

(From SGGGS Page 938 line 5 to page 946 line 19).

रामकली महला १ सिध गोसटि

raamkalee mehlaa 1 siDh gosat

Raamkalee, First Mehl, Sidh Gosht ~ Conversations With The Siddhas:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik-o<sup>N</sup>kaar satgur parsaad.

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

सिध सभा करि आसणि बैठे संत सभा जैकारो ॥

siDh sabhaa kar aasaan baithay sant sabhaa jaikaaro.

The Siddhas formed an assembly; sitting in their Yogic postures, they shouted, "Salute this gathering of Saints."

तिसु आगै रहरासि हमारी साचा अपर अपारो ॥

tis aagai rahraas hamaaree saachaa apar apaaro.

I offer my salutation to the One who is true, infinite and incomparably beautiful.

मसतकु काटि धरी तिसु आगै तनु मनु आगै देउ ॥

mastak kaat Dharee tis aagai tan man aagai day-o.

I cut off my head, and offer it to Him; I dedicate my body and mind to Him.

नानक संतु मिलै सचु पाईऐ सहज भाइ जसु लेउ ॥१॥

naanak sant milai sach paa-ee-ai sahj bhaa-ay jas lay-o. ||1||

O Nanak, meeting with the Saints, Truth is obtained, and one is spontaneously blessed with distinction. ||1||

किआ भवीऐ सचि सूचा होइ ॥

ki-aa bhavee-ai sach soochaa ho-ay.

What is the use of wandering around? Purity comes only through Truth.

साच सबद बिनु मुकति न कोइ ॥१॥ रहाउ ॥

saach sabad bin mukat na ko-ay. ||1|| rahaa-o.

Without the True Word of the Shabad, no one finds liberation. ||1||Pause||

कवन तुमे किआ नाउ तुमारा कउनु मारगु कउनु सुआओ ॥

kavan tumay ki-aa naa-o tumaaraa ka-un maarag ka-un su-aa-o.

"Who are you? What is your name? What is your way? What is your goal?"

साचु कहउ अरदासि हमारी हउ संत जना बलि जाओ ॥

saach kaha-o ardaas hamaaree ha-o sant janaa bal jaa-o.

We pray that you will answer us truthfully; we are a sacrifice to the humble Saints.

कह बैसहु कह रहीऐ बाले कह आवहु कह जाहो ॥

kah baishu kah rahee-ai baalay kah aavhu kah jaaho.

Where is your seat? Where do you live, boy? Where did you come from, and where are you going?

नानकु बोलै सुणि बैरागी किआ तुमारा राहो ॥२॥

naanak bolai sun bairaagee ki-aa tumaaraa raaho. ||2||

Tell us, Nanak - the detached Siddhas wait to hear your reply. What is your path?"||2||

घटि घटि बैसि निरंतरि रहीऐ चालहि सतिगुर भाए ॥

ghat ghat bais nirantar rahee-ai chaaleh satgur bhaa-ay.

He dwells deep within the nucleus of each and every heart. This is my seat and my home. I walk in harmony with the Will of the True Guru.

सहजे आए हुकमि सिधाए नानक सदा रजाए ॥

sehjay aa-ay hukam siDhaa-ay naanak sadaa rajaa-ay.

I came from the Celestial Lord God; I go wherever He orders me to go. I am Nanak, forever under the Command of His Will.

आसणि बैसणि थिरु नाराइणु ऐसी गुरमति पाए ॥

aasan baisan thir naaraa-in aisee gurmat paa-ay.

I sit in the posture of the eternal, imperishable Lord. These are the Teachings I have received from the Guru.

गुरमुखि बूझै आपु पछाणै सचे सचि समाए ॥३॥

gurmukh boojhai aap pachhaanai sachay sach samaa-ay. ||3||

As Gurmukh, I have come to understand and realize myself; I merge in the Truest of the True. ||3||

दुनीआ सागरु दुतरु कहीऐ किउ करि पाईऐ पारो ॥

dunee-aa saagar dutar kahee-ai ki-o kar paa-ee-ai paaro.

"The world-ocean is treacherous and impassable; how can one cross over?"

चरपटु बोलै अउधू नानक देहु सचा बीचारो ॥

charpat bolai a-oDhoo naanak dayh sachaa beechaaro.

Charpat the Yogi says, O Nanak, think it over, and give us your true reply."

आपे आखै आपे समझै तिसु किआ उतरु दीजै ॥

aapay aakhai aapay samjhai tis ki-aa utar deejai.

What answer can I give to someone, who claims to understand himself?

साचु कहहु तुम पारगरामी तुझु किआ बैसणु दीजै ॥४॥

saach kahhu tum paargaraamee tujh ki-aa baisan deejai. ||4||

I speak the Truth; if you have already crossed over, how can I argue with you?  
||4||

जैसे जल महि कमलु निरालमु मुरगाई नै साणे ॥

jaisay jal meh kamal niraalam murgaa-ee nai saanay.

The lotus flower floats untouched upon the surface of the water, and the duck swims through the stream;

सुरति सबदि भव सागरु तरीऐ नानक नामु वखाणे ॥

surat sabad bhav saagar taree-ai naanak naam vakhaanay.

with one's consciousness focused on the Word of the Shabad, one crosses over the terrifying world-ocean. O Nanak, chant the Naam, the Name of the Lord.

रहहि इकाँति एको मनि वसिआ आसा माहि निरासो ॥

raheh ikaa<sup>N</sup>t ayko man vasi-aa aasaa maahi niraaso.

One who lives alone, as a hermit, enshrining the One Lord in his mind, remaining unaffected by hope in the midst of hope,

अगमु अगोचरु देखि दिखाए नानकु ता का दासो ॥५॥

agam agochar daykh dikhaa-ay naanak taa kaa daaso. ||5||

sees and inspires others to see the inaccessible, unfathomable Lord. Nanak is his slave. ||5||

सुणि सुआमी अरदासि हमारी पूछउ साचु बीचारो ॥

sun su-aamee ardaas hamaaree poochha-o saach beechaaro.

"Listen, Lord, to our prayer. We seek your true opinion.

रोसु न कीजै उतरु दीजै किउ पाईऐ गुर दुआरो ॥

ros na keejai utar deejai ki-o paa-ee-ai gur du-aaro.

Don't be angry with us - please tell us: How can we find the Guru's Door?"

इहु मनु चलतउ सच घरि बैसै नानक नामु अधारो ॥

ih man chalta-o sach ghar baisai naanak naam aDhaaro.

This fickle mind sits in its true home, O Nanak, through the Support of the Naam, the Name of the Lord.

आपे मेलि मिलाए करता लागै साचि पिआरो ॥६॥

aapay mayl milaa-ay kartaa laagai saach pi-aaro. ||6||

The Creator Himself unites us in Union, and inspires us to love the Truth. ||6||

हाटी बाटी रहहि निराले रूखि बिरखि उदिआने ॥

haatee baatee raheh niraalay rookh birakh udi-aanay.

"Away from stores and highways, we live in the woods, among plants and trees.

कंद मूलु अहारो खाईए अउधू बोलै गिआने ॥

kand mool ahaaro khaa-ee-ai a-oDhoo bolai gi-aanay.

For food, we take fruits and roots. This is the spiritual wisdom spoken by the renunciates.

तीरथि नाईए सुखु फलु पाईए मैलु न लागै काई ॥

tirath naa-ee-ai sukh fal paa-ee-ai mail na laagai kaa-ee.

We bathe at sacred shrines of pilgrimage, and obtain the fruits of peace; not even an iota of filth sticks to us.

गोरख पूतु लोहारीपा बोलै जोग जुगति बिधि साई ॥७॥

gorakh pooṭ lohaareepaa bolai jog jugat biDh saa-ee. ||7||

Luhaareepaa, the disciple of Gorakh says, this is the Way of Yoga."||7||

हाटी बाटी नीद न आवै पर घरि चितु न डोलाई ॥

haatee baatee need na aavai par ghar chit na dolaa-ee.

In the stores and on the road, do not sleep; do not let your consciousness covet anyone else's home.

बिनु नावै मनु टेक न टिकई नानक भूख न जाई ॥

bin naavai man tayk na tik-ee naanak bhookh na jaa-ee.

Without the Name, the mind has no firm support; O Nanak, this hunger never departs.

हाटु पटणु घरु गुरु दिखाइआ सहजे सचु वापारो ॥

haat patan ghar guroo dikhaa-i-aa sehjay sach vaapaaro.

The Guru has revealed the stores and the city within the home of my own heart, where I intuitively carry on the true trade.

खंडित निद्रा अल्प अहारं नानक ततु बीचारो ॥८॥

khandit nid<sup>r</sup>aa alap ahaara<sup>N</sup> naanak tat beechaaro. ||8||

Sleep little, and eat little; O Nanak, this is the essence of wisdom. ||8||

दरसन भेख करहु जोगिंद्रा मुंद्रा झोली खिंथा ॥

darsan bhaykh karahu jogindaraa mundraa jholee khinthaa.

"Wear the robes of the sect of Yogis who follow Gorakh; put on the ear-rings, begging wallet and patched coat.

बारह अंतरि एकु सरेवहु खटु दरसन इक पंथा ॥

baarah antar ayk sarayvhu khat darsan ik panthaa.

Among the twelve schools of Yoga, ours is the highest; among the six schools of philosophy, ours is the best path.

इन बिधि मनु समझाईऐ पुरखा बाहुड़ि चोट न खाईऐ ॥

in biDh man samjaa-ee-ai purkhaa baahurh chot na khaa-ee-ai.

This is the way to instruct the mind, so you will never suffer beatings again."

नानकु बोलै गुरुमुखि बूझै जोग जुगति इव पाईऐ ॥९॥

naanak bolai gurmukh boojhai jog jugat iv paa-ee-ai. ||9||

Nanak speaks: the Gurmukh understands; this is the way that Yoga is attained. ||9||

अंतरि सबदु निरंतरि मुद्रा हउमै ममता दूरि करी ॥

antar sabad nirantar mudraa ha-umai mamtaa door karee.

Let constant absorption in the Word of the Shabad deep within be your ear-rings; eradicate egotism and attachment.

कामु क्रोधु अहंकारु निवारै गुर कै सबदि सु समझ परी ॥

kaam kroDh aha<sup>N</sup>kaar nivaarai gur kai sabad so samajh patee.

Discard sexual desire, anger and egotism, and through the Word of the Guru's Shabad, attain true understanding.

खिंथा झोली भरिपुरि रहिआ नानक तारै एकु हरी ॥

khinthaa jholee bharipur rahi-aa naanak taarai ayk haree.

For your patched coat and begging bowl, see the Lord God pervading and permeating everywhere; O Nanak, the One Lord will carry you across.

साचा साहिबु साची नाई परखै गुर की बात खरी ॥१०॥

saachaa saahib saachee naa-ee parkhai gur kee baat kharee. ||10||  
True is our Lord and Master, and True is His Name. Analyze it, and you shall find the Word of the Guru to be True. ||10||

उंधउ खपरु पंच भू टोपी ॥

oo<sup>N</sup>Dha-o khapar panch bhoo topee.  
Let your mind turn away in detachment from the world, and let this be your begging bowl. Let the lessons of the five elements be your cap.

काँइआ कड़ासणु मनु जागोटी ॥

kaa<sup>N</sup>-i-aa karhaasan man jaagotee.  
Let the body be your meditation mat, and the mind your loin cloth.

सतु संतोखु संजमु है नालि ॥

sat santokh sanjam hai naal.  
Let truth, contentment and self-discipline be your companions.

नानक गुरमुखि नामु समालि ॥११॥

naanak gurmukh naam samaal. ||11||  
O Nanak, the Gurmukh dwells on the Naam, the Name of the Lord. ||11||

कवनु सु गुपता कवनु सु मुक्ता ॥

kavan so guptaa kavan so muktaa.  
"Who is hidden? Who is liberated?"

कवनु सु अंतरि बाहरि जुगता ॥

kavan so antar baahar jugtaa.  
Who is united, inwardly and outwardly?

कवनु सु आवै कवनु सु जाइ ॥

kavan so aavai kavan so jaa-ay.  
Who comes, and who goes?

कवनु सु तृभवणि रहिआ समाइ ॥१२॥

kavan so taribhavan rahi-aa samaa-ay. ||12||  
Who is permeating and pervading the three worlds?"||12||

घटि घटि गुपता गुरमुखि मुक्ता ॥

ghat ghat guptaa gurmukh muktaa.  
He is hidden within each and every heart. The Gurmukh is liberated.

अंतरि बाहरि सबदि सु जुगता ॥

anṭar baahar sabad so jugṭaa.

Through the Word of the Shabad, one is united, inwardly and outwardly.

मनमुखि बिनसै आवै जाइ ॥

manmukh binsai aavai jaa-ay.

The self-willed manmukh perishes, and comes and goes.

नानक गुरमुखि साचि समाइ ॥१३॥

naanak gurmukh saach samaa-ay. ||13||

O Nanak, the Gurmukh merges in Truth. ||13||

किउ करि बाधा सरपनि खाधा ॥

ki-o kar baaDhaa sarpan khaaDhaa.

"How is one placed in bondage, and consumed by the serpent of Maya?

किउ करि खोइआ किउ करि लाधा ॥

ki-o kar kho-i-aa ki-o kar laaDhaa.

How does one lose, and how does one gain?

किउ करि निरमलु किउ करि अंधिआरा ॥

ki-o kar nirmal ki-o kar anDhi-aaraa.

How does one become immaculate and pure? How is the darkness of ignorance removed?

इहु ततु बीचारै सु गुरू हमारा ॥१४॥

ih taṭ beechaarai so guroo hamaaraa. ||14||

One who understands this essence of reality is our Guru."||14||

दुरमति बाधा सरपनि खाधा ॥

durmat baaDhaa sarpan khaaDhaa.

Man is bound by evil-mindedness, and consumed by Maya, the serpent.

मनमुखि खोइआ गुरमुखि लाधा ॥

manmukh kho-i-aa gurmukh laaDhaa.

The self-willed manmukh loses, and the Gurmukh gains.

सतिगुरु मिलै अंधेरा जाइ ॥

satgur milai anDhayraa jaa-ay.

Meeting the True Guru, darkness is dispelled.

नानक हउमै मेटि समाइ ॥१५॥

naanak ha-umai mayt samaa-ay. ||15||

O Nanak, eradicating egotism, one merges in the Lord. ||15||

सुन्न निरंतरि दीजै बंधु ॥

sunn niraṅtar deejai banDh.

Focused deep within, in perfect absorption,

उडै न हंसा पडै न कंधु ॥

udai na hansaa parhai na kanDh.

the soul-swan does not fly away, and the body-wall does not collapse.

सहज गुफा घरु जाणै साचा ॥

sahj gufaa ghar jaanai saachaa.

Then, one knows that his true home is in the cave of intuitive poise.

नानक साचे भावै साचा ॥१६॥

naanak saachay bhaavai saachaa. ||16||

O Nanak, the True Lord loves those who are truthful. ||16||

किसु कारणि गृहु तजिओ उदासी ॥

kis kaarang garihu taji-o udaasee.

"Why have you left your house and become a wandering Udaasee?"

किसु कारणि इहु भेखु निवासी ॥

kis kaarani ih bhaykh nivaasee.

Why have you adopted these religious robes?"

किसु वखर के तुम वणजारे ॥

kis vakhar kay tum vanjaaray.

What merchandise do you trade?"

किउ करि साथु लंघावहु पारे ॥१७॥

ki-o kar saath langhaavahu paaray. ||17||

How will you carry others across with you?"||17||

गुरमुखि खोजत भए उदासी ॥

gurmukh khojat bha-ay udaasee.

I became a wandering Udaasee, searching for the Gurmukhs.

दरसन कै ताई भेख निवासी ॥

darsan kai taa-ee bhaykh nivaasee.

I have adopted these robes seeking the Blessed Vision of the Lord's Darshan.

साच वखर के हम वणजारे ॥

saach vakhar kay ham vanjaaray.

I trade in the merchandise of Truth.

नानक गुरमुखि उतरसि पारे ॥१८॥

naanak gurmukh utras paaray. ||18||

O Nanak, as Gurmukh, I carry others across. ||18||

कितु बिधि पुरखा जनमु वटाइआ ॥

kit biDh purkhaa janam vataa-i-aa.

"How have you changed the course of your life?"

काहे कउ तुझु इहु मनु लाइआ ॥

kaahay ka-o tujh ih man laa-i-aa.

With what have you linked your mind?

कितु बिधि आसा मनसा खाई ॥

kit biDh aasaa mansaa khaa-ee.

How have you subdued your hopes and desires?

कितु बिधि जोति निरंतरि पाई ॥

kit biDh jot nirantar paa-ee.

How have you found the Light deep within your nucleus?

बिनु दंता किउ खाईऐ सारु ॥

bin dantaa ki-o khaa-ee-ai saar.

Without teeth, how can you eat iron?

नानक साचा करहु बीचारु ॥१९॥

naanak saachaa karahu bechaar. ||19||

Give us your true opinion, Nanak."||19||

सतिगुर कै जनमे गवनु मिटाइआ ॥

satgur kai janmay gavan mitaa-i-aa.

Born into the House of the True Guru, my wandering in reincarnation ended.

अनहति राते इहु मनु लाइआ ॥

anhaṭ raaṭay ih man laa-i-aa.

My mind is attached and attuned to the unstruck sound current.

मनसा आसा सबदि जलाई ॥

mansaa aasaa sabaḍ jalaa-ee.

Through the Word of the Shabad, my hopes and desires have been burnt away.

गुरमुखि जोति निरंतरि पाई ॥

gurmukḥ joṭ nirantaṛ paa-ee.

As Gurmukh, I found the Light deep within the nucleus of my self.

त्रै गुण मेटे खाईऐ सारु ॥

tarai guṇ maytaỵ khaa-ee-ai saar.

Eradicating the three qualities, one eats iron.

नानक तारे तारणहारु ॥२०॥

naanaḳ taraỵ taaraṇhaar. ||20||

O Nanak, the Emancipator emancipates. ||20||

आदि कउ कवनु बीचारु कथीअले सुन्न कहा घर वासो ॥

aaḍ ka-o kavaṇ beechaaṛ kathee-alaỵ sunṇ kahaạ ghaṛ vaaso.

"What can you tell us about the beginning? In what home did the absolute dwell then?"

गिआन की मुद्रा कवन कथीअले घटि घटि कवन निवासो ॥

gi-aaṇ kee mudraạ kavaṇ kathee-alaỵ ghaṭ ghaṭ kavaṇ nivaaso.

What are the ear-rings of spiritual wisdom? Who dwells in each and every heart?"

काल का ठीगा किउ जलाईअले किउ निरभउ घरि जाईऐ ॥

kaaḷ kaạ theegaạ ki-o jalaa-ee-alaỵ ki-o nirbha-ọ ghaṛ jaa-ee-ai.

How can one avoid the attack of death? How can one enter the home of fearlessness?"

सहज संतोख का आसणु जाणै किउ छेदे बैराईऐ ॥

sahj̣ santokḥ kaạ aasaṇ jaanaị ki-ọ chhaydaỵ bairaa-ee-ai.

How can one know the posture of intuition and contentment, and overcome one's adversaries?"

गुर कै सबदि हउमै बिखु मारै ता निज घरि होवै वासो ॥

gur kai sabad ha-umai bikh maarai taa nij ghar hovai vaaso.

Through the Word of the Guru's Shabad, egotism and corruption are conquered, and then one comes to dwell in the home of the self within.

जिनि रचि रचिआ तिसु सबदि पछाणै नानकु ता का दासो ॥२१॥

jin rach rachi-aa tis sabad pachhaanai naanak taa kaa daaso. ||21||

One who realizes the Shabad of the One who created the creation - Nanak is his slave. ||21||

कहा ते आवै कहा इहु जावै कहा इहु रहै समाई ॥

kahaa tay aavai kahaa ih jaavai kahaa ih rahai samaa-ee.

"Where did we come from? Where are we going? Where will we be absorbed?"

एसु सबद कउ जो अरथावै तिसु गुर तिलु न तमाई ॥

ays sabad ka-o jo arthaavai tis gur til na tamaa-ee.

One who reveals the meaning of this Shabad is the Guru, who has no greed at all.

किउ ततै अविगतै पावै गुरमुखि लगै पिआरो ॥

ki-o tatai avigatai paavai gurmukh lagai pi-aaro.

How can one find the essence of the unmanifest reality? How does one become Gurmukh, and enshrine love for the Lord?

आपे सुरता आपे करता कहु नानक बीचारो ॥

aapay surtaa aapay kartaa kaho naanak beechaaro.

He Himself is consciousness, He Himself is the Creator; share with us, Nanak, your wisdom."

हुकमे आवै हुकमे जावै हुकमे रहै समाई ॥

hukmay aavai hukmay jaavai hukmay rahai samaa-ee.

By His Command we come, and by His Command we go; by His Command, we merge in absorption.

पूरे गुर ते साचु कमावै गति मिति सबदे पाई ॥२२॥

pooray gur tay saachu kamaavai gat miti sabday paa-ee. ||22||

Through the Perfect Guru, live the Truth; through the Word of the Shabad, the state of dignity is attained. ||22||

आदि कउ बिसमादु बीचारु कथीअले सुन्न निरंतरि वासु लीआ ॥

aad̥ ka-o bismaad̥ beechaar kathee-alay sunn niraṅtar vaas lee-aa.

We can only express a sense of wonder about the beginning. The absolute abided endlessly deep within Himself then.

अकलपत मुद्रा गुर गिआनु बीचारीअले घटि घटि साचा सर्ब जीआ ॥

akalpaṭ mudraa gur gi-aan beechaaree-alay ghat ghat saachaa sarab jee-aa.

Consider freedom from desire to be the ear-rings of the Guru's spiritual wisdom. The True Lord, the Soul of all, dwells within each and every heart.

गुर बचनी अविगति समाईऐ ततु निरंजनु सहजि लहै ॥

gur bachnee avigaṭ samaa-ee-ai taṭ niraṅjan sahj lahai.

Through the Guru's Word, one merges in the absolute, and intuitively receives the immaculate essence.

नानक दूजी कार न करणी सेवै सिखु सु खोजि लहै ॥

naanak doojee kaar na karnee sayvai sikh so khoj lahai.

O Nanak, that Sikh who seeks and finds the Way does not serve any other.

हुकमु बिसमादु हुकमि पछाणै जीअ जुगति सचु जाणै सोई ॥

hukam bismaad̥ hukam pachhaanai jee-a jugaṭ sach jaanai so-ee.

Wonderful and amazing is His Command; He alone realizes His Command and knows the true way of life of His creatures.

आपु मेटि निरालमु होवै अंतरि साचु जोगी कहीऐ सोई ॥२३॥

aap mayt niraalam hovai aṅtar saach jogee kahee-ai so-ee. ||23||

One who eradicates his self-conceit becomes free of desire; he alone is a Yogi, who enshrines the True Lord deep within. ||23||

अविगतो निरमाइलु उपजे निरगुण ते सरगुणु थीआ ॥

avigaṭo nirmaa-il upjay nirgun̄ tay sargun̄ thee-aa.

From His state of absolute existence, He assumed the immaculate form; from formless, He assumed the supreme form.

सतिगुर परचै परम पदु पाईऐ साचै सबदि समाइ लीआ ॥

satgur parchai param pad̄ paa-ee-ai saachai sabaḍ samaa-ay lee-aa.

By pleasing the True Guru, the supreme status is obtained, and one is absorbed in the True Word of the Shabad.

एके कउ सचु एका जाणै हउमै दूजा दूरि कीआ ॥

aykay ka-o sach aykaa jaanai ha-umai doojaa door kee-aa.

He knows the True Lord as the One and only; he sends his egotism and duality far away.

सो जोगी गुर सबदु पछाणै अंतरि कमलु प्रगासु थीआ ॥

so jogee gur sabad pachhaanai antar kamal pargaas thee-aa.

He alone is a Yogi, who realizes the Word of the Guru's Shabad; the lotus of the heart blossoms forth within.

जीवतु मरै ता सभु किछु सूझै अंतरि जाणै सर्व दइआ ॥

jeevat marai taa sabh kichh soojhai antar jaanai sarab da-i-aa.

If one remains dead while yet alive, then he understands everything; he knows the Lord deep within himself, who is kind and compassionate to all.

नानक ता कउ मिलै वडाई आपु पछाणै सर्व जीआ ॥२४॥

naanak taa ka-o milai vadaa-ee aap pachhaanai sarab jee-aa. ||24||

O Nanak, he is blessed with glorious greatness; he realizes himself in all beings. ||24||

साचौ उपजै साचि समावै साचे सूचे एक मइआ ॥

saachou upjai saach samaavai saachay soochay ayk ma-i-aa.

We emerge from Truth, and merge into Truth again. The pure being merges into the One True Lord.

झूठे आवहि ठवर न पावहि दूजै आवा गउणु भइआ ॥

jhoothay aavahi thavar na paavahi doojai aavaa ga-on bha-i-aa.

The false come, and find no place of rest; in duality, they come and go.

आवा गउणु मिटै गुर सबदी आपे परखै बखसि लइआ ॥

aavaa ga-on mitai gur sabdee aapay parkhai bakhas la-i-aa.

This coming and going in reincarnation is ended through the Word of the Guru's Shabad; the Lord Himself analyzes and grants His forgiveness.

एका बेदन दूजै बिआपी नामु रसाइणु वीसरिआ ॥

aykaa baydan doojai bi-aapee naam rasaa-in veesri-aa.

One who suffers from the disease of duality, forgets the Naam, the source of nectar.

सो बूझै जिसु आपि बुझाए गुर कै सबदि सु मुक्तु भइआ ॥

so boojhai jis aap bujhaa-ay gur kai sabad so mukat bha-i-aa.

He alone understands, whom the Lord inspires to understand. Through the Word of the Guru's Shabad, one is liberated.

नानक तारे तारणहारा हउमै दूजा परहरिआ ॥२५॥

naanak taaray taaranhaaraa ha-umai doojaa parhari-aa. ||25||

O Nanak, the Emancipator emancipates one who drives out egotism and duality. ||25||

मनमुखि भूलै जम की काणि ॥

manmukh bhoolai jam kee kaan.

The self-willed manmukhs are deluded, under the shadow of death.

पर घरु जोहै हाणे हाणि ॥

par ghar johai haanay haan.

They look into the homes of others, and lose.

मनमुखि भरमि भवै बेबाणि ॥

manmukh bharam bhavai baybaan.

The manmukhs are confused by doubt, wandering in the wilderness.

वेमारगि मूसै मंतृ मसाणि ॥

vaymaarag moosai manṭar masaan.

Having lost their way, they are plundered; they chant their mantras at cremation grounds.

सबदु न चीनै लवै कुबाणि ॥

sabad na cheenai lavai kubaan.

They do not think of the Shabad; instead, they utter obscenities.

नानक साचि रते सुखु जाणि ॥२६॥

naanak saach ratay sukh jaan. ||26||

O Nanak, those who are attuned to the Truth know peace. ||26||

गुरमुखि साचे का भउ पावै ॥

gurmukh saachay kaa bha-o paavai.

The Gurmukh lives in the Fear of God, the True Lord.

गुरमुखि बाणी अघडु घड़ावै ॥

gurmukh banee agharh gharhaavai.

Through the Word of the Guru's Bani, the Gurmukh refines the unrefined.

गुरमुखि निर्मल हरि गुण गावै ॥

gurmukh nirmal har gun gaavai.

The Gurmukh sings the immaculate, Glorious Praises of the Lord.

गुरमुखि पवित्तु परम पदु पावै ॥

gurmukh pavitar param pad paavai.

The Gurmukh attains the supreme, sanctified status.

गुरमुखि रोमि रोमि हरि धिआवै ॥

gurmukh rom rom har Dhi-aavai.

The Gurmukh meditates on the Lord with every hair of his body.

नानक गुरमुखि साचि समावै ॥२७॥

naanak gurmukh saach samaavai. ||27||

O Nanak, the Gurmukh merges in Truth. ||27||

गुरमुखि परचै बेद बीचारी ॥

gurmukh parchai bayd beechaaree.

The Gurmukh is pleasing to the True Guru; this is contemplation on the Vedas.

गुरमुखि परचै तरीऐ तारी ॥

gurmukh parchai taree-ai taaree.

Pleasing the True Guru, the Gurmukh is carried across.

गुरमुखि परचै सु सबदि गिआनी ॥

gurmukh parchai so sabad gi-aanee.

Pleasing the True Guru, the Gurmukh receives the spiritual wisdom of the Shabad.

गुरमुखि परचै अंतर बिधि जानी ॥

gurmukh parchai antar biDh jaanee.

Pleasing the True Guru, the Gurmukh comes to know the path within.

गुरमुखि पाईऐ अलख अपारु ॥

gurmukh paa-ee-ai alakh apaar.

The Gurmukh attains the unseen and infinite Lord.

नानक गुरमुखि मुक्ति दुआरु ॥२८॥

naanak gurmukh mukat du-aar. ||28||

O Nanak, the Gurmukh finds the door of liberation. ||28||

गुरमुखि अकथु कथै बीचारि ॥

gurmukh akath kathai beechaar.

The Gurmukh speaks the unspoken wisdom.

गुरमुखि निबहै सपरवारि ॥

gurmukh nibhai saparvaar.

In the midst of his family, the Gurmukh lives a spiritual life.

गुरमुखि जपीऐ अंतरि पिआरि ॥

gurmukh japee-ai antar pi-aar.

The Gurmukh lovingly meditates deep within.

गुरमुखि पाईऐ सबदि अचारि ॥

gurmukh paa-ee-ai sabad ahaar.

The Gurmukh obtains the Shabad, and righteous conduct.

सबदि भेदि जाणै जाणाई ॥

sabad bhayd jaanai jaanaa-ee.

He knows the mystery of the Shabad, and inspires others to know it.

नानक हउमै जालि समाई ॥२९॥

naanak ha-umai jaal samaa-ee. ||29||

O Nanak, burning away his ego, he merges in the Lord. ||29||

गुरमुखि धरती साचै साजी ॥

gurmukh Dhartee saachai saajee.

The True Lord fashioned the earth for the sake of the Gurmukhs.

तिस महि ओपति खपति सु बाजी ॥

tis meh opaṭ khapaṭ so baajee.

There, he set in motion the play of creation and destruction.

गुर कै सबदि रपै रंगु लाइ ॥

gur kai sabad rapai rang laa-ay.

One who is filled with the Word of the Guru's Shabad enshrines love for the Lord.

साचि रतउ पति सिउ घरि जाइ ॥

saach raṭa-o paṭ si-o ghar jaa-ay.

Attuned to the Truth, he goes to his home with honor.

साच सबद बिनु पति नही पावै ॥

saach sabad bin paṭ nahee paavai.

Without the True Word of the Shabad, no one receives honor.

नानक बिनु नावै किउ साचि समावै ॥३०॥

naanak bin naavai ki-o saach samaavai. ||30||

O Nanak, without the Name, how can one be absorbed in Truth? ||30||

गुरमुखि असट सिधी सभि बुधी ॥

gurmukh asat siDhee sabh buDhee.

The Gurmukh obtains the eight miraculous spiritual powers, and all wisdom.

गुरमुखि भवजलु तरीऐ सच सुधी ॥

gurmukh bhavjal teree-ai sach suDhee.

The Gurmukh crosses over the terrifying world-ocean, and obtains true understanding.

गुरमुखि सर अपसर बिधि जाणै ॥

gurmukh sar apsar biDh jaanai.

The Gurmukh knows the ways of truth and untruth.

गुरमुखि परविरति नरविरति पछाणै ॥

gurmukh parvirat narvirat pachhaanai.

The Gurmukh knows worldliness and renunciation.

गुरमुखि तारे पारि उतारे ॥

gurmukh taaray paar utaray.

The Gurmukh crosses over, and carries others across as well.

नानक गुरमुखि सबदि निसतारे ॥३१॥

naanak gurmukh sabad nistaaray. ||31||

O Nanak, the Gurmukh is emancipated through the Shabad. ||31||

नामे राते हउमै जाइ ॥

naamay raatay ha-umai jaa-ay.

Attuned to the Naam, the Name of the Lord, egotism is dispelled.

नामि रते सचि रहे समाइ ॥

naam raṭay sach rahay samaa-ay.

Attuned to the Naam, they remain absorbed in the True Lord.

नामि रते जोग जुगति बीचारु ॥

naam raṭay jog jugaṭ beechaar.

Attuned to the Naam, they contemplate the Way of Yoga.

नामि रते पावहि मोख दुआरु ॥

naam raṭay paavahi mokh du-aar.

Attuned to the Naam, they find the door of liberation.

नामि रते तृभवण सोझी होइ ॥

naam raṭay taribhavan sojhee ho-ay.

Attuned to the Naam, they understand the three worlds.

नानक नामि रते सदा सुखु होइ ॥३२॥

naanak naam raṭay sadaa sukh ho-ay. ||32||

O Nanak, attuned to the Naam, eternal peace is found. ||32||

नामि रते सिध गोसटि होइ ॥

naam raṭay siDh gosat ho-ay.

Attuned to the Naam, they attain Sidh Gosht - conversation with the Siddhas.

नामि रते सदा तपु होइ ॥

naam raṭay sadaa ṭap ho-ay.

Attuned to the Naam, they practice intense meditation forever.

नामि रते सचु करणी सारु ॥

naam raṭay sach karnee saar.

Attuned to the Naam, they live the true and excellent lifestyle.

नामि रते गुण गिआन बीचारु ॥

naam raṭay gun gi-aan beechaar.

Attuned to the Naam, they contemplate the Lord's virtues and spiritual wisdom.

बिनु नावै बोलै सभु वेकारु ॥

bin naavai bolai sabh vaykaar.

Without the Name, all that is spoken is useless.

नानक नामि रते तिन कउ जैकारु ॥३३॥

naanak naam raṭay ṭin ka-o jaikaar. ||33||

O Nanak, attuned to the Naam, their victory is celebrated. ||33||

पूरे गुर ते नामु पाइआ जाइ ॥

pooray gur ṭay naam paa-i-aa jaa-ay.

Through the Perfect Guru, one obtains the Naam, the Name of the Lord.

जोग जुगति सचि रहै समाइ ॥

jog jugat sach rahai samaa-ay.

The Way of Yoga is to remain absorbed in Truth.

बारह महि जोगी भरमाए संनिआसी छिअ चारि ॥

baarah meh jogee bharmaa-ay sani-aasee chhi-a chaar.

The Yogis wander in the twelve schools of Yoga; the Sannyasis in six and four.

गुर कै सबदि जो मरि जीवै सो पाए मोख दुआरु ॥

gur kai sabad jo mar jeevai so paa-ay mokh du-aar.

One who remains dead while yet alive, through the Word of the Guru's Shabad, finds the door of liberation.

बिनु सबदै सभि दूजै लागे देखहु रिदै बीचारि ॥

bin sabdai sabh doojai laagay daykhhu ridai beechaar.

Without the Shabad, all are attached to duality. Contemplate this in your heart, and see.

नानक वडे से वडभागी जिनी सचु रखिआ उर धारि ॥३४॥

naanak vaday say vadbhaagee jinee sach rakhi-aa ur Dhaar. ||34||

O Nanak, blessed and very fortunate are those who keep the True Lord enshrined in their hearts. ||34||

गुरमुखि रतनु लहै लिव लाइ ॥

gurmukh raṭan lahai liv laa-ay.

The Gurmukh obtains the jewel, lovingly focused on the Lord.

गुरमुखि परखै रतनु सुभाइ ॥

gurmukh parkhai raṭan subhaa-ay.

The Gurmukh intuitively recognizes the value of this jewel.

गुरमुखि साची कार कमाइ ॥  
gurmukh saachee kaar kamaa-ay.  
The Gurmukh practices Truth in action.

गुरमुखि साचे मनु पतीआइ ॥  
gurmukh saachay man patee-aa-ay.  
The mind of the Gurmukh is pleased with the True Lord.

गुरमुखि अलखु लखाए तिसु भावै ॥  
gurmukh alakh lakhaa-ay tis bhaavai.  
The Gurmukh sees the unseen, when it pleases the Lord.

नानक गुरमुखि चोट न खावै ॥३५॥  
naanak gurmukh chot na khaavai. ||35||  
O Nanak, the Gurmukh does not have to endure punishment. ||35||

गुरमुखि नामु दानु इसनानु ॥  
gurmukh naam daan isnaan.  
The Gurmukh is blessed with the Name, charity and purification.

गुरमुखि लागै सहजि धिआनु ॥  
gurmukh laagai sahj Dhi-aan.  
The Gurmukh centers his meditation on the celestial Lord.

गुरमुखि पावै दरगह मानु ॥  
gurmukh paavai dargeh maan.  
The Gurmukh obtains honor in the Court of the Lord.

गुरमुखि भउ भंजनु प्रधानु ॥  
gurmukh bha-o bhanjan parDhaan.  
The Gurmukh obtains the Supreme Lord, the Destroyer of fear.

गुरमुखि करणी कार कराए ॥  
gurmukh karnee kaar karaa-ay.  
The Gurmukh does good deeds, and inspires others to do so.

नानक गुरमुखि मेलि मिलाए ॥३६॥  
naanak gurmukh mayl milaa-ay. ||36||  
O Nanak, the Gurmukh unites in the Lord's Union. ||36||

गुरमुखि सासत्र सिमृति बेद ॥

gurmukh saastar simrit bayd.

The Gurmukh understands the Simritees, the Shaastras and the Vedas.

गुरमुखि पावै घटि घटि भेद ॥

gurmukh paavai ghat ghat bhayd.

The Gurmukh knows the secrets of each and every heart.

गुरमुखि वैर विरोध गवावै ॥

gurmukh vair viroDh gavaavai.

The Gurmukh eliminates hate and envy.

गुरमुखि सगली गणत मिटावै ॥

gurmukh saglee ganat mitaavai.

The Gurmukh erases all accounting.

गुरमुखि राम नाम रंगि राता ॥

gurmukh raam naam rang raataa.

The Gurmukh is imbued with love for the Lord's Name.

नानक गुरमुखि खसमु पछाता ॥३७॥

naanak gurmukh khasam pachhaataa. ||37||

O Nanak, the Gurmukh realizes his Lord and Master. ||37||

बिनु गुर भरमै आवै जाइ ॥

bin gur bharmai aavai jaa-ay.

Without the Guru, one wanders, coming and going in reincarnation.

बिनु गुर घाल न पवई थाइ ॥

bin gur ghaal na pav-ee thaa-ay.

Without the Guru, one's work is useless.

बिनु गुर मनूआ अति डोलाइ ॥

bin gur manoo-aa at dolaa-ay.

Without the Guru, the mind is totally unsteady.

बिनु गुर तृपति नही बिखु खाइ ॥

bin gur taripat nahee bikh khaa-ay.

Without the Guru, one is unsatisfied, and eats poison.

बिनु गुर बिसीअरु डसै मरि वाट ॥

bin gur bisee-ar dasai mar vaat.

Without the Guru, one is stung by the poisonous snake of Maya, and dies.

नानक गुर बिनु घाटे घाट ॥३८॥

naanak gur bin ghaatay ghaat. ||38||

O Nanak without the Guru, all is lost. ||38||

जिसु गुरु मिलै तिसु पारि उतारै ॥

jis gur milai tis paar utaarai.

One who meets the Guru is carried across.

अवगण मेटै गुणि निसतारै ॥

avgan maytai gun nistaarai.

His sins are erased, and he is emancipated through virtue.

मुकति महा सुख गुर सबदु बीचारि ॥

mukat mahaa sukh gur sabad beechaar.

The supreme peace of liberation is attained, contemplating the Word of the Guru's Shabad.

गुरमुखि कदे न आवै हारि ॥

gurmukh kaday na aavai haar.

The Gurmukh is never defeated.

तनु हटड़ी इहु मनु वणजारा ॥

tan hatrhee ih man vanjaaraa.

In the store of the body, this mind is the merchant;

नानक सहजे सचु वापारा ॥३९॥

naanak sehjay sach vaapaaraa. ||39||

O Nanak, it deals intuitively in Truth. ||39||

गुरमुखि बाँधिओ सेतु बिधातै ॥

gurmukh baa<sup>N</sup>Dhi-o sayt biDhaatai.

The Gurmukh is the bridge, built by the Architect of Destiny.

लंका लूटी दैत संतापै ॥

lankaa lootee dait sanṭapai.

The demons of passion which plundered Sri Lanka - the body - have been conquered.

रामचंदि मारिओ अहि रावणु ॥

raamchand maari-o ah raavan.

Ram Chand - the mind - has slaughtered Raawan - pride;

भेदु बभीखण गुरमुखि परचाइणु ॥

bhayd babheekhan gurmukh parchaa-in.

the Gurmukh understands the secret revealed by Babheekhan.

गुरमुखि साइरि पाहण तारे ॥

gurmukh saa-ir paahan taaray.

The Gurmukh carries even stones across the ocean.

गुरमुखि कोटि तेतीस उधारे ॥४०॥

gurmukh kot taytees uDhaaray. ||40||

The Gurmukh saves millions of people. ||40||

गुरमुखि चूकै आवण जाणु ॥

gurmukh chookai aavan jaan.

The comings and goings in reincarnation are ended for the Gurmukh.

गुरमुखि दरगह पावै माणु ॥

gurmukh dargeh paavai maan.

The Gurmukh is honored in the Court of the Lord.

गुरमुखि खोटे खरे पछाणु ॥

gurmukh khotay kharay pachhaan.

The Gurmukh distinguishes the true from the false.

गुरमुखि लागै सहजि धिआनु ॥

gurmukh laagai sahj Dhi-aan.

The Gurmukh focuses his meditation on the celestial Lord.

गुरमुखि दरगह सिफति समाइ ॥

gurmukh dargeh sifati samaa-ay.

In the Court of the Lord, the Gurmukh is absorbed in His Praises.

नानक गुरमुखि बंधु न पाइ ॥४१॥

naanak gurmukh banDh na paa-ay. ||41||

O Nanak, the Gurmukh is not bound by bonds. ||41||

गुरमुखि नामु निरंजन पाए ॥

gurmukh naam niranjan paa-ay.

The Gurmukh obtains the Name of the Immaculate Lord.

गुरमुखि हउमै सबदि जलाए ॥

gurmukh ha-umai sabad jalaa-ay.

Through the Shabad, the Gurmukh burns away his ego.

गुरमुखि साचे के गुण गाए ॥

gurmukh saachay kay gun gaa-ay.

The Gurmukh sings the Glorious Praises of the True Lord.

गुरमुखि साचै रहै समाए ॥

gurmukh saachai rahai samaa-ay.

The Gurmukh remains absorbed in the True Lord.

गुरमुखि साचि नामि पति ऊतम होइ ॥

gurmukh saach naam pat ootam ho-ay.

Through the True Name, the Gurmukh is honored and exalted.

नानक गुरमुखि सगल भवण की सोझी होइ ॥४२॥

naanak gurmukh sagal bhavan kee sojhee ho-ay. ||42||

O Nanak, the Gurmukh understands all the worlds. ||42||

कवण मूलु कवण मति वेला ॥

kavan mool kavan mat vaylaa.

"What is the root, the source of all? What teachings hold for these times?"

तेरा कवणु गुरु जिस का तू चेला ॥

tayraa kavan guroo jis kaa too chaylaa.

Who is your guru? Whose disciple are you?

कवण कथा ले रहहु निराले ॥

kavan katha lay rahhu niraalay.

What is that speech, by which you remain unattached?

बोलै नानकु सुणहु तुम बाले ॥

bolai naanak sunhu tum baalay.

Listen to what we say, O Nanak, you little boy.

एसु कथा का देइ बीचारु ॥

ays kathaa kaa day-ay beechaar.  
Give us your opinion on what we have said.

भवजलु सबदि लंघावणहारु ॥४३॥

bhavjal sabad langhaavanhaar. ||43||  
How can the Shabad carry us across the terrifying world-ocean?"||43||

पवन अरम्भु सतिगुर मति वेला ॥

pavan arambh satgur mat vaylaa.  
From the air came the beginning. This is the age of the True Guru's Teachings.

सबदु गुरु सुरति धुनि चेला ॥

sabad guroo surat Dhun chaylaa.  
The Shabad is the Guru, upon whom I lovingly focus my consciousness; I am the chaylaa, the disciple.

अकथ कथा ले रहउ निराला ॥

akath kathaa lay raha-o niraalaa.  
Speaking the Unspoken Speech, I remain unattached.

नानक जुगि जुगि गुर गोपाला ॥

naanak jug jug gur gopaalaa.  
O Nanak, throughout the ages, the Lord of the World is my Guru.

एकु सबदु जितु कथा वीचारी ॥

ayk sabad jit kathaa veechaaree.  
I contemplate the sermon of the Shabad, the Word of the One God.

गुरमुखि हउमै अगनि निवारी ॥४४॥

gurmukh ha-umai agan nivaaree. ||44||  
The Gurmukh puts out the fire of egotism. ||44||

मैण के दंत किउ खाईऐ सारु ॥

main kay dant ki-o khaa-ee-ai saar.  
"With teeth of wax, how can one chew iron?"

जितु गरबु जाइ सु कवणु आहारु ॥

jit garab jaa-ay so kavan aahaar.  
What is that food, which takes away pride?

हिवै का घर मंदरु अगनि पिराहनु ॥

hivai kaa ghar mandar agan piraahan.

How can one live in the palace, the home of snow, wearing robes of fire?

कवन गुफा जितु रहै अवाहनु ॥

kavan gufaa jit rahai avaahan.

Where is that cave, within which one may remain unshaken?

इत उत किस कउ जाणि समावै ॥

itut kis ka-o jaanni samaavai.

Who should we know to be pervading here and there?

कवन धिआनु मनु मनहि समावै ॥४५॥

kavan Dhi-aan man maneh samaavai. ||45||

What is that meditation, which leads the mind to be absorbed in itself?"||45||

हउ हउ मै मै विचहु खोवै ॥

ha-o ha-o mai mai vichahu khovai.

Eradicating egotism and individualism from within,

दूजा मेटै एको होवै ॥

doojaa maytai ayko hovai.

and erasing duality, the mortal becomes one with God.

जगु करड़ा मनमुखु गावारु ॥

jag karrhaa manmukh gaavaar.

The world is difficult for the foolish, self-willed manmukh;

सबदु कमाईऐ खाईऐ सारु ॥

sabadu kamaa-ee-ai khaa-ee-ai saar.

practicing the Shabad, one chews iron.

अंतरि बाहरि एको जाणै ॥

antar baahar ayko jaanai.

Know the One Lord, inside and out.

नानक अगनि मरै सतिगुर कै भाणै ॥४६॥

naanak agan marai satgur kai bhaanai. ||46||

O Nanak, the fire is quenched, through the Pleasure of the True Guru's Will.

||46||

सच भै राता गरबु निवारै ॥

sach bhai raataa garab nivaarai.

Imbued with the True Fear of God, pride is taken away;

एको जाता सबदु वीचारै ॥

ayko jaataa sabad veechaarai.

realize that He is One, and contemplate the Shabad.

सबदु वसै सचु अंतरि हीआ ॥

sabad vsai sach antar hee-aa.

With the True Shabad abiding deep within the heart,

तनु मनु सीतलु रंगि रंगीआ ॥

tan man seetaal rang rangee-aa.

the body and mind are cooled and soothed, and colored with the Lord's Love.

कामु क्रोधु बिखु अगनि निवारै ॥

kaam kroDh bikh agan nivaaray.

The fire of sexual desire, anger and corruption is quenched.

नानक नदरी नदरि पिआरे ॥४७॥

naanak nadree nadar pi-aaray. ||47||

O Nanak, the Beloved bestows His Glance of Grace. ||47||

कवन मुखि चंदु हिवै घरु छाइआ ॥

kavan mukh chand hivai ghar chhaa-i-aa.

"The moon of the mind is cool and dark; how is it enlightened?"

कवन मुखि सूरजु तपै तपाइआ ॥

kavan mukh sooraj tapai tapaa-i-aa.

How does the sun blaze so brilliantly?

कवन मुखि कालु जोहत नित रहै ॥

kavan mukh kaal johat nit rahai.

How can the constant watchful gaze of Death be turned away?

कवन बुधि गुरुमुखि पति रहै ॥

kavan buDh gurmukh pati rahai.

By what understanding is the honor of the Gurmukh preserved?

कवनु जोधु जो कालु संघारै ॥

kavan joDh jo kaal sanghaarai.

Who is the warrior, who conquers Death?

बोलै बाणी नानकु बीचारै ॥४८॥

bolai banee naanak beechaarai. ||48||

Give us your thoughtful reply, O Nanak."||48||

सबदु भाखत ससि जोति अपारा ॥

sabad bhaakhaṭ sas jot apaaraa.

Giving voice to the Shabad, the moon of the mind is illuminated with infinity.

ससि घरि सूरु वसै मिटै अंधिआरा ॥

sas ghar soor vasai mitai anDhi-aaraa.

When the sun dwells in the house of the moon, the darkness is dispelled.

सुखु दुखु सम करि नामु अधारा ॥

sukh dukh sam kar naam aDhaaraa.

Pleasure and pain are just the same, when one takes the Support of the Naam, the Name of the Lord.

आपे पारि उतारणहारा ॥

aapay paar utaraanharaa.

He Himself saves, and carries us across.

गुर परचै मनु साचि समाइ ॥

gur parchai man saach samaa-ay.

With faith in the Guru, the mind merges in Truth,

प्रणवति नानकु कालु न खाइ ॥४९॥

paranvaṭ naanak kaal na khaa-ay. ||49||

and then, prays Nanak, one is not consumed by Death. ||49||

नाम ततु सभ ही सिरि जापै ॥

naam taṭ sabh hee sir jaapai.

The essence of the Naam, the Name of the Lord, is known to be the most exalted and excellent of all.

बिनु नावै दुखु कालु संतापै ॥

bin naavai dukh kaal santaapai.

Without the Name, one is afflicted by pain and death.

ततो ततु मिलै मनु मानै ॥

tato tat milai man maanai.

When one's essence merges into the essence, the mind is satisfied and fulfilled.

दूजा जाइ इकतु घरि आनै ॥

doojaa jaa-ay ikat ghar aanai.

Duality is gone, and one enters into the home of the One Lord.

बोलै पवना गगनु गरजै ॥

bolai pavnaa gagan garjai.

The breath blows across the sky of the Tenth Gate and vibrates.

नानक निहचलु मिलणु सहजै ॥५०॥

naanak nihchal milan sahjai. ||50||

O Nanak, the mortal then intuitively meets the eternal, unchanging Lord. ||50||

अंतरि सुन्नं बाहरि सुन्नं तृभवन सुन्न मसुन्नं ॥

antar suna<sup>N</sup> baahar suna<sup>N</sup> taribhavan sunn masu<sup>N</sup>na<sup>N</sup>.

The absolute Lord is deep within; the absolute Lord is outside us as well. The absolute Lord totally fills the three worlds.

चउथे सुन्नै जो नरु जाणै ता कउ पापु न पुन्नं ॥

cha-uthay sunnai jo nar jaanai taa ka-o paap na pu<sup>N</sup>na<sup>N</sup>.

One who knows the Lord in the fourth state, is not subject to virtue or vice.

घटि घटि सुन्न का जाणै भेउ ॥ आदि पुरखु निरंजन देउ ॥

ghat ghat sunn kaa jaanai bhay-o. aad purakh niranjan day-o.

One who knows the mystery of God the Absolute, who pervades each and every heart, knows the Primal Being, the Immaculate Divine Lord.

जो जनु नाम निरंजन राता ॥

jo jan naam niranjan raataa.

That humble being who is imbued with the Immaculate Naam,

नानक सोई पुरखु बिधाता ॥५१॥

naanak so-ee purakh biDhaataa. ||51||

O Nanak, is himself the Primal Lord, the Architect of Destiny. ||51||

सुन्नो सुनु कहै सभु कोई ॥

sunno sunn kahai sabh ko-ee.

"Everyone speaks of the Absolute Lord, the unmanifest void.

अनहत सुन्नु कहा ते होई ॥

anhaṭ sunn kahaa tay ho-ee.  
How can one find this absolute void?

अनहत सुंनि रते से कैसे ॥

anhaṭ sunn ratay say kaisay.  
Who are they, who are attuned to this absolute void?"

जिस ते उपजे तिस ही जैसे ॥

jis tay upjay tis hee jaisay.  
They are like the Lord, from whom they originated.

ओइ जनमि न मरहि न आवहि जाहि ॥

o-ay janam na mareh na aavahi jaahi.  
They are not born, they do not die; they do not come and go.

नानक गुरुमुखि मनु समझाहि ॥५२॥

naanak gurmukh man samjhaahi. ||52||  
O Nanak, the Gurmukhs instruct their minds. ||52||

नउ सर सुभर दसवै पूरे ॥

na-o sar subhar dasvai pooray.  
By practicing control over the nine gates, one attains perfect control over the Tenth Gate.

तह अनहत सुन्न वजावहि तूरे ॥

tah anhaṭ sunn vajaavah tooray.  
There, the unstruck sound current of the absolute Lord vibrates and resounds.

साचै राचे देखि हजूरे ॥

saachai raachay daykh hajooray.  
Behold the True Lord ever-present, and merge with Him.

घटि घटि साचु रहिआ भरपूरे ॥

ghat ghat saach rahi-aa bharpooray.  
The True Lord is pervading and permeating each and every heart.

गुपती बाणी परगटु होइ ॥

guptee banee pargat ho-ay.  
The hidden Bani of the Word is revealed.

नानक परखि लए सचु सोइ ॥५३॥

naanak parakh la-ay sach so-ay. ||53||

O Nanak, the True Lord is revealed and known. ||53||

सहज भाइ मिलीए सुखु होवै ॥

sahj bhāa-ay milee-ai sukh hovai.

Meeting with the Lord through intuition and love, peace is found.

गुरमुखि जागै नीद न सोवै ॥

gurmukh jaagai need na sovai.

The Gurmukh remains awake and aware; he does not fall sleep.

सुन्न सबदु अपरम्परि धारै ॥

sunn sabad aprampar Dhaarai.

He enshrines the unlimited, absolute Shabad deep within.

कहते मुकतु सबदि निसतारै ॥

kahtay mukat sabad nistaarai.

Chanting the Shabad, he is liberated, and saves others as well.

गुर की दीखिआ से सचि राते ॥

gur kee deekhi-aa say sach raatay.

Those who practice the Guru's Teachings are attuned to the Truth.

नानक आपु गवाइ मिलण नही भ्राते ॥५४॥

naanak aap gavaa-ay milan nahee bharaatay. ||54||

O Nanak, those who eradicate their self-conceit meet with the Lord; they do not remain separated by doubt. ||54||

कुबुधि चवावै सो कितु ठाइ ॥

kubu<sup>Dh</sup> chavaavai so kit thaa-ay.

"Where is that place, where evil thoughts are destroyed?"

किउ ततु न बूझै चोटा खाइ ॥

ki-o tat na boojhai chotaa khaa-ay.

The mortal does not understand the essence of reality; why must he suffer in pain?"

जम दरि बाधे कोइ न राखै ॥

jam dar baa<sup>Dh</sup>ay ko-ay na raakhai.

No one can save one who is tied up at Death's door.

बिनु सबदै नाही पति साखै ॥

bin sabdai naahee pat saakhai.

Without the Shabad, no one has any credit or honor.

किउ करि बूझै पावै पारु ॥

ki-o kar boojhai paavai paar.

"How can one obtain understanding and cross over?"

नानक मनमुखि न बुझै गवारु ॥५५॥

naanak manmukh na bujhai gavaar. ||55||

O Nanak, the foolish self-willed manmukh does not understand. ||55||

कुबुधि मिटै गुर सबदु बीचारि ॥

kubuDh mitai gur sabad beechaar.

Evil thoughts are erased, contemplating the Word of the Guru's Shabad.

सतिगुरु भेटै मोख दुआर ॥

satgur bhaytai mokh du-aar.

Meeting with the True Guru, the door of liberation is found.

ततु न चीनै मनमुखु जलि जाइ ॥

tat na cheenai manmukh jal jaa-ay.

The self-willed manmukh does not understand the essence of reality, and is burnt to ashes.

दुरमति विछुड़ि चोटा खाइ ॥

durmat vichhurh chotaa khaa-ay.

His evil-mindedness separates him from the Lord, and he suffers.

मानै हुकमु सभे गुण गिआन ॥

maanai hukam sabhay gun gi-aan.

Accepting the Hukam of the Lord's Command, he is blessed with all virtues and spiritual wisdom.

नानक दरगह पावै मानु ॥५६॥

naanak dargeh paavai maan. ||56||

O Nanak, he is honored in the Court of the Lord. ||56||

साचु वखरु धनु पलै होइ ॥

saach vakhar Dhan palai ho-ay.

One who possesses the merchandise, the wealth of the True Name,

आपि तरै तारे भी सोइ ॥

aap tarai taaray bhee so-ay.  
crosses over, and carries others across with him as well.

सहजि रता बूझै पति होइ ॥

sahj rataa boojhai pat ho-ay.  
One who intuitively understands, and is attuned to the Lord, is honored.

ता की कीमति करै न कोइ ॥

taa kee keemat karai na ko-ay.  
No one can estimate his worth.

जह देखा तह रहिआ समाइ ॥

jah daykhaa tah rahi-aa samaa-ay.  
Wherever I look, I see the Lord permeating and pervading.

नानक पारि परै सच भाइ ॥५७॥

naanak paar parai sach bhaa-ay. ||57||  
O Nanak, through the Love of the True Lord, one crosses over. ||57||

सु सबद का कहा वासु कथीअले जितु तरीऐ भवजलु संसारो ॥

so sabad kaa kahaa vaas kathee-alay jit taree-ai bhavjal sansaaro.  
"Where is the Shabad said to dwell? What will carry us across the terrifying world-ocean?"

तै सत अंगुल वाई कहीऐ तिसु कहु कवनु अधारो ॥

tarai sat angul vaa-ee kahee-ai tis kaho kavan adhaaro.  
The breath, when exhaled, extends out ten finger lengths; what is the support of the breath?

बोलै खेलै असथिरु होवै किउ करि अलखु लखाए ॥

bolai khaylai asthir hovai ki-o kar alakh lakhaa-ay.  
Speaking and playing, how can one be stable and steady? How can the unseen be seen?"

सुणि सुआमी सचु नानकु प्रणवै अपणे मन समझाए ॥

sun su-aamee sach naanak paranvai apnay man samjhaa-ay.  
Listen, O master; Nanak prays truly. Instruct your own mind.

गुरमुखि सबदे सचि लिव लागै करि नदरी मेलि मिलाए ॥

gurmukh sabday sach liv laagai kar nadree mayl milaa-ay.

The Gurmukh is lovingly attuned to the True Shabad. Bestowing His Glance of Grace, He unites us in His Union.

आपे दाना आपे बीना पूरै भागि समाए ॥५८॥

aapay daanaa aapay beenaa poorai bhaag samaa-ay. ||58||

He Himself is all-knowing and all-seeing. By perfect destiny, we merge in Him. ||58||

सु सबद कउ निरंतरि वासु अलखं जह देखा तह सोई ॥

so sabad ka-o niran tar vaas alkha<sup>N</sup> jah daykhaa tah so-ee.

That Shabad dwells deep within the nucleus of all beings. God is invisible; wherever I look, there I see Him.

पवन का वासा सुन्न निवासा अकल कला धर सोई ॥

pavan kaa vaasaa sunn nivaasaa akal kalaa Dhar so-ee.

The air is the dwelling place of the absolute Lord. He has no qualities; He has all qualities.

नदरि करे सबदु घट महि वसै विचहु भरमु गवाए ॥

nadar karay sabad ghat meh vasai vichahu bharam gavaa-ay.

When He bestows His Glance of Grace, the Shabad comes to abide within the heart, and doubt is eradicated from within.

तनु मनु निरमलु निर्मल बाणी नामो मंनि वसाए ॥

tan man nirmal nirmal baanee naamo man vasaa-ay.

The body and mind become immaculate, through the Immaculate Word of His Bani. Let His Name be enshrined in your mind.

सबदि गुरु भवसागरु तरीऐ इत उत एको जाणै ॥

sabad guroo bhavsaagar taree-ai it ut ayko jaanai.

The Shabad is the Guru, to carry you across the terrifying world-ocean. Know the One Lord alone, here and hereafter.

चिहनु वरनु नही छाइआ माइआ नानक सबदु पछाणै ॥५९॥

chihan varan nahee chhaa-i-aa maa-i-aa naanak sabad pachhaanai. ||59||

He has no form or color, shadow or illusion; O Nanak, realize the Shabad. ||59||

तै सत अंगुल वाई अउधू सुन्न सचु आहारो ॥

tarai sat angul vaa-ee a-oDhoo sunn sach aahaaro.

O reclusive hermit, the True, Absolute Lord is the support of the exhaled breath, which extends out ten finger lengths.

गुरमुखि बोलै ततु बिरोलै चीनै अलख अपारो ॥

gurmukh bolai tat birolai cheenai alakh apaaro.

The Gurmukh speaks and churns the essence of reality, and realizes the unseen, infinite Lord.

तै गुण मेटै सबदु वसाए ता मनि चूकै अहंकारो ॥

tarai gun maytai sabad vasa-ay taa man chookai ahankaaro.

Eradicating the three qualities, he enshrines the Shabad within, and then, his mind is rid of egotism.

अंतरि बाहरि एको जाणै ता हरि नामि लगै पिआरो ॥

antar baahar ayko jaanai taa har naam lagai pi-aaro.

Inside and out, he knows the One Lord alone; he is in love with the Name of the Lord.

सुखमना इडा पिंगुला बूझै जा आपे अलखु लखाए ॥

sukhmanaa irhaa pingulaa boojhai jaa aapay alakh lakhaa-ay.

He understands the Sushmana, Ida and Pingala, when the unseen Lord reveals Himself.

नानक तिहु ते ऊपरि साचा सतिगुर सबदि समाए ॥६०॥

naanak tihu tay oopar saachaa satgur sabad samaa-ay. ||60||

O Nanak, the True Lord is above these three energy channels. Through the Word, the Shabad of the True Guru, one merges with Him. ||60||

मन का जीउ पवनु कथीअले पवनु कहा रसु खाई ॥

man kaa jee-o pavan kathee-alay pavan kahaa ras khaa-ee.

"The air is said to be the soul of the mind. But what does the air feed on?"

गिआन की मुद्रा कवन अउधू सिध की कवन कमाई ॥

gi-aan kee mudraa kavan a-oDhoo siDh kee kavan kamaa-ee.

What is the way of the spiritual teacher, and the reclusive hermit? What is the occupation of the Siddha?"

बिनु सबदै रसु न आवै अउधू हउमै पिआस न जाई ॥

bin sabdai ras na aavai a-oDhoo ha-umai pi-aas na jaa-ee.

Without the Shabad, the essence does not come, O hermit, and the thirst of egotism does not depart.

सबदि रते अमृत रसु पाइआ साचे रहे अघाई ॥

sabad ratay amrit ras paa-i-aa saachay rahay aghaa-ee.

Imbued with the Shabad, one finds the ambrosial essence, and remains fulfilled with the True Name.

कवन बुधि जितु असथिरु रहीऐ कितु भोजनि तृपतासै ॥

kavan buDh jit asthir rahee-ai kit bhojan t̄riptaasai.

"What is that wisdom, by which one remains steady and stable? What food brings satisfaction?"

नानक दुखु सुखु सम करि जापै सतिगुर ते कालु न ग्रासै ॥६१॥

naanak dukh sukh sam kar jaapai satgur tay kaal na garaasai. ||61||

O Nanak, when one looks upon pain and pleasure alike, through the True Guru, then he is not consumed by Death. ||61||

रंगि न राता रसि नही माता ॥

rang na raataa ras nahee maataa.

If one is not imbued with the Lord's Love, nor intoxicated with His subtle essence,

बिनु गुर सबदै जलि बलि ताता ॥

bin gur sabdai jal bal taataa.

without the Word of the Guru's Shabad, he is frustrated, and consumed by his own inner fire.

बिंदु न राखिआ सबदु न भाखिआ ॥

bind na raakhi-aa sabad na bhaakhi-aa.

He does not preserve his semen and seed, and does not chant the Shabad.

पवनु न साधिआ सचु न अराधिआ ॥

pavan na saaDhi-aa sach na araaDhi-aa.

He does not control his breath; he does not worship and adore the True Lord.

अकथ कथा ले सम करि रहै ॥

akath kathaa lay sam kar rahai.

But one who speaks the Unspoken Speech, and remains balanced,

तउ नानक आतम राम कउ लहै ॥६२॥

ta-o naanak aaṭam raam ka-o lahai. ||62||

O Nanak, attains the Lord, the Supreme Soul. ||62||

गुर परसादी रंगे राता ॥

gur parsaadee rangay raṭaa.

By Guru's Grace, one is attuned to the Lord's Love.

अम्मृतु पीआ साचे माता ॥

amriṭ pee-aa saachay maṭaa.

Drinking in the Ambrosial Nectar, he is intoxicated with the Truth.

गुर वीचारी अगनि निवारी ॥

gur veechaaree agan nivaaree.

Contemplating the Guru, the fire within is put out.

अपिउ पीओ आतम सुखु धारी ॥

api-o pee-o aaṭam sukḥ Dhaaree.

Drinking in the Ambrosial Nectar, the soul settles in peace.

सचु अराधिआ गुरमुखि तरु तारी ॥

sach araaDhi-aa gurmukḥ taṛ taaree.

Worshipping the True Lord in adoration, the Gurmukh crosses over the river of life.

नानक बूझै को वीचारी ॥६३॥

naanak booj̣hai ko veechaaree. ||63||

O Nanak, after deep contemplation, this is understood. ||63||

इहु मनु मैगलु कहा बसीअले कहा बसै इहु पवना ॥

ih man maigal kaha basee-alay kaha basai ih pavnaa.

"Where does this mind-elephant live? Where does the breath reside?"

कहा बसै सु सबदु अउधू ता कउ चूकै मन का भवना ॥

kaha basai so sabaḍ a-oDhoọ ṭaa ka-o chookai man kaa bhavnaa.

Where should the Shabad reside, so that the wanderings of the mind may cease?"

नदरि करे ता सतिगुरु मेले ता निज घरि वासा इहु मनु पाए ॥

nadar karay taa satgur maylay taa nij ghar vaasaa ih man paa-ay.

When the Lord blesses one with His Glance of Grace, he leads him to the True Guru. Then, this mind dwells in its own home within.

आपै आपु खाइ ता निरमलु होवै धावतु वरजि रहाए ॥

aapai aap khaa-ay taa nirmal hovai Dhaavat varaj rahaa-ay.

When the individual consumes his egotism, he becomes immaculate, and his wandering mind is restrained.

किउ मूलु पछाणै आतमु जाणै किउ ससि घरि सूरु समावै ॥

ki-o mool pachhaanai aatam jaanai ki-o sas ghar soor samaavai.

"How can the root, the source of all be realized? How can the soul know itself? How can the sun enter into the house of the moon?"

गुरमुखि हउमै विचहु खोवै तउ नानक सहजि समावै ॥६४॥

gurmukh ha-umai vichahu khovai ta-o naanak sahj samaavai. ||64||

The Gurmukh eliminates egotism from within; then, O Nanak, the sun naturally enters into the home of the moon. ||64||

इहु मनु निहचलु हिरदै वसीअले गुरमुखि मूलु पछाणि रहै ॥

ih man nihchal hirdai vasee-alay gurmukh mool pachhaan rahai.

When the mind becomes steady and stable, it abides in the heart, and then the Gurmukh realizes the root, the source of all.

नाभि पवनु घरि आसणि बैसै गुरमुखि खोजत ततु लहै ॥

naabh pavan ghar aasan**u** baisai gurmukh khojat tat lahai.

The breath is seated in the home of the navel; the Gurmukh searches, and finds the essence of reality.

सु सबदु निरंतरि निज घरि आछै तृभवण जोति सु सबदि लहै ॥

so sabad nirantar nij ghar aachhai taribhavan jot so sabad lahai.

This Shabad permeates the nucleus of the self, deep within, in its own home; the Light of this Shabad pervades the three worlds.

खावै दूख भूख साचे की साचे ही तृपतासि रहै ॥

khaavai dookh bhookh saachay kee saachay hee triptas rahai.

Hunger for the True Lord shall consume your pain, and through the True Lord, you shall be satisfied.

अनहद बाणी गुरमुखि जाणी बिरलो को अरथावै ॥

anhad banee gurmukh jaanee birlo ko arthaavai.

The Gurmukh knows the unstruck sound current of the Bani; how rare are those who understand.

नानक आखै सचु सुभाखै सचि रपै रंगु कबहू न जावै ॥६५॥

naanak aakhai sach subhaakhai sach rapai rang kabhoo na jaavai. ||65||

Says Nanak, one who speaks the Truth is dyed in the color of Truth, which will never fade away. ||65||

जा इह हिरदा देह न होती तउ मनु कैठै रहता ॥

jaa ih hirdaa dayh na hotee ta-o man kaithai rahtaa.

"When this heart and body did not exist, where did the mind reside?"

नाभि कमल असथम्भु न होतो ता पवनु कवन घरि सहता ॥

naabh kamal asthambh na hoto taa pavan kavan ghar sahtaa.

When there was no support of the navel lotus, then in which home did the breath reside?

रूपु न होतो रेख न काई ता सबदि कहा लिव लाई ॥

roop na hoto raykh na kaa-ee taa sabad kaha liv laa-ee.

When there was no form or shape, then how could anyone lovingly focus on the Shabad?

रक्तु बिंदु की मड़ी न होती मिति कीमति नही पाई ॥

rakat bind kee marhee na hotee mit keemat nahee paa-ee.

When there was no dungeon formed from egg and sperm, who could measure the Lord's value and extent?

वरनु भेखु असरूपु न जापी किउ करि जापसि साचा ॥

varan bhaykh asroop na jaapee ki-o kar jaapas saachaa.

When color, dress and form could not be seen, how could the True Lord be known?"

नानक नामि रते बैरागी इब तब साचो साचा ॥६६॥

naanak naam ratay bairaagee ib tab saacho saachaa. ||66||

O Nanak, those who are attuned to the Naam, the Name of the Lord, are detached. Then and now, they see the Truest of the True. ||66||

हिरदा देह न होती अउधू तउ मनु सुंनि रहै बैरागी ॥

hir<sub>d</sub>aa <sub>d</sub>ayh na ho<sub>t</sub>ee a-o<sub>D</sub>hoo <sub>t</sub>a-o man sunn rahai bairaagee.

When the heart and the body did not exist, O hermit, then the mind resided in the absolute, detached Lord.

नाभि कमलु असथम्भु न होतो ता निज घरि बसतउ पवनु अनरागी ॥

naabh kamal asthambh na hoto <sub>t</sub>aa nij <sub>g</sub>har basta-o pavan anraagee.

When there was no support of the lotus of the navel, the breath remained in its own home, attuned to the Lord's Love.

रूपु न रेखिआ जाति न होती तउ अकुलीणि रहतउ सबदु सु सारु ॥

roop na raykh-i-aa jaat na ho<sub>t</sub>ee <sub>t</sub>a-o akuleen <sub>r</sub>ah<sub>t</sub>a-o sabad so saar.

When there was no form or shape or social class, then the Shabad, in its essence, resided in the unmanifest Lord.

गउनु गगनु जब तबहि न होतउ तृभवण जोति आपे निरंकारु ॥

ga-un gagan jab <sub>t</sub>abeh na ho<sub>t</sub>a-o <sub>t</sub>aribhavan <sub>j</sub>ot aapay nirankaar.

When the world and the sky did not even exist, the Light of the Formless Lord filled the three worlds.

वरनु भेखु असरूपु सु एको एको सबदु विडाणी ॥

varan bhaykh asroop so ayko ayko sabad vidaanee.

Color, dress and form were contained in the One Lord; the Shabad was contained in the One, Wondrous Lord.

साच बिना सूचा को नाही नानक अकथ कहाणी ॥६७॥

saach binaa soochaa ko naahee naanak akath kahaanee. ||67||

Without the True Name, no one can become pure; O Nanak, this is the Unspoken Speech. ||67||

कितु कितु बिधि जगु उपजै पुरखा कितु कितु दुखि बिनसि जाई ॥

kit kit biDh jag upjai purkhaa kit kit dukh binas jaa-ee.

"How, in what way, was the world formed, O man? And what disaster will end it?"

हउमै विचि जगु उपजै पुरखा नामि विसरिऐ दुखु पाई ॥

ha-umai vich jag upjai purkhaa naam visri-ai dukh paa-ee.

In egotism, the world was formed, O man; forgetting the Naam, it suffers and dies.

गुरमुखि होवै सु गिआनु ततु बीचारै हउमै सबदि जलाए ॥

gurmukh hovai so gi-aan tat beechaarai ha-umai sabad jalaa-ay.

One who becomes Gurmukh contemplates the essence of spiritual wisdom; through the Shabad, he burns away his egotism.

तनु मनु निरमलु निर्मल बाणी साचै रहै समाए ॥

tan man nirmal nirmal bane saachai rahai samaa-ay.

His body and mind become immaculate, through the Immaculate Bani of the Word. He remains absorbed in Truth.

नामे नामि रहै बैरागी साचु रखिआ उरि धारे ॥

naamay naam rahai biraagee saach rakhi-aa ur Dhaaray.

Through the Naam, the Name of the Lord, he remains detached; he enshrines the True Name in his heart.

नानक बिनु नावै जोगु कदे न होवै देखहु रिदै बीचारे ॥६८॥

naanak bin naavai jog kaday na hovai daykhhu ridai beechaaray. ||68||

O Nanak, without the Name, Yoga is never attained; reflect upon this in your heart, and see. ||68||

गुरमुखि साचु सबदु बीचारै कोइ ॥

gurmukh saach sabad beechaarai ko-ay.

The Gurmukh is one who reflects upon the True Word of the Shabad.

गुरमुखि सचु बाणी परगटु होइ ॥

gurmukh sach bane pargat ho-ay.

The True Bani is revealed to the Gurmukh.

गुरमुखि मनु भीजै विरला बूझै कोइ ॥

gurmukh man bheejai viralaa boojhai ko-ay.

The mind of the Gurmukh is drenched with the Lord's Love, but how rare are those who understand this.

गुरमुखि निज घरि वासा होइ ॥

gurmukh nij ghar vaasaa ho-ay.

The Gurmukh dwells in the home of the self, deep within.

गुरमुखि जोगी जुगति पछाणै ॥

gurmukh jogee jugat pachhaanai.

The Gurmukh realizes the Way of Yoga.

गुरमुखि नानक एको जाणै ॥६६॥

gurmukh naanak ayko jaanai. ||69||

O Nanak, the Gurmukh knows the One Lord alone. ||69||

बिनु सतिगुर सेवे जोगु न होई ॥

bin satgur sayvay jog na ho-ee.

Without serving the True Guru, Yoga is not attained;

बिनु सतिगुर भेटे मुकति न कोई ॥

bin satgur bhaytay mukat na ko-ee.

without meeting the True Guru, no one is liberated.

बिनु सतिगुर भेटे नामु पाइआ न जाइ ॥

bin satgur bhaytay naam paa-i-aa na jaa-ay.

Without meeting the True Guru, the Naam cannot be found.

बिनु सतिगुर भेटे महा दुखु पाइ ॥

bin satgur bhaytay mahaa dukh paa-ay.

Without meeting the True Guru, one suffers in terrible pain.

बिनु सतिगुर भेटे महा गरबि गुबारि ॥

bin satgur bhaytay mahaa garab gubaar.

Without meeting the True Guru, there is only the deep darkness of egotistical pride.

नानक बिनु गुर मुआ जनमु हारि ॥७०॥

naanak bin gur mu-aa janam haar. ||70||

O Nanak, without the True Guru, one dies, having lost the opportunity of this life.  
||70||

गुरमुखि मनु जीता हउमै मारि ॥

gurmukh man jeetaa ha-umai maar.

The Gurmukh conquers his mind by subduing his ego.

गुरमुखि साचु रखिआ उर धारि ॥

gurmukh saach rakhi-aa ur Dhaar.

The Gurmukh enshrines Truth in his heart.

गुरमुखि जगु जीता जमकालु मारि बिदारि ॥

gurmukh jag jeetaa jamkaal maar bidaar.

The Gurmukh conquers the world; he knocks down the Messenger of Death, and kills it.

गुरमुखि दरगह न आवै हारि ॥

gurmukh dargeh na aavai haar.

The Gurmukh does not lose in the Court of the Lord.

गुरमुखि मेलि मिलाए सुो जाणै ॥

gurmukh mayl milaa-ay so jaanai.

The Gurmukh is united in God's Union; he alone knows.

नानक गुरमुखि सबदि पछाणै ॥७१॥

naanak gurmukh sabad pachhaanai. ||71||

O Nanak, the Gurmukh realizes the Word of the Shabad. ||71||

सबदै का निबेड़ा सुणि तू अउधू बिनु नावै जोगु न होई ॥

sabdai kaa nibayrhaa sun too a-oDhoo bin naavai jog na ho-ee.

This is the essence of the Shabad - listen, you hermits and Yogis. Without the Name, there is no Yoga.

नामै राते अनदिनु माते नामै ते सुखु होई ॥

naamay raatay an-din maatay naamai tay sukh ho-ee.

Those who are attuned to the Name, remain intoxicated night and day; through the Name, they find peace.

नामै ही ते सभु परगटु होवै नामै सोझी पाई ॥

naamai hee tay sabh pargat hovai naamay sojhee paa-ee.

Through the Name, everything is revealed; through the Name, understanding is obtained.

बिनु नावै भेख करहि बहुतेरे सचै आपि खुआई ॥

bin naavai bhaykh karahi bahutayray sachai aap khu-aa-ee.

Without the Name, people wear all sorts of religious robes; the True Lord Himself has confused them.

सतिगुर ते नामु पाईऐ अउधू जोग जुगति ता होई ॥

satgur tay naam paa-ee-ai a-oDhoo jog jugat taa ho-ee.

The Name is obtained only from the True Guru, O hermit, and then, the Way of Yoga is found.

करि बीचारु मनि देखहु नानक बिनु नावै मुकति न होई ॥७२॥

kar beechaar man daykhhu naanak bin naavai mukat na ho-ee. ||72||

Reflect upon this in your mind, and see; O Nanak, without the Name, there is no liberation. ||72||

तेरी गति मिति तूहै जाणहि किआ को आखि वखाणै ॥

tayree gat mit tūhai jaaneh ki-aa ko aakh vakhaanai.

You alone know Your state and extent, Lord; What can anyone say about it?

तू आपे गुपता आपे परगटु आपे सभि रंग माणै ॥

tū aapay guptaa aapay pargat aapay sabh rang maanai.

You Yourself are hidden, and You Yourself are revealed. You Yourself enjoy all pleasures.

साधिक सिध गुरू बहु चले खोजत फिरहि फरमाणै ॥

saaDhik siDh guroo baho chaylay khojat fireh furmaanai.

The seekers, the Siddhas, the many gurus and disciples wander around searching for You, according to Your Will.

मागहि नामु पाइ इह भिखिआ तेरे दरसन कउ कुरबाणै ॥

maageh naam paa-ay ih bhikhi-aa tayray darsan ka-o kurbaanai.

They beg for Your Name, and You bless them with this charity. I am a sacrifice to the Blessed Vision of Your Darshan.

अबिनासी प्रभि खेलु रचाइआ गुरमुखि सोझी होई ॥

abhinaasee parabh khayl rachaa-i-aa gurmukh sojhee ho-ee.

The eternal imperishable Lord God has staged this play; the Gurmukh understands it.

नानक सभि जुग आपे वरतै दूजा अवरु न कोई ॥७३॥१॥

naanak sabh jug aapay vartai doojaa avar na ko-ee. ||73||1||

O Nanak, He extends Himself throughout the ages; there is no other than Him. ||73||1||