

## दुख भंजनी साहिब

(1)

गउड़ी महला ५ माँझ ॥ (२१८-४)

ga-or<sup>h</sup>ee mehlaa 5 maa<sup>n</sup>jh.

Gauree, Fifth Mehl, Maajh:

दुख भंजनु तेरा नामु जी दुख भंजनु तेरा नामु ॥

dukh bhanjan ṭayraa naam jee dukh bhanjan ṭayraa naam.

The Destroyer of sorrow is Your Name, Lord; the Destroyer of sorrow is Your Name.

आठ पहर आराधीऐ पूरन सतिगुर गिआनु ॥१॥ रहाउ ॥

aath pahar aaraa<sup>D</sup>hee-ai pooran satgur gi-aan. ||1|| rahaa-o.

Twenty-four hours a day, dwell upon the wisdom of the Perfect True Guru.

||1||Pause||

जितु घटि वसै पारब्रह्म सोई सुहावा थाउ ॥

jiṭ ghat vasai paarbarahm so-ee suhaavaa thaa-o.

That heart, in which the Supreme Lord God abides, is the most beautiful place.

जम कंकरु नेड़ि न आवई रसना हरि गुण गाउ ॥१॥

jam kankar nay<sup>r</sup>h na aavee rasnaa har gun gaa-o. ||1||

The Messenger of Death does not even approach those who chant the Glorious Praises of the Lord with the tongue. ||1||

सेवा सुरति न जाणीआ ना जापै आराधि ॥

sayvaa suraṭ na jaanee-aa naa jaapai aaraa<sup>D</sup>h.

I have not understood the wisdom of serving Him, nor have I worshipped Him in meditation.

ओट तेरी जगजीवना मेरे ठाकुर अगम अगाधि ॥२॥

ot ṭayree jagjeevanaa mayray ṭhaakur agam agaa<sup>D</sup>h. ||2||

You are my Support, O Life of the World; O my Lord and Master, Inaccessible and Incomprehensible. ||2||

भए कृपाल गुसाईआ नठे सोग संताप ॥

bha-ay kirpaal gusaa-ee-aa nathay sog santaap.

When the Lord of the Universe became merciful, sorrow and suffering departed.

तती वाउ न लगई सतिगुरि रखे आपि ॥३॥

tatee vaa-o na lag-ee satgur rakhay aap. ||3||

The hot winds do not even touch those who are protected by the True Guru. ||3||

गुरु नाराइणु दयु गुरु गुरु सचा सिरजणहारु ॥

gur naaraa-in da-yu gur gur sachaa sirjanhaar.

The Guru is the All-pervading Lord, the Guru is the Merciful Master; the Guru is the True Creator Lord.

गुरि तुठै सभ किछु पाइआ जन नानक सद बलिहार ॥४॥२॥१७०॥

gur tuthai sabh kichh paa-i-aa jan naanak sad balihaar. ||4||2||170||

When the Guru was totally satisfied, I obtained everything. Servant Nanak is forever a sacrifice to Him. ||4||2||170||

(2)

गउड़ी महला ५ ॥ (१६१-८)

ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

सूके हरे कीए खिन माहे ॥

sookay haray kee-ay khin maahay.

The dried branches are made green again in an instant.

अमृत दृसटि संचि जीवाए ॥१॥

amrit darisat sanch jeevaa-ay. ||1||

His Ambrosial Glance irrigates and revives them. ||1||

काटे कसट पूरे गुरदेव ॥

kaatay kasat pooray gurdayv.

The Perfect Divine Guru has removed my sorrow.

सेवक कउ दीनी अपुनी सेव ॥१॥ रहाउ ॥

sayvak ka-o deenee apunee sayv. ||1|| rahaa-o.

He blesses His servant with His service. ||1||Pause||

मिटि गई चिंत पुनी मन आसा ॥

mit ga-ee chint punee man aasaa.

Anxiety is removed, and the desires of the mind are fulfilled,

करी दइआ सतिगुरि गुणतासा ॥२॥

karee da-i-aa satgur guntaasaa. ||2||

when the True Guru, the Treasure of Excellence, shows His Kindness. ||2||

दुख नाठे सुख आइ समाए ॥

dukh naathay sukh aa-ay samaa-ay.

Pain is driven far away, and peace comes in its place;

ढील न परी जा गुरि फुरमाए ॥३॥

dheel na pree jaa gur furmaa-ay. ||3||

there is no delay, when the Guru gives the Order. ||3||

इछ पुनी पूरे गुर मिले ॥

ichh punee pooray gur milay.

Desires are fulfilled, when one meets the True Guru;

नानक ते जन सुफल फले ॥४॥५८॥१२७॥

naanak tay jan sufal falay. ||4||58||127||

O Nanak, His humble servant is fruitful and prosperous. ||4||58||127||

(3)

गउड़ी महला ५ ॥ (१६१-१२)

ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

ताप गए पाई प्रभि साँति ॥

taap ga-ay paa-ee parabh saa<sup>N</sup>t.

The fever has departed; God has showered us with peace and tranquility.

सीतल भए कीनी प्रभ दाति ॥१॥

seetal bha-ay keenee parabh daat. ||1||

A cooling peace prevails; God has granted this gift. ||1||

प्रभ किरपा ते भए सुहेले ॥

parabh kirpaa tay bha-ay suhaylay.

By God's Grace, we have become comfortable.

जनम जनम के बिछुरे मेले ॥१॥ रहाउ ॥

janam janam kay bichhuray maylay. ||1|| rahaa-o.

Separated from Him for countless incarnations, we are now reunited with Him.

||1||Pause||

सिमरत सिमरत प्रभ का नाउ ॥

simrat simrat parabh kaa naa-o.

Meditating, meditating in remembrance on God's Name,

सगल रोग का बिनसिआ थाउ ॥२॥

sagal rog kaa binsi-aa thaa-o. ||2||

the dwelling of all disease is destroyed. ||2||

सहजि सुभाइ बोलै हरि बाणी ॥

sahj subhaa-ay bolai har bane.

In intuitive peace and poise, chant the Word of the Lord's Bani.

आठ पहर प्रभ सिमरहु प्राणी ॥३॥

aath pahar parabh simrahu paraanee. ||3||

Twenty-four hours a day, O mortal, meditate on God. ||3||

दूखु दरदु जमु नेड़ि न आवै ॥

dookh darad jam nayrh na aavai.

Pain, suffering and the Messenger of Death do not even approach that one,

कहु नानक जो हरि गुन गावै ॥४॥५६॥१२८॥

kaho naanak jo har gun gaavai. ||4||59||128||

says Nanak, who sings the Glorious Praises of the Lord. ||4||59||128||

(4)

गउड़ी महला ५ ॥ (१६२-४)

ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

जिसु सिमरत दूखु सभु जाइ ॥

jis simrat dookh sabh jaa-ay.

Remembering Him in meditation, all pains are gone.

नामु रतनु वसै मनि आइ ॥१॥

naam raṭan vasai man aa-ay. ||1||

The jewel of the Naam, the Name of the Lord, comes to dwell in the mind. ||1||

जपि मन मेरे गोविंद की बाणी ॥

jap man mayray govind kee baṇee.

O my mind, chant the Bani, the Hymns of the Lord of the Universe.

साधू जन रामु रसन वखाणी ॥१॥ रहाउ ॥

saaDhoo jan raam rasan vakhaṇee. ||1|| rahaa-o.

The Holy People chant the Lord's Name with their tongues. ||1||Pause||

इकसु बिनु नाही दूजा कोइ ॥

ikas bin naahee doojaa ko-ay.

Without the One Lord, there is no other at all.

जा की दृसटि सदा सुखु होइ ॥२॥

jaa kee ḍarisat sadaa sukh ho-ay. ||2||

By His Glance of Grace, eternal peace is obtained. ||2||

साजनु मीतु सखा करि एकु ॥

saajan meet sakhaa kar ayk.

Make the One Lord your friend, intimate and companion.

हरि हरि अखर मन महि लेखु ॥३॥

har har akhar man meh laykh. ||3||

Write in your mind the Word of the Lord, Har, Har. ||3||

रवि रहिआ सरबत सुआमी ॥

rav rahi-aa sarbat su-aamee.

The Lord Master is totally pervading everywhere.

गुण गावै नानकु अंतरजामी ॥४॥६२॥१३१॥

gun gaavai naanak antarjaamee. ||4||62||131||

Nanak sings the Praises of the Inner-knower, the Searcher of hearts. ||4||62||131||

(5)

गउड़ी महला ५ ॥ (१६५-१७)

ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

कोटि बिघन हिरे खिन माहि ॥

kot bighan hiray khin maahi.

Millions of obstacles are removed in an instant,

हरि हरि कथा साधसंगि सुनाहि ॥१॥

har har kathaa saaDhsang sunaahi. ||1||

for those who listen to the Sermon of the Lord, Har, Har, in the Saadh Sangat, the Company of the Holy. ||1||

पीवत राम रसु अमृत गुण जासु ॥

peevaṭ raam ras amritṭ gun jaas.

They drink in the sublime essence of the Lord's Name, the Ambrosial Elixir.

जपि हरि चरण मिटी खुधि तासु ॥१॥ रहाउ ॥

jap har charan mitee khuDh taas. ||1|| rahaa-o.

Meditating on the Lord's Feet, hunger is taken away. ||1||Pause||

सर्व कलिआण सुख सहज निधान ॥

sarab kali-aan sukh sahj niDhaan.

The treasure of all happiness, celestial peace and poise,

जा कै रिदै वसहि भगवान ॥२॥

jaa kai ridai vaseh bhagvaan. ||2||

are obtained by those, whose hearts are filled with the Lord God. ||2||

अउखध मंत्र तंत सभि छारु ॥

a-ukhaDh manṭar tant sabh chhaar.

All medicines and remedies, mantras and tantras are nothing more than ashes.

करणैहारु रिदे महि धारु ॥३॥

karnaihaar riday meh Dhaar. ||3||

Enshrine the Creator Lord within your heart. ||3||

तजि सभि भर्म भजिओ पारब्रह्म ॥

taj sabh bharam bhaji-o paarbarahm.

Renounce all your doubts, and vibrate upon the Supreme Lord God.

कहु नानक अटल इहु धरमु ॥४॥८०॥१४९॥

kaho naanak atal ih Dharam. ||4||80||149||

Says Nanak, this path of Dharma is eternal and unchanging. ||4||80||149||

(6)

गउड़ी महला ५ ॥ (२००-६)

ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

साँति भई गुर गोबिदि पाई ॥

saa<sup>Nt</sup> bha-ee gur gobid paa-ee.

Peace and tranquility have come; the Guru, the Lord of the Universe, has brought it.

ताप पाप बिनसे मेरे भाई ॥१॥ रहाउ ॥

taap paap binsay mayray bhaa-ee. ||1|| rahaa-o.

The burning sins have departed, O my Siblings of Destiny. ||1||Pause||

राम नामु नित रसन बखान ॥

raam naam nit rasan bakhaan.

With your tongue, continually chant the Lord's Name.

बिनसे रोग भए कलिआन ॥१॥

binsay rog bha-ay kali-aan. ||1||

Disease shall depart, and you shall be saved. ||1||

पारब्रह्म गुण अगम बीचार ॥

paarbarahm gun agam beechaar.

Contemplate the Glorious Virtues of the Unfathomable Supreme Lord God.

साधू संगमि है निसतार ॥२॥

saaDhoo sangam hai nistaar. ||2||

In the Saadh Sangat, the Company of the Holy, you shall be emancipated. ||2||

निर्मल गुण गावहु नित नीत ॥  
nirmal gun gaavhu nit neet.  
Sing the Glories of God each and every day;

गई बिआधि उबरे जन मीत ॥३॥  
ga-ee bi-aaDh ubray jan meet. ||3||  
your afflictions shall be dispelled, and you shall be saved, my humble friend. ||3||

मन बच क्रम प्रभु अपना धिआई ॥  
man bach karam parabh apnaa Dhi-aa-ee.  
In thought, word and deed, I meditate on my God.

नानक दास तेरी सरणाई ॥४॥१०२॥१७१॥  
naanak daas tayree saranaa-ee. ||4||102||171||  
Slave Nanak has come to Your Sanctuary. ||4||102||171||

(7)

गउड़ी महला ५ ॥ (२००-१०)  
ga-orhee mehlaa 5.  
Gauree, Fifth Mehl:

नेत्र प्रगासु कीआ गुरदेव ॥  
naytar pargaas kee-aa gurdayv.  
The Divine Guru has opened his eyes.

भर्म गए पूरन भई सेव ॥१॥ रहाउ ॥  
bharam ga-ay pooran bha-ee sayv. ||1|| rahaa-o.  
Doubt has been dispelled; my service has been successful. ||1||Pause||

सीतला ते रखिआ बिहारी ॥  
seetlaa tay rakhi-aa bihaaree.  
The Giver of joy has saved him from smallpox.

पारब्रह्म प्रभ किरपा धारी ॥१॥  
paarbarahm parabh kirpaa Dhaaree. ||1||  
The Supreme Lord God has granted His Grace. ||1||



नानक नामु जपै सो जीवै ॥

naanak naam japai so jeevai.

O Nanak, he alone lives, who chants the Naam, the Name of the Lord.

साधसंगि हरि अमृतु पीवै ॥२॥१०३॥१७२॥

saaDhsang har amrit peevai. ||2||103||172||

In the Saadh Sangat, the Company of the Holy, drink deeply of the Lord's Ambrosial Nectar. ||2||103||172||

(8)

गउड़ी महला ५ ॥ (२०१-६)

ga-orhee mehlaa 5.

Gauree, Fifth Mehl:

थिरु घरि बैसहु हरि जन पिआरे ॥

thir ghar baishu har jan pi-aaray.

Remain steady in the home of your own self, O beloved servant of the Lord.

सतिगुरि तुमरे काज सवारे ॥१॥ रहाउ ॥

satgur tumray kaaj savaaray. ||1|| rahaa-o.

The True Guru shall resolve all your affairs. ||1||Pause||

दुसट दूत परमेसरि मारे ॥

dusat doot parmaysar maaray.

The Transcendent Lord has struck down the wicked and the evil.

जन की पैज रखी करतारे ॥१॥

jan kee paj rakhee kartaaray. ||1||

The Creator has preserved the honor of His servant. ||1||

बादिसाह साह सभ वसि करि दीने ॥

baadisaah saah sabh vas kar deenay.

The kings and emperors are all under his power;

अमृत नाम महा रस पीने ॥२॥

amrit naam mahaa ras peenay. ||2||

he drinks deeply of the most sublime essence of the Ambrosial Naam. ||2||

निरभउ होइ भजहु भगवान ॥  
nirbha-o ho-ay bhajahu bhagvaan.  
Meditate fearlessly on the Lord God.

साधसंगति मिलि कीनो दानु ॥३॥  
saaDhsangat mil keeno daan. ||3||  
Joining the Saadh Sangat, the Company of the Holy, this gift is given. ||3||

सरणि परे प्रभ अंतरजामी ॥  
saran paray parabh antarjaamee.  
Nanak has entered the Sanctuary of God, the Inner-knower, the Searcher of hearts;

नानक ओट पकरी प्रभ सुआमी ॥४॥१०८॥  
naanak ot pakree parabh su-aamee. ||4||108||  
he grasps the Support of God, his Lord and Master. ||4||108||

(9)

गउड़ी महला ५ ॥ (२०५-१८)  
ga-orhee mehlaa 5.  
Gauree, Fifth Mehl:

राखु पिता प्रभ मेरे ॥  
raakh pitaa parabh mayray.  
Save me, O My Father God.

मोहि निरगुनु सभ गुन तेरे ॥१॥ रहाउ ॥  
mohi nirgun sabh gun tayray. ||1|| rahaa-o.  
I am worthless and without virtue; all virtues are Yours. ||1||Pause||

पंच बिखादी एकु गरीबा राखहु राखनहारे ॥  
panch bikhaadee ayk gareebaa raakho raakhanhaaray.  
The five vicious thieves are assaulting my poor being; save me, O Savior Lord!

खेदु करहि अरु बहुतु संतावहि आइओ सरनि तुहारे ॥१॥  
khayd karahi aru bahut santaaveh aa-i-o saran tuhaaray. ||1||  
They are tormenting and torturing me. I have come, seeking Your Sanctuary. ||1||

करि करि हारिओ अनिक बहु भाती छोडहि कतहूं नाही ॥

kar kar haari-o anik baho bhaatee chhodeh kaṭahoo<sup>N</sup> naahee.

Trying all sorts of things, I have grown weary, but still, they will not leave me alone.

एक बात सुनि ताकी ओटा साधसंगि मिटि जाही ॥२॥

ayk baaṭ sun taakee otaa saaDhsang mit jaahee. ||2||

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||

करि किरपा संत मिले मोहि तिन ते धीरजु पाइआ ॥

kar kirpaa san̄ṭ milay mohi tin ṭay Dheeraj paa-i-aa.

In their Mercy, the Saints have met me, and from them, I have obtained satisfaction.

संती मंतु दीओ मोहि निरभउ गुर का सबदु कमाइआ ॥३॥

santee man̄ṭ dee-o mohi nirbha-o gur kaa sabaḍ kamaa-i-aa. ||3||

The Saints have given me the Mantra of the Fearless Lord, and now I practice the Word of the Guru's Shabad. ||3||

जीति लए ओइ महा बिखादी सहज सुहेली बाणी ॥

jeeṭ la-ay o-ay mahaa bikhaaḍee sahj suhaylee baṇee.

I have now conquered those terrible evil-doers, and my speech is now sweet and sublime.

कहु नानक मनि भइआ परगासा पाइआ पदु निखाणी ॥४॥४॥१२५॥

kaho naanak man bha-i-aa pargaasaa paa-i-aa paḍ nirbaaṇee. ||4||4||125||

Says Nanak, the Divine Light has dawned within my mind; I have obtained the state of Nirvaanaa. ||4||4||125||

(10)

सोरठि महला ५ ॥ (६११-११)

soratḥ mehlaa 5.

Sorat'h, Fifth Mehl:

करि इसनानु सिमरि प्रभु अपना मन तन भए अरोगा ॥

kar isnaan simar parabḥ apnaa man tan bha-ay aroga.

After taking your cleansing bath, remember your God in meditation, and your mind and body shall be free of disease.

कोटि बिघन लाथे प्रभ सरणा प्रगटे भले संजोगा ॥१॥

kot bighan laathay parabh sarnaa pargatay bhalay sanjogaa. ||1||

Millions of obstacles are removed, in the Sanctuary of God, and good fortune dawns.

||1||

प्रभ बाणी सबदु सुभाखिआ ॥

parabh banee sabad subhaakhi-aa.

The Word of God's Bani, and His Shabad, are the best utterances.

गावहु सुणहु पड़हु नित भाई गुर पूरै तू राखिआ ॥ रहाउ ॥

gaavhu sunhu parhahu niṭ bhaa-ee gur poorai ṭoo raakhi-aa. rahaa-o.

So constantly sing them, listen to them, and read them, O Siblings of Destiny, and the Perfect Guru shall save you. ||Pause||

साचा साहिबु अमिति वडाई भगति वछल दइआला ॥

saachaa saahib amit vadaa-ee bhagat vachhal da-i-aalaa.

The glorious greatness of the True Lord is immeasurable; the Merciful Lord is the Lover of His devotees.

संता की पैज रखदा आइआ आदि बिरदु प्रतिपाला ॥२॥

sanṭaa kee paij rakh-daa aa-i-aa aad birad partipaalaa. ||2||

He has preserved the honor of His Saints; from the very beginning of time, His Nature is to cherish them. ||2||

हरि अमृत नामु भोजनु नित भुंचहु सर्व वेला मुखि पावहु ॥

har amrit naam bhojan niṭ bhunchahu sarab vaylaa mukh paavhu.

So eat the Ambrosial Name of the Lord as your food; put it into your mouth at all times.

जरा मरा तापु सभु नाठा गुण गोबिंद नित गावहु ॥३॥

jaraa maraa taap sabh naathaa gun gobind niṭ gaavhu. ||3||

The pains of old age and death shall all depart, when you constantly sing the Glorious Praises of the Lord of the Universe. ||3||

सुणी अरदासि सुआमी मेरै सर्व कला बणि आई ॥

sunee ardaas su-aamee mayrai sarab kalaa ban aa-ee.

My Lord and Master has heard my prayer, and all my affairs have been resolved.

प्रगट भई सगले जुग अंतरि गुर नानक की वडिआई ॥४॥११॥

pargat bha-ee saglay jug antar gur naanak kee vadi-aa-ee. ||4||11||

The glorious greatness of Guru Nanak is manifest, throughout all the ages. ||4||11||

(11)

सौरठि महला ५ ॥ (६१६-२)

sorath mehlaa 5.

Sorat'h, Fifth Mehl:

सूख मंगल कलिआण सहज धुनि प्रभ के चरण निहारिआ ॥

sookh mangal kali-aan sahj Dhun parabh kay charan nihaari-aa.

I have been blessed with peace, pleasure, bliss, and the celestial sound current, gazing upon the feet of God.

राखनहारै राखिओ बारिकु सतिगुरि तापु उतारिआ ॥१॥

raakhanhaarai raakhi-o baarik satgur taap utaari-aa. ||1||

The Savior has saved His child, and the True Guru has cured his fever. ||1||

उबरे सतिगुर की सरणाई ॥

ubray satgur kee sarnaa-ee.

I have been saved, in the True Guru's Sanctuary;

जा की सेव न बिरथी जाई ॥ रहाउ ॥

jaa kee sayv na birthee jaa-ee. rahaa-o.

service to Him does not go in vain. ||1||Pause||

घर महि सूख बाहरि फुनि सूखा प्रभ अपुने भए दइआला ॥

ghar meh sookh baahar fun sookhaa parabh apunay bha-ay da-i-aalaa.

There is peace within the home of one's heart, and there is peace outside as well, when God becomes kind and compassionate.

नानक बिघनु न लागै कोऊ मेरा प्रभु होआ किरपाला ॥२॥१२॥४०॥

naanak bighan na laagai ko-oo mayraa parabh ho-aa kirpaalaa. ||2||12||40||

O Nanak, no obstacles block my way; my God has become gracious and merciful to me. ||2||12||40||

(12)

सोरठि मः ५ ॥ (६१६-६)

sorath mehlā 5.

Sorat'h, Fifth Mehl:

गए कलेस रोग सभि नासे प्रभि अपुनै किरपा धारी ॥

ga-ay kalays rog sabh naasay parabh apunai kirpaa Dhaaree.

My sufferings have come to an end, and all diseases have been eradicated.

आठ पहर आराधहु सुआमी पूरन घाल हमारी ॥१॥

aath pahar aaraaDhahu su-aamee pooran ghaal hamaaree. ||1||

God has showered me with His Grace. Twenty-four hours a day, I worship and adore my Lord and Master; my efforts have come to fruition. ||1||

हरि जीउ तू सुख सम्पति रासि ॥

har jee-o too sukh sampat raas.

O Dear Lord, You are my peace, wealth and capital.

राखि लैहु भाई मेरे कउ प्रभ आगै अरदासि ॥ रहाउ ॥

raakh lai hu bhaa-ee mayray ka-o parabh aagai ardaas. rahaa-o.

Please, save me, O my Beloved! I offer this prayer to my God. ||Pause||

जो मागउ सोई सोई पावउ अपने खसम भरोसा ॥

jo maaga-o so-ee so-ee paava-o apnay khasam bharosaa.

Whatever I ask for, I receive; I have total faith in my Master.

कहु नानक गुरु पूरा भेटिओ मिटिओ सगल अंदेसा ॥२॥१४॥४२॥

kaho naanak gur poora bhayti-o miti-o sagal andaysaa. ||2||14||42||

Says Nanak, I have met with the Perfect Guru, and all my fears have been dispelled.

||2||14||42||

(13)

सोरठि महला ५ ॥ (६१६-१३)

sorath mehlā 5.

Sorat'h, Fifth Mehl:

सिमरि सिमरि गुरु सतिगुरु अपना सगला दूखु मिटाइआ ॥

simar simar gur satgur apnaa saglaa dookh mitaa-i-aa.

Meditating, meditating in remembrance on my Guru, the True Guru, all pains have been eradicated.

ताप रोग गए गुर बचनी मन इछे फल पाइआ ॥१॥

taap rog ga-ay gur bachnee man ichhay fal paa-i-aa. ||1||

The fever and the disease are gone, through the Word of the Guru's Teachings, and I have obtained the fruits of my mind's desires. ||1||

मेरा गुरु पूरा सुखदाता ॥

mayraa gur pooraa sukh-daata.

My Perfect Guru is the Giver of peace.

करण कारण समरथ सुआमी पूरन पुरखु बिधाता ॥ रहाउ ॥

karan kaaran samrath su-aamee pooran purakh biDhaataa. rahaa-o.

He is the Doer, the Cause of causes, the Almighty Lord and Master, the Perfect Primal Lord, the Architect of Destiny. ||Pause||

अनंद बिनोद मंगल गुण गावहु गुर नानक भए दइआला ॥

anand binod mangal gun gaavhu gur naanak bha-ay da-i-aalaa.

Sing the Glorious Praises of the Lord in bliss, joy and ecstasy; Guru Nanak has become kind and compassionate.

जै जै कार भए जग भीतरि होआ पारब्रह्म रखवाला ॥२॥१५॥४३॥

jai jai kaar bha-ay jag bheetar ho-aa paarbarahm rakhvaalaa. ||2||15||43||

Shouts of cheers and congratulations ring out all over the world; the Supreme Lord God has become my Savior and Protector. ||2||15||43||

(14)

सौरठि महला ५ ॥ (६२०-१)

sorath mehlaa 5.

Sorat'h, Fifth Mehl:

दुरतु गवाइआ हरि प्रभि आपे सभु संसारु उबारिआ ॥

durat gavaa-i-aa har parabh aapay sabh sansaar ubaari-aa.

The Lord God Himself has rid the whole world of its sins, and saved it.

पारब्रह्मि प्रभि किरपा धारी अपणा बिरदु समारिआ ॥१॥

paarbarahm parabh kirpaa Dhaaree apnaa biradu samaari-aa. ||1||

The Supreme Lord God extended His mercy, and confirmed His innate nature. ||1||

होई राजे राम की रखवाली ॥

ho-ee raajay raam kee rakhvaalee.

I have attained the Protective Sanctuary of the Lord, my King.

सूख सहज आनद गुण गावहु मनु तनु देह सुखाली ॥ रहाउ ॥

sookh sahj aanadu gun gaavhu man tan dayh sukhaalee. rahaa-o.

In celestial peace and ecstasy, I sing the Glorious Praises of the Lord, and my mind, body and being are at peace. ||Pause||

पतित उधारणु सतिगुरु मेरा मोहि तिस का भरवासा ॥

patit uDhaaranu satgur mayraa mohi tis kaa bharvaasaa.

My True Guru is the Savior of sinners; I have placed my trust and faith in Him.

बखसि लए सभि सचै साहिबि सुणि नानक की अरदासा ॥२॥१७॥४५॥

bakhas la-ay sabh sachai saahib sunu naanak kee ardaasaa. ||2||17||45||

The True Lord has heard Nanak's prayer, and He has forgiven everything.

||2||17||45||

(15)

सोरठि महला ५ ॥ (६२०-५)

sorath mehlaa 5.

Sorat'h, Fifth Mehl:

बखसिआ पारब्रह्म परमेसरि सगले रोग बिदारे ॥

bakhsi-aa paarbarahm parmaysar saglay rog bidaaray.

The Supreme Lord God, the Transcendent Lord, has forgiven me, and all diseases have been cured.

गुर पूरे की सरणी उबरे कारज सगल सवारे ॥१॥

gur pooray kee sarnee ubray kaaraj sagal savaaray. ||1||

Those who come to the Sanctuary of the True Guru are saved, and all their affairs are resolved. ||1||



हरि जनि सिमरिआ नाम अधारि ॥

har jan simri-aa naam aDhaar.

The Lord's humble servant meditates in remembrance on the Naam, the Name of the Lord; this is his only support.

तापु उतारिआ सतिगुरि पूरै अपणी किरपा धारि ॥ रहाउ ॥

taap uṭaari-aa satgur poorai apṇee kirpaa Dhaar. rahaa-o.

The Perfect True Guru extended His Mercy, and the fever has been dispelled.

||Pause||

सदा अनंद करह मेरे पिआरे हरि गोविंदु गुरि राखिआ ॥

sadaa anand karah mayray pi-aaray har govind gur raakhi-aa.

So celebrate and be happy, my beloveds - the Guru has saved Hargobind.

वडी वडिआई नानक करते की साचु सबदु सति भाखिआ ॥२॥१८॥४६॥

vadee vadi-aa-ee naanak kartay kee saach sabad sat bhaakhi-aa. ||2||18||46||

Great is the glorious greatness of the Creator, O Nanak; True is the Word of His Shabad, and True is the sermon of His Teachings. ||2||18||46||

(16)

सोरठि महला ५ ॥ (६२०-८)

sorath mehlaa 5.

Sorat'h, Fifth Mehl:

भए कृपाल सुआमी मेरे तितु साचै दरबारि ॥

bha-ay kirpaal su-aamee mayray tit saachai darbaar.

My Lord and Master has become Merciful, in His True Court.

सतिगुरि तापु गवाइआ भाई ठाँढि पई संसारि ॥

satgur taap gavaa-i-aa bhaa-ee thaa<sup>N</sup>dh pa-ee sansaar.

The True Guru has taken away the fever, and the whole world is at peace, O Siblings of Destiny.

अपणे जीअ जंत आपे राखे जमहि कीओ हटतारि ॥१॥

apṇay jee-a jant aapay raakhay jameh kee-o hattaar. ||1||

The Lord Himself protects His beings and creatures, and the Messenger of Death is out of work. ||1||

हरि के चरण रिदै उरि धारि ॥

har kay charan ridai ur Dhaar.  
Enshrine the Lord's feet within your heart.

सदा सदा प्रभु सिमरीऐ भाई दुख किलबिख काटणहारु ॥१॥ रहाउ ॥

sadaa sadaa parabh simree-ai bhaa-ee dukh kilbikh kaatanhaar. ||1|| rahaa-o.  
Forever and ever, meditate in remembrance on God, O Siblings of Destiny. He is the  
Eradicator of suffering and sins. ||1||Pause||

तिस की सरणी ऊबरै भाई जिनि रचिआ सभु कोइ ॥

tis kee sarnee oobrai bhaa-ee jin rachi-aa sabh ko-ay.  
He fashioned all beings, O Siblings of Destiny, and His Sanctuary saves them.

करण कारण समरथु सो भाई सचै सची सोइ ॥

karan kaaran samrath so bhaa-ee sachai sachee so-ay.  
He is the Almighty Creator, the Cause of causes, O Siblings of Destiny; He, the True  
Lord, is True.

नानक प्रभू धिआईऐ भाई मनु तनु सीतलु होइ ॥२॥१६॥४७॥

naanak parabhoo Dhi-aa-ee-ai bhaa-ee man tan seetal ho-ay. ||2||19||47||  
Nanak: meditate on God, O Siblings of Destiny, and your mind and body shall be cool  
and calm. ||2||19||47||

(17)

सौरठि महला ५ ॥ (६२०-१३)

sorath mehlaa 5.  
Sorat'h, Fifth Mehl:

संतहु हरि हरि नामु धिआई ॥

santahu har har naam Dhi-aa-ee.  
O Saints, meditate on the Name of the Lord, Har, Har.

सुख सागर प्रभु विसरउ नाही मन चिंदिअड़ा फलु पाई ॥१॥ रहाउ ॥

sukh saagar parabh visra-o naahee man chindi-arhaa fal paa-ee. ||1|| rahaa-o.  
Never forget God, the ocean of peace; thus you shall obtain the fruits of your mind's  
desires. ||1||Pause||

सतिगुरि पूरै तापु गवाइआ अपणी किरपा धारी ॥

satgur poorai taap gavaa-i-aa apnee kirpaa Dhaaree.

Extending His Mercy, the Perfect True Guru has dispelled the fever.

पारब्रह्म प्रभ भए दइआला दुखु मिटिआ सभ परवारी ॥१॥

paarbarahm parabh bha-ay da-i-aalaa dukh miti-aa sabh parvaaree. ||1||

The Supreme Lord God has become kind and compassionate, and my whole family is now free of pain and suffering. ||1||

सर्व निधान मंगल रस रूपा हरि का नामु अधारो ॥

sarab niDhaan mangal ras roopaa har kaa naam aDhaaro.

The Treasure of absolute joy, sublime elixir and beauty, the Name of the Lord is my only Support.

नानक पति राखी परमेसरि उधरिआ सभु संसारो ॥२॥२०॥४८॥

naanak pati raakhee parmaysar uDhri-aa sabh sansaaro. ||2||20||48||

O Nanak, the Transcendent Lord has preserved my honor, and saved the whole world. ||2||20||48||

(18)

सोरठि महला ५ ॥ (६२०-१७)

sorathi mehlaa 5.

Sorat'h, Fifth Mehl:

मेरा सतिगुरु रखवाला होआ ॥

mayraa satgur rakhvaalaa ho-aa.

My True Guru is my Savior and Protector.

धारि कृपा प्रभ हाथ दे राखिआ हरि गोविंदु नवा निरोआ ॥१॥ रहाउ ॥

Dhaar kirpaa parabh haath day raakhi-aa har govid navaa niro-aa. ||1|| rahaa-o.

Showering us with His Mercy and Grace, God extended His Hand, and saved Hargobind, who is now safe and secure. ||1||Pause||

तापु गइआ प्रभि आपि मिटाइआ जन की लाज रखाई ॥

taap ga-i-aa parabh aap mitaa-i-aa jan kee laaj rakhaa-ee.

The fever is gone - God Himself eradicated it, and preserved the honor of His servant.

साधसंगति ते सभ फल पाए सतिगुर कै बलि जाँई ॥१॥

saaDhsangaṭ tay sabh fal paa-ay satgur kai bal jaa<sup>N</sup>-ee. ||1||

I have obtained all blessings from the Saadh Sangat, the Company of the Holy; I am a sacrifice to the True Guru. ||1||

हलतु पलतु प्रभ दोवै सवारे हमरा गुणु अवगुणु न बीचारिआ ॥

halaṭ palaṭ parabh dovai savaaray hamraa gun avgun na beechaari-aa.

God has saved me, both here and hereafter. He has not taken my merits and demerits into account.

अटल बचनु नानक गुर तेरा सफल करु मसतकि धारिआ ॥२॥२१॥४६॥

atal bachan naanak gur tayraa safal kar mastak Dhaari-aa. ||2||21||49||

Your Word is eternal, O Guru Nanak; You placed Your Hand of blessing upon my forehead. ||2||21||49||

(19)

सोरठि महला ५ ॥ (६२१-२)

sorath mehlaa 5.

Sorat'h, Fifth Mehl:

जीअ जंत्र सभि तिस के कीए सोई संत सहाई ॥

jee-a jantar sabh tis kay kee-ay so-ee sant sahaa-ee.

All beings and creatures were created by Him; He alone is the support and friend of the Saints.

अपुने सेवक की आपे राखै पूरन भई बडाई ॥१॥

apunay sayvak kee aapay raakhai pooran bha-ee badaa-ee. ||1||

He Himself preserves the honor of His servants; their glorious greatness becomes perfect. ||1||

पारब्रह्म पूरा मेरै नालि ॥

paarbarahm pooraa mayrai naal.

The Perfect Supreme Lord God is always with me.

गुरि पूरै पूरी सभ राखी होए सब दइआल ॥१॥ रहाउ ॥

gur poorai pooree sabh raakhee ho-ay sarab da-i-aal. ||1|| rahaa-o.

The Perfect Guru has perfectly and totally protected me, and now everyone is kind and compassionate to me. ||1||Pause||

अनदिनु नानकु नामु धिआए जीअ प्रान का दाता ॥

an-din naanak naam Dhi-aa-ay jee-a paraan kaa daataa.

Night and day, Nanak meditates on the Naam, the Name of the Lord; He is the Giver of the soul, and the breath of life itself.

अपुने दास कउ कंठि लाइ राखै जिउ बारिक पित माता ॥२॥२२॥५०॥

apunay daas ka-o kanth laa-ay raakhai ji-o baarik pit maataa. ||2||22||50||

He hugs His slave close in His loving embrace, like the mother and father hug their child. ||2||22||50||

(20)

सौरठि महला ५ ॥ (६२२-१५)

sorath mehlaa 5.

Sorat'h, Fifth Mehl:

ठाढि पाई करतारे ॥

thaadh paa-ee kartaaray.

The Creator has brought utter peace to my home;

तापु छोडि गइआ परवारे ॥

taap chhod ga-i-aa parvaaray.

the fever has left my family.

गुरि पूरै है राखी ॥

gur poorai hai raakhee.

The Perfect Guru has saved us.

सरणि सचे की ताकी ॥१॥

saran sachay kee taakee. ||1||

I sought the Sanctuary of the True Lord. ||1||

परमेसरु आपि होआ रखवाला ॥

parmaysar aap ho-aa rakhvaalaa.

The Transcendent Lord Himself has become my Protector.

साँति सहज सुख खिन महि उपजे मनु होआ सदा सुखाला ॥ रहाउ ॥

saa<sup>N</sup>t sahj sukh khin meh upjay man ho-aa sadaa sukhaalaa. rahaa-o.

Tranquility, intuitive peace and poise welled up in an instant, and my mind was comforted forever. ||Pause||

हरि हरि नामु दीओ दारू ॥

har har naam dee-o daaroo.

The Lord, Har, Har, gave me the medicine of His Name,

तिनि सगला रोगु बिदारू ॥

tin saglaa rog bidaaroo.

which has cured all disease.

अपणी किरपा धारी ॥

apnee kirpaa Dhaaree.

He extended His Mercy to me,

तिनि सगली बात सवारी ॥२॥

tin saglee baat savaaree. ||2||

and resolved all these affairs. ||2||

प्रभि अपना बिरदु समारिआ ॥

parabh apnaa birad samaari-aa.

God confirmed His loving nature;

हमरा गुणु अवगुणु न बीचारिआ ॥

hamraa gun avgun na beechaari-aa.

He did not take my merits or demerits into account.

गुर का सबदु भइओ साखी ॥

gur kaa sabad bha-i-o saakhee.

The Word of the Guru's Shabad has become manifest,

तिनि सगली लाज राखी ॥३॥

tin saglee laaj raakhee. ||3||

and through it, my honor was totally preserved. ||3||

बोलाइआ बोली तेरा ॥

bolaa-i-aa bolee tayraa.

I speak as You cause me to speak;

तू साहिबु गुणी गहेरा ॥

too saahib gunee gahayraa.

O Lord and Master, You are the ocean of excellence.

जपि नानक नामु सचु साखी ॥

jap naanak naam sach saakhee.

Nanak chants the Naam, the Name of the Lord, according to the Teachings of Truth.

अपुने दास की पैज राखी ॥४॥६॥५६॥

apunay daas kee paj raakhee. ||4||6||56||

God preserves the honor of His slaves. ||4||6||56||

(21)

बिलावलु महला ५ ॥ (८०१-१४)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

सर्व कलिआण कीए गुरदेव ॥

sarab kali-aan kee-ay gurdayv.

The Divine Guru has blessed me with total happiness.

सेवकु अपनी लाइओ सेव ॥

sayvak apnee laa-i-o sayv.

He has linked His servant to His service.

बिघनु न लागै जपि अलख अभेव ॥१॥

bighan na laagai jap alakh abhayv. ||1||

No obstacles block my path, meditating on the incomprehensible, inscrutable Lord.

||1||

धरति पुनीत भई गुन गाए ॥

Dharat puneet bha-ee gun gaa-ay.

The soil has been sanctified, singing the Glories of His Praises.

दुरतु गइआ हरि नामु धिआए ॥१॥ रहाउ ॥

durat ga-i-aa har naam Dhi-aa-ay. ||1|| rahaa-o.

The sins are eradicated, meditating on the Name of the Lord. ||1||Pause||

सभनी थाँई रविआ आपि ॥

sabhnee thaa<sup>N</sup>-ee ravi-aa aap.

He Himself is pervading everywhere;

आदि जुगादि जा का वड परतापु ॥

aad jugaad jaa kaa vad partaap.

from the very beginning, and throughout the ages, His Glory has been radiantly manifest.

गुर परसादि न होइ संतापु ॥२॥

gur parsaad na ho-ay santap. ||2||

By Guru's Grace, sorrow does not touch me. ||2||

गुर के चरन लगे मनि मीठे ॥

gur kay charan lagay man meethay.

The Guru's Feet seem so sweet to my mind.

निरबिघन होइ सभ थाँई वूठे ॥

nirbighan ho-ay sabh thaa<sup>N</sup>-ee voothay.

He is unobstructed, dwelling everywhere.

सभि सुख पाए सतिगुर तूठे ॥३॥

sabh sukh paa-ay satgur toothay. ||3||

I found total peace, when the Guru was pleased. ||3||

पारब्रह्म प्रभ भए रखवाले ॥

paarbarahm parabh bha-ay rakhvaalay.

The Supreme Lord God has become my Savior.

जिथै किथै दीसहि नाले ॥

jithai kithai deeseh naalay.

Wherever I look, I see Him there with me.



नानक दास खसमि प्रतिपाले ॥४॥२॥

naanak daas khasam partipaalay. ||4||2||

O Nanak, the Lord and Master protects and cherishes His slaves. ||4||2||

(22)

बिलावलु महला ५ ॥ (८०६-६)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

चरन कमल प्रभ हिरदै धिआए ॥

charan kamal parabh hirdai Dhi-aa-ay.

Within my heart, I meditate on the Lotus Feet of God.

रोग गए सगले सुख पाए ॥१॥

rog ga-ay saglay sukh paa-ay. ||1||

Disease is gone, and I have found total peace. ||1||

गुरि दुखु काटिआ दीनो दानु ॥

gur dukh kaati-aa deenoo daan.

The Guru relieved my sufferings, and blessed me with the gift.

सफल जनमु जीवन परवानु ॥१॥ रहाउ ॥

safal janam jeevan parvaan. ||1|| rahaa-o.

My birth has been rendered fruitful, and my life is approved. ||1||Pause||

अकथ कथा अमृत प्रभ बानी ॥

akath kathaa amrit parabh baanee.

The Ambrosial Bani of God's Word is the Unspoken Speech.

कहु नानक जपि जीवे गिआनी ॥२॥२॥२०॥

kaho naanak jap jeevay gi-aanee. ||2||2||20||

Says Nanak, the spiritually wise live by meditating on God. ||2||2||20||

(23)

बिलावलु महला ५ ॥ (८०६-११)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

साँति पाई गुरि सतिगुरि पूरे ॥

saa<sup>N</sup>t paa-ee gur satgur pooray.

The Guru, the Perfect True Guru, has blessed me with peace and tranquility.

सुख उपजे बाजे अनहद तूरे ॥१॥ रहाउ ॥

sukh upjay baajay anhad tooray. ||1|| rahaa-o.

Peace and joy have welled up, and the mystical trumpets of the unstruck sound current vibrate. ||1||Pause||

ताप पाप संताप बिनासे ॥

taap paap santaap binaasay.

Sufferings, sins and afflictions have been dispelled.

हरि सिमरत किलविख सभि नासे ॥१॥

har simrat kilvikh sabh naasay. ||1||

Remembering the Lord in meditation, all sinful mistakes have been erased. ||1||

अनदु करहु मिलि सुंदर नारी ॥

anad karahu mil sundar naaree.

Joining together, O beautiful soul-brides, celebrate and make merry.

गुरि नानकि मेरी पैज सवारी ॥२॥३॥२१॥

gur naanak mayree paj savaaree. ||2||3||21||

Guru Nanak has saved my honor. ||2||3||21||

(24)

बिलावलु महला ५ ॥ (८०६-१८)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

सगल अनंदु कीआ परमेसरि अपणा बिरदु समारिआ ॥

sagal anand kee-aa parmaysar apnaa birad sam<sup>H</sup>aari-a.

The Transcendent Lord has brought bliss to all; He has confirmed His Natural Way.

साध जना होए किरपाला बिगसे सभि परवारिआ ॥१॥

saaDh janaa ho-ay kirpaalaa bigsay sabh parvaari-aa. ||1||

He has become Merciful to the humble, holy Saints, and all my relatives blossom forth in joy. ||1||

कारजू सतिगुरि आपि सवारिआ ॥

kaaraj satgur aap savaari-aa.

The True Guru Himself has resolved my affairs.

वडी आरजा हरि गोबिंद की सूख मंगल कलिआण बीचारिआ ॥१॥ रहाउ ॥

vadee aarjaa har gobind kee sookh mangal kali-aan beechaari-aa. ||1|| rahaa-o.

He has blessed Hargobind with long life, and taken care of my comfort, happiness and well-being. ||1||Pause||

वण तृण तृभवण हरिआ होए सगले जीअ साधारिआ ॥

van tarin taribhavan hari-aa ho-ay saglay jee-a saaDhaari-aa.

The forests, meadows and the three worlds have blossomed forth in greenery; He gives His Support to all beings.

मन इछे नानक फल पाए पूरन इछ पुजारिआ ॥२॥५॥२३॥

man ichhay naanak fal paa-ay pooran ichh pujaari-aa. ||2||5||23||

Nanak has obtained the fruits of his mind's desires; his desires are totally fulfilled.

||2||5||23||

(25)

बिलावळु महला ५ ॥ (८०७-७)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

रोगु गइआ प्रभि आपि गवाइआ ॥

rog ga-i-aa parabh aap gavaa-i-aa.

The disease is gone; God Himself took it away.

नीद पई सुख सहज घरु आइआ ॥१॥ रहाउ ॥

need pa-ee sukh sahj ghar aa-i-aa. ||1|| rahaa-o.

I sleep in peace; peaceful poise has come to my home. ||1||Pause||

रजि रजि भोजनु खावहु मेरे भाई ॥

raj raj bhojan kaavahu mayray bhaa-ee.

Eat to your fill, O my Siblings of Destiny.

अमृत नामु रिद माहि धिआई ॥१॥

amrit naam rid maahi Dhi-aa-ee. ||1||

Meditate on the Ambrosial Naam, the Name of the Lord, within your heart. ||1||

नानक गुर पूरे सरनाई ॥

naanak gur pooray sarnaa-ee.

Nanak has entered the Sanctuary of the Perfect Guru,

जिनि अपने नाम की पैज रखाई ॥२॥८॥२६॥

jin apnay naam kee paij rakhaa-ee. ||2||8||26||

who has preserved the honor of His Name. ||2||8||26||

(26)

बिलावलु महला ५ ॥ (८०७-१२)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

ताप संताप सगले गए बिनसे ते रोग ॥

ṭaap sanṭaap saglay ga-ay binsay ṭay rog.

The fever and sickness are gone, and the diseases are all dispelled.

पारब्रहमि तू बखसिआ संतन रस भोग ॥ रहाउ ॥

paarbarahm tū bakhsi-aa santan ras bhog. rahaa-o.

The Supreme Lord God has forgiven you, so enjoy the happiness of the Saints.

||Pause||

सर्व सुखा तेरी मंडली तेरा मनु तनु आरोग ॥

sarab sukhaa ṭayree mandlee ṭayraa man ṭan aarog.

All joys have entered your world, and your mind and body are free of disease.

गुन गावहु नित राम के इह अवखद जोग ॥१॥

gun gaavhu niṭ raam kay ih avkhad jog. ||1||

So chant continuously the Glorious Praises of the Lord; this is the only potent medicine. ||1||

आइ बसहु घर देस महि इह भले संजोग ॥

aa-ay bashu ghar days meh ih bhalay sanjog.

So come, and dwell in your home and native land; this is such a blessed and auspicious occasion.

नानक प्रभ सुप्रसन्न भए लहि गए बिओग ॥२॥१०॥२८॥

naanak parabh suparsan bha-ay leh ga-ay bi-og. ||2||10||28||

O Nanak, God is totally pleased with you; your time of separation has come to an end. ||2||10||28||

(27)

बिलावलु महला ५ ॥ (८१४-५)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

बंधन काटे आपि प्रभि होआ किरपाल ॥

banDhan kaatay aap parabh ho-aa kirpaal.

My bonds have been snapped; God Himself has become compassionate.

दीन दइआल प्रभ पारब्रह्म ता की नदरि निहाल ॥१॥

deen da-i-aal parabh paarbarahm taa kee nadar nihaal. ||1||

The Supreme Lord God is Merciful to the meek; by His Glance of Grace, I am in ecstasy. ||1||

गुरि पूरै किरपा करी काटिआ दुखु रोगु ॥

gur poorai kirpaa karee kaati-aa dukh rog.

The Perfect Guru has shown mercy to me, and eradicated my pains and illnesses.

मनु तनु सीतलु सुखी भइआ प्रभ धिआवन जोगु ॥१॥ रहाउ ॥

man tan seetal sukhee bha-i-aa parabh Dhi-aavan jog. ||1|| rahaa-o.

My mind and body have been cooled and soothed, meditating on God, most worthy of meditation. ||1||Pause||

अउखधु हरि का नामु है जितु रोगु न विआपै ॥

a-ukhaDh har kaa naam hai jit rog na vi-aapai.

The Name of the Lord is the medicine to cure all disease; with it, no disease afflicts me.

साधसंगि मनि तनि हितै फिरि दूखु न जापै ॥२॥

saaDhsang man tan hitai fir dookh na jaapai. ||2||

In the Saadh Sangat, the Company of the Holy, the mind and body are tinged with the Lord's Love, and I do not suffer pain any longer. ||2||

हरि हरि हरि हरि जापीऐ अंतरि लिव लाई ॥

har har har har jaapee-ai antar liv laa-ee.

I chant the Name of the Lord, Har, Har, Har, Har, lovingly centering my inner being on Him.

किलविख उतरहि सुधु होइ साधू सरणाई ॥३॥

kilvikh utreh suDh ho-ay saadhoo sarnaa-ee. ||3||

Sinful mistakes are erased and I am sanctified, in the Sanctuary of the Holy Saints. ||3||

सुनत जपत हरि नाम जसु ता की दूरि बलाई ॥

sunat japat har naam jas taa kee door balaa-ee.

Misfortune is kept far away from those who hear and chant the Praises of the Lord's Name.

महा मंत्रु नानकु कथै हरि के गुण गाई ॥४॥२३॥५३॥

mahaa mantrar naanak kathai har kay gun gaa-ee. ||4||23||53||

Nanak chants the Mahaa Mantra, the Great Mantra, singing the Glorious Praises of the Lord. ||4||23||53||

(28)

बिलावलु महला ५ ॥ (८१७-४)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

हरि हरि हरि आराधीऐ होईऐ आरोग ॥

har har har aaraaDhee-ai ho-ee-ai aarog.

Worship and adore the Lord, Har, Har, Har, and you shall be free of disease.

रामचंद्र की लसटिका जिनि मारिआ रोगु ॥१॥ रहाउ ॥

raamchand kee lastikaa jin maari-aa rog. ||1|| rahaa-o.

This is the Lord's healing rod, which eradicates all disease. ||1||Pause||

गुरु पूरा हरि जापीऐ नित कीचै भोगु ॥

gur pooraa har jaapee-ai niṭ keechai bhog.

Meditating on the Lord, through the Perfect Guru, he constantly enjoys pleasure.

साधसंगति कै वारणै मिलिआ संजोगु ॥१॥

saaDhsangatṭ kai vaarnai mili-aa sanjog. ||1||

I am devoted to the Saadh Sangat, the Company of the Holy; I have been united with my Lord. ||1||

जिसु सिमरत सुखु पाईऐ बिनसै बिओगु ॥

jis simratṭ sukh paa-ee-ai binsai bi-og.

Contemplating Him, peace is obtained, and separation is ended.

नानक प्रभ सरणागती करण कारण जोगु ॥२॥३४॥६४॥

naanak parabḥ sarnaagatee karanṭ kaaranṭ jog. ||2||34||64||

Nanak seeks the Sanctuary of God, the All-powerful Creator, the Cause of causes. ||2||34||64||

(29)

रागु बिलावलु महला ५ दुपदे घरु ५ (८१७-८)

raag bilaaval mehlaa 5 dupday ghar 5

Raag Bilaaval, Fifth Mehl, Du-Padas, Fifth House:

ੴ सतिगुर प्रसादि ॥

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

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

अवरि उपाव सभि तिआगिआ दारु नामु लइआ ॥

avar upaav sabḥ ti-aagi-aa daaroo naam la-i-aa.

I have given up all other efforts, and have taken the medicine of the Naam, the Name of the Lord.

ताप पाप सभि मिटे रोग सीतल मनु भइआ ॥१॥

ṭaap paap sabḥ mitay rog seetal man bha-i-aa. ||1||

Fevers, sins and all diseases are eradicated, and my mind is cooled and soothed. ||1||

गुरु पूरा आराधिआ सगला दुखु गइआ ॥

gur pooraa aaraaDhi-aa saglaa dukh ga-i-aa.

Worshipping the Perfect Guru in adoration, all pains are dispelled.

राखनहारै राखिआ अपनी करि मइआ ॥१॥ रहाउ ॥

raakhanhaarai raakhi-aa apnee kar ma-i-aa. ||1|| rahaa-o.

The Savior Lord has saved me; He has blessed me with His Kind Mercy. ||1||Pause||

बाह पकड़ि प्रभि काढिआ कीना अपनइआ ॥

baah pakarh parabh kaadhi-aa keenaa apna-i-aa.

Grabbing hold of my arm, God has pulled me up and out; He has made me His own.

सिमरि सिमरि मन तन सुखी नानक निरभइआ ॥२॥१॥६५॥

simar simar man tan sukhee naanak nirbha-i-aa. ||2||1||65||

Meditating, meditating in remembrance, my mind and body are at peace; Nanak has become fearless. ||2||1||65||

(30)

बिलावलु महला ५ ॥ (८१६-६)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

रोगु मिटाइआ आपि प्रभि उपजिआ सुखु साँति ॥

rog mitaa-i-aa aap parabh upji-aa sukh saant.

God Himself eradicated the disease; peace and tranquility have welled up.

वड परतापु अचरज रूपु हरि कीन्ती दाति ॥१॥

vad partaap achraj roop har keen<sup>H</sup>ee daat. ||1||

The Lord blessed me with the gifts of great, glorious radiance and wondrous form.

||1||

गुरि गोविंदि कृपा करी राखिआ मेरा भाई ॥

gur govind kirpaa karee raakhi-aa mayraa bhaa-ee.

The Guru, the Lord of the Universe, has shown mercy to me, and saved my brother.

हम तिस की सरणागती जो सदा सहाई ॥१॥ रहाउ ॥

ham tis kee saranaagatee jo sadaa sahaa-ee. ||1|| rahaa-o.

I am under His Protection; He is always my help and support. ||1||Pause||



बिरथी कदे न होवई जन की अरदासि ॥

birthee kaḁay na hova-ee jan kee arḁaas.

The prayer of the Lord's humble servant is never offered in vain.

नानक जोरु गोविंद का पूरन गुणतासि ॥२॥१३॥७७॥

naanak jor govind kaa pooran gunṭaas. ||2||13||77||

Nanak takes the strength of the Perfect Lord of the Universe, the treasure of excellence. ||2||13||77||

(31)

बिलावलु महला ५ ॥ (८१६-१५)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

ताती वाउ न लगई पारब्रह्म सरणाई ॥

ṭaaṭee vaa-o na lag-ee paarbarahm sarṇaa-ee.

The hot wind does not even touch one who is under the Protection of the Supreme Lord God.

चउगिरद हमारै राम कार दुखु लगै न भाई ॥१॥

cha-ugiraḁ hamaarai raam kaar ḁukh lagai na bḁaa-ee. ||1||

On all four sides I am surrounded by the Lord's Circle of Protection; pain does not afflict me, O Siblings of Destiny. ||1||

सतिगुरु पूरा भेटिआ जिनि बणत बनाई ॥

satgur pooraa bhayti-aa jin banatṭ banaa-ee.

I have met the Perfect True Guru, who has done this deed.

राम नामु अउखधु दीआ एका लिव लाई ॥१॥ रहाउ ॥

raam naam a-ukḁaDhḁ dee-aa aykaa liv laa-ee. ||1|| rahaa-o.

He has given me the medicine of the Lord's Name, and I enshrine love for the One Lord. ||1||Pause||

राखि लीए तिनि रखनहारि सभ बिआधि मिटाई ॥

raakh lee-ay ṭin rakḁanḁhaar sabḁ bi-aaDhḁ mitaa-ee.

The Savior Lord has saved me, and eradicated all my sickness.

कहु नानक किरपा भई प्रभ भए सहाई ॥२॥१५॥७६॥

kaho naanak kirpaa bha-ee parabh bha-ay sahaa-ee. ||2||15||79||

Says Nanak, God has showered me with His Mercy; He has become my help and support. ||2||15||79||

(32)

बिलावलु महला ५ ॥ (८१६-१६)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

अपणे बालक आपि रखिअनु पारब्रह्म गुरदेव ॥

apnay baalak aap rakhi-an paarbarahm gurdayv.

The Supreme Lord God, through the Divine Guru, has Himself protected and preserved His children.

सुख साँति सहज आनद भए पूरन भई सेव ॥१॥ रहाउ ॥

sukh saa<sup>N</sup>tī sahj aanad bha-ay pooran bha-ee sayv. ||1|| rahaa-o.

Celestial peace, tranquility and bliss have come to pass; my service has been perfect.

||1||Pause||

भगत जना की बेनती सुणी प्रभि आपि ॥

bhagat janaa kee bayntee sunee parabh aap.

God Himself has heard the prayers of His humble devotees.

रोग मिटाइ जीवालिअनु जा का वड परतापु ॥१॥

rog mitaa-ay jeevaali-an jaa kaa vad partaap. ||1||

He dispelled my disease, and rejuvenated me; His glorious radiance is so great! ||1||

दोख हमारे बखसिअनु अपणी कल धारी ॥

dokh hamaaray bakhsi-an apnee kal Dhaaree.

He has forgiven me for my sins, and interceded with His power.

मन बाँछत फल दितिअनु नानक बलिहारी ॥२॥१६॥८०॥

man baa<sup>N</sup>chhatt fal diti-an naanak balihaaree. ||2||16||80||

I have been blessed with the fruits of my mind's desires; Nanak is a sacrifice to Him.

||2||16||80||

(33)

बिलावळु महला ५ ॥ (८२१-६)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

तापु लाहिआ गुर सिरजनहारि ॥

taap laahi-aa gur sirjanhaar.

Through the Guru, the Creator Lord has subdued the fever.

सतिगुर अपने कउ बलि जाई जिनि पैज रखी सारै संसारि ॥१॥ रहाउ ॥

satgur apnay ka-o bal jaa-ee jin paij rakhee saarai sansaar. ||1|| rahaa-o.

I am a sacrifice to my True Guru, who has saved the honor of the whole world.

||1||Pause||

करु मसतकि धारि बालिकु रखि लीनो ॥

kar mastak Dhaar baalik rakh leeno.

Placing His Hand on the child's forehead, He saved him.

प्रभि अमृत नामु महा रसु दीनो ॥१॥

parabh amrit naam mahaa ras deeno. ||1||

God blessed me with the supreme, sublime essence of the Ambrosial Naam. ||1||

दास की लाज रखै मिहरवानु ॥

daas kee laaj rakhai miharvaan.

The Merciful Lord saves the honor of His slave.

गुरु नानकु बोलै दरगह परवानु ॥२॥६॥८६॥

gur naanak bolai dargeh parvaan. ||2||6||86||

Guru Nanak speaks - it is confirmed in the Court of the Lord. ||2||6||86||

(34)

बिलावळु महला ५ ॥ (८२५-६)

bilaaval mehlaa 5.

Bilaaval, Fifth Mehl:

ताप पाप ते राखे आप ॥

taap paap tay raakhay aap.

He Himself protects me from suffering and sin.

सीतल भए गुर चरनी लागे राम नाम हिरदे महि जाप ॥१॥ रहाउ ॥

seetal bha-ay gur charnee laagay raam naam hirday meh jaap. ||1|| rahaa-o.  
Falling at the Guru's Feet, I am cooled and soothed; I meditate on the Lord's Name  
within my heart. ||1||Pause||

करि किरपा हसत प्रभि दीने जगत उधार नव खंड प्रताप ॥

kar kirpaa hasaṭ parabḥ deenay jagaṭ uDhaar nav khand partaap.  
Granting His Mercy, God has extended His Hands. He is the Emancipator of the World;  
His glorious radiance pervades the nine continents.

दुख बिनसे सुख अनद प्रवेसा तृसन बुझी मन तन सचु ध्राप ॥१॥

dukh binsay sukh anad parvaysaa tarisan bujhee man tan sach Dharaap. ||1||  
My pain has been dispelled, and peace and pleasure have come; my desire is  
quenched, and my mind and body are truly satisfied. ||1||

अनाथ को नाथु सरणि समरथा सगल सृसटि को माई बापु ॥

anaath ko naath saran samrathaa sagal sarisat ko maa-ee baap.  
He is the Master of the masterless, All-powerful to give Sanctuary. He is the Mother  
and Father of the whole Universe.

भगति वछल भै भंजन सुआमी गुण गावत नानक आलाप ॥२॥२०॥१०६॥

bhagaṭ vachhal bhai bhanjan su-aamee gun gaavaṭ naanak aalaap. ||2||20||106||  
He is the Lover of His devotees, the Destroyer of fear; Nanak sings and chants the  
Glorious Praises of his Lord and Master. ||2||20||106||