



THE N A A D O F
J A P J I

Song of
the Soul

ਜਪੁਜੀ ਸਾਹਿਬ

Jaapji Saahib

Song of the Soul

*The Naad of Guru Nanak Dev Ji
Guru of the Aquarian Age*

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Mul Mantra

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Ik ong kaar sat naam kartaa purakh nirbhao nirvair akaal moorat ajoonee saibhang gur prasaad.

There is One Creator of the creation, One divine spirit that moves throughout creation. True is the divine Name of the Creator, personified in every being, without fear, without anger, deathless and unborn, the divine One is self illumined and self realized by Guru's grace.

॥ ਜਪੁ ॥

jaap.
Repeat

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

aad sach jugaad sach.

Truth existed in the beginning. Truth exists throughout the ages.

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

hai bhee sach naanak hosee bhee sach. ||1||

Truth exists in the ever present now. Oh Nanak, truth shall exist forever and always. ||1||

The Mul Mantra is a fate killer. Recitation grants one the power to change the destiny and achieve prosperity.

Pauri 1

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥

sochai soch na hovai jay sochee lakh vaar.

By thinking, the Creator cannot be reduced to thought, even by thinking hundreds of thousands of times.

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥

chupai chup na hovai jay laa-ay rahaa liv taar.

By remaining silent, inner silence of the mind is not obtained, even by remaining absorbed deep within.

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

bhukhi-aa bhukh na uteree jay bannaa puree-aa bhaar.

Our desire is not appeased, even by piling up loads of worldly goods.

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

sahas si-aanpaa lakh hohai ta ik na chalai naal.

Hundreds of thousands of clever tricks you may know, but not even one of them will go with you in the end.

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

kiv sachi-aaraa ho-ee-ai kiv koorhai tutai paal.

Still, in truth one can live, with the veil of illusion torn away.

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

hukam rajaa-ee chalnaa naanak likhi-aa naal. ||1||

O Nanak, merging our will with the Divine will, all the virtues and powers of the Divine flow in. ||1||

Reciting the first pauri is an antidote to depression. It will lift you from the deepest depression, insecurity, nightmares, and loss.

Pauri 2

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

hukmee hovan aakaar hukam na kee-aa jaa-ee.

By Divine will we are created; yet that Divine will cannot be described.

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

hukmee hovan jee-a hukam milai vadi-aa-ee.

By Divine will, souls come into being; by Divine will, glory and greatness are obtained.

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

hukmee utam neech hukam likh dukh sukh paa-ee-ah.

By Divine will, some are high and some are low; by Divine will, pain and pleasure are obtained.

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

iknaa hukmee bakshsees ik hukmee sadaa bhavaa-ee-ah.

Some, by Divine will, are blessed and forgiven; others, by Divine will, wander aimlessly.

ਹੁਕਮੇ ਅੰਦਰਿ ਸਭੁ ਕੇ ਬਾਹਰਿ ਹੁਕਮੁ ਨ ਕੋਇ ॥

hukmai andar sabh ko baahar hukam na ko-ay.

Everyone is subject to Divine will; no one is beyond Divine will.

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਰੈ ਨ ਕੋਇ ॥੨॥

naanak hukmai jay bujhai ta hau-mai kahai na ko-ay. ||2||

O Nanak, one who understands Divine will, does not speak from the separation of ego. ||2||

Reciting the 2nd pauri imparts patience and stability.

Pauri 3

ਗਾਵੈ ਕੇ ਤਾਣੁ ਹੋਵੈ ਕਿਸੈ ਤਾਣੁ ॥

gaavai ko taan hovai kisai taan.

Some sing of Divine will, yet who even has that power?

ਗਾਵੈ ਕੇ ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ ॥

gaavai ko daat jaanai neesaan.

Some sing of Divine gifts, and know the holy signs and insignia.

ਗਾਵੈ ਕੇ ਗੁਣ ਵਡਿਆਈਆ ਚਾਰ ॥

gaavai ko gun vadi-aa-ee-aa chaar.

Some sing of divine and glorious virtues, greatness, and beauty.

ਗਾਵੈ ਕੇ ਵਿਦਿਆ ਵਿਖਮੁ ਵੀਚਾਰੁ ॥

gaavai ko vidi-aa vikham veechaar.

Some sing of knowledge obtained of the Infinite, through difficult philosophical studies.

ਗਾਵੈ ਕੇ ਸਾਜਿ ਕਰੇ ਤਨੁ ਖੇਹ ॥

gaavai ko saaj karay tan khayh.

Some sing that the Creator fashions the body, and then again reduces it to dust.

ਗਾਵੈ ਕੇ ਜੀਅ ਲੈ ਫਿਰਿ ਦੇਹ ॥

gaavai ko jee-a lai fir day.

Some sing that the Creator takes life away, and then again restores it.

ਗਾਵੈ ਕੇ ਜਾਪੈ ਦਿਸੈ ਦੂਰਿ ॥

gaavai ko jaapai deesai door.

Some sing that the One Creator seems so very far away.

ਗਾਵੈ ਕੇ ਵੇਖੈ ਹਾਦਰਾ ਹਦੂਰਿ ॥

gaavai ko vaykhai haadraa hadoor.

Some sing that the Creator watches over us, face to face, ever-present.

ਕਥਨਾ ਕਥੀ ਨ ਆਵੈ ਤੇਟਿ ॥

kathnaa kathee na aavai tot.

There is no shortage of those who preach and teach.

ਕਥਿ ਕਥਿ ਕਥੀ ਕੋਟੀ ਕੋਟਿ ਕੋਟਿ ॥

kath kath kathee kotee kot kot.

Millions upon millions offer millions of sermons and stories.

ਦੇਦਾ ਦੇ ਲੈਦੇ ਥਕਿ ਪਾਹਿ ॥

daydaa day laiday thak paahee.

The Great Giver keeps on giving, while those who receive grow weary of receiving.

ਜੁਗਾ ਜੁਗੰਤਰਿ ਖਾਹੀ ਖਾਹਿ ॥

jugaa jugantar khaahee khaahi.

Throughout the ages, consumers consume.

ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥

hukmee hukam chalaay raahau.

The Commander, by Divine Command, leads us to walk on the Path.

ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

naanak vigsai vayparvaahau. ||3||

O Nanak, The Master blossoms forth, Carefree and Untroubled. ||3||

Reciting the third pauri grants sufficiency from insufficiency, upliftment from depression and self confidence from low self esteem.

Pauri 4

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ ॥

saachaa saahib saach naa-ay bhaakhi-aa bhaa-o apaar.
True is the Master, True is the Name-speak it with infinite love.

ਆਖਹਿ ਮੰਗਹਿ ਦੇਹਿ ਦੇਹਿ ਦਾਤਿ ਕਰੇ ਦਾਤਾਰੁ ॥

aakhahi mangahi dahi dahi daat karay daataar.
People beg and pray, "Give to us, give to us", and the Great Giver gives bountiful Gifts.

ਫੇਰਿ ਕਿ ਅਗੈ ਰਖੀਐ ਜਿਤੁ ਦਿਸੈ ਦਰਬਾਰੁ ॥

fir kee agai rakhee-ai jit deesai darbaar.
So what offering can we place before the Divine Master, by which we might see the Darbaar of the divine Court?

ਮੁਹੈ ਕਿ ਬੋਲਣੁ ਬੋਲੀਐ ਜਿਤੁ ਸੁਣਿ ਧਰੇ ਪਿਆਰੁ ॥

muhau ke bolan bolee-ai jit sun dharay pi-aar.
What words can we speak to evoke infinite Love?

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥

amrit vaylaa sach naa-o vadi-aa-ee veechaar.
In the Amrit Vaylaa, the ambrosial hours before dawn, chant the True Name, and contemplate divine and glorious greatness of the Divine Master.

ਕਰਮੀ ਆਵੈ ਕਪੜਾ ਨਦਰੀ ਮੋਖੁ ਦੁਆਰੁ ॥

karmee aavai kaparaa naderee mukh du-aar.
By the karma of past actions, the robe of this physical body is obtained. By divine grace, the gate of liberation is found.

ਨਾਨਕ ਏਵੈ ਜਾਣੀਐ ਸਭੁ ਆਪੇ ਸਚਿਆਰੁ ॥੪॥

naanak ayvai jaaneeai sabh aapay sachiaar. ||4||
O Nanak, know this well: the True Master is One and All. ||4||

Reciting the fourth pauri gives an individual the power to break through the bonds of poverty and lack of means. It blasts through feelings of entrapment like a thunderbolt from the blue.

Pauri 5

ਥਾਪਿਆ ਨ ਜਾਇ ਕੀਤਾ ਨ ਹੋਇ ॥

thaapi-aa na jaa-ay keetaa na ho-ay.
The Infinite One cannot be established, and cannot be created.

ਆਪੇ ਆਪਿ ਨਿਰੰਜਨੁ ਸੋਇ ॥

aapay aap niranjan so-ay.
The One is Immaculate and Pure.

ਜਿਨਿ ਸੇਵਿਆ ਤਿਨਿ ਪਾਇਆ ਮਾਨੁ ॥

jini sayvi-aa tin paa-i-aa maan.
Those who serve the One are honored.

ਨਾਨਕ ਗਾਵੀਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥

naanak gaavee-ai gunee nidhaan.
O Nanak, sing of the Divine One, the Treasure of Excellence.

ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ ਭਾਉ ॥

gaavee-ai sunee-ai man rakhee-ai bhaa-o.

Sing, and listen, and let your mind be filled with love.

ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥

dukh parhar sukh ghar lai jaa-ay.

Your pain shall be sent far away, and peace shall come to your home.

ਗੁਰਮੁਖਿ ਨਾਦੰ ਗੁਰਮੁਖਿ ਵੇਦੰ ਗੁਰਮੁਖਿ ਰਹਿਆ ਸਮਾਈ ॥

gurmukh naada^N gurmukh vayda^N gurmukh rahi-aa samaa-ee.

The Guru's Word is the Sound-current of the Naad; the Guru's Word is the Wisdom of the Vedas; the Guru's Word is all-pervading.

ਗੁਰੁ ਈਸਰੁ ਗੁਰੁ ਗੋਰਖੁ ਬਰਮਾ ਗੁਰੁ ਪਾਰਬਤੀ ਮਾਈ ॥

gur eesar gur gorakh barmaa gur paarbatee maa-ee.

The Guru is Shiva, the Guru is Vishnu and Brahma; the Guru is Paarvati and Lakhshmi.

ਜੇ ਹਉ ਜਾਣਾ ਆਖਾ ਨਾਹੀ ਕਹਣਾ ਕਥਨੁ ਨ ਜਾਈ ॥

jay ha-o jaanaa aakhaa naahee kahnaa kathan na jaa-ee.

Even knowing the Divine One, I cannot describe the One; The Infinite One cannot be described in words.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

guraa ik dahi bujhaa-ee.

The Guru has given me this one understanding:

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੫॥

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. ||5||

there is only the One, the Giver of all souls. May I never forget the One! ||5||

Reciting the fifth pauri gives one the power to overcome a sense of failure. If you feel you are not up to the job, this pauri will grant you success.

Pauri 6

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ ਵਿਣੁ ਭਾਣੇ ਕਿ ਨਾਇ ਕਰੀ ॥

tirath naavaa jay tees bhaavaa vin bhaanay kee naa-ay karee.

If I am pleasing to the Divine, then that is my pilgrimage and cleansing bath. Without pleasing the Divine, what good are ritual cleansings?

ਜੇਤੀ ਸਿਰਠਿ ਉਪਾਈ ਵੇਖਾ ਵਿਣੁ ਕਰਮਾ ਕਿ ਮਿਲੈ ਲਈ ॥

jaytee sirath upaa-ee vaykhaa vin karmaa kee milai la-ee.

I gaze upon all the created beings: without the karma of good actions, what are they given to receive?

ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥

mat vich ratan javaahar maanik jay ik gur kee sikh sunee.

Within the mind are gems, jewels and rubies, if you listen to the Guru's Teachings, even once.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

guraa ik dahi bujhaa-ee.

The Guru has given me this one understanding:

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੬॥

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. ||6||

there is only the One, the Giver of all souls. May I never forget the One! ||6||

Reciting the sixth pauni dispels self imposed limitations. When you feel cornered, trapped, or coerced, this pauni wil elevate you to your higher consciousness and enable you to project yourself beyond your limitations.

Pauni 7

ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ ਹੋਰ ਦਸੂਈ ਹੋਇ ॥

jay jug chaaray aarjaa hor dasoonee ho-ay.

Even if you could live throughout the four ages, or even ten times more,

ਨਵਾ ਖੰਡਾ ਵਿਚਿ ਜਾਈਐ ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੋਇ ॥

navaa khanda vich jaanee-ai naal chalai sabh ko-ay.

and even if you were known throughout the nine continents and followed by all,

ਚੰਗਾ ਨਾਉ ਰਖਾਇ ਕੈ ਜਸੁ ਕੀਰਤਿ ਜਗਿ ਲੇਇ ॥

changa naa-o rakhaa-ay kai jas keerat jag lay-ay.

with a good name and reputation, with praise and fame throughout the world-

ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ ॥

jay tis nadar na aavee ta vaat na puchhai kay.

still, if the Divine Master does not bless you with a Glance of Grace, then who cares? What is the use?

ਕੀਟਾ ਅੰਦਰਿ ਕੀਟੁ ਕਰਿ ਦੇਸੀ ਦੇਸੁ ਧਰੇ ॥

keetaa andar keet kar dosee dos dharay.

Among worms, you would be considered a lowly worm, and even contemptible sinners would hold you in contempt.

ਨਾਨਕ ਨਿਰਗੁਣਿ ਗੁਣੁ ਕਰੇ ਗੁਣਵੰਤਿਆ ਗੁਣੁ ਦੇ ॥

naanak nirgun gun karay gunvanti-aa gun day.

O Nanak, the Divine Master blesses the unworthy with virtue, and bestows virtue on the virtuous.

ਤੇਹਾ ਕੋਇ ਨ ਸੁਝਈ ਜਿ ਤਿਸੁ ਗੁਣੁ ਕੋਇ ਕਰੇ ॥੭॥

tayhaa ko-ay na sujh-ee je tis gun ko-ay karay. ||7||

No one can even imagine anyone who can bestow virtue upon the Infinite One. ||7||

Reciting the 7th pauni will heal those who suffer from greed, madness for power, overbearing expansion and the need to control.

Pauni 8

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥

suni-ai sid peer sur naath.

Listening are the Siddhas, the spiritual teachers, the heroic warriors, the yogic masters.

ਸੁਣਿਐ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥

suni-ai dharat dhaval aakaas.

Listening to the earth, its support and the Akaashic ethers.

ਸੁਣਿਐ ਦੀਪ ਲੇਅ ਪਾਤਾਲ ॥

suni-ai deep lo-a paataal.

Listening to the oceans, the lands of the world and the nether regions of the underworld.

ਸੁਣਿਐ ਪੇਹਿ ਨ ਸਕੈ ਕਾਲੁ ॥

suni-ai pahi na sakai kaal.

Listening, death cannot even touch you.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

suni-ai dookh paap kaa naas. ||8||

Listening, pain and sin are erased. ||8||

Reciting the 8th pauri grants the power to become a true sage.

Pauri 9

ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥

suni-ai eesar barmaa ind.

Listening, hear Shiva, Brahma and Indra.

ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥

suni-ai mukh saalaahan mand.

Listening, even foul-mouthed people praise the Divine.

ਸੁਣਿਐ ਜੋਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦੁ ॥

suni-ai jog jugat tan bhayd.

Listening, the technology of Yoga and the secrets of the body are revealed.

ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦੁ ॥

suni-ai saasat simrit vayd.

Listening, the Shastras, the Simritees, and the Vedas are understood.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

suni-ai dookh paap kaa naas. ||9||

Listening, pain and sin are erased. ||9||

Reciting the 9th pauri the knowledge of all the scriptures and philosophies becomes known and a state of repose, expansion, and blissfulness is gained.

Pauri 10

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥

suni-ai sat santokh gi-aan.

Listening, truth, contentment and spiritual wisdom are realized.

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥

suni-ai athsath kaa isnaan.

Listening, take your cleansing bath at the sixty-eight places of pilgrimage.

ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥

suni-ai parh parh paavahi maan.

Listening, reading, and reciting and honor is obtained.

ਸੁਣਿਐ ਲਾਗੈ ਸਹਜਿ ਧਿਆਨੁ ॥

suni-ai laagai sahj dhi-aan.

Listening, intuitively grasp the essence of meditation.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

suni-ai dookh paap kaa naas. || 10 ||

Listening, pain and sin are erased. ||10||

Reciting the 10th pauri grants grace to the human being.

Pauri 11

ਸੁਣਿਐ ਸਰਾ ਗੁਣਾ ਕੇ ਗਾਹ ॥

suni-ai saraa gunaa kay gaah.

Listening, dive deep into the ocean of virtue.

ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥

suni-ai saykh peer paatisaah.

Listening, Shaykhs, religious scholars, spiritual teachers, and emperors may strive.

ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥

suni-ai andhay paavahi raahu.

Listening, even the blind find the Path.

ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥

suni-ai haath hovai asgaahu.

Listening, the Unreachable comes within your grasp.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥

sunī-ai dookh paap kaa naas. ||11||

Listening, pain and sin are erased. ||11||

Reciting the 11th pauri you are granted the ability to delve deep in the ocean of consciousness and experience the infinity of the Divine Master.

Pauri 12

ਮੰਨੇ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥

mannay kee gat kahee na jaa-ay.

The state of the faithful cannot be described.

ਜੇ ਕੇ ਕਰੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

jay ko kahai pichhai pachhuta-ay.

One who tries to describe this shall regret the attempt.

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥

kaagad kalam na likhanhaar.

No paper, no pen, no scribe

ਮੰਨੇ ਕਾ ਬਹਿ ਕਰਨਿ ਵੀਚਾਰੁ ॥

mannay kaa bahi karan veechaar.

can record the state of the faithful.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate One.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

jay ko man jaanai man ko-ay. ||12||

Only the faithful come to know such a state of mind. ||12||

Whenever a person feels small, reciting the 12th pauri gives one solidarity, self impressiveness, and self respect.

Pauri 13

ਮੰਨੇ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

mannai surat hovai man budh.

The faithful have intuitive awareness and intelligence.

ਮੰਨੇ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥

mannai sagal bhavan kee sudh.

The faithful know about all worlds and realms.

ਮੰਨੇ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥

mannai muhi chotaa naa khaa-ay.

The the faithful shall never be struck across the face.

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥

mannai jam kai saath na jaa-ay.

The faithful do not have to go with the Messenger of Death.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate One.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

jay ko man jaanai man ko-ay. ||13||

Only the faithful come to know such a state of mind. ||13||

Reciting the 13th pauri grants knowledge of the occult and deep intuition from the infinity of consciousness.

Pauri 14

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥

mannai maarag thaak na paa-ay.

The path of the faithful shall never be blocked.

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥

mannai pat si-o pargat jaa-ay.

The faithful shall depart with honor and fame.

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥੁ ॥

mannai mag na chalai panth.

The faithful do not follow empty religious rituals.

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸਨਬੰਧੁ ॥

mannai dharam saytee san-bandh.

The faithful are firmly bound to the dharma.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate One.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੪॥

jay ko man jaanai man ko-ay. ||14||

Only the faithful come to know such a state of mind. ||14||

Reciting the 14th pauri gives power to the one who feels lost in life. When you cannot achieve fulfillment this pauri will show you the way.

Pauri 15

ਮੰਨੈ ਪਾਵਹਿ ਮੇਖੁ ਦੁਆਰੁ ॥

mannai paavahi mokh du-aar.

The faithful find the Door of Liberation.

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥

mannai parvaarai saadhaar.

The faithful uplift and redeem their family and relations.

ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰੁ ਸਿਖ ॥

mannai tarai taaray gur sikh.

The faithful are saved, and carried across with the Sikhs of the Guru.

ਮੰਨੈ ਨਾਨਕ ਭਵਹਿ ਨ ਭਿਖ ॥

mannai naanak bhavahi na bhikh.

The faithful, O Nanak, do not wander around begging.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate One.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੫॥

jay ko man jaanai man ko-ay. ||15||

Only the faithful come to know such a state of mind. ||15||

Reciting the 15th pauri brings salvation.

Pauri 16

ਪੰਚ ਪਰਵਾਣ ਪੰਚ ਪਰਧਾਨੁ ॥

panch parvaan panch pardhaan.

The chosen ones, the self-elect, are accepted and approved.

ਪੰਚੇ ਪਾਵਹਿ ਦਰਗਹਿ ਮਾਨੁ ॥

panchay paavahi dargahi maan.

The chosen ones are honored in the Court of the Divine.

ਪੰਚੇ ਸੋਹਹਿ ਦਰਿ ਰਾਜਾਨੁ ॥

panchay sohahi dar raajaan.

The chosen ones look beautiful in the courts of kings.

ਪੰਚਾ ਕਾ ਗੁਰੁ ਏਕੁ ਧਿਆਨੁ ॥

panchaa kaa gur ayk dhi-aan.

The chosen ones meditate single-mindedly on the Guru.

ਜੇ ਕੇ ਕਹੈ ਕਰੈ ਵੀਚਾਰੁ ॥

jay ko kahai karai veechaar.

No matter how much anyone tries to explain and describe them,

ਕਰਤੇ ਕੈ ਕਰਣੈ ਨਾਹੀ ਸੁਮਾਰੁ ॥

kartay kai karnai naahee sumaar.

the actions of the Creator cannot be counted.

ਧੌਲੁ ਧਰਮੁ ਦਇਆ ਕਾ ਪੂਤੁ ॥

dhoul dharam da-i-aa kaa poot.

The mythical bull is dharma, the son of compassion;

ਸੰਤੋਖੁ ਥਾਪਿ ਰਖਿਆ ਜਿਨਿ ਸੂਤਿ ॥

santokh thaap rakhi-aa jin soot.

this is what patiently holds the earth in its place.

ਜੇ ਕੇ ਬੁਝੈ ਹੋਵੈ ਸਚਿਆਰੁ ॥

jay ko bujhai hovai sachiaar.

One who understands this becomes truthful.

ਧਵਲੈ ਉਪਰਿ ਕੇਤਾ ਭਾਰੁ ॥

dhavlai upar kaytaa bhaar.

What a great load there is on the bull!

ਧਰਤੀ ਹੋਰੁ ਪਰੈ ਹੋਰੁ ਹੋਰੁ ॥

dhartee hor parai hor hor.

So many worlds beyond this world-so very many!

ਤਿਸ ਤੇ ਭਾਰੁ ਤਲੈ ਕਵਣੁ ਜੋਰੁ ॥

tis tay bhaar talai kavan jor.

What power holds them, and supports their weight?

ਜੀਅ ਜਾਤਿ ਰੰਗਾ ਕੇ ਨਾਵ ॥

jee-a jaat rangaa kay naav.

The names and the colors of the assorted species of beings

ਸਭਨਾ ਲਿਖਿਆ ਵੁੜੀ ਕਲਾਮ ॥

sabhnaa likhi-aa vurhee kalaam.

were all inscribed by the Ever-flowing Pen of the Divine Creator.

ਏਹੁ ਲੇਖਾ ਲਿਖਿ ਜਾਣੈ ਕੋਇ ॥

ayhu laykhaa likh jaanai ko-ay.

Who knows how to write this account?

ਲੇਖਾ ਲਿਖਿਆ ਕੇਤਾ ਹੋਇ ॥

laykhaa likhi-aa kaytaa ho-ay.

Just imagine what a huge scroll it would take!

ਕੇਤਾ ਤਾਣੁ ਸੁਆਲਿਹੁ ਰੂਪੁ ॥

kaytaa taan su-aalihu roop.

What power! What fascinating beauty!

ਕੇਤੀ ਦਾਤਿ ਜਾਣੈ ਕੋਣੁ ਕੂਤੁ ॥

kaytee daat jaanai koun koot.

And what gifts! Who can know their extent?

ਕੀਤਾ ਪਸਾਉ ਏਕੇ ਕਵਾਉ ॥

keetaa pasaa-o ayko kavaa-o.

You created the vast expanse of the Universe with One Word!

ਤਿਸ ਤੇ ਹੋਏ ਲਖ ਦਰੀਆਉ ॥

tis tay ho-ay lakh daree-aa-o.

Hundreds of thousands of rivers began to flow.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.

How can Your Creative Potency be described?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tudh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੬॥

too sadaa salaamat nirankaar. || 16 ||

Oh you, Eternal and Formless One! ||16||

When you recite the 16th pauri it gives you knowledge of the structure of the universe.

Pauri 17

ਅਸੰਖ ਜਪ ਅਸੰਖ ਭਾਉ ॥

asankh jaap asankh bhaa-o.

Countless meditations, countless loves.

ਅਸੰਖ ਪੂਜਾ ਅਸੰਖ ਤਪ ਤਾਉ ॥

asankh poojaa asankh tap taa-o.

Countless worship services, countless austere disciplines.

ਅਸੰਖ ਗਰੰਥ ਮੁਖਿ ਵੇਦ ਪਾਠ ॥

asankh garanth mukh vayd paath.

Countless scriptures, and ritual recitations of the Vedas.

ਅਸੰਖ ਜੋਗ ਮਨਿ ਰਹਹਿ ਉਦਾਸ ॥

asankh jog man rahahi udaas.

Countless Yogis, whose minds remain detached from the world.

ਅਸੰਖ ਭਗਤ ਗੁਣ ਗਿਆਨ ਵੀਚਾਰ ॥

asankh bhagat gun gi-aan veechaar.

Countless devotees contemplate the Wisdom and Virtues of the Divine.

ਅਸੰਖ ਸਤੀ ਅਸੰਖ ਦਾਤਾਰ ॥

asankh satee asankh daataar.

Countless the holy, countless the givers.

ਅਸੰਖ ਸੂਰ ਮੁਹ ਭਖ ਸਾਰ ॥

asankh soor muh bhakh saar.

Countless heroic spiritual warriors, who bear the brunt of the attack in battle.

ਅਸੰਖ ਮੋਨਿ ਲਿਵ ਲਾਇ ਤਾਰ ॥

asankh mon liv laa-ay taar.

Countless silent sages, vibrating the string of divine love.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.

How can Your creative potency be described?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tudh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੭॥

too sadaa salaamat nirankaar. || 17 ||

Oh you,, eternal and formless One. ||17||

When you recite the 17th pauri you are resurrected above the form to the essence of the freedom of universal consciousness.

Pauri 18

ਅਸੰਖ ਮੂਰਖ ਅੰਧ ਘੋਰ ॥

asankh moorakh andh ghor.

Countless the fools, blinded by ignorance.

ਅਸੰਖ ਚੋਰ ਹਰਾਮਖੋਰ ॥

asankh chor haraamkhor.

Countless the thieves and embezzlers.

ਅਸੰਖ ਅਮਰ ਕਰਿ ਜਾਹਿ ਜੋਰ ॥

asankh amar kar jaahi jor.

Countless those who impose their will by force.

ਅਸੰਖ ਗਲਵਢ ਹਤਿਆ ਕਮਾਹਿ ॥

asankh galvadh hati-aa kamaahi.

Countless the cut-throats and ruthless killers.

ਅਸੰਖ ਪਾਪੀ ਪਾਪੁ ਕਰਿ ਜਾਹਿ ॥

asankh paapee paap kar jaahi.

Countless the sinners who keep on sinning.

ਅਸੰਖ ਕੂੜਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ ॥

asankh koorhi-aar koorhay firaahi.

Countless the liars, wandering lost in their lies.

ਅਸੰਖ ਮਲੇਛ ਮਲੁ ਭਖਿ ਖਾਹਿ ॥

asankh malaychh mal bhakh khaahi.

Countless the wretches, eating filth as their ration.

ਅਸੰਖ ਨਿੰਦਕ ਸਿਰਿ ਕਰਹਿ ਭਾਰੁ ॥

asankh nindak sir karahi bhaar.

Countless the slanderers, carrying the weight of their stupid mistakes on their heads.

ਨਾਨਕੁ ਨੀਚੁ ਕਹੈ ਵੀਚਾਰੁ ॥

naanak neech kahai veechaar.

Nanak describes the state of the lowly.

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tudh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੮॥

too sadaa salaamat nirankaar. || 18 ||

Oh you,, Eternal and Formless One. ||18||

By reciting the 18th pauri a person can overcome madness, deep feelings of inferiority and all self destructive behavior.

Pauri 19

ਅਸੰਖ ਨਾਵ ਅਸੰਖ ਥਾਵ ॥

asankh naav asankh thaav.

Countless names, countless places.

ਅਗੰਮ ਅਗੰਮ ਅਸੰਖ ਲੇਅ ॥

agamm agamm asankh lo-a.

Inaccessible, unapproachable, countless celestial realms.

ਅਸੰਖ ਕਹਹਿ ਸਿਰਿ ਭਾਰੁ ਹੋਇ ॥

asankh kehahi sir bhaar ho-ay.

Even to call them countless is to carry the weight on your head.

ਅਖਰੀ ਨਾਮੁ ਅਖਰੀ ਸਾਲਾਹ ॥

akhree naam akhree saalaah.

From the Word, comes the Naam; from the Word, comes Your Praise.

ਅਖਰੀ ਗਿਆਨੁ ਗੀਤ ਗੁਣ ਗਾਹ ॥

akhree gi-aan geet gun gaah.

From the Word, comes spiritual wisdom, singing the Songs of Your Glory.

ਅਖਰੀ ਲਿਖਣੁ ਬੋਲਣੁ ਬਾਣਿ ॥

akhree likhan bolan baan.

From the Word, come the written and spoken words and hymns.

ਅਖਰਾ ਸਿਰਿ ਸੰਜੋਗੁ ਵਖਾਣਿ ॥

akhraa sir sanjog vakhaan.

From the Word, comes destiny, written on one's forehead.

ਜਿਨਿ ਏਹਿ ਲਿਖੇ ਤਿਸੁ ਸਿਰਿ ਨਾਹਿ ॥

jini ayhi likhay tis sir naahi.

But the One who wrote these Words of Destiny-no words are written on the Master's Forehead.

ਜਿਵ ਫੁਰਮਾਏ ਤਿਵ ਤਿਵ ਪਾਹਿ ॥

jiv furmaa-ay tiv tiv paahi.

As Divine Master ordains, so do we receive.

ਜੇਤਾ ਕੀਤਾ ਤੇਤਾ ਨਾਉ ॥

jaytaa keetaa taytaa naa-o.

The created universe is the manifestation of Your Name.

ਵਿਣੁ ਨਾਵੈ ਨਾਹੀ ਕੇ ਥਾਉ ॥

vin naavai naahee ko thaa-o.

Without Your Name, there is no place at all.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.

How can I describe Your Creative Power?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tudh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੯॥

too sadaa salaamat nirankaar. || 19 ||

Oh you, Eternal and Formless One. ||19||

Reciting 19th pauri brings universal knowledge, inspiration, and revelation.

Pauri 20

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹ ॥

bharee-ai hath pair tan dayh.

When the hands and feet and body are covered with dirt,

ਪਾਣੀ ਧੋਤੈ ਉਤਰਸੁ ਖੇਹ ॥

paanee dhotai utras khayh.

water can wash them clean.

ਮੂਤੁ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥

moot paleetee kaparh ho-ay.

When the clothes are soiled and stained by urine,

ਦੇ ਸਾਬੂਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥

day saaboon la-ee-ai oh dho-ay.

soap can remove the stain.

ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥

bharee-ai mat paapaa kai sang.

But when the mind is soiled and polluted with filth,

ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

oh dhopai naavai kai rang.

it can only be cleansed by the Love of the Name.

ਪੁੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਰਿ ॥

punnee paapee aakhan naahi.

Virtue and vice do not come by mere words;

ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ ॥

kar kar karnaa likh lai jaahu.

actions repeated, over and over again, are engraved on the soul.

ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ ॥

aapay beej aapay hee khaahu.

You shall harvest what you plant.

ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ ॥੨੦॥

naanak hukmee aavhu jaahu. ||20||

O Nanak, by the Hukam of Divine Command, we come and go in reincarnation. ||20||

Reciting the 20th pauri purifies mind and soul and it wipes away all of the misdeeds.

Pauri 21

ਤੀਰਥੁ ਤਪੁ ਦਇਆ ਦਤੁ ਦਾਨੁ ॥

tirath tap da-i-aa dat daan.

Pilgrimages, austere discipline, compassion and charity

ਜੇ ਕੇ ਪਾਵੈ ਤਿਲ ਕਾ ਮਾਨੁ ॥

jay ko paavai til kaa maan.

-these, by themselves, bring only an iota of merit.

ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ ॥

sun-aa mani-aa man keetaa bhaa-o.

Listening and believing with love and humility in your mind,

ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਲਿ ਨਾਉ ॥

antargat tirath mal naa-o.

cleanse yourself with the Name, at the sacred shrine deep within.

ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੋਇ ॥

sabh gun tayray mai naahee ko-ay.

All virtues are Yours, Divine Master, I have none at all.

ਵਿਣੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ ॥

vin gun keetay bhagat na ho-ay.

Without virtue, there is no devotional worship.

ਸੁਅਸਤਿ ਆਥਿ ਬਾਣੀ ਬਰਮਾਉ ॥

su-asat aath banee barmaa-o.

I bow to the Master of the World, to the Word, to Brahma the Creator.

ਸਤਿ ਸੁਹਾਣੁ ਸਦਾ ਮਨਿ ਚਾਉ ॥

sat suhaan sadaa man chaa-o.

The Divine Master is Beautiful, True and Eternally Joyful.

ਕਵਣੁ ਸੁ ਵੇਲਾ ਵਖਤੁ ਕਵਣੁ ਕਵਣੁ ਥਿਤਿ ਕਵਣੁ ਵਾਰੁ ॥

kavan so vaylaa vakhat kavan kavan thit kavan vaar.

What was that time, and what was that moment? What was that day, and what was that date?

ਕਵਣਿ ਸਿ ਰੁਤੀ ਮਾਹੁ ਕਵਣੁ ਜਿਤੁ ਹੋਆ ਆਕਾਰੁ ॥

kavan se rutee maahu kavan jit ho-aa aakaar.

What was that season, and what was that month, when the Universe was created?

ਵੇਲ ਨ ਪਾਈਆ ਪੰਡਤੀ ਜਿ ਹੋਵੈ ਲੇਖੁ ਪੁਰਾਣੁ ॥

vayl na paa-ee-aa pandtee je hovai laykh puraana.

The Pandits, the religious scholars, cannot find that time, even if it is written in the Puraanas.

ਵਖਤੁ ਨ ਪਾਇਓ ਕਾਦੀਆ ਜਿ ਲਿਖਨਿ ਲੇਖੁ ਕੁਰਾਣੁ ॥

vakhat na paa-i-o kaadee-aa je likhan laykh kuraan.

That time is not known to the Qazis, who study the Koran.

ਥਿਤਿ ਵਾਰੁ ਨਾ ਜੋਗੀ ਜਾਣੈ ਰੁਤਿ ਮਾਹੁ ਨਾ ਕੋਈ ॥

thit vaar naa jogee jaanai rut maahu naa ko-ee.

The day and the date are not known to the Yogis, nor is the month or the season.

ਜਾ ਕਰਤਾ ਸਿਰਠੀ ਕਉ ਸਾਜੇ ਆਪੇ ਜਾਣੈ ਸੋਈ ॥

jaa kartaa sirthee ka-o saajay aapay jaanai so-ee.

The Divine Creator who created this creation-only the Divine One knows.

ਕਿਵ ਕਰਿ ਆਖਾ ਕਿਵ ਸਾਲਾਹੀ ਕਿਉ ਵਰਨੀ ਕਿਵ ਜਾਣਾ ॥

kiv kar aakhaa kiv saalaahee ki-o varnee kiv jaanaa.

How can we speak of the Infinite? How can we praise the Infinite? How can we describe the Infinite? How can we know Infinite Divine Being?

ਨਾਨਕ ਆਖਣਿ ਸਭੁ ਕੇ ਆਖੈ ਇਕ ਦੂ ਇਕੁ ਸਿਆਣਾ ॥

naanak aakhan sabh ko aakhai ik doo ik si-aanaa.

O Nanak, everyone speaks of the Divine Master, each one wiser than the rest.

ਵਡਾ ਸਾਹਿਬੁ ਵਡੀ ਨਾਈ ਕੀਤਾ ਜਾ ਕਾ ਹੋਵੈ ॥

vadaa saahib vadee naa-ee keetaa jaa kaa hovai.

Great is the Master, Great is the Name. Whatever happens is according to Divine Will.

ਨਾਨਕ ਜੇ ਕੇ ਆਪੇ ਜਾਣੈ ਅਗੈ ਗਇਆ ਨ ਸੋਰੈ ॥੨੧॥

naanak jay ko aapou jaanai agai ga-i-aa na sohai. ||21||

O Nanak, one who claims to know everything shall not be decorated in the world hereafter. ||21||

Reciting the 21st pauri. maintains your status, grace, and position.

Pauri 22

ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ ॥

paataalaa paataal lakh aagaasaa aagaas.

There are nether worlds beneath nether worlds, and hundreds of thousands of heavenly worlds above.

ਓੜਕ ਓੜਕ ਭਾਲਿ ਥਕੇ ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ ॥

orhak orhak bhaal thakay vayd kahan ik vaat.

The Vedas say that you can search and search for them all, until you grow weary.

ਸਹਸ ਅਠਾਰਹ ਕਹਨਿ ਕਤੇਬਾ ਅਸੁਲੂ ਇਕੁ ਧਾਤੁ ॥

sahas athaarah kahan kataybaa asuloo ik dhaat.

The scriptures say that there are 18,000 worlds, but in reality, there is only One Universe.

ਲੇਖਾ ਹੋਇ ਤ ਲਿਖੀਐ ਲੇਖੈ ਹੋਇ ਵਿਣਾਸੁ ॥

laykhaa ho-ay ta likee-ai laykhai ho-ay vinaas.

If you try to write an account of this, you will surely finish yourself before you finish writing it.

ਨਾਨਕ ਵਡਾ ਆਖੀਐ ਆਪੇ ਜਾਣੈ ਆਪੁ ॥੨੨॥

naanak vadaa aakhee-ai aapay jaanai aap. ||22||

O Nanak, call the Divine One Great! The Divine Master knows all. ||22||

Reciting the 22nd pauri one gains the power to overcome complications beyond ones' mental capability to master. It gives victory in legal battles, strength and strategy.

Pauri 23

ਸਾਲਾਹੀ ਸਾਲਾਹਿ ਏਤੀ ਸੁਰਤਿ ਨ ਪਾਈਆ ॥

saalaahie saalaahi aytee surat na paa-ee-aa.

The praisers praise the Divine Master, but they do not obtain intuitive understanding

ਨਦੀਆ ਅਤੈ ਵਾਹ ਪਵਹਿ ਸਮੁੰਦਿ ਨ ਜਾਣੀਅਹਿ ॥

nadee-aa atai vaah pavahi samund na jaanee-ahi.

-the streams and rivers flowing into the ocean do not know its vastness.

ਸਮੁੰਦ ਸਾਹ ਸੁਲਤਾਨ ਗਿਰਹਾ ਸੇਤੀ ਮਾਲੁ ਧਨੁ ॥

samund saah sultaan girhaa saytee maal dhan.

Even kings and emperors, with mountains of property and oceans of wealth

ਕੀੜੀ ਤੁਲਿ ਨ ਹੋਵਨੀ ਜੇ ਤਿਸੁ ਮਨਹੁ ਨ ਵੀਸਰਹਿ ॥੨੩॥

keerhee tul na hovnee jay tis manhu na veesrahi. ||23||

-these are not even equal to an ant, who does not forget the Divine Master. ||23||

Reciting the 23rd pauri one is blessed with having darkness dispelled and the self elevated.

Pauri 24

ਅੰਤੁ ਨ ਸਿਫਤੀ ਕਹਣਿ ਨ ਅੰਤੁ ॥

ant na siftee kahan na ant.

Endless are Divine Praises, endless are those who speak them.

ਅੰਤੁ ਨ ਕਰਣੈ ਦੇਣਿ ਨ ਅੰਤੁ ॥

ant na karnai dayn na ant.

Endless are Divine Actions, endless are Divine Gifts.

ਅੰਤੁ ਨ ਵੇਖਣਿ ਸੁਣਣਿ ਨ ਅੰਤੁ ॥

ant na vaykhan sunan na ant.

Endless is the Master's Vision, endless is the Master's Hearing.

ਅੰਤੁ ਨ ਜਾਪੈ ਕਿਆ ਮਨਿ ਮੰਤੁ ॥

ant na jaapai ki-aa man mant.

The Infinite Master's limits cannot be perceived. What is the Mystery of the Master's Divine Mind?

ਅੰਤੁ ਨ ਜਾਪੈ ਕੀਤਾ ਆਕਾਰੁ ॥

ant na jaapai keetaa aakaar.

The limits of the created universe cannot be perceived.

ਅੰਤੁ ਨ ਜਾਪੈ ਪਾਰਾਵਾਰੁ ॥

ant na jaapai paaraavaar.

Its limits here and beyond cannot be perceived.

ਅੰਤ ਕਾਰਣਿ ਕੇਤੇ ਬਿਲਲਾਹਿ ॥

ant kaaran kaytay billaahi.

Many struggle to know the limits of the Infinite,

ਤਾ ਕੇ ਅੰਤੁ ਨ ਪਾਏ ਜਾਹਿ ॥

taa kay ant na paa-ay jaahi.

but limits of the Infinite cannot be found.

ਏਹੁ ਅੰਤੁ ਨ ਜਾਣੈ ਕੋਇ ॥

ayhu ant na jaanai ko-ay.

No one can know these limits.

ਬਹੁਤਾ ਕਹੀਐ ਬਹੁਤਾ ਹੋਇ ॥

bahutaa kahee-ai bahutaa ho-ay.

The more you say about them, the more there still remains to be said.

ਵਡਾ ਸਾਹਿਬੁ ਉਚਾ ਥਾਉ ॥

vadaa saahib oochaa thaa-o.

Great is the Master, High is the Heavenly Home.

ਉਚੇ ਉਪਰਿ ਉਚਾ ਨਾਉ ॥

oochay upar oochaa naa-o.

Highest of the High, above all is the Name.

ਏਵਡੁ ਉਚਾ ਹੋਵੈ ਕੋਇ ॥

ayvad oochaa hovai ko-ay.

Only one as Great and as High as the Divine Master

ਤਿਸੁ ਉਚੇ ਕਉ ਜਾਣੈ ਸੋਇ ॥

tis oochay ka-o jaanai so-ay.

can know the Lofty and Exalted State.

ਜੇਵਡੁ ਆਪਿ ਜਾਣੈ ਆਪਿ ਆਪਿ ॥

jayvad aap jaanai aap aap.

Only the Divine Master is that Great. The Divine Master knows all.

ਨਾਨਕ ਨਦਰੀ ਕਰਮੀ ਦਾਤਿ ॥੨੪॥

naanak nadree karmee daat. || 24 ||

O Nanak, by a glance from the Divine Master, infinite blessings are bestowed. ||24||

Reciting the 24th pauri one is blessed with the capability to break through all personal limitations with the force of a thunderbolt so powerful it affects generations. This pauri has the power to kill misfortune.

Pauri 25

ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ ॥

bahutaa karam likhi-aa naa jaa-ay.

Blessings are so abundant that there can be no written account of them.

ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ ॥

vadaa daataa til na tamaa-ay.

The Great Giver does not hold back anything.

ਕੇਤੇ ਮੰਗਹਿ ਜੇਧ ਅਪਾਰ ॥

kaytay mangahi jodh apaar.

There are so many great, heroic warriors begging at the Door of the Infinite One.

ਕੇਤਿਆ ਗਣਤ ਨਹੀ ਵੀਚਾਰੁ ॥

kayti-aa ganat nahee veechaar.

So many contemplate and dwell upon the One, they are unknown.

ਕੇਤੇ ਖਪਿ ਤੁਟਹਿ ਵੇਕਾਰ ॥

kaytay khap tutahi vaykaar.

So many waste away to death engaged in corruption.

ਕੇਤੇ ਲੈ ਲੈ ਮੁਕਰੁ ਪਾਹਿ ॥

kaytay lai lai mukar paahi.

So many take and take again, and then deny receiving.

ਕੇਤੇ ਮੂਰਖ ਖਾਹੀ ਖਾਹਿ ॥

kaytay moorakh khaahee khaahi.

So many foolish consumers keep on consuming.

ਕੇਤਿਆ ਦੁਖ ਭੁਖ ਸਦ ਮਾਰ ॥

kayti-aa dookh bhookh sad maar.

So many endure distress, deprivation and constant abuse.

ਏਹਿ ਭਿ ਦਾਤਿ ਤੇਰੀ ਦਾਤਾਰ ॥

ayhi bhe daat tayree daataar.

Even these are Your Gifts, O Great Giver!

ਬੰਦਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ ॥

band khalaasee bhaanai ho-ay.

Liberation from bondage comes only by Your Will.

ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ ॥

hor aakh na sakai ko-ay.

No one else has any say in this.

ਜੇ ਕੇ ਖਾਇਕੁ ਆਖਣਿ ਪਾਇ ॥

jay ko khaa-ik aakhan paa-ay.

If some fool should presume to say otherwise,

ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ ॥

oh jaanai jaytee-aa muhi khaa-ay.

Such a one shall learn, and feel the effects of this folly.

ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ ॥

aapay jaanai aapay day-ay.

The Master knows, the Master gives.

ਆਖਹਿ ਸਿ ਭਿ ਕੋਈ ਕੋਇ ॥

aakhahi se bhe kay-ee kay-ay.

Few, very few are those who acknowledge this.

ਜਿਸ ਨੇ ਬਖਸੇ ਸਿਫਤਿ ਸਾਲਾਹ ॥

jis no bakhsay sifit saalaah.

One who is blessed to sing the Praises of the Divine Master,

ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ ॥੨੫॥

naanak paatisaahē paatisaahu. || 25 ||

O Nanak, is the ruler of rulers. ||25||

When you recite the 25th pauri all of your needs become pre-fulfilled. Prosperity, virtue, estate and wealth are yours without asking.

Pauri 26

ਅਮੁਲ ਗੁਣ ਅਮੁਲ ਵਾਪਾਰ ॥

amul gun amul vaapaar.

Priceless are the Divine virtues, priceless are Divine dealings.

ਅਮੁਲ ਵਾਪਾਰੀਏ ਅਮੁਲ ਭੰਡਾਰ ॥

amul vaapaaree-ay amul bhandaar.

Priceless are the Divine Masters dealers, priceless are the Divine treasures.

ਅਮੁਲ ਆਵਹਿ ਅਮੁਲ ਲੈ ਜਾਹਿ ॥

amul aavahi amul lai jaahi.

Priceless are those who come to the Master, Priceless are those who buy from the Master.

ਅਮੁਲ ਭਾਇ ਅਮੁਲਾ ਸਮਾਹਿ ॥

amul bhaa-ay amulaa samaahi.

Priceless is the Love of the Divine, Priceless is absorption into the Divine.

ਅਮੁਲੁ ਧਰਮੁ ਅਮੁਲੁ ਦੀਬਾਣੁ ॥

amul dharam amul deebaan.

Priceless is the Divine law of dharma, priceless is the Divine court of justice.

ਅਮੁਲੁ ਤੁਲੁ ਅਮੁਲੁ ਪਰਵਾਣੁ ॥

amul tul amul parvaan.

Priceless are the scales, priceless are the weights.

ਅਮੁਲੁ ਬਖਸੀਸ ਅਮੁਲੁ ਨੀਸਾਣੁ ॥

amul bakhsees amul neesaan.

Priceless are Divine blessings, Priceless is Divine banners and insignia.

ਅਮੁਲੁ ਕਰਮੁ ਅਮੁਲੁ ਫੁਰਮਾਣੁ ॥

amul karam amul furmaan.

Priceless is Divine mercy, Priceless is the Royal Command.

ਅਮੁਲੇ ਅਮੁਲੁ ਆਖਿਆ ਨ ਜਾਇ ॥

amulo amul aakhi-aa na jaa-ay.

Priceless, O Priceless beyond expression!

ਆਖਿ ਆਖਿ ਰਹੇ ਲਿਵ ਲਾਇ ॥

aakh aakh rahay liv laa-ay.

Speak of the Divine Master continually, and remain absorbed in Divine Love.

ਆਖਹਿ ਵੇਦ ਪਾਠ ਪੁਰਾਣੁ ॥

aakhahi vayd paath puraan.

The Vedas and the Puraanas speak.

ਆਖਹਿ ਪੜੇ ਕਰਹਿ ਵਖਿਆਣੁ ॥

aakhahi parhay karahi vakhi-aan.

The scholars speak and lecture.

ਆਖਹਿ ਬਰਮੇ ਆਖਹਿ ਇੰਦੁ ॥

aakhahi barmay aakhahi ind.

Brahma speaks, Indra speaks.

ਆਖਹਿ ਗੋਪੀ ਤੈ ਗੋਵਿੰਦੁ ॥

aakhahi gopee tai govind.

The Gopis and Krishna speak.

ਆਖਹਿ ਈਸਰ ਆਖਹਿ ਸਿਧੁ ॥

aakhahi eesar aakhahi sidh.

Shiva speaks, the Siddhas speak.

ਆਖਹਿ ਕੇਤੇ ਕੀਤੇ ਬੁਧੁ ॥

aakhahi kaytay keetay budh.

The many Buddhas Divinely created speak.

ਆਖਹਿ ਦਾਨਵ ਆਖਹਿ ਦੇਵੁ ॥

aakhahi daanav aakhahi dayv.

The demons speak, the demi-gods speak.

ਆਖਹਿ ਸੁਰਿ ਨਰ ਮੁਨਿ ਜਨ ਸੇਵ ॥

aakhahi sur nar mun jan sayv.

The great spiritual warriors, the heavenly beings, the silent sages, the humble and serviceful speak.

ਕੇਤੇ ਆਖਹਿ ਆਖਣਿ ਪਾਹਿ ॥

kaytay aakhahi aakhan paahi.

Many speak and try to describe the Infinite One.

ਕੇਤੇ ਕਹਿ ਕਹਿ ਉਠਿ ਉਠਿ ਜਾਹਿ ॥

kaytay kahi kahi uth uth jaahi.

Many have spoken of the One over and over again, and have then arisen and departed.

ਏਤੇ ਕੀਤੇ ਹੋਰਿ ਕਰੇਹਿ ॥

aytay keetay hor karayhi.

If the Divine Master were to create as many again as there already are,

ਤਾ ਆਖਿ ਨ ਸਕਹਿ ਕੇਈ ਕੇਇ ॥

taa aakh na sakahi kay-ee kay-ay.

even then, they could not describe the Divine Being.

ਜੇਵਡੁ ਭਾਵੈ ਤੇਵਡੁ ਹੋਇ ॥

jayvad bhaavai tayvad ho-ay.

The Supreme Master is as great as the Master wishes to be.

ਨਾਨਕ ਜਾਣੈ ਸਾਚਾ ਸੋਇ ॥

naanak jaanai saachaa so-ay.

O Nanak, the True One knows.

ਜੇ ਕੇ ਆਖੈ ਬੋਲੁਵਿਗਾਰੁ ॥

jay ko aakhai boluvigaarh.

If anyone presumes to fully describe the Infinite Creator,

ਤਾ ਲਿਖੀਐ ਸਿਰਿ ਗਾਵਾਰਾ ਗਾਵਾਰੁ ॥੨੬॥

taa likee-ai sir gaavaaraa gaavaar. || 26 ||

that one shall be known as the greatest fool of fools! ||26||

By reciting the 26th pauri nothing is transformed into everything. In business it banishes losses, misfortune and miseries.

Pauri 27

ਸੇ ਦਰੁ ਕੇਹਾ ਸੇ ਘਰੁ ਕੇਹਾ ਜਿਤੁ ਬਹਿ ਸਰਬ ਸਮਾਲੇ ॥

so dar kayhaa so ghar kayhaa jit bahi sarab samaalay.

Where is that Gate, and where is that Dwelling, where You sit and take care of all?

ਵਾਜੇ ਨਾਦ ਅਨੇਕ ਅਸੰਖਾ ਕੇਤੇ ਵਾਵਣਹਾਰੇ ॥

vaajay naad anayk asankhaa kaytay vaavanhaaray.

The Sound-current of the Naad vibrates there, and countless musicians play on all sorts of instruments there.

ਕੇਤੇ ਰਾਗ ਪਰੀ ਸਿਉ ਕਹੀਅਨਿ ਕੇਤੇ ਗਾਵਣਹਾਰੇ ॥

kaytay raag paree si-o kahee-an kaytay gaavanhaaray.
So many Ragas, so many musicians singing there.

ਗਾਵਹਿ ਤੁਹਨੇ ਪਉਣੁ ਪਾਣੀ ਬੈਸੰਤਰੁ ਗਾਵੈ ਰਾਜਾ ਧਰਮੁ ਦੁਆਰੇ ॥

gaavahi tuhno pa-un paanee baisantar gaavai raajaa dharam du-aaray.
The praanic wind, water and fire sing; the Righteous Judge of dharma sings at Your Door.

ਗਾਵਹਿ ਚਿਤੁ ਗੁਪਤੁ ਲਿਖਿ ਜਾਣਹਿ ਲਿਖਿ ਲਿਖਿ ਧਰਮੁ ਵੀਚਾਰੇ ॥

gaavahi chit gupat likh jaaneh likh likh dharam veechaaray.
Chitr and Gupt, the angels of the conscious and the subconscious who record actions, and the Righteous Judge of dharma who judges this record sing.

ਗਾਵਹਿ ਈਸਰੁ ਬਰਮਾ ਦੇਵੀ ਸੋਹਨਿ ਸਦਾ ਸਵਾਰੇ ॥

gaavahi eesar barmaa dayvee sohan sadaa savaaray.
Shiva, Brahma and the Goddess of Beauty, ever adorned, sing.

ਗਾਵਹਿ ਇੰਦ ਇਦਾਸਣਿ ਬੈਠੇ ਦੇਵਤਿਆ ਦਰਿ ਨਾਲੇ ॥

gaavahi ind idaasan baithay dayviti-aa dar naalay.
Indra, seated upon the Throne, sings with the deities at Your Door.

ਗਾਵਹਿ ਸਿਧ ਸਮਾਧੀ ਅੰਦਰਿ ਗਾਵਨਿ ਸਾਧ ਵਿਚਾਰੇ ॥

gaavahi sidh samaadhee andar gaavan saadh vichaaray.
The Siddhas in Samaadhi sing; the Saadhhus sing in contemplation.

ਗਾਵਨਿ ਜਤੀ ਸਤੀ ਸੰਤੋਖੀ ਗਾਵਹਿ ਵੀਰ ਕਰਾਰੇ ॥

gaavan jatee satee santokhee gaavahi veer karaaray.
The celibates, the fanatics, the peacefully accepting and the fearless warriors sing.

ਗਾਵਨਿ ਪੰਡਿਤ ਪੜਨਿ ਰਖੀਸਰ ਜੁਗੁ ਜੁਗੁ ਵੇਦਾ ਨਾਲੇ ॥

gaavan pandit parhan rakheesar jug jug vaydaa naalay.
The Pandits, the religious scholars who recite the Vedas, with the supreme sages of all the ages, sing.

ਗਾਵਹਿ ਮੋਹਣੀਆ ਮਨੁ ਮੋਹਨਿ ਸੁਰਗਾ ਮਛ ਪਇਆਲੇ ॥

gaavahi mohnee-aa man mohan surgaa machh pa-i-aalay.
The Mohinis, the enchanting heavenly beauties who entice hearts in this world, in paradise, and in the underworld of the subconscious sing.

ਗਾਵਨਿ ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ ॥

gaavan ratan upaa-ay tayray athsath tirath naalay.
The celestial jewels created by You, and the sixty-eight holy places of pilgrimage sing.

ਗਾਵਹਿ ਜੇਧ ਮਹਾਬਲ ਸੂਰਾ ਗਾਵਹਿ ਖਾਣੀ ਚਾਰੇ ॥

gaavahi jodh mahaabal sooraa gaavahi khaanee chaaray.
The brave and mighty warriors sing; the spiritual heroes and the four sources of creation sing.

ਗਾਵਹਿ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡਾ ਕਰਿ ਕਰਿ ਰਖੇ ਧਾਰੇ ॥

gaavahi khand mandal varbhandaa kar kar rakhay dhaaray.
The planets, solar systems and galaxies, created and arranged by Your Hand, sing.

ਸੇਈ ਤੁਧੁਨੇ ਗਾਵਹਿ ਜੋ ਤੁਧੁ ਭਾਵਨਿ ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ ॥

say-ee tudhuno gaavahi jo tudh bhaavan ratay tayray bhagat rasaalay.

They alone sing, who are pleasing to Your Will. Your devotees are imbued with the Nectar of Your Essence.

ਹੋਰਿ ਕੇਤੇ ਗਾਵਨਿ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਵੀਚਾਰੇ ॥

hor kaytay gaavan say mai chit na aavan naanak ki-aa veechaaray.

So many others sing, they do not come to mind. O Nanak, how can I consider them all?

ਸੇਈ ਸੇਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ ਸਾਚਾ ਸਾਚੀ ਨਾਈ ॥

so-ee so-ee sadaa sach saahib saachaa saachee naa-ee.

That True One is True, Forever True, and True is the Name.

ਹੈ ਭੀ ਹੋਸੀ ਜਾਇ ਨ ਜਾਸੀ ਰਚਨਾ ਜਿਨਿ ਰਚਾਈ ॥

hai bhee hosee jaa-ay na jaasee rachnaa jin rachaa-ee.

The One Master is, and shall always be. The One Creator shall not depart, even when this Universe which was created departs.

ਰੰਗੀ ਰੰਗੀ ਭਾਤੀ ਕਰਿ ਕਰਿ ਜਿਨਸੀ ਮਾਇਆ ਜਿਨਿ ਉਪਾਈ ॥

rangee rangee bhaatee kar kar jinsee maa-i-aa jin upaa-ee.

Creating the world, with its various colors, species of beings, there is endless variety of Maya.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਕੀਤਾ ਆਪਣਾ ਜਿਵ ਤਿਸ ਦੀ ਵਡਿਆਈ ॥

kar kar vaykhai keetaa aapnaa jiv tis dee vadi-aa-ee.

Having created the creation, by indescribable greatness, the Creator alone watches over it.

ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰਸੀ ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ ॥

jo tis bhaavai so-ee karsee hukam na karnaa jaa-ee.

The Divine Master does whatever is pleasing. No order can be issued to the Master.

ਸੇ ਪਾਤਿਸਾਹੁ ਸਾਹਾ ਪਾਤਿਸਾਹਿਬੁ ਨਾਨਕ ਰਹਣੁ ਰਜਾਈ ॥੨੭॥

so paatisaahu saahaa paatisaahib naanak rahan rajaa-ee. ||27||

The Divine One is the Ruler, the Ruler of rulers, the Supreme Master of rulers. Nanak ever remains subject to the Master's Divine Will. ||27||

When you are stuck and cannot see the window of opportunity before you, the 27th pauri shows you the way. It removes all of the obstacles and hurdles in your path.

Pauri 28

ਮੁੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ ਧਿਆਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

munda santokh saram pat jholee dhi-aan kee karahi bibhoot.

Make contentment your ear-rings, humility your begging bowl, and meditation the ashes you apply to your body.

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

khintha kaal ku-aaree kaa-i-aa jugat dandaa parteet.

Let the remembrance of death be the patched coat you wear, let the purity of virginity be your way in the world, and let faith in the One be your walking stick.

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

aa-ee panthee sagal jamaatee man jeetai jag jeet.

See the brotherhood of all mankind as the highest order of Yogis; conquer your own mind, and conquer the world.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to the Divine, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੮॥

aad aneel anaad anaahat jug jug ayko vays. ||28||

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, the Master is One and the Same. ||28||

The words of the 28th pauri are so powerful they create the strongest permutation of th- sound current in the world. This pauri unites you with the Infinite.

Pauri 29

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਣਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥

bhugat gi-aan da-i-aa bhandaaran ghat ghat vaajeh naad.

Let spiritual wisdom be your food, and compassion your attendant. The Sound-current of the Naad vibrates in each and every heart.

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਦ ॥

aap naath naathee sabh jaa kee ridh sidh avraa saad.

The Primal Being is the Supreme Master of all; wealth and miraculous spiritual powers, and all other external tastes and pleasures, are all like beads on a string.

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ ਲੇਖੇ ਆਵਹਿ ਭਾਗ ॥

sanjog vijog du-ay kaar chalaaveh laykhay aavahi bhaag.

Union with the Divine, and separation from the Divine, come by Divine Will. We come to receive what is written in our destiny.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to the Divine, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੯॥

aad aneel anaad anaahat jug jug ayko vays. ||29||

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, the Divine Creator is One and the same. ||29||

The 29th pauri is a shield of protection. When you recite it the vibration protects you from your enemies by simply vaporizing those who wish you harm.

Pauri 30

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

aykaa maa-ee jugat vi-aa-ee tin chaylay parvaan.

The One Divine Mother conceived and gave birth to the three deities.

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

ik sansaaree ik bhandaaree ik laa-ay deebaan.

One, the Creator of the World; One, the Sustainer; and One, the Destroyer.

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਵ ਹੋਵੈ ਫੁਰਮਾਣੁ ॥

jiv tis bhaavai tivai chalaavai jiv hovai furmaan.

The Divine Master makes things happen according to the pleasure of the Divine Will. Such is the Celestial Order.

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

oh vaykhai onaa nadar na aavai bahutaa ayhu vidaan.

The Divine Master watches over all, but none sees the Master. How wonderful this is!

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to the Divine, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੦॥

aad aneel anaad anaahat jug jug ayko vays. ||30||

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, the Master is One and the Same. ||30||

Reciting the 30th pauri places you upon the throne of divinity. It makes you into a sage and a saint.

Pauri 31

ਆਸਣੁ ਲੇਇ ਲੇਇ ਭੰਡਾਰ ॥

aasan lo-ay lo-ay bhandaar.

On world after world are Seats of Authority and Storehouses.

ਜੇ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥

jo kichh paa-i-aa so aykaa vaar.

Whatever was put into them, was put there once and for all.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰੁ ॥

kar kar vaykhai sirjanhaar.

Having created the creation, the Divine Creator watches over it.

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥

naanak sachay kee saachee kaar.

O Nanak, True is the Creation of the True One.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to the Divine, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੧॥

aad aneel anaad anaahat jug jug ayko vays. ||31||

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, the Master is One and the Same. ||31||

Reciting the 31st pauri you draw all of the virtues of the heavens to you.

Pauri 32

ਇਕ ਦੂ ਜੀਭੈ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵਹਿ ਲਖ ਵੀਸ ॥

ik doo jeebhau lakh hohi lakh hoveh lakh vees.

If I had 100,000 tongues, and these were then multiplied twenty times more, with each tongue,

ਲਖੁ ਲਖੁ ਗੋੜਾ ਆਖੀਅਹਿ ਏਕੁ ਨਾਮੁ ਜਗਦੀਸ ॥

lakh lakh gayrhaa aakhee-ahi ayk naam jagdees.

I would repeat, hundreds of thousands of times, the Name of the One, the Master of the Universe.

ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ ॥

ayt raahi pat pavrhee-aa charhee-ai ho-ay ikees.

Along this path to our beloved Master, we climb the steps of the ladder, and come to merge with the Divine.

ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ ॥

sun galaa aakaas kee keetaa aa-ee rees.

Hearing of the etheric realms, even worms long to come back home.

ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

naanak nadree paa-ee-ai koorhee koorhai thees. ||32||

O Nanak, by Grace Divine realization is obtained. False are the boastings of the false. ||32||

Reciting the 32nd pauri your debts are paid and your karma is fulfilled.

Pauri 33

ਆਖਣਿ ਜੇਰੁ ਚੁਪੈ ਨਹ ਜੇਰੁ ॥

aakhan jor chupai nah jor.

No power to speak, no power to keep silent.

ਜੇਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੇਰੁ ॥

jor na mangan dayn na jor.

No power to beg, no power to give.

ਜੇਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੇਰੁ ॥

jor na jeevan maran nah jor.

No power to live, no power to die.

ਜੇਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੇਰੁ ॥

jor na raaj maal man sor.

No power to rule, with wealth and occult mental powers.

ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥

jor na surtee gi-aan veechaar.

No power of intuitive understanding, spiritual wisdom, meditation.

ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥

jor na jugtee chhutai sansaar.

No power to find the way to escape from the world.

ਜਿਸੁ ਹਥਿ ਜੇਰੁ ਕਰਿ ਵੇਖੈ ਸੇਇ ॥

jis hath jor kar vaykhai so-ay.

The Supreme Being alone holds the Power. The Divine Master watches over all.

ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੇਇ ॥੩੩॥

naanak utam neech na ko-ay. ||33||

O Nanak, no one is high or low. ||33||

Reciting the 33rd pauri your ego is destroyed and it brings you home to your divinity. It removes negativity and fear, neutralizes your destructive nature and prevents harm to others by your hand.

Pauri 34

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥

raatee rutee thitee vaar.

Nights, days, weeks and seasons;

ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥

pavan paanee agnee paataal.

wind, water, fire and the nether regions

ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥

tis vich dhartee thaap rakhee dharam saal.

-in the midst of these, the Divine Creator established the earth as a home for dharma.

ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥

tis vich jee-a jugat kay rang.

Upon it, the Divine Master placed the various species of beings.

ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ ॥

tin kay naam anayk anant.

Their names are uncounted and endless.

ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥

karmee karmee ho-ay veechaar.

By their deeds and their actions, they shall be judged.

ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥

sachaa aap sachaa darbaar.

The Creator alone is True, and True is the court of the Divine.

ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ ॥

tithai sohan panch parvaan.

There, in perfect grace and ease, sit the self-elect, the self-realized Saints.

ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ ॥

nadree karam pavai neesaan.

They receive the Mark of Grace from the Merciful Master.

ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ ॥

kach pakaa-ee othai paa-ay.

The ripe and the unripe, the good and the bad, shall there be judged.

ਨਾਨਕ ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥

naanak ga-i-aa jaapai jaa-ay. ||34||

O Nanak, when you go home, you will see this. ||34||

Reciting the 34th pauri brings stability in life.

Pauri 35

ਧਰਮ ਖੰਡ ਕਾ ਏਹੋ ਧਰਮੁ ॥

dharam khand kaa ayho dharam.

This is righteous living in the realm of dharm.

ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ ॥

gi-aan khand kaa aakhhu karam.

And now we speak of the realm of spiritual wisdom.

ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ ਕੇਤੇ ਕਾਨ ਮਹੇਸ ॥

kaytay pavan paanee vaisantar kaytay kaan mahays.

So many winds, waters and fires; so many Krishnas and Shivas.

ਕੇਤੇ ਬਰਮੇ ਘਾੜਤਿ ਘੜੀਅਹਿ ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ ॥

kaytay barmay ghaarhat gharhee-ahi roop rang kay vays.

So many Brahmas, fashioning forms of great beauty, adorned and dressed in many colors.

ਕੇਤੀਆ ਕਰਮ ਭੂਮੀ ਮੇਰ ਕੇਤੇ ਕੇਤੇ ਧੂ ਉਪਦੇਸ ॥

kaytee-aa karam bhoomee mayr kaytay kaytay dhoo updays.

So many worlds and lands for working out karma. So very many lessons to be learned!

ਕੇਤੇ ਇੰਦ ਚੰਦ ਸੂਰ ਕੇਤੇ ਕੇਤੇ ਮੰਡਲ ਦੇਸ ॥

kaytay ind chand soor kaytay kaytay mandal days.

So many Indras, so many moons and suns, so many worlds and lands.

ਕੇਤੇ ਸਿਧ ਬੁਧ ਨਾਥ ਕੇਤੇ ਕੇਤੇ ਦੇਵੀ ਵੇਸ ॥

kaytay sidh budh naath kaytay kaytay dayvee vays.

So many Siddhas and Buddhas, so many Yogic masters. So many goddesses of various kinds.

ਕੇਤੇ ਦੇਵ ਦਾਨਵ ਮੁਨਿ ਕੇਤੇ ਕੇਤੇ ਰਤਨ ਸਮੁੰਦ ॥

kaytay dayv daanav mun kaytay kaytay ratan samund.

So many demi-gods and demons, so many silent sages. So many oceans of jewels.

ਕੇਤੀਆ ਖਾਣੀ ਕੇਤੀਆ ਬਾਣੀ ਕੇਤੇ ਪਾਤ ਨਰਿੰਦ ॥

kaytee-aa khaanee kaytee-aa bane kaytay paat narind.

So many ways of life, so many languages. So many dynasties of rulers.

ਕੇਤੀਆ ਸੁਰਤੀ ਸੇਵਕ ਕੇਤੇ ਨਾਨਕ ਅੰਤੁ ਨ ਅੰਤੁ ॥੩੫॥

kaytee-aa surtee sayvak kaytay naanak ant na ant. ||35||

So many intuitive people, so many selfless servants. O Nanak, The Infinite has no limit! ||35||

Reciting the 35th pauri you achieve the depth and breadth to do your duty and fulfill your responsibility.

Pauri 36

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚੰਡੁ ॥

gi-aan khand meh gi-aan parchand.

In the realm of wisdom, spiritual wisdom reigns supreme.

ਤਿਥੈ ਨਾਦ ਬਿਨੋਦ ਕੇਡ ਅਨੰਦੁ ॥

tithai naad binod kod anand.

The Sound-current of the Naad vibrates there, amidst the sounds and the sights of bliss.

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ ॥

saram khand kee banee roop.

In the realm of humility, the Word is Beauty.

ਤਿਥੈ ਘਾੜਤਿ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ ॥

tithai ghaarhat gharhee-ai bahut anoop.

Forms of incomparable beauty are fashioned there.

ਤਾ ਕੀਆ ਗਲਾ ਕਥੀਆ ਨਾ ਜਾਹਿ ॥

taa kee-aa galaa kathee-aa naa jaahi.

These things cannot be described.

ਜੇ ਕੇ ਕਰੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

jay ko kahai pichhai pachhuta-ay.

One who tries to speak of these shall regret the attempt.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ ॥

tithai gharhee-ai surat mat man budh.

The intuitive consciousness, intellect and understanding of the mind are shaped there.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ ॥੩੬॥

tithai gharhee-ai suraa sidhaa kee sudh. ||36||

The consciousness of the spiritual warriors and the Siddhas, the beings of spiritual perfection, are shaped there. ||36||

Reciting the 36th pauri brings divine realization. It grants complete understanding of the heavens and earth.

Pauri 37

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੋਰੁ ॥

karam khand kee banee jor.

In the realm of karma, the Word is Power.

ਤਿਥੈ ਹੋਰੁ ਨ ਕੋਈ ਹੋਰੁ ॥

tithai hor na ko-ee hor.

No one else dwells there,

ਤਿਥੈ ਜੋਧ ਮਹਾਬਲ ਸੂਰ ॥

tithai jodh mahaabal soor.

except the warriors of great power, the spiritual heroes.

ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ ॥

tin meh raam rahi-aa bharpoor.

They are totally fulfilled, imbued with the Lord's Essence.

ਤਿਥੈ ਸੀਤੇ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ ॥

tithai seeto seetaa mahimaa maahi.

Myriads of Sitas are there, cool and calm in their majestic glory.

ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ ॥

taa kay roop na kathnay jaahi.

Their beauty cannot be described.

ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਗੇ ਜਾਹਿ ॥

naa ohi mareh na thaagay jaahi.

Neither death nor deception comes to those,

ਜਿਨ ਕੈ ਰਾਮੁ ਵਸੈ ਮਨ ਮਾਹਿ ॥

jīn kai raam vasai man maahi.

within whose minds the Infinite One abides.

ਤਿਥੈ ਭਗਤ ਵਸਹਿ ਕੇ ਲੇਅ ॥

tithai bhagat vasesh kay lo-a.

The devotees of many worlds dwell there.

ਕਰਹਿ ਅਨੰਦੁ ਸਚਾ ਮਨਿ ਸੋਇ ॥

karahi anand sachaa man so-ay.

They celebrate; their minds are imbued with the True One.

ਸਚ ਖੰਡਿ ਵਸੈ ਨਿਰੰਕਾਰੁ ॥

sach khand vasai nirankaar.

In the realm of Truth, the Formless One abides.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਨਦਰਿ ਨਿਹਾਲ ॥

kar kar vaykhai nadar nihaal.

Having created the creation, the Supreme Master watches over it. By a Glance of Grace, happiness is bestowed.

ਤਿਥੈ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡ ॥

tithai khand mandal varbhand.

There are planets, solar systems and galaxies.

ਜੇ ਕੇ ਕਥੈ ਤ ਅੰਤ ਨ ਅੰਤ ॥

jay ko kathai ta ant na ant.

If one speaks of them, there is no limit, no end.

ਤਿਥੈ ਲੇਅ ਲੇਅ ਆਕਾਰ ॥

tithai lo-a lo-a aakaar.

There are worlds upon worlds in Creation.

ਜਿਵ ਜਿਵ ਹੁਕਮੁ ਤਿਵੈ ਤਿਵ ਕਾਰ ॥

jiv jiv hukam tivai tiv kaar.

As the Creator commands, so they exist.

ਵੇਖੈ ਵਿਗਸੈ ਕਰਿ ਵੀਚਾਰੁ ॥

vaykhai vigsai kar veechaar.

The Divine Creator watches over all, and contemplating the creation, rejoices.

ਨਾਨਕ ਕਥਨਾ ਕਰੜਾ ਸਾਰੁ ॥੩੭॥

naanak kathnaa karrhaa saar. ||37||

O Nanak, to describe this is as hard as steel! ||37||

Reciting the 37th pauri cuts your karma. It kills the impact of bad karma.

Pauri 38

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥

jat paahaaraa dheeraj suni-aar.

Let self-control be the furnace, and patience the goldsmith.

ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ॥

ahran mat vayd hathee-aar.

Let understanding be the anvil, and spiritual wisdom the tools.

ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ॥

bha-o khalaa agan tap taa-o.

With the Fear of the Divine Master as the bellows, fan the flames of tapa, the body's inner heat.

ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ॥

bhaa^Ndaa bhaa-o amrit tit dhaal.

In the crucible of love, melt the Nectar of the Name,

ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲ ॥

gharhee-ai sabad sachee taksaal.

and mint the True Coin of the Shabad, the Word of the Creator.

ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰ ॥

jिन ka-o nadar karam tin kaar.

Such is the karma of those upon whom the Divine Master has cast a Glimpse of Grace.

ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲ ॥੩੮॥

naanak nadree nadar nihaal. ||38||

O Nanak, the Merciful One, by Divine Grace, uplifts and exalts them. ||38||

Reciting the 38th pauri gives you the power to re-write your own destiny.

Salok

ਸਲੋਕੁ ॥

salok.

Shalok:

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

pavan guroo paanee pitaa maataa dharat mahat.

Air is the Guru, Water is the Father, and Earth is the Great Mother of all.

ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ ॥

divas raat du-ay daa-ee daa-i-aa khaylai sagal jagat.

Day and night are the two nurses, in whose lap all the world is at play.

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥

chang-aa-ee-aa buri-aa-ee-aa vaachai dharam hadoor.

Good deeds and bad deeds-the record is read out in the presence of the Master of dharma.

ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥

karmee aapo aapnee kay nayrhai kay door.

According to their own actions, some are drawn closer, and some are driven farther away.

ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥

jinee naam dhi-aa-i-aa ga-ay maskat ghaal.

Those who have meditated on the Naam, the Name of the One, and departed after having worked by the sweat of their brows

ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

naanak tay mukh ujlay kaytee chhutee naal. ||1||

-O Nanak, their faces are radiant in the Court of the Divine, and many are saved along with them!

||1||

Reciting the shalok brings deep contentment and satisfaction with the self. It brings elevation, acknowledgment and respect.