



English translation of Holy Guru Granth Sahib (Part 07)

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Credits

English translation of **Holy Guru Granth Sahib (07 Raag Gauree)**

by
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Raag Gauree – Part 001

151 : 1

Raag Gauree Gwaarayree, First Mehl, Chau–Padas & Du–Padas:

151 : 2

One Universal Creator God. Truth Is The Name. Creative Being Personified. No Fear. No Hatred. Image Of The Undying. Beyond Birth. Self–Existent. By Guru's Grace:

151 : 3

The Fear of God is overpowering, and so very heavy,

151 : 4

while the intellect is lightweight, as is the speech one speaks.

151 : 5

So place the Fear of God upon your head, and bear that weight;

151 : 6

by the Grace of the Merciful Lord, contemplate the Guru. ||1||

151 : 7

Without the Fear of God, no one crosses over the world–ocean.

151 : 8

This Fear of God adorns the Love of the Lord. ||1||Pause||

151 : 9

The fire of fear within the body is burnt away by the Fear of God.

151 : 10

Through this Fear of God, we are adorned with the Word of the Shabad.

151 : 11

Without the Fear of God, all that is fashioned is false.

151 : 12

Useless is the mold, and useless are the hammer–strokes on the mold. ||2||

151 : 13

The desire for the worldly drama arises in the intellect,

151 : 14

but even with thousands of clever mental tricks, the heat of the Fear of God does not come into play.

151 : 15

O Nanak, the speech of the self–willed manmukh is just wind.

151 : 16

His words are worthless and empty, like the wind. ||3||1||

151 : 17

Gauree, First Mehl:

151 : 18

Place the Fear of God within the home of your heart; with this Fear of God in your heart, all other fears shall be frightened away.

151 : 19

What sort of fear is that, which frightens other fears?

151 : 20

Without You, I have other place of rest at all.

151 : 21

Whatever happens is all according to Your Will. ||1||

151 : 22

Be afraid, if you have any fear, other than the Fear of God.

151 : 23

Afraid of fear, and living in fear, the mind is held in tumult. ||1||Pause||

151 : 24

The soul does not die; it does not drown, and it does not swim across.

151 : 25

The One who created everything does everything.

151 : 26

By the Hukam of His Command we come, and by the Hukam of His Command we go.

151 : 27

Before and after, His Command is pervading. ||2||

151 : 28

Cruelty, attachment, desire and egotism

151 : 29

– there is great hunger in these, like the raging torrent of a wild stream.

151 : 30

Let the Fear of God be your food, drink and support.

151 : 31

Without doing this, the fools simply die. ||3||

151 : 32

If anyone really has anyone else – how rare is that person!

151 : 33

All are Yours – You are the Lord of all.

151 : 34

All beings and creatures, wealth and property belong to Him.

151 : 35

O Nanak, it is so difficult to describe and contemplate Him. ||4||2||

151 : 36

Gauree, First Mehl:

151 : 37

Let wisdom be your mother, and contentment your father.

151 : 38

Let Truth be your brother – these are your best relatives. ||1||

151 : 39

He has been described, but He cannot be described at all.

151 : 40

Your All-pervading creative nature cannot be estimated. ||1||Pause||

-- Raag Gauree – Part 001 --

Raag Gauree – Part 002

152 : 41

Modesty, humility and intuitive understanding are my mother-in-law and father-in-law;

152 : 42

I have made good deeds my spouse. ||2||

152 : 43

Union with the Holy is my wedding date, and separation from the world is my marriage.

152 : 44

Says Nanak, Truth is the child born of this Union. ||3||3||

152 : 45

Gauree, First Mehl:

152 : 46

The union of air, water and fire

152 : 47

– the body is the play-thing of the fickle and unsteady intellect.

152 : 48

It has nine doors, and then there is the Tenth Gate.

152 : 49

Reflect upon this and understand it, O wise one. ||1||

152 : 50

The Lord is the One who speaks, teaches and listens.

152 : 51

One who contemplates his own self is truly wise. ||1||Pause||

152 : 52

The body is dust; the wind speaks through it.

152 : 53

Understand, O wise one, who has died.

152 : 54

Awareness, conflict and ego have died,

152 : 55

but the One who sees does not die. ||2||

152 : 56

For the sake of it, you journey to sacred shrines and holy rivers;

152 : 57

but this priceless jewel is within your own heart.

152 : 58

The Pandits, the religious scholars, read and read endlessly; they stir up arguments and controversies,

152 : 59

but they do not know the secret deep within. ||3||

152 : 60

I have not died – that evil nature within me has died.

152 : 61

The One who is pervading everywhere does not die.

152 : 62

Says Nanak, the Guru has revealed God to me,

152 : 63

and now I see that there is no such thing as birth or death. ||4||4||

152 : 64

Gauree, First Mehl, Dakhanee:

152 : 65

I am forever a sacrifice to the one who listens and hears, who understands and believes in the Name.

152 : 66

When the Lord Himself leads us astray, there is no other place of rest for us to find.

152 : 67

You impart understanding, and You unite us in Your Union. ||1||

152 : 68

I obtain the Naam, which shall go along with me in the end.

152 : 69

Without the Name, all are held in the grip of Death. ||1||Pause||

152 : 70

My farming and my trading are by the Support of the Name.

152 : 71

The seeds of sin and virtue are bound together.

152 : 72

Sexual desire and anger are the wounds of the soul.

152 : 73

The evil-minded ones forget the Naam, and then depart. ||2||

152 : 74

True are the Teachings of the True Guru.

152 : 75

The body and mind are cooled and soothed, by the touchstone of Truth.

152 : 76

This is the true mark of wisdom: that one remains detached, like the water-lily, or the lotus upon the water.

152 : 77

Attuned to the Word of the Shabad, one becomes sweet, like the juice of the sugar cane.
||3||

152 : 78

By the Hukam of the Lord's Command, the castle of the body has ten gates.

152 : 79

The five passions dwell there, together with the Divine Light of the Infinite.

152 : 80

The Lord Himself is the merchandise, and He Himself is the trader.

152 : 81

O Nanak, through the Naam, the Name of the Lord, we are adorned and rejuvenated.
||4||5||

152 : 82

Gauree, First Mehl:

152 : 83

How can we know where we came from?

152 : 84

Where did we originate, and where will we go and merge?

152 : 85

How are we bound, and how do we obtain liberation?

152 : 86

How do we merge with intuitive ease into the Eternal, Imperishable Lord? ||1||

152 : 87

With the Naam in the heart and the Ambrosial Naam on our lips,

152 : 88

through the Name of the Lord, we rise above desire, like the Lord. ||1||Pause||

152 : 89

With intuitive ease we come, and with intuitive ease we depart.

152 : 90

From the mind we originate, and into the mind we are absorbed.

152 : 91

As Gurmukh, we are liberated, and are not bound.

152 : 92

Contemplating the Word of the Shabad, we are emancipated through the Name of the Lord.
||2||

152 : 93

At night, lots of birds settle on the tree.

152 : 94

Some are happy, and some are sad. Caught in the desires of the mind, they perish.

152 : 95

And when the life–night comes to its end, then they look to the sky.

152 : 96

They fly away in all ten directions, according to their pre–ordained destiny. ||3||

-- Raag Gauree – Part 002 --

Raag Gauree – Part 003

153 : 97

Those who are committed to the Naam, see the world as merely a temporary pasture.

153 : 98

Sexual desire and anger are broken, like a jar of poison.

153 : 99

Without the merchandise of the Name, the house of the body and the store of the mind are empty.

153 : 100

Meeting the Guru, the hard and heavy doors are opened. ||4||

153 : 101

One meets the Holy Saint only through perfect destiny.

153 : 102

The Lord's perfect people rejoice in the Truth.

153 : 103

Surrendering their minds and bodies, they find the Lord with intuitive ease.

153 : 104

Nanak falls at their feet. ||5||6||

153 : 105

Gauree, First Mehl:

153 : 106

The conscious mind is engrossed in sexual desire, anger and Maya.

153 : 107

The conscious mind is awake only to falsehood, corruption and attachment.

153 : 108

It gathers in the assets of sin and greed.

153 : 109

So swim across the river of life, O my mind, with the Sacred Naam, the Name of the Lord.
||1||

153 : 110

Waaho! Waaho! – Great! Great is my True Lord! I seek Your All-powerful Support.

153 : 111

I am a sinner – You alone are pure. ||1||Pause||

153 : 112

Fire and water join together, and the breath roars in its fury!

153 : 113

The tongue and the sex organs each seek to taste.

153 : 114

The eyes which look upon corruption do not know the Love and the Fear of God.

153 : 115

Conquering self-conceit, one obtains the Name. ||2||

153 : 116

One who dies in the Word of the Shabad, shall never again have to die.

153 : 117

Without such a death, how can one attain perfection?

153 : 118

The mind is engrossed in deception, treachery and duality.

153 : 119

Whatever the Immortal Lord does, comes to pass. ||3||

153 : 120

So get aboard that boat when your turn comes.

153 : 121

Those who fail to embark upon that boat shall be beaten in the Court of the Lord.

153 : 122

Blessed is that Gurdwara, the Guru's Gate, where the Praises of the True Lord are sung.

153 : 123

O Nanak, the One Creator Lord is pervading hearth and home. ||4||7||

153 : 124

Gauree, First Mehl:

153 : 125

The inverted heart–lotus has been turned upright, through reflective meditation on God.

153 : 126

From the Sky of the Tenth Gate, the Ambrosial Nectar trickles down.

153 : 127

The Lord Himself is pervading the three worlds. ||1||

153 : 128

O my mind, do not give in to doubt.

153 : 129

When the mind surrenders to the Name, it drinks in the essence of Ambrosial Nectar.
||1||Pause||

153 : 130

So win the game of life; let your mind surrender and accept death.

153 : 131

When the self dies, the individual mind comes to know the Supreme Mind.

153 : 132

As the inner vision is awakened, one comes to know one's own home, deep within the self.
||2||

153 : 133

The Naam, the Name of the Lord, is austerity, chastity and cleansing baths at sacred shrines of pilgrimage.

153 : 134

What good are ostentatious displays?

153 : 135

The All-pervading Lord is the Inner-knower, the Searcher of hearts. ||3||

153 : 136

If I had faith in someone else, then I would go to that one's house.

153 : 137

But where should I go, to beg? There is no other place for me.

153 : 138

O Nanak, through the Guru's Teachings, I am intuitively absorbed in the Lord. ||4||8||

153 : 139

Gauree, First Mehl:

153 : 140

Meeting the True Guru, we are shown the way to die.

153 : 141

Remaining alive in this death brings joy deep within.

153 : 142

Overcoming egotistical pride, the Tenth Gate is found. ||1||

153 : 143

Death is pre-ordained – no one who comes can remain here.

153 : 144

So chant and meditate on the Lord, and remain in the Sanctuary of the Lord. ||1||Pause||

153 : 145

Meeting the True Guru, duality is dispelled.

153 : 146

The heart–lotus blossoms forth, and the mind is attached to the Lord God.

153 : 147

One who remains dead while yet alive obtains the greatest happiness hereafter. ||2||

153 : 148

Meeting the True Guru, one becomes truthful, chaste and pure.

153 : 149

Climbing up the steps of the Guru's Path, one becomes the highest of the high.

153 : 150

When the Lord grants His Mercy, the fear of death is conquered. ||3||

153 : 151

Uniting in Guru's Union, we are absorbed in His Loving Embrace.

153 : 152

Granting His Grace, He reveals the Mansion of His Presence, within the home of the self.

153 : 153

O Nanak, conquering egotism, we are absorbed into the Lord. ||4||9||

— Raag Gauree – Part 003 —

Raag Gauree – Part 004

154 : 154

Gauree, First Mehl:

154 : 155

Past actions cannot be erased.

154 : 156

What do we know of what will happen hereafter?

154 : 157

Whatever pleases Him shall come to pass.

154 : 158

There is no other Doer except Him. ||1||

154 : 159

I do not know about karma, or how great Your gifts are.

154 : 160

The karma of actions, the Dharma of righteousness, social class and status, are contained within Your Name. ||1||Pause||

154 : 161

You are So Great, O Giver, O Great Giver!

154 : 162

The treasure of Your devotional worship is never exhausted.

154 : 163

One who takes pride in himself shall never be right.

154 : 164

The soul and body are all at Your disposal. ||2||

154 : 165

You kill and rejuvenate. You forgive and merge us into Yourself.

154 : 166

As it pleases You, You inspire us to chant Your Name.

154 : 167

You are All-knowing, All-seeing and True, O my Supreme Lord.

154 : 168

Please, bless me with the Guru's Teachings; my faith is in You alone. ||3||

154 : 169

One whose mind is attuned to the Lord, has no pollution in his body.

154 : 170

Through the Guru's Word, the True Shabad is realized.

154 : 171

All Power is Yours, through the greatness of Your Name.

154 : 172

Nanak abides in the Sanctuary of Your devotees. ||4||10||

154 : 173

Gauree, First Mehl:

154 : 174

Those who speak the Unspoken, drink in the Nectar.

154 : 175

Other fears are forgotten, and they are absorbed into the Naam, the Name of the Lord. ||1||

154 : 176

Why should we fear, when fear is dispelled by the Fear of God?

154 : 177

Through the Shabad, the Word of the Perfect Guru, I recognize God. ||1||Pause||

154 : 178

Those whose hearts are filled with the Lord's essence are blessed and acclaimed, and intuitively absorbed into the Lord. ||2||

154 : 179

Those whom the Lord puts to sleep, evening and morning

154 : 180

– those self-willed manmukhs are bound and gagged by Death, here and hereafter. ||3||

154 : 181

Those whose hearts are filled with the Lord, day and night, are perfect.

154 : 182

O Nanak, they merge into the Lord, and their doubts are cast away. ||4||11||

154 : 183

Gauree, First Mehl:

154 : 184

One who loves the three qualities is subject to birth and death.

154 : 185

The four Vedas speak only of the visible forms.

154 : 186

They describe and explain the three states of mind,

154 : 187

but the fourth state, union with the Lord, is known only through the True Guru. ||1||

154 : 188

Through devotional worship of the Lord, and service to the Guru, one swims across.

154 : 189

Then, one is not born again, and is not subject to death. ||1||Pause||

154 : 190

Everyone speaks of the four great blessings;

154 : 191

the Simritees, the Shaastras and the Pandits speak of them as well.

154 : 192

But without the Guru, they do not understand their true significance.

154 : 193

The treasure of liberation is obtained through devotional worship of the Lord. ||2||

154 : 194

Those, within whose hearts the Lord dwells,

154 : 195

become Gurmukh; they receive the blessings of devotional worship.

154 : 196

Through devotional worship of the Lord, liberation and bliss are obtained.

154 : 197

Through the Guru's Teachings, supreme ecstasy is obtained. ||3||

154 : 198

One who meets the Guru, beholds Him, and inspires others to behold Him as well.

154 : 199

In the midst of hope, the Guru teaches us to live above hope and desire.

154 : 200

He is the Master of the meek, the Giver of peace to all.

154 : 201

Nanak's mind is imbued with the Lotus Feet of the Lord. ||4||12||

154 : 202

Gauree Chaytee, First Mehl:

154 : 203

With your nectar-like body, you live in comfort, but this world is just a passing drama.

154 : 204

You practice greed, avarice and great falsehood, and you carry such a heavy burden.

154 : 205

O body, I have seen you blowing away like dust on the earth. ||1||

154 : 206

Listen – listen to my advice!

154 : 207

Only the good deeds which you have done shall remain with you, O my soul. This opportunity shall not come again! ||1||Pause||

-- Raag Gauree – Part 004 --

Raag Gauree – Part 005

155 : 208

I say to you, O my body: listen to my advice!

155 : 209

You slander, and then praise others; you indulge in lies and gossip.

155 : 210

You gaze upon the wives of others, O my soul; you steal and commit evil deeds.

155 : 211

But when the swan departs, you shall remain behind, like an abandoned woman. ||2||

155 : 212

O body, you are living in a dream! What good deeds have you done?

155 : 213

When I stole something by deception, then my mind was pleased.

155 : 214

I have no honor in this world, and I shall find no shelter in the world hereafter. My life has been lost, wasted in vain! ||3||

155 : 215

I am totally miserable! O Baba Nanak, no one cares for me at all! ||1||Pause||

155 : 216

Turkish horses, gold, silver and loads of gorgeous clothes

155 : 217

– none of these shall go with you, O Nanak. They are lost and left behind, you fool!

155 : 218

I have tasted all the sugar candy and sweets, but Your Name alone is Ambrosial Nectar.
||4||

155 : 219

Digging deep foundations, the walls are constructed, but in the end, the buildings return to heaps of dust.

155 : 220

People gather and hoard their possessions, and give nothing to anyone else – the poor fools think that everything is theirs.

155 : 221

Riches do not remain with anyone – not even the golden palaces of Sri Lanka. ||5||

155 : 222

Listen, you foolish and ignorant mind

155 : 223

– only His Will prevails. ||1||Pause||

155 : 224

My Banker is the Great Lord and Master. I am only His petty merchant.

155 : 225

This soul and body all are His. He Himself kills, and brings back to life. ||6||1||13||

155 : 226

Gauree Chaytee, First Mehl:

155 : 227

There are five of them, but I am all alone. How can I protect my hearth and home, O my mind?

155 : 228

They are beating and plundering me over and over again; unto whom can I complain? ||1||

155 : 229

Chant the Name of the Supreme Lord, O my mind.

155 : 230

Otherwise, in the world hereafter, you will have to face the awesome and cruel army of Death. ||1||Pause||

155 : 231

God has erected the temple of the body; He has placed the nine doors, and the soul-bride sits within.

155 : 232

She enjoys the sweet play again and again, while the five demons are plundering her. ||2||

155 : 233

In this way, the temple is being demolished; the body is being plundered, and the soul-bride, left all alone, is captured.

155 : 234

Death strikes her down with his rod, the shackles are placed around her neck, and now the five have left. ||3||

155 : 235

The wife yearns for gold and silver, and her friends, the senses, yearn for good food.

155 : 236

O Nanak, she commits sins for their sake; she shall go, bound and gagged, to the City of Death. ||4||2||14||

155 : 237

Gauree Chaytee, First Mehl:

155 : 238

Let your ear-rings be those ear-rings which pierce deep within your heart. Let your body be your patched coat.

155 : 239

Let the five passions be disciples under your control, O begging Yogi, and make this mind your walking stick. ||1||

155 : 240

Thus you shall find the Way of Yoga.

155 : 241

There is only the One Word of the Shabad; everything else shall pass away. Let this be the fruits and roots of your mind's diet. ||1||Pause||

155 : 242

Some try to find the Guru by shaving their heads at the Ganges, but I have made the Guru my Ganges.

155 : 243

The Saving Grace of the three worlds is the One Lord and Master, but those in darkness do not remember Him. ||2||

155 : 244

Practicing hypocrisy and attaching your mind to worldly objects, your doubt shall never depart.

-- Raag Gauree – Part 005 --

Raag Gauree – Part 006

156 : 245

If you focus your consciousness on the Feet of the One Lord, what reason would you have to chase after greed? ||3||

156 : 246

Meditate on the Immaculate Lord, and saturate your mind with Him.

156 : 247

Why, O Yogi, do you make so many false and deceptive claims? ||1||Pause||

156 : 248

The body is wild, and the mind is foolish. Practicing egotism, selfishness and conceit, your life is passing away.

156 : 249

Prays Nanak, when the naked body is cremated, then you will come to regret and repent. ||4||3||15||

156 : 250

Gauree Chaytee, First Mehl:

156 : 251

O mind, there is only the One medicine, mantra and healing herb – center your consciousness firmly on the One Lord.

156 : 252

Take to the Lord, the Destroyer of the sins and karma of past incarnations. ||1||

156 : 253

The One Lord and Master is pleasing to my mind.

156 : 254

In Your three qualities, the world is engrossed; the Unknowable cannot be known.
||1||Pause||

156 : 255

Maya is so sweet to the body, like sugar or molasses. We all carry loads of it.

156 : 256

In the dark of the night, nothing can be seen. The mouse of death is gnawing away at the rope of life, O Siblings of Destiny! ||2||

156 : 257

As the self-willed manmukhs act, they suffer in pain. The Gurmukh obtains honor and greatness.

156 : 258

Whatever He does, that alone happens; past actions cannot be erased. ||3||

156 : 259

Those who are imbued with, and committed to the Lord's Love, are filled to overflowing; they never lack anything.

156 : 260

If Nanak could be the dust of their feet, then he, the ignorant one, might also obtain some.
||4||4||16||

156 : 261

Gauree Chaytee, First Mehl:

156 : 262

Who is our mother, and who is our father? Where did we come from?

156 : 263

We are formed from the fire of the womb within, and the bubble of water of the sperm. For what purpose are we created? ||1||

156 : 264

O my Master, who can know Your Glorious Virtues?

156 : 265

My own demerits cannot be counted. ||1||Pause||

156 : 266

I took the form of so many plants and trees, and so many animals.

156 : 267

Many times I entered the families of snakes and flying birds. ||2||

156 : 268

I broke into the shops of the city and well-guarded palaces; stealing from them, I snuck home again.

156 : 269

I looked in front of me, and I looked behind me, but where could I hide from You? ||3||

156 : 270

I saw the banks of sacred rivers, the nine continents, the shops and bazaars of the cities.

156 : 271

Taking the scale, the merchant begins to weigh his actions within his own heart. ||4||

156 : 272

As the seas and the oceans are overflowing with water, so vast are my own sins.

156 : 273

Please, shower me with Your Mercy, and take pity upon me. I am a sinking stone – please carry me across! ||5||

156 : 274

My soul is burning like fire, and the knife is cutting deep.

156 : 275

Prays Nanak, recognizing the Lord's Command, I am at peace, day and night. ||6||5||17||

156 : 276

Gauree Bairaagan, First Mehl:

156 : 277

The nights are wasted sleeping, and the days are wasted eating.

156 : 278

Human life is such a precious jewel, but it is being lost in exchange for a mere shell. ||1||

156 : 279

You do not know the Name of the Lord.

156 : 280

You fool – you shall regret and repent in the end! ||1||Pause||

156 : 281

You bury your temporary wealth in the ground, but how can you love that which is

temporary?

156 : 282

Those who have departed, after craving for temporary wealth, have returned home without this temporary wealth. ||2||

156 : 283

If people could gather it in by their own efforts, then everyone would be so lucky.

-- Raag Gauree – Part 006 --

Raag Gauree – Part 007

157 : 284

According to the karma of past actions, one's destiny unfolds, even though everyone wants to be so lucky. ||3||

157 : 285

O Nanak, the One who created the creation – He alone takes care of it.

157 : 286

The Hukam of our Lord and Master's Command cannot be known; He Himself blesses us with greatness. ||4||1||18||

157 : 287

Gauree Bairaagan, First Mehl:

157 : 288

What if I were to become a deer, and live in the forest, picking and eating fruits and roots

157 : 289

– by Guru's Grace, I am a sacrifice to my Master. Again and again, I am a sacrifice, a sacrifice. ||1||

157 : 290

I am the shop-keeper of the Lord.

157 : 291

Your Name is my merchandise and trade. ||1||Pause||

157 : 292

If I were to become a cuckoo, living in a mango tree, I would still contemplate the Word of the Shabad.

157 : 293

I would still meet my Lord and Master, with intuitive ease; the Darshan, the Blessed Vision of His Form, is incomparably beautiful. ||2||

157 : 294

If I were to become a fish, living in the water, I would still remember the Lord, who watches over all beings and creatures.

157 : 295

My Husband Lord dwells on this shore, and on the shore beyond; I would still meet Him, and hug Him close in my embrace. ||3||

157 : 296

If I were to become a snake, living in the ground, the Shabad would still dwell in my mind, and my fears would be dispelled.

157 : 297

O Nanak, they are forever the happy soul-brides, whose light merges into His Light. ||4||2||19||

157 : 298

Gauree Poorbee Deepkee, First Mehl:

157 : 299

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

157 : 300

In that house where the Praises of the Creator are chanted

157 : 301

– in that house, sing the Songs of Praise, and meditate in remembrance on the Creator Lord. ||1||

157 : 302

Sing the Songs of Praise of my Fearless Lord.

157 : 303

I am a sacrifice to that Song of Praise which brings eternal peace. ||1||Pause||

157 : 304

Day after day, He cares for His beings; the Great Giver watches over all.

157 : 305

Your gifts cannot be appraised; how can anyone compare to the Giver? ||2||

157 : 306

The day of my wedding is pre-ordained. Come – let's gather together and pour the oil over the threshold.

157 : 307

My friends, give me your blessings, that I may merge with my Lord and Master. ||3||

157 : 308

Unto each and every home, into each and every heart, this summons is sent out; the call comes each and every day.

157 : 309

Remember in meditation the One who summons us; O Nanak, that day is drawing near!
||4||1||20||

157 : 310

Raag Gauree Gwaarayree:

157 : 311

Third Mehl, Chau–Padas:

157 : 312

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

157 : 313

Meeting the Guru, we meet the Lord.

157 : 314

He Himself unites us in His Union.

157 : 315

My God knows all His Own Ways.

157 : 316

By the Hukam of His Command, He unites those who recognize the Word of the Shabad.
||1||

157 : 317

By the Fear of the True Guru, doubt and fear are dispelled.

157 : 318

Imbued with His Fear, we are absorbed in the Love of the True One. ||1||Pause||

157 : 319

Meeting the Guru, the Lord naturally dwells within the mind.

157 : 320

My God is Great and Almighty; His value cannot be estimated.

157 : 321

Through the Shabad, I praise Him; He has no end or limitations.

157 : 322

My God is the Forgiver. I pray that He may forgive me. ||2||

157 : 323

Meeting the Guru, all wisdom and understanding are obtained.

--- Raag Gauree – Part 007 ---

Raag Gauree – Part 008

158 : 324

The mind becomes pure, when the True Lord dwells within.

158 : 325

When one dwells in Truth, all actions become true.

158 : 326

The ultimate action is to contemplate the Word of the Shabad. ||3||

158 : 327

Through the Guru, true service is performed.

158 : 328

How rare is that Gurmukh who recognizes the Naam, the Name of the Lord.

158 : 329

The Giver, the Great Giver, lives forever.

158 : 330

Nanak enshrines love for the Name of the Lord. ||4||1||21||

158 : 331

Gauree Gwaarayree, Third Mehl:

158 : 332

Those who obtain spiritual wisdom from the Guru are very rare.

158 : 333

Those who obtain this understanding from the Guru become acceptable.

158 : 334

Through the Guru, we intuitively contemplate the True One.

158 : 335

Through the Guru, the Gate of Liberation is found. ||1||

158 : 336

Through perfect good destiny, we come to meet the Guru.

158 : 337

The true ones are intuitively absorbed in the True Lord. ||1||Pause||

158 : 338

Meeting the Guru, the fire of desire is quenched.

158 : 339

Through the Guru, peace and tranquility come to dwell within the mind.

158 : 340

Through the Guru, we become pure, holy and true.

158 : 341

Through the Guru, we are absorbed in the Word of the Shabad. ||2||

158 : 342

Without the Guru, everyone wanders in doubt.

158 : 343

Without the Name, they suffer in terrible pain.

158 : 344

Those who meditate on the Naam become Gurmukh.

158 : 345

True honor is obtained through the Darshan, the Blessed Vision of the True Lord. ||3||

158 : 346

Why speak of any other? He alone is the Giver.

158 : 347

When He grants His Grace, union with the Shabad is obtained.

158 : 348

Meeting with my Beloved, I sing the Glorious Praises of the True Lord.

158 : 349

O Nanak, becoming true, I am absorbed in the True One. ||4||2||22||

158 : 350

Gauree Gwaarayree, Third Mehl:

158 : 351

True is that place, where the mind becomes pure.

158 : 352

True is the one who abides in Truth.

158 : 353

The True Bani of the Word is known throughout the four ages.

158 : 354

The True One Himself is everything. ||1||

158 : 355

Through the karma of good actions, one joins the Sat Sangat, the True Congregation.

158 : 356

Sing the Glories of the Lord, sitting in that place. ||1||Pause||

158 : 357

Burn this tongue, which loves duality,

158 : 358

which does not taste the sublime essence of the Lord, and which utters insipid words.

158 : 359

Without understanding, the body and mind become tasteless and insipid.

158 : 360

Without the Name, the miserable ones depart crying out in pain. ||2||

158 : 361

One whose tongue naturally and intuitively tastes the Lord's sublime essence, by Guru's Grace, is absorbed in the True Lord.

158 : 362

Imbued with Truth, one contemplates the Word of the Guru's Shabad,

158 : 363

and drinks in the Ambrosial Nectar, from the immaculate stream within. ||3||

158 : 364

The Naam, the Name of the Lord, is collected in the vessel of the mind.

158 : 365

Nothing is collected if the vessel is upside-down.

158 : 366

Through the Word of the Guru's Shabad, the Naam abides within the mind.

158 : 367

O Nanak, True is that vessel of the mind, which thirsts for the Shabad. ||4||3||23||

158 : 368

Gauree Gwaarayree, Third Mehl:

158 : 369

Some sing on and on, but their minds do not find happiness.

158 : 370

In egotism, they sing, but it is wasted uselessly.

158 : 371

Those who love the Naam, sing the song.

158 : 372

They contemplate the True Bani of the Word, and the Shabad. ||1||

158 : 373

They sing on and on, if it pleases the True Guru.

158 : 374

Their minds and bodies are embellished and adorned, attuned to the Naam, the Name of the Lord. ||1||Pause||

158 : 375

Some sing, and some perform devotional worship.

158 : 376

Without heart–felt love, the Naam is not obtained.

158 : 377

True devotional worship consists of love for the Word of the Guru's Shabad.

158 : 378

The devotee keeps his Beloved clasped tightly to his heart. ||2||

-- Raag Gauree – Part 008 --

Raag Gauree – Part 009

159 : 379

The fools perform devotional worship by showing off;

159 : 380

they dance and dance and jump all around, but they only suffer in terrible pain.

159 : 381

By dancing and jumping, devotional worship is not performed.

159 : 382

But one who dies in the Word of the Shabad, obtains devotional worship. ||3||

159 : 383

The Lord is the Lover of His devotees; He inspires them to perform devotional worship.

159 : 384

True devotional worship consists of eliminating selfishness and conceit from within.

159 : 385

My True God knows all ways and means.

159 : 386

O Nanak, He forgives those who recognize the Naam. ||4||4||24||

159 : 387

Gauree Gwaarayree, Third Mehl:

159 : 388

When someone kills and subdues his own mind, his wandering nature is also subdued.

159 : 389

Without such a death, how can one find the Lord?

159 : 390

Only a few know the medicine to kill the mind.

159 : 391

One whose mind dies in the Word of the Shabad, understands Him. ||1||

159 : 392

He grants greatness to those whom He forgives.

159 : 393

By Guru's Grace, the Lord comes to dwell within the mind. ||1||Pause||

159 : 394

The Gurmukh practices doing good deeds;

159 : 395

thus he comes to understand this mind.

159 : 396

The mind is like an elephant, drunk with wine.

159 : 397

The Guru is the rod which controls it, and shows it the way. ||2||

159 : 398

The mind is uncontrollable; how rare are those who subdue it.

159 : 399

Those who move the immovable become pure.

159 : 400

The Gurmukhs embellish and beautify this mind.

159 : 401

They eradicate egotism and corruption from within. ||3||

159 : 402

Those who, by pre-ordained destiny, are united in the Lord's Union,

159 : 403

are never separated from Him again; they are absorbed in the Shabad.

159 : 404

He Himself knows His Own Almighty Power.

159 : 405

O Nanak, the Gurmukh realizes the Naam, the Name of the Lord. ||4||5||25||

159 : 406

Gauree Gwaarayree, Third Mehl:

159 : 407

The entire world has gone insane in egotism.

159 : 408

In the love of duality, it wanders deluded by doubt.

159 : 409

The mind is distracted by great anxiety; no one recognizes one's own self.

159 : 410

Occupied with their own affairs, their nights and days are passing away. ||1||

159 : 411

Meditate on the Lord in your hearts, O my Siblings of Destiny.

159 : 412

The Gurmukh's tongue savors the sublime essence of the Lord. ||1||Pause||

159 : 413

The Gurmukhs recognize the Lord in their own hearts;

159 : 414

they serve the Lord, the Life of the World. They are famous throughout the four ages.

159 : 415

They subdue egotism, and realize the Word of the Guru's Shabad.

159 : 416

God, the Architect of Destiny, showers His Mercy upon them. ||2||

159 : 417

True are those who merge into the Word of the Guru's Shabad;

159 : 418

they restrain their wandering mind and keep it steady.

159 : 419

The Naam, the Name of the Lord, is the nine treasures. It is obtained from the Guru.

159 : 420

By the Lord's Grace, the Lord comes to dwell in the mind. ||3||

159 : 421

Chanting the Name of the Lord, Raam, Raam, the body becomes peaceful and tranquil.

159 : 422

He dwells deep within – the pain of death does not touch Him.

159 : 423

He Himself is our Lord and Master; He is His Own Advisor.

159 : 424

O Nanak, serve the Lord forever; He is the treasure of glorious virtue. ||4||6||26||

159 : 425

Gauree Gwaarayree, Third Mehl:

159 : 426

Why forget Him, unto whom the soul and the breath of life belong?

159 : 427

Why forget Him, who is all–pervading?

159 : 428

Serving Him, one is honored and accepted in the Court of the Lord. ||1||

159 : 429

I am a sacrifice to the Name of the Lord.

159 : 430

If I were to forget You, at that very instant, I would die. ||1||Pause||

159 : 431

Those whom You Yourself have led astray, forget You.

--- Raag Gauree – Part 009 ---

Raag Gauree – Part 010

160 : 432

Those who are in love with duality forget You.

160 : 433

The ignorant, self-willed manmukhs are consigned to reincarnation. ||2||

160 : 434

Those who are pleasing to the One Lord are assigned to His service and enshrine Him within their minds.

160 : 435

Through the Guru's Teachings, they are absorbed in the Lord's Name. ||3||

160 : 436

Those who have virtue as their treasure, contemplate spiritual wisdom.

160 : 437

Those who have virtue as their treasure, subdue egotism.

160 : 438

Nanak is a sacrifice to those who are attuned to the Naam, the Name of the Lord. ||4||7||27||

160 : 439

Gauree Gwaarayree, Third Mehl:

160 : 440

You are Indescribable; how can I describe You?

160 : 441

Those who subdue their minds, through the Word of the Guru's Shabad, are absorbed in You.

160 : 442

Your Glorious Virtues are countless; their value cannot be estimated. ||1||

160 : 443

The Word of His Bani belongs to Him; in Him, it is diffused.

160 : 444

Your Speech cannot be spoken; through the Word of the Guru's Shabad, it is chanted.
||1||Pause||

160 : 445

Where the True Guru is – there is the Sat Sangat, the True Congregation.

160 : 446

Where the True Guru is – there, the Glorious Praises of the Lord are intuitively sung.

160 : 447

Where the True Guru is – there egotism is burnt away, through the Word of the Shabad.
||2||

160 : 448

The Gurmukhs serve Him; they obtain a place in the Mansion of His Presence.

160 : 449

The Gurmukhs enshrine the Naam within the mind.

160 : 450

The Gurmukhs worship the Lord, and are absorbed in the Naam. ||3||

160 : 451

The Giver Himself gives His Gifts,

160 : 452

as we enshrine love for the True Guru.

160 : 453

Nanak celebrates those who are attuned to the Naam, the Name of the Lord. ||4||8||28||

160 : 454

Gauree Gwaarayree, Third Mehl:

160 : 455

All forms and colors come from the One Lord.

160 : 456

Air, water and fire are all kept together.

160 : 457

The Lord God beholds the many and various colors. ||1||

160 : 458

The One Lord is wondrous and amazing! He is the One, the One and Only.

160 : 459

How rare is that Gurmukh who meditates on the Lord. ||1||Pause||

160 : 460

God is naturally pervading all places.

160 : 461

Sometimes He is hidden, and sometimes He is revealed; thus God has made the world of His making.

160 : 462

He Himself wakes us from sleep. ||2||

160 : 463

No one can estimate His value,

160 : 464

although everyone has tried, over and over again, to describe Him.

160 : 465

Those who merge in the Word of the Guru's Shabad, come to understand the Lord. ||3||

160 : 466

They listen to the Shabad continually; beholding Him, they merge into Him.

160 : 467

They obtain glorious greatness by serving the Guru.

160 : 468

O Nanak, those who are attuned to the Name are absorbed in the Lord's Name. ||4||9||29||

160 : 469

Gauree Gwaarayree, Third Mehl:

160 : 470

The self-willed manmukhs are asleep, in love and attachment to Maya.

160 : 471

The Gurmukhs are awake, contemplating spiritual wisdom and the Glory of God.

160 : 472

Those humble beings who love the Naam, are awake and aware. ||1||

160 : 473

One who is awake to this intuitive wisdom does not fall asleep.

160 : 474

How rare are those humble beings who understand this through the Perfect Guru.
||1||Pause||

160 : 475

The unsaintly blockhead shall never understand.

160 : 476

He babbles on and on, but he is infatuated with Maya.

160 : 477

Blind and ignorant, he shall never be reformed. ||2||

160 : 478

In this age, salvation comes only from the Lord's Name.

160 : 479

How rare are those who contemplate the Word of the Guru's Shabad.

160 : 480

They save themselves, and save all their family and ancestors as well. ||3||

-- Raag Gauree – Part 010 --

Raag Gauree – Part 011

161 : 481

In this Dark Age of Kali Yuga, no one is interested in good karma, or Dharmic faith.

161 : 482

This Dark Age was born in the house of evil.

161 : 483

O Nanak, without the Naam, the Name of the Lord, no one is liberated. ||4||10||30||

161 : 484

Gauree, Third Mehl, Gwaarayree:

161 : 485

True is the Lord King, True is His Royal Command.

161 : 486

Those whose minds are attuned to the True, Carefree Lord enter the True Mansion of His Presence, and merge in the True Name. ||1||

161 : 487

Listen, O my mind: contemplate the Word of the Shabad.

161 : 488

Chant the Lord's Name, and cross over the terrifying world–ocean. ||1||Pause||

161 : 489

In doubt he comes, and in doubt he goes.

161 : 490

This world is born out of the love of duality.

161 : 491

The self-willed manmukh does not remember the Lord; he continues coming and going in reincarnation. ||2||

161 : 492

Does he himself go astray, or does God lead him astray?

161 : 493

This soul is enjoined to the service of someone else.

161 : 494

It earns only terrible pain, and this life is lost in vain. ||3||

161 : 495

Granting His Grace, He leads us to meet the True Guru.

161 : 496

Remembering the One Name, doubt is cast out from within.

161 : 497

O Nanak, chanting the Naam, the Name of the Lord, the nine treasures of the Name are obtained. ||4||11||31||

161 : 498

Gauree Gwaarayree, Third Mehl:

161 : 499

Go and ask the Gurmukhs, who meditate on the Lord.

161 : 500

Serving the Guru, the mind is satisfied.

161 : 501

Those who earn the Lord's Name are wealthy.

161 : 502

Through the Perfect Guru, understanding is obtained. ||1||

161 : 503

Chant the Name of the Lord, Har, Har, O my Siblings of Destiny.

161 : 504

The Gurmukhs serve the Lord, and so they are accepted. ||1||Pause||

161 : 505

Those who recognize the self – their minds become pure.

161 : 506

They become Jivan–mukta, liberated while yet alive, and they find the Lord.

161 : 507

Singing the Glorious Praises of the Lord, the intellect becomes pure and sublime,

161 : 508

and they are easily and intuitively absorbed in the Lord. ||2||

161 : 509

In the love of duality, no one can serve the Lord.

161 : 510

In egotism and Maya, they are eating toxic poison.

161 : 511

They are emotionally attached to their children, family and home.

161 : 512

The blind, self-willed manmukhs come and go in reincarnation. ||3||

161 : 513

Those, unto whom the Lord bestows His Name, worship Him night and day, through the Word of the Guru's Shabad.

161 : 514

How rare are those who understand the Guru's Teachings!

161 : 515

O Nanak, they are absorbed in the Naam, the Name of the Lord. ||4||12||32||

161 : 516

Gauree Gwaarayree, Third Mehl:

161 : 517

The Guru's service has been performed throughout the four ages.

161 : 518

Very few are those perfect ones who do this good deed.

161 : 519

The wealth of the Lord's Name is inexhaustible; it shall never be exhausted.

161 : 520

In this world, it brings a constant peace, and at the Lord's Gate, it brings honor. ||1||

161 : 521

O my mind, have no doubt about this.

161 : 522

Those Gurmukhs who serve, drink in the Ambrosial Nectar. ||1||Pause||

161 : 523

Those who serve the True Guru are the greatest people of the world.

161 : 524

They save themselves, and they redeem all their generations as well.

161 : 525

They keep the Name of the Lord clasped tightly to their hearts.

161 : 526

Attuned to the Naam, they cross over the terrifying world–ocean. ||2||

161 : 527

Serving the True Guru, the mind becomes humble forever.

161 : 528

Egotism is subdued, and the heart–lotus blossoms forth.

161 : 529

The Unstruck Melody vibrates, as they dwell within the home of the self.

161 : 530

Attuned to the Naam, they remain detached within their own home. ||3||

161 : 531

Serving the True Guru, their words are true.

161 : 532

Throughout the ages, the devotees chant and repeat these words.

161 : 533

Night and day, they meditate on the Lord, the Sustainer of the Earth.

-- Raag Gauree – Part 011 --

Raag Gauree – Part 012

162 : 534

O Nanak, attuned to the Naam, the Name of the Lord, they are detached, in the perfect balance of Nirvaanaa. ||4||13||33||

162 : 535

Gauree Gwaarayree, Third Mehl:

162 : 536

Through great good fortune and high destiny, one meets the True Guru.

162 : 537

The Naam, the Name of the Lord, is constantly within the heart, and one enjoys the sublime essence of the Lord. ||1||

162 : 538

O mortal, become Gurmukh, and meditate on the Name of the Lord.

162 : 539

Be victorious in the game of life, and earn the profit of the Naam. ||1||Pause||

162 : 540

Spiritual wisdom and meditation come to those unto whom the Word of the Guru's Shabad is sweet.

162 : 541

By Guru's Grace, a few have tasted, and seen it. ||2||

162 : 542

They may perform all sorts of religious rituals and good actions,

162 : 543

but without the Name, the egotistical ones are cursed and doomed. ||3||

162 : 544

They are bound and gagged, and hung by Maya's noose;

162 : 545

O servant Nanak, they shall be released only by Guru's Grace. ||4||14||34||

162 : 546

Third Mehl, Gauree Bairaagan:

162 : 547

The clouds pour their rain down upon the earth, but isn't there water within the earth as well?

162 : 548

Water is contained within the earth; without feet, the clouds run around and let down their rain. ||1||

162 : 549

O Baba, get rid of your doubts like this.

162 : 550

As you act, so shall you become, and so you shall go and mingle. ||1||Pause||

162 : 551

As woman or man, what can anyone do?

162 : 552

The many and various forms are always Yours, O Lord; they shall merge again into You. ||2||

162 : 553

In countless incarnations, I went astray. Now that I have found You, I shall no longer wander.

162 : 554

It is His work; those who are absorbed in the Word of the Guru's Shabad come to know it well. ||3||

162 : 555

The Shabad is Yours; You are Yourself. Where is there any doubt?

162 : 556

O Nanak, one whose essence is merged with the Lord's essence does not have to enter the cycle of reincarnation again. ||4||1||15||35||

162 : 557

Gauree Bairaagan, Third Mehl:

162 : 558

The whole world is under the power of Death, bound by the love of duality.

162 : 559

The self-willed manmukhs do their deeds in ego; they receive their just rewards. ||1||

162 : 560

O my mind, focus your consciousness on the Guru's Feet.

162 : 561

As Gurmukh, you shall be awarded the treasure of the Naam. In the Court of the Lord, you shall be saved. ||1||Pause||

162 : 562

Through 8.4 million incarnations, people wander lost; in stubborn-mindedness, they come and go.

162 : 563

They do not realize the Word of the Guru's Shabad; they are reincarnated over and over again. ||2||

162 : 564

The Gurmukh understands his own self. The Lord's Name comes to dwell within the mind.

162 : 565

Imbued with devotion to the Lord's Name, night and day, he merges in peace. ||3||

162 : 566

When one's mind dies in the Shabad, one radiates faith and confidence, shedding egotism and corruption.

162 : 567

O servant Nanak, through the karma of good actions, the treasure of devotional worship and the Name of the Lord are attained. ||4||2||16||36||

162 : 568

Gauree Bairaagan, Third Mehl:

162 : 569

The Lord, Har, Har, has ordained that the soul is to stay in her parents' home for only a few short days.

162 : 570

Glorious is that soul-bride, who as Gurmukh, sings the Glorious Praises of the Lord.

162 : 571

She who cultivates virtue in her parents' home, shall obtain a home at her in-laws.

162 : 572

The Gurmukhs are intuitively absorbed into the Lord. The Lord is pleasing to their minds.
||1||

162 : 573

Our Husband Lord dwells in this world, and in the world beyond. Tell me, how can He be found?

162 : 574

The Immaculate Lord Himself is unseen. He unites us with Himself. ||1||Pause||

— Raag Gauree – Part 012 —

Raag Gauree – Part 013

163 : 575

God Himself bestows wisdom; meditate on the Name of the Lord.

163 : 576

By great good fortune, one meets the True Guru, who places the Ambrosial Nectar in the mouth.

163 : 577

When egotism and duality are eradicated, one intuitively merges in peace.

163 : 578

He Himself is All-pervading; He Himself links us to His Name. ||2||

163 : 579

The self-willed manmukhs, in their arrogant pride, do not find God; they are so ignorant and foolish!

163 : 580

They do not serve the True Guru, and in the end, they regret and repent, over and over again.

163 : 581

They are cast into the womb to be reincarnated, and within the womb, they rot.

163 : 582

As it pleases my Creator Lord, the self-willed manmukhs wander around lost. ||3||

163 : 583

My Lord God inscribed the full pre–ordained destiny upon the forehead.

163 : 584

When one meets the Great and Courageous Guru, one meditates on the Name of the Lord, Har, Har.

163 : 585

The Lord's Name is my mother and father; the Lord is my relative and brother.

163 : 586

O Lord, Har, Har, please forgive me and unite me with Yourself. Servant Nanak is a lowly worm. ||4||3||17||37||

163 : 587

Gauree Bairaagan, Third Mehl:

163 : 588

From the True Guru, I obtained spiritual wisdom; I contemplate the Lord's essence.

163 : 589

My polluted intellect was enlightened by chanting the Naam, the Name of the Lord.

163 : 590

The distinction between Shiva and Shakti – mind and matter – has been destroyed, and the darkness has been dispelled.

163 : 591

The Lord's Name is loved by those, upon whose foreheads such pre–ordained destiny was written. ||1||

163 : 592

How can the Lord be obtained, O Saints? Seeing Him, my life is sustained.

163 : 593

Without the Lord, I cannot live, even for an instant. Unite me with the Guru, so that I may drink in the sublime essence of the Lord. ||1||Pause||

163 : 594

I sing the Glorious Praises of the Lord, and I listen to them daily; the Lord, Har, Har, has emancipated me.

163 : 595

I have obtained the Lord's essence from the Guru; my mind and body are drenched with it.

163 : 596

Blessed, blessed is the Guru, the True Being, who has blessed me with devotional worship of the Lord.

163 : 597

From the Guru, I have obtained the Lord; I have made Him my Guru. ||2||

163 : 598

The Sovereign Lord is the Giver of virtue. I am worthless and without virtue.

163 : 599

The sinners sink like stones; through the Guru's Teachings, the Lord carries us across.

163 : 600

You are the Giver of virtue, O Immaculate Lord; I am worthless and without virtue.

163 : 601

I have entered Your Sanctuary, Lord; please save me, as You have saved the idiots and fools. ||3||

163 : 602

Eternal celestial bliss comes through the Guru's Teachings, by meditating continually on the Lord, Har, Har.

163 : 603

I have obtained the Lord God as my Best Friend, within the home of my own self. I sing the Songs of Joy.

163 : 604

Please shower me with Your Mercy, O Lord God, that I may meditate on Your Name, Har, Har.

163 : 605

Servant Nanak begs for the dust of the feet of those who have found the True Guru.
||4||4||18||38||

163 : 606

Gauree Gwaarayree, Fourth Mehl, Chau–Padas:

163 : 607

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

163 : 608

The Pandit – the religious scholar – recites the Shaastras and the Simritees;

163 : 609

the Yogi cries out, "Gorakh, Gorakh".

163 : 610

But I am just a fool – I just chant the Name of the Lord, Har, Har. ||1||

163 : 611

I do not know what my condition shall be, Lord.

163 : 612

O my mind, vibrate and meditate on the Name of the Lord. You shall cross over the terrifying world–ocean. ||1||Pause||

-- Raag Gauree – Part 013 --

Raag Gauree – Part 014

164 : 613

The Sannyaasee smears his body with ashes;

164 : 614

renouncing other men's women, he practices celibacy.

164 : 615

I am just a fool, Lord; I place my hopes in You! ||2||

164 : 616

The Kh'shaatriya acts bravely, and is recognized as a warrior.

164 : 617

The Shoodra and the Vaisha work and slave for others;

164 : 618

I am just a fool – I am saved by the Lord's Name. ||3||

164 : 619

The entire Universe is Yours; You Yourself permeate and pervade it.

164 : 620

O Nanak, the Gurmukhs are blessed with glorious greatness.

164 : 621

I am blind – I have taken the Lord as my Support. ||4||1||39||

164 : 622

Gauree Gwaarayree, Fourth Mehl:

164 : 623

The Speech of the Lord is the most sublime speech, free of any attributes.

164 : 624

Vibrate on it, meditate on it, and join the Saadh Sangat, the Company of the Holy.

164 : 625

Cross over the terrifying world–ocean, listening to the Unspoken Speech of the Lord. ||1||

164 : 626

O Lord of the Universe, unite me with the Sat Sangat, the True Congregation.

164 : 627

My tongue savors the sublime essence of the Lord, singing the Lord's Glorious Praises.
||1||Pause||

164 : 628

Those humble beings who meditate on the Name of the Lord, Har, Har

164 : 629

– please make me the slave of their slaves, Lord.

164 : 630

Serving Your slaves is the ultimate good deed. ||2||

164 : 631

One who chants the Speech of the Lord

164 : 632

– that humble servant is pleasing to my conscious mind.

164 : 633

Those who are blessed with great good fortune obtain the dust of the feet of the humble.
||3||

164 : 634

Those who are blessed with such pre-ordained destiny are in love with the humble Saints.

164 : 635

Those humble beings, O Nanak, are absorbed in the Naam, the Name of the Lord.
||4||2||40||

164 : 636

Gauree Gwaarayree, Fourth Mehl:

164 : 637

The mother loves to see her son eat.

164 : 638

The fish loves to bathe in the water.

164 : 639

The True Guru loves to place food in the mouth of His GurSikh. ||1||

164 : 640

If only I could meet those humble servants of the Lord, O my Beloved.

164 : 641

Meeting with them, my sorrows depart. ||1||Pause||

164 : 642

As the cow shows her love to her strayed calf when she finds it,

164 : 643

and as the bride shows her love for her husband when he returns home,

164 : 644

so does the Lord's humble servant love to sing the Praises of the Lord. ||2||

164 : 645

The rainbird loves the rainwater, falling in torrents;

164 : 646

the king loves to see his wealth on display.

164 : 647

The humble servant of the Lord loves to meditate on the Formless Lord. ||3||

164 : 648

The mortal man loves to accumulate wealth and property.

164 : 649

The GurSikh loves to meet and embrace the Guru.

164 : 650

Servant Nanak loves to kiss the feet of the Holy. ||4||3||41||

164 : 651

Gauree Gwaarayree, Fourth Mehl:

164 : 652

The beggar loves to receive charity from the wealthy landlord.

164 : 653

The hungry person loves to eat food.

164 : 654

The GurSikh loves to find satisfaction by meeting the Guru. ||1||

164 : 655

O Lord, grant me the Blessed Vision of Your Darshan; I place my hopes in You, Lord.

164 : 656

Shower me with Your Mercy, and fulfill my longing. ||1||Pause||

164 : 657

The song-bird loves the sun shining in her face.

164 : 658

Meeting her Beloved, all her pains are left behind.

164 : 659

The GurSikh loves to gaze upon the Face of the Guru. ||2||

164 : 660

The calf loves to suck its mother's milk;

164 : 661

its heart blossoms forth upon seeing its mother.

164 : 662

The GurSikh loves to gaze upon the Face of the Guru. ||3||

164 : 663

All other loves and emotional attachment to Maya are false.

164 : 664

They shall pass away, like false and transitory decorations.

164 : 665

Servant Nanak is fulfilled, through the Love of the True Guru. ||4||4||42||

-- Raag Gauree – Part 014 --

Raag Gauree – Part 015

165 : 666

Gauree Gwaarayree, Fourth Mehl:

165 : 667

Service to the True Guru is fruitful and rewarding;

165 : 668

meeting Him, I meditate on the Name of the Lord, the Lord Master.

165 : 669

So many are emancipated along with those who meditate on the Lord. ||1||

165 : 670

O GurSikhs, chant the Name of the Lord, O my Siblings of Destiny.

165 : 671

Chanting the Lord's Name, all sins are washed away. ||1||Pause||

165 : 672

When one meets the Guru, then the mind becomes centered.

165 : 673

The five passions, running wild, are brought to rest by meditating on the Lord.

165 : 674

Night and day, within the body–village, the Glorious Praises of the Lord are sung. ||2||

165 : 675

Those who apply the dust of the Feet of the True Guru to their faces,

165 : 676

renounce falsehood and enshrine love for the Lord.

165 : 677

Their faces are radiant in the Court of the Lord, O Siblings of Destiny. ||3||

165 : 678

Service to the Guru is pleasing to the Lord Himself.

165 : 679

Even Krishna and Balbhadar meditated on the Lord, falling at the Guru's Feet.

165 : 680

O Nanak, the Lord Himself saves the Gurmukhs. ||4||5||43||

165 : 681

Gauree Gwaarayree, Fourth Mehl:

165 : 682

The Lord Himself is the Yogi, who wields the staff of authority.

165 : 683

The Lord Himself practices tapa – intense self–disciplined meditation; He is deeply absorbed in His primal trance. ||1||

165 : 684

Such is my Lord, who is all–pervading everywhere.

165 : 685

He dwells near at hand – the Lord is not far away. ||1||Pause||

165 : 686

The Lord Himself is the Word of the Shabad. He Himself is the awareness, attuned to its music.

165 : 687

The Lord Himself beholds, and He Himself blossoms forth.

165 : 688

The Lord Himself chants, and the Lord Himself inspires others to chant. ||2||

165 : 689

He Himself is the rainbird, and the Ambrosial Nectar raining down.

165 : 690

The Lord is the Ambrosial Nectar; He Himself leads us to drink it in.

165 : 691

The Lord Himself is the Doer; He Himself is our Saving Grace. ||3||

165 : 692

The Lord Himself is the Boat, the Raft and the Boatman.

165 : 693

The Lord Himself, through the Guru's Teachings, saves us.

165 : 694

O Nanak, the Lord Himself carries us across to the other side. ||4||6||44||

165 : 695

Gauree Bairaagan, Fourth Mehl:

165 : 696

O Master, You are my Banker. I receive only that capital which You give me.

165 : 697

I would purchase the Lord's Name with love, if You Yourself, in Your Mercy, would sell it to me. ||1||

165 : 698

I am the merchant, the peddler of the Lord.

165 : 699

I trade in the merchandise and capital of the Lord's Name. ||1||Pause||

165 : 700

I have earned the profit, the wealth of devotional worship of the Lord. I have become pleasing to the Mind of the Lord, the True Banker.

165 : 701

I chant and meditate on the Lord, loading the merchandise of the Lord's Name. The Messenger of Death, the tax collector, does not even approach me. ||2||

165 : 702

Those traders who trade in other merchandise, are caught up in the endless waves of the pain of Maya.

165 : 703

According to the business in which the Lord has placed them, so are the rewards they obtain. ||3||

165 : 704

People trade in the Name of the Lord, Har, Har, when the God shows His Mercy and bestows it.

165 : 705

Servant Nanak serves the Lord, the Banker; he shall never again be called to render his account. ||4||1||7||45||

165 : 706

Gauree Bairaagan, Fourth Mehl:

165 : 707

The mother nourishes the fetus in the womb, hoping for a son,

165 : 708

who will grow and earn and give her money to enjoy herself.

165 : 709

In just the same way, the humble servant of the Lord loves the Lord, who extends His Helping Hand to us. ||1||

— Raag Gauree – Part 015 —

Raag Gauree – Part 016

166 : 710

O my Lord, I am so foolish; save me, O my Lord God!

166 : 711

Your servant's praise is Your Own Glorious Greatness. ||1||Pause||

166 : 712

Those whose minds are pleased by the Praises of the Lord, Har, Har, are joyful in the palaces of their own homes.

166 : 713

Their mouths savor all the sweet delicacies when they sing the Glorious Praises of the Lord.

166 : 714

The Lord's humble servants are the saviors of their families; they save their families for twenty-one generations – they save the entire world! ||2||

166 : 715

Whatever has been done, has been done by the Lord; it is the Glorious Greatness of the Lord.

166 : 716

O Lord, in Your creatures, You are pervading; You inspire them to worship You.

166 : 717

The Lord leads us to the treasure of devotional worship; He Himself bestows it. ||3||

166 : 718

I am a slave, purchased in Your market; what clever tricks do I have?

166 : 719

If the Lord were to set me upon a throne, I would still be His slave. If I were a grass-cutter, I would still chant the Lord's Name.

166 : 720

Servant Nanak is the slave of the Lord; contemplate the Glorious Greatness of the Lord||4||2||8||46||

166 : 721

Gauree Bairaagan, Fourth Mehl:

166 : 722

The farmers love to work their farms;

166 : 723

they plow and work the fields, so that their sons and daughters may eat.

166 : 724

In just the same way, the Lord's humble servants chant the Name of the Lord, Har, Har, and in the end, the Lord shall save them. ||1||

166 : 725

I am foolish – save me, O my Lord!

166 : 726

O Lord, enjoin me to work and serve the Guru, the True Guru. ||1||Pause||

166 : 727

The traders buy horses, planning to trade them.

166 : 728

They hope to earn wealth; their attachment to Maya increases.

166 : 729

In just the same way, the Lord's humble servants chant the Name of the Lord, Har, Har; chanting the Lord's Name, they find peace. ||2||

166 : 730

The shop-keepers collect poison, sitting in their shops, carrying on their business.

166 : 731

Their love is false, their displays are false, and they are engrossed in falsehood.

166 : 732

In just the same way, the Lord's humble servants gather the wealth of the Lord's Name; they take the Lord's Name as their supplies. ||3||

166 : 733

This emotional attachment to Maya and family, and the love of duality, is a noose around the neck.

166 : 734

Following the Guru's Teachings, the humble servants are carried across; they become the slaves of the Lord's slaves.

166 : 735

Servant Nanak meditates on the Naam; the Gurmukh is enlightened. ||4||3||9||47||

166 : 736

Gauree Bairaagan, Fourth Mehl:

166 : 737

Continuously, day and night, they are gripped by greed and deluded by doubt.

166 : 738

The slaves labor in slavery, carrying the loads upon their heads.

166 : 739

That humble being who serves the Guru is put to work by the Lord in His Home. ||1||

166 : 740

O my Lord, please break these bonds of Maya, and put me to work in Your Home.

166 : 741

I continuously sing the Glorious Praises of the Lord; I am absorbed in the Lord's Name.
||1||Pause||

166 : 742

Mortal men work for kings, all for the sake of wealth and Maya.

166 : 743

But the king either imprisons them, or fines them, or else dies himself.

166 : 744

Blessed, rewarding and fruitful is the service of the True Guru; through it, I chant the Name of the Lord, Har, Har, and I have found peace. ||2||

166 : 745

Everyday, people carry on their business, with all sorts of devices to earn interest, for the sake of Maya.

166 : 746

If they earn a profit, they are pleased, but their hearts are broken by losses.

166 : 747

One who is worthy, becomes a partner with the Guru, and finds a lasting peace forever. ||3||

-- Raag Gauree – Part 016 --

Raag Gauree – Part 017

167 : 748

The more one feels hunger for other tastes and pleasures, the more this hunger persists.

167 : 749

Those unto whom the Lord Himself shows mercy, sell their head to the Guru.

167 : 750

Servant Nanak is satisfied by the Name of the Lord, Har, Har. He shall never feel hungry again. ||4||4||10||48||

167 : 751

Gauree Bairaagan, Fourth Mehl:

167 : 752

Within my conscious mind is the constant longing for the Lord. How can I behold the Blessed Vision of Your Darshan, Lord?

167 : 753

One who loves the Lord knows this; the Lord is very dear to my conscious mind.

167 : 754

I am a sacrifice to my Guru, who has re-united me with my Creator Lord; I was separated from Him for such a long time! ||1||

167 : 755

O my Lord, I am a sinner; I have come to Your Sanctuary, and fallen at Your Door, Lord.

167 : 756

My intellect is worthless; I am filthy and polluted. Please shower me with Your Mercy sometime. ||1||Pause||

167 : 757

My demerits are so many and numerous. I have sinned so many times, over and over again. O Lord, they cannot be counted.

167 : 758

You, Lord, are the Merciful Treasure of Virtue. When it pleases You, Lord, You forgive me.

167 : 759

I am a sinner, saved only by the Company of the Guru. He has bestowed the Teachings of the Lord's Name, which saves me. ||2||

167 : 760

What Glorious Virtues of Yours can I describe, O my True Guru? When the Guru speaks, I am transfixed with wonder.

167 : 761

Can anyone else save a sinner like me? The True Guru has protected and saved me.

167 : 762

O Guru, You are my father. O Guru, You are my mother. O Guru, You are my relative, companion and friend. ||3||

167 : 763

My condition, O my True Guru – that condition, O Lord, is known only to You.

167 : 764

I was rolling around in the dirt, and no one cared for me at all. In the Company of the Guru, the True Guru, I, the worm, have been raised up and exalted.

167 : 765

Blessed, blessed is the Guru of servant Nanak; meeting Him, all my sorrows and troubles have come to an end. ||4||5||11||49||

167 : 766

Gauree Bairaagan, Fourth Mehl:

167 : 767

The soul of the man is lured by gold and women; emotional attachment to Maya is so sweet to him.

167 : 768

The mind has become attached to the pleasures of houses, palaces, horses and other enjoyments.

167 : 769

The Lord God does not even enter his thoughts; how can he be saved, O my Lord King?
||1||

167 : 770

O my Lord, these are my lowly actions, O my Lord.

167 : 771

O Lord, Har, Har, Treasure of Virtue, Merciful Lord: please bless me with Your Grace and forgive me for all my mistakes. ||1||Pause||

167 : 772

I have no beauty, no social status, no manners.

167 : 773

With what face am I to speak? I have no virtue at all; I have not chanted Your Name.

167 : 774

I am a sinner, saved only by the Company of the Guru. This is the generous blessing of the True Guru. ||2||

167 : 775

He gave all beings souls, bodies, mouths, noses and water to drink.

167 : 776

He gave them corn to eat, clothes to wear, and other pleasures to enjoy.

167 : 777

But they do not remember the One who gave them all this. The animals think that they made themselves! ||3||

167 : 778

You made them all; You are all-pervading. You are the Inner-knower, the Searcher of hearts.

167 : 779

What can these wretched creatures do? This whole drama is Yours, O Lord and Master.

167 : 780

Servant Nanak was purchased in the slave-market. He is the slave of the Lord's slaves.
||4||6||12||50||

— Raag Gauree – Part 017 —

Raag Gauree – Part 018

168 : 781

Gauree Bairaagan, Fourth Mehl:

168 : 782

Just as the mother, having given birth to a son, feeds him and keeps him in her vision

168 : 783

– indoors and outdoors, she puts food in his mouth; each and every moment, she caresses him.

168 : 784

In just the same way, the True Guru protects His GurSikhs, who love their Beloved Lord.
||1||

168 : 785

O my Lord, we are just the ignorant children of our Lord God.

168 : 786

Hail, hail, to the Guru, the Guru, the True Guru, the Divine Teacher who has made me wise through the Lord's Teachings. ||1||Pause||

168 : 787

The white flamingo circles through the sky,

168 : 788

but she keeps her young ones in her mind; she has left them behind, but she constantly remembers them in her heart.

168 : 789

In just the same way, the True Guru loves His Sikhs. The Lord cherishes His GurSikhs, and keeps them clasped to His Heart. ||2||

168 : 790

Just as the tongue, made of flesh and blood, is protected within the scissors of the thirty-two teeth

168 : 791

– who thinks that the power lies in the flesh or the scissors? Everything is in the Power of the Lord.

168 : 792

In just the same way, when someone slanders the Saint, the Lord preserves the honor of His servant. ||3||

168 : 793

O Siblings of Destiny, let none think that they have any power. All act as the Lord causes them to act.

168 : 794

Old age, death, fever, poisons and snakes – everything is in the Hands of the Lord. Nothing can touch anyone without the Lord's Order.

168 : 795

Within your conscious mind, O servant Nanak, meditate forever on the Name of the Lord, who shall deliver you in the end. ||4||7||13||51||

168 : 796

Gauree Bairaagan, Fourth Mehl:

168 : 797

Meeting Him, the mind is filled with bliss. He is called the True Guru.

168 : 798

Double-mindedness departs, and the supreme status of the Lord is obtained. ||1||

168 : 799

How can I meet my Beloved True Guru?

168 : 800

Each and every moment, I humbly bow to Him. How will I meet my Perfect Guru?
||1||Pause||

168 : 801

Granting His Grace, the Lord has led me to meet my Perfect True Guru.

168 : 802

The desire of His humble servant has been fulfilled. I have received the dust of the Feet of the True Guru. ||2||

168 : 803

Those who meet the True Guru implant devotional worship to the Lord, and listen to this devotional worship of the Lord.

168 : 804

They never suffer any loss; they continually earn the profit of the Lord. ||3||

168 : 805

One whose heart blossoms forth, is not in love with duality.

168 : 806

O Nanak, meeting the Guru, one is saved, singing the Glorious Praises of the Lord.
||4||8||14||52||

168 : 807

Fourth Mehl, Gauree Poorbee:

168 : 808

The Merciful Lord God showered me with His Mercy; with mind and body and mouth, I chant the Lord's Name.

168 : 809

As Gurmukh, I have been dyed in the deep and lasting color of the Lord's Love. The robe of my body is drenched with His Love. ||1||

168 : 810

I am the maid–servant of my Lord God.

168 : 811

When my mind surrendered to the Lord, He made all the world my slave. ||1||Pause||

168 : 812

Consider this well, O Saints, O Siblings of Destiny – search your own hearts, seek and find Him there.

168 : 813

The Beauty and the Light of the Lord, Har, Har, is present in all. In all places, the Lord dwells near by, close at hand. ||2||

— Raag Gauree – Part 018 —

Raag Gauree – Part 019

169 : 814

The Lord, Har, Har, dwells close by, all over the world. He is Infinite, All–powerful and Immeasurable.

169 : 815

The Perfect Guru has revealed the Lord, Har, Har, to me. I have sold my head to the Guru.
||3||

169 : 816

O Dear Lord, inside and outside, I am in the protection of Your Sanctuary; You are the Greatest of the Great, All–powerful Lord.

169 : 817

Servant Nanak sings the Glorious Praises of the Lord, night and day, meeting the Guru, the True Guru, the Divine Intermediary. ||4||1||15||53||

169 : 818

Gauree Poorbee, Fourth Mehl:

169 : 819

Life of the World, Infinite Lord and Master, Master of the Universe, All–powerful Architect of Destiny.

169 : 820

Whichever way You turn me, O my Lord and Master, that is the way I shall go. ||1||

169 : 821

O Lord, my mind is attuned to the Lord's Love.

169 : 822

Joining the Sat Sangat, the True Congregation, I have obtained the sublime essence of the Lord. I am absorbed in the Name of the Lord. ||1||Pause||

169 : 823

The Lord, Har, Har, and the Name of the Lord, Har, Har, is the panacea, the medicine for the world. The Lord, and the Name of the Lord, Har, Har, bring peace and tranquility.

169 : 824

Those who partake of the Lord's sublime essence, through the Guru's Teachings – their sins and sufferings are all eliminated. ||2||

169 : 825

Those who have such pre-ordained destiny inscribed on their foreheads, bathe in the pool of contentment of the Guru.

169 : 826

The filth of evil-mindedness is totally washed away, from those who are imbued with the Love of the Lord's Name. ||3||

169 : 827

O Lord, You Yourself are Your Own Master, O God. There is no other Giver as Great as You.

169 : 828

Servant Nanak lives by the Naam, the Name of the Lord; by the Lord's Mercy, he chants the Lord's Name. ||4||2||16||54||

169 : 829

Gauree Poorbee, Fourth Mehl:

169 : 830

Show Mercy to me, O Life of the World, O Great Giver, so that my mind may merge with the Lord.

169 : 831

The True Guru has bestowed His most pure and sacred Teachings. Chanting the Name of the Lord, Har, Har, Har, my mind is transfixed and enraptured. ||1||

169 : 832

O Lord, my mind and body have been pierced through by the True Lord.

169 : 833

The whole world is caught and held in the mouth of Death. Through the Teachings of the Guru, the True Guru, O Lord, I am saved. ||1||Pause||

169 : 834

Those who are not in love with the Lord are foolish and false – they are faithless cynics.

169 : 835

They suffer the most extreme agonies of birth and death; they die over and over again, and they rot away in manure. ||2||

169 : 836

You are the Merciful Cherisher of those who seek Your Sanctuary. I beg of You: please grant me Your gift, Lord.

169 : 837

Make me the slave of the Lord's slaves, so that my mind might dance in Your Love. ||3||

169 : 838

He Himself is the Great Banker; God is our Lord and Master. I am His petty merchant.

169 : 839

My mind, body and soul are all Your capital assets. You, O God, are the True Banker of servant Nanak. ||4||3||17||55||

169 : 840

Gauree Poorbee, Fourth Mehl:

169 : 841

You are Merciful, the Destroyer of all pain. Please give me Your Ear and listen to my prayer.

169 : 842

Please unite me with the True Guru, my breath of life; through Him, O my Lord and Master, You are known. ||1||

169 : 843

O Lord, I acknowledge the True Guru as the Supreme Lord God.

169 : 844

I am foolish and ignorant, and my intellect is impure. Through the Teachings of the Guru, the True Guru, O Lord, I come to know You. ||1||Pause||

169 : 845

All the pleasures and enjoyments which I have seen – I have found them all to be bland and insipid.

— Raag Gauree – Part 019 —

Raag Gauree – Part 020

170 : 846

I have tasted the Ambrosial Nectar of the Naam, the Name of the Lord, by meeting the True Guru. It is sweet, like the juice of the sugarcane. ||2||

170 : 847

Those who have not met the Guru, the True Guru, are foolish and insane – they are faithless cynics.

170 : 848

Those who were pre-ordained to have no good karma at all – gazing into the lamp of emotional attachment, they are burnt, like moths in a flame. ||3||

170 : 849

Those whom You, in Your Mercy, have met, Lord, are committed to Your Service.

170 : 850

Servant Nanak chants the Name of the Lord, Har, Har, Har. He is famous, and through the Guru's Teachings, He merges in the Name. ||4||4||18||56||

170 : 851

Gauree Poorbee, Fourth Mehl:

170 : 852

O my mind, God is always with you; He is your Lord and Master. Tell me, where could you run to get away from the Lord?

170 : 853

The True Lord God Himself grants forgiveness; we are emancipated only when the Lord Himself emancipates us. ||1||

170 : 854

O my mind, chant the Name of the Lord, Har, Har, Har – chant it in your mind.

170 : 855

Quickly now, run to the Sanctuary of the True Guru, O my mind; following the Guru, the True Guru, you shall be saved. ||1||Pause||

170 : 856

O my mind, serve God, the Giver of all peace; serving Him, you shall come to dwell in your own home deep within.

170 : 857

As Gurmukh, go and enter your own home; anoint yourself with the sandalwood oil of the Lord's Praises. ||2||

170 : 858

O my mind, the Praises of the Lord, Har, Har, Har, Har, Har, are exalted and sublime. Earn the profit of the Lord's Name, and let your mind be happy.

170 : 859

If the Lord, Har, Har, in His Mercy, bestows it, then we partake of the ambrosial essence of the Lord's Name. ||3||

170 : 860

O my mind, without the Naam, the Name of the Lord, and attached to duality, those faithless cynics are strangled by the Messenger of Death.

170 : 861

Such faithless cynics, who have forgotten the Naam, are thieves. O my mind, do not even go near them. ||4||

170 : 862

O my mind, serve the Unknowable and Immaculate Lord, the Man–lion; serving Him, your account will be cleared.

170 : 863

The Lord God has made servant Nanak perfect; he is not diminished by even the tiniest particle. ||5||5||19||57||

170 : 864

Gauree Poorbee, Fourth Mehl:

170 : 865

My breath of life is in Your Power, God; my soul and body are totally Yours.

170 : 866

Be merciful to me, and show me the Blessed Vision of Your Darshan. There is such a great longing within my mind and body! ||1||

170 : 867

O my Lord, there is such a great longing within my mind and body to meet the Lord.

170 : 868

When the Guru, the Merciful Guru, showed just a little mercy to me, my Lord God came and met me. ||1||Pause||

170 : 869

Whatever is in my conscious mind, O Lord and Master – that condition of mine is known only to You, Lord.

170 : 870

Night and day, I chant Your Name, and I find peace. I live by placing my hopes in You, Lord. ||2||

170 : 871

The Guru, the True Guru, the Giver, has shown me the Way; my Lord God came and met me.

170 : 872

Night and day, I am filled with bliss; by great good fortune, all of the hopes of His humble servant have been fulfilled. ||3||

170 : 873

O Lord of the World, Master of the Universe, everything is under Your control.

170 : 874

Servant Nanak has come to Your Sanctuary, Lord; please, preserve the honor of Your humble servant. ||4||6||20||58||

170 : 875

Gauree Poorbee, Fourth Mehl:

170 : 876

This mind does not hold still, even for an instant. Distracted by all sorts of distractions, it wanders around aimlessly in the ten directions.

-- Raag Gauree – Part 020 --

Raag Gauree – Part 021

171 : 877

I have found the Perfect Guru, through great good fortune; He has given me the Mantra of the Lord's Name, and my mind has become quiet and tranquil. ||1||

171 : 878

O Lord, I am the slave of the True Guru. ||1||Pause||

171 : 879

My forehead has been branded with His brand; I owe such a great debt to the Guru.

171 : 880

He has been so generous and kind to me; He has carried me across the treacherous and terrifying world–ocean. ||2||

171 : 881

Those who do not have love for the Lord within their hearts, harbor only false intentions and goals.

171 : 882

As paper breaks down and dissolves in water, the self–willed manmukh wastes away in arrogant pride. ||3||

171 : 883

I know nothing, and I do not know the future; as the Lord keeps me, so do I stand.

171 : 884

For my failings and mistakes, O Guru, grant me Your Grace; servant Nanak is Your obedient dog. ||4||7||21||59||

171 : 885

Gauree Poorbee, Fourth Mehl:

171 : 886

The body–village is filled to overflowing with sexual desire and anger, which were broken into bits when I met with the Holy Saint.

171 : 887

By pre–ordained destiny, I have met with the Guru. I have entered into the realm of the Lord's Love. ||1||

171 : 888

Greet the Holy Saint with your palms pressed together; this is an act of great merit.

171 : 889

Bow down before Him; this is a virtuous action indeed. ||1||Pause||

171 : 890

The wicked shaaktas, the faithless cynics, do not know the taste of the Lord's sublime essence. The thorn of egotism is embedded deep within them.

171 : 891

The more they walk away, the deeper it sticks into them, and the more they suffer in pain, until finally, the Messenger of Death smashes his club against their heads. ||2||

171 : 892

The humble servants of the Lord are absorbed in the Name of the Lord, Har, Har. The pain of birth and the fear of death are eradicated.

171 : 893

They have obtained the Imperishable Supreme Being, the Transcendent Lord God, and they obtain great honor throughout all the worlds and realms. ||3||

171 : 894

I am poor and meek, God, but I am Yours! Save me, please save me, O Greatest of the Great!

171 : 895

Servant Nanak takes the Sustenance and Support of the Naam. In the Name of the Lord, he enjoys celestial peace. ||4||8||22||60||

171 : 896

Gauree Poorbee, Fourth Mehl:

171 : 897

Within this body–fortress is the Lord, the Sovereign Lord King, but the stubborn ones do not find the taste.

171 : 898

When the Lord, Merciful to the meek, showed His Mercy, I found and tasted it, through the Word of the Guru's Shabad. ||1||

171 : 899

Lovingly focused upon the Guru, the Kirtan of the Lord's Praise has become sweet to me. ||1||Pause||

171 : 900

The Lord, the Supreme Lord God, is Inaccessible and Unfathomable. Those who are committed to the True Guru, the Divine Intermediary, meet the Lord.

171 : 901

Those whose hearts are pleased with the Guru's Teachings – the Lord's Presence is revealed to them. ||2||

171 : 902

The hearts of the self-willed manmukhs are hard and cruel; their inner beings are dark.

171 : 903

Even if the poisonous snake is fed large amounts of milk, it will still yield only poison. ||3||

171 : 904

O Lord God, please unite me with the Holy Guru, so that I might joyfully grind and eat the Shabad.

171 : 905

Servant Nanak is the slave of the Guru; in the Sangat, the Holy Congregation, the bitter becomes sweet. ||4||9||23||61||

171 : 906

Gauree Poorbee, Fourth Mehl:

171 : 907

For the sake of the Lord, Har, Har, I have sold my body to the Perfect Guru.

171 : 908

The True Guru, the Giver, has implanted the Naam, the Name of the Lord, within me. A very blessed and fortunate destiny is recorded upon my forehead. ||1||

171 : 909

Through the Guru's Teachings, I am lovingly centered on the Lord. ||1||Pause||

-- Raag Gauree – Part 021 --

Raag Gauree – Part 022

172 : 910

The All-pervading Sovereign Lord King is contained in each and every heart. Through the Guru, and the Word of the Guru's Shabad, I am lovingly centered on the Lord.

172 : 911

Cutting my mind and body into pieces, I offer them to my Guru. The Guru's Teachings have dispelled my doubt and fear. ||2||

172 : 912

In the darkness, the Guru has lit the lamp of the Guru's wisdom; I am lovingly focused on the Lord.

172 : 913

The darkness of ignorance has been dispelled, and my mind has been awakened; within the home of my inner being, I have found the genuine article. ||3||

172 : 914

The vicious hunters, the faithless cynics, are hunted down by the Messenger of Death.

172 : 915

They have not sold their heads to the True Guru; those wretched, unfortunate ones continue coming and going in reincarnation. ||4||

172 : 916

Hear my prayer, O God, my Lord and Master: I beg for the Sanctuary of the Lord God.

172 : 917

Servant Nanak's honor and respect is the Guru; he has sold his head to the True Guru. ||5||10||24||62||

172 : 918

Gauree Poorbee, Fourth Mehl:

172 : 919

I am egotistical and conceited, and my intellect is ignorant. Meeting the Guru, my selfishness and conceit have been abolished.

172 : 920

The illness of egotism is gone, and I have found peace. Blessed, blessed is the Guru, the Sovereign Lord King. ||1||

172 : 921

I have found the Lord, through the Teachings of the Guru. ||1||Pause||

172 : 922

My heart is filled with love for the Sovereign Lord King; the Guru has shown me the path and the way to find Him.

172 : 923

My soul and body all belong to the Guru; I was separated, and He has led me into the Lord's Embrace. ||2||

172 : 924

Deep within myself, I would love to see the Lord; the Guru has inspired me to see Him within my heart.

172 : 925

Within my mind, intuitive peace and bliss have arisen; I have sold myself to the Guru. ||3||

172 : 926

I am a sinner – I have committed so many sins; I am a villainous, thieving thief.

172 : 927

Now, Nanak has come to the Lord's Sanctuary; preserve my honor, Lord, as it pleases Your Will. ||4||11||25||63||

172 : 928

Gauree Poorbee, Fourth Mehl:

172 : 929

Through the Guru's Teachings, the unstruck music resounds; through the Guru's Teachings, the mind sings.

172 : 930

By great good fortune, I received the Blessed Vision of the Guru's Darshan. Blessed, blessed is the Guru, who has led me to love the Lord. ||1||

172 : 931

The Gurmukh is lovingly centered on the Lord. ||1||Pause||

172 : 932

My Lord and Master is the Perfect True Guru. My mind works to serve the Guru.

172 : 933

I massage and wash the Feet of the Guru, who recites the Sermon of the Lord. ||2||

172 : 934

The Teachings of the Guru are in my heart; the Lord is the Source of nectar. My tongue sings the Glorious Praises of the Lord.

172 : 935

My mind is immersed in, and drenched with the Lord's essence. Fulfilled with the Lord's Love, I shall never feel hunger again. ||3||

172 : 936

People try all sorts of things, but without the Lord's Mercy, His Name is not obtained.

172 : 937

The Lord has showered His Mercy upon servant Nanak; through the wisdom of the Guru's Teachings, he has enshrined the Naam, the Name of the Lord. ||4||12||26||64||

172 : 938

Raag Gauree Maajh, Fourth Mehl:

172 : 939

O my soul, as Gurmukh, do this deed: chant the Naam, the Name of the Lord.

172 : 940

Make that teaching your mother, that it may teach you to keep the Lord's Name in your mouth.

172 : 941

Let contentment be your father; the Guru is the Primal Being, beyond birth or incarnation.

— Raag Gauree – Part 022 —

Raag Gauree – Part 023

173 : 942

By great good fortune, you shall meet with the Lord. ||1||

173 : 943

I have met the Guru, the Yogi, the Primal Being; I am delighted with His Love.

173 : 944

The Guru is imbued with the Love of the Lord; He dwells forever in Nirvaanaa.

173 : 945

By great good fortune, I met the most accomplished and all-knowing Lord.

173 : 946

My mind and body are drenched in the Love of the Lord. ||2||

173 : 947

Come, O Saints – let's meet together and chant the Naam, the Name of the Lord.

173 : 948

In the Sangat, the Holy Congregation, let's earn the lasting profit of the Naam.

173 : 949

Let's serve the Saints, and drink in the Ambrosial Nectar.

173 : 950

By one's karma and pre-ordained destiny, they are met. ||3||

173 : 951

In the month of Saawan, the clouds of Ambrosial Nectar hang over the world.

173 : 952

The peacock of the mind chirps, and receives the Word of the Shabad, in its mouth;

173 : 953

the Ambrosial Nectar of the Lord rains down, and the Sovereign Lord King is met.

173 : 954

Servant Nanak is imbued with the Love of the Lord. ||4||1||27||65||

173 : 955

Gauree Maajh, Fourth Mehl:

173 : 956

Come, O sisters – let's make virtue our charms.

173 : 957

Let's join the Saints, and enjoy the pleasure of the Lord's Love.

173 : 958

The lamp of the Guru's spiritual wisdom burns steadily in my mind.

173 : 959

The Lord, being pleased and moved by pity, has led me to meet Him. ||1||

173 : 960

My mind and body are filled with love for my Darling Lord.

173 : 961

The True Guru, the Divine Intermediary, has united me with my Friend.

173 : 962

I offer my mind to the Guru, who has led me to meet my God.

173 : 963

I am forever a sacrifice to the Lord. ||2||

173 : 964

Dwell, O my Beloved, dwell, O my Lord of the Universe; O Lord, show mercy to me and come to dwell within my mind.

173 : 965

I have obtained the fruits of my mind's desires, O my Lord of the Universe; I am transfixed with ecstasy, gazing upon the Perfect Guru.

173 : 966

The happy soul-brides receive the Lord's Name, O my Lord of the Universe; night and day, their minds are blissful and happy.

173 : 967

By great good fortune, the Lord is found, O my Lord of the Universe; earning profit continually, the mind laughs with joy. ||3||

173 : 968

The Lord Himself creates, and the Lord Himself beholds; the Lord Himself assigns all to their tasks.

173 : 969

Some partake of the bounty of the Lord's favor, which never runs out, while others receive only a handful.

173 : 970

Some sit upon thrones as kings, and enjoy constant pleasures, while others must beg for charity.

173 : 971

The Word of the Shabad is pervading in everyone, O my Lord of the Universe; servant Nanak meditates on the Naam. ||4||2||28||66||

173 : 972

Gauree Maajh, Fourth Mehl:

173 : 973

From within my mind, from within my mind, O my Lord of the Universe, I am imbued with the Love of the Lord, from within my mind.

173 : 974

The Lord's Love is with me, but it cannot be seen, O my Lord of the Universe; the Perfect Guru has led me to see the unseen.

173 : 975

He has revealed the Name of the Lord, Har, Har, O my Lord of the Universe; all poverty and pain have departed.

173 : 976

I have obtained the supreme status of the Lord, O my Lord of the Universe; by great good fortune, I am absorbed in the Naam. ||1||

173 : 977

With his eyes, O my Beloved, with his eyes, O my Lord of the Universe – has anyone ever seen the Lord God with his eyes?

173 : 978

My mind and body are sad and depressed, O my Lord of the Universe; without her Husband Lord, the soul-bride is withering away.

-- Raag Gauree – Part 023 --

Raag Gauree – Part 024

174 : 979

Meeting the Saints, O my Lord of the Universe, I have found my Lord God, my Companion, my Best Friend.

174 : 980

The Lord, the Life of the World, has come to meet me, O my Lord of the Universe. The night of my life now passes in peace. ||2||

174 : 981

O Saints, unite me with my Lord God, my Best Friend; my mind and body are hungry for Him.

174 : 982

I cannot survive without seeing my Beloved; deep within, I feel the pain of separation from the Lord.

174 : 983

The Sovereign Lord King is my Beloved, my Best Friend. Through the Guru, I have met Him, and my mind has been rejuvenated.

174 : 984

The hopes of my mind and body have been fulfilled, O my Lord of the Universe; meeting the Lord, my mind vibrates with joy. ||3||

174 : 985

A sacrifice, O my Lord of the Universe, a sacrifice, O my Beloved; I am forever a sacrifice to You.

174 : 986

My mind and body are filled with love for my Husband Lord; O my Lord of the Universe, please preserve my assets.

174 : 987

Unite me with the True Guru, Your Advisor, O my Lord of the Universe; through His guidance, He shall lead me to the Lord.

174 : 988

I have obtained the Lord's Name, by Your Mercy, O my Lord of the Universe; servant Nanak has entered Your Sanctuary. ||4||3||29||67||

174 : 989

Gauree Maajh, Fourth Mehl:

174 : 990

Playful is my Lord of the Universe; playful is my Beloved. My Lord God is wondrous and playful.

174 : 991

The Lord Himself created Krishna, O my Lord of the Universe; the Lord Himself is the milkmaids who seek Him.

174 : 992

The Lord Himself enjoys every heart, O my Lord of the Universe; He Himself is the Ravisher and the Enjoyer.

174 : 993

The Lord is All-knowing – He cannot be fooled, O my Lord of the Universe. He is the True Guru, the Yogi. ||1||

174 : 994

He Himself created the world, O my Lord of the Universe; the Lord Himself plays in so many ways!

174 : 995

Some enjoy enjoyments, O my Lord of the Universe, while others wander around naked, the poorest of the poor.

174 : 996

He Himself created the world, O my Lord of the Universe; the Lord gives His gifts to all who beg for them.

174 : 997

His devotees have the Support of the Naam, O my Lord of the Universe; they beg for the sublime sermon of the Lord. ||2||

174 : 998

The Lord Himself inspires His devotees to worship Him, O my Lord of the Universe; the Lord fulfills the desires of the minds of His devotees.

174 : 999

He Himself is permeating and pervading the waters and the lands, O my Lord of the Universe; He is All-pervading – He is not far away.

174 : 1000

The Lord Himself is within the self, and outside as well, O my Lord of the Universe; the Lord Himself is fully pervading everywhere.

174 : 1001

The Lord, the Supreme Soul, is diffused everywhere, O my Lord of the Universe. The Lord Himself beholds all; His Immanent Presence is pervading everywhere. ||3||

174 : 1002

O Lord, the music of the praanic wind is deep within, O my Lord of the Universe; as the Lord Himself plays this music, so does it vibrate and resound.

174 : 1003

O Lord, the treasure of the Naam is deep within, O my Lord of the Universe; through the Word of the Guru's Shabad, the Lord God is revealed.

174 : 1004

He Himself leads us to enter His Sanctuary, O my Lord of the Universe; the Lord preserves the honor of His devotees.

-- Raag Gauree – Part 024 --

Raag Gauree – Part 025

175 : 1005

By great good fortune, one joins the Sangat, the Holy Congregation, O my Lord of the Universe; O servant Nanak, through the Naam, one's affairs are resolved. ||4||4||30||68||

175 : 1006

Gauree Maajh, Fourth Mehl:

175 : 1007

The Lord has implanted a longing for the Lord's Name within me.

175 : 1008

I have met the Lord God, my Best Friend, and I have found peace.

175 : 1009

Beholding my Lord God, I live, O my mother.

175 : 1010

The Lord's Name is my Friend and Brother. ||1||

175 : 1011

O Dear Saints, sing the Glorious Praises of my Lord God.

175 : 1012

As Gurmukh, chant the Naam, the Name of the Lord, O very fortunate ones.

175 : 1013

The Name of the Lord, Har, Har, is my soul and my breath of life.

175 : 1014

I shall never again have to cross over the terrifying world–ocean. ||2||

175 : 1015

How shall I behold my Lord God? My mind and body yearn for Him.

175 : 1016

Unite me with the Lord, Dear Saints; my mind is in love with Him.

175 : 1017

Through the Word of the Guru's Shabad, I have found the Sovereign Lord, my Beloved.

175 : 1018

O very fortunate ones, chant the Name of the Lord. ||3||

175 : 1019

Within my mind and body, there is such a great longing for God, the Lord of the Universe.

175 : 1020

Unite me with the Lord, Dear Saints. God, the Lord of the Universe, is so close to me.

175 : 1021

Through the Teachings of the True Guru, the Naam is always revealed;

175 : 1022

the desires of servant Nanak's mind have been fulfilled. ||4||5||31||69||

175 : 1023

Gauree Maajh, Fourth Mehl:

175 : 1024

If I receive my Love, the Naam, then I live.

175 : 1025

In the temple of the mind, is the Ambrosial Nectar of the Lord; through the Guru's Teachings, we drink it in.

175 : 1026

My mind is drenched with the Love of the Lord. I continually drink in the sublime essence of the Lord.

175 : 1027

I have found the Lord within my mind, and so I live. ||1||

175 : 1028

The arrow of the Lord's Love has pierced by mind and body.

175 : 1029

The Lord, the Primal Being, is All-knowing; He is my Beloved and my Best Friend.

175 : 1030

The Saintly Guru has united me with the All-knowing and All-seeing Lord.

175 : 1031

I am a sacrifice to the Naam, the Name of the Lord. ||2||

175 : 1032

I seek my Lord, Har, Har, my Intimate, my Best Friend.

175 : 1033

Show me the way to the Lord, Dear Saints; I am searching all over for Him.

175 : 1034

The Kind and Compassionate True Guru has shown me the Way, and I have found the Lord.

175 : 1035

Through the Name of the Lord, I am absorbed in the Naam. ||3||

175 : 1036

I am consumed with the pain of separation from the Love of the Lord.

175 : 1037

The Guru has fulfilled my desire, and I have received the Ambrosial Nectar in my mouth.

175 : 1038

The Lord has become merciful, and now I meditate on the Name of the Lord.

175 : 1039

Servant Nanak has obtained the sublime essence of the Lord. ||4||6||20||18||32||70||

175 : 1040

Fifth Mehl, Raag Gauree Gwaarayree, Chau–Padas:

175 : 1041

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

175 : 1042

How can happiness be found, O my Siblings of Destiny?

175 : 1043

How can the Lord, our Help and Support, be found? ||1||Pause||

175 : 1044

There is no happiness in owning one's own home, in all of Maya,

175 : 1045

or in lofty mansions casting beautiful shadows.

175 : 1046

In fraud and greed, this human life is being wasted. ||1||

--- Raag Gauree – Part 025 ---

Raag Gauree – Part 026

176 : 1047

He is pleased at the sight of his elephants and horses

176 : 1048

and his armies assembled, his servants and his soldiers.

176 : 1049

But the noose of egotism is tightening around his neck. ||2||

176 : 1050

His rule may extend in all ten directions;

176 : 1051

he may revel in pleasures, and enjoy many women

176 : 1052

– but he is just a beggar, who in his dream, is a king. ||3||

176 : 1053

The True Guru has shown me that there is only one pleasure.

176 : 1054

Whatever the Lord does, is pleasing to the Lord's devotee.

176 : 1055

Servant Nanak has abolished his ego, and he is absorbed in the Lord. ||4||

176 : 1056

This is the way to find happiness, O my Siblings of Destiny.

176 : 1057

This is the way to find the Lord, our Help and Support. ||1||Second Pause||

176 : 1058

Gauree Gwaarayree, Fifth Mehl:

176 : 1059

Why do you doubt? What do you doubt?

176 : 1060

God is pervading the water, the land and the sky.

176 : 1061

The Gurmukhs are saved, while the self-willed manmukhs lose their honor. ||1||

176 : 1062

One who is protected by the Merciful Lord

176 : 1063

– no one else can rival him. ||1||Pause||

176 : 1064

The Infinite One is pervading among all.

176 : 1065

So sleep in peace, and don't worry.

176 : 1066

He knows everything which happens. ||2||

176 : 1067

The self-willed manmukhs are dying in the thirst of duality.

176 : 1068

They wander lost through countless incarnations; this is their pre-ordained destiny.

176 : 1069

As they plant, so shall they harvest. ||3||

176 : 1070

Beholding the Blessed Vision of the Lord's Darshan, my mind has blossomed forth.

176 : 1071

And now everywhere I look, God is revealed to me.

176 : 1072

Servant Nanak's hopes have been fulfilled by the Lord. ||4||2||71||

176 : 1073

Gauree Gwaarayree, Fifth Mehl:

176 : 1074

In so many incarnations, you were a worm and an insect;

176 : 1075

in so many incarnations, you were an elephant, a fish and a deer.

176 : 1076

In so many incarnations, you were a bird and a snake.

176 : 1077

In so many incarnations, you were yoked as an ox and a horse. ||1||

176 : 1078

Meet the Lord of the Universe – now is the time to meet Him.

176 : 1079

After so very long, this human body was fashioned for you. ||1||Pause||

176 : 1080

In so many incarnations, you were rocks and mountains;

176 : 1081

in so many incarnations, you were aborted in the womb;

176 : 1082

in so many incarnations, you developed branches and leaves;

176 : 1083

you wandered through 8.4 million incarnations. ||2||

176 : 1084

Through the Saadh Sangat, the Company of the Holy, you obtained this human life.

176 : 1085

Do seva – selfless service; follow the Guru's Teachings, and vibrate the Lord's Name, Har, Har.

176 : 1086

Abandon pride, falsehood and arrogance.

176 : 1087

Remain dead while yet alive, and you shall be welcomed in the Court of the Lord. ||3||

176 : 1088

Whatever has been, and whatever shall be, comes from You, Lord.

176 : 1089

No one else can do anything at all.

176 : 1090

We are united with You, when You unite us with Yourself.

176 : 1091

Says Nanak, sing the Glorious Praises of the Lord, Har, Har. ||4||3||72||

176 : 1092

Gauree Gwaarayree, Fifth Mehl:

176 : 1093

In the field of karma, plant the seed of the Naam.

176 : 1094

Your works shall be brought to fruition.

176 : 1095

You shall obtain these fruits, and the fear of death shall be dispelled.

176 : 1096

Sing continually the Glorious Praises of the Lord, Har, Har. ||1||

176 : 1097

Keep the Name of the Lord, Har, Har, enshrined in your heart,

176 : 1098

and your affairs shall be quickly resolved. ||1||Pause||

176 : 1099

Be always attentive to your God;

176 : 1100

thus you shall be honored in His Court.

— Raag Gauree – Part 026 —

Raag Gauree – Part 027

177 : 1101

Give up all your clever tricks and devices,

177 : 1102

and hold tight to the Feet of the Saints. ||2||

177 : 1103

The One, who holds all creatures in His Hands,

177 : 1104

is never separated from them; He is with them all.

177 : 1105

Abandon your clever devices, and grasp hold of His Support.

177 : 1106

In an instant, you shall be saved. ||3||

177 : 1107

Know that He is always near at hand.

177 : 1108

Accept the Order of God as True.

177 : 1109

Through the Guru's Teachings, eradicate selfishness and conceit.

177 : 1110

O Nanak, chant and meditate on the Naam, the Name of the Lord, Har, Har. ||4||4||73||

177 : 1111

Gauree Gwaarayree, Fifth Mehl:

177 : 1112

The Guru's Word is eternal and everlasting.

177 : 1113

The Guru's Word cuts away the noose of Death.

177 : 1114

The Guru's Word is always with the soul.

177 : 1115

Through the Guru's Word, one is immersed in the Love of the Lord. ||1||

177 : 1116

Whatever the Guru gives, is useful to the mind.

177 : 1117

Whatever the Saint does – accept that as True. ||1||Pause||

177 : 1118

The Guru's Word is infallible and unchanging.

177 : 1119

Through the Guru's Word, doubt and prejudice are dispelled.

177 : 1120

The Guru's Word never goes away;

177 : 1121

through the Guru's Word, we sing the Glorious Praises of the Lord. ||2||

177 : 1122

The Guru's Word accompanies the soul.

177 : 1123

The Guru's Word is the Master of the masterless.

177 : 1124

The Guru's Word saves one from falling into hell.

177 : 1125

Through the Guru's Word, the tongue savors the Ambrosial Nectar. ||3||

177 : 1126

The Guru's Word is revealed in the world.

177 : 1127

Through the Guru's Word, no one suffers defeat.

177 : 1128

O Nanak, the True Guru is always kind and compassionate, unto those whom the Lord Himself has blessed with His Mercy. ||4||5||74||

177 : 1129

Gauree Gwaarayree, Fifth Mehl:

177 : 1130

He makes jewels out of the dust,

177 : 1131

and He managed to preserve you in the womb.

177 : 1132

He has given you fame and greatness;

177 : 1133

meditate on that God, twenty–four hours a day. ||1||

177 : 1134

O Lord, I seek the dust of the feet of the Holy.

177 : 1135

Meeting the Guru, I meditate on my Lord and Master. ||1||Pause||

177 : 1136

He transformed me, the fool, into a fine speaker,

177 : 1137

and He made the unconscious become conscious;

177 : 1138

by His Grace, I have obtained the nine treasures.

177 : 1139

May I never forget that God from my mind. ||2||

177 : 1140

He has given a home to the homeless;

177 : 1141

He has given honor to the dishonored.

177 : 1142

He has fulfilled all desires;

177 : 1143

remember Him in meditation, day and night, with every breath and every morsel of food.
||3||

177 : 1144

By His Grace, the bonds of Maya are cut away.

177 : 1145

By Guru's Grace, the bitter poison has become Ambrosial Nectar.

177 : 1146

Says Nanak, I cannot do anything;

177 : 1147

I praise the Lord, the Protector. ||4||6||75||

177 : 1148

Gauree Gwaarayree, Fifth Mehl:

177 : 1149

In His Sanctuary, there is no fear or sorrow.

177 : 1150

Without Him, nothing at all can be done.

177 : 1151

I have renounced clever tricks, power and intellectual corruption.

177 : 1152

God is the Protector of His servant. ||1||

177 : 1153

Meditate, O my mind, on the Lord, Raam, Raam, with love.

177 : 1154

Within your home, and beyond it, He is always with you. ||1||Pause||

177 : 1155

Keep His Support in your mind.

-- Raag Gauree – Part 027 --

Raag Gauree – Part 028

178 : 1156

Taste the ambrosial essence, the Word of the Guru's Shabad.

178 : 1157

Of what use are other efforts?

178 : 1158

Showing His Mercy, the Lord Himself protects our honor. ||2||

178 : 1159

What is the human? What power does he have?

178 : 1160

All the tumult of Maya is false.

178 : 1161

Our Lord and Master is the One who acts, and causes others to act.

178 : 1162

He is the Inner-knower, the Searcher of all hearts. ||3||

178 : 1163

Of all comforts, this is the true comfort.

178 : 1164

Keep the Guru's Teachings in your mind.

178 : 1165

Those who bear love for the Name of the Lord

178 : 1166

– says Nanak, they are blessed, and very fortunate. ||4||7||76||

178 : 1167

Gauree Gwaarayree, Fifth Mehl:

178 : 1168

Listening to the Lord's sermon, my pollution has been washed away.

178 : 1169

I have become totally pure, and I now walk in peace.

178 : 1170

By great good fortune, I found the Saadh Sangat, the Company of the Holy;

178 : 1171

I have fallen in love with the Supreme Lord God. ||1||

178 : 1172

Chanting the Name of the Lord, Har, Har, His servant has been carried across.

178 : 1173

The Guru has lifted me up and carried me across the ocean of fire. ||1||Pause||

178 : 1174

Singing the Kirtan of His Praises, my mind has become peaceful;

178 : 1175

the sins of countless incarnations have been washed away.

178 : 1176

I have seen all the treasures within my own mind;

178 : 1177

why should I now go out searching for them? ||2||

178 : 1178

When God Himself becomes merciful,

178 : 1179

the work of His servant becomes perfect.

178 : 1180

He has cut away my bonds, and made me His slave.

178 : 1181

Remember, remember, remember Him in meditation; He is the treasure of excellence. ||3||

178 : 1182

He alone is in the mind; He alone is everywhere.

178 : 1183

The Perfect Lord is totally permeating and pervading everywhere.

178 : 1184

The Perfect Guru has dispelled all doubts.

178 : 1185

Remembering the Lord in meditation, Nanak has found peace. ||4||8||77||

178 : 1186

Gauree Gwaarayree, Fifth Mehl:

178 : 1187

Those who have died have been forgotten.

178 : 1188

Those who survive have fastened their belts.

178 : 1189

They are busily occupied in their affairs;

178 : 1190

they cling twice as hard to Maya. ||1||

178 : 1191

No one thinks of the time of death;

178 : 1192

people grasp to hold that which shall pass away. ||1||Pause||

178 : 1193

The fools – their bodies are bound down by desires.

178 : 1194

They are mired in sexual desire, anger and attachment;

178 : 1195

the Righteous Judge of Dharma stands over their heads.

178 : 1196

Believing it to be sweet, the fools eat poison. ||2||

178 : 1197

They say, "I shall tie up my enemy, and I shall cut him down. Who dares to set foot upon my land?

178 : 1198

I am learned, I am clever and wise."

178 : 1199

The ignorant ones do not recognize their Creator. ||3||

178 : 1200

The Lord Himself knows His Own state and condition.

178 : 1201

What can anyone say? How can anyone describe Him?

178 : 1202

Whatever He attaches us to – to that we are attached.

178 : 1203

Everyone begs for their own good. ||4||

178 : 1204

Everything is Yours; You are the Creator Lord.

178 : 1205

You have no end or limitation.

178 : 1206

Please give this gift to Your servant,

178 : 1207

that Nanak might never forget the Naam. ||5||9||78||

178 : 1208

Gauree Gwaarayree, Fifth Mehl:

178 : 1209

By all sorts of efforts, people do not find salvation.

178 : 1210

Through clever tricks, the weight is only piled on more and more.

178 : 1211

Serving the Lord with a pure heart,

178 : 1212

you shall be received with honor at God's Court. ||1||

— Raag Gauree – Part 028 —

Raag Gauree – Part 029

179 : 1213

O my mind, hold tight to the Support of the Lord's Name.

179 : 1214

The hot winds shall never even touch you. ||1||Pause||

179 : 1215

Like a boat in the ocean of fear;

179 : 1216

like a lamp which illumines the darkness;

179 : 1217

like fire which takes away the pain of cold

179 : 1218

– just so, chanting the Name, the mind becomes peaceful. ||2||

179 : 1219

The thirst of your mind shall be quenched,

179 : 1220

and all hopes shall be fulfilled.

179 : 1221

Your consciousness shall not waver.

179 : 1222

Meditate on the Ambrosial Naam as Gurmukh, O my friend. ||3||

179 : 1223

He alone receives the panacea, the medicine of the Naam,

179 : 1224

unto whom the Lord, in His Grace, bestows it.

179 : 1225

One whose heart is filled with the Name of the Lord, Har, Har

179 : 1226

– O Nanak, his pains and sorrows are eliminated. ||4||10||79||

179 : 1227

Gauree Gwaarayree, Fifth Mehl:

179 : 1228

Even with vast sums of wealth, the mind is not satisfied.

179 : 1229

Gazing upon countless beauties, the man is not satisfied.

179 : 1230

He is so involved with his wife and sons – he believes that they belong to him.

179 : 1231

That wealth shall pass away, and those relatives shall be reduced to ashes. ||1||

179 : 1232

Without meditating and vibrating on the Lord, they are crying out in pain.

179 : 1233

Their bodies are cursed, and their wealth is cursed – they are imbued with Maya.

||1||Pause||

179 : 1234

The servant carries the bags of money on his head,

179 : 1235

but it goes to his master's house, and he receives only pain.

179 : 1236

The man sits as a king in his dreams,

179 : 1237

but when he opens his eyes, he sees that it was all in vain. ||2||

179 : 1238

The watchman oversees the field of another,

179 : 1239

but the field belongs to his master, while he must get up and depart.

179 : 1240

He works so hard, and suffers for that field,

179 : 1241

but still, nothing comes into his hands. ||3||

179 : 1242

The dream is His, and the kingdom is His;

179 : 1243

He who has given the wealth of Maya, has infused the desire for it.

179 : 1244

He Himself annihilates, and He Himself restores.

179 : 1245

Nanak offers this prayer to God. ||4||11||80||

179 : 1246

Gauree Gwaarayree, Fifth Mehl:

179 : 1247

I have gazed upon the many forms of Maya, in so many ways.

179 : 1248

With pen and paper, I have written clever things.

179 : 1249

I have seen what it is to be a chief, a king, and an emperor,

179 : 1250

but they do not satisfy the mind. ||1||

179 : 1251

Show me that peace, O Saints,

179 : 1252

which will quench my thirst and satisfy my mind. ||1||Pause||

179 : 1253

You may have horses as fast as the wind, elephants to ride on,

179 : 1254

sandalwood oil, and beautiful women in bed,

179 : 1255

actors in dramas, singing in theaters

179 : 1256

– but even with them, the mind does not find contentment. ||2||

179 : 1257

You may have a throne at the royal court, with beautiful decorations and soft carpets,

179 : 1258

all sorts of luscious fruits and beautiful gardens,

179 : 1259

the excitement of the chase and princely pleasures

179 : 1260

– but still, the mind is not made happy by such illusory diversions. ||3||

179 : 1261

In their kindness, the Saints have told me of the True One,

179 : 1262

and so I have obtained all comforts and joy.

179 : 1263

In the Saadh Sangat, the Company of the Holy, I sing the Kirtan of the Lord's Praises.

179 : 1264

Says Nanak, through great good fortune, I have found this. ||4||

179 : 1265

One who obtains the wealth of the Lord becomes happy.

179 : 1266

By God's Grace, I have joined the Saadh Sangat. ||1||Second Pause||12||81||

179 : 1267

Gauree Gwaarayree, Fifth Mehl:

-- Raag Gauree – Part 029 --

Raag Gauree – Part 030

180 : 1268

The mortal claims this body as his own.

180 : 1269

Again and again, he clings to it.

180 : 1270

He is entangled with his children, his wife and household affairs.

180 : 1271

He cannot be the slave of the Lord. ||1||

180 : 1272

What is that way, by which the Lord's Praises might be sung?

180 : 1273

What is that intellect, by which this person might swim across, O mother? ||1||Pause||

180 : 1274

That which is for his own good, he thinks is evil.

180 : 1275

If someone tells him the truth, he looks upon that as poison.

180 : 1276

He cannot tell victory from defeat.

180 : 1277

This is the way of life in the world of the faithless cynic. ||2||

180 : 1278

The demented fool drinks in the deadly poison,

180 : 1279

while he believes the Ambrosial Naam to be bitter.

180 : 1280

He does not even approach the Saadh Sangat, the Company of the Holy;

180 : 1281

he wanders lost through 8.4 million incarnations. ||3||

180 : 1282

The birds are caught in the net of Maya;

180 : 1283

immersed in the pleasures of love, they frolic in so many ways.

180 : 1284

Says Nanak, the Perfect Guru has cut away the noose from those, unto whom the Lord has shown His Mercy. ||4||13||82||

180 : 1285

Gauree Gwaarayree, Fifth Mehl:

180 : 1286

By Your Grace, we find the Way.

180 : 1287

By God's Grace, we meditate on the Naam, the Name of the Lord.

180 : 1288

By God's Grace, we are released from our bondage.

180 : 1289

By Your Grace, egotism is eradicated. ||1||

180 : 1290

As You assign me, so I take to Your service.

180 : 1291

By myself, I cannot do anything at all, O Divine Lord. ||1||Pause||

180 : 1292

If it pleases You, then I sing the Word of Your Bani.

180 : 1293

If it pleases You, then I speak the Truth.

180 : 1294

If it pleases You, then the True Guru showers His Mercy upon me.

180 : 1295

All peace comes by Your Kindness, God. ||2||

180 : 1296

Whatever pleases You is a pure action of karma.

180 : 1297

Whatever pleases You is the true faith of Dharma.

180 : 1298

The treasure of all excellence is with You.

180 : 1299

Your servant prays to You, O Lord and Master. ||3||

180 : 1300

The mind and body become immaculate through the Lord's Love.

180 : 1301

All peace is found in the Sat Sangat, the True Congregation.

180 : 1302

My mind remains attuned to Your Name;

180 : 1303

Nanak affirms this as his greatest pleasure. ||4||14||83||

180 : 1304

Gauree Gwaarayree, Fifth Mehl:

180 : 1305

You may taste the other flavors,

180 : 1306

but your thirst shall not depart, even for an instant.

180 : 1307

But when you taste the sweet flavor the the Lord's sublime essence

180 : 1308

– upon tasting it, you shall be wonder–struck and amazed. ||1||

180 : 1309

O dear beloved tongue, drink in the Ambrosial Nectar.

180 : 1310

Imbued with this sublime essence, you shall be satisfied. ||1||Pause||

180 : 1311

O tongue, sing the Glorious Praises of the Lord.

180 : 1312

Each and every moment, meditate on the Lord, Har, Har, Har.

180 : 1313

Do not listen to any other, and do not go anywhere else.

180 : 1314

By great good fortune, you shall find the Saadh Sangat, the Company of the Holy. ||2||

180 : 1315

Twenty–four hours a day, O tongue, dwell upon God, the Unfathomable, Supreme Lord and Master.

180 : 1316

Here and hereafter, you shall be happy forever.

180 : 1317

Chanting the Glorious Praises of the Lord, O tongue, you shall become priceless. ||3||

180 : 1318

All the vegetation will blossom forth for you, flowering in fruition;

180 : 1319

imbued with this sublime essence, you shall never leave it again.

180 : 1320

No other sweet and tasty flavors can compare to it.

180 : 1321

Says Nanak, the Guru has become my Support. ||4||15||84||

180 : 1322

Gauree Gwaarayree, Fifth Mehl:

180 : 1323

The mind is the temple, and the body is the fence built around it.

-- Raag Gauree – Part 030 --

Raag Gauree – Part 031

181 : 1324

The infinite substance is within it.

181 : 1325

Within it, the great merchant is said to dwell.

181 : 1326

Who is the trader who deals there? ||1||

181 : 1327

How rare is that trader who deals in the jewel of the Naam, the Name of the Lord.

181 : 1328

He takes the Ambrosial Nectar as his food. ||1||Pause||

181 : 1329

He dedicates his mind and body to serving the Lord.

181 : 1330

How can we please the Lord?

181 : 1331

I fall at His Feet, and I renounce all sense of 'mine and yours'.

181 : 1332

Who can settle this bargain? ||2||

181 : 1333

How can I attain the Mansion of the Lord's Presence?

181 : 1334

How can I get Him to call me inside?

181 : 1335

You are the Great Merchant; You have millions of traders.

181 : 1336

Who is the benefactor? Who can take me to Him? ||3||

181 : 1337

Seeking and searching, I have found my own home, deep within my own being.

181 : 1338

The True Lord has shown me the priceless jewel.

181 : 1339

When the Great Merchant shows His Mercy, He blends us into Himself.

181 : 1340

Says Nanak, place your faith in the Guru. ||4||16||85||

181 : 1341

Gauree, Fifth Mehl, Gwaarayree:

181 : 1342

Night and day, they remain in the Love of the One.

181 : 1343

They know that God is always with them.

181 : 1344

They make the Name of their Lord and Master their way of life;

181 : 1345

they are satisfied and fulfilled with the Blessed Vision of the Lord's Darshan. ||1||

181 : 1346

Imbued with the Love of the Lord, their minds and bodies are rejuvenated,

181 : 1347

entering the Sanctuary of the Perfect Guru. ||1||Pause||

181 : 1348

The Lord's Lotus Feet are the Support of the soul.

181 : 1349

They see only the One, and obey His Order.

181 : 1350

There is only one trade, and one occupation.

181 : 1351

They know no other than the Formless Lord. ||2||

181 : 1352

They are free of both pleasure and pain.

181 : 1353

They remain unattached, joined to the Lord's Way.

181 : 1354

They are seen among all, and yet they are distinct from all.

181 : 1355

They focus their meditation on the Supreme Lord God. ||3||

181 : 1356

How can I describe the Glories of the Saints?

181 : 1357

Their knowledge is unfathomable; their limits cannot be known.

181 : 1358

O Supreme Lord God, please shower Your Mercy upon me.

181 : 1359

Bless Nanak with the dust of the feet of the Saints. ||4||17||86||

181 : 1360

Gauree Gwaarayree, Fifth Mehl:

181 : 1361

You are my Companion; You are my Best Friend.

181 : 1362

You are my Beloved; I am in love with You.

181 : 1363

You are my honor; You are my decoration.

181 : 1364

Without You, I cannot survive, even for an instant. ||1||

181 : 1365

You are my Intimate Beloved, You are my breath of life.

181 : 1366

You are my Lord and Master; You are my Leader. ||1||Pause||

181 : 1367

As You keep me, so do I survive.

181 : 1368

Whatever You say, that is what I do.

181 : 1369

Wherever I look, there I see You dwelling.

181 : 1370

O my Fearless Lord, with my tongue, I chant Your Name. ||2||

181 : 1371

You are my nine treasures, You are my storehouse.

181 : 1372

I am imbued with Your Love; You are the Support of my mind.

181 : 1373

You are my Glory; I am blended with You.

181 : 1374

You are my Shelter; You are my Anchoring Support. ||3||

181 : 1375

Deep within my mind and body, I meditate on You.

181 : 1376

I have obtained Your secret from the Guru.

181 : 1377

Through the True Guru, the One and only Lord was implanted within me;

181 : 1378

servant Nanak has taken to the Support of the Lord, Har, Har, Har. ||4||18||87||

181 : 1379

Gauree Gwaarayree, Fifth Mehl:

-- Raag Gauree – Part 031 --

Raag Gauree – Part 032

182 : 1380

It torments us with the expression of pleasure and pain.

182 : 1381

It torments us through incarnations in heaven and hell.

182 : 1382

It is seen to afflict the rich, the poor and the glorious.

182 : 1383

The source of this illness which torments us is greed. ||1||

182 : 1384

Maya torments us in so many ways.

182 : 1385

But the Saints live under Your Protection, God. ||1||Pause||

182 : 1386

It torments us through intoxication with intellectual pride.

182 : 1387

It torments us through the love of children and spouse.

182 : 1388

It torments us through elephants, horses and beautiful clothes.

182 : 1389

It torments us through the intoxication of wine and the beauty of youth. ||2||

182 : 1390

It torments landlords, paupers and lovers of pleasure.

182 : 1391

It torments us through the sweet sounds of music and parties.

182 : 1392

It torments us through beautiful beds, palaces and decorations.

182 : 1393

It torments us through the darkness of the five evil passions. ||3||

182 : 1394

It torments those who act, entangled in ego.

182 : 1395

It torments us through household affairs, and it torments us in renunciation.

182 : 1396

It torments us through character, lifestyle and social status.

182 : 1397

It torments us through everything, except for those who are imbued with the Love of the Lord. ||4||

182 : 1398

The Sovereign Lord King has cut away the bonds of His Saints.

182 : 1399

How can Maya torment them?

182 : 1400

Says Nanak, Maya does not draw near those who have obtained the dust of the feet of the Saints. ||5||19||88||

182 : 1401

Gauree Gwaarayree, Fifth Mehl:

182 : 1402

The eyes are asleep in corruption, gazing upon the beauty of another.

182 : 1403

The ears are asleep, listening to slanderous stories.

182 : 1404

The tongue is asleep, in its desire for sweet flavors.

182 : 1405

The mind is asleep, fascinated by Maya. ||1||

182 : 1406

Those who remain awake in this house are very rare;

182 : 1407

by doing so, they receive the whole thing. ||1||Pause||

182 : 1408

All of my companions are intoxicated with their sensory pleasures;

182 : 1409

they do not know how to guard their own home.

182 : 1410

The five thieves have plundered them;

182 : 1411

the thugs descend upon the unguarded village. ||2||

182 : 1412

Our mothers and fathers cannot save us from them;

182 : 1413

friends and brothers cannot protect us from them

182 : 1414

– they cannot be restrained by wealth or cleverness.

182 : 1415

Only through the Saadh Sangat, the Company of the Holy, can those villains be brought under control. ||3||

182 : 1416

Have Mercy upon me, O Lord, Sustainer of the world.

182 : 1417

The dust of the feet of the Saints is all the treasure I need.

182 : 1418

In the Company of the True Guru, one's investment remains intact.

182 : 1419

Nanak is awake to the Love of the Supreme Lord. ||4||

182 : 1420

He alone is awake, unto whom God shows His Mercy.

182 : 1421

This investment, wealth and property shall remain intact. ||1||Second Pause||20||89||

182 : 1422

Gauree Gwaarayree, Fifth Mehl:

182 : 1423

Kings and emperors are under His Power.

182 : 1424

The whole world is under His Power.

182 : 1425

Everything is done by His doing;

182 : 1426

other than Him, there is nothing at all. ||1||

182 : 1427

Offer your prayers to your True Guru;

182 : 1428

He will resolve your affairs. ||1||Pause||

182 : 1429

The Darbaar of His Court is the most exalted of all.

182 : 1430

His Name is the Support of all His devotees.

182 : 1431

The Perfect Master is pervading everywhere.

182 : 1432

His Glory is manifest in each and every heart. ||2||

182 : 1433

Remembering Him in meditation, the home of sorrow is abolished.

182 : 1434

Remembering Him in meditation, the Messenger of Death shall not touch you.

182 : 1435

Remembering Him in meditation, the dry branches become green again.

-- Raag Gauree – Part 032 --

Raag Gauree – Part 033

183 : 1436

Remembering Him in meditation, sinking stones are made to float. ||3||

183 : 1437

I salute and applaud the Society of the Saints.

183 : 1438

The Name of the Lord, Har, Har, is the Support of the breath of life of His servant.

183 : 1439

Says Nanak, the Lord has heard my prayer;

183 : 1440

by the Grace of the Saints, I dwell in the Naam, the Name of the Lord. ||4||21||90||

183 : 1441

Gauree Gwaarayree, Fifth Mehl:

183 : 1442

By the Blessed Vision of the True Guru's Darshan, the fire of desire is quenched.

183 : 1443

Meeting the True Guru, egotism is subdued.

183 : 1444

In the Company of the True Guru, the mind does not waver.

183 : 1445

The Gurmukh speaks the Ambrosial Word of Gurbani. ||1||

183 : 1446

He sees the True One pervading the whole world; he is imbued with the True One.

183 : 1447

I have become cool and tranquil, knowing God, through the Guru. ||1||Pause||

183 : 1448

By the Grace of the Saints, one chants the Lord's Name.

183 : 1449

By the Grace of the Saints, one sings the Kirtan of the Lord's Praises.

183 : 1450

By the Grace of the Saints, all pains are erased.

183 : 1451

By the Grace of the Saints, one is released from bondage. ||2||

183 : 1452

By the kind Mercy of the Saints, emotional attachment and doubt are removed.

183 : 1453

Taking a bath in the dust of the feet of the Holy – this is true Dharmic faith.

183 : 1454

By the kindness of the Holy, the Lord of the Universe becomes merciful.

183 : 1455

The life of my soul is with the Holy. ||3||

183 : 1456

Meditating on the Merciful Lord, the Treasure of Mercy, I have obtained a seat in the Saadh Sangat.

183 : 1457

I am worthless, but God has been kind to me.

183 : 1458

In the Saadh Sangat, Nanak has taken to the Naam, the Name of the Lord. ||4||22||91||

183 : 1459

Gauree Gwaarayree, Fifth Mehl:

183 : 1460

In the Saadh Sangat, the Company of the Holy, I meditate on the Lord God.

183 : 1461

The Guru has given me the Mantra of the Naam, the Name of the Lord.

183 : 1462

Shedding my ego, I have become free of hate.

183 : 1463

Twenty-four hours a day, I worship the Guru's Feet. ||1||

183 : 1464

Now, my evil sense of alienation is eliminated,

183 : 1465

since I have heard the Praises of the Lord with my ears. ||1||Pause||

183 : 1466

The Savior Lord is the treasure of intuitive peace, poise and bliss.

183 : 1467

He shall save me in the end.

183 : 1468

My pains, sufferings, fears and doubts have been erased.

183 : 1469

He has mercifully saved me from coming and going in reincarnation. ||2||

183 : 1470

He Himself beholds, speaks and hears all.

183 : 1471

O my mind, meditate on the One who is always with you.

183 : 1472

By the Grace of the Saints, the Light has dawned.

183 : 1473

The One Lord, the Treasure of Excellence, is perfectly pervading everywhere. ||3||

183 : 1474

Pure are those who speak, and sanctified are those who hear and sing, forever and ever,
the Glorious Praises of the Lord of the Universe.

183 : 1475

Says Nanak, when the Lord bestows His Mercy,

183 : 1476

all one's efforts are fulfilled. ||4||23||92||

183 : 1477

Gauree Gwaarayree, Fifth Mehl:

183 : 1478

He breaks our bonds, and inspires us to chant the Lord's Name.

183 : 1479

With the mind centered in meditation on the True Lord, anguish is eradicated, and one comes to dwell in peace.

183 : 1480

Such is the True Guru, the Great Giver. ||1||

183 : 1481

He alone is the Giver of peace, who inspires us to chant the Naam, the Name of the Lord.

183 : 1482

By His Grace, He leads us to merge with Him. ||1||Pause||

183 : 1483

He unites with Himself those unto whom He has shown His Mercy.

183 : 1484

All treasures are received from the Guru.

183 : 1485

Renouncing selfishness and conceit, coming and going come to an end.

183 : 1486

In the Saadh Sangat, the Company of the Holy, the Supreme Lord God is recognized. ||2||

183 : 1487

God has become merciful to His humble servant.

— Raag Gauree – Part 033 —

Raag Gauree – Part 034

184 : 1488

The One Lord of the Universe is the Support of His humble servants.

184 : 1489

They love the One Lord; their minds are filled with love for the Lord.

184 : 1490

The Name of the Lord is all treasures for them. ||3||

184 : 1491

They are in love with the Supreme Lord God;

184 : 1492

their actions are pure, and their lifestyle is true.

184 : 1493

The Perfect Guru has dispelled the darkness.

184 : 1494

Nanak's God is Incomparable and Infinite. ||4||24||93||

184 : 1495

Gauree Gwaarayree, Fifth Mehl:

184 : 1496

Those whose minds are filled with the Lord, swim across.

184 : 1497

Those who have the blessing of good karma, meet with the Lord.

184 : 1498

Pain, disease and fear do not affect them at all.

184 : 1499

They meditate on the Ambrosial Name of the Lord within their hearts. ||1||

184 : 1500

Meditate on the Supreme Lord God, the Transcendent Lord.

184 : 1501

From the Perfect Guru, this understanding is obtained. ||1||Pause||

184 : 1502

The Merciful Lord is the Doer, the Cause of causes.

184 : 1503

He cherishes and nurtures all beings and creatures.

184 : 1504

He is Inaccessible, Incomprehensible, Eternal and Infinite.

184 : 1505

Meditate on Him, O my mind, through the Teachings of the Perfect Guru. ||2||

184 : 1506

Serving Him, all treasures are obtained.

184 : 1507

Worshipping God, honor is obtained.

184 : 1508

Working for Him is never in vain;

184 : 1509

forever and ever, sing the Glorious Praises of the Lord. ||3||

184 : 1510

Show Mercy to me, O God, O Searcher of hearts.

184 : 1511

The Unseen Lord and Master is the Treasure of Peace.

184 : 1512

All beings and creatures seek Your Sanctuary;

184 : 1513

Nanak is blessed to receive the greatness of the Naam, the Name of the Lord. ||4||25||94||

184 : 1514

Gauree Gwaarayree, Fifth Mehl:

184 : 1515

Our way of life is in His Hands;

184 : 1516

remember Him, the Master of the masterless.

184 : 1517

When God comes to mind, all pains depart.

184 : 1518

All fears are dispelled through the Name of the Lord. ||1||

184 : 1519

Why do you fear any other than the Lord?

184 : 1520

Forgetting the Lord, why do you pretend to be at peace? ||1||Pause||

184 : 1521

He established the many worlds and skies.

184 : 1522

The soul is illumined with His Light;

184 : 1523

no one can revoke His Blessing.

184 : 1524

Meditate, meditate in remembrance on God, and become fearless. ||2||

184 : 1525

Twenty-four hours a day, meditate in remembrance on God's Name.

184 : 1526

In it are the many sacred shrines of pilgrimage and cleansing baths.

184 : 1527

Seek the Sanctuary of the Supreme Lord God.

184 : 1528

Millions of mistakes shall be erased in an instant. ||3||

184 : 1529

The Perfect King is self-sufficient.

184 : 1530

God's servant has true faith in Him.

184 : 1531

Giving him His Hand, the Perfect Guru protects him.

184 : 1532

O Nanak, the Supreme Lord God is All-powerful. ||4||26||95||

184 : 1533

Gauree Gwaarayree, Fifth Mehl:

184 : 1534

By Guru's Grace, my mind is attached to the Naam, the Name of the Lord.

184 : 1535

Asleep for so many incarnations, it is now awakened.

184 : 1536

I chant the Ambrosial Bani, the Glorious Praises of God.

184 : 1537

The Pure Teachings of the Perfect Guru have been revealed to me. ||1||

184 : 1538

Meditating in remembrance on God, I have found total peace.

184 : 1539

Within my home, and outside as well, there is peace and poise all around. ||1||Pause||

184 : 1540

I have recognized the One who created me.

184 : 1541

Showing His Mercy, God has blended me with Himself.

184 : 1542

Taking me by the arm, He has made me His Own.

184 : 1543

I continually chant and meditate on the Sermon of the Lord, Har, Har. ||2||

184 : 1544

Mantras, tantras, all-curing medicines and acts of atonement,

— Raag Gauree – Part 034 —

Raag Gauree – Part 035

185 : 1545

are all in the Name of the Lord, Har, Har, the Support of the soul and the breath of life.

185 : 1546

I have obtained the true wealth of the Lord's Love.

185 : 1547

I have crossed over the treacherous world–ocean in the Saadh Sangat, the Company of the Holy. ||3||

185 : 1548

Sit in peace, O Saints, with the family of friends.

185 : 1549

Earn the wealth of the Lord, which is beyond estimation.

185 : 1550

He alone obtains it, unto whom the Guru has bestowed it.

185 : 1551

O Nanak, no one shall go away empty–handed. ||4||27||96||

185 : 1552

Gauree Gwaarayree, Fifth Mehl:

185 : 1553

The hands are sanctified instantly,

185 : 1554

and the entanglements of Maya are dispelled.

185 : 1555

Repeat constantly with your tongue the Glorious Praises of the Lord,

185 : 1556

and you shall find peace, O my friends, O Siblings of Destiny. ||1||

185 : 1557

With pen and ink, write upon your paper

185 : 1558

the Name of the Lord, the Ambrosial Word of the Lord's Bani. ||1||Pause||

185 : 1559

By this act, your sins shall be washed away.

185 : 1560

Remembering the Lord in meditation, you shall not be punished by the Messenger of Death.

185 : 1561

The couriers of the Righteous Judge of Dharma shall not touch you.

185 : 1562

The intoxication of Maya shall not entice you at all. ||2||

185 : 1563

You shall be redeemed, and through you, the whole world shall be saved,

185 : 1564

if you chant the Name of the One and Only Lord.

185 : 1565

Practice this yourself, and teach others;

185 : 1566

instill the Lord's Name in your heart. ||3||

185 : 1567

That person, who has this treasure upon his forehead

185 : 1568

– that person meditates on God.

185 : 1569

Twenty–four hours a day, chant the Glorious Praises of the Lord, Har, Har.

185 : 1570

Says Nanak, I am a sacrifice to Him. ||4||28||97||

185 : 1571

Raag Gauree Gwaarayree, Fifth Mehl, Chau–Padas, Du–Padas:

185 : 1572

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

185 : 1573

That which belongs to another – he claims as his own.

185 : 1574

That which he must abandon – to that, his mind is attracted. ||1||

185 : 1575

Tell me, how can he meet the Lord of the World?

185 : 1576

That which is forbidden – with that, he is in love. ||1||Pause||

185 : 1577

That which is false – he deems as true.

185 : 1578

That which is true – his mind is not attached to that at all. ||2||

185 : 1579

He takes the crooked path of the unrighteous way;

185 : 1580

leaving the straight and narrow path, he weaves his way backwards. ||3||

185 : 1581

God is the Lord and Master of both worlds.

185 : 1582

He, whom the Lord unites with Himself, O Nanak, is liberated. ||4||29||98||

185 : 1583

Gauree Gwaarayree, Fifth Mehl:

185 : 1584

In the Dark Age of Kali Yuga, they come together through destiny.

185 : 1585

As long as the Lord commands, they enjoy their pleasures. ||1||

185 : 1586

By burning oneself, the Beloved Lord is not obtained.

185 : 1587

Only by the actions of destiny does she rise up and burn herself, as a 'satee'. ||1||Pause||

185 : 1588

Imitating what she sees, with her stubborn mind-set, she goes into the fire.

185 : 1589

She does not obtain the Company of her Beloved Lord, and she wanders through countless incarnations. ||2||

185 : 1590

With pure conduct and self-restraint, she surrenders to her Husband Lord's Will;

185 : 1591

that woman shall not suffer pain at the hands of the Messenger of Death. ||3||

185 : 1592

Says Nanak, she who looks upon the Transcendent Lord as her Husband,

185 : 1593

is the blessed 'satee'; she is received with honor in the Court of the Lord. ||4||30||99||

185 : 1594

Gauree Gwaarayree, Fifth Mehl:

185 : 1595

I am prosperous and fortunate, for I have received the True Name.

185 : 1596

I sing the Glorious Praises of the Lord, with natural, intuitive ease. ||1||Pause||

— Raag Gauree – Part 035 —

Raag Gauree – Part 036

186 : 1597

When I opened it up and gazed upon the treasures of my father and grandfather,

186 : 1598

then my mind became very happy. ||1||

186 : 1599

The storehouse is inexhaustible and immeasurable, overflowing with priceless jewels and rubies. ||2||

186 : 1600

The Siblings of Destiny meet together, and eat and spend,

186 : 1601

but these resources do not diminish; they continue to increase. ||3||

186 : 1602

Says Nanak, one who has such destiny written on his forehead,

186 : 1603

becomes a partner in these treasures. ||4||31||100||

186 : 1604

Gauree, Fifth Mehl:

186 : 1605

I was scared, scared to death, when I thought that He was far away.

186 : 1606

But my fear was removed, when I saw that He is pervading everywhere. ||1||

186 : 1607

I am a sacrifice to my True Guru.

186 : 1608

He shall not abandon me; He shall surely carry me across. ||1||Pause||

186 : 1609

Pain, disease and sorrow come when one forgets the Naam, the Name of the Lord.

186 : 1610

Eternal bliss comes when one sings the Glorious Praises of the Lord. ||2||

186 : 1611

Do not say that anyone is good or bad.

186 : 1612

Renounce your arrogant pride, and grasp the Feet of the Lord. ||3||

186 : 1613

Says Nanak, remember the GurMantra;

186 : 1614

you shall find peace at the True Court. ||4||32||101||

186 : 1615

Gauree, Fifth Mehl:

186 : 1616

Those who have the Lord as their Friend and Companion

186 : 1617

– tell me, what else do they need? ||1||

186 : 1618

Those who are in love with the Lord of the Universe

186 : 1619

– pain, suffering and doubt run away from them. ||1||Pause||

186 : 1620

Those who have enjoyed the flavor of the Lord's sublime essence

186 : 1621

are not attracted to any other pleasures. ||2||

186 : 1622

Those whose speech is accepted in the Court of the Lord

186 : 1623

– what do they care about anything else? ||3||

186 : 1624

Those who belong to the One, unto whom all things belong

186 : 1625

– O Nanak, they find a lasting peace. ||4||33||102||

186 : 1626

Gauree, Fifth Mehl:

186 : 1627

Those who look alike upon pleasure and pain

186 : 1628

– how can anxiety touch them? ||1||

186 : 1629

The Lord's Holy Saints abide in celestial bliss.

186 : 1630

They remain obedient to the Lord, the Sovereign Lord King. ||1||Pause||

186 : 1631

Those who have the Carefree Lord abiding in their minds

186 : 1632

– no cares will ever bother them. ||2||

186 : 1633

Those who have banished doubt from their minds

186 : 1634

are not afraid of death at all. ||3||

186 : 1635

Those whose hearts are filled with the Lord's Name by the Guru

186 : 1636

– says Nanak, all treasures come to them. ||4||34||103||

186 : 1637

Gauree, Fifth Mehl:

186 : 1638

The Lord of Unfathomable Form has His Place in the mind.

186 : 1639

By Guru's Grace, a rare few come to understand this. ||1||

186 : 1640

The Ambrosial Pools of the celestial sermon

186 : 1641

– those who find them, drink them in. ||1||Pause||

186 : 1642

The unstruck melody of the Guru's Bani vibrates in that most special place.

186 : 1643

The Lord of the World is fascinated with this melody. ||2||

186 : 1644

The numerous, countless places of celestial peace

186 : 1645

– there, the Saints dwell, in the Company of the Supreme Lord God. ||3||

186 : 1646

There is infinite joy, and no sorrow or duality.

186 : 1647

The Guru has blessed Nanak with this home. ||4||35||104||

186 : 1648

Gauree, Fifth Mehl:

186 : 1649

What form of Yours should I worship and adore?

186 : 1650

What Yoga should I practice to control my body? ||1||

— Raag Gauree – Part 036 —

Raag Gauree – Part 037

187 : 1651

What is that virtue, by which I may sing of You?

187 : 1652

What is that speech, by which I may please the Supreme Lord God? ||1||Pause||

187 : 1653

What worship service shall I perform for You?

187 : 1654

How can I cross over the terrifying world-ocean? ||2||

187 : 1655

What is that penance, by which I may become a penitent?

187 : 1656

What is that Name, by which the filth of egotism may be washed away? ||3||

187 : 1657

Virtue, worship, spiritual wisdom, meditation and all service, O Nanak,

187 : 1658

are obtained from the True Guru, when, in His Mercy and Kindness, He meets us. ||4||

187 : 1659

They alone receive this merit, and they alone know God,

187 : 1660

who are approved by the Giver of peace. ||1||Second Pause||36||105||

187 : 1661

Gauree, Fifth Mehl:

187 : 1662

The body which you are so proud of, does not belong to you.

187 : 1663

Power, property and wealth are not yours. ||1||

187 : 1664

They are not yours, so why do you cling to them?

187 : 1665

Only the Naam, the Name of the Lord, is yours; it is received from the True Guru.
||1||Pause||

187 : 1666

Children, spouse and siblings are not yours.

187 : 1667

Dear friends, mother and father are not yours. ||2||

187 : 1668

Gold, silver and money are not yours.

187 : 1669

Fine horses and magnificent elephants are of no use to you. ||3||

187 : 1670

Says Nanak, those whom the Guru forgives, meet with the Lord.

187 : 1671

Everything belongs to those who have the Lord as their King. ||4||37||106||

187 : 1672

Gauree, Fifth Mehl:

187 : 1673

I place the Guru's Feet on my forehead,

187 : 1674

and all my pains are gone. ||1||

187 : 1675

I am a sacrifice to my True Guru.

187 : 1676

I have come to understand my soul, and I enjoy supreme bliss. ||1||Pause||

187 : 1677

I have applied the dust of the Guru's Feet to my face,

187 : 1678

which has removed all my arrogant intellect. ||2||

187 : 1679

The Word of the Guru's Shabad has become sweet to my mind,

187 : 1680

and I behold the Supreme Lord God. ||3||

187 : 1681

The Guru is the Giver of peace; the Guru is the Creator.

187 : 1682

O Nanak, the Guru is the Support of the breath of life and the soul. ||4||38||107||

187 : 1683

Gauree, Fifth Mehl:

187 : 1684

O my mind, seek the One who lacks nothing. ||1||

187 : 1685

Make the Beloved Lord your friend.

187 : 1686

Keep Him constantly in your mind; He is the Support of the breath of life. ||1||Pause||

187 : 1687

O my mind, serve Him;

187 : 1688

He is the Primal Being, the Infinite Divine Lord. ||2||

187 : 1689

Place your hopes in the One

187 : 1690

who is the Support of all beings, from the very beginning of time, and throughout the ages.
||3||

187 : 1691

His Love brings eternal peace;

187 : 1692

meeting the Guru, Nanak sings His Glorious Praises. ||4||39||108||

187 : 1693

Gauree, Fifth Mehl:

187 : 1694

Whatever my Friend does, I accept.

187 : 1695

My Friend's actions are pleasing to me. ||1||

187 : 1696

Within my conscious mind, the One Lord is my only Support.

187 : 1697

One who does this is my Friend. ||1||Pause||

187 : 1698

My Friend is Carefree.

187 : 1699

By Guru's Grace, I give my love to Him. ||2||

187 : 1700

My Friend is the Inner–knower, the Searcher of hearts.

187 : 1701

He is the All–powerful Being, the Supreme Lord and Master. ||3||

187 : 1702

I am Your servant; You are my Lord and Master.

— Raag Gauree – Part 037 —

Raag Gauree – Part 038

188 : 1703

Nanak: my honor and glory are Yours, God. ||4||40||109||

188 : 1704

Gauree, Fifth Mehl:

188 : 1705

Those who have You on their side, O All-powerful Lord

188 : 1706

– no black stain can stick to them. ||1||

188 : 1707

O Lord of wealth, those who place their hopes in You

188 : 1708

– nothing of the world can touch them at all. ||1||Pause||

188 : 1709

Those whose hearts are filled with their Lord and Master

188 : 1710

– no anxiety can affect them. ||2||

188 : 1711

Those, unto whom You give Your consolation, God

188 : 1712

– pain does not even approach them. ||3||

188 : 1713

Says Nanak, I have found that Guru,

188 : 1714

who has shown me the Perfect, Supreme Lord God. ||4||41||110||

188 : 1715

Gauree, Fifth Mehl:

188 : 1716

This human body is so difficult to obtain; it is only obtained by great good fortune.

188 : 1717

Those who do not meditate on the Naam, the Name of the Lord, are murderers of the soul.
||1||

188 : 1718

Those who forget the Lord might just as well die.

188 : 1719

Without the Naam, of what use are their lives? ||1||Pause||

188 : 1720

Eating, drinking, playing, laughing and showing off

188 : 1721

– what use are the ostentatious displays of the dead? ||2||

188 : 1722

Those who do not listen to the Praises of the Lord of supreme bliss,

188 : 1723

are worse off than beasts, birds or creeping creatures. ||3||

188 : 1724

Says Nanak, the GurMantra has been implanted within me;

188 : 1725

the Name alone is contained within my heart. ||4||42||111||

188 : 1726

Gauree, Fifth Mehl:

188 : 1727

Whose mother is this? Whose father is this?

188 : 1728

They are relatives in name only– they are all false. ||1||

188 : 1729

Why are you screaming and shouting, you fool?

188 : 1730

By good destiny and the Lord's Order, you have come into the world. ||1||Pause||

188 : 1731

There is the one dust, the one light,

188 : 1732

the one praanic wind. Why are you crying? For whom do you cry? ||2||

188 : 1733

People weep and cry out, "Mine, mine!"

188 : 1734

This soul is not perishable. ||3||

188 : 1735

Says Nanak, the Guru has opened my shutters;

188 : 1736

I am liberated, and my doubts have been dispelled. ||4||43||112||

188 : 1737

Gauree, Fifth Mehl:

188 : 1738

Those who seem to be great and powerful,

188 : 1739

are afflicted by the disease of anxiety. ||1||

188 : 1740

Who is great by the greatness of Maya?

188 : 1741

They alone are great, who are lovingly attached to the Lord. ||1||Pause||

188 : 1742

The landlord fights over his land each day.

188 : 1743

He shall have to leave it in the end, and yet his desire is still not satisfied. ||2||

188 : 1744

Says Nanak, this is the essence of Truth:

188 : 1745

without the Lord's meditation, there is no salvation. ||3||44||113||

188 : 1746

Gauree, Fifth Mehl:

188 : 1747

Perfect is the path; perfect is the cleansing bath.

188 : 1748

Everything is perfect, if the Naam is in the heart. ||1||

188 : 1749

One's honor remains perfect, when the Perfect Lord preserves it.

188 : 1750

His servant takes to the Sanctuary of the Supreme Lord God. ||1||Pause||

188 : 1751

Perfect is the peace; perfect is the contentment.

188 : 1752

Perfect is the penance; perfect is the Raja Yoga, the Yoga of meditation and success. ||2||

188 : 1753

On the Lord's Path, sinners are purified.

188 : 1754

Perfect is their glory; perfect is their humanity. ||3||

188 : 1755

They dwell forever in the Presence of the Creator Lord.

188 : 1756

Says Nanak, my True Guru is Perfect. ||4||45||114||

188 : 1757

Gauree, Fifth Mehl:

188 : 1758

Millions of sins are wiped away by the dust of the feet of the Saints.

-- Raag Gauree – Part 038 --

Raag Gauree – Part 039

189 : 1759

By the Grace of the Saints, one is released from birth and death. ||1||

189 : 1760

The Blessed Vision of the Saints is the perfect cleansing bath.

189 : 1761

By the Grace of the Saints, one comes to chant the Naam, the Name of the Lord.
||1||Pause||

189 : 1762

In the Society of the Saints, egotism is shed,

189 : 1763

and the One Lord is seen everywhere. ||2||

189 : 1764

By the pleasure of the Saints, the five passions are overpowered,

189 : 1765

and the heart is irrigated with the Ambrosial Naam. ||3||

189 : 1766

Says Nanak, one whose karma is perfect,

189 : 1767

touches the feet of the Holy. ||4||46||115||

189 : 1768

Gauree, Fifth Mehl:

189 : 1769

Meditating on the Glories of the Lord, the heart–lotus blossoms radiantly.

189 : 1770

Remembering the Lord in meditation, all fears are dispelled. ||1||

189 : 1771

Perfect is that intellect, by which the Glorious Praises of the Lord are sung.

189 : 1772

By great good fortune, one finds the Saadh Sangat, the Company of the Holy. ||1||Pause||

189 : 1773

In the Saadh Sangat, the treasure of the Name is obtained.

189 : 1774

In the Saadh Sangat, all one's works are brought to fruition. ||2||

189 : 1775

Through devotion to the Lord, one's life is approved.

189 : 1776

By Guru's Grace, one chants the Naam, the Name of the Lord. ||3||

189 : 1777

Says Nanak, that humble being is accepted,

189 : 1778

within whose heart the Lord God abides. ||4||47||116||

189 : 1779

Gauree, Fifth Mehl:

189 : 1780

Those whose minds are imbued with the One Lord,

189 : 1781

forget to feel jealous of others. ||1||

189 : 1782

They see none other than the Lord of the Universe.

189 : 1783

The Creator is the Doer, the Cause of causes. ||1||Pause||

189 : 1784

Those who work willingly, and chant the Name of the Lord, Har, Har

189 : 1785

– they do not waver, here or hereafter. ||2||

189 : 1786

Those who possess the wealth of the Lord are the true bankers.

189 : 1787

The Perfect Guru has established their line of credit. ||3||

189 : 1788

The Giver of life, the Sovereign Lord King meets them.

189 : 1789

Says Nanak, they attain the supreme status. ||4||48||117||

189 : 1790

Gauree, Fifth Mehl:

189 : 1791

The Naam, the Name of the Lord, is the Support of the breath of life of His devotees.

189 : 1792

The Naam is their wealth, the Naam is their occupation. ||1||

189 : 1793

By the greatness of the Naam, His humble servants are blessed with glory.

189 : 1794

The Lord Himself bestows it, in His Mercy. ||1||Pause||

189 : 1795

The Naam is the home of peace of His devotees.

189 : 1796

Attuned to the Naam, His devotees are approved. ||2||

189 : 1797

The Name of the Lord is the support of His humble servants.

189 : 1798

With each and every breath, they remember the Naam. ||3||

189 : 1799

Says Nanak, those who have perfect destiny

189 : 1800

– their minds are attached to the Naam. ||4||49||118||

189 : 1801

Gauree, Fifth Mehl:

189 : 1802

By the Grace of the Saints, I meditated on the Name of the Lord.

189 : 1803

Since then, my restless mind has been satisfied. ||1||

189 : 1804

I have obtained the home of peace, singing His Glorious Praises.

189 : 1805

My troubles have ended, and the demon has been destroyed. ||1||Pause||

189 : 1806

Worship and adore the Lotus Feet of the Lord God.

189 : 1807

Meditating in remembrance on the Lord, my anxiety has come to an end. ||2||

189 : 1808

I have renounced all – I am an orphan. I have come to the Sanctuary of the One Lord.

189 : 1809

Since then, I have found the highest celestial home. ||3||

189 : 1810

My pains, troubles, doubts and fears are gone.

189 : 1811

The Creator Lord abides in Nanak's mind. ||4||50||119||

189 : 1812

Gauree, Fifth Mehl:

189 : 1813

With my hands I do His work; with my tongue I sing His Glorious Praises.

-- Raag Gauree – Part 039 --

Raag Gauree – Part 040

190 : 1814

With my feet, I walk on the Path of my Lord and Master. ||1||

190 : 1815

It is a good time, when I remember Him in meditation.

190 : 1816

Meditating on the Naam, the Name of the Lord, I cross over the terrifying world–ocean.
||1||Pause||

190 : 1817

With your eyes, behold the Blessed Vision of the Saints.

190 : 1818

Record the Immortal Lord God within your mind. ||2||

190 : 1819

Listen to the Kirtan of His Praises, at the Feet of the Holy.

190 : 1820

Your fears of birth and death shall depart. ||3||

190 : 1821

Enshrine the Lotus Feet of your Lord and Master within your heart.

190 : 1822

Thus this human life, so difficult to obtain, shall be redeemed. ||4||51||120||

190 : 1823

Gauree, Fifth Mehl:

190 : 1824

Those, upon whom the Lord Himself showers His Mercy,

190 : 1825

chant the Naam, the Name of the Lord, with their tongues. ||1||

190 : 1826

Forgetting the Lord, superstition and sorrow shall overtake you.

190 : 1827

Meditating on the Naam, doubt and fear shall depart. ||1||Pause||

190 : 1828

Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,

190 : 1829

misfortune shall not even come near you. ||2||

190 : 1830

Working for the Lord, His humble servants look beautiful.

190 : 1831

The fire of Maya does not touch them. ||3||

190 : 1832

Within their minds, bodies and mouths, is the Name of the Merciful Lord.

190 : 1833

Nanak has renounced other entanglements. ||4||52||121||

190 : 1834

Gauree, Fifth Mehl:

190 : 1835

Renounce your cleverness, and your cunning tricks.

190 : 1836

Seek the Support of the Perfect Guru. ||1||

190 : 1837

Your pain shall depart, and in peace, you shall sing the Glorious Praises of the Lord.

190 : 1838

Meeting the Perfect Guru, let yourself be absorbed in the Lord's Love. ||1||Pause||

190 : 1839

The Guru has given me the Mantra of the Name of the Lord.

190 : 1840

My worries are forgotten, and my anxiety is gone. ||2||

190 : 1841

Meeting with the Merciful Guru, I am in ecstasy.

190 : 1842

Showering His Mercy, He has cut away the noose of the Messenger of Death. ||3||

190 : 1843

Says Nanak, I have found the Perfect Guru;

190 : 1844

Maya shall no longer harass me. ||4||53||122||

190 : 1845

Gauree, Fifth Mehl:

190 : 1846

The Perfect Guru Himself has saved me.

190 : 1847

The self-willed manmukhs are afflicted with misfortune. ||1||

190 : 1848

Chant and meditate on the Guru, the Guru, O my friend.

190 : 1849

Your face shall be radiant in the Court of the Lord. ||1||Pause||

190 : 1850

Enshrine the Feet of the Guru within your heart;

190 : 1851

your pains, enemies and bad luck shall be destroyed. ||2||

190 : 1852

The Word of the Guru's Shabad is your Companion and Helper.

190 : 1853

O Siblings of Destiny, all beings shall be kind to you. ||3||

190 : 1854

When the Perfect Guru granted His Grace,

190 : 1855

says Nanak, I was totally, completely fulfilled. ||4||54||123||

190 : 1856

Gauree, Fifth Mehl:

190 : 1857

Like beasts, they consume all sorts of tasty treats.

190 : 1858

With the rope of emotional attachment, they are bound and gagged like thieves. ||1||

190 : 1859

Their bodies are corpses, without the Saadh Sangat, the Company of the Holy.

190 : 1860

They come and go in reincarnation, and are destroyed by pain. ||1||Pause||

190 : 1861

They wear all sorts of beautiful robes,

190 : 1862

but they are still just scarecrows in the field, frightening away the birds. ||2||

190 : 1863

All bodies are of some use,

190 : 1864

but those who do not meditate on the Naam, the Name of the Lord, are totally useless. ||3||

190 : 1865

Says Nanak, those unto whom the Lord becomes Merciful,

190 : 1866

join the Saadh Sangat, and meditate on the Lord of the Universe. ||4||55||124||

190 : 1867

Gauree, Fifth Mehl:

-- Raag Gauree – Part 040 --

Raag Gauree – Part 041

191 : 1868

The Word of the Guru's Shabad quiets worries and troubles.

191 : 1869

Coming and going ceases, and all comforts are obtained. ||1||

191 : 1870

Fear is dispelled, meditating on the Fearless Lord.

191 : 1871

In the Saadh Sangat, the Company of the Holy, I chant the Glorious Praises of the Lord.
||1||Pause||

191 : 1872

I have enshrined the Lotus Feet of the Lord within my heart.

191 : 1873

The Guru has carried me across the ocean of fire. ||2||

191 : 1874

I was sinking down, and the Perfect Guru pulled me out.

191 : 1875

I was cut off from the Lord for countless incarnations, and now the Guru united me with Him again. ||3||

191 : 1876

Says Nanak, I am a sacrifice to the Guru;

191 : 1877

meeting Him, I have been saved. ||4||56||125||

191 : 1878

Gauree, Fifth Mehl:

191 : 1879

In the Saadh Sangat, the Company of the Holy, seek His Sanctuary.

191 : 1880

Place your mind and body in offering before Him. ||1||

191 : 1881

Drink in the Ambrosial Nectar of the Name, O my Siblings of Destiny.

191 : 1882

Meditating, meditating in remembrance on the Lord, the fire of desire is totally quenched.
||1||Pause||

191 : 1883

Renounce your arrogant pride, and end the cycle of birth and death.

191 : 1884

Bow in humility to the feet of the Lord's slave. ||2||

191 : 1885

Remember God in your mind, with each and every breath.

191 : 1886

Gather only that wealth, which shall go with you. ||3||

191 : 1887

He alone obtains it, upon whose forehead such destiny is written.

191 : 1888

Says Nanak, fall at the Feet of that Lord. ||4||57||126||

191 : 1889

Gauree, Fifth Mehl:

191 : 1890

The dried branches are made green again in an instant.

191 : 1891

His Ambrosial Glance irrigates and revives them. ||1||

191 : 1892

The Perfect Divine Guru has removed my sorrow.

191 : 1893

He blesses His servant with His service. ||1||Pause||

191 : 1894

Anxiety is removed, and the desires of the mind are fulfilled,

191 : 1895

when the True Guru, the Treasure of Excellence, shows His Kindness. ||2||

191 : 1896

Pain is driven far away, and peace comes in its place;

191 : 1897

there is no delay, when the Guru gives the Order. ||3||

191 : 1898

Desires are fulfilled, when one meets the True Guru;

191 : 1899

O Nanak, His humble servant is fruitful and prosperous. ||4||58||127||

191 : 1900

Gauree, Fifth Mehl:

191 : 1901

The fever has departed; God has showered us with peace and tranquility.

191 : 1902

A cooling peace prevails; God has granted this gift. ||1||

191 : 1903

By God's Grace, we have become comfortable.

191 : 1904

Separated from Him for countless incarnations, we are now reunited with Him. ||1||Pause||

191 : 1905

Meditating, meditating in remembrance on God's Name,

191 : 1906

the dwelling of all disease is destroyed. ||2||

191 : 1907

In intuitive peace and poise, chant the Word of the Lord's Bani.

191 : 1908

Twenty–four hours a day, O mortal, meditate on God. ||3||

191 : 1909

Pain, suffering and the Messenger of Death do not even approach that one,

191 : 1910

says Nanak, who sings the Glorious Praises of the Lord. ||4||59||128||

191 : 1911

Gauree, Fifth Mehl:

191 : 1912

Auspicious is the day, and auspicious is the chance,

191 : 1913

which brought me to the Supreme Lord God, the Unjoined, Unlimited One. ||1||

191 : 1914

I am a sacrifice to that time,

191 : 1915

when my mind chants the Name of the Lord. ||1||Pause||

191 : 1916

Blessed is that moment, and blessed is that time,

191 : 1917

when my tongue chants the Name of the Lord, Har, Haree. ||2||

191 : 1918

Blessed is that forehead, which bows in humility to the Saints.

191 : 1919

Sacred are those feet, which walk on the Lord's Path. ||3||

191 : 1920

Says Nanak, auspicious is my karma,

191 : 1921

which has led me to touch the Feet of the Holy. ||4||60||129||

-- Raag Gauree – Part 041 --

Raag Gauree – Part 042

192 : 1922

Gauree, Fifth Mehl:

192 : 1923

Keep the Word of the Guru's Shabad in your mind.

192 : 1924

Meditating in remembrance on the Naam, the Name of the Lord, all anxiety is removed. ||1||

192 : 1925

Without the Lord God, there is no one else at all.

192 : 1926

He alone preserves and destroys. ||1||Pause||

192 : 1927

Enshrine the Guru's Feet in your heart.

192 : 1928

Meditate on Him and cross over the ocean of fire. ||2||

192 : 1929

Focus your meditation on the Guru's Sublime Form.

192 : 1930

Here and hereafter, you shall be honored. ||3||

192 : 1931

Renouncing everything, I have come to the Guru's Sanctuary.

192 : 1932

My anxieties are over – O Nanak, I have found peace. ||4||61||130||

192 : 1933

Gauree, Fifth Mehl:

192 : 1934

Remembering Him in meditation, all pains are gone.

192 : 1935

The jewel of the Naam, the Name of the Lord, comes to dwell in the mind. ||1||

192 : 1936

O my mind, chant the Bani, the Hymns of the Lord of the Universe.

192 : 1937

The Holy People chant the Lord's Name with their tongues. ||1||Pause||

192 : 1938

Without the One Lord, there is no other at all.

192 : 1939

By His Glance of Grace, eternal peace is obtained. ||2||

192 : 1940

Make the One Lord your friend, intimate and companion.

192 : 1941

Write in your mind the Word of the Lord, Har, Har. ||3||

192 : 1942

The Lord Master is totally pervading everywhere.

192 : 1943

Nanak sings the Praises of the Inner-knower, the Searcher of hearts. ||4||62||131||

192 : 1944

Gauree, Fifth Mehl:

192 : 1945

The whole world is engrossed in fear.

192 : 1946

Those who have the Naam, the Name of the Lord, as their Support, feel no fear. ||1||

192 : 1947

Fear does not affect those who take to Your Sanctuary.

192 : 1948

You do whatever You please. ||1||Pause||

192 : 1949

In pleasure and in pain, the world is coming and going in reincarnation.

192 : 1950

Those who are pleasing to God, find peace. ||2||

192 : 1951

Maya pervades the awesome ocean of fire.

192 : 1952

Those who have found the True Guru are calm and cool. ||3||

192 : 1953

Please preserve me, O God, O Great Preserver!

192 : 1954

Says Nanak, what a helpless creature I am! ||4||63||132||

192 : 1955

Gauree, Fifth Mehl:

192 : 1956

By Your Grace, I chant Your Name.

192 : 1957

By Your Grace, I obtain a seat in Your Court. ||1||

192 : 1958

Without You, O Supreme Lord God, there is no one.

192 : 1959

By Your Grace, everlasting peace is obtained. ||1||Pause||

192 : 1960

If You abide in the mind, we do not suffer in sorrow.

192 : 1961

By Your Grace, doubt and fear run away. ||2||

192 : 1962

O Supreme Lord God, Infinite Lord and Master,

192 : 1963

You are the Inner-knower, the Searcher of all hearts. ||3||

192 : 1964

I offer this prayer to the True Guru:

192 : 1965

O Nanak, may I be blessed with the treasure of the True Name. ||4||64||133||

192 : 1966

Gauree, Fifth Mehl:

192 : 1967

As the husk is empty without the grain,

192 : 1968

so is the mouth empty without the Naam, the Name of the Lord. ||1||

192 : 1969

O mortal, chant continually the Name of the Lord, Har, Har.

192 : 1970

Without the Naam, cursed is the body, which shall be taken back by Death. ||1||Pause||

192 : 1971

Without the Naam, no one's face shows good fortune.

192 : 1972

Without the Husband, where is the marriage? ||2||

192 : 1973

Forgetting the Naam, and attached to other tastes,

192 : 1974

no desires are fulfilled. ||3||

192 : 1975

O God, grant Your Grace, and give me this gift.

192 : 1976

Please, let Nanak chant Your Name, day and night. ||4||65||134||

-- Raag Gauree – Part 042 --

Raag Gauree – Part 043

193 : 1977

Gauree, Fifth Mehl:

193 : 1978

You are All-powerful, You are my Lord and Master.

193 : 1979

Everything comes from You; You are the Inner-knower, the Searcher of hearts. ||1||

193 : 1980

The Perfect Supreme Lord God is the Support of His humble servant.

193 : 1981

Millions are saved in Your Sanctuary. ||1||Pause||

193 : 1982

As many creatures as there are – they are all Yours.

193 : 1983

By Your Grace, all sorts of comforts are obtained. ||2||

193 : 1984

Whatever happens, is all according to Your Will.

193 : 1985

One who understands the Hukam of the Lord's Command, is absorbed in the True Lord.
||3||

193 : 1986

Please grant Your Grace, God, and bestow this gift

193 : 1987

upon Nanak, that he may meditate on the treasure of the Naam. ||4||66||135||

193 : 1988

Gauree, Fifth Mehl:

193 : 1989

By great good fortune, the Blessed Vision of His Darshan is obtained,

193 : 1990

by those who are lovingly absorbed in the Lord's Name. ||1||

193 : 1991

Those whose minds are filled with the Lord,

193 : 1992

do not suffer pain, even in dreams. ||1||Pause||

193 : 1993

All treasures have been placed within the minds of His humble servants.

193 : 1994

In their company, sinful mistakes and sorrows are taken away. ||2||

193 : 1995

The Glories of the Lord's humble servants cannot be described.

193 : 1996

The servants of the Supreme Lord God remain absorbed in Him. ||3||

193 : 1997

Grant Your Grace, God, and hear my prayer:

193 : 1998

please bless Nanak with the dust of the feet of Your slave. ||4||67||136||

193 : 1999

Gauree, Fifth Mehl:

193 : 2000

Remembering the Lord in meditation, your misfortune shall be taken away,

193 : 2001

and all joy shall come to abide in your mind. ||1||

193 : 2002

Meditate, O my mind, on the One Name.

193 : 2003

It alone shall be of use to your soul. ||1||Pause||

193 : 2004

Night and day, sing the Glorious Praises of the Infinite Lord,

193 : 2005

through the Pure Mantra of the Perfect Guru. ||2||

193 : 2006

Give up other efforts, and place your faith in the Support of the One Lord.

193 : 2007

Taste the Ambrosial Essence of this, the greatest treasure. ||3||

193 : 2008

They alone cross over the treacherous world–ocean,

193 : 2009

O Nanak, upon whom the Lord casts His Glance of Grace. ||4||68||137||

193 : 2010

Gauree, Fifth Mehl:

193 : 2011

I have enshrined the Lotus Feet of God within my heart.

193 : 2012

Meeting the Perfect True Guru, I am emancipated. ||1||

193 : 2013

Sing the Glorious Praises of the Lord of the Universe, O my Siblings of Destiny.

193 : 2014

Joining the Holy Saints, meditate on the Lord's Name. ||1||Pause||

193 : 2015

This human body, so difficult to obtain, is redeemed

193 : 2016

when one receives the banner of the Naam from the True Guru. ||2||

193 : 2017

Meditating in remembrance on the Lord, the state of perfection is attained.

193 : 2018

In the Saadh Sangat, the Company of the Holy, fear and doubt depart. ||3||

193 : 2019

Wherever I look, there I see the Lord pervading.

193 : 2020

Slave Nanak has entered the Lord's Sanctuary. ||4||69||138||

193 : 2021

Gauree, Fifth Mehl:

193 : 2022

I am a sacrifice to the Blessed Vision of the Guru's Darshan.

193 : 2023

Chanting and meditating on the Name of the True Guru, I live. ||1||

193 : 2024

O Supreme Lord God, O Perfect Divine Guru,

193 : 2025

show mercy to me, and commit me to Your service. ||1||Pause||

193 : 2026

I enshrine His Lotus Feet within my heart.

193 : 2027

I offer my mind, body and wealth to the Guru, the Support of the breath of life. ||2||

193 : 2028

My life is prosperous, fruitful and approved;

193 : 2029

I know that the Guru, the Supreme Lord God, is near me. ||3||

193 : 2030

By great good fortune, I have obtained the dust of the feet of the Saints.

193 : 2031

O Nanak, meeting the Guru, I have fallen in love with the Lord. ||4||70||139||

-- Raag Gauree – Part 043 --

Raag Gauree – Part 044

194 : 2032

Gauree, Fifth Mehl:

194 : 2033

They do their evil deeds, and pretend otherwise;

194 : 2034

but in the Court of the Lord, they shall be bound and gagged like thieves. ||1||

194 : 2035

Those who remember the Lord belong to the Lord.

194 : 2036

The One Lord is contained in the water, the land and the sky. ||1||Pause||

194 : 2037

Their inner beings are filled with poison, and yet with their mouths, they preach words of Ambrosial Nectar.

194 : 2038

Bound and gagged in the City of Death, they are punished and beaten. ||2||

194 : 2039

Hiding behind many screens, they commit acts of corruption,

194 : 2040

but in an instant, they are revealed to all the world. ||3||

194 : 2041

Those whose inner beings are true, who are attuned to the ambrosial essence of the Naam,
the Name of the Lord

194 : 2042

– O Nanak, the Lord, the Architect of Destiny, is merciful to them. ||4||71||140||

194 : 2043

Gauree, Fifth Mehl:

194 : 2044

The Lord's Love shall never leave or depart.

194 : 2045

They alone understand, unto whom the Perfect Guru gives it. ||1||

194 : 2046

One whose mind is attuned to the Lord's Love is true.

194 : 2047

The Love of the Beloved, the Architect of Destiny, is perfect. ||1||Pause||

194 : 2048

Sitting in the Society of the Saints, sing the Glorious Praises of the Lord.

194 : 2049

The color of His Love shall never fade away. ||2||

194 : 2050

Without meditating in remembrance on the Lord, peace is not found.

194 : 2051

All the other loves and tastes of Maya are bland and insipid. ||3||

194 : 2052

Those who are imbued with love by the Guru become happy.

194 : 2053

Says Nanak, the Guru has become merciful to them. ||4||72||141||

194 : 2054

Gauree, Fifth Mehl:

194 : 2055

Meditating in remembrance on the Lord Master, sinful mistakes are erased,

194 : 2056

and one comes to abide in peace, celestial joy and bliss. ||1||

194 : 2057

The Lord's humble servants place their faith in the Lord.

194 : 2058

Chanting the Naam, the Name of the Lord, all anxieties are dispelled. ||1||Pause||

194 : 2059

In the Saadh Sangat, the Company of the Holy, there is no fear or doubt.

194 : 2060

The Glorious Praises of the Lord are sung there, day and night. ||2||

194 : 2061

Granting His Grace, God has released me from bondage.

194 : 2062

He has given me the Support of His Lotus Feet. ||3||

194 : 2063

Says Nanak, faith comes into the mind of His servant, who continually drinks in the Immaculate Praises of the Lord. ||4||73||142||

194 : 2064

Gauree, Fifth Mehl:

194 : 2065

Those who keep their minds attached to the Lord's Feet

194 : 2066

– pain, suffering and doubt run away from them. ||1||

194 : 2067

Those who deal in the Lord's wealth are perfect.

194 : 2068

Those who are honored by the Lord are the true spiritual heroes. ||1||Pause||

194 : 2069

Those humble beings, unto whom the Lord of the Universe shows mercy,

194 : 2070

fall at the Guru's Feet. ||2||

194 : 2071

They are blessed with peace, celestial bliss, tranquility and ecstasy;

194 : 2072

chanting and meditating, they live in supreme bliss. ||3||

194 : 2073

In the Saadh Sangat, I have earned the wealth of the Naam.

194 : 2074

Says Nanak, God has relieved my pain. ||4||74||143||

194 : 2075

Gauree, Fifth Mehl:

194 : 2076

Meditating in remembrance on the Lord, all suffering is eradicated.

194 : 2077

The Lord's Lotus Feet are enshrined within my mind. ||1||

194 : 2078

Chant the Lord's Name, hundreds of thousands of times, O my dear,

194 : 2079

and drink deeply of the Ambrosial Essence of God. ||1||Pause||

194 : 2080

Peace, celestial bliss, pleasures and the greatest ecstasy are obtained;

194 : 2081

chanting and meditating, you shall live in supreme bliss. ||2||

194 : 2082

Sexual desire, anger, greed and ego are eradicated;

194 : 2083

in the Saadh Sangat, the Company of the Holy, all sinful mistakes are washed away. ||3||

194 : 2084

Grant Your Grace, O God, O Merciful to the meek.

194 : 2085

Please bless Nanak with the dust of the feet of the Holy. ||4||75||144||

— Raag Gauree – Part 044 —

Raag Gauree – Part 045

195 : 2086

Gauree, Fifth Mehl:

195 : 2087

They wear and eat the gifts from the Lord;

195 : 2088

how can laziness help them, O mother? ||1||

195 : 2089

Forgetting her Husband Lord, and attaching herself to other affairs,

195 : 2090

the soul-bride throws away the precious jewel in exchange for a mere shell. ||1||Pause||

195 : 2091

Forsaking God, she is attached to other desires.

195 : 2092

But who has gained honor by saluting the slave? ||2||

195 : 2093

They consume food and drink, delicious and sublime as ambrosial nectar.

195 : 2094

But the dog does not know the One who has bestowed these. ||3||

195 : 2095

Says Nanak, I have been unfaithful to my own nature.

195 : 2096

Please forgive me, O God, O Searcher of hearts. ||4||76||145||

195 : 2097

Gauree, Fifth Mehl:

195 : 2098

I meditate on the Feet of God within my mind.

195 : 2099

This is my cleansing bath at all the sacred shrines of pilgrimage. ||1||

195 : 2100

Meditate in remembrance on the Lord every day, O my Siblings of Destiny.

195 : 2101

Thus, the filth of millions of incarnations shall be taken away. ||1||Pause||

195 : 2102

Enshrine the Lord's Sermon within your heart,

195 : 2103

and you shall obtain all the desires of your mind. ||2||

195 : 2104

Redeemed is the life, death and birth of those,

195 : 2105

within whose hearts the Lord God abides. ||3||

195 : 2106

Says Nanak, those humble beings are perfect,

195 : 2107

who are blessed with the dust of the feet of the Holy. ||4||77||146||

195 : 2108

Gauree, Fifth Mehl:

195 : 2109

They eat and wear what they are given, but still, they deny the Lord.

195 : 2110

The messengers of the Righteous Judge of Dharma shall hunt them down. ||1||

195 : 2111

They are unfaithful to the One, who has given them body and soul.

195 : 2112

Through millions of incarnations, for so many lifetimes, they wander lost. ||1||Pause||

195 : 2113

Such is the lifestyle of the faithless cynics;

195 : 2114

everything they do is evil. ||2||

195 : 2115

Within their minds, they have forgotten that Lord and Master, who created the soul, breath of life, mind and body. ||3||

195 : 2116

Their wickedness and corruption have increased – they are recorded in volumes of books.

195 : 2117

O Nanak, they are saved only by the Mercy of God, the Ocean of peace. ||4||

195 : 2118

O Supreme Lord God, I have come to Your Sanctuary.

195 : 2119

Break my bonds, and carry me across, with the Lord's Name. ||1||Second Pause||78||147||

195 : 2120

Gauree, Fifth Mehl:

195 : 2121

For their own advantage, they make God their friend.

195 : 2122

He fulfills all their desires, and blesses them with the state of liberation. ||1||

195 : 2123

Everyone should make Him such a friend.

195 : 2124

No one goes away empty-handed from Him. ||1||Pause||

195 : 2125

For their own purposes, they enshrine the Lord in the heart;

195 : 2126

all pain, suffering and disease are taken away. ||2||

195 : 2127

Their tongues learn the habit of chanting the Lord's Name,

195 : 2128

and all their works are brought to perfection. ||3||

195 : 2129

So many times, Nanak is a sacrifice to Him;

195 : 2130

fruitful is the Blessed Vision, the Darshan, of my Lord of the Universe. ||4||79||148||

195 : 2131

Gauree, Fifth Mehl:

195 : 2132

Millions of obstacles are removed in an instant,

195 : 2133

for those who listen to the Sermon of the Lord, Har, Har, in the Saadh Sangat, the Company of the Holy. ||1||

195 : 2134

They drink in the sublime essence of the Lord's Name, the Ambrosial Elixir.

195 : 2135

Meditating on the Lord's Feet, hunger is taken away. ||1||Pause||

195 : 2136

The treasure of all happiness, celestial peace and poise,

195 : 2137

are obtained by those, whose hearts are filled with the Lord God. ||2||

— Raag Gauree – Part 045 —

Raag Gauree – Part 046

196 : 2138

All medicines and remedies, mantras and tantras are nothing more than ashes.

196 : 2139

Enshrine the Creator Lord within your heart. ||3||

196 : 2140

Renounce all your doubts, and vibrate upon the Supreme Lord God.

196 : 2141

Says Nanak, this path of Dharma is eternal and unchanging. ||4||80||149||

196 : 2142

Gauree, Fifth Mehl:

196 : 2143

The Lord bestowed His Mercy, and led me to meet the Guru.

196 : 2144

By His power, no disease afflicts me. ||1||

196 : 2145

Remembering the Lord, I cross over the terrifying world-ocean.

196 : 2146

In the Sanctuary of the spiritual warrior, the account books of the Messenger of Death are torn up. ||1||Pause||

196 : 2147

The True Guru has given me the Mantra of the Lord's Name.

196 : 2148

By this Support, my affairs have been resolved. ||2||

196 : 2149

Meditation, self-discipline, self-control and perfect greatness were obtained when the Merciful Lord, the Guru, became my Help and Support. ||3||

196 : 2150

The Guru has dispelled pride, emotional attachment and superstition.

196 : 2151

Nanak sees the Supreme Lord God pervading everywhere. ||4||81||150||

196 : 2152

Gauree, Fifth Mehl:

196 : 2153

The blind beggar is better off than the vicious king.

196 : 2154

Overcome by pain, the blind man invokes the Lord's Name. ||1||

196 : 2155

You are the glorious greatness of Your slave.

196 : 2156

The intoxication of Maya leads the others to hell. ||1||Pause||

196 : 2157

Gripped by disease, they invoke the Name.

196 : 2158

But those who are intoxicated with vice shall find no home, no place of rest. ||2||

196 : 2159

One who is in love with the Lord's Lotus Feet,

196 : 2160

does not think of any other comforts. ||3||

196 : 2161

Forever and ever, meditate on God, your Lord and Master.

196 : 2162

O Nanak, meet with the Lord, the Inner-knower, the Searcher of hearts. ||4||82||151||

196 : 2163

Gauree, Fifth Mehl:

196 : 2164

Twenty-four hours a day, the highway robbers are my companions.

196 : 2165

Granting His Grace, God has driven them away. ||1||

196 : 2166

Everyone should dwell on the Sweet Name of such a Lord.

196 : 2167

God is overflowing with all power. ||1||Pause||

196 : 2168

The world–ocean is burning hot!

196 : 2169

In an instant, God saves us, and carries us across. ||2||

196 : 2170

There are so many bonds, they cannot be broken.

196 : 2171

Remembering the Naam, the Name of the Lord, the fruit of liberation is obtained. ||3||

196 : 2172

By clever devices, nothing is accomplished.

196 : 2173

Grant Your Grace to Nanak, that he may sing the Glories of God. ||4||83||152||

196 : 2174

Gauree, Fifth Mehl:

196 : 2175

Those who obtain the wealth of the Lord's Name

196 : 2176

move freely in the world; all their affairs are resolved. ||1||

196 : 2177

By great good fortune, the Kirtan of the Lord's Praises are sung.

196 : 2178

O Supreme Lord God, as You give, so do I receive. ||1||Pause||

196 : 2179

Enshrine the Lord's Feet within your heart.

196 : 2180

Get aboard this boat, and cross over the terrifying world–ocean. ||2||

196 : 2181

Everyone who joins the Saadh Sangat, the Company of the Holy,

196 : 2182

obtains eternal peace; pain does not afflict them any longer. ||3||

196 : 2183

With loving devotional worship, meditate on the treasure of excellence.

196 : 2184

O Nanak, you shall be honored in the Court of the Lord. ||4||84||153||

196 : 2185

Gauree, Fifth Mehl:

196 : 2186

The Lord, our Friend, is totally pervading the water, the land and the skies.

196 : 2187

Doubts are dispelled by continually singing the Lord's Glorious Praises. ||1||

196 : 2188

While rising up, and while lying down in sleep, the Lord is always with you, watching over you.

196 : 2189

Remembering Him in meditation, the fear of Death departs. ||1||Pause||

196 : 2190

With God's Lotus Feet abiding in the heart,

— Raag Gauree – Part 046 —

Raag Gauree – Part 047

197 : 2191

all suffering comes to an end. ||2||

197 : 2192

The One Lord is my hope, honor, power and wealth.

197 : 2193

Within my mind is the Support of the True Banker. ||3||

197 : 2194

I am the poorest and most helpless servant of the Holy.

197 : 2195

O Nanak, giving me His Hand, God has protected me. ||4||85||154||

197 : 2196

Gauree, Fifth Mehl:

197 : 2197

Taking my cleansing bath in the Name of the Lord, Har, Har, I have been purified.

197 : 2198

Its reward surpasses the giving of charity at millions of solar eclipses. ||1||Pause||

197 : 2199

With the Lord's Feet abiding in the heart,

197 : 2200

the sinful mistakes of countless incarnations are removed. ||1||

197 : 2201

I have obtained the reward of the Kirtan of the Lord's Praises, in the Saadh Sangat, the Company of the Holy.

197 : 2202

I no longer have to gaze upon the way of death. ||2||

197 : 2203

In thought, word and deed, seek the Support of the Lord of the Universe;

197 : 2204

thus you shall be saved from the poisonous world–ocean. ||3||

197 : 2205

Granting His Grace, God has made me His Own.

197 : 2206

Nanak chants and meditates on the Chant of the Lord's Name. ||4||86||155||

197 : 2207

Gauree, Fifth Mehl:

197 : 2208

Seek the Sanctuary of those who have come to know the Lord.

197 : 2209

Your mind and body shall become cool and peaceful, imbued with the Feet of the Lord. ||1||

197 : 2210

If God, the Destroyer of fear, does not dwell within your mind,

197 : 2211

you shall spend countless incarnations in fear and dread. ||1||Pause||

197 : 2212

Those who have the Lord's Name dwelling within their hearts

197 : 2213

have all their desires and tasks fulfilled. ||2||

197 : 2214

Birth, old age and death are in His Power,

197 : 2215

so remember that All-powerful Lord with each breath and morsel of food. ||3||

197 : 2216

The One God is my Intimate, Best Friend and Companion.

197 : 2217

The Naam, the Name of my Lord and Master, is Nanak's only Support. ||4||87||156||

197 : 2218

Gauree, Fifth Mehl:

197 : 2219

When they are out and about, they keep Him enshrined in their hearts;

197 : 2220

returning home, the Lord of the Universe is still with them. ||1||

197 : 2221

The Name of the Lord, Har, Har, is the Companion of His Saints.

197 : 2222

Their minds and bodies are imbued with the Love of the Lord. ||1||Pause||

197 : 2223

By Guru's Grace, one crosses over the world-ocean;

197 : 2224

the sinful mistakes of countless incarnations are all washed away. ||2||

197 : 2225

Honor and intuitive awareness are acquired through the Name of the Lord God.

197 : 2226

The Teachings of the Perfect Guru are immaculate and pure. ||3||

197 : 2227

Within your heart, meditate on the His Lotus Feet.

197 : 2228

Nanak lives by beholding the Lord's Expansive Power. ||4||88||157||

197 : 2229

Gauree, Fifth Mehl:

197 : 2230

Blessed is this place, where the Glorious Praises of the Lord of the Universe are sung.

197 : 2231

God Himself bestows peace and pleasure. ||1||Pause||

197 : 2232

Misfortune occurs where the Lord is not remembered in meditation.

197 : 2233

There are millions of joys where the Glorious Praises of the Lord are sung. ||1||

197 : 2234

Forgetting the Lord, all sorts of pains and diseases come.

197 : 2235

Serving God, the Messenger of Death will not even approach you. ||2||

197 : 2236

Very blessed, stable and sublime is that place,

197 : 2237

where the Name of God alone is chanted. ||3||

197 : 2238

Wherever I go, my Lord and Master is with me.

197 : 2239

Nanak has met the Inner-knower, the Searcher of hearts. ||4||89||158||

197 : 2240

Gauree, Fifth Mehl:

197 : 2241

That mortal who meditates on the Lord of the Universe,

197 : 2242

whether educated or uneducated, obtains the state of supreme dignity. ||1||

197 : 2243

In the Saadh Sangat, the Company of the Holy, meditate on the Lord of the World.

197 : 2244

Without the Name, wealth and property are false. ||1||Pause||

-- Raag Gauree – Part 047 --

Raag Gauree – Part 048

198 : 2245

They alone are handsome, clever and wise,

198 : 2246

who surrender to the Will of God. ||2||

198 : 2247

Blessed is their coming into this world,

198 : 2248

if they recognize their Lord and Master in each and every heart. ||3||

198 : 2249

Says Nanak, their good fortune is perfect,

198 : 2250

if they enshrine the Lord's Feet within their minds. ||4||90||159||

198 : 2251

Gauree, Fifth Mehl:

198 : 2252

The Lord's servant does not associate with the faithless cynic.

198 : 2253

One is in the clutches of vice, while the other is in love with the Lord. ||1||Pause||

198 : 2254

It would be like an imaginary rider on a decorated horse,

198 : 2255

or a eunuch caressing a woman. ||1||

198 : 2256

It would be like tying up an ox and trying to milk it,

198 : 2257

or riding a cow to chase a tiger. ||2||

198 : 2258

It would be like taking a sheep and worshipping it as the Elysian cow,

198 : 2259

the giver of all blessings; it would be like going out shopping without any money. ||3||

198 : 2260

O Nanak, consciously meditate on the Lord's Name.

198 : 2261

Meditate in remembrance on the Lord Master, your Best Friend. ||4||91||160||

198 : 2262

Gauree, Fifth Mehl:

198 : 2263

Pure and steady is that intellect,

198 : 2264

which drinks in the Lord's sublime essence. ||1||

198 : 2265

Keep the Support of the Lord's Feet in your heart,

198 : 2266

and you shall be saved from the cycle of birth and death. ||1||Pause||

198 : 2267

Pure is that body, in which sin does not arise.

198 : 2268

In the Love of the Lord is pure glory. ||2||

198 : 2269

In the Saadh Sangat, the Company of the Holy, corruption is eradicated.

198 : 2270

This is the greatest blessing of all. ||3||

198 : 2271

Imbued with loving devotional worship of the Sustainer of the Universe,

198 : 2272

Nanak asks for the dust of the feet of the Holy. ||4||92||161||

198 : 2273

Gauree, Fifth Mehl:

198 : 2274

Such is my love for the Lord of the Universe;

198 : 2275

through perfect good destiny, I have been united with Him. ||1||Pause||

198 : 2276

As the wife is delighted upon beholding her husband,

198 : 2277

so does the Lord's humble servant live by chanting the Naam, the Name of the Lord. ||1||

198 : 2278

As the mother is rejuvenated upon seeing her son,

198 : 2279

so is the Lord's humble servant imbued with Him, through and through. ||2||

198 : 2280

As the greedy man rejoices upon beholding his wealth,

198 : 2281

so is the mind of the Lord's humble servant attached to His Lotus Feet. ||3||

198 : 2282

May I never forget You, for even an instant, O Great Giver!

198 : 2283

Nanak's God is the Support of his breath of life. ||4||93||162||

198 : 2284

Gauree, Fifth Mehl:

198 : 2285

Those humble beings who are accustomed to the Lord's sublime essence,

198 : 2286

are pierced through with loving devotional worship of the Lord's Lotus Feet. ||1||Pause||

198 : 2287

All other pleasures look like ashes;

198 : 2288

without the Naam, the Name of the Lord, the world is fruitless. ||1||

198 : 2289

He Himself rescues us from the deep dark well.

198 : 2290

Wondrous and Glorious are the Praises of the Lord of the Universe. ||2||

198 : 2291

In the woods and meadows, and throughout the three worlds, the Sustainer of the Universe is pervading.

198 : 2292

The Expansive Lord God is Merciful to all beings. ||3||

198 : 2293

Says Nanak, that speech alone is excellent,

198 : 2294

which is approved by the Creator Lord. ||4||94||163||

198 : 2295

Gauree, Fifth Mehl:

198 : 2296

Every day, take your bath in the Sacred Pool of the Lord.

198 : 2297

Mix and drink in the most delicious, sublime Ambrosial Nectar of the Lord. ||1||Pause||

198 : 2298

The water of the Name of the Lord of the Universe is immaculate and pure.

198 : 2299

Take your cleansing bath in it, and all your affairs shall be resolved. ||1||

-- Raag Gauree – Part 048 --

Raag Gauree – Part 049

199 : 2300

In the Society of the Saints, spiritual conversations take place.

199 : 2301

The sinful mistakes of millions of incarnations are erased. ||2||

199 : 2302

The Holy Saints meditate in remembrance, in ecstasy.

199 : 2303

Their minds and bodies are immersed in supreme ecstasy. ||3||

199 : 2304

Slave Nanak is a sacrifice to those who have obtained the treasure of the Lord's Feet.
||4||95||164||

199 : 2305

Gauree, Fifth Mehl:

199 : 2306

Do only that, by which no filth or pollution shall stick to you.

199 : 2307

Let your mind remain awake and aware, singing the Kirtan of the Lord's Praises.
||1||Pause||

199 : 2308

Meditate in remembrance on the One Lord; do not be in love with duality.

199 : 2309

In the Society of the Saints, chant only the Name. ||1||

199 : 2310

The karma of good actions, the Dharma of righteous living, religious rituals, fasts and worship

199 : 2311

– practice these, but do not know any other than the Supreme Lord God. ||2||

199 : 2312

Those who place their love in God – their works are brought to fruition. ||3||

199 : 2313

Infinitely invaluable is that Vaishnaav, that worshipper of Vishnu,

199 : 2314

says Nanak, who has renounced corruption. ||4||96||165||

199 : 2315

Gauree, Fifth Mehl:

199 : 2316

They desert you even when you are alive, O madman;

199 : 2317

what good can they do when someone is dead? ||1||

199 : 2318

Meditate in remembrance on the Lord of the Universe in your mind and body – this is your

pre–ordained destiny.

199 : 2319

The poison of Maya is of no use at all. ||1||Pause||

199 : 2320

Those who have eaten this poison of deception

199 : 2321

– their thirst shall never depart. ||2||

199 : 2322

The treacherous world–ocean is filled with terrible pain.

199 : 2323

Without the Lord's Name, how can anyone cross over? ||3||

199 : 2324

Joining the Saadh Sangat, the Company of the Holy, you shall be saved here and hereafter.

199 : 2325

O Nanak, worship and adore the Name of the Lord. ||4||97||166||

199 : 2326

Gauree, Fifth Mehl:

199 : 2327

The bearded emperor who struck down the poor,

199 : 2328

has been burnt in the fire by the Supreme Lord God. ||1||

199 : 2329

The Creator administers true justice.

199 : 2330

He is the Saving Grace of His slaves. ||1||Pause||

199 : 2331

In the beginning, and throughout the ages, His glory is manifest.

199 : 2332

The slanderer died after contracting the deadly fever. ||2||

199 : 2333

He is killed, and no one can save him.

199 : 2334

Here and hereafter, his reputation is evil. ||3||

199 : 2335

The Lord hugs His slaves close in His Embrace.

199 : 2336

Nanak seeks the Lord's Sanctuary, and meditates on the Naam. ||4||98||167||

199 : 2337

Gauree, Fifth Mehl:

199 : 2338

The memorandum was proven to be false by the Lord Himself.

199 : 2339

The sinner is now suffering in despair. ||1||

199 : 2340

Those who have my Lord of the Universe as their support

199 : 2341

– death does not even approach them. ||1||Pause||

199 : 2342

In the True Court, they lie;

199 : 2343

the blind fools strike their own heads with their own hands. ||2||

199 : 2344

Sickness afflicts those who commit sins;

199 : 2345

God Himself sits as the Judge. ||3||

199 : 2346

By their own actions, they are bound and gagged.

199 : 2347

All their wealth is gone, along with their lives. ||4||

199 : 2348

Nanak has taken to the Sanctuary of the Lord's Court;

199 : 2349

my Creator has preserved my honor. ||5||99||168||

199 : 2350

Gauree, Fifth Mehl:

199 : 2351

The dust of the feet of the humble beings is so sweet to my mind.

199 : 2352

Perfect karma is the mortal's pre-ordained destiny. ||1||Pause||

-- Raag Gauree – Part 049 --

Raag Gauree – Part 050

200 : 2353

The mind is overflowing with the greasy dirt of egotistical pride.

200 : 2354

With the dust of the feet of the Holy, it is scrubbed clean. ||1||

200 : 2355

The body may be washed with loads of water,

200 : 2356

and yet its filth is not removed, and it does not become clean. ||2||

200 : 2357

I have met the True Guru, who is merciful forever.

200 : 2358

Meditating, meditating in remembrance on the Lord, I am rid of the fear of death. ||3||

200 : 2359

Liberation, pleasures and worldly success are all in the Lord's Name.

200 : 2360

With loving devotional worship, O Nanak, sing His Glorious Praises. ||4||100||169||

200 : 2361

Gauree, Fifth Mehl:

200 : 2362

The Lord's slaves attain the highest status of life.

200 : 2363

Meeting them, the soul is enlightened. ||1||

200 : 2364

Those who listen with their mind and ears to the Lord's meditative remembrance,

200 : 2365

are blessed with peace at the Lord's Gate, O mortal. ||1||Pause||

200 : 2366

Twenty–four hours a day, meditate on the Sustainer of the World.

200 : 2367

O Nanak, gazing on the Blessed Vision of His Darshan, I am enraptured. ||2||101||170||

200 : 2368

Gauree, Fifth Mehl:

200 : 2369

Peace and tranquility have come; the Guru, the Lord of the Universe, has brought it.

200 : 2370

The burning sins have departed, O my Siblings of Destiny. ||1||Pause||

200 : 2371

With your tongue, continually chant the Lord's Name.

200 : 2372

Disease shall depart, and you shall be saved. ||1||

200 : 2373

Contemplate the Glorious Virtues of the Unfathomable Supreme Lord God.

200 : 2374

In the Saadh Sangat, the Company of the Holy, you shall be emancipated. ||2||

200 : 2375

Sing the Glories of God each and every day;

200 : 2376

your afflictions shall be dispelled, and you shall be saved, my humble friend. ||3||

200 : 2377

In thought, word and deed, I meditate on my God.

200 : 2378

Slave Nanak has come to Your Sanctuary. ||4||102||171||

200 : 2379

Gauree, Fifth Mehl:

200 : 2380

The Divine Guru has opened his eyes.

200 : 2381

Doubt has been dispelled; my service has been successful. ||1||Pause||

200 : 2382

The Giver of joy has saved him from smallpox.

200 : 2383

The Supreme Lord God has granted His Grace. ||1||

200 : 2384

O Nanak, he alone lives, who chants the Naam, the Name of the Lord.

200 : 2385

In the Saadh Sangat, the Company of the Holy, drink deeply of the Lord's Ambrosial Nectar. ||2||103||172||

200 : 2386

Gauree, Fifth Mehl:

200 : 2387

Blessed is that forehead, and blessed are those eyes;

200 : 2388

blessed are those devotees who are in love with You. ||1||

200 : 2389

Without the Naam, the Name of the Lord, how anyone find peace?

200 : 2390

With your tongue, chant the Praises of the Name of the Lord. ||1||Pause||

200 : 2391

Nanak is a sacrifice to those

200 : 2392

who meditate on the Lord of Nirvaanaa. ||2||104||173||

200 : 2393

Gauree, Fifth Mehl:

200 : 2394

You are my Advisor; You are always with me.

200 : 2395

You preserve, protect and care for me. ||1||

200 : 2396

Such is the Lord, our Help and Support in this world and the next.

200 : 2397

He protects the honor of His slave, O my Sibling of Destiny. ||1||Pause||

200 : 2398

He alone exists hereafter; this place is in His Power.

200 : 2399

Twenty-four hours a day, O my mind, chant and meditate on the Lord. ||2||

200 : 2400

His honor is acknowledged, and he bears the True Insignia;

200 : 2401

the Lord Himself issues His Royal Command. ||3||

200 : 2402

He Himself is the Giver; He Himself is the Cherisher.

200 : 2403

Continually, continuously, O Nanak, dwell upon the Name of the Lord. ||4||105||174||

200 : 2404

Gauree, Fifth Mehl:

200 : 2405

When the Perfect True Guru becomes merciful,

200 : 2406

the Lord of the World abides in the heart forever. ||1||

200 : 2407

Meditating on the Lord, I have found eternal peace.

— Raag Gauree – Part 050 —

Raag Gauree – Part 051

201 : 2408

The Sovereign Lord, the Perfect King, has shown His Mercy to me. ||1||Pause||

201 : 2409

Says Nanak, one whose destiny is perfect,

201 : 2410

meditates on the Name of the Lord, Har, Har, the Everlasting Husband. ||2||106||

201 : 2411

Gauree, Fifth Mehl:

201 : 2412

He opens his loin-cloth, and spreads it out beneath him.

201 : 2413

Like a donkey, he gulps down all that comes his way. ||1||

201 : 2414

Without good deeds, liberation is not obtained.

201 : 2415

The wealth of liberation is only obtained by meditating on the Naam, the Name of the Lord.
||1||Pause||

201 : 2416

He performs worship ceremonies, applies the ceremonial tilak mark to his forehead, and takes his ritual cleansing baths;

201 : 2417

he pulls out his knife, and demands donations. ||2||

201 : 2418

With his mouth, he recites the Vedas in sweet musical measures,

201 : 2419

and yet he does not hesitate to take the lives of others. ||3||

201 : 2420

Says Nanak, when God showers His Mercy,

201 : 2421

even his heart becomes pure, and he contemplates God. ||4||107||

201 : 2422

Gauree, Fifth Mehl:

201 : 2423

Remain steady in the home of your own self, O beloved servant of the Lord.

201 : 2424

The True Guru shall resolve all your affairs. ||1||Pause||

201 : 2425

The Transcendent Lord has struck down the wicked and the evil.

201 : 2426

The Creator has preserved the honor of His servant. ||1||

201 : 2427

The kings and emperors are all under his power;

201 : 2428

he drinks deeply of the most sublime essence of the Ambrosial Naam. ||2||

201 : 2429

Meditate fearlessly on the Lord God.

201 : 2430

Joining the Saadh Sangat, the Company of the Holy, this gift is given. ||3||

201 : 2431

Nanak has entered the Sanctuary of God, the Inner-knower, the Searcher of hearts;

201 : 2432

he grasps the Support of God, his Lord and Master. ||4||108||

201 : 2433

Gauree, Fifth Mehl:

201 : 2434

One who is attuned to the Lord, shall not be burned in the fire.

201 : 2435

One who is attuned to the Lord, shall not be enticed by Maya.

201 : 2436

One who is attuned to the Lord, shall not be drowned in water.

201 : 2437

One who is attuned to the Lord, is prosperous and fruitful. ||1||

201 : 2438

All fear is eradicated by Your Name.

201 : 2439

Joining the Sangat, the Holy Congregation, sing the Glorious Praises of the Lord, Har, Har.
||Pause||

201 : 2440

One who is attuned to the Lord, is free of all anxieties.

201 : 2441

One who is attuned to the Lord, is blessed with the Mantra of the Holy.

201 : 2442

One who is attuned to the Lord, is not haunted by the fear of death.

201 : 2443

One who is attuned to the Lord, sees all his hopes fulfilled. ||2||

201 : 2444

One who is attuned to the Lord, does not suffer in pain.

201 : 2445

One who is attuned to the Lord, remains awake and aware, night and day.

201 : 2446

One who is attuned to the Lord, dwells in the home of intuitive peace.

201 : 2447

One who is attuned to the Lord, sees his doubts and fears run away. ||3||

201 : 2448

One who is attuned to the Lord, has the most sublime and exalted intellect.

201 : 2449

One who is attuned to the Lord, has a pure and spotless reputation.

201 : 2450

Says Nanak, I am a sacrifice to those who do not forget my God. ||4||109||

201 : 2451

Gauree, Fifth Mehl:

201 : 2452

Through sincere efforts, the mind is made peaceful and calm.

201 : 2453

Walking on the Lord's Way, all pains are taken away.

201 : 2454

Chanting the Naam, the Name of the Lord, the mind becomes blissful.

201 : 2455

Singing the Glorious Praises of the Lord, supreme bliss is obtained. ||1||

201 : 2456

There is joy all around, and peace has come to my home.

201 : 2457

Joining the Saadh Sangat, the Company of the Holy, misfortune disappears. ||Pause||

201 : 2458

My eyes are purified, beholding the Blessed Vision of His Darshan.

201 : 2459

Blessed is the forehead which touches His Lotus Feet.

201 : 2460

Working for the Lord of the Universe, the body becomes fruitful.

— Raag Gauree – Part 051 —

Raag Gauree – Part 052

202 : 2461

By the Grace of the Saints, I have obtained the supreme status. ||2||

202 : 2462

The Lord is the Help and Support of His humble servant.

202 : 2463

I have found peace, falling at the feet of His slaves.

202 : 2464

When selfishness is gone, then one becomes the Lord Himself;

202 : 2465

seek the Sanctuary of the treasure of mercy. ||3||

202 : 2466

When someone finds the One he has desired,

202 : 2467

then where should he go to look for Him?

202 : 2468

I have become steady and stable, and I dwell in the seat of peace.

202 : 2469

By Guru's Grace, Nanak has entered the home of peace. ||4||110||

202 : 2470

Gauree, Fifth Mehl:

202 : 2471

The merits of taking millions of ceremonial cleansing baths,

202 : 2472

the giving of hundreds of thousands, billions and trillions in charity

202 : 2473

– these are obtained by those whose minds are filled with the Name of the Lord. ||1||

202 : 2474

Those who sing the Glories of the Lord of the World are totally pure.

202 : 2475

Their sins are erased, in the Sanctuary of the Kind and Holy Saints. ||Pause||

202 : 2476

The merits of performing all sorts of austere acts of penance and self-discipline,

202 : 2477

earning huge profits and seeing one's desires fulfilled

202 : 2478

– these are obtained by chanting the Name of the Lord, Har, Har, with the tongue. ||2||

202 : 2479

The merits of reciting the Simritees, the Shaastras and the Vedas,

202 : 2480

knowledge of the science of Yoga, spiritual wisdom and the pleasure of miraculous spiritual powers

202 : 2481

– these come by surrendering the mind and meditating on the Name of God. ||3||

202 : 2482

The wisdom of the Inaccessible and Infinite Lord is incomprehensible.

202 : 2483

Meditating on the Naam, the Name of the Lord, and contemplating the Naam within our hearts,

202 : 2484

O Nanak, God has showered His Mercy upon us. ||4||111||

202 : 2485

Gauree, Fifth Mehl:

202 : 2486

Meditating, meditating, meditating in remembrance, I have found peace.

202 : 2487

I have enshrined the Lotus Feet of the Guru within my heart. ||1||

202 : 2488

The Guru, the Lord of the Universe, the Supreme Lord God, is perfect.

202 : 2489

Worshipping Him, my mind has found a lasting peace. ||Pause||

202 : 2490

Night and day, I meditate on the Guru, and the Name of the Guru.

202 : 2491

Thus all my works are brought to perfection. ||2||

202 : 2492

Beholding the Blessed Vision of His Darshan, my mind has become cool and tranquil,

202 : 2493

and the sinful mistakes of countless incarnations have been washed away. ||3||

202 : 2494

Says Nanak, where is fear now, O Siblings of Destiny?

202 : 2495

The Guru Himself has preserved the honor of His servant. ||4||112||

202 : 2496

Gauree, Fifth Mehl:

202 : 2497

The Lord Himself is the Help and Support of His servants.

202 : 2498

He always cherishes them, like their father and mother. ||1||

202 : 2499

In God's Sanctuary, everyone is saved.

202 : 2500

That Perfect True Lord is the Doer, the Cause of causes. ||Pause||

202 : 2501

My mind now dwells in the Creator Lord.

202 : 2502

My fears have been dispelled, and my soul has found the most sublime peace. ||2||

202 : 2503

The Lord has granted His Grace, and saved His humble servant.

202 : 2504

The sinful mistakes of so many incarnations have been washed away. ||3||

202 : 2505

The Greatness of God cannot be described.

202 : 2506

Servant Nanak is forever in His Sanctuary. ||4||113||

202 : 2507

Raag Gauree Chaytee, Fifth Mehl, Du–Padas:

202 : 2508

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

202 : 2509

The power of the Lord is universal and perfect, O Siblings of Destiny.

202 : 2510

So no pain can ever afflict me. ||1||Pause||

202 : 2511

Whatever the Lord's slave wishes, O mother,

202 : 2512

the Creator Himself causes that to be done. ||1||

202 : 2513

God causes the slanderers to lose their honor.

202 : 2514

Nanak sings the Glorious Praises of the Fearless Lord. ||2||114||

-- Raag Gauree – Part 052 --

Raag Gauree – Part 053

203 : 2515

Gauree, Fifth Mehl:

203 : 2516

O Brave and Powerful God, Ocean of Peace, I fell into the pit – please, take my hand.
||1||Pause||

203 : 2517

My ears do not hear, and my eyes are not beautiful. I am in such pain; I am a poor cripple,
crying at Your Door. ||1||

203 : 2518

O Master of the poor and helpless, O Embodiment of Compassion, You are my Friend and
Intimate, my Father and Mother.

203 : 2519

Nanak holds tight to the Lord's Lotus Feet in his heart; thus the Saints cross over the
terrifying world–ocean. ||2||2||115||

203 : 2520

Raag Gauree Bairaagan, Fifth Mehl:

203 : 2521

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

203 : 2522

O Dear Lord God, my Best Friend, please, abide with me. ||1||Pause||

203 : 2523

Without You, I cannot live, even for an instant, and my life in this world is cursed.

203 : 2524

O Breath of Life of the soul, O Giver of peace, each and every instant I am a sacrifice to You. ||1||

203 : 2525

Please, God, give me the Support of Your Hand; lift me up and pull me out of this pit, O Lord of the World.

203 : 2526

I am worthless, with such a shallow intellect; You are always Merciful to the meek. ||2||

203 : 2527

What comforts of Yours can I dwell upon? How can I contemplate You?

203 : 2528

You lovingly absorb Your slaves into Your Sanctuary, O Lofty, Inaccessible and Infinite Lord. ||3||

203 : 2529

All wealth, and the eight miraculous spiritual powers are in the supremely sublime essence of the Naam, the Name of the Lord.

203 : 2530

Those humble beings, with whom the beautifully-haired Lord is thoroughly pleased, sing the Glorious Praises of the Lord. ||4||

203 : 2531

You are my mother, father, son and relative; You are the Support of the breath of life.

203 : 2532

In the Saadh Sangat, the Company of the Holy, Nanak meditates on the Lord, and swims across the poisonous world-ocean. ||5||1||116||

203 : 2533

Gauree Bairaagan, Chhants Of Rehoay, Fifth Mehl:

203 : 2534

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

203 : 2535

Is there anyone who will sing of the Beloved Lord?

203 : 2536

Surely, this will bring all pleasures and comforts. ||Pause||

203 : 2537

The renunciate goes out into the woods, searching for Him.

203 : 2538

But those who embrace love for the One Lord are very rare.

203 : 2539

Those who find the Lord are very fortunate and blessed. ||1||

203 : 2540

The Gods like Brahma and Sanak yearn for Him;

203 : 2541

the Yogis, celibates and Siddhas yearn for the Lord.

203 : 2542

One who is so blessed, sings the Glorious Praises of the Lord. ||2||

203 : 2543

I seek the Sanctuary of those who have not forgotten Him.

203 : 2544

By great good fortune, one meets the Lord's Saint.

203 : 2545

They are not subject to the cycle of birth and death. ||3||

203 : 2546

Show Your Mercy, and lead me to meet You, O my Darling Beloved.

203 : 2547

Hear my prayer, O Lofty and Infinite God;

203 : 2548

Nanak begs for the Support of Your Name. ||4||1||117||

-- Raag Gauree – Part 053 --

Raag Gauree – Part 054

204 : 2549

Raag Gauree Poorbee, Fifth Mehl:

204 : 2550

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

204 : 2551

By what virtues can I meet the Lord of life, O my mother? ||1||Pause||

204 : 2552

I have no beauty, understanding or strength; I am a stranger, from far away. ||1||

204 : 2553

I am not wealthy or youthful. I am an orphan – please, unite me with Yourself. ||2||

204 : 2554

Searching and searching, I have become a renunciate, free of desire. I wander around, searching for the Blessed Vision of God's Darshan. ||3||

204 : 2555

God is Compassionate, and Merciful to the meek; O Nanak, in the Saadh Sangat, the Company of the Holy, the fire of desire has been quenched. ||4||1||118||

204 : 2556

Gauree, Fifth Mehl:

204 : 2557

The loving desire to meet my Beloved has arisen within my mind.

204 : 2558

I touch His Feet, and offer my prayer to Him. If only I had the great good fortune to meet the Saint. ||1||Pause||

204 : 2559

I surrender my mind to Him; I place my wealth before Him. I totally renounce my selfish ways.

204 : 2560

One who teaches me the Sermon of the Lord God – night and day, I shall follow Him. ||1||

204 : 2561

When the seed of the karma of past actions sprouted, I met the Lord; He is both the Enjoyer and the Renunciate.

204 : 2562

My darkness was dispelled when I met the Lord. O Nanak, after being asleep for countless incarnations, I have awakened. ||2||2||119||

204 : 2563

Gauree, Fifth Mehl:

204 : 2564

Come out, O soul–bird, and let the meditative remembrance of the Lord be your wings.

204 : 2565

Meet the Holy Saint, take to His Sanctuary, and keep the perfect jewel of the Lord enshrined in your heart. ||1||Pause||

204 : 2566

Superstition is the well, thirst for pleasure is the mud, and emotional attachment is the noose, so tight around your neck.

204 : 2567

The only one who can cut this is the Guru of the World, the Lord of the Universe. So let yourself dwell at His Lotus Feet. ||1||

204 : 2568

Bestow Your Mercy, O Lord of the Universe, O God, My Beloved, Master of the meek – please, listen to my prayer.

204 : 2569

Take my hand, O Lord and Master of Nanak; my body and soul all belong to You.
||2||3||120||

204 : 2570

Gauree, Fifth Mehl:

204 : 2571

My mind yearns to behold the Lord in meditation.

204 : 2572

I think of Him, I hope and thirst for Him, day and night; is there any Saint who may bring Him near me? ||1||Pause||

204 : 2573

I serve the slaves of His slaves; in so many ways, I beg of Him.

204 : 2574

Setting them upon the scale, I have weighed all comforts and pleasures; without the Lord's Blessed Vision, they are all totally inadequate. ||1||

204 : 2575

By the Grace of the Saints, I sing the Praises of the Ocean of virtue; after countless incarnations, I have been released.

204 : 2576

Meeting the Lord, Nanak has found peace and bliss; his life is redeemed, and prosperity dawns for him. ||2||4||121||

204 : 2577

Raag Gauree Poorbee, Fifth Mehl:

204 : 2578

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

204 : 2579

How may I meet my Master, the King, the Lord of the Universe?

204 : 2580

Is there any Saint, who can bestow such celestial peace, and show me the Way to Him?
||1||Pause||

— Raag Gauree – Part 054 —

Raag Gauree – Part 055

205 : 2581

The Unseen Lord is deep within the self; He cannot be seen; the curtain of egotism intervenes.

205 : 2582

In emotional attachment to Maya, all the world is asleep. Tell me, how can this doubt be dispelled? ||1||

205 : 2583

The one lives together with the other in the same house, but they do not talk to one another, O Siblings of Destiny.

205 : 2584

Without the one substance, the five are miserable; that substance is in the unapproachable place. ||2||

205 : 2585

And the one whose home it is, has locked it up, and given the key to the Guru.

205 : 2586

You may make all sorts of efforts, but it cannot be obtained, without the Sanctuary of the True Guru. ||3||

205 : 2587

Those whose bonds have been broken by the True Guru, enshrine love for the Saadh Sangat, the Company of the Holy.

205 : 2588

The self-elect, the self-realized beings, meet together and sing the joyous songs of the Lord. Nanak, there is no difference between them, O Siblings of Destiny. ||4||

205 : 2589

This is how my Sovereign Lord King, the Lord of the Universe, is met;

205 : 2590

celestial bliss is attained in an instant, and doubt is dispelled. Meeting Him, my light merges in the Light. ||1||Second Pause||1||122||

205 : 2591

Gauree, Fifth Mehl:

205 : 2592

I am intimate with Him;

205 : 2593

granting His Grace, my Kind Beloved has told me of the True Guru. ||1||Pause||

205 : 2594

Wherever I look, there You are; I am totally convinced of this.

205 : 2595

Unto whom should I pray? The Lord Himself hears all. ||1||

205 : 2596

My anxiety is over. The Guru has cut away my bonds, and I have found eternal peace.

205 : 2597

Whatever shall be, shall be in the end; so where can pain and pleasure be seen? ||2||

205 : 2598

The continents and the solar systems rest in the support of the One Lord. The Guru has

removed the veil of illusion, and shown this to me.

205 : 2599

The nine treasures of the wealth of the Name of the Lord are in that one place. Where else should we go? ||3||

205 : 2600

The same gold is fashioned into various articles; just so, the Lord has made the many patterns of the creation.

205 : 2601

Says Nanak, the Guru has dispelled my doubt; in this way, my essence merges into God's essence. ||4||2||123||

205 : 2602

Gauree, Fifth Mehl:

205 : 2603

This life is diminishing, day and night.

205 : 2604

Meeting with the Guru, your affairs shall be resolved. ||1||Pause||

205 : 2605

Listen, my friends, I beg of you: now is the time to serve the Saints!

205 : 2606

In this world, earn the profit of the Lord's Name, and hereafter, you shall dwell in peace. ||1||

205 : 2607

This world is engrossed in corruption and cynicism. Only those who know God are saved.

205 : 2608

Those who are awakened by the Lord to drink in this sublime essence, come to know the Unspoken Speech of the Lord. ||2||

205 : 2609

Purchase only that for which you have come into the world, and through the Guru, the Lord shall dwell within your mind.

205 : 2610

Within the home of your own inner being, you shall obtain the Mansion of the Lord's Presence with intuitive ease. You shall not be consigned again to the wheel of reincarnation. ||3||

205 : 2611

O Inner-knower, Searcher of hearts, Primal Being, Architect of Destiny: please fulfill this yearning of my mind.

205 : 2612

Nanak, Your slave, begs for this happiness: let me be the dust of the feet of the Saints. ||4||3||124||

205 : 2613

Gauree, Fifth Mehl:

205 : 2614

Save me, O My Father God.

205 : 2615

I am worthless and without virtue; all virtues are Yours. ||1||Pause||

205 : 2616

The five vicious thieves are assaulting my poor being; save me, O Savior Lord!

205 : 2617

They are tormenting and torturing me. I have come, seeking Your Sanctuary. ||1||

-- Raag Gauree – Part 055 --

Raag Gauree – Part 056

206 : 2618

Trying all sorts of things, I have grown weary, but still, they will not leave me alone.

206 : 2619

But I have heard that they can be rooted out, in the Saadh Sangat, the Company of the Holy; and so I seek their Shelter. ||2||

206 : 2620

In their Mercy, the Saints have met me, and from them, I have obtained satisfaction.

206 : 2621

The Saints have given me the Mantra of the Fearless Lord, and now I practice the Word of the Guru's Shabad. ||3||

206 : 2622

I have now conquered those terrible evil-doers, and my speech is now sweet and sublime.

206 : 2623

Says Nanak, the Divine Light has dawned within my mind; I have obtained the state of Nirvaanaa. ||4||4||125||

206 : 2624

Gauree, Fifth Mehl:

206 : 2625

He is the Eternal King.

206 : 2626

The Fearless Lord abides with you. So where does this fear come from? ||1||Pause||

206 : 2627

In one person, You are arrogant and proud, and in another, You are meek and humble.

206 : 2628

In one person, You are all by Yourself, and in another, You are poor. ||1||

206 : 2629

In one person, you are a Pandit, a religious scholar and a preacher, and in another, You are just a fool.

206 : 2630

In one person, You grab hold of everything, and in another, You accept nothing. ||2||

206 : 2631

What can the poor wooden puppet do? The Master Puppeteer knows everything.

206 : 2632

As the Puppeteer dresses the puppet, so is the role the puppet plays. ||3||

206 : 2633

The Lord has created the various chambers of assorted descriptions, and He Himself protects them.

206 : 2634

As is that vessel in which the Lord places the soul, so does it dwell. What can this poor being do? ||4||

206 : 2635

The One who created the thing, understands it; He has fashioned all of this.

206 : 2636

Says Nanak, the Lord and Master is Infinite; He alone understands the value of His Creation. ||5||5||126||

206 : 2637

Gauree, Fifth Mehl:

206 : 2638

Give them up – give up the pleasures of corruption;

206 : 2639

you are entangled in them, you crazy fool, like an animal grazing in the green fields.
||1||Pause||

206 : 2640

That which you believe to be of use to you, shall not go even an inch with you.

206 : 2641

Naked you came, and naked you shall depart. You shall go round and round the cycle of birth and death, and you shall be food for Death. ||1||

206 : 2642

Watching, watching the transitory dramas of the world, you are embroiled and enmeshed in them, and you laugh with delight.

206 : 2643

The string of life is wearing thin, day and night, and you have done nothing for your soul.
||2||

206 : 2644

Doing your deeds, you have grown old; your voice fails you, and your body has become weak.

206 : 2645

You were enticed by Maya in your youth, and your attachment for it has not diminished, one little bit. ||3||

206 : 2646

The Guru has shown me that this is the way of the world; I have abandoned the dwelling of pride, and entered Your Sanctuary.

206 : 2647

The Saint has shown me the Path of God; slave Nanak has implanted devotional worship and the Praise of the Lord. ||4||6||127||

206 : 2648

Gauree, Fifth Mehl:

206 : 2649

Except for You, who is mine?

206 : 2650

O my Beloved, You are the Support of the breath of life. ||1||Pause||

206 : 2651

You alone know the condition of my inner being. You are my Beautiful Friend.

206 : 2652

I receive all comforts from You, O my Unfathomable and Immeasurable Lord and Master. ||1||

--- Raag Gauree – Part 056 ---

Raag Gauree – Part 057

207 : 2653

I cannot describe Your Manifestations, O Treasure of Excellence, O Giver of peace.

207 : 2654

God is Inaccessible, Incomprehensible and Imperishable; He is known through the Perfect Guru. ||2||

207 : 2655

My doubt and fear have been taken away, and I have been made pure, since my ego was conquered.

207 : 2656

My fear of birth and death has been abolished, beholding Your Blessed Vision in the Saadh Sangat, the Company of the Holy. ||3||

207 : 2657

I wash the Guru's Feet and serve Him; I am a sacrifice to Him, 100,000 times.

207 : 2658

By His Grace, servant Nanak has crossed over this terrifying world-ocean; I am united with my Beloved. ||4||7||128||

207 : 2659

Gauree, Fifth Mehl:

207 : 2660

Who can please You, except You Yourself?

207 : 2661

Gazing upon Your Beauteous Form, all are entranced. ||1||Pause||

207 : 2662

In the heavenly paradise, in the nether regions of the underworld, on the planet earth and throughout the galaxies, the One Lord is pervading everywhere.

207 : 2663

Everyone calls upon You with their palms pressed together, saying, "Shiva, Shiva". O Merciful Lord and Master, everyone cries out for Your Help. ||1||

207 : 2664

Your Name, O Lord and Master, is the Purifier of sinners, the Giver of peace, immaculate, cooling and soothing.

207 : 2665

O Nanak, spiritual wisdom, meditation and glorious greatness come from dialogue and discourse with Your Saints. ||2||8||129||

207 : 2666

Gauree, Fifth Mehl:

207 : 2667

Meet with me, O my Dear Beloved.

207 : 2668

O God, whatever You do – that alone happens. ||1||Pause||

207 : 2669

Wandering around through countless incarnations, I endured pain and suffering in so many lives, over and over again.

207 : 2670

By Your Grace, I obtained this human body; grant me the Blessed Vision of Your Darshan,
O Sovereign Lord King. ||1||

207 : 2671

That which pleases His Will has come to pass; no one else can do anything.

207 : 2672

By Your Will, enticed by the illusion of emotional attachment, the people are asleep; they do
not wake up. ||2||

207 : 2673

Please hear my prayer, O Lord of Life, O Beloved, Ocean of mercy and compassion.

207 : 2674

Save me, O my Father God. I am an orphan – please, cherish me! ||3||

207 : 2675

You reveal the Blessed Vision of Your Darshan, for the sake of the Saadh Sangat, the
Company of the Holy.

207 : 2676

Grant Your Grace, and bless us with the dust of the feet of the Saints; Nanak yearns for this
peace. ||4||9||130||

207 : 2677

Gauree, Fifth Mehl:

207 : 2678

I am a sacrifice to those

207 : 2679

who take the Support of the Naam. ||1||Pause||

207 : 2680

How can I recount the praises of those humble beings who are attuned to the Love of the Supreme Lord God?

207 : 2681

Peace, intuitive poise and bliss are with them. There are no other givers equal to them. ||1||

207 : 2682

They have come to save the world – those humble beings who thirst for His Blessed Vision.

207 : 2683

Those who seek their Sanctuary are carried across; in the Society of the Saints, their hopes are fulfilled. ||2||

207 : 2684

If I fall at their Feet, then I live; associating with those humble beings, I remain happy.

207 : 2685

O God, please be merciful to me, that my mind might become the dust of the feet of Your devotees. ||3||

207 : 2686

Power and authority, youth and age – whatever is seen in this world, all of it shall fade away.

207 : 2687

The treasure of the Naam, the Name of the Lord, is forever new and immaculate. Nanak has earned this wealth of the Lord. ||4||10||131||

— Raag Gauree – Part 057 —

Raag Gauree – Part 058

208 : 2688

Gauree, Fifth Mehl:

208 : 2689

I came to the Guru, to learn the Way of Yoga.

208 : 2690

The True Guru has revealed it to me through the Word of the Shabad. ||1||Pause||

208 : 2691

He is contained in the nine continents of the world, and within this body; each and every moment, I humbly bow to Him.

208 : 2692

I have made the Guru's Teachings my ear-rings, and I have enshrined the One Formless Lord within my being. ||1||

208 : 2693

I have brought the five disciples together, and they are now under the control of the one mind.

208 : 2694

When the ten hermits become obedient to the Lord, then I became an immaculate Yogi. ||2||

208 : 2695

I have burnt my doubt, and smeared my body with the ashes. My path is to see the One and Only Lord.

208 : 2696

I have made that intuitive peace my food; the Lord Master has written this pre-ordained destiny upon my forehead. ||3||

208 : 2697

In that place where there is no fear, I have assumed my Yogic posture. The unstruck melody of His Bani is my horn.

208 : 2698

I have made contemplation upon the essential reality my Yogic staff. The Love of the Name in my mind is my Yogic lifestyle. ||4||

208 : 2699

By great good fortune, such a Yogi is met, who cuts away the bonds of Maya.

208 : 2700

Nanak serves and adores this wondrous person, and kisses his feet. ||5||11||132||

208 : 2701

Gauree, Fifth Mehl:

208 : 2702

The Naam, the Name of the Lord, is an incomparably beautiful treasure. Listen, everyone, and meditate on it, O friends.

208 : 2703

Those, unto whom the Guru has given the Lord's medicine – their minds become pure and immaculate. ||1||Pause||

208 : 2704

Darkness is dispelled from within that body, in which the Divine Light of the Guru's Shabad shines.

208 : 2705

The noose of doubt is cut away from those who place their faith in the Saadh Sangat, the Company of the Holy. ||1||

208 : 2706

The treacherous and terrifying world–ocean is crossed over, in the boat of the Saadh Sangat.

208 : 2707

My mind's desires are fulfilled, meeting the Guru, in love with the Lord. ||2||

208 : 2708

The devotees have found the treasure of the Naam; their minds and bodies are satisfied and satiated.

208 : 2709

O Nanak, the Dear Lord gives it only to those who surrender to the Lord's Command. ||3||12||133||

208 : 2710

Gauree, Fifth Mehl:

208 : 2711

Please be kind and compassionate, O Lord of my life; I am helpless, and I seek Your Sanctuary, God.

208 : 2712

Please, give me Your Hand, and lift me up, out of the deep dark pit. I have no clever tricks at all. ||1||Pause||

208 : 2713

You are the Doer, the Cause of causes – You are everything. You are All–powerful; there is no other than You.

208 : 2714

You alone know Your condition and extent. They alone become Your servants, upon whose foreheads such good destiny is recorded. ||1||

208 : 2715

You are imbued with Your servant, God; Your devotees are woven into Your Fabric, through and through.

208 : 2716

O Darling Beloved, they yearn for Your Name and the Blessed Vision of Your Darshan, like the chakvee bird which longs to see the moon. ||2||

208 : 2717

Between the Lord and His Saint, there is no difference at all. Among hundreds of thousands and millions, there is scarcely one humble being.

208 : 2718

Those whose hearts are illuminated by God, sing the Kirtan of His Praises night and day with their tongues. ||3||

208 : 2719

You are All–powerful and Infinite, the most lofty and exalted, the Giver of peace; O God, You are the Support of the breath of life.

208 : 2720

Please show mercy to Nanak, O God, that he may remain in the Society of the Saints. ||4||13||134||

Raag Gauree – Part 059

209 : 2721

Gauree, Fifth Mehl:

209 : 2722

O Saint, You are attuned to the Lord.

209 : 2723

Please stand my me, Architect of Destiny; please take me to my destination, Great Giver.
||1||Pause||

209 : 2724

You alone know Your mystery; You are the Perfect Architect of Destiny.

209 : 2725

I am a helpless orphan – please keep me under Your Protection and save me. ||1||

209 : 2726

Your Feet are the boat to carry us across the world-ocean; You alone know Your ways.

209 : 2727

Those whom You keep protected, by Your Kindness, cross over to the other side. ||2||

209 : 2728

Here and hereafter, God, You are All-powerful; everything is in Your Hands.

209 : 2729

Please give me that treasure, which will go along with me, O servant of the Lord. ||3||

209 : 2730

I am without virtue – please bless me with virtue, so that my mind might chant the Name of the Lord.

209 : 2731

By the Grace of the Saints, Nanak has met the Lord; his mind and body are soothed and satisfied. ||4||14||135||

209 : 2732

Gauree, Fifth Mehl:

209 : 2733

I am intuitively absorbed in the Divine Lord.

209 : 2734

The Divine True Guru has become Merciful to me. ||1||Pause||

209 : 2735

Cutting away the halter, He has made me His slave, and now I work for the Saints.

209 : 2736

I have become a worshipper of the One Name; the Guru has shown me this amazing wonder. ||1||

209 : 2737

The Divine Light has dawned, and everything is illuminated; the Guru has revealed this spiritual wisdom to my mind.

209 : 2738

Drinking deeply of the Ambrosial Naam, the Name of the Lord, my mind is satisfied, and my fears have been vanquished. ||2||

209 : 2739

Accepting the Command of the Lord's Will, I have found total peace; the home of suffering has been destroyed.

209 : 2740

When God, our Lord and Master was totally pleased, He revealed everything in the form of ecstasy. ||3||

209 : 2741

Nothing comes, and nothing goes; this play is all set in motion by the Lord, the Sovereign King.

209 : 2742

Says Nanak, our Lord and Master is inaccessible and unfathomable. The Lord's devotees take His Name as their Support. ||4||15||136||

209 : 2743

Gauree, Fifth Mehl:

209 : 2744

He is the Supreme Lord God, the Perfect Transcendent Lord; O my mind, hold tight to the Support of the One

209 : 2745

who established the solar systems and galaxies. Chant the Name of that Lord. ||1||Pause||

209 : 2746

Renounce the intellectual cleverness of your mind, O humble servants of the Lord; understanding the Hukam of His Command, peace is found.

209 : 2747

Whatever God does, accept that with pleasure; in comfort and in suffering, meditate on Him. ||1||

209 : 2748

The Creator emancipates millions of sinners in an instant, without a moment's delay.

209 : 2749

The Lord, the Destroyer of the pain and sorrow of the poor, blesses those with whom He is pleased. ||2||

209 : 2750

He is Mother and Father, the Cherisher of all; He is the Breath of life of all beings, the Ocean of peace.

209 : 2751

While giving so generously, the Creator does not diminish at all. The Source of jewels, He is All-pervading. ||3||

209 : 2752

The beggar begs for Your Name, O Lord and Master; God is contained deep within the nucleus of each and every heart.

209 : 2753

Slave Nanak has entered His Sanctuary; no one returns from Him empty-handed.
||4||16||137||

-- Raag Gauree – Part 059 --

Raag Gauree – Part 060

210 : 2754

Raag Gauree Poorbee, Fifth Mehl:

210 : 2755

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

210 : 2756

Never forget the Lord, Har, Har, from your mind.

210 : 2757

Here and hereafter, He is the Giver of all peace. He is the Cherisher of all hearts.
||1||Pause||

210 : 2758

He removes the most terrible pains in an instant, if the tongue repeats His Name.

210 : 2759

In the Lord's Sanctuary there is soothing coolness, peace and tranquility. He has extinguished the burning fire. ||1||

210 : 2760

He saves us from the hellish pit of the womb, and carries us across the terrifying world-ocean.

210 : 2761

Adoring His Lotus Feet in the mind, the fear of death is banished. ||2||

210 : 2762

He is the Perfect, Supreme Lord God, the Transcendent Lord, lofty, unfathomable and infinite.

210 : 2763

Singing His Glorious Praises, and meditating on the Ocean of peace, one's life is not lost in the gamble. ||3||

210 : 2764

My mind is engrossed in sexual desire, anger, greed and attachment, O Giver to the unworthy.

210 : 2765

Please grant Your Grace, and bless me with Your Name; Nanak is forever a sacrifice to You. ||4||1||138||

210 : 2766

Raag Gauree Chaytee, Fifth Mehl:

210 : 2767

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

210 : 2768

There is no peace without devotional worship of the Lord.

210 : 2769

Be victorious, and win the priceless jewel of this human life, by meditating on Him in the Saadh Sangat, the Company of the Holy, even for an instant. ||1||Pause||

210 : 2770

Many have renounced and left their children, wealth, spouses, joyful games and pleasures. ||1||

210 : 2771

Horses, elephants and the pleasures of power

210 : 2772

– leaving these behind, the fool must depart naked. ||2||

210 : 2773

The body, scented with musk and sandalwood

210 : 2774

– that body shall come to roll in the dust. ||3||

210 : 2775

Infatuated with emotional attachment, they think that God is far away.

210 : 2776

Says Nanak, he is Ever-present! ||4||1||139||

210 : 2777

Gauree, Fifth Mehl:

210 : 2778

O mind, cross over with the Support of the Lord's Name.

210 : 2779

The Guru is the boat to carry you across the world-ocean, through the waves of cynicism and doubt. ||1||Pause||

210 : 2780

In this Dark Age of Kali Yuga, there is only pitch darkness.

210 : 2781

The lamp of the Guru's spiritual wisdom illuminates and enlightens. ||1||

210 : 2782

The poison of corruption is spread out far and wide.

210 : 2783

Only the virtuous are saved, chanting and meditating on the Lord. ||2||

210 : 2784

Intoxicated with Maya, the people are asleep.

210 : 2785

Meeting the Guru, doubt and fear are dispelled. ||3||

210 : 2786

Says Nanak, meditate on the One Lord;

210 : 2787

behold Him in each and every heart. ||4||2||140||

210 : 2788

Gauree, Fifth Mehl:

210 : 2789

You alone are my Chief Advisor.

210 : 2790

I serve You with the Support of the Guru. ||1||Pause||

210 : 2791

By various devices, I could not find You.

210 : 2792

Taking hold of me, the Guru has made me Your slave. ||1||

210 : 2793

I have conquered the five tyrants.

210 : 2794

By Guru's Grace, I have vanquished the army of evil. ||2||

210 : 2795

I have received the One Name as His bounty and blessing.

210 : 2796

Now, I dwell in peace, poise and bliss. ||3||

— Raag Gauree – Part 060 —

Raag Gauree – Part 061

211 : 2797

The slaves of God are good.

211 : 2798

O Nanak, their faces are radiant. ||4||3||141||

211 : 2799

Gauree, Fifth Mehl:

211 : 2800

Hey, soul: your only Support is the Naam, the Name of the Lord.

211 : 2801

Whatever else you do or make happen, the fear of death still hangs over you. ||1||Pause||

211 : 2802

He is not obtained by any other efforts.

211 : 2803

By great good fortune, meditate on the Lord. ||1||

211 : 2804

You may know hundreds of thousands of clever tricks,

211 : 2805

but not even one will be of any use at all hereafter. ||2||

211 : 2806

Good deeds done in the pride of ego are swept away, like the house of sand by water. ||3||

211 : 2807

When God the Merciful shows His Mercy,

211 : 2808

Nanak receives the Naam in the Saadh Sangat, the Company of the Holy. ||4||4||142||

211 : 2809

Gauree, Fifth Mehl:

211 : 2810

I am a sacrifice, dedicated hundreds of thousands of times, to my Lord and Master.

211 : 2811

His Name, and His Name alone, is the Support of the breath of life. ||1||Pause||

211 : 2812

You alone are the Doer, the Cause of causes.

211 : 2813

You are the Support of all beings and creatures. ||1||

211 : 2814

O God, You are my power, authority and youth. You are absolute, without attributes, and also related, with the most sublime attributes. ||2||

211 : 2815

Here and hereafter, You are my Savior and Protector.

211 : 2816

By Guru's Grace, some understand You. ||3||

211 : 2817

God is All-knowing, the Inner-knower, the Searcher of hearts.

211 : 2818

You are Nanak's strength and support. ||4||5||143||

211 : 2819

Gauree, Fifth Mehl:

211 : 2820

Worship and adore the Lord, Har, Har, Har.

211 : 2821

In the Society of the Saints, He dwells in the mind; doubt, emotional attachment and fear are vanquished. ||1||Pause||

211 : 2822

The Vedas, the Puraanas and the Simritees are heard to proclaim

211 : 2823

that the Lord's servant dwells as the highest of all. ||1||

211 : 2824

All places are filled with fear – know this well.

211 : 2825

Only the Lord's servants are free of fear. ||2||

211 : 2826

People wander through 8.4 million incarnations.

211 : 2827

God's people are not subject to birth and death. ||3||

211 : 2828

Nanak has taken to the Sanctuary of the Lord's Holy Saints; he has given up power, wisdom, cleverness and egotism. ||4||6||144||

211 : 2829

Gauree, Fifth Mehl:

211 : 2830

O my mind, sing the Glorious Praises of the Lord's Name.

211 : 2831

Serve the Lord continually and continuously; with each and every breath, meditate on the Lord. ||1||Pause||

211 : 2832

In the Society of the Saints, the Lord dwells in the mind,

211 : 2833

and pain, suffering, darkness and doubt depart. ||1||

211 : 2834

That humble being, who meditates on the Lord, by the Grace of the Saints, is not afflicted with pain. ||2||

211 : 2835

Those unto whom the Guru gives the Mantra of the Lord's Name,

211 : 2836

are saved from the fire of Maya. ||3||

211 : 2837

Be kind to Nanak, O God;

211 : 2838

let the Lord's Name dwell within my mind and body. ||4||7||145||

211 : 2839

Gauree, Fifth Mehl:

211 : 2840

With your tongue, chant the Name of the One Lord.

211 : 2841

In this world, it shall bring you peace, comfort and great joy; hereafter, it shall go with your soul, and shall be of use to you. ||1||Pause||

211 : 2842

The disease of your ego shall be eradicated.

211 : 2843

By Guru's Grace, practice Raja Yoga, the Yoga of meditation and success. ||1||

211 : 2844

Those who taste the sublime essence of the Lord

211 : 2845

have their thirst quenched. ||2||

211 : 2846

Those who have found the Lord, the Treasure of peace,

211 : 2847

shall not go anywhere else again. ||3||

211 : 2848

Those, unto whom the Guru has given the Lord's Name, Har, Har

211 : 2849

– O Nanak, their fears are removed. ||4||8||146||

— Raag Gauree – Part 061 —

Raag Gauree – Part 062

212 : 2850

Gauree, Fifth Mehl:

212 : 2851

One who forgets the Lord's Name, suffers in pain.

212 : 2852

Those who join the Saadh Sangat, the Company of the Holy, and dwell upon the Lord, find the Ocean of virtue. ||1||Pause||

212 : 2853

Those Gurmukhs whose hearts are filled with wisdom,

212 : 2854

hold the nine treasures, and the miraculous spiritual powers of the Siddhas in the palms of their hands. ||1||

212 : 2855

Those who know the Lord God as their Master,

212 : 2856

do not lack anything. ||2||

212 : 2857

Those who realize the Creator Lord,

212 : 2858

enjoy all peace and pleasure. ||3||

212 : 2859

Those whose inner homes are filled with the Lord's wealth

212 : 2860

– says Nanak, in their company, pain departs. ||4||9||147||

212 : 2861

Gauree, Fifth Mehl:

212 : 2862

Your pride is so great, but what about your origins?

212 : 2863

You cannot remain, no matter how much you try to hold on. ||1||Pause||

212 : 2864

That which is forbidden by the Vedas and the Saints – with that, you are in love.

212 : 2865

Like the gambler losing the game of chance, you are held in the power of sensory desires.
||1||

212 : 2866

The One who is All-powerful to empty out and fill up – you have no love for His Lotus Feet.

212 : 2867

O Nanak, I have been saved, in the Saadh Sangat, the Company of the Holy. I have been blessed by the Treasure of Mercy. ||2||10||148||

212 : 2868

Gauree, Fifth Mehl:

212 : 2869

I am the slave of my Lord and Master.

212 : 2870

I eat whatever God gives me. ||1||Pause||

212 : 2871

Such is my Lord and Master.

212 : 2872

In an instant, He creates and embellishes. ||1||

212 : 2873

I do that work which pleases my Lord and Master.

212 : 2874

I sing the songs of God's glory, and His wondrous play. ||2||

212 : 2875

I seek the Sanctuary of the Lord's Prime Minister;

212 : 2876

beholding Him, my mind is comforted and consoled. ||3||

212 : 2877

The One Lord is my support, the One is my steady anchor.

212 : 2878

Servant Nanak is engaged in the Lord's work. ||4||11||149||

212 : 2879

Gauree, Fifth Mehl:

212 : 2880

Is there anyone, who can shatter his ego,

212 : 2881

and turn his mind away from this sweet Maya? ||1||Pause||

212 : 2882

Humanity is in spiritual ignorance; people see things that do not exist.

212 : 2883

The night is dark and gloomy; how will the morning dawn? ||1||

212 : 2884

Wandering, wandering all around, I have grown weary; trying all sorts of things, I have been searching.

212 : 2885

Says Nanak, He has shown mercy to me; I have found the treasure of the Saadh Sangat, the Company of the Holy. ||2||12||150||

212 : 2886

Gauree, Fifth Mehl:

212 : 2887

He is the Wish-fulfilling Jewel, the Embodiment of Mercy. ||1||Pause||

212 : 2888

The Supreme Lord God is Merciful to the meek;

212 : 2889

meditating in remembrance on Him, peace is obtained. ||1||

212 : 2890

The Wisdom of the Undying Primal Being is beyond comprehension.

212 : 2891

Hearing His Praises, millions of sins are erased. ||2||

212 : 2892

O God, Treasure of Mercy, please bless Nanak with Your kindness, that he may repeat the Name of the Lord, Har, Har. ||3||13||151||

212 : 2893

Gauree Poorbee, Fifth Mehl:

212 : 2894

O my mind, in the Sanctuary of God, peace is found.

212 : 2895

That day, when the Giver of life and peace is forgotten – that day passes uselessly.
||1||Pause||

212 : 2896

You have come as a guest for one short night, and yet you hope to live for many ages.

212 : 2897

Households, mansions and wealth – whatever is seen, is like the shade of a tree. ||1||

212 : 2898

My body, wealth, and all my gardens and property shall all pass away.

212 : 2899

You have forgotten your Lord and Master, the Great Giver. In an instant, these shall belong to somebody else. ||2||

-- Raag Gauree – Part 062 --

Raag Gauree – Part 063

213 : 2900

You wear white clothes and take cleansing baths, and anoint yourself with sandalwood oil.

213 : 2901

But you do not remember the Fearless, Formless Lord – you are like an elephant bathing in the mud. ||3||

213 : 2902

When God becomes merciful, He leads you to meet the True Guru; all peace is in the Name of the Lord.

213 : 2903

The Guru has liberated me from bondage; servant Nanak sings the Glorious Praises of the Lord. ||4||14||152||

213 : 2904

Gauree, Fifth Mehl:

213 : 2905

O my mind, dwell always upon the Guru, Guru, Guru.

213 : 2906

The Guru has made the jewel of this human life prosperous and fruitful. I am a sacrifice to the Blessed Vision of His Darshan. ||1||Pause||

213 : 2907

As many breaths and morsels as you take, O my mind – so many times, sing His Glorious Praises.

213 : 2908

When the True Guru becomes merciful, then this wisdom and understanding is obtained.
||1||

213 : 2909

O my mind, taking the Naam, you shall be released from the bondage of death, and the peace of all peace will be found.

213 : 2910

Serving your Lord and Master, the True Guru, the Great Giver, you shall obtain the fruits of your mind's desires. ||2||

213 : 2911

The Name of the Creator is your beloved friend and child; it alone shall go along with you, O my mind.

213 : 2912

So serve your True Guru, and you shall receive the Name from the Guru. ||3||

213 : 2913

When God, the Merciful Guru, showered His Mercy upon me, all my anxieties were dispelled.

213 : 2914

Nanak has found the peace of the Kirtan of the Lord's Praises. All his sorrows have been dispelled. ||4||15||153||

213 : 2915

Raag Gauree, Fifth Mehl:

213 : 2916

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

213 : 2917

The thirst of only a few is quenched. ||1||Pause||

213 : 2918

People may accumulate hundreds of thousands, millions, tens of millions, and yet the mind is not restrained.

213 : 2919

They only yearn for more and more. ||1||

213 : 2920

They may have all sorts of beautiful women, but still, they commit adultery in the homes of others.

213 : 2921

They do not distinguish between good and bad. ||2||

213 : 2922

They wander around lost, trapped in the myriad bonds of Maya; they do not sing the Praises of the Treasure of Virtue.

213 : 2923

Their minds are engrossed in poison and corruption. ||3||

213 : 2924

Those, unto whom the Lord shows His Mercy, remain dead while yet alive. In the Saadh Sangat, the Company of the Holy, they cross over the ocean of Maya.

213 : 2925

O Nanak, those humble beings are honored in the Court of the Lord. ||4||1||154||

213 : 2926

Gauree, Fifth Mehl:

213 : 2927

The Lord is the essence of all. ||1||Pause||

213 : 2928

Some practice Yoga, some indulge in pleasures; some live in spiritual wisdom, some live in meditation.

213 : 2929

Some are bearers of the staff. ||1||

213 : 2930

Some chant in meditation, some practice deep, austere meditation; some worship Him in adoration, some practice daily rituals.

213 : 2931

Some live the life of a wanderer. ||2||

213 : 2932

Some live by the shore, some live on the water; some study the Vedas.

213 : 2933

Nanak loves to worship the Lord. ||3||2||155||

213 : 2934

Gauree, Fifth Mehl:

213 : 2935

To sing the Kirtan of the Lord's Praises is my treasure. ||1||Pause||

213 : 2936

You are my delight, You are my praise. You are my beauty, You are my love.

213 : 2937

O God, You are my hope and support. ||1||

213 : 2938

You are my pride, You are my wealth. You are my honor, You are my breath of life.

213 : 2939

The Guru has repaired that which was broken. ||2||

213 : 2940

You are in the household, and You are in the forest. You are in the village, and You are in the wilderness.

— Raag Gauree – Part 063 —

Raag Gauree – Part 064

214 : 2941

Nanak: You are near, so very near! ||3||3||156||

214 : 2942

Gauree, Fifth Mehl:

214 : 2943

I am intoxicated, intoxicated with the Love of the Lord. ||1||Pause||

214 : 2944

I drink it in – I am drunk with it. The Guru has given it to me in charity.

214 : 2945

My mind is drenched with it. ||1||

214 : 2946

It is my furnace, it is the cooling plaster. It is my love, it is my longing.

214 : 2947

My mind knows it as peace. ||2||

214 : 2948

I enjoy intuitive peace, and I play in bliss; the cycle of reincarnation is ended for me, and I am merged with the Lord.

214 : 2949

Nanak is pierced through with the Word of the Guru's Shabad. ||3||4||157||

214 : 2950

Raag Gauree Maalwaa, Fifth Mehl:

214 : 2951

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

214 : 2952

Chant the Lord's Name; O my friend, chant it. Hereafter, the path is terrifying and treacherous. ||1||Pause||

214 : 2953

Serve, serve, forever serve the Lord. Death hangs over your head.

214 : 2954

Do seva, selfless service, for the Holy Saints, and the noose of Death shall be cut away. ||1||

214 : 2955

You may make burnt offerings, sacrificial feasts and pilgrimages to sacred shrines in egotism, but your corruption only increases.

214 : 2956

You are subject to both heaven and hell, and you are reincarnated over and over again. ||2||

214 : 2957

The realm of Shiva, the realms of Brahma and Indra as well – no place anywhere is permanent.

214 : 2958

Without serving the Lord, there is no peace at all. The faithless cynic comes and goes in reincarnation. ||3||

214 : 2959

As the Guru has taught me, so have I spoken.

214 : 2960

Says Nanak, listen, people: sing the Kirtan of the Lord's Praises, and you shall be saved.

||4||1||158||

214 : 2961

Raag Gauree Maalaa, Fifth Mehl:

214 : 2962

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

214 : 2963

Adopting the innocent mind of a child, I have found peace.

214 : 2964

Joy and sorrow, profit and loss, birth and death, pain and pleasure – they are all the same to my consciousness, since I met the Guru. ||1||Pause||

214 : 2965

As long as I plotted and planned things, I was full of frustration.

214 : 2966

When I met the Kind, Perfect Guru, then I obtained bliss so easily. ||1||

214 : 2967

The more clever tricks I tried, the more bonds I was saddled with.

214 : 2968

When the Holy Saint placed His Hand upon my forehead, then I was liberated. ||2||

214 : 2969

As long as I claimed, "Mine, mine!", I was surrounded by wickedness and corruption.

214 : 2970

But when I dedicated my mind, body and intellect to my Lord and Master, then I began to sleep in peace. ||3||

214 : 2971

As long as I walked along, carrying the load, I continued to pay the fine.

214 : 2972

But I threw away that bundle, when I met the Perfect Guru; O Nanak, then I became fearless. ||4||1||159||

214 : 2973

Gauree Maalaa, Fifth Mehl:

214 : 2974

I have renounced my desires; I have renounced them.

214 : 2975

I have renounced them; meeting the Guru, I have renounced them.

214 : 2976

All peace, joy, happiness and pleasures have come since I surrendered to the Will of the Lord of the Universe. ||1||Pause||

-- Raag Gauree – Part 064 --

Raag Gauree – Part 065

215 : 2977

Honor and dishonor are the same to me; I have placed my forehead upon the Guru's Feet.

215 : 2978

Wealth does not excite me, and misfortune does not disturb me; I have embraced love for my Lord and Master. ||1||

215 : 2979

The One Lord and Master dwells in the home; He is seen in the wilderness as well.

215 : 2980

I have become fearless; the Saint has removed my doubts. The All-knowing Lord is pervading everywhere. ||2||

215 : 2981

Whatever the Creator does, my mind is not troubled.

215 : 2982

By the Grace of the Saints and the Company of the Holy, my sleeping mind has been awakened. ||3||

215 : 2983

Servant Nanak seeks Your Support; he has come to Your Sanctuary.

215 : 2984

In the Love of the Naam, the Name of the Lord, he enjoys intuitive peace; pain no longer touches him. ||4||2||160||

215 : 2985

Gauree Maalaa, Fifth Mehl:

215 : 2986

I have found the jewel of my Beloved within my mind.

215 : 2987

My body is cooled, my mind is cooled and soothed, and I am absorbed into the Shabad, the Word of the True Guru. ||1||Pause||

215 : 2988

My hunger has departed, my thirst has totally departed, and all my anxiety is forgotten.

215 : 2989

The Perfect Guru has placed His Hand upon my forehead; conquering my mind, I have conquered the whole world. ||1||

215 : 2990

Satisfied and satiated, I remain steady within my heart, and now, I do not waver at all.

215 : 2991

The True Guru has given me the inexhaustible treasure; it never decreases, and never runs out. ||2||

215 : 2992

Listen to this wonder, O Siblings of Destiny: the Guru has given me this understanding.

215 : 2993

I threw off the veil of illusion, when I met my Lord and Master; then, I forgot my jealousy of others. ||3||

215 : 2994

This is a wonder which cannot be described. They alone know it, who have tasted it.

215 : 2995

Says Nanak, the Truth has been revealed to me. The Guru has given me the treasure; I have taken it and enshrined it within my heart. ||4||3||161||

215 : 2996

Gauree Maalaa, Fifth Mehl:

215 : 2997

Those who take to the Sanctuary of the Lord, the King, are saved.

215 : 2998

All other people, in the mansion of Maya, fall flat on their faces on the ground. ||1||Pause||

215 : 2999

The great men have studied the Shaastras, the Simritees and the Vedas, and they have said this:

215 : 3000

"Without the Lord's meditation, there is no emancipation, and no one has ever found peace."||1||

215 : 3001

People may accumulate the wealth of the three worlds, but the waves of greed are still not subdued.

215 : 3002

Without devotional worship of the Lord, where can anyone find stability? People wander around endlessly. ||2||

215 : 3003

People engage in all sorts of mind–enticing pastimes, but their passions are not fulfilled.

215 : 3004

They burn and burn, and are never satisfied; without the Lord's Name, it is all useless. ||3||

215 : 3005

Chant the Name of the Lord, my friend; this is the essence of perfect peace.

215 : 3006

In the Saadh Sangat, the Company of the Holy, birth and death are ended. Nanak is the dust of the feet of the humble. ||4||4||162||

215 : 3007

Gauree Maalaa, Fifth Mehl:

215 : 3008

Who can help me understand my condition?

215 : 3009

Only the Creator knows it. ||1||Pause||

215 : 3010

This person does things in ignorance; he does not chant in meditation, and does not perform any deep, self–disciplined meditation.

215 : 3011

This mind wanders around in the ten directions – how can it be restrained? ||1||

215 : 3012

"I am the lord, the master of my mind, body, wealth and lands. These are mine."

-- Raag Gauree – Part 065 --

Raag Gauree – Part 066

216 : 3013

In doubt and emotional attachment, this person understands nothing; with this leash, these feet are tied up. ||2||

216 : 3014

What did this person do, when he did not exist?

216 : 3015

When the Immaculate and Formless Lord God was all alone, He did everything by Himself. ||3||

216 : 3016

He alone knows His actions; He created this creation.

216 : 3017

Says Nanak, the Lord Himself is the Doer. The True Guru has dispelled my doubts. ||4||5||163||

216 : 3018

Gauree Maalaa, Fifth Mehl:

216 : 3019

Without the Lord, other actions are useless.

216 : 3020

Meditative chants, intense deep meditation, austere self-discipline and rituals – these are plundered in this world. ||1||Pause||

216 : 3021

Fasting, daily rituals, and austere self-discipline – those who keep the practice of these, are rewarded with less than a shell.

216 : 3022

Hereafter, the way is different, O Siblings of Destiny. There, these things are of no use at all. ||1||

216 : 3023

Those who bathe at sacred shrines of pilgrimage, and wander over the earth, find no place of rest hereafter.

216 : 3024

There, these are of no use at all. By these things, they only please other people. ||2||

216 : 3025

Reciting the four Vedas from memory, they do not obtain the Mansion of the Lord's Presence hereafter.

216 : 3026

Those who do not understand the One Pure Word, utter total nonsense. ||3||

216 : 3027

Nanak voices this opinion: those who practice it, swim across.

216 : 3028

Serve the Guru, and meditate on the Naam; renounce the egotistical pride from your mind. ||4||6||164||

216 : 3029

Gauree Maalaa, Fifth Mehl:

216 : 3030

O Lord, I chant Your Name, Har, Har, Har.

216 : 3031

I cannot do anything by myself, O Lord and Master. As You keep me, so I remain.
||1||Pause||

216 : 3032

What can the mere mortal do? What is in the hands of this poor creature?

216 : 3033

As You attach us, so we are attached, O my Perfect Lord and Master. ||1||

216 : 3034

Take pity on me, O Great Giver of all, that I may enshrine love for Your Form alone.

216 : 3035

Nanak offers this prayer to the Lord, that he may chant the Naam, the Name of the Lord.
||2||7||165||

216 : 3036

Raag Gauree Maajh, Fifth Mehl:

216 : 3037

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

216 : 3038

O Merciful to the meek, O Dear Lord King,

216 : 3039

You have engaged millions of people in Your Service.

216 : 3040

You are the Lover of Your devotees; this is Your Nature.

216 : 3041

You are totally pervading all places. ||1||

216 : 3042

How can I behold my Beloved? What is that way of life?

216 : 3043

Become the slave of the Saints, and serve at their feet.

216 : 3044

I dedicate this soul; I am a sacrifice, a sacrifice to them.

216 : 3045

Bowing low, I fall at the Feet of the Lord. ||2||

216 : 3046

The Pandits, the religious scholars, study the books of the Vedas.

216 : 3047

Some become renunciates, and bathe at sacred shrines of pilgrimage.

216 : 3048

Some sing tunes and melodies and songs.

216 : 3049

But I meditate on the Naam, the Name of the Fearless Lord. ||3||

216 : 3050

My Lord and Master has become merciful to me.

216 : 3051

I was a sinner, and I have been sanctified, taking to the Guru's Feet.

-- Raag Gauree – Part 066 --

Raag Gauree – Part 067

217 : 3052

Dispelling my doubts and fears, the Guru has rid me of hatred.

217 : 3053

The Guru has fulfilled the desires of my mind. ||4||

217 : 3054

One who has obtained the Name is wealthy.

217 : 3055

One who meditates on God is glorified.

217 : 3056

Sublime are all the actions of those who join the Saadh Sangat, the Company of the Holy.

217 : 3057

Servant Nanak is intuitively absorbed into the Lord. ||5||1||166||

217 : 3058

Gauree, Fifth Mehl, Maajh:

217 : 3059

Come to me, O my Beloved Lord.

217 : 3060

Night and day, with each and every breath, I think of You.

217 : 3061

O Saints, give Him this message; I fall at Your Feet.

217 : 3062

Without You, how can I be saved? ||1||

217 : 3063

In Your Company, I am in ecstasy.

217 : 3064

In the forest, the fields and the three worlds, there is peace and supreme bliss.

217 : 3065

My bed is beautiful, and my mind blossoms forth in ecstasy.

217 : 3066

Beholding the Blessed Vision of Your Darshan, I have found this peace. ||2||

217 : 3067

I wash Your Feet, and constantly serve You.

217 : 3068

O Divine Lord, I worship and adore You; I bow down before You.

217 : 3069

I am the slave of Your slaves; I chant Your Name.

217 : 3070

I offer this prayer to my Lord and Master. ||3||

217 : 3071

My desires are fulfilled, and my mind and body are rejuvenated.

217 : 3072

Beholding the Blessed Vision of the Lord's Darshan, all my pains have been taken away.

217 : 3073

Chanting and meditating on the Name of the Lord, Har, Har, I have been saved.

217 : 3074

Nanak endures this unendurable celestial bliss. ||4||2||167||

217 : 3075

Gauree Maajh, Fifth Mehl:

217 : 3076

Listen, listen, O my friend and companion, O Beloved of my mind:

217 : 3077

my mind and body are Yours. This life is a sacrifice to You as well.

217 : 3078

May I never forget God, the Support of the breath of life.

217 : 3079

I have come to Your Eternal Sanctuary. ||1||

217 : 3080

Meeting Him, my mind is revived, O Siblings of Destiny.

217 : 3081

By Guru's Grace, I have found the Lord, Har, Har.

217 : 3082

All things belong to God; all places belong to God.

217 : 3083

I am forever a sacrifice to God. ||2||

217 : 3084

Very fortunate are those who meditate on this treasure.

217 : 3085

They enshrine love for the Naam, the Name of the One Immaculate Lord.

217 : 3086

Finding the Perfect Guru, all suffering is dispelled.

217 : 3087

Twenty–four hours a day, I sing the Glories of God. ||3||

217 : 3088

Your Name is the treasure of jewels, Lord.

217 : 3089

You are the True Banker; Your devotee is the trader.

217 : 3090

True is the trade of those who have the wealth of the Lord's assets.

217 : 3091

Servant Nanak is forever a sacrifice. ||4||3||168||

217 : 3092

Raag Gauree Maajh, Fifth Mehl:

217 : 3093

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

217 : 3094

I am so proud of You, O Creator; I am so proud of You.

217 : 3095

Through Your Almighty Power, I dwell in peace. The True Word of the Shabad is my banner and insignia. ||1||Pause||

217 : 3096

He hears and knows everything, but he keeps silent.

217 : 3097

Bewitched by Maya, he never regains awareness. ||1||

217 : 3098

The riddles and hints are given, and he sees them with his eyes.

-- Raag Gauree – Part 067 --

Raag Gauree – Part 068

218 : 3099

But he is foolish and greedy, and he never listens to what he is told. ||2||

218 : 3100

Why bother to count one, two, three, four? The whole world is defrauded by the same enticements.

218 : 3101

Hardly anyone loves the Lord's Name; how rare is that place which is in bloom. ||3||

218 : 3102

The devotees look beautiful in the True Court; night and day, they are happy.

218 : 3103

They are imbued with the Love of the Transcendent Lord; servant Nanak is a sacrifice to them. ||4||1||169||

218 : 3104

Gauree, Fifth Mehl, Maajh:

218 : 3105

The Destroyer of sorrow is Your Name, Lord; the Destroyer of sorrow is Your Name.

218 : 3106

Twenty-four hours a day, dwell upon the wisdom of the Perfect True Guru. ||1||Pause||

218 : 3107

That heart, in which the Supreme Lord God abides, is the most beautiful place.

218 : 3108

The Messenger of Death does not even approach those who chant the Glorious Praises of the Lord with the tongue. ||1||

218 : 3109

I have not understood the wisdom of serving Him, nor have I worshipped Him in meditation.

218 : 3110

You are my Support, O Life of the World; O my Lord and Master, Inaccessible and Incomprehensible. ||2||

218 : 3111

When the Lord of the Universe became merciful, sorrow and suffering departed.

218 : 3112

The hot winds do not even touch those who are protected by the True Guru. ||3||

218 : 3113

The Guru is the All-pervading Lord, the Guru is the Merciful Master; the Guru is the True Creator Lord.

218 : 3114

When the Guru was totally satisfied, I obtained everything. Servant Nanak is forever a sacrifice to Him. ||4||2||170||

218 : 3115

Gauree Maajh, Fifth Mehl:

218 : 3116

The Lord, the Lord, Raam, Raam, Raam:

218 : 3117

meditating on Him, all affairs are resolved. ||1||Pause||

218 : 3118

Chanting the Name of the Lord of the Universe, one's mouth is sanctified.

218 : 3119

One who recites to me the Praises of the Lord is my friend and brother. ||1||

218 : 3120

All treasures, all rewards and all virtues are in the Lord of the Universe.

218 : 3121

Why forget Him from your mind? Remembering Him in meditation, pain departs. ||2||

218 : 3122

Grasping the hem of His robe, we live, and cross over the terrifying world–ocean.

218 : 3123

Joining the Saadh Sangat, the Company of the Holy, one is saved, and one's face becomes radiant in the Court of the Lord. ||3||

218 : 3124

The Praise of the Sustainer of the Universe is the essence of life, and the wealth of His Saints.

218 : 3125

Nanak is saved, chanting the Naam, the Name of the Lord; in the True Court, he is cheered and applauded. ||4||3||171||

218 : 3126

Gauree Maajh, Fifth Mehl:

218 : 3127

Sing the Sweet Praises of the Lord, O my soul, sing the Sweet Praises of the Lord.

218 : 3128

Attuned to the True One, even the homeless find a home. ||1||Pause||

218 : 3129

All other tastes are bland and insipid; through them, the body and mind are rendered insipid as well.

218 : 3130

Without the Transcendent Lord, what can anyone do? Cursed is his life, and cursed his reputation. ||1||

218 : 3131

Grasping the hem of the robe of the Holy Saint, we cross over the world–ocean.

218 : 3132

Worship and adore the Supreme Lord God, and all your family will be saved as well. ||2||

218 : 3133

He is a companion, a relative, and a good friend of mine, who implants the Lord's Name within my heart.

218 : 3134

He washes off all my demerits, and is so generous to me. ||3||

218 : 3135

Wealth, treasures, and household are all just ruins; the Lord's Feet are the only treasure.

218 : 3136

Nanak is a beggar standing at Your Door, God; he begs for Your charity. ||4||4||172||

-- Raag Gauree – Part 068 --

Raag Gauree – Part 069

219 : 3137

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

219 : 3138

Raag Gauree, Ninth Mehl

219 : 3139

: Holy Saadhus: forsake the pride of your mind.

219 : 3140

Sexual desire, anger and the company of evil people – run away from them, day and night.
||1||Pause||

219 : 3141

One who knows that pain and pleasure are both the same, and honor and dishonor as well,

219 : 3142

who remains detached from joy and sorrow, realizes the true essence in the world. ||1||

219 : 3143

Renounce both praise and blame; seek instead the state of Nirvaanaa.

219 : 3144

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

219 : 3145

Gauree, Ninth Mehl:

219 : 3146

Holy Saadhus: the Lord fashioned the creation.

219 : 3147

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

219 : 3148

The mortal beings are held in the power of sexual desire, anger and emotional attachment; they have forgotten the Lord, the Immortal Form.

219 : 3149

The body is false, but they believe it to be true; it is like a dream in the night. ||1||

219 : 3150

Whatever is seen, shall all pass away, like the shadow of a cloud.

219 : 3151

O servant Nanak, one who knows the world to be unreal, dwells in the Sanctuary of the Lord. ||2||2||

219 : 3152

Gauree, Ninth Mehl:

219 : 3153

The Praise of the Lord does not come to dwell in the minds of the mortal beings.

219 : 3154

Day and night, they remain engrossed in Maya. Tell me, how can they sing God's Glories? ||1||Pause||

219 : 3155

In this way, they bind themselves to children, friends, Maya and possessiveness.

219 : 3156

Like the deer's delusion, this world is false; and yet, beholding it, they chase after it. ||1||

219 : 3157

Our Lord and Master is the source of pleasures and liberation; and yet, the fool forgets Him.

219 : 3158

O servant Nanak, among millions, there is scarcely anyone who attains the Lord's meditation. ||2||3||

219 : 3159

Gauree, Ninth Mehl:

219 : 3160

Holy Saadhus: this mind cannot be restrained.

219 : 3161

Fickle desires dwell with it, and so it cannot remain steady. ||1||Pause||

219 : 3162

The heart is filled with anger and violence, which cause all sense to be forgotten.

219 : 3163

The jewel of spiritual wisdom has been taken away from everyone; nothing can withstand it. ||1||

219 : 3164

The Yogis have tried everything and failed; the virtuous have grown weary of singing God's Glories.

219 : 3165

O servant Nanak, when the Lord becomes merciful, then every effort is successful. ||2||4||

219 : 3166

Gauree, Ninth Mehl:

219 : 3167

Holy Saadhus: sing the Glorious Praises of the Lord of the Universe.

219 : 3168

You have obtained the priceless jewel of this human life; why are you uselessly wasting it?
||1||Pause||

219 : 3169

He is the Purifier of sinners, the Friend of the poor. Come, and enter the Lord's Sanctuary.

219 : 3170

Remembering Him, the elephant's fear was removed; so why do you forget Him? ||1||

219 : 3171

Renounce your egotistical pride and your emotional attachment to Maya; focus your consciousness on the Lord's meditation.

219 : 3172

Says Nanak, this is the path to liberation. Become Gurmukh, and attain it. ||2||5||

219 : 3173

Gauree, Ninth Mehl:

219 : 3174

O mother, if only someone would instruct my wayward mind.

-- Raag Gauree – Part 069 --

Raag Gauree – Part 070

220 : 3175

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||

220 : 3176

Having obtained this human body, so very difficult to obtain, it is now being uselessly wasted.

220 : 3177

Emotional attachment to Maya is such a treacherous wilderness, and yet, people are in love with it. ||1||

220 : 3178

Inwardly and outwardly, God is always with them, and yet, they do not enshrine Love for Him.

220 : 3179

O Nanak, know that those whose hearts are filled with the Lord are liberated. ||2||6||

220 : 3180

Gauree, Ninth Mehl:

220 : 3181

Holy Saadhus: rest and peace are in the Sanctuary of the Lord.

220 : 3182

This is the blessing of studying the Vedas and the Puraanas, that you may meditate on the Name of the Lord. ||1||Pause||

220 : 3183

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||

220 : 3184

Heaven and hell, ambrosial nectar and poison, gold and copper – these are all alike to them.

220 : 3185

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

220 : 3186

They are not bound by pleasure and pain – know that they are truly wise.

220 : 3187

O Nanak, recognize those mortal beings as liberated, who live this way of life. ||3||7||

220 : 3188

Gauree, Ninth Mehl:

220 : 3189

O mind, why have you gone crazy?

220 : 3190

Don't you know that your life is decreasing, day and night? Your life is made worthless with greed. ||1||Pause||

220 : 3191

That body, which you believe to be your own, and your beautiful home and spouse

220 : 3192

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

220 : 3193

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

220 : 3194

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

220 : 3195

Says Nanak, that man is happy, who sings the Glorious Praises of the Lord's Name.

220 : 3196

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

220 : 3197

Gauree, Ninth Mehl:

220 : 3198

You people are unconscious; you should be afraid of sin.

220 : 3199

Seek the Sanctuary of the Lord, Merciful to the meek, Destroyer of all fear. ||1||Pause||

220 : 3200

The Vedas and the Puraanas sing His Praises; enshrine His Name within your heart.

220 : 3201

Pure and sublime is the Name of the Lord in the world. Remembering it in meditation, all sinful mistakes shall be washed away. ||1||

220 : 3202

You shall not obtain this human body again; make the effort – try to achieve liberation!

220 : 3203

Says Nanak, sing of the Lord of compassion, and cross over the terrifying world–ocean. ||2||9||251||

220 : 3204

Raag Gauree, Ashtapadees, First Mehl: Gauree Gwaarayree:

220 : 3205

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

220 : 3206

The nine treasures and the miraculous spiritual powers come by contemplating the Immaculate Naam, the Name of the Lord.

220 : 3207

The Perfect Lord is All–pervading everywhere; He destroys the poison of Maya.

220 : 3208

I am rid of the three–phased Maya, dwelling in the Pure Lord.

-- Raag Gauree – Part 070 --

Raag Gauree – Part 071

221 : 3209

The Guru's Teachings are useful to my soul. ||1||

221 : 3210

Chanting the Lord's Name in this way, my mind is satisfied.

221 : 3211

I have obtained the ointment of spiritual wisdom, recognizing the Word of the Guru's Shabad. ||1||Pause||

221 : 3212

Blended with the One Lord, I enjoy intuitive peace.

221 : 3213

Through the Immaculate Bani of the Word, my doubts have been dispelled.

221 : 3214

Instead of the pale color of Maya, I am imbued with the deep crimson color of the Lord's Love.

221 : 3215

By the Lord's Glance of Grace, the poison has been eliminated. ||2||

221 : 3216

When I turned away, and became dead while yet alive, I was awakened.

221 : 3217

Chanting the Word of the Shabad, my mind is attached to the Lord.

221 : 3218

I have gathered in the Lord's sublime essence, and cast out the poison.

221 : 3219

Abiding in His Love, the fear of death has run away. ||3||

221 : 3220

My taste for pleasure ended, along with conflict and egotism.

221 : 3221

My consciousness is attuned to the Lord, by the Order of the Infinite.

221 : 3222

My pursuit for worldly pride and honour is over.

221 : 3223

When He blessed me with His Glance of Grace, peace was established in my soul. ||4||

221 : 3224

Without You, I see no friend at all.

221 : 3225

Whom should I serve? Unto whom should I dedicate my consciousness?

221 : 3226

Whom should I ask? At whose feet should I fall?

221 : 3227

By whose teachings will I remain absorbed in His Love? ||5||

221 : 3228

I serve the Guru, and I fall at the Guru's Feet.

221 : 3229

I worship Him, and I am absorbed in the Lord's Name.

221 : 3230

The Lord's Love is my instruction, sermon and food.

221 : 3231

Enjoined to the Lord's Command, I have entered the home of my inner self. ||6||

221 : 3232

With the extinction of pride, my soul has found peace and meditation.

221 : 3233

The Divine Light has dawned, and I am absorbed in the Light.

221 : 3234

Pre-ordained destiny cannot be erased; the Shabad is my banner and insignia.

221 : 3235

I know the Creator, the Creator of His Creation. ||7||

221 : 3236

I am not a learned Pandit, I am not clever or wise.

221 : 3237

I do not wander; I am not deluded by doubt.

221 : 3238

I do not speak empty speech; I have recognized the Hukam of His Command.

221 : 3239

Nanak is absorbed in intuitive peace through the Guru's Teachings. ||8||1||

221 : 3240

Gauree Gwaarayree, First Mehl:

221 : 3241

The mind is an elephant in the forest of the body.

221 : 3242

The Guru is the controlling stick; when the Insignia of the True Shabad is applied, one obtains honor in the Court of God the King. ||1||

221 : 3243

He cannot be known through clever tricks.

221 : 3244

Without subduing the mind, how can His value be estimated? ||1||Pause||

221 : 3245

In the house of the self is the Ambrosial Nectar, which is being stolen by the thieves.

221 : 3246

No one can say no to them.

221 : 3247

He Himself protects us, and blesses us with greatness. ||2||

221 : 3248

There are billions, countless billions of fires of desire at the seat of the mind.

221 : 3249

They are extinguished only with the water of understanding, imparted by the Guru.

221 : 3250

Offering my mind, I have attained it, and I joyfully sing His Glorious Praises. ||3||

221 : 3251

Just as He is within the home of the self, so is He beyond.

221 : 3252

But how can I describe Him, sitting in a cave?

221 : 3253

The Fearless Lord is in the oceans, just as He is in the mountains. ||4||

221 : 3254

Tell me, who can kill someone who is already dead?

221 : 3255

What does he fear? Who can frighten the fearless one?

221 : 3256

He recognizes the Word of the Shabad, throughout the three worlds. ||5||

221 : 3257

One who speaks, merely describes speech.

221 : 3258

But one who understands, intuitively realizes.

221 : 3259

Seeing and reflecting upon it, my mind surrenders. ||6||

221 : 3260

Praise, beauty and liberation are in the One Name.

221 : 3261

In it, the Immaculate Lord is permeating and pervading.

221 : 3262

He dwells in the home of the self, and in His own sublime place. ||7||

221 : 3263

The many silent sages lovingly praise Him.

-- Raag Gauree – Part 071 --

Raag Gauree – Part 072

222 : 3264

Their bodies and minds are purified, as they enshrine the True Lord in their consciousness.

222 : 3265

O Nanak, meditate on the Lord, each and every day. ||8||2||

222 : 3266

Gauree Gwaarayree, First Mehl:

222 : 3267

The mind does not die, so the job is not accomplished.

222 : 3268

The mind is under the power of the demons of evil intellect and duality.

222 : 3269

But when the mind surrenders, through the Guru, it becomes one. ||1||

222 : 3270

The Lord is without attributes; the attributes of virtue are under His control.

222 : 3271

One who eliminates selfishness contemplates Him. ||1||Pause||

222 : 3272

The deluded mind thinks of all sorts of corruption.

222 : 3273

When the mind is deluded, the load of wickedness falls on the head.

222 : 3274

But when the mind surrenders to the Lord, it realizes the One and Only Lord. ||2||

222 : 3275

The deluded mind enters the house of Maya.

222 : 3276

Engrossed in sexual desire, it does not remain steady.

222 : 3277

O mortal, lovingly vibrate the Lord's Name with your tongue. ||3||

222 : 3278

Elephants, horses, gold, children and spouses

222 : 3279

– in the anxious affairs of all these, people lose the game and depart.

222 : 3280

In the game of chess, their pieces do not reach their destination. ||4||

222 : 3281

They gather wealth, but only evil comes from it.

222 : 3282

Pleasure and pain stand in the doorway.

222 : 3283

Intuitive peace comes by meditating on the Lord, within the heart. ||5||

222 : 3284

When the Lord bestows His Glance of Grace, then He unites us in His Union.

222 : 3285

Through the Word of the Shabad, merits are gathered in, and demerits are burned away.

222 : 3286

The Gurmukh obtains the treasure of the Naam, the Name of the Lord. ||6||

222 : 3287

Without the Name, all live in pain.

222 : 3288

The consciousness of the foolish, self-willed manmukh is the dwelling place of Maya.

222 : 3289

The Gurmukh obtains spiritual wisdom, according to pre-ordained destiny. ||7||

222 : 3290

The fickle mind continuously runs after fleeting things.

222 : 3291

The Pure True Lord is not pleased by filth.

222 : 3292

O Nanak, the Gurmukh sings the Glorious Praises of the Lord. ||8||3||

222 : 3293

Gauree Gwaarayree, First Mehl:

222 : 3294

Acting in egotism, peace is not obtained.

222 : 3295

The intellect of the mind is false; only the Lord is True.

222 : 3296

All who love duality are ruined.

222 : 3297

People act as they are pre-ordained. ||1||

222 : 3298

I have seen the world to be such a gambler;

222 : 3299

all beg for peace, but they forget the Naam, the Name of the Lord. ||1||Pause||

222 : 3300

If the Unseen Lord could be seen, then He could be described.

222 : 3301

Without seeing Him, all descriptions are useless.

222 : 3302

The Gurmukh sees Him with intuitive ease.

222 : 3303

So serve the One Lord, with loving awareness. ||2||

222 : 3304

People beg for peace, but they receive severe pain.

222 : 3305

They are all weaving a wreath of corruption.

222 : 3306

You are false – without the One, there is no liberation.

222 : 3307

The Creator created the creation, and He watches over it. ||3||

222 : 3308

The fire of desire is quenched by the Word of the Shabad.

222 : 3309

Duality and doubt are automatically eliminated.

222 : 3310

Following the Guru's Teachings, the Naam abides in the heart.

222 : 3311

Through the True Word of His Bani, sing the Glorious Praises of the Lord. ||4||

222 : 3312

The True Lord abides within the body of that Gurmukh who enshrines love for Him.

222 : 3313

Without the Naam, none obtain their own place.

222 : 3314

The Beloved Lord King is dedicated to love.

222 : 3315

If He bestows His Glance of Grace, then we realize His Name. ||5||

222 : 3316

Emotional attachment to Maya is total entanglement.

222 : 3317

The self-willed manmukh is filthy, cursed and dreadful.

222 : 3318

Serving the True Guru, these entanglements are ended.

222 : 3319

In the Ambrosial Nectar of the Naam, you shall abide in lasting peace. ||6||

222 : 3320

The Gurmukhs understand the One Lord, and enshrine love for Him.

222 : 3321

They dwell in the home of their own inner beings, and merge in the True Lord.

222 : 3322

The cycle of birth and death is ended.

222 : 3323

This understanding is obtained from the Perfect Guru. ||7||

222 : 3324

Speaking the speech, there is no end to it.

-- Raag Gauree – Part 072 --

Raag Gauree – Part 073

223 : 3325

I have consulted the Guru, and I have seen that there is no other door than His.

223 : 3326

Pain and pleasure reside in the Pleasure of His Will and His Command.

223 : 3327

Nanak, the lowly, says embrace love for the Lord. ||8||4||

223 : 3328

Gauree, First Mehl:

223 : 3329

The duality of Maya dwells in the consciousness of the people of the world.

223 : 3330

They are destroyed by sexual desire, anger and egotism. ||1||

223 : 3331

Whom should I call the second, when there is only the One?

223 : 3332

The One Immaculate Lord is pervading among all. ||1||Pause||

223 : 3333

The dual-minded evil intellect speaks of a second.

223 : 3334

One who harbors duality comes and goes and dies. ||2||

223 : 3335

In the earth and in the sky, I do not see any second.

223 : 3336

Among all the women and the men, His Light is shining. ||3||

223 : 3337

In the lamps of the sun and the moon, I see His Light.

223 : 3338

Dwelling among all is my ever–youthful Beloved. ||4||

223 : 3339

In His Mercy, He attuned my consciousness to the Lord.

223 : 3340

The True Guru has led me to understand the One Lord. ||5||

223 : 3341

The Gurmukh knows the One Immaculate Lord.

223 : 3342

Subduing duality, one comes to realize the Word of the Shabad. ||6||

223 : 3343

The Command of the One Lord prevails throughout all the worlds.

223 : 3344

From the One, all have arisen. ||7||

223 : 3345

There are two routes, but remember that their Lord and Master is only One.

223 : 3346

Through the Word of the Guru's Shabad, recognize the Hukam of the Lord's Command. ||8||

223 : 3347

He is contained in all forms, colors and minds.

223 : 3348

Says Nanak, praise the One Lord. ||9||5||

223 : 3349

Gauree, First Mehl:

223 : 3350

Those who live a spiritual lifestyle – they alone are true.

223 : 3351

What can the false know about the secrets of liberation? ||1||

223 : 3352

Those who contemplate the Way are Yogis.

223 : 3353

They conquer the five thieves, and enshrine the True Lord in the heart. ||1||Pause||

223 : 3354

Those who enshrine the True Lord deep within,

223 : 3355

realize the value of the Way of Yoga. ||2||

223 : 3356

The sun and the moon are one and the same for them, as are household and wilderness.

223 : 3357

The karma of their daily practice is to praise the Lord. ||3||

223 : 3358

They beg for the alms of the one and only Shabad.

223 : 3359

They remain awake and aware in spiritual wisdom and meditation, and the true way of life.
||4||

223 : 3360

They remain absorbed in the fear of God; they never leave it.

223 : 3361

Who can estimate their value? They remain lovingly absorbed in the Lord. ||5||

223 : 3362

The Lord unites them with Himself, dispelling their doubts.

223 : 3363

By Guru's Grace, the supreme status is obtained. ||6||

223 : 3364

In the Guru's service is reflection upon the Shabad.

223 : 3365

Subduing ego, practice pure actions. ||7||

223 : 3366

Chanting, meditation, austere self–discipline and the reading of the Puraanas,

223 : 3367

says Nanak, are contained in surrender to the Unlimited Lord. ||8||6||

223 : 3368

Gauree, First Mehl:

223 : 3369

To practice forgiveness is the true fast, good conduct and contentment.

223 : 3370

Disease does not afflict me, nor does the pain of death.

223 : 3371

I am liberated, and absorbed into God, who has no form or feature. ||1||

223 : 3372

What fear does the Yogi have?

223 : 3373

The Lord is among the trees and the plants, within the household and outside as well.
||1||Pause||

223 : 3374

The Yogis meditate on the Fearless, Immaculate Lord.

223 : 3375

Night and day, they remain awake and aware, embracing love for the True Lord.

223 : 3376

Those Yogis are pleasing to my mind. ||2||

223 : 3377

The trap of death is burnt by the Fire of God.

223 : 3378

Old age, death and pride are conquered.

223 : 3379

They swim across, and save their ancestors as well. ||3||

223 : 3380

Those who serve the True Guru are the Yogis.

223 : 3381

Those who remain immersed in the Fear of God become fearless.

223 : 3382

They become just like the One they serve. ||4||

— Raag Gauree – Part 073 —

Raag Gauree – Part 074

224 : 3383

The Name makes a man pure and fearless.

224 : 3384

It makes the masterless become the master of all. I am a sacrifice to him.

224 : 3385

Such a person is not reincarnated again; he sings the Glories of God. ||5||

224 : 3386

Inwardly and outwardly, he knows the One Lord;

224 : 3387

through the Word of the Guru's Shabad, he realizes himself.

224 : 3388

He bears the Banner and Insignia of the True Shabad in the Lord's Court. ||6||

224 : 3389

One who dies in the Shabad abides in his own home within.

224 : 3390

He does not come or go in reincarnation, and his hopes are subdued.

224 : 3391

Through the Word of the Guru's Shabad, his heart-lotus blossoms forth. ||7||

224 : 3392

Whoever is seen, is driven by hope and despair,

224 : 3393

by sexual desire, anger, corruption, hunger and thirst.

224 : 3394

O Nanak, those detached recluses who meet the Lord are so very rare. ||8||7||

224 : 3395

Gauree, First Mehl:

224 : 3396

Meeting such a slave, peace is obtained.

224 : 3397

Pain is forgotten, when the True Lord is found. ||1||

224 : 3398

Beholding the blessed vision of his darshan, my understanding has become perfect.

224 : 3399

The cleansing baths at the sixty-eight sacred shrines of pilgrimage are in the dust of his feet. ||1||Pause||

224 : 3400

My eyes are contented with the constant love of the One Lord.

224 : 3401

My tongue is purified by the most sublime essence of the Lord. ||2||

224 : 3402

True are my actions, and deep within my being, I serve Him.

224 : 3403

My mind is satisfied by the Inscrutable, Mysterious Lord. ||3||

224 : 3404

Wherever I look, there I find the True Lord.

224 : 3405

Without understanding, the world argues in falsehood. ||4||

224 : 3406

When the Guru instructs, understanding is obtained.

224 : 3407

How rare is that Gurmukh who understands. ||5||

224 : 3408

Show Your Mercy, and save me, O Savior Lord!

224 : 3409

Without understanding, people become beasts and demons. ||6||

224 : 3410

The Guru has said that there is no other at all.

224 : 3411

So tell me, who should I see, and who should I worship? ||7||

224 : 3412

For the sake of the Saints, God has established the three worlds.

224 : 3413

One who understands his own soul, contemplates the essence of reality. ||8||

224 : 3414

One whose heart is filled with Truth and true love

224 : 3415

– prays Nanak, I am his servant. ||9||8||

224 : 3416

Gauree, First Mehl:

224 : 3417

Brahma acted in pride, and did not understand.

224 : 3418

Only when he was faced with the downfall of the Vedas did he repent.

224 : 3419

Remembering God in meditation, the mind is conciliated. ||1||

224 : 3420

Such is the horrible pride of the world.

224 : 3421

The Guru eliminates the pride of those who meet Him. ||1||Pause||

224 : 3422

Bal the King, in Maya and egotism,

224 : 3423

held his ceremonial feasts, but he was puffed up with pride.

224 : 3424

Without the Guru's advice, he had to go to the underworld. ||2||

224 : 3425

Hari Chand gave in charity, and earned public praise.

224 : 3426

But without the Guru, he did not find the limits of the Mysterious Lord.

224 : 3427

The Lord Himself misleads people, and He Himself imparts understanding. ||3||

224 : 3428

The evil-minded Harnaakhash committed evil deeds.

224 : 3429

God, the Lord of all, is the Destroyer of pride.

224 : 3430

He bestowed His Mercy, and saved Prahlada. ||4||

224 : 3431

Raawan was deluded, foolish and unwise.

224 : 3432

Sri Lanka was plundered, and he lost his head.

224 : 3433

He indulged in ego, and lacked the love of the True Guru. ||5||

224 : 3434

The Lord killed the thousand-armed Arjun, and the demons Madhu-keetab and Meh-khaasaa.

224 : 3435

He seized Harnaakhash and tore him apart with his nails.

224 : 3436

The demons were slain; they did not practice devotional worship. ||6||

224 : 3437

The demons Jaraa-sandh and Kaal-jamun were destroyed.

224 : 3438

Rakat-beej and Kaal-naym were annihilated.

224 : 3439

Slaying the demons, the Lord saved His Saints. ||7||

224 : 3440

He Himself, as the True Guru, contemplates the Shabad.

— Raag Gauree – Part 074 —

Raag Gauree – Part 075

225 : 3441

Because of the love of duality, God killed the demons.

225 : 3442

By their true devotion, the Gurmukhs have been saved. ||8||

225 : 3443

Sinking down, Durodhan lost his honor.

225 : 3444

He did not know the Creator Lord.

225 : 3445

One who makes the Lord's humble servant suffer, shall himself suffer and rot. ||9||

225 : 3446

Janameja did not know the Word of the Guru's Shabad.

225 : 3447

Deluded by doubt, how could he find peace?

225 : 3448

Making a mistake, for even an instant, you shall regret and repent later on. ||10||

225 : 3449

Kansa the King and his warriors Kays and Chandoor had no equals.

225 : 3450

But they did not remember the Lord, and they lost their honor.

225 : 3451

Without the Lord of the Universe, no one can be saved. ||11||

225 : 3452

Without the Guru, pride cannot be eradicated.

225 : 3453

Following the Guru's Teachings, one obtains Dharmic faith, composure and the Lord's Name.

225 : 3454

O Nanak, singing the Glories of God, His Name is received. ||12||9||

225 : 3455

Gauree, First Mehl:

225 : 3456

I may anoint my limbs with sandalwood oil.

225 : 3457

I may dress up and wear silk and satin clothes.

225 : 3458

But without the Lord's Name, where would I find peace? ||1||

225 : 3459

So what should I wear? In what clothes should I display myself?

225 : 3460

Without the Lord of the Universe, how can I find peace? ||1||Pause||

225 : 3461

I may wear ear-rings, and a pearl necklace around my neck;

225 : 3462

my bed may be adorned with red blankets, flowers and red powder;

225 : 3463

but without the Lord of the Universe, where can I search for peace? ||2||

225 : 3464

I may have a beautiful woman with fascinating eyes;

225 : 3465

she may decorate herself with the sixteen adornments, and make herself appear gorgeous.

225 : 3466

But without meditating on the Lord of the Universe, there is only continual suffering. ||3||

225 : 3467

In his hearth and home, in his palace, upon his soft and comfortable bed,

225 : 3468

day and night, the flower-girls scatter flower petals;

225 : 3469

but without the Lord's Name, the body is miserable. ||4||

225 : 3470

Horses, elephants, lances, marching bands,

225 : 3471

armies, standard bearers, royal attendants and ostentatious displays

225 : 3472

– without the Lord of the Universe, these undertakings are all useless. ||5||

225 : 3473

He may be called a Siddha, a man of spiritual perfection, and he may summon riches and supernatural powers;

225 : 3474

he may place a crown upon his head, and carry a royal umbrella;

225 : 3475

but without the Lord of the Universe, where can Truth be found? ||6||

225 : 3476

He may be called an emperor, a lord, and a king;

225 : 3477

he may give orders – "Do this now, do this then" – but this is a false display.

225 : 3478

Without the Word of the Guru's Shabad, his works are not accomplished. ||7||

225 : 3479

Egotism and possessiveness are dispelled by the Word of the Guru's Shabad.

225 : 3480

With the Guru's Teachings in my heart, I have come to know the Lord.

225 : 3481

Prays Nanak, I seek Your Sanctuary. ||8||10||

225 : 3482

Gauree, First Mehl:

225 : 3483

Those who serve the One Lord, do not know any other.

225 : 3484

They abandon the bitter worldly conflicts.

225 : 3485

Through love and truth, they meet the Truest of the True. ||1||

225 : 3486

Such are the humble devotees of the Lord.

225 : 3487

They sing the Glorious Praises of the Lord, and their pollution is washed away. ||1||Pause||

225 : 3488

The heart–lotus of the entire universe is upside–down.

225 : 3489

The fire of evil–mindedness is burning up the world.

225 : 3490

They alone are saved, who contemplate the Word of the Guru's Shabad. ||2||

225 : 3491

The bumble bee, the moth, the elephant, the fish

225 : 3492

and the deer – all suffer for their actions, and die.

225 : 3493

Trapped by desire, they cannot see reality. ||3||

225 : 3494

The lover of women is obsessed with sex.

225 : 3495

All the wicked are ruined by their anger.

225 : 3496

Honor and good sense are lost, when one forgets the Naam, the Name of the Lord. ||4||

-- Raag Gauree – Part 075 --

Raag Gauree – Part 076

226 : 3497

The self-willed manmukh is lured by another man's wife.

226 : 3498

The noose is around his neck, and he is entangled in petty conflicts.

226 : 3499

The Gurmukh is emancipated, singing the Glorious Praises of the Lord. ||5||

226 : 3500

The lonely widow gives her body to a stranger;

226 : 3501

she allows her mind to be controlled by others for lust or money

226 : 3502

, but without her husband, she is never satisfied. ||6||

226 : 3503

You may read, recite and study the scriptures, the Simritees, Vedas and Puraanas;

226 : 3504

but without being imbued with the Lord's essence, the mind wanders endlessly. ||7||

226 : 3505

As the rainbird thirsts longingly for the drop of rain,

226 : 3506

and as the fish delights in the water,

226 : 3507

Nanak is satisfied by the sublime essence of the Lord. ||8||11||

226 : 3508

Gauree, First Mehl:

226 : 3509

One who dies in stubbornness shall not be approved,

226 : 3510

even though he may wear religious robes and smear his body all over with ashes.

226 : 3511

Forgetting the Naam, the Name of the Lord, he comes to regret and repent in the end. ||1||

226 : 3512

Believe in the Dear Lord, and you shall find peace of mind.

226 : 3513

Forgetting the Naam, you shall have to endure the pain of death. ||1||Pause||

226 : 3514

The smell of musk, sandalwood and camphor,

226 : 3515

and the intoxication of Maya, takes one far away from the state of supreme dignity.

226 : 3516

Forgetting the Naam, one becomes the most false of all the false. ||2||

226 : 3517

Lances and swords, marching bands, thrones and the salutes of others

226 : 3518

only increase his desire; he is engrossed in sexual desire.

226 : 3519

Without seeking the Lord, neither devotional worship nor the Naam are obtained. ||3||

226 : 3520

Union with God is not obtained by arguments and egotism.

226 : 3521

But by offering your mind, the comfort of the Naam is obtained.

226 : 3522

In the love of duality and ignorance, you shall suffer. ||4||

226 : 3523

Without money, you cannot buy anything in the store.

226 : 3524

Without a boat, you cannot cross over the ocean.

226 : 3525

Without serving the Guru, everything is lost. ||5||

226 : 3526

Waaho! Waaho! – Hail, hail, to the one who shows us the Way.

226 : 3527

Waaho! Waaho! – Hail, hail, to the one who teaches the Word of the Shabad.

226 : 3528

Waaho! Waaho! – Hail, hail, to the one who unites me in the Lord's Union. ||6||

226 : 3529

Waaho! Waaho! – Hail, hail, to the one who is the Keeper of this soul.

226 : 3530

Through the Word of the Guru's Shabad, contemplate this Ambrosial Nectar.

226 : 3531

The Glorious Greatness of the Naam is bestowed according to the Pleasure of Your Will.
||7||

226 : 3532

Without the Naam, how can I live, O mother?

226 : 3533

Night and day, I chant it; I remain in the Protection of Your Sanctuary.

226 : 3534

O Nanak, attuned to the Naam, honor is attained. ||8||12||

226 : 3535

Gauree, First Mehl:

226 : 3536

Acting in egotism, the Lord is not known, even by wearing religious robes.

226 : 3537

How rare is that Gurmukh, who surrenders his mind in devotional worship. ||1||

226 : 3538

By actions done in egotism, selfishness and conceit, the True Lord is not obtained.

226 : 3539

But when egotism departs, then the state of supreme dignity is obtained. ||1||Pause||

226 : 3540

The kings act in egotism, and undertake all sorts of expeditions.

226 : 3541

But through their egotism, they are ruined; they die, only to be reborn over and over again.
||2||

226 : 3542

Egotism is overcome only by contemplating the Word of the Guru's Shabad.

226 : 3543

One who restrains his fickle mind subdues the five passions. ||3||

226 : 3544

With the True Lord deep within the self, the Celestial Mansion is intuitively found.

226 : 3545

Understanding the Sovereign Lord, the state of supreme dignity is obtained. ||4||

226 : 3546

The Guru dispels the doubts of those whose actions are true.

226 : 3547

They focus their attention on the Home of the Fearless Lord. ||5||

226 : 3548

Those who act in egotism, selfishness and conceit die; what do they gain?

226 : 3549

Those who meet the Perfect Guru are rid of all conflicts. ||6||

226 : 3550

Whatever exists, is in reality nothing.

226 : 3551

Obtaining spiritual wisdom from the Guru, I sing the Glories of God. ||7||

-- Raag Gauree – Part 076 --

Raag Gauree – Part 077

227 : 3552

Egotism binds people in bondage, and causes them to wander around lost.

227 : 3553

O Nanak, peace is obtained through devotional worship of the Lord. ||8||13||

227 : 3554

Gauree, First Mehl:

227 : 3555

First, Brahma entered the house of Death.

227 : 3556

Brahma entered the lotus, and searched the nether regions, but he did not find the end of it.

227 : 3557

He did not accept the Lord's Order – he was deluded by doubt. ||1||

227 : 3558

Whoever is created, shall be destroyed by Death.

227 : 3559

But I am protected by the Lord; I contemplate the Word of the Guru's Shabad. ||1||Pause||

227 : 3560

All the gods and goddesses are enticed by Maya.

227 : 3561

Death cannot be avoided, without serving the Guru.

227 : 3562

That Lord is Imperishable, Invisible and Inscrutable. ||2||

227 : 3563

The sultans, emperors and kings shall not remain.

227 : 3564

Forgetting the Name, they shall endure the pain of death.

227 : 3565

My only Support is the Naam, the Name of the Lord; as He keeps me, I survive. ||3||

227 : 3566

The leaders and kings shall not remain.

227 : 3567

The bankers shall die, after accumulating their wealth and money.

227 : 3568

Grant me, O Lord, the wealth of Your Ambrosial Naam. ||4||

227 : 3569

The people, rulers, leaders and chiefs

227 : 3570

– none of them shall be able to remain in the world.

227 : 3571

Death is inevitable; it strikes the heads of the false. ||5||

227 : 3572

Only the One Lord, the Truest of the True, is permanent.

227 : 3573

He who created and fashioned everything, shall destroy it.

227 : 3574

One who becomes Gurmukh and meditates on the Lord is honored. ||6||

227 : 3575

The Qazis, Shaykhs and Fakeers in religious robes

227 : 3576

call themselves great; but through their egotism, their bodies are suffering in pain.

227 : 3577

Death does not spare them, without the Support of the True Guru. ||7||

227 : 3578

The trap of Death is hanging over their tongues and eyes.

227 : 3579

Death is over their ears, when they hear talk of evil.

227 : 3580

Without the Shabad, they are plundered, day and night. ||8||

227 : 3581

Death cannot touch those whose hearts are filled with the True Name of the Lord, and who sing the Glories of God.

227 : 3582

O Nanak, the Gurmukh is absorbed in the Word of the Shabad. ||9||14||

227 : 3583

Gauree, First Mehl:

227 : 3584

They speak the Truth – not an iota of falsehood.

227 : 3585

The Gurmukhs walk in the Way of the Lord's Command.

227 : 3586

They remain unattached, in the Sanctuary of the True Lord. ||1||

227 : 3587

They dwell in their true home, and Death does not touch them.

227 : 3588

The self-willed manmukhs come and go, in the pain of emotional attachment. ||1||Pause||

227 : 3589

So, drink deeply of this Nectar, and speak the Unspoken Speech.

227 : 3590

Dwelling in the home of your own being within, you shall find the home of intuitive peace.

227 : 3591

One who is imbued with the Lord's sublime essence, is said to experience this peace. ||2||

227 : 3592

Following the Guru's Teachings, one becomes perfectly stable, and never wavers.

227 : 3593

Following the Guru's Teachings, one intuitively chants the Name of the True Lord.

227 : 3594

Drinking in this Ambrosial Nectar, and churning it, the essential reality is discerned. ||3||

227 : 3595

Beholding the True Guru, I have received His Teachings.

227 : 3596

I have offered my mind and body, after searching deep within my own being.

227 : 3597

I have come to realize the value of understanding my own soul. ||4||

227 : 3598

The Naam, the Name of the Immaculate Lord, is the most excellent and sublime food.

227 : 3599

The pure swan–souls see the True Light of the Infinite Lord.

227 : 3600

Wherever I look, I see the One and Only Lord. ||5||

227 : 3601

One who remains pure and unblemished and practices only true deeds,

227 : 3602

obtains the supreme status, serving at the Guru's Feet.

227 : 3603

The mind is reconciliated with the mind, and the ego's wandering ways come to an end. ||6||

227 : 3604

In this way, who – who has not been saved?

227 : 3605

The Lord's Praises have saved His Saints and devotees.

-- Raag Gauree – Part 077 --

Raag Gauree – Part 078

228 : 3606

I have found God – I am not searching for any other. ||7||

228 : 3607

The Guru has shown me the unseen Mansion of the True Lord.

228 : 3608

His Mansion is eternal and unchanging; it is not a mere reflection of Maya.

228 : 3609

Through truth and contentment, doubt is dispelled. ||8||

228 : 3610

That person, within whose mind the True Lord dwells

228 : 3611

– in his company, one becomes Gurmukh.

228 : 3612

O Nanak, the True Name washes off the pollution. ||9||15||

228 : 3613

Gauree, First Mehl:

228 : 3614

One whose consciousness is permeated with the Lord's Name

228 : 3615

– receive the blessing of his darshan in the early light of dawn. ||1||

228 : 3616

If you do not meditate on the Lord, it is your own misfortune.

228 : 3617

In each and every age, the Great Giver is my Lord God. ||1||Pause||

228 : 3618

Following the Guru's Teachings, the perfect humble beings meditate on the Lord.

228 : 3619

Within their hearts, the unstruck melody vibrates. ||2||

228 : 3620

Those who worship the Lord and love the Lord

228 : 3621

– showering His Mercy, God protects them. ||3||

228 : 3622

Those whose hearts are filled with the Lord, Har, Har

228 : 3623

– gazing upon the blessed vision of their darshan, peace is obtained. ||4||

228 : 3624

Among all beings, the One Lord is pervading.

228 : 3625

The egotistical, self-willed manmukhs wander in reincarnation. ||5||

228 : 3626

They alone understand, who have found the True Guru.

228 : 3627

Subduing their ego, they receive the Word of the Guru's Shabad. ||6||

228 : 3628

How can anyone know of the Union between the being below and the Supreme Being above?

228 : 3629

The Gurmukhs obtain this Union; their minds are reconciliated. ||7||

228 : 3630

I am a worthless sinner, without merit. What merit do I have?

228 : 3631

When God showers His Mercy, servant Nanak is emancipated. ||8||16||

228 : 3632

Sixteen Ashtapadees Of Gwaarayree Gauree||

228 : 3633

Gauree Bairaagan, First Mehl:

228 : 3634

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

228 : 3635

As the dairy farmer watches over and protects his cows, so does the Lord cherish and protect us, night and day. He blesses the soul with peace. ||1||

228 : 3636

Please protect me here and hereafter, O Lord, Merciful to the meek.

228 : 3637

I seek Your Sanctuary; please bless me with Your Glance of Grace. ||1||Pause||

228 : 3638

Wherever I look, there You are. Save me, O Savior Lord!

228 : 3639

You are the Giver, and You are the Enjoyer; You are the Support of the breath of life. ||2||

228 : 3640

According to the karma of past actions, people descend to the depths or rise to the heights, unless they contemplate spiritual wisdom.

228 : 3641

Without the Praises of the Lord of the Universe, the darkness is not dispelled. ||3||

228 : 3642

I have seen the world being destroyed by greed and egotism.

228 : 3643

Only by serving the Guru is God obtained, and the true gate of liberation found. ||4||

228 : 3644

The Mansion of the Infinite Lord's Presence is within the home of one's own being. He is beyond any boundaries.

228 : 3645

Without the Word of the Shabad, nothing shall endure. Through understanding, peace is obtained. ||5||

228 : 3646

What have you brought, and what will you take away, when you are caught by the noose of Death?

228 : 3647

Like the bucket tied to the rope in the well, you are pulled up to the Akaashic Ethers, and then lowered down to the nether regions of the underworld. ||6||

228 : 3648

Follow the Guru's Teachings, and do not forget the Naam, the Name of the Lord; you shall automatically obtain honor.

228 : 3649

Deep within the self is the treasure of the Shabad; it is obtained only by eradicating selfishness and conceit. ||7||

228 : 3650

When God bestows His Glance of Grace, people settle in the Lap of the Virtuous Lord.

228 : 3651

O Nanak, this Union cannot be broken; the true profit is obtained. ||8||1||17||

— Raag Gauree – Part 078 —

Raag Gauree – Part 079

229 : 3652

Gauree, First Mehl:

229 : 3653

By Guru's Grace, one comes to understand, and then, the account is settled.

229 : 3654

In each and every heart is the Name of the Immaculate Lord; He is my Lord and Master.
||1||

229 : 3655

Without the Word of the Guru's Shabad, no one is emancipated. See this, and reflect upon it.

229 : 3656

Even though you may perform hundreds of thousands of rituals, without the Guru, there is only darkness. ||1||Pause||

229 : 3657

What can you say, to one who is blind and without wisdom?

229 : 3658

Without the Guru, the Path cannot be seen. How can anyone proceed? ||2||

229 : 3659

He calls the counterfeit genuine, and does not know the value of the genuine.

229 : 3660

The blind man is known as an appraiser; this Dark Age of Kali Yuga is so strange! ||3||

229 : 3661

The sleeper is said to be awake, and those who are awake are like sleepers.

229 : 3662

The living are said to be dead, and no one mourns for those who have died. ||4||

229 : 3663

One who is coming is said to be going, and one who is gone is said to have come.

229 : 3664

That which belongs to others, he calls his own, but he has no liking for that which is his. ||5||

229 : 3665

That which is sweet is said to be bitter, and the bitter is said to be sweet.

229 : 3666

One who is imbued with the Lord's Love is slandered – his is what I have seen in this Dark Age of Kali Yuga. ||6||

229 : 3667

He serves the maid, and does not see his Lord and Master.

229 : 3668

Churning the water in the pond, no butter is produced. ||7||

229 : 3669

One who understands the meaning of this verse is my Guru.

229 : 3670

O Nanak, one who knows his own self, is infinite and incomparable. ||8||

229 : 3671

He Himself is All-pervading; He Himself misleads the people.

229 : 3672

By Guru's Grace, one comes to understand, that God is contained in all. ||9||2||18||

229 : 3673

Raag Gauree Gwaarayree, Third Mehl, Ashtapadees:

229 : 3674

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

229 : 3675

The pollution of the mind is the love of duality.

229 : 3676

Deluded by doubt, people come and go in reincarnation. ||1||

229 : 3677

The pollution of the self-willed manmukhs will never go away,

229 : 3678

as long as they do not dwell on the Shabad, and the Name of the Lord. ||1||Pause||

229 : 3679

All the created beings are contaminated by emotional attachment;

229 : 3680

they die and are reborn, only to die over and over again. ||2||

229 : 3681

Fire, air and water are polluted.

229 : 3682

The food which is eaten is polluted. ||3||

229 : 3683

The actions of those who do not worship the Lord are polluted.

229 : 3684

Attuned to the Naam, the Name of the Lord, the mind becomes immaculate. ||4||

229 : 3685

Serving the True Guru, pollution is eradicated,

229 : 3686

and then, one does not suffer death and rebirth, or get devoured by death. ||5||

229 : 3687

You may study and examine the Shaastras and the Simritees,

229 : 3688

but without the Name, no one is liberated. ||6||

229 : 3689

Throughout the four ages, the Naam is the ultimate; reflect upon the Word of the Shabad.

229 : 3690

In this Dark Age of Kali Yuga, only the Gurmukhs cross over. ||7||

229 : 3691

The True Lord does not die; He does not come or go.

229 : 3692

O Nanak, the Gurmukh remains absorbed in the Lord. ||8||1||

229 : 3693

Gauree, Third Mehl:

229 : 3694

Selfless service is the support of the breath of life of the Gurmukh.

229 : 3695

Keep the Dear Lord enshrined in your heart.

229 : 3696

The Gurmukh is honored in the Court of the True Lord. ||1||

229 : 3697

O Pandit, O religious scholar, read about the Lord, and renounce your corrupt ways.

229 : 3698

The Gurmukh crosses over the terrifying world–ocean. ||1||Pause||

— Raag Gauree – Part 079 —

Raag Gauree – Part 080

230 : 3699

The Gurmukh eradicates egotism from within.

230 : 3700

No filth sticks to the Gurmukh.

230 : 3701

The Naam, the Name of the Lord, comes to dwell within the mind of the Gurmukh. ||2||

230 : 3702

Through karma and Dharma, good actions and righteous faith, the Gurmukh becomes true.

230 : 3703

The Gurmukh burns away egotism and duality.

230 : 3704

The Gurmukh is attuned to the Naam, and is at peace. ||3||

230 : 3705

Instruct your own mind, and understand Him.

230 : 3706

You may preach to other people, but no one will listen.

230 : 3707

The Gurmukh understands, and is always at peace. ||4||

230 : 3708

The self-willed manmukhs are such clever hypocrites.

230 : 3709

No matter what they do, it is not acceptable.

230 : 3710

They come and go in reincarnation, and find no place of rest. ||5||

230 : 3711

The manmukhs perform their rituals, but they are totally selfish and conceited.

230 : 3712

They sit there, like storks, pretending to meditate.

230 : 3713

Caught by the Messenger of Death, they shall regret and repent in the end. ||6||

230 : 3714

Without serving the True Guru, liberation is not obtained.

230 : 3715

By Guru's Grace, one meets the Lord.

230 : 3716

The Guru is the Great Giver, throughout the four ages. ||7||

230 : 3717

For the Gurmukh, the Naam is social status, honor and glorious greatness.

230 : 3718

Maya, the daughter of the ocean, has been slain.

230 : 3719

O Nanak, without the Name, all clever tricks are false. ||8||2||

230 : 3720

Gauree, Third Mehl:

230 : 3721

Learn the Dharma of this age, O Siblings of Destiny;

230 : 3722

all understanding is obtained from the Perfect Guru.

230 : 3723

Here and hereafter, the Lord's Name is our Companion. ||1||

230 : 3724

Learn of the Lord, and contemplate Him in your mind.

230 : 3725

By Guru's Grace, your filth shall be washed away. ||1||Pause||

230 : 3726

Through argument and debate, He cannot be found.

230 : 3727

The mind and body are made insipid through the love of duality.

230 : 3728

Through the Word of the Guru's Shabad, lovingly attune yourself to the True Lord. ||2||

230 : 3729

This world is polluted with egotism.

230 : 3730

By taking cleansing baths daily at sacred shrines of pilgrimage, egotism is not eliminated.

230 : 3731

Without meeting the Guru, they are tortured by Death. ||3||

230 : 3732

Those humble beings are true, who conquer their ego.

230 : 3733

Through the Word of the Guru's Shabad, they conquer the five thieves.

230 : 3734

They save themselves, and save all their generations as well. ||4||

230 : 3735

The Actor has staged the drama of emotional attachment to Maya.

230 : 3736

The self-willed manmukhs cling blindly to it.

230 : 3737

The Gurmukhs remain detached, and lovingly attune themselves to the Lord. ||5||

230 : 3738

The disguisers put on their various disguises.

230 : 3739

Desire rages within them, and they carry on egotistically.

230 : 3740

They do not understand themselves, and they lose the game of life. ||6||

230 : 3741

Putting on religious robes, they act so clever,

230 : 3742

but they are totally deluded by doubt and emotional attachment to Maya.

230 : 3743

Without serving the Guru, they suffer in terrible pain. ||7||

230 : 3744

Those who are attuned to the Naam, the Name of the Lord, remain detached forever.

230 : 3745

Even as householders, they lovingly attune themselves to the True Lord.

230 : 3746

O Nanak, those who serve the True Guru are blessed and very fortunate. ||8||3||

230 : 3747

Gauree, Third Mehl:

230 : 3748

Brahma is the founder of the study of the Vedas.

230 : 3749

From him emanated the gods, enticed by desire.

230 : 3750

They wander in the three qualities, and they do not dwell within their own home. ||1||

230 : 3751

The Lord has saved me; I have met the True Guru.

230 : 3752

He has implanted devotional worship of the Lord's Name, night and day. ||1||Pause||

230 : 3753

The songs of Brahma entangle people in the three qualities.

230 : 3754

Reading about the debates and disputes, they are hit over the head by the Messenger of Death.

-- Raag Gauree – Part 080 --

Raag Gauree – Part 081

231 : 3755

They do not understand the essence of reality, and they gather their worthless bundles of straw. ||2||

231 : 3756

The self-willed manmukhs, in ignorance, take the path of evil.

231 : 3757

They forget the Lord's Name, and in its place, they establish all sorts of rituals.

231 : 3758

They drown in the terrifying world-ocean, in the love of duality. ||3||

231 : 3759

Driven crazy, infatuated by Maya, they call themselves Pandits – religious scholars;

231 : 3760

stained with corruption, they suffer terrible pain.

231 : 3761

The noose of the Messenger of Death is around their necks; they are constantly tormented by death. ||4||

231 : 3762

The Messenger of Death does not even approach the Gurmukhs.

231 : 3763

Through the Word of the Shabad, they burn away their ego and duality.

231 : 3764

Attuned to the Name, they sing the Glorious Praises of the Lord. ||5||

231 : 3765

Maya is the slave of the Lord's devotees; it works for them.

231 : 3766

One who falls at their feet attains the Mansion of the Lord's Presence.

231 : 3767

He is forever immaculate; he is absorbed in intuitive peace. ||6||

231 : 3768

Those who listen to the Lord's Sermon are seen to be the wealthy people in this world.

231 : 3769

Everyone bows down to them, and adores them, night and day.

231 : 3770

They intuitively savor the Glories of the True Lord within their minds. ||7||

231 : 3771

The Perfect True Guru has revealed the Shabad;

231 : 3772

it eradicates the three qualities, and attunes the consciousness to the fourth state.

231 : 3773

O Nanak, subduing egotism, one is absorbed into God. ||8||4||

231 : 3774

Gauree, Third Mehl:

231 : 3775

Brahma studied the Vedas, but these lead only to debates and disputes.

231 : 3776

He is filled with darkness; he does not understand himself.

231 : 3777

And yet, if he chants the Word of the Guru's Shabad, he finds God. ||1||

231 : 3778

So serve the Guru, and you shall not be consumed by death.

231 : 3779

The self-willed manmukhs have been consumed by the love of duality. ||1||Pause||

231 : 3780

Becoming Gurmukh, the sinful mortals are purified.

231 : 3781

Through the Word of the Guru's Shabad, they find intuitive peace and poise deep within.

231 : 3782

I have found my God, through the Guru's Shabad, and I have been reformed. ||2||

231 : 3783

God Himself unites us in Union with the True Guru,

231 : 3784

when we become pleasing to the Mind of my True God.

231 : 3785

They sing the Glorious Praises of the Lord, in the poise of celestial peace. ||3||

231 : 3786

Without the True Guru, they are deluded by doubt.

231 : 3787

The blind, self-willed manmukhs constantly eat poison.

231 : 3788

They are beaten by the Messenger of Death with his rod, and they suffer in constant pain.
||4||

231 : 3789

The Messenger of Death does not catch sight of those who enter the Sanctuary of the Lord.

231 : 3790

Subduing egotism, they lovingly center their consciousness on the True Lord.

231 : 3791

They keep their consciousness constantly focused on the Lord's Name. ||5||

231 : 3792

Those humble beings who serve the True Guru are pure and immaculate.

231 : 3793

Merging their minds into the Mind, they conquer the entire world.

231 : 3794

In this way, you too shall find happiness, O my friend. ||6||

231 : 3795

Those who serve the True Guru are blessed with fruitful rewards.

231 : 3796

The Naam, the Name of the Lord, abides in their hearts; selfishness and conceit depart from within them.

231 : 3797

The unstruck melody of the Shabad vibrates for them. ||7||

231 : 3798

Who – who has not been purified by the True Guru, O my Siblings of Destiny?

231 : 3799

The devotees are purified, and honored in His Court.

231 : 3800

O Nanak, greatness is in the Lord's Name. ||8||5||

231 : 3801

Gauree, Third Mehl:

231 : 3802

Those who speak of the three qualities – their doubts do not depart.

231 : 3803

Their bonds are not broken, and they do not obtain liberation.

231 : 3804

The True Guru is the Bestower of liberation in this age. ||1||

231 : 3805

Those mortals who become Gurmukh give up their doubts.

231 : 3806

The celestial music wells up, when they lovingly attune their consciousness to the Lord.
||1||Pause||

231 : 3807

Those who are controlled by the three qualities have death hovering over their heads.

— Raag Gauree – Part 081 —

Raag Gauree – Part 082

232 : 3808

They do not remember the Name of the Creator Lord.

232 : 3809

They die, and are reborn, over and over, again and again. ||2||

232 : 3810

Those whose guru is spiritually blind – their doubts are not dispelled.

232 : 3811

Abandoning the Source of all, they have become attached to the love of duality.

232 : 3812

Infected with poison, they are immersed in poison. ||3||

232 : 3813

Believing Maya to be the source of all, they wander in doubt.

232 : 3814

They have forgotten the Dear Lord, and they are in love with duality.

232 : 3815

The supreme status is obtained only by those who are blessed with His Glance of Grace.
||4||

232 : 3816

One who has Truth pervading within, radiates Truth outwardly as well.

232 : 3817

The Truth does not remain hidden, even though one may try to hide it.

232 : 3818

The spiritually wise know this intuitively. ||5||

232 : 3819

The Gurmukhs keep their consciousness lovingly centered on the Lord.

232 : 3820

Ego and Maya are burned away by the Word of the Shabad.

232 : 3821

My True God unites them in His Union. ||6||

232 : 3822

The True Guru, The Giver, preaches the Shabad.

232 : 3823

He controls, and restrains, and holds still the wandering mind.

232 : 3824

Understanding is obtained through the Perfect Guru. ||7||

232 : 3825

The Creator Himself has created the universe; He Himself shall destroy it.

232 : 3826

Without Him, there is no other at all.

232 : 3827

O Nanak, how rare are those who, as Gurmukh, understand this! ||8||6||

232 : 3828

Gauree, Third Mehl:

232 : 3829

The Gurmukhs obtain the Naam, the Priceless Name of the Lord.

232 : 3830

They serve the Name, and through the Name, they are absorbed in intuitive peace and poise.

232 : 3831

With their tongues, they continually sing the Ambrosial Naam.

232 : 3832

They obtain the Lord's Name; the Lord showers His Mercy upon them. ||1||

232 : 3833

Night and day, within your heart, meditate on the Lord of the Universe.

232 : 3834

The Gurmukhs obtain the supreme state of peace. ||1||Pause||

232 : 3835

Peace comes to fill the hearts of those

232 : 3836

who, as Gurmukh, sing of the True Lord, the treasure of excellence.

232 : 3837

They become the constant slaves of the slaves of the Lord's slaves.

232 : 3838

Within their households and families, they remain always detached. ||2||

232 : 3839

How rare are those who, as Gurmukh, become Jivan Mukta – liberated while yet alive.

232 : 3840

They alone obtain the supreme treasure.

232 : 3841

Eradicating the three qualities, they become pure.

232 : 3842

They are intuitively absorbed in the True Lord God. ||3||

232 : 3843

Emotional attachment to family does not exist,

232 : 3844

when the True Lord abides within the heart.

232 : 3845

The mind of the Gurmukh is pierced through and held steady.

232 : 3846

One who recognizes the Hukam of the Lord's Command understands the True Lord. ||4||

232 : 3847

You are the Creator Lord – there is no other for me.

232 : 3848

I serve You, and through You, I obtain honor.

232 : 3849

God showers His Mercy, and I sing His Praises.

232 : 3850

The light of the jewel of the Naam permeates the entire world. ||5||

232 : 3851

To the Gurmukhs, the Word of God's Bani seems so sweet.

232 : 3852

Deep within, their hearts blossom forth; night and day, they lovingly center themselves on the Lord.

232 : 3853

The True Lord is intuitively obtained, by His Grace.

232 : 3854

The True Guru is obtained by the destiny of perfect good fortune. ||6||

232 : 3855

Egotism, possessiveness, evil-mindedness and suffering depart,

232 : 3856

when the Lord's Name, the Ocean of Virtue, comes to dwell within the heart.

232 : 3857

The intellect of the Gurmukhs is awakened, and they praise God,

232 : 3858

when the Lord's Lotus Feet come to dwell within the heart. ||7||

232 : 3859

They alone receive the Naam, unto whom it is given.

232 : 3860

The Gurmukhs shed their ego, and merge with the Lord.

232 : 3861

The True Name abides within their hearts.

232 : 3862

O Nanak, they are intuitively absorbed in the True Lord. ||8||7||

232 : 3863

Gauree, Third Mehl:

232 : 3864

The mind has intuitively healed itself, through the Fear of God.

— Raag Gauree – Part 082 —

Raag Gauree – Part 083

233 : 3865

The mind is attuned to the Word of the Shabad; it is lovingly attuned to the Lord.

233 : 3866

It abides within its own home, in harmony with the Lord's Will. ||1||

233 : 3867

Serving the True Guru, egotistical pride departs,

233 : 3868

and the Lord of the Universe, the Treasure of Excellence, is obtained. ||1||Pause||

233 : 3869

The mind becomes detached and free of desire, when it experiences the Fear of God, through the Shabad.

233 : 3870

My Immaculate God is pervading and contained among all.

233 : 3871

By Guru's Grace, one is united in His Union. ||2||

233 : 3872

The slave of the Lord's slave attains peace.

233 : 3873

My Lord God is found in this way.

233 : 3874

By the Grace of the Lord, one comes to sing the Glorious Praises of the Lord. ||3||

233 : 3875

Cursed is that long life, during which love for the Lord's Name is not enshrined.

233 : 3876

Cursed is that comfortable bed which lures one into the darkness of attachment to sexual desire.

233 : 3877

Fruitful is the birth of that person who takes the Support of the Naam, the Name of the Lord. ||4||

233 : 3878

Cursed, cursed is that home and family, in which the love of the Lord is not embraced.

233 : 3879

He alone is my friend, who sings the Glorious Praises of the Lord.

233 : 3880

Without the Lord's Name, there is no other for me. ||5||

233 : 3881

From the True Guru, I have obtained salvation and honor.

233 : 3882

I have meditated on the Name of the Lord, and all my sufferings have been erased.

233 : 3883

I am in constant bliss, lovingly attuned to the Lord's Name. ||6||

233 : 3884

Meeting the Guru, I came to understand my body.

233 : 3885

The fires of ego and desire have been totally quenched.

233 : 3886

Anger has been dispelled, and I have grasped hold of tolerance. ||7||

233 : 3887

The Lord Himself showers His Mercy, and bestows the Naam.

233 : 3888

How rare is that Gurmukh, who receives the jewel of the Naam.

233 : 3889

O Nanak, sing the Glorious Praises of the Lord, the Unknowable, the Incomprehensible.
||8||8||

233 : 3890

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

233 : 3891

Raag Gauree Bairaagan, Third Mehl:

233 : 3892

Those who turn their faces away from the True Guru, are seen to be unfaithful and evil.

233 : 3893

They shall be bound and beaten night and day; they shall not have this opportunity again.
||1||

233 : 3894

O Lord, please shower Your Mercy upon me, and save me!

233 : 3895

O Lord God, please lead me to meet the Sat Sangat, the True Congregation, that I may dwell upon the Glorious Praises of the Lord within my heart. ||1||Pause||

233 : 3896

Those devotees are pleasing to the Lord, who as Gurmukh, walk in harmony with the Way of the Lord's Will.

233 : 3897

Subduing their selfishness and conceit, and performing selfless service, they remain dead while yet alive. ||2||

233 : 3898

The body and the breath of life belong to the One – perform the greatest service to Him.

233 : 3899

Why forget Him from your mind? Keep the Lord enshrined in your heart. ||3||

233 : 3900

Receiving the Naam, the Name of the Lord, one obtains honor; believing in the Naam, one is at peace.

233 : 3901

The Naam is obtained from the True Guru; by His Grace, God is found. ||4||

233 : 3902

They turn their faces away from the True Guru; they continue to wander aimlessly.

233 : 3903

They are not accepted by the earth or the sky; they fall into manure, and rot. ||5||

233 : 3904

This world is deluded by doubt – it has taken the drug of emotional attachment.

233 : 3905

Maya does not draw near those who have met with the True Guru. ||6||

233 : 3906

Those who serve the True Guru are very beautiful; they cast off the filth of selfishness and conceit.

— Raag Gauree – Part 083 —

Raag Gauree – Part 084

234 : 3907

Those who are attuned to the Shabad are immaculate and pure. They walk in harmony with the Will of the True Guru. ||7||

234 : 3908

O Lord God, You are the One and Only Giver; You forgive us, and unite us with Yourself.

234 : 3909

Servant Nanak seeks Your Sanctuary; if it is Your Will, please save him! ||8||1||9||

234 : 3910

Raag Gauree Poorbee, Fourth Mehl, Karhalay:

234 : 3911

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

234 : 3912

O my wandering mind, you are like a camel – how will you meet the Lord, your Mother?

234 : 3913

When I found the Guru, by the destiny of perfect good fortune, my Beloved came and embraced me. ||1||

234 : 3914

O camel-like mind, meditate on the True Guru, the Primal Being. ||1||Pause||

234 : 3915

O camel-like mind, contemplate the Lord, and meditate on the Lord's Name.

234 : 3916

When you are called to answer for your account, the Lord Himself shall release you. ||2||

234 : 3917

O camel-like mind, you were once very pure; the filth of egotism has now attached itself to you.

234 : 3918

Your Beloved Husband is now manifest before you in your own home, but you are separated from Him, and you suffer such pain! ||3||

234 : 3919

O my beloved camel-like mind, search for the Lord within your own heart.

234 : 3920

He cannot be found by any device; the Guru will show you the Lord within your heart. ||4||

234 : 3921

O my beloved camel-like mind, day and night, lovingly attune yourself to the Lord.

234 : 3922

Return to your own home, and find the palace of love; meet the Guru, and meet the Lord. ||5||

234 : 3923

O camel-like mind, you are my friend; abandon hypocrisy and greed.

234 : 3924

The hypocritical and the greedy are struck down; the Messenger of Death punishes them with his club. ||6||

234 : 3925

O camel-like mind, you are my breath of life; rid yourself of the pollution of hypocrisy and doubt.

234 : 3926

The Perfect Guru is the Ambrosial Pool of the Lord's Nectar; join the Holy Congregation, and wash away this pollution. ||7||

234 : 3927

O my dear beloved camel-like mind, listen only to the Teachings of the Guru.

234 : 3928

This emotional attachment to Maya is so pervasive. Ultimately, nothing shall go along with anyone. ||8||

234 : 3929

O camel-like mind, my good friend, take the supplies of the Lord's Name, and obtain honor.

234 : 3930

In the Court of the Lord, you shall be robed with honor, and the Lord Himself shall embrace you. ||9||

234 : 3931

O camel-like mind, one who surrenders to the Guru becomes Gurmukh, and works for the Lord.

234 : 3932

Offer your prayers to the Guru; O servant Nanak, He shall unite you with the Lord. ||10||1||

234 : 3933

Gauree, Fourth Mehl:

234 : 3934

O contemplative camel-like mind, contemplate and look carefully.

234 : 3935

The forest-dwellers have grown weary of wandering in the forests; following the Guru's Teachings, see your Husband Lord within your heart. ||1||

234 : 3936

O camel-like mind, dwell upon the Guru and the Lord of the Universe. ||1||Pause||

234 : 3937

O camel-like contemplative mind, the self-willed manmukhs are caught in the great net.

234 : 3938

The mortal who becomes Gurmukh is liberated, dwelling upon the Name of the Lord, Har, Har. ||2||

234 : 3939

O my dear beloved camel-like mind, seek the Sat Sangat, the True Congregation, and the True Guru.

234 : 3940

Joining the Sat Sangat, meditate on the Lord, and the Lord, Har, Har, shall go along with you. ||3||

234 : 3941

O very fortunate camel-like mind, with one Glance of Grace from the Lord, you shall be enraptured.

— Raag Gauree – Part 084 —

Raag Gauree – Part 085

235 : 3942

If the Lord Himself saves you, then you shall be saved. Dwell upon the Feet of the True Guru. ||4||

235 : 3943

O my dear beloved camel-like mind, dwell upon the Divine Light within the body.

235 : 3944

The Guru has shown me the nine treasures of the Naam. The Merciful Lord has bestowed this gift. ||5||

235 : 3945

O camel-like mind, you are so fickle; give up your cleverness and corruption.

235 : 3946

Dwell upon the Name of the Lord, Har, Har; at the very last moment, the Lord shall liberate you. ||6||

235 : 3947

O camel-like mind, you are so very fortunate; dwell upon the jewel of spiritual wisdom.

235 : 3948

You hold in your hands the sword of the Guru's spiritual wisdom; with this destroyer of death, kill the Messenger of Death. ||7||

235 : 3949

The treasure is deep within, O camel-like mind, but you wander around outside in doubt, searching for it.

235 : 3950

Meeting the Perfect Guru, the Primal Being, you shall discover that the Lord, your Best Friend, is with you. ||8||

235 : 3951

You are engrossed in pleasures, O camel-like mind; dwell upon the Lord's lasting love instead!

235 : 3952

The color of the Lord's Love never fades away; serve the Guru, and dwell upon the Word of the Shabad. ||9||

235 : 3953

We are birds, O camel-like mind; the Lord, the Immortal Primal Being, is the tree.

235 : 3954

The Gurmukhs are very fortunate – they find it. O servant Nanak, dwell upon the Naam, the Name of the Lord. ||10||2||

235 : 3955

Raag Gauree Gwaarayree, Fifth Mehl, Ashtapadees:

235 : 3956

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

235 : 3957

When this mind is filled with pride,

235 : 3958

then it wanders around like a madman and a lunatic.

235 : 3959

But when it becomes the dust of all,

235 : 3960

then it recognizes the Lord in each and every heart. ||1||

235 : 3961

The fruit of humility is intuitive peace and pleasure.

235 : 3962

My True Guru has given me this gift. ||1||Pause||

235 : 3963

When he believes others to be bad,

235 : 3964

then everyone lays traps for him.

235 : 3965

But when he stops thinking in terms of 'mine' and 'yours',

235 : 3966

then no one is angry with him. ||2||

235 : 3967

When he clings to 'my own, my own',

235 : 3968

then he is in deep trouble.

235 : 3969

But when he recognizes the Creator Lord,

235 : 3970

then he is free of torment. ||3||

235 : 3971

When he entangles himself in emotional attachment,

235 : 3972

he comes and goes in reincarnation, under the constant gaze of Death.

235 : 3973

But when all his doubts are removed,

235 : 3974

then there is no difference between him and the Supreme Lord God. ||4||

235 : 3975

When he perceives differences,

235 : 3976

then he suffers pain, punishment and sorrow.

235 : 3977

But when he recognizes the One and Only Lord,

235 : 3978

he understands everything. ||5||

235 : 3979

When he runs around for the sake of Maya and riches,

235 : 3980

he is not satisfied, and his desires are not quenched.

235 : 3981

But when he runs away from Maya,

235 : 3982

then the Goddess of Wealth gets up and follows him. ||6||

235 : 3983

When, by His Grace, the True Guru is met,

235 : 3984

the lamp is lit within the temple of the mind.

235 : 3985

When he realizes what victory and defeat really are,

235 : 3986

then he comes to appreciate the true value of his own home. ||7||

— Raag Gauree – Part 085 —

Raag Gauree – Part 086

236 : 3987

The One Lord is the Creator of all things, the Cause of causes.

236 : 3988

He Himself is wisdom, contemplation and discerning understanding.

236 : 3989

He is not far away; He is near at hand, with all.

236 : 3990

So praise the True One, O Nanak, with love! ||8||1||

236 : 3991

Gauree, Fifth Mehl:

236 : 3992

Serving the Guru, one is committed to the Naam, the Name of the Lord.

236 : 3993

It is received only by those who have such good destiny inscribed upon their foreheads.

236 : 3994

The Lord dwells within their hearts.

236 : 3995

Their minds and bodies become peaceful and stable. ||1||

236 : 3996

O my mind, sing such Praises of the Lord,

236 : 3997

which shall be of use to you here and hereafter. ||1||Pause||

236 : 3998

Meditating on Him, fear and misfortune depart,

236 : 3999

and the wandering mind is held steady.

236 : 4000

Meditating on Him, suffering shall never again overtake you.

236 : 4001

Meditating on Him, this ego runs away. ||2||

236 : 4002

Meditating on Him, the five passions are overcome.

236 : 4003

Meditating on Him, Ambrosial Nectar is collected in the heart.

236 : 4004

Meditating on Him, this desire is quenched.

236 : 4005

Meditating on Him, one is approved in the Court of the Lord. ||3||

236 : 4006

Meditating on Him, millions of mistakes are erased.

236 : 4007

Meditating on Him, one becomes Holy, blessed by the Lord.

236 : 4008

Meditating on Him, the mind is cooled and soothed.

236 : 4009

Meditating on Him, all filth is washed away. ||4||

236 : 4010

Meditating on Him, the jewel of the Lord is obtained.

236 : 4011

One is reconciled with the Lord, and shall not abandon Him again.

236 : 4012

Meditating on Him, many acquire a home in the heavens.

236 : 4013

Meditating on Him, one abides in intuitive peace. ||5||

236 : 4014

Meditating on Him, one is not affected by this fire.

236 : 4015

Meditating on Him, one is not under the gaze of Death.

236 : 4016

Meditating on Him, your forehead shall be immaculate.

236 : 4017

Meditating on Him, all pains are destroyed. ||6||

236 : 4018

Meditating on Him, no difficulties are encountered.

236 : 4019

Meditating on Him, one hears the unstruck melody.

236 : 4020

Meditating on Him, one acquires this pure reputation.

236 : 4021

Meditating on Him, the heart–lotus is turned upright. ||7||

236 : 4022

The Guru has bestowed His Glance of Grace upon all,

236 : 4023

within whose hearts the Lord has implanted His Mantra.

236 : 4024

The unbroken Kirtan of the Lord's Praises is their food and nourishment.

236 : 4025

Says Nanak, they have the Perfect True Guru. ||8||2||

236 : 4026

Gauree, Fifth Mehl:

236 : 4027

Those who implant the Word of the Guru's Shabad within their hearts

236 : 4028

cut their connections with the five passions.

236 : 4029

They keep the ten organs under their control;

236 : 4030

their souls are enlightened. ||1||

236 : 4031

They alone acquire such stability,

236 : 4032

whom God blesses with His Mercy and Grace. ||1||Pause||

236 : 4033

Friend and foe are one and the same to them.

236 : 4034

Whatever they speak is wisdom.

236 : 4035

Whatever they hear is the Naam, the Name of the Lord.

236 : 4036

Whatever they see is meditation. ||2||

236 : 4037

They awaken in peace and poise; they sleep in peace and poise.

236 : 4038

That which is meant to be, automatically happens.

236 : 4039

In peace and poise, they remain detached; in peace and poise, they laugh.

236 : 4040

In peace and poise, they remain silent; in peace and poise, they chant. ||3||

236 : 4041

In peace and poise they eat; in peace and poise they love.

236 : 4042

The illusion of duality is easily and totally removed.

236 : 4043

They naturally join the Saadh Sangat, the Society of the Holy.

236 : 4044

In peace and poise, they meet and merge with the Supreme Lord God. ||4||

236 : 4045

They are at peace in their homes, and they are at peace while detached.

-- Raag Gauree – Part 086 --

Raag Gauree – Part 087

237 : 4046

In peace, their bodies' duality is eliminated.

237 : 4047

Bliss comes naturally to their minds.

237 : 4048

They meet the Lord, the Embodiment of Supreme Bliss. ||5||

237 : 4049

In peaceful poise, they drink in the Ambrosial Nectar of the Naam, the Name of the Lord.

237 : 4050

In peace and poise, they give to the poor.

237 : 4051

Their souls naturally delight in the Lord's Sermon.

237 : 4052

The Imperishable Lord abides with them. ||6||

237 : 4053

In peace and poise, they assume the unchanging position.

237 : 4054

In peace and poise, the unstruck vibration of the Shabad resounds.

237 : 4055

In peace and poise, the celestial bells resound.

237 : 4056

Within their homes, the Supreme Lord God is pervading. ||7||

237 : 4057

With intuitive ease, they meet the Lord, according to their karma.

237 : 4058

With intuitive ease, they meet with the Guru, in the true Dharma.

237 : 4059

Those who know, attain the poise of intuitive peace.

237 : 4060

Slave Nanak is a sacrifice to them. ||8||3||

237 : 4061

Gauree, Fifth Mehl:

237 : 4062

First, they come forth from the womb.

237 : 4063

They become attached to their children, spouses and families.

237 : 4064

The foods of various sorts and appearances will surely pass away, O wretched mortal! ||1||

237 : 4065

What is that place which never perishes?

237 : 4066

What is that Word by which the dirt of the mind is removed? ||1||Pause||

237 : 4067

In the Realm of Indra, death is sure and certain.

237 : 4068

The Realm of Brahma shall not remain permanent.

237 : 4069

The Realm of Shiva shall also perish.

237 : 4070

The three dispositions, Maya and the demons shall vanish. ||2||

237 : 4071

The mountains, the trees, the earth, the sky and the stars;

237 : 4072

the sun, the moon, the wind, water and fire;

237 : 4073

day and night, fasting days and their determination;

237 : 4074

the Shaastras, the Simritees and the Vedas shall pass away. ||3||

237 : 4075

The sacred shrines of pilgrimage, gods, temples and holy books;

237 : 4076

rosaries, ceremonial tilak marks on the forehead, meditative people, the pure, and the performers of burnt offerings;

237 : 4077

wearing loin cloths, bowing in reverence and the enjoyment of sacred foods

237 : 4078

– all these, and all people, shall pass away. ||4||

237 : 4079

Social classes, races, Muslims and Hindus;

237 : 4080

beasts, birds and the many varieties of beings and creatures;

237 : 4081

the entire world and the visible universe

237 : 4082

– all forms of existence shall pass away. ||5||

237 : 4083

Through the Praises of the Lord, devotional worship, spiritual wisdom and the essence of reality,

237 : 4084

eternal bliss and the imperishable true place are obtained.

237 : 4085

There, in the Saadh Sangat, the Company of the Holy, the Lord's Glorious Praises are sung with love.

237 : 4086

There, in the city of fearlessness, He dwells forever. ||6||

237 : 4087

There is no fear, doubt, suffering or anxiety there;

237 : 4088

there is no coming or going, and no death there.

237 : 4089

There is eternal bliss, and the unstruck celestial music there.

237 : 4090

The devotees dwell there, with the Kirtan of the Lord's Praises as their support. ||7||

237 : 4091

There is no end or limitation to the Supreme Lord God.

237 : 4092

Who can embrace His contemplation?

237 : 4093

Says Nanak, when the Lord showers His Mercy,

237 : 4094

the imperishable home is obtained; in the Saadh Sangat, you shall be saved. ||8||4||

237 : 4095

Gauree, Fifth Mehl:

237 : 4096

One who kills this is a spiritual hero.

237 : 4097

One who kills this is perfect.

237 : 4098

One who kills this obtains glorious greatness.

237 : 4099

One who kills this is freed of suffering. ||1||

237 : 4100

How rare is such a person, who kills and casts off duality.

237 : 4101

Killing it, he attains Raja Yoga, the Yoga of meditation and success. ||1||Pause||

— Raag Gauree – Part 087 —

Raag Gauree – Part 088

238 : 4102

One who kills this has no fear.

238 : 4103

One who kills this is absorbed in the Naam.

238 : 4104

One who kills this has his desires quenched.

238 : 4105

One who kills this is approved in the Court of the Lord. ||2||

238 : 4106

One who kills this is wealthy and prosperous.

238 : 4107

One who kills this is honorable.

238 : 4108

One who kills this is truly a celibate.

238 : 4109

One who kills this attains salvation. ||3||

238 : 4110

One who kills this – his coming is auspicious.

238 : 4111

One who kills this is steady and wealthy.

238 : 4112

One who kills this is very fortunate.

238 : 4113

One who kills this remains awake and aware, night and day. ||4||

238 : 4114

One who kills this is Jivan Mukta, liberated while yet alive.

238 : 4115

One who kills this lives a pure lifestyle.

238 : 4116

One who kills this is spiritually wise.

238 : 4117

One who kills this meditates intuitively. ||5||

238 : 4118

Without killing this, one is not acceptable, even though one may perform millions of rituals, chants and austerities.

238 : 4119

Without killing this, one does not escape the cycle of reincarnation.

238 : 4120

Without killing this, one does not escape death. ||6||

238 : 4121

Without killing this, one does not obtain spiritual wisdom.

238 : 4122

Without killing this, one's impurity is not washed off.

238 : 4123

Without killing this, everything is filthy.

238 : 4124

Without killing this, everything is a losing game. ||7||

238 : 4125

When the Lord, the Treasure of Mercy, bestows His Mercy,

238 : 4126

one obtains release, and attains total perfection.

238 : 4127

One whose duality has been killed by the Guru,

238 : 4128

says Nanak, contemplates God. ||8||5||

238 : 4129

Gauree, Fifth Mehl:

238 : 4130

When someone attaches himself to the Lord, then everyone is his friend.

238 : 4131

When someone attaches himself to the Lord, then his consciousness is steady.

238 : 4132

When someone attaches himself to the Lord, he is not afflicted by worries.

238 : 4133

When someone attaches himself to the Lord, he is emancipated. ||1||

238 : 4134

O my mind, unite yourself with the Lord.

238 : 4135

Nothing else is of any use to you. ||1||Pause||

238 : 4136

The great and powerful people of the world

238 : 4137

are of no use, you fool!

238 : 4138

The Lord's slave may be born of humble origins,

238 : 4139

but in his company, you shall be saved in an instant. ||2||

238 : 4140

Hearing the Naam, the Name of the Lord, is equal to millions of cleansing baths.

238 : 4141

Meditating on it is equal to millions of worship ceremonies.

238 : 4142

Hearing the Word of the Lord's Bani is equal to giving millions in alms.

238 : 4143

To know the way, through the Guru, is equal to millions of rewards. ||3||

238 : 4144

Within your mind, over and over again, think of Him,

238 : 4145

and your love of Maya shall depart.

238 : 4146

The Imperishable Lord is always with you.

238 : 4147

O my mind, immerse yourself in the Love of the Lord. ||4||

238 : 4148

Working for Him, all hunger departs.

238 : 4149

Working for Him, the Messenger of Death will not be watching you.

238 : 4150

Working for Him, you shall obtain glorious greatness.

238 : 4151

Working for Him, you shall become immortal. ||5||

238 : 4152

His servant does not suffer punishment.

238 : 4153

His servant suffers no loss.

238 : 4154

In His Court, His servant does not have to answer for his account.

238 : 4155

So serve Him with distinction. ||6||

238 : 4156

He is not lacking in anything.

238 : 4157

He Himself is One, although He appears in so many forms.

238 : 4158

By His Glance of Grace, you shall be happy forever.

238 : 4159

So work for Him, O my mind. ||7||

238 : 4160

No one is clever, and no one is foolish.

238 : 4161

No one is weak, and no one is a hero.

-- Raag Gauree – Part 088 --

Raag Gauree – Part 089

239 : 4162

As the Lord attaches someone, so is he attached.

239 : 4163

He alone is the Lord's servant, O Nanak, who is so blessed. ||8||6||

239 : 4164

Gauree, Fifth Mehl:

239 : 4165

Without meditating in remembrance on the Lord, one's life is like that of a snake.

239 : 4166

This is how the faithless cynic lives, forgetting the Naam, the Name of the Lord. ||1||

239 : 4167

One who lives in meditative remembrance, even for an instant,

239 : 4168

lives for hundreds of thousands and millions of days, and becomes stable forever.
||1||Pause||

239 : 4169

Without meditating in remembrance on the Lord, one's actions and works are cursed.

239 : 4170

Like the crow's beak, he dwells in manure. ||2||

239 : 4171

Without meditating in remembrance on the Lord, one acts like a dog.

239 : 4172

The faithless cynic is nameless, like the prostitute's son. ||3||

239 : 4173

Without meditating in remembrance on the Lord, one is like a horned ram.

239 : 4174

The faithless cynic barks out his lies, and his face is blackened. ||4||

239 : 4175

Without meditating in remembrance on the Lord, one is like a donkey.

239 : 4176

The faithless cynic wanders around in polluted places. ||5||

239 : 4177

Without meditating in remembrance on the Lord, one is like a mad dog.

239 : 4178

The greedy, faithless cynic falls into entanglements. ||6||

239 : 4179

Without meditating in remembrance on the Lord, he murders his own soul.

239 : 4180

The faithless cynic is wretched, without family or social standing. ||7||

239 : 4181

When the Lord becomes merciful, one joins the Sat Sangat, the True Congregation.

239 : 4182

Says Nanak, the Guru has saved the world. ||8||7||

239 : 4183

Gauree, Fifth Mehl:

239 : 4184

Through the Guru's Word, I have attained the supreme status.

239 : 4185

The Perfect Guru has preserved my honor. ||1||

239 : 4186

Through the Guru's Word, I meditate on the Name.

239 : 4187

By Guru's Grace, I have obtained a place of rest. ||1||Pause||

239 : 4188

I listen to the Guru's Word, and chant it with my tongue.

239 : 4189

By Guru's Grace, my speech is like nectar. ||2||

239 : 4190

Through the Guru's Word, my selfishness and conceit have been removed.

239 : 4191

Through the Guru's kindness, I have obtained glorious greatness. ||3||

239 : 4192

Through the Guru's Word, my doubts have been removed.

239 : 4193

Through the Guru's Word, I see God everywhere. ||4||

239 : 4194

Through the Guru's Word, I practice Raja Yoga, the Yoga of meditation and success.

239 : 4195

In the Company of the Guru, all the people of the world are saved. ||5||

239 : 4196

Through the Guru's Word, my affairs are resolved.

239 : 4197

Through the Guru's Word, I have obtained the nine treasures. ||6||

239 : 4198

Whoever places his hopes in my Guru,

239 : 4199

has the noose of death cut away. ||7||

239 : 4200

Through the Guru's Word, my good karma has been awakened.

239 : 4201

O Nanak, meeting with the Guru, I have found the Supreme Lord God. ||8||8||

239 : 4202

Gauree, Fifth Mehl:

239 : 4203

I remember the Guru with each and every breath.

239 : 4204

The Guru is my breath of life, the True Guru is my wealth. ||1||Pause||

239 : 4205

Beholding the Blessed Vision of the Guru's Darshan, I live.

239 : 4206

I wash the Guru's Feet, and drink in this water. ||1||

239 : 4207

I take my daily bath in the dust of the Guru's Feet.

239 : 4208

The egotistical filth of countless incarnations is washed off. ||2||

239 : 4209

I wave the fan over the Guru.

239 : 4210

Giving me His Hand, He has saved me from the great fire. ||3||

239 : 4211

I carry water for the Guru's household;

239 : 4212

from the Guru, I have learned the Way of the One Lord. ||4||

239 : 4213

I grind the corn for the Guru's household.

239 : 4214

By His Grace, all my enemies have become friends. ||5||

--- Raag Gauree – Part 089 ---

Raag Gauree – Part 090

240 : 4215

The Guru who gave me my soul,

240 : 4216

has Himself purchased me, and made me His slave. ||6||

240 : 4217

He Himself has blessed me with His Love.

240 : 4218

Forever and ever, I humbly bow to the Guru. ||7||

240 : 4219

My troubles, conflicts, fears, doubts and pains have been dispelled;

240 : 4220

says Nanak, my Guru is All-powerful. ||8||9||

240 : 4221

Gauree, Fifth Mehl:

240 : 4222

Meet me, O my Lord of the Universe. Please bless me with Your Name.

240 : 4223

Without the Naam, the Name of the Lord, cursed, cursed is love and intimacy. ||1||Pause||

240 : 4224

Without the Naam, one who dresses and eats well

240 : 4225

is like a dog, who falls in and eats impure foods. ||1||

240 : 4226

Without the Naam, all occupations are useless, like decorations on a dead body. ||2||

240 : 4227

One who forgets the Naam and indulges in pleasures,

240 : 4228

shall find no peace, even in dreams; his body shall become diseased. ||3||

240 : 4229

One who renounces the Naam and engages in other occupations,

240 : 4230

shall see all of his false pretenses fall away. ||4||

240 : 4231

One whose mind does not embrace love for the Naam

240 : 4232

shall go to hell, even though he may perform millions of ceremonial rituals. ||5||

240 : 4233

One whose mind does not contemplate the Name of the Lord

240 : 4234

is bound like a thief, in the City of Death. ||6||

240 : 4235

Hundreds of thousands of ostentatious shows and great expanses

240 : 4236

– without the Naam, all these displays are false. ||7||

240 : 4237

That humble being repeats the Name of the Lord,

240 : 4238

O Nanak, whom the Lord blesses with His Mercy. ||8||10||

240 : 4239

Gauree, Fifth Mehl:

240 : 4240

My mind longs for that Friend, who shall stand by me in the beginning, in the middle and in the end. ||1||

240 : 4241

The Lord's Love goes with us forever.

240 : 4242

The Perfect and Merciful Lord cherishes all. ||1||Pause||

240 : 4243

He shall never perish, and He shall never abandon me.

240 : 4244

Wherever I look, there I see Him pervading and permeating. ||2||

240 : 4245

He is Beautiful, All-knowing, the most Clever, the Giver of life.

240 : 4246

God is my Brother, Son, Father and Mother. ||3||

240 : 4247

He is the Support of the breath of life; He is my Wealth.

240 : 4248

Abiding within my heart, He inspires me to enshrine love for Him. ||4||

240 : 4249

The Lord of the World has cut away the noose of Maya.

240 : 4250

He has made me His own, blessing me with His Glance of Grace. ||5||

240 : 4251

Remembering, remembering Him in meditation, all diseases are healed.

240 : 4252

Meditating on His Feet, all comforts are enjoyed. ||6||

240 : 4253

The Perfect Primal Lord is Ever-fresh and Ever-young.

240 : 4254

The Lord is with me, inwardly and outwardly, as my Protector. ||7||

240 : 4255

Says Nanak, that devotee who realizes the state of the Lord, Har, Har, is blessed with the treasure of the Naam. ||8||11||

240 : 4256

Raag Gauree Maajh, Fifth Mehl:

240 : 4257

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

240 : 4258

Countless are those who wander around searching for You, but they do not find Your limits.

240 : 4259

They alone are Your devotees, who are blessed by Your Grace. ||1||

240 : 4260

I am a sacrifice, I am a sacrifice to You. ||1||Pause||

240 : 4261

Continually hearing of the terrifying path, I am so afraid.

240 : 4262

I have sought the Protection of the Saints; please, save me! ||2||

— Raag Gauree – Part 090 —

Raag Gauree – Part 091

241 : 4263

The Fascinating and Beauteous Beloved is the Giver of support to all.

241 : 4264

I bow low and fall at the Feet of the Guru; if only I could see the Lord! ||3||

241 : 4265

I have made many friends, but I am a sacrifice to the One alone.

241 : 4266

No one has all virtues; the Lord alone is filled to overflowing with them. ||4||

241 : 4267

His Name is chanted in the four directions; those who chant it are embellished with peace.

241 : 4268

I seek Your Protection; Nanak is a sacrifice to You. ||5||

241 : 4269

The Guru reached out to me, and gave me His Arm; He lifted me up, out of the pit of emotional attachment.

241 : 4270

I have won the incomparable life, and I shall not lose it again. ||6||

241 : 4271

I have obtained the treasure of all; His Speech is unspoken and subtle.

241 : 4272

In the Court of the Lord, I am honored and glorified; I swing my arms in joy. ||7||

241 : 4273

Servant Nanak has received the invaluable and incomparable jewel.

241 : 4274

Serving the Guru, I cross over the terrifying world–ocean; I proclaim this loudly to all.
||8||12||

241 : 4275

Gauree, Fifth Mehl:

241 : 4276

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

241 : 4277

Dye yourself in the color of the Lord's Love.

241 : 4278

Chant the Name of the One Lord with your tongue, and ask for Him alone. ||1||Pause||

241 : 4279

Renounce your ego, and dwell upon the spiritual wisdom of the Guru.

241 : 4280

Those who have such pre–ordained destiny, join the Sangat, the Holy Congregation. ||1||

241 : 4281

Whatever you see, shall not go with you.

241 : 4282

The foolish, faithless cynics are attached – they waste away and die. ||2||

241 : 4283

The Name of the Fascinating Lord is all-pervading forever.

241 : 4284

Among millions, how rare is that Gurmukh who attains the Name. ||3||

241 : 4285

Greet the Lord's Saints humbly, with deep respect.

241 : 4286

You shall obtain the nine treasures, and receive infinite peace. ||4||

241 : 4287

With your eyes, behold the holy people;

241 : 4288

in your heart, sing the treasure of the Naam. ||5||

241 : 4289

Abandon sexual desire, anger, greed and emotional attachment.

241 : 4290

Thus you shall be rid of both birth and death. ||6||

241 : 4291

Pain and darkness shall depart from your home,

241 : 4292

when the Guru implants spiritual wisdom within you, and lights that lamp. ||7||

241 : 4293

One who serves the Lord crosses over to the other side.

241 : 4294

O servant Nanak, the Gurmukh saves the world. ||8||1||13||

241 : 4295

Fifth Mehl, Gauree:

241 : 4296

Dwelling upon the Lord, Har, Har, and the Guru, the Guru, my doubts have been dispelled.

241 : 4297

My mind has obtained all comforts. ||1||Pause||

241 : 4298

I was burning, on fire, and the Guru poured water on me; He is cooling and soothing, like the sandalwood tree. ||1||

241 : 4299

The darkness of ignorance has been dispelled; the Guru has lit the lamp of spiritual wisdom. ||2||

241 : 4300

The ocean of fire is so deep; the Saints have crossed over, in the boat of the Lord's Name. ||3||

241 : 4301

I have no good karma; I have no Dharmic faith or purity. But God has taken me by the arm,
and made me His own. ||4||

241 : 4302

The Destroyer of fear, the Dispeller of pain, the Lover of His Saints – these are the Names
of the Lord. ||5||

241 : 4303

He is the Master of the masterless, Merciful to the meek, All-powerful, the Support of His
Saints. ||6||

241 : 4304

I am worthless – I offer this prayer, O my Lord King: "Please, grant me the Blessed Vision
of Your Darshan."||7||

241 : 4305

Nanak has come to Your Sanctuary, O my Lord and Master; Your servant has come to
Your Door. ||8||2||14||

-- Raag Gauree – Part 091 --

Raag Gauree – Part 092

242 : 4306

Gauree, Fifth Mehl:

242 : 4307

He is immersed in the enjoyment of corrupt pleasures; engrossed in them, the blind fool does not understand. ||1||

242 : 4308

"I am earning profits, I am getting rich", he says, as his life passes away. ||Pause||

242 : 4309

"I am a hero, I am famous and distinguished; no one is equal to me."||2||

242 : 4310

"I am young, cultured, and born of a good family." In his mind, he is proud and arrogant like this. ||3||

242 : 4311

He is trapped by his false intellect, and he does not forget this until he dies. ||4||

242 : 4312

Brothers, friends, relatives and companions who live after him – he entrusts his wealth to them. ||5||

242 : 4313

That desire, to which the mind is attached, at the last moment, becomes manifest. ||6||

242 : 4314

He may perform religious deeds, but his mind is egotistical, and he is bound by these bonds. ||7||

242 : 4315

O Merciful Lord, please bless me Your Mercy, that Nanak may become the slave of Your slaves. ||8||3||15||44||Total||

242 : 4316

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

242 : 4317

Raag Gauree Poorbee, Chhant, First Mehl:

242 : 4318

For the bride, the night is painful; sleep does not come.

242 : 4319

The soul-bride has grown weak, in the pain of separation from her Husband Lord.

242 : 4320

The soul-bride is wasting away, in the pain of separation from her Husband; how can she see Him with her eyes?

242 : 4321

Her decorations, sweet foods, sensuous pleasures and delicacies are all false; they are of no account at all.

242 : 4322

Intoxicated with the wine of youthful pride, she has been ruined, and her breasts no longer yield milk.

242 : 4323

O Nanak, the soul-bride meets her Husband Lord, when He causes her to meet Him; without Him, sleep does not come to her. ||1||

242 : 4324

The bride is dishonored without her Beloved Husband Lord.

242 : 4325

How can she find peace, without enshrining Him in her heart?

242 : 4326

Without her Husband, her home is not worth living in; go and ask your sisters and companions.

242 : 4327

Without the Naam, the Name of the Lord, there is no love and affection; but with her True Lord, she abides in peace. Through mental truthfulness and contentment, union with the True Friend is attained; through the Guru's Teachings, the Husb

242 : 4328

O Nanak, that soul-bride who does not abandon the Naam, is intuitively absorbed in the Naam. ||2||

242 : 4329

Come, O my sisters and companions – let's enjoy our Husband Lord.

242 : 4330

I will ask the Guru, and write His Word as my love-note.

242 : 4331

The Guru has shown me the True Word of the Shabad. The self-willed manmukhs will regret and repent.

242 : 4332

My wandering mind became steady, when I recognized the True One.

242 : 4333

The Teachings of Truth are forever new; the love of the Shabad is forever fresh.

242 : 4334

O Nanak, through the Glance of Grace of the True Lord, celestial peace is obtained; let's meet Him, O my sisters and companions. ||3||

242 : 4335

My desire has been fulfilled – my Friend has come to my home.

242 : 4336

At the Union of husband and wife, the songs of rejoicing were sung.

242 : 4337

Singing the songs of joyful praise and love to Him, the soul-bride's mind is thrilled and delighted.

242 : 4338

My friends are happy, and my enemies are unhappy; meditating on the True Lord, the true profit is obtained.

242 : 4339

With her palms pressed together, the soul-bride prays, that she may remain immersed in the Love of her Lord, night and day.

242 : 4340

O Nanak, the Husband Lord and the soul-bride revel together; my desires are fulfilled.
||4||1||

-- Raag Gauree – Part 092 --

Raag Gauree – Part 093

243 : 4341

Gauree, Chhant, First Mehl:

243 : 4342

Hear me, O my Dear Husband God – I am all alone in the wilderness.

243 : 4343

How can I find comfort without You, O my Carefree Husband God?

243 : 4344

The soul-bride cannot live without her Husband; the night is so painful for her.

243 : 4345

Sleep does not come. I am in love with my Beloved. Please, listen to my prayer!

243 : 4346

Other than my Beloved, no one cares for me; I cry all alone in the wilderness.

243 : 4347

O Nanak, the bride meets Him when He causes her to meet Him; without her Beloved, she suffers in pain. ||1||

243 : 4348

She is separated from her Husband Lord – who can unite her with Him?

243 : 4349

Tasting His Love, she meets Him, through the Beautiful Word of His Shabad.

243 : 4350

Adorned with the Shabad, she obtains her Husband, and her body is illuminated with the lamp of spiritual wisdom.

243 : 4351

Listen, O my friends and companions – she who is at peace dwells upon the True Lord and His True Praises.

243 : 4352

Meeting the True Guru, she is ravished and enjoyed by her Husband Lord; she blossoms forth with the Ambrosial Word of His Bani.

243 : 4353

O Nanak, the Husband Lord enjoys His bride when she is pleasing to His Mind. ||2||

243 : 4354

Fascination with Maya made her homeless; the false are cheated by falsehood.

243 : 4355

How can the noose around her neck be untied, without the Most Beloved Guru?

243 : 4356

One who loves the Beloved Lord, and reflects upon the Shabad, belongs to Him.

243 : 4357

How can giving donations to charities and countless cleansing baths wash off the filth within the heart?

243 : 4358

Without the Naam, no one attains salvation. Stubborn self-discipline and living in the wilderness are of no use at all.

243 : 4359

O Nanak, the home of Truth is attained through the Shabad. How can the Mansion of His Presence be known through duality? ||3||

243 : 4360

True is Your Name, O Dear Lord; True is contemplation of Your Shabad.

243 : 4361

True is the Mansion of Your Presence, O Dear Lord, and True is trade in Your Name.

243 : 4362

Trade in Your Name is very sweet; the devotees earn this profit night and day.

243 : 4363

Other than this, I can think of no other merchandise. So chant the Naam each and every moment.

243 : 4364

The account is read; by the Grace of the True Lord and good karma, the Perfect Lord is obtained.

243 : 4365

O Nanak, the Nectar of the Name is so sweet. Through the Perfect True Guru, it is obtained. ||4||2||

243 : 4366

Raag Gauree Poorbee, Chhant, Third Mehl:

243 : 4367

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

243 : 4368

The soul–bride offers her prayers to her Dear Lord; she dwells upon His Glorious Virtues.

243 : 4369

She cannot live without her Beloved Lord, for a moment, even for an instant.

243 : 4370

She cannot live without her Beloved Lord; without the Guru, the Mansion of His Presence is not found.

243 : 4371

Whatever the Guru says, she should surely do, to extinguish the fire of desire.

243 : 4372

The Lord is True; there is no one except Him. Without serving Him, peace is not found.

243 : 4373

O Nanak, that soul–bride, whom the Lord Himself unites, is united with Him; He Himself merges with her. ||1||

243 : 4374

The life–night of the soul–bride is blessed and joyful, when she focuses her consciousness on her Dear Lord.

243 : 4375

She serves the True Guru with love; she eradicates selfishness from within.

243 : 4376

Eradicating selfishness and conceit from within, and singing the Glorious Praises of the Lord, she is in love with the Lord, night and day.

Listen, dear friends and companions of the soul – immerse yourselves in the Word of the Guru's Shabad.

-- Raag Gauree – Part 093 --

Raag Gauree – Part 094

244 : 4378

Dwell upon the Lord's Glories, and you shall be loved by your Husband, embracing love for the Naam, the Name of the Lord.

244 : 4379

O Nanak, the soul-bride who wears the necklace of the Lord's Name around her neck is loved by her Husband Lord. ||2||

244 : 4380

The soul-bride who is without her beloved Husband is all alone.

244 : 4381

She is cheated by the love of duality, without the Word of the Guru's Shabad.

244 : 4382

Without the Shabad of her Beloved, how can she cross over the treacherous ocean? Attachment to Maya has led her astray.

244 : 4383

Ruined by falsehood, she is deserted by her Husband Lord. The soul-bride does not attain the Mansion of His Presence.

244 : 4384

But she who is attuned to the Guru's Shabad is intoxicated with celestial love; night and day, she remains absorbed in Him.

244 : 4385

O Nanak, that soul-bride who remains constantly steeped in His Love, is blended by the Lord into Himself. ||3||

244 : 4386

If the Lord merges us with Himself, we are merged with Him. Without the Dear Lord, who can merge us with Him?

244 : 4387

Without our Beloved Guru, who can dispel our doubt?

244 : 4388

Through the Guru, doubt is dispelled. O my mother, this is the way to meet Him; this is how the soul-bride finds peace.

244 : 4389

Without serving the Guru, there is only pitch darkness. Without the Guru, the Way is not found.

244 : 4390

That wife who is intuitively imbued with the color of His Love, contemplates the Word of the Guru's Shabad.

244 : 4391

O Nanak, the soul-bride obtains the Lord as her Husband, by enshrining love for the Beloved Guru. ||4||1||

244 : 4392

Gauree, Third Mehl:

244 : 4393

Without my Husband, I am utterly dishonored. Without my Husband Lord, how can I live, O my mother?

244 : 4394

Without my Husband, sleep does not come, and my body is not adorned with my bridal dress.

244 : 4395

The bridal dress looks beautiful upon my body, when I am pleasing to my Husband Lord. Following the Guru's Teachings, my consciousness is focused on Him.

244 : 4396

I become His happy soul-bride forever, when I serve the True Guru; I sit in the Lap of the Guru.

244 : 4397

Through the Word of the Guru's Shabad, the soul-bride meets her Husband Lord, who ravishes and enjoys her. The Naam, the Name of the Lord, is the only profit in this world.

244 : 4398

O Nanak, the soul-bride is loved by her Husband, when she dwells upon the Glorious Praises of the Lord. ||1||

244 : 4399

The soul-bride enjoys the Love of her Beloved.

244 : 4400

Imbued with His Love night and day, she contemplates the Word of the Guru's Shabad.

244 : 4401

Contemplating the Guru's Shabad, she conquers her ego, and in this way, she meets her Beloved.

244 : 4402

She is the happy soul-bride of her Lord, who is forever imbued with the Love of the True Name of her Beloved.

244 : 4403

Abiding in the Company of our Guru, we grasp the Ambrosial Nectar; we conquer and cast out our sense of duality.

244 : 4404

O Nanak, the soul-bride attains her Husband Lord, and forgets all her pains. ||2||

244 : 4405

The soul-bride has forgotten her Husband Lord, because of love and emotional attachment to Maya.

244 : 4406

The false bride is attached to falsehood; the insincere one is cheated by insincerity.

244 : 4407

She who drives out her falsehood, and acts according to the Guru's Teachings, does not lose her life in the gamble.

244 : 4408

One who serves the Word of the Guru's Shabad is absorbed in the True Lord; she eradicates egotism from within.

244 : 4409

So let the Name of the Lord abide within your heart; decorate yourself in this way.

244 : 4410

O Nanak, the soul-bride who takes the Support of the True Name is intuitively absorbed in the Lord. ||3||

244 : 4411

Meet me, O my Dear Beloved. Without You, I am totally dishonored.

244 : 4412

Sleep does not come to my eyes, and I have no desire for food or water.

244 : 4413

I have no desire for food or water, and I am dying from the pain of separation. Without my Husband Lord, how can I find peace?

-- Raag Gauree – Part 094 --

Raag Gauree – Part 095

245 : 4414

I offer my prayers to the Guru; if it pleases the Guru, He shall unite me with Himself.

245 : 4415

The Giver of peace has united me with Himself; He Himself has come to my home to meet me.

245 : 4416

O Nanak, the soul-bride is forever the Lord's favorite wife; her Husband Lord does not die, and He shall never leave. ||4||2||

245 : 4417

Gauree, Third Mehl:

245 : 4418

The soul-bride is pierced through with the sublime essence of the Lord, in intuitive peace and poise.

245 : 4419

The Enticer of hearts has enticed her, and her sense of duality has been easily dispelled.

245 : 4420

Her sense of duality has been easily dispelled, and the soul-bride obtains her Husband Lord; following the Guru's Teachings, she makes merry.

245 : 4421

This body is filled to overflowing with falsehood, deception and the commission of sins.

245 : 4422

The Gurmukh practices that devotional worship, by which the celestial music wells up; without this devotional worship, filth is not removed.

245 : 4423

O Nanak, the soul-bride who sheds selfishness and conceit from within, is dear to her Beloved. ||1||

245 : 4424

The soul-bride has found her Husband Lord, through the love and affection of the Guru.

245 : 4425

She passes her life-night sleeping in peace, enshrining the Lord in her heart.

245 : 4426

Enshrining Him deep within her heart night and day, she meets her Beloved, and her pains depart.

245 : 4427

Deep within the mansion of her inner being, she enjoys her Husband Lord, reflecting upon the Guru's Teachings.

245 : 4428

She drinks deeply of the Nectar of the Naam, day and night; she conquers and casts off her sense of duality.

245 : 4429

O Nanak, the happy soul-bride meets her True Lord, through the Infinite Love of the Guru. ||2||

245 : 4430

Come, and shower Your Mercy upon me, my most Darling, Dear Beloved.

245 : 4431

The soul–bride offers her prayers to You, to adorn her with the True Word of Your Shabad.

245 : 4432

Adorned with the True Word of Your Shabad, she conquers her ego, and as Gurmukh, her affairs are resolved.

245 : 4433

Throughout the ages, the One Lord is True; through the Guru's Wisdom, He is known.

245 : 4434

The self–willed manmukh is engrossed in sexual desire, and tormented by emotional attachment. With whom should she lodge her complaints?

245 : 4435

O Nanak, the self–willed manmukh finds no place of rest, without the most Beloved Guru.
||3||

245 : 4436

The bride is foolish, ignorant and unworthy. Her Husband Lord is Unapproachable and Incomparable.

245 : 4437

He Himself unites us in His Union; He Himself forgives us.

245 : 4438

The soul–bride's Beloved Husband Lord is the Forgiver of sins; He is contained in each and every heart.

245 : 4439

The True Guru has made me understand this understanding, that the Lord is obtained through love, affection and loving devotion.

245 : 4440

She remains forever in bliss, day and night; she remains immersed in His Love, night and day.

245 : 4441

O Nanak, that soul-bride who obtains the nine treasures, intuitively obtains her Husband Lord. ||4||3||

245 : 4442

Gauree, Third Mehl:

245 : 4443

The sea of Maya is agitated and turbulent; how can anyone cross over this terrifying world-ocean?

245 : 4444

Make the Lord's Name your boat, and install the Word of the Shabad as the boatman.

245 : 4445

With the Shabad installed as the boatman, the Lord Himself shall take you across. In this way, the difficult ocean is crossed.

245 : 4446

The Gurmukh obtains devotional worship of the Lord, and thus remains dead while yet alive.

245 : 4447

In an instant, the Lord's Name erases his sinful mistakes, and his body becomes pure.

245 : 4448

O Nanak, through the Lord's Name, emancipation is obtained, and the slag iron is transformed into gold. ||1||

-- Raag Gauree – Part 095 --

Raag Gauree – Part 096

246 : 4449

Men and women are obsessed with sex; they do not know the Way of the Lord's Name.

246 : 4450

Mother, father, children and siblings are very dear, but they drown, even without water.

246 : 4451

They are drowned to death without water – they do not know the path of salvation, and they wander around the world in egotism.

246 : 4452

All those who come into the world shall depart. Only those who contemplate the Guru shall be saved.

246 : 4453

Those who become Gurmukh and chant the Lord's Name, save themselves and save their families as well.

246 : 4454

O Nanak, the Naam, the Name of the Lord, abides deep within their hearts; through the Guru's Teachings, they meet their Beloved. ||2||

246 : 4455

Without the Lord's Name, nothing is stable. This world is just a drama.

246 : 4456

Implant true devotional worship within your heart, and trade in the Name of the Lord.

246 : 4457

Trade in the Lord's Name is infinite and unfathomable. Through the Guru's Teachings, this wealth is obtained.

246 : 4458

This selfless service, meditation and devotion is true, if you eliminate selfishness and conceit from within.

246 : 4459

I am senseless, foolish, idiotic and blind, but the True Guru has placed me on the Path.

246 : 4460

O Nanak, the Gurmukhs are adorned with the Shabad; night and day, they sing the Glorious Praises of the Lord. ||3||

246 : 4461

He Himself acts, and inspires others to act; He Himself embellishes us with the Word of His Shabad.

246 : 4462

He Himself is the True Guru, and He Himself is the Shabad; in each and every age, He loves His devotees.

246 : 4463

In age after age, He loves His devotees; the Lord Himself adorns them, and He Himself enjoins them to worship Him with devotion.

246 : 4464

He Himself is All-knowing, and He Himself is All-seeing; He inspires us to serve Him.

246 : 4465

He Himself is the Giver of merits, and the Destroyer of demerits; He causes His Name to dwell within our hearts.

246 : 4466

Nanak is forever a sacrifice to the True Lord, who Himself is the Doer, the Cause of causes.
||4||4||

246 : 4467

Gauree, Third Mehl:

246 : 4468

Serve the Guru, O my dear soul; meditate on the Lord's Name.

246 : 4469

Do not leave me, O my dear soul – you shall find the Lord while sitting within the home of your own being.

246 : 4470

You shall obtain the Lord while sitting within the home of your own being, focusing your consciousness constantly upon the Lord, with true intuitive faith.

246 : 4471

Serving the Guru brings great peace; they alone do it, whom the Lord inspires to do so.

246 : 4472

They plant the seed of the Name, and the Name sprouts within; the Name abides within the mind.

246 : 4473

O Nanak, glorious greatness rests in the True Name; It is obtained by perfect pre–ordained destiny. ||1||

246 : 4474

The Name of the Lord is so sweet, O my dear; taste it, and focus your consciousness on it.

246 : 4475

Taste the sublime essence of the Lord with your tongue, my dear, and renounce the pleasures of other tastes.

246 : 4476

You shall obtain the everlasting essence of the Lord when it pleases the Lord; your tongue shall be adorned with the Word of His Shabad.

246 : 4477

Meditating on the Naam, the Name of the Lord, a lasting peace is obtained; so remain lovingly focused on the Naam.

246 : 4478

From the Naam we originate, and into the Naam we shall pass; through the Naam, we are absorbed in the Truth.

246 : 4479

O Nanak, the Naam is obtained through the Guru's Teachings; He Himself attaches us to it.
||2||

246 : 4480

Working for someone else, O my dear, is like forsaking the bride, and going to foreign countries.

246 : 4481

In duality, no one has ever found peace, O my dear; you are greedy for corruption and greed.

246 : 4482

Greedy for corruption and greed, and deluded by doubt, how can anyone find peace?

246 : 4483

Working for strangers is very painful; doing so, one sells himself and loses his faith in the Dharma.

-- Raag Gauree – Part 096 --

Raag Gauree – Part 097

247 : 4484

Bound by Maya, the mind is not stable. Each and every moment, it suffers in pain.

247 : 4485

O Nanak, the pain of Maya is taken away by focusing one's consciousness on the Word of the Guru's Shabad. ||3||

247 : 4486

The self-willed manmukhs are foolish and crazy, O my dear; they do not enshrine the Shabad within their minds.

247 : 4487

The delusion of Maya has made them blind, O my dear; how can they find the Way of the Lord?

247 : 4488

How can they find the Way, without the Will of the True Guru? The manmukhs foolishly display themselves.

247 : 4489

The Lord's servants are forever comfortable. They focus their consciousness on the Guru's Feet.

247 : 4490

Those unto whom the Lord shows His Mercy, sing the Glorious Praises of the Lord forever.

247 : 4491

O Nanak, the jewel of the Naam, the Name of the Lord, is the only profit in this world. The Lord Himself imparts this understanding to the Gurmukh. ||4||5||7||

247 : 4492

Raag Gauree, Chhant, Fifth Mehl:

247 : 4493

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

247 : 4494

My mind has become sad and depressed; how can I see God, the Great Giver?

247 : 4495

My Friend and Companion is the Dear Lord, the Guru, the Architect of Destiny.

247 : 4496

The One Lord, the Architect of Destiny, is the Master of the Goddess of Wealth; how can I, in my sadness, meet You?

247 : 4497

My hands serve You, and my head is at Your Feet. My mind, dishonored, yearns for the Blessed Vision of Your Darshan.

247 : 4498

With each and every breath, I think of You, day and night; I do not forget You, for an instant, even for a moment.

247 : 4499

O Nanak, I am thirsty, like the rainbird; how can I meet God, the Great Giver? ||1||

247 : 4500

I offer this one prayer – please listen, O my Beloved Husband Lord.

247 : 4501

My mind and body are enticed, beholding Your wondrous play.

247 : 4502

Beholding Your wondrous play, I am enticed; but how can the sad, forlorn bride find contentment?

247 : 4503

My Lord is Meritorious, Merciful and Eternally Young; He is overflowing with all excellences.

247 : 4504

The fault is not with my Husband Lord, the Giver of peace; I am separated from Him by my own mistakes.

247 : 4505

Prays Nanak, please be merciful to me, and return home, O my Beloved Husband Lord.
||2||

247 : 4506

I surrender my mind, I surrender my whole body; I surrender all my lands.

247 : 4507

I surrender my head to that beloved friend, who brings me news of God.

247 : 4508

I have offered my head to the Guru, the most exalted; He has shown me that God is with me.

247 : 4509

In an instant, all suffering is removed. I have obtained all my mind's desires.

247 : 4510

Day and night, the soul-bride makes merry; all her anxieties are erased.

247 : 4511

Prays Nanak, I have met the Husband Lord of my longing. ||3||

247 : 4512

My mind is filled with bliss, and congratulations are pouring in.

247 : 4513

My Darling Beloved has come home to me, and all my desires have been satisfied.

247 : 4514

I have met my Sweet Lord and Master of the Universe, and my companions sing the songs of joy.

247 : 4515

All my friends and relatives are happy, and all traces of my enemies have been removed.

247 : 4516

The unstruck melody vibrates in my home, and the bed has been made up for my Beloved.

247 : 4517

Prays Nanak, I am in celestial bliss. I have obtained the Lord, the Giver of peace, as my Husband. ||4||1||

-- Raag Gauree – Part 097 --

Raag Gauree – Part 098

248 : 4518

Gauree, Fifth Mehl:

248 : 4519

O Mohan, your temple is so lofty, and your mansion is unsurpassed.

248 : 4520

O Mohan, your gates are so beautiful. They are the worship–houses of the Saints.

248 : 4521

In these incomparable worship–houses, they continually sing Kirtan, the Praises of their Lord and Master.

248 : 4522

Where the Saints and the Holy gather together, there they meditate on you.

248 : 4523

Be Kind and Compassionate, O Merciful Lord; be Merciful to the meek.

248 : 4524

Prays Nanak, I thirst for the Blessed Vision of Your Darshan; receiving Your Darshan, I am totally at peace. ||1||

248 : 4525

O Mohan, your speech is incomparable; wondrous are your ways.

248 : 4526

O Mohan, you believe in the One. Everything else is dust to you.

248 : 4527

You adore the One Lord, the Unknowable Lord and Master; His Power gives Support to all.

248 : 4528

Through the Guru's Word, you have captured the heart of the Primal Being, the Lord of the World.

248 : 4529

You Yourself move, and You Yourself stand still; You Yourself support the whole creation.

248 : 4530

Prays Nanak, please preserve my honor; all Your servants seek the Protection of Your Sanctuary. ||2||

248 : 4531

O Mohan, the Sat Sangat, the True Congregation, meditates on you; they meditate on the Blessed Vision of Your Darshan.

248 : 4532

O Mohan, the Messenger of Death does not even approach those who meditate on You, at the last moment.

248 : 4533

The Messenger of Death cannot touch those who meditate on You single-mindedly.

248 : 4534

Those who worship and adore You in thought, word and deed, obtain all fruits and rewards.

248 : 4535

Those who are foolish and stupid, filthy with urine and manure, become all-knowing upon gaining the Blessed Vision of Your Darshan.

248 : 4536

Prays Nanak, Your Kingdom is Eternal, O Perfect Primal Lord God. ||3||

248 : 4537

O Mohan, you have blossomed forth with the flower of your family.

248 : 4538

O Mohan, your children, friends, siblings and relatives have all been saved.

248 : 4539

You save those who give up their egotistical pride, upon gaining the Blessed Vision of Your Darshan.

248 : 4540

The Messenger of Death does not even approach those who call you 'blessed'.

248 : 4541

Your Virtues are unlimited – they cannot be described, O True Guru, Primal Being, Destroyer of demons.

248 : 4542

Prays Nanak, Yours is that Anchor, holding onto which the whole world is saved. ||4||2||

248 : 4543

Gauree, Fifth Mehl,

248 : 4544

Shalok:

248 : 4545

Countless sinners have been purified; I am a sacrifice, over and over again, to You.

248 : 4546

O Nanak, meditation on the Lord's Name is the fire which burns away sinful mistakes like straw. ||1||

248 : 4547

Chhant:

248 : 4548

Meditate, O my mind, on the Lord God, the Lord of the Universe, the Lord, the Master of Wealth.

248 : 4549

Meditate, O my mind, on the Lord, the Destroyer of ego, the Giver of salvation, who cuts away the noose of agonizing death.

248 : 4550

Meditate lovingly on the Lotus Feet of the Lord, the Destroyer of distress, the Protector of the poor, the Lord of excellence.

248 : 4551

The treacherous path of death and the terrifying ocean of fire are crossed over by meditating in remembrance on the Lord, even for an instant.

248 : 4552

Meditate day and night on the Lord, the Destroyer of desire, the Purifier of pollution.

248 : 4553

Prays Nanak, please be Merciful to me, O Cherisher of the world, Lord of the Universe, Lord of wealth. ||1||

248 : 4554

O my mind, remember the Lord in meditation; He is the Destroyer of pain, the Eradicator of fear, the Sovereign Lord King.

248 : 4555

He is the Greatest Lover, the Merciful Master, the Enticer of the mind, the Support of His devotees – this is His very nature.

-- Raag Gauree – Part 098 --

Raag Gauree – Part 099

249 : 4556

The Perfect Lord is the Lover of His devotees; He fulfills the desires of the mind.

249 : 4557

He lifts us up out of the deep, dark pit; enshrine His Name within your mind.

249 : 4558

The gods, the Siddhas, the angels, the heavenly singers, the silent sages and the devotees sing Your countless Glorious Praises.

249 : 4559

Prays Nanak, please be merciful to me, O Supreme Lord God, my King. ||2||

249 : 4560

O my mind, be conscious of the Supreme Lord God, the Transcendent Lord, who wields all power.

249 : 4561

He is All-powerful, the Embodiment of compassion. He is the Master of each and every heart;

249 : 4562

He is the Support of the breath of life. He is the Giver of the breath of life, of mind, body and soul. He is Infinite, Inaccessible and Unfathomable.

249 : 4563

The All-powerful Lord is our Sanctuary; He is the Enticer of the mind, who banishes all sorrows.

249 : 4564

All illnesses, sufferings and pains are dispelled, by chanting the Name of the Lord.

249 : 4565

Prays Nanak, please be merciful to me, All-powerful Lord; You are the Wielder of all power.
||3||

249 : 4566

O my mind, sing the Glorious Praises of the Imperishable, Eternal, Merciful Master, the Highest of all.

249 : 4567

The One Lord is the Sustainer of the Universe, the Great Giver; He is the Cherisher of all.

249 : 4568

The Cherisher Lord is so very merciful and wise; He is compassionate to all.

249 : 4569

The pains of death, greed and emotional attachment simply vanish, when God comes to dwell in the soul.

249 : 4570

When the Lord is thoroughly pleased, then one's service becomes perfectly fruitful.

249 : 4571

Prays Nanak, my desires are fulfilled by meditating on the Lord, Merciful to the meek. ||4||3||

249 : 4572

Gauree, Fifth Mehl:

249 : 4573

Listen, O my companions: let's join together and make the effort, to surrender to our Husband Lord.

249 : 4574

Renouncing our pride, let's charm Him with the potion of devotional worship, and the mantra of the Holy Saints.

249 : 4575

O my companions, when He comes under our power, He shall never leave us again. This is the good nature of the Lord God.

249 : 4576

O Nanak, God dispels the fear of old age, death and hell; He purifies His beings. ||1||

249 : 4577

Listen, O my companions, to my sincere prayer: let's make this firm resolve.

249 : 4578

In the peaceful poise of intuitive bliss, violence will be gone, as we sing the Glorious Praises of the Lord of the Universe.

249 : 4579

Our pains and troubles shall be eradicated, and our doubts shall be dispelled; we will receive the fruits of our minds' desires.

249 : 4580

O Nanak, meditate on the Naam, the Name of the Supreme Lord God, the Perfect, Transcendent Lord. ||2||

249 : 4581

O my companions, I yearn for Him continually; I invoke His Blessings, and pray that God may fulfill my hopes.

249 : 4582

I thirst for His Feet, and I long for the Blessed Vision of His Darshan; I look for Him everywhere.

249 : 4583

I search for traces of the Lord in the Society of the Saints; they will unite me with the All-powerful Primal Lord God.

249 : 4584

O Nanak, those humble, noble beings who meet the Lord, the Giver of peace, are very blessed, O my mother. ||3||

249 : 4585

O my companions, now I dwell with my Beloved Husband; my mind and body are attuned to the Lord.

249 : 4586

Listen, O my companions: now I sleep well, since I found my Husband Lord.

249 : 4587

My doubts have been dispelled, and I have found intuitive peace and tranquility through my Lord and Master. I have been enlightened, and my heart-lotus has blossomed forth.

249 : 4588

I have obtained God, the Inner-knower, the Searcher of hearts, as my Husband; O Nanak, my marriage shall last forever. ||4||4||2||5||11||

-- Raag Gauree – Part 099 --

Raag Gauree – Part 100

250 : 4589

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

250 : 4590

Gauree, Baavan Akhree ~ The 52 Letters, Fifth Mehl:

250 : 4591

Shalok:

250 : 4592

The Divine Guru is my mother, the Divine Guru is my father; the Divine Guru is my Transcendent Lord and Master.

250 : 4593

The Divine Guru is my companion, the Destroyer of ignorance; the Divine Guru is my relative and brother.

250 : 4594

The Divine Guru is the Giver, the Teacher of the Lord's Name. The Divine Guru is the Mantra which never fails.

250 : 4595

The Divine Guru is the Image of peace, truth and wisdom. The Divine Guru is the Philosopher's Stone – touching it, one is transformed.

250 : 4596

The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine ambrosia; bathing in the Guru's wisdom, one experiences the Infinite.

250 : 4597

The Divine Guru is the Creator, and the Destroyer of all sins; the Divine Guru is the Purifier of sinners.

250 : 4598

The Divine Guru existed at the primal beginning, throughout the ages, in each and every age. The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved.

250 : 4599

O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner, but holding onto Him, I am carried across.

250 : 4600

The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak bows in humble reverence to the Lord, the Divine Guru. ||1||

250 : 4601

Shalok:

250 : 4602

He Himself acts, and causes others to act; He Himself can do everything.

250 : 4603

O Nanak, the One Lord is pervading everywhere; there has never been any other, and there never shall be. ||1||

250 : 4604

Pauree:

250 : 4605

ONG: I humbly bow in reverence to the One Universal Creator, to the Holy True Guru.

250 : 4606

In the beginning, in the middle, and in the end, He is the Formless Lord.

250 : 4607

He Himself is in the absolute state of primal meditation; He Himself is in the seat of peace.

250 : 4608

He Himself listens to His Own Praises.

250 : 4609

He Himself created Himself.

250 : 4610

He is His Own Father, He is His Own Mother.

250 : 4611

He Himself is subtle and etheric; He Himself is manifest and obvious.

250 : 4612

O Nanak, His wondrous play cannot be understood. ||1||

250 : 4613

O God, Merciful to the meek, please be kind to me,

250 : 4614

that my mind might become the dust of the feet of Your Saints. ||Pause||

250 : 4615

Shalok:

250 : 4616

He Himself is formless, and also formed; the One Lord is without attributes, and also with attributes.

250 : 4617

Describe the One Lord as One, and Only One; O Nanak, He is the One, and the many. ||1||

250 : 4618

Pauree:

250 : 4619

ONG: The One Universal Creator created the Creation through the Word of the Primal Guru.

250 : 4620

He strung it upon His one thread.

250 : 4621

He created the diverse expanse of the three qualities.

250 : 4622

From formless, He appeared as form.

250 : 4623

The Creator has created the creation of all sorts.

250 : 4624

The attachment of the mind has led to birth and death.

250 : 4625

He Himself is above both, untouched and unaffected.

250 : 4626

O Nanak, He has no end or limitation. ||2||

250 : 4627

Shalok:

250 : 4628

Those who gather Truth, and the riches of the Lord's Name, are rich and very fortunate.

250 : 4629

O Nanak, truthfulness and purity are obtained from Saints such as these. ||1||

250 : 4630

Pauree:

250 : 4631

SASSA: True, True, True is that Lord.

250 : 4632

No one is separate from the True Primal Lord.

250 : 4633

They alone enter the Lord's Sanctuary, whom the Lord inspires to enter.

250 : 4634

Meditating, meditating in remembrance, they sing and preach the Glorious Praises of the Lord.

250 : 4635

Doubt and skepticism do not affect them at all.

250 : 4636

They behold the manifest glory of the Lord.

250 : 4637

They are the Holy Saints – they reach this destination.

250 : 4638

Nanak is forever a sacrifice to them. ||3||

250 : 4639

Shalok:

250 : 4640

Why are you crying out for riches and wealth? All this emotional attachment to Maya is false.

-- Raag Gauree – Part 100 --

Raag Gauree – Part 101

251 : 4641

Without the Naam, the Name of the Lord, O Nanak, all are reduced to dust. ||1||

251 : 4642

Pauree:

251 : 4643

DHADHA: The dust of the feet of the Saints is sacred.

251 : 4644

Blessed are those whose minds are filled with this longing.

251 : 4645

They do not seek wealth, and they do not desire paradise.

251 : 4646

They are immersed in the deep love of their Beloved, and the dust of the feet of the Holy.

251 : 4647

How can worldly affairs affect those who do not abandon the One Lord, and who go nowhere else?

251 : 4648

One whose heart is filled with God's Name,

251 : 4649

O Nanak, is a perfect spiritual being of God. ||4||

251 : 4650

Shalok:

251 : 4651

By all sorts of religious robes, knowledge, meditation and stubborn-mindedness, no one has ever met God.

251 : 4652

Says Nanak, those upon whom God showers His Mercy, are devotees of spiritual wisdom.
||1||

251 : 4653

Pauree:

251 : 4654

NGANGA: Spiritual wisdom is not obtained by mere words of mouth.

251 : 4655

It is not obtained through the various debates of the Shaastras and scriptures.

251 : 4656

They alone are spiritually wise, whose minds are firmly fixed on the Lord.

251 : 4657

Hearing and telling stories, no one attains Yoga.

251 : 4658

They alone are spiritually wise, who remain firmly committed to the Lord's Command.

251 : 4659

Heat and cold are all the same to them.

251 : 4660

The true people of spiritual wisdom are the Gurmukhs, who contemplate the essence of reality;

251 : 4661

O Nanak, the Lord showers His Mercy upon them. ||5||

251 : 4662

Shalok:

251 : 4663

Those who have come into the world without understanding are like animals and beasts.

251 : 4664

O Nanak, those who become Gurmukh understand; upon their foreheads is such pre-ordained destiny. ||1||

251 : 4665

Pauree:

251 : 4666

They have come into this world to meditate on the One Lord.

251 : 4667

But ever since their birth, they have been enticed by the fascination of Maya.

251 : 4668

Upside-down in the chamber of the womb, they performed intense meditation.

251 : 4669

They remembered God in meditation with each and every breath.

251 : 4670

But now, they are entangled in things which they must leave behind.

251 : 4671

They forget the Great Giver from their minds.

251 : 4672

O Nanak, those upon whom the Lord showers His Mercy, do not forget Him, here or hereafter. ||6||

251 : 4673

Shalok:

251 : 4674

By His Command, we come, and by His Command, we go; no one is beyond His Command.

251 : 4675

Coming and going in reincarnation is ended, O Nanak, for those whose minds are filled with the Lord. ||1||

251 : 4676

Pauree:

251 : 4677

This soul has lived in many wombs.

251 : 4678

Enticed by sweet attachment, it has been trapped in reincarnation.

251 : 4679

This Maya has subjugated beings through the three qualities.

251 : 4680

Maya has infused attachment to itself in each and every heart.

251 : 4681

O friend, tell me some way,

251 : 4682

by which I may swim across this treacherous ocean of Maya.

251 : 4683

The Lord showers His Mercy, and leads us to join the Sat Sangat, the True Congregation.

251 : 4684

O Nanak, Maya does not even come near. ||7||

251 : 4685

Shalok:

251 : 4686

God Himself causes one to perform good and bad actions.

251 : 4687

The beast indulges in egotism, selfishness and conceit; O Nanak, without the Lord, what can anyone do? ||1||

251 : 4688

Pauree:

251 : 4689

The One Lord Himself is the Cause of all actions.

251 : 4690

He Himself distributes sins and noble acts.

251 : 4691

In this age, people are attached as the Lord attaches them.

251 : 4692

They receive that which the Lord Himself gives.

251 : 4693

No one knows His limits.

251 : 4694

Whatever He does, comes to pass.

251 : 4695

From the One, the entire expanse of the Universe emanated.

251 : 4696

O Nanak, He Himself is our Saving Grace. ||8||

251 : 4697

Shalok:

251 : 4698

Man remains engrossed in women and playful pleasures; the tumult of his passion is like the dye of the safflower, which fades away all too soon.

251 : 4699

O Nanak, seek God's Sanctuary, and your selfishness and conceit shall be taken away. ||1||

-- Raag Gauree – Part 101 --

Raag Gauree – Part 102

252 : 4700

Pauree:

252 : 4701

O mind: without the Lord, whatever you are involved in shall bind you in chains.

252 : 4702

The faithless cynic does those deeds which will never allow him to be emancipated.

252 : 4703

Acting in egotism, selfishness and conceit, the lovers of rituals carry the unbearable load.

252 : 4704

When there is no love for the Naam, then these rituals are corrupt.

252 : 4705

The rope of death binds those who are in love with the sweet taste of Maya.

252 : 4706

Deluded by doubt, they do not understand that God is always with them.

252 : 4707

When their accounts are called for, they shall not be released; their wall of mud cannot be washed clean.

252 : 4708

One who is made to understand – O Nanak, that Gurmukh obtains immaculate understanding. ||9||

252 : 4709

Shalok:

252 : 4710

One whose bonds are cut away joins the Saadh Sangat, the Company of the Holy.

252 : 4711

Those who are imbued with the Love of the One Lord, O Nanak, take on the deep and lasting color of His Love. ||1||

252 : 4712

Pauree:

252 : 4713

RARRA: Dye this heart of yours in the color of the Lord's Love.

252 : 4714

Meditate on the Name of the Lord, Har, Har – chant it with your tongue.

252 : 4715

In the Court of the Lord, no one shall speak harshly to you.

252 : 4716

Everyone shall welcome you, saying, "Come, and sit down."

252 : 4717

In that Mansion of the Lord's Presence, you shall find a home.

252 : 4718

There is no birth or death, or destruction there.

252 : 4719

One who has such karma written on his forehead,

252 : 4720

O Nanak, has the wealth of the Lord in his home. ||10||

252 : 4721

Shalok:

252 : 4722

Greed, falsehood, corruption and emotional attachment entangle the blind and the foolish.

252 : 4723

Bound down by Maya, O Nanak, a foul odor clings to them. ||1||

252 : 4724

Pauree:

252 : 4725

LALLA: People are entangled in the love of corrupt pleasures;

252 : 4726

they are drunk with the wine of egotistical intellect and Maya.

252 : 4727

In this Maya, they are born and die.

252 : 4728

People act according to the Hukam of the Lord's Command.

252 : 4729

No one is perfect, and no one is imperfect.

252 : 4730

No one is wise, and no one is foolish.

252 : 4731

Wherever the Lord engages someone, there he is engaged.

252 : 4732

O Nanak, our Lord and Master is forever detached. ||11||

252 : 4733

Shalok:

252 : 4734

My Beloved God, the Sustainer of the World, the Lord of the Universe, is deep, profound and unfathomable.

252 : 4735

There is no other like Him; O Nanak, He is not worried. ||1||

252 : 4736

Pauree:

252 : 4737

LALLA: There is no one equal to Him.

252 : 4738

He Himself is the One; there shall never be any other.

252 : 4739

He is now, He has been, and He shall always be.

252 : 4740

No one has ever found His limit.

252 : 4741

In the ant and in the elephant, He is totally pervading.

252 : 4742

The Lord, the Primal Being, is known by everyone everywhere.

252 : 4743

That one, unto whom the Lord has given His Love

252 : 4744

– O Nanak, that Gurmukh chants the Name of the Lord, Har, Har. ||12||

252 : 4745

Shalok:

252 : 4746

One who knows the taste of the Lord's sublime essence, intuitively enjoys the Lord's Love.

252 : 4747

O Nanak, blessed, blessed, blessed are the Lord's humble servants; how fortunate is their coming into the world! ||1||

252 : 4748

Pauree:

252 : 4749

How fruitful is the coming into the world, of those

252 : 4750

whose tongues celebrate the Praises of the Name of the Lord, Har, Har.

252 : 4751

They come and dwell with the Saadh Sangat, the Company of the Holy;

252 : 4752

night and day, they lovingly meditate on the Naam.

252 : 4753

Blessed is the birth of those humble beings who are attuned to the Naam;

252 : 4754

the Lord, the Architect of Destiny, bestows His Kind Mercy upon them.

252 : 4755

They are born only once – they shall not be reincarnated again.

252 : 4756

O Nanak, they are absorbed into the Blessed Vision of the Lord's Darshan. ||13||

252 : 4757

Shalok:

252 : 4758

Chanting it, the mind is filled with bliss; love of duality is eliminated, and pain, distress and desires are quenched. O Nanak, immerse yourself in the Naam, the Name of the Lord. ||1||

-- Raag Gauree – Part 102 --

Raag Gauree – Part 103

253 : 4759

Pauree:

253 : 4760

YAYYA: Burn away duality and evil-mindedness.

253 : 4761

Give them up, and sleep in intuitive peace and poise.

253 : 4762

Yaya: Go, and seek the Sanctuary of the Saints;

253 : 4763

with their help, you shall cross over the terrifying world-ocean.

253 : 4764

Yaya: One who weaves the One Name into his heart, does not have to take birth again.

253 : 4765

Yaya: This human life shall not be wasted, if you take the Support of the Perfect Guru.

253 : 4766

O Nanak, one whose heart is filled with the One Lord finds peace. ||14||

253 : 4767

Shalok:

253 : 4768

The One who dwells deep within the mind and body is your friend here and hereafter.

253 : 4769

The Perfect Guru has taught me, O Nanak, to chant His Name continually. ||1||

253 : 4770

Pauree:

253 : 4771

Night and day, meditate in remembrance on the One who will be your Help and Support in the end.

253 : 4772

This poison shall last for only a few days; everyone must depart, and leave it behind.

253 : 4773

Who is our mother, father, son and daughter?

253 : 4774

Household, wife, and other things shall not go along with you.

253 : 4775

So gather that wealth which shall never perish,

253 : 4776

so that you may go to your true home with honor.

253 : 4777

In this Dark Age of Kali Yuga, those who sing the Kirtan of the Lord's Praises in the Saadh

Sangat, the Company of the Holy

253 : 4778

– O Nanak, they do not have to endure reincarnation again. ||15||

253 : 4779

Shalok:

253 : 4780

He may be very handsome, born into a highly respected family, very wise, a famous spiritual teacher, prosperous and wealthy;

253 : 4781

but even so, he is looked upon as a corpse, O Nanak, if he does not love the Lord God. ||1||

253 : 4782

Pauree:

253 : 4783

NGANGA: He may be a scholar of the six Shaastras.

253 : 4784

He may practice inhaling, exhaling and holding the breath.

253 : 4785

He may practice spiritual wisdom, meditation, pilgrimages to sacred shrines and ritual cleansing baths.

253 : 4786

He may cook his own food, and never touch anyone else's; he may live in the wilderness like a hermit.

253 : 4787

But if he does not enshrine love for the Lord's Name within his heart,

253 : 4788

then everything he does is transitory.

253 : 4789

Even an untouchable pariah is superior to him,

253 : 4790

O Nanak, if the Lord of the World abides in his mind. ||16||

253 : 4791

Shalok:

253 : 4792

He wanders around in the four quarters and in the ten directions, according to the dictates of his karma.

253 : 4793

Pleasure and pain, liberation and reincarnation, O Nanak, come according to one's pre-ordained destiny. ||1||

253 : 4794

Pauree:

253 : 4795

KAKKA: He is the Creator, the Cause of causes.

253 : 4796

No one can erase His pre–ordained plan.

253 : 4797

Nothing can be done a second time.

253 : 4798

The Creator Lord does not make mistakes.

253 : 4799

To some, He Himself shows the Way.

253 : 4800

While He causes others to wander miserably in the wilderness.

253 : 4801

He Himself has set His own play in motion.

253 : 4802

Whatever He gives, O Nanak, that is what we receive. ||17||

253 : 4803

Shalok:

253 : 4804

People continue to eat and consume and enjoy, but the Lord's warehouses are never exhausted.

253 : 4805

So many chant the Name of the Lord, Har, Har; O Nanak, they cannot be counted. ||1||

253 : 4806

Pauree:

253 : 4807

KHAKHA: The All-powerful Lord lacks nothing;

253 : 4808

whatever He is to give, He continues to give – let anyone go anywhere he pleases.

253 : 4809

The wealth of the Naam, the Name of the Lord, is a treasure to spend; it is the capital of His devotees.

253 : 4810

With tolerance, humility, bliss and intuitive poise, they continue to meditate on the Lord, the Treasure of excellence.

253 : 4811

Those, unto whom the Lord shows His Mercy, play happily and blossom forth.

253 : 4812

Those who have the wealth of the Lord's Name in their homes are forever wealthy and beautiful.

253 : 4813

Those who are blessed with the Lord's Glance of Grace suffer neither torture, nor pain, nor punishment.

253 : 4814

O Nanak, those who are pleasing to God become perfectly successful. ||18||

Raag Gauree – Part 104

254 : 4815

Shalok:

254 : 4816

See, that even by calculating and scheming in their minds, people must surely depart in the end.

254 : 4817

Hopes and desires for transitory things are erased for the Gurmukh; O Nanak, the Name alone brings true health. ||1||

254 : 4818

Pauree:

254 : 4819

GAGGA: Chant the Glorious Praises of the Lord of the Universe with each and every breath; meditate on Him forever.

254 : 4820

How can you rely on the body? Do not delay, my friend;

254 : 4821

there is nothing to stand in Death's way – neither in childhood, nor in youth, nor in old age.

254 : 4822

That time is not known, when the noose of Death shall come and fall on you.

254 : 4823

See, that even spiritual scholars, those who meditate, and those who are clever shall not stay in this place.

254 : 4824

Only the fool clings to that, which everyone else has abandoned and left behind.

254 : 4825

By Guru's Grace, one who has such good destiny written on his forehead remembers the Lord in meditation.

254 : 4826

O Nanak, blessed and fruitful is the coming of those who obtain the Beloved Lord as their Husband. ||19||

254 : 4827

Shalok:

254 : 4828

I have searched all the Shaastras and the Vedas, and they say nothing except this:

254 : 4829

"In the beginning, throughout the ages, now and forevermore, O Nanak, the One Lord alone exists."||1||

254 : 4830

Pauree:

254 : 4831

GHAGHA: Put this into your mind, that there is no one except the Lord.

254 : 4832

There never was, and there never shall be. He is pervading everywhere.

254 : 4833

You shall be absorbed into Him, O mind, if you come to His Sanctuary.

254 : 4834

In this Dark Age of Kali Yuga, only the Naam, the Name of the Lord, shall be of any real use to you.

254 : 4835

So many work and slave continually, but they come to regret and repent in the end.

254 : 4836

Without devotional worship of the Lord, how can they find stability?

254 : 4837

They alone taste the supreme essence, and drink in the Ambrosial Nectar,

254 : 4838

O Nanak, unto whom the Lord, the Guru, gives it. ||20||

254 : 4839

Shalok:

254 : 4840

He has counted all the days and the breaths, and placed them in people's destiny; they do not increase or decrease one little bit.

254 : 4841

Those who long to live in doubt and emotional attachment, O Nanak, are total fools. ||1||

254 : 4842

Pauree:

254 : 4843

NGANGA: Death seizes those whom God has made into faithless cynics.

254 : 4844

They are born and they die, enduring countless incarnations; they do not realize the Lord, the Supreme Soul.

254 : 4845

They alone find spiritual wisdom and meditation,

254 : 4846

whom the Lord blesses with His Mercy;

254 : 4847

no one is emancipated by counting and calculating.

254 : 4848

The vessel of clay shall surely break.

254 : 4849

They alone live, who, while alive, meditate on the Lord.

254 : 4850

They are respected, O Nanak, and do not remain hidden. ||21||

254 : 4851

Shalok:

254 : 4852

Focus your consciousness on His Lotus Feet, and the inverted lotus of your heart shall blossom forth.

254 : 4853

The Lord of the Universe Himself becomes manifest, O Nanak, through the Teachings of the Saints. ||1||

254 : 4854

Pauree:

254 : 4855

CHACHA: Blessed, blessed is that day, when I became attached to the Lord's Lotus Feet.

254 : 4856

After wandering around in the four quarters and the ten directions,

254 : 4857

God showed His Mercy to me, and then I obtained the Blessed Vision of His Darshan.

254 : 4858

By pure lifestyle and meditation, all duality is removed.

254 : 4859

In the Saadh Sangat, the Company of the Holy, the mind becomes immaculate.

254 : 4860

Anxieties are forgotten, and the One Lord alone is seen,

254 : 4861

O Nanak, by those whose eyes are anointed with the ointment of spiritual wisdom. ||22||

254 : 4862

Shalok:

254 : 4863

The heart is cooled and soothed, and the mind is at peace, chanting and singing the Glorious Praises of the Lord of the Universe.

254 : 4864

Show such Mercy, O God, that Nanak may become the slave of Your slaves. ||1||

254 : 4865

Pauree:

254 : 4866

CHHACHHA: I am Your child–slave.

254 : 4867

I am the water–carrier of the slave of Your slaves.

254 : 4868

Chhachha: I long to become the dust under the feet of Your Saints.

— Raag Gauree – Part 104 —

Raag Gauree – Part 105

255 : 4869

Please shower me with Your Mercy, O Lord God!

255 : 4870

I have given up my excessive cleverness and scheming,

255 : 4871

and I have taken the support of the Saints as my mind's support.

255 : 4872

Even a puppet of ashes attains the supreme status,

255 : 4873

O Nanak, if it has the help and support of the Saints. ||23||

255 : 4874

Shalok:

255 : 4875

Practicing oppression and tyranny, he puffs himself up; he acts in corruption with his frail, perishable body.

255 : 4876

He is bound by his egotistical intellect; O Nanak, salvation comes only through the Naam, the Name of the Lord. ||1||

255 : 4877

Pauree:

255 : 4878

JAJJA: When someone, in his ego, believes that he has become something,

255 : 4879

he is caught in his error, like a parrot in a trap.

255 : 4880

When he believes, in his ego, that he is a devotee and a spiritual teacher,

255 : 4881

then, in the world hereafter, the Lord of the Universe shall have no regard for him at all.

255 : 4882

When he believes himself to be a preacher,

255 : 4883

he is merely a peddler wandering over the earth.

255 : 4884

But one who conquers his ego in the Company of the Holy,

255 : 4885

O Nanak, meets the Lord. ||24||

255 : 4886

Shalok:

255 : 4887

Rise early in the morning, and chant the Naam; worship and adore the Lord, night and day.

255 : 4888

Anxiety shall not afflict you, O Nanak, and your misfortune shall vanish. ||1||

255 : 4889

Pauree:

255 : 4890

JHAJHA: Your sorrows shall depart,

255 : 4891

when you deal with the Lord's Name.

255 : 4892

The faithless cynic dies in sorrow and pain;

255 : 4893

his heart is filled with the love of duality.

255 : 4894

Your evil deeds and sins shall fall away, O my mind,

255 : 4895

listening to the ambrosial speech in the Society of the Saints.

255 : 4896

Sexual desire, anger and wickedness fall away,

255 : 4897

O Nanak, from those who are blessed by the Mercy of the Lord of the World. ||25||

255 : 4898

Shalok:

255 : 4899

You can try all sorts of things, but you still cannot remain here, my friend.

255 : 4900

But you shall live forevermore, O Nanak, if you vibrate and love the Naam, the Name of the Lord, Har, Har. ||1||

255 : 4901

Pauree:

255 : 4902

NYANYA: Know this as absolutely correct, that that this ordinary love shall come to an end.

255 : 4903

You may count and calculate as much as you want, but you cannot count how many have arisen and departed.

255 : 4904

Whoever I see shall perish. With whom should I associate?

255 : 4905

Know this as true in your consciousness, that the love of Maya is false.

255 : 4906

He alone knows, and he alone is a Saint, who is free of doubt.

255 : 4907

He is lifted up and out of the deep dark pit; the Lord is totally pleased with him.

255 : 4908

God's Hand is All-powerful; He is the Creator, the Cause of causes.

255 : 4909

O Nanak, praise the One, who joins us to Himself. ||26||

255 : 4910

Shalok:

255 : 4911

The bondage of birth and death is broken and peace is obtained, by serving the Holy.

255 : 4912

O Nanak, may I never forget from my mind, the Treasure of Virtue, the Sovereign Lord of the Universe. ||1||

255 : 4913

Pauree:

255 : 4914

Work for the One Lord; no one returns empty-handed from Him.

255 : 4915

When the Lord abides within your mind, body, mouth and heart, then whatever you desire shall come to pass.

255 : 4916

He alone obtains the Lord's service, and the Mansion of His Presence, unto whom the Holy Saint is compassionate.

255 : 4917

He joins the Saadh Sangat, the Company of the Holy, only when the Lord Himself shows His Mercy.

255 : 4918

I have searched and searched, across so many worlds, but without the Name, there is no peace.

255 : 4919

The Messenger of Death retreats from those who dwell in the Saadh Sangat.

255 : 4920

Again and again, I am forever devoted to the Saints.

255 : 4921

O Nanak, my sins from so long ago have been erased. ||27||

255 : 4922

Shalok:

255 : 4923

Those beings, with whom the Lord is thoroughly pleased, meet with no obstacles at His Door.

255 : 4924

Those humble beings whom God has made His own, O Nanak, are blessed, so very blessed. ||1||

— Raag Gauree – Part 105 —

Raag Gauree – Part 106

256 : 4925

Pauree:

256 : 4926

T'HAT'HA: Those who have abandoned all else, and who cling to the One Lord alone, do not make trouble for anyone's mind.

256 : 4927

Those who are totally absorbed and preoccupied with Maya are dead;

256 : 4928

they do not find happiness anywhere.

256 : 4929

One who dwells in the Society of the Saints finds a great peace;

256 : 4930

the Ambrosial Nectar of the Naam becomes sweet to his soul.

256 : 4931

That humble being, who is pleasing to his Lord and Master

256 : 4932

– O Nanak, his mind is cooled and soothed. ||28||

256 : 4933

Shalok:

256 : 4934

I bow down, and fall to the ground in humble adoration, countless times, to the All-powerful Lord, who possesses all powers.

256 : 4935

Please protect me, and save me from wandering, God. Reach out and give Nanak Your Hand. ||1||

256 : 4936

Pauree:

256 : 4937

DADDA: This is not your true place; you must know where that place really is.

256 : 4938

You shall come to realize the way to that place, through the Word of the Guru's Shabad.

256 : 4939

This place, here, is established by hard work,

256 : 4940

but not one iota of this shall go there with you.

256 : 4941

The value of that place beyond is known only to those,

256 : 4942

upon whom the Perfect Lord God casts His Glance of Grace.

256 : 4943

That permanent and true place is obtained in the Saadh Sangat, the Company of the Holy;

256 : 4944

O Nanak, those humble beings do not waver or wander. ||29||

256 : 4945

Shalok:

256 : 4946

When the Righteous Judge of Dharma begins to destroy someone, no one can place any obstacle in His Way.

256 : 4947

O Nanak, those who join the Saadh Sangat and meditate on the Lord are saved. ||1||

256 : 4948

Pauree:

256 : 4949

DHADHA: Where are you going, wandering and searching? Search instead within your own mind.

256 : 4950

God is with you, so why do you wander around from forest to forest?

256 : 4951

In the Saadh Sangat, the Company of the Holy, tear down the mound of your frightful, egotistical pride.

256 : 4952

You shall find peace, and abide in intuitive bliss; gazing upon the Blessed Vision of God's Darshan, you shall be delighted.

256 : 4953

One who has such a mound as this, dies and suffers the pain of reincarnation through the womb.

256 : 4954

One who is intoxicated by emotional attachment, entangled in egotism, selfishness and conceit, shall continue coming and going in reincarnation.

256 : 4955

Slowly and steadily, I have now surrendered to the Holy Saints; I have come to their Sanctuary.

256 : 4956

God has cut away the noose of my pain; O Nanak, He has merged me into Himself. ||30||

256 : 4957

Shalok:

256 : 4958

Where the Holy people constantly vibrate the Kirtan of the Praises of the Lord of the Universe, O Nanak

256 : 4959

– the Righteous Judge says, "Do not approach that place, O Messenger of Death, or else neither you nor I shall escape!" ||1||

256 : 4960

Pauree:

256 : 4961

NANNA: One who conquers his own soul, wins the battle of life.

256 : 4962

One who dies, while fighting against egotism and alienation, becomes sublime and beautiful.

256 : 4963

One who eradicates his ego, remains dead while yet alive, through the Teachings of the Perfect Guru.

256 : 4964

He conquers his mind, and meets the Lord; he is dressed in robes of honor.

256 : 4965

He does not claim anything as his own; the One Lord is his Anchor and Support.

256 : 4966

Night and day, he continually contemplates the Almighty, Infinite Lord God.

256 : 4967

He makes his mind the dust of all; such is the karma of the deeds he does.

256 : 4968

Understanding the Hukam of the Lord's Command, he attains everlasting peace. O Nanak, such is his pre-ordained destiny. ||31||

256 : 4969

Shalok:

256 : 4970

I offer my body, mind and wealth to anyone who can unite me with God.

256 : 4971

O Nanak, my doubts and fears have been dispelled, and the Messenger of Death does not see me any longer. ||1||

256 : 4972

Pauree:

256 : 4973

TATTA: Embrace love for the Treasure of Excellence, the Sovereign Lord of the Universe.

256 : 4974

You shall obtain the fruits of your mind's desires, and your burning thirst shall be quenched.

-- Raag Gauree – Part 106 --

Raag Gauree – Part 107

257 : 4975

One whose heart is filled with the Name shall have no fear on the path of death.

257 : 4976

He shall obtain salvation, and his intellect shall be enlightened; he will find his place in the Mansion of the Lord's Presence.

257 : 4977

Neither wealth, nor household, nor youth, nor power shall go along with you.

257 : 4978

In the Society of the Saints, meditate in remembrance on the Lord. This alone shall be of use to you.

257 : 4979

There will be no burning at all, when He Himself takes away your fever.

257 : 4980

O Nanak, the Lord Himself cherishes us; He is our Mother and Father. ||32||

257 : 4981

Shalok:

257 : 4982

They have grown weary, struggling in all sorts of ways; but they are not satisfied, and their thirst is not quenched.

257 : 4983

Gathering in and hoarding what they can, the faithless cynics die, O Nanak, but the wealth of Maya does not go with them in the end. ||1||

257 : 4984

Pauree:

257 : 4985

T'HAT'HA: Nothing is permanent – why do you stretch out your feet?

257 : 4986

You commit so many fraudulent and deceitful actions as you chase after Maya.

257 : 4987

You work to fill up your bag, you fool, and then you fall down exhausted.

257 : 4988

But this shall be of no use to you at all at that very last instant.

257 : 4989

You shall find stability only by vibrating upon the Lord of the Universe, and accepting the Teachings of the Saints.

257 : 4990

Embrace love for the One Lord forever – this is true love!

257 : 4991

He is the Doer, the Cause of causes. All ways and means are in His Hands alone.

257 : 4992

Whatever You attach me to, to that I am attached; O Nanak, I am just a helpless creature.
||33||

257 : 4993

Shalok:

257 : 4994

His slaves have gazed upon the One Lord, the Giver of everything.

257 : 4995

They continue to contemplate Him with each and every breath; O Nanak, the Blessed Vision of His Darshan is their Support. ||1||

257 : 4996

Pauree:

257 : 4997

DADDA: The One Lord is the Great Giver; He is the Giver to all.

257 : 4998

There is no limit to His Giving. His countless warehouses are filled to overflowing.

257 : 4999

The Great Giver is alive forever.

257 : 5000

O foolish mind, why have you forgotten Him?

257 : 5001

No one is at fault, my friend.

257 : 5002

God created the bondage of emotional attachment to Maya.

257 : 5003

He Himself removes the pains of the Gurmukh; O Nanak, he is fulfilled. ||34||

257 : 5004

Shalok:

257 : 5005

O my soul, grasp the Support of the One Lord; give up your hopes in others.

257 : 5006

O Nanak, meditating on the Naam, the Name of the Lord, your affairs shall be resolved. ||1||

257 : 5007

Pauree:

257 : 5008

DHADHA: The mind's wanderings cease, when one comes to dwell in the Society of the Saints.

257 : 5009

If the Lord is Merciful from the very beginning, then one's mind is enlightened.

257 : 5010

Those who have the true wealth are the true bankers.

257 : 5011

The Lord, Har, Har, is their wealth, and they trade in His Name.

257 : 5012

Patience, glory and honor come to those

257 : 5013

who listen to the Name of the Lord, Har, Har.

257 : 5014

That Gurmukh whose heart remains merged with the Lord,

257 : 5015

O Nanak, obtains glorious greatness. ||35||

257 : 5016

Shalok:

257 : 5017

O Nanak, one who chants the Naam, and meditates on the Naam with love inwardly and outwardly,

257 : 5018

receives the Teachings from the Perfect Guru; he joins the Saadh Sangat, the Company of the Holy, and does not fall into hell. ||1||

257 : 5019

Pauree:

257 : 5020

NANNA: Those whose minds and bodies are filled with the Naam, the Name of the Lord, shall not fall into hell.

257 : 5021

Those Gurmukhs who chant the treasure of the Naam,

257 : 5022

are not destroyed by the poison of Maya.

257 : 5023

Those who have been given the Mantra of the Naam by the Guru, shall not be turned away.

-- Raag Gauree – Part 107 --

Raag Gauree – Part 108

258 : 5024

They are filled and fulfilled with the Ambrosial Nectar of the Lord, the Treasure of sublime wealth;

258 : 5025

O Nanak, the unstruck celestial melody vibrates for them. ||36||

258 : 5026

Shalok:

258 : 5027

The Guru, the Supreme Lord God, preserved my honor, when I renounced hypocrisy, emotional attachment and corruption.

258 : 5028

O Nanak, worship and adore the One, who has no end or limitation. ||1||

258 : 5029

Pauree:

258 : 5030

PAPPA: He is beyond estimation; His limits cannot be found.

258 : 5031

The Sovereign Lord King is inaccessible;

258 : 5032

He is the Purifier of sinners. Millions of sinners are purified;

258 : 5033

they meet the Holy, and chant the Ambrosial Naam, the Name of the Lord.

258 : 5034

Deception, fraud and emotional attachment are eliminated,

258 : 5035

by those who are protected by the Lord of the World.

258 : 5036

He is the Supreme King, with the royal canopy above His Head.

258 : 5037

O Nanak, there is no other at all. ||37||

258 : 5038

Shalok:

258 : 5039

The noose of Death is cut, and one's wanderings cease; victory is obtained, when one conquers his own mind.

258 : 5040

O Nanak, eternal stability is obtained from the Guru, and one's day-to-day wanderings cease. ||1||

258 : 5041

Pauree:

258 : 5042

FAFFA: After wandering and wandering for so long, you have come;

258 : 5043

in this Dark Age of Kali Yuga, you have obtained this human body, so very difficult to obtain.

258 : 5044

This opportunity shall not come into your hands again.

258 : 5045

So chant the Naam, the Name of the Lord, and the noose of Death shall be cut away.

258 : 5046

You shall not have to come and go in reincarnation over and over again,

258 : 5047

if you chant and meditate on the One and Only Lord.

258 : 5048

Shower Your Mercy, O God, Creator Lord,

258 : 5049

and unite poor Nanak with Yourself. ||38||

258 : 5050

Shalok:

258 : 5051

Hear my prayer, O Supreme Lord God, Merciful to the meek, Lord of the World.

258 : 5052

The dust of the feet of the Holy is peace, wealth, great enjoyment and pleasure for Nanak.
||1||

258 : 5053

Pauree:

258 : 5054

BABBA: One who knows God is a Brahmin.

258 : 5055

A Vaishnaav is one who, as Gurmukh, lives the righteous life of Dharma.

258 : 5056

One who eradicates his own evil is a brave warrior;

258 : 5057

no evil even approaches him.

258 : 5058

Man is bound by the chains of his own egotism, selfishness and conceit.

258 : 5059

The spiritually blind place the blame on others.

258 : 5060

But all debates and clever tricks are of no use at all.

258 : 5061

O Nanak, he alone comes to know, whom the Lord inspires to know. ||39||

258 : 5062

Shalok:

258 : 5063

The Destroyer of fear, the Eradicator of sin and sorrow – enshrine that Lord in your mind.

258 : 5064

One whose heart abides in the Society of the Saints, O Nanak, does not wander around in doubt. ||1||

258 : 5065

Pauree:

258 : 5066

BHABHA: Cast out your doubt and delusion

258 : 5067

– this world is just a dream.

258 : 5068

The angelic beings, goddesses and gods are deluded by doubt.

258 : 5069

The Siddhas and seekers, and even Brahma are deluded by doubt.

258 : 5070

Wandering around, deluded by doubt, people are ruined.

258 : 5071

It is so very difficult and treacherous to cross over this ocean of Maya.

258 : 5072

That Gurmukh who has eradicated doubt, fear and attachment,

258 : 5073

O Nanak, obtains supreme peace. ||40||

258 : 5074

Shalok:

258 : 5075

Maya clings to the mind, and causes it to waver in so many ways.

258 : 5076

When You, O Lord, restrain someone from asking for wealth, then, O Nanak, he comes to love the Name. ||1||

258 : 5077

Pauree:

258 : 5078

MAMMA: The beggar is so ignorant

258 : 5079

– the Great Giver continues to give. He is All-knowing.

258 : 5080

Whatever He gives, He gives once and for all.

258 : 5081

O foolish mind, why do you complain, and cry out so loud?

258 : 5082

Whenever you ask for something, you ask for worldly things;

258 : 5083

no one has obtained happiness from these.

258 : 5084

If you must ask for a gift, then ask for the One Lord.

258 : 5085

O Nanak, by Him, you shall be saved. ||41||

— Raag Gauree – Part 108 —

Raag Gauree – Part 109

259 : 5086

Shalok:

259 : 5087

Perfect is the intellect, and most distinguished is the reputation, of those whose minds are filled with the Mantra of the Perfect Guru.

259 : 5088

Those who come to know their God, O Nanak, are very fortunate. ||1||

259 : 5089

Pauree:

259 : 5090

MAMMA: Those who understand God's mystery are satisfied, joining the Saadh Sangat, the Company of the Holy.

259 : 5091

They look upon pleasure and pain as the same.

259 : 5092

They are exempt from incarnation into heaven or hell.

259 : 5093

They live in the world, and yet they are detached from it.

259 : 5094

The Sublime Lord, the Primal Being, is totally pervading each and every heart.

259 : 5095

In His Love, they find peace.

259 : 5096

O Nanak, Maya does not cling to them at all. ||42||

259 : 5097

Shalok:

259 : 5098

Listen, my dear friends and companions: without the Lord, there is no salvation.

259 : 5099

O Nanak, one who falls at the Feet of the Guru, has his bonds cut away. ||1||

259 : 5100

Pauree:

259 : 5101

YAYYA: People try all sorts of things,

259 : 5102

but without the One Name, how far can they succeed?

259 : 5103

Those efforts, by which emancipation may be attained

259 : 5104

– those efforts are made in the Saadh Sangat, the Company of the Holy.

259 : 5105

Everyone has this idea of salvation,

259 : 5106

but without meditation, there can be no salvation.

259 : 5107

The All-powerful Lord is the boat to carry us across.

259 : 5108

O Lord, please save these worthless beings!

259 : 5109

Those whom the Lord Himself instructs in thought, word and deed

259 : 5110

– O Nanak, their intellect is enlightened. ||43||

259 : 5111

Shalok:

259 : 5112

Do not be angry with anyone else; look within your own self instead.

259 : 5113

Be humble in this world, O Nanak, and by His Grace you shall be carried across. ||1||

259 : 5114

Pauree:

259 : 5115

RARRA: Be the dust under the feet of all.

259 : 5116

Give up your egotistical pride, and the balance of your account shall be written off.

259 : 5117

Then, you shall win the battle in the Court of the Lord, O Siblings of Destiny.

259 : 5118

As Gurmukh, lovingly attune yourself to the Lord's Name.

259 : 5119

Your evil ways shall be slowly and steadily blotted out, by the Shabad, the Incomparable Word of the Perfect Guru.

259 : 5120

You shall be imbued with the Lord's Love, and intoxicated with the Nectar of the Naam.

259 : 5121

O Nanak, the Lord, the Guru, has given this gift. ||44||

259 : 5122

Shalok:

259 : 5123

The afflictions of greed, falsehood and corruption abide in this body.

259 : 5124

Drinking in the Ambrosial Nectar of the Lord's Name, Har, Har, O Nanak, the Gurmukh

abides in peace. ||1||

259 : 5125

Pauree:

259 : 5126

LALLA: One who takes the medicine of the Naam, the Name of the Lord,

259 : 5127

is cured of his pain and sorrow in an instant.

259 : 5128

One whose heart is filled with the medicine of the Naam,

259 : 5129

is not infested with disease, even in his dreams.

259 : 5130

The medicine of the Lord's Name is in all hearts, O Siblings of Destiny.

259 : 5131

Without the Perfect Guru, no one knows how to prepare it.

259 : 5132

When the Perfect Guru gives the instructions to prepare it,

259 : 5133

then, O Nanak, one does not suffer illness again. ||45||

259 : 5134

Shalok:

259 : 5135

The All-pervading Lord is in all places. There is no place where He does not exist.

259 : 5136

Inside and outside, He is with you. O Nanak, what can be hidden from Him? ||1||

259 : 5137

Pauree:

259 : 5138

WAWWA: Do not harbor hatred against anyone.

259 : 5139

In each and every heart, God is contained.

259 : 5140

The All-pervading Lord is permeating and pervading the oceans and the land.

259 : 5141

How rare are those who, by Guru's Grace, sing of Him.

259 : 5142

Hatred and alienation depart from those

259 : 5143

who, as Gurmukh, listen to the Kirtan of the Lord's Praises.

259 : 5144

O Nanak, one who becomes Gurmukh chants the Name of the Lord, Har, Har, and rises above all social classes and status symbols. ||46||

-- Raag Gauree – Part 109 --

Raag Gauree – Part 110

260 : 5145

Shalok:

260 : 5146

Acting in egotism, selfishness and conceit, the foolish, ignorant, faithless cynic wastes his life.

260 : 5147

He dies in agony, like one dying of thirst; O Nanak, this is because of the deeds he has done. ||1||

260 : 5148

Pauree:

260 : 5149

RARRA: Conflict is eliminated in the Saadh Sangat, the Company of the Holy;

260 : 5150

meditate in adoration on the Naam, the Name of the Lord, the essence of karma and Dharma.

260 : 5151

When the Beautiful Lord abides within the heart,

260 : 5152

conflict is erased and ended.

260 : 5153

The foolish, faithless cynic picks arguments

260 : 5154

– his heart is filled with corruption and egotistical intellect.

260 : 5155

RARRA: For the Gurmukh, conflict is eliminated in an instant, O Nanak, through the Teachings. ||47||

260 : 5156

Shalok:

260 : 5157

O mind, grasp the Support of the Holy Saint; give up your clever arguments.

260 : 5158

One who has the Guru's Teachings within his mind, O Nanak, has good destiny inscribed upon his forehead. ||1||

260 : 5159

Pauree:

260 : 5160

SASSA: I have now entered Your Sanctuary, Lord; I am so tired of reciting the Shaastras, the Simritees and the Vedas.

260 : 5161

I searched and searched and searched, and now I have come to realize,

260 : 5162

that without meditating on the Lord, there is no emancipation.

260 : 5163

With each and every breath, I make mistakes.

260 : 5164

You are All–powerful, endless and infinite.

260 : 5165

I seek Your Sanctuary – please save me, Merciful Lord!

260 : 5166

Nanak is Your child, O Lord of the World. ||48||

260 : 5167

Shalok:

260 : 5168

When selfishness and conceit are erased, peace comes, and the mind and body are healed.

260 : 5169

O Nanak, then He comes to be seen – the One who is worthy of praise. ||1||

260 : 5170

Pauree:

260 : 5171

KHAKHA: Praise and extol Him on High,

260 : 5172

who fills the empty to over–flowing in an instant.

260 : 5173

When the mortal being becomes totally humble,

260 : 5174

then he meditates night and day on God, the Detached Lord of Nirvaanaa.

260 : 5175

If it pleases the Will of our Lord and Master, then He blesses us with peace.

260 : 5176

Such is the Infinite, Supreme Lord God.

260 : 5177

He forgives countless sins in an instant.

260 : 5178

O Nanak, our Lord and Master is merciful forever. ||49||

260 : 5179

Shalok:

260 : 5180

I speak the Truth – listen, O my mind: take to the Sanctuary of the Sovereign Lord King.

260 : 5181

Give up all your clever tricks, O Nanak, and He shall absorb you into Himself. ||1||

260 : 5182

Pauree:

260 : 5183

SASSA: Give up your clever tricks, you ignorant fool!

260 : 5184

God is not pleased with clever tricks and commands.

260 : 5185

You may practice a thousand forms of cleverness,

260 : 5186

but not even one will go along with you in the end.

260 : 5187

Meditate on that Lord, that Lord, day and night.

260 : 5188

O soul, He alone shall go along with you.

260 : 5189

Those whom the Lord Himself commits to the service of the Holy,

260 : 5190

O Nanak, are not afflicted by suffering. ||50||

260 : 5191

Shalok:

260 : 5192

Chanting the Name of the Lord, Har, Har, and keeping it in your mind, you shall find peace.

260 : 5193

O Nanak, the Lord is pervading everywhere; He is contained in all spaces and interspaces.
||1||

260 : 5194

Pauree:

260 : 5195

Behold! The Lord God is totally pervading each and every heart.

260 : 5196

Forever and ever, the Guru's wisdom has been the Destroyer of pain.

260 : 5197

Quieting the ego, ecstasy is obtained. Where the ego does not exist, God Himself is there.

260 : 5198

The pain of birth and death is removed, by the power of the Society of the Saints.

260 : 5199

He becomes kind to those who lovingly enshrine the Name of the Merciful Lord within their hearts, in the Society of the Saints.

-- Raag Gauree – Part 110 --

Raag Gauree – Part 111

261 : 5200

In this world, no one accomplishes anything by himself.

261 : 5201

O Nanak, everything is done by God. ||51||

261 : 5202

Shalok:

261 : 5203

Because of the balance due on his account, he can never be released; he makes mistakes each and every moment.

261 : 5204

O Forgiving Lord, please forgive me, and carry Nanak across. ||1||

261 : 5205

Pauree:

261 : 5206

The sinner is unfaithful to himself; he is ignorant, with shallow understanding.

261 : 5207

He does not know the essence of all, the One who gave him body, soul and peace.

261 : 5208

For the sake of personal profit and Maya, he goes out, searching in the ten directions.

261 : 5209

He does not enshrine the Generous Lord God, the Great Giver, in his mind, even for an instant.

261 : 5210

Greed, falsehood, corruption and emotional attachment – these are what he collects within his mind.

261 : 5211

The worst perverts, thieves and slanderers – he passes his time with them.

261 : 5212

But if it pleases You, Lord, then You forgive the counterfeit along with the genuine.

261 : 5213

O Nanak, if it pleases the Supreme Lord God, then even a stone will float on water. ||52||

261 : 5214

Shalok:

261 : 5215

Eating, drinking, playing and laughing, I have wandered through countless incarnations.

261 : 5216

Please, God, lift me up and out of the terrifying world–ocean. Nanak seeks Your Support.
||1||

261 : 5217

Pauree:

261 : 5218

Playing, playing, I have been reincarnated countless times, but this has only brought pain.

261 : 5219

Troubles are removed, when one meets with the Holy; immerse yourself in the Word of the True Guru.

261 : 5220

Adopting an attitude of tolerance, and gathering truth, partake of the Ambrosial Nectar of the Name.

261 : 5221

When my Lord and Master showed His Great Mercy, I found peace, happiness and bliss.

261 : 5222

My merchandise has arrived safely, and I have made a great profit; I have returned home with honor.

261 : 5223

The Guru has given me great consolation, and the Lord God has come to meet me.

261 : 5224

He Himself has acted, and He Himself acts. He was in the past, and He shall be in the future.

261 : 5225

O Nanak, praise the One, who is contained in each and every heart. ||53||

261 : 5226

Shalok:

261 : 5227

O God, I have come to Your Sanctuary, O Merciful Lord, Ocean of compassion.

261 : 5228

One whose mind is filled with the One Word of the Lord, O Nanak, becomes totally blissful.
||1||

261 : 5229

Pauree:

261 : 5230

In the Word, God established the three worlds.

261 : 5231

Created from the Word, the Vedas are contemplated.

261 : 5232

From the Word, came the Shaastras, Simritees and Puraanas.

261 : 5233

From the Word, came the sound current of the Naad, speeches and explanations.

261 : 5234

From the Word, comes the way of liberation from fear and doubt.

261 : 5235

From the Word, come religious rituals, karma, sacredness and Dharma.

261 : 5236

In the visible universe, the Word is seen.

261 : 5237

O Nanak, the Supreme Lord God remains unattached and untouched. ||54||

261 : 5238

Shalok:

261 : 5239

With pen in hand, the Inaccessible Lord writes man's destiny on his forehead.

261 : 5240

The Lord of Incomparable Beauty is involved with all.

261 : 5241

I cannot describe Your Praises with my mouth, O Lord.

261 : 5242

Nanak is fascinated, gazing upon the Blessed Vision of Your Darshan; he is a sacrifice to You. ||1||

261 : 5243

Pauree:

261 : 5244

O Immovable Lord, O Supreme Lord God, Imperishable, Destroyer of sins:

261 : 5245

O Perfect, All-pervading Lord, Destroyer of pain, Treasure of virtue:

261 : 5246

O Companion, Formless, Absolute Lord, Support of all:

261 : 5247

O Lord of the Universe, Treasure of excellence, with clear eternal understanding:

261 : 5248

Most Remote of the Remote, Lord God: You are, You were, and You shall always be.

261 : 5249

O Constant Companion of the Saints, You are the Support of the unsupported.

261 : 5250

O my Lord and Master, I am Your slave. I am worthless, I have no worth at all.

— Raag Gauree – Part 111 —

Raag Gauree – Part 112

262 : 5251

Nanak: grant me the Gift of Your Name, Lord, that I may string it and keep it within my heart. ||55||

262 : 5252

Shalok:

262 : 5253

The Divine Guru is our mother, the Divine Guru is our father; the Divine Guru is our Lord and Master, the Transcendent Lord.

262 : 5254

The Divine Guru is my companion, the Destroyer of ignorance; the Divine Guru is my relative and brother.

262 : 5255

The Divine Guru is the Giver, the Teacher of the Lord's Name. The Divine Guru is the Mantra which never fails.

262 : 5256

The Divine Guru is the image of peace, truth and wisdom. The Divine Guru is the Philosopher's Stone – touching it, one is transformed.

262 : 5257

The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine nectar; bathing in the Guru's wisdom, one experiences the Infinite.

262 : 5258

The Divine Guru is the Creator, and the Destroyer of all sins; the Divine Guru is the Purifier of sinners.

262 : 5259

The Divine Guru existed in the very beginning, throughout the ages, in each and every age.
The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved.

262 : 5260

O God, please be merciful to me, that I may be with the Divine Guru; I am a foolish sinner,
but holding onto Him, I will be carried across.

262 : 5261

The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord; Nanak
bows in humble reverence to the Lord, the Divine Guru. ||1||

262 : 5262

Read this Shalok at the beginning, and at the end. ||

262 : 5263

Gauree Sukhmani, Fifth Mehl,

262 : 5264

Shalok:

262 : 5265

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

262 : 5266

I bow to the Primal Guru.

262 : 5267

I bow to the Guru of the ages.

262 : 5268

I bow to the True Guru.

262 : 5269

I bow to the Great, Divine Guru. ||1||

262 : 5270

ASHTAPADEE:

262 : 5271

Meditate, meditate, meditate in remembrance of Him, and find peace.

262 : 5272

Worry and anguish shall be dispelled from your body.

262 : 5273

Remember in praise the One who pervades the whole Universe.

262 : 5274

His Name is chanted by countless people, in so many ways.

262 : 5275

The Vedas, the Puraanas and the Simritees, the purest of utterances,

262 : 5276

were created from the One Word of the Name of the Lord.

262 : 5277

That one, in whose soul the One Lord dwells

262 : 5278

– the praises of his glory cannot be recounted.

262 : 5279

Those who yearn only for the blessing of Your Darshan

262 : 5280

– Nanak: save me along with them! ||1||

262 : 5281

Sukhmani: Peace of Mind, the Nectar of the Name of God.

262 : 5282

The minds of the devotees abide in a joyful peace. ||Pause||

262 : 5283

Remembering God, one does not have to enter into the womb again.

262 : 5284

Remembering God, the pain of death is dispelled.

262 : 5285

Remembering God, death is eliminated.

262 : 5286

Remembering God, one's enemies are repelled.

262 : 5287

Remembering God, no obstacles are met.

262 : 5288

Remembering God, one remains awake and aware, night and day.

262 : 5289

Remembering God, one is not touched by fear.

262 : 5290

Remembering God, one does not suffer sorrow.

262 : 5291

The meditative remembrance of God is in the Company of the Holy.

262 : 5292

All treasures, O Nanak, are in the Love of the Lord. ||2||

262 : 5293

In the remembrance of God are wealth, miraculous spiritual powers and the nine treasures.

262 : 5294

In the remembrance of God are knowledge, meditation and the essence of wisdom.

262 : 5295

In the remembrance of God are chanting, intense meditation and devotional worship.

262 : 5296

In the remembrance of God, duality is removed.

262 : 5297

In the remembrance of God are purifying baths at sacred shrines of pilgrimage.

262 : 5298

In the remembrance of God, one attains honor in the Court of the Lord.

262 : 5299

In the remembrance of God, one becomes good.

262 : 5300

In the remembrance of God, one flowers in fruition.

262 : 5301

They alone remember Him in meditation, whom He inspires to meditate.

-- Raag Gauree – Part 112 --

Raag Gauree – Part 113

263 : 5302

Nanak grasps the feet of those humble beings. ||3||

263 : 5303

The remembrance of God is the highest and most exalted of all.

263 : 5304

In the remembrance of God, many are saved.

263 : 5305

In the remembrance of God, thirst is quenched.

263 : 5306

In the remembrance of God, all things are known.

263 : 5307

In the remembrance of God, there is no fear of death.

263 : 5308

In the remembrance of God, hopes are fulfilled.

263 : 5309

In the remembrance of God, the filth of the mind is removed.

263 : 5310

The Ambrosial Naam, the Name of the Lord, is absorbed into the heart.

263 : 5311

God abides upon the tongues of His Saints.

263 : 5312

Nanak is the servant of the slave of His slaves. ||4||

263 : 5313

Those who remember God are wealthy.

263 : 5314

Those who remember God are honorable.

263 : 5315

Those who remember God are approved.

263 : 5316

Those who remember God are the most distinguished persons.

263 : 5317

Those who remember God are not lacking.

263 : 5318

Those who remember God are the rulers of all.

263 : 5319

Those who remember God dwell in peace.

263 : 5320

Those who remember God are immortal and eternal.

263 : 5321

They alone hold to the remembrance of Him, unto whom He Himself shows His Mercy.

263 : 5322

Nanak begs for the dust of their feet. ||5||

263 : 5323

Those who remember God generously help others.

263 : 5324

Those who remember God – to them, I am forever a sacrifice.

263 : 5325

Those who remember God – their faces are beautiful.

263 : 5326

Those who remember God abide in peace.

263 : 5327

Those who remember God conquer their souls.

263 : 5328

Those who remember God have a pure and spotless lifestyle.

263 : 5329

Those who remember God experience all sorts of joys.

263 : 5330

Those who remember God abide near the Lord.

263 : 5331

By the Grace of the Saints, one remains awake and aware, night and day.

263 : 5332

O Nanak, this meditative remembrance comes only by perfect destiny. ||6||

263 : 5333

Remembering God, one's works are accomplished.

263 : 5334

Remembering God, one never grieves.

263 : 5335

Remembering God, one speaks the Glorious Praises of the Lord.

263 : 5336

Remembering God, one is absorbed into the state of intuitive ease.

263 : 5337

Remembering God, one attains the unchanging position.

263 : 5338

Remembering God, the heart–lotus blossoms forth.

263 : 5339

Remembering God, the unstruck melody vibrates.

263 : 5340

The peace of the meditative remembrance of God has no end or limitation.

263 : 5341

They alone remember Him, upon whom God bestows His Grace.

263 : 5342

Nanak seeks the Sanctuary of those humble beings. ||7||

263 : 5343

Remembering the Lord, His devotees are famous and radiant.

263 : 5344

Remembering the Lord, the Vedas were composed.

263 : 5345

Remembering the Lord, we become Siddhas, celibates and givers.

263 : 5346

Remembering the Lord, the lowly become known in all four directions.

263 : 5347

For the remembrance of the Lord, the whole world was established.

263 : 5348

Remember, remember in meditation the Lord, the Creator, the Cause of causes.

263 : 5349

For the remembrance of the Lord, He created the whole creation.

263 : 5350

In the remembrance of the Lord, He Himself is Formless.

263 : 5351

By His Grace, He Himself bestows understanding.

263 : 5352

O Nanak, the Gurmukh attains the remembrance of the Lord. ||8||1||

263 : 5353

Shalok:

263 : 5354

O Destroyer of the pains and the suffering of the poor, O Master of each and every heart, O Masterless One:

263 : 5355

I have come seeking Your Sanctuary. O God, please be with Nanak! ||1||

— Raag Gauree – Part 113 —

Raag Gauree – Part 114

264 : 5356

ASHTAPADEE:

264 : 5357

Where there is no mother, father, children, friends or siblings

264 : 5358

– O my mind, there, only the Naam, the Name of the Lord, shall be with you as your help and support.

264 : 5359

Where the great and terrible Messenger of Death shall try to crush you,

264 : 5360

there, only the Naam shall go along with you.

264 : 5361

Where the obstacles are so very heavy,

264 : 5362

the Name of the Lord shall rescue you in an instant.

264 : 5363

By performing countless religious rituals, you shall not be saved.

264 : 5364

The Name of the Lord washes off millions of sins.

264 : 5365

As Gurmukh, chant the Naam, O my mind.

264 : 5366

O Nanak, you shall obtain countless joys. ||1||

264 : 5367

The rulers of the all the world are unhappy;

264 : 5368

one who chants the Name of the Lord becomes happy.

264 : 5369

Acquiring hundreds of thousands and millions, your desires shall not be contained.

264 : 5370

Chanting the Name of the Lord, you shall find release.

264 : 5371

By the countless pleasures of Maya, your thirst shall not be quenched.

264 : 5372

Chanting the Name of the Lord, you shall be satisfied.

264 : 5373

Upon that path where you must go all alone,

264 : 5374

there, only the Lord's Name shall go with you to sustain you.

264 : 5375

On such a Name, O my mind, meditate forever.

264 : 5376

O Nanak, as Gurmukh, you shall obtain the state of supreme dignity. ||2||

264 : 5377

You shall not be saved by hundreds of thousands and millions of helping hands.

264 : 5378

Chanting the Naam, you shall be lifted up and carried across.

264 : 5379

Where countless misfortunes threaten to destroy you,

264 : 5380

the Name of the Lord shall rescue you in an instant.

264 : 5381

Through countless incarnations, people are born and die.

264 : 5382

Chanting the Name of the Lord, you shall come to rest in peace.

264 : 5383

The ego is polluted by a filth which can never be washed off.

264 : 5384

The Name of the Lord erases millions of sins.

264 : 5385

Chant such a Name with love, O my mind.

264 : 5386

O Nanak, it is obtained in the Company of the Holy. ||3||

264 : 5387

On that path where the miles cannot be counted,

264 : 5388

there, the Name of the Lord shall be your sustenance.

264 : 5389

On that journey of total, pitch-black darkness,

264 : 5390

the Name of the Lord shall be the Light with you.

264 : 5391

On that journey where no one knows you,

264 : 5392

with the Name of the Lord, you shall be recognized.

264 : 5393

Where there is awesome and terrible heat and blazing sunshine,

264 : 5394

there, the Name of the Lord will give you shade.

264 : 5395

Where thirst, O my mind, torments you to cry out,

264 : 5396

there, O Nanak, the Ambrosial Name, Har, Har, shall rain down upon you. ||4||

264 : 5397

Unto the devotee, the Naam is an article of daily use.

264 : 5398

The minds of the humble Saints are at peace.

264 : 5399

The Name of the Lord is the Support of His servants.

264 : 5400

By the Name of the Lord, millions have been saved.

264 : 5401

The Saints chant the Praises of the Lord, day and night.

264 : 5402

Har, Har – the Lord's Name – the Holy use it as their healing medicine.

264 : 5403

The Lord's Name is the treasure of the Lord's servant.

264 : 5404

The Supreme Lord God has blessed His humble servant with this gift.

264 : 5405

Mind and body are imbued with ecstasy in the Love of the One Lord.

264 : 5406

O Nanak, careful and discerning understanding is the way of the Lord's humble servant.
||5||

264 : 5407

The Name of the Lord is the path of liberation for His humble servants.

264 : 5408

With the food of the Name of the Lord, His servants are satisfied.

264 : 5409

The Name of the Lord is the beauty and delight of His servants.

264 : 5410

Chanting the Lord's Name, one is never blocked by obstacles.

264 : 5411

The Name of the Lord is the glorious greatness of His servants.

264 : 5412

Through the Name of the Lord, His servants obtain honor.

-- Raag Gauree – Part 114 --

Raag Gauree – Part 115

265 : 5413

The Name of the Lord is the enjoyment and Yoga of His servants.

265 : 5414

Chanting the Lord's Name, there is no separation from Him.

265 : 5415

His servants are imbued with the service of the Lord's Name.

265 : 5416

O Nanak, worship the Lord, the Lord Divine, Har, Har. ||6||

265 : 5417

The Lord's Name, Har, Har, is the treasure of wealth of His servants.

265 : 5418

The treasure of the Lord has been bestowed on His servants by God Himself.

265 : 5419

The Lord, Har, Har is the All-powerful Protection of His servants.

265 : 5420

His servants know no other than the Lord's Magnificence.

265 : 5421

Through and through, His servants are imbued with the Lord's Love.

265 : 5422

In deepest Samaadhi, they are intoxicated with the essence of the Naam.

265 : 5423

Twenty-four hours a day, His servants chant Har, Har.

265 : 5424

The devotees of the Lord are known and respected; they do not hide in secrecy.

265 : 5425

Through devotion to the Lord, many have been liberated.

265 : 5426

O Nanak, along with His servants, many others are saved. ||7||

265 : 5427

This Elysian Tree of miraculous powers is the Name of the Lord.

265 : 5428

The Khaamadhayn, the cow of miraculous powers, is the singing of the Glory of the Lord's Name, Har, Har.

265 : 5429

Highest of all is the Lord's Speech.

265 : 5430

Hearing the Naam, pain and sorrow are removed.

265 : 5431

The Glory of the Naam abides in the hearts of His Saints.

265 : 5432

By the Saint's kind intervention, all guilt is dispelled.

265 : 5433

The Society of the Saints is obtained by great good fortune.

265 : 5434

Serving the Saint, one meditates on the Naam.

265 : 5435

There is nothing equal to the Naam.

265 : 5436

O Nanak, rare are those, who, as Gurmukh, obtain the Naam. ||8||2||

265 : 5437

Shalok:

265 : 5438

The many Shaastras and the many Simritees – I have seen and searched through them all.

265 : 5439

They are not equal to Har, Haray – O Nanak, the Lord's Invaluable Name. ||1||

265 : 5440

ASHTAPADEE:

265 : 5441

Chanting, intense meditation, spiritual wisdom and all meditations;

265 : 5442

the six schools of philosophy and sermons on the scriptures;

265 : 5443

the practice of Yoga and righteous conduct;

265 : 5444

the renunciation of everything and wandering around in the wilderness;

265 : 5445

the performance of all sorts of works;

265 : 5446

donations to charities and offerings of jewels to fire;

265 : 5447

cutting the body apart and making the pieces into ceremonial fire offerings;

265 : 5448

keeping fasts and making vows of all sorts

265 : 5449

– none of these are equal to the contemplation of the Name of the Lord,

265 : 5450

O Nanak, if, as Gurmukh, one chants the Naam, even once. ||1||

265 : 5451

You may roam over the nine continents of the world and live a very long life;

265 : 5452

you may become a great ascetic and a master of disciplined meditation

265 : 5453

and burn yourself in fire;

265 : 5454

you may give away gold, horses, elephants and land;

265 : 5455

you may practice techniques of inner cleansing and all sorts of Yogic postures;

265 : 5456

you may adopt the self–mortifying ways of the Jains and great spiritual disciplines;

265 : 5457

piece by piece, you may cut your body apart;

265 : 5458

but even so, the filth of your ego shall not depart.

265 : 5459

There is nothing equal to the Name of the Lord.

265 : 5460

O Nanak, as Gurmukh, chant the Naam, and obtain salvation. ||2||

265 : 5461

With your mind filled with desire, you may give up your body at a sacred shrine of pilgrimage;

265 : 5462

but even so, egotistical pride shall not be removed from your mind.

265 : 5463

You may practice cleansing day and night,

265 : 5464

but the filth of your mind shall not leave your body.

265 : 5465

You may subject your body to all sorts of disciplines,

265 : 5466

but your mind will never be rid of its corruption.

265 : 5467

You may wash this transitory body with loads of water,

265 : 5468

but how can a wall of mud be washed clean?

265 : 5469

O my mind, the Glorious Praise of the Name of the Lord is the highest;

265 : 5470

O Nanak, the Naam has saved so many of the worst sinners. ||3||

265 : 5471

Even with great cleverness, the fear of death clings to you.

-- Raag Gauree – Part 115 --

Raag Gauree – Part 116

266 : 5472

You try all sorts of things, but your thirst is still not satisfied.

266 : 5473

Wearing various religious robes, the fire is not extinguished.

266 : 5474

Even making millions of efforts, you shall not be accepted in the Court of the Lord.

266 : 5475

You cannot escape to the heavens, or to the nether regions,

266 : 5476

if you are entangled in emotional attachment and the net of Maya.

266 : 5477

All other efforts are punished by the Messenger of Death,

266 : 5478

which accepts nothing at all, except meditation on the Lord of the Universe.

266 : 5479

Chanting the Name of the Lord, sorrow is dispelled.

266 : 5480

O Nanak, chant it with intuitive ease. ||4||

266 : 5481

One who prays for the four cardinal blessings

266 : 5482

should commit himself to the service of the Saints.

266 : 5483

If you wish to erase your sorrows,

266 : 5484

sing the Name of the Lord, Har, Har, within your heart.

266 : 5485

If you long for honor for yourself,

266 : 5486

then renounce your ego in the Saadh Sangat, the Company of the Holy.

266 : 5487

If you fear the cycle of birth and death,

266 : 5488

then seek the Sanctuary of the Holy.

266 : 5489

Those who thirst for the Blessed Vision of God's Darshan

266 : 5490

– Nanak is a sacrifice, a sacrifice to them. ||5||

266 : 5491

Among all persons, the supreme person is the one

266 : 5492

who gives up his egotistical pride in the Company of the Holy.

266 : 5493

One who sees himself as lowly,

266 : 5494

shall be accounted as the highest of all.

266 : 5495

One whose mind is the dust of all,

266 : 5496

recognizes the Name of the Lord, Har, Har, in each and every heart.

266 : 5497

One who eradicates cruelty from within his own mind,

266 : 5498

looks upon all the world as his friend.

266 : 5499

One who looks upon pleasure and pain as one and the same,

266 : 5500

O Nanak, is not affected by sin or virtue. ||6||

266 : 5501

To the poor, Your Name is wealth.

266 : 5502

To the homeless, Your Name is home.

266 : 5503

To the dishonored, You, O God, are honor.

266 : 5504

To all, You are the Giver of gifts.

266 : 5505

O Creator Lord, Cause of causes, O Lord and Master,

266 : 5506

Inner-knower, Searcher of all hearts:

266 : 5507

You alone know Your own condition and state.

266 : 5508

You Yourself, God, are imbued with Yourself.

266 : 5509

You alone can celebrate Your Praises.

266 : 5510

O Nanak, no one else knows. ||7||

266 : 5511

Of all religions, the best religion

266 : 5512

is to chant the Name of the Lord and maintain pure conduct.

266 : 5513

Of all religious rituals, the most sublime ritual

266 : 5514

is to erase the filth of the dirty mind in the Company of the Holy.

266 : 5515

Of all efforts, the best effort

266 : 5516

is to chant the Name of the Lord in the heart, forever.

266 : 5517

Of all speech, the most ambrosial speech

266 : 5518

is to hear the Lord's Praise and chant it with the tongue.

266 : 5519

Of all places, the most sublime place,

266 : 5520

O Nanak, is that heart in which the Name of the Lord abides. ||8||3||

266 : 5521

Shalok:

266 : 5522

You worthless, ignorant fool – dwell upon God forever.

266 : 5523

Cherish in your consciousness the One who created you; O Nanak, He alone shall go along with you. ||1||

266 : 5524

ASHTAPADEE:

266 : 5525

Think of the Glory of the All-pervading Lord, O mortal;

266 : 5526

what is your origin, and what is your appearance?

266 : 5527

He who fashioned, adorned and decorated you

266 : 5528

– in the fire of the womb, He preserved you.

266 : 5529

In your infancy, He gave you milk to drink.

266 : 5530

In the flower of your youth, He gave you food, pleasure and understanding.

As you grow old, family and friends are there to feed you as you rest.

-- Raag Gauree – Part 116 --

Raag Gauree – Part 117

267 : 5532

This worthless person has not appreciated in the least, all the good deeds done for him.

267 : 5533

If you bless him with forgiveness, O Nanak, only then will he be saved. ||1||

267 : 5534

By His Grace, you abide in comfort upon the earth.

267 : 5535

With your children, siblings, friends and spouse, you laugh.

267 : 5536

By His Grace, you drink in cool water.

267 : 5537

You have peaceful breezes and priceless fire.

267 : 5538

By His Grace, you enjoy all sorts of pleasures.

267 : 5539

You are provided with all the necessities of life.

267 : 5540

He gave you hands, feet, ears, eyes and tongue,

267 : 5541

and yet, you forsake Him and attach yourself to others.

267 : 5542

Such sinful mistakes cling to the blind fools;

267 : 5543

Nanak: uplift and save them, God! ||2||

267 : 5544

From beginning to end, He is our Protector,

267 : 5545

and yet, the ignorant do not give their love to Him.

267 : 5546

Serving Him, the nine treasures are obtained,

267 : 5547

and yet, the foolish do not link their minds with Him.

267 : 5548

Our Lord and Master is Ever-present, forever and ever,

267 : 5549

and yet, the spiritually blind believe that He is far away.

267 : 5550

In His service, one obtains honor in the Court of the Lord,

267 : 5551

and yet, the ignorant fool forgets Him.

267 : 5552

Forever and ever, this person makes mistakes;

267 : 5553

O Nanak, the Infinite Lord is our Saving Grace. ||3||

267 : 5554

Forsaking the jewel, they are engrossed with a shell.

267 : 5555

They renounce Truth and embrace falsehood.

267 : 5556

That which passes away, they believe to be permanent.

267 : 5557

That which is immanent, they believe to be far off.

267 : 5558

They struggle for what they must eventually leave.

267 : 5559

They turn away from the Lord, their Help and Support, who is always with them.

267 : 5560

They wash off the sandalwood paste;

267 : 5561

like donkeys, they are in love with the mud.

267 : 5562

They have fallen into the deep, dark pit.

267 : 5563

Nanak: lift them up and save them, O Merciful Lord God! ||4||

267 : 5564

They belong to the human species, but they act like animals.

267 : 5565

They curse others day and night.

267 : 5566

Outwardly, they wear religious robes, but within is the filth of Maya.

267 : 5567

They cannot conceal this, no matter how hard they try.

267 : 5568

Outwardly, they display knowledge, meditation and purification,

267 : 5569

but within clings the dog of greed.

267 : 5570

The fire of desire rages within; outwardly they apply ashes to their bodies.

267 : 5571

There is a stone around their neck – how can they cross the unfathomable ocean?

267 : 5572

Those, within whom God Himself abides

267 : 5573

– O Nanak, those humble beings are intuitively absorbed in the Lord. ||5||

267 : 5574

By listening, how can the blind find the path?

267 : 5575

Take hold of his hand, and then he can reach his destination.

267 : 5576

How can a riddle be understood by the deaf?

267 : 5577

Say 'night', and he thinks you said 'day'.

267 : 5578

How can the mute sing the Songs of the Lord?

267 : 5579

He may try, but his voice will fail him.

267 : 5580

How can the cripple climb up the mountain?

267 : 5581

He simply cannot go there.

267 : 5582

O Creator, Lord of Mercy – Your humble servant prays;

267 : 5583

Nanak: by Your Grace, please save me. ||6||

267 : 5584

The Lord, our Help and Support, is always with us, but the mortal does not remember Him.

267 : 5585

He shows love to his enemies.

267 : 5586

He lives in a castle of sand.

267 : 5587

He enjoys the games of pleasure and the tastes of Maya.

267 : 5588

He believes them to be permanent – this is the belief of his mind.

267 : 5589

Death does not even come to mind for the fool.

267 : 5590

Hate, conflict, sexual desire, anger, emotional attachment,

267 : 5591

falsehood, corruption, immense greed and deceit:

-- Raag Gauree – Part 117 --

Raag Gauree – Part 118

268 : 5592

So many lifetimes are wasted in these ways.

268 : 5593

Nanak: uplift them, and redeem them, O Lord – show Your Mercy! ||7||

268 : 5594

You are our Lord and Master; to You, I offer this prayer.

268 : 5595

This body and soul are all Your property.

268 : 5596

You are our mother and father; we are Your children.

268 : 5597

In Your Grace, there are so many joys!

268 : 5598

No one knows Your limits.

268 : 5599

O Highest of the High, Most Generous God,

268 : 5600

the whole creation is strung on Your thread.

268 : 5601

That which has come from You is under Your Command.

268 : 5602

You alone know Your state and extent.

268 : 5603

Nanak, Your slave, is forever a sacrifice. ||8||4||

268 : 5604

Shalok:

268 : 5605

One who renounces God the Giver, and attaches himself to other affairs

268 : 5606

– O Nanak, he shall never succeed. Without the Name, he shall lose his honor. ||1||

268 : 5607

ASHTAPADEE:

268 : 5608

He obtains ten things, and puts them behind him;

268 : 5609

for the sake of one thing withheld, he forfeits his faith.

268 : 5610

But what if that one thing were not given, and the ten were taken away?

268 : 5611

Then, what could the fool say or do?

268 : 5612

Our Lord and Master cannot be moved by force.

268 : 5613

Unto Him, bow forever in adoration.

268 : 5614

That one, unto whose mind God seems sweet

268 : 5615

– all pleasures come to abide in his mind.

268 : 5616

One who abides by the Lord's Will,

268 : 5617

O Nanak, obtains all things. ||1||

268 : 5618

God the Banker gives endless capital to the mortal,

268 : 5619

who eats, drinks and expends it with pleasure and joy.

268 : 5620

If some of this capital is later taken back by the Banker,

268 : 5621

the ignorant person shows his anger.

268 : 5622

He himself destroys his own credibility,

268 : 5623

and he shall not again be trusted.

268 : 5624

When one offers to the Lord, that which belongs to the Lord,

268 : 5625

and willingly abides by the Will of God's Order,

268 : 5626

the Lord will make him happy four times over.

268 : 5627

O Nanak, our Lord and Master is merciful forever. ||2||

268 : 5628

The many forms of attachment to Maya shall surely pass away – know that they are transitory.

268 : 5629

People fall in love with the shade of the tree,

268 : 5630

and when it passes away, they feel regret in their minds.

268 : 5631

Whatever is seen, shall pass away;

268 : 5632

and yet, the blindest of the blind cling to it.

268 : 5633

One who gives her love to a passing traveler

268 : 5634

– nothing shall come into her hands in this way.

268 : 5635

O mind, the love of the Name of the Lord bestows peace.

268 : 5636

O Nanak, the Lord, in His Mercy, unites us with Himself. ||3||

268 : 5637

False are body, wealth, and all relations.

268 : 5638

False are ego, possessiveness and Maya.

268 : 5639

False are power, youth, wealth and property.

268 : 5640

False are sexual desire and wild anger.

268 : 5641

False are chariots, elephants, horses and expensive clothes.

268 : 5642

False is the love of gathering wealth, and reveling in the sight of it.

268 : 5643

False are deception, emotional attachment and egotistical pride.

268 : 5644

False are pride and self-conceit.

268 : 5645

Only devotional worship is permanent, and the Sanctuary of the Holy.

268 : 5646

Nanak lives by meditating, meditating on the Lotus Feet of the Lord. ||4||

268 : 5647

False are the ears which listen to the slander of others.

268 : 5648

False are the hands which steal the wealth of others.

— Raag Gauree – Part 118 —

Raag Gauree – Part 119

269 : 5649

False are the eyes which gaze upon the beauty of another's wife.

269 : 5650

False is the tongue which enjoys delicacies and external tastes.

269 : 5651

False are the feet which run to do evil to others.

269 : 5652

False is the mind which covets the wealth of others.

269 : 5653

False is the body which does not do good to others.

269 : 5654

False is the nose which inhales corruption.

269 : 5655

Without understanding, everything is false.

269 : 5656

Fruitful is the body, O Nanak, which takes to the Lord's Name. ||5||

269 : 5657

The life of the faithless cynic is totally useless.

269 : 5658

Without the Truth, how can anyone be pure?

269 : 5659

Useless is the body of the spiritually blind, without the Name of the Lord.

269 : 5660

From his mouth, a foul smell issues forth.

269 : 5661

Without the remembrance of the Lord, day and night pass in vain,

269 : 5662

like the crop which withers without rain.

269 : 5663

Without meditation on the Lord of the Universe, all works are in vain,

269 : 5664

like the wealth of a miser, which lies useless.

269 : 5665

Blessed, blessed are those, whose hearts are filled with the Name of the Lord.

269 : 5666

Nanak is a sacrifice, a sacrifice to them. ||6||

269 : 5667

He says one thing, and does something else.

269 : 5668

There is no love in his heart, and yet with his mouth he talks tall.

269 : 5669

The Omniscient Lord God is the Knower of all.

269 : 5670

He is not impressed by outward display.

269 : 5671

One who does not practice what he preaches to others,

269 : 5672

shall come and go in reincarnation, through birth and death.

269 : 5673

One whose inner being is filled with the Formless Lord

269 : 5674

– by his teachings, the world is saved.

269 : 5675

Those who are pleasing to You, God, know You.

269 : 5676

Nanak falls at their feet. ||7||

269 : 5677

Offer your prayers to the Supreme Lord God, who knows everything.

269 : 5678

He Himself values His own creatures.

269 : 5679

He Himself, by Himself, makes the decisions.

269 : 5680

To some, He appears far away, while others perceive Him near at hand.

269 : 5681

He is beyond all efforts and clever tricks.

269 : 5682

He knows all the ways and means of the soul.

269 : 5683

Those with whom He is pleased are attached to the hem of His robe.

269 : 5684

He is pervading all places and interspaces.

269 : 5685

Those upon whom He bestows His favor, become His servants.

269 : 5686

Each and every moment, O Nanak, meditate on the Lord. ||8||5||

269 : 5687

Shalok:

269 : 5688

Sexual desire, anger, greed and emotional attachment – may these be gone, and egotism as well.

269 : 5689

Nanak seeks the Sanctuary of God; please bless me with Your Grace, O Divine Guru. ||1||

269 : 5690

ASHTAPADEE:

269 : 5691

By His Grace, you partake of the thirty–six delicacies;

269 : 5692

enshrine that Lord and Master within your mind.

269 : 5693

By His Grace, you apply scented oils to your body;

269 : 5694

remembering Him, the supreme status is obtained.

269 : 5695

By His Grace, you dwell in the palace of peace;

269 : 5696

meditate forever on Him within your mind.

269 : 5697

By His Grace, you abide with your family in peace;

269 : 5698

keep His remembrance upon your tongue, twenty–four hours a day.

269 : 5699

By His Grace, you enjoy tastes and pleasures;

269 : 5700

O Nanak, meditate forever on the One, who is worthy of meditation. ||1||

269 : 5701

By His Grace, you wear silks and satins;

269 : 5702

why abandon Him, to attach yourself to another?

269 : 5703

By His Grace, you sleep in a cozy bed;

269 : 5704

O my mind, sing His Praises, twenty–four hours a day.

269 : 5705

By His Grace, you are honored by everyone;

— Raag Gauree – Part 119 —

Raag Gauree – Part 120

270 : 5706

with your mouth and with your tongue, chant His Praises.

270 : 5707

By His Grace, you remain in the Dharma;

270 : 5708

O mind, meditate continually on the Supreme Lord God.

270 : 5709

Meditating on God, you shall be honored in His Court;

270 : 5710

O Nanak, you shall return to your true home with honor. ||2||

270 : 5711

By His Grace, you have a healthy, golden body;

270 : 5712

attune yourself to that Loving Lord.

270 : 5713

By His Grace, your honor is preserved;

270 : 5714

O mind, chant the Praises of the Lord, Har, Har, and find peace.

270 : 5715

By His Grace, all your deficits are covered;

270 : 5716

O mind, seek the Sanctuary of God, our Lord and Master.

270 : 5717

By His Grace, no one can rival you;

270 : 5718

O mind, with each and every breath, remember God on High.

270 : 5719

By His Grace, you obtained this precious human body;

270 : 5720

O Nanak, worship Him with devotion. ||3||

270 : 5721

By His Grace, you wear decorations;

270 : 5722

O mind, why are you so lazy? Why don't you remember Him in meditation?

270 : 5723

By His Grace, you have horses and elephants to ride;

270 : 5724

O mind, never forget that God.

270 : 5725

By His Grace, you have land, gardens and wealth;

270 : 5726

keep God enshrined in your heart.

270 : 5727

O mind, the One who formed your form

270 : 5728

– standing up and sitting down, meditate always on Him.

270 : 5729

Meditate on Him – the One Invisible Lord;

270 : 5730

here and hereafter, O Nanak, He shall save you. ||4||

270 : 5731

By His Grace, you give donations in abundance to charities;

270 : 5732

O mind, meditate on Him, twenty–four hours a day.

270 : 5733

By His Grace, you perform religious rituals and worldly duties;

270 : 5734

think of God with each and every breath.

270 : 5735

By His Grace, your form is so beautiful;

270 : 5736

constantly remember God, the Incomparably Beautiful One.

270 : 5737

By His Grace, you have such high social status;

270 : 5738

remember God always, day and night.

270 : 5739

By His Grace, your honor is preserved;

270 : 5740

by Guru's Grace, O Nanak, chant His Praises. ||5||

270 : 5741

By His Grace, you listen to the sound current of the Naad.

270 : 5742

By His Grace, you behold amazing wonders.

270 : 5743

By His Grace, you speak ambrosial words with your tongue.

270 : 5744

By His Grace, you abide in peace and ease.

270 : 5745

By His Grace, your hands move and work.

270 : 5746

By His Grace, you are completely fulfilled.

270 : 5747

By His Grace, you obtain the supreme status.

270 : 5748

By His Grace, you are absorbed into celestial peace.

270 : 5749

Why forsake God, and attach yourself to another?

270 : 5750

By Guru's Grace, O Nanak, awaken your mind! ||6||

270 : 5751

By His Grace, you are famous all over the world;

270 : 5752

never forget God from your mind.

270 : 5753

By His Grace, you have prestige;

270 : 5754

O foolish mind, meditate on Him!

270 : 5755

By His Grace, your works are completed;

270 : 5756

O mind, know Him to be close at hand.

270 : 5757

By His Grace, you find the Truth;

270 : 5758

O my mind, merge yourself into Him.

270 : 5759

By His Grace, everyone is saved;

270 : 5760

O Nanak, meditate, and chant His Chant. ||7||

270 : 5761

Those, whom He inspires to chant, chant His Name.

270 : 5762

Those, whom He inspires to sing, sing the Glorious Praises of the Lord.

— Raag Gauree – Part 120 —

Raag Gauree – Part 121

271 : 5763

By God's Grace, enlightenment comes.

271 : 5764

By God's Kind Mercy, the heart–lotus blossoms forth.

271 : 5765

When God is totally pleased, He comes to dwell in the mind.

271 : 5766

By God's Kind Mercy, the intellect is exalted.

271 : 5767

All treasures, O Lord, come by Your Kind Mercy.

271 : 5768

No one obtains anything by himself.

271 : 5769

As You have delegated, so do we apply ourselves, O Lord and Master.

271 : 5770

O Nanak, nothing is in our hands. ||8||6||

271 : 5771

Shalok:

271 : 5772

Unapproachable and Unfathomable is the Supreme Lord God;

271 : 5773

whoever speaks of Him shall be liberated.

271 : 5774

Listen, O friends, Nanak prays, to the wonderful story of the Holy. ||1||

271 : 5775

ASHTAPADEE:

271 : 5776

In the Company of the Holy, one's face becomes radiant.

271 : 5777

In the Company of the Holy, all filth is removed.

271 : 5778

In the Company of the Holy, egotism is eliminated.

271 : 5779

In the Company of the Holy, spiritual wisdom is revealed.

271 : 5780

In the Company of the Holy, God is understood to be near at hand.

271 : 5781

In the Company of the Holy, all conflicts are settled.

271 : 5782

In the Company of the Holy, one obtains the jewel of the Naam.

271 : 5783

In the Company of the Holy, one's efforts are directed toward the One Lord.

271 : 5784

What mortal can speak of the Glorious Praises of the Holy?

271 : 5785

O Nanak, the glory of the Holy people merges into God. ||1||

271 : 5786

In the Company of the Holy, one meets the Incomprehensible Lord.

271 : 5787

In the Company of the Holy, one flourishes forever.

271 : 5788

In the Company of the Holy, the five passions are brought to rest.

271 : 5789

In the Company of the Holy, one enjoys the essence of ambrosia.

271 : 5790

In the Company of the Holy, one becomes the dust of all.

271 : 5791

In the Company of the Holy, one's speech is enticing.

271 : 5792

In the Company of the Holy, the mind does not wander.

271 : 5793

In the Company of the Holy, the mind becomes stable.

271 : 5794

In the Company of the Holy, one is rid of Maya.

271 : 5795

In the Company of the Holy, O Nanak, God is totally pleased. ||2||

271 : 5796

In the Company of the Holy, all one's enemies become friends.

271 : 5797

In the Company of the Holy, there is great purity.

271 : 5798

In the Company of the Holy, no one is hated.

271 : 5799

In the Company of the Holy, one's feet do not wander.

271 : 5800

In the Company of the Holy, no one seems evil.

271 : 5801

In the Company of the Holy, supreme bliss is known.

271 : 5802

In the Company of the Holy, the fever of ego departs.

271 : 5803

In the Company of the Holy, one renounces all selfishness.

271 : 5804

He Himself knows the greatness of the Holy.

271 : 5805

O Nanak, the Holy are at one with God. ||3||

271 : 5806

In the Company of the Holy, the mind never wanders.

271 : 5807

In the Company of the Holy, one obtains everlasting peace.

271 : 5808

In the Company of the Holy, one grasps the Incomprehensible.

271 : 5809

In the Company of the Holy, one can endure the unendurable.

271 : 5810

In the Company of the Holy, one abides in the loftiest place.

271 : 5811

In the Company of the Holy, one attains the Mansion of the Lord's Presence.

271 : 5812

In the Company of the Holy, one's Dharmic faith is firmly established.

271 : 5813

In the Company of the Holy, one dwells with the Supreme Lord God.

271 : 5814

In the Company of the Holy, one obtains the treasure of the Naam.

271 : 5815

O Nanak, I am a sacrifice to the Holy. ||4||

271 : 5816

In the Company of the Holy, all one's family is saved.

271 : 5817

In the Company of the Holy, one's friends, acquaintances and relatives are redeemed.

271 : 5818

In the Company of the Holy, that wealth is obtained.

271 : 5819

Everyone benefits from that wealth.

271 : 5820

In the Company of the Holy, the Lord of Dharma serves.

271 : 5821

In the Company of the Holy, the divine, angelic beings sing God's Praises.

271 : 5822

In the Company of the Holy, one's sins fly away.

271 : 5823

In the Company of the Holy, one sings the Ambrosial Glories.

271 : 5824

In the Company of the Holy, all places are within reach.

— Raag Gauree – Part 121 —

Raag Gauree – Part 122

272 : 5825

O Nanak, in the Company of the Holy, one's life becomes fruitful. ||5||

272 : 5826

In the Company of the Holy, there is no suffering.

272 : 5827

The Blessed Vision of their Darshan brings a sublime, happy peace.

272 : 5828

In the Company of the Holy, blemishes are removed.

272 : 5829

In the Company of the Holy, hell is far away.

272 : 5830

In the Company of the Holy, one is happy here and hereafter.

272 : 5831

In the Company of the Holy, the separated ones are reunited with the Lord.

272 : 5832

The fruits of one's desires are obtained.

272 : 5833

In the Company of the Holy, no one goes empty-handed.

272 : 5834

The Supreme Lord God dwells in the hearts of the Holy.

272 : 5835

O Nanak, listening to the sweet words of the Holy, one is saved. ||6||

272 : 5836

In the Company of the Holy, listen to the Name of the Lord.

272 : 5837

In the Company of the Holy, sing the Glorious Praises of the Lord.

272 : 5838

In the Company of the Holy, do not forget Him from your mind.

272 : 5839

In the Company of the Holy, you shall surely be saved.

272 : 5840

In the Company of the Holy, God seems very sweet.

272 : 5841

In the Company of the Holy, He is seen in each and every heart.

272 : 5842

In the Company of the Holy, we become obedient to the Lord.

272 : 5843

In the Company of the Holy, we obtain the state of salvation.

272 : 5844

In the Company of the Holy, all diseases are cured.

272 : 5845

O Nanak, one meets with the Holy, by highest destiny. ||7||

272 : 5846

The glory of the Holy people is not known to the Vedas.

272 : 5847

They can describe only what they have heard.

272 : 5848

The greatness of the Holy people is beyond the three qualities.

272 : 5849

The greatness of the Holy people is all-pervading.

272 : 5850

The glory of the Holy people has no limit.

272 : 5851

The glory of the Holy people is infinite and eternal.

272 : 5852

The glory of the Holy people is the highest of the high.

272 : 5853

The glory of the Holy people is the greatest of the great.

272 : 5854

The glory of the Holy people is theirs alone;

272 : 5855

O Nanak, there is no difference between the Holy people and God. ||8||7||

272 : 5856

Shalok:

272 : 5857

The True One is on his mind, and the True One is upon his lips.

272 : 5858

He sees only the One.

272 : 5859

O Nanak, these are the qualities of the God-conscious being. ||1||

272 : 5860

ASHTAPADEE:

272 : 5861

The God-conscious being is always unattached,

272 : 5862

as the lotus in the water remains detached.

272 : 5863

The God-conscious being is always unstained,

272 : 5864

like the sun, which gives its comfort and warmth to all.

272 : 5865

The God-conscious being looks upon all alike,

272 : 5866

like the wind, which blows equally upon the king and the poor beggar.

272 : 5867

The God-conscious being has a steady patience,

272 : 5868

like the earth, which is dug up by one, and anointed with sandal paste by another.

272 : 5869

This is the quality of the God-conscious being:

272 : 5870

O Nanak, his inherent nature is like a warming fire. ||1||

272 : 5871

The God-conscious being is the purest of the pure;

272 : 5872

filth does not stick to water.

272 : 5873

The God-conscious being's mind is enlightened,

272 : 5874

like the sky above the earth.

272 : 5875

To the God-conscious being, friend and foe are the same.

272 : 5876

The God-conscious being has no egotistical pride.

272 : 5877

The God-conscious being is the highest of the high.

272 : 5878

Within his own mind, he is the most humble of all.

272 : 5879

They alone become God-conscious beings,

272 : 5880

O Nanak, whom God Himself makes so. ||2||

272 : 5881

The God-conscious being is the dust of all.

272 : 5882

The God-conscious being knows the nature of the soul.

272 : 5883

The God-conscious being shows kindness to all.

272 : 5884

No evil comes from the God-conscious being.

272 : 5885

The God-conscious being is always impartial.

-- Raag Gauree – Part 122 --

Raag Gauree – Part 123

273 : 5886

Nectar rains down from the glance of the God-conscious being.

273 : 5887

The God-conscious being is free from entanglements.

273 : 5888

The lifestyle of the God-conscious being is spotlessly pure.

273 : 5889

Spiritual wisdom is the food of the God-conscious being.

273 : 5890

O Nanak, the God-conscious being is absorbed in God's meditation. ||3||

273 : 5891

The God-conscious being centers his hopes on the One alone.

273 : 5892

The God-conscious being shall never perish.

273 : 5893

The God-conscious being is steeped in humility.

273 : 5894

The God-conscious being delights in doing good to others.

273 : 5895

The God-conscious being has no worldly entanglements.

273 : 5896

The God-conscious being holds his wandering mind under control.

273 : 5897

The God-conscious being acts in the common good.

273 : 5898

The God-conscious being blossoms in fruitfulness.

273 : 5899

In the Company of the God-conscious being, all are saved.

273 : 5900

O Nanak, through the God-conscious being, the whole world meditates on God. ||4||

273 : 5901

The God-conscious being loves the One Lord alone.

273 : 5902

The God-conscious being dwells with God.

273 : 5903

The God-conscious being takes the Naam as his Support.

273 : 5904

The God-conscious being has the Naam as his Family.

273 : 5905

The God-conscious being is awake and aware, forever and ever.

273 : 5906

The God-conscious being renounces his proud ego.

273 : 5907

In the mind of the God-conscious being, there is supreme bliss.

273 : 5908

In the home of the God-conscious being, there is everlasting bliss.

273 : 5909

The God-conscious being dwells in peaceful ease.

273 : 5910

O Nanak, the God-conscious being shall never perish. ||5||

273 : 5911

The God-conscious being knows God.

273 : 5912

The God-conscious being is in love with the One alone.

273 : 5913

The God-conscious being is carefree.

273 : 5914

Pure are the Teachings of the God-conscious being.

273 : 5915

The God-conscious being is made so by God Himself.

273 : 5916

The God-conscious being is gloriously great.

273 : 5917

The Darshan, the Blessed Vision of the God-conscious being, is obtained by great good fortune.

273 : 5918

To the God-conscious being, I make my life a sacrifice.

273 : 5919

The God-conscious being is sought by the great god Shiva.

273 : 5920

O Nanak, the God-conscious being is Himself the Supreme Lord God. ||6||

273 : 5921

The God-conscious being cannot be appraised.

273 : 5922

The God-conscious being has all within his mind.

273 : 5923

Who can know the mystery of the God-conscious being?

273 : 5924

Forever bow to the God-conscious being.

273 : 5925

The God-conscious being cannot be described in words.

273 : 5926

The God-conscious being is the Lord and Master of all.

273 : 5927

Who can describe the limits of the God-conscious being?

273 : 5928

Only the God-conscious being can know the state of the God-conscious being.

273 : 5929

The God-conscious being has no end or limitation.

273 : 5930

O Nanak, to the God-conscious being, bow forever in reverence. ||7||

273 : 5931

The God-conscious being is the Creator of all the world.

273 : 5932

The God-conscious being lives forever, and does not die.

273 : 5933

The God-conscious being is the Giver of the way of liberation of the soul.

273 : 5934

The God-conscious being is the Perfect Supreme Being, who orchestrates all.

273 : 5935

The God-conscious being is the helper of the helpless.

273 : 5936

The God-conscious being extends his hand to all.

273 : 5937

The God-conscious being owns the entire creation.

— Raag Gauree – Part 123 —

Raag Gauree – Part 124

274 : 5938

The God-conscious being is himself the Formless Lord.

274 : 5939

The glory of the God-conscious being belongs to the God-conscious being alone.

274 : 5940

O Nanak, the God-conscious being is the Lord of all. ||8||8||

274 : 5941

Shalok:

274 : 5942

One who enshrines the Naam within the heart,

274 : 5943

who sees the Lord God in all,

274 : 5944

who, each and every moment, bows in reverence to the Lord Master

274 : 5945

– O Nanak, such a one is the true 'touch-nothing Saint', who emancipates everyone. ||1||

274 : 5946

ASHTAPADEE:

274 : 5947

One whose tongue does not touch falsehood;

274 : 5948

whose mind is filled with love for the Blessed Vision of the Pure Lord,

274 : 5949

whose eyes do not gaze upon the beauty of others' wives,

274 : 5950

who serves the Holy and loves the Saints' Congregation,

274 : 5951

whose ears do not listen to slander against anyone,

274 : 5952

who deems himself to be the worst of all,

274 : 5953

who, by Guru's Grace, renounces corruption,

274 : 5954

who banishes the mind's evil desires from his mind,

274 : 5955

who conquers his sexual instincts and is free of the five sinful passions

274 : 5956

– O Nanak, among millions, there is scarcely one such 'touch–nothing Saint'. ||1||

274 : 5957

The true Vaishnaav, the devotee of Vishnu, is the one with whom God is thoroughly pleased.

274 : 5958

He dwells apart from Maya.

274 : 5959

Performing good deeds, he does not seek rewards.

274 : 5960

Spotlessly pure is the religion of such a Vaishnaav;

274 : 5961

he has no desire for the fruits of his labors.

274 : 5962

He is absorbed in devotional worship and the singing of Kirtan, the songs of the Lord's Glory.

274 : 5963

Within his mind and body, he meditates in remembrance on the Lord of the Universe.

274 : 5964

He is kind to all creatures.

274 : 5965

He holds fast to the Naam, and inspires others to chant it.

274 : 5966

O Nanak, such a Vaishnaav obtains the supreme status. ||2||

274 : 5967

The true Bhagaautee, the devotee of Adi Shakti, loves the devotional worship of God.

274 : 5968

He forsakes the company of all wicked people.

274 : 5969

All doubts are removed from his mind.

274 : 5970

He performs devotional service to the Supreme Lord God in all.

274 : 5971

In the Company of the Holy, the filth of sin is washed away.

274 : 5972

The wisdom of such a Bhagaautee becomes supreme.

274 : 5973

He constantly performs the service of the Supreme Lord God.

274 : 5974

He dedicates his mind and body to the Love of God.

274 : 5975

The Lotus Feet of the Lord abide in his heart.

274 : 5976

O Nanak, such a Bhagaautee attains the Lord God. ||3||

274 : 5977

He is a true Pandit, a religious scholar, who instructs his own mind.

274 : 5978

He searches for the Lord's Name within his own soul.

274 : 5979

He drinks in the Exquisite Nectar of the Lord's Name.

274 : 5980

By that Pandit's teachings, the world lives.

274 : 5981

He implants the Sermon of the Lord in his heart.

274 : 5982

Such a Pandit is not cast into the womb of reincarnation again.

274 : 5983

He understands the fundamental essence of the Vedas, the Puraanas and the Simritees.

274 : 5984

In the unmanifest, he sees the manifest world to exist.

274 : 5985

He gives instruction to people of all castes and social classes.

274 : 5986

O Nanak, to such a Pandit, I bow in salutation forever. ||4||

274 : 5987

The Beej Mantra, the Seed Mantra, is spiritual wisdom for everyone.

274 : 5988

Anyone, from any class, may chant the Naam.

274 : 5989

Whoever chants it, is emancipated.

274 : 5990

And yet, rare are those who attain it, in the Company of the Holy.

274 : 5991

By His Grace, He enshrines it within.

274 : 5992

Even beasts, ghosts and the stone–hearted are saved.

274 : 5993

The Naam is the panacea, the remedy to cure all ills.

274 : 5994

Singing the Glory of God is the embodiment of bliss and emancipation.

274 : 5995

It cannot be obtained by any religious rituals.

274 : 5996

O Nanak, he alone obtains it, whose karma is so pre-ordained. ||5||

274 : 5997

One whose mind is a home for the Supreme Lord God

-- Raag Gauree – Part 124 --

Raag Gauree – Part 125

275 : 5998

– his name is truly Ram Das, the Lord's servant.

275 : 5999

He comes to have the Vision of the Lord, the Supreme Soul.

275 : 6000

Deeming himself to be the slave of the Lord's slaves, he obtains it.

275 : 6001

He knows the Lord to be Ever-present, close at hand.

275 : 6002

Such a servant is honored in the Court of the Lord.

275 : 6003

To His servant, He Himself shows His Mercy.

275 : 6004

Such a servant understands everything.

275 : 6005

Amidst all, his soul is unattached.

275 : 6006

Such is the way, O Nanak, of the Lord's servant. ||6||

275 : 6007

One who, in his soul, loves the Will of God,

275 : 6008

is said to be Jivan Mukta – liberated while yet alive.

275 : 6009

As is joy, so is sorrow to him.

275 : 6010

He is in eternal bliss, and is not separated from God.

275 : 6011

As is gold, so is dust to him.

275 : 6012

As is ambrosial nectar, so is bitter poison to him.

275 : 6013

As is honor, so is dishonor.

275 : 6014

As is the beggar, so is the king.

275 : 6015

Whatever God ordains, that is his way.

275 : 6016

O Nanak, that being is known as Jivan Mukta. ||7||

275 : 6017

All places belong to the Supreme Lord God.

275 : 6018

According to the homes in which they are placed, so are His creatures named.

275 : 6019

He Himself is the Doer, the Cause of causes.

275 : 6020

Whatever pleases God, ultimately comes to pass.

275 : 6021

He Himself is All-pervading, in endless waves.

275 : 6022

The playful sport of the Supreme Lord God cannot be known.

275 : 6023

As the understanding is given, so is one enlightened.

275 : 6024

The Supreme Lord God, the Creator, is eternal and everlasting.

275 : 6025

Forever, forever and ever, He is merciful.

275 : 6026

Remembering Him, remembering Him in meditation, O Nanak, one is blessed with ecstasy.
||8||9||

275 : 6027

Shalok:

275 : 6028

Many people praise the Lord. He has no end or limitation.

275 : 6029

O Nanak, God created the creation, with its many ways and various species. ||1||

275 : 6030

ASHTAPADEE:

275 : 6031

Many millions are His devotees.

275 : 6032

Many millions perform religious rituals and worldly duties.

275 : 6033

Many millions become dwellers at sacred shrines of pilgrimage.

275 : 6034

Many millions wander as renunciates in the wilderness.

275 : 6035

Many millions listen to the Vedas.

275 : 6036

Many millions become austere penitents.

275 : 6037

Many millions enshrine meditation within their souls.

275 : 6038

Many millions of poets contemplate Him through poetry.

275 : 6039

Many millions meditate on His eternally new Naam.

275 : 6040

O Nanak, none can find the limits of the Creator. ||1||

275 : 6041

Many millions become self-centered.

275 : 6042

Many millions are blinded by ignorance.

275 : 6043

Many millions are stone-hearted misers.

275 : 6044

Many millions are heartless, with dry, withered souls.

275 : 6045

Many millions steal the wealth of others.

275 : 6046

Many millions slander others.

275 : 6047

Many millions struggle in Maya.

275 : 6048

Many millions wander in foreign lands.

275 : 6049

Whatever God attaches them to – with that they are engaged.

275 : 6050

O Nanak, the Creator alone knows the workings of His creation. ||2||

275 : 6051

Many millions are Siddhas, celibates and Yogis.

275 : 6052

Many millions are kings, enjoying worldly pleasures.

275 : 6053

Many millions of birds and snakes have been created.

275 : 6054

Many millions of stones and trees have been produced.

275 : 6055

Many millions are the winds, waters and fires.

275 : 6056

Many millions are the countries and realms of the world.

275 : 6057

Many millions are the moons, suns and stars.

-- Raag Gauree – Part 125 --

Raag Gauree – Part 126

276 : 6058

Many millions are the demi-gods, demons and Indras, under their regal canopies.

276 : 6059

He has strung the entire creation upon His thread.

276 : 6060

O Nanak, He emancipates those with whom He is pleased. ||3||

276 : 6061

Many millions abide in heated activity, slothful darkness and peaceful light.

276 : 6062

Many millions are the Vedas, Puraanas, Simritees and Shaastras.

276 : 6063

Many millions are the pearls of the oceans.

276 : 6064

Many millions are the beings of so many descriptions.

276 : 6065

Many millions are made long-lived.

276 : 6066

Many millions of hills and mountains have been made of gold.

276 : 6067

Many millions are the Yakhshas – the servants of the god of wealth, the Kinnars – the gods of celestial music, and the evil spirits of the Pisaach.

276 : 6068

Many millions are the evil nature–spirits, ghosts, pigs and tigers.

276 : 6069

He is near to all, and yet far from all;

276 : 6070

O Nanak, He Himself remains distinct, while yet pervading all. ||4||

276 : 6071

Many millions inhabit the nether regions.

276 : 6072

Many millions dwell in heaven and hell.

276 : 6073

Many millions are born, live and die.

276 : 6074

Many millions are reincarnated, over and over again.

276 : 6075

Many millions eat while sitting at ease.

276 : 6076

Many millions are exhausted by their labors.

276 : 6077

Many millions are created wealthy.

276 : 6078

Many millions are anxiously involved in Maya.

276 : 6079

Wherever He wills, there He keeps us.

276 : 6080

O Nanak, everything is in the Hands of God. ||5||

276 : 6081

Many millions become Bairaagees, who renounce the world.

276 : 6082

They have attached themselves to the Lord's Name.

276 : 6083

Many millions are searching for God.

276 : 6084

Within their souls, they find the Supreme Lord God.

276 : 6085

Many millions thirst for the Blessing of God's Darshan.

276 : 6086

They meet with God, the Eternal.

276 : 6087

Many millions pray for the Society of the Saints.

276 : 6088

They are imbued with the Love of the Supreme Lord God.

276 : 6089

Those with whom He Himself is pleased,

276 : 6090

O Nanak, are blessed, forever blessed. ||6||

276 : 6091

Many millions are the fields of creation and the galaxies.

276 : 6092

Many millions are the etheric skies and the solar systems.

276 : 6093

Many millions are the divine incarnations.

276 : 6094

In so many ways, He has unfolded Himself.

276 : 6095

So many times, He has expanded His expansion.

276 : 6096

Forever and ever, He is the One, the One Universal Creator.

276 : 6097

Many millions are created in various forms.

276 : 6098

From God they emanate, and into God they merge once again.

276 : 6099

His limits are not known to anyone.

276 : 6100

Of Himself, and by Himself, O Nanak, God exists. ||7||

276 : 6101

Many millions are the servants of the Supreme Lord God.

276 : 6102

Their souls are enlightened.

276 : 6103

Many millions know the essence of reality.

276 : 6104

Their eyes gaze forever on the One alone.

276 : 6105

Many millions drink in the essence of the Naam.

276 : 6106

They become immortal; they live forever and ever.

276 : 6107

Many millions sing the Glorious Praises of the Naam.

276 : 6108

They are absorbed in intuitive peace and pleasure.

276 : 6109

He remembers His servants with each and every breath.

276 : 6110

O Nanak, they are the beloveds of the Transcendent Lord God. ||8||10||

276 : 6111

Shalok:

276 : 6112

God alone is the Doer of deeds – there is no other at all.

276 : 6113

O Nanak, I am a sacrifice to the One, who pervades the waters, the lands, the sky and all space. ||1||

276 : 6114

ASHTAPADEE:

276 : 6115

The Doer, the Cause of causes, is potent to do anything.

276 : 6116

That which pleases Him, comes to pass.

276 : 6117

In an instant, He creates and destroys.

-- Raag Gauree – Part 126 --

Raag Gauree – Part 127

277 : 6118

He has no end or limitation.

277 : 6119

By His Order, He established the earth, and He maintains it unsupported.

277 : 6120

By His Order, the world was created; by His Order, it shall merge again into Him.

277 : 6121

By His Order, one's occupation is high or low.

277 : 6122

By His Order, there are so many colors and forms.

277 : 6123

Having created the Creation, He beholds His own greatness.

277 : 6124

O Nanak, He is pervading in all. ||1||

277 : 6125

If it pleases God, one attains salvation.

277 : 6126

If it pleases God, then even stones can swim.

277 : 6127

If it pleases God, the body is preserved, even without the breath of life.

277 : 6128

If it pleases God, then one chants the Lord's Glorious Praises.

277 : 6129

If it pleases God, then even sinners are saved.

277 : 6130

He Himself acts, and He Himself contemplates.

277 : 6131

He Himself is the Master of both worlds.

277 : 6132

He plays and He enjoys; He is the Inner-knower, the Searcher of hearts.

277 : 6133

As He wills, He causes actions to be done.

277 : 6134

Nanak sees no other than Him. ||2||

277 : 6135

Tell me – what can a mere mortal do?

277 : 6136

Whatever pleases God is what He causes us to do.

277 : 6137

If it were in our hands, we would grab up everything.

277 : 6138

Whatever pleases God – that is what He does.

277 : 6139

Through ignorance, people are engrossed in corruption.

277 : 6140

If they knew better, they would save themselves.

277 : 6141

Deluded by doubt, they wander around in the ten directions.

277 : 6142

In an instant, their minds go around the four corners of the world and come back again.

277 : 6143

Those whom the Lord mercifully blesses with His devotional worship

277 : 6144

– O Nanak, they are absorbed into the Naam. ||3||

277 : 6145

In an instant, the lowly worm is transformed into a king.

277 : 6146

The Supreme Lord God is the Protector of the humble.

277 : 6147

Even one who has never been seen at all,

277 : 6148

becomes instantly famous in the ten directions.

277 : 6149

And that one upon whom He bestows His blessings

277 : 6150

– the Lord of the world does not hold him to his account.

277 : 6151

Soul and body are all His property.

277 : 6152

Each and every heart is illuminated by the Perfect Lord God.

277 : 6153

He Himself fashioned His own handiwork.

277 : 6154

Nanak lives by beholding His greatness. ||4||

277 : 6155

There is no power in the hands of mortal beings;

277 : 6156

the Doer, the Cause of causes is the Lord of all.

277 : 6157

The helpless beings are subject to His Command.

277 : 6158

That which pleases Him, ultimately comes to pass.

277 : 6159

Sometimes, they abide in exaltation; sometimes, they are depressed.

277 : 6160

Sometimes, they are sad, and sometimes they laugh with joy and delight.

277 : 6161

Sometimes, they are occupied with slander and anxiety.

277 : 6162

Sometimes, they are high in the Akaashic Ethers, sometimes in the nether regions of the underworld.

277 : 6163

Sometimes, they know the contemplation of God.

277 : 6164

O Nanak, God Himself unites them with Himself. ||5||

277 : 6165

Sometimes, they dance in various ways.

277 : 6166

Sometimes, they remain asleep day and night.

277 : 6167

Sometimes, they are awesome, in terrible rage.

277 : 6168

Sometimes, they are the dust of the feet of all.

277 : 6169

Sometimes, they sit as great kings.

277 : 6170

Sometimes, they wear the coat of a lowly beggar.

277 : 6171

Sometimes, they come to have evil reputations.

277 : 6172

Sometimes, they are known as very, very good.

277 : 6173

As God keeps them, so they remain.

277 : 6174

By Guru's Grace, O Nanak, the Truth is told. ||6||

277 : 6175

Sometimes, as scholars, they deliver lectures.

277 : 6176

Sometimes, they hold to silence in deep meditation.

277 : 6177

Sometimes, they take cleansing baths at places of pilgrimage.

277 : 6178

Sometimes, as Siddhas or seekers, they impart spiritual wisdom.

277 : 6179

Sometimes, they becomes worms, elephants, or moths.

277 : 6180

They may wander and roam through countless incarnations.

— Raag Gauree – Part 127 —

Raag Gauree – Part 128

278 : 6181

In various costumes, like actors, they appear.

278 : 6182

As it pleases God, they dance.

278 : 6183

Whatever pleases Him, comes to pass.

278 : 6184

O Nanak, there is no other at all. ||7||

278 : 6185

Sometimes, this being attains the Company of the Holy.

278 : 6186

From that place, he does not have to come back again.

278 : 6187

The light of spiritual wisdom dawns within.

278 : 6188

That place does not perish.

278 : 6189

The mind and body are imbued with the Love of the Naam, the Name of the One Lord.

278 : 6190

He dwells forever with the Supreme Lord God.

278 : 6191

As water comes to blend with water,

278 : 6192

his light blends into the Light.

278 : 6193

Reincarnation is ended, and eternal peace is found.

278 : 6194

Nanak is forever a sacrifice to God. ||8||11||

278 : 6195

Shalok:

278 : 6196

The humble beings abide in peace; subduing egotism, they are meek.

278 : 6197

The very proud and arrogant persons, O Nanak, are consumed by their own pride. ||1||

278 : 6198

ASHTAPADEE:

278 : 6199

One who has the pride of power within,

278 : 6200

shall dwell in hell, and become a dog.

278 : 6201

One who deems himself to have the beauty of youth,

278 : 6202

shall become a maggot in manure.

278 : 6203

One who claims to act virtuously,

278 : 6204

shall live and die, wandering through countless reincarnations.

278 : 6205

One who takes pride in wealth and lands

278 : 6206

is a fool, blind and ignorant.

278 : 6207

One whose heart is mercifully blessed with abiding humility,

278 : 6208

O Nanak, is liberated here, and obtains peace hereafter. ||1||

278 : 6209

One who becomes wealthy and takes pride in it

278 : 6210

– not even a piece of straw shall go along with him.

278 : 6211

He may place his hopes on a large army of men,

278 : 6212

but he shall vanish in an instant.

278 : 6213

One who deems himself to be the strongest of all,

278 : 6214

in an instant, shall be reduced to ashes.

278 : 6215

One who thinks of no one else except his own prideful self

278 : 6216

– the Righteous Judge of Dharma shall expose his disgrace.

278 : 6217

One who, by Guru's Grace, eliminates his ego,

278 : 6218

O Nanak, becomes acceptable in the Court of the Lord. ||2||

278 : 6219

If someone does millions of good deeds, while acting in ego,

278 : 6220

he shall incur only trouble; all this is in vain.

278 : 6221

If someone performs great penance, while acting in selfishness and conceit,

278 : 6222

he shall be reincarnated into heaven and hell, over and over again.

278 : 6223

He makes all sorts of efforts, but his soul is still not softened

278 : 6224

– how can he go to the Court of the Lord?

278 : 6225

One who calls himself good

278 : 6226

– goodness shall not draw near him.

278 : 6227

One whose mind is the dust of all

278 : 6228

– says Nanak, his reputation is spotlessly pure. ||3||

278 : 6229

As long as someone thinks that he is the one who acts,

278 : 6230

he shall have no peace.

278 : 6231

As long as this mortal thinks that he is the one who does things,

278 : 6232

he shall wander in reincarnation through the womb.

278 : 6233

As long as he considers one an enemy, and another a friend,

278 : 6234

his mind shall not come to rest.

278 : 6235

As long as he is intoxicated with attachment to Maya,

278 : 6236

the Righteous Judge shall punish him.

278 : 6237

By God's Grace, his bonds are shattered;

278 : 6238

by Guru's Grace, O Nanak, his ego is eliminated. ||4||

278 : 6239

Earning a thousand, he runs after a hundred thousand.

-- Raag Gauree – Part 128 --

Raag Gauree – Part 129

279 : 6240

Satisfaction is not obtained by chasing after Maya.

279 : 6241

He may enjoy all sorts of corrupt pleasures,

279 : 6242

but he is still not satisfied; he indulges again and again, wearing himself out, until he dies.

279 : 6243

Without contentment, no one is satisfied.

279 : 6244

Like the objects in a dream, all his efforts are in vain.

279 : 6245

Through the love of the Naam, all peace is obtained.

279 : 6246

Only a few obtain this, by great good fortune.

279 : 6247

He Himself is Himself the Cause of causes.

279 : 6248

Forever and ever, O Nanak, chant the Lord's Name. ||5||

279 : 6249

The Doer, the Cause of causes, is the Creator Lord.

279 : 6250

What deliberations are in the hands of mortal beings?

279 : 6251

As God casts His Glance of Grace, they come to be.

279 : 6252

God Himself, of Himself, is unto Himself.

279 : 6253

Whatever He created, was by His Own Pleasure.

279 : 6254

He is far from all, and yet with all.

279 : 6255

He understands, He sees, and He passes judgment.

279 : 6256

He Himself is the One, and He Himself is the many.

279 : 6257

He does not die or perish; He does not come or go.

279 : 6258

O Nanak, He remains forever All-pervading. ||6||

279 : 6259

He Himself instructs, and He Himself learns.

279 : 6260

He Himself mingles with all.

279 : 6261

He Himself created His own expanse.

279 : 6262

All things are His; He is the Creator.

279 : 6263

Without Him, what could be done?

279 : 6264

In the spaces and interspaces, He is the One.

279 : 6265

In His own play, He Himself is the Actor.

279 : 6266

He produces His plays with infinite variety.

279 : 6267

He Himself is in the mind, and the mind is in Him.

279 : 6268

O Nanak, His worth cannot be estimated. ||7||

279 : 6269

True, True, True is God, our Lord and Master.

279 : 6270

By Guru's Grace, some speak of Him.

279 : 6271

True, True, True is the Creator of all.

279 : 6272

Out of millions, scarcely anyone knows Him.

279 : 6273

Beautiful, Beautiful, Beautiful is Your Sublime Form.

279 : 6274

You are Exquisitely Beautiful, Infinite and Incomparable.

279 : 6275

Pure, Pure, Pure is the Word of Your Bani,

279 : 6276

heard in each and every heart, spoken to the ears.

279 : 6277

Holy, Holy, Holy and Sublimely Pure

279 : 6278

– chant the Naam, O Nanak, with heart–felt love. ||8||12||

279 : 6279

Shalok:

279 : 6280

One who seeks the Sanctuary of the Saints shall be saved.

279 : 6281

One who slanders the Saints, O Nanak, shall be reincarnated over and over again. ||1||

279 : 6282

ASHTAPADEE:

279 : 6283

Slandering the Saints, one's life is cut short.

279 : 6284

Slandering the Saints, one shall not escape the Messenger of Death.

279 : 6285

Slandering the Saints, all happiness vanishes.

279 : 6286

Slandering the Saints, one falls into hell.

279 : 6287

Slandering the Saints, the intellect is polluted.

279 : 6288

Slandering the Saints, one's reputation is lost.

279 : 6289

One who is cursed by a Saint cannot be saved.

279 : 6290

Slandering the Saints, one's place is defiled.

279 : 6291

But if the Compassionate Saint shows His Kindness,

279 : 6292

O Nanak, in the Company of the Saints, the slanderer may still be saved. ||1||

279 : 6293

Slandering the Saints, one becomes a wry-faced malcontent.

279 : 6294

Slandering the Saints, one croaks like a raven.

279 : 6295

Slandering the Saints, one is reincarnated as a snake.

279 : 6296

Slandering the Saints, one is reincarnated as a wiggling worm.

279 : 6297

Slandering the Saints, one burns in the fire of desire.

279 : 6298

Slandering the Saints, one tries to deceive everyone.

279 : 6299

Slandering the Saints, all one's influence vanishes.

279 : 6300

Slandering the Saints, one becomes the lowest of the low.

279 : 6301

For the slanderer of the Saint, there is no place of rest.

— Raag Gauree – Part 129 —

Raag Gauree – Part 130

280 : 6302

O Nanak, if it pleases the Saint, even then, he may be saved. ||2||

280 : 6303

The slanderer of the Saint is the worst evil-doer.

280 : 6304

The slanderer of the Saint has not even a moment's rest.

280 : 6305

The slanderer of the Saint is a brutal butcher.

280 : 6306

The slanderer of the Saint is cursed by the Transcendent Lord.

280 : 6307

The slanderer of the Saint has no kingdom.

280 : 6308

The slanderer of the Saint becomes miserable and poor.

280 : 6309

The slanderer of the Saint contracts all diseases.

280 : 6310

The slanderer of the Saint is forever separated.

280 : 6311

To slander a Saint is the worst sin of sins.

280 : 6312

O Nanak, if it pleases the Saint, then even this one may be liberated. ||3||

280 : 6313

The slanderer of the Saint is forever impure.

280 : 6314

The slanderer of the Saint is nobody's friend.

280 : 6315

The slanderer of the Saint shall be punished.

280 : 6316

The slanderer of the Saint is abandoned by all.

280 : 6317

The slanderer of the Saint is totally egocentric.

280 : 6318

The slanderer of the Saint is forever corrupt.

280 : 6319

The slanderer of the Saint must endure birth and death.

280 : 6320

The slanderer of the Saint is devoid of peace.

280 : 6321

The slanderer of the Saint has no place of rest.

280 : 6322

O Nanak, if it pleases the Saint, then even such a one may merge in union. ||4||

280 : 6323

The slanderer of the Saint breaks down mid-way.

280 : 6324

The slanderer of the Saint cannot accomplish his tasks.

280 : 6325

The slanderer of the Saint wanders in the wilderness.

280 : 6326

The slanderer of the Saint is misled into desolation.

280 : 6327

The slanderer of the Saint is empty inside,

280 : 6328

like the corpse of a dead man, without the breath of life.

280 : 6329

The slanderer of the Saint has no heritage at all.

280 : 6330

He himself must eat what he has planted.

280 : 6331

The slanderer of the Saint cannot be saved by anyone else.

280 : 6332

O Nanak, if it pleases the Saint, then even he may be saved. ||5||

280 : 6333

The slanderer of the Saint bewails like this

280 : 6334

– like a fish, out of water, writhing in agony.

280 : 6335

The slanderer of the Saint is hungry and is never satisfied,

280 : 6336

as fire is not satisfied by fuel.

280 : 6337

The slanderer of the Saint is left all alone,

280 : 6338

like the miserable barren sesame stalk abandoned in the field.

280 : 6339

The slanderer of the Saint is devoid of faith.

280 : 6340

The slanderer of the Saint constantly lies.

280 : 6341

The fate of the slanderer is pre–ordained from the very beginning of time.

280 : 6342

O Nanak, whatever pleases God's Will comes to pass. ||6||

280 : 6343

The slanderer of the Saint becomes deformed.

280 : 6344

The slanderer of the Saint receives his punishment in the Court of the Lord.

280 : 6345

The slanderer of the Saint is eternally in limbo.

280 : 6346

He does not die, but he does not live either.

280 : 6347

The hopes of the slanderer of the Saint are not fulfilled.

280 : 6348

The slanderer of the Saint departs disappointed.

280 : 6349

Slandering the Saint, no one attains satisfaction.

280 : 6350

As it pleases the Lord, so do people become;

280 : 6351

no one can erase their past actions.

280 : 6352

O Nanak, the True Lord alone knows all. ||7||

280 : 6353

All hearts are His; He is the Creator.

280 : 6354

Forever and ever, I bow to Him in reverence.

280 : 6355

Praise God, day and night.

280 : 6356

Meditate on Him with every breath and morsel of food.

280 : 6357

Everything happens as He wills.

280 : 6358

As He wills, so people become.

280 : 6359

He Himself is the play, and He Himself is the actor.

280 : 6360

Who else can speak or deliberate upon this?

-- Raag Gauree – Part 130 --

Raag Gauree – Part 131

281 : 6361

He Himself gives His Name to those, upon whom He bestows His Mercy.

281 : 6362

Very fortunate, O Nanak, are those people. ||8||13||

281 : 6363

Shalok:

281 : 6364

Give up your cleverness, good people – remember the Lord God, your King!

281 : 6365

Enshrine in your heart, your hopes in the One Lord. O Nanak, your pain, doubt and fear shall depart. ||1||

281 : 6366

ASHTAPADEE:

281 : 6367

Reliance on mortals is in vain – know this well.

281 : 6368

The Great Giver is the One Lord God.

281 : 6369

By His gifts, we are satisfied,

281 : 6370

and we suffer from thirst no longer.

281 : 6371

The One Lord Himself destroys and also preserves.

281 : 6372

Nothing at all is in the hands of mortal beings.

281 : 6373

Understanding His Order, there is peace.

281 : 6374

So take His Name, and wear it as your necklace.

281 : 6375

Remember, remember, remember God in meditation.

281 : 6376

O Nanak, no obstacle shall stand in your way. ||1||

281 : 6377

Praise the Formless Lord in your mind.

281 : 6378

O my mind, make this your true occupation.

281 : 6379

Let your tongue become pure, drinking in the Ambrosial Nectar.

281 : 6380

Your soul shall be forever peaceful.

281 : 6381

With your eyes, see the wondrous play of your Lord and Master.

281 : 6382

In the Company of the Holy, all other associations vanish.

281 : 6383

With your feet, walk in the Way of the Lord.

281 : 6384

Sins are washed away, chanting the Lord's Name, even for a moment.

281 : 6385

So do the Lord's Work, and listen to the Lord's Sermon.

281 : 6386

In the Lord's Court, O Nanak, your face shall be radiant. ||2||

281 : 6387

Very fortunate are those humble beings in this world,

281 : 6388

who sing the Glorious Praises of the Lord, forever and ever.

281 : 6389

Those who dwell upon the Lord's Name,

281 : 6390

are the most wealthy and prosperous in the world.

281 : 6391

Those who speak of the Supreme Lord in thought, word and deed

281 : 6392

– know that they are peaceful and happy, forever and ever.

281 : 6393

One who recognizes the One and only Lord as One,

281 : 6394

understands this world and the next.

281 : 6395

One whose mind accepts the Company of the Naam,

281 : 6396

the Name of the Lord, O Nanak, knows the Immaculate Lord. ||3||

281 : 6397

By Guru's Grace, one understands himself;

281 : 6398

know that then, his thirst is quenched.

281 : 6399

In the Company of the Holy, one chants the Praises of the Lord, Har, Har.

281 : 6400

Such a devotee of the Lord is free of all disease.

281 : 6401

Night and day, sing the Kirtan, the Praises of the One Lord.

281 : 6402

In the midst of your household, remain balanced and unattached.

281 : 6403

One who places his hopes in the One Lord

281 : 6404

– the noose of Death is cut away from his neck.

281 : 6405

One whose mind hungers for the Supreme Lord God,

281 : 6406

O Nanak, shall not suffer pain. ||4||

281 : 6407

One who focuses his conscious mind on the Lord God

281 : 6408

– that Saint is at peace; he does not waver.

281 : 6409

Those unto whom God has granted His Grace

281 : 6410

– who do those servants need to fear?

281 : 6411

As God is, so does He appear;

281 : 6412

in His Own creation, He Himself is pervading.

281 : 6413

Searching, searching, searching, and finally, success!

281 : 6414

By Guru's Grace, the essence of all reality is understood.

281 : 6415

Wherever I look, there I see Him, at the root of all things.

281 : 6416

O Nanak, He is the subtle, and He is also the manifest. ||5||

281 : 6417

Nothing is born, and nothing dies.

281 : 6418

He Himself stages His own drama.

281 : 6419

Coming and going, seen and unseen,

281 : 6420

all the world is obedient to His Will.

-- Raag Gauree – Part 131 --

Raag Gauree – Part 132

282 : 6421

He Himself is All-in-Himself.

282 : 6422

In His many ways, He establishes and disestablishes.

282 : 6423

He is Imperishable; nothing can be broken.

282 : 6424

He lends His Support to maintain the Universe.

282 : 6425

Unfathomable and Inscrutable is the Glory of the Lord.

282 : 6426

As He inspires us to meditate, O Nanak, so do we meditate. ||6||

282 : 6427

Those who know God are glorious.

282 : 6428

The whole world is redeemed by their teachings.

282 : 6429

God's servants redeem all.

282 : 6430

God's servants cause sorrows to be forgotten.

282 : 6431

The Merciful Lord unites them with Himself.

282 : 6432

Chanting the Word of the Guru's Shabad, they become ecstatic.

282 : 6433

He alone is committed to serve them,

282 : 6434

upon whom God bestows His Mercy, by great good fortune.

282 : 6435

Those who chant the Naam find their place of rest.

282 : 6436

O Nanak, respect those persons as the most noble. ||7||

282 : 6437

Whatever you do, do it for the Love of God.

282 : 6438

Forever and ever, abide with the Lord.

282 : 6439

By its own natural course, whatever will be will be.

282 : 6440

Acknowledge that Creator Lord;

282 : 6441

God's doings are sweet to His humble servant.

282 : 6442

As He is, so does He appear.

282 : 6443

From Him we came, and into Him we shall merge again.

282 : 6444

He is the treasure of peace, and so does His servant become.

282 : 6445

Unto His own, He has given His honor.

282 : 6446

O Nanak, know that God and His humble servant are one and the same. ||8||14||

282 : 6447

Shalok:

282 : 6448

God is totally imbued with all powers; He is the Knower of our troubles.

282 : 6449

Meditating in remembrance on Him, we are saved; Nanak is a sacrifice to Him. ||1||

282 : 6450

ASHTAPADEE:

282 : 6451

The Lord of the World is the Mender of the broken.

282 : 6452

He Himself cherishes all beings.

282 : 6453

The cares of all are on His Mind;

282 : 6454

no one is turned away from Him.

282 : 6455

O my mind, meditate forever on the Lord.

282 : 6456

The Imperishable Lord God is Himself All-in-all.

282 : 6457

By one's own actions, nothing is accomplished,

282 : 6458

even though the mortal may wish it so, hundreds of times.

282 : 6459

Without Him, nothing is of any use to you.

282 : 6460

Salvation, O Nanak, is attained by chanting the Name of the One Lord. ||1||

282 : 6461

One who is good-looking should not be vain;

282 : 6462

the Light of God is in all hearts.

282 : 6463

Why should anyone be proud of being rich?

282 : 6464

All riches are His gifts.

282 : 6465

One may call himself a great hero,

282 : 6466

but without God's Power, what can anyone do?

282 : 6467

One who brags about giving to charities

282 : 6468

– the Great Giver shall judge him to be a fool.

282 : 6469

One who, by Guru's Grace, is cured of the disease of ego

282 : 6470

– O Nanak, that person is forever healthy. ||2||

282 : 6471

As a palace is supported by its pillars,

282 : 6472

so does the Guru's Word support the mind.

282 : 6473

As a stone placed in a boat can cross over the river,

282 : 6474

so is the mortal saved, grasping hold of the Guru's Feet.

282 : 6475

As the darkness is illuminated by the lamp,

282 : 6476

so does the mind blossom forth, beholding the Blessed Vision of the Guru's Darshan.

282 : 6477

The path is found through the great wilderness by joining the Saadh Sangat, the Company of the Holy, and one's light shines forth.

282 : 6478

I seek the dust of the feet of those Saints;

282 : 6479

O Lord, fulfill Nanak's longing! ||3||

282 : 6480

O foolish mind, why do you cry and bewail?

-- Raag Gauree – Part 132 --

Raag Gauree – Part 133

283 : 6481

You shall obtain your pre–ordained destiny.

283 : 6482

God is the Giver of pain and pleasure.

283 : 6483

Abandon others, and think of Him alone.

283 : 6484

Whatever He does – take comfort in that.

283 : 6485

Why do you wander around, you ignorant fool?

283 : 6486

What things did you bring with you?

283 : 6487

You cling to worldly pleasures like a greedy moth.

283 : 6488

Dwell upon the Lord's Name in your heart.

283 : 6489

O Nanak, thus you shall return to your home with honor. ||4||

283 : 6490

This merchandise, which you have come to obtain

283 : 6491

n – the Lord's Name is obtained in the home of the Saints.

283 : 6492

Renounce your egotistical pride, and with your mind, purchase the Lord's Name – measure it out within your heart.

283 : 6493

Load up this merchandise, and set out with the Saints.

283 : 6494

Give up other corrupt entanglements.

283 : 6495

"Blessed, blessed", everyone will call you,

283 : 6496

and your face shall be radiant in the Court of the Lord.

283 : 6497

In this trade, only a few are trading.

283 : 6498

Nanak is forever a sacrifice to them. ||5||

283 : 6499

Wash the feet of the Holy, and drink in this water.

283 : 6500

Dedicate your soul to the Holy.

283 : 6501

Take your cleansing bath in the dust of the feet of the Holy.

283 : 6502

To the Holy, make your life a sacrifice.

283 : 6503

Service to the Holy is obtained by great good fortune.

283 : 6504

In the Saadh Sangat, the Company of the Holy, the Kirtan of the Lord's Praise is sung.

283 : 6505

From all sorts of dangers, the Saint saves us.

283 : 6506

Singing the Glorious Praises of the Lord, we taste the ambrosial essence.

283 : 6507

Seeking the Protection of the Saints, we have come to their door.

283 : 6508

All comforts, O Nanak, are so obtained. ||6||

283 : 6509

He infuses life back into the dead.

283 : 6510

He gives food to the hungry.

283 : 6511

All treasures are within His Glance of Grace.

283 : 6512

People obtain that which they are pre-ordained to receive.

283 : 6513

All things are His; He is the Doer of all.

283 : 6514

Other than Him, there has never been any other, and there shall never be.

283 : 6515

Meditate on Him forever and ever, day and night.

283 : 6516

This way of life is exalted and immaculate.

283 : 6517

One whom the Lord, in His Grace, blesses with His Name

283 : 6518

– O Nanak, that person becomes immaculate and pure. ||7||

283 : 6519

One who has faith in the Guru in his mind

283 : 6520

comes to dwell upon the Lord God.

283 : 6521

He is acclaimed as a devotee, a humble devotee throughout the three worlds.

283 : 6522

The One Lord is in his heart.

283 : 6523

True are his actions; true are his ways.

283 : 6524

True is his heart; Truth is what he speaks with his mouth.

283 : 6525

True is his vision; true is his form.

283 : 6526

He distributes Truth and he spreads Truth.

283 : 6527

One who recognizes the Supreme Lord God as True

283 : 6528

– O Nanak, that humble being is absorbed into the True One. ||8||15||

283 : 6529

Shalok:

283 : 6530

He has no form, no shape, no color; God is beyond the three qualities.

283 : 6531

They alone understand Him, O Nanak, with whom He is pleased. ||1||

283 : 6532

ASHTAPADEE:

283 : 6533

Keep the Immortal Lord God enshrined within your mind.

283 : 6534

Renounce your love and attachment to people.

283 : 6535

Beyond Him, there is nothing at all.

283 : 6536

The One Lord is pervading among all.

283 : 6537

He Himself is All-seeing; He Himself is All-knowing,

283 : 6538

Unfathomable, Profound, Deep and All-knowing.

283 : 6539

He is the Supreme Lord God, the Transcendent Lord, the Lord of the Universe,

283 : 6540

the Treasure of mercy, compassion and forgiveness.

283 : 6541

To fall at the Feet of Your Holy Beings

-- Raag Gauree – Part 133 --

Raag Gauree – Part 134

284 : 6542

– this is the longing of Nanak's mind. ||1||

284 : 6543

He is the Fulfiller of wishes, who can give us Sanctuary;

284 : 6544

that which He has written, comes to pass.

284 : 6545

He destroys and creates in the twinkling of an eye.

284 : 6546

No one else knows the mystery of His ways.

284 : 6547

He is the embodiment of ecstasy and everlasting joy.

284 : 6548

I have heard that all things are in His home.

284 : 6549

Among kings, He is the King; among yogis, He is the Yogi.

284 : 6550

Among ascetics, He is the Ascetic; among householders, He is the Enjoyer.

284 : 6551

By constant meditation, His devotee finds peace.

284 : 6552

O Nanak, no one has found the limits of that Supreme Being. ||2||

284 : 6553

There is no limit to His play.

284 : 6554

All the demigods have grown weary of searching for it.

284 : 6555

What does the son know of his father's birth?

284 : 6556

All are strung upon His string.

284 : 6557

He bestows good sense, spiritual wisdom and meditation on His humble servants and slaves who meditate on the Naam.

284 : 6558

He leads some astray in the three qualities;

284 : 6559

they are born and die, coming and going over and over again.

284 : 6560

The high and the low are His places.

284 : 6561

As He inspires us to know Him, O Nanak, so is He known. ||3||

284 : 6562

Many are His forms; many are His colors.

284 : 6563

Many are the appearances which He assumes, and yet He is still the One.

284 : 6564

In so many ways, He has extended Himself.

284 : 6565

The Eternal Lord God is the One, the Creator.

284 : 6566

He performs His many plays in an instant.

284 : 6567

The Perfect Lord is pervading all places.

284 : 6568

In so many ways, He created the creation.

284 : 6569

He alone can estimate His worth.

284 : 6570

All hearts are His, and all places are His.

284 : 6571

Nanak lives by chanting, chanting the Name of the Lord. ||4||

284 : 6572

The Naam is the Support of all creatures.

284 : 6573

The Naam is the Support of the earth and solar systems.

284 : 6574

The Naam is the Support of the Simritees, the Vedas and the Puraanas.

284 : 6575

The Naam is the Support by which we hear of spiritual wisdom and meditation.

284 : 6576

The Naam is the Support of the Akaashic ethers and the nether regions.

284 : 6577

The Naam is the Support of all bodies.

284 : 6578

The Naam is the Support of all worlds and realms.

284 : 6579

Associating with the Naam, listening to it with the ears, one is saved.

284 : 6580

Those whom the Lord mercifully attaches to His Naam

284 : 6581

– O Nanak, in the fourth state, those humble servants attain salvation. ||5||

284 : 6582

His form is true, and true is His place.

284 : 6583

His personality is true – He alone is supreme.

284 : 6584

His acts are true, and true is His Word.

284 : 6585

The True Lord is permeating all.

284 : 6586

True are His actions; His creation is true.

284 : 6587

His root is true, and true is what originates from it.

284 : 6588

True is His lifestyle, the purest of the pure.

284 : 6589

All goes well for those who know Him.

284 : 6590

The True Name of God is the Giver of peace.

284 : 6591

Nanak has obtained true faith from the Guru. ||6||

284 : 6592

True are the Teachings, and the Instructions of the Holy.

284 : 6593

True are those into whose hearts He enters.

284 : 6594

One who knows and loves the Truth

284 : 6595

– chanting the Naam, he obtains salvation.

284 : 6596

He Himself is True, and all that He has made is true.

284 : 6597

He Himself knows His own state and condition.

-- Raag Gauree – Part 134 --

Raag Gauree – Part 135

285 : 6598

He is the Creator Lord of His world.

285 : 6599

No one else understands Him, although they may try.

285 : 6600

The created cannot know the extent of the Creator.

285 : 6601

O Nanak, whatever pleases Him comes to pass. ||7||

285 : 6602

Gazing upon His wondrous wonder, I am wonder–struck and amazed!

285 : 6603

One who realizes this, comes to taste this state of joy.

285 : 6604

God's humble servants remain absorbed in His Love.

285 : 6605

Following the Guru's Teachings, they receive the four cardinal blessings.

285 : 6606

They are the givers, the dispellers of pain.

285 : 6607

In their company, the world is saved.

285 : 6608

The slave of the Lord's servant is so very blessed.

285 : 6609

In the company of His servant, one becomes attached to the Love of the One.

285 : 6610

His humble servant sings the Kirtan, the songs of the glory of God.

285 : 6611

By Guru's Grace, O Nanak, he receives the fruits of his rewards. ||8||16||

285 : 6612

Shalok:

285 : 6613

True in the beginning, True throughout the ages,

285 : 6614

True here and now. O Nanak, He shall forever be True. ||1||

285 : 6615

ASHTAPADEE:

285 : 6616

His Lotus Feet are True, and True are those who touch Them.

285 : 6617

His devotional worship is True, and True are those who worship Him.

285 : 6618

The Blessing of His Vision is True, and True are those who behold it.

285 : 6619

His Naam is True, and True are those who meditate on it.

285 : 6620

He Himself is True, and True is all that He sustains.

285 : 6621

He Himself is virtuous goodness, and He Himself is the Bestower of virtue.

285 : 6622

The Word of His Shabad is True, and True are those who speak of God.

285 : 6623

Those ears are True, and True are those who listen to His Praises.

285 : 6624

All is True to one who understands.

285 : 6625

O Nanak, True, True is He, the Lord God. ||1||

285 : 6626

One who believes in the Embodiment of Truth with all his heart

285 : 6627

recognizes the Cause of causes as the Root of all.

285 : 6628

One whose heart is filled with faith in God

285 : 6629

– the essence of spiritual wisdom is revealed to his mind.

285 : 6630

Coming out of fear, he comes to live without fear.

285 : 6631

He is absorbed into the One, from whom he originated.

285 : 6632

When something blends with its own,

285 : 6633

it cannot be said to be separate from it.

285 : 6634

This is understood only by one of discerning understanding.

285 : 6635

Meeting with the Lord, O Nanak, he becomes one with Him. ||2||

285 : 6636

The servant is obedient to his Lord and Master.

285 : 6637

The servant worships his Lord and Master forever.

285 : 6638

The servant of the Lord Master has faith in his mind.

285 : 6639

The servant of the Lord Master lives a pure lifestyle.

285 : 6640

The servant of the Lord Master knows that the Lord is with him.

285 : 6641

God's servant is attuned to the Naam, the Name of the Lord.

285 : 6642

God is the Cherisher of His servant.

285 : 6643

The Formless Lord preserves His servant.

285 : 6644

Unto His servant, God bestows His Mercy.

285 : 6645

O Nanak, that servant remembers Him with each and every breath. ||3||

285 : 6646

He covers the faults of His servant.

285 : 6647

He surely preserves the honor of His servant.

285 : 6648

He blesses His slave with greatness.

285 : 6649

He inspires His servant to chant the Naam, the Name of the Lord.

285 : 6650

He Himself preserves the honor of His servant.

285 : 6651

No one knows His state and extent.

285 : 6652

No one is equal to the servant of God.

285 : 6653

The servant of God is the highest of the high.

285 : 6654

One whom God applies to His own service, O Nanak

285 : 6655

– that servant is famous in the ten directions. ||4||

285 : 6656

He infuses His Power into the tiny ant;

285 : 6657

it can then reduce the armies of millions to ashes

285 : 6658

Those whose breath of life He Himself does not take away

-- Raag Gauree – Part 135 --

Raag Gauree – Part 136

286 : 6659

– He preserves them, and holds out His Hands to protect them.

286 : 6660

You may make all sorts of efforts,

286 : 6661

but these attempts are in vain.

286 : 6662

No one else can kill or preserve

286 : 6663

– He is the Protector of all beings.

286 : 6664

So why are you so anxious, O mortal?

286 : 6665

Meditate, O Nanak, on God, the invisible, the wonderful! ||5||

286 : 6666

Time after time, again and again, meditate on God.

286 : 6667

Drinking in this Nectar, this mind and body are satisfied.

286 : 6668

The jewel of the Naam is obtained by the Gurmukhs;

286 : 6669

they see no other than God.

286 : 6670

Unto them, the Naam is wealth, the Naam is beauty and delight.

286 : 6671

The Naam is peace, the Lord's Name is their companion.

286 : 6672

Those who are satisfied by the essence of the Naam

286 : 6673

– their minds and bodies are drenched with the Naam.

286 : 6674

While standing up, sitting down and sleeping, the Naam,

286 : 6675

says Nanak, is forever the occupation of God's humble servant. ||6||

286 : 6676

Chant His Praises with your tongue, day and night.

286 : 6677

God Himself has given this gift to His servants.

286 : 6678

Performing devotional worship with heart–felt love,

286 : 6679

they remain absorbed in God Himself.

286 : 6680

They know the past and the present.

286 : 6681

They recognize God's Own Command.

286 : 6682

Who can describe His Glory?

286 : 6683

I cannot describe even one of His virtuous qualities.

286 : 6684

Those who dwell in God's Presence, twenty–four hours a day

286 : 6685

– says Nanak, they are the perfect persons. ||7||

286 : 6686

O my mind, seek their protection;

286 : 6687

give your mind and body to those humble beings.

286 : 6688

Those humble beings who recognizes God

286 : 6689

are the givers of all things.

286 : 6690

In His Sanctuary, all comforts are obtained.

286 : 6691

By the Blessing of His Darshan, all sins are erased.

286 : 6692

So renounce all other clever devices,

286 : 6693

and enjoy yourself to the service of those servants.

286 : 6694

Your comings and goings shall be ended.

286 : 6695

O Nanak, worship the feet of God's humble servants forever. ||8||17||

286 : 6696

Shalok:

286 : 6697

The one who knows the True Lord God, is called the True Guru.

286 : 6698

In His Company, the Sikh is saved, O Nanak, singing the Glorious Praises of the Lord. ||1||

286 : 6699

ASHTAPADEE:

286 : 6700

The True Guru cherishes His Sikh.

286 : 6701

The Guru is always merciful to His servant.

286 : 6702

The Guru washes away the filth of the evil intellect of His Sikh.

286 : 6703

Through the Guru's Teachings, he chants the Lord's Name.

286 : 6704

The True Guru cuts away the bonds of His Sikh.

286 : 6705

The Sikh of the Guru abstains from evil deeds.

286 : 6706

The True Guru gives His Sikh the wealth of the Naam.

286 : 6707

The Sikh of the Guru is very fortunate.

286 : 6708

The True Guru arranges this world and the next for His Sikh.

286 : 6709

O Nanak, with the fullness of His heart, the True Guru mends His Sikh. ||1||

286 : 6710

That selfless servant, who lives in the Guru's household,

286 : 6711

is to obey the Guru's Commands with all his mind.

286 : 6712

He is not to call attention to himself in any way.

286 : 6713

He is to meditate constantly within his heart on the Name of the Lord.

286 : 6714

One who sells his mind to the True Guru

286 : 6715

– that humble servant's affairs are resolved.

286 : 6716

One who performs selfless service, without thought of reward,

286 : 6717

shall attain his Lord and Master.

-- Raag Gauree – Part 136 --

Raag Gauree – Part 137

287 : 6718

He Himself grants His Grace;

287 : 6719

O Nanak, that selfless servant lives the Guru's Teachings. ||2||

287 : 6720

One who obeys the Guru's Teachings one hundred per cent

287 : 6721

– that selfless servant comes to know the state of the Transcendent Lord.

287 : 6722

The True Guru's Heart is filled with the Name of the Lord.

287 : 6723

So many times, I am a sacrifice to the Guru.

287 : 6724

He is the treasure of everything, the Giver of life.

287 : 6725

Twenty–four hours a day, He is imbued with the Love of the Supreme Lord God.

287 : 6726

The servant is in God, and God is in the servant.

287 : 6727

He Himself is One – there is no doubt about this.

287 : 6728

By thousands of clever tricks, He is not found.

287 : 6729

O Nanak, such a Guru is obtained by the greatest good fortune. ||3||

287 : 6730

Blessed is His Darshan; receiving it, one is purified.

287 : 6731

Touching His Feet, one's conduct and lifestyle become pure.

287 : 6732

Abiding in His Company, one chants the Lord's Praise,

287 : 6733

and reaches the Court of the Supreme Lord God.

287 : 6734

Listening to His Teachings, one's ears are satisfied.

287 : 6735

The mind is contented, and the soul is fulfilled.

287 : 6736

The Guru is perfect; His Teachings are everlasting.

287 : 6737

Beholding His Ambrosial Glance, one becomes saintly.

287 : 6738

Endless are His virtuous qualities; His worth cannot be appraised.

287 : 6739

O Nanak, one who pleases Him is united with Him. ||4||

287 : 6740

The tongue is one, but His Praises are many.

287 : 6741

The True Lord, of perfect perfection – no speech can take the mortal to Him.

287 : 6742

God is Inaccessible, Incomprehensible, balanced in the state of Nirvaanaa.

287 : 6743

He is not sustained by food; He has no hatred or vengeance; He is the Giver of peace.

287 : 6744

No one can estimate His worth.

287 : 6745

Countless devotees continually bow in reverence to Him.

287 : 6746

In their hearts, they meditate on His Lotus Feet.

287 : 6747

Nanak is forever a sacrifice to the True Guru;

287 : 6748

by His Grace, he meditates on God. ||5||

287 : 6749

Only a few obtain this ambrosial essence of the Lord's Name.

287 : 6750

Drinking in this Nectar, one becomes immortal.

287 : 6751

That person whose mind is illuminated by the treasure of excellence, never dies.

287 : 6752

Twenty-four hours a day, he takes the Name of the Lord.

287 : 6753

The Lord gives true instruction to His servant.

287 : 6754

He is not polluted by emotional attachment to Maya.

287 : 6755

In his mind, he cherishes the One Lord, Har, Har.

287 : 6756

In the pitch darkness, a lamp shines forth.

287 : 6757

O Nanak, doubt, emotional attachment and pain are erased. ||6||

287 : 6758

In the burning heat, a soothing coolness prevails.

287 : 6759

Happiness ensues and pain departs, O Siblings of Destiny.

287 : 6760

The fear of birth and death is dispelled,

287 : 6761

by the perfect Teachings of the Holy Saint.

287 : 6762

Fear is lifted, and one abides in fearlessness.

287 : 6763

All evils are dispelled from the mind.

287 : 6764

He takes us into His favor as His own.

287 : 6765

In the Company of the Holy, chant the Naam, the Name of the Lord.

287 : 6766

Stability is attained; doubt and wandering cease,

287 : 6767

O Nanak, listening with one's ears to the Praises of the Lord, Har, Har. ||7||

287 : 6768

He Himself is absolute and unrelated; He Himself is also involved and related.

287 : 6769

Manifesting His power, He fascinates the entire world.

287 : 6770

God Himself sets His play in motion.

287 : 6771

Only He Himself can estimate His worth.

287 : 6772

There is none, other than the Lord.

287 : 6773

Permeating all, He is the One.

287 : 6774

Through and through, He pervades in form and color.

287 : 6775

He is revealed in the Company of the Holy.

— Raag Gauree – Part 137 —

Raag Gauree – Part 138

288 : 6776

Having created the creation, He infuses His own power into it.

288 : 6777

So many times, Nanak is a sacrifice to Him. ||8||18||

288 : 6778

Shalok:

288 : 6779

Nothing shall go along with you, except your devotion. All corruption is like ashes.

288 : 6780

Practice the Name of the Lord, Har, Har. O Nanak, this is the most excellent wealth. ||1||

288 : 6781

ASHTAPADEE:

288 : 6782

Joining the Company of the Saints, practice deep meditation.

288 : 6783

Remember the One, and take the Support of the Naam, the Name of the Lord.

288 : 6784

Forget all other efforts, O my friend

288 : 6785

– enshrine the Lord's Lotus Feet within your heart.

288 : 6786

God is All-powerful; He is the Cause of causes.

288 : 6787

Grasp firmly the object of the Lord's Name.

288 : 6788

Gather this wealth, and become very fortunate.

288 : 6789

Pure are the instructions of the humble Saints.

288 : 6790

Keep faith in the One Lord within your mind.

288 : 6791

All disease, O Nanak, shall then be dispelled. ||1||

288 : 6792

The wealth which you chase after in the four directions

288 : 6793

– you shall obtain that wealth by serving the Lord.

288 : 6794

The peace, which you always yearn for, O friend

288 : 6795

– that peace comes by the love of the Company of the Holy.

288 : 6796

The glory, for which you perform good deeds

288 : 6797

– you shall obtain that glory by seeking the Lord's Sanctuary.

288 : 6798

All sorts of remedies have not cured the disease

288 : 6799

– the disease is cured only by giving the medicine of the Lord's Name.

288 : 6800

Of all treasures, the Lord's Name is the supreme treasure.

288 : 6801

Chant it, O Nanak, and be accepted in the Court of the Lord. ||2||

288 : 6802

Enlighten your mind with the Name of the Lord.

288 : 6803

Having wandered around in the ten directions, it comes to its place of rest.

288 : 6804

No obstacle stands in the way of one

288 : 6805

whose heart is filled with the Lord.

288 : 6806

The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing and cool.

288 : 6807

Remember, remember it in meditation, and obtain everlasting peace.

288 : 6808

Your fear shall be dispelled, and your hopes shall be fulfilled.

288 : 6809

By devotional worship and loving adoration, your soul shall be enlightened.

288 : 6810

You shall go to that home, and live forever.

288 : 6811

Says Nanak, the noose of death is cut away. ||3||

288 : 6812

One who contemplates the essence of reality, is said to be the true person.

288 : 6813

Birth and death are the lot of the false and the insincere.

288 : 6814

Coming and going in reincarnation is ended by serving God.

288 : 6815

Give up your selfishness and conceit, and seek the Sanctuary of the Divine Guru.

288 : 6816

Thus the jewel of this human life is saved.

288 : 6817

Remember the Lord, Har, Har, the Support of the breath of life.

288 : 6818

By all sorts of efforts, people are not saved

288 : 6819

– not by studying the Simritees, the Shaastras or the Vedas.

288 : 6820

Worship the Lord with whole–hearted devotion.

288 : 6821

O Nanak, you shall obtain the fruits of your mind's desire. ||4||

288 : 6822

Your wealth shall not go with you;

288 : 6823

why do you cling to it, you fool?

288 : 6824

Children, friends, family and spouse

288 : 6825

– who of these shall accompany you?

288 : 6826

Power, pleasure, and the vast expanse of Maya

288 : 6827

– who has ever escaped from these?

288 : 6828

Horses, elephants, chariots and pageantry

288 : 6829

– false shows and false displays.

288 : 6830

The fool does not acknowledge the One who gave this;

288 : 6831

forgetting the Naam, O Nanak, he will repent in the end. ||5||

288 : 6832

Take the Guru's advice, you ignorant fool;

288 : 6833

without devotion, even the clever have drowned.

288 : 6834

Worship the Lord with heart–felt devotion, my friend;

288 : 6835

your consciousness shall become pure.

288 : 6836

Enshrine the Lord's Lotus Feet in your mind;

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Raag Gauree – Part 139

289 : 6837

the sins of countless lifetimes shall depart.

289 : 6838

Chant the Naam yourself, and inspire others to chant it as well.

289 : 6839

Hearing, speaking and living it, emancipation is obtained.

289 : 6840

The essential reality is the True Name of the Lord.

289 : 6841

With intuitive ease, O Nanak, sing His Glorious Praises. ||6||

289 : 6842

Chanting His Glories, your filth shall be washed off.

289 : 6843

The all-consuming poison of ego will be gone.

289 : 6844

You shall become carefree, and you shall dwell in peace.

289 : 6845

With every breath and every morsel of food, cherish the Lord's Name.

289 : 6846

Renounce all clever tricks, O mind.

289 : 6847

In the Company of the Holy, you shall obtain the true wealth.

289 : 6848

So gather the Lord's Name as your capital, and trade in it.

289 : 6849

In this world you shall be at peace, and in the Court of the Lord, you shall be acclaimed.

289 : 6850

See the One permeating all;

289 : 6851

says Nanak, your destiny is pre-ordained. ||7||

289 : 6852

Meditate on the One, and worship the One.

289 : 6853

Remember the One, and yearn for the One in your mind.

289 : 6854

Sing the endless Glorious Praises of the One.

289 : 6855

With mind and body, meditate on the One Lord God.

289 : 6856

The One Lord Himself is the One and Only.

289 : 6857

The Pervading Lord God is totally permeating all.

289 : 6858

The many expanses of the creation have all come from the One.

289 : 6859

Adoring the One, past sins are removed.

289 : 6860

Mind and body within are imbued with the One God.

289 : 6861

By Guru's Grace, O Nanak, the One is known. ||8||19||

289 : 6862

Shalok:

289 : 6863

After wandering and wandering, O God, I have come, and entered Your Sanctuary.

289 : 6864

This is Nanak's prayer, O God: please, attach me to Your devotional service. ||1||

289 : 6865

ASHTAPADEE:

289 : 6866

I am a beggar; I beg for this gift from You:

289 : 6867

please, by Your Mercy, Lord, give me Your Name.

289 : 6868

I ask for the dust of the feet of the Holy.

289 : 6869

O Supreme Lord God, please fulfill my yearning;

289 : 6870

may I sing the Glorious Praises of God forever and ever.

289 : 6871

With each and every breath, may I meditate on You, O God.

289 : 6872

May I enshrine affection for Your Lotus Feet.

289 : 6873

May I perform devotional worship to God each and every day.

289 : 6874

You are my only Shelter, my only Support.

289 : 6875

Nanak asks for the most sublime, the Naam, the Name of God. ||1||

289 : 6876

By God's Gracious Glance, there is great peace.

289 : 6877

Rare are those who obtain the juice of the Lord's essence.

289 : 6878

Those who taste it are satisfied.

289 : 6879

They are fulfilled and realized beings – they do not waver.

289 : 6880

They are totally filled to over-flowing with the sweet delight of His Love.

289 : 6881

Spiritual delight wells up within, in the Saadh Sangat, the Company of the Holy.

289 : 6882

Taking to His Sanctuary, they forsake all others.

289 : 6883

Deep within, they are enlightened, and they center themselves on Him, day and night.

289 : 6884

Most fortunate are those who meditate on God.

289 : 6885

O Nanak, attuned to the Naam, they are at peace. ||2||

289 : 6886

The wishes of the Lord's servant are fulfilled.

289 : 6887

From the True Guru, the pure teachings are obtained.

289 : 6888

Unto His humble servant, God has shown His kindness.

289 : 6889

He has made His servant eternally happy.

289 : 6890

The bonds of His humble servant are cut away, and he is liberated.

289 : 6891

The pains of birth and death, and doubt are gone.

289 : 6892

Desires are satisfied, and faith is fully rewarded,

289 : 6893

imbued forever with His all-pervading peace.

289 : 6894

He is His – he merges in Union with Him.

289 : 6895

Nanak is absorbed in devotional worship of the Naam. ||3||

289 : 6896

Why forget Him, who does not overlook our efforts?

289 : 6897

Why forget Him, who acknowledges what we do?

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Raag Gauree – Part 140

290 : 6898

Why forget Him, who has given us everything?

290 : 6899

Why forget Him, who is the Life of the living beings?

290 : 6900

Why forget Him, who preserves us in the fire of the womb?

290 : 6901

By Guru's Grace, rare is the one who realizes this.

290 : 6902

Why forget Him, who lifts us up out of corruption?

290 : 6903

Those separated from Him for countless lifetimes, are re-united with Him once again.

290 : 6904

Through the Perfect Guru, this essential reality is understood.

290 : 6905

O Nanak, God's humble servants meditate on Him. ||4||

290 : 6906

O friends, O Saints, make this your work.

290 : 6907

Renounce everything else, and chant the Name of the Lord.

290 : 6908

Meditate, meditate, meditate in remembrance of Him, and find peace.

290 : 6909

Chant the Naam yourself, and inspire others to chant it.

290 : 6910

By loving devotional worship, you shall cross over the world–ocean.

290 : 6911

Without devotional meditation, the body will be just ashes.

290 : 6912

All joys and comforts are in the treasure of the Naam.

290 : 6913

Even the drowning can reach the place of rest and safety.

290 : 6914

All sorrows shall vanish.

290 : 6915

O Nanak, chant the Naam, the treasure of excellence. ||5||

290 : 6916

Love and affection, and the taste of yearning, have welled up within;

290 : 6917

within my mind and body, this is my purpose:

290 : 6918

beholding with my eyes His Blessed Vision, I am at peace.

290 : 6919

My mind blossoms forth in ecstasy, washing the feet of the Holy.

290 : 6920

The minds and bodies of His devotees are infused with His Love.

290 : 6921

Rare is the one who obtains their company.

290 : 6922

Show Your mercy – please, grant me this one request:

290 : 6923

by Guru's Grace, may I chant the Naam.

290 : 6924

His Praises cannot be spoken;

290 : 6925

O Nanak, He is contained among all. ||6||

290 : 6926

God, the Forgiving Lord, is kind to the poor.

290 : 6927

He loves His devotees, and He is always merciful to them.

290 : 6928

The Patron of the patronless, the Lord of the Universe, the Sustainer of the world,

290 : 6929

the Nourisher of all beings.

290 : 6930

The Primal Being, the Creator of the Creation.

290 : 6931

The Support of the breath of life of His devotees.

290 : 6932

Whoever meditates on Him is sanctified,

290 : 6933

focusing the mind in loving devotional worship.

290 : 6934

I am unworthy, lowly and ignorant.

290 : 6935

Nanak has entered Your Sanctuary, O Supreme Lord God. ||7||

290 : 6936

Everything is obtained: the heavens, liberation and deliverance,

290 : 6937

if one sings the Lord's Glories, even for an instant.

290 : 6938

So many realms of power, pleasures and great glories,

290 : 6939

come to one whose mind is pleased with the Sermon of the Lord's Name.

290 : 6940

Abundant foods, clothes and music

290 : 6941

come to one whose tongue continually chants the Lord's Name, Har, Har.

290 : 6942

His actions are good, he is glorious and wealthy;

290 : 6943

the Mantra of the Perfect Guru dwells within his heart.

290 : 6944

O God, grant me a home in the Company of the Holy.

290 : 6945

All pleasures, O Nanak, are so revealed. ||8||20||

290 : 6946

Shalok:

290 : 6947

He possesses all qualities; He transcends all qualities; He is the Formless Lord. He Himself is in Primal Samaadhi.

290 : 6948

Through His Creation, O Nanak, He meditates on Himself. ||1||

290 : 6949

ASHTAPADEE:

290 : 6950

When this world had not yet appeared in any form,

290 : 6951

who then committed sins and performed good deeds?

290 : 6952

When the Lord Himself was in Profound Samaadhi,

290 : 6953

then against whom were hate and jealousy directed?

290 : 6954

When there was no color or shape to be seen,

290 : 6955

then who experienced joy and sorrow?

290 : 6956

When the Supreme Lord Himself was Himself All-in-all,

then where was emotional attachment, and who had doubts?

-- Raag Gauree – Part 140 --

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291 : 6958

He Himself has staged His own drama;

291 : 6959

O Nanak, there is no other Creator. ||1||

291 : 6960

When there was only God the Master,

291 : 6961

then who was called bound or liberated?

291 : 6962

When there was only the Lord, Unfathomable and Infinite,

291 : 6963

then who entered hell, and who entered heaven?

291 : 6964

When God was without attributes, in absolute poise,

291 : 6965

then where was mind and where was matter – where was Shiva and Shakti?

291 : 6966

When He held His Own Light unto Himself,

291 : 6967

then who was fearless, and who was afraid?

291 : 6968

He Himself is the Performer in His own plays;

291 : 6969

O Nanak, the Lord Master is Unfathomable and Infinite. ||2||

291 : 6970

When the Immortal Lord was seated at ease,

291 : 6971

then where was birth, death and dissolution?

291 : 6972

When there was only God, the Perfect Creator,

291 : 6973

then who was afraid of death?

291 : 6974

When there was only the One Lord, unmanifest and incomprehensible,

291 : 6975

then who was called to account by the recording scribes of the conscious and the subconscious?

291 : 6976

When there was only the Immaculate, Incomprehensible, Unfathomable Master,

291 : 6977

then who was emancipated, and who was held in bondage?

291 : 6978

He Himself, in and of Himself, is the most wonderful.

291 : 6979

O Nanak, He Himself created His Own Form. ||3||

291 : 6980

When there was only the Immaculate Being, the Lord of beings,

291 : 6981

there was no filth, so what was there to be washed clean?

291 : 6982

When there was only the Pure, Formless Lord in Nirvaanaa,

291 : 6983

then who was honored, and who was dishonored?

291 : 6984

When there was only the Form of the Lord of the Universe,

291 : 6985

then who was tainted by fraud and sin?

291 : 6986

When the Embodiment of Light was immersed in His Own Light,

291 : 6987

then who was hungry, and who was satisfied?

291 : 6988

He is the Cause of causes, the Creator Lord.

291 : 6989

O Nanak, the Creator is beyond calculation. ||4||

291 : 6990

When His Glory was contained within Himself,

291 : 6991

then who was mother, father, friend, child or sibling?

291 : 6992

When all power and wisdom was latent within Him,

291 : 6993

then where were the Vedas and the scriptures, and who was there to read them?

291 : 6994

When He kept Himself, All-in-all, unto His Own Heart,

291 : 6995

then who considered omens to be good or bad?

291 : 6996

When He Himself was lofty, and He Himself was near at hand,

291 : 6997

then who was called master, and who was called disciple?

291 : 6998

We are wonder–struck at the wondrous wonder of the Lord.

291 : 6999

O Nanak, He alone knows His own state. ||5||

291 : 7000

When the Undeceiveable, Impenetrable, Inscrutable One was self–absorbed,

291 : 7001

then who was swayed by Maya?

291 : 7002

When He paid homage to Himself,

291 : 7003

then the three qualities were not prevailing.

291 : 7004

When there was only the One, the One and Only Lord God,

291 : 7005

then who was not anxious, and who felt anxiety?

291 : 7006

When He Himself was satisfied with Himself,

291 : 7007

then who spoke and who listened?

291 : 7008

He is vast and infinite, the highest of the high.

291 : 7009

O Nanak, He alone can reach Himself. ||6||

291 : 7010

When He Himself fashioned the visible world of the creation,

291 : 7011

he made the world subject to the three dispositions.

291 : 7012

Sin and virtue then began to be spoken of.

-- Raag Gauree – Part 141 --

Raag Gauree – Part 142

292 : 7013

Some have gone to hell, and some yearn for paradise.

292 : 7014

Worldly snares and entanglements of Maya,

292 : 7015

egotism, attachment, doubt and loads of fear;

292 : 7016

pain and pleasure, honor and dishonor

292 : 7017

– these came to be described in various ways.

292 : 7018

He Himself creates and beholds His own drama.

292 : 7019

He winds up the drama, and then, O Nanak, He alone remains. ||7||

292 : 7020

Wherever the Eternal Lord's devotee is, He Himself is there.

292 : 7021

He unfolds the expanse of His creation for the glory of His Saint.

292 : 7022

He Himself is the Master of both worlds.

292 : 7023

His Praise is to Himself alone.

292 : 7024

He Himself performs and plays His amusements and games.

292 : 7025

He Himself enjoys pleasures, and yet He is unaffected and untouched.

292 : 7026

He attaches whomever He pleases to His Name.

292 : 7027

He causes whomever He pleases to play in His play.

292 : 7028

He is beyond calculation, beyond measure, uncountable and unfathomable.

292 : 7029

As You inspire him to speak, O Lord, so does servant Nanak speak. ||8||21||

292 : 7030

Shalok:

292 : 7031

O Lord and Master of all beings and creatures, You Yourself are prevailing everywhere.

292 : 7032

O Nanak, The One is All–pervading; where is any other to be seen? ||1||

292 : 7033

ASHTAPADEE:

292 : 7034

He Himself is the speaker, and He Himself is the listener.

292 : 7035

He Himself is the One, and He Himself is the many.

292 : 7036

When it pleases Him, He creates the world.

292 : 7037

As He pleases, He absorbs it back into Himself.

292 : 7038

Without You, nothing can be done.

292 : 7039

Upon Your thread, You have strung the whole world.

292 : 7040

One whom God Himself inspires to understand

292 : 7041

– that person obtains the True Name.

292 : 7042

He looks impartially upon all, and he knows the essential reality.

292 : 7043

O Nanak, he conquers the whole world. ||1||

292 : 7044

All beings and creatures are in His Hands.

292 : 7045

He is Merciful to the meek, the Patron of the patronless.

292 : 7046

No one can kill those who are protected by Him.

292 : 7047

One who is forgotten by God, is already dead.

292 : 7048

Leaving Him, where else could anyone go?

292 : 7049

Over the heads of all is the One, the Immaculate King.

292 : 7050

The ways and means of all beings are in His Hands.

292 : 7051

Inwardly and outwardly, know that He is with you.

292 : 7052

He is the Ocean of excellence, infinite and endless.

292 : 7053

Slave Nanak is forever a sacrifice to Him. ||2||

292 : 7054

The Perfect, Merciful Lord is pervading everywhere.

292 : 7055

His kindness extends to all.

292 : 7056

He Himself knows His own ways.

292 : 7057

The Inner-knower, the Searcher of hearts, is present everywhere.

292 : 7058

He cherishes His living beings in so many ways.

292 : 7059

That which He has created meditates on Him.

292 : 7060

Whoever pleases Him, He blends into Himself.

292 : 7061

They perform His devotional service and sing the Glorious Praises of the Lord.

292 : 7062

With heart–felt faith, they believe in Him.

292 : 7063

O Nanak, they realize the One, the Creator Lord. ||3||

292 : 7064

The Lord's humble servant is committed to His Name.

292 : 7065

His hopes do not go in vain.

292 : 7066

The servant's purpose is to serve;

292 : 7067

obeying the Lord's Command, the supreme status is obtained.

292 : 7068

Beyond this, he has no other thought.

292 : 7069

Within his mind, the Formless Lord abides.

292 : 7070

His bonds are cut away, and he becomes free of hatred.

292 : 7071

Night and day, he worships the Feet of the Guru.

He is at peace in this world, and happy in the next.

-- Raag Gauree – Part 142 --

Raag Gauree – Part 143

293 : 7073

O Nanak, the Lord God unites him with Himself. ||4||

293 : 7074

Join the Company of the Holy, and be happy.

293 : 7075

Sing the Glories of God, the embodiment of supreme bliss.

293 : 7076

Contemplate the essence of the Lord's Name.

293 : 7077

Redeem this human body, so difficult to obtain.

293 : 7078

Sing the Ambrosial Words of the Lord's Glorious Praises;

293 : 7079

this is the way to save your mortal soul.

293 : 7080

Behold God near at hand, twenty–four hours a day.

293 : 7081

Ignorance shall depart, and darkness shall be dispelled.

293 : 7082

Listen to the Teachings, and enshrine them in your heart.

293 : 7083

O Nanak, you shall obtain the fruits of your mind's desires. ||5||

293 : 7084

Embellish both this world and the next;

293 : 7085

enshrine the Lord's Name deep within your heart.

293 : 7086

Perfect are the Teachings of the Perfect Guru.

293 : 7087

That person, within whose mind it abides, realizes the Truth.

293 : 7088

With your mind and body, chant the Naam; lovingly attune yourself to it.

293 : 7089

Sorrow, pain and fear shall depart from your mind.

293 : 7090

Deal in the true trade, O trader,

293 : 7091

and your merchandise shall be safe in the Court of the Lord.

293 : 7092

Keep the Support of the One in your mind.

293 : 7093

O Nanak, you shall not have to come and go in reincarnation again. ||6||

293 : 7094

Where can anyone go, to get away from Him?

293 : 7095

Meditating on the Protector Lord, you shall be saved.

293 : 7096

Meditating on the Fearless Lord, all fear departs.

293 : 7097

By God's Grace, mortals are released.

293 : 7098

One who is protected by God never suffers in pain.

293 : 7099

Chanting the Naam, the mind becomes peaceful.

293 : 7100

Anxiety departs, and ego is eliminated.

293 : 7101

No one can equal that humble servant.

293 : 7102

The Brave and Powerful Guru stands over his head.

293 : 7103

O Nanak, his efforts are fulfilled. ||7||

293 : 7104

His wisdom is perfect, and His Glance is Ambrosial.

293 : 7105

Beholding His Vision, the universe is saved.

293 : 7106

His Lotus Feet are incomparably beautiful.

293 : 7107

The Blessed Vision of His Darshan is fruitful and rewarding; His Lordly Form is beautiful.

293 : 7108

Blessed is His service; His servant is famous.

293 : 7109

The Inner-knower, the Searcher of hearts, is the most exalted Supreme Being.

293 : 7110

That one, within whose mind He abides, is blissfully happy.

293 : 7111

Death does not draw near him.

293 : 7112

One becomes immortal, and obtains the immortal status,

293 : 7113

meditating on the Lord, O Nanak, in the Company of the Holy. ||8||22||

293 : 7114

Shalok:

293 : 7115

The Guru has given the healing ointment of spiritual wisdom, and dispelled the darkness of ignorance.

293 : 7116

By the Lord's Grace, I have met the Saint; O Nanak, my mind is enlightened. ||1||

293 : 7117

ASHTAPADEE:

293 : 7118

In the Society of the Saints, I see God deep within my being.

293 : 7119

God's Name is sweet to me.

293 : 7120

All things are contained in the Heart of the One,

293 : 7121

although they appear in so many various colors.

293 : 7122

The nine treasures are in the Ambrosial Name of God.

293 : 7123

Within the human body is its place of rest.

293 : 7124

The Deepest Samaadhi, and the unstruck sound current of the Naad are there.

293 : 7125

The wonder and marvel of it cannot be described.

293 : 7126

He alone sees it, unto whom God Himself reveals it.

293 : 7127

O Nanak, that humble being understands. ||1||

293 : 7128

The Infinite Lord is inside, and outside as well.

293 : 7129

Deep within each and every heart, the Lord God is pervading.

293 : 7130

In the earth, in the Akaashic ethers, and in the nether regions of the underworld

293 : 7131

– in all worlds, He is the Perfect Cherisher.

-- Raag Gauree – Part 143 --

Raag Gauree – Part 144

294 : 7132

In the forests, fields and mountains, He is the Supreme Lord God.

294 : 7133

As He orders, so do His creatures act.

294 : 7134

He permeates the winds and the waters.

294 : 7135

He is pervading in the four corners and in the ten directions.

294 : 7136

Without Him, there is no place at all.

294 : 7137

By Guru's Grace, O Nanak, peace is obtained. ||2||

294 : 7138

See Him in the Vedas, the Puraanas and the Simritees.

294 : 7139

In the moon, the sun and the stars, He is the One.

294 : 7140

The Bani of God's Word is spoken by everyone.

294 : 7141

He Himself is unwavering – He never wavers.

294 : 7142

With absolute power, He plays His play.

294 : 7143

His value cannot be estimated; His virtues are invaluable.

294 : 7144

In all light, is His Light.

294 : 7145

The Lord and Master supports the weave of the fabric of the universe.

294 : 7146

By Guru's Grace, doubt is dispelled.

294 : 7147

O Nanak, this faith is firmly implanted within. ||3||

294 : 7148

In the eye of the Saint, everything is God.

294 : 7149

In the heart of the Saint, everything is Dharma.

294 : 7150

The Saint hears words of goodness.

294 : 7151

He is absorbed in the All-pervading Lord.

294 : 7152

This is the way of life of one who knows God.

294 : 7153

True are all the words spoken by the Holy.

294 : 7154

Whatever happens, he peacefully accepts.

294 : 7155

He knows God as the Doer, the Cause of causes.

294 : 7156

He dwells inside, and outside as well.

294 : 7157

O Nanak, beholding the Blessed Vision of His Darshan, all are fascinated. ||4||

294 : 7158

He Himself is True, and all that He has made is True.

294 : 7159

The entire creation came from God.

294 : 7160

As it pleases Him, He creates the expanse.

294 : 7161

As it pleases Him, He becomes the One and Only again.

294 : 7162

His powers are so numerous, they cannot be known.

294 : 7163

As it pleases Him, He merges us into Himself again.

294 : 7164

Who is near, and who is far away?

294 : 7165

He Himself is Himself pervading everywhere.

294 : 7166

One whom God causes to know that He is within the heart

294 : 7167

– O Nanak, He causes that person to understand Him. ||5||

294 : 7168

In all forms, He Himself is pervading.

294 : 7169

Through all eyes, He Himself is watching.

294 : 7170

All the creation is His Body.

294 : 7171

He Himself listens to His Own Praise.

294 : 7172

The One has created the drama of coming and going.

294 : 7173

He made Maya subservient to His Will.

294 : 7174

In the midst of all, He remains unattached.

294 : 7175

Whatever is said, He Himself says.

294 : 7176

By His Will we come, and by His Will we go.

294 : 7177

O Nanak, when it pleases Him, then He absorbs us into Himself. ||6||

294 : 7178

If it comes from Him, it cannot be bad.

294 : 7179

Other than Him, who can do anything?

294 : 7180

He Himself is good; His actions are the very best.

294 : 7181

He Himself knows His Own Being.

294 : 7182

He Himself is True, and all that He has established is True.

294 : 7183

Through and through, He is blended with His creation.

294 : 7184

His state and extent cannot be described.

294 : 7185

If there were another like Him, then only he could understand Him.

294 : 7186

His actions are all approved and accepted.

294 : 7187

By Guru's Grace, O Nanak, this is known. ||7||

294 : 7188

One who knows Him, obtains everlasting peace.

294 : 7189

God blends that one into Himself.

294 : 7190

He is wealth and prosperous, and of noble birth.

294 : 7191

He is Jivan Mukta – liberated while yet alive; the Lord God abides in his heart.

294 : 7192

Blessed, blessed, blessed is the coming of that humble being;

-- Raag Gauree – Part 144 --

Raag Gauree – Part 145

295 : 7193

by his grace, the whole world is saved.

295 : 7194

This is his purpose in life;

295 : 7195

in the Company of this humble servant, the Lord's Name comes to mind.

295 : 7196

He Himself is liberated, and He liberates the universe.

295 : 7197

O Nanak, to that humble servant, I bow in reverence forever. ||8||23||

295 : 7198

Shalok:

295 : 7199

I worship and adore the Perfect Lord God. Perfect is His Name.

295 : 7200

O Nanak, I have obtained the Perfect One; I sing the Glorious Praises of the Perfect Lord.
||1||

295 : 7201

ASHTAPADEE:

295 : 7202

Listen to the Teachings of the Perfect Guru;

295 : 7203

see the Supreme Lord God near you.

295 : 7204

With each and every breath, meditate in remembrance on the Lord of the Universe,

295 : 7205

and the anxiety within your mind shall depart.

295 : 7206

Abandon the waves of fleeting desire,

295 : 7207

and pray for the dust of the feet of the Saints.

295 : 7208

Renounce your selfishness and conceit and offer your prayers.

295 : 7209

In the Saadh Sangat, the Company of the Holy, cross over the ocean of fire.

295 : 7210

Fill your stores with the wealth of the Lord.

295 : 7211

Nanak bows in humility and reverence to the Perfect Guru. ||1||

295 : 7212

Happiness, intuitive peace, poise and bliss

295 : 7213

– in the Company of the Holy, meditate on the Lord of supreme bliss.

295 : 7214

You shall be spared from hell – save your soul!

295 : 7215

Drink in the ambrosial essence of the Glorious Praises of the Lord of the Universe.

295 : 7216

Focus your consciousness on the One, the All–pervading Lord

295 : 7217

– He has One Form, but He has many manifestations.

295 : 7218

Sustainer of the Universe, Lord of the world, Kind to the poor,

295 : 7219

Destroyer of sorrow, perfectly Merciful.

295 : 7220

Meditate, meditate in remembrance on the Naam, again and again.

295 : 7221

O Nanak, it is the Support of the soul. ||2||

295 : 7222

The most sublime hymns are the Words of the Holy.

295 : 7223

These are priceless rubies and gems.

295 : 7224

One who listens and acts on them is saved.

295 : 7225

He himself swims across, and saves others as well.

295 : 7226

His life is prosperous, and his company is fruitful;

295 : 7227

his mind is imbued with the love of the Lord.

295 : 7228

Hail, hail to him, for whom the sound current of the Shabad vibrates.

295 : 7229

Hearing it again and again, he is in bliss, proclaiming God's Praises.

295 : 7230

The Lord radiates from the foreheads of the Holy.

295 : 7231

Nanak is saved in their company. ||3||

295 : 7232

Hearing that He can give Sanctuary, I have come seeking His Sanctuary.

295 : 7233

Bestowing His Mercy, God has blended me with Himself.

295 : 7234

Hatred is gone, and I have become the dust of all.

295 : 7235

I have received the Ambrosial Naam in the Company of the Holy.

295 : 7236

The Divine Guru is perfectly pleased;

295 : 7237

the service of His servant has been rewarded.

295 : 7238

I have been released from worldly entanglements and corruption,

295 : 7239

hearing the Lord's Name and chanting it with my tongue.

295 : 7240

By His Grace, God has bestowed His Mercy.

295 : 7241

O Nanak, my merchandise has arrived save and sound. ||4||

295 : 7242

Sing the Praises of God, O Saints, O friends,

295 : 7243

with total concentration and one-pointedness of mind.

295 : 7244

Sukhmani is the peaceful ease, the Glory of God, the Naam.

295 : 7245

When it abides in the mind, one becomes wealthy.

295 : 7246

All desires are fulfilled.

295 : 7247

One becomes the most respected person, famous all over the world.

295 : 7248

He obtains the highest place of all.

295 : 7249

He does not come and go in reincarnation any longer.

295 : 7250

One who departs, after earning the wealth of the Lord's Name,

295 : 7251

O Nanak, realizes it. ||5||

295 : 7252

Comfort, peace and tranquility, wealth and the nine treasures;

295 : 7253

wisdom, knowledge, and all spiritual powers;

295 : 7254

learning, penance, Yoga and meditation on God;

— Raag Gauree – Part 145 —

Raag Gauree – Part 146

296 : 7255

The most sublime wisdom and purifying baths;

296 : 7256

the four cardinal blessings, the opening of the heart–lotus;

296 : 7257

in the midst of all, and yet detached from all;

296 : 7258

beauty, intelligence, and the realization of reality;

296 : 7259

to look impartially upon all, and to see only the One

296 : 7260

– these blessings come to one who, through Guru Nanak, chants the Naam with his mouth, and hears the Word with his ears. ||6||

296 : 7261

One who chants this treasure in his mind

296 : 7262

– in every age, he attains salvation.

296 : 7263

In it is the Glory of God, the Naam, the chanting of Gurbani.

296 : 7264

The Simritees, the Shaastras and the Vedas speak of it.

296 : 7265

The essence of all religion is the Lord's Name alone.

296 : 7266

It abides in the minds of the devotees of God.

296 : 7267

Millions of sins are erased, in the Company of the Holy.

296 : 7268

By the Grace of the Saint, one escapes the Messenger of Death.

296 : 7269

Those, who have such pre-ordained destiny on their foreheads,

296 : 7270

O Nanak, enter the Sanctuary of the Saints. ||7||

296 : 7271

One, within whose mind it abides, and who listens to it with love

296 : 7272

– that humble person consciously remembers the Lord God.

296 : 7273

The pains of birth and death are removed.

296 : 7274

The human body, so difficult to obtain, is instantly redeemed.

296 : 7275

Spotlessly pure is his reputation, and ambrosial is his speech.

296 : 7276

The One Name permeates his mind.

296 : 7277

Sorrow, sickness, fear and doubt depart.

296 : 7278

He is called a Holy person; his actions are immaculate and pure.

296 : 7279

His glory becomes the highest of all.

296 : 7280

O Nanak, by these Glorious Virtues, this is named Sukhmani, Peace of mind. ||8||24||

296 : 7281

T'hitee ~ The Lunar Days: Gauree, Fifth Mehl,

296 : 7282

Shalok:

296 : 7283

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

296 : 7284

The Creator Lord and Master is pervading the water, the land, and the sky.

296 : 7285

In so many ways, the One, the Universal Creator has diffused Himself, O Nanak. ||1||

296 : 7286

Pauree:

296 : 7287

The first day of the lunar cycle: Bow in humility and meditate on the One, the Universal Creator Lord God.

296 : 7288

Praise God, the Lord of the Universe, the Sustainer of the World; seek the Sanctuary of the Lord, our King.

296 : 7289

Place your hopes in Him, for salvation and peace; all things come from Him.

296 : 7290

I wandered around the four corners of the world and in the ten directions, but I saw nothing except Him.

296 : 7291

I listened to the Vedas, the Puraanas and the Simritees, and I pondered over them in so many ways.

296 : 7292

The Saving Grace of sinners, the Destroyer of fear, the Ocean of peace, the Formless Lord.

296 : 7293

The Great Giver, the Enjoyer, the Bestower – there is no place at all without Him.

296 : 7294

You shall obtain all that you desire, O Nanak, singing the Glorious Praises of the Lord. ||1||

296 : 7295

Sing the Praises of the Lord, the Lord of the Universe, each and every day.

296 : 7296

Join the Saadh Sangat, the Company of the Holy, and vibrate, meditate on Him, O my friend. ||1||Pause||

296 : 7297

Shalok:

296 : 7298

Bow in humility to the Lord, over and over again, and enter the Sanctuary of the Lord, our King.

296 : 7299

Doubt is eradicated, O Nanak, in the Company of the Holy, and the love of duality is eliminated. ||2||

296 : 7300

Pauree:

296 : 7301

The second day of the lunar cycle: Get rid of your evil-mindedness, and serve the Guru continually.

296 : 7302

The jewel of the Lord's Name shall come to dwell in your mind and body, when you renounce sexual desire, anger and greed, O my friend.

296 : 7303

Conquer death and obtain eternal life; all your troubles will depart.

296 : 7304

Renounce your self-conceit and vibrate upon the Lord of the Universe; loving devotion to Him shall permeate your being.

-- Raag Gauree – Part 146 --

Raag Gauree – Part 147

297 : 7305

You shall earn profit and suffer no loss, and in the Court of the Lord you shall be honored.

297 : 7306

Those who gather in the riches of the Lord's Name are truly wealthy, and very blessed.

297 : 7307

So, when standing up and sitting down, vibrate upon the Lord, and cherish the Saadh Sangat, the Company of the Holy.

297 : 7308

O Nanak, evil-mindedness is eradicated, when the Supreme Lord God comes to dwell in the mind. ||2||

297 : 7309

Shalok:

297 : 7310

The world is in the grip of the three qualities; only a few attain the fourth state of absorption.

297 : 7311

O Nanak, the Saints are pure and immaculate; the Lord abides within their minds. ||3||

297 : 7312

Pauree:

297 : 7313

The third day of the lunar cycle: Those who are bound by the three qualities gather poison

as their fruit; now they are good, and now they are bad.

297 : 7314

They wander endlessly in heaven and hell, until death annihilates them.

297 : 7315

In pleasure and pain and worldly cynicism, they pass their lives acting in ego.

297 : 7316

They do not know the One who created them; they think up all sorts of schemes and plans.

297 : 7317

Their minds and bodies are distracted by pleasure and pain, and their fever never departs.

297 : 7318

They do not realize the glorious radiance of the Supreme Lord God, the Perfect Lord and Master.

297 : 7319

So many are being drowned in emotional attachment and doubt; they dwell in the most horrible hell.

297 : 7320

Please bless me with Your Mercy, God, and save me! Nanak places his hopes in You. ||3||

297 : 7321

Shalok:

297 : 7322

One who renounces egotistical pride is intelligent, wise and refined.

297 : 7323

The four cardinal blessings, and the eight spiritual powers of the Siddhas are obtained, O Nanak, by meditating, vibrating on the Lord's Name. ||4||

297 : 7324

Pauree:

297 : 7325

The fourth day of the lunar cycle: Listening to the four Vedas, and contemplating the essence of reality, I have come to realize

297 : 7326

that the treasure of all joy and comfort is found in sublime meditation on the Lord's Name.

297 : 7327

One is saved from hell, suffering is destroyed, countless pains depart,

297 : 7328

death is overcome, and one escapes the Messenger of Death, by absorption in the Kirtan of the Lord's Praises.

297 : 7329

Fear departs, and one savors the Ambrosial Nectar, imbued with the Love of the Formless Lord.

297 : 7330

Pain, poverty and impurity are removed, with the Support of the Naam, the Name of the Lord.

297 : 7331

The angels, the seers and the silent sages search for the Ocean of peace, the Sustainer of the world.

297 : 7332

The mind becomes pure, and one's face is radiant, O Nanak, when one becomes the dust of the feet of the Holy. ||4||

297 : 7333

Shalok:

297 : 7334

The five evil passions dwell in the mind of one who is engrossed in Maya.

297 : 7335

In the Saadh Sangat, one becomes pure, O Nanak, imbued with the Love of God. ||5||

297 : 7336

Pauree:

297 : 7337

The fifth day of the lunar cycle: They are the self-elect, the most distinguished, who know the true nature of the world.

297 : 7338

The many colors and scents of flowers – all worldly deceptions are transitory and false.

297 : 7339

People do not see, and they do not understand; they do not reflect upon anything.

297 : 7340

The world is pierced through with attachment to tastes and pleasures, engrossed in ignorance.

297 : 7341

Those who perform empty religious rituals will be born, only to die again. They wander through endless incarnations.

297 : 7342

They do not meditate in remembrance on the Creator Lord; their minds do not understand.

297 : 7343

By loving devotion to the Lord God, you shall not be polluted by Maya at all.

297 : 7344

O Nanak, how rare are those, who are not engrossed in worldly entanglements. ||5||

297 : 7345

Shalok:

297 : 7346

The six Shaastras proclaim Him to be the greatest; He has no end or limitation.

297 : 7347

The devotees look beautiful, O Nanak, when they sing the Glories of God at His Door.
||6||

297 : 7348

Pauree:

297 : 7349

The sixth day of the lunar cycle: The six Shaastras say, and countless Simritees assert,

— Raag Gauree – Part 147 —

Raag Gauree – Part 148

298 : 7350

that the Supreme Lord God is the most sublime and lofty. Even the thousand–tongued serpent does not know the limits of His Glories.

298 : 7351

Naarad, the humble beings, Suk and Vyaasa sing the Praises of the Lord of the Universe.

298 : 7352

They are imbued with the Lord's essence; united with Him; they are absorbed in devotional worship of the Lord God.

298 : 7353

Emotional attachment, pride and doubt are eliminated, when one takes to the Sanctuary of the Merciful Lord.

298 : 7354

His Lotus Feet abide within my mind and body and I am enraptured, beholding the Blessed Vision of His Darshan.

298 : 7355

People reap their profits, and suffer no loss, when they embrace love for the Saadh Sangat, the Company of the Holy.

298 : 7356

They gather in the treasure of the Lord, the Ocean of Excellence, O Nanak, by meditating on the Naam. ||6||

298 : 7357

Shalok:

298 : 7358

In the gathering of the Saints, chant the Praises of the Lord, and speak the Truth with love.

298 : 7359

O Nanak, the mind becomes contented, enshrining love for the One Lord. ||7||

298 : 7360

Pauree:

298 : 7361

The seventh day of the lunar cycle: Gather the wealth of the Naam; this is a treasure which shall never be exhausted.

298 : 7362

In the Society of the Saints, He is obtained; He has no end or limitations.

298 : 7363

Renounce your selfishness and conceit, and meditate, vibrate on the Lord of the Universe; take to the Sanctuary of the Lord, our King.

298 : 7364

Your pains shall depart – swim across the terrifying world–ocean, and obtain the fruits of your mind's desires.

298 : 7365

One who meditates on the Lord twenty–four hours a day – fruitful and blessed is his coming into the world.

298 : 7366

Inwardly and outwardly, realize that the Creator Lord is always with you.

298 : 7367

He is your friend, your companion, your very best friend, who imparts the Teachings of the Lord.

298 : 7368

Nanak is a sacrifice to one who chants the Name of the Lord, Har, Har. ||7||

298 : 7369

Shalok:

298 : 7370

Sing the Glorious Praises of the Lord twenty–four hours a day; renounce other entanglements.

298 : 7371

The Minister of Death cannot even see that person, O Nanak, unto whom God is merciful.
||8||

298 : 7372

Pauree:

298 : 7373

The eighth day of the lunar cycle: The eight spiritual powers of the Siddhas, the nine treasures,

298 : 7374

all precious things, perfect intellect,

298 : 7375

the opening of the heart–lotus, eternal bliss,

298 : 7376

pure lifestyle, the infallible Mantra,

298 : 7377

all Dharmic virtues, sacred purifying baths,

298 : 7378

the most lofty and sublime spiritual wisdom

298 : 7379

– these are obtained by meditating, vibrating upon the Lord, Har, Har, in the Company of the Perfect Guru.

298 : 7380

You shall be saved, O Nanak, by lovingly chanting the Lord's Name. ||8||

298 : 7381

Shalok:

298 : 7382

He does not remember the Lord in meditation; he is fascinated by the pleasures of corruption.

298 : 7383

O Nanak, forgetting the Naam, he is reincarnated into heaven and hell. ||9||

298 : 7384

Pauree:

298 : 7385

The ninth day of the lunar cycle: The nine holes of the body are defiled.

298 : 7386

People do not chant the Lord's Name; instead, they practice evil.

298 : 7387

They commit adultery, slander the Saints,

298 : 7388

and do not listen to even a tiny bit of the Lord's Praise.

298 : 7389

They steal others' wealth for the sake of their own bellies,

298 : 7390

but the fire is not extinguished, and their thirst is not quenched.

298 : 7391

Without serving the Lord, these are their rewards.

298 : 7392

O Nanak, forgetting God, the unfortunate people are born, only to die. ||9||

298 : 7393

Shalok:

298 : 7394

I have wandered, searching in the ten directions – wherever I look, there I see Him.

298 : 7395

The mind comes to be controlled, O Nanak, if He grants His Perfect Grace. ||10||

298 : 7396

Pauree:

298 : 7397

The tenth day of the lunar cycle: Overpower the ten sensory and motor organs;

298 : 7398

your mind will be content, as you chant the Naam.

298 : 7399

With your ears, hear the Praises of the Lord of the World;

298 : 7400

with your eyes, behold the kind, Holy Saints.

298 : 7401

With your tongue, sing the Glorious Praises of the Infinite Lord.

298 : 7402

In your mind, remember the Perfect Lord God.

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Raag Gauree – Part 149

299 : 7403

With your hands and feet, work for the Saints.

299 : 7404

O Nanak, this way of life is obtained by God's Grace. ||10||

299 : 7405

Shalok:

299 : 7406

Describe the Lord as the One, the One and Only. How rare are those who know the taste of this essence.

299 : 7407

The Glories of the Lord of the Universe cannot be known. O Nanak, He is totally amazing and wonderful! ||11||

299 : 7408

Pauree:

299 : 7409

The eleventh day of the lunar cycle: Behold the Lord, the Lord, near at hand.

299 : 7410

Subdue the desires of your sexual organs, and listen to the Lord's Name.

299 : 7411

Let your mind be content, and be kind to all beings.

299 : 7412

In this way, your fast will be successful.

299 : 7413

Keep your wandering mind restrained in one place.

299 : 7414

Your mind and body shall become pure, chanting the Lord's Name.

299 : 7415

The Supreme Lord God is pervading amongst all.

299 : 7416

O Nanak, sing the Kirtan of the Lord's Praises; this alone is the eternal faith of Dharma.
||11||

299 : 7417

Shalok:

299 : 7418

Evil-mindedness is eliminated, by meeting with and serving the compassionate Holy Saints.

299 : 7419

Nanak is merged with God; all his entanglements have come to an end. ||12||

299 : 7420

Pauree:

299 : 7421

The twelfth day of the lunar cycle: Dedicate yourself to giving charity, chanting the Naam and purification.

299 : 7422

Worship the Lord with devotion, and get rid of your pride.

299 : 7423

Drink in the Ambrosial Nectar of the Lord's Name, in the Saadh Sangat, the Company of the Holy.

299 : 7424

The mind is satisfied by lovingly singing the Kirtan of God's Praises.

299 : 7425

The Sweet Words of His Bani soothe everyone.

299 : 7426

The soul, the subtle essence of the five elements, cherishes the Nectar of the Naam, the Name of the Lord.

299 : 7427

This faith is obtained from the Perfect Guru.

299 : 7428

O Nanak, dwelling upon the Lord, you shall not enter the womb of reincarnation again. ||12||

299 : 7429

Shalok:

299 : 7430

Engrossed in the three qualities, one's efforts do not succeed.

299 : 7431

When the Saving Grace of sinners dwells in the mind, O Nanak, then one is saved by the Naam, the Name of the Lord. ||13||

299 : 7432

Pauree:

299 : 7433

The thirteenth day of the lunar cycle: The world is in the fever of the three qualities.

299 : 7434

It comes and goes, and is reincarnated in hell.

299 : 7435

Meditation on the Lord, Har, Har, does not enter into the minds of the people.

299 : 7436

They do not sing the Praises of God, the Ocean of peace, even for an instant.

299 : 7437

This body is the embodiment of pleasure and pain.

299 : 7438

It suffers from the chronic and incurable disease of Maya.

299 : 7439

By day, people practice corruption, wearing themselves out.

299 : 7440

And then with sleep in their eyes, they mutter in dreams.

299 : 7441

Forgetting the Lord, this is their condition.

299 : 7442

Nanak seeks the Sanctuary of God, the kind and compassionate Primal Being. ||13||

299 : 7443

Shalok:

299 : 7444

The Lord is pervading in all the four directions and the fourteen worlds.

299 : 7445

O Nanak, He is not seen to be lacking anything; His works are perfectly complete. ||14||

299 : 7446

Pauree:

299 : 7447

The fourteenth day of the lunar cycle: God Himself is in all four directions.

299 : 7448

On all worlds, His radiant glory is perfect.

299 : 7449

The One God is diffused in the ten directions.

299 : 7450

Behold God in all the earth and sky.

299 : 7451

In the water, on the land, in the forests and mountains, and in the nether regions of the underworld,

299 : 7452

the Merciful Transcendent Lord is abiding.

299 : 7453

The Lord God is in all mind and matter, subtle and manifest.

299 : 7454

O Nanak, the Gurmukh realizes God. ||14||

299 : 7455

Shalok:

299 : 7456

The soul is conquered, through the Guru's Teachings, singing the Glories of God.

299 : 7457

By the Grace of the Saints, fear is dispelled, O Nanak, and anxiety is ended. ||15||

299 : 7458

Pauree:

299 : 7459

The day of the new moon: My soul is at peace; the Divine Guru has blessed me with contentment.

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Raag Gauree – Part 150

300 : 7460

My mind and body are cooled and soothed, in intuitive peace and poise; I have dedicated myself to serving God.

300 : 7461

One who meditates in remembrance on the Name of the Lord – his bonds are broken, all his sins are erased, and his works are brought to perfect fruition; his evil-mindedness disappears, and his ego is subdued.

300 : 7462

Taking to the Sanctuary of the Supreme Lord God, his comings and goings in reincarnation are ended.

300 : 7463

He saves himself, along with his family, chanting the Praises of God, the Lord of the Universe.

300 : 7464

I serve the Lord, and I chant the Name of God.

300 : 7465

From the Perfect Guru, Nanak has obtained peace and comfortable ease. ||15||

300 : 7466

Shalok:

300 : 7467

The perfect person never wavers; God Himself made him perfect.

300 : 7468

Day by day, he prospers; O Nanak, he shall not fail. ||16||

300 : 7469

Pauree:

300 : 7470

The day of the full moon: God alone is Perfect; He is the All-powerful Cause of causes.

300 : 7471

The Lord is kind and compassionate to all beings and creatures; His Protecting Hand is over all.

300 : 7472

He is the Treasure of Excellence, the Lord of the Universe; through the Guru, He acts.

300 : 7473

God, the Inner-knower, the Searcher of hearts, is All-knowing, Unseen and Immaculately Pure.

300 : 7474

The Supreme Lord God, the Transcendent Lord, is the Knower of all ways and means.

300 : 7475

He is the Support of His Saints, with the Power to give Sanctuary. Twenty-four hours a day, I bow in reverence to Him.

300 : 7476

His Unspoken Speech cannot be understood; I meditate on the Feet of the Lord.

300 : 7477

He is the Saving Grace of sinners, the Master of the masterless; Nanak has entered God's Sanctuary. ||16||

300 : 7478

Shalok:

300 : 7479

My pain is gone, and my sorrows have departed, since I took to the Sanctuary of the Lord, my King.

300 : 7480

I have obtained the fruits of my mind's desires, O Nanak, singing the Glorious Praises of the Lord. ||17||

300 : 7481

Pauree:

300 : 7482

Some sing, some listen, and some contemplate;

300 : 7483

some preach, and some implant the Name within; this is how they are saved.

300 : 7484

Their sinful mistakes are erased, and they become pure; the filth of countless incarnations is washed away.

300 : 7485

In this world and the next, their faces shall be radiant; they shall not be touched by Maya.

300 : 7486

They are intuitively wise, and they are Vaishnaavs, worshippers of Vishnu; they are spiritually wise, wealthy and prosperous.

300 : 7487

They are spiritual heros, of noble birth, who vibrate upon the Lord God.

300 : 7488

The Kh'shatriyas, the Brahmins, the low-caste Soodras, the Vaisha workers and the outcast pariahs are all saved,

300 : 7489

meditating on the Lord. Nanak is the dust of the feet of those who know his God. ||17||

300 : 7490

Vaar In Gauree, Fourth Mehl:

300 : 7491

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

300 : 7492

Shalok Fourth Mehl:

300 : 7493

The True Guru, the Primal Being, is kind and compassionate; all are alike to Him.

300 : 7494

He looks upon all impartially; with pure faith in the mind, He is obtained.

300 : 7495

The Ambrosial Nectar is within the True Guru; He is exalted and sublime, of Godly status.

300 : 7496

O Nanak, by His Grace, one meditates on the Lord; the Gurmukhs obtain Him. ||1||

300 : 7497

Fourth Mehl:

300 : 7498

Egotism and Maya are total poison; in these, people continually suffer loss in this world.

300 : 7499

The Gurmukh earns the profit of the wealth of the Lord's Name, contemplating the Word of the Shabad.

300 : 7500

The poisonous filth of egotism is removed, when one enshrines the Ambrosial Name of the Lord within the heart.

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Raag Gauree – Part 151

301 : 7501

All the Gurmukh's affairs are brought to perfect completion; the Lord has showered him with His Mercy.

301 : 7502

O Nanak, one who meets the Primal Lord remains blended with the Lord, the Creator Lord.
||2||

301 : 7503

Pauree:

301 : 7504

You are True, O True Lord and Master. You are the Truest of the True, O Lord of the World.

301 : 7505

Everyone meditates on You; everyone falls at Your Feet.

301 : 7506

Your Praises are graceful and beautiful; You save those who speak them.

301 : 7507

You reward the Gurmukhs, who are absorbed in the True Name.

301 : 7508

O my Great Lord and Master, great is Your glorious greatness. ||1||

301 : 7509

Shalok, Fourth Mehl:

301 : 7510

Without the Name, all other praise and speech is insipid and tasteless.

301 : 7511

The self-willed manmukhs praise their own egos; their attachment to egotism is useless.

301 : 7512

Those whom they praise, die; they all waste away in conflict.

301 : 7513

O servant Nanak, the Gurmukhs are saved, chanting the Name of the Lord, Har, Har, the Embodiment of Supreme Bliss. ||1||

301 : 7514

Fourth Mehl:

301 : 7515

O True Guru, tell me of my Lord God, that I may meditate on the Naam within my mind.

301 : 7516

O Nanak, the Lord's Name is sacred and pure; chanting it, all my pain has been taken away. ||2||

301 : 7517

Pauree:

301 : 7518

You Yourself are the Formless Lord, the Immaculate Lord, our Sovereign King.

301 : 7519

Those who meditate on You, O True Lord with one–pointed mind, are rid of all their pain.

301 : 7520

You have no equal, next to whom I might sit and speak of You.

301 : 7521

You are the only Giver as great as Yourself. You are Immaculate; O True Lord, you are pleasing to my mind.

301 : 7522

O my True Lord and Master, Your Name is the Truest of the True. ||2||

301 : 7523

Shalok, Fourth Mehl:

301 : 7524

Deep within the mind is the disease of ego; the self–willed manmukhs, the evil beings, are deluded by doubt.

301 : 7525

O Nanak, this disease is eradicated, only when one meets the True Guru, our Holy Friend.
||1||

301 : 7526

Fourth Mehl:

301 : 7527

The mind and body of the Gurmukh are imbued with the Love of the Lord, the Treasure of Virtue.

301 : 7528

Servant Nanak has taken to the Sanctuary of the Lord. Hail to the Guru, who has united me with the Lord. ||2||

301 : 7529

Pauree:

301 : 7530

You are the Personification of Creativity, the Inaccessible Lord. With whom should I compare You?

301 : 7531

If there was anyone else as great as You, I would name him; You alone are like Yourself.

301 : 7532

You are the One, permeating each and every heart; You are revealed to the Gurmukh.

301 : 7533

You are the True Lord and Master of all; You are the Highest of all.

301 : 7534

Whatever You do, O True Lord – that is what happens, so why should we grieve? ||3||

301 : 7535

Shalok, Fourth Mehl:

301 : 7536

My mind and body are imbued with the Love of my Beloved, twenty–four hours a day.

301 : 7537

Shower Your Mercy upon servant Nanak, O God, that he may dwell in peace with the True Guru. ||1||

301 : 7538

Fourth Mehl:

301 : 7539

Those whose inner beings are filled with the Love of their Beloved, look beautiful as they speak.

301 : 7540

O Nanak, the Lord Himself knows all; the Beloved Lord has infused His Love. ||2||

301 : 7541

Pauree:

301 : 7542

O Creator Lord, You Yourself are infallible; You never make mistakes.

301 : 7543

Whatever You do is good, O True Lord; this understanding is obtained through the Word of the Guru's Shabad.

301 : 7544

You are the Cause of causes, the All-powerful Lord; there is no other at all.

301 : 7545

O Lord and Master, You are inaccessible and merciful. Everyone meditates on You.

-- Raag Gauree – Part 151 --

Raag Gauree – Part 152

302 : 7546

All beings are Yours; You belong to all. You deliver all. ||4||

302 : 7547

Shalok, Fourth Mehl:

302 : 7548

Listen, O my Friend, to my message of love; my eyes are fixed upon You.

302 : 7549

The Guru was pleased – He united servant Nanak with his friend, and now he sleeps in peace. ||1||

302 : 7550

Fourth Mehl:

302 : 7551

The True Guru is the Merciful Giver; He is always compassionate.

302 : 7552

The True Guru has no hatred within Him; He beholds the One God everywhere.

302 : 7553

Anyone who directs hate against the One who has no hate, shall never be satisfied within.

302 : 7554

The True Guru wishes everyone well; how can anything bad happen to Him?

302 : 7555

As one feels towards the True Guru, so are the rewards he receives.

302 : 7556

O Nanak, the Creator knows everything; nothing can be hidden from Him. ||2||

302 : 7557

Pauree:

302 : 7558

One who has been made great by his Lord and Master – know him to be great!

302 : 7559

By His Pleasure, the Lord and Master forgives those who are pleasing to His Mind.

302 : 7560

One who tries to compete with Him is a senseless fool.

302 : 7561

One who is united with the Lord by the True Guru, sings His Praises and speaks His Glories.

302 : 7562

O Nanak, the True Lord is True; one who understands Him is absorbed in Truth. ||5||

302 : 7563

Shalok, Fourth Mehl:

302 : 7564

The Lord is true, immaculate and eternal; He has no fear, hatred or form.

302 : 7565

Those who chant and meditate on Him, who single-mindedly focus their consciousness on Him, are rid of the burden of their ego.

302 : 7566

Those Gurmukhs who worship and adore the Lord – hail to those Saintly beings!

302 : 7567

If someone slanders the Perfect True Guru, he will be rebuked and reproached by the whole world.

302 : 7568

The Lord Himself abides within the True Guru; He Himself is His Protector.

302 : 7569

Blessed, Blessed is the Guru, who sings the Glories of God. Unto Him, I bow forever and ever in deepest reverence.

302 : 7570

Servant Nanak is a sacrifice to those who have meditated on the Creator Lord. ||1||

302 : 7571

Fourth Mehl:

302 : 7572

He Himself made the earth; He Himself made the sky.

302 : 7573

He Himself created the beings there, and He Himself places food in their mouths.

302 : 7574

He Himself is All–pervading; He Himself is the Treasure of Excellence.

302 : 7575

O servant Nanak, meditate on the Naam, the Name of the Lord; He shall take away all your sinful mistakes. ||2||

302 : 7576

Pauree:

302 : 7577

You, O True Lord and Master, are True; the Truth is pleasing to the True One.

302 : 7578

The Messenger of Death does not even approach those who praise You, O True Lord.

302 : 7579

Their faces are radiant in the Court of the Lord; the Lord is pleasing to their hearts.

302 : 7580

The false ones are left behind; because of the falsehood and deceit in their hearts, they suffer in terrible pain.

302 : 7581

Black are the faces of the false; the false remain just false. ||6||

302 : 7582

Shalok, Fourth Mehl:

302 : 7583

The True Guru is the field of Dharma; as one plants the seeds there, so are the fruits obtained.

302 : 7584

The GurSikhs plant ambrosial nectar, and obtain the Lord as their ambrosial fruit.

302 : 7585

Their faces are radiant in this world and the next; in the Court of the Lord, they are robed with honor.

302 : 7586

Some have cruelty in their hearts – they constantly act in cruelty; as they plant, so are the fruits which they eat.

-- Raag Gauree – Part 152 --

Raag Gauree – Part 153

303 : 7587

When the True Guru, the Tester, observes with His Glance, the selfish ones are all exposed.

303 : 7588

As one thinks, so does he receive, and so does the Lord make him known.

303 : 7589

O Nanak, the Lord and Master is pervading at both ends; He continually acts, and beholds His own play. ||1||

303 : 7590

Fourth Mehl:

303 : 7591

The mortal is of one mind – whatever he dedicates it to, in that he is successful.

303 : 7592

Some talk a lot, but they eat only that which is in their own homes.

303 : 7593

Without the True Guru, understanding is not obtained, and egotism does not depart from within.

303 : 7594

Suffering and hunger cling to the egotistical people; they hold out their hands and beg from door to door.

303 : 7595

Their falsehood and fraud cannot remain concealed; their false appearances fall off in the end.

303 : 7596

One who has such pre-ordained destiny comes to meet God through the True Guru.

303 : 7597

Just as iron is transmuted into gold by the touch of the Philosopher's Stone, so are people transformed by joining the Sangat, the Holy Congregation.

303 : 7598

O God, You are the Master of servant Nanak; as it pleases You, You lead him. ||2||

303 : 7599

Pauree:

303 : 7600

One who serves the Lord with all his heart – the Lord Himself unites him with Himself.

303 : 7601

He enters into a partnership with virtue and merit, and burns off all his demerits with the fire of the Shabad.

303 : 7602

Demerits are purchased cheap, like straw; he alone gathers merit, who is so blessed by the True Lord.

303 : 7603

I am a sacrifice to my Guru, who has erased my demerits, and revealed my virtuous merits.

303 : 7604

The Gurmukh chants the glorious greatness of the great Lord God. ||7||

303 : 7605

Shalok, Fourth Mehl:

303 : 7606

Great is the greatness within the True Guru, who meditates night and day on the Name of the Lord, Har, Har.

303 : 7607

The repetition of the Name of the Lord, Har, Har, is his purity and self-restraint; with the Name of the Lord, He is satisfied.

303 : 7608

The Lord's Name is His power, and the Lord's Name is His Royal Court; the Lord's Name protects Him.

303 : 7609

One who centers his consciousness and worships the Guru, obtains the fruits of his mind's desires.

303 : 7610

But one who slanders the Perfect True Guru, shall be killed and destroyed by the Creator.

303 : 7611

This opportunity shall not come into his hands again; he must eat what he himself has planted.

303 : 7612

He shall be taken to the most horrible hell, with his face blackened like a thief, and a noose around his neck.

303 : 7613

But if he should again take to the Sanctuary of the True Guru, and meditate on the Name of the Lord, Har, Har, then he shall be saved.

303 : 7614

Nanak speaks and proclaims the Lord's Story; as it pleases the Creator, so does he speak.
||1||

303 : 7615

Fourth Mehl:

303 : 7616

One who does not obey the Hukam, the Command of the Perfect Guru – that self-willed manmukh is plundered by his ignorance and poisoned by Maya.

303 : 7617

Within him is falsehood, and he sees everyone else as false; the Lord has tied these useless conflicts around his neck.

303 : 7618

He babbles on and on, but the words he speaks please no one.

303 : 7619

He wanders from house to house like an abandoned woman; whoever associates with him is stained by the mark of evil as well.

303 : 7620

Those who become Gurmukh avoid him; they forsake his company and sit hear the Guru.

— Raag Gauree – Part 153 —

Raag Gauree – Part 154

304 : 7621

O chosen people, O self–elect, one who does not publicly affirm his Guru is not a good person; he loses all his profits and capital.

304 : 7622

People used to chant and recite the Shaastras and the Vedas, O Nanak, but now the Words of the Perfect Guru have come to be the most exalted of all.

304 : 7623

The glorious greatness of the Perfect Guru is pleasing to the GurSikh; the self–willed manmukhs have lost this opportunity. ||2||

304 : 7624

Pauree:

304 : 7625

The True Lord is truly the greatest of all; he alone obtains Him, who is anointed by the Guru.

304 : 7626

He is the True Guru, who meditates on the True Lord. The True Lord and the True Guru are truly One.

304 : 7627

He is the True Guru, the Primal Being, who has totally conquered his five passions.

304 : 7628

One who does not serve the True Guru, and who praises himself, is filled with falsehood within. Cursed, cursed is his ugly face.

304 : 7629

His words are not pleasing to anyone; his face is blackened, and he is separated from the True Guru. ||8||

304 : 7630

Shalok, Fourth Mehl:

304 : 7631

Everyone is the field of the Lord God; the Lord Himself cultivates this field.

304 : 7632

The Gurmukh grows the crop of forgiveness, while the self-willed manmukh loses even his roots.

304 : 7633

They all plant for their own good, but the Lord causes to grow only that field with which He is pleased.

304 : 7634

The GurSikh plants the seed of the Lord's Ambrosial Nectar, and obtains the Lord's Ambrosial Naam as his Ambrosial Fruit.

304 : 7635

The mouse of Death is continually gnawing away at the crop, but the Creator Lord has beaten it off and driven it away.

304 : 7636

The farm was successful, by the Love of the Lord, and the crop was produced by God's Grace.

304 : 7637

He has removed all the burning and anxiety of those, who have meditated on the True Guru, the Primal Being.

304 : 7638

O servant Nanak, one who worships and adores the Naam, the Name of the Lord, swims across, and saves the whole world as well. ||1||

304 : 7639

Fourth Mehl:

304 : 7640

The self-willed manmukh is occupied with greed all day long, although he may claim otherwise.

304 : 7641

At night, he is overcome by fatigue, and all his nine holes are weakened.

304 : 7642

Over the head of the manmukh is the order of the woman; to her, he ever holds out his promises of goodness.

304 : 7643

Those men who act according to the orders of women are impure, filthy and foolish.

304 : 7644

Those impure men are engrossed in sexual desire; they consult their women and walk accordingly.

304 : 7645

One who walks as the True Guru tells him to, is the true man, the best of the best.

304 : 7646

He Himself created all women and men; the Lord Himself plays every play.

304 : 7647

You created the entire creation; O Nanak, it is the best of the best. ||2||

304 : 7648

Pauree:

304 : 7649

You are carefree, unfathomable and immeasurable; how can You be measured?

304 : 7650

Those who have met the True Guru and who meditate on You are very fortunate.

304 : 7651

The Word of the True Guru's Bani is the embodiment of Truth; through Gurbani, one becomes perfect.

304 : 7652

Jealously emulating the True Guru, some others may speak of good and bad, but the false are destroyed by their falsehood.

304 : 7653

Deep within them is one thing, and in their mouths is another; they suck in the poison of Maya, and then they painfully waste away. ||9||

304 : 7654

Shalok, Fourth Mehl:

304 : 7655

Service to the True Guru is immaculate and pure; those humble beings who are pure perform this service.

304 : 7656

Those who have deceit, corruption and falsehood within – the True Lord Himself casts them out like lepers.

-- Raag Gauree – Part 154 --

Raag Gauree – Part 155

305 : 7657

The truthful Sikhs sit by the True Guru's side and serve Him. The false ones search, but find no place of rest.

305 : 7658

Those who are not pleased with the Words of the True Guru – their faces are cursed, and they wander around, condemned by God.

305 : 7659

Those who do not have the Love of the Lord within their hearts – how long can those demonic, self-willed manmukhs be consoled?

305 : 7660

One who meets the True Guru, keeps his mind in its own place; he spends only his own assets.

305 : 7661

O servant Nanak, some are united with the Guru; to some, the Lord grants peace, while others – deceitful cheats – suffer in isolation. ||1||

305 : 7662

Fourth Mehl:

305 : 7663

Those who have the treasure of the Lord's Name deep within their hearts – the Lord resolves their affairs.

305 : 7664

They are no longer subservient to other people; the Lord God sits by them, at their side.

305 : 7665

When the Creator is on their side, then everyone is on their side. Beholding their vision, everyone applauds them.

305 : 7666

Kings and emperors are all created by the Lord; they all come and bow in reverence to the Lord's humble servant.

305 : 7667

Great is the greatness of the Perfect Guru. Serving the Great Lord, I have obtained immeasurable peace.

305 : 7668

The Lord has bestowed this eternal gift upon the Perfect Guru; His blessings increase day by day.

305 : 7669

The slanderer, who cannot endure His greatness, is destroyed by the Creator Himself.

305 : 7670

Servant Nanak chants the Glorious Praises of the Creator, who protects His devotees forever. ||2||

305 : 7671

Pauree:

305 : 7672

You, O Lord and Master, are inaccessible and merciful; You are the Great Giver, All-knowing.

305 : 7673

I can see no other as great as You; O Lord of Wisdom, You are pleasing to my mind.

305 : 7674

Emotional attachment to your family and everything you see is temporary, coming and going.

305 : 7675

Those who attach their consciousness to anything except the True Lord are false, and false is their pride.

305 : 7676

O Nanak, meditate on the True Lord; without the True Lord, the ignorant rot away and putrefy to death. ||10||

305 : 7677

Shalok, Fourth Mehl:

305 : 7678

At first, he did not show respect to the Guru; later, he offered excuses, but it is no use.

305 : 7679

The wretched, self-willed manmukhs wander around and are stuck mid-way; how can they find peace by mere words?

305 : 7680

Those who have no love for the True Guru within their hearts come with falsehood, and leave with falsehood.

305 : 7681

When my Lord God, the Creator, grants His Grace, then they come to see the True Guru as the Supreme Lord God.

305 : 7682

Then, they drink in the Nectar, the Word of the Guru's Shabad; all burning, anxiety, and doubts are eliminated.

305 : 7683

They remain in ecstasy forever, day and night; O servant Nanak, they sing the Glorious Praises of the Lord, night and day. ||1||

305 : 7684

Fourth Mehl:

305 : 7685

One who calls himself a Sikh of the Guru, the True Guru, shall rise in the early morning hours and meditate on the Lord's Name.

305 : 7686

Upon arising early in the morning, he is to bathe, and cleanse himself in the pool of nectar.

305 : 7687

Following the Instructions of the Guru, he is to chant the Name of the Lord, Har, Har. All sins, misdeeds and negativity shall be erased.

305 : 7688

Then, at the rising of the sun, he is to sing Gurbani; whether sitting down or standing up, he is to meditate on the Lord's Name.

305 : 7689

One who meditates on my Lord, Har, Har, with every breath and every morsel of food – that GurSikh becomes pleasing to the Guru's Mind.

— Raag Gauree – Part 155 —

Raag Gauree – Part 156

306 : 7690

That person, unto whom my Lord and Master is kind and compassionate – upon that GurSikh, the Guru's Teachings are bestowed.

306 : 7691

Servant Nanak begs for the dust of the feet of that GurSikh, who himself chants the Naam, and inspires others to chant it. ||2||

306 : 7692

Pauree:

306 : 7693

Those who meditate on You, O True Lord – they are very rare.

306 : 7694

Those who worship and adore the One Lord in their conscious minds – through their generosity, countless millions are fed.

306 : 7695

All meditate on You, but they alone are accepted, who are pleasing to their Lord and Master.

306 : 7696

Those who eat and dress without serving the True Guru die; after death, those wretched lepers are consigned to reincarnation.

306 : 7697

In His Sublime Presence, they talk sweetly, but behind His back, they exude poison from their mouths.

306 : 7698

The evil-minded are consigned to separation from the Lord. ||11||

306 : 7699

Shalok, Fourth Mehl:

306 : 7700

The faithless baymukh sent out his faithless servant, wearing a blue-black coat, filled with filth and vermin.

306 : 7701

No one in the world will sit near him; the self-willed manmukh fell into manure, and returned with even more filth covering him.

306 : 7702

The faithless baymukh was sent to slander and back-bite others, but when he went there, the faces of both he and his faithless master were blackened instead.

306 : 7703

It was immediately heard throughout the whole world, O Siblings of Destiny, that this faithless man, along with his servant, was kicked and beaten with shoes; in humiliation, they got up and returned to their homes.

306 : 7704

The faithless baymukh was not allowed to mingle with others; his wife and niece then brought him home to lie down.

306 : 7705

He has lost both this world and the next; he cries out continually, in hunger and thirst.

306 : 7706

Blessed, blessed is the Creator, the Primal Being, our Lord and Master; He Himself sits and dispenses true justice.

306 : 7707

One who slanders the Perfect True Guru is punished and destroyed by the True Lord.

306 : 7708

This Word is spoken by the One who created the whole universe. ||1||

306 : 7709

Fourth Mehl:

306 : 7710

One who has a poor beggar for a master – how can he be well-fed?

306 : 7711

If there is something in his master's house, he can get it; but how can he get what is not there?

306 : 7712

Serving him, who will be called to answer for his account? That service is painful and useless.

306 : 7713

O Nanak, serve the Guru, the Lord Incarnate; the Blessed Vision of His Darshan is profitable, and in the end, you shall not be called to account. ||2||

306 : 7714

Pauree:

306 : 7715

O Nanak, the Saints consider, and the four Vedas proclaim,

306 : 7716

that whatever the Lord's devotees utter with their mouths, shall come to pass.

306 : 7717

He is manifest in His cosmic workshop. All people hear of this.

306 : 7718

The stubborn men who fight with the Saints shall never find peace.

306 : 7719

The Saints seek to bless them with virtue, but they only burn in their egos.

306 : 7720

What can those wretched ones do, since, from the very beginning, their destiny is cursed with evil.

306 : 7721

Those who are struck down by the Supreme Lord God are of no use to anyone.

306 : 7722

Those who hate the One who has no hatred – according to the true justice of Dharma, they shall perish.

306 : 7723

Those who are cursed by the Saints will continue wandering aimlessly.

306 : 7724

When the tree is cut off at its roots, the branches wither and die. ||12||

306 : 7725

Shalok Fourth Mehl:

-- Raag Gauree – Part 156 --

Raag Gauree – Part 157

307 : 7726

Great is the greatness of the Guru, who meditates on the Lord within.

307 : 7727

By His Pleasure, the Lord has bestowed this upon the Perfect True Guru; it is not diminished one bit by anyone's efforts.

307 : 7728

The True Lord and Master is on the side of the True Guru; and so, all those who oppose Him waste away to death in anger, envy and conflict.

307 : 7729

The Lord, the Creator, blackens the faces of the slanderers, and increases the glory of the Guru.

307 : 7730

As the slanderers spread their slander, so does the Guru's glory increase day by day.

307 : 7731

Servant Nanak worships the Lord, who makes everyone fall at His Feet. ||1||

307 : 7732

Fourth Mehl:

307 : 7733

One who enters into a calculated relationship with the True Guru loses everything, this world and the next.

307 : 7734

He grinds his teeth continually and foams at the mouth; screaming in anger, he perishes.

307 : 7735

He continually chases after Maya and wealth, but even his own wealth flies away.

307 : 7736

What shall he earn, and what shall he eat? Within his heart, there is only cynicism and pain.

307 : 7737

One who hates the One who has no hatred, shall bear the load of all the sins of the world on his head.

307 : 7738

He shall find no shelter here or hereafter; his mouth blisters with the slander in his heart.

307 : 7739

If gold comes into his hands, it turns to dust.

307 : 7740

But if he should come again to the Sanctuary of the Guru, then even his past sins shall be forgiven.

307 : 7741

Servant Nanak meditates on the Naam, night and day. Remembering the Lord in meditation, wickedness and sins are erased. ||2||

307 : 7742

Pauree:

307 : 7743

You are the Truest of the True; Your Regal Court is the most exalted of all.

307 : 7744

Those who meditate on You, O True Lord, serve the Truth; O True Lord, they take pride in You.

307 : 7745

Within them is the Truth; their faces are radiant, and they speak the Truth. O True Lord, You are their strength.

307 : 7746

Those who, as Gurmukh, praise You are Your devotees; they have the insignia and the banner of the Shabad, the True Word of God.

307 : 7747

I am truly a sacrifice, forever devoted to those who serve the True Lord. ||13||

307 : 7748

Shalok, Fourth Mehl:

307 : 7749

Those who were cursed by the Perfect True Guru, from the very beginning, are even now cursed by the True Guru.

307 : 7750

Even though they may have a great longing to associate with the Guru, the Creator does not allow it.

307 : 7751

They shall not find shelter in the Sat Sangat, the True Congregation; in the Sangat, the Guru has proclaimed this.

307 : 7752

Whoever goes out to meet them now, will be destroyed by the tyrant, the Messenger of Death.

307 : 7753

Those who were condemned by Guru Nanak were declared counterfeit by Guru Angad as well.

307 : 7754

The Guru of the third generation thought, "What lies in the hands of these poor people?"

307 : 7755

The Guru of the fourth generation saved all these slanderers and evil-doers.

307 : 7756

If any son or Sikh serves the True Guru, then all of his affairs will be resolved.

307 : 7757

He obtains the fruits of his desires – children, wealth, property, union with the Lord and emancipation.

307 : 7758

All treasures are in the True Guru, who has enshrined the Lord within the heart.

307 : 7759

He alone obtains the Perfect True Guru, on whose forehead such blessed destiny is pre-ordained.

307 : 7760

Servant Nanak begs for the dust of the feet of those GurSikhs who love the Lord, their Friend. ||1||

Raag Gauree – Part 158

308 : 7761

Fourth Mehl:

308 : 7762

The Lord Himself bestows glorious greatness; He Himself causes the world to come and fall at their feet.

308 : 7763

We should only be afraid, if we try to do things by ourselves; the Creator is increasing His Power in every way.

308 : 7764

Behold, O Siblings of Destiny: this is the Arena of the Beloved True Lord; His power brings everyone to bow in humility.

308 : 7765

The Lord, our Lord and Master, preserves and protects His devotees; He blackens the faces of the slanderers and evil-doers.

308 : 7766

The glorious greatness of the True Guru increases day by day; the Lord inspires His devotees to continually sing the Kirtan of His Praises.

308 : 7767

O GurSikhs, chant the Naam, the Name of the Lord, night and day; through the True Guru, the Creator Lord will come to dwell within the home of your inner being.

308 : 7768

O GurSikhs, know that the Bani, the Word of the True Guru, is true, absolutely true. The Creator Lord Himself causes the Guru to chant it.

308 : 7769

The Beloved Lord makes the faces of His GurSikhs radiant; He makes the whole world applaud and acclaim the Guru.

308 : 7770

Servant Nanak is the slave of the Lord; the Lord Himself preserves the honor of His slave.
||2||

308 : 7771

Pauree:

308 : 7772

O My True Lord and Master, You Yourself are my True Lord King.

308 : 7773

Please, implant within me the true treasure of Your Name; O God, I am Your merchant.

308 : 7774

I serve the True One, and deal in the True One; I chant Your Wondrous Praises.

308 : 7775

Those humble beings who serve the Lord with love meet Him; they are adorned with the Word of the Guru's Shabad.

308 : 7776

O my True Lord and Master, You are unknowable; through the Word of the Guru's Shabad, You are known. ||14||

308 : 7777

Shalok, Fourth Mehl:

308 : 7778

One whose heart is filled with jealousy of others, never comes to any good.

308 : 7779

No one pays any attention to what he says; he is just a fool, crying out endlessly in the wilderness.

308 : 7780

One whose heart is filled with malicious gossip, is known as a malicious gossip; everything he does is in vain.

308 : 7781

Night and day, he continually gossips about others; his face has been blackened, and he cannot show it to anyone.

308 : 7782

The body is the field of action, in this Dark Age of Kali Yuga; as you plant, so shall you harvest.

308 : 7783

Justice is not passed on mere words; if someone eats poison, he dies.

308 : 7784

O Siblings of Destiny, behold the justice of the True Creator; as people act, so they are rewarded.

308 : 7785

The Lord has bestowed total understanding upon servant Nanak; he speaks and proclaims the words of the Lord's Court. ||1||

308 : 7786

Fourth Mehl:

308 : 7787

Those who separate themselves from the Guru, in spite of His Constant Presence – they find no place of rest in the Court of the Lord.

308 : 7788

If someone goes to meet with those dull-faced slanderers, he will find their faces covered with spit.

308 : 7789

Those who are cursed by the True Guru, are cursed by all the world. They wander around endlessly.

308 : 7790

Those who do not publicly affirm their Guru wander around, moaning and groaning.

308 : 7791

Their hunger shall never depart; afflicted by constant hunger, they cry out in pain.

308 : 7792

No one hears what they have to say; they live in constant fear and terror, until they finally die.

308 : 7793

They cannot bear the glorious greatness of the True Guru, and they find no place of rest, here or hereafter.

308 : 7794

Those who go out to meet with those who have been cursed by the True Guru, lose all remnants of their honor.

Raag Gauree – Part 159

309 : 7795

They have already become like lepers; cursed by the Guru, whoever meets them is also afflicted with leprosy.

309 : 7796

O Lord, I pray that I may not even catch sight of those, who focus their consciousness on the love of duality.

309 : 7797

That which the Creator pre-ordained from the very beginning – there can be no escape from that.

309 : 7798

O servant Nanak, worship and adore the Naam, the Name of the Lord; no one can equal it.

309 : 7799

Great is the greatness of His Name; it increases, day by day. ||2||

309 : 7800

Fourth Mehl:

309 : 7801

Great is the greatness of that humble being, whom the Guru Himself anointed in His Presence.

309 : 7802

All the world comes and bows to him, falling at his feet. His praises spread throughout the world.

309 : 7803

The galaxies and solar systems bow in reverence to him; the Perfect Guru has placed His hand upon his head, and he has become perfect.

309 : 7804

The glorious greatness of the Guru increases day by day; no one can equal it.

309 : 7805

O servant Nanak, the Creator Lord Himself established him; God preserves his honor. ||3||

309 : 7806

Pauree:

309 : 7807

The human body is a great fortress, with its shops and streets within.

309 : 7808

The Gurmukh who comes to trade gathers the cargo of the Lord's Name.

309 : 7809

He deals in the treasure of the Lord's Name, the jewels and the diamonds.

309 : 7810

Those who search for this treasure outside of the body, in other places, are foolish demons.

309 : 7811

They wander around in the wilderness of doubt, like the deer who searches for the musk in the bushes. ||15||

309 : 7812

Shalok, Fourth Mehl:

309 : 7813

One who slanders the Perfect True Guru, shall have difficulty in this world.

309 : 7814

He is caught and thrown into the most horrible hell, the well of pain and suffering.

309 : 7815

No one listens to his shrieks and cries; he cries out in pain and misery.

309 : 7816

He totally loses this world and the next; he has lost all of his investment and profit.

309 : 7817

He is like the ox at the oil-press; each morning when he rises, God places the yoke upon him.

309 : 7818

The Lord always sees and hears everything; nothing can be concealed from Him.

309 : 7819

As you plant, so shall you harvest, according to what you planted in the past.

309 : 7820

One who is blessed by God's Grace washes the feet of the True Guru.

309 : 7821

He is carried across by the Guru, the True Guru, like iron which is carried across by wood.

309 : 7822

O servant Nanak, meditate on the Naam, the Name of the Lord; chanting the Name of the Lord, Har, Har, peace is obtained. ||1||

309 : 7823

Fourth Mehl:

309 : 7824

Very fortunate is the soul-bride, who, as Gurmukh, meets the Lord, her King.

309 : 7825

Her inner being is illumined with His Divine Light; O Nanak, she is absorbed in His Name. ||2||

309 : 7826

Pauree:

309 : 7827

This body is the home of Dharma; the Divine Light of the True Lord is within it.

309 : 7828

Hidden within it are the jewels of mystery; how rare is that Gurmukh, that selfless servant, who digs them out.

309 : 7829

When someone realizes the All-pervading Soul, then he sees the One and Only Lord permeating, through and through.

309 : 7830

He sees the One, he believes in the One, and with his ears, he listens only to the One.

Raag Gauree – Part 160

310 : 7831

O servant Nanak, praise the Naam, the Name of the Lord; this is your service to the Lord, the Truest of the True. ||16||

310 : 7832

Shalok, Fourth Mehl:

310 : 7833

All joy is in the hearts of those, within whose minds the Lord abides.

310 : 7834

In the Court of the Lord, their faces are radiant, and everyone goes to see them.

310 : 7835

Those who meditate on the Name of the Fearless Lord have no fear.

310 : 7836

Those who have such pre–destined destiny remember the Sublime Lord.

310 : 7837

Those, within whose minds the Lord abides, are robed with honor in the Court of the Lord.

310 : 7838

They are carried across, along with all their family, and the whole world is saved along with them.

310 : 7839

O Lord, please unite servant Nanak with Your humble servants; beholding them, beholding

them, I live. ||1||

310 : 7840

Fourth Mehl:

310 : 7841

That land, where my True Guru comes and sits, becomes green and fertile.

310 : 7842

Those beings who go and behold my True Guru are rejuvenated.

310 : 7843

Blessed, blessed is the father; blessed, blessed is the family; blessed, blessed is the mother, who gave birth to the Guru.

310 : 7844

Blessed, blessed is the Guru, who worships and adores the Naam; He saves Himself, and emancipates those who see Him.

310 : 7845

O Lord, be kind, and unite me with the True Guru, that servant Nanak may wash His feet.
||2||

310 : 7846

Pauree:

310 : 7847

Truest of the True is the Immortal True Guru; He has enshrined the Lord deep within His heart.

310 : 7848

Truest of the True is the True Guru, the Primal Being, who has conquered sexual desire, anger and corruption.

310 : 7849

When I see the Perfect True Guru, then deep within, my mind is comforted and consoled.

310 : 7850

I am a sacrifice to my True Guru; I am devoted and dedicated to Him, forever and ever.

310 : 7851

A Gurmukh wins the battle of life whereas a self-willed manmukh loses it. ||17||

310 : 7852

Shalok, Fourth Mehl:

310 : 7853

By His Grace, He leads us to meet the True Guru; then, as Gurmukh, we chant the Lord's Name, and meditate on it.

310 : 7854

We do that which pleases the True Guru; the Perfect Guru comes to dwell in the home of the heart.

310 : 7855

Those who have the treasure of the Naam deep within – all their fears are removed.

310 : 7856

They are protected by the Lord Himself; others struggle and fight against them, but they only come to death.

310 : 7857

O servant Nanak, meditate on the Naam; the Lord shall deliver you, here and hereafter. ||1||

310 : 7858

Fourth Mehl:

310 : 7859

The glorious greatness of the Guru, the True Guru, is pleasing to the GurSikh's mind.

310 : 7860

The Lord preserves the honor of the True Guru, which increases day by day.

310 : 7861

The Supreme Lord God is in the Mind of the Guru, the True Guru; the Supreme Lord God saves Him.

310 : 7862

The Lord is the Power and Support of the Guru, the True Guru; all come to bow before Him.

310 : 7863

Those who have gazed lovingly upon my True Guru – all their sins are taken away.

310 : 7864

Their faces are radiant in the Court of the Lord, and they obtain great glory.

310 : 7865

Servant Nanak begs for the dust of the feet of those GurSikhs, O my Siblings of Destiny.
||2||

310 : 7866

Pauree:

310 : 7867

I chant the Praises and Glories of the True One. True is the glorious greatness of the True Lord.

310 : 7868

I praise the True Lord, and the Praises of the True Lord. His worth cannot be estimated.

-- Raag Gauree – Part 160 --

Raag Gauree – Part 161

311 : 7869

Those who have tasted the true essence of the True Lord, remain satisfied and fulfilled.

311 : 7870

They know this essence of the Lord, but they say nothing, like the mute who tastes the sweet candy, and says nothing.

311 : 7871

The Perfect Guru serves the Lord God; His vibration vibrates and resounds in the mind.
||18||

311 : 7872

Shalok, Fourth Mehl:

311 : 7873

Those who have a festering boil within – they alone know its pain.

311 : 7874

Those who know the pain of separation from the Lord – I am forever a sacrifice, a sacrifice to them.

311 : 7875

O Lord, please lead me to meet the Guru, the Primal Being, my Friend; my head shall roll in the dust under His feet.

311 : 7876

I am the slave of the slaves of those GurSikhs who serve Him.

311 : 7877

Those who are imbued with the deep crimson color of the Lord's Love – their robes are drenched in the Love of the Lord.

311 : 7878

Grant Your Grace, and lead Nanak to meet the Guru; I have sold my head to Him. ||1||

311 : 7879

Fourth Mehl:

311 : 7880

The body is full of mistakes and misdeeds; how can it become pure, O Saints?

311 : 7881

The Gurmukh purchases virtues, which wash off the sin of egotism.

311 : 7882

True is the trade which purchases the True Lord with love.

311 : 7883

No loss will come from this, and the profit comes by the Lord's Will.

311 : 7884

O Nanak, they alone purchase the Truth, who are blessed with such pre-ordained destiny.
||2||

311 : 7885

Pauree:

311 : 7886

I praise the True One, who alone is worthy of praise. The True Primal Being is True – this is His unique quality.

311 : 7887

Serving the True Lord, the Truth comes to dwell in the mind. The Lord, the Truest of the True, is my Protector.

311 : 7888

Those who worship and adore the Truest of the True, shall go and merge with the True Lord.

311 : 7889

Those who do not serve the Truest of the True – those self-willed manmukhs are foolish demons.

311 : 7890

With their mouths, they babble on about this and that, like the drunkard who has drunk his wine. ||19||

311 : 7891

Shalok, Third Mehl:

311 : 7892

Gauree Raga is auspicious, if, through it, one comes to think of his Lord and Master.

311 : 7893

He should walk in harmony with the Will of the True Guru; this should be his decoration.

311 : 7894

The True Word of the Shabad is our spouse; ravish and enjoy it, forever and ever.

311 : 7895

Like the deep crimson color of the madder plant – such is the dye which shall color you, when you dedicate your soul to the True One.

311 : 7896

One who loves the True Lord is totally imbued with the Lord's Love, like the deep crimson color of the poppy.

311 : 7897

Falsehood and deception may be covered with false coatings, but they cannot remain hidden.

311 : 7898

False is the uttering of praises, by those who love falsehood.

311 : 7899

O Nanak, He alone is True; He Himself casts His Glance of Grace. ||1||

311 : 7900

Fourth Mehl:

311 : 7901

In the Sat Sangat, the True Congregation, the Lord's Praises are sung. In the Saadh Sangat, the Company of the Holy, the Beloved Lord is met.

311 : 7902

Blessed is that mortal being, who shares the Teachings for the good of others.

311 : 7903

He implants the Name of the Lord, and he preaches the Name of the Lord; through the Name of the Lord, the world is saved.

311 : 7904

Everyone longs to see the Guru; the world, and the nine continents, bow down to Him.

311 : 7905

You Yourself have established the True Guru; You Yourself have adorned the Guru.

311 : 7906

You Yourself worship and adore the True Guru; You inspire others to worship Him as well,
O Creator Lord.

311 : 7907

If someone separates himself from the True Guru, his face is blackened, and he is
destroyed by the Messenger of Death.

-- Raag Gauree – Part 161 --

Raag Gauree – Part 162

312 : 7908

He shall find no shelter, here or hereafter; the GurSikhs have realized this in their minds.

312 : 7909

That humble being who meets the True Guru is saved; he cherishes the Naam, the Name of the Lord, in his heart.

312 : 7910

Servant Nanak says: O GurSikhs, O my sons, meditate on the Lord; only the Lord shall save you. ||2||

312 : 7911

Third Mehl:

312 : 7912

Egotism has led the world astray, along with evil-mindedness and the poison of corruption.

312 : 7913

Meeting with the True Guru, we are blessed by the Lord's Glance of Grace, while the self-willed manmukh gropes around in the darkness.

312 : 7914

O Nanak, the Lord absorbs into Himself those whom He inspires to love the Word of His Shabad. ||3||

312 : 7915

Pauree:

312 : 7916

True are the Praises and the Glories of the True One; he alone speaks them, whose mind is softened within.

312 : 7917

Those who worship the One Lord with single-minded devotion – their bodies shall never perish.

312 : 7918

Blessed, blessed and acclaimed is that person, who tastes with his tongue the Ambrosial Nectar of the True Name.

312 : 7919

One whose mind is pleased with the Truest of the True is accepted in the True Court.

312 : 7920

Blessed, blessed is the birth of those true beings; the True Lord brightens their faces. ||20||

312 : 7921

Shalok, Fourth Mehl:

312 : 7922

The faithless cynics go and bow before the Guru, but their minds are corrupt and false, totally false.

312 : 7923

When the Guru says, "Rise up, my Siblings of Destiny", they sit down, crowded in like cranes.

312 : 7924

The True Guru prevails among His GurSikhs; they pick out and expel the wanderers.

312 : 7925

Sitting here and there, they hide their faces; being counterfeit, they cannot mix with the genuine.

312 : 7926

There is no food for them there; the false go into the filth like sheep.

312 : 7927

If you try to feed the faithless cynic, he will spit out poison from his mouth.

312 : 7928

O Lord, let me not be in the company of the faithless cynic, who is cursed by the Creator Lord.

312 : 7929

This drama belongs to the Lord; He performs it, and He watches over it. Servant Nanak cherishes the Naam, the Name of the Lord. ||1||

312 : 7930

Fourth Mehl:

312 : 7931

The True Guru, the Primal Being, is inaccessible; He has enshrined the Lord's Name within His heart.

312 : 7932

No one can equal the True Guru; the Creator Lord is on His side.

312 : 7933

Devotional worship of the Lord is the sword and armor of the True Guru; He has killed and cast out Death, the torturer.

312 : 7934

The Lord Himself is the Protector of the True Guru. The Lord saves all those who follow in the footsteps of the True Guru.

312 : 7935

One who thinks evil of the Perfect True Guru – the Creator Lord Himself destroys him.

312 : 7936

These words will be confirmed as true in the Court of the Lord; servant Nanak reveals this mystery. ||2||

312 : 7937

Pauree:

312 : 7938

Those who dwell upon the True Lord while asleep, utter the True Name when they are awake.

312 : 7939

How rare in the world are those Gurmukhs who dwell upon the True Lord.

312 : 7940

I am a sacrifice to those who chant the True Name, night and day.

312 : 7941

The True Lord is pleasing to their minds and bodies; they go to the Court of the True Lord.

312 : 7942

Servant Nanak chants the True Name; truly, the True Lord is forever brand new. ||21||

312 : 7943

Shalok, Fourth Mehl:

312 : 7944

Who is asleep, and who is awake? Those who are Gurmukh are approved.

-- Raag Gauree – Part 162 --

Raag Gauree – Part 163

313 : 7945

Those who do not forget the Lord, with each and every breath and morsel of food, are the perfect and famous persons.

313 : 7946

By His Grace they find the True Guru; night and day, they meditate.

313 : 7947

I join the society of those persons, and in so doing, I am honored in the Court of the Lord.

313 : 7948

While asleep, they chant, "Waaho! Waaho!", and while awake, they chant, "Waaho!" as well.

313 : 7949

O Nanak, radiant are the faces of those, who rise up early each day, and dwell upon the Lord. ||1||

313 : 7950

Fourth Mehl:

313 : 7951

Serving his True Guru, one obtains the Naam, the Name of the Infinite Lord.

313 : 7952

The drowning person is lifted up and out of the terrifying world–ocean; the Great Giver gives the gift of the Lord's Name.

313 : 7953

Blessed, blessed are those bankers who trade the Naam.

313 : 7954

The Sikhs, the traders come, and through the Word of His Shabad, they are carried across.

313 : 7955

O servant Nanak, they alone serve the Creator Lord, who are blessed by His Grace. ||2||

313 : 7956

Pauree:

313 : 7957

Those who truly worship and adore the True Lord, are truly the humble devotees of the True Lord.

313 : 7958

Those Gurmukhs who search and seek, find the True One within themselves.

313 : 7959

Those who truly serve their True Lord and Master, overwhelm and conquer Death, the torturer.

313 : 7960

The True One is truly the greatest of all; those who serve the True One are blended with the True One.

313 : 7961

Blessed and acclaimed is the Truest of the True; serving the Truest of the True, one blossoms forth in fruition. ||22||

313 : 7962

Shalok, Fourth Mehl:

313 : 7963

The self-willed manmukh is foolish; he wanders around without the Naam, the Name of the Lord.

313 : 7964

Without the Guru, his mind is not held steady, and he is reincarnated, over and over again.

313 : 7965

But when the Lord God Himself becomes merciful to him, then the True Guru comes to meet him.

313 : 7966

O servant Nanak, praise the Naam; the pains of birth and death shall come to an end. ||1||

313 : 7967

Fourth Mehl:

313 : 7968

I praise my Guru in so many ways, with joyful love and affection.

313 : 7969

My mind is imbued with the True Guru; He has preserved the make of its making.

313 : 7970

My tongue is not satisfied by praising Him; He has linked my consciousness with the Lord, my Beloved.

313 : 7971

O Nanak, my mind hungers for the Name of the Lord; my mind is satisfied, tasting the sublime essence of the Lord. ||2||

313 : 7972

Pauree:

313 : 7973

The True Lord is truly known for His all-powerful creative nature; He fashioned the days and the nights.

313 : 7974

I praise that True Lord, forever and ever; True is the glorious greatness of the True Lord.

313 : 7975

True are the Praises of the Praiseworthy True Lord; the value of the True Lord cannot be appraised.

313 : 7976

When someone meets the Perfect True Guru, then His Sublime Presence comes to be seen.

313 : 7977

Those Gurmukhs who praise the True Lord – all their hunger is gone. ||23||

313 : 7978

Shalok, Fourth Mehl:

313 : 7979

Searching and examining my mind and body, I have found that God, whom I longed for.

313 : 7980

I have found the Guru, the Divine Intermediary, who has united me with the Lord God. ||1||

313 : 7981

Third Mehl:

313 : 7982

One who is attached to Maya is totally blind and deaf.

313 : 7983

He does not listen to the Word of the Shabad; he makes a great uproar and tumult.

313 : 7984

The Gurmukhs chant and meditate on the Shabad, and lovingly center their consciousness on it.

313 : 7985

They hear and believe in the Name of the Lord; they are absorbed in the Name of the Lord.

313 : 7986

Whatever pleases God, He causes that to be done.

313 : 7987

O Nanak, human beings are the instruments which vibrate as God plays them. ||2||

— Raag Gauree – Part 163 —

Raag Gauree – Part 164

314 : 7988

Pauree:

314 : 7989

You, O Creator, know everything which occurs within our beings.

314 : 7990

You Yourself, O Creator, are incalculable, while the entire world is within the realm of calculation.

314 : 7991

Everything happens according to Your Will; You created all.

314 : 7992

You are the One, pervading in each and every heart; O True Lord and Master, this is Your play.

314 : 7993

One who meets the True Guru meets the Lord; no one can turn him away. ||24||

314 : 7994

Shalok, Fourth Mehl:

314 : 7995

Hold this mind steady and stable; become Gurmukh and focus your consciousness.

314 : 7996

How could you ever forget Him, with each breath and morsel of food, sitting down or

standing up?

314 : 7997

My anxiety about birth and death has ended; this soul is under the control of the Lord God.

314 : 7998

If it pleases You, then save servant Nanak, and bless him with Your Name. ||1||

314 : 7999

Third Mehl:

314 : 8000

The egotistical, self-willed manmukh does not know the Mansion of the Lord's Presence; one moment he is here, and the next moment he is there.

314 : 8001

He is always invited, but he does not go to the Mansion of the Lord's Presence. How shall he be accepted in the Court of the Lord?

314 : 8002

How rare are those who know the Mansion of the True Guru; they stand with their palms pressed together.

314 : 8003

If my Lord grants His Grace, O Nanak, He restores them to Himself. ||2||

314 : 8004

Pauree:

314 : 8005

Fruitful and rewarding is that service, which is pleasing to the Guru's Mind.

314 : 8006

When the Mind of the True Guru is pleased, then sins and misdeeds run away.

314 : 8007

The Sikhs listen to the Teachings imparted by the True Guru.

314 : 8008

Those who surrender to the True Guru's Will are imbued with the four-fold Love of the Lord.

314 : 8009

This is the unique and distinct life-style of the Gurmukhs: listening to the Guru's Teachings, their minds blossom forth. ||25||

314 : 8010

Shalok, Third Mehl:

314 : 8011

Those who do not affirm their Guru shall have no home or place of rest.

314 : 8012

They lose both this world and the next; they have no place in the Court of the Lord.

314 : 8013

This opportunity to bow at the Feet of the True Guru shall never come again.

314 : 8014

If they miss out on being counted by the True Guru, they shall pass their lives in pain and misery.

314 : 8015

The True Guru, the Primal Being, has no hatred or vengeance; He unites with Himself those with whom He is pleased.

314 : 8016

O Nanak, those who behold the Blessed Vision of His Darshan, are emancipated in the Court of the Lord. ||1||

314 : 8017

Third Mehl:

314 : 8018

The self-willed manmukh is ignorant, evil-minded and egotistical.

314 : 8019

He is filled with anger within, and he loses his mind in the gamble.

314 : 8020

He commits the sins of fraud and unrighteousness.

314 : 8021

What can he hear, and what can he tell others?

314 : 8022

He is blind and deaf; he loses his way, and wanders lost in the wilderness.

314 : 8023

The blind, self-willed manmukh comes and goes in reincarnation;

314 : 8024

without meeting the True Guru, he finds no place of rest.

314 : 8025

O Nanak, he acts according to his pre-ordained destiny. ||2||

314 : 8026

Pauree:

314 : 8027

Those who have hearts as hard as stone, do not sit near the True Guru.

314 : 8028

Truth prevails there; the false ones do not attune their consciousness to it.

314 : 8029

By hook or by crook, they pass their time, and then they go back to sit with the false ones again.

314 : 8030

Falsehood does not mix with the Truth; O people, check it out and see.

314 : 8031

The false go and mingle with the false, while the truthful Sikhs sit by the side of the True Guru. ||26||

-- Raag Gauree – Part 164 --

Raag Gauree – Part 165

315 : 8032

Shalok, Fifth Mehl:

315 : 8033

By their own efforts, the slanderers have destroyed all remnants of themselves.

315 : 8034

The Support of the Saints, O Nanak, is manifest, pervading everywhere. ||1||

315 : 8035

Fifth Mehl:

315 : 8036

Those who went astray from the Primal Being in the very beginning – where can they find refuge?

315 : 8037

O Nanak, they are struck down by the All-powerful, the Cause of causes. ||2||

315 : 8038

Pauree, Fifth Mehl:

315 : 8039

They take the noose in their hands, and go out at night to strangle others, but God knows everything, O mortal.

315 : 8040

They spy on other men's women, concealed in their hiding places.

315 : 8041

They break into well-protected places, and revel in sweet wine.

315 : 8042

But they shall come to regret their actions – they create their own karma.

315 : 8043

Azraa-eel, the Angel of Death, shall crush them like sesame seeds in the oil-press. ||27||

315 : 8044

Shalok, Fifth Mehl:

315 : 8045

The servants of the True King are acceptable and approved.

315 : 8046

Those ignorant ones who serve duality, O Nanak, rot, waste away and die. ||1||

315 : 8047

Fifth Mehl:

315 : 8048

That destiny which was pre-ordained by God from the very beginning cannot be erased.

315 : 8049

The wealth of the Lord's Name is Nanak's capital; he meditates on it forever. ||2||

315 : 8050

Pauree, Fifth Mehl:

315 : 8051

One who has received a kick from the Lord God – where can he place his foot?

315 : 8052

He commits countless sins, and continually eats poison.

315 : 8053

Slandering others, he wastes away and dies; within his body, he burns.

315 : 8054

One who has been struck down by the True Lord and Master – who can save him now?

315 : 8055

Nanak has entered the Sanctuary of the Unseen Lord, the Primal Being. ||28||

315 : 8056

Shalok, Fifth Mehl:

315 : 8057

In the most horrible hell, there is terrible pain and suffering. It is the place of the ungrateful.

315 : 8058

They are struck down by God, O Nanak, and they die a most miserable death. ||1||

315 : 8059

Fifth Mehl:

315 : 8060

All kinds of medicines may be prepared, but there is no cure for the slanderer.

315 : 8061

Those whom the Lord Himself misleads, O Nanak, putrefy and rot in reincarnation. ||2||

315 : 8062

Pauree, Fifth Mehl:

315 : 8063

By His Pleasure, the True Guru has blessed me with the inexhaustible wealth of the Name of the True Lord.

315 : 8064

All my anxiety is ended; I am rid of the fear of death.

315 : 8065

Sexual desire, anger and other evils have been subdued in the Saadh Sangat, the Company of the Holy.

315 : 8066

Those who serve another, instead of the True Lord, die unfulfilled in the end.

315 : 8067

The Guru has blessed Nanak with forgiveness; he is united with the Naam, the Name of the Lord. ||29||

315 : 8068

Shalok, Fourth Mehl:

315 : 8069

He is not a penitent, who is greedy within his heart, and who constantly chases after Maya like a leper.

315 : 8070

When this penitent was first invited, he refused our charity; but later he repented and sent his son, who was seated in the congregation.

315 : 8071

The village elders all laughed, saying that the waves of greed have destroyed this penitent.

315 : 8072

If he sees only a little wealth, he does not bother to go there; but when he sees a lot of wealth, the penitent forsakes his vows.

315 : 8073

O Siblings of Destiny, he is not a penitent – he is only a stork. Sitting together, the Holy Congregation has so decided.

315 : 8074

The penitent slanders the True Primal Being, and sings the praises of the material world. For this sin, he is cursed by the Lord.

315 : 8075

Behold the fruit the penitent gathers, for slandering the Great Primal Being; all his labors have gone in vain.

315 : 8076

When he sits outside among the elders, he is called a penitent;

315 : 8077

but when he sits within the congregation, the penitent commits sin.

— Raag Gauree – Part 165 —

Raag Gauree – Part 166

316 : 8078

The Lord has exposed the penitent's secret sin to the elders.

316 : 8079

The Righteous Judge of Dharma said to the Messenger of Death, "Take this penitent and put him with the worst of the worst murderers."

316 : 8080

No one is to look at the face of this penitent again. He has been cursed by the True Guru.

316 : 8081

Nanak speaks and reveals what has taken place in the Court of the Lord.

316 : 8082

He alone understands, who is blessed and adorned by the Lord. ||1||

316 : 8083

Fourth Mehl:

316 : 8084

The devotees of the Lord worship and adore the Lord, and the glorious greatness of the Lord.

316 : 8085

The Lord's devotees continually sing the Kirtan of His Praises; the Name of the Lord is the Giver of peace.

316 : 8086

The Lord ever bestows upon His devotees the glorious greatness of His Name, which increases day by day.

316 : 8087

The Lord inspires His devotees to sit, steady and stable, in the home of their inner being. He preserves their honor.

316 : 8088

The Lord summons the slanderers to answer for their accounts, and He punishes them severely.

316 : 8089

As the slanderers think of acting, so are the fruits they obtain.

316 : 8090

Actions done in secrecy are sure to come to light, even if one does it underground.

316 : 8091

Servant Nanak blossoms forth in joy, beholding the glorious greatness of the Lord. ||2||

316 : 8092

Pauree, Fifth Mehl:

316 : 8093

The Lord Himself is the Protector of His devotees; what can the sinner do to them?

316 : 8094

The proud fool acts in pride, and eating his own poison, he dies.

316 : 8095

His few days have come to an end, and he is cut down like the crop at harvest.

316 : 8096

According to one's actions, so is one spoken of.

316 : 8097

Glorious and great is the Lord and Master of servant Nanak; He is the Master of all. ||30||

316 : 8098

Shalok, Fourth Mehl:

316 : 8099

The self-willed manmukhs forget the Primal Lord, the Source of all; they are caught in greed and egotism.

316 : 8100

They pass their nights and days in conflict and struggle; they do not contemplate the Word of the Shabad.

316 : 8101

The Creator has taken away all their understanding and purity; all their speech is evil and corrupt.

316 : 8102

No matter what they are given, they are not satisfied; within their hearts there is great desire, ignorance and darkness.

316 : 8103

O Nanak, it is good to break away from the self-willed manmukhs, who have love and attachment to Maya. ||1||

316 : 8104

Fourth Mehl:

316 : 8105

Those whose hearts are filled with the love of duality, do not love the Gurmukhs.

316 : 8106

They come and go, and wander in reincarnation; even in their dreams, they find no peace.

316 : 8107

They practice falsehood and they speak falsehood; attached to falsehood, they become false.

316 : 8108

The love of Maya is total pain; in pain they perish, and in pain they cry out.

316 : 8109

O Nanak, there can be no union between the love of worldliness and the love of the Lord, no matter how much everyone may desire it.

316 : 8110

Those who have the treasure of virtuous deeds find peace through the Word of the Guru's Shabad. ||2||

316 : 8111

Pauree, Fifth Mehl:

316 : 8112

O Nanak, the Saints and the silent sages think, and the four Vedas proclaim,

316 : 8113

that whatever the Lord's devotees speak comes to pass.

316 : 8114

He is revealed in His cosmic workshop; all people hear of it.

316 : 8115

The foolish people, who fight with the Saints, find no peace.

316 : 8116

The Saints seek to bless them with virtue, but they are burning with egotism.

316 : 8117

What can those wretched ones do? Their evil destiny was pre-ordained.

-- Raag Gauree – Part 166 --

Raag Gauree – Part 167

317 : 8118

Those who are struck down by the Supreme Lord God do not belong to anyone.

317 : 8119

Those who hate the One who has no hatred, are destroyed by righteous justice.

317 : 8120

Those who are cursed by the Saints wander around lost.

317 : 8121

When the tree is cut off at its roots, the branches wither and die. ||31||

317 : 8122

Shalok, Fifth Mehl:

317 : 8123

Guru Nanak implanted the Naam, the Name of the Lord, within me; He is All-powerful, to create and destroy.

317 : 8124

Remember God forever, my friend, and all your suffering will disappear. ||1||

317 : 8125

Fifth Mehl:

317 : 8126

The hungry person does not care about honor, dishonor or harsh words.

317 : 8127

Nanak begs for the Name of the Lord; please grant Your Grace, and unite me with Yourself.
||2||

317 : 8128

Pauree:

317 : 8129

According to the deeds which one does, so are the fruits one obtains.

317 : 8130

If someone chews on red-hot iron, his throat will be burned.

317 : 8131

The halter is put around his neck and he is led away, because of the evil deeds he has done.

317 : 8132

None of his desires are fulfilled; he continually steals the filth of others.

317 : 8133

The ungrateful wretch does not appreciate what he has been given; he wanders lost in reincarnation.

317 : 8134

He loses all support, when the Support of the Lord is taken away from him.

317 : 8135

He does not let the embers of strife die down, and so the Creator destroys him.

317 : 8136

Those who indulge in egotism crumble and fall to the ground. ||32||

317 : 8137

Shalok, Third Mehl:

317 : 8138

The Gurmukh is blessed with spiritual wisdom and a discerning intellect.

317 : 8139

He sings the Glorious Praises of the Lord, and weaves this garland into his heart.

317 : 8140

He becomes the purest of the pure, a being of supreme understanding.

317 : 8141

Whoever he meets, he saves and carries across.

317 : 8142

The fragrance of the Lord's Name permeates his being deep within.

317 : 8143

He is honored in the Court of the Lord, and his speech is the most sublime.

317 : 8144

Those who hear him are delighted.

317 : 8145

O Nanak, meeting the True Guru, one obtains the wealth and property of the Naam. ||1||

317 : 8146

Fourth Mehl:

317 : 8147

The sublime state of the True Guru is not known; no one knows what pleases the Perfect True Guru.

317 : 8148

Deep within the hearts of His GurSikhs, the True Guru is pervading. The Guru is pleased with those who long for His Sikhs.

317 : 8149

As the True Guru directs them, they do their work and chant their prayers. The True Lord accepts the service of His GurSikhs.

317 : 8150

But those who want the GurSikhs to work for them, without the Order of the True Guru – the Guru's Sikhs shall not come near them again.

317 : 8151

One who works diligently for the Guru, the True Guru – the GurSikhs work for him.

317 : 8152

One who comes to deceive, who rises up and goes out to deceive – the GurSikhs shall never come near him.

317 : 8153

Nanak proclaims and announces this wisdom of God.

317 : 8154

One who is not pleasing to the Mind of the True Guru may do his deeds, but that being will only suffer in terrible pain. ||2||

317 : 8155

Pauree:

317 : 8156

O True Lord and Master, You are so very great. As great as You are, You are the greatest of the great.

317 : 8157

He alone is united with You, whom You unite with Yourself. You Yourself bless and forgive us, and tear up our accounts.

317 : 8158

One whom You unite with Yourself, whole–heartedly serves the True Guru.

317 : 8159

You are the True One, the True Lord and Master; my soul, body, flesh and bones are all Yours.

317 : 8160

If it pleases You, then save me, True Lord. Nanak places the hopes of his mind in You alone, O greatest of the great! ||33||1||

-- Raag Gauree – Part 167 --

Raag Gauree – Part 168

318 : 8161

SUDH||

318 : 8162

Gauree Kee Vaar, Fifth Mehl: Sung To The Tune Of Vaar Of Raa–I Kamaaldee–Mojadee:

318 : 8163

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

318 : 8164

Shalok, Fifth Mehl:

318 : 8165

Auspicious and approved is the birth of that humble being who chants the Name of the Lord, Har, Har.

318 : 8166

I am a sacrifice to that humble being who vibrates and meditates on God, the Lord of Nirvaanaa.

318 : 8167

The pains of birth and death are eradicated, upon meeting the All-knowing Lord, the Primal Being.

318 : 8168

In the Society of the Saints, he crosses over the world-ocean; O servant Nanak, he has the strength and support of the True Lord. ||1||

318 : 8169

Fifth Mehl:

318 : 8170

I rise up in the early morning hours, and the Holy Guest comes into my home.

318 : 8171

I wash His feet; He is always pleasing to my mind and body.

318 : 8172

I hear the Naam, and I gather in the Naam; I am lovingly attuned to the Naam.

318 : 8173

My home and wealth are totally sanctified as I sing the Glorious Praises of the Lord.

318 : 8174

The Trader in the Lord's Name, O Nanak, is found by great good fortune. ||2||

318 : 8175

Pauree:

318 : 8176

Whatever pleases You is good; True is the Pleasure of Your Will.

318 : 8177

You are the One, pervading in all; You are contained in all.

318 : 8178

You are diffused throughout and permeating all places and interspaces; You are known to be deep within the hearts of all beings.

318 : 8179

Joining the Saadh Sangat, the Company of the Holy, and submitting to His Will, the True Lord is found.

318 : 8180

Nanak takes to the Sanctuary of God; he is forever and ever a sacrifice to Him. ||1||

318 : 8181

Shalok, Fifth Mehl:

318 : 8182

If you are conscious, then be conscious of the True Lord, Your Lord and Master.

318 : 8183

O Nanak, come aboard upon the boat of the service of the True Guru, and cross over the terrifying world–ocean. ||1||

318 : 8184

Fifth Mehl:

318 : 8185

He wears his body, like clothes of wind – what a proud fool he is!

318 : 8186

O Nanak, they will not go with him in the end; they shall be burnt to ashes. ||2||

318 : 8187

Pauree:

318 : 8188

They alone are delivered from the world, who are preserved and protected by the True Lord.

318 : 8189

I live by beholding the faces of those who taste the Ambrosial Essence of the Lord.

318 : 8190

Sexual desire, anger, greed and emotional attachment are burnt away, in the Company of the Holy.

318 : 8191

God grants His Grace, and the Lord Himself tests them.

318 : 8192

O Nanak, His play is not known; no one can understand it. ||2||

318 : 8193

Shalok, Fifth Mehl:

318 : 8194

O Nanak, that day is beautiful, when God comes to mind.

318 : 8195

Cursed is that day, no matter how pleasant the season, when the Supreme Lord God is forgotten. ||1||

318 : 8196

Fifth Mehl:

318 : 8197

O Nanak, become friends with the One, who holds everything in His hands.

318 : 8198

They are accounted as false friends, who do not go with you, for even one step. ||2||

318 : 8199

Pauree:

318 : 8200

The treasure of the Naam, the Name of the Lord, is Ambrosial Nectar; meet together and drink it in, O Siblings of Destiny.

318 : 8201

Remembering Him in meditation, peace is found, and all thirst is quenched.

318 : 8202

So serve the Supreme Lord God and the Guru, and you shall never be hungry again.

318 : 8203

All your desires shall be fulfilled, and you shall obtain the status of immortality.

318 : 8204

You alone are as great as Yourself, O Supreme Lord God; Nanak seeks Your Sanctuary.
||3||

318 : 8205

Shalok, Fifth Mehl:

318 : 8206

I have seen all places; there is no place without Him.

318 : 8207

O Nanak, those who meet with the True Guru find the object of life. ||1||

-- Raag Gauree – Part 168 --

Raag Gauree – Part 169

319 : 8208

Fifth Mehl:

319 : 8209

Like the flash of lightning, worldly affairs last only for a moment.

319 : 8210

The only thing which is pleasing, O Nanak, is that which inspires one to meditate on the Name of the Master. ||2||

319 : 8211

Pauree:

319 : 8212

People have searched all the Simritees and Shaastras, but no one knows the Lord's value.

319 : 8213

That being, who joins the Saadh Sangat enjoys the Love of the Lord.

319 : 8214

True is the Naam, the Name of the Creator, the Primal Being. It is the mine of precious jewels.

319 : 8215

That mortal, who has such pre-ordained destiny inscribed upon his forehead, meditates in remembrance on the Lord.

319 : 8216

O Lord, please bless Nanak, Your humble guest, with the supplies of the True Name. ||4||

319 : 8217

Shalok, Fifth Mehl:

319 : 8218

He harbors anxiety within himself, but to the eyes, he appears to be happy; his hunger never departs.

319 : 8219

O Nanak, without the True Name, no one's sorrows have ever departed. ||1||

319 : 8220

Fifth Mehl:

319 : 8221

Those caravans which did not load the Truth have been plundered.

319 : 8222

O Nanak, those who meet the True Guru, and acknowledge the One Lord, are congratulated. ||2||

319 : 8223

Pauree:

319 : 8224

Beautiful is that place, where the Holy people dwell.

319 : 8225

They serve their All-powerful Lord, and they give up all their evil ways.

319 : 8226

The Saints and the Vedas proclaim, that the Supreme Lord God is the Saving Grace of sinners.

319 : 8227

You are the Lover of Your devotees – this is Your natural way, in each and every age.

319 : 8228

Nanak asks for the One Name, which is pleasing to his mind and body. ||5||

319 : 8229

Shalok, Fifth Mehl:

319 : 8230

The sparrows are chirping, and dawn has come; the wind stirs up the waves.

319 : 8231

Such a wondrous thing the Saints have fashioned, O Nanak, in the Love of the Naam. ||1||

319 : 8232

Fifth Mehl:

319 : 8233

Homes, palaces and pleasures are there, where You, O Lord, come to mind.

319 : 8234

All worldly grandeur, O Nanak, is like false and evil friends. ||2||

319 : 8235

Pauree:

319 : 8236

The wealth of the Lord is the true capital; how rare are those who understand this.

319 : 8237

He alone receives it, O Siblings of Destiny, unto whom the Architect of Destiny gives it.

319 : 8238

His servant is imbued with the Love of the Lord; his body and mind blossom forth.

319 : 8239

In the Saadh Sangat, the Company of the Holy, he sings the Glorious Praises of the Lord, and all of his sufferings are removed.

319 : 8240

O Nanak, he alone lives, who acknowledges the One Lord. ||6||

319 : 8241

Shalok, Fifth Mehl:

319 : 8242

The fruit of the swallow-wort plant looks beautiful, attached to the branch of the tree;

319 : 8243

but when it is separated from the stem of its Master, O Nanak, it breaks apart into thousands of fragments. ||1||

319 : 8244

Fifth Mehl:

319 : 8245

Those who forget the Lord die, but they cannot die a complete death.

319 : 8246

Those who turn their backs on the Lord suffer, like the thief impaled on the gallows. ||2||

319 : 8247

Pauree:

319 : 8248

The One God is the treasure of peace; I have heard that He is eternal and imperishable.

319 : 8249

He is totally pervading the water, the land and the sky; the Lord is said to be permeating each and every heart.

319 : 8250

He looks alike upon the high and the low, the ant and the elephant.

319 : 8251

Friends, companions, children and relatives are all created by Him.

319 : 8252

O Nanak, one who is blessed with the Naam, enjoys the Lord's love and affection. ||7||

319 : 8253

Shalok, Fifth Mehl:

319 : 8254

Those who do not forget the Lord, with each breath and morsel of food, whose minds are filled with the Mantra of the Lord's Name

319 : 8255

– they alone are blessed; O Nanak, they are the perfect Saints. ||1||

319 : 8256

Fifth Mehl:

319 : 8257

Twenty–four hours a day, he wanders around, driven by his hunger for food.

319 : 8258

How can he escape from falling into hell, when he does not remember the Prophet? ||2||

— Raag Gauree – Part 169 —

Raag Gauree – Part 170

320 : 8259

Pauree:

320 : 8260

Serve Him, O mortals, who has the Lord's Name in His lap.

320 : 8261

You shall dwell in peace and ease in this world; in the world hereafter, it shall go with you.

320 : 8262

So build your home of true righteousness, with the unshakable pillars of Dharma.

320 : 8263

Take the Support of the Lord, who gives support in the spiritual and material worlds.

320 : 8264

Nanak grasps the Lotus Feet of the Lord; he humbly bows in His Court. ||8||

320 : 8265

Shalok, Fifth Mehl:

320 : 8266

The beggar begs for charity: give to me, O my Beloved!

320 : 8267

O Great Giver, O Giving Lord, my consciousness is continually centered on You.

320 : 8268

The immeasurable warehouses of the Lord can never be emptied out.

320 : 8269

O Nanak, the Word of the Shabad is infinite; it has arranged everything perfectly. ||1||

320 : 8270

Fifth Mehl:

320 : 8271

O Sikhs, love the Word of the Shabad; in life and death, it is our only support.

320 : 8272

Your face shall be radiant, and you shall find a lasting peace, O Nanak, remembering the One Lord in meditation. ||2||

320 : 8273

Pauree:

320 : 8274

There, the Ambrosial Nectar is distributed; the Lord is the Bringer of peace.

320 : 8275

They are not placed upon the path of Death, and they shall not have to die again.

320 : 8276

One who comes to savor the Lord's Love experiences it.

320 : 8277

The Holy beings chant the Bani of the Word, like nectar flowing from a spring.

320 : 8278

Nanak lives by beholding the Blessed Vision of the Darshan of those who have implanted the Lord's Name within their minds. ||9||

320 : 8279

Shalok, Fifth Mehl:

320 : 8280

Serving the Perfect True Guru, suffering ends.

320 : 8281

O Nanak, worshipping the Naam in adoration, one's affairs come to be resolved. ||1||

320 : 8282

Fifth Mehl:

320 : 8283

Remembering Him in meditation, misfortune departs, and one comes to abide in peace and bliss.

320 : 8284

O Nanak, meditate forever on the Lord – do not forget Him, even for an instant. ||2||

320 : 8285

Pauree:

320 : 8286

How can I estimate the glory of those, who have found the Lord, Har, Har?

320 : 8287

One who seeks the Sanctuary of the Holy is released from bondage.

320 : 8288

One who sings the Glorious Praises of the Imperishable Lord does not burn in the womb of reincarnation.

320 : 8289

One who meets the Guru and the Supreme Lord God, who reads and understands, enters the state of Samaadhi.

320 : 8290

Nanak has obtained that Lord Master, who is inaccessible and unfathomable. ||10||

320 : 8291

Shalok, Fifth Mehl:

320 : 8292

People do not perform their duties, but instead, they wander around aimlessly.

320 : 8293

O Nanak, if they forget the Name, how can they ever find peace? ||1||

320 : 8294

Fifth Mehl:

320 : 8295

The bitter poison of corruption is everywhere; it clings to the substance of the world.

320 : 8296

O Nanak, the humble being has realized that the Name of the Lord alone is sweet. ||2||

320 : 8297

Pauree:

320 : 8298

This is the distinguishing sign of the Holy Saint, that by meeting with him, one is saved.

320 : 8299

The Messenger of Death does not come near him; he never has to die again.

320 : 8300

He crosses over the terrifying, poisonous world–ocean.

320 : 8301

So weave the garland of the Lord's Glorious Praises into your mind, and all your filth shall be washed away.

320 : 8302

Nanak remains blended with his Beloved, the Supreme Lord God. ||11||

320 : 8303

Shalok, Fifth Mehl:

320 : 8304

O Nanak, approved is the birth of those, within whose consciousness the Lord abides.

320 : 8305

Useless talk and babbling is useless, my friend. ||1||

320 : 8306

Fifth Mehl:

320 : 8307

I have come to see the Supreme Lord God, the Perfect, Inaccessible, Wonderful Lord.

-- Raag Gauree – Part 170 --

Raag Gauree – Part 171

321 : 8308

Nanak has made the Lord's Name his wealth, by the Grace of the Perfect Guru. ||2||

321 : 8309

Pauree:

321 : 8310

Deception does not work with our Lord and Master; through their greed and emotional attachment, people are ruined.

321 : 8311

They do their evil deeds, and sleep in the intoxication of Maya.

321 : 8312

Time and time again, they are consigned to reincarnation, and abandoned on the path of Death.

321 : 8313

They receive the consequences of their own actions, and are yoked to their pain.

321 : 8314

O Nanak, if one forgets the Name, all the seasons are evil. ||12||

321 : 8315

Shalok, Fifth Mehl:

321 : 8316

While standing up, sitting down and sleeping, be at peace;

321 : 8317

O Nanak, praising the Naam, the Name of the Lord, the mind and body are cooled and soothed. ||1||

321 : 8318

Fifth Mehl:

321 : 8319

Filled with greed, he constantly wanders around; he does not do any good deeds.

321 : 8320

O Nanak, the Lord abides within the mind of one who meets with the Guru. ||2||

321 : 8321

Pauree:

321 : 8322

All material things are bitter; the True Name alone is sweet.

321 : 8323

Those humble servants of the Lord who taste it, come to savor its flavor.

321 : 8324

It comes to dwell within the mind of those who are so pre–destined by the Supreme Lord God.

321 : 8325

The One Immaculate Lord is pervading everywhere; He destroys the love of duality.

321 : 8326

Nanak begs for the Lord's Name, with his palms pressed together; by His Pleasure, God has granted it. ||13||

321 : 8327

Shalok, Fifth Mehl:

321 : 8328

The most excellent begging is begging for the One Lord.

321 : 8329

Other talk is corrupt, O Nanak, except that of the Lord Master. ||1||

321 : 8330

Fifth Mehl:

321 : 8331

One who recognizes the Lord is very rare; his mind is pierced through with the Love of the Lord.

321 : 8332

Such a Saint is the Uniter, O Nanak – he straightens out the path. ||2||

321 : 8333

Pauree:

321 : 8334

Serve Him, O my soul, who is the Giver and the Forgiver.

321 : 8335

All sinful mistakes are erased, by meditating in remembrance on the Lord of the Universe.

321 : 8336

The Holy Saint has shown me the Way to the Lord; I chant the GurMantra.

321 : 8337

The taste of Maya is totally bland and insipid; the Lord alone is pleasing to my mind.

321 : 8338

Meditate, O Nanak, on the Transcendent Lord, who has blessed you with your soul and your life. ||14||

321 : 8339

Shalok, Fifth Mehl:

321 : 8340

The time has come to plant the seed of the Lord's Name; one who plants it, shall eat its fruit.

321 : 8341

He alone receives it, O Nanak, whose destiny is so pre-ordained. ||1||

321 : 8342

Fifth Mehl:

321 : 8343

If one begs, then he should beg for the Name of the True One, which is given only by His Pleasure.

321 : 8344

Eating this gift from the Lord and Master, O Nanak, the mind is satisfied. ||2||

321 : 8345

Pauree:

321 : 8346

They alone earn profit in this world, who have the wealth of the Lord's Name.

321 : 8347

They do not know the love of duality; they place their hopes in the True Lord.

321 : 8348

They serve the One Eternal Lord, and give up everything else.

321 : 8349

One who forgets the Supreme Lord God – useless is his breath.

321 : 8350

God draws His humble servant close in His loving embrace and protects him – Nanak is a sacrifice to Him. ||15||

321 : 8351

Shalok, Fifth Mehl:

321 : 8352

The Supreme Lord God gave the Order, and the rain automatically began to fall.

321 : 8353

Grain and wealth were produced in abundance; the earth was totally satisfied and satiated.

321 : 8354

Forever and ever, chant the Glorious Praises of the Lord, and pain and poverty shall run away.

321 : 8355

People obtain that which they are pre-ordained to receive, according to the Will of the Lord.

321 : 8356

The Transcendent Lord keeps you alive; O Nanak, meditate on Him. ||1||

321 : 8357

Fifth Mehl:

-- Raag Gauree – Part 171 --

Raag Gauree – Part 172

322 : 8358

To obtain the state of life of Nirvaanaa, meditate in remembrance on the One Lord.

322 : 8359

There is no other place; how else can we be comforted?

322 : 8360

I have seen the whole world – without the Lord's Name, there is no peace at all.

322 : 8361

Body and wealth shall return to dust – hardly anyone realizes this.

322 : 8362

Pleasure, beauty and delicious tastes are useless; what are you doing, O mortal?

322 : 8363

One whom the Lord Himself misleads, does not understand His awesome power.

322 : 8364

Those who are imbued with the Love of the Lord attain Nirvaanaa, singing the Praises of the True One.

322 : 8365

Nanak: those who are pleasing to Your Will, O Lord, seek Sanctuary at Your Door. ||2||

322 : 8366

Pauree:

322 : 8367

Those who are attached to the hem of the Lord's robe, do not suffer birth and death.

322 : 8368

Those who remain awake to the Kirtan of the Lord's Praises – their lives are approved.

322 : 8369

Those who attain the Saadh Sangat, the Company of the Holy, are very fortunate.

322 : 8370

But those who forget the Name – their lives are cursed, and broken like thin strands of thread.

322 : 8371

O Nanak, the dust of the feet of the Holy is more sacred than hundreds of thousands, even millions of cleansing baths at sacred shrines. ||16||

322 : 8372

Shalok, Fifth Mehl:

322 : 8373

Like the beautiful earth, adorned with jewels of grass – such is the mind, within which the Love of the Lord abides.

322 : 8374

All one's affairs are easily resolved, O Nanak, when the Guru, the True Guru, is pleased.
||1||

322 : 8375

Fifth Mehl:

322 : 8376

Roaming and wandering in the ten directions, over water, mountains and forests

322 : 8377

– wherever the vulture sees a dead body, he flies down and lands. ||2||

322 : 8378

Pauree:

322 : 8379

One who longs for all comforts and rewards should practice Truth.

322 : 8380

Behold the Supreme Lord God near you, and meditate on the Naam, the Name of the One Lord.

322 : 8381

Become the dust of all men's feet, and so merge with the Lord.

322 : 8382

Do not cause any being to suffer, and you shall go to your true home with honor.

322 : 8383

Nanak speaks of the Purifier of sinners, the Creator, the Primal Being. ||17||

322 : 8384

Shalok, Dohaa, Fifth Mehl:

322 : 8385

I have made the One Lord my Friend; He is All-powerful to do everything.

322 : 8386

My soul is a sacrifice to Him; the Lord is the treasure of my mind and body. ||1||

322 : 8387

Fifth Mehl:

322 : 8388

Take my hand, O my Beloved; I shall never forsake You.

322 : 8389

Those who forsake the Lord, are the most evil people; they shall fall into the horrible pit of hell. ||2||

322 : 8390

Pauree:

322 : 8391

All treasures are in His Home; whatever the Lord does, comes to pass.

322 : 8392

The Saints live by chanting and meditating on the Lord, washing off the filth of their sins.

322 : 8393

With the Lotus Feet of the Lord dwelling within the heart, all misfortune is taken away.

322 : 8394

One who meets the Perfect Guru, shall not have to suffer through birth and death.

322 : 8395

Nanak is thirsty for the Blessed Vision of God's Darshan; by His Grace, He has bestowed it.

||18||

322 : 8396

Shalok, Dakhanaa, Fifth Mehl:

322 : 8397

If you can dispel your doubts, even for an instant, and love your only Beloved,

322 : 8398

then wherever you go, there you shall find Him. ||1||

322 : 8399

Fifth Mehl:

322 : 8400

Can they mount horses and handle guns, if all they know is the game of polo?

322 : 8401

Can they be swans, and fulfill their conscious desires, if they can only fly like chickens? ||2||

322 : 8402

Pauree:

322 : 8403

Those who chant the Lord's Name with their tongues and hear it with their ears are saved,
O my friend.

322 : 8404

Those hands which lovingly write the Praises of the Lord are pure.

322 : 8405

It is like performing all sorts of virtuous deeds, and bathing at the sixty–eight sacred shrines of pilgrimage.

322 : 8406

They cross over the world–ocean, and conquer the fortress of corruption.

-- Raag Gauree – Part 172 --

Raag Gauree – Part 173

323 : 8407

O Nanak, serve the Infinite Lord; grasp the hem of His robe, and He will save you. ||19||

323 : 8408

Shalok, Fifth Mehl:

323 : 8409

Worldly affairs are unprofitable, if the One Lord does not come to mind.

323 : 8410

O Nanak, the bodies of those who forget their Master shall burst apart. ||1||

323 : 8411

Fifth Mehl:

323 : 8412

The ghost has been transformed into an angel by the Creator Lord.

323 : 8413

God has emancipated all the Sikhs and resolved their affairs.

323 : 8414

He has seized the slanderers and thrown them to the ground, and declared them false in His Court.

323 : 8415

Nanak's God is glorious and great; He Himself creates and adorns. ||2||

323 : 8416

Pauree:

323 : 8417

God is unlimited; He has no limit; He is the One who does everything.

323 : 8418

The Inaccessible and Unapproachable Lord and Master is the Support of His beings.

323 : 8419

Giving His Hand, He nurtures and cherishes; He is the Filler and Fulfiller.

323 : 8420

He Himself is Merciful and Forgiving. Chanting the True Name, one is saved.

323 : 8421

Whatever pleases You – that alone is good; slave Nanak seeks Your Sanctuary. ||20||

323 : 8422

Shalok, Fifth Mehl:

323 : 8423

One who belongs to God has no hunger.

323 : 8424

O Nanak, everyone who falls at his feet is saved. ||1||

323 : 8425

Fifth Mehl:

323 : 8426

If the beggar begs for the Lord's Name every day, his Lord and Master will grant his request.

323 : 8427

O Nanak, the Transcendent Lord is the most generous host; He does not lack anything at all. ||2||

323 : 8428

Pauree:

323 : 8429

To imbue the mind with the Lord of the Universe is the true food and dress.

323 : 8430

To embrace love for the Name of the Lord is to possess horses and elephants.

323 : 8431

To meditate on the Lord steadfastly is to rule over kingdoms of property and enjoy all sorts of pleasures.

323 : 8432

The minstrel begs at God's Door – he shall never leave that Door.

323 : 8433

Nanak has this yearning in his mind and body – he longs continually for God. ||21||1||

323 : 8434

Sudh Keechay||

323 : 8435

Raag Gauree, The Word Of The Devotees:

323 : 8436

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

323 : 8437

Gauree Gwaarayree, Fourteen Chau–Padas Of Kabeer Jee:

323 : 8438

I was on fire, but now I have found the Water of the Lord's Name.

323 : 8439

This Water of the Lord's Name has cooled my burning body. ||1||Pause||

323 : 8440

To subdue their minds, some go off into the forests;

323 : 8441

but that Water is not found without the Lord God. ||1||

323 : 8442

That fire has consumed angels and mortal beings,

323 : 8443

but the Water of the Lord's Name saves His humble servants from burning. ||2||

323 : 8444

In the terrifying world–ocean, there is an ocean of peace.

323 : 8445

I continue to drink it in, but this Water is never exhausted. ||3||

323 : 8446

Says Kabeer, meditate and vibrate upon the Lord, like the rainbird remembering the water.

323 : 8447

The Water of the Lord's Name has quenched my thirst. ||4||1||

323 : 8448

Gauree, Kabeer Jee:

323 : 8449

O Lord, my thirst for the Water of Your Name will not go away.

323 : 8450

The fire of my thirst burns even more brightly in that Water. ||1||Pause||

323 : 8451

You are the Ocean of Water, and I am just a fish in that Water.

323 : 8452

In that Water, I remain; without that Water, I would perish. ||1||

323 : 8453

You are the cage, and I am Your parrot.

323 : 8454

So what can the cat of death do to me? ||2||

323 : 8455

You are the tree, and I am the bird.

323 : 8456

I am so unfortunate – I cannot see the Blessed Vision of Your Darshan! ||3||

-- Raag Gauree – Part 173 --

Raag Gauree – Part 174

324 : 8457

You are the True Guru, and I am Your new disciple.

324 : 8458

Says Kabeer, O Lord, please meet me – this is my very last chance! ||4||2||

324 : 8459

Gauree, Kabeer Jee:

324 : 8460

When I realize that there is One, and only One Lord,

324 : 8461

why then should the people be upset? ||1||

324 : 8462

I am dishonored; I have lost my honor.

324 : 8463

No one should follow in my footsteps. ||1||Pause||

324 : 8464

I am bad, and bad in my mind as well.

324 : 8465

I have no partnership with anyone. ||2||

324 : 8466

I have no shame about honor or dishonor.

324 : 8467

But you shall know, when your own false covering is laid bare. ||3||

324 : 8468

Says Kabeer, honor is that which is accepted by the Lord.

324 : 8469

Give up everything – meditate, vibrate upon the Lord alone. ||4||3||

324 : 8470

Gauree, Kabeer Jee:

324 : 8471

If Yoga could be obtained by wandering around naked,

324 : 8472

then all the deer of the forest would be liberated. ||1||

324 : 8473

What does it matter whether someone goes naked, or wears a deer skin,

324 : 8474

if he does not remember the Lord within his soul? ||1||Pause||

324 : 8475

If the spiritual perfection of the Siddhas could be obtained by shaving the head,

324 : 8476

then why haven't sheep found liberation? ||2||

324 : 8477

If someone could save himself by celibacy, O Siblings of Destiny,

324 : 8478

why then haven't eunuchs obtained the state of supreme dignity? ||3||

324 : 8479

Says Kabeer, listen, O men, O Siblings of Destiny:

324 : 8480

without the Lord's Name, who has ever found salvation? ||4||4||

324 : 8481

Gauree, Kabeer Jee:

324 : 8482

Those who take their ritual baths in the evening and the morning

324 : 8483

are like the frogs in the water. ||1||

324 : 8484

When people do not love the Lord's Name,

324 : 8485

they must all go to the Righteous Judge of Dharma. ||1||Pause||

324 : 8486

Those who love their bodies and try different looks,

324 : 8487

do not feel compassion, even in dreams. ||2||

324 : 8488

The wise men call them four-footed creatures;

324 : 8489

the Holy find peace in this ocean of pain. ||3||

324 : 8490

Says Kabeer, why do you perform so many rituals?

324 : 8491

Renounce everything, and drink in the supreme essence of the Lord. ||4||5||

324 : 8492

Gauree, Kabeer Jee:

324 : 8493

What use is chanting, and what use is penance, fasting or devotional worship,

324 : 8494

to one whose heart is filled with the love of duality? ||1||

324 : 8495

O humble people, link your mind to the Lord.

324 : 8496

Through cleverness, the four-armed Lord is not obtained. ||Pause||

324 : 8497

Set aside your greed and worldly ways.

324 : 8498

Set aside sexual desire, anger and egotism. ||2||

324 : 8499

Ritual practices bind people in egotism;

324 : 8500

meeting together, they worship stones. ||3||

324 : 8501

Says Kabeer, He is obtained only by devotional worship.

324 : 8502

Through innocent love, the Lord is met. ||4||6||

324 : 8503

Gauree, Kabeer Jee:

324 : 8504

In the dwelling of the womb, there is no ancestry or social status.

324 : 8505

All have originated from the Seed of God. ||1||

324 : 8506

Tell me, O Pandit, O religious scholar: since when have you been a Brahmin?

324 : 8507

Don't waste your life by continually claiming to be a Brahmin. ||1||Pause||

324 : 8508

If you are indeed a Brahmin, born of a Brahmin mother,

324 : 8509

then why didn't you come by some other way? ||2||

324 : 8510

How is it that you are a Brahmin, and I am of a low social status?

324 : 8511

How is it that I am formed of blood, and you are made of milk? ||3||

324 : 8512

Says Kabeer, one who contemplates God,

324 : 8513

is said to be a Brahmin among us. ||4||7||

— Raag Gauree – Part 174 —

Raag Gauree – Part 175

325 : 8514

Gauree, Kabeer Jee:

325 : 8515

In the darkness, no one can sleep in peace.

325 : 8516

The king and the pauper both weep and cry. ||1||

325 : 8517

As long as the tongue does not chant the Lord's Name,

325 : 8518

the person continues coming and going in reincarnation, crying out in pain. ||1||Pause||

325 : 8519

It is like the shadow of a tree;

325 : 8520

when the breath of life passes out of the mortal being, tell me, what becomes of his wealth?
||2||

325 : 8521

It is like the music contained in the instrument;

325 : 8522

how can anyone know the secret of the dead? ||3||

325 : 8523

Like the swan on the lake, death hovers over the body.

325 : 8524

Drink in the Lord's sweet elixir, Kabeer. ||4||8||

325 : 8525

Gauree, Kabeer Jee:

325 : 8526

The creation is born of the Light, and the Light is in the creation.

325 : 8527

It bears two fruits: the false glass and the true pearl. ||1||

325 : 8528

Where is that home, which is said to be free of fear?

325 : 8529

There, fear is dispelled and one lives without fear. ||1||Pause||

325 : 8530

On the banks of sacred rivers, the mind is not appeased.

325 : 8531

People remain entangled in good and bad deeds. ||2||

325 : 8532

Sin and virtue are both the same.

325 : 8533

In the home of your own being, is the Philosopher's Stone; renounce your search for any other virtue. ||3||

325 : 8534

Kabeer: O worthless mortal, do not lose the Naam, the Name of the Lord.

325 : 8535

Keep this mind of yours involved in this involvement. ||4||9||

325 : 8536

Gauree, Kabeer Jee:

325 : 8537

He claims to know the Lord, who is beyond measure and beyond thought;

325 : 8538

by mere words, he plans to enter heaven. ||1||

325 : 8539

I do not know where heaven is.

325 : 8540

Everyone claims that he plans to go there. ||1||Pause||

325 : 8541

By mere talk, the mind is not appeased.

325 : 8542

The mind is only appeased, when egotism is conquered. ||2||

325 : 8543

As long as the mind is filled with the desire for heaven,

325 : 8544

he does not dwell at the Lord's Feet. ||3||

325 : 8545

Says Kabeer, unto whom should I tell this?

325 : 8546

The Saadh Sangat, the Company of the Holy, is heaven. ||4||10||

325 : 8547

Gauree, Kabeer Jee:

325 : 8548

We are born, and we grow, and having grown, we pass away.

325 : 8549

Before our very eyes, this world is passing away. ||1||

325 : 8550

How can you not die of shame, claiming, "This world is mine"?

325 : 8551

At the very last moment, nothing is yours. ||1||Pause||

325 : 8552

Trying various methods, you cherish your body,

325 : 8553

but at the time of death, it is burned in the fire. ||2||

325 : 8554

You apply sandalwood oil to your limbs,

325 : 8555

but that body is burned with the firewood. ||3||

325 : 8556

Says Kabeer, listen, O virtuous people:

325 : 8557

your beauty shall vanish, as the whole world watches. ||4||11||

325 : 8558

Gauree, Kabeer Jee:

325 : 8559

Why do you cry and mourn, when another person dies?

325 : 8560

Do so only if you yourself are to live. ||1||

325 : 8561

I shall not die as the rest of the world dies,

325 : 8562

for now I have met the life-giving Lord. ||1||Pause||

325 : 8563

People anoint their bodies with fragrant oils,

325 : 8564

and in that pleasure, they forget the supreme bliss. ||2||

325 : 8565

There is one well, and five water-carriers.

325 : 8566

Even though the rope is broken, the fools continue trying to draw water. ||3||

325 : 8567

Says Kabeer, through contemplation, I have obtained this one understanding.

325 : 8568

There is no well, and no water-carrier. ||4||12||

325 : 8569

Gauree, Kabeer Jee:

325 : 8570

The mobile and immobile creatures, insects and moths

325 : 8571

– in numerous lifetimes, I have passed through those many forms. ||1||

— Raag Gauree – Part 175 —

Raag Gauree – Part 176

326 : 8572

I lived in many such homes, O Lord,

326 : 8573

before I came into the womb this time. ||1||Pause||

326 : 8574

I was a Yogi, a celibate, a penitent, and a Brahmchaaree, with strict self-discipline.

326 : 8575

Sometimes I was a king, sitting on the throne, and sometimes I was a beggar. ||2||

326 : 8576

The faithless cynics shall die, while the Saints shall all survive.

326 : 8577

They drink in the Lord's Ambrosial Essence with their tongues. ||3||

326 : 8578

Says Kabeer, O God, have mercy on me.

326 : 8579

I am so tired; now, please bless me with Your perfection. ||4||13||

326 : 8580

Gauree, Kabeer Jee, With Writings Of The Fifth Mehl:

326 : 8581

Kabeer has seen such wonders!

326 : 8582

Mistaking it for cream, the people are churning water. ||1||Pause||

326 : 8583

The donkey grazes upon the green grass;

326 : 8584

arising each day, he laughs and brays, and then dies. ||1||

326 : 8585

The bull is intoxicated, and runs around wildly.

326 : 8586

He romps and eats and then falls into hell. ||2||

326 : 8587

Says Kabeer, a strange sport has become manifest:

326 : 8588

the sheep is sucking the milk of her lamb. ||3||

326 : 8589

Chanting the Lord's Name, my intellect is enlightened.

326 : 8590

Says Kabeer, the Guru has blessed me with this understanding. ||4||1||14||

326 : 8591

Gauree, Kabeer Jee, Panch–Padas:

326 : 8592

I am like a fish out of water,

326 : 8593

because in my previous life, I did not practice penance and intense meditation. ||1||

326 : 8594

Now tell me, Lord, what will my condition be?

326 : 8595

I left Benares – I had little common sense. ||1||Pause||

326 : 8596

I wasted my whole life in the city of Shiva;

326 : 8597

at the time of my death, I moved to Magahar. ||2||

326 : 8598

For many years, I practiced penance and intense meditation at Kaashi;

326 : 8599

now that my time to die has come, I have come to dwell at Magahar! ||3||

326 : 8600

Kaashi and Magahar – I consider them the same.

326 : 8601

With inadequate devotion, how can anyone swim across? ||4||

326 : 8602

Says Kabeer, the Guru and Ganaysha and Shiva all know

326 : 8603

that Kabeer died chanting the Lord's Name. ||5||15||

326 : 8604

Gauree, Kabeer Jee:

326 : 8605

You may anoint your limbs with sandalwood oil,

326 : 8606

but in the end, that body will be burned with the firewood. ||1||

326 : 8607

Why should anyone take pride in this body or wealth?

326 : 8608

They shall end up lying on the ground; they shall not go along with you to the world beyond.
||1||Pause||

326 : 8609

They sleep by night and work during the day,

326 : 8610

but they do not chant the Lord's Name, even for an instant. ||2||

326 : 8611

They hold the string of the kite in their hands, and chew betel leaves in their mouths,

326 : 8612

but at the time of death, they shall be tied up tight, like thieves. ||3||

326 : 8613

Through the Guru's Teachings, and immersed in His Love, sing the Glorious Praises of the Lord.

326 : 8614

Chant the Name of the Lord, Raam, Raam, and find peace. ||4||

326 : 8615

In His Mercy, He implants the Naam within us;

326 : 8616

inhale deeply the sweet aroma and fragrance of the Lord, Har, Har. ||5||

326 : 8617

Says Kabeer, remember Him, you blind fool!

326 : 8618

The Lord is True; all worldly affairs are false. ||6||16||

326 : 8619

Gauree, Kabeer Jee, Ti–Padas And Chau–Tukas:

326 : 8620

I have turned away from death and turned to the Lord.

326 : 8621

Pain has been eliminated, and I dwell in peace and comfort.

326 : 8622

My enemies have been transformed into friends.

326 : 8623

The faithless cynics have been transformed into good-hearted people. ||1||

326 : 8624

Now, I feel that everything brings me peace.

326 : 8625

Peace and tranquility have come, since I realized the Lord of the Universe. ||1||Pause||

-- Raag Gauree – Part 176 --

Raag Gauree – Part 177

327 : 8626

My body was afflicted with millions of diseases.

327 : 8627

They have been transformed into the peaceful, tranquil concentration of Samaadhi.

327 : 8628

When someone understands his own self,

327 : 8629

he no longer suffers from illness and the three fevers. ||2||

327 : 8630

My mind has now been restored to its original purity.

327 : 8631

When I became dead while yet alive, only then did I come to know the Lord.

327 : 8632

Says Kabeer, I am now immersed in intuitive peace and poise.

327 : 8633

I do not fear anyone, and I do not strike fear into anyone else. ||3||17||

327 : 8634

Gauree, Kabeer Jee:

327 : 8635

When the body dies, where does the soul go?

327 : 8636

It is absorbed into the untouched, unstruck melody of the Word of the Shabad.

327 : 8637

Only one who knows the Lord realizes Him.

327 : 8638

The mind is satisfied and satiated, like the mute who eats the sugar candy and just smiles, without speaking. ||1||

327 : 8639

Such is the spiritual wisdom which the Lord has imparted.

327 : 8640

O mind, hold your breath steady within the central channel of the Sushmanaa. ||1||Pause||

327 : 8641

Adopt such a Guru, that you shall not have to adopt another again.

327 : 8642

Dwell in such a state, that you shall never have to dwell in any other.

327 : 8643

Embrace such a meditation, that you shall never have to embrace any other.

327 : 8644

Die in such a way, that you shall never have to die again. ||2||

327 : 8645

Turn your breath away from the left channel, and away from the right channel, and unite them in the central channel of the Sushmanaa.

327 : 8646

At their confluence within your mind, take your bath there without water.

327 : 8647

To look upon all with an impartial eye – let this be your daily occupation.

327 : 8648

Contemplate this essence of reality – what else is there to contemplate? ||3||

327 : 8649

Water, fire, wind, earth and ether

327 : 8650

– adopt such a way of life and you shall be close to the Lord.

327 : 8651

Says Kabeer, meditate on the Immaculate Lord.

327 : 8652

Go to that home, which you shall never have to leave. ||4||18||

327 : 8653

Gauree, Kabeer Jee, Ti–Padas:

327 : 8654

He cannot be obtained by offering your weight in gold.

327 : 8655

But I have bought the Lord by giving my mind to Him. ||1||

327 : 8656

Now I recognize that He is my Lord.

327 : 8657

My mind is intuitively pleased with Him. ||1||Pause||

327 : 8658

Brahma spoke of Him continually, but could not find His limit.

327 : 8659

Because of my devotion to the Lord, He has come to sit within the home of my inner being.
||2||

327 : 8660

Says Kabeer, I have renounced my restless intellect.

327 : 8661

It is my destiny to worship the Lord alone. ||3||1||19||

327 : 8662

Gauree, Kabeer Jee:

327 : 8663

That death which terrifies the entire world

327 : 8664

– the nature of that death has been revealed to me, through the Word of the Guru's

Shabad. ||1||

327 : 8665

Now, how shall I die? My mind has already accepted death.

327 : 8666

Those who do not know the Lord, die over and over again, and then depart. ||1||Pause||

327 : 8667

Everyone says, "I will die, I will die."

327 : 8668

But he alone becomes immortal, who dies with intuitive understanding. ||2||

327 : 8669

Says Kabeer, my mind is filled with bliss;

327 : 8670

my doubts have been eliminated, and I am in ecstasy. ||3||20||

327 : 8671

Gauree, Kabeer Jee:

327 : 8672

There is no special place where the soul aches; where should I apply the ointment?

327 : 8673

I have searched the body, but I have not found such a place. ||1||

327 : 8674

He alone knows it, who feels the pain of such love;

327 : 8675

the arrows of the Lord's devotional worship are so sharp! ||1||Pause||

327 : 8676

I look upon all His soul-brides with an impartial eye;

327 : 8677

how can I know which ones are dear to the Husband Lord? ||2||

327 : 8678

Says Kabeer, one who has such destiny inscribed upon her forehead

327 : 8679

– her Husband Lord turns all others away, and meets with her. ||3||21||

-- Raag Gauree – Part 177 --

Raag Gauree – Part 178

328 : 8680

Gauree, Kabeer Jee:

328 : 8681

One who has the Lord as his Master, O Siblings of Destiny

328 : 8682

– countless liberations knock at his door. ||1||

328 : 8683

If I say now that my trust is in You alone, Lord,

328 : 8684

then what obligation do I have to anyone else? ||1||Pause||

328 : 8685

He bears the burden of the three worlds;

328 : 8686

why should He not cherish you also? ||2||

328 : 8687

Says Kabeer, through contemplation, I have obtained this one understanding.

328 : 8688

If the mother poisons her own child, what can anyone do? ||3||22||

328 : 8689

Gauree, Kabeer Jee:

328 : 8690

Without Truth, how can the woman be a true satee – a widow who burns herself on her husband's funeral pyre?

328 : 8691

O Pandit, O religious scholar, see this and contemplate it within your heart. ||1||

328 : 8692

Without love, how can one's affection increase?

328 : 8693

As long as there is attachment to pleasure, there can be no spiritual love. ||1||Pause||

328 : 8694

One who, in his own soul, believes the Queen Maya to be true,

328 : 8695

does not meet the Lord, even in dreams. ||2||

328 : 8696

One who surrenders her body, mind, wealth, home and self

328 : 8697

– she is the true soul-bride, says Kabeer. ||3||23||

328 : 8698

Gauree, Kabeer Jee:

328 : 8699

The whole world is engrossed in corruption.

328 : 8700

This corruption has drowned entire families. ||1||

328 : 8701

O man, why have you wrecked your boat and sunk it?

328 : 8702

You have broken with the Lord, and joined hands with corruption. ||1||Pause||

328 : 8703

Angels and human beings alike are burning in the raging fire.

328 : 8704

The water is near at hand, but the beast does not drink it in. ||2||

328 : 8705

By constant contemplation and awareness, the water is brought forth.

328 : 8706

That water is immaculate and pure, says Kabeer. ||3||24||

328 : 8707

Gauree, Kabeer Jee:

328 : 8708

That family, whose son has no spiritual wisdom or contemplation

328 : 8709

– why didn't his mother just become a widow? ||1||

328 : 8710

That man who has not practiced devotional worship of the Lord

328 : 8711

– why didn't such a sinful man die at birth? ||1||Pause||

328 : 8712

So many pregnancies end in miscarriage – why was this one spared?

328 : 8713

He lives his life in this world like a deformed amputee. ||2||

328 : 8714

Says Kabeer, without the Naam, the Name of the Lord, beautiful and handsome people are just ugly hunch-backs. ||3||25||

328 : 8715

Gauree, Kabeer Jee:

328 : 8716

I am forever a sacrifice to those humble beings who take the Name of their Lord and Master. ||1||

328 : 8717

Those who sing the Glorious Praises of the Pure Lord are pure.

328 : 8718

They are my Siblings of Destiny, so dear to my heart. ||1||Pause||

328 : 8719

I am the dust of the lotus feet of those whose hearts are filled with the All–pervading Lord.
||2||

328 : 8720

I am a weaver by birth, and patient of mind.

328 : 8721

Slowly, steadily, Kabeer chants the Glories of God. ||3||26||

328 : 8722

Gauree, Kabeer Jee:

328 : 8723

From the Sky of the Tenth Gate, the nectar trickles down, distilled from my furnace.

328 : 8724

I have gathered in this most sublime essence, making my body into firewood. ||1||

328 : 8725

He alone is called intoxicated with intuitive peace and poise,

328 : 8726

who drinks in the juice of the Lord's essence, contemplating spiritual wisdom. ||1||Pause||

328 : 8727

Intuitive poise is the bar–maid who comes to serve it.

328 : 8728

I pass my nights and days in ecstasy. ||2||

328 : 8729

Through conscious meditation, I linked my consciousness with the Immaculate Lord.

328 : 8730

Says Kabeer, then I obtained the Fearless Lord. ||3||27||

328 : 8731

Gauree, Kabeer Jee:

328 : 8732

The natural tendency of the mind is to chase the mind.

-- Raag Gauree – Part 178 --

Raag Gauree – Part 179

329 : 8733

Who has established himself as a Siddha, a being of miraculous spiritual powers, by killing his mind? ||1||

329 : 8734

Who is that silent sage, who has killed his mind?

329 : 8735

By killing the mind, tell me, who is saved? ||1||Pause||

329 : 8736

Everyone speaks through the mind.

329 : 8737

Without killing the mind, devotional worship is not performed. ||2||

329 : 8738

Says Kabeer, one who knows the secret of this mystery,

329 : 8739

beholds within his own mind the Lord of the three worlds. ||3||28||

329 : 8740

Gauree, Kabeer Jee:

329 : 8741

The stars which are seen in the sky

329 : 8742

– who is the painter who painted them? ||1||

329 : 8743

Tell me, O Pandit, what is the sky attached to?

329 : 8744

Very fortunate is the knower who knows this. ||1||Pause||

329 : 8745

The sun and the moon give their light;

329 : 8746

God's creative extension extends everywhere. ||2||

329 : 8747

Says Kabeer, he alone knows this,

329 : 8748

whose heart is filled with the Lord, and whose mouth is also filled with the Lord. ||3||29||

329 : 8749

Gauree, Kabeer Jee:

329 : 8750

The Simritee is the daughter of the Vedas, O Siblings of Destiny.

329 : 8751

She has brought a chain and a rope. ||1||

329 : 8752

She has imprisoned the people in her own city.

329 : 8753

She has tightened the noose of emotional attachment and shot the arrow of death.
||1||Pause||

329 : 8754

By cutting, she cannot be cut, and she cannot be broken.

329 : 8755

She has become a serpent, and she is eating the world. ||2||

329 : 8756

Before my very eyes, she has plundered the entire world.

329 : 8757

Says Kabeer, chanting the Lord's Name, I have escaped her. ||3||30||

329 : 8758

Gauree, Kabeer Jee:

329 : 8759

I have grasped the reins and attached the bridle;

329 : 8760

abandoning everything, I now ride through the skies. ||1||

329 : 8761

I made self-reflection my mount,

329 : 8762

and in the stirrups of intuitive poise, I placed my feet. ||1||Pause||

329 : 8763

Come, and let me ride you to heaven.

329 : 8764

If you hold back, then I shall strike you with the whip of spiritual love. ||2||

329 : 8765

Says Kabeer, those who remain detached from the Vedas, the Koran and the Bible are the best riders. ||3||31||

329 : 8766

Gauree, Kabeer Jee:

329 : 8767

That mouth, which used to eat the five delicacies

329 : 8768

– I have seen the flames being applied to that mouth. ||1||

329 : 8769

O Lord, my King, please rid me of this one affliction:

329 : 8770

may I not be burned in fire, or cast into the womb again. ||1||Pause||

329 : 8771

The body is destroyed by so many ways and means.

329 : 8772

Some burn it, and some bury it in the earth. ||2||

329 : 8773

Says Kabeer, O Lord, please reveal to me Your Lotus Feet;

329 : 8774

after that, go ahead and send me to my death. ||3||32||

329 : 8775

Gauree, Kabeer Jee:

329 : 8776

He Himself is the fire, and He Himself is the wind.

329 : 8777

When our Lord and Master wishes to burn someone, then who can save him? ||1||

329 : 8778

When I chant the Lord's Name, what does it matter if my body burns?

329 : 8779

My consciousness remains absorbed in the Lord's Name. ||1||Pause||

329 : 8780

Who is burned, and who suffers loss?

329 : 8781

The Lord plays, like the juggler with his ball. ||2||

329 : 8782

Says Kabeer, chant the two letters of the Lord's Name – Raa Maa.

329 : 8783

If He is your Lord and Master, He will protect you. ||3||33||

329 : 8784

Gauree, Kabeer Jee, Du–Padas:

329 : 8785

I have not practiced Yoga, or focused my consciousness on meditation.

329 : 8786

Without renunciation, I cannot escape Maya. ||1||

329 : 8787

How have I passed my life?

— Raag Gauree – Part 179 —

Raag Gauree – Part 180

330 : 8788

I have not taken the Lord's Name as my Support. ||1||Pause||

330 : 8789

Says Kabeer, I have searched the skies,

330 : 8790

and have not seen another, equal to the Lord. ||2||34||

330 : 8791

Gauree, Kabeer Jee:

330 : 8792

That head which was once embellished with the finest turban

330 : 8793

– upon that head, the crow now cleans his beak. ||1||

330 : 8794

What pride should we take in this body and wealth?

330 : 8795

Why not hold tight to the Lord's Name instead? ||1||Pause||

330 : 8796

Says Kabeer, listen, O my mind:

330 : 8797

this may be your fate as well! ||2||35||

330 : 8798

Thirty–Five Steps Of Gauree Gwaarayree. ||

330 : 8799

Raag Gauree Gwaarayree, Ashtapadees Of Kabeer Jee:

330 : 8800

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

330 : 8801

People beg for pleasure, but pain comes instead.

330 : 8802

I would rather not beg for that pleasure. ||1||

330 : 8803

People are involved in corruption, but still, they hope for pleasure.

330 : 8804

How will they find their home in the Sovereign Lord King? ||1||Pause||

330 : 8805

Even Shiva and Brahma are afraid of this pleasure,

330 : 8806

but I have judged that pleasure to be true. ||2||

330 : 8807

Even sages like Sanak and Naarad, and the thousand-headed serpent,

330 : 8808

did not see the mind within the body. ||3||

330 : 8809

Anyone can search for this mind, O Siblings of Destiny.

330 : 8810

When it escapes from the body, where does the mind go? ||4||

330 : 8811

By Guru's Grace, Jai Dayv and Naam Dayv

330 : 8812

came to know this, through loving devotional worship of the Lord. ||5||

330 : 8813

This mind does not come or go.

330 : 8814

One whose doubt is dispelled, knows the Truth. ||6||

330 : 8815

This mind has no form or outline.

330 : 8816

By God's Command it was created; understanding God's Command, it will be absorbed into Him again. ||7||

330 : 8817

Does anyone know the secret of this mind?

330 : 8818

This mind shall merge into the Lord, the Giver of peace and pleasure. ||8||

330 : 8819

There is One Soul, and it pervades all bodies.

330 : 8820

Kabeer dwells upon this Mind. ||9||1||36||

330 : 8821

Gauree Gwaarayree:

330 : 8822

Those who are awake to the One Name, day and night

330 : 8823

– many of them have become Siddhas – perfect spiritual beings – with their consciousness attuned to the Lord. ||1||Pause||

330 : 8824

The seekers, the Siddhas and the silent sages have all lost the game.

330 : 8825

The One Name is the wish–fulfilling Elysian Tree, which saves them and carries them across. ||1||

330 : 8826

Those who are rejuvenated by the Lord, do not belong to any other.

330 : 8827

Says Kabeer, they realize the Name of the Lord. ||2||37||

330 : 8828

Gauree And Also Sorat'h:

330 : 8829

O shameless being, don't you feel ashamed?

330 : 8830

You have forsaken the Lord – now where will you go? Unto whom will you turn? ||1||Pause||

330 : 8831

One whose Lord and Master is the highest and most exalted

330 : 8832

– it is not proper for him to go to the house of another. ||1||

330 : 8833

That Lord and Master is pervading everywhere.

330 : 8834

The Lord is always with us; He is never far away. ||2||

330 : 8835

Even Maya takes to the Sanctuary of His Lotus Feet.

330 : 8836

Tell me, what is there which is not in His home? ||3||

330 : 8837

Everyone speaks of Him; He is All-powerful.

330 : 8838

He is His Own Master; He is the Giver. ||4||

330 : 8839

Says Kabeer, he alone is perfect in this world,

330 : 8840

in whose heart there is none other than the Lord. ||5||38||

-- Raag Gauree – Part 180 --

Raag Gauree – Part 181

331 : 8841

Whose son is he? Whose father is he?

331 : 8842

Who dies? Who inflicts pain? ||1||

331 : 8843

The Lord is the thug, who has drugged and robbed the whole world.

331 : 8844

I am separated from the Lord; how can I survive, O my mother? ||1||Pause||

331 : 8845

Whose husband is he? Whose wife is she?

331 : 8846

Contemplate this reality within your body. ||2||

331 : 8847

Says Kabeer, my mind is pleased and satisfied with the thug.

331 : 8848

The effects of the drug have vanished, since I recognized the thug. ||3||39||

331 : 8849

Now, the Lord, my King, has become my help and support.

331 : 8850

I have cut away birth and death, and attained the supreme status. ||1||Pause||

331 : 8851

He has united me with the Saadh Sangat, the Company of the Holy.

331 : 8852

He has rescued me from the five demons.

331 : 8853

I chant with my tongue and meditate on the Ambrosial Naam, the Name of the Lord.

331 : 8854

He has made me his own slave. ||1||

331 : 8855

The True Guru has blessed me with His generosity.

331 : 8856

He has lifted me up, out of the world–ocean.

331 : 8857

I have fallen in love with His Lotus Feet.

331 : 8858

The Lord of the Universe dwells continually within my consciousness. ||2||

331 : 8859

The burning fire of Maya has been extinguished.

331 : 8860

My mind is contented with the Support of the Naam.

331 : 8861

God, the Lord and Master, is totally permeating the water and the land.

331 : 8862

Wherever I look, there is the Inner-knower, the Searcher of hearts. ||3||

331 : 8863

He Himself has implanted His devotional worship within me.

331 : 8864

By pre-ordained destiny, one meets Him, O my Siblings of Destiny.

331 : 8865

When He grants His Grace, one is perfectly fulfilled.

331 : 8866

Kabeer's Lord and Master is the Cherisher of the poor. ||4||40||

331 : 8867

There is pollution in the water, and pollution on the land; whatever is born is polluted.

331 : 8868

There is pollution in birth, and more pollution in death; all beings are ruined by pollution. ||1||

331 : 8869

Tell me, O Pandit, O religious scholar: who is clean and pure?

331 : 8870

Meditate on such spiritual wisdom, O my friend. ||1||Pause||

331 : 8871

There is pollution in the eyes, and pollution in speech; there is pollution in the ears as well.

331 : 8872

Standing up and sitting down, one is polluted; one's kitchen is polluted as well. ||2||

331 : 8873

Everyone knows how to be caught, but hardly anyone knows how to escape.

331 : 8874

Says Kabeer, those who meditate on the Lord within their hearts, are not polluted. ||3||41||

331 : 8875

Gauree:

331 : 8876

Resolve this one conflict for me, O Lord,

331 : 8877

if you require any work from Your humble servant. ||1||Pause||

331 : 8878

Is this mind greater, or the One to whom the mind is attuned?

331 : 8879

Is the Lord greater, or one who knows the Lord? ||1||

331 : 8880

Is Brahma greater, or the One who created Him?

331 : 8881

Are the Vedas greater, or the One from which they came? ||2||

331 : 8882

Says Kabeer, I have become depressed;

331 : 8883

is the sacred shrine of pilgrimage greater, or the slave of the Lord? ||3||42||

331 : 8884

Raag Gauree Chaytee:

331 : 8885

Behold, O Siblings of Destiny, the storm of spiritual wisdom has come.

331 : 8886

It has totally blown away the thatched huts of doubt, and torn apart the bonds of Maya.
||1||Pause||

331 : 8887

The two pillars of double-mindedness have fallen, and the beams of emotional attachment have come crashing down.

331 : 8888

The thatched roof of greed has caved in, and the pitcher of evil-mindedness has been broken. ||1||

-- Raag Gauree – Part 181 --

Raag Gauree – Part 182

332 : 8889

Your servant is drenched with the rain that has fallen in this storm.

332 : 8890

Says Kabeer, my mind became enlightened, when I saw the sun rise. ||2||43||

332 : 8891

Gauree Chaytee:

332 : 8892

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

332 : 8893

They do not listen to the Lord's Praises, and they do not sing the Lord's Glories,

332 : 8894

but they try to bring down the sky with their talk. ||1||

332 : 8895

What can anyone say to such people?

332 : 8896

You should always be careful around those whom God has excluded from His devotional worship. ||1||Pause||

332 : 8897

They do not offer even a handful of water,

332 : 8898

while they slander the one who brought forth the Ganges. ||2||

332 : 8899

Sitting down or standing up, their ways are crooked and evil.

332 : 8900

They ruin themselves, and then they ruin others. ||3||

332 : 8901

They know nothing except evil talk.

332 : 8902

They would not even obey Brahma's orders. ||4||

332 : 8903

They themselves are lost, and they mislead others as well.

332 : 8904

They set their own temple on fire, and then they fall asleep within it. ||5||

332 : 8905

They laugh at others, while they themselves are one-eyed.

332 : 8906

Seeing them, Kabeer is embarrassed. ||6||1||44||

332 : 8907

Raag Gauree Bairaagan, Kabeer Jee:

332 : 8908

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

332 : 8909

He does not honor his ancestors while they are alive, but he holds feasts in their honor after they have died.

332 : 8910

Tell me, how can his poor ancestors receive what the crows and the dogs have eaten up?
||1||

332 : 8911

If only someone would tell me what real happiness is!

332 : 8912

Speaking of happiness and joy, the world is perishing. How can happiness be found?
||1||Pause||

332 : 8913

Making gods and goddesses out of clay, people sacrifice living beings to them.

332 : 8914

Such are your dead ancestors, who cannot ask for what they want. ||2||

332 : 8915

You murder living beings and worship lifeless things; at your very last moment, you shall suffer in terrible pain.

332 : 8916

You do not know the value of the Lord's Name; you shall drown in the terrifying world-ocean. ||3||

332 : 8917

You worship gods and goddesses, but you do not know the Supreme Lord God.

332 : 8918

Says Kabeer, you have not remembered the Lord who has no ancestors; you are clinging to your corrupt ways. ||4||1||45||

332 : 8919

Gauree:

332 : 8920

One who remains dead while yet alive, will live even after death; thus he merges into the Primal Void of the Absolute Lord.

332 : 8921

Remaining pure in the midst of impurity, he will never again fall into the terrifying world-ocean. ||1||

332 : 8922

O my Lord, this is the milk to be churned.

332 : 8923

Through the Guru's Teachings, hold your mind steady and stable, and in this way, drink in the Ambrosial Nectar. ||1||Pause||

332 : 8924

The Guru's arrow has pierced the hard core of this Dark Age of Kali Yuga, and the state of enlightenment has dawned.

332 : 8925

In the darkness of Maya, I mistook the rope for the snake, but that is over, and now I dwell in the eternal home of the Lord. ||2||

332 : 8926

Maya has drawn her bow without an arrow, and has pierced this world, O Siblings of Destiny.

-- Raag Gauree – Part 182 --

Raag Gauree – Part 183

333 : 8927

The drowning person is blown around in the ten directions by the wind, but I hold tight to the string of the Lord's Love. ||3||

333 : 8928

The disturbed mind has been absorbed in the Lord; duality and evil-mindedness have run away.

333 : 8929

Says Kabeer, I have seen the One Lord, the Fearless One; I am attuned to the Name of the Lord. ||4||2||46||

333 : 8930

Gauree Bairaagan, Ti-Padas:

333 : 8931

I turned my breath inwards, and pierced through the six chakras of the body, and my awareness was centered on the Primal Void of the Absolute Lord.

333 : 8932

Search for the One who does not come or go, who does not die and is not born, O renunciate. ||1||

333 : 8933

My mind has turned away from the world, and is absorbed in the Mind of God.

333 : 8934

By Guru's Grace, my understanding has been changed; otherwise, I was totally ignorant. ||1||Pause||

333 : 8935

That which was near has become distant, and again, that which was distant is near, for those who realize the Lord as He is.

333 : 8936

It is like the sugar water made from the candy; only one who drinks it knows its taste. ||2||

333 : 8937

Unto whom should I speak Your speech, O Lord; it is beyond the three qualities. Is there anyone with such discerning wisdom?

333 : 8938

Says Kabeer, as is the fuse which you apply, so is the flash you will see. ||3||3||47||

333 : 8939

Gauree:

333 : 8940

There is no rainy season, ocean, sunshine or shade, no creation or destruction there.

333 : 8941

No life or death, no pain or pleasure is felt there. There is only the Primal Trance of Samaadhi, and no duality. ||1||

333 : 8942

The description of the state of intuitive poise is indescribable and sublime.

333 : 8943

It is not measured, and it is not exhausted. It is neither light nor heavy. ||1||Pause||

333 : 8944

Neither lower nor upper worlds are there; neither day nor night are there.

333 : 8945

There is no water, wind or fire; there, the True Guru is contained. ||2||

333 : 8946

The Inaccessible and Unfathomable Lord dwells there within Himself; by Guru's Grace, He is found.

333 : 8947

Says Kabeer, I am a sacrifice to my Guru; I remain in the Saadh Sangat, the Company of the Holy. ||3||4||48||

333 : 8948

Gauree:

333 : 8949

With both sin and virtue, the ox of the body is purchased; the air of the breath is the capital which has appeared.

333 : 8950

The bag on its back is filled with desire; this is how we purchase the herd. ||1||

333 : 8951

My Lord is such a wealthy merchant!

333 : 8952

He has made the whole world his peddler. ||1||Pause||

333 : 8953

Sexual desire and anger are the tax–collectors, and the waves of the mind are the highway robbers.

333 : 8954

The five elements join together and divide up their loot. This is how our herd is disposed of!
||2||

333 : 8955

Says Kabeer, listen, O Saints: This is the state of affairs now!

333 : 8956

Going uphill, the ox has grown weary; throwing off his load, he continues on his journey.
||3||5||49||

333 : 8957

Gauree, Panch–Padas:

333 : 8958

For a few short days, the soul–bride stays in her parent's house; then, she must go to her in–laws.

333 : 8959

The blind, foolish and ignorant people do not know this. ||1||

333 : 8960

Tell me, why is the bride wearing her ordinary clothes?

333 : 8961

The guests have arrived at her home, and her Husband has come to take her away.
||1||Pause||

333 : 8962

Who has lowered the rope of the breath down, into the well of the world which we see?

333 : 8963

The rope of the breath breaks away from the pitcher of the body, and the water-carrier gets up and departs. ||2||

333 : 8964

When the Lord and Master is kind and grants His Grace, then her affairs are all resolved.

— Raag Gauree – Part 183 —

Raag Gauree – Part 184

334 : 8965

Then she is known as the happy soul–bride, if she contemplates the Word of the Guru's Shabad. ||3||

334 : 8966

Bound by the actions she has committed, she wanders around – see this and understand.

334 : 8967

What can we say to her? What can the poor soul–bride do? ||4||

334 : 8968

Disappointed and hopeless, she gets up and departs. There is no support or encouragement in her consciousness.

334 : 8969

So remain attached to the Lord's Lotus Feet, and hurry to His Sanctuary, Kabeer! ||5||6||50||

334 : 8970

Gauree :

334 : 8971

The Yogi says that Yoga is good and sweet, and nothing else is, O Siblings of Destiny.

334 : 8972

Those who shave their heads, and those who amputate their limbs, and those who utter only a single word, all say that they have attained the spiritual perfection of the Siddhas. ||1||

334 : 8973

Without the Lord, the blind ones are deluded by doubt.

334 : 8974

And those, to whom I go to find release – they themselves are bound by all sorts of chains.
||1||Pause||

334 : 8975

The soul is re-absorbed into that from which it originated, when one leaves this path of errors.

334 : 8976

The scholarly Pandits, the virtuous, the brave and the generous, all assert that they alone are great. ||2||

334 : 8977

He alone understands, whom the Lord inspires to understand. Without understanding, what can anyone do?

334 : 8978

Meeting the True Guru, the darkness is dispelled, and in this way, the jewel is obtained. ||3||

334 : 8979

Give up the evil actions of your left and right hands, and grasp hold of the Feet of the Lord.

334 : 8980

Says Kabeer, the mute has tasted the molasses, but what can he say about it if he is asked? ||4||7||51||

334 : 8981

Raag Gauree Poorbee, Kabeer Jee:

334 : 8982

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

334 : 8983

Where something existed, now there is nothing. The five elements are no longer there.

334 : 8984

The Ida, the Pingala and the Sushmanaa – O human being, how can the breaths through these be counted now? ||1||

334 : 8985

The string has been broken, and the Sky of the Tenth Gate has been destroyed. Where has your speech gone?

334 : 8986

This cynicism afflicts me, night and day; who can explain this to me and help me understand? ||1||Pause||

334 : 8987

Where the world is – the body is not there; the mind is not there either.

334 : 8988

The Joiner is forever unattached; now, within whom is the soul said to be contained? ||2||

334 : 8989

By joining the elements, people cannot join them, and by breaking, they cannot be broken, until the body perishes.

334 : 8990

Of whom is the soul the master, and of whom is it the servant? Where, and to whom does it go? ||3||

334 : 8991

Says Kabeer, I have lovingly focused my attention on that place where the Lord dwells, day and night.

334 : 8992

Only He Himself truly knows the secrets of His mystery; He is eternal and indestructible.
||4||1||52||

334 : 8993

Gauree:

334 : 8994

Let contemplation and intuitive meditation be your two ear-rings, and true wisdom your patched overcoat.

334 : 8995

In the cave of silence, dwell in your Yogic posture; let the subjugation of desire be your spiritual path. ||1||

334 : 8996

O my King, I am a Yogi, a hermit, a renunciate.

334 : 8997

I do not die or suffer pain or separation. ||1||Pause||

334 : 8998

The solar systems and galaxies are my horn; the whole world is the bag to carry my ashes.

334 : 8999

Eliminating the three qualities and finding release from this world is my deep meditation.
||2||

334 : 9000

My mind and breath are the two gourds of my fiddle, and the Lord of all the ages is its frame.

-- Raag Gauree – Part 184 --

Raag Gauree – Part 185

335 : 9001

The string has become steady, and it does not break; this guitar vibrates with the unstruck melody. ||3||

335 : 9002

Hearing it, the mind is enraptured and becomes perfect; it does not waver, and it is not affected by Maya.

335 : 9003

Says Kabeer, the bairaagee, the renunciate, who has played such a game, is not reincarnated again into the world of form and substance. ||4||2||53||

335 : 9004

Gauree:

335 : 9005

Nine yards, ten yards, and twenty-one yards – weave these into the full piece of cloth;

335 : 9006

take the sixty threads and add nine joints to the seventy-two on the loom. ||1||

335 : 9007

Life weaves itself into its patterns.

335 : 9008

Leaving her home, the soul goes to the world of the weaver. ||1||Pause||

335 : 9009

This cloth cannot be measured in yards or weighed with weights; its food is two and a half measures.

335 : 9010

If it does not obtain food right away, it quarrels with the master of the house. ||2||

335 : 9011

How many days will you sit here, in opposition to your Lord and Master? When will this opportunity come again?

335 : 9012

Leaving his pots and pans, and the bobbins wet with his tears, the weaver soul departs in jealous anger. ||3||

335 : 9013

The wind-pipe is empty now; the thread of the breath does not come out any longer. The thread is tangled; it has run out.

335 : 9014

So renounce the world of form and substance while you remain here, O poor soul; says Kabeer: you must understand this! ||4||3||54||

335 : 9015

Gauree:

335 : 9016

When one light merges into another, what becomes of it then?

335 : 9017

That person, within whose heart the Lord's Name does not well up – may that person burst and die! ||1||

335 : 9018

O my dark and beautiful Lord,

335 : 9019

my mind is attached to You. ||1||Pause||

335 : 9020

Meeting with the Holy, the perfection of the Siddhas is obtained. What good is Yoga or indulgence in pleasures?

335 : 9021

When the two meet together, the business is conducted, and the link with the Lord's Name is established. ||2||

335 : 9022

People believe that this is just a song, but it is a meditation on God.

335 : 9023

It is like the instructions given to the dying man at Benares. ||3||

335 : 9024

Whoever sings or listens to the Lord's Name with conscious awareness

335 : 9025

– says Kabeer, without a doubt, in the end, he obtains the highest status. ||4||1||4||55||

335 : 9026

Gauree:

335 : 9027

Those who try to do things by their own efforts are drowned in the terrifying world–ocean; they cannot cross over.

335 : 9028

Those who practice religious rituals and strict self–discipline – their egotistical pride shall consume their minds. ||1||

335 : 9029

Your Lord and Master has given you the breath of life and food to sustain you; Oh, why have you forgotten Him?

335 : 9030

Human birth is a priceless jewel, which has been squandered in exchange for a worthless shell. ||1||Pause||

335 : 9031

The thirst of desire and the hunger of doubt afflict you; you do not contemplate the Lord in your heart.

335 : 9032

Intoxicated with pride, you cheat yourself; you have not enshrined the Word of the Guru's Shabad within your mind. ||2||

335 : 9033

Those who are deluded by sensual pleasures, who are tempted by sexual delights and enjoy wine are corrupt.

335 : 9034

But those who, through destiny and good karma, join the Society of the Saints, float over the ocean, like iron attached to wood. ||3||

335 : 9035

I have wandered in doubt and confusion, through birth and reincarnation; now, I am so tired. I am suffering in pain and wasting away.

335 : 9036

Says Kabeer, meeting with the Guru, I have obtained supreme joy; my love and devotion have saved me. ||4||1||5||56||

335 : 9037

Gauree:

335 : 9038

Like the straw figure of a female elephant, fashioned to trap the bull elephant, O crazy mind, the Lord of the Universe has staged the drama of this world.

335 : 9039

Attracted by the lure of sexual desire, the elephant is captured, O crazy mind, and now the halter is placed around its neck. ||1||

-- Raag Gauree – Part 185 --

Raag Gauree – Part 186

336 : 9040

So escape from corruption and immerse yourself in the Lord; take this advice, O crazy mind.

336 : 9041

You have not meditated fearlessly on the Lord, O crazy mind; you have not embarked upon the Lord's Boat. ||1||Pause||

336 : 9042

The monkey stretches out its hand, O crazy mind, and takes a handful of corn;

336 : 9043

now unable to escape, O crazy mind, it is made to dance door to door. ||2||

336 : 9044

Like the parrot caught in the trap, O crazy mind, you trapped by the affairs of Maya.

336 : 9045

Like the weak dye of the safflower, O crazy mind, so is the expanse of this world of form and substance. ||3||

336 : 9046

There are so many holy shrines in which to bathe, O crazy mind, and so many gods to worship.

336 : 9047

Says Kabeer, you shall not be saved like this, O crazy mind; only by serving the Lord will you find release. ||4||1||6||57||

336 : 9048

Gauree:

336 : 9049

Fire does not burn it, and the wind does not blow it away; thieves cannot get near it.

336 : 9050

Accumulate the wealth of the Lord's Name; that wealth does not go anywhere. ||1||

336 : 9051

My wealth is God, the Lord of Wealth, the Lord of the Universe, the Support of the earth: this is called the most excellent wealth.

336 : 9052

The peace which is obtained by serving God, the Lord of the Universe – that peace cannot be found in kingdoms or power. ||1||Pause||

336 : 9053

Shiva and Sanak, in their search for this wealth, became Udaasees, and renounced the world.

336 : 9054

One whose mind is filled with the Lord of liberation, and whose tongue chants the Name of the Lord, shall not be caught by the noose of Death. ||2||

336 : 9055

My own wealth is the spiritual wisdom and devotion given by the Guru; my mind is held steady in perfect neutral balance.

336 : 9056

It is like water for the burning soul, like an anchoring support for the wandering mind; the bondage of doubt and fear is dispelled. ||3||

336 : 9057

Says Kabeer: O you who are intoxicated with sexual desire, reflect upon this in your heart, and see.

336 : 9058

Within your home there are hundreds of thousands, millions of horses and elephants; but within my home is the One Lord. ||4||1||7||58||

336 : 9059

Gauree:

336 : 9060

Like the monkey with a handful of grain, who will not let go because of greed

336 : 9061

– just so, all the deeds committed in greed ultimately become a noose around one's neck. ||1||

336 : 9062

Without devotional worship, human life passes away in vain.

336 : 9063

Without the Saadh Sangat, the Company of the Holy, without vibrating and meditating on the Lord God, one does not abide in Truth. ||1||Pause||

336 : 9064

Like the flower which blossoms in the wilderness with no one to enjoy its fragrance,

336 : 9065

so do people wander in reincarnation; over and over again, they are destroyed by Death. ||2||

336 : 9066

This wealth, youth, children and spouse which the Lord has given you – this is all just a passing show.

336 : 9067

Those who are caught and entangled in these are carried away by sensual desire. ||3||

336 : 9068

Age is the fire, and the body is the house of straw; on all four sides, this play is being played out.

336 : 9069

Says Kabeer, to cross over the terrifying world–ocean, I have taken to the Shelter of the True Guru. ||4||1||8||59||

336 : 9070

Gauree:

336 : 9071

The water of the sperm is cloudy, and the egg of the ovary is crimson.

336 : 9072

From this clay, the puppet is fashioned. ||1||

336 : 9073

I am nothing, and nothing is mine.

336 : 9074

This body, wealth, and all delicacies are Yours, O Lord of the Universe. ||1||Pause||

336 : 9075

Into this clay, the breath is infused.

-- Raag Gauree – Part 186 --

Raag Gauree – Part 187

337 : 9076

By Your Power, You have set this false contrivance in motion. ||2||

337 : 9077

Some collect hundreds of thousands of dollars,

337 : 9078

but in the end, the pitcher of the body bursts. ||3||

337 : 9079

Says Kabeer, that single foundation which you have laid

337 : 9080

will be destroyed in an instant – you are so egotistical. ||4||1||9||60||

337 : 9081

Gauree:

337 : 9082

Just as Dhroo and Prahlada meditated on the Lord, so should you meditate on the Lord, O my soul. ||1||

337 : 9083

O Lord, Merciful to the meek, I have placed my faith in You;

337 : 9084

along with all my family, I have come aboard Your boat. ||1||Pause||

337 : 9085

When it is pleasing to Him, then He inspires us to obey the Hukam of His Command.

337 : 9086

He causes this boat to cross over. ||2||

337 : 9087

By Guru's Grace, such understanding is infused into me;

337 : 9088

my comings and goings in reincarnation have ended. ||3||

337 : 9089

Says Kabeer, meditate, vibrate upon the Lord, the Sustainer of the earth.

337 : 9090

In this world, in the world beyond and everywhere, He alone is the Giver. ||4||2||10||61||

337 : 9091

Gauree 9:

337 : 9092

He leaves the womb, and comes into the world;

337 : 9093

as soon as the air touches him, he forgets his Lord and Master. ||1||

337 : 9094

O my soul, sing the Glorious Praises of the Lord. ||1||Pause||

337 : 9095

You were upside–down, living in the womb; you generated the intense meditative heat of 'tapas'.

337 : 9096

Then, you escaped the fire of the belly. ||2||

337 : 9097

After wandering through 8.4 million incarnations, you came.

337 : 9098

If you stumble and fall now, you shall find no home or place of rest. ||3||

337 : 9099

Says Kabeer, meditate, vibrate upon the Lord, the Sustainer of the earth.

337 : 9100

He is not seen to be coming or going; He is the Knower of all. ||4||1||11||62||

337 : 9101

Gauree Poorbee:

337 : 9102

Don't wish for a home in heaven, and don't be afraid to live in hell.

337 : 9103

Whatever will be will be, so don't get your hopes up in your mind. ||1||

337 : 9104

Sing the Glorious Praises of the Lord,

337 : 9105

from whom the most excellent treasure is obtained. ||1||Pause||

337 : 9106

What good is chanting, penance or self–mortification? What good is fasting or cleansing baths,

337 : 9107

unless you know the way to worship the Lord God with loving devotion? ||2||

337 : 9108

Don't feel so delighted at the sight of wealth, and don't weep at the sight of suffering and adversity.

337 : 9109

As is wealth, so is adversity; whatever the Lord proposes, comes to pass. ||3||

337 : 9110

Says Kabeer, now I know that the Lord dwells within the hearts of His Saints;

337 : 9111

that servant performs the best service, whose heart is filled with the Lord. ||4||1||12||63||

337 : 9112

Gauree:

337 : 9113

O my mind, even if you carry someone's burden, they don't belong to you.

337 : 9114

This world is like the perch of the bird on the tree. ||1||

337 : 9115

I drink in the sublime essence of the Lord.

337 : 9116

With the taste of this essence, I have forgotten all other tastes. ||1||Pause||

337 : 9117

Why should we weep at the death of others, when we ourselves are not permanent?

337 : 9118

Whoever is born shall pass away; why should we cry out in grief? ||2||

337 : 9119

We are re-absorbed into the One from whom we came; drink in the Lord's essence, and remain attached to Him.

337 : 9120

Says Kabeer, my consciousness is filled with thoughts of remembrance of the Lord; I have become detached from the world. ||3||2||13||64||

337 : 9121

Raag Gauree:

337 : 9122

The bride gazes at the path, and sighs with tearful eyes.

— Raag Gauree – Part 187 —

Raag Gauree – Part 188

338 : 9123

Her heart is not happy, but she does not retrace her steps, in hopes of seeing the Blessed Vision of the Lord's Darshan. ||1||

338 : 9124

So fly away, black crow,

338 : 9125

so that I may quickly meet my Beloved Lord. ||1||Pause||

338 : 9126

Says Kabeer, to obtain the status of eternal life, worship the Lord with devotion.

338 : 9127

The Name of the Lord is my only Support; with my tongue, I chant the Lord's Name.
||2||1||14||65||

338 : 9128

Raag Gauree 11:

338 : 9129

All around, there are thick bushes of sweet basil, and there in the midst of the forest, the Lord is singing with joy.

338 : 9130

Beholding His wondrous beauty, the milk-maid was entranced, and said, "Please don't leave me; please don't come and go!"||1||

338 : 9131

My mind is attached to Your Feet, O Archer of the Universe;

338 : 9132

he alone meets You, who is blessed by great good fortune. ||1||Pause||

338 : 9133

In Brindaaban, where Krishna grazes his cows, he entices and fascinates my mind.

338 : 9134

You are my Lord Master, the Archer of the Universe; my name is Kabeer. ||2||2||15||66||

338 : 9135

Gauree Poorbee 12:

338 : 9136

Many people wear various robes, but what is the use of living in the forest?

338 : 9137

What good does it do if a man burns incense before his gods? What good does it do to dip one's body in water? ||1||

338 : 9138

O soul, I know that I will have to depart.

338 : 9139

You ignorant idiot: understand the Imperishable Lord.

338 : 9140

Whatever you see, you will not see that again, but still, you cling to Maya. ||1||Pause||

338 : 9141

The spiritual teachers, meditators and the great preachers are all engrossed in these worldly affairs.

338 : 9142

Says Kabeer, without the Name of the One Lord, this world is blinded by Maya.
||2||1||16||67||

338 : 9143

Gauree 12:

338 : 9144

O people, O victims of this Maya, abandon your doubts and dance out in the open.

338 : 9145

What sort of a hero is one who is afraid to face the battle? What sort of satee is she who, when her time comes, starts collecting her pots and pans? ||1||

338 : 9146

Stop your wavering, O crazy people!

338 : 9147

Now that you have taken up the challenge of death, let yourself burn and die, and attain perfection. ||1||Pause||

338 : 9148

The world is engrossed in sexual desire, anger and Maya; in this way it is plundered and ruined.

338 : 9149

Says Kabeer, do not forsake the Lord, your Sovereign King, the Highest of the High.
||2||2||17||68||

338 : 9150

Gauree 13:

338 : 9151

Your Command is upon my head, and I no longer question it.

338 : 9152

You are the river, and You are the boatman; salvation comes from You. ||1||

338 : 9153

O human being, embrace the Lord's meditation,

338 : 9154

whether your Lord and Master is angry with you or in love with you. ||1||Pause||

338 : 9155

Your Name is my Support, like the flower blossoming in the water.

338 : 9156

Says Kabeer, I am the slave of Your home; I live or die as You will. ||2||18||69||

338 : 9157

Gauree:

338 : 9158

Wandering through 8.4 million incarnations, Krishna's father Nand was totally exhausted.

338 : 9159

Because of his devotion, Krishna was incarnated in his home; how great was the good fortune of this poor man! ||1||

338 : 9160

You say that Krishna was Nand's son, but whose son was Nand himself?

338 : 9161

When there was no earth or ether or the ten directions, where was this Nand then?

||1||Pause||

-- Raag Gauree – Part 188 --

Raag Gauree – Part 189

339 : 9162

He does not fall into misfortune, and He does not take birth; His Name is the Immaculate Lord.

339 : 9163

Kabeer's Lord is such a Lord and Master, who has no mother or father. ||2||19||70||

339 : 9164

Gauree:

339 : 9165

Slander me, slander me – go ahead, people, and slander me.

339 : 9166

Slander is pleasing to the Lord's humble servant.

339 : 9167

Slander is my father, slander is my mother. ||1||Pause||

339 : 9168

If I am slandered, I go to heaven;

339 : 9169

the wealth of the Naam, the Name of the Lord, abides within my mind.

339 : 9170

If my heart is pure, and I am slandered,

339 : 9171

then the slanderer washes my clothes. ||1||

339 : 9172

One who slanders me is my friend;

339 : 9173

the slanderer is in my thoughts.

339 : 9174

The slanderer is the one who prevents me from being slandered.

339 : 9175

The slanderer wishes me long life. ||2||

339 : 9176

I have love and affection for the slanderer.

339 : 9177

Slander is my salvation.

339 : 9178

Slander is the best thing for servant Kabeer.

339 : 9179

The slanderer is drowned, while I am carried across. ||3||20||71||

339 : 9180

O my Sovereign Lord King, You are Fearless; You are the Carrier to carry us across, O my Lord King. ||1||Pause||

339 : 9181

When I was, then You were not; now that You are, I am not.

339 : 9182

Now, You and I have become one; seeing this, my mind is content. ||1||

339 : 9183

When there was wisdom, how could there be strength? Now that there is wisdom, strength cannot prevail.

339 : 9184

Says Kabeer, the Lord has taken away my wisdom, and I have attained spiritual perfection. ||2||21||72||

339 : 9185

Gauree:

339 : 9186

He fashioned the body chamber with six rings, and placed within it the incomparable thing.

339 : 9187

He made the breath of life the watchman, with lock and key to protect it; the Creator did this in no time at all. ||1||

339 : 9188

Keep your mind awake and aware now, O Sibling of Destiny.

339 : 9189

You were careless, and you have wasted your life; your home is being plundered by thieves. ||1||Pause||

339 : 9190

The five senses stand as guards at the gate, but now can they be trusted?

339 : 9191

When you are conscious in your consciousness, you shall be enlightened and illuminated.
||2||

339 : 9192

Seeing the nine openings of the body, the soul-bride is led astray; she does not obtain that incomparable thing.

339 : 9193

Says Kabeer, the nine openings of the body are being plundered; rise up to the Tenth Gate, and discover the true essence. ||3||22||73||

339 : 9194

Gauree:

339 : 9195

O mother, I do not know any other, except Him.

339 : 9196

My breath of life resides in Him, whose praises are sung by Shiva and Sanak and so many others. ||Pause||

339 : 9197

My heart is illuminated by spiritual wisdom; meeting the Guru, I meditate in the Sky of the Tenth Gate.

339 : 9198

The diseases of corruption, fear and bondage have run away; my mind has come to know peace in its own true home. ||1||

339 : 9199

Imbued with a balanced single-mindedness, I know and obey God; nothing else enters my mind.

339 : 9200

My mind has become fragrant with the scent of sandalwood; I have renounced egotistical selfishness and conceit. ||2||

339 : 9201

That humble being, who sings and meditates on the Praises of his Lord and Master, is the dwelling-place of God.

339 : 9202

He is blessed with great good fortune; the Lord abides in his mind. Good karma radiates from his forehead. ||3||

339 : 9203

I have broken the bonds of Maya; the intuitive peace and poise of Shiva has dawned within me, and I am merged in oneness with the One.

-- Raag Gauree – Part 189 --

Raag Gauree – Part 190

340 : 9204

Says Kabeer, meeting the Guru, I have found absolute peace. My mind has ceased its wanderings; I am happy. ||4||23||74||

340 : 9205

Raag Gauree Poorbee, Baawan Akhree Of Kabeer Jee:

340 : 9206

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

340 : 9207

Through these fifty-two letters, the three worlds and all things are described.

340 : 9208

These letters shall perish; they cannot describe the Imperishable Lord. ||1||

340 : 9209

Wherever there is speech, there are letters.

340 : 9210

Where there is no speech, there, the mind rests on nothing.

340 : 9211

He is in both speech and silence.

340 : 9212

No one can know Him as He is. ||2||

340 : 9213

If I come to know the Lord, what can I say; what good does it do to speak?

340 : 9214

He is contained in the seed of the banyan–tree, and yet, His expanse spreads across the three worlds. ||3||

340 : 9215

One who knows the Lord understands His mystery, and bit by bit, the mystery disappears.

340 : 9216

Turning away from the world, one's mind is pierced through with this mystery, and one obtains the Indestructible, Impenetrable Lord. ||4||

340 : 9217

The Muslim knows the Muslim way of life; the Hindu knows the Vedas and Puraanas.

340 : 9218

To instruct their minds, people ought to study some sort of spiritual wisdom. ||5||

340 : 9219

I know only the One, the Universal Creator, the Primal Being.

340 : 9220

I do not believe in anyone whom the Lord writes and erases.

340 : 9221

If someone knows the One, the Universal Creator,

340 : 9222

he shall not perish, since he knows Him. ||6||

340 : 9223

KAKKA: When the rays of Divine Light come into the heart–lotus,

340 : 9224

the moon–light of Maya cannot enter the basket of the mind.

340 : 9225

And if one obtains the subtle fragrance of that spiritual flower,

340 : 9226

he cannot describe the indescribable; he could speak, but who would understand? ||7||

340 : 9227

KHAKHA: The mind has entered this cave.

340 : 9228

It does not leave this cave to wander in the ten directions.

340 : 9229

Knowing their Lord and Master, people show compassion;

340 : 9230

then, they become immortal, and attain the state of eternal dignity. ||8||

340 : 9231

GAGGA: One who understands the Guru's Word

340 : 9232

does not listen to anything else.

340 : 9233

He remains like a hermit and does not go anywhere,

340 : 9234

when he grasps the Ungraspable Lord and dwells in the sky of the Tenth Gate. ||9||

340 : 9235

GHAGHA: He dwells in each and every heart.

340 : 9236

Even when the body–pitcher bursts, he does not diminish.

340 : 9237

When someone finds the Path to the Lord within his own heart,

340 : 9238

why should he abandon that Path to follow some other path? ||10||

340 : 9239

NGANGA: Restrain yourself, love the Lord, and dismiss your doubts.

340 : 9240

Even if you do not see the Path, do not run away; this is the highest wisdom. ||11||

340 : 9241

CHACHA: He painted the great picture of the world.

340 : 9242

Forget this picture, and remember the Painter.

340 : 9243

This wondrous painting is now the problem.

340 : 9244

Forget this picture and focus your consciousness on the Painter. ||12||

340 : 9245

CHHACHHA: The Sovereign Lord of the Universe is here with you.

340 : 9246

Why are you so unhappy? Why don't you abandon your desires?

340 : 9247

O my mind, each and every moment I try to instruct you,

340 : 9248

but you forsake Him, and entangle yourself with others. ||13||

340 : 9249

JAJJA: If someone burns his body while he is still alive,

340 : 9250

and burns away the desires of his youth, then he finds the right way.

340 : 9251

When he burns his desire for his own wealth, and that of others,

340 : 9252

then he finds the Divine Light. ||14||

-- Raag Gauree – Part 190 --

Raag Gauree – Part 191

341 : 9253

JHAJHA: You are entangled in the world, and you do not know how to get untangled.

341 : 9254

You hold back in fear, and are not approved by the Lord.

341 : 9255

Why do you talk such nonsense, trying to convince others?

341 : 9256

Stirring up arguments, you shall only obtain more arguments. ||15||

341 : 9257

NYANYA: He dwells near you, deep within your heart; why do you leave Him and go far away?

341 : 9258

I searched the whole world for Him, but I found Him near myself. ||16||

341 : 9259

TATTA: It is such a difficult path, to find Him within your own heart.

341 : 9260

Open the doors within, and enter the Mansion of His Presence.

341 : 9261

Beholding the Immovable Lord, you shall not slip and go anywhere else.

341 : 9262

You shall remain firmly attached to the Lord, and your heart will be happy. ||17||

341 : 9263

T'HAT'HA: Keep yourself far away from this mirage.

341 : 9264

With great difficulty, I have calmed my mind.

341 : 9265

That cheater, who cheated and devoured the whole world

341 : 9266

– I have cheated that cheater, and my mind is now at peace. ||18||

341 : 9267

DADDA: When the Fear of God wells up, other fears depart.

341 : 9268

Other fears are absorbed into that Fear.

341 : 9269

When one rejects the Fear of God, then other fears cling to him.

341 : 9270

But if he becomes fearless, the fears of his heart run away. ||19||

341 : 9271

DHADHA: Why do you search in other directions?

341 : 9272

Searching for Him like this, the breath of life runs out.

341 : 9273

When I returned after climbing the mountain,

341 : 9274

I found Him in the fortress – the fortress which He Himself made. ||20||

341 : 9275

NANNA: The warrior who fights on the battle–field should keep up and press on.

341 : 9276

He should not yield, and he should not retreat.

341 : 9277

Blessed is the coming of one

341 : 9278

who conquers the one and renounces the many. ||21||

341 : 9279

TATTA: The impassable world–ocean cannot be crossed over;

341 : 9280

the body remains embroiled in the three worlds.

341 : 9281

But when the Lord of the three worlds enters into the body,

341 : 9282

then one's essence merges with the essence of reality, and the True Lord is attained. ||22||

341 : 9283

T'HAT'HA: He is Unfathomable; His depths cannot be fathomed.

341 : 9284

He is Unfathomable; this body is impermanent, and unstable.

341 : 9285

The mortal builds his dwelling upon this tiny space;

341 : 9286

without any pillars, he wishes to support a mansion. ||23||

341 : 9287

DADDA: Whatever is seen shall perish.

341 : 9288

Contemplate the One who is unseen.

341 : 9289

When the key is inserted in the Tenth Gate,

341 : 9290

then the Blessed Vision of the Merciful Lord's Darshan is seen. ||24||

341 : 9291

DHADHA: When one ascends from the lower realms of the earth to the higher realms of the heavens, then everything is resolved.

341 : 9292

The Lord dwells in both the lower and higher worlds.

341 : 9293

Leaving the earth, the soul ascends to the heavens;

341 : 9294

then, the lower and higher join together, and peace is obtained. ||25||

341 : 9295

NANNA: The days and nights go by; I am looking for the Lord.

341 : 9296

Looking for Him, my eyes have become blood–shot.

341 : 9297

After looking and looking,when He is finally found,

341 : 9298

then the one who was looking merges into the One who was looked for. ||26||

341 : 9299

PAPPA: He is limitless; His limits cannot be found.

341 : 9300

I have attuned myself to the Supreme Light.

341 : 9301

One who controls his five senses

341 : 9302

risers above both sin and virtue. ||27||

341 : 9303

FAFFA: Even without the flower, the fruit is produced.

341 : 9304

One who looks at a slice of that fruit

341 : 9305

and reflects on it, will not be consigned to reincarnation.

341 : 9306

A slice of that fruit slices all bodies. ||28||

341 : 9307

BABBA: When one drop blends with another drop,

341 : 9308

then these drops cannot be separated again.

341 : 9309

Become the Lord's slave, and hold tight to His meditation.

— Raag Gauree – Part 191 —

Raag Gauree – Part 192

342 : 9310

If you turn your thoughts to the Lord, the Lord will take care of you like a relative. ||29||

342 : 9311

BHABHA: When doubt is pierced, union is achieved.

342 : 9312

I have shattered my fear, and now I have come to have faith.

342 : 9313

I thought that He was outside of me, but now I know that He is within me.

342 : 9314

When I came to understand this mystery, then I recognized the Lord. ||30||

342 : 9315

MAMMA: Clinging to the source, the mind is satisfied.

342 : 9316

One who knows this mystery understands his own mind.

342 : 9317

Let no one delay in uniting his mind.

342 : 9318

Those who obtain the True Lord are immersed in delight. ||31||

342 : 9319

MAMMA: The mortal's business is with his own mind; one who disciplines his mind attains perfection.

342 : 9320

Only the mind can deal with the mind; says Kabeer, I have not met anything like the mind. ||32||

342 : 9321

This mind is Shakti; this mind is Shiva.

342 : 9322

This mind is the life of the five elements.

342 : 9323

When this mind is channeled, and guided to enlightenment,

342 : 9324

it can describe the secrets of the three worlds. ||33||

342 : 9325

YAYYA: If you know anything, then destroy your evil-mindedness, and subjugate the body-village.

342 : 9326

When you are engaged in the battle, don't run away; then, you shall be known as a spiritual hero. ||34||

342 : 9327

RARRA: I have found tastes to be tasteless.

342 : 9328

Becoming tasteless, I have realized that taste.

342 : 9329

Abandoning these tastes, I have found that taste.

342 : 9330

Drinking in that taste, this taste is no longer pleasing. ||35||

342 : 9331

LALLA: Embrace such love for the Lord in your mind,

342 : 9332

that you shall not have to go to any other; you shall attain the supreme truth.

342 : 9333

And if you embrace love and affection for Him there,

342 : 9334

then you shall obtain the Lord; obtaining Him, you shall be absorbed in His Feet. ||36||

342 : 9335

WAWA: Time and time again, dwell upon the Lord.

342 : 9336

Dwelling upon the Lord, defeat shall not come to you.

342 : 9337

I am a sacrifice, a sacrifice to those, who sing the praises of the Saints, the sons of the Lord.

342 : 9338

Meeting the Lord, total Truth is obtained. ||37||

342 : 9339

WAWA: Know Him. By knowing Him, this mortal becomes Him.

342 : 9340

When this soul and that Lord are blended, then, having been blended, they cannot be known separately. ||38||

342 : 9341

SASSA: Discipline your mind with sublime perfection.

342 : 9342

Refrain from that talk which attracts the heart.

342 : 9343

The heart is attracted, when love wells up.

342 : 9344

The King of the three worlds is perfectly pervading and permeating there. ||39||

342 : 9345

KHAKHA: Anyone who seeks Him, and by seeking Him, finds Him, shall not be born again.

342 : 9346

When someone seeks Him, and comes to understand and contemplate Him,

342 : 9347

then he crosses over the terrifying world–ocean in an instant. ||40||

342 : 9348

SASSA: The bed of the soul–bride is adorned by her Husband Lord;

342 : 9349

her skepticism is dispelled.

342 : 9350

Renouncing the shallow pleasures of the world, she obtains the supreme delight.

342 : 9351

Then, she is the soul–bride; He is called her Husband Lord. ||41||

342 : 9352

HAHA: He exists, but He is not known to exist.

342 : 9353

When He is known to exist, then the mind is pleased and appeased.

342 : 9354

Of course the Lord exists, if one could only understand Him.

342 : 9355

Then, He alone exists, and not this mortal being. ||42||

342 : 9356

Everyone goes around saying, "I'll take this, and I'll take that."

342 : 9357

Because of that, they suffer in terrible pain.

342 : 9358

When someone comes to love the Lord of Lakhshmi,

342 : 9359

his sorrow departs, and he obtains total peace. ||43||

342 : 9360

KHAKHA: Many have wasted their lives, and then perished.

342 : 9361

Wasting away, they do not remember the Lord, even now.

342 : 9362

But if someone, even now, comes to know the transitory nature of the world and restrain his mind,

342 : 9363

he shall find his permanent home, from which he was separated. ||44||

-- Raag Gauree – Part 192 --

Raag Gauree – Part 193

343 : 9364

The fifty–two letters have been joined together.

343 : 9365

But people cannot recognize the One Word of God.

343 : 9366

Kabeer speaks the Shabad, the Word of Truth.

343 : 9367

One who is a Pandit, a religious scholar, must remain fearless.

343 : 9368

It is the business of the scholarly person to join letters.

343 : 9369

The spiritual person contemplates the essence of reality.

343 : 9370

According to the wisdom within the mind,

343 : 9371

says Kabeer, so does one come to understand. ||45||

343 : 9372

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

343 : 9373

Raag Gauree, T'hitee ~ The Lunar Days Of Kabeer Jee:

343 : 9374

Shalok:

343 : 9375

There are fifteen lunar days, and seven days of the week.

343 : 9376

Says Kabeer, it is neither here nor there.

343 : 9377

When the Siddhas and seekers come to know the Lord's mystery,

343 : 9378

they themselves become the Creator; they themselves become the Divine Lord. ||1||

343 : 9379

T'HITEE:

343 : 9380

On the day of the new moon, give up your hopes.

343 : 9381

Remember the Lord, the Inner-knower, the Searcher of hearts.

343 : 9382

You shall attain the Gate of Liberation while yet alive.

343 : 9383

You shall come to know the Shabad, the Word of the Fearless Lord, and the essence of your own inner being. ||1||

343 : 9384

One who enshrines love for the Lotus Feet of the Lord of the Universe

343 : 9385

– by the Grace of the Saints, her mind becomes pure; night and day, she remains awake and aware, singing the Kirtan of the Lord's Praises. ||1||Pause||

343 : 9386

On the first day of the lunar cycle, contemplate the Beloved Lord.

343 : 9387

He is playing within the heart; He has no body – He is Infinite.

343 : 9388

The pain of death never consumes that person

343 : 9389

who remains absorbed in the Primal Lord God. ||2||

343 : 9390

On the second day of the lunar cycle, know that there are two beings within the fiber of the body.

343 : 9391

Maya and God are blended with everything.

343 : 9392

God does not increase or decrease.

343 : 9393

He is unknowable and immaculate; He does not change. ||3||

343 : 9394

On the third day of the lunar cycle, one who maintains his equilibrium amidst the three modes

343 : 9395

finds the source of ecstasy and the highest status.

343 : 9396

In the Saadh Sangat, the Company of the Holy, faith wells up.

343 : 9397

Outwardly, and deep within, God's Light is always radiant. ||4||

343 : 9398

On the fourth day of the lunar cycle, restrain your fickle mind,

343 : 9399

and do not ever associate with sexual desire or anger.

343 : 9400

On land and sea, He Himself is in Himself.

343 : 9401

He Himself meditates and chants His Chant. ||5||

343 : 9402

On the fifth day of the lunar cycle, the five elements expand outward.

343 : 9403

Men are occupied in the pursuit of gold and women.

343 : 9404

How rare are those who drink in the pure essence of the Lord's Love.

343 : 9405

They shall never again suffer the pains of old age and death. ||6||

343 : 9406

On the sixth day of the lunar cycle, the six chakras run in six directions.

343 : 9407

Without enlightenment, the body does not remain steady.

343 : 9408

So erase your duality and hold tight to forgiveness,

343 : 9409

and you will not have to endure the torture of karma or religious rituals. ||7||

343 : 9410

On the seventh day of the lunar cycle, know the Word as True,

343 : 9411

and you shall be accepted by the Lord, the Supreme Soul.

343 : 9412

Your doubts shall be eradicated, and your pains eliminated,

343 : 9413

and in the ocean of the celestial void, you shall find peace. ||8||

343 : 9414

On the eighth day of the lunar cycle, the body is made of the eight ingredients.

343 : 9415

Within it is the Unknowable Lord, the King of the supreme treasure.

343 : 9416

The Guru, who knows this spiritual wisdom, reveals the secret of this mystery.

343 : 9417

Turning away from the world, He abides in the Unbreakable and Impenetrable Lord. ||9||

343 : 9418

On the ninth day of the lunar cycle, discipline the nine gates of the body.

343 : 9419

Keep your pulsating desires restrained.

343 : 9420

Forget all your greed and emotional attachment;

— Raag Gauree – Part 193 —

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344 : 9421

you shall live throughout the ages, eating the fruit of immortality. ||10||

344 : 9422

On the tenth day of the lunar cycle, there is ecstasy in all directions.

344 : 9423

Doubt is dispelled, and the Lord of the Universe is met.

344 : 9424

He is the Embodiment of light, the incomparable essence.

344 : 9425

He is stainless, without stain, beyond both sunshine and shade. ||11||

344 : 9426

On the eleventh day of the lunar cycle, if you run in the direction of the One,

344 : 9427

you will not have to suffer the pains of reincarnation again.

344 : 9428

Your body will become cool, immaculate and pure.

344 : 9429

The Lord was said to be far away, but He is found near at hand. ||12||

344 : 9430

On the twelfth day of the lunar cycle, twelve suns rise.

344 : 9431

Day and night, the celestial bugles vibrate the unstruck melody.

344 : 9432

Then, one beholds the Father of the three worlds.

344 : 9433

This is wonderful! The human being has become God! ||13||

344 : 9434

On the thirteenth day of the lunar cycle, the thirteen holy books proclaim

344 : 9435

that you must recognize the Lord in the nether regions of the underworld as well as the heavens.

344 : 9436

There is no high or low, no honor or dishonor.

344 : 9437

The Lord is pervading and permeating all. ||14||

344 : 9438

On the fourteenth day of the lunar cycle, in the fourteen worlds

344 : 9439

and on each and every hair, the Lord abides.

344 : 9440

Center yourself and meditate on truth and contentment.

344 : 9441

Speak the speech of God's spiritual wisdom. ||15||

344 : 9442

On the day of the full moon, the full moon fills the heavens.

344 : 9443

Its power is diffused through its gentle light.

344 : 9444

In the beginning, in the end, and in the middle, God remains firm and steady.

344 : 9445

Kabeer is immersed in the ocean of peace. ||16||

344 : 9446

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

344 : 9447

Raag Gauree, The Seven Days Of The Week Of Kabeer Jee:

344 : 9448

Sing the Glorious Praises of the Lord each and every day.

344 : 9449

Meeting with the Guru, you shall come to know the mystery of the Lord. ||1||Pause||

344 : 9450

On Sunday, begin the devotional worship of the Lord,

344 : 9451

and restrain the desires within the temple of the body.

344 : 9452

When your attention is focused day and night upon that imperishable place,

344 : 9453

then the celestial flutes play the unstruck melody in tranquil peace and poise. ||1||

344 : 9454

On Monday, the Ambrosial Nectar trickles down from the moon.

344 : 9455

Tasting it, all poisons are removed in an instant.

344 : 9456

Restrained by Gurbani, the mind remains indoors;

344 : 9457

drinking in this Nectar, it is intoxicated. ||2||

344 : 9458

On Tuesday, understand reality;

344 : 9459

you must know the way the five thieves work.

344 : 9460

Those who leave their own home to go out wandering

344 : 9461

shall feel the terrible wrath of the Lord, their King. ||3||

344 : 9462

On Wednesday, one's understanding is enlightened.

344 : 9463

The Lord comes to dwell in the lotus of the heart.

344 : 9464

Meeting the Guru, one comes to look alike upon pleasure and pain,

344 : 9465

and the inverted lotus is turned upright. ||4||

344 : 9466

On Thursday, wash off your corruption.

344 : 9467

Forsake the trinity, and attach yourself to the One God.

344 : 9468

At the confluence of the three rivers of knowledge, right action and devotion, there,

344 : 9469

why not wash away your sinful mistakes? ||5||

344 : 9470

On Friday, keep up and complete your fast;

344 : 9471

day and night, you must fight against your own self.

344 : 9472

If you restrain your five senses,

344 : 9473

then you shall not cast your glance on another. ||6||

344 : 9474

On Saturday, keep the candle of God's Light steady within your heart;

344 : 9475

you will be enlightened, inwardly and outwardly.

344 : 9476

All your karma will be erased. ||7||

-- Raag Gauree – Part 194 --

Raag Gauree – Part 195

345 : 9477

Know that as long as you place your hopes in others,

345 : 9478

you shall not find the Mansion of the Lord's Presence.

345 : 9479

When you embrace love for the Lord,

345 : 9480

says Kabeer, then, you shall become pure in your very fiber. ||8||1||

345 : 9481

Raag Gauree Chaytee, The Word Of Naam Dayv Jee:

345 : 9482

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

345 : 9483

God makes even stones float.

345 : 9484

So why shouldn't Your humble slave also float across, chanting Your Name, O Lord?
||1||Pause||

345 : 9485

You saved the prostitute, and the ugly hunch-back; You helped the hunter and Ajaamal swim across as well.

345 : 9486

The hunter who shot Krishna in the foot – even he was liberated.

345 : 9487

I am a sacrifice, a sacrifice to those who chant the Lord's Name. ||1||

345 : 9488

You saved Bidur, the son of the slave-girl, and Sudama; You restored Ugrasain to his throne.

345 : 9489

Without meditation, without penance, without a good family, without good deeds, Naam Dayv's Lord and Master saved them all. ||2||1||

345 : 9490

Raag Gauree, Padas Of Ravi Daas Jee, Gauree Gwaarayree:

345 : 9491

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

345 : 9492

The company I keep is wretched and low, and I am anxious day and night;

345 : 9493

my actions are crooked, and I am of lowly birth. ||1||

345 : 9494

O Lord, Master of the earth, Life of the soul,

345 : 9495

please do not forget me! I am Your humble servant. ||1||Pause||

345 : 9496

Take away my pains, and bless Your humble servant with Your Sublime Love.

345 : 9497

I shall not leave Your Feet, even though my body may perish. ||2||

345 : 9498

Says Ravi Daas, I seek the protection of Your Sanctuary;

345 : 9499

please, meet Your humble servant – do not delay! ||3||1||

345 : 9500

Baygumpura, 'the city without sorrow', is the name of the town.

345 : 9501

There is no suffering or anxiety there.

345 : 9502

There are no troubles or taxes on commodities there.

345 : 9503

There is no fear, blemish or downfall there. ||1||

345 : 9504

Now, I have found this most excellent city.

345 : 9505

There is lasting peace and safety there, O Siblings of Destiny. ||1||Pause||

345 : 9506

God's Kingdom is steady, stable and eternal.

345 : 9507

There is no second or third status; all are equal there.

345 : 9508

That city is populous and eternally famous.

345 : 9509

Those who live there are wealthy and contented. ||2||

345 : 9510

They stroll about freely, just as they please.

345 : 9511

They know the Mansion of the Lord's Presence, and no one blocks their way.

345 : 9512

Says Ravi Daas, the emancipated shoe-maker:

345 : 9513

whoever is a citizen there, is a friend of mine. ||3||2||

345 : 9514

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

345 : 9515

Gauree Bairaagan, Ravi Daas Jee:

345 : 9516

The path to God is very treacherous and mountainous, and all I have is this worthless ox.

345 : 9517

I offer this one prayer to the Lord, to preserve my capital. ||1||

345 : 9518

Is there any merchant of the Lord to join me? My cargo is loaded, and now I am leaving.
||1||Pause||

-- Raag Gauree – Part 195 --

Raag Gauree – Part 196

346 : 9519

I am the merchant of the Lord; I deal in spiritual wisdom.

346 : 9520

I have loaded the Wealth of the Lord's Name; the world has loaded poison. ||2||

346 : 9521

O you who know this world and the world beyond: write whatever nonsense you please about me.

346 : 9522

The club of the Messenger of Death shall not strike me, since I have cast off all entanglements. ||3||

346 : 9523

Love of this world is like the pale, temporary color of the safflower.

346 : 9524

The color of my Lord's Love, however, is permanent, like the dye of the madder plant. So says Ravi Daas, the tanner. ||4||1||

346 : 9525

Gauree Poorbee, Ravi Daas Jee:

346 : 9526

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

346 : 9527

The frog in the deep well knows nothing of its own country or other lands;

346 : 9528

just so, my mind, infatuated with corruption, understands nothing about this world or the next. ||1||

346 : 9529

O Lord of all worlds: reveal to me, even for an instant, the Blessed Vision of Your Darshan. ||1||Pause||

346 : 9530

My intellect is polluted; I cannot understand Your state, O Lord.

346 : 9531

Take pity on me, dispel my doubts, and teach me true wisdom. ||2||

346 : 9532

Even the great Yogis cannot describe Your Glorious Virtues; they are beyond words.

346 : 9533

I am dedicated to Your loving devotional worship, says Ravi Daas the tanner. ||3||1||

346 : 9534

Gauree Bairaagan:

346 : 9535

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

346 : 9536

In the Golden Age of Sat Yuga, was Truth; in the Silver Age of Trayta Yuga, charitable feasts; in the Brass Age of Dwaapar Yuga, there was worship.

346 : 9537

In those three ages, people held to these three ways. But in the Iron Age of Kali Yuga, the Name of the Lord is your only Support. ||1||

346 : 9538

How can I swim across?

346 : 9539

No one has explained to me,

346 : 9540

so that I might understand how I can escape reincarnation. ||1||Pause||

346 : 9541

So many forms of religion have been described; the whole world is practicing them.

346 : 9542

What actions will bring emancipation, and total perfection? ||2||

346 : 9543

One may distinguish between good and evil actions, and listen to the Vedas and the Puraanas,

346 : 9544

but doubt still persists. Skepticism continually dwells in the heart, so who can eradicate egotistical pride? ||3||

346 : 9545

Outwardly, he washes with water, but deep within, his heart is tarnished by all sorts of vices.

346 : 9546

So how can he become pure? His method of purification is like that of an elephant, covering himself with dust right after his bath! ||4||

346 : 9547

With the rising of the sun, the night is brought to its end; the whole world knows this.

346 : 9548

It is believed that with the touch of the Philosopher's Stone, copper is immediately transformed into gold. ||5||

346 : 9549

When one meets the Supreme Philosopher's Stone, the Guru, if such pre-ordained destiny is written on one's forehead,

346 : 9550

then the soul blends with the Supreme Soul, and the stubborn doors are opened wide. ||6||

346 : 9551

Through the way of devotion, the intellect is imbued with Truth; doubts, entanglements and vices are cut away.

346 : 9552

The mind is restrained, and one attains joy, contemplating the One Lord, who is both with and without qualities. ||7||

346 : 9553

I have tried many methods, but by turning it away, the noose of doubt is not turned away.

346 : 9554

Love and devotion have not welled up within me, and so Ravi Daas is sad and depressed. ||8||1||

-- Raag Gauree --