

Anand Sahib

Raamkalee, Third Mehl, Anand ~ The Song Of Bliss:

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

I am in ecstasy, O my mother, for I have found my True Guru.

I have found the True Guru, with intuitive ease, and my mind vibrates with the music of bliss.

The jewelled melodies and their related celestial harmonies have come to sing the Word of the Shabad.

The Lord dwells within the minds of those who sing the Shabad. Says Nanak, I am in ecstasy, for I have found my True Guru.

||1||

O my mind, remain always with the Lord.

Remain always with the Lord, O my mind, and all sufferings will be forgotten.

He will accept You as His own, and all your affairs will be perfectly arranged.

Our Lord and Master is all-powerful to do all things, so why forget Him from your mind?

Says Nanak, O my mind, remain always with the Lord. ||2||

O my True Lord and Master, what is there which is not in Your celestial home?

Everything is in Your home; they receive, unto whom You give.

Constantly singing Your Praises and Glories, Your Name is enshrined in the mind.

The divine melody of the Shabad vibrates for those, within whose minds the Naam abides.

Says Nanak, O my True Lord and Master, what is there which is not in Your home? ||3||

The True Name is my only support.

The True Name is my only support; it satisfies all hunger.

It has brought peace and tranquility to my mind; it has fulfilled all my desires.

I am forever a sacrifice to the Guru, who possesses such glorious greatness.

Says Nanak, listen, O Saints; enshrine love for the Shabad.

The True Name is my only support. ||4||

The Panch Shabad, the five primal sounds, vibrate in that blessed house.

In that blessed house, the Shabad vibrates; He infuses His almighty power into it.

Through You, we subdue the five demons of desire, and slay Death, the torturer.

Those who have such pre-ordained destiny are attached to the

Lord's Name.

Says Nanak, they are at peace, and the unstruck sound current vibrates within their homes. ||5||

Without the true love of devotion, the body is without honor.

The body is dishonored without devotional love; what can the poor wretches do?

No one except You is all-powerful; please bestow Your Mercy, O Lord of all nature.

There is no place of rest, other than the Name; attached to the Shabad, we are embellished with beauty.

Says Nanak, without devotional love, what can the poor wretches do? ||6||

Bliss, bliss - everyone talks of bliss; bliss is known only through the Guru.

Eternal bliss is known only through the Guru, when the Beloved Lord grants His Grace.

Granting His Grace, He cuts away our sins; He blesses us with the healing ointment of spiritual wisdom.

Those who eradicate attachment from within themselves, are adorned with the Shabad, the Word

of the True Lord.

Says Nanak, this alone is bliss - bliss which is known through the
Guru. ||7||

O Baba, he alone receives it, unto whom You give it.

He alone receives it, unto whom You give it; what can the other
poor wretched beings do?

Some are deluded by doubt, wandering in the ten directions;
some are adorned with attachment

to the Naam.

By Guru's Grace, the mind becomes immaculate and pure, for
those who follow God's Will.

Says Nanak, he alone receives it, unto whom You give it, O
Beloved Lord. ||8||

Come, Beloved Saints, let us speak the Unspoken Speech of the
Lord.

How can we speak the Unspoken Speech of the Lord? Through
which door will we find Him?

Surrender body, mind, wealth, and everything to the Guru; obey
the Order of His Will, and you
will find Him.

Obey the Hukam of the Guru's Command, and sing the True Word
of His Bani.

Says Nanak, listen, O Saints, and speak the Unspoken Speech of the Lord. ||9||

O fickle mind, through cleverness, no one has found the Lord.
Through cleverness, no one has found Him; listen, O my mind.
This Maya is so fascinating; because of it, people wander in doubt.

This fascinating Maya was created by the One who has administered this potion.

I am a sacrifice to the One who has made emotional attachment sweet.

Says Nanak, O fickle mind, no one has found Him through cleverness. ||10||

O beloved mind, contemplate the True Lord forever.

This family which you see shall not go along with you.

They shall not go along with you, so why do you focus your attention on them?

Don't do anything that you will regret in the end.

Listen to the Teachings of the True Guru - these shall go along with you.

Says Nanak, O beloved mind, contemplate the True Lord forever.

||11||

O inaccessible and unfathomable Lord, Your limits cannot be

found.

No one has found Your limits; only You Yourself know.

All living beings and creatures are Your play; how can anyone describe You?

You speak, and You gaze upon all; You created the Universe.

Says Nanak, You are forever inaccessible; Your limits cannot be found. ||12||

The angelic beings and the silent sages search for the Ambrosial Nectar; this Amrit is obtained from the Guru.

This Amrit is obtained, when the Guru grants His Grace; He enshrines the True Lord within the mind.

All living beings and creatures were created by You; only some come to see the Guru, and seek His blessing.

Their greed, avarice and egotism are dispelled, and the True Guru seems sweet.

Says Nanak, those with whom the Lord is pleased, obtain the Amrit, through the Guru. ||13||

The lifestyle of the devotees is unique and distinct.

The devotees' lifestyle is unique and distinct; they follow the most

difficult path.

They renounce greed, avarice, egotism and desire; they do not talk too much.

The path they take is sharper than a two-edged sword, and finer than a hair.

By Guru's Grace, they shed their selfishness and conceit; their hopes are merged in the Lord.

Says Nanak, the lifestyle of the devotees, in each and every age, is unique and distinct. ||14||

As You make me walk, so do I walk, O my Lord and Master; what else do I know of Your Glorious Virtues?

As You cause them to walk, they walk - You have placed them on the Path.

In Your Mercy, You attach them to the Naam; they meditate forever on the Lord, Har, Har.

Those whom You cause to listen to Your sermon, find peace in the Gurdwara, the Guru's Gate.

Says Nanak, O my True Lord and Master, you make us walk according to Your Will. ||15||

This song of praise is the Shabad, the most beautiful Word of God.

This beautiful Shabad is the everlasting song of praise, spoken by the True Guru.

This is enshrined in the minds of those who are so pre-destined by the Lord.

Some wander around, babbling on and on, but none obtain Him by babbling.

Says Nanak, the Shabad, this song of praise, has been spoken by the True Guru. ||16||

Those humble beings who meditate on the Lord become pure.

Meditating on the Lord, they become pure; as Gurmukh, they meditate on Him.

They are pure, along with their mothers, fathers, family and friends; all their companions are pure as well.

Pure are those who speak, and pure are those who listen; those who enshrine it within their minds are pure.

Says Nanak, pure and holy are those who, as Gurmukh, meditate on the Lord, Har, Har. ||17||

By religious rituals, intuitive poise is not found; without intuitive poise, skepticism does not depart.

Skepticism does not depart by contrived actions; everybody is tired of performing these rituals.

The soul is polluted by skepticism; how can it be cleansed?

Wash your mind by attaching it to the Shabad, and keep your consciousness focused on the Lord.

Says Nanak, by Guru's Grace, intuitive poise is produced, and this skepticism is dispelled. ||18||

Inwardly polluted, and outwardly pure.

Those who are outwardly pure and yet polluted within, lose their lives in the gamble.

They contract this terrible disease of desire, and in their minds, they forget about dying.

In the Vedas, the ultimate objective is the Naam, the Name of the Lord; but they do not hear this, and they wander around like demons.

Says Nanak, those who forsake Truth and cling to falsehood, lose their lives in the gamble. ||19||

Inwardly pure, and outwardly pure.

Those who are outwardly pure and also pure within, through the Guru, perform good deeds.

Not even an iota of falsehood touches them; their hopes are absorbed in the Truth.

Those who earn the jewel of this human life, are the most excellent of merchants.

Says Nanak, those whose minds are pure, abide with the Guru forever. ||20||

If a Sikh turns to the Guru with sincere faith, as sunmukh - if a Sikh turns to the Guru with sincere faith, as sunmukh, his soul abides with the Guru.

Within his heart, he meditates on the lotus feet of the Guru; deep within his soul, he contemplates Him.

Renouncing selfishness and conceit, he remains always on the side of the Guru; he does not know anyone except the Guru.

Says Nanak, listen, O Saints: such a Sikh turns toward the Guru with sincere faith, and becomes sunmukh. ||21||

One who turns away from the Guru, and becomes baymukh - without the True Guru, he shall not find liberation.

He shall not find liberation anywhere else either; go and ask the wise ones about this.

He shall wander through countless incarnations; without the True

Guru, he shall not find
liberation.

But liberation is attained, when one is attached to the feet of the
True Guru, chanting the Word of
the Shabad.

Says Nanak, contemplate this and see, that without the True
Guru, there is no liberation. ||22||

Come, O beloved Sikhs of the True Guru, and sing the True Word
of His Bani.

Sing the Guru's Bani, the supreme Word of Words.

Those who are blessed by the Lord's Glance of Grace - their
hearts are imbued with this Bani.

Drink in this Ambrosial Nectar, and remain in the Lord's Love
forever; meditate on the Lord, the
Sustainer of the world.

Says Nanak, sing this True Bani forever. ||23||

Without the True Guru, other songs are false.

The songs are false without the True Guru; all other songs are
false.

The speakers are false, and the listeners are false; those who
speak and recite are false.

They may continually chant, 'Har, Har' with their tongues, but

they do not know what they are
saying.

Their consciousness is lured by Maya; they are just reciting
mechanically.

Says Nanak, without the True Guru, other songs are false. ||24||

The Word of the Guru's Shabad is a jewel, studded with
diamonds.

The mind which is attached to this jewel, merges into the
Shabad.

One whose mind is attuned to the Shabad, enshrines love for the
True Lord.

He Himself is the diamond, and He Himself is the jewel; one who
is blessed, understands its
value.

Says Nanak, the Shabad is a jewel, studded with diamonds.

||25||

He Himself created Shiva and Shakti, mind and matter; the
Creator subjects them to His
Command.

Enforcing His Order, He Himself sees all. How rare are those who,
as Gurmukh, come to know
Him.

They break their bonds, and attain liberation; they enshrine the Shabad within their minds.

Those whom the Lord Himself makes Gurmukh, lovingly focus their consciousness on the One Lord.

Says Nanak, He Himself is the Creator; He Himself reveals the Hukam of His Command. ||26||

The Simritees and the Shaastras discriminate between good and evil, but they do not know the true essence of reality.

They do not know the true essence of reality without the Guru; they do not know the true essence of reality.

The world is asleep in the three modes and doubt; it passes the night of its life sleeping.

Those humble beings remain awake and aware, within whose minds, by Guru's Grace, the Lord abides; they chant the Ambrosial Word of the Guru's Bani.

Says Nanak, they alone obtain the essence of reality, who night and day remain lovingly absorbed in the Lord; they pass the night of their life awake and aware.

||27||

He nourished us in the mother's womb; why forget Him from the mind?

Why forget from the mind such a Great Giver, who gave us sustenance in the fire of the womb?

Nothing can harm one, whom the Lord inspires to embrace His Love.

He Himself is the love, and He Himself is the embrace; the Gurmukh contemplates Him forever.

Says Nanak, why forget such a Great Giver from the mind? ||28||

As is the fire within the womb, so is Maya outside.

The fire of Maya is one and the same; the Creator has staged this play.

According to His Will, the child is born, and the family is very pleased.

Love for the Lord wears off, and the child becomes attached to desires; the script of Maya runs its course.

This is Maya, by which the Lord is forgotten; emotional attachment and love of duality well up.

Says Nanak, by Guru's Grace, those who enshrine love for the Lord find Him, in the midst of Maya. ||29||

The Lord Himself is priceless; His worth cannot be estimated.

His worth cannot be estimated, even though people have grown weary of trying.

If you meet such a True Guru, offer your head to Him; your selfishness and conceit will be eradicated from within.

Your soul belongs to Him; remain united with Him, and the Lord will come to dwell in your mind.

The Lord Himself is priceless; very fortunate are those, O Nanak, who attain to the Lord. ||30||

The Lord is my capital; my mind is the merchant.

The Lord is my capital, and my mind is the merchant; through the True Guru, I know my capital.

Meditate continually on the Lord, Har, Har, O my soul, and you shall collect your profits daily.

This wealth is obtained by those who are pleasing to the Lord's Will.

Says Nanak, the Lord is my capital, and my mind is the merchant. ||31||

O my tongue, you are engrossed in other tastes, but your thirsty desire is not quenched.

Your thirst shall not be quenched by any means, until you attain

the subtle essence of the Lord.

If you do obtain the subtle essence of the Lord, and drink in this essence of the Lord, you shall not be troubled by desire again.

This subtle essence of the Lord is obtained by good karma, when one comes to meet with the True Guru.

Says Nanak, all other tastes and essences are forgotten, when the Lord comes to dwell within the mind. ||32||

O my body, the Lord infused His Light into you, and then you came into the world.

The Lord infused His Light into you, and then you came into the world.

The Lord Himself is your mother, and He Himself is your father; He created the created beings, and revealed the world to them.

By Guru's Grace, some understand, and then it's a show; it seems like just a show.

Says Nanak, He laid the foundation of the Universe, and infused His Light, and then you came into the world. ||33||

My mind has become joyful, hearing of God's coming.

Sing the songs of joy to welcome the Lord, O my companions; my household has become the Lord's Mansion.

Sing continually the songs of joy to welcome the Lord, O my companions, and sorrow and suffering will not afflict you.

Blessed is that day, when I am attached to the Guru's feet and meditate on my Husband Lord.

I have come to know the unstruck sound current and the Word of the Guru's Shabad; I enjoy the sublime essence of the Lord, the Lord's Name.

Says Nanak, God Himself has met me; He is the Doer, the Cause of causes. ||34||

O my body, why have you come into this world? What actions have you committed?

And what actions have you committed, O my body, since you came into this world?

The Lord who formed your form - you have not enshrined that Lord in your mind.

By Guru's Grace, the Lord abides within the mind, and one's preordained destiny is fulfilled.

Says Nanak, this body is adorned and honored, when one's

consciousness is focused on the True

Guru. ||35||

O my eyes, the Lord has infused His Light into you; do not look upon any other than the Lord.

Do not look upon any other than the Lord; the Lord alone is worthy of beholding.

This whole world which you see is the image of the Lord; only the image of the Lord is seen.

By Guru's Grace, I understand, and I see only the One Lord; there is no one except the Lord.

Says Nanak, these eyes were blind; but meeting the True Guru, they became all-seeing. ||36||

O my ears, you were created only to hear the Truth.

To hear the Truth, you were created and attached to the body; listen to the True Bani.

Hearing it, the mind and body are rejuvenated, and the tongue is absorbed in Ambrosial Nectar.

The True Lord is unseen and wondrous; His state cannot be described.

Says Nanak, listen to the Ambrosial Naam and become holy; you were created only to hear the

Truth. ||37||

The Lord placed the soul to the cave of the body, and blew the
breath of life into the musical
instrument of the body.

He blew the breath of life into the musical instrument of the body,
and revealed the nine doors;
but He kept the Tenth Door hidden.

Through the Gurdwara, the Guru's Gate, some are blessed with
loving faith, and the Tenth Door is
revealed to them.

There are many images of the Lord, and the nine treasures of the
Naam; His limits cannot be
found.

Says Nanak, the Lord placed the soul to the cave of the body, and
blew the breath of life into the
musical instrument of the body. ||38||

Sing this true song of praise in the true home of your soul.

Sing the song of praise in your true home; meditate there on the
True Lord forever.

They alone meditate on You, O True Lord, who are pleasing to
Your Will; as Gurmukh, they
understand.

This Truth is the Lord and Master of all; whoever is blessed,

obtains it.

Says Nanak, sing the true song of praise in the true home of your soul. ||39||

Listen to the song of bliss, O most fortunate ones; all your longings shall be fulfilled.

I have obtained the Supreme Lord God, and all sorrows have been forgotten.

Pain, illness and suffering have departed, listening to the True Bani.

The Saints and their friends are in ecstasy, knowing the Perfect Guru.

Pure are the listeners, and pure are the speakers; the True Guru is all-pervading and permeating.

Prays Nanak, touching the Guru's Feet, the unstruck sound current of the celestial bugles vibrates and resounds. ||40||1||

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