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This book is like a banquet-hall of Spirituality.  
(Sant Kirpal Singh Ji Maharaj)



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GURU ARJAN  
(201-218)

Meditating on the Lord, I have found eternal peace. The Sovereign Lord, the Perfect King, has shown His Mercy to me. Says Nanak, one whose destiny is perfect, meditates on the Name of the Lord, Har, Har, the Everlasting Husband.

He opens his loin-cloth, and spreads it out beneath him. Like a donkey, he gulps down all that comes his way. Without good deeds, liberation is not obtained. The wealth of liberation is only obtained by meditating on the Naam, the Name of the Lord. He performs worship ceremonies, applies the ceremonial tilak mark to his forehead, and takes his ritual cleansing baths; he pulls out his knife, and demands donations. With his mouth, he recites the Vedas in sweet musical measures, and yet he does not hesitate to take the lives of others. Says Nanak, when God showers His Mercy, even his heart becomes pure, and he contemplates God.

Remain steady in the home of your own self, O beloved servant of the Lord. The True Guru shall resolve all your affairs. The Transcendent Lord has struck down the wicked and the evil. The Creator has preserved the honor of His servant. The kings and emperors are all under his power; he drinks deeply of the most sublime essence of the Ambrosial Naam. Meditate fearlessly on the Lord God. Joining the Saadh Sangat, the Company of the Holy, this gift is given. Nanak has entered the Sanctuary of God, the Inner-knower, the Searcher of hearts; he grasps the Support of God, his Lord and Master.

One who is attuned to the Lord, shall not be burned in the fire. One who is attuned to the Lord, shall not be enticed by Maya. One who is attuned to the Lord, shall not be drowned in water. One who is attuned to the Lord, is prosperous and fruitful.

All fear is eradicated by Your Name. Joining the Sangat, the Holy Congregation, sing the Glorious Praises of the Lord, Har, Har.

One who is attuned to the Lord, is free of all anxieties. One who is attuned to the Lord, is blessed with the Mantra of the Holy. One who is attuned to the Lord, is not haunted by the fear of death. One who is attuned to the Lord, sees all his hopes fulfilled. One who is attuned to the Lord, does not suffer in pain. One who is attuned to the Lord, remains awake and aware, night and day. One who is attuned to the Lord, dwells in the home of intuitive peace. One who is attuned to the Lord, sees his doubts and fears run away. One who is attuned to the Lord, has the most sublime and exalted intellect. One who is attuned to the Lord, has a pure and spotless reputation. Says Nanak, I am a sacrifice to those who do not forget my God.

Through sincere efforts, the mind is made peaceful and calm. Walking on the Lord's Way, all pains are taken away. Chanting the Naam, the Name of the Lord, the mind becomes blissful. Singing the Glorious Praises of the Lord, supreme bliss is obtained. There is joy all around, and peace has come to my home. Joining the Saadh Sangat, the Company of the Holy, misfortune disappears. My eyes are purified, beholding the Blessed Vision of His Darshan. Blessed is the forehead which touches His Lotus Feet. Working for the Lord of the Universe, the body becomes fruitful.

By the Grace of the Saints, I have obtained the supreme status. The Lord is the Help and Support of His humble servant. I have found peace, falling at the feet of His slaves. When selfishness is gone, then one becomes the Lord Himself; seek the Sanctuary of the Treasure of Mercy. When someone finds the One he has desired, then where should he go to look for Him? I have become steady and stable, and I dwell in the seat of peace. By Guru's Grace, Nanak has entered the home of peace.

The merits of taking millions of ceremonial cleansing baths, the giving of hundreds of thousands, billions and trillions in charity - these are obtained by those whose minds are filled with the Name of the Lord. Those who sing the Glories of the Lord of the World are totally pure. Their sins are erased, in the Sanctuary of the Kind and Holy Saints.

The merits of performing all sorts of austere acts of penance and self-discipline, earning huge profits and seeing one's desires fulfilled - these are obtained by chanting the Name of the Lord, Har, Har, with the tongue.

The merits of reciting the Simritees, the Shaastras and the Vedas, knowledge of the science of Yoga, spiritual wisdom and the pleasure of miraculous spiritual powers - these come by surrendering the mind and meditating on the Name of God. The wisdom of the Inaccessible and Infinite Lord is incomprehensible. Meditating on the Naam, the Name of the Lord, and contemplating the Naam within our hearts, O Nanak, God has showered His Mercy upon us.

Meditating, meditating, meditating in remembrance,  
I have found peace. I have enshrined the Lotus Feet of the Guru within my heart. The Guru, the Lord of the Universe, the Supreme Lord God, is perfect. Worshipping Him, my mind has found a lasting peace. Night and day, I meditate on the Guru, and the Name of the Guru. Thus all my works are brought to perfection. Beholding the Blessed Vision of His Darshan, my mind has become cool and tranquil, and the sinful mistakes of countless incarnations have been washed away. Says Nanak, where is fear now, O Siblings of Destiny? The Guru Himself has preserved the honor of His servant.

The Lord Himself is the Help and Support of His servants. He always cherishes them, like their father and mother. In God's Sanctuary, everyone is saved. That Perfect True Lord is the Doer, the Cause of causes. My mind now dwells in the Creator Lord. My fears have been dispelled, and my soul has found the most sublime peace. The Lord has granted His Grace, and saved His humble servant. The sinful mistakes of so many incarnations have been washed away. The Greatness of God cannot be described. Servant Nanak is forever in His Sanctuary.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

The power of the Lord is universal and perfect, O Siblings of Destiny. So no pain can ever afflict me. Whatever the Lord's slave wishes, O mother, the Creator Himself causes that to be done. God causes the slanderers to lose their honor.

Nanak sings the Glorious Praises of the Fearless Lord.

O Brave and Powerful God, Ocean of Peace, I fell into the pit - please, take my hand. My ears do not hear, and my eyes are not beautiful. I am in such pain; I am a poor cripple, crying at Your Door. O Master of the poor and helpless, O Embodiment of Compassion, You are my Friend and Intimate, my Father and Mother. Nanak holds tight to the Lord's Lotus Feet in his heart; thus the Saints cross over the terrifying world-ocean.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

O Dear Lord God, my Best Friend, please, abide with me. Without You, I cannot live, even for an instant, and my life in this world is cursed. O Breath of Life of the soul, O Giver of peace, each and every instant I am a sacrifice to You. Please, God, give me the Support of Your Hand; lift me up and pull me out of this pit, O Lord of the World. I am worthless, with such a shallow intellect; You are always Merciful to the meek. What comforts of Yours can I dwell upon? How can I contemplate You? You lovingly absorb Your slaves into Your Sanctuary, O Lofty, Inaccessible and Infinite Lord.

All wealth, and the eight miraculous spiritual powers are in the supremely sublime essence of the Naam, the Name of the Lord. Those humble beings, with whom the beautifully-haired Lord is thoroughly pleased, sing the Glorious Praises of the Lord. You are my mother, father, son and relative; You are the Support of the breath of life. In the Saadh Sangat, the Company of the Holy, Nanak meditates on the Lord, and swims across the poisonous world-ocean.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Is there anyone who will sing of the Beloved Lord? Surely, this will bring all pleasures and comforts. The renunciate goes out into the woods, searching for Him. But those who embrace love for the One Lord are very rare. Those who find the Lord are very fortunate and blessed. The Gods like Brahma and Sanak yearn for Him; the Yogis, celibates and Siddhas yearn for the Lord. One who is so blessed, sings the Glorious Praises of the Lord. I seek the Sanctuary of those who have not forgotten Him. By great good fortune, one meets the Lord's Saint. They are not subject to the cycle of birth and death. Show Your Mercy, and lead me to meet You, O my Darling Beloved. Hear my prayer, O Lofty and Infinite God; Nanak begs for the Support of Your Name.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

By what virtues can I meet the Lord of life, O my mother? I have no beauty, understanding or strength; I am a stranger, from far away. I am not wealthy or youthful. I am an orphan - please, unite me with Yourself. Searching and searching, I have become a renunciate, free of desire. I wander around, searching for the Blessed Vision of God's Darshan. God is Compassionate, and Merciful to the meek; O Nanak, in the Saadh Sangat, the Company of the Holy, the fire of desire has been quenched.

The loving desire to meet my Beloved has arisen within my mind. I touch His Feet, and offer my prayer to Him. If only I had the great good fortune to meet the Saint. I surrender my mind to Him; I place my wealth before Him. I totally renounce my selfish ways. One who teaches me the Sermon of the Lord God - night and day, I shall follow Him. When the seed of the karma of past actions sprouted, I met the Lord; He is both the Enjoyer and the Renunciate. My darkness was dispelled when I met the Lord. O Nanak, after being asleep for countless incarnations, I have awakened.

Come out, O soul-bird, and let the meditative remembrance of the Lord be your wings. Meet the Holy Saint, take to His Sanctuary, and keep the perfect jewel of the Lord enshrined in your heart. Superstition is the well, thirst for pleasure is the mud, and emotional attachment is the noose, so tight around your neck. The only one who can cut this is the Guru of the World, the Lord of the Universe. So let yourself dwell at His Lotus Feet. Bestow Your Mercy, O Lord of the Universe, O God, My Beloved, Master of the meek - please, listen to my prayer. Take my hand, O Lord and Master of Nanak; my body and soul all belong to You.

My mind yearns to behold the Lord in meditation. I think of Him, I hope and thirst for Him, day and night; is there any Saint who may bring Him near me? I serve the slaves of His slaves; in so many ways, I beg of Him. Setting them upon the scale, I have weighed all comforts and pleasures; without the Lord's Blessed Vision, they are all totally inadequate. By the Grace of the Saints, I sing the Praises of the Ocean of virtue; after countless incarnations, I have been released. Meeting the Lord, Nanak has found peace and bliss; his life is redeemed, and prosperity dawns for him.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

How may I meet my Master, the King, the Lord of the Universe? Is there any Saint, who can bestow such celestial peace, and show me the Way to Him?

The Unseen Lord is deep within the self; He cannot be seen; the curtain of egotism intervenes. In emotional attachment to Maya, all the world is asleep. Tell me, how can this doubt be dispelled? The one lives together with the other in the same house, but they do not talk to one another, O Siblings of Destiny.

Without the one substance, the five are miserable; that substance is in the unapproachable place. And the one whose home it is, has locked it up, and given the key to the Guru. You may make all sorts of efforts, but it cannot be obtained, without the Sanctuary of the True Guru. Those whose bonds have been broken by the True Guru, enshrine love for the Saadh Sangat, the Company of the Holy. The self-elect, the self-realized beings, meet together and sing the joyous songs of the Lord. Nanak, there is no difference between them, O Siblings of Destiny. This is how my Sovereign Lord King, the Lord of the Universe, is met; celestial bliss is attained in an instant, and doubt is dispelled. Meeting Him, my light merges in the Light.

I am intimate with Him; granting His Grace, my Kind Beloved has told me of the True Guru. Wherever I look, there You are; I am totally convinced of this. Unto whom should I pray? The Lord Himself hears all. My anxiety is over. The Guru has cut away my bonds, and I have found eternal peace.

Whatever shall be, shall be in the end; so where can pain and pleasure be seen? The continents and the solar systems rest in the support of the One Lord. The Guru has removed the veil of illusion, and shown this to me. The nine treasures of the wealth of the Name of the Lord are in that one place. Where else should we go? The same gold is fashioned into various articles; just so, the Lord has made the many patterns of the creation. Says Nanak, the Guru has dispelled my doubt; in this way, my essence merges into God's essence.

This life is diminishing, day and night. Meeting with the Guru, your affairs shall be resolved. Listen, my friends, I beg of you: now is the time to serve the Saints! In this world, earn the profit of the Lord's Name, and hereafter, you shall dwell in peace.

This world is engrossed in corruption and cynicism. Only those who know God are saved. Those who are awakened by the Lord to drink in this sublime essence, come to know the Unspoken Speech of the Lord. Purchase only that for which you have come into the world, and through the Guru, the Lord shall dwell within your mind. Within the home of your own inner being, you shall obtain the Mansion of the Lord's Presence with intuitive ease. You shall not be consigned again to the wheel of reincarnation. O Inner-knower, Searcher of hearts, Primal Being, Architect of Destiny: please fulfill this yearning of my mind. Nanak, Your slave, begs for this happiness: let me be the dust of the feet of the Saints.

Save me, O My Father God. I am worthless and without virtue; all virtues are Yours. The five vicious thieves are assaulting my poor being; save me, O Savior Lord!

They are tormenting and torturing me. I have come, seeking Your Sanctuary. Trying all sorts of things, I have grown weary, but still, they will not leave me alone. But I have heard that they can be rooted out, in the Saadh Sangat, the Company of the Holy; and so I seek their Shelter.

In their Mercy, the Saints have met me, and from them, I have obtained satisfaction. The Saints have given me the Mantra of the Fearless Lord, and now I practice the Word of the Guru's Shabad. I have now conquered those terrible evil-doers, and my speech is now sweet and sublime. Says Nanak, the Divine Light has dawned within my mind; I have obtained the state of Nirvana.

He is the Eternal King. The Fearless Lord abides with you. So where does this fear come from? In one person, You are arrogant and proud, and in another, You are meek and humble. In one person, You are all by Yourself, and in another, You are poor. In one person, you are a Pandit, a religious scholar and a preacher, and in another, You are just a fool. In one person, You grab hold of everything, and in another, You accept nothing.

What can the poor wooden puppet do? The Master Puppeteer knows everything. As the Puppeteer dresses the puppet, so is the role the puppet plays. The Lord has created the various chambers of assorted descriptions, and He Himself protects them. As is that vessel in which the Lord places the soul, so does it dwell. What can this poor being do? The One who created the thing, understands it; He has fashioned all of this. Says Nanak, the Lord and Master is Infinite; He alone understands the value of His Creation.

Give them up - give up the pleasures of corruption; you are entangled in them, you crazy fool, like an animal grazing in the green fields. That which you believe to be of use to you, shall not go even an inch with you. Naked you came, and naked you shall depart. You shall go round and round the cycle of birth and death, and you shall be food for Death. Watching, watching the transitory dramas of the world, you are embroiled and enmeshed in them, and you laugh with delight.

The string of life is wearing thin, day and night, and you have done nothing for your soul. Doing your deeds, you have grown old; your voice fails you, and your body has become weak. You were enticed by Maya in your youth, and your attachment for it has not diminished, one little bit.

The Guru has shown me that this is the way of the world; I have abandoned the dwelling of pride, and entered Your Sanctuary. The Saint has shown me the Path of God; slave Nanak has implanted devotional worship and the Praise of the Lord.

Except for You, who is mine? O my Beloved, You are the Support of the breath of life. You alone know the condition of my inner being. You are my Beautiful Friend.

I receive all comforts from You, O my Unfathomable and Immeasurable Lord and Master. I cannot describe Your Manifestations, O Treasure of Excellence, O Giver of peace. God is Inaccessible, Incomprehensible and Imperishable; He is known through the Perfect Guru.

My doubt and fear have been taken away, and I have been made pure, since my ego was conquered. My fear of birth and death has been abolished, beholding Your Blessed Vision in the Saadh Sangat, the Company of the Holy. I wash the Guru's Feet and serve Him; I am a sacrifice to Him, 100,000 times. By His Grace, servant Nanak has crossed over this terrifying world-ocean; I am united with my Beloved.

Who can please You, except You Yourself? Gazing upon Your Beauteous Form, all are entranced. In the heavenly paradise, in the nether regions of the underworld, on the planet earth and throughout the galaxies, the One Lord is pervading everywhere. Everyone calls upon You with their palms pressed together, saying, "Shiva, Shiva". O Merciful Lord and Master, everyone cries out for Your Help. Your Name, O Lord and Master, is the Purifier of sinners, the Giver of peace, immaculate, cooling and soothing. O Nanak, spiritual wisdom, meditation and glorious greatness come from dialogue and discourse with Your Saints.

Meet with me, O my Dear Beloved. O God, whatever You do - that alone happens. Wandering around through countless incarnations, I endured pain and suffering in so many lives, over and over again. By Your Grace, I obtained this human body; grant me the Blessed Vision of Your Darshan, O Sovereign Lord King. That which pleases His Will has come to pass; no one else can do anything. By Your Will, enticed by the illusion of emotional attachment, the people are asleep; they do not wake up.

Please hear my prayer, O Lord of Life, O Beloved, Ocean of mercy and compassion. Save me, O my Father God. I am an orphan - please, cherish me! You reveal the Blessed Vision of Your Darshan, for the sake of the Saadh Sangat, the Company of the Holy. Grant Your Grace, and bless us with the dust of the feet of the Saints; Nanak yearns for this peace.

I am a sacrifice to those who take the Support of the Naam. How can I recount the praises of those humble beings who are attuned to the Love of the Supreme Lord God? Peace, intuitive poise and bliss are with them. There are no other givers equal to them. They have come to save the world - those humble beings who thirst for His Blessed Vision. Those who seek their Sanctuary are carried across; in the Society of the Saints, their hopes are fulfilled. If I fall at their Feet, then I live; associating with those humble beings, I remain happy.

O God, please be merciful to me, that my mind might become the dust of the feet of Your devotees. Power and authority, youth and age - whatever is seen in this world, all of it shall fade away. The treasure of the Naam, the Name of the Lord, is forever new and immaculate. Nanak has earned this wealth of the Lord.

I came to the Guru, to learn the Way of Yoga. The True Guru has revealed it to me through the Word of the Shabad. He is contained in the nine continents of the world, and within this body; each and every moment, I humbly bow to Him.

I have made the Guru's Teachings my ear-rings, and I have enshrined the One Formless Lord within my being. I have brought the five disciples together, and they are now under the control of the one mind. When the ten hermits become obedient to the Lord, then I became an immaculate Yogi. I have burnt my doubt, and smeared my body with the ashes.

My path is to see the One and Only Lord. I have made that intuitive peace my food; the Lord Master has written this pre-ordained destiny upon my forehead. In that place where there is no fear, I have assumed my Yogic posture. The Unstruck Melody of His Bani is my horn. I have made contemplation upon the essential reality my Yogic staff. The Love of the Name in my mind is my Yogic lifestyle. By great good fortune, such a Yogi is met, who cuts away the bonds of Maya. Nanak serves and adores this wondrous person, and kisses his feet.

The Naam, the Name of the Lord, is an incomparably beautiful treasure. Listen, everyone, and meditate on it, O friends. Those, unto whom the Guru has given the Lord's medicine – their minds become pure and immaculate. Darkness is dispelled from within that body, in which the Divine Light of the Guru's Shabad shines. The noose of doubt is cut away from those who place their faith in the Saadh Sangat, the Company of the Holy. The treacherous and terrifying world-ocean is crossed over, in the boat of the Saadh Sangat. My mind's desires are fulfilled, meeting the Guru, in love with the Lord. The devotees have found the treasure of the Naam; their minds and bodies are satisfied and satiated. O Nanak, the Dear Lord gives it only to those who surrender to the Lord's Command.

Please be kind and compassionate, O Lord of my life; I am helpless, and I seek Your Sanctuary, God. Please, give me Your Hand, and lift me up, out of the deep dark pit. I have no clever tricks at all. You are the Doer, the Cause of causes - You are everything. You are All-powerful; there is no other than You. You alone know Your condition and extent. They alone become Your servants, upon whose foreheads such good destiny is recorded. You are imbued with Your servant, God; Your devotees are woven into Your Fabric, through and through. O Darling Beloved, they yearn for Your Name and the Blessed Vision of Your Darshan, like the chakvee bird which longs to see the moon. Between the Lord and His Saint, there is no difference at all. Among hundreds of thousands and millions, there is scarcely one humble being. Those whose hearts are illuminated by God, sing the Kirtan of His Praises night and day with their tongues. You are All-powerful and Infinite, the most lofty and exalted, the Giver of peace; O God, You are the Support of the breath of life.

Please show mercy to Nanak, O God, that he may remain in the Society of the Saints.

O Saint, You are attuned to the Lord. Please stand by me, Architect of Destiny; please take me to my destination, Great Giver. You alone know Your mystery; You are the Perfect Architect of Destiny. I am a helpless orphan - please keep me under Your Protection and save me. Your Feet are the boat to carry us across the world-ocean; You alone know Your ways. Those whom You keep protected, by Your Kindness, cross over to the other side. Here and hereafter, God, You are All-powerful; everything is in Your Hands. Please give me that treasure, which will go along with me, O servant of the Lord. I am without virtue - please bless me with virtue, so that my mind might chant the Name of the Lord. By the Grace of the Saints, Nanak has met the Lord; his mind and body are soothed and satisfied.

I am intuitively absorbed in the Divine Lord. The Divine True Guru has become Merciful to me. Cutting away the halter, He has made me His slave, and now I work for the Saints. I have become a worshipper of the One Name; the Guru has shown me this amazing wonder.

The Divine Light has dawned, and everything is illuminated; the Guru has revealed this spiritual wisdom to my mind. Drinking deeply of the Ambrosial Naam, the Name of the Lord, my mind is satisfied, and my fears have been vanquished. Accepting the Command of the Lord's Will, I have found total peace; the home of suffering has been destroyed. When God, our Lord and Master was totally pleased, He revealed everything in the form of ecstasy. Nothing comes, and nothing goes; this play is all set in motion by the Lord, the Sovereign King. Says Nanak, our Lord and Master is inaccessible and unfathomable. The Lord's devotees take His Name as their Support.

He is the Supreme Lord God, the Perfect Transcendent Lord; O my mind, hold tight to the Support of the One who established the solar systems and galaxies. Chant the Name of that Lord. Renounce the intellectual cleverness of your mind, O humble servants of the Lord; understanding the Hukam of His Command, peace is found. Whatever God does, accept that with pleasure; in comfort and in suffering, meditate on Him. The Creator emancipates millions of sinners in an instant, without a moment's delay. The Lord, the Destroyer of the pain and sorrow of the poor, blesses those with whom He is pleased. He is Mother and Father, the Cherisher of all; He is the Breath of life of all beings, the Ocean of peace. While giving so generously, the Creator does not diminish at all. The Source of jewels, He is All-pervading. The beggar begs for Your Name, O Lord and Master; God is contained deep within the nucleus of each and every heart. Slave Nanak has entered His Sanctuary; no one returns from Him empty-handed.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Never forget the Lord, Har, Har, from your mind. Here and hereafter, He is the Giver of all peace. He is the Cherisher of all hearts. He removes the most terrible pains in an instant, if the tongue repeats His Name. In the Lord's Sanctuary there is soothing coolness, peace and tranquility. He has extinguished the burning fire. He saves us from the hellish pit of the womb, and carries us across the terrifying world-ocean. Adoring His Lotus Feet in the mind, the fear of death is banished. He is the Perfect, Supreme Lord God, the Transcendent Lord, lofty, unfathomable and infinite. Singing His Glorious Praises, and meditating on the Ocean of peace, one's life is not lost in the gamble.

My mind is engrossed in sexual desire, anger, greed and attachment, O Giver to the unworthy. Please grant Your Grace, and bless me with Your Name; Nanak is forever a sacrifice to You.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

There is no peace without devotional worship of the Lord. Be victorious, and win the priceless jewel of this human life, by meditating on Him in the Saadh Sangat, the Company of the Holy, even for an instant. Many have renounced and left their children, wealth, spouses, joyful games and pleasures. Horses, elephants and the pleasures of power - leaving these behind, the fool must depart naked. The body, scented with musk and sandalwood - that body shall come to roll in the dust. Infatuated with emotional attachment, they think that God is far away. Says Nanak, he is Ever-present!

O mind, cross over with the Support of the Lord's Name. The Guru is the boat to carry you across the world-ocean, through the waves of cynicism and doubt. In this Dark Age of Kali Yuga, there is only pitch darkness. The lamp of the Guru's spiritual wisdom illuminates and enlightens. The poison of corruption is spread out far and wide. Only the virtuous are saved, chanting and meditating on the Lord. Intoxicated with Maya, the people are asleep. Meeting the Guru, doubt and fear are dispelled. Says Nanak, meditate on the One Lord; behold Him in each and every heart.

You alone are my Chief Advisor. I serve You with the Support of the Guru. By various devices, I could not find You. Taking hold of me, the Guru has made me Your slave. I have conquered the five tyrants. By Guru's Grace, I have vanquished the army of evil. I have received the One Name as His bounty and blessing. Now, I dwell in peace, poise and bliss.

The slaves of God are good. O Nanak, their faces are radiant.

Hey, soul: your only Support is the Naam, the Name of the Lord. Whatever else you do or make happen, the fear of death still hangs over you. He is not obtained by any other efforts. By great good fortune, meditate on the Lord. You may know hundreds of thousands of clever tricks, but not even one will be of any use at all hereafter. Good deeds done in the pride of ego are swept away, like the house of sand by water. When God the Merciful shows His Mercy, Nanak receives the Naam in the Saadh Sangat, the Company of the Holy.

I am a sacrifice, dedicated hundreds of thousands of times, to my Lord and Master. His Name, and His Name alone, is the Support of the breath of life. You alone are the Doer, the Cause of causes. You are the Support of all beings and creatures. O God, You are my power, authority and youth. You are absolute, without attributes, and also related, with the most sublime attributes. Here and hereafter, You are my Savior and Protector. By Guru's Grace, some understand You. God is All-knowing, the Inner-knower, the Searcher of hearts. You are Nanak's strength and support.

Worship and adore the Lord, Har, Har, Har. In the Society of the Saints, He dwells in the mind; doubt, emotional attachment and fear are vanquished. The Vedas, the Puraanas and the Simritees are heard to proclaim that the Lord's servant dwells as the highest of all. All places are filled with fear - know this well. Only the Lord's servants are free of fear. People wander through 8.4 million incarnations. God's people are not subject to birth and death. Nanak has taken to the Sanctuary of the Lord's Holy Saints; he has given up power, wisdom, cleverness and egotism.

O my mind, sing the Glorious Praises of the Lord's Name. Serve the Lord continually and continuously; with each and every breath, meditate on the Lord. In the Society of the Saints, the Lord dwells in the mind, and pain, suffering, darkness and doubt depart. That humble being, who meditates on the Lord, by the Grace of the Saints, is not afflicted with pain. Those unto whom the Guru gives the Mantra of the Lord's Name, are saved from the fire of Maya. Be kind to Nanak, O God; let the Lord's Name dwell within my mind and body.

With your tongue, chant the Name of the One Lord.

In this world, it shall bring you peace, comfort and great joy; hereafter, it shall go with your soul, and shall be of use to you. The disease of your ego shall be eradicated. By Guru's Grace, practice Raja Yoga, the Yoga of meditation and success. Those who taste the sublime essence of the Lord have their thirst quenched. Those who have found the Lord, the Treasure of peace, shall not go anywhere else again. Those, unto whom the Guru has given the Lord's Name, Har, Har – O Nanak, their fears are removed.

One who forgets the Lord's Name, suffers in pain. Those who join the Saadh Sangat, the Company of the Holy, and dwell upon the Lord, find the Ocean of virtue. Those Gurmukhs whose hearts are filled with wisdom, hold the nine treasures, and the miraculous spiritual powers of the Siddhas in the palms of their hands. Those who know the Lord God as their Master, do not lack anything. Those who realize the Creator Lord, enjoy all peace and pleasure. Those whose inner homes are filled with the Lord's wealth - says Nanak, in their company, pain departs.

Your pride is so great, but what about your origins? You cannot remain, no matter how much you try to hold on. That which is forbidden by the Vedas and the Saints - with that, you are in love. Like the gambler losing the game of chance, you are held in the power of sensory desires. The One who is All-powerful to empty out and fill up - you have no love for His Lotus Feet. O Nanak, I have been saved, in the Saadh Sangat, the Company of the Holy. I have been blessed by the Treasure of Mercy.

I am the slave of my Lord and Master. I eat whatever God gives me. Such is my Lord and Master. In an instant, He creates and embellishes. I do that work which pleases my Lord and Master. I sing the songs of God's glory, and His wondrous play. I seek the Sanctuary of the Lord's Prime Minister; beholding Him, my mind is comforted and consoled. The One Lord is my support, the One is my steady anchor. Servant Nanak is engaged in the Lord's work.

Is there anyone, who can shatter his ego, and turn his mind away from this sweet Maya? Humanity is in spiritual ignorance; people see things that do not exist. The night is dark and gloomy; how will the morning dawn? Wandering, wandering all around, I have grown weary; trying all sorts of things, I have been searching. Says Nanak, He has shown mercy to me; I have found the treasure of the Saadh Sangat, the Company of the Holy.

He is the Wish-fulfilling Jewel, the Embodiment of Mercy. The Supreme Lord God is Merciful to the meek; meditating in remembrance on Him, peace is obtained. The Wisdom of the Undying Primal Being is beyond comprehension. Hearing His Praises, millions of sins are erased. O God, Treasure of Mercy, please bless Nanak with Your kindness, that he may repeat the Name of the Lord, Har, Har.

O my mind, in the Sanctuary of God, peace is found. That day, when the Giver of life and peace is forgotten - that day passes uselessly. You have come as a guest for one short night, and yet you hope to live for many ages. Households, mansions and wealth - whatever is seen, is like the shade of a tree. My body, wealth, and all my gardens and property shall all pass away. You have forgotten your Lord and Master, the Great Giver.

In an instant, these shall belong to somebody else. You wear white clothes and take cleansing baths, and anoint yourself with sandalwood oil. But you do not remember the Fearless, Formless Lord - you are like an elephant bathing in the mud. When God becomes merciful, He leads you to meet the True Guru; all peace is in the Name of the Lord. The Guru has liberated me from bondage; servant Nanak sings the Glorious Praises of the Lord.

O my mind, dwell always upon the Guru, Guru, Guru. The Guru has made the jewel of this human life prosperous and fruitful. I am a sacrifice to the Blessed Vision of His Darshan. As many breaths and morsels as you take, O my mind - so many times, sing His Glorious Praises. When the True Guru becomes merciful, then this wisdom and understanding is obtained. O my mind, taking the Naam, you shall be released from the bondage of death, and the peace of all peace will be found. Serving your Lord and Master, the True Guru, the Great Giver, you shall obtain the fruits of your mind's desires.

The Name of the Creator is your beloved friend and child; it alone shall go along with you, O my mind. So serve your True Guru, and you shall receive the Name from the Guru. When God, the Merciful Guru, showered His Mercy upon me, all my anxieties were dispelled. Nanak has found the peace of the Kirtan of the Lord's Praises. All his sorrows have been dispelled.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

The thirst of only a few is quenched. People may accumulate hundreds of thousands, millions, tens of millions, and yet the mind is not restrained. They only yearn for more and more. They may have all sorts of beautiful women, but still, they commit adultery in the homes of others. They do not distinguish between good and bad. They wander around lost, trapped in the myriad bonds of Maya; they do not sing the Praises of the Treasure of Virtue. Their minds are engrossed in poison and corruption. Those, unto whom the Lord shows His Mercy, remain dead while yet alive. In the Saadh Sangat, the Company of the Holy, they cross over the ocean of Maya. O Nanak, those humble beings are honored in the Court of the Lord.

The Lord is the essence of all. Some practice Yoga, some indulge in pleasures; some live in spiritual wisdom, some live in meditation. Some are bearers of the staff. Some chant in meditation, some practice deep, austere meditation; some worship Him in adoration, some practice daily rituals. Some live the life of a wanderer. Some live by the shore, some live on the water; some study the Vedas. Nanak loves to worship the Lord.

To sing the Kirtan of the Lord's Praises is my treasure. You are my delight, You are my praise. You are my beauty, You are my love. O God, You are my hope and support. You are my pride, You are my wealth. You are my honor, You are my breath of life. The Guru has repaired that which was broken. You are in the household, and You are in the forest.

You are in the village, and You are in the wilderness. Nanak: You are near, so very near!

I am intoxicated, intoxicated with the Love of the Lord. I drink it in - I am drunk with it. The Guru has given it to me in charity. My mind is drenched with it. It is my furnace, it is the cooling plaster. It is my love, it is my longing.

My mind knows it as peace. I enjoy intuitive peace, and I play in bliss; the cycle of reincarnation is ended for me, and I am merged with the Lord. Nanak is pierced through with the Word of the Guru's Shabad.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Chant the Lord's Name; O my friend, chant it. Hereafter, the path is terrifying and treacherous. Serve, serve, forever serve the Lord. Death hangs over your head. Do seva, selfless service, for the Holy Saints, and the noose of Death shall be cut away. You may make burnt offerings, sacrificial feasts and pilgrimages to sacred shrines in egotism, but your corruption only increases. You are subject to both heaven and hell, and you are reincarnated over and over again. The realm of Shiva, the realms of Brahma and Indra as well - no place anywhere is permanent. Without serving the Lord, there is no peace at all. The faithless cynic comes and goes in reincarnation. As the Guru has taught me, so have I spoken. Says Nanak, listen, people: sing the Kirtan of the Lord's Praises, and you shall be saved.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Adopting the innocent mind of a child, I have found peace. Joy and sorrow, profit and loss, birth and death, pain and pleasure - they are all the same to my consciousness, since I met the Guru. As long as I plotted and planned things, I was full of frustration. When I met the Kind, Perfect Guru, then I obtained bliss so easily. The more clever tricks I tried, the more bonds I was saddled with. When the Holy Saint placed His Hand upon my forehead, then I was liberated. As long as I claimed, "Mine, mine!", I was surrounded by wickedness and corruption. But when I dedicated my mind, body and intellect to my Lord and Master, then I began to sleep in peace. As long as I walked along, carrying the load, I continued to pay the fine. But I threw away that bundle, when I met the Perfect Guru; O Nanak, then I became fearless.

I have renounced my desires; I have renounced them. I have renounced them; meeting the Guru, I have renounced them. All peace, joy, happiness and pleasures have come since I surrendered to the Will of the Lord of the Universe.

Honor and dishonor are the same to me; I have placed my forehead upon the Guru's Feet. Wealth does not excite me, and misfortune does not disturb me; I have embraced love for my Lord and Master. The One Lord and Master dwells in the home; He is seen in the wilderness as well. I have become fearless; the Saint has removed my doubts. The All-knowing Lord is pervading everywhere. Whatever the Creator does, my mind is not troubled. By the Grace of the Saints and the Company of the Holy, my sleeping mind has been awakened. Servant Nanak seeks Your Support; he has come to Your Sanctuary. In the Love of the Naam, the Name of the Lord, he enjoys intuitive peace; pain no longer touches him.

I have found the jewel of my Beloved within my mind. My body is cooled, my mind is cooled and soothed, and I am absorbed into the Shabad, the Word of the True Guru. My hunger has departed, my thirst has totally departed, and all my anxiety is forgotten. The Perfect Guru has placed His Hand upon my forehead; conquering my mind, I have conquered the whole world. Satisfied and satiated, I remain steady within my heart, and now, I do not waver at all. The True Guru has given me the inexhaustible treasure; it never decreases, and never runs out.

Listen to this wonder, O Siblings of Destiny: the Guru has given me this understanding. I threw off the veil of illusion, when I met my Lord and Master; then, I forgot my jealousy of others. This is a wonder which cannot be described. They alone know it, who have tasted it. Says Nanak, the Truth has been revealed to me. The Guru has given me the treasure; I have taken it and enshrined it within my heart.

Those who take to the Sanctuary of the Lord, the King, are saved. All other people, in the mansion of Maya, fall flat on their faces on the ground. The great men have studied the Shaastras, the Simritees and the Vedas, and they have said this: "Without the Lord's meditation, there is no emancipation, and no one has ever found peace." People may accumulate the wealth of the three worlds, but the waves of greed are still not subdued. Without devotional worship of the Lord, where can anyone find stability? People wander around endlessly. People engage in all sorts of mind-enticing pastimes, but their passions are not fulfilled. They burn and burn, and are never satisfied; without the Lord's Name, it is all useless. Chant the Name of the Lord, my friend; this is the essence of perfect peace. In the Saadh Sangat, the Company of the Holy, birth and death are ended. Nanak is the dust of the feet of the humble.

Who can help me understand my condition? Only the Creator knows it. This person does things in ignorance; he does not chant in meditation, and does not perform any deep, self-disciplined meditation. This mind wanders around in the ten directions - how can it be restrained? "I am the lord, the master of my mind, body, wealth and lands. These are mine."

In doubt and emotional attachment, this person understands nothing; with this leash, these feet are tied up. What did this person do, when he did not exist? When the Immaculate and Formless Lord God was all alone, He did everything by Himself. He alone knows His actions; He created this creation. Says Nanak, the Lord Himself is the Doer. The True Guru has dispelled my doubts.

Without the Lord, other actions are useless. Meditative chants, intense deep meditation, austere self-discipline and rituals - these are plundered in this world. Fasting, daily rituals, and austere self-discipline - those who keep the practice of these, are rewarded with less than a shell. Hereafter, the way is different, O Siblings of Destiny. There, these things are of no use at all. Those who bathe at sacred shrines of pilgrimage, and wander over the earth, find no place of rest hereafter. There, these are of no use at all. By these things, they only please other people. Reciting the four Vedas from memory, they do not obtain the Mansion of the Lord's Presence hereafter. Those who do not understand the One Pure Word, utter total nonsense. Nanak voices this opinion: those who practice it, swim across. Serve the Guru, and meditate on the Naam; renounce the egotistical pride from your mind.

O Lord, I chant Your Name, Har, Har, Har. I cannot do anything by myself, O Lord and Master. As You keep me, so I remain. What can the mere mortal do? What is in the hands of this poor creature? As You attach us, so we are attached, O my Perfect Lord and Master. Take pity on me, O Great Giver of all, that I may enshrine love for Your Form alone. Nanak offers this prayer to the Lord, that he may chant the Naam, the Name of the Lord.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

O Merciful to the meek, O Dear Lord King, You have engaged millions of people in Your Service. You are the Lover of Your devotees; this is Your Nature. You are totally pervading all places. How can I behold my Beloved? What is that way of life? Become the slave of the Saints, and serve at their feet. I dedicate this soul; I am a sacrifice, a sacrifice to them. Bowing low, I fall at the Feet of the Lord. The Pandits, the religious scholars, study the books of the Vedas. Some become renunciates, and bathe at sacred shrines of pilgrimage. Some sing tunes and melodies and songs. But I meditate on the Naam, the Name of the Fearless Lord. My Lord and Master has become merciful to me.

I was a sinner, and I have been sanctified, taking to the Guru's Feet. Dispelling my doubts and fears, the Guru has rid me of hatred. The Guru has fulfilled the desires of my mind. One who has obtained the Name is wealthy. One who meditates on God is glorified. Sublime are all the actions of those who join the Saadh Sangat, the Company of the Holy. Servant Nanak is intuitively absorbed into the Lord.

Come to me, O my Beloved Lord. Night and day, with each and every breath, I think of You. O Saints, give Him this message; I fall at Your Feet. Without You, how can I be saved? In Your Company, I am in ecstasy. In the forest, the fields and the three worlds, there is peace and supreme bliss. My bed is beautiful, and my mind blossoms forth in ecstasy. Beholding the Blessed Vision of Your Darshan, I have found this peace. I wash Your Feet, and constantly serve You. O Divine Lord, I worship and adore You; I bow down before You. I am the slave of Your slaves; I chant Your Name. I offer this prayer to my Lord and Master. My desires are fulfilled, and my mind and body are rejuvenated. Beholding the Blessed Vision of the Lord's Darshan, all my pains have been taken away. Chanting and meditating on the Name of the Lord, Har, Har, Har, I have been saved. Nanak endures this unendurable celestial bliss.

Listen, listen, O my friend and companion, O Beloved of my mind: my mind and body are Yours. This life is a sacrifice to You as well. May I never forget God, the Support of the breath of life. I have come to Your Eternal Sanctuary. Meeting Him, my mind is revived, O Siblings of Destiny. By Guru's Grace, I have found the Lord, Har, Har. All things belong to God; all places belong to God. I am forever a sacrifice to God. Very fortunate are those who meditate on this treasure. They enshrine love for the Naam, the Name of the One Immaculate Lord.

Finding the Perfect Guru, all suffering is dispelled. Twenty-four hours a day, I sing the Glories of God. Your Name is the treasure of jewels, Lord. You are the True Banker; Your devotee is the trader. True is the trade of those who have the wealth of the Lord's assets. Servant Nanak is forever a sacrifice.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

I am so proud of You, O Creator; I am so proud of You. Through Your Almighty Power, I dwell in peace. The True Word of the Shabad is my banner and insignia. He hears and knows everything, but he keeps silent. Bewitched by Maya, he never regains awareness.

The riddles and hints are given, and he sees them with his eyes. But he is foolish and greedy, and he never listens to what he is told. Why bother to count one, two, three, four? The whole world is defrauded by the same enticements. Hardly anyone loves the Lord's Name; how rare is that place which is in bloom. The devotees look beautiful in the True Court; night and day, they are happy. They are imbued with the Love of the Transcendent Lord; servant Nanak is a sacrifice to them.

The Destroyer of sorrow is Your Name, Lord; the Destroyer of sorrow is Your Name. Twenty-four hours a day, dwell upon the wisdom of the Perfect True Guru. That heart, in which the Supreme Lord God abides, is the most beautiful place. The Messenger of Death does not even approach those who chant the Glorious Praises of the Lord with the tongue. I have not understood the wisdom of serving Him, nor have I worshipped Him in meditation. You are my Support, O Life of the World; O my Lord and Master, Inaccessible and Incomprehensible. When the Lord of the Universe became merciful, sorrow and suffering departed. The hot winds do not even touch those who are protected by the True Guru. The Guru is the All-pervading Lord, the Guru is the Merciful Master; the Guru is the True Creator Lord. When the Guru was totally satisfied, I obtained everything. Servant Nanak is forever a sacrifice to Him.

The Lord, the Lord, Raam, Raam, Raam: meditating on Him, all affairs are resolved. Chanting the Name of the Lord of the Universe, one's mouth is sanctified. One who recites to me the Praises of the Lord is my friend and brother. All treasures, all rewards and all virtues are in the Lord of the Universe. Why forget Him from your mind? Remembering Him in meditation, pain departs. Grasping the hem of His robe, we live, and cross over the terrifying world-ocean. Joining the Saadh Sangat, the Company of the Holy, one is saved, and one's face becomes radiant in the Court of the Lord. The Praise of the Sustainer of the Universe is the essence of life, and the wealth of His Saints. Nanak is saved, chanting the Naam, the Name of the Lord; in the True Court, he is cheered and applauded.

Sing the Sweet Praises of the Lord, O my soul, sing the Sweet Praises of the Lord. Attuned to the True One, even the homeless find a home. All other tastes are bland and insipid; through them, the body and mind are rendered insipid as well. Without the Transcendent Lord, what can anyone do? Cursed is his life, and cursed his reputation. Grasping the hem of the robe of the Holy Saint, we cross over the world-ocean. Worship and adore the Supreme Lord God, and all your family will be saved as well. He is a companion, a relative, and a good friend of mine, who implants the Lord's Name within my heart. He washes off all my demerits, and is so generous to me. Wealth, treasures, and household are all just ruins; the Lord's Feet are the only treasure. Nanak is a beggar standing at Your Door, God; he begs for Your charity.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU TEGH BAHADUR

Holy Sadhus: forsake the pride of your mind. Sexual desire, anger and the company of evil people - run away from them, day and night. One who knows that pain and pleasure are both the same, and honor and dishonor as well, who remains detached from joy and sorrow, realizes the true essence in the world. Renounce both praise and blame; seek instead the state of Nirvana. O servant Nanak, this is such a difficult game; only a few Gurmukhs understand it!

Holy Sadhus: the Lord fashioned the creation. One person passes away, and another thinks that he will live forever - this is a wonder beyond understanding! The mortal beings are held in the power of sexual desire, anger and emotional attachment; they have forgotten the Lord, the Immortal Form. The body is false, but they believe it to be true; it is like a dream in the night. Whatever is seen, shall all pass away, like the shadow of a cloud. O servant Nanak, one who knows the world to be unreal, dwells in the Sanctuary of the Lord.

The Praise of the Lord does not come to dwell in the minds of the mortal beings. Day and night, they remain engrossed in Maya. Tell me, how can they sing God's Glories? In this way, they bind themselves to children, friends, Maya and possessiveness. Like the deer's delusion, this world is false; and yet, beholding it, they chase after it. Our Lord and Master is the source of pleasures and liberation; and yet, the fool forgets Him. O servant Nanak, among millions, there is scarcely anyone who attains the Lord's meditation.

Holy Sadhus: this mind cannot be restrained. Fickle desires dwell with it, and so it cannot remain steady. The heart is filled with anger and violence, which cause all sense to be forgotten. The jewel of spiritual wisdom has been taken away from everyone; nothing can withstand it. The Yogis have tried everything and failed; the virtuous have grown weary of singing God's Glories. O servant Nanak, when the Lord becomes merciful, then every effort is successful.

Holy Sadhus: sing the Glorious Praises of the Lord of the Universe. You have obtained the priceless jewel of this human life; why are you uselessly wasting it? He is the Purifier of sinners, the Friend of the poor. Come, and enter the Lord's Sanctuary. Remembering Him, the elephant's fear was removed; so why do you forget Him? Renounce your egotistical pride and your emotional attachment to Maya; focus your consciousness on the Lord's meditation. Says Nanak, this is the path to liberation. Become Gurmukh, and attain it.

O mother, if only someone would instruct my wayward mind.

This mind listens to the Vedas, the Puraanas, and the ways of the Holy Saints, but it does not sing the Glorious Praises of the Lord, for even an instant. Having obtained this human body, so very difficult to obtain, it is now being uselessly wasted. Emotional attachment to Maya is such a treacherous wilderness, and yet, people are in love with it. Inwardly and outwardly, God is always with them, and yet, they do not enshrine Love for Him. O Nanak, know that those whose hearts are filled with the Lord are liberated.

Holy Sadhus: rest and peace are in the Sanctuary of the Lord. This is the blessing of studying the Vedas and the Puraanas, that you may meditate on the Name of the Lord. Greed, emotional attachment to Maya, possessiveness, the service of evil, pleasure and pain - those who are not touched by these, are the very embodiment of the Divine Lord. Heaven and hell, ambrosial nectar and poison, gold and copper - these are all alike to them. Praise and slander are all the same to them, as are greed and attachment. They are not bound by pleasure and pain - know that they are truly wise. O Nanak, recognize those mortal beings as liberated, who live this way of life.

O mind, why have you gone crazy? Don't you know that your life is decreasing, day and night? Your life is made worthless with greed. That body, which you believe to be your own, and your beautiful home and spouse - none of these is yours to keep. See this, reflect upon it and understand. You have wasted the precious jewel of this human life; you do not know the Way of the Lord of the Universe. You have not been absorbed in the Lord's Feet, even for an instant. Your life has passed away in vain! Says Nanak, that man is happy, who sings the Glorious Praises of the Lord's Name. All the rest of the world is enticed by Maya; they do not obtain the state of fearless dignity.

You people are unconscious; you should be afraid of sin. Seek the Sanctuary of the Lord, Merciful to the meek, Destroyer of all fear. The Vedas and the Puraanas sing His Praises; enshrine His Name within your heart. Pure and sublime is the Name of the Lord in the world. Remembering it in meditation, all sinful mistakes shall be washed away. You shall not obtain this human body again; make the effort - try to achieve liberation! Says Nanak, sing of the Lord of compassion, and cross over the terrifying world-ocean.

ONE UNIVERSAL CREATOR GOD. TRUTH IS THE NAME.  
CREATIVE BEING PERSONIFIED. BY GURU'S GRACE:

GURU NANAK  
(220-229)

The nine treasures and the miraculous spiritual powers come by contemplating the Immaculate Naam, the Name of the Lord. The Perfect Lord is All-pervading everywhere; He destroys the poison of Maya. I am rid of the three-phased Maya, dwelling in the Pure Lord.

The Guru's Teachings are useful to my soul. Chanting the Lord's Name in this way, my mind is satisfied. I have obtained the ointment of spiritual wisdom, recognizing the Word of the Guru's Shabad. Blended with the One Lord, I enjoy intuitive peace. Through the Immaculate Bani of the Word, my doubts have been dispelled. Instead of the pale color of Maya, I am imbued with the deep crimson color of the Lord's Love. By the Lord's Glance of Grace, the poison has been eliminated. When I turned away, and became dead while yet alive, I was awakened. Chanting the Word of the Shabad, my mind is attached to the Lord. I have gathered in the Lord's sublime essence, and cast out the poison. Abiding in His Love, the fear of death has run away. My taste for pleasure ended, along with conflict and egotism. My consciousness is attuned to the Lord, by the Order of the Infinite. When He blessed me with His Glance of Grace, peace was established in my soul.

Without You, I see no friend at all. Whom should I serve? Unto whom should I dedicate my consciousness? Whom should I ask? At whose feet should I fall? By whose teachings will I remain absorbed in His Love? I serve the Guru, and I fall at the Guru's Feet. I worship Him, and I am absorbed in the Lord's Name. The Lord's Love is my instruction, sermon and food. Enjoined to the Lord's Command, I have entered the home of my inner self. With the extinction of pride, my soul has found peace and meditation.

The Divine Light has dawned, and I am absorbed in the Light. Pre-ordained destiny cannot be erased; the Shabad is my banner and insignia. I know the Creator, the Creator of His Creation. I am not a learned Pandit, I am not clever or wise. I do not wander; I am not deluded by doubt. I do not speak empty speech; I have recognized the Hukam of His Command. Nanak is absorbed in intuitive peace through the Guru's Teachings.

The mind is an elephant in the forest of the body. The Guru is the controlling stick; when the Insignia of the True Shabad is applied, one obtains honor in the Court of God the King. He cannot be known through clever tricks. Without subduing the mind, how can His value be estimated? In the house of the self is the Ambrosial Nectar, which is being stolen by the thieves. No one can say no to them. He Himself protects us, and blesses us with greatness. There are billions, countless billions of fires of desire at the seat of the mind. They are extinguished only with the water of understanding, imparted by the Guru. Offering my mind, I have attained it, and I joyfully sing His Glorious Praises.

Just as He is within the home of the self, so is He beyond. But how can I describe Him, sitting in a cave? The Fearless Lord is in the oceans, just as He is in the mountains. Tell me, who can kill someone who is already dead? What does he fear? Who can frighten the fearless one? He recognizes the Word of the Shabad, throughout the three worlds. One who speaks, merely describes speech. But one who understands, intuitively realizes. Seeing and reflecting upon it, my mind surrenders. Praise, beauty and liberation are in the One Name. In it, the Immaculate Lord is permeating and pervading. He dwells in the home of the self, and in His own sublime place. The many silent sages lovingly praise Him.

Their bodies and minds are purified, as they enshrine the True Lord in their consciousness. O Nanak, meditate on the Lord, each and every day.

The mind does not die, so the job is not accomplished. The mind is under the power of the demons of evil intellect and duality. But when the mind surrenders, through the Guru, it becomes one. The Lord is without attributes; the attributes of virtue are under His control. One who eliminates selfishness contemplates Him. The deluded mind thinks of all sorts of corruption. When the mind is deluded, the load of wickedness falls on the head. But when the mind surrenders to the Lord, it realizes the One and Only Lord. The deluded mind enters the house of Maya. Engrossed in sexual desire, it does not remain steady.

O mortal, lovingly vibrate the Lord's Name with your tongue. Elephants, horses, gold, children and spouses - in the anxious affairs of all these, people lose the game and depart. In the game of chess, their pieces do not reach their destination. They gather wealth, but only evil comes from it. Pleasure and pain stand in the doorway. Intuitive peace comes by meditating on the Lord, within the heart. When the Lord bestows His Glance of Grace, then He unites us in His Union. Through the Word of the Shabad, merits are gathered in, and demerits are burned away. The Gurmukh obtains the treasure of the Naam, the Name of the Lord. Without the Name, all live in pain. The consciousness of the foolish, self-willed manmukh is the dwelling place of Maya. The Gurmukh obtains spiritual wisdom, according to pre-ordained destiny. The fickle mind continuously runs after fleeting things. The Pure True Lord is not pleased by filth. O Nanak, the Gurmukh sings the Glorious Praises of the Lord.

Acting in egotism, peace is not obtained. The intellect of the mind is false; only the Lord is True. All who love duality are ruined. People act as they are pre-ordained. I have seen the world to be such a gambler; all beg for peace, but they forget the Naam, the Name of the Lord. If the Unseen Lord could be seen, then He could be described. Without seeing Him, all descriptions are useless. The Gurmukh sees Him with intuitive ease. So serve the One Lord, with loving awareness. People beg for peace, but they receive severe pain. They are all weaving a wreath of corruption. You are false - without the One, there is no liberation. The Creator created the creation, and He watches over it. The fire of desire is quenched by the Word of the Shabad. Duality and doubt are automatically eliminated. Following the Guru's Teachings, the Naam abides in the heart. Through the True Word of His Bani, sing the Glorious Praises of the Lord. The True Lord abides within the body of that Gurmukh who enshrines love for Him. Without the Naam, none obtain their own place. The Beloved Lord King is dedicated to love. If He bestows His Glance of Grace, then we realize His Name. Emotional attachment to Maya is total entanglement. The self-willed manmukh is filthy, cursed and dreadful. Serving the True Guru, these entanglements are ended. In the Ambrosial Nectar of the Naam, you shall abide in lasting peace. The Gurmukhs understand the One Lord, and enshrine love for Him. They dwell in the home of their own inner beings, and merge in the True Lord. The cycle of birth and death is ended. This understanding is obtained from the Perfect Guru.

Speaking the speech, there is no end to it. I have consulted the Guru, and I have seen that there is no other door than His. Pain and pleasure reside in the Pleasure of His Will and His Command. Nanak, the lowly, says embrace love for the Lord.

The duality of Maya dwells in the consciousness of the people of the world. They are destroyed by sexual desire, anger and egotism. Whom should I call the second, when there is only the One? The One Immaculate Lord is pervading among all. The dual-minded evil intellect speaks of a second. One who harbors duality comes and goes and dies. In the earth and in the sky, I do not see any second. Among all the women and the men, His Light is shining. In the lamps of the sun and the moon, I see His Light. Dwelling among all is my ever-youthful Beloved. In His Mercy, He attuned my consciousness to the Lord. The True Guru has led me to understand the One Lord. The Gurmukh knows the One Immaculate Lord. Subduing duality, one comes to realize the Word of the Shabad. The Command of the One Lord prevails throughout all the worlds. From the One, all have arisen. There are two routes, but remember that their Lord and Master is only One. Through the Word of the Guru's Shabad, recognize the Hukam of the Lord's Command. He is contained in all forms, colors and minds. Says Nanak, praise the One Lord.

Those who live a spiritual lifestyle - they alone are true. What can the false know about the secrets of liberation? Those who contemplate the Way are Yogis. They conquer the five thieves, and enshrine the True Lord in the heart. Those who enshrine the True Lord deep within, realize the value of the Way of Yoga. The sun and the moon are one and the same for them, as are household and wilderness. The karma of their daily practice is to praise the Lord. They beg for the alms of the one and only Shabad. They remain awake and aware in spiritual wisdom and meditation, and the true way of life. They remain absorbed in the fear of God; they never leave it. Who can estimate their value? They remain lovingly absorbed in the Lord. The Lord unites them with Himself, dispelling their doubts. By Guru's Grace, the supreme status is obtained. In the Guru's service is reflection upon the Shabad. Subduing ego, practice pure actions. Chanting, meditation, austere self-discipline and the reading of the Puraanas, says Nanak, are contained in surrender to the Unlimited Lord.

To practice forgiveness is the true fast, good conduct and contentment. Disease does not afflict me, nor does the pain of death. I am liberated, and absorbed into God, who has no form or feature. What fear does the Yogi have? The Lord is among the trees and the plants, within the household and outside as well. The Yogis meditate on the Fearless, Immaculate Lord. Night and day, they remain awake and aware, embracing love for the True Lord. Those Yogis are pleasing to my mind. The trap of death is burnt by the Fire of God. Old age, death and pride are conquered. They swim across, and save their ancestors as well. Those who serve the True Guru are the Yogis. Those who remain immersed in the Fear of God become fearless. They become just like the One they serve. ||

The Name makes a man pure and fearless. It makes the masterless become the master of all. I am a sacrifice to him. Such a person is not reincarnated again; he sings the Glories of God. Inwardly and outwardly, he knows the One Lord; through the Word of the Guru's Shabad, he realizes himself. He bears the Banner and Insignia of the True Shabad in the Lord's Court. One who dies in the Shabad abides in his own home within. He does not come or go in reincarnation, and his hopes are subdued. Through the Word of the Guru's Shabad, his heart-lotus blossoms forth. Whoever is seen, is driven by hope and despair, by sexual desire, anger, corruption, hunger and thirst. O Nanak, those detached recluses who meet the Lord are so very rare.

Meeting such a slave, peace is obtained. Pain is forgotten, when the True Lord is found. Beholding the blessed vision of his Darshan, my understanding has become perfect. The cleansing baths at the sixty-eight sacred shrines of pilgrimage are in the dust of his feet. My eyes are contented with the constant love of the One Lord. My tongue is purified by the most sublime essence of the Lord. True are my actions, and deep within my being, I serve Him. My mind is satisfied by the Inscrutable, Mysterious Lord. Wherever I look, there I find the True Lord. Without understanding, the world argues in falsehood. When the Guru instructs, understanding is obtained. How rare is that Gurmukh who understands. Show Your Mercy, and save me, O Savior Lord! Without understanding, people become beasts and demons. The Guru has said that there is no other at all. So tell me, who should I see, and who should I worship? For the sake of the Saints, God has established the three worlds. One who understands his own soul, contemplates the essence of reality. One whose heart is filled with Truth and true love - prays Nanak, I am his servant.

Brahma acted in pride, and did not understand. Only when he was faced with the downfall of the Vedas did he repent. Remembering God in meditation, the mind is conciliated. Such is the horrible pride of the world. The Guru eliminates the pride of those who meet Him. Bal the King, in Maya and egotism, held his ceremonial feasts, but he was puffed up with pride. Without the Guru's advice, he had to go to the underworld. Hari Chand gave in charity, and earned public praise. But without the Guru, he did not find the limits of the Mysterious Lord. The Lord Himself misleads people, and He Himself imparts understanding. The evil-minded Harnaakhash committed evil deeds. God, the Lord of all, is the Destroyer of pride. He bestowed His Mercy, and saved Prahlaad. Raawan was deluded, foolish and unwise. Sri Lanka was plundered, and he lost his head. He indulged in ego, and lacked the love of the True Guru. The Lord killed the thousand-armed Arjun, and the demons Madhu-keetab and Meh-khaasaa. He seized Harnaakhash and tore him apart with his nails. The demons were slain; they did not practice devotional worship. The demons Jaraa-sandh and Kaal-jamun were destroyed. Rakat-beej and Kaal-naym were annihilated. Slaying the demons, the Lord saved His Saints.

He Himself, as the True Guru, contemplates the Shabad. Because of the love of duality, God killed the demons. By their true devotion, the Gurmukhs have been saved. Sinking down, Durodhan lost his honor. He did not know the Creator Lord. One who makes the Lord's humble servant suffer, shall himself suffer and rot. Janameja did not know the Word of the Guru's Shabad. Deluded by doubt, how could he find peace? Making a mistake, for even an instant, you shall regret and repent later on. Kansa the King and his warriors Kays and Chandoor had no equals. But they did not remember the Lord, and they lost their honor. Without the Lord of the Universe, no one can be saved. Without the Guru, pride cannot be eradicated. Following the Guru's Teachings, one obtains Dharmic faith, composure and the Lord's Name. O Nanak, singing the Glories of God, His Name is received.

I may anoint my limbs with sandalwood oil and musk. I may dress up and wear silk and satin clothes. But without the Lord's Name, where would I find peace? So what should I wear? In what clothes should I display myself? Without the Lord of the Universe, how can I find peace? I may wear ear-rings, and a pearl necklace around my neck; my bed may be adorned with red blankets, flowers and red powder; but without the Lord of the Universe, where can I search for peace? I may have a beautiful woman with fascinating eyes; she may decorate herself with the sixteen adornments, and make herself appear gorgeous. But without meditating on the Lord of the Universe, there is only continual suffering. In his hearth and home, in his palace, upon his soft and comfortable bed, day and night, the flower-girls scatter flower petals; but without the Lord's Name, the body is miserable. Horses, elephants, lances, marching bands, armies, standard bearers, royal attendants and ostentatious displays - without the Lord of the Universe, these undertakings are all useless. He may be called a Siddha, a man of spiritual perfection, and he may summon riches and supernatural powers; he may place a crown upon his head, and carry a royal umbrella; but without the Lord of the Universe, where can Truth be found? He may be called an emperor, a lord, and a king; he may give orders - "Do this now, do this then" - but this is a false display. Without the Word of the Guru's Shabad, his works are not accomplished. Egotism and possessiveness are dispelled by the Word of the Guru's Shabad. With the Guru's Teachings in my heart, I have come to know the Lord. Prays Nanak, I seek Your Sanctuary.

Those who serve the One Lord, do not know any other. They abandon the bitter worldly conflicts. Through love and truth, they meet the Truest of the True. Such are the humble devotees of the Lord. They sing the Glorious Praises of the Lord, and their pollution is washed away. The heart-lotus of the entire universe is upside-down. The fire of evil-mindedness is burning up the world. They alone are saved, who contemplate the Word of the Guru's Shabad. The bumble bee, the moth, the elephant, the fish and the deer - all suffer for their actions, and die. Trapped by desire, they cannot see reality. The lover of women is obsessed with sex. All the wicked are ruined by their anger.

Honor and good sense are lost, when one forgets the Naam, the Name of the Lord. The self-willed manmukh is lured by another man's wife. The noose is around his neck, and he is entangled in petty conflicts. The Gurmukh is emancipated, singing the Glorious Praises of the Lord. The lonely widow gives her body to a stranger; but without her husband, she is never satisfied. You may read, recite and study the scriptures, the Simritees, Vedas and Puraanas; but without being imbued with the Lord's essence, the mind wanders endlessly. As the sparrow-hawk thirsts longingly for the drop of rain, and as the fish delights in the water, Nanak is satisfied by the sublime essence of the Lord.

One who dies in stubbornness shall not be approved, even though he may wear religious robes and smear his body all over with ashes. Forgetting the Naam, the Name of the Lord, he comes to regret and repent in the end. Believe in the Dear Lord, and you shall find peace of mind. Forgetting the Naam, you shall have to endure the pain of death. The smell of musk, sandalwood and camphor, and the intoxication of Maya, takes one far away from the state of supreme dignity. Forgetting the Naam, one becomes the most false of all the false. Lances and swords, marching bands, thrones and the salutes of others only increase his desire; he is engrossed in sexual desire. Without seeking the Lord, neither devotional worship nor the Naam are obtained. Union with God is not obtained by arguments and egotism. But by offering your mind, the comfort of the Naam is obtained. In the love of duality and ignorance, you shall suffer. Without money, you cannot buy anything in the store. Without a boat, you cannot cross over the ocean. Without serving the Guru, everything is lost. Waaho! Waaho! - Hail, hail, to the one who shows us the Way. Waaho! Waaho! - Hail, hail, to the one who teaches the Word of the Shabad. Waaho! Waaho! - Hail, hail, to the one who unites me in the Lord's Union. Waaho! Waaho! - Hail, hail, to the one who is the Keeper of this soul. Through the Word of the Guru's Shabad, contemplate this Ambrosial Nectar. The Glorious Greatness of the Naam is bestowed according to the Pleasure of Your Will. Without the Naam, how can I live, O mother? Night and day, I chant it; I remain in the Protection of Your Sanctuary. O Nanak, attuned to the Naam, honor is attained.

Acting in egotism, the Lord is not known, even by wearing religious robes. How rare is that Gurmukh, who surrenders his mind in devotional worship. By actions done in egotism, selfishness and conceit, the True Lord is not obtained. But when egotism departs, then the state of supreme dignity is obtained. The kings act in egotism, and undertake all sorts of expeditions. But through their egotism, they are ruined; they die, only to be reborn over and over again. Egotism is overcome only by contemplating the Word of the Guru's Shabad. One who restrains his fickle mind subdues the five passions. With the True Lord deep within the self, the Celestial Mansion is intuitively found. Understanding the Sovereign Lord, the state of supreme dignity is obtained. The Guru dispels the doubts of those whose actions are true. They focus their attention on the Home of the Fearless Lord. Those who act in egotism, selfishness and conceit die; what do they gain? Those who meet the Perfect Guru are rid of all conflicts. Whatever exists, is in reality nothing.

Obtaining spiritual wisdom from the Guru, I sing the Glories of God. Egotism binds people in bondage, and causes them to wander around lost. O Nanak, peace is obtained through devotional worship of the Lord.

First, Brahma entered the house of Death. Brahma entered the lotus, and searched the nether regions, but he did not find the end of it. He did not accept the Lord's Order - he was deluded by doubt. Whoever is created, shall be destroyed by Death. But I am protected by the Lord; I contemplate the Word of the Guru's Shabad. All the gods and goddesses are enticed by Maya. Death cannot be avoided, without serving the Guru. That Lord is Imperishable, Invisible and Inscrutable. The sultans, emperors and kings shall not remain. Forgetting the Name, they shall endure the pain of death. My only Support is the Naam, the Name of the Lord; as He keeps me, I survive. The leaders and kings shall not remain. The bankers shall die, after accumulating their wealth and money. Grant me, O Lord, the wealth of Your Ambrosial Naam. The people, rulers, leaders and chiefs - none of them shall be able to remain in the world. Death is inevitable; it strikes the heads of the false. Only the One Lord, the Truest of the True, is permanent. He who created and fashioned everything, shall destroy it. One who becomes Gurmukh and meditates on the Lord is honored. The Qazis, Shaykhs and Fakeers in religious robes call themselves great; but through their egotism, their bodies are suffering in pain. Death does not spare them, without the Support of the True Guru. The trap of Death is hanging over their tongues and eyes. Death is over their ears, when they hear talk of evil. Without the Shabad, they are plundered, day and night. Death cannot touch those whose hearts are filled with the True Name of the Lord, and who sing the Glories of God. O Nanak, the Gurmukh is absorbed in the Word of the Shabad.

They speak the Truth - not an iota of falsehood. The Gurmukhs walk in the Way of the Lord's Command. They remain unattached, in the Sanctuary of the True Lord. They dwell in their true home, and Death does not touch them. The self-willed manmukhs come and go, in the pain of emotional attachment. So, drink deeply of this Nectar, and speak the Unspoken Speech. Dwelling in the home of your own being within, you shall find the home of intuitive peace. One who is imbued with the Lord's sublime essence, is said to experience this peace. Following the Guru's Teachings, one becomes perfectly stable, and never wavers. Following the Guru's Teachings, one intuitively chants the Name of the True Lord. Drinking in this Ambrosial Nectar, and churning it, the essential reality is discerned. Beholding the True Guru, I have received His Teachings. I have offered my mind and body, after searching deep within my own being. I have come to realize the value of understanding my own soul. The Naam, the Name of the Immaculate Lord, is the most excellent and sublime food. The pure swan-souls see the True Light of the Infinite Lord. Wherever I look, I see the One and Only Lord. One who remains pure and unblemished and practices only true deeds, obtains the supreme status, serving at the Guru's Feet. The mind is reconciled with the mind, and the ego's wandering ways come to an end. In this way, who - who has not been saved?

The Lord's Praises have saved His Saints and devotees. I have found God - I am not searching for any other. The Guru has shown me the unseen Mansion of the True Lord. His Mansion is eternal and unchanging; it is not a mere reflection of Maya. Through truth and contentment, doubt is dispelled. That person, within whose mind the True Lord dwells - in his company, one becomes Gurmukh. O Nanak, the True Name washes off the pollution.

One whose consciousness is permeated with the Lord's Name - receive the blessing of his Darshan in the early light of dawn. If you do not meditate on the Lord, it is your own misfortune. In each and every age, the Great Giver is my Lord God. Following the Guru's Teachings, the perfect humble beings meditate on the Lord. Within their hearts, the Unstruck Melody vibrates. Those who worship the Lord and love the Lord - showering His Mercy, God protects them. Those whose hearts are filled with the Lord, Har, Har - gazing upon the blessed vision of their Darshan, peace is obtained. Among all beings, the One Lord is pervading. The egotistical, self-willed manmukhs wander in reincarnation. They alone understand, who have found the True Guru. Subduing their ego, they receive the Word of the Guru's Shabad. How can anyone know of the Union between the being below and the Supreme Being above? The Gurmukhs obtain this Union; their minds are reconciled. I am a worthless sinner, without merit. What merit do I have? When God showers His Mercy, servant Nanak is emancipated. || 8 || 16 || SIXTEEN  
ASHTAPADEES OF GWAARAYREE GAUREE ||

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

As the dairy farmer watches over and protects his cows, so does the Lord cherish and protect us, night and day. He blesses the soul with peace. Please protect me here and hereafter, O Lord, Merciful to the meek. I seek Your Sanctuary; please bless me with Your Glance of Grace. Wherever I look, there You are. Save me, O Savior Lord! You are the Giver, and You are the Enjoyer; You are the Support of the breath of life. According to the karma of past actions, people descend to the depths or rise to the heights, unless they contemplate spiritual wisdom. Without the Praises of the Lord of the Universe, the darkness is not dispelled. I have seen the world being destroyed by greed and egotism. Only by serving the Guru is God obtained, and the true gate of liberation found. The Mansion of the Infinite Lord's Presence is within the home of one's own being. He is beyond any boundaries. Without the Word of the Shabad, nothing shall endure. Through understanding, peace is obtained. What have you brought, and what will you take away, when you are caught by the noose of Death? Like the bucket tied to the rope in the well, you are pulled up to the Akaashic Ethers, and then lowered down to the nether regions of the underworld. Follow the Guru's Teachings, and do not forget the Naam, the Name of the Lord; you shall automatically obtain honor. Deep within the self is the treasure of the Shabad; it is obtained only by eradicating selfishness and conceit. When God bestows His Glance of Grace, people settle in the Lap of the Virtuous Lord.

O Nanak, this Union cannot be broken; the true profit is obtained.

By Guru's Grace, one comes to understand, and then, the account is settled. In each and every heart is the Name of the Immaculate Lord; He is my Lord and Master. Without the Word of the Guru's Shabad, no one is emancipated. See this, and reflect upon it. Even though you may perform hundreds of thousands of rituals, without the Guru, there is only darkness. What can you say, to one who is blind and without wisdom? Without the Guru, the Path cannot be seen. How can anyone proceed? He calls the counterfeit genuine, and does not know the value of the genuine. The blind man is known as an appraiser; this Dark Age of Kali Yuga is so strange! The sleeper is said to be awake, and those who are awake are like sleepers. The living are said to be dead, and no one mourns for those who have died. One who is coming is said to be going, and one who is gone is said to have come. That which belongs to others, he calls his own, but he has no liking for that which is his. That which is sweet is said to be bitter, and the bitter is said to be sweet. One who is imbued with the Lord's Love is slandered - this is what I have seen in this Dark Age of Kali Yuga. He serves the maid, and does not see his Lord and Master. Churning the water in the pond, no butter is produced. One who understands the meaning of this verse is my Guru. O Nanak, one who knows his own self, is infinite and incomparable. He Himself is All-pervading; He Himself misleads the people. By Guru's Grace, one comes to understand, that God is contained in all.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU AMAR DAS  
(229-234)

The pollution of the mind is the love of duality. Deluded by doubt, people come and go in reincarnation. The pollution of the self-willed manmukhs will never go away, as long as they do not dwell on the Shabad, and the Name of the Lord. All the created beings are contaminated by emotional attachment; they die and are reborn, only to die over and over again. Fire, air and water are polluted. The food which is eaten is polluted. The actions of those who do not worship the Lord are polluted. Attuned to the Naam, the Name of the Lord, the mind becomes immaculate. Serving the True Guru, pollution is eradicated, and then, one does not suffer death and rebirth, or get devoured by death. You may study and examine the Shaastras and the Simritees, but without the Name, no one is liberated. Throughout the four ages, the Naam is the ultimate; reflect upon the Word of the Shabad. In this Dark Age of Kali Yuga, only the Gurmukhs cross over. The True Lord does not die; He does not come or go. O Nanak, the Gurmukh remains absorbed in the Lord.

Selfless service is the support of the breath of life of the Gurmukh. Keep the Dear Lord enshrined in your heart. The Gurmukh is honored in the Court of the True Lord. O Pandit, O religious scholar, read about the Lord, and renounce your corrupt ways. The Gurmukh crosses over the terrifying world-ocean.

The Gurmukh eradicates egotism from within. No filth sticks to the Gurmukh. The Naam, the Name of the Lord, comes to dwell within the mind of the Gurmukh. Through karma and Dharma, good actions and righteous faith, the Gurmukh becomes true. The Gurmukh burns away egotism and duality. The Gurmukh is attuned to the Naam, and is at peace. Instruct your own mind, and understand Him. You may preach to other people, but no one will listen. The Gurmukh understands, and is always at peace. The self-willed manmukhs are such clever hypocrites. No matter what they do, it is not acceptable. They come and go in reincarnation, and find no place of rest. The manmukhs perform their rituals, but they are totally selfish and conceited. They sit there, like storks, pretending to meditate. Caught by the Messenger of Death, they shall regret and repent in the end. Without serving the True Guru, liberation is not obtained. By Guru's Grace, one meets the Lord. The Guru is the Great Giver, throughout the four ages. For the Gurmukh, the Naam is social status, honor and glorious greatness. Maya, the daughter of the ocean, has been slain. O Nanak, without the Name, all clever tricks are false.

Learn the Dharma of this age, O Siblings of Destiny; all understanding is obtained from the Perfect Guru. Here and hereafter, the Lord's Name is our Companion. Learn of the Lord, and contemplate Him in your mind. By Guru's Grace, your filth shall be washed away. Through argument and debate, He cannot be found. The mind and body are made insipid through the love of duality. Through the Word of the Guru's Shabad, lovingly attune yourself to the True Lord. This world is polluted with egotism. By taking cleansing baths daily at sacred shrines of pilgrimage, egotism is not eliminated. Without meeting the Guru, they are tortured by Death. Those humble beings are true, who conquer their ego. Through the Word of the Guru's Shabad, they conquer the five thieves. They save themselves, and save all their generations as well. The Actor has staged the drama of emotional attachment to Maya. The self-willed manmukhs cling blindly to it. The Gurmukhs remain detached, and lovingly attune themselves to the Lord. The disguisers put on their various disguises. Desire rages within them, and they carry on egotistically. They do not understand themselves, and they lose the game of life. Putting on religious robes, they act so clever, but they are totally deluded by doubt and emotional attachment to Maya. Without serving the Guru, they suffer in terrible pain. Those who are attuned to the Naam, the Name of the Lord, remain detached forever. Even as householders, they lovingly attune themselves to the True Lord. O Nanak, those who serve the True Guru are blessed and very fortunate.

Brahma is the founder of the study of the Vedas. From him emanated the gods, enticed by desire. They wander in the three qualities, and they do not dwell within their own home. The Lord has saved me; I have met the True Guru. He has implanted devotional worship of the Lord's Name, night and day. The songs of Brahma entangle people in the three qualities.

Reading about the debates and disputes, they are hit over the head by the Messenger of Death. They do not understand the essence of reality, and they gather their worthless bundles of straw. The self-willed manmukhs, in ignorance, take the path of evil. They forget the Lord's Name, and in its place, they establish all sorts of rituals. They drown in the terrifying world-ocean, in the love of duality. Driven crazy, infatuated by Maya, they call themselves Pandits - religious scholars; stained with corruption, they suffer terrible pain. The noose of the Messenger of Death is around their necks; they are constantly tormented by death.

The Messenger of Death does not even approach the Gurmukhs. Through the Word of the Shabad, they burn away their ego and duality. Attuned to the Name, they sing the Glorious Praises of the Lord. Maya is the slave of the Lord's devotees; it works for them. One who falls at their feet attains the Mansion of the Lord's Presence. He is forever immaculate; he is absorbed in intuitive peace. Those who listen to the Lord's Sermon are seen to be the wealthy people in this world. Everyone bows down to them, and adores them, night and day. They intuitively savor the Glories of the True Lord within their minds. The Perfect True Guru has revealed the Shabad; it eradicates the three qualities, and attunes the consciousness to the fourth state. O Nanak, subduing egotism, one is absorbed into God.

Brahma studied the Vedas, but these lead only to debates and disputes. He is filled with darkness; he does not understand himself. And yet, if he chants the Word of the Guru's Shabad, he finds God. So serve the Guru, and you shall not be consumed by death. The self-willed manmukhs have been consumed by the love of duality. Becoming Gurmukh, the sinful mortals are purified. Through the Word of the Guru's Shabad, they find intuitive peace and poise deep within. I have found my God, through the Guru's Shabad, and I have been reformed. God Himself unites us in Union with the True Guru, when we become pleasing to the Mind of my True God. They sing the Glorious Praises of the Lord, in the poise of celestial peace. Without the True Guru, they are deluded by doubt. The blind, self-willed manmukhs constantly eat poison. They are beaten by the Messenger of Death with his rod, and they suffer in constant pain. The Messenger of Death does not catch sight of those who enter the Sanctuary of the Lord. Subduing egotism, they lovingly center their consciousness on the True Lord. They keep their consciousness constantly focused on the Lord's Name. Those humble beings who serve the True Guru are pure and immaculate. Merging their minds into the Mind, they conquer the entire world. In this way, you too shall find happiness, O my friend. Those who serve the True Guru are blessed with fruitful rewards. The Naam, the Name of the Lord, abides in their hearts; selfishness and conceit depart from within them. The Unstruck Melody of the Shabad vibrates for them. Who - who has not been purified by the True Guru, O my Siblings of Destiny? The devotees are purified, and honored in His Court. O Nanak, greatness is in the Lord's Name.

Those who speak of the three qualities - their doubts do not depart. Their bonds are not broken, and they do not obtain liberation. The True Guru is the Bestower of liberation in this age. Those mortals who become Gurmukh give up their doubts. The Celestial Music wells up, when they lovingly attune their consciousness to the Lord.

Those who are controlled by the three qualities have death hovering over their heads. They do not remember the Name of the Creator Lord. They die, and are reborn, over and over, again and again. Those whose guru is spiritually blind - their doubts are not dispelled. Abandoning the Source of all, they have become attached to the love of duality. Infected with poison, they are immersed in poison. Believing Maya to be the source of all, they wander in doubt. They have forgotten the Dear Lord, and they are in love with duality. The supreme status is obtained only by those who are blessed with His Glance of Grace. One who has Truth pervading within, radiates Truth outwardly as well. The Truth does not remain hidden, even though one may try to hide it. The spiritually wise know this intuitively. The Gurmukhs keep their consciousness lovingly centered on the Lord. Ego and Maya are burned away by the Word of the Shabad. My True God unites them in His Union. The True Guru, The Giver, preaches the Shabad. He controls, and restrains, and holds still the wandering mind. Understanding is obtained through the Perfect Guru. The Creator Himself has created the universe; He Himself shall destroy it. Without Him, there is no other at all. O Nanak, how rare are those who, as Gurmukh, understand this!

The Gurmukhs obtain the Naam, the Priceless Name of the Lord. They serve the Name, and through the Name, they are absorbed in intuitive peace and poise. With their tongues, they continually sing the Ambrosial Naam. They obtain the Lord's Name; the Lord showers His Mercy upon them. Night and day, within your heart, meditate on the Lord of the Universe. The Gurmukhs obtain the supreme state of peace. Peace comes to fill the hearts of those who, as Gurmukh, sing of the True Lord, the treasure of excellence. They become the constant slaves of the slaves of the Lord's slaves. Within their households and families, they remain always detached. How rare are those who, as Gurmukh, become Jivan Mukta - liberated while yet alive. They alone obtain the supreme treasure. Eradicating the three qualities, they become pure. They are intuitively absorbed in the True Lord God. Emotional attachment to family does not exist, when the True Lord abides within the heart. The mind of the Gurmukh is pierced through and held steady. One who recognizes the Hukam of the Lord's Command understands the True Lord. You are the Creator Lord - there is no other for me. I serve You, and through You, I obtain honor. God showers His Mercy, and I sing His Praises. The light of the jewel of the Naam permeates the entire world. To the Gurmukhs, the Word of God's Bani seems so sweet. Deep within, their hearts blossom forth; night and day, they lovingly center themselves on the Lord. The True Lord is intuitively obtained, by His Grace. The True Guru is obtained by the destiny of perfect good fortune. Egotism, possessiveness, evil-mindedness and suffering depart, when the Lord's Name, the Ocean of Virtue, comes to dwell within the heart. The intellect of the Gurmukhs is awakened, and they praise God, when the Lord's Lotus Feet come to dwell within the heart. They alone receive the Naam, unto whom it is given. The Gurmukhs shed their ego, and merge with the Lord. The True Name abides within their hearts. O Nanak, they are intuitively absorbed in the True Lord.

The mind has intuitively healed itself, through the Fear of God.

The mind is attuned to the Word of the Shabad; it is lovingly attuned to the Lord. It abides within its own home, in harmony with the Lord's Will. Serving the True Guru, egotistical pride departs, and the Lord of the Universe, the Treasure of Excellence, is obtained. The mind becomes detached and free of desire, when it experiences the Fear of God, through the Shabad. My Immaculate God is pervading and contained among all. By Guru's Grace, one is united in His Union. The slave of the Lord's slave attains peace. My Lord God is found in this way. By the Grace of the Lord, one comes to sing the Glorious Praises of the Lord. Cursed is that long life, during which love for the Lord's Name is not enshrined. Cursed is that comfortable bed which lures one into the darkness of attachment to sexual desire. Fruitful is the birth of that person who takes the Support of the Naam, the Name of the Lord. Cursed, cursed is that home and family, in which the love of the Lord is not embraced. He alone is my friend, who sings the Glorious Praises of the Lord. Without the Lord's Name, there is no other for me. From the True Guru, I have obtained salvation and honor. I have meditated on the Name of the Lord, and all my sufferings have been erased. I am in constant bliss, lovingly attuned to the Lord's Name. Meeting the Guru, I came to understand my body. The fires of ego and desire have been totally quenched. Anger has been dispelled, and I have grasped hold of tolerance. The Lord Himself showers His Mercy, and bestows the Naam. How rare is that Gurmukh, who receives the jewel of the Naam. O Nanak, sing the Glorious Praises of the Lord, the Unknowable, the Incomprehensible.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Those who turn their faces away from the True Guru, are seen to be unfaithful and evil. They shall be bound and beaten night and day; they shall not have this opportunity again. O Lord, please shower Your Mercy upon me, and save me! O Lord God, please lead me to meet the Sat Sangat, the True Congregation, that I may dwell upon the Glorious Praises of the Lord within my heart. Those devotees are pleasing to the Lord, who as Gurmukh, walk in harmony with the Way of the Lord's Will. Subduing their selfishness and conceit, and performing selfless service, they remain dead while yet alive. The body and the breath of life belong to the One - perform the greatest service to Him. Why forget Him from your mind? Keep the Lord enshrined in your heart. Receiving the Naam, the Name of the Lord, one obtains honor; believing in the Naam, one is at peace. The Naam is obtained from the True Guru; by His Grace, God is found. They turn their faces away from the True Guru; they continue to wander aimlessly. They are not accepted by the earth or the sky; they fall into manure, and rot. This world is deluded by doubt - it has taken the drug of emotional attachment. Maya does not draw near those who have met with the True Guru. Those who serve the True Guru are very beautiful; they cast off the filth of selfishness and conceit.

Those who are attuned to the Shabad are immaculate and pure. They walk in harmony with the Will of the True Guru. O Lord God, You are the One and Only Giver; You forgive us, and unite us with Yourself. Servant Nanak seeks Your Sanctuary; if it is Your Will, please save him!

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU RAM DAS

O my wandering mind, you are like a camel - how will you meet the Lord, your Mother? When I found the Guru, by the destiny of perfect good fortune, my Beloved came and embraced me. O camel-like mind, meditate on the True Guru, the Primal Being. O camel-like mind, contemplate the Lord, and meditate on the Lord's Name. When you are called to answer for your account, the Lord Himself shall release you. O camel-like mind, you were once very pure; the filth of egotism has now attached itself to you. Your Beloved Husband is now manifest before you in your own home, but you are separated from Him, and you suffer such pain! O my beloved camel-like mind, search for the Lord within your own heart. He cannot be found by any device; the Guru will show you the Lord within your heart. O my beloved camel-like mind, day and night, lovingly attune yourself to the Lord. Return to your own home, and find the palace of love; meet the Guru, and meet the Lord. O camel-like mind, you are my friend; abandon hypocrisy and greed. The hypocritical and the greedy are struck down; the Messenger of Death punishes them with his club. O camel-like mind, you are my breath of life; rid yourself of the pollution of hypocrisy and doubt. The Perfect Guru is the Ambrosial Pool of the Lord's Nectar; join the Holy Congregation, and wash away this pollution. O my dear beloved camel-like mind, listen only to the Teachings of the Guru. This emotional attachment to Maya is so pervasive. Ultimately, nothing shall go along with anyone. O camel-like mind, my good friend, take the supplies of the Lord's Name, and obtain honor. In the Court of the Lord, you shall be robed with honor, and the Lord Himself shall embrace you. O camel-like mind, one who surrenders to the Guru becomes Gurmukh, and works for the Lord. Offer your prayers to the Guru; O servant Nanak, He shall unite you with the Lord.

O contemplative camel-like mind, contemplate and look carefully. The forest-dwellers have grown weary of wandering in the forests; following the Guru's Teachings, see your Husband Lord within your heart. O camel-like mind, dwell upon the Guru and the Lord of the Universe. O camel-like contemplative mind, the self-willed manmukhs are caught in the great net. The mortal who becomes Gurmukh is liberated, dwelling upon the Name of the Lord, Har, Har. O my dear beloved camel-like mind, seek the Sat Sangat, the True Congregation, and the True Guru. Joining the Sat Sangat, meditate on the Lord, and the Lord, Har, Har, shall go along with you. O very fortunate camel-like mind, with one Glance of Grace from the Lord, you shall be enraptured.

If the Lord Himself saves you, then you shall be saved. Dwell upon the Feet of the True Guru. O my dear beloved camel-like mind, dwell upon the Divine Light within the body. The Guru has shown me the nine treasures of the Naam. The Merciful Lord has bestowed this gift. O camel-like mind, you are so fickle; give up your cleverness and corruption. Dwell upon the Name of the Lord, Har, Har; at the very last moment, the Lord shall liberate you. O camel-like mind, you are so very fortunate; dwell upon the jewel of spiritual wisdom. You hold in your hands the sword of the Guru's spiritual wisdom; with this destroyer of death, kill the Messenger of Death. The treasure is deep within, O camel-like mind, but you wander around outside in doubt, searching for it. Meeting the Perfect Guru, the Primal Being, you shall discover that the Lord, your Best Friend, is with you. You are engrossed in pleasures, O camel-like mind; dwell upon the Lord's lasting love instead! The color of the Lord's Love never fades away; serve the Guru, and dwell upon the Word of the Shabad. We are birds, O camel-like mind; the Lord, the Immortal Primal Being, is the tree. The Gurmukhs are very fortunate - they find it. O servant Nanak, dwell upon the Naam, the Name of the Lord.

ONE UNIVERSAL CREATOR GOD. TRUTH IS THE NAME.  
CREATIVE BEING PERSONIFIED. BY GURU'S GRACE:

GURU ARJAN  
(235-242)

When this mind is filled with pride, then it wanders around like a madman and a lunatic. But when it becomes the dust of all, then it recognizes the Lord in each and every heart. The fruit of humility is intuitive peace and pleasure. My True Guru has given me this gift. When he believes others to be bad, then everyone lays traps for him. But when he stops thinking in terms of 'mine' and 'yours', then no one is angry with him. When he clings to 'my own, my own', then he is in deep trouble. But when he recognizes the Creator Lord, then he is free of torment. When he entangles himself in emotional attachment, he comes and goes in reincarnation, under the constant gaze of Death. But when all his doubts are removed, then there is no difference between him and the Supreme Lord God. When he perceives differences, then he suffers pain, punishment and sorrow. But when he recognizes the One and Only Lord, he understands everything. When he runs around for the sake of Maya and riches, he is not satisfied, and his desires are not quenched. But when he runs away from Maya, then the Goddess of Wealth gets up and follows him. When, by His Grace, the True Guru is met, the lamp is lit within the temple of the mind. When he realizes what victory and defeat really are, then he comes to appreciate the true value of his own home.

The One Lord is the Creator of all things, the Cause of causes. He Himself is wisdom, contemplation and discerning understanding. He is not far away; He is near at hand, with all. So praise the True One, O Nanak, with love!

Serving the Guru, one is committed to the Naam, the Name of the Lord. It is received only by those who have such good destiny inscribed upon their foreheads. The Lord dwells within their hearts. Their minds and bodies become peaceful and stable. O my mind, sing such Praises of the Lord, which shall be of use to you here and hereafter.

Meditating on Him, fear and misfortune depart, and the wandering mind is held steady. Meditating on Him, suffering shall never again overtake you. Meditating on Him, this ego runs away. Meditating on Him, the five passions are overcome. Meditating on Him, Ambrosial Nectar is collected in the heart. Meditating on Him, this desire is quenched. Meditating on Him, one is approved in the Court of the Lord. Meditating on Him, millions of mistakes are erased. Meditating on Him, one becomes Holy, blessed by the Lord. Meditating on Him, the mind is cooled and soothed. Meditating on Him, all filth is washed away. Meditating on Him, the jewel of the Lord is obtained. One is reconciled with the Lord, and shall not abandon Him again. Meditating on Him, many acquire a home in the heavens. Meditating on Him, one abides in intuitive peace. Meditating on Him, one is not affected by this fire. Meditating on Him, one is not under the gaze of Death. Meditating on Him, your forehead shall be immaculate. Meditating on Him, all pains are destroyed. Meditating on Him, no difficulties are encountered. Meditating on Him, one hears the Unstruck Melody. Meditating on Him, one acquires this pure reputation. Meditating on Him, the heart-lotus is turned upright. The Guru has bestowed His Glance of Grace upon all, within whose hearts the Lord has implanted His Mantra. The unbroken Kirtan of the Lord's Praises is their food and nourishment. Says Nanak, they have the Perfect True Guru.

Those who implant the Word of the Guru's Shabad within their hearts cut their connections with the five passions. They keep the ten organs under their control; their souls are enlightened. They alone acquire such stability, whom God blesses with His Mercy and Grace. Friend and foe are one and the same to them. Whatever they speak is wisdom. Whatever they hear is the Naam, the Name of the Lord. Whatever they see is meditation. They awaken in peace and poise; they sleep in peace and poise. That which is meant to be, automatically happens. In peace and poise, they remain detached; in peace and poise, they laugh. In peace and poise, they remain silent; in peace and poise, they chant. In peace and poise they eat; in peace and poise they love. The illusion of duality is easily and totally removed. They naturally join the Saadh Sangat, the Society of the Holy. In peace and poise, they meet and merge with the Supreme Lord God.

They are at peace in their homes, and they are at peace while detached. In peace, their bodies' duality is eliminated. Bliss comes naturally to their minds. They meet the Lord, the Embodiment of Supreme Bliss. In peaceful poise, they drink in the Ambrosial Nectar of the Naam, the Name of the Lord. In peace and poise, they give to the poor. Their souls naturally delight in the Lord's Sermon. The Imperishable Lord abides with them. In peace and poise, they assume the unchanging position. In peace and poise, the Unstruck Vibration of the Shabad resounds. In peace and poise, the belestial bells resound. Within their homes, the Supreme Lord God is pervading. With intuitive ease, they meet the Lord, according to their karma. With intuitive ease, they meet with the Guru, in the true Dharma. Those who know, attain the poise of intuitive peace. Slave Nanak is a sacrifice to them.

First, they come forth from the womb. They become attached to their children, spouses and families. The foods of various sorts and appearances will surely pass away, O wretched mortal! What is that place which never perishes? What is that Word by which the dirt of the mind is removed? In the Realm of Indra, death is sure and certain. The Realm of Brahma shall not remain permanent. The Realm of Shiva shall also perish. The three dispositions, Maya and the demons shall vanish. The mountains, the trees, the earth, the sky and the stars; the sun, the moon, the wind, water and fire; day and night, fasting days and their determination; the Shaastras, the Simritees and the Vedas shall pass away. The sacred shrines of pilgrimage, gods, temples and holy books; rosaries, ceremonial tilak marks on the forehead, meditative people, the pure, and the performers of burnt offerings; wearing loin cloths, bowing in reverence and the enjoyment of sacred foods - all these, and all people, shall pass away. Social classes, races, Muslims and Hindus; beasts, birds and the many varieties of beings and creatures; the entire world and the visible universe - all forms of existence shall pass away.

Through the Praises of the Lord, devotional worship, spiritual wisdom and the essence of reality, eternal bliss and the imperishable true place are obtained. There, in the Saadh Sangat, the Company of the Holy, the Lord's Glorious Praises are sung with love. There, in the city of fearlessness, He dwells forever. There is no fear, doubt, suffering or anxiety there; there is no coming or going, and no death there. There is eternal bliss, and the Unstruck Celestial Music there. The devotees dwell there, with the Kirtan of the Lord's Praises as their support. There is no end or limitation to the Supreme Lord God. Who can embrace His contemplation? Says Nanak, when the Lord showers His Mercy, the imperishable home is obtained; in the Saadh Sangat, you shall be saved.

One who kills this is a spiritual hero. One who kills this is perfect. One who kills this obtains glorious greatness. One who kills this is freed of suffering. How rare is such a person, who kills and casts off duality. Killing it, he attains Raja Yoga, the Yoga of meditation and success.

One who kills this has no fear. One who kills this is absorbed in the Naam. One who kills this has his desires quenched. One who kills this is approved in the Court of the Lord. One who kills this is wealthy and prosperous. One who kills this is honorable. One who kills this is truly a celibate. One who kills this attains salvation. One who kills this - his coming is auspicious. One who kills this is steady and wealthy. One who kills this is very fortunate. One who kills this remains awake and aware, night and day. One who kills this is Jivan Mukta, liberated while yet alive. One who kills this lives a pure lifestyle. One who kills this is spiritually wise. One who kills this meditates intuitively.

Without killing this, one is not acceptable, even though one may perform millions of rituals, chants and austerities. Without killing this, one does not escape the cycle of reincarnation. Without killing this, one does not escape death. Without killing this, one does not obtain spiritual wisdom. Without killing this, one's impurity is not washed off. Without killing this, everything is filthy. Without killing this, everything is a losing game. When the Lord, the Treasure of Mercy, bestows His Mercy, one obtains release, and attains total perfection. One whose duality has been killed by the Guru, says Nanak, contemplates God.

When someone attaches himself to the Lord, then everyone is his friend. When someone attaches himself to the Lord, then his consciousness is steady. When someone attaches himself to the Lord, he is not afflicted by worries. When someone attaches himself to the Lord, he is emancipated. O my mind, unite yourself with the Lord. Nothing else is of any use to you. The great and powerful people of the world are of no use, you fool! The Lord's slave may be born of humble origins, but in his company, you shall be saved in an instant.

Hearing the Naam, the Name of the Lord, is equal to millions of cleansing baths. Meditating on it is equal to millions of worship ceremonies. Hearing the Word of the Lord's Bani is equal to giving millions in alms. To know the way, through the Guru, is equal to millions of rewards.

Within your mind, over and over again, think of Him, and your love of Maya shall depart. The Imperishable Lord is always with you. O my mind, immerse yourself in the Love of the Lord. Working for Him, all hunger departs. Working for Him, the Messenger of Death will not be watching you. Working for Him, you shall obtain glorious greatness. Working for Him, you shall become immortal. His servant does not suffer punishment. His servant suffers no loss. In His Court, His servant does not have to answer for his account. So serve Him with distinction. He is not lacking in anything. He Himself is One, although He appears in so many forms. By His Glance of Grace, you shall be happy forever. So work for Him, O my mind. No one is clever, and no one is foolish. No one is weak, and no one is a hero.

As the Lord attaches someone, so is he attached. He alone is the Lord's servant, O Nanak, who is so blessed.

Without meditating in remembrance on the Lord, one's life is like that of a snake. This is how the faithless cynic lives, forgetting the Naam, the Name of the Lord. One who lives in meditative remembrance, even for an instant, lives for hundreds of thousands and millions of days, and becomes stable forever. Without meditating in remembrance on the Lord, one's actions and works are cursed. Like the crow's beak, he dwells in manure. Without meditating in remembrance on the Lord, one acts like a dog. The faithless cynic is nameless, like the prostitute's son. Without meditating in remembrance on the Lord, one is like a horned ram. The faithless cynic barks out his lies, and his face is blackened. Without meditating in remembrance on the Lord, one is like a donkey. The faithless cynic wanders around in polluted places. Without meditating in remembrance on the Lord, one is like a mad dog. The greedy, faithless cynic falls into entanglements. Without meditating in remembrance on the Lord, he murders his own soul. The faithless cynic is wretched, without family or social standing. When the Lord becomes merciful, one joins the Sat Sangat, the True Congregation. Says Nanak, the Guru has saved the world.

Through the Guru's Word, I have attained the supreme status. The Perfect Guru has preserved my honor. Through the Guru's Word, I meditate on the Name. By Guru's Grace, I have obtained a place of rest. I listen to the Guru's Word, and chant it with my tongue. By Guru's Grace, my speech is like nectar. Through the Guru's Word, my selfishness and conceit have been removed. Through the Guru's kindness, I have obtained glorious greatness. Through the Guru's Word, my doubts have been removed. Through the Guru's Word, I see God everywhere. Through the Guru's Word, I practice Raja Yoga, the Yoga of meditation and success. In the Company of the Guru, all the people of the world are saved. Through the Guru's Word, my affairs are resolved. Through the Guru's Word, I have obtained the nine treasures. Whoever places his hopes in my Guru, has the noose of death cut away. Through the Guru's Word, my good karma has been awakened. O Nanak, meeting with the Guru, I have found the Supreme Lord God.

I remember the Guru with each and every breath. The Guru is my breath of life, the True Guru is my wealth. Beholding the Blessed Vision of the Guru's Darshan, I live. I wash the Guru's Feet, and drink in this water. I take my daily bath in the dust of the Guru's Feet. The egotistical filth of countless incarnations is washed off. I wave the fan over the Guru. Giving me His Hand, He has saved me from the great fire. I carry water for the Guru's household; from the Guru, I have learned the Way of the One Lord. I grind the corn for the Guru's household.

By His Grace, all my enemies have become friends. The Guru who gave me my soul, has Himself purchased me, and made me His slave. He Himself has blessed me with His Love. Forever and ever, I humbly bow to the Guru. My troubles, conflicts, fears, doubts and pains have been dispelled; says Nanak, my Guru is All-powerful.

Meet me, O my Lord of the Universe. Please bless me with Your Name. Without the Naam, the Name of the Lord, cursed, cursed is love and intimacy. Without the Naam, one who dresses and eats well is like a dog, who falls in and eats impure foods. Without the Naam, all occupations are useless, like decorations on a dead body. One who forgets the Naam and indulges in pleasures, shall find no peace, even in dreams; his body shall become diseased. One who renounces the Naam and engages in other occupations, shall see all of his false pretenses fall away. One whose mind does not embrace love for the Naam shall go to hell, even though he may perform millions of ceremonial rituals. One whose mind does not contemplate the Name of the Lord is bound like a thief, in the City of Death. Hundreds of thousands of ostentatious shows and great expanses - without the Naam, all these displays are false. That humble being repeats the Name of the Lord, O Nanak, whom the Lord blesses with His Mercy.

My mind longs for that Friend, who shall stand by me in the beginning, in the middle and in the end. The Lord's Love goes with us forever. The Perfect and Merciful Lord cherishes all. He shall never perish, and He shall never abandon me. Wherever I look, there I see Him pervading and permeating. He is Beautiful, All-knowing, the most Clever, the Giver of life. God is my Brother, Son, Father and Mother. He is the Support of the breath of life; He is my Wealth. Abiding within my heart, He inspires me to enshrine love for Him. The Lord of the World has cut away the noose of Maya. He has made me His own, blessing me with His Glance of Grace. Remembering, remembering Him in meditation, all diseases are healed. Meditating on His Feet, all comforts are enjoyed. The Perfect Primal Lord is Ever-fresh and Ever-young. The Lord is with me, inwardly and outwardly, as my Protector. Says Nanak, that devotee who realizes the state of the Lord, Har, Har, is blessed with the treasure of the Naam.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Countless are those who wander around searching for You, but they do not find Your limits. They alone are Your devotees, who are blessed by Your Grace. I am a sacrifice, I am a sacrifice to You. Continually hearing of the terrifying path, I am so afraid. I have sought the Protection of the Saints; please, save me!

The Fascinating and Beauteous Beloved is the Giver of support to all. I bow low and fall at the Feet of the Guru; if only I could see the Lord! I have made many friends, but I am a sacrifice to the One alone. No one has all virtues; the Lord alone is filled to overflowing with them. His Name is chanted in the four directions; those who chant it are embellished with peace. I seek Your Protection; Nanak is a sacrifice to You. The Guru reached out to me, and gave me His Arm; He lifted me up, out of the pit of emotional attachment. I have won the incomparable life, and I shall not lose it again. I have obtained the treasure of all; His Speech is unspoken and subtle. In the Court of the Lord, I am honored and glorified; I swing my arms in joy. Servant Nanak has received the invaluable and incomparable jewel. Serving the Guru, I cross over the terrifying world-ocean; I proclaim this loudly to all.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

Dye yourself in the color of the Lord's Love. Chant the Name of the One Lord with your tongue, and ask for Him alone. Renounce your ego, and dwell upon the spiritual wisdom of the Guru. Those who have such pre-ordained destiny, join the Sangat, the Holy Congregation. Whatever you see, shall not go with you. The foolish, faithless cynics are attached - they waste away and die. The Name of the Fascinating Lord is all-pervading forever. Among millions, how rare is that Gurmukh who attains the Name. Greet the Lord's Saints humbly, with deep respect. You shall obtain the nine treasures, and receive infinite peace. With your eyes, behold the holy people; in your heart, sing the treasure of the Naam. Abandon sexual desire, anger, greed and emotional attachment. Thus you shall be rid of both birth and death. Pain and darkness shall depart from your home, when the Guru implants spiritual wisdom within you, and lights that lamp. One who serves the Lord crosses over to the other side. O servant Nanak, the Gurmukh saves the world.

Dwelling upon the Lord, Har, Har, and the Guru, the Guru, my doubts have been dispelled. My mind has obtained all comforts. I was burning, on fire, and the Guru poured water on me; He is cooling and soothing, like the sandalwood tree. The darkness of ignorance has been dispelled; the Guru has lit the lamp of spiritual wisdom. The ocean of fire is so deep; the Saints have crossed over, in the boat of the Lord's Name. I have no good karma; I have no Dharmic faith or purity. But God has taken me by the arm, and made me His own. The Destroyer of fear, the Dispeller of pain, the Lover of His Saints - these are the Names of the Lord. He is the Master of the masterless, Merciful to the meek, All-powerful, the Support of His Saints. I am worthless – I offer this prayer, O my Lord King: "Please, grant me the Blessed Vision of Your Darshan." Nanak has come to Your Sanctuary, O my Lord and Master; Your servant has come to Your Door.

He is immersed in the enjoyment of corrupt pleasures; engrossed in them, the blind fool does not understand. "I am earning profits, I am getting rich", he says, as his life passes away. "I am a hero, I am famous and distinguished; no one is equal to me." "I am young, cultured, and born of a good family." In his mind, he is proud and arrogant like this. He is trapped by his false intellect, and he does not forget this until he dies. Brothers, friends, relatives and companions who live after him - he entrusts his wealth to them. That desire, to which the mind is attached, at the last moment, becomes manifest. He may perform religious deeds, but his mind is egotistical, and he is bound by these bonds. O Merciful Lord, please bless me Your Mercy, that Nanak may become the slave of Your slaves.

ONE UNIVERSAL CREATOR GOD. TRUTH IS THE NAME.  
CREATIVE BEING PERSONIFIED. BY GURU'S GRACE:

### GURU NANAK

For the bride, the night is painful; sleep does not come. The soul-bride has grown weak, in the pain of separation from her Husband Lord. The soul-bride is wasting away, in the pain of separation from her Husband; how can she see Him with her eyes? Her decorations, sweet foods, sensuous pleasures and delicacies are all false; they are of no account at all. Intoxicated with the wine of youthful pride, she has been ruined, and her breasts no longer yield milk. O Nanak, the soul-bride meets her Husband Lord, when He causes her to meet Him; without Him, sleep does not come to her. The bride is dishonored without her Beloved Husband Lord. How can she find peace, without enshrining Him in her heart? Without her Husband, her home is not worth living in; go and ask your sisters and companions. Without the Naam, the Name of the Lord, there is no love and affection; but with her True Lord, she abides in peace. Through mental truthfulness and contentment, union with the True Friend is attained; through the Guru's Teachings, the Husband Lord is known. O Nanak, that soul-bride who does not abandon the Naam, is intuitively absorbed in the Naam. Come, O my sisters and companions - let's enjoy our Husband Lord. I will ask the Guru, and write His Word as my love-note. The Guru has shown me the True Word of the Shabad. The self-willed manmukhs will regret and repent. My wandering mind became steady, when I recognized the True One. The Teachings of Truth are forever new; the love of the Shabad is forever fresh. O Nanak, through the Glance of Grace of the True Lord, celestial peace is obtained; let's meet Him, O my sisters and companions. My desire has been fulfilled - my Friend has come to my home. At the Union of husband and wife, the songs of rejoicing were sung. Singing the songs of joyful praise and love to Him, the soul-bride's mind is thrilled and delighted. My friends are happy, and my enemies are unhappy; meditating on the True Lord, the true profit is obtained. With her palms pressed together, the soul-bride prays, that she may remain immersed in the Love of her Lord, night and day.

O Nanak, the Husband Lord and the soul-bride revel together; my desires are fulfilled.

Hear me, O my Dear Husband God - I am all alone in the wilderness. How can I find comfort without You, O my Carefree Husband God? The soul-bride cannot live without her Husband; the night is so painful for her. Sleep does not come. I am in love with my Beloved. Please, listen to my prayer! Other than my Beloved, no one cares for me; I cry all alone in the wilderness. O Nanak, the bride meets Him when He causes her to meet Him; without her Beloved, she suffers in pain. She is separated from her Husband Lord - who can unite her with Him? Tasting His Love, she meets Him, through the Beautiful Word of His Shabad. Adorned with the Shabad, she obtains her Husband, and her body is illuminated with the lamp of spiritual wisdom.

Listen, O my friends and companions - she who is at peace dwells upon the True Lord and His True Praises. Meeting the True Guru, she is ravished and enjoyed by her Husband Lord; she blossoms forth with the Ambrosial Word of His Bani. O Nanak, the Husband Lord enjoys His bride when she is pleasing to His Mind. Fascination with Maya made her homeless; the false are cheated by falsehood. How can the noose around her neck be untied, without the Most Beloved Guru? One who loves the Beloved Lord, and reflects upon the Shabad, belongs to Him. How can giving donations to charities and countless cleansing baths wash off the filth within the heart? Without the Naam, no one attains salvation. Stubborn self-discipline and living in the wilderness are of no use at all. O Nanak, the home of Truth is attained through the Shabad. How can the Mansion of His Presence be known through duality? True is Your Name, O Dear Lord; True is contemplation of Your Shabad. True is the Mansion of Your Presence, O Dear Lord, and True is trade in Your Name. Trade in Your Name is very sweet; the devotees earn this profit night and day. Other than this, I can think of no other merchandise. So chant the Naam each and every moment. The account is read; by the Grace of the True Lord and good karma, the Perfect Lord is obtained. O Nanak, the Nectar of the Name is so sweet. Through the Perfect True Guru, it is obtained.

ONE UNIVERSAL CREATOR GOD. TRUTH IS THE NAME.  
CREATIVE BEING PERSONIFIED. BY GURU'S GRACE:

GURU AMAR DAS  
(243-247)

The soul-bride offers her prayers to her Dear Lord; she dwells upon His Glorious Virtues. She cannot live without her Beloved Lord, for a moment, even for an instant. She cannot live without her Beloved Lord; without the Guru, the Mansion of His Presence is not found. Whatever the Guru says, she should surely do, to extinguish the fire of desire. The Lord is True; there is no one except Him. Without serving Him, peace is not found. O Nanak, that soul-bride, whom the Lord Himself unites, is united with Him; He Himself merges with her. The life-night of the soul-bride is blessed and joyful, when she focuses her consciousness on her Dear Lord. She serves the True Guru with love; she eradicates selfishness from within. Eradicating selfishness and conceit from within, and singing the Glorious Praises of the Lord, she is in love with the Lord, night and day.

Listen, dear friends and companions of the soul - immerse yourselves in the Word of the Guru's Shabad. Dwell upon the Lord's Glories, and you shall be loved by your Husband, embracing love for the Naam, the Name of the Lord. O Nanak, the soul-bride who wears the necklace of the Lord's Name around her neck is loved by her Husband Lord. The soul-bride who is without her beloved Husband is all alone. She is cheated by the love of duality, without the Word of the Guru's Shabad. Without the Shabad of her Beloved, how can she cross over the treacherous ocean? Attachment to Maya has led her astray. Ruined by falsehood, she is deserted by her Husband Lord. The soul-bride does not attain the Mansion of His Presence. But she who is attuned to the Guru's Shabad is intoxicated with celestial love; night and day, she remains absorbed in Him. O Nanak, that soul-bride who remains constantly steeped in His Love, is blended by the Lord into Himself. If the Lord merges us with Himself, we are merged with Him. Without the Dear Lord, who can merge us with Him? Without our Beloved Guru, who can dispel our doubt? Through the Guru, doubt is dispelled. O my mother, this is the way to meet Him; this is how the soul-bride finds peace. Without serving the Guru, there is only pitch darkness. Without the Guru, the Way is not found. That wife who is intuitively imbued with the color of His Love, contemplates the Word of the Guru's Shabad. O Nanak, the soul-bride obtains the Lord as her Husband, by enshrining love for the Beloved Guru.

Without my Husband, I am utterly dishonored. Without my Husband Lord, how can I live, O my mother? Without my Husband, sleep does not come, and my body is not adorned with my bridal dress. The bridal dress looks beautiful upon my body, when I am pleasing to my Husband Lord. Following the Guru's Teachings, my consciousness is focused on Him. I become His happy soul-bride forever, when I serve the True Guru; I sit in the Lap of the Guru. Through the Word of the Guru's Shabad, the soul-bride meets her Husband Lord, who ravishes and enjoys her. The Naam, the Name of the Lord, is the only profit in this world. O Nanak, the soul-bride is loved by her Husband, when she dwells upon the Glorious Praises of the Lord. The soul-bride enjoys the Love of her Beloved. Imbued with His Love night and day, she contemplates the Word of the Guru's Shabad. Contemplating the Guru's Shabad, she conquers her ego, and in this way, she meets her Beloved. She is the happy soul-bride of her Lord, who is forever imbued with the Love of the True Name of her Beloved. Abiding in the Company of our Guru, we grasp the Ambrosial Nectar; we conquer and cast out our sense of duality. O Nanak, the soul-bride attains her Husband Lord, and forgets all her pains.

The soul-bride has forgotten her Husband Lord, because of love and emotional attachment to Maya. The false bride is attached to falsehood; the insincere one is cheated by insincerity. She who drives out her falsehood, and acts according to the Guru's Teachings, does not lose her life in the gamble. One who serves the Word of the Guru's Shabad is absorbed in the True Lord; she eradicates egotism from within. So let the Name of the Lord abide within your heart; decorate yourself in this way. O Nanak, the soul-bride who takes the Support of the True Name is intuitively absorbed in the Lord.

Meet me, O my Dear Beloved. Without You, I am totally dishonored. Sleep does not come to my eyes, and I have no desire for food or water. I have no desire for food or water, and I am dying from the pain of separation. Without my Husband Lord, how can I find peace?

I offer my prayers to the Guru; if it pleases the Guru, He shall unite me with Himself. The Giver of peace has united me with Himself; He Himself has come to my home to meet me. O Nanak, the soul-bride is forever the Lord's favorite wife; her Husband Lord does not die, and He shall never leave.

The soul-bride is pierced through with the sublime essence of the Lord, in intuitive peace and poise. The Enticer of hearts has enticed her, and her sense of duality has been easily dispelled. Her sense of duality has been easily dispelled, and the soul-bride obtains her Husband Lord; following the Guru's Teachings, she makes merry.

This body is filled to overflowing with falsehood, deception and the commission of sins. The Gurmukh practices that devotional worship, by which the Celestial Music wells up; without this devotional worship, filth is not removed. O Nanak, the soul-bride who sheds selfishness and conceit from within, is dear to her Beloved. The soul-bride has found her Husband Lord, through the love and affection of the Guru. She passes her life-night sleeping in peace, enshrining the Lord in her heart. Enshrining Him deep within her heart night and day, she meets her Beloved, and her pains depart. Deep within the mansion of her inner being, she enjoys her Husband Lord, reflecting upon the Guru's Teachings. She drinks deeply of the Nectar of the Naam, day and night; she conquers and casts off her sense of duality.

O Nanak, the happy soul-bride meets her True Lord, through the Infinite Love of the Guru. Come, and shower Your Mercy upon me, my most Darling, Dear Beloved. The soul-bride offers her prayers to You, to adorn her with the True Word of Your Shabad. Adorned with the True Word of Your Shabad, she conquers her ego, and as Gurmukh, her affairs are resolved.

Throughout the ages, the One Lord is True; through the Guru's Wisdom, He is known. The self-willed manmukh is engrossed in sexual desire, and tormented by emotional attachment. With whom should she lodge her complaints? O Nanak, the self-willed manmukh finds no place of rest, without the most Beloved Guru. The bride is foolish, ignorant and unworthy. Her Husband Lord is Unapproachable and Incomparable. He Himself unites us in His Union; He Himself forgives us. The soul-bride's Beloved Husband Lord is the Forgiver of sins; He is contained in each and every heart. The True Guru has made me understand this understanding that the Lord is obtained through love, affection and loving devotion. She remains forever in bliss, day and night; she remains immersed in His Love, night and day. O Nanak, that soul-bride who obtains the nine treasures, intuitively obtains her Husband Lord.

The sea of Maya is agitated and turbulent; how can anyone cross over this terrifying world-ocean? Make the Lord's Name your boat, and install the Word of the Shabad as the boatman. With the Shabad installed as the boatman, the Lord Himself shall take you across. In this way, the difficult ocean is crossed. The Gurmukh obtains devotional worship of the Lord, and thus remains dead while yet alive. In an instant, the Lord's Name erases his sinful mistakes, and his body becomes pure. O Nanak, through the Lord's Name, emancipation is obtained, and the slag iron is transformed into gold.

Men and women are obsessed with sex; they do not know the Way of the Lord's Name. Mother, father, children and siblings are very dear, but they drown, even without water. They are drowned to death without water - they do not know the path of salvation, and they wander around the world in egotism. All those who come into the world shall depart. Only those who contemplate the Guru shall be saved. Those who become Gurmukh and chant the Lord's Name, save themselves and save their families as well. O Nanak, the Naam, the Name of the Lord, abides deep within their hearts; through the Guru's Teachings, they meet their Beloved.

Without the Lord's Name, nothing is stable. This world is just a drama. Implant true devotional worship within your heart, and trade in the Name of the Lord. Trade in the Lord's Name is infinite and unfathomable. Through the Guru's Teachings, this wealth is obtained. This selfless service, meditation and devotion is true, if you eliminate selfishness and conceit from within.

I am senseless, foolish, idiotic and blind, but the True Guru has placed me on the Path. O Nanak, the Gurmukhs are adorned with the Shabad; night and day, they sing the Glorious Praises of the Lord. He Himself acts, and inspires others to act; He Himself embellishes us with the Word of His Shabad. He Himself is the True Guru, and He Himself is the Shabad; in each and every age, He loves His devotees. In age after age, He loves His devotees; the Lord Himself adorns them, and He Himself enjoins them to worship Him with devotion. He Himself is All-knowing, and He Himself is All-seeing; He inspires us to serve Him. He Himself is the Giver of merits, and the Destroyer of demerits; He causes His Name to dwell within our hearts. Nanak is forever a sacrifice to the True Lord, who Himself is the Doer, the Cause of causes.

Serve the Guru, O my dear soul; meditate on the Lord's Name. Do not leave me, O my dear soul - you shall find the Lord while sitting within the home of your own being. You shall obtain the Lord while sitting within the home of your own being, focusing your consciousness constantly upon the Lord, with true intuitive faith. Serving the Guru brings great peace; they alone do it, whom the Lord inspires to do so. They plant the seed of the Name, and the Name sprouts within; the Name abides within the mind. O Nanak, glorious greatness rests in the True Name; It is obtained by perfect pre-ordained destiny.

The Name of the Lord is so sweet, O my dear; taste it, and focus your consciousness on it. Taste the sublime essence of the Lord with your tongue, my dear, and renounce the pleasures of other tastes. You shall obtain the everlasting essence of the Lord when it pleases the Lord; your tongue shall be adorned with the Word of His Shabad.

Meditating on the Naam, the Name of the Lord, a lasting peace is obtained; so remain lovingly focused on the Naam. From the Naam we originate, and into the Naam we shall pass; through the Naam, we are absorbed in the Truth. O Nanak, the Naam is obtained through the Guru's Teachings; He Himself attaches us to it.

Working for someone else, O my dear, is like forsaking the bride, and going to foreign countries. In duality, no one has ever found peace, O my dear; you are greedy for corruption and greed. Greedy for corruption and greed, and deluded by doubt, how can anyone find peace? Working for strangers is very painful; doing so, one sells himself and loses his faith in the Dharma.

Bound by Maya, the mind is not stable. Each and every moment, it suffers in pain. O Nanak, the pain of Maya is taken away by focusing one's consciousness on the Word of the Guru's Shabad.

The self-willed manmukhs are foolish and crazy, O my dear; they do not enshrine the Shabad within their minds. The delusion of Maya has made them blind, O my dear; how can they find the Way of the Lord? How can they find the Way, without the Will of the True Guru? The manmukhs foolishly display themselves.

The Lord's servants are forever comfortable. They focus their consciousness on the Guru's Feet. Those unto whom the Lord shows His Mercy, sing the Glorious Praises of the Lord forever. O Nanak, the jewel of the Naam, the Name of the Lord, is the only profit in this world. The Lord Himself imparts this understanding to the Gurmukh.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU ARJAN  
(247-249)

My mind has become sad and depressed; how can I see God, the Great Giver? My Friend and Companion is the Dear Lord, the Guru, the Architect of Destiny. The One Lord, the Architect of Destiny, is the Master of the Goddess of Wealth; how can I, in my sadness, meet You? My hands serve You, and my head is at Your Feet. My mind, dishonored, yearns for the Blessed Vision of Your Darshan.

With each and every breath, I think of You, day and night; I do not forget You, for an instant, even for a moment. O Nanak, I am thirsty, like the sparrow-hawk; how can I meet God, the Great Giver?

I offer this one prayer - please listen, O my Beloved Husband Lord. My mind and body are enticed, beholding Your wondrous play. Beholding Your wondrous play, I am enticed; but how can the sad, forlorn bride find contentment? My Lord is Meritorious, Merciful and Eternally Young; He is overflowing with all excellences. The fault is not with my Husband Lord, the Giver of peace; I am separated from Him by my own mistakes. Prays Nanak, please be merciful to me, and return home, O my Beloved Husband Lord. I surrender my mind, I surrender my whole body; I surrender all my lands. I surrender my head to that beloved friend, who brings me news of God.

I have offered my head to the Guru, the most exalted; He has shown me that God is with me. In an instant, all suffering is removed. I have obtained all my mind's desires. Day and night, the soul-bride makes merry; all her anxieties are erased. Prays Nanak, I have met the Husband Lord of my longing. My mind is filled with bliss, and congratulations are pouring in. My Darling Beloved has come home to me, and all my desires have been satisfied. I have met my Sweet Lord and Master of the Universe, and my companions sing the songs of joy. All my friends and relatives are happy, and all traces of my enemies have been removed. The Unstruck Melody vibrates in my home, and the bed has been made up for my Beloved. Prays Nanak, I am in celestial bliss.

I have obtained the Lord, the Giver of peace, as my Husband.

O Mohan, your temple is so lofty, and your mansion is unsurpassed. O Mohan, your gates are so beautiful. They are the worship-houses of the Saints. In these incomparable worship-houses, they continually sing Kirtan, the Praises of their Lord and Master. Where the Saints and the Holy gather together, there they meditate on you. Be Kind and Compassionate, O Merciful Lord; be Merciful to the meek. Prays Nanak, I thirst for the Blessed Vision of Your Darshan; receiving Your Darshan, I am totally at peace.

O Mohan, your speech is incomparable; wondrous are your ways. O Mohan, you believe in the One. Everything else is dust to you. You adore the One Lord, the Unknowable Lord and Master; His Power gives Support to all. Through the Guru's Word, you have captured the heart of the Primal Being, the Lord of the World. You Yourself move, and You Yourself stand still; You Yourself support the whole creation. Prays Nanak, please preserve my honor; all Your servants seek the Protection of Your Sanctuary.

O Mohan, the Sat Sangat, the True Congregation, meditates on you; they meditate on the Blessed Vision of Your Darshan. O Mohan, the Messenger of Death does not even approach those who meditate on You, at the last moment. The Messenger of Death cannot touch those who meditate on You single-mindedly. Those who worship and adore You in thought, word and deed, obtain all fruits and rewards. Those who are foolish and stupid, filthy with urine and manure, become all-knowing upon gaining the Blessed Vision of Your Darshan. Prays Nanak, Your Kingdom is Eternal, O Perfect Primal Lord God. O Mohan, you have blossomed forth with the flower of your family. O Mohan, your children, friends, siblings and relatives have all been saved. You save those who give up their egotistical pride, upon gaining the Blessed Vision of Your Darshan. The Messenger of Death does not even approach those who call you 'blessed'. Your Virtues are unlimited - they cannot be described, O True Guru, Primal Being, Destroyer of demons. Prays Nanak, Yours is that Anchor, holding onto which the whole world is saved.

Countless sinners have been purified; I am a sacrifice, over and over again, to You. O Nanak, meditation on the Lord's Name is the fire which burns away sinful mistakes like straw.

Meditate, O my mind, on the Lord God, the Lord of the Universe, the Lord, the Master of Wealth. Meditate, O my mind, on the Lord, the Destroyer of ego, the Giver of salvation, who cuts away the noose of agonizing death. Meditate lovingly on the Lotus Feet of the Lord, the Destroyer of distress, the Protector of the poor, the Lord of excellence. The treacherous path of death and the terrifying ocean of fire are crossed over by meditating in remembrance on the Lord, even for an instant. Meditate day and night on the Lord, the Destroyer of desire, the Purifier of pollution. Prays Nanak, please be Merciful to me, O Cherisher of the world, Lord of the Universe, Lord of wealth. O my mind, remember the Lord in meditation; He is the Destroyer of pain, the Eradicator of fear, the Sovereign Lord King. He is the Greatest Lover, the Merciful Master, the Enticer of the mind, the Support of His devotees - this is His very nature.

The Perfect Lord is the Lover of His devotees; He fulfills the desires of the mind. He lifts us up out of the deep, dark pit; enshrine His Name within your mind. The gods, the Siddhas, the angels, the heavenly singers, the silent sages and the devotees sing Your countless Glorious Praises. Prays Nanak, please be merciful to me, O Supreme Lord God, my King.

O my mind, be conscious of the Supreme Lord God, the Transcendent Lord, who wields all power. He is All-powerful, the Embodiment of compassion. He is the Master of each and every heart; He is the Support of the breath of life. He is the Giver of the breath of life, of mind, body and soul. He is Infinite, Inaccessible and Unfathomable. The All-powerful Lord is our Sanctuary; He is the Enticer of the mind, who banishes all sorrows. All illnesses, sufferings and pains are dispelled, by chanting the Name of the Lord. Prays Nanak, please be merciful to me, All-powerful Lord; You are the Wielder of all power.

O my mind, sing the Glorious Praises of the Imperishable, Eternal, Merciful Master, the Highest of all. The One Lord is the Sustainer of the Universe, the Great Giver; He is the Cherisher of all. The Cherisher Lord is so very merciful and wise; He is compassionate to all. The pains of death, greed and emotional attachment simply vanish, when God comes to dwell in the soul. When the Lord is thoroughly pleased, then one's service becomes perfectly fruitful. Prays Nanak, my desires are fulfilled by meditating on the Lord, Merciful to the meek.

Listen, O my companions: let's join together and make the effort, to surrender to our Husband Lord. Renouncing our pride, let's charm Him with the potion of devotional worship, and the mantra of the Holy Saints.

O my companions, when He comes under our power, He shall never leave us again. This is the good nature of the Lord God. O Nanak, God dispels the fear of old age, death and hell; He purifies His beings.

Listen, O my companions, to my sincere prayer: let's make this firm resolve. In the peaceful poise of intuitive bliss, violence will be gone, as we sing the Glorious Praises of the Lord of the Universe. Our pains and troubles shall be eradicated, and our doubts shall be dispelled; we will receive the fruits of our minds' desires. O Nanak, meditate on the Naam, the Name of the Supreme Lord God, the Perfect, Transcendent Lord.

O my companions, I yearn for Him continually; I invoke His Blessings, and pray that God may fulfill my hopes. I thirst for His Feet, and I long for the Blessed Vision of His Darshan; I look for Him everywhere. I search for traces of the Lord in the Society of the Saints; they will unite me with the All-powerful Primal Lord God. O Nanak, those humble, noble beings who meet the Lord, the Giver of peace, are very blessed, O my mother.

O my companions, now I dwell with my Beloved Husband; my mind and body are attuned to the Lord. Listen, O my companions: now I sleep well, since I found my Husband Lord. My doubts have been dispelled, and I have found intuitive peace and tranquility through my Lord and Master. I have been enlightened, and my heart-lotus has blossomed forth. I have obtained God, the Inner-knower, the Searcher of hearts, as my Husband; O Nanak, my marriage shall last forever.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU ARJAN  
(250-262)

The Divine Guru is my mother, the Divine Guru is my father; the Divine Guru is my Transcendent Lord and Master. The Divine Guru is my companion, the Destroyer of ignorance; the Divine Guru is my relative and brother. The Divine Guru is the Giver, the Teacher of the Lord's Name. The Divine Guru is the Mantra which never fails. The Divine Guru is the Image of peace, truth and wisdom. The Divine Guru is the Philosopher's Stone - touching it, one is transformed. The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine ambrosia; bathing in the Guru's wisdom, one experiences the Infinite. The Divine Guru is the Creator, and the Destroyer of all sins; the Divine Guru is the Purifier of sinners. The Divine Guru existed at the primal beginning, throughout the ages, in each and every age. The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved. O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner, but holding onto Him, I am carried across. The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak bows in humble reverence to the Lord, the Divine Guru.

He Himself acts, and causes others to act; He Himself can do everything. O Nanak, the One Lord is pervading everywhere; there has never been any other, and there never shall be.

I humbly bow in reverence to the One Universal Creator, to the Holy True Guru. In the beginning, in the middle, and in the end, He is the Formless Lord. He Himself is in the absolute state of primal meditation; He Himself is in the seat of peace. He Himself listens to His Own Praises. He Himself created Himself. He is His Own Father, He is His Own Mother. He Himself is subtle and etheric; He Himself is manifest and obvious. O Nanak, His wondrous play cannot be understood. O God, Merciful to the meek, please be kind to me, that my mind might become the dust of the feet of Your Saints.

He Himself is formless, and also formed; the One Lord is without attributes, and also with attributes. Describe the One Lord as One, and Only One; O Nanak, He is the One, and the many.

The One Universal Creator created the Creation through the Word of the Primal Guru. He strung it upon His one thread. He created the diverse expanse of the three qualities. From formless, He appeared as form. The Creator has created the creation of all sorts. The attachment of the mind has led to birth and death. He Himself is above both, untouched and unaffected. O Nanak, He has no end or limitation.

Those who gather Truth, and the riches of the Lord's Name, are rich and very fortunate. O Nanak, truthfulness and purity are obtained from Saints such as these. |

True, True, True is that Lord. No one is separate from the True Primal Lord. They alone enter the Lord's Sanctuary, whom the Lord inspires to enter. Meditating, meditating in remembrance, they sing and preach the Glorious Praises of the Lord. Doubt and skepticism do not affect them at all. They behold the manifest glory of the Lord. They are the Holy Saints - they reach this destination. Nanak is forever a sacrifice to them.

Why are you crying out for riches and wealth? All this emotional attachment to Maya is false.

Without the Naam, the Name of the Lord, O Nanak, all are reduced to dust.

The dust of the feet of the Saints is sacred. Blessed are those whose minds are filled with this longing. They do not seek wealth, and they do not desire paradise. They are immersed in the deep love of their Beloved, and the dust of the feet of the Holy. How can worldly affairs affect those who do not abandon the One Lord, and who go nowhere else? One whose heart is filled with God's Name, O Nanak, is a perfect spiritual being of God.

By all sorts of religious robes, knowledge, meditation and stubborn-mindedness, no one has ever met God. Says Nanak, those upon whom God showers His Mercy, are devotees of spiritual wisdom.

Spiritual wisdom is not obtained by mere words of mouth. It is not obtained through the various debates of the Shaastras and scriptures. They alone are spiritually wise, whose minds are firmly fixed on the Lord. Hearing and telling stories, no one attains Yoga. They alone are spiritually wise, who remain firmly committed to the Lord's Command. Heat and cold are all the same to them. The true people of spiritual wisdom are the Gurmukhs, who contemplate the essence of reality; O Nanak, the Lord showers His Mercy upon them.

Those who have come into the world without understanding are like animals and beasts. O Nanak, those who become Gurmukh understand; upon their foreheads is such pre-ordained destiny.

They have come into this world to meditate on the One Lord. But ever since their birth, they have been enticed by the fascination of Maya. Upside-down in the chamber of the womb, they performed intense meditation. They remembered God in meditation with each and every breath. But now, they are entangled in things which they must leave behind. They forget the Great Giver from their minds. O Nanak, those upon whom the Lord showers His Mercy, do not forget Him, here or hereafter.

By His Command, we come, and by His Command, we go; no one is beyond His Command. Coming and going in reincarnation is ended, O Nanak, for those whose minds are filled with the Lord.

This soul has lived in many wombs. Enticed by sweet attachment, it has been trapped in reincarnation. This Maya has subjugated beings through the three qualities. Maya has infused attachment to itself in each and every heart. O friend, tell me some way, by which I may swim across this treacherous ocean of Maya. The Lord showers His Mercy, and leads us to join the Sat Sangat, the True Congregation. O Nanak, Maya does not even come near.

God Himself causes one to perform good and bad actions. The beast indulges in egotism, selfishness and conceit; O Nanak, without the Lord, what can anyone do?

The One Lord Himself is the Cause of all actions. He Himself distributes sins and noble acts. In this age, people are attached as the Lord attaches them. They receive that which the Lord Himself gives. No one knows His limits. Whatever He does, comes to pass. From the One, the entire expanse of the Universe emanated. O Nanak, He Himself is our Saving Grace.

Man remains engrossed in women and playful pleasures; the tumult of his passion is like the dye of the safflower, which fades away all too soon.

O Nanak, seek God's Sanctuary, and your selfishness and conceit shall be taken away.

O mind: without the Lord, whatever you are involved in shall bind you in chains. The faithless cynic does those deeds which will never allow him to be emancipated. Acting in egotism, selfishness and conceit, the lovers of rituals carry the unbearable load. When there is no love for the Naam, then these rituals are corrupt. The rope of death binds those who are in love with the sweet taste of Maya. Deluded by doubt, they do not understand that God is always with them. When their accounts are called for, they shall not be released; their wall of mud cannot be washed clean. One who is made to understand - O Nanak, that Gurmukh obtains immaculate understanding.

One whose bonds are cut away joins the Saadh Sangat, the Company of the Holy. Those who are imbued with the Love of the One Lord, O Nanak, take on the deep and lasting color of His Love.

Dye this heart of yours in the color of the Lord's Love. Meditate on the Name of the Lord, Har, Har - chant it with your tongue. In the Court of the Lord, no one shall speak harshly to you. Everyone shall welcome you, saying, "Come, and sit down." In that Mansion of the Lord's Presence, you shall find a home. There is no birth or death, or destruction there. One who has such karma written on his forehead, O Nanak, has the wealth of the Lord in his home.

Greed, falsehood, corruption and emotional attachment entangle the blind and the foolish. Bound down by Maya, O Nanak, a foul odor clings to them.

People are entangled in the love of corrupt pleasures; they are drunk with the wine of egotistical intellect and Maya. In this Maya, they are born and die. People act according to the Hukam of the Lord's Command. No one is perfect, and no one is imperfect. No one is wise, and no one is foolish. Wherever the Lord engages someone, there he is engaged. O Nanak, our Lord and Master is forever detached.

My Beloved God, the Sustainer of the World, the Lord of the Universe, is deep, profound and unfathomable. There is no other like Him; O Nanak, He is not worried.

There is no one equal to Him. He Himself is the One; there shall never be any other. He is now, He has been, and He shall always be. No one has ever found His limit. In the ant and in the elephant, He is totally pervading. The Lord, the Primal Being, is known by everyone everywhere. That one, unto whom the Lord has given His Love - O Nanak, that Gurmukh chants the Name of the Lord, Har, Har.

One who knows the taste of the Lord's sublime essence, intuitively enjoys the Lord's Love. O Nanak, blessed, blessed, blessed are the Lord's humble servants; how fortunate is their coming into the world! How fruitful is the coming into the world, of those whose tongues celebrate the Praises of the Name of the Lord, Har, Har. They come and dwell with the Saadh Sangat, the Company of the Holy; night and day, they lovingly meditate on the Naam. Blessed is the birth of those humble beings who are attuned to the Naam; the Lord, the Architect of Destiny, bestows His Kind Mercy upon them. They are born only once - they shall not be reincarnated again. O Nanak, they are absorbed into the Blessed Vision of the Lord's Darshan. Chanting it, the mind is filled with bliss; love of duality is eliminated, and pain, distress and desires are quenched.

O Nanak, immerse yourself in the Naam, the Name of the Lord.

Burn away duality and evil-mindedness. Give them up, and sleep in intuitive peace and poise. Yaya: Go, and seek the Sanctuary of the Saints; with their help, you shall cross over the terrifying world-ocean. Yaya: One who weaves the One Name into his heart, does not have to take birth again. Yaya: This human life shall not be wasted, if you take the Support of the Perfect Guru. O Nanak, one whose heart is filled with the One Lord finds peace.

The One who dwells deep within the mind and body is your friend here and hereafter. The Perfect Guru has taught me, O Nanak, to chant His Name continually.

Night and day, meditate in remembrance on the One who will be your Help and Support in the end. This poison shall last for only a few days; everyone must depart, and leave it behind. Who is our mother, father, son and daughter? Household, wife, and other things shall not go along with you. So gather that wealth which shall never perish, so that you may go to your true home with honor. In this Dark Age of Kali Yuga, those who sing the Kirtan of the Lord's Praises in the Saadh Sangat, the Company of the Holy - O Nanak, they do not have to endure reincarnation again.

He may be very handsome, born into a highly respected family, very wise, a famous spiritual teacher, prosperous and wealthy; but even so, he is looked upon as a corpse, O Nanak, if he does not love the Lord God.

He may be a scholar of the six Shaastras. He may practice inhaling, exhaling and holding the breath. He may practice spiritual wisdom, meditation, pilgrimages to sacred shrines and ritual cleansing baths. He may cook his own food, and never touch anyone else's; he may live in the wilderness like a hermit. But if he does not enshrine love for the Lord's Name within his heart, then everything he does is transitory. Even an untouchable pariah is superior to him, O Nanak, if the Lord of the World abides in his mind.

He wanders around in the four quarters and in the ten directions, according to the dictates of his karma. Pleasure and pain, liberation and reincarnation, O Nanak, come according to one's pre-ordained destiny.

He is the Creator, the Cause of causes. No one can erase His pre-ordained plan. Nothing can be done a second time. The Creator Lord does not make mistakes. To some, He Himself shows the Way. While He causes others to wander miserably in the wilderness. He Himself has set His own play in motion. Whatever He gives, O Nanak, that is what we receive.

People continue to eat and consume and enjoy, but the Lord's warehouses are never exhausted. So many chant the Name of the Lord, Har, Har; O Nanak, they cannot be counted.

The All-powerful Lord lacks nothing; whatever He is to give, He continues to give - let anyone go anywhere he pleases. The wealth of the Naam, the Name of the Lord, is a treasure to spend; it is the capital of His devotees. With tolerance, humility, bliss and intuitive poise, they continue to meditate on the Lord, the Treasure of excellence. Those, unto whom the Lord shows His Mercy, play happily and blossom forth. Those who have the wealth of the Lord's Name in their homes are forever wealthy and beautiful. Those who are blessed with the Lord's Glance of Grace suffer neither torture, nor pain, nor punishment.

O Nanak, those who are pleasing to God become perfectly successful.

See, that even by calculating and scheming in their minds, people must surely depart in the end. Hopes and desires for transitory things are erased for the Gurmukh; O Nanak, the Name alone brings true health.

Chant the Glorious Praises of the Lord of the Universe with each and every breath; meditate on Him forever. How can you rely on the body? Do not delay, my friend; there is nothing to stand in Death's way - neither in childhood, nor in youth, nor in old age. That time is not known, when the noose of Death shall come and fall on you. See, that even spiritual scholars, those who meditate, and those who are clever shall not stay in this place. Only the fool clings to that, which everyone else has abandoned and left behind. By Guru's Grace, one who has such good destiny written on his forehead remembers the Lord in meditation. O Nanak, blessed and fruitful is the coming of those who obtain the Beloved Lord as their Husband.

I have searched all the Shaastras and the Vedas, and they say nothing except this: "In the beginning, throughout the ages, now and forevermore, O Nanak, the One Lord alone exists."

Put this into your mind, that there is no one except the Lord. There never was, and there never shall be. He is pervading everywhere. You shall be absorbed into Him, O mind, if you come to His Sanctuary. In this Dark Age of Kali Yuga, only the Naam, the Name of the Lord, shall be of any real use to you. So many work and slave continually, but they come to regret and repent in the end. Without devotional worship of the Lord, how can they find stability? They alone taste the supreme essence, and drink in the Ambrosial Nectar, O Nanak, unto whom the Lord, the Guru, gives it.

He has counted all the days and the breaths, and placed them in people's destiny; they do not increase or decrease one little bit. Those who long to live in doubt and emotional attachment, O Nanak, are total fools.

Death seizes those whom God has made into faithless cynics. They are born and they die, enduring countless incarnations; they do not realize the Lord, the Supreme Soul. They alone find spiritual wisdom and meditation, whom the Lord blesses with His Mercy; no one is emancipated by counting and calculating. The vessel of clay shall surely break. They alone live, who, while alive, meditate on the Lord. They are respected, O Nanak, and do not remain hidden.

Focus your consciousness on His Lotus Feet, and the inverted lotus of your heart shall blossom forth. The Lord of the Universe Himself becomes manifest, O Nanak, through the Teachings of the Saints. Blessed, blessed is that day, when I became attached to the Lord's Lotus Feet. After wandering around in the four quarters and the ten directions, God showed His Mercy to me, and then I obtained the Blessed Vision of His Darshan. By pure lifestyle and meditation, all duality is removed. In the Saadh Sangat, the Company of the Holy, the mind becomes immaculate. Anxieties are forgotten, and the One Lord alone is seen, O Nanak, by those whose eyes are anointed with the ointment of spiritual wisdom. The heart is cooled and soothed, and the mind is at peace, chanting and singing the Glorious Praises of the Lord of the Universe. Show such Mercy, O God, that Nanak may become the slave of Your slaves. I am Your child-slave. I am the water-carrier of the slave of Your slaves. Chhachha:

I long to become the dust under the feet of Your Saints. Please shower me with Your Mercy, O Lord God! I have given up my excessive cleverness and scheming, and I have taken the support of the Saints as my mind's support. Even a puppet of ashes attains the supreme status, O Nanak, if it has the help and support of the Saints.

Practicing oppression and tyranny, he puffs himself up; he acts in corruption with his frail, perishable body. He is bound by his egotistical intellect; O Nanak, salvation comes only through the Naam, the Name of the Lord.

When someone, in his ego, believes that he has become something, he is caught in his error, like a parrot in a trap. When he believes, in his ego, that he is a devotee and a spiritual teacher, then, in the world hereafter, the Lord of the Universe shall have no regard for him at all. When he believes himself to be a preacher, he is merely a peddler wandering over the earth. But one who conquers his ego in the Company of the Holy, O Nanak, meets the Lord.

Rise early in the morning, and chant the Naam; worship and adore the Lord, night and day. Anxiety shall not afflict you, O Nanak, and your misfortune shall vanish.

Your sorrows shall depart, when you deal with the Lord's Name. The faithless cynic dies in sorrow and pain; his heart is filled with the love of duality. Your evil deeds and sins shall fall away, O my mind, listening to the ambrosial speech in the Society of the Saints. Sexual desire, anger and wickedness fall away, O Nanak, from those who are blessed by the Mercy of the Lord of the World.

You can try all sorts of things, but you still cannot remain here, my friend. But you shall live forevermore, O Nanak, if you vibrate and love the Naam, the Name of the Lord, Har, Har.

Know this as absolutely correct, that this ordinary love shall come to an end. You may count and calculate as much as you want, but you cannot count how many have arisen and departed. Whoever I see shall perish. With whom should I associate? Know this as true in your consciousness, that the love of Maya is false. He alone knows, and he alone is a Saint, who is free of doubt. He is lifted up and out of the deep dark pit; the Lord is totally pleased with him. God's Hand is All-powerful; He is the Creator, the Cause of causes. O Nanak, praise the One, who joins us to Himself.

The bondage of birth and death is broken and peace is obtained, by serving the Holy. O Nanak, may I never forget from my mind, the Treasure of Virtue, the Sovereign Lord of the Universe.

Work for the One Lord; no one returns empty-handed from Him. When the Lord abides within your mind, body, mouth and heart, then whatever you desire shall come to pass. He alone obtains the Lord's service, and the Mansion of His Presence, unto whom the Holy Saint is compassionate. He joins the Saadh Sangat, the Company of the Holy, only when the Lord Himself shows His Mercy. I have searched and searched, across so many worlds, but without the Name, there is no peace. The Messenger of Death retreats from those who dwell in the Saadh Sangat. Again and again, I am forever devoted to the Saints. O Nanak, my sins from so long ago have been erased. Those beings, with whom the Lord is thoroughly pleased, meet with no obstacles at His Door.

Those humble beings whom God has made His own, O Nanak, are blessed, so very blessed.

Those who have abandoned all else, and who cling to the One Lord alone, do not make trouble for anyone's mind. Those who are totally absorbed and preoccupied with Maya are dead; they do not find happiness anywhere. One who dwells in the Society of the Saints finds a great peace; the Ambrosial Nectar of the Naam becomes sweet to his soul. That humble being, who is pleasing to his Lord and Master - O Nanak, his mind is cooled and soothed.

I bow down, and fall to the ground in humble adoration, countless times, to the All-powerful Lord, who possesses all powers. Please protect me, and save me from wandering, God. Reach out and give Nanak Your Hand.

This is not your true place; you must know where that place really is. You shall come to realize the way to that place, through the Word of the Guru's Shabad. This place, here, is established by hard work, but not one iota of this shall go there with you. The value of that place beyond is known only to those, upon whom the Perfect Lord God casts His Glance of Grace. That permanent and true place is obtained in the Saadh Sangat, the Company of the Holy; O Nanak, those humble beings do not waver or wander.

When the Righteous Judge of Dharma begins to destroy someone, no one can place any obstacle in His Way. O Nanak, those who join the Saadh Sangat and meditate on the Lord are saved.

Where are you going, wandering and searching? Search instead within your own mind. God is with you, so why do you wander around from forest to forest? In the Saadh Sangat, the Company of the Holy, tear down the mound of your frightful, egotistical pride. You shall find peace, and abide in intuitive bliss; gazing upon the Blessed Vision of God's Darshan, you shall be delighted. One who has such a mound as this, dies and suffers the pain of reincarnation through the womb. One who is intoxicated by emotional attachment, entangled in egotism, selfishness and conceit, shall continue coming and going in reincarnation. Slowly and steadily, I have now surrendered to the Holy Saints; I have come to their Sanctuary. God has cut away the noose of my pain; O Nanak, He has merged me into Himself.

Where the Holy people constantly vibrate the Kirtan of the Praises of the Lord of the Universe, O Nanak - the Righteous Judge says, "Do not approach that place, O Messenger of Death, or else neither you nor I shall escape!"

One who conquers his own soul, wins the battle of life. One who dies, while fighting against egotism and alienation, becomes sublime and beautiful. One who eradicates his ego, remains dead while yet alive, through the Teachings of the Perfect Guru. He conquers his mind, and meets the Lord; he is dressed in robes of honor. He does not claim anything as his own; the One Lord is his Anchor and Support. Night and day, he continually contemplates the Almighty, Infinite Lord God. He makes his mind the dust of all; such is the karma of the deeds he does. Understanding the Hukam of the Lord's Command, he attains everlasting peace. O Nanak, such is his pre-ordained destiny. I offer my body, mind and wealth to anyone who can unite me with God. O Nanak, my doubts and fears have been dispelled, and the Messenger of Death does not see me any longer. Embrace love for the Treasure of Excellence, the Sovereign Lord of the Universe. You shall obtain the fruits of your mind's desires, and your burning thirst shall be quenched.

One whose heart is filled with the Name shall have no fear on the path of death. He shall obtain salvation, and his intellect shall be enlightened; he will find his place in the Mansion of the Lord's Presence. Neither wealth, nor household, nor youth, nor power shall go along with you. In the Society of the Saints, meditate in remembrance on the Lord. This alone shall be of use to you. There will be no burning at all, when He Himself takes away your fever. O Nanak, the Lord Himself cherishes us; He is our Mother and Father.

They have grown weary, struggling in all sorts of ways; but they are not satisfied, and their thirst is not quenched. Gathering in and hoarding what they can, the faithless cynics die, O Nanak, but the wealth of Maya does not go with them in the end.

Nothing is permanent - why do you stretch out your feet? You commit so many fraudulent and deceitful actions as you chase after Maya. You work to fill up your bag, you fool, and then you fall down exhausted. But this shall be of no use to you at all at that very last instant. You shall find stability only by vibrating upon the Lord of the Universe, and accepting the Teachings of the Saints. Embrace love for the One Lord forever - this is true love! He is the Doer, the Cause of causes. All ways and means are in His Hands alone. Whatever You attach me to, to that I am attached; O Nanak, I am just a helpless creature.

His slaves have gazed upon the One Lord, the Giver of everything. They continue to contemplate Him with each and every breath; O Nanak, the Blessed Vision of His Darshan is their Support.

The One Lord is the Great Giver; He is the Giver to all. There is no limit to His Giving. His countless warehouses are filled to overflowing. The Great Giver is alive forever. O foolish mind, why have you forgotten Him? No one is at fault, my friend. God created the bondage of emotional attachment to Maya. He Himself removes the pains of the Gurmukh; O Nanak, he is fulfilled.

O my soul, grasp the Support of the One Lord; give up your hopes in others. O Nanak, meditating on the Naam, the Name of the Lord, your affairs shall be resolved.

The mind's wanderings cease, when one comes to dwell in the Society of the Saints. If the Lord is Merciful from the very beginning, then one's mind is enlightened. Those who have the true wealth are the true bankers. The Lord, Har, Har, is their wealth, and they trade in His Name. Patience, glory and honor come to those who listen to the Name of the Lord, Har, Har. That Gurmukh whose heart remains merged with the Lord, O Nanak, obtains glorious greatness.

O Nanak, one who chants the Naam, and meditates on the Naam with love inwardly and outwardly, receives the Teachings from the Perfect Guru; he joins the Saadh Sangat, the Company of the Holy, and does not fall into hell.

Those whose minds and bodies are filled with the Naam, the Name of the Lord, shall not fall into hell. Those Gurmukhs who chant the treasure of the Naam, are not destroyed by the poison of Maya. Those who have been given the Mantra of the Naam by the Guru, shall not be turned away.

They are filled and fulfilled with the Ambrosial Nectar of the Lord, the Treasure of sublime wealth; O Nanak, the Unstruck Celestial Melody vibrates for them.

The Guru, the Supreme Lord God, preserved my honor, when I renounced hypocrisy, emotional attachment and corruption. O Nanak, worship and adore the One, who has no end or limitation.

He is beyond estimation; His limits cannot be found. The Sovereign Lord King is inaccessible; He is the Purifier of sinners. Millions of sinners are purified; they meet the Holy, and chant the Ambrosial Naam, the Name of the Lord. Deception, fraud and emotional attachment are eliminated, by those who are protected by the Lord of the World. He is the Supreme King, with the royal canopy above His Head. O Nanak, there is no other at all.

The noose of Death is cut, and one's wanderings cease; victory is obtained, when one conquers his own mind. O Nanak, eternal stability is obtained from the Guru, and one's day-to-day wanderings cease.

After wandering and wandering for so long, you have come; in this Dark Age of Kali Yuga, you have obtained this human body, so very difficult to obtain. This opportunity shall not come into your hands again. So chant the Naam, the Name of the Lord, and the noose of Death shall be cut away. You shall not have to come and go in reincarnation over and over again, if you chant and meditate on the One and Only Lord. Shower Your Mercy, O God, Creator Lord, and unite poor Nanak with Yourself.

Hear my prayer, O Supreme Lord God, Merciful to the meek, Lord of the World. The dust of the feet of the Holy is peace, wealth, great enjoyment and pleasure for Nanak.

One who knows God is a Brahmin. A Vaishnaav is one who, as Gurmukh, lives the righteous life of Dharma. One who eradicates his own evil is a brave warrior; no evil even approaches him. Man is bound by the chains of his own egotism, selfishness and conceit. The spiritually blind place the blame on others. But all debates and clever tricks are of no use at all. O Nanak, he alone comes to know, whom the Lord inspires to know.

The Destroyer of fear, the Eradicator of sin and sorrow - enshrine that Lord in your mind. One whose heart abides in the Society of the Saints, O Nanak, does not wander around in doubt.

Cast out your doubt and delusion - this world is just a dream. The angelic beings, goddesses and gods are deluded by doubt. The Siddhas and seekers, and even Brahma are deluded by doubt. Wandering around, deluded by doubt, people are ruined. It is so very difficult and treacherous to cross over this ocean of Maya. That Gurmukh who has eradicated doubt, fear and attachment, O Nanak, obtains supreme peace.

Maya clings to the mind, and causes it to waver in so many ways. When You, O Lord, restrain someone from asking for wealth, then, O Nanak, he comes to love the Name.

The beggar is so ignorant - the Great Giver continues to give. He is All-knowing. Whatever He gives, He gives once and for all. O foolish mind, why do you complain, and cry out so loud? Whenever you ask for something, you ask for worldly things; no one has obtained happiness from these. If you must ask for a gift, then ask for the One Lord.

O Nanak, by Him, you shall be saved.

Perfect is the intellect, and most distinguished is the reputation, of those whose minds are filled with the Mantra of the Perfect Guru. Those who come to know their God, O Nanak, are very fortunate.

Those who understand God's mystery are satisfied, joining the Saadh Sangat, the Company of the Holy. They look upon pleasure and pain as the same. They are exempt from incarnation into heaven or hell. They live in the world, and yet they are detached from it. The Sublime Lord, the Primal Being, is totally pervading each and every heart. In His Love, they find peace. O Nanak, Maya does not cling to them at all.

Listen, my dear friends and companions: without the Lord, there is no salvation. O Nanak, one who falls at the Feet of the Guru, has his bonds cut away.

People try all sorts of things, but without the One Name, how far can they succeed? Those efforts, by which emancipation may be attained - those efforts are made in the Saadh Sangat, the Company of the Holy. Everyone has this idea of salvation, but without meditation, there can be no salvation. The All-powerful Lord is the boat to carry us across. O Lord, please save these worthless beings! Those whom the Lord Himself instructs in thought, word and deed - O Nanak, their intellect is enlightened.

Do not be angry with anyone else; look within your own self instead. Be humble in this world, O Nanak, and by His Grace you shall be carried across.

Be the dust under the feet of all. Give up your egotistical pride, and the balance of your account shall be written off. Then, you shall win the battle in the Court of the Lord, O Siblings of Destiny. As Gurmukh, lovingly attune yourself to the Lord's Name. Your evil ways shall be slowly and steadily blotted out, by the Shabad, the Incomparable Word of the Perfect Guru. You shall be imbued with the Lord's Love, and intoxicated with the Nectar of the Naam. O Nanak, the Lord, the Guru, has given this gift.

The afflictions of greed, falsehood and corruption abide in this body. Drinking in the Ambrosial Nectar of the Lord's Name, Har, Har, O Nanak, the Gurmukh abides in peace.

One who takes the medicine of the Naam, the Name of the Lord, is cured of his pain and sorrow in an instant. One whose heart is filled with the medicine of the Naam, is not infested with disease, even in his dreams. The medicine of the Lord's Name is in all hearts, O Siblings of Destiny. Without the Perfect Guru, no one knows how to prepare it. When the Perfect Guru gives the instructions to prepare it, then, O Nanak, one does not suffer illness again.

The All-pervading Lord is in all places. There is no place where He does not exist. Inside and outside, He is with you. O Nanak, what can be hidden from Him?

Do not harbor hatred against anyone. In each and every heart, God is contained. The All-pervading Lord is permeating and pervading the oceans and the land. How rare are those who, by Guru's Grace, sing of Him. Hatred and alienation depart from those who, as Gurmukh, listen to the Kirtan of the Lord's Praises.

O Nanak, one who becomes Gurmukh chants the Name of the Lord, Har, Har, and rises above all social classes and status symbols.

Acting in egotism, selfishness and conceit, the foolish, ignorant, faithless cynic wastes his life. He dies in agony, like one dying of thirst; O Nanak, this is because of the deeds he has done.

Conflict is eliminated in the Saadh Sangat, the Company of the Holy; meditate in adoration on the Naam, the Name of the Lord, the essence of karma and Dharma. When the Beautiful Lord abides within the heart, conflict is erased and ended. The foolish, faithless cynic picks arguments - his heart is filled with corruption and egotistical intellect.

For the Gurmukh, conflict is eliminated in an instant, O Nanak, through the Teachings.

O mind, grasp the Support of the Holy Saint; give up your clever arguments. One who has the Guru's Teachings within his mind, O Nanak, has good destiny inscribed upon his forehead.

I have now entered Your Sanctuary, Lord; I am so tired of reciting the Shaastras, the Simritees and the Vedas. I searched and searched and searched, and now I have come to realize, that without meditating on the Lord, there is no emancipation. With each and every breath, I make mistakes. You are All-powerful, endless and infinite. I seek Your Sanctuary - please save me, Merciful Lord! Nanak is Your child, O Lord of the World.

When selfishness and conceit are erased, peace comes, and the mind and body are healed. O Nanak, then He comes to be seen - the One who is worthy of praise.

Praise and extol Him on High, who fills the empty to over-flowing in an instant. When the mortal being becomes totally humble, then he meditates night and day on God, the Detached Lord of Nirvana. If it pleases the Will of our Lord and Master, then He blesses us with peace. Such is the Infinite, Supreme Lord God. He forgives countless sins in an instant. O Nanak, our Lord and Master is merciful forever.

I speak the Truth - listen, O my mind: take to the Sanctuary of the Sovereign Lord King. Give up all your clever tricks, O Nanak, and He shall absorb you into Himself.

Give up your clever tricks, you ignorant fool! God is not pleased with clever tricks and commands. You may practice a thousand forms of cleverness, but not even one will go along with you in the end. Meditate on that Lord, that Lord, day and night. O soul, He alone shall go along with you. Those whom the Lord Himself commits to the service of the Holy, O Nanak, are not afflicted by suffering.

Chanting the Name of the Lord, Har, Har, and keeping it in your mind, you shall find peace. O Nanak, the Lord is pervading everywhere; He is contained in all spaces and interspaces.

Behold! The Lord God is totally pervading each and every heart. Forever and ever, the Guru's wisdom has been the Destroyer of pain. Quieting the ego, ecstasy is obtained. Where the ego does not exist, God Himself is there. The pain of birth and death is removed, by the power of the Society of the Saints. He becomes kind to those who lovingly enshrine the Name of the Merciful Lord within their hearts, in the Society of the Saints.

Sukhmani

In this world, no one accomplishes anything by himself. O Nanak, everything is done by God.

Because of the balance due on his account, he can never be released; he makes mistakes each and every moment. O Forgiving Lord, please forgive me, and carry Nanak across.

The sinner is unfaithful to himself; he is ignorant, with shallow understanding. He does not know the essence of all, the One who gave him body, soul and peace. For the sake of personal profit and Maya, he goes out, searching in the ten directions. He does not enshrine the Generous Lord God, the Great Giver, in his mind, even for an instant. Greed, falsehood, corruption and emotional attachment - these are what he collects within his mind. The worst perverts, thieves and slanderers - he passes his time with them. But if it pleases You, Lord, then You forgive the counterfeit along with the genuine. O Nanak, if it pleases the Supreme Lord God, then even a stone will float on water.

Eating, drinking, playing and laughing, I have wandered through countless incarnations. Please, God, lift me up and out of the terrifying world-ocean. Nanak seeks Your Support.

Playing, playing, I have been reincarnated countless times, but this has only brought pain. Troubles are removed, when one meets with the Holy; immerse yourself in the Word of the True Guru. Adopting an attitude of tolerance, and gathering truth, partake of the Ambrosial Nectar of the Name. When my Lord and Master showed His Great Mercy, I found peace, happiness and bliss. My merchandise has arrived safely, and I have made a great profit; I have returned home with honor. The Guru has given me great consolation, and the Lord God has come to meet me. He Himself has acted, and He Himself acts. He was in the past, and He shall be in the future. O Nanak, praise the One, who is contained in each and every heart.

O God, I have come to Your Sanctuary, O Merciful Lord, ocean of compassion. One whose mind is filled with the One Word of the Lord, O Nanak, becomes totally blissful.

In the Word, God established the three worlds. Created from the Word, the Vedas are contemplated. From the Word, came the Shaastras, Simritees and Puraanas. From the Word, came the Sound Current of the Naad, speeches and explanations. From the Word, comes the way of liberation from fear and doubt. From the Word, come religious rituals, karma, sacredness and Dharma. In the visible universe, the Word is seen. O Nanak, the Supreme Lord God remains unattached and untouched.

With pen in hand, the Inaccessible Lord writes man's destiny on his forehead. The Lord of Incomparable Beauty is involved with all. I cannot describe Your Praises with my mouth, O Lord. Nanak is fascinated, gazing upon the Blessed Vision of Your Darshan; he is a sacrifice to You.

O Immovable Lord, O Supreme Lord God, Imperishable, Destroyer of sins: O Perfect, All-pervading Lord, Destroyer of pain, Treasure of virtue: O Companion, Formless, Absolute Lord, Support of all: O Lord of the Universe, Treasure of excellence, with clear eternal understanding: Most Remote of the Remote, Lord God: You are, You were, and You shall always be. O Constant Companion of the Saints, You are the Support of the unsupported. O my Lord and Master, I am Your slave. I am worthless, I have no worth at all.

Nanak: grant me the Gift of Your Name, Lord, that I may string it and keep it within my heart.

The Divine Guru is our mother, the Divine Guru is our father; the Divine Guru is our Lord and Master, the Transcendent Lord. The Divine Guru is my companion, the Destroyer of ignorance; the Divine Guru is my relative and brother. The Divine Guru is the Giver, the Teacher of the Lord's Name. The Divine Guru is the Mantra which never fails. The Divine Guru is the image of peace, truth and wisdom. The Divine Guru is the Philosopher's Stone - touching it, one is transformed. The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine nectar; bathing in the Guru's wisdom, one experiences the Infinite. The Divine Guru is the Creator, and the Destroyer of all sins; the Divine Guru is the Purifier of sinners. The Divine Guru existed in the very beginning, throughout the ages, in each and every age. The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved. O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner, but holding onto Him, I will be carried across. The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak bows in humble reverence to the Lord, the Divine Guru.

SUKHMANI (JEWEL OF BLISS)  
ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU ARJAN  
(262-296)

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.

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!

Sukhmani: Peace of Mind, the Nectar of the Name of God. The minds of the devotees abide in a joyful peace. Remembering God, one does not have to enter into the womb again. Remembering God, the pain of death is dispelled. Remembering God, death is eliminated. Remembering God, one's enemies are repelled. Remembering God, no obstacles are met. Remembering God, one remains awake and aware, night and day. Remembering God, one is not touched by fear. Remembering God, one does not suffer sorrow. The meditative remembrance of God is in the Company of the Holy. All treasures, O Nanak, are in the Love of the Lord.

In the remembrance of God are wealth, miraculous spiritual powers and the nine treasures. In the remembrance of God are knowledge, meditation and the essence of wisdom. In the remembrance of God are chanting, intense meditation and devotional worship. In the remembrance of God, duality is removed. In the remembrance of God are purifying baths at sacred shrines of pilgrimage. In the remembrance of God, one attains honor in the Court of the Lord. In the remembrance of God, one becomes good. In the remembrance of God, one flowers in fruition.

They alone remember Him in meditation, whom He inspires to meditate. Nanak grasps the feet of those humble beings. The remembrance of God is the highest and most exalted of all.

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

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.

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.

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.

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.

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!

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.

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. 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. 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. 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. 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. 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. 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.

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.

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.

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. 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. 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. 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. 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.

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.

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.

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.

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.

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!

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.

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! 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. 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. 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! 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.

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.

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. 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.

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.

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. 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. 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.

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.

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.

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.

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. 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. 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. 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. 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. 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! 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. Those, whom He inspires to chant, chant His Name. Those, whom He inspires to sing, sing the Glorious Praises of the Lord.

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

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

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

In the Company of the Holy, one meets the Incomprehensible Lord. In the Company of the Holy, one flourishes forever. In the Company of the Holy, the five passions are brought to rest. In the Company of the Holy, one enjoys the essence of ambrosia. In the Company of the Holy, one becomes the dust of all. 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. 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.

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.

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. 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. 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. 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.

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.

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.

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.

The God-conscious being is the dust of all. The God-conscious being knows the nature of the soul. The God-conscious being shows kindness to all. No evil comes from the God-conscious being. The God-conscious being is always impartial.

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

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

The God-conscious being loves the One Lord alone. The God-conscious being dwells with God. The God-conscious being takes the Naam as his Support. The God-conscious being has the Naam as his Family. The God-conscious being is awake and aware, forever and ever. The God-conscious being renounces his proud ego. In the mind of the God-conscious being, there is supreme bliss. In the home of the God-conscious being, there is everlasting bliss. The God-conscious being dwells in peaceful ease. O Nanak, the God-conscious being shall never perish.

The God-conscious being knows God. The God-conscious being is in love with the One alone. The God-conscious being is carefree. Pure are the Teachings of the God-conscious being. The God-conscious being is made so by God Himself. The God-conscious being is gloriously great. The Darshan, the Blessed Vision of the God-conscious being, is obtained by great good fortune. To the God-conscious being, I make my life a sacrifice. The God-conscious being is sought by the great god Shiva. O Nanak, the God-conscious being is Himself the Supreme Lord God.

The God-conscious being cannot be appraised. The God-conscious being has all within his mind. Who can know the mystery of the God-conscious being? Forever bow to the God-conscious being. The God-conscious being cannot be described in words. The God-conscious being is the Lord and Master of all. Who can describe the limits of the God-conscious being? Only the God-conscious being can know the state of the God-conscious being. The God-conscious being has no end or limitation. O Nanak, to the God-conscious being, bow forever in reverence.

The God-conscious being is the Creator of all the world. The God-conscious being lives forever, and does not die. The God-conscious being is the Giver of the way of liberation of the soul. The God-conscious being is the Perfect Supreme Being, who orchestrates all. The God-conscious being is the helper of the helpless. The God-conscious being extends his hand to all. The God-conscious being owns the entire creation.

The God-conscious being is himself the Formless Lord. The glory of the God-conscious being belongs to the God-conscious being alone. O Nanak, the God-conscious being is the Lord of all.

One who enshrines the Naam within the heart, 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.

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'.

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.

The true Bhagaautee, 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.

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.

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.

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.

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.

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.

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

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

Many millions become self-centered. Many millions are blinded by ignorance. Many millions are stone-hearted misers. Many millions are heartless, with dry, withered souls. Many millions steal the wealth of others. Many millions slander others. Many millions struggle in Maya. Many millions wander in foreign lands. Whatever God attaches them to - with that they are engaged. O Nanak, the Creator alone knows the workings of His creation.

Many millions are Siddhas, celibates and Yogis. Many millions are kings, enjoying worldly pleasures. Many millions of birds and snakes have been created. Many millions of stones and trees have been produced. Many millions are the winds, waters and fires. Many millions are the countries and realms of the world. Many millions are the moons, suns and stars.

Many millions are the demi-gods, demons and Indras, under their regal canopies. He has strung the entire creation upon His thread. O Nanak, He emancipates those with whom He is pleased.

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

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.

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

Many millions are the fields of creation and the galaxies. Many millions are the etheric skies and the solar systems. Many millions are the divine incarnations. In so many ways, He has unfolded Himself. 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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. 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

The Lord of the World is the Mender of the broken. He Himself cherishes all beings. The cares of all are on His Mind; no one is turned away from Him. O my mind, meditate forever on the Lord. The Imperishable Lord God is Himself All-in-all. By one's own actions, nothing is accomplished, even though the mortal may wish it so, hundreds of times. Without Him, nothing is of any use to you. Salvation, O Nanak, is attained by chanting the Name of the One Lord.

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

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!

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.

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.

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.

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.

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.

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.

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.

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.

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

Many are His forms; many are His colors. Many are the appearances which He assumes, and yet He is still the One. 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.

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.

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.

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.

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.

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

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.

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.

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.

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.

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!

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.

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.

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.

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.

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.

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.

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.

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.

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 Nirvana. 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 sinful residues 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.

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.

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.

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.

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.

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 overflowing 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 Nirvana, 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.

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.

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.

When He Himself fashioned the visible world of the creation, he made the world subject to the three dispositions.

Sin and virtue then began to be spoken of. Some have gone to hell, and some yearn for paradise. Worldly snares and entanglements of Maya, egotism, attachment, doubt and loads of fear; pain and pleasure, honor and dishonor - these came to be described in various ways. He Himself creates and beholds His own drama. He winds up the drama, and then, O Nanak, He alone remains.

Wherever the Eternal Lord's devotee is, He Himself is there. He unfolds the expanse of His creation for the glory of His Saint. He Himself is the Master of both worlds. His Praise is to Himself alone. He Himself performs and plays His amusements and games. He Himself enjoys pleasures, and yet He is unaffected and untouched. 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.

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?

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.

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.

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.

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.

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.

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.

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.

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.

The Guru has given the healing ointment of spiritual wisdom, and dispelled the darkness of ignorance. By the Lord's Grace, I have met the Saint; O Nanak, my mind is enlightened.

In the Society of the Saints, I see God deep within my being. God's Name is sweet to me. All things are contained in the Heart of the One, although they appear in so many various colors. The nine treasures are in the Ambrosial Name of God. Within the human body is its place of rest. The Deepest Samaadhi, and the Unstruck Sound Current of the Naad are there. The wonder and marvel of it cannot be described. He alone sees it, unto whom God Himself reveals it. O Nanak, that humble being understands.

The Infinite Lord is inside, and outside as well. Deep within each and every heart, the Lord God is pervading. In the earth, in the Akaashic ethers, and in the nether regions of the underworld - in all worlds, He is the Perfect Cherisher.

In the forests, fields and mountains, He is the Supreme Lord God. As He orders, so do His creatures act. He permeates the winds and the waters. He is pervading in the four corners and in the ten directions. Without Him, there is no place at all. By Guru's Grace, O Nanak, peace is obtained.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

THE LUNAR DAYS  
ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU ARJAN  
(296-300)

The Creator Lord and Master is pervading the water, the land, and the sky. In so many ways, the One, the Universal Creator has diffused Himself, O Nanak.

The first day of the lunar cycle: Bow in humility and meditate on the One, the Universal Creator Lord God. Praise God, the Lord of the Universe, the Sustainer of the World; seek the Sanctuary of the Lord, our King. Place your hopes in Him, for salvation and peace; all things come from Him. I wandered around the four corners of the world and in the ten directions, but I saw nothing except Him. I listened to the Vedas, the Puraanas and the Simritees, and I pondered over them in so many ways. The Saving Grace of sinners, the Destroyer of fear, the Ocean of peace, the Formless Lord. The Great Giver, the Enjoyer, the Bestower - there is no place at all without Him. You shall obtain all that you desire, O Nanak, singing the Glorious Praises of the Lord.

Sing the Praises of the Lord, the Lord of the Universe, each and every day. Join the Saadh Sangat, the Company of the Holy, and vibrate, meditate on Him, O my friend.

Bow in humility to the Lord, over and over again, and enter the Sanctuary of the Lord, our King. Doubt is eradicated, O Nanak, in the Company of the Holy, and the love of duality is eliminated.

The second day of the lunar cycle: Get rid of your evil-mindedness, and serve the Guru continually. The jewel of the Lord's Name shall come to dwell in your mind and body, when you renounce sexual desire, anger and greed, O my friend. Conquer death and obtain eternal life; all your troubles will depart.

Renounce your self-conceit and vibrate upon the Lord of the Universe; loving devotion to Him shall permeate your being. You shall earn profit and suffer no loss, and in the Court of the Lord you shall be honored. Those who gather in the riches of the Lord's Name are truly wealthy, and very blessed. So, when standing up and sitting down, vibrate upon the Lord, and cherish the Saadh Sangat, the Company of the Holy. O Nanak, evil-mindedness is eradicated, when the Supreme Lord God comes to dwell in the mind.

The world is in the grip of the three qualities; only a few attain the fourth state of absorption. O Nanak, the Saints are pure and immaculate; the Lord abides within their minds.

The third day of the lunar cycle: Those who are bound by the three qualities gather poison as their fruit; now they are good, and now they are bad. They wander endlessly in heaven and hell, until death annihilates them. In pleasure and pain and worldly cynicism, they pass their lives acting in ego. They do not know the One who created them; they think up all sorts of schemes and plans. Their minds and bodies are distracted by pleasure and pain, and their fever never departs. They do not realize the glorious radiance of the Supreme Lord God, the Perfect Lord and Master. So many are being drowned in emotional attachment and doubt; they dwell in the most horrible hell. Please bless me with Your Mercy, God, and save me! Nanak places his hopes in You.

One who renounces egotistical pride is intelligent, wise and refined. The four cardinal blessings, and the eight spiritual powers of the Siddhas are obtained, O Nanak, by meditating, vibrating on the Lord's Name.

The fourth day of the lunar cycle: Listening to the four Vedas, and contemplating the essence of reality, I have come to realize that the treasure of all joy and comfort is found in sublime meditation on the Lord's Name. One is saved from hell, suffering is destroyed, countless pains depart, death is overcome, and one escapes the Messenger of Death, by absorption in the Kirtan of the Lord's Praises. Fear departs, and one savors the Ambrosial Nectar, imbued with the Love of the Formless Lord. Pain, poverty and impurity are removed, with the Support of the Naam, the Name of the Lord. The angels, the seers and the silent sages search for the Ocean of peace, the Sustainer of the world. The mind becomes pure, and one's face is radiant, O Nanak, when one becomes the dust of the feet of the Holy.

The five evil passions dwell in the mind of one who is engrossed in Maya. In the Saadh Sangat, one becomes pure, O Nanak, imbued with the Love of God.

The fifth day of the lunar cycle: They are the self-elect, the most distinguished, who know the true nature of the world. The many colors and scents of flowers - all worldly deceptions are transitory and false. People do not see, and they do not understand; they do not reflect upon anything. The world is pierced through with attachment to tastes and pleasures, engrossed in ignorance. Those who perform empty religious rituals will be born, only to die again. They wander through endless incarnations. They do not meditate in remembrance on the Creator Lord; their minds do not understand. By loving devotion to the Lord God, you shall not be polluted by Maya at all. O Nanak, how rare are those, who are not engrossed in worldly entanglements. The six Shaastras proclaim Him to be the greatest; He has no end or limitation. The devotees look beautiful, O Nanak, when they sing the Glories of God at His Door. The sixth day of the lunar cycle: The six Shaastras say, and countless Simritees assert, that the Supreme Lord God is the most sublime and lofty.

Even the thousand-tongued serpent does not know the limits of His Glories. Naarad, the humble beings, Suk and Vyaasa sing the Praises of the Lord of the Universe. They are imbued with the Lord's essence; united with Him; they are absorbed in devotional worship of the Lord God. Emotional attachment, pride and doubt are eliminated, when one takes to the Sanctuary of the Merciful Lord. His Lotus Feet abide within my mind and body and I am enraptured, beholding the Blessed Vision of His Darshan. People reap their profits, and suffer no loss, when they embrace love for the Saadh Sangat, the Company of the Holy. They gather in the treasure of the Lord, the Ocean of Excellence, O Nanak, by meditating on the Naam.

In the gathering of the Saints, chant the Praises of the Lord, and speak the Truth with love. O Nanak, the mind becomes contented, enshrining love for the One Lord.

The seventh day of the lunar cycle: Gather the wealth of the Naam; this is a treasure which shall never be exhausted. In the Society of the Saints, He is obtained; He has no end or limitations. Renounce your selfishness and conceit, and meditate, vibrate on the Lord of the Universe; take to the Sanctuary of the Lord, our King. Your pains shall depart - swim across the terrifying world-ocean, and obtain the fruits of your mind's desires. One who meditates on the Lord twenty-four hours a day - fruitful and blessed is his coming into the world. Inwardly and outwardly, realize that the Creator Lord is always with you. He is your friend, your companion, your very best friend, who imparts the Teachings of the Lord. Nanak is a sacrifice to one who chants the Name of the Lord, Har, Har.

Sing the Glorious Praises of the Lord twenty-four hours a day; renounce other entanglements. The Minister of Death cannot even see that person, O Nanak, unto whom God is merciful.

The eighth day of the lunar cycle: The eight spiritual powers of the Siddhas, the nine treasures, all precious things, perfect intellect, the opening of the heart-lotus, eternal bliss, pure lifestyle, the infallible Mantra, all Dharmic virtues, sacred purifying baths, the most lofty and sublime spiritual wisdom - these are obtained by meditating, vibrating upon the Lord, Har, Har, in the Company of the Perfect Guru. You shall be saved, O Nanak, by lovingly chanting the Lord's Name.

He does not remember the Lord in meditation; he is fascinated by the pleasures of corruption. O Nanak, forgetting the Naam, he is reincarnated into heaven and hell.

The ninth day of the lunar cycle: The nine holes of the body are defiled. People do not chant the Lord's Name; instead, they practice evil. They commit adultery, slander the Saints, and do not listen to even a tiny bit of the Lord's Praise. They steal others' wealth for the sake of their own bellies, but the fire is not extinguished, and their thirst is not quenched. Without serving the Lord, these are their rewards. O Nanak, forgetting God, the unfortunate people are born, only to die.

I have wandered, searching in the ten directions - wherever I look, there I see Him. The mind comes to be controlled, O Nanak, if He grants His Perfect Grace.

The tenth day of the lunar cycle: Overpower the ten sensory and motor organs; your mind will be content, as you chant the Naam. With your ears, hear the Praises of the Lord of the World; with your eyes, behold the kind, Holy Saints. With your tongue, sing the Glorious Praises of the Infinite Lord.

In your mind, remember the Perfect Lord God. With your hands and feet, work for the Saints. O Nanak, this way of life is obtained by God's Grace.

Describe the Lord as the One, the One and Only. How rare are those who know the taste of this essence. The Glories of the Lord of the Universe cannot be known. O Nanak, He is totally amazing and wonderful!

The eleventh day of the lunar cycle: Behold the Lord, the Lord, near at hand. Subdue the desires of your sexual organs, and listen to the Lord's Name. Let your mind be content, and be kind to all beings. In this way, your fast will be successful. Keep your wandering mind restrained in one place. Your mind and body shall become pure, chanting the Lord's Name. The Supreme Lord God is pervading amongst all. O Nanak, sing the Kirtan of the Lord's Praises; this alone is the eternal faith of Dharma.

Evil-mindedness is eliminated, by meeting with and serving the compassionate Holy Saints. Nanak is merged with God; all his entanglements have come to an end.

The twelfth day of the lunar cycle: Dedicate yourself to giving charity, chanting the Naam and purification. Worship the Lord with devotion, and get rid of your pride. Drink in the Ambrosial Nectar of the Lord's Name, in the Saadh Sangat, the Company of the Holy. The mind is satisfied by lovingly singing the Kirtan of God's Praises. The Sweet Words of His Bani soothe everyone. The soul, the subtle essence of the five elements, cherishes the Nectar of the Naam, the Name of the Lord. This faith is obtained from the Perfect Guru. O Nanak, dwelling upon the Lord, you shall not enter the womb of reincarnation again.

Engrossed in the three qualities, one's efforts do not succeed. When the Saving Grace of sinners dwells in the mind, O Nanak, then one is saved by the Naam, the Name of the Lord.

The thirteenth day of the lunar cycle: The world is in the fever of the three qualities. It comes and goes, and is reincarnated in hell. Meditation on the Lord, Har, Har, does not enter into the minds of the people. They do not sing the Praises of God, the Ocean of peace, even for an instant. This body is the embodiment of pleasure and pain. It suffers from the chronic and incurable disease of Maya. By day, people practice corruption, wearing themselves out. And then with sleep in their eyes, they mutter in dreams. Forgetting the Lord, this is their condition. Nanak seeks the Sanctuary of God, the kind and compassionate Primal Being.

The Lord is pervading in all the four directions and the fourteen worlds. O Nanak, He is not seen to be lacking anything; His works are perfectly complete.

The fourteenth day of the lunar cycle: God Himself is in all four directions. On all worlds, His radiant glory is perfect. The One God is diffused in the ten directions. Behold God in all the earth and sky. In the water, on the land, in the forests and mountains, and in the nether regions of the underworld, the Merciful Transcendent Lord is abiding. The Lord God is in all mind and matter, subtle and manifest. O Nanak, the Gurmukh realizes God.

The soul is conquered, through the Guru's Teachings, singing the Glories of God. By the Grace of the Saints, fear is dispelled, O Nanak, and anxiety is ended.

The day of the new moon: My soul is at peace; the Divine Guru has blessed me with Contentment.

My mind and body are cooled and soothed, in intuitive peace and poise; I have dedicated myself to serving God. One who meditates in remembrance on the Name of the Lord - his bonds are broken, all his sins are erased, and his works are brought to perfect fruition; his evil-mindedness disappears, and his ego is subdued. Taking to the Sanctuary of the Supreme Lord God, his comings and goings in reincarnation are ended. He saves himself, along with his family, chanting the Praises of God, the Lord of the Universe. I serve the Lord, and I chant the Name of God. From the Perfect Guru, Nanak has obtained peace and comfortable ease.

The perfect person never wavers; God Himself made him perfect. Day by day, he prospers; O Nanak, he shall not fail.

The day of the full moon: God alone is Perfect; He is the All-powerful Cause of causes. The Lord is kind and compassionate to all beings and creatures; His Protecting Hand is over all. He is the Treasure of Excellence, the Lord of the Universe; through the Guru, He acts. God, the Inner-knower, the Searcher of hearts, is All-knowing, Unseen and Immaculately Pure. The Supreme Lord God, the Transcendent Lord, is the Knower of all ways and means. He is the Support of His Saints, with the Power to give Sanctuary. Twenty-four hours a day, I bow in reverence to Him. His Unspoken Speech cannot be understood; I meditate on the Feet of the Lord. He is the Saving Grace of sinners, the Master of the masterless; Nanak has entered God's Sanctuary.

My pain is gone, and my sorrows have departed, since I took to the Sanctuary of the Lord, my King. I have obtained the fruits of my mind's desires, O Nanak, singing the Glorious Praises of the Lord.

Some sing, some listen, and some contemplate; some preach, and some implant the Name within; this is how they are saved. Their sinful mistakes are erased, and they become pure; the filth of countless incarnations is washed away. In this world and the next, their faces shall be radiant; they shall not be touched by Maya. They are intuitively wise, and they are Vaishnaavs, worshippers of Vishnu; they are spiritually wise, wealthy and prosperous. They are spiritual heroes of noble birth, who vibrate upon the Lord God. The Kh'shatriyas, the Brahmins, the low-caste Soodras, the Vaisha workers and the outcast pariahs are all saved, meditating on the Lord. Nanak is the dust of the feet of those who know his God.

ONE UNIVERSAL CREATOR GOD.  
BY THE GRACE OF THE TRUE GURU:

GURU RAM DAS

The True Guru, the Primal Being, is kind and compassionate; all are alike to Him. He looks upon all impartially; with pure faith in the mind, He is obtained. The Ambrosial Nectar is within the True Guru; He is exalted and sublime, of Godly status. O Nanak, by His Grace, one meditates on the Lord; the Gurmukhs obtain Him.

Egotism and Maya are total poison; in these, people continually suffer loss in this world. The Gurmukh earns the profit of the wealth of the Lord's Name, contemplating the Word of the Shabad. The poisonous filth of egotism is removed, when one enshrines the Ambrosial Name of the Lord within the heart.



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