



## **English translation of Holy Guru Granth Sahib (Part 06)**

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# Credits

English translation of  
**Holy Guru Granth Sahib (06 Raag Maajh)**

by  
**Dr. Sant Singh Khalsa**

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# Raag Maajh – Part 001

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94 : 1

Raag Maajh, Chau–Padas, First House, Fourth Mehl:

94 : 2

One Universal Creator God. The Name Is Truth. Creative Being Personified. No Fear. No Hatred. Image Of The Undying, Beyond Birth, Self–Existent. By Guru's Grace:

94 : 3

The Name of the Lord, Har, Har, is pleasing to my mind.

94 : 4

By great good fortune, I meditate on the Lord's Name.

94 : 5

The Perfect Guru has attained spiritual perfection in the Name of the Lord. How rare are those who follow the Guru's Teachings. ||1||

94 : 6

I have loaded my pack with the provisions of the Name of the Lord, Har, Har.

94 : 7

The Companion of my breath of life shall always be with me.

94 : 8

The Perfect Guru has implanted the Lord's Name within me. I have the Imperishable Treasure of the Lord in my lap. ||2||

94 : 9

The Lord, Har, Har, is my Best Friend; He is my Beloved Lord King.

94 : 10

If only someone would come and introduce me to Him, the Rejuvenator of my breath of life.

94 : 11

I cannot survive without seeing my Beloved. My eyes are welling up with tears. ||3||

94 : 12

My Friend, the True Guru, has been my Best Friend since I was very young.

94 : 13

I cannot survive without seeing Him, O my mother!

94 : 14

O Dear Lord, please show Mercy to me, that I may meet the Guru. Servant Nanak gathers the Wealth of the Lord's Name in his lap. ||4||1||

94 : 15

Maajh, Fourth Mehl:

94 : 16

The Lord is my mind, body and breath of life.

94 : 17

I do not know any other than the Lord.

94 : 18

If only I could have the good fortune to meet some friendly Saint; he might show me the Way to my Beloved Lord God. ||1||

94 : 19

I have searched my mind and body, through and through.

94 : 20

How can I meet my Darling Beloved, O my mother?

94 : 21

Joining the Sat Sangat, the True Congregation, I ask about the Path to God. In that Congregation, the Lord God abides. ||2||

94 : 22

My Darling Beloved True Guru is my Protector.

94 : 23

I am a helpless child—please cherish me.

94 : 24

The Guru, the Perfect True Guru, is my Mother and Father. Obtaining the Water of the Guru, the lotus of my heart blossoms forth. ||3||

94 : 25

Without seeing my Guru, sleep does not come.

94 : 26

My mind and body are afflicted with the pain of separation from the Guru.

94 : 27

O Lord, Har, Har, show mercy to me, that I may meet my Guru. Meeting the Guru, servant Nanak blossoms forth. ||4||2||





# Raag Maajh – Part 002

---

95 : 28

Maajh, Fourth Mehl:

95 : 29

Read of the Lord's Glories and reflect upon the Lord's Glories.

95 : 30

Listen continually to the Sermon of the Naam, the Name of the Lord, Har, Har.

95 : 31

Joining the Sat Sangat, the True Congregation, and singing the Glorious Praises of the Lord, you shall cross over the treacherous and terrifying world-ocean. ||1||

95 : 32

Come, friends, let us meet our Lord.

95 : 33

Bring me a message from my Beloved.

95 : 34

He alone is a friend, companion, beloved and brother of mine, who shows me the way to the Lord, the Lord of all. ||2||

95 : 35

My illness is known only to the Lord and the Perfect Guru.

95 : 36

I cannot continue living without chanting the Naam.

95 : 37

So give me the medicine, the Mantra of the Perfect Guru. Through the Name of the Lord, Har, Har, I am saved. ||3||

95 : 38

I am just a poor song–bird, in the Sanctuary of the True Guru,

95 : 39

who has placed the Drop of Water, the Lord's Name, Har, Har, in my mouth.

95 : 40

The Lord is the Treasure of Water; I am just a fish in that water. Without this Water, servant Nanak would die. ||4||3||

95 : 41

Maajh, Fourth Mehl:

95 : 42

O servants of the Lord, O Saints, O my Siblings of Destiny, let us join together!

95 : 43

Show me the way to my Lord God–I am so hungry for Him!

95 : 44

Please reward my faith, O Life of the World, O Great Giver. Obtaining the Blessed Vision of the Lord's Darshan, my mind is fulfilled. ||1||

95 : 45

Joining the Sat Sangat, the True Congregation, I chant the Bani of the Lord's Word.

95 : 46

The Sermon of the Lord, Har, Har, is pleasing to my mind.

95 : 47

The Ambrosial Nectar of the Lord's Name, Har, Har, is so sweet to my mind. Meeting the True Guru, I drink in this Ambrosial Nectar. ||2||

95 : 48

By great good fortune, the Lord's Congregation is found,

95 : 49

while the unfortunate ones wander around in doubt, enduring painful beatings.

95 : 50

Without good fortune, the Sat Sangat is not found; without this Sangat, people are stained with filth and pollution. ||3||

95 : 51

Come and meet me, O Life of the World, my Beloved.

95 : 52

Please bless me with Your Mercy, and enshrine Your Name, Har, Har, within my mind.

95 : 53

Through the Guru's Teachings, the Sweet Name has become pleasing to my mind. Servant Nanak's mind is drenched and delighted with the Naam. ||4||4||

95 : 54

Maajh, Fourth Mehl:

95 : 55

Through the Guru, I have obtained the Lord's spiritual wisdom. I have obtained the Sublime Essence of the Lord.

95 : 56

My mind is imbued with the Love of the Lord; I drink in the Sublime Essence of the Lord.

95 : 57

With my mouth, I chant the Name of the Lord, Har, Har; my mind is filled to overflowing with the Sublime Essence of the Lord. ||1||

95 : 58

Come, O Saints, and lead me to my Lord's Embrace.

95 : 59

Recite to me the Sermon of my Beloved.

95 : 60

I dedicate my mind to those Saints of the Lord, who chant the Word of the Guru's Bani with their mouths. ||2||

95 : 61

By great good fortune, the Lord has led me to meet His Saint.

95 : 62

The Perfect Guru has placed the Sublime Essence of the Lord into my mouth.

95 : 63

The unfortunate ones do not find the True Guru; the self-willed manmukhs continually endure reincarnation through the womb. ||3||

95 : 64

God, the Merciful, has Himself bestowed His Mercy.

95 : 65

He has totally removed the poisonous pollution of egotism.

95 : 66

O Nanak, in the shops of the city of the human body, the Gurmukhs buy the merchandise of the Lord's Name. ||4||5||

95 : 67

Maajh, Fourth Mehl:

95 : 68

I meditate on the Glorious Praises of the Lord of the Universe, and the Name of the Lord.

95 : 69

Joining the Sangat, the Holy Congregation, the Name comes to dwell in the mind.

95 : 70

The Lord God is our Lord and Master, Inaccessible and Unfathomable. Meeting the True Guru, I enjoy the Sublime Essence of the Lord. ||1||

-- Raag Maajh – Part 002 --

## Raag Maajh – Part 003

---

96 : 71

Blessed, blessed are the humble servants of the Lord, who know the Lord God.

96 : 72

I go and ask those humble servants about the Mysteries of the Lord.

96 : 73

I wash and massage their feet; joining with the humble servants of the Lord, I drink in the Sublime Essence of the Lord. ||2||

96 : 74

The True Guru, the Giver, has implanted the Naam, the Name of the Lord, within me.

96 : 75

By great good fortune, I have obtained the Blessed Vision of the Guru's Darshan.

96 : 76

The True Essence is Ambrosial Nectar; through the Ambrosial Words of the Perfect Guru, this Amrit is obtained. ||3||

96 : 77

O Lord, lead me to the Sat Sangat, the True Congregation, and the true beings.

96 : 78

Joining the Sat Sangat, I meditate on the Lord's Name.

96 : 79

O Nanak, I listen and chant the Lord's Sermon; through the Guru's Teachings, I am fulfilled

by the Name of the Lord. ||4||6||

96 : 80

Maajh, Fourth Mehl:

96 : 81

Come, dear sisters—let us join together.

96 : 82

I am a sacrifice to the one who tells me of my Beloved.

96 : 83

Joining the Sat Sangat, the True Congregation, I have found the Lord, my Best Friend. I am a sacrifice to the True Guru. ||1||

96 : 84

Wherever I look, there I see my Lord and Master.

96 : 85

You are permeating each and every heart, O Lord, Inner-knower, Searcher of Hearts.

96 : 86

The Perfect Guru has shown me that the Lord is always with me. I am forever a sacrifice to the True Guru. ||2||

96 : 87

There is only one breath; all are made of the same clay; the light within all is the same.

96 : 88

The One Light pervades all the many and various beings. This Light intermingles with them, but it is not diluted or obscured.



96 : 89

By Guru's Grace, I have come to see the One. I am a sacrifice to the True Guru. ||3||

96 : 90

Servant Nanak speaks the Ambrosial Bani of the Word.

96 : 91

It is dear and pleasing to the minds of the GurSikhs.

96 : 92

The Guru, the Perfect True Guru, shares the Teachings. The Guru, the True Guru, is Generous to all. ||4||7||

96 : 93

Seven Chau–Padas Of The Fourth Mehl. ||

96 : 94

Maajh, Fifth Mehl, Chau–Padas, First House:

96 : 95

My mind longs for the Blessed Vision of the Guru's Darshan.

96 : 96

It cries out like the thirsty song–bird.

96 : 97

My thirst is not quenched, and I can find no peace, without the Blessed Vision of the Beloved Saint. ||1||

96 : 98

I am a sacrifice, my soul is a sacrifice, to the Blessed Vision of the Beloved Saint Guru.  
||1||Pause||

96 : 99

Your Face is so Beautiful, and the Sound of Your Words imparts intuitive wisdom.

96 : 100

It is so long since this rainbird has had even a glimpse of water.

96 : 101

Blessed is that land where You dwell, O my Friend and Intimate Divine Guru. ||2||

96 : 102

I am a sacrifice, I am forever a sacrifice, to my Friend and Intimate Divine Guru. ||1||Pause||

96 : 103

When I could not be with You for just one moment, the Dark Age of Kali Yuga dawned for me.

96 : 104

When will I meet You, O my Beloved Lord?

-- Raag Maajh – Part 003 --

# Raag Maajh – Part 004

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97 : 105

I cannot endure the night, and sleep does not come, without the Sight of the Beloved Guru's Court. ||3||

97 : 106

I am a sacrifice, my soul is a sacrifice, to that True Court of the Beloved Guru. ||1||Pause||

97 : 107

By good fortune, I have met the Saint Guru.

97 : 108

I have found the Immortal Lord within the home of my own self.

97 : 109

I will now serve You forever, and I shall never be separated from You, even for an instant. Servant Nanak is Your slave, O Beloved Master. ||4||

97 : 110

I am a sacrifice, my soul is a sacrifice; servant Nanak is Your slave, Lord. ||Pause||1||8||

97 : 111

Raag Maajh, Fifth Mehl:

97 : 112

Sweet is that season when I remember You.

97 : 113

Sublime is that work which is done for You.

97 : 114

Blessed is that heart in which You dwell, O Giver of all. ||1||

97 : 115

You are the Universal Father of all, O my Lord and Master.

97 : 116

Your nine treasures are an inexhaustible storehouse.

97 : 117

Those unto whom You give are satisfied and fulfilled; they become Your devotees, Lord.  
||2||

97 : 118

All place their hopes in You.

97 : 119

You dwell deep within each and every heart.

97 : 120

All share in Your Grace; none are beyond You. ||3||

97 : 121

You Yourself liberate the Gurmukhs;

97 : 122

You Yourself consign the self-willed manmukhs to wander in reincarnation.

97 : 123

Slave Nanak is a sacrifice to You; Your Entire Play is self-evident, Lord. ||4||2||9||

97 : 124

Maajh, Fifth Mehl:

97 : 125

The Unstruck Melody resounds and resonates in peaceful ease.

97 : 126

I rejoice in the eternal bliss of the Word of the Shabad.

97 : 127

In the cave of intuitive wisdom I sit, absorbed in the silent trance of the Primal Void. I have obtained my seat in the heavens. ||1||

97 : 128

After wandering through many other homes and houses, I have returned to my own home,

97 : 129

and I have found what I was longing for.

97 : 130

I am satisfied and fulfilled; O Saints, the Guru has shown me the Fearless Lord God. ||2||

97 : 131

He Himself is the King, and He Himself is the people.

97 : 132

He Himself is in Nirvaanaa, and He Himself indulges in pleasures.

97 : 133

He Himself sits on the throne of true justice, answering the cries and prayers of all. ||3||

97 : 134

As I have seen Him, so have I described Him.

97 : 135

This Sublime Essence comes only to one who knows the Mystery of the Lord.

97 : 136

His light merges into the Light, and he finds peace. O servant Nanak, this is all the Extension of the One. ||4||3||10||

97 : 137

Maajh, Fifth Mehl:

97 : 138

That house, in which the soul–bride has married her Husband Lord

97 : 139

–in that house, O my companions, sing the songs of rejoicing.

97 : 140

Joy and celebrations decorate that house, in which the Husband Lord has adorned His soul–bride. ||1||

97 : 141

She is virtuous, and she is very fortunate;

97 : 142

she is blessed with sons and tender–hearted. The happy soul–bride is loved by her Husband.

97 : 143

She is beautiful, wise, and clever. That soul-bride is the beloved of her Husband Lord. ||2||

97 : 144

She is well-mannered, noble and distinguished.

97 : 145

She is decorated and adorned with wisdom.

97 : 146

She is from a most respected family; she is the queen, adorned with the Love of her Husband Lord. ||3||

97 : 147

Her glory cannot be described;

97 : 148

she melts in the Embrace of her Husband Lord.

— Raag Maajh – Part 004 —

# Raag Maajh – Part 005

---

98 : 149

Her marriage is eternal; her Husband is Inaccessible and Incomprehensible. O Servant Nanak, His Love is her only Support. ||4||4||11||

98 : 150

Maajh, Fifth Mehl:

98 : 151

I have searched and searched, seeking the Blessed Vision of His Darshan.

98 : 152

I travelled through all sorts of woods and forests.

98 : 153

My Lord, Har, Har, is both absolute and related, unmanifest and manifest; is there anyone who can come and unite me with Him? ||1||

98 : 154

People recite from memory the wisdom of the six schools of philosophy;

98 : 155

they perform worship services, wear ceremonial religious marks on their foreheads, and take ritual cleansing baths at sacred shrines of pilgrimage.

98 : 156

They perform the inner cleansing practice with water and adopt the eighty–four Yogic postures; but still, they find no peace in any of these. ||2||

98 : 157



They chant and meditate, practicing austere self–discipline for years and years;

98 : 158

they wander on journeys all over the earth;

98 : 159

and yet, their hearts are not at peace, even for an instant. The Yogi rises up and goes out, over and over again. ||3||

98 : 160

By His Mercy, I have met the Holy Saint.

98 : 161

My mind and body have been cooled and soothed; I have been blessed with patience and composure.

98 : 162

The Immortal Lord God has come to dwell within my heart. Nanak sings the songs of joy to the Lord. ||4||5||12||

98 : 163

Maajh, Fifth Mehl:

98 : 164

The Supreme Lord God is Infinite and Divine;

98 : 165

He is Inaccessible, Incomprehensible, Invisible and Inscrutable.

98 : 166

Merciful to the meek, Sustainer of the World, Lord of the Universe—meditating on the Lord, the Gurmukhs find salvation. ||1||

98 : 167

The Gurmukhs are emancipated by the Lord.

98 : 168

The Lord Krishna becomes the Gurmukh's Companion.

98 : 169

The Gurmukh finds the Merciful Lord. He is not found any other way. ||2||

98 : 170

He does not need to eat; His Hair is Wondrous and Beautiful; He is free of hate.

98 : 171

Millions of people worship His Feet.

98 : 172

He alone is a devotee, who becomes Gurmukh, whose heart is filled with the Lord, Har, Har. ||3||

98 : 173

Forever fruitful is the Blessed Vision of His Darshan; He is Infinite and Incomparable.

98 : 174

He is Awesome and All-powerful; He is forever the Great Giver.

98 : 175

As Gurmukh, chant the Naam, the Name of the Lord, and you shall be carried across. O Nanak, rare are those who know this state! ||4||6||13||

98 : 176

Maajh, Fifth Mehl:

98 : 177

As You command, I obey; as You give, I receive.

98 : 178

You are the Pride of the meek and the poor.

98 : 179

You are everything; You are my Beloved. I am a sacrifice to Your Creative Power. ||1||

98 : 180

By Your Will, we wander in the wilderness; by Your Will, we find the path.

98 : 181

By Your Will, we become Gurmukh and sing the Glorious Praises of the Lord.

98 : 182

By Your Will, we wander in doubt through countless lifetimes. Everything happens by Your Will. ||2||

98 : 183

No one is foolish, and no one is clever.

98 : 184

Your Will determines everything;

98 : 185

You are Inaccessible, Incomprehensible, Infinite and Unfathomable. Your Value cannot be

expressed. ||3||

98 : 186

Please bless me with the dust of the Saints, O my Beloved.

98 : 187

I have come and fallen at Your Door, O Lord.

98 : 188

Gazing upon the Blessed Vision of His Darshan, my mind is fulfilled. O Nanak, with natural ease, I merge into Him. ||4||7||14||

98 : 189

Maajh, Fifth Mehl:

98 : 190

They forget the Lord, and they suffer in pain.

98 : 191

Afflicted with hunger, they run around in all directions.

98 : 192

Meditating in remembrance on the Naam, they are happy forever. The Lord, Merciful to the meek, bestows it upon them. ||1||

98 : 193

My True Guru is absolutely All-powerful.

— Raag Maajh – Part 005 —

## Raag Maajh – Part 006

---

99 : 194

When I dwell upon Him in my soul, all my sorrows depart.

99 : 195

The sickness of anxiety and the disease of ego are cured; He Himself cherishes me. ||2||

99 : 196

Like a child, I ask for everything.

99 : 197

God is Bountiful and Beautiful; He never comes up empty.

99 : 198

Again and again, I fall at His Feet. He is Merciful to the meek, the Sustainer of the World.  
||3||

99 : 199

I am a sacrifice to the Perfect True Guru,

99 : 200

who has shattered all my bonds.

99 : 201

With the Naam, the Name of the Lord, in my heart, I have been purified. O Nanak, His Love has imbued me with nectar. ||4||8||15||

99 : 202

Maajh, Fifth Mehl:

99 : 203

O my Love, Sustainer of the World, Merciful, Loving Lord,

99 : 204

Profoundly Deep, Infinite Lord of the Universe,

99 : 205

Highest of the High, Unfathomable, Infinite Lord and Master: continually remembering You in deep meditation, I live. ||1||

99 : 206

O Destroyer of pain, Priceless Treasure,

99 : 207

Fearless, free of hate, Unfathomable, Immeasurable,

99 : 208

of Undying Form, Unborn, Self-illuminated: remembering You in meditation, my mind is filled with a deep and profound peace. ||2||

99 : 209

The Joyous Lord, the Sustainer of the World, is my constant Companion.

99 : 210

He cherishes the high and the low.

99 : 211

The Nectar of the Name satisfies my mind. As Gurmukh, I drink in the Ambrosial Nectar. ||3||

99 : 212

In suffering and in comfort, I meditate on You, O Beloved.

99 : 213

I have obtained this sublime understanding from the Guru.

99 : 214

You are Nanak's Support, O my Lord and Master; through Your Love, I swim across to the other side. ||4||9||16||

99 : 215

Maajh, Fifth Mehl:

99 : 216

Blessed is that time when I meet the True Guru.

99 : 217

Gazing upon the Fruitful Vision of His Darshan, I have been saved.

99 : 218

Blessed are the hours, the minutes and the seconds—blessed is that Union with Him. ||1||

99 : 219

Making the effort, my mind has become pure.

99 : 220

Walking on the Lord's Path, my doubts have all been cast out.

99 : 221

The True Guru has inspired me to hear the Treasure of the Naam; all my illness has been dispelled. ||2||

99 : 222

The Word of Your Bani is inside and outside as well.

99 : 223

You Yourself chant it, and You Yourself speak it.

99 : 224

The Guru has said that He is One–All is the One. There shall never be any other. ||3||

99 : 225

I drink in the Lord's Ambrosial Essence from the Guru;

99 : 226

the Lord's Name has become my clothing and food.

99 : 227

The Name is my delight, the Name is my play and entertainment. O Nanak, I have made the Name my enjoyment. ||4||10||17||

99 : 228

Maajh, Fifth Mehl:

99 : 229

I beg of all the Saints: please, give me the merchandise.

99 : 230

I offer my prayers–I have forsaken my pride.

99 : 231

I am a sacrifice, hundreds of thousands of times a sacrifice, and I pray: please, give me the



dust of the feet of the Saints. ||1||

99 : 232

You are the Giver, You are the Architect of Destiny.

99 : 233

You are All–powerful, the Giver of Eternal Peace.

99 : 234

You bless everyone. Please bring my life to fulfillment. ||2||

99 : 235

The body–temple is sanctified by the Blessed Vision of Your Darshan,

99 : 236

and thus, the impregnable fort of the soul is conquered.

99 : 237

You are the Giver, You are the Architect of Destiny. There is no other warrior as great as You. ||3||

-- Raag Maajh – Part 006 --

## Raag Maajh – Part 007

---

100 : 238

I applied the dust of the feet of the Saints to my face.

100 : 239

My evil–mindedness disappeared, along with my misfortune and false–mindedness.

100 : 240

I sit in the true home of my self; I sing His Glorious Praises. O Nanak, my falsehood has vanished! ||4||11||18||

100 : 241

Maajh, Fifth Mehl:

100 : 242

I shall never forget You–You are such a Great Giver!

100 : 243

Please grant Your Grace, and imbue me with the love of devotional worship.

100 : 244

If it pleases You, let me meditate on You day and night; please, grant me this gift! ||1||

100 : 245

Into this blind clay, You have infused awareness.

100 : 246

Everything, everywhere which You have given is good.

100 : 247

Bliss, joyful celebrations, wondrous plays and entertainment—whatever pleases You, comes to pass. ||2||

100 : 248

Everything we receive is a gift from Him

100 : 249

—the thirty—six delicious foods to eat,

100 : 250

cozy beds, cooling breezes, peaceful joy and the experience of pleasure. ||3||

100 : 251

Give me that state of mind, by which I may not forget You.

100 : 252

Give me that understanding, by which I may meditate on You.

100 : 253

I sing Your Glorious Praises with each and every breath. Nanak takes the Support of the Guru's Feet. ||4||12||19||

100 : 254

Maajh, Fifth Mehl:

100 : 255

To praise You is to follow Your Command and Your Will.

100 : 256

That which pleases You is spiritual wisdom and meditation.

100 : 257

That which pleases God is chanting and meditation; to be in harmony with His Will is perfect spiritual wisdom. ||1||

100 : 258

He alone sings Your Ambrosial Naam, who is pleasing to Your Mind, O my Lord and Master.

100 : 259

You belong to the Saints, and the Saints belong to You. The minds of the Saints are attuned to You, O my Lord and Master. ||2||

100 : 260

You cherish and nurture the Saints.

100 : 261

The Saints play with You, O Sustainer of the World.

100 : 262

Your Saints are very dear to You. You are the breath of life of the Saints. ||3||

100 : 263

My mind is a sacrifice to those Saints who know You,

100 : 264

and are pleasing to Your Mind.

100 : 265

In their company I have found a lasting peace. Nanak is satisfied and fulfilled with the Sublime Essence of the Lord. ||4||13||20||

100 : 266

Maajh, Fifth Mehl

100 : 267

: You are the Ocean of Water, and I am Your fish.

100 : 268

Your Name is the drop of water, and I am a thirsty rainbird.

100 : 269

You are my hope, and You are my thirst. My mind is absorbed in You. ||1||

100 : 270

Just as the baby is satisfied by drinking milk,

100 : 271

and the poor person is pleased by seeing wealth,

100 : 272

and the thirsty person is refreshed by drinking cool water, so is this mind drenched with delight in the Lord. ||2||

100 : 273

Just as the darkness is lit up by the lamp,

100 : 274

and the hopes of the wife are fulfilled by thinking about her husband,

100 : 275

and people are filled with bliss upon meeting their beloved, so is my mind imbued with the Lord's Love. ||3||

100 : 276

The Saints have set me upon the Lord's Path.

100 : 277

By the Grace of the Holy Saint, I have been attuned to the Lord.

100 : 278

The Lord is mine, and I am the slave of the Lord. O Nanak, the Guru has blessed me with the True Word of the Shabad. ||4||14||21||

100 : 279

Maajh, Fifth Mehl:

100 : 280

The Ambrosial Naam, the Name of the Lord, is eternally pure.

100 : 281

The Lord is the Giver of Peace and the Dispeller of sorrow.

100 : 282

I have seen and tasted all other flavors, but to my mind, the Subtle Essence of the Lord is the sweetest of all. ||1||

-- Raag Maajh – Part 007 --

# Raag Maajh – Part 008

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101 : 283

Whoever drinks this in, is satisfied.

101 : 284

Whoever obtains the Sublime Essence of the Naam becomes immortal.

101 : 285

The Treasure of the Naam is obtained by one whose mind is filled with the Word of the Guru's Shabad. ||2||

101 : 286

One who obtains the Sublime Essence of the Lord is satisfied and fulfilled.

101 : 287

One who obtains this Flavor of the Lord does not waver.

101 : 288

One who has this destiny written on his forehead obtains the Name of the Lord, Har, Har. ||3||

101 : 289

The Lord has come into the hands of the One, the Guru, who has blessed so many with good fortune.

101 : 290

Attached to Him, a great many have been liberated.

101 : 291

The Gurmukh obtains the Treasure of the Naam; says Nanak, those who see the Lord are very rare. ||4||15||22||

101 : 292

Maajh, Fifth Mehl:

101 : 293

My Lord, Har, Har, Har, is the nine treasures, the supernatural spiritual powers of the Siddhas, wealth and prosperity.

101 : 294

He is the Deep and Profound Treasure of Life.

101 : 295

Hundreds of thousands, even millions of pleasures and delights are enjoyed by one who falls at the Guru's Feet. ||1||

101 : 296

Gazing upon the Blessed Vision of His Darshan, all are sanctified,

101 : 297

and all family and friends are saved.

101 : 298

By Guru's Grace, I meditate on the Inaccessible and Unfathomable True Lord. ||2||

101 : 299

The One, the Guru, who is sought by all—only a few, by great good fortune, receive His Darshan.

101 : 300



His Place is lofty, infinite and unfathomable; the Guru has shown me that palace. ||3||

101 : 301

Your Ambrosial Name is deep and profound.

101 : 302

That person is liberated, in whose heart You dwell.

101 : 303

The Guru cuts away all his bonds; O Servant Nanak, he is absorbed in the poise of intuitive peace. ||4||16||23||

101 : 304

Maajh, Fifth Mehl:

101 : 305

By God's Grace, I meditate on the Lord, Har, Har.

101 : 306

By God's Kindness, I sing the songs of joy.

101 : 307

While standing and sitting, while sleeping and while awake, meditate on the Lord, all your life. ||1||

101 : 308

The Holy Saint has given me the Medicine of the Naam.

101 : 309

My sins have been cut out, and I have become pure.

101 : 310

I am filled with bliss, and all my pains have been taken away. All my suffering has been dispelled. ||2||

101 : 311

One who has my Beloved on his side, is liberated from the world–ocean.

101 : 312

One who recognizes the Guru practices Truth; why should he be afraid? ||3||

101 : 313

Since I found the Company of the Holy and met the Guru, the demon of pride has departed.

101 : 314

With each and every breath, Nanak sings the Lord's Praises. The True Guru has covered my sins. ||4||17||24||

101 : 315

Maajh, Fifth Mehl:

101 : 316

Through and through, the Lord is intermingled with His servant.

101 : 317

God, the Giver of Peace, cherishes His servant.

101 : 318

I carry the water, wave the fan, and grind the grain for the servant of my Lord and Master. ||1||

101 : 319

God has cut the noose from around my neck; He has placed me in His Service.

101 : 320

The Lord and Master's Command is pleasing to the mind of His servant.

101 : 321

He does that which pleases his Lord and Master. Inwardly and outwardly, the servant knows his Lord. ||2||

101 : 322

You are the All-knowing Lord and Master; You know all ways and means.

-- Raag Maajh – Part 008 --

## Raag Maajh – Part 009

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102 : 323

The servant of the Lord and Master enjoys the Love and Affection of the Lord.

102 : 324

That which belongs to the Lord and Master, belongs to His servant. The servant becomes distinguished in association with his Lord and Master. ||3||

102 : 325

He, whom the Lord and Master dresses in the robes of honor, is not called to answer for his account any longer.

102 : 326

Nanak is a sacrifice to that servant. He is the pearl of the deep and unfathomable Ocean of God. ||4||18||25||

102 : 327

Maajh, Fifth Mehl:

102 : 328

Everything is within the home of the self; there is nothing beyond.

102 : 329

One who searches outside is deluded by doubt.

102 : 330

By Guru's Grace, one who has found the Lord within is happy, inwardly and outwardly. ||1||

102 : 331

Slowly, gently, drop by drop, the stream of nectar trickles down within.

102 : 332

The mind drinks it in, hearing and reflecting on the Word of the Shabad.

102 : 333

It enjoys bliss and ecstasy day and night, and plays with the Lord forever and ever. ||2||

102 : 334

I have now been united with the Lord after having been separated and cut off from Him for so many lifetimes;

102 : 335

by the Grace of the Holy Saint, the dried-up branches have blossomed forth again in their greenery.

102 : 336

I have obtained this sublime understanding, and I meditate on the Naam; as Gurmukh, I have met the Lord. ||3||

102 : 337

As the waves of water merge again with the water,

102 : 338

so does my light merge again into the Light.

102 : 339

Says Nanak, the veil of illusion has been cut away, and I shall not go out wandering any more. ||4||19||26||

102 : 340

Maajh, Fifth Mehl:

102 : 341

I am a sacrifice to those who have heard of You.

102 : 342

I am a sacrifice to those whose tongues speak of You.

102 : 343

Again and again, I am a sacrifice to those who meditate on You with mind and body. ||1||

102 : 344

I wash the feet of those who walk upon Your Path.

102 : 345

With my eyes, I long to behold those kind people.

102 : 346

I offer my mind to those friends, who have met the Guru and found God. ||2||

102 : 347

Very fortunate are those who know You.

102 : 348

In the midst of all, they remain detached and balanced in Nirvaanaa.

102 : 349

In the Saadh Sangat, the Company of the Holy, they cross over the terrifying world–ocean, and conquer all their evil passions. ||3||

102 : 350

My mind has entered their Sanctuary.

102 : 351

I have renounced my pride in my own strength, and the darkness of emotional attachment.

102 : 352

Please bless Nanak with the Gift of the Naam, the Name of the Inaccessible and Unfathomable God. ||4||20||27||

102 : 353

Maajh, Fifth Mehl:

102 : 354

You are the tree; Your branches have blossomed forth.

102 : 355

From the very small and subtle, You have become huge and manifest.

102 : 356

You are the Ocean of Water, and You are the foam and the bubbles on its surface. I cannot see any other except You, Lord. ||1||

102 : 357

You are the thread, and You are also the beads.

102 : 358

You are the knot, and You are the primary bead of the maalaa.

102 : 359

In the beginning, in the middle and in the end, there is God. I cannot see any other except You, Lord. ||2||

102 : 360

You transcend all qualities, and You possess the supreme qualities. You are the Giver of peace.

102 : 361

You are detached in Nirvaanaa, and You are the Enjoyer, imbued with love.

102 : 362

You Yourself know Your Own Ways; You dwell upon Yourself. ||3||

102 : 363

You are the Master, and then again, You are the servant.

102 : 364

O God, You Yourself are the Manifest and the Unmanifest.

102 : 365

Slave Nanak sings Your Glorious Praises forever. Please, just for a moment, bless him with Your Glance of Grace. ||4||21||28||

-- Raag Maajh – Part 009 --



# Raag Maajh – Part 010

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103 : 366

Maajh, Fifth Mehl:

103 : 367

Blessed are those words, by which the Naam is chanted.

103 : 368

Rare are those who know this, by Guru's Grace.

103 : 369

Blessed is that time when one sings and hears the Lord's Name. Blessed and approved is the coming of such a one. ||1||

103 : 370

Those eyes which behold the Blessed Vision of the Lord's Darshan are approved and accepted.

103 : 371

Those hands which write the Praises of the Lord are good.

103 : 372

Those feet which walk in the Lord's Way are beautiful. I am a sacrifice to that Congregation in which the Lord is recognized. ||2||

103 : 373

Listen, O my beloved friends and companions:

103 : 374

in the Saadh Sangat, the Company of the Holy, you shall be saved in an instant.

103 : 375

Your sins will be cut out; your mind will be immaculate and pure. Your comings and goings shall cease. ||3||

103 : 376

With my palms pressed together, I offer this prayer:

103 : 377

please bless me with Your Mercy, and save this sinking stone.

103 : 378

God has become merciful to Nanak; God is pleasing to Nanak's mind. ||4||22||29||

103 : 379

Maajh, Fifth Mehl:

103 : 380

The Word of Your Bani, Lord, is Ambrosial Nectar.

103 : 381

Hearing it again and again, I am elevated to the supreme heights.

103 : 382

The burning within me has been extinguished, and my mind has been cooled and soothed, by the Blessed Vision of the True Guru. ||1||

103 : 383

Happiness is obtained, and sorrow runs far away,

103 : 384

when the Saints chant the Lord's Name.

103 : 385

The sea, the dry land, and the lakes are filled with the Water of the Lord's Name; no place is left empty. ||2||

103 : 386

The Creator has showered His Kindness;

103 : 387

He cherishes and nurtures all beings and creatures.

103 : 388

He is Merciful, Kind and Compassionate. All are satisfied and fulfilled through Him. ||3||

103 : 389

The woods, the meadows and the three worlds are rendered green.

103 : 390

The Doer of all did this in an instant.

103 : 391

As Gurmukh, Nanak meditates on the One who fulfills the desires of the mind. ||4||23||30||

103 : 392

Maajh, Fifth Mehl:

103 : 393

You are my Father, and You are my Mother.

103 : 394

You are my Relative, and You are my Brother.

103 : 395

You are my Protector everywhere; why should I feel any fear or anxiety? ||1||

103 : 396

By Your Grace, I recognize You.

103 : 397

You are my Shelter, and You are my Honor.

103 : 398

Without You, there is no other; the entire Universe is the Arena of Your Play. ||2||

103 : 399

You have created all beings and creatures.

103 : 400

As it pleases You, You assign tasks to one and all.

103 : 401

All things are Your Doing; we can do nothing ourselves. ||3||

103 : 402

Meditating on the Naam, I have found great peace.

103 : 403

Singing the Glorious Praises of the Lord, my mind is cooled and soothed.

103 : 404

Through the Perfect Guru, congratulations are pouring in—Nanak is victorious on the arduous battlefield of life! ||4||24||31||

103 : 405

Maajh, Fifth Mehl:

103 : 406

God is the Breath of Life of my soul, the Support of my mind.

103 : 407

His devotees live by singing the Glorious Praises of the Infinite Lord.

103 : 408

The Ambrosial Name of the Lord is the Treasure of Excellence. Meditating, meditating on the Lord's Name, I have found peace. ||1||

103 : 409

One whose heart's desires lead him from his own home to the Saadh Sangat, the Company of the Holy, shall be rid of the cycle of birth and death.

— Raag Maajh – Part 010 —

# Raag Maajh – Part 011

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104 : 410

His hopes and desires are fulfilled, when he gains the Blessed Vision of the Guru's Darshan. ||2||

104 : 411

The limits of the Inaccessible and Unfathomable Lord cannot be known.

104 : 412

The seekers, the Siddhas, those beings of miraculous spiritual powers, and the spiritual teachers, all meditate on Him.

104 : 413

Thus, their egos are erased, and their doubts are dispelled. The Guru has enlightened their minds. ||3||

104 : 414

I chant the Name of the Lord, the Treasure of bliss, joy, salvation, intuitive peace and poise.

104 : 415

When my Lord and Master blessed me with His Mercy, O Nanak, then His Name entered the home of my mind. ||4||25||32||

104 : 416

Maajh, Fifth Mehl:

104 : 417

Hearing of You, I live.

104 : 418

You are my Beloved, my Lord and Master, Utterly Great.

104 : 419

You alone know Your Ways; I grasp Your Support, Lord of the World. ||1||

104 : 420

Singing Your Glorious Praises, my mind is rejuvenated.

104 : 421

Hearing Your Sermon, all filth is removed.

104 : 422

Joining the Saadh Sangat, the Company of the Holy, I meditate forever on the Merciful Lord. ||2||

104 : 423

I dwell on my God with each and every breath.

104 : 424

This understanding has been implanted within my mind, by Guru's Grace.

104 : 425

By Your Grace, the Divine Light has dawned. The Merciful Lord cherishes everyone. ||3||

104 : 426

True, True, True is that God.

104 : 427

Forever, forever and ever, He Himself is.

104 : 428

Your Playful Ways are revealed, O my Beloved. Beholding them, Nanak is enraptured.  
||4||26||33||

104 : 429

Maajh, Fifth Mehl:

104 : 430

By His Command, the rain begins to fall.

104 : 431

The Saints and friends have met to chant the Naam.

104 : 432

Serene tranquility and peaceful ease have come; God Himself has brought a deep and profound peace. ||1||

104 : 433

God has produced everything in great abundance.

104 : 434

Granting His Grace, God has satisfied all.

104 : 435

Bless us with Your Gifts, O my Great Giver. All beings and creatures are satisfied. ||2||

104 : 436

True is the Master, and True is His Name.

104 : 437



By Guru's Grace, I meditate forever on Him.

104 : 438

The fear of birth and death has been dispelled; emotional attachment, sorrow and suffering have been erased. ||3||

104 : 439

With each and every breath, Nanak praises the Lord.

104 : 440

Meditating in remembrance on the Name, all bonds are cut away.

104 : 441

One's hopes are fulfilled in an instant, chanting the Glorious Praises of the Lord, Har, Har, Har. ||4||27||34||

104 : 442

Maajh, Fifth Mehl:

104 : 443

Come, dear friends, Saints and companions:

104 : 444

let us join together and sing the Glorious Praises of the Inaccessible and Infinite Lord.

104 : 445

Those who sing and hear these praises are liberated, so let us meditate on the One who created us. ||1||

104 : 446

The sins of countless incarnations depart,

104 : 447

and we receive the fruits of the mind's desires.

104 : 448

So meditate on that Lord, our True Lord and Master, who gives sustenance to all. ||2||

104 : 449

Chanting the Naam, all pleasures are obtained.

104 : 450

All fears are erased, meditating on the Name of the Lord, Har, Har.

104 : 451

One who serves the Lord swims across to the other side, and all his affairs are resolved.  
||3||

104 : 452

I have come to Your Sanctuary;

104 : 453

if it pleases You, unite me with You.

-- Raag Maajh – Part 011 --

## Raag Maajh – Part 012

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105 : 454

Show Your Mercy upon me, God; let me be committed to devotional worship. Nanak drinks in the Ambrosial Nectar of Truth. ||4||28||35||

105 : 455

Maajh, Fifth Mehl:

105 : 456

The Lord of the Universe, the Support of the earth, has become Merciful;

105 : 457

the rain is falling everywhere.

105 : 458

He is Merciful to the meek, always Kind and Gentle; the Creator has brought cooling relief. ||1||

105 : 459

He cherishes all His beings and creatures,

105 : 460

as the mother cares for her children.

105 : 461

The Destroyer of pain, the Ocean of Peace, the Lord and Master gives sustenance to all. ||2||

105 : 462

The Merciful Lord is totally pervading and permeating the water and the land.

105 : 463

I am forever devoted, a sacrifice to Him.

105 : 464

Night and day, I always meditate on Him; in an instant, He saves all. ||3||

105 : 465

God Himself protects all;

105 : 466

He drives out all sorrow and suffering.

105 : 467

Chanting the Naam, the Name of the Lord, the mind and body are rejuvenated. O Nanak, God has bestowed His Glance of Grace. ||4||29||36||

105 : 468

Maajh, Fifth Mehl:

105 : 469

Where the Naam, the Name of God the Beloved is chanted

105 : 470

–those barren places become mansions of gold.

105 : 471

Where the Naam, the Name of my Lord of the Universe is not chanted–those towns are like the barren wilderness. ||1||

105 : 472

One who meditates as he eats dry bread,

105 : 473

sees the Blessed Lord inwardly and outwardly.

105 : 474

Know this well, that one who eats and eats while practicing evil, is like a field of poisonous plants. ||2||

105 : 475

One who does not feel love for the Saints,

105 : 476

misbehaves in the company of the wicked shaaktas, the faithless cynics;

105 : 477

he wastes this human body, so difficult to obtain. In his ignorance, he tears up his own roots. ||3||

105 : 478

I seek Your Sanctuary, O my Lord, Merciful to the meek,

105 : 479

Ocean of Peace, my Guru, Sustainer of the world.

105 : 480

Show Your Mercy upon Nanak, that he may sing Your Glorious Praises; please, preserve my honor. ||4||30||37||

105 : 481

Maajh, Fifth Mehl:

105 : 482

I cherish in my heart the Feet of my Lord and Master.

105 : 483

All my troubles and sufferings have run away.

105 : 484

The music of intuitive peace, poise and tranquility wells up within; I dwell in the Saadh Sangat, the Company of the Holy. ||1||

105 : 485

The bonds of love with the Lord are never broken.

105 : 486

The Lord is totally permeating and pervading inside and out.

105 : 487

Meditating, meditating, meditating in remembrance on Him, singing His Glorious Praises, the noose of death is cut away. ||2||

105 : 488

The Ambrosial Nectar, the Unstruck Melody of Gurbani rains down continually;

105 : 489

deep within my mind and body, peace and tranquility have come.

105 : 490

Your humble servants remain satisfied and fulfilled, and the True Guru blesses them with encouragement and comfort. ||3||

105 : 491

We are His, and from Him, we receive our rewards.

105 : 492

Showring His Mercy upon us, God has united us with Him.

105 : 493

Our comings and goings have ended, and through great good fortune, O Nanak, our hopes are fulfilled. ||4||31||38||

105 : 494

Maajh, Fifth Mehl:

105 : 495

The rain has fallen; I have found the Transcendent Lord God.

105 : 496

All beings and creatures dwell in peace.

105 : 497

Suffering has been dispelled, and true happiness has dawned, as we meditate on the Name of the Lord, Har, Har. ||1||

105 : 498

The One, to whom we belong, cherishes and nurtures us.

105 : 499

The Supreme Lord God has become our Protector.

105 : 500

My Lord and Master has heard my prayer; my efforts have been rewarded. ||2||

-- Raag Maajh – Part 012 --



# Raag Maajh – Part 013

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106 : 501

He is the Giver of all souls.

106 : 502

By Guru's Grace, He blesses us with His Glance of Grace.

106 : 503

The beings in the water, on the land and in the sky are all satisfied; I wash the Feet of the Holy. ||3||

106 : 504

He is the Fulfiller of the desires of the mind.

106 : 505

Forever and ever, I am a sacrifice to Him.

106 : 506

O Nanak, the Destroyer of pain has given this Gift; I am imbued with the Love of the Delightful Lord. ||4||32||39||

106 : 507

Maajh, Fifth Mehl:

106 : 508

Mind and body are Yours; all wealth is Yours.

106 : 509

You are my God, my Lord and Master.

106 : 510

Body and soul and all riches are Yours. Yours is the Power, O Lord of the World. ||1||

106 : 511

Forever and ever, You are the Giver of Peace.

106 : 512

I bow down and fall at Your Feet.

106 : 513

I act as it pleases You, as You cause me to act, Kind and Compassionate Dear Lord. ||2||

106 : 514

O God, from You I receive; You are my decoration.

106 : 515

Whatever You give me, brings me happiness.

106 : 516

Wherever You keep me, is heaven. You are the Cherisher of all. ||3||

106 : 517

Meditating, meditating in remembrance, Nanak has found peace.

106 : 518

Twenty–four hours a day, I sing Your Glorious Praises.

106 : 519

All my hopes and desires are fulfilled; I shall never again suffer sorrow. ||4||33||40||

106 : 520

Maajh, Fifth Mehl:

106 : 521

The Supreme Lord God has unleashed the rain clouds.

106 : 522

Over the sea and over the land—over all the earth's surface, in all directions, He has brought the rain.

106 : 523

Peace has come, and the thirst of all has been quenched; there is joy and ecstasy everywhere. ||1||

106 : 524

He is the Giver of Peace, the Destroyer of pain.

106 : 525

He gives and forgives all beings.

106 : 526

He Himself nurtures and cherishes His Creation. I fall at His Feet and surrender to Him. ||2||

106 : 527

Seeking His Sanctuary, salvation is obtained.

106 : 528

With each and every breath, I meditate on the Lord's Name.

106 : 529

Without Him, there is no other Lord and Master. All places belong to Him. ||3||

106 : 530

Yours is the Honor, God, and Yours is the Power.

106 : 531

You are the True Lord and Master, the Ocean of Excellence.

106 : 532

Servant Nanak utters this prayer: may I meditate on You twenty–four hours a day.  
||4||34||41||

106 : 533

Maajh, Fifth Mehl:

106 : 534

All happiness comes, when God is pleased.

106 : 535

The Feet of the Perfect Guru dwell in my mind.

106 : 536

I am intuitively absorbed in the state of Samaadhi deep within. God alone knows this sweet pleasure. ||1||

106 : 537

My Lord and Master is Inaccessible and Unfathomable.

106 : 538

Deep within each and every heart, He dwells near and close at hand.

106 : 539

He is always detached; He is the Giver of souls. How rare is that person who understands his own self. ||2||

106 : 540

This is the sign of union with God:

106 : 541

in the mind, the Command of the True Lord is recognized.

106 : 542

Intuitive peace and poise, contentment, enduring satisfaction and bliss come through the Pleasure of the Master's Will. ||3||

106 : 543

God, the Great Giver, has given me His Hand.

106 : 544

He has erased all the sickness of birth and death.

106 : 545

O Nanak, those whom God has made His slaves, rejoice in the pleasure of singing the Kirtan of the Lord's Praises. ||4||35||42||

-- Raag Maajh – Part 013 --

# Raag Maajh – Part 014

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107 : 546

Maajh, Fifth Mehl:

107 : 547

The Life of the World, the Sustainer of the Earth, has showered His Mercy;

107 : 548

the Guru's Feet have come to dwell within my mind.

107 : 549

The Creator has made me His Own. He has destroyed the city of sorrow. ||1||

107 : 550

The True One abides within my mind and body;

107 : 551

no place seems difficult to me now.

107 : 552

All the evil-doers and enemies have now become my friends. I long only for my Lord and Master. ||2||

107 : 553

Whatever He does, He does all by Himself.

107 : 554

No one can know His Ways.

107 : 555

He Himself is the Helper and Support of His Saints. God has cast out my doubts and delusions. ||3||

107 : 556

His Lotus Feet are the Support of His humble servants.

107 : 557

Twenty–four hours a day, they deal in the Name of the Lord.

107 : 558

In peace and pleasure, they sing the Glorious Praises of the Lord of the Universe. O Nanak, God is permeating everywhere. ||4||36||43||

107 : 559

Maajh, Fifth Mehl:

107 : 560

True is that temple, within which one meditates on the True Lord.

107 : 561

Blessed is that heart, within which the Lord's Glorious Praises are sung.

107 : 562

Beautiful is that land, where the Lord's humble servants dwell. I am a sacrifice to the True Name. ||1||

107 : 563

The extent of the True Lord's Greatness cannot be known.

107 : 564

His Creative Power and His Bounties cannot be described.

107 : 565

Your humble servants live by meditating, meditating on You. Their minds treasure the True Word of the Shabad. ||2||

107 : 566

The Praises of the True One are obtained by great good fortune.

107 : 567

By Guru's Grace, the Glorious Praises of the Lord are sung.

107 : 568

Those who are imbued with Your Love are pleasing to You. The True Name is their Banner and Insignia. ||3||

107 : 569

No one knows the limits of the True Lord.

107 : 570

In all places and interspaces, the True One is pervading.

107 : 571

O Nanak, meditate forever on the True One, the Searcher of hearts, the Knower of all. ||4||37||44||

107 : 572

Maajh, Fifth Mehl:

107 : 573

Beautiful is the night, and beautiful is the day,



107 : 574

when one joins the Society of the Saints and chants the Ambrosial Naam.

107 : 575

If you remember the Lord in meditation for a moment, even for an instant, then your life will become fruitful and prosperous. ||1||

107 : 576

Remembering the Naam, the Name of the Lord, all sinful mistakes are erased.

107 : 577

Inwardly and outwardly, the Lord God is always with us.

107 : 578

Fear, dread and doubt have been dispelled by the Perfect Guru; now, I see God everywhere. ||2||

107 : 579

God is All-powerful, Vast, Lofty and Infinite.

107 : 580

The Naam is overflowing with the nine treasures.

107 : 581

In the beginning, in the middle, and in the end, there is God. Nothing else even comes close to Him. ||3||

107 : 582

Take pity on me, O my Lord, Merciful to the meek.

107 : 583

I am a beggar, begging for the dust of the feet of the Holy.

107 : 584

Servant Nanak begs for this gift: let me meditate on the Lord, forever and ever. ||4||38||45||

107 : 585

Maajh, Fifth Mehl:

107 : 586

You are here, and You are hereafter.

107 : 587

All beings and creatures were created by You.

107 : 588

Without You, there is no other, O Creator. You are my Support and my Protection. ||1||

107 : 589

The tongue lives by chanting and meditating on the Lord's Name.

107 : 590

The Supreme Lord God is the Inner-knower, the Searcher of hearts.

107 : 591

Those who serve the Lord find peace; they do not lose their lives in the gamble. ||2||

107 : 592

Your humble servant, who obtains the Medicine of the Naam,

-- Raag Maajh – Part 014 --



# Raag Maajh – Part 015

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108 : 593

is rid of the illnesses of countless lifetimes and incarnations.

108 : 594

So sing the Kirtan of the Lord's Praises, day and night. This is the most fruitful occupation.  
||3||

108 : 595

Bestowing His Glance of Grace, He has adorned His slave.

108 : 596

Deep within each and every heart, the Supreme Lord is humbly worshipped.

108 : 597

Without the One, there is no other at all. O Baba Nanak, this is the most excellent wisdom.  
||4||39||46||

108 : 598

Maajh, Fifth Mehl:

108 : 599

My mind and body are imbued with love for the Lord.

108 : 600

I sacrifice everything for Him.

108 : 601

Twenty–four hours a day, sing the Glorious Praises of the Lord of the Universe. Do not

forget Him, for even one breath. ||1||

108 : 602

He is a companion, a friend, and a beloved of mine,

108 : 603

who reflects upon the Lord's Name, in the Company of the Holy.

108 : 604

In the Saadh Sangat, the Company of the Holy, cross over the world–ocean, and the noose of death shall be cut away. ||2||

108 : 605

The four cardinal blessings are obtained by serving the Lord.

108 : 606

The Elysian Tree, the source of all blessings, is meditation on the Unseen and Unknowable Lord.

108 : 607

The Guru has cut out the sinful mistakes of sexual desire and anger, and my hopes have been fulfilled. ||3||

108 : 608

That mortal who is blessed by perfect destiny meets the Lord, the Sustainer of the Universe, in the Company of the Holy.

108 : 609

O Nanak, if the Naam, the Name of the Lord, dwells within the mind, one is approved and accepted, whether he is a house–holder or a renunciate. ||4||40||47||

108 : 610

Maajh, Fifth Mehl:

108 : 611

Meditating on the Naam, the Name of the Lord, my heart is filled with peace.

108 : 612

By His Grace, His devotees become famous and acclaimed.

108 : 613

Joining the Society of the Saints, I chant the Name of the Lord, Har, Har; the disease of laziness has disappeared. ||1||

108 : 614

O Siblings of Destiny, the nine treasures are found in the Home of the Lord;

108 : 615

He comes to meet those who deserve it by their past actions.

108 : 616

The Perfect Transcendent Lord is spiritual wisdom and meditation. God is All-powerful to do all things. ||2||

108 : 617

In an instant, He establishes and disestablishes.

108 : 618

He Himself is the One, and He Himself is the Many.

108 : 619

Filth does not stick to the Giver, the Life of the World. Gazing upon the Blessed Vision of His Darshan, the pain of separation departs. ||3||

108 : 620

Holding on to the hem of His Robe, the entire Universe is saved.

108 : 621

He Himself causes His Name to be chanted.

108 : 622

The Boat of the Guru is found by His Grace; O Nanak, such blessed destiny is pre-ordained. ||4||41||48||

108 : 623

Maajh, Fifth Mehl:

108 : 624

People do whatever the Lord inspires them to do.

108 : 625

Wherever He keeps us is a good place.

108 : 626

That person is clever and honorable, unto whom the Hukam of the Lord's Command seems sweet. ||1||

108 : 627

Everything is strung upon the One String of the Lord.

108 : 628

Those whom the Lord attaches, are attached to His Feet.

108 : 629

Those, whose inverted lotus of the crown chakra is illuminated, see the Immaculate Lord everywhere. ||2||

108 : 630

Only You Yourself know Your Glory.

108 : 631

You Yourself recognize Your Own Self.

108 : 632

I am a sacrifice to Your Saints, who have crushed their sexual desire, anger and greed. ||3||

108 : 633

You have no hatred or vengeance; Your Saints are immaculate and pure.

108 : 634

Seeing them, all sins depart.

108 : 635

Nanak lives by meditating, meditating on the Naam. His stubborn doubt and fear have departed. ||4||42||49||

— Raag Maajh – Part 015 —



# Raag Maajh – Part 016

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109 : 636

Maajh, Fifth Mehl:

109 : 637

One who asks for a false gift,

109 : 638

shall not take even an instant to die.

109 : 639

But one who continually serves the Supreme Lord God and meets the Guru, is said to be immortal. ||1||

109 : 640

One whose mind is dedicated to loving devotional worship

109 : 641

sings His Glorious Praises night and day, and remains forever awake and aware.

109 : 642

Taking him by the hand, the Lord and Master merges into Himself that person, upon whose forehead such destiny is written. ||2||

109 : 643

His Lotus Feet dwell in the minds of His devotees.

109 : 644

Without the Transcendent Lord, all are plundered.

109 : 645

I long for the dust of the feet of His humble servants. The Name of the True Lord is my decoration. ||3||

109 : 646

Standing up and sitting down, I sing the Name of the Lord, Har, Har.

109 : 647

Meditating in remembrance on Him, I obtain my Eternal Husband Lord.

109 : 648

God has become merciful to Nanak. I cheerfully accept Your Will. ||4||43||50||

109 : 649

Raag Maajh, Ashtapadees: First Mehl, First House:

109 : 650

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

109 : 651

By His Command, all are attuned to the Word of the Shabad,

109 : 652

and all are called to the Mansion of His Presence, the True Court of the Lord.

109 : 653

O my True Lord and Master, Merciful to the meek, my mind is pleased and appeased by the Truth. ||1||

109 : 654

I am a sacrifice, my soul is a sacrifice, to those who are adorned with the Word of the Shabad.

109 : 655

The Ambrosial Naam, the Name of the Lord, is forever the Giver of Peace. Through the Guru's Teachings, it dwells in the mind. ||1||Pause||

109 : 656

No one is mine, and I am no one else's.

109 : 657

The True Lord and Master of the three worlds is mine.

109 : 658

Acting in egotism, so very many have died. After making mistakes, they later repent and regret. ||2||

109 : 659

Those who recognize the Hukam of the Lord's Command chant the Glorious Praises of the Lord.

109 : 660

Through the Word of the Guru's Shabad, they are glorified with the Naam.

109 : 661

Everyone's account is kept in the True Court, and through the Beauty of the Naam, they are saved. ||3||

109 : 662

The self-willed manmukhs are deluded; they find no place of rest.

109 : 663

Bound and gagged at Death's Door, they are brutally beaten.

109 : 664

Without the Name, there are no companions or friends. Liberation comes only by meditating on the Naam. ||4||

109 : 665

The false shaaktas, the faithless cynics, do not like the Truth.

109 : 666

Bound by duality, they come and go in reincarnation.

109 : 667

No one can erase pre-recorded destiny; the Gurmukhs are liberated. ||5||

109 : 668

In this world of her parents' house, the young bride did not know her Husband.

109 : 669

Through falsehood, she has been separated from Him, and she cries out in misery.

109 : 670

Defrauded by demerits, she does not find the Mansion of the Lord's Presence. But through virtuous actions, her demerits are forgiven. ||6||

109 : 671

She, who knows her Beloved in her parents' house,

109 : 672

as Gurmukh, comes to understand the essence of reality; she contemplates her Lord.

109 : 673

Her comings and goings cease, and she is absorbed in the True Name. ||7||

109 : 674

The Gurmukhs understand and describe the Indescribable.

109 : 675

True is our Lord and Master; He loves the Truth.

109 : 676

Nanak offers this true prayer: singing His Glorious Praises, I merge with the True One.  
||8||1||

109 : 677

Maajh, Third Mehl, First House:

109 : 678

By His Mercy, we meet the True Guru.

-- Raag Maajh – Part 016 --

# Raag Maajh – Part 017

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110 : 679

Center your awareness on seva–selfless service–and focus your consciousness on the Word of the Shabad.

110 : 680

Subduing your ego, you shall find a lasting peace, and your emotional attachment to Maya will be dispelled. ||1||

110 : 681

I am a sacrifice, my soul is a sacrifice, I am totally devoted to the True Guru.

110 : 682

Through the Guru's Teachings, the Divine Light has dawned; I sing the Glorious Praises of the Lord, night and day. ||1||Pause||

110 : 683

Search your body and mind, and find the Name.

110 : 684

Restrain your wandering mind, and keep it in check.

110 : 685

Night and day, sing the Songs of the Guru's Bani; worship the Lord with intuitive devotion. ||2||

110 : 686

Within this body are countless objects.

110 : 687

The Gurmukh attains Truth, and comes to see them.

110 : 688

Beyond the nine gates, the Tenth Gate is found, and liberation is obtained. The Unstruck Melody of the Shabad vibrates. ||3||

110 : 689

True is the Master, and True is His Name.

110 : 690

By Guru's Grace, He comes to dwell within the mind.

110 : 691

Night and day, remain attuned to the Lord's Love forever, and you shall obtain understanding in the True Court. ||4||

110 : 692

Those who do not understand the nature of sin and virtue

110 : 693

are attached to duality; they wander around deluded.

110 : 694

The ignorant and blind people do not know the way; they come and go in reincarnation over and over again. ||5||

110 : 695

Serving the Guru, I have found eternal peace;

110 : 696

my ego has been silenced and subdued.

110 : 697

Through the Guru's Teachings, the darkness has been dispelled, and the heavy doors have been opened. ||6||

110 : 698

Subduing my ego, I have enshrined the Lord within my mind.

110 : 699

I focus my consciousness on the Guru's Feet forever.

110 : 700

By Guru's Grace, my mind and body are immaculate and pure; I meditate on the Immaculate Naam, the Name of the Lord. ||7||

110 : 701

From birth to death, everything is for You.

110 : 702

You bestow greatness upon those whom You have forgiven.

110 : 703

O Nanak, meditating forever on the Naam, you shall be blessed in both birth and death. ||8||1||2||

110 : 704

Maajh, Third Mehl:

110 : 705

My God is Immaculate, Inaccessible and Infinite.

110 : 706



Without a scale, He weighs the universe.

110 : 707

One who becomes Gurmukh, understands. Chanting His Glorious Praises, he is absorbed into the Lord of Virtue. ||1||

110 : 708

I am a sacrifice, my soul is a sacrifice, to those whose minds are filled with the Name of the Lord.

110 : 709

Those who are committed to Truth remain awake and aware night and day. They are honored in the True Court. ||1||Pause||

110 : 710

He Himself hears, and He Himself sees.

110 : 711

Those, upon whom He casts His Glance of Grace, become acceptable.

110 : 712

They are attached, whom the Lord Himself attaches; as Gurmukh, they live the Truth. ||2||

110 : 713

Those whom the Lord Himself misleads—whose hand can they take?

110 : 714

That which is pre-ordained, cannot be erased.

110 : 715

Those who meet the True Guru are very fortunate and blessed; through perfect karma, He is met. ||3||

110 : 716

The young bride is fast asleep in her parents' home, night and day.

110 : 717

She has forgotten her Husband Lord; because of her faults and demerits, she is abandoned.

110 : 718

She wanders around continually, crying out, night and day. Without her Husband Lord, she cannot get any sleep. ||4||

110 : 719

In this world of her parents' home, she may come to know the Giver of peace,

110 : 720

if she subdues her ego, and recognizes the Word of the Guru's Shabad.

110 : 721

Her bed is beautiful; she ravishes and enjoys her Husband Lord forever. She is adorned with the Decorations of Truth. ||5||

-- Raag Maajh – Part 017 --

## Raag Maajh – Part 018

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111 : 722

He created the 8.4 million species of beings.

111 : 723

Those, upon whom He casts His Glance of Grace, come to meet the Guru.

111 : 724

Shedding their sins, His servants are forever pure; at the True Court, they are beautified by the Naam, the Name of the Lord. ||6||

111 : 725

When they are called to settle their accounts, who will answer then?

111 : 726

There shall be no peace then, from counting out by twos and threes.

111 : 727

The True Lord God Himself forgives, and having forgiven, He unites them with Himself. ||7||

111 : 728

He Himself does, and He Himself causes all to be done.

111 : 729

Through the Shabad, the Word of the Perfect Guru, He is met.

111 : 730

O Nanak, through the Naam, greatness is obtained. He Himself unites in His Union. ||8||2||3||

111 : 731

Maajh, Third Mehl:

111 : 732

The One Lord Himself moves about imperceptibly.

111 : 733

As Gurmukh, I see Him, and then this mind is pleased and uplifted.

111 : 734

Renouncing desire, I have found intuitive peace and poise; I have enshrined the One within my mind. ||1||

111 : 735

I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the One.

111 : 736

Through the Guru's Teachings, my mind has come to its only home; it is imbued with the True Color of the Lord's Love. ||1||Pause||

111 : 737

This world is deluded; You Yourself have deluded it.

111 : 738

Forgetting the One, it has become engrossed in duality.

111 : 739

Night and day, it wanders around endlessly, deluded by doubt; without the Name, it suffers in pain. ||2||

111 : 740

Those who are attuned to the Love of the Lord, the Architect of Destiny

111 : 741

–by serving the Guru, they are known throughout the four ages.

111 : 742

Those, upon whom the Lord bestows greatness, are absorbed in the Name of the Lord. ||3||

111 : 743

Being in love with Maya, they do not think of the Lord.

111 : 744

Bound and gagged in the City of Death, they suffer in terrible pain.

111 : 745

Blind and deaf, they see nothing at all; the self-willed manmukhs rot away in sin. ||4||

111 : 746

Those, whom You attach to Your Love, are attuned to Your Love.

111 : 747

Through loving devotional worship, they become pleasing to Your Mind.

111 : 748

They serve the True Guru, the Giver of eternal peace, and all their desires are fulfilled. ||5||

111 : 749

O Dear Lord, I seek Your Sanctuary forever.

111 : 750

You Yourself forgive us, and bless us with Glorious Greatness.

111 : 751

The Messenger of Death does not draw near those who meditate on the Name of the Lord, Har, Har. ||6||

111 : 752

Night and day, they are attuned to His Love; they are pleasing to the Lord.

111 : 753

My God merges with them, and unites them in Union.

111 : 754

Forever and ever, O True Lord, I seek the Protection of Your Sanctuary; You Yourself inspire us to understand the Truth. ||7||

111 : 755

Those who know the Truth are absorbed in Truth.

111 : 756

They sing the Lord's Glorious Praises, and speak the Truth.

111 : 757

O Nanak, those who are attuned to the Naam remain unattached and balanced; in the home of the inner self, they are absorbed in the primal trance of deep meditation. ||8||3||4||

111 : 758

Maajh, Third Mehl:

111 : 759

One who dies in the Word of the Shabad is truly dead.

111 : 760

Death does not crush him, and pain does not afflict him.

111 : 761

His light merges and is absorbed into the Light, when he hears and merges in the Truth.  
||1||

111 : 762

I am a sacrifice, my soul is a sacrifice, to the Lord's Name, which brings us to glory.

111 : 763

One who serves the True Guru, and focuses his consciousness on Truth, following the Guru's Teachings, is absorbed in intuitive peace and poise. ||1||Pause||

111 : 764

This human body is transitory, and transitory are the garments it wears.

111 : 765

Attached to duality, no one attains the Mansion of the Lord's Presence.

-- Raag Maajh – Part 018 --

## Raag Maajh – Part 019

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112 : 766

Night and day, day and night, they burn. Without her Husband Lord, the soul-bride suffers in terrible pain. ||2||

112 : 767

Her body and her status shall not go with her to the world hereafter.

112 : 768

Where she is called to answer for her account, there, she shall be emancipated only by true actions.

112 : 769

Those who serve the True Guru shall prosper; here and hereafter, they are absorbed in the Naam. ||3||

112 : 770

She who adorns herself with the Love and the Fear of God,

112 : 771

by Guru's Grace, obtains the Mansion of the Lord's Presence as her home.

112 : 772

Night and day, day and night, she constantly ravishes and enjoys her Beloved. She is dyed in the permanent color of His Love. ||4||

112 : 773

The Husband Lord abides with everyone, always;

112 : 774



but how rare are those few who, by Guru's Grace, obtain His Glance of Grace.

112 : 775

My God is the Highest of the High; granting His Grace, He merges us into Himself. ||5||

112 : 776

This world is asleep in emotional attachment to Maya.

112 : 777

Forgetting the Naam, the Name of the Lord, it ultimately comes to ruin.

112 : 778

The One who put it to sleep shall also awaken it. Through the Guru's Teachings, understanding dawns. ||6||

112 : 779

One who drinks in this Nectar, shall have his delusions dispelled.

112 : 780

By Guru's Grace, the state of liberation is attained.

112 : 781

One who is imbued with devotion to the Lord, remains always balanced and detached. Subduing selfishness and conceit, he is united with the Lord. ||7||

112 : 782

He Himself creates, and He Himself assigns us to our tasks.

112 : 783

He Himself gives sustenance to the 8.4 million species of beings.

112 : 784

O Nanak, those who meditate on the Naam are atuned to Truth. They do that which is pleasing to His Will. ||8||4||5||

112 : 785

Maajh, Third Mehl:

112 : 786

Diamonds and rubies are produced deep within the self.

112 : 787

They are assayed and valued tthrough the Word of the Guru's Shabad.

112 : 788

Those who have gathered Truth, speak Truth; they apply the Touch–stone of Truth. ||1||

112 : 789

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Word of the Guru's Bani within their minds.

112 : 790

In the midst of the darkness of the world, they obtain the Immaculate One, and their light merges into the Light. ||1||Pause||

112 : 791

Within this body are countless vast vistas;

112 : 792

the Immaculate Naam is totally Inaccessible and Infinite.

112 : 793

He alone becomes Gurmukh and obtains it, whom the Lord forgives, and unites with Himself. ||2||

112 : 794

My Lord and Master implants the Truth.

112 : 795

By Guru's Grace, one's consciousness is attached to the Truth.

112 : 796

The Truest of the True is pervading everywhere; the true ones merge in Truth. ||3||

112 : 797

The True Carefree Lord is my Beloved.

112 : 798

He cuts out our sinful mistakes and evil actions;

112 : 799

with love and affection, meditate forever on Him. He implants the Fear of God and loving devotional worship within us. ||4||

112 : 800

Devotional worship is True, if it pleases the True Lord.

112 : 801

He Himself bestows it; He does not regret it later.

112 : 802

He alone is the Giver of all beings. The Lord kills with the Word of His Shabad, and then revives. ||5||

112 : 803

Other than You, Lord, nothing is mine.

112 : 804

I serve You, Lord, and I praise You.

112 : 805

You unite me with Yourself, O True God. Through perfect good karma You are obtained.  
||6||

112 : 806

For me, there is no other like You.

112 : 807

By Your Glance of Grace, my body is blessed and sanctified.

112 : 808

Night and day, the Lord takes care of us and protects us. The Gurmukhs are absorbed in intuitive peace and poise. ||7||

112 : 809

For me, there is no other as Great as You.

112 : 810

You Yourself create, and You Yourself destroy.

-- Raag Maajh – Part 019 --

## Raag Maajh – Part 020

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113 : 811

You Yourself create, destroy and adorn. O Nanak, we are adorned and embellished with the Naam. ||8||5||6||

113 : 812

Maajh, Third Mehl:

113 : 813

He is the Enjoyer of all hearts.

113 : 814

The Invisible, Inaccessible and Infinite is pervading everywhere.

113 : 815

Meditating on my Lord God, through the Word of the Guru's Shabad, I am intuitively absorbed in the Truth. ||1||

113 : 816

I am a sacrifice, my soul is a sacrifice, to those who implant the Word of the Guru's Shabad in their minds.

113 : 817

When someone understands the Shabad, then he wrestles with his own mind; subduing his desires, he merges with the Lord. ||1||Pause||

113 : 818

The five enemies are plundering the world.

113 : 819

The blind, self-willed manmukhs do not understand or appreciate this.

113 : 820

Those who become Gurmukh—their houses are protected. The five enemies are destroyed by the Shabad. ||2||

113 : 821

The Gurmukhs are forever imbued with love for the True One.

113 : 822

They serve God with intuitive ease. Night and day, they are intoxicated with His Love.

113 : 823

Meeting with their Beloved, they sing the Glorious Praises of the True one; they are honored in the Court of the Lord. ||3||

113 : 824

First, the One created Himself;

113 : 825

second, the sense of duality; third, the three-phased Maya.

113 : 826

The fourth state, the highest, is obtained by the Gurmukh, who practices Truth, and only Truth. ||4||

113 : 827

Everything which is pleasing to the True Lord is true.

113 : 828

Those who know the Truth merge in intuitive peace and poise.

113 : 829

The life–style of the Gurmukh is to serve the True Lord. He goes and blends with the True Lord. ||5||

113 : 830

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

113 : 831

Attached to duality, the world is distracted and distressed to death.

113 : 832

One who becomes Gurmukh knows only the One. Serving the One, peace is obtained. ||6||

113 : 833

All beings and creatures are in the Protection of Your Sanctuary.

113 : 834

You place the chessmen on the board; You see the imperfect and the perfect as well.

113 : 835

Night and day, You cause people to act; You unite them in Union with Yourself. ||7||

113 : 836

You Yourself unite, and You see Yourself close at hand.

113 : 837

You Yourself are totally pervading amongst all.

113 : 838

O Nanak, God Himself is pervading and permeating everywhere; only the Gurmukhs

understand this. ||8||6||7||

113 : 839

Maajh, Third Mehl:

113 : 840

The Nectar of the Guru's Bani is very sweet.

113 : 841

Rare are the Gurmukhs who see and taste it.

113 : 842

The Divine Light dawns within, and the supreme essence is found. In the True Court, the Word of the Shabad vibrates. ||1||

113 : 843

I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the Guru's Feet.

113 : 844

The True Guru is the True Pool of Nectar; bathing in it, the mind is washed clean of all filth. ||1||Pause||

113 : 845

Your limits, O True Lord, are not known to anyone.

113 : 846

Rare are those who, by Guru's Grace, focus their consciousness on You.

113 : 847

Praising You, I am never satisfied; such is the hunger I feel for the True Name. ||2||



113 : 848

I see only the One, and no other.

113 : 849

By Guru's Grace, I drink in the Ambrosial Nectar.

113 : 850

My thirst is quenched by the Word of the Guru's Shabad; I am absorbed in intuitive peace and poise. ||3||

113 : 851

The Priceless Jewel is discarded like straw;

113 : 852

the blind self-willed manmukhs are attached to the love of duality.

113 : 853

As they plant, so do they harvest. They shall not obtain peace, even in their dreams. ||4||

113 : 854

Those who are blessed with His Mercy find the Lord.

113 : 855

The Word of the Guru's Shabad abides in the mind.

-- Raag Maajh – Part 020 --

# Raag Maajh – Part 021

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114 : 856

Night and day, they remain in the Fear of God; conquering their fears, their doubts are dispelled. ||5||

114 : 857

Dispelling their doubts, they find a lasting peace.

114 : 858

By Guru's Grace, the supreme status is attained.

114 : 859

Deep within, they are pure, and their words are pure as well; intuitively, they sing the Glorious Praises of the Lord. ||6||

114 : 860

They recite the Simritees, the Shaastras and the Vedas,

114 : 861

but deluded by doubt, they do not understand the essence of reality.

114 : 862

Without serving the True Guru, they find no peace; they earn only pain and misery. ||7||

114 : 863

The Lord Himself acts; unto whom should we complain?

114 : 864

How can anyone complain that the Lord has made a mistake?

114 : 865

O Nanak, the Lord Himself does, and causes things to be done; chanting the Naam, we are absorbed in the Naam. ||8||7||8||

114 : 866

Maajh, Third Mehl:

114 : 867

He Himself imbues us with His Love, with effortless ease.

114 : 868

Through the Word of the Guru's Shabad, we are dyed in the color of the Lord's Love.

114 : 869

This mind and body are so imbued, and this tongue is dyed in the deep crimson color of the poppy. Through the Love and the Fear of God, we are dyed in this color. ||1||

114 : 870

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Fearless Lord within their minds.

114 : 871

By Guru's Grace, I meditate on the Fearless Lord; the Shabad has carried me across the poisonous world-ocean. ||1||Pause||

114 : 872

The idiotic self-willed manmukhs try to be clever,

114 : 873

but in spite of their bathing and washing, they shall not be acceptable.

114 : 874

As they came, so shall they go, regretting the mistakes they made. ||2||

114 : 875

The blind, self-willed manmukhs do not understand anything;

114 : 876

death was pre-ordained for them when they came into the world, but they do not understand.

114 : 877

The self-willed manmukhs may practice religious rituals, but they do not obtain the Name; without the Name, they lose this life in vain. ||3||

114 : 878

The practice of Truth is the essence of the Shabad.

114 : 879

Through the Perfect Guru, the gate of salvation is found.

114 : 880

So, night and day, listen to the Word of the Guru's Bani, and the Shabad. Let yourself be colored by this love. ||4||

114 : 881

The tongue, imbued with the Lord's Essence, delights in His Love.

114 : 882

My mind and body are enticed by the Lord's Sublime Love.

114 : 883

I have easily obtained my Darling Beloved; I am intuitively absorbed in celestial peace. ||5||

114 : 884

Those who have the Lord's Love within, sing His Glorious Praises;

114 : 885

through the Word of the Guru's Shabad, they are intuitively absorbed in celestial peace.

114 : 886

I am forever a sacrifice to those who dedicate their consciousness to the Guru's Service.  
||6||

114 : 887

The True Lord is pleased with Truth, and only Truth.

114 : 888

By Guru's Grace, one's inner being is deeply imbued with His Love.

114 : 889

Sitting in that blessed place, sing the Glorious Praises of the Lord, who Himself inspires us to accept His Truth. ||7||

114 : 890

That one, upon whom the Lord casts His Glance of Grace, obtains it.

114 : 891

By Guru's Grace, egotism departs.

114 : 892

O Nanak, that one, within whose mind the Name dwells, is honored in the True Court.  
||8||8||9||

114 : 893

Maajh Third Mehl:

114 : 894

Serving the True Guru is the greatest greatness.

114 : 895

The Dear Lord automatically comes to dwell in the mind.

114 : 896

The Dear Lord is the fruit-bearing tree; drinking in the Ambrosial Nectar, thirst is quenched. ||1||

114 : 897

I am a sacrifice, my soul is a sacrifice, to the one who leads me to join the True Congregation.

114 : 898

The Lord Himself unites me with the Sat Sangat, the True Congregation. Through the Word of the Guru's Shabad, I sing the Glorious Praises of the Lord. ||1||Pause||

-- Raag Maajh – Part 021 --

## Raag Maajh – Part 022

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115 : 899

I serve the True Guru; the Word of His Shabad is beautiful.

115 : 900

Through it, the Name of the Lord comes to dwell within the mind.

115 : 901

The Pure Lord removes the filth of egotism, and we are honored in the True Court. ||2||

115 : 902

Without the Guru, the Naam cannot be obtained.

115 : 903

The Siddhas and the seekers lack it; they weep and wail.

115 : 904

Without serving the True Guru, peace is not obtained; through perfect destiny, the Guru is found. ||3||

115 : 905

This mind is a mirror; how rare are those who, as Gurmukh, see themselves in it.

115 : 906

Rust does not stick to those who burn their ego.

115 : 907

The Unstruck Melody of the Bani resounds through the Pure Word of the Shabad; through the Word of the Guru's Shabad, we are absorbed into the True One. ||4||

115 : 908

Without the True Guru, the Lord cannot be seen.

115 : 909

Granting His Grace, He Himself has allowed me to see Him.

115 : 910

All by Himself, He Himself is permeating and pervading; He is intuitively absorbed in celestial peace. ||5||

115 : 911

One who becomes Gurmukh embraces love for the One.

115 : 912

Doubt and duality are burned away by the Word of the Guru's Shabad.

115 : 913

Within his body, he deals and trades, and obtains the Treasure of the True Name. ||6||

115 : 914

The life–style of the Gurmukh is sublime; he sings the Praises of the Lord.

115 : 915

The Gurmukh finds the gate of salvation.

115 : 916

Night and day, he is imbued with the Lord's Love. He sings the Lord's Glorious Praises, and he is called to the Mansion of His Presence. ||7||

115 : 917



The True Guru, the Giver, is met when the Lord leads us to meet Him.

115 : 918

Through perfect destiny, the Shabad is enshrined in the mind.

115 : 919

O Nanak, the greatness of the Naam, the Name of the Lord, is obtained by chanting the Glorious Praises of the True Lord. ||8||9||10||

115 : 920

Maajh, Third Mehl:

115 : 921

Those who lose their own selves obtain everything.

115 : 922

Through the Word of the Guru's Shabad, they enshrine Love for the True one.

115 : 923

They trade in Truth, they gather in Truth, and they deal only in Truth. ||1||

115 : 924

I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the Lord, night and day.

115 : 925

I am Yours, You are my Lord and Master. You bestow greatness through the Word of Your Shabad. ||1||Pause||

115 : 926

That time, that moment is totally beautiful,

115 : 927

when the True One becomes pleasing to my mind.

115 : 928

Serving the True One, true greatness is obtained. By Guru's Grace, the True One is obtained. ||2||

115 : 929

The food of spiritual love is obtained when the True Guru is pleased.

115 : 930

Other essences are forgotten, when the Lord's Essence comes to dwell in the mind.

115 : 931

Truth, contentment and intuitive peace and poise are obtained from the Bani, the Word of the Perfect Guru. ||3||

115 : 932

The blind and ignorant fools do not serve the True Guru;

115 : 933

how will they find the gate of salvation?

115 : 934

They die and die, over and over again, only to be reborn, over and over again. They are struck down at Death's Door. ||4||

115 : 935

Those who know the essence of the Shabad, understand their own selves.

115 : 936

Immaculate is the speech of those who chant the Word of the Shabad.

115 : 937

Serving the True One, they find a lasting peace; they enshrine the nine treasures of the Naam within their minds. ||5||

115 : 938

Beautiful is that place, which is pleasing to the Lord's Mind.

115 : 939

There, sitting in the Sat Sangat, the True Congregation, the Glorious Praises of the Lord are sung.

115 : 940

Night and day, the True One is praised; the Immaculate Sound–current of the Naad resounds there. ||6||

— Raag Maajh – Part 022 —

## Raag Maajh – Part 023

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116 : 941

The wealth of the self-willed manmukhs is false, and false is their ostentatious display.

116 : 942

They practice falsehood, and suffer terrible pain.

116 : 943

Deluded by doubt, they wander day and night; through birth and death, they lose their lives.  
||7||

116 : 944

My True Lord and Master is very dear to me.

116 : 945

The Shabad of the Perfect Guru is my Support.

116 : 946

O Nanak, one who obtains the Greatness of the Naam, looks upon pain and pleasure as one and the same. ||8||10||11||

116 : 947

Maajh, Third Mehl:

116 : 948

The four sources of creation are Yours; the spoken word is Yours.

116 : 949

Without the Name, all are deluded by doubt.

116 : 950

Serving the Guru, the Lord's Name is obtained. Without the True Guru, no one can receive it. ||1||

116 : 951

I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the Lord.

116 : 952

Through devotion to the Guru, the True One is found; He comes to abide in the mind, with intuitive ease. ||1||Pause||

116 : 953

Serving the True Guru, all things are obtained.

116 : 954

As are the desires one harbors, so are the rewards one receives.

116 : 955

The True Guru is the Giver of all things; through perfect destiny, He is met. ||2||

116 : 956

This mind is filthy and polluted; it does not meditate on the One.

116 : 957

Deep within, it is soiled and stained by the love of duality.

116 : 958

The egotists may go on pilgrimages to holy rivers, sacred shrines and foreign lands, but they only gather more of the dirt of egotism. ||3||

116 : 959

Serving the True Guru, filth and pollution are removed.

116 : 960

Those who focus their consciousness on the Lord remain dead while yet alive.

116 : 961

The True Lord is Pure; no filth sticks to Him. Those who are attached to the True One have their filth washed away. ||4||

116 : 962

Without the Guru, there is only pitch darkness.

116 : 963

The ignorant ones are blind—there is only utter darkness for them.

116 : 964

The maggots in manure do filthy deeds, and in filth they rot and putrefy. ||5||

116 : 965

Serving the Lord of Liberation, liberation is achieved.

116 : 966

The Word of the Shabad eradicates egotism and possessiveness.

116 : 967

So serve the Dear True Lord, night and day. By perfect good destiny, the Guru is found. ||6||

116 : 968

He Himself forgives and unites in His Union.

116 : 969

From the Perfect Guru, the Treasure of the Naam is obtained.

116 : 970

By the True Name, the mind is made true forever. Serving the True Lord, sorrow is driven out. ||7||

116 : 971

He is always close at hand—do not think that He is far away.

116 : 972

Through the Word of the Guru's Shabad, recognize the Lord deep within your own being.

116 : 973

O Nanak, through the Naam, glorious greatness is received. Through the Perfect Guru, the Naam is obtained. ||8||11||12||

116 : 974

Maajh, Third Mehl:

116 : 975

Those who are True here, are True hereafter as well.

116 : 976

That mind is true, which is attuned to the True Shabad.

116 : 977

They serve the True One, and practice Truth; they earn Truth, and only Truth. ||1||

116 : 978

I am a sacrifice, my soul is a sacrifice, to those whose minds are filled with the True Name.

116 : 979

They serve the True One, and are absorbed into the True One, singing the Glorious Praises of the True One. ||1||Pause||

116 : 980

The Pandits, the religious scholars read, but they do not taste the essence.

116 : 981

In love with duality and Maya, their minds wander, unfocused.

116 : 982

The love of Maya has displaced all their understanding; making mistakes, they live in regret. ||2||

116 : 983

But if they should meet the True Guru, then they obtain the essence of reality;

116 : 984

the Name of the Lord comes to dwell in their minds.

-- Raag Maajh – Part 023 --



## Raag Maajh – Part 024

---

117 : 985

Those who die in the Shabad and subdue their own minds, obtain the door of liberation. ||3||

117 : 986

They erase their sins, and eliminate their anger;

117 : 987

they keep the Guru's Shabad clasped tightly to their hearts.

117 : 988

Those who are attuned to Truth, remain balanced and detached forever. Subduing their egotism, they are united with the Lord. ||4||

117 : 989

Deep within the nucleus of the self is the jewel; we receive it only if the Lord inspires us to receive it.

117 : 990

The mind is bound by the three dispositions—the three modes of Maya.

117 : 991

Reading and reciting, the Pandits, the religious scholars, and the silent sages have grown weary, but they have not found the supreme essence of the fourth state. ||5||

117 : 992

The Lord Himself dyes us in the color of His Love.

117 : 993

Only those who are steeped in the Word of the Guru's Shabad are so imbued with His Love.

117 : 994

Imbued with the most beautiful color of the Lord's Love, they sing the Glorious Praises of the Lord, with great pleasure and joy. ||6||

117 : 995

To the Gurmukh, the True Lord is wealth, miraculous spiritual powers and strict self-discipline.

117 : 996

Through the spiritual wisdom of the Naam, the Name of the Lord, the Gurmukh is liberated.

117 : 997

The Gurmukh practices Truth, and is absorbed in the Truest of the True. ||7||

117 : 998

The Gurmukh realizes that the Lord alone creates, and having created, He destroys.

117 : 999

To the Gurmukh, the Lord Himself is social class, status and all honor.

117 : 1000

O Nanak, the Gurmukhs meditate on the Naam; through the Naam, they merge in the Naam. ||8||12||13||

117 : 1001

Maajh, Third Mehl:

117 : 1002

Creation and destruction happen through the Word of the Shabad.

117 : 1003

Through the Shabad, creation happens again.

117 : 1004

The Gurmukh knows that the True Lord is all-pervading. The Gurmukh understands creation and merger. ||1||

117 : 1005

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Perfect Guru within their minds.

117 : 1006

From the Guru comes peace and tranquility; worship Him with devotion, day and night. Chanting His Glorious Praises, merge into the Glorious Lord. ||1||Pause||

117 : 1007

The Gurmukh sees the Lord on the earth, and the Gurmukh sees Him in the water.

117 : 1008

The Gurmukh sees Him in wind and fire; such is the wonder of His Play.

117 : 1009

One who has no Guru, dies over and over again, only to be re-born. One who has no Guru continues coming and going in reincarnation. ||2||

117 : 1010

The One Creator has set this play in motion.

117 : 1011

In the frame of the human body, He has placed all things.

117 : 1012

Those few who are pierced through by the Word of the Shabad, obtain the Mansion of the Lord's Presence. He calls them into His Wondrous Palace. ||3||

117 : 1013

True is the Banker, and true are His traders.

117 : 1014

They purchase Truth, with infinite love for the Guru.

117 : 1015

They deal in Truth, and they practice Truth. They earn Truth, and only Truth. ||4||

117 : 1016

Without investment capital, how can anyone acquire merchandise?

117 : 1017

The self-willed manmukhs have all gone astray.

117 : 1018

Without true wealth, everyone goes empty-handed; going empty-handed, they suffer in pain. ||5||

117 : 1019

Some deal in Truth, through love of the Guru's Shabad.

117 : 1020

They save themselves, and save all their ancestors as well.

117 : 1021

Very auspicious is the coming of those who meet their Beloved and find peace. ||6||

117 : 1022

Deep within the self is the secret, but the fool looks for it outside.

117 : 1023

The blind self-willed manmukhs wander around like demons;

117 : 1024

but where the secret is, there, they do not find it. The manmukhs are deluded by doubt. ||7||

117 : 1025

He Himself calls us, and bestows the Word of the Shabad.

117 : 1026

The soul-bride finds intuitive peace and poise in the Mansion of the Lord's Presence.

117 : 1027

O Nanak, she obtains the glorious greatness of the Naam; she hears it again and again, and she meditates on it. ||8||13||14||

117 : 1028

Maajh, Third Mehl:

117 : 1029

The True Guru has imparted the True Teachings.

— Raag Maajh – Part 024 —

## Raag Maajh – Part 025

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118 : 1030

Think of the Lord, who shall be your Help and Support in the end.

118 : 1031

The Lord is Inaccessible and Incomprehensible. He has no master, and He is not born. He is obtained through love of the True Guru. ||1||

118 : 1032

I am a sacrifice, my soul is a sacrifice, to those who eliminate selfishness and conceit.

118 : 1033

They eradicate selfishness and conceit, and then find the Lord; they are intuitively immersed in the Lord. ||1||Pause||

118 : 1034

According to their pre-ordained destiny, they act out their karma.

118 : 1035

Serving the True Guru, a lasting peace is found.

118 : 1036

Without good fortune, the Guru is not found. Through the Word of the Shabad, they are united in the Lord's Union. ||2||

118 : 1037

The Gurmukhs remain unaffected in the midst of the world.

118 : 1038

The Guru is their cushion, and the Naam, the Name of the Lord, is their Support.

118 : 1039

Who can oppress the Gurmukh? One who tries shall perish, writhing in pain. ||3||

118 : 1040

The blind self-willed manmukhs have no understanding at all.

118 : 1041

They are the assassins of the self, and the butchers of the world.

118 : 1042

By continually slandering others, they carry a terrible load, and they carry the loads of others for nothing. ||4||

118 : 1043

This world is a garden, and my Lord God is the Gardener.

118 : 1044

He always takes care of it—nothing is exempt from His Care.

118 : 1045

As is the fragrance which He bestows, so is the fragrant flower known. ||5||

118 : 1046

The self-willed manmukhs are sick and diseased in the world.

118 : 1047

They have forgotten the Giver of peace, the Unfathomable, the Infinite.

118 : 1048

These miserable people wander endlessly, crying out in pain; without the Guru, they find no peace. ||6||

118 : 1049

The One who created them, knows their condition.

118 : 1050

And if He inspires them, then they realize the Hukam of His Command.

118 : 1051

Whatever He places within them, that is what prevails, and so they outwardly appear. ||7||

118 : 1052

I know of no other except the True One.

118 : 1053

Those, whom the Lord attaches to Himself, become pure.

118 : 1054

O Nanak, the Naam, the Name of the Lord, abides deep within the heart of those, unto whom He has given it. ||8||14||15||

118 : 1055

Maajh, Third Mehl:

118 : 1056

Enshrining the Ambrosial Naam, the Name of the Lord, in the mind,

118 : 1057



all the pains of egotism, selfishness and conceit are eliminated.

118 : 1058

By continually praising the Ambrosial Bani of the Word, I obtain the Amrit, the Ambrosial Nectar. ||1||

118 : 1059

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Ambrosial Bani of the Word within their minds.

118 : 1060

Enshrining the Ambrosial Bani in their minds, they meditate on the Ambrosial Naam. ||1||Pause||

118 : 1061

Those who continually chant the Ambrosial Words of Nectar see and behold this Amrit everywhere with their eyes.

118 : 1062

They continually chant the Ambrosial Sermon day and night; chanting it, they cause others to hear it. ||2||

118 : 1063

Imbued with the Ambrosial Love of the Lord, they lovingly focus their attention on Him.

118 : 1064

By Guru's Grace, they receive this Amrit.

118 : 1065

They chant the Ambrosial Name with their tongues day and night; their minds and bodies are satisfied by this Amrit. ||3||

118 : 1066

That which God does is beyond anyone's consciousness;

118 : 1067

no one can erase the Hukam of His Command.

118 : 1068

By His Command, the Ambrosial Bani of the Word prevails, and by His Command, we drink in the Amrit. ||4||

118 : 1069

The actions of the Creator Lord are marvellous and wonderful.

118 : 1070

This mind is deluded, and goes around the wheel of reincarnation.

118 : 1071

Those who focus their consciousness on the Ambrosial Bani of the Word, hear the vibrations of the Ambrosial Word of the Shabad. ||5||

-- Raag Maajh – Part 025 --

## Raag Maajh – Part 026

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119 : 1072

You Yourself created the counterfeit and the genuine.

119 : 1073

You Yourself appraise all people.

119 : 1074

You appraise the true, and place them in Your Treasury; You consign the false to wander in delusion. ||6||

119 : 1075

How can I behold You? How can I praise You?

119 : 1076

By Guru's Grace, I praise You through the Word of the Shabad.

119 : 1077

In Your Sweet Will, the Amrit is found; by Your Will, You inspire us to drink in this Amrit. ||7||

119 : 1078

The Shabad is Amrit; the Lord's Bani is Amrit.

119 : 1079

Serving the True Guru, it permeates the heart.

119 : 1080

O Nanak, the Ambrosial Naam is forever the Giver of peace; drinking in this Amrit, all hunger is satisfied. ||8||15||16||

119 : 1081

Maajh, Third Mehl:

119 : 1082

The Ambrosial Nectar rains down, softly and gently.

119 : 1083

How rare are those Gurmukhs who find it.

119 : 1084

Those who drink it in are satisfied forever. Showering His Mercy upon them, the Lord quenches their thirst. ||1||

119 : 1085

I am a sacrifice, my soul is a sacrifice, to those Gurmukhs who drink in this Ambrosial Nectar.

119 : 1086

The tongue tastes the essence, and remains forever imbued with the Lord's Love, intuitively singing the Glorious Praises of the Lord. ||1||Pause||

119 : 1087

By Guru's Grace, intuitive understanding is obtained;

119 : 1088

subduing the sense of duality, they are in love with the One.

119 : 1089

When He bestows His Glance of Grace, then they sing the Glorious Praises of the Lord; by His Grace, they merge in Truth. ||2||

119 : 1090

Above all is Your Glance of Grace, O God.

119 : 1091

Upon some it is bestowed less, and upon others it is bestowed more.

119 : 1092

Without You, nothing happens at all; the Gurmukhs understand this. ||3||

119 : 1093

The Gurmukhs contemplate the essence of reality;

119 : 1094

Your Treasures are overflowing with Ambrosial Nectar.

119 : 1095

Without serving the True Guru, no one obtains it. It is obtained only by Guru's Grace. ||4||

119 : 1096

Those who serve the True Guru are beautiful.

119 : 1097

The Ambrosial Naam, the Name of the Lord, entices their inner minds.

119 : 1098

Their minds and bodies are attuned to the Ambrosial Bani of the Word; this Ambrosial Nectar is intuitively heard. ||5||

119 : 1099

The deluded, self-willed manmukhs are ruined through the love of duality.

119 : 1100

They do not chant the Naam, and they die, eating poison.

119 : 1101

Night and day, they continually sit in manure. Without selfless service, their lives are wasted away. ||6||

119 : 1102

They alone drink in this Amrit, whom the Lord Himself inspires to do so.

119 : 1103

By Guru's Grace, they intuitively enshrine love for the Lord.

119 : 1104

The Perfect Lord is Himself perfectly pervading everywhere; through the Guru's Teachings, He is perceived. ||7||

119 : 1105

He Himself is the Immaculate Lord.

119 : 1106

He who has created, shall Himself destroy.

119 : 1107

O Nanak, remember the Naam forever, and you shall merge into the True One with intuitive ease. ||8||16||17||

119 : 1108

Maajh, Third Mehl:

119 : 1109

Those who please You are linked to the Truth.

119 : 1110

They serve the True One forever, with intuitive ease.

119 : 1111

Through the True Word of the Shabad, they praise the True One, and they merge in the merging of Truth. ||1||

119 : 1112

I am a sacrifice, my soul is a sacrifice, to those who praise the True One.

119 : 1113

Those who meditate on the True One are attuned to Truth; they are absorbed into the Truest of the True. ||1||Pause||

119 : 1114

The True One is everywhere, wherever I look.

119 : 1115

By Guru's Grace, I enshrine Him in my mind.

119 : 1116

True are the bodies of those whose tongues are attuned to Truth. They hear the Truth, and speak it with their mouths. ||2||

-- Raag Maajh – Part 026 --

## Raag Maajh – Part 027

---

120 : 1117

Subduing their desires, they merge with the True One;

120 : 1118

they see in their minds that everyone comes and goes in reincarnation.

120 : 1119

Serving the True Guru, they become stable forever, and they obtain their dwelling in the home of the self. ||3||

120 : 1120

Through the Word of the Guru's Shabad, the Lord is seen within one's own heart.

120 : 1121

Through the Shabad, I have burned my emotional attachment to Maya.

120 : 1122

I gaze upon the Truest of the True, and I praise Him. Through the Word of the Guru's Shabad, I obtain the True One. ||4||

120 : 1123

Those who are attuned to Truth are blessed with the Love of the True One.

120 : 1124

Those who praise the Lord's Name are very fortunate.

120 : 1125

Through the Word of His Shabad, the True One blends with Himself, those who join the



True Congregation and sing the Glorious Praises of the True One. ||5||

120 : 1126

We could read the account of the Lord, if He were in any account.

120 : 1127

He is Inaccessible and Incomprehensible; through the Shabad, understanding is obtained.

120 : 1128

Night and day, praise the True Word of the Shabad. There is no other way to know His Worth. ||6||

120 : 1129

People read and recite until they grow weary, but they do not find peace.

120 : 1130

Consumed by desire, they have no understanding at all.

120 : 1131

They purchase poison, and they are thirsty with their fascination for poison. Telling lies, they eat poison. ||7||

120 : 1132

By Guru's Grace, I know the One.

120 : 1133

Subduing my sense of duality, my mind is absorbed into the True One.

120 : 1134

O Nanak, the One Name is pervading deep within my mind; by Guru's Grace, I receive it. ||8||17||18||

120 : 1135

Maajh, Third Mehl:

120 : 1136

In all colors and forms, You are pervading.

120 : 1137

People die over and over again; they are re-born, and make their rounds on the wheel of reincarnation.

120 : 1138

You alone are Eternal and Unchanging, Inaccessible and Infinite. Through the Guru's Teachings, understanding is imparted. ||1||

120 : 1139

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Lord's Name in their minds.

120 : 1140

The Lord has no form, features or color. Through the Guru's Teachings, He inspires us to understand Him. ||1||Pause||

120 : 1141

The One Light is all-pervading; only a few know this.

120 : 1142

Serving the True Guru, this is revealed.

120 : 1143

In the hidden and in the obvious, He is pervading all places. Our light merges into the Light. ||2||

120 : 1144

The world is burning in the fire of desire,

120 : 1145

in greed, arrogance and excessive ego.

120 : 1146

People die over and over again; they are re-born, and lose their honor. They waste away their lives in vain. ||3||

120 : 1147

Those who understand the Word of the Guru's Shabad are very rare.

120 : 1148

Those who subdue their egotism, come to know the three worlds.

120 : 1149

Then, they die, never to die again. They are intuitively absorbed in the True One. ||4||

120 : 1150

They do not focus their consciousness on Maya again.

120 : 1151

They remain absorbed forever in the Word of the Guru's Shabad.

120 : 1152

They praise the True One, who is contained deep within all hearts. They are blessed and exalted by the Truest of the True. ||5||

120 : 1153

Praise the True One, who is Ever-present.

120 : 1154

Through the Word of the Guru's Shabad, He is pervading everywhere.

120 : 1155

By Guru's Grace, we come to behold the True One; from the True One, peace is obtained.  
||6||

120 : 1156

The True One permeates and pervades the mind within.

120 : 1157

The True One is Eternal and Unchanging; He does not come and go in reincarnation.

120 : 1158

Those who are attached to the True One are immaculate and pure. Through the Guru's Teachings, they merge in the True One. ||7||

120 : 1159

Praise the True One, and no other.

120 : 1160

Serving Him, eternal peace is obtained.

-- Raag Maajh – Part 027 --

## Raag Maajh – Part 028

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121 : 1161

O Nanak, those who are attuned to the Naam, reflect deeply on the Truth; they practice only Truth. ||8||18||19||

121 : 1162

Maajh, Third Mehl:

121 : 1163

The Word of the Shabad is Immaculate and Pure; the Bani of the Word is Pure.

121 : 1164

The Light which is pervading among all is Immaculate.

121 : 1165

So praise the Immaculate Word of the Lord's Bani; chanting the Immaculate Name of the Lord, all filth is washed away. ||1||

121 : 1166

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Giver of peace within their minds.

121 : 1167

Praise the Immaculate Lord, through the Word of the Guru's Shabad. Listen to the Shabad, and quench your thirst. ||1||Pause||

121 : 1168

When the Immaculate Naam comes to dwell in the mind,

121 : 1169

the mind and body become Immaculate, and emotional attachment to Maya departs.

121 : 1170

Sing the Glorious Praises of the Immaculate True Lord forever, and the Immaculate Sound–current of the Naad shall vibrate within. ||2||

121 : 1171

The Immaculate Ambrosial Nectar is obtained from the Guru.

121 : 1172

When selfishness and conceit are eradicated from within, then there is no attachment to Maya.

121 : 1173

Immaculate is the spiritual wisdom, and utterly immaculate is the meditation, of those whose minds are filled with the Immaculate Bani of the Word. ||3||

121 : 1174

One who serves the Immaculate Lord becomes immaculate.

121 : 1175

Through the Word of the Guru's Shabad, the filth of egotism is washed away.

121 : 1176

The Immaculate Bani and the Unstruck Melody of the Sound–current vibrate, and in the True Court, honor is obtained. ||4||

121 : 1177

Through the Immaculate Lord, all become immaculate.

121 : 1178

Immaculate is the mind which weaves the Word of the Lord's Shabad into itself.

121 : 1179

Blessed and very fortunate are those who are committed to the Immaculate Name; through the Immaculate Name, they are blessed and beautified. ||5||

121 : 1180

Immaculate is the one who is adorned with the Shabad.

121 : 1181

The Immaculate Naam, the Name of the Lord, entices the mind and body.

121 : 1182

No filth ever attaches itself to the True Name; one's face is made radiant by the True One. ||6||

121 : 1183

The mind is polluted by the love of duality.

121 : 1184

Filthy is that kitchen, and filthy is that dwelling;

121 : 1185

eating filth, the self-willed manmukhs become even more filthy. Because of their filth, they suffer in pain. ||7||

121 : 1186

The filthy, and the immaculate as well, are all subject to the Hukam of God's Command.

121 : 1187

They alone are immaculate, who are pleasing to the True Lord.

121 : 1188

O Nanak, the Naam abides deep within the minds of the Gurmukhs, who are cleansed of all their filth. ||8||19||20||

121 : 1189

Maajh, Third Mehl:

121 : 1190

The Lord of the Universe is radiant, and radiant are His soul–swans.

121 : 1191

Their minds and their speech are immaculate; they are my hope and ideal.

121 : 1192

Their minds are radiant, and their faces are always beautiful; they meditate on the most radiant Naam, the Name of the Lord. ||1||

121 : 1193

I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the Lord of the Universe.

121 : 1194

So chant Gobind, Gobind, the Lord of the Universe, day and night; sing the Glorious Praises of the Lord Gobind, through the Word of His Shabad. ||1||Pause||

121 : 1195

Sing of the Lord Gobind with intuitive ease,

121 : 1196

in the Fear of the Guru; you shall become radiant, and the filth of egotism shall depart.



121 : 1197

Remain in bliss forever, and perform devotional worship, day and night. Hear and sing the Glorious Praises of the Lord Gobind. ||2||

121 : 1198

Channel your dancing mind in devotional worship,

121 : 1199

and through the Word of the Guru's Shabad, merge your mind with the Supreme Mind.

121 : 1200

Let your true and perfect tune be the subjugation of your love of Maya, and let yourself dance to the Shabad. ||3||

121 : 1201

People shout out loud and move their bodies,

121 : 1202

but if they are emotionally attached to Maya, then the Messenger of Death shall hunt them down.

— Raag Maajh – Part 028 —

## Raag Maajh – Part 029

---

122 : 1203

The love of Maya makes this mind dance, and the deceit within makes people suffer in pain. ||4||

122 : 1204

When the Lord inspires one to become Gurmukh, and perform devotional worship,

122 : 1205

then his body and mind are attuned to His Love with intuitive ease.

122 : 1206

The Word of His Bani vibrates, and the Word of His Shabad resounds, for the Gurmukh whose devotional worship is accepted. ||5||

122 : 1207

One may beat upon and play all sorts of instruments,

122 : 1208

but no one will listen, and no one will enshrine it in the mind.

122 : 1209

For the sake of Maya, they set the stage and dance, but they are in love with duality, and they obtain only sorrow. ||6||

122 : 1210

Those whose inner beings are attached to the Lord's Love are liberated.

122 : 1211

They control their sexual desires, and their lifestyle is the self-discipline of Truth.

122 : 1212

Through the Word of the Guru's Shabad, they meditate forever on the Lord. This devotional worship is pleasing to the Lord. ||7||

122 : 1213

To live as Gurmukh is devotional worship, throughout the four ages.

122 : 1214

This devotional worship is not obtained by any other means.

122 : 1215

O Nanak, the Naam, the Name of the Lord, is obtained only through devotion to the Guru. So focus your consciousness on the Guru's Feet. ||8||20||21||

122 : 1216

Maajh, Third Mehl:

122 : 1217

Serve the True One, and praise the True One.

122 : 1218

With the True Name, pain shall never afflict you.

122 : 1219

Those who serve the Giver of peace find peace. They enshrine the Guru's Teachings within their minds. ||1||

122 : 1220

I am a sacrifice, my soul is a sacrifice, to those who intuitively enter into the peace of Samaadhi.

122 : 1221

Those who serve the Lord are always beautiful. The glory of their intuitive awareness is beautiful. ||1||Pause||

122 : 1222

All call themselves Your devotees,

122 : 1223

but they alone are Your devotees, who are pleasing to Your mind.

122 : 1224

Through the True Word of Your Bani, they praise You; attuned to Your Love, they worship You with devotion. ||2||

122 : 1225

All are Yours, O Dear True Lord.

122 : 1226

Meeting the Gurmukh, this cycle of reincarnation comes to an end.

122 : 1227

When it pleases Your Will, then we merge in the Name. You Yourself inspire us to chant the Name. ||3||

122 : 1228

Through the Guru's Teachings, I enshrine the Lord within my mind.

122 : 1229

Pleasure and pain, and all emotional attachments are gone.

122 : 1230

I am lovingly centered on the One Lord forever. I enshrine the Lord's Name within my mind. ||4||

122 : 1231

Your devotees are attuned to Your Love; they are always joyful.

122 : 1232

The nine treasures of the Naam come to dwell within their minds.

122 : 1233

By perfect destiny, they find the True Guru, and through the Word of the Shabad, they are united in the Lord's Union. ||5||

122 : 1234

You are Merciful, and always the Giver of peace.

122 : 1235

You Yourself unite us; You are known only to the Gurmukhs.

122 : 1236

You Yourself bestow the glorious greatness of the Naam; attuned to the Naam, we find peace. ||6||

122 : 1237

Forever and ever, O True Lord, I praise You.

122 : 1238

As Gurmukh, I know no other at all.

122 : 1239

My mind remains immersed in the One Lord; my mind surrenders to Him, and in my mind I meet Him. ||7||

122 : 1240

One who becomes Gurmukh, praises the Lord.

122 : 1241

Our True Lord and Master is Carefree.

122 : 1242

O Nanak, the Naam, the Name of the Lord, abides deep within the mind; through the Word of the Guru's Shabad, we merge with the Lord. ||8||21||22||

122 : 1243

Maajh, Third Mehl:

122 : 1244

Your devotees look beautiful in the True Court.

122 : 1245

Through the Word of the Guru's Shabad, they are adorned with the Naam.

122 : 1246

They are forever in bliss, day and night; chanting the Glorious Praises of the Lord, they merge with the Lord of Glory. ||1||

-- Raag Maajh – Part 029 --

## Raag Maajh – Part 030

---

123 : 1247

I am a sacrifice, my soul is a sacrifice, to those who hear and enshrine the Naam within their minds.

123 : 1248

The Dear Lord, the True One, the Highest of the High, subdues their ego and blends them with Himself. ||1||Pause||

123 : 1249

True is the Dear Lord, and True is His Name.

123 : 1250

By Guru's Grace, some merge with Him.

123 : 1251

Through the Word of the Guru's Shabad, those who merge with the Lord shall not be separated from Him again. They merge with intuitive ease into the True Lord. ||2||

123 : 1252

There is nothing beyond You;

123 : 1253

You are the One who does, sees, and knows.

123 : 1254

The Creator Himself acts, and inspires others to act. Through the Guru's Teachings, He blends us into Himself. ||3||

123 : 1255

The virtuous soul–bride finds the Lord;

123 : 1256

she decorates herself with the Love and the Fear of God.

123 : 1257

She who serves the True Guru is forever a happy soul–bride. She is absorbed in the true teachings. ||4||

123 : 1258

Those who forget the Word of the Shabad have no home and no place of rest.

123 : 1259

They are deluded by doubt, like a crow in a deserted house.

123 : 1260

They forfeit both this world and the next, and they pass their lives suffering in pain and misery. ||5||

123 : 1261

Writing on and on endlessly, they run out of paper and ink.

123 : 1262

Through the love with duality, no one has found peace.

123 : 1263

They write falsehood, and they practice falsehood; they are burnt to ashes by focusing their consciousness on falsehood. ||6||

123 : 1264

The Gurmukhs write and reflect on Truth, and only Truth.



123 : 1265

The true ones find the gate of salvation.

123 : 1266

True is their paper, pen and ink; writing Truth, they are absorbed in the True One. ||7||

123 : 1267

My God sits deep within the self; He watches over us.

123 : 1268

Those who meet the Lord, by Guru's Grace, are acceptable.

123 : 1269

O Nanak, glorious greatness is received through the Naam, which is obtained through the Perfect Guru. ||8||22||23||

123 : 1270

Maajh, Third Mehl:

123 : 1271

The Divine Light of the Supreme Soul shines forth from the Guru.

123 : 1272

The filth stuck to the ego is removed through the Word of the Guru's Shabad.

123 : 1273

One who is imbued with devotional worship to the Lord night and day becomes pure. Worshipping the Lord, He is obtained. ||1||

123 : 1274

I am a sacrifice, my soul is a sacrifice, to those who themselves worship the Lord, and inspire others to worship Him as well.

123 : 1275

I humbly bow to those devotees who chant the Glorious Praises of the Lord, night and day. ||1||Pause||

123 : 1276

The Creator Lord Himself is the Doer of deeds.

123 : 1277

As He pleases, He applies us to our tasks.

123 : 1278

Through perfect destiny, we serve the Guru; serving the Guru, peace is found. ||2||

123 : 1279

Those who die, and remain dead while yet alive, obtain it.

123 : 1280

By Guru's Grace, they enshrine the Lord within their minds.

123 : 1281

Enshrining the Lord within their minds, they are liberated forever. With intuitive ease, they merge into the Lord. ||3||

123 : 1282

They perform all sorts of rituals, but they do not obtain liberation through them.

123 : 1283

They wander around the countryside, and in love with duality, they are ruined.

123 : 1284

The deceitful lose their lives in vain; without the Word of the Shabad, they obtain only misery. ||4||

123 : 1285

Those who restrain their wandering mind, keeping it steady and stable,

123 : 1286

obtain the supreme status, by Guru's Grace.

123 : 1287

The True Guru Himself unites us in Union with the Lord. Meeting the Beloved, peace is obtained. ||5||

-- Raag Maajh – Part 030 --

# Raag Maajh – Part 031

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124 : 1288

Some are stuck in falsehood, and false are the rewards they receive.

124 : 1289

In love with duality, they waste away their lives in vain.

124 : 1290

They drown themselves, and drown their entire family; speaking lies, they eat poison. ||6||

124 : 1291

How rare are those who, as Gurmukh, look within their bodies, into their minds.

124 : 1292

Through loving devotion, their ego evaporates.

124 : 1293

The Siddhas, the seekers and the silent sages continually, lovingly focus their consciousness, but they have not seen the mind within the body. ||7||

124 : 1294

The Creator Himself inspires us to work;

124 : 1295

what can anyone else do? What can be done by our doing?

124 : 1296

O Nanak, the Lord bestows His Name; we receive it, and enshrine it within the mind.  
||8||23||24||

124 : 1297

Maajh, Third Mehl:

124 : 1298

Within this cave, there is an inexhaustible treasure.

124 : 1299

Within this cave, the Invisible and Infinite Lord abides.

124 : 1300

He Himself is hidden, and He Himself is revealed; through the Word of the Guru's Shabad, selfishness and conceit are eliminated. ||1||

124 : 1301

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Ambrosial Naam, the Name of the Lord, within their minds.

124 : 1302

The taste of the Ambrosial Naam is very sweet! Through the Guru's Teachings, drink in this Ambrosial Nectar. ||1||Pause||

124 : 1303

Subduing egotism, the rigid doors are opened.

124 : 1304

The Priceless Naam is obtained by Guru's Grace.

124 : 1305

Without the Shabad, the Naam is not obtained. By Guru's Grace, it is implanted within the mind. ||2||

124 : 1306

The Guru has applied the true ointment of spiritual wisdom to my eyes.

124 : 1307

Deep within, the Divine Light has dawned, and the darkness of ignorance has been dispelled.

124 : 1308

My light has merged into the Light; my mind has surrendered, and I am blessed with Glory in the Court of the Lord. ||3||

124 : 1309

Those who look outside the body, searching for the Lord, shall not receive the Naam; they shall instead be forced to suffer the terrible pains of slavery.

124 : 1310

The blind, self-willed manmukhs do not understand; but when they return once again to their own home, then, as Gurmukh, they find the genuine article. ||4||

124 : 1311

By Guru's Grace, the True Lord is found.

124 : 1312

Within your mind and body, see the Lord, and the filth of egotism shall depart.

124 : 1313

Sitting in that place, sing the Glorious Praises of the Lord forever, and be absorbed in the True Word of the Shabad. ||5||

124 : 1314

Those who close off the nine gates, and restrain the wandering mind,

124 : 1315

come to dwell in the Home of the Tenth Gate.

124 : 1316

There, the Unstruck Melody of the Shabad vibrates day and night. Through the Guru's Teachings, the Shabad is heard. ||6||

124 : 1317

Without the Shabad, there is only darkness within.

124 : 1318

The genuine article is not found, and the cycle of reincarnation does not end.

124 : 1319

The key is in the hands of the True Guru; no one else can open this door. By perfect destiny, He is met. ||7||

124 : 1320

You are the hidden and the revealed in all places.

124 : 1321

Receiving Guru's Grace, this understanding is obtained.

124 : 1322

O Nanak, praise the Naam forever; as Gurmukh, enshrine it within the mind. ||8||24||25||

124 : 1323

Maajh, Third Mehl:

124 : 1324

The Gurmukhs meet the Lord, and inspire others to meet Him as well.

124 : 1325

Death does not see them, and pain does not afflict them.

124 : 1326

Subduing egotism, they break all their bonds; as Gurmukh, they are adorned with the Word of the Shabad. ||1||

124 : 1327

I am a sacrifice, my soul is a sacrifice, to those who look beautiful in the Name of the Lord, Har, Har.

124 : 1328

The Gurmukhs sing, the Gurmukhs dance, and focus their consciousness on the Lord. ||1||Pause||

— Raag Maajh – Part 031 —



## Raag Maajh – Part 032

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125 : 1329

The Gurmukhs are celebrated in life and death.

125 : 1330

Their lives are not wasted; they realize the Word of the Shabad.

125 : 1331

The Gurmukhs do not die; they are not consumed by death. The Gurmukhs are absorbed in the True Lord. ||2||

125 : 1332

The Gurmukhs are honored in the Court of the Lord.

125 : 1333

The Gurmukhs eradicate selfishness and conceit from within.

125 : 1334

They save themselves, and save all their families and ancestors as well. The Gurmukhs redeem their lives. ||3||

125 : 1335

The Gurmukhs never suffer bodily pain.

125 : 1336

The Gurmukhs have the pain of egotism taken away.

125 : 1337

The minds of the Gurmukhs are immaculate and pure; no filth ever sticks to them again.

The Gurmukhs merge in celestial peace. ||4||

125 : 1338

The Gurmukhs obtain the Greatness of the Naam.

125 : 1339

The Gurmukhs sing the Glorious Praises of the Lord, and obtain honor.

125 : 1340

They remain in bliss forever, day and night. The Gurmukhs practice the Word of the Shabad. ||5||

125 : 1341

The Gurmukhs are attuned to the Shabad, night and day.

125 : 1342

The Gurmukhs are known throughout the four ages.

125 : 1343

The Gurmukhs always sing the Glorious Praises of the Immaculate Lord. Through the Shabad, they practice devotional worship. ||6||

125 : 1344

Without the Guru, there is only pitch–black darkness.

125 : 1345

Seized by the Messenger of Death, people cry out and scream.

125 : 1346

Night and day, they are diseased, like maggots in manure, and in manure they endure agony. ||7||

125 : 1347

The Gurmukhs know that the Lord alone acts, and causes others to act.

125 : 1348

In the hearts of the Gurmukhs, the Lord Himself comes to dwell.

125 : 1349

O Nanak, through the Naam, greatness is obtained. It is received from the Perfect Guru.  
||8||25||26||

125 : 1350

Maajh, Third Mehl:

125 : 1351

The One Light is the light of all bodies.

125 : 1352

The Perfect True Guru reveals it through the Word of the Shabad.

125 : 1353

He Himself instills the sense of separation within our hearts; He Himself created the Creation. ||1||

125 : 1354

I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the True Lord.

125 : 1355

Without the Guru, no one obtains intuitive wisdom; the Gurmukh is absorbed in intuitive peace. ||1||Pause||

125 : 1356

You Yourself are Beautiful, and You Yourself entice the world.

125 : 1357

You Yourself, by Your Kind Mercy, weave the thread of the world.

125 : 1358

You Yourself bestow pain and pleasure, O Creator. The Lord reveals Himself to the Gurmukh. ||2||

125 : 1359

The Creator Himself acts, and causes others to act.

125 : 1360

Through Him, the Word of the Guru's Shabad is enshrined within the mind.

125 : 1361

The Ambrosial Word of the Guru's Bani emanates from the Word of the Shabad. The Gurmukh speaks it and hears it. ||3||

125 : 1362

He Himself is the Creator, and He Himself is the Enjoyer.

125 : 1363

One who breaks out of bondage is liberated forever.

125 : 1364

The True Lord is liberated forever. The Unseen Lord causes Himself to be seen. ||4||

125 : 1365

He Himself is Maya, and He Himself is the Illusion.

125 : 1366

He Himself has generated emotional attachment throughout the entire universe.

125 : 1367

He Himself is the Giver of Virtue; He Himself sings the Lord's Glorious Praises. He chants them and causes them to be heard. ||5||

125 : 1368

He Himself acts, and causes others to act.

125 : 1369

He Himself establishes and disestablishes.

125 : 1370

Without You, nothing can be done. You Yourself have engaged all in their tasks. ||6||

125 : 1371

He Himself kills, and He Himself revives.

125 : 1372

He Himself unites us, and unites us in Union with Himself.

125 : 1373

Through selfless service, eternal peace is obtained. The Gurmukh is absorbed in intuitive peace. ||7||

## Raag Maajh – Part 033

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126 : 1374

He Himself is the Highest of the High.

126 : 1375

How rare are those who behold Him. He causes Himself to be seen.

126 : 1376

O Nanak, the Naam, the Name of the Lord, abides deep within the hearts of those who see the Lord themselves, and inspire others to see Him as well. ||8||26||27||

126 : 1377

Maajh, Third Mehl:

126 : 1378

My God is pervading and permeating all places.

126 : 1379

By Guru's Grace, I have found Him within the home of my own heart.

126 : 1380

I serve Him constantly, and I meditate on Him single-mindedly. As Gurmukh, I am absorbed in the True One. ||1||

126 : 1381

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Lord, the Life of the World, within their minds.

126 : 1382

Through the Guru's Teachings, I merge with intuitive ease into the Lord, the Life of the World, the Fearless One, the Great Giver. ||1||Pause||

126 : 1383

Within the home of the self is the earth, its support and the nether regions of the underworld.

126 : 1384

Within the home of the self is the Eternally Young Beloved.

126 : 1385

The Giver of peace is eternally blissful. Through the Guru's Teachings, we are absorbed in intuitive peace. ||2||

126 : 1386

When the body is filled with ego and selfishness,

126 : 1387

the cycle of birth and death does not end.

126 : 1388

One who becomes Gurmukh subdues egotism, and meditates on the Truest of the True. ||3||

126 : 1389

Within this body are the two brothers, sin and virtue.

126 : 1390

When the two joined together, the Universe was produced.

126 : 1391

Subduing both, and entering into the Home of the One, through the Guru's Teachings, we are absorbed in intuitive peace. ||4||

126 : 1392

Within the home of the self is the darkness of the love of duality.

126 : 1393

When the Divine Light dawns, ego and selfishness are dispelled.

126 : 1394

The Giver of peace is revealed through the Shabad, meditating upon the Naam, night and day. ||5||

126 : 1395

Deep within the self is the Light of God; It radiates throughout the expanse of His creation.

126 : 1396

Through the Guru's Teachings, the darkness of spiritual ignorance is dispelled.

126 : 1397

The heart–lotus blossoms forth, and eternal peace is obtained, as one's light merges into the Light. ||6||

126 : 1398

Within the mansion is the treasure house, overflowing with jewels.

126 : 1399

The Gurmukh obtains the Infinite Naam, the Name of the Lord.

126 : 1400



The Gurmukh, the trader, always purchases the merchandise of the Naam, and always reaps profits. ||7||

126 : 1401

The Lord Himself keeps this merchandise in stock, and He Himself distributes it.

126 : 1402

Rare is that Gurmukh who trades in this.

126 : 1403

O Nanak, those upon whom the Lord casts His Glance of Grace, obtain it. Through His Mercy, it is enshrined in the mind. ||8||27||28||

126 : 1404

Maajh, Third Mehl:

126 : 1405

The Lord Himself leads us to merge with Him and serve Him.

126 : 1406

Through the Word of the Guru's Shabad, the love of duality is eradicated.

126 : 1407

The Immaculate Lord is the Bestower of eternal virtue. The Lord Himself leads us to merge in His Virtuous Goodness. ||1||

126 : 1408

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Truest of the True within their hearts.

126 : 1409

The True Name is eternally pure and immaculate. Through the Word of the Guru's Shabad, it is enshrined within the mind. ||1||Pause||

126 : 1410

The Guru Himself is the Giver, the Architect of Destiny.

126 : 1411

The Gurmukh, the humble servant who serves the Lord, comes to know Him.

126 : 1412

Those humble beings look beautiful forever in the Ambrosial Naam. Through the Guru's Teachings, they receive the sublime essence of the Lord. ||2||

126 : 1413

Within the cave of this body, there is one beautiful place.

126 : 1414

Through the Perfect Guru, ego and doubt are dispelled.

126 : 1415

Night and day, praise the Naam, the Name of the Lord; imbued with the Lord's Love, by Guru's Grace, you shall find Him. ||3||

-- Raag Maajh – Part 033 --

## Raag Maajh – Part 034

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127 : 1416

Through the Word of the Guru's Shabad, search this cave.

127 : 1417

The Immaculate Naam, the Name of the Lord, abides deep within the self.

127 : 1418

Sing the Glorious Praises of the Lord, and decorate yourself with the Shabad. Meeting with your Beloved, you shall find peace. ||4||

127 : 1419

The Messenger of Death imposes his tax on those who are attached to duality.

127 : 1420

He inflicts punishment on those who forget the Name.

127 : 1421

They are called to account for each instant and each moment. Every grain, every particle, is weighed and counted. ||5||

127 : 1422

One who does not remember her Husband Lord in this world is being cheated by duality; she shall weep bitterly in the end.

127 : 1423

She is from an evil family; she is ugly and vile. Even in her dreams, she does not meet her Husband Lord. ||6||

127 : 1424

She who enshrines her Husband Lord in her mind in this world

127 : 1425

–His Presence is revealed to her by the Perfect Guru.

127 : 1426

That soul–bride keeps her Husband Lord clasped tightly to her heart, and through the Word of the Shabad, she enjoys her Husband Lord upon His Beautiful Bed. ||7||

127 : 1427

The Lord Himself sends out the call, and He summons us to His Presence.

127 : 1428

He enshrines His Name within our minds.

127 : 1429

O Nanak, one who receives the greatness of the Naam night and day, constantly sings His Glorious Praises. ||8||28||29||

127 : 1430

Maajh, Third Mehl:

127 : 1431

Sublime is their birth, and the place where they dwell.

127 : 1432

Those who serve the True Guru remain detached in the home of their own being.

127 : 1433

They abide in the Lord's Love, and constantly imbued with His Love, their minds are satisfied and fulfilled with the Lord's Essence. ||1||

127 : 1434

I am a sacrifice, my soul is a sacrifice, to those who read of the Lord, who understand and enshrine Him within their minds.

127 : 1435

The Gurmukhs read and praise the Lord's Name; they are honored in the True Court. ||1||Pause||

127 : 1436

The Unseen and Inscrutable Lord is permeating and pervading everywhere.

127 : 1437

He cannot be obtained by any effort.

127 : 1438

If the Lord grants His Grace, then we come to meet the True Guru. By His Kindness, we are united in His Union. ||2||

127 : 1439

One who reads, while attached to duality, does not understand.

127 : 1440

He yearns for the three–phased Maya.

127 : 1441

The bonds of the three–phased Maya are broken by the Word of the Guru's Shabad. Through the Guru's Shabad, liberation is achieved. ||3||

127 : 1442

This unstable mind cannot be held steady.

127 : 1443

Attached to duality, it wanders in the ten directions.

127 : 1444

It is a poisonous worm, drenched with poison, and in poison it rots away. ||4||

127 : 1445

Practicing egotism and selfishness, they try to impress others by showing off.

127 : 1446

They perform all sorts of rituals, but they gain no acceptance.

127 : 1447

Without You, Lord, nothing happens at all. You forgive those who are adorned with the Word of Your Shabad. ||5||

127 : 1448

They are born, and they die, but they do not understand the Lord.

127 : 1449

Night and day, they wander, in love with duality.

127 : 1450

The lives of the self-willed manmukhs are useless; in the end, they die, regretting and repenting. ||6||

127 : 1451

The Husband is away, and the wife is getting dressed up.

127 : 1452

This is what the blind, self-willed manmukhs are doing.

127 : 1453

They are not honored in this world, and they shall find no shelter in the world hereafter. They are wasting their lives in vain. ||7||

127 : 1454

How rare are those who know the Name of the Lord!

127 : 1455

Through the Shabad, the Word of the Perfect Guru, the Lord is realized.

127 : 1456

Night and day, they perform the Lord's devotional service; day and night, they find intuitive peace. ||8||

127 : 1457

That One Lord is pervading in all.

127 : 1458

Only a few, as Gurmukh, understand this.

127 : 1459

O Nanak, those who are attuned to the Naam are beautiful. Granting His Grace, God unites them with Himself. ||9||29||30||

-- Raag Maajh – Part 034 --

## Raag Maajh – Part 035

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128 : 1460

Maajh, Third Mehl:

128 : 1461

The self-willed manmukhs read and recite; they are called Pandits—spiritual scholars.

128 : 1462

But they are in love with duality, and they suffer in terrible pain.

128 : 1463

Intoxicated with vice, they understand nothing at all. They are reincarnated, over and over again. ||1||

128 : 1464

I am a sacrifice, my soul is a sacrifice, to those who subdue their ego, and unite with the Lord.

128 : 1465

They serve the Guru, and the Lord dwells within their minds; they intuitively drink in the sublime essence of the Lord. ||1||Pause||

128 : 1466

The Pandits read the Vedas, but they do not obtain the Lord's essence.

128 : 1467

Intoxicated with Maya, they argue and debate.

128 : 1468



The foolish intellectuals are forever in spiritual darkness. The Gurmukhs understand, and sing the Glorious Praises of the Lord. ||2||

128 : 1469

The Indescribable is described only through the beautiful Word of the Shabad.

128 : 1470

Through the Guru's Teachings, the Truth becomes pleasing to the mind.

128 : 1471

Those who speak of the truest of the true, day and night—their minds are imbued with the Truth. ||3||

128 : 1472

Those who are attuned to Truth, love the Truth.

128 : 1473

The Lord Himself bestows this gift; He shall not take it back.

128 : 1474

Through the Word of the Guru's Shabad, the True Lord is known forever; meeting the True One, peace is found. ||4||

128 : 1475

The filth of fraud and falsehood does not stick to those who, by Guru's Grace, remain awake and aware, night and day.

128 : 1476

The Immaculate Naam, the Name of the Lord, abides deep within their hearts; their light merges into the Light. ||5||

128 : 1477

They read about the three qualities, but they do not know the essential reality of the Lord.

128 : 1478

They forget the Primal Lord, the Source of all, and they do not recognize the Word of the Guru's Shabad.

128 : 1479

They are engrossed in emotional attachment; they do not understand anything at all. Through the Word of the Guru's Shabad, the Lord is found. ||6||

128 : 1480

The Vedas proclaim that Maya is of three qualities.

128 : 1481

The self-willed manmukhs, in love with duality, do not understand.

128 : 1482

They read of the three qualities, but they do not know the One Lord. Without understanding, they obtain only pain and suffering. ||7||

128 : 1483

When it pleases the Lord, He unites us with Himself.

128 : 1484

Through the Word of the Guru's Shabad, skepticism and suffering are dispelled.

128 : 1485

O Nanak, True is the Greatness of the Name. Believing in the Name, peace is obtained. ||8||30||31||

128 : 1486

Maajh, Third Mehl:

128 : 1487

The Lord Himself is Unmanifest and Unrelated; He is Manifest and Related as well.

128 : 1488

Those who recognize this essential reality are the true Pandits, the spiritual scholars.

128 : 1489

They save themselves, and save all their families and ancestors as well, when they enshrine the Lord's Name in the mind. ||1||

128 : 1490

I am a sacrifice, my soul is a sacrifice, to those who taste the essence of the Lord, and savor its taste.

128 : 1491

Those who taste this essence of the Lord are the pure, immaculate beings. They meditate on the Immaculate Naam, the Name of the Lord. ||1||Pause||

128 : 1492

Those who reflect upon the Shabad are beyond karma.

128 : 1493

They subdue their ego, and find the essence of wisdom, deep within their being.

128 : 1494

They obtain the nine treasures of the wealth of the Naam. Rising above the three qualities, they merge into the Lord. ||2||

128 : 1495

Those who act in ego do not go beyond karma.

128 : 1496

It is only by Guru's Grace that one is rid of ego.

128 : 1497

Those who have discriminating minds, continually examine their own selves. Through the Word of the Guru's Shabad, they sing the Lord's Glorious Praises. ||3||

128 : 1498

The Lord is the most pure and sublime Ocean. The Saintly Gurmukhs continually peck at the Naam, like swans pecking at pearls in the ocean.

128 : 1499

They bathe in it continually, day and night, and the filth of ego is washed away. ||4||

128 : 1500

The pure swans, with love and affection, dwell in the Ocean of the Lord, and subdue their ego.

-- Raag Maajh – Part 035 --

## Raag Maajh – Part 036

---

129 : 1501

Day and night, they are in love with the True Word of the Shabad. They obtain their home in the Ocean of the Lord. ||5||

129 : 1502

The self-willed manmukhs shall always be filthy cranes, smeared with the filth of ego.

129 : 1503

They may bathe, but their filth is not removed.

129 : 1504

One who dies while yet alive, and contemplates the Word of the Guru's Shabad, is rid of this filth of ego. ||6||

129 : 1505

The Priceless Jewel is found, in the home of one's own being,

129 : 1506

when one listens to the Shabad, the Word of the Perfect True Guru.

129 : 1507

By Guru's Grace, the darkness of spiritual ignorance is dispelled; I have come to recognize the Divine Light within my own heart. ||7||

129 : 1508

The Lord Himself creates, and He Himself beholds.

129 : 1509

Serving the True Guru, one becomes acceptable.

129 : 1510

O Nanak, the Naam dwells deep within the heart; by Guru's Grace, it is obtained.  
||8||31||32||

129 : 1511

Maajh, Third Mehl:

129 : 1512

The whole world is engrossed in emotional attachment to Maya.

129 : 1513

Those who are controlled by the three qualities are attached to Maya.

129 : 1514

By Guru's Grace, a few come to understand; they center their consciousness in the fourth state. ||1||

129 : 1515

I am a sacrifice, my soul is a sacrifice, to those who burn away their emotional attachment to Maya, through the Shabad.

129 : 1516

Those who burn away this attachment to Maya, and focus their consciousness on the Lord are honored in the True Court, and the Mansion of the Lord's Presence. ||1||Pause||

129 : 1517

The source, the root, of the gods and goddesses is Maya.

129 : 1518

For them, the Simritees and the Shaastras were composed.

129 : 1519

Sexual desire and anger are diffused throughout the universe. Coming and going, people suffer in pain. ||2||

129 : 1520

The jewel of spiritual wisdom was placed within the universe.

129 : 1521

By Guru's Grace, it is enshrined within the mind.

129 : 1522

Celibacy, chastity, self-discipline and the practice of truthfulness are obtained from the Perfect Guru, by meditating on the Naam, the Name of the Lord. ||3||

129 : 1523

In this world of her parents' home, the soul-bride has been deluded by doubt.

129 : 1524

Attached to duality, she later comes to regret it.

129 : 1525

She forfeits both this world and the next, and even in her dreams, she does not find peace. ||4||

129 : 1526

The soul-bride who remembers her Husband Lord in this world,

129 : 1527

by Guru's Grace, sees Him close at hand.

129 : 1528

She remains intuitively attuned to the Love of her Beloved; she makes the Word of His Shabad her decoration. ||5||

129 : 1529

Blessed and fruitful is the coming of those who find the True Guru;

129 : 1530

through the Word of the Guru's Shabad, they burn their love of duality.

129 : 1531

The One Lord is permeating and pervading deep within the heart. Joining the Sat Sangat, the True Congregation, they sing the Glorious Praises of the Lord. ||6||

129 : 1532

Those who do not serve the True Guru—why did they even come into this world?

129 : 1533

Cursed are their lives; they have uselessly wasted this human life.

129 : 1534

The self-willed manmukhs do not remember the Naam. Without the Naam, they suffer in terrible pain. ||7||

129 : 1535

The One who created the Universe, He alone knows it.

129 : 1536

He unites with Himself those who realize the Shabad.

129 : 1537



O Nanak, they alone receive the Naam, upon whose foreheads such pre-ordained destiny is recorded. ||8||1||32||33||

129 : 1538

Maajh, Fourth Mehl:

129 : 1539

The Primal Being is Himself remote and beyond.

129 : 1540

He Himself establishes, and having established, He disestablishes.

129 : 1541

The One Lord is pervading in all; those who become Gurmukh are honored. ||1||

129 : 1542

I am a sacrifice, my soul is a sacrifice, to those who meditate on the Naam, the Name of the Formless Lord.

-- Raag Maajh – Part 036 --

## Raag Maajh – Part 037

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130 : 1543

He has no form or shape; He is seen within each and every heart. The Gurmukh comes to know the unknowable. ||1||Pause||

130 : 1544

You are God, Kind and Merciful.

130 : 1545

Without You, there is no other at all.

130 : 1546

When the Guru showers His Grace upon us, He blesses us with the Naam; through the Naam, we merge in the Naam. ||2||

130 : 1547

You Yourself are the True Creator Lord.

130 : 1548

Your treasures are overflowing with devotional worship.

130 : 1549

The Gurmukhs obtain the Naam. Their minds are enraptured, and they easily and intuitively enter into Samaadhi. ||3||

130 : 1550

Night and day, I sing Your Glorious Praises, God.

130 : 1551

I praise You, O my Beloved.

130 : 1552

Without You, there is no other for me to seek out. It is only by Guru's Grace that You are found. ||4||

130 : 1553

The limits of the Inaccessible and Incomprehensible Lord cannot be found.

130 : 1554

Bestowing Your Mercy, You merge us into Yourself.

130 : 1555

Through the Shabad, the Word of the Perfect Guru, we meditate on the Lord. Serving the Shabad, peace is found. ||5||

130 : 1556

Praiseworthy is the tongue which sings the Lord's Glorious Praises.

130 : 1557

Praising the Naam, one becomes pleasing to the True One.

130 : 1558

The Gurmukh remains forever imbued with the Lord's Love. Meeting the True Lord, glory is obtained. ||6||

130 : 1559

The self-willed manmukhs do their deeds in ego.

130 : 1560

They lose their whole lives in the gamble.

130 : 1561

Within is the terrible darkness of greed, and so they come and go in reincarnation, over and over again. ||7||

130 : 1562

The Creator Himself bestows Glory on those whom He Himself has so pre–destined.

130 : 1563

O Nanak, they receive the Naam, the Name of the Lord, the Destroyer of fear; through the Word of the Guru's Shabad, they find peace. ||8||1||34||

130 : 1564

Maajh, Fifth Mehl, First House:

130 : 1565

The Unseen Lord is within, but He cannot be seen.

130 : 1566

He has taken the Jewel of the Naam, the Name of the Lord, and He keeps it well concealed.

130 : 1567

The Inaccessible and Incomprehensible Lord is the highest of all. Through the Word of the Guru's Shabad, He is known. ||1||

130 : 1568

I am a sacrifice, my soul is a sacrifice, to those who chant the Naam, in this Dark Age of Kali Yuga.

130 : 1569

The Beloved Saints were established by the True Lord. By great good fortune, the Blessed Vision of their Darshan is obtained. ||1||Pause||

130 : 1570

The One who is sought by the Siddhas and the seekers,

130 : 1571

upon whom Brahma and Indra meditate within their hearts,

130 : 1572

whom the three hundred thirty million demi-gods search for-meeting the Guru, one comes to sing His Praises within the heart. ||2||

130 : 1573

Twenty-four hours a day, the wind breathes Your Name.

130 : 1574

The earth is Your servant, a slave at Your Feet.

130 : 1575

In the four sources of creation, and in all speech, You dwell. You are dear to the minds of all. ||3||

130 : 1576

The True Lord and Master is known to the Gurmukhs.

130 : 1577

He is realized through the Shabad, the Word of the Perfect Guru.

130 : 1578

Those who drink it in are satisfied. Through the Truest of the True, they are fulfilled. ||4||

130 : 1579

In the home of their own beings, they are peacefully and comfortably at ease.

130 : 1580

They are blissful, enjoying pleasures, and eternally joyful.

130 : 1581

They are wealthy, and the greatest kings; they center their minds on the Guru's Feet. ||5||

130 : 1582

First, You created nourishment;

130 : 1583

then, You created the living beings.

130 : 1584

There is no other Giver as Great as You, O my Lord and Master. None approach or equal You. ||6||

130 : 1585

Those who are pleasing to You meditate on You.

130 : 1586

They practice the Mantra of the Holy.

130 : 1587

They themselves swim across, and they save all their ancestors and families as well. In the Court of the Lord, they meet with no obstruction. ||7||

— Raag Maajh – Part 037 —

## Raag Maajh – Part 038

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131 : 1588

You are so Great! You are the Highest of the High!

131 : 1589

You are Infinite, You are Everything!

131 : 1590

I am a sacrifice to You. Nanak is the slave of Your slaves. ||8||1||35||

131 : 1591

Maajh, Fifth Mehl:

131 : 1592

Who is liberated, and who is united?

131 : 1593

Who is a spiritual teacher, and who is a preacher?

131 : 1594

Who is a house–holder, and who is a renunciate? Who can estimate the Lord's Value? ||1||

131 : 1595

How is one bound, and how is one freed of his bonds?

131 : 1596

How can one escape from the cycle of coming and going in reincarnation?

131 : 1597

Who is subject to karma, and who is beyond karma? Who chants the Name, and inspires others to chant it? ||2||

131 : 1598

Who is happy, and who is sad?

131 : 1599

Who, as sunmukh, turns toward the Guru, and who, as vaymukh, turns away from the Guru?

131 : 1600

How can one meet the Lord? How is one separated from Him? Who can reveal the way to me? ||3||

131 : 1601

What is that Word, by which the wandering mind can be restrained?

131 : 1602

What are those teachings, by which we may endure pain and pleasure alike?

131 : 1603

What is that lifestyle, by which we may come to meditate on the Supreme Lord? How may we sing the Kirtan of His Praises? ||4||

131 : 1604

The Gurmukh is liberated, and the Gurmukh is linked.

131 : 1605

The Gurmukh is the spiritual teacher, and the Gurmukh is the preacher.



131 : 1606

Blessed is the Gurmukh, the householder and the renunciate. The Gurmukh knows the Lord's Value. ||5||

131 : 1607

Egotism is bondage; as Gurmukh, one is emancipated.

131 : 1608

The Gurmukh escapes the cycle of coming and going in reincarnation.

131 : 1609

The Gurmukh performs actions of good karma, and the Gurmukh is beyond karma. Whatever the Gurmukh does, is done in good faith. ||6||

131 : 1610

The Gurmukh is happy, while the self-willed manmukh is sad.

131 : 1611

The Gurmukh turns toward the Guru, and the self-willed manmukh turns away from the Guru.

131 : 1612

The Gurmukh is united with the Lord, while the manmukh is separated from Him. The Gurmukh reveals the way. ||7||

131 : 1613

The Guru's Instruction is the Word, by which the wandering mind is restrained.

131 : 1614

Through the Guru's Teachings, we can endure pain and pleasure alike.

131 : 1615

To live as Gurmukh is the lifestyle by which we come to meditate on the Supreme Lord. The Gurmukh sings the Kirtan of His Praises. ||8||

131 : 1616

The Lord Himself created the entire creation.

131 : 1617

He Himself acts, and causes others to act. He Himself establishes.

131 : 1618

From oneness, He has brought forth the countless multitudes. O Nanak, they shall merge into the One once again. ||9||2||36||

131 : 1619

Maajh, Fifth Mehl:

131 : 1620

God is Eternal and Imperishable, so why should anyone be anxious?

131 : 1621

The Lord is Wealthy and Prosperous, so His humble servant should feel totally secure.

131 : 1622

O Giver of peace of the soul, of life, of honor—as You ordain, I obtain peace. ||1||

131 : 1623

I am a sacrifice, my soul is a sacrifice, to that Gurmukh whose mind and body are pleased with You.

131 : 1624

You are my mountain, You are my shelter and shield. No one can rival You. ||1||Pause||

131 : 1625

That person, unto whom Your actions seem sweet,

131 : 1626

comes to see the Supreme Lord God in each and every heart.

131 : 1627

In all places and interspaces, You exist. You are the One and Only Lord, pervading everywhere. ||2||

131 : 1628

You are the Fulfiller of all the mind's desires.

131 : 1629

Your treasures are overflowing with love and devotion.

131 : 1630

Showering Your Mercy, You protect those who, through perfect destiny, merge into You. ||3||

— Raag Maajh – Part 038 —

## Raag Maajh – Part 039

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132 : 1631

You pulled me out of the deep, dark well onto the dry ground.

132 : 1632

Showering Your Mercy, You blessed Your servant with Your Glance of Grace.

132 : 1633

I sing the Glorious Praises of the Perfect, Immortal Lord. By speaking and hearing these Praises, they are not used up. ||4||

132 : 1634

Here and hereafter, You are our Protector.

132 : 1635

In the womb of the mother, You cherish and nurture the baby.

132 : 1636

The fire of Maya does not affect those who are imbued with the Lord's Love; they sing His Glorious Praises. ||5||

132 : 1637

What Praises of Yours can I chant and contemplate?

132 : 1638

Deep within my mind and body, I behold Your Presence.

132 : 1639

You are my Friend and Companion, my Lord and Master. Without You, I do not know any

other at all. ||6||

132 : 1640

O God, that one, unto whom You have given shelter,

132 : 1641

is not touched by the hot winds.

132 : 1642

O my Lord and Master, You are my Sanctuary, the Giver of peace. Chanting, meditating on You in the Sat Sangat, the True Congregation, You are revealed. ||7||

132 : 1643

You are Exalted, Unfathomable, Infinite and Invaluable.

132 : 1644

You are my True Lord and Master. I am Your servant and slave.

132 : 1645

You are the King, Your Sovereign Rule is True. Nanak is a sacrifice, a sacrifice to You. ||8||3||37||

132 : 1646

Maajh, Fifth Mehl, Second House:

132 : 1647

Continually, continuously, remember the Merciful Lord.

132 : 1648

Never forget Him from your mind. ||Pause||

132 : 1649

Join the Society of the Saints,

132 : 1650

and you shall not have to go down the path of Death.

132 : 1651

Take the Provisions of the Lord's Name with you, and no stain shall attach itself to your family. ||1||

132 : 1652

Those who meditate on the Master

132 : 1653

shall not be thrown down into hell.

132 : 1654

Even the hot winds shall not touch them. The Lord has come to dwell within their minds. ||2||

132 : 1655

They alone are beautiful and attractive,

132 : 1656

who abide in the Saadh Sangat, the Company of the Holy.

132 : 1657

Those who have gathered in the wealth of the Lord's Name—they alone are deep and thoughtful and vast. ||3||

132 : 1658

Drink in the Ambrosial Essence of the Name,

132 : 1659

and live by beholding the face of the Lord's servant.

132 : 1660

Let all your affairs be resolved, by continually worshipping the Feet of the Guru. ||4||

132 : 1661

He alone meditates on the Lord of the World, whom the Lord has made His Own.

132 : 1662

He alone is a warrior, and he alone is the chosen one, upon whose forehead good destiny is recorded. ||5||

132 : 1663

Within my mind, I meditate on God.

132 : 1664

For me, this is like the enjoyment of princely pleasures.

132 : 1665

Evil does not well up within me, since I am saved, and dedicated to truthful actions. ||6||

132 : 1666

I have enshrined the Creator within my mind;

132 : 1667

I have obtained the fruits of life's rewards.

132 : 1668

If your Husband Lord is pleasing to your mind, then your married life shall be eternal. ||7||

132 : 1669

I have obtained everlasting wealth;

132 : 1670

I have found the Sanctuary of the Dispeller of fear.

132 : 1671

Grasping hold of the hem of the Lord's robe, Nanak is saved. He has won the incomparable life. ||8||4||38||

132 : 1672

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

132 : 1673

Maajh, Fifth Mehl, Third House:

132 : 1674

Chanting and meditating on the Lord, the mind is held steady. ||1||Pause||

132 : 1675

Meditating, meditating in remembrance on the Divine Guru, one's fears are erased and dispelled. ||1||

132 : 1676

Entering the Sanctuary of the Supreme Lord God, how could anyone feel grief any longer? ||2||





## Raag Maajh – Part 040

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133 : 1677

Serving at the Feet of the Holy Saints, all desires are fulfilled. ||3||

133 : 1678

In each and every heart, the One Lord is pervading. He is totally permeating the water, the land, and the sky. ||4||

133 : 1679

I serve the Destroyer of sin, and I am sanctified by the dust of the feet of the Saints. ||5||

133 : 1680

My Lord and Master Himself has saved me completely; I am comforted by meditating on the Lord. ||6||

133 : 1681

The Creator has passed judgement, and the evil-doers have been silenced and killed. ||7||

133 : 1682

Nanak is attuned to the True Name; he beholds the Presence of the Ever-present Lord.  
||8||5||39||1||32||1||5||39||

133 : 1683

Baarah Maahaa ~ The Twelve Months: Maajh, Fifth Mehl, Fourth House:

133 : 1684

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

133 : 1685

By the actions we have committed, we are separated from You. Please show Your Mercy, and unite us with Yourself, Lord.

133 : 1686

We have grown weary of wandering to the four corners of the earth and in the ten directions. We have come to Your Sanctuary, God.

133 : 1687

Without milk, a cow serves no purpose.

133 : 1688

Without water, the crop withers, and it will not bring a good price.

133 : 1689

If we do not meet the Lord, our Friend, how can we find our place of rest?

133 : 1690

Those homes, those hearts, in which the Husband Lord is not manifest—those towns and villages are like burning furnaces.

133 : 1691

All decorations, the chewing of betel to sweeten the breath, and the body itself, are all useless and vain.

133 : 1692

Without God, our Husband, our Lord and Master, all friends and companions are like the Messenger of Death.

133 : 1693

This is Nanak's prayer: "Please show Your Mercy, and bestow Your Name.

133 : 1694

O my Lord and Master, please unite me with Yourself, O God, in the Eternal Mansion of Your Presence". ||1||

133 : 1695

In the month of Chayt, by meditating on the Lord of the Universe, a deep and profound joy arises.

133 : 1696

Meeting with the humble Saints, the Lord is found, as we chant His Name with our tongues.

133 : 1697

Those who have found God–blessed is their coming into this world.

133 : 1698

Those who live without Him, for even an instant–their lives are rendered useless.

133 : 1699

The Lord is totally pervading the water, the land, and all space. He is contained in the forests as well.

133 : 1700

Those who do not remember God–how much pain must they suffer!

133 : 1701

Those who dwell upon their God have great good fortune.

133 : 1702

My mind yearns for the Blessed Vision of the Lord's Darshan. O Nanak, my mind is so thirsty!

133 : 1703

I touch the feet of one who unites me with God in the month of Chayt. ||2||

133 : 1704

In the month of Vaisaakh, how can the bride be patient? She is separated from her Beloved.

133 : 1705

She has forgotten the Lord, her Life–companion, her Master; she has become attached to Maya, the deceitful one.

133 : 1706

Neither son, nor spouse, nor wealth shall go along with you—only the Eternal Lord.

133 : 1707

Entangled and enmeshed in the love of false occupations, the whole world is perishing.

133 : 1708

Without the Naam, the Name of the One Lord, they lose their lives in the hereafter.

133 : 1709

Forgetting the Merciful Lord, they are ruined. Without God, there is no other at all.

133 : 1710

Pure is the reputation of those who are attached to the Feet of the Beloved Lord.

-- Raag Maajh – Part 040 --

# Raag Maajh – Part 041

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134 : 1711

Nanak makes this prayer to God: "Please, come and unite me with Yourself."

134 : 1712

The month of Vaisaakh is beautiful and pleasant, when the Saint causes me to meet the Lord. ||3||

134 : 1713

In the month of Jayt'h, the bride longs to meet with the Lord. All bow in humility before Him.

134 : 1714

One who has grasped the hem of the robe of the Lord, the True Friend—no one can keep him in bondage.

134 : 1715

God's Name is the Jewel, the Pearl. It cannot be stolen or taken away.

134 : 1716

In the Lord are all pleasures which please the mind.

134 : 1717

As the Lord wishes, so He acts, and so His creatures act.

134 : 1718

They alone are called blessed, whom God has made His Own.

134 : 1719

If people could meet the Lord by their own efforts, why would they be crying out in the pain

of separation?

134 : 1720

Meeting Him in the Saadh Sangat, the Company of the Holy, O Nanak, celestial bliss is enjoyed.

134 : 1721

In the month of Jayt'h, the playful Husband Lord meets her, upon whose forehead such good destiny is recorded. ||4||

134 : 1722

The month of Aasaarh seems burning hot, to those who are not close to their Husband Lord.

134 : 1723

They have forsaken God the Primal Being, the Life of the World, and they have come to rely upon mere mortals.

134 : 1724

In the love of duality, the soul-bride is ruined; around her neck she wears the noose of Death.

134 : 1725

As you plant, so shall you harvest; your destiny is recorded on your forehead.

134 : 1726

The life-night passes away, and in the end, one comes to regret and repent, and then depart with no hope at all.

134 : 1727

Those who meet with the Holy Saints are liberated in the Court of the Lord.

134 : 1728

Show Your Mercy to me, O God; I am thirsty for the Blessed Vision of Your Darshan.

134 : 1729

Without You, God, there is no other at all. This is Nanak's humble prayer.

134 : 1730

The month of Aasaarh is pleasant, when the Feet of the Lord abide in the mind. ||5||

134 : 1731

In the month of Saawan, the soul-bride is happy, if she falls in love with the Lotus Feet of the Lord.

134 : 1732

Her mind and body are imbued with the Love of the True One; His Name is her only Support.

134 : 1733

The pleasures of corruption are false. All that is seen shall turn to ashes.

134 : 1734

The drops of the Lord's Nectar are so beautiful! Meeting the Holy Saint, we drink these in.

134 : 1735

The forests and the meadows are rejuvenated and refreshed with the Love of God, the All-powerful, Infinite Primal Being.

134 : 1736

My mind yearns to meet the Lord. If only He would show His Mercy, and unite me with Himself!



134 : 1737

Those brides who have obtained God—I am forever a sacrifice to them.

134 : 1738

O Nanak, when the Dear Lord shows kindness, He adorns His bride with the Word of His Shabad.

134 : 1739

Saawan is delightful for those happy soul-brides whose hearts are adorned with the Necklace of the Lord's Name. ||6||

134 : 1740

In the month of Bhaadon, she is deluded by doubt, because of her attachment to duality.

134 : 1741

She may wear thousands of ornaments, but they are of no use at all.

134 : 1742

On that day when the body perishes—at that time, she becomes a ghost.

134 : 1743

The Messenger of Death seizes and holds her, and does not tell anyone his secret.

134 : 1744

And her loved ones—in an instant, they move on, leaving her all alone.

134 : 1745

She wrings her hands, her body writhes in pain, and she turns from black to white.

134 : 1746

As she has planted, so does she harvest; such is the field of karma.

134 : 1747

Nanak seeks God's Sanctuary; God has given him the Boat of His Feet.

134 : 1748

Those who love the Guru, the Protector and Savior, in Bhaadon, shall not be thrown down into hell. ||7||

134 : 1749

In the month of Assu, my love for the Lord overwhelms me. How can I go and meet the Lord?

— Raag Maajh – Part 041 —

## Raag Maajh – Part 042

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135 : 1750

My mind and body are so thirsty for the Blessed Vision of His Darshan. Won't someone please come and lead me to him, O my mother.

135 : 1751

The Saints are the helpers of the Lord's lovers; I fall and touch their feet.

135 : 1752

Without God, how can I find peace? There is nowhere else to go.

135 : 1753

Those who have tasted the sublime essence of His Love, remain satisfied and fulfilled.

135 : 1754

They renounce their selfishness and conceit, and they pray, "God, please attach me to the hem of Your robe."

135 : 1755

Those whom the Husband Lord has united with Himself, shall not be separated from Him again.

135 : 1756

Without God, there is no other at all. Nanak has entered the Sanctuary of the Lord.

135 : 1757

In Assu, the Lord, the Sovereign King, has granted His Mercy, and they dwell in peace. ||8||

135 : 1758

In the month of Katak, do good deeds. Do not try to blame anyone else.

135 : 1759

Forgetting the Transcendent Lord, all sorts of illnesses are contracted.

135 : 1760

Those who turn their backs on the Lord shall be separated from Him and consigned to reincarnation, over and over again.

135 : 1761

In an instant, all of Maya's sensual pleasures turn bitter.

135 : 1762

No one can then serve as your intermediary. Unto whom can we turn and cry?

135 : 1763

By one's own actions, nothing can be done; destiny was pre-determined from the very beginning.

135 : 1764

By great good fortune, I meet my God, and then all pain of separation departs.

135 : 1765

Please protect Nanak, God; O my Lord and Master, please release me from bondage.

135 : 1766

In Katak, in the Company of the Holy, all anxiety vanishes. ||9||

135 : 1767

In the month of Maghar, those who sit with their Beloved Husband Lord are beautiful.

135 : 1768

How can their glory be measured? Their Lord and Master blends them with Himself.

135 : 1769

Their bodies and minds blossom forth in the Lord; they have the companionship of the Holy Saints.

135 : 1770

Those who lack the Company of the Holy, remain all alone.

135 : 1771

Their pain never departs, and they fall into the grip of the Messenger of Death.

135 : 1772

Those who have ravished and enjoyed their God, are seen to be continually exalted and uplifted.

135 : 1773

They wear the Necklace of the jewels, emeralds and rubies of the Lord's Name.

135 : 1774

Nanak seeks the dust of the feet of those who take to the Sanctuary of the Lord's Door.

135 : 1775

Those who worship and adore God in Maghar, do not suffer the cycle of reincarnation ever again. ||10||

135 : 1776

In the month of Poh, the cold does not touch those, whom the Husband Lord hugs close in His Embrace.

135 : 1777

Their minds are transfixed by His Lotus Feet. They are attached to the Blessed Vision of the Lord's Darshan.

135 : 1778

Seek the Protection of the Lord of the Universe; His service is truly profitable.

135 : 1779

Corruption shall not touch you, when you join the Holy Saints and sing the Lord's Praises.

135 : 1780

From where it originated, there the soul is blended again. It is absorbed in the Love of the True Lord.

135 : 1781

When the Supreme Lord God grasps someone's hand, he shall never again suffer separation from Him.

135 : 1782

I am a sacrifice, 100,000 times, to the Lord, my Friend, the Unapproachable and Unfathomable.

135 : 1783

Please preserve my honor, Lord; Nanak begs at Your Door.

135 : 1784

Poh is beautiful, and all comforts come to that one, whom the Carefree Lord has forgiven.  
||11||

135 : 1785

In the month of Maagh, let your cleansing bath be the dust of the Saadh Sangat, the Company of the Holy.

135 : 1786

Meditate and listen to the Name of the Lord, and give it to everyone.

135 : 1787

In this way, the filth of lifetimes of karma shall be removed, and egotistical pride shall vanish from your mind.

-- Raag Maajh – Part 042 --

## Raag Maajh – Part 043

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136 : 1788

Sexual desire and anger shall not seduce you, and the dog of greed shall depart.

136 : 1789

Those who walk on the Path of Truth shall be praised throughout the world.

136 : 1790

Be kind to all beings–this is more meritorious than bathing at the sixty–eight sacred shrines of pilgrimage and the giving of charity.

136 : 1791

That person, upon whom the Lord bestows His Mercy, is a wise person.

136 : 1792

Nanak is a sacrifice to those who have merged with God.

136 : 1793

In Maagh, they alone are known as true, unto whom the Perfect Guru is Merciful. ||12||

136 : 1794

In the month of Phalgun, bliss comes to those, unto whom the Lord, the Friend, has been revealed.

136 : 1795

The Saints, the Lord's helpers, in their mercy, have united me with Him.

136 : 1796

My bed is beautiful, and I have all comforts. I feel no sadness at all.



136 : 1797

My desires have been fulfilled—by great good fortune, I have obtained the Sovereign Lord as my Husband.

136 : 1798

Join with me, my sisters, and sing the songs of rejoicing and the Hymns of the Lord of the Universe.

136 : 1799

There is no other like the Lord—there is no equal to Him.

136 : 1800

He embellishes this world and the world hereafter, and He gives us our permanent home there.

136 : 1801

He rescues us from the world—ocean; never again do we have to run the cycle of reincarnation.

136 : 1802

I have only one tongue, but Your Glorious Virtues are beyond counting. Nanak is saved, falling at Your Feet.

136 : 1803

In Phalgun, praise Him continually; He has not even an iota of greed. ||13||

136 : 1804

Those who meditate on the Naam, the Name of the Lord—their affairs are all resolved.

136 : 1805

Those who meditate on the Perfect Guru, the Lord—Incarnate—they are judged true in the Court of the Lord.

136 : 1806

The Lord's Feet are the Treasure of all peace and comfort for them; they cross over the terrifying and treacherous world–ocean.

136 : 1807

They obtain love and devotion, and they do not burn in corruption.

136 : 1808

Falsehood has vanished, duality has been erased, and they are totally overflowing with Truth.

136 : 1809

They serve the Supreme Lord God, and enshrine the One Lord within their minds.

136 : 1810

The months, the days, and the moments are auspicious, for those upon whom the Lord casts His Glance of Grace.

136 : 1811

Nanak begs for the blessing of Your Vision, O Lord. Please, shower Your Mercy upon me!  
||14||1||

136 : 1812

Maajh, Fifth Mehl: Day And Night:

136 : 1813

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

136 : 1814

I serve my True Guru, and meditate on Him all day and night.

136 : 1815

Renouncing selfishness and conceit, I seek His Sanctuary, and speak sweet words to Him.

136 : 1816

Through countless lifetimes and incarnations, I was separated from Him. O Lord, you are my Friend and Companion—please unite me with Yourself.

136 : 1817

Those who are separated from the Lord do not dwell in peace, O sister.

136 : 1818

Without their Husband Lord, they find no comfort. I have searched and seen all realms.

136 : 1819

My own evil actions have kept me separate from Him; why should I accuse anyone else?

136 : 1820

Bestow Your Mercy, God, and save me! No one else can bestow Your Mercy.

136 : 1821

Without You, Lord, we roll around in the dust. Unto whom should we utter our cries of distress?

136 : 1822

This is Nanak's prayer: "May my eyes behold the Lord, the Angelic Being."||1||

136 : 1823

The Lord hears the anguish of the soul; He is the All-powerful and Infinite Primal Being.

136 : 1824

In death and in life, worship and adore the Lord, the Support of all.

-- Raag Maajh – Part 043 --

## Raag Maajh – Part 044

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137 : 1825

In this world and in the next, the soul–bride belongs to her Husband Lord, who has such a vast family.

137 : 1826

He is Lofty and Inaccessible. His Wisdom is Unfathomable.

137 : 1827

He has no end or limitation. That service is pleasing to Him, which makes one humble, like the dust of the feet of the Saints.

137 : 1828

He is the Patron of the poor, the Merciful, Luminous Lord, the Redeemer of sinners.

137 : 1829

From the very beginning, and throughout the ages, the True Name of the Creator has been our Saving Grace.

137 : 1830

No one can know His Value; no one can weigh it.

137 : 1831

He dwells deep within the mind and body. O Nanak, He cannot be measured.

137 : 1832

I am forever a sacrifice to those who serve God, day and night. ||2||

137 : 1833

The Saints worship and adore Him forever and ever; He is the Forgiver of all.

137 : 1834

He fashioned the soul and the body, and by His Kindness, He bestowed the soul.

137 : 1835

Through the Word of the Guru's Shabad, worship and adore Him, and chant His Pure Mantra.

137 : 1836

His Value cannot be evaluated. The Transcendent Lord is endless.

137 : 1837

That one, within whose mind the Lord abides, is said to be most fortunate.

137 : 1838

The soul's desires are fulfilled, upon meeting the Master, our Husband Lord.

137 : 1839

Nanak lives by chanting the Lord's Name; all sorrows have been erased.

137 : 1840

One who does not forget Him, day and night, is continually rejuvenated. ||3||

137 : 1841

God is overflowing with all powers. I have no honor—He is my resting place.

137 : 1842

I have grasped the Support of the Lord within my mind; I live by chanting and meditating on His Name.

137 : 1843

Grant Your Grace, God, and bless me, that I may merge into the dust of the feet of the humble.

137 : 1844

As You keep me, so do I live. I wear and eat whatever You give me.

137 : 1845

May I make the effort, O God, to sing Your Glorious Praises in the Company of the Holy.

137 : 1846

I can conceive of no other place; where could I go to lodge a complaint?

137 : 1847

You are the Dispeller of ignorance, the Destroyer of darkness, O Lofty, Unfathomable and Unapproachable Lord.

137 : 1848

Please unite this separated one with Yourself; this is Nanak's yearning.

137 : 1849

That day shall bring every joy, O Lord, when I take to the Feet of the Guru. ||4||1||

137 : 1850

Vaar In Maajh, And Shaloks Of The First Mehl: To Be Sung To The Tune Of "Malik Mureed And Chandhraa Sohee–Aa"

137 : 1851

One Universal Creator God. Truth Is The Name. Creative Being Personified. By Guru's Grace:

137 : 1852

Shalok, First Mehl:

137 : 1853

The Guru is the Giver; the Guru is the House of ice. The Guru is the Light of the three worlds.

137 : 1854

O Nanak, He is everlasting wealth. Place your mind's faith in Him, and you shall find peace.  
||1||

137 : 1855

First Mehl:

137 : 1856

First, the baby loves mother's milk;

137 : 1857

second, he learns of his mother and father;

137 : 1858

third, his brothers, sisters-in-law and sisters;

137 : 1859

fourth, the love of play awakens.

137 : 1860

Fifth, he runs after food and drink;

137 : 1861



sixth, in his sexual desire, he does not respect social customs.

137 : 1862

Seventh, he gathers wealth and dwells in his house;

137 : 1863

eighth, he becomes angry, and his body is consumed.

137 : 1864

Ninth, he turns grey, and his breathing becomes labored;

137 : 1865

tenth, he is cremated, and turns to ashes.

137 : 1866

His companions send him off, crying out and lamenting.

137 : 1867

The swan of the soul takes flight, and asks which way to go.

— Raag Maajh – Part 044 —

## Raag Maajh – Part 045

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138 : 1868

He came and he went, and now, even his name has died.

138 : 1869

After he left, food was offered on leaves, and the birds were called to come and eat.

138 : 1870

O Nanak, the self-willed manmukhs love the darkness.

138 : 1871

Without the Guru, the world is drowning. ||2||

138 : 1872

First Mehl:

138 : 1873

At the age of ten, he is a child; at twenty, a youth, and at thirty, he is called handsome.

138 : 1874

At forty, he is full of life; at fifty, his foot slips, and at sixty, old age is upon him.

138 : 1875

At seventy, he loses his intellect, and at eighty, he cannot perform his duties.

138 : 1876

At ninety, he lies in his bed, and he cannot understand his weakness.

138 : 1877

After seeking and searching for such a long time, O Nanak, I have seen that the world is just a mansion of smoke. ||3||

138 : 1878

Pauree:

138 : 1879

You, O Creator Lord, are Unfathomable. You Yourself created the Universe,

138 : 1880

its colors, qualities and varieties, in so many ways and forms.

138 : 1881

You created it, and You alone understand it. It is all Your Play.

138 : 1882

Some come, and some arise and depart; but without the Name, all are bound to die.

138 : 1883

The Gurmukhs are imbued with the deep crimson color of the poppy; they are dyed in the color of the Lord's Love.

138 : 1884

So serve the True and Pure Lord, the Supremely Powerful Architect of Destiny.

138 : 1885

You Yourself are All-knowing. O Lord, You are the Greatest of the Great!

138 : 1886

O my True Lord, I am a sacrifice, a humble sacrifice, to those who meditate on You within their conscious mind. ||1||

138 : 1887

Shalok, First Mehl:

138 : 1888

He placed the soul in the body which He had fashioned. He protects the Creation which He has created.

138 : 1889

With their eyes, they see, and with their tongues, they speak; with their ears, they bring the mind to awareness.

138 : 1890

With their feet, they walk, and with their hands, they work; they wear and eat whatever is given.

138 : 1891

They do not know the One who created the Creation. The blind fools do their dark deeds.

138 : 1892

When the pitcher of the body breaks and shatters into pieces, it cannot be re-created again.

138 : 1893

O Nanak, without the Guru, there is no honor; without honor, no one is carried across. ||1||

138 : 1894

Second Mehl:

138 : 1895

They prefer the gift, instead of the Giver; such is the way of the self-willed manmukhs.

138 : 1896

What can anyone say about their intelligence, their understanding or their cleverness?

138 : 1897

The deeds which one commits, while sitting in one's own home, are known far and wide, in the four directions.

138 : 1898

One who lives righteously is known as righteous; one who commits sins is known as a sinner.

138 : 1899

You Yourself enact the entire play, O Creator. Why should we speak of any other?

138 : 1900

As long as Your Light is within the body, You speak through that Light. Without Your Light, who can do anything? Show me any such cleverness!

138 : 1901

O Nanak, the Lord alone is Perfect and All-knowing; He is revealed to the Gurmukh. ||2||

138 : 1902

Pauree:

138 : 1903

You Yourself created the world, and You Yourself put it to work.

138 : 1904

Administering the drug of emotional attachment, You Yourself have led the world astray.

138 : 1905

The fire of desire is deep within; unsatisfied, people remain hungry and thirsty.

138 : 1906

This world is an illusion; it dies and it is re-born—it comes and it goes in reincarnation.

138 : 1907

Without the True Guru, emotional attachment is not broken. All have grown weary of performing empty rituals.

138 : 1908

Those who follow the Guru's Teachings meditate on the Naam, the Name of the Lord. Filled with a joyful peace, they surrender to Your Will.

138 : 1909

They save their families and ancestors; blessed are the mothers who gave birth to them.

— Raag Maajh – Part 045 —

## Raag Maajh – Part 046

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139 : 1910

Beautiful and sublime is the glory and the understanding of those who focus their consciousness on the Lord. ||2||

139 : 1911

Shalok, Second Mehl:

139 : 1912

To see without eyes; to hear without ears;

139 : 1913

to walk without feet; to work without hands;

139 : 1914

to speak without a tongue—like this, one remains dead while yet alive.

139 : 1915

O Nanak, recognize the Hukam of the Lord's Command, and merge with your Lord and Master. ||1||

139 : 1916

Second Mehl:

139 : 1917

He is seen, heard and known, but His subtle essence is not obtained.

139 : 1918

How can the lame, armless and blind person run to embrace the Lord?

139 : 1919

Let the Fear of God be your feet, and let His Love be your hands; let His Understanding be your eyes.

139 : 1920

Says Nanak, in this way, O wise soul–bride, you shall be united with your Husband Lord.  
||2||

139 : 1921

Pauree:

139 : 1922

Forever and ever, You are the only One; You set the play of duality in motion.

139 : 1923

You created egotism and arrogant pride, and You placed greed within our beings.

139 : 1924

Keep me as it pleases Your Will; everyone acts as You cause them to act.

139 : 1925

Some are forgiven, and merge with You; through the Guru's Teachings, we are joined to You.

139 : 1926

Some stand and serve You; without the Name, nothing else pleases them.

139 : 1927

Any other task would be worthless to them–You have enjoined them to Your True Service.

139 : 1928



In the midst of children, spouse and relations, some still remain detached; they are pleasing to Your Will.

139 : 1929

Inwardly and outwardly, they are pure, and they are absorbed in the True Name. ||3||

139 : 1930

Shalok, First Mehl:

139 : 1931

I may make a cave, in a mountain of gold, or in the water of the nether regions;

139 : 1932

I may remain standing on my head, upside–down, on the earth or up in the sky;

139 : 1933

I may totally cover my body with clothes, and wash them continually;

139 : 1934

I may shout out loud, the white, red, yellow and black Vedas;

139 : 1935

I may even live in dirt and filth. And yet, all this is just a product of evil–mindedness, and intellectual corruption.

139 : 1936

I was not, I am not, and I will never be anything at all! O Nanak, I dwell only on the Word of the Shabad. ||1||

139 : 1937

First Mehl:

139 : 1938

They wash their clothes, and scrub their bodies, and try to practice self–discipline.

139 : 1939

But they are not aware of the filth staining their inner being, while they try and try to wash off the outer dirt.

139 : 1940

The blind go astray, caught by the noose of Death.

139 : 1941

They see other people's property as their own, and in egotism, they suffer in pain.

139 : 1942

O Nanak, the egotism of the Gurmukhs is broken, and then, they meditate on the Name of the Lord, Har, Har.

139 : 1943

They chant the Naam, meditate on the Naam, and through the Naam, they are absorbed in peace. ||2||

139 : 1944

Pauree:

139 : 1945

Destiny has brought together and united the body and the soul–swan.

139 : 1946

He who created them, also separates them.

139 : 1947

The fools enjoy their pleasures; they must also endure all their pains.

139 : 1948

From pleasures, arise diseases and the commission of sins.

139 : 1949

From sinful pleasures come sorrow, separation, birth and death.

139 : 1950

The fools try to account for their misdeeds, and argue uselessly.

139 : 1951

The judgement is in the Hands of the True Guru, who puts an end to the argument.

139 : 1952

Whatever the Creator does, comes to pass. It cannot be changed by anyone's efforts. ||4||

139 : 1953

Shalok, First Mehl:

139 : 1954

Telling lies, they eat dead bodies.

-- Raag Maajh – Part 046 --

## Raag Maajh – Part 047

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140 : 1955

And yet, they go out to teach others.

140 : 1956

They are deceived, and they deceive their companions.

140 : 1957

O Nanak, such are the leaders of men. ||1||

140 : 1958

Fourth Mehl:

140 : 1959

Those, within whom the Truth dwells, obtain the True Name; they speak only the Truth.

140 : 1960

They walk on the Lord's Path, and inspire others to walk on the Lord's Path as well.

140 : 1961

Bathing in a pool of holy water, they are washed clean of filth. But, by bathing in a stagnant pond, they are contaminated with even more filth.

140 : 1962

The True Guru is the Perfect Pool of Holy Water. Night and day, He meditates on the Name of the Lord, Har, Har.

140 : 1963

He is saved, along with his family; bestowing the Name of the Lord, Har, Har, He saves the

whole world.

140 : 1964

Servant Nanak is a sacrifice to one who himself chants the Naam, and inspires others to chant it as well. ||2||

140 : 1965

Pauree:

140 : 1966

Some pick and eat fruits and roots, and live in the wilderness.

140 : 1967

Some wander around wearing saffron robes, as Yogis and Sanyaasees.

140 : 1968

But there is still so much desire within them—they still yearn for clothes and food.

140 : 1969

They waste their lives uselessly; they are neither householders nor renunciates.

140 : 1970

The Messenger of Death hangs over their heads, and they cannot escape the three-phased desire.

140 : 1971

Death does not even approach those who follow the Guru's Teachings, and become the slaves of the Lord's slaves.

140 : 1972

The True Word of the Shabad abides in their true minds; within the home of their own inner beings, they remain detached.

140 : 1973

O Nanak, those who serve their True Guru, rise from desire to desirelessness. ||5||

140 : 1974

Shalok, First Mehl:

140 : 1975

If one's clothes are stained with blood, the garment becomes polluted.

140 : 1976

Those who suck the blood of human beings—how can their consciousness be pure?

140 : 1977

O Nanak, chant the Name of God, with heart–felt devotion.

140 : 1978

Everything else is just a pompous worldly show, and the practice of false deeds. ||1||

140 : 1979

First Mehl:

140 : 1980

Since I am no one, what can I say? Since I am nothing, what can I be?

140 : 1981

As He created me, so I act. As He causes me to speak, so I speak. I am full and overflowing with sins—if only I could wash them away!

140 : 1982

I do not understand myself, and yet I try to teach others. Such is the guide I am!

140 : 1983

O Nanak, the one who is blind shows others the way, and misleads all his companions.

140 : 1984

But, going to the world hereafter, he shall be beaten and kicked in the face; then, it will be obvious, what sort of guide he was! ||2||

140 : 1985

Pauree:

140 : 1986

Through all the months and the seasons, the minutes and the hours, I dwell upon You, O Lord.

140 : 1987

No one has attained You by clever calculations, O True, Unseen and Infinite Lord.

140 : 1988

That scholar who is full of greed, arrogant pride and egotism, is known to be a fool.

140 : 1989

So read the Name, and realize the Name, and contemplate the Guru's Teachings.

140 : 1990

Through the Guru's Teachings, I have earned the wealth of the Naam; I possess the storehouses, overflowing with devotion to the Lord.

140 : 1991

Believing in the Immaculate Naam, one is hailed as true, in the True Court of the Lord.

140 : 1992

The Divine Light of the Infinite Lord, who owns the soul and the breath of life, is deep within the inner being.

140 : 1993

You alone are the True Banker, O Lord; the rest of the world is just Your petty trader. ||6||

140 : 1994

Shalok, First Mehl:

140 : 1995

Let mercy be your mosque, faith your prayer–mat, and honest living your Koran.

140 : 1996

Make modesty your circumcision, and good conduct your fast. In this way, you shall be a true Muslim.

140 : 1997

Let good conduct be your Kaabaa, Truth your spiritual guide, and the karma of good deeds your prayer and chant.

140 : 1998

Let your rosary be that which is pleasing to His Will. O Nanak, God shall preserve your honor. ||1||

-- Raag Maajh – Part 047 --



# Raag Maajh – Part 048

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141 : 1999

First Mehl

141 : 2000

: To take what rightfully belongs to another, is like a Muslim eating pork, or a Hindu eating beef.

141 : 2001

Our Guru, our Spiritual Guide, stands by us, if we do not eat those carcasses.

141 : 2002

By mere talk, people do not earn passage to Heaven. Salvation comes only from the practice of Truth.

141 : 2003

By adding spices to forbidden foods, they are not made acceptable.

141 : 2004

O Nanak, from false talk, only falsehood is obtained. ||2||

141 : 2005

First Mehl:

141 : 2006

There are five prayers and five times of day for prayer; the five have five names.

141 : 2007

Let the first be truthfulness, the second honest living, and the third charity in the Name of

God.

141 : 2008

Let the fourth be good will to all, and the fifth the praise of the Lord.

141 : 2009

Repeat the prayer of good deeds, and then, you may call yourself a Muslim.

141 : 2010

O Nanak, the false obtain falsehood, and only falsehood. ||3||

141 : 2011

Pauree:

141 : 2012

Some trade in priceless jewels, while others deal in mere glass.

141 : 2013

When the True Guru is pleased, we find the treasure of the jewel, deep within the self.

141 : 2014

Without the Guru, no one has found this treasure. The blind and the false have died in their endless wanderings.

141 : 2015

The self-willed manmukhs putrefy and die in duality. They do not understand contemplative meditation.

141 : 2016

Without the One Lord, there is no other at all. Unto whom should they complain?

141 : 2017

Some are destitute, and wander around endlessly, while others have storehouses of wealth.

141 : 2018

Without God's Name, there is no other wealth. Everything else is just poison and ashes.

141 : 2019

O Nanak, the Lord Himself acts, and causes others to act; by the Hukam of His Command, we are embellished and exalted. ||7||

141 : 2020

Shalok, First Mehl:

141 : 2021

It is difficult to be called a Muslim; if one is truly a Muslim, then he may be called one.

141 : 2022

First, let him savor the religion of the Prophet as sweet; then, let his pride of his possessions be scraped away.

141 : 2023

Becoming a true Muslim, a disciple of the faith of Mohammed, let him put aside the delusion of death and life.

141 : 2024

As he submits to God's Will, and surrenders to the Creator, he is rid of selfishness and conceit.

141 : 2025

And when, O Nanak, he is merciful to all beings, only then shall he be called a Muslim. ||1||

141 : 2026

Fourth Mehl:

141 : 2027

Renounce sexual desire, anger, falsehood and slander; forsake Maya and eliminate egotistical pride.

141 : 2028

Renounce sexual desire and promiscuity, and give up emotional attachment. Only then shall you obtain the Immaculate Lord amidst the darkness of the world.

141 : 2029

Renounce selfishness, conceit and arrogant pride, and your love for your children and spouse. Abandon your thirsty hopes and desires, and embrace love for the Lord.

141 : 2030

O Nanak, the True One shall come to dwell in your mind. Through the True Word of the Shabad, you shall be absorbed in the Name of the Lord. ||2||

141 : 2031

Pauree:

141 : 2032

Neither the kings, nor their subjects, nor the leaders shall remain.

141 : 2033

The shops, the cities and the streets shall eventually disintegrate, by the Hukam of the Lord's Command.

141 : 2034

Those solid and beautiful mansions—the fools think that they belong to them.

141 : 2035

The treasure–houses, filled with wealth, shall be emptied out in an instant.

141 : 2036

The horses, chariots, camels and elephants, with all their decorations; the gardens, lands, houses, tents, soft beds and satin pavilions–Oh, where are those things, which they believe to be their own?

141 : 2037

O Nanak, the True One is the Giver of all; He is revealed through His All–powerful Creative Nature. ||8||

141 : 2038

Shalok, First Mehl:

141 : 2039

If the rivers became cows, giving milk, and the spring water became milk and ghee;

141 : 2040

If all the earth became sugar, to continually excite the mind;

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# Raag Maajh – Part 049

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142 : 2041

if the mountains became gold and silver, studded with gems and jewels

142 : 2042

–even then, I would worship and adore You, and my longing to chant Your Praises would not decrease. ||1||

142 : 2043

First Mehl:

142 : 2044

If all the eighteen loads of vegetation became fruits,

142 : 2045

and the growing grass became sweet rice; if I were able to stop the sun and the moon in their orbits and hold them perfectly steady

142 : 2046

–even then, I would worship and adore You, and my longing to chant Your Praises would not decrease. ||2||

142 : 2047

First Mehl:

142 : 2048

If my body were afflicted with pain, under the evil influence of unlucky stars;

142 : 2049

and if the blood-sucking kings were to hold power over me

142 : 2050

–even if this were my condition, I would still worship and adore You, and my longing to chant Your Praises would not decrease. ||3||

142 : 2051

First Mehl:

142 : 2052

If fire and ice were my clothes, and the wind was my food;

142 : 2053

and even if the enticing heavenly beauties were my wives, O Nanak—all this shall pass away!

142 : 2054

Even then, I would worship and adore You, and my longing to chant Your Praises would not decrease. ||4||

142 : 2055

Pauree:

142 : 2056

The foolish demon, who does evil deeds, does not know his Lord and Master.

142 : 2057

Call him a mad-man, if he does not understand himself.

142 : 2058

The strife of this world is evil; these struggles are consuming it.

142 : 2059

Without the Lord's Name, life is worthless. Through doubt, the people are being destroyed.

142 : 2060

One who recognizes that all spiritual paths lead to the One shall be emancipated.

142 : 2061

One who speaks lies shall fall into hell and burn.

142 : 2062

In all the world, the most blessed and sanctified are those who remain absorbed in Truth.

142 : 2063

One who eliminates selfishness and conceit is redeemed in the Court of the Lord. ||9||

142 : 2064

First Mehl, Shalok:

142 : 2065

They alone are truly alive, whose minds are filled with the Lord.

142 : 2066

O Nanak, no one else is truly alive;

142 : 2067

those who merely live shall depart in dishonor;

142 : 2068

everything they eat is impure.



142 : 2069

Intoxicated with power and thrilled with wealth, they delight in their pleasures, and dance about shamelessly.

142 : 2070

O Nanak, they are deluded and defrauded.

142 : 2071

Without the Lord's Name, they lose their honor and depart. ||1||

142 : 2072

First Mehl:

142 : 2073

What good is food, and what good are clothes,

142 : 2074

if the True Lord does not abide within the mind?

142 : 2075

What good are fruits, what good is ghee, sweet jaggery, what good is flour, and what good is meat?

142 : 2076

What good are clothes, and what good is a soft bed, to enjoy pleasures and sensual delights?

142 : 2077

What good is an army, and what good are soldiers, servants and mansions to live in?

142 : 2078

O Nanak, without the True Name, all this paraphernalia shall disappear. ||2||

142 : 2079

Pauree:

142 : 2080

What good is social class and status? Truthfulness is measured within.

142 : 2081

Pride in one's status is like poison—holding it in your hand and eating it, you shall die.

142 : 2082

The True Lord's Sovereign Rule is known throughout the ages.

142 : 2083

One who respects the Hukam of the Lord's Command is honored and respected in the Court of the Lord.

142 : 2084

By the Order of our Lord and Master, we have been brought into this world.

142 : 2085

The Drummer, the Guru, has announced the Lord's meditation, through the Word of the Shabad.

142 : 2086

Some have mounted their horses in response, and others are saddling up.

142 : 2087

Some have tied up their bridles, and others have already ridden off. ||10||

142 : 2088

Shalok, First Mehl:

142 : 2089

When the crop is ripe, then it is cut down; only the stalks are left standing.

142 : 2090

The corn on the cob is put into the thresher, and the kernels are separated from the cobs.

142 : 2091

Placing the kernels between the two mill–stones, people sit and grind the corn.

142 : 2092

Those kernels which stick to the central axle are spared–Nanak has seen this wonderful vision! ||1||

142 : 2093

First Mehl:

142 : 2094

Look, and see how the sugar–cane is cut down. After cutting away its branches, its feet are bound together into bundles,

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## Raag Maajh – Part 050

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143 : 2095

and then, it is placed between the wooden rollers and crushed.

143 : 2096

What punishment is inflicted upon it! Its juice is extracted and placed in the cauldron; as it is heated, it groans and cries out.

143 : 2097

And then, the crushed cane is collected and burnt in the fire below.

143 : 2098

Nanak: come, people, and see how the sweet sugar-cane is treated! ||2||

143 : 2099

Pauree:

143 : 2100

Some do not think of death; they entertain great hopes.

143 : 2101

They die, and are re-born, and die, over and over again. They are of no use at all!

143 : 2102

In their conscious minds, they call themselves good.

143 : 2103

The King of the Angels of Death hunts down those self-willed manmukhs, over and over again.

143 : 2104

The manmukhs are false to their own selves; they feel no gratitude for what they have been given.

143 : 2105

Those who merely perform rituals of worship are not pleasing to their Lord and Master.

143 : 2106

Those who attain the True Lord and chant His Name are pleasing to the Lord.

143 : 2107

They worship the Lord and bow at His Throne. They fulfill their pre-ordained destiny. ||11||

143 : 2108

First Mehl, Shalok:

143 : 2109

What can deep water do to a fish? What can the vast sky do to a bird?

143 : 2110

What can cold do to a stone? What is married life to a eunuch?

143 : 2111

You may apply sandalwood oil to a dog, but he will still be a dog.

143 : 2112

You may try to teach a deaf person by reading the Simritees to him, but how will he learn?

143 : 2113

You may place a light before a blind man and burn fifty lamps, but how will he see?

143 : 2114

You may place gold before a herd of cattle, but they will pick out the grass to eat.

143 : 2115

You may add flux to iron and melt it, but it will not become soft like cotton.

143 : 2116

O Nanak, this is the nature of a fool—everything he speaks is useless and wasted. ||1||

143 : 2117

First Mehl:

143 : 2118

When pieces of bronze or gold or iron break,

143 : 2119

the metal—smith welds them together again in the fire, and the bond is established.

143 : 2120

If a husband leaves his wife,

143 : 2121

their children may bring them back together in the world, and the bond is established.

143 : 2122

When the king makes a demand, and it is met, the bond is established.

143 : 2123

When the hungry man eats, he is satisfied, and the bond is established.

143 : 2124

In the famine, the rain fills the streams to overflowing, and the bond is established.

143 : 2125

There is a bond between love and words of sweetness.

143 : 2126

When one speaks the Truth, a bond is established with the Holy Scriptures.

143 : 2127

Through goodness and truth, the dead establish a bond with the living.

143 : 2128

Such are the bonds which prevail in the world.

143 : 2129

The fool establishes his bonds only when he is slapped in the face.

143 : 2130

Nanak says this after deep reflection:

143 : 2131

through the Lord's Praise, we establish a bond with His Court. ||2||

143 : 2132

Pauree:

143 : 2133

He Himself created and adorned the Universe, and He Himself contemplates it.

143 : 2134

Some are counterfeit, and some are genuine. He Himself is the Appraiser.

143 : 2135

The genuine are placed in His Treasury, while the counterfeit are thrown away.

143 : 2136

The counterfeit are thrown out of the True Court—unto whom should they complain?

143 : 2137

They should worship and follow the True Guru—this is the lifestyle of excellence.

143 : 2138

The True Guru converts the counterfeit into genuine; through the Word of the Shabad, He embellishes and exalts us.

143 : 2139

Those who have enshrined love and affection for the Guru, are honored in the True Court.

143 : 2140

Who can estimate the value of those who have been forgiven by the Creator Lord Himself?  
||12||

143 : 2141

Shalok, First Mehl:

143 : 2142

All the spiritual teachers, their disciples and the rulers of the world shall be buried under the ground.

143 : 2143



The emperors shall also pass away; God alone is Eternal.

143 : 2144

You alone, Lord, You alone. ||1||

143 : 2145

First Mehl:

143 : 2146

Neither the angels, nor the demons, nor human beings, nor the Siddhas, nor the seekers shall remain on the earth.

143 : 2147

Who else is there?

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# Raag Maajh – Part 051

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144 : 2148

You alone, Lord, You alone. ||2||

144 : 2149

First Mehl:

144 : 2150

Neither the just, nor the generous, nor any humans at all, nor the seven realms beneath the earth, shall remain.

144 : 2151

The One Lord alone exists. Who else is there?

144 : 2152

You alone, Lord, You alone. ||3||

144 : 2153

First Mehl:

144 : 2154

Neither the sun, nor the moon, nor the planets, nor the seven continents, nor the oceans, nor food, nor the wind—nothing is permanent.

144 : 2155

You alone, Lord, You alone. ||4||

144 : 2156

First Mehl:

144 : 2157

Our sustenance is not in the hands of any person.

144 : 2158

The hopes of all rest in the One Lord.

144 : 2159

The One Lord alone exists—who else is there?

144 : 2160

You alone, Lord, You alone. ||5||

144 : 2161

First Mehl:

144 : 2162

The birds have no money in their pockets.

144 : 2163

They place their hopes on trees and water.

144 : 2164

He alone is the Giver.

144 : 2165

You alone, Lord, You alone. ||6||

144 : 2166

First Mehl:

144 : 2167

O Nanak, that destiny which is pre-ordained and written on one's forehead

144 : 2168

–no one can erase it.

144 : 2169

The Lord infuses strength, and He takes it away again.

144 : 2170

You alone, O Lord, You alone. ||7||

144 : 2171

Pauree:

144 : 2172

True is the Hukam of Your Command. To the Gurmukh, it is known.

144 : 2173

Through the Guru's Teachings, selfishness and conceit are eradicated, and the Truth is realized.

144 : 2174

True is Your Court. It is proclaimed and revealed through the Word of the Shabad.

144 : 2175

Meditating deeply on the True Word of the Shabad, I have merged into the Truth.

144 : 2176

The self-willed manmukhs are always false; they are deluded by doubt.

144 : 2177

They dwell in manure, and they do not know the taste of the Name.

144 : 2178

Without the Name, they suffer the agonies of coming and going.

144 : 2179

O Nanak, the Lord Himself is the Appraiser, who distinguishes the counterfeit from the genuine. ||13||

144 : 2180

Shalok, First Mehl:

144 : 2181

Tigers, hawks, falcons and eagles—the Lord could make them eat grass.

144 : 2182

And those animals which eat grass—He could make them eat meat. He could make them follow this way of life.

144 : 2183

He could raise dry land from the rivers, and turn the deserts into bottomless oceans.

144 : 2184

He could appoint a worm as king, and reduce an army to ashes.

144 : 2185

All beings and creatures live by breathing, but He could keep us alive, even without the breath.

144 : 2186

O Nanak, as it pleases the True Lord, He gives us sustenance. ||1||

144 : 2187

First Mehl:

144 : 2188

Some eat meat, while others eat grass.

144 : 2189

Some have all the thirty–six varieties of delicacies,

144 : 2190

while others live in the dirt and eat mud.

144 : 2191

Some control the breath, and regulate their breathing.

144 : 2192

Some live by the Support of the Naam, the Name of the Formless Lord.

144 : 2193

The Great Giver lives; no one dies.

144 : 2194

O Nanak, those who do not enshrine the Lord within their minds are deluded. ||2||

144 : 2195

Pauree:

144 : 2196

By the karma of good actions, some come to serve the Perfect Guru.

144 : 2197

Through the Guru's Teachings, some eliminate selfishness and conceit, and meditate on the Naam, the Name of the Lord.

144 : 2198

Undertaking any other task, they waste their lives in vain.

144 : 2199

Without the Name, all that they wear and eat is poison.

144 : 2200

Praising the True Word of the Shabad, they merge with the True Lord.

144 : 2201

Without serving the True Guru, they do not obtain the home of peace; they are consigned to reincarnation, over and over again.

144 : 2202

Investing counterfeit capital, they earn only falsehood in the world.

144 : 2203

O Nanak, singing the Praises of the Pure, True Lord, they depart with honor. ||14||

144 : 2204

Shalok, First Mehl:

144 : 2205

When it pleases You, we play music and sing; when it pleases You, we bathe in water.





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145 : 2206

When it pleases You, we smear our bodies with ashes, and blow the horn and the conch shell.

145 : 2207

When it pleases You, we read the Islamic Scriptures, and are acclaimed as Mullahs and Shaykhs.

145 : 2208

When it pleases You, we become kings, and enjoy all sorts of tastes and pleasures.

145 : 2209

When it pleases You, we wield the sword, and cut off the heads of our enemies.

145 : 2210

When it pleases You, we go out to foreign lands; hearing news of home, we come back again.

145 : 2211

When it pleases You, we are attuned to the Name, and when it pleases You, we become pleasing to You.

145 : 2212

Nanak utters this one prayer; everything else is just the practice of falsehood. ||1||

145 : 2213

First Mehl:

145 : 2214

You are so Great—all Greatness flows from You. You are So Good—Goodness radiates from You.

145 : 2215

You are True—all that flows from You is True. Nothing at all is false.

145 : 2216

Talking, seeing, speaking, walking, living and dying—all these are transitory.

145 : 2217

By the Hukam of His Command, He creates, and in His Command, He keeps us. O Nanak, He Himself is True. ||2||

145 : 2218

Pauree:

145 : 2219

Serve the True Guru fearlessly, and your doubt shall be dispelled.

145 : 2220

Do that work which the True Guru asks you to do.

145 : 2221

When the True Guru becomes merciful, we meditate on the Naam.

145 : 2222

The profit of devotional worship is excellent. It is obtained by the Gurmukh.

145 : 2223

The self-willed manmukhs are trapped in the darkness of falsehood; they practice nothing but falsehood.

145 : 2224

Go to the Gate of Truth, and speak the Truth.

145 : 2225

The True Lord calls the true ones to the Mansion of His Presence.

145 : 2226

O Nanak, the true ones are forever true; they are absorbed in the True Lord. ||15||

145 : 2227

Shalok, First Mehl:

145 : 2228

The Dark Age of Kali Yuga is the knife, and the kings are butchers; righteousness has sprouted wings and flown away.

145 : 2229

In this dark night of falsehood, the moon of Truth is not visible anywhere.

145 : 2230

I have searched in vain, and I am so confused; in this darkness, I cannot find the path.

145 : 2231

In egotism, they cry out in pain.

145 : 2232

Says Nanak, how will they be saved? ||1||

145 : 2233

Third Mehl:

145 : 2234

In this Dark Age of Kali Yuga, the Kirtan of the Lord's Praise has appeared as a Light in the world.

145 : 2235

How rare are those few Gurmukhs who swim across to the other side!

145 : 2236

The Lord bestows His Glance of Grace;

145 : 2237

O Nanak, the Gurmukh receives the jewel. ||2||

145 : 2238

Pauree:

145 : 2239

Between the Lord's devotees and the people of the world, there can never be any true alliance.

145 : 2240

The Creator Himself is infallible. He cannot be fooled; no one can fool Him.

145 : 2241

He blends His devotees with Himself; they practice Truth, and only Truth.

145 : 2242

The Lord Himself leads the people of the world astray; they tell lies, and by telling lies, they eat poison.

145 : 2243

They do not recognize the ultimate reality, that we all must go; they continue to cultivate the poisons of sexual desire and anger.

145 : 2244

The devotees serve the Lord; night and day, they meditate on the Naam.

145 : 2245

Becoming the slaves of the Lord's slaves, they eradicate selfishness and conceit from within.

145 : 2246

In the Court of their Lord and Master, their faces are radiant; they are embellished and exalted with the True Word of the Shabad. ||16||

145 : 2247

Shalok, First Mehl:

145 : 2248

Those who praise the Lord in the early hours of the morning and meditate on Him single-mindedly,

145 : 2249

are the perfect kings; at the right time, they die fighting.

145 : 2250

In the second watch, the focus of the mind is scattered in all sorts of ways.

145 : 2251

So many fall into the bottomless pit; they are dragged under, and they cannot get out again.

## Raag Maajh – Part 053

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146 : 2252

In the third watch, both hunger and thirst bark for attention, and food is put into the mouth.

146 : 2253

That which is eaten becomes dust, but they are still attached to eating.

146 : 2254

In the fourth watch, they become drowsy. They close their eyes and begin to dream.

146 : 2255

Rising up again, they engage in conflicts; they set the stage as if they will live for 100 years.

146 : 2256

If at all times, at each and every moment, they live in the fear of God

146 : 2257

–O Nanak, the Lord dwells within their minds, and their cleansing bath is true. ||1||

146 : 2258

Second Mehl:

146 : 2259

They are the perfect kings, who have found the Perfect Lord.

146 : 2260

Twenty–four hours a day, they remain unconcerned, imbued with the Love of the One Lord.

146 : 2261

Only a few obtain the Darshan, the Blessed Vision of the Unimaginably Beauteous Lord.

146 : 2262

Through the perfect karma of good deeds, one meets the Perfect Guru, whose speech is perfect.

146 : 2263

O Nanak, when the Guru makes one perfect, one's weight does not decrease. ||2||

146 : 2264

Pauree:

146 : 2265

When You are with me, what more could I want? I speak only the Truth.

146 : 2266

Plundered by the thieves of worldly affairs, she does not obtain the Mansion of His Presence.

146 : 2267

Being so stone–hearted, she has lost her chance to serve the Lord.

146 : 2268

That heart, in which the True Lord is not found, should be torn down and re–built.

146 : 2269

How can she be weighed accurately, upon the scale of perfection?

146 : 2270

No one will say that her weight has been shorted, if she rids herself of egotism.

146 : 2271

The genuine are assayed, and accepted in the Court of the All-knowing Lord.

146 : 2272

The genuine merchandise is found only in one shop—it is obtained from the Perfect Guru.  
||17||

146 : 2273

Shalok, Second Mehl:

146 : 2274

Twenty-four hours a day, destroy the eight things, and in the ninth place, conquer the body.

146 : 2275

Within the body are the nine treasures of the Name of the Lord—seek the depths of these virtues.

146 : 2276

Those blessed with the karma of good actions praise the Lord. O Nanak, they make the Guru their spiritual teacher.

146 : 2277

In the fourth watch of the early morning hours, a longing arises in their higher consciousness.

146 : 2278

They are attuned to the river of life; the True Name is in their minds and on their lips.

146 : 2279



The Ambrosial Nectar is distributed, and those with good karma receive this gift.

146 : 2280

Their bodies become golden, and take on the color of spirituality.

146 : 2281

If the Jeweller casts His Glance of Grace, they are not placed in the fire again.

146 : 2282

Throughout the other seven watches of the day, it is good to speak the Truth, and sit with the spiritually wise.

146 : 2283

There, vice and virtue are distinguished, and the capital of falsehood is decreased.

146 : 2284

There, the counterfeit are cast aside, and the genuine are cheered.

146 : 2285

Speech is vain and useless. O Nanak, pain and pleasure are in the power of our Lord and Master. ||1||

146 : 2286

Second Mehl:

146 : 2287

Air is the Guru, Water is the Father, and Earth is the Great Mother of all.

146 : 2288

Day and night are the two nurses, in whose lap all the world is at play.

146 : 2289

Good deeds and bad deeds—the record is read out in the Presence of the Lord of Dharma.

146 : 2290

According to their own actions, some are drawn closer, and some are driven farther away.

146 : 2291

Those who have meditated on the Naam, the Name of the Lord, and departed after having worked by the sweat of their brow

146 : 2292

—O Nanak, their faces are radiant in the Court of the Lord, and many others are saved along with them! ||2||

146 : 2293

Pauree:

146 : 2294

The True Food is the Love of the Lord; the True Guru has spoken.

146 : 2295

With this True Food, I am satisfied, and with the Truth, I am delighted.

146 : 2296

True are the cities and the villages, where one abides in the True Home of the self.

146 : 2297

When the True Guru is pleased, one receives the Lord's Name, and blossoms forth in His Love.

146 : 2298

No one enters the Court of the True Lord through falsehood.

146 : 2299

By uttering falsehood and only falsehood, the Mansion of the Lord's Presence is lost.

— Raag Maajh – Part 053 —

## Raag Maajh – Part 054

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147 : 2300

No one blocks the way of those who are blessed with the Banner of the True Word of the Shabad.

147 : 2301

Hearing, understanding and speaking Truth, one is called to the Mansion of the Lord's Presence. ||18||

147 : 2302

Shalok, First Mehl:

147 : 2303

If I dressed myself in fire, and built my house of snow, and made iron my food;

147 : 2304

and if I were to drink in all pain like water, and drive the entire earth before me;

147 : 2305

and if I were to place the earth upon a scale and balance it with a single copper coin;

147 : 2306

and if I were to become so great that I could not be contained, and if I were to control and lead all;

147 : 2307

and if I were to possess so much power within my mind that I could cause others to do my bidding—so what?

147 : 2308

As Great as our Lord and Master is, so great are His gifts. He bestows them according to His Will.

147 : 2309

O Nanak, those upon whom the Lord casts His Glance of Grace, obtain the glorious greatness of the True Name. ||1||

147 : 2310

Second Mehl:

147 : 2311

The mouth is not satisfied by speaking, and the ears are not satisfied by hearing.

147 : 2312

The eyes are not satisfied by seeing—each organ seeks out one sensory quality.

147 : 2313

The hunger of the hungry is not appeased; by mere words, hunger is not relieved.

147 : 2314

O Nanak, hunger is relieved only when one utters the Glorious Praises of the Praiseworthy Lord. ||2||

147 : 2315

Pauree:

147 : 2316

Without the True One, all are false, and all practice falsehood.

147 : 2317

Without the True One, the false ones are bound and gagged and driven off.

147 : 2318

Without the True One, the body is just ashes, and it mingles again with ashes.

147 : 2319

Without the True One, all food and clothes are unsatisfying.

147 : 2320

Without the True One, the false ones do not attain the Lord's Court.

147 : 2321

Attached to false attachments, the Mansion of the Lord's Presence is lost.

147 : 2322

The whole world is deceived by deception, coming and going in reincarnation.

147 : 2323

Within the body is the fire of desire; through the Word of the Shabad, it is quenched. ||19||

147 : 2324

Shalok, First Mehl:

147 : 2325

O Nanak, the Guru is the tree of contentment, with flowers of faith, and fruits of spiritual wisdom.

147 : 2326

Watered with the Lord's Love, it remains forever green; through the karma of good deeds and meditation, it ripens.

147 : 2327

Honor is obtained by eating this tasty dish; of all gifts, this is the greatest gift. ||1||

147 : 2328

First Mehl:

147 : 2329

The Guru is the tree of gold, with leaves of coral, and blossoms of jewels and rubies.

147 : 2330

The Words from His Mouth are fruits of jewels. Within His Heart, He beholds the Lord.

147 : 2331

O Nanak, He is obtained by those, upon whose faces and foreheads such pre-recorded destiny is written.

147 : 2332

The sixty-eight sacred shrines of pilgrimage are contained in the constant worship of the feet of the Exalted Guru.

147 : 2333

Cruelty, material attachment, greed and anger are the four rivers of fire.

147 : 2334

Falling into them, one is burned, O Nanak! One is saved only by holding tight to good deeds. ||2||

147 : 2335

Pauree:

147 : 2336

While you are alive, conquer death, and you shall have no regrets in the end.

147 : 2337

This world is false, but only a few understand this.

147 : 2338

People do not enshrine love for the Truth; they chase after worldly affairs instead.

147 : 2339

The terrible time of death and annihilation hovers over the heads of the world.

147 : 2340

By the Hukam of the Lord's Command, the Messenger of Death smashes his club over their heads.

147 : 2341

The Lord Himself gives His Love, and enshrines it within their minds.

147 : 2342

Not a moment or an instant's delay is permitted, when one's measure of life is full.

147 : 2343

By Guru's Grace, one comes to know the True One, and is absorbed into Him. ||20||

147 : 2344

Shalok, First Mehl:

147 : 2345

Bitter melon, swallow-wort, thorn-apple and nim fruit

147 : 2346

–these bitter poisons lodge in the minds and mouths of those who do not remember You.



147 : 2347

O Nanak, how shall I tell them this? Without the karma of good deeds, they are only destroying themselves. ||1||

147 : 2348

First Mehl:

147 : 2349

The intellect is a bird; on account of its actions, it is sometimes high, and sometimes low.

-- Raag Maajh – Part 054 --

## Raag Maajh – Part 055

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148 : 2350

Sometimes it is perched on the sandalwood tree, and sometimes it is on the branch of the poisonous swallow-wort. Sometimes, it soars through the heavens.

148 : 2351

O Nanak, our Lord and Master leads us on, according to the Hukam of His Command; such is His Way. ||2||

148 : 2352

Pauree:

148 : 2353

Some speak and expound, and while speaking and lecturing, they pass away.

148 : 2354

The Vedas speak and expound on the Lord, but they do not know His limits.

148 : 2355

Not by studying, but through understanding, is the Lord's Mystery revealed.

148 : 2356

There are six pathways in the Shaastras, but how rare are those who merge in the True Lord through them.

148 : 2357

The True Lord is Unknowable; through the Word of His Shabad, we are embellished.

148 : 2358

One who believes in the Name of the Infinite Lord, attains the Court of the Lord.

148 : 2359

I humbly bow to the Creator Lord; I am a minstrel singing His Praises.

148 : 2360

Nanak enshrines the Lord within his mind. He is the One, throughout the ages. ||21||

148 : 2361

Shalok, Second Mehl:

148 : 2362

Those who charm scorpions and handle snakes only brand themselves with their own hands.

148 : 2363

By the pre-ordained Order of our Lord and Master, they are beaten badly, and struck down.

148 : 2364

If the self-willed manmukhs fight with the Gurmukh, they are condemned by the Lord, the True Judge.

148 : 2365

He Himself is the Lord and Master of both worlds. He beholds all and makes the exact determination.

148 : 2366

O Nanak, know this well: everything is in accordance with His Will. ||1||

148 : 2367

Second Mehl:

148 : 2368

O Nanak, if someone judges himself, only then is he known as a real judge.

148 : 2369

If someone understands both the disease and the medicine, only then is he a wise physician.

148 : 2370

Do not involve yourself in idle business on the way; remember that you are only a guest here.

148 : 2371

Speak with those who know the Primal Lord, and renounce your evil ways.

148 : 2372

That virtuous person who does not walk in the way of greed, and who abides in Truth, is accepted and famous.

148 : 2373

If an arrow is shot at the sky, how can it reach there?

148 : 2374

The sky above is unreachable—know this well, O archer! ||2||

148 : 2375

Pauree:

148 : 2376

The soul—bride loves her Husband Lord; she is embellished with His Love.

148 : 2377

She worships Him day and night; she cannot be restrained from doing so.

148 : 2378

In the Mansion of the Lord's Presence, she has made her home; she is adorned with the Word of His Shabad.

148 : 2379

She is humble, and she offers her true and sincere prayer.

148 : 2380

She is beautiful in the Company of her Lord and Master; she walks in the Way of His Will.

148 : 2381

With her dear friends, she offers her heart–felt prayers to her Beloved.

148 : 2382

Cursed is that home, and shameful is that life, which is without the Name of the Lord.

148 : 2383

But she who is adorned with the Word of His Shabad, drinks in the Amrit of His Nectar.  
||22||

148 : 2384

Shalok, First Mehl:

148 : 2385

The desert is not satisfied by rain, and the fire is not quenched by desire.

148 : 2386

The king is not satisfied with his kingdom, and the oceans are full, but still they thirst for more.

148 : 2387

O Nanak, how many times must I seek and ask for the True Name? ||1||

148 : 2388

Second Mehl:

148 : 2389

Life is useless, as long as one does not know the Lord God.

148 : 2390

Only a few cross over the world–ocean, by Guru's Grace.

148 : 2391

The Lord is the All–powerful Cause of causes, says Nanak after deep deliberation.

148 : 2392

The creation is subject to the Creator, who sustains it by His Almighty Power. ||2||

148 : 2393

Pauree:

148 : 2394

In the Court of the Lord and Master, His minstrels dwell.

148 : 2395

Singing the Praises of their True Lord and Master, the lotuses of their hearts have blossomed forth.

148 : 2396

Obtaining their Perfect Lord and Master, their minds are transfixed with ecstasy.

148 : 2397

Their enemies have been driven out and subdued, and their friends are very pleased.

148 : 2398

Those who serve the Truthful True Guru are shown the True Path.

-- Raag Maajh – Part 055 --

## Raag Maajh – Part 056

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149 : 2399

Reflecting on the True Word of the Shabad, death is overcome.

149 : 2400

Speaking the Unspoken Speech of the Lord, one is adorned with the Word of His Shabad.

149 : 2401

Nanak holds tight to the Treasure of Virtue, and meets with the Dear, Beloved Lord. ||23||

149 : 2402

Shalok, First Mehl:

149 : 2403

Born because of the karma of their past mistakes, they make more mistakes, and fall into mistakes.

149 : 2404

By washing, their pollution is not removed, even though they may wash hundreds of times.

149 : 2405

O Nanak, if God forgives, they are forgiven; otherwise, they are kicked and beaten. ||1||

149 : 2406

First Mehl:

149 : 2407

O Nanak, it is absurd to ask to be spared from pain by begging for comfort.



149 : 2408

Pleasure and pain are the two garments given, to be worn in the Court of the Lord.

149 : 2409

Where you are bound to lose by speaking, there, you ought to remain silent. ||2||

149 : 2410

Pauree:

149 : 2411

After looking around in the four directions, I looked within my own self.

149 : 2412

There, I saw the True, Invisible Lord Creator.

149 : 2413

I was wandering in the wilderness, but now the Guru has shown me the Way.

149 : 2414

Hail to the True, True Guru, through whom we merge in the Truth.

149 : 2415

I have found the jewel within the home of my own self; the lamp within has been lit.

149 : 2416

Those who praise the True Word of the Shabad, abide in the peace of Truth.

149 : 2417

But those who do not have the Fear of God, are overtaken by fear. They are destroyed by their own pride.

149 : 2418

Having forgotten the Name, the world is roaming around like a wild demon. ||24||

149 : 2419

Shalok, Third Mehl:

149 : 2420

In fear we are born, and in fear we die. Fear is always present in the mind.

149 : 2421

O Nanak, if one dies in the fear of God, his coming into the world is blessed and approved.  
||1||

149 : 2422

Third Mehl:

149 : 2423

Without the fear of God, you may live very, very long, and savor the most enjoyable pleasures.

149 : 2424

O Nanak, if you die without the fear of God, you will arise and depart with a blackened face.  
||2||

149 : 2425

Pauree:

149 : 2426

When the True Guru is merciful, then your desires will be fulfilled.

149 : 2427

When the True Guru is merciful, you will never grieve.

149 : 2428

When the True Guru is merciful, you will know no pain.

149 : 2429

When the True Guru is merciful, you will enjoy the Lord's Love.

149 : 2430

When the True Guru is merciful, then why should you fear death?

149 : 2431

When the True Guru is merciful, the body is always at peace.

149 : 2432

When the True Guru is merciful, the nine treasures are obtained.

149 : 2433

When the True Guru is merciful, you shall be absorbed in the True Lord. ||25||

149 : 2434

Shalok, First Mehl:

149 : 2435

They pluck the hair out of their heads, and drink in filthy water; they beg endlessly and eat the garbage which others have thrown away.

149 : 2436

They spread manure, they suck in rotting smells, and they are afraid of clean water.

149 : 2437

Their hands are smeared with ashes, and the hair on their heads is plucked out—they are like sheep!

149 : 2438

They have renounced the lifestyle of their mothers and fathers, and their families and relatives cry out in distress.

149 : 2439

No one offers the rice dishes at their last rites, and no one lights the lamps for them. After their death, where will they be sent?

149 : 2440

The sixty–eight sacred shrines of pilgrimage give them no place of protection, and no Brahmin will eat their food.

149 : 2441

They remain polluted forever, day and night; they do not apply the ceremonial tilak mark to their foreheads.

149 : 2442

They sit together in silence, as if in mourning; they do not go to the Lord's Court.

149 : 2443

With their begging bowls hanging from their waists, and their fly–brushes in their hands, they walk along in single file.

149 : 2444

They are not Yogis, and they are not Jangams, followers of Shiva. They are not Qazis or Mullahs.

## Raag Maajh – Part 057

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150 : 2445

Ruined by the Merciful Lord, they wander around in disgrace, and their entire troop is contaminated.

150 : 2446

The Lord alone kills and restores to life; no one else can protect anyone from Him.

150 : 2447

They go without giving alms or any cleansing baths; their shaven heads become covered with dust.

150 : 2448

The jewel emerged from the water, when the mountain of gold was used to churn it.

150 : 2449

The gods established the sixty–eight sacred shrines of pilgrimage, where the festivals are celebrated and hymns are chanted.

150 : 2450

After bathing, the Muslims recite their prayers, and after bathing, the Hindus perform their worship services. The wise always take cleansing baths.

150 : 2451

At the time of death, and at the time of birth, they are purified, when water is poured on their heads.

150 : 2452

O Nanak, the shaven–headed ones are devils. They are not pleased to hear these words.

150 : 2453

When it rains, there is happiness. Water is the key to all life.

150 : 2454

When it rains, the corn grows, and the sugar cane, and the cotton, which provides clothing for all.

150 : 2455

When it rains, the cows always have grass to graze upon, and housewives can churn the milk into butter.

150 : 2456

With that ghee, sacred feasts and worship services are performed; all these efforts are blessed.

150 : 2457

The Guru is the ocean, and all His Teachings are the river. Bathing within it, glorious greatness is obtained.

150 : 2458

O Nanak, if the shaven-headed ones do not bathe, then seven handfuls of ashes are upon their heads. ||1||

150 : 2459

Second Mehl:

150 : 2460

What can the cold do to the fire? How can the night affect the sun?

150 : 2461

What can the darkness do to the moon? What can social status do to air and water?

150 : 2462

What are personal possessions to the earth, from which all things are produced?

150 : 2463

O Nanak, he alone is known as honorable, whose honor the Lord preserves. ||2||

150 : 2464

Pauree:

150 : 2465

It is of You, O my True and Wondrous Lord, that I sing forever.

150 : 2466

Yours is the True Court. All others are subject to coming and going.

150 : 2467

Those who ask for the gift of the True Name are like You.

150 : 2468

Your Command is True; we are adorned with the Word of Your Shabad.

150 : 2469

Through faith and trust, we receive spiritual wisdom and meditation from You.

150 : 2470

By Your Grace, the banner of honor is obtained. It cannot be taken away or lost.

150 : 2471

You are the True Giver; You give continually. Your Gifts continue to increase.

150 : 2472

Nanak begs for that gift which is pleasing to You. ||26||

150 : 2473

Shalok, Second Mehl:

150 : 2474

Those who have accepted the Guru's Teachings, and who have found the path, remain absorbed in the Praises of the True Lord.

150 : 2475

What teachings can be imparted to those who have the Divine Guru Nanak as their Guru?  
||1||

150 : 2476

First Mehl:

150 : 2477

We understand the Lord only when He Himself inspires us to understand Him.

150 : 2478

He alone knows everything, unto whom the Lord Himself gives knowledge.

150 : 2479

One may talk and preach and give sermons but still yearn after Maya.

150 : 2480

The Lord, by the Hukam of His Command, has created the entire creation.

150 : 2481



He Himself knows the inner nature of all.

150 : 2482

O Nanak, He Himself uttered the Word.

150 : 2483

Doubt departs from one who receives this gift. ||2||

150 : 2484

Pauree:

150 : 2485

I was a minstrel, out of work, when the Lord took me into His service.

150 : 2486

To sing His Praises day and night, He gave me His Order, right from the start.

150 : 2487

My Lord and Master has summoned me, His minstrel, to the True Mansion of His Presence.

150 : 2488

He has dressed me in the robes of His True Praise and Glory.

150 : 2489

The Ambrosial Nectar of the True Name has become my food.

150 : 2490

Those who follow the Guru's Teachings, who eat this food and are satisfied, find peace.

150 : 2491

His minstrel spreads His Glory, singing and vibrating the Word of His Shabad.

150 : 2492

O Nanak, praising the True Lord, I have obtained His Perfection. ||27||SUDH||

-- Raag Maajh --