If you do not sing the Praises of the Lord, your life is rendered useless.

If you do not sing the Praises of the Lord, your life is rendered useless.

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!

Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death. ||2||

Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away! ||3||

You have become old, and you do not understand that death is overtaking you.

Says Nanak, you are insane! Why do you not remember and meditate on God? ||4||

He is the Saving Grace of sinners, the Destroyer of fear, the Master of the masterless.

Says Nanak, you are insane! Why do you now shake and tremble so helplessly? ||5||

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

Says Nanak, you are insane! Why do you now shake and tremble so helplessly? ||5||

He has given you your body, wealth, property, peace and beautiful mansions. ||5||
**Says Nanak, listen, mind:** why don't you remember the Lord in meditation? ||8||

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

Says Nanak, listen, mind: why don't you remember the Lord in meditation? ||8||

Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend. ||10||

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

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

One who looks upon friend and enemy alike

One who does not frighten anyone, and who is not afraid of anyone else
Nanak, listen, mind: call him spiritually wise.

One who has forsaken all sin and corruption, who wears the robes of neutral detachment

Nanak, listen, mind: good destiny is written on his forehead.

One who renounces Maya and possessiveness and is detached from everything

Nanak, listen, mind: God abides in his heart.

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

That person is liberated; O mind, know this as true.

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

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

Says Nanak, listen, mind: you shall not have to go to the house of Death.

That mortal who renounces possessiveness, greed, emotional attachment and egotism

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

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.

The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe.

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

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

The mortal is caught in the noose of Death. ||31||

In good times, there are many companions around, but in bad times, there is no one at all.
Says Nanak, vibrate, and meditate on the Lord; He shall be your only Help and Support in the end.

Mortals wander lost and confused through countless lifetimes; their fear of death is never removed.

Says Nanak, vibrate and meditate on the Lord, and you shall dwell in the Fearless Lord.

Mortals wander lost and confused through countless lifetimes; their fear of death is never removed.

Says Nanak, without meditating on the Lord, everything is useless; you must appreciate this.

You have not done what you should have done; you are entangled in the web of greed.

Nanak, your time is past and gone; why are you crying now, you blind fool?

The mind is absorbed in Maya - it cannot escape it, my friend.

Nanak, it is like a picture painted on the wall - it cannot leave it.

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.

The world wanders around begging, but the Lord is the Giver of all.
Nanak says, meditate in remembrance on Him, and all your works will be successful.

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.

That person, who meditates in remembrance on the Lord in his heart, is liberated - know this well.

That person, who does not feel devotion to God in his mind

O Nanak, know that his body is like that of a pig, or a dog.

A dog never abandons the home of his master.

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.

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

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.

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

People become anxious, when something unexpected happens.

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

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

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

My associates and companions have all deserted me; no one remains with me.
kaho naanak ih bipat mai tayk ayk raghunath. ||55||

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

naam rahi-o saaDhoo rahi-o rahi-o gur gobind.
The Naam remains; the Holy Saints remain; the Guru, the Lord of the Universe, remains.

kaho naanak ih jagat mai kin japi-o gur mant. ||56||

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

raam naam ur mai gahi-o jaa kai sam nahee ko-ay.
I have enshrined the Lord’s Name within my heart; there is nothing equal to it.

jih simrat sankat mitai aras uhaaro ho-ay. ||57||1||
Meditating in remembrance on it, my troubles are taken away; I have received the Blessed Vision of Your Darshan. ||57||1||