

# NĀNAK BĀNĪ

Volume II

*interpreted in free verse*

HARJEET SINGH GILL

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Harjeet Singh Gill

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Jawaharlal Nehru University

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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.

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)

accused a hundred times a day  
and a thousand times at night  
the being involved in perversion and passion  
accused 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 Purān  
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, Vishnu 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 BHAIRO  
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 SĀRĀṄĜ



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)

## SĀRĀṄG 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 ad 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, Vishnu 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 it 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)

