

सलोक महला ९ ॥

salok mehlā 9.

Shalok, Ninth Mehl:

गुन गोबिंद गाइओ नही जनमु अकारथ कीनु ॥

gun gobind gaa-i-o nahee janam akaarath keen.

If you do not sing the Praises of the Lord, your life is rendered useless.

कहु नानक हरि भजु मना जिह बिधि जल कउ मीनु ॥१॥

kaho naanak har bhaj manaa jih biDh jal ka-o meen. ||1||

Says Nanak, meditate, vibrate upon the Lord; immerse your mind in Him, like the fish in the water. ||1||

बिखिअन सिउ काहे रचिओ निमख न होहि उदासु ॥

bikhi-an si-o kaahay rachi-o nimakh na hohi udaas.

Why are you engrossed in sin and corruption? You are not detached, even for a moment!

कहु नानक भजु हरि मना परै न जम की फास ॥२॥

kaho naanak bhaj har manaa parai na jam kee faas. ||2||

Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death. ||2||

तरनापो इउ ही गइओ लीओ जरा तनु जीति ॥

ṭarnaapo i-o hee ga-i-o lee-o jaraa ṭan jeet.

Your youth has passed away like this, and old age has overtaken your body.

कहु नानक भजु हरि मना अउध जातु है बीति ॥३॥

kaho naanak bhaj har manaa a-oDh jaat hai beet. ||3||

Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away! ||3||

बिरधि भइओ सूझै नही कालु पहूचिओ आनि ॥

biraDh bha-i-o soojhai nahee kaal pahoochi-o aan.

You have become old, and you do not understand that death is overtaking you.

कहु नानक नर बावरे किउ न भजै भगवानु ॥४॥

kaho naanak nar baavray ki-o na bhajai bhagvaan. ||4||

Says Nanak, you are insane! Why do you not remember and meditate on God? ||4||

धनु दारा सम्पति सगल जिनि अपुनी करि मानि ॥

Dhan daaraa sampaṭ sagal jin apunee kar maan.

Your wealth, spouse, and all the possessions which you claim as your own

इन मै कछु संगी नही नानक साची जानि ॥५॥

in mai kachh sangee nahee naanak saachee jaan. ||5||

- none of these shall go along with you in the end. O Nanak, know this as true. ||5||

पतित उधारन भै हरन हरि अनाथ के नाथ ॥

patiṭ uDhaaran bhai haran har anaath kay naath.

He is the Saving Grace of sinners, the Destroyer of fear, the Master of the masterless.

कहु नानक तिह जानीऐ सदा बसतु तुम साथि ॥६॥

kaho naanak tih jaanee-ai sadaa basaṭ tum saath. ||6||

Says Nanak, realize and know Him, who is always with you. ||6||

तनु धनु जिह तो कउ दीओ ताँ सिउ नेहु न कीन ॥

tan Dhan jih to ka-o dee-o taa^N si-o nayhu na keen.

He has given you your body and wealth, but you are not in love with Him.

कहु नानक नर बावरे अब किउ डोलत दीन ॥७॥

kaho naanak nar baavray ab ki-o dolaṭ deen. ||7||

Says Nanak, you are insane! Why do you now shake and tremble so helplessly? ||7||

तनु धनु सम्पै सुख दीओ अरु जिह नीके धाम ॥

tan Dhan sampai sukh dee-o ar jih neekay Dhaam.

He has given you your body, wealth, property, peace and beautiful mansions.

कहु नानक सुनु रे मना सिमरत काहि न रामु ॥८॥

kaho naanak sun ray manaa simraṭ kaahi na raam. ||8||

Says Nanak, listen, mind: why don't you remember the Lord in meditation?
||8||

सभ सुख दाता रामु है दूसर नाहिन कोइ ॥

sabh sukh daataa raam hai doosar naahin ko-ay.

The Lord is the Giver of all peace and comfort. There is no other at all.

कहु नानक सुनि रे मना तिह सिमरत गति होइ ॥९॥

kaho naanak sun ray manaa tih simrat gat ho-ay. ||9||

Says Nanak, listen, mind: meditating in remembrance on Him, salvation is attained. ||9||

जिह सिमरत गति पाईऐ तिह भजु रे तै मीत ॥

jih simrat gat paa-ee-ai tih bhaj ray tai meet.

Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend.

कहु नानक सुनु रे मना अउध घटत है नीत ॥१०॥

kaho naanak sun ray manaa a-oDh ghatat hai neet. ||10||

Says Nanak, listen, mind: your life is passing away! ||10||

पाँच तत को तनु रचिओ जानहु चतुर सुजान ॥

paa^Nch tat ko tan rachi-o jaanhu chatur sujaan.

Your body is made up of the five elements; you are clever and wise - know this well.

जिह ते उपजिओ नानका लीन ताहि मै मानु ॥११॥

jih tay upji-o naankaa leen taahi mai maan. ||11||

Believe it - you shall merge once again into the One, O Nanak, from whom you originated. ||11||

घट घट मै हरि जू बसै संतन कहिओ पुकारि ॥

ghat ghat mai har joo basai santan kahi-o pukaar.

The Dear Lord abides in each and every heart; the Saints proclaim this as true.

कहु नानक तिह भजु मना भउ निधि उतरहि पारि ॥१२॥

kaho naanak tih bhaj manaa bha-o niDh utreh paar. ||12||

Says Nanak, meditate and vibrate upon Him, and you shall cross over the terrifying world-ocean. ||12||

सुखु दुखु जिह परसै नही लोभु मोहु अभिमानु ॥

sukh dukh jih parsai nahee lobh moh abhimaan.

One who is not touched by pleasure or pain, greed, emotional attachment and egotistical pride

कहु नानक सुनु रे मना सो मूरति भगवान ॥१३॥

kaho naanak sun ray manaa so moorat bhagvaan. ||13||

- says Nanak, listen, mind: he is the very image of God. ||13||

उसतति निंदिआ नाहि जिहि कंचन लोह समानि ॥

ustat nindj-aa naahi jihi kanchan loh samaan.

One who is beyond praise and slander, who looks upon gold and iron alike

कहु नानक सुनि रे मना मुकति ताहि तै जानि ॥१४॥

kaho naanak sun ray manaa mukat taahi tai jaan. ||14||

- says Nanak, listen, mind: know that such a person is liberated. ||14||

हरखु सोगु जा कै नही बैरी मीत समानि ॥

harakh sog jaa kai nahee bairee meet samaan.

One who is not affected by pleasure or pain, who looks upon friend and enemy alike

कहु नानक सुनि रे मना मुकति ताहि तै जानि ॥१५॥

kaho naanak sun ray manaa mukat taahi tai jaan. ||15||

- says Nanak, listen, mind: know that such a person is liberated. ||15||

भै काहू कउ देत नहि नहि भै मानत आन ॥

bhai kaahoo ka-o dayt neh neh bhai maanat aan.

One who does not frighten anyone, and who is not afraid of anyone else

कहु नानक सुनि रे मना गिआनी ताहि बखानि ॥१६॥

kaho naanak sun ray manaa gi-aanee taahi bakhaan. ||16||

- says Nanak, listen, mind: call him spiritually wise. ||16||

जिहि बिखिआ सगली तजी लीओ भेख बैराग ॥

jihi bikhi-aa saglee tatee lee-o bhaykh bairaag.

One who has forsaken all sin and corruption, who wears the robes of neutral detachment

कहु नानक सुनु रे मना तिह नर माथै भागु ॥१७॥

kaho naanak sun ray manaa tih nar maathai bhaag. ||17||

- says Nanak, listen, mind: good destiny is written on his forehead. ||17||

जिहि माइआ ममता तजी सभ ते भइओ उदासु ॥

jihī maa-i-aa mamtaa tājee sabh tay bha-i-o udaas.

One who renounces Maya and possessiveness and is detached from everything

कहु नानक सुनु रे मना तिह घटि ब्रह्म निवासु ॥१८॥

kaho naanak sun ray manaa tih ghat barahm nivaas. ||18||

- says Nanak, listen, mind: God abides in his heart. ||18||

जिहि प्राणी हउमै तजी करता रामु पछानि ॥

jihī paraanee ha-umai tājee kartaa raam pachhaan.

That mortal, who forsakes egotism, and realizes the Creator Lord

कहु नानक वहु मुकति नरु इह मन साची मानु ॥१९॥

kaho naanak vahu mukat nar ih man saachee maan. ||19||

- says Nanak, that person is liberated; O mind, know this as true. ||19||

भै नासन दुरमति हरन कलि मै हरि को नामु ॥

bhai naasan durmat haran kal mai har ko naam.

In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness.

निसि दिनु जो नानक भजै सफल होहि तिह काम ॥२०॥

nis din jo naanak bhajai safal hohi tih kaam. ||20||

Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition. ||20||

जिहबा गुन गोबिंद भजहु करन सुनुहु हरि नामु ॥

jihbaa gun gobind bhajahu karan sunhu har naam.

Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name.

कहु नानक सुनि रे मना परहि न जम कै धाम ॥२१॥

kaho naanak sun ray manaa pareh na jam kai Dhaam. ||21||

Says Nanak, listen, man: you shall not have to go to the house of Death. ||21||

जो प्राणी ममता तजै लोभ मोह अहंकार ॥

jo paraanee mamtaa tajai lobh moh aha^Nkaar.

That mortal who renounces possessiveness, greed, emotional attachment and egotism

कहु नानक आपन तरै अउरन लेत उधार ॥२२॥

kaho naanak aapan tarai a-uran layt uDhaar. ||22||

- says Nanak, he himself is saved, and he saves many others as well. ||22||

जिउ सुपना अरु पेखना ऐसे जग कउ जानि ॥

ji-o supnaa ar paykhnaa aisay jag ka-o jaan.

Like a dream and a show, so is this world, you must know.

इन मै कछु साचो नही नानक बिनु भगवान ॥२३॥

in mai kachh saacho nahee naanak bin bhagvaan. ||23||

None of this is true, O Nanak, without God. ||23||

निसि दिनु माइआ कारने प्राणी डोलत नीत ॥

nis din maa-i-aa kaarnay paraanee dola^t nee^t.

Night and day, for the sake of Maya, the mortal wanders constantly.

कोटन मै नानक कोऊ नाराइनु जिह चीति ॥२४॥

kotan mai naanak ko-oo naaraa-in jih chee^t. ||24||

Among millions, O Nanak, there is scarcely anyone, who keeps the Lord in his consciousness. ||24||

जैसे जल ते बुदबुदा उपजै बिनसै नीत ॥

jaisay jal tay budbuda^a upjai binsai nee^t.

As the bubbles in the water well up and disappear again,

जग रचना तैसे रची कहु नानक सुनि मीत ॥२५॥

jag rachnaa taisay rachee kaho naanak sun mee^t. ||25||

so is the universe created; says Nanak, listen, O my friend! ||25||

प्राणी कछू न चेतई मदि माइआ कै अंधु ॥

paraanee kachhoo na chay^t-ee mad^u maa-i-aa kai anDh.

The mortal does not remember the Lord, even for a moment; he is blinded by the wine of Maya.

कहु नानक बिनु हरि भजन परत ताहि जम फंध ॥२६॥

kaho naanak bin har bhajan parat̄ taahi jam fanDh. ||26||

Says Nanak, without meditating on the Lord, he is caught by the noose of Death. ||26||

जउ सुख कउ चाहै सदा सरनि राम की लेह ॥

ja-o sukh ka-o chaahai sadaa saran raam kee layh.

If you yearn for eternal peace, then seek the Sanctuary of the Lord.

कहु नानक सुनि रे मना दुरलभ मानुख देह ॥२७॥

kaho naanak sun ray manaa durlabh maanukh dayh. ||27||

Says Nanak, listen, mind: this human body is difficult to obtain. ||27||

माइआ कारनि धावही मूरख लोग अजान ॥

maa-i-aa kaaran Dhaavhee moorakh log ajaan.

For the sake of Maya, the fools and ignorant people run all around.

कहु नानक बिनु हरि भजन बिरथा जनमु सिरान ॥२८॥

kaho naanak bin har bhajan birthaa janam siraan. ||28||

Says Nanak, without meditating on the Lord, life passes away uselessly. ||28||

जो प्राणी निसि दिनु भजै रूप राम तिह जानु ॥

jo paraanee nis din bhajai roop raam tih jaan.

That mortal who meditates and vibrates upon the Lord night and day - know him to be the embodiment of the Lord.

हरि जन हरि अंतरु नही नानक साची मानु ॥२९॥

har jan har antar nahee naanak saachee maan. ||29||

There is no difference between the Lord and the humble servant of the Lord; O Nanak, know this as true. ||29||

मनु माइआ मै फधि रहिओ बिसरिओ गोबिंद नामु ॥

man maa-i-aa mai faDh rahi-o bisri-o gobind naam.

The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe.

कहु नानक बिनु हरि भजन जीवन कउने काम ॥३०॥

kaho naanak bin har bhajan jeevan ka-unay kaam. ||30||

Says Nanak, without meditating on the Lord, what is the use of this human life? ||30||

प्राणी रामु न चेतई मदि माइआ कै अंधु ॥

paraanee raam na chayt-ee mad maa-i-aa kai anDh.

The mortal does not think of the Lord; he is blinded by the wine of Maya.

कहु नानक हरि भजन बिनु परत ताहि जम फंध ॥३१॥

kaho naanak har bhajan bin parat taahi jam fanDh. ||31||

Says Nanak, without meditating on the Lord, he is caught in the noose of Death. ||31||

सुख मै बहु संगी भए दुख मै संगि न कोइ ॥

sukh mai baho sangee bha-ay dukh mai sang na ko-ay.

In good times, there are many companions around, but in bad times, there is no one at all.

कहु नानक हरि भजु मना अंति सहाई होइ ॥३२॥

kaho naanak har bhaj manaa ant sahaa-ee ho-ay. ||32||

Says Nanak, vibrate, and meditate on the Lord; He shall be your only Help and Support in the end. ||32||

जनम जनम भरमत फिरिओ मिटिओ न जम को त्रासु ॥

janam janam bharmat firi-o miti-o na jam ko taraas.

Mortals wander lost and confused through countless lifetimes; their fear of death is never removed.

कहु नानक हरि भजु मना निरभै पावहि बासु ॥३३॥

kaho naanak har bhaj manaa nirbhai paavahi baas. ||33||

Says Nanak, vibrate and meditate on the Lord, and you shall dwell in the Fearless Lord. ||33||

जतन बहुतु मै करि रहिओ मिटिओ न मन को मानु ॥

jatān bahuṭ mai kar rahi-o miti-o na man ko maan.

I have tried so many things, but the pride of my mind has not been dispelled.

दुरमति सिउ नानक फधिओ राखि लेहु भगवान ॥३४॥

durmat si-o naanak faDhi-o raakh layho bhagvaan. ||34||

I am engrossed in evil-mindedness, Nanak. O God, please save me! ||34||

बाल जुआनी अरु बिरधि फुनि तीनि अवस्था जानि ॥

baal ju-aanee ar biraDh fun teen avasthaa jaan.

Childhood, youth and old age - know these as the three stages of life.

कहु नानक हरि भजन बिनु बिरथा सभ ही मानु ॥३५॥

kaho naanak har bhajan bin birthaa sabh hee maan. ||35||

Says Nanak, without meditating on the Lord, everything is useless; you must appreciate this. ||35||

करणो हुतो सु ना कीओ परिओ लोभ कै फंध ॥

karno huto so naa kee-o pari-o lobh kai fanDh.

You have not done what you should have done; you are entangled in the web of greed.

नानक समिओ रमि गइओ अब किउ रोवत अंध ॥३६॥

naanak sami-o ram ga-i-o ab ki-o rovat anDh. ||36||

Nanak, your time is past and gone; why are you crying now, you blind fool? ||36||

मनु माइआ मै रमि रहिओ निकसत नाहिन मीत ॥

man maa-i-aa mai ram rahi-o nikast naahin meet.

The mind is absorbed in Maya - it cannot escape it, my friend.

नानक मूरति चित्र जिउ छाडित नाहिन भीति ॥३७॥

naanak moorat chitr ji-o chhaadit naahin bheet. ||37||

Nanak, it is like a picture painted on the wall - it cannot leave it. ||37||

नर चाहत कछु अउर अउरै की अउरै भई ॥

nar chaahat kachh a-or a-urai kee a-urai bha-ee.

The man wishes for something, but something different happens.

चितवत रहिओ ठगउर नानक फासी गलि परी ॥३८॥

chitvat rahi-o thaga-ur naanak faasee gal paree. ||38||

He plots to deceive others, O Nanak, but he places the noose around his own neck instead. ||38||

जतन बहुत सुख के कीए दुख को कीओ न कोइ ॥

jatan bahut sukh kay kee-ay dukh ko kee-o na ko-ay.

People make all sorts of efforts to find peace and pleasure, but no one tries to earn pain.

कहु नानक सुनि रे मना हरि भावै सो होइ ॥३९॥

kaho naanak sun ray manaa har bhaavai so ho-ay. ||39||

Says Nanak, listen, mind: whatever pleases God comes to pass. ||39||

जगत् भिखारी फिरतु है सभ को दाता रामु ॥

jagat bhikhaaree firat hai sabh ko daataa raam.

The world wanders around begging, but the Lord is the Giver of all.

कहु नानक मन सिमरु तिह पूरन होवहि काम ॥४०॥

kaho naanak man simar tih pooran hoveh kaam. ||40||

Says Nanak, meditate in remembrance on Him, and all your works will be successful. ||40||

झूठै मानु कहा करै जगु सुपने जिउ जानु ॥

jhoothai maan kahaa karai jag supnay ji-o jaan.

Why do you take such false pride in yourself? You must know that the world is just a dream.

इन मै कछु तेरो नही नानक कहिओ बखानि ॥४१॥

in mai kachh tayro nahee naanak kahi-o bakhaan. ||41||

None of this is yours; Nanak proclaims this truth. ||41||

गरबु करतु है देह को बिनसै छिन मै मीत ॥

garab karat hai dayh ko binsai chhin mai meet.

You are so proud of your body; it shall perish in an instant, my friend.

जिहि प्राणी हरि जसु कहिओ नानक तिहि जगु जीति ॥४२॥

jih paraanee har jas kahi-o naanak tih jag jeet. ||42||

That mortal who chants the Praises of the Lord, O Nanak, conquers the world. ||42||

जिह घटि सिमरनु राम को सो नरु मुकता जानु ॥

jih ghat simran raam ko so nar muktaa jaan.

That person, who meditates in remembrance on the Lord in his heart, is liberated - know this well.

तिहि नर हरि अंतरु नही नानक साची मानु ॥४३॥

tih nar har antar nahee naanak saachee maan. ||43||

There is no difference between that person and the Lord: O Nanak, accept this as the Truth. ||43||

एक भगति भगवान जिह प्राणी कै नाहि मनि ॥

ayk bhagat bhagvaan jih paraanee kai naahi man.

That person, who does not feel devotion to God in his mind

जैसे सूकर सुआन नानक मानो ताहि तनु ॥४४॥

jaisay sookar su-aan naanak maano taahi tan. ||44||

- O Nanak, know that his body is like that of a pig, or a dog. ||44||

सुआमी को गृह जिउ सदा सुआन तजत नही नित ॥

su-aamee ko garihu ji-o sadaa su-aan tajat nahee nit.

A dog never abandons the home of his master.

नानक इह बिधि हरि भजउ इक मनि हुइ इक चिति ॥४५॥

naanak ih biDh har bhaja-o ik man hu-ay ik chit. ||45||

O Nanak, in just the same way, vibrate, and meditate on the Lord, single-mindedly, with one-pointed consciousness. ||45||

तीर्थ बरत अरु दान करि मन मै धरै गुमानु ॥

tirath barat ar daan kar man mai Dharai gumaan.

Those who make pilgrimages to sacred shrines, observe ritualistic fasts and make donations to charity while still taking pride in their minds

नानक निहफल जात तिह जिउ कुंचर इसनानु ॥४६॥

naanak nihfal jaat tih ji-o kunchar isnaan. ||46||

- O Nanak, their actions are useless, like the elephant, who takes a bath, and then rolls in the dust. ||46||

सिरु कं पिओ पग डगमगे नैन जोति ते हीन ॥

sir kampi-o pag dagmagay nain jot tay heen.

The head shakes, the feet stagger, and the eyes become dull and weak.

कहु नानक इह बिधि भई तऊ न हरि रसि लीन ॥४७॥

kaho naanak ih biDh bha-ee ta-oo na har ras leen. ||47||

Says Nanak, this is your condition. And even now, you have not savored the sublime essence of the Lord. ||47||

निज करि देखिओ जगतु मै को काहू को नाहि ॥

nij kar daykhi-o jagat mai ko kaahoo ko naahi.

I had looked upon the world as my own, but no one belongs to anyone else.

नानक थिरु हरि भगति है तिह राखो मन माहि ॥४८॥

naanak thir har bhagat hai tih raakho man maahi. ||48||

O Nanak, only devotional worship of the Lord is permanent; enshrine this in your mind. ||48||

जग रचना सभ झूठ है जानि लेहु रे मीत ॥

jag rachnaa sabh jhooth hai jaan layho ray meet.

The world and its affairs are totally false; know this well, my friend.

कहि नानक थिरु ना रहै जिउ बालू की भीति ॥४६॥

kahi naanak thir naa rahai ji-o baaloo kee bheet. ||49||

Says Nanak, it is like a wall of sand; it shall not endure. ||49||

रामु गइओ रावनु गइओ जा कउ बहु परवारु ॥

raam ga-i-o raavan ga-i-o jaa ka-o baho parvaar.

Raam Chand passed away, as did Raawan, even though he had lots of relatives.

कहु नानक थिरु कछु नही सुपने जिउ संसारु ॥५०॥

kaho naanak thir kachh nahee supnay ji-o sansaar. ||50||

Says Nanak, nothing lasts forever; the world is like a dream. ||50||

चिंता ता की कीजीऐ जो अनहोनी होइ ॥

chintaa taa kee keejee-ai jo anhonee ho-ay.

People become anxious, when something unexpected happens.

इहु मारगु संसार को नानक थिरु नही कोइ ॥५१॥

ih maarag sansaar ko naanak thir nahee ko-ay. ||51||

This is the way of the world, O Nanak; nothing is stable or permanent. ||51||

जो उपजिओ सो बिनसि है परो आजु कै कालि ॥

jo upji-o so binas hai paro aaj kai kaal.

Whatever has been created shall be destroyed; everyone shall perish, today or tomorrow.

नानक हरि गुन गाइ ले छाडि सगल जंजाल ॥५२॥

naanak har gun gaa-ay lay chhaad sagal janjaal. ||52||

O Nanak, sing the Glorious Praises of the Lord, and give up all other entanglements. ||52||

दोहरा ॥

dohraa.

Dohraa:

बलु छुटकिओ बंधन परे कछू न होत उपाइ ॥

bal chhutki-o banDhan paray kachhoo na hot upaa-ay.

My strength is exhausted, and I am in bondage; I cannot do anything at all.

कहु नानक अब ओट हरि गज जिउ होहु सहाइ ॥५३॥

kaho naanak ab ot har gaj ji-o hohu sahaa-ay. ||53||

Says Nanak, now, the Lord is my Support; He will help me, as He did the elephant. ||53||

बलु होआ बंधन छुटे सभु किछु होत उपाइ ॥

bal ho-aa banDhan chhutay sabh kichh hot upaa-ay.

My strength has been restored, and my bonds have been broken; now, I can do everything.

नानक सभु किछु तुमरै हाथ मै तुम ही होत सहाइ ॥५४॥

naanak sabh kichh tumrai haath mai tum hee hot sahaa-ay. ||54||

Nanak: everything is in Your hands, Lord; You are my Helper and Support. ||54||

संग सखा सभि तजि गए कोऊ न निबहिओ साथि ॥

sang sakhaa sabh taj ga-ay ko-oo na nib-hi-o saath.

My associates and companions have all deserted me; no one remains with me.

कहु नानक इह बिपति मै टेक एक रघुनाथ ॥५५॥

kaho naanak ih bipat mai tayk ayk raghunaath. ||55||

Says Nanak, in this tragedy, the Lord alone is my Support. ||55||

नामु रहिओ साधू रहिओ रहिओ गुरु गोबिंदु ॥

naam rahi-o saaDhoo rahi-o rahi-o gur gobind.

The Naam remains; the Holy Saints remain; the Guru, the Lord of the Universe, remains.

कहु नानक इह जगत मै किन जपिओ गुर मंतु ॥५६॥

kaho naanak ih jagat mai kin japi-o gur mant. ||56||

Says Nanak, how rare are those who chant the Guru's Mantra in this world. ||56||

राम नामु उर मै गहिओ जा कै सम नही कोइ ॥

raam naam ur mai gahi-o jaa kai sam nahee ko-ay.

I have enshrined the Lord's Name within my heart; there is nothing equal to it.

जिह सिमरत संकट मिटै दरसु तुहारो होइ ॥५७॥१॥

jih simrat sankat mitai daras tuhaaro ho-ay. ||57||1||

Meditating in remembrance on it, my troubles are taken away; I have received the Blessed Vision of Your Darshan. ||57||1||