One Universal Creator God. By The Grace Of The True Guru:
I offer my salutation to the One who is true, infinite and incomparably beautiful.
I cut off my head, and offer it to Him; I dedicate my body and mind to Him.
I pray that you will answer us truthfully; we are a sacrifice to the humble Saints.
We pray that you will answer us truthfully; we are a sacrifice to the humble Saints.
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.
I sit in the posture of the eternal, imperishable Lord. These are the Teachings I have received from the Guru.
As Gurmukh, I have come to understand and realize myself; I merge in the Truest of the True.

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

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

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

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

agam agochar daykh dikhaa-ay naanak ta a aad aar.
sees and inspires others to see the inaccessible, unfathomable Lord. Nanak is his slave.

We bathe at sacred shrines of pilgrimage, and obtain the fruits of peace; not even an iota of filth sticks to us.
Luhaareepaa, the disciple of Gorakh says, this is the Way of Yoga."

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

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

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

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

Let the body be your meditation mat, and the mind your loin cloth.
sat santokh sanjam hai naal.
Let truth, contentment and self-discipline be your companions.

"Who is hidden? Who is liberated?
Who is united, inwardly and outwardly?
Who comes, and who goes?
Who is permeating and pervading the three worlds?"

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

antar baahar sabad so jugtaa.
Through the Word of the Shabad, one is united, inwardly and outwardly.

manmukh binsai aaavai jaa-ay.
The self-willed manmukh perishes, and comes and goes.

naanak gurmu saach samaa-ay. ||13||
O Nanak, the Gurmukh merges in Truth. ||13||

"How is one placed in bondage, and consumed by the serpent of Maya?
How does one lose, and how does one gain?
How does one become immaculate and pure? How is the darkness of ignorance removed?
One who understands this essence of reality is our Guru."||14||

Meeting the True Guru, darkness is dispelled.
O Nanak, eradicating egotism, one merges in the Lord.

Focused deep within, in perfect absorption,

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

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

O Nanak, as Gurmukh, I carry others across.

How have you changed the course of your life?

How have you subdued your hopes and desires?
Without teeth, how can you eat iron?

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

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

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

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

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

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

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

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

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

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.

One who reveals the meaning of this Shabad is the Guru, who has no greed at all.
How can one find the essence of the unmanifest reality? How does one become Gurmukh, and enshrine love for the Lord?

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

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

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

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

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

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

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

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

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

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

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

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

They look into the homes of others, and lose.

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

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

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

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

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

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

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

The Gurmukh sings the immaculate, Glorious Praises of the Lord.
The Gurmukh attains the supreme, sanctified status.

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

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

The Gurmukh is pleasing to the True Guru, the Gurmukh is carried across.

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

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

The Gurmukh attains the unseen and infinite Lord.

The Gurmukh finds the door of liberation.

The Gurmukh speaks the unspoken wisdom.

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

The Gurmukh lovingly meditates deep within.

The Gurmukh obtains the Shabad, and righteous conduct.

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

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

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

There, he set in motion the play of creation and destruction.
One who is filled with the Word of the Guru's Shabad enshrines love for the Lord.

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

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

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

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

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

The Gurmukh knows the ways of truth and untruth.

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

O Nanak, the Gurmukh is emancipated through the Shabad.

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

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

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

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

Attuned to the Naam, they understand the three worlds.

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

Attuned to the Naam, they attain Sidh Gosht - conversation with the Siddhas.
naam raṭay sadaa taap ho-ay.
Attuned to the Naam, they practice intense meditation forever.

naam raṭay sach karsee saar.
Attuned to the Naam, they live the true and excellent lifestyle.

Attuned to the Naam, they practice intense meditation forever.

Without the Name, all that is spoken is useless.

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

The Way of Yoga is to remain absorbed in Truth.

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

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

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

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

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

The Gurmukh intuitively recognizes the value of this jewel.

The Gurmukh practices Truth in action.

The mind of the Gurmukh is pleased with the True Lord.

The Gurmukh sees the unseen, when it pleases the Lord.

O Nanak, the Gurmukh does not have to endure punishment.
The Gurmukh is blessed with the Name, charity and purification.

The Gurmukh centers his meditation on the celestial Lord.

The Gurmukh obtains honor in the Court of the Lord.

The Gurmukh does good deeds, an inspires others to do so.

The Gurmukh unites in the Lord's Union.

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

The Gurmukh knows the secrets of each and every heart.

The Gurmukh eliminates hate and envy.

The Gurmukh erases all accounting.

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

O Nanak, the Gurmukh unites in the Lord's Union. ||36||

O Nanak, the Gurmukh unites the Lord's Union. ||36||

The Gurmukh is satisfied, and eats poison.

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

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

Without the Guru, one's work is useless.

Without the Guru, the mind is totally unsteady.

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

Without the Guru, one wanders, coming and going in reincarnation.
One who meets the Guru is carried across.

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

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

The Gurmukh is never defeated.

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

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

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

the Gurmukh understands the secret revealed by Babheekhan.

The Gurmukh carries even stones across the ocean.

The Gurmukh saves millions of people.

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

The Gurmukh is honored in the Court of the Lord.

The Gurmukh distinguishes the true from the false.

The Gurmukh focuses his meditation on the celestial Lord.
In the Court of the Lord, the Gurmukh is absorbed in His Praises.

O Nanak, the Gurmukh is not bound by bonds.

The Gurmukh obtains the Name of the Immaculate Lord.

Through the Shabad, the Gurmukh burns away his ego.

The Gurmukh sings the Glorious Praises of the True Lord.

The Gurmukh remains absorbed in the True Lord.

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

O Nanak, the Gurmukh understands all the worlds.

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

Who is your guru? Whose disciple are you?

What is that speech, by which you remain unattached?

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

Give us your opinion on what we have said.

How can the Shabad carry us across the terrifying world-ocean?

From the air came the beginning. This is the age of the True Guru's Teachings.

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

Speaking the Unspoken Speech, I remain unattached.
O Nanak, throughout the ages, the Lord of the World is my Guru.

I contemplate the sermon of the Shabad, the Word of the One God.

The Gurmukh puts out the fire of egotism.

I contemplate the sermon of the Shabad, the Word of the One God.

What is that food, which takes away pride?

Who should we know to be pervading here and there?

Eradicating egotism and individualism from within, and erasing duality, the mortal becomes one with God.

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

practicing the Shabad, one chews iron.

Know the One Lord, inside and out.

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

realize that He is One, and contemplate the Shabad.
sabad vasai sach anatar hee-aa.
With the True Shabad abiding deep within the heart,

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

kaam krodh bikh aghan nivaaray.
The fire of sexual desire, anger and corruption is quenched.

naanak nagree nagar pi-aaray. ||47||
O Nanak, the Beloved bestows His Glance of Grace. ||47||

kavan mukh sooraj tapai tapaa-i-aa.
How does the sun blaze so brilliantly?

kavan buDh gurmukh pat rahai.
By what understanding is the honor of the Gurmukh preserved?

bolai banee naanak beechaarai. ||48||
Give us your thoughtful reply, O Nanak.||48||

sabat bhaakhat saas jot apaaraa.
Giving voice to the Shabad, the moon of the mind is illuminated with infinity.

sas ghar soor vasai mitai anDhi-aaraa.
When the sun dwells in the house of the moon, the darkness is dispelled.

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.

aapay paar utaaranchaaraa.
He Himself saves, and carries us across.

gur parchai man saach samaa-ay.
With faith in the Guru, the mind merges in Truth,

par vaat naanak kaal na kbaa-ay. ||49||
and then, prays Nanak, one is not consumed by Death. ||49||

naam tat saabh hee sir jaapai.
The essence of the Naam, the Name of the Lord, is known to be the most exalted and excellent of all.
Without the Name, one is afflicted by pain and death.

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

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

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

Everyone speaks of the Absolute Lord, the unmanifest void.

Who are they, who are attuned to this absolute void?

They are like the Lord, from whom they originated.

They are not born, they do not die; they do not come and go.

O Nanak, the Gurmukhs instruct their minds.
By practicing control over the nine gates, one attains perfect control over the Tenth Gate.

There, the unstruck sound current of the absolute Lord vibrates and resounds.

Behold the True Lord ever-present, and merge with Him.

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

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

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

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

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

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

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

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

Without the Shabad, no one has any credit or honor.
"How can one obtain understanding and cross over?"

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

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

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

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

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

"One who possesses the merchandise, the wealth of the True Name, crosses over, and carries others across with him as well."

"One who intuitively understands, and is attuned to the Lord, is honored."

"Wherever I look, I see the Lord permeating and pervading."

"Where is the Shabad said to dwell? What will carry us across the terrifying world-ocean?"

"Speaking and playing, how can one be stable and steady? How can the unseen be seen?"
Listen, O master; Nanak prays truly. Instruct your own mind.

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

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

The Gurmukh speaks and churns the essence of reality, and realizes the unseen, infinite Lord.
The air is said to be the soul of the mind. But what does the air feed on?

What is the occupation of the Siddha?

What is the way of the spiritual teacher, and the reclusive hermit? What is the essence does not come, O hermit, and the thirst of egotism does not depart.

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

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

What is that wisdom, by which one remains steady and stable? What food brings satisfaction?
Worshipping the True Lord in adoration, the Gurmukh crosses over the river of life.

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

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.

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

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

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

Hunger for the True Lord shall consume your pain, and through the True Lord, you shall be satisfied.
When there was no support of the navel lotus, then in which home did the breath reside?

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

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

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

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.

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

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

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

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

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

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

His body and mind become immaculate, through the Immaculate Bani of the Word. He remains absorbed in Truth.
Through the Naam, the Name of the Lord, he remains detached; he enshrines the True Name in his heart.

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

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

The Gurmukh realizes the Way of Yoga.

Without serving the True Guru, Yoga is not attained;
Without meeting the True Guru, no one is liberated.
Without meeting the True Guru, the Naam cannot be found.
Without meeting the True Guru, one suffers in terrible pain.
Without meeting the True Guru, there is only the deep darkness of egotistical pride.

The Gurmukh conquers his mind by subduing his ego.

The Gurmukh conquers the world; he knocks down the Messenger of Death, and kills it.
The Gurmukh does not lose in the Court of the Lord.

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

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

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

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

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

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

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

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

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

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