

**TOTAL BANI OF NINTH PATSHAH
SRI GURU TEG BAHADUR JI
IN SRI GURU GRANTH SAHIB JI
AND ITS MEANINGS**

59 SHABAD IN 15 RAAG AND 57 SALOK OF 9TH MAHALLA

TOTAL BANI OF NINTH PATSHAH, SRI GURU TEG BAHADUR JI

Sr. No.	Raag	Total Shabad	Pages
1.	Gaurhi	9	1 to 9
2.	Aasaa	1	10
3.	Devghandhari	3	11 to 13
4.	Bihagrha	1	14
5.	Sorath	12	15 to 26
6.	Dhanasari	4	27 to 30
7.	Jaitsari	3	31 to 33
8.	Todi	1	34
9.	Tilang	3	35 to 37
10.	Bilawal	3	38 to 40
11.	Ramkali	3	41 to 43
12.	Maru	3	44 to 46
13.	Basant	5	47 to 51
14.	Sarang	4	52 to 55
15.	Jaijawanti	4	56 to 59
	Total Shabad	59	
16.	Salok of 9th Mahla	57	60 to 71
	TOTAL	116	

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Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Gaurhi Mehla 9

Shabad No. 1 : Raag Gaurhi : Page 219

Saadho man kaa maan tiaago

Kaam krodh sangat durjan kee taa tay ahinis bhaago. ||1|| Rahao

Meaning : Holy Saadhus: forsake the pride of your mind. Sexual desire, anger and the company of evil people - run away from them, day and night. ||1||Pause||

Sukh dukh dono sam kar jaanai aaur maan apmana

Harakh sog tay rahai ateeta tin jag tat pachhana ||1||

Meaning : One who knows that pain and pleasure are both the same, and honor and dishonor as well, who remains detached from joy and sorrow, realizes the true essence in the world. ||1||

Ustat nindaa do-oo ti-aagai khojai pad nirbaanaa

Jan naanak ih khayl kathan hai kinhoon gurmukh jaanaa ||2||1||

Meaning : 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||

Shabad No. 2 : Raag Gaurhi : Page 219

Saadho rachnaa raam banaa-ee

Ik binsai ik asthir maanai achraj lakhi-o na jaa-ee || 1 || rahaa-o

Meaning : 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||

Kaam krodh moh bas paraanee har moorat bisraa-ee

Jhoothaa tan saachaa kar maani-o ji-o supnaa rainaa-ee. || 1 ||

Meaning : 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||

Jo deesai so sagal binaasai ji-o baadar kee chhaa-ee

Jan naanak jag jaani-o mithi-aa rahi-o raam sarnaa-ee. || 2 || 2 ||

Meaning :- 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. ||2||2||

Shabad No. 3 : Raag Gaurhi : Page 219

Paraanee ka-o har jas man nahee aavai

Ahinis magan rahai maa-i-aa mai kaho kaisay gun gaavai. || 1 || rahaa-o

Meaning :- Gauree, Ninth Mehl: 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? ||1||Pause||

Poot meet maa-i-aa mamtaa si-o ih bidh aap bandhaavai

Marig tarisnaa ji-o jhootho ih jag daykh taas uth Dhaavai || 1 ||

Meaning :- 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. ||1||

Bhugat mukat kaa kaaran su-aamee moorh taahi bisraavai

Jan naanak kotan mai ko-oo bhajan raam ko paavai || 2 || 3 ||

Meaning :- 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. ||2||3||

Shabad No. 4 : Raag Gaurhi : Page 219

Saadho ih man gahi-o na jaa-ee

Chanchal tarisnaa sang basat hai yaa tay thir na rahaa-ee. || 1 || rahaa-o

Meaning :- Gauree, Ninth Mehl: Holy Saadhus: this mind cannot be restrained. Fickle desires dwell with it, and so it cannot remain steady. ||1||Pause||

Kathan karodh ghat hee kay bheetar jih sudh sabh bisraa-ee

Ratan gi-aan sabh ko hir leenaa taa si-o kachh na basaa-ee || 1 ||

Meaning :- 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. ||1||

Jogee jatan karat sabh haaray gunee rahay gun gaa-ee

Jan naanak har bha-ay da-i-aalaa ta-o sabh bidh ban aa-ee || 2 || 4 ||

Meaning:- 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. ||2||4||

Shabad No. 5 : Raag Gaurhi : Page 219

Saadho gobind kay gun gaava-o

Maanas janam amolak paa-i-o birthaa kaahi gavaava-o. || 1 || rahaa-o.

Meaning :- Gauree, Ninth Mehl: Holy Saadhus: sing the Glorious Praises of the Lord of the Universe. You have obtained the priceless jewel of this human life; why are you uselessly wasting it? ||1||Pause||

Patit puneet deen bandh har saran taahi tum aava-o

Gaj ko taraas miti-o jih simrat tum kaahay bisraava-o. || 1 ||

Meaning :- He is the Purifier of sinners, the Friend of the poor. Come, and enter the Lord's Sanctuary. Remembering Him, the elephant's fear was removed; so why do you forget Him? ||1||

Taj abhimaan moh maa-i-aa fun bhajan raam chit laava-o

Naanak kahat mukat panth ih gurmukh ho-ay tum paava-o. || 2 || 5 ||

Meaning :- Renounce your egotistical pride and your emotional attachment to Maya; focus your consciousness on the Lord's meditation. Says Nanak, this is the path to liberation. Become Gurmukh, and attain it. ||2||5||

Shabad No. 6 : Raag Gaurhi : Page 219

Ko-oo maa-ee bhooli-o man samjhaavai

Bayd puraana saadh mag sun kar nimakh na har gun gaavai. || 1 || rahaa-o.

Meaning :- Gauree, Ninth Mehl: 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||

Durlabh dayh paa-ay maanas kee birthaa janam siraavai

Maa-i-aa moh mahaa sankat ban taa si-o ruch upjaavai. || 1 ||

Meaning :- 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||

Antar baahar sadaa sang parabh taa si-o nayhu na laavai

Naanak mukat taahi tum maanhu jih ghat raam samaavai. || 2 || 6 ||

Meaning :- 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||

Shabad No. 7 : Raag Gaurhi : Page 220

Saadho raam saran bisraamaa

Bayd puraan parhay ko ih gun simray har ko naamaa. || 1 || rahaa-o.

Meaning :- 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||

Lobh moh maa-i-aa mamtaa fun a-o bikhi-an kee sayvaa

Harakh sog parsai jih naahan so moorat hai dayvaa. || 1 ||

Meaning :- 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||

Surag narak amrit bikh ay sabh ti-o kanchan ar paisa

Ustat nindaa ay sam jaa kai lobh moh fun taisaa. || 2 ||

Meaning :- Heaven and hell, ambrosial nectar and poison, gold and copper - these are all alike to them. Praise and slander are all the same to them, as are greed and attachment. ||2||

Dukh sukh ay baadhay jih naahan tih tum jaan-o gi-aanee

Naanak mukat taahi tum maan-o ih bidh ko jo paraanee. || 3 || 7 ||

Meaning :- They are not bound by pleasure and pain - know that they are truly wise. O Nanak, recognize those mortal beings as liberated, who live this way of life. ||3||7||

Shabad No. 8 : Raag Gaurhi : Page 220

Man ray kahaa bha-i-o tai ba-uraa

Ahinis a-odh ghatai nahee jaanai bha-i-o lobh sang ha-uraa. || 1 || rahaa-o.

Meaning :- O mind, why have you gone crazy? Don't you know that your life is decreasing, day and night? Your life is made worthless with greed. ||1||Pause||

Jo tan tai apno kar maani-o ar sundar garih naaree

In main kachh tayro ray naahan daykho soch bichaaree. || 1 ||

Meaning :- That body, which you believe to be your own, and your beautiful home and spouse - none of these is yours to keep. See this, reflect upon it and understand. ||1||

Ratan janam apno tai haari-o gobind gat nahee jaanee

Nimakh na leen bha-i-o charnan sin-o birthaa a-odh siraanee. || 2 ||

Meaning :- You have wasted the precious jewel of this human life; you do not know the Way of the Lord of the Universe. You have not been absorbed in the Lord's Feet, even for an instant. Your life has passed away in vain! ||2||

Kaho naanak so-ee nar sukhee-aa raam naam gun gaavai

A-or sagal jag maa-i-aa mohi-aa nirbhai pad nahee paavai. || 3 || 8 ||

Meaning :- Says Nanak, that man is happy, who sings the Glorious Praises of the Lord's Name. All the rest of the world is enticed by Maya; they do not obtain the state of fearless dignity. ||3||8||

Shabad No. 9 : Raag Gaurhi : Page 220

Nar achayt paap tay dar ray | |
Deen da-i-aal sagal bhai bhanjan saran taahi tum par ray. | | 1 | | rahaa-o.

Meaning :- You people are unconscious; you should be afraid of sin. Seek the Sanctuary of the Lord, Merciful to the meek, Destroyer of all fear. ||1||Pause|

Bayd puraan jaas gun gaavat taa ko naam hee-ai mo Dhar ray
Paavan naam jagat mai har ko simar simar kasmal sabh har ray. | | 1 | |

Meaning :- The Vedas and the Puraanas sing His Praises; enshrine His Name within your heart. Pure and sublime is the Name of the Lord in the world. Remembering it in meditation, all sinful mistakes shall be washed away. ||1||

Maanas dayh batur nah paavai kachhoo upaa-o mukat kaa kar ray
Naanak kahat gaa-ay karunaa mai bhav saagar kai paar utar ray.
| | 2 | | 9 | | 251 | |

Meaning :- 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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Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Aasaa Mehla 9

Shabad No. 10 : Raag Aasaa : Page 411

Ik-onkaar satgur parsaad raag aasaa mehlaa 9

Birthaa kaha-o ka-un si-o man kee.

Lobh garsi-o das hoo dis Dhaavat aasaa laagi-o Dhan kee. || 1 || rahaao.

Meaning :- One Universal Creator God. By The Grace Of The True Guru: 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. ||1||Pause||

Sukh kai hayt bahut dukh paavat sayv karat jan jan kee

Du-aareh du-aar su-aan ji-o dolat nah sudh raam bhajan kee. || 1 ||

Meaning :- 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. ||1||

Maanas janam akaarath khovat laaj na lok hasan kee

Naanak har jas ki-o nahee gaavat kumat binaasai tan kee. || 2 || 1 || 233 ||

Meaning :- 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? ||2||1||233||

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Raag Devgandhari Mehla 9

Shabad No. 11 : Raag Devgandhari : Page 536

Yeh man naik na kahi-o karai

Seekh sikhaa-ay rahi-o apnee see durmat tay na tarai. || 1 || rahaa-o.

Meaning :- This mind does not follow my advice one tiny bit. I am so tired of giving it instructions - it will not refrain from its evil-mindedness. ||1||Pause||

Mad maa-i-aa kai bha-i-o baavro har jas neh uchrai

Kar parpanch jagat ka-o dahkai apno udar bharai. || 1 ||

Meaning :- It has gone insane with the intoxication of Maya; it does not chant the Lord's Praise. Practicing deception, it tries to cheat the world, and so it fills its belly. ||1||

Su-aan poochh ji-o ho-ay na soodho kahi-o na kaan Dharai

Kaho naanak bhaj raam naam nit jaa tay kaaj sarai. || 2 || 1 ||

Meaning :- Like a dog's tail, it cannot be straightened; it will not listen to what I tell it. Says Nanak, vibrate forever the Name of the Lord, and all your affairs shall be adjusted. ||2||1||

Shabad No. 12 : Raag Devgandhari : Page 536

Sabh kichh jeevat ko bivhaar

Maat pitaa bhaa-ee sut bandhap ar fun garih kee naar. | | 1 | | rahaa-o

Meaning :- Raag Dayv-Gandhaaree, Ninth Mehl: All things are mere diversions of life: mother, father, siblings, children, relatives and the wife of your home. ||1||Pause||

Tan tay paraan hot jab ni-aaray tayrat parayt pukaar

Aadh gharee ko-oo neh raakhai ghar tay dayt nikaar. | | 1 | |

Meaning :- 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||

Marig tarisnaa ji-o jag rachnaa yeh daykhu ridai bichhaar

Kaho naanak bhaj raam naam nit jaa tay hot udhaar. | | 2 | | 2 | |

Meaning :- 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||

Shabad No. 13 : Raag Devgandhari : Page 536

Jagat mai jhoothee daykhee pareet

Apnay hee sukh si-o sabh laagay ki-aa daaraa ki-aa meet | | 1 | | rahaa-o

Meaning:- Raag Dayv-Gandhaaree, Ninth Mehl: In this world, I have seen love to be false. Whether they are spouses or friends, all are concerned only with their own happiness. ||1||Pause||

Mayra-o mayra-o sabhai kahat hai hit si-o baadhi-o cheet

Ant kaal sangee nah ko-oo ih achraj hai reet. | | 1 | |

Meaning :- All say, "Mine, mine", and attach their consciousness to you with love. But at the very last moment, none shall go along with you. How strange are the ways of the world! ||1||

Man moorakh ajhoo nah samjhat sikh dai haari-o neet

Naanak bha-ojal paar parai ja-o gaavai parabh kay geet. | | 2 | | 3 | | 6 | | 38 | | 47 | |

Meaning :- 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. ||2||3||6||38||47||

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**Ik-onkar Satgur Parsad
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**Raag Bihagrha Mehla 9
Shabad No. 14 : Raag Bihagrha : Page 537**

**Har kee gat neh ko-oo jaanai ||
Jogee jatee tapee pach haaray ar baho log si-aanay || 1 || rahaa-o.**

Meaning :- Raag Bihaagraa, Ninth Mehl: No one knows the state of the Lord. The Yogis, the celibates, the penitents, and all sorts of clever people have failed. ||1||Pause||

**Chhin meh raa-o rank ka-o kar-ee raa-o rank kar daaray
Reetay bharay bharay sakhnaavai yeh taa ko bivhaaray. || 1 ||**

Meaning :- In an instant, He changes the beggar into a king, and the king into a beggar. He fills what is empty, and empties what is full - such are His ways. ||1||

**Apnee maa-i-aa aap pasaaree aapeh daykhanhaaraa
Naanaa roop Dharay baho rangee sabh tay rahai ni-aaraa. || 2 ||**

Meaning :- He Himself spread out the expanse of His Maya, and He Himself beholds it. He assumes so many forms, and plays so many games, and yet, He remains detached from it all. ||2||

**Agnat apaar alakh niranjan jih sabh jag bharmaa-i-o
Sagal bharam taj naanak paraanee charan taahi chit laa-i-o. || 3 || 1 || 2 ||**

Meaning :- 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. ||3||1||2||

Ik-onkar Satgur Parsad
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Raag Sorath Mehla 9
Shabad No. 15 : Raag Sorath : Page 631

Ray man raam si-o kar pareet
Sarvan gobind gun sun-o ar gaa-o rasnaa geet. || 1 || rahaa-o.

Meaning :- One Universal Creator God. By The Grace Of The True Guru :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. ||1||Pause||

Kar saadhsangat simar maadho hohi patit puneet
Kaal bi-aal ji-o pari-o dolai mukh pasaaray meet. || 1 ||

Meaning :- 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. ||1||

Aaj kaal fun tohi garas hai samajh raakha-o cheet
Kahai naanak raam bhaj lai jaat a-osar beet. || 2 || 1 ||

Meaning :- 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! ||2||1||

Shabad No. 16 : Raag Sorath : Page 631

Man kee man hee maahi rahee

Naa har bhajay na tirath sayvay chotee kaal gahee. || 1 || rahaa-o.

Meaning :- The mind remains in the mind. He does not meditate on the Lord, nor does he perform service at sacred shrines, and so death seizes him by the hair. ||1||Pause||

Daaraa meet poot rath sampat Dhan pooran sabh mahee

Avar sagal mithi-aa ay jaan-o bhajan raam ko sahee. || 1 ||

Meaning :- Wife, friends, children, carriages, property, total wealth, the entire world- know that all of these things are false. The Lord's meditation alone is true. ||1||

Firat firat bahutay jug haari-o maanas dayh lahee

Naanak kahat milan kee baree-aa simrat kahaa nahee. || 2 || 2 ||

Meaning :- 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||

Shabad No. 17 : Raag Sorath : Page 631

Man ray ka-un kumat tai leenee

Par daaraa nindi-aa ras rachi-o raam bhagat neh keenee. || 1 || rahaa-o.

Meaning :- Sorat'h, Ninth Mehl: 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||

Mukat panth jaani-o tai naahan Dhan joran ka-o Dhaa-i-aa

Ant sang kaahoo nahee deenaa birthaa aap bandhaa-i-aa. || 1 ||

Meaning :- 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||

Naa har bhaji-o na gur jan sayvi-o nah upji-o kachh gi-aanaa

Ghat hee maahi niranjan tayrai tai khojat udi-aanaa. || 2 ||

Meaning :- 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. ||2||

Bahut janam bharmat tai haari-o asthir mat nahee paa-ee

Maanas dayh paa-ay pad har bhaj naanak baat bataa-ee. || 3 || 3 ||

Meaning :- 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. ||3||3||

Shabad No. 18 : Raag Sorath : Page 632

Man ray parabh kee saran bichaaro

Jih simrat gankaa see udhree taa ko jas ur Dhaaro. | | 1 | | rahaa-o.

Meaning :- O mind, contemplate the Sanctuary of God. Meditating on Him in remembrance, Ganika the prostitute was saved; enshrine His Praises within your heart. ||1||Pause||

Atal bha-i-o Dharoo-a jaa kai simran ar nirbhai pad paa-i-aa

Dukh hartaa ih bidh ko su-aamee tai kaahay bisraa-i-aa. | | 1 | |

Meaning:- 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||

Jab hee saran gahee kirpaa nidh gaj garaah tay chhootaa

Mahmaa naam kahaa la-o barna-o raam kahat bandhan tih tootaa. | | 2 | |

Meaning :- 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||

Ajaamal paapee jag jaanay nimakh maahi nistaaraa

Naanak kahat chayt chintaaman tai bhee utreh paaraa. | | 3 | | 4 | |

Meaning :- Ajaamal, known throughout the world as a sinner, was redeemed in an instant. Says Nanak, remember the Chintaamani, the jewel which fulfills all desires, and you too shall be carried across and saved. ||3||4||

Shabad No. 19 : Raag Sorath : Page 632

Paraanee ka-un upaa-o karai

Jaa tay bhagat raam kee paavai jam ko taraas harai. || 1 || rahaa-o

Meaning :- Sorat'h, Ninth Mehl: What efforts should the mortal make, to attain devotional worship of the Lord, and eradicate the fear of death? ||1||Pause||

Ka-un karam bidi-aa kaho kaisee Dharam ka-un fun kar-ee

Ka-un naam gur jaa kai simrai bhav saagar ka-o tar-ee. || 1 ||

Meaning :- 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? ||1||

Kal mai ayk naam kirpaa nidh jaahi japai gat paavai.

A-or Dharam taa kai sam naahan ih bidh bayd bataavai. || 2 ||

Meaning :- 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. ||2||

Sukh dukh rahat sadaa nirlaypee jaa ka-o kahat gusaa-ee

So tum hee meh basai nirantar naanak darpan ni-aa-ee. || 3 || 5 ||

Meaning:- 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. ||3||5||

Shabad No. 20 : Raag Sorath : Page 632

Maa-ee mai kihi bidh lakha-o gusaa-ee

**Mahaa moh agi-aan timar mo man rahi-o urjhaa-ee. || 1 || rahaa-o
Sagal janam bharam hee bharam kho-i-o nah asthir mat paa-ee ||
Bikhi-aaskat rahi-o nis baasur nah chhootee adhmaa-ee. || 1 ||**

Meaning :- Sorat'h, 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|| Deluded by 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||

Kabhoo nahee keenaa nah keerat parabh gaa-ee.

Jan naanak mai naahi ko-oo gun raakh layho sarnaa-ee. || 2 || 6 ||

Meaning:- 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||

Shabad No. 21 : Raag Sorath : Page 632

Maa-ee man mayro bas naahi

Nis baasur bikhi-an ka-o Dhaavat kihi bidh roka-o taahi || 1 || rahaa-o

Meaning:- O mother, my mind is out of control. Night and day, it runs after sin and corruption. How can I restrain it? ||1||Pause||

Bayd puraan simrit kay mat sun nimakh na hee-ay basaavai

Par Dhan par daaraa si-o rachi-o birthaa janam siraavai. || 1 ||

Meaning:- 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. ||1||

Mad maa-i-aa kai bha-i-o baavro soojhat nah kachh gi-aanaa

Ghat hee bheetar basat niranjan taa ko maram na jaanaa. || 2 ||

Meaning :- 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.||2||

Jab hee saran saadh kee aa-i-o durmat sagal binaasee

Tab naanak chayti-o chintaaman kaatee jam kee faasee. || 3 || 7 ||

Meaning:- 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. ||3||7||

Shabad No. 22 : Raag Sorath : Page 633

Ray nar ih saachee jee-a Dhaar

Sagal jagat hai jaisay supnaa binsat lagat na baar. || 1 || rahaa-o

Meaning :- 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||

Baaroo bheet banaa-ee rach pach rahat nahee din chaar

Taisay hee ih sukh maa-i-aa kay urjhi-o kahaa gavaar. || 1 ||

Meaning:- 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||

Ajhoo samajh kachh bigri-o naahin bhaj lay naam muraar

Kaho naanak nij mat saadhan ka-o bhaakhi-o tohi pukaar. || 2 || 8 ||

Meaning:- 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||

Shabad No. 23 : Raag Sorath : Page 633

Ih jag meet na daykhi-o ko-ee | |
Sagat jagat apnai sukh laagi-o dukh mai sang na ho-ee | | 1 | | rahaa-o.

Meaning:- Sorat'h, Ninth Mehl: In this world, I have not found any true friend. The whole world is attached to its own pleasures, and when trouble comes, no one is with you. ||1||Pause||

Daaraa meet poot sanbandhee sagray Dhan si-o laagay
Jab hee nirdhan daykhi-o nar ka-o sang chhaad sabh bhaagay. | | 1 | |

Meaning:- Wives, friends, children and relatives - all are attached to wealth. When they see a poor man, they all forsake his company and run away. ||1||

Kahoon kahaa yi-aa man ba-uray ka-o in si-o nayhu lagaa-i-o
Deenaa naath sakal bhai bhanjan jas taa ko bisraa-i-o. | | 2 | |

Meaning:- So what should I say to this crazy mind, which is affectionately attached to them? The Lord is the Master of the meek, the Destroyer of all fears, and I have forgotten to praise Him. ||2||

Su-aan poochh ji-o bha-i-o na soodha-o bahut jatan mai keen-o
Naanak laaj birad kee raakho naam tuhaara-o leen-o. | | 3 | | 9 | |

Meaning :- Like a dog's tail, which will never straighten out, the mind will not change, no matter how many things are tried. Says Nanak, please, Lord, uphold the honor of Your innate nature; I chant Your Name. ||3||9||

Shabad No. 24 : Raag Sorath : Page 633

Man ray gahi-o na gur updays

Kahaa bha-i-o ja-o mood mudaa-i-o bhagva-o keeno bhays. || 1 || rahaa-o

Meaning :- O mind, you have not accepted the Guru's Teachings. What is the use of shaving your head, and wearing saffron robes? ||1||Pause||

Saach chhaad kai jhoothah laagi-o janam akaarath kho-i-o

Kar parpanch udar nij pokhi-o pas kee ni-aa-ee so-i-o. || 1 ||

Meaning :- Abandoning Truth, you cling to falsehood; your life is uselessly wasting away. Practicing hypocrisy, you fill your belly, and then sleep like an animal. ||1||

Raam bhajan kee gat nahee jaanee maa-i-aa haath bikaanaa

Urajh rahi-o bikhi-an sang ba-uraa naam ratan bisraanaa. || 2 ||

Meaning:- 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. ||2||

Rahi-o achayt na chayti-o gobind birthaa a-odh siraanee

Kaho naanak har birad pachhaana-o bhoolay sadaa paraanee. || 3 || 10 ||

Meaning :- 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. ||3||10||

Shabad No. 25 : Raag Sorath : Page 63

Jo nar dukh mai dukh nahee maanai

Sukh sanayhu ar bhai nahee jaa kai kanchan maatee maanai || 1 || rahaa-o

Meaning :- Sorat'h, Ninth Mehl: That man, who in the midst of pain, does not feel pain, who is not affected by pleasure, affection or fear, and who looks alike upon gold and Dust;||1||Pause||

Nah nindi-aa nah ustat jaa kai lobh moh abhimaanaa

Harakh sog tay rahai ni-aara-o naahi maan apmaanaa. || 1 ||

Meaning:- Who is not swayed by either slander or praise, nor affected by greed, attachment or pride; who remains unaffected by joy and sorrow, honor and dishonor;||1||

Aasaa mansaa sagal ti-aagai jag tay rahai niraasaa

Kaam krodh jih parsai naahan tih ghat barahm nivaasaa. || 2 ||

Meaning:- who renounces all hopes and desires and remains desireless in the world; who is not touched by sexual desire or anger - within his heart, God dwells. ||2||

Gur kirpaa jih nar ka-o keenee tih ih jugat pachhaanee

Naanak leen bha-i-o gobind si-o ji-o paanee sang paanee. || 3 || 11 ||

Meaning:- That man, blessed by Guru's Grace, understands this way.O Nanak, he merges with the Lord of the Universe, like water with water. ||3||11||

Shabad No. 26 : Raag Sorath : Page 634

Pareetam jaan layho man maahee

Apnay sukh si-o hee jag faandhi-o ko kaahoo ko naahee. || 1 || rahaa-o

Meaning :- O dear friend, know this in your mind. The world is entangled in its own pleasures; no one is for anyone else. ||1||Pause||

Sukh mai aan bahut mil baithat rahat chahoo dis ghayrai

Bipat paree sabh hee sang chhaadit ko-oo na aavat nayrai. || 1 ||

Meaning:- In good times, many come and sit together, surrounding you on all four sides. But when hard times come, they all leave, and no one comes near you. ||1||

Ghar kee naar bahut hit jaa si-o sadaa rahat sang laagee

Jab hee hans tajee ih kaan-i-aa parayt parayt kar bhaagee. || 2 ||

Meaning:- Your wife, whom you love so much, and who has remained ever attached to you, runs away crying, "Ghost! Ghost!", as soon as the swan-soul leaves this body. ||2||

Ih bidh ko bi-uhaar bani-o hai jaa si-o nayhu lagaa-i-o

Ant baar naanak bin har jee ko-oo kaam na aa-i-o. || 3 || 12 || 139 ||

Meaning :- This is the way they act - those whom we love so much. At the very last moment, O Nanak, no one is any use at all, except the Dear Lord. ||3||12||139||

Page 684

Ik-onkar Satgur Parsad
Universal creator God is one,
who can be met only with the grace of the True Guru.

Raag Dhanasari Mehla 9
Shabad No. 27 : Raag Dhanasari : Page 684

Kaahay ray ban khojan jaa-ee
Sarab nivaasee sadaa alaypaa tohee sang samaa-ee. || 1 || rahaa-o

Meaning:- Why do you go looking for Him in the forest? Although he is unattached, he dwells everywhere. He is always with you as your companion. ||1||Pause||

Puhap madh ji-o baas basat hai mukar maahi jaisay chhaa-ee
Taisay hee har basay nirantar ghat hee khojahu bhaa-ee. || 1 ||

Meaning :- Like the fragrance which remains in the flower, and like the reflection in the mirror, the Lord dwells deep within; search for Him within your own heart, O Siblings of Destiny. ||1||

Baahar bheetar ayko jaanhu ih gur gi-aan bataa-ee.
Jan naanak bin aapaa cheenai mitai na bharam kee kaa-ee. || 2 || 1 ||

Meaning :- 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. ||2||1||

Shabad No. 28 : Raag Dhanasari : Page 684

Saadho ih jag bharam bhulaanaa

Raam naam kaa simran chhodi-aa maa-i-aa haath bikaanaa. || 1 || rahaa-o

Meaning:- 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. ||1||Pause||

Maat pitaa bhaa-ee sut banitaa taa kai ras laptaanaa

Joban Dhan parabh-taa kai mad mai ahinis rahai divaanaa. || 1 ||

Meaning:- 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||

Deen da-i-aal sadaa dukh bhanjan taa si-o man na lagaanaa

Jan naanak kotan mai kinhoo gurmukh ho-ay pachhaanaa. || 2 || 2 ||

Meaning :- 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||

Shabad No. 29 : Raag Dhanasari : Page 685

Tih jogee ka-o jugat na jaan-o

Lobh moh maa-i-aa mamtaa fun jih ghat maahi pachhaana-o. || 1 || rahaa-o

Meaning :- That Yogi does not know the way. Understand that his heart is filled with greed, emotional attachment, Maya and egotism. ||1||Pause||

Par nindaa ustat nah jaa kai kanchan loh samaano

Harakh sog tay rahai ateetaa jogee taahi bakhaano. || 1 ||

Meaning :- 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||

Chanchal man dah dis ka-o Dhaavat achal jaahi thehraano

Kaho naanak ih bidh ko jo nar mukat taahi tum maano. || 2 || 3 ||

Meaning:- The restless mind wanders in the ten directions - it needs to be pacified and Restrained. Says Nanak, whoever knows this technique is judged to be liberated. ||2||3||

Shabad No. 30 : Raag Dhanasari : Page 685

Ab mai ka-un upaa-o kara-o

Jih bidh man ko sansaa chookai bha-o nidh paar para-o. || 1 || rahaa-o

Meaning:- Now, what efforts should I make? How can I dispel the anxieties of my mind? How can I cross over the terrifying world-ocean? ||1||Pause||

Janam paa-ay kachh bhalo na keeno taa tay adhik dara-o

Man bach karam har gun nahee gaa-ay yeh jee-a soch Dhara-o. || 1 ||

Meaning:- Obtaining this human incarnation, I have done no good deeds; this makes me very afraid! In thought, word and deed, I have not sung the Lord's Praises; this thought worries my mind. ||1||

Gurmat sun kachh gi-aan na upji-o pas ji-o udar bhara-o

Kaho naanak parabh birad pachhaana-o tab ha-o patit tara-o.

|| 2 || 4 || 9 || 9 || 13 || 58 || 4 || 93 ||

Meaning:- 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. ||2||4||9||9||13||58||4||93||

Page 702

Ik-onkar Satgur Parsad
Universal creator God is one,
who can be met only with the grace of the True Guru.

Raag Jaitsari Mehla 9
Shabad No. 31 : Raag Jaitsari : Page 702

Bhooli-o man maa-i-aa urjhaa-i-o
Jo jo karam kee-o laalach lag tih tih aap bandhaa-i-o. || 1 || rahaa-o.

Meaning:- My mind is deluded, entangled in Maya. Whatever I do, while engaged in greed, only serves to bind me down. ||1||Pause||

Samajh na paree bikhai ras rachi-o jas har ko bisraa-i-o
Sang su-aamee so jaani-o naahin ban khojan ka-o Dhaa-i-o. || 1 ||

Meaning:- I have no understanding at all; I am engrossed in the pleasures of corruption, and I have forgotten the Praises of the Lord. The Lord and Master is with me, but I do not know Him. Instead, I run into the forest, looking for Him. ||1||

Ratan raam ghat hee kay bheetar taa ko gi-aan na paa-i-o
Jan naanak bhagvant bhajan bin birthaa janam gavaa-i-o. || 2 || 1 ||

Meaning:- The Jewel of the Lord is deep within my heart, but I do not have any knowledge of Him. O servant Nanak, without vibrating, meditating on the Lord God, human life is uselessly wasted and lost. ||2||1||

Shabad No. 32 : Raag Jaitsari : Page 703

Har joo raakh layho pat mayree

Jam ko taraas bha-i-o ur antar saran gahee kirpaa nidh tayree. || 1 || rahaa-o.

Meaning :- O Dear Lord, please, save my honor! The fear of death has entered my heart; I cling to the Protection of Your Sanctuary, O Lord, ocean of mercy. ||1||Pause||

Mahaa patit mugadh lobhee fun karat paap ab haaraa

Bhai marbay ko bisrat naahin tih chintaa tan jaaraa. || 1 ||

Meaning :- I am a great sinner, foolish and greedy; but now, at last, I have grown weary of committing sins. I cannot forget the fear of dying; this anxiety is consuming my body. ||1||

Kee-ay upaav mukat kay kaaran dah dis ka-o uth Dhaa-i-aa

Ghat hee bheetar basai niranjan taa ko maram na paa-i-aa. || 2 ||

Meaning :- 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||

Naahin gun naahin kachh jap tap ka-un karam ab keejai

Naanak haar pari-o sarnaagat abhai daan parabh deejai. || 3 || 2 ||

Meaning:- 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||

Shabad No. 33 : Raag Jaitsari : Page 703

Man ray saachaa gaho bichaaraa

Raam naam bin mithi-aa maano sagro ih sansaaraa. || 1 || rahaa-o

Meaning :- O mind, embrace true contemplation. Without the Lord's Name, know that this whole world is false. ||1||Pause||

Jaa ka-o jogee khojat haaray paa-i-o naahi tih paaraa

So su-aamee tum nikat pachhaano roop raykh tay ni-aaraa. || 1 ||

Meaning:- 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

Nanak saran pari-o jag bandan raakho birad tuhaaraa. || 2 || 3 ||

Meaning:- The Naam, the Name of the Lord is purifying in the world, and yet you never remember it. 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||

Page 718

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Todi Mehla 9

Shabad No. 34 : Raag Todi : Page 718

Kaha-o kahaa apnee adhmaa-ee

Urjhi-o kanak kaamnee kay ras nah keerat parabh gaa-ee. || 1 || rahaa-o

Meaning:- What can I say about my base nature? 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

Deen bandh simri-o nahee kabhoo hot jo sang sahaa-ee. || 1 ||

Meaning:- I judge the false world to be true, and I have fallen in love with it. I have never contemplated the friend of the poor, who shall be my companion and helper in the end. ||1||

Magan rahi-o maa-i-aa mai nis din chhutee na man kee kaa-ee

Kahi naanak ab naahi anat gat bin har kee sarnaa-ee. || 2 || 1 || 31 ||

Meaning :- I remain intoxicated by Maya, night and day, and the filth of my mind will not depart. Says Nanak, now, without the Lord's Sanctuary, I cannot find salvation in any other way. ||2||1||31||

Page 726

Ik-onkar Satgur Parsad
Universal creator God is one,
who can be met only with the grace of the True Guru.

Raag Tilang Mehla 9
Shabad No. 35 : Raag Tilang : Page 726

Chaytnaa hai ta-o chayt lai nis din mai paraanee
Chhin chhin a-odh bihaat hai footai ghat ji-o paanee. || 1 || rahaa-o

Meaning:- One Universal Creator God. By The Grace Of The True Guru: If you are conscious, then be conscious of Him night and day, O mortal. Each and every moment, your life is passing away, like water from a cracked pitcher. ||1||Pause||

Har gun kaahi na gaavhee moorakh agi-aanaa
Jhoothai laalach laag kai neh maran pachhaanaa. || 1 ||

Meaning :- Why do you not sing the Glorious Praises of the Lord, you ignorant fool? You are attached to false greed, and you do not even consider death. ||1||

Ajhoo kachh bigri-o nahee jo parabh gun gaavai
Kaho naanak tih bhajan tay nirbhai pad paavai. || 2 || 1 ||

Meaning :- Even now, no harm has been done, if you will only sing God's Praises. Says Nanak, by meditating and vibrating upon Him, you shall obtain the state of fearlessness. ||2||1||

Shabad No. 36 : Raag Tilang : Page 726

Jaag layho ray manaa jaag layho kahaa gaafal so-i-aa
Jo tan upji-aa sang hee so bhee sang na ho-i-aa. || 1 || rahaa-o

Meaning :- Wake up, O mind! Wake up! Why are you sleeping unaware? That body, which you were born with, shall not go along with you in the end. ||1||Pause||

Maat pitaa sut bandh jan hit jaa si-o keenaa
Jee-o chhooti-o jab dayh tay daar agan mai deenaa. || 1 ||

Meaning :- Mother, father, children and relatives whom you love, will throw your body into the fire, when your soul departs from it. ||1||

Jeevat la-o bi-uhaar hai jag ka-o tum jaan-o
Naanak har gun gaa-ay lai sabh sufan samaana-o. || 2 || 2 ||

Meaning :- Your worldly affairs exist only as long as you are alive; know this well. O Nanak, sing the Glorious Praises of the Lord; everything is like a dream. ||2||2||

Shabad No. 37 : Raag Tilang : Page 727

Har jas ray manaa gaa-ay lai jo sangee hai tayro
A-osar beeti-o jaat hai kahi-o maan lai mayro. || 1 || rahaa-o

Meaning :- Sing the Lord's Praises, O mind; He is your only true companion. Your time is passing away; listen carefully to what I say. ||1||Pause||

Sampat rath Dhan raaj si-o at nayhu lagaa-i-o
Kaal faas jab gal paree sabh bha-i-o paraa-i-o. || 1 ||

Meaning :- 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||

Jaan boojh kai baavray tai kaaj bigaari-o
Paap karat sukchi-o nahee nah garab nivaari-o. || 2 ||

Meaning :- Know this well, O madman - you have ruined your affairs. You did not restrain yourself from committing sins, and you did not eradicate your ego. ||2||

Jih bidh gur updaysi-aa so sun ray bhaa-ee
Naanak kahat pukaar kai gahu parabh sarnaa-ee. || 3 || 3 ||

Meaning :- 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||

Page 830

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Bilawal Mehla 9

Shabad No. 38 : Raag Bilawal : Page 830

Dukh hartaa har naam pachhaano

Ajaamal ganikaa jih simrat mukat bha-ay jee-a jaano. || 1 || rahaa-o

Meaning :- 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||

Gaj kee taraas mitee chhinhoo meh jab hee raam bakhaano

Naarad kahat sunat Dharoo-a baarik bhajan maahi laptano. || 1 ||

Meaning:- 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 Dhroo was absorbed in deep meditation.||1||

Achal amar nirbhai pad paa-i-o jagat jaahi hairaano

Naanak kahat bhagat rachhak har nikat taahi tum maano. || 2 || 1 ||

Meaning:- 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. ||2||1||

Shabad No. 39 : Raag Bilawal : Page 830

Har kay naam binaa dukh paavai

Bhagat binaa sahsaa nah chookai gur ih bhayd bataavai. || 1 || rahaa-o

Meaning :- Without the Name of the Lord, you shall only find pain. Without devotional worship, doubt is not dispelled; the Guru has revealed this secret. ||1||Pause||

Kahaa bha-i-o tirath barat kee-ay raam saran nahee aavai

Jog jag nihfal tih maan-o jo parabh jas bisraavai. || 1 ||

Meaning:- Of what use are sacred shrines of pilgrimage, if one does not enter the Sanctuary of the Lord? Know that Yoga and sacrificial feasts are fruitless, if one forgets the Praises of God. ||1||

Maan moh dono ka-o parhar gobind kay gun gaavai

Kaho naanak ih bidh ko paraanee jeevan mukat kahaavai. || 2 || 2 ||

Meaning :- One who lays aside both pride and attachment, sings the Glorious Praises of the Lord of the Universe. Says Nanak, the mortal who does this is said to be 'jivan mukta' - liberated while yet alive. ||2||2||

Shabad No. 40 : Raag Bilawal : Page 831

Jaa mai bhajan raam ko naahee

Tih nar janam akaarath kho-i-aa yeh raakho man maahee. || 1 || rahaa-o

Meaning :- There is no meditation on the Lord within him. That man wastes his life uselessly - keep this in mind. ||1||Pause||

Tirath karai barat fun raakhai nah manoo-aa bas jaa ko

Nihfal Dharam taahi tum maanhu saach kahat mai yaa ka-o. || 1 ||

Meaning :- He bathes at sacred shrines of pilgrimage, and adheres to fasts, but he has no control over his mind. Know that such religion is useless to him. I speak the Truth for his sake. ||1||

Jaisay paahan jal meh raakhi-o bhaydai naahi tih paanee

Taisay hee tum taahi pachhaanahu bhagat heen jo paraanee. || 2 ||

Meaning :- It's like a stone, kept immersed in water; still, the water does not penetrate it. So, understand it: that mortal being who lacks devotional worship is just like that. ||2||

Kal mai mukat naam tay paavat gur yeh bhayd bataavai

Kaho naanak so-ee nar garoo-aa jo parabh kay gun gaavai. || 3 || 3 ||

Meaning :- In this Dark Age of Kali Yuga, liberation comes from the Naam. The Guru has revealed this secret. Says Nanak, he alone is a great man, who sings the Praises of God. ||3||3||

Page 901

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Ramkali Mehla 9

Shabad No. 41 : Raag Ramkali : Page 901

Ray man ot layho har naamaa

Jaa kai simran durmat naasai paavahi pad nirbaanaa. || 1 || rahaa-o

Meaning :- O mind, take the sheltering support of the Lord's Name. Remembering Him in meditation, evil-mindedness is dispelled, and the state of Nirvaanaa is obtained.
||1||Pause||

Badbhaagee tih jan ka-o jaanhu jo har kay gun gaavai

Janam janam kay paap kho-ay kai fun baikunth sidhaavai. || 1 ||

Meaning :- Know that one who sings the Glorious Praises of the Lord is very fortunate. The sins of countless incarnations are washed off, and he attains the heavenly realm. ||1||

Ajaamal ka-o ant kaal meh naaraa-in sudh aa-ee

Jaan gat ka-o jogeesur baachhat so gat chhin meh paa-ee. || 2 ||

Meaning :- At the very last moment, Ajaamal became aware of the Lord; that state which even the supreme Yogis desire - he attained that state in an instant. ||2||

Naahin gun naahin kachh bidi-aa Dharam ka-un gaj keenaa

Naanak birad raam kaa daykhu abhai daan tih deenaa. || 3 || 1 ||

Meaning :- The elephant had no virtue and no knowledge; what religious rituals has he performed? O Nanak, behold the way of the Lord, who bestowed the gift of fearlessness.
||3||1||

Shabad No. 42 : Raag Ramkali : Page 902

Saadho ka-un jugat ab keejai

Jaa tay durmat sagal binaasai raam bhagat man bheejai. || 1 || rahaa-o

Meaning :- Holy people: what way should I now adopt, by which all evil-mindedness may be dispelled, and the mind may vibrate in devotional worship to the Lord? ||1||Pause||

Man maa-i-aa meh urajh rahi-o hai boojhai nah kachh gi-aanaa

Ka-un naam jag jaa kai simrai paavai pad nirbaanaa. || 1 ||

Meaning:- My mind is entangled in Maya; it knows nothing at all of spiritual wisdom. What is that Name, by which the world, contemplating it, might attain the state of Nirvaanaa? ||1||

Bha-ay da-i-aal kirpaal sant jan tab ih baat bataa-ee

Sarab Dharam maano tih kee-ay jih parabh keerat gaa-ee. || 2 ||

Meaning :- When the Saints became kind and compassionate, they told me this. Understand, that whoever sings the Kirtan of God's Praises, has performed all religious rituals. ||2||

Raam naam nar nis baasur meh nimakh ayk ur Dhaarai

Jam ko taraas mitai naanak tih apuno janam savaarai. || 3 || 2 ||

Meaning :- One who enshrines the Lord's Name in his heart night and day - even for an instant - has his fear of Death eradicated. O Nanak, his life is approved and fulfilled. ||3||2||

Shabad No. 43 : Raag Ramkali : Page 902

Paraanee naaraa-in sudh layhi

Chhin chhin a-odh ghatai nis baasur baritha jaat hai dayh. || 1 || rahaa-o

Meaning :- O mortal, focus your thoughts on the Lord. Moment by moment, your life is running out; night and day, your body is passing away in vain. ||1||Pause||

Tarnaapo bikhi-an si-o kho-i-o baalpan agi-aanaa

Biradh bha-i-o ajhoo nahee samjhai ka-un kumat urjhaanaa. || 1 ||

Meaning:- You have wasted your youth in corrupt pleasures, and your childhood in ignorance. You have grown old, and even now, you do not understand, the evil-mindedness in which you are entangled. ||1||

Maanas janam dee-o jih thaakur so tai ki-o bisraa-i-o

Mukat hot nar jaa kai simrai nimakh na taa ka-o gaa-i-o. || 2 ||

Meaning :- Why have you forgotten your Lord and Master, who blessed you with this human life? Remembering Him in meditation, one is liberated. And yet, you do not sing His Praises, even for an instant. ||2||

Maa-i-aa ko mad kahaa karat hai sang na kaahoo jaa-ee

Naanak kahat chayt chintaaman ho-ay hai ant sahaa-ee. || 3 || 3 || 81 ||

Meaning :- 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||3||81||

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Maru Mehla 9

Shabad No. 44 : Raag Maru : Page 1008

Har ko naam sadaa sukh-daa-ee

Jaa ka-o simar ajaamal udhaari-o ganikaa hoo gat paa-ee. || 1 || rahaa-o

Meaning :- One Universal Creator God. By The Grace Of The True Guru: The Name of the Lord is forever the Giver of peace. Meditating in remembrance on it, Ajaamal was saved, and Ganika the prostitute was emancipated. ||1||Pause||

Panchaalee ka-o raaj sabhaa meh raam naam sudh aa-ee

Taa ko dookh hari-o karunaa mai apnee paij badhaa-ee. || 1 ||

Meaning :- 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. ||1||

Jih nar jas kirpaa nidh gaa-i-o taa ka-o bha-i-o sahaa-ee

Kaho naanak mai ihee bharosai gahee aan sarnaa-ee. || 2 || 1 ||

Meaning :- 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||

Shabad No. 45 : Raag Maru : Page 1008

Ab mai kahaa kara-o ree maa-ee

Sagal janam bikhi-an si-o kho-i-aa simri-o naahi kanhaa-ee. || 1 || rahaa-o

Meaning :- What should I do now, O mother? I have wasted my whole life in sin and corruption; I never remembered the Lord. ||1||Pause||

Kaal faas jab gar meh maylee tih sudh sabh bisraa-ee

Raam naam bin yaa sankat meh ko ab hot sahaa-ee. || 1 ||

Meaning :- When Death places the noose around my neck, then I lose all my senses. Now, in this disaster, other than the Name of the Lord, who will be my help and support? ||1||

Jo sampat apnee kar maanee chhin meh bha-ee paraa-ee

Kaho naanak yeh soch rahee man har jas kabhoo na gaa-ee. || 2 || 2 ||

Meaning:- 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||

Shabad No. 46 : Raag Maru : Page 1008

Maa-ee mai man ko maan na ti-aagi-o

Maa-i-aa kay mad janam siraa-i-o raam bhajan nahee laagi-o. || 1 || rahaa-o

Meaning :- O my mother, I have not renounced the pride of my mind. I have wasted my life intoxicated with Maya; I have not focused myself in meditation on the Lord.
||1||Pause||

Jam ko dand pari-o sir oopar tab sovat tai jaagi-o

Kahaa hot ab kai pachhutaay chhootat naahin bhaagi-o. || 1 ||

Meaning :- When Death's club falls on my head, then I will be wakened from my sleep. But what good will it do to repent at that time? I cannot escape by running away. ||1||

Ih chintaa upjee ghat meh jab gur charnan anuraagi-o

Sufal janam naanak tab hoo-aa ja-o parabh jas meh paagi-o. || 2 || 3 ||

Meaning :- When this anxiety arises in the heart, then, one comes to love the Guru's feet. My life becomes fruitful, O Nanak, only when I am absorbed in the Praises of God. ||2||3||

Page 1186

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Basant Mehla 9

Shabad No. 47 : Raag Basant : Page 1186

Saadho ih tan mithi-aa jaan o

Yaa bheetar jo raam basat hai saacho taahi pachhaano. || 1 || rahaa-o

Meaning: - Raag Basant Hindol, Ninth Mehl: O Holy Saints, know that this body is false. The Lord who dwells within it - recognize that He alone is real. ||1||Pause||

Ih jag hai sampat supnay kee daykh kahaa aidaano

Sang tihaarai kachhoo na chaalai taahi kahaa laptaano. || 1 ||

Meaning :- The wealth of this world is only a dream; why are you so proud of it? None of it shall go along with you in the end; why do you cling to it? ||1||

Ustat nindaa do-oo parhar har keerat ur aano

Jan naanak sabh hee mai pooran ayk purakh bhagvaano. || 2 || 1 ||

Meaning:- Leave behind both praise and slander; enshrine the Kirtan of the Lord's Praises within your heart. O servant Nanak, the One Primal Being, the Lord God, is totally permeating everywhere. ||2||1||

Shabad No. 48 : Raag Basant : Page 1186

Paapee hee-ai mai kaam basaa-ay

Man chanchal yaa tay gahi-o na jaa-ay. || 1 || rahaa-o

Meaning :- Basant, Ninth Mehl: The heart of the sinner is filled with unfulfilled sexual desire. He cannot control his fickle mind. ||1||Pause||

Jogee jangam ar sann-i-aas

Sabh hee par daaree ih faas. || 1 ||

Meaning:- The Yogis, wandering ascetics and renunciates - this net is cast over them all. ||1||

Jihi jihi har ko naam samhaar

Tay bhav saagar utray paar. || 2 ||

Meaning:- Those who contemplate the Name of the Lord cross over the terrifying world-ocean. ||2||

Jan naanak har kee sarnaa-ay

Deejai naam rahai gun gaa-ay. || 3 || 2 ||

Meaning :- Servant Nanak seeks the Sanctuary of the Lord. Please bestow the blessing of Your Name, that he may continue to sing Your Glorious Praises. ||3||2||

Shabad No. 49 : Raag Basant : Page 1186

Maa-ee mai Dhan paa-i-o har naam

Man mayro Dhaavan tay chhooti-o kar baitho bisraam || 1 || rahaa-o

Meaning :- O mother, I have gathered the wealth of the Lord's Name. My mind has stopped its wanderings, and now, it has come to rest. ||1||Pause||

Maa-i-aa mamtaa tan tay bhaagee upji-o nirmal gi-aan

Lobh moh ayh paras na saakai gahee bhagat bhagvaan. || 1 ||

Meaning :- Attachment to Maya has run away from my body, and immaculate spiritual wisdom has welled up within me. Greed and attachment cannot even touch me; I have grasped hold of devotional worship of the Lord. ||1||

Janam janam kaa sansaa chookaa ratan naam jab paa-i-aa

Tarisnaa sakal binaasee man tay nij sukh maahi samaa-i-aa. || 2 ||

Meaning:- 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||

Jaa ka-o hot da-i-aal kirpaa nidh so gobind gun gaavai

Kaho naanak ih bidh kee sampai ko-oo gurmukh paavai. || 3 || 3 ||

Meaning :- 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. ||3||3||

Shabad No. 50 : Raag Basant : Page 1186

Man kahaa bisaari-o raam naam

Tan binsai jam si-o parai kaam. || 1 || rahaa-o

Meaning:- 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. ||1||Pause||

Ih jag Dhoo-ay kaa pahaar

Tai saachaa maani-aa kih bichhaar. || 1 ||

Meaning :- This world is just a hill of smoke. A What makes you think that it is real? ||1||

Dhan daaraa sampat garayh

Kachh sang na chaalai samajh layh. || 2 ||

Meaning :- Wealth, spouse, property and household - none of them shall go along with you; you must know that this is true! ||2||

Ik bhagat naaraa-in ho-ay sang

Kaho naanak bhaj tih ayk rang. || 3 || 4 ||

Meaning :- Only devotion to the Lord shall go with you. Says Nanak, vibrate and meditate on the Lord with single-minded love. ||3||4||

Shabad No. 51 : Raag Basant : Page 1187

Kahaa bhooli-o ray jhoothay lobh laag
Kachh bigri-o naahin ajahu jaag. || 1 || rahaa-o

Meaning :- Why do you wander lost, O mortal, attached to falsehood and greed?
 Nothing has been lost yet - there is still time to wake up! ||1||Pause||

Sam supnai kai ih jag jaan
Binsai chhin mai saachee maan. || 1 ||

Meaning :- You must realize that this world is nothing more than a dream. In an instant, it shall perish; know this as true. ||1||

Sang tayrai har basat neet
Nis baasur bhaj taahi meet. || 2 ||

Meaning :- The Lord constantly abides with you. Night and day, vibrate and meditate on Him, O my friend. ||2||

Baar ant kee ho-ay sahaa-ay
Kaho naanak gun taa kay gaa-ay. || 3 || 5 ||

Meaning :- At the very last instant, He shall be your Help and Support. Says Nanak, sing His Praises. ||3||5||

Page 1231

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Sarang Mehla 9

Shabad No. 52 : Raag Sarang : Page 1231

Har bin tayro ko na sahaa-ee

Kaan kee maat pitaa sut banitaa ko kaahoo ko bhaa-ee. || 1 || rahaa-o

Meaning :- No one will be your help and support, except the Lord. Who has any mother, father, child or spouse? Who is anyone's brother or sister? ||1||Pause||

Dhan Dharnee ar sampat sagree jo maani-o apnaa-ee

Tan chhootai kachh sang na chaalai kahaa taahi laptaa-ee. || 1 ||

Meaning :- 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? ||1||

Deen da-i-aal sadaa dukh bhanjan taa si-o ruch na badhaa-ee

Naanak kahat jagat sabh mithi-aa ji-o supnaa rainaa-ee. || 2 || 1 ||

Meaning :- 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. ||2||1||

Shabad No. 53 : Raag Sarang : Page 1231

Kahaa man bikhi-aa si-o laptaahee

Yaa jag meh ko-oo rahan na paavai ik aavahi ik jaahee. || 1 || rahaa-o

Meaning :- O mortal, why are you engrossed in corruption? No one is allowed to remain in this world; one comes, and another departs. ||1||Pause||

Kaan ko tan Dhan sampat kaan kee kaa si-o nayhu lagaahae

Jo deesai so sagal binaasai ji-o baadar kee chhaahee. || 1 ||

Meaning :- 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||

Taj abhimaan saran santan gahu mukat hohi chhin maahee

Jan naanak bhagvant bhajan bin sukh supnai bhee naahee. || 2 || 2 ||

Meaning :- 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||

Shabad No. 54 : Raag Sarang : Page 1231

Kahaa nar apno janam gavaavai

Maa-i-aa mad bikhi-aa ras rachi-o raam saran nahee aavai. || 1 || rahaa-o

Meaning :- O mortal, why have you wasted your life? Intoxicated with Maya and its riches, involved in corrupt pleasures, you have not sought the Sanctuary of the Lord. ||1||Pause||

Ih sansaar sagal hai supno daykh kahaa lobhaavai

Jo upjai so sagal binaasai rahan na ko-oo paavai. || 1 ||

Meaning :- 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||

Mithi-aa tan saacho kar maani-o ih bidh aap bandhaavai

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

Meaning :- You see this false body as true; in this way, you have placed yourself in bondage. O servant Nanak, he is a liberated being, whose consciousness lovingly vibrates, and meditates on the Lord. ||2||3||

Shabad No. 55 : Raag Sarang : Page 1231

Man kar kabhoo na har gun gaa-i-o

Bikhi-aaskat rahi-o nis baasur keeno apno bhaa-i-o. || 1 || rahaa-o

Meaning:- In my mind, I never sang the Glorious Praises of the Lord. I remained under the influence of corruption, night and day; I did whatever I pleased. ||1||Pause||

Gur updays suni-o neh kaanan par daaraa laptaa-i-o

Par nindaa kaaran baho Dhaavat samjhi-o nah samjhaa-i-o. || 1 ||

Meaning:- I never listened to the Guru's Teachings; I was entangled with others' spouses. I ran all around slandering others; I was taught, but I never learned. ||1||

Kahaa kaha-o mai apunee karnee jih bidh janam gavaa-i-o

Kahi naanak sabh a-ugan mo meh raakh layho sarnaa-i-o. || 2 || 4 || 3 || 13 || 139 || 4 || 159 ||

Meaning :- How can I even describe my actions? This is how I wasted my life. 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||

Page 1352

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

Raag Jaijawanti Mehla 9

Shabad No. 56 : Raag Jaijawanti : Page 1352

Raam simar raam simar ihai tayrai kaaj hai

Maa-i-aa ko sang ti-aag parabh joo kee saran laag

Jagat sukh maan mithi-aa jhootho sabh saaj hai. || 1 || rahaa-o

Meaning :- Meditate in remembrance on the Lord - meditate on the Lord; this alone shall be of use to you. Abandon your association with Maya, and take shelter in the Sanctuary of God. Remember that the pleasures of the world are false; this whole show is just an illusion. ||1||Pause||

Supnay ji-o Dhan pachhaan kaahay par karat maan

Baaroo kee bheet jaisay basudhaa ko raaj hai. || 1 ||

Meaning:- 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. ||1||

Naanak jan kahat baat binas jaihai tayro gaat

Chhin chhin kar ga-i-o kaal taisay jaat aaj hai || 2 || 1 ||

Meaning :- Servant Nanak speaks the Truth: your body shall perish and pass away. Moment by moment, yesterday passed. Today is passing as well. ||2||1||

Shabad No. 57 : Raag Jaijawanti : Page 1352

Raam bhaj raam bhaj janam siraat hai
Kaha-o kahaa baar baar samjhat nah ki-o gavaar
Binsat nah lagai baar oray sam gaat hai. || 1 || rahaa-o

Meaning :- 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. ||1||Pause||

Sagal bharam daar deh gobind ko naam layhi
Ant baar sang tayrai ihai ayk jaat hai. || 1 ||

Meaning :- 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||

Bikhi-aa bikh ji-o bisaar parabh kou jas hee-ay Dhaar
Naanak jan kahi pukaar a-osar bihaat hai. || 2 || 2 ||

Meaning :- 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

Shabad No. 58 : Raag Jaijawanti : Page 1352

Ray man ka-un gat ho-ay hai tayree

Ih jag meh raam naam so ta-o nahee suni-o kaan

Bikhi-an si-o at lubhaan mat naahin fayree. || 1 || rahaa-o

Meaning :- O mortal, what will your condition be? In this world, you have not listened to the Lord's Name. You are totally engrossed in corruption and sin; you have not turned your mind away from them at all. ||1||Pause||

Maanas ko janam leen simran nah nimakh keen

Daaraa sukh bha-i-o deen pagahu paree bayree. || 1 ||

Meaning :- You obtained this human life, but you have not remembered the Lord in meditation, even for an instant. For the sake of pleasure, you have become subservient to your woman, and now your feet are bound. ||1||

Naanak jan kahi pukaar supnai ji-o jag pasaar

Simrat nah ki-o muraar maa-i-aa jaa kee chayree. || 2 || 3 ||

Meaning :- Servant Nanak proclaims that the vast expanse of this world is just a dream. Why not meditate on the Lord? Even Maya is His slave. ||2||3||

Shabad No. 59 : Raag Jaijawanti : Page 1352

Beet jaihai beet jaihai janam akaaj ray

Nis din sun kai puraan samjhat nah ray ajaan

Kaal ta-o pahoochi-o aan kahaa jaihai bhaaj ray. || 1 || rahaa-o

Meaning :- Jaijaavantee, Ninth Mehl: Slipping away - your life is uselessly slipping away. Night and day, you listen to the Puraanas, but you do not understand them, you ignorant fool! Death has arrived; now where will you run? ||1||Pause||

Asthir jo maani-o dayh so ta-o tayra-o ho-ay hai khayh

Ki-o na har ko naam layhi moorakh nilaaj ray. || 1 ||

Meaning:- You believed that this body was permanent, but it shall turn to dust. Why don't you chant the Name of the Lord, you shameless fool? ||1||

Raam bhagat hee-ay aan chhaad day tai man ko maan

Naanak jan ih bakhaan jag meh biraaj ray. || 2 || 4 ||

Meaning :- Let devotional worship of the Lord enter into your heart, and abandon the intellectualism of your mind. O Servant Nanak, this is the way to live in the world. ||2||4||

Page 1426

Ik-onkar Satgur Parsad

Universal creator God is one, who can be met only with the grace of the True Guru.

1

**Gun gobind gaa-i-o nahee janam akaarath keen
Kaho naanak har bhaj manaa jih bidh jal ka-o meen. || 1 ||**

Meaning : 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||

2

**Bikhi-an si-o kaahay rachi-o nimakh na hohi udaas
Kaho naanak bhaj har manaa parai na jam kee faas. || 2 ||**

Meaning : 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||

3

**Tarnaapo i-o hee ga-i-o lee-o jaraa tan jeet
Kaho naanak bhaj har manaa a-odh jaat hai beet || 3 ||**

Meaning : Your youth has passed away like this, and old age has overtaken your body. Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away! ||3||

4.

**Biradh bha-i-o soojhai nahee kaal pahoochi-o aan
Kaho naanak nar baavray ki-o na bhajai bhagvaan. || 4 ||**

Meaning : 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||

5.

**Dhan daaraa sampat sagal jin apunee kar maan
In mai kachh sangee nahee naanak saachee jaan. || 5 ||**

Meaning : Your wealth, spouse, and all the possessions which you claim as your own - none of these shall go along with you in the end. O Nanak, know this as true. ||5||

6.

Patit udhaaran bhai haran har anaath kay naath
Kaho naanak tih jaanee-ai sadaa basat tum saath. ||6||

Meaning : He is the Saving Grace of sinners, the Destroyer of fear, the Master of the master less. Says Nanak, realize and know Him, who is always with you. ||6||

7.

Tan Dhan jih to ka-o dee-o taan si-o nayhu na keen
Kaho naanak nar baavray ab ki-o dolat deen. ||7||

Meaning : 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||

8.

Tan Dhan sampai sukh dee-o ar jih neekay Dhaam
Kaho naanak sun ray manaa simrat kaahi na raam. ||8||

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

9.

Sabh sukh daataa raam hai doosar naahin ko-ay
Kaho naanak sun ray manaa tih simrat gat ho-ay. ||9||

Meaning : The Lord is the Giver of all peace and comfort. There is no other at all. Says Nanak, listen, mind: meditating in remembrance on Him, salvation is attained. ||9||

10.

Jih simrat gat paa-ee-ai tih bhaj ray tai meet
Kaho naanak sun ray manaa a-odh ghatat hai neet. ||10||

Meaning : Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend. Says Nanak, listen, mind: your life is passing away! ||10||

11.

Paanch tat ko tan rachi-o jaanhu chatur sujaan
Jih tay upji-o naankaa leen taahi mai maan. ||11||

Meaning :- Your body is made up of the five elements; you are clever and wise - know this well. Believe it - you shall merge once again into the One, O Nanak, from whom you originated. ||11||

12.

Ghat ghat mai har joo basai santan kahi-o pukaar
Kaho naanak tih bhaj manaa bha-o nidh utreh paar. ||12||

Meaning :- The Dear Lord abides in each and every heart; the Saints proclaim this as true. Says Nanak, meditate and vibrate upon Him, and you shall cross over the terrifying world-ocean. ||12||

13.

Sukh dukh jih parsai nahee lobh moh abhimaan
Kaho naanak sun ray manaa so moorat bhagvaan. ||13||

Meaning :- One who is not touched by pleasure or pain, greed, emotional attachment and egotistical pride - says Nanak, listen, mind: he is the very image of God. ||13||

14.

Ustat nindi-aa naahi jihi kanchan loh samaan
Kaho naanak sun ray manaa mukat taahi tai jaan. ||14||

Meaning :- One who is beyond praise and slander, who looks upon gold and iron alike - says Nanak, listen, mind: know that such a person is liberated. ||14||

15.

Harakh sog jaa kai nahee bairee meet samaan
Kaho naanak sun ray manaa mukat taahi tai jaan. ||15||

Meaning :- One who is not affected by pleasure or pain, who looks upon friend and enemy alike - says Nanak, listen, mind: know that such a person is liberated. ||15||

16.

Bhai kaahoo ka-o dayt neh neh bhai maanat aan
Kaho naanak sun ray manaa gi-aanee taahi bakhaan. || 16 ||

Meaning :- One who does not frighten anyone, and who is not afraid of anyone else - says Nanak, listen, mind: call him spiritually wise. ||16||

17.

Jihi bikhi-aa saglee tajee lee-o bhaykh bairaag
Kaho naanak sun ray manaa tih nar maathai bhaag. || 17 ||

Meaning :- One who has forsaken all sin and corruption, who wears the robes of neutral detachment - says Nanak, listen, mind: good destiny is written on his forehead. ||17||

18.

Jihi maa-i-aa mamtaa tajee sabh tay bha-i-o udaas
Kaho naanak sun ray manaa tih ghat barahm nivaas. || 18 ||

Meaning :- One who renounces Maya and possessiveness and is detached from everything - says Nanak, listen, mind: God abides in his heart. ||18||

19.

Jihi paraanee ha-umai tajee kartaa raam pachhaan
Kaho naanak vahu mukat nar ih man saachee maan. || 19 ||

Meaning :- That mortal, who forsakes egotism, and realizes the Creator Lord - says Nanak, that person is liberated; O mind, know this as true. ||19||

20.

Bhai naasan durmat haran kal mai har ko naam
Nis din jo naanak bhajai safal hohi tih kaam. || 20 ||

Meaning :- In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness. Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition. ||20||

21.

Jihbaa gun gobind bhajahu karan sunhu har naam
Kaho naanak sun ray manaa pareh na jam kai Dhaam. || 21 ||

Meaning :- Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name. Says Nanak, listen, man: you shall not have to go to the house of Death. ||21||

22.

Jo paraanee mamtaa tajai lobh moh ahankaar
Kaho naanak aapan tarai a-uran layt udhaar. || 22 ||

Meaning :- That mortal who renounces possessiveness, greed, emotional attachment and egotism - says Nanak, he himself is saved, and he saves many others as well. ||22||

23.

Ji-o supnaa ar paykhnaa aisay jag ka-o jaan
In mai kachh saacho nahee naanak bin bhagvaan. || 23 ||

Meaning :- Like a dream and a show, so is this world, you must know. None of this Is true, O Nanak, without God. ||23||

24.

Nis din maa-i-aa kaarnay paraanee dolaat neet
Kotan mai naanak ko-oo naaraa-in jih cheet. || 24 ||

Meaning :- 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||

25.

Jaisay jal tay budbudaa upjai binsai neet
Jag rachnaa taisay rachee kaho naanak sun meet. || 25 ||

Meaning :- As the bubbles in the water well up and disappear again, so is the universe created; says Nanak, listen, O my friend! ||25||

26.

**Paraanee kachhoo na chayt-ee mad maa-i-aa kai andh
Kaho naanak bin har bhajan parat taahi jam fandh. || 26 ||**

Meaning :- 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||

27.

**Ja-o sukh ka-o chaahai sadaa saran raam kee layh
Kaho naanak sun ray manaa durlabh maanukh dayh || 27 ||**

Meaning :- 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||

28.

**Maa-i-aa kaaran Dhaavhee moorakh log ajaan
Kaho naanak bin har bhajan birthaa janam siraan. || 28 ||**

Meaning :- 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||

29.

**Jo paraanee nis din bhajai roop raam tih jaan
Har jan har antar nahee naanak saachee maan. || 29 ||**

Meaning :- 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||

30.

**Man maa-i-aa mai fadh rahi-o bisri-o gobind naam
Kaho naanak bin har bhajan jeevan ka-unay kaam || 30 ||**

Meaning :- The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe. Says Nanak, without meditating on the Lord, what is the use of this human life? ||30||

31.

Paraanee raam na chayt-ee mad maa-i-aa kai andh
Kaho naanak har bhajan bin parat taahi jam fandh. ||31||

Meaning :- The mortal does not think of the Lord; he is blinded by the wine of Maya. Says Nanak, without meditating on the Lord, he is caught in the noose of Death. ||31||

32.

Sukh mai baho sangee bha-ay dukh mai sang na ko-ay
Kaho naanak har bhaj manaa ant sahaa-ee ho-ay. ||32||

Meaning :- 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. ||32||

33.

Janam janam bharmat firi-o miti-o na jam ko taraas
Kaho naanak har bhaj manaa nirbhai paavahi baas. ||33||

Meaning:- 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. ||33||

34.

Jatan bahut mai kar rahi-o miti-o na man ko maan
Durmat si-o naanak fadhi-o raakh layho bhagvaan. ||34||

Meaning :- I have tried so many things, but the pride of my mind has not been dispelled. I am engrossed in evil-mindedness, Nanak. O God, please save me! ||34||

35.

Baal ju-aanee ar biradh fun teen avasthaa jaan
Kaho naanak har bhajan bin birthaa sabh hee maan ||35||

Meaning :- Childhood, youth and old age - know these as the three stages of life. Says Nanak, without meditating on the Lord, everything is useless; you must appreciate this. ||35||

36.

Karno huto so naa kee-o pari-o lobh kai fandh
Naanak sami-o ram ga-i-o ab ki-o rovat andh | |36| |

Meaning :- 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? ||36||

37.

Man maa-i-aa mai ram rahi-o niksat naahin meet
Naanak moorat chitar ji-o chhaadit naahin bheet | |37| |

Meaning :- 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. ||37||

38.

Nar chaahat kachh a-or a-urai kee a-urai bha-ee
Chitvat rahi-o thaga-ur naanak faasee gal paree | |38| |

Meaning :- 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||

39.

Jatan bahut sukh kay kee-ay dukh ko kee-o na ko-ay
Kaho naanak sun ray manaa har bhaavai so ho-ay | |39| |

Meaning :- 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||

40.

Jagat bhikhaaree firat hai sabh ko daataa raam
Kaho naanak man simar tih pooran hoveh kaam. | |40| |

Meaning :- 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||

41.

Jhoothai maan kahaa karai jag supnay ji-o jaan
In mai kachh tayro nahee naanak kahi-o bakhaan | |41| |

Meaning :- 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||

42.

Garab karat hai dayh ko binsai chhin mai meet
Jihi paraanee har jas kahi-o naanak tihi jag jeet | |42| |

Meaning :- You are so proud of your body; it shall perish in an instant, my friend. That mortal who chants the Praises of the Lord, O Nanak, conquers the world. ||42||

43.

Jih ghat simran raam ko so nar muktaa jaan
Tihi nar har antar nahee naanak saachee maan | |43| |

Meaning :- That person, who meditates in remembrance on the Lord in his heart, is liberated -know this well. There is no difference between that person and the Lord: O Nanak, accept this as the Truth. ||43||

44.

Ayk bhagat bhagvaan jih paraanee kai naahi man
Jaisay sookar su-aan naanak maano taahi tan | |44| |

Meaning :- 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. ||44||

45.

Su-aamee ko garihu ji-o sadaa su-aan tajat nahee nit
Naanak ih bidh har bhaja-o ik man hu-ay ik chit. | |45| |

Meaning :- A dog never abandons the home of his master. O Nanak, in just the same way, vibrate, and meditate on the Lord, single-mindedly, with one-pointed consciousness. ||45||

46.

Tirath barat ar daan kar man mai Dharai gumaan

Naanak nihfal jaat tih ji-o kunchar isnaan | |46| |

Meaning :- 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||

47.

**Sir kampi-o pag dagmagay nain jot tay heen
Kaho naanak ih bidh bha-ee ta-oo na har ras leen | |47| |**

Meaning :- 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||

48.

**Nij kar daykhi-o jagat mai ko kaahoo ko naahi
Naanak thir har bhagat hai tih raakho man maahi | |48| |**

Meaning :- 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||

49.

**Jag rachnaa sabh jhooth hai jaan layho ray meet
Kahi naanak thir naa rahai ji-o baaloo kee bheet | |49| |**

Meaning :- 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||

50.

**Raam ga-i-o raavan ga-i-o jaa ka-o baho parvaar
Kaho naanak thir kachh nahee supnay ji-o sansaar | |50| |**

Meaning :- 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||

51.

**Chintaa taa kee keejee-ai jo anhonee ho-ay
Ih maarag sansaar ko naanak thir nahee ko-ay | |51| |**

Meaning :- People become anxious, when something unexpected happens. This is the way of the world, O Nanak; nothing is stable or permanent. ||51||

52.

Jo upji-o so binas hai paro aaj kai kaal
Naanak har gun gaa-ay lay chhaad sagal janjaal || 52 ||

Meaning :- 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||

53.

Dohraa bal chhutki-o bandhan paray kachhoo na hot upaa-ay
Kaho naanak ab ot har gaj ji-o hohu sahaa-ay || 53 ||

Meaning :- 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||

54.

Bal ho-aa bandhan chhutay sabh kichh hot upaa-ay
Naanak sabh kichh tumrai haath mai tum hee hot sahaa-ay || 54 ||

Meaning:- 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||

55.

Sang sakhaa sabh taj ga-ay ko-oo na nib-hi-o saath
Kaho naanak ih bipat mai tayk ayk raghunaath. || 55 ||

Meaning:- 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||

56.

Naam rahi-o saadhoo rahi-o rahi-o gur gobind
Kaho naanak ih jagat mai kin japi-o gur mant || 56 ||

Meaning :- 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||

57.

Raam naam ur mai gahi-o jaa kai sam nahee ko-ay
Jih simrat sankat mitai daras tuhaaro ho-ay. | |57| |1| |

Meaning:- 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. ||57||1||