

## अनंदु साहिब Anand Saahib

रामकली महला ३ अनंदु

raamkalee mehlaa 3 anand

Raamkalee, Third Mehl, Anand ~ The Song Of Bliss:

ੴ सतिगुर प्रसादि ॥

ik-o<sup>N</sup>kaar satgur parsaad.

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

अनंदु भइआ मेरी माए सतिगुरू मै पाइआ ॥

anand bha-i-aa mayree maa-ay satguroo mai paa-i-aa.

I am in ecstasy, O my mother, for I have found my True Guru.

सतिगुरु त पाइआ सहज सेती मनि वजीआ वाधाईआ ॥

satgur ta paa-i-aa sahj saytee man vajee-aa vaaDhaa-ee-aa.

I have found the True Guru, with intuitive ease, and my mind vibrates with the music of bliss.

राग रतन परवार परीआ सबद गावण आईआ ॥

raag ratan parvaar paree-aa sabad gaavan aa-ee-aa.

The jewelled melodies and their related celestial harmonies have come to sing the Word of the Shabad.

सबदो त गावहु हरी केरा मनि जिनी वसाइआ ॥

sabdo ta gaavhu haree kayraa man jinee vasaa-i-aa.

The Lord dwells within the minds of those who sing the Shabad.

कहै नानकु अनंदु होआ सतिगुरू मै पाइआ ॥१॥

kahai naanak anand ho-aa satguroo mai paa-i-aa. ||1||

Says Nanak, I am in ecstasy, for I have found my True Guru. ||1||

ए मन मेरिआ तू सदा रहु हरि नाले ॥

ay man mayri-aa too sadaa rahu har naalay.

O my mind, remain always with the Lord.

हरि नालि रहु तू मंन मेरे दूख सभि विसारणा ॥

har naal rahu too man mayray dookh sabh visaarnaa.

Remain always with the Lord, O my mind, and all sufferings will be forgotten.

अंगीकारु ओहु करे तेरा कारज सभि सवारणा ॥

angeekaar oh karay tayraa kaaraj sabh savaarnaa.

He will accept You as His own, and all your affairs will be perfectly arranged.

सभना गला समरथु सुआमी सो किउ मनहु विसारे ॥

sabhnaa galaa samrath su-aamee so ki-o manhu visaaray.

Our Lord and Master is all-powerful to do all things, so why forget Him from your mind?

कहै नानकु मंन मेरे सदा रहु हरि नाले ॥२॥

kahai naanak man mayray sadaa rahu har naalay. ||2||

Says Nanak, O my mind, remain always with the Lord. ||2||

साचे साहिबा किआ नाही घरि तेरै ॥

saachay saahibaa ki-aa naahee ghar tayrai.

O my True Lord and Master, what is there which is not in Your celestial home?

घरि त तेरै सभु किछु है जिसु देहि सु पावए ॥

ghar ta tayrai sabh kichh hai jis deh so paav-ay.

Everything is in Your home; they receive, unto whom You give.

सदा सिफति सलाह तेरी नामु मनि वसावए ॥

sadaa sifat salaah tayree naam man vasaava-ay.

Constantly singing Your Praises and Glories, Your Name is enshrined in the mind.

नामु जिन कै मनि वसिआ वाजे सबद घनेरे ॥

naam jin kai man vasi-aa vaajay sabad ghanayray.

The divine melody of the Shabad vibrates for those, within whose minds the Naam abides.

कहै नानकु सचे साहिब किआ नाही घरि तेरै ॥३॥

kahai naanak sachay saahib ki-aa naahee ghar tayrai. ||3||

Says Nanak, O my True Lord and Master, what is there which is not in Your home? ||3||

साचा नामु मेरा आधारो ॥

saachaa naam mayraa aaDhaaro.

The True Name is my only support.

साचु नामु अधारु मेरा जिनि भुखा सभि गवाईआ ॥

saach naam aDhaar mayraa jin bhukhaa sabh gavaa-ee-aa.

The True Name is my only support; it satisfies all hunger.

करि सांति सुख मनि आइ वसिआ जिनि इच्छा सभि पुजाईआ ॥

kar saa<sup>Nt</sup> sukh man aa-ay vasi-aa jin ichhaa sabh pujaa-ee-aa.

It has brought peace and tranquility to my mind; it has fulfilled all my desires.

सदा कुरबाणु कीता गुरु विटहु जिस दीआ एहि वडिआईआ ॥

sadaa kurbaan keetaa guroo vitahu jis dee-aa ayhi vadi-aa-ee-aa.

I am forever a sacrifice to the Guru, who possesses such glorious greatness.

कहै नानकु सुणहु संतहु सबदि धरहु पिआरो ॥

kahai naanak sunhu santahu sabad Dharahu pi-aaro.

Says Nanak, listen, O Saints; enshrine love for the Shabad.

साचा नामु मेरा आधारो ॥४॥

saachaa naam mayraa aaDhaaro. ||4||

The True Name is my only support. ||4||

वाजे पंच सबद तितु घरि सभागै ॥

vaajay panch sabad tit ghar sabhaagai.

The Panch Shabad, the five primal sounds, vibrate in that blessed house.

घरि सभागै सबद वाजे कला जितु घरि धारीआ ॥

ghar sabhaagai sabad vaajay kalaa jit ghar Dhaaree-aa.

In that blessed house, the Shabad vibrates; He infuses His almighty power into it.

पंच दूत तुधु वसि कीते कालु कंटकु मारिआ ॥

panch doot tuDh vas keetaa kaal kankak maari-aa.

Through You, we subdue the five demons of desire, and slay Death, the torturer.

धुरि करमि पाइआ तुधु जिन कउ सि नामि हरि कै लागे ॥

Dhur karam paa-i-aa tuDh jin ka-o se naam har kai laagay.

Those who have such pre-ordained destiny are attached to the Lord's Name.

कहै नानकु तह सुखु होआ तितु घरि अनहद वाजे ॥५॥

kahai naanak tah sukh ho-aa tit ghar anhad vaajay. ||5||

Says Nanak, they are at peace, and the unstruck sound current vibrates within their homes.

||5||

साची लिवै बिनु देह निमाणी ॥

saachee livai bin dayh nimaanee.

Without the true love of devotion, the body is without honor.

देह निमाणी लिवै बाझहु किआ करे वेचारीआ ॥

dayh nimaanee livai baajhahu ki-aa karay vaychaaree-aa.

The body is dishonored without devotional love; what can the poor wretches do?

तुधु बाझु समरथ कोइ नाही क्रिपा करि बनवारीआ ॥

tuDh baajh samrath ko-ay naahee kirpaa kar banvaaree-aa.

No one except You is all-powerful; please bestow Your Mercy, O Lord of all nature.

एस नउ होरु थाउ नाही सबदि लागि सवारीआ ॥

ays na-o hor thaa-o naahee sabad laag savaaree-aa.

There is no place of rest, other than the Name; attached to the Shabad, we are embellished with beauty.

कहै नानकु लिवै बाझहु किआ करे वेचारीआ ॥६॥

kahai naanak livai baajhahu ki-aa karay vaychaaree-aa. ||6||

Says Nanak, without devotional love, what can the poor wretches do? ||6||

आनंदु आनंदु सभु को कहै आनंदु गुरु ते जाणिआ ॥

aanand aanand sabh ko kahai aanand guroo tay jaani-aa.

Bliss, bliss - everyone talks of bliss; bliss is known only through the Guru.

जाणिआ आनंदु सदा गुर ते क्रिपा करे पिआरिआ ॥

jaani-aa aanand\_sadaa gur\_tay kirpaa karay pi-aari-aa.

Eternal bliss in known only through the Guru, when the Beloved Lord grants His Grace.

करि किरपा किलविख कटे गिआन अंजनु सारिआ ॥

kar kirpaa kilvikh\_katay gi-aan anjan saari-aa.

Granting His Grace, He cuts away our sins; He blesses us with the healing ointment of spiritual wisdom.

अंदरहु जिन का मोहु तुटा तिन का सबदु सचै सवारिआ ॥

and\_rahu jin kaa moh\_tutaa\_tin kaa sabad\_sachai savaari-aa.

Those who eradicate attachment from within themselves, are adorned with the Shabad, the Word of the True Lord.

कहै नानकु एहु अनंदु है आनंदु गुर ते जाणिआ ॥७॥

kahai naanak ayhu anand hai aanand\_gur\_tay jaani-aa. ||7||

Says Nanak, this alone is bliss - bliss which is known through the Guru. ||7||

बाबा जिसु तू देहि सोई जनु पावै ॥

baabaa jis\_too\_deh so-ee jan paavai.

O Baba, he alone receives it, unto whom You give it.

पावै त सो जनु देहि जिस नो होरि किआ करहि वेचारिआ ॥

paavai\_tā so jan\_deh jis no hor ki-aa karahi vaychaari-aa.

He alone receives it, unto whom You give it; what can the other poor wretched beings do?

इकि भरमि भूले फिरहि दह दिसि इकि नामि लागि सवारिआ ॥

ik\_bharam bhoolay fireh\_dah\_dis ik naam laag savaari-aa.

Some are deluded by doubt, wandering in the ten directions; some are adorned with attachment to the Naam.

गुर परसादी मनु भइआ निरमलु जिना भाणा भावए ॥

gur\_parsaadee man\_bha-i-aa nirmal jinaa\_bhaanaa\_bhaav-ay.

By Guru's Grace, the mind becomes immaculate and pure, for those who follow God's Will.

कहै नानक जिसु देहि पिआरे सोई जनु पावए ॥८॥

kahai naanak jis deh pi-aaray so-ee jan paav-ay. ||8||

Says Nanak, he alone receives it, unto whom You give it, O Beloved Lord. ||8||

आवहु संत पिआरिहो अकथ की करह कहाणी ॥

aavhu sant pi-aariho akath kee karah kahaanee.

Come, Beloved Saints, let us speak the Unspoken Speech of the Lord.

करह कहाणी अकथ केरी कितु दुआरै पाईए ॥

karah kahaanee akath kayree kit du-aarai paa-ee-ai.

How can we speak the Unspoken Speech of the Lord? Through which door will we find Him?

तनु मनु धनु सभु सउपि गुरु कउ हुकमि मंनिऐ पाईए ॥

tan man Dhan sabh sa-up gur ka-o hukam mani-ai paa-ee-ai.

Surrender body, mind, wealth, and everything to the Guru; obey the Order of His Will, and you will find Him.

हुकमु मंनिहु गुरु केरा गावहु सची बाणी ॥

hukam mannihu guroo kayraa gaavhu sachee banee.

Obey the Hukam of the Guru's Command, and sing the True Word of His Bani.

कहै नानक सुणहु संतहु कथिहु अकथ कहाणी ॥९॥

kahai naanak sunhu santahu kathihu akath kahaanee. ||9||

Says Nanak, listen, O Saints, and speak the Unspoken Speech of the Lord. ||9||

ए मन चंचला चतुराई किनै न पाइआ ॥

ay man chanchlaa chaturaa-ee kinai na paa-i-aa.

O fickle mind, through cleverness, no one has found the Lord.

चतुराई न पाइआ किनै तू सुणि मंन मेरिआ ॥

chaturaa-ee na paa-i-aa kinai too sun man mayri-aa.

Through cleverness, no one has found Him; listen, O my mind.

एह माइआ मोहणी जिनि एतु भरमि भुलाइआ ॥

ayh maa-i-aa mohnee jin ayt bharam bhulaa-i-aa.

This Maya is so fascinating; because of it, people wander in doubt.

माइआ त मोहणी तिनै कीती जिनि ठगउली पाईआ ॥

maa-i-aa ta mohnee tinai keetee jin thag-ulee paa-ee-aa.

This fascinating Maya was created by the One who has administered this potion.

कुरबाणु कीता तिसै विटहु जिनि मोहु मीठा लाइआ ॥

kurbaan keetaa tisai vitahu jin moh meethaa laa-i-aa.

I am a sacrifice to the One who has made emotional attachment sweet.

कहै नानकु मन चंचल चतुराई किनै न पाइआ ॥१०॥

kahai naanak man chanchal chaturaa-ee kinai na paa-i-aa. ||10||

Says Nanak, O fickle mind, no one has found Him through cleverness. ||10||

ए मन पिआरिआ तू सदा सचु समाले ॥

ay man pi-aari-aa too sadaa sach samaalay.

O beloved mind, contemplate the True Lord forever.

एहु कुट्मबु तू जि देखदा चलै नाही तेरै नाले ॥

ayhu kutamb too je daykh-daa chalai naahee tayrai naalay.

This family which you see shall not go along with you.

साथि तेरै चलै नाही तिसु नालि किउ चितु लाईए ॥

saath tayrai chalai naahee tis naal ki-o chit laa-ee-ai.

They shall not go along with you, so why do you focus your attention on them?

ऐसा कमु मूले न कीचै जितु अंति पछोताईए ॥

aisaa kamm moolay na keechai jit ant pachhotaa-ee-ai.

Don't do anything that you will regret in the end.

सतिगुरु का उपदेसु सुणि तू होवै तेरै नाले ॥

satguroo kaa updays sun too hovai tayrai naalay.

Listen to the Teachings of the True Guru - these shall go along with you.

कहै नानक मन पिआरे तू सदा सचु समाले ॥११॥

kahai naanak man pi-aaray too sadaa sach samaalay. ||11||

Says Nanak, O beloved mind, contemplate the True Lord forever. ||11||

अगम अगोचरा तेरा अंतु न पाइआ ॥

agam agocharaa tayraa ant na paa-i-aa.

O inaccessible and unfathomable Lord, Your limits cannot be found.

अंतो न पाइआ किनै तेरा आपणा आपु तू जाणहे ॥

anto na paa-i-aa kinai tayraa aapnaa aap too jaanhay.

No one has found Your limits; only You Yourself know.

जीअ जंत सभि खेलु तेरा किआ को आखि वखाणए ॥

jee-a jant sabh khayl tayraa ki-aa ko aakh vakhaana-ay.

All living beings and creatures are Your play; how can anyone describe You?

आखहि त वेखहि सभु तूहै जिनि जगतु उपाइआ ॥

aakhahi ta vaykheh sabh toohai jin jagat upaa-i-aa.

You speak, and You gaze upon all; You created the Universe.

कहै नानक तू सदा अगमु है तेरा अंतु न पाइआ ॥१२॥

kahai naanak too sadaa agamm hai tayraa ant na paa-i-aa. ||12||

Says Nanak, You are forever inaccessible; Your limits cannot be found. ||12||

सुरि नर मुनि जन अम्रितु खोजदे सु अम्रितु गुर ते पाइआ ॥

sur nar mun jan amrit khojday so amrit gur tay paa-i-aa.

The angelic beings and the silent sages search for the Ambrosial Nectar; this Amrit is obtained from the Guru.

पाइआ अम्रितु गुरि क्रिपा कीनी सचा मनि वसाइआ ॥

paa-i-aa amrit gur kirpaa keenee sachaa man vasaa-i-aa.

This Amrit is obtained, when the Guru grants His Grace; He enshrines the True Lord within the mind.



जीअ जंत सभि तुधु उपाए इकि वेखि परसणि आइआ ॥

jee-a jant\_sabh\_tuDh upaa-ay ik vaykh\_parsan\_aa-i-aa.

All living beings and creatures were created by You; only some come to see the Guru, and seek His blessing.

लबु लोभु अहंकारु चूका सतिगुरु भला भाइआ ॥

lab lobh\_aha<sup>N</sup>kaar chookaa satguroo\_bhalaa\_bhaa-i-aa.

Their greed, avarice and egotism are dispelled, and the True Guru seems sweet.

कहै नानकु जिस नो आपि तुठा तिनि अम्रितु गुर ते पाइआ ॥१३॥

kahai naanak jis no aap\_tuthaa\_tin amrit\_gur\_tay paa-i-aa. ||13||

Says Nanak, those with whom the Lord is pleased, obtain the Amrit, through the Guru. ||13||

भगता की चाल निराली ॥

bhagtaa kee chaal niraalee.

The lifestyle of the devotees is unique and distinct.

चाला निराली भगताह केरी बिखम मारगि चलणा ॥

chaalaa niraalee\_bhagtaah kayree bikham maarag chalnaa.

The devotees' lifestyle is unique and distinct; they follow the most difficult path.

लबु लोभु अहंकारु तजि त्रिसना बहुतु नाही बोलणा ॥

lab lobh\_aha<sup>N</sup>kaar\_taj\_tarisnaa bahut\_naahee bolnaa.

They renounce greed, avarice, egotism and desire; they do not talk too much.

खंनिअहु तिखी वालहु निकी एतु मारगि जाणा ॥

khanni-ahu\_tikhee vaalahu nikee ayt maarag jaanaa.

The path they take is sharper than a two-edged sword, and finer than a hair.

गुर परसादी जिनी आपु तजिआ हरि वासना समाणी ॥

gur\_parsaadee jinee aap\_taji-aa har vaasnaa samaanee.

By Guru's Grace, they shed their selfishness and conceit; their hopes are merged in the Lord.

कहै नानक चाल भगता जुगहु जुगु निराली ॥१४॥

kahai naanak chaal bhagtaa jugahu jug niraalee. ||14||

Says Nanak, the lifestyle of the devotees, in each and every age, is unique and distinct. ||14||

जिउ तू चलाइहि तिव चलह सुआमी होरु किआ जाणा गुण तेरे ॥

ji-o too chala*aa*-ihi tiv chalah su-aamee hor ki-aa jaanaa gun tayray.

As You make me walk, so do I walk, O my Lord and Master; what else do I know of Your Glorious Virtues?

जिव तू चलाइहि तिवै चलह जिना मारगि पावहे ॥

jiv too chala*aa*-ihi tivai chalah jinaa maarag paavhay.

As You cause them to walk, they walk - You have placed them on the Path.

करि किरपा जिन नामि लाइहि सि हरि हरि सदा धिआवहे ॥

kar kirpaa jin naam laa-ihi se har har sadaa Dhi-aavhay.

In Your Mercy, You attach them to the Naam; they meditate forever on the Lord, Har, Har.

जिस नो कथा सुणाइहि आपणी सि गुरुदुआरै सुखु पावहे ॥

jis no kathaa sunaa-ihi aap*nee* se gurdu-aarai sukh paavhay.

Those whom You cause to listen to Your sermon, find peace in the Gurdwara, the Guru's Gate.

कहै नानकु सचे साहिब जिउ भावै तिवै चलावहे ॥१५॥

kahai naanak sachay saahib ji-o bhaavai tivai chalaavahay. ||15||

Says Nanak, O my True Lord and Master, you make us walk according to Your Will. ||15||

एहु सोहिला सबदु सुहावा ॥

ayhu sohilaa sabad suhaavaa.

This song of praise is the Shabad, the most beautiful Word of God.

सबदो सुहावा सदा सोहिला सतिगुरु सुणाइआ ॥

sabdo suhaavaa sadaa sohilaa satguroo sunaa-i-aa.

This beauteous Shabad is the everlasting song of praise, spoken by the True Guru.

एहु तिन कै मंनि वसिआ जिन धुरहु लिखिआ आइआ ॥

ayhu tin kai man vasi-aa jin Dharahu likhi-aa aa-i-aa.

This is enshrined in the minds of those who are so pre-destined by the Lord.

इकि फिरहि घनेरे करहि गला गली किनै न पाइआ ॥

ik fireh ghanayray karahi galaa galee kinai na paa-i-aa.

Some wander around, babbling on and on, but none obtain Him by babbling.

कहै नानकु सबदु सोहिला सतिगुरू सुणाइआ ॥ १६ ॥

kahai naanak sabad sohilaa satguroo sunaa-i-aa. ||16||

Says Nanak, the Shabad, this song of praise, has been spoken by the True Guru. ||16||

पवितु होए से जना जिनी हरि धिआइआ ॥

pavit ho-ay say janaa jinee har Dhi-aa-i-aa.

Those humble beings who meditate on the Lord become pure.

हरि धिआइआ पवितु होए गुरमुखि जिनी धिआइआ ॥

har Dhi-aa-i-aa pavit ho-ay gurmukh jinee Dhi-aa-i-aa.

Meditating on the Lord, they become pure; as Gurmukh, they meditate on Him.

पवितु माता पिता कुटुम्ब सहित सिउ पवितु संगति सबाईआ ॥

pavit maataa pitaa kutamb sahit si-o pavit sangat sabaa-ee-aa.

They are pure, along with their mothers, fathers, family and friends; all their companions are pure as well.

कहदे पवितु सुणदे पवितु से पवितु जिनी मंनि वसाइआ ॥

kahday pavit sunday pavit say pavit jinee man vasaa-i-aa.

Pure are those who speak, and pure are those who listen; those who enshrine it within their minds are pure.

कहै नानकु से पवितु जिनी गुरमुखि हरि हरि धिआइआ ॥ १७ ॥

kahai naanak say pavit jinee gurmukh har har Dhi-aa-i-aa. ||17||

Says Nanak, pure and holy are those who, as Gurmukh, meditate on the Lord, Har, Har. ||17||

करमी सहजु न ऊपजै विणु सहजै सहसा न जाइ ॥

karmee sahj na oopjai vin sahjai sahsaa na jaa-ay.

By religious rituals, intuitive poise is not found; without intuitive poise, skepticism does not depart.

नह जाइ सहसा कितै संजमि रहे करम कमाए ॥

nah jaa-ay sahsaa kitai sanjam rahay karam kamaa-ay.

Skepticism does not depart by contrived actions; everybody is tired of performing these rituals.

सहसै जीउ मलीणु है कितु संजमि धोता जाए ॥

sahsai jee-o maleenu hai kit sanjam Dhotaa jaa-ay.

The soul is polluted by skepticism; how can it be cleansed?

मंनु धोवहु सबदि लागहु हरि सिउ रहहु चितु लाइ ॥

man Dhovahu sabadi laagahu har si-o rahhu chit laa-ay.

Wash your mind by attaching it to the Shabad, and keep your consciousness focused on the Lord.

कहै नानकु गुर परसादी सहजु उपजै इहु सहसा इव जाइ ॥१८॥

kahai naanak gur parsaadee sahj upjai ih sahsaa iv jaa-ay. ||18||

Says Nanak, by Guru's Grace, intuitive poise is produced, and this skepticism is dispelled.

||18||

जीअहु मैले बाहरहु निरमल ॥

jee-ahu mailay baahrahu nirmal.

Inwardly polluted, and outwardly pure.

बाहरहु निरमल जीअहु त मैले तिनी जनमु जूऐ हारिआ ॥

baahrahu nirmal jee-ahu t mailay tinee janam joo-ai haari-aa.

Those who are outwardly pure and yet polluted within, lose their lives in the gamble.

एह तिसना वडा रोगु लगा मरणु मनहु विसारिआ ॥

ayh tisnaa vadaa rog lagaa maranu manhu visaari-aa.

They contract this terrible disease of desire, and in their minds, they forget about dying.

वेदा महि नामु उतमु सो सुणहि नाही फिरहि जिउ बेतालिआ ॥

vaydaa meh naam utam so suneh naahee fireh ji-o baytaali-aa.

In the Vedas, the ultimate objective is the Naam, the Name of the Lord; but they do not hear this, and they wander around like demons.

कहै नानकु जिन सचु तजिआ कूडे लागे तिनी जनमु जूऐ हारिआ ॥१९॥

kahai naanak jin sach taji-aa koorhay laagay tinee janam joo-ai haari-aa. ||19||

Says Nanak, those who forsake Truth and cling to falsehood, lose their lives in the gamble. ||19||

जीअहु निरमल बाहरहु निरमल ॥

jee-ahu nirmal baahrahu nirmal.

Inwardly pure, and outwardly pure.

बाहरहु त निरमल जीअहु निरमल सतिगुर ते करणी कमाणी ॥

baahrahu ta nirmal jee-ahu nirmal satgur tay karnee kamaanee.

Those who are outwardly pure and also pure within, through the Guru, perform good deeds.

कूड की सोइ पहुचै नाही मनसा सचि समाणी ॥

koorh kee so-ay pahuchai naahee mansaa sach samaanee.

Not even an iota of falsehood touches them; their hopes are absorbed in the Truth.

जनमु रतनु जिनी खटिआ भले से वणजारे ॥

janam ratan jinee khati-aa bhalay say vanjaaray.

Those who earn the jewel of this human life, are the most excellent of merchants.

कहै नानकु जिन मंनु निरमलु सदा रहहि गुर नाले ॥२०॥

kahai naanak jin man nirmal sadaa raheh gur naalay. ||20||

Says Nanak, those whose minds are pure, abide with the Guru forever. ||20||

जे को सिखु गुरू सेती सनमुखु होवै ॥

jay ko sikh guroo saytee sanmukh hovai.

If a Sikh turns to the Guru with sincere faith, as sunmukh

होवै त सनमुखु सिखु कोई जीअहु रहै गुर नाले ॥

hovai ta sanmukh sikh ko-ee jee-ahu rahai gur naalay.

- if a Sikh turns to the Guru with sincere faith, as sunmukh, his soul abides with the Guru.

गुर के चरन हिरदै धिआए अंतर आत्मै समाले ॥

gur kay charan hirdai Dhi-aa-ay antar aatmai samaalay.

Within his heart, he meditates on the lotus feet of the Guru; deep within his soul, he contemplates Him.

आपु छडि सदा रहै परणै गुर बिनु अवरु न जाणै कोए ॥

aap chhad sadaa rahai parnai gur bin avar na jaanai ko-ay.

Renouncing selfishness and conceit, he remains always on the side of the Guru; he does not know anyone except the Guru.

कहै नानकु सुणहु संतहु सो सिखु सनमुखु होए ॥२१॥

khai naanak sunhu santahu so sikh sanmukh ho-ay. ||21||

Says Nanak, listen, O Saints: such a Sikh turns toward the Guru with sincere faith, and becomes sunmukh. ||21||

जे को गुर ते वेमुखु होवै बिनु सतिगुर मुक्ति न पावै ॥

jay ko gur tay vaimukh hovai bin satgur mukat na paavai.

One who turns away from the Guru, and becomes baymukh - without the True Guru, he shall not find liberation.

पावै मुक्ति न होर थै कोई पुछहु बिबेकीआ जाए ॥

paavai mukat na hor thai ko-ee puchhahu bibaykee-aa jaa-ay.

He shall not find liberation anywhere else either; go and ask the wise ones about this.

अनेक जूनी भरमि आवै विणु सतिगुर मुकति न पाए ॥

anayk joonee bharam aavai vin satgur mukat na paa-ay.

He shall wander through countless incarnations; without the True Guru, he shall not find liberation.

फिरि मुकति पाए लागि चरणी सतिगुरू सबदु सुणाए ॥

fir mukat paa-ay laag charnee satguroo sabad sunaa-ay.

But liberation is attained, when one is attached to the feet of the True Guru, chanting the Word of the Shabad.

कहै नानकु वीचारि देखहु विणु सतिगुर मुकति न पाए ॥२२॥

kahai naanak veechaar daykhhu vin satgur mukat na paa-ay. ||22||

Says Nanak, contemplate this and see, that without the True Guru, there is no liberation. ||22||

आवहु सिख सतिगुरू के पिआरिहो गावहु सची बाणी ॥

aavhu sikh satguroo kay pi-aariho gaavhu sachee banee.

Come, O beloved Sikhs of the True Guru, and sing the True Word of His Bani.

बाणी त गावहु गुरू केरी बाणीआ सिरि बाणी ॥

banee ta gaavhu guroo kayree baanee-aa sir banee.

Sing the Guru's Bani, the supreme Word of Words.

जिन कउ नदरि करमु होवै हिरदै तिना समाणी ॥

jin ka-o nadar karam hovai hirdai tinaa samaanee.

Those who are blessed by the Lord's Glance of Grace - their hearts are imbued with this Bani.

पीवहु अम्रितु सदा रहहु हरि रंगि जपिहु सारिगपाणी ॥

peevhu amrit sadaa rahhu har rang japihu saarigpaanee.

Drink in this Ambrosial Nectar, and remain in the Lord's Love forever; meditate on the Lord, the Sustainer of the world.

कहै नानकु सदा गावहु एह सची बाणी ॥२३॥

kahai naanak sadaa gaavhu ayh sachee banee. ||23||

Says Nanak, sing this True Bani forever. ||23||

सतिगुरू बिना होर कची है बाणी ॥

satguroo binaa hor kachee hai banee.

Without the True Guru, other songs are false.

बाणी त कची सतिगुरू बाझहु होर कची बाणी ॥

banee ta kachee satguroo baajhahu hor kachee banee.

The songs are false without the True Guru; all other songs are false.

कहदे कचे सुणदे कचे कचीं आखि वखाणी ॥

kahday kachay sunday kachay kachee<sup>N</sup> aakh vakhaanee.

The speakers are false, and the listeners are false; those who speak and recite are false.

हरि हरि नित करहि रसना कहिआ कछू न जाणी ॥

har har nit karahi rasnaa kahi-aa kachhoo na jaanee.

They may continually chant, 'Har, Har' with their tongues, but they do not know what they are saying.

चितु जिन का हिरि लइआ माइआ बोलनि पए रवाणी ॥

chit jin kaa hir la-i-aa maa-i-aa bolan pa-ay ravaanee.

Their consciousness is lured by Maya; they are just reciting mechanically.

कहै नानकु सतिगुरू बाझहु होर कची बाणी ॥ २४ ॥

kahai naanak satguroo baajhahu hor kachee banee. ||24||

Says Nanak, without the True Guru, other songs are false. ||24||

गुर का सबदु रतनु है हीरे जितु जड़ाउ ॥

gur kaa sabad ratann hai heeray jit jarhaa-o.

The Word of the Guru's Shabad is a jewel, studded with diamonds.

सबदु रतनु जितु मनु लागा एहु होआ समाउ ॥

sabad ratan jit man laagaa ayhu ho-aa samaa-o.

The mind which is attached to this jewel, merges into the Shabad.



सबद सेती मनु मिलिआ सचै लाइआ भाउ ॥

sabad saytee man mili-aa sachai laa-i-aa bhaa-o.

One whose mind is attuned to the Shabad, enshrines love for the True Lord.

आपे हीरा रतनु आपे जिस नो देइ बुझाइ ॥

aapay heeraa ratan aapay jis no day-ay bujhaa-ay.

He Himself is the diamond, and He Himself is the jewel; one who is blessed, understands its value.

कहै नानकु सबदु रतनु है हीरा जितु जडाउ ॥२५॥

kahai naanak sabad ratan hai heeraa jit jarhaa-o. ||25||

Says Nanak, the Shabad is a jewel, studded with diamonds. ||25||

सिव सकति आपि उपाइ कै करता आपे हुकमु वरताए ॥

siv sakat aap upaa-ay kai kartaa aapay hukam vartaa-ay.

He Himself created Shiva and Shakti, mind and matter; the Creator subjects them to His Command.

हुकमु वरताए आपि वेखै गुरमुखि किसै बुझाए ॥

hukam vartaa-ay aap vaykhai gurmukh kisai bujhaa-ay.

Enforcing His Order, He Himself sees all. How rare are those who, as Gurmukh, come to know Him.

तोडे बंधन होवै मुक्तु सबदु मंनि वसाए ॥

torhay banDhan hovai mukat sabad man vasaa-ay.

They break their bonds, and attain liberation; they enshrine the Shabad within their minds.

गुरमुखि जिस नो आपि करे सु होवै एकस सिउ लिव लाए ॥

gurmukh jis no aap karay so hovai aykas si-o liv laa-ay.

Those whom the Lord Himself makes Gurmukh, lovingly focus their consciousness on the One Lord.

कहै नानक आपि करता आपे हुकमु बुझाए ॥२६॥

kahai naanak aap kartaa aapay hukam bujhaa-ay. ||26||

Says Nanak, He Himself is the Creator; He Himself reveals the Hukam of His Command. ||26||

सिम्रिति सासत्र पुंन पाप बीचारदे ततै सार न जाणी ॥

simrit saastar punn paap beechaarday tatai saar na jaanee.

The Simritees and the Shaastras discriminate between good and evil, but they do not know the true essence of reality.

ततै सार न जाणी गुरू बाझहु ततै सार न जाणी ॥

tatai saar na jaanee guroo baajhahu tatai saar na jaanee.

They do not know the true essence of reality without the Guru; they do not know the true essence of reality.

तिही गुणी संसार भ्रमि सुता सुतिआ रैणि विहाणी ॥

tihee gunee sansaar bhrami sutaa sutī-aa rain vihaanee.

The world is asleep in the three modes and doubt; it passes the night of its life sleeping.

गुर किरपा ते से जन जागे जिना हरि मनि वसिआ बोलहि अम्रित बाणी ॥

gur kirpaa tay say jan jaagay jinaa har man vasi-aa boleh amrit banee.

Those humble beings remain awake and aware, within whose minds, by Guru's Grace, the Lord abides; they chant the Ambrosial Word of the Guru's Bani.

कहै नानक सो ततु पाए जिस नो अनदिनु हरि लिव लागै जागत रैणि विहाणी ॥२७॥

kahai naanak so tat paa-ay jis no an-din har liv laagai jaagat rain vihaanee. ||27||

Says Nanak, they alone obtain the essence of reality, who night and day remain lovingly absorbed in the Lord; they pass the night of their life awake and aware. ||27||

माता के उदर महि प्रतिपाल करे सो किउ मनहु विसारीऐ ॥

maataa kay udar meh partipaal karay so ki-o manhu visaaree-ai.

He nourished us in the mother's womb; why forget Him from the mind?

मनहु किउ विसारीऐ एवडु दाता जि अगनि महि आहारु पहुचावए ॥

manhu ki-o visaaree-ai ayvad daataa je agan meh aahaar pahuchaava-ay.

Why forget from the mind such a Great Giver, who gave us sustenance in the fire of the womb?

ओस नो किहु पोहि न सकी जिस नउ आपणी लिव लावए ॥

os no kihu pahi na sakee jis na-o aapnee liv laav-ay.

Nothing can harm one, whom the Lord inspires to embrace His Love.

आपणी लिव आपे लाए गुरमुखि सदा समालीऐ ॥

aapnee liv aapay laa-ay gurmukh sadaa samaalee-ai.

He Himself is the love, and He Himself is the embrace; the Gurmukh contemplates Him forever.

कहै नानकु एवडु दाता सो किउ मनहु विसारीऐ ॥२८॥

kahai naanak ayvad daataa so ki-o manhu visaaree-ai. ||28||

Says Nanak, why forget such a Great Giver from the mind? ||28||

जैसी अगनि उदर महि तैसी बाहरि माइआ ॥

jaisee agan udar meh taisee baahar maa-i-aa.

As is the fire within the womb, so is Maya outside.

माइआ अगनि सभ इको जेही करतै खेलु रचाइआ ॥

maa-i-aa agan sabh iko jayhee kartai khayl rachaa-i-aa.

The fire of Maya is one and the same; the Creator has staged this play.

जा तिसु भाणा ता जमिआ परवारि भला भाइआ ॥

jaa tis bhaanaa taa jammi-aa parvaar bhalaa bhaa-i-aa.

According to His Will, the child is born, and the family is very pleased.

लिव छुडकी लगी तिसना माइआ अमरु वरताइआ ॥

liv chhurhkee lagee tarisnaa maa-i-aa amar vartaa-i-aa.

Love for the Lord wears off, and the child becomes attached to desires; the script of Maya runs its course.

एह माइआ जितु हरि विसरै मोहु उपजै भाउ दूजा लाइआ ॥

ayh maa-i-aa jit har visrai moh upjai bhaa-o doojaa laa-i-aa.

This is Maya, by which the Lord is forgotten; emotional attachment and love of duality well up.

कहै नानकु गुर परसादी जिना लिव लागी तिनी विचे माइआ पाइआ ॥२९॥

kahai naanak gur parsadee jinaa liv laagee tinee vichay maa-i-aa paa-i-aa. ||29||

Says Nanak, by Guru's Grace, those who enshrine love for the Lord find Him, in the midst of Maya. ||29||

हरि आपि अमुलकु है मुलि न पाइआ जाइ ॥

har aap amulak hai mul na paa-i-aa jaa-ay.

The Lord Himself is priceless; His worth cannot be estimated.

मुलि न पाइआ जाइ किसै विटहु रहे लोक विललाइ ॥

mul na paa-i-aa jaa-ay kisai vitahu rahay lok villaa-ay.

His worth cannot be estimated, even though people have grown weary of trying.

ऐसा सतिगुरु जे मिलै तिस नो सिरु सउपीए विचहु आपु जाइ ॥

aisaa satgur jay milai tis no sir sa-upee-ai vichahu aap jaa-ay.

If you meet such a True Guru, offer your head to Him; your selfishness and conceit will be eradicated from within.

जिस दा जीउ तिसु मिलि रहै हरि वसै मनि आइ ॥

jis daa jee-o tis mil rahai har vasai man aa-ay.

Your soul belongs to Him; remain united with Him, and the Lord will come to dwell in your mind.

हरि आपि अमुलकु है भाग तिना के नानका जिन हरि पलै पाइ ॥३०॥

har aap amulak hai bhaag tinaa kay naankaa jin har palai paa-ay. ||30||

The Lord Himself is priceless; very fortunate are those, O Nanak, who attain to the Lord. ||30||

हरि रासि मेरी मनु वणजारा ॥

har raas mayree man vanjaaraa.

The Lord is my capital; my mind is the merchant.

हरि रासि मेरी मनु वणजारा सतिगुर ते रासि जाणी ॥

har raas mayree man vanjaaraa satgur tay raas jaanee.

The Lord is my capital, and my mind is the merchant; through the True Guru, I know my capital.

हरि हरि नित जपिहु जीअहु लाहा खटिहु दिहाडी ॥

har har nit japihu jee-ahu laahaa khatihu dihaarhee.

Meditate continually on the Lord, Har, Har, O my soul, and you shall collect your profits daily.

एहु धनु तिना मिलिआ जिन हरि आपे भाणा ॥

ayhu Dhan tinaa mili-aa jin har aapay bhaanaa.

This wealth is obtained by those who are pleasing to the Lord's Will.

कहै नानकु हरि रासि मेरी मनु होआ वणजारा ॥ ३१ ॥

kahai naanak har raas mayree man ho-aa vanjaaraa. ||31||

Says Nanak, the Lord is my capital, and my mind is the merchant. ||31||

ए रसना तू अन रसि राचि रही तेरी पिआस न जाइ ॥

ay rasnaa too an ras raach rahee tayree pi-aas na jaa-ay.

O my tongue, you are engrossed in other tastes, but your thirsty desire is not quenched.

पिआस न जाइ होरतु कितै जिचरु हरि रसु पलै न पाइ ॥

pi-aas na jaa-ay horat kitai jichar har ras palai na paa-ay.

Your thirst shall not be quenched by any means, until you attain the subtle essence of the Lord.

हरि रसु पाइ पलै पीए हरि रसु बहुडि न त्रिसना लागै आइ ॥

har ras paa-ay palai pee-ai har ras bahurh na tarisnaa laagai aa-ay.

If you do obtain the subtle essence of the Lord, and drink in this essence of the Lord, you shall not be troubled by desire again.

एहु हरि रसु करमी पाईऐ सतिगुरु मिलै जिसु आइ ॥

ayhu har ras karmee paa-ee-ai satgur milai jis aa-ay.

This subtle essence of the Lord is obtained by good karma, when one comes to meet with the True Guru.

कहै नानकु होरि अन रस सभि वीसरे जा हरि वसै मनि आइ ॥ ३२ ॥

kahai naanak hor an ras sabh veesray jaa har vasai man aa-ay. ||32||

Says Nanak, all other tastes and essences are forgotten, when the Lord comes to dwell within the mind. ||32||

ए सरीरा मेरिआ हरि तुम महि जोति रखी ता तू जग महि आइआ ॥

ay sareeraa mayri-aa har tum meh jot rakhee taa too jag meh aa-i-aa.

O my body, the Lord infused His Light into you, and then you came into the world.

हरि जोति रखी तुधु विचि ता तू जग महि आइआ ॥

har jot rakhee tuDh vich taa too jag meh aa-i-aa.

The Lord infused His Light into you, and then you came into the world.

हरि आपे माता आपे पिता जिनि जीउ उपाइ जगतु दिखाइआ ॥

har aapay maataa aapay pitaa jin jee-o upaa-ay jagat dikhaa-i-aa.

The Lord Himself is your mother, and He Himself is your father; He created the created beings, and revealed the world to them.

गुर परसादी बुझिआ ता चलतु होआ चलतु नदरी आइआ ॥

gur parsaa-dee bujhi-aa taa chalat ho-aa chalat nadree aa-i-aa.

By Guru's Grace, some understand, and then it's a show; it seems like just a show.

कहै नानकु सिसटि का मूलु रचिआ जोति राखी ता तू जग महि आइआ ॥ ३३ ॥

kahai naanak sarisat kaa mool rachi-aa jot raakhee taa too jag meh aa-i-aa. ||33||

Says Nanak, He laid the foundation of the Universe, and infused His Light, and then you came into the world. ||33||

मनि चाउ भइआ प्रभ आगमु सुणिआ ॥

man chaa-o bha-i-aa parabh aagam suni-aa.

My mind has become joyful, hearing of God's coming.

हरि मंगलु गाउ सखी ग्रिहु मंदरु बणिआ ॥

har mangal gaa-o sakhee garihu mandar bani-aa.

Sing the songs of joy to welcome the Lord, O my companions; my household has become the Lord's Mansion.

हरि गाउ मंगलु नित सखीए सोगु दूखु न विआपए ॥

har gaa-o mangal nit sakhee-ay sog dookh na vi-aapa-ay.

Sing continually the songs of joy to welcome the Lord, O my companions, and sorrow and suffering will not afflict you.

गुर चरन लागे दिन सभागे आपणा पिरु जापए ॥

gur charan laagay din sabhaagay aapnaa pir jaap-ay.

Blessed is that day, when I am attached to the Guru's feet and meditate on my Husband Lord.

अनहत बाणी गुर सबदि जाणी हरि नामु हरि रसु भोगो ॥

anhat banee gur sabad jaanee har naam har ras bhogo.

I have come to know the unstruck sound current and the Word of the Guru's Shabad; I enjoy the sublime essence of the Lord, the Lord's Name.

कहै नानकु प्रभु आपि मिलिआ करण कारण जोगो ॥३४॥

kahai naanak parabh aap mili-aa karan kaaran jogo. ||34||

Says Nanak, God Himself has met me; He is the Doer, the Cause of causes. ||34||

ए सरीरा मेरिआ इसु जग महि आइ कै किआ तुधु करम कमाइआ ॥

ay sareeraa mayri-aa is jag meh aa-ay kai ki-aa tuDh karam kamaa-i-aa.

O my body, why have you come into this world? What actions have you committed?

कि करम कमाइआ तुधु सरीरा जा तू जग महि आइआ ॥

ke karam kamaa-i-aa tuDh sareeraa jaa too jag meh aa-i-aa.

And what actions have you committed, O my body, since you came into this world?

जिनि हरि तेरा रचनु रचिआ सो हरि मनि न वसाइआ ॥

jīn har ṭayraa rachan rachi-aa so har man na vasaa-i-aa.

The Lord who formed your form - you have not enshrined that Lord in your mind.

गुर परसादी हरि मंनि वसिआ पूरबि लिखिआ पाइआ ॥

gur parsaaḍee har man vasi-aa poorab likhi-aa paa-i-aa.

By Guru's Grace, the Lord abides within the mind, and one's pre-ordained destiny is fulfilled.

कहै नानकु एहु सरीरु परवाणु होआ जिनि सतिगुर सिउ चितु लाइआ ॥ ३५ ॥

kahai naanak ayhu sareer parvaan ho-aa jīn satgur si-o chit laa-i-aa. ||35||

Says Nanak, this body is adorned and honored, when one's consciousness is focused on the True Guru. ||35||

ए नेत्रहु मेरिहो हरि तुम महि जोति धरी हरि बिनु अवरु न देखहु कोई ॥

ay naytarahu mayriho har tum meh jot Dharee har bin avar na daykhhu ko-ee.

O my eyes, the Lord has infused His Light into you; do not look upon any other than the Lord.

हरि बिनु अवरु न देखहु कोई नदरी हरि निहालिआ ॥

har bin avar na daykhhu ko-ee nadree har nihaali-aa.

Do not look upon any other than the Lord; the Lord alone is worthy of beholding.

एहु विसु संसारु तुम देखदे एहु हरि का रूपु है हरि रूपु नदरी आइआ ॥

ayhu vis sansaar tum daykh-day ayhu har kaa roop hai har roop nadree aa-i-aa.

This whole world which you see is the image of the Lord; only the image of the Lord is seen.

गुर परसादी बुझिआ जा वेखा हरि इकु है हरि बिनु अवरु न कोई ॥

gur parsaaḍee bujhi-aa jaa vaykhaa har ik hai har bin avar na ko-ee.

By Guru's Grace, I understand, and I see only the One Lord; there is no one except the Lord.

कहै नानकु एहि नेत्र अंध से सतिगुरि मिलिए दिब द्रिसटि होई ॥ ३६ ॥

kahai naanak ayhi naytar anDh say satgur mili-ai dib darisat ho-ee. ||36||

Says Nanak, these eyes were blind; but meeting the True Guru, they became all-seeing. ||36||



ए स्रवणहु मेरिहो साचै सुनणै नो पठाए ॥

ay sarvanhu mayriho saachai sunnai no pathhaa-ay.

O my ears, you were created only to hear the Truth.

साचै सुनणै नो पठाए सरीरि लाए सुणहु सति बाणी ॥

saachai sunnai no pathhaa-ay sareer laa-ay sunhu sath banee.

To hear the Truth, you were created and attached to the body; listen to the True Bani.

जितु सुणी मनु तनु हरिआ होआ रसना रसि समाणी ॥

jit sunee man tan hari-aa ho-aa rasnaa ras samaaanee.

Hearing it, the mind and body are rejuvenated, and the tongue is absorbed in Ambrosial Nectar.

सचु अलख विडाणी ता की गति कही न जाए ॥

sach alakh vidaaanee taa kee gath kahee na jaa-ay.

The True Lord is unseen and wondrous; His state cannot be described.

कहै नानकु अम्रित नामु सुणहु पवित्र होवहु साचै सुनणै नो पठाए ॥३७॥

kahai naanak amrith naam sunhu pavitr hovhu saachai sunnai no pathhaa-ay. ||37||

Says Nanak, listen to the Ambrosial Naam and become holy; you were created only to hear the Truth. ||37||

हरि जीउ गुफा अंदरि रखि कै वाजा पवणु वजाइआ ॥

har jee-o gufaa andar rakh kai vaajaa pavanh vajaa-i-aa.

The Lord placed the soul to the cave of the body, and blew the breath of life into the musical instrument of the body.

वजाइआ वाजा पउण नउ दुआरे परगटु कीए दसवा गुपतु रखाइआ ॥

vajaa-i-aa vaajaa pa-unh na-o du-aaray pargat kee-ay dasvaa gupat rakhaa-i-aa.

He blew the breath of life into the musical instrument of the body, and revealed the nine doors; but He kept the Tenth Door hidden.

गुरुदुआरै लाइ भावनी इकना दसवा दुआरु दिखाइआ ॥

guru-aarai laa-ay bhaavnee iknaa dasvaa du-aar dikhaa-i-aa.

Through the Gurdwara, the Guru's Gate, some are blessed with loving faith, and the Tenth Door is revealed to them.

तह अनेक रूप नाउ नव निधि तिस दा अंतु न जाई पाइआ ॥

tah anayk roop naa-o nav niDh tis daa ant na jaa-ee paa-i-aa.

There are many images of the Lord, and the nine treasures of the Naam; His limits cannot be found.

कहै नानकु हरि पिआरै जीउ गुफा अंदरि रखि कै वाजा पवणु वजाइआ ॥३८॥

kahai naanak har pi-aarai jee-o gufaa andar rakh kai vaajaa pavan vajaa-i-aa. ||38||

Says Nanak, the Lord placed the soul to the cave of the body, and blew the breath of life into the musical instrument of the body. ||38||

एहु साचा सोहिला साचै घरि गावहु ॥

ayhu saachaa sohilaa saachai ghar gaavhu.

Sing this true song of praise in the true home of your soul.

गावहु त सोहिला घरि साचै जिथै सदा सचु धिआवहे ॥

gaavhu ta sohilaa ghar saachai jithai sadaa sach Dhi-aavhay.

Sing the song of praise in your true home; meditate there on the True Lord forever.

सचो धिआवहि जा तुधु भावहि गुरमुखि जिना बुझावहे ॥

sacho Dhi-aavahi jaa tuDh bhaaveh gurmukh jinaa bujhaavhay.

They alone meditate on You, O True Lord, who are pleasing to Your Will; as Gurmukh, they understand.

इहु सचु सभना का खसमु है जिसु बखसे सो जनु पावहे ॥

ih sach sabhnaa kaa khasam hai jis bakhsay so jan paavhay.

This Truth is the Lord and Master of all; whoever is blessed, obtains it.

कहै नानक सचु सोहिला सचै घरि गावहे ॥३९॥

kahai naanak sach sohilaa sachai ghar gaavhay. ||39||

Says Nanak, sing the true song of praise in the true home of your soul. ||39||

अनदु सुणहु वडभागीहो सगल मनोरथ पूरे ॥

anad sunhu vadbhaageeho sagal manorath pooray.

Listen to the song of bliss, O most fortunate ones; all your longings shall be fulfilled.

पारब्रह्मु प्रभु पाइआ उतरे सगल विसूरे ॥

paarbarahm parabh paa-i-aa utray sagal visooray.

I have obtained the Supreme Lord God, and all sorrows have been forgotten.

दूख रोग संताप उतरे सुणी सची बाणी ॥

dookh rog santap utray sunee sachee banee.

Pain, illness and suffering have departed, listening to the True Bani.

संत साजन भए सरसे पूरे गुर ते जाणी ॥

sant saajan bha-ay sarsay pooray gur tay jaanee.

The Saints and their friends are in ecstasy, knowing the Perfect Guru.

सुणते पुनीत कहते पवितु सतिगुरु रहिआ भरपूरे ॥

suntay puneet kahtay pavit satgur rahi-aa bharpooray.

Pure are the listeners, and pure are the speakers; the True Guru is all-pervading and permeating.

बिनवंति नानक गुर चरण लागे वाजे अनहद तूरे ॥४०॥१॥

binvant naanak gur charan laagay vaajay anhad tooray. ||40||1||

Prays Nanak, touching the Guru's Feet, the unstruck sound current of the celestial bugles vibrates and resounds. ||40||1||