ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ (ਮਹਾਤਮਾ)
Guru Teg Bahadar Ji

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

ਰਾਗੁ ਗਉੰਦੀ ਮਹਲਾ ੯ ॥
Raag Gauree, Ninth Mehl

ਸਾਧੋ ਮਨ ਕਾ ਮਾਨੁ ਿਤਾਗਉ ॥
Holy Saadhus: forsake the pride of your mind.

ਕਾਮੁ ਕਰ੍ੋਦੁ ਸੰਗਿਤ ਦੁਰਜਨ ਕੀ ਤਤੰ ਅਹਿਨਿਸ ਭਾਗੁ ॥੧॥
Sexual desire, anger and the company of evil people - run away from them, day and night.

ਸੁਖੁ ਦੁਖੁ ਦੋਨੋ ਸਮ ਕਿਰ ਜਾਨੇ ਅਉਰ ਮਾਨੁ ਅਪਮਾਨਾ ॥
One who knows that pain and pleasure are both the same, and honor and dishonor as well.

ਹਰਖ ਸੋਗ ਤੇ ਰਹਾਉ ॥
who remains detached from joy and sorrow, realizes the true essence in the world.
Renounce both praise and blame; seek instead the state of Nirvaanaa.

O servant Nanak, this is such a difficult game; only a few Gurmukhs understand it! ||2||1||

Gauree, Ninth Mehl:

Holy Saadhus: the Lord fashioned the creation.

One person passes away, and another thinks that he will live forever - this is a wonder beyond understanding! ||1||Pause||

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. ||1||

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.
Gauree, Ninth Mehl:

Saadhus: this mind cannot be restrained.

Holy Saadhus: this mind cannot be restrained.

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.
ਸਾਧੋ گੋਿਬੰਦ ਕੇ  ਗੁਨ ਗਾਵਉ ॥
saaDho gobind kay gun gaava-o.
Holy Saadhus: sing the Glorious Praises of the Lord of the Universe.

ਮਾਨਸ ਜਨਮੁ  ਅਮੋਲਕੁ  ਪਾਇਓ  ਬਿਰਥਾ  ਕਾਹੀ  ਗਾਵਉ ॥ ੧ ॥
maanas janam amolak paa-i-o birthaa kaahi gavaava-o. ||1||
You have obtained the priceless jewel of this human life; why are you uselessly wasting it?
||1||Pause||}

ਪਿਤਤ  ਪੁਨੀਤ  ਦੀਨ  ਬੰਧ  ਹਿਰ  ਸਰਿਨ  ਤਾਿਹ  ਤੁਮ  ਆਵਉ ॥
patit puneet deen banDh har saran taahi tum aava-o.
He is the Purifier of sinners, the Friend of the poor. Come, and enter the Lord's Sanctuary.

ਗਜ  ਕੋ  ਤਰ੍ਾਸੁ  ਿਮਿਟਓ  ਿਜਹ  ਿਸਮਰਤ  ਤੁਮ  ਕਾਹੇ  ਿਬਸਰਾਵਉ ॥ ੧ ॥
gaj ko taraas miti-o jih simrat tum kaahay bisraava-o. ||1||
Remembering Him, the elephant's fear was removed; so why do you forget Him? ||1||

ਤਿਜ  ਅਿਭਮਾਨ  ਮੋਹ  ਮਾਇਆ  ਫੁਿਨ  ਭਜਨ  ਰਾਮ  ਿਚਤੁ  ਲਾਵਉ ॥
taj abhimaan moh maa-i-aa fun bhajan raam chit laava-o.
Renounce your egotistical pride and your emotional attachment to Maya; focus your consciousness on the Lord's meditation.

ਨਾਨਕ  ਕਹਤ  ਮੁਕਿਤ  ਪੰਥ  ਇਹੁ  ਗੁਰਮੁਿਖ  ਹੋਇ  ਤੁਮ  ਪਾਵਉ ॥ ੨ ॥ ੫ ॥
naanak kahat mukat panth ih gurmukh ho-ay tum paava-o. ||2||5||
Says Nanak, this is the path to liberation. Become Gurmukh, and attain it. ||2||5||

Gauree, Ninth Mehl:

ਕੋਊ  ਮਾਈ  ਭੂਿਲਓ  ਮਨੁ  ਸਮਝਾਵੈ ॥
ko-oo maa-ee bhooli-o man samjhaavai.
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. ||1||Pause||

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. ||1||

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. ||2||6||

Holy Saadhus: 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. ||1||Pause||

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. ||1||

Praise and slander are all the same to them, as are greed and attachment. ||2||

They are not bound by pleasure and pain - know that they are truly wise. ||3||

O Nanak, recognize those mortal beings as liberated, who live this way of life. ||3||

Gauree, Ninth Mehl:
Man ray kahaa bha-i-o tai ba-uraa.
O mind, why have you gone crazy?

Ahnis a-ODh ghatai nahee jaanai bha-i-o lobb sang ha-uraa. ||1|| raha-o.
Don't you know that your life is decreasing, day and night? Your life is made worthless with greed. ||1||Pause||

 hele! hul dhul, he! hindar! hoy! nari! ||1||
these are not yours to keep. See this, reflect upon it and understand. ||1||

You have wasted the precious jewel of this human life; you do not know the Way of the Lord of the Universe.

None of these is yours to keep. See this, reflect upon it and understand. ||1||

You have not been absorbed in the Lord's Feet, even for an instant. Your life has passed away in vain! ||2||

All the rest of the world is enticed by Maya; they do not obtain the state of fearless dignity. ||3||8||
Ga-Orhee Mehl 9

Gauree, Ninth Mehl:

तव अचेत पाप ते डरु रे ॥

Nar achayt paap tay dar ray.
You people are unconscious; you should be afraid of sin.

दीन दइआल सगल भै भंजन सरिन ताहि तुम परु रे ॥१॥ रहाउ ॥

deen da-i-aal sagal bhai bhanjan saran taahi tum par ray. ||1|| raha-o.
Seek the Sanctuary of the Lord, Merciful to the meek, Destroyer of all fear. ||1||Pause||

बेद पुरान जास गुन गावत ता को नामु हीऐ मो धरु रे ॥

Bayd puraan jaas gun gaavat taa ko naam hee-ai mo Dhar ray.
The Vedas and the Puraanas sing His Praises; enshrine His Name within your heart.

पावन नामु जगित मै हिर को सिमरि सिमरि कस्मल सभ हरु रे ॥१॥

Paavan naam jagat mai har ko simar simar kasmal sabh har ray. ||1||
Pure and sublime is the Name of the Lord in the world. Remembering it in meditation, all sinful mistakes shall be washed away. ||1||

भानस देह बहुरि नह पावै कछू उपाउ मुकित का करु रे ॥

Maanas dayh bahur nah paavai kachhoo upaa-o mukat kaa kar ray.
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.

||2||9||251||

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One Universal Creator God. By The Grace Of The True Guru:
Raag Aasaa, Ninth Mehl:

Who should I tell the condition of the mind?

Engrossed in greed, running around in the ten directions, you hold to your hopes of wealth.

For the sake of pleasure, you suffer such great pain, and you have to serve each and every person.

You wander from door to door like a dog, unconscious of the Lord's meditation.

You lose this human life in vain, and You are not even ashamed when others laugh at you.

O Nanak, why not sing the Lord's Praises, so that you may be rid of the body's evil disposition?
One Universal Creator God. By The Grace Of The True Guru:

Raag Dayv-Gandhaaree, Ninth Mehl:

raag dayvganDhaaree mehlaa 9.

raag Dayv-Gandhaaree, Ninth Mehl:

raag dayvganDhaaree mehlaa 9.

raag Dayv-Gandhaaree, Ninth Mehl:

raag dayvganDhaaree mehlaa 9.

raag Dayv-Gandhaaree, Ninth Mehl:

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raag Dayv-Gandhaaree, Ninth Mehl:

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raag Dayv-Gandhaaree, Ninth Mehl:

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raag Dayv-Gandhaaree, Ninth Mehl:

raag dayvganDhaaree mehlaa 9.

raag Dayv-Gandhaaree, Ninth Mehl:

raag dayvganDhaaree mehlaa 9.
Raag Dayv-Gandhaaree, Ninth Mehl:

All things are mere diversions of life:

When the soul is separated from the body, then they will cry out, calling you a ghost.

No one will let you stay, for even half an hour; they drive you out of the house. ||1||

The created world is like an illusion, a mirage - see this, and reflect upon it in your mind.

Says Nanak, vibrate forever the Name of the Lord, which shall deliver you. ||2||2||
In this world, I have seen love to be false.

Whether they are spouses or friends, all are concerned only with their own happiness.

All say, "Mine, mine", and attach their consciousness to you with love. How strange are the ways of the world!

The foolish mind has not yet reformed itself, although I have grown weary of continually instructing it.

O Nanak, one crosses over the terrifying world-ocean, singing the Songs of God.
रागु बिहागड़ा महला ९ ॥
Raag Bihaagraa, Ninth Mehl:

हिर की गित निह कोऊ जानै ॥
No one knows the state of the Lord.

जोगी जती तपी पिच हारे अरु बहु लोग सिताने ॥१॥ रहाउ ॥
The Yogis, the celibates, the penitents, and all sorts of clever people have failed.
||1||Pause||

िछन मिह राउ रंक कउ करई राउ रंक किर डारे ॥
In an instant, He changes the beggar into a king, and the king into a beggar.

रीते भरे भरे सखनावै यह ता को बिभारे ॥१॥
He fills what is empty, and empties what is full - such are His ways. ||1||

अपनी माइआ आिप पसारी आिप देखनहारा ॥
He Himself spread out the expanse of His Maya, and He Himself beholds it.

नाना रूपु धरे बहु रंगी सभ ते रहै निआरा ॥२॥
He assumes so many forms, and plays so many games, and yet, He remains detached from it all. ||2||

अगनत अपार अलख निरंजन जिह सभ जगू भरमाइओ ॥
Incalculable, infinite, incomprehensible and immaculate is He, who has misled the entire world.
Cast off all your doubts; prays Nanak, O mortal, focus your consciousness on His Feet.

Sagol bharam taj naanak paraanee charan taahi chit laa-o.

Sorath, Ninth Mehl:

Ik-oNkaar satgur parsad.

O mind, love the Lord.

With your ears, hear the Glorious Praises of the Lord of the Universe, and with your tongue, sing His song.

Join the Saadh Sangat, the Company of the Holy, and meditate in remembrance on the Lord; even a sinner like yourself will become pure.

Death is on the prowl, with its mouth wide open, friend.
Today or tomorrow, eventually it will seize you; understand this in your consciousness.

Says Nanak, meditate, and vibrate upon the Lord; this opportunity is slipping away!

He does not meditate on the Lord, nor does he perform service at sacred shrines, and so death seizes him by the hair.

know that all of these things are false. The Lord's meditation alone is true.

Wandering, wandering around for so many ages, he has grown weary, and finally, he obtained this human body.
Says Nanak, this is the opportunity to meet the Lord; why don't you remember Him in meditation? ||2||2||

O mind, what evil-mindedness have you developed?

You are engrossed in the pleasures of other men's wives, and slander; you have not worshipped the Lord at all. ||1||Pause||

You do not know the way to liberation, but you run all around chasing wealth.

In the end, nothing shall go along with you; you have entrapped yourself in vain. ||1||

You have not meditated or vibrated upon the Lord; you have not served the Guru, or His humble servants; spiritual wisdom has not welled up within you.
The Immaculate Lord is within your heart, and yet you search for Him in the wilderness.

You have wandered through many many births; you are exhausted but have still not found a way out of this endless cycle.

Now that you have obtained this human body, meditate on the Lord's Feet; Nanak advises with this advice.

Meditating on Him in remembrance, Ganika the prostitute was saved; enshrine His Praises within your heart.

Meditating on Him in remembrance, Dhroo became immortal, and obtained the state of fearlessness.
The Lord and Master removes suffering in this way - why have you forgotten Him? ||1||

As soon as the elephant took to the protective Sanctuary of the Lord, the ocean of mercy, he escaped from the crocodile.

How much can I describe the Glorious Praises of the Naam? Whoever chants the Lord's Name, his bonds are broken. ||2||

Says Nanak, remember the Chintaamani, the jewel which fulfills all desires, and you too shall be carried across and saved. ||3||4||

What efforts should the mortal make,

to attain devotional worship of the Lord, and eradicate the fear of death? ||1||Pause||
Which actions, what sort of knowledge, and what religion - what Dharma should one practice?

What Name of the Guru should one remember in meditation, to cross over the terrifying world-ocean?

In this Dark Age of Kali Yuga, the Name of the One Lord is the treasure of mercy; chanting it, one obtains salvation.

No other religion is comparable to this; so speak the Vedas.

He is beyond pain and pleasure, forever unattached; He is called the Lord of the world.

He dwells deep within your inner self, O Nanak, like the image in a mirror.

Sorath, Ninth Mehl:

O mother, how can I see the Lord of the world?
In the utter darkness of emotional attachment and spiritual ignorance, my mind remains entangled. ||1||Pause||

Sagging in the darkness of doubt, I have wasted my whole life; I have not obtained a stable intellect.

I remain under the influence of corrupting sins, night and day, and I have not renounced wickedness. ||1||

I never joined the Saadh Sangat, the Company of the Holy, and I did not sing the Kirtan of God's Praises.

O servant Nanak, I have no virtues at all; keep me in Your Sanctuary, Lord. ||2||6||

O mother, my mind is out of control.

Night and day, it runs after sin and corruption. How can I restrain it? ||1||Pause||
He listens to the teachings of the Vedas, the Puraanas and the Simritees, but he does not enshrine them in his heart, even for an instant.

Engrossed in the wealth and women of others, his life passes away uselessly.

He has gone insane with the wine of Maya, and does not understand even a bit of spiritual wisdom.

Deep within his heart, the Immaculate Lord dwells, but he does not know this secret.

When I came to the Sanctuary of the Holy Saints, all my evil-mindedness was dispelled.

Then, O Nanak, I remembered the Chintaamani, the jewel which fulfills all desires, and the noose of Death was snapped.
O man, grasp this Truth firmly in your soul.

The whole world is just like a dream; it will pass away in an instant. ||1||Pause||

Like a wall of sand, built up and plastered with great care, which does not last even a few days,

just so are the pleasures of Maya. Why are you entangled in them, you ignorant fool? ||1||

Understand this today - it is not yet too late! Chant and vibrate the Name of the Lord.

Says Nanak, this is the subtle wisdom of the Holy Saints, which I proclaim out loud to you. ||2||8||

In this world, I have not found any true friend.
ਸਗਲ ਜਗਤੁ ਡਪਨਾ ਡੁਖ ਮੈ ਸੰਗ ਨ ਹੋਈ ॥੧॥ ਰਹਾਉ ॥

The whole world is attached to its own pleasures, and when trouble comes, no one is with you. ||1||Pause||

ਦਾਰਾ ਮੀਤ ਪੂਤ ਸਨਬੰਧੀ ਸਗਰੇ ਧਨ ਿਸਉ ਲਾਗੇ ॥

Wives, friends, children and relatives - all are attached to wealth.

ਜਬ ਹੀ ਨਿਰਧਨ ਦੇਖਓ ਨਰ ਕਉ ਸੰਗੁ ਛਾਡ ਸੇਸ ਭਾਗੇ ॥੧॥

When they see a poor man, they all forsake his company and run away. ||1||

ਕਹਾਂ ਸਿੰਘ ਭਤ ਵਧੀਤ ਵਧੀਤ ਕੁਤੁਰ ਗੁਰ ਲਗੇ ॥

So what should I say to this crazy mind, which is affectionately attached to them?

ਦੀਨਾ ਨਾਥ ਸਕਲ ਭੈ ਭੰਜਨ ਜਸ ਤਾ ਕੋ ਿਬਸਰਾਇਓ ॥੨॥

The Lord is the Master of the meek, the Destroyer of all fears, and I have forgotten to praise Him. ||2||

ਸੁਆਨ ਪੂਛ ਿਜਉ ਭਇਓ ਨ ਸੂਧਉ ਬਹੁਤ ਜਤਨ ਮੈ ਕੀਨਉ ॥

Like a dog's tail, which will never straighten out, the mind will not change, no matter how many things are tried.

ਨਾਨਕ ਲਾਜ ਿਬਰਦ ਕੀ ਰਾਖਹੁ ਨਾਮ ਤੁਹਾਰੁ ਲੀਨੁ ॥੩॥੯॥

Says Nanak, please, Lord, uphold the honor of Your innate nature; I chant Your Name. ||3||9||
O mind, you have not accepted the Guru's Teachings.

What is the use of shaving your head, and wearing saffron robes?

Abandoning Truth, you cling to falsehood; your life is uselessly wasting away.

Practicing hypocrisy, you fill your belly, and then sleep like an animal.

You do not know the Way of the Lord's meditation; you have sold yourself into Maya's hands.

The madman remains entangled in vice and corruption; he has forgotten the jewel of the Naam.

He remains thoughtless, not thinking of the Lord of the Universe; his life is uselessly passing away.

Says Nanak, O Lord, please, confirm your innate nature; this mortal is continually making mistakes.
Sorath, Ninth Mehl:

सोरिठ महला ९ ॥

Jo nar dukh mai dukh nahee maanai.
That man, who in the midst of pain, does not feel pain,

सुख सनेहु अरु भै नही जा कै  कं चन माटी मानै ॥१॥

who is not affected by pleasure, affection or fear, and who looks alike upon gold and dust;

नह िनिदा नह उसतित जा कै  लोभु मोहु अिभमाना ॥

who is not swayed by either slander or praise, nor affected by greed, attachment or pride;

हरख सोग ते रहै िनआरउ नािह मान अपमाना ॥२॥

who remains unaffected by joy and sorrow, honor and dishonor;

आसा मनसा सगल ितआगै जग ते रहै िनरासा ॥

who renounces all hopes and desires and remains desireless in the world;

कामु क्रोधु िजह परसै नाहि तिह घटि ब्रह्मु िनिवा ॥२॥

who is not touched by sexual desire or anger - within his heart, God dwells.

गुर िकरपा िजह नर कउ कीनी तिह इह जुगि ितनई ॥

That man, blessed by Guru's Grace, understands this way.
ਮੈਂ ਅਟਲ ਮਸ਼ਾਹੋਂ ਅਟਲ ਮਸ਼ਾਹੋਂ ਪਾਂਨੀ ਸਿੰਗ ਪਾਂਨੀ। ||3||11||

O Nanak, he merges with the Lord of the Universe, like water with water. ||3||11||

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ਸੋੜਾਤ ਮੇਹਲਾ ੯।

Sorath, Ninth Mehl:

ਪਰ੍ੀਤਮ ਜਾਿਨ ਲੇਹੁ ਮਨ ਮਾਹੀ।

O dear friend, know this in your mind.

ਅਪਨੇ ਸੁਖ ਿਸਉ ਹੀ ਜਗ ਫੀਧਓ ਕੋ ਕਾਹੂ ਕੋ ਨਾਹੀ। ||1|| ਰਹਾਉ।

The world is entangled in its own pleasures; no one is for anyone else. ||1||Pause||

ਸੁਖ ਮੈ ਆਿਨ ਬਹੁਤ ਿਮਿਲ ਬੈਠਤ ਰਹਤ ਚਹੂ ਿਦਿਸ ਘੇਰੈ।

In good times, many come and sit together, surrounding you on all four sides.

ਬਿਪਿਤ ਪਰੀ ਸਭ ਹੀ ਸੰਗ ਛਾਇੰਦ ਕੋੜ ਨ ਆਵਤ ਨੇਰੈ। ||1||

But when hard times come, they all leave, and no one comes near you. ||1||

ਪਿਹਾਿਠ ਧਰੀ ਮੇਹਲਾ ਬਲਕਨੀ ਬੱਧੂ ਤਾਕਾਡ ਰਹੇ। ||1||

When times are good, they all come, and no one ever abandoned you.

ਪਿਪਿਤ ਪਰੀ ਸਭ ਹੀ ਸੰਗ ਛਾਇੰਦ ਕੋੜ ਨ ਆਵਤ ਨੇਰੈ। ||1||

But when hard times come, they all leave, and no one comes near you. ||1||

ਘਰ ਤੀਜ਼ ਉੱਤੀਦੀ ਕੋਣੀਆ ਪ੍ਰੀਤ ਪ੍ਰੀਤ ਕਰੀ ਭਾਗੀ। ||2||

Your wife, whom you love so much, and who has remained ever attached to you,

ਜਾਬ ਹੀ ਹੋ ਸੁਨ ਸਤਿਗੁ ਉੱਤੀਦੀ ਕੋਣੀਆ ਪ੍ਰੀਤ ਪ੍ਰੀਤ ਕਰੀ ਭਾਗੀ। ||2||

runs away crying, "Ghost! Ghost!", as soon as the swan-soul leaves this body. ||2||
इह विधि वे विश्वेदु बलिहरे ते स रिगु तेव्र लम्रिहिरे ॥
इह विधि को बिउहरा बनिओ है जा सिंड नेहु लगाओ सु ॥
ih biDh ko bi-uhaar bani-o hai jaa si-o nayhu lagaa-i-o.
This is the way they act - those whom we love so much.

अंत बार नानक बिन हेर जी कोऊ काम न आइओ ॥३॥१२॥१३९॥
अंत बार नानक बिन हेर जी कोऊ काम न आइओ ॥३॥१२॥१३९॥
ant baar naanak bin har jee ko-oo kaam na aa-i-o. ||3||12||139||
At the very last moment, O Nanak, no one is any use at all, except the Dear Lord.
||3||12||139||

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इक-ओँकार सतिगुर परसाद ॥

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

काहें रे बन खोजन जाई ॥
kaahay ray ban khojan jaa-ee.
Why do you go looking for Him in the forest?

सरब निवासी सदा अलेपा तोही संग समाई ॥१॥ रहाउ ॥
sarab nivaasee sadaa alaypaa tohee sang samaa-ee. ||1||rahaa-o.
Although he is unattached, he dwells everywhere. He is always with you as your companion. ||1||Pause||
the Lord dwells deep within; search for Him within your own heart, O Siblings of Destiny.

Outside and inside, know that there is only the One Lord; the Guru has imparted this wisdom to me.

O servant Nanak, without knowing one's own self, the moss of doubt is not removed.

O Holy people, this world is deluded by doubt.

It has forsaken the meditative remembrance of the Lord's Name, and sold itself out to Maya.

Mother, father, siblings, children and spouse - he is entangled in their love.
In the pride of youth, wealth and glory, day and night, he remains intoxicated. ||1||

God is merciful to the meek, and forever the Destroyer of pain, but the mortal does not center his mind on Him.

O servant Nanak, among millions, only a rare few, as Gurmukh, realize God. ||2||2||

Understand that his heart is filled with greed, emotional attachment, Maya and egotism. ||1||Pause||

One who does not slander or praise others, who looks upon gold and iron alike,

who is free from pleasure and pain - he alone is called a true Yogi. ||1||
चंचल मनु दह िदिस कउ धावत अचल जाह ठहरानो ॥
The restless mind wanders in the ten directions - it needs to be pacified and restrained.

बਲੁ ਨਾਨਕ ਇਹ ਬਿਧੀ ਕੋ ਜੋ ਨਹ ਮੁੱਕਤ ਤਾਹਿ ਤੁਮ ਮਾਨੋ ॥ ॥ ॥
Says Nanak, whoever knows this technique is judged to be liberated. ||2||3||

ਧਨਾਸਰੀ ਮੌਲਾ ੯ ॥
Dhanaasree mehlaa 9.

ਅਬ ਮੈ ਕਉਨੁ ਉਪਾਉ ਕਰਉ ॥
Now, what efforts should I make?

ਕਬਿਧ ਬਿਧੀ ਮਨ ਕੋ ਸੰਸਾ ਚੁਕੈ ਭਉ ਿਨਿਧ ਪਾਿਰ ਪਰਉ ॥ ॥ ਰਹਾਉ ॥
How can I dispel the anxieties of my mind? How can I cross over the terrifying world-ocean? ||1||Pause||

ਜਨਮੁ ਪਾਇ ਕਛੁ ਭਲੋ ਨ ਕੀਨੋ ਤਾ ਤੇ ਅਿਧਕ ਡਰਉ ॥
Obtaining this human incarnation, I have done no good deeds; this makes me very afraid!

ਮਨ ਬਚ ਕਰਮ ਹਿਰ ਗੁਨ ਨਹੀ ਗਾਏ ਯਹ ਜੀਅ ਸੋਚ ਧਰਉ ॥ ॥
In thought, word and deed, I have not sung the Lord's Praises; this thought worries my mind. ||1||

ਗੁਰਮਿਤ ਸੁਿਨ ਕਛੁ ਿਗਆਨਾ ਨ ਉਪਿਜਓ ਪਸੁ ਜੀਉ ਉਦਰੁ ਭਰਉ ॥
I listened to the Guru's Teachings, but spiritual wisdom did not well up within me; like a beast, I fill my belly.
Says Nanak, O God, please confirm Your Law of Grace; for only then can I, the sinner, be saved.

Jaitsree, Ninth Mehl: One Universal Creator God.

My mind is deluded, entangled in Maya.

Whatever I do, while engaged in greed, only serves to bind me down.

The Lord and Master is with me, but I do not know Him. Instead, I run into the forest, looking for Him.
रतनु रामु घट ही के भीतर ता को गिज़ात न पाइयो।
The Jewel of the Lord is deep within my heart, but I do not have any knowledge of Him.

जन नानक भगवंत भजन बिन विरथा जनमु गवाई।
O servant Nanak, without vibrating, meditating on the Lord God, human life is uselessly wasted and lost.

हिर जू राख लेउ पित मेरी॥
O Dear Lord, please, save my honor!

जम को तर्थ भइयो उर अंतिर सरल गही किरपा निध तेरी ॥
The fear of death has entered my heart; I cling to the Protection of Your Sanctuary, O Lord, ocean of mercy.

महा पितत मुगध लोभी फु िन करत पाप अब हँगा।
I am a great sinner, foolish and greedy; but now, at last, I have grown weary of committing sins.

कीए उपाव मुकित के  कारिन दह िदिस कउ उिठ धाइया ॥
I have been trying to liberate myself, running around in the ten directions.
The pure, immaculate Lord abides deep within my heart, but I do not understand the secret of His mystery.  ||2||

I have no merit, and I know nothing about meditation or austerities; what should I do now?

O Nanak, I am exhausted; I seek the shelter of Your Sanctuary; O God, please bless me with the gift of fearlessness.  ||3||2||

O mind, embrace true contemplation.

Without the Lord's Name, know that this whole world is false.  ||1||Pause||

The Yogis are tired of searching for Him, but they have not found His limit.

You must understand that the Lord and Master is near at hand, but He has no form or feature.  ||1||
paavan naam jagat mai har ko kabhoo naahi sambhaaraa.
The Naam, the Name of the Lord is purifying in the world, and yet you never remember it.

naanak saran pari-o jag bandan raakho birad tuhaaraa. ||2||3||
Nanak has entered the Sanctuary of the One, before whom the whole world bows down; please, preserve and protect me, by Your innate nature. ||2||3||

naanak saran pari-o jag bandan raakho birad tuhaaraa. ||2||3||
Nanak has entered the Sanctuary of the One, before whom the whole world bows down; please, preserve and protect me, by Your innate nature. ||2||3||

ik-o’kaar satgur parsaaad.
One Universal Creator God. By The Grace Of The True Guru:

kaha-o kahaa apnee aDhmaa-ee.
What can I say about my base nature?

urjhi-o kanak kaamnee kay ras nah keerat parabh gaa-ee. ||1|| rahaa-o.
I am entangled in the love of gold and women, and I have not sung the Kirtan of God's Praises. ||1||Pause||

jag jhoothay ka-o saach jaan kai taa si-o ruch upjaa-ee.
I judge the false world to be true, and I have fallen in love with it.
दीन बंध सिमिरो नही कबहू होत जू संगि सहाई ॥१॥
I have never contemplated the friend of the poor, who shall be my companion and helper in the end. ||1||

अहात उधिर अविभा मे लिम दिशि इटी र भत की बाधी ॥
Magan rahi-o maa-i-aa mai nis din chhutee na man kee kaa-ee.
I remain intoxicated by Maya, night and day, and the filth of my mind will not depart.

कहि नानक अब नाहि अनत गति बिनू हरी की सरनाई ॥२॥१॥३१॥
Says Nanak, now, without the Lord's Sanctuary, I cannot find salvation in any other way.
||2||1||31||

If you are conscious, then be conscious of Him night and day, O mortal.

किह नानक अब नाहि अनत गति बिनू हरी की सरनाई ॥२॥१॥३१॥
Says Nanak, now, without the Lord's Sanctuary, I cannot find salvation in any other way.
||2||1||31||

If you are conscious, then be conscious of Him night and day, O mortal.

Tilang, Ninth Mehl, Kaafee:

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

किह नानक अब नाहि अनत गति बिनू हरी की सरनाई ॥२॥१॥३१॥
Says Nanak, now, without the Lord's Sanctuary, I cannot find salvation in any other way.
||2||1||31||

Each and every moment, your life is passing away, like water from a cracked pitcher.
हिर गुन काहि न गावही मूरख अगिआना ॥
har gun kaahi na gaavhee moorakh agi-aanaa.
Why do you not sing the Glorious Praises of the Lord, you ignorant fool?

झूठै लालिच लािग कै निह मरनु पछाना ॥१॥
jhoothai laalach laalach kai neh maran pachhaanaa. ||1||
You are attached to false greed, and you do not even consider death. ||1||

अजहू कछु िबगिरओ नही जो पर्‌भ गुन गावै ॥
ajhoo kachh bigri-o nahee jo parabh gun gaavai.
Even now, no harm has been done, if you will only sing God's Praises.

कहु नानक ितह भजन ते िनरभै पदु पावै ॥२॥१॥
kaho naanak tih bhajan tay nirbhai pad paavai. ||2||1||
Says Nanak, by meditating and vibrating upon Him, you shall obtain the state of fearlessness. ||2||1||

तिलंग भजन ९ ॥
tilang mehlaa 9.
Tilang, Ninth Mehl:

तः जाग लेहु रे मना जाग लेहु कहा गाफल सोइआ ॥
jaag layho ray manaa jaag layho kahaa gaafal so-i-aa.
Wake up, O mind! Wake up! Why are you sleeping unaware?

ने उह धुंधिश्र मंग जी मे बी मंज़ि त गढि़श्र ॥१॥ रहाउ ॥
jo tan upji-aa sang hee so bhee sang na ho-i-aa. ||1|| rahaa-o.
That body, which you were born with, shall not go along with you in the end. ||1||Pause||

भाँत पांड़ा सुंद वंद नह वंद त संदि सील ॥
maat pitaa sut banDh jan hit jaa si-o keenaa.
Mother, father, children and relatives whom you love,
jee-o chhooti-o jab dayh tay daar agan mai deenaa. ||1||
will throw your body into the fire, when your soul departs from it. ||1||

Your worldly affairs exist only as long as you are alive; know this well.

naanak har gun gaa-ay lai sabh sufan samaana-o. ||2||2||
O Nanak, sing the Glorious Praises of the Lord; everything is like a dream. ||2||2||

Sing the Lord's Praises, O mind; He is your only true companion.

You are so in love with property, chariots, wealth and power.

When the noose of death tightens around your neck, they will all belong to others. ||1||
जान बूझ कै बावरे तै काजु िबगािरो ॥

Know this well, O madman - you have ruined your affairs.

पाप करत सुकिचिओ नही नह गरबु िनवािरो ॥२॥

You did not restrain yourself from committing sins, and you did not eradicate your ego. ||2||

So listen to the Teachings imparted by the Guru, O Siblings of Destiny.

Nanak proclaims: hold tight to the Protection and the Sanctuary of God. ||3||3||

Raag Bilaaval, Ninth Mehl, Du-Padas:

ix-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

The Name of the Lord is the Dispeller of sorrow - realize this.

Remembering Him in meditation, even Ajaamal the robber and Ganikaa the prostitute were liberated; let your soul know this. ||1||Pause||
The elephant's fear was taken away in an instant, as soon as he chanted the Lord's Name.

Listening to Naarad's teachings, the child Dhoor was absorbed in deep meditation.

He obtained the immovable, eternal state of fearlessness, and all the world was amazed.

Says Nanak, the Lord is the Saving Grace and the Protector of His devotees; believe it - He is close to you.

Without the Name of the Lord, you shall only find pain.

Without devotional worship, doubt is not dispelled; the Guru has revealed this secret.

Of what use are sacred shrines of pilgrimage, if one does not enter the Sanctuary of the Lord?
जोग जग निहफल तिह मानउ जो प्रभ जसु बिसरावै ॥१॥

Know that Yoga and sacrificial feasts are fruitless, if one forgets the Praises of God. ||1||

भरु भेट देतें वदु धवजस गोबिंद वें गुल गावै ॥

maan moh dono ka-o parhar gobind kay gun gaavai.

One who lays aside both pride and attachment, sings the Glorious Praises of the Lord of the Universe.

बढ़ तवाव तिह विपिं वें धुती नीचत्व भविंद वगणे ॥२॥२॥

kaho naanak ih biDh ko paraanee jeevan mukat kahaavai. ||2||2||
Says Nanak, the mortal who does this is said to be 'jivan mukta' - liberated while yet alive. ||2||2||

बिलावल महला ९ ॥

bilaaval mehlaa 9.

Bilaaval, Ninth Mehl:

जा मै भजनु राम को नाही ॥

jaa mai bhajan raam ko naahee.

There is no meditation on the Lord within him.

विष तव तवाम भवसु शेषिक बर तवाम मर भयी ॥९॥ वगणे ॥

tih nar janam akaarath kho-i-aa yeh raakh man maahee. ||1|| rahaa-o.
That man wastes his life uselessly - keep this in mind. ||1||Pause||

तीरथ करै बर्त फुिन राखै नह मनूआ बिस जा को ॥

tirath karai barat fun raakhai nah manoo-aa bas jaa ko.

He bathes at sacred shrines of pilgrimage, and adheres to fasts, but he has no control over his mind.

निहफल प्राधम उषि दुह भक्तिव मानछ बरख भें जा बढ़ै ॥९॥

nihfal Dharam taahi tum maanhu saach kahat mai yaa ka-o. ||1||
Know that such religion is useless to him. I speak the Truth for his sake. ||1||
ਜੈਸੇ ਪਾਹਨੁ ਜਲ ਮਹਿ ਰਾਖੀਓ ਭੇਦੈ ਨਾਹਿ ਤਿਹ ਪਾਨੀ ॥
jaisay paahan jal meh raakhi-o bhaydai naahi tih paanee.
It's like a stone, kept immersed in water; still, the water does not penetrate it.

ਤੈਸੇ ਹੀ ਕੁਮ ਪਹਾਣੁ ਜਲ ਮਹਿ ਰਾਖੀਓ ਭੇਦੈ ਨਾਹੀ ਤਿਹ ਪਾਨੀ ॥
taisay hee tum taahi pachhaanahu bhagat heen jo paraanee. ||2||
So, understand it: that mortal being who lacks devotional worship is just like that. ||2||

ਕਲ ਮੈ ਮੁਕਿਤ ਨਾਮ ਤੇ ਪਾਵਤ ਗੁਰੁ ਯਹ ਭੇਦੁ ਬਤਾਵੈ ॥
kal mai mukat naam tay paavat gur yeh bhayd bataavai.
In this Dark Age of Kali Yuga, liberation comes from the Naam. The Guru has revealed this secret.

ਕਹੁ ਨਾਨਕ ਸੋੈ ਨਰ ਗਰੂਅ ਜੋ ਪਰਭ ਕੇ ਗੁਨ ਗਾਵੈ ॥
kaho naanak so-ee nar garoo-aa jo parabh kee gun gaavai. ||3||3||
Says Nanak, he alone is a great man, who sings the Praises of God. ||3||3||

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

ਰਾਗੁ ਰਾਮਕਲੀ ਮਹਲਾ ੯ ਕੁਚਾਕਾਰੀ ॥
raag raamkalee mehlaa 9 kuchakaree.
Raag Raamkalee, Ninth Mehl, Ti-Padas:

ਰੇ ਮਨ ਊਟ ਹਰ ਹਿਰਾ ਨਾਮਾ ॥
ray man ot layho har naamaa.
O mind, take the sheltering support of the Lord's Name.

ਜਾ ਕੈ ਸਿਮਰਨ ਦੁਰਮਿਤਾ ਨਾਸੈ ਪਾਵਹੀ ਪੁਨਰਨਾਮਾ ॥
jaa kai simran durmat naasai paavahi pad nirbaanaa. ||1|| rahaa-o.
Remembering Him in meditation, evil-mindedness is dispelled, and the state of Nirvaanaa is obtained. ||1||Pause||
बड़भाई तिह जन कठ जानहु जो हिर के गुन गावै ॥
badbhaagee tih jan ka-o jaanhu jo har kay gun gaavai.

Know that one who sings the Glorious Praises of the Lord is very fortunate.

जनम जनम के पाप खोइ कै फुिन बैकुंिठ सिधावै ॥१॥
janam janam kay paap kho-ay kai fun baikunth siDhaavai. ||1||
The sins of countless incarnations are washed off, and he attains the heavenly realm. ||1||

अजामल कउ अंत काल मिह नाराइन सुिध आई ॥
ajaamal ka-o ant kaal meh naaraa-in suDh aa-ee.

At the very last moment, Ajaamal became aware of the Lord;

जाॅ गति कठ जोगीसुर बाच्हत सो गति छििन मिह पाई ॥२॥
jaaN gat ka-o jogeesur baachhat so gat chhin meh paa-ee. ||2||

that state which even the supreme Yogis desire - he attained that state in an instant. ||2||

नाहिन गुनु नाहिन कछु बिदिआ धरमु कउनु गिज कीना ॥
naahin gun naahin kachh bidi-aa Dharam ka-un gaj keenaa.
The elephant had no virtue and no knowledge; what religious rituals has he performed?

नानक बिरद राम का देखहु अभै दानु ितह दीना ॥३॥१॥
aanak birad raam kaa daykhhu abhai daan tih deenaa. ||3||1||

O Nanak, behold the way of the Lord, who bestowed the gift of fearlessness. ||3||1||

रामकली महला ९ ॥
raamkalee mehlaa 9.

Ramkalee, Ninth Mehl:

नाथो कउन जुिगत अब कीजै ॥
saaDho ka-un jugat ab keejai.

Holy people: what way should I now adopt,
ਜਾ ਤੇ ਦੁਰਮਿਤ ਸਗਲ ਿਬਨਾਸੈ ਰਾਮ ਭਗਤ ਮਨੁ ਭੀਜੈ ॥੧॥ ਰਹਾਉ ॥

by which all evil-mindedness may be dispelled, and the mind may vibrate in devotional worship to the Lord? ||1||Pause||

ਮਨੁ ਮਾਇਆ ਮਿਹ ਉਰਿਜ਼ ਰਿਹਓ ਹੈ ਬੂਜ਼ੈ ਨਹ ਕਛੁ ਿਗਆਨਾ ॥

My mind is entangled in Maya; it knows nothing at all of spiritual wisdom.

ਕਉਨੁ ਨਾਮੁ ਜਗੁ ਜਾਈ ਿਸਮਰੈ ਪਾਵੈ ਪਦੁ ਿਨਰਬਾਨਾ ॥੧॥

What is that Name, by which the world, contemplating it, might attain the state of Nirvaanaa? ||1||

ਭਏ ਦਇਆਲ ਿਕਰਪਾਲ ਸੰਤ ਜਨ ਤਬ ਇਹ ਬਤਾਈ ॥

When the Saints became kind and compassionate, they told me this.

ਸਰਬ ਧਰਮ ਮਾਨੋ ਿਤਹ ਕੀਏ ਿਜ਼ਹ ਪਰ੍ਭ ਕੀਰਿਤ ਗਾਈ ॥੨॥

Understand, that whoever sings the Kirtan of God's Praises, has performed all religious rituals. ||2||

ਰਾਮ ਨਾਮੁ ਨਰੁ ਿਨਿਸ ਬਾਸੁਰ ਿਨਮਖ ਏਕ ਉਰਿਜ਼ ਧਾਰੈ ॥

One who enshrines the Lord's Name in his heart night and day - even for an instant -

ਜਮ ਕੋ ਤਰਾਸ਼ ਿਮਟੈ ਨਾਨਕ ਿਤਹ ਅਪੁਨੇ ਜਨਮ ਸਵਾਰੈ ॥੩॥੨॥

has his fear of Death eradicated. O Nanak, his life is approved and fulfilled. ||3||2||

ਰਾਮਕਲੀ ਮਹਲਾ ॥

Raamkalee, Ninth Mehl:

Raamkalee mehlaa 9.
प्रानी नाराइन सुधि लेहि
paraanee naaraa-in suDh layhi.
O mortal, focus your thoughts on the Lord.

chhin chhin अजहू नही समझै कउ उरझाणा
biraDh bha-i-o ajhoo nahee samjhai ka-un kumat urjaanaa. ||1||
You have grown old, and even now, you do not understand, the evil-mindedness in which you are entangled. ||1||

Why have you forgotten your Lord and Master, who blessed you with this human life?

mukat hot nar जा कै सिम्रै निमख न ता कउ गाइओ
mukat hot nar jaa kai simrai nimakh na taa ka-o gaa-i-o. ||2||
Remembering Him in meditation, one is liberated. And yet, you do not sing His Praises, even for an instant. ||2||

Why are you intoxicated with Maya? It will not go along with you.

Says Nanak, think of Him, remember Him in your mind. He is the Fulfiller of desires, who will be your help and support in the end. ||3||81||
One Universal Creator God. By The Grace Of The True Guru:

One Universal Creator God.

By The Grace Of The True Guru:

Maaroo, Ninth Mehl:

Meditating in remembrance on it, Ajaamal was saved, and Ganika the prostitute was emancipated.

Dropadi the princess of Panchaala remembered the Lord's Name in the royal court.

The Lord, the embodiment of mercy, removed her suffering; thus His own glory was increased.

That man, who sings the Praise of the Lord, the treasure of mercy, has the help and support of the Lord.
Says Nanak, I have come to rely on this. I seek the Sanctuary of the Lord. ||2||1||

Maaaroo, Ninth Mehl:

What should I do now, O mother?

I have wasted my whole life in sin and corruption; I never remembered the Lord. ||1||Pause||

Now, in this disaster, other than the Name of the Lord, who will be my help and support?

That wealth, which he believes to be his own, in an instant, belongs to another.

Says Nanak, this still really bothers my mind - I never sang the Praises of the Lord. ||2||2||
ਮਾਰੂ ਮਹਲਾ ੯ ॥
ਮਾਰੂ ਮਹਲਾ ੯ ॥
Maaroo, Ninth Mehl:

ਮਾਈ ਮੈ ਮਨ ਕੋ ਮਾਨ ਨ ਤਿਅਗੀਓ ॥
ਮਾਈ ਮੈ ਮਨ ਕੋ ਮਾਨ ਨ ਤਿਅਗੀਓ ॥
maa-ee mai man ko maan na ti-aagi-o. O my mother, I have not renounced the pride of my mind.

ਮਾਈਆ ਕੇ ਮਿਦ ਜਨਮ ਸਿਰਾਇੜੇ ਰਾਮ ਭਜਨ ਨਹੀ ਲਾਗੇ ॥੧॥ ਰਹਾਊ ॥
ਮਾਈਆ ਕੇ ਮਿਦ ਜਨਮ ਸਿਰਾਇੜੇ ਰਾਮ ਭਜਨ ਨਹੀ ਲਾਗੇ ॥੧॥ ਰਹਾਊ ॥
maa-i-aa kay mad janam siraa-i-o raam bhajan nahee laagi-o. ||1|| rahaa-o. I have wasted my life intoxicated with Maya; I have not focused myself in meditation on the Lord. ||1||Pause||

ਨਮ ਵੇ ਟ੍ਰਿਲਿਵ ਭੀਮ ਦੁਬੰਦ ਤੇ ਲਾਗੀਓ ॥
ਨਮ ਵੇ ਟ੍ਰਿਲਿਵ ਭੀਮ ਦੁਬੰਦ ਤੇ ਲਾਗੀਓ ॥
Jam ko dand pari-o sir oopar tab sovat tai jaagi-o. When Death's club falls on my head, then I will be wakened from my sleep.

ਬਚਣ ਵੇਦ ਬਾਲ ਪਹਦੂਫ਼ੇ ਟ੍ਰਿਲਿਵ ਹਾਲੀਓ ॥੧॥
ਬਚਣ ਵੇਦ ਬਾਲ ਪਹਦੂਫ਼ੇ ਟ੍ਰਿਲਿਵ ਹਾਲੀਓ ॥੧॥
khaa hoo-aa ab kai pachhutaay chhootat naahin bhaagi-o. ||1|| But what good will it do to repent at that time? I cannot escape by running away. ||1||

ਹਿਚਾ ਹਿੰਚਾ ਹੋਣੀ ਘਟ ਭਾਗ ਤਕ ਗੁਰ ਚਰਨ ਅਨੁਰਾਗਿੰਧੇ ॥
ਹਿਚਾ ਹਿੰਚਾ ਹੋਣੀ ਘਟ ਭਾਗ ਤਕ ਗੁਰ ਚਰਨ ਅਨੁਰਾਗਿੰਧੇ ॥
hichaa hinchaa ho-ni ghat bhaag tak gur charan anuraag-o. When this anxiety arises in the heart, then, one comes to love the Guru's feet.

ਸੁਫਲ ਜਨਮ ਨਾਨਕ ਤਬ ਹੂ ਜਾ ਪ੍ਰਭ ਜਾ ਮਹ ਪਾਗੀਓ ॥੨॥੩॥
ਸੁਫਲ ਜਨਮ ਨਾਨਕ ਤਬ ਹੂ ਜਾ ਪ੍ਰਭ ਜਾ ਮਹ ਪਾਗੀਓ ॥੨॥੩॥
sufal janam naanak tab hoo-aa ja-o parabh ja meh paagi-o. ||2||3|| My life becomes fruitful, O Nanak, only when I am absorbed in the Praises of God. ||2||3||

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੧੧੮੬ ਸਿਦਾਕ ਪ੍ਰਾਸਾਦ ॥
੧੧੮੬ ਸਿਦਾਕ ਪ੍ਰਾਸਾਦ ॥
ik-oNkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:
Raag Basant Hindol, Ninth Mehl:

साधो इहु तनु मिथिआ जानउ ॥
saaDho ih tan mithi-aa jaan-o.
O Holy Saints, know that this body is false.

या भीतर जो रामु बसतु है साचो तािह पछानो ॥१॥
yaa bheetar jo raam basat hai saacho taahi pachhaano. ||1||
The Lord who dwells within it - recognize that He alone is real. ||1||Pause||

इहु जगु है स्मपित सुपने की देिख कहा ऐडानो ॥
ih jag hai sampat supnay kee daykh kahaa aidaano.
The wealth of this world is only a dream; why are you so proud of it?

संिग ितहारै कछू न चालै तािह कहा लपटानो ॥१॥
sang tihaarai kachhoo na chaalai taahi kahaa laptaano. ||1||
None of it shall go along with you in the end; why do you cling to it? ||1||

उसतित िनदा दोऊ परहिर हिर कीरित उिर आनो ॥
ustat nindaa do-oo parhar har keerat ur aano.
Leave behind both praise and slander; enshrine the Kirtan of the Lord's Praises within your heart.

जन नानक सभ ही मै पूरन एक पुरख भगवानो ॥२॥
jan naanak sabh hee mai pooran ayk purakh bhagvaano. ||2||1||
O servant Nanak, the One Primal Being, the Lord God, is totally permeating everywhere. ||2||1||

Basant, Ninth Mehl:

Basant, Ninth Mehl:

raag basant hindol mehlaa 9.
Raag Basant Hindol, Ninth Mehl:

मगे हिंदु उठ भिचिभा नगरू ॥

sahib bhangur ee jeevak mehlaa 9.
ਪਪੀ ਹੀਐ ਮੈ ਕਾਮ ਬਸਾਇ ॥

The heart of the sinner is filled with unfulfilled sexual desire.

ਮਨੁ ਚੰਚਲੁ ਯਾ ਤੇ ਗਹੀਓ ਨ ਜਾਇ ॥੧॥ ਰਹਾਉ ॥

He cannot control his fickle mind. ||1||Pause||

ਜੋਗੀ ਜੰਗਮ ਅਰ ਸੰਤਿਆਸ ॥

The Yogis, wandering ascetics and renunciates -

ਸਭ ਹੀ ਪਿਰ ਡਾਰੀ ਇਹ ਫਾਸ ॥੧॥

this net is cast over them all. ||1||

ਜੀਹਿ ਜੀਹਿ ਹਿਰ ਕੋ ਨਾਮ ਸਮਾਹਰ ॥

Those who contemplate the Name of the Lord

ਤੇ ਬਹ ਸਾਗਰ ਉਤਰੇ ਪਾਈ ॥੨॥

cross over the terrifying world-ocean. ||2||

ਜਨ ਨਾਨਕ ਹਰ ਕੀ ਸਰਨਾਈ ॥

Servant Nanak seeks the Sanctuary of the Lord.

ਦੀਜਏ ਹਰ ਵੇ ਬੂਲ ਗਰਿਤ ॥੧॥੨॥

Please bestow the blessing of Your Name, that he may continue to sing Your Glorious Praises. ||3||2||
Basant, Ninth Mehl:

ਮਾਈ ਮੈ ਧਨੁ ਪਾਇਓ ਹਿਰ ਨਾਮੁ ॥

maa-ee mai Dhan paa-i-o har naam.
O mother, I have gathered the wealth of the Lord's Name.

ਮੰਨੁ ਮੇਰੋ ਧਾਵਨ ਤੇ ਛੂਿਟਓ ਕਿਰ ਬੈਠੋ ਿਬਸਰਾਮੁ ॥੧॥

man mayro Dhaavan tay chhooti-o kar baiitho bisraam. ||1|| rahaa-o.
My mind has stopped its wanderings, and now, it has come to rest. ||1||Pause||

ਲੋਭ ਮੋਹ ਏਹ ਪਰਿਸ ਨ ਸਾਕੈ ਗਹੀ ਭਗਿਤ ਭਗਵਾਨ ॥੧॥

lobh moh ayh paras na saakai gahee bhagat bhagvaan. ||1||
Greed and attachment cannot even touch me; I have grasped hold of devotional worship of the Lord. ||1||

ਲੋਭ ਮੋਹ ਏਹ ਪਰਿਸ ਨ ਸਾਕੈ ਗਹੀ ਭਗਿਤ ਭਗਵਾਨ ॥੧॥

lobh moh ayh paras na saakai gahee bhagat bhagvaan. ||1||
Greed and attachment cannot even touch me; I have grasped hold of devotional worship of the Lord. ||1||

The cynicism of countless lifetimes has been eradicated, since I obtained the jewel of the Naam, the Name of the Lord.

My mind was rid of all its desires, and I was absorbed in the peace of my own inner being. ||2||
That person, unto whom the Merciful Lord shows compassion, sings the Glorious Praises of the Lord of the Universe.

Says Nanak, this wealth is gathered only by the Gurmukh.

O my mind, how can you forget the Lord's Name?

When the body perishes, you shall have to deal with the Messenger of Death.

What makes you think that it is real?

Wealth, spouse, property and household—
"कछूँ सांग न चालै समझ लेह ॥२॥
kachh sang na chaalai samajh layh. ||2||
one of them shall go along with you; you must know that this is true! ||2||

"इक भगत नाराइन होइ सांग ॥
i k bhagat naaraa-in ho-ay sang.
Only devotion to the Lord shall go with you.

"इक भगित नाराईन होइ सांग ॥३॥४॥
ik bhagat naaraa-in ho-ay sang. ||3||4||
Says Nanak, vibrate and meditate on the Lord with single-minded love. ||3||4||

"बसंतु महला ॥
basant mehlaa 9.
Basant, Ninth Mehl:

"कहा भूलो रे झूठे लोभ लाग ॥
kahaa bhooli-o ray jhoothay lobh laag.
Why do you wander lost, O mortal, attached to falsehood and greed?

"कछूँ बिगिरो नाहिन अजहू जाग ॥१॥ रहाउ ॥
kachh bigri-o naahin aghu jaag. ||1|| rahaa-o.
Nothing has been lost yet - there is still time to wake up! ||1||Pause||

"सम सुपाने कै हु हु जगू जानु ॥
sam supnai kai ih jag jaan.
You must realize that this world is nothing more than a dream.

"बिनसै छिन मै साची मानु ॥
binsai chhin mai saachee maan. ||1||
In an instant, it shall perish; know this as true. ||1||
The Lord constantly abides with you.

Night and day, vibrate and meditate on Him, O my friend.

At the very last instant, He shall be your Help and Support.

Says Nanak, sing His Praises.

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

Raag Saarang, Ninth Mehl:

Who has any mother, father, child or spouse? Who is anyone's brother or sister?
All the wealth, land and property which you consider your own - when you leave your body, none of it shall go along with you. Why do you cling to them?

God is Merciful to the meek, forever the Destroyer of fear, and yet you do not develop any loving relationship with Him.

Says Nanak, the whole world is totally false; it is like a dream in the night.

O mortal, why are you engrossed in corruption?

No one is allowed to remain in this world; one comes, and another departs.

Who has a body? Who has wealth and property? With whom should we fall in love?
Whatever is seen, shall all disappear, like the shade of a passing cloud. ||1||

Abandon egotism, and grasp the Sanctuary of the Saints; you shall be liberated in an instant.

O servant Nanak, without meditating and vibrating on the Lord God, there is no peace, even in dreams. ||2||2||

Intoxicated with Maya and its riches, involved in corrupt pleasures, you have not sought the Sanctuary of the Lord. ||1||Pause||

This whole world is just a dream; why does seeing it fill you with greed?

Everything that has been created will be destroyed; nothing will remain. ||1||
ਮਿਥਾ ਤਨੁ ਸਾਚੋ ਕਿਰ ਮਾਿਨਓ ਇਹ ਿਬਿਧ ਆਪੁ ਬੰਧਾਵੈ ॥

ਮਿਥੀਆ ਤਨ ਸਾਚੋ ਕਿਰ ਮਾਿਨੋ ਇਹ ਿਬਿਧ ਆਪੁ ਬੰਧਾਵੈ ॥

You see this false body as true; in this way, you have placed yourself in bondage.

ਜਨ ਨਾਨਕ ਸੋੁ ਜਨ ਮੁਕਤਾ ਰਾਮ ਭਜਨ ਚਿਤ ਲਾਵੈ ॥੨॥੩॥

O servant Nanak, he is a liberated being, whose consciousness lovingly vibrates, and meditates on the Lord. ||2||3||

ਮਾਂਕੇ ਭਾਲੁ ॥

Jan naanak so-oo jan muktaa raam bhajan chit laavai. ||2||3||

In my mind, I never sang the Glorious Praises of the Lord.

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ਬਿਖਾਸਕਤ ਰਿਹਓ ਿਨਿਸ ਬਾਸੁਰ ਕੀਨੋ ਅਪਨੋ ਭਾਇਓ ॥੧॥

ਬਿਖਾਸਕਤ ਰਿਹਓ ਿਨਿਸ ਬਾਸੁਰ ਕੀਨੋ ਅਪਨੋ ਭਾਇਓ ॥

I remained under the influence of corruption, night and day; I did whatever I pleased. ||1||Pause||

ਗੁਰ ਉਪਦੇਸੁ ਸੁਿਨਓ ਨਿਹ ਕਾਨਿਨ ਪਰ ਦਾਰਾ ਲਪਟਾਓ ॥

ਗੁਰ ਉਪਦੇਸੁ ਸੁਿਨਓ ਨਿਹ ਕਾਨਿਨ ਪਰ ਦਾਰਾ ਲਪਟਾਓ ॥

I never listened to the Guru's Teachings; I was entangled with others' spouses.

ਪਰ ਨਿੰਦਾ ਕਾਰਨੀ ਬਹੁ ਧਾਵਤ ਸਮਝਓ ਨਹ ਸਮਝਾਇਓ ॥੧॥

ਪਰ ਨਿੰਦਾ ਕਾਰਨੀ ਬਹੁ ਧਾਵਤ ਸਮਝਓ ਨਹ ਸਮਝਾਇਓ ॥

I ran all around slandering others; I was taught, but I never learned. ||1||

ਬਗਨ ਬਹੁ ਮੈ ਅਪਨੀ ਕਰਨੀ ਜਗ ਿਬਿਧ ਜਨਮਾ ਗਵਾਇਓ ॥

ਬਗਨ ਬਹੁ ਮੈ ਅਪਨੀ ਕਰਨੀ ਜਗ ਿਬਿਧ ਜਨਮਾ ਗਵਾਇਓ ॥

I wasted my life.
kahi naanak sabh a-ugan mo meh raakh layho sarnaa-i-o. ||2||4||3||13||139||4||159||

Says Nanak, I am totally filled with faults. I have come to Your Sanctuary - please save me, O Lord! ||2||4||3||13||139||4||159||

ik-oNkaar sat naam kartaa purakh nirbha-o nirvair aakaal moorat ajoonee saibhaN gur parsaaad.


raam jaijaavantee mehlaa 9.
Raag Jaijaavantee, Ninth Mehl:

raam simar raam simar ihai tayrai kaaj hai.
Meditate in remembrance on the Lord - meditate on the Lord; this alone shall be of use to you.

maa-i-aa ko sang ti-aag parabh joo kee saran laag.
Abandon your association with Maya, and take shelter in the Sanctuary of God.

jagat sukh maan mithi-aa jhootho sabh saaj hai. ||1|| raha-o.
Remember that the pleasures of the world are false; this whole show is just an illusion.

supnay ji-o Dhan pachhaan kaahay par karat maan.
You must understand that this wealth is just a dream. Why are you so proud?
The empires of the earth are like walls of sand.

Servant Nanak speaks the Truth: your body shall perish and pass away.

Moment by moment, yesterday passed. Today is passing as well.

Meditate on the Lord - vibrate on the Lord; your life is slipping away.

Why am I telling you this again and again? You fool - why don't you understand?

Your body is like a hail-stone; it melts away in no time at all.

So give up all your doubts, and utter the Naam, the Name of the Lord.
At the very last moment, this alone shall go along with you. ||1||

Forget the poisonous sins of corruption, and enshrine the Praises of God in your heart.

Servant Nanak proclaims that this opportunity is slipping away. ||2||2||

You obtained this human life, but you have not remembered the Lord in meditation, even for an instant.
ਦਾਰਾ ਸੁਖ ਭਇਓ ਦੀਨੁ ਪਗਹੁ ਪਰੀ ਬੇਰੀ ॥੧॥
For the sake of pleasure, you have become subservient to your woman, and now your feet
are bound. ॥1॥

ਸੁਨ ਤਾ ਖਿਆ ਹੁਣਵੀ ਸਥਤੇ ਸਿਹੁ ਲਗ ਭਾਗਵੁ ॥
naanak jan kahi pukaar supnai ji-o jag pasaar.
Servant Nanak proclaims that the vast expanse of this world is just a dream.

ਜੈਜਾਵੰਤੀ ਮਹਲਾ ੯ ॥
jaijaavantee mehlaa 9.
Jaijaavantee, Ninth Mehl:

ਬੀਤ ਜਾਈ ਬੀਤ ਜਾਈ ਜਨਮੁ ਅਕਾਜੁ ਰੇ ॥
beet jaihai beet jaihai janam akaaj ray.
Slipping away - your life is uselessly slipping away.

ਨਿਸ ਿਦਨੁ ਸੁਿਨ ਕਈ ਪੁਰਾਨ ਸਮਝਤ ਨਹ ਰੇ ਅਜਾਨ ॥
nis din sun sun kai puraan samjhat nah ray ajaan.
Night and day, you listen to the Puraananas, but you do not understand them, you ignorant
fool!

ਅਸਿਥਰੁ ਜੋ ਮਾਿਨਓ ਦੇਹ ਸੋ ਤਉ ਤੇਰਉ ਹੋਇ ਹੈ ਖੇਹ ॥
asthir jo maani-o dayh so ta-o tayra-o ho-ay hai khayh.
You believed that this body was permanent, but it shall turn to dust.
किउ न हरि को नाम लेहि मूरख निलाज रे। ||1||

Why don't you chant the Name of the Lord, you shameless fool? ||1||

राम भगत हीए आनी छाड दे तै मन को मान।
Let devotional worship of the Lord enter into your heart, and abandon the intellectualism of your mind.

नानक जन इह बखान जग महि बिराज रे। ||2||4||

O Servant Nanak, this is the way to live in the world. ||2||4||

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96 मोहल 96 सतिगुर परसाद।
One Universal Creator God. By The Grace Of The True Guru:

शालोक महला 9।
Shalok, Ninth Mehl:

गुन गोबिंद गाईओ नही जनमु अकारथ कीनु।
If you do not sing the Praises of the Lord, your life is rendered useless.

कहु नानक हिर भजु मना जिह बिध जल कउ मीनु। ||1||
Says Nanak, meditate, vibrate upon the Lord; immerse your mind in Him, like the fish in the water. ||1||

Why are you engrossed in sin and corruption? You are not detached, even for a moment!
कहु नानक भजु हिर मना परै न जम की फास ॥२॥
Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death. ||2||

उचरणे दिनदी दीनि दीनि भव उठु नीदि ॥
Your youth has passed away like this, and old age has overtaken your body.

तरनापो इउ ही सइओ लीओ जरा तनु जीत ॥
Your youth has passed away like this, and old age has overtaken your body.

कहु नानक भजु हिर मना अउध जातु है बीित ॥३॥
Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away! ||3||

िविधभ भइो सूझै नही कालु पहूिचो आिन ॥
You have become old, and you do not understand that death is overtaking you.

कहु नानक नर बावरे िकउ न भजै भगवानु ॥४॥
Says Nanak, you are insane! Why do you not remember and meditate on God? ||4||

पितत उधारन भै हरन हिर अनाथ के  नाथ ॥
He is the Saving Grace of sinners, the Destroyer of fear, the Master of the masterless.
Says Nanak, realize and know Him, who is always with you. ||6||

He has given you your body and wealth, but you are not in love with Him.

Says Nanak, you are insane! Why do you now shake and tremble so helplessly? ||7||

He has given you your body, wealth, property, peace and beautiful mansions.

The Lord is the Giver of all peace and comfort. There is no other at all.

Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend.
कहू नानक सुनू रे मना अउध घटत है नीत ॥१०॥

kaho naanak sun ray manaa a-Odh ghatat hai neet. ||10||

Says Nanak, listen, mind: your life is passing away! ||10||

पंच घट मे उठ लिङह तन हू घटु समत ॥

paanCh ghat me uth liNgh tan hoo ghatu samat.||

Your body is made up of the five elements; you are clever and wise - know this well.

जिह ते उपजिओ नानका लीन ताहि मै मान ॥११॥

jih tay upji-o naankaa leen taahi mai maan. ||11||

Believe it - you shall merge once again into the One, O Nanak, from whom you originated. ||11||

घट घट मे उदह नू घनी मंदत लिङह पुकार ॥

ghat ghat me uDha Noo ghanee mandat liNgh pukaaar. ||

The Dear Lord abides in each and every heart; the Saints proclaim this as true.

बुध तरध दिव भसु भरु भटु लिङह दुहतु भरु ॥१२॥

budh tarar div bhau basu bharu bharu liNgh duhatu bharu. ||12||

Says Nanak, meditate and vibrate upon Him, and you shall cross over the terrifying world-ocean. ||12||

सुखु दुखु जिह परसै नही लोभु मोहु अिभमानु ॥

sukhu dukhu jiNgh parai nahee lobhu mohu abhimamanu. ||

One who is not touched by pleasure or pain, greed, emotional attachment and egotistical pride -

बुध तरध महु रे महु मूर्तिभ भगवान ॥१३॥

budh tarar mahu re mahu moorati bhagvaan. ||13||

Says Nanak, listen, mind: he is the very image of God. ||13||

उसत निदिश्न ताहि जिह हंसकल लोह अभिमान ॥

ustat nidi-aa taahi jiNgh hanskal loh abhimaan. ||

One who is beyond praise and slander, who looks upon gold and iron alike -
kaho naanak sun ray manaa mukat taahi tai jaan. ||14||
says Nanak, listen, mind: know that such a person is liberated. ||14||

harakh sog jaa kai nahee bairee meetaa samen.
One who is not affected by pleasure or pain, who looks upon friend and enemy alike -

kaho naanak sun ray manaa mukat taahi tai jaan. ||15||
says Nanak, listen, mind: know that such a person is liberated. ||15||
bhai kaahoo ka-o dayt neh neh bhai maanat aan.
One who does not frighten anyone, and who is not afraid of anyone else -

kaho naanak sun ray manaa gii-aanee taahi bakhaaun. ||16||
says Nanak, listen, mind: call him spiritually wise. ||16||
jihi bikhi-aa saglee tajee lee-o bhaiyk bahraag.
One who has forsaken all sin and corruption, who wears the robes of neutral detachment -

kaho naanak sun ray manaa tih nar maathai bhaaag. ||17||
says Nanak, listen, mind: good destiny is written on his forehead. ||17||
jihi maa-i-aa mamtaa tajee sabh tay bha-i-o udaas.
One who renounces Maya and possessiveness and is detached from everything -
कहु नानक सुनु रे मना तिह घट ब्रह्म निवासु ॥१८॥
kaho naanak sun ray manaa tih ghat barahm nivaas. ||18||
says Nanak, listen, mind: God abides in his heart. ||18||

सिहिं पूरी उठिं उसी वहुध सम्भ बदगति ॥
jihi paraanee ha-umai tajee kartaa raam pachhaan.
That mortal, who forsakes egotism, and realizes the Creator Lord -

जिहिं परानी हौमै तजी करता रामु पच्चानि ॥

That mortal, who forsakes egotism, and realizes the Creator Lord -

कहु जिह रामु वहु मुकीत नरु इह मन साची मानु ॥१९॥
kaho naanak vahu mukat nar ih man saachee maan. ||19||
says Nanak, that person is liberated; O mind, know this as true. ||19||

बै नासन दुरमित हरन किल मै हिर को नामु ॥

In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness.

निस दिन जो नानक भजै सफल होिह ितह काम ॥२०॥
nis din jo naanak bhajai safal hohi tih kaam. ||20||
Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition. ||20||

जिहबा गुन गोबींद भजहु करन सुनहु हिर नामु ॥

Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name.

वै नानक सुिन रे मना परह न जम कै धाम ॥२१॥

Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition. ||20||

वै नानक ममता तजै लोभ मोह अहंकार ॥

That mortal who renounces possessiveness, greed, emotional attachment and egotism -
kaho naanak aapan tarai a-uran layt uDhaar. ||22||
says Nanak, he himself is saved, and he saves many others as well. ||22||

Like a dream and a show, so is this world, you must know.

None of this is true, O Nanak, without God. ||23||

Night and day, for the sake of Maya, the mortal wanders constantly.

Among millions, O Nanak, there is scarcely anyone, who keeps the Lord in his consciousness. ||24||

As the bubbles in the water well up and disappear again,

so is the universe created; says Nanak, listen, O my friend! ||25||

The mortal does not remember the Lord, even for a moment; he is blinded by the wine of Maya.
Says Nanak, without meditating on the Lord, he is caught by the noose of Death. ||26||

If you yearn for eternal peace, then seek the Sanctuary of the Lord.

Says Nanak, listen, mind: this human body is difficult to obtain. ||27||

For the sake of Maya, the fools and ignorant people run all around.

Says Nanak, without meditating on the Lord, life passes away uselessly. ||28||

That mortal who meditates and vibrates upon the Lord night and day - know him to be the embodiment of the Lord.

There is no difference between the Lord and the humble servant of the Lord; O Nanak, know this as true. ||29||

The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe.
कहु नानक बिनु हरि भजन जीवन कउने काम ॥३०॥

Says Nanak, without meditating on the Lord, what is the use of this human life? ||30||

परानी रामु न चेतई मद माइआ कैंधु ॥

The mortal does not think of the Lord; he is blinded by the wine of Maya.

कहु नानक हिर भजन बिनु परत ताहि जम फंध ॥३१॥

Says Nanak, without meditating on the Lord, he is caught in the noose of Death. ||31||

सुख मै बहु संगी भए दुख मै संग न कोइ ॥

In good times, there are many companions around, but in bad times, there is no one at all.

कहु नानक हिर बजु मना अंति सहाई होइ ॥३२॥

Says Nanak, vibrate, and meditate on the Lord; He shall be your only Help and Support in the end. ||32||

जतन बहुत मैं किर रहिओ मिटिए बासू ॥

I have tried so many things, but the pride of my mind has not been dispelled.
ਦੁਰਮਿਤ ਿਸਉ ਨਾਨਕ ਫਿਧੇ ਿਖ਼ਾਹੁ ਭਗਵਾਨ ॥੩੪॥

durmat si-o naanak faDhi-o raakh layho bhagvaan. ||34||
I am engrossed in evil-mindedness, Nanak. O God, please save me! ||34||

ਵਾਲ ਜੁਆਨੀ ਅਰ ਿਬਰਿਧ ਫੁਿਨ ਤੀਿਨ ਅਵਸਥਾ ਜਾਣੀ॥

baal ju-aanee ar biraDh fun teen avasthaa jaan.
Childhood, youth and old age - know these as the three stages of life.

ਕਹੁ ਨਾਨਕ ਹਿਰ ਿਬਨੁ ਿਬਰਥਾ ਸਭ ਹੀ ਮਾਨੁ ॥੩੫॥

kaho naanak har bhajan bin birthaa sabh hee maan. ||35||
Says Nanak, without meditating on the Lord, everything is useless; you must appreciate this. ||35||

ਕਰਣੋ ਹੁਤੋ ਸੁ ਨਾ ਕੀਓ ਿਪਾਰੋ ਿਲੋਭ ਕੈ ਫੰਧ ॥

karno huto so naa kee-o pari-o lobo kai fanDh.
You have not done what you should have done; you are entangled in the web of greed.

ਨਾਨਕ ਸਿਮਓ ਰਿਮ ਗਇਓ ਅਵ ਿਕਉ ਿਵਾਤ ਅੰਧ ॥੩੬॥

naanak sami-o ram ga-i-o ab ki-o rovat anDh. ||36||
Nanak, your time is past and gone; why are you crying now, you blind fool? ||36||

ਮਨੁ ਮਾਇਆ ਮੈ ਿਰੀ ਿਰਹਾਓ ਨਿਕਸਤ ਨਾਿਹਨ ਮੀਤ ॥

man maa-i-aa mai ram raahi-o niksat naahin meet.
The mind is absorbed in Maya - it cannot escape it, my friend.

ਨਾਨਕ ਮੂਰਿਤ ਿਚਤਰ੍ ਿਜਉ ਛਾਿडਤ ਨਾਿਹਨ ਿਬੀਤ ॥੩੭॥

naanak moorat chitar ji-o chhaadit naahin bheet. ||37||
Nanak, it is like a picture painted on the wall - it cannot leave it. ||37||

ਨਾਨਕ ਚਾਹਤ ਕਛੁ ਅਉਰ ਅਉਰੈ ਕੀ ਅਉਰੈ ਬਿਤੀ ॥

nar chaahat kachh a-or a-urai kee a-urai bha-ee.
The man wishes for something, but something different happens.
He plots to deceive others, O Nanak, but he places the noose around his own neck instead. ||38||

People make all sorts of efforts to find peace and pleasure, but no one tries to earn pain.

Says Nanak, listen, mind: whatever pleases God comes to pass. ||39||

The world wanders around begging, but the Lord is the Giver of all.

Says Nanak, meditate in remembrance on Him, and all your works will be successful. ||40||

Why do you take such false pride in yourself? You must know that the world is just a dream.

None of this is yours; Nanak proclaims this truth. ||41||

You are so proud of your body; it shall perish in an instant, my friend.
ਿਜਿਹ ਪਰ੍ਾਨੀ ਹਿਰ ਜਸੁ ਕਹੀ ਨਾਨਕ ਤਿਹੀ ਜੀਤ ॥੪੨॥
That mortal who chants the Praises of the Lord, O Nanak, conquers the world. ||42||

ਿਜਿਹ ਘਿਟ ਿਸਮਰਨੁ ਰਾਮ ਕੋ ਸੌ ਨਰ ਮੁਕਤਾ ਜਾਤੁ ॥
jih ghat simran raam ko so nar muktaa jaat. That person, who meditates in remembrance on the Lord in his heart, is liberated - know this well.

ਿਤਿਹ ਨਰ ਹਿਰ ਅੰਤਰੁ ਨਹੀ ਨਾਨਕ ਸਾਚੀ ਮਾਨੁ ॥੪੩॥
There is no difference between that person and the Lord: O Nanak, accept this as the Truth. ||43||

ਏਕ ਭਗਿਤ ਭਗਵਾਨ ਿਜਹ ਪਰ੍ਾਨੀ ਕੈ ਨਾਹ ਮਿਨ ॥
That person, who does not feel devotion to God in his mind -

ਜੈਸੇ ਸੂਕਰ ਸੁਆਨ ਨਾਨਕ ਮਾਨੋ ਤਤਤ ਤਨੁ ॥੪੪॥
O Nanak, know that his body is like that of a pig, or a dog. ||44||

ਤੀਰਥ ਬਰਤ ਅਰੁ ਦਾਨ ਕਿਰ ਮਨ ਮੈ ਧਰੈ ਗੁਮਾਨੁ ॥
Those who make pilgrimages to sacred shrines, observe ritualistic fasts and make donations to charity while still taking pride in their minds -
O Nanak, their actions are useless, like the elephant, who takes a bath, and then rolls in the dust. ||46||

The head shakes, the feet stagger, and the eyes become dull and weak.

Says Nanak, this is your condition. And even now, you have not savored the sublime essence of the Lord. ||47||

I had looked upon the world as my own, but no one belongs to anyone else.

O Nanak, only devotional worship of the Lord is permanent; enshrine this in your mind. ||48||

The world and its affairs are totally false; know this well, my friend.

Says Nanak, it is like a wall of sand; it shall not endure. ||49||
रामु गइओ रावनु गइओ जा कउ बहु परवार।
Raam Chand passed away, as did Raawan, even though he had lots of relatives.

Says Nanak, nothing lasts forever; the world is like a dream. ||50||

People become anxious, when something unexpected happens.

This is the way of the world, O Nanak; nothing is stable or permanent. ||51||

Whatever has been created shall be destroyed; everyone shall perish, today or tomorrow.

O Nanak, sing the Glorious Praises of the Lord, and give up all other entanglements. ||52||

My strength is exhausted, and I am in bondage; I cannot do anything at all.
Says Nanak, now, the Lord is my Support; He will help me, as He did the elephant. ||53||

My strength has been restored, and my bonds have been broken; now, I can do everything.

Nanak: everything is in Your hands, Lord; You are my Helper and Support. ||54||

My associates and companions have all deserted me; no one remains with me.

Says Nanak, in this tragedy, the Lord alone is my Support. ||55||

The Naam remains; the Holy Saints remain; the Guru, the Lord of the Universe, remains.

Says Nanak, how rare are those who chant the Guru's Mantra in this world. ||56||

I have enshrined the Lord's Name within my heart; there is nothing equal to it.
Meditating in remembrance on it, my troubles are taken away; I have received the Blessed Vision of Your Darshan.