

NĀNAK BĀNĪ

Volume II

interpreted in free verse

HARJEET SINGH GILL

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FOREWORD

In *īNānak Bān* Professor Harjeet Singh Gill has interpreted in free verse the compositions of Guru Nānak (1469-1539). These are meditations and reflections of Guru Nānak which form a major part of the Ādi Granth composed in classical Indian rāgās. Within the dialectics of anthropology and cosmology and within the parameters of metonymic observations of the religious and the profane world, there is a certain metaphoric articulation, a certain divine communication in a language that is both simple and transparent, both allegoric and transcendental.

Translating from one language to another is not an easy task. The music of word and thought, the rhythm and resonance of the universe of conceptual discourse of one language can never be communicated in another idiom. And yet, throughout the history of ideas, across different cultures, translated texts have played a very important role... An earlier exercise of this order by Professor Gill in *Bābā Nānak* was highly appreciated by eminent scholars who were sensitive to the rhythmic articulations of the English language.

The excellence and also the inadequacy of the translation is an invitation to the discerning reader to the domain of the rhythmic reverberations of the original text. Maybe these interpretations will serve this purpose !

S. S. Boparai

Vice-Chancellor

Punjabi University, Patiala, 2007.

PREFACE

Translating from one language to another is a highly complex affair and interpreting the transcendental resonance and rhythm of *Nānak Bānī* in free verse was not going to be easy. I had made such an attempt earlier in *Bābā Nānak* and the exercise was appreciated by eminent scholars who were sensitive to the rhythm of the English language. It was an auspicious beginning. I set myself to interpret the extremely lucid and rhythmic verses of Guru Nānak in free verse, to recreate a universe of cosmic discourse in an idiom of anthropological overtones.

The hymns follow the same order as they do in the Ādi Granth, presented in Professor Taran Singh's *Guru Nānak Bānī Prakāsh*, Punjabi University, Patiala, 1969-70. This work was also often consulted for specific interpretations...The French version of *īNānak Bān* by Dr Danielle Gill will be released in due course... The revised edition of *Bābā Nānak* serves as an introduction.

Being conscious of the fact that even the best interpretation/translation is only an approximation, I follow the Sikh prayer, *iā likhiā, bhul chuk, muāf karnāḥpar*. I crave for the Guru's indulgence, and above all, for his forgiveness, for the Guru alone can articulate his discourse in its multiple aspects of formal and conceptual constitution...In any case, no interpretation/translation can ever replace the sacred *Guru Bānī* or the *Guru Shabad* with its cosmological reverberations in rhythm and resonance...

I am grateful to Punjabi University, Patiala, its distinguished Vice-Chancellor, Padam Shri S. S. Boparai, and Dr Parmbakhshish Singh, the Registrar, for the award of Senior Fellowship and the facilities provided for the preparation and the publication of these volumes. Thanks are also due to Dr Dhanwant Kaur for the administrative support...HSG.

NĀNAK BĀṆĪ

621

RĀG SŪHĪ
AṢṬPADĪĀ

how can I meet my Love ?
how can I please my Lord ?
bereft of virtues
bereft of good looks and beautiful eyes
bereft of inheritance and wealth

not by dresses and decoration
not by fragrance and fermentation
it is with love and devotion
with meditation and reflection
with piety and perception
that the great Lord is pleased
that the Sovereign of the universe is received

shedding all passions and pretensions
shedding all pride and prejudice
the devotee vibrates with His love and affection
she lives in humility and devotion
she enjoys His bliss, His benediction

bereft of His bliss
the being moves in the eternal cycle
in His will and bliss
the devotee lives in steady serenity
in purity and piety

Nānak, He is, He will ever be
the Sovereign of the universe
in His bliss is all benediction, all benevolence ! (1)

all this radiating colour of youth is only an illusion
ephemeral, it is a matter of days
bereft of meditation and reflection
there is no salvation, no perception

fast and deep is the colour of love
it lasts for ever
its hues radiate with divine rays

in devotion, in meditation
the colour of love radiates with His bliss
with reflection and perception
the devotee stays in His divine projection

the restless soul is led astray
with dualities and divisions
with conflicts and confusions

with the Word of the Guru
there is serenity, there is salvation
in rites, in rituals
in the white robes of pretensions
in the pious discourses of ceremonies
there is dirt, there is division
there is greed, there is lust
there is pride, there is vanity
the beings live the lives of cattle
of dumb beasts
they suffer the dictates of the demon of death
bereft of His grace
there is no peace, no serenity

how can we forget that Lord
who has created this universe
who sustains His creation
Nānak prays to the Lord of all humanity
for meditation and reflection
for peace and perception ! (2)

this human birth is precious
only the true devotee has its right perception
with the grace of the Guru
she is saturated with His love, with His affection

those who meditate and reflect
those who spend their lives in devotion
are saved, are bestowed with His benediction
they are honoured in His audience
they enjoy His presence
their hearts vibrate with His hymns
they acquire the deep hues of His love
they are blessed, they live in His benevolence

the devotees fathom the depths of His mysterious universe
they are tuned to the cosmic rhythms
the fools, the ignorant are lost in the wilderness of their minds
the devotee enjoys His benediction, His benevolence
the fools die in anguish, in separation
the devotees live in peace, in His presence

Nānak prays for His benediction

for His meditation and reflection ! (3)
as the iron is melt and made anew
so the being is born and dies again and again
bereft of His reflection, bereft of His perception
the being suffers anguish and pain
she is thrown in the depths of depression and dejection

with the grace of the Guru
there is salvation, there is projection
with the grace of the Guru
there is meditation, there is perception

in His will is all creation, all consumption
in His will is all construction, all destruction
in His will, the being becomes the agent of divine projection

when the last hour strikes
when the body is reduced to ashes
all the houses, al the palaces are ruined
there is darkness at noon, there is repentance
with the grace of the Guru
there is light, there is life
the devotee meditates upon the sublime crystal of perception
Nānak, day and night, there is devotion, there is recitation

there is quest for union and communion ! (4)

dear friend, remember the Lord of the universe
day and night, there is piety, there is perception
the blind walks with the stick of reflection
she follows His dictate, His divine projection

with the Word of the Guru
there is peace, there is serenity
there is omniscience, there is presence
there is benediction, there is benevolence

with the Word of the Guru
there is service, there is servitude
with the Word of the Guru
there is no fear, no ferment
there is divine union, there is beatitude

the sword of death hangs on every head
with meditation and reflection
the devotee enjoys the divine moments of transition
she seeks the blessings of the Lord of all creation

when the body is reduced to dust
there is no life, no breath
the Lord is eternal
in His will is every movement, every step

with the Word of the Guru
there is reflection, there is perception
the devotee comprehends the mysterious universe
the complexities of the divine discourse

Nānak, with the blessings of the Guru
the devotee sings the divine hymns of sublimation ! (5)

RĀG SŪHĪ
KUCHAJĪ

the devotee laments the lack of her virtues
 the lack of her good deeds and devotion
 how can she meet her Love ?
 how can she follow His projections ?
 her friends are more virtuous, more devoted
 they are blessed by the Lord
 they enjoy His serene presence

bereft of virtue
 how can she discern His creation ?
 gold and silver, diamonds and pearls
 so many delusions
 how can she lament ? how can she blame others ?
 with the grace of the Guru
 she hopes for the best
 for His indulgence and affection

when age takes over
when the cranes fly in the sky
when the being has to go to her in-laws
to the court of judgement
it is too late to repent, to redress
ignorance overshadows all perception
all signals to the path of righteousness

Nānak prays for His indulgence, for His affection
bereft of virtues
the devotee prays for His benediction, for His benevolence !

RĀG SŪHĪ
SUCHAJĪ

in Thy will there is love, there is union
in Thy bliss there is omniscience, there is presence

there are those who follow Thy will
they are blessed with all the grandeur of life
and there are others who are drenched in pride and prejudice
who suffer for ever

in Thy will there are rivers in the desert
and lotus in the sky
in Thy will is the eternal crossing
in Thy will there is death, there is drowning
in Thy will there is fear and ferment
there is eternal cycle
Thou art beyond all measure
the devotee prays for Thy benevolence
Nānak, with the Word of the Guru
there is reception, there is presence !

RĀG SŪHĪ
CHHANT

in youth, in passion, in vanity
the being is in transit, in duality
bereft of virtues, she is hollow, she is empty
lost in illusions, there is no peace, no serenity

bereft of meditation and reflection
she acquires no knowledge, no perception
bereft of the Word of the Guru
she does not follow the righteous path
in her early youth she lost her Love
she fell in the valley of sorrow and dejection

the devotee vibrates for her Love
for the Lord of the three worlds
for the sovereign of four ages
who stays with His love
who shuns the ignorant
who fulfills her desires and dreams

who is the everlasting support
who is the eternal hope

the auspicious hour strikes
the bride leaves for her in-laws
for her Love
for His sublime abode
where only deeds and devotion matter
where illusions and delusions have no place
Nānak, with the grace of the Guru
with the Word of the Guru
the devotee discerns His creation
she stays steady in His reflection

with the Word of the Guru
the daughter goes to her in-laws
to meet her Lord
to be with her Love
to be bestowed with truth and transcendence
to be graced with love and affection
never to be separated again
never to lose His sublime grain ! (1)

my Love has come to my abode
the true Lord has bestowed upon me
His bliss, His benevolence
the vices have fled
the virtues have saturated my mind
there is love, there is reception
there is meditation, there is reflection

the temple of my heart vibrates with His presence
there is music of piety
there is joy, there is serenity

my friends, come, sing His hymns
sing the hymns of His truth and transcendence
of His benediction and benevolence

with the grace of the Guru
there is love, there is union
there is reflection, there is communion

the sublime figure of my Lord
the resplendent form of my Love
has inundated my being
the pristine diamond of His reflection
has enlightened my heart
my friends, my Love has descended
in the depths of my being
His truth has transcended my horizons

the siddhās, the sādhus, the sages
all meditate and reflect upon His mysterious universe
with the grace of the Guru
they perceive His truth, His benevolence

Nānak, with the Word of the Guru
with the grace of the Guru
the passions are burnt, the pretensions have fled
the devotees are blessed with His radiation and reception ! (2)

hail the Lord of the universe
hail His omniscience, His presence
my heart vibrates with His benevolence

in His love, in His union
there is eternal sublimity
there is sublime purity
Nānak, the devotee is enlightened with His serenity
with His truth and tranquillity

my Love has descended in my heart
my Lord has touched the vibrating chord
to resonate in the entire world
all sins and sufferance are eradicated
all passions and vices are gone
Nānak, with the grace of the Guru
there is serenity, there is purity

the youth has attained its heights
the dreams and the desires are fulfilled

with the Word of the Guru
there is union, there is reflection
there is sublimation, there is presence
He is the eternal lover, the eternal beloved
He transcends His creation
with the grace of the Guru
there is meditation, there is reflection
Nānak, in His will and bliss
there is union, there is communion

the Lord of the three worlds resides in His sublime abode
the devotee seeks His love, His support

those who reflect and perceive
are saved, are free from all penance
others are afflicted with pride, with passion
they are doomed for ever
fallen in the depths of depression
Nānak, with the grace of the Guru
with the Word of the Guru
the devotee reflects upon His mysterious universe
to comprehend and discern His divine discourse ! (3)

in His will is every creation, every consumption
in His will is every reflection, every perception

in His will is every life, every light
in His will is grace and serenity
in His will is peace and prosperity
in His will the devotee lives in devotion, in sincerity

in His will is love and devotion
the lover and the beloved, the bride and the bridegroom
enjoy His blessings, His benediction

the sovereign of the universe is happy with this union
in these cosmic horizons, there is love, there is communion

hail the Lord of the universe
who has removed all dualities and divisions
who has solved all conflicts and confusions
whose company is bliss
whose embrace is divine
whose domain is surcharged with serenity and sublimation

as the fragrance of virtue surcharges the ambiance
so the fragrance of love and affection announce His presence
with the robes of good deeds
and the fragrance of devotion
the devotee enlightens the company of friends
they live in sincerity and serenity
they bathe in the pure waters of His sublimity

as He conceives, so does He receive
the devotion and the dedication of the devotee
there is no duality, no division
no conflict, no confusion
Nānak, as He conceives, so does He receive
the devotion and the dedication of the devotee ! (4)

in love and devotion the devotee vibrates with His perception
there is meditation, there is reflection
there is truth, there is transcendence

the truth of the true Lord prevails in the universe
the devotee discerns the divine discourse
the ceremonies, the rituals are set aside
there is no prejudice, no pride
there is no duality, no deception
the heart vibrates with His love, with His affection

hail the Creator of this wondrous universe
hail the Creator of all earths and heavens
the devotees meditate and reflect upon His divine spectacle
they perceive His truth, His transcendence

with the Word of the Guru
they perceive His projection
they breathe the fresh air of love and union
they enjoy His sublime communion

with the grace of the Guru
they radiate with His benediction, His benevolence
hail the Creator of this wondrous universe
hail the Creator of all earths and heavens
with the Word of the Guru
there is no cycle of birth and death
with meditation and reflection
there is serenity, there is moderation
hail the Creator of all beings, animate and inanimate
hail the Creator of earths and heavens

in His will, in His bliss the devotee is saved
she discerns the right from the wrong
the false from the true
the pure from the impure
she escapes the eternal cycle
she stays eternally in His love and devotion
in His will, in His bliss
the devotee follows the righteous path
with good deeds and devotion
she escapes all conflicts and confusions
she lives in truth, in divine perception
she vibrates with the rhythms of cosmic music
she is endowed with divine projection

those who are blessed with His love
stay steady and serene
they enjoy His bliss, His reflection
they bother not about ceremonies and rituals
their love transcends all sacred baths, all pilgrimages
they live in His will, in His bliss
they are dyed in the deep red of His love
they radiate in His presence, in His omniscience

when the populace is led by the ignorant and the blind
there is no reflection, no projection
when the guru himself knows not the righteous path
there is no truth, no temperance
bereft of meditation and reflection
the false guru is drenched in dirt and deception

bereft of the grace of the Guru
the whole world is a wilderness
drenched in sin and sufferance
the beings suffer in pain and anguish

bereft of His love and affection
there is separation, there is loneliness
there is suffering, there is anguish
the beings are hollow within, haughty without
they are doomed to depression and dejection
bereft of the grace of the Guru
the whole world is a wilderness

those who discern the Word of the Guru
live in His will, live in His bliss
they stay steady in His transcendence
their hearts vibrate with His hymns
their search is crowned with divine communion
they live in love and union

hail the Creator of this sublime universe
who is beyond all measure
who is the ultimate treasure
with the Word of the Guru
with the grace of the Guru
the devotee discerns the divine truth
there is reflection
Nānak, with the grace of the Guru
there is benediction, there is benevolence ! (5)

WĀR SŪHĪ KĪ

the pink colour of māyā is a delusion
like a necklace without a thread
the true colour of reflection is due to meditation
due to perception
Nānak, in love, in devotion
all evils are eradicated
all colours are sublimated ! (1)

hail the Lord, the Creator of this wondrous universe
of the currents of ocean, of the dark clouds of rain
in His will are all actions, all dispensation
in His will is all service, all temperance
dear friend, in meditation and reflection
there is serenity, there is reception
Nānak prays for His truth and transcendence
for His benediction and benevolence ! (2)

Nānak, the beautiful eyes and the bright, shining teeth
the diamonds and the pearls of youth
are a matter of days
age takes over and nothing stays ! (3)

Nānak, burn this polluted body
where there is no meditation, no reflection
where sins and vices accumulate
where there is no projection, no perception
where the devotee suffers in depression ! (4)

Nānak, the mind is stuck in evil deeds
drenched in sin and sufferance
it is restless, it aches with pain and anguish
the devotee prays for peace and serenity
for purity and piety ! (5)

Nānak, the devotee trembles before the final judgement
before the heavenly court
where the sins and service are differentiated
where the true and the false
the pure and impure are discerned ! (6)

those who leave for pilgrimages
with minds replete with deceits and deceptions
they suffer for ever, they find no reception
the external washing does no good
when the inner dirt is thick with lust
when the inner being is drenched in poison
when there is eternal hunger and thirst

the devotees need no ritual cleansing
the evils and the vices can never be washed away
they are doomed to suffer
to the eternal decay ! (7)

the sun and the moon enlighten the fourteen regions
all creatures, animate and inanimate
live in Thy benevolence, in Thy benediction
in the open trade there is even mode
all of us have to leave this abode
all will face the final judgement
all will bear the divine ferment
Nānak, with meditation and reflection
the devotees are saved
they fear no depression, no dejection ! (8)

in the darkest night , the white does not lose its shine
in the brightest day, the darkness of evil is there to stay
Nānak, bereft of the grace of the Guru
the fools and the ignorant do not follow His presence
they are drenched in sin and sufferance ! (9)

the thieves, the thugs, the prostitutes, the pretenders
stand together, suffer together
bereft of His grace
the devil inhabits their inner selves
the donkeys do not respond to the fragrance of sandal
they adore dirt and dust
Nānak, the evil doers are busy in evil deeds
with the thread of falsehood
they weave the cloth of conceit and corruption
they wear it and fall in the valley of depression and dejection ! (10)

the mullah, the faqir, the yogī beg for their living
in His will there are beggars and benefactors
Nānak, hail the devotees who meditate and reflect
who vibrate with His benediction and benevolence ! (11)

I pray for Thy bliss
I pray for Thy benevolence
I pray for the sublimation of all greed and passions
of all dualities and divisions
day and night I yearn for the purity of Thy reflection
Nānak, with the grace of the Guru
the devotee seeks Thy blessing, Thy benediction ! (12)

my friends yearn for His love, for His affection
Nānak, they beseech, they pray
they vibrate with His presence ! (13)

all my friends vibrate with His love, with His devotion
I alone am bereft of His bliss, His affection
drenched in sin and sufferance
I live in anguish, in separation
in pain, in indifference ! (14)

hail the devotees
who resonate with His meditation
who enjoy His bliss and benediction
forlorn, the being prays for His love
for His affection ! (15)

those who were estranged
who did not enjoy His love, His union
they languished in pain, in separation
they left their deserted homes
in anguish, in dejection ! (16)

accursed a hundred times a day
and a thousand times at night
the being involved in perversion and passion
accursed is this life
wasted in gluttony and guiles
Nānak, bereft of His reflection
there is depression, there is dejection ! (17)

as the darkness recedes with the approach of the lamp
so the Vedic discourse illuminates the ignorant mind
as the sun rises, the moon sets
so the light of knowledge eliminates ignorance
but the discourse of the Vedas is taken lightly
the pundits do not discern the divine truth
bereft of right perception, there is darkness all over
Nānak, with the Word of the Guru
the devotee crosses the river of sins and sorrow
with serenity, with sublimity ! (18)

bereft of the Word of the Guru
bereft of His grace
it is all clever chat, it is all bragging and barking
Nānak, with good deeds and devotion
there is right reflection, there is divine perception ! (19)

Nānak, the devotee prepares
the garland of the flowers of love and devotion
with the thread of reflection
and the hymns of cosmic vision
she offers her love and affection ! (20)

before the spring season
there is the spring of my sublime Love
who is the cause of all life
who is the source of all light ! (21)

RĀG BILĀWAL

RĀG BILĀWAL
CHAUPADĒ

hail the Sovereign of the universe
no discourse can discern His infinity
no epithet can describe His dignity
the devotee's efforts are in vain
all descriptions come to the same refrain
in meditation, in reflection
she tries to perceive His projection
the true Lord transcends His creation

in His will is all creation, all projection
it is beyond any reflection
beyond any perception
the devotee stays within her limits
she is circumscribed by His infinite
Nānak, I am but a small dog at the abode of my Lord
I beg for His indulgence, for His benevolence ! (1)

in the temple of my mind
my body wears the robes of a faqīr
I bathe in the sacred waters of His reflection
my dear mother, I live in His will, in His bliss
I vibrate with the hymns of my Lord
I depend upon His support
I live in His hope

beyond all reach or reception
beyond all discourse or discernment
my Lord surveys all heavens and earths
all spheres and underworlds

there is none but the supreme Lord
the cause and effect of all beings, animate or inanimate
Nānak prays for His blessings, for His benevolence
for His truth and transcendence ! (2)

He is the Word
He is the Utterance
He is the Discourse
in His will is every reflection, every dispensation
the Creator transcends His creation
His mysteries are beyond all perception

women and wealth, rule and health
are all illusions, all deceptions
bereft of His reflection
there is no comprehension, no perception

in His will is all action, all faction
in His will is all meditation, all reflection
with the blessings of the Sovereign
there is benevolence, there is benediction

with the Word of the Guru
there is no duality, no division
with the Word of the Guru
there is no betrayal, no deception
Nānak, with the Word of the Guru
the devotee sails across the river of sorrow and suffering ! (3)

with the Word of the Guru
there is meditation, there is reflection
the devotee is dyed in the deep colour of His devotion

bereft of the Word of the Guru
there is illusion, there is delusion
with the Word of the Guru
there is presence, there is perception

bereft of His love, o dear mother
there is no life, no vision
with the grace of the Guru
there is no separation, no dejection

bereft of His love
there is pain, there is sufferance
every moment is spent in anguish, in depression

with the grace of the Guru
there is eternal presence

with the Word of the Guru
there is discourse, there is discerning
with the Word of the Guru
there is love, there is reception

with the Word of the Guru
there is harmony, there is reflection
there is no pride, no prejudice
there is peace, there is presence

bereft of the His grace
there is ignorance, there is deception
with the grace of the Guru
there is honour, there is reception

Nānak, with humility and reflection
the devotee vibrates with His presence, His perception ! (4)

RĀG BILĀWAL
AṢṬPADĪĀ

in His omniscience, He is witness to all His creation
blessed are those who have this perception

in ignorance, in oblivion
there is no reflection, no devotion
those who live in His will, in His bliss
live in His love, in His affection

in meditation and reflection
there is knowledge, there is perception
there is honour, there is reception

in clever chat there is only deceit and deception
to discourse, to discern depend upon His blessing
bereft of His grace, there is no salvation

with the grace of the Guru
the devotee follows His dictate
she vibrates with His love
she is tuned to His solemn state
the ignorant knows not the truth
her life is false, her living is a guile
bereft of His grace
she finds no support
she has no hope

within ourselves there is evil, there is good
there is poison, there is nectar
within the divine time and space
there is reflection, there is truth and transcendence

the sage is he who lives in His reflection
the ignorant is stuck in pride and prejudice
in His will is every deed, every devotion
with the grace of the Guru
there is honour, there is protection
in the depths of the dark night
there is sublime light

bereft of reflection
the beings are caught in darkness, in dirt and division
the Vedas proclaim the sublimity of devotion
those who listen, who follow His dictate
enjoy the glow of His sublime state

the shāstras, the smritīs point to the same direction
spend your life in reflection, in devotion

those who follow their Guru
live in steady serenity
others move in the eternal cycle
bereft of meditation and reflection
there is no knowledge, no perception

with the Word of the Guru
the devotee discerns His truth
she follows the supreme Lord
the righteous path

Nānak prays to the one unique Lord
for His love and affection
for His benevolence and benediction ! (1)

the being follows her desires, her dreams
she continues to discern and differentiate
the right from the wrong
the sins from sufferance
pride and prejudice linger
and the being remains hungry and thirsty
only the truth of the True Lord
brings serenity and tranquillity

body and mind, wealth and women
lead the being astray
bereft of meditation and reflection
this world is a flimsy projection

all indulgence, all luxuries
end in ashes, end in dust
bereft of the Word of the Guru
it is all dirt, all dejection

all music, all dance
all steps, all pretence
are false, are sterile acts
dualities and divisions lead the being astray
with the Word of the Guru
there is solace, there is stay

with ceremonial robes and religious costumes
the priests read Vedas and present learned discourses
they are deluded in māyā
they are intoxicated with the heady wine of pride
bereft of His will, His bliss
there is no reflection, no light

those who are estranged from the Guru
are born as animals, as the lowest of lowest beasts
they are stuck in the eternal cycle of birth and death
they are subjected to damnation, to His wrath

with the Word of the Guru
there is the treasure of reflection
there is serenity, there is sublimation
there is honour, there is reception
in His will there is eternal salvation

with the grace of the Guru
the devotee acquires His perception
she lives in His will
she resonates with His presence
she crosses the threshold of anguish and pain

those who live in His will live in His bliss
they meditate and reflect on His sublime truth
they live in His divine refuge ! (2)

RĀG BILĀWAL
THITĪ

there is but one unique Sovereign
beyond birth or death
beyond caste or creed
beyond form or figure
beyond spheres and stars

with the grace of the Guru
the devotee reflects upon His nature, His culture
with the grace of the Guru
there is honour, there is reception ! (1)

in dualities and divisions
there is remorse, there is repentance
caught in the cycle of birth and death
the being is afraid of His wrath

empty hands the being comes in this world
and empty hands she leaves
the demon of death strikes at every step
there is no respite, no rest

bereft of the grace of the Guru
there is no meditation, no reflection
in false deeds and deception
there is no serenity, no salvation ! (2)

the Sovereign of the universe
has created spheres and stars
with earths and skies
with day and night
with divisions and polarities

He is the unique creator
He is the unique sustainer
all depends upon His benediction, His benevolence ! (3)

hail the Lord of the universe
the Creator of Brahma, Bishan, Mahesh
of all gods and goddesses
of all castes and creeds

only the Creator knows His creation
only He is the measure of His treasure
there are some who are blessed with His presence
and there are others, doomed to eternal distance ! (4)

the Creator articulated the four Vedas
their language and their discourse
and six Shāstraṣ with eighteen Purāṇas
charged with mysteries and mentors

the devotee discusses and discerns
the ultimate mystery, the ultimate measure
Nānak, with the grace of the Guru
the devotee perceives His truth, His transcendence ! (5)

the sinners are drenched in sins and conflicts
the devotees live in His meditation and reflection
the sinners are caught in dualities and divisions
the devotees enjoy His bliss, His benevolence
they live in His devotion, in His presence ! (6)

there is no place for deceit and deception
the black crow never acquires the white complexion
in falsity and truth, there is difference, there is distinction

as the bird in the cage waits for its master to set it free
so the devotee waits for her Lord for His love, for His affection ! (7)

there are some who are deluded in disguises and distinctions
and there are others who vibrate with His love and affection
they live in His will, in His bliss
they meditate and reflect upon His sublime creation
they follow the righteous way, the divine perception ! (8)

when the body follows
truth and transcendence
when the seven oceans of the heart
are filled with the sublime nectar of reflection
when the mind is cleansed with meditation and perception
the devotee follows the Word of the Guru
she discerns His discourse and direction
she is saturated with His love and affection
she is honoured in His presence
she is bestowed with His benediction
with His benevolence ! (9)

those who live in piety and divine projection
those who worship the Lord with good deeds and devotion
who transcend the threshold of air, water and fire
are saturated with His truth and transcendence

Nānak, those who meditate and reflect
they are beyond the reach of the demon of death ! (10)

the nine nāths of the yogīs and their followers
meditate and reflect in nine regions
to perceive the Truth of the Transcendent
in every sphere, in every star
in every corner of the divine universe

they worship the Lord of the universe
who is the cause of all creation and consumption
who is the eternal protector
who is, who will ever be
the Sovereign, the Omnipotent, the Omniscient ! (11)

in His will, in His bliss
the devotees meditate and reflect upon His nature
they bathe in the sacred waters of His culture
they live in His will, in His order
there is no dirt, no fear, no ferment
the thread of His creation is simple and innocent
it is brittle, it breaks with the slightest movement
with the slightest falsity and deception

dear friend, meditate upon his truth and transcendence
to perceive the divine projection
to stay steady and serene
in all events, in all moments of anguish and separation ! (12)

those who meditate and reflect
escape the snares of greed and lust
those who perceive His truth
they live in His sublime refuge

those who waste their lives in pretensions and guiles
remain for ever in the wilderness of the mind
the devotees resonate with His love and affection
they enjoy His benevolence, His benediction ! (13)

the devotees worship the Lord
the Sovereign and the Creator of the universe
those who pretend austerities and abstentions
those who indulge in all kinds of crass
live in greed and lust
in dirt and dust
with the Word of the Guru
the devotees discern His truth
they live in divine refuge ! (14)

a renunciant is he who has renounced all greed and lust
who is beyond all hunger and thirst
who leads a simple life of the devotee of the Lord
who resonates with His love and devotion
who escapes the eternal cycle of birth and death
Nānak, a renunciant is he who has shed all perversion and passion
who spends his life in meditation and reflection ! (15)

those who live in meditation and reflection
who discern His discourse and direction
whose deeds and duties follow His projection
they perceive His truth in the three worlds
they vibrate with His love, with His affection ! (16)

the human beings are like the trees on the bank of a river
they are fragile, they depend upon His support
they live in the divine hope

those who live in His fear and ferment
they stay firm, they are not uprooted
they transcend the river of sorrow and sufferance

those who live in His will, in His bliss
they are honoured, they are blessed
they live in serenity and devotion
they enjoy His love and affection ! (17)

those who reach the fourth level
to comprehend His creatures, His creation
who transcend all passions and perversions
who reflect upon His truth and transcendence

they attain the serenity of the moon
they are blessed with the divine perception of the Lord
who prevails in the fourteen regions and the underworld
who surveys all spheres and stars ! (18)

as on the dark night the moon is hidden in the sky
so is the Lord immanent in the heart of the devotee
with the Word of the Guru
the devotee perceives this mystery
as the light of the moon enlightens the three worlds
so the light of my Love shines in the whole universe
with the grace of the Guru
the devotee enjoys His love, His affection
bereft of the grace of the Guru
the ignorant is caught in the eternal cycle ! (19)

with the grace of the Guru
there is peace, there is projection
there is meditation, there is perception

bereft of the grace of the Guru
the mind is restless, the heart beats with anguish
there is duality, there is division
there is conflict, there is confusion

with the grace of the Guru
there is peace, there is serenity
the devotee escapes all dualities and delusions
she spends her life in His love, in His affection
Nānak prays for His benediction, for His benevolence ! (20)

RĀG BILĀWAL
CHHANT

in meditation, in reflection
the devotee is steady and serene
she vibrates with His love, with His truth
she enjoys His divine refuge
shedding all pride and prejudice
she lives in His presence, in His omniscience
Nānak, she vibrates with His support
she lives in divine hope

the young beautiful girl
saturated with the love of her Lord
stays steady in reflection
immersed in His love and affection
she perceives His sublime projection
Nānak, in peace and piety
the devotee vibrates with the music of cosmic reflection !

in tune with the divine hymns
the devotee is serene and steady
she resonates with the truth of the Transcendent
her heart aches for His presence, for His omniscience

with the grace of the Guru
she follows the righteous path
shedding all greed and lust
she bathes in the pure waters of His reflection
Nānak, with the Word of the Guru
there is perception, there is divine projection
the devotee radiates with His sublime affection

o dear friend, follow His sublime light in the three worlds
His eternal form surveys the entire universe
o dear friend, shed all pride and prejudice
to live with the Word of the Guru
to live in devotion and affection
Nānak, in meditation and reflection
there is the nectar of His perception
there is serenity, there is reception ! (1)

my mind is saturated with His truth
my heart aches for His sublime refuge

in His will is every action, every dispensation
in His will is every benediction, every benevolence
dear friends, with His reflection, I need no other distraction
Nānak, those who live with superstitions and ceremonies
live in perpetual depression, perpetual dejection

in His love, in His devotion
day and night there is serenity, there is presence
there is meditation, there is reflection

with the Word of the Guru
the devotee sheds all dualities and deceptions
all conflicts and confusions
she discerns His truth, His transcendence
Nānak prays for His benediction, for His benevolence

o young girl, with beautiful eyes and pure heart
spend your precious life in love and affection
discern the mysteries of life
the truth of the Transcendent
Nānak, the devotee vibrates with His presence
she enjoys the sublime moments of His omniscience

with the grace of the Guru
there is knowledge, there is comprehension
the devotee lives in His presence
in His reflection

with the Word of the Guru
there is love, there is beatitude
the devotee reflects upon His eternal truth
she vibrates with the divine hymns of love and solitude

Nānak, with the Word of the Guru
there is no duality, no delusion
there is no conflict, no confusion ! (2)

BILĀWAL KĪ WĀR MAHALĀ CHAUTHĀ
SLOK MAHALĀ PAIHLĀ

there are those who plough the field
who harvest and separate the grains
Nānak, nobody knows
who is destined to benefit from their pains ?
who is destined to eat their fruits ?

those who perceive His truth
swim across the river of life
Nānak, whatever happens
happens in His light !

RĀG RĀMKALĪ

RĀG RĀMKALĪ
CHAUPADĒ

there are those who discern the ancient texts
who meditate with beads, who recite Purāṇas
and there are others who meditate and reflect
who discern the Truth of the Transcendent, who live in His will
who search His support, who live in divine hope

dear friend, this mind is not steady
it resonates with fantasies
stuck in greed and lust
it is restless, it cannot reflect
in restlessness, in anguish
the being clings to this transitory world
when the last hour strikes, death waits for none
the end advances at every step
when the end is announced
there is no family, no friends
Nānak, in these dark moments
there is anxiety, there is anguish ! (1)

the sublime light of the Lord
enlightens the whole universe
with His omniscience, with His presence

the devotee prays for peace and prosperity
she discerns His truth
she follows the righteous path
with the grace of the Guru
she crosses the river of sorrow and sufferance
within and without
the Creator transcends His creation
the devotee discerns His Word, His projection

in His will is presence
in His will is distance
with the Word of the Guru
there is sublime perception
there is divine presence

in dualities and divisions
the being wanders in the wilderness of the mind
in conflicts and confusions, she is afraid of the final grind
Nānak prays for His benediction, for His benevolence
for the eradication of all sins and sufferance ! (2)

what a wondrous abode
where my Love resides
where His splendour resonates
where the hearts beat with His devotion

how can I perceive His abode ?
how can I cross this river of anguish ?

one must live in His will
one must court death at every step

the being is stuck in greed and lust
in hunger and thirst
in the mire of illusions

in meditation and reflection
the devotee perceives His abode, His truth
she vibrates with His love and affection
she strikes the right chord

Nānak, shedding all fear and ferment
all dualities and delusions
the devotee lives in His will
she courts death at every step ! (3)

with the Word of the Guru
the yogī perceives the righteous path
there is meditation, there is reflection
there is sincerity, there is projection

my Guru is always awake
always tuned to the sublime reflection
of the Lord who surveys His universe
who transcends His divine creation
who is the Lord of air and water
who is the sustainer of sun and moon
who is the cause of all birth and death
who is the beat of every breath

there are many siddhās, sages and yogīs
who attempt to know the unknowable
with the Word of the Guru
there is knowledge, there is divine perception

as paper and salt do not dissolve in butter
and the lotus stays fresh in water
so the devotee stays steady and serene
she discerns His discourse
she perceives His truth, His transcendence ! (4)

O yogī Machhandar
those who subdue their five passions
who stay steady and serene
who meditate and reflect upon the truth of the Transcendent
they are true yogīs
they swim across the river of sorrow and pain
and help others to follow them in their strain

a yogī is he who perceives His truth
who stays steady in his reflection
whose begging bowl is stretched for His benediction
whose balance is never altered
whose perception follows His projection

O Machhindar, a yogī is he
who is not caught in the snares of māyā
who is above all indulgence and infatuation
who is steady in his faith and fortitude
Nānak, such a yogī proclaims His Word
he discerns the mystery of the divine universe
he is blessed with the perception of the six orders ! (5)

this boat is heavy with sins and vices
it may sink of its own weight
the devotee meditates and reflects upon the mystery
of the greatest Siddhā of all
upon the divine discourse of the Sovereign of the universe
to help him cross the river of sorrow and suffering
to bless him with divine perception

those who meditate and perceive the truth
of the sublime Siddhā
they are the true yogīs
they live in His will
in His bliss

austerities and abstentions serve no purpose
the true yogī needs not the rigours of yogic discipline
he meditates and reflects
he perceives the Truth of the Transcendent
with the Word of the Guru
he lives in His bliss, in His benevolence ! (6)

meditate and reflect upon His nature, upon His culture
to transform your body into a boat of life
to cross the river of sorrow and strife

shedding all greed and lust
enlighten the universe with the lamp of love
and float this lamp on the sublime waters of reflection
to perceive His truth, His transcendence
to spread the light of His omniscience
to sustain every creature, every life in His universe

with the grace of the Guru
the devotee perceives the mystery of the divine lamp
of the lamp that is steady and radiant
that stays afloat for ever
in the fierce storm of the upheavals of life

in the sublimity of this divine light
the devotee crosses the river of sorrow and strife
she is blessed by the Lord
she radiates in His presence, in His sublime light ! (7)

to meditate and reflect
to live in His will, in His truth
to stay steady and serene
is the veritable prayer
is the veritable presence
Nānak, such a prayer is never in vain
it follows the divine truth
it radiates in His sublime refuge

there are deeds and devotions
there are benedictions and benevolence
the devotee reflects upon His truth, His transcendence
upon the mysterious nature of His universe

in His love, in His affection
the devotee worships the cause of all effects
the source of all perceptions
with the Word of the Guru
the devotee discerns the righteous path
the sublime light of divine projections

with the begging bowl of humility and devotion
the beggar of the Lord begs for His benediction
for the sublime light of divine projection ! (8)

the whole ocean may be perceived in one drop of water
and a drop may reveal the vast dimensions of the ocean
only the Creator knows the mystery of this perception
only He holds the key to every projection

with the Word of the Guru
the devotee discerns dualities and divisions
with the Word of the Guru
the devotee perceives the metaphysical complexities
of man, of woman
of their mysterious universe

with the Word of the Guru
the devotee dwells deep in pristine waters
she reflects upon the divine discourse
Nānak hails the devotee
who fathoms these divine complexities
who discerns these cosmological perplexities ! (9)

with the grace of the Guru
the devotee is steady and serene
she meditates, she reflects
she spends her life in love and devotion

with the grace of the Guru
the cosmic music resonates in the universe
the devotee discerns His discourse, His transcendence

with the grace of the Guru
there is truth, there is transcendence
the devotee bathes in the pristine waters of His reflection
in the purity of thought and action

Nānak, with the grace of the Guru
with the Word of the Guru
there is no duality, no division
there is no conflict, no confusion ! (10)

in austerities, in abstentions
the ascetics beg for food and clothes
they are at the mercy of the others
their disciplines and pretensions lead the beings astray
they find no place in His audience
they are doomed to depression and dismay

a true yogī is he who meditates and reflects
who discerns His truth and transcendence
who follows His will
who lives in His bliss

with the Word of the Guru
the yogī comprehends the divine mystery
bereft of the grace of the Guru
there is no peace, no serenity
the body functions no more
it crumbles with the weight of sins and sufferance
with the Word of the Guru
the yogī sheds all temptation
his food is his meditation
his discipline is his reflection

the true yogī wears the clothes of temperance
he lives with the food of chastity
with the ritual of truth and tranquillity
he subdues all passions and perversions
he wears the earrings of reflection

Nānak, with the Word of the Guru
the yogī discerns the mysteries of life
with meditation and divine perception
he crosses the river of sorrow and strife ! 11)

RĀG RĀMKALĪ
AṢṬPADĪĀ

dear friend, there is no change
there is the same moon, the same sun and stars
the same earth and air
the same places, the same beings
shed your desires and delusions
in this age of darkness
in this age of kaliyug

the kaliyug relishes such places
where truth is not honoured
where meditation and reflection are discarded
where falsity and deceit rule the roost

where the chiefs follow the path of cruelty
where the servants defy every sincerity
where the evil doers are dragged in chains
where death does not recognise sovereignty

the kaliyug relishes such places
where there is no justice, no right
where the qāzī sits in judgement in blue robes
with evil designs and deceptions

all these rites and rituals are of no avail
where there is no discipline, no reflection
all these pious words, these prayers serve no purpose
where the minds are replete with evil intentions

in kaliyug there is another order
the Qurān has replaced the Purāṇ
the Lord is called, Rahmān

Nānak, those who meditate and reflect
perceive His truth, His transcendence
those who persist in evil deeds and deceptions
are restless, they suffer anxiety and anguish ! (1)

o yogī, your discourses do not coordinate
with your greed and lust
bereft of discipline and devotion
there is no truth, no trust
drenched in the mire of passions and perversions
there is no yoga, no renunciation

o yogī, shed all dualities and divisions
shed all rituals and ceremonies
bereft of meditation and reflection
there is hunger and thirst
there is greed and lust
with the Word of the Guru
there is reflection
there is perception

o yogī, you smear your body with ashes
but your indulgence leads to severe judgement
your begging bowl is broken
there are no alms of love
no hymns of devotion

bereft of discipline and dedication
there is no charity, no benevolence
there is greed and lust
there is hunger and thirst
there is no light of love
there is no support, no hope

o yogī, your disguises betray you
your pretensions lead to deception
those who are burnt within
who are restless
their deeds deceive them
they find no reception

the earrings of yoga
and the staff of a pilgrim
serve no purpose
without meditation and reflection
without discerning His truth and transcendence
those who live in greed and lust
they are like cattle, dumb and deaf
they are doomed for ever

with the Word of the Guru
the yogī perceives the righteous path
he stays steady and serene
he discerns His truth
he lives in His divine refuge

o yogī, your miracles, your magical tricks
are all farce, are all deceptions
with the restless mind and the estranged heart
there is nothing but dismay, nothing but decay

o yogī, meditate and reflect
to discern His sublime truth
to stay steady and serene
to enjoy His divine refuge ! (2)

o yogī, this body is the abode of the Lord
the mind has renounced all desires and delusions
the heart beats with the cosmic rhythms
with the grace of the Guru
there is meditation, there is reflection
there is truth, there is transcendence

with the grace of the Guru
there is serenity, there is sincerity
with the Word of the Guru
there is no duality, no delusion
with the Word of the Guru
there is devotion, there is communion
the pristine diamond of reflection
is dyed in sublime hues

with the Word of the Guru
there is truth, there is temperance
there is no greed, no lust
there is no fear of death

those who meditate and reflect
live in His will, in His bliss
their ignorance is gone
they radiate with the divine truth

in the cave of their bodies
the devotees escape the illusion of māyā
they shed all passions and perversions
they are disciplined and chaste
they are steady and serene

a true renunciant is he
who is awakened with divine reflection
a true bairagī is he
who has perceived the sublime truth
the world is lost in austerities and abstentions
in ignorance, in wilderness
bereft of the grace of the Guru
there are conflicts, there are confusions

those who are blessed by the Guru
who spend their lives in meditation and reflection
they radiate with His benediction
they resonate with His love, with His affection
they perceive His manifestation
they perceive His immanence

those who are engaged in divine reflection
they perceive His truth, His transcendence
they are relieved of all dualities and divisions
all conflicts and confusions
they are steady and serene
they resonate with sublime perception ! (3)

o pundit, you always look for auspicious hours
the Lord of the universe is above all superstitions
above all misgivings
all hours are auspicious
all hours belong to the Sovereign of the suns and the stars

with the Word of the Guru
the devotee discerns the mysterious universe
o pundit, all these austerities, all these falsities
are of no avail
in His universe, only His truth prevails

the astrologer measures the planets and the stars
he is lost in false calculations of the sacred and the profane
he does not follow the righteous path

the Word of the Guru
dissolves all measures and hours
all false predictions and precautions
those who spend their lives in rituals baths
do not realise His truth, do not follow His path

bereft of meditation and reflection
they remain drenched in dirt and squalor
with the grace of the Guru
all tempers and temptations are removed
the devotees are saved from the infernal move

the priest is caught in the whirlwind of superstitions
he is unable to discern the divine truth
in ignorance he loses all sense of right and wrong
all sense of vice and virtue

with the Word of the Guru
the devotee perceives the Truth of the Transcendent
with the Word of the Guru
there are no dualities, no divisions
no conflicts, no confusions

with the grace of the Guru
all sins are washed away
with the grace of the Guru
there is no depression, no dismay

bereft of the grace of the Guru
there is ignominy, there is ignorance
there is wilderness, there is restlessness

with learned discourses and pretensions
the ignorant are stuck in dualities and divisions
with the Word of the Guru
the devotees perceive His truth, His transcendence

in His will is every action, every dispensation
in His will is every reflection, every perception
in His will is every measure, every projection

those who live in His will follow His discourse
they discern the mysterious ways of the Lord of the universe
Nānak, they are blessed
they are bestowed with His benediction
with His benevolence ! (4)

all these austerities, all these abstention
all these fasting, all these physical efforts
are of no avail
they lead the being astray
there is nothing but derision and decay

with the grace of the Guru
in the company of the seers and the sages
there is no demon to kill, no serpent to bite
there is no fear of death, no infernal grind

bereft of meditation and reflection
there is sin, there is sufferance
all these breathing exercises, all these gymnastics
lead the being astray
there is nothing but derision and decay

burnt with the five passions
with indulgence, with infatuation
there is no peace, no serenity
stung with sin and vice
there is no truth, no temperance

the pilgrimages, the sacred baths
do not wash away the sins and evil deeds
bereft of inner purity, inner piety
there is no solace, no tranquillity

there is no merit in fasting, in abstentions
bereft of meditation and reflection
there is no truth, no perception

with the Word of the Guru
in the company of the seers and the sages
there is reflection, there is divine perception
there is steady serenity
there is sublimity

with the Word of the Guru
the restless mind finds peace and projection
the heart vibrates with divine affection
Nānak prays for His blessings
for His meditation
for His reflection ! (5)

the Creator surveys His universe
since the beginning of the beginning
He is, He will ever be
the Lord of earths and heavens
in His will is all creation, all dispensation

in His manifestation, in His immanence
in His meditation, in His reflection
there is no death, no destruction
no duality, no deception

in the pristine diamond of His reflection
He is beyond all projection, all perception
He is the measure of His creation
the devote lives in His truth
she resonates with love and devotion

there are those who wander in the jungles
and others who go to the mountains for penance
they are burnt within and without

with pride and pretension
in all these physical exercises
there is no reflection, no perception

with the grace of the Guru
the devotee acquires truth and temperance
those who indulge in austerities and abstentions
never perceive His sublime intentions
bereft of meditation and reflection
there is no peace, no projection

bereft of meditation and reflection
the being is lost in sin and sufferance
bereft of inner discipline
there is no serenity, no temperance
bereft of deeds and devotion
there is the severest of judgements

there are siddhās, sādhus, gods, goddesses
who suffer in pride and pretence
who are burnt within and without
who are drenched in sins and sufferance

with the Word of the Guru
the devotee lives in bliss and benediction
with the Word of the Guru
there is serenity, there is benevolence

in His will, in His bliss
there is meditation, there is reflection
in His refuge
there is love, there is affection

bereft of the grace of the Guru
there is pride, there is pretence
there is duality, there is deception

Nānak, with the grace of the Guru
the devotee resonates with divine perception
she vibrates with the sublime hymns of devotion
her heart beats with cosmic projection ! (6)

as the being comes, so does he leave
as he is born, so does he die

drenched in passions and perversions
there is no meditation, no reflection
there is only illusion and delusion
with wealth and women
the being forgets his Creator
dualities and divisions blur his vision

bereft of discipline and temperance
the being is haunted by evil spirits
bereft of charity and chastity
the being is caught in greed and lust
there is no faith, no trust

bereft of meditation and reflection
there is fear, there is ferment
bereft of the Word of the Guru
there is no escape from the final judgement

lured by false disguises and dualities
the being follows the path of sin and vice
lured by the snares of māyā
his senses are numbed

drenched in dirt and deception
there is no reflection, no perception
in hunger and thirst
in greed and lust
there is no faith, no trust

when the last hour strikes
everything is left behind
there is no escape from the infernal grind

those who remember their Lord
who meditate and reflect
they remain steady and serene
they swim across the river of sorrow and strife

when the last hour strikes
family and friends weep for the sinner
but none can help the helpless
none can plead for the sinner

in His will is every birth, every death
in His will is every action, every dispensation
those who meditate and reflect
they are saved
they follow His projection

with the grace of the Guru
the devotee perceives the sublime truth
with the grace of the Guru
there is no pain, no sufferance

Nānak, with the grace of the Guru
there is truth, there is transcendence ! (7)

with the Word of the Guru
there is truth and temperance
there is bliss and benevolence
day and night there is meditation
there is devotion

in meditation and reflection
the heart vibrates with cosmic projection
the mind is tuned to the eternal truth
there is discipline, there is perception
the devotee lives in steady serenity
there is love, there is affection

in His will there is every action, every dispensation
there is blessing, there is divine reflection
the Creator surveys His creation
His light shines in every direction

in His bliss there is peace, there is serenity
there is devotion, there is tranquillity
Nānak, with the grace of the Guru
there is truth, there is transcendence
there is benediction, there is benevolence ! (8)

a true yogī is he
whose heart is his begging bowl
where he receives the divine perception
where his body accords with cosmic rhythms
with the movements of heavens and earths

with the Word of the Guru
the yogī follows the divine path
he sheds all pride and pretence
all rites and ceremonies
to meditate and reflect upon the mysteries of life and death

with the Word of the Guru
there is reflection, there is perception
there is singing, there is celebration
there is light, there is projection

with the Word of the Guru
the heart vibrates with the music of the heavens
the body is illuminated with the cosmic lamp
with every breath, there is meditation, there is reflection

O Awdhu, the soul is sublimated with the divine presence
the mind is charged with His truth and transcendence
with the Word of the Guru
there is devotion
there is divine reflection

with the Word of the Guru
the yogī perceives the truth of Brahma, Bishan and Mahesh
he is blessed with divine purity
he crosses the river of sorrow and sufferance

in the service of the Guru
the yogī lives in truth and transcendence
he follows the divine path
he transcends all yogīc exercises
he is deeply immersed in meditation and reflection

with the Word of the Guru
the yogī is steady and serene
in devotion and service
in humility and meditation
he perceives the righteous path
beyond all ceremonies, beyond all rituals

with the Word of the Guru
the yogī sheds all dualities and divisions
he perceives the mysteries of the divine universe

with the Word of the Guru
the yogī is rid of all delusions
he follows the righteous path
he transcends the bonds of life and death

with the Word of the Guru
the yogī subdues the four ages
he follows the sublime path of the seers and the sages

with the Word of the Guru
there is no duality, no delusion
no conflict, no confusion

Nānak, with the Word of the Guru
the devotee discerns the divine truth
she vibrates with love and affection
she lives in sublime refuge ! (9)

RĀG RĀMKALĪ
DAKHṆĪ ONKĀR

in the beginning, at the dawn of creation
the Lord created Brahma
who reflected upon His truth and transcendence
it was followed by mountains and oceans
the regions, the times, the ages
there were also the Vedas
and many a devotee who meditated upon the sacred texts

with the grace of the Guru
the devotees cross the river of life
they reflect upon the discourse of the divine light

o pande, you are lost in dualities and divisions
in conflicts and confusions
with the grace of the Guru
the devotee meditates and reflects
she discerns the mysteries of the universe
she discerns His truth and transcendence ! (1)

in His steady creation
the Creator lit the three worlds
the three universes of animate and inanimate beings

with the grace of the Guru
there is reception
there are pearls and diamonds of divine reflection

with the Word of the Guru
the devotee discerns and articulates His truth
she meditates, she reflects upon the divine verity
bereft of His grace
it is all deception, all duality ! (2)

with the grace of the Guru
there is truth, there is transcendence
there is steady serenity

with the grace of the Guru
the devotee acquires the purity of gold
she is enriched with the treasures of divine reflection
with His truth, with divine perception

with the grace of the Guru
the devotee discerns the divine mystery
she lives in purity, in piety

with the grace of the Guru
the devotee articulates its metaphysical complexity
she enjoys serenity and sublimity ! (3)

those who are ignorant
who are lost in dualities and divisions
in conflicts and confusions
they know not the divine path
they are stung by the poison of indulgence
their mind is restless
their heart is not in tune with the divine rhythm

with the grace of the Guru
there is meditation
there is divine perception
there is truth
there is transcendence

with the grace of the Guru
the devotee lives in His will
there is peace
there is serenity
she is blessed with the nectar of divine reflection
there is tranquillity
there is sublimity ! (4)

there is but one unique Sovereign
there is no place for pride and pretence

all earths and heavens move in a unity
within and without there is one entity

with the grace of the Guru
the devotee reflects upon this divine mystery

there is meditation
there is reflection
the devotee perceives the vast dimensions

Nānak, with the grace of the Guru
the devotee realises His immanence in every manifestation
there is no division, no duality
the Sovereign of the universe surveys the whole humanity ! (5)

my Lord is beyond all projections
beyond all measures and perceptions

the beings are lost in indulgence, in deception
their pride and prejudice hinder their divine perception

in ignorance, in duality
there is no peace, no serenity

in meditation, in reflection
in the service of the Guru
there is no chain of the eternal cycle
there is benevolence
there is truth, there is transcendence ! (6)

there is but one substance, one essence
one form, one figure
in air, water and fire
those who meditate and reflect
perceive the mystery of the universe
discern the contours of the divine creation

in meditation and reflection
the devotees are bestowed with divine perception
with the grace of the Guru
they are blessed with His projection

rare are those who perceive His truth
they are honoured
they are bestowed with divine refuge
with the grace of the Guru
there is peace and prosperity
there is the discerning of the sublime verity ! (7)

under the sublime light of divine projections
shines the whole universe
the stars, the planets
the three worlds
the devotee perceives the divine spectacle

with the grace of the Guru
there is omniscience
there is presence
the heart of the devotee
vibrates with cosmic hymns

with the Word of the Guru
there is discerning
there is perception

with the Word of the Guru
there is manifestation
there is immanence
there is truth
there is transcendence ! (8)

the bright rays of the divine sun
push all ignorance into oblivion
and annihilate the demon of dualities and deceptions
of conflicts and confusions

He is, He will ever be
the Sovereign, the Lord of the universe
He is the Word, the Discourse, the Utterance
that led to the creation of the three worlds
of stars and planets
of heavens and earths

He is the eternal mystery
the devotee discerns His Word
to comprehend, to perceive
His truth, His transcendence

Nānak, in meditation and reflection
the devotee discerns His truth, His verity
there is peace, there is serenity ! (9)

those who meditate and reflect
who fight the evil designs of dualities and deceptions
who are beyond all conflicts and confusions
who are beyond all pride and prejudice
who vibrate with the music of cosmic hymns
who perceive the divine truth in every creation

they perceive Him in the four ages
they realise His immanence in every time and space
they are purified by His sublime projection
their hearts vibrate with truth and transcendence
they enjoy the sublimity of His presence ! (10)

there is no place for complaints and controversies
there is no place for dualities and divisions
for conflicts and confusions

as time passes
every thing decays
this world is transitory
a matter of days

this is the place for meditation and reflection
this is the place for love and devotion

with the grace of the Guru
with the Word of the Guru
the devotee discerns the divine truth
she acquires peace and serenity
she lives in His sublime refuge ! (11)

the devotee has shed all pride and pretence
she follows her Lord in His truth and transcendence

there is faith, there is fortitude
there is courage and conviction
there is meditation and reflection

beyond all ceremonies and rituals
she bothers not about talismas and taboos
beyond all liens of the transitory world
beyond all the bonds of family and friends
she reflects, she meditates
she vibrates with the hymns of His cosmic music

her mind is tuned to the eternal rhythm
her heart is dyed in the deep red of divine love

in every reflection, in every perception
she follows her Lord in every projection ! (12)

o dear friend, in meditation and reflection
there is peace and perception

in greed and lust
in dualities and divisions
in conflicts and confusions
there is no peace, no projection

in indulgence, in luxuries
in the splendour of this world
there is no merit
there is anguish and anxiety
there is restlessness
there is complexity

Nānak, those who spend their lives in meditation and reflection
they are honoured in His audience
they are blessed with His omniscience
with His presence ! (13)

the ignorant beings follow the path of the devil
of evil, of duplicities and deceptions
they know not the righteous path
they follow the path of dualities and divisions

bereft of meditation
bereft of reflection
there is deception
there is dejection

with the grace of the Guru
the devotee lives in service and servitude
in faith and fortitude

there is love
there is affection
there is reflection
there is devotion ! (14)

beyond fear or ferment
beyond birth or begetting
beyond conflict or confusion
the Creator transcends all times and ages

the Lord of the universe
in immanence, in manifestation
transcends all disciplines
all divisions
of all yogīs
of all siddhās

He is, He will ever be
the Lord of the universe

in devotion and reflection
there is serenity, there is perception
bereft of meditation
there is no solace, no salvation ! (15)

bereft of meditation and reflection
there are dualities, there are divisions

dear friend, meditate and reflect
to eradicate all pain and suffering
all anxieties and anguish

bereft of meditation and reflection
there is no truth, no perception
there are deceptions
there are dejections

bereft of meditation and reflection
all transactions are lost
all deeds are deluded
all actions are doomed

bereft of meditation and reflection
there is no peace, no prosperity
there is no repose, no serenity ! (16)

a sage is he
who reflects upon the mysteries of the universe
who reflects upon the wonders of nature
who perceives His truth and transcendence

my Lord is beyond all measure
beyond all wealth and treasure
beyond all indulgence
beyond all horizons
of imagination and projection

with His grace
with His bliss
the devotee meditates in divine serenity
she vibrates with the hymns of His sublimity

Nānak, with the Word of the Guru
the devotee discerns His truth, His verity
she enjoys eternal peace and serenity ! (17)

pride and prejudice are eradicated
to purify our body
as the gold is melt in the fire
to cleanse it of all impurity

the ignorant world is stuck
in ceremonies and pretensions
there is no place for service and devotion

as you act
so are you received
in the divine audience
in the sublime presence
in meditation and reflection
His truth is perceived ! (18)

in the service of the Guru
with the grace of the Guru
the devotee perceives the nectar of divine projection
in the purity of the purest
she receives the purest diamond of reflection

there are those
who wasted their lives in indulgence
in infatuation
they died in vain
in dejection, in disdain

with the Word of the Guru
there was meditation
there was reflection
there was divine projection
there was sublime reception ! (19)

those who meditate and reflect
live in divine serenity
they vibrate with His hymns
they resonate with divine purity
they are blessed
with the grace of the Guru
they perceive the sublime verity

my Lord is beyond all reach and reception
beyond all limits, all projections
He is, He will ever be
the sovereign of the universe

dear friend, meditate and reflect
to escape all suffering and misery
to ward off the demon of death
to avoid the arduous path of anguish and anxiety
with the grace of the Guru
there is peace, there is serenity ! (20)

in the mire of birth and death
in the mire of the eternal cycle
the mind is restless
the soul is bewildered

bereft of the divine support
there is no hope for family and friends
gurus and disciples
there is eternal anxiety
there is eternal anguish

there is but one unique Lord
the sovereign of the universe
the benefactor of all humanity

in the service of the Guru
with the grace of the Guru
the devotee vibrates with divine truth
she is steady and serene in His sublime refuge ! (21)

in meditation, in reflection
there is cosmic music
there is divine rhythm
there is balance
there is serenity

in meditation, in reflection
the devotee discerns His truth
she perceives the contours of the divine horizons
she sheds all dualities and divisions
all conflicts and confusions

in meditation, in reflection
the devotee reflects upon the mystery of the Vedas
she is endowed with the merit
of all the sacred baths and pilgrimages
she is in tune with the divine Word
Nānak, with the grace of the Guru
the devotee crosses the river of sorrow and sufferance ! (22)

in anxiety, in anguish
the restless mind is like a timid deer
there is hesitation, there is perplexity
there is the fear of eternity

with the grace of the Guru
with the Word of the Guru
the devotee discerns the divine verity
she acquires peace and prosperity
there is steady serenity

with the grace of the Guru
with the Word of the Guru
the devotee perceives the sublime horizons
she is received with grace and charity ! (23)

when the last hour strikes
when the body decays
when the demon of death hovers over
the being submits to every dispensation
to every call
to every projection

when the end is announced
when youth recedes
when age takes over
when the eternal judgement approaches
the mind withers
the body decays
it loses all strength in a matter of days ! (24)

my Lord surveys the entire universe
since the beginning of time
since the beginning of the beginning
He is, He will ever be
all ages, all times
are blessed by His benediction
by His benevolence

in meditation, in reflection
the devotee perceives His truth
His transcendence

with His grace
all sins and sufferance are eradicated
all anxieties and anguish are mitigated

with His grace
the devotee is blessed by His omniscience
by His divine presence ! (25)

with the grace of the Guru
there is no dispute, no discussion
no frivolous argument
no flimsy projection

those who indulge in such fruitless exercises
those who waste their life in such strife
are condemned to the eternal cycle
to depression and dejection

those who live in His will
they meditate and reflect
they perceive His truth
they live in divine refuge
they discern the righteous path
they are steady and serene ! (26)

my Lord is the ultimate knowledge
the ultimate perception

in His will, in His bliss
there is meditation
there is reflection

those who live with His immanence
they perceive His truth and transcendence

the Guru is the sublime ocean
with immense treasure
with the diamonds of truth
with the grace of the Guru
the devotee finds peace in His will and measure

Nānak, in the service of the Guru
with the grace of the Guru
the devotee follows the divine reflection
she vibrates with love and affection ! (27)

our relations are broken
with misconceptions and guile
our arms are broken
with stretching and strife
love and union
fall prey to deception and divide

with meditation and reflection
there is union and reception
with the grace of the Guru
with the Word of the Guru
there is truth
there is temperance
there is serenity
there is divine presence ! (28)

dear friend, stay steady and serene
in duality and divisions
there are conflicts and confusions

there is but one unique Lord
the one sublime sovereign

the ignorant is confused in disguises
in His will
in His abode
there is perception
there is even mode

with the grace of the Guru
with the Word of the Guru
there is meditation
there is reflection
the bride resonates with His love and affection ! (29)

dear friend, caught in dualities and doubts
there is restlessness, there is anxiety
there is no peace, no security
no solace, no serenity

with fear and ferment
with the grace of the Guru
there is meditation, there is reflection
the devotee discerns His truth
His transcendence

with the grace of the Guru
with the Word of the Guru
there is reflection
there is divine perception
there is no hunger, no thirst
no greed, no lust

with the Word of the Guru
the devotee enjoys the nectar of verity
there is benediction
there is charity ! (30)

in this vast universe
there are sinners laden with heavy sins
with withering minds and decaying bodies
they fall under their own weight

and there are others
with good deeds and devotion
with meditation and reflection
they swim across the river of sorrow and dejection

hail the devotees
who meditate and reflect
who perceive the divine truth
even the dust of their feet is a blessing
their acts are sublime
their company is a bliss

with the grace of the Guru
there is reflection, there is humility
there is benediction, there is benevolence

in His will is every action, every dispensation
every reflection, every perception
the devotee vibrates with love and affection ! (31)

bereft of His support
there never was, there never will be any hope
in dualities and divisions
the being is caught in the eternal confusion

bereft of meditation
bereft of reflection
the being is hollow like a falling wall
bereft of divine perception
the end is dark and depressing

my Lord is beyond all discerning and description
bereft of the grace of the Guru
there is no knowledge, no reflection

when the mind is not in tune with the divine rhythm
when the string of the rabāb is broken
there is no rhythm, no music

Nānak, with the grace of the Guru
there is meditation
there is reflection
there is love, there is devotion ! (32)

this body is a tree
where the mind rests like a bird
where the five senses find their nest

when the mind meditates and reflects
there is no hunter, no snare, no threat

in ignorance, in greed, in haste
there is no peace, no serenity
this life is a wanton waste

bereft of reflection
bereft of perception
there is no bliss, no benediction

with the grace of the Guru
with the Word of the Guru
there is reflection
there is discerning
the devotee lives in His will
in His benevolence ! (33)

bereft of His support
the being trembles
she is enveloped in loneliness, in distress

there is but one unique sovereign
the Lord of the universe

with the grace of the Guru
with the Word of the Guru
there is reflection
there is divine perception
the devotee discerns the sublime truth
she is blessed in His refuge

with the Word of the Guru
the devotee perceives His immanence
His manifestation
she is endowed with His truth
His transcendence ! (34)

in His will is all charity, all verity
all creation, all dispensation
in His will is all action, all projection
in His will is all discerning, all perception

with the Word of the Guru
the devotee is steady and serene
there is meditation
there is reflection
the devotee is free from all sins and sufferance

with the Word of the Guru
the devotee perceives the divine truth
she vibrates with cosmic hymns
she is blessed with the sublime refuge ! (35)

those who indulge in wealth
who live for wealth
they are restless souls
they are enveloped in anxiety and anguish

rare are those whose wealth is divine reflection
who are steady and serene
who live with good deeds and devotion

those who lose their wealth
they gain in divine perception
they are blessed by the Lord
they enjoy His benediction

in search of the divine treasure
the restless being wanders in vain
the devotee meditates
and perceives the truth within

with the grace of the Guru
there is steady serenity
there is peace and prosperity ! (36)

bereft of reflection
there is no projection
the demon of death frightens the sinner
the restless soul
suffers in anguish and pain

bereft of reflection
there is dejection
there is depression
there is anguish
there is distress

Nānak, with the Word of the Guru
the devotee finds peace and perception
there is love, there is affection ! (37)

the sinner loves his sins
he is lost in indulgence
under the heavy weight of evil deeds
he is crushed by his own dualities and divisions

how can the sinner be saved ?
how can he escape the demon of death ?
how can he avoid the eternal cycle ?
how can he fight the wrath of time ?

bereft of meditation
bereft of reflection
there are conflicts and confusions
there are snares and illusions
there are sins and sufferance ! (38)

the crow gets caught in his clever acts
it is too late then to react and repent

with the grace of the Guru
the devotee perceives the divine truth
the righteous path
the path of pious deeds

the fish gets caught in the net
restless, she struggles to be free
bereft of the grace of the Guru
there is no freedom
no peace, no serenity

with the grace of the Guru
with the love of the Guru
there is salvation
there is freedom
there is benevolence
there is benediction ! (39)

in anxiety, in anguish
the sister calls for her brother
lonely she needs his help, his support

when her brother leaves
she is left alone
she is restless, helpless
depressed and dejected

the young girl awaits her love
who is away in the farthest lands
in anguish, in separation
she cries, she is dismayed

in the service of the Guru
with the grace of the Guru
she meets her love
her heart beats with cosmic rhythms

rare are those who perceive His Word
who meditate and reflect
who discern the sublime truth
who fathom the divine wisdom ! (40)

from creation there is destruction
from destruction there is creation

in the will of the Creator
is all construction, all destruction
all rivers, all inundations

the being is lost in duality
what she receives is her destiny
the string of all knowledge, of all perception
is in His hands
as He pulls
so it is discerned

the devotee is immersed in His reflection
she enjoys His bliss, His benediction
with the grace of the Guru
she perceives His truth
she avoids the snares of dualities and divisions
with the grace of the Guru
she subdues death in life
she surmounts all strife ! (41)

all this indulgence in wealth is in vain
it does not stay with the living
it does not accompany the dead

when the last hour strikes
when the demon frightens the being
there is nothing but good deeds and devotion
there is nothing but meditation and reflection

the wealth and the palaces are left behind
they are all crushed in the final grind

Nānak, bereft of His truth and transcendence
there is nothing but repentance
in His will is all benediction
all benevolence ! (42)

the beings are caught in the eternal cycle
there is the reception
and there is the exit
in this mortal world none stays for ever

in meditation and reflection
the devotees escape the cycle of birth and death
they surmount all greed and lust
all hunger and thirst
they live in steady serenity
they enjoy sublime tranquillity

all that is manifest is bound for extinction
all that appears must fall into oblivion
in meditation, in reflection
the devotee discerns the divine truth
she lives in His sublime refuge

my Lord is the sovereign of the universe
in His will is every life, every death
with the Word of the Guru
there is divine support
there is sublime hope ! (43)

the princes, the paupers
the kings, the faqīrs
all have to leave this world
all must follow His will, His order

there are dangers and deceptions all over
there are obstacles of high mountains and deep oceans

bereft of deeds and devotion
bereft of meditation and reflection
there is no peace, no perception

the devotees meet their Love in devotion
how can one attain this union ?
with meditation and reflection
there is love, there is communion

there are sins and sufferance
there are also deeds and devotions

bereft of the grace of the Guru
bereft of the Word of the Guru
there is no peace, no perception ! (44)

the soldiers of my Lord
the servants of the Sovereign
live in His will, in His order
they shed all greed and lust
all hunger and thirst
in the service of the Lord
they are always victorious

and there are others
who rot in pride and prejudice
who are stuck in perplexities and pretence
they are bewildered
they live in anxiety and anguish

in His will is all action, all dispensation
in His will is divine reflection
in His will is sublime perception ! (45)

my Lord is the unique verity
I adore His eternal sublimity

the annihilator of all evil
all hells and heavens
of all the boundaries of dualities and divisions
He is, He will ever be
the divine truth and transcendence

in the jungles, in the woods
in the farthest corners of the bewildered mind
I search Thee in vain
I look for the divine terrain

with the grace of the Guru
the devotee perceives the divine treasure
full of diamonds and pearls
full of truth and transcendence
Nānak, in meditation and reflection
the devotee perceives the sublimity of His creation
the divine contours of His immanence and manifestation ! (46)

the Sovereign of the universe
my Lord is the master of all He surveys

with the Word of the Guru
there is reflection, there is discerning

with the Word of the Guru
there is no conflict, no confusion
no duality, no division

with the Word of the Guru
there is serenity, there is reception
there is peace, there is perception

with the Word of the Guru
the devotee discerns the sublime truth
she resonates in His divine refuge ! (47)

all this gold and silver
all this wealth and treasure
lead the being astray
every thing, every object is subject to decay

the devotee is restless in dualities and divisions
bewildered, she is stuck in conflicts and confusions

those who meditate and reflect
who perceive His truth
who deal in truth
they imbibe His love and affection
they resonate with service and devotion

my Lord is my Love, my ocean, my swan
hail the swan of the Lord
who imbibes in himself the truth of the Transcendent

the Creator transcends His creation
all treasures and tribulations are in His will and order
the sage discerns the divine truth
of poison and nectar
of doubts and divisions ! (48)

bereft of His grace
there is dejection, there is destruction
bereft of His grace
millions are lost in wilderness
restless, they find no peace, no perception

in meditation, in reflection
the devotees discern His truth
His transcendence

with the Word of the Guru
the devotees are blessed by His omniscience
by His presence

He is the ultimate measure of His immense treasure
He is the sublime truth
He is the divine refuge

those who are steady and serene
who reflect and perceive
who shed their pride and prejudice
they are blessed
they are bestowed with His benevolence ! (49)

only the Creator knows His creation
in His will is every action, every dispensation

there are those who pray and beseech
for women and wealth
as they sow
so do they reap

it is all illusion, all delusion
all this wealth and treasure
will stay behind
nothing can escape the final grind

bereft of His grace
bereft of His truth
there is no refuge
there is dejection
there is depression

in His meditation, in His reflection
there is serenity, there is benevolence ! (50)

dear friend, hail the Lord of the universe
the treasure of all benevolence
with serenity and service
there is devotion
there is reflection

with the Word of the Guru
the devotee resonates with divine perception
her heart vibrates with love and affection

with false embellishment and disguises
there is no love, no devotion
with the Word of the Guru
there is truth
there is transcendence

Nānak, with the grace of the Guru
there is meditation, there is reflection
there is serenity, there is sublimation ! (51)

dear friend, what is destined to happen
will happen
in His will is every action, every dispensation

as He wishes
so it is done
in His will is every projection, every reflection

Nānak, with the grace of the Guru
there is steady serenity
there is divine reception

the foolhardy are lost
the devotees are saved
with the Word of the Guru
there is reflection, there is perception

with the grace of the Guru
the devotee discerns the truth
of the invisible, immanent Lord
of the mystery of His universe ! (52)

a pundit is learned
who discerns and describes His Word
who lives in His will, in His order
who follows the righteous path

those who trade in falsities and deceptions
in poison do they deal
in poison do they breathe

the fool follows the path of evil
bereft of meditation and reflection
there is no discerning of the divine truth
there is no perception of the sublime refuge ! (53)

a pundit is he
who reflects upon His Word and perceives
who discerns His truth to teach
he is blessed by the Lord
he is honoured in His audience
he vibrates with His presence

a pundit is he
who insists on meditation and reflection
who guides his disciples to the divine path

on the slate of truth is written the true word
Nānak, a pundit is he
who is blessed with the garland of reflection
with the truth of divine perception ! (54)

RĀG RĀMKALĪ
SIDDH GOṢṬ

hail the assembly of the siddhās
hail the assembly of the sages

I bow before my Lord
who imbibes in Himself all truth and transcendence
I offer my head, my heart to the Almighty Lord

Nānak, in the company of the sages
there is truth, there is tranquillity
there is honour, there is serenity ...

in wilderness, in wandering
there is no truth, no reflection
bereft of the true Word
there is no perception, no salvation ! (1)

where do you come from ?
who are you ?
what path you follow ?
what indeed is your goal ?

in search of the divine truth
I live in His will
I hail the assembly of the sages

O Bairagī, please tell us
where do you stay ?
where do you subsist ?
where do you come from ?
where do you go ?
Nānak, what indeed is your path ? (2)

my heart vibrates with His eternal presence
my mind follows the path of righteousness

in His will is steady serenity
Nānak, in His will is divine sublimity

with the Word of the Guru
there is perception of His omniscience
there is reflection of His truth and transcendence ! (3)

Charpat asks Nānak
how can we cross the river of sorrow and sufferance ?
how can we arrive at its perception ?

one who asks this question knows the answer
you are the yogī, the sage
you should know better ! (4)

as the lotus remains pure in water
as the duck glides along
so with the Word of the Guru
with meditation and reflection
one crosses this river of sorrow and sufferance

those who live in steady serenity
who surmount all anguish and anxiety
Nānak hails those sages
who perceive and teach His truth
who live in His refuge ! (5)

o wise and noble sage
do not be angry
please answer us gently
how does one find
such a Guru sublime ?

o yogī, this restless mind finds its steady serenity
with meditation and reflection
with love and affection
with truth and transcendence ! (6)

remain away from all hustle and bustle
wander in the jungles
and eat fruits and roots
to meditate and reflect upon the eternal truth

with sacred baths at holy sites
we eradicate all impurities and dirt
Loharipa, the disciple of Gorakh
explains thus the sublimity of the yogic discipline
of steady serenity and divine reflection ! (7)

one should stay steady and serene
in country and town
Nānak, bereft of His reflection
there is no perception
there is greed and lust
there is hunger and thirst

those who are blessed by the Guru
they live in His truth
they trade in His truth
Nānak, with mild sleep and little eating
they spend their lives in meditation and reflection ! (8)

to live in His omniscience, in His presence
is the true path of transcendence
all these yogīc disguises and pains
serve no purpose
these are efforts in vain

Nānak, those who follow the righteous path
do not suffer anguish and pain
they enjoy the divine bliss
they stay steady and serene ! (9)

with the resonance of His Word
with the earrings of His discourse
there is no pride, no pretence
there is no passion, no anger, no offence

Nānak, in His blessing, in His benevolence
there is truth, there is transcendence
with the grace of the Guru
there is reflection, there is omniscience ! (10)

o yogī, let the control of passions be your begging bowl
and the discipline of five senses, your cap
the submission of body, your seat of meditation
and the temperance of mind, your loin cloth
let truth, patience and serenity be your disciples

Nānak, with the grace of the Guru
there is meditation, there is reflection
there is divine truth, there is sublime perception ! (11)

who is hidden ?
who is saved ?
who is in tune with the eternal rhythm ?
who is born ?
whom death takes away ?
who is immersed in the three worlds ? (12)

my Lord is immanent in the whole universe
the devotees are saved
they resonate with the divine hymn

bereft of His grace
the being is caught in the eternal cycle

Nānak, with His benevolence
the devotees perceive His truth and transcendence ! (13)

how is the being in bondage ?
how is he stung by the serpent ?
how is he lost ?
how is he found ?
how is there light ?
how is there darkness ?
whoever perceives this truth is our Guru ! (14)

o yogī, bereft of His Word
there is bondage
there is serpent
bereft of His Word
there is sorrow
there is sufferance
with the grace of the Guru
darkness recedes and light pervades
Nānak, with the grace of the Guru
all pride and pretence fade ! (15)

the one who controls his senses
who is steady and serene
whose mind flutters not
whose body follows His discipline
he perceives His truth in His sublime cave
Nānak, in His will, in His truth
he is sound and safe ! (16)

why is this renunciation ?
why is this wandering ?
why is this guise of a sage ?
what indeed is your goal ?
how do you intend to cross
the river of sorrow and sufferance ? (17)

in search of the true devotee
is this wandering
for his love, for his presence is this disguise
I live for truth
I trade in truth
Nānak, with the grace of the Guru
one crosses the river of sorrow and sufferance ! (18)

how have you followed this grind ?
how have you controlled your mind ?
how have you transcended hope and despair ?
how have you perceived the sublime light ?
how can one cut into iron without teeth ?
Nānak, how can one arrive at His truth ? (19)

with the grace of the Guru
this mind is steady and serene
with the Word of the Guru
it vibrates with divine hymns
with the Word of the Guru
there is no hope, no despair
the devotee perceives His light in every sphere

with discipline and temperance
the iron of evil is cut with His omniscience
Nānak, with the grace of the Guru
there is discerning
there is the crossing of the river of sufferance
there is benediction
there is benevolence ! (20)

what was there at the beginning of Time ?
where was the Creator ?
how does one perceive this truth sublime ?
how does one stay steady and escape the final grind ?

with the Word of the Guru
there is no fear, no ferment
no pride, no pretence
Nānak is beholden to those
who perceive His truth
who live in His benediction
in His divine refuge ! (21)

where does one come from ?
where does one go ?
where does one stay steady and serene ?

with the grace of the Guru
the devotee sheds greed and lust
with the grace of the Guru
he gains His trust

how does one arrive at His perception ?
how does one follow His projection ?
Nānak, please enlighten us with this sublime reflection

in His will is birth
in His will is death
in His will is every breath
with the Word of the Guru
the devotee perceives His truth
with the Word of the Guru
he stays in His divine refuge ! (22)

in the beginning of the beginning
at the beginning of Time
there was none but the Lord sublime

with the Word of the Guru
the devotee discerns the discourse of His manifestation
the discourse of His immanence

with the Word of the Guru
with meditation and reflection
the devotee is rid of all dualities and divisions
of all conflicts and confusions

Nānak, with the Word of the Guru
the devotee reflects and perceives His truth
with the Word of the Guru
the devotee lives in His sublime refuge
with the Word of the Guru
the yogī sheds all pride and pretence
he enjoys His benediction and benevolence ! (23)

from the divine immanence
there was sublime manifestation
the Creator transcended His creation

with the Word of the Guru
there is truth
there is transcendence
there is reflection
there is perception

there is but one unique verity
it resonates in every breath of the devotee

with the Word of the Guru
the yogī perceives His truth
the lotus of his mind is in bloom

with the Word of the Guru
the yogī burns his dualities and desires
he discerns the mysterious universe
Nānak, the devotee realises his self in every creation
he is bestowed with His sublime reflection ! (24)

those who reflect upon His truth
they resonate with His truth
they vibrate with His truth

those who live in falsities and pretensions
their mind is restless
they are caught in the eternal cycle

with the Word of the Guru
there is no birth, no death
there is no pride, no pretence

bereft of His grace
there is anguish, there is pain
all the physical efforts are in vain

with the Word of the Guru
there is perception, there is salvation
Nānak, with the Word of the Guru
there is renunciation, there is devotion
there is reflection, there is benevolence ! (25)

the ignorant follows the wrong path
restless, bewildered, he wanders in the jungles
he is stuck with greed and lust
he is sick with hunger and thirst
he prays at the graveyards
he is lost in ceremonies and superstitions
bereft of the Word of the Guru
he is caught in dualities and divisions

Nānak, with the Word of the Guru
the devotee perceives His truth
he lives in divine refuge ! (26)

the devotee lives in the fear of the Lord
he follows His divine command
with the Word of the Guru
he controls his bewildered mind

with the grace of the Guru
the devotee vibrates with divine hymns
his heart resonates with cosmic rhythms

Nānak, with meditation and reflection
the devotee is immersed in His sublime projection ! (27)

with the grace of the Guru
the devotee discerns the Vedas
with the grace of the Guru
the devotee crosses the river of life
with the grace of the Guru
the devotee perceives the divine light
with the grace of the Guru
the devotee reflects upon His immanence
Nānak, with the grace of the Guru
the devotee is saved
he enjoys His benediction and benevolence ! (28)

with the grace of the Guru
the devotee discerns and describes the eternal verity

with the grace of the Guru
the devotee resonates with love and affection
he spends his time in meditation and reflection

with the grace of the Guru
the devotee attains the spiritual height
with the grace of the Guru
he fathoms the mystery of life

Nānak, with the grace of the Guru
the devotee burns his desires and dualities ! (29)

in His will is the wondrous creation
in His will is construction and consumption

with the grace of the Guru
there is love, there is affection
there is truth, there is transcendence
there is benediction, there is benevolence

bereft of meditation and reflection
there is no honour, no reception
Nānak, bereft of meditation and reflection
there is alienation, there is dejection ! (30)

with the grace of the Guru
there is reflection, there is discerning
there is truth, there is transcendence

with the grace of the Guru
there are no dualities, no divisions
there are no wanderings, no renunciations

with the grace of the Guru
there is the crossing of the river of sufferance
Nānak, with the grace of the Guru
there is benediction, there is benevolence ! (31)

in His reflection
there is divine perception
there is no pride, no pretence
there is truth, there is immanence
there is temperance, there is discipline
there is serenity, there is salvation

in His reflection
the devotee perceives the truth of the three worlds
Nānak, in His reflection
there is peace, there is projection ! (32)

in His reflection
there is dialogue and discussion
in His reflection
there is discipline and devotion
there is perception and discerning

bereft of divine reflection
it is all baseless begging
Nānak hails the devotees
who resonate with meditation and devotion
who follow the divine projection ! (33)

with the grace of the true Guru
there is meditation and reflection
there is devotion and discipline

the yogīs are lost in their twelve sects
and the sanyāsīs in their six

those who reflect upon the Word of the Guru
are saved, are honoured
bereft of the Word of the Guru
there is duality, there is division

Nānak hails those fortunate devotees
who vibrate with His truth
who live in His truth ! (34)

with the grace of the Guru
the devotee receives the jewel of meditation
with the grace of the Guru
he reflects, he discerns
he trades in truth
he stays steady and serene

with the grace of the Guru
the devotee perceives His immanence, His manifestation
Nānak, with the grace of the Guru
the devotee escapes all evil and deception ! (35)

with the grace of the Guru
there are charities, there are sacred baths
with the grace of the Guru
there is meditation, there is steady perception
there is honour, there is reception

with the grace of the Guru
there is no fear, no ferment
no conflict, no confusion

Nānak, with the grace of the Guru
there is love, there is affection ! (36)

with the grace of the Guru
the devotee discerns the Shāstras, the Vedas
with the grace of the Guru
the devotee comprehends the mysteries of the universe

with the grace of the Guru
there is no enemy, no jealousy
no duality, no division
with the grace of the Guru
the devotee is saturated with His meditation

Nānak, with the grace of the Guru
the devotee arrives at His truth and transcendence ! (37)

bereft of the grace of the Guru
the being is caught in the eternal cycle
bereft of the grace of the Guru
there is anguish, there is pain
bereft of the grace of the Guru
all efforts are in vain

bereft of the grace of the Guru
there is hunger and thirst, there is poison
bereft of the grace of the Guru
the being is stung by the serpent
Nānak, bereft of the grace of the Guru
there is fear, there is ferment ! (38)

with the grace of the Guru
there is smooth crossing of the river of life
there is no sin, no sufferance
there is eternal light
with the grace of the Guru
the devotee discerns the Word divine

with the grace of the Guru
there is meditation, there is reflection
Nānak, with the grace of the Guru
there is sublime perception ! (39)

with the grace of the Guru
the bridge was built
and the Lanka of passions was destroyed

with the grace of the Guru
Babhikhan's secret was disclosed
and Rāwan's kingdom was ruined

with the grace of the Guru
even the stones did not drown
with the grace of the Guru
thirty-three million gods were safe and sound ! (40)

with the grace of the Guru
there is no cycle of birth and death
with the grace of the Guru
there is honour, there is respect

with the grace of the Guru
the devotee discerns the right from the wrong
he follows the contours of the divine discourse

Nānak, with the grace of the Guru
there is no bondage, no hindrance
there is truth, there is transcendence ! (41)

with the grace of the Guru
there is meditation, there is perception
with the grace of the Guru
there is no pride, no pretension

with the grace of the Guru
there is devotion
there is cosmic reflection

with the grace of the Guru
there is truth, there is transcendence
Nānak, with the grace of the Guru
there is discerning, there is benevolence ! (42)

what is the beginning ?
what is the auspicious time ?
who is your Guru ?
whose disciple you claim to be ?

what is your reflection ?
what is your perception ?
O Nānak, please tell us
what indeed is your discourse ?
how does the Word help you across ? (43)

from the beginning of the beginning
is the grace of the Guru
is the auspicious time
His Word is the Guru
that saturates our mind
Nānak, He is, He will ever be
the Lord sublime
with the grace of the Guru
the devotee sheds all pride and pretence
His Word resonates in the entire universe
the devotee vibrates with His love and benevolence ! (44)

how can one cut into iron with the teeth of wax ?
 how can one face the onslaught of māyā ?
 how can one escape pride and prejudice ?
 in which cave can we keep the house of snow and the coat of fire ?
 what is the goal of meditation and reflection ?
 what is the source of truth and perception ? (45)

with the Word of the Guru
 the being escapes all pride and pretensions
 all dualities and divisions
 beret of the Word of the Guru
 the being is lost in falsities and deceptions
 with the Word of the Guru
 there is meditation, there is reflection
 Nānak, with the Word of the Guru
 the fire is extinguished
 the being is free from all false projection ! (46)

those who live in fear and ferment
they meditate, they reflect
they discern His Word
they vibrate with His love and affection
their passions are sublimated
they live in His will, in His bliss
Nānak, they are blessed
by His benediction, by His benevolence ! (47)

how is our mind drenched in darkness ?
how is it enlightened by the sun of divine perception ?
how can one escape the eternal cycle ?
how can we surmount the demon of death ?
how can we discern and perceive His truth ?
please Nānak, discern and describe these reflections ! (48)

with the Word of the Guru
the mind is enlightened
the sun of knowledge rises
and the darkness recedes

with the support of meditation and reflection
there is no despair, no dejection
there is steady serenity
there is easy crossing of the river of life
with the grace of the Guru
there is truth, there is light

Nānak, such a devotee escapes the demon of death
there is truth, there is trust ! (49)

in meditation, in reflection
there is perception, there is sublimation
bereft of meditation
there are sins and sufferance
in meditation, in reflection
there is peace, there is projection
there is no duality, no deception
Nānak, when the Word resonates in the universe
there is divine music, there is transcendence ! (50)

my Lord is sublime
His immanence surveys the three worlds
the devotee who perceives His transcendence
is bestowed with His benediction, with His benevolence
he discerns His mysterious universe
he attains His love, His essence
the devotee who meditates and reflects
who sheds all pride and pretence
Nānak, he is blessed with His omniscience, with His presence ! (51)

all talk about His immanence
how do we perceive His presence ?
how do we discern His omniscience ?
it all depends upon deeds and devotion
as we are born, so are our actions
Nānak, with the grace of the Guru
there is no cycle of birth and death
there is meditation, there is redemption ! (52)

in meditation and reflection
the devotee transcends the physical universe
he discerns His truth and transcendence
he vibrates with cosmic hymns
Nānak, with the grace of the Guru
the devotee discerns the Word of the Guru
he lives in truth
and enjoys the divine refuge! (53)

in meditation and reflection
there is peace and projection

with the grace of the Guru
the devotee is always awakened
he sleeps no more

with the Word of the Guru
there is discerning, there is sublimation
there is easy crossing, there is salvation

Nānak, with the grace of the Guru
there is presence, there is benevolence ! (54)

bereft of His grace
the being is bewildered
he discerns not the sublime truth
he is ensnared in falsity
the demon of death hovers over his destiny

bereft of the Word of the Guru
there is no honour, no respect
there is no crossing, no support

Nānak, bereft of meditation and reflection
there is no devotion, no reception ! (55)

with the Word of the Guru
there is discerning, there is perception
with the grace of the Guru
there is serenity, there is salvation
bereft of the His Word
the ignorant is lost
he faces the onslaught of sins and suffering
Nānak, in His will is all knowledge, all discerning
all benediction, all becoming ! (56)

in His truth
there is transcendence, there is treasure
the devotee crosses the river of life
and helps others along in discerning His truth and light
Nānak, in truth and transcendence
there is meditation and reflection
there is benediction and benevolence ! (57)

what is the Word ?
whose discerning helps us cross the river of life ?
what discipline we follow ?
where is His light ?

how can we reflect upon His Word ?
how do we perceive the eternal truth ?
please Nānak, explain to us this mystery
how do we comprehend this complexity ?

with the Word of the Guru
there is no duality, no division
no conflict, no confusion
with meditation and reflection
there is projection, there is divine perception ! (58)

His Word surcharges the whole universe
it resonates in every heart
it is the source of all reflection
it is the source of divine perception

with the grace of the Guru
His Word saturates our mind
with the grace of the Guru
there is no duality, no bind

with the grace of the Guru
there is steady serenity
there is sublimity
the devotee crosses the river of life
he perceives the divine light

Nānak, with the grace of the Guru
with the Word of the Guru
there is truth and transcendence
there is benediction and benevolence ! (59)

o yogī, all your breathing exercises
all your physical gymnastics
serve no purpose
they lead nowhere

with meditation and reflection
there is projection, there is divine perception
with the grace of the Guru
the devotee perceives the truth of His immanence
His sublime Word resonates in his heart
he is enlightened, he discerns His essence

with the Word of the Guru
there is communion
there is love, there is affection, there is union
Nānak, with the Word of the Guru
there are cosmic projections
the heart beats with divine perceptions ! (60)

the air is the breath of life
but where does the air come from ?
what is the source of our knowledge ?
what is the source of our perception ?

o yogī, bereft of the Word of the Guru
there is no air, no breath
there is greed and lust
there is hunger and thirst
the Word of the Guru is the source of all knowledge
of all truth

what is the eternal truth ?
what is the sublime refuge ?

Nānak, with the Word of the Guru
the devotee discerns His truth
there is steady serenity
there is sublime refuge ! (61)

when there is no meditation, no reflection
when the Word of the Guru is forgotten
when there is no discipline, no devotion
when there is no truth, no transcendence
there is no serenity, no salvation
Nānak, with meditation and reflection
there is benevolence, there is benediction ! (62)

with the grace of the Guru
there is meditation, there is reflection
there is the nectar of His truth and transcendence

with the Word of the Guru
there is discerning, there is perception
there is smooth crossing, there is sublimation
Nānak, with the Word of the Guru
the devotee discerns the sublime truth
he remains steady and serene in divine refuge ! (63)

how can this mind, this wild elephant
be disciplined ?
o renunciant, where is that sublime Word ?
that brings peace and serenity
that controls human vanity

with the grace of the Guru
the restless mind is steady and serene
the heart vibrates with divine hymns

how can one perceive this verity ?
how can one fathom the inner complexity ?
how can the warm sun of knowledge rise
in the cave of the cold moon ?

Nānak, with the grace of the Guru
there is no pride, no prejudice
there is serenity, there is verity
there is patience, there is tranquillity ! (64)

with the grace of the Guru
there is knowledge
there is perception
there is steady discerning

there is no need of breathing exercises
no need of physical gymnastics

with the grace of the Guru
the heart vibrates with divine rhythms
there is eternal light
there is divine life
there is truth
there is transcendence
the whole universe resonates with His benevolence

Nānak, with the grace of the Guru
the mind is steady
the heart beats with serenity, with sublimity ! (65)

when there was no mind, no body, no heart
how could there be meditation and reflection ?

when there was no form, no figure, no blood, no bones
how could there be any perception
of His truth, of His transcendence ?

Nānak, the devotee dyed in the colour of meditation
perceives His truth, His transcendence
in all conditions, in all times ! (66)

when there was no mind, no body, no bones
there was eternal silence and sublimation
when there was no breath, no lotus within
there was eternal truth and transcendence
when there was no form, no figure
there was the Word in the beginning and for ever
when there was no earth, no sky
there was the eternal light in the three worlds

Nānak, all forms, all figures were within His immanence
He was, He is, He will ever be
the source of all life, of all light
of all creation, of all sight ! (67)

how is there creation ?
how is there destruction ?

o yogī, bereft of meditation
there is no creation, no consumption

bereft of reflection
there is pride, there is prejudice
there are sins, there is sufferance

with the grace of the Guru
the devotee perceives the divine truth
there is purity, there is presence
with the Word of the Guru
there is no pride, no pretence
there is truth, there is transcendence

Nānak, bereft of meditation and reflection
there is no discerning, no perception ! (68)

with the grace of the Guru
the devotee discerns the divine discourse
with the grace of the Guru
there is truth
there is transcendence

rare is the devotee who perceives His truth
rare is the devotee who finds His refuge

Nānak, with the grace of the Guru
the yogī follows the divine projection
there is steady serenity in meditation and reflection ! (69)

bereft of the grace of the Guru
there is no peace, no serenity
bereft of the grace of the Guru
there is no meditation, no sublimity

bereft of the grace of the Guru
there is no reflection, no salvation
bereft of the grace of the Guru
there are sins, there is sufferance

Nānak, bereft of the grace of the Guru
the life is drenched in falsities and deception ! (70)

with the grace of the Guru
the devotee controls his mind and pride
with the grace of the Guru
there is eternal light

with the grace of the Guru
there is no fear of the demon of death
with the grace of the Guru
there is no conflict, no strife

Nānak, with the grace of the Guru
the divine truth is in sight ! (71)

o yogī, bereft of meditation and reflection
there is no yoga, no perception

with divine reflection
there is peace, there is projection
there is truth, there is transcendence

bereft of meditation and reflection
there is duplicity, there is division
there is conflict, there is confusion

with the grace of the Guru, o yogī
there is yoga, there is perception

Nānak, bereft of meditation and reflection
there is no discerning, no salvation ! (72)

my Lord alone knows His dimensions
none else can discern His extensions
He is manifest, He is immanent
He is the sole agent of every action

many a siddhā has searched in vain
none has perceived His grain
He is, He will ever be the Sovereign of His universe
of this grand spectacle

Nānak, there is but one unique Lord
in His will is every action, every dispensation ! (73)

RĀMKALĪ KĪ WĀR MAHALĀ TĪJĀ
SLOK MAHALĀ PAIHLĀ

it is kaliyug
charity is given from deceit and deception
the gurus go to the disciples' homes
women follow men for their wealth
none cares for their peace and comfort
the Shāstras and the Vedas are discarded
self-worship is the only goal

the qāzī sists in judgement
he pretends piety with prayer beads
and accepts bribes for his decisions
he reads Qurān to please the credulous

the Hindus follow the dictates of the Turks
they loot the innocent populace
and apprise the chiefs of their misdeeds
their courtyards are clean
but their hearts are drenched in duplicities and deceptions

the yogī flaunts his yogīc garb
his vows of chastity amount to nothing
his illicit off-springs follow him all over
ashamed, he smears his face with ashes

Nānak, it is the dark age of our people
there is nothing but stinking minds and pretence ! (1)

a Hindu goes to the home of another Hindu
they exchange the sacred thread
but they belie its sanctity
drenched in evil deeds and deceptions
their sacred baths are only pretensions
they are stuck in sins and sufferance

the Muslim praises his religion
bereft of the grace of the Guru
he has no reflection, no perception
without good deeds and devotion
there is no salvation

the yogī pretends the knowledge of the universe
he wears the earrings of his profession
and wanders in the jungles in search of miracles
he does not perceive the sublime truth
he is deprived of the divine refuge

this world is a transitory hold
none can stay for ever
when the last hour strikes
when there is the call of the demon of death
there is no delay, no deception

Hindus or Muslims
all have to face the final judgement
without piety and devotion
none can cross this ocean of sorrow and suffering

Nānak, those who meditate and reflect
who perceive the sublime truth and transcendence
they are blessed
they enjoy His benediction, His benevolence ! (2)

truth is not acquired by austerities and abstentions
by standing in water
by cutting one's hair
by wandering in the jungles
by going to the mountains
by torturing one's body with chains like elephants
by eating grass like cows
Nānak, truth lies in His grace, in His will
in meditation and reflection
in love and devotion

in His immanence
in His manifestation
my Lord is omniscient in His universe
bereft of His grace
there is no reflection, no perception

with the grace of the Guru
with the Word of the Guru
there is discerning
there is truth and transcendence ! (3)

a true householder is he who controls his passion
who spends his life in meditation and reflection
who is benevolent, who is kind
such a householder is pure
like the water of Ganga
if Isar spends his life in meditation and reflection
he will perceive verity in all forms and conceptions ! (4)

an awdhutī is he who burns his pride
who leads the life of discipline and temperance
whose heart vibrates with His benediction
such an awdhutī receives His benevolence
if Gorakh spends his life in meditation and reflection
he will perceive verity in all forms and conceptions ! (5)

an udāsī is he who is not caught in any illusion
who is beyond all conflicts and confusions
who perceives His immanence in all forms
who subsumes the heat of the sun and the cold of the moon
such an udāsī is beyond the cycle of birth and death
if Gopi Chand spends his life in meditation and reflection
he will perceive the sublime verity in all forms and conceptions ! (6)

a pakhandī is he who lives in purity
who burns his inner fire
who is enlightened with His sublimity
who lives in discipline and devotion
day and night who stays steady and serene
such a pakhandi is beyond the demon of death
if Charpat spends his life in meditation and reflection
he will perceive the sublime verity in all forms and conceptions ! (7)

a bairāgī is he who imbibes in himself
the immanence of the Lord
who perceives His extension in the cosmic universe
who meditates and reflects
such a bairāgī projects His truth and transcendence
if Bhartri spends his life in meditation and reflection
he perceives the sublime verity in all forms and conceptions ! (8)

a yogī is he who surmounts all sins and sufferance
with torn ears and savage roots for food
there is no truth, no transcendence
for a true yogī, there is no heat, no cold
Nānak, those who follow the six sects
who are content with their disguises
are neither yogīs, nor householders
those who vibrate with meditation and reflection
they need not beg in the world around ! (9)

Nānak cautions the being
to listen and reflect
the Almighty Lord will ask for deeds and devotions
for all the sins and superstitions

Ajrail will be there
for the final judgement
in the arduous path of actions and dispensations
there will be no mercy, no indulgence

Nānak, there is no place for duplicities and deceptions
what matters there is truth and transcendence ! (10)

Indra cried for his adultery
Parsrām repented for his lost strength
Raja Ajj wept begging for his daily bread
sins and sufferance go together

Rām cried on his exile
when Sīta and Lakhshman were separated
Rāvan cried for the loss of his Lanka
who had duped and abducted Sīta
the five Pāḍavās were miserable servants
even Krishna could not help the wretched

Raja Janmeja suffered in wilderness
the sheikhs, the pīrs, all suffer in distress
the princes beg as paupers
the greedy cry for the loss of their wealth
the sages suffer for their ignorance
the brides cry in separation, in anguish

Nānak, the whole universe is in distress
with meditation and reflection
there is serenity, there is salvation
nothing else helps the sinner ! (11)

in July and August
the farmer ploughs the field with greed and passion
he sows the seeds of falsities and deception
his plough is made of evil thoughts
as he sows, so does he reap
Nānak, on the day of judgement
there is remorse, there is repentance ! (12)

the devotee ploughs his fields
with fear, truth and patience
he waters it with good deeds and devotion
his plough is made of humility
he sows the field with serenity
his seeds are saturated with meditation
Nānak, with such devotion and affection
with such purity and patience
the devotee is blessed with benediction, with benevolence ! (13)

Nānak, this mind is a fish
caught in the net of hunger and thirst
it is blind to all reflection
it is caught in the net of deception
it follows the path of dejection
Nānak, with the grace of the Guru
there is meditation, there is reflection
with the grace of the Guru
there is divine perception ! (14)

the cotton is beaten and woven
the cloth is thrown in the boiling water
it is cut and sewn with sharp needles
this is how the cloth of life is made
old and rotten, it is repaired
still it does not last long
Nānak, the truth of life is never old
it is never torn, it is never repaired ! (15)

the sword of truth
of the iron of truth
is sharp and shining
it sharpens the reflections of the Word
it is charged with the perception of the divine

if a sheikh is cut with this sword
all his pride and pretence will disappear
Nānak, purified with the sharp cut of truth
he will enjoy the serenity of divine refuge ! (16)

with a sword in the belt
and a horse to mount
Nānak, with pride and pretence
the bewildered being will repent ! (17)

the devotee-swan glides along
he discerns the Guru's song
the foolish crane indulges in deception
he finds no pearls, no perception

truth leads to truth
falsities and deceptions have no refuge
Nānak, those who are destined for salvation
are bestowed with His benediction, His benevolence ! (18)

my Lord is sublime
the devotee meditates in divine rhyme
Nānak, the being serves the Lord
who is all benediction, all benevolence
Nānak, the being serves the Lord
who eradicates all sufferance
who bestows peace and serenity
who blesses the being with sublimity ! (19)

RĀG MĀRŪ

RĀG MĀRŪ
GHAR PAIHLĀ CHAUPADĒ
SLOK MAHALĀ PAIHLĀ

Nānak, in the service of the Lord
I seek His audience, His presence
I seek the dust of the feet of my Love
I pray for His omniscience, for His benevolence !

SHABAD

with the grace of the Guru
there is a call for divine reflection
in the auspicious hours of the dawn
there is meditation, there is perception
there is honour, there is reception
those who live in love and devotion
in good deeds and reflection
they are blessed
they enjoy His benediction

my Lord, I am ignorant
I know not the divine path
I wander in wilderness
all the previous misdeeds and duplicities have caught up
there is nothing but sin and sufferance
there is separation, there is repentance

dear friend, meditate and reflect
to eradicate all evil, all sins
Nānak, in His will, there is separation, there is union
in His bliss, there is indulgence, there is communion ! (1)

dear friend, your parents gave you your body
and the Creator ordained your destiny
dear friend, discern and delineate His discourse
and do not be duped in delusions
do not waste your life in pride and pretence
in His will, there is peace, there is presence

this life is short, this stay is transitory
spend your time in deeds and devotion
in divine serenity
all these charities, all these luxuries
are a matter of days
when the demon of death calls
there is no delay

with the weight of greed and lust
with the indulgence of hunger and thirst
there is no crossing the river of sorrow and suffering

Nānak, with the boat of meditation
and the oars of reflection
the devotee crosses the river of dejection ! (2)

with the ink of our deeds
the destiny is writ large
on the paper of mind
as one acts
so does he find

in meditation and reflection
there is peace and presence
the mind flutters like a lost bird
it is caught in the snares of greed and lust
in the net of māyā
in the net of hunger and thirst

with the fire of meditation
the mind is purified of pride and pretence
it is rid of sin and sufferance

Nānak, with the grace of the Guru
it is transformed into pure gold
with the grace of the Guru
the mind acquires the sublime hold ! (3)

in this lake there is pure water
there is also dirt and mire
and lotus above its waves

the lotus enjoys the company of water and mire
but is affected by none
the frog follows its own nature
and relishes dirt and slush
the butterfly is above both
it relishes the nectar of the lotus
it is affected by neither water nor mire
the Kammi blossoms with the sight of the moon
and bows to its source of joy
as the leach relishes blood and leaves the milk
so the fool perceives no truth in the discourse of the sages
as the tail of the dog is never straightened
so the frog never forgets its nature

there are those who spend their life
in meditation and reflection
and there are others who waste their life
in duplicities and deception
Nānak, each follows his nature and destiny
the devotee spends his life in serenity ! (4)

SLOK

with the grace of the Guru
many a sinner is saved
Nānak, those who are destined for devotion
they earn the merit of sixty-eight pilgrimages
they spend their life in meditation and reflection !

SHABAD

dear friend, do not be proud of your youth
listen in and meditate
to appease your Love, to achieve the divine state
dear friend, there is anguish and pain
there is sadness and separation
in wilderness, in dejection
there is no pride, no pretence
there is sin, there is sufferance
my Lord, in Thy service, in Thy presence
there is benediction, there is benevolence
Nānak, the devotee is in anguish, in pain
bereft of His grace, all efforts are in vain ! (5)

in Thy service I dedicate my life
in Thy reflection I see Thy light

with the grace of the Guru
I follow Thee, I serve Thee
in Thy will, I acquire steady serenity

my mother spent her life in meditation
my father followed Thee in every reflection
I am the offspring of their love and affection

I offer Thee water, I offer Thee food
I serve Thee with all my heart and soul
I meditate and reflect upon Thy sublime hold

I am ignorant, I lack faith
I depend upon Thy grace

bereft of Thy grace
there is no serenity, no sublime state ! (6)

some call me a ghost
others address me as a madman

some refer to my innocence
others recall my ignorance

yes, Nānak is mad
mad in love with the Lord of the universe
mad in love with the Sovereign of the divine kingdom

he exists only for his Love
he lives only for his Lord
he breathes in His presence
he vibrates with His omniscience

in this madness, there is no pride, no pretence
in this madness, there is joy, there is presence
there is love, there is benevolence ! (7)

the treasure of meditation saturates every heart
bereft of this treasure
there is distance, there is deception

whoever is blessed with this reflection
is saved, is endowed with divine perception
this treasure is eternal
it cannot be burnt
it cannot be drowned
it is beyond all judgement and suspension
this treasure is sublime
it glows with divine light

bereft of this treasure
there is no reflection
bereft of this treasure
there is no salvation

Nānak recounts the tale of those
who are blessed by the Guru
who are blessed by this treasure ! (8)

o yogī, control your breathing exercises
your breathing practices
with discipline and balance
with the righteous path and patience
the fluttering mind is kept steady and serene
restlessness recedes and the fire is extinguished
the foolish, ignorant being perceives not the divine truth

with meditation and reflection
there are no dualities, no divisions
no conflicts, no confusions
no greed, no lust
no hunger, no thirst

Nānak, with meditation and reflection
the devotee is surcharged with divine nectar
there is no death, no destruction ! (9)

this mind is stuck in greed and lust
in pride and pretence, in sins and passions
with the boat of reflection
the devotee crosses the river of sorrow and sufferance
with meditation and perception
there is honour, there is reception

Bābā, the Lord is present in every essence
in His bliss, in His benevolence
there is benediction, there is credence
those who live in His will
live in love in divine presence

Brahma, Bishan, Shiv, Shankar, the seers, the sages
all follow the divine order
the yogīs, the ascetics, the sanyāsīs
all live in His service, in His nature
bereft of His service
there is no peace, no perception

my Lord is the treasure of the poor
the Guru of the humble and the wretched
those who abandon all superstitions and austerities
those who follow divine reflection
receive His love, His affection

bereft of divine reflection
there are dualities and deceptions
the mind is afflicted with the demon of dejection

dear friend, with the grace of the Guru
there is truth, there is transcendence
there is purity, there is divine presence

Nānak, with humility and meditation
there is peace, there is prosperity
there is steady serenity ! (10)

the yogī who lives in His will, in His order
is beyond all dirt, beyond all deceptions
he is blessed by the Lord
he perceives His truth, His transcendence

my Lord is beyond all caste and creed
beyond all frictions and factions
in His abode, there is no race, no rancour

a brahman is he
who bathes in the sacred waters of the divine truth
who follows His dictate
who lives in cosmic state

the treasure of my Lord is beyond all measure
in His trade, He is the sublime Sovereign
with the grace of the Guru
there are no dualities, no deceptions
with the Word of the Guru
day and night, there is devotion, there is reflection

in the highest regions of the cosmos lives my Lord
with the Word of the Guru
the devotee discerns His truth, His divine refuge ! (11)

in meditation and reflection
there is no sleep, no deception

those who suffer in separation
they are blessed by His love, by His affection
those who suffer anguish and pain
they know His truth, His grain

with the grace of the Guru
there is meditation, there is reflection
there is the sublime nectar of divine perception

with the grace of the Guru
there is no greed, no lust
there is no hunger, no thirst
with the grace of the Guru
there is truth, there is temperance

with the grace of the Guru
there is action, there is devotion
there is eternal support
there is divine hope

bereft of divine reflection
there is pride, there is pretence
the being awaits the final judgement
caught in the net of illusions
the being suffers the rigours of persecution
there is dishonour, there is dejection

with the grace of the Guru
there is truth, there is transcendence
the devotee receives the nectar of divine perception ! (12)

RĀG MĀRŪ
AṢṬPADĪĀ

many a seer discoursed on the sacred texts
many a devotee visited the holy places
none arrived at His truth
none perceived the divine order

Thou art eternal, sublime, my Lord
with meditation and reflection
there is steady serenity
there is purity, there is piety

with the grace of the Guru
there is meditation, there is perception
with the grace of the Guru
there is discerning, there is projection

in divine reflection
the devotee bathes in sublime waters
there is purity, there is perfection

the fool churns water for butter
the devotee spends his life in meditation and devotion
the fool ignores the nectar of reflection
he suffers the pain of depression and dejection

with the grace of the Guru
with the Word of the Guru
the devotee discerns His discourse, His direction
there is benevolence, there is benediction
there is salvation, there is presence

the trade of truth is the trade of reflection
with the Word of the Guru
there is truth, there is transcendence

bereft of His truth
bereft of reflection
there is deception, there is dejection

with the grace of the Guru
the devotee discerns the divine truth
he lives in truth, he resonates with truth

bereft of His truth
there is indulgence
there are sins and sufferance

Thou art the truth sublime
Thou art the eternal light
Thou art the most precious treasure
Thou benediction, Thou benevolence are beyond all measure

Thou art manifest
Thou art immanent
Thou art beyond all extension

Nānak, with the Word of the Guru
with meditation and reflection
there is love and union
there is divine communion ! (1)

the boat laden with sin and sufferance
is floating in the ocean of life
in this vast ocean of deeds and devotion
there is no shore in sight
there are no oars, no boatman
the waves are frightening
the storm hovers over the entire universe

Bābā, in anguish, in pain
all efforts are in vain
those who meditate and reflect
who seek His benediction and benevolence
are taken across, are saved
they escape all fire, wind, water
they are bestowed with truth and transcendence
with the grace of the Guru
they follow the sublime light
they are steady and serene
they are blessed with His sight

as the snake never loses its venom
so the beings are stung by pride and pretence
as we act
so do we receive the fruits of our deceptions

with the grace of the Guru
the devotee discerns His sublime truth
he loses his pride and pretence
he acquires patience and temperance

as the crocodile gets caught in the net of the hunter
so the ignorant being is caught in the snares of māyā
he loses all sense of reflection
he slips in the mire of dejection

with the grace of the Guru
the poison of pride is eradicated
in youth, in age, the being stays steady in reflection
the world is caught in dirty deeds and dualities
there are illusions, there are complexities
with the grace of the Guru
with the Word of the Guru
there is serenity, there is sublimity
the devotee-parrot sings His hymns
he is blessed with cosmic music
with divine rhythms
he follows His Lord
Nānak, he drinks the nectar of salvation
he discerns the sublime truth of meditation ! (2)

with the Word of the Guru
there is no destruction, no death
in Thy fear, in Thy ferment
there is nectar, there is reflection
Thou art the divine support
in Thy bliss, there is no birth, no death

Bābā, the being is ignorant
drenched in dirt and deception
bereft of Thy truth
there is no refuge

the being is drenched in sin and sufferance
there is no hope, no support
those who discern Thy Word and discourse
they are destined to receive Thy grace

bereft of divine reflection
the being suffers eternal dejection
his life is a wanton waste
he finds no peace, no serenity
he suffers agony and anxiety
he falls in the valley of depression

bereft of divine reflection
the being is scared
bewildered, he finds no peace, no projection
bereft of the grace of the Guru
there is no hope, no support

with the grace of the Guru
there is love, there is divine presence
there is truth, there is transcendence
there is benediction, there is benevolence

Thou art the benefactor, the gracious
none other can rival Thy benevolence
Thou art the Creator
in Thy will is all growth, all sublimation
Thou art the Sovereign of the universe
Thou art beyond all form or figure
beyond all gender or number
in Thy will is all light, all fragrance

those who live in Thy will
who resonate with Thy truth
they are blessed with love and union
they are bestowed with sublime communion ! (3)

I deal in divine truth
I deal in His perception
in meditation and reflection
there is love and affection
all else is poison and dejection

in His will
I live, I breathe
I follow His command
day and night I am in His service
with the grace of the Guru
I discern His Word
I stay steady and serene

with the grace of the Guru
there is service, there is humility
there is benediction, there is tranquillity
there is union, there is serenity

with the grace of the Guru
there is discerning, there is reflection
there is knowledge, there is perception

bereft of the grace of the Guru
there is ignorance, there is deception
there is depression, there is dejection

the devotee lives in His truth
he breathes His truth
His truth is his treasure
His truth is his life
His truth is his light
with the grace of the Guru
the devotee resonates with the cosmic sight

bereft of the grace of the Guru
the ignorant, the fool wastes his life
in wilderness, in fruitless deeds
caught in the snares of māyā
he sees not the divine light

with the grace of the Guru
he regains his balance
he follows the will of the Lord
there is meditation, there is reflection
there is service, there is devotion

the ignorant, the fool follows the path of falsity
he wastes his life in useless activity

with the grace of the Guru
the devotee acquires the boat of truth
to cross the hazardous river of sorrow and sufferance

bereft of the grace of the Guru
there is alienation, there is separation
there is anxiety, there is anguish
there is restlessness, there is sufferance

with the grace of the Guru
there is no greed, no lust
no hunger, no thirst
there is meditation and reflection
there is the discerning of the sublime truth
there is divine refuge ! (4)

the devotee has shed his pride and pretence
he lives with reflection and patience
he discerns His Word
he perceives His truth
he is steady and serene

in His service
there is honour, there is respect
in His service
the devotee swims across the river of sufferance

in His will
there is peace, there is perception
there is benediction, there is benevolence

with the grace of the Guru
the devotee discerns His truth
with the grace of the Guru
the devotee finds the sublime refuge

in His service
there is no duality, no deception
there is knowledge, there is perception

dear friend, meditate and reflect
upon His benediction, upon His benevolence
upon His gift of life and presence
in His will, in His service
there is truth, there is reflection

with the grace of the Guru
the devotee sheds all illusions of duality
he escapes all snares of māyā
all fires of greed and lust
rare is the devotee
who is graced by his Guru
who is bestowed with His benevolence

in His will
the devotee escapes all temptations
he follows the divine dictate
he lives in His sublime state

the Guru is the ocean of nectar
the ocean of supreme perception
with the grace of the Guru
the devotee enjoys His love and affection

gold and silver, pearls and diamonds
are all illusions, all transitory delusions
bereft of meditation and reflection
bereft of the grace of the Guru
there is no salvation, no sublimation

Nānak, with the grace of the Guru
there is truth, there is transcendence
there is benediction, there is benevolence ! (5)

when the last hour strikes
when the final call is announced
there is no delay
there is no appeal, no say

this world is a spectacle of a few days
discern His Word and know the truth
in His will is divine refuge

in His will is every will
in His order is every order
the devotee spends his life in meditation and reflection
in His will is divine perception
the Creator transcends His creation
the devotee finds this truth in divine reflection
there is presence, there is omniscience
there is truth, there is transcendence

the pundit is stuck in pride and prejudice
in dualities and divisions
in duplicities and deception
those who live in His will, in His order
they are blessed, they enjoy His bliss, His benediction

a sage is he who meditates and reflects
who perceives His truth
who discerns the divine mystery
who is bestowed with His benevolence

the pearls and the diamonds of this world
will soon be reduced to dust
the Guru alone is the sublime diamond
that is eternal
that is beyond the cycle of birth and death
those who live in His will, in His order
they enjoy divine purity
they live in steady serenity

disguises and austerities
divisions and duplicities
sacred baths and charities
lead the being astray
when the last hour strikes
there is no delay

Nānak, he alone can measure His treasure
who lives in His will, in His order ! (6)

the householder leaves his home
in search of truth
he goes from house to house begging his daily bread
bereft of the grace of the Guru
he wanders in the wilderness of the mind
he is struck with greed and lust
there is no meditation, no reflection
living like cattle
there is nothing but depression and dejection

a sanyāsī is he who discerns His Word
who sheds pride and pretence
the ignorant, the fool falls only for disguises
for the robes of the yogīs
he wanders around with the begging bowl
he advises others on things divine
caught in the snares of māyā
he does not escape the final grind

bereft of the grace of the Guru
he is consumed with the fire of lust
bereft of the grace of the Guru
there is no reflection, no perception
he condemns others of indulgence
he is drenched in dirt and deception

the ignorant, the fools are deluded by sacred baths
they do not follow the divine commands
the sanyāsī smears his body with ashes
he forgets not the allures of māyā
he does not perceive the divine truth
he wanders in his haughty pretence
he preaches learned discourses
bereft of meditation and reflection
drenched in sin and sufferance
he is miserable in anguish and dejection

there are some who get their heads shaven
others have long flowing hair
there are some who have a sacred knot
others stay silent with haughty air

their mind is restless
they wander here and there

oblivious of the nectar of reflection
they relish the poison of passion
destined to lead the life of cattle
they are stuck in the mire of dejection

with the sacred pipe and torn clothes
the yogī pretends divinity and spirituality
leaving his own bride at home
he runs after other women
drenched in the poison of jealousy
he suffers pain and anguish

a sanyāsī is he who follows his Guru
who sheds his pride and pretence
who bothers not about what he wears
what he eats
who sleeps little
who stays steady and serene
such a being is blessed
be he a householder, a yogī , a sanyāsī

a sanyāsī is he who is steady in all states
who meditates and reflects
who perceives the divine truth
who follows His dictate
who lives in His will, in His order

Brahma, Bishan, Shiva... all follow His dictate
all regions and spheres
all planets and stars
all are lit with the sublime light
those who meditate and reflect
who vibrate with the cosmic rhythms
they are saved
they lead a divine life

Nānak, bereft of meditation and reflection
there is no salvation, no perception ! (7)

the union of mother and father
gave birth to the child
in the inverted position the child meditates
he grows to acquire serenity
he prays with tranquillity

how does one cross the ocean of anxieties ?
with meditation and reflection
there are no pains, no perplexities

the ignorant being is stuck with greed and lust
with hunger and thirst
caught in the snares of māyā
he indulges in delusions
he loses all hold on divine projections
in wilderness he wanders in vain
in falsity and deception
there is no gain

the ignorant being falls for the luxuries of life
stuck in darkness, he sees no light
bereft of the Word of the Guru
there is no meditation, no reflection

in pride and pretence
there is depression, there is dejection

when fortune is lost
when all the wealth is gone
there is none to console, none to support
when the last hour strikes
the cycle of birth and death continues

when age takes over
there is no strength, no vigour
hands and feet, eyes and nose
all lose their vitality, their energy
the black hair turn white
there are wrinkles all over
the old are no more welcome at home

the ignorant being is subjected
to his deeds and delusions
bereft of the grace of the Guru
this short life is spent in illusions
stuck in dualities and divisions
there is wilderness, there are illusions

bereft of the grace of the Guru
there is fear, there are factions

with the grace of the Guru
the devotees vibrate with love and devotion
they follow the divine dictate
they enjoy the sublime state

dear friend, stay steady and serene
meditate and reflect in the company of the sages
Nānak seeks the dust of the devotees
who live in His will, in His order ! (8)

RĀG MĀRŪ
KĀFĪ

friendless, in wilderness, I seek His support
bereft of divine reflection
there is no serenity, no hope

I beseech my Lord, my Love
I pray, I meditate
I search Him every where, in every sphere

stuck in my parents' home
I am afraid of my in-laws
bereft of His love
I am in anguish, in pain

in His love, in His affection
there is bliss, there is benediction
the bride is happy with her Love
with the treasure of her heart

bereft of His love
there is no luxury, no indulgence
all décor, all embellishment is a wanton waste
there is separation, there is sufferance
all indulgence, all delicacies
are of no avail
when there is no love, no union
when there is no reflection, no communion

in His will is every action
in His truth is every dispensation
in His reflection is every truth
in His benediction is divine refuge

with truth there is reflection
with truth there is perception
with truth there is no pride, no pretence
with truth there is no sufferance

Nānak, those who live in His truth
they live in His love, in His affection
they vibrate with divine hymns
they do no suffer the pangs of separation ! (1)

the sisters, the sisters-in-law, the mothers-in-law
all are transitory relations
with the grace of the Guru
the devotee acquires the true relation
hail the Guru for the gift of salvation
for his benevolence and benediction

the sisters of father, the grandmothers, the mother's sisters
the wives of the brothers of the husband
all are transitory relations
the brothers of mother, their wives
brothers, mother, father
they too do not last for ever

dear friends, only the true Lord is eternal
those who stay in His truth
they are never separated
they enjoy His love and bliss
all seasons are colourful in love
all weathers are pleasant in His presence

the Guru is the boatman
who helps us cross the river of sorrow and sufferance
the devotee sails along
with endearment and affection

those who meditate and reflect
those who have faith and fortitude
they never fail
they sail in the wild river of solitude

Nānak, with the grace of the Guru
the devotees are blessed
they shed their pride and pretence
they live in His truth
they enjoy the sublime refuge ! (2)

none is fool, none is wise
it all depends upon acts and advice
there is but one reflection
in His will is every action, every dispensation
in His love is every benediction, every benevolence

I am ignorant, I know not the mystery
I live in His will, I stay in steady serenity

the Creator transcends His creation
in His will is every discerning, every reflection

ignorance and knowledge
all depend upon His will, His order
bereft of divine reflection
all efforts are in vain

with the grace of the Guru
there is meditation, there is reflection
day and night there is devotion
there is divine perception

those who indulge in luxuries and wealth
in dualities and divisions
lose the battle of life
those who follow His will
see the eternal light

the wise and the clever are lost in dualities
they move in darkness, they are stuck in complexities
bereft of divine reflection
they find no tranquillity

as there is no growth in a desert
as the tree on the bank of a river does not last long
as the darkness spreads all over
so the being suffers in sin and evil
in greed and lust
in hunger and thirst

Nānak, the kings, the princes
all must face the final judgement
those who follow His truth
who are supported by His ladder of love
reach His sublimity and enjoy divine serenity ! (3)

MĀRŪ SOHALĒ

my Lord is the truth sublime
the source of all truth, all light
in His will is all creation, all consumption
in His will is every action, every dispensation
in His will is every life, every death
in His will is every reflection, every perception

in His will are all deeds and devotions
in His will are all devices, all decisions
in His will is His immanence, His manifestation
in His will are all fire, water and air
all beings, all creatures

in His will there is sun, there is moon
there is darkness, there is light
in His will there is knowledge, there is discerning

those who meditate and reflect
there suffer no anguish, no pain
they are steady and serene
they follow His grain

in His being are imbibed both man and woman
in His being are imbibed all actions and actors
in His being are imbibed
the game, the player, the arbitrator
in His being are imbibed
the flower, the bee, the fruit of the tree
in His being are imbibed
the earths, the oceans, the heavens, the stars
in His being are imbibed
the crocodile, the fish, the movement, the ferment

in His will there is day, there is night
in His will is every discourse, every sight
He is, He will ever be
in His Word is every discernment, every guide

He is the sublime diamond
He is the sole measure of His treasure
in His will is every benediction, every benevolence

in His being are imbibed
the bow, the arrow, the hunter
in His being are imbibed
all beauties and beatitudes
in His being are imbibed
the Word, the Utterance, the Discourse

in His will are the movements of air, water and earth
in His will is all creation, all fertility
in His will the world is nursed in the hands of His sublimity

in His being are imbibed
the fish and net, the cow and the shepherd
His universe is lit with sublime light
in His will is every discernment, every device

in His being are imbibed
the yogī and the indulgent
in His being are imbibed
the union and the communion

in His being are imbibed
all the states of manifestation and immanence
all the states of reflection and perception

in His grandeur He surveys the whole universe
all regions, all spheres, all stars
in His will is all life, all resurgence
in His will is all knowledge, all discerning

with the grace of the Guru
there is reflection, there is perception
there is omniscience, there is presence
there is truth, there is transcendence
there is purity, there is perfection

those who live in His will, in His order
they are beyond the cycle of birth and death
those who discern His Word
they are blessed
they vibrate with His love in every breath
with the grace of the Guru
the devotee discerns His mysterious universe
he perceives His manifestation, His immanence
Nānak prays for His bliss, for His benevolence ! (1)

in His being are imbibed
the earth, the sky and their support
in His being are imbibed
all meditations, all reflections
in His being are imbibed
all renunciations, all indulgence
in His being are imbibed
the Creator and the creation
in His being are imbibed
all deeds and deductions
in His being are imbibed
all honour, all devotion

the restless mind is caught in the snares of poison
in the net of jealousies, in the allure of deceptions
the body decays, the mind is bewildered
there is no respect, no reception
those who meditate and reflect
acquire the knowledge of the three worlds
and the light of divine perception

in His being are imbibed
the heavens, the hells and the underworlds
in His being are imbibed
the light and the life of the three worlds
in His being are imbibed
all forms and figures
all gods and goddesses

the Vedas, the Purāṇas could not
fathom His mysterious universe
He is beyond all relations and unions
beyond all descriptions and prescriptions
beyond all reflections and perceptions

in this vast and deserted world
there is no support, no hope
there is none to quench my thirst of love
none to help the divine union

in His will is the righteous path
in His will there is meditation, there is reflection
in His will there is perception, there is projection

in His being are imbibed all the sacred baths
 all the pilgrimages of the holy sights
 in His being are imbibed
 all the siddhās, the yogīs, the sages
 in His being are imbibed
 all the princes and the judges
 in His being are imbibed
 all the judgements and the consequences

in His being are imbibed the qāzī, the mullah
 in His being are imbibed the judge, the judged
 in His being are imbibed
 all the turmoil of the conflicts and the confusions
 in His being are imbibed all benevolence, all benediction

in His will, in His order
 there is bliss, there is honour
 in His will, in His order
 there is no greed, no lust
 no hunger, no thirst
 in His will the devotee meditates and reflects
 in His will is His manifestation, His immanence

my Lord is sublime
beyond all discernment and description
those who live in His will, in His order
they are blessed with love and affection

Brahma, Bishan, Mahesh
all follow His will, His order
they seek His blessing, His benediction
there are innumerable devotees
immersed in His meditation
in His reflection

my Lord is the sublime truth
truth is His insignia
truth is His reflection
the Vedas and the Purāṇas could not perceive His immanence
truth is the ultimate treasure
of His sublimity, of His divine measure

He is the sublime and the eternal truth
He is, He will be
all else is false and ignominy
Nānak prays for His omniscience
for His discourse and presence ! (2)

in dualities and divisions
the being is blind and deaf
wearing the robe of passions
the being is caught in the snares of illusions
the ignorant being is unaware of her love
he is burning in the fires of hunger and thirst
with the grace of the Guru
in the service of the Guru
there is peace, there is perception

those who live in His will
those who abandon all passions and pretensions
those who fight the evil spirits with the sword of reflection
they live in His benevolence, in His benediction

with the union of mother and father
the being is born in this universe
with form and figure
in the image of His manifestation
with the light of knowledge within
with the gift of action without

in the game of birth and death
there is no fear, no ferment
in His will
there is benediction, there is benevolence
in divine reflection
there is peace, there is projection
in divine reflection
the restless mind finds sublime perception
in divine reflection
the devotee drinks the nectar of discernment
he lives in His truth and transcendence

the decree of death hangs over every head
the being lives in moments, in transition
those who live in His truth
they are saved, they are blessed with divine perception

the Creator transcends His creation
He alone is the measure of His divine treasure
this life is a spectacle of a few days
the beings are doomed to the darkness of ignorance
they are lost in the dreams of decay

those who live in His will, in His order
they are endowed with His truth
they are immersed in divine reflection
they follow the sublime projection

my Lord surveys the three worlds
He is manifest in spheres and stars and the underworld
with the grace of the Guru
the devotee perceives His truth and transcendence
he is honoured in His union, in His presence

in dualities and divisions
the being is bewildered
there is turmoil within
there is restlessness without
with the grace of the Guru
there is steady serenity
the being acquires peace and tranquillity

blessed are those who perceive His truth
who are dyed in the colour of His love
who vibrate with divine hymns
who resonate with divine rhythms

those who live in His love, in His truth
they are blessed with His benevolence, with His refuge
they are beyond all dualities and deceptions
they are enlightened with His sublimation

my Lord, I seek Thy love, Thy refuge
I follow Thee in every pursuit
I live in Thy will, in Thy truth

when the last hour strikes
when the last call is announced
there is no support, no hope

Nānak, with the grace of the Guru
the bairāgī lives in divine reflection
in His benevolence, in His benediction ! (3)

before the beginning of the time
before the beginning of the beginning
the Creator was immersed in His reflection
there was darkness all over
the Creator conceived a thought, a concept
to create the universe
to infuse life in the lifeless matter
the true Lord dwelt in His truth and transcendence

in the age of truth
there was reflection and perception
there was truth and temperance
in His will the creation moved in perfect consonance

He was the veritable Guru
the incarnation of sublime truth
His truth and transcendence reigned supreme
His manifestation resonated in every heart
His reflection vibrated every chord
there were no dualities, no divisions
there were faith and fortitude
it was the age of sublime Truth

in the following age of Treta
there was emphasis on deeds and devotion
on meditation and reflection
on the strict adherence to the righteous path
on righteousness in thought and deed
but there were also dualities and deceptions
there were devotees who lived in His will
there were others who were caught
in the snares of greed and lust

bereft of divine reflection
there was no peace, no projection
the restless mind was lost in wilderness
the ignorant being fumbled in darkness

in the age of Duāpar
the path of righteousness lost its strength
rare was a devotee who perceived His truth
there was no steady serenity
no truth, no tranquillity
the princes were stung by greed and lust
their charities betrayed their hunger and thirst

bereft of divine reflection
they moved towards decay and dejection

bereft of divine reflection
all charities, all renunciations, all abstentions
make no sense
bereft of divine reflection
there is no salvation
there are dualities and divisions
there are conflicts and confusions

those who live in His will are blessed by the Lord
they are endowed by His benediction
their hearts vibrate with divine hymns
they are blessed by His presence

bereft of divine reflection
the sacred baths, the pilgrimages
lead the being astray
in His will, in His order is the righteous way
bereft of divine reflection
the superstitions, the physical prostrations
lead the being astray
in His will, in His order is the righteous way

in the age of Kaliyug
there is but one guide
the devotee follows the Guru's sublime light
bereft of the grace of the Guru
the being is ignorant and blind
the true Guru imbibes in himself
the sublimity of the Creator
he represents His truth and transcendence
with the grace of the Guru
there is peace and serenity
there is sublime purity

the true Guru is blessed by the Creator
he represents his Lord on the earth
his heart beats for every home and hearth
his Lord is the supreme support
the eternal hope

with the grace of the Guru
there is meditation, there is reflection
there is perception, there is projection
Nānak prays for His truth and transcendence
for His benediction and benevolence ! (4)

with the Word of the Guru
there is union, there is communion

in His will is His bliss
in His will is peace and projection
in His will is the sublime light in the three worlds
in His will is reflection
in His will is divine perception

with the grace of the Guru
the devotees discern His Word
with the grace of the Guru
the devotees perceive His truth

in His will is steady serenity
in His will is peace and prosperity
there are those who live in His will
they enjoy His bliss and benevolence
and there are others, ignorant and indulgent
they are lost in dualities and divisions
they do not follow His righteous projection

with the grace of the Guru
the devotees shed their greed and lust
bereft of the grace of the Guru
the ignorant beings are drenched in dirt and dust
they live and die in hunger and thirst

with the grace of the Guru
there is reflection, there is perception
bereft of the grace of the Guru
there is restlessness, there is darkness
there is pride and pretence
there is pain and penance

with the grace of the Guru
there is truth, there is transcendence
there is reflection, there is presence
there is peace of mind
there is eternal bind

bereft of the grace of the Guru
there is no reflection, no perception
there is clever chat, there is deception
there is sin, there is sufferance

hail the devotee who lives in His will
who sheds pride and pretence
who lives in His bliss, in His presence

the Creator transcends His creation
in His will is every benevolence
every benediction
my Lord is sublime
in His will is all creation, all projection
as He wills
so is His omniscience, His presence

in His will is anguish and pain
in His will is every strain
with the grace of the Guru
with the Word of the Guru
the devotee discerns His truth and transcendence

there are those who remain naked
who wear no clothes
there are those who remain hungry
who eat no food

all these exercises and abstentions
serve no purpose
bereft of divine reflection, there is no perception
there are those who spend their lives
in sacred baths and pilgrimages
they lead a life of turmoil and tension
bereft of divine reflection
there is no perception

bereft of the grace of the Guru
the ignorant beings are led astray
they are lost in wilderness
they are doomed to decay

in His will is every birth, every death
in His will is every reflection, every perception
Nānak, in His will is every benevolence
every benediction ! (5)

the Creator transcends His creation
in the different shades of immanence and manifestation

in His being are imbibed the Guru and the devotee
in His being are imbibed the presence and the distance
those who perceive His truth
who stay steady in the company of the sages
they are blessed by His benediction
by His benevolence

in every age there are devotees who meditate and reflect
who vibrate with His love and affection
who are saved from all fear and faction
they live in His truth, in His perception
they resonate with divine hymns
they are generous
they follow the righteous path
relieved of all sin and sufferance
they are blessed by His benediction
by His benevolence

dear friends, enjoy the company of the sages
their perception is sublime since the ages
when the last hour strikes
when age takes over youth
His truth is the only refuge

dear friends, shed all pride and pretence
all jealousies and passions
those who indulge in wealth and women
in dualities and divisions
they are destined to disaster
they find no solace, no respite

dear friends, shed all jealousies and divisions
shed all pride and pretensions
the restless mind finds no refuge
the bewildered being is far from the truth
stay in the company of the sages
for meditation and reflection
for divine perception and projection
dear friends, shed all vile passions
shed all the illusions of wealth and indulgence

with the grace of the Guru
there is benediction, there is benevolence
bereft of divine reflection
bereft of the grace of the Guru
there are the fires of hell
there is anguish, there is pain
there is heat within, horror without
there is conflict, there is confusion

with the grace of the Guru
with meditation and reflection
there is serenity, there is salvation
those who live in His perception
they are blessed by the Guru
they are endowed with His benediction

bereft of the grace of the Guru
there are conflicts, there are passions
the ignorant beings are stuck by the demon of death
they suffer pain in every breath

dear friends, perceive His sublime truth
perceive His omniscience
perceive His presence

dear friends, ride on the boat of reflection
to cross the river of sorrow and sufferance
within and without
there is meditation, there is reflection
there is sublime truth
there is divine refuge
there is eternal sublimation

in His will there is purity, there is piety
there is truth, there is justice
those who live in pride and pretence
they are bound to eternal sufferance

with the grace of the Guru
with the love of the Guru
the devotees perceive His sublimation
they are blessed in the company of the sages
they spend their lives in meditation and reflection
with the grace of the Guru
the devotees cross the river of sorrow and sufferance
and help others in distress
Nānak is beholden to such noble beings
who vibrate with His love and affection
who live in His truth and transcendence ! (6)

since ages there was absolute darkness
the sublime Lord was immersed in meditation
in that pitch dark cosmos
there was no life, no lien
thirty-six ages passed in that cosmic vision
in that sublime reflection

after the creation He surveyed all regions
all planets, all spheres
every creature vibrated with cosmic rhythms
with the grace of the Guru
with the Word of the Guru
the devotee acquires this perception

with the union of sperm and blood
the human body came into being
with air, water and fire there were more beings
more becomings
in His will there were lives, there were liens

before his emergence in this world
within the body of his mother the child meditates
with every breath there is sublimation

with the grace of the Lord
there is advent in this world
there is search, there is wandering
there is anguish, there is pain

the world is caught in the snares of māyā
when the child is no more
there is mourning, there is wailing
in His will, in His order
is every anguish, every pain

wailing and crying serve no purpose
death does not spare age or youth
mourning and memorials find no refuge
those who spend their lives in indulgence and passions
are bound to eternal sufferance
they are devoid of all reflection
when black hair turn white
when youth cedes to age
when the ignorant being is bereft of all perception
there is sufferance, there is affliction

with the grace of the Guru
with the Word of the Guru
there is meditation, there is reflection
with the grace of the Guru
with the Word of the Guru
there is knowledge, there is divine perception

when age takes over
when there are wrinkles all over
bereft of meditation and reflection
there is sufferance, there is affliction

bereft of divine reflection
there is deception, there is dejection
there is the ominous danger of the demon of death
there is restlessness, there is divine wrath
in indulgence and passions
the ignorant being is led astray
bereft of divine reflection
the mansions are a matter of days
bereft of discerning good from evil
the righteous path is forgotten
there is depression, there is dejection

those who live in His will, in His order
they perceive the divine truth
they follow His order
they live in divine refuge
with the grace of the Guru
they are blessed, they enjoy the divine muse

with the grace of the Guru
there is truth, there is divine reflection
there is love and affection
there is purity, there is perception

Nānak, with the grace of the Guru
the devotee acquires the divine perception
to cross the ocean of sin and sufferance
there is benediction, there is benevolence ! (7)

my Lord is the Creator of the whole universe
the Creator of my body, my being
He created life and infused life in my veins
with the grace of the Guru
the devotee discerns His truth
she dives deep into the ocean full of sublime diamonds
of knowledge, of truth

my Lord is beyond all projections
beyond all reflections and perceptions
with the grace of the Guru
the devotee traverses the ocean of sorrow and sufferance

bereft of the grace of the Guru
there is no serenity, no salvation
my Guru is my guide, my saviour
with the grace of the Guru
there is benediction, there is benevolence

with the grace of the Guru
there is meditation, there is reflection
there is steady serenity, there is nectar of piety
there is sublime perception

the ignorant being is lost in indulgence
in wealth and women
in the wiles of the World
stuck in the snares of transition
the being is drenched in dejection

the Creator transcends His creation
with the elements of air, water and fire
there is movement, there is construction
with greed and lust
with hunger and thirst
the restless mind trembles in vacillation

bereft of the grace of the Guru
there is deception, there is dejection
when the last hour strikes
when the last judgement is announced
the ignorant being is drowned in the mire of hell
like a fish out of water
there is no peace, no protection
the cycle of eighty-four hells begins
and the being reaps the fruits of his deeds and deceptions
bereft of the grace of the Guru
there are sorrow and sufferance

there are depressions and dejections
on the path to the final judgement
there are fear and ferment
on that most arduous route
there is no family, no friends
the being faces the ultimate truth

bereft of the grace of the Guru
there is no friend, no aid
there is no support, no hope

with the grace of the Guru
in the service of the Guru
there is meditation, there is reflection
there is perception, there is projection

dear friend, shed all dualities and divisions
all pretensions and falsifications
in His will, in His order
there is benevolence, there is benediction
with the grace of the Guru
with the Word of the Guru
there is reflection, there is perception
there is meditation, there is divine projection

in His will, in His service
there are gods and goddesses
there are devotees, there are sages
in the three regions, in the entire universe
there is benediction, there is benevolence

with the grace of the Guru
the devotees meditate and reflect
they shed their pride and pretence
their restless minds acquire steady serenity
their vibrating hearts beat with divine rhythms

dear friend, in the service of the Guru
the devotees enjoy His bliss, His benevolence
immersed in deeds and devotion
they cross the threshold of judgement
in the service of the Guru
there is no fear, no ferment
in the service of the Guru
there is peace, there is perception ! (8)

hail the Lord of the universe
the annihilator of all dualities, of all divisions
with meditation and reflection
the devotee perceives His truth, His transcendence
with the grace of the Guru
the devotee crosses the river of sorrow and sufferance
with the grace of the Guru
the devotee crosses the ocean of fire and passions

bereft of the grace of the Guru
the ignorant being has no reflection, no perception
he is stuck in the eternal cycle
he is bound by his deeds and deceptions
in the cycle of birth and death
the being suffers the eternal wrath
for his deeds and deceptions, he faces the final judgement
caught in pride and lust
he suffers hunger and thirst

all this embellishment, all this décor
is of no avail, it finds no projection
if there is no love, no affection

as the prostitute's son has no father
so the destitute, bereft of divine reflection
faces anonymity and dejection

bereft of divine reflection
the ignorant being suffers the fires of hell
when the last hour strikes
he faces the final judgement
bereft of meditation and reflection
he is doomed to eternal deception
bereft of divine reflection
he is hollow within
he is burnt without
bewildered, there is no peace, no perception

bereft of divine reflection
there is anguish, there is pain
bereft of His grace
there is sin, there is bane
those who carry the weight of evil deeds
they are drowned in the river of sorrow and sufferance
those who spend their lives in meditation and reflection
they cross the river of pain
they acquire sublime perception

in infatuation, in indulgence
the world is stuck in sin and sufferance
those who live in the grace of the Guru
they are blessed by His benediction
by His benevolence

in falsities and dualities
in the fire of greed and lust
there is no peace, no rest
with the grace of the Guru
the devotee mediates and reflects
with the grace of the Guru
there is truth, there is transcendence
there is steady serenity
there is righteousness
with the grace of the Guru
there is bliss, there is benevolence

when the last hour strikes
when the body decays
there is anguish, there is pain

all the physical efforts
all wailing and crying are in vain
bereft of the grace of the Guru
there is sufferance, there is strain

in the illusions of māyā
there is greed, there is lust
bereft of the grace of the Guru
there is no reflection, no trust
the ignorant beings drown in the river of sorrow and sufferance
drenched in dirt and squalor
they are bewildered like dogs and pigs
with their endless barking and restless wandering
they are stuck in dualities and divisions

with the grace of the Guru
with meditation and reflection
there is peace, there is perception
there is love, there is affection

with the grace of the Guru
there is no conflict, no confusion
there is love, there is communion
Nānak, there is bliss, there is benediction ! (9)

shed all greed and lust
and meditate and reflect
to perceive His truth
to acquire steady serenity
to vibrate with His sublimity

with the grace of the Guru
there is reflection, there is projection
there is no anguish, no pain
there is no depression, no strain

with the grace of the Guru
there is love, there is affection
there is truth, there is temperance
there is meditation, there is benevolence

with the Word of the Guru
there is knowledge, there is discerning
there is the nectar of His meditation
there is being, there is becoming

with the grace of the Guru
bathe in the pristine waters of meditation
when the last hour strikes
there is no fear, no ferment

with the grace of the Guru
with the Word of the Guru
there is reflection, there is perception
the devotee discerns His truth, His transcendence
there is no fear of the demon of death
there is no indulgence

with five elements this body is formed
for deeds and devotion
for reflection and perception
with the Word of the Guru
there is meditation, there is sublimation

dear friend, lead a life of steady serenity
in the service of the Guru
there is truth, there is tranquillity
with the grace of the Guru
there is service, there is sincerity

stuck in the mire of greed and lust
there is eternal hunger and thirst
the life is led under the sword of death
the being suffers the divine wrath
bereft of the grace of the Guru
there is no reflection, no salvation
replete with pride and pretence
the being is drowned in the river of sufferance

with the grace of the Guru
there are no dualities, no deceptions
there are no sins, no sufferance
bereft of the grace of the Guru
there is sorrow, there is depression
there is pain, there is anguish

dear friend, bereft of the grace of the Guru
there will be no succour at the final judgement
life laden with sins will drown in the river of depression and dejection
as you act, so do you receive
there is no delay, no reprieve
your deeds and deceptions cannot escape the final verdict
your pride and pretension cannot face the final judgement

with greed and lust
with the anguish of hope and despair
with the anxieties of falsifications
the restless being is lost in conflicts and confusions

dear friend, meditate and reflect
to acquire truth and tranquillity
to stay steady in serenity
to accord with His will and purity

there are those who live in His will, in His bliss
they discern His truth, His transcendence
they are blessed with His benediction
with His benevolence ! (10)

my Lord, the devotee seeks Thy refuge
he meditates to perceive Thy truth
he is overwhelmed by Thy omnipotence, Thy omniscience
by the sublimity of Thy creation

Thou art the most benevolent
in Thy sublime manifestation
in Thy will, in Thy order
there is creation, there is benediction

the Creator transcends His creation
His eternal light surcharges every diction
as He wills, so there is benediction
there is benevolence

His creation is a wonder
with air, water and fire
there is life, there is movement
there are nine doors to His divine reflection
and the tenth leads to His sublime perception

with the grace of the Guru
with the Word of the Guru
the devotee crosses the four rivers
of sorrow and sufferance
the ignorant beings are stuck in pride and pretence
they are drowned in the river
of depression and dejection

in air, water and fire
in earth and atmosphere
there is life, there is movement
those who meditate and reflect
they discern the divine truth
they are saved from greed and lust
with the Word of the Guru
there is meditation, there is reflection
there is divine support, there is hope
but the ignorant being is lost in delusion and deception

in dualities and divisions
in conflicts and confusions
bereft of the Word of the Guru
there is the eternal cycle of birth and death
there is dishonour, there is divine wrath

dear friend, you have wasted your life
in dirt and squalor
when the last hour strikes
there is nothing but dust and ashes
bereft of divine reflection
there is no serenity, no salvation
stuck in greed and lust
the being is scared of the final judgement
his crying and wailing serve no purpose
like a fish caught in a hook
he trembles at the sight of death

in the illusions of māyā
the ignorant being is restless and lonely
in pain, in anguish
there is no peace, no serenity
the demon of death crushes his being
he is tortured in the burning fires of hell
bereft of the grace of the Guru
there is no support, no hope

with the grace of the Guru
there is love, there is presence
there is benediction, there is benevolence

with the grace of the Guru
the devotee follows the righteous path
he acquires His love and affection
he is bestowed with His benediction

bereft of the grace of the Guru
Brahma, Bishan, Mahesh tread the beaten path
with the grace of the Guru
the devotee steers clear of all false gods
with the grace of the Guru
he perceives His sublime truth

those who are blessed by His love and affection
those who follow His Word
and are led to His perception
they are blessed
they enjoy His benediction and benevolence
with the grace of the Guru
the devotee discerns His Word
he perceives the divine truth
shedding all passion and pretension
he lives in His love and affection
Nānak prays for the company of the sages
for their meditation, for their sublime reflection ! (11)

the Creator transcends His creation
He is the creator, the benefactor
He holds the key to all life and movement

there are all kinds of creatures
there are ignorant beings
who tread the paths unknown
and there are the devotees
who reflect and perceive the divine truth
who follow the righteous path
who are blessed with His sublime refuge

bereft of the grace of the Guru
there is no meditation, no reflection
there is dirt, there is squalor
there are learned discourses but no perception
there are false witnesses
there are treacheries

there are those who discourse on Smritīs and Shāstras
they are stuck in dualities and divisions
in conflicts and confusions
bereft of the grace of the Guru
they are deprived of divine perception, of right reflection

there are those who indulge in false praise
they perceive not His truth
they know not the righteous path
they are led astray

with the Word of the Guru
the devotees vibrate with divine hymns
their hearts beat with sublime rhythms

there are those who are stuck in conflicts and confusions
who do not follow His extensions
who do not perceive His projections

with the grace of the Guru
there is meditation, there is reflection
there is truth, there is transcendence
there is rejoicing, there is singing
at the birth of humanity, at the advent of life
the ignorant beings do not perceive inner conflicts, the inner strife

in His will, in His order
there is union, there is separation
there are deeds and deceptions
there are final judgements

with the grace of the Guru
the devotee is steady and serene
he glides along the river of sorrow and sufferance

those who deal in truth
who meditate and reflect
who perceive His truth
they discern His Word
they vibrate with truth

in the mire of dualities and delusions
the devotee is lost in illusions
with the grace of the Guru
he is saved from the demon of death
he deals in truth and sincerity
he vibrates with His sublimity

the ignorant being brags and barks
he is deluded in his own illusions
he is blind to all advice, to all reflection
he is stuck in the eternal cycle
he is drowned in the river of despair and dejection

the ignorant being lives and dies in dejection
bereft of the grace of the Guru
he is lost in his own deceptions
in sin he is born, in sin he dies
there is no hope, no salvation

those who live in His will, in His order
they live in His truth and transcendence
they escape the eternal cycle
they follow the path of divine benevolence
the devotees are beyond the reach of the demon of death
they live in peace and prosperity
they vibrate with love, with serenity

my Lord, the devotees live in Thy will
they enjoy Thy divine bliss
they are honoured in Thy presence
they are blessed by Thy omniscience

my Lord, many a devotee sings Thy praise
gods and goddesses vibrate with Thy hymns
O King of kings, O Sovereign of the universe
Nānak prays for Thy grace
for Thy benevolence ! (12)

my Lord dwells within me
within my body
within my mind
with His touch, with His affection
there is purification, there is sublimation

with the Word of the Guru
there is divine exchange
there is divine trade
my Lord transcends every transaction
every shade

within the cave of my being
my Lord blesses every breath
the nine doors of duality are closed
the tenth door of truth is wide open
all thresholds are crossed

with the elements of air, water and fire
this edifice is created
my Lord has placed the contours of reflection
in the pristine waters of perception

the Creator has created this universe
for deeds and devotion
for meditation and reflection
my Lord is above all friction and faction
in His will is every action, every dispensation

this universe is a garden of flowers
where the morning breeze spreads the fragrance of devotion
where the sun and the moon shine as two celestial lamps
where the thoughts of the devotee
spread their wings as the birds in flight
they savour the fruits of divine reflection
they vibrate with the music of sublime perception
the heart of the devotee is lit with devotion
it is beyond the brightness of the suns and the moons
it is surcharged with love and affection

with sublime union
with divine reflection
there is no duality, no division
with the grace of the Guru
the devotee enjoys His blessings
His eternal communion

my Lord is there from the beginning of the beginning
He is, He will ever be
beyond conflicts and confusions
beyond dualities and divisions
pure and sublime in His majesty
the devotee prays for His love and affection
for divine reflection and perception

with the nectar of the Guru
the devotee enjoys His love, His blessing
in divine reflection, in divine perception
there is the eternal judge, the eternal projection

in meditation and reflection
the devotee perceives His sublimation
none knows the extensions of His projection
the whole world prays for His benevolence
for His benediction

in His will are deeds and devotion
truth and transcendence
there is no measure of His eternal treasure
there is no limit to His benediction
to His benevolence

in His will is His presence
His omniscience
in His will is every creation, every consumption
in His will is every union, every separation

the whole universe is immersed in His being
in the temple of His meditation
there is love, there is affection
Nānak prays for His truth, for His transcendence
for His bliss, for His presence ! (13)

in His will is His audience, His presence
in His will is His love, His affection
in His will is His meditation, His reflection

there are innumerable devotees
who pray for their salvation
who live in humility and purity
who lead a life of love and devotion

there are Ishar, Brahma, gods and goddesses
there are Indra, yogīs, sanyāsīs
who serve His projections
there are innumerable renunciants, ascetics
who meditate and reflect upon His universe

in His will the devotees discern His mysteries
in His will is every thought, every perception
in His will are eighty-four lakh lives
who live in His bliss, in His benevolence
in His will is every action, every dispensation

in His will is every movement, every manifestation
bereft of His will
the ignorant beings suffer anguish and pain of eternal dejection

in His meditation, in His reflection
there is peace, there is perception
there is purity, there is sublimation
there is the nectar of His benediction

in wealth and indulgence
there is sin, there is sufferance
bereft of His grace
there is duality, there is deception

bereft of divine reflection
there is restlessness, there is dejection
the truth of the true Lord is forgotten
the mind is lost in wilderness

with the Word of the Guru
the devotee perceives His sublime light
he is blessed by His benediction
by His divine sight

He is, He will ever be the Lord of the universe
in His will is all creation, all extinction
without form or figure
with the Word of the Guru
with meditation and reflection
the devotee discerns His truth and transcendence
hail the devotees of the Lord
who meditate and reflect upon His truth
who live in His will
who are not beaten in the battle of life

there are those who live in His truth
who vibrate with His truth
who discern His Word
who perceive Him in the three worlds
who are saturated with His truth

with the grace of the Guru
the devotees live in meditation and reflection
in His love and union
in His perception and communion

there are those who suffer eternal separation
they are stuck in the eternal cycle
and there are others who are blessed by the Lord
who follow His will, who enjoy His benevolence

in His being are imbibed creation and consumption
in His being are imbibed saturation and sublimation
in His being are imbibed devotion and salvation

in His will is all reflection, all perception
in His will is all action, all dispensation
in His will is every deed, every devotion
those who live in His will enjoy His love and affection
their birth and death follow His projection

Nānak prays for His love, for His communion
for peace and protection, for sublime union ! (14)

arbad narbad dhūdūkārā

long, long ago
millions of years ago
it was all dark
all silent and sombre
there was no earth, no sky
only the Being of the Lord prevailed everywhere
there was no day, no night
no sun, no moon
only the Almighty Lord immersed in His light

there was no life, no language
no regions, no air, no water
there was neither birth nor death
none came, none left
there were neither planets nor underworlds
neither rivers nor oceans nor streams of water
there were neither hells nor heavens
neither growth, nor decay
neither rise nor fall
nor the eternal cycle of birth and death
there was neither Brahma nor Bishan nor Mahesh
there was none other than the Sovereign Lord Himself

there were neither men nor women
neither castes nor creeds
neither sins nor sorrows
there were neither sanyāsīs nor renunciants
neither siddhās nor seers
there were neither yogīs nor jangams
nor any claim to be the Nāth of all of them
there was neither fasting nor penance
neither austerities nor abstentions
none to rival the eternal Lord

there were neither lovely maids nor Krishnas
neither cows nor shepherds
there was neither the magical farce nor the futile deceptions
there were neither ceremonies nor deceiving rituals
neither illusions nor delusions

there was neither any caste nor any creed
neither any indulgence
nor the ruthless wrath of the eternal time
there was neither praise nor jealousy
neither life nor death

there was neither Gorakh nor Machhandar
neither endless disputes nor futile discussions
neither any camouflage nor deliberate deceptions
there were neither brahmans nor khatrīs
neither gods nor temples
neither cows nor magical rituals
neither elaborate ceremonies nor sacrifices
there were neither pilgrimages nor sacred baths
neither mullahs nor qāzīs
neither sheikhs nor hājīs
there were neither subjects nor kings
neither prides nor humiliations

there were neither infatuations nor false devotions
neither bewildered minds nor illusions
there were neither friends nor enemies
neither the blood of the mother nor the sperm of the father
there was but one Sovereign Lord
who imbibed in Himself all truth and transcendence

there were neither Vedas nor Qurāns
neither Smritīs, nor Shāstras
neither readers nor interpreters

there was no sun to rise, to set
the sublime Lord imbibed in Himself
all manifestation, all immanence

and when He willed
it all came to be
in all its mysteries and extensions
the universe appeared in all regions and spheres
Brahma, Bishan and Mahesh came into existence
and with them all the snares of māyā

rare were those who discerned the Word of the Lord
who perceived the will of the Sovereign
who reflected upon His manifestation
in all regions, in all planets
who meditated upon His extensions

Nānak, those who discern His truth
who vibrate with His truth
they are blessed by the Lord
they live in His truth
they find His sublime refuge ! (15)

my Lord is sublime in His manifestation
in His abode of truth and transcendence
in this edifice of air, water and fire
He is magnificent

the Creator created the nine elements of life
the tenth belongs to His sublimity
the devotee is blessed with purity, with serenity
of His most splendid majesty

with the lamps of sun and moon
the whole universe is lit and transparent
with His manifestation, with his immanence
the splendid Lord enlightens the world

in this supreme bazaar, there is the trade of truth
of true deeds and true devotion
of true reflection and true meditation
the Lord Himself is the measure
of all truth, of all treasure

with the grace of the Guru
the devotee perceives His truth
she meditates and reflects
she follows the righteous path
to acquire His truth, His divine refuge

in His will the devotee is bestowed with the grace of the Guru
the demon of death frightens no more
the lotus of reflection surcharges the ambiance
with its sublime fragrance

with the grace of the Guru
there is the nectar of reflection
there are diamonds and pearls of divine perception
there is love, there is affection

those who deal in truth
they live in truth
they enjoy the blessing of His treasure
they acquire the merit of truth
they live in His divine refuge

those who live in His will, in His order
they perceive His truth
they are blessed by the true Guru
they vibrate with His truth

in His will is all birth, all death
in His will is all creation, all consumption
in His will are hells and heavens
in His will are all judgements

in His will is the earth and all its creatures
in His will are air, water and the skies
in His will is all life, all spectacles

in His will are separated the earth and the sky
in His will are created the oceans, the spheres, the underworlds
in His will is all growth, all manifestation

in His will were created the ten avatārs
in His will were created all gods and goddesses
in His will is the perception of all truth and transcendence

in His will were spent thirty-six ages
in His will the siddhās, the sages reflected upon His truth
He is, He will ever be the Lord of all creation
in His will is all salvation

the King, the Sovereign of all creation
dwells in His abode
where all the elements serve the Lord

those who are stuck in greed and lust
they die in remorse, they suffer in thirst

those who lead a life of steady serenity
who are disciplined
who are led by patience and reflection
Nānak, they are blessed
they follow the Word of the Guru
they perceive the divine truth
they are honoured in His sublime refuge ! (16)

my Lord is omnipotent in His immanence
He transcends His own creation
and emerges as He wills
from immanence to manifestation

He created air, water, earth and sky
with the divine fire He lit the whole universe
from that immanence were also created
Brahma, Bishan and Mahesh
and the regions and the spheres and the ages
those who discern this mystery
are beyond all dualities and divisions
beyond all conflicts and confusions

from that immanence were also created the seven oceans
those who reflect upon and perceive this truth
bathe in His sublime waters
they acquire eternal salvation
they are steady and serene in His sublimation

from that immanence were also created
the suns, the moons, the stars
whose light spread over the entire universe

in His sublime immanence
the Lord remained in eternal reflection
in eternal meditation

from that immanence were also created
the earths and the skies
without pillars they were held steady and high
in the three worlds there was the sublime spectacle
the sublime manifestation of the Lord of the universe

from that immanence were also created
the four regions and their articulations
in His will was every movement, every projection
from that immanence did it emerge
and in that immanence did it relapse
in His will was every movement, every spectacle
in His will was the sublime manifestation
of the Lord of the universe

from that immanence were also created
day and night, birth and death, sin and sorrow
those who were blessed by the grace of the Guru
surmounted all sufferance and anguish

from that immanence were also articulated
the Vedas : Sam, Rig, Jajur and Athurv
and those who could discern and discourse
who could perceive the eternal truth

from that immanence were also created
the seven seas and the underworlds
the three universes and their mysterious depths
in His will was every creation, every reflection

from that immanence were also created
all the passions and the potentials
all the prides and the pretensions
of births and deaths, of sins and sorrows
those who were blessed by His grace
perceived His truth, His transcendence

from that immanence were also created
the ten avatārs, the gods, the goddesses and the demons
all followed His will, His order
all were judged by their deeds

with the grace of the Guru
the devotee discerns His Word
she follows the righteous path
the ordained path through the ages

from that immanence were also created
the five elements and their unity and diversity
the modes of their division and duality

those who discern His Word
who follow the contours of His projection
they vibrate with meditation and reflection
they resonate with His truth and perception

those who spend their lives in indulgence and infatuation
those who are lost in conflict and confusion
their minds are restless, they suffer eternal dejection

those who meditate and reflect
who perceive His truth and transcendence
Nānak, they vibrate with the hymns of His devotion
they resonate with serenity and sublimation ! (17)

my Lord surveys the whole universe
with His benediction, with His benevolence
beyond life or death
beyond being or becoming
in His will is every action, every dispensation

beyond relations or liens
beyond father or mother
beyond brother or sister
beyond caste or creed
beyond death or decay
He is , He will ever be the Lord of the universe

my Lord is beyond all construction or destruction
beyond all deeds or divisions
those who discern His Word
perceive His truth
they are steady and serene in His refuge

my Lord is beyond the three mysteries
dwelling in the fourth perception
He transcends all life and liens

with the grace of the Guru
with the Word of the Guru
the devotee discerns His truth
she resonates with His muse

those who spend their lives in meditation and reflection
they are the beloved of the Lord
they are the seers and the sages
Nānak prays for their blessing
for their love and affection

my Lord is sublime
the devotees seek His blessing
they pray for the nectar of His reflection
with the grace of the Guru
the devotees acquire the divine perception

with the union of five elements
the body acquires this formation
with meditation and reflection
there is perception, there is projection

those who live in His truth and transcendence
they shed their greed and lust
they live in His benediction, in His benevolence
they resonate with His presence

those who spend their lives in good deeds and devotion
those who radiate in His sublime light
they discern His Word
they follow His divine sight

those who perceive His transcendence in the three worlds
who follow the contours of the divine will
Nānak, with the grace of the Guru
they discern His Word
they live in His bliss
rare are those who reflect upon the Word of the Guru
who discern His truth, who follow His order
who swim across the river of sorrow and sufferance
who help others to follow the righteous path

with the grace of the Guru
the devotees discern the truth of body and mind
the sacred lieu of meditation and reflection
the source of divine perception

the suns and the moons of the fourteen regions
witness the sublime spectacle
with the grace of the Guru
the devotees shed the pleasures of passion
to resonate with the music of meditation
with the hymns of reflection

with the grace of the Guru
the devotees are blessed with the vision of His majesty
shedding all passions and pretensions
they follow the truth of His transcendence
who is, who will ever be the Lord of the universe

with the grace of the Guru
with the Word of the Guru
the devotees discern the sublime truth
they are blessed in His divine refuge

Nānak, with meditation and reflection
the devotees cross the river of sorrow and sufferance
they enjoy His benediction, His benevolence ! (18)

dear friend, meditate and reflect
to discern His truth
to perceive the contours of His projections
to follow the will of the Lord

my Lord, Thou art the unique and sublime Sovereign
in Thy will, in Thy order is every action, every extension
beyond life and death, beyond time and space
Thou art, Thou will ever be

this body, this mind is the sacred abode of divine meditation
the sacred abode of reflection, of sublime perception
there are nine doors of this divine abode
the tenth belongs to the Sovereign of the universe
it resonates with the rhythms of cosmic music
it resonates with the hymns of devotion

beyond all counts and contemplation
in His will is all creation, all consumption
all action, all dispensation
Nānak, search your heart
to find the nectar of His sublime perception

with the grace of the Guru
all passions are subdued
there is truth and transcendence
there is judgement and benevolence

those who discern His Word
those who perceive His truth
they are blessed by the Lord
they are blessed in His omniscience
in His presence

the yogī who lives in His will
who follows the righteous path
perceives the divine truth
lives in His sublime refuge

those who shed pride and pretence
who stay steady and serene
who discern His truth and transcendence
they are blessed by the Lord
they live in His benevolence

my Lord annihilates all sins and sorrows
with His gracious gestures
all pride and prejudice are gone
all judgements are avoided
Nānak, with the grace of the Guru
there is union, there is devotion
there is meditation, there is reflection

those who perceive His truth
they are beyond the reach of time and death
those who discern His Word
they are beyond all fear and ferment
in His will is the spectacle of His vast extensions
in His will are all projections

my Lord is both the trader and the trade
both the treasure and its measure
both the sovereign and the annihilator

those who are blessed by the Lord
whose hearts beat with cosmic rhythms
they are purified by His sublimity
they are sanctified by His purity

in His benevolence there is no pride, no pretension
there is no duality, no division
there is divine support
there is eternal hope

with the Word of the Guru
there is discerning, there is perception
there is steady serenity, there is reflection

Nānak, in the company of the sages
the devotees spend their lives in meditation and reflection
they earn sublime merit
they follow His projections ! (19)

dear friend, live in truth
live in meditation and reflection
to cross the river of sorrow and sufferance
the Guru is the boat
the Guru is the boatman
with the grace of the Guru
the devotee crosses the river of anguish and dejection

with divine reflection
there is no pride, no pretence
with divine reflection
there is perception, there is salvation
with divine reflection
the devotee perceives His immanence
His manifestation

dear friend, live with the Word of the Guru
live in the grace of the Guru
to eradicate all fear and ferment
all fear of death and destruction
live with the Word of the Guru
to be with one unique manifestation
meditate and reflect upon His truth and benediction

meditate upon the Word of the Guru
to follow the righteous path
reflect upon the Word of the Guru
to acquire divine sublimation
to achieve eternal salvation

bereft of the divine truth
there is no peace, no serenity
bereft of the grace of the Guru
there is no solace, no purity
Nānak, reflect upon His Word
to discern His verity
to be blessed with His sublimity

bereft of the divine truth
there is no crossing of the river of sorrow
the river of abysmal depths and dangers
those who follow the Word of the Guru
who discern His truth
they are beyond all passions and perversions
beyond all fear and ferment

those who spend their lives in infatuation and indulgence
those who hanker after ephemeral passions
they are drenched in dirt and squalor
they are stuck in the eternal cycle
those who are caught in the snares of māyā
they are consumed by the fire of passions
bereft of the Word of the Guru
they await the day of judgement
they are lost in the mire of fear and ferment

bereft of the grace of the Guru
there is no meditation, no reflection
bereft of the grace of the Guru
there is no serenity, no salvation
dear friend, discern the Word of the Guru
to shed all dualities and divisions
all passions and perversions

with the grace of the Guru
Krishna could lift a mountain
with the grace of the Guru
Rāma could cross the ocean
Nānak, with grace of the Guru
the devotee is rid of all conflicts and confusions

dear friend, discern the Word of the Guru
to cross the ocean with the boat of truth
meditate and reflect to perceive His transcendence
to vibrate with His presence
meditate and reflect to be blessed with His benediction
to escape the demon of death, the eternal cycle

with the grace of the Guru
there is the company of the seers and the sages
with the grace of the Guru
there is no greed, no lust
no hunger, no thirst

dear friend, meditate and reflect
to discern His truth
to vibrate with His muse

with the grace of the Guru
there is reflection, there is perception
there is serenity, there is reception

dear friend, meditate and reflect
to discern His truth
to comprehend the mystery of His transcendence

dear friend, meditate and reflect
to perceive His immanence, His manifestation
with the Word of the Guru
the devotee discerns the contours of His projection

dear friend, with the Word of the Guru
there is perception, there is divine reception
with the Word of the Guru
there is omniscience, there is divine presence

Nānak, with the Word of the Guru
the devotees live in love and affection
they spend their lives in serenity and devotion ! (20)

dear friend, shed all pride and pretence
shed all greed and lust
to reflect upon His will, His order
to perceive His truth
to be blessed with divine refuge

as the lightening brings light at night
so the meditation enlightens the dark alleys of the devotee
with the grace of the Guru
there is perception, there is light
there is projection, there is divine sight

dear friend, in the service of the Guru
with the grace of the Guru
the devotee crosses the river of sorrow and sufferance
the sun of divine perception
removes the darkness of dualities and divisions

with meditation and reflection
the devotee perceives His immanence, His manifestation
those who are blessed with the nectar of reflection
they are beyond all depression and dejection
they perceive His truth, they vibrate with His muse
in His immanence, in His manifestation

the sublime Lord is beyond all senses and space
with meditation and reflection
there is cosmic music, there are divine hymns
Nānak prays for His blessing
for His reflection and perception
for His benediction and benevolence

with meditation and reflection
there is peace and serenity
there is truth and sublimity
with the Word of the Guru
the devotee discerns His truth
with the grace of the Guru
there is honour and refuge
with the grace of the guru
there is right projection
there is eternal salvation

those who follow the Word of the Guru
they are beyond all fear and ferment
they are beyond the reach of the demon of death
they are blessed with divine reflection

with the Word of the Guru
the devotee crosses the river of depression and dejection
shedding all dualities and divisions
she subdues all passions and perversions

bereft of the Word of the Guru
there is no discerning, no truth
there is darkness all over
there is the eternal cycle of birth and death
Nānak, with the grace of the Guru
there is meditation, there is reflection

with the grace of the Guru
there is no fear, no ferment
with the grace of the Guru
there is reflection, there is divine perception
with the Word of the Guru
the devotee discerns His truth and transcendence

my Lord is beyond all deeds and deductions
He is manifest in His nature, in His creation
He is, He will ever be beyond all birth and death
beyond all being and becoming

those who follow the Word of the Guru
who discern His truth
they perceive His sublimity
they live in steady serenity
shedding all dualities and deceptions
all conflicts and confusions
they perceive His manifestation in every creation

those who live in His truth
who vibrate with His divine muse
Nānak, they are blessed
they are steady and serene in the company of the sages
they enjoy His benevolence, His sublimation

those who perceive Him in every manifestation
who discern His truth in every creation
they are beyond all temptations
beyond all passions and deceptions
Nānak, they are blessed with the nectar of His reflection
they are bestowed with His benevolence
with His benediction ! (21)

the Creator transcends His creation
in His will is every action, every dispensation
in His will is every life, every deed, every devotion
in His will is every manifestation, every reflection
in His will is every distance, every presence
in His will is His manifestation, His immanence

those who meditate and reflect
those who discern the Word of the Guru
they live in His truth
they vibrate with His love, with His muse

those who spend their lives in deed and devotion
they are blessed by His generosity, His affection
bereft of the grace of the Guru
there is no peace, no perception

with the grace of the Guru
the devotee discerns His truth
Nānak, in the service of the Guru
the devotee follows the righteous path
she enjoys His grace, His benevolence

the devotees vibrate with His love, with His affection
with the grace of the Guru
they spend their lives in meditation and reflection
they discern His truth
they live in His divine refuge

those who reflect and perceive His truth
they are honoured in His audience
those who are oblivious of the righteous path
they suffer in the eternal cycle of birth and death

dear friend, spend your life in the service of the Guru
to dwell deep into the ocean of nectar
to be blessed with the diamonds and pearls of reflection
to cleanse yourself of all dualities and deceptions
to bathe in the sublime waters of meditation and perception

dear friend, spend your life in the service of the Guru
to eradicate all doubts and dualities
to transcend all temptations and lust
to meditate and reflect with faith and trust

those who live in faith and fortitude
who are immersed in His love and truth
Nānak, they are blessed by the Lord
with the grace of the Guru
they live in His benediction
in His benevolence

there are those who recite the Vedas
there are those who discourse on their verity
bereft of the grace of the Guru
they cannot acquire the divine perception
there is no meditation, no reflection

there are those who smear their bodies with ashes
but do not shed their pride and pretence
they are lost in superstitions
in metaphysical disguises
they discern no truth
they find no refuge

there are those who wander in pilgrimages
who spend their lives in austerities and abstentions
who flaunt their superficial knowledge
bereft of the grace of the Guru
they are restless, they are not tuned to divine reflection
they are lost in dualities and divisions

there are those who indulge in physical exercises
who perform all kinds of yogic tricks
their stubborn minds are stuck in divisions
bereft of the grace of the Guru
they linger in conflicts and confusions

there are those who perceive Him in every manifestation
they are blessed with meditation and reflection
Nānak, with the grace of the Guru
they live in steady serenity
they vibrate in His divine sublimity ! (22)

MĀRŪ WĀR MAHALĀ TĪJĀ
SLOK MAHALĀ PAIHLĀ

the customer who can tell
the right from the wrong
the virtue from the vice
offers the right price
asks for the right measure

with the grace of the Guru
there is divine measure of His sublime treasure

Nānak, with the grace of the Guru
there is no discrepancy, no deception
no duality, no dejection ! (1)

restless, rootless, I wander in wilderness
ask the sages how can I eradicate
all this sorrow and sufferance
Nānak, with the grace of the Guru
with his truth and transcendence
the devotee vibrates with His love and presence ! (2)

drenched in dirt and squalor
stuck in the dark alleys of ignorance
the being is lost in wilderness
Nānak, bereft of good deeds and virtue
the being is suspended in sorrow and sufferance ! (3)

the devotee who reflects upon truth
who vibrates with truth
lives in peace and prosperity
Nānak, she is a noble soul
she is blessed with love and sincerity ! (4)

Nānak, the devotee who reflects
who vibrates with His love and affection
is the beloved of the Lord
she enjoys His benevolence and benediction ! (5)

those who meditate and reflect
who are beyond dirt and dualities
beyond deceptions and divisions
Nānak, they are immersed in the deep red
of His love and truth
they are blessed with His sublime muse ! (6)

those who discern His truth
who vibrate with His truth
Nānak, they live in His love and affection
they are endowed with His true perception
those who are oblivious of His truth
sface the final judgement and dejection ! (7)

those who vibrate with His union and presence
Nānak, they are adorned with the diamonds of reflection
they are blessed with His benediction and benevolence ! (8)

caught in the snares of māyā
the being is lost in deceptions
bereft of reflection and perception
there is no crossing of the river of sorrow and dejection ! (9)

those who resonate with divine reflection
their treasure is beyond all projection
Nānak, they deal in His sublime trade
their communion is beyond all perception ! (10)

those who vibrate with His love and affection
they resonate with the hymns of His devotion
Nānak, the demon of death is afraid of such devotees
who spend their lives in meditation and reflection ! (11)

those who follow the righteous path
those who live in His will, in His order
are blessed with His love, with His affection
those who follow the path of dualities and deceptions
they suffer in despair and dejection ! (12)

those who live with false counsel
with false discourse
suffer for ever
Nānak, those who meditate and reflect
are beyond all greed and lust ! (13)

the ocean of life is beyond all depths and measure
with the grace of the Guru
the devotee crosses this ocean of sorrow and sufferance
Nānak, bereft of true reflection
there is eternal despair and dejection ! (14)

the Creator transcends His creation
the hells, the heavens, the underworlds
in His will is every action, every dispensation
Nānak, in His will is all birth, all death
all creation, all destruction
in His will is all meditation, all reflection ! (15)

in pride and pretence
in greed and lust
the being suffers eternal hunger and thirst
Nānak, those who vibrate with His love and devotion
they resonate with divine hymns and reflection
they are dyed in the deep red of love
they are blessed by His sublime fragrance ! (16)

with pride and pretence
there is no love, no presence
with the grace of the Guru
the devotee discerns His truth
with the Word of the Guru
the devotee resonates with His muse
with the Word of the Guru
there are no dualities, no divisions
Nānak, with the grace of the Guru
there are no conflicts, no confusions ! (17)

the Creator alone discerns His creation
Nānak, in His will is all reflection, all dispensation ! (18)

RĀG TUKHĀRĪ

TUKHĀRĪ CHHANT
BĀRĀH MĀHĀ

the devotee reaps the fruits of her deeds
in pain, in anxiety
she dreams of divine union
she suffers in separation
she prays for the sublime communion

with the grace of the Guru
she drinks the nectar of His love and affection
she vibrates with His meditation and reflection

Nānak, she stands at the threshold of deeds and devotion
she resonates with His vision, with His projection ! (1)

the cuckoo sings the hymns of His love
the devotee vibrates with His communion
she is restless, she is anxious
beloved of the Lord, she enjoys His abode
dyed in the love of her Lord
she lives in His will, in His bliss
Nānak, the cuckoo sings the hymns of love
the devotee resonates with His communion ! (2)

in the depths of the mystic union
the devotee yearns for His love
for His communion, for His presence
in separation, in the most anxious moments of her loneliness
she pleads for His love, for His affection
there is none but her Lord, her Love
to console her, to quench her thirst
Nānak, with the grace of the Guru
the devotee acquires peace and serenity
she vibrates with His love and sublimity ! (3)

in the most pleasant ambiance of love and affection
the nectar of the communion with the Lord
surcharges the union of lovers
the heart vibrates with meditation
the beloved sings the hymns of devotion
in loneliness, she prays, she pleads
she is miserable in sorrow and separation

Nānak, with the grace of the Guru
the devotee is blessed by His benediction
by His benevolence
she enjoys the nectar of His communion
of His presence ! (4)

in Chēt (March) there is spring
the butterflies spread their wings on the flowers
the nature is in full bloom
the beloved longs for her Love
in separation, in anguish
she spends her time in sorrow, in sufferance
the cuckoo sings the melodies of love on the mango tree
the butterflies sing and dance on the flowers
Nānak, in this auspicious month of Chēt
the beloved resonates with His love, with His devotion
she vibrates with the pangs of separation ! (5)

in Waisākh (April) the branches are adorned
with fresh green leaves
the beloved awaits for His love
for His benevolence
to cross the river of sorrow and sufferance
bereft of His grace
she is restless, she is tormented in loneliness

Nānak, with the grace of the Guru
she discerns His truth, His projection
she perceives her Love in meditation
in reflection ! (6)

in Jēṭh (May) the beloved cannot forget her Love
it is hot, it is burning
the beloved is restless
she prays, she yearns to meet her Love
to be with Him in His sublime presence

Nānak, she meditates, she reflects
to discern His truth, His transcendence
to be blessed by His benediction
by His benevolence ! (7)

in Asār (June) the sun burns in the sky
the earth is scorched
engulfed by the overwhelming fires
all water evaporates
the creatures suffer in hunger and thirst
the chariot of the sun burns
all that falls in its crest

Nānak, the beloved who prays and reflects
is rid of her sins and sufferance
she vibrates for her Love
she resonates in His presence ! (8)

in Sāwan (July) it is pleasant
the clouds of hope hover over the entire universe
my Love is in far away lands
I suffer in separation, I yearn for His affection
lonely, restless, in anguish, in pain
I tremble with every movement, with every strain

Nānak, blessed is the beloved
who resonates with His union
who vibrates with His communion ! (9)

Bhādō (August) has not brought peace and serenity
the devotee is stuck in divisions and duality
there are rains all over
the earth is soaked in water
the night is dark and the clouds are thundering
the cuckoo sings the hymns of the Lord
the peacocks are dancing
the lakes are full, the insects are gathering
Nānak prays for the grace of the Guru
to spare his devotee
from all sorrow and suffering ! (10)

in Asun (September) the beloved withers in anguish
bewildered, she is lost in dualities
in falsehood and pretension, there is no serenity
the heat is receding, the cold is approaching
there are fresh green branches on the trees
but there is no let-up in sorrow and sufferance
Nānak, with the grace of the Guru
there is love, there is peace, there is fragrance ! (11)

in Katak (October) His will surveys the entire universe
the devotee discerns His truth, His transcendence
with the lamp of meditation and reflection
with the oil of love and the wick of affection
there is union, there is reception

those who are drenched in sin and squalor
they are doomed, they are lost in wilderness
Nānak, those who are blessed by the Lord
they are saved
they are bestowed with His benediction
with His benevolence ! (12)

in Maghar (November) there is harmony
between the body and the mind
the beloved prays to the Lord
for His love sublime
she reflects upon the ingenuity of the eternal Creator
upon His truth and transcendence
upon His benediction and benevolence
she vibrates with the hymns of devotion
Nānak, she adores the Lord
with all her love and affection ! (13)

in Pokh (December) it is biting cold
all nature is withered and dry
the devotee lingers in anguish, in separation
in anxieties, in depression

those who resonate with His love and devotion
they are blessed by the grace of the Guru
they vibrate with His hymns, with His reflection
they perceive His light in every projection

Nānak prays to the sublime Lord
for His audience, for His omniscience
for His grace, for His presence ! (14)

in Māgh (January) the devotee bathes
in the pure waters of divine reflection
she resonates with cosmic rhythms
she vibrates with love and affection
she enjoys the holy dip
in the union of Ganga and Jamuna
in the depths of the seven seas
Nānak, the month of Māgh is sweet and serene
the devotee bathes
in the pristine waters of the divine stream ! (15)

in Phalgun (February) the weather is ecstatic
there is sublime communion
all greed and lust are gone
there is joy, there is union

in His will, in His bliss
all evil is eradicated
all actions are sublimated
there is no place for false embellishment
for superficial decoration
in love and affection
there is the purity of meditation
there is the sublimity of reflection

Nānak, with the grace of the Guru
there is union, there is reception ! (16)

all seasons are pleasant
all weathers are auspicious
all periods, all moments herald the sacred times
of divine union, of sublime communion
in the presence of the Lord of all projections
all decoration, all embellishment
bring joy and bliss of the sublime union
there is love, there is affection
the devotee is surcharged with divine perception
Nānak, with the grace of the Guru
there is meditation, there is reflection
there is love, there is affection ! (17)

RĀG TUKHĀRĪ
CHHANT

in the first period of life
the night is dark
the ignorance is spread all over
bereft of meditation and reflection
the demon of death is frightening

in this dark night of oblivion
the passions control the ignorant being
in this indulgence, there is no respite
Nānak, in this pitch dark night
the being is unable to discern His truth
she finds no refuge

awake, dear friend, awake
the second period of life
may also be lost in dejection
with the Word of the Guru
discern His truth
to shed all pride and pretence
to be rid of all fear and ferment

with the grace of the Guru
there is meditation, there is reflection
there is the light of His truth and transcendence
Nānak, bereft of divine reflection
there is no peace, no projection

the third period of life passes slowly
the being is caught in the snares of māyā
in the infatuation of family and friends
in false attachment, in false indulgence

with the grace of the Guru
there is perception, there is salvation

bereft of divine reflection
there is conflict, there is confusion
Nānak, in the third period of life
the being is lost in dualities and divisions

the fourth period of life approaches
the dark night recedes, the sun rises
those who meditate and reflect
they are beyond all greed and lust
they discern the Word of the Guru
they are bestowed with His grace and perception
in the fourth period of life
the body withers, the mind decays
Nānak, bereft of divine reflection
there is misery, there is dejection

when the last hour strikes
the being begins her journey to the other world
blind and deaf
there is no vision, no judgement
the being is driven by her deeds and deceptions
Nānak, with the Word of the Guru
all the gods and goddesses follow the divine projection ! (1)

the star of perception enlightened the devotee
with the Word of the Guru
she discerned His truth, His transcendence
with the Word of the Guru
she reflected upon the ultimate verity
shedding all pride and pretence
all greed and lust
she perceived His projection
with the grace of the Guru
the devotee was enlightened
Nānak, those who follow the righteous path
their heart is lit with divine reflection
they are blessed with His benediction

dear friend, the devotees are awake
they lose all pride and prejudice
they perceive His truth
they are immersed in divine reflection
with the grace of the Guru
they are tuned to His hymns and devotion
they are blessed with the nectar of meditation
they perceive His light in every creation

Nānak, the devotees' hearts are lit with the divine light
they spend the night of their lives in divine respite
those who spend their lives in divine reflection
they are blessed with serenity and sublimation
they perceive Him in every creation

with the grace of the Guru
the devotee follows the Lord in the three worlds
she is tuned to the heavenly bliss
to the will of the eternal spirit
Nānak, with the grace of the Guru
she is immersed in meditation
she perceives His truth in every creation

those who are blessed with divine perception
they are beyond all dualities and divisions
they shed all pride and prejudice
they are relieved of all miseries and anguish
with the grace of the Guru
there is no sin, no sufferance
the heart is lit with His truth and transcendence
Nānak, with the Word of the Guru
with divine communion
there is no binding, no dependence ! (2)

in dualities and divisions
the being forgot her Lord
and spent her life in repentance
in restlessness, in oblivion
she did not discern His truth
she spent the long, dark night
in remorse and regret
stuck in greed and lust
in passion and zest
she forgot her Lord
when the last hour strikes
when the body decays
Nānak, it is too late for remorse and repentance

my Lord, I live for Thee
I breathe for Thy presence
forgetful, I rot in dejection
bereft of Thy love, Thy affection
there is no meditation, no reflection
with the Word of the Guru
the nectar of meditation quenches all thirst
bereft of divine reflection
there is misery, there is dejection

Nānak, with His grace and reflection
there is omniscience, there is presence
in separation, in loneliness
the devotee suffers anguish and pain
her Love is far, far away
in unknown regions, in distant lands
she cries, she weeps
she prays for the sublime union
she is restless, she is bewildered
she knows not the righteous path
the path of love and union
with the Word of the Guru
there is meditation, there is reflection
Nānak, with the Word of the Guru
she vibrates with His love, with His affection

my Lord has called me to His abode
to be with my Love in divine unity
to be in steady serenity, to be in His sublimity
to discern His truth and transcendence
to be with Him without any reticence
Nānak, with the grace of the Guru
the devotee discerns the mysteries of the universe
she stays in His benediction, in His benevolence ! (3)

hail the sublime Lord
the devotee reflects upon the divine spirit
with the grace of the Guru
the devotee discerns His truth and transcendence
with the grace of the Guru
the devotee is blessed with His benevolence
with the grace of the Guru
the devotee perceives the divine creation
she is blessed with His love and union
Nānak prays for His benediction
for His meditation and reflection

the Creator transcends His creation
with the Word of the Guru
the devotee perceives the divine truth
she discerns the mystery of the divine creation
she discerns His immense creation
Nānak, with meditation and reflection
the devotee is blessed with love and affection

those who meditate and reflect
who discern His mysterious universe
who are beyond all birth and death
who perceive the contours of divine projections
who are tuned to His hymns and devotion
Nānak, enlightened by His sublime light
they are blessed by the supreme Lord
they enjoy His benediction

the true Lord dwells in truth
the devotee finds the sublime refuge
with the grace of the Guru
there is bliss, there is benevolence
the devotee realises the truth of His Being
who is, who will ever be the Lord of the universe
in His truth, in His transcendence
Nānak, with the boat of truth
the devotee crosses the river of sorrow and sufferance ! (4)

meditate and reflect to discern His truth
shed greed and lust to find the divine refuge
in pride and pretence
there is distance, there is separation
in dualities and divisions
there is no crossing of the river of sorrow and sufferance

bereft of meditation and reflection
there is deception and dejection
with the grace of the Guru
there is serenity, there is salvation

avoid all snares of māyā
to discern His truth
to serve the sublime Lord
to reflect upon the Creator of the universe
upon His truth and transcendence
to perceive the truth of air, water and fire
to perceive the truth of the divine creation
to meditate and reflect
to vibrate with serenity and sublimation

shed all dualities and divisions
to sing the hymns of love and devotion
to perceive the grace of the Guru
to vibrate with truth and transcendence
to be enlightened by the sublime light
to be rid of all passions and pretence
to shed all fear and ferment
to cross the river of sin and sufferance
to resonate with His grace and affection

what were the assets at your advent ?
what will be the assets at your departure ?
with the grace of the Guru
there will be serenity
there will be the assets of deeds and devotion

with the Word of the Guru
there is truth, there is perception
with the Word of the Guru
there is purity, there is projection
with the Word of the Guru
there is the divine nectar of reflection

with the Word of the Guru
there is benevolence
there is benediction
bereft of the divine ladder
one cannot climb the steps of the divine temple
bereft of the divine boat
one cannot cross the river of sin and sufferance

with the Word of the Guru
there is smooth crossing
there is salvation
in the company of the seers and the sages
there is no regret, no repentance
in the company of the seers and the sages
there is benediction
there is benevolence
with the Word of the Guru
there is truth, there is transcendence ! (5)

RĀG BHAIRO

RĀG BHAIRŌ
PADĒ

in Thy will is every action, every dispensation
Thou art the witness of Thy creation
there is none, there is nothing
beyond Thy bliss and benediction

in Thy will is every deed
in Thy will is every devotion
in Thy will is Thy truth and transcendence
Nānak, in Thy will is every meditation, every reflection ! (1)

with the Word of the Guru
the seers, the Indras, the Brahmas
crossed this ocean of life
with the grace of the Guru
the ascetics, the yogīs, the sanyāsīs
solved the inner strife

bereft of the Word of the Guru
there is no crossing
bereft of divine reflection
there is dejection, there is drowning

with the grace of the Guru
there is reflection, there is perception
there is benevolence, there is benediction
with the grace of the Guru
the mind achieves yogic discipline
the heart vibrates with hymns and devotion

with the Word of the Guru
the devotees discern His truth and transcendence
Nānak, with the Word of the Guru
the devotees achieve serenity and salvation ! (2)

as the last hour strikes
as the last call is announced
the body decays
the demon of death arrives
all this form and figure
all this beauty and youth
are a matter of days
dear friend, meditate and reflect
and shed all greed and lust
bereft of the true Word
there is rejection, there is dejection
shed all pride and pretence
all infatuation and indulgence
for meditation and reflection
for the muse of truth and transcendence

dear friend, youth has receded
age has taken over
deaf and dumb, there is no reflection, no discerning
bereft of the Word of the Guru
there is ignorance, there is perversion
Nānak, with the grace of the Guru
with meditation and reflection
there is steady serenity, there is divine perception ! (3)

with age the body decays
the eyes see not the divine truth
the ears hear not the Word of the Guru
there is no reflection, no perception
bereft of the Word of the Guru
bereft of the grace of the Guru
the being loses all credit and credence
bereft of divine reflection
there is jealousy, there is deception

with the grace of the Guru
there is reflection
there is the nectar of meditation
bereft of the Word of the Guru
there is ignorance
there is anguish, there is suffering
with the Word of the Guru
there is truth, there is transcendence
with the grace of the Guru
there is serenity
there is salvation ! (4)

in dualities and divisions
there is no reflection, no perception
the Creator is forgotten
the creation is in oblivion
bereft of divine reflection
there is anguish, there is suffering
there are no assets at the advent
there are no assets at the departure

bereft of divine reflection
there are dualities, there are deceptions
there are eternal cycles of births and deaths
there is no escape from the demon's wrath

bereft of the Word of the Guru
there is pride and pretence
there is illusion, there is delusion
bereft of the grace of the Guru
the Vedas, the Shāstras do no good
there is nothing but conflicts and confusions
Nānak, with the Word of the Guru
there is truth, there is transcendence ! (5)

the devotee spends her life
in meditation and reflection
she discerns the Word of the Guru
its truth and transcendence
she sheds all pride and pretence
she enjoys the Guru's benediction and benevolence

my Lord is immanent
He is beyond all illusions and delusions
beyond all currents and conventions
with His sublime truth
His manifestation prevails over planets and spheres

those who spend their lives in meditation and reflection
who vibrate with His hymns and devotion
they are blessed by the Lord
their hearts beat with divine rhythms
Nānak, with the grace of the Guru
there is devotion, there is reflection
there is perception, there is reception ! (6)

with the grace of the Guru
there is meditation, there is reflection
there is the treasure of divine perception
the devotee vibrates with sublimation

with meditation and reflection
there is steady serenity
there is peace, there is prosperity
bereft of divine reflection
there are dualities, there are divisions
there are conflicts, there are confusions

bereft of the grace of the Guru
there is dishonour, there is deception
there is eternal damnation

Nānak, there is none but His sublime immanence
none but His divine manifestation
with the grace of the Guru
there is benediction, there is benevolence ! (7)

bereft of divine reflection
there is anguish, there is pain
all the austerities and abstentions are in vain
bereft of divine reflection
this life is sterile
bereft of divine reflection
it is all poison, all guiles
bereft of the Word of the Guru
there is no serenity, no salvation
all readings of the sacred texts are futile refrains
bereft of divine reflection
there is no peace, no perception
all the garbs of the yogīs, all pilgrimages
lead to the wilderness of the mind
they do no help the devotee to cross the river of strife

bereft of divine reflection
there is hunger, there is thirst
the shaven heads, the bodies smeared with ashes
are all deceptions
are all duplicities and dejections
Nānak, with the grace of the Guru
there is meditation, there is reflection
there is serenity, there is salvation ! (8)

RĀG BHAIRO
AṢṬPADĪĀ

the devotee discerns the Word of the Guru
to perceive His immanence in every creation
to shed all pride and pretence
Nānak, with the grace of the Guru
there is no passion, no perversion
there is meditation, there is reflection

with the grace of the Guru
there is judgement, there is perception
there is knowledge, there is discerning

the air, the water, the fire
the parents, the family, the friends
all are caught in the net of passions
Brahma, Mahesh, Shiva
all are subject to the same temptations

only those are saved
who are blessed by the Lord
who discern His truth
who stay in His refuge
the rivers, the oceans, the underworlds
all follow the same trap
those who spend their lives in meditation and reflection
they are blessed with His love, with His affection

those who indulge in all kinds of disguises
in austerities and abstentions
in reading the Vedas and the Purāṇas
they are all caught in the same circle of conflicts and confusions
salvation lies only in meditation and reflection

the householders, the ascetics, the yogīs
who spend their lives in superstitions and pilgrimages
they are all caught in the circle of dualities and divisions
salvation lies only in meditation and reflection

with the grace of the Guru
there is truth, there is transcendence
Nānak, with the grace of the Guru
there is benediction, there is benevolence !

RĀG BASANT

RĀG BASANT
MAHALĀ PAIHLĀ, GHAR PAIHLĀ
CHAUPADĒ, DOTUKĒ

in Basant, in spring
there is sweet fragrance of the flowers of reflection
there is joy, there is benevolence
the devotee sheds all pride and pretence
there is truth, there is transcendence
with meditation and reflection
there is the growth of the sublime tree of perception
with fresh, green leaves
and the serene shade of His benevolence
the devotee discerns His truth
with eyes, with ears, with speech
the devotee vibrates with the hymns of devotion
with the advent of ever fragrant weather
the devotee resonates with His divine presence
Nānak, with the grace of the Guru
the devotee vibrates with the hymns of devotion
in the spring of His sublimation ! (1)

with Basant there is spring all over
the devotees vibrate with His love and affection
they resonate with His hymns and devotion
their hearts beat with divine rhythms
they are honoured, they are respected
in His audience, in His presence

my Lord is immanent in all creation
there is no limit to His manifestation
the devotee prays for divine reflection
for His sublime perception

all pilgrimages are in Thy presence
all resonate with Thy truth and transcendence
Thy mystery is beyond all perception
Thy immanence is beyond all reflection

Nānak prays for Thy benevolence
for Thy ever sublime presence
Nānak lays his head at the feet of such devotees
who live in Thy will, in Thy order
whose hearts beat with the rhythms of Thy omniscience ! (2)

if the kitchen is of gold
and so are the pots
if the floor is lined with silver
and the water of Ganga to cleanse the utensils
the sacred fire to heat the hearth
and all the riches to offer to the priests
they amount to nothing
all efforts are in vain
bereft of divine reflection
there is anguish, there is pain

if there are eighteen Purāṇas
and the four Vedas for recitation
if there are innumerable pilgrimages
and countless ceremonies
they amount to nothing
all efforts are in vain
bereft of divine reflection
there is anguish, there is pain

the mullahs, the qāzīs
the yogīs, the jangams
the householders, the sanyāsīs
all are subject to the eternal judgement
they amount to nothing
all efforts are in vain
bereft of divine reflection
there is anguish, there is pain

all creatures carry their deeds on their heads
all are stuck with their dualities and deceptions
in His will is every action, every dispensation
Nānak, only in His grace
is all benediction, all salvation ! (3)

in all spheres is Thy manifestation
in all hearts is Thy benediction
there is none but Thee in all dispensation
the Sovereign of all gods and nāths
I pray for Thy blessing
for Thy benediction and benevolence
my Love, my Lord
the benefactor of all creation
with the grace of the Guru
the devotee spends her life in meditation and reflection

with the Word of the Guru
there is truth, there is transcendence
the succour of all, the protector of all
Thou art the source of all benevolence

with the grace of the Guru
there is no misery, no deception
there is meditation, there is reflection
with the grace of the Guru
there are no dualities, no divisions
Nānak prays for His presence
for His grace, for His benediction ! (4)

dear friends, listen to the tale of my Love
of our union, of our communion
my Love is above all descriptions
above all dualities and prescriptions

dear friends, in union, we sing His hymns
in union, we perceive His truth
those who are stuck in pride and pretence
they are lost in wilderness
with the grace of the Guru
the devotees vibrate with divine rhythms

bereft of the grace of the Guru
there is no meditation, no reflection
bereft of the grace of the Guru
they see no truth, they find no refuge

with the Word of the Guru
the devotee discerns His truth and transcendence
day and night she is in tune with the divine rhythms
in the company of the sages
her miseries are gone, her pains are extinguished
Nānak prays for divine reflection
for steady serenity and sublimation ! (5)

the Creator transcends His creation
He bestows it with truth and transcendence
with the Word of the Guru
the devotee discerns its verity, its perception

with meditation and reflection
there is steady serenity
there is divine manifestation
there is eternal sublimity
there is peace, there is projection

with the grace of the Guru
there is discerning, there is perception
the devotee vibrates with His hymns and devotion
bereft of the grace of the Guru
there is deception, there is dejection

with the grace of the Guru
there is meditation, there is reflection
there is bliss, there is reception

those who shed all pride and pretence
all jealousies and hatreds
they are blessed by the Lord
they vibrate with divine rhythms
day and night, they resonate with cosmic hymns

Nānak, rare are those blessed devotees
who are immersed in meditation and reflection
who enjoy His bliss and benediction ! (6)

the worship of the stones and the plants
lead the being astray
bereft of meditation and reflection
there is no peace, no stay

irrigating the deserted land
gives no trees, no fruits
the worship of the stones
is futile, is devoid of all roots

dear friend, pull the wheel of the well
with the bullocks of your mind
draw the buckets of water
with the devotion of your heart
to irrigate the field of reflection
shed all pride and pretence
to raise the crop of meditation with love, with affection

as you lead the life of discipline and serenity
so do you reap the crop of divine sublimity
with the grace of the Guru
even the crows become the swans of purity
Nānak prays for His grace and blessing
for His devotion and divinity ! (7)

in innocence, in ignorance
the devotee is oblivious of the gift of love
in indulgence, in infatuation
she knows not the divine verity

my Love, I was lost in dualities and divisions
I suffered for my own deeds and deceptions
I offer Thee my being, my self
I offer all décor, all embellishment
to adorn Thy splendid abode
I meditate, I reflect
to discern Thy truth, Thy transcendence

Nānak, with discipline and devotion
with reflection and discerning
there is easy crossing
of the river of sorrow and sufferance ! (8)

dear friend, my mind is like a little prince
who dwells in a small town
who is stuck in passions and perversions

with two mothers of greed and lust
with two fathers of dualities and divisions
the mind is withered, lost in wilderness
how can there be union in such restlessness ?

dear friend, the nature hides fire as energy
the ocean holds enormous water in its innumerable currents
how can my mind hold all passions and projections ?
how can there be union in such restlessness ?

the moon is cold, the sun is hot
the sky holds both in its vast expanse
how can my mind hold all temptations and infatuations ?
how can there be union in such restlessness ?

dear friend, to meditate and reflect
the devotee sheds all pride and pretence
she holds all reflection in divine benevolence
Nānak, how can the mind stay away from frivolous passions ?
how can there be union in such restlessness ? (9)

my Guru is the repository of peace and prosperity
with his grace, there is steady serenity
there is meditation, there is reflection
the devotee vibrates with the hymns of devotion

bereft of the grace of the Guru
there is no peace, no projection
there is no devotion, no reflection

with the grace of the Guru
there is meditation, there is perception
there is immanence, there is manifestation

those who meditate and reflect
those who are blessed by the Guru
they enjoy all honour, all royalty

Nānak, with the grace of the Guru
the devotees attain His purity, His sublimity ! (10)

RĀG BASANT
AṢṬPADĪĀ

bereft of divine reflection
the being is like a crow
that seeks dirt and squalor
stuck in dualities and divisions
there is no peace, no perception
in greed and lust
there is no serenity, no trust

like the mound of sand
like the rain drop
it is all ephemeral

the whole creation is lit with His sublime light
with meditation and reflection
there is projection, there is divine sight

stung by the poison of māyā
there is anxiety, there is restlessness
with meditation and reflection
there is peace, there is presence
in His will is every action, every dispensation
in His will is peace and perception

in passions and perversions
the being withers in wilderness
in pride and pretence
there is hunger, there is thirst
there is anxiety, there is restlessness
in ceremonies and superstitions
in dualities and divisions
there is depression, there is dejection
there is death, there is destruction

my dear princess, spend your life in steady serenity
in meditation and sublimity
discern the divine truth
to find His sublime refuge
Nānak, with the Word of the Guru
there is knowledge, there is discerning
there is serenity, there is sublimation ! (1)

the bewildered mind is caught
in dualities and divisions
stuck in greed and lust
it is restless
like the greedy fish
it follows the fatal bait

with the Word of the Guru
it discerns the sublime truth
it seeks the divine refuge
bewildered, it flutters like a moth
stuck in poison and perversion
like an imprisoned elephant
it is subjected to physical torture

in stupidity, in foolishness, it is like a frog
cursed to live its life in dirt and squalor
there is no peace, no serenity
no solace, no tranquillity

the bewildered mind is beyond all discipline
bereft of divine reflection
it loses all peace, all perception

my Lord, Thou art the eternal protector
the eternal preserver, the eternally manifest
with the grace of the Guru
there is meditation, there is reflection
with the Word of the Guru
the devotee discerns His truth, His transcendence

with the grace of the Guru
there is purity, there is sublimity
there is peace, there is serenity

in His will is every action, every dispensation
in His will is every creature, every creation
with the Word of the Guru
the devotee discerns the mystery of the universe
she resonates with His benediction, with His benevolence ! (2)

the devotee meditates and reflects
she sheds all dualities and divisions
she is blessed with the nectar of divine perception
with the grace of the Guru
she vibrates with His hymns and devotion

there are many who seek and search
but rare are those
who meditate and perceive
who discern His truth
who find the divine refuge

all the sacred texts, all the learned sages
lead to the same refrain
there is but one unique Sovereign
the Lord of the universe
who holds earths and heavens
who is the breath of every creature
with the Word of the Guru
there is truth, there is transcendence
with the Word of the Guru
there is no fear, no ferment
with the Word of the Guru
the devotee discerns the sublime truth

with the grace of the Guru
there is serenity, there is divine refuge
the devotee vibrates in divine sublimation
there is audience, there is presence

He is the unique Sovereign
in His will is every dispensation
He is immanent in every creation
in the three regions, in every planet
there is His manifestation

He is the sublime truth
He is, He will ever be the Lord of the universe
in His will is every deed, every judgement
blessed is the devotee who reflects and perceives
who discerns the mysteries of the mysterious world
in His love and devotion
there is meditation, there is reflection
with the grace of the Guru
there is peace, there is perception
Nānak, with the Word of the Guru
there is truth, there is transcendence
there is devotion, there is divine presence ! (3)

the restless mind discerns not the truth
bewildered, it finds no refuge
bereft of His grace
there is misery, there is misfortune
bereft of the grace of the Guru
there is no peace, no projection
there is anguish, there is deception

with the grace of the Guru
the devotee lives in His will, in His order
she discerns His truth, His transcendence
there is union, there is benevolence

with the Word of the Guru
there is no pride, no lust
there is no hunger, no thirst
in His will is every action, every projection

with the grace of the Guru
there is audience, there is presence
there is honour, there is reception

those who live in His will
they are blessed by the Lord
they receive His benevolence, His benediction
they discern His truth and transcendence
they enjoy the nectar of divine reflection
with the Word of the Guru
they are blessed with serenity and sublimation

the devotee lives in His will, in His order
she is steady and serene
she follows the righteous path
she enjoys His grace and benediction
there are no dualities, no divisions
there are no conflicts, no confusions

Nānak, with the Word of the Guru
there is knowledge, there is discerning
there is reflection, there is perception ! (4)

with the body smeared with ashes
with the naked and the forlorn mind
there is no yoga, no reflection
no meditation, no perception

when the last hour strikes
bereft of meditation and reflection
there is no peace, no projection

with the Word of the Guru
the devotee discerns the divine truth
she vibrates with the cosmic rhythms
she lives in His will, in His bliss

classes and creeds, wealth and pride
lead the being astray
when the end is announced
nothing stays

dear friend, shed all passions and perversions
shed all pride and pretence
to spend your life in meditation and reflection
in peace and perception

this is the true yoga
all else is false and convention
with the Word of the Guru
there is no pride no pretence
there is truth, there is transcendence

dear friend, do not waste your life
in austerities and abstentions
in wilderness, in forlorn cemeteries

Nānak, there is no yoga in such pretensions
there is but one Truth and Transcendence ! (5)

dualities and divisions
lead to conflicts and confusions
there is nothing but restlessness
the blind, the ignorant follow
the path of evil and deception
there is no reflection, no reception

bereft of the grace of the Guru
there are falsities and corruptions
there are depressions and dejections
in His will is every action, every dispensation
in His will is every creation, every consumption

bereft of the grace of the Guru
the beings are led astray
they know not what is true
what is manifest, what is immanent
restless, they are bewildered in this vast universe

with the grace of the Guru
there is truth, there is transcendence
there is benediction, there is benevolence

those who spend their lives in reflection
they perceive His immanence in every creation
they are steady and serene
they see the divine light in wilderness

my Lord is sublime in His universe
His truth enlightens all regions and spheres

Nānak, with the grace of the Guru
the sinners are saved
they meditate and reflect
to acquire His love and trust ! (6)

my Lord is manifest in different forms
the butterfly, the flower, the leaves
all nature in multiple hues
in the most beautiful shades
the seers, the sages vibrate with divine rhythms
with the sublime thoughts and deeds
with the fragrance of the flowers of reflection
with the hymns of devotion

He is the Word, the Utterance, the Discourse
He is the cow, the cowherd, the milk divine
He is the sublime temple of meditation and reflection
He is the cause of all action, of all dispensation
He transcends His own creation

my Lord, Thou art the creator
and the preserver of Thy vast creation
Thou art its only support and hope
beyond all castes and creeds
beyond all dualities and divisions
Thou art the sublime Lord of all humanity

Nānak, those who spend their lives in meditation
they are blessed with His grace, with His reflection
bereft of the grace of the Guru
there is dejection, there is deception ! (7)

my Lord, the Creator of nine regions
seven spheres, three worlds and four ages
the dispenser of the four lamps of knowledge
to enlighten the seers and the sages
Thou art the dispenser, the benefactor of all humanity
Thou art the most benevolent
the most merciful

the ignorant beings are caught in greed and lust
they suffer from eternal hunger and thirst
bewildered, restless
they are imprisoned in their own caves

in Thy will there is reflection
there is divine perception
there is truth
there is transcendence

the times have changed
the sublime Lord is called, Allah
there are pīrs, there are sheikhs

the temples have to pay taxes
the Muslim rituals are the order of the day
the Word, the Utterance, the Discourse have no say

my Lord, Thou art the sublime sovereign
in Thy will are all spheres and stars
in Thy will are all reflections, all perceptions
in Thy will are all seers, all sages
the sacred baths, the pilgrimages

Nānak prays for His divine presence
for His love and affection
for His benediction
for His benevolence ! (8)

RĀG SĀRĀṂG

RĀG SĀRĀG
PADĒ

at the feet of my Lord
I seek His love, His affection
bereft of all pride and pretence
there is meditation, there is reflection

with the Word of the Guru
there is love, there is devotion

bereft of the Word of the Guru
there is anxiety, there is restlessness
there is misery, there is dejection

with the grace of the Guru
there is service, there is devotion
there is humility, there is reflection

immersed in the infinity of the Infinite
the most sublime Lord
there is serenity, there is salvation
He is, He will ever be the Sovereign of the universe

Nānak, dyed in the love of the Lord
the devotee enjoys His love
His benediction, His benevolence ! (1)

bereft of His love and affection
in separation, in loneliness
there is anxiety, there is depression
there is no taste, no temperance
the being is thirsty
for His love, for His devotion
bereft of His love
there is thirst, there is hunger
there is misery, there is sufferance

with His love, with His affection
there is steady serenity, there is patience
the lotus of love fills the ambiance with its fragrance
it rains in the fertile minds
the cuckoos and the peacocks sing the hymns of love
the birds, the animals, the entire universe
swings with the rhythms of His sublime music

bereft of His love and affection
the being suffers the pangs of separation
there is eternal restlessness
there is eternal alienation

Nānak, with the grace of the Guru
there is no misery
no eternal cycle of birth and death
there is love, there is affection
there is serenity, there is devotion ! (2)

with the Word of the Guru
I live in His love, in His affection
I breathe in His presence, in His audience
this is the only path, the only way
to reach one's Love, to enjoy His blessing

with the Word of the Guru
there is meditation, there is reflection
there is no caste, no creed
no pride, no pretension
with His grace
there is no greed, no indulgence
no violence, no obstruction
the beloved lives in His love
in steady serenity, in devotion

with infatuation and indulgence
with family and friends
bereft of His love and affection
there is duality, there is dejection

Nānak, with the grace of the Guru
the devotees acquire the diamond of reflection
they radiate for ever in divine perception ! (3)

RĀG SĀRĀG
AṢṬPADĪĀ

o mother, in His absence
there is no life, no light
o sublime and sovereign Lord
in Thy will, in Thy order
I live, I breathe
bereft of Thy grace
there is depression, there is dejection

day and night, I yearn for Thy presence
thirsty and hungry, I linger in Thy absence
in loneliness, in separation
there is pain, there is sufferance

with the Word of the Guru
there is reflection, there is divine perception
with the grace of the Lord
there is union, there is communion
in meditation and reflection
there is steady serenity
there is piety, there is divinity

in meditation and reflection
there is union, there is perception
there is cosmic music
there is divine rhythm of His devotion
bereft of meditation
there is sterility, there is desertion

dear friend, in love and affection
in meditation and reflection
there is no pride, no pretence
there is serenity, there is rhythmic presence

with the Word of the Guru
the bairāgī acquires divine perception
there is peace, there is presence
there is meditation, there is reflection

with the Word of the Guru
the being is immersed in divine infinity
there is grace, there is sagacity

Brahma, Indira, all gods and goddesses
live in His meditation, in His devotion
Nānak, bereft of His grace
there is no serenity, no reflection
with His grace and benediction
there is meditation
there is divine benevolence ! (1)

bereft of His grace
there is no peace, no serenity

with His grace
there is no misery, no sufferance
there is truth, there is transcendence
there is no anger, no haughty disposition
there is meditation, there is reflection

with the grace of the Guru
there is serenity, there is piety
there is love and affection, there is divinity

with the Word of the Guru
there is reflection, there is divine perception
there is union, there is presence
the mind is filled with the nectar of meditation
there is truth, there is transcendence

with the grace of the Guru
there is love, there is affection
there is benediction, there is benevolence
the Truth of the True prevails
all miseries and misfortunes are eradicated

the sublime Lord
is the measure of His immense treasure
with the Word of the Guru
there is no duality, no division
no conflict, no confusion

He is, He will ever be
the unique sovereign of the universe
with the Word of the Guru
there is truth, there is transcendence

immanent, beyond all forms or figures
beyond all senses or manifestations
with His grace
there is steady serenity
there is sublimity

with the grace of the Guru
the unknown and the unknowable
are reflected upon in divine meditation
Nānak pays for His benediction
for His benevolence ! (2)

SĀRĀG KĪ WĀR

one does not appease the Lord
with the rituals of recitations and readings
neither with learned discourses
nor with perpetual mourning
neither with infatuation and indulgence
nor with remaining naked for ever
neither with charities
nor with austerities
neither with wars and destruction
nor with smearing the bodies with ashes
only the deeds and devotion matter in His audience
Nānak, with truth and transcendence
there is benediction and benevolence ! (1)

one cannot perceive the Infinite
with learned discourses
with nine modes of recitation
with six readings
with eighteen articulations

bereft of meditation
bereft of His benediction
Brahma could not conceive His projections

Nānak, with the grace of the Guru
there is reflection
there is divine perception ! (2)

in His will there is creation and consumption
in His will there is growth and regeneration
in His will there is decay and destruction

in His will are different forms and figures
in His will are all charities, all austerities

as they sow, so do they reap
Nānak, in His will is every action
in His will is every perception ! (3)

on the horizon of separation is union
on the horizon of union is separation

on the horizon of life is death
on the horizon of death is salvation

we move from one generation to another
there are fathers, there are sons
there are gurus, there are eternal disciples

there is no count of manifestations
there are innumerable creeds and creations

deeds and deductions depend upon His will
upon His disposition
Nānak, in His will, in His order
the estranged beings die in anguish
and the devotees cross the river of sufferance ! (4)

Nānak, the right balance corresponds to right deeds
and the right articulation to right reflection
empty words have no weight, no perception
ignorance has no direction, no projection

with the grace of the Guru
the earth, the air, the mountains
acquire the right weight, the right existence
the goldsmith is lost in small measures
none can measure His treasure

Nānak, the ignorant, the estranged
know not His weight
His truth, His treasure ! (5)

His manifestation, His immanence
is beyond all articulation, beyond all reflection

there are seers and sages
who attempt to describe Him
none can perceive His horizons
none can attain His extensions

His form and figure are beyond all description
beyond every attempt at delineation

Nānak, arduous is the task of divine presentation
the Creator transcends His own creation ! (6)

the estranged, the sinner
is lost in dualities and divisions
none can save him
neither the ritual recitations
nor the learned discourses
neither the ceremonies of the sun and the moon
nor the pilgrimages and austerities
neither the worship of the gods and the goddesses
nor the wanderings in the wilderness
Nānak, the estranged and the fallen
find no solace, no sustenance
in physical efforts, in false pretensions ! (7)

Nānak, water cleanses the inner self
if there is reflection, if there is devotion

for the sage, there is the water of knowledge
for the yogī, that of abstinence
for the brahman, there is the water of discipline
for the householder, that of charity and benediction
for the prince, there is the water of justice
for the learned, that of reflection

the ritual water quenches thirst
it cleanses not the inner self
if it is the source of all creation
it is also the cause of all destruction ! (8)

in sufferance there is life
in sufferance there is death
in sufferance lives the whole world

in sufferance one lingers in pain
in sufferance one cries in vain
Nānak, with meditation and reflection
all sufferance is transformed into sublimation ! (9)

Nānak, this world rots in ashes
with ashes the bodies of the ascetics are smeared
in ashes they relish

when life slips away
they are reduced to ashes
when the last hour strikes
when the judgement is announced
the ashes of the deeds lead to more ashes ! (10)

the priest spends his life
in the worship of the idol
in the offerings of flowers and fragrance
in supplication, in devotion
but for his daily bread
he remains a beggar
in ignorance, in superstition
he suffers hunger and thirst
in conflict and confusion
there is no faith, no trust ! (11)

in His will, in His order
are all seers, all sages
all yogīs, all learned men of the Vedas and the Purāṇas
all the ascetics, all those who meditate and reflect
all the pilgrims, all those who are lost in wilderness
all the princes
all those who indulge in riches and rituals
all the gods and the goddesses
all are subject to His judgement, to His benevolence
Nānak, He is, He will ever be
the sublime truth and transcendence ! (12)

there are those who practice
all kinds of austerities and abstentions
who stand on one leg
who control their breath
who indulge in physical exercises, in penance
Nānak, none can alter His order
in His will is every one
beyond His will there is none ! (13)

none can articulate
His manifestation, His immanence
millions of words
millions of utterances
the indefatigable exercises
of descriptions and designations lead nowhere
Nānak, one is doomed to failure
in this futile reflection
in this sterile projection ! (14)

in His will and order
are all days, nights, periods
all seasons, nature, earth and matter
all air, water, fire and the underworld
all stars, spheres, all forms and figures

none can articulate His will
none can delineate His order
Nānak, none can fathom His depths
none can reach His horizons ! (15)

in His search I wander in the vast expanses of the universe
in His search I consult the learned and the sages
in His search I worship the gods and the goddesses
the men of valour and courage
the siddhās and the sanyāsīs
Nānak, the ignorant, the blind cannot lead to the divine path
only with His grace
the devotee perceives His sublime truth and transcendence ! (16)

there is none other than Thee
other than Thy unique being
in ignorance, in innocence
I offer my meditation, my reflection
no word, no discourse can delineate Thy immanence
Nānak, in Thy praise, in Thy glory
I offer my humble prayer, my supplication ! (17)

from the very beginning
from the birth of humanity
all actions, all dispensation
depend upon His will, His order
in silence, in eloquence
there is but one benefactor
Nānak, in His will is every action, every reflection
in His will is every form, every formation ! (18)

in reciting and reading
in the ritual worship
of the Vedas, the Shāstras, the Purāṇas
one is led to ignorance, to ignominy
Nānak, discerning His truth and transcendence
the devotee arrives at His verity, at His sublimity ! (19)

Thou art the unique Sovereign of the universe
Thou art the source of all benevolence

in Thy will is all nature, all nurture
in Thy will is all knowledge, all discerning
in Thy will is all creation, all consumption

Nānak, Thou art the sublime truth
with Thy truth and transcendence
there is benediction, there is benevolence ! (20)

it is kaliyug
the beings lead the life of dogs and bitches
in falsifications and duplicities
they bark, they howl
there is no deed, no devotion
in life they are wretched
in death they are annihilated
Nānak, what is destined to happen, happens
all actions follow His projections ! (21)

in the abyss of ignorance
women are treacherous
and men are cruel
there is no serenity, no discipline
no right path
all norms are thrown to the winds
all actions belie desolation
Nānak, there is but one truth and transcendence
one unique benevolence ! (22)

all luxuries, all pleasures, all indulgence
lead the being astray
when the last hour strikes
when the departure is announced
it is all a matter of days
a hundred years of sweetness
ends in bitter taste
all luxuries are forgotten
in the final, miserable state
sweet and sour
both lead the being astray
Nānak, at the end
there is nothing but dualities and divisions
conflicts and confusions ! (23)

in decoration, in embellishment
in luxuries, in pleasures
the bitter and the rotten
is swallowed with greed
it leads to misery and sufferance
to depression and dejection
Nānak, those who are destined to receive His benevolence
they are blessed
they live in His benediction ! (24)

the Vedas proclaim the path of hell and heaven
of the righteous deeds and the sins
as you sow, so do reap
as you discern the truth
so do you follow the path of the Lord

in the field of truth
there is reflection, there is divine perception
Nānak, with the blessing of the Lord
there is benediction, there is benevolence ! (25)

there is no day, no period, no season
that can alter His will, His order
when the last hour strikes
when the end is announced
some leave at once
others wait for their turn
none can stay here for ever
the armies, the war drums are all left behind
none can escape the final grind
Nānak, this body of greed and lust
is reduced to a heap of dust ! (26)

Nānak, this castle of wealth and lust
has fallen as a heap of dust
in duplicities and divisions
there is nothing but conflicts and confusions ! (27)

the rich harkens for more riches
bewildered, he is lost in divisions
Nānak, bereft of meditation and reflection
there are no riches, no projections ! (28)

as the sun rises and sets
the body dissolves into oblivion
in indulgence, in infatuation
in pride, in pretence
Nānak, when the last hour strikes
there is no air, no breath
there is dejection, there is death ! (29)

those who sell salvation
who pretend to give learned discourses
they are destined to damnation
they follow not the righteous path
they guide the ignorant to dualities and dejections

those who discern His truth
who live in His truth
they are saved
and they help others to cross the river of sufferance
Nānak, this is the righteous path
bereft of His truth
the devil becomes the guide of the ignorant and the fool ! (30)

such devotees are the true guides
who follow the divine truth
instead of fasting and bathing
instead of wanderings and pilgrimages
they discern His Word
they perceive His order
charity is their god
and knowledge, their prayer beads
they wear the robe of divine perception
love and devotion is their courtyard
and the good deeds, their sacred mark
Nānak, rare are those devotees
whose daily bread is baked in love
whose hearts beat in love, who breathe in love ! (31)

drenched in ignorance and ignominy
the priest sings the hymns of devotion
the mullah transforms his own house into a mosque
to collect the offerings of the innocent
stuck in duplicities and divisions
the fool gets his ears torn to become a yogī
in the garb of a faqīr, guru or pīr
he is nothing but a beggar, a wretched being
Nānak, only those who follow the path of piety
who work hard to earn their livelihood
who live in charity
are saved, are the beloved of the Lord ! (32)

blind to the divine truth
the ignorant know not what they say
what they preach
drenched in evil and sin
they are engrossed in duplicities and divisions

and there are others
who are deaf and dumb
to all knowledge, to all music, to all mysteries
Nānak, veritable donkeys
they are ridden with pride and pretence
they rot in sin and sufferance ! (33)

RĀG MALĀR

RĀG MALĀR
PADĒ

the hour of death is pushed into oblivion
there is nothing but indulgence
in luxuries, in revelries
the Lord is forgotten
there is no peace for such an estranged being
for such an alienated person

o wretched being
reflect upon the sublimity of the Word
follow the divine projection

my benevolent Lord
all seers and sages seek Thy benevolence
in meditation, in reflection
they aspire for divine benediction

in service, in devotion
there is purity, there is transcendence
all dirt and divisions are removed
there is divine presence

Nānak, the being suffers the seasonal variations
bereft of His benevolence
there is misery, there is depression
in mediation, in reflection
the seasons are sublime
the devotee is blessed with peace and perception ! (1)

I beseech, I plead
I seek my Guru's blessing
for the union with my Love, with my Lord
the dark clouds bring rain
they quench the thirst of my peacock heart
in meditation, in devotion
my heart beats to the rhythm of my Love

with the Word of the Guru
there is reflection, there is divine perception

the devotee who is blessed
who is wedded to the sublime Lord
lives eternally with her Love
there is no separation, no alienation
there is eternal union
there is divine communion
Nānak, with the grace of the Guru
there is truth, there is transcendence
there is sublimity, there is divine presence ! (2)

there is no serenity and peace
there is pride and degeneration
there is lust for wealth and women
there is jealousy, hatred and depression
the divine Word is not followed
the being is drenched in māyā
laden with sin and suffering
this precious life is lost
and the sinner is caught in the eternal cycle of birth and death

with the Word of the Guru
there is serenity
there is sublimity
with the Word of the Guru
even the damned and the estranged
perceive the Truth of the True Lord

bereft of the grace of the Guru
there is no bathing, no meditation
all renunciations, all austerities are doomed

like the worms
they are born of the stinking mud
and to the stinking mud they return

the more there is indulgence and infatuation
the more there is depression and dejection
bereft of the grace of the Guru
there is no peace, no perception

I beseech Thee, my Lord
I meditate, I reflect
beyond disputations and divisions
I discern Thy Truth
to cross the river of sufferance

in serene and sublime place
I meditate and reflect
upon the one who is beyond form or figure
beyond time and space
master of all heavens and earths
benefactor of all
Nānak pleads for the sublimity of the Sublime
for the divine Word
for the divine Will ! (3)

bereft of the union with Love
the body withers
bereft of the grace of the Guru
there is depression, there is degeneration

hail the dark clouds
hail the divine rain
my Lord has arrived
hail the great Guru
who has brought this sublime union

with the grace of the Guru
there is communion with my Lord
there is serenity and salvation
there is peace and perception

the Sovereign of the three worlds
of all beings
of all unions of “I” and “Thee”

with the grace of the Guru
there is communion with the Sublime
there is the eradication of all cycles

all décor, all embellishment
depend upon happy disposition
upon the serene union with Love
with the Word of the Guru
the devotee discerns His truth
His transcendence

with the Word of the Guru
there is salvation
there is sublimation
Nānak, in meditation and reflection
there is eternal union
there is love and communion ! (4)

shed greed of wealth and women
shed all pride and pretensions
shed all the dirt of the stinking deeds

in the human body resides the eternal Sublime
with the grace of the Guru
the devotee acquires the nectar divine
there is serenity and sublimity
there is peace and tranquillity

with the grace of the Guru
in the company of the seers
the devotee reflects upon the eternal transcendence
with the grace of the Guru
there is peace and presence

with the grace of the Guru
the devotee acquires divine perception
in the light of the lamp of reflection
Nānak, with the grace of the Guru
there is divine calling
there is sublime reception ! (5)

the priest perceives castes and creeds
in the creatures of air and water
those who realise the true origin of beings
know their truth, their equality, their verity

o mother, the Lord is transcendent
unknown, unknowable
beyond all forms and conceptions
how can one articulate such a perception ?

He pervades the entire universe
there is no description, no delineation
in meditation and reflection
there is some knowledge, some perception
with the grace of the Guru
with love and devotion
day and night, there is resonance, there is reverberation
there is truth, there is transcendence

the devotees of higher caste lose their caste in Him
the devotees of lower caste reach His sublimity
Nānak is beholden to them
he offers his body and mind to such a divinity ! (6)

there is sufferance in separation, in alienation
there is sufferance in the fear of death
the body aches, the mind is in pain
o medicine-man there is no cure for this strain

bereft of devotion and reflection
bereft of His love and affection
blind to divine perception
the body aches, the mind is in pain
o medicine-man, there is no cure for this strain

the fragrance of the sandal wood is in the wood itself
our life is confined to the body's shell
after the last breath
the body withers
there is none to follow
none to swallow what is left
with the grace of the Guru
in the divine purity of the body
resides the sublime Love
there is no pain, no strain
Nānak, with meditation and reflection
there is salvation, there is benevolence ! (7)

with meditation and reflection
the poison of sufferance
is transformed into peace and serenity
with patience and charity
there is no fear of the demon of death
with such a cure, there is humility, there is verity

all wealth, all luxuries, all youth
all chariots, all the insignia of royalty
are of no avail in the final grind
the darkness of ignorance is projected in transparent light
let indulgence be transformed into the sticks of fuel
and greed into the oil of patience
let passion and hatred be the fire of devotion
and light the oven of reflection
to beseech the Lord
to arrive at divine perception

with discipline and penance
His Name is inscribed on the paper of reflection
in meditation, in devotion
there is divine perception
Nānak, blessed is the mother
who has given birth to such a devotee, to such a person ! (8)

o sister, with impeccable, white robe
long nose and beautiful, black eyes
have you ever seen your Lord ?

I search Him
in the skies, in the lakes
I fly all over
with His grace
I beseech my Love

He gifted me these beautiful feathers
and also thirst and hunger
for His search
for His audience
as He wishes
so do I venture
in this unknown, vast universe

when the last hour strikes
this body and these feathers will be left behind
Nānak, only the deeds matter in the final grind ! (9)

RĀG MALĀR
AṢṬPADĪĀ

in separation, in alienation
the cuckoo sleeps no more
as the sun rises
she salutes her Love
in separation, there is no life, no serenity
there is eternal thirst, there is eternal anxiety

charged with the rays of the distant sun
the lotus is in bloom
lit with the divine flame
the heart resonates with divine refrain

bereft of water
the cuckoo is restless, thirsty
there are dark clouds
she waits for the divine rain

water is the abode of the fish
in it she suffers, in it she is happy
bereft of water
there is no life, no verity

with the grace of the Guru
with the Word of the Guru
there is union with the Lord
with meditation and reflection
there is no distance, no alienation

many a devotee longs for His love
blessed are those who enjoy the grace of the Guru
there is truth, there is transcendence
there is union, there is divine presence

in every heart resides the Lord
in every beat in His resonance
with the grace of the Guru
there is reflection, there is divine perception
the sublime Lord pervades in every being, in every conception
Nānak, with the grace of the Guru
the eternal thirst is quenched
there is eternal union, there is divine communion ! (1)

in the service of the Guru
the devotee gets the right perception
there is none but He, none but His reflection
all efforts are in vain
in the end
there is destruction, there is dejection

every pride hath a fall
this body, this wealth is nothing but deception
a matter of depression, a matter of dejection

the sublime Lord is the protector of all
sovereign of the universe
there is none but Thee, none but Thee
the creator of all beings
of all hearts and souls
the master of all creatures
the eradicator of all doubts and divisions

this world is a castle of paper
with bright hues and colours
as these colours and images fade with rain and wind
so does the world withers
with the slightest movement

as a tree and a house are perched on the bank of a river
with a snake inside
when the flood destroys the house
the tree falls
the snake bites
there is no place to hide

with the Word of the Guru
with meditation and reflection
there is no snake, no poison
there is peace and serenity
there is truth and tranquillity

Thou art the sovereign
the most benevolent of Thy creation
in Thy service, with Thy grace
there is truth, there is transcendence
there is divine reflection

in indulgence, in infatuation
the humanity at large is blind to truth and reflection
with the grace of the Guru
there is meditation, there is devotion
there is truth, there is divine perception

bereft of truth, bereft of reflection
there is nothing but ignorance
nothing but indulgence
Nānak, with the grace of the Guru
the illusion of false dreams fades
there is reflection
there is divine perception ! (2)

the cuckoo and the fish are thirsty for water
and the deer longs for rhythmic resonance

o mother, the cuckoo surcharges the night
with its melodious voice
in this sublime ambiance
I pray, I beseech my Love
for His blessing
for His benevolence

there is no lethargy, no ignorance
the divine truth has enlightened
my body and soul

I wander in the jungles, in the wilderness
restless, I search Thee in the entire universe
I seek Thee in meditation, in reflection
I am blessed with Thy divine perception

in loneliness, in separation
this décor is of no avail
there is pain, there is agony
there is sufferance, there is depression

separated from my Love
I linger in misery
every moment of my life
is charged with anxiety

with the grace of the Guru
there is presence, there is sublimity
Nānak, with the grace of the Guru
there is peace, there is serenity ! (3)

the path to the Sublime
is long and hazardous
there are high mountains
and there are deep valleys
with the Word of the Guru
the devotee surmounts all hardships

her pride is gone
she is serene and humble
with the Word of the Guru
with meditation and reflection
there is devotion, there is divine perception

with the Word of the Guru
there is serenity, there is tranquillity
in flight, in descent
there is even mode
there is divine reflection

the Guru is omniscient
the Guru is gracious

bereft of the grace of the Guru
there is no reflection, no perception
there is no devotion, no reception

there are the fools who know not the righteous path
and there are those who follow the Word of the Guru
they follow the divine truth
they are enlightened
they find the divine refuge

with the Word of the Guru
there is rain, there is growth
there is truth, there is transcendence

bereft of the Word of the Guru
the ignorant throws the seeds in a deserted land
there is no rain, no growth

every step, every act
follows the will of the Lord
as He wishes
so it is, so it will ever be

Sovereign of the universe
His Word surcharges every thing, every being
birth and death
growth and decadence
all depend upon His will, His order
Nānak, with the Word of the Guru
there is truth
there is transcendence ! (4)

ignorant of the Sublime
ignorant of salvation
with the Word of the Guru
the devotee could arrive at divine perception

caught in the snares of māyā
unaware of the sublimity of the Sublime
the crane eats fish for its survival
in water she sustains life
and in water she finds her grave
when the last hour strikes
she finds no help, no succour
only the Word of the Guru
could save the eternal sinner
in the service of the Guru
there is no death, no destruction
in meditation and reflection
there is divine perception
with the grace of the Guru
there is devotion, there is serenity
there is reflection, there is piety
Nānak, bereft of His truth and transcendence
in indulgence, in infatuation
there is no peace, no tranquillity ! (5)

MALĀR KĪ WĀR
SLOK MAHALĀ PAIHLĀ

there is one unique Sovereign
there is one unique door to His abode
with the grace of the Guru
the devotee is received at His sublime abode
Nānak, with meditation and reflection
there is devotion
there is divine perception ! (1)

omniscient, omnipotent, self-created
separating earth and sky He spread the canopy
without pillars the sky is held in security

lit with the lamps of sun and moon
there is the spectacle of day and night

there are holy sites and auspicious baths
there is none but He, none but He
seated on the transcendental throne
He watches the cycles of humanity ! (2)

Nānak, when the divine rain of Sāwan
surcharges the earth with fertility
the snakes, the deer, the fish
are blessed with joy and serenity ! (3)

Nānak, when the divine rain of Sāwan
soaks every creature
the poor, the travellers, the artisans
suffer the fury of nature ! (4)

the Truth incarnate
Thou art the transcendent sublimity

Brahma fell into the net of pride
he could not perceive the divine infinity
of the self-created Lord
with neither father nor mother
neither form nor figure
neither time, nor space
omniscient, omnipotent
immersed in His own truth and transcendence

with the grace of the Guru
with meditation and reflection
the devotee perceives the divine projection ! (5)

the medicine-man was called
holding my arm he felt the beat
the innocent fellow could not measure
the tormented resonance of the palpitating heart ! (6)

first of all Brahma, Bishan and Mahesh were created
Brahma gave the Vedas
and thus began the order of rites and rituals
it was followed by the tenth avatār of Rām
and the demons were defeated
there were gods
Is, Mahesh, Shiva
none could perceive His infinity
in mundane affairs was busy all humanity
deeds and divisions followed His will
all submitted to the order of His sublimity ! (7)

it is He who creates the wrestling field
it is He who induces the fight
the fools and the infidels are defeated
it is He who enacts this grand site

He is the master of all
the sovereign of the universe
His writ is followed all over

in the company of the seers and the sages
there is devotion, there is reflection
Nānak, in His truth and transcendence
the devotee arrives at divine perception ! (8)

the Creator infused both sides
with discussion and disputation
the Vedas created discord and division

there are those who follow the righteous path
and there are others who live in dirt and deception

with the Word of the Guru
all passions, all greed are eradicated
with the Truth of the True Lord
all disputes and divisions are dissipated

with the grace of the Guru
the devotees reflect and are blessed with divine perception
in His service, in all humility
they resonate with His love
with His affection ! (9)

meditate and reflect
upon the Creator of the universe

in a moment there is creation
in a moment there is destruction

the evil doers suffer in the final judgement
there is none to listen to
their pain, their agony

the devotees are honoured in His audience
with the grace of the Guru
there is peace, there is serenity
there is reflection, there is sublimity ! (10)

in truth and transcendence
there is devotion and union
in falsehood and derision
there is anguish and separation
all unions and separations
are in His will, in His order
it is all writ in their destiny
it all depends upon indulgence and acrimony

hail those devotees
who are blessed by the Guru
they live like the lotus in water
they are graced by the Guru

there is no pride, no vanity
there is peace, there is serenity
they are beyond all separation and agony ! (11)

the infinite Lord is beyond all measure
with the Word of the Guru
there is reflection, there is divine perception
He alone is the measure of His treasure

hail the gracious Guru
who has bestowed the devotee
with meditation, with reflection

the ignorant, the infidel
is lost in indulgence, in derision
bereft of the Word of the Guru
there is degeneration, there is deception

with the grace of the Guru
there is no fear of the demon of death
there is peace, there is protection ! (12)

the nāths, the yogīs, the siddhās, the pīrs
none could perceive Thy infinity
with the Word of the Guru
the devotees reflect upon Thy sublimity

in the beginning, for thirty-six ages
it was pitch dark
it was followed by vast oceans
the creativity of the Creator of the universe
was beyond all imagination
beyond all measure and speculation
with the creation of humanity
there were hunger, thirst, fire and passions
there was the eternal fear of the demon of death
there were dualities and divisions

with the Word of the Guru
the devotees were saved
there was meditation and reflection
there was divine perception ! (13)

it is He who enacts the spectacle
it is He who motivates the deeds
and it is He who is the final judge

in His will is every order
the fool brags for nothing

all depend upon His omniscience
His grace, His generosity

He pervades in every thing, in every essence
the devotee reflects and perceives His truth and transcendence

Nānak, who should we beseech ?
He is the ultimate benevolence ! (14)

the True Lord, Thou art the Sovereign of the universe
there is none but Thee, none but Thee
human pride hath a fall
it has no basis to sustain
the Creator of the universe
this human cycle is due to Thee

in the service of the Guru
there is peace, there is serenity
when pride is gone
there is no measure, no vanity

the ignorant, caught in the snares
of indulgence and infatuation
wanders in the wilderness
meditation and reflection
remove all sin and sufferance ! (15)

there are innumerable regions and the underworlds
Thou art the Creator of the entire universe
eighty-four lakh cycles of birth and death are due to Thee

there are kings who are proud of their power
there are rich princes flaunting their riches
wretched kings
in dualities and confusions
they lose their honour, their respect

there are beggars
and there are others with benevolent indulgence
all are sustained by Thee
by Thy benevolence

bereft of meditation and reflection
there is nothing but duplicities and deceptions

Nānak, only the truth of the true Lord sustains
the divine visions, the divine projections ! (16)

the Creator of the universe
it is He who judges the right from the wrong
bereft of His Word
the ignorant deal in evil deeds and divisions
leaving the righteous path
they indulge in deceptions
they lose the game of life
there is nothing but dejection

with the True Word
there is peace, there is serenity
there is truth, there is tranquillity

Thou art the treasure of virtues
I am laden with sin and sufferance
with Thy grace
there is reflection
there is divine perception ! (17)

in the service of the Guru
there is truth, there is transcendence
when the last hour strikes
the Guru is gracious, the Guru is benevolent
there is no fear of the demon of death
there is reflection, there is divine protection

bereft of the Word of the Guru
the fool is lost in wilderness
with the skin of cattle
there is nothing but darkness

Nānak, with the grace of the Guru
with meditation and reflection
there is truth
there is transcendence ! (18)

there are some who sit in wilderness
and remain silent for ages
and there are others
who stay in cold water in penance

there are some who smear their bodies with ashes
and there are others who wear their hair long
and forget their family and friends

there are some who remain naked
and never sleep in peace
and there are others who torture their bodies
with fire and heat
bereft of meditation and reflection
their bodies rot, their minds ache

in the service of the Guru
with devotion and perception
the devotees are blessed
with His grace, with His benevolence ! (19)

there are some who are lost since ages
stinking in dirt and squalor
they never bathe in holy waters
with their hands
they pluck their long, dirty hair in disgust

they waste this precious life
and bother not about family and friends
living in duplicities and deceptions
they are drenched in depression and dejection

bereft of meditation and reflection
there is no purity, no perception

the devotees realise this truth
in devotion and affection ! (20)

the true, infinite, mysterious Lord
is not pleased by austerities
nor does He respond to ritual singing and dancing

there are some who beseech Him
with fasting and abstentions
their thirst increases
they get lost in indulgence and infatuation

with meditation and reflection
the devotee is blessed with the sublime nectar
there is devotion
there is divine perception ! (21)

in the service of the Guru
there is peace, there is serenity
with the Word of the Guru
there is reflection, there is purity
there is the holy bath of all the pilgrimages
blessed is the mother
who gave birth to such a devotee

when the last hour strikes
there is no judgement, no balance
there is truth, there is transcendence

Nānak, with meditation, with perception
there is grace, there is benevolence ! (22)

there are false gurus with false caps
their foolishness corresponds with
the ignorance of their disciples
like the rats in the holes
their pretensions know no bounds
their blessings are of no avail
Nānak, none is aware of the will of the Lord
none follows their decadent path

with the grace of the Guru
I reap the crop of meditation and reflection
there are innumerable devotees
who follow His will and order
there are innumerable devotees
who are blessed with His charity and benevolence ! (23)

the elephant eats heaps of molasses and grains
well-fed, it hurls and throws mud every where
when the last hour strikes
there is no movement, no thrust
the blind and infatuated world
is lost in luxuries and lust
there is no faith, no trust

the sparrow eats a few grains
and in its flights
it surcharges the sky with its melodious voice
it resonates with His truth and transcendence

the mighty tiger kills many a deer
and leaves them to be eaten by others
proud of its strength and valour
it prowls all over
when the last hour strikes
there is no movement, no thrust
there is no faith, no trust

the beetle loves the plant it lives on
and eats it for its sustenance
in its steady and slow movement
there is serenity, there is patience
Nānak, this world is there for a few days
none can measure its treasure, none stays

like flies, they get stuck in its lust
there is no movement, no trust
those who are blessed by the Lord
cross this river of sorrow
this world of agony and sufferance ! (24)

the sublime, the infinite Lord
the dispenser, the benevolent for all humanity
with service and meditation
there is peace, there is serenity

there are some drenched in sin and sufferance
and there are others
immersed in devotion and reflection

bereft of the grace of the Guru
there is no love, no benevolence

with meditation and reflection
the devotees seek Thy blessing
in divine perception
in truth and transcendence ! (25)

with every day, with every night
the last hour approaches
the body withers
the mind is stuck in the net of indulgence
in infatuation, in degeneration
the blind and ignorant being
is lost in the wilderness

the mourners mourn for the lost soul
bereft of meditation and reflection
there is no direction, no goal

Nānak, as He wishes
so it is perceived
as the being reflects
so is she received ! (26)

death dissolves all friendships, all enmities
withered and wasted, the body rots in indignities

where did it come from ?
where did it go ?

none can follow this mysterious light
none can discern the discourse of life

Nānak, bereft of meditation and reflection
there is no honour, no perception ! (27)

with meditation and reflection
there is peace, there is perception
bereft of the grace of the Guru
there is restlessness, there is defection

in the service of the Guru
there is reception, there is transcendence
in the service of the Guru
there is honour, there is divine benevolence

the foolhardy, the blind
follows the path of sin and sufferance
in indulgence, in thirst and hunger
there is no peace, no patience

bereft of the grace of the Guru
there is duality, there is division
with the grace of the Guru
there is harmony, there is vision ! (28)

Nānak, with the riches of meditation and reflection
there is honour, there is divine perception

in falsities and dualities
there is deception
there is agony, there is faction

the devotees are blessed
with the treasure of reflection
they resonate with His love
and fathom the depths of His presence ! (29)

in the illusory affairs of the world
in indulgence, in infatuation
there is nothing but pain
nothing but sufferance

Nānak, only meditation and reflection
can lead to peace, to protection

the forms, the spectacle
lead to insatiable hunger and thirst
in luxuries and lust
there is nothing but agony and mistrust ! (30)

the blind, the ignorant
find no way, no door
when the support of the stone is fallen
the wall of the mud cannot hold
when the bridge is broken
there is no boat, no oar
Nānak, bereft of divine perception
humanity is drowned
in ignorance, in remorse ! (31)

with heaps of gold and silver
and huge armies with swords and spears
there is no easy crossing
of the ocean of fire and water
the vast ocean of sin and sufferance
Nānak, no king can stand the terrible ordeal
of this terrible penance ! (32)

there are some with chains on their necks
prisoners of their deeds
as they acted, so did they reap
as it was ordained, so did they receive

with the Word of the Guru
there is smooth crossing of the river of sorrow

the thieves, the evil doers suffer the eternal mill
the sinners with envious thoughts and mistrust
face the divine wrath

with the grace of the Guru
the devotees perceive the righteous path ! (33)

the deer, the hawks, the bureaucrats
are all trained to catch their kith and kin
they betray their own folks
they are submerged in their own sins

the right perception is in meditation and reflection
in divine depths and sublime protection

bereft of reflection
the kings act as tigers, the judges as dogs
the populace is tortured
the wounds are opened
the blood is sucked

in the final judgement
they all suffer
dishonoured
there is no support
no hope ! (34)

it is He who creates the universe
and it is He whose benevolence sustains it

with the grace of the Guru
there is the perception of His will and order

in His will is all salvation
in His will is all enlightenment
in His will is the crossing of the river of sorrow
in His will is the infinite order

the ignorant, the fool follows not His will and order
stuck in hunger and thirst
there is restlessness, there is sufferance

Nānak, there is peace in reflection
there is serenity in divine perception ! (35)

there is union of passion and beauty
hunger and vanity

the greedy dies for treasure
and the devotee in heavy slumber
lies on any bed whatever its measure

in anger, one is blind
to all senses, to all perceptions

Nānak, bereft of meditation and reflection
silence is the best protection ! (36)

the five thugs of power, wealth, caste,
temptation and passion
plunder the world of the humble
there is none to protect their innocence

with devotion and reflection
with the grace of the Guru
there is some peace, some redemption

Nānak, there are so many noble victims
of the unbridled passions ! (37)

none can escape the final judgement
the learned or the simple
bereft of meditation and reflection
there are hardships, there are obstacles
there is pain, there is sufferance

with the Word of the Guru
there is peace, there is patience
there is reflection, there is infinite dimension

bereft of the grace of the Guru
there is restlessness, there is dejection

with meditation and reflection
there is honour, there is reception
in His will and order
there is divine redemption ! (38)

this body is constituted
of the elements of fire and water
it is beyond pleasure or pain
beyond dependence or disdain

in all the universe
on earth, in the skies and the underworld
there are some who enjoy high status and long life
and there are others who suffer in strife
there are some who are drenched in luxuries
and there are others who languish in poverty and pain

it is all in His will and order
all rise, all fall
all construction, all destruction
follow His projection

beyond form or figure
beyond description or prescription
Nānak, He is beyond all counts or configuration
in meditation and reflection
there is serenity, there is divine perception ! (39)

in spiritual living
our steps are steady and serene
in the resonance of meditation
there is divine sublimation

with the grace of the Guru
the devotee perceives the right path
where does one come from ?
where does one go ?
in the will of the Lord
all riddles are solved

with the grace of the Guru
there is no temptation, no pride
there is no cycle, no divide ! (40)

there is serenity in reflection
upon His truth and transcendence
every other reflection is nothing but dejection
human life loses its purpose and projection

in pride and pretence
there is no truth, no trust
bereft of meditation and reflection
there is duality, there is division
like the oil on fire
it leads to restlessness, to extreme confusion
human life loses its purpose and projection

Nānak, in His truth and transcendence
there is grace, there is benevolence ! (41)

in the beginning there is flesh
from flesh is all creation
in flesh there is life
around flesh there are bones and breath
from the mother's flesh is born the flesh of the child
the mouth, the tongue, the breathing
we are confined to flesh
the being gets married and brings home another flesh
from one flesh to another
the cycle of births continues

with the Word of the Guru
the devotees perceive the divine truth
Nānak, all salvation lies
in His benediction, in His benevolence ! (42)

the fools quarrel over the nature of flesh
they perceive not the divine truth
what is there in flesh or vegetation ?
where lies the sin ?

the gods were worshipped
with the sacrifices of the animals
the auspicious hours were celebrated with their flesh
those who abhor the eating of flesh during the day
drink the blood of their and kin at night
they pretend piety in not eating flesh
they bother not about the divine path
Nānak, the blind see not the sublime truth

drenched in blind acts
in ignorance, in superstition
born of the union of the flesh of mother and father
they abhor the flesh of the fish and the fowl
they ignore the union of man and woman

born of flesh, brought up in flesh
the brahman perceives not the truth of flesh
he prefers the flesh of his kith and kin
to the flesh of the others

all flesh is due to flesh
all creation is within our flesh
the ignorant guru leads his devotees astray
in ignorance, in blind alleys

in the beginning was flesh
in flesh and with flesh we grow, we live
the brahman knows not his own sacred texts
in Purāṇas they eat flesh
amongst the Muslims it is a common habit
flesh is served in all ceremonies
in all celebrations

men, women, princes
all are born of flesh
if they are polluted
why does the brahman accept their charity ?
the giver goes to hell
the taker to heaven
what a ridiculous situation we are in ?

what is flesh ?
how it comes to be ?

from water are created all plants, all foods
from water are created the three worlds
from water are created all forms and figures
from water are all transformations and configurations

Nānak, in meditation and reflection
one arrives at this divine perception ! (43)

with one tongue, with one discourse
how can I discern and describe Thy abode ?
with reflection on the true Word
the devotee is immersed in Thy vast dimensions

there are those with yogic garbs
wandering in the wilderness
bereft of the grace of the Guru
they find no serenity, no salvation
lost in far away lands
they perceive not the truth within

with the Word of the Guru
there is spiritual treasure
there is sublime measure

the ignorant are stuck in the eternal cycle
the devotees resonate with meditation and reflection
there is truth, there is divine perception ! (44)

Nānak, we reap the fruits of nectar or poison
as our deeds decide
the will and the order of the Creator do coincide ! (45)

in His will is every deed, every projection
as He wishes, so is there reception
Time is the eternal dispenser
we carry its burden on our shoulder
none can escape its final judgement
with the grace of the Guru
there is reflection, there is divine protection
the fires of sin and sufferance are all over
the beings are caught in their whirlwind
in the will of the Creator is every deed, every projection
as He wishes, so is there reception ! (46)

a seer is he who shows the divine abode
where resonates cosmic music
where there is wondrous universe of stars and spheres
where the sublime Lord presides over the entire creation

there is peace and serenity
there is divine purity
there is eternal sublimity

the lotus of my heart is filled with spiritual nectar
in meditation and reflection
there is serenity, there is reception
all my friends join in cosmic reflection

Nānak is beholden to such devotees
who resonate with His love and affection ! (47)

with all the brightness and thunder
this world is mortal
the being does not perceive the divine truth
ignoring the last hour
the lowest of the lowest being
prays to the ocean of virtues
for meditation and reflection
for serenity and perception

the sublime Lord infused life in the body of clay
and sent her to this world
Nānak, the humble devotee prays in all humility
in all serenity
in this world burning with passions
meditation and reflection
lead to divine projection, to sublimation ! (48)

blessed is the paper
and blessed are the pen and inscription
Nānak, blessed is the scribe
who dictates the discourse of divine reflection ! (49)

it is He who is the pen
it is He who is the discourse
Nānak, He alone is the creator
of the universe and its force ! (50)

Thou art the creator of the universe
Thou alone art the architect of this edifice
Thou alone knows what is in store
with the Word of the Guru
the devotee perceives the divine source

with the Word of the Guru
there is no duality, no division
the devotee follows the path of knowledge and decision

with Thy grace
the devotee reflects upon divine extension
Nānak, with Thy grace
there is truth, there is transcendence ! (51)

RĀG PARBHĀTĪ

RĀG PARBHĀTĪ
CHAUPADĒ, GHAR PAIHLĀ

in meditation and reflection
there is honour, there is worship
there is the crossing of the river of sufferance

in meditation and reflection
there is knowledge, there is perception
there is respect, there is reception
bereft of Thy reflection
there is no honour, no protection

in meditation and reflection
the devotee perceives divine projection
there is serenity, there is order
there are royal armies
there is dignity, there is protection

in meditation and reflection
there is respect, there is reception
there are deeds, there is devotion
the poison of deceptions is eradicated
the nectar of sublimity is projected
there is no division, no duality
there is peace, there is serenity

bereft of meditation and reflection
the demon of death drags the being to eternity
family and friends are left behind
nothing can stand the final grind
when the end is announced
there is no delay
Nānak, duplicities and dualities lead the being astray ! (1)

with meditation and reflection
there is light, there is transcendence
bereft of divine reflection
there is darkness, there is ignorance

bereft of divine reflection
this world is replete with sin and sufferance
with meditation and reflection
all sins are eradicated, all evil is removed

all the goodies of the universe are of no avail
nothing can compare the treasure
of reflection and divine perception

in meditation, there is peace and serenity
in meditation, there is eternal tranquillity

Nānak there are the sinners
and there are the innocents
bereft of meditation and reflection
there is depression, there is dejection ! (2)

the sublime Lord for whom Brahma articulated the Vedas
and Shankar renounced the world
the sublime Lord for whom the siddhās
became udāsīs and left for the jungles
whose mystery escaped the gods and goddesses

Bābā, with the Word of truth
with the articulation of truth
the devotees cross the ocean of sufferance
there is no fear of the enemy
there is no anguish, no ignominy

this universe is constituted of fire, water and air
these elements are at the service of the devotees
who meditate and reflect
bereft of meditation and reflection
there is restlessness, there is anguish

in charity, in benevolence
there is peace, there is patience
in virtues, in transcendence
there is steady serenity
there is divine sublimity

those who meditate and reflect
are the beloved of the Lord
they enjoy the divine treasure of perception
Nānak is beholden to their projection
there is no final judgement
there is honour and reception ! (3)

even those who enjoy no form
no figure, no charm
with the grace of the Guru
they reflect upon the sublime
and perceive the divine truth
O Awdhu, meditate in all serenity
to cut the cycle of birth and death
to escape the divine wrath

even those who are stuck in deeds and dualities
with the grace of the Guru
in meditation and reflection
they attain divine perception

even those who follow no austerities, no abstentions
with the grace of the Guru
they follow the righteous path
they perceive the divine truth

even those who are beyond hope and despair
who are restless
with the grace of the Guru
with meditation and reflection
they are blessed with sublime reflection ! (4)

those who take poison and nectar in the same strain
they are blessed by the Lord
their word is accepted in His domain

as He wishes
so it is realised
with divine light all pride is gone
with the grace of the Guru
the seeds of good deeds are sown

blessed is her coming and becoming
who is endowed with His truth
with His divine refuge

to meditate, to reflect
to perceive, to recollect
Nānak, it is all in His will
it is all due to His bliss ! (5)

with the nectar of divine reflection
there is the pilgrimage of sixty-eight holy places
with the Word of the Guru
there is meditation
there is sublime perception

there is none like the Guru
none like his inner pilgrimage
none like his pure and pious bathing

in the pristine waters of the Guru
the devotee swims across the river of life
with the grace of the Guru
there is purity, there is sublime light

the Guru's Word cleanses the inner self
the fragrance of its reflection
surcharges every perception

the devotee follows the divine light
there is love, there is life
Nānak, the devotee is immersed in truth
she finds the sublime refuge ! (6)

with the grace of the Guru
the devotee reflected upon the divine mystery
she was blessed with the nectar of perception
honoured in His divine presence
she was graced with His sublime benevolence

the five base senses fled
and pride took its leave
ignorance gave way to knowledge
and truth enlightened the devotee

the devotee begs for the rice of chastity
and the wheat of charity
the milk of deeds and the butter of temperance
the cow and the calf of patience and piety

Nānak prays for the robe of reflection
for the gift of meditation and divine perception ! (7)

one cannot control arrival or departure
birth or death
only the Creator knows these mysterious ways
only He knows where the being stays

it is all in His will
it is all in His bliss
as the buckets of the well are filled and emptied
so is there the spectacle of the living and the dead

in meditation and reflection
there is serenity, there is light
as He wishes, so it is realised
only He decides
where one resides
the householder and the wanderer
both follow His wish and order
Nānak, all are the creatures of His nature
all vibrate with His culture ! (8)

hail the devotees who control their passions
those who do not discern the right from the wrong
are stuck in darkness and depression

with meditation and reflection
there is no birth, no death
the poor and the rich
the pauper and the prince
are all in His will, in His order
those who perceive the divine verity
live in peace, in serenity

He is the creator of this spectacle
He alone knows this mysterious universe

with meditation in the serenity of the dawn
the devotee perceives His truth
Nānak, the most humble devotee
prays for His benevolence
for His faith and fortitude
for His divine refuge ! (9)

this mind is stuck in the allures of māyā
in the whirlwinds of passion
it also enjoys the flights in the vast skies of imagination
with meditation and reflection
it is blessed by divine grace and sublimation

with Thy grace
there is peace and serenity
with reflection upon Thy nature
with humility and divine perception
there is the measure of the sublime treasure

this mind is a yogī
this mind is stuck in indulgence and infatuation
this mind is a beggar
this mind is benevolent

this mind is blessed by the Guru
subduing the five passions
it perceives the divine truth
within its deep recesses in the mystery of the universe
bereft of meditation and reflection
there is no knowledge, no perception

in His audience there is no caste, no creed
there is truth, there is transcendence

all castes and creeds depend upon deeds and devotion
Nānak, with meditation and reflection
there is serenity, there is salvation ! (10)

the clever being is lost in ignorance
caught in ignominy, in dirty deeds
all hopes and dreams are shattered
helpless, there is no way out of this wilderness
only the Lord can save such a being
only the nectar of the Sublime can help
her cross the river of suffering

there is no knowledge, no perception
only the Lord can bring peace and serenity
only the good deeds can bless her with divine charity

day by day, moment by moment
the ultimate end approaches
bereft of the grace of the Guru
there is no hope, no support

the sublime Lord surcharges
the humanity with His benevolence
and rewards each of us
for our deeds and devotion
Nānak prays for His bounty
for His charity, for His sublimity ! (11)

silence is taken for ignorance
and clever chat reveals no love
I lay myself bare in Thy audience
bereft of meditation
there is no order, no perception
humanity is lost in falsities and deceptions

those who are spurned are the beloved of the Lord
they perceive the mysterious universe
with the Word of the Guru
they reflect upon the divine discourse
with the grace of the Guru
they dwell deep in His nature
they perceive His culture

the stinking dirt is placed against the pristine truth
one cannot achieve moral heights by clever discourse
the ignorant is stuck in the mire of poison
the devotee is immersed in meditation and reflection

bereft of divine reflection
there is ignorance, duality, division
there is depression, dejection

with meditation and reflection
shedding the poison of māyā
the devotee acquires the divine treasure
she is blessed with the sublime measure

selection or rejection
is in His will
it is all in His glory, in His benevolence
as He wishes, so it is realised
the ascent or descent in the final grind

Nānak articulates the will of the Sovereign
the order of the sublime Lord ! (12)

in indulgence, in infatuation
there is dirt, there is duality
in discussions, in debates
there is division, there is sterility

Bābā, this mind is stuck in the net of māyā
with meditation and reflection
the devotee crosses the river of sufferance

in poison, there is more poison
eating, speaking, acting
every deed is drenched in poison
the demon of judgement hovers over the being
only the truth of the true Lord
can save the erring sinner

as the being arrives, so does he depart
in ignorance, in deception
the sinner has no goal, no projection
when the last hour strikes
when the final judgement is announced
there is no peace, no perception

with reflection upon the Word of the Guru
the devotee realises the futility of the mundane affairs
the purity of truth
and the sublimity of the divine refuge

rare are those
who are blessed with divine perception
with steady serenity and temperance
there is bounty, there is benevolence

Nānak, as the fish is thirsty for water
so the devotee vibrates for His union and shelter ! (13)

there is no peace, no serenity
in spectacles, music and dances
there is no peace, no serenity
in decoration, feasting and fasting

bereft of meditation and reflection
there is no truth, no transcendence
there is no knowledge, no perception

with meditation and reflection
there are all the miracles of yoga
there is steady serenity
the heart vibrates with His affection
the mind dwells deep into His mysterious universe

the atmosphere resonates with His love
there is sublime presence
there is divine benevolence
day and night there is meditation
there is serenity, there is reflection

my Lord is beyond all projection
I meditate and reflect upon His nature
with the divine perception of His culture
there is no pride, no pretence
there is none but He, none but His presence

the Word of the Guru is the sublime nectar
Nānak, he who discerns its mystery
is blessed with divine sublimity ! (14)

with the Word of the Guru
there is steady serenity
there is divine sublimity

the humanity in distress
is blessed with His benevolence
the sublime Lord protects all
dyed in the deep red of love
He prevails over the entire universe

the treasure of sublime nectar
only He knows His mysterious universe
with the Word of the Guru
the devotee discerns His truth, His transcendence

with the divine rays
the lotus of my heart is in bloom
with the sun and the moon of perception
the devotee is enlightened of His boon
with the grace of the Guru
there is light, there is reception
Nānak, there is one unique resonance
the sublime vibrations of His presence ! (15)

in wilderness, in alienation
the twelve clans of the yogīs
and the ten classes of the sanyāsīs
the yogīs with torn clothes
the yogīs with rough hair
are all stuck in depression and dejection
bereft of the Word of the Guru
there is no peace, no perception

with the Word of the Guru
the bairāgīs have the right perception
their souls are blessed by the benevolent Lord
their hearts beat for His love

the brahmans are engrossed in futile debates
in ceremonies, in superstitions
bereft of the Word of the Guru
there is ignorance, there is wilderness

with the Word of the Guru
the devotees are blessed by His grace
they live in His truth and transcendence

all deeds and devotions
pilgrimages and sacred baths
are imbibed in the Word of the Guru

Nānak, with the grace of the Guru
there is no fear of Time
there is no final grind ! (16)

in the company of the sages
the Guru helps the devotee to cross the river of life
there is no fear of the demon of death
there is peace, there is light

bereft of meditation and reflection
there are sins and sufferance
with the grace of the Guru
the devotee acquires the right perception

the Word of the Guru
is the treasure full of diamonds and pearls
the devotee discerns the sublime truth
she enjoys the pristine waters of the seven seas
and swims across the ocean of sufferance
her mind finds tranquillity and temperance

she is the right sanyāsī, the right renunciant
who spends her life in meditation and reflection
Nānak, with the Word of the Guru
the devotee discerns the divine projection ! (17)

RĀG PARBHĀTĪ
AṢṬPADĪĀ

this mind is stuck in dualities
in greed and lust, in falsities
in deceptions and divisions there is no respite
with meditation and reflection
the devotee perceives the divine light

stuck in māyā this mind is bewildered
as you act, so do you know
with the Word of the Guru
there is smooth crossing of the river of life

in māyā many a prince is lost in pride
nothing accompanies the being in the final grind
in infatuation, in indulgence
the being loses his sight
bereft of meditation and reflection
there is no respite

lost in dualities and divisions
there is no sight, no perception
as is the intention, so is the action
with the grace of the Guru
there is steady serenity
there is divine perception

all music and rhythms are lost in duality
the mind replete with deceptions
finds no peace, no serenity

in the service of the Guru
there is right perception
in divine reflection
the devotee enjoys union and affection

with the true Word
there is divine truth and transcendence
there are cosmic reverberations
the devotee is blessed with sublime benevolence

bereft of the service of the Guru
there is no meditation, no reflection
all efforts are in vain
pride engulfs the ignorant being
the sublime Lord dwells in the recesses of the pristine mind

the Guru's Word is the only anchor
bereft of the Word of the Guru
it is all indulgence, all infatuation
with the Word of the Guru
there is serenity, there is salvation
there is honour, there is benevolence

there is but one unique sublime Lord
the divine truth and transcendence
with meditation and reflection
Nānak, the devotee perceives the divine projection ! (1)

caught in the snares of māyā
the humanity suffers in indulgence, in infatuation
the greed of son and gold takes over
the lust for wealth pushes the love of the Lord into oblivion

with meditation and reflection
there is steady serenity
there is love and piety

with the Word of divine truth
there is no birth, no death
there is truth, there is transcendence

bereft of the grace of the Guru
there is no knowledge, no perception
in the pristine ocean of reflection
there is light, there is divine projection

with the Word of the Guru
the devotee discerns the divine truth
there is no pride, no pretence
there is truth, there is transcendence

there is no illusion of māyā, no delusion
the mind is immersed in sublime devotion
with the pristine waters of reflection
the fire of passions is extinguished
with the grace of the Guru
the devotee perceives the divine path

in the service of the Guru
the devotee is rid of duality and division
awakened in the light of truth
she worships one unique Lord
she is blessed with His benevolence

with the Word of the Guru
there is service, there is divine perception
there is no pride, no pretence
with the Word of the Guru
there is serenity, there is salvation
there is truth, there is transcendence

there is but one unique Lord
who eradicates all miseries
who is the benefactor of all

the devotee is immersed in devotion
the mind, the body, the wealth
all are at His disposal, at His service

Nānak, such a devotee vibrates with divine perception
with His benevolence and affection ! (2)

all these yogic exercises
all these breathing practices lead you nowhere
bereft of the grace of the Guru
there is no reflection, no perception

the ignorant, the blind finds no righteous path
the inner dirt stays for ever
bereft of meditation
all these gymnastics are only the ploys of the juggler
Thy reflection is the true ocean of virtues
the being is stuck in dualities and divisions

the fool is engrossed in the snares of māyā
he sees not the righteous path
in indulgence, in infatuation
the ignorant is lost in pilgrimages
in ceremonies, in superstitions
involved in disputes and divisions
in falsehood he lives
in falsehood he loses touch with the Lord

bereft of meditation and reflection
there is no life, no light
in the company of the evil doers
there is no peace, no sight
this precious life is wasted in dualities and divisions

in the service of the Guru
there is peace, there is projection
bereft of the grace of the Guru
there is no salvation
there is life, there is death
there is eternal cycle

this body is constituted of three elements
it is bound to be engrossed in sin and sufferance
serve the Lord who is gracious
all your thirst and lust will be eradicated
in His omniscience
in His grace, in His benevolence

with the grace of the Guru
there is truth, there is transcendence
all else is superstitious, transient

in meditation and reflection
the devotee is rid of all duality and division
with the Word of the Guru
the devotee discerns His truth
he realises the futility of falsehood and deception

with the Word of the Guru
the devotee perceives the divine truth
in the company of the sages
there is discipline, there is reflection
Nānak, with the grace of the Guru
there is recognition, there is reception ! (3)

Indira was infatuated with Ahilya
the wife of the sage, Gautam
he was cursed and was infected with spots all over
as he repented, it was too late
none is deceived in awakened state
it is all due to His will, His dictate

Raja Harichand was duped
he could not discern the right from the wrong
if he knew he would not have acted the way he did
he would not have been sold in the open market

Raja Bal was deceived
he did not recognise the majesty of the Lord
he did not realise the extension of the mighty steps of the Lord

Raja Janmeja was duped
riding his horse, he brought home the damsel of the heavens
seduced, he performed the ceremonial worship
and killed the brahmans
none is deceived in awakened state
it is all due to His will, His dictate

the devotee stays awake
in meditation and reflection
he is in perfect state
the ignorant, the fool stays in darkness
when he repents, it is too late

the Creator prevails over the entire creation
all acts are due to His will, His projection
the ignorant is drenched in pride, in pretence

the Creator prevails over the entire creation
all perceptions, all deceptions follow His dictation

Nānak, with His truth and transcendence
there is redemption, there is divine perception
with the grace of the Guru
there are some who attain salvation ! (4)

those who listen and articulate
who meditate and reflect upon the sacred Name
have no other distraction, no other projection
there is no duality, no division
the devotee stays with one unique reflection

the foolish, the blind
is stuck in the eternal cycle
bereft of the grace of the Guru
there is no crossing of the river of sufferance

this mind is stuck in the snares of māyā
it is all due to His will, His order
with the grace of the Guru
there is right reflection
there is divine perception

bereft of meditation and reflection
the being is stuck in the eternal cycle
bereft of the Word of the Guru
there is no perception, no projection

there are moments of depression
there are flights beyond the horizon
with meditation and reflection
there is steady serenity
there is salvation

when the final call is announced
there is no delay
with the Word of the Guru
there is steady sway
bereft of the grace of the Guru
there is no reflection, no perception
in His will is every projection

with the grace of the Guru
there is no conflict, no confusion
there is no duality, no division

bereft of His grace
there is inner dirt
there is no sacred cleansing
rare are those who meditate and reflect upon His truth
who live in His truth
who perceive His truth

those who live in His fear, in His order
live in peace, in prosperity
they enjoy the company of the seers
they cross the river of sufferance

in truth they perceive
in truth they articulate
with the Word of the Guru
they discern the divine truth
with the Word of the Guru
they enjoy the sublime refuge

those who perceive His grandeur in every action
they are rid of all passion
they live in His love and affection
Nānak prays to the one unique Sovereign
who is, who will ever be the Lord of the universe! (5)

there is meditation and reflection
within the inner layers of the self
with the Word of the Guru
the devotee discerns His truth, His transcendence

the one unique Lord surveys the entire universe
there is none other than He
worthy of worship and reflection

body and mind, heart and soul
are all at His service
as He wishes, so is His benevolence
the devotee resonates with His truth
with the grace of the Guru
there is peace, there is divine refuge
all actions, all projections
are due to His will, His order

the Guru controls the four elements
deeds and divisions, dualities and passions
all are subdued by him
with the grace of the Guru
the devotees meditate and reflect
and enjoy His sublime protection

with the grace of the Guru
there is honour, there is reception
Nānak, bereft of the grace of the Guru
there is no serenity, no salvation ! (6)

with the grace of the Guru
the devotees perceive the divine truth
dyed in sublime colours
they suffer no anguish, no pain
there is honour, there is refuge

falsehood and clever chat lead the being astray
none can stop its inevitable decay
the ignorant, the fool
is drenched in evil deeds
he suffers for ever
with the grace of the Guru
there is peace, there is serenity

the foolhardy is stuck in pride and pretence
bereft of the perception of the Word of the Guru
there is deception, there is dejection

bereft of the grace of the Guru
there is hunger, there is thirst
with the grace of the Guru
there is peace, there is trust

with the Word of the Guru
there is truth, there is divine perception
all actions, all projections
are in His will, in His selection

it is He who created this universe
with the three elements of water, air and fire
it is He constitutes them, who controls them

rare are those who perceive His truth
who are above caste and creed
who have subdued all lust and passion
dyed in the divine colours of His reflection
steady and serene
they are beyond the snares of passions and projections

Nānak washes the feet of those devotees
who are graced by the Guru
who are blessed by the Guru ! (7)

SLOK SAHASKRITĪ

SLOK SAHASKRITĪ

with learned discourses and debates
with the worship of the idols
and the cynicism of the crane
with falsities and deceptions
with the ritual repetition of the sacred mantra
with the ceremonial robes of piety
the humanity is led astray

Nānak, with the Word of the Guru
there is no ceremony, no superstition
the devotee has faith and fortitude
she is blessed by His beatitude ! (1)

bereft of meditation and reflection
there is no serenity, no perception
with the grace of the Guru
the devotee crosses the fierce ocean

Nānak, all actions are in His projection
He is, He will ever be
the creator and the protector
of His universe ! (2)

the yogīs are engrossed in their discipline
the brahmans in their Vedas
the khatrīs and the sudras follow their destinies

there is but one unique Word
whoever discerns it
is blessed by the divine light

Nānak is beholden to such a devotee
who has imbibed in himself
the purity of the Sublime ! (3)

of all gods there is but one unique God
those who perceive this sublime truth
live in His divine refuge

Nānak is beholden to such a devotee
who is blessed by the divine light
who imbibes in himself
the purity of the Sublime ! (4)

SLOK WĀRĀ TŌ WADHĪK

SLOK WĀRĀ TŌ WADHĪK
(additional sloks)

the charming woman in blooming youth
cannot bow to her mother-in-law
her beautiful breasts keep her straight

pride hath a fall
even the high mountains roll down
the beautiful breast are a matter of days
youth and passion lead one astray ! (1)

o charming woman with beautiful eyes of a doe
take care, take note of all the defections
avoid dualities and deceptions
follow friends and fortitude
meditate and reflect
upon His dimensions and magnitude

Nānak is beholden to those
who perceive the divine truth
who live in His sublime refuge ! (2)

if you want to cross this fierce ocean
follow the seers who swim across with ease
they are the true sages
who pierce through the wild currents
who meditate and perceive the divine deeds ! (3)

there are fierce storms
there are wild currents
with the grace of the Guru
the boat is safe and sound
there is divine round ! (4)

Nānak, where the world is led to ?
there is no friendship, no sympathy
no comrade, no compassion
dharma is sacrificed to lust and vanity ! (5)

there are those who wallow and weep
who beat their faces, who pluck their hair
and there are those
who meditate and reflect
Nānak is beholden to them
who live in faith and trust ! (6)

beware of the dangerous paths
there are frightening wolfs in front
and the burning fire behind
the mind is stuck in dualities and divisions
in conflicts and confusions

Nānak, with the grace of the Guru
the devotee escapes the final grind ! (7)

with the grace of the Guru
the wolf is subdued
the devotee is rescued
the one who knows himself
knows the sublime Lord
he is rid of the cycle of life and death

with the grace of the Guru
there is no mud, no dirt
there is no pride, no pretence
Nānak, with the grace of the Guru
the devotee follows His transcendence ! (8)

with the sublime water of the Guru
the fire of thirst is extinguished

bereft of the water of reflection
there is birth, there is death
there is divine wrath

Nānak, with the grace of the Guru
there is meditation, there is reflection
there is perception, there is divine projection ! (9)

in the pond full of mud and dirt
the crow bathes to cleanse itself
the body and mind are replete with sins
the beak smells of stinking deeds
in the company of the crow
the sublime water of the Guru is ignored
in the company of the sages
the devotee acquires the right perception

Nānak, the Guru is the sublime river
the most sacred pilgrimage
the purest water
that cleanses all sins and sufferance ! (10)

this birth is a wanton waste
if there is no love, no devotion
to see, to listen, to speak
all amount to nothing
in depression and deception
Nānak prays for meditation and reflection
for perception and projection
for faith and affection ! (11)

this world is replete with repression and remorse
rare are those who discern His discourse ! (12)

Nānak, the devotee who vibrates with love
is rid of all pride and pretence
immersed in love
she forgets the mundane affairs

it is He who bestows the gift of projection
and it is He who sustains every perception
once smitten
there is resonance of love in every utterance ! (13)

as this body is made of clay
it cannot be cleansed away
with five elements it is constituted to endure every sway
as He wills, so it will be
it will be lit with sublime life
it will be enlightened with divine light ! (14)

blind to divine truth
the ignorant know not what they say
what they project
drenched in evil and sin
they are engrossed in duplicities and divisions
and there are others who discern and discourse
who meditate and reflect upon the divine course

there are those who are deaf and dumb
to all knowledge, to all music, to all mysteries
Nānak, veritable donkeys
they are ridden with pride and pretence
they rot in sin and sufferance ! (15)

a brahman is he
who knows his Creator
who meditates and reflects
who remains steady and serene
who is released of all bondage
he is the brahman worthy of respect and admiration ! (16)

a khatrī is he
who is known for his deeds and devotion
who is known for his charity and benevolence
who plants the right seeds in the fertile land

the one who is drenched in greed and lust
as he sows, so does he reap
there is no faith, no trust ! (17)

in austerities and abstentions
do not torture your body
do not burn your bones
your head and feet suffer in vain
dwell deep into your inner self
to perceive the divine grain ! (18)

in all hearts dwells the Lord
there is none bereft of His omniscience
Nānak, blessed are those devotees
whose hearts are enlightened with His presence ! (19)

in the dice of love and fortitude
come to my lane
with your head on your hand in the sacrificial attitude
on this arduous path
head is the price of truth ! (20)

friendship with merchants
is replete with duplicities and deceptions
O Mūla, none can foresee the final projections ! (21)

bereft of perception
there is ignorance and pretence
blind to good deeds
there is duplicity and deception ! (22)

bereft of the grace of the Guru
there is no perception
no meditation, no reflection
bereft of divine truth
there is no solace, no protection ! (23)

man is sent in this world for good deeds and devotion
he leaves without achieving any distinction
it serves no goal, no destination ! (24)

Rām is depressed, dejected
there is the army of the monkeys
and there are many followers
but none brings peace and serenity
Rāvan has abducted Sīta
and Lacchman is cursed to die
Nānak, it is He who is the cause of all creation
and it is He who orders all destruction ! (25)

Rāmchandar was depressed for Sīta and Lacchman
he prayed to Hanuman for succour and aid
Rāvan did not comprehend the ways of the Lord

Nānak, the will and order of the Lord
were so overwhelming, so dominant
even Rām could do nothing to change them ! (26)

in the city of Lahore
for hours
there was cruelty
there was chaos ! (27)

in the race for women and wealth
there is prosperity
but there is also ignominy

the women at home quarrel and confound every action
there is wallowing and weeping
there is crying and confusion
there is unending lending and giving
creating misery and deception ! (28)

o lotus, how are you withered and whittled ?
Nānak, the golden allure is gone
the resonance of piety is lost in wilderness

for the lack of divine water
I have lost all colour

with His pristine water I blossomed
with His sublime water I acquired life and lustre ! (29)

none is ever satisfied
none fulfils all her dreams
when the last hour strikes
none is sure of her deeds

the devotee lives in meditation and reflection
she discerns the divine projection

Nānak, none can question
the destined hour
the fatal subjection ! (30)

blame not the obsessed, the wealthy
he is senile and old
engrossed in clever chat
the blind has no hold ! (31)

the splendid creation of the Lord is sublime
Nānak, the devotee perceives it
in reflection divine ! (32)

