

Sukhmani Sahib

Gauree Sukhmani, Fifth Mehl,

Shalok:

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

I bow to the Primal Guru.

I bow to the Guru of the ages.

I bow to the True Guru.

I bow to the Great, Divine Guru. ||1||

Ashtapadee:

Meditate, meditate, meditate in remembrance of Him, and find peace.

Worry and anguish shall be dispelled from your body.

Remember in praise the One who pervades the whole Universe.

His Name is chanted by countless people, in so many ways.

The Vedas, the Puraanas and the Simritees, the purest of utterances,
were created from the One Word of the Name of the Lord.

That one, in whose soul the One Lord dwells

- the praises of his glory cannot be recounted.

Those who yearn only for the blessing of Your Darshan

- Nanak: save me along with them! ||1||

Sukhmani: Peace of Mind, the Nectar of the Name of God.

The minds of the devotees abide in a joyful peace. ||Pause||

Remembering God, one does not have to enter into the womb again.

Remembering God, the pain of death is dispelled.

Remembering God, death is eliminated.

Remembering God, one's enemies are repelled.

Remembering God, no obstacles are met.

Remembering God, one remains awake and aware, night and day.

Remembering God, one is not touched by fear.

Remembering God, one does not suffer sorrow.

The meditative remembrance of God is in the Company of the Holy.

All treasures, O Nanak, are in the Love of the Lord. ||2||
In the remembrance of God are wealth, miraculous spiritual powers
and the nine
treasures.

In the remembrance of God are knowledge, meditation and the
essence of wisdom.

In the remembrance of God are chanting, intense meditation and
devotional
worship.

In the remembrance of God, duality is removed.

In the remembrance of God are purifying baths at sacred shrines of
pilgrimage.

In the remembrance of God, one attains honor in the Court of the
Lord.

In the remembrance of God, one becomes good.

In the remembrance of God, one flowers in fruition.

They alone remember Him in meditation, whom He inspires to
meditate.

Nanak grasps the feet of those humble beings. ||3||

The remembrance of God is the highest and most exalted of all.

In the remembrance of God, many are saved.

In the remembrance of God, thirst is quenched.

In the remembrance of God, all things are known.

In the remembrance of God, there is no fear of death.

In the remembrance of God, hopes are fulfilled.

In the remembrance of God, the filth of the mind is removed.

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

God abides upon the tongues of His Saints.

Nanak is the servant of the slave of His slaves. ||4||

Those who remember God are wealthy.

Those who remember God are honorable.

Those who remember God are approved.

Those who remember God are the most distinguished persons.

Those who remember God are not lacking.

Those who remember God are the rulers of all.

Those who remember God dwell in peace.

Those who remember God are immortal and eternal.

They alone hold to the remembrance of Him, unto whom He Himself shows His

Mercy.

Nanak begs for the dust of their feet. ||5||

Those who remember God generously help others.

Those who remember God - to them, I am forever a sacrifice.

Those who remember God - their faces are beautiful.

Those who remember God abide in peace.

Those who remember God conquer their souls.

Those who remember God have a pure and spotless lifestyle.

Those who remember God experience all sorts of joys.

Those who remember God abide near the Lord.

By the Grace of the Saints, one remains awake and aware, night and day.

O Nanak, this meditative remembrance comes only by perfect destiny.

||6||

Remembering God, one's works are accomplished.

Remembering God, one never grieves.

Remembering God, one speaks the Glorious Praises of the Lord.

Remembering God, one is absorbed into the state of intuitive ease.

Remembering God, one attains the unchanging position.

Remembering God, the heart-lotus blossoms forth.

Remembering God, the unstruck melody vibrates.

The peace of the meditative remembrance of God has no end or limitation.

They alone remember Him, upon whom God bestows His Grace.

Nanak seeks the Sanctuary of those humble beings. ||7||

Remembering the Lord, His devotees are famous and radiant.

Remembering the Lord, the Vedas were composed.

Remembering the Lord, we become Siddhas, celibates and givers.

Remembering the Lord, the lowly become known in all four directions.

For the remembrance of the Lord, the whole world was established.

Remember, remember in meditation the Lord, the Creator, the Cause of causes.

For the remembrance of the Lord, He created the whole creation.

In the remembrance of the Lord, He Himself is Formless.

By His Grace, He Himself bestows understanding.

O Nanak, the Gurmukh attains the remembrance of the Lord. ||8||1||

Shalok:

O Destroyer of the pains and the suffering of the poor, O Master of each and every

heart, O Masterless One:

I have come seeking Your Sanctuary. O God, please be with Nanak!

||1||

Ashtapadee:

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

- O my mind, there, only the Naam, the Name of the Lord, shall be with you as your

help and support.

Where the great and terrible Messenger of Death shall try to crush you,

there, only the Naam shall go along with you.

Where the obstacles are so very heavy,

the Name of the Lord shall rescue you in an instant.

By performing countless religious rituals, you shall not be saved.

The Name of the Lord washes off millions of sins.

As Gurmukh, chant the Naam, O my mind.

O Nanak, you shall obtain countless joys. ||1||

The rulers of the all the world are unhappy;

one who chants the Name of the Lord becomes happy.

Acquiring hundreds of thousands and millions, your desires shall not be contained.

Chanting the Name of the Lord, you shall find release.

By the countless pleasures of Maya, your thirst shall not be quenched.

Chanting the Name of the Lord, you shall be satisfied.

Upon that path where you must go all alone,

there, only the Lord's Name shall go with you to sustain you.

On such a Name, O my mind, meditate forever.

O Nanak, as Gurmukh, you shall obtain the state of supreme dignity.

||2||

You shall not be saved by hundreds of thousands and millions of helping hands.

Chanting the Naam, you shall be lifted up and carried across.

Where countless misfortunes threaten to destroy you,
the Name of the Lord shall rescue you in an instant.

Through countless incarnations, people are born and die.

Chanting the Name of the Lord, you shall come to rest in peace.

The ego is polluted by a filth which can never be washed off.

The Name of the Lord erases millions of sins.

Chant such a Name with love, O my mind.

O Nanak, it is obtained in 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,
there, the Name of the Lord will give you shade.

Where thirst, O my mind, torments you to cry out,
there, O Nanak, the Ambrosial Name, Har, Har, shall rain down upon
you. ||4||

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

The minds of the humble Saints are at peace.

The Name of the Lord is the Support of His servants.

By the Name of the Lord, millions have been saved.

The Saints chant the Praises of the Lord, day and night.

Har, Har - the Lord's Name - the Holy use it as their healing medicine.

The Lord's Name is the treasure of the Lord's servant.

The Supreme Lord God has blessed His humble servant with this gift.

Mind and body are imbued with ecstasy in the Love of the One Lord.

O Nanak, careful and discerning understanding is the way of the
Lord's humble

servant. ||5||

The Name of the Lord is the path of liberation for His humble servants.

With the food of the Name of the Lord, His servants are satisfied.

The Name of the Lord is the beauty and delight of His servants.

Chanting the Lord's Name, one is never blocked by obstacles.

The Name of the Lord is the glorious greatness of His servants.

Through the Name of the Lord, His servants obtain honor.

The Name of the Lord is the enjoyment and Yoga of His servants.

Chanting the Lord's Name, there is no separation from Him.

His servants are imbued with the service of the Lord's Name.

O Nanak, worship the Lord, the Lord Divine, Har, Har. ||6||

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

The treasure of the Lord has been bestowed on His servants by God Himself.

The Lord, Har, Har is the All-powerful Protection of His servants.

His servants know no other than the Lord's Magnificence.

Through and through, His servants are imbued with the Lord's Love.

In deepest Samaadhi, they are intoxicated with the essence of the Naam.

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

The devotees of the Lord are known and respected; they do not hide in secrecy.

Through devotion to the Lord, many have been liberated.

O Nanak, along with His servants, many others are saved. ||7||

This Elysian Tree of miraculous powers is the Name of the Lord.

The Khaamadhayn, the cow of miraculous powers, is the singing of the Glory of the

Lord's Name, Har, Har.

Highest of all is the Lord's Speech.

Hearing the Naam, pain and sorrow are removed.

The Glory of the Naam abides in the hearts of His Saints.

By the Saint's kind intervention, all guilt is dispelled.

The Society of the Saints is obtained by great good fortune.

Serving the Saint, one meditates on the Naam.

There is nothing equal to the Naam.

O Nanak, rare are those, who, as Gurmukh, obtain the Naam. ||8||2||
Shalok:

The many Shaastras and the many Simritees - I have seen and
searched through
them all.

They are not equal to Har, Haray - O Nanak, the Lord's Invaluable
Name. ||1||

Ashtapadee:

Chanting, intense meditation, spiritual wisdom and all meditations;
the six schools of philosophy and sermons on the scriptures;
the practice of Yoga and righteous conduct;
the renunciation of everything and wandering around in the
wilderness;

the performance of all sorts of works;

donations to charities and offerings of jewels to fire;

cutting the body apart and making the pieces into ceremonial fire
offerings;

keeping fasts and making vows of all sorts

- none of these are equal to the contemplation of the Name of the
Lord,

O Nanak, if, as Gurmukh, one chants the Naam, even once. ||1||

You may roam over the nine continents of the world and live a very
long life;

you may become a great ascetic and a master of disciplined
meditation

and burn yourself in fire;

you may give away gold, horses, elephants and land;

you may practice techniques of inner cleansing and all sorts of Yogic
postures;

you may adopt the self-mortifying ways of the Jains and great
spiritual disciplines;

piece by piece, you may cut your body apart;

but even so, the filth of your ego shall not depart.

There is nothing equal to the Name of the Lord.

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

With your mind filled with desire, you may give up your body at a sacred shrine of pilgrimage;

but even so, egotistical pride shall not be removed from your mind.

You may practice cleansing day and night,

but the filth of your mind shall not leave your body.

You may subject your body to all sorts of disciplines,

but your mind will never be rid of its corruption.

You may wash this transitory body with loads of water,

but how can a wall of mud be washed clean?

O my mind, the Glorious Praise of the Name of the Lord is the highest;

O Nanak, the Naam has saved so many of the worst sinners. ||3||

Even with great cleverness, the fear of death clings to you.

You try all sorts of things, but your thirst is still not satisfied.

Wearing various religious robes, the fire is not extinguished.

Even making millions of efforts, you shall not be accepted in the Court of the Lord.

You cannot escape to the heavens, or to the nether regions,

if you are entangled in emotional attachment and the net of Maya.

All other efforts are punished by the Messenger of Death,

which accepts nothing at all, except meditation on the Lord of the Universe.

Chanting the Name of the Lord, sorrow is dispelled.

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

One who prays for the four cardinal blessings

should commit himself to the service of the Saints.

If you wish to erase your sorrows,

sing the Name of the Lord, Har, Har, within your heart.

If you long for honor for yourself,

then renounce your ego in the Saadh Sangat, the Company of the Holy.

If you fear the cycle of birth and death,

then seek the Sanctuary of the Holy.

Those who thirst for the Blessed Vision of God's Darshan

- Nanak is a sacrifice, a sacrifice to them. ||5||
Among all persons, the supreme person is the one
who gives up his egotistical pride in the Company of the Holy.
One who sees himself as lowly,
shall be accounted as the highest of all.
One whose mind is the dust of all,
recognizes the Name of the Lord, Har, Har, in each and every heart.
One who eradicates cruelty from within his own mind,
looks upon all the world as his friend.
One who looks upon pleasure and pain as one and the same,
O Nanak, is not affected by sin or virtue. ||6||
To the poor, Your Name is wealth.
To the homeless, Your Name is home.
To the dishonored, You, O God, are honor.
To all, You are the Giver of gifts.
O Creator Lord, Cause of causes, O Lord and Master,
Inner-knower, Searcher of all hearts:
You alone know Your own condition and state.
You Yourself, God, are imbued with Yourself.
You alone can celebrate Your Praises.
O Nanak, no one else knows. ||7||
Of all religions, the best religion
is to chant the Name of the Lord and maintain pure conduct.
Of all religious rituals, the most sublime ritual
is to erase the filth of the dirty mind in the Company of the Holy.
Of all efforts, the best effort
is to chant the Name of the Lord in the heart, forever.
Of all speech, the most ambrosial speech
is to hear the Lord's Praise and chant it with the tongue.
Of all places, the most sublime place,
O Nanak, is that heart in which the Name of the Lord abides. ||8||3||
Shalok:
You worthless, ignorant fool - dwell upon God forever.
Cherish in your consciousness the One who created you; O Nanak, He
alone shall go
along with you. ||1||

Ashtapadee:

Think of the Glory of the All-pervading Lord, O mortal;
what is your origin, and what is your appearance?

He who fashioned, adorned and decorated you
- in the fire of the womb, He preserved you.

In your infancy, He gave you milk to drink.

In the flower of your youth, He gave you food, pleasure and
understanding.

As you grow old, family and friends are there to feed you as you rest.

This worthless person has not appreciated in the least, all the good
deeds done for

him.

If you bless him with forgiveness, O Nanak, only then will he be
saved. ||1||

By His Grace, you abide in comfort upon the earth.

With your children, siblings, friends and spouse, you laugh.

By His Grace, you drink in cool water.

You have peaceful breezes and priceless fire.

By His Grace, you enjoy all sorts of pleasures.

You are provided with all the necessities of life.

He gave you hands, feet, ears, eyes and tongue,
and yet, you forsake Him and attach yourself to others.

Such sinful mistakes cling to the blind fools;

Nanak: uplift and save them, God! ||2||

From beginning to end, He is our Protector,
and yet, the ignorant do not give their love to Him.

Serving Him, the nine treasures are obtained,
and yet, the foolish do not link their minds with Him.

Our Lord and Master is Ever-present, forever and ever,
and yet, the spiritually blind believe that He is far away.

In His service, one obtains honor in the Court of the Lord,
and yet, the ignorant fool forgets Him.

Forever and ever, this person makes mistakes;

O Nanak, the Infinite Lord is our Saving Grace. ||3||

Forsaking the jewel, they are engrossed with a shell.

They renounce Truth and embrace falsehood.

That which passes away, they believe to be permanent.

That which is immanent, they believe to be far off.
They struggle for what they must eventually leave.
They turn away from the Lord, their Help and Support, who is always with them.

They wash off the sandalwood paste;
like donkeys, they are in love with the mud.

They have fallen into the deep, dark pit.

Nanak: lift them up and save them, O Merciful Lord God! ||4||

They belong to the human species, but they act like animals.

They curse others day and night.

Outwardly, they wear religious robes, but within is the filth of Maya.

They cannot conceal this, no matter how hard they try.

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

The fire of desire rages within; outwardly they apply ashes to their bodies.

There is a stone around their neck - how can they cross the unfathomable ocean?

Those, within whom God Himself abides

- O Nanak, those humble beings are intuitively absorbed in the Lord.

||5||

By listening, how can the blind find the path?

Take hold of his hand, and then he can reach his destination.

How can a riddle be understood by the deaf?

Say 'night', and he thinks you said 'day'.

How can the mute sing the Songs of the Lord?

He may try, but his voice will fail him.

How can the cripple climb up the mountain?

He simply cannot go there.

O Creator, Lord of Mercy - Your humble servant prays;

Nanak: by Your Grace, please save me. ||6||

The Lord, our Help and Support, is always with us, but the mortal does not

remember Him.

He shows love to his enemies.

He lives in a castle of sand.

He enjoys the games of pleasure and the tastes of Maya.

He believes them to be permanent - this is the belief of his mind.
Death does not even come to mind for the fool.
Hate, conflict, sexual desire, anger, emotional attachment,
falsehood, corruption, immense greed and deceit:
So many lifetimes are wasted in these ways.
Nanak: uplift them, and redeem them, O Lord - show Your Mercy!

||7||

You are our Lord and Master; to You, I offer this prayer.
This body and soul are all Your property.
You are our mother and father; we are Your children.
In Your Grace, there are so many joys!
No one knows Your limits.
O Highest of the High, Most Generous God,
the whole creation is strung on Your thread.
That which has come from You is under Your Command.
You alone know Your state and extent.
Nanak, Your slave, is forever a sacrifice. ||8||4||

Shalok:

One who renounces God the Giver, and attaches himself to other
affairs
- O Nanak, he shall never succeed. Without the Name, he shall lose
his honor. ||1||

Ashtapadee:

He obtains ten things, and puts them behind him;
for the sake of one thing withheld, he forfeits his faith.
But what if that one thing were not given, and the ten were taken
away?

Then, what could the fool say or do?
Our Lord and Master cannot be moved by force.
Unto Him, bow forever in adoration.
That one, unto whose mind God seems sweet
- all pleasures come to abide in his mind.

One who abides by the Lord's Will,

O Nanak, obtains all things. ||1||

God the Banker gives endless capital to the mortal,
who eats, drinks and expends it with pleasure and joy.
If some of this capital is later taken back by the Banker,

the ignorant person shows his anger.

He himself destroys his own credibility,
and he shall not again be trusted.

When one offers to the Lord, that which belongs to the Lord,
and willingly abides by the Will of God's Order,
the Lord will make him happy four times over.

O Nanak, our Lord and Master is merciful forever. ||2||

The many forms of attachment to Maya shall surely pass away - know
that they are
transitory.

People fall in love with the shade of the tree,
and when it passes away, they feel regret in their minds.

Whatever is seen, shall pass away;
and yet, the blindest of the blind cling to it.

One who gives her love to a passing traveler
- nothing shall come into her hands in this way.

O mind, the love of the Name of the Lord bestows peace.

O Nanak, the Lord, in His Mercy, unites us with Himself. ||3||

False are body, wealth, and all relations.

False are ego, possessiveness and Maya.

False are power, youth, wealth and property.

False are sexual desire and wild anger.

False are chariots, elephants, horses and expensive clothes.

False is the love of gathering wealth, and reveling in the sight of it.

False are deception, emotional attachment and egotistical pride.

False are pride and self-conceit.

Only devotional worship is permanent, and the Sanctuary of the Holy.

Nanak lives by meditating, meditating on the Lotus Feet of the Lord.

||4||

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

False are the hands which steal the wealth of others.

False are the eyes which gaze upon the beauty of another's wife.

False is the tongue which enjoys delicacies and external tastes.

False are the feet which run to do evil to others.

False is the mind which covets the wealth of others.

False is the body which does not do good to others.

False is the nose which inhales corruption.

Without understanding, everything is false.
Fruitful is the body, O Nanak, which takes 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,
like the wealth of a miser, which lies useless.
Blessed, blessed are those, whose hearts are filled with the Name of the Lord.
Nanak is a sacrifice, a sacrifice to them. ||6||
He says one thing, and does something else.
There is no love in his heart, and yet with his mouth he talks tall.
The Omniscient Lord God is the Knower of all.
He is not impressed by outward display.
One who does not practice what he preaches to others,
shall come and go in reincarnation, through birth and death.
One whose inner being is filled with the Formless Lord
- by his teachings, the world is saved.
Those who are pleasing to You, God, know You.
Nanak falls at their feet. ||7||
Offer your prayers to the Supreme Lord God, who knows everything.
He Himself values His own creatures.
He Himself, by Himself, makes the decisions.
To some, He appears far away, while others perceive Him near at hand.
He is beyond all efforts and clever tricks.
He knows all the ways and means of the soul.
Those with whom He is pleased are attached to the hem of His robe.
He is pervading all places and interspaces.
Those upon whom He bestows His favor, become His servants.

Each and every moment, O Nanak, meditate on the Lord. ||8||5||

Shalok:

Sexual desire, anger, greed and emotional attachment - may these be gone, and egotism as well.

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

Guru. ||1||

Ashtapadee:

By His Grace, you partake of the thirty-six delicacies; enshrine that Lord and Master within your mind.

By His Grace, you apply scented oils to your body; remembering Him, the supreme status is obtained.

By His Grace, you dwell in the palace of peace; meditate forever on Him within your mind.

By His Grace, you abide with your family in peace; keep His remembrance upon your tongue, twenty-four hours a day.

By His Grace, you enjoy tastes and pleasures;

O Nanak, meditate forever on the One, who is worthy of meditation.

||1||

By His Grace, you wear silks and satins; why abandon Him, to attach yourself to another?

By His Grace, you sleep in a cozy bed;

O my mind, sing His Praises, twenty-four hours a day.

By His Grace, you are honored by everyone; with your mouth and with your tongue, chant His Praises.

By His Grace, you remain in the Dharma;

O mind, meditate continually on the Supreme Lord God.

Meditating on God, you shall be honored in His Court;

O Nanak, you shall return to your true home with honor. ||2||

By His Grace, you have a healthy, golden body; attune yourself to that Loving Lord.

By His Grace, your honor is preserved;

O mind, chant the Praises of the Lord, Har, Har, and find peace.

By His Grace, all your deficits are covered;

O mind, seek the Sanctuary of God, our Lord and Master.

By His Grace, no one can rival you;

O mind, with each and every breath, remember God on High.
By His Grace, you obtained this precious human body;
O Nanak, worship Him with devotion. ||3||
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;
O mind, meditate on Him, twenty-four hours a day.
By His Grace, you perform religious rituals and worldly duties;
think of God with each and every breath.
By His Grace, your form is so beautiful;
constantly remember God, the Incomparably Beautiful One.
By His Grace, you have such high social status;
remember God always, day and night.
By His Grace, your honor is preserved;
by Guru's Grace, O Nanak, chant His Praises. ||5||
By His Grace, you listen to the sound current of the Naad.
By His Grace, you behold amazing wonders.
By His Grace, you speak ambrosial words with your tongue.
By His Grace, you abide in peace and ease.
By His Grace, your hands move and work.
By His Grace, you are completely fulfilled.
By His Grace, you obtain the supreme status.
By His Grace, you are absorbed into celestial peace.
Why forsake God, and attach yourself to another?
By Guru's Grace, O Nanak, awaken your mind! ||6||
By His Grace, you are famous all over the world;
never forget God from your mind.
By His Grace, you have prestige;

O foolish mind, meditate on Him!

By His Grace, your works are completed;
O mind, know Him to be close at hand.
By His Grace, you find the Truth;
O my mind, merge yourself into Him.
By His Grace, everyone is saved;
O Nanak, meditate, and chant His Chant. ||7||
Those, whom He inspires to chant, chant His Name.
Those, whom He inspires to sing, sing the Glorious Praises of the Lord.

By God's Grace, enlightenment comes.
By God's Kind Mercy, the heart-lotus blossoms forth.
When God is totally pleased, He comes to dwell in the mind.
By God's Kind Mercy, the intellect is exalted.
All treasures, O Lord, come by Your Kind Mercy.
No one obtains anything by himself.
As You have delegated, so do we apply ourselves, O Lord and Master.

O Nanak, nothing is in our hands. ||8||6||

Shalok:

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

||1||

Ashtapadee:

In the Company of the Holy, one's face becomes radiant.
In the Company of the Holy, all filth is removed.
In the Company of the Holy, egotism is eliminated.
In the Company of the Holy, spiritual wisdom is revealed.
In the Company of the Holy, God is understood to be near at hand.
In the Company of the Holy, all conflicts are settled.
In the Company of the Holy, one obtains the jewel of the Naam.
In the Company of the Holy, one's efforts are directed toward the One Lord.

What mortal can speak of the Glorious Praises of the Holy?

O Nanak, the glory of the Holy people merges into God. ||1||

In the Company of the Holy, one meets the Incomprehensible Lord.

In the Company of the Holy, one flourishes forever.
In the Company of the Holy, the five passions are brought to rest.
In the Company of the Holy, one enjoys the essence of ambrosia.
In the Company of the Holy, one becomes the dust of all.
In the Company of the Holy, one's speech is enticing.
In the Company of the Holy, the mind does not wander.
In the Company of the Holy, the mind becomes stable.
In the Company of the Holy, one is rid of Maya.
In the Company of the Holy, O Nanak, God is totally pleased. ||2||
In the Company of the Holy, all one's enemies become friends.
In the Company of the Holy, there is great purity.
In the Company of the Holy, no one is hated.
In the Company of the Holy, one's feet do not wander.
In the Company of the Holy, no one seems evil.
In the Company of the Holy, supreme bliss is known.
In the Company of the Holy, the fever of ego departs.
In the Company of the Holy, one renounces all selfishness.
He Himself knows the greatness of the Holy.
O Nanak, the Holy are at one with God. ||3||
In the Company of the Holy, the mind never wanders.
In the Company of the Holy, one obtains everlasting peace.
In the Company of the Holy, one grasps the Incomprehensible.
In the Company of the Holy, one can endure the unendurable.
In the Company of the Holy, one abides in the loftiest place.
In the Company of the Holy, one attains the Mansion of the Lord's
Presence.
In the Company of the Holy, one's Dharmic faith is firmly established.
In the Company of the Holy, one dwells with the Supreme Lord God.
In the Company of the Holy, one obtains the treasure of the Naam.
O Nanak, I am a sacrifice to the Holy. ||4||
In the Company of the Holy, all one's family is saved.
In the Company of the Holy, one's friends, acquaintances and
relatives are
redeemed.

In the Company of the Holy, that wealth is obtained.
Everyone benefits from that wealth.
In the Company of the Holy, the Lord of Dharma serves.
In the Company of the Holy, the divine, angelic beings sing God's Praises.
In the Company of the Holy, one's sins fly away.
In the Company of the Holy, one sings the Ambrosial Glories.
In the Company of the Holy, all places are within reach.
O Nanak, in the Company of the Holy, one's life becomes fruitful. ||5||
In the Company of the Holy, there is no suffering.
The Blessed Vision of their Darshan brings a sublime, happy peace.
In the Company of the Holy, blemishes are removed.
In the Company of the Holy, hell is far away.
In the Company of the Holy, one is happy here and hereafter.
In the Company of the Holy, the separated ones are reunited with the Lord.
The fruits of one's desires are obtained.
In the Company of the Holy, no one goes empty-handed.
The Supreme Lord God dwells in the hearts of the Holy.
O Nanak, listening to the sweet words of the Holy, one is saved. ||6||
In the Company of the Holy, listen to the Name of the Lord.
In the Company of the Holy, sing the Glorious Praises of the Lord.
In the Company of the Holy, do not forget Him from your mind.
In the Company of the Holy, you shall surely be saved.
In the Company of the Holy, God seems very sweet.
In the Company of the Holy, He is seen in each and every heart.
In the Company of the Holy, we become obedient to the Lord.
In the Company of the Holy, we obtain the state of salvation.
In the Company of the Holy, all diseases are cured.
O Nanak, one meets with the Holy, by highest destiny. ||7||
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||

Shalok:

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||

Ashtapadee:

The God-conscious being is always unattached,
as the lotus in the water remains detached.

The God-conscious being is always unstained,
like the sun, which gives its comfort and warmth to all.

The God-conscious being looks upon all alike,
like the wind, which blows equally upon the king and the poor
beggar.

The God-conscious being has a steady patience,
like the earth, which is dug up by one, and anointed with sandal paste
by another.

This is the quality of the God-conscious being:

O Nanak, his inherent nature is like a warming fire. ||1||

The God-conscious being is the purest of the pure;
filth does not stick to water.

The God-conscious being's mind is enlightened,
like the sky above the earth.

To the God-conscious being, friend and foe are the same.

The God-conscious being has no egotistical pride.

The God-conscious being is the highest of the high.

Within his own mind, he is the most humble of all.

They alone become God-conscious beings,

O Nanak, whom God Himself makes so. ||2||

The God-conscious being is the dust of all.

The God-conscious being knows the nature of the soul.

The God-conscious being shows kindness to all.

No evil comes from the God-conscious being.

The God-conscious being is always impartial.
Nectar rains down from the glance of the God-conscious being.
The God-conscious being is free from entanglements.
The lifestyle of the God-conscious being is spotlessly pure.
Spiritual wisdom is the food of the God-conscious being.
O Nanak, the God-conscious being is absorbed in God's meditation.

||3||

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

4||

The God-conscious being loves the One Lord alone.
The God-conscious being dwells with God.
The God-conscious being takes the Naam as his Support.
The God-conscious being has the Naam as his Family.
The God-conscious being is awake and aware, forever and ever.
The God-conscious being renounces his proud ego.
In the mind of the God-conscious being, there is supreme bliss.
In the home of the God-conscious being, there is everlasting bliss.
The God-conscious being dwells in peaceful ease.
O Nanak, the God-conscious being shall never perish. ||5||
The God-conscious being knows God.
The God-conscious being is in love with the One alone.
The God-conscious being is carefree.
Pure are the Teachings of the God-conscious being.
The God-conscious being is made so by God Himself.
The God-conscious being is gloriously great.
The Darshan, the Blessed Vision of the God-conscious being, is obtained by great

good fortune.

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

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

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

||6||

The God-conscious being cannot be appraised.

The God-conscious being has all within his mind.

Who can know the mystery of the God-conscious being?

Forever bow to the God-conscious being.

The God-conscious being cannot be described in words.

The God-conscious being is the Lord and Master of all.

Who can describe the limits of the God-conscious being?

Only the God-conscious being can know the state of the God-conscious being.

The God-conscious being has no end or limitation.

O Nanak, to the God-conscious being, bow forever in reverence. ||7||

The God-conscious being is the Creator of all the world.

The God-conscious being lives forever, and does not die.

The God-conscious being is the Giver of the way of liberation of the soul.

The God-conscious being is the Perfect Supreme Being, who orchestrates all.

The God-conscious being is the helper of the helpless.

The God-conscious being extends his hand to all.

The God-conscious being owns the entire creation.

The God-conscious being is himself the Formless Lord.

The glory of the God-conscious being belongs to the God-conscious being alone.

O Nanak, the God-conscious being is the Lord of all. ||8||8||

Shalok:

One who enshrines the Naam within the heart,

who sees the Lord God in all,

who, each and every moment, bows in reverence to the Lord Master

- O Nanak, such a one is the true 'touch-nothing Saint', who emancipates everyone.

||1||

Ashtapadee:

One whose tongue does not touch falsehood;
whose mind is filled with love for the Blessed Vision of the Pure
Lord,

whose eyes do not gaze upon the beauty of others' wives,
who serves the Holy and loves the Saints' Congregation,
whose ears do not listen to slander against anyone,
who deems himself to be the worst of all,
who, by Guru's Grace, renounces corruption,

who banishes the mind's evil desires from his mind,
who conquers his sexual instincts and is free of the five sinful
passions

- O Nanak, among millions, there is scarcely one such 'touch-nothing
Saint'. ||1||

The true Vaishnaav, the devotee of Vishnu, is the one with whom
God is thoroughly
pleased.

He dwells apart from Maya.

Performing good deeds, he does not seek rewards.

Spotlessly pure is the religion of such a Vaishnaav;

he has no desire for the fruits of his labors.

He is absorbed in devotional worship and the singing of Kirtan, the
songs of the

Lord's Glory.

Within his mind and body, he meditates in remembrance on the Lord
of the

Universe.

He is kind to all creatures.

He holds fast to the Naam, and inspires others to chant it.

O Nanak, such a Vaishnaav obtains the supreme status. ||2||

The true Bhagautee, the devotee of Adi Shakti, loves the devotional
worship of

God.

He forsakes the company of all wicked people.

All doubts are removed from his mind.

He performs devotional service to the Supreme Lord God in all.

In the Company of the Holy, the filth of sin is washed away.

The wisdom of such a Bhagaautee becomes supreme.

He constantly performs the service of the Supreme Lord God.
He dedicates his mind and body to the Love of God.
The Lotus Feet of the Lord abide in his heart.
O Nanak, such a Bhagaautee attains the Lord God. ||3||
He is a true Pandit, a religious scholar, who instructs his own mind.
He searches for the Lord's Name within his own soul.
He drinks in the Exquisite Nectar of the Lord's Name.
By that Pandit's teachings, the world lives.
He implants the Sermon of the Lord in his heart.
Such a Pandit is not cast into the womb of reincarnation again.
He understands the fundamental essence of the Vedas, the Puraanas
and the
Simritees.
In the unmanifest, he sees the manifest world to exist.
He gives instruction to people of all castes and social classes.
O Nanak, to such a Pandit, I bow in salutation forever. ||4||
The Beej Mantra, the Seed Mantra, is spiritual wisdom for everyone.
Anyone, from any class, may chant the Naam.
Whoever chants it, is emancipated.
And yet, rare are those who attain it, in the Company of the Holy.
By His Grace, He enshrines it within.
Even beasts, ghosts and the stone-hearted are saved.
The Naam is the panacea, the remedy to cure all ills.
Singing the Glory of God is the embodiment of bliss and
emancipation.
It cannot be obtained by any religious rituals.
O Nanak, he alone obtains it, whose karma is so pre-ordained. ||5||
One whose mind is a home for the Supreme Lord God
- his name is truly Ram Das, the Lord's servant.
He comes to have the Vision of the Lord, the Supreme Soul.
Deeming himself to be the slave of the Lord's slaves, he obtains it.
He knows the Lord to be Ever-present, close at hand.
Such a servant is honored in the Court of the Lord.
To His servant, He Himself shows His Mercy.

Such a servant understands everything.
Amidst all, his soul is unattached.
Such is the way, O Nanak, of the Lord's servant. ||6||
One who, in his soul, loves the Will of God,
is said to be Jivan Mukta - liberated while yet alive.
As is joy, so is sorrow to him.
He is in eternal bliss, and is not separated from God.
As is gold, so is dust to him.
As is ambrosial nectar, so is bitter poison to him.
As is honor, so is dishonor.
As is the beggar, so is the king.
Whatever God ordains, that is his way.
O Nanak, that being is known as Jivan Mukta. ||7||
All places belong to the Supreme Lord God.
According to the homes in which they are placed, so are His creatures
named.
He Himself is the Doer, the Cause of causes.
Whatever pleases God, ultimately comes to pass.
He Himself is All-pervading, in endless waves.
The playful sport of the Supreme Lord God cannot be known.
As the understanding is given, so is one enlightened.
The Supreme Lord God, the Creator, is eternal and everlasting.
Forever, forever and ever, He is merciful.
Remembering Him, remembering Him in meditation, O Nanak, one is
blessed with
ecstasy. ||8||9||

Shalok:

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

Ashtapadee:

Many millions are His devotees.
Many millions perform religious rituals and worldly duties.
Many millions become dwellers at sacred shrines of pilgrimage.
Many millions wander as renunciates in the wilderness.
Many millions listen to the Vedas.
Many millions become austere penitents.

Many millions enshrine meditation within their souls.

Many millions of poets contemplate Him through poetry.
Many millions meditate on His eternally new Naam.
O Nanak, none can find the limits of the Creator. ||1||
Many millions become self-centered.
Many millions are blinded by ignorance.
Many millions are stone-hearted misers.
Many millions are heartless, with dry, withered souls.
Many millions steal the wealth of others.
Many millions slander others.
Many millions struggle in Maya.
Many millions wander in foreign lands.
Whatever God attaches them to - with that they are engaged.
O Nanak, the Creator alone knows the workings of His creation. ||2||
Many millions are Siddhas, celibates and Yogis.
Many millions are kings, enjoying worldly pleasures.
Many millions of birds and snakes have been created.
Many millions of stones and trees have been produced.
Many millions are the winds, waters and fires.
Many millions are the countries and realms of the world.
Many millions are the moons, suns and stars.
Many millions are the demi-gods, demons and Indras, under their
regal canopies.
He has strung the entire creation upon His thread.
O Nanak, He emancipates those with whom He is pleased. ||3||
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 Pishaach.
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. ||6||

Many millions are the fields of creation and the galaxies.

Many millions are the etheric skies and the solar systems.

Many millions are the divine incarnations.

In so many ways, He has unfolded Himself.

So many times, He has expanded His expansion.

Forever and ever, He is the One, the One Universal Creator.

Many millions are created in various forms.

From God they emanate, and into God they merge once again.

His limits are not known to anyone.

Of Himself, and by Himself, O Nanak, God exists. ||7||

Many millions are the servants of the Supreme Lord God.

Their souls are enlightened.

Many millions know the essence of reality.

Their eyes gaze forever on the One alone.

Many millions drink in the essence of the Naam.

They become immortal; they live forever and ever.

Many millions sing the Glorious Praises of the Naam.
They are absorbed in intuitive peace and pleasure.
He remembers His servants with each and every breath.
O Nanak, they are the beloveds of the Transcendent Lord God. ||8||10||
Shalok:

God alone is the Doer of deeds - there is no other at all.
O Nanak, I am a sacrifice to the One, who pervades the waters, the
lands, the sky
and all space. ||1||

Ashtapadee:

The Doer, the Cause of causes, is potent to do anything.

That which pleases Him, comes to pass.

In an instant, He creates and destroys.

He has no end or limitation.

By His Order, He established the earth, and He maintains it
unsupported.

By His Order, the world was created; by His Order, it shall merge
again into Him.

By His Order, one's occupation is high or low.

By His Order, there are so many colors and forms.

Having created the Creation, He beholds His own greatness.

O Nanak, He is pervading in all. ||1||

If it pleases God, one attains salvation.

If it pleases God, then even stones can swim.

If it pleases God, the body is preserved, even without the breath of
life.

If it pleases God, then one chants the Lord's Glorious Praises.

If it pleases God, then even sinners are saved.

He Himself acts, and He Himself contemplates.

He Himself is the Master of both worlds.

He plays and He enjoys; He is the Inner-knower, the Searcher of
hearts.

As He wills, He causes actions to be done.

Nanak sees no other than Him. ||2||

Tell me - what can a mere mortal do?

Whatever pleases God is what He causes us to do.

If it were in our hands, we would grab up everything.

Whatever pleases God - that is what He does.
Through ignorance, people are engrossed in corruption.
If they knew better, they would save themselves.
Deluded by doubt, they wander around in the ten directions.
In an instant, their minds go around the four corners of the world and
come back
again.

Those whom the Lord mercifully blesses with His devotional worship
- O Nanak, they are absorbed into the Naam. ||3||

In an instant, the lowly worm is transformed into a king.

The Supreme Lord God is the Protector of the humble.

Even one who has never been seen at all,
becomes instantly famous in the ten directions.

And that one upon whom He bestows His blessings

- the Lord of the world does not hold him to his account.

Soul and body are all His property.

Each and every heart is illuminated by the Perfect Lord God.

He Himself fashioned His own handiwork.

Nanak lives by beholding His greatness. ||4||

There is no power in the hands of mortal beings;

the Doer, the Cause of causes is the Lord of all.

The helpless beings are subject to His Command.

That which pleases Him, ultimately comes to pass.

Sometimes, they abide in exaltation; sometimes, they are depressed.

Sometimes, they are sad, and sometimes they laugh with joy and
delight.

Sometimes, they are occupied with slander and anxiety.

Sometimes, they are high in the Akaashic Ethers, sometimes in the
nether regions

of the underworld.

Sometimes, they know the contemplation of God.

O Nanak, God Himself unites them with Himself. ||5||

Sometimes, they dance in various ways.

Sometimes, they remain asleep day and night.

Sometimes, they are awesome, in terrible rage.

Sometimes, they are the dust of the feet of all.

Sometimes, they sit as great kings.
Sometimes, they wear the coat of a lowly beggar.
Sometimes, they come to have evil reputations.
Sometimes, they are known as very, very good.
As God keeps them, so they remain.
By Guru's Grace, O Nanak, the Truth is told. ||6||
Sometimes, as scholars, they deliver lectures.
Sometimes, they hold to silence in deep meditation.
Sometimes, they take cleansing baths at places of pilgrimage.
Sometimes, as Siddhas or seekers, they impart spiritual wisdom.
Sometimes, they become worms, elephants, or moths.
They may wander and roam through countless incarnations.
In various costumes, like actors, they appear.
As it pleases God, they dance.
Whatever pleases Him, comes to pass.
O Nanak, there is no other at all. ||7||
Sometimes, this being attains the Company of the Holy.
From that place, he does not have to come back again.
The light of spiritual wisdom dawns within.
That place does not perish.
The mind and body are imbued with the Love of the Naam, the Name
of the One
Lord.
He dwells forever with the Supreme Lord God.
As water comes to blend with water,
his light blends into the Light.
Reincarnation is ended, and eternal peace is found.
Nanak is forever a sacrifice to God. ||8||11||
Shalok:
The humble beings abide in peace; subduing egotism, they are meek.
The very proud and arrogant persons, O Nanak, are consumed by their
own pride.
||1||
Ashtapadee:
One who has the pride of power within,
shall dwell in hell, and become a dog.
One who deems himself to have the beauty of youth,

shall become a maggot in manure.

One who claims to act virtuously,
shall live and die, wandering through countless reincarnations.

One who takes pride in wealth and lands
is a fool, blind and ignorant.

One whose heart is mercifully blessed with abiding humility,
O Nanak, is liberated here, and obtains peace hereafter. ||1||

One who becomes wealthy and takes pride in it
- not even a piece of straw shall go along with him.

He may place his hopes on a large army of men,
but he shall vanish in an instant.

One who deems himself to be the strongest of all,
in an instant, shall be reduced to ashes.

One who thinks of no one else except his own prideful self
- the Righteous Judge of Dharma shall expose his disgrace.

One who, by Guru's Grace, eliminates his ego,
O Nanak, becomes acceptable in the Court of the Lord. ||2||

If someone does millions of good deeds, while acting in ego,
he shall incur only trouble; all this is in vain.

If someone performs great penance, while acting in selfishness and
conceit,

he shall be reincarnated into heaven and hell, over and over again.

He makes all sorts of efforts, but his soul is still not softened
- how can he go to the Court of the Lord?

One who calls himself good
- goodness shall not draw near him.

One whose mind is the dust of all
- says Nanak, his reputation is spotlessly pure. ||3||

As long as someone thinks that he is the one who acts,
he shall have no peace.

As long as this mortal thinks that he is the one who does things,
he shall wander in reincarnation through the womb.

As long as he considers one an enemy, and another a friend,
his mind shall not come to rest.

As long as he is intoxicated with attachment to Maya,
the Righteous Judge shall punish him.

By God's Grace, his bonds are shattered;

by Guru's Grace, O Nanak, his ego is eliminated. ||4||
Earning a thousand, he runs after a hundred thousand.
Satisfaction is not obtained by chasing after Maya.
He may enjoy all sorts of corrupt pleasures,
but he is still not satisfied; he indulges again and again, wearing
himself out, until
he dies.

Without contentment, no one is satisfied.
Like the objects in a dream, all his efforts are in vain.
Through the love of the Naam, all peace is obtained.
Only a few obtain this, by great good fortune.
He Himself is Himself the Cause of causes.
Forever and ever, O Nanak, chant the Lord's Name. ||5||
The Doer, the Cause of causes, is the Creator Lord.
What deliberations are in the hands of mortal beings?
As God casts His Glance of Grace, they come to be.
God Himself, of Himself, is unto Himself.
Whatever He created, was by His Own Pleasure.
He is far from all, and yet with all.
He understands, He sees, and He passes judgment.
He Himself is the One, and He Himself is the many.
He does not die or perish; He does not come or go.
O Nanak, He remains forever All-pervading. ||6||
He Himself instructs, and He Himself learns.
He Himself mingles with all.
He Himself created His own expanse.
All things are His; He is the Creator.
Without Him, what could be done?
In the spaces and interspaces, He is the One.
In His own play, He Himself is the Actor.
He produces His plays with infinite variety.
He Himself is in the mind, and the mind is in Him.
O Nanak, His worth cannot be estimated. ||7||
True, True, True is God, our Lord and Master.
By Guru's Grace, some speak of Him.
True, True, True is the Creator of all.
Out of millions, scarcely anyone knows Him.

Beautiful, Beautiful, Beautiful is Your Sublime Form.

You are Exquisitely Beautiful, Infinite and Incomparable.

Pure, Pure, Pure is the Word of Your Bani,
heard in each and every heart, spoken to the ears.

Holy, Holy, Holy and Sublimely Pure

- chant the Naam, O Nanak, with heart-felt love. ||8||12||

Shalok:

One who seeks the Sanctuary of the Saints shall be saved.

One who slanders the Saints, O Nanak, shall be reincarnated over and over again.

||1||

Ashtapadee:

Slandering the Saints, one's life is cut short.

Slandering the Saints, one shall not escape the Messenger of Death.

Slandering the Saints, all happiness vanishes.

Slandering the Saints, one falls into hell.

Slandering the Saints, the intellect is polluted.

Slandering the Saints, one's reputation is lost.

One who is cursed by a Saint cannot be saved.

Slandering the Saints, one's place is defiled.

But if the Compassionate Saint shows His Kindness,

O Nanak, in the Company of the Saints, the slanderer may still be saved. ||1||

Slandering the Saints, one becomes a wry-faced malcontent.

Slandering the Saints, one croaks like a raven.

Slandering the Saints, one is reincarnated as a snake.

Slandering the Saints, one is reincarnated as a wiggling worm.

Slandering the Saints, one burns in the fire of desire.

Slandering the Saints, one tries to deceive everyone.

Slandering the Saints, all one's influence vanishes.

Slandering the Saints, one becomes the lowest of the low.

For the slanderer of the Saint, there is no place of rest.

O Nanak, if it pleases the Saint, even then, he may be saved. ||2||

The slanderer of the Saint is the worst evil-doer.

The slanderer of the Saint has not even a moment's rest.

The slanderer of the Saint is a brutal butcher.

The slanderer of the Saint is cursed by the Transcendent Lord.

The slanderer of the Saint has no kingdom.
The slanderer of the Saint becomes miserable and poor.
The slanderer of the Saint contracts all diseases.
The slanderer of the Saint is forever separated.
To slander a Saint is the worst sin of sins.
O Nanak, if it pleases the Saint, then even this one may be liberated.

||3||

The slanderer of the Saint is forever impure.
The slanderer of the Saint is nobody's friend.
The slanderer of the Saint shall be punished.
The slanderer of the Saint is abandoned by all.
The slanderer of the Saint is totally egocentric.
The slanderer of the Saint is forever corrupt.
The slanderer of the Saint must endure birth and death.
The slanderer of the Saint is devoid of peace.
The slanderer of the Saint has no place of rest.
O Nanak, if it pleases the Saint, then even such a one may merge in union. ||4||

The slanderer of the Saint breaks down mid-way.
The slanderer of the Saint cannot accomplish his tasks.
The slanderer of the Saint wanders in the wilderness.
The slanderer of the Saint is misled into desolation.
The slanderer of the Saint is empty inside,
like the corpse of a dead man, without the breath of life.
The slanderer of the Saint has no heritage at all.
He himself must eat what he has planted.
The slanderer of the Saint cannot be saved by anyone else.
O Nanak, if it pleases the Saint, then even he may be saved. ||5||
The slanderer of the Saint bewails like this
- like a fish, out of water, writhing in agony.
The slanderer of the Saint is hungry and is never satisfied,
as fire is not satisfied by fuel.
The slanderer of the Saint is left all alone,
like the miserable barren sesame stalk abandoned in the field.
The slanderer of the Saint is devoid of faith.
The slanderer of the Saint constantly lies.

The fate of the slanderer is pre-ordained from the very beginning of time.

O Nanak, whatever pleases God's Will comes to pass. ||6||

The slanderer of the Saint becomes deformed.

The slanderer of the Saint receives his punishment in the Court of the Lord.

The slanderer of the Saint is eternally in limbo.

He does not die, but he does not live either.

The hopes of the slanderer of the Saint are not fulfilled.

The slanderer of the Saint departs disappointed.

Slandering the Saint, no one attains satisfaction.

As it pleases the Lord, so do people become;
no one can erase their past actions.

O Nanak, the True Lord alone knows all. ||7||

All hearts are His; He is the Creator.

Forever and ever, I bow to Him in reverence.

Praise God, day and night.

Meditate on Him with every breath and morsel of food.

Everything happens as He wills.

As He wills, so people become.

He Himself is the play, and He Himself is the actor.

Who else can speak or deliberate upon this?

He Himself gives His Name to those, upon whom He bestows His Mercy.

Very fortunate, O Nanak, are those people. ||8||13||

Shalok:

Give up your cleverness, good people - remember the Lord God, your King!

Enshrine in your heart, your hopes in the One Lord. O Nanak, your pain, doubt and

fear shall depart. ||1||

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.

The One Lord Himself destroys and also preserves.

Nothing at all is in the hands of mortal beings.

Understanding His Order, there is peace.
So take His Name, and wear it as your necklace.
Remember, remember, remember God in meditation.
O Nanak, no obstacle shall stand in your way. ||1||
Praise the Formless Lord in your mind.
O my mind, make this your true occupation.
Let your tongue become pure, drinking in the Ambrosial Nectar.
Your soul shall be forever peaceful.
With your eyes, see the wondrous play of your Lord and Master.
In the Company of the Holy, all other associations vanish.
With your feet, walk in the Way of the Lord.
Sins are washed away, chanting the Lord's Name, even for a moment.
So do the Lord's Work, and listen to the Lord's Sermon.
In the Lord's Court, O Nanak, your face shall be radiant. ||2||
Very fortunate are those humble beings in this world,
who sing the Glorious Praises of the Lord, forever and ever.
Those who dwell upon the Lord's Name,
are the most wealthy and prosperous in the world.
Those who speak of the Supreme Lord in thought, word and deed
- know that they are peaceful and happy, forever and ever.
One who recognizes the One and only Lord as One,
understands this world and the next.
One whose mind accepts the Company of the Naam,
the Name of the Lord, O Nanak, knows the Immaculate Lord. ||3||
By Guru's Grace, one understands himself;
know that then, his thirst is quenched.
In the Company of the Holy, one chants the Praises of the Lord, Har,
Har.
Such a devotee of the Lord is free of all disease.
Night and day, sing the Kirtan, the Praises of the One Lord.
In the midst of your household, remain balanced and unattached.
One who places his hopes in the One Lord
- the noose of Death is cut away from his neck.
One whose mind hungers for the Supreme Lord God,
O Nanak, shall not suffer pain. ||4||
One who focuses his conscious mind on the Lord God

- that Saint is at peace; he does not waver.
Those unto whom God has granted His Grace
- who do those servants need to fear?
As God is, so does He appear;
in His Own creation, He Himself is pervading.
Searching, searching, searching, and finally, success!
By Guru's Grace, the essence of all reality is understood.
Wherever I look, there I see Him, at the root of all things.
O Nanak, He is the subtle, and He is also the manifest. ||5||
Nothing is born, and nothing dies.
He Himself stages His own drama.
Coming and going, seen and unseen,
all the world is obedient to His Will.
He Himself is All-in-Himself.
In His many ways, He establishes and disestablishes.
He is Imperishable; nothing can be broken.
He lends His Support to maintain the Universe.
Unfathomable and Inscrutable is the Glory of the Lord.
As He inspires us to meditate, O Nanak, so do we meditate. ||6||
Those who know God are glorious.
The whole world is redeemed by their teachings.
God's servants redeem all.
God's servants cause sorrows to be forgotten.
The Merciful Lord unites them with Himself.
Chanting the Word of the Guru's Shabad, they become ecstatic.
He alone is committed to serve them,
upon whom God bestows His Mercy, by great good fortune.
Those who chant the Naam find their place of rest.
O Nanak, respect those persons as the most noble. ||7||
Whatever you do, do it for the Love of God.
Forever and ever, abide with the Lord.
By its own natural course, whatever will be will be.
Acknowledge that Creator Lord;
God's doings are sweet to His humble servant.
As He is, so does He appear.
From Him we came, and into Him we shall merge again.
He is the treasure of peace, and so does His servant become.

Unto His own, He has given His honor.

O Nanak, know that God and His humble servant are one and the same. ||8||14||

Shalok:

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||

Ashtapadee:

The Lord of the World is the Mender of the broken.

He Himself cherishes all beings.

The cares of all are on His Mind;
no one is turned away from Him.

O my mind, meditate forever on the Lord.

The Imperishable Lord God is Himself All-in-all.

By one's own actions, nothing is accomplished,
even though the mortal may wish it so, hundreds of times.

Without Him, nothing is of any use to you.

Salvation, O Nanak, is attained by chanting the Name of the One Lord. ||1||

One who is good-looking should not be vain;
the Light of God is in all hearts.

Why should anyone be proud of being rich?

All riches are His gifts.

One may call himself a great hero,
but without God's Power, what can anyone do?

One who brags about giving to charities
- the Great Giver shall judge him to be a fool.

One who, by Guru's Grace, is cured of the disease of ego
- O Nanak, that person is forever healthy. ||2||

As a palace is supported by its pillars,
so does the Guru's Word support the mind.

As a stone placed in a boat can cross over the river,
so is the mortal saved, grasping hold of the Guru's Feet.

As the darkness is illuminated by the lamp,
so does the mind blossom forth, beholding the Blessed Vision of the
Guru's

Darshan.

The path is found through the great wilderness by joining the Saadh
Sangat, the
Company of the Holy, and one's light shines forth.
I seek the dust of the feet of those Saints;
O Lord, fulfill Nanak's longing! ||3||
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.
Load up this merchandise, and set out with the Saints.
Give up other corrupt entanglements.
"Blessed, blessed", everyone will call you,
and your face shall be radiant in the Court of the Lord.
In this trade, only a few are trading.
Nanak is forever a sacrifice to them. ||5||
Wash the feet of the Holy, and drink in this water.
Dedicate your soul to the Holy.
Take your cleansing bath in the dust of the feet of the Holy.
To the Holy, make your life a sacrifice.
Service to the Holy is obtained by great good fortune.
In the Saadh Sangat, the Company of the Holy, the Kirtan of the Lord's Praise is
sung.
From all sorts of dangers, the Saint saves us.
Singing the Glorious Praises of the Lord, we taste the ambrosial
essence.

Seeking the Protection of the Saints, we have come to their door.

All comforts, O Nanak, are so obtained. ||6||
He infuses life back into the dead.
He gives food to the hungry.
All treasures are within His Glance of Grace.
People obtain that which they are pre-ordained to receive.
All things are His; He is the Doer of all.
Other than Him, there has never been any other, and there shall never
be.
Meditate on Him forever and ever, day and night.
This way of life is exalted and immaculate.
One whom the Lord, in His Grace, blesses with His Name
- O Nanak, that person becomes immaculate and pure. ||7||
One who has faith in the Guru in his mind
comes to dwell upon the Lord God.
He is acclaimed as a devotee, a humble devotee throughout the three
worlds.
The One Lord is in his heart.
True are his actions; true are his ways.
True is his heart; Truth is what he speaks with his mouth.
True is his vision; true is his form.
He distributes Truth and he spreads Truth.
One who recognizes the Supreme Lord God as True
- O Nanak, that humble being is absorbed into the True One. ||8||15||
Shalok:
He has no form, no shape, no color; God is beyond the three qualities.
They alone understand Him, O Nanak, with whom He is pleased. ||1||
Ashtapadee:
Keep the Immortal Lord God enshrined within your mind.
Renounce your love and attachment to people.
Beyond Him, there is nothing at all.
The One Lord is pervading among all.
He Himself is All-seeing; He Himself is All-knowing,
Unfathomable, Profound, Deep and All-knowing.
He is the Supreme Lord God, the Transcendent Lord, the Lord of the
Universe,

the Treasure of mercy, compassion and forgiveness.
To fall at the Feet of Your Holy Beings
- this is the longing of Nanak's mind. ||1||
He is the Fulfiller of wishes, who can give us Sanctuary;
that which He has written, comes to pass.
He destroys and creates in the twinkling of an eye.
No one else knows the mystery of His ways.
He is the embodiment of ecstasy and everlasting joy.
I have heard that all things are in His home.
Among kings, He is the King; among yogis, He is the Yogi.
Among ascetics, He is the Ascetic; among householders, He is the
Enjoyer.
By constant meditation, His devotee finds peace.
O Nanak, no one has found the limits of that Supreme Being. ||2||
There is no limit to His play.
All the demigods have grown weary of searching for it.
What does the son know of his father's birth?
All are strung upon His string.
He bestows good sense, spiritual wisdom and meditation on His
humble servants
and slaves who meditate on the Naam.
He leads some astray in the three qualities;
they are born and die, coming and going over and over again.
The high and the low are His places.
As He inspires us to know Him, O Nanak, so is He known. ||3||
Many are His forms; many are His colors.
Many are the appearances which He assumes, and yet He is still the
One.
In so many ways, He has extended Himself.
The Eternal Lord God is the One, the Creator.
He performs His many plays in an instant.
The Perfect Lord is pervading all places.
In so many ways, He created the creation.
He alone can estimate His worth.
All hearts are His, and all places are His.
Nanak lives by chanting, chanting the Name of the Lord. ||4||
The Naam is the Support of all creatures.

The Naam is the Support of the earth and solar systems.

The Naam is the Support of the Simritees, the Vedas and the Puraanas.

The Naam is the Support by which we hear of spiritual wisdom and meditation.

The Naam is the Support of the Akaashic ethers and the nether regions.

The Naam is the Support of all bodies.

The Naam is the Support of all worlds and realms.

Associating with the Naam, listening to it with the ears, one is saved.

Those whom the Lord mercifully attaches to His Naam

- O Nanak, in the fourth state, those humble servants attain salvation.

||5||

His form is true, and true is His place.

His personality is true - He alone is supreme.

His acts are true, and true is His Word.

The True Lord is permeating all.

True are His actions; His creation is true.

His root is true, and true is what originates from it.

True is His lifestyle, the purest of the pure.

All goes well for those who know Him.

The True Name of God is the Giver of peace.

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

True are the Teachings, and the Instructions of the Holy.

True are those into whose hearts He enters.

One who knows and loves the Truth

- chanting the Naam, he obtains salvation.

He Himself is True, and all that He has made is true.

He Himself knows His own state and condition.

He is the Creator Lord of His world.

No one else understands Him, although they may try.

The created cannot know the extent of the Creator.

O Nanak, whatever pleases Him comes to pass. ||7||

Gazing upon His wondrous wonder, I am wonder-struck and amazed!

One who realizes this, comes to taste this state of joy.

God's humble servants remain absorbed in His Love.

Following the Guru's Teachings, they receive the four cardinal blessings.

They are the givers, the dispellers of pain.

In their company, the world is saved.

The slave of the Lord's servant is so very blessed.

In the company of His servant, one becomes attached to the Love of the One.

His humble servant sings the Kirtan, the songs of the glory of God.

By Guru's Grace, O Nanak, he receives the fruits of his rewards.

||8||16||

Shalok:

True in the beginning, True throughout the ages,

True here and now. O Nanak, He shall forever be True. ||1||

Ashtapadee:

His Lotus Feet are True, and True are those who touch Them.

His devotional worship is True, and True are those who worship Him.

The Blessing of His Vision is True, and True are those who behold it.

His Naam is True, and True are those who meditate on it.

He Himself is True, and True is all that He sustains.

He Himself is virtuous goodness, and He Himself is the Bestower of virtue.

The Word of His Shabad is True, and True are those who speak of God.

Those ears are True, and True are those who listen to His Praises.

All is True to one who understands.

O Nanak, True, True is He, the Lord God. ||1||

One who believes in the Embodiment of Truth with all his heart recognizes the Cause of causes as the Root of all.

One whose heart is filled with faith in God

- the essence of spiritual wisdom is revealed to his mind.

Coming out of fear, he comes to live without fear.

He is absorbed into the One, from whom he originated.

When something blends with its own,

it cannot be said to be separate from it.

This is understood only by one of discerning understanding.

Meeting with the Lord, O Nanak, he becomes one with Him. ||2||
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.
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, O Nanak
- that servant is famous in the ten directions. ||4||
He infuses His Power into the tiny ant;
it can then reduce the armies of millions to ashes
Those whose breath of life He Himself does not take away
- He preserves them, and holds out His Hands to protect them.
You may make all sorts of efforts,
but these attempts are in vain.
No one else can kill or preserve
- He is the Protector of all beings.
So why are you so anxious, O mortal?
Meditate, O Nanak, on God, the invisible, the wonderful! ||5||
Time after time, again and again, meditate on God.
Drinking in this Nectar, this mind and body are satisfied.
The jewel of the Naam is obtained by the Gurmukhs;
they see no other than God.
Unto them, the Naam is wealth, the Naam is beauty and delight.

The Naam is peace, the Lord's Name is their companion.

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

Chant His Praises with your tongue, day and night.
God Himself has given this gift to His servants.
Performing devotional worship with heart-felt love,
they remain absorbed in God Himself.

They know the past and the present.
They recognize God's Own Command.
Who can describe His Glory?

I cannot describe even one of His virtuous qualities.
Those who dwell in God's Presence, twenty-four hours a day
- says Nanak, they are the perfect persons. ||7||

O my mind, seek their protection;
give your mind and body to those humble beings.
Those humble beings who recognizes God
are the givers of all things.

In His Sanctuary, all comforts are obtained.
By the Blessing of His Darshan, all sins are erased.
So renounce all other clever devices,
and enjoin yourself to the service of those servants.
Your comings and goings shall be ended.

O Nanak, worship the feet of God's humble servants forever. ||8||17||
Shalok:

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

Ashtapadee:

The True Guru cherishes His Sikh.
The Guru is always merciful to His servant.
The Guru washes away the filth of the evil intellect of His Sikh.
Through the Guru's Teachings, he chants the Lord's Name.
The True Guru cuts away the bonds of His Sikh.
The Sikh of the Guru abstains from evil deeds.

The True Guru gives His Sikh the wealth of the Naam.
The Sikh of the Guru is very fortunate.
The True Guru arranges this world and the next for His Sikh.
O Nanak, with the fullness of His heart, the True Guru mends His Sikh. ||1||

That selfless servant, who lives in the Guru's household,
is to obey the Guru's Commands with all his mind.
He is not to call attention to himself in any way.
He is to meditate constantly within his heart on the Name of the Lord.
One who sells his mind to the True Guru
- that humble servant's affairs are resolved.

One who performs selfless service, without thought of reward,
shall attain his Lord and Master.

He Himself grants His Grace;

O Nanak, that selfless servant lives the Guru's Teachings. ||2||

One who obeys the Guru's Teachings one hundred per cent
- that selfless servant comes to know the state of the Transcendent Lord.

The True Guru's Heart is filled with the Name of the Lord.

So many times, I am a sacrifice to the Guru.

He is the treasure of everything, the Giver of life.

Twenty-four hours a day, He is imbued with the Love of the Supreme Lord God.

The servant is in God, and God is in the servant.

He Himself is One - there is no doubt about this.

By thousands of clever tricks, He is not found.

O Nanak, such a Guru is obtained by the greatest good fortune. ||3||

Blessed is His Darshan; receiving it, one is purified.

Touching His Feet, one's conduct and lifestyle become pure.

Abiding in His Company, one chants the Lord's Praise,
and reaches the Court of the Supreme Lord God.

Listening to His Teachings, one's ears are satisfied.

The mind is contented, and the soul is fulfilled.

The Guru is perfect; His Teachings are everlasting.

Beholding His Ambrosial Glance, one becomes saintly.

Endless are His virtuous qualities; His worth cannot be appraised.

O Nanak, one who pleases Him is united with Him. ||4||
The tongue is one, but His Praises are many.
The True Lord, of perfect perfection - no speech can take the mortal
to Him.
God is Inaccessible, Incomprehensible, balanced in the state of
Nirvaanaa.
He is not sustained by food; He has no hatred or vengeance; He is the
Giver of
peace.
No one can estimate His worth.
Countless devotees continually bow in reverence to Him.
In their hearts, they meditate on His Lotus Feet.
Nanak is forever a sacrifice to the True Guru;
by His Grace, he meditates on God. ||5||
Only a few obtain this ambrosial essence of the Lord's Name.
Drinking in this Nectar, one becomes immortal.
That person whose mind is illuminated by the treasure of excellence,
never dies.
Twenty-four hours a day, he takes the Name of the Lord.
The Lord gives true instruction to His servant.
He is not polluted by emotional attachment to Maya.
In his mind, he cherishes the One Lord, Har, Har.
In the pitch darkness, a lamp shines forth.
O Nanak, doubt, emotional attachment and pain are erased. ||6||
In the burning heat, a soothing coolness prevails.
Happiness ensues and pain departs, O Siblings of Destiny.
The fear of birth and death is dispelled,
by the perfect Teachings of the Holy Saint.
Fear is lifted, and one abides in fearlessness.
All evils are dispelled from the mind.
He takes us into His favor as His own.
In the Company of the Holy, chant the Naam, the Name of the Lord.
Stability is attained; doubt and wandering cease,
O Nanak, listening with one's ears to the Praises of the Lord, Har,
Har. ||7||
He Himself is absolute and unrelated; He Himself is also involved and
related.

Manifesting His power, He fascinates the entire world.
God Himself sets His play in motion.
Only He Himself can estimate His worth.
There is none, other than the Lord.
Permeating all, He is the One.
Through and through, He pervades in form and color.
He is revealed in the Company of the Holy.
Having created the creation, He infuses His own power into it.
So many times, Nanak is a sacrifice to Him. ||8||18||

Shalok:

Nothing shall go along with you, except your devotion. All corruption
is like ashes.

Practice the Name of the Lord, Har, Har. O Nanak, this is the most
excellent wealth.

||1||

Ashtapadee:

Joining the Company of the Saints, practice deep meditation.
Remember the One, and take the Support of the Naam, the Name of
the Lord.

Forget all other efforts, O my friend

- enshrine the Lord's Lotus Feet within your heart.

God is All-powerful; He is the Cause of causes.

Grasp firmly the object of the Lord's Name.

Gather this wealth, and become very fortunate.

Pure are the instructions of the humble Saints.

Keep faith in the One Lord within your mind.

All disease, O Nanak, shall then be dispelled. ||1||

The wealth which you chase after in the four directions

- you shall obtain that wealth by serving the Lord.

The peace, which you always yearn for, O friend

- that peace comes by the love of the Company of the Holy.

The glory, for which you perform good deeds

- you shall obtain that glory by seeking the Lord's Sanctuary.

All sorts of remedies have not cured the disease

- the disease is cured only by giving the medicine of the Lord's Name.

Of all treasures, the Lord's Name is the supreme treasure.

Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||

Enlighten your mind with the Name of the Lord.
Having wandered around in the ten directions, it comes to its place of rest.

No obstacle stands in the way of one
whose heart is filled with the Lord.

The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing
and cool.

Remember, remember it in meditation, and obtain everlasting peace.
Your fear shall be dispelled, and your hopes shall be fulfilled.

By devotional worship and loving adoration, your soul shall be
enlightened.

You shall go to that home, and live forever.

Says Nanak, the noose of death is cut away. ||3||

One who contemplates the essence of reality, is said to be the true
person.

Birth and death are the lot of the false and the insincere.

Coming and going in reincarnation is ended by serving God.

Give up your selfishness and conceit, and seek the Sanctuary of the
Divine Guru.

Thus the jewel of this human life is saved.

Remember the Lord, Har, Har, the Support of the breath of life.

By all sorts of efforts, people are not saved

- not by studying the Simritees, the Shaastras or the Vedas.

Worship the Lord with whole-hearted devotion.

O Nanak, you shall obtain the fruits of your mind's desire. ||4||

Your wealth shall not go with you;

why do you cling to it, you fool?

Children, friends, family and spouse

- who of these shall accompany you?

Power, pleasure, and the vast expanse of Maya

- who has ever escaped from these?

Horses, elephants, chariots and pageantry

- false shows and false displays.

The fool does not acknowledge the One who gave this;

forgetting the Naam, O Nanak, he will repent in the end. ||5||

Take the Guru's advice, you ignorant fool;

without devotion, even the clever have drowned.

Worship the Lord with heart-felt devotion, my friend;
your consciousness shall become pure.
Enshrine the Lord's Lotus Feet in your mind;
the sins of countless lifetimes shall depart.
Chant the Naam yourself, and inspire others to chant it as well.
Hearing, speaking and living it, emancipation is obtained.
The essential reality is the True Name of the Lord.
With intuitive ease, O Nanak, sing His Glorious Praises. ||6||
Chanting His Glories, your filth shall be washed off.
The all-consuming poison of ego will be gone.
You shall become carefree, and you shall dwell in peace.
With every breath and every morsel of food, cherish the Lord's Name.
Renounce all clever tricks, O mind.
In the Company of the Holy, you shall obtain the true wealth.
So gather the Lord's Name as your capital, and trade in it.
In this world you shall be at peace, and in the Court of the Lord, you
shall be
acclaimed.
See the One permeating all;
says Nanak, your destiny is pre-ordained. ||7||
Meditate on the One, and worship the One.
Remember the One, and yearn for the One in your mind.
Sing the endless Glorious Praises of the One.
With mind and body, meditate on the One Lord God.
The One Lord Himself is the One and Only.
The Pervading Lord God is totally permeating all.
The many expanses of the creation have all come from the One.
Adoring the One, past sins are removed.
Mind and body within are imbued with the One God.
By Guru's Grace, O Nanak, the One is known. ||8||19||
Shalok:
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:
I am a beggar; I beg for this gift from You:

please, by Your Mercy, Lord, give me Your Name.
I ask for the dust of the feet of the Holy.
O Supreme Lord God, please fulfill my yearning;
may I sing the Glorious Praises of God forever and ever.
With each and every breath, may I meditate on You, O God.
May I enshrine affection for Your Lotus Feet.
May I perform devotional worship to God each and every day.
You are my only Shelter, my only Support.
Nanak asks for the most sublime, the Naam, the Name of God. ||1||
By God's Gracious Glance, there is great peace.
Rare are those who obtain the juice of the Lord's essence.
Those who taste it are satisfied.
They are fulfilled and realized beings - they do not waver.
They are totally filled to over-flowing with the sweet delight of His
Love.
Spiritual delight wells up within, in the Saadh Sangat, the Company
of the Holy.
Taking to His Sanctuary, they forsake all others.
Deep within, they are enlightened, and they center themselves on
Him, day and
night.
Most fortunate are those who meditate on God.
O Nanak, attuned to the Naam, they are at peace. ||2||
The wishes of the Lord's servant are fulfilled.
From the True Guru, the pure teachings are obtained.
Unto His humble servant, God has shown His kindness.
He has made His servant eternally happy.
The bonds of His humble servant are cut away, and he is liberated.
The pains of birth and death, and doubt are gone.
Desires are satisfied, and faith is fully rewarded,
imbued forever with His all-pervading peace.
He is His - he merges in Union with Him.
Nanak is absorbed in devotional worship of the Naam. ||3||
Why forget Him, who does not overlook our efforts?
Why forget Him, who acknowledges what we do?
Why forget Him, who has given us everything?

Why forget Him, who is the Life of the living beings?
Why forget Him, who preserves us in the fire of the womb?
By Guru's Grace, rare is the one who realizes this.
Why forget Him, who lifts us up out of corruption?
Those separated from Him for countless lifetimes, are re-united with
Him once
again.

Through the Perfect Guru, this essential reality is understood.

O Nanak, God's humble servants meditate on Him. ||4||

O friends, O Saints, make this your work.

Renounce everything else, and chant the Name of the Lord.

Meditate, meditate, meditate in remembrance of Him, and find peace.

Chant the Naam yourself, and inspire others to chant it.

By loving devotional worship, you shall cross over the world-ocean.

Without devotional meditation, the body will be just ashes.

All joys and comforts are in the treasure of the Naam.

Even the drowning can reach the place of rest and safety.

All sorrows shall vanish.

O Nanak, chant the Naam, the treasure of excellence. ||5||

Love and affection, and the taste of yearning, have welled up within;
within my mind and body, this is my purpose:

beholding with my eyes His Blessed Vision, I am at peace.

My mind blossoms forth in ecstasy, washing the feet of the Holy.

The minds and bodies of His devotees are infused with His Love.

Rare is the one who obtains their company.

Show Your mercy - please, grant me this one request:

by Guru's Grace, may I chant the Naam.

His Praises cannot be spoken;

O Nanak, He is contained among all. ||6||

God, the Forgiving Lord, is kind to the poor.

He loves His devotees, and He is always merciful to them.

The Patron of the patronless, the Lord of the Universe, the Sustainer
of the world,

the Nourisher of all beings.

The Primal Being, the Creator of the Creation.

The Support of the breath of life of His devotees.

Whoever meditates on Him is sanctified,
focusing the mind in loving devotional worship.

I am unworthy, lowly and ignorant.

Nanak has entered Your Sanctuary, O Supreme Lord God. ||7||

Everything is obtained: the heavens, liberation and deliverance,
if one sings the Lord's Glories, even for an instant.

So many realms of power, pleasures and great glories,
come to one whose mind is pleased with the Sermon of the Lord's
Name.

Abundant foods, clothes and music

come to one whose tongue continually chants the Lord's Name, Har,
Har.

His actions are good, he is glorious and wealthy;
the Mantra of the Perfect Guru dwells within his heart.

O God, grant me a home in the Company of the Holy.

All pleasures, O Nanak, are so revealed. ||8||20||

Shalok:

He possesses all qualities; He transcends all qualities; He is the
Formless Lord. He

Himself is in Primal Samaadhi.

Through His Creation, O Nanak, He meditates on Himself. ||1||

Ashtapadee:

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

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

When there was no color or shape to be seen,
then who experienced joy and sorrow?

When the Supreme Lord Himself was Himself All-in-all,
then where was emotional attachment, and who had doubts?

He Himself has staged His own drama;

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

When there was only God the Master,
then who was called bound or liberated?

When there was only the Lord, Unfathomable and Infinite,
then who entered hell, and who entered heaven?

When God was without attributes, in absolute poise,

then where was mind and where was matter - where was Shiva and Shakti?

When He held His Own Light unto Himself,
then who was fearless, and who was afraid?

He Himself is the Performer in His own plays;

O Nanak, the Lord Master is Unfathomable and Infinite. ||2||

When the Immortal Lord was seated at ease,
then where was birth, death and dissolution?

When there was only God, the Perfect Creator,
then who was afraid of death?

When there was only the One Lord, unmanifest and
incomprehensible,

then who was called to account by the recording scribes of the
conscious and the
subconscious?

When there was only the Immaculate, Incomprehensible,
Unfathomable Master,

then who was emancipated, and who was held in bondage?

He Himself, in and of Himself, is the most wonderful.

O Nanak, He Himself created His Own Form. ||3||

When there was only the Immaculate Being, the Lord of beings,
there was no filth, so what was there to be washed clean?

When there was only the Pure, Formless Lord in Nirvaanaa,
then who was honored, and who was dishonored?

When there was only the Form of the Lord of the Universe,
then who was tainted by fraud and sin?

When the Embodiment of Light was immersed in His Own Light,
then who was hungry, and who was satisfied?

He is the Cause 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.
When there was only the One, the One and Only Lord God,
then who was not anxious, and who felt anxiety?
When He Himself was satisfied with Himself,
then who spoke and who listened?
He is vast and infinite, the highest of the high.
O Nanak, He alone can reach Himself. ||6||
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. ||7||
Wherever the Eternal Lord's devotee is, He Himself is there.
He unfolds the expanse of His creation for the glory of His Saint.
He Himself is the Master of both worlds.
His Praise is to Himself alone.
He Himself performs and plays His amusements and games.
He Himself enjoys pleasures, and yet He is unaffected and untouched.
He attaches whomever He pleases to His Name.
He causes whomever He pleases to play in His play.
He is beyond calculation, beyond measure, uncountable and
unfathomable.
As You inspire him to speak, O Lord, so does servant Nanak speak.
||8||21||

Shalok:

O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere.

O Nanak, The One is All-pervading; where is any other to be seen?

||1||

Ashtapadee:

He Himself is the speaker, and He Himself is the listener.

He Himself is the One, and He Himself is the many.

When it pleases Him, He creates the world.

As He pleases, He absorbs it back into Himself.

Without You, nothing can be done.

Upon Your thread, You have strung the whole world.

One whom God Himself inspires to understand

- that person obtains the True Name.

He looks impartially upon all, and he knows the essential reality.

O Nanak, he conquers the whole world. ||1||

All beings and creatures are in His Hands.

He is Merciful to the meek, the Patron of the patronless.

No one can kill those who are protected by Him.

One who is forgotten by God, is already dead.

Leaving Him, where else could anyone go?

Over the heads of all is the One, the Immaculate King.

The ways and means of all beings are in His Hands.

Inwardly and outwardly, know that He is with you.

He is the Ocean of excellence, infinite and endless.

Slave Nanak is forever a sacrifice to Him. ||2||

The Perfect, Merciful Lord is pervading everywhere.

His kindness extends to all.

He Himself knows His own ways.

The Inner-knower, the Searcher of hearts, is present everywhere.

He cherishes His living beings in so many ways.

That which He has created meditates on Him.

Whoever pleases Him, He blends into Himself.

They perform His devotional service and sing the Glorious Praises of the Lord.

With heart-felt faith, they believe in Him.

O Nanak, they realize the One, the Creator Lord. ||3||

The Lord's humble servant is committed to His Name.
His hopes do not go in vain.
The servant's purpose is to serve;
obeying the Lord's Command, the supreme status is obtained.
Beyond this, he has no other thought.
Within his mind, the Formless Lord abides.
His bonds are cut away, and he becomes free of hatred.
Night and day, he worships the Feet of the Guru.
He is at peace in this world, and happy in the next.
O Nanak, the Lord God unites him with Himself. ||4||
Join the Company of the Holy, and be happy.
Sing the Glories of God, the embodiment of supreme bliss.
Contemplate the essence of the Lord's Name.
Redeem this human body, so difficult to obtain.
Sing the Ambrosial Words of the Lord's Glorious Praises;
this is the way to save your mortal soul.
Behold God near at hand, twenty-four hours a day.
Ignorance shall depart, and darkness shall be dispelled.
Listen to the Teachings, and enshrine them in your heart.
O Nanak, you shall obtain the fruits of your mind's desires. ||5||
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.
One who is protected by God never suffers in pain.

Chanting the Naam, the mind becomes peaceful.

Anxiety departs, and ego is eliminated.
No one can equal that humble servant.
The Brave and Powerful Guru stands over his head.
O Nanak, his efforts are fulfilled. ||7||
His wisdom is perfect, and His Glance is Ambrosial.
Beholding His Vision, the universe is saved.
His Lotus Feet are incomparably beautiful.
The Blessed Vision of His Darshan is fruitful and rewarding; His
Lordly Form is
beautiful.
Blessed is His service; His servant is famous.
The Inner-knower, the Searcher of hearts, is the most exalted
Supreme Being.
That one, within whose mind He abides, is blissfully happy.
Death does not draw near him.
One becomes immortal, and obtains the immortal status,
meditating on the Lord, O Nanak, in the Company of the Holy. ||8||22||
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. ||1||
Ashtapadee:
In the Society of the Saints, I see God deep within my being.
God's Name is sweet to me.
All things are contained in the Heart of the One,
although they appear in so many various colors.
The nine treasures are in the Ambrosial Name of God.
Within the human body is its place of rest.
The Deepest Samaadhi, and the unstruck sound current of the Naad
are there.
The wonder and marvel of it cannot be described.
He alone sees it, unto whom God Himself reveals it.
O Nanak, that humble being understands. ||1||
The Infinite Lord is inside, and outside as well.
Deep within each and every heart, the Lord God is pervading.

In the earth, in the Akaashic ethers, and in the nether regions of the underworld

- in all worlds, He is the Perfect Cherisher.

In the forests, fields and mountains, He is the Supreme Lord God.

As He orders, so do His creatures act.

He permeates the winds and the waters.

He is pervading in the four corners and in the ten directions.

Without Him, there is no place at all.

By Guru's Grace, O Nanak, peace is obtained. ||2||

See Him in the Vedas, the Puraanas and the Simritees.

In the moon, the sun and the stars, He is the One.

The Bani of God's Word is spoken by everyone.

He Himself is unwavering - He never wavers.

With absolute power, He plays His play.

His value cannot be estimated; His virtues are invaluable.

In all light, is His Light.

The Lord and Master supports the weave of the fabric of the universe.

By Guru's Grace, doubt is dispelled.

O Nanak, this faith is firmly implanted within. ||3||

In the eye of the Saint, everything is God.

In the heart of the Saint, everything is Dharma.

The Saint hears words of goodness.

He is absorbed in the All-pervading Lord.

This is the way of life of one who knows God.

True are all the words spoken by the Holy.

Whatever happens, he peacefully accepts.

He knows God as the Doer, the Cause of causes.

He dwells inside, and outside as well.

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

He Himself is True, and all that He has made is True.

The entire creation came from God.

As it pleases Him, He creates the expanse.

As it pleases Him, He becomes the One and Only again.

His powers are so numerous, they cannot be known.

As it pleases Him, He merges us into Himself again.

Who is near, and who is far away?

He Himself is Himself pervading everywhere.
One whom God causes to know that He is within the heart
- O Nanak, He causes that person to understand Him. ||5||
In all forms, He Himself is pervading.
Through all eyes, He Himself is watching.
All the creation is His Body.
He Himself listens to His Own Praise.
The One has created the drama of coming and going.
He made Maya subservient to His Will.
In the midst of all, He remains unattached.
Whatever is said, He Himself says.
By His Will we come, and by His Will we go.
O Nanak, when it pleases Him, then He absorbs us into Himself. ||6||
If it comes from Him, it cannot be bad.
Other than Him, who can do anything?
He Himself is good; His actions are the very best.
He Himself knows His Own Being.
He Himself is True, and all that He has established is True.
Through and through, He is blended with His creation.
His state and extent cannot be described.
If there were another like Him, then only he could understand Him.
His actions are all approved and accepted.
By Guru's Grace, O Nanak, this is known. ||7||
One who knows Him, obtains everlasting peace.
God blends that one into Himself.
He is wealth and prosperous, and of noble birth.
He is Jivan Mukta - liberated while yet alive; the Lord God abides in
his heart.
Blessed, blessed, blessed is the coming of that humble being;
by his grace, the whole world is saved.
This is his purpose in life;
in the Company of this humble servant, the Lord's Name comes to
mind.
He Himself is liberated, and He liberates the universe.
O Nanak, to that humble servant, I bow in reverence forever. ||8||23||

Shalok:

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.

Fill your stores with the wealth of the Lord.

Nanak bows in humility and reverence to the Perfect Guru. ||1||

Happiness, intuitive peace, poise and bliss

- in the Company of the Holy, meditate on the Lord of supreme bliss.

You shall be spared from hell - save your soul!

Drink in the ambrosial essence of the Glorious Praises of the Lord of
the Universe.

Focus your consciousness on the One, the All-pervading Lord

- He has One Form, but He has many manifestations.

Sustainer of the Universe, Lord of the world, Kind to the poor,

Destroyer of sorrow, perfectly Merciful.

Meditate, meditate in remembrance on the Naam, again and again.

O Nanak, it is the Support of the soul. ||2||

The most sublime hymns are the Words of the Holy.

These are priceless rubies and gems.

One who listens and acts on them is saved.

He himself swims across, and saves others as well.

His life is prosperous, and his company is fruitful;

his mind is imbued with the love of the Lord.

Hail, hail to him, for whom the sound current of the Shabad vibrates.
Hearing it again and again, he is in bliss, proclaiming God's Praises.
The Lord radiates from the foreheads of the Holy.

Nanak is saved in their company. ||3||

Hearing that He can give Sanctuary, I have come seeking His
Sanctuary.

Bestowing His Mercy, God has blended me with Himself.

Hatred is gone, and I have become the dust of all.

I have received the Ambrosial Naam in the Company of the Holy.

The Divine Guru is perfectly pleased;

the service of His servant has been rewarded.

I have been released from worldly entanglements and corruption,
hearing the Lord's Name and chanting it with my tongue.

By His Grace, God has bestowed His Mercy.

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

Sing the Praises of God, O Saints, O friends,
with total concentration and one-pointedness of mind.

Sukhmani is the peaceful ease, the Glory of God, the Naam.

When it abides in the mind, one becomes wealthy.

All desires are fulfilled.

One becomes the most respected person, famous all over the world.

He obtains the highest place of all.

He does not come and go in reincarnation any longer.

One who departs, after earning the wealth of the Lord's Name,

O Nanak, realizes it. ||5||

Comfort, peace and tranquility, wealth and the nine treasures;
wisdom, knowledge, and all spiritual powers;

learning, penance, Yoga and meditation on God;

The most sublime wisdom and purifying baths;

the four cardinal blessings, the opening of the heart-lotus;

in the midst of all, and yet detached from all;

beauty, intelligence, and the realization of reality;

to look impartially upon all, and to see only the One

- these blessings come to one who, through Guru Nanak, chants the
Naam with his

mouth, and hears the Word with his ears. ||6||
One who chants this treasure in his mind
- in every age, he attains salvation.
In it is the Glory of God, the Naam, the chanting of Gurbani.
The Simritees, the Shaastras and the Vedas speak of it.
The essence of all religion is the Lord's Name alone.
It abides in the minds of the devotees of God.
Millions of sins are erased, in the Company of the Holy.
By the Grace of the Saint, one escapes the Messenger of Death.
Those, who have such pre-ordained destiny on their foreheads,
O Nanak, enter the Sanctuary of the Saints. ||7||
One, within whose mind it abides, and who listens to it with love
- that humble person consciously remembers the Lord God.
The pains of birth and death are removed.
The human body, so difficult to obtain, is instantly redeemed.
Spotlessly pure is his reputation, and ambrosial is his speech.
The One Name permeates his mind.
Sorrow, sickness, fear and doubt depart.
He is called a Holy person; his actions are immaculate and pure.
His glory becomes the highest of all.
O Nanak, by these Glorious Virtues, this is named Sukhmani, Peace
of mind. ||8|| 24||

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