



English translation of Holy Guru Granth Sahib (Part 36)

Table of Contents

Credits.....	1
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 001.....	2
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 002.....	6
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 003.....	11
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 004.....	16
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 005.....	21
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 006.....	26
Shalok Sehskritee, First Mehl &Fifth Mehl – Part 007.....	31

Credits

English translation of
**Holy Guru Granth Sahib (36 Shalok Sehskritee,
First Mehl & Fifth Mehl)**

by
Dr. Sant Singh Khalsa

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Shalok Sehskritee, First Mehl & Fifth Mehl – Part 001

1353 : 1

You believed that this body was permanent, but it shall turn to dust.

1353 : 2

Why don't you chant the Name of the Lord, you shameless fool? ||1||

1353 : 3

Let devotional worship of the Lord enter into your heart, and abandon the intellectualism of your mind.

1353 : 4

O Servant Nanak, this is the way to live in the world. ||2||4||

1353 : 5

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

1353 : 6

Shalok Sehskritee, First Mehl:

1353 : 7

You study the scriptures, say your prayers and argue;

1353 : 8

you worship stones and sit like a crane, pretending to meditate.

1353 : 9

You speak lies and well–ornamented falsehood,

1353 : 10

and recite your daily prayers three times a day.

1353 : 11

The mala is around your neck, and the sacred tilak mark is on your forehead.

1353 : 12

You wear two loin cloths, and keep your head covered.

1353 : 13

If you know God and the nature of karma,

1353 : 14

you know that all these rituals and beliefs are useless.

1353 : 15

Says Nanak, meditate on the Lord with faith.

1353 : 16

Without the True Guru, no one finds the Way. ||1||

1353 : 17

The mortal's life is fruitless, as long as he does not know God.

1353 : 18

Only a few, by Guru's Grace, cross over the world–ocean.

1353 : 19

The Creator, the Cause of causes, is All-powerful. Thus speaks Nanak, after deep deliberation.

1353 : 20

The Creation is under the control of the Creator. By His Power, He sustains and supports it. ||2||

1353 : 21

The Shabad is Yoga, the Shabad is spiritual wisdom; the Shabad is the Vedas for the Brahmin.

1353 : 22

The Shabad is heroic bravery for the Khshaatriya; the Shabad is service to others for the Soodra.

1353 : 23

The Shabad for all is the Shabad, the Word of the One God, for one who knows this secret.

1353 : 24

Nanak is the slave of the Divine, Immaculate Lord. ||3||

1353 : 25

The One Lord is the Divinity of all divinities. He is the Divinity of the soul.

1353 : 26

Nanak is the slave of that one who knows the Secrets of the soul and the Supreme Lord God. He is the Divine Immaculate Lord Himself. ||4||

1353 : 27

Shalok Sehskritee , Fifth Mehl:

1353 : 28

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

1353 : 29

Who is the mother, and who is the father? Who is the son, and what is the pleasure of marriage?

1353 : 30

Who is the brother, friend, companion and relative? Who is emotionally attached to the family?

1353 : 31

Who is restlessly attached to beauty? It leaves, as soon as we see it.

1353 : 32

Only the meditative remembrance of God remains with us. O Nanak, it brings the blessings of the Saints, the sons of the Imperishable Lord. ||1||

-- Shalok Sehskritee, First Mehl & Fifth Mehl – Part 001 --

Shalok Sehskritee, First Mehl & Fifth Mehl – Part 002

1354 : 33

Cursed is loving attachment to one's mother and father; cursed is loving attachment to one's siblings and relatives.

1354 : 34

Cursed is attachment to the joys of family life with one's spouse and children.

1354 : 35

Cursed is attachment to household affairs.

1354 : 36

Only loving attachment to the Saadh Sangat, the Company of the Holy, is True. Nanak dwells there in peace. ||2||

1354 : 37

The body is false; its power is temporary.

1354 : 38

It grows old; its love for Maya increases greatly.

1354 : 39

The human is only a temporary guest in the home of the body, but he has high hopes.

1354 : 40

The Righteous Judge of Dharma is relentless; he counts each and every breath.

1354 : 41

The human body, so difficult to obtain, has fallen into the deep dark pit of emotional attachment. O Nanak, its only support is God, the Essence of Reality.

1354 : 42

O God, Lord of the World, Lord of the Universe, Master of the Universe, please be kind to me. ||3||

1354 : 43

This fragile body–fortress is made up of water, plastered with blood and wrapped in skin.

1354 : 44

It has nine gates, but no doors; it is supported by pillars of wind, the channels of the breath.

1354 : 45

The ignorant person does not meditate in remembrance on the Lord of the Universe; he thinks that this body is permanent.

1354 : 46

This precious body is saved and redeemed in the Sanctuary of the Holy, O Nanak,

1354 : 47

chanting the Name of the Lord, Har, Har, Har, Har, Har, Haray. ||4||

1354 : 48

O Glorious, Eternal and Imperishable, Perfect and Abundantly Compassionate,

1354 : 49

Profound and Unfathomable, Lofty and Exalted, All–knowing and Infinite Lord God.

1354 : 50

O Lover of Your devoted servants, Your Feet are a Sanctuary of Peace.

1354 : 51

O Master of the masterless, Helper of the helpless, Nanak seeks Your Sanctuary. ||5||

1354 : 52

Seeing the deer, the hunter aims his weapons.

1354 : 53

But if one is protected by the Lord of the World, O Nanak, not a hair on his head will be touched. ||6||

1354 : 54

He may be surrounded on all four sides by servants and powerful warriors;

1354 : 55

he may dwell in a lofty place, difficult to approach, and never even think of death.

1354 : 56

But when the Order comes from the Primal Lord God, O Nanak, even an ant can take away his breath of life. ||7||

1354 : 57

To be imbued and attuned to the Word of the Shabad; to be kind and compassionate; to sing the Kirtan of the Lord's Praises – these are the most worthwhile actions in this Dark Age of Kali Yuga.

1354 : 58

In this way, one's inner doubts and emotional attachments are dispelled.

1354 : 59

God is pervading and permeating all places.

1354 : 60

So obtain the Blessed Vision of His Darshan; He dwells upon the tongues of the Holy.

1354 : 61

O Nanak, meditate and chant the Name of the Beloved Lord, Har, Har, Har, Haray. ||8||

1354 : 62

Beauty fades away, islands fade away, the sun, moon, stars and sky fade away.

1354 : 63

The earth, mountains, forests and lands fade away.

1354 : 64

One's spouse, children, siblings and loved friends fade away.

1354 : 65

Gold and jewels and the incomparable beauty of Maya fade away.

1354 : 66

Only the Eternal, Unchanging Lord does not fade away.

1354 : 67

O Nanak, only the humble Saints are steady and stable forever. ||9||

1354 : 68

Do not delay in practicing righteousness; delay in committing sins.

1354 : 69

Implant the Naam, the Name of the Lord, within yourself, and abandon greed.

1354 : 70

In the Sanctuary of the Saints, the sins are erased. The character of righteousness is received by that person,

1354 : 71

O Nanak, with whom the Lord is pleased and satisfied. ||10||

1354 : 72

The person of shallow understanding is dying in emotional attachment; he is engrossed in pursuits of pleasure with his wife.

1354 : 73

With youthful beauty and golden earrings,

1354 : 74

wondrous mansions, decorations and clothes – this is how Maya clings to him.

1354 : 75

O Eternal, Unchanging, Benevolent Lord God, O Sanctuary of the Saints, Nanak humbly bows to You. ||11||

1354 : 76

If there is birth, then there is death. If there is pleasure, then there is pain. If there is enjoyment, then there is disease.

1354 : 77

If there is high, then there is low. If there is small, then there is great.

--- Shalok Sehskritee, First Mehl & Fifth Mehl – Part 002 ---

Shalok Sehskritee, First Mehl & Fifth Mehl – Part 003

1355 : 78

If there is power, then there is pride. If there is egotistical pride, then there will be a fall.

1355 : 79

Engrossed in worldly ways, one is ruined.

1355 : 80

Meditating and vibrating on the Lord of the Universe in the Company of the Holy, you shall become steady and stable. Nanak vibrates and meditates on the Lord God. ||12||

1355 : 81

By the Grace of God, genuine understanding comes to the mind.

1355 : 82

The intellect blossoms forth, and one finds a place in the realm of celestial bliss.

1355 : 83

The senses are brought under control, and pride is abandoned.

1355 : 84

The heart is cooled and soothed, and the wisdom of the Saints is implanted within.

1355 : 85

Reincarnation is ended, and the Blessed Vision of the Lord's Darshan is obtained.

1355 : 86

O Nanak, the musical instrument of the Word of the Shabad vibrates and resounds within.
||13||

1355 : 87

The Vedas preach and recount God's Glories; people hear them by various ways and means.

1355 : 88

The Merciful Lord, Har, Har, implants spiritual wisdom within.

1355 : 89

Nanak begs for the Gift of the Naam, the Name of the Lord. The Guru is the Great Giver, the Lord of the World. ||14||

1355 : 90

Do not worry so much about your mother, father and siblings. Do not worry so much about other people.

1355 : 91

Do not worry about your spouse, children and friends. You are obsessed with your involvements in Maya.

1355 : 92

The One Lord God is Kind and Compassionate, O Nanak. He is the Cherisher and Nurturer of all living beings. ||15||

1355 : 93

Wealth is temporary; conscious existence is temporary; hopes of all sorts are temporary.

1355 : 94

The bonds of love, attachment, egotism, doubt, Maya and the pollution of corruption are temporary.

1355 : 95

The mortal passes through the fire of the womb of reincarnation countless times. He does not remember the Lord in meditation; his understanding is polluted.

1355 : 96

O Lord of the Universe, when You grant Your Grace, even sinners are saved. Nanak dwells in the Saadh Sangat, the Company of the Holy. ||16||

1355 : 97

You may drop down from the mountains, and fall into the nether regions of the underworld, or be burnt in the blazing fire,

1355 : 98

or swept away by the unfathomable waves of water; but the worst pain of all is household anxiety, which is the source of the cycle of death and rebirth.

1355 : 99

No matter what you do, you cannot break its bonds, O Nanak. Man's only Support, Anchor and Mainstay is the Word of the Shabad, and the Holy, Friendly Saints. ||17||

1355 : 100

Excruciating pain, countless killings, reincarnation, poverty and terrible misery

1355 : 101

are all destroyed by meditating in remembrance on the Lord's Name, O Nanak, just as fire reduces piles of wood to ashes. ||18||

1355 : 102

Meditating in remembrance on the Lord, the darkness is illuminated. Dwelling on His Glorious Praises, the ugly sins are destroyed.

1355 : 103

Enshrining the Lord deep within the heart, and with the immaculate karma of doing good deeds, one strikes fear into the demons.

1355 : 104

The cycle of coming and going in reincarnation is ended, absolute peace is obtained, and the Fruitful Vision of the Lord's Darshan.

1355 : 105

He is Potent to give Protection, He is the Lover of His Saints. O Nanak, the Lord God blesses all with bliss. ||19||

1355 : 106

Those who were left behind – the Lord brings them to the front. He fulfills the hopes of the hopeless.

1355 : 107

He makes the poor rich, and cures the illnesses of the ill.

1355 : 108

He blesses His devotees with devotion. They sing the Kirtan of the Praises of the Lord's Name.

1355 : 109

O Nanak, those who serve the Guru find the Supreme Lord God, the Great Giver||20||

1355 : 110

He gives Support to the unsupported. The Name of the Lord is the Wealth of the poor.

1355 : 111

The Lord of the Universe is the Master of the masterless; the Beautiful-haired Lord is the Power of the weak.

1355 : 112

The Lord is Merciful to all beings, Eternal and Unchanging, the Family of the meek and humble.

1355 : 113

The All-knowing, Perfect, Primal Lord God is the Lover of His devotees, the Embodiment of Mercy.

-- Shalok Sehskritee, First Mehl & Fifth Mehl – Part 003 --

Shalok Sehskritee, First Mehl & Fifth Mehl – Part 004

1356 : 114

The Supreme Lord God, the Transcendent, Luminous Lord, dwells in each and every heart.

1356 : 115

Nanak begs for this blessing from the Merciful Lord, that he may never forget Him, never forget Him. ||21||

1356 : 116

I have no power; I do not serve You, and I do not love You, O Supreme Sublime Lord God.

1356 : 117

By Your Grace, Nanak meditates on the Naam, the Name of the Merciful Lord, Har, Har. ||22||

1356 : 118

The Lord feeds and sustains all living beings; He blesses them gifts of restful peace and fine clothes.

1356 : 119

He created the jewel of human life, with all its cleverness and intelligence.

1356 : 120

By His Grace, mortals abide in peace and bliss.

1356 : 121

O Nanak, meditating in remembrance on the Lord, Har, Har, Haray,

1356 : 122

the mortal is released from attachment to the world. ||23||

1356 : 123

The kings of the earth are eating up the blessings of the good karma of their past lives.

1356 : 124

Those cruel-minded rulers who oppress the people, O Nanak, shall suffer in pain for a very long time. ||24||

1356 : 125

Those who meditate in remembrance on the Lord in their hearts, look upon even pain as God's Grace.

1356 : 126

The healthy person is very sick, if he does not remember the Lord, the Embodiment of Mercy. ||25||

1356 : 127

To sing the Kirtan of God's Praises is the righteous duty incurred by taking birth in this human body.

1356 : 128

The Naam, the Name of the Lord, is Ambrosial Nectar, O Nanak. The Saints drink it in, and never have enough of it. ||26||

1356 : 129

The Saints are tolerant and good-natured; friends and enemies are the same to them.

1356 : 130

O Nanak, it is all the same to them, whether someone offers them all sorts of foods, or slanders them, or draws weapons to kill them. ||27||

1356 : 131

They pay no attention to dishonor or disrespect.

1356 : 132

They are not bothered by gossip; the miseries of the world do not touch them.

1356 : 133

Those who join the Saadh Sangat, the Company of the Holy, and chant the Name of the Lord of the Universe – O Nanak, those mortals abide in peace. ||28||

1356 : 134

The Holy people are an invincible army of spiritual warriors; their bodies are protected by the armor of humility.

1356 : 135

Their weapons are the Glorious Praises of the Lord which they chant; their Shelter and Shield is the Word of the Guru's Shabad.

1356 : 136

The horses, chariots and elephants they ride are their way to realize God's Path.

1356 : 137

They walk fearlessly through the armies of their enemies; they attack them with the Kirtan of God's Praises.

1356 : 138

They conquer the entire world, O Nanak, and overpower the five thieves. ||29||

1356 : 139

Misled by evil-mindedness, mortals are engrossed in the mirage of the illusory world, like the passing shade of a tree.

1356 : 140

Emotional attachment to family is false, so Nanak meditates in remembrance on the Name of the Lord, Raam, Raam. ||30||

1356 : 141

I do not possess the treasure of the wisdom of the Vedas, nor do I possess the merits of the Praises of the Naam.

1356 : 142

I do not have a beautiful voice to sing jewelled melodies; I am not clever, wise or shrewd.

1356 : 143

By destiny and hard work, the wealth of Maya is obtained. O Nanak, in the Saadh Sangat, the Company of the Holy, even fools become religious scholars. ||31||

1356 : 144

The mala around my neck is the chanting of the Lord's Name. The Love of the Lord is my silent chanting.

1356 : 145

Chanting this most Sublime Word brings salvation and joy to the eyes. ||32||

1356 : 146

That mortal who lacks the Guru's Mantra – cursed and contaminated is his life.

1356 : 147

That blockhead is just a dog, a pig, a jackass, a crow, a snake. ||33||

1356 : 148

Whoever contemplates the Lord's Lotus Feet, and enshrines His Name within the heart,

Shalok Sehskritee, First Mehl & Fifth Mehl – Part 005

1357 : 149

and sings the Kirtan of His Praises in the Saadh Sangat, O Nanak, shall never see the Messenger of Death. ||34||

1357 : 150

Wealth and beauty are not so difficult to obtain. Paradise and royal power are not so difficult to obtain.

1357 : 151

Foods and delicacies are not so difficult to obtain. Elegant clothes are not so difficult to obtain.

1357 : 152

Children, friends, siblings and relatives are not so difficult to obtain. The pleasures of woman are not so difficult to obtain.

1357 : 153

Knowledge and wisdom are not so difficult to obtain. Cleverness and trickery are not so difficult to obtain.

1357 : 154

Only the Naam, the Name of the Lord, is difficult to obtain. O Nanak, it is only obtained by God's Grace, in the Saadh Sangat, the Company of the Holy. ||35||

1357 : 155

Wherever I look, I see the Lord, whether in this world, in paradise, or the nether regions of the underworld.

1357 : 156

The Lord of the Universe is All–pervading everywhere. O Nanak, no blame or stain sticks to Him. ||36||

1357 : 157

Poison is transformed into nectar, and enemies into friends and companions.

1357 : 158

Pain is changed into pleasure, and the fearful become fearless.

1357 : 159

Those who have no home or place find their place of rest in the Naam, O Nanak, when the Guru, the Lord, becomes Merciful. ||37||

1357 : 160

He blesses all with humility; He has blessed me with humility as well. He purifies all, and He has purified me as well.

1357 : 161

The Creator of all is the Creator of me as well. O Nanak, no blame or stain sticks to Him. ||38||

1357 : 162

The moon–god is not cool and calm, nor is the white sandalwood tree.

1357 : 163

The winter season is not cool; O Nanak, only the Holy friends, the Saints, are cool and calm. ||39||

1357 : 164

Through the Mantra of the Name of the Lord, Raam, Raam, one meditates on the All–pervading Lord.

1357 : 165

Those who have the wisdom to look alike upon pleasure and pain, live the immaculate lifestyle, free of vengeance.

1357 : 166

They are kind to all beings; they have overpowered the five thieves.

1357 : 167

They take the Kirtan of the Lord's Praise as their food; they remain untouched by Maya, like the lotus in the water.

1357 : 168

They share the Teachings with friend and enemy alike; they love the devotional worship of God.

1357 : 169

They do not listen to slander; renouncing self-conceit, they become the dust of all.

1357 : 170

Whoever has these six qualities, O Nanak, is called a Holy friend. ||40||

1357 : 171

The goat enjoys eating fruits and roots, but if it lives near a tiger, it is always anxious.

1357 : 172

This is the condition of the world, O Nanak; it is afflicted by pleasure and pain. ||41||

1357 : 173

Fraud, false accusations, millions of diseases, sins and the filthy residues of evil mistakes;

1357 : 174

doubt, emotional attachment, pride, dishonor and intoxication with Maya

1357 : 175

– these lead mortals to death and rebirth, wandering lost in hell. In spite of all sorts of efforts, salvation is not found.

1357 : 176

Chanting and meditating on the Name of the Lord in the Saadh Sangat, the Company of the Holy, O Nanak, mortals become immaculate and pure.

1357 : 177

They continually dwell upon the Glorious Praises of God. ||42||

1357 : 178

In the Sanctuary of the Kind–hearted Lord, our Transcendent Lord and Master, we are carried across.

1357 : 179

God is the Perfect, All–powerful Cause of causes; He is the Giver of gifts.

1357 : 180

He gives hope to the hopeless. He is the Source of all riches.

1357 : 181

Nanak meditates in remembrance on the Treasure of Virtue; we are all beggars, begging at His Door. ||43||

1357 : 182

The most difficult place becomes easy, and the worst pain turns into pleasure.

1357 : 183

Evil words, differences and doubts are obliterated, and even faithless cynics and malicious gossips become good people.

1357 : 184

They become steady and stable, whether happy or sad; their fears are taken away, and they are fearless.

-- Shalok Sehskritee, First Mehl & Fifth Mehl – Part 005 --

Shalok Sehskritee, First Mehl & Fifth Mehl – Part 006

1358 : 185

The dreadful woods become a well-populated city; such are the merits of the righteous life of Dharma, given by God's Grace.

1358 : 186

Chanting the Lord's Name in the Saadh Sangat, the Company of the Holy, O Nanak, the Lotus Feet of the Merciful Lord are found. ||44||

1358 : 187

O emotional attachment, you are the invincible warrior of the battlefield of life; you totally crush and destroy even the most powerful.

1358 : 188

You entice and fascinate even the heavenly heralds, celestial singers, gods, mortals, beasts and birds.

1358 : 189

Nanak bows in humble surrender to the Lord; he seeks the Sanctuary of the Lord of the Universe. ||45||

1358 : 190

O sexual desire, you lead the mortals to hell; you make them wander in reincarnation through countless species.

1358 : 191

You cheat the consciousness, and pervade the three worlds. You destroy meditation, penance and virtue.

1358 : 192

But you give only shallow pleasure, while you make the mortals weak and unsteady; you pervade the high and the low.

1358 : 193

Your fear is dispelled in the Saadh Sangat, the Company of the Holy, O Nanak, through the Protection and Support of the Lord. ||46||

1358 : 194

O anger, you are the root of conflict; compassion never rises up in you.

1358 : 195

You take the corrupt, sinful beings in your power, and make them dance like monkeys.

1358 : 196

Associating with you, mortals are debased and punished by the Messenger of Death in so many ways.

1358 : 197

O Destroyer of the pains of the poor, O Merciful God, Nanak prays for You to protect all begins from such anger. ||47||

1358 : 198

O greed, you cling to even the great, assaulting them with countless waves.

1358 : 199

You cause them to run around wildly in all directions, wobbling and wavering unsteadily.

1358 : 200

You have no respect for friends, ideals, relations, mother or father.

1358 : 201

You make them do what they should not do. You make them eat what they should not eat.
You make them accomplish what they should not accomplish.

1358 : 202

Save me, save me – I have come to Your Sanctuary, O my Lord and Master; Nanak prays
to the Lord. ||48||

1358 : 203

O egotism, you are the root of birth and death and the cycle of reincarnation; you are the
very soul of sin.

1358 : 204

You forsake friends, and hold tight to enemies. You spread out countless illusions of Maya.

1358 : 205

You cause the living beings to come and go until they are exhausted. You lead them to
experience pain and pleasure.

1358 : 206

You lead them to wander lost in the terrible wilderness of doubt; you lead them to contract
the most horrible, incurable diseases.

1358 : 207

The only Physician is the Supreme Lord, the Transcendent Lord God. Nanak worships and
adores the Lord, Har, Har, Haray. ||49||

1358 : 208

O Lord of the Universe, Master of the Breath of life, Treasure of Mercy, Guru of the World.

1358 : 209

O Destroyer of the fever of the world, Embodiment of Compassion, please take away all my
pain.

1358 : 210

O Merciful Lord, Potent to give Sanctuary, Master of the meek and humble, please be kind to me.

1358 : 211

Whether his body is healthy or sick, let Nanak meditate in remembrance on You, Lord. ||50||

1358 : 212

I have come to the Sanctuary of the Lord's Lotus Feet, where I sing the Kirtan of His Praises.

1358 : 213

In the Saadh Sangat, the Company of the Holy, Nanak is carried across the utterly terrifying, difficult world-ocean. ||51||

1358 : 214

The Supreme Lord God has procted my head and forehead; the Transcendent Lord has protected my hands and body.

1358 : 215

God, my Lord and Master, has saved my soul; the Lord of the Universe has saved my wealth and feet.

1358 : 216

The Merciful Guru has protected everything, and destroyed my fear and suffering.

1358 : 217

God is the Lover of His devotees, the Master of the masterless. Nanak has entered the Sanctuary of the Imperishable Primal Lord God. ||52||

1358 : 218

His Power supports the sky, and locks fire within wood.

1358 : 219

His Power supports the moon, the sun and the stars, and infuses light and breath into the body.

-- Shalok Sehskritee, First Mehl &Fifth Mehl – Part 006 --

Shalok Sehskritee, First Mehl & Fifth Mehl – Part 007

1359 : 220

His Power provides nourishment in the womb of the mother, and does not let disease strike.

1359 : 221

His Power holds back the ocean, O Nanak, and does not allow the waves of water to destroy the land. ||53||

1359 : 222

The Lord of the World is Supremely Beautiful; His Meditation is the Life of all.

1359 : 223

In the Society of the Saints, O Nanak, He is found on the path of devotional worship of the Lord. ||54||

1359 : 224

The mosquito pierces the stone, the ant crosses the swamp,

1359 : 225

the cripple crosses the ocean, and the blind sees in the darkness,

1359 : 226

meditating on the Lord of the Universe in the Saadh Sangat. Nanak seeks the Sanctuary of the Lord, Har, Har, Haray. ||55||

1359 : 227

Like a Brahmin without a sacred mark on his forehead, or a king without the power of command,

1359 : 228

or a warrior without weapons, so is the devotee of God without Dharmic Faith. ||56||

1359 : 229

God has no conch–shell, no religious mark, no paraphernalia; he does not have blue skin.

1359 : 230

His Form is Wondrous and Amazing. He is beyond incarnation.

1359 : 231

The Vedas say that He is not this, and not that.

1359 : 232

The Lord of the Universe is Lofty and High, Great and Infinite.

1359 : 233

The Imperishable Lord abides in the hearts of the Holy. He is understood, O Nanak, by those who are very fortunate. ||57||

1359 : 234

Living in the world, it is like a wild jungle. One's relatives are like dogs, jackals and donkeys.

1359 : 235

In this difficult place, the mind is intoxicated with the wine of emotional attachment; the five unconquered thieves lurk there.

1359 : 236

The mortals wander lost in love and emotional attachment, fear and doubt; they are caught in the sharp, strong noose of egotism.

1359 : 237

The ocean of fire is terrifying and impassable. The distant shore is so far away; it cannot be reached.

1359 : 238

Vibrate and meditate on the Lord of the World, in the Saadh Sangat, the Company of the Holy; O Nanak, by His Grace, we are saved at the Lotus Feet of the Lord. ||58||

1359 : 239

When the Lord of the Universe grants His Grace, all illnesses are cured.

1359 : 240

Nanak chants His Glorious Praises in the Saadh Sangat, in the Sanctuary of the Perfect Transcendent Lord God. ||59||

1359 : 241

The mortal is beautiful and speaks sweet words, but in the farm of his heart, he harbors cruel vengeance.

1359 : 242

He pretends to bow in worship, but he is false. Beware of him, O friendly Saints. ||60||

1359 : 243

The thoughtless fool does not know that each day, his breaths are being used up.

1359 : 244

His most beautiful body is wearing away; old age, the daughter of death, has seized it.

1359 : 245

He is engrossed in family play; placing his hopes in transitory things, he indulges in corrupt pleasures.

1359 : 246

Wandering lost in countless incarnations, he is exhausted. Nanak seeks the Sanctuary of the Embodiment of Mercy. ||61||

1359 : 247

O tongue, you love to enjoy the sweet delicacies.

1359 : 248

You are dead to the Truth, and involved in great disputes. Instead, repeat the holy words:

1359 : 249

Gobind, Daamodar, Maadhav. ||62||

1359 : 250

Those who are proud, and intoxicated with the pleasures of sex,

1359 : 251

and asserting their power over others,

1359 : 252

never contemplate the Lord's Lotus Feet. Their lives are cursed, and as worthless as straw.

1359 : 253

You are as tiny and insignificant as an ant, but you shall become great, by the Wealth of the Lord's Meditation.

1359 : 254

Nanak bows in humble worship, countless times, over and over again. ||63||

1359 : 255

The blade of grass becomes a mountain, and the barren land becomes green.

1359 : 256

The drowning one swims across, and the empty is filled to overflowing.

1359 : 257

Millions of suns illuminate the darkness,

1359 : 258

prays Nanak, when the Guru, the Lord, becomes Merciful. ||64||

— Shalok Sehskritee, First Mehl & Fifth Mehl —