



## **English translation of Holy Guru Granth Sahib (Part 44)**

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# Credits

English translation of  
**Holy Guru Granth Sahib (44 Shalok, Ninth Mehl)**

by  
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# Shalok, Ninth Mehl – Part 001

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1426 : 1

Those whom He saves, meditate in remembrance on the Creator Lord. ||15||

1426 : 2

Forsake duality and the ways of evil; focus your consciousness on the One Lord.

1426 : 3

In the love of duality, O Nanak, the mortals are being washed downstream. ||16||

1426 : 4

In the markets and bazaars of the three qualities, the merchants make their deals.

1426 : 5

Those who load the true merchandise are the true traders. ||17||

1426 : 6

Those who do not know the way of love are foolish; they wander lost and confused.

1426 : 7

O Nanak, forgetting the Lord, they fall into the deep, dark pit of hell. ||18||

1426 : 8

In his mind, the mortal does not forget Maya; he begs for more and more wealth.

1426 : 9

That God does not even come into his consciousness; O Nanak, it is not in his karma. ||19||

1426 : 10

The mortal does not run out of capital, as long as the Lord Himself is merciful.

1426 : 11

The Word of the Shabad is Guru Nanak's inexhaustible treasure; this wealth and capital never runs out, no matter how much it is spent and consumed. ||20||

1426 : 12

If I could find wings for sale, I would buy them with an equal weight of my flesh.

1426 : 13

I would attach them to my body, and seek out and find my Friend. ||21||

1426 : 14

My Friend is the True Supreme King, the King over the heads of kings.

1426 : 15

Sitting by His side, we are exalted and beautified; He is the Support of all. ||22||

1426 : 16

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

1426 : 17

Shalok, Ninth Mehl:

1426 : 18

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

1426 : 19

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

water. ||1||

1426 : 20

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

1426 : 21

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

1426 : 22

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

1426 : 23

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

1426 : 24

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

1426 : 25

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

1426 : 26

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

1426 : 27

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

1426 : 28

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

1426 : 29

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

1426 : 30

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

1426 : 31

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

1426 : 32

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

1426 : 33

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

1426 : 34

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

1426 : 35

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

-- Shalok, Ninth Mehl – Part 001 --

## Shalok, Ninth Mehl – Part 002

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1427 : 36

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

1427 : 37

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

1427 : 38

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

1427 : 39

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

1427 : 40

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

1427 : 41

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

1427 : 42

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

1427 : 43

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

1427 : 44



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

1427 : 45

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

1427 : 46

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

1427 : 47

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

1427 : 48

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

1427 : 49

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

1427 : 50

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

1427 : 51

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

1427 : 52

One who renounces Maya and possessiveness and is detached from everything

1427 : 53

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

1427 : 54

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

1427 : 55

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

1427 : 56

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

1427 : 57

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

1427 : 58

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

1427 : 59

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

1427 : 60

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

1427 : 61

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

1427 : 62

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

1427 : 63

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

1427 : 64

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

1427 : 65

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

1427 : 66

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

1427 : 67

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

1427 : 68

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

1427 : 69

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

1427 : 70

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

1427 : 71

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

1427 : 72

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

1427 : 73

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

1427 : 74

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

-- Shalok, Ninth Mehl – Part 002 --

## Shalok, Ninth Mehl – Part 003

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1428 : 75

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

1428 : 76

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

1428 : 77

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

1428 : 78

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

1428 : 79

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

1428 : 80

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

1428 : 81

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

1428 : 82

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

1428 : 83

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

1428 : 84

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

1428 : 85

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

1428 : 86

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

1428 : 87

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

1428 : 88

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

1428 : 89

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

1428 : 90

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

1428 : 91

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

1428 : 92

The man wishes for something, but something different happens.

1428 : 93

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

1428 : 94

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

1428 : 95

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

1428 : 96

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

1428 : 97

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

1428 : 98

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

1428 : 99

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

1428 : 100

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

1428 : 101

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

1428 : 102

That person, who meditates in remembrance on the Lord in his heart, is liberated – know

this well.

1428 : 103

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

1428 : 104

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

1428 : 105

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

1428 : 106

A dog never abandons the home of his master.

1428 : 107

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

1428 : 108

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

1428 : 109

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

1428 : 110

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

1428 : 111



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

-- Shalok, Ninth Mehl --