru's Feet. ||6||

ih biDh tiseh paraapatay jaa kai mastak bhaagnaa. ||7||
He alone is blessed with this way of life, upon whose forehead such destiny is recorded. ||7||

kaho naanak tis sabh kichh neekaa jo parabh kee sarnaaganaa. ||8||1||4||
Says Nanak, everything is sublime and noble, for one who enters the Sanctuary of God. ||8||1||4||

Please come, O please come into the home of my heart, that I may hear with my ears the Lord's Praises. ||1||Pause||
ਤੁਧੁ ਆਵਤ ਮੇਰਾ ਮਨੁ ਤਨੁ ਹਿਰਆ ਹਿਰ ਜਸੁ ਤੁਮ ਸੰਗ ਗਾਵਨਾ ॥੧॥

With your coming, my soul and body are rejuvenated, and I sing with you the Lord's Praises. ||1||

ਸੰਤ ਕ੍ਰਿਪਾ ਤੇ ਹੀਰਦੈ ਵਾਸੈ ਦੂਜਾ ਭਾਉ ਮਿਟਾਵਨਾ ॥੨॥

By the Grace of the Saint, the Lord dwells within the heart, and the love of duality is eradicated. ||2||

ਭਗਤ ਦੇਇਆ ਤੇ ਬੁਧ ਪਰਗਾਸੈ ਦੁਰਮਿਤ ਦੂਖ ਤਜਾਵਨਾ ॥੩॥

By the kindness of the devotee, the intellect is enlightened, and pain and evil-mindedness are eradicated. ||3||

ਦਰਸਨੁ ਭੇਟਤ ਹੋਤ ਪੁਨੀਤਾ ਪੁਨਰੀਪ ਗਰਿਭ ਨ ਪਾਵਨਾ ॥੪॥

Beholding the Blessed Vision of His Darshan, one is sanctified, and is no longer consigned to the womb of reincarnation. ||4||

ਨਉ ਨਿਧ ਨਿਰਧ ਨਿਸਧ ਪਾਈ ਜੋ ਤੁਮਰੈ ਮਿਨ ਭਾਵਨਾ ॥੫॥

The nine treasures, wealth and miraculous spiritual powers are obtained, by one who is pleasing to Your mind. ||5||

ਸੰਤ ਬਿਨਾ ਮੈ ਥਾਉ ਨ ਕੋਈ ਅਵਰ ਨ ਸੂਝੈ ਜਾਵਨਾ ॥੬॥

Without the Saint, I have no place of rest at all; I cannot think of any other place to go. ||6||

ਮੋਹੀ ਨੀਰਗੁਨ ਕਉ ਕੋਈ ਨ ਰਾਖੀ ਸੰਤਾ ਸੰਗ ਸਮਾਵਨਾ ॥੭॥

I am unworthy; no one gives me sanctuary. But in the Society of the Saints, I merge in God. ||7||
कहु नानक गुर चलतु दिखाईया मन मधे हरि हरि रावना ॥८॥२॥५॥

Says Nanak, the Guru has revealed this miracle; within my mind, I enjoy the Lord, Har, Har. ||8||2||5||

Maaroo, Fifth Mehl:

जीवना सफल जीवन सुिन हिर जिप जिप सद जीवना ॥१॥ रहाउ ॥

Fruitful is the life, the life of one who hears about the Lord, and chants and meditates on Him; he lives forever. ||1||Pause||

The real drink is that which satisfies the mind; this drink is the sublime essence of the Ambrosial Naam. ||1||

The real food is that which will never leave you hungry again; it will leave you contented and satisfied forever. ||2||

The real clothes are those which protect your honor before the Transcendent Lord, and do not leave you naked ever again. ||3||

The real enjoyment within the mind is to be absorbed in the sublime essence of the Lord, in the Society of the Saints. ||4||
bin taagay bin soo-ee aanee man har bhagtee sang seevnaa. ||5||
Sew devotional worship to the Lord into the mind, without any needle or thread. ||5||

maati-aa har ras meh raatay tis bahurh na kabhoo a-ukheevnaa. ||6||
Imbued and intoxicated with the sublime essence of the Lord, this experience will never wear off again. ||6||

One is blessed with all treasures, when God, in His Mercy, gives them. ||8||3||6||
O Nanak, service to the Saints beings peace; I drink in the wash water of the feet of the Saints. ||8||3||6||

maaroo mehlaa 5 ghar 8 anjulee-aa
Maaroo, Fifth Mehl, Eighth House, Anjulees ~ With Hands Cupped In Prayer:
He alone is happy and at peace, who is liberated from both conditions. ||1||

Householders and kings fall into hell, along with renunciates and angry men,

Perfect is the work of that humble servant, who remains unattached while in the body. ||2||

The mortal sleeps, even while he is awake; he is being plundered by doubt.

Without the Guru, liberation is not obtained, friend.

In the Saadh Sangat, the Company of the Holy, the bonds of egotism are released, and one comes to behold the One and only Lord. ||3||

Doing deeds, one is placed in bondage; but if he does not act, he is slandered.
Intoxicated with emotional attachment, the mind is afflicted with anxiety.

One who looks alike upon pleasure and pain, by Guru's Grace, sees the Lord in each and every heart.

Within the world, one is afflicted by skepticism;

He does not know the imperceptible Unspoken Speech of the Lord.

He alone understands, whom the Lord inspires to understand. The Lord cherishes him as His child.

He may try to abandon Maya, but he is not released.

If he collects things, then his mind is afraid of losing them.

I wave the fly-brush over that holy person, whose honor is protected in the midst of Maya.
जो सूरा तिस ही होइ मरणा ॥
Jo sooraa tis hee ho-ay marnaa.
He alone is a warrior hero, who remains dead to the world.

जो भागै तिसु जोनी फिरणा ॥
Jo bhaagai tis jonee firnaa.
One who runs away will wander in reincarnation.

जो वरताए सोई भल मानै बुिझ हुकमै दुरमित जालीऐ ॥७॥
Jo vartaa-ay so-ee bhal maanai bujh hukmai durmat jaalee-ai. ||7||
Whatever happens, accept that as good. Realize the Hukam of His Command, and your evil-mindedness will be burnt away. ||7||

जितु जितु लाविह जितु जितु लगना ॥
Jit jit laaveh tit tit lagnaa.
Whatever He links us to, to that we are linked.

विि विि बेंिे अथिे तचरु ॥
Kar kar vaykhai apnay jachnaa.
He acts, and does, and watches over His Creation.

नानक के पूरन सुिहदाते तू देंि त नामु समालीऐ ॥८॥१॥७॥
Naanak kay pooran sukh-daatay too deh ta naam samaalee-ai. ||8||1||7||
You are the Giver of peace, the Perfect Lord of Nanak; as You grant Your blessings, I dwell upon Your Name. ||8||1||7||

भापू भवत ॥
Maaroo mehlaa 5.
Maaroo, Fifth Mehl:

बिकहए तिसि भवि संि िवि ॥
Birkhai hayth sabh jant ikthay.
Beneath the tree, all beings have gathered.
Some are hot-headed, and some speak very sweetly.

Sunset has come, and they rise up and depart; their days have run their course and expired.

Those who committed sins are sure to be ruined.

Azraa-eel, the Angel of Death, seizes and tortures them.

They are consigned to hell by the Creator Lord, and the Accountant calls them to give their account.

No brothers or sisters can go with them.

Leaving behind their property, youth and wealth, they march off.

They do not know the kind and compassionate Lord; they shall be crushed like sesame seeds in the oil-press.
You happily, cheerfully steal the possessions of others,

You happily, cheerfully steal the possessions of others,

but the Lord God is with you, watching and listening.

Through worldly greed, you have fallen into the pit; you know nothing of the future.

You shall be born and born again, and die and die again, only to be reincarnated again.

You shall suffer terrible punishment, on your way to the land beyond.

The mortal does not know the One who created him; he is blind, and so he shall suffer.

Forgetting the Creator Lord, he is ruined.

The drama of the world is bad; it brings sadness and then happiness.
One who does not meet the Saint does not have faith or contentment; he wanders just as he pleases. ||6||

The Lord Himself stages all this drama.

As He makes them dance, so do they dance. Everyone lives their lives according to their past actions. ||7||

When the Lord and Master grants His Grace, then we meditate on Him.

In the Society of the Saints, one is not consigned to hell.

Please bless Nanak with the gift of the Ambrosial Naam, the Name of the Lord; he continually sings the songs of Your Glories. ||8||2||8||12||20||

Maaroo, Solahas, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

He infused His power into the earth.

He suspends the heavens upon the feet of His Command.

He created fire and locked it into wood. That God protects all, O Siblings of Destiny.

He gives nourishment to all beings and creatures.

He Himself is the all-powerful Creator, the Cause of causes.

In an instant, He establishes and disestablishes; He is your help and support.

He cherished you in your mother's womb.
saas garaas ho-ay sang samaali-aa.
With every breath and morsel of food, He is with you, and takes care of you.

saada sadaa japee-ai so pareetam vadee jis vadi-aa-ee hay. ||3||
Forever and ever, meditate on that Beloved; Great is His glorious greatness! ||3||

sultaan khaan karay khin keeray.
The sultans and nobles are reduced to dust in an instant.

gareeb nivaaj karay parabh meeray.
God cherishes the poor, and makes them into rulers.

garab nivaaran sarab saDhaaran kichh keemat kahee n jaa-ee hay. ||4||
He is the Destroyer of egotistical pride, the Support of all. His value cannot be estimated. ||4||

so pativantaa so Dhanvantaa.
He alone is honorable, and he alone is wealthy.

jis man vasi-aa har bhagvantaa.
within whose mind the Lord God abides.

maat pitaa sut banDhap bhaa-ee jin ih sarisat upaa-ee hay. ||5||
He alone is my mother, father, child, relative and sibling, who created this Universe. ||5||
ਪਰ੍ਭ आए सਰਣਾ ਭਉ ਨਹੀ ਕਰਣਾ ॥ (1071)
parabh aa-ay sarnaa bha-o nahee karnaa. 
I have come to God's Sanctuary, and so I fear nothing.

ਸਾਧਸੰਗਿਤ ਿਨਹਚਉ ਹੈ ਤਰਣਾ ॥ (1071)
saaDhsangat nihcha-o hai tarnaa.
In the Saadh Sangat, the Company of the Holy, I am sure to be saved.

ਮਨ ਬਚ ਕਰਮ ਅਰਾਧੇ ਕਰਤਾ ਿਤਸੁ ਨਹੀ ਕਦੇ ਸਜਾਈ ਹੇ ॥੬॥ (1071)
man bach karam araaDhay kartaa tis naahee kaday sajaa-ee hay. ||6||
One who adores the Creator in thought, word and deed, shall never be punished. ||6||

ਸਮਕਾਰਕ ਿਪਤ ਿਨਧਾਨ ਤਨ ਮਿਹ ਰਵੀਆ ॥ (1071)
gun niDhaan man tan meh ravi-aa.
One whose mind and body are permeated with the Lord, the treasure of virtue,

ਜਨਮ ਮਰਣ ਕੀ ਜੋਿਨ ਨ ਭਿਵਆ ॥ (1071)
janam maran kee jon na bhavi-aa.
does not wander in birth, death and reincarnation.

ਦੂਖ ਿਬਨਾਸ ਕੀਆ ਸੁਿਖ ਡੇਰਾ ਜਾ ਿਤਰ੍ਪਿਤ ਰਹੇ ਆਘਾਈ ਹੇ ॥੭॥ (1071)
dookh binaas kee-aa sukh dayraa jaa taripat rahay aaghaa-ee hay. ||7||
Pain vanishes and peace prevails, when one is satisfied and fulfilled. ||7||

ਮੀਤੁ ਹਮਾਰਾ ਸੋੈ ਸੁਆਮੀ ॥ (1071)
meet hamaaraa so-ee su-aamee.
My Lord and Master is my best friend.

ਥਾਨ ਥਨੰਤਿਰ ਅੰਤਰਜਾਮੀ ॥ (1072)
thaan thanantar antarjaamee.
The Inner-knower, the Searcher of hearts, is in all places and interspaces.
Meditating, meditating in remembrance on the Perfect Transcendent Lord, I am rid of all anxieties and calculations. ||8||

One who has the Name of the Lord has hundreds of thousands and millions of arms.

The wealth of the Kirtan of the Lord's Praises is with him.

In His Mercy, God has blessed me with the sword of spiritual wisdom; I have attacked and killed the demons. ||9||

Chant the Chant of the Lord, the Chant of Chants.

Be a winner of the game of life and come to abide in your true home.

You shall not see the 8.4 million types of hell; sing His Glorious Praises and remain saturated with loving devotion||10||

He is the Savior of worlds and galaxies.
ऊच अथाह अगम अपारा ॥ (1072)
ooch athaah agamm aparaaa.
He is lofty, unfathomable, inaccessible and infinite.

जिस नो किर्पा करे पर्भु अपनी सो जनु दिहाई हे ॥११॥
jis no kirpaa karay parabh apnee so jan tiseh Dhi-aa-ee hay. ||11||
That humble being, unto whom God grants His Grace, meditates on Him. ||11||

बंधन तोड़ लीए पर्भ मोले ॥ (1072)
banDhan torh lee-ay parabh molay.
God has broken my bonds, and claimed me as His own.

किर किर्पा कीने घर गोले ॥ (1072)
kar kirpaa keenay ghar golay.
In His Mercy, He has made me the slave of His home.

अनहद रुण झुणकारु सहज धुन साची कार कमाई हे ॥१२॥
anhad run jhunkaar sahj Dhun saachee kaar kamaa-ee hay. ||12||
The unstruck celestial sound current resounds and vibrates, when one performs acts of true service. ||12||

भत भतीजी हठी धूढ़ डेढ़ी ॥ (1072)
man partee banee parabh tayree.
O God, I have enshrined faith in You within my mind.

रिनसि गई हउमै मति मेरी ॥ (1072)
binas ga-ee ha-umai mati merii.
My egotistical intellect has been driven out.

अंगीकारू कीआ प्रभि अपने जग महि सोभ सुहाई हे ॥१३॥
angeekaar kee-aa parabh apnai jag meh sobh suhaa-ee hay. ||13||
God has made me His own, and now I have a glorious reputation in this world. ||13||
Proclaim His Glorious Victory, and meditate on the Lord of the Universe.

I am a sacrifice, a sacrifice to my Lord God.

I do not see any other except Him. The One Lord pervades the whole world.

True, True, True is God.

By Guru’s Grace, my mind is attuned to Him forever.

Your humble servants live by meditating, meditating in remembrance on You, merging in You, O One Universal Creator.

The Dear Lord is the Beloved of His humble devotees.

My Lord and Master is the Savior of all.
Meditating in remembrance on the Naam, the Name of the Lord, all desires are fulfilled. He has saved the honor of servant Nanak. ||16||1||

Maaroo, Solahas, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

The body-bride is attached to the Yogi, the husband-soul.

As a consequence of past actions, they have come together, enjoying pleasurable play.

Whatever the husband does, the bride willingly accepts.

The husband adorns his bride, and keeps her with himself.
मिल एकतर् वसिह राती परी धनिह दिलासा हे ॥२॥ (१०७२)

Joining together, they live in harmony day and night; the husband comforts his wife.  ||2||

धन मागै परी बहु विधि धावै ॥ (१०७२)

When the bride asks, the husband runs around in all sorts of ways.

जो पावै सो आण दिखावै ॥ (१०७२)

Whatever he finds, he brings to show his bride.

एक वसतु कउ पहुँच न साकै धन रहती भूख पिआसा हे ॥३॥ (१०७२)

But there is one thing he cannot reach, and so his bride remains hungry and thirsty.  ||3||

लोरे परी दिखावै वर सैं ॥ (१०७२)

With her palms pressed together, the bride offers her prayer,

सगले करम धरम जुग साधा ॥ (१०७२)

All sorts of religious rituals are performed in this age,
but without the sublime essence of the Lord, not an iota of peace is found.

When the Lord becomes Merciful, O Nanak, then in the Sat Sangat, the True Congregation, the bride and the husband enjoy ecstasy and bliss. ||5||

The creation was created of the five elements.

That merchandise, for which you have come into the world, is received only from the True Guru. ||6||

The body-bride says, "Please live with me,

O my beloved, peaceful, young lord.

Without you, I am of no account. Please give me your word, that you will not leave me". ||7||
ਪ੍ਰਿਲ ਕਹਿਆ ਹੁਕਮੀ ਬੰਦਾ ॥ (1073)
pir kahi-aa ha-o hukmee bandaa.
The soul-husband says, "I am the slave of my Commander.

ਓਹੁ ਭਾਰੋ ਠਾਕੁ ਜਿਸਾ ਕਾਣ ਨ ਛੰਦਾ ॥ (1073)
oh bhaaro thaakur jis kaan na chhandaa.
He is my Great Lord and Master, who is fearless and independent.

ਯਿਚਰੁ ਰਾਖੈ ਤੁਮ ਸੰਗ ਰਹਣਾ ਜਾ ਸਦੇ ਤ ਊਠ ਸਧਾਸਾ ਹੇ ॥੮॥ (1073)
jichar raakhai tichar tum sang rahnaa jaa saday ta ooth siDhaasaa hay. ||8||
As long as He wills, I will remain with you. When He summons me, I shall arise and depart". ||8||

ਧਨ ਕਛੂ ਨ ਸਮਝੈ ਚੰਚਿਲ ਕਾਚੇ ॥ (1073)
dhan kachhoo na samjhai chanchal kaachay.
but the bride is restless and inexperienced, and she does not understand anything.

ਬਹੁਰ ਬਹੁਰ ਪੁਲਾਇਆ ॥ (1073)
bahur bahur bulaa-i-aa.
The Order comes, and the husband-soul is called.

ਨਾ ਧਨ ਪੁਚਾਇਆ ਨ ਮਤਾ ਪਕਾਇਆ ॥ (1073)
naa Dhan puchhe na mataa pakaa-i-aa.
He does not consult with his bride, and does not ask her opinion.
He gets up and marches off, and the discarded body-bride mingles with dust. O Nanak, behold the illusion of emotional attachment and hope. ||10||

O greedy mind - listen, O my mind!
Serve the True Guru day and night forever.

Without the True Guru, the faithless cynics rot away and die. The noose of Death is around the necks of those who have no Guru. ||11||

The self-willed manmukh comes, and the self-willed manmukh goes.
The manmukh suffers beatings again and again.

The manmukh endures as many hells as there are; the Gurmukh is not even touched by them. ||12||

He alone is Gurmukh, who is pleasing to the Dear Lord.
Who can destroy anyone who is robed in honor by the Lord?

The blissful one is forever in bliss; he is dressed in robes of honor.

I am a sacrifice to the Perfect True Guru.

He is the Giver of Sanctuary, the Heroic Warrior who keeps His Word.

Such is the Lord God, the Giver of peace, whom I have met; He shall never leave me or go anywhere else.

He is the treasure of virtue; His value cannot be estimated.

He is perfectly permeating each and every heart, prevailing everywhere.

Nanak seeks the Sanctuary of the Destroyer of the pains of the poor; I am the dust of the feet of Your slaves.
Maaroo, Solahas, Fifth Mehl:

ik-o'kaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

karai anand anandee mayraa.
My Blissful Lord is forever in bliss.

ghat ghat pooran sir sireh nibayraa.
He fills each and every heart, and judges each and everyone.

sir saahaa kai sachaa saahib avar naahee ko doojaa hay. ||1||
The True Lord and Master is above the heads of all kings; there is none other than Him. ||1||

harakhvant aanant da-i-aalaa.
He is joyful, blissful and merciful.

pargat rahih-o parabh sarab ujaalaa.
God's Light is manifest everywhere.

roop karay kar vaykhai vigsai aapay hee aap poojaay hay. ||2||
He creates forms, and gazing upon them, He enjoys them; He Himself worships Himself. ||2||


आपे कुदरत करे वीचारा || (1073)
आपे ही सचु करे पसारा ||
aapay kudrat karay veechaaraa.
The True Lord Himself creates the expanse of the Universe.

आपे खेल खिलावै दिन रात्रि आपे सुण सुण भीजा हे ||3|| (1073)
aapay khayl khilaavai din raatee aapay sun sun bheejaa hay.
He Himself stages the play, day and night; He Himself listens, and hearing, rejoices. ||3||

मष्ठ उधरु मधी धारिवध वरतीजा हे ||4|| (1074)
aapay sach Dhaari-o sabh saachaa sachay sach varteejaa hay.
He Himself is True, and true is all that He has established. True is the prevailing Order of the True Lord. ||4||

सच सतीरा मष्ठ मधी || (1073)
sach khajeenaa saachaa saahee.
True is the treasure of the True Banker.

आपे मष्ठ पांढर मष्ठ मधे मधर खजीना वें ||4|| (1074)
aapay sach khajeenaa saachaa sachay sach varteejaa hay.
He Himself is True, and true is all that He has established. True is the prevailing Order of the True Lord. ||4||

मष्ठ उधरम मधे खेल || (1074)
sach tapaavas sachay kayraa.
True is the justice of the True Lord.

मष्ठ खजीना मष्ठ भृषं वें || (1074)
saachaa thaan sadaa parabh tayraa.
Your place is forever True, O God.
ਸਚੀ ਕੁਦਰਿਤ ਸਚੀ ਬਾਣੀ ਸਚੁ ਸਾਿਹਬ ਸੁਖੁ ਕੀਜਾ ਹੇ ॥੫॥

True is Your Creative Power, and True is the Word of Your Bani. True is the peace which You give, O my Lord and Master. ||5||

ਇਕੋ ਆਿਪ ਤੂਹੈ ਵਡ ਰਾਜਾ ॥ (1074)

You alone are the greatest king.

ਹੁਕਿਮ ਸਚੇ ਕੈ ਪੂਰੇ ਕਾਜਾ ॥

By the Hukam of Your Command, O True Lord, our affairs are fulfilled.

ਅੰਤਿਰ ਬਾਹਿਰ ਸਭ ਕਿਛੁ ਜਾਣੈ ਆਪੇ ਹੀ ਆਿਪ ਪਤੀਜਾ ਹੇ ॥੬॥

Inwardly and outwardly, You know everything; You Yourself are pleased with Yourself. ||6||

ਤੂ ਵਡ ਰਸੀਆ ਤੂ ਵਡ ਭੋਗੀ ॥

You are the great party-goer, You are the great enjoyer.

ਤੂ ਨਿਰਬਾਨ ਤੂਹੈ ਹੀ ਜੋਗੀ ॥

You are detached in Nirvaanaa, You are the Yogi.

ਸਰਬ ਸੂਖ ਸਹਜ ਘਰ ਤੇਰੇ ਅਖੀ ਤੇਰੀ ਦਿਸਤੀਜਾ ਹੇ ॥੭॥

All celestial comforts are in Your home; Your Glance of Grace rains Nectar. ||7||

ਤੇਰੀ ਦਾਤ ਤੂਹੈ ਤੇ ਹੋਵੈ ॥

You alone give Your gifts.
You grant Your gifts unto all the beings of the world.

Your treasures are overflowing, and are never exhausted; through them, we remain satisfied and fulfilled.

The Siddhas, seekers and forest-dwellers beg from You.

The celibates and abstainers, and those who abide in peace beg from You.

You alone are the Great Giver; all are beggars of You. You bless all the world with Your gifts.

Your devotees worship You with infinite love.

In an instant, You establish and disestablish.

Your weight is so heavy, O my infinite Lord and Master. Your devotees surrender to the Hukam of Your Command.
They alone know You, whom You bless with Your Glance of Grace.

Through the Word of the Guru's Shabad, they enjoy Your Love forever.

They alone are clever, handsome and wise, who are pleasing to Your Mind.

One who keeps You in his consciousness, becomes carefree and independent.

One who keeps You in his consciousness - what does he have to fear? And what else does he need to do?

Thirst and desire are quenched, and one's inner being is cooled and soothed.

The True Guru has mended the broken one.
Awareness of the Word of the Shabad has awakened within my heart. Shaking it and vibrating it, I drink in the Ambrosial Nectar. ||13||

I shall not die; I shall live forever and ever.

I have become immortal; I am eternal and imperishable.

The Guru has driven out my doubts. ||14||

Perfect is the Word of the Perfect Guru.

One who is attached to the Perfect Lord, is immersed in the Perfect Lord.

His love increases day by day, and when it is weighed, it does not decrease. ||15||

When the gold is made one hundred percent pure,
ਨਦਿਰ ਸਰਾਫ ਵੰਨੀ ਸਚੜਾਇਆ ॥ (1074)
nadar saraaf vannee sachhraa-i-aa.
its color is true to the jeweler’s eye.

ਪਰਿਖ ਖਜਾਨੈ ਪਾਇਆ ਸਰਾਫੀ ਿਫਿਰ ਨਾਹੀ ਤਾਈਜਾ ਹੇ ॥੧੬॥ (1074)
parakh khajaanai paa-i-aa saraafee fir naahee taa-eejaa hay. ||16||
Assaying it, it is placed in the treasury by God the Jeweller, and it is not melted down again. ||16||

ਅੰਿਮਰ੍ਤ ਨਾਮੁ ਤੁਮਾਰਾ ਸੁਆਮੀ ॥ (1074)
amrit naam tumaaraa su-aamee.
Your Naam is Ambrosial Nectar, O my Lord and Master.

ਨਾਨਕ ਦਾਸ ਸਦਾ ਕੁਰਬਾਨੀ ॥ (1074)
naanak daas sadaa kurbaanee.
Nanak, Your slave, is forever a sacrifice to You.

ਸੰਤਸੰਗ ਮਹਾ ਸੁਖੁ ਪਾਇਆ ਦੇਿਖ ਦਰਸਨੁ ਇਹੁ ਮਨੁ ਭੀਜਾ ਹੇ ॥੧੭॥੧॥੩॥ (1074)
satsang mahaa sukh paa-i-aa daykh darsan ih man bheejaa hay. ||17||1||3||
In the Society of the Saints, I have found great peace; gazing upon the Blessed Vision of
the Lord’s Darshan, this mind is pleased and satisfied. ||17||1||3||

ਮਾਰੂ ਮਹਲਾ ੫ ਸੋਲਹੇ (1074)
maaroo mehlaa 5 solhay
Maaroo, Fifth Mehl, Solhas:

ੵ ਸਿਤਗੁਰ ਪਰਸਾਦ ॥ (1074)
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਗੁਰ ਗੋਪਾਲ ਗੁਰ ਗੋਿਵੰਦਾ ॥ (1074)
gur gopaal gur govindaa.
The Guru is the Lord of the World, the Guru is the Master of the Universe.
The Guru is merciful, and always forgiving.

The Guru is the Shaastras, the Simritees and the six rituals. The Guru is the Holy Shrine.

Meditating in remembrance on the Guru, one is not strangled by the noose of Death.

The Guru’s servant is not consigned to hell.

The Guru’s servant meditates on the Supreme Lord God.

The Guru’s servant joins the Saadh Sangat, the Company of the Holy; the Guru ever gives the life of the soul.
At the Gurdwara, the Guru’s Gate, the Kirtan of the Lord’s Praises are sung.

Meeting with the True Guru, one chants the Lord’s Praises.

The True Guru eradicates sorrow and suffering, and bestows honor in the Court of the Lord.

The True Guru has revealed the inaccessible and unfathomable Lord.

The True Guru reveals the Lord everywhere.

The Lord of the Universe is permeating and pervading the water and the land.
The high and the low are all the same to Him. Focus your mind’s meditation intuitively on Him. ||6||

Meeting with the Guru, all thirst is quenched.

Meeting with the Guru, one is not watched by Maya.

The Perfect Guru bestows truth and contentment; I drink in the Ambrosial Nectar of the Naam, the Name of the Lord. ||7||

The Word of the Guru’s Bani is contained in all.

He Himself hears it, and He Himself repeats it.

Those who meditate on it, are all emancipated; they attain the eternal and unchanging home. ||8||

The Glory of the True Guru is known only to the True Guru.
ਜੋ ਕਿੱਛੁ ਕਰੇ ਸੁੱਅਪਣ ਭਾੜੇ ॥ (1075)
jo kichh karay so aapan bhaanai.
Whatever He does, is according to the Pleasure of His Will.

ਸਾਧੂ ਧੂਰ ਜਾਚਿਹ ਜਨ ਤੇਰੇ ਨਾਨਕ ਸਦ ਕੁਰਬਾਨ ਹੇ ॥੯॥੧॥੪॥ (1075)
saaDhoo Dhoor jaacheh jan tayray naanak sad kuraanah hay. ||9||1||4||
Your humble servants beg for the dust of the feet of the Holy; Nanak is forever a sacrifice to You. ||9||1||4||

ਸਭ ਮਹਾ ਭਾਨ ਪਰੂ (1075)
sabh mahaa bhaan pahru 5
Maaroo, Solahas, Fifth Mehl:

ੱਠੇ ਸੰਤਗੁਰ ਪ੍ਰਸਾਦ ॥ (1075)
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਆਦੀ ਨੀਂਰੰਜਨ ਪਰਬ ਨੀਂਰਾਰਾ ॥ (1075)
aad niranjan parabh nirankaarah.
The Primal, Immaculate Lord God is formless.

ਸਭ ਮਹਾ ਵਰਤ ਆਦੀ ਨੀਰਾਰਾ ॥ (1075)
sabh meh vartai aap niraarah.
The Detached Lord is Himself prevailing in all.

ਵਰਨ ਜਾਤ ਚਿੱਹ ਨਹੀਂ ਕੋਈ ਸਭ ਹੁਕਮ ਸਾਰਾ ਉਪਾਈਦਾ ॥੧॥ (1075)
varan jaat chihan nahee ko-ee sabh hukmay sarisat upaa-idaa. ||1||
He has no race or social class, no identifying mark. By the Hukam of His Will, He created the entire universe. ||1||

ਲਖ ਚਾੜਾਸੀਹ ਜਨਹ ਸਬਾਈ ॥ (1075)
lakh cha-oraaseth jon sabaa-ee.
Out of all the 8.4 million species of beings,
God blessed mankind with glory.

That human who misses this chance, shall suffer the pains of coming and going in reincarnation.

What should I say, to one who has been created.

The Gurmukh receives the treasure of the Naam, the Name of the Lord.

He alone is confused, whom the Lord Himself confuses. He alone understands, whom the Lord inspires to understand.

This body has been made the village of joy and sorrow.

They alone are emancipated, who seek the Sanctuary of the True Guru.

One who remains untouched by the three qualifications, the three gunas - such a Gurmukh is blessed with glory.
anik karam kee-ay bahutayray.
You may do innumerable deeds,

but whatever you do, only serves to tie your feet.
The seed which is planted out of season does not sprout, and all one's capital and profits are lost. ||5||

In this Dark Age of Kali Yuga, the Kirtan of the Lord's Praises are most sublime and exalted.

Become Gurmukh, chant and focus your meditation.

You shall save yourself, and save all your generations as well. You shall go to the Court of the Lord with honor. ||6||

All the continents, nether worlds, islands and worlds -

God Himself has made them all subject to death.
The One Imperishable Lord Himself is unmoving and unchanging. Meditating on Him, one becomes unchanging. ||7||

The Lord’s servant becomes like the Lord.

Do not think that, because of his human body, he is different.

The waves of the water rise up in various ways, and then the water merges again in water.

A beggar begs for charity at His Door.

When God pleases, He takes pity on him.

Please bless me with the Blessed Vision of Your Darshan, to satisfy my mind, O Lord. Through the Kirtan of Your Praises, my mind is held steady.

The Beauteous Lord and Master is not controlled in any way.
The Lord does that which pleases the Saints of the Lord.

He does whatever they wish to be done; nothing blocks their way at His Door.

Wherever the mortal is confronted with difficulty,

there he should meditate on the Lord of the Universe.

Where there are no children, spouse or friends, there the Lord Himself comes to the rescue.

The Great Lord and Master is inaccessible and unfathomable.

How can anyone meet with God, the self-sufficient One?

Those who have had the noose cut away from around their necks, whom God has set back upon the Path, obtain a place in the Sangat, the Congregation.
One who realizes the Hukam of the Lord's Command is said to be His servant.

He endures both bad and good equally.

When egotism is silenced, then one comes to know the One Lord. Such a Gurmukh intuitively merges in the Lord.

The devotees of the Lord dwell forever in peace.

With a child-like, innocent nature, they remain detached, turning away from the world.

They enjoy various pleasures in many ways; God caresses them, like a father caressing his son.

He is inaccessible and unfathomable; His value cannot be estimated.

We meet Him, only when He causes us to meet.
The Lord is revealed to those humble Gurmukhs, who have such pre-ordained destiny inscribed upon their foreheads. ||15||

You Yourself are the Creator Lord, the Cause of causes.

You created the Universe, and You support the whole earth.

Servant Nanak seeks the Sanctuary of Your Door, O Lord; if it is Your Will, please preserve his honor. ||16||1||5||

Maaroo, Solahas, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

Whatever is seen is You, O One Lord.

What the ears hear is the Word of Your Bani.
There is nothing else to be seen at all. You give support to all. ||1||

You Yourself are conscious of Your Creation. ||2||

Creating Yourself, You formed the expanse of the Universe; You Yourself cherish and sustain each and every heart. ||2||

You created some to hold great and royal courts. ||3||

Some turn away from the world in renunciation, and some maintain their households. ||3||

Some are hungry and some are satisfied and satiated, but all lean on Your Support. ||3||

The True Lord Himself is True, True, True.
ot pot bhagtan sang raachaa.
He is woven into the essence of His devotees, through and through.
aapay gupat aapay hai pargat apnaa aap pasaarnaa. ||4||
He Himself is hidden, and He Himself is revealed. He Himself spreads Himself out. ||4||

sadaa sadaa sad hovanhaaraa.
Forever, forever and ever, He shall always exist.
oochaa agam athaaahu apaaraa.
He is lofty, inaccessible, unfathomable and infinite.
oonay bharay bharay bhar oonay ayhi chalat su-aamee kay kaarna.
He fills the empty, and empties out the filled; such are the plays and dramas of my Lord and Master. ||5||
mukh saalahee sachay saahaa.
With my mouth, I praise my True Lord King.
nainee paykhaa agam athaahaa.
With my eyes, I behold the inaccessible and unfathomable Lord.
karanee sun sun man tan hari-aa mayray saahib sagal uDhaaranaa.
Listening, listening with my ears, my mind and body are rejuvenated; my Lord and Master saves all. ||6||
He created the creation, and gazes upon what He has created.

All beings and creatures meditate on Him.

He Himself knows His creative power; He blesses with His Glance of Grace.

Where the Saints gather together and sit, God dwells close at hand.

They sing the Glories of the Lord, and the unstruck sound current of His Bani; O Nanak, His slaves remain conscious of Him.

Coming and going is all Your wondrous play.

Creating the Creation, You gaze upon Your infinite play.
Creating the Creation, You Yourself cherish and nurture it. ||9||

Listening, listening to Your Glory, I live.

Forever and ever, I am a sacrifice to You.

With my palms pressed together, I meditate in remembrance on You, day and night, O my inaccessible, infinite Lord and Master. ||10||

Other than You, who else should I praise?

I meditate on the One and Only Lord within my mind.

Realizing the Hukam of Your Will, Your humble servants are enraptured; this is the achievement of Your devotees. ||11||

Following the Guru's Teachings, I meditate on the True Lord within my mind.
Following the Guru's Teachings, I am immersed in the Lord's Love.

Following the Guru's Teachings, all bonds are broken, and this doubt and emotional attachment are burnt away. ||12||

Wherever He keeps me, is my place of rest.

Whatever naturally happens, I accept that as good.

Hatred is gone - I have no hatred at all; I see the One Lord in all. ||13||

Fear has been removed, and darkness has been dispelled.

The all-powerful, primal, detached Lord God has been revealed.

Forsaking self-conceit, I have entered His Sanctuary, and I work for Him. ||14||
ਅੱਠ ਪਹਰ ਜਨੀ ਖਸਮੁ ਧਿਆਵਾ ॥ (1077)
aath pahar jin khasam Dhi-aa-i-aa.
and meditate on their Lord and Master, twenty-four hours a day.

ਅੱਠ ਪਹਰ ਕਰ ਜੋਹਾ ਧਿਆਆਵਾ ॥ (1077)
aath pahar kar jorh Dhi-aavaa.
Twenty-four hours a day, with my palms pressed together, I meditate on Him.

ਨਾਮੁ ਜਾਪੀ ਨਾਇਮ ਸਹਿਜ ਸਮਾਵਾ ਨਾਮੁ ਨਾਨਕ ਮਲੈ ਉਚਾਰਣਾ ॥ 16॥ 1॥ 6॥ (1077)
naam japee naam sahj samaavaa naam naanak milai uchaaranaa. ||16||1||6||
I chant the Naam, and through the Naam, I intuitively merge into the Lord; O Nanak, may I
be blessed with the Naam, and ever repeat it. ||16||1||6||

ਗਾਉੂ ਭਾਗਹੁ ॥ (1077)
Maaroo mehlaa 5.
Maaroo, Fifth Mehl:

ਸੂਰਤੁ ਦੇਖਨੁ ਨ ਭੂਲੁ ਗਵਾਰਾ ॥ (1077)
soorat daykh na bhool gavaaraa.
Do not be fooled by appearances, you fool.
This is a false attachment to the expanse of an illusion.

No one can remain in this world; only the One Lord is permanent and unchanging.

Seek the Sanctuary of the Perfect Guru.

He shall eradicate all emotional attachment, sorrow and doubt.

He shall administer the medicine, the Mantra of the One Name. Sing the True Name within your heart.

So many gods yearn for the Naam, the Name of the Lord.

All the devotees serve Him.

He is the Master of the masterless, the Destroyer of the pains of the poor. His Name is obtained from the Perfect Guru.
ਹੋਰੁ ਦੁਆਰਾ ਕੋਈ ਨ ਸੂझੈ ॥ (1078)
hor du-aaraa ko-ay na soojhai.
I cannot conceive of any other door.

ਤਿਰਭਵਣ ਧਾਵੈ ਤਾ ਕਿਛੁ ਨ ਬੂਜਾਈ ॥ (1078)
taribhavan Dhaavai taa kichhoo na boojhai.
One who wanders through the three worlds, understands nothing.

ਸਿਤਗੁਰੁ ਸਾਹੁ ਭੰਡਾਰੁ ਨਾਮ ਜਿਸੁ ਇਹੁ ਰਤਨੁ ਤਿਸੈ ਤੇ ਪਾਇਆ ॥੪॥
satgur saahu bhandaar naam jis ih ratan tisai tay paa-inaa. ||4||
The True Guru is the banker, with the treasure of the Naam. This jewel is obtained from Him. ||4||

ਜਾ ਕੀ ਧੂੜ ਕਰੇ ਪੁਨੀਤਾ ॥ (1078)
jaa kee Dhoor karay puneetaa.
The dust of His feet purifies.

ਸਤ ਨਰ ਦੇਵ ਨ ਪਾਵਹੀ ਮੀਤਾ ॥ (1078)
sur nar dayv na paavahi meetaa.
Even the angelic beings and gods cannot obtain it, O friend.

ਯਾ ਭੁਰੂ ਸਤਗੁਰੁ ਪਰਮੇਸਰੁ ਜਿਸੁ ਬਹਤ ਪਾਰ ਪਰਾ ਪਾਇਆ ॥੫॥
sat purakh satgur parmaysar jis bhaytat paar paraa-inaa. ||5||
The True Guru is the True Primal Being, the Transcendent Lord God; meeting with Him, one is carried across to the other side. ||5||

ਪਾਰਜਾਤੁ ਲੋਹੇ ਮਨ ਪੀਅਰੇ ॥ (1078)
paarjaat lorheh man pi-aaray.
O my beloved mind, if you wish for the 'tree of life';

ਕਾਮਧੇਨੁ ਸੋਹੀ ਦਰਬਾਰੇ ॥ (1078)
kaamDhayn sohee darbaaray.
if you wish for Kaamadhayna, the wish-fulfilling cow to adorn your court;
ਿਤਰ੍ਪਿਤ ਸੰਤੋਖੁ ਸੇਵਾ ਗੁਰ ਪੂਰੇ ਨਾਮੁ ਕਮਾਇ ਰਸਾਇਣਾ ॥੬॥

If you wish to be satisfied and contented, then serve the Perfect Guru, and practice the Naam, the source of nectar. ||6||

ਗੁਰ ਕੈ ਸਬਿਦ ਮਰਿਹ ਪੰਚ ਧਾਤੂ ॥

Through the Word of the Guru’s Shabad, the five thieves of desire are conquered.

ਪਾਰਸੁ ਜਨ ਭੇਟੈ ਗੁਰ ਪੂਰਾ ਤਾ ਪਾਰਸੁ ਪਰਿਸ ਦਿਖਾਇਣਾ ॥੭॥

When one meets the Perfect Guru, the Philosopher's Stone, His touch reveals the Lord, the Philosopher's Stone. ||7||

ਕਈ ਬਕੁੰਠ ਨਾਹੀ ਲਵੈ ਲਾਗੇ ॥

Myriads of heavens do not equal the Lord's Name.

ਮੁਕਿਤ ਬਪੁੜੀ ਭੀ ਿਗਆਨੀ ਿਤਆਗੇ ॥

The spiritually wise forsake mere liberation.

ਏਕੰਕਾਰੁ ਸਿਤਗੁਰ ਤੇ ਪਾਈਐ ਹਉ ਬਲੀ ਬਲੀ ਗੁਰ ਦਰਸਾਇਣਾ ॥੮॥

The One Universal Creator Lord is found through the True Guru. I am a sacrifice, a sacrifice to the Blessed Vision of the Guru's Darshan. ||8||

ਗੁਰ ਕੀ ਸੇਵਾ ਨ ਜਾਣਾ ਕੋਈ ॥

No one knows how to serve the Guru.
The Guru is the unfathomable, Supreme Lord God.

He alone is the Guru's servant, whom the Guru Himself links to His service, and upon whose forehead such blessed destiny is inscribed.

Even the Vedas do not know the Guru's Glory.

The True Guru is the Supreme Lord God, the Incomparable One; meditating in remembrance on Him, the mind is cooled and soothed.

Hearing of Him, the mind comes to life.

When He dwells within the heart, one becomes peaceful and cool.

Chanting the Guru's Name with the mouth, one obtains glory, and does not have to walk on the Path of Death.
ਸੰਤਨ ਕੀ ਸਰਣਾਈ ਪਿੰਡੀਆ ॥ (1078)
santan kee sarnaa-ee parhi-aa.
I have entered the Sanctuary of the Saints,

ਨੀਚੇ ਪੁੱਢ ਅਨੋਘ ਪਿੰਡੀਆ ॥ (1078)
jee-o paraan Dhan aagai Dhari-aa.
and placed before them my soul, my breath of life and wealth.

ਪੇਸਾ ਴ੁਧ ਨੰ ਵਰੀ ਬਲਵਤ ਪ੍ਰਤੀ ਵਿਹਕਾਰਿਤਾ ॥੧੨॥ (1078)
sayvaa surat na jaanaa kaak-ee tum karahu da-i-aa kirmaa-inaa. ||12||
I know nothing about service and awareness; please take pity upon this worm. ||12||

ਨਿਰਗੁਣ ਕਾ ਸੰਗ ਲੇਖ ਰਲਾਏ ॥ (1078)
nirgun ka-o sang layho ralaa-ay.
I am unworthy; please merge me into Yourself.

ਕਰ ਕਿਰਪ ਮੋਹ ਟਿਲਾਈ ਲਾਏ ॥ (1078)
kar kirpaa mohi tahlai laa-ay.
Please bless me with Your Grace, and link me to Your service.

ਪਖਾ ਫੇਰੂ ਪੀਸੁ ਸੰਤ ਆਗੈ ਚਰਨ ਧੋਈ ਸੁਖ ਪਾਇਆ ॥੧੩॥ (1078)
pakhaa fayra-o peesa-o sant aagai charan Dho-ay sukh paa-inaa. ||13||
I wave the fan, and grind the corn for the Saints; washing their feet, I find peace. ||13||

ਬਹੁਤ ਦੁਆਰੇ ਵੀਰਮ ਸਮੱਤ ਚਰਨ ਦੁਮ ਪ੍ਰਤੀ ਪ੍ਰਯਾਣਾ ॥੨੯॥ (1078)
bahut du-aaray bharam bharam aa-i-aa.
After wandering around at so many doors, I have come to Yours, O Lord.

ਤੁਮਰੀ ਕਿਰਪ ਤੇ ਤੁਮ ਸਰਣਾਈਆ ॥ (1078)
tumree kirpaa tay tum sarnaa-i-aa.
By Your Grace, I have entered Your Sanctuary.
Forever and ever, keep me in the Company of the Saints; please bless me with this Gift of Your Name. ||14||

My World-Lord has become merciful,

and I have obtained the Blessed Vision of the Darshan of the Perfect True Guru.

I have found eternal peace, poise and bliss; Nanak is the slave of Your slaves. ||15||2||7||

Maaroo, Solahas, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

The earth and the Akaashic ethers meditate in remembrance.

The moon and the sun meditate in remembrance on You, O treasure of virtue.
Air, water and fire meditate in remembrance. All creation meditates in remembrance. ||1||

All the continents, islands and worlds meditate in remembrance.

The nether worlds and spheres meditate in remembrance on that True Lord.

The sources of creation and speech meditate in remembrance; all the Lord's humble servants meditate in remembrance. ||2||

Brahma, Vishnu and Shiva meditate in remembrance.

The three hundred thirty million gods meditate in remembrance.

The titans and demons all meditate in remembrance; Your Praises are uncountable - they cannot be counted. ||3||

All the beasts, birds and demons meditate in remembrance.
The forests, mountains and hermits meditate in remembrance.

All the vines and branches meditate in remembrance; O my Lord and Master, You are permeating and pervading all minds.

All beings, both subtle and gross, meditate in remembrance.

The Siddhas and seekers meditate in remembrance on the Lord's Mantra.

Both the visible and the invisible meditate in remembrance on my God; God is the Master of all worlds.

Men and women, throughout the four stages of life, meditate in remembrance on You.

All social classes and souls of all races meditate in remembrance on You.

All the virtuous, clever and wise people meditate in remembrance; night and day meditate in remembrance.
Hours, minutes and seconds meditate in remembrance.

Death and life, and thoughts of purification, meditate in remembrance.

The Shaastras, with their lucky signs and joinings, meditate in remembrance; the invisible cannot be seen, even for an instant.

The Lord and Master is the Doer, the Cause of causes.

He is the Inner-knower, the Searcher of all hearts.

That person, whom You bless with Your Grace, and link to Your devotional service, wins this invaluable human life.

He, within whose mind God dwells,

has perfect karma, and chants the Chant of the Guru.
One who realizes God pervading deep within all, does not wander crying in reincarnation again. ||9||

Within whose mind the Word of the Guru's Shabad abides,

his pain, sorrow and doubt run away from him.

Intuitive peace, poise and bliss come from the sublime essence of the Naam; the unstruck sound current of the Guru's Bani intuitively vibrates and resounds. ||10||

He alone is wealthy, who meditates on God.

He alone is honorable, who joins the Saadh Sangat, the Company of the Holy.

That person, within whose mind the Supreme Lord God abides, has perfect karma, and becomes famous. ||11||

The Lord and Master is pervading the water, land and sky.
There is no other said to be so.

The ointment of the Guru's spiritual wisdom has eradicated all doubts; except the One Lord, I do not see any other at all.

The Lord's Court is the highest of the high.

His limit and extent cannot be described.

The Lord and Master is profoundly deep, unfathomable and unweighable; how can He be measured?

You are the Creator; all is created by You.

You alone, God, are in the beginning, the middle and the end. You are the root of the entire expanse.
The Messenger of Death does not even approach that person

who sings the Kirtan of the Lord's Praises in the Saadh Sangat, the Company of the Holy.

All desires are fulfilled, for one who listens with his ears to the Praises of God.

You belong to all, and all belong to You,

O my true, deep and profound Lord and Master.

Says Nanak, those humble beings are exalted, who are pleasing to Your Mind, O my Lord and Master.

God is the almighty Giver of all peace and joy.
Be merciful to me, that I may meditate in remembrance on Your Name.

The Lord is the Great Giver; all beings and creatures are beggars; His humble servants yearn to beg from Him.

I beg for the dust of the feet of the humble, that I may be blessed with the supreme status, and the filth of countless lifetimes may be erased.

The chronic diseases are cured by the medicine of the Lord's Name; I beg to be imbued with the Immaculate Lord.

With my ears, I listen to the Pure Praises of my Lord and Master.

With the Support of the One Lord, I have abandoned corruption, sexuality and desire.

I humbly bow and fall at the feet of Your slaves; I do not hesitate to do good deeds.
रसना गुण गावै हिर तेरे ॥
rasnaa gun gaavai har tayray.
O Lord, with my tongue I sing Your Glorious Praises.

मिटिह कमाते अवगुण मेरे ॥
miteh kamaatay avgun mayray.
The sins which I have committed are erased.

सिमिर सिमिर सुआमी मनु जीवै पंच दूत तजि तंगना ॥४॥
simar simar su-aamee man jeevai panch doot taj taj tangnaa. ||4||
Meditating, meditating in remembrance on my Lord and Master, my mind lives; I am rid of the five oppressive demons. ||4||

चरन कमल जिप बोहिथ चरीऐ ॥
charan kamal jap bohith charee-ai.
Meditating on Your lotus feet, I have come aboard Your boat.

संतसंग मिल सागरु तरीऐ ॥
satsang mil saagar taree-ai.
Joining the Society of the Saints, I cross over the world-ocean.

अरचा बंदन हिर समत िनवासी बाहुिढ़ जोिन न नंगना ॥५॥
arachaa bandan har samat nivaasee baahurh jon na nangnaa. ||5||
My flower-offering and worship is to realize that the Lord is dwelling alike in all; I shall not be reincarnated naked again. ||5||

दास दासन को किर लेहु गोपाला ॥
daas daasan ko kar layho gopaalaa.
Please make me the slave of Your slaves, O Lord of the world.

क्रिपा निधान दीन ददआला ॥
kirpaa niDhaan deen da-i-aalaa.
You are the treasure of Grace, merciful to the meek.
Meet with your companion and helper, the Perfect Transcendent Lord God; you shall never be separated from Him again. ||6||

I dedicate my mind and body, and place them in offering before the Lord. ||6||

Asleep for countless lifetimes, I have awakened. ||7||

The Inner-knower, the Searcher of hearts, is pervading the water and the land. ||8||

The Perfect Guru has demolished the wall of doubt, and now I see the One Lord pervading everywhere. ||8||

Wherever I look, there I see God, the ocean of peace.
The Lord's treasure is never exhausted; He is the storehouse of jewels.

He cannot be seized; He is inaccessible, and His limits cannot be found. He is realized when the Lord bestows His Grace.

My heart is cooled, and my mind and body are calmed and soothed.

The craving for birth and death is quenched.

Grasping hold of my hand, He has lifted me up and out; He has blessed me with His Ambrosial Glance of Grace.

The One and Only Lord is permeating and pervading everywhere.

God permeates the beginning, the middle and the end; He has subdued my desires and doubts.
The Guru is the Transcendent Lord, the Guru is the Lord of the Universe.

The Guru is the Creator, the Guru is forever forgiving.

Meditating, chanting the Guru's Chant, I have obtained the fruits and rewards; in the Company of the Saints, I have been blessed with the lamp of spiritual wisdom.

Whatever I see, is my Lord and Master God.

Whatever I hear, is the Bani of God's Word.

Whatever I do, You make me do; You are the Sanctuary, the help and support of the Saints, Your children.

The beggar begs, and worships You in adoration.

You are the Purifier of the sinners, O Perfectly Holy Lord God.
Please bless me with this one gift, O treasure of all bliss and virtue; I do not ask for anything else. ||14||

God is the Creator of the body-vessel.

In the Society of the Saints, the dye is produced.

Through the Word of the Lord's Bani, one's reputation becomes immaculate, and the mind is colored by the dye of the Naam, the Name of the Lord. ||15||

The sixteen powers, absolute perfection and fruitful rewards are obtained,

when the Lord and Master of infinite power is revealed.

The Lord's Name is Nanak's bliss, play and peace; he drinks in the Ambrosial Nectar of the Lord. ||16||2||9||

Maaroo, Solhas, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

ik-oNkaar satgur parsaad.

You are my Lord and Master; You have made me Your servant.

jee-o pind sabh tayraa deetaa.

My soul and body are all gifts from You.

You are the Creator, the Cause of causes; nothing belongs to me.

You sent me, I came into the world.

Whatever is pleasing to Your Will, I do.

Without You, nothing is done, so I am not anxious at all.

In the world hereafter, the Hukam of Your Command is heard.
ਈਹਾ ਹਿਰ ਜਸੁ ਤੇਰਾ ਭਣੀਐ ॥ (1081)
In this world, I chant Your Praises, Lord.

ਆਪੇ ਲੇਖ ਅਲੇਖੈ ਆਪੇ ਤੁਮ ਸਿੱਠ ਨਹੀਂ ਕਿਚਾ ਝਾਡਾ ॥ ॥ (1081)
You Yourself write the account, and You Yourself erase it; no one can argue with You. ||3||

ਤੂ ਪਿਤਾ ਸਭ ਬਾਰਿਕ ਥਾਰੇ ॥ (1081)
You are our father; we are all Your children.

ਉਝੜ ਮਾਰਗੁ ਸਭ ਤੁਮ ਹੀਂ ਕੀਨਾ ਚਲਈ ਨਹੀਂ ਕਵਾਪਾ ॥ ॥ (1081)
The wilderness and the path are all made by You. No one can take the wrong path. ||4||

ਇਕ ਪ੍ਰਕਾ ਵੇਧਾਵੇ ਇਕ ਪ੍ਰਕਾ ਵੇਧਾਵੇ ॥ (1081)
Some remain seated within their homes.

ਇਕ ਹੀ ਕਾਹਨੁੰ ਕਾਹਨੁੰ ਕਾਹਣੀ ਵਿਆਖਾ ਵੀਖਣੌ ਵਿਆਖਾ ਬ੍ਰਹਮਾ ॥ ॥ (1081)
Some are grass-cutters, and some are kings. Who among these can be called false? ||5||


Who is liberated, and who will land in hell?

Who is worldly, and who is a devotee?

Who is wise, and who is shallow? Who is aware, and who is ignorant?

By the Hukam of the Lord's Command, one is liberated, and by His Hukam, one falls into hell.

By His Hukam, one is worldly, and by His Hukam, one is a devotee.

By His Hukam, one is shallow, and by His Hukam, one is wise. There is no other side except His.

You made the ocean vast and huge.

You made some into foolish self-willed manmukhs, and dragged them into hell.
ਇਕਨਾ ਪਾਿਰ ਲੰਘਾਵਿਹ ਆਪੇ ਸਿਤਗੁਰੁ ਜਿਨ ਕਾ ਸਚੁ ਬੇਦਾ ॥੮॥ (1081)
ੰਨਾ ਪਾਰੀ ਹੀਇ ਆਪੇ ਸਤਿਗੁਰੁਜਿਨ ਹਾਸ਼ਮ ਬੇਦਾ ॥੮॥
iknaa paar langhaaveh aapay satgur jin kaa sach bayraa. ||8||
Some are carried across, in the ship of Truth of the True Guru. ||8||

ਵਾਹੁਲੁ ਬਾਲੁ ਦਹਣੁ ਗਾਲਿ ਪਹਿਲਾਵਾਂ ॥ (1081)
ਕਾਉਤਕੁ ਕਾਲੁ ਹੁਤਕੁ ਹੁਕਾਮ ਪੈਂਦਾਅ ॥
ka-utak kaal ih hukam pathaa-i-aa.
You issue Your Command for this amazing thing, death.

ਲੀਅ ਲੇਹਨੀ ਪ੍ਰਭਿਤੀਆ ॥ (1081)
ਜੀਆ ਜੰਪ ਓਪਾ ਸਮਾਈਆ ॥
jee-a jant opaa-ay samaa-i-aa.
You create all beings and creatures, and absorb them back into Yourself.

ਵੇਖੈ ਿਵਗਸੈ ਸਿਬ ਰੰਗ ਮਾਣੇ ਰਚਨੁ ਕੀਨਾ ਇਕੁ ਆਖਾਡਾ ॥੯॥ (1081)
You gaze in delight upon the one arena of the world, and enjoy all the pleasures. ||9||

ਅਗਮ ਅਗੋਚਰੁ ਬੇਅੰਤ ਅਤੋਲਾ ਹੈ ਨਾਹੀ ਿਕਛੁ ਆਖਾਡਾ ॥੧੦॥ (1081)
He is inaccessible and unfathomable, infinite and unweighable. He cannot be measured. ||10||

ਕੀਮਿਤ ਕੋਇ ਨ ਜਾਣੈ ਦੂਜਾ ॥ (1081)
No one else knows His value.
Only You Yourself, O Immaculate Lord, are equal to Yourself.

You Yourself are the spiritual teacher, You Yourself are the One who meditates. You Yourself are the great and immense Being of Truth.

For so many days, You remained invisible.

For so many days, You were absorbed in silent absorption.

For so many days, there was only pitch darkness, and then the Creator revealed Himself.

You Yourself are called the God of Supreme Power.

You Yourself are the hero, exerting Your regal power.

You Yourself spread peace within; You are cool and icy calm.
One whom You bless and make Gurmukh -

the Naam abides within him, and the unstruck sound current vibrates for him.

He is peaceful, and he is the master of all; the Messenger of Death does not even approach him.

His value cannot be described on paper.

Says Nanak, the Lord of the world is infinite.

In the beginning, in the middle and in the end, God exists. Judgement is in His Hands alone.

No one is equal to Him.

No one can stand up against Him by any means.
ਨਾਨਕ ਕਾ ਪਰ੍ਭੁ ਆਪੇ ਆਪੇ ਕਿਰ ਕਿਰ ਵੇਖੈ ਚੋਜ ਖडਾ ॥੧੬॥੧॥੧੦॥
Nanak’s God is Himself all-in-all. He creates and stages and watches His wondrous plays.

ਮਾਰੂ ਮਹਲਾ ੫ ॥
Maaroo mehlaa 5.

अਚੁਤ ਪਾਰਬਰ੍ਹਮ ਪਰਮੇਸੁਰ ਅੰਤਰਜਾਮੀ ॥
The Supreme Lord God is imperishable, the Transcendent Lord, the Inner-knower, the
Searcher of hearts.

ਮੋਹਨ ਮਾਧਵ ਿਕਰ੍ਸ੍ਨ ਮੁਰਾਰੇ ॥
The Enticer of Hearts, the Lord of wealth, Krishna, the Enemy of ego.

ਜਗਜੀਵਨ ਅਿਬਨਾਸੀ ਠਾਕੁ ਰ ਘਟ ਘਟ ਵਾਸੀ ਹੈ ਸੰਗਾ ॥੨॥
The Life of the World, our eternal and ever-stable Lord and Master dwells within each and
every heart, and is always with us.
The Support of the Earth, the man-lion, the Supreme Lord God.

The Protector who tears apart demons with His teeth, the Upholder of the earth.

O Creator, You assumed the form of the pygmy to humble the demons; You are the Lord God of all.

You are the Great Raam Chand, who has no form or feature.

Adorned with flowers, holding the chakra in Your hand, Your form is incomparably beautiful.

You have thousands of eyes, and thousands of forms. You alone are the Giver, and all are beggars of You.

You are the Lover of Your devotees, the Master of the masterless.

The Lord and Master of the milk-maids, You are the companion of all.
O Lord, Immaculate Great Giver, I cannot describe even an iota of Your Glorious Virtues.

Liberator, Enticing Lord, Lord of Lakshmi, Supreme Lord God.

Savior of Dropadi's honor.

The Blessed Vision of His Darshan is fruitful and rewarding; He is not born, He is self-existent.

His form is undying; it is never destroyed.

O imperishable, eternal, unfathomable Lord, everything is attached to You.

The Lover of greatness, who dwells in heaven.
By the Pleasure of His Will, He took incarnation as the great fish and the tortoise.

The Lord of beauteous hair, the Worker of miraculous deeds, whatever He wishes, comes to pass.

He is beyond need of any sustenance, free of hate and all-pervading.

He has staged His play; He is called the four-armed Lord.

He assumed the beautiful form of the blue-skinned Krishna; hearing His flute, all are fascinated and enticed.

He is adorned with garlands of flowers, with lotus eyes.

His ear-rings, crown and flute are so beautiful.

He carries the conch, the chakra and the war club; He is the Great Charioteer, who stays with His Saints.
The Lord of yellow robes, the Master of the three worlds.

The Lord of the Universe, the Lord of the world; with my mouth, I chant His Name.

The Archer who draws the bow, the Beloved Lord God; I cannot count all His limbs.

He is said to be free of anguish, and absolutely immaculate.

The Lord of prosperity, pervading the water, the land and the sky.

He is near this world and the nether regions of the underworld; His Place is permanent, ever-stable and imperishable.

The Purifier of sinners, the Destroyer of pain and fear.

The Eliminator of egotism, the Eradicator of coming and going.
He is pleased with devotional worship, and merciful to the meek; He cannot be appeased by any other qualities. ||13||

The Formless Lord is undeceivable and unchanging.

He is the Embodiment of Light; through Him, the whole world blossoms forth.

He alone unites with Him, whom He unites with Himself. No one can attain the Lord by himself. ||14||

He Himself is the milk-maid, and He Himself is Krishna.

He Himself grazes the cows in the forest.

You Yourself create, and You Yourself destroy. Not even a particle of filth attaches to You. ||15||

Which of Your Glorious Virtues can I chant with my one tongue?
ॐ ह्रीणा जगत पृथक सरणायाः ॥

होहु किर्पाल इच्छा कर राखहु साध संतन कै संिग संगा ॥१७॥

मसतिक लाई परम पदु पावउ जिसु परापित सो पावैगा ॥१८॥

मास्तक लाई परम पदु पावउ जिसु परापित सो पावैगा ॥१८॥

Applying it to my forehead, I obtain the supreme status; he alone obtains it, unto whom You give it. ||18||
ਜਨ ਕਉ ਕਿਰ੍ਪਾ ਕਰੀ ਸੁਖਦਾਤੇ ॥ (1083)
Those, unto whom the Lord, the Giver of peace, grants His Mercy,
ਤਿਤ ਸਾਧੂਚਾਰਣ ਲੈ ਰਿਦੈ ਪਰਾਤੇ ॥ (1083)
grasp the feet of the Holy, and weave them into their hearts.
ਸਗਲ ਨਾਮ ਨਿਧਾਨੁ ਤਿਤ ਪਾਇਆ ਅਨਹਦ ਸਬਦ ਮਨ ਵਾਜਣਾ ॥ (1083)
They obtain all the wealth of the Naam, the Name of the Lord; the unstruck sound current of the Shabad vibrates and resounds within their minds.
ਕੀਰਤਮ ਨਾਮ ਕਥੇ ਤੇਰੇ ਜਹਾਬਾ ॥ (1083)
With my tongue I chant the Names given to You.
ਸਿਤ ਨਾਮੁ ਤੇਰਾ ਪਰਾ ਪੂਰਬਲਾ ॥ (1083)
'Sat Naam' is Your perfect, primal Name.
ਕਹੁ ਨਾਨਕ ਭਗਤ ਪਏ ਸਰਣਾਈ ਦੇਹੁ ਦਰਸੁ ਮਨ ਰੰਗੁ ਲਗਾ ॥ (1083)
Says Nanak, Your devotees have entered Your Sanctuary. Please bestow the Blessed Vision of Your Darshan; their minds are filled with love for You.
ਤੇਰੀ ਗਿਤ ਿਮਿਤ ਤੂਹੈ ਜਾਣਿਹ ॥ (1083)
You alone know Your state and extent.
ਤੂ ਆਪੇ ਕਥਿਹ ਤੈ ਆਪੀ ਬਖਾਣਿਹ ॥ (1083)
You Yourself speak, and You Yourself describe it.
Please make Nanak the slave of Your slaves, O Lord; as it pleases Your Will, please keep him with Your slaves. ||21||2||11||

Maaroo, Fifth Mehl:

Become the dust of the feet of the humble fakeers, and consider yourself a traveler on this journey. O saintly dervish, you shall be approved in the Court of the Lord. ||1||

Let Truth be your prayer, and faith your prayer-mat.

Subdue your desires, and overcome your hopes.

Let your body be the mosque, and your mind the priest. Let true purity be God's Word for you. ||2||
sarā saree-at lay kammaavahu.
Let your practice be to live the spiritual life.

tareekat tarak khoj tolaavahu.
Let your spiritual cleansing be to renounce the world and seek God.

maarfat man maarahu abdaalaa milhu hakeekat jitu fir n maraa. ||3||
Let control of the mind be your spiritual wisdom, O holy man; meeting with God, you shall never die again. ||3||

kuraan katayb dil maahi kamaahee.
Practice within your heart the teachings of the Koran and the Bible;

das a-uraat rakhahu bad rahee.
restrain the ten sensory organs from straying into evil.

panch marad sidak lay baaDhhu khair sabooree kabool paraa. ||4||
Tie up the five demons of desire with faith, charity and contentment, and you shall be acceptable. ||4||

makaa mihar rojaa pai khaakaa.
Let compassion be your Mecca, and the dust of the feet of the holy your fast.

bhisat peer lafaj kamaa-ay andaajaa.
Let Paradise be your practice of the Prophet's Word.
God is the beauty, the light and the fragrance. Meditation on Allah is the secluded meditation chamber. ||5||

He alone is a Qazi, who practices the Truth.

He alone is a Hajji, a pilgrim to Mecca, who purifies his heart.

He alone is a Mullah, who banishes evil; he alone is a saintly dervish, who takes the Support of the Lord's Praise. ||6||

Always, at every moment, remember God, the Creator within your heart.

Let your meditation beads be the subjugation of the ten senses. Let good conduct and self-restraint be your circumcision. ||7||

You must know in your heart that everything is temporary.
Kings, rulers and nobles are mortal and transitory; only God's Gate is the permanent place. ||8||

First, is the Lord's Praise; second, contentment; third, humility, and fourth, giving to charities. ||9||

Let your daily worship be the knowledge that God is everywhere. Let renunciation of evil actions be the water-jug you carry. Let realization of the One Lord God be your call to prayer; be a good child of God - let this be your trumpet. ||10||
Let what is earned righteously be your blessed food.

Wash away pollution with the river of your heart.

One who realizes the Prophet attains heaven. Azraa-eel, the Messenger of Death, does not cast him into hell.

Let good deeds be your body, and faith your bride.

Play and enjoy the Lord's love and delight.

Purify what is impure, and let the Lord's Presence be your religious tradition. Let your total awareness be the turban on your head.

To be Muslim is to be kind-hearted,
He does not even approach worldly pleasures; he is pure, like flowers, silk, ghee and the deer-skin. ||13||

One who is blessed with the mercy and compassion of the Merciful Lord,

is the manliest man among men.

He alone is a Shaykh, a preacher, a Haji, and he alone is God's slave, who is blessed with God's Grace. ||14||

The Creator Lord has Creative Power; the Merciful Lord has Mercy.

The Praises and the Love of the Merciful Lord are unfathomable.

Realize the True Hukam, the Command of the Lord, O Nanak; you shall be released from bondage, and carried across. ||15||3||12||

Maaroo, Fifth Mehl:
श्रीमद भागवत महाभाष्य

Chapter 43

Verse 1

पर्भ की सरिण गहत सुखु पाईऐ किछु भू न विआपै बाल का ॥१॥
parabh kee saran gahat sukh paa-ee-ai kichh bha-o na vi-aapai baal kaa. ||1||
Holding tight to the Sanctuary of God, peace is found, and one is not afflicted by the fear of Maya. ||1||

Verse 2

अपना िसमरनु दे पर्ितपािलआ ओहु सगल घटा का मालका ॥२॥
apnaa simran day partipaali-aa oh sagal ghataa kaa maalkaa. ||2||
Blessing you with meditative remembrance upon Himself, He nurtured you and cherished you; He is the Master of all hearts. ||2||

Verse 3

चरण कमल सरणाई आइआ ॥
charan kamal sarnaa-ee aa-i-aa.
I have come to the Sanctuary of His lotus feet.

Verse 4

साधसंिग है हिर जसु गाइआ ॥
saaDhsang hai har jas gaa-i-aa.
In the Saadh Sangat, the Company of the Holy, I sing the Praises of the Lord.
I have erased all the pains of birth and death; meditating on the Lord, Har, Har, I have no fear of death. ||3||

God is all-powerful, indescribable, unfathomable and divine.

All beings and creatures serve Him.

In so many ways, He cherishes those born from eggs, from the womb, from sweat and from the earth. ||4||

He alone obtains this wealth,

who savors and enjoys, deep within his mind, the Name of the Lord.

Grasping hold of his arm, God lifts him up and pulls him out of the deep, dark pit. Such a devotee of the Lord is very rare. ||5||

God exists in the beginning, in the middle and in the end.
आपे वचन देिे मु इंदी || (1085)
आपे करता करे सु होई ||
aapay kartaa karay so ho-ee.
Whatever the Creator Lord Himself does, comes to pass.

ब्रह्म भाऊ मिटिआ मायर्मिग भे इंकिह न वेदी भालक || (1085)
brasmu bha-o miti-aa saaDhsang tay daalid na ko-ee ghaalkaa. ||6||
Doubt and fear are erased, in the Saadh Sangat, the Company of the Holy, and then one is not afflicted by deadly pain. ||6||

हूँऊम कर्णी गापु स्पष्ट || (1085)
ootam bani gaa-o gopaalaa.
I sing the most Sublime Bani, the Word of the Lord of the Universe.

मायर्मिगकी ब्रह्म वचन || (1085)
saaDhsangat kee mangahu ravaalaa.
I beg for the dust of the feet of the Saadh Sangat.

वासन मेट निक्षम मेटी के वचम हाल तथा साध || (1085)
baasan mayt nibaasan ho-ee-ai kalmal saglay jaalkaa. ||7||
Eradicating desire, I have become free of desire; I have burnt away all my sins. ||7||

संता की इह रीति निराली || (1085)
santaa kee ih reet niraalee.
This is the unique way of the Saints;

पारबर्हम किर देखिह नाली || (1085)
paarbarahm kar daykheh naalee.
they behold the Supreme Lord God with them.

सास सास आराधन हरि हरि किउ सिम्रत कीजै आलक || (85)
saas saas aaraaDhan har har ki-o simrat keejai aalkaa. ||8||
With each and every breath, they worship and adore the Lord, Har, Har. How could anyone be too lazy to meditate on Him? ||8||
Wherever I look, there I see the Inner-knower, the Searcher of hearts.

I never forget God, my Lord and Master, even for an instant.

Your slaves live by meditating, meditating in remembrance on the Lord; You are permeating the woods, the water and the land.

Even the hot wind does not touch one who remains awake in meditative remembrance, night and day.

He delights and enjoys meditative remembrance on the Lord; he has no attachment to Maya.

Disease, sorrow and pain do not affect him;

he sings the Kirtan of the Lord’s Praises in the Saadh Sangat, the Company of the Holy.
आपना नामु देिह पर्भ पर्ीतम सुिण बेनंती खालका ॥११॥

Please bless me with Your Name, O my Beloved Lord God; please listen to my prayer, O Creator. ॥11॥

रम वड़ते डेंश ति धिश्वये ॥ (1085)

Name ratan tayraa hai pi-aaray.
Your Name is a jewel, O my Beloved Lord.

वंिश वंिश गंिश अपंते ॥ (1085)

Rang ratay tayrai daas apaaray.
Your slaves are imbued with Your Infinite Love.

वंिश वंिश गंिश वुड़ा नेते बिलें बेपंती खालका ॥१२॥ (1085)

Those who are imbued with Your Love, become like You; it is so rare that they are found. ॥12॥

विर वी पृिवन भंजू भंजू भें ॥ (1085)

Tin kee Dhoorh maa'gai man mayraa.
My mind longs for the dust of the feet of those

विर विरसरि तजू वरं बें ॥ (1085)

Jin visrahi naahee kaahoo bhaaya.
who never forget the Lord.

विर वे मंिश भंश भंश भंशी भंशी रस्ती रस्ती ॥१३॥ (1085)

Tin kai sang param pad paa-ee sada saanee har naalkaa. ॥13॥
Associating with them, I obtain the supreme status; the Lord, my Companion, is always with me. ॥13॥

माजनु मीतु धिश्वये मंशी ॥ (1085)

Saajan meet pi-aaraa so-ee.
He alone is my beloved friend and companion,
who implants the Name of the One Lord within, and eradicates evil-mindedness.

Immaculate are the teachings of that humble servant of the Lord, who casts out sexual desire, anger and egotism. ||14||

Other than You, O Lord, no one is mine.

The Guru has led me to grasp the feet of God.

I am a sacrifice to the Perfect True Guru, who has destroyed the illusion of duality. ||15||

With each and every breath, I never forget God.

Twenty-four hours a day, I meditate on the Lord, Har, Har.

O Nanak, the Saints are imbued with Your Love; You are the great and all-powerful Lord. ||16||4||13||
Maaroo, Fifth Mehl:


One Universal Creator God. By The Grace Of The True Guru:

I enshrine the Lord's lotus feet continually within my heart.

Each and every moment, I humbly bow to the Perfect Guru.

I dedicate my body, mind and everything, and place it in offering before the Lord. His Name is the most beautiful in this world.

Why forget the Lord and Master from your mind?

He blessed you with body and soul, creating and embellishing you.

With every breath and morsel of food, the Creator takes care of His beings, who receive according to what they have done.
No one returns empty-handed from Him; twenty-four hours a day, keep the Lord in your mind.

In the Saadh Sangat, the Company of the Holy, meditate and vibrate upon your imperishable Lord and Master, and you shall be honored in the Court of the Lord.

The four great blessings, and the eighteen miraculous spiritual powers,

are found in the treasure of the Naam, which brings celestial peace and poise, and the nine treasures.

If you yearn in your mind for all joys, then join the Saadh Sangat, and dwell upon your Lord and Master.

The Shaastras, the Simritees and the Vedas proclaim that the mortal must be victorious in this priceless human life.
काॅं क्रोण्डु निन्दा परहारई ह्रि रसना नानक गावणा ॥५॥
Forsaking sexual desire, anger and slander, sing of the Lord with your tongue, O Nanak. ॥5॥

जिसु रूपु न रेिखआ कुलु नही जाती ॥
jis roop na raykh-i-aa kul nahee jaatee. He has no form or shape, no ancestry or social class.

पूरन पूिर रिहआ िदनु राती ॥
pooran poor rahi-aa din raatee. The Perfect Lord is perfectly pervading day and night.

जो जो जपै सोई वडभागी बहुिड़ न जोनी पावणा ॥६॥
Whoever meditates on Him is very fortunate; he is not consigned to reincarnation again. ॥6॥

जिस नो िबसरै पुरखु िबधाता ॥
jis no bisrai purakh biDhaataa. One who forgets the Primal Lord, the Architect of karma,

जलता िफरै रहै िनत ताता ॥
jaltaa firai rahai nit taataa. wanders around burning, and remains tormented.

अिकरतघणै कउ रखै न कोई नरक घोर मिह पावणा ॥७॥
No one can save such an ungrateful person; he is thrown into the most horrible hell. ॥7॥

जीउ पर्ाण तनु धनु िजिन सािजआ ॥
jee-o paraan tan Dhan jin saaji-aa. He blessed you with your soul, the breath of life, your body and wealth;
Maat Garabh Meh Raakh Nivaaji-aa.  
He preserved and nurtured you in your mother's womb.

Tis Si-o Pareet Chhaad An Raataa Kaahoo Sirai Na Laavnaa.  
Forsaking His Love, you are imbued with another; you shall never achieve your goals like this. ||8||

Dhaar Anuagrah Su-aamee Mayray.  
Please shower me with Your Merciful Grace, O my Lord and Master.

Ghat Ghat Vaseh Sabhan Kai Nayray.  
You dwell in each and every heart, and are near everyone.

Haath Hamaari Kachhoo-Ai Naahie Jis Janaa-Ihi Tisai Janaavnaa.  
Nothing is in my hands; he alone knows, whom You inspire to know. ||9||

Jaa Kae Mastaak Dhur Likh Paa-i-aa.  
One who has such pre-ordained destiny inscribed upon his forehead,

tis Hee Purakh Na Vi-AAPai Maa-i-aa.  
that person is not afflicted by Maya.

Naanak Daas Sada Sarnaai Doosar Lavai Na Laavnaa.  
Slave Nanak seeks Your Sanctuary forever; there is no other equal to You. ||10||
In His Will, He made all pain and pleasure.

How rare are those who remember the Ambrosial Naam, the Name of the Lord.

His value cannot be described. He is prevailing everywhere.

He is the devotee; He is the Great Giver.

He is your help and support, since infancy; He fulfills your mind's desires.

Death, pain and pleasure are ordained by the Lord.

They do not increase or decrease by anyone's efforts.
That alone happens, which is pleasing to the Creator; speaking of himself, the mortal ruins himself. ||13||

He lifts us up and pulls us out of the deep dark pit; He unites with Himself, those who were separated for so many incarnations. Showering them with His Mercy, He protects them with His own hands. Meeting with the Holy Saints, they meditate on the Lord of the Universe. ||14||

Your worth cannot be described. Wondrous is Your form, and Your glorious greatness. Your humble servant begs for the gift of devotional worship. Nanak is a sacrifice, a sacrifice to You. ||15||1||14||22||24||2||14||62||

Shalok, Fifth Mehl:
माइआ मनहु न वीसरै मांगै दमा दम।

You do not forget Maya from your mind; you beg for it with each and every breath.

सो प्रभु चित न आवई नानक नही करम।

You do not even think of that God; O Nanak, it is not in your karma.

मः ५।

Fifth Mehl:

माइआ साथ न चलई किया लपटावि ह अंध।

Maya and its wealth shall not go along with you, so why do you cling to it - are you blind?

गुर के चरण धिआइ तू तूटिह माइआ बंध।

Meditate on the Guru's Feet, and the bonds of Maya shall be cut away from you.

मारू वार महला ५ डखणे मः ५।

Vaar Of Maaroo, Fifth Mehl, Dakhanay, Fifth Mehl:

िक-ओऱका र धुमण।

One Universal Creator God. By The Grace Of The True Guru:

तू चउ सजण मैडिआ डेइ सिसु उतारि।

If You tell me to, O my Friend, I will cut off my head and give it to You.
My eyes long for You; when will I see Your Vision? ||1||

I am in love with You; I have seen that other love is false.

Even clothes and food are frightening to me, as long as I do not see my Beloved.

I rise early, O my Husband Lord, to behold Your Vision.

Eye make-up, garlands of flowers, and the flavor of betel leaf, are all nothing but dust, without seeing You.

Pauree:
You are True, O my True Lord and Master; You uphold all that is true.

You created the world, making a place for the Gurmukhs.

By the Will of the Lord, the Vedas came into being; they discriminate between sin and virtue.

You created Brahma, Vishnu and Shiva, and the expanse of the three qualities.

Creating the world of the nine regions, O Lord, You have embellished it with beauty.

Creating the beings of various kinds, You infused Your power into them.

No one knows Your limit, O True Creator Lord.

You Yourself know all ways and means; You Yourself save the Gurmukhs.
Dakhanay, Fifth Mehl:

\(\text{जे तू मितर्ु असाडड़ा हिक भोरी ना वेछोड़ि} \) || (1094)

If You are my friend, then don't separate Yourself from me, even for an instant.

\(\text{जीउ मिहजा तउ मोहिआ कद पसी जानी तोहि} \) || (1094)

My soul is fascinated and enticed by You; when will I see You, O my Love?

\(\text{दुरजन तू जलु भाहड़ी विच्छोड़े मिर जाहि} \) || (1094)

Burn in the fire, you evil person; O separation, be dead.

\(\text{कंता तू सउ सेज्जी मैडा हभो दुखु उलाहि} \) || (1094)

O my Husband Lord, please sleep upon my bed, that all my sufferings may be gone.

The evil person is engrossed in the love of duality; through the disease of egotism, he suffers separation.
The True Lord King is my friend; meeting with Him, I am so happy. ||3||

Pauree:

You are inaccessible, merciful and infinite; who can estimate Your worth?

You created the entire universe; You are the Master of all the worlds.

No one knows Your creative power, O my all-pervading Lord and Master.

You established the four ages; You are the Creator of all worlds.

You created the comings and goings of reincarnation; not even a particle of filth sticks to You.
As you are merciful, You attach us to the Feet of the True Guru.

You cannot be found by any other efforts; You are the eternal, imperishable Creator of the Universe.

If You come into my courtyard, all the earth becomes beautiful.

Other than the One Lord, my Husband, no one else cares for me.

All my adornments become beautiful, when You, O Lord, sit in my courtyard and make it Yours.

Then no traveler who comes to my home shall leave empty-handed.
Fifth Mehl:

ਸੇਜ ਵਿਚਹਾਈ ਕੰਤ ਕੂ ਕੀਆ ਹੱਭੁ ਸੀਗਾਰੁ ॥ (1095)
sayj vichhaa-ee kant koo kee-aa habh seegaar.
I have spread out my bed for You, O my Husband Lord, and applied all my decorations.

ਇਤੀ ਮੰਝ ਨ ਸਮਾਵਈ ਜੇ ਗਲ ਪਹੀਰਾ ਹਾਰੁ ॥੩॥ (1095)
itee manjh na samaava-ee jay gal pahiraa haar. ||3||
But even this is not pleasing to me, to wear a garland around my neck. ||3||

ਪਉਢੀ ॥ (1095)
pa-orhee.
Pauree:

ਪੁ ਖਰਬਰਹਮ ਪਰਬਰਹਮ ਮੰਝੁ ਖਲੀ ਆਚਰੀ ॥ (1095)
too paarbarahm parmaysar jon na aavhee.
O Supreme Lord God, O Transcendent Lord, You do not take birth.

ਪੁ ਖਰਬਵੀ ਮੰਝੁ ਪੀਰੀ ਸਾਤੀ ਸਾਤੀ ਮਾਤਾ ਮਾਤੀ ਆਚਰੀ ॥ (1095)
too hukmee saajeh sarisat saaj samaavahee.
By the Hukam of Your Command, You formed the Universe; forming it, You merge into it.

ਤੇਰਾ ਰੂਪੁ ਨ ਜਾਈ ਲਖਾਈ ਕਿੱਤੁ ਤੁਸ਼ਾਹੀ ਵਧਾਵਹੀ ॥ (1095)
tayraa roop na jaa-ee lakh-aa ki-o tujheh Dhi-avahee.
Your Form cannot be known; how can one meditate on You?

ਪੁ ਮਹਿ ਦਵਾਈ ਅਧੀ ਨਵਾਈ ਦੇਖਾਵਹੀ ॥ (1095)
too sabh meh varteh aap kudrat daykhaavahee.
You are pervading and permeating all; You Yourself reveal Your creative potency.


tayree bhagat bharay bhandaar tot na aavhee.

Your treasures of devotional worship are overflowing; they never decrease.

ayhi ratan javayhar laal keem na paavhee.

These gems, jewels and diamonds - their value cannot be estimated.

jis hoveh aap da-i-aal tis satgur sayvaa laavhee.

As You Yourself become merciful, Lord, You link us to the service of the True Guru."

tis kaday na aavai tot jo har gun gaavhee. ||3||

One who sings the Glorious Praises of the Lord, never suffers any deficiency. ||3||

dakh-nay mehlaa 5.

Dakhanay, Fifth Mehl:

jaa moo pasee hath mai piree mahijai naal.

When I look within my being, I find that my Beloved is with me.

habhay dukh ulahii-am naanak nadar nihaal. ||1||

All pains are relieved, O Nanak, when He bestows His Glance of Grace. ||1||
Nanak sits, waiting for news of the Lord, and stands at the Lord's Door; serving Him for so long.

O my Beloved, only You know my objective; I stand, waiting to see the Lord's face.

What should I say to you, you fool? Don't look at the vines of others - be a true husband.

You are Wise, all-knowing and beautiful; You are pervading and permeating all.

You Yourself are the Lord and Master, and the servant; You worship and adore Yourself.
You are all-wise and all-seeing; You Yourself are true and pure.

The Immaculate Lord, my Lord God, is celibate and True.

God spreads out the expanse of the entire universe, and He Himself plays in it.

He created this coming and going of reincarnation; creating the wondrous play, He gazes upon it.

One who is blessed with the Guru’s Teachings, is not consigned to the womb of reincarnation, ever again.

All walk as He makes them walk; nothing is under the control of the created beings.

Dakhanay, Fifth Mehl:

You are walking along the river-bank, but the land is giving way beneath you.
Watch out! Your foot might slip, and you'll fall in and die. ||1||

You believe what is false and temporary to be true, and so you run on and on.

O Nanak, like butter in the fire, it shall melt away; it shall fade away like the water-lily. ||2||

O my foolish and silly soul, why are you too lazy to serve?

Such a long time has passed. When will this opportunity come again? ||3||
You have no form or shape, no social class or race.

These humans believe that You are far away; but You are quite obviously apparent.

You enjoy Yourself in every heart, and no filth sticks to You.

You are the blissful and infinite Primal Lord God; Your Light is all-pervading.

Among all divine beings, You are the most divine, O Creator-architect, Rejuvenator of all.

How can my single tongue worship and adore You? You are the eternal, imperishable, infinite Lord God.

One whom You Yourself unite with the True Guru - all his generations are saved.

All Your servants serve You; Nanak is a humble servant at Your Door.
Dakh-nay mehlaa 5.
Dakhanay, Fifth Mehl:

Gehdrharhaa tarin chhaa-ia-aa gaafal jali-ohu bhaahi.
He builds a hut of straw, and the fool lights a fire in it.

Jinaa bhaag mathaahae tin ustad panaahi ||1||
Only those who have such pre-ordained destiny on their foreheads, find Shelter with the Master. ||1||

Naanak peethaa pakaa saaji-aa Dhari-aa aan ma-ujood.
O Nanak, he grinds the corn, cooks it and places it before himself.

But without his True Guru, he sits and waits for his food to be blessed. ||2||

Naanak bhusree-aa pakaa-ee-aa paa-ee-aa thaalai maahi.
O Nanak, the loaves of bread are baked and placed on the plate.
Those who obey their Guru, eat and are totally satisfied. ||3||

Pauree:

You have staged this play in the world, and infused egotism into all beings.

In the one temple of the body are the five thieves, who continually misbehave.

The ten brides, the sensory organs were created, and the one husband, the self; the ten are engrossed in flavors and tastes.

This Maya fascinates and entices them; they wander continually in doubt.

You created both sides, spirit and matter, Shiva and Shakti.

Matter loses out to spirit; this is pleasing to the Lord.
You enshrined spirit within, which leads to merger with the Sat Sangat, the True Congregation.

Within the bubble, You formed the bubble, which shall once again merge into the water.

Look ahead; don’t turn your face backwards.

All think of Him as their own; He never breaks anyone’s heart.
Mehlaa 5.

Fifth Mehl:

The hidden jewel has been found; it has appeared on my forehead.

Beautiful and exalted is that place, O Nanak, where You dwell, O my Dear Lord.

When You are on my side, Lord, what do I need to worry about?

Your entrusted everything to me, when I became Your slave.

My wealth is inexhaustible, no matter how much I spend and consume.

The 8.4 million species of beings all work to serve me.
All these enemies have become my friends, and no one wishes me ill.

No one calls me to account, since God is my forgiver.

I have become blissful, and I have found peace, meeting with the Guru, the Lord of the Universe.

All my affairs have been resolved, since You are pleased with me.

I am so eager to see You, O Lord; what does Your face look like?

I wandered around in such a miserable state, but when I saw You, my mind was comforted and consoled.
दुखी आ दरद घणे वेदन जाणे तू धणी ॥ (1097)

The miserable endure so much suffering and pain; You alone know their pain, Lord.

जाणा लख भवे पिरी डिखायो ता जीवसा ॥ (1097)

I may know hundreds of thousands of remedies, but I shall live only if I see my Husband Lord. ||2||

मः ५ ॥ (1097)
mehlaa 5.

Fifth Mehl:

ढहदी जाइ करार वहिण वहंदे मै डिठाआ ॥ (1097)

I have seen the river-bank washed away by the raging waters of the river.

say-ee rahay amaan jina satgur bhayti-aa. ||3||

They alone remain intact, who meet with the True Guru. ||3||

Pauree:

निनत तन तेवी उध व डिम दुह न डिले घे ॥ (1097)

No pain afflicts that humble being who hungers for You, Lord.

जिन जन तेयी भुख है तिसु दुख न विआपे ॥ (1097)

That humble Gurmukh who understands, is celebrated in the four directions.
Sins run away from that man, who seeks the Sanctuary of the Lord.

The filth of countless incarnations is washed away, bathing in the dust of the Guru's feet.

Whoever submits to the Lord's Will does not suffer in sorrow.

The glory of the Lord's humble servant is as great as the Glorious Radiance of the Lord.

Among all, His humble servant is pre-eminent; through His humble servant, the Lord is known.

Those whom I followed, now follow me.
ਜਨਾ ਕੀ ਮੈ ਆਸੜੀ ਤਿਨਾ ਮਿਹਜੀ ਆਸ ॥੧॥
Those in whom I placed my hopes, now place their hopes in me. ||1||

ਸੇ ਬੈਠੇ ਸੋ ਫਾਿਥਆ ਉਬਰੇ ਭਾਗ ਮਥਾਈ ॥੨॥
Whoever sits on it, is caught; they alone are saved, who have good destiny on their foreheads. ||2||

ਜੋ ਬੈਠੇ ਸੋ ਫਾਿਥਆ ਉਬਰੇ ਭਾਗ ਮਥਾਈ ॥੨॥
Whoever sits on it, is caught; they alone are saved, who have good destiny on their foreheads. ||2||

ਿਦਠਾ ਹਸ੍ਤ ਮਾਜਾਹੀ ਖਾਲੀ ਕਈ ਨ ਜਾਣੀਐ ॥
I see Him within all. No one is without Him.

ਤੈ ਸਖੀ ਭਾਗ ਮਥਾਹੀ ਜੀਨੀ ਤੇਰੀ ਸਜਣੂ ਰਾਵੀਆ ॥੩॥
Good destiny is inscribed on the forehead of that companion, who enjoys the Lord, my Friend. ||3||

ਪਉੜੀ ॥
Pauree:
I am a minstrel at His Door, singing His Glorious Praises, to please to my Lord God.

My God is permanent and stable; others continue coming and going.

I beg for that gift from the Lord of the World, which will satisfy my hunger.

O Dear Lord God, please bless Your minstrel with the Blessed Vision of Your Darshan, that I might be satisfied and fulfilled.

God, the Great Giver, hears the prayer, and summons the minstrel to the Mansion of His Presence.

Gazing upon God, the minstrel is rid of pain and hunger; he does not think to ask for anything else.

All desires are fulfilled, touching the feet of God.

I am His humble, unworthy minstrel; the Primal Lord God has forgiven me.
dakh-nay mehlaa 5.
Dakhanay, Fifth Mehl:

When the soul leaves, you shall become dust, O vacant body; why do you not realize your Husband Lord?

durjan saytee nayhu too kai gun har rang maanhee. ||1||
You are in love with evil people; by what virtues will you enjoy the Lord's Love? ||1||

naanak jis biin gharhee na jeevnaa visray sarai na bind.
O Nanak, without Him, you cannot survive, even for an instant; you cannot afford to forget Him, even for a moment.

tis si-o ki-o man roosee-ai jisahi hamaaree chind. ||2||
Why are you alienated from Him, O my mind? He takes care of you. ||2||

ratay rang paarbarahm kai man tan at gulaal.
Those who are imbued with the Love of the Supreme Lord God, their minds and bodies are colored deep crimson.
Naanak vin naavai aloodi-aa jitee hor khi-aal. ||3||
O Nanak, without the Name, other thoughts are polluted and corrupt. ||3||

Paavhee.

Pauree:

Har jee-o jaa too mayraa mitru hai taa ki-aa mai kaarhaa.
O Dear Lord, when You are my friend, what sorrow can afflict me?

Jinee thagee jag thagi-aa say tuDh maar nivaarhaa.
You have beaten off and destroyed the cheats that cheat the world.

Gur bha-ojal paar langhaa-i-aa jita paavaarhaa.
The Guru has carried me across the terrifying world-ocean, and I have won the battle.

Gurmatee sabh ras bhogdaa vadaa aakhaarhaa.
Through the Guru's Teachings, I enjoy all the pleasures in the great world-arena.

Sabh indree-aa vas kar ditee-o satvantaa saarhaa.
The True Lord has brought all my senses and organs under my control.

Jit laa-ee-an titai lagdee-aa nah khinjotaarhaa.
Wherever I join them, there they are joined; they do not struggle against me.
ਜੋ ਇਛੀ ਸੋ ਫਲੁ ਪਾਇਦਾ ਗੁਰੀ ਅੰਦਰ ਵਾਜਾ।
I obtain the fruits of my desires; the Guru has directed me within.

ਗੁਰੁ ਨਾਨਕੁ ਤੁਠਾ ਭਾਇਰਹੁ ਹਿਰ ਵਸਦਾ ਨੇੜਾ।
When Guru Nanak is pleased, O Siblings of Destiny, the Lord is seen to be dwelling near at hand.

ਜਾ ਮੂੰ ਆਵਿਹ ਿਚਿਤ ਤੂ ਤਾ ਹਭੇ ਸੁਖ ਲਹਾਊ।
When You come into my consciousness, then I obtain all peace and comfort.

ਨਾਨਕ ਮਨ ਹੀ ਮੰਝ ਰੰਗਾਵਲਾ ਿਪਰੀ ਤਿਹਾਜਾ ਨਾਊ।
Nanak: with Your Name within my mind, O my Husband Lord, I am filled with delight.

ਖਾਕੁ ਲੋਡਦਾ ਤੰਿਨ ਖੇ ਜੋ ਰਤੇ ਦੀਦਾਰ।
I long for the dust of the feet of those who are imbued with the Lord's Vision.
Fifth Mehl:

Why do you look in other directions? O my heart, take the Support of the Lord alone.

Become the dust of the feet of the Saints, and find the Lord, the Giver of peace. ||3||

Without good karma, the Dear Lord is not found; without the True Guru, the mind is not joined to Him.

Only the Dharma remains stable in this Dark Age of Kali Yuga; these sinners will not last at all.

Whatever one does with this hand, he obtains with the other hand, without a moment's delay.

I have examined the four ages, and without the Sangat, the Holy Congregation, egotism does not depart.


Egotism is never eradicated without the Saadh Sangat, the Company of the Holy.

As long as one's mind is torn away from his Lord and Master, he finds no place of rest.

That humble being, who, as Gurmukh, serves the Lord, has the Support of the Imperishable Lord in the home of his heart.

By the Lord's Grace, peace is obtained, and one is attached to the feet of the Guru, the True Guru.

By the Lord's Grace, peace is obtained, and one is attached to the feet of the Guru, the True Guru.

I have searched everywhere for the King over the heads of kings.

That Master is within my heart; I chant His Name with my mouth.
O my mother, the Master has blessed me with the jewel.

My heart is cooled and soothed, chanting the True Name with my mouth.

I have become the bed for my Beloved Husband Lord; my eyes have become the sheets.

If You look at me, even for an instant, then I obtain peace beyond all price.

My mind longs to meet the Lord; how can I obtain the Blessed Vision of His Darshan?

I obtain hundreds of thousands, if my Lord and Master speaks to me, even for an instant.
ма चारे कुंडा भालीआ तुधु जेवडु न साईआ ॥

मै चारे कुंडा भालीआ तुधु जेवडु न साईआ।
I have searched in four directions; there is no other as great as You, Lord.

में दिसहु मारगु संतहो किउ पर्भू मिलाईआ ॥

मैं दिसहु मारगु संतहो किउ पर्भू मिलाईआ।
Show me the Path, O Saints. How can I meet God?

मनु अरिपहु हउमै तजहु इतु पंथ जुलाईआ ॥

मनु अरिपहु हउमै तजहु इतु पंथ जुलाईआ।
I dedicate my mind to Him, and renounce my ego. This is the Path which I shall take.

नित सेिवहु सािहबु आपणा सतसंिग िमिलाईआ ॥

नित सेिवहु सािहबु आपणा सतसंिग िमिलाईआ।
Joining the Sat Sangat, the True Congregation, I serve my Lord and Master continually.

सभे आसा पूरीआ गुर महिल बुलाईआ ॥

सभे आसा पूरीआ गुर महिल बुलाईआ।
All my hopes are fulfilled; the Guru has ushered me into the Mansion of the Lord's Presence.

तुधु जेवडु होरु न सुझई मेरे मिहजे मोसाईआ ॥

तुधु जेवडु होरु न सुझई मेरे मिहजे मोसाईआ।
I cannot conceive of any other as great as You, O my Friend, O Lord of the World. ||12||

धखने मः ५ ॥

धखने मः ५।
Dakh-nay mehlaa 5.

Dakhanay, Fifth Mehl:

मू थीआऊ उथु धिथु महिले भाकिमण ॥

मू थीआऊ उथु धिथु महिले पातिसाह।
I have become the throne for my Beloved Lord King.
If You place Your foot on me, I blossom forth like the lotus flower. ||1||

I may be crushed, again and again, but like sugarcane, I do not stop yielding sweet juice. ||2||

Break off your love with the cheaters; realize that it is a mirage.

Your pleasure lasts for only two moments; this traveler wanders through countless homes. ||3||

Pauree:
God is not found by intellectual devices; He is unknowable and unseen.

The followers of the six orders wander and roam around wearing religious robes, but they do not meet God.

Those who read the Vedas in their entirety, still do not see the sublime essence of reality.

They keep the lunar fasts, but they are of no account.

They apply ceremonial marks to their foreheads, and take cleansing baths, but they are blackened within.

One who sees the Guru with his eyes, embellishes and exalts his human life.
Dakh-nay mehlaa 5.
Dakhanay, Fifth Mehl:

में थियाऽ बाड़ि इं चलिया न बीमे ॥ (1099)
so nivaahoo gad jo chalaa-oo na thee-ai.
Focus on that which will not pass away.

वर चूँच्यी बड़ि ममाव भर थटी ॥१॥ (1099)
Abandon your false actions, and meditate on the True Master. ||1||

कार कू़ड़ावी छड़ समालु सचु धणी ॥१॥
Abandon your false actions, and meditate on the True Master. ||1||

हभ समाणी जोित िजउ जल घटाऊ चंदर्मा ॥ (1099)
habh samaanee jot ji-o jal ghataa-oo chandarmaa.
God's Light is permeating all, like the moon reflected in the water.

परगटु थीआ आिप नानक मसतिक िलिखआ ॥२॥ (1099)
pargat thee-aa aap naanak mastak likhi-aa. ||2||
He Himself is revealed, O Nanak, to one who has such destiny inscribed upon his forehead. ||2||

मूङ महात्मी नाम जल धारव वासु वासु ॥ (1099)
mukh suhaavay naam cha-o aath pahar gun gaa-o.
One's face becomes beautiful, chanting the Naam, the Name of the Lord, and singing His Glorious Praises, twenty-four hours a day.
O Nanak, in the Court of the Lord, you shall be accepted; even the homeless find a home there. ||3||

By wearing religious robes outwardly, God, the Inner-knower is not found.

Without the One Dear Lord, all wander around aimlessly.

Their minds are imbued with attachment to family, and so they continually wander around, puffed up with pride.

The arrogant wander around the world; why are they so proud of their wealth?

Their wealth shall not go with them when they depart; in an instant, it is gone.

They wander around in the world, according to the Hukam of the Lord's Command.
When one's karma is activated, one finds the Guru, and through Him, the Lord and Master is found.

That humble being, who serves the Lord, has his affairs resolved by the Lord.

All speak with their mouths, but rare are those one who realize death.

Nanak is the dust of the feet of those who have faith in the One Lord.

Know that He dwells within all; rare are those who realize this.

There is no obscuring veil on the body of that one, O Nanak, who meets the Guru.
मः ॥ (1099)
mehlaa 5.
Fifth Mehl:

मतटी कांढकु आह पाव धोवंदो पीवसा ॥
mat-rhee kaNdhak aah paav Dhovando peevsaa.
I drink in the water which has washed the feet of those who share the Teachings.

मू तिन पर्ेमु अथाह पसण कू सचा धणी ॥३॥
moo tan paraym athaah pasan koo sachaa Dhanee. ||3||
My body is filled with infinite love to see my True Master. ||3||

Pauree:

शिष्करी तम्र विसारिआ तलि अभिपन जण ॥ (1099)
nirbha-o naam visaari-aa naal maa-i-aa rachaa.
Forgetting the Naam, the Name of the Fearless Lord, he becomes attached to Maya.

आवै ताटिध कराईेच धु रांती राज ॥ (1099)
aavai jaa-ay bhavaa-ee-ai baho jonee nachaa.
He comes and goes, and wanders, dancing in countless incarnations.

बचं बचे ई विभिबन तलि बेंढे महु रत्र ॥ (1099)
bachan karay tai khisak jaa-ay bolay sabh kachaa.
He gives his word, but then backs out. All that he says is false.

अंदरहु थोथा कूडिआरु कूड़ी सभ खना ॥ (1099)
andrahu thothaa koorhi-aar koorhee sabh khachaa.
The false person is hollow within; he is totally engrossed in falsehood.
He tries to take vengeance upon the Lord, who bears no vengeance; such a person is trapped by falsehood and greed.

The True King, the Primal Lord God, kills him when He sees what he has done.

The Messenger of Death sees him, and he rots away in pain.

Even-handed justice is administered, O Nanak, in the Court of the True Lord.

In the early hours of the morning, chant the Name of God, and meditate on the Feet of the Guru.

The filth of birth and death is erased, singing the Glorious Praises of the True Lord.
The body is dark, blind and empty, without the Naam, the Name of the Lord.

O Nanak, fruitful is the birth of one, within whose heart the True Master dwells. ||2||

With my eyes, I have seen the Light; my great thirst for Him is not quenched.

O Nanak, these are not the eyes which can see my Beloved Husband Lord. ||3||

That humble being, who, as Gurmukh, serves the Lord, obtains all peace and pleasure.

He Himself is saved, along with his family, and all the world is saved as well.
He collects the wealth of the Lord's Name, and all his thirst is quenched.

He renounces worldly greed, and his inner being is lovingly attuned to the Lord.

Forever and ever, the home of his heart is filled with bliss; the Lord is his companion, help and support.

He looks alike upon enemy and friend, and wishes well to all.

He alone is fulfilled in this world, who meditates on the spiritual wisdom of the Guru.

He obtains what is pre-ordained for him, according to the Lord.

Dakhanay, Fifth Mehl:

The true person is said to be beautiful; false is the reputation of the false.
ਨਾਨਕ ਵਿਰਲੇ ਜਾਣੀਐਹ ਿਜਨ ਸਚੁ ਪਲੈ ਹੋਈ ॥੧॥

O Nanak, rare are those who have Truth in their laps. ||1||

ਮਹਾਣੂ ॥ (1100)
ਮੇਹਲਾ 5.
Fifth Mehl:

ਸਜਣ ਮੁਖੁ ਅਨੂਪੁ ਅਠੇ ਪਹਰ ਨਹਾਲਸਾ ॥

The face of my friend, the Lord, is incomparably beautiful; I would watch Him, twenty-four hours a day.

ਸੁਤੰਤੀ ਸੋ ਸਹੁ ਿਧੁ ਤੈ ਸੁਪਨੇ ਹੌ ਖੰਨੀਐ ॥੨॥

In sleep, I saw my Husband Lord; I am a sacrifice to that dream. ||2||

ਮਹਾਣੂ ॥ (1100)
ਮੇਹਲਾ 5.
Fifth Mehl:

ਸਜਣ ਸਚੁ ਪਰਿਖ ਮੁਖ ਆਲਾਵਨੁ ਥੋਥਰਾ ॥

O my friend, realize the True Lord. Just to talk about Him is useless.

ਮੰਨ ਮਜ਼ਾਹੂ ਲਿਖ ਤੁਧਹੁ ਦੂਰ ਨ ਸੁ ਿਪਰੀ ॥੩॥
See Him within your mind; your Beloved is not far away. ||3||

ਪਾਰੂੰਚੁ ॥ (1100)
_pa_orhee._
Pauree:
धरति आकासु पातालु है चंदु सूरु बिनासी ॥ (1100)
Dharat aakaas paataal hai chand soor binaasee.
The earth, the Akaashic ethers of the sky, the nether regions of the underworld, the moon and the sun shall pass away.

बादसाह साह उमराव खान ढाह डेरे जासी ॥ (1100)
baadisaah saah umraav khaan dhaai dayray jaasee.
Emperors, bankers, rulers and leaders shall depart, and their homes shall be demolished.

रंग तुंग गरीब मसत सभु लोकु सिधासी ॥ (1100)
rang tung gareeb masat sabh lok siDhaasee.
The poor and the rich, the humble and the intoxicated, all these people shall pass away.

काजी सेख मसाइका सभे उठ जासी ॥ (1100)
kaajee saykh masaa-ikaa sabhay uth jaasee.
The Qazis, Shaykhs and preachers shall all arise and depart.

रोजा बाग िनवाज कतेब िवणु बुझे सभ जासी ॥ (1100)
rojaa baag nivaaj katayb vin bujhay sabh jaasee.
Fasts, calls to prayer and sacred scriptures - without understanding, all these shall vanish.

धरति आकासु पातालु है चंदु सूरु बिनासी ॥ (92)
Dharat aakaas paataal hai chand soor binaasee.
The One True Lord God is eternal and unchanging. The Lord's slave is also eternal. ||17||
Dakhnay, Fifth Mehl:

I have seen and examined all; without the One Lord, there is none at all.

Come, and show me Your face, O my friend, so that my body and mind may be cooled and soothed.

The lover is without hope, but within my mind, there is great hope.

In the midst of hope, only You, O Lord, remain free of hope; I am a sacrifice, a sacrifice, a sacrifice to You.

Even if I just hear of separation from You, I am in pain; without seeing You, O Lord, I die.
बाझु पिअरे आप्ने बिरही ना पीवेंद्र ||३|| (1100)
बाझु पिअरे आप्ने बिरही ना धीरोदि ||३||
baajh pi-aaray aapnay birhee naa Dheerod. ||3||
Without her Beloved, the separated lover takes no comfort. ||3||

पउड़ी || (1100)
pa-orhee.
Pauree:

उद दीवाल देव देवालिंक्ष वेरण भुज वामी || (1100)
उद दीवाल देव देवालिंक्ष वेरण भुज वामी
tat tirath dayv dayvaali-aa kaydaar mathuraa kaasee.
River-banks, sacred shrines, idols, temples, and places of pilgrimage like Kaydarnaat'h, Math'uraa and Benares,

बेंट देवी मेरे मात्र कृति दरस सासी || (1100)
bent devi mere matr kavit daras sasasee.
the three hundred thirty million gods, along with Indra, shall all pass away.

सिम्रिति मण्ड़ू चवि नद रघु मभामी || (1100)
simriti maan-tu chaari nud rau dami saami.
The Simritees, Shastraas, the four Vedas and the six systems of philosophy shall vanish.

पौथी पाथित गीत बिवत कवते बी तमी || (1100)
pothi pathit geet kavit kavtay bhee tamii.
Prayer books, Pandits, religious scholars, songs, poems and poets shall also depart.

जती माती सिनिक्षीवी मड़ू वाल्से बमी || (1100)
jatee satee sanni-aasee-aa sabh kaalai vaasee.
Those who are celibate, truthful and charitable, and the Sannyasee hermits are all subject to death.

मुनि जोगी दिगम्बर नमे मात्र तमी || (1100)
mun jogee digambraa jamai san jaasee.
The silent sages, the Yogis and the nudists, along with the Messengers of Death, shall pass away.
जो दीसै सो विसानाः सभ विसनसिं विनासी।
Whatever is seen shall perish; all will dissolve and disappear.

थिर्रू पारबर्हमु परमेसरो सेवकु थिर्रू होसी॥१८॥
Only the Supreme Lord God, the Transcendent Lord, is permanent. His servant becomes permanent as well. ॥18॥

सलोक डखणे मः ५॥
Shalok Dakhanay, Fifth Mehl:

सै नंगे नह नंग भुखे लख न भुखिआ॥
Hundreds of times naked does not make the person naked; tens of thousands of hungers do not make him hungry;

दुखे कोड़ न दुख नानक तिरी तिखाणे सुभ दिसिट॥१॥
millions of pains do not cause him pain. O Nanak, the Husband Lord blesses him with his Glance of Grace. ॥1॥

मः ५॥
Mehlaa 5.
Fifth Mehl:

सुख समूहा भोग भूमि सबाई को धणी॥
Even if one were to enjoy all pleasures, and be master of the entire earth,
***Fifth Mehl:***

दिलम दूर तेरा भजन करिंग हिन्दु वरिंग || (1101)
हिकस कुं तू आहि पखा आहि भी हिक करिंग ||
hikas kooN too aahi pachhaanoo bhee hik kar.
Yean for the One Lord, and make Him your friend.

***Pauree:***

तभित सत्सवधि संभवर भजवा लजिवो ||3|| (1101)
नानक आसड़ी निवाहि मानुख परथाई लजीवा ||3||
aanak aasrhee nibaahi maanukh parthaa-ee lajeevdo. ||3||
O Nanak, He alone fulfills your hopes; you should feel embarrassed, visiting other places.

**Nihchal**

**Nihchal**

पउड़ी ॥

pa-orhee.

**Pauree:**

तिहसलु देव तत्वतं तत्वनाम असापण || (1101)

निहचल एकु नराइणो हरि अगम अगाधा ||
nihchal ayk naaraa-ino har agam agaaDhaa.
The One and only Lord is eternal, imperishable, inaccessible and incomprehensible.

**Nihchal**

**Nihchal**

सचु धरमु तपु निहचलो दिनु रैिन अराधा ॥
sach Dharam tap nihchalo din rain araaDhaa.
Truth, righteousness, Dharma and intense meditation are eternal and imperishable. Day
and night, worship the Lord in adoration.
दਿਆ ਧਰਮੁ ਤਪੁ ਨਿਹਚਲੋ ਜਿਸੁ ਕਰਿਮ ਲਿਖਆਧਾ ॥ (1101)

Compassion, righteousness, Dharma and intense meditation are eternal and imperishable; they alone obtain these, who have such pre-ordained destiny.

ਨਿਹਚਲੁ ਭਾਸਵਿ ਲੇਖ ਲਿਖਾਮੇ ਟਲੇ ਟਲਾਧਾ ॥ (1101)

The inscription inscribed upon one's forehead is eternal and imperishable; it cannot be avoided by avoidance.

ਨਿਹਚਲ ਸਮ੍ਰਿਤ ਸਾਧ ਸਤ ਸਤ ਨਿਹਚਲੁ ਗੁਰ ਸਾਧਾ ॥ (1101)

The Congregation, the Company of the Holy, and the word of the humble, are eternal and imperishable. The Holy Guru is eternal and imperishable.

ਜਿਨ ਕਊ ਪੂਰਿਬ ਲਿਖਾ ਤਿਨ ਸਦਾ ਸਦਾ ਆਰਾਧਾ ॥ 19 ॥ (1101)

Those who have such pre-ordained destiny worship and adore the Lord, forever and ever.

ਸਲੋਕ ਡੱਖਨੇ ਮਹਾਤਮਾ ॥ (1101)

Shalok, Dakhanay, Fifth Mehl:

ਨੇ ਕੁਰੈਦੇ ਆਪਣੇ ਲਿਖਤੇ ਦਾਨੇ ॥ (1101)

One who himself has drowned - how can he carry anyone else across?

ਤਾਰੇਦੜੋ ਭੀ ਤਾਰੀ ਨਾਨਕ ਪਿਰ ਸਿੰਦ ਰਿਤਾਧਾ ॥ 1 ॥ (1101)

One who is imbued with the Love of the Husband Lord - O Nanak, he himself is saved, and he saves others as well.
Fifth Mehl:

Wherever someone speaks and hears the Name of my Beloved Lord,

that is where I go, O Nanak, to see Him, and blossom forth in bliss.

You are in love with your children and your wife; why do you keep calling them your own?

O Nanak, without the Naam, the Name of the Lord, the human body has no foundation.

With my eyes, I gaze upon the Blessed Vision of the Guru's Darshan; I touch my forehead to the Guru's feet.
With my feet I walk on the Guru’s Path; with my hands, I wave the fan over Him.

I meditate on Akaal Moorat, the undying form, within my heart; day and night, I meditate on Him.

I have renounced all possessiveness, and have placed my faith in the all-powerful Guru.

The Guru has blessed me with the treasure of the Naam; I am rid of all sufferings.

Eat and enjoy the Naam, the Name of the indescribable Lord, O Siblings of Destiny.

Confirm your faith in the Naam, charity and self-purification; chant the Guru’s sermon forever.

Blessed with intuitive poise, I have found God; I am rid of the fear of the Messenger of Death.

Shalok, Dakhanay, Fifth Mehl:
lagrhee-aa piree-ann paykhandee-aa naa tipee-aa.
I am centered and focused on my Beloved, but I am not satisfied, even by seeing Him.

habh majhaahoo so Dhanee bi-aa na ditho ko-ay. ||1||
The Lord and Master is within all; I do not see any other. ||1||

The Lord and Master is within all; I do not see any other. ||1||

The sayings of the Saints are the paths of peace.

O Nanak, they alone obtain them, upon whose foreheads such destiny is written. ||2||

He is totally permeating the mountains, oceans, deserts, lands, forests, orchards, caves, the nether regions of the underworld, the Akaashic ethers of the skies, and all hearts.

Fifth Mehl:

The Lord and Master is within all; I do not see any other. ||1||
Nanak sees that they are all strung on the same thread.

The Dear Lord is my mother, the Dear Lord is my father; the Dear Lord cherishes and nurtures me.

The Dear Lord takes care of me; I am the child of the Lord.

He does not remind me of my faults; He hugs me close in His embrace.

Whatever I ask for, He gives me; the Lord is my peace-giving father.

He has blessed me with the capital, the wealth of spiritual wisdom; He has made me worthy of this merchandise.
ਸਾਝੀ ਗੁਰ ਨਾਲ ਬਹਾਲਆ ਸਰਬ ਸੁਖ ਪਾਇਕ ॥ (1102)
saajhee gur naal bahaali-aa sarab sukh paa-ik.
He has made me a partner with the Guru; I have obtained all peace and comforts.

ਮੈ ਰਤਨ ਲੰਬੇ ਨਵਲਿ ਹਿਰ ਸਰਬ ਲਾਇਕ ॥2੧॥ (1102)
mai nalahu kaday na vichhurhai har pitaa sabhnaa galaa laa-ik. ||21||
He is with me, and shall never separate from me; the Lord, my father, is potent to do everything. ||21||

ਸਲੋਕ ਡਖਣੇ ਮੋਹਾ ॥ (1102)
salok dakh-nay mehlaa 5.
Shalok, Dakhanay, Fifth Mehl:

ਪਿੱਛੋਣ ਸੰਤ ਪਿਕੈਂ ॥ (1102)
naanak bijulee-aa si-o torh dhoodh sajan sant paki-aa.
O Nanak, break away from the false, and seek out the Saints, your true friends.

ਊੜੀ ਜੀਵੰਦ ਹਿਰ ਹਿਰੀਚ ਤ ਤੋੜੀ ਢੂੜੀ ॥੧॥ (1102)
o-ay jeevanday vichhurheh o-ay mu-i-aa na jaahee chhorh. ||1||
The false shall leave you, even while you are still alive; but the Saints shall not forsake you, even when you are dead. ||1||

ਮੋਹਾ ॥ (1102)
mehlaa 5.
Fifth Mehl:

ਬਰਸਿਨ ਮੇਘ ਅਪਾਰ ਨਾਨਕ ਸੰਗੀ ਚੂੜੀਆ ਕਾਲੀਆ ॥੨॥ (1102)
barsan maygh apaar naanak sangam piree suhandee-aa. ||2||
The downpour from the clouds is heavy; O Nanak, the soul-brides are exalted and embellished with their Beloved. ||2||
Fifth Mehl:

जल थल नीर भरे सीतल पवन झुलारदे ॥

jal thal neer bharay seetal pavan jhulaarday.
The ponds and the lands are overflowing with water, and the cold wind is blowing.

सेजड़ीआ सोइंन हीरे लाल जड़ंदीआ ॥

sayjrhee-aa so-inn heeray laal jarhandee-aa.
Her bed is adorned with gold, diamonds and rubies;

सुभर कपड़ भोग नानक िपरी िवहूणी ततीआ ॥३॥

subhar kaparh bhog naanak piree vihoonee tatee-aa. ||3||
she is blessed with beautiful gowns and delicacies, O Nanak, but without her Beloved, she burns in agony. ||3||

Pauree:

कारणु करतै जो कीआ सोई है करणा ॥

kaaran kartai jo kee-aa so-ee hai karnaa.
He does the deeds which the Creator causes him to do.

जे सउ धाविह प्राणीआ पावि हुरि लहणा ॥

jay sa-o Dhaaveh paraanee-aa paavahi Dhur lahnnaa.
Even if you run in hundreds of directions, O mortal, you shall still receive what you are pre-destined to receive.

िबनु करमा िकछू न लभई जे िफरिह सभ धरणा ॥

bin karmaa kichhoo na labh-ee jay fireh sabh Dharnaa.
Without good karma, you shall obtain nothing, even if you wander across the whole world.
Meeting with the Guru, you shall know the Fear of God, and other fears shall be taken away.

Through the Fear of God, the attitude of detachment wells up, and one sets out in search of the Lord.

Searching and searching, intuitive wisdom wells up, and then, one is not born to die again.

Practicing meditation within my heart, I have found the Sanctuary of the Holy.

Whoever the Lord places on the boat of Guru Nanak, is carried across the terrifying world-ocean.

First, accept death, and give up any hope of life.

Become the dust of the feet of all, and then, you may come to me.
Fifth Mehl:

**Muh Mir Haa**: (1102)

 siendo, that only one who has died, truly lives; one who is alive, consider him dead.

**Muh Mir Haa**

Those who are in love with the One Lord, are the supreme people.

**Muh Mir Haa**: (1102)

Pain does not even approach that person, within whose mind God abides.

**Muh Mir Haa**: (1102)

Hunger and thirst do not affect him, and the Messenger of Death does not approach him.

Pauree:

Your worth cannot be estimated, O True, Unmoving Lord God.
The Siddhas, seekers, spiritual teachers and meditators - who among them can measure You?

You are all-powerful, to form and break; You create and destroy all.

You give sustenance to all; why should mankind waver?

You are deep, profound and unfathomable; Your virtuous spiritual wisdom is priceless.

They do the deeds which they are pre-ordained to do.

Without You, there is nothing at all; Nanak chants Your Glorious Praises.

Tukhaari Chhant, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

O my Beloved, I am a sacrifice to You. Through the Guru, I have dedicated my mind to You.

Hearing the Word of Your Shabads, my mind is enraptured.

Your Worth cannot be described, O my Lord and Master; Your Mansion is Incomparable and Unrivalled.

Please bless Nanak with the Blessed Vision of Your Darshan. I am a sacrifice, my soul is a sacrifice, a sacrifice to You.

This body and mind are Yours; all virtues are Yours.
Khanné ai vanjáa darsan tayray.
I am a sacrifice, every little bit, to Your Darshan.

Darsan tayray súrni gáam méray nimák dírsí tíjáa.
Please hear me, O my Lord God; I live only by seeing Your Vision, even if only for an instant.

Amrít nám súnejáa kirpa karáhí tíjáa.
I have heard that Your Name is the most Ambrosial Nectar; please bless me with Your Mercy, that I may drink it in.

Aás pi-aasee pir kái taa-ee jí-o chaááriík bünáyray.
My hopes and desires rest in You, O my Husband Lord; like the rainbird, I long for the rain-drop."

Kaho naanak jee-arhaa balihaaree dye darsu parabh méray. ||2||
Says Nanak, my soul is a sacrifice to You; please bless me with Your Darshan, O my Lord God. ||2||

Too saachaa saahib saahú amítú.
You are my True Lord and Master, O Infinite King.

Too pareetam pi-aaraa paraan hit chíta.
You are my Dear Beloved, so dear to my life and consciousness.
ਪਰ੍ਾਨ सੁਖਦਾਤਾ ਗੁਰਮੁਿਖ ਜਾਤਾ ਸਗਲ ਰੰਗ ਬਨੀ ਆਏ ॥
paraan sukh-daata gurmukh jaataa sagal rang ban aa-ay.
You bring peace to my soul; You are known to the Gurmukh. All are blessed by Your Love.

ਮੇਖਲੀ ਵਜ਼ਮ ਕਮਾਵੇ ਪੁੱਤੀ ਨੇੜਣ ਟੁ ਦੁਆਮਏ ॥ (1117)
mehkhali wazam kamaave putti neandan tu doamay.
The mortal does only those deeds which You ordain, Lord.

ਨਾ ਬੁੱਧੀ ਕਰੁੱਧੀ ਸਗਲਦੀਵਰੀ ਬ੍ਰਹਿਮ ਦੁਆਮਏ ॥ (1117)
naa buddhi kruddhii sagaldhvare brahmi doamay.
The True Guru has covered for me; He is the Giver of the soul, life and peace.

ਜਾ ਕਉਕਿਰਾ ਕਿਰਾ ਜਗਦੀਸਰੀ ਤਿਨਾ ਸਾਧਸੰਗ ਮਨੀ ਜਿਤਾ ॥
jaa ka-o kira karsee jagdeesur tin saaDhsang man jita.
One who is blessed by Your Grace, O Lord of the Universe, conquers his mind in the Saadh Sangat, the Company of the Holy.

ਜਾ ਕਉ ਜੀਆਂਡਾ ਬਿਲਹਾਰੀ ਜੀਉ ਪੀਂਡੂ ਤਾਘ ਦੀਤਾ ॥ ||3||
jaa ka-o jee-arhaa balihaaree jee-o pind ta-o ditaa. ||3||
Says Nanak, my soul is a sacrifice to You; You gave me my soul and body. ||3||

ਨਿਰਗੁਣੁ ਰਾਖ ਲੀਆ ਸੰਤਨ ਕਾ ਸੈਕਾ ॥
nirgun raakh lee-aa santan kaa sadka.
I am unworthy, but He has saved me, for the sake of the Saints.

ਸਤਗੁਰੁ ਦਾਖ ਲੀਆ ਮੌਹੀ ਪਾਪੀ ਪਿਰਾਹ ॥
satgur dhaak lee-aa mohi paapee parh-daa.
The True Guru has covered by faults; I am such a sinner.

ਅਭਿਸਾਰੀ ਅਧਿਕਾਰੁ ਸੁਖਤੀ ਪੁੱਤਰੀ ਕਰਕਸਦੇ ਇਕਾ ॥ (1117)
abhinaasee abigat su-aamee pooran purakh biDhaatay.
My Lord and Master is Eternal and Unchanging, Ever-present; He is the Perfect Creator, the Architect of Destiny.
Your Praise cannot be described; who can say where You are?

Slave Nanak is a sacrifice to the one who blesses him with the Lord's Name, even for an instant.

One Universal Creator God. By The Grace Of The True Guru:

I am so thirsty for the Blessed Vision of His Darshan. my eyes are focused on Him;

I have forgotten other thirsts.
अब गुरु पाई ओ है सहज सुखदाई दरसन पेखत मनु लपतानी।

Now, I have found my Peace-giving Guru with ease; seeing His Darshan, my mind clings to Him.

देख दमोदर रहसु मि उपि ओ नानक प्रिय अम्र बानी।

Seeing my Lord, joy has welled up in my mind; O Nanak, the speech of my Beloved is so sweet!

बेसाल भजन ध भज द (1119)

Kedaraa Mahlaa 5 ghar 3
Kaydaaraa, Fifth Mehl, Third House:

One Universal Creator God. By The Grace Of The True Guru:

Please listen to the prayers of the humble, O Merciful Lord.

The five thieves and the three dispositions torment my mind.

O Merciful Lord, Master of the masterless, please save me from them. ||Pause||

I make all sorts of efforts and go on pilgrimages;
I perform the six rituals, and meditate in the right way.

I am so tired of making all these efforts, but the horrible demons still do not leave me. ||1||

I seek Your Sanctuary, and bow to You, O Compassionate Lord.

You are the Destroyer of fear, O Lord, Har, Har, Har, Har.

You alone are Merciful to the meek.

Nanak takes the Support of God's Feet.

I have been rescued from the ocean of doubt, holding tight to the feet and the robes of the Saints. ||2||1||2||
Kaydaaraa, Fifth Mehl, Fourth House:

One Universal Creator God. By The Grace Of The True Guru:

I have come to Your Sanctuary, O Lord, O Supreme Treasure.

Love for the Naam, the Name of the Lord, is enshrined within my mind; I beg for the gift of Your Name. ||1||Pause||

Please bless me with such love, O my Lord and Master, that in the Saadh Sangat, the Company of the Holy, I may chant the Glorious Praises of the Lord with my tongue. ||1||

O Lord of the World, Merciful Lord of the Universe, Your sermon and spiritual wisdom are immaculate and pure.
Please attune Nanak to Your Love, O Lord, and focus his meditation on Your Lotus Feet.

Please grant Your Grace, and unite me with the Society of the Saints; please bless me with Your Name.

I serve my True Beloved Lord. Wherever I hear His Praise, there my mind is in ecstasy.

You cherish and nurture all; You take care of all, and Your shade covers all.

You are the Primal Creator, the God of Nanak; I behold You in each and every heart.
Kaydaaraa, Fifth Mehl:

प्रिया की पीठि पिआरी ॥ (1120)
prière kee pareet pi-aaree.
I love the Love of my Beloved.

भार भैं भिंि निकलिये आभा हैिठू उव दुःखी ॥ विहू ॥ (1120)
magan manai meh chitva-o aasaa nainhu taar tuhaaree. raha-o.
My mind is intoxicated with delight, and my consciousness is filled with hope; my eyes are drenched with Your Love. |Pause|

किचि दिल धार भूिल धुिल छैिै रिहारी ॥ (1120)
o-ay din pahar mурत pal kaisy o-ay pal gharee kihaaaree.
Blessed is that day, that hour, minute and second when the heavy, rigid shutters are opened, and desire is quenched.

खूले कपट धपट बुिज िर्सना जीिव उिख दरसारी ॥१॥ (1120)
khoolay kapat Dhapat bujh tarisnaa jeeva-o paykh darsaaree. ||1||
Seeing the Blessed Vision of Your Darshan, I live. ||1||

बहुत सु जतन सेवा कृिख बीिखारी ॥ (1120)
ka-un so jatan upaa-o kinayhaa sayvaa ka-un beechaaree.
What is the method, what is the effort, and what is the service, which inspires me to contemplate You?

भानु अििधानु मंिू उिि संिरद संिव िकिि ॥२॥३॥५॥ (1120)
maan abhimaan moh taj naanak santeh sanh uDhaaree. ||2||3||5||
Abandon your egotistical pride and attachment; O Nanak, you shall be saved in the Society of the Saints. ||2||3||5||

Kaydaaraa, Fifth Mehl:

kaydaaraa mehlaa 5.
Kaydaaraa, Fifth Mehl:
Har har har gun gaavhu.  
Sing the Glorious Praises of the Lord, Har, Har, Har.

Karahu kirpaa gopaal gobiday apnaa naam japaavhu.  
Have Mercy on me, O Life of the World, O Lord of the Universe, that I may chant Your Name. ||Pause||

Karahu kirpaa gopaal gobiday apnaa naam japaavhu.  
Please lift me up, God, out of vice and corruption, and attach my mind to the Saadh Sangat, the Company of the Holy.

Bharam bha-o moh kati-o gur bachnee apnaa daras dikhaavhu.  
Doubt, fear and attachment are eradicated from that person who follows the Guru’s Teachings, and gazes on the Blessed Vision of His Darshan. ||1||

Sabh kee rayn ho-ay man mayraa ahaN-buDh tajaavahu.  
Let my mind become the dust of all; may I abandon my egotistical intellect.

Apaneet bhagat deh da-i-aalaa vadbhaagee naanak har paavhu.  
Please bless me with Your devotional worship, O Merciful Lord; by great good fortune, O Nanak, I have found the Lord. ||2||4||6||

Kaydaaraa mehlaa 5.  
Kaydaaraa, Fifth Mehl:

Har har har gun gaavhu.  
Without the Lord, life is useless.
Those who forsake the Lord, and become engrossed in other pleasures - false and useless are the clothes they wear, and the food they eat. ||Pause||

The pleasures of wealth, youth, property and comforts will not stay with you, O mother.

Seeing the mirage, the madman is entangled in it; he is imbued with pleasures that pass away, like the shade of a tree. ||1||

Totally intoxicated with the wine of pride and attachment, he has fallen into the pit of sexual desire and anger.

O Dear God, please be the Help and Support of servant Nanak; please take me by the hand, and uplift me. ||2||5||7||

Kaydaaraa, Fifth Mehl:

Nothing goes along with the mortal, except for the Lord.
He is the Master of the meek, the Lord of Mercy, my Lord and Master, the Master of the masterless. ||Pause||

Children, possessions and the enjoyment of corrupt pleasures do not go along with the mortal on the path of Death.

Children, possessions and the enjoyment of corrupt pleasures do not go along with the mortal on the path of Death.

Singing the Glorious Praises of the treasure of the Naam, and the Lord of the Universe, the mortal is carried across the deep ocean. ||1||

In the Sanctuary of the All-powerful, Indescribable, Unfathomable Lord, meditate in remembrance on Him, and your pains shall vanish.

Nanak longs for the dust of the feet of the Lord’s humble servant; he shall obtain it only if such pre-ordained destiny is written on his forehead. ||2||6||8||

Nanak, Fifth Mehl, Fifth House:

One Universal Creator God. By The Grace Of The True Guru:
I do not forget the Lord in my mind.

This love has now become very strong; it has burnt away other corruption. ||Pause||

How can the rainbird forsake the rain-drop? The fish cannot survive without water, even for an instant.

My tongue chants the Glorious Praises of the Lord of the World; this has become part of my very nature. ||1||

The deer is fascinated by the sound of the bell, and so it is shot with the sharp arrow.

God’s Lotus Feet are the Source of Nectar; O Nanak, I am tied to them by a knot. ||2||1||9||

My Beloved dwells in the cave of my heart.
bharam bheet nivaar thaakur geh layho apnee or. ||1|| rahaa-o.
Shatter the wall of doubt, O my Lord and Master; please grab hold of me, and lift me up towards Yourself. ||1||Pause||

aDhik garat sansaar sansaar kar da-i-aa chaarahu Dhor.
The world-ocean is so vast and deep; please be kind, lift me up and place me on the shore.

satsang har charan bohith uDhratay lai mor. ||1||
In the Society of the Saints, the Lord's Feet are the boat to carry us across. ||1||

garabh kunt meh jineh Dhaari-o nahee bikhai ban meh hor.
The One who placed you in the womb of your mother's belly - no one else shall save you in the wilderness of corruption.

har sakat saran samrath naanak aan nahee nihor. ||2||2||10||
The power of the Lord's Sanctuary is all-powerful; Nanak does not rely on any other. ||2||2||10||

Kaydaaraa, Mehl 5.
Kaydaaraa, Fifth Mehl:

rasnaa raam raam bakhaan.
With your tongue, chant the Name of the Lord.
Chanting the Glorious Praises of the Lord, day and night, your sins shall be eradicated.

Pause

You shall have to leave behind all your riches when you depart. Death is hanging over your head - know this well!

Transitory attachments and evil hopes are false. Surely you must believe this! ||1||

Within your heart, focus your meditation on the True Primal Being, Akaal Moorat, the Undying Form.

Only this profitable merchandise, the treasure of the Naam, O Nanak, shall be accepted. ||2||3||11||

I take only the Support of the Name of the Lord.

Suffering and conflict do not afflicct me; I deal only with the Society of the Saints. ||Pause||
Showering His Mercy on me, the Lord Himself has saved me, and no evil thoughts arise within me.

Whoever receives this Grace, contemplates Him in meditation; he is not burned by the fire of the world.

Peace, joy and bliss come from the Lord, Har, Har. God's Feet are sublime and excellent.

Slave Nanak seeks Your Sanctuary; he is the dust of the feet of Your Saints.

Without the Name of the Lord, one's ears are cursed.

Those who forget the Embodiment of Life - what is the point of their lives?

One who eats and drinks countless delicacies is no more than a donkey, a beast of burden.
आठ पहर महासर्मुज्जी सजीव संती होइ ||1121||

Twenty-four hours a day, he endures terrible suffering, like the bull, chained to the oil-

press. ||1121||

उम्र गुप्तलिंग आठ लगे में छुए धूबारी छेड़ ||1121||

Forsaking the Life of the World, and attached to another, they weep and wail in so many

ways.

वर सेव तरुण सर्व मंगे गंज तभुं बूझे घटे ||21१४||13||

With his palms pressed together, Nanak begs for this gift; O Lord, please keep me strung

around Your Neck. ||21513||

के दारा महला ५ ॥

Kaydaaraa, Fifth Mehl:

संतह धूरी ले मुख मली ॥

I take the dust of the feet of the Saints and apply it to my face.

गुणा अचूत सदा पूर्ण नह दोख विआपिह कली ॥ रहाउ ॥

Hearing of the Imperishable, Eternally Perfect Lord, pain does not afflict me, even in this

Dark Age of Kali Yuga. ||Pause||

गुर बचिन कारज सरब पूर्ण ईत ऊत न हली ॥

Through the Guru's Word, all affairs are resolved, and the mind is not tossed about here

and there.
ਪਰ੍ਭ ਏਕ ਅਿਨਕ ਸਰਬਤ ਪੂਰਨ ਿਬਖੈ ਅਗਿਨ ਨ ਜਲੀ ||੧||
parabh ayk anik sarbatar pooran bikhai agan na jalee. ||1||
Whoever sees the One God to be pervading in all the many beings, does not burn in the fire of corruption. ||1||

ਗਿਹ ਭੁਜਾ ਲੀਨੋ ਦਾਸੁ ਅਪਨੋ ਜੋਿਤ ਜੋਤੀ ਰਲੀ || (1121)
geh bhujaa leeno daas apno jot jotee ralee.
The Lord grasps His slave by the arm, and his light merges into the Light.

ਪਰ੍ਭ ਚਰਨ ਸਰਨ ਅਨਾਥੁ ਆਇਓ ਨਾਨਕ ਹਿਰ ਸੰਿਗ ਚਲੀ ॥੨॥੬॥੧੪॥ (1121)
parabh charan saran anaath aa-i-o nanak har sang chalee. ||2||6||14||
Nanak, the orphan, has come seeking the Sanctuary of God’s Feet; O Lord, he walks with You. ||2||6||14||

ਸੰਤ ਮਾਰਿਗ ਚਲਤ ਪਰ੍ਾਨੀ ਪਿਤਤ ਉਧਰੇ ਮੁਚੈ ॥ (1122)
sant maarag chalat paraanee patit uDhray muchai.
Walking on the path of the Saints, millions of mortal sinners have been saved.

ਰੇਨੁ ਜਨ ਕੀ ਲਗੀ ਮਸਤਿਕ ਅਿਨਕ ਤੀਰਥ ਸੁਚੈ ॥੧॥ (1122)
rayn jan kee lagee mastak anik tirath suchai. ||1||
One who applies the dust of the feet of the humble to his forehead, is purified, as if he has bathed at countless sacred shrines. ||1||
चरन कमल धियान भीति घटि सुआमी सुझै ॥ (1122)
Meditating on His Lotus Feet deep within, one realizes the Lord and Master in each and every heart.

सरि देव अपार नानक बहुर जमु नही लुझै ॥२॥७॥१५॥ (1122)
In the Sanctuary of the Divine, Infinite Lord, Nanak shall never again be tortured by the Messenger of Death. ||2||7||15||

इक-ओग़र सतगुर पर्साइ ॥ (1122)
One Universal Creator God. By The Grace Of The True Guru:

मिल मेरे प्रीतम पियारिया ॥ रहाउ ॥ (1122)
Please meet me, O my Dear Beloved. ||Pause||

श्री बिज्ञान महाभू मे मे पुरख विधाता ॥ (1122)
He is All-pervading amongst all, the Architect of Destiny.

महास भव कर जी बीस जन्म भीमन लाउ ॥ (1122)
The Lord God has created His Path, which is known in the Society of the Saints.

संतन संग जाता पुरख विधाता घटि घटि नदिरिन्होल्म ॥ (1122)
The Creator Lord, the Architect of Destiny, is known in the Society of the Saints; You are seen in each and every heart.
Jo sarnee aavai sarab sukh paavai til nahee bhanne ghaali-aa.
One who comes to His Sanctuary, finds absolute peace; not even a bit of his work goes unnoticed.

Har gun niDh gaa-ay sahj subhaa-ay paraym maha ras maataa.
One who sings the Glorious Praises of the Lord, the Treasure of Virtue, is easily, naturally intoxicated with the supreme, sublime essence of divine love.

Naanak daas tayree saranai tewo puran purakh biDhaataa.
Slave Nanak seeks Your Sanctuary; You are the Perfect Creator Lord, the Architect of Destiny.

Har paraym bhagat jan bayDhi-aa say aan kat jaahee.
The Lord's humble servant is pierced through with loving devotion to Him; where else can he go?

Mee bichhohaa naa sahai jal bin mar paahee.
The fish cannot endure separation, and without water, it will die.

Har bin ki-o rahee-ai dookh kin sahee-ai chaatrik boond pi-aasi-aa.
Without the Lord, how can I survive? How can I endure the pain? I am like the rainbird, thirsty for the rain-drop.

Kab rahee-ai dookh sukh paavai suraj kiran pargaasi-aa.
When will the night pass?, asks the chakvi bird. "I shall find peace only when the rays of the sun shine on me."
ਮੇਂ ਮੁੱਗਾ ਦੀ ਸਭਾਗਾ ਅਨਿਦਨੁ ਹਿਰ ਗੁਣ ਗਾਹੀ ॥ (1122)

ਹਿਰ ਦਰਸੀ ਮਨੁ ਲਾਗਾ ਦਿਨਸੁ ਸਸੁ ਅਨਿਦਨੁ ਹਿਰ ਗੁਣ ਗਾਹੀ ॥

My mind is attached to the Blessed Vision of the Lord. Blessed are the nights and days, when I sing the Glorious Praises of the Lord,

ਦਸੁ ਬਾਗਪੁਰਾ ਪੂਰਾ ਹਿਰ ਗੁਣ ਗਾਹੀ ॥ (1122)

ਨਾਨਕ ਦਸੁ ਕਹੈ ਬੇਨੰਤੀ ਕਤ ਹੀਰੁ ਪਾਣੀ ਟਿਕਾਹੀ ॥ ॥

Slave Nanak utters this prayer; without the Lord, how can the breath of life continue to flow through me? ||2||

ਸੋਭਾ ਮਾਣ ਜਾਹੁ ਦੇਹੁਰੀ ਕਤ ਹੀਰੁ ਪਾਣੀ ਟਿਕਾਹੀ ॥ ॥ (1122)

saas binaa j-o dayhuree kat sobhaa paavai.
Without the breath, how can the body obtain glory and fame?

ਦਸੁ ਬਾਗਪੁਰਾ ਪੂਰਾ ਹਿਰ ਗੁਣ ਗਾਹੀ ॥ (1122)

ਦਾਸੁ ਬਿਹੁਣ ਸਾਥ ਜਾਣ ਮੀਰਾ ਟਿਕਣਾ ਨ ਆਵੈ ॥

daras bihoonaa saaDh jan khin tikan na aavai.
Without the Blessed Vision of the Lord's Darshan, the humble, holy person does not find peace, even for an instant.

ਦਸੁ ਬਿਹੁਣ ਜਾਹੁ ਮਾਣ ਜਾਹੁ ਕਤ ਹੀਰੁ ਪਾਣੀ ਟਿਕਾਹੀ ॥ (1122)

ਹੀਰੁ ਜਾਣ ਨਰਕ ਸਹਜ਼ਾਨ ਚਰਾਂ ਕਮਲ ਮਨੁ ਬੇਨੰਤੀ ॥

Those who are without the Lord suffer in hell; my mind is pierced through with the Lord's Feet.

ਦਸੁ ਰਸਿਮਿਤ ਬੇਤਾਗੀ ਲਾਸਮ ਕੁਰਬਾ ਕੁਰਬ ਨਾਹੀ ਨਾਹੀ ਟਿਕਾਹੀ ॥ (1122)

ਹੀਰੁ ਰਸਿਮਿਤ ਬੇਤਾਗੀ ਨਾਮੀ ਲਿਵ ਲਾਗੀ ਕਤ ਜਾਣ ਨਾਹੀ ਟਿਕਣਾ ॥

The Lord is both sensual and unattached; lovingly attune yourself to the Naam, the Name of the Lord. No one can ever deny Him.

ਦਸੁ ਸੀਮੂ ਜਾਧੁ ਮਾਣ ਬਾਗਪੁਰਾ ਪੂਰਾ ਮਾਣੀ ਟਿਕਣਾ ਨਾਹੀ ਨਾਹੀ ਟਿਕਣਾ ॥ (1122)

ਹੀਰੁ ਜਾਣ ਜਾਣ ਮਾਣ ਸਾਧਾਰੋ ਨੋ ਸੁਖ ਅੰਕਜਿ ਨੋ ਮਾਣੀ ॥

Go and meet with the Lord, and dwell in the Saadh Sangat, the Company of the Holy; no one can contain that peace within his being.
Please be kind to me, O Lord and Master of Nanak, that I may merge in You.

Searching and searching, I have met with my Lord God, who has showered me with His Mercy.

I am unworthy, a lowly orphan, but He does not even consider my faults.

He does not consider my faults; He has blessed me with Perfect Peace. It is said that it is His Way to purify us.

Taking him by the hand, the Lord has saved Nanak, His slave; He has woven the garland of His Name into his heart.
Bhairao, Fifth Mehl, First House:

ik-o'kaar satgur pargaad.
One Universal Creator God. By The Grace Of The True Guru:

saglee theet paas daar raakhee.
Setting aside all other days, it is said,

astam theet govind janmaa see. ||1||
that the Lord was born on the eighth lunar day. ||1||

bharam bhoolay nar karat kachraa-in.
Deluded and confused by doubt, the mortal practices falsehood.

janam maran tay rahat naaraa-in. ||1|| rahaa-o.
The Lord is beyond birth and death. ||1||Pause||

kar panjeer khavaa-ī-o chor.
You prepare sweet treats and feed them to your stone god.

oh janam na marai ray saakat dhor. ||2||
God is not born, and He does not die, you foolish, faithless cynic! ||2||
You sing lullabies to your stone god - this is the source of all your mistakes.

Let that mouth be burnt, which says that our Lord and Master is subject to birth.

He is not born, and He does not die; He does not come and go in reincarnation.

The God of Nanak is pervading and permeating everywhere.

Standing up, I am at peace; sitting down, I am at peace.

I feel no fear, because this is what I understand.

The One Lord, my Lord and Master, is my Protector.
ਸਗਲ घਟਾ कਾ ਅੰਤਰਜਾਮੀ ॥੧॥ ਰਹਾਉ ॥
He is the Inner-knower, the Searcher of Hearts. ||1||Pause||

ਸੋਇ ਅਚੰਤਾ ਜਾਗ ਅਚੰਤਾ ॥
I sleep without worry, and I awake without worry.

ਜਹਾਂ ਪਰ੍ਭੁ ਵਰਤੰਤਾ ॥੨॥
You, O God, are pervading everywhere. ||2||

ਘਿਰ ਸੁਖ ਵਿਸਆ ਬਾਹਰ ਸੁਖੁ ਪਾਇਆ ॥
I dwell in peace in my home, and I am at peace outside.

ਕਹੁ ਨਾਨਕ ਗੁਰ ਮੰਤਰ ਿਦਰ੍ੜਾਇਆ ॥੩॥੨॥
Says Nanak, the Guru has implanted His Mantra within me. ||3||2||

ਬਹਾੜੋ ਮੱਹਲਾ ੫ ॥
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

ਰਹਾਉ ਨ ਰਹਾਉ ਨ ਮਹ ਰਮਦਾਨਾ ॥
I do not keep fasts, nor do I observe the month of Ramadaan.

ਤਿਸ ਸੇਵੀ ਜੋ ਰਖੈ ਨਿਦਾਨਾ ॥
I serve only the One, who will protect me in the end. ||1||
The One Lord, the Lord of the World, is my God Allah.

He administers justice to both Hindus and Muslims. ||1||Pause||

I do not make pilgrimages to Mecca, nor do I worship at Hindu sacred shrines.

I serve the One Lord, and not any other. ||2||

I do not perform Hindu worship services, nor do I offer the Muslim prayers.

I have taken the One Formless Lord into my heart; I humbly worship Him there. ||3||

I am not a Hindu, nor am I a Muslim.

My body and breath of life belong to Allah - to Raam - the God of both. ||4||
कहू कबीर इहु कीआ वखाना ॥ (1136)
Says Kabeer, this is what I say:

gur peer mil khud khasam pachhaanaa. ||5||3||
meeting with the Guru, my Spiritual Teacher, I realize God, my Lord and Master. ||5||3||

Bhairao, Fifth Mehl:

दस मिरगी सहजे बंध आनी ॥ (1136)
I easily tied up the deer - the ten sensory organs.

I shot five of the desires with the Word of the Lord's Bani. ||1||

I go out hunting with the Saints,

and we capture the deer without horses or weapons. ||1||Pause||

My mind used to run around outside hunting.
ਅਹੇਰਾ ਪਾਇਓ ਘਰ ਕੈ ਗੇ॥੨॥ (1136)
ਅਹੇਰਾ ਪਾਇਓ ਘਰ ਕੈ ਗੇ॥੨॥
ahayraa paa-i-o ghar kai gaaN-ay. ||2||
But now, I have found the game within the home of my body-village. ||2||

ਭੀਨ ਭਰਤੇ ਭਰਤੇ ਭਰਤੇ ਹਾਟ॥ (1136)
ਭੀਨ ਭਰਤੇ ਭਰਤੇ ਭਰਤੇ ਹਾਟ॥
mariig pakray ghar aanay haat.
I caught the deer and brought them home.

ਦੁਖ ਦੁਖ ਲੇ ਗਏ ਬੁੰਡੇ ਬੁੰਡੇ ਹਾਟ॥ (1136)
ਦੁਖ ਦੁਖ ਲੇ ਗਏ ਬੁੰਡੇ ਬੁੰਡੇ ਹਾਟ॥
chukh chukh lay ga-ay baaNdhay baaN.
Dividing them up, I shared them, bit by bit. ||3||

ਏਹੁ ਅਹੇਰਾ ਕੀਨੋ ਦਾਨ॥ (1136)
ਏਹੁ ਅਹੇਰਾ ਕੀਨੋ ਦਾਨ॥
aayhu ahayraa keeno daan.
God has given this gift.

ਨਾਨਕ ਕੈ ਘਿਰ ਕੇਵਲ ਨਾਮ॥੪॥੪॥ (1136)
ਨਾਨਕ ਕੈ ਘਿਰ ਕੇਵਲ ਨਾਮ॥੪॥੪॥
aanak kai ghar kayval naam. ||4||4||
Nanak's home is filled with the Naam, the Name of the Lord. ||4||4||

ਭਈਰਾ ਮਹਲਾ ੫॥ (1136)
ਭਈਰਾ ਮਹਲਾ ੫॥
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

ਜੇ ਸਾਹ ਲੰਚੇ ਲੰਚੇ ਖਾਵਾਈਆ॥ (1136)
ਜੇ ਸਾਹ ਲੰਚੇ ਲੰਚੇ ਖਾਵਾਈਆ॥
jay sa-o loch loch khaavaa-i-aa.
Even though he may be fed with hundreds of longings and yearnings,

ਸਾਕਤ ਹਿਰ ਹਿਰ ਚੀਤ ਨ ਆਇਆ॥੧॥ (1136)
ਸਾਕਤ ਹਿਰ ਹਿਰ ਚੀਤ ਨ ਆਇਆ॥੧॥
sakat har har cheet na aa-i-aa. ||1||
still the faithless cynic does not remember the Lord, Har, Har. ||1||
ਸੰਤ ਜਨਾ ਕੀ ਲੇਹੁ ਮਤੇ ॥ (1136)
Take in the teachings of the humble Saints.

ਮਧਮੀਤਾ ਭਾਵ ਭਰ ਗਡੇ ॥੧॥ ਦੋਗਿਆ ॥ (1136)
In the Saadh Sangat, the Company of the Holy, you shall obtain the supreme status.

ਪਆਥਰ ਕਵੁ ਬਹੁ ਨੀਰੁ ਪਵਾਇਆ ॥ (1136)
Stones may be kept under water for a long time.

ਨਹ ਭੀਗੈ ਅਧਕ ਸੂਕਾਇਆ ॥੨॥ (1136)
Even so, they do not absorb the water; they remain hard and dry.

ਖਟੁ ਸਾਸਤਰ੍ ਮੂਰਖਤੇ ਸੁਨਾਇਆ ॥ (1137)
The six Shaastras may be read to a fool,

ਜਿਸੇ ਦਹ ਦੀਸ਼ ਜਹਲੁ ਜਹਲਾਇਆ ॥੩॥ (1137)
but it is like the wind blowing in the ten directions.

ਖਛਤ ਬਲਨਦੁ ਤੈਸੇ ਗਾਹਨ ਪਾਇਆ ॥ (1137)
It is like threshing a crop without any corn - nothing is gained.

ਵਿਦ੍ਧਿ ਮਧਮੀ ਦੇ ਲੇ ਮਧਮਿਤਾ ॥੪॥ (1137)
In the same way, no benefit comes from the faithless cynic.
As the Lord attaches them, so are all attached.

Says Nanak, God has formed such a form.

He created the soul, the breath of life and the body.

He created all beings, and knows their pains.

The Guru, the Lord of the Universe, is the Helper of the soul.

Here and hereafter, He always provides shade.

Worship and adoration of God is the pure way of life.
In the Saadh Sangat, the Company of the Holy, the love of duality vanishes.

Friends, well-wishers and wealth will not support you.

Blessed, blessed is my Lord.

Except the One Lord, he does not know any other at all.

Nanak utters the Ambrosial Bani of the Lord.

The Lord is in front of me, and the Lord is behind me.

My Beloved Lord, the Source of Nectar, is in the middle as well.
ਪਰ੍ਭੂ ਹਮਾਰੈ ਸਾਸਤਰ੍ ਸਉਣ ॥ (1137)
parabhoo hamaarai saastar sa-un.
God is my Shaastra and my favorable omen.

ਸੂਖ ਸਹਜ ਆਨੰਦ ਿਗਰ੍ਹ ਭਉਣ ॥੧॥ (1137)
sookh sahj aanand garih bha-un. ||1|| rahaa-o.
In His Home and Mansion, I find peace, poise and bliss. ||1||Pause||

ਰਸਨਾ ਨਾਮੁ ਕਰਨ ਸੁਿਣ ਜੀਵੇ ॥ (1137)
rasnaa naam karan sun jeevay.
Chanting the Naam, the Name of the Lord, with my tongue, and hearing it with my ears, I live.

ਪਰ੍ਭੂ ਿਸਮਿਰ ਿਸਮਿਰ ਅਮਰ ਿਥਰੁ ਥੀਵੇ ॥੨॥ (1137)
parabh simar simar amar thir theevay. ||2||
Meditating, meditating in remembrance on God, I have become eternal, permanent and stable. ||2||

ਜਨਮ ਜਨਮ ਕੇ ਦੂਖ ਿਨਵਾਰੇ ॥ (1137)
janam janam kay dookh nivaaray.
The pains of countless lifetimes have been erased.

ਆਨਹਦ ਸਲਵ ਬਲੇ ਦਰਬਾਰੇ ॥੩॥ (1137)
anhad sabad vajay darbaaray. ||3||
The Unstruck Sound-current of the Shabad, the Word of God, vibrates in the Court of the Lord. ||3||

ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਲੀਏ ਮਿਲਾਏ ॥ (1137)
kar kirpaa parabh lee-ay milaa-ay.
Granting His Grace, God has blended me with Himself.

ਨਾਨਕ ਪਰ੍ਭ ਸਰਣਾਗਿਤ ਆਏ ॥੪॥੭॥ (1137)
naanak parabh sarnaagat aa-ay. ||4||7||
Nanak has entered the Sanctuary of God. ||4||7||
भैरउ महला ५ ॥ (1137)
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

कोट मनोरथ आवहि हाथ ॥ (1137)
kot manorath aaavahi haath.
It brings millions of desires to fulfillment.

जम मारग कै संगी पांथ ॥१॥ (1137)
jam maarag kai sangee paaNth. ||1||
On the Path of Death, It will go with you and help you. ||1||

गंगा जलु गुर गोंबिंद नाम ॥ (1137)
gangaa jal gur gobind naam.
The Naam, the Name of the Lord of the Universe, is the holy water of the Ganges.

जो सिमरै तिस की गति होवै पीवत बहुर्न जो जोन भर्माम ॥१॥ रहाउ ॥ (1137)
jo simrai tis kee gat hovai peevat bahurh na jon bharmaam. ||1|| rahaa-o.
Whoever meditates on it, is saved; drinking it in, the mortal does not wander in reincarnation again. ||1||Pause||

पूजा जाप ताप इस्नान ॥ (1137)
poojaa jaap taap isnaan.
It is my worship, meditation, austerity and cleansing bath.

सिमरत राम चंद निहार ठाप ॥२॥ (1137)
simrat naam bha-ay nihkaam. ||2||
Meditating in remembrance on the Naam, I have become free of desire. ||2||

राज माल सादन दरबार ॥ (1137)
raaj maal saadan darbaar.
It is my domain and empire, wealth, mansion and court.
Meditating in remembrance on the Naam brings perfect conduct. ||3||

Slave Nanak has deliberated, and has come to this conclusion:

Without the Lord's Name, everything is false and worthless, like ashes. ||4||8||

The poison had absolutely no harmful effect.

But the wicked Brahmin died in pain. ||1||

The sinner died through the Power of the Guru. ||1||Pause||
अपना खसम जिन आप धियाईआ ॥ (1137)
apnaa khasam jan aap Dhi-aa-i-aa.
The humble servant of the Lord and Master meditates on Him.

इयााणा पापी ओहु आिप पचाइआ ॥२॥ (1137)
i-aanaa paapee oh aap pachaa-i-aa. ||2||
He Himself has destroyed the ignorant sinner. ||2||

ਪਰ੍ਭ ਮਾਤ ਿਪਤਾ ਅਪਣੇ ਦਾਸ ਕਾ ਰਖਵਾਲਾ ॥ (1137)
parabh maat pitaa apnay daas kaa rakhvaalaa.
God is the Mother, the Father and the Protector of His slave.

ਿਨੌਕ ਕਾ ਮਾਥਾ ਈਹਾਂ ਊਹਾ ਕਾਲਾ ॥३॥ (1137)
Nindak kaa maathaa eehaaN oohaa kaalaa. ||3||
The face of the slanderer, here and hereafter, is blackened. ||3||

ਜਨ ਨਾਨਕ ਕੀ ਪਰਮੇਸਿਰ ਸੁਣੀ ਅਰਦਾਿਸ ॥ (1137)
jan naanak kee parmaysar sunee ardaas.
The Transcendent Lord has heard the prayer of servant Nanak.

ਮਲੇਛੁ ਪਾਪੀ ਪਿਚਾ ਭਇਆ ਿਨਰਾਸੁ ॥੪॥੯॥ (1137)
malaychh paapee pachi-aa bha-i-aa niraas. ||4||9||
The filthy sinner lost hope and died. ||4||9||

ਬਹਿਰਾਓ ਮਹਲਾ ੫ ॥ (1137)
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

ਖੂਬੁ ਖੂਬੁ ਖੂਬੁ ਖੂਬੁ ਖੂਬੁ ਤੇਰੋ ਨਾਮੁ ॥ (1137)
khooob khoob khoob khoob khoob tayro naam.
Excellent, excellent, excellent, excellent, excellent is Your Name.
False, false, false, false is pride in the world. ||1||Pause||

The glorious vision of Your slaves, O Infinite Lord, is wonderful and beauteous.

Your Creative Power is marvellous, and Your Lotus Feet are admirable.

Your Praise is priceless, O True King. ||2||

God is the Support of the unsupported.

Meditate day and night on the Cherisher of the meek and humble. ||3||

God has been merciful to Nanak.
ਅਲਹੁ ਨ ਵਿਸਰੈ ਦੀਲ ਜੀਅ ਪਰਾਨ ॥੪॥੧੦॥ (1138)

May I never forget God; He is my heart, my soul, my breath of life. ||4||10||

ਭੈਰਉ ਮਹਲਾ ੫ ॥ (1138)

Bhairao, Fifth Mehl:

ਸਾਚ ਪਦਾਰਥੁ ਗੁਰਮੁਖ ਲਹਹੁ ॥ (1138)

As Gurmukh, obtain the true wealth.

ਪਰ੍ਭਤ ਕਾ ਭਾਣਾ ਸਿਤ ਕਿਰ ਸਹਹੁ ॥੧॥ (1138)

Accept the Will of God as True. ||1||

ਜੀਵਤ ਜੀਵਤ ਜੀਵਤ ਰਹਹੁ ॥ (1138)

Live, live, live forever.

ਰਾਮ ਰਸਾਇਣੁ ਤੇਥ ਪੀਵਹੁ ॥ (1138)

Rise early each day, and drink in the Nectar of the Lord.

ਹਿਰ ਹਿਰ ਹਿਰ ਹਿਰ ਰਸਨਾ ਕਹਹੁ ॥੧॥ (1138)

With your tongue, chant the Name of the Lord, Har, Har, Har, Har. ||1||Pause||

ਹਿਰ ਹਿਰ ਹਿਰ ਹਿਰ ਰਸਨਾ ਕਹਹੁ ॥੧॥ ਰਹਾਉ ॥ (1138)

With your tongue, chant the Name of the Lord, Har, Har, Har, Har. ||1||Pause||

ਕਿਲਜੁਗ ਮਿਹ ਇਕ ਨਾਿਮ ਉਧਾਰੁ ॥ (1138)

In this Dark Age of Kali Yuga, the One Name alone shall save you.
Nanak speaks the wisdom of God. ||2||11||

Bhairao, Fifth Mehl:

Serving the True Guru, all fruits and rewards are obtained.

The filth of so many lifetimes is washed away. ||1||

Your Name, God, is the Purifier of sinners.

Because of the karma of my past deeds, I sing the Glorious Praises of the Lord. ||1||Pause||

In the Saadh Sangat, the Company of the Holy, I am saved.

I am blessed with honor in God's Court. ||2||
sarab kali-aan charan parabh sayvaa.
Serving at God's Feet, all comforts are obtained.

dhoor baachheh sabh sur nar dayvaa. ||3||
All the angels and demi-gods long for the dust of the feet of such beings. ||3||
naanak paa-i-aa naam niDhaan.
Nanak has obtained the treasure of the Naam.

har jap jap uDhri-aa sagal jahaan. ||4||12||
Chanting and meditating on the Lord, the whole world is saved. ||4||12||
bhairo mehlaa 5.
Bhairao, Fifth Mehl:
apnay daas ka-o kanth lagaavai.
God hugs His slave close in His Embrace.
nindak ka-o agan meh paavai. ||1||
He throws the slanderer into the fire. ||1||
paapee tay raakhay naaraa-in.
The Lord saves His servants from the sinners.
No one can save the sinner. The sinner is destroyed by his own actions. ||1||Pause||

The Lord's slave is in love with the Dear Lord.

The slanderer loves something else. ||2||

The Supreme Lord God has revealed His Innate Nature.

The evil-doer obtains the fruits of his own actions. ||3||

God does not come or go; He is All-pervading and permeating.

Slave Nanak seeks the Sanctuary of the Lord. ||4||13||

Raag Bhairao, Fifth Mehl, Chaupadas, Second House:

raag bhairao mehlaa 5 cha-upday ghar 2

Raag Bhairao, Fifth Mehl, Chaupadas, Second House:
One Universal Creator God. By The Grace Of The True Guru:

The Fascinating Lord, the Creator of all, the Formless Lord, is the Giver of Peace.

You have abandoned this Lord, and you serve another. Why are you intoxicated with the pleasures of corruption?

O my mind, meditate on the Lord of the Universe.

I have seen all other sorts of efforts; whatever you can think of, will only bring failure.

The blind, ignorant, self-willed manmukhs forsake their Lord and Master, and dwell on His slave Maya.

Soul, life, body and wealth all belong to God, but the faithless cynics claim that they own them.

ik-oNkaar satgur parsaad.

sareeDhar mohan sagal upaavan nirankaar sukh-daata.

You have abandoned this Lord, and you serve another. Why are you intoxicated with the pleasures of corruption?

O my mind, meditate on the Lord of the Universe.

I have seen all other sorts of efforts; whatever you can think of, will only bring failure.

The blind, ignorant, self-willed manmukhs forsake their Lord and Master, and dwell on His slave Maya.

Soul, life, body and wealth all belong to God, but the faithless cynics claim that they own them.
They are proud and arrogant, evil-minded and filthy; without the Guru, they are reincarnated into the terrifying world-ocean. ||3||

Through burnt offerings, charitable feasts, ritualistic chants, penance, all sorts of austere self-discipline and pilgrimages to sacred shrines and rivers, they do not find God.

Self-conceit is only erased when one seeks the Lord's Sanctuary and becomes Gurmukh; O Nanak, he crosses over the world-ocean. ||4||1||14||

I have seen Him in the woods, and I have seen Him in the fields. I have seen Him in the household, and in renunciation.

I have seen Him as a Yogi carrying His staff, as a Yogi with matted hair, fasting, making vows, and visiting sacred shrines of pilgrimage. ||1||

I have seen Him in the Society of the Saints, and within my own mind.
In the sky, in the nether regions of the underworld, and in everything, He is pervading and permeating. With love and joy, I sing His Glorious Praises.

I have seen Him among the Yogis, the Sannyasees, the celibates, the wandering hermits and the wearers of patched coats.

I have seen Him among the men of severe self-discipline, the silent sages, the actors, dramas and dances.

I have seen Him in the four Vedas, I have seen Him in the six Shaastras, in the eighteen Puraanas and the Simritees as well.

All together, they declare that there is only the One Lord. So tell me, from whom is He hidden?

Unfathomable and Inaccessible, He is our Infinite Lord and Master; His Value is beyond valuation.

Servant Nanak is a sacrifice, a sacrifice to those, within whose heart He is revealed.
Bhairao, Fifth Mehl:

How can anyone do evil, if he realizes that the Lord is near?

One who gathers corruption, constantly feels fear.

He is near, but this mystery is not understood.

Without the True Guru, all are enticed by Maya.

But rare is that person, who, as Gurmukh, understands this mystery.

The mortal does not see the Lord near at hand; instead, he goes to the homes of others.
ਦਰਖੁਣ ਦੀਵੇ ਭਿਆਕਰ ਵਿਤ ਧਿਆਨ || (1139)
ਦਰਖੁਣ ਹੀਰੀ ਮਿਥੀਆ ਕਾਰ ਖਾਇ ||
darab hirai mithi-aa kar khaa-ay.
He steals their wealth and lives in falsehood.

ਪਹਿੰਚਾਂਵੀ ਵਿਕਾਰ ਮੀਸ਼ੀ ਦ ਸਭਿਆਚਾਰ || (1139)
ਪਹੀਅ ਦੱਗੁਰੀ ਹਰ ਸੰਗੀ ਨ ਜਾਨਾਇਆ ||
pa-ee thag-uree har sang na jaani-aa.
Under the influence of the drug of illusion, he does not know that the Lord is with him.

ਵਾਣ ਬੁਰੂ ਦੇ ਬਿਆਨ ਹੁਣੀਅਲਾਈਆਂ ||2|| (1139)
ਵਾਣੁ ਗੁਰੂ ਹੈ ਭਰਮ ਭੁਲਾਈਆਂ। ||2||
baajh guroo hai baram bhulaani-aa. ||2||
Without the Guru, he is confused and deluded by doubt. ||2||

ਤਿਆਨ ਦ ਦੱਗੁਰੀ ਬੋਲਦੇ ਬੁਰੂ || (1139)
ਤਿਆਨ ਨ ਜਾਨੈ ਬੋਲੀ ਬੁਰੂ ||
nikat na jaanai bolai buroh.
Not understanding that the Lord is near, he tells lies.

ਮਾਇਆ ਮੋਹੀ ਮੂਲਾਇਆ ਹੁੁਨ ਭੁਰੂ || (1139)
ਮਾਇਆ ਮੋਹੀ ਮੂਲਾਇਆ ਹੁੁਨ ਭੁਰੂ ||
maa-i-aa mohi moothaa hai moorh.
In love and attachment to Maya, the fool is plundered.

ਅਂਤਰ ਦਸ ਵਾਸਤੁ ਦਸ ਦਸ ਦੀਆਂ ਲਿਖਾਇਆ || (1139)
ਅਂਤਰ ਵਾਸਤੁ ਦਸੀ ਦੀਆਂ ਜਾਈ ||
antar vasat disantar jaa-ay.
That which he seeks is within his own self, but he looks for it outside.

ਬਾਣ ਬੁਰੂ ਦੇ ਬਿਆਨ ਹੁਣੀਅਲਾਈਆਂ ||3|| (1139)
ਬਾਣੁ ਗੁਰੂ ਹੈ ਭਰਮ ਭੁਲਾਈ ਭੁਲਾਈਆਂ। ||3||
baajh guroo hai baram bhulaa-ay. ||3||
Without the Guru, he is confused and deluded by doubt. ||3||

ਜਿਸ ਭਾਗਵੀਨ ਕਹਾ ਨਿਲੋਕ ਨਿਲਾਟ || (1139)
ਜਿਸੁ ਮਾਸਤਕ ਕਰਮ ਨਿਲੋਕ ਨਿਲਾਟ ||
jis mastak karam likhi-aa liilaat.
One whose good karma is recorded on his forehead.
serves the True Guru; thus the hard and heavy shutters of his mind are opened wide.

Within his own being and beyond, he sees the Lord near at hand.

O servant Nanak, he does not come and go in reincarnation.

Who can kill that person whom You protect, O Lord?

All beings, and the entire universe, is within You.

The mortal thinks up millions of plans,

but that alone happens, which the Lord of wondrous plays does.
राखहू राखहू िकरपा धािर ॥ (1139)
raakho raakho kirpaa Dhaar.
Save me, save me, O Lord; shower me with Your Mercy.

तੇਰੀ ਸਰਿਣ ਤੇਰੈ ਦਰਵਾਿਰ ॥੧॥
tayree saran tayrai darvaar. ||1|| rhaa-o.
I seek Your Sanctuary, and Your Court. ||1|| Pause||

ਿਜਿਨ ਸੇਿਵਆ ਿਨਰਭਉ ਸੁਖਦਾਤਾ ॥ (1139)
jin sayvi-aa nirbha-o sukh-daata.
Whoever serves the Fearless Lord, the Giver of Peace,

ਜੋ ਤੂ ਕਰਿਹ ਸੋਈ ਫੁਿਨ ਹੋਇ ॥ (1139)
jo too karahi so-ee fun ho-ay.
Whatever You do, that alone comes to pass in the end.

ਾਤਰਜਾਮੀ ਪੁਰਖੁ ਸੁਜਾਣੁ ॥ (1139)
antarjaamee purakh sujaan.
The All-knowing Lord is the Searcher of Hearts.
The One and only Lord is my Support and Protection.

The Creator Lord knows everything. ||3||

That person who is blessed by the Creator's Glance of Grace-

all his affairs are resolved.

The One Lord is his Protector.

O servant Nanak, no one can equal him. ||4||4||17||

Bhairao, Fifth Mehl:

We should feel sad, if God were beyond us.
We should feel sad, if we forget the Lord.

We should feel sad, if we are in love with duality.

But why should we feel sad? The Lord is pervading everywhere.

In love and attachment to Maya, the mortals are sad, and are consumed by sadness.

Without the Name, they wander and wander and wander, and waste away.

We should feel sad, if there were another Creator Lord.

We should feel sad, if someone dies by injustice.

We should feel sad, if something were not known to the Lord.
But why should we feel sad? The Lord is totally permeating everywhere. ||2||

We should feel sad, if God were a tyrant.

We should feel sad, if He made us suffer by mistake.

The Guru says that whatever happens is all by God's Will.

So I have abandoned sadness, and I now sleep without anxiety. ||3||

O God, You alone are my Lord and Master; all belong to You.

According to Your Will, You pass judgement.

There is no other at all; the One Lord is permeating and pervading everywhere.
Please save Nanak's honor; I have come to Your Sanctuary. ||4||5||18||

Bhairao, Fifth Mehl:

Without music, how is one to dance?

Without a voice, how is one to sing?

Without strings, how is a guitar to be played?

Without the Naam, all affairs are useless.

Without the Naam - tell me: who has ever been saved?

Without the True Guru, how can anyone cross over to the other side?
Without a tongue, how can anyone speak?

Without ears, how can anyone hear?

Without eyes, how can anyone see?

Without the Naam, the mortal is of no account at all.

Without learning, how can one be a Pandit - a religious scholar?

Without power, what is the glory of an empire?

Without understanding, how can the mind become steady?

Without the Naam, the whole world is insane.
अविद्वार वैराग्य कहा वैरागी || (1140)
bin bairag kahaa bairagie.
Without detachment, how can one be a detached hermit?

अविद्वार वैराग्य कहा वैरागी || (1140)
bin ha-o ti-aag kahaa ko-oo ti-aagee.
Without renouncing egotism, how can anyone be a renunciate?

अविद्वार वैराग्य कहा वैरागी || (1140)
bin bas panch kahaa man chooray.
Without overcoming the five thieves, how can the mind be subdued?

अविद्वार वैराग्य कहा वैरागी || (1140)
bin gur deekhi-aa kaisay gi-aan.
Without the Guru's Teachings, how can anyone obtain spiritual wisdom?

अविद्वार वैराग्य कहा वैरागी || (1140)
bin paykhay kaho kaiso Dhi-aan.
Without seeing - tell me: how can anyone visualize in meditation?

अविद्वार वैराग्य कहा वैरागी || (1140)
bin bhai kathnee sarab bikaar.
Without the Fear of God, all speech in useless.

बैराग्यम सदद कहा बैरागी || (1140)
kaho naanak dar kaa beechaar. ||5||6||19||
Says Nanak, this is the wisdom of the Lord's Court. ||5||6||19||
Bhairao, Fifth Mehl:

हउमै रोगु मानुख कउ दीना ॥
ha-umai rog maanukh ka-o deenaa.
Mankind is afflicted with the disease of egotism.

काम रोिग मैगलु बिस लीना ॥
kaam rog maigal bas leenaa.
The disease of sexual desire overwhels the elephant.

darisat rog pach mu-ay patangaa.
Because of the disease of vision, the moth is burnt to death.

Because of the disease of the sound of the bell, the deer is lured to its death. ||1||

Whoever I see is diseased.

Because of the disease of taste, the fish is caught.
Because of the disease of smell, the bumble bee is destroyed.

The whole world is caught in the disease of attachment.

In the disease of the three qualities, corruption is multiplied.

In disease the mortals die, and in disease they are born.

In disease they wander in reincarnation again and again.

Entangled in disease, they cannot stay still, even for an instant.

Without the True Guru, the disease is never cured.

When the Supreme Lord God grants His Mercy,
baah pakaarh roghu kadh la-i-aa.
He grabs hold of the mortal's arm, and pulls him up and out of the disease.

tootay banDhan saaDhsang paa-i-aa.
Reaching the Saadh Sangat, the Company of the Holy, the mortal's bonds are broken.

kaho naanak gur rog mitaa-i-aa. ||4||7||20||
Says Nanak, the Guru cures him of the disease. ||4||7||20||

bhairo mehlaa 5.
Bhairao, Fifth Mehl:

cheet aavai taaN mahaan anand.
When He comes to mind, then I am in supreme bliss.

cheet aavai taaN sabh dukh bhanj.
When He comes to mind, then all my pains are shattered.

cheet aavai taaN sarDhaa poore.
When He comes to mind, my hopes are fulfilled.

cheet aavai taaN kabe na jhooree. ||1||
When He comes to mind, I never feel sadness. ||1||
Deep within my being, my Sovereign Lord King has revealed Himself to me.

The Perfect Guru has inspired me to love Him. ||1||Pause||

When He comes to mind, I am the king of all.

When He comes to mind, all my affairs are completed.

When He comes to mind, I am dyed in the deep crimson of His Love.

When He comes to mind, I am ecstatic forever. ||2||

When He comes to mind, I am wealthy forever.

When He comes to mind, I am free of doubt forever.
When He comes to mind, then I enjoy all pleasures.

When He comes to mind, I am rid of fear.

When He comes to mind, I find the home of peace and poise.

When He comes to mind, I am absorbed in the Primal Void of God.

When He comes to mind, I continually sing the Kirtan of His Praises.

Nanak's mind is pleased and satisfied with the Lord God.

My Father is Eternal, forever alive.
भाई हमारे सद ही जीवी ॥ (1141)
bhaa-ee hamaaray sad hee jeevee.
My brothers live forever as well.

भीत हमारे सदा अबिनासी ॥ (1141)
meet hamaaray sadaa abhinaasee.
My friends are permanent and imperishable.

मीत हमारे सदा अिबनासी ॥ (1141)
meet hamaaray sadaa abhinaasee.
My friends are permanent and imperishable.

कु ट्मबु हमारा िनज घिर वासी ॥१॥
kutamb hamaaraa nij ghar vaasee. ||1||
My family abides in the home of the self within. ||1||

कम सुखु पाइआ तĔ सभिह सुहेले ॥ (1141)
ham sukh paa-i-aa taaN sabheh suhaylay.
I have found peace, and so all are at peace.

गुिर पूरै िपता संिग मेले ॥१॥ रहाउ ॥
gur poorai pitaa sang maylay. ||1|| rahaa-o.
The Perfect Guru has united me with my Father. ||1||Pause||

भेंच भें भड डे घुंघे ॥ (1141)
mandar mayray sabh tay oochay.
My mansions are the highest of all.

देस भें बेहंंड अघुंघे ॥ (1141)
days mayray bay-ant apoochhay.
My countries are infinite and uncountable.

राजु हमारा सद ही निहचलु ॥ (1141)
raaj hamaaraa sad hee nihchal.
My kingdom is eternally stable.
maal hamaaraa akhoot abaychal. ||2||
My wealth is inexhaustible and permanent. ||2||

sobhaa mayree sabh jug antar.
My glorious reputation resounds throughout the ages.

baaj hamaaree than thanantar.
My fame has spread in all places and interspaces.

keerat hamree ghar ghar ho-ee.
My praises echo in each and every house.

bhagat hamaaree sabhnee lo-ee.
My devotional worship is known to all people. ||3||

pitaa hamaaray pargatay maajh.
My Father has revealed Himself within me.

pitaa poot ral keenee saaNjh.
The Father and son have joined together in partnership.

kaho naanak ja-o pitaa pateenay.
Says Nanak, when my Father is pleased,
then the Father and son are joined together in love, and become one. ||4||9||22||

Bhairao, Fifth Mehl:
The True Guru, the Primal Being, is free of revenge and hate; He is God, the Great Giver.

I am a sinner; You are my Forgiver.

That sinner, who finds no protection anywhere-

if he comes seeking Your Sanctuary, then he becomes immaculate and pure. ||1||

Pleasing the True Guru, I have found peace.

Meditating on the Guru, I have obtained all fruits and rewards. ||1||Pause||
paarbarahm satgur aadays.
I humbly bow to the Supreme Lord God, the True Guru.

man tan tayraa sabh tayraa days.
My mind and body are Yours; all the world is Yours.

When the veil of illusion is removed, then I come to see You.

You are my Lord and Master; You are the King of all.

When it pleases Him, even dry wood becomes green.

When it pleases Him, rivers flow across the desert sands.

When it pleases Him, all fruits and rewards are obtained.

Grasping hold of the Guru's feet, my anxiety is dispelled.
ਹਰਾਮਖੋਰ ਨਿਰਗੁੱਣ ਕਉ ਤੂਠਾ ॥ (1142)
haraamkhor nirgun ka-o toothaa.
I am unworthy and ungrateful, but He has been merciful to me.

ਮਨੁ ਤਨੁ ਸੀਤਲੁ ਮਿਨ ਅੰਤਰੁ ਵੂਠਾ ॥ (1142)
man tan seetal man amrit voothaa.
My mind and body have been cooled and soothed; the Ambrosial Nectar rains down in my mind.

ਪਾਰਬਰ੍ਹਮ ਗੁਰ ਭਏ ਦਿਆਲਾ ॥ (1142)
paarbarahm gur bha-ay da-i-aalaa.
The Supreme Lord God, the Guru, has become kind and compassionate to me.

ਬਾਗੁਰੂ ਸਮ ਦੇਖ ਕੁਤੇ ਫੁਲਾਲ ॥ (1142)
naanak daas daykh bha-ay nihaalaa. ||4||10||23||
Slave Nanak beholds the Lord, enraptured. ||4||10||23||

ਬਹੈਰਾਓ ਮੱਘਾ ੫ ॥ (1142)
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

ਸਿਤਗੁਰੂ ਮੇਰਾ ਬੇਮੁਹਤਾਜੁ ॥ (1142)
satgur mayraa baymuhtaaj.
My True Guru is totally independent.

ਸਿਤਗੁਰੂ ਮੇਰੇ ਸਛਾ ਸਾਜੁ ॥ (1142)
satgur mayray sachaa saaj.
My True Guru is adorned with Truth.

ਸਿਤਗੁਰੂ ਮੇਰੇ ਸਭਸ ਕਾ ਦਾਤਾ ॥ (1142)
satgur mayraa sabhas kaa daataa.
My True Guru is the Giver of all.
satgur mayraa purakh biDhaataa. ||1||
My True Guru is the Primal Creator Lord, the Architect of Destiny. ||1||

There is no deity equal to the Guru.

Whoever has good destiny inscribed on his forehead, applies himself to seva - selfless service. ||1||Pause||

satgur mayraa sarab paratipaalai.
My True Guru is the Sustainer and Cherisher of all.

Whoever has good destiny inscribed on his forehead, applies himself to seva - selfless service. ||1||Pause||

satgur mayraa maar jeevaalai.
My True Guru kills and revives.

The glorious greatness of my True Guru,

has become manifest everywhere. ||2||

satgur mayraa taan nitaan.
My True Guru is the power of the powerless.
satgur mayraa ghar deebaan.
My True Guru is my home and court.

satgur kai ha-o sad bal jaa-i-aa.
I am forever a sacrifice to the True Guru.

He has shown me the path. ||3||

jin gur sayvi-aa tis bha-o na bi-aapai.
One who serves the Guru is not afflicted with fear.

jin gur sayvi-aa tis dukh na santapai.
One who serves the Guru does not suffer in pain.

Nanak has studied the Simritees and the Vedas.

There is no difference between the Supreme Lord God and the Guru. ||4||11||24||

Bhairao, Fifth Mehl:
Repeating the Naam, the Name of the Lord, the mortal is exalted and glorified.

Repeating the Naam, sin is banished from the body.

Repeating the Naam, all festivals are celebrated.

Repeating the Naam, one is cleansed at the sixty-eight sacred shrines. ||1||

My sacred shrine of pilgrimage is the Name of the Lord.

The Guru has instructed me in the true essence of spiritual wisdom. ||1||Pause||

Repeating the Naam, the mortal's pains are taken away.

Repeating the Naam, the most ignorant people become spiritual teachers.
Repeating the Naam, the Divine Light blazes forth.

Repeating the Naam, one's bonds are broken.

Repeating the Naam, the Messenger of Death does not draw near.

Repeating the Naam, one finds peace in the Court of the Lord.

Repeating the Naam, God gives His Approval.

The Naam is my true wealth.

The Guru has instructed me in these sublime teachings.

The Kirtan of the Lord's Praises and the Naam are the Support of the mind.
Nanak is saved through the atonement of the Naam.

Other actions are just to please and appease the people.

Bhairao, Fifth Mehl:

I bow in humble worship, tens of thousands of times.

I offer this mind as a sacrifice.

Meditating in remembrance on Him, sufferings are erased.

Bliss wells up, and no disease is contracted.

Such is the diamond, the Immaculate Naam, the Name of the Lord.
jaas japat pooran sabh kaam. ||1|| rahaa-o.
Chanting it, all works are perfectly completed. ||1||Pause||

ja kee darisat dukh dayraa dhahai.
Beholding Him, the house of pain is demolished.

amrit naam seetal man gahai.
The mind seizes the cooling, soothing, Ambrosial Nectar of the Naam.

anik bhagat jaa kay charan poojaaree.
Millions of devotees worship His Feet.

sagal manorath pooranhaaree. ||2||
He is the Filler of all the mind's desires. ||2||

khin meh oonay subhar bhari-aa.
In an instant, He fills the empty to over-flowing.

khin meh sookay keenay hari-aa.
In an instant, He transforms the dry into green.

khin meh nithaavay ka-o deeno thaan.
In an instant, He gives the homeless a home.
In an instant, He bestows honor on the dishonored. ||3||

The One Lord is totally pervading and permeating all.

He alone meditates on the Lord, whose True Guru is Perfect.

Such a person has the Kirtan of the Lord's Praises for his Support.

Says Nanak, the Lord Himself is merciful to him. ||4||13||26||

Bhairao, Fifth Mehl:

I was discarded and abandoned, but He has embellished me.

He has blessed me with beauty and His Love; through His Name, I am exalted.
ਪ੍ਰਤੀ ਸੜ੍ਧ ਅਤੁ ਸਾਗਰ ਅੰਦਰਮਾਣ || (1143)
ਮੀਟੀਆਂ ਦੁਖਾਂ ਅੰਤਰ ਸਾਗਰ ਅੰਦਰਮਾਣ ||
miti-o dukh ar sagal santeep.
All my pains and sorrows have been eradicated.

ਗੁਰ ਹੋਏ ਮੇਰੇ ਮਾਈ ਬਾਪ ||1|| (1143)
ਗੁਰ ਹੋ-ਏ ਮੇਰੇ ਮਾਈ-ਬਾਪ. ||1||
The Guru has become my Mother and Father. ||1||

ਸਖੀ ਸਹੇਰੀ ਮੇਰੇ ਪ੍ਰਸਤੀ ਅਨੇਂ || (1143)
ਸਖੀ ਸਹਾਰੀ ਮੇਰੇ ਪ੍ਰਸਤੀ ਅਨੇਂ
sakhee sahayree mayray garsat anand.
O my friends and companions, my household is in bliss.

ਅਨਹਦ ਪੁਰਾਨ ਪੁਰਾਨ ਪਰਸਾਦ || (1143)
ਆਨਹਦ ਪੁਰਾਨ ਪੁਰਾਨ ਪਰਸਾਦ
anhad sabad achraj bismaad.
The Unstruck Sound-current of the Shabad, the Word of God, is wondrous and amazing!

ਪ੍ਰਤੀ ਅਂਧਰ ਚੀਟੇ ਧਾਰਮਾਂ || (1143)
ਪ੍ਰਤੀ ਅਂਧਰ ਚੀਟੇ ਧਾਰਮਾਂ
mitay anDhayr bha-ay pargaasaa.
The darkness has been dispelled, and the Divine Light blazes forth.

ਗੁਰ ਪੂਰਾਨ ਪੂਰਾਨ ਪਰਸਾਦ ||2|| (1143)
ਗੁਰ ਪੂਰਾਨ ਪੂਰਾਨ ਪਰਸਾਦ. ||2||
Perfect is the Grace of the Perfect Guru. ||2||
ਜਾ ਕਊ ਪਰਗਤ ਭਾਵ गोਪाल ॥ (1143)
jaa ka-o pargat bha-ay gopaal.
That person, unto whom the Lord reveals Himself -

德拉 ਕੈ ਦਰਸਨ ਸਦਾ ਨਹਾਲ ॥ (1143)
taa kai darsan sadaa nihaal.
by the Blessed Vision of his Darshan, I am forever enraptured.

ਸਰਬ ਗੁਣਾ ਤਾ ਕੈ ਬਹੁਤ ਨਿਧਾਨ ॥
sarab gunaa taa kai bahut niDhaan.
He obtains all virtues and so many treasures.

ਜਾ ਕਊ ਸਿਤਗੁਰ ਦੀੋ ਨਾਮ ॥੩॥
jaa ka-o satgur dee-o naam. ||3||
The True Guru blesses him with the Naam, the Name of the Lord. ||3||

ਜਾ ਕਊ ਭੇਟੋ ਠਾਕਰ ਅਪਨਾ ॥
jaa ka-o bhayti-o thaakur apnaa.
That person who meets with his Lord and Master -

ਮਨੁ ਤਨੁ ਸੀਤਲੁ ਹਿਰ ਹਿਰ ਜਪਨਾ ॥
man tan seetal har har japnaa.
his mind and body are cooled and soothed, chanting the Name of the Lord, Har, Har.

ਜਾ ਕਊ ਤਾਕਰ ਜਨ ਪਰਭ ਭਾਏ ॥ (1143)
kaho naanak jo jan parabh bhaa-ay.
Says Nanak, such a humble being is pleasing to God;

ਤਾ ਕੀ ਰੇਨ ਹਰਲਾ ਕੋ ਪਾਏ ॥੪॥੧੪॥੨੭॥ (1143)
taa kee rayn birlaa ko paa-ay. ||4||14||27||
only a rare few are blessed with the dust of his feet. ||4||14||27||
**Bhairao, Fifth Mehl:**

1. **Chitvat Paap Na Alak Aavai**
   - The mortal does not hesitate to think about sin.

2. **Baysu-Aa Bhajat Kichh Nah Sarmaavai**
   - He is not ashamed to spend time with prostitutes.

3. **Saro Dinasu Majooree Karai**
   - He works all day long.

4. **Har Simran Ke Vaylaa Bajar Sir Parai**
   - but when it is time to remember the Lord, then a heavy stone falls on his head.

5. **Maa-i-Aa Lag Bhoolo Sansaar**
   - Attached to Maya, the world is deluded and confused.

6. **Aap Bholaa-I-Aa Bhulaavanhaarai Raach Raha-ba Birthaa Bi-uhhaar**
   - The Deluder Himsel has deluded the mortal, and now he is engrossed in worthless worldly affairs.

7. **Paykhat Maai-Aa Rang Bihaa-Ay**
   - Gazing on Maya's illusion, its pleasures pass away.
garhbarh karai ka-udee rang laa-ay.
He loves the shell, and ruins his life.

anDh bi-uhaar banDh man Dhaavai.
Bound to blind worldly affairs, his mind wavers and wanders.

The Creator Lord does not come into his mind.

Working and working like this, he only obtains pain,

and his affairs of Maya are never completed.

His mind is saturated with sexual desire, anger and greed.

Wiggling like a fish out of water, he dies.

One who has the Lord Himself as his Protector,
ਹਿਰ ਹਿਰ ਨਾਮੁ ਸਦਾ ਜਪੁ ਜਾਪ ॥ (1143)
har har naam sadaa jap jaap.
chants and meditates forever on the Name of the Lord, Har, Har.

ਸਾਧਣੀ ਲਿਖ ਦੇ ਗੁਣ ਗਾਇਆ ॥ (1143)
saaDhsang har kay gun gaa-i-aa.
In the Saadh Sangat, the Company of the Holy, he chants the Glorious Praises of the Lord.

ਨਾਨਕ ਸਿਤਗੁਰੁ ਪੂਰਾ ਪਾਇਆ ॥੪॥੧੫॥੨੮॥ (1143)
naanak satgur pooraa paa-i-aa. ||4||15||28||
O Nanak, he has found the Perfect True Guru. ||4||15||28||

ਬਹੈਰਾਓ ਮਹਲਾ ੫ ॥ (1143)
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

ਅਪਣੀ ਦਿਆ ਕਰੇ ਸੋ ਪਾਏ ॥ (1143)
apnee da-i-aa karay so paa-ay.
He alone obtains it, unto whom the Lord shows Mercy.

ਹਿਰ ਕਾ ਨਾਮੁ ਮੰਿਨ ਵਸਾਏ ॥ (1143)
har kaa naam man vasaa-ay.
He enshrines the Name of the Lord in his mind.

ਸਾਚ ਸਵੱਦ ਹਿਰਦੇ ਮਾਹੀ ॥ (1143)
saach sabad hirday man maahi.
With the True Word of the Shabad in his heart and mind,

ਜਨਮ ਜਨਮ ਕੇ ਕਲਵਖ ਜਹੀ ॥ (1143)
janam janam kay kilvikh jaahi. ||1||
the sins of countless incarnations vanish. ||1||
राम नामु जी अ को आधारु ॥ (1143)
raam naam jee-a ko aaDhaar.
The Lord's Name is the Support of the soul.

गुर परसाद जपहु नित भाई तारि लए सागर संसारु ॥ 1 ॥ रहाउ ॥ (1143)
gur parsaad japahu nit bhaa-ee taar la-ay saagar sansaar. ||1|| rahaa-o.
By Guru's Grace, chant the Name continually, O Siblings of Destiny; It shall carry you across the world-ocean. ||1||Pause||

जिन कौ लिखा हिर एहु निधानु ॥ (1143)
jin ka-o likhi-aa har ayhu niDhaan.
Those who have this treasure of the Lord's Name written in their destiny,

से जन दरगह पाविह मानु ॥ (1143)
say jan dargeh paavahi maan.
those humble beings are honored in the Court of the Lord.

सूख सहज आनंद गुण गाउ ॥ (1143)
sookh sahj aanand gun gaa-o.
Singing His Glorious Praises with peace, poise and bliss,

आगै लिखे लिखवे घरु ॥ 2 ॥ (1143)
aagai milai nithaavay thaa-o. ||2||
even the homeless obtain a home hereafter. ||2||

तुमह सूक्ष्णविद दिखा उठू मंडू ॥ (1143)
jugah jugantar ih tat saar.
Throughout the ages, this has been the essence of reality.

हिर सिमरण साचा बीचार || (1143)
har simran saachaa beechaar.
Meditate in remembrance on the Lord, and contemplate the Truth.
jis larh laa-ay la-ay so laagai.
He alone is attached to the hem of the Lord's robe, whom the Lord Himself attaches.

janam janam kaa so-i-aa jaagai. ||3||
Asleep for countless incarnations, he now awakens. ||3||

tayray bhagat bhagtan kaa aap.
Your devotees belong to You, and You belong to Your devotees.

apnee mahimaa aapay jaap.
You Yourself inspire them to chant Your Praises.

jee-a jant sabh tayrai haath.
All beings and creatures are in Your Hands.

naanak kay parabh sad hee saath. ||4||16||29||
Nanak's God is always with him. ||4||16||29||

the Naam, the Name of the Lord, is the Inner-knower of my heart.
The Naam is so useful to me.

The Lord's Name permeates each and every hair of mine.

The Perfect True Guru has given me this gift.

The Jewel of the Naam is my treasure.

It is inaccessible, priceless, infinite and incomparable.

The Naam is my unmoving, unchanging Lord and Master.

The glory of the Naam spreads over the whole world.

The Naam is my perfect master of wealth.
The Naam is my independence.

The Naam is my food and love.

The Naam is the objective of my mind.

By the Grace of the Saints, I never forget the Naam.

Repeating the Naam, the Unstruck Sound-current of the Naad resounds.

By God's Grace, I have obtained the nine treasures of the Naam.

By Guru's Grace, I am tuned in to the Naam.

Dhanvantay say-ee parDhaan.

They alone are wealthy and supreme,
O Nanak, who have the treasure of the Naam.

Bhairao, Fifth Mehl:

You are my Father, and You are my Mother.

You are my Soul, my Breath of Life, the Giver of Peace.

You are my Lord and Master; I am Your slave.

Please bless me with Your Mercy, God, and give me this gift,

that I may sing Your Praises, day and night.
हम तेरे जंत तू बजावनहारा ॥
I am Your musical instrument, and You are the Musician.

हम तेरे भिखारी दानु देह दातारा ॥
I am Your beggar; please bless me with Your charity, O Great Giver.

By Your Grace, I enjoy love and pleasures.

You are deep within each and every heart. ||2||

By Your Grace, I chant the Name.

In the Saadh Sangat, the Company of the Holy, I sing Your Glorious Praises.

In Your Mercy, You take away our pains. ||3||

By Your Mercy, the heart-lotus blossoms forth. ||3||
ਹਾਂ ਬਿਲਹਾਰ ਜਾਓ ਗੁਰਦੇਵ ॥ (1144)

I am a sacrifice to the Divine Guru.

ਸਫਲ ਦਰਸਨ ਜਾਕੀ ਨਿਰਮਲ ਸੇਵ ॥ (1144)

The Blessed Vision of His Darshan is fruitful and rewarding; His service is immaculate and pure.

ਦਿਆ ਕਰਹੁ ਠਾਕੁ ਰ ਪਰਭ ਮੇਰੇ ॥ (1144)

Be Merciful to me, O my Lord God and Master,

ਗੁਣ ਗਵਾਈ ਨਾਨਕੁ ਨਿਤ ਤੇਰੇ ॥੪॥੧੮॥੩੧॥ (1144)

that Nanak may continually sing Your Glorious Praises. ||4||18||31||

ਬਹੈਰਾਓ ਮੇਲਾ ੫ ॥ (1144)

Bhairao, Fifth Mehl:

ਸਭ ਤੇ ਊੱਚ ਜਾ ਦਰਬਾਰੁ ॥ (1144)

His Regal Court is the highest of all.

ਸਦਾ ਸਦਾ ਤੇ ਜੋ ਜੋਹਾਰੁ ॥ (1144)

I humbly bow to Him, forever and ever.

ਊੱਚੇ ਤੇ ਊੱਚੇ ਜਾ ਦਰਬਾਰੁ ॥ (1144)

His place is the highest of the high.
Millions of sins are erased by the Name of the Lord. ||1||

In His Sanctuary, we find eternal peace.

He Mercifully unites us with Himself. ||1||Pause||

His wondrous actions cannot even be described.

All hearts rest their faith and hope in Him.

He is manifest in the Saadh Sangat, the Company of the Holy.

The devotees lovingly worship and adore Him night and day. ||2||

He gives, but His treasures are never exhausted.
In an instant, He establishes and disestablishes.

No one can erase the Hukam of His Command.

The True Lord is above the heads of kings.

He is my Anchor and Support; I place my hopes in Him.

I place my pain and pleasure before Him.

He covers the faults of His humble servant.

Nanak sings His Praises.

Bhairao, Fifth Mehl:
रोवनहारी रोजु बनाइआ ॥ (1145)
बलन बरतन कउ सन-बंधु चिति आइआ ॥
बूझ बैरागु करे जे कोइ ॥
जनम मरण फिर सोग न खोइ ॥ 1 ॥
बिखा का सभु धंधु पसारु ॥
विरलै कीनो नाम अधारु ॥ 1 ॥ रहाउ ॥
टिबिध माइआ रही विअचि ॥
जो लपटानो ितसु दूख संताप ॥

death:

The whiner whines every day.

His attachment to his household and entanglements cloud his mind.

If someone becomes detached through understanding,

he will not have to suffer in birth and death again. ||1||

All of his conflicts are extensions of his corruption.

How rare is that person who takes the Naam as his Support. ||1||Pause||

The three-phased Maya infects all.

Whoever clings to it suffers pain and sorrow.
There is no peace without meditating on the Naam, the Name of the Lord.

By great good fortune, the treasure of the Naam is received.

One who loves the actor in his mind,

later regrets it when the actor takes off his costume.

The shade from a cloud is transitory,

like the worldly paraphernalia of attachment and corruption.

If someone is blessed with the singular substance,

then all of his tasks are accomplished to perfection.
One who obtains the Naam, by Guru's Grace -

O Nanak, his coming into the world is certified and approved.

Bhairao, Fifth Mehl:

Slandering the Saints, the mortal wanders in reincarnation.
Slandering the Saints, he is diseased.
Slandering the Saints, he suffers in pain.
The slanderer is punished by the Messenger of Death.
Those who argue and fight with the Saints -
those slanderers find no happiness at all. ||1|| Pause||

Slandering the devotees, the wall of the mortal's body is shattered.

Slandering the devotees, he suffers in hell.

Slandering the devotees, he rots in the womb.

Slandering the devotees, he loses his realm and power. ||2||

The slanderer finds no salvation at all.

He eats only that which he himself has planted.

He is worse than a thief, a lecher, or a gambler.
अणहोदा भारु निदंकिसिर धरा ॥३॥ (1145)

The slanderer places an unbearable burden upon his head. ||3||

ਪਾਰਬਰ੍ਹਮ ਕੇ ਭਗਤ ਨਿਰਵਾਰਿ॥ (1145)

The devotees of the Supreme Lord God are beyond hate and vengeance.

ਮੇ ਹਿਮਦੱਤੇ ਨੀ ਪੁਤ੍ਰੇ ਪੈਵ॥ (1145)

Whoever worships their feet is emancipated.

ਆਦ ਪੁਰਾਕਨੀਤਰੈ ਭੋਲਾਈਆ ॥ (1145)

The Primal Lord God has deluded and confused the slanderer.

ਨਾਨਕ ਕਿਰਤੁ ਨ ਜਾਇ ਮਟਾਇਆ ॥੪॥੨੧॥੩੪॥ (1145)

O Nanak, the record of one's past actions cannot be erased. ||4||21||34||

ਬਹੈਰਾ ਮਹਲਾ ੫॥ (1145)

Bhairao, Fifth Mehl:

ਨਾਮ ਹਮਾਰੈ ਬੇਦ ਅਰ ਨਾਦ॥ (1145)

The Naam, the Name of the Lord, is for me the Vedas and the Sound-current of the Naad.

ਨਾਮ ਹੀੰ ਪੁਰਾਤਾ ਵਾਸ॥ (1145)

Through the Naam, my tasks are perfectly accomplished.
The Naam is my worship of deities.

The Naam is my service to the Guru.

The Perfect Guru has implanted the Naam within me.

The highest task of all is the Name of the Lord, Har, Har. Pause

The Naam is my cleansing bath and purification.

The Naam is my perfect donation of charity.

Those who repeat the Naam are totally purified.

Those who chant the Naam are my friends and Siblings of Destiny.
Naam hamaarai sa-un sanjog.
The Naam is my auspicious omen and good fortune.

Naam hamaarai taripat subhog.
The Naam is the sublime food which satisfies me.

Naam hamaarai sagal aachaar.
The Naam is my good conduct.

Naam hamaarai nirmal bi-uhaar.
The Naam is my immaculate occupation.

Jaa kai man vasi-aa parabh ayk.
All those humble beings whose minds are filled with the One God have the Support of the Lord, Har, Har.

Man tan naanak har gun gaa-o.
O Nanak, sing the Glorious Praises of the Lord with your mind and body.

In the Saadh Sangat, the Company of the Holy, the Lord bestows His Name.
Bhairao, Fifth Mehl:

**भैरू महला ५ ॥**

You bless the poor with wealth, O Lord.

**अतिभए भषण तनव भ्रमण भल ॥ (1146)**

You bless the poor with wealth, O Lord.

Countless sins are taken away, and the mind becomes immaculate and pure.

All the mind's desires are fulfilled, and one's tasks are perfectly accomplished.

You bestow Your Name upon Your devotee. ||1||

Service to the Lord, our Sovereign King, is fruitful and rewarding.

Our Lord and Master is the Creator, the Cause of causes; no one is turned away from His Door empty-handed. ||1||Pause||

God eradicates the disease from the diseased person.
दुखीए का मिटावहु पर्भ सोगु ॥ (1146)
God takes away the sorrows of the suffering.

निथावे कउ तुम्ह थान बैठावहु ॥ (1146)
And those who have no place at all - You seat them upon the place.

दास अपने कउ भगती लावहु ॥२॥ (1146)
You link Your slave to devotional worship.

निमानय का-ए पराभ देतो मानु ॥ (1146)
God bestows honor on the dishonored.

मूर्त मुगधु होइ चतुर सुिगानु ॥ (1146)
He makes the foolish and ignorant become clever and wise.

सगल भइआन का भउ नसै ॥३॥ (1146)
The fear of all fear disappears.

पारबर्हम पराभ सूख िनधान ॥ (1146)
The Supreme Lord God is the Treasure of Peace.
The Ambrosial Name of the Lord is the essence of reality.

Granting His Grace, He enjoins the mortals to serve the Saints.

O Nanak, such a person merges in the Saadh Sangat, the Company of the Holy.

In the Realm of the Saints, the Lord dwells in the mind.

In the Realm of the Saints, all sins run away.

In the Realm of the Saints, one's lifestyle is immaculate.

In the Society of the Saints, one comes to love the One Lord.
ਸੰਤ ਮੰਡਲ ਉਹ ਕਰ ਲਿਆਇਆਂ || (1146)
sant mandal taha kaa naa-o. 
That alone is called the Realm of the Saints,

ਪਾਰਬਰ੍ਹਮ ਕੇਵਲ ਗੁਣ ਗਾਉ ॥੧॥
paarbarahm kayval gun gaa-o. ||1|| rahaa-o. 
where only the Glorious Praises of the Supreme Lord God are sung. ||1||Pause||

ਸੰਤ ਮੰਡਲ ਭਵਨ ਲਾਲ ਹਵੇਂ ॥ (1146)
sant mandal meh namin janam maran rahai. 
In the Realm of the Saints, birth and death are ended.

ਸੰਤ ਮੰਡਲ ਭਵਨ ਬਿਖੁੜ ਹਵੇਂ ॥ (1146)
sant mandal meh jam kichhoo na kahai. 
In the Realm of the Saints, the Messenger of Death cannot touch the mortal.

ਸੰਤਸੰਗ ਹੋਇ ਨਿਰਮਲ ਬਾਣੀ ॥ (1146)
satsang ho-ay nirmal banee. 
In the Society of the Saints, one's speech becomes immaculate.

ਸੰਤ ਮੰਡਲ ਬਾਪ ਵਖਾਣੀ ॥੨॥ (1146)
sant mandal meh naam vakhaanee. ||2||
In the realm of the saints, the Lord's Name is chanted. ||2||

ਸੰਤ ਮੰਡਲ ਕਾ ਨਿਹਚਲ ਆਸਨਾਂ ॥ (1146)
sant mandal kaa nihchal aasan. 
The Realm of the Saints is the eternal, ever-stable place.

ਸੰਤ ਮੰਡਲ ਭਵਨ ਬਿਖਰ ਹਵੇਂ ॥ (1146)
sant mandal meh paap binaasan. 
In the Realm of the Saints, sins are destroyed.
ਸੰਤ ਮੰਡਲ ਮਿਹ ਨਰਮਲ ਕਥਾ ॥ (1146)  
sant mandal meh nirmal kathaa.  
In the Realm of the Saints, the immaculate sermon is spoken.

ਸੰਤਸੰਗ ਹੁੰਮੈ ਦੁਖ ਨਸਾ ॥੩॥ (1146)  
satsang ha-umai dukh nasaa. ||3||  
In the Society of the Saints, the pain of egotism runs away. ||3||

ਸੰਤ ਮੰਡਲ ਕਾ ਮਿਹ ਗੁਣਤਾਸੁ ॥ (1146)  
sant mandal kaa meh guntaas.  
The Realm of the Saints cannot be destroyed.

ਸੰਤ ਮੰਡਲ ਭਾਕਾ ਵਿਸਰ੍ਾਮੁ ॥ (1146)  
sant mandal thaakur bisraam.  
The Realm of the Saints is the resting place of our Lord and Master.

ਰੋਗੁ ਕਵਨੁ ਜਐ ਜੀ ਰਾਖੈ ਆਈਪੁ ॥ (1146)  
rog kavan jaaN raakhai aap.  
Why worry about disease, when the Lord Himself protects us?
ਿਤਸੁ ਜਨ ਹੋਇ ਨ ਦੂਖੁ ਸੰਤਾਪੁ ॥ (1146)
tis jan ho-ay na dookh santaap.
That person whom the Lord protects, does not suffer pain and sorrow.

ਿਜਸੁ ਊਪਰ ਪਰ੍ਭੁ ਕਿਰਪਾ ਕਰੈ ॥ (1146)
jis oopar parabh kirpaa karai.
That person, upon whom God showers His Mercy -

ਿਜਸੁ ਊਪਰ ਤੇ ਕਾਲੁ ਪਰਹਰੈ ॥੧॥ (1146)
tis oopar tay kaal parharai. ||1||
Death hovering above him is turned away. ||1||

ਸਦਾ ਸਖਾਈ ਹਿਰ ਹਿਰ ਨਾਮੁ ॥ (1146)
sadaa sakhaa-ee har har naam.
The Name of the Lord, Har, Har, is forever our Help and Support.

ਜਿਸੁ ਚੀਤ ਆਵਈ ਤਿਸੁ ਸਦਾ ਸੁਖੁ ਹੋਵੈ ਨਿਕਟਨ ਦੁਆਈ ॥੧॥ ਰਹਾਉ ॥ (1146)
jis cheet aavai tis sadaa sukh hovai nikkat na aavai taai jaam. ||1|| rahaa-o.
When He comes to mind, the mortal finds lasting peace, and the Messenger of Death cannot even approach him. ||1||Pause||

ਜਿਸੁ ਚੀਤ ਗਤ ਗਤ ਗਤ ਗਤ ਹਾਵੇ ॥ (1146)
jis cheet vaay tis saadaa sukh hovai kineh aavai. ||1||
When this being did not exist, who created him then?

ਕਵਨ ਮੁਲ ਤੇ ਕੀਅ ਪਰਗਟਆਈਆ ॥ (1146)
kavan mool tay ki-aai paragtaa-i-aa.
What has been produced from the source?

ਵਿਭਾਗ ਅਭਾਗ ਜੀਵਾਲੈ ॥ (1146)
aapeh maar aap jeevaalai.
He Himself kills, and He Himself rejuvenates.
ਅਪਣੇ ਭਗਤ ਕਉ ਸਦਾ ਪਰਿਪਾਲੈ ॥੨॥ (1146)
He cherishes His devotees forever. ||2||

ਸਭ ਕਿਚਿ ਜਾਣਹੁ ਤਿਸ ਕੇ ਹਾਥ ॥
sabh kichh jaanhu tis kai haath.
Know that everything is in His Hands.

ਪਰ੍ਭੁ ਮੇਰੋ ਅਨਾਥ ਕੋ ਨਾਥ ॥ (1146)
parabh mayro anaath ko naath.
My God is the Master of the masterless.

ਦੁਖ ਭੰਜਨੁ ਤਾ ਕਾ ਹੈ ਨਾਉ ॥ (1146)
dukh bhanjan taa kaa hai naa-o.
His Name is the Destroyer of pain.

ਸੁਖ ਪਾਵਿਹ ਤਿਸ ਕੇ ਗੁਣ ਗਾਉ ॥੩॥ (1146)
sukh paavahi tis kay gun gaa-o. ||3||
Singing His Glorious Praises, you shall find peace. ||3||

ਸੁਣ ਸੁਆਮੀ ਸੰਤਨ ਅਰਦਾਸ ॥ (1146)
sun su-aamee santan ardaas.
O my Lord and Master, please listen to the prayer of Your Saint.

ਜੀਊ ਪਰਾਨ ਧਨ ਤੁਮਹੈ ਪਾਸ ॥ (1146)
jee-o paraan Dhan tumHrai paas.
I place my soul, my breath of life and wealth before You.

ਈਹ ਜਗ ਤੇਰਾ ਸਭ ਤੁਝਿਹ ਿਧਾਏ ॥ (1146)
ih jag tayraa sabh tujheh Dhi-aa-ay.
All this world is Yours; it meditates on You.
Please shower Nanak with Your Mercy and bless him with peace. ||4||25||38||

Bhairao, Fifth Mehl:

With Your Support, I survive in the Dark Age of Kali Yuga.

With Your Support, I sing Your Glorious Praises.

With Your Support, death cannot even touch me.

With Your Support, my entanglements vanish. ||1||

The One Lord, our Lord and Master, is all-pervading. ||1||Pause||
With Your Support, I celebrate blissfully.

With Your Support, I chant the Guru's Mantra.

With Your Support, I cross over the terrifying world-ocean.

The Perfect Lord, our Protector and Savior, is the Ocean of Peace.

With Your Support, I have no fear.

The True Lord is the Inner-knower, the Searcher of hearts.

With Your Support, my mind is filled with Your Power.

Here and there, You are my Court of Appeal.
तेरी टेक तेरा भरवासा ॥ (1147)
I take Your Support, and place my faith in You.

सगल धिआवाहि प्रभ गुणतासा ॥ (1147)
All meditate on God, the Treasure of Virtue.

सगल िधआविह पर्भ गुणतासा ॥ (1147)
All meditate on God, the Treasure of Virtue.

जिप जिप अनदु करिह तेरे दासा ॥ (1147)
Chanting and meditating on You, Your slaves celebrate in bliss.

सिमरि नानक साचे गुणतासा ॥ (1147)
Nanak meditates in remembrance on the True Lord, the Treasure of Virtue.

नानक दान फचे गुणतासा ॥४॥२६॥३९॥ (1147)
Nanak meditates in remembrance on the True Lord, the Treasure of Virtue. ||4||26||39||

भैरौ महला ५ ॥ (1147)
Bhairao, Fifth Mehl:

उतिर गई सभ मन की चिंदा ॥ (1147)
All the anxiety of my mind was dispelled.

लोभु मोहु सभु कीनो दूिर ॥ (1147)
Greed and attachment were totally banished.
I see God ever-present, close at hand; I have become a great devotee. ||1||

Such a renunciate is very rare.

Such a humble servant chants the Name of the Lord, Har, Har. ||1||Pause||

I have forsaken my egotistical intellect.

The love of sexual desire and anger has vanished.

I meditate on the Naam, the Name of the Lord, Har, Har.

In the Company of the Holy, I am emancipated. ||2||

Enemy and friend are all the same to me.
sarab meh pooran bhagvaan.
The Perfect Lord God is permeating all.

parabh kee aagi-aa maan sukhu paa-i-aa.
Accepting the Will of God, I have found peace.

gur poorai har naam drirh-aa-i-aa. ||3||
The Perfect Guru has implanted the Name of the Lord within me. ||3||

kaho naanak taa kee poori pa-ee. ||4||27||40||
says Nanak, he is totally fulfilled. ||4||27||40||

Bhairao, Fifth Mehl:
There is no peace in earning lots of money.

There is no peace in watching dances and plays.

There is no peace in conquering lots of countries.

All peace comes from singing the Glorious Praises of the Lord, Har, Har.

You shall obtain peace, poise and bliss.

when you find the Saadh Sangat, the Company of the Holy, by great good fortune. As Gurmukh, utter the Name of the Lord, Har, Har.

Mother, father, children and spouse - all place the mortal in bondage.

Religious rituals and actions done in ego place the mortal in bondage.
ਬੰਧਨ ਕਾਟਨਹਾਰ ਮਨੀ ਵਸੈ ॥ (1147)
banDhan kaatanhaar man vasai.
If the Lord, the Shatterer of bonds, abides in the mind,

ਤਉ ਸੁਖੁ ਪਾਵੈ ਨਿਜ ਘਿਰ ਬਸੈ ॥੨॥ (1147)
ta-o sukh paavai nij ghar basai. ||2||
then peace is obtained, dwelling in the home of the self deep within. ||2||

ਸਿਬ ਜਾਚਕ ਪਰਬ ਦੇਵਨਹਾਰ ॥ (1147)
sabh jaachik parabh dayvanhaar.
Everyone is a beggar; God is the Great Giver.

ਗੁਣ ਨਿਧਾਨ ਬੇਅੰਤ ਅਪਾਰ ॥ (1147)
gun niDhaan bay-ant apaar.
The Treasure of Virtue is the Infinite, Endless Lord.

ਜਿਸ ਨੋ ਕਰਮ ਕਰੇ ਪਰਬ ਅਪਨਾ ॥ (1147)
jis no karam karay parabh apnaa.
That person, unto whom God grants His Mercy -

ਹਿਰ ਹਿਰ ਨਾਮ ਤਿਨਾ ਜਿਨ ਜਪਨਾ ॥੩॥ (1147)
har har naam tinai jan japnaa. ||3||
that humble being chants the Name of the Lord, Har, Har. ||3||"

ਗੁਰ ਅਪਨੇ ਆਗੈ ਅਰਦਾਸ ॥ (1147)
gur apnay aagai ardaas.
I offer my prayer to my Guru.

ਕਰ ਕਿਰਪਾ ਪੁਰਖ ਗੁਣਤਾਸ ॥ (1147)
kar kirpaa purakh guntaas.
O Primal Lord God, Treasure of Virtue, please bless me with Your Grace.
कहु नानक तुम्री सरणाई ॥ (1147)
kaho naanak tumree sarnaa-ee.
Says Nanak, I have come to Your Sanctuary.

तिषि बड़े तिषि बधु गुम्मी ॥५॥२८॥४१॥ (1147)
jio bhaavai ti-o rakhahu gusaa-ee. ||4||28||41||
If it pleases You, please protect me, O Lord of the World. ||4||28||41||

बैरू महला ५ ॥ (1147)
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

गुर किल िताग्रगि दुनि रुपि ॥ (1147)
gur mil ti-aagi-o doojaa bhaa-o.
Meeting with the Guru, I have forsaken the love of duality.

गुरमुिख जिपिक हिर का नाउ ॥ (1148)
gurmukh japi-o har kaa naa-o.
As Gurmukh, I chant the Name of the Lord.

जिरी िचित नामि रंगु लागा ॥ (1148)
bisree chint naam rang laagaa.
My anxiety is gone, and I am in love with the Naam, the Name of the Lord.

जनम जनम का सोइआ जागा ॥१॥ (1148)
janam janam kaa so-i-aa jaagaa. ||1||
I was asleep for countless lifetimes, but I have now awakened. ||1||

किर िकरपा अपनी सेवा लाए ॥ (1148)
kar kirpaa apnee sayvaa laa-ay.
Granting His Grace, He has linked me to His service.
In the Saadh Sangat, the Company of the Holy, all pleasures are found. ||1||Pause||

The Word of the Guru's Shabad has eradicated disease and evil.

My mind has absorbed the medicine of the Naam.

Meeting with the Guru, my mind is in bliss.

All treasures are in the Name of the Lord God. ||2||

My fear of birth and death and the Messenger of Death has been dispelled.

In the Saadh Sangat, the inverted lotus of my heart has blossomed forth."

Singing the Glorious Praises of the Lord, I have found eternal, abiding peace.
ਪੂਰਨ ਹੋਏ ਸਗਲੇ ਕਾਮ ॥੩॥
pooran ho-ay saglay kaam. ||3||
All my tasks are perfectly accomplished. ||3||

ਦੁਲਭ ਦੇਹ ਆਈ ਪਰਵਾਨੁ ॥
dulabh dayh aa-ee parvaan.
This human body, so difficult to obtain, is approved by the Lord.

ਸਫਲ ਹੋਈ ਜਿਪ ਹਿਰ ਹਿਰ ਨਾਮੁ ॥
safal ho-ee jap har har naam.
Chanting the Name of the Lord, Har, Har, it has become fruitful.

ਸਭ ਤੇ ਊਚਾ ਜਾ ਕਾਨਾਉ ॥
sabh tay oochaa jaa kaa naa-o.
His Name is the Highest of all.

ਸਥਾਨ ਸੱਦਾ ਸੱਦਾ ਗਾਉ ॥
sadaa sadaa taa kay gun gaa-o.
Sing His Glorious Praises, forever and ever.
Meditating in remembrance on Him, all pain is dispelled.

All pleasures come to dwell in the mind.

O my mind, meditate in remembrance on the True Lord.

In this world and the next, you shall be saved.

The Immaculate Lord God is the Creator of all.

He gives sustenance to all beings and creatures.

He forgives millions of sins and mistakes in an instant.

Through loving devotional worship, one is emancipated forever.
True wealth and true glorious greatness,
and eternal, unchanging wisdom, are obtained from the Perfect Guru.

When the Protector, the Savior Lord, bestows His Mercy,
all spiritual darkness is dispelled.

I focus my meditation on the Supreme Lord God.

The Lord of Nirvaanaa is totally pervading and permeating all.
Eradicating doubt and fear, I have met the Lord of the World.

The Guru has become merciful to Nanak.
Bhairao, Fifth Mehl:

Meditating in remembrance on Him, the mind is illumined.

Suffering is eradicated, and one comes to dwell in peace and poise.

They alone receive it, unto whom God gives it.

They are blessed to serve the Perfect Guru.

All peace and comfort are in Your Name, God.

Twenty-four hours a day, O my mind, sing His Glorious Praises.

You shall receive the fruits of your desires,
हिर का नामु मंिन वसाए ॥ (1148)
when the Name of the Lord comes to dwell in the mind.

आवण जाण रहे हिर िधआइ ॥ (1148)
Meditating on the Lord, your comings and goings cease.

Through loving devotional worship, lovingly focus your attention on God. ||2||

Sexual desire, anger and egotism are dispelled.

Love and attachment to Maya are broken.

The Supreme Lord God has given this gift. ||3||

Our Lord and Master is the Creator, the Cause of causes.
ਸਗਲ घटा के ਅੰਤਰਜਾਮੀ ॥ (1148)
sagal ghataa kay antarjaamee.
He is the Inner-knower, the Searcher of all hearts.

ਕਿਰ ਿਕਰਪਾ ਅਪਨੀ ਸੇਵਾ ਲਾਇ ॥ (1148)
kar kirpaa apnee sayvaa laa-ay.
Bless me with Your Grace, Lord, and link me to Your service.

ਨਾਨਕ ਦਾਸ ਤੇਰੀ ਸਰਣਆਇ ॥੪॥੩੧॥੪੪॥ (1148)
naanak daas tayree sarnaa-ay. ||4||31||44||
Slave Nanak has come to Your Sanctuary. ||4||31||44||

ਭੈਰਉ ਮਹਲਾ ੫ ॥ (1148)
bhairo mehlaa 5.
Bhairao, Fifth Mehl:

ਲਾਜ ਮਰੈ ਜ਼ਿਨਾ ਨਾਮ ਨ ਲੇਵੈ ॥ (1148)
laaj marai jo naam na layvai.
One who does not repeat the Naam, the Name of the Lord, shall die of shame.

ਹਿਰ ਿਸਮਰਨੁ ਛਾਿਡ ਪਰਮ ਗਿਤ ਚਾਹੈ ॥ (1148)
har simran chhaad param gat chaahai.
The mortal abandons meditative remembrance of the Lord, and then wishes for the state of supreme salvation;

ਮੂਲ ਿਬਨਾ ਸਾਖਾ ਕਤ ਆਹੈ ॥੧॥ (1149)
mool binaa saakhaa kat aahai. ||1||
but without roots, how can there be any branches? ||1||


**Guru Govinda**

ਮੇਰੇ ਮਨ ਦਿਖਾਇ॥ (1149)

__gur govind mayray man Dhi-aa-ay._

O my mind, meditate on the Guru, the Lord of the Universe.

**Janaam Janaam**

ਕੀ ਉਤਾਰੈ ਬੰਧਨ ਕਾਟ ਹਿਰ ਸੰਗ ਮੀਲਾਇ ॥੧॥ (1149)

__janam janam kee mail utaarai banDhan kaat har sang milaa-ay. ||1|| rahaa-o.__

The filth of countless incarnations shall be washed away. Breaking your bonds, you shall be united with the Lord. ||1||Pause||

**Tirath**

ਨਾਈ ਕਹਾ ਸੁਚ ਸੈਲ ਨਾਈ॥ (1149)

__tirath naa-ay kahaa such sail.__

How can a stone be purified by bathing at a sacred shrine of pilgrimage?

**Man Kahai**

ਸੂਚ ਸੈਲ ਮੈਲੁ॥ (1149)

__such sail mail.__

The filth of egotism clings to the mind.

**Koti Karam**

ਬੰਧਨ ਕਾ ਮੂਲੁ ॥ (1149)

__banDhan kaa mool.__

Millions of rituals and actions taken are the root of entanglements.

**Har Kay**

ਧਰਨ ਬੀਰਥਾ ਪੂਲ ਨਾਈ॥ (1149)

__har kay bhajan bin birthaa pool. ||2||

Without meditating and vibrating on the Lord, the mortal gathers only worthless bundles of straw. ||2||

**Bin Khai**

ਖਾ ਬੂਜ ਨਹੀ ਭੂਖ ॥ (1149)

__bin khaa-ay boojhai nahee bhookh.__

Without eating, hunger is not satisfied.

**Rog Jaa**

ਦੂਖ ਦੂਖ ਨਹੀ ਦੂਖ ॥ (1149)

__dooj hai dookh. When the disease is cured, then the pain goes away.__

**Bhairva**

ਕਪੜ ਨਹੀ ਘੂੰਘੂੰ ਦੁਸ਼ਥ ॥ (1149)

__kapoor nahee ghaan ghaan duskh.__

When the disease is cured, then the pain goes away.
The mortal is engrossed in sexual desire, anger, greed and attachment.

He does not meditate on God, that God who created him.

Blessed, blessed is the Holy Saint, and blessed is the Name of the Lord.

Blessed is the devotee of the Lord, and blessed is the Creator Lord.

Nanak seeks the Sanctuary of God, the Primal, the Infinite.

When the Guru was totally pleased, my fear was taken away.
I enshrine the Name of the Immaculate Lord within my mind.

He is Merciful to the meek, forever Compassionate.

All my entanglements are finished. ||1||

I have found peace, poise, and myriads of pleasures.

In the Saadh Sangat, the Company of the Holy, fear and doubt are dispelled. My tongue chants the Ambrosial Name of the Lord, Har, Har. ||1||Pause||

I have fallen in love with the Lord's Lotus Feet.

In an instant, the terrible demons are destroyed.

Twenty-four hours a day, I meditate and chant the Name of the Lord, Har, Har.
राखनहार गोविद गुर आप ||2||
raakhnahaar govid gur aap. ||2||
The Guru is Himself the Savior Lord, the Lord of the Universe. ||2||

अपने सेवक कउ सदा परितपारै || (1149)
apnay sayvak ka-o sadaa partipaari.
He Himself cherishes His servant forever.

भगत जना के सास िनहारै || (1149)
bhagat janaa kay saas nihaarai.
He watches over every breath of His humble devotee.

मानस की कहु के तक बात || (1149)
maanas kee kaho kaytak baat.
Tell me, what is the nature of human beings?

जम ते राखै दे किर हाथ ||3||
jam tay raakhai day kar haath. ||3||
The Lord extends His Hand, and saves them from the Messenger of Death. ||3||

िंरमल सोभा िंरमल रीित || (1149)
nirmal sobhaa nirmal reet.
Immaculate is the Glory, and Immaculate is the way of life,

पारबर्हमु आइआ मिन चीित || (1149)
paarbarahm aa-i-aa man cheet.
of those who remember the Supreme Lord God in their minds.

किर िकरपा गुिर दीनो दानु || (1149)
kir kirpaa gur deeno daan.
The Guru, in His Mercy, has granted this Gift.
Nanak has obtained the treasure of the Naam, the Name of the Lord. ||4||33||46||

My Guru is the All-powerful Lord, the Creator, the Cause of causes.

He is the Soul, the Breath of Life, the Giver of Peace, always near.

He is the Destroyer of fear, the Eternal, Unchanging, Sovereign Lord King.

Gazing upon the Blessed Vision of His Darshan, all fear is dispelled. ||1||

Wherever I look, is the Protection of Your Sanctuary.

I am a sacrifice, a sacrifice to the Feet of the True Guru. ||1||Pause||
ਪੂਰਨ ਕਾਮ ਮਲੇ ਗਰਦੇਵ || (1149)
pooran kaam milay gurdayv.
My tasks are perfectly accomplished, meeting the Divine Guru.

ਸਿਭ ਫਲਦਾਤਾ ਨਿਰਮਲ ਸੇਵ || (1149)
sabh faldaataa nirmal sayv.
He is the Giver of all rewards. Serving Him, I am immaculate.

ਕਰੁ ਗਿਹ ਲੀਨੇ ਅਪੁਨੇ ਦਾਸ || (1149)
kar geh leenay apunay daas.
He reaches out with His Hand to His slaves.

ਰਾਮ ਨਾਮੁ ਰਿਦ ਦੀਆਂ ਨਿਵਾਸ || 2 || (1149)
raam naam rid deey-o nivaas. ||2||
The Name of the Lord abides in their hearts. ||2||

ਸਦਾ ਅਨੰਦ ਨਾਹੀ ਿਕਛੁ ਸੋਗ || (1149)
sadaa anand naahee kichh sog.
They are forever in bliss, and do not suffer at all.

ਦੂਖੁ ਦਰਦੁ ਨਹ ਬੀਆਪੈ ਰੋਗ || (1149)
dookh darad nah bi-aapai rog.
No pain, sorrow or disease afflicts them.

ਸਭ ਕਿਛੁ ਤੀਰਾ ਤੂ ਕਰਣੈਹਾਰ || (1149)
sabh kichh tayraa too karnaihaar.
Everything is Yours, O Creator Lord.

ਧਰਵਰਹਮ ਗਰ ਅਗਮ ਅਪਾਰ || 3 || (1149)
paarbarahm gur agam apaar. ||3||
The Guru is the Supreme Lord God, the Inaccessible and Infinite. ||3||
His Glorious Grandeur is immaculate, and the Bani of His Word is wonderful!

The Perfect Supreme Lord God is pleasing to my mind.

He is permeating the waters, the lands and the skies.

O Nanak, everything comes from God.

All the desires of my mind have been perfectly fulfilled.

Twenty-four hours a day, I sing of the Lord God.
The True Guru has imparted this perfect wisdom.

Very fortunate are those who love the Naam, the Name of the Lord.

Associating with them, we cross over the world-ocean.

They are spiritual teachers, who meditate in remembrance on the One Lord.

Wealthy are those who have a discriminating intellect.

Noble are those who remember their Lord and Master in meditation.

Honorable are those who understand their own selves.

By Guru’s Grace, I have obtained the supreme status.
Day and night I meditate on the Glories of God.

My bonds are broken, and my hopes are fulfilled.

The Feet of the Lord now abide in my heart.

Says Nanak, one whose karma is perfect-

that humble being enters the Sanctuary of God.

He himself is pure, and he sanctifies all.

His tongue chants the Name of the Lord, the Source of Nectar.

Bhairao, Fifth Mehl:
Repeat the Naam, the Name of the Lord, no obstacles block the way.

Listening to the Naam, the Messenger of Death runs far away.

Repeating the Naam, all pains vanish.

Chanting the Naam, the Lord's Lotus Feet dwell within.

Meditating, vibrating the Name of the Lord, Har, Har, is unobstructed devotional worship.

Sing the Glorious Praises of the Lord with loving affection and energy. ||1|| Pause||

Meditating in remembrance on the Lord, the Eye of Death cannot see you.

Meditating in remembrance on the Lord, demons and ghosts shall not touch you.
Meditating in remembrance on the Lord, attachment and pride shall not bind you.

Meditating in remembrance on the Lord, you shall not be consigned to the womb of reincarnation.

Any time is a good time to meditate in remembrance on the Lord.

Among the masses, only a few meditate in remembrance on the Lord.

Social class or no social class, anyone may meditate on the Lord.

Whoever meditates on Him is emancipated.

Chant the Name of the Lord in the Saadh Sangat, the Company of the Holy.

Perfect is the Love of the Lord's Name.
O God, shower Your Mercy on Nanak.

That he may think of you with each and every breath.

Bhairao, Fifth Mehl:

He Himself is the Shaastras, and He Himself is the Vedas.

He knows the secrets of each and every heart.

He is the Embodiment of Light; all beings belong to Him.

The Creator, the Cause of causes, the Perfect All-powerful Lord.

Grab hold of the Support of God, O my mind.
As Gurmukh, worship and adore His Lotus Feet; enemies and pains shall not even approach you. ||1||Pause||

He Himself is the Essence of the forests and fields, and all the three worlds.

The universe is strung on His Thread.

He is the Uniter of Shiva and Shakti - mind and matter.

He Himself is in the detachment of Nirvana, and He Himself is the Enjoyer. ||2||

Wherever I look, there He is.

Without Him, there is no one at all.

In the Love of the Naam, the world-ocean is crossed.
ਗੁਣ ਗਆਵੈ ਨਾਨਕੁ ਸਾਧਸੰਗ ॥੩॥ (1150)
Nanak sings His Glorious Praises in the Saadh Sangat, the Company of the Holy. ||3||

ਮੁਕਿਤ ਭੁਗਿਤ ਜੁਗਿਤ ਵਿਸ ਜਾ ਕੈ ॥ (1150)
Liberation, the ways and means of enjoyment and union are under His Control.

ਸਾਹ ਸਾਹ ਕਿਸੁ ਜਨ ਤਾ ਕੈ ॥ (1150)
His humble servant lacks nothing.

ਕਿਰ ਕਿਰਪਾ ਜਿਸੁ ਹੋਇ ਸੁਪਰ੍ਸੰਨ ॥ (1150)
That person, with whom the Lord, in His Mercy, is pleased -

ਨਾਨਕ ਦਾਸ ਸੇਈ ਜਨ ਧਨ ॥੪॥੩੭॥੫੦॥ (1150)
O slave Nanak, that humble servant is blessed. ||4||37||50||

ਬਹਾੜ ਮੱਲਾ ੫੦॥ (1150)
Bhairao, Fifth Mehl:

ਬਗਤ ਬਾਸ ਕੁਲ ਚਿੱਤਰਿੰਦ ॥ (1150)
The minds of the Lord’s devotee are filled with bliss.

ਅਸਿਥਿਤ ਭਾਵ ਬਿਸੀ ਸਭ ਚੰਦ ॥ (1150)
They become stable and permanent, and all their anxiety is gone.
Their fears and doubts are dispelled in an instant.

The Supreme Lord God comes to dwell in their minds. ||1||

The Lord is forever the Help and Support of the Saints.

Inside the home of the heart, and outside as well, the Transcendent Lord is always with us, permeating and pervading all places. ||1|| Pause||

He continually cherishes and brings peace to my soul and breath of life.

He reaches out with His Hand and saves His slave.

He does not abandon us, even for an instant; He is always with us. ||2||
There is no other Beloved like the Lord.

The True Lord takes care of all.

The Lord is our Mother, Father, Son and Relation.

Since the beginning of time, and throughout the ages, His devotees sing His Glorious Praises.

My mind is filled with the Support and the Power of the Lord.

Without the Lord, there is no other at all.

Nanak's mind is encouraged by this hope,

that God will accomplish my objectives in life.
Bhairao, Fifth Mehl:

Fear itself becomes afraid, when the mortal remembers the Lord's Name in meditation.

All the diseases of the three gunas - the three qualities - are cured, and tasks of the Lord's slaves are perfectly accomplished. ||1|| Pause||

The people of the Lord always sing His Glorious Praises; they attain His Perfect Mansion.

Even the Righteous Judge of Dharma and the Messenger of Death yearn, day and night, to be sanctified by the Blessed Vision of the Lord's humble servant. ||1||

Sexual desire, anger, intoxication, egotism, slander and egotistical pride are eradicated in the Saadh Sangat, the Company of the Holy.

By great good fortune, such Saints are met. Nanak is forever a sacrifice to them. ||2||39||52||

Bhairao, Fifth Mehl:
ਪੰਚ ਮਜਮੀ ਜੋ ਪੰਚਨ ਰਾਖੀ॥ ((1151))
panch majmee jo panchan raakhai.
One who harbors the five thieves, becomes the embodiment of these five.

ਮਿਥਾਦਾ ਰਸਨਾ ਨੀ ਉਠ ਭਾਖੀ॥ ((1151))
mithi-aa rasnaa nit uth bhaakhai.
He gets up each day and tells lies.

ਚਕਰ੍ ਬੰਨਾਈ ਕਰੈ ਪਾਖੰਡ॥ ((1151))
chakar banaa-ay karai pakhand.
He applies ceremonial religious marks to his body, but practices hypocrisy.

ਜ਼ੁਰੀ ਜ਼ੁਰੀ ਪਚਾਈ ਜਾਈ ਤਾਰਾ ਰੰਡ॥੧॥ ((1151))
jhur jhur pachai jaisay tari-a rand. ||1||
He wastes away in sadness and pain, like a lonely widow. ||1||

ਹਿਰ ਕੇ ਨਾਮ ਬਨਾ ਸਭ ਝੂਠ॥ ((1151))
har kay naam binaa sabh jhooth.
Without the Name of the Lord, everything is false.

ਬਨਾ ਪੁੰਚ ਪ੍ਰਕਾਸ਼ ਬਨਾ ਲੇਖ ਜਾ ਹਕੁਲਮੁਖੀ ਸਾਚੀ ਦਰਗਿਹ ਮੂਠ॥੧॥ ਰਹਾਉ॥ ((1151))
bin gur pooray mukat na paa-ee-ai saachee dargahi saakat mooth. ||1|| rahaa-o.
Without the Perfect Guru, liberation is not obtained. In the Court of the True Lord, the faithless cynic is plundered. ||1||Pause||

ਸੋਈ ਕੁਚੀਲੁ ਕੁਦਰਿਤ ਨਹੀ ਜਾਈ॥ ((1151))
so-ee kucheel kudrat nahee jaanai.
One who does not know the Lord's Creative Power is polluted.

ਲੀਪਾਈ ਥਾਈ ਨ ਸੁਚੀ ਹਿਰ ਮਾਨੈ॥ ((1151))
leepi-ai thaa-ay na such har maanai.
Ritualistically plastering one's kitchen square does not make it pure in the Eyes of the Lord.
antar mailaa baahar nit Dhovai.
If a person is polluted within, he may wash himself everyday on the outside,

saachee dargahi apnee pat khovai. ||2||
but in the Court of the True Lord, he forfeits his honor. ||2||

maa-i-aa kaaran karai upaa-o.
He works for the sake of Maya,
kabeh na ghaalai seeDhaa paa-o.
but he never places his feet on the right path.

jin kee-aa tis cheet na aanai.
He never even remembers the One who created him.
koorhee koorhee mukhahu vakhaanai. ||3||
He speaks falsehood, only falsehood, with his mouth. ||3||

jis no karam karay kartaar.
That person, unto whom the Creator Lord shows Mercy,
saaDhsang ho-ay tis bi-uhaar.
deals with the Saadh Sangat, the Company of the Holy.
हर नाम भगत सिया लागा रंग।
One who lovingly worships the Lord's Name,

कहू नानक तिसु जन नही भंग।
says Nanak - no obstacles ever block his way.

भैराओ, Fifth Mehl:

निन्दक कूड़ा झूठा बिउहार।
False are the dealings of the slanderer.

निन्दक का मैला आचार।
The slanderer's lifestyle is filthy and polluted.

दास अपुने कूड़ा राखनहार।
The Lord is the Saving Grace and the Protector of His slave.

निन्दक भैराओ निन्दक दोल।
The slanderer dies with the rest of the slanderers.
The Supreme Lord God, the Transcendent Lord, protects and saves His humble servant. Death roars and thunders over the head of the slanderer. ||1|| Pause||

No one believes what the slanderer says.

The slanderer tells lies, and later regrets and repents.

The Lord does not forgive the slanderer. ||2||

The Lord's slave does not wish anyone ill.

The slanderer suffers, as if stabbed by a spear. Like a crane, he spreads his feathers, to look like a swan.
When he speaks with his mouth, then he is exposed and driven out. ||3||

The Creator is the Inner-knower, the Searcher of hearts.

That person, whom the Lord makes His Own, becomes stable and steady.

The Lord's slave is true in the Court of the Lord.

Servant Nanak speaks, after contemplating the essence of reality. ||4||41||54||

Bhairao, Fifth Mehl:

With my palms pressed together, I offer this prayer.

My soul, body and wealth are His property.
He is the Creator, my Lord and Master.

Millions of times, I am a sacrifice to Him.

The dust of the feet of the Holy brings purity.

Remembering God in meditation, the mind's corruption is eradicated, and the filth of countless incarnations is washed away. ||1||Pause||

All treasures are in His household.

Serving Him, the mortal attains honor.

He is the Fulfiller of the mind's desires.

He is the Support of the soul and the breath of life of His devotees. ||2||
His Light shines in each and every heart.

Chanting and meditating on God, the Treasure of Virtue, His devotees live.

Service to Him does not go in vain. Deep within your mind and body, meditate on the One Lord. Following the Guru’s Teachings, compassion and contentment are found.

This Treasure of the Naam, the Name of the Lord, is the immaculate object.

Please grant Your Grace, O Lord, and attach me to the hem of Your robe.

Nanak meditates continually on the Lord’s Lotus Feet.
Bhairao, Fifth Mehl:

The True Guru has listened to my prayer.

The Perfect Guru has dispelled all my fears.

The All-powerful Divine Guru is the Greatest of all.

Serving Him, I obtain all comforts.

Everything is done by Him.
No one can erase His Eternal Decree.

The Supreme Lord God, the Transcendent Lord, is incomparably beautiful.

The Guru is the Image of Fulfillment, the Embodiment of the Lord.

The Name of the Lord abides deep within him.

Wherever he looks, he sees the Wisdom of God.

His mind is totally enlightened and illuminated.

Within that person, the Supreme Lord God abides.

I humbly bow to that Guru forever.
ਿਤਸੁ ਗੁਰ ਕਉ ਸਦ ਜਾਉ ਬਲਿਹਾਰ ॥ (1152)
tis gur ka-o sad jaa-o balihaar.
I am forever a sacrifice to that Guru.

ਗੁਰ ਨਾਨਕ ਜਿਪ ਜਿਪ ਸਦ ਜੀਵਾ ॥੪॥੪੩॥੫੬॥ (1152)
gur naanak jap jap sad jeevaa. ||4||43||56||
Chanting and meditating forever on Guru Nanak, I live. ||4||43||56||

ਰਾਗੁ ਭੈਰਉ ਮਹਲਾ ५ ਪੜਤਾਲ ਘਰੁ ३ (1153)
raag bhaairo mehlaa 5 parh-taal ghar 3
Raag Bhairao, Fifth Mehl, Partaal, Third House:

ਅਿਨਕ ਰੰਗ ਬਹੁ ਤਰੰਗ ਸਰਬ ਕੋ ਧਨੀ ॥੧॥ ਰਹਾਉ ॥ (1153)
anik rang baho tarang sarab ko Dhanee. ||1|| rahaa-o.
Countless colors, and countless waves of joy; He is the Master of all. ||1||Pause||

ਰਾਗੁ ਬਿਹਾਰ ਮਾਤਾ ਅਮਿਕ ਜਾਪ ਜਾਪ ਤਾਪ ॥ (1153)
raag bhaairao madhaa amik jaap jaap taap
Endless spiritual wisdom, endless meditations, endless chants, intense meditations and austere self-disciplines.
Countless virtues, musical notes and playful sports; countless silent sages enshrine Him in their hearts. ||1||

Countless melodies, countless instruments, countless tastes, each and every instant. Countless mistakes and countless diseases are removed by hearing His Praise.

O Nanak, serving the Infinite, Divine Lord, one earns all the rewards and merits of performing the six rituals, fasts, worship services, pilgrimages to sacred rivers, and journeys to sacred shrines. ||2||1||57||8||21||7||57||93||

He alone is a great king, who keeps the Naam, the Name of the Lord, within his heart. He alone is a great king, who keeps the Naam, the Name of the Lord, within his heart.
jis naam ridai tin kot Dhan paa-ay.
One who keeps the Naam in his heart, obtains millions of treasures.

naam binaa janam birthaa jaa-ay. ||1||
Without the Naam, life is useless. ||1||

so vadbhaagee jis gur mastak haath. ||1|| rahaa-o.
He is very fortunate, on whose forehead the Guru has placed His Hand. ||1||Pause||

jis naam ridai tis kot ka-ee sainaa.
One who keeps the Naam in his heart, has many millions of armies on his side.

jis naam ridai tis sahj sukhainaa.
One who keeps the Naam in his heart, enjoys peace and poise.

jis naam ridai so seetal hoo-aa.
One who keeps the Naam in his heart becomes cool and calm.

naam binaa Dharig jeevan moo-aa. ||2||
Without the Naam, both life and death are cursed. ||2||
One who keeps the Naam in his heart is Jivan-mukta, liberated while yet alive.

One who keeps the Naam in his heart knows all ways and means.

One who keeps the Naam in his heart obtains the nine treasures.

Without the Naam, the mortal wanders, coming and going in reincarnation.

One who keeps the Naam in his heart is carefree and independent.

One who keeps the Naam in his heart always earns a profit.

Without the Naam, the mortal is just an ignorant, self-willed manmukh.
One who keeps the Naam in his heart has a permanent position.

One who keeps the Naam in his heart is seated on the throne.

One who keeps the Naam in his heart is the true king.

Without the Naam, no one has any honor or respect.

One who keeps the Naam in his heart is famous everywhere.

One who keeps the Naam in his heart is the Embodiment of the Creator Lord.

One who keeps the Naam in his heart is the highest of all.

Without the Naam, the mortal wanders in reincarnation.
jis naam ridai tis pargat pahaaraa.
One who keeps the Naam in his heart sees the Lord manifested in His Creation.

jis naam ridai tis miti-aa anDhaaraa.
One who keeps the Naam in his heart - his darkness is dispelled.

jis naam ridai so purakh parvaan.
One who keeps the Naam in his heart is approved and accepted.

naam binaa fir aavan jaan. ||7||
Without the Naam, the mortal continues coming and going in reincarnation. ||7||

tin naam paa-i-aa jis bha-i-o kirpaal.
He alone receives the Naam, who is blessed by the Lord's Mercy.

saaDhsangat meh lakhay gopaal.
In the Saadh Sangat, the Company of the Holy, the Lord of the World is understood.

aavan jaan rahay sukh paa-i-aa.
Coming and going in reincarnation ends, and peace is found.

kaho naanak tatai tat milaa-i-aa. ||8||1||4||
Says Nanak, my essence has merged in the Essence of the Lord. ||8||1||4||
Bhairao, Fifth Mehl:

Kot Bisan keenay avtaar.
He created millions of incarnations of Vishnu.

Kot Barahmand jaa kay Dharamsaal.
He created millions of universes as places to practice righteousness.

Kot Mahays upaa-ay samaa-ay.
He created and destroyed millions of Shivas.

Kot Barahmay jag saajan laa-ay. ||1||
He employed millions of Brahmas to create the worlds. ||1||

Aiso Dhanee guvind hamaaraa.
Such is my Lord and Master, the Lord of the Universe.

Bhavin na saaka-o gun bisthaaraa. ||1|| raha-o.
I cannot even describe His Many Virtues. ||1||Pause||

Kot Maa-i-aa jaa kai sayvkaa-ay.
Millions of Mayas are His maid-servants.
ਕੋਟ ਜੀਅ ਜਾ ਕੀ ਸ਼ਥਜਾਇ ॥ (1156)
kot jee-a jaa kee sijhaj-ay.
Millions of souls are His beds.

ਕੋਟ ਉਪਾਰਜਨਾ ਤੇਰੈ ਅੰਗੀ ॥ (1156)
kot upajjanaa tayrai ang.
Millions of universes are the limbs of His Being.

ਕੋਟ ਬਸਤ ਹਿਰ ਸੰਗ ॥੨॥ (1156)
kot basat har sang. ||2||
Millions of devotees abide with the Lord. ||2||

ਕੋਟ ਛਤਰ੍ਪਿਤ ਕਰਤ ਨਮਸਕਾਰ ॥ (1156)
kot chhatarpat karat namaskaar.
Millions of kings with their crowns and canopies bow before Him.

ਕੋਟ ਇੰਦਰ੍ ਠਾਢੇ ਹੈ ਦੁਆਰ ॥ (1156)
kot indar thaadhay hai du-aar.
Millions of Indras stand at His Door.

ਕੋਟ ਬਿਕੰਠ ਜਾ ਕੀ ਦਰਸਤੀ ਮਾਹੀ ॥ (1156)
kot baikunth jaa kee daristee maahi.
Millions of heavenly paradises are within the scope of His Vision.

ਕੋਟ ਨਾਮ ਜਾ ਕੀ ਕੀਮਤ ਨਾਹੀ ॥੩॥ (1156)
kot naam jaa kee keemat naahi. ||3||
Millions of His Names cannot even be appraised. ||3||

ਕੋਟ ਪੂਰੀਅਤ ਹਈ ਜਾ ਕੈ ਨਾਦ ॥ (1156)
kot pooree-at hai jaa kai naad.
Millions of celestial sounds resound for Him.
Kot akhaaray chalit bismaad.
His Wondrous Plays are enacted on millions of stages.

Kot sakat siv aagi-aakaar.
Millions of Shaktis and Shivas are obedient to Him.

Kot jee-a dayvai aDhaar. ||4||
He gives sustenance and support to millions of beings. ||4||

Kot tirath jaa kay charan majhaar.
In His Feet are millions of sacred shrines of pilgrimage.

Kot pavitar japat naam chaar.
Millions chant His Sacred and Beautiful Name.

Kot poojaaree kartay poojaa.
Millions of worshippers worship Him.

Kot bisthaaran avar na doojaa. ||5||
Millions of expanses are His; there is no other at all. ||5||

Kot mahimaa jaa kee nirmal hans.
Millions of swan-souls sing His Immaculate Praises.
Millions of Brahma’s sons sing His Praises.

He creates and destroys millions, in an instant.

Millions are Your Virtues, Lord - they cannot even be counted.

Millions of spiritual teachers teach His spiritual wisdom.

Millions of meditators focus on His meditation.

Millions of austere penitents practice austerities.

Millions of silent sages dwell in silence.

Our Eternal, Imperishable, Incomprehensible Lord and Master,
ਪੂਰਨ ਰਿਹਾ ਘਟ ਅੰਤਰਜਾਮੀ || (1157)
 poor rahi-aa ghat antarjaamee.
 the Inner-knower, the Searcher of hearts, is permeating all hearts.

ਤਤ ਲਹ ਏੰਧੀ ਦੇਵ ਸਾਗਾ || (1157)
 jat kat daykh-a-u tayraa vaaasa.
 Wherever I look, I see Your Dwelling, O Lord.

ਤਤ ਲਹ ਕੁਰੀ ਬੀਖਣੀ ਭੁਜਾਮਾ ||8||2||5|| (1157)
 naanak ka-o gur kee-o pargaasaa. ||8||2||5||
The Guru has blessed Nanak with enlightenment. ||8||2||5||

ਤਤੀਰਸ੍ਸੀ ਮਾਝ ਨਿੰਦਣੂ ਚੁਆਨ ਸਾਗਾ || (1157)

naanak ka-o gur kee-o pargaasaa. ||8||2||5||
The Guru has blessed Nanak with enlightenment. ||8||2||5||

ਅਮਲੇ ਲਹ ਕੁਰੀ ਬੀਖਣੀ ਰਾਮੀ || (1157)
 amol ratan har deeno naam.
 He has given me the Priceless Jewel of the Lord's Name.

ਮਾਕਾ ਕੀਤੀ ਚੁਣ ਬਿਣਾਦਾਰਗ || (1157)
 sahj binod choj aanantaa.
 Now, I intuitively enjoy endless pleasures and wondrous play.

ਤਤੀਰਸ੍ਸ੍ਸੀ ਪੁਰੁਸ ਬਿਣਦਰ ਅਦਿਤੀ ||1|| (1157)
 naanak ka-o parabh mili-o achintaa. ||1||
 God has spontaneously met with Nanak. ||1||

The True Guru has blessed me with this gift.
kaho naanak keerat har saachee.
Says Nanak, True is the Kirtan of the Lord's Praise.

bahir bairi tis sang man raachee. ||1|| rhaa-o.
Again and again, my mind remains immersed in it. ||1||Pause||

achint hamaara bhojan bhaa-o.
Spontaneously, I feed on the Love of God.

achint hamaara leechai naa-o.
Spontaneously, I take God's Name.

achint hamaara sabad uDhaar.
Spontaneously, I am saved by the Word of the Shabad.

achint hamaara bharay bhandaar. ||2||
Spontaneously, my treasures are filled to overflowing. ||2||

achint hamaara kaaraj pooray.
Spontaneously, my works are perfectly accomplished.

achint hamaara lathay visooray.
Spontaneously, I am rid of sorrow.
achint hamaaray binsay bair. Spontaneously, I am rid of hatred.
Spontaneously, the Kirtan of the Lord's Praise seems so sweet to my mind.

Spontaneously, I behold God in each and every heart. ||5||

Spontaneously, all my doubts have been dispelled.

Spontaneously, peace and celestial harmony fill my mind.

Spontaneously, the Unstruck Melody of the Sound-current resounds within me.

Spontaneously, the Lord of the Universe has revealed Himself to me. ||6||

Spontaneously, my mind has been pleased and appeased.

I have spontaneously realized the Eternal, Unchanging Lord.
Spontaneously, all wisdom and knowledge has welled up within me.

Spontaneously, the Support of the Lord, Har, Har, has come into my hands. ||7||

Spontaneously, God has recorded my pre-ordained destiny.

Spontaneously, the One Lord and Master God has met me.

Spontaneously, all my cares and worries have been taken away.

Nanak, Nanak, Nanak, has merged into the Image of God. ||8||3||6||

Fifth Mehl:

Those who call a stone their god-
ता की बिरथा होवै सेव ॥ (1160)
their service is useless.

जो पाथर की पाई पाई ॥ (1160)
Those who fall at the feet of a stone god-

 jitś की घाल अजाई जाइ ॥१॥ (1160)
their work is wasted in vain. ||1||

ठाकु रु हमरा सद बोलंता ॥ (1160)
My Lord and Master speaks forever.

सरब जीआ कउ पर्भु दानु देता ॥१॥ रहाउ ॥ (1160)
God gives His gifts to all living beings. ||1||Pause||

भर्म का मोहआ पावै फंधु ॥ (1160)
Deluded by doubt, he is caught in the noose.

न पाथरु बोलै ना किछु देइ ॥ (1160)
The stone does not speak; it does not give anything to anyone.
Such religious rituals are useless; such service is fruitless. ||2||

If a corpse is anointed with sandalwood oil,
what good does it do?

If a corpse is rolled in manure,
what does it lose from this? ||3||

Says Kabeer, I proclaim this out loud -

The love of duality has ruined countless homes.
राम भगत है सदा सुखाले ॥४॥४॥१२॥ (1160)

The Lord's devotees are forever in bliss. ||4||4||12||

बसंतु महला ५ घरू १ दुतुके
basant mehlaa 5 ghar 1 dutukay
Basant, Fifth Mehl, First House, Du-Tukay:

िको-नका satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

गुरू सेवौ किर नमस्कार ॥
gur sayva-o kar namaskaar.
I serve the Guru, and humbly bow to Him.

आजु हमारै मंगलचार ॥
aaj hamaarai mangalchaar.
Today is a day of celebration for me.

आजु हमारै महा अनंद ॥
aaj hamaarai maha anand.
Today I am in supreme bliss.

My anxiety is dispelled, and I have met the Lord of the Universe. ||1||

आजु हमारै गारी बसंत ॥
aaj hamaarai garhi basant.
Today, it is springtime in my household.
गुन गाए पर्भ तुम्ह बेअंत ॥१॥ रहाउ ॥

I sing Your Glorious Praises, O Infinite Lord God. ||1||Pause||

आजु हमारै बने फाग ॥

Today, I am celebrating the festival of Phalgun.

पर्भ संगी मिलि खेलन लाग ॥

Joining with God's companions, I have begun to play.

होली कीनी संत सेव ॥

I celebrate the festival of Holi by serving the Saints.

रंगु लागा अित लाल देव ॥२॥

I am imbued with the deep crimson color of the Lord's Divine Love. ||2||

मनु तनु मउिलओ अित अनूप ॥

My mind and body have blossomed forth, in utter, incomparable beauty.

सूकै नाही छाव धूप ॥

They do not dry out in either sunshine or shade;

सगली रूती हरिआ होइ ॥

they flourish in all seasons.
ਸਦ ਬਸੰਤ ਗੁਰ ਿਮਲੇ ਦੇਵ ॥੩॥

sad basant gur milay dayv. ||3||
It is always springtime, when I meet with the Divine Guru. ||3||

ਿਬਰਖੁ ਜਿਮਓ ਹੈ ਪਾਰਜਾਤ ॥ (1180)
birakh jami-o hai paarjaat.
The wish-fulfilling Elysian Tree has sprouted and grown.

ਫੂਲ ਲਗੇ ਫਲ ਰਤਨ ਭਾਂਤ ॥ (1180)
fool lagay fal ratan bhaaNt.
It bears flowers and fruits, jewels of all sorts.

ਿਤਰ੍ਪਿਤ ਅਘਾਨੇ ਹਿਰ ਗੁਣਹ ਗਾਇ ॥ (1180)
taripat aghaanay har gunah gaa-ay.
I am satisfied and fulfilled, singing the Glorious Praises of the Lord.

ਜਨ ਨਾਨਕ ਹਿਰ ਹਿਰ ਹਿਰ ਿਧਆਇ ॥੪॥੧॥ (1180)
jan naanak har har har Dhi-aa-ay. ||4||1||
Servant Nanak meditates on the Lord, Har, Har, Har. ||4||1||

ਬਸੰਤੁ ਮਹਲਾ ੫ ॥ (1180)
basant mehlaa 5.
Basant, Fifth Mehl:

ਹਟਵਾਣੀ ਧਨ ਮਾਲ ਹਾਟੁ ਕੀਤੁ ॥ (1180)
hatvaanee Dhan maal haat keet.
The shopkeeper deals in merchandise for profit.

ਜੂਆਰੀ ਜੂਏ ਮਾਹਿ ਚੀਤੁ ॥ (1180)
joo-aaree joo-ay maahi cheet.
The gambler's consciousness is focused on gambling.
The opium addict lives by consuming opium.

In the same way, the humble servant of the Lord lives by meditating on the Lord.

Everyone is absorbed in his own pleasures.

He is attached to whatever God attaches him to. ||1||Pause||

When the clouds and the rain come, the peacocks dance.

Seeing the moon, the lotus blossoms.

When the mother sees her infant, she is happy.

In the same way, the humble servant of the Lord lives by meditating on the Lord of the Universe.
ਸੋਂਘ रੁਚਈ ਸਦ ਭੋਜਨ ਮਾਸ ॥ (1180)
singh ruchai sad bhojan maas.
The tiger always wants to eat meat.

ਰਣ ਦੇਖ ਸੂਰੇ ਚਿਤ ਉਲਾਸ ॥ (1180)
ran daykh sooray chit ulaas.
Gazing upon the battlefield, the warrior’s mind is exalted.

ਕਿਰਪਨ ਕਾ ਅਤੀ ਧਨ ਪਿਆਰੁ ॥ (1180)
kirpan ka-o at Dhan pi-aar.
The miser is totally in love with his wealth.

ਹਿਰ ਜਨ ਕਾ ਹਿਰ ਹਿਰ ਆਧਾਰੁ ॥ 3 ॥ (1180)
har jan ka-o har har aaDhaar. ||3||
The humble servant of the Lord leans on the Support of the Lord, Har, Har. ||3||

ਸਰਬ ਰੰਗ ਇਕ ਰੰਗ ਮਾਹੀ ॥ (1180)
sarab rang ik rang maahi.
All love is contained in the Love of the One Lord.

ਸਰਬ ਸੁਖ ਸੁਖ ਹਿਰ ਕੈ ਨਾਇ ॥ (1180)
sarab sukhaa sukh har kai naa-ay.
All comforts are contained in the Comfort of the Lord's Name.

ਤਿਸਹ ਪਰਾਪਤਿ ਇਹੁ ਨਿਧਾਨੁ ॥ (1180)
tiseh paraapat ih niDhaan.
He alone receives this treasure,

ਨਾਨਕ ਗੁਰੂ ਜਿਸੁ ਕਰੇ ਦਾਨੁ ॥ 4 ॥ 2 ॥ (1180)
aanak gur jis karay daan. ||4||2||
O Nanak, unto whom the Guru gives His gift. ||4||2||
Basant, Fifth Mehl:

He alone experiences this springtime of the soul, unto whom God grants His Grace.

He alone experiences this springtime of the soul, unto whom the Guru is merciful.

He alone is joyful, who works for the One Lord.

He alone experiences this eternal springtime of the soul, within whose heart the Naam, the Name of the Lord, abides.

This spring comes only to those homes,
in which the melody of the Kirtan of the Lord's Praises resounds.

O mortal, let your love for the Supreme Lord God blossom forth.
Practice spiritual wisdom, and consult the humble servants of the Lord.

He alone is an ascetic, who joins the Saadh Sangat, the Company of the Holy.

He alone dwells in deep, continual meditation, who loves his Guru. ||2||

He alone is fearless, who has the Fear of God.

He alone is peaceful, whose doubts are dispelled.

He alone is a hermit, who heart is steady and stable.

He alone is steady and unmoving, who has found the true place. ||3||

He seeks the One Lord, and loves the One Lord.
He loves to gaze upon the Blessed Vision of the Lord's Darshan.

He intuitively enjoys the Love of the Lord.

Slave Nanak is a sacrifice to that humble being.

You gave us our soul, breath of life and body.

I am a fool, but You have made me beautiful, enshrining Your Light within me.

We are all beggars, O God; You are merciful to us.

Chanting the Naam, the Name of the Lord, we are uplifted and exalted.
मेरे प्रीतम कारण करण जोग ॥ (1181)
mayray pareetam kaaran karan jog.
O my Beloved, only You have the potency to act,

हउ पावउ तुम ते सगल थोक ॥१॥ रहाउ ॥
ha-o paava-o tum tay sagal thok. ||1|| raha-o.
and cause all to be done. ||1||Pause||

नामु जपत होवत उधार ॥ (1181)
naam japat hovat uDhaar.
Chanting the Naam, the mortal is saved.

नामु जपत सुख सहज सार ॥ (1181)
naam japat sukh sahj saar.
Chanting the Naam, sublime peace and poise are found.

नामु जपत पित सोभा होइ ॥ (1181)
naam japat pat sobhaa ho-ay.
Chanting the Naam, honor and glory are received.

नामु जपत िबघनु नाही कोइ ॥२॥ (1181)
naam japat bighan naahee ko-ay. ||2||
Chanting the Naam, no obstacles shall block your way. ||2||

जा कारणि इह दुलभ देह ॥ (1181)
jaa kaaran ih dulabh dayh.
For this reason, you have been blessed with this body, so difficult to obtain.

सो बोलु मेरे प्रभू देहि ॥ (1181)
so bol mayray parabhoo deh.
O my Dear God, please bless me to speak the Naam.
This tranquil peace is found in the Saadh Sangat, the Company of the Holy.

May I always chant and meditate within my heart on Your Name, O God. ||3||

Other than You, there is no one at all.

Everything is Your play; it all merges again into You.

As it pleases Your Will, save me, Lord.

O Nanak, peace is obtained by meeting with the Perfect Guru. ||4||4||

Basant, Fifth Mehl:

My Beloved God, my King is with me.
Gazing upon Him, I live, O my mother.

Remembering Him in meditation, there is no pain or suffering.

Please, take pity on me, and lead me on to meet Him.

My Beloved is the Support of my breath of life and mind.

This soul, breath of life, and wealth are all Yours, O Lord.

He is sought by the angels, mortals and divine beings.

The silent sages, the humble, and the religious teachers do not understand His mystery.

His state and extent cannot be described.
ghat ghat ghat ghat rahi-aa samaa-ay. ||2||
In each and every home of each and every heart, He is permeating and pervading. ||2||

jaa kay bhagat aanand mai.
His devotees are totally in bliss.

jaa kay bhagat ka-o naahee khai.
His devotees cannot be destroyed.

jaa kay bhagat ka-o naahee bhai.
His devotees are not afraid.

jaa kay bhagat ka-o sadaa jai. ||3||
His devotees are victorious forever. ||3||

ka-un upmaa tayree kahee jaa.
What Praises of Yours can I utter?

sukh-daata parabh rahi-o samaa-ay.
God, the Giver of peace, is all-pervading, permeating everywhere.

naanak jaachai ayk daan.
Nanak begs for this one gift.
Be merciful, and bless me with Your Name. ||4||5||

Basant, Fifth Mehl:

As the plant turns green upon receiving water,

just so, in the Saadh Sangat, the Company of the Holy, egotism is eradicated.

Just as the servant is encouraged by his ruler,

we are saved by the Guru. ||1||

You are the Great Giver, O Generous Lord God.

Each and every instant, I humbly bow to You. ||1||Pause||
Whoever enters the Saadh Sangat-

that humble being is imbued with the Love of the Supreme Lord God.

He is liberated from bondage.

His devotees worship Him in adoration; they are united in His Union. ||2||

My eyes are content, gazing upon the Blessed Vision of His Darshan.

My tongue sings the Infinite Praises of God.

My thirst is quenched, by Guru's Grace.

My mind is satisfied, with the sublime taste of the Lord’s subtle essence. ||3||
Your servant is committed to the service of Your Feet,

O Primal Infinite Divine Being.

Your Name is the Saving Grace of all.

Nanak has received this treasure.

You are the Great Giver; You continue to give.

You permeate and pervade my soul, and my breath of life.

You have given me all sorts of foods and dishes.
I am unworthy; I know none of Your Virtues at all. ||1||

I do not understand anything of Your Worth.

I do not know the way to meet You.

Within my mind, I have placed my hopes in the One Lord alone.

The Support of Your Name shall carry me across.

You are the Expert, O God, in all powers.
The fish cannot find the limits of the water.

You are Inaccessible and Unfathomable, the Highest of the High.

I am small, and You are so very Great.

Those who meditate on You are wealthy.

Those who attain You are rich.

Those who serve You are peaceful.

Nanak seeks the Sanctuary of the Saints.

Basant, Fifth Mehl:
Serve the One who created You.

Worship the One who gave you life.

Become His servant, and you shall never again be punished.

Become His trustee, and you shall never again suffer sorrow.

That mortal who is blessed with such great good fortune,

attains this state of Nirvaanaa. ||1||Pause||

Life is wasted uselessly in the service of duality.

No efforts shall be rewarded, and no works brought to fruition.
It is so painful to serve only mortal beings.

Service to the Holy brings lasting peace and bliss.

If you long for eternal peace, O Siblings of Destiny,
then join the Saadh Sangat, the Company of the Holy; this is the Guru's advice.

There, the Naam, the Name of the Lord, is meditated on.

In the Saadh Sangat, you shall be emancipated.

Among all essences, this is the essence of spiritual wisdom.

Among all meditations, meditation on the One Lord is the most sublime.
The Kirtan of the Lord’s Praises is the ultimate melody.

Meeting with the Guru, Nanak sings the Glorious Praises of the Lord.

Basant, Fifth Mehl:

Chanting His Name, one’s mouth becomes pure.

Meditating in remembrance on Him, one’s reputation becomes stainless.

Worshipping Him in adoration, one is not tortured by the Messenger of Death.

Serving Him, everything is obtained.

The Lord’s Name - chant the Lord's Name.
Abandon all the desires of your mind. ||1||Pause||

He is the Support of the earth and the sky.

His Light illuminates each and every heart.

Meditating in remembrance on Him, even fallen sinners are sanctified;

in the end, they will not weep and wail over and over again. ||2||

Among all religions, this is the ultimate religion.

Among all rituals and codes of conduct, this is above all.

The angels, mortals and divine beings long for Him.
To find Him, commit yourself to the service of the Society of the Saints. ||3||

One whom the Primal Lord God blesses with His bounties,

obtains the treasure of the Lord.

His state and extent cannot be described.

Servant Nanak meditates on the Lord, Har, Har. ||4||9||

My mind and body are gripped by thirst and desire.

The Merciful Guru has fulfilled my hopes.
In the Saadh Sangat, the Company of the Holy, all my sins have been taken away.

I chant the Naam, the Name of the Lord; I am in love with the Name of the Lord.

By Guru's Grace, this spring of the soul has come.

I enshrine the Lord's Lotus Feet within my heart; I listen to the Lord's Praise, forever and ever.

Our All-powerful Lord and Master is the Doer of all, the Cause of all causes.

I am an orphan - I seek Your Sanctuary, God.

All beings and creatures take Your Support.

Be merciful, God, and save me.
bhav khandan dukh naas dayv.
God is the Destroyer of fear, the Remover of pain and suffering.

sur nar mun jan taa kee sayv.
The angelic beings and silent sages serve Him.

dharan akaas jaa kee kala maahi.
The earth and the sky are in His Power.

tayraa dee-aa sabh jant khaahi. ||3||
All beings eat what You give them. ||3||

antarjaamee parabh da-i-aal.
O Merciful God, O Searcher of hearts,
apnay daas ka-o nadar nihaal.
please bless Your slave with Your Glance of Grace.
kar kirpaa mohi dayh daan.
Please be kind and bless me with this gift,
jap jeevai naanak tayro naam. ||4||10||
that Nanak may live in Your Name. ||4||10||
Basant, Fifth Mehl:

राम रंग सभ गए पाप ॥

Loving the Lord, one's sins are taken away.

राम जपत कछु नही संताप ॥

Meditating on the Lord, one does not suffer at all.

गोबिंद जपत सिभ िमटे अंधेर ॥

Meditating on the Lord of the Universe, all darkness is dispelled.

हिर सिमरत कछु नाह फेर ॥१॥

Meditating in remembrance on the Lord, the cycle of reincarnation comes to an end. ||1||

बसंतु हमारै राम रंगु ॥

The love of the Lord is springtime for me.

संत जना सिउ सदा संगु ॥१॥ रहाउ ॥

I am always with the humble Saints. ||1||Pause||

The Saints have shared the Teachings with me.
Blessed is that country where the devotees of the Lord of the Universe dwell.

But that place where the Lord's devotees are not, is wilderness.

By Guru's Grace, realize the Lord in each and every heart.

Sing the Kirtan of the Lord's Praises, and enjoy the nectar of His Love.

O mortal, you must always restrain yourself from committing sins.

Behold the Creator Lord God near at hand.

Here and hereafter, God shall resolve your affairs.

I focus my meditation on the Lord's Lotus Feet.
Granting His Grace, God has blessed me with this Gift.

I yearn for the dust of the feet of Your Saints.

Nanak meditates on his Lord and Master, who is ever-present, near at hand.

By Guru’s Grace, I continually chant His Name.

God is my Protector, my Mother and Father.

Meditating in remembrance on Him, I do not suffer in sorrow.
I meditate on my Lord and Master, single-mindedly, with love.

I seek the Sanctuary of the Perfect Guru forever. My True Lord and Master hugs me close in His Embrace.

God Himself protects His humble servants.

The demons and wicked enemies have grown weary of struggling against Him.

Without the True Guru, there is no place to go.

Wandering through the lands and foreign countries, people only grow tired and suffer in pain.

The record of their past actions cannot be erased.

They harvest and eat what they have planted.
The Lord Himself is the Protector of His humble servants.

No one can rival the humble servant of the Lord. ||3||

God's Glory is perfect and unbroken.

So sing the Glorious Praises of the Lord of the Universe with your tongue forever.

Nanak lives by meditating on the Feet of the Lord. ||4||12||

Dwelling at the Guru's Feet, pain and suffering go away.
ਪਾਰਬਰ੍ਹਿਮ ਪਰ੍ਿਭ ਕਰੀ ਮਇਆ ॥ (1183)
paarbarahm parabh karee ma-i-aa.
The Supreme Lord God has shown mercy to me.

ਸਰਵ ਮਨੋਰਥ ਪੂਰਨ ਕਾਮ ॥ (1183)
sarab manorath pooran kaam.
All my desires and tasks are fulfilled.

ਜਿਪ ਜੀਵੈ ਨਾਨਕੁ ਰਾਮ ਨਾਮ ॥੧॥ (1183)
jap jeevai naanak raam naam. ||1||
Chanting the Lord's Name, Nanak lives. ||1||

ਜਿਪ ਜੀਵੈ ਨਾਨਕੁ ਰਾਮ ਨਾਮ ॥੧॥ (1183)
jap jeevai naanak raam naam. ||1||
Chanting the Lord's Name, Nanak lives. ||1||

ਸਾ ਰੁਿਤ ਸੁਹਾਵੀ ਿਜਤੁ ਹਿਰ ਿਚਿਤ ਆਵੈ ॥ (1183)
saa rut suhaavee jit har chit aavai.
How beautiful is that season, when the Lord fills the mind.

ਬਨੁ ਸਿਤਗੁਰ ਦੀਸੈ ਬਿਲਲਾਂਤੀ ਿਜਤੁ ਿਫਿਰ ਿਫਿਰ ਆਵੈ ਜਾਵੈ ॥੧॥ (1183)
bin satgur deesai billaaNtee saakat fir fir aavai jaavai. ||1|| rahaa-o.
Without the True Guru, the world weeps. The faithless cynic comes and goes in
reincarnation, over and over again. ||1||Pause||

ਮੇ ਪਹਲੇ ਿਲਿ ਵਿਰ ਪ੍ਰਸੁ ਕਾਮੀ ॥ (1184)
me phalheil vil vir prasu kaamii.
They alone are rich, who have the Wealth of the Lord God.

ਕਾਮ ਕਰ੍ੋਧ ਗੁਰ ਸਥਿਨ ਨਾਸੀ ॥ (1184)
kaam kroDh gur sabad naas.
Through the Word of the Guru's Shabad, sexual desire and anger are eradicated.

ਬਈ ਿਬਨਸੇ ਿਨਰਭੈ ਪਦੁ ਪਾਇਆ ॥ (1184)
bhai binsay nirbhai pad paa-i-aa.
Their fear is dispelled, and they attain the state of fearlessness.
Meeting with the Guru, Nanak meditates on his Lord and Master. ||2||

God dwells in the Saadh Sangat, the Company of the Holy. ||1184||

Chanting and meditating on the Lord, one's hopes are fulfilled. ||1184||

God permeates and pervades the water, the land and the sky. ||1184||

Meeting with the Guru, Nanak chants the Name of the Lord, Har, Har. ||3||

The eight miraculous spiritual powers and the nine treasures are contained in the Naam, the Name of the Lord. ||1184||

This is bestowed when God grants His Grace. ||1184||

Your slaves, O God, live by chanting and meditating on Your Name.
O Nanak, the heart-lotus of the Gurmukh blossoms forth. ||4||13||

Basant, Fifth Mehl, First House, Ik-Tukay:

One Universal Creator God. By The Grace Of The True Guru:

Meditating on the Lord, all desires are fulfilled,

and the mortal is re-united with God, after having been separated for so long. ||1||

Meditate on the Lord of the Universe, who is worthy of meditation.

Meditating on Him, enjoy celestial peace and poise. ||1||Pause||

Bestowing His Mercy, He blesses us with His Glance of Grace.
अपना दासु आिप सम्हालआ ॥२॥ (1184)
God Himself takes care of His slave. ||2||

ﾒੇਤ ﻢੰਗ਼ੀ ﻏੀ ﭙੀ ﭙੀ ॥ (1184)
My bed has been beautified by His Love.

ਆਇ ﻢਲੇ ﻢੰਦ ਮੰਦ ਵਾਲੀ ॥੩॥ (1184)
God, the Giver of Peace, has come to meet me. ||3||

ਮੇਰਾ ਗੁਣਾ ਅਵਗਣਾ ਨ ਬੀਚਾਰੀਆ ॥ (1184)
He does not consider my merits and demerits.

ਪਰ੍ਭ ਨਾਨਕ ਚਰਣ ਪੂਜਾਰੀਆ ॥੪॥੧॥੧੪॥ (1184)
Nanak worships at the Feet of God. ||4||1||14||

ਬਸਤੁ ਮਹਲਾ ੫ ॥ (1184)
Basant, Fifth Mehl:

ਕਿਲਕਿਖ ਬਿਨਾਂ ਗਾਇ ਗੁਨਾ ॥ (1184)
The sins are erased, singing the Glories of God;

ਅਨਿਦਨ ਉਪਜੀ ਸਹਜ ਧੁਨਆ ॥੧॥ (1184)
night and day, celestial joy wells up. ||1||
man ma-uli-o har charan sang.
My mind has blossomed forth, by the touch of the Lord's Feet.

By His Grace, He has led me to meet the Holy men, the humble servants of the Lord. I remain continually imbued with the love of the Lord's Name. ||1||Pause||

The Lord, Merciful to the meek, has attached me to the hem of His robe and saved me. ||2||

This mind has become the dust of the Holy; I behold my Lord and Master, continually, ever-present. ||3||

Sexual desire, anger and desire have vanished.

O Nanak, God has become kind to me. ||4||2||15||
बसंतु महला ५ ॥ (1184)
बालक राखे अपने कर थाप ॥१॥
बालक raakhay apnay kar thaap. ||1||
He laid on His Hands, and protected His child. ||1||

सांत सहज गर्िह सद बसंतु ॥
saaNt sahj garihi sad basant.
Celestial peace and tranquility fill my home forever, in this springtime of the soul.

सੋਗ ਸੰਤਾਪ ਕਟੇ ਪਰ੍ਿਭ ਆਿਪ ॥
sog santaap katay parabh aap.
God Himself has dispelled my sorrow and suffering.

ਜੋ ਜਨੁ ਤੰਤਰਾ ਜਪੇ ਨਾਉ ॥
jo jan tayraa japay naa-o.
That humble being who chants Your Name,
 obtains all fruits and rewards; singing the Glories of God, he becomes steady and stable. 

||3||

O Nanak, the way of the devotees is good.

||4||3||16||

They meditate continually, continuously, on the Lord, the Giver of peace. ||4||3||16||

He shows Mercy to His servant. ||1||

He implants the Ambrosial Naam, the Name of the Lord, in the heart. ||1||Pause||
karam Dharam mayraa kachh na beechaari-o. 
He does not consider the karma of my actions, or my Dharma, my spiritual practice.

Taking me by the arm, He saves me and carries me across the terrifying world-ocean. ||2||

God has rid me of my filth, and made me stainless and pure.

I have sought the Sanctuary of the Perfect Guru. ||3||

He Himself does, and causes everything to be done.

By His Grace, O Nanak, He saves us. ||4||4||17||

Basant, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:
देखू फूल फूल फूले ॥ (1185)
daykh fool fool foolay.
Behold the flowers flowering, and the blossoms blossoming forth!

अहं तिआगि तिआगे ॥ (1185)
ahaN ti-aag ti-aagay.
Renounce and abandon your egotism.

चरन कमल पागे ॥ (1185)
charan kamal paagay.
Grasp hold of His Lotus Feet.

तुम मिलहु पर्भ सभागे ॥ (1185)
tum milhu parabh sabhaagay.
Meet with God, O blessed one.

हिर चेित मन मेरे ॥ रहाउ ॥ (1185)
har chayt man mayray. raha-o.
O my mind, remain conscious of the Lord. ||Pause||

सघन बासु कूले ॥ (1185)
saghan baas koolay.
The tender young plants smell so good,

इिक रहे सूिक कठूले ॥ (1185)
ik rahay sook kathoolay.
while others remain like dry wood.

बसंत रूित आई ॥ (1185)
basant rut aa-ee.
The season of spring has come;
ਪਰਫੂਲਤਾ ਰਹੇ ॥੧॥ (1185)
parfooltaa rahay. ||1||
it blossoms forth luxuriantly. ||1||

ਆਬ ਬਰ੍ਹੀ ਆਦਿਸੀ ਦੇ ॥ (1185)
ab kaloo aa-i-o ray.
Now, the Dark Age of Kali Yuga has come.

ਇਕੁ ਨਾਮੁ ਬੋਵਹੁ ਬੋਵਹੁ ॥ (1185)
ik naam bovhu bovhu.
Plant the Naam, the Name of the One Lord.

ਅਨ ਰੂਿਤ ਨਾਹੀ ਨਾਹੀ ॥ (1185)
an root naahee naahee.
It is not the season to plant other seeds.

ਮਤੁ ਭਰਿਮ ਭੂਲਹੁ ਭੂਲਹੁ ॥ (1185)
mat bharam bhoolahu bhoolahu.
Do not wander lost in doubt and delusion.

ਗੁਰ ਿਮਲੇ ਹਿਰ ਪਾਏ ॥ (1185)
gur milay har paa-ay.
He shall meet with the Guru and find the Lord,

ਜਿਸੁ ਮਸਤਿਕ ਹੈ ਲੇਖਾ ॥ (1185)
jis mastak hai laykhaa.
who has such destiny written on his forehead.

ਮਨ ਰੁਿਤ ਨਾਮ ਰੇ ॥ (1185)
man rut naam ray.
O mortal, this is the season of the Naam.
ਗੁਨ ਕਹੇ ਨਾਨਕ ਹਿਰ ਹਰੇ ਹਿਰ ਹਰੇ ॥੨॥੧੮॥

Nanak utters the Glorious Praises of the Lord, Har, Har, Har, Har. ||2||18||

ਬਸੰਤੁ ਮਹਲਾ ੫ ਘਰੁ ੨ ਹਿਣੋਲ (1185)

Basant, Fifth Mehl, Second House, Hindol:

ᳲ ਸਿਤਗੁਰ ਪਰਸਾਦ ॥

One Universal Creator God. By The Grace Of The True Guru:

ਹੋਇ ਇਕਤਰ੍ ਿਮਲਹੁ ਮੇਰੇ ਭਾਈ ਦੁਿਬਧਾ ਦੂਿਰ ਕਰਹੁ ਿਲਵ ਲਾਈ ॥

Come and join together, O my Siblings of Destiny; dispel your sense of duality and let yourselves be lovingly absorbed in the Lord.

ਹਿਰ ਨਾਮੈ ਕੇ ਹੋਵਹੁ ਜੋੜੀ ਗੁਰਮੁਕਾਹਾ ਬੈਸਾ ਸਫਾ ਿਵਛਾਇ ॥੧॥

Let yourselves be joined to the Name of the Lord; become Gurmukh, spread out your mat, and sit down. ||1||

ਇਨਹ ਿਬਿਧ ਪਾਸਾ ਢਾਲਹੁ ਬੀਰ ॥

In this way, throw the dice, O brothers.

ਗੁਰਮੁਕਾਹਾ ਨਾਮੁ ਜਪਹੁ ਿਦਨੁ ਰਾਤੀ ਅੰਤ ਕਾਿਲ ਨਹ ਲਾਗੈ ਪੀਰ ॥੧॥ ਰਹਾਉ ॥

As Gurmukh, chant the Naam, the Name of the Lord, day and night. At the very last moment, you shall not have to suffer in pain. ||1||Pause||

ਵਧਾਮ ਵਧਸ ਒ਸਵਿਧਵਾਨ੍ਹਾ ਮਾਨੁ ਮੱਧ ਵਧਾਮ ਅਮ੍ਹ ਮਨੀ ॥ (1185)

Let righteous actions be your gameboard, and let the truth be your dice.
कामु कर्द्वु लोभु मोहु जीतहु ऐसी खेल हिर िपआरी ॥२॥ (1185)
Conquer sexual desire, anger, greed and worldly attachment; only such a game as this is dear to the Lord. ||2||

उिठ इसनानु करहु परभाते सोए हिर आराधे ॥ (1185)
Rise in the early hours of the morning, and take your cleansing bath. Before you go to bed at night, remember to worship the Lord. ||2||

मेरा सितगुरु सुक्ह सहज सेती घिर जाते ॥३॥ (1185)
My True Guru will assist you, even on your most difficult moves; you shall reach your true home in celestial peace and poise. ||3||

हर आपे खेलै आपे देखै हिर आपे रचनु रचाइआ ॥ (1185)
The Lord Himself plays, and He Himself watches; the Lord Himself created the creation. ||3||

जन नानक गुरमुिख जो नरु खेलै सो िजिण बाजी घिर आइआ ॥४॥१॥१॥१॥ (1185)
O servant Nanak, that person who plays this game as Gurmukh, wins the game of life, and returns to his true home. ||4||1||19||

बसंतु महला ५ हिंदोल ॥ (1185)
Basant, Fifth Mehl, Hindol:

तेरी कु दरित तूहै जाणिह अउरु न दूजा जाणै ॥ (1185)
You alone know Your Creative Power, O Lord; no one else knows it. ||1||

जिस नी क्रिया करहि मेरे पिआ्रे सोई तुझे पड़ाणी ॥ (1185)
He alone realizes You, O my Beloved, unto whom You show Your Mercy. ||1||
ਤੇਿਰਆ ਭਗਤਾ ਕਉ ਬਿਲਹਾਰਾ ॥ (1185)

I am a sacrifice to Your devotees.

ਮਹਾਤਮ ਸੂਰਜ ਮੂਰਥ ਡੇਵ ਵੇਂ ਡੇਵ ਅਧਾਰਾ ॥੧॥ ਜਜ਼ੀਂ ॥ (1185)

Your place is eternally beautiful, God; Your wonders are infinite. ||1||Pause||

ਥਾਨੁ ਸੁਹਾਵਾ ਸੰਦੇਹ ਤੇਰਾ ਰੰਗ ਤੇਰੇ ਆਪਾਰਾ ॥੧॥ ਰਹਾਉ ॥

Your place is eternally beautiful, God; Your wonders are infinite. ||1||Pause||

ਤੇਰੀ ਸੇਵਾ ਤੁਝ ਹੋਵੈ ਅਉਰ ਨ ਦੂਜਾ ਕਰਤਾ ॥ (1185)

Only You Yourself can perform Your service. No one else can do it.

ਭਗਤੁ ਤੇਰਾ ਸੋਈ ਤੁਧੁ ਭਾਵੈ ਜਿਸ ਨੋ ਤੂ ਰੰਗ ਧਰਤਾ ॥੩॥

He alone is Your devotee, who is pleasing to You. You bless them with Your Love. ||3||

ਤੂ ਵਡ ਦਾਤਾ ਤੂ ਵਡ ਦਾਨਾ ਅਉਰ ਨਹੀ ਕੋ ਦੂਜਾ ॥ (1186)

You are the Great Giver; You are so very Wise. There is no other like You.

ਕਹੁ ਨਾਨਕ ਢਿਹ ਪਇਆ ਦੁਆਰੈ ਰਿੱਖ ਲੇਵਹੁ ਮੁਗਧ ਅਜਾਣਾ ॥੪॥੨॥੨੦॥ (1186)

Says Nanak, I have collapsed at Your Door, Lord. I am foolish and ignorant - please save me! ||4||2||20||
The mortal does not know the Primal Lord God; he does not understand himself. He is engrossed in doubt and egotism. ||1||

My Father is the Supreme Lord God, my Master.

I am unworthy, but please save me anyway. ||1||Pause||

Creation and destruction come only from God; this is what the Lord's humble servants believe. ||2||

Only those who are imbued with God's Name are judged to be peaceful in this Dark Age of Kali Yuga. ||3||

It is the Guru's Word that carries us across; Nanak cannot think of any other way. ||4||3||21||

Basant, Fifth Mehl, First House, Du-Tukee:
One Universal Creator God. By The Grace Of The True Guru:

Listen to the stories of the devotees, O my mind, and meditate with love.

Ajaamal uttered the Lord's Name once, and was saved.

Baalmeek found the Saadh Sangat, the Company of the Holy.

The Lord definitely met Dhroo. ||1||

I beg for the dust of the feet of Your Saints.

Please bless me with Your Mercy, Lord, that I may apply it to my forehead. ||1||Pause||

Ganika the prostitute was saved, when her parrot uttered the Lord's Name.
गजइंदर् द्विध वीरि भौध ॥ (११९२)
गजइंद्र द्विध वीरि भौध ॥
gaj-indar Dhi-aa-i-o har kee-o mokh.
The elephant meditated on the Lord, and was saved.

धिब्रु सुदामे दलद् भंज ॥ (११९२)
धिब्रु सुदामे दलद् भंज ॥
bipar sudaamay daalad bhanj.
He delivered the poor Brahmin Sudama out of poverty.

वे भल दू हर देविरि ॥२॥ (११९२)
वे भल दू हर देविरि ॥२॥
ray man too bhee har gobiind. ||2||
O my mind, you too must meditate and vibrate on the Lord of the Universe. ||2||

बिधकु उधारो कॉबंद ॥ (११९२)
बिधकु उधारो कॉबंद ॥
baDhik uDhaari-o kham par-haar.
Even the hunter who shot an arrow at Krishna was saved.

कुबिजा उधारी अंगुसत धार ॥ (११९२)
कुबिजा उधारी अंगुसत धार ॥
kubijaa uDhree angusat Dhaar.
Kubija the hunchback was saved, when God placed His Feet on her thumb.

विदरु देविरि गमर भौध ॥ (११९२)
विदरु देविरि गमर भौध ॥
bidar uDhaari-o daasat bhaa-ay.
Bidar was saved by his attitude of humility.

वे भल दू हर देविरि ॥३॥ (११९२)
वे भल दू हर देविरि ॥३॥
ray man too bhee har Dhi-aa-ay. ||3||
O my mind, you too must meditate on the Lord. ||3||

प्रहलाद रक्षि हर पैज आप ॥ (११९२)
प्रहलाद रक्षि हर पैज आप ॥
parahlaad rakhee har paij aap.
The Lord Himself saved the honor of Prahlaad.
bastar chheenat daropatee rakhee laaj.
Even when she was being disrobed in court, Dropatee’s honor was preserved.

jin jin sayvi-aa ant baar.
Those who have served the Lord, even at the very last instant of their lives, are saved.

ray man sayv too pareh paar. ||4||
O my mind, serve Him, and you shall be carried across to the other side. ||4||

Dhannah served the Lord, with the innocence of a child.

Meeting with the Guru, Trilochan attained the perfection of the Siddhas.

The Guru blessed Baynee with His Divine Illumination.

O my mind, you too must be the Lord’s slave. ||5||

Jai Dayv gave up his egotism.
नाई उधिरओ सैनु सेव ॥ (1192)
Sain the barber was saved through his selfless service.

मनु डीिग न डोलै कहूं जाइ ॥ (1192)
Do not let your mind waver or wander; do not let it go anywhere.

मन तू भी तरसिह सरिण पाइ ॥६॥ (1192)
O my mind, you too shall cross over; seek the Sanctuary of God. ||6||

जिह अनुगर्हु ठाकु िर कीओ आिप ॥ (1192)
O my Lord and Master, You have shown Your Mercy to them.

से तᱹ लीने भगत रािख ॥ (1192)
You saved those devotees.

तिन का गुणु अवगणु न बीचािरओ कोइ ॥ (1192)
You do not take their merits and demerits into account.

हबहबह भजा न रेवांडीर सेव ॥ (1192)
Seeing these ways of Yours, I have dedicated my mind to Your service. ||7||

कबीिर िधआइओ एक रंग ॥ (1192)
Kabeer meditated on the One Lord with love.
नामदेव हिर जीउ बसिह संिग ॥ (1192)
namdayv har jee-o baseh sang.
Naam Dayv lived with the Dear Lord.

रिवदास िधआए प्रभ अनूप ॥ (1192)
ravidaas Dhi-aa-ay parabh anoop.
Ravi Daas meditated on God, the Incomparably Beautiful.

गुर नानक देव गोविंद रूप ॥8॥1॥
gur naanak dayv govid roop. ||8||1||
Guru Nanak Dayv is the Embodiment of the Lord of the Universe. ||8||1||

बसੰਤੁ मਹਲਾ ५ ॥
basant mehlaa 5.
Basant, Fifth Mehl:

ਆਤਿਆਤ ਜਨਮ ਭਰ੍ਮੇ ਜੋਿਨ ਮਾਿਹ ॥ (1192)
anik janam bharamay jon maahi.
The mortal wanders in reincarnation through countless lifetimes.

ਹਿਰ ਿਸਮਰਨ ਿਬਨੁ ਨਰਿਕ ਪਾਿਹ ॥ (1192)
har simran bin narak paahi.
Without meditating in remembrance on the Lord, he falls into hell.

ਬਗਤ ਿਬਹੂਨਾ ਖੰਡ ਖੰਡ ॥ (1192)
bhagat bihoonaa khand khand.
Without devotional worship, he is cut apart into pieces.

ਬਿਨੁ ਬੂझੇ ਜਮੁ ਦੇਤ ਡੰਡ ॥1॥
bin boojhay jam dayt dand. ||1||
Without understanding, he is punished by the Messenger of Death. ||1||
ਗੋਿਬੰਦ ਭਜਹੁ ਮੇਰੇ ਸਦਾ ਮੀਤ ॥ (1192)
Meditate and vibrate forever on the Lord of the Universe, O my friend.

ਸਾਚ ਸਬਦ ਕਿਰ ਸਦਾ ਪਰ੍ੀਿਤ ॥੧॥ ਰਹਾਉ ॥
Love forever the True Word of the Shabad. ||1||Pause||

ਸੰਤੋਖੁ ਨ ਆਵਤ ਕਹੂੰ ਕਾਜ ॥ (1192)
Contentment does not come by any endeavors.

ਪਾਪ ਕਰੰਤੌ ਨਹ ਸੰਗਾਇ ॥ (1192)
The mortal does not hesitate to commit sins.

ਮੋਹ ਲੋਭ ਡੂਬੌ ਸੰਸਾਰ ॥ (1192)
The world is drowning in attachment and greed.
काम करोध मनु विस कीआ ॥

(1192)

kaam kroDh man vas kee-aa.

Sexual desire and anger hold the mind in its power.

सुपनै नामु न हिर लीआ ॥३॥

(1192)

supnai naam na har lee-aa. ||3||

Even in his dreams, he does not chant the Lord's Name. ||3||

कब ही राजा कब मंगनहारु ॥

(1192)

kab hee raajaa kab manganhaar.

Sometimes he is a king, and sometimes he is a beggar.

दूख सूख बाधौ संसार ॥

(1192)

dookh sookh baaDhou sansaar.

The world is bound by pleasure and pain.

भत उधरण का साजू नाहि ॥

(1192)

man uDhran kaa saaj naahi.

The mortal makes no arrangements to save himself.

पाप बंधन नित पउत जाहि ॥४॥

(1192)

paap banDhan nit pa-ut jaahi. ||4||

The bondage of sin continues to hold him. ||4||

ईठ मीत कोऊ सखा नाहि ॥

(1192)

eeth meet ko-oo sakhaa naahi.

He has no beloved friends or companions.

आिप बीज आपे ही खाहि ॥

(1192)

aap beej aapay hee khaa Nhi.

He himself eats what he himself plants.
He gathers up that which brings corruption;

leaving them, the fool must depart in an instant. ||5||

He wanders in attachment to Maya.

He acts in accordance with the karma of his past actions.

Only the Creator Himself remains detached.

God is not affected by virtue or vice. ||6||

Please save me, O Merciful Lord of the Universe!

I seek Your Sanctuary, O Perfect Compassionate Lord.
ਤੁਝ ਿਬਨੁ ਦੂਜਾ ਨਹੀ ਠਾਉ ॥ (1193)
Without You, I have no other place of rest.

ਸਤਦਾਨ ਕਾਰੀਗਾਰ ਤੂ ਦਕਸਾਂ ॥੭॥ (1193)
Please take pity on me, God, and bless me with Your Name. ||7||

ਤੂ ਕਰਤਾ ਤੂ ਕਰਨਹਾਰੁ ॥ (1193)
You are the Creator, and You are the Doer.

ਕਿਰ ਿਕਰਪਾ ਲਿੜ਼ ਲੇਹੁ ਲਾਇ ॥ (1193)
Please be merciful, and attach me to the hem of Your robe.

ਨਾਨਕ ਦਾਸ ਪਰਬਾਂ ਸਰਣਾਈ ॥੮॥੨॥ (1193)
Slave Nanak has entered the Sanctuary of God. ||8||2||

ਬਸੰਤ ਕੀ ਵਾਰ ਮਹਾਲੁ ੫ (1193)
Basant Kee Vaar, Fifth Mehl:

ੱਖੀ ਮਿਲਮਿਲ ਦ੍ਰਿਸ਼ਦੀ ॥ (1193)
One Universal Creator God. By The Grace Of The True Guru:
Meditate on the Lord’s Name, and blossom forth in green abundance.

By your high destiny, you have been blessed with this wondrous spring of the soul.

See all the three worlds in bloom, and obtain the Fruit of Ambrosial Nectar.

Meeting with the Holy Saints, peace wells up, and all sins are erased.

O Nanak, remember in meditation the One Name, and you shall never again be consigned to the womb of reincarnation.

The Lord Himself leads us to dwell at His Feet. He stands right in our midst.

All sorrows and sicknesses are eradicated, and you become ever-fresh and rejuvenated.
Night and day, meditate on the Naam, the Name of the Lord. You shall never again die.

And the One, from whom we came, O Nanak, into Him we merge once again.

Where do we come from? Where do we live? Where do we go in the end?

All creatures belong to God, our Lord and Master. Who can place a value on Him?

Those who meditate, listen and chant, those devotees are blessed and beautified.

The Lord God is Inaccessible and Unfathomable; there is no other equal to Him.

The Perfect Guru has taught this Truth. Nanak proclaims it to the world.
ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

satgur moorat ka-o bal jaa-o.
I am a sacrifice to the Image of the True Guru.

antar pi-aas chaatrik ji-o jal kee safal darsan kad paaN-o. ||1|| rhaa-o.
My inner being is filled with a great thirst, like that of the song-bird for water. When shall I find the Fruitful Vision of His Darshan? ||1||Pause||

anaathaa ko naath sarab partipaalak bhagat vachhal har naa-o.
He is the Master of the masterless, the Cherisher of all. He is the Lover of the devotees of His Name.

jaa ka-o ko-ay na raakhai paraanee tis too deh asraa-o. ||1||
That mortal, whom no one can protect - You bless him with Your Support, O Lord. ||1||

Dharmkirtan ghat kirtikaarta eye kirtikirta N ao yagi ||1||
Support of the unsupported, Saving Grace of the unsaved, Home of the homeless.

dah dis jaaN-o tahaaN too sangay tayree keerat karam kamaa-o. ||2||
Wherever I go in the ten directions, You are there with me. The only thing I do is sing the Kirtan of Your Praises. ||2||

aykas tay laakh laakh tay aykaa tayree gat mit kahi na sakaa-o.
From Your Oneness, You become tens of thousands, and from tens of thousands, You become One. I cannot describe Your state and extent.
You are Infinite - Your value cannot be appraised. Everything I see is Your play. ||3||

I speak with the Company of the Holy; I am in love with the Holy people of the Lord.

Servant Nanak has found the Lord through the Guru's Teachings; please bless me with Your Blessed Vision; O Lord, my mind yearns for it. ||4||1||

The Dear Lord is the Inner-knower, the Searcher of hearts.

The mortal does evil deeds, and hides from others, but like the air, the Lord is present everywhere. ||1||Pause||

You call yourself a devotee of Vishnu and you practice the six rituals, but your inner being is polluted with greed.

Those who slander the Society of the Saints, shall all be drowned in their ignorance. ||1||
The mortal eats the food which he has carefully prepared, and then steals the wealth of others. His inner being is filled with falsehood and pride.

He knows nothing of the Vedas or the Shaastras; his mind is gripped by pride.

He says his evening prayers, and observes all the fasts, but this is all just a show.

God made him stray from the path, and sent him into the wilderness. All his actions are useless.

He alone is a spiritual teacher, and he alone is a devotee of Vishnu and a scholar, whom the Lord God blesses with His Grace.

Serving the True Guru, he obtains the supreme status and saves the whole world.

What can I say? I don't know what to say. As God wills, so do I speak.

I ask only for the dust of the feet of the Saadh Sangat, the Company of the Holy. Servant Nanak seeks their Sanctuary.
Saarang, Fifth Mehl:

अब मोरो नाचनो रहो || (1203)
ab moro naachno raho.
Now, my dancing is over.

लालु रगीला सहजे पाइओ सितगुर बचिन लहो ॥ (1203)
lao rageelaa sehjay paa-i-o satgur bachan laho. ||1|| rahaa-o.
I have intuitively obtained my Darling Beloved. Through the Word of the True Guru’s Teachings, I found Him. ||1||Pause||

कुआर कंिनाय जैसे संिग सहेरी िपर्रां बचन उपहास कहो ॥ (1203)
ku-aar kanniaa jaisay sang sahayree pari-a bachan uphaas kaho.
The virgin speaks with her friends about her husband and they laugh together;

जउ सुिरजनु िगर्ह भीतिर आइओ तब मुखु िकािज लजो ॥ (1203)
ja-o surijan garih bheetar aa-i-o tab mukh kaaj lajo. ||1||
but when he comes home, she becomes shy, and modestly covers her face. ||1||

जउ किनको कोठारी चिड़ओ कबरो होत िफरो ॥ (1203)
ja-o kaniko kothaaree charhi-o kabro hot firo.
When gold is melted in the crucible, it flows freely everywhere.

जब ते सुध भए है बारिह तब ते थान िथरो ॥ (2)|| (1203)
jab tay suDh bha-ay hai baareh tab tay thaan thiro. ||2||
But when it is made into pure solid bars of gold, then it remains stationary. ||2||

जउ िदनु रैिन तऊ लउ वजिओ मूरत घरी भले ॥ (1203)
ja-o din rain ta-oo la-o baj-i-o moorat gharee palo.
As long as the days and the nights of one’s life last, the clock strikes the hours, minutes and seconds.
Bajaavanhaaro ooth siDhaari-o tab fir baaj na bha-i-o. ||3||
But when the gong player gets up and leaves, the gong is not sounded again. ||3||

Jaisay kumbh udak poor aani-o tab ohu bhinn daristo.
When the pitcher is filled with water, the water contained within it seems distinct.

Kaho naanak kumbh jalai meh daari-o ambhai amb milo. ||4||3||
Says Nanak, when the pitcher is emptied out, the water mingles again with water. ||4||3||

He was supposed to have gathered the sublime essence of the Ambrosial Naam, the Name of the Lord, but instead, the mad-man was busy with poison. ||1||Pause||

He came to buy musk, but instead, he has loaded dust and thistle grass. ||1||
आई ओ लाभु लाभन कै ताई मोहिन ठागउरी िसउ उलिझ पहा ॥ (1203)
He comes in search of profits, but he is entangled in the enticing illusion of Maya.

काच बादै लालु खोई है िफिर इहु अउसरु किद लहा ॥२॥ (1203)
He loses the jewel, in exchange for mere glass. When will he have this blessed opportunity again? ||2||

सगल पराध एकु गुणु नाही ठाकु रु छोडह दािस भजहा ॥ (1203)
He is full of sins, and he has not even one redeeming virtue. Forsaking his Lord and Master, he is involved with Maya, God's slave.

आई मसाट जर्हवत की िनआई िजउ तसकरु दिर सािन् हा ॥३॥ (1203)
And when the final silence comes, like inanimate matter, he is caught like a thief at the door. ||3||

आन उपाउ न कोऊ सूझै हिर दासा सरणी पिर रहा ॥ (1203)
I cannot see any other way out. I seek the Sanctuary of the Lord's slaves.

कहु नानक तब ही मन छुटीऐ जउ सगले अउगन मेिट धरहा ॥४॥४॥ (1203)
Says Nanak, the mortal is emancipated, only when all his demerits and faults are erased and eradicated. ||4||4||

माई धीिर रही िपर्अ बहुतु िबरािगो ॥ (1203)
O mother, my patience is gone. I am in love with my Husband Lord.
अनिक भांति आनूप रंग रे तिन मियु बचै न लागिए ॥१॥ (1203)
निस बासूर परि-परि मुख टेर नीद पलक नही जागिए ॥
निस बासूर परि-परि मुख टेर नीद पलक नही जागिए ॥
हार कजर बसतर् अनिक सीगार रे बिन पिर सभै बिखु लागिए ॥१॥
neh-o dayN-u sabh man tan arpa-o sees charan par raakhi-o. ||2||
I would dedicate my heart to him, I offer my mind and body and everything; I place my head at his feet. ||2||
चरण बंदना अमोल दासरो दंस बंसे साधसंगीत अरदा लागिए ॥
charan bandnaa amol daasro dayN-u saaDhsangat ardaagi-o.
I bow at the feet of the voluntary slave of the Lord; I beg him to bless me with the Saadh Sangat, the Company of the Holy.
वयू द्रिग मेंदि पुष्य भिलमण्ड त्रिक्ष रवृ पेखागिए ॥
वयू द्रिग मेंदि पुष्य भिलमण्ड त्रिक्ष रवृ पेखागिए ॥
Show Mercy to me, that I may meet God, and gaze upon the Blessed Vision of His Darshan every moment. ||3||
When He is Kind to me, He comes to dwell within my being. Night and day, my mind is calm and peaceful.

Says Nanak, I sing the Songs of Joy; the Unstruck Word of the Shabad resounds within me. ||4||5||

O mother, True, True, True is the Lord, and True, True, True is His Holy Saint. ||1||Pause||

The mountains, the earth, the water and the air shall pass away. Only the Word of the Holy Saint shall endure. ||1||

Those born of eggs shall pass away, and those born of the womb shall pass away. Those born of the earth and sweat shall pass away as well.
The four Vedas shall pass away, and the six Shaastras shall pass away. Only the Word of the Holy Saint is eternal. ||2||

Raajas, the quality of energetic activity shall pass away. Taamas, the quality of lethargic darkness shall pass away. Saatvas, the quality of peaceful light shall pass away as well. ||3||

All that is seen shall pass away. Only the Word of the Holy Saint is beyond destruction. ||3||

He Himself is Himself by Himself. All that is seen is His play. ||4||6||

The Guru, the Lord of the Universe, dwells within my mind. ||1||Pause||

Wherever my Lord and Master is remembered in meditation - that village is filled with peace and bliss. ||1||Pause||
Wherever my Beloved Lord and Master is forgotten - all misery and misfortune is there.

Where the Praises of my Lord, the Embodiment of Bliss and Joy are sung - eternal peace and wealth are there.

Where they do not listen to the Stories of the Lord with their ears - the utterly desolate wilderness is there.

Where the Kirtan of the Lord’s Praises are sung with love in the Saadh Sangat - there is fragrance and fruit and joy in abundance.

Without meditative remembrance on the Lord, one may live for millions of years, but his life would be totally useless.

But if he vibrates and meditates on the Lord of the Universe, for even a moment, then he shall live forever and ever.

O God, I seek Your Sanctuary, Your Sanctuary, Your Sanctuary; please mercifully bless me with the Saadh Sangat, the Company of the Holy.
O Nanak, the Lord is All-pervading everywhere, amongst all. He knows the qualities and the condition of all. ||4||7||

Saarang, Fifth Mehl:

Now, I have obtained the Support of the Lord.

Those who seek the Sanctuary of the Ocean of Mercy are carried across the world-ocean. ||1||Pause||

They sleep in peace, and intuitively merge into the Lord. The Guru takes away their cynicism and doubt.

Whatever they wish for, the Lord does; they obtain the fruits of their minds' desires. ||1||

In my heart, I meditate on Him; with my eyes, I focus my meditation on Him. With my ears, I listen to His Sermon.
With my feet, I walk on my Lord and Mater's Path. With my tongue, I sing the Glorious Praises of the Lord. ||2||

With my eyes, I see the Lord, the Embodiment of Absolute Bliss; the Saint has turned away from the world.

I have found the Priceless Name of the Beloved Lord; it never leaves me or goes anywhere else. ||3||

What praise, what glory and what virtues should I utter, in order to please the Lord?

That humble being, unto whom the Merciful Lord is kind - O servant Nanak, he is the slave of God's slaves. ||4||8||

Who can I tell, and with whom can I speak, about this state of peace and bliss?
I am in ecstasy and delight, gazing upon the Blessed Vision of God's Darshan. My mind sings His Songs of Joy and His Glories. ||1|| Pause||

I am wonderstruck, gazing upon the Wondrous Lord. The Merciful Lord is All-pervading everywhere.

I drink in the Invaluable Nectar of the Naam, the Name of the Lord. Like the mute, I can only smile - I cannot speak of its flavor. ||1||

As the breath is held in bondage, no one can understand its coming in and going out.

So is that person, whose heart is enlightened by the Lord - his story cannot be told. ||2||

My Beloved, Carefree Lord has revealed Himself within the home of my own heart; thus I have realized the Inaccessible Lord. ||3||

The Absolute, Formless, Eternally Unchanging, Immeasurable Lord cannot be measured.
Says Nanak, whoever endures the unendurable - this state belongs to him alone.

The corrupt person passes his days and nights uselessly. He does not vibrate and meditate on the Lord of the Universe; he is intoxicated with egotistical intellect. He loses his life in the gamble.

The Naam, the Name of the Lord, is priceless, but he is not in love with it. He loves only to slander others.

Weaving the grass, he builds his house of straw. At the door, he builds a fire. Wearing his good clothes, the mortal falls into the coal-pit; again and again, he tries to shake it off.
Standing on the branch, eating and eating and smiling, he cuts down the tree.

He falls down head-first and is shattered into bits and pieces.

He bears vengeance against the Lord who is free of vengeance.

Says Nanak, the Saving Grace of the Saints is the Formless, Supreme Lord God.

All the others are deluded by doubt; they do not understand.

That person, within whose heart the One Pure Word abides, realizes the essence of the Vedas.

He walks in the ways of the world, trying to please people.
But as long as his heart is not enlightened, he is stuck in pitch black darkness. ||1||

The land may be prepared in every way, but nothing sprouts without being planted.

Just so, without the Lord’s Name, no one is liberated, nor is egotistical pride eradicated.

The mortal may churn water until he is sore, but how can butter be produced?

Without meeting the Guru, no one is liberated, and the Lord of the Universe is not met.

Searching and searching, I have come to this realization: all peace and bliss are in the

Name of the Lord.

Says Nanak, he alone receives it, upon whose forehead such destiny is inscribed.
अनिदनु राम के गुण कहीऐ ॥ (1206)
an-din raam kay gun kahee-ai.
Night and day, utter the Glorious Praises of the Lord.

सगल पदारथ सरब सूख सिध मन बांछत फल लहीऐ ॥1॥ (1206)
sagal padaarath sarab sookh siDh man baaNchhat fal lahee-ai. ||1|| raha-o.
You shall obtain all wealth, all pleasures and successes, and the fruits of your mind's desires. ||1||Pause||

आवहु संत प्रान शुद्ध अविनायी ॥ (1206)
aavhu sant paraan sukh daatay simre bhaN parabh abhinaasee.
Come, O Saints, let us meditate in remembrance on God; He is the Eternal, Imperishable Giver of Peace and Praanaa, the Breath of Life.

अनाथह नाथु दीन दुःख भंजन पूर रहिओ घट वासी ॥1॥ (1206)
anaathah naath deen dukh bhanjan poor rahi-o ghat vaasee. ||1||
Master of the masterless, Destroyer of the pains of the meek and the poor; He is All-pervading and permeating, abiding in all hearts. ||1||

गावत सुनत सुनावत सरधा हिर रसु पी वडभागे ॥ (1206)
gaavat sunat sunaavit sarDhaa har ras pee vadbhaagay.
The very fortunate ones drink in the Sublime Essence of the Lord, singing, reciting and listening to the Lord's Praises.

कलिह कलेस मिटे सभ तन राम नाम लिव जागे ॥2॥ (1206)
kal kalays mitay sabh tan raam naam liv jaagay. ||2||
All their sufferings and struggles are wiped away from their bodies; they remain lovingly awake and aware in the Name of the Lord. ||2||

बभु ब्रूप ब्रूप अम्मा सिंह आत्मत पंचव तुटे ॥ (1206)
kaam kroDh jhooth nindaa har simran banDhan tootay.
So abandon your sexual desire, greed, falsehood and slander; meditating in remembrance on the Lord, you shall be released from bondage.
The intoxication of loving attachments, egotism and blind possessiveness are eradicated by Guru's Grace.

You are All-powerful, O Supreme Lord God and Master; please be Merciful to Your humble servant.

My Lord and Master is All-pervading and prevailing everywhere; O Nanak, God is Near.

I am a sacrifice to the Feet of the Divine Guru.

I meditate with Him on the Supreme Lord God; His Teachings have emancipated me.

All pains, diseases and fears are erased, for one who comes to the Sanctuary of the Lord's Saints.
He Himself chants, and inspires others to chant the Naam, the Name of the Lord. He is Utterly All-Powerful; He carries us across to the other side.

His Mantra drives out cynicism, and totally fills the empty one.

Those who obey the Order of the Lord's slaves, do not enter into the womb of reincarnation ever again.

Those unto whom my Beloved becomes Merciful, endure the Unendurable Ecstasy of the Lord, Har, Har.

Those who are satisfied by the Sublime Essence of the Lord, merge intuitively into the Lord; no mouth can describe their state.

By Guru's Grace, O Nanak, they are content; chanting and meditating on God's Name, they are saved.
Saarang, Fifth Mehl:

गाइओ री मै गुण निध मंगल गाइओ ॥

I sing, O I sing the Songs of Joy of my Lord, the Treasure of Virtue.

भले संजोग भले दिन अउसर जउ गोपालु रीझाइओ ॥१॥

Fortunate is the time, fortunate is the day and the moment, when I become pleasing to the Lord of the World. ||1||Pause||

संतह चरन मोरलो माथा ॥

I touch my forehead to the Feet of the Saints.

हमरे मसतिक संत धरे हाथा ॥१॥

The Saints have placed their hands on my forehead. ||1||

साधह मंतर् मोरलो मनूआ ॥

My mind is filled with the Mantra of the Holy Saints,

เฉ ३ बाँध छेँट ढूँ गुलीभाँ ॥२॥

and I have risen above the three qualities||2||

भगतह दरसु देख नैन रंगा ॥

Gazing upon the Blessed Vision, the Darshan of God's devotees, my eyes are filled with love.
Greed and attachment are gone, along with doubt. ||3||

Says Nanak, I have found intuitive peace, poise and bliss.

Tearing down the wall, I have met the Lord, the Embodiment of Supreme Bliss. ||4||14||

Saarang, Fifth Mehl, Second House:

One Universal Creator God. By The Grace Of The True Guru:

How can I express the pain of my soul?

I think thoughts of Him; I miss the Love of my Beloved. When will I obtain the Blessed Vision of the Lord's Darshan?
जतन करु इहु मनु नहीं धीरै कोऊ है रे संतु मिलाई ॥१॥
I try, but this mind is not encouraged. Is there any Saint who can lead me to God? ॥1॥

जप तप संजम पुंस सभ होमा तिसु अरपु सभ मुख जाई ॥
Chanting, penance, self-control, good deeds and charity - I sacrifice all these in fire; I dedicate all peace and places to Him.

एक निमांक परी दरसु दिखावै दिसु संतन कै बल जाई ॥२॥
One who helps me to behold the Blessed Vision of my Beloved, for even an instant - I am a sacrifice to that Saint. ॥2॥

करु निहोरा बहुत बेनती सेवू दिनू रैनाई ॥
I offer all my prayers and entreaties to him; I serve him, day and night.

मानू अभिमानू है वसल तिआगू जो प्रिप बात सुनाई ॥३॥
I have renounced all pride and egotism; he tells me the stories of my Beloved. ॥3॥

देख चिरत भई है बसमिन गुर सितगुर पुरिख मिलाई ॥
I am wonder-struck, gazing upon the wondrous play of God. The Guru, the True Guru, has led me to meet the Primal Lord.

प्रभ रंग दाई-आल मोहि गरिह महि पाई जन नानक तपति बुझाई ॥४॥१॥१५॥
I have found God, my Merciful Loving Lord, within the home of my own heart. O Nanak, the fire within me has quenched. ॥4||1||15||

सारग महला ५॥
Saarang, Fifth Mehl:
ये मूढ़े तु किंद्रित निमिष अब नाहीं ॥ (1207)
रेमूढ़े तु किंद्रित निमिष अब नाहीं ॥
ray moorh Hay too ki-o simrat ab naahee.
You fool, why are you not meditating on the Lord now?

नरक घोर उरद तपु निमिष गुण गांही ॥ १ ॥ (1207)
नरक घोर उरद तपु करता निमिष गुण गांही ॥ १ ॥
narak ghor meh uraDh tap kartaa nimakh gun gaaNhee. ||1|| rahaa-o.
In the awful hell of the fire of the womb, you did penance, upside-down; each and every instant, you sang His Glorious Praises. ||1||Pause||

अनिक जनम भर्मतौ ही आइओ मानस जनमु दुलभाही ॥ (1207)
अनिक जनम भर्मतौ ही आइओ मानस जनमु दुलभाही ॥
anik janam bharmatou hee aa-i-o maanas janam dulbhaahee.
You wandered through countless incarnations, until finally you attained this priceless human birth.

गरभ जोिन छोिड जउ िनकिसओ तउ लागो अन ठांही ॥ १ ॥ (1207)
गरभ जोिन छोिड जउ िनकिसओ तउ लागो अन ठांही ॥ १ ॥
garabh jon chhod ja-o niksi-o ta-o laago an thaaNhee. ||1||
Leaving the womb, you were born, and when you came out, you became attached to other places. ||1||

करिह बुराई ठगाई िदनु रैिन िनहफल करम कमाही ॥ २ ॥ (1207)
करिह बुराई ठगाई िदनु रैिन िनहफल करम कमाही ॥ २ ॥
karih buraa-ee thagaa-ee din rain nihfal karam kamaahee.
You practiced evil and fraud day and night, and did useless deeds.

कणु नाही तुह गाहण लागे धाई धाई दुख पांही ॥ २ ॥ (1207)
कणु नाही तुह गाहण लागे धाई धाई दुख पांही ॥ २ ॥
kanaahee tuh gaahan laagay Dhaa-ay Dhaa-ay dukh paaNhee. ||2||
You thrash the straw, but it has no wheat; running around and hurrying, you obtain only pain. ||2||

मिथिया संगि कूर्ति लपटाई ठुराई पवित्र बुझमंगी ॥ (1207)
मिथिया संगि कूर्ति लपटाई ठुराई पवित्र बुझमंगी ॥
mithi-aa sang koorh laptaa-i-o urajh pari-o kusmaaNhee.
The false person is attached to falsehood; he is entangled with transitory things.
धरम राई जब पक्रसि बवरे तउ काल सुखा उठि जाही ॥३॥
And when the Righteous Judge of Dharma seizes you, O madman, you shall arise and
depart with your face blackened. ||3||

he alone meets with God, whom God Himself meets, by such pre-ordained destiny written
on his forehead.

Saarang, Fifth Mehl:

Saarag, Fifth Mehl:
Please bless me with Your Grace, O Saint, that I may sing the songs of joyful praise to my God.

I touch my forehead to the feet of the Saints. My eyes long for their dust.

By His Grace, we meet God; O Nanak, I am a sacrifice, a sacrifice to Him.

I am a sacrifice to that occasion.

Twenty-four hours a day, I meditate in remembrance on my God; by great good fortune, I have found the Lord.

Highest of the high is Naam Dayv, who looked upon all alike; Ravi Daas was in tune with the Lord.
jee-o pind tan Dhan saaDhan kaa ih man sant raynaa-ee.
My soul, body and wealth belong to the Saints; my mind longs for the dust of the Saints.

And by the radiant Grace of the Saints, all my doubts have been erased. O Nanak, I have met the Lord.

The True Guru fulfills the mind's desires.

All wealth and treasures are obtained by remembering Him in meditation; twenty-four hours a day, O my mind, meditate on Him.

Your Name is Ambrosial Nectar, O my Lord and Master. Whoever drinks it in is satisfied.

The sins of countless incarnations are erased, and hereafter, he shall be saved and redeemed in the Court of the Lord.

I have come to Your Sanctuary, O Creator, O Perfect Supreme Eternal Lord God.
Please be kind to me, that I may meditate on Your Lotus Feet. O Nanak, my mind and body thirst for the Blessed Vision of Your Darshan. ||2||5||19||

Saarag, Fifth Mehl, Third House:
Saarag Mehla 5 Ghar 3

One Universal Creator God. By The Grace Of The True Guru:

O my mind, why are you lured away by otherness?

Here and hereafter, God is forever your Help and Support. He is your soul-mate; He will help you succeed. ||1||Pause||

The Name of your Beloved Lover, the Fascinating Lord, is Ambrosial Nectar. Drinking it in, you shall find satisfaction.

The Being of Immortal Manifestation is found in the Saadh Sangat, the Company of the Holy. Meditate on Him in that most sublime place. ||1||
The Bani, the Word of the Supreme Lord God, is the greatest Mantra of all. It eradicates pride from the mind.

Searching, Nanak found the home of peace and bliss in the Name of the Lord.

All your disease, sorrow and sin will be erased, if you meditate on the Lord’s Name, even for an instant.

Abandon all your clever tricks; go and enter the Sanctuary of the Holy.

When the Lord, the Destroyer of the pains of the poor becomes merciful, the Messenger of Death is changed into the Righteous Judge of Dharma.

Without the One Lord, there is no other at all. No one else can equal Him.
ਮਾਤ ਿਪਤਾ ਭਾਈ ਨਾਨਕ ਕੋ ਸੁਖਦਾਤਾ ਹਿਰ ਪਰ੍ਾਨ ਸਾਇ。

The Lord is Nanak's Mother, Father and Sibling, the Giver of Peace, his Breath of Life.

ਸਾਰਗ, Fifth Mehl:

ہਿਰ ਜਨ ਸਗਲ ਉਧਾਰੇ ਸੰਗ ਕੇ।

The Lord's humble servant saves those who accompany him.

Those who walk on the path find peace; they are saved, along with those who speak with them.

Even those who are drowning in the horrible, deep dark pit are carried across in the Saadh Sangat, the Company of the Holy.

Those who have such high destiny turn their faces toward the Saadh Sangat.

Nanak longs for the dust of their feet; O God, please shower Your Mercy on me!
Saarang, Fifth Mehl:

हिर जन राम राम राम धीआँए ॥

Har jan raam raam raam Dhi-aaN-ay.
The humble servant of the Lord meditates on the Lord, Raam, Raam, Raam.

एक पलक सुख साध समागम कोिट बैकुंठह पाए ॥१॥ रहाउ ॥

Ayk palak sukh saaDh samaagam kot baikuN thah paaN-ay. ||1|| raha-o.
One who enjoys peace in the Company of the Holy, even for an instant, obtains millions of heavenly paradises. ||1||Pause||

दुलभ देह जिप होत पुनीता जम की तरास िनवारै ॥

Dulabh dayh jap hot puneetaa jam kee taraas nivaarai.
This human body, so difficult to obtain, is sanctified by meditating on the Lord. It takes away the fear of death.

जो जो सुनै राम जसु िनरमल ता का जनम मरण दुखु नासा ॥

Jo jo sunai raam jas nirmal taa kaa janam maran dukh naasaa.
Whoever listens to the Immaculate Praises of the Lord - his pains of birth and death are dispelled.

 Says Nanak, the Lord is found by great good fortune, and then the mind and body blossom forth. ||2||4||23||
Saarang, Fifth Mehl, Du-Padas, Fourth House:

\[\text{ਸਿਤਗੁਰ ਪਰਸਾਦ} \]
\[\text{Ik-oNkaar satgur parsaad.} \]

One Universal Creator God. By The Grace Of The True Guru:

\[\text{ਮੋਹਨ ਘਿਰ ਆਵਹੁ ਕਰਉ ਜੋਦਰੀਆ} \]
\[\text{Mohan ghar aavhu kara-o jodree-aa.} \]

O my Fascinating Lord, I pray to You: come into my house.

\[\text{ਮਾਨੁ ਕਰਉ ਅਭਮਾਨੈ ਬੋਲਉ ਭੂਲ ਚੂਕ ਤੇਰੀ ਪਿਰ੍ਜ ਚਿਰੀਆ} \]
\[\text{Man kara-o abhimaanai bola-o bhool chook tayree pari-a chiree-aa.} \]

I act in pride, and speak in pride. I am mistaken and wrong, but I am still Your hand-maiden, O my Beloved.

\[\text{ਨਿਕਿਟ ਸੁਨੁ ਅਰੁ ਪੇਖੁ ਨਾਹੀ ਭਰੀਮ ਭਰੀਮ ਦੁਖ ਭਰੀਆ} \]
\[\text{Nikat sun-o ar paykha-o naahee bharam bharam dukh bharee-aa.} \]

I hear that You are near, but I cannot see You. I wander in suffering, deluded by doubt.

\[\text{ਹੋਇ ਕੀਰਾਪਲ ਗੁਰ ਲਾਹੀ ਪਾਰਦੋ ਮਿਲਾ ਲਾਲ ਮਨੁ ਹਰੀਆ} \]
\[\text{Ho-ay kirpaal gur laahi paardo mila-o laal man haree-aa.} \]

The Guru has become merciful to me; He has removed the veils. Meeting with my Beloved, my mind blossoms forth in abundance.

\[\text{ਏਕ ਨਮਖ ਜੇ ਬਿਸਰੈ ਸੁਆਮੀ ਜਾਨੁ ਕੋਟ ਦਿਨਾਕ ਲਖ ਬਰੀਆ} \]
\[\text{Ayk nimakh jay bisral su-aamee jaan-o kot dinas lakh baree-aa.} \]

If I were to forget my Lord and Master, even for an instant, it would be like millions of days, tens of thousands of years.

\[\text{ਸਾਧਜਗਤ ਕੀ ਬੀਤ ਪ੍ਰਵੇਸ ਤਾਵੀ ਨਾਨਕ ਹੀ ਮੀਲਾ ਭਰੀਆ} \]
\[\text{SaaDhsangat kee bheer ja-o paa-ee ta-o naanak har sang miree-aa.} \]

When I joined the Saadh Sangat, the Company of the Holy, O Nanak, I met my Lord.
Saarang, Fifth Mehl:

अब किया सोचा-सोच बिसारी || (1209)
ab ki-aa socha-o soch bisaaree.
Now what should I think? I have given up thinking.

करना सा सोई किर रहा-ह देह नाउ बिलहारी ॥१॥ || (1209)
karnaa saa so-ee kar rahi-aa deh naa-o balihaaree. ||1|| rahaa-o.
You do whatever You wish to do. Please bless me with Your Name - I am a sacrifice to You. ||1||Pause||

चहु दिस फूल रही बिखार बिखु गुर मंत्र मूख गरुड़ारी ॥ (1209)
chahu dis fool rahee bikhi-aa bikh gur mantar mookh garurhaaree.
The poison of corruption is flowering forth in the four directions; I have taken the GurMantra as my antidote.

हाथ देइ राखो किर अपुना जल कमला अिलपारी ॥१॥ (1209)
haath day-ay raakhi-o kar apunaa ji-o jal kamlaa alipaaree. ||1||
Giving me His Hand, He has saved me as His Own; like the lotus in the water, I remain unattached. ||1||

हउ नाही किछु मै किया होसा सभ तुम ही कल धारी ॥ (1209)
ha-o naahee kichh mai ki-aa hosaa sabh tum hee kal Dhaaree.
I am nothing. What am I? You hold all in Your Power.

नानक भाग पिरो हिर पाछै राखू संत सदकारी ॥२॥२॥२५॥ (1209)
naanak bhaag pari-o har paachhai raakh sant sadkaaree. ||2||2||25||
Nanak has run to Your Sanctuary, Lord; please save him, for the sake of Your Saints. ||2||2||25||

Machta Bhog ७ || (1209)
saarag mehlaa 5.
Saarang, Fifth Mehl:
अब मोहि सरब उपाव बिहकाते ॥ (1209)
ab mohi sarab upaav birkaatay.
Now I have abandoned all efforts and devices.

बकळ बकळ समरथ सुआमी लहर प्रान सुखदाते ॥ (1209)
Karan kaaran samrath su-aamee har prii paraan sukh-daatay. ||1|| rahaa-o.
My Lord and Master is the All-powerful Creator, the Cause of causes, my only Saving Grace. ||1||Pause||

देखे नाना रूप बहु रंगा अन नाही तुम भाने ॥ (1209)
daykhay naanaa roop baho rangaa an nahee tum baaNtay.
I have seen numerous forms of incomparable beauty, but nothing is like You.

देखि अधार सरब कउ ठाकु र जीअ परान सुखदाते ॥ (1209)
dayNhi aDhaar sarab ka-o thaakur jee-a paraan sukh-daatay. ||1||
You give Your Support to all, O my Lord and Master; You are the Giver of peace, of the soul and the breath of life. ||1||

बमतौ बमतौ हािर जउ पिरओ तउ गुर िमिल चरन पराते ॥ (1209)
bharmatou bharmatou haar ja-o pari-o ta-o gur mil charan paraatay.
Wandering, wandering, I grew so tired; meeting the Guru, I fell at His Feet.

कहु नानक मै सरब सुखु पाइा इह सूिख िबहानी राते ॥२॥३॥२६॥ (1209)
kaho naanak mai sarab sukh paa-i-aa ih sookh bihaanee raatay. ||2||3||26||
Says Nanak, I have found total peace; this life-night of mine passes in peace. ||2||3||26||

सारग महला ५ ॥ (1209)
saarag mehlaa 5.
Saarang, Fifth Mehl:

अब मोहि लबिधो है हरि टेका ॥ (1209)
ab mohi labDhi-o hai har taykaa.
Now I have found the Support of my Lord.
The Guru, the Giver of peace, has become merciful to me. I was blind - I see the jewel of the Lord. ||1||

I have cut away the darkness of ignorance and become immaculate; my discriminating intellect has blossomed forth.

As the waves of water and the foam become water again, the Lord and His servant become One. ||1||

He is taken in again, into what from which he came; all is one in the One Lord.

O Nanak, I have come to see the Master of the breath of life, all-pervading everywhere.

My mind longs for the One Beloved Lord.
paykh aa-i-o sarab thaan days pari-a rom na samsar laagai. ||1|| rahaa-o.
I have looked everywhere in every country, but nothing equals even a hair of my Beloved.
||1||Pause||

I long for the sublime essence of the Lord, calling, "Pri-o! Pri-o! - Beloved! Beloved!", like
the Bumble bee longing for the lotus flower. ||1||

Guru Nanak has led me to You, O God. Join with me, O my Best Friend, and hold me
close in Your Embrace. ||2||5||28||

Now my mind is pleased and appeased by my Lord and Master.
ਸਾਧ ਕਿਰਪਾਲ ਦੇਈਆਲ ਭਏ ਹੈ ਇਹੁ ਖੇਦਕੇ ਦੁਸ੍ਤੁ ਵਿਗਾਨਾ ॥੧॥ ਰਹਾਉ ॥

The Holy Saint has become kind and compassionate to me, and has destroyed this
demon of duality. ||1||Pause||

ਤੁਮ ਹੀ ਸੁੰਦਰ ਤੁਮਿਹ ਸੁਘਰ ਸੁਜਾਨਾ ॥

tum hee sundar tumeh si-aanay tum hee sughar sujaanaa.
You are so beautiful, and You are so wise; You are elegant and all-knowing.

ਸਗਲ ਜੋਗ ਅਰ ਜਿਸ੍ਤਾਮੰਡਰ ਇਕ ਕੀਮਤ ਨਾ ਜਾਨਾਂ ॥੧॥

All the Yogis, spiritual teachers and meditators do not know even a bit of Your value. ||1||

ਪਾਵਉ ਦਾਨੁ ਸੰਤ ਹਿਰ ਨਾਨਕਾ ਸਦ ਕੁਰਬਾਨੇ ॥੨॥੬॥੨੯॥

Please bless me with the gift of service to the Saints; O Nanak, I am a sacrifice to the
Lord. ||2||6||29||

ਸਾਰਗ ਮਹਲਾ ੫ ॥

Saarang, Fifth Mehl:

ਮੇਰੇ ਮਤੀਚੀਡ ਆਚੇ ਪ੍ਰਭੂ ਟੇਂਗਾ ॥ (1210)

The Love of my Beloved comes into my conscious mind.

ਿਬਸਿਰੋ ਧੰਧੁ ਬੰਧੁ ਮਾਇਆ ਕੋ ਰਜਿਨ ਸਬਖੀ ਜੰਗਾ ॥੧॥ ਰਹਾਉ ॥

I have forgotten the entangling affairs of Maya, and I spend my life-night fighting with evil.
||1||Pause||
I serve the Lord; the Lord abides within my heart. I have found my Lord in the Sat Sangat, the True Congregation.

So I have met with my enticingly beautiful Beloved; I have obtained the peace which I asked for.

The Guru has brought my Beloved under my control, and I enjoy Him with unrestrained pleasure.

I have become fearless; O Nanak, my fears have been eradicated. Chanting the Word, I have found the Lord.

The Naad, the Sound-current of His Word fills my ears; my body has settled gently into the Lap of my Beloved.
I was a discarded bride, and the Guru has made me a happy soul-bride. I have found the
Elegant and All-knowing Lord.

That home, in which I was not even allowed to sit - I have found that place in which I can
dwell. ||1||

God, the Love of His devotees, has come under the control of those who protect the honor
of His Saints.

Says Nanak, my mid is pleased and appeased with the Lord, and my subservience to
other people has come to an end. ||2||8||31||

Now my association with the five thieves has come to an end.

Gazing upon the Blessed Vision of the Lord's Darshan, my mind is in ecstasy; by Guru's
Grace, I am released. ||1||Pause||
ਬਖਮ ਥਾਨ ਬਹੁਤ ਬਹੁਧਰੀਆ ਅਨਿਕ ਰਾਖ ਸੂਰੂਟਾ ॥ (1210)
bikham thaan bahut baho Dharee-aa anik raakh soorootaa.
The impregnable place is guarded by countless ramparts and warriors.

ਬਖਮ ਮਾਟਵੇ ਹੁਨੇ ਦੁਰਮਤਾ ਸਤਨੇ ਕੁਟੰਨ ॥੧॥ (1210)
bikham maatva huni durmataa sahnay kootan. ||1||
This impregnable fortress cannot be touched, but with the assistance of the Saints, I have entered and robbed it. ||1||

ਬਹੁਤੁ ਖਜਾਨੇ ਮੇਰੈ ਪਾਲੈ ਪੀਰਾ ਅਮੋਲ ਲਾਲ ਆਖੂਟਾ ॥ (1210)
bahutu khajaanay mayrai paalai pari-aa amol laal aakhootaa.
I have found such a great treasure, a priceless, inexhaustible supply of jewels.

ਜਨ ਨਾਨਕ ਪਰ੍ਿਭ ਕਿਰਪਾ ਧਾਰੀ ਤਾੜ ਮਨ ਹੰਗਰੀ ਰਸੁ ਘੂਟਾ ॥੨॥੯॥੩੨॥ (1210)
jan naanak parabh kirpaa Dhaaree ta-o man meh har rasu ghootaa. ||2||9||32||
O servant Nanak, when God showered His Mercy on me, my mind drank in the sublime essence of the Lord. ||2||9||32||

ਸ਼ਾਰਗ ਮਹਲਾ ੫ ॥
saarag mehlaa 5.
Saarang, Fifth Mehl:

ਅਬ ਮੇਰੋ ਠਾਕਰ ਮੁਦੁ ਮਨੁ ਲੀਨਾ ॥ (1210)
ab mayro thaakur mudu manu leenaa.
Now my mind is absorbed in my Lord and Master.

ਪਰ੍ਾਨ ਦਾਨੁ ਗੁਰੀ ਪੁਰੀ ਦਵੰਗੀਲਿਹਾ ਮੁਦੁ ਭੀਰੁ ॥੨॥ ਰਹਾਉ ॥ (1210)
paraan daan gur poorai dee-aa urjaa-i-o ji-o jal meenaa. ||1|| raha-o.
The Perfect Guru has blessed me with the gift of the breath of life. I am involved with the Lord, like the fish with the water. ||1||Pause||

ਵਰਭ ਕ੍ਰੋਧ ਲੋਭ ਮਹਤਮ ਦਵੁ ਅਰਪੀ ਸੱਕਤ ਦਾਨੁ ਲੀਨਾ ॥ (1210)
kaam kroDh loh maj mahatum deh arap sagal daanu leenaa.
I have cast out sexual desire, anger, greed, egotism and envy; I have offered all this as a gift.
The Guru has implanted the medicine of the Lord's Mantra within me, and I have met with the All-knowing Lord God. ||1||

My household belongs to You, O my Lord and Master; the Guru has blessed me with God, and rid me of egotism.

Says Nanak, I have found the Lord with intuitive ease, within the home of my own heart. Devotional worship of the Lord is a treasure over-flowing. ||2||10||33||

O my Enticing Lord, all beings are Yours - You save them.

Even a tiny bit of Your Mercy ends all cruelty and tyranny. You save and redeem millions of universes. ||1||Pause||

I offer countless prayers; I remember You each and every instant.
Please be merciful to me, O Destroyer of the pains of the poor; please give me Your hand and save me. ||1||

And what about these poor kings? Tell me, who can they kill?

Save me, save me, save me, O Giver of peace; O Nanak, all the world is Yours. ||2||11||34||

Now I have obtained the wealth of the Lord's Name.

I have become carefree, and all my thirsty desires are satisfied. Such is the destiny written on my forehead. ||1||Pause||

The Merciful Guru made this deal, and I have obtained the priceless jewel. ||1||
The other deals and trades which I did, brought only sorrow and suffering.

Fearless are those traders who deal in meditation on the Lord of the Universe. O Nanak, the Lord's Name is their capital.

The Speech of my Beloved seems so sweet to my mind. The Guru has taken hold of my arm, and linked me to God's service. My Beloved Lord is forever merciful to me.

O God, You are my Lord and Master; You are the Cherisher of all. My wife and I are totally Your slaves.

If You seat me on the throne, then I am Your slave. If You make me a grass-cutter, then what can I say?
जन नानक के प्रभ पुर्ख बिधाते मेरे ठाकुर अगह अतोला।
Servant Nanak's God is the Primal Lord, the Architect of Destiny, Unfathomable and Immeasurable.

Saarang, Fifth Mehl:

रसनाराम कहत गुण सोहं
The tongue becomes beautiful, uttering the Glorious Praises of the Lord.

एक निमख ओपाइ समावै देख चिरत मन मोहं
In an instant, He creates and destroys. Gazing upon His Wondrous Plays, my mind is fascinated.

जिसु सुणऐ मिन होइ रहसु अति रदै मान दुख जोहं
Listening to His Praises, my mind is in utter ecstasy, and my heart is rid of pride and pain.

सुखु पाइओ दुखु दूर पराइओ बिण आई पर्भ तोहं
I have found peace, and my pains have been taken away, since I became one with God.

किलविख गायें मन निरमल होई है गुरी कोड़ माइया दरोहं
Sinful resides have been wiped away, and my mind is immaculate. The Guru has lifted me up and pulled me out of the deception of Maya.

कहु नानक मै सो प्रभु पार्थ समरथोहं
Says Nanak, I have found God, the All-powerful Creator, the Cause of causes.
Saarag, Fifth Mehl:

नैनहु देखो चलतु तमासा ॥

With my eyes, I have seen the marvellous wonders of the Lord.

सभ हू दूरि सभ हू ते नेरे अगम अगम घट वासा ॥

He is far from all, and yet near to all. He is Inaccessible and Unfathomable, and yet He dwells in the heart.

अभूलु न भूलै लिखो न चलावै मता न करै पचासा ॥

The Infallible Lord never makes a mistake. He does not have to write His Orders, and He does not have to consult with anyone.

खिन महत साज सवार बिनाहै भगत वछल गुणता ॥

In an instant, He creates, embellishes and destroys. He is the Lover of His devotees, the Treasure of Excellence.

अंध कूप मह दीपकु बिलो गुर सरद ॥

Lighting the lamp in the deep dark pit, the Guru illumines and enlightens the heart.

कहु नानक दरसु पेख सुखु पाइआ सभ पूरन होई आसा ॥

Says Nanak, gazing upon the Blessed Vision of His Darshan, I have found peace, and all my hopes have been fulfilled.
चरनह गोबिंद मारगु सुहावा ॥ (1212)

The most beautiful path for the feet is to follow the Lord of the Universe.

आन मारग जेता किछु धाईऐ तेतो ही दुखु हावा ॥१॥ रहाउ ॥ (1212)

The more you walk on any other path, the more you suffer in pain. ||1||Pause||

नेतर् पुनीत भए दरसु पेखे हसत पुनीत टहलावा ॥ (1212)

The eyes are sanctified, gazing upon the Blessed Vision of the Lord's Darshan. Serving Him, the hands are sanctified.

िरदा पुनीत िरदै हिर बिसओ मसत पुनीत संत धूरावा ॥१॥ (1212)

The heart is sanctified, when the Lord abides within the heart; that forehead which touches the dust of the feet of the Saints is sanctified. ||1||

sarab niDhaan naam har har kai jis karam likhi-aa tin paavaa.

All treasures are in the Name of the Lord, Har, Har; he alone obtains it, who has it written in his karma.

jan naanak ka-o gur pooraa bhayti-o sukh sehjay anad bihaavaa. ||2||16||39||

Servant Nanak has met with the Perfect Guru; he passes his life-night in peace, poise and pleasure. ||2||16||39||

Saarang, Fifth Mehl:
Meditate on the Naam, the Name of the Lord; at the very last instant, it shall be your Help and Support.

In that place where your mother, father, children and siblings shall be of no use to you at all, there, the Name alone shall save you. ||1||Pause||

He alone meditates on the Lord in the deep dark pit of his own household, upon whose forehead such destiny is written.

His bonds are loosened, and the Guru liberates him. He sees You, O Lord, everywhere. ||1||Pause||

Drinking in the Ambrosial Nectar of the Naam, his mind is satisfied. Tasting it, his tongue is satiated.

Says Nanak, I have obtained celestial peace and poise; the Guru has quenched all my thirst. ||2||17||40||

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Saarang, Fifth Mehl:
Meeting the Guru, I meditate on God in such a way,

that He has become kind and compassionate to me. He is the Destroyer of pain; He does not allow the hot wind to even touch me. ||1||Pause||

With each and every breath I take, I sing the Glorious Praises of the Lord.

He is not separated from me, even for an instant, and I never forget Him. He is always with me, wherever I go. ||1||

I am a sacrifice, a sacrifice, a sacrifice, a sacrifice to His Lotus Feet. I am a sacrifice, a sacrifice to the Blessed Vision of the Guru's Darshan.

Says Nanak, I do not care about anything else; I have found the Lord, the Ocean of peace. ||2||18||41||

The Word of the Guru's Shabad seems so sweet to my mind.
My karma has been activated, and the Divine Radiance of the Lord, Har, Har, is manifest in each and every heart. ||1||Pause||

The Supreme Lord God, beyond birth, Self-existent, is seated within every heart everywhere.

I have come to obtain the Ambrosial Nectar of the Naam, the Name of the Lord. I am a sacrifice, a sacrifice to the Lotus Feet of God. ||1||

I anoint my forehead with the dust of the Society of the Saints; it is as if I have bathed at all the sacred shrines of pilgrimage.

Says Nanak, I am dyed in the deep crimson color of His Love; the Love of my Lord shall never fade away. ||2||19||42||

The Guru has given me the Name of the Lord, Har, Har, as my Companion.
nimakh bachan parabh hee-arai basi-o sagal bhookh mayree laathay. ||1|| raha-o.
If the Word of God dwells within my heart for even an instant, all my hunger is relieved.
||1||Pause||
kirpaa niDhaan gun naa-ik thaakur sukh samooh sabh naathay.
O Treasure of Mercy, Master of Excellence, my Lord and Master, Ocean of peace, Lord of all.
ayk aas mohi tayree su-aamee a-or dutee-aa aas biraathay. ||1||
My hopes rest in You alone, O my Lord and Master; hope in anything else is useless. ||1||
nain tariptaasay daykh darsaavaa gur kar Dhaaray mayrai maathay.
My eyes were satisfied and fulfilled, gazing upon the Blessed Vision of His Darshan, when the Guru placed His Hand on my forehead.
kaho naanak mai atul sukh paa-i-aa janam maran bhai laathay. ||2||20||43||
Says Nanak, I have found immeasurable peace; my fear of birth and death is gone.
||2||20||43||
saarag mehlaa 5.
Saarang, Fifth Mehl:
ray moorhay aan kaahay kat jaa-ee.
You fool: why are you going somewhere else?
ਸੰਗ ਮਨੋਹਰ ਅਕੀਤੁ ਹੈ ਰੇ ਭੂਲ ਭੂਲ ਬਖੁਸ ਲੈ ॥੧॥ 

The Enticing Ambrosial Amrit is with you, but you are deluded, totally deluded, and you eat poison. ॥੧॥Pause॥

ਪਰਬ ਸੁੱਦਰ ਚਤੁਰ ਅਨੂਪ ਬਧਤੇ ਤੀਸ ਸੁਸੁਣ ਨਹੀ ਰਾਈ ॥

God is Beautiful, Wise and Incomparable; He is the Creator, the Architect of Destiny, but you have no love for Him.

ਮੋਹੀਨ ਤੀਸ ਭਵਾਰ ਮੋਹਹੋ ਝੂਠ ਠਗੁੰਗਰੀ ਪਾਈ ॥

The mad-man’s mind is enticed by Maya, the enticer; he has taken the intoxicating drug of falsehood. ॥੧॥

ਬਹਾਣਦਾਲ ਕੀਪਾਲ ਦੁਖ ਹਰਤਾ ਸੰਤਨ ਤੀਸ ਬਨ ਆਈ ॥

The Destroyer of pain has become kind and compassionate to me, and I am in tune with the Saints.

ਸਗਲ ਨਿਧਾਨ ਚਰੇ ਮਹੀ ਪਾਏ ਕਹੁ ਨਾਨਕ ਜੋਤ ਸਮਾਈ ॥

I have obtained all treasures within the home of my own heart; says Nanak, my light has merged into the Light. ॥2॥21॥44॥

ਸਾਰਗ ਮਹਲਾ ੫ ॥

Saarang, Fifth Mehl:

My consciousness has loved my Beloved God, since the very beginning of time.
When You blessed me with the Teachings, O my True Guru, I was embellished with beauty. ||1||Pause||

I am mistaken; You are never mistaken. I am a sinner; You are the Saving Grace of sinners.

I am a lowly thorn-tree, and You are the sandalwood tree. Please preserve my honor by staying with me; please stay with me. ||1||

You are deep and profound, calm and benevolent. What am I? Just a poor helpless being.

The Merciful Guru Nanak has united me with the Lord. I lay on His Bed of Peace.

O my mind, blessed and approved is that day,
सफल ते घरी संजोग सुहावे सितगुर सिङ गिया न। ||1|| रहाउ

dand fruitful is that hour, and lucky is that moment, when the True Guru blesses me with spiritual wisdom. ||1||Pause||

धनि सुभाग धनि सोहागा धनि देत जिन माना

Blessed is my good destiny, and blessed is my Husband Lord. Blessed are those upon whom honor is bestowed.

This body is Yours, all my home and wealth are Yours; I offer my heart as a sacrifice to You. ||1||

I obtain tens of thousands and millions of regal pleasures, if I gaze upon Your Blessed Vision, even for an instant.

When You, O God, say, "My servant, stay here with me", Nanak knows unlimited peace. ||2||23||46||

जै-ओ कहहु मुखहु सेवक इह बैसीऐ सुख नानक अंतु न जाना

Now I am rid of my skepticism and sorrow.
ਆਉਰ ਉਪਾਵ ਸਗਲ ਤਿਆਗ ਛੋਡੇ ਸਿਤਗੁਰ ਸਰੀਣ ਪਾਯਆ ॥੧॥ ਰਹਾਉ ॥
I have abandoned and forsaken all other efforts, and come to the Sanctuary of the True Guru. ||1||Pause||

ਸਰਬ ਸਿਸਧ ਕਾਰਜ ਸਿਬ ਸਵਰੇ ਅਹੰ ਰੋਗ ਸਗਲ ਹੀ ਖੇਆ ॥
I have attained total perfection, and all my works are perfectly completed; the illness of egotism has been totally eradicated.

ਕੋਟ ਪਰਾਧ ਿਖਨ ਮਿਹ ਖਉ ਭੈ ਹੈ ਗੁਰ ਿਮਿਲ ਹਿਰ ਹਿਰ ਕਹਾ।॥੧॥
Millions of sins are destroyed in an instant; meeting with the Guru, I chant the Name of the Lord, Har, Har. ||1||

ਪੰਚ ਦਾਸ ਗੁਰ ਵਸਗਿਤ ਕੀਨੇ ਮਨ ਨਹਚਲ ਨਿਰਬਿਆ ॥
Subduing the five thieves, he Guru has made them my slaves; my mind has become stable and steady and fearless.

ਆਇ ਨ ਜਾਵਾਈ ਨ ਕਤ ਹੀ ਡੋਲੈ ਿਥਰੁ ਨਾਨਕ ਰਾਜਈਆ ॥੨॥੩॥੪॥੪॥
It does not come or go in reincarnation; it does not waver or wander anywhere. O Nanak, my empire is eternal. ||2||24||47||

ਸਾਰਗ ਮਹਲਾ ੫ ॥
Saarang, Fifth Mehl:

ਪਰ੍ਭੁ ਮੇਰੋ ਇਤ ਉਤ ਸਹਾਈ ॥
Here and hereafter, God is forever my Help and Support.
ਮਨਮੋਹਨੁ ਮੇਰੇ ਜੀਅ ਕੋ ਿਪਆਰੋ ਕਵਨ ਕਹਾ ਗੁਨ ਗਾੀ ॥੧॥ ਰਹਾਉ ॥

He is the Enticer of my mind, the Beloved of my soul. What Glorious Praises of His can I sing and chant? ||1||Pause||

ਖੇਿਲ ਿਖਲਾਇ ਲਾਡ ਲਾਡਾਵੈ ਸਦਾ ਸਦਾ ਅਨਦਾਈ ॥

He plays with me, He fondles and caresses me. Forever and ever, He blesses me with bliss.

ਪਰ੍ਿਤਪਾਲੈ ਬਾਿਰਕ ਕੀ ਿਨਆਈ ਜੈਸੇ ਮਾਤ ਿਪਤਾਈ ॥੧॥

He cherishes me, like the father and the mother love their child. ||1||

ਿਤਸੁ ਿਬਨੁ ਿਨਮਖ ਨਹੀ ਰਿਹ ਸਕੀਐ ਿਬਸਿਰ ਨ ਕਬਹੂ ਜਾਈ ॥

I cannot survive without Him, even for an instant; I shall never forget Him.

ਕਹੁ ਨਾਨਕ ਿਮਿਲ ਸੰਤਸੰਗਿਤ ਤੇ ਮਗਨ ਭਏ ਿਲਵ ਲਾਈ ॥੨॥੨੫॥੪੮॥

Says Nanak, joining the Society of the Saints, I am enraptured, lovingly attuned to my Lord. ||2||25||48||

ਅਪਨਾ ਮੀਤੁ ਸੁਆਮੀ ਗਾਈਐ ॥

Sing of your Lord and Master, your Best Friend.

ਾਸ ਨ ਅਵਰ ਕਾਹੂ ਕੀ ਕੀਜੈ ਸੁਖਦਾਤਾ ਪਰ੍ਭੁ ਿਧਆਈਐ ॥

Do not place your hopes in anyone else; meditate on God, the Giver of peace. ||1||Pause||
ਸੂਖ ਮੰਗਲ ਕਿਲਾਣ ਜਿਸਹਿ ਘਰਤ ਸਰਣੀ ਪਾੀਐ ॥ (1214)

Peace, joy and salvation are in His Home. Seek the Protection of His Sanctuary.

ਿਤਸਿਹ ਿਤਆਿਗ ਮਾਨੁਖੁ ਜੇ ਸੇਵਹੁ ਤਉ ਲਾਜ ਲੋਨ ਹੋਇ ਜਾਈਐ ॥੧॥ (1214)

But if you forsake Him, and serve mortal beings, your honor will dissolve like salt in water.

ਏਕ ਓਟ ਪਕਰੀ ਠਾਕੁ ਰ ਕੀ ਗੁਰ ਿਮਿਲ ਮਿਤ ਬੁਿਧ ਪਾਈਐ ॥ (1214)

I have grasped the Anchor and Support of my Lord and Master; meeting with the Guru, I have found wisdom and understanding.

ਗੁਣ ਿਨਧਾਨ ਨਾਨਕ ਪਰ੍ਭੁ ਿਮਿਲਆ ਸਗਲ ਚੁਕੀ ਮੁਹਤਾਈਐ ॥੨॥੨੬॥੪੯॥ (1214)

Nanak has met God, the Treasure of Excellence; all dependence on others is gone.

ਸਾਰਗ ਮਹਲਾ ੫ ॥ (1214)

Saarang, Fifth Mehl:

ਓਟ ਸਤਾਣੀ ਪਰ੍ਭ ਜੀਊ ਮੇਰੈ ॥ (1214)

I have the Almighty Support of my Dear Lord God.

ਅੰਗੀਕਾਰੁ ਕੀਐ ਪਰ੍ਭ ਅਪੁਨੈ ਕਾਢ ਲੀਆ ਿਬਖੁ ਘੇਰੈ ॥ (1214)

God has taken my side; He has lifted me up and pulled me out of the whirlpool of corruption.
ਅੰਿਮਰ੍ਤ ਨਾਮੁ ਅਉਖਧੁ ਮੁਿਖ ਦੀਨੋ ਜਾਇ ਪਇਆ ਗੁਰ ਪੈਰੈ ॥੧॥
(1214)

He has poured the medicine of the Naam, the Ambrosial Name of the Lord, into my mouth; I have fallen at the Guru’s Feet. ||1||

ਕਵਨ ਉਪਮਾ ਕਹਉ ਏਕ ਮੁਖ ਿਨਰਗੁਣ ਕੇ ਦਾਤੇਰੈ ॥
(1214)

How can I praise You with only one mouth? You are generous, even to the unworthy.

ਕਾਿਟ ਿਸਲਕ ਜਉ ਅਪੁਨਾ ਕੀਨੋ ਨਾਨਕ ਸੂਖ ਘਨੇ ਰਾਈ ॥੨॥੨੭॥੫੦॥
(1214)

You cut away the noose, and now You own me; Nanak is blessed with myriad joys.

ਸਾਰਗ ਮਹਲਾ ੫ ॥
(1214)

Saarang, Fifth Mehl:

ਪਰ੍ਭ ਿਸਮਰਤ ਦੂਖ ਿਬਨਾਸੀ ॥
(1214)

Remembering God in meditation, pains are dispelled.

ਬਿਜਉ ਜਾਣਹੁ ਿਤਉ ਰਾਖਹੁ ਠਾਕਰ ਸੁਖ ਿਤੁ ਠਾਕਰ ਸੁਖ ਿਰਾਕਾਰ ਤੁਮ ਹੀ ਪਾਸੀ ॥੧॥
(1214)

As You know me, so do You keep me, O my Lord and Master. I have surrendered everything to You. ||1||
God gave me His Hand and saved me; He has blessed me with eternal life.

Says Nanak, my mind is in ecstasy; the noose of death has been cut away from my neck.

My mind contemplates You, O Lord, all the time.

When I am hungry, I ask for food; when I am full, I am totally at peace.

When I dwell with You, I am free of disease; if I become separated from You, I turn to dust.

What power does the slave of Your slave have, O Establisher and Disestablisher?
ਨਾਮ ਨ ਬਿਸਰੈ ਤਤਜੀਵ ਪਾਈਐ ਵਿਸਨੀ ਨਾਨਕ ਇਹ ਸਾਰੈ ॥੨॥੨੯॥੫੨॥

If I do not forget the Naam, the Name of the Lord, then I die. Nanak offers this prayer.

||2||29||52||

ਸਾਰਗ, ਫਿਫ਼ੀ ਮੇਹਲਾ: ॥ (1214)

ਸਮਵੇਂ ਮੇਹਲੀ ੫ ॥

Saarang, Fifth Mehl:

ਮੰਨ ਤੇ ਭੈ ਬੌ ਦੁਰ ਪਾਰਾਈਐ ॥੨॥੨੯॥੫੨॥ (1214)

I have shaken off fear and dread from my mind.

ਲਾਲ ਦਾਇਆਲ ਗੁਲਾਲ ਲਾਈਲੇ ਸਮਾਜ ਸਮਾਜ ਗੁਨ ਗਾਈਐ ॥੧॥ ਰਹਾਉ ॥

With intuitive ease, peace and poise, I sing the Glorious Praises of my Kind, Sweet, Darling Beloved. ||1||Pause||

ਰਹਤ ਉਪਾਧ ਸਮਾਬਦ ਸੁਖ ਆਸਨ ਭਗਤ ਵਛਲੁ ਗਾਰਿਠ ਪਾਈਐ ॥੧॥

The illusion has been dispelled; I am in Samaadhi, Sukh-aasan, the position of peace. I have found the Lord, the Lover of His devotees, within the home of my own heart. ||1||

ਨਾਦ ਬਿਨੋਦ ਕੋਡ ਆਨੰਦ ਸਮਾਜ ਸਮਾਈਐ ॥ (1214)

The Sound-current of the Naad, playful joys and pleasures - I am intuitively, easily absorbed into the Celestial Lord.
He Himself is the Creator, the Cause of causes. Says Nanak, He Himself is All-in-all.

<table>
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<tr>
<th>saarag mehlaa 5.</th>
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<tbody>
<tr>
<td>Saarang, Fifth Mehl:</td>
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<tr>
<td>amrit naam manehe aDhaaro.</td>
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<tr>
<td>The Ambrosial Nectar of the Naam, the Name of the Lord, is the Support of the mind.</td>
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<tr>
<th>jin de-aa tis kai kurbaanai gur pooray namaskaaro.</th>
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<tbody>
<tr>
<td>I am a sacrifice to the One who gave it to me; I humbly bow to the Perfect Guru.</td>
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<tr>
<th>boojhee tarisnaa sahj suhaylaa kaam kroDh bikh jaaro.</th>
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<tbody>
<tr>
<td>My thirst is quenched, and I have been intuitively embellished. The poisons of sexual desire and anger have been burnt away.</td>
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<tr>
<th>aa-ay na jaa-ay basai ih thaaahar jah aasanu nirankaaro.</th>
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<tbody>
<tr>
<td>This mind does not come and go; it abides in that place, where the Formless Lord sits.</td>
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<tr>
<th>aikai pargat aikai guptaa aikai DhunDhookaaro.</th>
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<tbody>
<tr>
<td>The One Lord is manifest and radiant; the One Lord is hidden and mysterious. The One Lord is abysmal darkness.</td>
</tr>
</tbody>
</table>
From the beginning, throughout the middle and until the end, is God. Says Nanak, reflect on the Truth.

Saarag, Fifth Mehl:

Without God, I cannot survive, even for an instant.

One who finds joy in the Lord finds total peace and perfection.

He is utterly All-powerful, with me forever and ever; what tongue can utter His Glorious Praises?

His Place is sacred, and His Glory is sacred; sacred are those who listen and speak of Him.

Says Nanak, that dwelling is sacred, in which Your Saints live.
Saarang, Fifth Mehl:

रसना जपती तूही तूही ॥

My tongue chants Your Name, Your Name.

मात गरभ तुम ही पर्ितपालक पिता मंडल इक तुही ॥

In the mother's womb, You sustained me, and in this mortal world, You alone help me.

तुमिह िपता तुम ही फु िन माता तुमिह मीत िहत भर्ाता ॥

You are my Father, and You are my Mother; You are my Loving Friend and Sibling.

तुम परवार तुमिह आधारा तुमिह जीअ पर्ानदाता ॥

You are my Family, and You are my Support. You are the Giver of the Breath of Life.

तुमिह खजीना तुमिह जरीना तुम ही मािणक लाला ॥

You are my Treasure, and You are my Wealth. You are my Gems and Jewels.

तुमिह िचल तुम ही िहत भव तुम ही भव िभव िभव ॥

You are the wish-fulfilling Elysian Tree. Nanak has found You through the Guru, and now he is enraptured.

Saarang, Fifth Mehl:
जाहू काहू अपुनो ही चित आवै ॥ (1215)
jaahoo kaahoo apuno hee chit aavai.
Wherever he goes, his consciousness turns to his own.

जो काहू को चेरो होवत ठाकुर ही पहि जावै ॥१॥ रहाउ ॥ (1215)
jo kaahoo ko chayro hovat thaakur hee pahi jaavai. \[1\] rhaa-o.
Whoever is a chaylaa (a servant) goes only to his Lord and Master. \[1\] Pause\[1\]

अपने पधि दूख अपुने पधि सूखा अपुने ही पिह िबरथा ॥ (1215)
apnay pahi dookh apnay pahi sukh apnay hee peh arthaa.
He shares his sorrows, his joys and his condition only with his own.

अपने पधि भानु अपुने पधि ताना अपने ही पिह अरथा ॥१॥ (1215)
apnay pahi manu apnay pahi taana apnay hee pahi arthaa. \[1\]
He obtains honor from his own, and strength from his own; he gets an advantage from his own. \[1\]

किन ही राज जोबनु धन मिलखा किन ही बाप महतारी ॥ (1215)
kin hee raaj joban Dhan milkhaa kin hee baap mehtaaree.
Some have regal power, youth, wealth and property; some have a father and a mother.

I have obtained all things, O Nanak, from the Guru. My hopes have been fulfilled. \[2\]||34||57||

Saarag, Fifth Mehl:

झूठो माइआ को मद मान।। (1215)
jhootho maa-i-aa ko mad maan.
False is intoxication and pride in Maya.
Get rid of your fraud and attachment, O wretched mortal, and remember that the Lord of the World is with you. ||1||Pause||

False are royal powers, youth, nobility, kings, rulers and aristocrats.

False are the fine clothes, perfumes and clever tricks; false are the foods and drinks. ||1||

O Patron of the meek and the poor, I am the slave of Your slaves; I seek the Sanctuary of Your Saints.

I humbly ask, I beg of You, please relieve my anxiety; O Lord of Life, please unite Nanak with Yourself. ||2||35||58||

By himself, the mortal cannot accomplish anything.

He runs around chasing all sorts of projects, engrossed in other entanglements. ||1||Pause||
ਦੀਸਿਹ ਸੰਗੀ ਦੀ ਬੁੱਧੀ ਹੋਣ ਦੀ ਸ਼ਰ ਨਹੀਂ
ਲਗ ਜਾਣੀ ॥ (1215)

ਦੀਸਿਹ ਸੰਗੀ ਤੇ ਬਾਘ ਤੂਫ਼ਾਨ ਕਰੀ
ਸੰਗੀ ਦੀਸਿਹ ਨਹੀਂ ਜਾਂ ਭਾਰੀ ॥

di-us chaar kay deeseh sangee oohaaN naahee jah bhaaree.  
His companions of these few days will not be there when he is in trouble.

ਤਿਤਨ ਿਸਉ ਰਾਚ ਮਾਚ ਹਿਤੁ ਲਾਈ ਜਦੋ ਕੰਨਿ ਨਹੀਂ ਗਾਵਾਰੀ ॥ 1 ॥

tin si-o raach maach hit laa-i-o jo kaam nahee gaavaaree.  ||1||
He is hand and glove with those who are of no use to him; the poor wretch is  
affectionately involved with them.  ||1||

ਹਉ ਨਾਹੀ ਨਾਹੀ ਕਿੂਛ ਮੇਰਾ ਨਹੀਂ ਹੋਮਰੋ ਬਸੁ ਚਾਰੀ ॥

ha-o naahee naahee kichh mayraa naa hamro bas chaaree.
I am nothing; nothing belongs to me. I have no power or control.

ਕਰਨ ਕਰਾਵਨ ਨਾਨਕ ਕੇ ਪਰ੍ਭਤ ਸੰਤਨ ਸੰੰਗ ਉਧਾਰੀ ॥ 2 ॥ 36 ॥ 59 ॥

karan karaavan naanak kay parabh santan sang uDhaaree.  ||2||36||59||
O Creator, Cause of causes, Lord God of Nanak, I am saved and redeemed in the Society  
of the Saints.  ||2||36||59||

ਮਾਰਗ ਮਹਲਾ ੫ ॥ (1216)

saarag mehlaa 5.
Saarang, Fifth Mehl:

ਮੋਹਨੀ ਮੋਹਤ ਰਹੈ ਨ ਹੋਰੀ ॥ (1216)

mohnee mohat rahai na horee.
The Great Enticer Maya keeps enticing, and cannot be stopped.

ਸਾਧਕ ਤਸਧ ਸੰਗ੍ਰਾਮ ਦੀ ਪਿੰਦਆਲੀ ਤੁੱਟੇ ਨ ਬਾਢੁ ਤੇਜੀ ॥ 11 ॥ ਚਲਣੀ ॥ (1216)

saaDhik siDh sagal kee pi-aaree tutai na kaahoo toree.  ||1|| raha-o.
She is the Beloved of all the Siddhas and seekers; no one can fend her off.  ||1||Pause||

ਪਹਾਣਖ ਪ੍ਰਭ ਸਮਾਨ ਦੀ ਧੀਪਕਾ ਤੁਟੇ ਨ ਬਾਢੁ ਤੇਜੀ ॥ (1216)

khat saaDhik siDh sagal kee pi-aaree tutai na kaahoo toree.
Reciting the six Shaastras and visiting sacred shrines of pilgrimage do not decrease her  
power.
ਪੂਜਾ ਚਕਰ ਬਰਤ ਨੇਮ ਤਪੀਆ ਊਹਾ ਗੈਿਲ ਨ ਛੋਰੀ ॥੧॥ (1216)
Devotional worship, ceremonial religious marks, fasting, vows and penance - none of these will make her release her hold. ||1||

ਆੰਧ ਕੂ ਪੈਦਾ ਵੇਂਦ ਮਰਦੁ ਵਰਚਣ ਪਛਾ ਗੈਈ ਭੋਗੀ ॥ (1216)
The world has fallen into the deep dark pit. O Saints, please bless me with the supreme status of salvation.

ਸਾਧਕੀਤ ਨਾਨਕ ਯਗਵਤ ਪੈਦਾ ਦਰਸਾਂ ਕੈਟ ਭੋਗੀ ॥੨॥੩੭॥੬੦॥ (1216)
In the Saadh Sangat, the Company of the Holy, Nanak has been liberated, gazing upon the Blessed Vision of their Darshan, even for an instant. ||2||37||60||

ਸਾਰਗ ਮਹਲਾ ੫ ॥ (1216)
Saarang, Fifth Mehl:

ਕਹਾ ਕਾਰਹੀ ਰੇ ਖਤੀ ਖਟਲੀ ॥ (1216)
Why are you working so hard to earn profits?

ਵਹੀ ਤੇ ਹਿਰਓ ਊਹਾ ਲੇ ਧਿਰਓ ਜੈਚੇ ਬਾਸਾ ਮਾਸ ਦੇਤ ਝਾਟੁਲੀ ॥ (1216)
You move things from here to there, like the hawk swooping down on the flesh of its prey.
you are blind - you have forgotten the great giver. you fill your belly like a traveler at an inn. ||1||

saad bikaar bikaar jhooth ras jah jaano tah bheer baatulee. you are entangled in the taste of false pleasures and corrupt sins; the path which you have to take is very narrow.

sai nanak samajh ray i-aanay aaj kaal khulHai tayree gaaNthulee. says nanak: figure it out, you ignorant fool! today or tomorrow, the knot will be untied! ||2||38||61||

kaho naanak samah ray i-aanay aaj kaal khulHai tayree gaaNthulee. says nanak: figure it out, you ignorant fool! today or tomorrow, the knot will be untied! ||2||38||61||

o dear guru, by associating with you, i have come to know the lord.

there are millions of heroes, and no one pays any attention to them, but in the court of the lord, i am honored and respected. ||1||pause||

when god infuses his light into clay, the human body is judged to be precious. ||1||

what is the origin of the human beings? how beautiful they are!

when god infuses his light into clay, the human body is judged to be precious. ||1||
तुम ते सेव तुम ते जप तापा तुम ते ततु पछानिओ ॥ (1216)
From You, I have learned to serve; from You, I have learned to chant and meditate; from You, I have realized the essence of reality.

बढ़ा भमध्ये पवळ बढ़ी मेहवी तरव चम रम मरमरिद ॥२॥३॥४॥ (1216)
kar mastak Dhar katee jayvree naanak daas dasaani-o. ||2||39||62||
Placing His Hand on my forehead, He has cut away the bonds which held me; O Nanak, I am the slave of His slaves. ||2||39||62||

मानसू । (1216)
Saarang, Fifth Mehl:

जनव जिन नींद में बघ नम ॥ (1216)
har har dee-o sayvak ka-o naam.
The Lord has blessed His servant with His Name.

आपे सहूल आपे पंचा आधिम मेंच वै तथा ॥१॥ (1216)
aap bapuro bhaa-ee jaa ko raakhaa raam. ||1|| rahaa-o.
What can any poor mortal do to someone who has the Lord as his Savior and Protector? ||1||Pause||

आपे महा जतू आपे पंचा आधिम मेंच वै तथा ॥ (1216)
aap maha jan aapay panchaa aap sayvak kai kaam.
He Himself is the Great Being; He Himself is the Leader. He Himself accomplishes the tasks of His servant.

आपे महा जतू आपे पंचा आधिम मेंच वै तथा ॥१॥ (1216)
aap bidaaray thakur antarjaam. ||1||
Our Lord and Master destroys all demons; He is the Inner-knowner, the Searcher of hearts. ||1||

Saarag, Fifth Mehl:

हिर हिर दीओ सेवक कउ नाम ॥ (1216)
har har dee-o sayvak ka-o naam.
The Lord has blessed His servant with His Name.

मानसू का को बपुरो भाई जा को राखा रा ॥१॥ रहाउ ॥ (1216)
maanas kaa ko bapuro bhaa-ee jaa ko raakhaa raam. ||1|| rahaa-o.
What can any poor mortal do to someone who has the Lord as his Savior and Protector? ||1||Pause||

आपे सगले दूत िबदारे ठाकु र अंतरजाम ॥१॥ (1216)
aapay saglay doot bidaaray thakur antarjaam. ||1||
Our Lord and Master destroys all demons; He is the Inner-knowner, the Searcher of hearts. ||1||
He Himself saves the honor of His servants; He Himself blesses them with stability.

From the very beginning of time, and throughout the ages, He saves His servants. O Nanak, how rare is the person who knows God.

O Lord, You are my Best Friend, my Companion, my Breath of Life.

My mind, wealth, body and soul are all Yours; this body is sewn together by Your Blessing.

You have blessed me with all sorts of gifts; you have blessed me with honor and respect.

Forever and ever, You preserve my honor, O Inner-knower, O Searcher of hearts.

Those Saints who know You, O Lord and Master - blessed and approved is their coming into the world.
The Congregation of those humble beings is obtained by great good fortune; Nanak is a
sacrifice to the Saints. ||2||41||64||

You save us from the corruption and sins of countless incarnations; associating with You,
we obtain sublime understanding.

Forgetting God, we wandered through countless incarnations; with each and every breath,
we sing the Lord's Praises. ||1||

Whoever meets with the Holy Saints - those sinners are sanctified.

Says Nanak, those who have such high destiny, win this invaluable human life. ||2||42||65||
Saarang, Fifth Mehl:

ठाकुर िबनती करन जनु आइओ ॥
thaakur bintee karan jan aa-i-o.
O my Lord and Master, Your humble servant has come to offer this prayer.

सरब सूख आनंद सहज रस सुनत तुहारो नाइओ ॥१॥
sarab sookh aanand sahj ras sunat tuhaaro naa-i-o. ||1||
Hearing Your Name, I am blessed with total peace, bliss, poise and pleasure. ||1||Pause||

किर्पा िनधान सूख के सागर जसु सभ मिह जा को छाइओ ॥
kirpaa niDhaan sookh kay saagar jas sabh meh jaa ko chhaa-i-o.
The Treasure of Mercy, the Ocean of Peace - His Praises are diffused everywhere.

संतसंग रंग तुम कीए अपना आपु िदर्सटाइओ ॥१॥
satsang rang tum kee-ay apnaa aap daristaa-i-o. ||1||
O Lord, You celebrate in the Society of the Saints; You reveal Yourself to them. ||1||

नैनहु संग संतन की सेवा चरन झारी के साइओ ॥
nainhu sang santan kee sayvaa charan jhaaree kaysaa-i-o.
With my eyes I see the Saints, and dedicate myself to serving them; I wash their feet with my hair.

आठ पहर दरसनु संतन बा सुखु नानक इहु पाइओ ॥२॥४३॥६६॥
aath pahar darsan santan kaa sukh naanak ih paa-i-o. ||2||43||66||
Twenty-four hours a day, I gaze upon the Blessed Vision, the Darshan of the Saints; this is the peace and comfort which Nanak has received. ||2||43||66||
One who is lovingly absorbed in the Lord’s Name

is a good-hearted friend, intuitively embellished with happiness. He is said to be blessed and fortunate.

He is rid of sin and corruption, and detached from Maya; he has renounced the poison of egotistical intellect.

He thirsts for the Blessed Vision of the Lord’s Darshan, and he places his hopes in the One Lord alone. The Feet of his Beloved are the Support of his heart.

He sleeps, wakes, rises up and sits down without anxiety; he laughs and cries without anxiety.

Says Nanak, she who has cheated the world - that Maya is cheated by the humble servant of the Lord.

Saarang, Fifth Mehl:
अब तत् पुकारिणि वेः त भवावे \(2\) (1217)

अब जन ऊपरि को न पुकारई।
Now, no one complains about the Lord's humble servant.

पूकारन कौ जो उदम करता गुरु परमेसर ता कौ मारई। \(1\) \(1\) || || raha-o.

Whoever tries to complain is destroyed by the Guru, the Transcendent Lord God.

निरवैरै संग वैरु रचावै हिर दरगाह ओहु हारै। \(2\) (1217)

Whoever harbors vengeance against the One who is beyond all vengeance, shall lose in the Court of the Lord.

आद जुगाई पर्भ की विडआई जन की पैज सवारै। \(1\) (1217)

From the very beginning of time, and throughout the ages, it is the glorious greatness of God, that He preserves the honor of His humble servants.

निरभू भए सम्ब भु िमिटाई चरन कमल आधारै। \(2\) (1217)

The mortal becomes fearless, and all his fears are taken away, when he leans on the Support of the Lord's Lotus Feet.

गुर कै बचाई सदहै रस्तू भवाव देखी सम्पै। \(2\) \(45\) \(68\) (1217)

Chanting the Name, through the Guru's Word, Nanak has become famous throughout the world.

सारग महला ५। \(\text{Sarang, Fifth Mehl:}\)
The Lord's humble servant has discarded all self-conceit.

As You see fit, You save us, O Lord of the World. Beholding Your Glorious Grandeur, I live.

Through the Guru's Instruction, and the Saadh Sangat, the Company of the Holy, all sorrow and suffering is taken away.

I look upon friend and enemy alike; all that I speak is the Lord's meditation.

The fire within me is quenched; I am cool, calm and tranquil. Hearing the unstruck celestial melody, I am wonder-struck and amazed.

I am in ecstasy, O Nanak, and my mind is filled with Truth, through the perfect perfection of the Sound-current of the Naad.

My Guru has rid me of my cynicism.
ਤਿਸੂ ਗੁਰ ਕਈ ਜਾਈਐ ਬਿਲਹਾਰੀ ਸਦਾ ਸਦਾ ਹਉ ਵਾਰੀਆ ਇੱਠ੍ਹਾਉ। 
I am a sacrifice to that Guru; I am devoted to Him, forever and ever. ||1|| Pause||

ਗੁਰ ਕਾ ਨਾਮੁ ਜਿਪਓ ਿਦਨੁ ਰਾਤੀ ਗੁਰ ਕੇ ਚਰਨ ਮਿਨ ਧਾਿਰਆ। 
I chant the Guru's Name day and night; I enshrine the Guru's Feet within my mind.

ਗੁਰ ਪੂਰੇ ਕੀ ਕਰਉ ਿਨਤ ਸੇਵਾ ਗੁਰੁ ਅਪਨਾ ਨਮਸਕਾਰਿਆ। 
I continually serve the Perfect Guru; I humbly bow to my Guru.

ਸਰਖ ਦਲ੍ਹੀਤੇ ਗੁਰੁ ਪੂਰੀ ਰਚਤ ਗੁਰ ਨਾਨਕ ਗੁਰ ਨਿਸਤਾਰਿਆ। 
The Perfect Guru has blessed me with all fruitful rewards; O Nanak, the Guru has emancipated me. ||2||47||70||

ਸਾਰਗ ਮੋਹਲਾ ੫। 
Saarang, Fifth Mehl:

ਮੁਹੰਦਰ ਗੁਰੁ ਪੂਰੋ ਤਾਵੇ ਸਾਧਾਰਨ ਿਹਤੁ ਲਾਵੈ। 
His sorrows are dispelled, and his fears are all erased; he is in love with the Saadh Sangat, the Company of the Holy. ||1|| Pause||
ਹਿਰ ਹਿਰ ਹਿਰ ਹਿਰ ਮਿਨ ਆਰਾਧੇ ਰਸਨਾ ਹਿਰ ਜਸੁ ਗਾਵੈ ॥ (1218)
Har Har Har Har man aaraaDhay rasnaa har jas gaavai. His mind worships and adores the Lord, Har, Har, Har, Har; his tongue sings the Praises of the Lord.

ਤਿਜ ਅਿਭਮਾਨੁ ਕਾਮ ਕਰ੍ੋਧੁ ਿਨੰਦਾ ਬਾਸੁਦੇਵ ਰੰਗੁ ਲਾਵੈ ॥੧॥ (1218)
taj abhimaan kaam kroDh nindaa baasudayv rang laavai. ||1|| Abandoning egotistical pride, sexual desire, anger and slander, he embraces love for the Lord. ||1||

ਦਾਮੋਦਰ ਦਇਆਲ ਆਰਾਧਹੁ ਗੋਿਬੰਦ ਕਰਤ ਸੋਹਾਵੈ ॥ (1218)
daamodar da-i-aal aaraaDhahu gobind karat sohaavai. Worship and adore the Merciful Lord God; chanting the Name of the Lord of the Universe, you shall be embellished and exalted.

ਕਹੁ ਨਾਨਕ ਸਭ ਕੀ ਹੋਇ ਰੇਨਾ ਹਿਰ ਹਿਰ ਦਰਿਸ ਸਮਾਵੈ ॥੨॥੪੮॥੭੧॥ (1218)
kaho naanak sabh kee ho-ay raynaa har har daras samaavai. ||2||48||71|| Says Nanak, whoever becomes the dust of all, merges in the Blessed Vision of the Lord, Har, Har. ||2||48||71||

ਸਾਰਗ ਮਹਲਾ ੫॥ (1218)
saarag mehlaa 5. Saarang, Fifth Mehl:

ਅਪੁਨੇ ਗੁਰ ਪੂਰੇ ਬਿਲਹਾਰੈ ॥ (1218)
apunay gur pooray balihaarai. I am a sacrifice to my Perfect Guru.

ਪਰ੍ਗਟ ਪਰ੍ਤਾਪੁ ਕੀਓ ਨਾਮ ਕੋ ਰਾਖੇ ਰਾਖਨਹਾਰੈ ॥੧॥ (1218)
pargat partaap kee-o naam ko raakhay raakhanhaarai. ||1|| raha-o. My Savior Lord has saved me; He has revealed the Glory of His Name. ||1||Pause||

ਿਨਰਭਉ ਕੀਏ ਸੇਵਕ ਦਾਸ ਅਪਨੇ ਸਗਲੇ ਦੂਖ ਿਬਦਾਰੈ ॥ (1218)
nirbha-o kee-ay sayvak daas apnay saglay dookh bidaarai. He makes His servants and slaves fearless, and takes away all their pain.
Aan upaav ti-aag jan saglay charan kamal rid Dhaarai. ||1||
So renounce all other efforts, and enshrine the Lord's Lotus Feet within your mind. ||1||

Paraan aDhaar meet saajan parabh aikai aykankaarai.
God is the Support of the breath of life, my Best Friend and Companion, the One and Only Creator of the Universe.

Sabh tay ooch thaakur naanak kaa baar baar namaskaarai. ||2||49||72||
Nanak's Lord and Master is the Highest of all; again and again, I humbly bow to Him. ||2||49||72||

Saarang, Fifth Mehl:

Tell me: other than the Lord, who exists?

The Creator, the Embodiment of Mercy, bestows all comforts; meditate forever on that God. ||1||Pause||

Meditate in remembrance on that Lord and Master who gives you everything. Why would you go to anyone else? ||1||
सफल सेवा सुआमी मेरे की मन बांछत फल पावहु ॥

Service to my Lord and Master is fruitful and rewarding; from Him, you shall obtain the fruits of your mind’s desires.

कहु नानक लाभु लाहा लै चाल्हु सुख सेती घिर जावहु ॥२॥५०॥७३॥

Says Nanak, take your profits and leave; you shall go to your true home in peace.

ठाकु र तुम्ह सरणाई आइआ ॥

O my Lord and Master, I have come to Your Sanctuary.

उतिर गइओ मेरे मन का संसा जब ते दरसनु पाइआ ॥१॥ रहाउ ॥

The anxiety of my mind departed, when I gazed upon the Blessed Vision of Your Darshan.

अनबोलत मेरी िबरथा जानी अपना नामु जपाइआ ॥

You know my condition, without my speaking. You inspire me to chant Your Name.

दुख नाथे सुख सहिज समाए अनद अनद गुण गाइआ ॥१॥

My pains are gone, and I am absorbed in peace, poise and bliss, singing Your Glorious Praises.

बाह पकिर किढ लीने अपुने गरिह अंध कू प तेमाइआ ॥

Taking me by the arm, You lifted me up, out of the deep dark pit of household and Maya.
"कहु नानक गुर बंधन काटे बिच्छुरत आनि मिलाइया।" || ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ (1218)

Says Nanak, the Guru has broken my bonds, and ended my separation; He has united me with God. ||2||51||74||

"सारग महला ५।" || (1219)

Sarang, Fifth Mehl:

"हिर के नाम की गित ठांढी।" || ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ (1219)

The Name of the Lord is cooling and soothing.

"बेद पुरान सिम्रित साधू जन खोजत खोजत काढी।" ॥ ॥ ॥ रहाउ। || (1219)

Searching, searching the Vedas, the Puraanas and the Simritees, the Holy Saints have realized this. ||1||Pause||

"मिज्ज बिरांच आरु इंद्र लोक ता मिह जलतौ फिरात।" || (1219)

In the worlds of Shiva, Brahma and Indra, I wandered around, burning up with envy.

"सिव बिरंच अरु इंद्र लोक ता मिह जलतौ फिरात।" ॥ ॥ (1219)

Meditating, meditating in remembrance on my Lord and Master, I became cool and calm; my pains, sorrows and doubts are gone. ||1||

"जो जो तिरओ पुरातनु नवतनु भगित भाइ हिर देवा।" || (1219)

Whoever has been saved in the past or the present, was saved through loving devotional worship of the Divine Lord.

"नानक की बेंजंती प्रभ जीउ मिलें संत जन सेवा।" ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ ॥ (1219)

This is Nanak’s prayer: O Dear God, please let me serve the humble Saints. ||2||52||75||
Saarang, Fifth Mehl;

Jihvay amrit gun har gaa-o.
O my tongue, sing the Ambrosial Praises of the Lord.

Har har bol katha sun har kee uchrahu parabh ko naa-o. ||1|| rahaa-o.
Chant the Name of the Lord, Har, Har, listen to the Lord's Sermon, and chant God's Name. ||1|| Pause||

Raam naam ratan Dhan sanchahu man tan laavhu bhaa-o.
So gather in the jewel, the wealth of the Lord's Name; love God with your mind and body.

Aan bibhoot mithi-aa kar maanhu saachaa ihai su-aa-o. ||1||
You must realize that all other wealth is false; this alone is the true purpose of life. ||1||

Jee-a paraan mukat ko daataa aykas si-o liv laa-o.
He is the Giver of the soul, the breath of life and liberation; lovingly tune in to the One and Only Lord.

Kaho naanak taa kee sarnaa-ee dayt sagal api-aa-o. ||2||53||76||
Says Nanak, I have entered His Sanctuary; He gives sustenance to all. ||2||53||76||
hotee nahee kavan kachh karnee.
I cannot do anything else.

ihai ot paa-ee mil santeh gopaal ayk kee sarnee. ||1|| rahaa-o.
I have taken this Support, meeting the Saints; I have entered the Sanctuary of the One Lord of the World. ||1||Pause||

panch deth hindro dhiay ut bhav vishe vishrampi kee varteh ||1219||
panch deth hindro dhiay ut tan mahi vishe vishrampi kee varteh ||1219||
The five wicked enemies are within this body; they lead the mortal to practice evil and corruption.

aas apaar dinas gan raakhay garsat jaat balu jaanteh ||1219||
He has infinite hope, but his days are numbered, and old age is sapping his strength. ||1219||

anaathah naath da-i-al sukh saagar sarab deth bhai harnee.
He is the Help of the helpless, the Merciful Lord, the Ocean of Peace, the Destroyer of all pains and fears.

man baaNchhat chitvat naanak daas paykh jeevaa parabh harnee. ||22||55||77||
Slave Nanak longs for this blessing, that he may live, gazing upon the Feet of God. ||22||55||77||

saarag mehlaa ||1219||
saarag mehlaa 5.
Saarang, Fifth Mehl:

feekay har kay naam bin saad.
Without the Lord's Name, flavors are tasteless and insipid.
Sing the Sweet Ambrosial Praises of the Lord's Kirtan; day and night, the Sound-current of the Naad will resonate and resound. ||1|| Pause||

Meditating in remembrance on the Lord, total peace and bliss are obtained, and all sorrows are taken away.

The profit of the Lord, Har, Har, is found in the Saadh Sangat, the Company of the Holy; so load it and bring it on home. ||1||

He is the Highest of all, the Highest of the high; His celestial economy has no limit.

Nanak cannot even express His Glorious Grandeur; gazing upon Him, he is wonder-struck. ||2||55||78||

Saarang, Fifth Mehl:

The mortal came to hear and chant the Word of the Guru's Bani.
But he has forgotten the Naam, the Name of the Lord, and he has become attached to other temptations. His life is totally worthless! ||1||Pause||

O my unconscious mind, become conscious and figure it out; the Saints speak the Unspoken Speech of the Lord.

So gather in your profits - worship and adore the Lord within your heart; your coming and going in reincarnation shall end. ||1||

Efforts, powers and clever tricks are Yours; if You bless me with them, I repeat Your Name.

They alone are devotees, and they alone are attached to devotional worship, O Nanak, who are pleasing to God. ||2||56||79||

Saarang, Fifth Mehl:

Those who deal in the Naam, the Name of the Lord, are wealthy.
ਸੋਹੁ ਕਪਟਾ ਹੋਇ ਨਿਰਵਾਈ ਸੋ ਪਰਾਂ ਸੰਗ ਨਹਾਰੇ ॥੨॥

chhodahu kapat ho-ay nirvairaa so parabh sang nihaaray.
Abandon your deception, and go beyond vengeance; see God who is always with you.

ਸਤ ਧਨੁ ਵਣਜਹੁ ਸਤ ਧਨੁ ਸਚੁ ਕਬਹੂ ਨ ਆਵਹੁ ਹਾਰੇ ॥ ‘॥

sach Dhan vanjahu sach Dhan sanchahu kabhoo na aavhu haaray. ||1||
Deal only in this true wealth and gather in this true wealth, and you shall never suffer loss. ||1||

ਖਾਤ ਖਰਚਤ ਕਿਛੁ ਨਕੁਤਤ ਨਹੀ ਅਗਨਤ ਭਰੇ ਭੰਡਾਰੇ ॥

khaat kharchat kichh nikhutat naahee agnat bharay bhandaaray.
Eating and consuming it, it is never exhausted; God’s treasures are overflowing.

ਜੋ ਤਤਰ ਮੇਂਜਾਸ਼ਰੀ ਸੰਗ ਹਾਵਮੰਨੁ ਕਾਚ ਜੱਹਾਂ ॥੨॥੪॥੫॥੮॥ (1220)

kaho naanak sobhaa sang jaavhu paarbarahm kai du-aaray. ||2||57||80||
Says Nanak, you shall go home to the Court of the Supreme Lord God with honor and respect. ||2||57||80||

ਸਾਰਗ ਮਹਲਾ '੫ ॥

saarag mehlaa 5.
Saarang, Fifth Mehl:

ਪੰਜੀ ਧਿਤਾਂ ਅਤਾਕਾਨਪੁ ਜੰਗਾਮੁ ਵਿਕਾਲਾ ॥

parabh jee mohi kavan anaath bichaaraa.
O Dear God, I am wretched and helpless!

ਬਾਰ ਭੁਲੁ ਵੇਧ ਅਤਾਕਾਨਪੁ ਜੰਗਾਮੁ ਵਿਕਾਲਾ ॥੨॥ (1220)

kavan mool tay manukh kari-aa ih partaap tuhaaraa. ||1|| rahaa-o.
From what source did you create humans? This is Your Glorious Grandeur. ||1||Pause||
jee-a paraan sarab kay daatay gun kahay na jaahi apaaraa.
You are the Giver of the soul and the breath of life to all; Your Infinite Glories cannot be spoken.

sabh kay pareetam sarab partipaalak sarab ghataaaN aaDhaaraa. ||1||
You are the Beloved Lord of all, the Cherisher of all, the Support of all hearts. ||1||

ko-ay na jaanai tumree gat mit aapeh ayk pasaaraa.
No one knows Your state and extent. You alone created the expanse of the Universe.

Please, give me a seat in the boat of the Holy; O Nanak, thus I shall cross over this terrifying world-ocean, and reach the other shore. ||2||58||81||

He knows of no other than the One Lord. He has renounced all other efforts. ||1||Pause||

He worships and adores the Lord, Har, Har, in thought, word and deed; in the Saadh Sangat, the Company of the Holy, he finds peace.
अनद बिनोद अकथ कथा रसु साचै सहिज समाइआ ||१|| (1220)
anad binod akath kathaa ras saachai sahj samaa-i-aa. ||1||
He enjoys bliss and pleasure, and savors the Unspoken Speech of the Lord; he merges intuitively into the True Lord. ||1||

बवि विवध से भरूह बीह तै की दुःख बाढ़ी || (1220)
kar kirpaa jo apunaa keeno taa kee ootam banee.
Sublime and exalted is the speech of one whom the Lord, in His Mercy makes His Own.

यप्यान्तित रत् विसदीमि ने कङः धृष्ट विजयस्वी ||२||४२|| (1220)
saadhsang naanak nistaree-ai jo raatay parabh nirbaanee. ||2||59||82||
Those who are imbued with God in the state of Nirvaanaa, O Nanak, are emancipated in the Saadh Sangat. ||2||59||82||

साधसौंग नानक नसतरीऐ जो राते पर्भ नरबाणी ||२||५९||८२|| (1220)
saarag mehlaa 5.
Saarang, Fifth Mehl:

जा ते साधू सरिण गही || (1220)
jaa tay saaDhoo saran gahee.
Since I grasped hold of the Sanctuary of the Holy,

मंडर महं भट्टौ धुराम धिवसम बढ़ करी ||१|| (1220)
saah sahj man bha-i-o pargaasaa birthaa kachh na rahee. ||1|| raha-o.
my mind is illuminated with tranquility, peace and poise, and I am rid of all my pain.
||1||Pause||

चेह मृथुल नामेच चेह भरुह भिन्नदी चेह बड़ी || (1220)
hohu kirpaal naam dayh apunaa bintee ahy kahie.
Please be merciful to me, O Lord, and bless me with Your Name; this is the prayer I offer to You.
I have forgotten my other occupations; remembering God in meditation, I have obtained the true profit.

We shall merge again into the One from whom we came; He is the Essence of Being.

Says Nanak, the Guru has eradicated my doubt; my light has merged into the Light.

Abandon all other tastes and flavors; the taste of the Naam, the Name of the Lord, is so sublime.

Enshrine the Lord's Lotus Feet within your heart; let yourself be lovingly attuned to the One Lord.
In the Saadh Sangat, the Company of the Holy, you shall become immaculate and pure; you shall not come to be reincarnated again.

You are the Support of the soul and the breath of life; You are the Home of the homeless.

With each and every breath, I dwell on the Lord, Har, Har; O Nanak, I am forever a sacrifice to Him.

To meditate on the Lotus Feet of the Lord of the Universe is heaven for me.

In the Saadh Sangat, the Company of the Holy, is the treasure of liberation and the Lord's Ambrosial Name.

O Lord God, please be kind to me, that I may hear with my ears Your Sublime and Exalted Sermon.
My cycle of coming and going is finally completed, and I have attained peace and tranquility. ||1||

Searching and searching, I have realized the essence of reality: devotional worship is the most sublime fulfillment.

Says Nanak, without the Name of the One Lord, all other ways are imperfect. ||2||62||85||

The True Guru is the True Giver.

Gazing upon the Blessed Vision of His Darshan, all my pains are dispelled. I am a sacrifice to His Lotus Feet. ||1||Pause||

The Supreme Lord God is True, and True are the Holy Saints; the Name of the Lord is steady and stable.
bhagat bhaavnee paarbarahm kee abhinaasee gun gaa-o. ||1||
So worship the Imperishable, Supreme Lord God with love, and sing His Glorious Praises. ||1||

agam agochar mit nahee paa-ee-ai sagal ghataa aaDhaar.
The limits of the Inaccessible, Unfathomable Lord cannot be found; He is the Support of all hearts.

naanak vaahu vaahu kaho taa-ee jaa kaa ant na paar. ||2||63||86||
O Nanak, chant, "Waaho! Waaho!" to Him, who has no end or limitation. ||2||63||86||

saarag mehla 5.
Saarang, Fifth Mehl:

gur kay charan basay man mayrai.
The Feet of the Guru abide within my mind.

poor rahi-o thaakur sabh-ee nikat basai sabh nayrai. ||1|| rahaa-o.
My Lord and Master is permeating and pervading all places; He dwells nearby, close to all. ||1||Pause||

banDhan tor raam liv laa-ee satsang ban aa-ee.
Breaking my bonds, I have lovingly tuned in to the Lord, and now the Saints are pleased with me.

janam padaarath bha-i-o puneeetaa ichhaa sagal pujaa-ee. ||1||
This precious human life has been sanctified, and all my desires have been fulfilled. ||1||
O my God, whoever You bless with Your Mercy - he alone sings Your Glorious Praises.

Servant Nanak is a sacrifice to that person who sings the Glorious Praises of the Lord of the Universe, twenty-four hours a day.

A person is judged to be alive, only if he sees the Lord.

Please be merciful to me, O my Enticing Beloved Lord, and erase the record of my doubts.

One who renounces God and longs for another - his face is blackened with filth.

One who is blessed with the wealth of our Lord and Master, the Embodiment of Peace, does not believe in any other religious doctrine.
ਨਾਨਕ ਦਰਸ ਮਗਨ ਮਨੁ ਮੋਹੀ-ਓ ਪੂਰਨ ਅਰਥ ਵਿਸ਼ੇਖਾ ||2||65||88||

O Nanak, one whose mind is fascinated and intoxicated with the Blessed Vision of the Lord's Darshan - his tasks are perfectly accomplished. ||2||65||88||

ਸਾਰਗ ਮਹਲਾ ੫ ||

saarag mehlaa 5.
Saarang, Fifth Mehl:

ਸਮਰਨ ਰਾਮ ਕੋ ਇਕ ਨਾਮ ||

simran raam ko ik naam.
Meditate in remembrance on the Naam, the Name of the One Lord.

ਕਲਮਲ ਦਗਧ ਹੋਹਿ ਕਿਥ ਅਂਤਰ ਕੋਟ ਦਾਨ ਇਸਨਾਨ ॥੧॥ ਰਹਾਉ ॥

In this way, the sins of your past mistakes shall be burnt off in an instant. It is like giving millions in charity, and bathing at sacred shrines of pilgrimage. ||1||Pause||

ਆਨ ਜੰਜਾਰ ਬਰੀਥ ਸਰੂਗਾ ਘਾਲਤ ਬਿਨ ਫੋਕਟ ਦਾਨ ॥

aan janjaar baritha saram ghaalat bin har fokat gi-aan.
Entangled in other affairs, the mortal suffers uselessly in sorrow. Without the Lord, wisdom is useless.

ਜਨਮ ਮਰਨ ਸੰਕੜ ਤੇ ਘੂੱਟ ਜਗਦੀਸ ਸੁਖ ਦਾਨ ॥੧॥

The mortal is freed of the anguish of death and birth, meditating and vibrating on the Blissful Lord of the Universe. ||1||

ਤੇਰੀ ਸਰਿਨ ਪੂਰਨ ਸੁਖ ਸਾਗਰ ਕਿਰ ਦੇਵਹੁ ਦਾਨ ॥

I seek Your Sanctuary, O Perfect Lord, Ocean of Peace. Please be merciful, and bless me with this gift.
Meditating, meditating in remembrance on God, Nanak lives; his egotistical pride has been eradicated. ||2||66||89||

He alone is a Dhoorat, who is attached to the Primal Lord God. ||9||

He alone is a Dhurandhar, and he alone is a Basundhar, who is absorbed in the sublime essence of Love of the One Lord. ||1||Pause||

One who practices deception and does not know where true profit lies is not a Dhoorat - he is a fool.

He abandons profitable enterprises and is involved in unprofitable ones. He does not meditate on the Beauteous Lord God. ||1||

He alone is clever and wise and a religious scholar, he alone is a brave warrior, and he alone is intelligent,
ਸਾਧਸੰਗ ਜਿਨਹਨੇ ਹਿਰ ਹਿਰ ਜਿਪੋ ਨਾਨਕ ਸੋ ਪਰਵਾਨਾ ॥੨॥੬੭॥੯੦॥

who chants the Name of the Lord, Har, Har, in the Saadh Sangat, the Company of the Holy. O Nanak, he alone is approved. ||2||67||90||

ਸਾਰਗ ਮਹਲਾ ੫ ॥

Saarang, Fifth Mehl:

ਹਿਰ ਹਿਰ ਸੰਤ ਜਨਾ ਕੀ ਜੀਵਿਨ ॥

The Lord, Har, Har, is the life of the humble Saints.

ਿਬਖੈ ਰਸ ਭੋਗ ਅਮਰ ਸੁਖ ਸਾਗਰ ਰਾਮ ਨਾਮ ਰਸ ਪੀਵਿਨ ॥੧॥ ਰਹਾਉ ॥

Instead of enjoying corrupt pleasures, they drink in the Ambrosial Essence of the Name of the Lord, the Ocean of Peace. ||1||Pause||

ਸੰਚਿਨ ਰਾਮ ਨਾਮ ਰਤਨ ਮਨ ਤਨ ਭੀਤਰ ਸੀਵਿਨ ॥

They gather up the priceless wealth of the Lord's Name, and weave it into the fabric of their mind and body.

ਹਿਰ ਰੰਗ ਰੱਗ ਭਏ ਮਨ ਲਾਲਾ ਰਾਮ ਨਾਮ ਰਸ ਖੀਵਿਨ ॥੧॥

Imbued with the Lord's Love, their minds are dyed in the deep crimson color of devotional love; they are intoxicated with the sublime essence of the Lord's Name. ||1||

ਿਜਉ ਮੀਨਾ ਜਲ ਿਸਊ ਉਰਜਾਨੋ ਰਾਮ ਨਾਮ ਸੰਗ ਲੀਵਿਨ ॥

As the fish is immersed in water, they are absorbed in the Lord's Name.
ਸਾਰਗ ਮਹਲਾ ੫ ॥

ਸਾਰਗ, ਸਤਨਾਮ ਤੇ ਬੇਠਾ ਦਾਸ਼ ਅਪੁਨੇ ਸਦਾ ਸੰਦੇਹ ਕਰੁਆ ॥੧॥

ਜ਼ਬ ਜਮਾਈ ਸਾਂਗਾਰੈ ਪਰਾਨੀ ਤਿਆਂ ਕਉਨ ਹਵਾਲ ॥੧॥

ਰਾਖੀ ਲੇਹੁ ਦਾਸ ਅਪਨੇ ਕੁਝ ਸਤਾ ਸਤਾ ਕਿਰਪਾਲ ॥

ਸੁਖ ਨਿਧਾਨ ਨਾਨਕ ਪਰਮ ਪ੍ਰਸਾਰ ਸਾਧਿਕ ਧਨ ਮਾਲ ॥੨॥੭॥੬॥੭॥

O Nanak, my God is the Treasure of Peace; He is the wealth and property of the Saadh Sangat, the Company of the Holy. ||2||69||92||

O Nanak, the Saints are like the rain-birds; they are comforted, drinking in the drops of the Lord's Name. ||2||68||91||

Without the Name of the Lord, the mortal is a ghost.

All the actions he commits are just shackles and bonds. ||1||Pause||

Without serving God, one who serves another wastes his time uselessly.

When the Messenger of Death comes to kill you, O mortal, what will your condition be then? ||1||

Please protect Your slave, O Eternally Merciful Lord.

O Nanak, the Saints are like the rain-birds; they are comforted, drinking in the drops of the Lord's Name. ||2||68||91||
ਸਾਰਗ ਮਹਲਾ 5 ॥ (1222)
saarag mehlaa 5.
Saarang, Fifth Mehl:

ਮੰਨੀ ਤਿਨੀ ਰਾਮ ਕੀ ਬੀੱਠਾਰ ॥ (1222)
man tan raam ko bi-uhraar.
My mind and body deal only in the Lord.

ਪਰ੍ੇਮ ਭਗਤ ਗੁਨ ਗਾਵਨ ਗੀਧੇ ਪੋਹਤ ਨਹਾ ਸੰਸਾਰੁ ॥੧॥ (1222)
paraym bhagat gun gaavan geeDhay pohat nah sansaar. ||1|| rahaa-o.
Imbued with loving devotional worship, I sing His Glorious Praises; I am not affected by worldly affairs. ||1||Pause||

ਸਰਵਣੀ ਕੀਰਤਨੁ ਸਮਰਨੁ ਸੁਆਮੀ ਇਹੁ ਸਾਧ ਕੋ ਆਚਾਰੁ ॥ (1222)
sarvanee keertan simran su-aamee ih saaDh ko aachaar.
This is the way of life of the Holy Saint: he listens to the Kirtan, the Praises of his Lord and Master, and meditates in remembrance on Him.

ਚਰਨ ਕਮਲ ਅਸਿਥਤ ਿਰਦ ਅੰਤਿਰ ਪੂਜਾ ਪਰ੍ਾਨ ਕੋ ਆਧਾਰੁ ॥੧॥ (1222)
charan kamal asthit rid antar poojaa paraan ko aaDhaar. ||1||
He implants the Lord’s Lotus Feet deep within his heart; worship of the Lord is the support of his breath of life. ||1||

ਪੁਰਾ ਚੀਤ ਕਹੁਲਾਕਾਲ ਮੁਹੁੱਕ ਕੇਤੀਦੀ ਵਿਚਕਾਲ ਅਧਤੀ ਪਾਂਦੁ ॥ (1222)
parabh deen da-i-aal sunhu baynantee kirpaa apnee Dhaar.
O God, Merciful to the meek, please hear my prayer, and shower Your Blessings upon me.

ਰੱਖਿਲ ਵੀਚਰੁ ਵੀਰੁ ਵੱਲਾਹਾਰੁ ਹਵਾ ਤੁਰਕ ਮੁਹੁੱਕ ਬਲਗਿਥਾਰੁ ॥੨॥੫॥੪॥ (1222)
naam niDhaan uchara-o nit rasnaa naamak sad balihaar. ||2||70||93||
I continually chant the treasure of the Naam with my tongue; Nanak is forever a sacrifice. ||2||70||93||
ਸਾਰਗ ਮਹਲਾ ੫ ॥  (1222)

Saarang, Fifth Mehl:

ਹਿਰ ਕੇ ਨਾਮਹੀਨ ਮਿਤ ਥੋਰੀ ॥ (1222)

Without the Name of the Lord, his intellect is shallow.

ਸਿਮਰਤ ਨਾਹੀ ਸੀਰੀਧਰ ਠਾਕੁਰ ਮਲਤ ਅਂਧ ਦੁੱਖ ਘੋਰੀ ॥ ੧ ॥ ਰਹਾਉ ॥ (1222)

He does not meditate in remembrance on the Lord, his Lord and Master; the blind fool suffers in terrible agony. ||1|| Pause||

ਹਿਰ ਕੇ ਨਾਮ ਸਿੱਠੀ ਪ੍ਰੀਤ ਅਨਕ ਮੈ ਬਹੁ ਜੋਰੀ ॥ (1222)

He does not embrace love for the Name of the Lord; he is totally attached to various religious robes.

ਤੂਟਤ ਬਾਰ ਨ ਲਾਗੈ ਤਾ ਕਉ ਜੋ ਗਾਗੀਰ ਜਲ ਫੋਰੀ ॥ ੧ ॥ (1222)

His attachments are shattered in an instant; when the pitcher is broken, the water runs out. ||1||

ਕਿਰ ਕਿਰਪਾ ਭਗਤ ਰਸ ਸੀ ਭਾੜ ਪ੍ਰੇਮ ਦੋਂ ਭੇਲੀ ॥ ੨ ॥੭੧॥੯੪॥ (1222)

Please bless me, that I may worship You in loving devotion. My mind is absorbed and intoxicated with Your Delicious Love.

ਨਾਨਕ ਦਾਸ ਤੇਰੀ ਸਰਣਾਈ ਪਰ੍ਭ ਬਨੁ ਆਨ ਨ ਹੋਰੀ ॥ ੨ ॥੭੧॥੯੪॥ (1222)

Nanak, Your slave, has entered Your Sanctuary; without God, there is no other at all. ||2||71||94||
Saarang, Fifth Mehl:

chitv-a vaa a-osar man maahi.
In my mind, I think about that moment,

bin har bhajan jaytay kaam karee-ah taytay birthay jaanhi.
Without vibrating and meditating on the Lord, whatever deeds you do will be useless.

pooran parmaanand man meetho tis bin doosar naahi. ||1||
The Perfect Embodiment of Supreme Bliss is so sweet to my mind. Without Him, there is no other at all. ||1||

jap tap sanjam karam sukh saaDhan tul na kachhoo-ai laahi.
Chanting, deep meditation, austere self-discipline, good deeds and other techniques to being peace - they are not equal to even a tiny bit of the Lord's Name.

charan kamal naanak man bayDhi-o chrnah sanka samaahi. ||2||72||95||
Nanak's mind is pierced through by the Lotus Feet of the Lord; it is absorbed in His Lotus Feet. ||2||72||95||
My God is always with me; He is the Inner-knower, the Searcher of hearts.

I find happiness in the world hereafter, and peace and pleasure in this world, meditating in remembrance on the Name of my Lord and Master.

The Lord is my Best Friend, my Buddy, my Companion. I sing the Glorious Praises of my Sovereign Lord King.

In His Mercy, He protects His slave; all beings and creatures are in His Power.

One who is lovingly attuned to the One, the Perfect Transcendent Lord God, O Nanak, is rid of all fear.
ਸਗਲ ਮਨੋਰਥ ਪੂਰਨ ਤਹੂ ਕੇ ਦੂਖੁ ਨ ਿਬਾਪੈ ਕੋਇ ॥੧॥
- all his desires are fulfilled, and no pain afflicts him. ||1||Pause||

ਜੋ ਜਨੁ ਭਗਤੁ ਦਾਸੁ ਿਨਜੁ ਪਰ੍ਭ ਕਾ ਸੁਿਣ ਜੀਵੇ ਿਤਸੁ ਸੋਇ ॥
- That humble devotee is a slave of his God, who listens to Him, and so lives. ||1||

ਗੁਰ ਪਰਸਾਦੀ ਿਦਰਸਿਟ ਿਨਹਾਰੁ ਦੂਸਰ ਨਾਹੀ ਕੋਇ ॥
- It is only by Guru's Grace that I see His Vision with my eyes which none can equal. ||1||

Please bless Nanak with this Gift, that he may wash the Feet of the Saints, and so live. ||2||74||97||

ਸਾਰਗ ਮਹਲਾ ੫ ॥
- Saarang, Fifth Mehl:

ਜੀਵਤੁ ਰਾਮ ਕੇ ਗੁਣ ਗਾਇ ॥
- I live by singing the Glorious Praises of the Lord. ||2||74||97||

Karahu kirppaa gopaal beethulay bisar na kab hee jaa-ay. ||1||
Please be Merciful to me, O my Loving Lord of the Universe, that I may never forget You. ||1||Pause||
मनु तनु धनु सभु तुम्रा सुआमी आन न दूजी जाइ ॥ (1223)

As You keep me, so do I survive; I eat and I wear whatever You give me. ||1||

As You keep me, so do I survive; I eat and I wear whatever You give me. ||1||

I am a sacrifice, a sacrifice to the Saadh Sangat, the Company of the Holy; I shall never again fall into reincarnation.

Slave Nanak seeks Your Sanctuary, Lord; as it pleases Your Will, so do You guide him. ||2||75||98||

Other affairs of Maya are corrupt. They are nothing more than dust. ||1||Pause||

The mortal has fallen into the deep dark pit of household attachment; it is a horrible, dark hell.
अनिक जोनी भर्मत हारी-ो भर्मत बारं बार ॥१॥

He wanders in various incarnations, growing weary; he wanders through them again and again. ॥1॥

पतित पावन भगत बछल दीन किरपा धार ॥

O Purifier of sinners, O Lover of Your devotees, please shower Your Mercy on Your meek servant.

कर जोर नानकु दानु मांगै साधसंग उधार ॥२॥७६॥९॥

With palms pressed together, Nanak begs for this blessing: O Lord, please save me in the Saadh Sangat, the Company of the Holy. ॥2॥76॥9॥

Saarang, Fifth Mehl:

विब्राजित राम को परताप ॥

The Glorious Radiance of the Lord has spread out everywhere.

आध विब्राज्ञ उपाधि सब नासी तीन ताप ॥९॥ रहाऊ ॥

The doubts of my mind and body are all erased, and I am rid of the three diseases. ॥9॥ rahaa-o.

My thirst is quenched, and my hopes have all been fulfilled; my sorrows and sufferings are over.
Singing the Glorious Praises of the Unmoving, Eternal, Unchanging Lord God, my mind, body and soul are comforted and encouraged.

Sexual desire, anger, greed, pride and envy are destroyed in the Saadh Sangat, the Company of the Holy.

He is the Lover of His devotees, the Destroyer of fear; O Nanak, He is our Mother and Father.

Without the Naam, the Name of the Lord, the world is miserable.

Administering the intoxicating drug, God Himself leads the mortals astray; they are reincarnated again and again.
He does not meditate in remembrance on the Lord, even for an instant, and so the Messenger of Death makes him suffer.

Please be merciful to me, O Destroyer of the pains of the meek and the poor; let me be the dust of the feet of the Saints.

Slave Nanak asks for the Blessed Vision of God. It is the Support of his mind and body.

Without the Name of the Lord, the soul is polluted.

The True Lord God has Himself administered the intoxicating drug of corruption, and led the mortal astray.

Wandering through millions of incarnations in countless ways, he does not find stability anywhere.
The faithless cynic does not intuitively meet with the Perfect True Guru; he continues coming and going in reincarnation.

Please save me, O All-powerful Lord God, O Great Giver; O God, You are Inaccessible and Infinite.

Slave Nanak seeks Your Sanctuary, to cross over the terrible world-ocean, and reach the other shore.

To chant the Glorious Praises of the Lord is Sublime.

In the Saadh Sangat, the Company of the Holy, meditate on the Transcendent Lord God; The taste of His essence is Ambrosial Nectar.

Meditating in remembrance on the One Unmoving, Eternal, Unchanging Lord God, the intoxication of Maya wears off.
ਸਹਜ ਅਨਦ ਅਨਹਦ ਧੁਿਨ ਬਾਣੀ ਬਹੁਰ ਨ ਭਏ ਿਬਖਾਦ ॥੧॥

One who is blessed with intuitive peace and poise, and the vibrations of the Unstruck Celestial Bani, never suffers again. ||1||

ਐਨ ਭਾਰਾਮ ਮਾਰੋਕ ਹਾਰ ਹਾਰ ਕੋਟ ਵਿਖਾਦੇ ॥ (1224)

Even Brahma and his sons sing God's Praises; Sukdayv and Prahlaad sing His Praises as well.

ਪੀਵਤ ਅਭਿਵੇਸ਼ ਚੋਹ ਵੰਦ ਨਸ਼ੀ ਨਹਿ ਵੰਧ ਵੀਚ ਵੀਚਾਣ ਕਾਜ ॥੨॥੮੦॥੧੦੩॥ (1224)

Drinking in the fascinating Ambrosial Nectar of the Lord's sublime essence, Nanak meditates on the Amazing Lord. ||2||80||103||

ਸਾਰਗ ਭਾਰਲਾ ੫ ॥ (1224)

Saarang, Fifth Mehl:

ਵੀਵਾ ਭਾਵ ਦੇ ਕੁਹ ਬੇਤੇ ॥ (1224)

He commits many millions of sins.

ਦਿਨਸੁ ਰਾਈ ਨਹੀ ਕਦੀ ਨਹੀ ਕਦੀ ਖਿਤੀ ਨਹੀ ਨਹੀ ਜੁਟ ॥੧॥ ਰਹਾਉ ॥ (1224)

Day and night, he does not get tired of them, and he never finds release. ||1|| Pause||

ਭਾਵ ਬਾਜ਼ਰ ਬਿਖ ਬਿਖਾਰੀ ਸਿਧ ਸਿਧਾਂਦੀ ਵੇਤੇ ॥ (1224)

He carries on his head a terrible, heavy load of sin and corruption.

ੱਧਧੀ ਕਾਰੀਆਂ ਵੀਚਵਣੀ ਹੀਵਣੀ ਜਨਫ਼ ਖੁਸੰ ਬੇਟੇ ॥੯॥ (1224)

In an instant, he is exposed. The Messenger of Death seizes him by his hair. ||1||
He is consigned to countless forms of reincarnation, into beasts, ghosts, camels and donkeys.

Vibrating and meditating on the Lord of the Universe in the Saadh Sangat, the Company of the Holy, O Nanak, you shall never be struck or harmed at all.

His eyes, ears and body are totally exhausted; he shall lose his breath in an instant.

Making the poor suffer, he fills his belly, but the wealth of Maya shall not go with him.

Committing sinful mistakes again and again, he regrets and repents, but he can never give them up.

The Messenger of Death comes to slaughter the slanderer; he beats him on his head.
ਨਾਨਕ ਆਪਨ ਕੰਟਰੀ ਆਪਸ ਕਉ ਲਾਈ ਮਨੁ ਅਪਨਾ ਕੀਨੋ ਫਾਟ ॥੨॥੮੨॥੧੦੫॥

O Nanak, he cuts himself with his own dagger, and damages his own mind. ||2||82||105||

Saarang, Fifth Mehl:

The slanderer is destroyed in mid-stream.

Our Lord and Master is the Saving Grace, the Protector of His humble servants; those who have turned their backs on the Guru are overtaken by death. ||1||Pause||

He suffers in pain here, and falls into hell hereafter. He wanders in endless reincarnations. ||1||

He has become infamous across worlds and galaxies; he receives according to what he has done.

Nanak seeks the Sanctuary of the Fearless Creator Lord; he sings His Glorious Praises in ecstasy and bliss. ||2||83||106||
Saarang, Fifth Mehl:

Desire plays itself out in so many ways.

But it is not fulfilled at all, and in the end, it dies, exhausted. ||Pause||

It does not produce tranquility, peace and poise; this is the way it works.

He does not know what belongs to him, and to others. He burns in sexual desire and anger. ||Pause||

The world is enveloped by an ocean of pain; O Lord, please save Your slave!

Nanak seeks the Sanctuary of Your Lotus Feet; Nanak is forever and ever a sacrifice.
रे पापी तै कवन की मित लीन ॥ (1225)
O sinner, who taught you to sin?

nimakh ghaaree na simar su-aamee jee-o pind jin deen. ||1|| rahaa-o.
You do not contemplate your Lord and Master, even for an instant; it was He who gave you your body and soul. ||1||Pause||

गरभ उदर बिलालट करता तहां होवत दीन ॥१॥ (1225)
In the womb of your mother, you cried and whined like a wretch. ||1||

saarag mehlaa 5.
Saarang, Fifth Mehl:

माई री चरनह ओट गही ॥ (1225)
O mother, I have grasped the Protection, the Sanctuary of the Lord's Feet.
Gazing upon the Blessed Vision of His Darshan, my mind is fascinated, and evil-mindedness is taken away. ||1|| Pause ||

He is Unfathomable, Incomprehensible, Exalted and High, Eternal and Imperishable; His worth cannot be appraised.

Gazing upon Him, gazing upon Him in the water and on the land, my mind has blossomed forth in ecstasy. He is totally pervading and permeating all. ||1||

Merciful to the meek, my Beloved, Enticer of my mind; meeting with the Holy, He is known.

Meditating, meditating in remembrance on the Lord, Nanak lives; the Messenger of Death cannot catch or torment him. ||2||86||109||

O mother, my mind is intoxicated.
Gazing upon the Merciful Lord, I am filled with bliss and peace; imbued with the sublime essence of the Lord, I am intoxicated. ||1||Pause||

I have become spotless and pure, singing the Sacred Praises of the Lord; I shall never again be dirtied.

My awareness is focused on the Lotus Feet of God; I have met the Infinite, Supreme Being. ||1||

Taking me by the hand, He has given me everything; He has lit up my lamp.

O Nanak, savoring the Naam, the Name of the Lord, I have become detached; my generations have been carried across as well. ||2||87||110||

O mother, by meditating in remembrance on some other, the mortal dies.
Forsaking the Lord of the Universe, the Giver of souls, the mortal is engrossed and entangled in Maya. ||1||Pause||

Forgetting the Naam, the Name of the Lord, he walks on some other path, and falls into the most horrible hell.

He suffers uncounted punishments, and wanders from womb to womb in reincarnation. ||1||

They alone are wealthy, and they alone are honorable, who are absorbed in the Sanctuary of the Lord.

By Guru's Grace, O Nanak, they conquer the world; they do not come and go in reincarnation ever again. ||2||88||111||

Saarang, Fifth Mehl:

The Lord has cut down the crooked tree of my deceit.
The forest of doubt is burnt away in an instant, by the fire of the Lord's Name. ||1||Pause||

Sexual desire, anger and slander are gone; in the Saadh Sangat, the Company of the Holy, I have beaten them and driven them out. ||1||

The Gurmukh is successful in this priceless human life; he shall not lose it in the gamble ever again. ||1||

Twenty-four hours a day, I sing the Glorious Praises of the Lord, and contemplate the Perfect Word of the Shabad. ||2||89||112||

This Holy Book is the home of the Transcendent Lord God.
Whoever sings the Glorious Praises of the Lord of the Universe in the Saadh Sangat, the Company of the Holy, has the perfect knowledge of God. ||1||Pause||

The Siddhas and seekers and all the silent sages long for the Lord, but those who meditate on Him are rare.

That person, unto whom my Lord and Master is merciful - all his tasks are perfectly accomplished. ||1||

May I never forget You, even for an instant, O my Creator Lord; Nanak begs for this blessing. ||2||90||113||

Saarang, Fifth Mehl:

The rain has fallen everywhere.

Singing the Lord's Praises with ecstasy and bliss, the Perfect Lord is revealed. ||1||Pause||
On all four sides and in the ten directions, the Lord is an ocean. There is no place where He does not exist.

O Perfect Lord God, Ocean of Mercy, You bless all with the gift of the soul.

True are those humble beings, within whom faith wells up; O Nanak, they are not deluded by doubt.

Saarang, Fifth Mehl:

O Dear Lord of the Universe, You are the Support of my breath of life.

You are my Best Friend and Companion, my Help and Support; You are my family.
You placed Your Hand on my forehead; in the Saadh Sangat, the Company of the Holy, I sing Your Glorious Praises.

By Your Grace, I have obtained all fruits and rewards; I meditate on the Lord's Name with delight.

The True Guru has laid the eternal foundation; it shall never be shaken.

Guru Nanak has become merciful to me, and I have been blessed with the treasure of absolute peace.

Sing the Glorious Praises of the Lord, the treasure of wealth, and earn your profit; in the midst of corruption, remain untouched.

All beings and creatures find contentment, meditating on their God.
रतन जनमु अपार जीतिको बहुँड़ जोनि न पाइ ॥१॥

The priceless jewel of infinite worth, this human life, is won, and they are not consigned to
reincarnation ever again. ||1||

When the Lord of the Universe shows His kindness and compassion, the mortal finds the
Saadh Sangat, the Company of the Holy,

Nanak has found the wealth of the Lotus Feet of the Lord; he is imbued with the Love of
God. ||2||93||116||

Saarang, Fifth Mehl:

माई री पेिख रही बिसमाद ॥

O mother, I am wonder-struck, gazing upon the Lord.

My mind is enticed by the unstruck celestial melody; its flavor is amazing! ||1||Pause||

He is my Mother, Father and Relative. My mind delights in the Lord.

Singing the Glorious Praises of the Lord of the Universe in the Saadh Sangat, the
Company of the Holy, all my illusions are dispelled. ||1||
ਡੋਰੀ ਲਪਿਟ ਰਹੀ ਚਰਨਹ ਸੰਗੀ ਭਰਮ ਭੈ ਸਗਲੇ ਖਾਦ॥ (1226)

doree lapat rahee charnah sang bharam bhai saglay khaad.
I am lovingly attached to His Lotus Feet; my doubt and fear are totally consumed.

ਏਕੁ ਅਧਾਰੁ ਨਾਨਕ ਜਨ ਕੀਆ ਬਹੁਰੀ ਨ ਜੋਿਨ ਭਰਮਾਦ॥੨॥੭॥੧੧੭॥ (1226)

ayk aDhaar naanak jan kee-aa bahur na jon bharmaad. ||2||94||117||
Servant Nanak has taken the Support of the One Lord. He shall not wander in reincarnation ever again. ||2||94||117||

ਸਾਰਗ੍ਗ ਮਹਲਾ ੫॥ (1227)

saarag mehlaa 5.
Saarang, Fifth Mehl:

ਮਾਈ ਰੀ ਮਾਤੀ ਚਰਣ ਸਮੂਹ॥ (1227)

maa-ee ree maatee charan samooh.
O mother, I am totally intoxicated with the Lord's Feet.

ਏਕਸੁ ਿਬਨੁ ਹਉ ਆਨ ਨ ਜਾਨੋ ਦੁਤੀਆ ਭਾਉ ਸਭ ਲੂਹ॥੧॥ (1227)

aykas bin ha-o aan na jaan-o dutee-aa bhaa-o sabh looh. ||1|| rahaa-o.
I know of none other than the Lord. I have totally burnt off my sense of duality. ||1||Pause||

ਿਤਾਗਾਗ ਗੋਪਾਲ ਅਵਰ ਜਕਰਣਾ ਤੇ ਿਬਿਖਾ ਕੇ ਖੂਹ॥ (1227)

ti-aag gopaal avar jo karnaa tay bikhi-aa kay khooh.
To abandon the Lord of the World, and become involved with anything else, is to fall into the pit of corruption.

ਦਰਸ ਿਪਆਸ ਮੇਰਾ ਮੋਇਹੋ ਕਾਢੀ ਨਰਕ ਤੇ ਧੂਹ॥੧॥ (1227)

daras pi-aas mayraa man mohi-o kaadhee narak tay Dhooh. ||1||
My mind is enticed, thirsty for the Blessed Vision of His Darshan. He has lifted me up and out of hell. ||1||

ਸੰਤ ਪਰਸਾਦ ਮੇਂਤ ਭਿਲਿਆ ਕਾਢੀ ਤਕਵ ਤੇ ਪ੍ਰਤੇ॥ (1227)

sant parsaad mili-o sukh-daata binsee ha-umai hoo.
By the Grace of the Saints, I have met the Lord, the Giver of peace; the noise of egotism has been stilled.
राम भजू मिल साधसंगित इहै जग मिह सार ॥१॥ रहाउ ॥

Slave Nanak is imbued with the Love of the Lord; the forests of his mind and body have blossomed forth. ||2||95||118||

मकवा महला ५ ॥ (1227)

Saarang, Fifth Mehl:

बिलसे वध के विहुआर ॥ (1227)

The false dealings are finished.

राम भजू मिल साधसंगित इहै जग मिह सार ॥१॥ वचगुठ ॥ (1227)

Join the Saadh Sangat, the Company of the Holy, and meditate, vibrate on the Lord. This is the most excellent thing in the world. ||1||Pause||

ईत ऊत न डोिल कतहू नामु िहरदै धािर ॥

Here and hereafter, you shall never waver; enshrine the Naam, the Name of the Lord, within your heart.

The boat of the Guru's Feet is found by great good fortune; it shall carry you across the world-ocean. ||1||

The Infinite Lord is totally permeating and pervading the water, the land and the sky.
Drink in the Ambrosial Nectar of the Lord's Name; O Nanak, all other tastes are bitter.

- you are intoxicated with the great corruption of attachment and pride, but you do not remember the Lord in meditation.

Those who meditate on the Lord in the Saadh Sangat, the Company of the Holy - the guilt of their mistakes is burnt away.

Fruitful is the body, and blessed is the birth of those who merge with God.

The four great blessings, and the eighteen supernatural spiritual powers - above all these are the Holy Saints.
Slave Nanak longs for the dust of the feet of the humble; attached to the hem of His robe, he is saved. ||2||97||120||

The Lord's humble servants yearn for the Lord's Name.

In thought, word and deed, they long for this peace, to gaze with their eyes upon the Blessed Vision of God's Darshan. ||1||Pause||

In the Vedas, the Puraanas and the Simritees, the humble and the Holy chant this Bani with their tongues.
Chanting the Lord's Name, O Nanak, I am emancipated; other teachings of duality are useless. ||2||98||121||

Saarang, Fifth Mehl:

You are just a fly, created by the Lord.

Wherever it stinks, you land there; you suck in the most toxic stench. ||1||Pause||

You have not spared anyone, except the Saints - the Saints are on the side of the Lord of the Universe. ||1||

You have enticed all beings and creatures; no one knows You, except the Saints.

Slave Nanak is imbued with the Kirtan of the Lord's Praises. Focusing his consciousness on the Word of the Shabad, he realizes the Presence of the True Lord. ||2||99||122||
Saarang, Fifth Mehl:

भाइ री काती जम की फास ॥
maa-ee ree kaatee jam kee faas.
O mother, the noose of Death has been cut away.

हर हर जपत सरब सुख पाए बीचे गर्सत उदास ॥१॥ रहाउ ॥
har har japat sarab sukh paa-ay beechay garsat udaas. ||1|| raha-o.
Chanting the Name of the Lord, Har, Har, I have found total peace. I remain unattached in the midst of my household. ||1||Pause||

किर किरपा लीने किर अपुने उपजी दरस पिआस ॥
kir kirpaa leenay kir apunay upjee daras pi-aas.
Granting His Grace, He has made me His Own. The thirst for the Blessed Vision of His Darshan wells up within me.

संतसंग मिल हिर गुण गाए बिनसी दुतीआ आस ॥१॥
satsang mil har gun gaa-ay binsee dutee-aa aas. ||1||
Joining the Society of the Saints, I sing the Glorious Praises of the Lord; I have given up other hopes. ||1||

महा उदिआन अटवी ते काढे माराग संत किहओ ॥
mahaa udi-aan atvee tay kaadhay maarak sant kahi-o.
The Saint has pulled me out of the utterly desolate wilderness, and shown me the path.

देखत दरसु पाप सिभ नासे हिर नानक रतनु लिहो ॥२॥१००॥१२३॥
daykhat daras paap sabh sabh naasay har naanak ratan lahi-o. ||2||100||123||
Gazing upon His Darshan, all sins are taken away; Nanak is blessed with the jewel of the Lord. ||2||100||123||
O mother, I am involved with the Love of the Lord; my mind has such a longing and thirst for the Blessed Vision, the Darshan of my Beauteous Lord. No one can break this. ||1||Pause||

The Lord is my breath of life, honor, spouse, parent, child, relative, wealth - everything.

Cursed is this body of bones, this pile of maggots and manure, if it knows any other than the Lord. ||1||

The Destroyer of the pains of the poor has become merciful to me, by the power of the karma of my past actions.

Nanak seeks the Sanctuary of God, the Treasure, the Ocean of Mercy; my subservience to others is past. ||2||101||124||

The Lord's melody is noble and sublime.
The Lotus Feet of my Lord and Master are incomparably beautiful. Meditating on them, one becomes Holy. ||1||Pause||

Just by thinking of the Darshan, the Blessed Vision of the Lord of the World, the dirty sins are washed away.

The Lord cuts down and weeds out the corruption of the cycle of birth and death. ||1||

How rare is that person who has such pre-ordained destiny, to find the Lord.

Chanting the Glorious Praises of the Creator, the Lord of the Universe - O Nanak, this is Truth. ||2||102||125||

The intellect of one who dwells on the Name of the Lord is excellent.

One who forgets the Lord and becomes involved with some other - all his showy pretensions are false. ||1||Pause||
ਸਾਧਸੰਗਿਮ भਜੁ सੁਆਮੀ ਪਾਪ ਹੋਵਤ ਖਾਰ ॥ (1228)
saDhsangam bhaj su-aamee paap hovat khaar.
Meditate, vibrate on our Lord and Master in the Company of the Holy, and your sins shall be eradicated.

ਚਰਨਾਰਿਬੰਦ ਬਸਾਇ ਿਹਰਦੈ ਬਹੁਰ ਜਨਮ ਨ ਮਾਰ ॥੧॥ (1228)
charnaarbind basaa-ay hirdai bahur janam na maar. ||1||
When the Lord's Lotus Feet abide within the heart, the mortal is never again caught in the cycle of death and birth. ||1||

ਕ੍ਰਿ ਅਨੁਗਾਹ ਰਾਖ ਲੀਨੇ ਏਕ ਨਾਮ ਅਧਾਰ ॥ (1228)
kar anugrah raakh leenay ayk naam aDhaar.
He showers us with His kindness and compassion; He saves and protects those who take the Support of the Naam, the Name of the One Lord.

ਦਿਨ ਰੇਤਿਵ ਮਸਾਲਵ ਮਿੱਕਾ ਦੁਲਜਾਲ ਦਵਾਕਾਰ ॥੨॥੧੦੩॥੧੨੬॥ (1228)
din rain simrat sadness naanak mukh oojal darbaar. ||2||103||126||
Meditating in remembrance on Him, day and night, O Nanak, your face shall be radiant in the Court of the Lord. ||2||103||126||

ਸਾਰਗ ਮਹਲਾ ੫ ॥ (1228)
saarag mehlaa 5.
Saarang, Fifth Mehl:

ਮਾਨੀ ਤੂੰ ਰਾਮ ਕੈ ਦਿਰ ਮਾਨੀ ॥ (1228)
maanee tooN raam kai dar maanee.
Honored - you shall be honored in the Court of the Lord.

ਸਾਧਸੰਗਿਮ ਭਜੁ ਗੁਰੂ ਗਾਏ ਬਿਹਾਮਮੀ ਮਿੱਕੀ ਅਭਿਮਾਨੀ ॥੧॥ ਰਹਾਉ ॥ (1228)
saDhsang mil har gun gaa-ay binsee sabh abhimaanee. ||1|| rahaa-o.
Join the Saadh Sangat, the Company of the Holy, and sing the Glorious Praises of the Lord; your egotistical pride will be totally dispelled. ||1||Pause||
Dhaar anoograhu apunee kar leenee gurmukh poor gi-aanee.
Showering His kindness and compassion, He shall make you His Own. As Gurmukh, your spiritual wisdom shall be perfect.

Sarab sookh aanand ghanayray thaakur daras Dhi-aanee. ||1||
All peace and all sorts of ecstasy are obtained, by meditating on the Darshan, the Blessed Vision of my Lord and Master. ||1||

She who dwells close to her Lord is always the pure, happy soul-bride; she is famous in the ten directions.

She is imbued with the Love of her Loving Beloved Lord; Nanak is a sacrifice to her. ||2||104||127||

You are my Best Friend and Companion; I am with You. You are our Protector, O Lord of the Universe. ||1||Pause||


tū hamre ham tumre kahe-ai it ut tum hee raakhay.  
You are mine, and I am Yours; here and hereafter, You are my Saving Grace.

tū bay-ant aprampar su-amee gur kirpaa ko-ee laakhai. ||1||  
You are Endless and Infinite, O my Lord and Master; by Guru's Grace, a few understand. ||1||

bin baknay bin kahan kahaavan antarjaamee jaanai.  
Without being spoken, without being told, You know all, O Searcher of hearts.

jaa ka-o mayl la-ay parabh naanak say jan dargeh maanay. ||2||105||128||  
One whom God unites with Himself, O Nanak, that humble being is honored in the Court of the Lord. ||2||105||128||

Saarang, Fifth Mehl, Chau-Padas, Fifth House:

ik-oNkaar satgur parsaad.  
One Universal Creator God. By The Grace Of The True Guru:

har bhaj aan karam bikaar.  
Meditate, vibrate on the Lord; other actions are corrupt.

maan moh na bujhat tarisnaa kaal garas sansaar. ||1|| raha-o.  
Pride, attachment and desire are not quenched; the world is in the grip of death. ||1||Pause||
Eating, drinking, laughing and sleeping, life passes uselessly.

The mortal wanders in reincarnation, burning in the hellish environment of the womb; in the end, he is destroyed by death.

He practices fraud, cruelty and slander against others; he sins, and washes his hands.

Without the True Guru, he has no understanding; he is lost in the utter darkness of anger and attachment.

The Lord of the Universe is hidden and unattached. The mortal is like a wild elephant, intoxicated with the wine of egotism.

In His Mercy, God saves His Saints; they have the Support of His Lotus Feet.
With his palms pressed together, Nanak has come to the Sanctuary of the Primal Being, the Infinite Lord God. ||4||1||129||

Saarang, Fifth Mehl, Sixth House, Partaal:

One Universal Creator God. By The Grace Of The True Guru:

Chant His Sublime Word and His Priceless Glories.

Why are you indulging in corrupt actions?

Look at this, see and understand!

Meditate on the Word of the Guru's Shabad, and attain the Mansion of the Lord's Presence.

Imbued with the Love of the Lord, you shall totally play with Him. ||1||Pause||
ਸੁਪਨ ਰੀ ਸੰਸਾਰੁ ॥ (1229)
supan ree sansaar.
The world is a dream.

ਮਿਥਨੀ ਬਿਸਥਾਰੁ ॥ (1229)
mithnee bisthaar.
Its expanse is false.

ਸਖੀ ਕਾਈ ਮੋਹੀ ਮੋਹੀਲੀ ਪ੍ਰੀਤੀ ਨਿਰੀਸੇ ਮੇਲ ॥੧॥
sakhee kaa-ay mohi mohilee pari-a pareet ridai mayl. ||1||
O my companion, why are you so enticed by the Enticer? Enshrine the Love of Your Beloved within your heart. ||1||

ਸਰਬ ਰੀ ਪ੍ਰੀਤੀ ਪਿਆਰੁ ॥ (1229)
sarab ree pareet pi-aar.
He is total love and affection.

ਪ੍ਰਭੁ ਸਦਾ ਰੀ ਦਿਆਰੁ ॥ (1229)
parabh sadaa ree da-i-aar.
God is always merciful.

ਕਾਂਤੇ ਭਰੁ ਭਰੁ ਖੇਚੀਐ ॥ (1229)
kaaN-ayN aan aan ruchee-ai.
Others - why are you involved with others?

ਜਉ ਸਾਧ ਸੰਗ ਪਾਏ ॥ (1229)
ja-o saaDhsang paa-ay.
When you join the Saadh Sangat, the Company of the Holy,
कहु नानक हिर िधआए ॥ (1229)
kaho naanak har Dhi-aa-ay.
says Nanak, meditate on the Lord."

अब रहे तमिह मेल ॥२॥१॥१३॥ (1229)
ab rahay jameh mayl. ||2||1||130||
Now, your association with death is ended. ||2||1||130||

सारंग भगवान ॥ (1229)
saarag mehlaa 5.
Saarang, Fifth Mehl:

कं चना बहु दत करा ॥ (1229)
kanchnaa baho dat karaa.
You may make donations of gold,

भूम दानु अरिप धरा ॥ (1229)
bhoom daan arap Dharaa.
and give away land in charity

मन अिनक सोच पिवतर करत ॥ (1229)
man anik soch pavitar karat.
and purify your mind in various ways,

नाही रे नाम तुलि मन चरन कमल लागे ॥१॥ रहाउ ॥ (1229)
naahee ray naam tul man charan kamal laagay. ||1|| rahaa-o.
but none of this is equal to the Lord's Name. Remain attached to the Lord's Lotus Feet. ||1||Pause||

चार बेद जिहव भने ॥ (1229)
chaar bayd jihav bhanay.
You may recite the four Vedas with your tongue,
दस असट खसट सर्वन सुने ॥ (1229)
das asat khasat sarvan sunay.
and listen to the eighteen Puraanas and the six Shaastras with your ears,

नही तुिल गोबिद नाम धुने ॥ (1229)
nahhe tul gobid naam Dhunay.
but these are not equal to the celestial melody of the Naam, the Name of the Lord of the Universe.

मन चरन कमल लागे ॥।। (1229)
man charan kamal laagay. ||1||
Remain attached to the Lord's Lotus Feet. ||1||

बरत संिध सोच चार ॥ (1229)
barat sanDh soch chaar.
You may observe fasts, and say your prayers, purify yourself

इकर्आ कुं िट िनराहार ॥ (1229)
kir-aa kunt niraahaar.
and do good deeds; you may go on pilgrimages everywhere and eat nothing at all.

अपरस करत पाकसार ॥ (1229)
apras karat paaksaar.
You may cook your food without touching anyone;

निवली करम बहू िबसथार ॥ (1229)
nivlee karam baho bisthaar.
you may make a great show of cleansing techniques,

धूप दीप करते हरि नाम तुिल न लागे ॥ (1229)
Dhoop deep kartay har naam tul na laagay.
and burn incense and devotional lamps, but none of these are equal to the Lord's Name.
राम दरसु नैन पेखउ जन नानक नाम मिसट लागे ॥२॥२॥१३१॥
Please grant me the Blessed Vision of Your Darshan, that I may see You with my eyes.
The Naam is so sweet to servant Nanak. ||2||2||131||

Saarang, Fifth Mehl:

|| (1229)

ਸੰਤਨ ਕਈ ਚਰਨ ਲਗੇ ਕਾਮ ਕਰ੍ੋਧ ਲੋਖ ਿਤੀਆਗੇ ਗੁਰ ਗੋਪਾਲ ਭਏ ਿਕਰ੍ਪਾਲ ਲਬਿਧ ਅਪਨੀ ਪਾਈ ॥੧॥
Grasping hold of the Feet of the Saints, I have abandoned sexual desire, anger and greed. The Guru, the Lord of the World, has been kind to me, and I have realized my destiny. ||1||

|| (1230)

My doubts and attachments have been dispelled, and the blinding bonds of Maya have been broken. My Lord and Master is pervading and permeating everywhere; no one is an enemy.
My Lord and Master is totally satisfied with me; He has rid me of the pains of death and birth. Grasping hold of the Feet of the Saints, Nanak sings the Glorious Praises of the Lord.

Chant the Name of the Lord, Har, Har, Har; enshrine the Lord, Har, Har, within your mind.

Hear Him with your ears, and practice devotional worship - these are good deeds, which make up for past evils.

Love the Lord's Feet, continually and continuously - the most sacred and sanctified.

Fear is taken away from the servant of the Lord, and the dirty sins and mistakes of the past are burnt away.
Those who speak are liberated, and those who listen are liberated; those who keep the Rehit, the Code of Conduct, are not reincarnated again.

The Lord’s Name is the most sublime essence; Nanak contemplates the nature of reality.

I beg for devotion to the Naam, the Name of the Lord; I have forsaken all other activities.

Meditate lovingly on the Lord, and sing forever the Glorious Praises of the Lord of the Universe.

I long for the dust of the feet of the Lord’s humble servant, O Great Giver, my Lord and Master.

The Naam, the Name of the Lord, is the ultimate ecstasy, bliss, happiness, peace and tranquility. The fear is death is dispelled by meditating in remembrance on the Inner-knower, the Searcher of hearts.
Only the Sanctuary of the Feet of the Lord of the Universe can destroy all the suffering of the world.

The Saadh Sangat, the Company of the Holy, is the boat, O Nanak, to carry us across to the other side.

I escape from the five thieves, and I find the One, when I join the Saadh Sangat, the Company of the Holy.

Nothing of the visible world shall go along with you; abandon your pride and attachment.

Love the One Lord, and join the Saadh Sangat, and you shall be embellished and exalted.

I have found the Lord, the Treasure of Excellence; all my hopes have been fulfilled.
Nanak's mind is in ecstasy; the Guru has shattered the impregnable fortress.

Saarang, Fifth Mehl:

My mind is neutral and detached;

I seek only the Blessed Vision of His Darshan.

Serving the Holy Saints, I meditate on my Beloved within my heart.

Gazing upon the Embodiment of Ecstasy, I rise to the Mansion of His Presence.

I work for Him; I have forsaken everything else. I seek only His Sanctuary.

O Nanak, my Lord and Master hugs me close in His Embrace; the Guru is pleased and satisfied with me.
Saarang, Fifth Mehl:

ऐसी होइ परी ॥
aisee ho-ay paree. This is my condition.

जानते दइआर ॥१॥
jaantay da-i-aar. ||1|| Only my Merciful Lord knows it. ||1||Pause||

मातर िपतर ितआिग कै  मनु संतन पािह बेचाइओ ॥
maatar pitar ti-aag kai man santan paahi baychaa-i-o. I have abandoned my mother and father, and sold my mind to the Saints.

जाित जनम कु ल खोईऐ हउ गावउ हिर हरी ॥१॥
jaat janam kul kho-ee-ai ha-o gaava-o har haree. ||1|| I have lost my social status, birth-right and ancestry; I sing the Glorious Praises of the Lord, Har, Har. ||1||

गुिर मो कउ उपदेिसआ नानक सेिव एक हरी ॥२॥८॥१३७॥
gur mo ka-o updaysi-aa naanak sayv ayk haree. ||2||8||137|| The Guru has taught me, O Nanak, to serve only the One Lord. ||2||8||137||
You are my Loving Beloved Enticing Lord of the World.

You are in worms, elephants, stones and all beings and creatures; You nourish and cherish them all. ||1||Pause||

You are not far away; You are totally present with all.

You are Beautiful, the Source of Nectar. ||1||

You have no caste or social class, no ancestry or family.

Nanak: God, You are Merciful. ||2||9||138||

Saarang, Fifth Mehl:

Acting and play-acting, the mortal sinks into corruption. Even the moon and the sun are enticed and bewitched.
The disturbing noise of corruption wells up, in the tinkling ankle bells of Maya the beautiful. With her beguiling gestures of love, she seduces everyone except the Lord. ||Pause

Maya clings to the three worlds; those who are stuck in wrong actions cannot escape her. Drunk and engrossed in blind worldly affairs, they are tossed about on the mighty ocean. ||1||

The Saint, the slave of the Lord is saved; the noose of the Messenger of Death is snapped. The Naam, the Name of the Lord, is the Purifier of sinners; O Nanak, remember Him in meditation. ||2||10||139||3||13||155||

O Lord of the World, I gaze upon Your wondrous glory.
You are the Doer, the Cause of causes, the Creator and Destroyer. You are the Sovereign Lord of all. ||1|| Pause||

The rulers and nobles and kings shall become beggars. Their ostentatious shows are false

My Sovereign Lord King is eternally stable. His Praises are sung in every heart. ||1||

Listen to the Praises of my Lord King, O Saints. I chant them as best I can.

My Lord King, the Great Giver, is Immeasurable. He is the Highest of the high. ||2||

He has strung His Breath throughout the creation; He locked the fire in the wood.

He placed the water and the land together, but neither blends with the other. ||3||

In each and every heart, the Story of our Sovereign Lord is told; in each and every home, they yearn for Him.
Afterwards, He created all beings and creatures; but first, He provided them with sustenance. ||4||

Whatever He does, He does by Himself. Who has ever given Him advice? ||5||

The Lord protects and saves His devotees; He blesses them with the glory of His Name. ||6||

Those who join the Saadh Sangat, the Company of the Holy, are liberated; all their demerits are taken away. ||7||

Seeing them, God becomes merciful; they are carried across the terrifying world-ocean. ||7||
I am lowly, I am nothing at all; You are my Great Lord and Master - how can I even contemplate Your creative potency?

My mind and body are cooled and soothed, gazing upon the Blessed Vision of the Guru's Darshan. Nanak takes the Support of the Naam, the Name of the Lord.

My mind and body are cooled and soothed, gazing upon the Blessed Vision of the Guru's Darshan. Nanak takes the Support of the Naam, the Name of the Lord.

One Universal Creator God. By The Grace Of The True Guru:

Listen to the Story of the Inaccessible and Unfathomable.

The glory of the Supreme Lord God is wondrous and amazing! Pause|

Forever and ever, humbly bow to the True Guru.

By Guru's Grace, sing the Glorious Praises of the Infinite Lord.
His Light shall radiate deep within your mind.

With the healing ointment of spiritual wisdom, ignorance is dispelled.

There is no limit to His Expanse.

His Glory is Infinite and Endless.

His many plays cannot be counted.

He is not subject to pleasure or pain.

Many Brahmas vibrate Him in the Vedas.

Many Shivas sit in deep meditation.
अनिक पुरख अंसा अवतार ॥ (1236)
anik purakh ansaa avtaar.
Many beings take incarnation.

अनिक इंद्र् ऊभे दरबार ॥३॥ (1236)
anik indar oobhay darbaar. ||3||
Many Indras stand at the Lord’s Door. ||3||

अनिक रतन सागर दिध खीर ॥ (1236)
anik ratan saagar daDh kheer.
Many jewels, and oceans of butter and milk.

अनिक सूर ससीअर निखीत ॥ (1236)
anik soor sasee-ar nakhi-aat.
Many suns, moons and stars.

अनिक देवी देवा बहू भांित ॥४॥ (1236)
anik dayvee dayvaa baho bhaaNt. ||4||
Many gods and goddesses of so many kinds. ||4||

अनिक बसुधा अनिक कामधेन ॥ (1236)
anik basuDhaa anik kaamDhayn.
Many earths, many wish-fulfilling cows.

अनिक पारजात अनिक मुिख बेन ॥ (1236)
anik paarjaat anik mukh bayn.
Many miraculous Elysian trees, many Krishnas playing the flute.
Many Akaashic ethers, many nether regions of the underworld.

Many mouths chant and meditate on the Lord. ||5||

Many Shaastras, Simritees and Puraanas.

Many ways in which we speak.

Many listeners listen to the Lord of Treasure.

The Lord God totally permeates all beings. ||6||

Many righteous judges of Dharma, many gods of wealth.

Many gods of water, many mountains of gold.
Many thousand-headed snakes, chanting ever-new Names of God.

They do not know the limits of the Supreme Lord God.

Many solar systems, many galaxies.

Many forms, colors and celestial realms.

Many gardens, many fruits and roots.

He Himself is mind, and He Himself is matter.

Many ages, days and nights.

Many apocalypses, many creations.
अनिक जीअ जा के गिर्ह माही ॥ (1236)
anik jee-a jaa kay garih maahi.
Many beings are in His home.

रमत राम पूरन सरब ठाइ ॥९॥ (1236)
ramat raam pooran sarab thaaN-ay. ||9||
The Lord is perfectly pervading all places. ||9||

अनिक माइआ जा की लखी न जाइ ॥ (1236)
anik maa-i-aa jaa kee lakhee na jaa-ay.
Many Mayas, which cannot be known.

अनिक कला खेलै हिर राइ ॥ (1236)
anik kalaa khaylai har raa-ay.
Many are the ways in which our Sovereign Lord plays.

अनिक धुिनत लिलत संगीत ॥ (1236)
anik Dhunit lalit sangeet.
Many exquisite melodies sing of the Lord.

अनिक गुपत पर्गटे तह चीत ॥१०॥ (1236)
anik gupat pargatay tah cheet. ||10||
Many recording scribes of the conscious and subconscious are revealed there. ||10||

सभ ते ऊच भगत जा के संगि ॥ (1236)
sabh tay ooch bhagat jaa kai sang.
He is above all, and yet He dwells with His devotees.

आठ पहर गुन गाविह रंगि ॥ (1236)
aath pahar gun gaavahi rang.
Twenty-four hours a day, they sing His Praises with love.
Many unstruck melodies resound and resonate with bliss.

There is no end or limit of that sublime essence.

True is the Primal Being, and True is His dwelling.

He is the Highest of the high, Immaculate and Detached, in Nirvaana.

He alone knows His handiwork.

He Himself pervades each and every heart.

The Merciful Lord is the Treasure of Compassion, O Nanak.

Those who chant and meditate on Him, O Nanak, are exalted and enraptured.
Saarang, Chhant, Fifth Mehl:

ik-oNkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:

sabh daykhee-ai anbhai kaa daataa.

See the Giver of fearlessness in all.

ghat ghat pooran hai alipaataa.

The Detached Lord is totally permeating each and every heart.

ghat ghat pooran kar bistheeran jal tarang ji-o rachan kee-aa.

Like waves in the water, He created the creation.

habh ras maanay bhog garanay aan na bee-aa ko thee-aa.

He enjoys all tastes, and takes pleasure in all hearts. There is no other like Him at all.

har rangee ik rangee thaakur satsang parabh jaataa.

The color of the Lord's Love is the one color of our Lord and Master; in the Saadh Sangat, the Company of the Holy, God is realized.

naanak daras leenaa ji-o jal meena sabh daykhee-ai anbhai kaa daataa.

O Nanak, I am drenched with the Blessed Vision of the Lord, like the fish in the water. I see the Giver of fearlessness in all.
What praises should I give, and what approval should I offer to Him?

The Perfect Lord is totally pervading and permeating all places.

The Perfect Enticing Lord adorns each and every heart. When He withdraws, the mortal

All your property and wealth, and all that you see - none of it will go along with you.

Says Nanak, worship and adore the Lord, Har, Har. What praise, and what approval, can I

I ask the Saints, what is my Lord and Master like?

I offer my heart, to one who brings me news of Him.
Give me news of my Dear God; where does the Enticer live?

He is the Giver of peace to life and limb; God is totally permeating all places, interspaces and countries.

He is liberated from bondage, joined to each and every heart. I cannot say what the Lord is like.

Gazing upon His wondrous play, O Nanak, my mind is fascinated. I humbly ask, what is my Lord and Master like? ||3||

In His Kindness, He has come to His humble servant.

Blessed is that heart, in which the Lord's Feet are enshrined.

His Feet are enshrined within, in the Society of the Saints; the darkness of ignorance is dispelled.

The heart is enlightened and illumined and enraptured; God has been found.
Pain is gone, and peace has come to my house. The ultimate intuitive peace prevails.

Says Nanak, I have found the Perfect Lord; in His Kindness, He has come to His humble servant.

O Nanak, those who lack the Naam - their carcasses are eaten by the crows.

Let Truth be your food, and Truth your clothes, and take the Support of the True Name.

The True Guru shall lead you to meet God, the Great Giver.
When perfect destiny is activated, the mortal meditates on the Formless Lord.

Joining the Saadh Sangat, the Company of the Holy, you shall cross over the world-ocean.

O Nanak, chant God's Praises, and celebrate His Victory.

In Your Mercy, You care for all beings and creatures.

The Great Giver listened to my prayer, and the world has been cooled and comforted.

Take me into Your Embrace, and take away all my pain.
Naanak meditates on the Naam, the Name of the Lord; the House of God is fruitful and prosperous. ||1||

Fifth Mehl:

Rain is falling from the clouds - it is so beautiful! The Creator Lord issued His Order.

Grain has been produced in abundance; the world is cooled and comforted.

The mind and body are rejuvenated, meditating in remembrance on the Inaccessible and Infinite Lord.

O my True Creator Lord God, please shower Your Mercy on me.

He does whatever He pleases; Nanak is forever a sacrifice to Him. ||2||

Saarang, Fifth Mehl, Sur Daas:
One Universal Creator God. By The Grace Of The True Guru:

The people of the Lord dwell with the Lord.

They dedicate their minds and bodies to Him; they dedicate everything to Him. They are intoxicated with the celestial melody of intuitive ecstasy.

Gazing upon the Blessed Vision of the Lord’s Darshan, they are cleansed of corruption. They obtain absolutely everything.

They have nothing to do with anything else; they gaze on the beauteous Face of God.

But one who forsakes the elegantly beautiful Lord, and harbors desire for anything else, is like a leech on the body of a leper.

Says Sur Daas, God has taken my mind in His Hands. He has blessed me with the world beyond.
One Universal Creator God. By The Grace Of The True(105,87),(869,973)
ਜਾਣੀ ਗਹਿਰੀ ਲਾਲੁਂ ਰੰਗੀਓ ਆਇਆਂ ਤੂ ਸਿਸ਼ ਸੁਖ ਪਾਏ। ||3||

When my Playful Beloved came into my household, then I found total peace. ||3||

ਸੰਤ ਸਭਾ ਓਟ ਗੁਰ ਪੂਰੇ ਧੂ ਮਸਤਕ ਲੈਖੂ ਲਿਖਾਏ।

In the Society of the Saints, I have the Support and Protection of the Perfect Guru; this is the pre-ordained destiny inscribed upon my forehead.

ਜਨ ਨਾਨਕ ਕੰਤੁ ਰੰਗੀਲਾ ਪਾਇਆ ਿਫਿਰ ਦੂਖ ਨਲਾਗੈ ਆਏ। ||4||1||

Servant Nanak has found his Playful Husband Lord. He shall never suffer in sorrow again.

||4||1||

ਮਲਾਰ ਮਹਲਾ ੫।

Malaar, Fifth Mehl:

ਖੀਰ ਅਧਾਰ ਬਾਰਕੁ ਜਬ ਹੋਤਾ ਿਬਨੁ ਖੀਰੈ ਰਹਨੁ ਨਲਾਗੈ।

When the baby's only food is milk, it cannot survive without its milk.

ਸਾਰ ਸਮਾਲ ਮਾਤਾ ਮੁਖ ਨੀਰੈ ਤਬ ਓਹ ਿਤਰਪੀ ਅਘਾੀ। ||1||

The mother takes care of it, and pours milk into its mouth; then, it is satisfied and fulfilled.

||1||

ਰਹਾਉ।

I am just a baby; God, the Great Giver, is my Father.

The child is so foolish; it makes so many mistakes. But it has nowhere else to go.

||1||Pause||
The mind of the poor child is fickle; he touches even snakes and fire.

His mother and father hug him close in their embrace, and so he plays in joy and bliss.

What hunger can the child ever have, O my Lord and Master, when You are his Father?

The treasure of the Naam and the nine treasures are in Your celestial household. You fulfill the desires of the mind.

My Merciful Father has issued this Command: whatever the child asks for, is put into his mouth.

Nanak, the child, longs for the Blessed Vision of God's Darshan. May His Feet always dwell within my heart.

I tried everything, and gathered all devices together; I have discarded all my anxieties.
kaaraj sagal araambhi-o ghar kaa thakur kaa bhaarosaa. ||1||
I have begun to set all my household affairs right; I have placed my faith in my Lord and Master. ||1||
sunee-ai baajai baaj suhaavee.
I listen to the celestial vibrations resonating and resounding.
bhor bha-i-aa mai pari-a mukh paykhay garihi mangal suhlaavee. ||1|| rahaa-o.
Sunrise has come, and I gaze upon the Face of my Beloved. My household is filled with peace and pleasure. ||1||Pause||
manoo-aa laa-ay savaaray thaanaaN pouchha-o santaa jaa-ay.
I focus my mind, and embellish and adorn the place within; then I go out to speak with the Saints.
khojat khojat mai paahun mili-o bhagat kara-o niv paa-ay. ||2||
Seeking and searching, I have found my Husband Lord; I bow at His Feet and worship Him with devotion. ||2||
jab pari-a aa-ay basay garihi aasan tab ham mangal gaa-i-aa.
When my Beloved came to live in my house, I began to sing the songs of bliss.
meet saajan mayray bha-ay suhaylay parabh pooraa guroo milaa-i-aa. ||3||
My friends and companions are happy; God leads me to meet the Perfect Guru. ||3||
sakhhee sahaylee bha-ay anandaa gur kaaraj hamray pooray.
My friends and companions are in ecstasy; the Guru has completed all my projects.
ਕਹੁ ਨਾਨਕ ਵਰੁ ਿਮਿਲਆ ਸੁਖਦਾਤਾ ਛੋਿਡ ਨ ਜਾਈ ਦੂਰੇ ॥੪॥੩॥ 
Says Nanak, I have met my Husband, the Giver of peace; He shall never leave me and go away. ||4||3||

ਮਲਾਰ ਮਹਲਾ ੫ ॥ (1267) 
malaar mehlaa 5.  
Malaar, Fifth Mehl:

ਰਾਜ ਤੇ ਕੀਟ ਕੀਟ ਤੇ ਸੁਰਪਿਤ ਕਿਰ ਦੋਖ ਜਠਰ ਕਉ ਭਰਤੇ ॥ (1267) 
From a king to a worm, and from a worm to the lord of gods, they engage in evil to fill their bellies.

ਕ੍ਰਿਪਾ ਿਨਧ ਛੋਿਡ ਆਨ ਕਉ ਪੂਜ਼ੀਹ ਆਤਮ ਘਾਤੀ ਹਰਤੇ ॥੧॥ (1267) 
They renounce the Lord, the Ocean of Mercy, and worship some other; they are thieves and killers of the soul. ||1||

ਹਿਰ ਿਬਸਰਤ ਤੇ ਦੁਿ� ਦੁਿ� ਮਰਤੇ ॥ (1267) 
Returning from a king to a worm, and from a worm to the lord of gods, they suffer in sorrow and die.

ਅਨਿਕ ਬਾਰ ਭਰਮਿਹ ਬਹੁ ਜੋਨੀ ਟੇਕ ਨ ਕਾਹੂ ਧਰਤੇ ॥੧॥ ਰਹਾਉ ॥ (1267) 
They wander lost in reincarnation through all sorts of species; they do not find shelter anywhere. ||1||Pause||

ਤਿਤਾਿਗ ਸੁਆਮੀ ਆਨ ਕਉ ਚਿਤਵਤ ਮੂੜ ਮੁਗਧ ਖਲ ਖਰ ਤੇ ॥ (1267) 
Those who abandon their Lord and Master and think of some other, are foolish, stupid, idiotic donkeys.
कागर नाव लंघिह कत सागरु िबर्‌था कथत हम तरते ॥२॥

How can they cross over the ocean in a paper boat? Their egotistical boasts that they will cross over are meaningless. ||2||

ਸਿਵ ਬਿਰੰਚ ਅਸੁਰ ਸੁਰ ਜੇਤੇ ਕਾਲ ਅਗਿਨ ਮੀ ਜਰਤੇ ॥

Shiva, Brahma, angels and demons, all burn in the fire of death.

ਨਾਨਕ ਸਰਿਨ ਚਰਨ ਕਮਲਨ ਕੀ ਤੁਮ ਡਾਰਹੁ ਪਰ੍ਭ ਕਰਤੇ ॥३॥४॥

Nanak seeks the Sanctuary of the Lord's Lotus Feet; O God, Creator, please do not send me into exile. ||3||4||

ਰਾਗੁ ਮਲਾਰ ਮਹਲਾ ੫ ਦੁਪਦੇ ਘਰੁ ੧

Raag Malaar, Fifth Mehl, Du-Padas, First House:

ੴ ਸਿਤਗੁਰ ਪਰਸਾਦ ॥

One Universal Creator God. By The Grace Of The True Guru:

ਪਰ੍ਭ ਮੇਰੇ ਓਇ ਬੈਰਾਗੀ ਿਤਆਗੀ ॥

My God is detached and free of desire.

ਹਉ ਇਕੁ ਕਥਨ ਤਸੁ ਿਰਦੁ ਸੰਤ ਪਰਸਾਦ ਜਾਗੀ ॥

I cannot survive without Him, even for an instant. I am so in love with Him. ||1||Pause||

ੳਤ੍ਰ੍ਹਤ ਵੈ ਮੋਹੀ ਪ੍ਰੁੱਧੀ ਅਧਾਰੀ ਮੋਹੀ ਜਾਗੀ ॥

Associating with the Saints, God has come into my consciousness. By their Grace, I have been awakened.
हेज इहु मनु देइ कीए संत मीता किर्पाल भए बड़भागं ॥ 1267 ॥

Hearing the Teachings, my mind has become immaculate. Imbued with the Lord's Love, I sing His Glorious Praises.

महा सुखु पाइआ बरिन न साकउ रेनु नानक जन पागी ॥ 1267 ॥

I have found absolute peace - I cannot describe it. Nanak has obtained the dust of the feet of the humble.

माई मोहि प्रीतमु देहु मिलाई ॥ 1267 ॥

O mother, please lead me to union with my Beloved.

All my friends and companions sleep totally in peace; their Beloved Lord has come into the homes of their hearts.

मोहि अवगन परभु सदा दइआला मोहि निरगुिन िकआ चतुराई ॥ 1267 ॥

I am worthless; God is forever Merciful. I am unworthy; what clever tricks could I try?
I claim to be on a par with those who are imbued with the Love of their Beloved. This is my stubborn egotism. ||1||

I am dishonored - I seek the Sanctuary of the One, the Guru, the True Guru, the Primal Being, the Giver of peace.

In an instant, all my pains have been taken away; Nanak passes the night of his life in peace. ||2||2||6||

Rain down, O cloud; do not delay.

O beloved cloud, O support of the mind, you bring lasting bliss and joy to the mind. ||1||Pause||
I am Your beautiful bride, Your servant and slave. I have no nobility without my Husband Lord.

When my Lord and Master listened to my prayer, He hurried to shower me with His Mercy.

Says Nanak, I have become just like my Husband Lord; I am blessed with honor, nobility and the lifestyle of goodness.

Malaar, Fifth Mehl:

Meditate on the True Name of your Beloved.

Your enemies shall be destroyed, and all the evil-doers shall perish, when you come to the Sanctuary of the Lord.
The Savior Lord has given me His Hand and saved me; I have obtained the wealth of the Naam. ||1||

Granting His Grace, He has eradicated all my sins; He has placed the Immaculate Naam within my mind.

O Nanak, the Treasure of Virtue fills my mind; I shall never again suffer in pain. ||2||4||8||

My Beloved God is the Lover of my breath of life.

Please bless me with the loving devotional worship of the Naam, O Kind and Compassionate Lord. ||1||Pause||

I meditate in remembrance on Your Feet, O my Beloved; my heart is filled with hope.

I offer my prayer to the humble Saints; my mind thirsts for the Blessed Vision of the Lord's Darshan. ||1||
bichhurat mere naam aDhaar jeevan Dhan naanak parabh mayray kirpaa keejai. ||2||5||9||
O my God, please be Merciful, and bless Nanak with the support, the life and wealth of
the Naam. ||2||5||9||

Malaar, Fifth Mehl:

ab apnay pareetam si-o ban aa-ee.
Now, I have become just like my Beloved.

raajaa raam ramat sukh paa-i-o baras maygh sukh-daa-ee. ||1|| rahaa-o.
Dwelling on my Sovereign Lord King, I have found peace. Rain down, O peace-giving
cloud. ||1||Pause||

I cannot forget Him, even for an instant; He is the Ocean of peace. Through the Naam, the
Name of the Lord, I have obtained the nine treasures.

My perfect destiny has been activated, meeting with the Saints, my help and support. ||1||
ਸੁਖ ਉਪਜੇ ਦੁਖ ਸਗਲ ਬਨਾਸੇ ਪਾਰਵਰਹਮ ਲਿਵ ਲਾਈ ॥ (1268)
sukh upjay dukh sagal binaasay paarbarahm liv laa-ee.
Peace has welled up, and all pain has been dispelled, lovingly attuned to the Supreme Lord God.

ਤਿਰਓ ਸਾਨਲੁ ਕਿਠਨ ਭੈ ਸਾਗਰ ਹਿਰ ਨਾਨਕ ਚਰਨ ਿਧਾਈ ॥੨॥੬॥੧੦॥ (1268)
tari-o sansaar kathin bhai saagar har naanak charan Dhi-aa-ee. ||2||6||10||
The arduous and terrifying world-ocean is crossed over, O Nanak, by meditating on the Feet of the Lord. ||2||6||10||

ਮਲਾਰ ਮਹਲਾ ੫ ॥ (1268)
malaar mehlaa 5.
Malaar, Fifth Mehl:

ਘਿਨਹਰ ਬਰਿਸ ਸਗਲ ਜਗ ਛਾਇਆ ॥ (1268)
ghanihar baras sagal jag chhaa-i-aa.
The clouds have rained down all over the world.

ਰਹਾਉ ॥ (1268)
rahaa-o.

ਮਿਟੇ ਕਲਾਸ ਿਤਰ੍ਸਨ ਸਭ ਬੂਜੀ ਪਾਰਬਰ੍ਹਮ ਿਧਾਈਆ ॥ (1268)
mitay kalays tarisan sabh boojhee paarbarahm man Dhi-aa-i-aa.
My sorrows are erased, and all my thirsts are quenched, meditating on the Supreme Lord God.

ਸਾਧਸੰਗ ਜਨਮ ਮਰਨ ਿਨਵਾਰੇ ਬਹੁਰ ਕਤਹੂ ਧਾਇਆ ॥੧॥ (1268)
saaDhsang janam maran nivaaray bahur na kathoo Dhaa-i-aa. ||1||
In the Saadh Sangat, the Company of the Holy, death and birth come to an end, and the mortal does not wander anywhere, ever again. ||1||
ਮਨੁ ਤਨੁ ਨਾਿਮ ਿਨਰੰਜਿਨ ਰਾਤੁਚ ਚਰਨ ਕਮਲ ਿਲਵ ਲਾਇਆ ॥ (1268)
man tan naam niranjan raata-o charan kamal liv laa-i-aa.
My mind and body are imbued with the Immaculate Naam, the Name of the Lord; I am
lovingly attuned to His Lotus Feet.

ਅੰਗੀਕਾਰੁ ਕੀਓ ਪਰ੍ਿਭ ਅਪਨੈ ਨਾਨਕ ਦਾਸ ਸਰਣਾਇਆ ॥੨॥੭॥੧੧॥ (1268)
angeekaar kee-o parabh apnai naanak daas sarnaa-i-aa. ||2||7||11||
God has made Nanak His Own; slave Nanak seeks His Sanctuary. ||2||7||11||

ਮਲਾਰ ਮਹਲਾ ੫ ॥ (1268)
malaar mehlaa 5.
Malaar, Fifth Mehl:

ਿਬਛੁਰਤ ਿਕਉ ਜੀਵੇ ਓਇ ਜੀਵਨ ॥ (1268)
bichhurat ki-o jeevay o-ay jeevan.
Separated from the Lord, how can any living being live?

ਿਚਤਿਹ ਉਲਾਸ ਆਸ ਿਮਲਬੇ ਕੀ ਚਰਨ ਕਮਲ ਰਸ ਪੀਵਨ ॥੧॥ ਰਹਾਉ ॥ (1268)
chiteh ulaas aas milbay kee charan kamal ras peevan. ||1|| rahaa-o.
My consciousness is filled with yearning and hope to meet my Lord, and drink in the
sublime essence of His Lotus Feet. ||1||Pause||

ਿਜਨ ਕਉ ਿਪਆਸ ਤੁਮਾਰੀ ਪਰ੍ੀਤਮ ਿਤਨ ਕਉ ਅੰਤਰੁ ਨਾਹੀ ॥ (1268)
jin ka-o pi-aas tumaaree pareetam tin ka-o antar naahee.
those who are thirsty for You, O my Beloved, are not separated from You.

ਿਜਨ ਕਉ ਿਬਸਰੈ ਮੇਰੋ ਰਾਮੁ ਿਪਆਰਾ ਸੇ ਮੂਏ ਮਿਰ ਜੀਂਹੀਂ ॥੧॥ (1268)
jin ka-o bisrai mayro raam pi-aaraa say moo-ay mar jaaNheeN. ||1||
those who forget my Beloved Lord are dead and dying. ||1||

The Lord of the Universe is permeating and pervading my mind and body; I see Him Ever-
present, here and now.
ਨਾਨਕ ਰਿਵ ਰਿਹੋ ਸਭ ਅੰਤਰ ਸਰਬ ਰਿਹਾ ਭਰਪੂਰੇ ॥੨॥੮॥੧੨॥

O Nanak, He is permeating the inner being of all; He is all-pervading everywhere.

||2||8||12||

ਮਾਲਾਰ ਮਹਲਾ ੫ ॥ (1269)

Malaar, Fifth Mehl:

Vibrating and meditating on the Lord, who has not been carried across?

Those reborn into the body of a bird, the body of a fish, the body of a deer, and the body of a bull - in the Saadh Sangat, the Company of the Holy, they are saved. ||1||Pause||

The families of gods, the families of demons, titans, celestial singers and human beings are carried across the ocean.

Whoever meditates and vibrates on the Lord in the Saadh Sangat - his pains are taken away. ||1||

Sexual desire, anger and the pleasures of terrible corruption - he keeps away from these.
He meditates on the Lord, Merciful to the meek, the Embodiment of Compassion; Nanak is forever a sacrifice to Him. ||2||9||13||

Malaar, Fifth Mehl:

With the wealth of the Lord, I have entered into partnership with the humble; I shall not have take the Highway of Death. ||1||Pause||

I have found God, the Banker of Infinity; I have earned the profit of the wealth of His Feet. ||1||

I have grasped the protection of the Sanctuary of the Unchanging, Unmoving, Imperishable Lord; He has picked up my sins and thrown them out.
Slave Nanak's sorrow and suffering has ended. He shall never again be squeezed into the mold of reincarnation.

Among millions, it is very rare to find a selfless servant who remains a perfect devotee for very long. Among millions, he practices deception; he does not know the One who is always with him. He wanders through troubled incarnations of low and wretched species as a deer, a bird, and a fish.
कहु नानक पाहन परभ तारहू साधसंगत सुख मानो ॥२॥११॥१५॥

Says Nanak, O God, I am a stone - please carry me across, that I may enjoy peace in the Saadh Sangat, the Company of the Holy. ||2||11||15||

Malaar, Fifth Mehl:

दुसट मु-ए विखु खाई री माई ॥

dusat mu-ay bikh khaa-ee ree maa-ee.
The cruel and evil ones died after taking poison, O mother.

जिस के जी-ए तिन ही रखी लीने मेरे परभ कॉ खरपा आई ॥१॥ रहाउ ॥

jis kay jee-a tin hee rakh leenay mayray parabh ka-o kirpaa aa-ee. ||1|| rahaa-o.
And the One, to whom all creatures belong, has saved us. God has granted His Grace. ||1||Pause||

अंतरजामी सभ मह वरतै तां भऊ कै सा भाई ॥

antarjaamee sabh meh vartai taaN bha-o kaisaa bhaa-ee.
The Inner-knower, the Searcher of hearts, is contained within all; why should I be afraid, O Siblings of Destiny?

संघ सहाई छोड़ न जाई परभु दीसै सभनी ठाईं ॥१॥

sang sahaa-ee chhod na jaa-ee parabh deesai sabhnee thaa-eeN. ||1||
God, my Help and Support, is always with me. He shall never leave; I see Him everywhere. ||1||

आनाथा नाथु दीन दुख भंजन आपी लीए लज़ लाई ॥

anaathaa naath deen dukh bhanjan aap lee-ay lajh laa-ee.
He is the Master of the masterless, the Destroyer of the pains of the poor; He has attached me to the hem of His robe.
O Lord, Your slaves live by Your Support; Nanak has come to the Sanctuary of God.

Malaar, Fifth Mehl:

My mind is enticed by thirst for the Blessed Vision of the Lord; I would take wings and fly out to meet Him.

Searching and seeking, I have found the Path, and now I serve the Holy.

O my Lord and Master, please be kind to me, that I may drink in Your most sublime essence.

Begging and pleading, I have come to Your Sanctuary; I am on fire - please shower me with Your Mercy!
Please give me Your Hand - I am Your slave, O Lord. Please make Nanak Your Own.

It is God's Nature to love His devotees.
He destroys the slanderers, crushing them beneath His Feet. His Glory is manifest everywhere.

His Victory is celebrated all throughout the world. He blesses all creatures with compassion.
Hugging him close in His Embrace, the Lord saves and protects His slave. The hot winds cannot even touch him.
My Lord and Master has made me His Own; dispelling my doubts and fears, He has made me happy.
The Lord's slaves enjoy ultimate ecstasy; O Nanak, faith has welled up in my mind.

Raag Malaar, Fifth Mehl, Chau-Padas, Second House:

One Universal Creator God. By The Grace Of The True Guru:

The Gurmukh sees God pervading everywhere.

The Gurmukh knows that the universe is the extension of the three gunas, the three dispositions.

The Gurmukh reflects on the Sound-current of the Naad, and the wisdom of the Vedas.

Without the Perfect Guru, there is only pitch-black darkness.

O my mind, calling on the Guru, eternal peace is found.
Following the Guru's Teachings, the Lord comes to dwell within the heart; I meditate on my Lord and Master with every breath and morsel of food. ||1||Pause||

I am a sacrifice to the Guru’s Feet.

Night and day, I continually sing the Glorious Praises of the Guru.

I take my cleansing bath in the dust of the Guru’s Feet.

I am honored in the True Court of the Lord. ||2||

The Guru is the boat, to carry me across the terrifying world-ocean.

Meeting with the Guru, I shall not be reincarnated ever again.

That humble being serves the Guru,
The Guru is my life; the Guru is my support.

The Guru is my way of life; the Guru is my family.

The Guru is my Lord and Master; I seek the Sanctuary of the True Guru.

O Nanak, the Guru is the Supreme Lord God; His value cannot be estimated.

Malaar, Fifth Mehl:

I enshrine the Lord's Feet within my heart;

in His Mercy, God has united me with Himself.
God enjoins His servant to his tasks.

His worth cannot be expressed. ||1||

Please be merciful to me, O Perfect Giver of peace.

By Your Grace, You come to mind; I am imbued with Your Love, twenty-four hours a day. ||1||Pause||

Singing and listening, it is all by Your Will.

One who understands the Hukam of Your Command is absorbed in Truth.

Chanting and meditating on Your Name, I live.

Without You, there is no place at all. ||2||
Pain and pleasure come by Your Command, O Creator Lord.

By the Pleasure of Your Will You forgive, and by the Pleasure of Your Will You award punishment.

You are the Creator of both realms.

I am a sacrifice to Your Glorious Grandeur.

You alone know Your value.

You alone understand, You Yourself speak and listen.

They alone are devotees, who are pleasing to Your Will.

Nanak is forever a sacrifice to them.
ਮਲਾਰ ਮਹਲਾ ੫ ॥ (1271)
malaar mehlaa 5.
Malaar, Fifth Mehl:

ਪਰਮੇਸਰੁ ਹੋਆ ਦਇਆਲੁ ॥ (1271)
parmaysar ho-aa da-i-aal.
The Transcendent Lord God has become merciful;

ਮੇਘੁ ਵਰਸੈ ਅੰਨ੍ਹਰ੍ਤਾਸੇ ॥ (1271)
maygh varsai amrit Dhaar.
Ambrosial Nectar is raining down from the clouds.

ਸਗਲੇ ਜੀਅ ਜੰਤ ਤੱਤਰ੍ਪਤਾਸੇ ॥ (1271)
saglay jee-a jant tariptaasay.
All beings and creatures are satisfied;

ਕਾਰਜ ਆਏ ਪੂਰੇ ਰਾਸੇ ॥੧॥ (1271)
kaaraj aa-ay pooray raasay. ||1||
their affairs are perfectly resolved. ||1||

ਸਦਾ ਸਦਾ ਮਨ ਨਾਮੁ ਸਮਹਾਲ ॥ (1271)
sadaa sadaa man naam samHaal.
O my mind, dwell on the Lord, forever and ever.

ਗੁਰ ਪੂਰੇ ਕੀ ਸੇਵਾ ਪਾਇਆ ਐਥੈ ਓਥੈ ਿਨਬਹੈ ਨਾਿਲ ॥੧॥ ਰਹਾਉ ॥ (1271)
gur pooray kee sayvaa paa-i-aa aithai othai nibhai naal. ||1|| rhaa-o.
Serving the Perfect Guru, I have obtained it. It shall stay with me both here and hereafter. ||1||Pause||

ਦੁਖੁ ਭੰਨਾ ਭੈ ਭੰਜਨਹਾਰ ॥ (1271)
dukh bhannaa bhai bhanjanhaar.
He is the Destroyer of pain, the Eradicator of fear.
Aapni-aa jee-aa kee keetee saar.
He takes care of His beings.

Rakhanhaar sadaa miharvaan.
The Savior Lord is kind and compassionate forever.

I am a sacrifice to Him, forever and ever. ||2||

The Creator Himself has eliminated death.

Meditate on Him forever and ever, O my mind.

He watches all with His Glance of Grace and protects them.

Continually and continuously, sing the Glorious Praises of the Lord God. ||3||

The One and Only Creator Lord is Himself by Himself.
**ਹਿਰ ਕੇ ਭਗਤ ਜਾਣਿਹ ਪਰਤਾਪ ॥ (1271)**

The Lord's devotees know His Glorious Grandeur.

**ਨਾਵੈ ਕੀ ਪੈਜ ਰਖਦਾ ਆਈਆ ॥ (1271)**

He preserves the Honor of His Name.

**ਨਾਨਕੁ ਬੋਲੈ ਿਤਸ ਕਾ ਬੋਲਾਇਆ ॥੪॥੩॥੨੧॥ (1271)**

Nanak speaks as the Lord inspires him to speak.

**ਮਲਾਰ ਮਹਲਾ ੫ ॥ (1271)**

Malaar, Fifth Mehl:

**ਗੁਰ ਸਰਣਾਈ ਸਗਲ ਿਨਧਾਨ ॥ (1271)**

All treasures are found in the Sanctuary of the Guru.

**ਸਾਚੀ ਦਰਗਿਹ ਪਾਈਐ ਮਾਨੁ ॥ (1271)**

Honor is obtained in the True Court of the Lord.

**ਬਰ਼ਮੁ ਭਉ ਦੂਖੁ ਦਰਦੁ ਸਭਿ ਜਾਇ ॥ (1271)**

Doubt, fear, pain and suffering are taken away,

**ਸਾਧਸੰਗੁ ਸਦ ਹਿਰ ਗੁਣ ਗਾਇ ॥੧॥ (1271)**

forever singing the Glorious Praises of the Lord in the Saadh Sangat, the Company of the Holy.
O my mind, praise the Perfect Guru.

Chant the treasure of the Naam, the Name of the Lord, day and night. You shall obtain the fruits of your mind's desires.

No one else is as great as the True Guru.

The Guru is the Supreme Lord, the Transcendent Lord God.

He saves us from the pains of death and birth.

and we will not have to taste the poison of Maya ever again.

The Guru's glorious grandeur cannot be described.

The Guru is the Transcendent Lord, in the True Name.
True is His self-discipline, and True are all His actions.

Immaculate and pure is that mind, which is imbued with love for the Guru.

Drive out sexual desire, anger and greed from your mind.

By His Grace, the Guru's Feet are enshrined within.

Nanak offers his prayer to the True Lord God.

Raag Malaar, Fifth Mehl, Partaal, Third House:

One Universal Creator God. By The Grace Of The True Guru:
Pleasing the Guru, I have fallen in love with my Merciful Beloved Lord.

I have made all my decorations,

and renounced all corruption;

my wandering mind has become steady and stable. ||1||Pause||

O my mind, lose your self-conceit by associating with the Holy, and you shall find Him.

The unstruck celestial melody vibrates and resounds; like a song-bird, chant the Lord's Name, with words of sweetness and utter beauty. ||1||

Such is the glory of Your Darshan, so utterly infinite and fruitful, O my Love; so do we become by associating with the Saints.

Vibrating, chanting Your Name, we cross over the terrifying world-ocean.
They dwell on the Lord, Raam, Raam, chanting on their malas;

their minds are turned towards the Lord in the Saadh Sangat, the Company of the Holy.

O servant Nanak, their Beloved Lord seems so sweet to them.

My mind wanders through the dense forest.

Maya with her three gunas - the three dispositions - has come to entice me; whom can I tell of my pain?
I tried everything else, but nothing could rid me of my sorrow.

So hurry to the Sanctuary of the Holy, O Nanak; joining them, sing the Glorious Praises of the Lord of the Universe.

The glory of my Beloved is noble and sublime. The celestial singers and angels sing His Sublime Praises in ecstasy, happiness and joy. The most worthy beings sing God's Praises in beautiful harmonies, in all sorts of ways, in myriads of sublime forms. Throughout the mountains, trees, deserts, oceans and galaxies, permeating each and every heart, the sublime grandeur of my Love is totally pervading.
In the Saadh Sangat, the Company of the Holy, the Love of the Lord is found; O Nanak, sublime is that faith. ||2||3||25||

Malaar, Fifth Mehl:

With love for the Guru, I enshrine the Lotus Feet of my Lord deep within my heart. ||1||Pause||

I gaze on the Blessed Vision of His Fruitful Darshan; my sins are erased and taken away.

My mind is immaculate and enlightened. ||1||

I am wonderstruck, stunned and amazed.

Chanting the Naam, the Name of the Lord, millions of sins are destroyed.

I fall at His Feet, and touch my forehead to them.
ਪਰ੍ਭ एਕ ਤੂੰਹੀ ਏਕ ਤੁਹੀ ॥ (1272)
parabh ayk tooNhee ayk tuhee.
You alone are, You alone are, O God.

ਬਗਤ ਟੇਕ ਤੁਹਾਰੇ ॥ (1272)
bhagat tayk tuhaaray.
Your devotees take Your Support.

ਜਨ ਨਾਨਕ ਸਰਨੀ ਦੁਆਰੇ ॥੨॥੪॥੨੬॥ (1272)
jan naanak saran du-aaray. ||2||4||26||
Servant Nanak has come to the Door of Your Sanctuary. ||2||4||26||

ਮਲਾਰ ਮਹਲਾ ५ ॥ (1272)
malaar mehlaa 5.
Malaar, Fifth Mehl:

ਬਰਸੁ ਸਰਸੁ ਆਿਗਆ ॥ (1272)
bras saras aagi-aa.
Rain down with happiness in God's Will.

ਬੋਹੀ ਆਨ ਸਗਲ ਭਾਗ ॥੧॥ ਰਹਾਊ ॥ (1272)
hoi aanand sagal bhaag. ||1|| raha-o.
Bless me with total bliss and good fortune. ||1||Pause||

ਸੰਤ ਸੰਗੇ ਮੰਤੂ ਪਰਫੜੈ ਿਲਿਲ ਮੇਘ ਧਰ ਸੁਹਾਗ ॥੧॥ (1272)
sant sangay man parfarhai mil maygh Dhar suhaag. ||1||
My mind blossoms forth in the Society of the Saints; soaking up the rain, the earth is blessed and beautified. ||1||

ਘਨਘੋਰ ਪਰ੍ੀਤ ਮੋਰ ॥ (1272)
ghanghor pareet mor.
The peacock loves the thunder of the rain clouds.
The rainbird's mind is drawn to the rain-drop

I have renounced Maya, the deceiver.

Joining with the Saints, Nanak is awakened.

Malaar, Fifth Mehl:

Sing forever the Glorious Praises of the Lord of the World.

Enshrine the Lord's Name in your consciousness. ||1||Pause||

Forsake your pride, and abandon your ego; join the Saadh Sangat, the Company of the Holy.
Meditate in loving remembrance on the One Lord; your sorrows shall be ended, O friend.

The Supreme Lord God has become merciful;
corrupt entanglements have come to an end.
Grasping the feet of the Holy,
Nanak sings forever the Glorious Praises of the Lord of the World.

The Embodiment of the Lord of the Universe roars like the thunder-cloud.
Singing His Glorious Praises brings peace and bliss.
The Sanctuary of the Lord's Feet carries us across the world-ocean. His Sublime Word is the unstruck celestial melody.

The thirsty traveler's consciousness obtains the water of the soul from the pool of nectar.

Servant Nanak loves the Blessed Vision of the Lord; in His Mercy, God has blessed him with it.

Malaar, Fifth Mehl:

O Lord of the Universe, O Lord of the World, O Dear Merciful Beloved.

You are the Master of the breath of life, the Companion of the lost and forsaken, the Destroyer of the pains of the poor.

O All-powerful, Inaccessible, Perfect Lord, please shower me with Your Mercy.

Please, carry Nanak across the terrible, deep dark pit of the world to the other side.
raag malaar chhant mehlaa 5.
Raag Malaar, Chhant, Fifth Mehl:

ik-oNkaar satgur parsaaad.
One Universal Creator God. By The Grace Of The True Guru:

pareetam paraym bhagat kay daatay.
My Beloved Lord is the Giver of loving devotional worship.

apnay jan sang raatay.
His humble servants are imbued with His Love.

jan sang raatay dinas raatay ik nimakh manhu na veesrai.
He is imbued with His servants, day and night; He does not forget them from His Mind, even for an instant.

gopaal gun niDh sadaa sangay sarab gun jagdeesrai.
He is the Lord of the World, the Treasure of virtue; He is always with me. All glorious virtues belong to the Lord of the Universe.

man mohi leenaa charan sangay naam ras jan maatay.
With His Feet, He has fascinated my mind; as His humble servant, I am intoxicated with love for His Name.

naanak pareetam kirpaal sadahooN kinai kot maDhay jaatay. ||1||
O Nanak, my Beloved is forever Merciful; out of millions, hardly anyone realizes Him. ||1||
O Beloved, Your state is inaccessible and infinite.

You save even the worst sinners.

He is the Purifier of sinners, the Lover of His devotees, the Ocean of mercy, our Lord and Master.

In the Society of the Saints, vibrate and meditate on Him with commitment forever; He is the Inner-knower, the Searcher of hearts.

Those who wander in reincarnation through millions of births, are saved and carried across, by meditating in remembrance on the Naam.

Nanak is thirsty for the Blessed Vision of Your Darshan, O Dear Lord; please take care of him.

My mind is absorbed in the Lotus Feet of the Lord.

O God, You are the water; Your humble servants are fish.
jal meen parabh jee-o ayk toohai bhinn aan na jaanee-ai.
O Dear God, You alone are the water and the fish. I know that there is no difference between the two.

geh bhujaa layvhu naam dayvhu ta-o parsaadee maanee-ai.
Please take hold of my arm and bless me with Your Name. I am honored only by Your Grace.

bhaj saaDhsangay ayk rangay kirpaal gobid deenaa.
In the Saadh Sangat, the Company of the Holy, vibrate and meditate with love on the One Lord of the Universe, who is Merciful to the meek.

anaath neech sarnaa-ay naanak kar ma-i-aa apunaa keenaa. ||3||
Nanak, the lowly and helpless, seeks the Sanctuary of the Lord, who in His Kindness has made him His Own. ||3||

aapas ka-o aap milaa-i-aa.
He unites us with Himself.

bharam bhanjan har raa-i-aa.
Our Sovereign Lord King is the Destroyer of fear.
Supreme happiness and peace well up, as I cherish the Glorious Virtues of the Lord of the Universe.

Meeting with Him, I am embellished and exalted; gazing on Him, I am fascinated, and I realize my pre-ordained destiny.

Prays Nanak, I seek the Sanctuary of those who meditate on the Lord, Har, Har.

The faithless cynics forget the Name of the Lord; the night of their lives does not pass in peace.

All sorts of jewels and gems, diamonds and rubies, shine forth from their foreheads.
O Nanak, those who are pleasing to God, look beautiful in the Court of the Lord. ||2||

His wonderful play is all-pervading; it is wonderful and amazing!

All my sins and corruption are washed away, through the insignia of the Shabad, the Word of God.

I have become famous throughout the world, under the canopy of His kindness and grace.
He Himself has forgiven me, and united me with Himself; I am forever a sacrifice to Him.

O Nanak, by the Pleasure of His Will, my Lord and Master has blended me with Himself.

One Universal Creator God. By The Grace Of The True Guru:

The True Guru is the Destroyer of pain, the Giver of peace; meeting Him, one is totally fulfilled.

Meditate in remembrance on the Naam, the Support of the mind.

Millions of sinners are carried across in an instant.
Whoever remembers his Guru,

shall not suffer sorrow, even in dreams.

Whoever keeps his Guru enshrined within

that humble being tastes the sublime essence of the Lord with his tongue.

Says Nanak, the Guru has been Kind to me;

here and hereafter, my face is radiant.

Kaanraa, Fifth Mehl:

I worship and adore You, my Lord and Master.
Standing up and sitting down, while sleeping and awake, with each and every breath, I meditate on the Lord. ||1||Pause||

The Naam, the Name of the Lord, abides within the hearts of those,

whose Lord and Master blesses them with this gift. ||1||

Peace and tranquility come into the hearts of those

who meet their Lord and Master, through the Word of the Guru. ||2||

Those are wise and blessed with all powers,

whom the Guru blesses with the Mantra of the Naam. ||3||

Says Nanak, I am a sacrifice to those
who are blessed with the Name in this Dark Age of Kali Yuga. ||4||2||

Kaanraa, Fifth Mehl:

Sing the Praises of God, O my tongue.

Humbly bow to the Saints, over and over again; through them, the Feet of the Lord of the Universe shall come to abide within you. ||1||Pause||

The Door to the Lord cannot be found by any other means.

When He becomes Merciful, we come to meditate on the Lord, Har, Har.

The body is not purified by millions of rituals.

The mind is awakened and enlightened only in the Saadh Sangat, the Company of the Holy. ||2||
ਤਰਿਸਨ ਨ ਬੂਝੀ ਬਹੁ ਰੰਗ ਮਾਇਆ ॥ (1298)

Thirst and desire are not quenched by enjoying the many pleasures of Maya.

ਨਾਮ ਲੈਤ ਸਰਬ ਸੁਖ ਪਾਇਆ ॥ (1298)

Chanting the Naam, the Name of the Lord, total peace is found.

ਪਾਰਬਰਹਮ ਜਾਂ ਦਾਿਲ ॥ (1298)

When the Supreme Lord God becomes Merciful,

ਕਹੁ ਨਾਨਕ ਤਾ ਕਹੋ ਜੰਜਾਲ ॥ (1298)

says Nanak, then one is rid of worldly entanglements.

ਕਾਨਰਾ ਮੇਹਲਾ 5 ॥ (1298)

Kaanrhaa, Fifth Mehl:

ਪੂਜਾ ਚਰਨਾ ਠਾਕਰ ਸਰਨਾ ॥ (1298)

Worship the Feet of Your Lord and Master, and seek His Sanctuary.
Take joy in whatever God does. ||1||

This precious human body becomes fruitful,

when the True Guru shows His Kindness. ||2||

The house of ignorance, doubt and pain is destroyed,

for those within whose hearts the Guru’s Feet abide. ||3||

In the Saadh Sangat, lovingly meditate on God.

Says Nanak, you shall obtain the Perfect Lord. ||4||4||

Kaanraa, Fifth Mehl:
भगित भगतन हूं बिन आई ॥ (1299)
Devotion is the natural quality of God's devotees.

उठ भर गलत वे ठाकुर मिठु आपन लीए भिजली ॥१॥ बगुड़ी ॥ (1299)
Their bodies and minds are blended with their Lord and Master; He unites them with Himself. ||1||Pause||

गावनहारी गावै गीत ॥ (1299)
The singer sings the songs,

ते उधरे बसे जिह चीत ॥१॥ (1299)
but she alone is saved, within whose consciousness the Lord abides. ||1||

पेखे िबजन परोसनहारै ॥ (1299)
The one who sets the table sees the food,

जैसो सा तैसो िदर्सटारी ॥३॥ (1299)
but in the end, they are seen as they truly are. ||3||

अनिक स्वांग काचे मेखारी ॥ (1299)
People disguise themselves with all sorts of costumes,

जैसो सा तैसो िदर्सटारी ॥३॥ (1299)
but in the end, they are seen as they truly are. ||3||
वचन वचन भगत मन्थन समाह || (1299)
कहन कहावन सगल जंजार ||
kahan kahaavan sagal janjaar.
Speaking and talking are all just entanglements.

रण रण महसूल झड़ी मंज ||४||५ (1299)
नानक दास सचु करणी सार ||४||५||
naanak daas sach karnee saar. ||4||5||
O slave Nanak, the true way of life is excellent. ||4||5||

बांसा प्रथा ५ || (1299)
कान्रा महला ५ ||
Kaanraa, Fifth Mehl:

उड़े नहीं गांव तम मशहूर धर्मविनीत ||१|| वचन || (1299)
तेरो जनु हृदि जसु सुनत उमाहो ||१|| रहाउ ||
tayro jan har jas sunat umaahi-o. ||1|| rahaa-o.
Your humble servant listens to Your Praises with delight. ||1||Pause||

भगत प्रगासु पेख परभ की सोभा जत कत पेखउ आहो ||१||
maneh pargaas paykh parabh kee sobhaa jat kat paykha-o aahi-o. ||1||
My mind is enlightened, gazing upon the Glory of God. Wherever I look, there He is. ||1||

मध ते घरे घरे ते ग्राम गावत गंडीव भवविनीत ||२|| (1299)
सभ ते परै परै ते ऊचा गिहर गंभीर अथाहो ||२||
sabh tay parai parai tay oochaa gahir gambheer athaahi-o. ||2||
You are the farthest of all, the highest of the far, unfathomable and unreachable. ||2||

छिद्र पेखिद्र ब्रजउल वधी तत मिद्रे भजन लवविनीत ||३|| (1299)
ओति पोति मिलिहे भगतन कु जन सिद परदा लाहिहे ||३||
ot pot mili-o bhagtan ka-o jan si-o pardaa laahi-o. ||3||
You are united with Your devotees, through and through; You have removed Your veil for Your humble servants. ||3||

गुर प्रसाद गावै गुर तरज मन भगत प्रभविनीत ||४||६|| (1299)
gur parsaad gaavai gun naanak sahj samaadhi samaahi-o. ||4||6||
By Guru's Grace, Nanak sings Your Glorious Praises; he is intuitively absorbed in Samaadhi. ||4||6||
Kaanrhaa, Fifth Mehl:

संतन पिह आिप उधारन आिओ ॥१॥ रहाह ॥
I have come to the Saints to save myself. ||1||Pause||

दरसन भेटत होत पुनीता हर हर मंत्रु दिराइओ ॥१॥
Gazing upon the Blessed Vision of their Darshan, I am sanctified; they have implanted the Mantra of the Lord, Har, Har, within me. ||1||

काटे रोग भए मन निरमल हर हर अउखधु खाइओ ॥२॥
The disease has been eradicated, and my mind has become immaculate. I have taken the healing medicine of the Lord, Har, Har. ||2||

असिथत भए बसे सुख थाना बहुर न कतहू धाइओ ॥३॥
I have become steady and stable, and I dwell in the home of peace. I shall never again wander anywhere. ||3||

मेंट भूमृग उदे बुल केंजा तहत निग्रह र भादर ॥४॥
By the Grace of the Saints, the people and all their generations are saved; O Nanak, they are not engrossed in Maya. ||4||

बिसर गई सभ ताति पराई ॥
I have totally forgotten my jealousy of others,
jab tay saadhDhsangat mohi paa-ee. ||1|| rahaa-o.
since I found the Saadh Sangat, the Company of the Holy. ||1||Pause||

naa ko bairee nahee bigaanaa sagal sangh ham ka-o ban aa-ee. ||1||
No one is my enemy, and no one is a stranger. I get along with everyone. ||1||

jo parabh keeno so bhal maani-o ayh sumat saaDhoo tay paa-ee. ||2||
Whatever God does, I accept that as good. This is the sublime wisdom I have obtained from the Holy. ||2||

sabh meh rav rahi-aa parabh aikai paykh paykh naanak bigsaa-ee. ||3||8||
The One God is pervading in all. Gazing upon Him, beholding Him, Nanak blossoms forth in happiness. ||3||8||

kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

thaakur jee-o tuhaaro parnaa.
O my Dear Lord and Master, You alone are my Support.

maan mahat tumHaar oopar tumHre ot tumH'aaree sarnaa. ||1|| rahaa-o.
You are my Honor and Glory; I seek Your Support, and Your Sanctuary. ||1||Pause||

tumH'ree aas bharosaa tumH'raa tumraa naam ridai lai Dharnaa.
You are my Hope, and You are my Faith. I take Your Name and enshrine it within my heart.
ਤੂਂ ਮੇਂ ਮੇਂ ਜੋ ਕਹਿ ਸੋਈ ਕਰਨਾ ॥੧॥ (1299)

You are my Power; associating with You, I am embellished and exalted. I do whatever You say. ||1||

ਤੂੰ ਭਾਵ ਭੁੰਡਰ ਮੱਧ ਦੀ ਕਵਿਤਾ ਕੁਲ ਦੀ ਕਵਿਤਾ ਕਰਨਾ ॥ (1299)

Through Your Kindness and Compassion, I find peace; when You are Merciful, I cross over the terrifying world-ocean.

ਅਖੋ ਰਾਹ ਜਾਂ ਜਾਂ ਜਾਂ ਕੋਹੀ ਜਾਂ ਕੋਹੀ ਕਨਵੇਰ ਮੇਂ ਕਰਨਾ ॥੨॥੯॥ (1299)

Through the Name of the Lord, I obtain the gift of fearlessness; Nanak places his head on the feet of the Saints. ||2||9||

ਕਾਨਾਰਾ ਭੁੰਠ ਰੋਹੀ ਨਾਨਕ ਸੁਂਦਰ ਸੁਂਦਰ ਕਰਨਾ ॥ (1300)

Kaanraa, Fifth Mehl:

In the Sanctuary of the Holy, I focus my consciousness on the Lord's Feet.

ਸੁਪਨ ਸੂਰ ਕਹੀ ਕਸ਼ਤਰ ਕੀ ਕਸ਼ਤਰਦੀ ਕਸ਼ਤਰ ਕਰਨਾ ॥ (1300)

When I was dreaming, I heard and saw only dream-objects. The True Guru has implanted the Mantra of the Naam, the Name of the Lord, within me. ||1||Pause||

ਨਹ ਤਿਹਾਤਾ ਨਹ ਮੈ ਕਹੀ ਕੋਹੀ ਕੋਹੀ ਫਿਰ ਫਿਰ ਕਰਨਾ ॥ (1300)

Power, youth and wealth do not bring satisfaction; people chase after them again and again.
I have found peace and tranquility, and all my thirsty desires have been quenched, singing His Glorious Praises. ||1||

Without understanding, they are like beasts, engrossed in doubt, emotional attachment and Maya. ||2||10||

But in the Saadh Sangat, the Company of the Holy, the noose of Death is cut, O Nanak, and one intuitively merges in celestial peace. ||2||10||

Sing of the Lord's Feet within your heart. ||1||Pause||

Meditate, meditate in constant remembrance on God, the Embodiment of soothing peace and cooling tranquility. ||1||Pause||

All your hopes shall be fulfilled, and the pain of millions of deaths and births shall be gone. ||1||
Immerse yourself in the Saadh Sangat, the Company of the Holy, and you shall obtain the benefits of giving charitable gifts, and all sorts of good deeds.

Sorrow and suffering shall be erased, O Nanak, and you shall never again be devoured by death.

One's comings and goings in reincarnation cease, and suffering is dispelled, meditating in remembrance in the Saadh Sangat, the Company of the Holy.

One Universal Creator God. By The Grace Of The True Guru:

Speak of God's Wisdom in the Sat Sangat, the True Congregation.

Meditating in remembrance on the Perfect Supreme Divine Light, the Transcendent Lord God, honor and glory are obtained.

One's comings and goings in reincarnation cease, and suffering is dispelled, meditating in remembrance in the Saadh Sangat, the Company of the Holy.
jo jo kathai sunai har keertan taa kee durmat naas. 
Whoever speaks and listens to the Kirtan of the Lord's Praises is rid of evil-mindedness.

sagal manorath paavaa naanak pooran hovee aas. ||2||1||12||
All hopes and desires, O Nanak, are fulfilled. ||2||1||12||

saaDhsangat niDh har ko naam. 
The Treasure of the Naam, the Name of the Lord, is found in the Saadh Sangat, the Company of the Holy.

sang sahaa-ee jee-a kai kaam. ||1|| rahaa-o. 
It is the Companion of the soul, its Helper and Support. ||1||Pause||

sant rayn nit majan karai. 
Continually bathing in the dust of the feet of the Saints,

janam janam kay kilbikh harai. ||1||
the sins of countless incarnations are washed away. ||1||

sant janaa kee oochee baanee. 
The words of the humble Saints are lofty and exalted.
Meditating, meditating in remembrance, O Nanak, mortal beings are carried across and saved. ||2||2||13||

Kaanraa, Fifth Mehl:

O Holy people, sing the Glorious Praises of the Lord, Har, Haray.

Mind, body, wealth and the breath of life - all come from God; remembering Him in meditation, pain is taken away. ||1||Pause||

Why are you entangled in this and that? Let your mind be attuned to the One. ||1||

The place of the Saints is utterly sacred; meet with them, and meditate on the Lord of the Universe. ||2||

O Nanak, I have abandoned everything and come to Your Sanctuary. Please let me merge with You. ||3||3||14||

Kaanraa, Fifth Mehl:
Gazing upon and beholding my Best Friend, I blossom forth in bliss; my God is the One and Only. ||1||Pause||

He is the Image of Ecstasy, Intuitive Peace and Poise. There is no other like Him. ||1||

Meditating in remembrance on the Lord, Har, Har, even once, millions of sins are erased. ||2||

Uttering His Glorious Praises, suffering is eradicated, and the heart becomes tranquil and calm. ||3||

Drink in the Sweet, Sublime Ambrosial Nectar, O Nanak, and be imbued with the Love of the Lord. ||4||4||15||

O friends, O Saints, come to me. ||1||Pause||
Singing the Glorious Praises of the Lord with pleasure and joy, the sins will be erased and thrown away. ||1||

Touch your forehead to the feet of the Saints, and your dark household shall be illumined. ||2||

By the Grace of the Saints, the heart-lotus blossoms forth. Vibrate and meditate on the Lord of the Universe, and see Him near at hand. ||3||

Save me from emotional attachment, pride, deception and doubt; please cut away these ropes which bind me. ||1||Pause||
I am drowning in the world-ocean.

Meditating in remembrance on the Lord, the Source of Jewels, I am saved.

Your Name, Lord, is cooling and soothing.

God, my Lord and Master, is Perfect.

You are the Deliverer, the Destroyer of the sufferings of the meek and the poor.

The Lord is the Treasure of Mercy, the Saving Grace of sinners.

I have suffered the pains of millions of incarnations.

Nanak is at peace; the Guru has implanted the Naam, the Name of the Lord, within me.
क्षणः भवनः ५ ॥ (1301)
कान्दा महला ५ ॥
kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

परि हि दोष प्रीति चरन मिला लागी ॥ (1301)
धनि उह प्रीति चरन संगि लागी ॥
Dhan uh pareet charan sang laagee.
Blessed is that love, which is attuned to the Lord's Feet.

वैट नथ उथ सथ भटे आहि भिले पृङ्ख बढ़बागी ॥१॥ रहाउ ॥ (1301)
कोटि जाप ताप सुख पाए आई मिले पूरन बड़भागी ॥१॥ रहाउ ॥
kot jaap taap sukh paa-ay aa-ay milay pooran badbhaagee. ||1|| raha-o.
The peace which comes from millions of chants and deep meditations is obtained by
perfect good fortune and destiny. ||1||Pause||

मोहि अभयु नन तह वेश अभयु द्वित सचली मोहि तिआगी ॥ (1301)
मोहि अनाथु दासु जनु तेरा अवर ओट सगली मोहि तिआगी ॥
mohi anaath daas jan tayraa avar ot saglee mohi ti-aagee.
I am Your helpless servant and slave; I have given up all other support.

बेव बलब बोटे पृङ्ख मिमन्ड दिशान अंतः भिले मेत्रागी ॥१॥ (1301)
बोर भरम काटे प्रभ सिमरत गियान अंजन मिलि सोवत जागी ॥१॥
bhor bharam kaatay parabh simrat gi-aan anjan mil sovat jaagee. ||1||
Every trace of doubt has been eradicated, remembering God in meditation. I have applied
the ointment of spiritual wisdom, and awakened from my sleep. ||1||

तू अथाहु अवि बड़ो सुआमी ब्रिमा सिंधु पूरन रतनागी ॥ (1301)
too athaahu at bado su-aamee kirpaa sinDh pooran ratnaagee.
You are Unfathomable, Great and Utterly Vast, O my Lord and Master, Ocean of Mercy,
Source of Jewels.

नानकु जाचकु हिर हिर नामु मांगै मसतकु आनि धरिओ प्रभ पागी ॥२॥७॥१८॥ (1301)
naanak jaachak har har naam maaN'gai mastak aan Dhari-o parabh paagee. ||2||7||18||
Nanak, the beggar, begs for the Name of the Lord, Har, Har; he rests his forehead upon
God's Feet. ||2||7||18||
ਕੁਚਲ ਕਠੋਰ ਕਪਟ ਕਾਮੀ ॥ (1301)
kuchil kathor kapat kaamee.
I am filthy, hard-hearted, deceitful and obsessed with sexual desire.

ਜੀਉ ਜਾਨਹਿ ਤਿੱਉ ਤਾਰੀ ਸੁਆਮੀ ॥੧॥ (1301)
ji-o jaaneh ti-o taar su-aamee. ||1|| rahaa-o.
Please carry me across, as You wish, O my Lord and Master. ||1||Pause||

ਤੂ ਸਮਰਥੁ ਸਰਿਨ ਜੋਗੁ ਤੂ ਰਾਖੌ ਅਪਨੀ ਕਲ ਧਾਰ ॥੧॥ (1301)
too samrath saran jog too raakhahi apnee kal Dhaar. ||1||
You are All-powerful and Potent to grant Sanctuary. Exerting Your Power, You protect us. ||1||

ਜਾਪ ਤਾਪ ਨੇਮ ਸੁਚ ਸੰਜਮ ਨਹੀ ਇਨ ਬਿਧੇ ਛੁਟਕਾਰ ॥ (1301)
jaap taap naym such sanjam naahee in biDhay chhutkaar.
Chanting and deep meditation, penance and austere self-discipline, fasting and purification - salvation does not come by any of these means.

ਗਰਤ ਘੋਰ ਅੰਧ ਤੇ ਕਾਢਹੁ ਪਰਭ ਨਾਨਕ ਨਦੀਰ ਜਨਹਾਰ ॥੨॥੮॥੧੯॥ (1301)
garat ghor anDh tay kaadhahu parabh naanak nadar nihaar. ||2||8||19||
Please lift me up and out of this deep, dark ditch; O God, please bless Nanak with Your Glance of Grace. ||2||8||19||

ਕਾਨਰਾ ਮਹਲਾ ੫ ਘਰੁ ੪ (1301)
kaanrhaa mehlaa 5 ghar 4
Kaanraa, Fifth Mehl, Fourth House:

ਨਾਰਾਇਨ ਨਰਪਿਤ ਨਮਸਕਾਰੈ ॥ (1301)
aaaraa-in narpat namaskaarai.
The one who bows in humble reverence to the Primal Lord, the Lord of all beings
ਐਸੇ गੁਰ कਉ ਬਲਲ ਬਲੀ ਜਾਈਐ ਆਈ ਮੁਕਤ ਮਹਿ ਤਾਰੈ ॥੧॥ ਰਹਾਉ ॥
aisay gur ka-o bal bal jaa-ee-ai aap mukat mohi taarai. ||1|| raha-o.
- I am a sacrifice, a sacrifice to such a Guru; He Himself is liberated, and He carries me across as well. ||1||Pause||

ਵਰਤਤ ਵਰਤਤ ਪਰਤਤ ਬੁਰੁ ਬਟੀਐ ਅੰਡੁ ਤਾਠੀ ਬੁਰੁ ਧਵਾਈ ॥ (1301)
kavan kavan kavan gun kahii-ai ant nahee kachh paarai.
Which, which, which of Your Glorious Virtues should I chant? There is no end or limitation to them.

ਲਾਖ ਲਾਖ ਲਾਖ ਕਈ ਕੌਰੈ ਕੌ ਹੈ ਐਸੋ ਬੀਚਾਰੈ ॥੧॥
laakh laakh laakh ka-ee korai ko hai aiso beechaarai. ||1||
There are thousands, tens of thousands, hundreds of thousands, many millions of them, but those who contemplate them are very rare. ||1||

ਵੀਸਮ ਵੀਸਮ ਵੀਸਮ ਹੀ ਭਈ ਹੈ ਲਾਲ ਗੁਲਾਲ ਰੰਗਾਰੈ ॥ (1302)
bisam bisam bisam hee bha-ee hai laal gulaal rangaarai.
I am wonder-struck, wonder-struck, wonder-struck and amazed, dyed in the deep crimson color of my Beloved.

ਨਾਨਕ ਸੰਤਨ ਪਰ੍ਭ ਆਈ ਹੈ ਤਿਿਉ ਚਾਿਖ ਗੂਂਗਾ ਮਿਸਕਾਰੈ ॥੨॥੧॥੨੦॥ (1302)
kaho naanak santan ras aa-ee hai ji-o chaakh goongaa muskaraai. ||2||1||20||
Says Nanak, the Saints savor this sublime essence, like the mute, who tastes the sweet candy, but only smiles. ||2||1||20||

ਕਾਨਰਾਂ ਮਹਲਾ ੫ ॥ (1302)
kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

ਨ ਜਾਨੀ ਸੰਤਨ ਪਰਮ ਬਿਚਨ ਆਈ ॥ (1302)
na jaanee santan parabh bin aan.
The Saints do not know any other except God.
They look upon all equally, the high and the low; they speak of Him with their mouths, and honor Him in their minds. ||1||Pause||

He is pervading and permeating each and every heart; He is the Ocean of Peace, the Destroyer of fear. He is my praana - the Breath of Life.

My mind was enlightened, and my doubt was dispelled, when the Guru whispered His Mantra into my ears. ||1||

He is All-powerful, the Ocean of Mercy, the All-knowing Searcher of Hearts.

Twenty-four hours a day Nanak sings His Praises, and begs for the Gift of the Lord. ||2||2||21||

Many speak and talk about God.
But one who understands the essence of Yoga - such a humble servant is very rare.

He has no pain - he is totally at peace. With his eyes, he sees only the One Lord.

No one seems evil to him - all are good. There is no defeat - he is totally victorious.

I pray that my heart may never forget my Beloved.
Those unto whom I tell my pain and frustration - they themselves are caught and stuck.

In all sorts of ways, Maya has cast the net; the knots cannot be loosened.

Wandering and roaming, slave Nanak has come to the Sanctuary of the Saints.

The bonds of ignorance, doubt, emotional attachment and the love of Maya have been cut; God hugs me close in His Embrace.

My home is filled with ecstasy, pleasure and joy.

I sing the Naam, and I meditate on the Naam. The Naam is the Support of my breath of life.

The Naam is spiritual wisdom, the Naam is my purifying bath. The Naam resolves all my affairs.
The Naam, the Name of the Lord, is glorious grandeur; the Naam is glorious greatness. The Name of the Lord carries me across the terrifying world-ocean.

The Unfathomable Treasure, the Priceless Gem - I have received it, through the Guru's Feet.

Says Nanak, God has become Merciful; my heart is intoxicated by the Blessed Vision of His Darshan.

My Friend, my Best Friend, my Lord and Master, is near.

He sees and hears everything; He is with everyone. You are here for such short time - why do you do evil? 

Except for the Naam, whatever you are involved with is nothing - nothing is yours.
Hereafter, everything is revealed to your gaze; but in this world, all are enticed by the darkness of doubt. ||1||

People are caught in Maya, attached to their children and spouses. They have forgotten the Great and Generous Giver. ||2||6||25||

Your Saints have overwhelmed the wicked army of corruption. ||1||Pause||

Gazing upon the Blessed Vision of Your Darshan, the terrible sins of countless lifetimes are erased.
I am illumined, enlightened and filled with ecstasy. I am intuitively absorbed in Samaadhi.

Who says that You cannot do everything? You are Infinitely All-powerful.

Whoever meditates on the Name of the Lord, the Name of the Lord:

Wherever I look, I see Your Sanctuary. ||1||
ਸੰਤ ਪਰਸਾਦ ਹਿਰ ਕੇ ਗੁਨ ਗਾਇਆ ॥ (1303)
sant parsaad har kay gun gaa-ia.
By the Grace of the Saints, I sing the Glorious Praises of the Lord.

ਗੁਰ ਭੇਟਤ ਨਾਨਕ ਸੁਖੁ ਪਾਇਆ ॥੨॥੮॥੨੭॥
gur bhaytat naanak sukh paa-i-a. ||2||8||27||
Meeting with the Guru, Nanak has found peace. ||2||8||27||

ਕਾਨੰਢਾ ਮੇਹਲਾ ੫ ॥
kaanraa mehlaa 5.
Kaanraa, Fifth Mehl:

ਸਿਸਮਰਤ ਨਾਮੁ ਮਨੀਹ ਸੁਖੁ ਪਾਈਐ ॥
simrat naam maneh sukh paa-ee-ai.
Meditating in remembrance on the Naam, peace of mind is found.

ਸਾਧ ਜਨਾ ਿਿਮਿਲ ਹਿਰ ਜਸੁ ਗਾਈਐ ॥੧॥
saaDh janaa mil har jas gaa-ee-ai. ||1||
Meeting the Holy Saint, sing the Praises of the Lord. ||1||Pause||

ਕਿਰ ਿਕਰਪਾ ਪਰਭ ਿਰਦੈ ਬਸੇਰੋ ॥
kar kirpaa parabh ridai basayro.
Granting His Grace, God has come to dwell within my heart.

ਚਰਨ ਸਤਨ ਕੈ ਮਾਥਾ ਮੇਰੋ ॥੧॥
charan santan kai maathaa mayro. ||1||
I touch my forehead to the feet of the Saints. ||1||

ਪਾਰਬਰਹਮ ਕਉ ਸਿਸਮਰਹ ਮਨਾਂ ॥
paarbarahm ka-o simrahu manaa.
Meditate, O my mind, on the Supreme Lord God.
As Gurmukh, Nanak listens to the Praises of the Lord.

My mind loves to touch the Feet of God.

My tongue is satisfied with the Food of the Lord, Har, Har. My eyes are contented with the Blessed Vision of God.

My ears are filled with the Praise of my Beloved; all my foul sins and faults are erased.

My feet follow the Path of Peace to my Lord and Master; my body and limbs joyfully blossom forth in the Society of the Saints.

I have taken Sanctuary in my Perfect, Eternal, Imperishable Lord. I do not bother trying anything else.

Taking them by the hand, O Nanak, God saves His humble servants; they shall not perish in the deep, dark world-ocean.
कान्छा महला ५ || (1303)

कान्छा महला ५ ||

Kaanraa, Fifth Mehl:

बुधवार चतुर्थ धर्म गुरु गुरुजी विजय अतिव वरीया || १ || चन्द्र || (1303)

कुहकत कपट खपट खल गरजत मरजत मीचु अनिक बारीया || १ || रहआ ||

kuhkpat khapat khal garjat marjat meech anik baree-aa. ||1|| rhaa-o.

Those fools who bellow with rage and destructive deceit, are crushed and killed innumerable times. ||1||Pause||

अहम भर भर वर विभिन्न विभिन्न बुधवार लघु लघु रात्रीया || १ ||

ahaN mat an rat kumit hit pareetam paykhat bharmat laakh garee-aa. ||1||

Intoxicated with egotism and imbued with other tastes, I am in love with my evil enemies. My Beloved watches over me as I wander through thousands of incarnations. ||1||

अनित विउहार अचार विधि हीनत मम मद मात कोप जरीया ||

anit bi-uhaar achaar biDh heenat mam mad maat kop jaree-aa.

My dealings are false, and my lifestyle is chaotic. Intoxicated with the wine of emotion, I am burning in the fire of anger.

बुधवार द्रुपाल थीथ बुध द्रुपाल द्रुपाल सरीया || २ || १ ॥ १ || ३ ॥ (1303)

karun kirpaal gopaal deen banDh naanak uDhar saran paree-aa. ||2||11||30||

O Merciful Lord of the World, Embodiment of Compassion, Relative of the meek and the poor, please save Nanak; I seek Your Sanctuary. ||2||11||30||

कान्छा महला ५ || (1303)

कान्छा महला ५ ||

Kaanraa, Fifth Mehl:

जीव प्रात मात दाता || (1303)

jee-a paraan maan daataa.

The Giver of the soul, the breath of life and honor

वर्ष विभिन्न दुर परि || १ || चन्द्र || (1303)

हर बिसरते हर हानि || १ || रहआ ||

har bisratay hee haan. ||1|| rhaa-o.

- forgetting the Lord, all is lost. ||1||Pause||
ਗੋਇਬੰਦ ਤਿਆਗ ਆਨ ਲਾਗਿਹ ਅਮਿਰੀਤ ਡਾਰੀ ਭੂਮ ਪਾਗੀਹ ॥ (1303)
gobind ti-aag aan laagheh amrito daar bhoom paageh.
You have forsaken the Lord of the Universe, and become attached to another - you are throwing away the Ambrosial Nectar, to take dust.

ਵਿਖੇ ਵਮ ਸੈਦੀ ਆਸਵੁ ਮੁੱਢੇ ਬਰੇ ਮੂਹ ਭਗਤ ॥੧॥ (1303)

bikhae ras si-o aaskat moorhay kaahay sukh maan. ||1||
What do you expect from corrupt pleasures? You fool! What makes you think that they will bring peace? ||1||

ਲਾਸੀ ਬ੍ਰੋਪੀ ਲੇਡੀ ਮਿਆਗਿਣ ਕਲਵ ਵਲੀ ਘਰਤੀ ॥ (1304)

kaam kroDh lobh bi-aapi-o janam hee kee khaan.
Engrossed in unfulfilled sexual desire, unresolved anger and greed, you shall be consigned to reincarnation."

ਪਿਤਤ ਪਾਵਨ ਸਰਿਨ ਆਇਓ ਉਧਰੁ ਨਾਨਕ ਜਾਨੀ ॥੨॥੧੨॥੩੧॥ (1304)

patit paavan saran aa-i-o uDhar naanak jaan. ||2||12||31||
But I have entered the Sanctuary of the Purifier of sinners. O Nanak, I know that I shall be saved. ||2||12||31||

ਕਾਸਤਾ ਭਗਤਾ ਪ੍ਵੇਂ (1304)

kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

ਆਵਿਲੋਕੁਗ ਰਾਮ ਵਾ ਭੁਧਵਰੀਬੀਨਦ ॥ (1304)

aviloka-o raam ko mukhaarbind.
I gaze on the Lotus-like Face of the Lord.

ਕੋਖਜਤ ਬਢਾਵੁ ਪਾਇੋ ਮੁਸਰੀ ਸਵਾਢ ਚੀਨੀ ॥੫॥ (1304)

khojat khojat ratan paa-i-o bisree sabh chind. ||5||
Searching and seeking, I have found the Jewel.
Enshrining His Lotus Feet within my heart,
 kartar bhang bhand ॥1॥ (1304)
utri-aa dukh mand. ॥1॥
pain and wickedness have been dispelled. ॥1॥

raaj dhanu parvaar mayrai sarbaso gobind ॥ (1304)
raaj Dhan parvaar mayrai sarbaso gobind.
The Lord of all the Universe is my kingdom, wealth and family.

saaDhsangam laabh paa-i-o naanak fir na marand. ॥2॥13॥32॥ (1304)
In the Saadh Sangat, the Company of the Holy, Nanak has earned the Profit; he shall never die again. ॥2॥13॥32॥

kaanrhaa mehlaa 5 ghar 5
Kaanraa, Fifth Mehl, Fifth House:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

parabh poojho naam araaDh.
Worship God, and adore His Name.

gur satgur charnee laag.
Grasp the Feet of the Guru, the True Guru.

har paavhu man agaaDh.
The Unfathomable Lord shall come into your mind,
jag jeeto ho ho gur kirpaDh. ||1|| raha-o.
and by Guru's Grace, you shall be victorious in this world. ||1||Pause||

anik poojaa mai baho biDh khojee saa poojaa je har bhaavaas.
I have studied countless ways of worship in all sorts of ways, but that alone is worship,
which is pleasing to the Lord's Will.

maatee kee ih putree joree ki-aa ahy karam kamaas.
This body-puppet is made of clay - what can it do by itself?

parabh baah pakar jis maarag paavhu so tuDh jant milaas. ||1||
O God, those humble beings meet You, whom You grasp by the arm, and place on the
Path. ||1||

avar ot mai ko-ay na soojhai ik har kee ot mai aas.
I do not know of any other support; O Lord, You are my only Hope and Support.

ki-aa deen karay ardaas.
I am meek and poor - what prayer can I offer?

ja-o sabh ghat parabhoo nivaas.
God abides in every heart.

parabh charnan kee man pi-aas.
My mind is thirsty for the Feet of God.
जन नानक दासु कहीअतु है तुम्हँरा हउ बिल बिल सद बिल जास ॥२॥१॥३३॥
Servant Nanak, Your slave, speaks: I am a sacrifice, a sacrifice, forever a sacrifice to You. ॥2||1||33||

Kaanraa, Fifth Mehl, Sixth House:

कानड़ा महला ५ घरु ६
Kaanrhaa mehlaa 5 ghar 6

IK-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

जगत उधारन नाम िपर्रॅ तेरै ॥
jagat uDhaaran naam pari-a tayrai.

Your Name, O my Beloved, is the Saving Grace of the world.

नव िनिध नामु िनधानु हिर के रै ॥
nav niDh naam niDhaan har kayrai.

The Lord's Name is the wealth of the nine treasures.

हिर रंग रंग रंग अनूपेरै ॥
har rang rang rang anoopayrai.

One who is imbued with the Love of the Incomparably Beautiful Lord is joyful.

नैनहु देखु साध दरसेरै ॥
nainhu daykh saaDh darsayrai.

With your eyes, gaze upon the Blessed Vision, the Darshan of the Holy.
They alone find it, who have such destiny inscribed upon their foreheads. ||1||Pause||

I serve at the feet of the Holy Saints.

I long for the dust of their feet, which purifies and sanctifies.

Just like the sixty-eight sacred shrines of pilgrimage, it washes away filth and pollution.

With each and every breath I meditate on Him, and never turn my face away.

Of your thousands and millions, nothing shall go along with you.

Only the Name of God will call to you in the end. ||1||

Let it be your wish to honor and obey the One Formless Lord.
ਸਗਲ ਤਿਆਗਹੁ ਭਾਉ ਦੂਜੇ ॥ (1304)
sagal ti-aagahu bhaa-o doojayrai.
Abandon the love of everything else.

ਕਿਵਨ ਕਹਾ ਹਾ ਗੁਣ ਪਵਰ੍ਹ ਤੇਰੈ ॥ (1304)
kavan kahaaN ha-o gun pari-a tayrai.
What Glorious Praises of Yours can I utter, O my Beloved?

ਬਰਨ ਨ ਸਾਕਾ ਏਕ ਤੁਲੇਰੈ ॥ (1304)
baran na saaka-o ayk lutayrai.
I cannot describe even one of Your Virtues.

ਦਰਸਾਨ ਪਵਰ੍ਹ ਬਹੁ ਮਨ ਮੇਰੈ ॥ (1304)
darsan pi-aas bahut man mayrai.
My mind is so thirsty for the Blessed Vision of His Darshan.

ਮਿਲੂ ਨਾਨਕ ਦੇਵ ਜਗਤ ਗੁਰ ਕੇ ਰੈ ॥੨॥੧॥੩੪॥ (1304)
mil naanak dayv jagat gur kayrai. ||2||1||34||
Please come and meet Nanak, O Divine Guru of the World. ||2||1||34||

ਵਾਨਰ ਭਗਵਾਦ ॥ (1305)
kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

ਅੱਠੀ ਵਧੀ ਵਿੱਧੇ ਦਰਸਨ ਪਵਰ੍ਹਾਨ ॥੧॥ ਉਗਧੁ ॥ (1305)
aisee ka-un biDhay darsan parsanaa. ||1|| rahaa-o.
How may I obtain the Blessed Vision of Your Darshan? ||1||Pause||

ਆਸ ਪਵਰ੍ਹ ਸਫਲ ਮੂਰਤੀ ਹੀ ਤਰਸਨਾ ॥੧॥ (1305)
aas pi-aas safal moorat umag hee-o tarsanaa. ||1||
I hope and thirst for Your wish-fulfilling image; my heart yearns and longs for You. ||1||
ਦੀਨ ਲੀਨ ਿਪਆਸ ਮੀਨ ਸੰਤਨਾ ਹਿਰ ਸੰਤਨਾ ॥ (1305)

deen leen pi-aas meen sanntaa har sanntaa.
The meek and humble Saints are like thirsty fish; the Saints of the Lord are absorbed in Him.

ਵਿਗ ਸੰਤਰਾ ਵੀ ਵੇਦ ॥ (1305)

ਹਿਰ ਸੰਤਨਾ ਕੀ ਰੇਨ ॥

har sanntaa kee rayn.
I am the dust of the feet of the Lord's Saints.

ਚੀਟ ਭਾਵੀ ਬਣੇ ॥ (1305)

ਹੀਉ ਅਰਧ ਦੇਨ ॥

hee-o arap dayn.
I dedicate my heart to them.

ਪੁੱਢ ਹੋਈ ਅਲੇਪੇਦ ॥ (1305)

ਪਰਭ ਭਾਏ ਹੈ ਕੀਰ੍ਤਨ ॥

parabh bha-ay hai kipayn.
God has become Merciful to me.

ਮਾਨੁ ਮੋਹ ਿਤਾਗ ਹੀ ਸੰਗ ਹਰ ਜੀੂ ਭੇਟਨਾ ॥੨॥੨॥੩੫॥ (1305)

maan moh ti-aag chhodi-o ta-o naanak har jee-o bhaytnaa. ||2||2||35||
Renouncing pride and leaving behind emotional attachment, O Nanak, one meets with the Dear Lord. ||2||2||35||

ਰਕਾਹ਼ਾ ਭਾਵ ਭਾਵ ॥ (1305)

ਕਾਨੰਹਾ ਮੇਹਲਾ ੫ ॥

kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

ਰੰਗਾ ਰੰਗ ਰੰਗਨ ਕੇ ਰੰਗਾ ॥ (1305)

rangaa rang rangan kay rangaa.
The Playful Lord imbues all with the Color of His Love.

ਚੀਟ ਘਾਹਾਓ ਪੁਰਾਣ ਸੰਗ ਕੇ ਚੀਟ ॥ (1305)

ਚੀਟ ਹਸਤ ਪੂਰਾਣ ਸੰਗੇ ਕੇ ਚੀਟ ॥ (1305)

keet hasat pooran sabh sangaa. ||1|| rahaa-o.
From the ant to the elephant, He is permeating and pervading all. ||1||Pause||
Some go on fasts, make vows, and take pilgrimages to sacred shrines on the Ganges.

They stand naked in the water, enduring hunger and poverty.

They sit cross-legged, perform worship services and do good deeds.

They apply religious symbols to their bodies, and ceremonial marks to their limbs.

They read through the Shastras, but they do not join the Sat Sangat, the True Congregation.

They stubbornly practice ritualistic postures, standing on their heads.

They are afflicted with the disease of egotism, and their faults are not covered up.

They burn in the fire of sexual frustration, unresolved anger and compulsive desire.
He alone is liberated, O Nanak, whose True Guru is Good. ||2||3||36||

Kaanraa, Fifth Mehl, Seventh House:

One Universal Creator God. By The Grace Of The True Guru:

My thirst has been quenched, meeting with the Holy.

The five thieves have run away, and I am in peace and poise; singing, singing, singing the Glorious Praises of the Lord, I obtain the Blessed Vision of my Beloved. ||1||Pause||

That which God has done for me - how can I do that for Him in return?

I make my heart a sacrifice, a sacrifice, a sacrifice, a sacrifice, a sacrifice to You. ||1||

First, I fall at the feet of the Saints; I meditate, meditate, lovingly attuned to You.
O God, where is that Place, where You contemplate all Your beings?

Countless slaves sing Your Praises.

He alone meets You, who is pleasing to Your Will. Servant Nanak remains absorbed in his Lord and Master.

You, You, You alone, Lord.

Give up your pride and your self-conceit; the Loving, Merciful Lord is watching over all. O mind, become the dust of His Feet.

Through the Mantra of the Lord's Saints, experience the spiritual wisdom and meditation of the Lord of the World.
Within your heart, sing the Praises of the Lord of the Universe, and be lovingly attuned to His Lotus Feet. He is the Fascinating Lord, Merciful to the meek and the humble.

O Merciful Lord, please bless me with Your Kindness and Compassion.

Nanak begs for the Gift of the Naam, the Name of the Lord.

I have abandoned emotional attachment, doubt and all egotistical pride.

Kaanraa, Fifth Mehl:

Speaking of God, filth and pollution are burnt away; This comes by meeting with the Guru, and not by any other efforts.

Making pilgrimages to sacred rivers, observing the six rituals, wearing matted and tangled hair, performing fire sacrifices and carrying ceremonial walking sticks - none of these are of any use.
All sorts of efforts, austerities, wanderings and various speeches - none of these will lead you to find the Lord's Place.

I have considered all considerations, O Nanak, but peace comes only by vibrating and meditating on the Name.

The Purifier of sinners, the Lover of His devotees, the Destroyer of fear - He carries us across to the other side.

My eyes are satisfied, gazing upon the Blessed Vision of His Darshan; my ears are satisfied, hearing His Praise.

He is the Master of the praanaa, the breath of life; He is the Giver of Support to the unsupported. I am meek and poor - I seek the Sanctuary of the Lord of the Universe.
He is the Fulfiller of hope, the Destroyer of pain. Nanak grasps the Support of the Feet of the Lord.

Kaanraa, Fifth Mehl:

I seek the Sanctuary of the Feet of my Merciful Lord and Master; I do not go anywhere else.

It is the Inherent Nature of our Lord and Master to purify sinners. Those who meditate on the Lord are saved.

The world is a swamp of wickedness and corruption. The blind sinner has fallen into the ocean of emotional attachment and pride.

God Himself has taken me by the hand and lifted me up and out of it; save me, O Sovereign Lord of the Universe.
अनाथ नाथ सनाथ संतन कोट पाप िबनास ॥

He is the Master of the masterless, the Supporting Lord of the Saints, the Neutralizer of millions of sins.

मनि दरसनै की पिआस ॥

My mind thirsts for the Blessed Vision of His Darshan.

पर्भ पूरन गुनतास ॥

God is the Perfect Treasure of Virtue.

किर्पाल दईआल गुपाल नानक हिर रसना गुन गाइ ॥२॥२॥४१॥

O Nanak, sing and savor the Glorious Praises of the Lord, the Kind and Compassionate Lord of the World. ||2||2||41||

कानर्हा महला ५ ॥

Kaanraa, Fifth Mehl:

वार वारउ अिनक डारउ ॥

Countless times, I am a sacrifice, a sacrifice

to that moment of peace, on that night when I was joined with my Beloved. ||1||Pause||

किनक मंदर पाट सेज सखी मोिह नािह इन िसउ तात ॥१॥

Mansions of gold, and beds of silk sheets - O sisters, I have no love for these. ||1||
ਸ਼੍ਰੀ ਨਾਨਕ ਦੇਵ ਜੀ ਬਿਠੁ ਤਾਪ ਤਾਪ ਜੀਵੁ ॥ (1306)
ਮੁਕਤ ਲਾਲ ਅਨਿਕ ਭੋਗ ਬਿਨੁ ਨਾਮ ਨਾਨਕ ਹਾਤ ॥
mukat laal anik bhog binu naam naanak haat.
Pearls, jewels and countless pleasures, O Nanak, are useless and destructive without the Naam, the Name of the Lord.

ਰੂਖੋ ਭੋਜਨੁ ਭੂਮ ਸੈਨ ਸਖੀ ਪਰੀ ਸੰਗ ਸੂਖ ਬਹਾਤ ॥੨॥੩॥੪੨॥ (1306)
rookho bhojan bhoom sain sakhee pari-a sang sookh bihaat. ||2||3||42||
Even with only dry crusts of bread, and a hard floor on which to sleep, my life passes in peace and pleasure with my Beloved, O sisters. ||2||3||42||

ਵਾਰਨਾ ਭਰਲਾ ਧ ॥ (1306)
ਕਾਨ੍ਰੀਆ ਮਹਿਲਾ ੫ ॥
kaanrhaa mehlaa 5.
Kaanraa, Fifth Mehl:

ਅਹੰ ਤੋਰੋ ਮੁਖੁ ਜੋਰੋ ॥ (1306)
ahaN toro mukh joro.
Give up your ego, and turn your face to God.

ਗੁਰੂ ਗੁਰੂ ਕਰਤ ਮਨੁ ਲੋਰੋ ॥ (1306)
gur gur karat man loro.
Let your yearning mind call out, "Guru, Guru".

ਪ੍ਰਤਸ਼ੀਤ ਪ੍ਰਤਾਪ ਮੇਂਵੇ ॥੧॥ ਤਕਣੀ ॥ (1306)
priat prat Arao moro. ||1|| rahaa-o.
My Beloved is the Lover of Love. ||1||Pause||

ਗਿਰੀਹ ਸੇਜ ਸੁੱਖੀ ਆਗੀਨ ਚਾਨਾ ਤੋਰੋ ਰੀ ਤੋਰੋ ਪੰਛੁ ਟ੍ਰੂਕਤ ਮੀਤੀ ਮੂੰ ਦੇਵੇ ॥੧॥ (1306)
garihi sayj suhaavee aagan chainaa toro ree toro panch dootan si-o sang toro. ||1||
The bed of your household shall be cozy, and your courtyard shall be comfortable; shatter and break the bonds which tie you to the five thieves. ||1||

ਆਇ ਨ ਜਾਇ ਬਸੇ ਇਨਾ ਭਾਸ਼ਿਤ ਹੂਪ ਕਮਲ ਬਾਗਮੇਵੇ ॥ (1306)
aa-ay na jaa-ay basay nij aasan ooNdh kamal bigsoro.
You shall not come and go in reincarnation; you shall dwell in your own home deep within, and your inverted heart-lotus shall blossom forth.
छुटकी है उम्रेको सोरो ॥
chhutkee ha-umai soro.
The turmoil of egotism shall be silenced.

गाइयो री गाइयो परभ नानक गुनी गहेरो ॥२॥४॥४३॥
gaa-i-o ree gaa-i-o parabh naanak gunee gahayro. ||2||4||43||
Nanak sings - he sings the Praises of God, the Ocean of Virtue. ||2||4||43||

कानर्रा में ५ घरु ९ ॥
kaanrhaa mehlaa 5 ghar 9.
Kaanraa, Fifth Mehl, Ninth House:

तां ते जापि मना हर जाप ॥१॥
taan tay jaap manaa har jaap.
This is why you should chant and meditate on the Lord, O mind.

जो संत बेद कहत पंथु गाखरो मोह मगन अहं ताप ॥ रहाउ ॥
jo sant bayd kahat panth gaakhro moh magan ahaN taap. rahaa-o.
The Vedas and the Saints say that the path is treacherous and difficult. You are intoxicated with emotional attachment and the fever of egotism. ||Pause||

जो राते माते संिग बपुरी माइआ मोह संताप ॥१॥
jo raatay maatay sang bapuree maa-i-aa moh santaap. ||1||
Those who are imbued and intoxicated with the wretched Maya, suffer the pains of emotional attachment. ||1||

नामु जपत सोऊ जनु उधरै िजसिह उधारहु आप ॥
naam japat so-oo jan uDhraai jisahi uDhaarahu aap.
That humble being is saved, who chants the Naam; You Yourself save him.

बिनसि जाइ मोह भै भरमा नानक संत प्रताप ॥२॥५॥४॥
binas jaa-ay moh bhai bharmaa naanak sant partaap. ||2||5||44||
Emotional attachment, fear and doubt are dispelled, O Nanak, by the Grace of the Saints. ||2||5||44||
Kaanraa, Fifth Mehl, Tenth House:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

Give me that blessing, O Dear Saints, for which my soul would be a sacrifice.

Enticed by pride, entrapped and plundered by the five thieves, still, you live near them. I have come to the Sanctuary of the Holy, and I have been rescued from my association with those demons. ||1||Pause||

The Lord of the Universe has become Kind to me; He has blessed me with the Support of the Naam.

This precious human life has become fruitful and prosperous; O Nanak, I am carried across the terrifying world-ocean. ||2||1||45||
ਕਾਨ੍ਨਾ ਭੂਲੁਆ ਦੇ ਊਠੁਆ 11 (1307)
ਕੋਨ੍ਹਾ ਮੋਹਨਾ ਦੇ ਘਰੁ 11
kaanraa mehlaa 5 ghar 11
Kaanraa, Fifth Mehl, Eleventh House:

ੱਠੀ ਸਤਗੁਰ ਦੁਆਰਾ ਧੱਖਾਇਆ (1307)
ੱਠੀ ਸਤਗੁਰ ਪ੍ਰਸਾਦ
ik-o'kaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਮੋਹੁ ਸੱਧਾਣ ਅਰਥ ਆਏ (1307)
ਸਹਜ ਸੁਭਾਏ ਆਪਨ ਆਏ
sahj subhaa-ay aapan aa-ay.
He Himself has come to me, in His Natural Way.

ਬਹੁ ਤ ਸਾਨ ਵਹੁ ਦਿਖਾਏ (1307)
ਕਛੂ ਨ ਜਾਏ ਕਛੂ ਦਿਖਾਏ
kachhoo na jaanou kachhoo dikhaa-ay.
I know nothing, and I show nothing.

ਪੁਰਾਣ ਮਿਲਿਆ ਮਹ ਕਰੀਏ ਬੋਲੇ (1307)
ਪ੍ਰਸ਼ੋਤ ਮਿਲਿਆ ਮੂਰਧ ਬੋਲੇ
parabh mili-o sukh baalay bholay. ||1|| raha-o.
I have met God through innocent faith, and He has blessed me with peace. ||1||Pause||

ਸੰਜੋਗ ਮਿਲਾਏ ਸਾਧ ਸਾਗਾਏ (1307)
ਸੰਜੋਗ ਮਿਲਾਏ ਸਾਧ ਸੰਗਾਏ
sanjog milaa-ay saaDh sangaa-ay.
By the good fortune of my destiny, I have joined the Saadh Sangat, the Company of the Holy.

ਬਹੁ ਤ ਸਾਨ ਸ਼ਰੀਵ ਦਸਾਏ (1307)
ਕਭਾਕ ਨ ਜਾਏ ਘਰੀ ਬਸਾਏ
kathoo na jaa-ay ghareh basaa-ay.
I do not go out anywhere; I dwell in my own home.

ਗੁਣ ਨਿਧਾਨ ਉਸਤੀਦ ਦੀਆ ਕੋਲੀ (1307)
ਗੁਣ ਨਿਧਾਨ ਉਸਤੀਦ ਦੀਆ ਕੋਲੀ
gun niDhaan pargati-o ih cholai. ||1||
God, the Treasure of Virtue, has been revealed in this bodyrobe. ||1||
Charan lubhaa-ay aan tajaa-ay.
I have fallen in love with His Feet; I have abandoned everything else.

Thaan thanaa-ay sarab samaa-ay.
In the places and inter-spaces, He is All-pervading.

Rasak rasak naanak gun boli-ye ||2||46||
With loving joy and excitement, Nanak speaks His Praises. ||2||1||46||

Kaanraa, Fifth Mehl:
It is so hard to meet the Lord of the Universe, my Lord and Master.

Parmit roop agamm agochar rahi-o sarab samaa-ee-ye. ||1|| Pause||
His Form is Immeasurable, Inaccessible and Unfathomable; He is All-pervading everywhere. ||1||Pause||

Kahan bhavan naahi paa-i-o paa-i-o anik ukat chaturaa-ee. ||1||
By speaking and wandering, nothing is gained; nothing is obtained by clever tricks and devices. ||1||

Jatan jatan anik upaav ray ta-o mili-o ja-o kirpaa-ee.
People try all sorts of things, but the Lord is only met when He shows His Mercy.
God is Kind and Compassionate, the Treasure of Mercy; servant Nanak is the dust of the feet of the Saints. ||2||2||47||

I remember His Lotus Feet with every breath, night and day. ||1||Pause||

He is my breath of life, mind, wealth and everything. The Lord is the Treasure of Virtue and Peace. ||1||
In the Sanctuary of the Saints, I am carried across; O Nanak, the terrible pain has been taken away. ||2||3||48||

Kaanraa, Fifth Mehl:

God's humble servant is in love with Him.

I beg for honor, I beg for strength; please bless me with wealth, property and children. ||1||

You are the Technology of liberation, the Way to worldly success, the Perfect Lord of Supreme Bliss, the Transcendent Treasure.

In the Fear of God and loving devotion, Nanak is exalted and enraptured, forever and ever a sacrifice to Him. ||2||4||49||

Kaanraa, Fifth Mehl:


debaters debate and argue their arguments.

The Yogis and meditators, religious and spiritual teachers roam and ramble, wandering endlessly all over the earth. ||1||Pause||

They are egotistical, self-centered and conceited, foolish, stupid, idiotic and insane.

Wherever they go and wander, death is always with them, forever and ever and ever and ever. ||1||Pause||

Give up your pride and stubborn self-conceit; death, yes, death, is always close and near at hand.

Vibrate and meditate on the Lord, Har, Haray, Haray. Says Nanak, listen you fool: without vibrating, and meditating, and dwelling on Him, your life is uselessly wasting away. ||2||5||50||12||62||

Kaanraa, Chhant, Fifth Mehl:
One Universal Creator God. By The Grace Of The True Guru:

They alone are saved, who meditate on the Lord.

Working for Maya is useless.

Meditating on the Lord, all fruits and rewards are obtained. They are blessed, blessed and very fortunate.

They are awake and aware in the True Congregation; attached to the Naam, they are lovingly attuned to the One.

I have renounced pride, emotional attachment, wickedness and corruption; attached to the Holy, I am carried across at their feet.

Prays Nanak, I have come to the Sanctuary of my Lord and Master; by great good fortune, I obtain the Blessed Vision of His Darshan.

The Holy meet together, and continually vibrate and meditate on the Lord.
रसिक रसिक सुआमी गुण गाइण ॥ (1312)
rasak rasak su-aamee gun gaa-in.

With love and excitement, they sing the Glorious Praises of their Lord and Master.

गुण गाइ जीवह हिर अमिउ पीवह जनम मरणा भागए ॥ (1312)
gun gaa-ay jeevah har ami-o peevah janam marnaa bhaag-ay.

Singing His Praises they live, drinking in the Lord’s Nectar; the cycle of birth and death is over for them.

सतसंग पाईऐ हिर िधआईऐ बहुिड़ दूखु न लागए ॥ (1312)
satsang paa-ee-ai har Dhi-aa-ee-ai bahurh dookh na laag-ay.

Finding the True Congregation and meditating on the Lord, one is never again afflicted with pain.

किर दइआ दाते पुरख िबधाते संत सेव कमाइण ॥२॥ (1312)
kar da-i-aa daatay purakh biDhaatay sant sayv kamaa-in.

By the Grace of the Great Giver, the Architect of Destiny, we work to serve the Saints.

Prays Nanak, I long for the dust of the feet of the humble; I am intuitively absorbed in the Blessed Vision of the Lord. ||2||

saglay jant bhajahu gopaalai.
All beings vibrate and meditate on the Lord of the World.

Jap tap sanjam pooran ghaalai.
This brings the merits of chanting and meditation, austere self-discipline and perfect service.
ਲੋਚਿਤ ਬਾਹੀਮਕੇ ਨਿੱਠ ਪਿਆਰੀਆਸਕੇ ਪ੍ਰਧਾਨ ਮੇਂਟੀ ਅਥਿਤਾ || (1312)

ਗੋਬਦੁ ਗਾਈਐ ਨਿੱਠ ਥਿਖਾਈਐ ਪਰਵਾਣੁ ਸੋੈ ਆਇਆ ||
gobid gaa-ee-ai nit Dhi-aa-ee-ai parvaan so-ee aa-i-aa.
Those who sing and meditate continually on the Lord of the Universe - their coming into
the world is blessed and approved.

ਜਾਣ ਉਪ ਸੰਜਮ ਹਰ ਹਰ ਨਿਰੰਜਨ ਸੰਥੁ ਦੋਸ਼ ਨਿੱਠ ਚਲੈ || (1312)

jap taap sanjam har har nirajan gobind Dhan song chalaai.
The Immaculate Lord, Har, Har, is meditation and chanting, and austere self-discipline;
only the Wealth of the Lord of the Universe shall go along with you in the end.

ਬਿੰਵਤਿ ਤਲਕ ਬਾਹੀ ਅਥਿਤਾ ਚੀਨੇ ਬਾਹੀ ਦਾਂਤਪ ਪ੍ਰਲੈ ||॥ (1312)
binvant talak bahii athitha chinni bahii dantap pralai. ||3||
Prays Nanak, please grant Your Grace, O Lord, and bless me with the Jewel, that I may
carry it in my pocket. ||3||

ਮੰਗਲਚਾਰ ਚੌਜ ਆਨਨਦਾ || (1312)

mangalchar choj aanandaa.
His Wondrous and Amazing Plays are blissful

ਕਰ ਕਰੀਪਾ ਮਿਲੇ ਪਰਮਾਨੰਦਾ || (1312)
kar kir reapa milay parmaaandaa.
NAME?

ਪੁੱਖ ਹਿੰਘੇ ਮੱਖਮੀ ਮੁਖਘਾਮੀ ਚੋਢ ਬਾਇ ਪੁੰਨੀਆ || (1312)

parab milay su-amee sukhghagamee ichh man kee punnee-aa.
God, my Lord and Master, the Bringer of peace, has met me, and the desires of my mind
are fulfilled.
Congratulations pour in; I am intuitively absorbed in the Lord. I shall never again cry out in pain.

He hugs me close in His Embrace, and blesses me with peace; the evil of sin and corruption is gone.

Prays Nanak, I have met my Lord and Master, the Primal Lord, the Embodiment of Bliss.

One Universal Creator God. By The Grace Of The True Guru:

May the bumble-bee of my mind be immersed again and again in the Honey of Your Lotus Feet.
आन जला सिउ काजु न कछूऐ हिर बूंद चात्रू कउ दीजै। ||1||
I am not concerned with any other water; please bless this songbird with a Drop of Your Water, Lord. ||1||

बिनु मिलबे नाही संतोखा खेब दरसनु नानकु जीजै। ||2||1||
Unless I meet my Lord, I am not satisfied. Nanak lives, gazing upon the Blessed Vision of His Darshan. ||2||1||

किलान महला ५।
Kalyaan, Fifth Mehl:

जाचिक नाम जाचै जाचै। ||1||
This beggar begs and begs for Your Name, Lord.

सरब धार सरब के नाइक सुख समूह के दाते ॥१॥ रहाउ ॥
You are the Support of all, the Master of all, the Giver of absolute peace. ||1||Pause||

के ती के मांगिन मागै भावनी तो पाईऐ। ||1||
So many, so very many, beg for charity at Your Door; they receive only what You are pleased to give. ||1||

सफल सफल सफल दरसु रे परसि परसि गुग गाईऐ। ||1||
Fruitful, fruitful, fruitful is the Blessed Vision of His Darshan; touching His Touch, I sing His Glorious Praises.
O Nanak, one’s essence is blended into the Essence; the diamond of the mind is pierced through by the Diamond of the Lord.

My mind is rejuvenated forever by His Wondrous Love.

Brahma, Shiva, the Siddhas, the silent sages and Indra beg for the charity of His Praise and devotion to Him.

Yogis, spiritual teachers, meditators and the thousand-headed serpent all meditate on the Waves of God.

Says Nanak, I am a sacrifice to the Saints, who are the Eternal Companions of God.
ik-oNkaar satgur parsaaad.
One Universal Creator God. By The Grace Of The True Guru:

tayrai maan har har maan.
Belief in You, Lord, brings honor.

nain bain sarvan sunee-ai ang angay sukh paraan. ||1|| raha-o.
To see with my eyes, and hear with my ears - every limb and fiber of my being, and my breath of life are in bliss. ||1||Pause||

it ut dah dis ravi-o mayr tineh samaan. ||1||
Here and there, and in the ten directions You are pervading, in the mountain and the blade of grass. ||1||

jat kataa tat paykhee-ai har purakh pat parDhaan.
Wherever I look, I see the Lord, the Supreme Lord, the Primal Being.

saaDhsang bharam bhai mitay kathay naanak barahm gi-aan. ||2||1||4||
In the Saadh Sangat, the Company of the Holy, doubt and fear are dispelled. Nanak speaks the Wisdom of God. ||2||1||4||

kali-aan mehlaa 5.
Kalyaan, Fifth Mehl:

gun naad Dhun anand bayd.
The Glory of God is the Sound-current of the Naad, the Celestial Music of Bliss, and the Wisdom of the Vedas.
Speaking and listening, the silent sages and humble beings join together, in the Realm of the Saints. ||1||Pause||

Spiritual wisdom, meditation, faith and charity are there; their minds savor the Taste of the Naam, the Name of the Lord. Chanting it, sins are destroyed. ||1||

This is the technology of Yoga, spiritual wisdom, devotion, intuitive knowledge of the Shabad, certain knowledge of the Essence of Reality, chanting and unbroken intensive meditation.

Through and through, O Nanak, merging into the Light, you shall never again suffer pain and punishment. ||2||2||5||

What should I do, and how should I do it?

Should I center myself in meditation, or study the spiritual wisdom of the Shaastras? How can I endure this unendurable state? ||1||Pause||
Vishnu, Shiva, the Siddhas, the silent sages and Indra - at whose door should I seek sanctuary? ||1||

Some have power and influence, and some are blessed with heavenly paradise, but out of millions, will anyone find liberation?

Says Nanak, I have attained the Sublime Essence of the Naam, the Name of the Lord. I touch the feet of the Holy. ||2||3||6||

The Lord of the Breath of Life, the Merciful Primal Lord God, is my Friend.

The Lord saves us from the womb of reincarnation and the noose of death in this Dark Age of Kali Yuga; He takes away our pain. ||1||Pause||

I enshrine the Naam, the Name of the Lord, within; I seek Your Sanctuary, Lord.

O Merciful Lord God, You are my only Support. ||1||
You are the only Hope of the helpless, the meek and the poor.

Your Name, O my Lord and Master, is the Mantra of the mind.

I know of nothing except You, God.

Throughout all the ages, I realize You.

O Lord, You dwell in my mind night and day.

The Lord of the Universe is Nanak's only Support.

Kalyaan, Fifth Mehl:

Within my mind and body I meditate on the Lord God.
The Perfect Guru is pleased and satisfied; I am blessed with eternal peace and happiness. ||1||Pause||

All affairs are successfully resolved, singing the Glorious Praises of the Lord of the World.

Joining the Saadh Sangat, the Company of the Holy, I dwell upon God, and the pain of death is taken away. ||1||Pause||

Please take pity on me, O my God, that I may serve You day and night.

Slave Nanak seeks the Sanctuary of the Lord, the Perfect, Divine Primal Being. ||2||5||8||

My God is the Inner-knower, the Searcher of Hearts.

Take pity on me, O Perfect Transcendent Lord; bless me with the True Eternal Insignia of the Shabad, the Word of God. ||1||Pause||
O Lord, other than You, no one is all-powerful. You are the Hope and the Strength of my mind.

You are the Giver to the hearts of all beings, O Lord and Master. I eat and wear whatever You give me.

Intuitive understanding, wisdom and cleverness, glory and beauty, pleasure, wealth and honor,

all comforts, bliss, happiness and salvation, O Nanak, come by chanting the Lord's Name.

God's Name is the Purifier of sinners.
Whoever chants and meditates in the Saadh Sangat, the Company of the Holy, shall undoubtedly escape being consumed by the Messenger of Death. ||1||

Liberation, the key to success, and all sorts of comforts do not equal loving devotional worship of the Lord.

Slave Nanak longs for the Blessed Vision of God's Darshan; he shall never again wander in reincarnation. ||2||7||10||

Prabhaatee, Fifth Mehl, Bibhaas:

One Universal Creator God. By The Grace Of The True Guru:

The Lord created the mind, and fashioned the entire body.

From the five elements, He formed it, and infused His Light within it.

He made the earth its bed, and water for it to use.
nimakh na visaarahu sayvhu saarigpaanee. ||1||
Do not forget Him for an instant; serve the Lord of the World. ||1||

man satgur sayv ho-ay param gatay.
O mind, serve the True Guru, and obtain the supreme status.

harakh sog tay raheh niraaraa taaN too paavahi paranpatay. ||1|| rahaa-o.
If you remain unattached and unaffected by sorrow and joy, then you shall find the Lord of Life. ||1||Pause||

kaaparh bhog ras anik bhunchaa-ay.
He makes all the various pleasures, clothes and foods for you to enjoy.

maat pitaa kutamb sagal banaa-ay.
He made your mother, father and all relatives.

rijak samaahay jal thal meet.
He provides sustenance to all, in the water and on the land, O friend.

so har sayvhu neetaa neet. ||2||
So serve the Lord, forever and ever. ||2||

tahaa sakhaa-ee jah ko-ay na hovai.
He shall be your Helper and Support there, where no one else can help you.
He washes away millions of sins in an instant.

He bestows His Gifts, and never regrets them.

He forgives, once and for all, and never asks for one’s account again. ||3||

By pre-ordained destiny, I have searched and found God.

In the Saadh Sangat, the Company of the Holy, the Lord of the World abides.

Meeting with the Guru, I have come to Your Door.

O Lord, please bless servant Nanak with the Blessed Vision of Your Darshan. ||4||1||

Prabhaatee, Fifth Mehl:
भूल ली मेहर तप ली मेहर || (1338)
प्रभ की सेवा जन की सोभा ||
parabh kee sayvaa jan kee sobhaa.
Serving God, His humble servant is glorified.

जन की सेवा जन की सोभा ॥ (1338)
kwargs sayvaa jan kee sobhaa.
Unfulfilled sexual desire, unresolved anger and unsatisfied greed are eradicated.

सम देवा दैव इशर || (1338)
नाम तेरा जन के संपार ||
naam tayraa jan kai bhandaar.
Your Name is the treasure of Your humble servant.

सम ब्रह्म हनु ग्यावरह || (1338)
गुं गावहि प्रभ दरस विपार || 1 ||
gun gaavahi parabh daras pi-aar. ||1||
Singing His Praises, I am in love with the Blessed Vision of God's Darshan. ||1||

इमी ब्रह्म नाम इशर || (1338)
तुम्ही भगवती प्रभ तुम्ही जनाई ||
tumree bhagat parabh tumeh janaa-ee.
You are known, O God, by Your devotees.

तुमै तेतही सत लीटे इशरी || 1 || वगही || (1338)
काट जयवी जन लीए छवाइ || 1 || रहाउ ||
kaat jayvree jan lee-ay chhadaa-ee. ||1|| raha-o.
Breaking their bonds, You emancipate them. ||1||Pause||

से नन्त दुम भूल वे मिल || (1338)
जो जनु राता प्रभ के रंगी ||
jo jan raataa parabh kai rang.
Those humble beings who are imbued with God's Love

तिन सुख महाम पृथ्वी वे मिल || (1338)
tin sukh paa-i-aa parabh kai sang.
find peace in God's Congregation.
They alone understand this, to whom this subtle essence comes.

Beholding it, and gazing upon it, in their minds they are wonderstruck.

They are at peace, the most exalted of all,

within whose hearts God dwells.

They are stable and unchanging; they do not come and go in reincarnation.

Night and day, they sing the Glorious Praises of the Lord God.

All bow down in humble respect to those

whose minds are filled with the Formless Lord.
Show mercy unto me, O my Divine Lord and Master.

May Nanak be saved, by serving these humble beings.

Prabhaatee, Fifth Mehl:

Singing His Glorious Praises, the mind is in ecstasy.

Twenty-four hours a day, I meditate in remembrance on God.

Remembering Him in meditation, the sins go away.

I fall at the Feet of that Guru.

O beloved Saints, please bless me with wisdom;
Let me meditate on the Naam, the Name of the Lord, and be emancipated. ||1||Pause||

The Guru has shown me the straight path;

I have abandoned everything else. I am enraptured with the Name of the Lord.

I am forever a sacrifice to that Guru;

The Guru carries those mortal beings across, and saves them from drowning.

By His Grace, they are not enticed by Maya;

in this world and the next, they are embellished and exalted by the Guru.
I am forever a sacrifice to that Guru. ||3||

From the most ignorant, I have been made spiritually wise,

through the Unspoken Speech of the Perfect Guru.

The Divine Guru, O Nanak, is the Supreme Lord God.

By great good fortune, I serve the Lord. ||4||3||

Eradicating all my pains, He has blessed me with peace, and inspired me to chant His Name.

In His Mercy, He has enjoined me to His service, and has purged me of all my sins. ||1||
हम बारिक सरन पर्भ दई-आल ॥ (1338)
I am only a child; I seek the Sanctuary of God the Merciful.

अवगण काट कीए पर्भ अपुने राख लीए मेरे गुर गोपाल ॥१॥ रहाउ ॥
Erasing my demerits and faults, God has made me His Own. My Guru, the Lord of the World, protects me. ||1|| Pause||

ताप पाप िबनसे िखन भीतिर भए िकर्पाल गुसाई ॥ (1338)
My sicknesses and sins were erased in an instant, when the Lord of the World became merciful.

साँस सांस पारबर्हम अराधी अपुने सितगुर कै बिल जाई ॥२॥
With each and very breath, I worship and adore the Supreme Lord God; I am a sacrifice to the True Guru. ||2||

अगम अबन्धु िबअंतु सुआमी िबांतु न पाईए ॥ (1338)
My Lord and Master is Inaccessible, Unfathomable and Infinite. His limits cannot be found.

लाहा खािट होईए धनवंता अपुना प्रभू िधआईए ॥३॥
We earn the profit, and become wealthy, meditating on our God. ||3||

आठ फहर पारबरहम धिजाई सदा सदा गुन गाईए ॥ (1339)
Twenty-four hours a day, I meditate on the Supreme Lord God; I sing His Glorious Praises forever and ever.
"Says Nanak, my desires have been fulfilled; I have found my Guru, the Supreme Lord God. ||4||4||

Prabhaatee, Fifth Mehl:
Meditating in remembrance on the Naam, all my sins have been erased.

The Guru has blessed me with the Capital of the True Name.

God's servants are embellished and exalted in His Court;

Chant the Name of the Lord, Har, Har, O my Siblings of Destiny.

All sickness and sin shall be erased; your mind shall be rid of the darkness of ignorance. ||1||Pause||
जन्म मरन गुर राखे मीत ॥

The Guru has saved me from death and rebirth, O friend;

हिर के नाम सिउ लागी प्रीत ॥

I am in love with the Name of the Lord.

कोट जनम के गए कलेस ॥

The suffering of millions of incarnations is gone;

जो तिसु भावै सो भल होस ॥२॥

whatever pleases Him is good. ||2||

िसु गुर कउ हउ सद बिल जाई ॥

I am forever a sacrifice to the Guru;

िसु धृतरथ गवि रभु विकारिः ॥ (1339)

by His Grace, I meditate on the Lord's Name.

ऐसा गुरु धारिए बढ़तीं ॥

By great good fortune, such a Guru is found;

किसु भिलाई रभ लिव कानी ॥३॥

meeting Him, one is lovingly attuned to the Lord. ||3||
Please be merciful, O Supreme Lord God, O Lord and Master,

Inner-knower, Searcher of Hearts.

Twenty-four hours a day, I am lovingly attuned to You.

Servant Nanak has come to the Sanctuary of God. ||4||5||

Prabhaatee, Fifth Mehl:

In His Mercy, God has made me His Own.

He has blessed me with the Naam, the Name of the Lord.

Twenty-four hours a day, I sing the Glorious Praises of the Lord of the Universe.
ਭੈ ਿਬਨਸੇ ਉਤਰੀ ਸਭ ਿਚੰਦ ॥੧॥
bhai binsay utree sabh chind. ||1||
Fear is dispelled, and all anxiety has been alleviated. ||1||

ਉਬਰੇ ਸੀਤਗੁਰ ਚਰਨੀ ਲਾਗ ॥
ubray satgur charnee laag.
I have been saved, touching the Feet of the True Guru.

ਜੋ ਗੁਰੁ ਕਹੈ ਸੋੇ ਭਲ ਮੀਠਾ ਮਨ ਕੀ ਮਿਤ ਤੀਆਗ ॥੧॥ ਰਹਾਉ ॥
jo gur kahai so-ee bhal meethaa man kee mat ti-aag. ||1|| rahaa-o.
Whatever the Guru says is good and sweet to me. I have renounced the intellectual wisdom of my mind. ||1||Pause||

ਮਿਨ ਤਿਨ ਵਿਸਾ ਹੀਰ ਪਰ੍ਭੁ ਸੋੇ ॥
man tan vasi-aa har parabh so-ee.
That Lord God abides within my mind and body.

ਵਲੀ ਵਿਕਸੀ ਦੀਪ ਦੀਆਂ ਲੇਖਿਆ॥
kal kalays kichh bighan na ho-ee.
There are no conflicts, pains or obstacles.

ਸਦਾ ਸਦਾ ਪਰ੍ਭੁ ਜੀਅ ਕੈ ਸੰਗ ॥
sadaa sadaa parabh jee-a kai sang.
Forever and ever, God is with my soul.

ਉਬਰੇ ਮੈਲੁ ਨਾਮ ਕੈ ਰੰਗ ॥੨॥
ubree mail naam kai rang. ||2||
Filth and pollution are washed away by the Love of the Name. ||2||

ਚਰਨ ਕਮਲ ਲਾਗੋ ਪਿਆਰੁ ॥
charan kamal laago pi-aar.
I am in love with the Lotus Feet of the Lord;
I am no longer consumed by sexual desire, anger and egotism.

Now, I know the way to meet God.

Through loving devotional worship, my mind is pleased and appeased with the Lord.

Listen, O friends, Saints, my exalted companions.

The Jewel of the Naam, the Name of the Lord, is unfathomable and immeasurable.

Forever and ever, sing the Glories of God, the Treasure of Virtue.

Says Nanak, by great good fortune, He is found.

Says Nanak, by great good fortune, He is found.
They are wealthy, and they are the true merchants,

who have the credit of the Naam in the Court of the Lord.

So chant the Name of the Lord, Har, Har, in your mind, my friends.

The Perfect Guru is found by great good fortune, and then one's lifestyle becomes perfect and immaculate.

They earn the profit, and the congratulations pour in;

by the Grace of the Saints, they sing the Glorious Praises of the Lord.

Their lives are fruitful and prosperous, and their birth is approved;

by Guru's Grace, they enjoy the Love of the Lord.
Sexuality, anger and egotism are wiped away;

O Nanak, as Gurmukh, they are carried across to the other shore. ||4||7||

The Guru is Perfect, and Perfect is His Power.

Whose minds are filled with the Word of the Guru's Bani,
all pains and afflictions run away from him. ||1||

Imbued with the Lord's Love, they sing the Glorious Praises of the Lord.
They are liberated, bathing in the dust of the feet of the Holy. ||1||Pause||

By Guru's Grace, they are carried across to the other shore;

they are rid of fear, doubt and corruption.

The Guru's Feet abide deep within their minds and bodies.

The Holy are fearless; they take to the Sanctuary of the Lord. ||2||

They are blessed with abundant bliss, happiness, pleasure and peace.

Enemies and pains do not even approach them.

The Perfect Guru makes them His Own, and protects them.
Chanting the Lord's Name, they are rid of all their sins. ||3||

The Saints, spiritual companions and Sikhs are exalted and uplifted.

The Perfect Guru leads them to meet God.

The painful noose of death and rebirth is snapped.

Says Nanak, the Guru covers their faults. ||4||8||

I am blessed with bliss and happiness, emancipation and eternal peace. All my affairs have been resolved. ||1||Pause||
The Lotus Feet of the Guru abide within my mind.

I am rid of pain, suffering, doubt and fraud.

Rise early, and sing the Glorious Word of God's Bani.

Twenty-four hours a day, meditate in remembrance on the Lord, O mortal.

Inwardly and outwardly, God is everywhere.

Wherever I go, He is always with me, my Helper and Support.

With my palms pressed together, I offer this prayer.

O Nanak, I meditate forever on the Lord, the Treasure of Virtue.
Prabhaatee, Fifth Mehl:

The Supreme Lord God is All-wise and All-knowing.

The Perfect Guru is found by great good fortune. I am a sacrifice to the Blessed Vision of His Darshan. ||1||Pause||

My sins are cut away, through the Word of the Shabad, and I have found contentment.

I have become worthy of worshipping the Naam in adoration.

In the Saadh Sangat, the Company of the Holy, I have been enlightened.

The Lord’s Lotus Feet abide within my mind. ||1||

The One who made us, protects and preserves us.
God is Perfect, the Master of the Masterless.

Those, upon whom He showers His Mercy

They have perfect karma and conduct.

They sing the Glories of God, continually, continuously, forever fresh and new.

They do not wander in the 8.4 million incarnations.

Here and hereafter, they worship the Lord's Feet.

Their faces are radiant, and they are honored in the Court of the Lord.

That person, upon whose forehead the Guru places His Hand
कोिट मधे को विरला दासु ॥

NAME?

जिल थिल महीअिल पेखै भरपूिर ॥

He sees God pervading and permeating the water, the land and the sky.

नानक उधरिस ितसु जन की धूिर ॥४॥१०॥

Nanak is saved by the dust of the feet of such a humble being. ||4||10||

Prabhaatee, Fifth Mehl:

कु रबाणु जाई गुर पूरे अपने ॥

I am a sacrifice to my Perfect Guru.

jis parsaad har har jap japnay. ||1|| raha-o.

By His Grace, I chant and meditate on the Lord, Har, Har. ||1||Pause||

ਅੰਿਮਰ੍ਤ ਬਾਣੀ ਸੁਣਤ ਿਨਹਾਲ ॥

Listening to the Ambrosial Word of His Bani, I am exalted and enraptured.

ਬਿਬਨਿਸ ਗਏ ਿਬਿਖ਼ਆ ਜੰਜਾਲ ॥੧॥

My corrupt and poisonous entanglements are gone. ||1||
I am in love with the True Word of His Shabad.

The Lord God has come into my consciousness.

Chanting the Naam, I am enlightened.

The Word of the Guru's Shabad has come to dwell within my heart.

The Guru is All-powerful and Merciful forever.

Chanting and meditating on the Lord, Nanak is exalted and enraptured.

Chanting Guru, Guru, I have found eternal peace.
Deen da-i-aal bha-ay kirpaalaa apnaa naam aap japa-i-aa. ||1|| rhaa-o.
God, Merciful to the meek, has become kind and compassionate; He has inspired me to chant His Name. ||1||Pause||

Santsangat mil bha-i-aa pargaas.
Joining the Society of the Saints, I am illumined and enlightened.

Har har japat pooran bha-ee aas. ||1||
Chanting the Name of the Lord, Har, Har, my hopes have been fulfilled. ||1||

Har gun gaa-ay gur naanak toothay.
I sing the Glorious Praises of the Lord; O Nanak, the Guru has been gracious to me. ||2||12||

I am blessed with total salvation, and my mind is filled with peace.

Parbhaatee mehlaa 5 ghar 2 bibhaas
Prabhaatee, Fifth Mehl, Second House, Bibhaas:

Ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

Avar na doojaa thaa-o.
There is no other place of rest,
None at all, without the Lord’s Name.

There is total success and salvation,

and all affairs are perfectly resolved.

Constantly chant the Name of the Lord.

Sexuality, anger and egotism are wiped away; let yourself fall in love with the One Lord.

Attached to the Naam, the Name of the Lord, pain runs away. In His Sanctuary, He cherishes and sustains us.

Whoever has such pre-ordained destiny meets with the True Guru; the Messenger of Death cannot grab him.

Night and day, meditate on the Lord, Har, Har; abandon the doubts of your mind.
One who has perfect karma joins the Saadh Sangat, the Company of the Holy, and meets the Lord. ||3||

The sins of countless lifetimes are erased, and one is protected by the Lord Himself.

He is our Mother, Father, Friend and Sibling; O servant Nanak, meditate on the Lord, Har, Har. ||4||1||13||

Prabhaatee, Fifth Mehl, Bibhaas, Partaal:

One Universal Creator God. By The Grace Of The True Guru:

Chant the Name of the Lord, Raam, Raam, Raam.

Conflict, suffering, greed and emotional attachment shall be dispelled, and the fever of egotism shall be relieved. ||1||Pause||

Renounce your selfishness, and grasp the feet of the Saints; your mind shall be sanctified, and your sins shall be taken away. ||1||
Nanak, the child, does not know anything at all. O God, please protect me; You are my Mother and Father.

Prabhaatee, Fifth Mehl:

I have taken the Shelter and Support of the Lord's Lotus Feet.

You are Lofty and Exalted, Grand and Infinite, O my Lord and Master; You alone are above all.

He is the Support of the breath of life, the Destroyer of pain, the Giver of discriminating understanding.

So bow down in respect to the Savior Lord; worship and adore the One God.

Bathing in the dust of the feet of the Saints, Nanak is blessed with countless comforts.

Bibhaas, Prabhaatee, Fifth Mehl, Ashtapadees:
One Universal Creator God. By The Grace Of The True Guru:

One Universal Creator God.

Mother, father, siblings, children and spouse

The mind is entangled in sweet emotional attachment.

Those who seek God's Glorious Virtues are the support of my breath of life.

My One Lord is the Inner-Knower, the Searcher of hearts.

He alone is my Support; He is my only Protection. My Great Lord and Master is over and above the heads of kings.

I have broken my ties to that deceitful serpent.
Guru has told me that it is false and fraudulent.

Its face is sweet, but it tastes very bitter.

My mind remains satisfied with the Ambrosial Naam, the Name of the Lord.

I have broken my ties with greed and emotional attachment.

The Merciful Guru has rescued me from them.

These cheating thieves have plundered so many homes.

The Merciful Guru has protected and saved me.

I have no dealings whatsoever with sexual desire and anger.
गुर उपदेसु मोहि कानी सुनिआ || (1347)
gur updays mohi kaanee suni-aa.
I listen to the Guru's Teachings.

तन देखउ तह महा चंडाल || (1347)
jah daykh-a-u tah maha chandaal.
Wherever I look, I see the most horrible goblins.

गर लीए अपुनै गुर गोपाल ||4|| (1347)
raakh lee-ay apunai gur gopaal. ||4||
My Guru, the Lord of the World, has saved me from them. ||4||

धम रानी मै वरी दुहागिन || (1347)
das naaree mai karee duhaagan.
I have made widows of the ten sensory organs.

गुर किहआ एह रसिह बिखागिन || (1347)
gur kahi-aa ayh raseh bikhaagan.
The Guru has told me that these pleasures are the fires of corruption.

इन सनबंधी रसातिल जाइ || (1347)
in sanbanDhee rasaatal jaa-ay.
those who associate with them go to hell.

हम गुर राखे हरि लिव लाई ||5|| (1347)
ham gur raakhay har liv laa-ay. ||5||
The Guru has saved me; I am lovingly attuned to the Lord. ||5||

अहमेव सिउ मसलति छोडी || (1347)
ahamayv si-o maslat chhodee.
I have forsaken the advice of my ego.
The Guru has told me that this is foolish stubbornness.

This ego is homeless; it shall never find a home.

The Guru has saved me; I am lovingly attuned to the Lord.

I have become alienated from these people.

We cannot both live together in one home.

Grasping the hem of the Guru's Robe, I have come to God.

Please be fair with me, All-knowing Lord God.

God smiled at me and spoke, passing judgement.
ਸਗਲ ਦੂਤ ਮੇਰੀ ਸੇਵਾ ਲਾਏ ॥ (1347)
sagal doot mayree sayvaa laa-ay.
He made all the demons perform service for me.

ਤੂੰ ਠਾਕੁਣ ਇਹ ਗਿਰੁ ਸਮੂ ਤੇਰਾ ॥ (1347)
tooN thaakur ih garihu sabh tayraa.
You are my Lord and Master; all this home belongs to You.

ਕਹੁ ਨਾਨਕ ਗੁਰ ਕੀਆ ਨਿਬੇਰਾ ॥੮॥੧॥ (1347)
kaho naanak gur kee-aa nibayraa. ||8||1||
Says Nanak, the Guru has passed judgement. ||8||1||

ਪਰਬਹਾਟੀ ਮਹਲਾ ੫ ॥ (1347)
parbhaatee mehlaa 5.
Prabhaatee, Fifth Mehl:

ਮਨ ਮਿਹ ਕਰੋਧੁ ਮਹਾ ਅਹੰਕਾਰਾ ॥ (1348)
man meh kroDh mahaa ahaNkaaraa.
Within the mind dwell anger and massive ego.

ਪੂਜਾ ਕਰਿਹ ਬਹੁ ਬਿਸਥਾਰਾ ॥ (1348)
poojaa karahi bahut bisthaaraa.
Worship services are performed with great pomp and ceremony.

ਕਿਰਿੰਘ ਇਸਨਾਨੁ ਤਿਨ ਚਕਰ ਬੰਨਾਏ ॥੧॥ (1348)
kir isnaan tan chakar banaa-ay.
Ritual cleansing baths are taken, and sacred marks are applied to the body.

ਅੰਤਰ ਕੀ ਮਲ ਕਬ ਹੀ ਨ ਜਾਏ ॥੧॥ (1348)
antar kee mal kab hee na jaa-ay. ||1||
But still, the filth and pollution within never depart. ||1||
इतु संजिम परभु किन ही न पाया ॥ (1348)
No one has ever found God in this way.

भगउती मुद्रा मनु मोहिआ माईआ ॥१॥ रहाउ ॥
bhag-utee mudraa man mohi-aa maa-i-aa. ||1|| rahaa-o.
The sacred mudras - ritualistic hand gestures - are made, but the mind remains enticed by Maya. ||1||Pause||

पाप करिह पंचाN के बिस रे ॥ (1348)
paap karahi panchaaN kay bas ray.
They commit sins, under the influence of the five thieves.

तीरिथ नाइ कहिह सिभ उतरे ॥ (1348)
tirath naa-ay kaheh sabh utray.
They bathe at sacred shrines, and claim that everything has been washed off.

बहुिर कमाविह होइ िनसंक ॥ (1348)
bahur kamaaveh ho-ay nisank.
Then they commit them again, without fear of the consequences.

जम पुिर बांिध खरे कालंक ॥२॥ (1348)
jam pur baaDh kharay kaalank. ||2||
The sinners are bound and gagged, and taken to the City of Death. ||2||

घूघर बािध बजाविह ताला ॥ (1348)
ghooghar baaDh bajaaveh taalaa.
The ankle-bells shake and the cymbals vibrate,

but those who have deception within wander lost like demons.
वरमी मारी सापु न मूआ ॥ (1348)

By destroying its hole, the snake is not killed.

पूंअर ताप गेरी के बसतरा ॥ (1348)

You worship fire and wear saffron colored robes.

आपदा का मारिआ ग्रिह ते नसता ॥ (1348)

Stung by your misfortune, you abandon your home.

पंच चंडाल नाले लै आइआ ॥४॥ (1348)

You beg from door to door, but you fail to be satisfied.
ਬਿਨਤਾ ਛੋਇਡ ਬਦ ਨਦਿਰ ਪਰ ਨਾਰੀ ॥ (1348)
banitaa chhod bad nadar par naaree.
You have abandoned your own wife, but now you sneak glances at other women.

ਵੇਈਸ ਨ ਪਾਈਐ ਮਹਾ ਦੁਖਿਆਰੀ ॥੫॥ (1348)
vays na paa-ee-ai mahaa dukhi-aaree. ||5||
God is not found by wearing religious robes; you are utterly miserable! ||5||

ਬੋਲੈ ਨਾਹੀ ਹੋਇ ਬਹਤਾ ਮੋਣੀ ॥ (1348)
bolai naahee ho-ay baithaa monee.
He does not speak; he is on silence.

ਅੰਤਿਰ ਕਲਪ ਭਾਵਾਈਐ ਜੋਨੀ ॥ (1348)
antar kalap bhavaa-ee-ai jonee.
But he is filled with desire; he is made to wander in reincarnation.

ਅੰਨ ਤੇ ਰਹਤਾ ਦੁਖੁ ਦੇਹੀ ਸਹਤਾ ॥ (1348)
ann tay rahtaa dukh dayhee sahtaa.
Abstaining from food, his body suffers in pain.

ਹੁਕਮੁ ਨ ਬੂਜਈ ਵਿਆਿਪਾ ਮਮਤਾ ॥੬॥ (1348)
hukam na boojhai vi-aapi-aa mamtaa. ||6||
He does not realize the Hukam of the Lord's Command; he is afflicted by possessiveness. ||6||

ਵੋਁ ਬੋਂਤੁ ਕਰੀਏ ਤਿਆਤਿਆ ਮਸਤਾ ॥ (1348)
bin satgur kinai na paa-ee param gatay.
Without the True Guru, no one has attained the supreme status.

ਪੂਛਹੁ ਸਗਲ ਬੇਦ ਸਿਸਮਿਤੇ ॥ (1348)
poochhahu sagal bayd simritay.
Go ahead and ask all the Vedas and the Simritees.
।ਮਨਮੁਖ ਕਰਮ ਕਰੈ ਅਜਾਈ ॥ (1348)
ਮਨਮੁਖ ਕਰਮ ਕਰੈ ਅਜਾਈ।।
manmukh karam karai aja-ee.
The self-willed manmukhs do useless deeds.

।ਿਜਉ ਬਾਲੂ ਘਰ ਠਉਰ ਨ ਠਾਈ ॥੭॥ (1348)
ਜੀ-੧੦ ਬਾਲੂ ਘਰ ਠਉਰ ਨ ਠਾਈ।।
ji-o baaloo ghar tha-ur na thaa-ee. ||7||
They are like a house of sand, which cannot stand. ||7||

।ਿਜਿਸ ਨੋ ਭਏ ਗੋਰੋਦ ਦਿਆਲਾ ॥ (1348)
ਜੀ-੫ ਭਏ ਗੋਰੋਦ ਦਿਆਲਾ।।
jis no bha-ay gobind da-i-aalaa.
One unto whom the Lord of the Universe becomes Merciful,

।ਗੁਰ ਕਾ ਬੇਚਨ ਤਿਨੀ ਵਾਧਿਆ ਪਾਲਾ ॥ (1348)
ਗੁਰ ਕਾ ਬੇਚਨ ਤਿਨੀ ਵਾਧਿਆ ਪਾਲਾ।।
gur kaa bachan tin baaDhi-o paalaa.
sews the Word of the Guru's Shabad into his robes.

।ਕੋਟ ਮਧੇ ਕੋਈ ਸੰਤੁ ਦੋਇਆ ॥ (1348)
ਕੋਟ ਮਧੇ ਕੋਈ ਸੰਤੁ ਦੋਇਆ।।
kot maDhay ko-ee sant dikhaa-i-aa.
Out of millions, it is rare that such a Saint is seen.

।ਨਾਨਕ ਤਿਨ ਕੈ ਸੰਗ ਤਾ ਦਾਇਆ ॥੮॥ (1348)
ਨਾਨਕ ਤਿਨ ਕੈ ਸੰਗ ਤਾ ਦਾਇਆ।।
naanak tin kai sang taraa-i-aa. ||8||
O Nanak, with him, we are carried across. ||8||

।ਜੇ ਹੋਵੈ ਬਾਗ ਤਾ ਦਰਸਨ ਪਾਈਐ ॥੧॥ (1348)
ਜੇ ਹੋਵੈ ਬਾਗ ਤਾ ਦਰਸਨ ਪਾਈਐ।।
jay hovai bhaag taa darsan paa-ee-ai.
If one has such good destiny, then the Blessed Vision of His Darshan is obtained.

।ਾਇ ਤਹੇ ਮੱਘ ਭਾਗ ਦਨਮੁੱਠ ਭੰਡੀਆਈ ॥੨॥ (1348)
ਾਇ ਤਹੇ ਮੱਘ ਭਾਗ ਦਨਮੁੱਠ ਭੰਡੀਆਈ।।
aap tarai sabh kutamb taraa-ee-ai. ||1|| rahaa-o doojaa. ||2||
He saves himself, and carries across all his family as well. ||1||SECOND PAUSE||2||
Prabhaatee, Fifth Mehl:

Meditating in remembrance on the Naam, all the sins are erased.

Dwelling on the Lord, Har, Har, I have found peace.

Your slaves seek the Sanctuary of Your Feet.

The cycle of reincarnation is ended, and darkness is dispelled.
The Guru has revealed the door of liberation.

Har paraym bhagat man tan sad jaataa.
My mind and body are forever imbued with loving devotion to the Lord.

Parabh janaa-i-aa tab hee jaataa. ||2||
Now I know God, because He has made me know Him. ||2||

He is contained in each and every heart.

Without Him, there is no one at all.

Hatred, conflict, fear and doubt have been eliminated.

God, the Soul of Pure Goodness, has manifested His Righteousness. ||3||

He has rescued me from the most dangerous waves.
Separated from Him for countless lifetimes, I am united with Him once again.

Chanting, intense meditation and strict self-discipline are the contemplation of the Naam.

My Lord and Master has blessed me with His Glance of Grace.

Bliss, peace and salvation are found in that place,

where the servants of the Lord of the World abide.

God, the Lord of the World, is pleased and satisfied with me.

My disharmony with Him of so many lifetimes is ended.

Burnt offerings, sacred feasts, intense meditations with the body upside-down, worship services


(1349)

**त्रिवेदि वीर्य दिलनुभात्र वल्लभम्**

kot tirath isnaan kareejaa.
and taking millions of cleansing baths at sacred shrines of pilgrimage

**चरण कमल निमाख रिदै धारे॥**

charan kamal nimakh ridai Dhaaray.
- the merits of all these are obtained by enshrining the Lord's Lotus Feet within the heart, even for an instant.

**गोबिंद संधु मंडळ बधत समः सारे॥६॥**

gobind japat sabh kaaraj saaray. ||6||
Meditating on the Lord of the Universe, all one's affairs are resolved. ||6||

**ऊचे ते ऊचा परभ थानु॥७॥**

oochay tay oochaa parabh thaan.
God's Place is the highest of the high.

**हिर जन लाविह सहिज धिआनु॥**

har jan laaveh sahj Dhi-aan.
The Lord's humble servants intuitively focus their meditation on Him.

**दास दासन की बांछउ धूिर॥**

daas daasan kee baaNchha-o Dhoor.
I long for the dust of the slaves of the Lord's slaves.

**सरब कला परીतम भरपूर॥७॥**

sarab kalaa pareetam bharpoor. ||7||
My Beloved Lord is overflowing with all powers. ||7||

**मात पिता हर परીतमु नेरा॥**

maat pitaa har pareetam nayraa.
My Beloved Lord, my Mother and Father, is always near.
ਸਲੋਕ ਸਹਸਿਕਰ੍ਤੀ ਮਹਲਾ ५
salok sehaskaritee mehlaa 5
Shalok Sehskritee, Fifth Mehl:

ਕਤੰਚ ਮਾਤਾ ਕਤੰਚ ਪਿਤਾ ਕਤੰਚ ਮੋਹ ਕਤੰਚ ਕਤੰਚ ਿਪਤਾ ਕਤੰਚ ਬਿਨਤਾ ਿਬਨੋਦ ਸੁਤਹ ॥
katanch maataa katanch pitaa katanch moh katanch katanch pitaa katanch banitaa binod sutah.
Who is the mother, and who is the father? Who is emotionally attached to the family?

ਕਤੰਚ ਮੋਹ ਕਤੰਚ ਬੰਧਵ ਕਤੰਚ ਮੋਹ ਕਤੰਚ ਕਤੰਚ ਿਬਨੋਦ ਸੁਤਹ ॥
katanch mohhit banDhav katanch moh katanch katanch moh katanch binod sutah.
Who is the brother, friend, companion and relative? Who is emotionally attached to the family?

ਕਤੰਚ ਸੁਤਹ ਕਤੰਚ ਬੀਨੇ ਕਤੰਚ ਬਿਨਹ ਕਤੰਚ ਕਤੰਚ ਬੀਨੇ ਕਤੰਚ ਕਤੰਚ ਬੀਨੇ ॥
katanch sutah katanch beeNee katanch binoh katanch katanch beeNee katanch katanch beeNee.
Who is restlessly attached to beauty? It leaves, as soon as we see it.
रहंत संग भगवान सिमरण नानक लब्ध्यं अचुत तनह॥१॥

Only the meditative remembrance of God remains with us. O Nanak, it brings the blessings of the Saints, the sons of the Imperishable Lord. ||1||

Dharigant maat pitaa sanayhaN Dharig sanayhaN bhaaraat baaNDhvah.
Cursed is loving attachment to one's mother and father; cursed is loving attachment to one's siblings and relatives.

Cursed is attachment to the joys of family life with one's spouse and children.

Cursed is attachment to household affairs.

Only loving attachment to the Saadh Sangat, the Company of the Holy, is True. Nanak dwells there in peace. ||2||

The body is false; its power is temporary.

It grows old; its love for Maya increases greatly.

The human is only a temporary guest in the home of the body, but he has high hopes.
The Righteous Judge of Dharma is relentless; he counts each and every breath.

The human body, so difficult to obtain, has fallen into the deep dark pit of emotional attachment. O Nanak, its only support is God, the Essence of Reality.

O God, Lord of the World, Lord of the Universe, Master of the Universe, please be kind to me.

This fragile body-fortress is made up of water, plastered with blood and wrapped in skin.

This precious body is saved and redeemed in the Sanctuary of the Holy, O Nanak,

chanting the Name of the Lord, Har, Har, Har, Har, Har, Haray.
subhant tu-yaN achut gunga-yaN pooranaN bahulo kirpaalaa.
O Glorious, Eternal and Imperishable, Perfect and Abundantly Compassionate,
gambheeraN oochai sarbag apaaraa.
Profound and Unfathomable, Lofty and Exalted, All-knowing and Infinite Lord God.
bhariti-aa pari-aN bisraam charnaN.
O Lover of Your devoted servants, Your Feet are a Sanctuary of Peace.
anaath naathay naanak sarnaN. ||5||
O Master of the masterless, Helper of the helpless, Nanak seeks Your Sanctuary. ||5||
marigee paykhant baDhik par-haarayn lakh-y aavDhah.
Seeing the deer, the hunter aims his weapons.
aho jas-y rakhayn gopaalah naanak rom na chhayd-ytay. ||6||
But if one is protected by the Lord of the World, O Nanak, not a hair on his head will be touched. ||6||
baho jatan kartaa balvant kaeree sayvant sooraa chatur disah.
He may be surrounded on all four sides by servants and powerful warriors;
bikham thaan basant oochah nah simrant marnaN kadaaNcheh.
he may dwell in a lofty place, difficult to approach, and never even think of death.
But when the Order comes from the Primal Lord God, O Nanak, even an ant can take away his breath of life. ||7||

To be imbued and attuned to the Word of the Shabad; to be kind and compassionate; to sing the Kirtan of the Lord's Praises - these are the most worthwhile actions in this Dark Age of Kali Yuga.

In this way, one's inner doubts and emotional attachments are dispelled.

God is pervading and permeating all places.

So obtain the Blessed Vision of His Darshan; He dwells upon the tongues of the Holy.

O Nanak, meditate and chant the Name of the Beloved Lord, Har, Har, Har, Haray. ||8||

Beauty fades away, islands fade away, the sun, moon, stars and sky fade away.
One's spouse, children, siblings and loved friends fade away.

Gold and jewels and the incomparable beauty of Maya fade away.

Only the Eternal, Unchanging Lord does not fade away.

O Nanak, only the humble Saints are steady and stable forever.

Do not delay in practicing righteousness; delay in committing sins.

In the Sanctuary of the Saints, the sins are erased. The character of righteousness is received by that person.

O Nanak, with whom the Lord is pleased and satisfied.
The person of shallow understanding is dying in emotional attachment; he is engrossed in pursuits of pleasure with his wife.

With youthful beauty and golden earrings,

wondrous mansions, decorations and clothes - this is how Maya clings to him.

O Eternal, Unchanging, Benevolent Lord God, O Sanctuary of the Saints, Nanak humbly bows to You.

If there is birth, then there is death. If there is pleasure, then there is pain. If there is enjoyment, then there is disease.

If there is high, then there is low. If there is small, then there is great.

Engrossed in worldly ways, one is ruined.
Meditating and vibrating on the Lord of the Universe in the Company of the Holy, you shall become steady and stable. Nanak vibrates and meditates on the Lord God.

By the Grace of God, genuine understanding comes to the mind. The intellect blossoms forth, and one finds a place in the realm of celestial bliss. The senses are brought under control, and pride is abandoned. The heart is cooled and soothed, and the wisdom of the Saints is implanted within. Reincarnation is ended, and the Blessed Vision of the Lord's Darshan is obtained.

O Nanak, the musical instrument of the Word of the Shabad vibrates and resounds within.
The Merciful Lord, Har, Har, implants spiritual wisdom within.

Nanak begs for the Gift of the Naam, the Name of the Lord. The Guru is the Great Giver, the Lord of the World.

Do not worry so much about your mother, father and siblings. Do not worry so much about other people.

Do not worry about your spouse, children and friends. You are obsessed with your involvements in Maya.

Wealth is temporary; conscious existence is temporary; hopes of all sorts are temporary.

The bonds of love, attachment, egotism, doubt, Maya and the pollution of corruption are temporary.
The mortal passes through the fire of the womb of reincarnation countless times. He does not remember the Lord in meditation; his understanding is polluted.

O Lord of the Universe, when You grant Your Grace, even sinners are saved. Nanak dwells in the Saadh Sangat, the Company of the Holy.

You may drop down from the mountains, and fall into the nether regions of the underworld, or be burnt in the blazing fire,

Excruciating pain, countless killings, reincarnation, poverty and terrible misery are all destroyed by meditating in remembrance on the Lord's Name, O Nanak, just as fire reduces piles of wood to ashes.
अंधकार सिमरत प्रकासं गुण रमंत अघ खंडनह।

Meditating in remembrance on the Lord, the darkness is illuminated. Dwelling on His Glorious Praises, the ugly sins are destroyed.

रिद बसंत बै भीत दूत कर्म करत महा निरमलह।

Enshrining the Lord deep within the heart, and with the immaculate karma of doing good deeds, one strikes fear into the demons.

जनम मरण रहंत सोता सुख समूह अमोघ दरसनह।

The cycle of coming and going in reincarnation is ended, absolute peace is obtained, and the Fruitful Vision of the Lord's Darshan.

सरण जोग संत परिअ नानक सो भगवान खेमं करोत।

He is Potent to give Protection, He is the Lover of His Saints. O Nanak, the Lord God blesses all with bliss.

पाछं करोत अगर्नीवह निरासं आस पूरनह।

Those who were left behind - the Lord brings them to the front. He fulfills the hopes of the hopeless.

निरधन भयं धनवंतह रोगीअं रोग खंडनह।

He makes the poor rich, and cures the illnesses of the ill.

भगत्यं भगित दानं राम नाम गुण कीरतनह।

He blesses His devotees with devotion. They sing the Kirtan of the Praises of the Lord's Name.
ਪਾਰਬਰ੍ਹਮ ਪੁਰਖ ਦਾਤਾਰਹ ਨਾਨਕ ਗੁਰ ਸੇਵਾ ਿਕ ਨ ਲਭਤੇ ॥੨੦॥ (1355)
ਪਾਰਬਰਹਮ ਪੁਰਖ ਦਾਤਾਰਹ ਨਾਨਕ ਗੁਰ ਸੇਵਾ ਿਕ ਨ ਲਭਤੇ ॥੨੦॥
paarbarahm purakh daataareh naanak gur sayvaa kiN na labh-yatai. ||20||
O Nanak, those who serve the Guru find the Supreme Lord God, the Great Giver||20||

ਆਧਰੰ ਧਰੰ ਧਾਰਣਹ ਿਨਰਧਨੰ ਧਨ ਨਾਮ ਨਰਹਿਰਹ ॥ (1355)
ਆਧਰੰ ਧਰੰ ਧਾਰਣਹ ਿਨਰਧਨੰ ਧਨ ਨਾਮ ਨਰਹਿਰਹ ॥
aDhraN DharaN Dhaarnah nirDhanaN Dhan naam narhareh.
He gives Support to the unsupported. The Name of the Lord is the Wealth of the poor.

ਸਰਵ ਭੂਤ ਦਯਾਲ ਅਚੁਤ ਦੀਨ ਬਾਂਧਵ ਦਾਮੋਦਰਹ ॥ (1355)
ਸਰਵ ਭੂਤ ਦਯਾਲ ਅਚੁਤ ਦੀਨ ਬਾਂਧਵ ਦਾਮੋਦਰਹ ॥
sarab bhoot da-yaal achut deen baaNDhav daamodareh.
The Lord is Merciful to all beings, Eternal and Unchanging, the Family of the meek and humble.

ਜਾਚੰਤ ਨਾਨਕ ਿਕਰ੍ਪਾਲ ਪਰਸਾਦੰ ਨਹ ਿਬਸਰੰਿਤ ਨਹ ਿਬਸਰੰਿਤ ਨਾਰਾਇਣਹ ॥੨੧॥ (1356)
ਜਾਚੰਤ ਨਾਨਕ ਿਕਰ੍ਪਾਲ ਪਰਸਾਦੰ ਨਹ ਿਬਸਰੰਿਤ ਨਹ ਿਬਸਰੰਿਤ ਨਾਰਾਇਣਹ ॥੨੧॥
jaachant naanak kirpaal parsaadaN nah bisrant nah bisrant naaraa-ineh. ||21||
Nanak begs for this blessing from the Merciful Lord, that he may never forget Him, never forget Him. ||21||
I have no power; I do not serve You, and I do not love You, O Supreme Sublime Lord God.

By Your Grace, Nanak meditates on the Naam, the Name of the Merciful Lord, Har, Har.

The Lord feeds and sustains all living beings; He blesses them gifts of restful peace and fine clothes.

He created the jewel of human life, with all its cleverness and intelligence.

By His Grace, mortals abide in peace and bliss.

O Nanak, meditating in remembrance on the Lord, Har, Har, Haray,

the mortal is released from attachment to the world.

The kings of the earth are eating up the blessings of the good karma of their past lives.
Those cruel-minded rulers who oppress the people, O Nanak, shall suffer in pain for a very long time. ||24||

Those who meditate in remembrance on the Lord in their hearts, look upon even pain as God's Grace.

The healthy person is very sick, if he does not remember the Lord, the Embodiment of Mercy. ||25||

To sing the Kirtan of God's Praises is the righteous duty incurred by taking birth in this human body.

The Naam, the Name of the Lord, is Ambrosial Nectar, O Nanak. The Saints drink it in, and never have enough of it. ||26||

The Saints are tolerant and good-natured; friends and enemies are the same to them.

O Nanak, it is all the same to them, whether someone offers them all sorts of foods, or slanders them, or draws weapons to kill them. ||27||
ਤਿਰਸਕਾਰ ਨਹ ਭਵੰਤ ਨਹ ਭਵੰਤ ਮਾਨ ਭੰਗਨਹ ॥ (1356)
ترجم: They pay no attention to dishonor or disrespect.

ਸੋਭਾ ਹੀਨ ਨਹ ਭਵੰਤ ਨਹ ਪੋਹੰਤ ਸੰਸਾਰ ਦੁਖਨਹ ॥ (1356)
ترجم: They are not bothered by gossip; the miseries of the world do not touch them.

ਗੋਬੰਦ ਨਾਮ ਜਾਪਤ ਮਿਲਾ ਸਾਧ ਸੀਮਾ ਪ੍ਰਭ ਸੁਖ ਬਾਸਨਹ ॥੨੮॥ (1356)
ترجم: Those who join the Saadh Sangat, the Company of the Holy, and chant the Name of the Lord of the Universe - O Nanak, those mortals abide in peace. ||28||

ਸੈਨਾ ਸਾਧ ਸਮੂਹ ਸੂਰ ਅਜਤ ਸੰਨਾਹ ਤਿਨ ਦਿਨਮਰਤਾਹ ॥ (1356)
ترجم: The Holy people are an invincible army of spiritual warriors; their bodies are protected by the armor of humility.

ਵੇਵਧਹ ਗੁਣ ਗੋਬੰਦ ਰਮਣ ਓਟ ਗੁਰ ਸਬਦ ਕਰ ਚਾਰਮਨਹ ॥ (1356)
ترجم: Their weapons are the Glorious Praises of the Lord which they chant; their Shelter and Shield is the Word of the Guru's Shabad.

ਆਰੂਦੇ ਅਸਵ ਰਥ ਨਾਗਾਂ ਬੁਜ਼ੰਤੇ ਪਰ੍ਭ ਮਾਰਗਾਂ ॥ (1356)
ترجم: The horses, chariots and elephants they ride are their way to realize God's Path.

ਹੱਦੇ ਵਿਨਾ ਮਾਰ ਤਰਾਮ ਕੈਹਰ ਧੱ ਜਾਪਤ ਪ੍ਰਭ ਮਾਰਗਾਂ ॥ (1356)
ترجم: They walk fearlessly through the armies of their enemies; they attack them with the Kirtan of God's Praises.

ਜਿਤੇ ਵੀਤ ਸੰਸਾਰ ਨਾਨਕਵੰ ਤਾਰੀ ਭੰਡੰਡ ਵਾਲੇਂਡਾਂ ॥੨੯॥ (1356)
ترجم: They conquer the entire world, O Nanak, and overpower the five thieves. ||29||
Misled by evil-mindedness, mortals are engrossed in the mirage of the illusory world, like the passing shade of a tree.

Emotional attachment to family is false, so Nanak meditates in remembrance on the Name of the Lord, Raam, Raam. ||30||

I do not possess the treasure of the wisdom of the Vedas, nor do I possess the merits of the Praises of the Naam.

By destiny and hard work, the wealth of Maya is obtained. O Nanak, in the Saadh Sangat, the Company of the Holy, even fools become religious scholars. ||31||

Chanting this most Sublime Word brings salvation and joy to the eyes. ||32||
That mortal who lacks the Guru's Mantra - cursed and contaminated is his life.

That blockhead is just a dog, a pig, a jackass, a crow, a snake. ||33||

Whoever contemplates the Lord's Lotus Feet, and enshrines His Name within the heart,

and sings the Kirtan of His Praises in the Saadh Sangat, O Nanak, shall never see the Messenger of Death. ||34||

Wealth and beauty are not so difficult to obtain. Paradise and royal power are not so difficult to obtain.

Foods and delicacies are not so difficult to obtain. Elegant clothes are not so difficult to obtain.

Children, friends, siblings and relatives are not so difficult to obtain. The pleasures of woman are not so difficult to obtain.
Knowledge and wisdom are not so difficult to obtain. Cleverness and trickery are not so difficult to obtain.

Only the Naam, the Name of the Lord, is difficult to obtain. O Nanak, it is only obtained by God's Grace, in the Saadh Sangat, the Company of the Holy.

Wherever I look, I see the Lord, whether in this world, in paradise, or the nether regions of the underworld.

The Lord of the Universe is All-pervading everywhere. O Nanak, no blame or stain sticks to Him.

Poison is transformed into nectar, and enemies into friends and companions.

Pain is changed into pleasure, and the fearful become fearless.

Those who have no home or place find their place of rest in the Naam, O Nanak, when the Guru, the Lord, becomes Merciful.
He blesses all with humility; He has blessed me with humility as well. He purifies all, and He has purified me as well.

The Creator of all is the Creator of me as well. O Nanak, no blame or stain sticks to Him.

The moon-god is not cool and calm, nor is the white sandalwood tree.

The winter season is not cool; O Nanak, only the Holy friends, the Saints, are cool and calm.

Through the Mantra of the Name of the Lord, Raam, Raam, one meditates on the All-pervading Lord.

Those who have the wisdom to look alike upon pleasure and pain, live the immaculate lifestyle, free of vengeance.

They are kind to all beings; they have overpowered the five thieves.
They take the Kirtan of the Lord's Praise as their food; they remain untouched by Maya, like the lotus in the water.

They share the Teachings with friend and enemy alike; they love the devotional worship of God.

They do not listen to slander; renouncing self-conceit, they become the dust of all.

Whoever has these six qualities, O Nanak, is called a Holy friend.

This is the condition of the world, O Nanak; it is afflicted by pleasure and pain.

Fraud, false accusations, millions of diseases, sins and the filthy residues of evil mistakes;
These lead mortals to death and rebirth, wandering lost in hell. In spite of all sorts of efforts, salvation is not found.

Chanting and meditating on the Name of the Lord in the Saadh Sangat, the Company of the Holy, O Nanak, mortals become immaculate and pure.

God is the Perfect, All-powerful Cause of causes; He is the Giver of gifts.

He gives hope to the hopeless. He is the Source of all riches.

Nanak meditates in remembrance on the Treasure of Virtue; we are all beggars, begging at His Door.

The most difficult place becomes easy, and the worst pain turns into pleasure.
दुरबचन खेत भरम साकत िपसनं त सुरजनह ॥

durbachan bhayd bharamN saakat pisanaN ta surajneh.

Evil words, differences and doubts are obliterated, and even faithless cynics and malicious gossips become good people.

भै अटवीं महा नगर बासं धरम लख्य्यण पर्भ मइआ ॥

bhai atvee-aN mahaa nagar baasaN Dharam lakh-yan parabh ma-i-aa.

The dreadful woods become a well-populated city; such are the merits of the righteous life of Dharma, given by God's Grace.

Chanting the Lord's Name in the Saadh Sangat, the Company of the Holy, O Nanak, the Lotus Feet of the Merciful Lord are found. ||44||

Nanak bows in humble surrender to the Lord; he seeks the Sanctuary of the Lord of the Universe. ||45||
O sexual desire, you lead the mortals to hell; you make them wander in reincarnation through countless species.

You cheat the consciousness, and pervade the three worlds. You destroy meditation, penance and virtue.

But you give only shallow pleasure, while you make the mortals weak and unsteady; you pervade the high and the low.

Your fear is dispelled in the Saadh Sangat, the Company of the Holy, O Nanak, through the Protection and Support of the Lord.

O anger, you are the root of conflict; compassion never rises up in you.

You take the corrupt, sinful beings in your power, and make them dance like monkeys.

Associating with you, mortals are debased and punished by the Messenger of Death in so many ways.
ਦੀਨ ਦੁਖ ਭੰਜਨ ਦਯਾਲ ਪਰ੍ਭੁ ਨਾਨਕ ਸਰਬ ਜੀਅ ਰਖਯਾ ਕਰੋਿਤ ॥੪੭॥

O Destroyer of the pains of the poor, O Merciful God, Nanak prays for You to protect all begins from such anger. ||47||

ਹੇ ਲੋਭਾ ਲੰਪਟ ਸੰਗ ਿਸਰਮੋਰਹ ਅਿਨਕ ਲਹਰੀ ਕਲੋਲਤੇ ॥

O greed, you cling to even the great, assaulting them with countless waves.

ਧਾਵੰਤ ਜੀਆ ਬਹੁ ਪਰ੍ਕਾਰੰ ਅਿਨਕ ਭĔਿਤ ਬਹੁ ਡੋਲਤੇ ॥

You cause them to run around wildly in all directions, wobbling and wavering unsteadily.

ਨਚ ਿਮਤਰੂ ਨਚ ਇਸਟੰ ਨਚ ਬਾਧਵ ਨਚ ਮਾਤ ਿਪਤਾ ਤਵ ਲਜਯਾ ॥

You have no respect for friends, ideals, relations, mother or father.

ਅਕਰਣੰ ਕਰੋਿਤ ਅਖਾਿਦਯ੍ਯ੍ ਖਾਦਯ੍ਯ੍ ਅਸਾਜਯ੍ਯ੍ ਸਾਿਜ ਸਮਜਯਾ ॥

You make them do what they should not do. You make them eat what they should not eat. You make them accomplish what they should not accomplish.

ਤਰ੍ਾਿਹ ਤਰ੍ਾਿਹ ਸਰਿਣ ਸੁਆਮੀ ਿਬਗਯ੍ਯਾ ਨਾਨਕ ਹਿਰ ਨਰਹਰਹ ॥੪੮॥

Save me, save me - I have come to Your Sanctuary, O my Lord and Master; Nanak prays to the Lord. ||48||

ਹੇ ਜਨਮ ਮਰਣ ਮੂਲੰ ਅਹੰਕਾਰੰ ਪਾਪਾਤਮਾ ॥

O egotism, you are the root of birth and death and the cycle of reincarnation; you are the very soul of sin.
You forsake friends, and hold tight to enemies. You spread out countless illusions of Maya.

You cause the living beings to come and go until they are exhausted. You lead them to experience pain and pleasure.

You lead them to wander lost in the terrible wilderness of doubt; you lead them to contract the most horrible, incurable diseases.

The only Physician is the Supreme Lord, the Transcendent Lord God. Nanak worships and adores the Lord, Har, Har, Haray. ||49||


O Destroyer of the fever of the world, Embodiment of Compassion, please take away all my pain.

O Merciful Lord, Potent to give Sanctuary, Master of the meek and humble, please be kind to me.
ਚਰਾ ਕਮਲ ਸਰਨੰ ਰਮਣੰ ਗੋਪਾਲ ਕੀਰਤਨਹ ॥ (1358)
charan kamal sarnaN ramnaN gopaal keeratneh.
I have come to the Sanctuary of the Lord's Lotus Feet, where I sing the Kirtan of His Praises.

ਸਾਧ ਸੰਗੇਣ ਤਰਣੰ ਨਾਨਕ ਮਹਾ ਸਾਗਰ ਭਈ ਦੁਤਰਹ ॥ (1358)
saaDh sangayn tarnaN naanak maha saagar bhai dutrah.
In the Saadh Sangat, the Company of the Holy, Nanak is carried across the utterly terrifying, difficult world-ocean.

ਭਗਿਤ ਵਛਲ ਅਨਾਥ ਨਾਥੇ ਸਰਿਣ ਨਾਨਕ ਪੁਰਖ ਅਚੁਤਹ ॥ (1358)
bhagat vachhal anaath naathay saran naanak purakh achuteh.
God is the Lover of His devotees, the Master of the masterless. Nanak has entered the Sanctuary of the Imperishable Primal Lord God.
His Power supports the sky, and locks fire within wood.

His Power supports the moon, the sun and the stars, and infuses light and breath into the body.

His Power provides nourishment in the womb of the mother, and does not let disease strike.

His Power holds back the ocean, O Nanak, and does not allow the waves of water to destroy the land.

The Lord of the World is Supremely Beautiful; His Meditation is the Life of all.

In the Society of the Saints, O Nanak, He is found on the path of devotional worship of the Lord.

The mosquito pierces the stone, the ant crosses the swamp, the cripple crosses the ocean, and the blind sees in the darkness,
ਸਾਧ ਸੰਗੇਣੀ ਸਮਰੰਤੀ ਗੋਭਿੰਦ ਸਰਨੀ ਨਾਨਕ ਹਿਰ ਹਿਰ ਹਰੇ ॥੫੫॥

Like a Brahmin without a sacred mark on his forehead, or a king without the power of command,

ਤਿਲਕ ਹੀਣ ਜਥਾ ਬਿਪਰਾ ਅਮਰ ਹੀਣ ਜਥਾ ਰਾਜਨਹ ॥

Like a Brahmin without a sacred mark on his forehead, or a king without the power of command,

ਨ ਸਨਕ ਨ ਚਕਰ ਨ ਗਾਦਾ ਨ ਸੀਆਮ ॥

God has no conch-shell, no religious mark, no paraphernalia; he does not have blue skin.

ਅਸ੍ਚਰਜ ਰੂਪ ਰਹਤ ਜਨਮ ॥

His Form is Wondrous and Amazing. He is beyond incarnation.

ਡੂਸ ਮੂਸ ਅਪਆਰ ਗੋਬਿੰਦ ॥ (1359)

The Lord of the Universe is Lofty and High, Great and Infinite.
Living in the world, it is like a wild jungle. One's relatives are like dogs, jackals and donkeys.

In this difficult place, the mind is intoxicated with the wine of emotional attachment; the five unconquered thieves lurk there.

The mortals wander lost in love and emotional attachment, fear and doubt; they are caught in the sharp, strong noose of egotism.

The ocean of fire is terrifying and impassable. The distant shore is so far away; it cannot be reached.

Vibrate and meditate on the Lord of the World, in the Saadh Sangat, the Company of the Holy; O Nanak, by His Grace, we are saved at the Lotus Feet of the Lord. ||58||

When the Lord of the Universe grants His Grace, all illnesses are cured.

Nanak chants His Glorious Praises in the Saadh Sangat, in the Sanctuary of the Perfect Transcendent Lord God. ||59||
The mortal is beautiful and speaks sweet words, but in the farm of his heart, he harbors cruel vengeance.

He pretends to bow in worship, but he is false. Beware of him, O friendly Saints.

He is engrossed in family play; placing his hopes in transitory things, he indulges in corrupt pleasures.

Wandering lost in countless incarnations, he is exhausted. Nanak seeks the Sanctuary of the Embodiment of Mercy.

O tongue, you love to enjoy the sweet delicacies.

You are dead to the Truth, and involved in great disputes. Instead, repeat the holy words:
गोबिंद दामोदर माधवे ॥६२॥ (1359)
गरबंत नारी मदोन मतं ॥।
Those who are proud, and intoxicated with the pleasures of sex,

बलवंत बलात कारणह ॥
and asserting their power over others,

चरन कमल नह भजंत ितर्ण समािन िधर्गु जनमनह ॥
never contemplate the Lord's Lotus Feet. Their lives are cursed, and as worthless as straw.

हे पपीलका गर्सटे गोबिंद सिमरण तु-यं धने ॥
You are as tiny and insignificant as an ant, but you shall become great, by the Wealth of the Lord's Meditation.

बूडं त तरीअं ऊणं त भरीअं ॥
The blade of grass becomes a mountain, and the barren land becomes green.

हे नानक अिनक बार नमो नमह ॥६३॥
Nanak bows in humble worship, countless times, over and over again. ||63||
anDhkaar kot soor ujaaraN.  ||64||
Millions of suns illuminate the darkness,
prays Nanak, when the Guru, the Lord, becomes Merciful. ||64||

binvant naanak har gur dayaaraN. ||64||
Associating with the Brahmin, one is saved, if his actions are perfect and God-like.

aatam rataN sansaar gahaN tay nar naanak nihfaleh. ||65||
Those whose souls are imbued with the world - O Nanak, their lives are fruitless. ||65||

par darab hirnaN baho vighan karnaN ucharnaN sarab jee-a kah.
The mortal steals the wealth of others, and makes all sorts of problems; his preaching is only for his own livelihood.

la-o la-ee tarisnaa atipat man maa-ay karam karat se sookrah. ||66||
His desire for this and that is not satisfied; his mind is caught in Maya, and he is acting like a pig. ||66||

matay samayv charnaN uDharnaN bhai dutra.
Those who are intoxicated and absorbed in the Lord's Lotus Feet are saved from the terrifying world-ocean.

anayk paatik harnaN naanak saaDh sangam na sansyah. ||67||4||
Countless sins are destroyed, O Nanak, in the Saadh Sangat, the Company of the Holy; there is no doubt about this. ||67||4||
Fifth Mehl, Gaathaa:

One Universal Creator God. By The Grace Of The True Guru:

Camphor, flowers and perfume become contaminated, by coming into contact with the human body.

O Nanak, the ignorant one is proud of his foul-smelling marrow, blood and bones.

Even if the mortal could reduce himself to the size of an atom, and through the ethers, worlds and realms,

shoot in the blink of an eye, O Nanak, without the Holy Saint, he shall not be saved.

Know for sure that death will come; whatever is seen is false.

So chant the Kirtan of the Lord's Praises in the Saadh Sangat, the Company of the Holy; this alone shall go along with you in the end.
माया चित भरमेण इस्ट निमतरे बांधवह ॥ (1360)
maa-yaa chit bharmayn isat mitraykh baaNDhvah.
The consciousness wanders lost in Maya, attached to friends and relatives.

लबध्यं साध संगेण नानक सुख अस्थानं गोपाल भजणं ॥४॥ (1360)
labDha-yaN saaDh sangayn naanak sukh asthaanaN gopaal bhajnaN. ||4||
Vibrating and meditating on the Lord of the Universe in the Saadh Sangat, O Nanak, the eternal place of rest is found. ||4||

मैलागर संगेण निमु बरख से चंदनह ॥ (1360)
mailaagar sangayn nimm birakh se chandnah.
The lowly nim tree, growing near the sandalwood tree, becomes just like the sandalwood tree.

निकित बसंतो बांसो नानक अहं बुध न बोहते ॥५॥ (1360)
nikat basanto baaNso naanak ahaN buDh na bohtay. ||5||
But the bamboo tree, also growing near it, does not pick up its fragrance; it is too tall and proud. ||5||

गाथा गुंफ गोपाल कथं मथं मान मरदनह ॥ (1360)
gaathaa gunf gopaal kathaN mathaN maan maradneh.
In this Gaath'haa, the Lord's Sermon is woven; listening to it, pride is crushed.

हतं पंच सतर्ेण नानक हिर बाणे पर्हारणह ॥६॥ (1360)
hataN panch satrayn naanak har baanay par-haarneh. ||6||
The five enemies are killed, O Nanak, by shooting the Arrow of the Lord. ||6||

बचन साध सुख पंथा लहंथा बड करमणह ॥ (1360)
bachan saaDh sukh panthaa lahanthaa bad karamneh.
The Words of the Holy are the path of peace. They are obtained by good karma.

रहंता जनम मरणेन रमणं नानक हिर कीरतनह ॥७॥ (1360)
rahantaa janam marnayn ramnaN naanak har keeratneh. ||7||
The cycle of birth and death is ended, O Nanak, singing the Kirtan of the Lord's Praises. ||7||
When the leaves wither and fall, they cannot be attached to the branch again.

Without the Naam, the Name of the Lord, O Nanak, there is misery and suffering. The mortal wanders in reincarnation day and night.

One is blessed with love for the Saadh Sangat, the Company of the Holy, by great good fortune.

Whoever sings the Glorious Praises of the Lord's Name, O Nanak, is not affected by the world-ocean.

This Gaat'haa is profound and infinite; how rare are those who understand it.

They forsake sexual desire and worldly love, O Nanak, and praise the Lord in the Saadh Sangat.

The Words of the Holy are the most sublime Mantra. They eradicate millions of sinful mistakes.
Meditating on the Lotus Feet of the Lord, O Nanak, all one's generations are saved. ||11||

That palace is beautiful, in which the Kirtan of the Lord's Praises are sung.

Those who dwell on the Lord of the Universe are liberated. O Nanak, only the most fortunate are so blessed. ||12||

I have found the Lord, my Friend, my very Best Friend.

He shall never break my heart.

His dwelling is eternal; His weight cannot be weighed.

Nanak has made Him the Friend of his soul.

One's bad reputation is erased by a true son,
ਸਿਮਰਤਬਯ੍ਯ ਰਿਦੈ ਗੁਰ ਮੰਤਰਹ ॥ (1360)
ਸਿਮਰਤਤਵ ਰਿਦੈ ਗੁਰ ਮੰਤਰਹ ॥
simartab-y ridai gur mantarneh.
who meditates in his heart on the Guru's Mantra.

ਪ੍ਰੀਤਮ ਬਣਾਵਾ ਅਚੁਤ ॥ (1361)
ਪ੍ਰੀਤਮ ਭਗਵਾਨ ਅਚੁਤ ॥
preatam bhagvaan achut.
The Beloved Eternal Lord God,

ਨਾਨਕ ਸੰਸਾਰ ਸਾਗਰ ਤਾਰਣਹ ॥੧੪॥ (1361)
ਨਾਨਕ ਸੰਸਾਰ ਸਾਗਰ ਤਾਰਣਹ ॥
naanak sansaar saagar taarnah. ||14||
O Nanak, carries us across the world-ocean. ||14||

ਮਰਣੰ ਬੀਸਰਣੰ ਗੋਿਬੰਦਹ ॥ (1361)
ਮਰਣੰ ਬੀਸਰਣੰ ਗੋਬੰਦਹ ॥
marnaN bisranaN gobindah.
It is death to forget the Lord of the Universe.

ਜੀਵਣੰ ਹਿਰ ਨਾਮ ਧਾਵਣਹ ॥ (1361)
ਜੀਵਣੰ ਹਿਰ ਨਾਮ ਧਾਵਣਹ ॥
jeevanaN har naam Dha-yaavaneh.
It is life to meditate on the Name of the Lord.

ਲਭਣੰ ਸਾਧ ਸਾਗੀਨ ॥ (1361)
ਲਭਣੰ ਸਾਧ ਸਾਗੀਨ ॥
labh-naN saaDh sangayn.
The Lord is found in the Saadh Sangat, the Company of the Holy,

ਦਸਨ ਬਹੁਨ ਭੁਯੰਗ ਮੰਤਰ ਗਾਰੁੜੀ ਨਵਾਰਨ ॥ (1361)
ਦਸਨ ਬਹੁਨ ਭੁਯੰਗ ਮੰਤਰ ਗਾਰੁੜੀ ਨਵਾਰਨ ॥
dasan bihoon bhu-yaarN gaN mantraN gaarurhee nivaaraN.
The snake-charmer, by his spell, neutralizes the poison and leaves the snake without fangs.
Just so, the Saints remove suffering;

*spiritual blessing* (1361)

\[\text{ਬਯ੍ਯ੍ਾਿਧ ਉਪਾੜਣ ਸੰਤੰ} \] ॥ \(\text{1361}\)॥

\[\text{ਬਯ੍ਯ੍ਾਿਧ ਉਪਾੜਣ ਸੰਤੰ} \] ॥ \(\text{1361}\)॥

\[\text{ਨਾਨਕ ਲਬਧ ਕਰਮਣਹ} \] ॥ \(\text{16}\)॥

O Nanak, they are found by good karma. ||16||

The Lord is All-pervading everywhere; He gives Sanctuary to all living beings.

*spiritual blessing* (1361)

\[\text{ਜਥ ਕਥ ਰਮਣੰ ਸਰਣੰ ਸਰਬਤਰ੍ ਜੀਅਣਹ} \] ॥ \(\text{1361}\)॥

The Lord is All-pervading everywhere; He gives Sanctuary to all living beings.

*spiritual blessing* (1361)

\[\text{ਜਥ ਕਥ ਰਮਣੰ ਸਰਣੰ ਸਰਬਤਰ੍ ਜੀਅਣਹ} \] ॥ \(\text{1361}\)॥

The mind is touched by His Love, O Nanak,

*spiritual blessing* (1361)

\[\text{ਪਰਸਾਦੰ ਗੁਰ ਦਰਸਨਹ} \] ॥ \(\text{17}\)॥

by Guru's Grace, and the Blessed Vision of His Darshan. ||17||

My mind is pierced through by the Lord's Lotus Feet.

*spiritual blessing* (1361)

\[\text{ਸਿਦਧੰ ਸਰਬ ਕੁਸਲਣਹ} \] ॥ \(\text{1361}\)॥

I am blessed with total happiness.

*spiritual blessing* (1361)

Holy people have been singing this Gaat'haa, O Nanak, since the very beginning of time.

||18||
Chanting and singing the Sublime Word of God in the Saadh Sangat,

mortals are saved from the world-ocean. O Nanak, they shall never again be consigned to reincarnation. ||19||

People contemplate the Vedas, Puraanas and Shaastras.

But by enshrining in their hearts the Naam, the Name of the One and Only Creator of the Universe,

everyone can be saved.

By great good fortune, O Nanak, a few cross over like this. ||20||

Meditating in remembrance on the Naam, the Name of Lord of the Universe, all one's generations are saved.

It is obtained in the Saadh Sangat, the Company of the Holy. O Nanak, by great good fortune, the Blessed Vision of His Darshan is seen. ||21||
Abandon all your evil habits, and implant all Dharmic faith within.

The Saadh Sangat, the Company of the Holy, is obtained, O Nanak, by those who have such destiny written upon their foreheads.

God was, is, and shall always be. He sustains and destroys all.

Know that these Holy people are true, O Nanak; they are in love with the Lord.

The mortal is engrossed in sweet words and transitory pleasures which shall soon fade away.

Disease, sorrow and separation afflict him; O Nanak, he never finds peace, even in dreams.

Phunhay, Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:
Haath kalam agam mastak laykhaavatee.
With Pen in Hand, the Unfathomable Lord writes the mortal's destiny upon his forehead.

Urajh rahi-o sabh sang anoop roopaavatee.
The Incomparably Beautiful Lord is involved with all.

Ustat kahan na jaa-ay mukhahu tuhaaree-aa.
I cannot utter Your Praises with my mouth.

Mohee daykh daras naanak balihaaree-aa.
Nanak is fascinated, gazing upon the Blessed Vision of Your Darshan. I am a sacrifice to You.

Sant sabhaa meh bais ke keerat mai kahaaN.
Seated in the Society of the Saints, I chant the Lord's Praises.

Aarpe sabh seegaar ayhu jee-o sabh divaa.
I dedicate all my adornments to Him, and give all this soul to Him.

Aas pi-aasee sayj so kant vichhaa-ee-ai.
With hopeful yearning for Him, I have made the bed for my Husband.

HarihaaN mastak hovaai bhaag ta saajan paa-ee-ai.
O Lord! If such good destiny is inscribed upon my forehead, then I shall find my Friend.
ਸਖੀ कਾਜਲ ਹਾਰ ਤਮਬੋਲ ਸਭੈ ਕਿਛੁ ਸਾਜੀਆ ॥ (1361)
O my companion, I have prepared everything: make-up, garlands and betel-leaves.

ਸੋਲਹ ਕੀਏ ਸੀਗਾਰ ਕ ਅੰਜਨ ਪਾਜਿਆ ॥ (1361)
I have embellished myself with the sixteen decorations, and applied the mascara to my eyes.

ਜੇ ਘਿਰ ਆਵੈ ਕੰਤੁ ਤ ਸਭੁ ਕਿਛੁ ਪਾਈਐ ॥ (1361)
If my Husband Lord comes to my home, then I obtain everything.

ਹਿਰਹਾਂ ਕੰਤਾ ਬਾਜ਼ੁ ਸੀਗਾਰੁ ਸਭੁ ਬਰਥਾ ਜਾਈਐ ॥੩॥ (1361)
O Lord! Without my Husband, all these adornments are useless. ||3||

ਤਿਸ਼ ਘਿਰ ਵਿਸਾ ਕੰਤ ਸਾ ਵਡਭਾਗਣੇ ॥ (1361)
Very fortunate is she, within whose home the Husband Lord abides.

ਤਿਸ ਬਾਜ਼ਾਰ ਬੁਂਢ ਸੀਗਾਰ ਸਾਈ ਸੋਹਾਗਣੇ ॥ (1361)
She is totally adorned and decorated; she is a happy soul-bride.

ਹਣੁ ਸੁੱਤੀ ਹੋਇ ਅਚੰਤ ਮਨੀ ਆਸ ਪੁਰਾਈਆ ॥ (1361)
I sleep in peace, without anxiety; the hopes of my mind have been fulfilled.

ਹਰਿਹਾਂ ਜਾ ਘਾਰ ਆਇਅਕ ਕੰਤ ਤ ਸਮੂ ਕਿਛੁ ਪਾਈਆ ॥੪॥ (1361)
O Lord! When my Husband came into the home of my heart, I obtained everything. ||4||
My hope is so intense, that this hope alone should fulfill my hopes.

When the True Guru becomes merciful, then I attain the Perfect Lord.

My body is filled with so many demerits; I am covered with faults and demerits.

The world-ocean is so difficult to cross; the True Guru has carried me across.

My comings and goings in reincarnation ended, when I met the Perfect Lord.

O Lord! I have obtained the Ambrosial Nectar of the Name of the Lord from the True Guru.
मेरै हािथ पदमु आगिन सुkh baasna॥ (1362)
mayrai haath padam aagan sukh baasnaa.
The lotus is in my hand; in the courtyard of my heart I abide in peace.

सखੀ मੋਰै ਕੰਿਠ ਰਤੰਨੁ ਪੇਿਖ ਦੁਖੁ ਨਾਸਨਾ॥ (1362)
sakhee morai kanth ratann paykh dukh naasnaa.
O my companion, the Jewel is around my neck; beholding it, sorrow is taken away.

ਬਾਸਉ ਸਗਲ ਸੁਖ ਰਾਿਸ ਹਿਰ ॥ (1362)
baasa-o sang gagal sukh raas har.
I abide with the Lord of the World, the Treasury of Total Peace. O Lord!

ਪਰ ਤਿਅ ਰਾਵਿਣ ਜਾਿਹ ਸੇੀ ਤਾ ਲਾਜੀਅਿਹ ॥ (1362)
par tari-a raavan jaahi say-ee taa laajee-ah.
Those men who go out to enjoy other men's women shall suffer in shame.

ਹਿਰਗੁਣ ਰਮਤ ਪਿਵਤਰ੍ ਸਗਲ ਕੁਲ ਤਾਰੀ॥ (1362)
hari gun ramat pavitar sagal kul taar-ee.
Those who chant the Sacred Praises of the Lord save and redeem all their generations.

ਸਤੁਤੇ ਬਹੁਤ ਭਵਿਨੁ ਮਗਗਲ ਖੁਲ ਉਨਾਕੇ॥ (1362)
sanu tay bha-ay punet paarbarahm beechaara-ee. ||8||
O Lord! Those who listen and contemplate the Supreme Lord God become pure and holy. ||8||
०धृधि वतै भाषन उठे धर मेवडी || (1362)
ऊपर वने अकासु तलै धर सोहती ||
oopar banai aakaas talai Dhar sohtee.
The sky above looks lovely, and the earth below is beautiful.

चइ दिम चम्खै बीजूल धर जोहती || (1362)
दह दिस चम्की मुख कुठ जोहती ||
dah dis chamkai beejul mukh ka-o johtee.
Lightning flashes in the ten directions; I behold the Face of my Beloved.

घेतु दिसै दिसै मुख जोहती || (1362)
घोजत फिरै वदिसे पीउ कु जोहती ||
khojat fira-o bidays pee-o kat paa-ee-ai.
If I go searching in foreign lands, how can I find my Beloved?

खोजत िफरउ िबदेिस पीउ कत पाईऐ ॥ (1362)
kharaaN jay mastak hovai bhaag ta daras samaa-ee-ai. ||9||
O Lord! If such destiny is inscribed upon my forehead, I am absorbed in the Blessed Vision of His Darshan. ||9||

िडठे सभे थाव नही तुधु जेिहआ ॥ (1362)
dithay sabhay thaav nahee tuDh jayhi-aa.
I have seen all places, but none can compare to You.

वघेहु पुरळ विधाते ओं तू मेवड़ा || (1362)
baDhohu purakh biDhatai taaN tao sohi-aa.
The Primal Lord, the Architect of Destiny, has established You; thus You are adorned and embellished.

वसदी सघन अपार अनूप रामदास पुर || (1362)
vasdee saghan apaar anoop raamdaas pur.
Ramdaspur is prosperous and thickly populated, and incomparably beautiful.

हिरहां नानक कसमल जाहि नाइऐ रामदास सर ||१०||
harhaaN naanak kasmal jaahi naa-i-ai raamdaas sar. ||10||
O Lord! Bathing in the Sacred Pool of Raam Daas, the sins are washed away, O Nanak. ||10||
The rainbird is very smart; in its consciousness, it longs for the friendly rain.

It longs for that, to which its breath of life is attached.

It wanders depressed, from forest to forest, for the sake of a drop of water.

O Lord! In just the same way, the humble servant of the Lord begs for the Naam, the Name of the Lord. Nanak is a sacrifice to him.

The Consciousness of my Friend is incomparably beautiful. Its mystery cannot be known.

One who purchases the priceless virtues realizes the essence of reality.

When the consciousness is absorbed in the supreme consciousness, great joy and bliss are found.

O Lord! When the fickle thieves are overcome, the true wealth is obtained.
ਸੁਪਨੈ  ਊਭੀ  ਭੈਈ  ਗਿਹ ਕੀ  ਨ  ਅੰਚਲਾ  ॥ (1362)

In a dream, I was lifted up; why didn't I grasp the hem of His Robe?

ਸੁੰਦਰ  ਪੁਰਖ  ਬੀਰਾਜਤ  ਪੈਖ  ਮਨੁ  ਬੰਚਲਾ  ॥ (1362)

Gazing upon the Beautiful Lord relaxing there, my mind was charmed and fascinated.

ਖੋਜਉ  ਤਾ  ਦੇ ਚਰਣ  ਕਹਹੁ  ਕਤ  ਪਾਈਐ  ॥ (1362)

I am searching for His Feet - tell me, where can I find Him?

ਹਿਰਹੇ  ਸੋਈ  ਜਤੰਨੁ  ਬਤਾਈ  ਸਖੀ  ਪਾਈਐ  ॥੧੩॥ (1362)

O Lord! Tell me how I can find my Beloved, O my companion. ||13||

ਨੈਣ  ਨ  ਦੇਖਿਹ  ਸਾਧ  ਸਾਧ  ਬੰਧਾਹਣਾ  ॥ (1362)

The eyes which do not see the Holy - those eyes are miserable.

ਕਰਨ  ਨ  ਸੁਨਹੀ  ਨਾਦੁ  ਕਰਨ  ਮੁੰਦ  ਘਲਾਲਾ  ॥ (1362)

The ears which do not hear the Sound-current of the Naad - those ears might just as well be plugged.

ਰਸਨਾ  ਜਪਈ  ਨ  ਨਾਮਵੇ ਤਿਲ ਤਿਲ ਕਿਰ ਕੀ ਸਕਾਈਐ  ॥ (1362)

The tongue which does not chant the Naam ought to be cut out, bit by bit.

ਹਿਰਹੇ  ਜਬ  ਬੀਸਰੈ  ਗੋਬਿਦ  ਰਾਇ  ਦਿਨਾਂ  ਦੀਨ ਘਟੀਐ  ॥੧੪॥ (1362)

O Lord! When the mortal forgets the Lord of the Universe, the Sovereign Lord King, he grows weaker day by day. ||14||
The wings of the bumble bee are caught in the intoxicating fragrant petals of the lotus.

With its limbs entangled in the petals, it loses its senses.

Is there any such friend, who can untie this difficult knot?

O Nanak, the One Supreme Lord and Master of the earth reunites the separated ones.

I run around in all directions, searching for the love of God.

The five evil enemies are tormenting me; how can I destroy them?

O Lord! The way to slaughter these terrible sadistic enemies is obtained from the Perfect Guru.
The True Guru has blessed me with the bounty which shall never be exhausted.

Eating and consuming it, all the Gurmukhs are emancipated.

The Lord, in His Mercy, has blessed me with the treasure of the Ambrosial Naam.

Wherever the Lord's devotee goes is a blessed, beautiful place.

People praise and congratulate the devotee of the Lord, while the slanderers rot and die.

Says Nanak, O friend, chant the Naam, and your mind shall be filled with bliss.
paavan patit puunee kahaa nahee sayvee-ai.
The mortal never serves the Immaculate Lord, the Purifier of sinners.

jhoothai rang khu-aar kahaaN lag khayvee-ai.
The mortal wastes away in false pleasures. How long can this go on?

harichand-uree paykh kaahay sukh maani-aa.
Why do you take such pleasure, looking at this mirage?

keenay karam anayk gavaar bikaar ghan.
The fool commits countless foolish actions and so many sinful mistakes.

mahaa darugaNDhat vaas sath kaa chhaar tan.
The fool's body smells rotten, and turns to dust.

firta-o garab bubaar maran nah jaan-ee.
He wanders lost in the darkness of pride, and never thinks of dying.

O Lord! The mortal gazes upon the mirage; why does he think it is true?
ਜਿਸ ਕੀ ਪੂਜਈ ਅਉਧ ਤਸੈ ਕਊਣੁ ਰਾਖੈ।
When someone's days are over, who can save him?

ਬੈਦਕ ਅਨੁਕ ਉਪਾਵ ਕਹਾਂ ਲਾ ਭਾਖੈ।
How long can the physicians go on, suggesting various therapies?

ਏਕੋ ਚੇਤਿਗਵਾਰ ਕਾਜ ਤੇਰੈ আਵੈ।
You fool, remember the One Lord; only He shall be of use to you in the end.

ਹਿਰਹਾਂ ਬਨਾ ਤਾਨ ਅਮੋਲ ਪੀਜੈ।
O Lord! Without the Name, the body turns to dust, and everything goes to waste.

ਅਉਖਧੁ ਨਾਮ ਅਪਾਰ ਅਮੋਲ ਪੀਜੈ।
Drink in the medicine of the Incomparable, Priceless Name.

ਮਿਲ ਮਿਲ ਖਾਵਹਾਂ ਸੰਤ ਸਗਲ ਕੰਉ ਦੀਜੈ।
Meeting and joining together, the Saints drink it in, and give it to everyone.

ਜਿਸੈ ਪਰਾਪਾਤ ਹੋਈ ਤਸੈ ਹੀ ਪਾਵਨੇ।
He alone is blessed with it, who is destined to receive it.

ਹਿਰਹਾਂ ਬਲਹਾਰੀ ਤਨ ਹਰੰਗ ਰਾਵਣੇ।
O Lord! I am a sacrifice to those who enjoy the Love of the Lord.
The physicians meet together in their assembly.

The medicines are effective, when the Lord Himself stands in their midst.

Their good deeds and karma become apparent.

O Lord! Pains, diseases and sins all vanish from their bodies. ||23||

One Universal Creator God. By The Grace Of The True Guru:

O Samman, if one could buy this love with money,

then consider Raawan the king. He was not poor, but he could not buy it, even though he offered his head to Shiva. ||1||
My body is drenched in love and affection for the Lord; there is no distance at all between us.

My mind is pierced through by the Lotus Feet of the Lord. He is realized when one's intuitive consciousness is attuned to Him.

I would cross the oceans, mountains, wilderness, forests and the nine regions of the earth, for the Love of my Beloved.

O Musan, the Light of the Lord's Love has spread across the sky; in a single step, O Musan, I would dedicate and sacrifice all these for a moment of my Lord's Love.
ਮੂਸਨ ਮਰਮੁ ਨ ਜਾਨੀਐ ਮਰਤ ਹਿਰਤ ਸੰਸਾਰ ॥
moosan maram na jaan-ee marat hirat sansaar.
O Musan, the world does not understand the Mystery of the Lord; it is dying and being plundered.

ਪਰ੍ੇਮ ਿਪਰੰਮ ਨ ਬੇਿਧਓ ਉਰਿਜ਼ਓ ਿਮਥ ਿਬਉਹਾਰ ॥੬॥
paraym piramm na bayDhi-o urjhi-o mith bi-uhaar. ||6||
It is not pierced through by the Love of the Beloved Lord; it is entangled in false pursuits. ||6||

ਘਬੁ ਦਬੁ ਜਬ ਜਾਰੀਐ ਿਬਛੁਰਤ ਪਰ੍ੇਮ ਿਬਹਾਲ ॥
ghab dab jab jaaree-ai bichhurat paraym bihaal.
When someone’s home and property are burnt, because of his attachment to them, he suffers in the sorrow of separation.

ਮੂਸਨ ਤਬ ਹੀ ਮੂਸੀਐ ਿਬਸਰਤ ਪੁਰਖ ਦਇਆਲ ॥੭॥
moosan tab hee moosee-ai bisrat purakh da-i-aal. ||7||
O Musan, when mortals forget the Merciful Lord God, then they are truly plundered. ||7||

ਜਾ ਕੋ ਪਰ੍ੇਮ ਸੁਆਊ ਹੈ ਚਰਨ ਿਚਤਵ ਮਨ ਮਾਹੀ ॥
jaa ko paraym su-aa-o hai charan chitav man maahi.
Whoever enjoys the taste of the Lord's Love, remembers His Lotus Feet in his mind.

ਲਖ ਘਾਟੀਂ ਊੰਚੌ ਘਨੋ ਚੰਚਲ ਚੀਤ ਿਬਹਾਲ ॥
lakh ghaateeN ooNchou ghano chanchal cheet bihaal.
Climbing thousands of steep hillsides, the fickle mind becomes miserable.

ਨੀਚ ਕੀਚ ਿਨਿਮਰ੍ਤ ਘਨੀ ਕਰਨੀ ਕਮਲ ਜਮਾਲ ॥੯॥
neech keech nimrit ghanee karnee kamal jamaal. ||9||
Look at the humble, lowly mud, O Jamaal: the beautiful lotus grows in it. ||9||
कमल नैन अंजन इसाम चंदर बदन चित चार ॥ (1364)

kamal nain anjan si-aam chandar badan chit chaar.
My Lord has lotus-eyes; His Face is so beautifully adorned.

भृगु भगव मदि धंध धंध नि उ ॥१०॥ (1364)

brigu bhagav madhi dhindh dhindh ni u. ||10||
O Musan, I am intoxicated with His Mystery. I break the necklace of pride into bits. ||10||

मूसन मगन मरम्म सिउ खंड खंड करि हार ॥१०॥ (1364)

moosan magan maramm si-o khand khand kar hai. ||10||
I am intoxicated with the Love of my Husband Lord; remembering Him in meditation, I am not conscious of my own body.

मंगनु भइ ओ प्रर्द्ध पर्म सूध न सिमरत अंग ॥ (1364)

mangan bha-i-o pari-a paraym si-o sooDh na simrat ang.
I am intoxicated with the Love of my Husband Lord; remembering Him in meditation, I am not conscious of my own body.

पर्गत भइ ओ सष्ट लो अ मह नानक अधम पतंग ॥११॥ (1364)

pargat bha-i-o sabh lo-a meh naanak aDham patang. ||11||
He is revealed in all His Glory, all throughout the world. Nanak is a lowly moth at His Flame. ||11||

भगु थ ॥ (1375)

mehlaa 5.
Fifth Mehl:

वसीव ब्रम्ब श्वलवर वच्छा धिते द्वित परि ॥ (1375)

vasiev bramv bhulvat vaacha dhit dhwit pari. ||1205||
kabeer kookar bha-ukanaa karang pichhai uth Dhaa-ay.
Kabeer, the mortal is a barking dog, chasing after a carcass.

वसीव सतिगुर पािा जिनि हू वीआ छहाइ ॥२०९॥ (1375)

karmee satgur paa-i-aa jini hu veey chhadaa-ay. ||209||
By the Grace of good karma, I have found the True Guru, who has saved me. ||209||

भगु थ ॥ (1375)

mehlaa 5.
Fifth Mehl:
"कबीर धरती साध की तसकर बैसिह गाहि ॥ (1375)

Kabeer, the earth belongs to the Holy, but it is being occupied by thieves.

"धरती भािर न िबआपई उन कउ लाहू लािह ॥२१०॥ (1375)

They are not a burden to the earth; they receive its blessings.

"कबीर चावल कारने तुख कउ मुहली लाइ ॥ (1375)

Kabeer, the rice is beaten with a mallet to get rid of the husk.

"संिग कु संगी बैसते तब पूछै धरम राइ ॥२११॥ (1375)

When people sit in evil company, the Righteous Judge of Dharma calls them to account.

"कबीरा हमरा को नही हम किस हू के नाहि ॥ (1376)

Kabeer, no one belongs to me, and I belong to no one else.

"जिन इहु रचनु रचाइआ ितस ही मािह समािह ॥२१४॥ (1376)

The One who created the creation - into Him I shall be absorbed.
Fifth Mehl:

Kabeer, the mortal does not remember the Lord; he wanders around, engrossed in greed.

Committing sins, he dies, and his life ends in an instant.

Fareed, the Creator is in the Creation, and the Creation abides in God.

Whom can we call bad? There is none without Him.

Fareed, in the midst of this beautiful earth, there is a garden of thorns.
Those humble beings who are blessed by their spiritual teacher, do not suffer even a scratch.

_Fifth Mehl:_

**Fareed, life is blessed and beautiful, along with the beautiful body.**

Only a rare few are found, who love their Beloved Lord.

_Fifth Mehl:_

_Fareed, those who are very proud of their greatness, wealth and youth, shall return empty-handed from their Lord, like sandhills after the rain._
फरीदा कं तु रंगावला वडा वेमुहताजु ॥ (1383)
fareedaa kant rangvaalaa vadaa vaymuhtaaj.
Fareed, my Husband Lord is full of joy; He is Great and Self-sufficient.

अलह मेठी बदिङ घेण मचव्यं मन् ॥१०८॥ (1383)
alah saytee rati-aa ayhu sachaavaaN saaj. ||108||
To be imbued with the Lord God - this is the most beautiful decoration. ||108||

मः ५ ॥ (1383)
mehlaa 5.
Fifth Mehl:

फरीदा दुखु सुखु इकु  किर िदल ते लािह िवकारु ॥ (1383)
fareedaa dukh sukh ik kar dil tay laahi vikaar.
Fareed, look upon pleasure and pain as the same; eradicate corruption from your heart.

अलह भावै सो भला तां लभी दरबारु ॥१०९॥ (1383)
alah bhaavai so bhalaa taaN labhee darbaar. ||109||
Whatever pleases the Lord God is good; understand this, and you will reach His Court. ||109||

मः ५ ॥ (1383)
mehlaa 5.
Fifth Mehl:

फरीदा दुनी वजाई वजदी तूं भी वजिह नािल ॥ (1383)
fareedaa dunee vajaa-ee vajdee tooN bhee vajeh naal.
Fareed, the world dances as it dances, and you dance with it as well.

मेठी नीपु त बच्चाम छल्लु  अलहु बच्छ मच ॥११०॥ (1383)
so-ee jee-o na vajdaa jis alhu kardaa saar. ||110||
That soul alone does not dance with it, who is under the care of the Lord God. ||110||
Swaiyas From The Mouth Of The Great Fifth Mehl:

Fifth Mehl:

Fareed, the heart is imbued with this world, but the world is of no use to it at all.

It is so difficult to be like the fakeers - the Holy Saints; it is only achieved by perfect karma.


O Primal Lord God, You Yourself are the Creator, the Cause of all causes.

You are All-pervading everywhere, totally filling all hearts.
ਬਯ੍ਯ੍ਯ੍ਤੁ ਦੇਖੀਐ ਜਗਿਤ ਜਾਨੈ ਕਉਨੁ ਤੇਰੀ ਗਿਤ ਸਰਬ ਕੀ ਰਖਯਾ ਕਰੈ ਆਪੇ ਹਿਰ ਪਿਤ ॥ (1385)

You are seen pervading the world; who can know Your State? You protect all; You are our Lord and Master.

अਭिनासੀ ਅਭਿਗਤ ਆਪੇ ਆਪੇ ਉਤਪਤ ॥ (1385)

O my Imperishable and Formless Lord, You formed Yourself.

ਏਕੈ ਤੂਹੀ ਏਕੈ ਅਨ ਨਾਹੀ ਤੁਮ ਭਿਤ ॥ (1385)

You are the One and Only; no one else is like You.

ਹਿਰ ਅੰਤੁ ਨਾਹੀ ਪਾਰਾਵਾਰੁ ਕਉਨੁ ਹੈ ਕੈ ਬੀਚਾਰੁ ਜਗਤ ਿਪਤਾ ਹੈ ਸਰ੍ਬ ਪਰ੍ਾਨ ਕੋ ਅਧਾਰੁ ॥ (1385)

O Lord, You have no end or limitation. Who can contemplate You? You are the Father of the world, the Support of all life.

ਜਨੁ ਨਾਨਕੁ ਭਗਤੁ ਦਿਰ ਤੁਿਲ ਬਰ੍ਹਮ ਸਮਸਿਰ ਏਕ ਜੀਹ ਿਕਆ ਬਖਆਨੈ ॥ (1385)

Your devotees are at Your Door, O God - they are just like You. How can servant Nanak describe them with only one tongue?

ਹੰ ਕੰ ਬਾਲ ਬਾਲ ਬਾਲ ਬਾਲ ਸਰ ਬਾਲਹਾਰਿ ॥੧॥ (1385)

I am a sacrifice, a sacrifice, a sacrifice, a sacrifice, forever a sacrifice to them. ||1||

Streams of Ambrosial Nectar flow; Your Treasures are unweighable and overflowing in abundance. You are the Farthest of the far, Infinite and Incomparably Beautiful.
You do whatever You please; You do not take advice from anyone else. In Your Home, creation and destruction happen in an instant.

No one else is equal to You; Your Light is Immaculate and Pure. Millions of sins are washed away, chanting Your Name, Har, Har.

Your devotees are at Your Door, God - they are just like You. How can servant Nanak describe them with only one tongue?

I am a sacrifice, a sacrifice, a sacrifice, a sacrifice, forever a sacrifice to them.

You established all the worlds from within Yourself, and extended them outward. You are All-pervading amongst all, and yet You Yourself remain detached.

O Lord, there is no end or limit to Your Glorious Virtues; all beings and creatures are Yours. You are the Giver of all, the One Invisible Lord.

He Himself supports the Universe, revealing His All-powerful Creative Potency. He has no color, form, mouth or beard.
Your devotees are at Your Door, O God— they are just like You. How can servant Nanak describe them with only one tongue?

I am a sacrifice, a sacrifice, a sacrifice, a sacrifice, forever a sacrifice to them.

Mind, wealth and the breath of life belong to You alone, Lord. The world is strung upon Your Thread. What praises can I give to You? You are the Greatest of the great.

Who can know Your Mystery? O Unfathomable, Infinite, Divine Lord, Your Power is unstoppable. O God, You are the Support of all.
O Formless, Formed, Undeceivable, Perfect, Imperishable,
Blissful, Unlimited, Beautiful, Immaculate, Blossoming Lord:
Countless are those who sing Your Glorious Praises, but they do not know even a tiny bit of Your extent.
That humble being upon whom You shower Your Mercy meets with You, O God.
Blessed, blessed, blessed are those humble beings, upon whom the Lord, Har, Har, showers His Mercy."
Whoever meets with the Lord through Guru Nanak is rid of both birth and death.
The Lord is said to be True, True, True, True, the Truest of the True.
There is no other like Him. He is the Primal Being, the Primal Soul.

Chanting the Ambrosial Name of the Lord, the mortal is blessed with all comforts.

Those who taste it with their tongues, those humble beings are satisfied and fulfilled.

That person who becomes pleasing to his Lord and Master, loves the Sat Sangat, the True Congregation.

Whoever meets with the Lord through Guru Nanak, saves all his generations.

True is His Congregation and His Court. The True Lord has established Truth.

The True Lord Himself fashioned the Universe. He is Infallible, and does not make mistakes.

The Naam, the Name of the Infinite Lord, is the jewel. Its value cannot be appraised - it is priceless.
ਤਿੰਨ ਕਿਥਾਕਾ ਪੀਠਦੀਵਾ ਕਚਹ ਮੁੱਖ ਕਥਾਹੂ ਪਾਏ ॥ (1386)
ਜਹ ਕਿਰਪਾਲ ਹੋਯਉ ਗੋਬੀਂਦ ਸਰਬ ਮੁੱਖ ਤਿਨਹੂ ਪਾਏ ॥)

That person, upon whom the Lord of the Universe showers His Mercy obtains all comforts.

ਤਿਜਹ ਕਰਿਸਪਾਲੁ ਹੋਯਉ ਗੋਬੀਂਦ ਸਰਬ ਸੁਖ ਤਿਨਹੂ ਪਾਏ ॥ (1386)

Those who upon whom the Lord of the Universe showers His Mercy obtains all comforts.

ਹੁਰਾ ਗੁਰ ਨਾਨਕ ਜਿਨਾ ਪਰਸੀਓ ਤੇ ਬਹੁਦੀ ਫਿਰੀ ਜੋਨ ਨ ਆਏ ॥ (7॥)

Those who touch the Feet of the Lord through Guru Nanak, do not have to enter the cycle of reincarnation ever again. ||7||

ਰਵਾਹ ਮੇਵਾ ਬਹੁਦੀ ਮੁਨੂ ਵਧਮ ਵਿਸ਼ਵ ਵਲੀਏ ॥ (1386)

What is the Yoga, what is the spiritual wisdom and meditation, and what is the way, to praise the Lord?

ਕਵਨੁ ਜੋਗੁ ਕਓਲੁ ਗਾਨੁ ਧਰਾਨੁ ਕਵੈ ਕੀਮ ਨ ਪਾਏ ॥ (1386)

The Siddhas and seekers and the three hundred thirty million gods cannot find even a tiny bit of the Lord's Value.

ਬਰਹਮਾਦਿਕ ਸਾਂਕਾਦ ਸੇਖ ਗੁਣ ਅੰਤੂ ਨ ਪਾਏ ॥ (1386)

Neither Brahma, nor Sanak, nor the thousand-headed serpent king can find the limits of His Glorious Virtues.

ਅਗਹੁ ਗੀਹਾਉ ਨਹੀ ਜਾਈ ਪੂਰ ਸਰਬ ਰਹਿਏ ਨ ਪਾਏ ॥ (1386)

The Inapprehensible Lord cannot be apprehended. He is pervading and permeating amongst all.

ਜਿਹ ਕਾਟੀ ਇਸਲਕ ਦੇਵਾਹ ਪੁਰਾਤ ਮੁੱਖ ਤਿਨਹੂ ਵਾਟੇ ॥ (1386)

Those whom God has mercifully freed from their nooses - those humble beings are attached to His devotional worship.
Those who meet with the Lord through Guru Nanak are liberated forever, here and hereafter. ||8||

I am a beggar; I seek the Sanctuary of God, the Giver of givers.

Please bless me with the gift of the dust of the feet of the Saints; grasping them, I cross over the terrifying world-ocean.

Please listen to my prayer, if it pleases You, O my Lord and Master.

My mind yearns for the Blessed Vision of Your Darshan. This mind abides in devotional worship.

The lamp is lit in the darkness; all are saved in this Dark Age of Kali Yuga, through the One Name and faith in the Dharma.

The Lord is revealed in all the worlds. O servant Nanak, the Guru is the Supreme Lord God. ||9||
Swayas From The Mouth Of The Great Fifth Mehl:

Swaiyas From The Mouth Of The Great Fifth Mehl:

One Universal Creator God. By The Grace Of The True Guru:

This body is frail and transitory, and bound to emotional attachment. I am foolish, stone-hearted, filthy and unwise.

My mind wanders and wobbles, and will not hold steady. It does not know the state of the Supreme Lord God.

I am intoxicated with the wine of youth, beauty and the riches of Maya. I wander around perplexed, in excessive egotistical pride.

The wealth and women of others, arguments and slander, are sweet and dear to my soul.

I try to hide my deception, but God, the Inner-knower, the Searcher of Hearts, sees and hears all.

I have no humility, faith, compassion or purity, but I seek Your Sanctuary, O Giver of life.
The All-powerful Lord is the Cause of causes. O Lord and Master of Nanak, please save me! ||1||

The Praises of the Creator, the Enticer of the mind, are potent to destroy sins.

The All-powerful Lord is the boat, to carry us across; He saves all our generations.

O my unconscious mind, contemplate and remember Him in the Sat Sangat, the True Congregation. Why are you wandering around, enticed by the darkness of doubt?

You are bound to worthless deeds and shallow pleasures; why do you spend millions of lifetimes wandering in such pain?

Chant and vibrate the Name of the Lord, O Nanak, through the Teachings of the Saints. Meditate on the Lord with love in your soul. ||2||
रंचक रेत खेत तिन निरिमत दुरलभ देह सवारि धरी ॥ (1387)
ranchak rayt khayt tan nirmit durlabh dayh savaar Dharee.
The little sperm is planted in the body-field of the mother, and the human body, so difficult to obtain, is formed.

धरू धरू में मूष खृष्ट संवत वर्ष विधि धरी ॥ (1387)
khaan paan soDhay sukh bhunchat sankat kaat bipat haree.
He eats and drinks, and enjoys pleasures; his pains are taken away, and his suffering is gone.

भज धिर्ग बाँदी भज वंश दशते वी मह मृढ धरी ॥ (1387)
maat pitaa bhaa-ee ar banDhap boojhan kee sabh soojh paree.
He is given the understanding to recognize mother, father, siblings and relatives.

बरधमान होवत दिन पर्त नित आवत निकिट बिखम जरी ॥ (1387)
baraDhmaan hovat din parat nit aavat nikat bikhamm jaree.
He grows day by day, as the horrible specter of old age comes closer and closer.

वे गुन गौ दीन माईया ओम सिमर सुआमी एक घरी ॥ (1387)
ray gun heen deen maa-i-aa kiram simar su-aamee ayk gharee.
You worthless, petty worm of Maya - remember your Lord and Master, at least for an instant!

प्रे कह गेह क्रिपाल क्रिपा क्रिष्ण राम वर्ष समस्त भरम झरी ॥ (1387)
kar geh layho kirpaal kirpaa niDh naanak kaat bharamm bharee. ||3||
Please take Nanak's hand, O Merciful Ocean of Mercy, and take away this heavy load of doubt. ||3||

वे भज भूम विलं भव गठ वज भज भूम भूषण ॥ (1387)
ray man mos bilaa meh garbat kartab karat mahaaN mughnaaN.
O mind, you are a mouse, living in the mousehole of the body; you are so proud of yourself, but you act like an absolute fool.
ਸੰਪਤ दੋਲ ਝੋਲ ਸੰਗ਼ ਝੂਲਤ ਮਾਯਾ ਮਗਨ ਭਰਮਤ ਘੁਘਨਾ ॥ (1387)
ਸੁਤ ਬਿਨਤਾ ਸਾਜਨ ਸੁਖ ਬੰਧਪ ਤਾ ਸੁ ਘਨਾ ॥ (1387)
ਬੋਇੰਦ ਬੀਜੁ ਅਹੰ ਮੰਜਾਰ ਪਸਾਰ ਨਿਰਖਤ ਭੁੰਚਤ ਭੁਗਿਤ ਭੂਖ ਭੁਖਨਾ ॥ (1387)
ਦੇਹ ਨ ਗੇਹ ਨ ਨੇਹ ਨ ਨੀਤਾ ਮਾਯਾ ਮਤ ਕਹਾ ਲਉ ਗਾਰਹੁ ॥ (1387)
ਚਤਰ ਨ ਪਤਰ ਨ ਚਾਉਰ ਨ ਚਾਵਰ ਬਹਤੀ ਜਾਤ ਿਰਦੈ ਨ ਿਬਚਾਰਹੁ ॥ (1387)
ਮੋਹੁ ਬਿਢੋ ਨ ਮੰਜਾਰ ਪਸਾਰ ਨਿਰਖਤ ਭੁੰਚਤ ਭੁਗਿਤ ਭੂਖ ਭੁਖਨਾ ॥ (1388)
ਚਤਰ ਨ ਪਤਰ ਨ ਚਾਉਰ ਨ ਚਾਵਰ ਬਹਤੀ ਜਾਤ ਿਰਦੈ ਨ ਿਬਚਾਰਹੁ ॥ (1388)

You swing in the swing of wealth, intoxicated with Maya, and you wander around like an owl.

You take pleasure in your children, spouse, friends and relatives; your emotional attachment to them is increasing.

You have planted the seeds of egotism, and the sprout of possessiveness has come up. You pass your life making sinful mistakes.

You are intoxicated with Maya; how long will you be proud of them?

Neither body, nor house, nor love last forever. You eat food, but you are still hungry.

Neither crown, nor canopy, nor servants last forever. You do not consider in your heart that your life is passing away.

Meditate in remembrance on the Merciful Lord of the World, O Nanak, in the Sat Sangat, the True Congregation. Know that the world is just a dream.

Neither body, nor house, nor love last forever. You are intoxicated with Maya; how long will you be proud of them?
Neither chariots, nor horses, nor elephants or royal thrones shall last forever. In an instant, you will have to leave them, and depart naked.

Neither warrior, nor hero, nor king or ruler last forever; see this with your eyes.

Neither fortress, nor shelter, nor treasure will save you; doing evil deeds, you shall depart empty-handed.

Friends, children, spouses and friends - none of them last forever; they change like the shade of a tree.

God is the Perfect Primal Being, Merciful to the meek; each and every instant, meditate in remembrance on Him, the Inaccessible and Infinite.

O Great Lord and Master, servant Nanak seeks Your Sanctuary; please shower him with Your Mercy, and carry him across.

I have used up my breath of life, sold my self-respect, begged for charity, committed highway robbery, and dedicated my consciousness to the love and pursuit of acquiring wealth.
ਸਾਜਨ ਸੈਨ ਮੀਤ ਨੂੰ ਰਾਹੂ ਤੇ ਲੇ ਰਖੀ ਭਾਈ ਤਾਹੂ। ॥ (1388)
I have kept it secretly hidden from my friends, relatives, companions, children and siblings.

ਪਦਨਾਮ ਤਕਨੂੰ ਲੋਖਮ ਵਿਚਿਓਵਾਂ ਅਧਿਕਾਰਵਾਂ ਵਾਹੂਵੀ। ॥ (1388)
Dhaavan paavan koor kamaavan ih biDh karat a-oDh tan jaaree.
I ran around practicing falsehood, burning up my body and growing old.

ਕਰਮ ਧਰਮ ਸੰਜਮ ਸੁਚ ਨੇਮਾ ਚੰਚਲ ਸੰਗ ਵੀਚ ਹਾਰੀ। ॥ (1388)
karam Dharam sanjam such naymaa chanchal sang sagal biDh haaree.
I gave up good deeds, righteousness and Dharma, self-discipline, purity, religious vows and all good ways; I associated with the fickle Maya.

ਪਸੁ ਪੰਖੀ ਬਿਰਖ ਅਸਥਾਵਰ ਬਹੁ ਵੀਚ ਜੋੜ ਭਰਮੋ ਅਤੀ ਭਾਰੀ। ॥ (1388)
pas pankhee birakh asthaavar baho biDh jon bharmi-o at bhaaree.
Beasts and birds, trees and mountains - in so many ways, I wandered lost in reincarnation.

ਖਿਨ ਪਲੁ ਚਸਾ ਨਾਮ ਨਹੀ ਸਿਮਰੀਓ ਦੀਨਾ ਨਾਥ ਪਰਾਪਤੀ ਸਾਹੀ। ॥ (1388)
khin pal chasaa naam nahee simri-o deenaa naath paraanpat saaree.
I did not remember the Naam, the Name of the Lord, for a moment, or even an instant. He is the Master of the meek, the Lord of all life.

ਖਾਨਨ ਪਾਨ ਮੀਠ ਰਸ ਭੋਜਨ ਅਂਤ ਕਤ ਖਾਰੀ। ॥ (1388)
khaaan paan meeth ras bhojan ant kat khaaree.
The food and drink, and the sweet and tasty dishes became totally bitter at the last moment.

ਨਾਨਕ ਸੰਤ ਚਰਨ ਸੰਗੀ ਉਧਰੇ ਮਾੜੀ ਮਗਨ ਚਲੇ ਸਭ ਢਾਰੀ। ॥ (1388)
naanak sant charan sang uDhray hor maa-i-aa magan chalay sabh daaree. ||6||
O Nanak, I was saved in the Society of the Saints, at their feet; the others, intoxicated with Maya, have gone, leaving everything behind. ||6||
Brahma, Shiva, the Vedas and the silent sages sing the Glorious Praises of their Lord and Master with love and delight.

Indra, Vishnu and Gorakh, who come to earth and then go to heaven again, seek the Lord.

The Siddhas, human beings, gods and demons cannot find even a tiny bit of His Mystery.

The Lord's humble servants are imbued with love and affection for God their Beloved; in the delight of devotional worship, they are absorbed in the Blessed Vision of His Darshan.

But those who forsake Him, and beg from another, shall see their mouths, teeth and tongues wear away.

O my foolish mind, meditate in remembrance on the Lord, the Giver of peace. Slave Nanak imparts these teachings.

The pleasures of Maya shall fade away. In doubt, the mortal falls into the deep dark pit of emotional attachment.
एता गबु अकािस न मावत िबसटा अस्त िकर्िम उदरु भिरओ है ॥ (1388)
He is so proud, even the sky cannot contain him. His belly is filled with manure, bones and worms.

दह िदस धाइ महा िविखिा कउ पर धन चीति असिान हरिओ है ॥ (1388)
He runs around in the ten directions, for the sake of the great poison of corruption. He steals the wealth of others, and in the end, he is destroyed by his own ignorance.

जोबन बीित जरा रोिग गर्िसओ जमदूतन डंनु िमरतु मिरओ है ॥ (1388)
His youth passes away, the illnesses of old age seize him, and the Messenger of Death punishes him; such is the death he dies.

अिनक जोिन संकट नरक भुंचत सासन दूख गरित गिरओ है ॥ (1388)
He suffers the agony of hell in countless incarnations; he rots away in the pit of pain and condemnation.

प्रेम भगित उधरिह से नानक किर करिपा संतु आपि करिओ है ॥ (1388)
O Nanak, those whom the Saint mercifully takes as his own, are carried across by their loving devotional worship. ||8||

गुण समूह फल सगल मनोरथ पूरन होई आस हमारी ॥ (1388)
All virtues are obtained, all fruits and rewards, and the desires of the mind; my hopes have been totally fulfilled.

The Medicine, the Mantra, the Magic Charm, will cure all illnesses and totally take away all pain.


Lust, anger, egotism, jealousy and desire are eliminated by chanting the Name of the Lord.

The merits of cleansing baths, charity, penance, purity and good deeds, are obtained by enshrining the Lotus Feet of God within the heart.

The Lord is my Friend, my Very Best Friend, Companion and Relative. God is the Sustenance of the soul, the Support of the breath of life.

I have grasped the Shelter and Support of my All-powerful Lord and Master; slave Nanak is forever a sacrifice to Him. ||9||

Weapons cannot cut that person who delights in the love of the Lord's Lotus Feet.

Ropes cannot bind that person whose mind is pierced through by the Vision of the Lord's Way.

Fire cannot burn that person who is attached to the dust of the feet of the Lord's humble servant.
ਨੀਰੁ ਨ ਸਾਕਿਸ ਬੋਿਰ ਚਲਿਹ ਹਿਰ ਪੰਥ ਪਿਗ ॥ (1389)

Water cannot drown that person whose feet walk on the Lord's Path.

ਨਾਨਕ ਰੋਗ ਦੋਖ ਅਘ ਮੋਹ ਿਛਦੇ ਹਿਰ ਨਾਮ ਖਿਗ ॥੧॥੧੦॥ (1389)

O Nanak, diseases, faults, sinful mistakes and emotional attachment are pierced by the Arrow of the Name. ||1||10||

ਉਦਮੁ ਕਿਰ ਲਾਗੇ ਬਹੁ ਭਾਤੀ ਿਬਚਰਿਹ ਅਿਨਕ ਸਾਸਤਰ੍ ਬਹੁ ਖਟੂਆ ॥ (1389)

People are engaged in making all sorts of efforts; they contemplate the various aspects of the six Shaastras.

ਬਹਸਮ ਲਗਾਇ ਤੀਰਥ ਬਹੁ ਭਰ੍ਮਤੇ ਸੂਖਮ ਦੇਹ ਬੰਧਿਹ ਬਹੁ ਜਟੂਆ ॥ (1389)

Rubbing ashes all over their bodies, they wander around at the various sacred shrines of pilgrimage; they fast until their bodies are emaciated, and braid their hair into tangled messes.

ਿਬਨੁ ਹਿਰ ਭਜਨ ਸਗਲ ਦੁਖ ਪਾਵਤ ਿਜਉ ਪਰ੍ੇਮ ਬੰਧਿਹ ਬਹੁ ਹਟੂਆ ॥ (1389)

Without devotional worship of the Lord, they all suffer in pain, caught in the tangled web of their love.

ਪੂਜਾ ਚਕਰ੍ ਕਰਤ ਸੋਮਪਾਕਾ ਅਨਿਕ ਭਾਂਤੀ ਬਢਾਇ ਕਿਰ ਹਟੂਆ ॥੧॥੭੧॥੨੦॥ (1389)

They perform worship ceremonies, draw ritual marks on their bodies, cook their own food fanatically, and make pompous shows of themselves in all sorts of ways. ||2||11||20||

ਸਲੋਕ ਮਹਲਾ ५ (1425)

Shalok, Fifth Mehl:
੧੬੭੧੨ ਹਰਿ ਧਰਮਸਾਦੀ ॥ (1425)
ਇਕ-ਨ ਸਤਗੁਰ ਪਰਸਾਦੀ ॥

ik-oN kaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਰਤੇ ਸੇਈ ਜਿ ਮੁਖ ਨ ਮੋਡੰਨੀ ਜਿਨਾ ਸਾਈ ॥ (1425)
ratay say-ee je mukh na morhaNniH jinHaa saa-ee.
They alone are imbued with the Lord, who do not turn their faces away from Him - they realize Him.

ਝਿੰਤੇ ਝਿੰਤੇ ਪਵਦੇ ਕਚੇ ਬਰੀ ਜਿਨਾ ਕਾਰ ਨ ਆਈ ॥੧॥ (1425)
jharh jharh pavday kachay birhee jinHaa kaar na aa-ee. ||1||
The false, immature lovers do not know the way of love, and so they fall. ||1||

ਧਣੀ ਵਿਚ ਲੁਡੰਦ੍ਰੀ ਸੋਹਾ ਨਾਨਕ ਤੈ ਸਾਹ ਨਾਲੇ ॥ (1425)
dhanee vich ludand-shee sohaaN naanak tai sah naalay.
Without my Master, I will burn my silk and satin clothes in the fire."

ਧਰੁੜੀ ਵਿਚ ਲੁਡੰਦ੍ਰੀ ਸੋਹਾ ਨਾਨਕ ਤੈ ਸਾਹ ਨਾਲੇ ॥੨॥ (1425)
jharh vich ludand-rhee sohaaN naanak tai sah naalay. ||2||
Even rolling in the dust, I look beautiful, O Nanak, if my Husband Lord is with me. ||2||

ਗੁਰਾਂ ਦੇ ਮਸਦਰ ਅਲਾਦ੍ਰੀ ਦੀ ਰਿਂਗ ਬੈਰਾਗੁ ॥ (1425)
gur kai sabad araadhe-ai naam rang bairaa.
Through the Word of the Guru’s Shabad, I worship and adore the Naam, with love and balanced detachment.

ਜੀਤੇ ਪੰਛੀ ਬੈਰਾਈਆ ਨਾਨਕ ਸਫਲ ਮਾਰੂ ਇਹੁ ਰਾਗੁ ॥੩॥ (1425)
jeetay panch biraa-ee-aa naanak safal maaroo ih raag. ||3||
When the five enemies are overcome, O Nanak, this musical measure of Raga Maaroo becomes fruitful. ||3||

ਜੋ ਮੂੰ ਹੁਂਦਾ ਦਰਦ ਫਲ੍ਹੀ ਦੀ ਦਾਦਾ ਵੀਂਦੇ ਕਿਲ੍ਹੇ ॥ (1425)
jaN mooN ik ta lakh ta-o jitee pinnay dar kit-rhay.
When I have the One Lord, I have tens of thousands. Otherwise, people like me beg from door to door.
बामणु िबरथा गइओ जनमु िजिन कीतो सो िवसरे ॥४॥

O Brahmin, your life has passed away uselessly; you have forgotten the One who created you. ||4||

ਸੋਰਿਠ सੋ रਸੁ ਪੀਜੀਐ ਕਬਹੂ ਨ ਫੀਕਾ ਹੋਇ ॥

In Raga Sorath, drink in this sublime essence, which never loses its taste.

ਨਾਨਕ ਰਾਮ ਨਾਮ ਗੁਣ ਗਾਈਅਿਹ ਦਰਗਹ ਿਨਰਮਲ ਸੋਇ ॥

O Nanak, singing the Glorious Praises of the Lord’s Name, one’s reputation is immaculate in the Court of the Lord. ||5||

ਨਾਨਕ ਰਾਮ ਨਾਮ ਗੁਣ ਗਾਈਅਿਹ ਦਰਗਹ ਿਨਰਮਲ ਸੋਇ ॥

No one can kill those whom God Himself protects.

ਅੰਦਿਰ ਨਾਮ ਿਨਧਾਨੁ ਸਦਾ ਗੁਣ ਸਾਰਈ ॥

The treasure of the Naam, the Name of the Lord, is within them. They cherish His Glorious Virtues forever.

ਅੰਦਿਰ ਨਾਮ ਿਨਧਾਨੁ ਸਦਾ ਗੁਣ ਸਾਰਈ ॥

They take the Support of the One, the Inaccessible Lord; they enshrine God in their mind and body.

ਲਗਾ ਰੰਗੁ ਅਪਾਰੁ ਕੋ ਨ ਉਤਾਰਈ ॥

They are imbued with the Love of the Infinite Lord, and no one can wipe it away.
The Gurmukhs sing the Glorious Praises of the Lord; they obtain the most excellent celestial peace and poise.

O Nanak, they enshrine the treasure of the Naam in their hearts.

Whatever God does, accept that as good; leave behind all other judgements.

He shall cast His Glance of Grace, and attach you to Himself.

Instruct yourself with the Teachings, and doubt will depart from within.

Everyone does that which is pre-ordained by destiny.

Nanak is in peace and bliss, accepting the Will of God.
Those who meditate in remembrance on the Perfect Guru, are exalted and uplifted.

O Nanak, dwelling on the Naam, the Name of the Lord, all affairs are resolved.

The sinners act, and generate bad karma, and then they weep and wail.

O Nanak, just as the churning stick churns the butter, so does the Righteous Judge of Dharma churn them.

Meditating on the Naam, O friend, the treasure of life is won.

O Nanak, speaking in Righteousness, one's world becomes sanctified.

I am stuck in an evil place, trusting the sweet words of an evil advisor.

O Nanak, they alone are saved, who have such good destiny inscribed upon their foreheads.
They alone sleep and dream in peace, who are imbued with the Love of their Husband Lord.

Those who have been separated from the Love of their Master, scream and cry twenty-four hours a day.

Millions are asleep, in the false illusion of Maya.

O Nanak, they alone are awake and aware, who chant the Naam with their tongues.

Seeing the mirage, the optical illusion, the people are confused and deluded.

Those who worship and adore the True Lord, O Nanak, their minds and bodies are beautiful.

The All-powerful Supreme Lord God, the Infinite Primal Being, is the Saving Grace of sinners.

Those whom He saves, meditate in remembrance on the Creator Lord.
Forsake duality and the ways of evil; focus your consciousness on the One Lord.

In the love of duality, O Nanak, the mortals are being washed downstream.

In the markets and bazaars of the three qualities, the merchants make their deals.

Those who load the true merchandise are the true traders.

O Nanak, forgetting the Lord, they fall into the deep, dark pit of hell.

In his mind, the mortal does not forget Maya; he begs for more and more wealth.

That God does not even come into his consciousness; O Nanak, it is not in his karma.
ਇਕਾਟੀ ਇੱਕੋਲੀ ਕਦਾਕੀ ਇਕਾਤੀ ਕੁਝਾਕੀ
ਇਕਾਟੀ ਇੱਕੋਲੀ ਕਦਾਕੀ ਇਕਾਤੀ ਕੁਝਾਕੀ

ਦੋਸਤੁ ਅੱਧੁ ਤਹਾਂ ਤਹਾਂ ਧਰਿ ਧਰਿ ਪਹ ਮੱਧਾ
ਸਭਦੁ ਅੱਧੁ ਬਾਬਾ ਨਾਨਕਾ ਬਾਨਾ ਬਾਨਾ ਸਾਹੀ ਮਾਲ

The mortal does not run out of capital, as long as the Lord Himself is merciful.

ਦੋਸਤੁ ਅੱਧੁ ਤਹਾਂ ਤਹਾਂ ਧਰਿ ਧਰਿ ਪਹ ਮੱਧਾ
ਸਭਦੁ ਅੱਧੁ ਬਾਬਾ ਨਾਨਕਾ ਬਾਨਾ ਬਾਨਾ ਸਾਹੀ ਮਾਲ

The Word of the Shabad is Guru Nanak's inexhaustible treasure; this wealth and capital
never runs out, no matter how much it is spent and consumed.

ਦੋਸਤੁ ਅੱਧੁ ਤਹਾਂ ਤਹਾਂ ਧਰਿ ਧਰਿ ਪਹ ਮੱਧਾ
ਸਭਦੁ ਅੱਧੁ ਬਾਬਾ ਨਾਨਕਾ ਬਾਨਾ ਬਾਨਾ ਸਾਹੀ ਮਾਲ

If I could find wings for sale, I would buy them with an equal weight of my flesh.

ਦੋਸਤੁ ਅੱਧੁ ਤਹਾਂ ਤਹਾਂ ਧਰਿ ਧਰਿ ਪਹ ਮੱਧਾ
ਸਭਦੁ ਅੱਧੁ ਬਾਬਾ ਨਾਨਕਾ ਬਾਨਾ ਬਾਨਾ ਸਾਹੀ ਮਾਲ

I would attach them to my body, and seek out and find my Friend.

ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ
ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ

My Friend is the True Supreme King, the King over the heads of kings.

ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ
ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ

Sitting by His side, we are exalted and beautified; He is the Support of all.

ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ
ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ

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ਸਜਾ ਸਾਂ ਪਟਿਸਾਹ ਸੰਤਾ ਸਾਂ ਦੀ ਸਾਹਾ

Sitting by His side, we are exalted and beautified; He is the Support of all.

ਧਿਆਨੀ ਭਾਸ਼ੀ ਭਾਸ਼ੀ ਭਾਸ਼ੀ ਭਾਸ਼ੀ
ਮੁੰਦਾਵਣੀ ਮੱਧਾ

Mundaavanee, Fifth Mehl:

ਧਿਆਨੀ ਭਾਸ਼ੀ ਭਾਸ਼ੀ ਭਾਸ਼ੀ ਭਾਸ਼ੀ
ਮੁੰਦਾਵਣੀ ਮੱਧਾ

Mundaavanee, Fifth Mehl:

ਸਤੁ ਸਤੁ ਸਤੁ ਸਤੁ ਸਤੁ ਸਤੁ ਸਤੁ
ਨੂੰ ਤੂੰ ਤੂੰ ਤੂੰ ਤੂੰ ਤੂੰ ਤੂੰ ਤੂੰ

Upon this Plate, three things have been placed: Truth, Contentment and Contemplation.
ਸਲੋਕ ਮਹਲਾ ੫ ॥ (1429)

salok mehlaa 5.
Shalok, Fifth Mehl:

ਤੇਰਾ ਕੀਤਾ ਜਾਤੋ ਨਾਹੀ ਮੈਨੋ ਜੋਗੁ ਕੀਤੋਈ ॥ (1429)
tayraa keetaa jaato naahee maino jog keeto-ee.
I have not appreciated what You have done for me, Lord; only You can make me worthy.

ਮੈ ਵਿਕਰਾਤਿਹਾਵੇ ਵੇਂ ਕੁੱਠੀ ਰੁਣੀ ਅਪੇ ਉਦਮ ਪਟਿਧਿਹੀ ॥ (1429)
mai nirguni-aaray ko gun naahee aapay taras pa-i-o-ee.
I am unworthy - I have no worth or virtues at all. You have taken pity on me.

ਉਦਮ ਪਟਿਧਾ ਭਿਵਕੰਭਿ ਵੇਛੀ ਮੁਗਵਾਰੁ ਮਸਤਰ ਭਿਲਾਭ ॥ (1429)
taras pa-i-aa mihraamat ho-e satgur sajan mili-aa.
You took pity on me, and blessed me with Your Mercy, and I have met the True Guru, my Friend.
O Nanak, if I am blessed with the Naam, I live, and my body and mind blossom forth. ||1||