

ਜਪੁਜੀ ਸਾਹਿਬ

Jupjee Saahib

With Transliteration & English Translation
(Jaapu Sahib & Tav Parsaad Sava-yay are without transliteration & translation)
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The mool mantra is a fate killer. It removes the fate and changes the destiny to complete prosperity.

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥
ik-o^Nkaar saṭ naam karṭaa purakh nirbhā-o nirvair akaal mooraṭ ajoonee saibha^N
gur pargaad.
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 ~

॥ ਜਪੁ ॥

jap.

Chant And Meditate:

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

aad sach jugaad sach.

True In The Primal Beginning. True Throughout The Ages.

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

hai bhee sach naanak hosee bhee sach. ||1||

True Here And Now. O Nanak, Forever And Ever True. ||1||

*The second half of the first pauree is an antidote to depression.
It will lift you from the deepest depression, insecurity,
nightmares, and loss.*

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥

sochai soch na hova-ee jay sochee lakh vaar.

By thinking, He cannot be reduced to thought, even by thinking hundreds of
thousands of times.

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥

chupai chup na hova-ee jay laa-ay rahaa liv taar.

By remaining silent, inner silence is not obtained, even by remaining lovingly
absorbed deep within.

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

bhukhi-aa bhukh na utree jay bannaa puree-aa bhaar.

The hunger of the hungry is not appeased, even by piling up loads of worldly goods.

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

sahas si-aanpaa lakh hohi ta ik na chalai naal.

Hundreds of thousands of clever tricks, but not even one of them will go along with you in the end.

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

kiv sachi-aaraa ho-ee-ai kiv koorhai tutai paal.

So how can you become truthful? And how can the veil of illusion be torn away?

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

hukam rajaa-ee chalnaa naanak likhi-aa naal. ||1||

O Nanak, it is written that you shall obey the Hukam of His Command, and walk in the Way of His Will. ||1||

The second pauree imparts patience and stability.

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

hukmee hovan aakaar hukam na kahi-aa jaa-ee.

By His Command, bodies are created; His Command cannot be described.

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

hukmee hovan jee-a hukam milai vadi-aa-ee.

By His Command, souls come into being; by His Command, glory and greatness are obtained.

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

hukmee utam neech hukam likh dukh sukh paa-ee-ah.

By His Command, some are high and some are low; by His Written Command, pain and pleasure are obtained.

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

iknaa hukmee bakhsees ik hukmee sadaa bhavaa-ee-ah.

Some, by His Command, are blessed and forgiven; others, by His Command, wander aimlessly forever.

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੋ ਬਾਹਰਿ ਹੁਕਮੁ ਨ ਕੋਇ ॥

hukmai andar sabh ko baahar hukam na ko-ay.

Everyone is subject to His Command; no one is beyond His Command.

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ ॥੨॥

naanak hukmai jay bujhai ta ha-umai kahai na ko-ay. ||2||

O Nanak, one who understands His Command, does not speak in ego. ||2||

*The third pauree transforms insufficiency into sufficiency,
turns depression into elevation, and transforms low self-esteem
into complete self-confidence.*

ਗਾਵੈ ਕੋ ਤਾਣੁ ਹੋਵੈ ਕਿਸੈ ਤਾਣੁ ॥

gaavai ko taan hovai kisai taan.

Some sing of His Power-who has that Power?

ਗਾਵੈ ਕੋ ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ ॥

gaavai ko daat jaanai neesaan.

Some sing of His Gifts, and know His Sign and Insignia.

ਗਾਵੈ ਕੋ ਗੁਣ ਵਡਿਆਈਆ ਚਾਰ ॥

gaavai ko gun vadi-aa-ee-aa char.

Some sing of His Glorious Virtues, Greatness and Beauty.

ਗਾਵੈ ਕੋ ਵਿਦਿਆ ਵਿਖਮੁ ਵੀਚਾਰੁ ॥

gaavai ko vidi-aa vikham veechar.

Some sing of knowledge obtained of Him, through difficult philosophical studies.

ਗਾਵੈ ਕੋ ਸਾਜਿ ਕਰੇ ਤਨੁ ਖੇਹ ॥

gaavai ko saaj karay tan khayh.

Some sing that He fashions the body, and then again reduces it to dust.

ਗਾਵੈ ਕੋ ਜੀਅ ਲੈ ਫਿਰਿ ਦੇਹ ॥

gaavai ko jee-a lai fir dayh.

Some sing that He takes life away, and then again restores it.

ਗਾਵੈ ਕੋ ਜਾਪੈ ਦਿਸੈ ਦੂਰਿ ॥

gaavai ko jaapai disai door.

Some sing that He seems so very far away.

ਗਾਵੈ ਕੋ ਵੇਖੈ ਹਾਦਰਾ ਹਦੂਰਿ ॥

gaavai ko vaykhai haadraa hadoor.

Some sing that He watches over us, face to face, ever-present.

ਕਥਨਾ ਕਥੀ ਨ ਆਵੈ ਤੋਟਿ ॥

kathnaa kathee na aavai tot.

There is no shortage of those who preach and teach.

ਕਥਿ ਕਥਿ ਕਥੀ ਕੋਟੀ ਕੋਟਿ ਕੋਟਿ ॥

kath kath kathee kotee kot kot.

Millions upon millions offer millions of sermons and stories.

ਦੇਦਾ ਦੇ ਲੈਦੇ ਥਕਿ ਪਾਹਿ ॥

daydaa day laiday thak paahi.

The Great Giver keeps on giving, while those who receive grow weary of receiving.

ਜੁਗਾ ਜੁਗੰਤਰਿ ਖਾਹੀ ਖਾਹਿ ॥

jugaa jugantar khaahee khaahi.

Throughout the ages, consumers consume.

ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥

hukmee hukam chalaay raahu.

The Commander, by His Command, leads us to walk on the Path.

ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

naanak vigsai vayparvaahu. ||3||

O Nanak, He blossoms forth, Carefree and Untroubled. ||3||

*The fourth pauree blesses those trapped in feelings of poverty and lack of means.
It blasts through the trap of these feelings like a thunderbolt from the blue.*

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ ॥

saachaa saahib saach naa-ay bhaakhi-aa bhaa-o apaar.

True is the Master, True is His Name-speak it with infinite love.

ਆਖਹਿ ਮੰਗਹਿ ਦੇਹਿ ਦੇਹਿ ਦਾਤਿ ਕਰੇ ਦਾਤਾਰੁ ॥

aakhahi mangahi dahi dahi daat karay daataar.

People beg and pray, "Give to us, give to us", and the Great Giver gives His Gifts.

ਫੇਰਿ ਕਿ ਅਗੈ ਰਖੀਐ ਜਿਤੁ ਦਿਸੈ ਦਰਬਾਰੁ ॥

fayr ke agai rakhee-ai jit disai darbaar.

So what offering can we place before Him, by which we might see the Darbaar of His Court?

ਮੁਹੌ ਕਿ ਬੋਲਣੁ ਬੋਲੀਐ ਜਿਤੁ ਸੁਣਿ ਧਰੇ ਪਿਆਰੁ ॥

muhou ke bolan bolee-ai jit sun Dharay pi-aar.

What words can we speak to evoke His Love?

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥

amrit̥ vaylaa sach naa-o vadi-aa-ee veechaar.

In the Amrit Vaylaa, the ambrosial hours before dawn, chant the True Name, and contemplate His Glorious Greatness.

ਕਰਮੀ ਆਵੈ ਕਪੜਾ ਨਦਰੀ ਮੋਖੁ ਦੁਆਰੁ ॥

karmee aavai kapṛḥaa nadree mokḥ du-aar.

By the karma of past actions, the robe of this physical body is obtained. By His Grace, the Gate of Liberation is found.

ਨਾਨਕ ਏਵੈ ਜਾਣੀਐ ਸਭੁ ਆਪੇ ਸਚਿਆਰੁ ॥੪॥

naanak ayvai jaanee-ai sabḥ aapay sachiaar. ||4||

O Nanak, know this well: the True One Himself is All. ||4||

*The fifth pauree must be recited when you feel a sense of failure within yourself.
When you feel that you are not up to the job this pauree will grant you all success.*

ਥਾਪਿਆ ਨ ਜਾਇ ਕੀਤਾ ਨ ਹੋਇ ॥

thaapi-aa na jaa-ay keetāa na ho-ay.

He cannot be established, He cannot be created.

ਆਪੇ ਆਪਿ ਨਿਰੰਜਨੁ ਸੋਇ ॥

aapay aap niranjan so-ay.

He Himself is Immaculate and Pure.

ਜਿਨਿ ਸੇਵਿਆ ਤਿਨਿ ਪਾਇਆ ਮਾਨੁ ॥

jīn sayvi-aa ṭin paa-i-aa maan.

Those who serve Him are honored.

ਨਾਨਕ ਗਾਵੀਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥

naanak gaavee-ai guṇee niDḥaan.

O Nanak, sing of the Lord, the Treasure of Excellence.

ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ ਭਾਉ ॥

gaavee-ai sunee-ai man rakḥee-ai bḥaa-o.

Sing, and listen, and let your mind be filled with love.

ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥

dukh parhar sukh ghar lai jaa-ay.

Your pain shall be sent far away, and peace shall come to your home.

ਗੁਰਮੁਖਿ ਨਾਦੰ ਗੁਰਮੁਖਿ ਵੇਦੰ ਗੁਰਮੁਖਿ ਰਹਿਆ ਸਮਾਈ ॥

gurmukh naada^N gurmukh vayda^N gurmukh rahi-aa samaa-ee.

The Guru's Word is the Sound-current of the Naad; the Guru's Word is the Wisdom of the Vedas; the Guru's Word is all-pervading.

ਗੁਰੁ ਈਸਰੁ ਗੁਰੁ ਗੋਰਖੁ ਬਰਮਾ ਗੁਰੁ ਪਾਰਬਤੀ ਮਾਈ ॥

gur eesar gur gorakh barmaa gur paarbatēe maa-ee.

The Guru is Shiva, the Guru is Vishnu and Brahma; the Guru is Paarvati and Lakshmi.

ਜੇ ਹਉ ਜਾਣਾ ਆਖਾ ਨਾਹੀ ਕਹਣਾ ਕਥਨੁ ਨ ਜਾਈ ॥

jay ha-o jaanaa akhaa naahee khaana kathan na jaa-ee.

Even knowing God, I cannot describe Him; He cannot be described in words.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

guraa ik dahi bujhaa-ee.

The Guru has given me this one understanding:

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੋ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੫॥

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. ||5||

there is only the One, the Giver of all souls. May I never forget Him! ||5||

The sixth pauree dispels limitation. Recite it when you feel limited, cornered, trapped, or coerced.

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ ਵਿਣੁ ਭਾਣੇ ਕਿ ਨਾਇ ਕਰੀ ॥

tirath naavaa jay tis bhaavaa vin bhaanay ke naa-ay karee.

If I am pleasing to Him, then that is my pilgrimage and cleansing bath. Without pleasing Him, what good are ritual cleansings?

ਜੇਤੀ ਸਿਰਠਿ ਉਪਾਈ ਵੇਖਾ ਵਿਣੁ ਕਰਮਾ ਕਿ ਮਿਲੈ ਲਈ ॥

jaytee sirath upaa-ee vaykhaa vin karmaa ke milai la-ee.

I gaze upon all the created beings: without the karma of good actions, what are they given to receive?

ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥

mat vich ratan javaahar maanik jay ik gur kee sikh sunee.

Within the mind are gems, jewels and rubies, if you listen to the Guru's Teachings, even once.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

guraa ik dahi bujhaa-ee.

The Guru has given me this one understanding:

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੋ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੬॥

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. ||6||

there is only the One, the Giver of all souls. May I never forget Him! ||6||

*When you suffer from greed, madness for power, overbearing expansion,
and the need to control, when you become trapped in your territoriality
the seventh pauree will heal you.*

ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ ਹੋਰ ਦਸੁਣੀ ਹੋਇ ॥

jay jug chaaray aarjaa hor dasoonee ho-ay.

Even if you could live throughout the four ages, or even ten times more,

ਨਵਾ ਖੰਡਾ ਵਿਚਿ ਜਾਣੀਐ ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੋਇ ॥

navaa khanda vich jaanee-ai naal chalai sabh ko-ay.

and even if you were known throughout the nine continents and followed by all,

ਚੰਗਾ ਨਾਉ ਰਖਾਇ ਕੈ ਜਸੁ ਕੀਰਤਿ ਜਗਿ ਲੇਇ ॥

changa naa-o rakhaa-ay kai jas keerat jag lay-ay.

with a good name and reputation, with praise and fame throughout the world-

ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ ॥

jay tis nadar na aavee ta vaat na puchhai kay.

still, if the Lord does not bless you with His Glance of Grace, then who cares?

What is the use?

ਕੀਟਾ ਅੰਦਰਿ ਕੀਟੁ ਕਰਿ ਦੋਸੀ ਦੋਸੁ ਧਰੇ ॥

keetaa andar keet kar dosee dos Dharay.

Among worms, you would be considered a lowly worm, and even contemptible sinners would hold you in contempt.

ਨਾਨਕ ਨਿਰਗੁਣਿ ਗੁਣੁ ਕਰੇ ਗੁਣਵੰਤਿਆ ਗੁਣੁ ਦੇ ॥

naanak nirgun gun karay gunvanti-aa gun day.

O Nanak, God blesses the unworthy with virtue, and bestows virtue on the virtuous.

ਤੇਹਾ ਕੋਇ ਨ ਸੁਝਈ ਜਿ ਤਿਸੁ ਗੁਣੁ ਕੋਇ ਕਰੇ ॥੭॥

tayhaa ko-ay na sujh-ee je tis gun ko-ay karay. ||7||

No one can even imagine anyone who can bestow virtue upon Him. ||7||

The eighth pauree gives the power to be a perfect sage.

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥

sunī-ai siDh peer sur naath.

Listening-the Siddhas, the spiritual teachers, the heroic warriors, the yogic masters.

ਸੁਣਿਐ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥

sunī-ai Dharaṭ Dhaval aakaas.

Listening-the earth, its support and the Akaashic ethers.

ਸੁਣਿਐ ਦੀਪ ਲੋਅ ਪਾਤਾਲ ॥

sunī-ai deep lo-a paṭaal.

Listening-the oceans, the lands of the world and the nether regions of the underworld.

ਸੁਣਿਐ ਪੋਹਿ ਨ ਸਕੈ ਕਾਲੁ ॥

sunī-ai pohi na sakai kaal.

Listening-Death cannot even touch you.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagṭaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

sunī-ai dookh paap kaa naas. ||8||

Listening-pain and sin are erased. ||8||

The ninth pauree gives expansion.

ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥

sunī-ai eesar barmaa ind.

Listening-Shiva, Brahma and Indra.

ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥

sunī-ai mukh saalaahan mand.

Listening-even foul-mouthed people praise Him.

ਸੁਣਿਐ ਜੋਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦ ॥

sunī-ai jog jugat tan bhayd.

Listening-the technology of Yoga and the secrets of the body.

ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦ ॥

sunī-ai saasaṭ simriṭ vayd.

Listening-the Shaastras, the Simritees and the Vedas.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagṭaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

sunī-ai dookh paap kaa naas. ||9||

Listening-pain and sin are erased. ||9||

The tenth pauree grants grace.

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥

sunī-ai saṭ sanṭokh gi-aan.

Listening-truth, contentment and spiritual wisdom.

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥

sunī-ai aṭhsaṭh kaa isnaan.

Listening-take your cleansing bath at the sixty-eight places of pilgrimage.

ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥

sunī-ai parh parh paavahi maan.

Listening-reading and reciting, honor is obtained.

ਸੁਣਿਐ ਲਾਗੈ ਸਹਜਿ ਧਿਆਨੁ ॥

sunī-ai laagai sahj Dhi-aan.

Listening-intuitively grasp the essence of meditation.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagṭaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

sunī-ai dookh paap kaa naas. ||10||

Listening-pain and sin are erased. ||10||

The eleventh pauree gives virtuousness.

ਸੁਣਿਐ ਸਰਾ ਗੁਣਾ ਕੇ ਗਾਹ ॥

sunī-ai saraa gunāa kay gaah.
Listening-dive deep into the ocean of virtue.

ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥

sunī-ai saykh peer paatīsaah.
Listening-the Shaykhs, religious scholars, spiritual teachers and emperors.

ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥

sunī-ai anDhay paavahi raahu.
Listening-even the blind find the Path.

ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥

sunī-ai haath hovai asgaahu.
Listening-the Unreachable comes within your grasp.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagṭaa sadāa vigaas.
O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥

sunī-ai dookh paap kaa naas. ||11||
Listening-pain and sin are erased. ||11||

When you feel small, the twelfth pauree gives you solidarity of self, self-impressiveness, and self-respect.

ਮੰਨੇ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥

mannay kee gaṭ kahee na jaa-ay.
The state of the faithful cannot be described.

ਜੇ ਕੋ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

jay ko kahai pichhai pachhuṭaa-ay.
One who tries to describe this shall regret the attempt.

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥

kaagad kalam na likhanhaar.
No paper, no pen, no scribe

ਮੰਨੇ ਕਾ ਬਹਿ ਕਰਨਿ ਵੀਚਾਰੁ ॥

mannay kaa bahi karan veechaar.
can record the state of the faithful.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

jay ko man jaanai man ko-ay. ||12||
Only one who has faith comes to know such a state of mind. ||12||

The thirteenth pauree gives you the occult knowledge of infinity. It brings deep intuition.

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

mannai surat hovai man buDh.
The faithful have intuitive awareness and intelligence.

ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥

mannai sagal bhavan kee suDh.
The faithful know about all worlds and realms.

ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥

mannai muhi chotaa na khaa-ay.
The faithful shall never be struck across the face.

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥

mannai jam kai saath na jaa-ay.
The faithful do not have to go with the Messenger of Death.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

jay ko man jaanai man ko-ay. ||13||
Only one who has faith comes to know such a state of mind. ||13||

*When you cannot find your path in life;
when you cannot see the direction to your destiny;
when you cannot achieve fulfillment;
the fourteenth pauree will show you the way.*

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥

mannai maarag thaak na paa-ay.
The path of the faithful shall never be blocked.

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥

mannai paṭ si-o pargat jaa-ay.
The faithful shall depart with honor and fame.

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥੁ ॥

mannai mag na chalai panth.
The faithful do not follow empty religious rituals.

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸਨਬੰਧੁ ॥

mannai Dharam sayṭee san-banDh.
The faithful are firmly bound to the Dharma.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੪॥

jay ko man jaanai man ko-ay. ||14||
Only one who has faith comes to know such a state of mind. ||14||

The fifteenth pauree brings salvation.

ਮੰਨੈ ਪਾਵਹਿ ਮੋਖੁ ਦੁਆਰੁ ॥

mannai paavahi mokh du-aar.
The faithful find the Door of Liberation.

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥

mannai parvaarai saaDhaar.
The faithful uplift and redeem their family and relations.

ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰੁ ਸਿਖ ॥

mannai tarai taaray gur sikh.
The faithful are saved, and carried across with the Sikhs of the Guru.

ਮੰਨੈ ਨਾਨਕ ਭਵਹਿ ਨ ਭਿਖ ॥

mannai naanak bhavahi na bhikh.

The faithful, O Nanak, do not wander around begging.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate Lord.

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੫॥

jay ko man jaanai man ko-ay. ||15||

Only one who has faith comes to know such a state of mind. ||15||

The sixteenth pauree gives knowledge of the structure of the universe.

ਪੰਚ ਪਰਵਾਣ ਪੰਚ ਪਰਧਾਨੁ ॥

panch parvaan panch parDhaan.

The chosen ones, the self-elect, are accepted and approved.

ਪੰਚੇ ਪਾਵਹਿ ਦਰਗਹਿ ਮਾਨੁ ॥

panchay paavahi dargahi maan.

The chosen ones are honored in the Court of the Lord.

ਪੰਚੇ ਸੋਹਹਿ ਦਰਿ ਰਾਜਾਨੁ ॥

panchay sohahi dar raajaan.

The chosen ones look beautiful in the courts of kings.

ਪੰਚਾ ਕਾ ਗੁਰੁ ਏਕੁ ਧਿਆਨੁ ॥

panchaa kaa gur ayk Dhi-aan.

The chosen ones meditate single-mindedly on the Guru.

ਜੇ ਕੋ ਕਹੈ ਕਰੈ ਵੀਚਾਰੁ ॥

jay ko kahai karai veechaar.

No matter how much anyone tries to explain and describe them,

ਕਰਤੇ ਕੈ ਕਰਣੈ ਨਾਹੀ ਸੁਮਾਰੁ ॥

karṭay kai karṇai naahee sumaar.

the actions of the Creator cannot be counted.

ਧੌਲੁ ਧਰਮੁ ਦਇਆ ਕਾ ਪੁਤੁ ॥

Dhoul Dharam da-i-aa kaa poot.

The mythical bull is Dharma, the son of compassion;

ਸੰਤੋਖੁ ਥਾਪਿ ਰਖਿਆ ਜਿਨਿ ਸੂਤਿ ॥

santokh thaap rakhi-aa jin soot.
this is what patiently holds the earth in its place.

ਜੇ ਕੋ ਬੁਝੈ ਹੋਵੈ ਸਚਿਆਰੁ ॥

jay ko bujhai hovai sachiaar.
One who understands this becomes truthful.

ਧਵਲੈ ਉਪਰਿ ਕੇਤਾ ਭਾਰੁ ॥

Dhavlai upar kaytaa bhaar.
What a great load there is on the bull!

ਧਰਤੀ ਹੋਰੁ ਪਰੈ ਹੋਰੁ ਹੋਰੁ ॥

Dhartee hor parai hor hor.
So many worlds beyond this world-so very many!

ਤਿਸ ਤੇ ਭਾਰੁ ਤਲੈ ਕਵਣੁ ਜੋਰੁ ॥

tis tay bhaar talai kavan jor.
What power holds them, and supports their weight?

ਜੀਅ ਜਾਤਿ ਰੰਗਾ ਕੇ ਨਾਵ ॥

jee-a jaat rangaa kay naav.
The names and the colors of the assorted species of beings

ਸਭਨਾ ਲਿਖਿਆ ਵੁੜੀ ਕਲਾਮ ॥

sabhnaa likhi-aa vurhee kalaam.
were all inscribed by the Ever-flowing Pen of God.

ਏਹੁ ਲੇਖਾ ਲਿਖਿ ਜਾਣੈ ਕੋਇ ॥

ayhu laykhaa likh jaanai ko-ay.
Who knows how to write this account?

ਲੇਖਾ ਲਿਖਿਆ ਕੇਤਾ ਹੋਇ ॥

laykhaa likhi-aa kaytaa ho-ay.
Just imagine what a huge scroll it would take!

ਕੇਤਾ ਤਾਣੁ ਸੁਆਲਿਹੁ ਰੂਪੁ ॥

kaytaa taan su-aalihu roop.
What power! What fascinating beauty!

ਕੇਤੀ ਦਾਤਿ ਜਾਣੈ ਕੌਣੁ ਕੂਤੁ ॥

kaytee daat jaanai koun koot.
And what gifts! Who can know their extent?

ਕੀਤਾ ਪਸਾਉ ਏਕੋ ਕਵਾਉ ॥

keetaa pasaa-o ayko kavaa-o.

You created the vast expanse of the Universe with One Word!

ਤਿਸ ਤੇ ਹੋਏ ਲਖ ਦਰੀਆਉ ॥

tis tay ho-ay lakh daree-aa-o.

Hundreds of thousands of rivers began to flow.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.

How can Your Creative Potency be described?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੬॥

too sadaa salaamat nirankaar. ||16||

You, Eternal and Formless One! ||16||

The seventeenth pauree brings freedom and resurrection.

ਅਸੰਖ ਜਪ ਅਸੰਖ ਭਾਉ ॥

asa^Nkh jap asa^Nkh bhaa-o.

Countless meditations, countless loves.

ਅਸੰਖ ਪੂਜਾ ਅਸੰਖ ਤਪ ਤਾਉ ॥

asa^Nkh poojaa asa^Nkh tap taa-o.

Countless worship services, countless austere disciplines.

ਅਸੰਖ ਗਰੰਥ ਮੁਖਿ ਵੇਦ ਪਾਠ ॥

asa^Nkh garanth mukh vayd paath.

Countless scriptures, and ritual recitations of the Vedas.

ਅਸੰਖ ਜੋਗ ਮਨਿ ਰਹਿ ਉਦਾਸ ॥

asa^Nkh jog man rahahi udaas.

Countless Yogis, whose minds remain detached from the world.

ਅਸੰਖ ਭਗਤ ਗੁਣ ਗਿਆਨ ਵੀਚਾਰ ॥

asa^Nkh bhagat gun gi-aan veechaar.

Countless devotees contemplate the Wisdom and Virtues of the Lord.

ਅਸੰਖ ਸਤੀ ਅਸੰਖ ਦਾਤਾਰ ॥

asa^Nkh satee asa^Nkh daataar.

Countless the holy, countless the givers.

ਅਸੰਖ ਸੂਰ ਮੁਹ ਭਖ ਸਾਰ ॥

asa^Nkh soor muh bhakh saar.

Countless heroic spiritual warriors, who bear the brunt of the attack in battle (who with their mouths eat steel).

ਅਸੰਖ ਮੋਨਿ ਲਿਵ ਲਾਇ ਤਾਰ ॥

asa^Nkh mon liv laa-ay taar.

Countless silent sages, vibrating the String of His Love.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.

How can Your Creative Potency be described?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੭॥

too sadaa salaamat nirankaar. ||17||

You, Eternal and Formless One. ||17||

The eighteenth pauree fights madness, deep feelings of inferiority, and self-destructive behavior.

ਅਸੰਖ ਮੂਰਖ ਅੰਧ ਘੋਰ ॥

asa^Nkh moorakh anDh ghor.

Countless fools, blinded by ignorance.

ਅਸੰਖ ਚੋਰ ਹਰਾਮਖੋਰ ॥

asa^Nkh chor haraamkhor.

Countless thieves and embezzlers.

ਅਸੰਖ ਅਮਰ ਕਰਿ ਜਾਹਿ ਜੋਰ ॥

asa^Nkh amar kar jaahi jor.
Countless impose their will by force.

ਅਸੰਖ ਗਲਵਢ ਹਤਿਆ ਕਮਾਹਿ ॥

asa^Nkh galvadh haṭi-aa kamaahi.
Countless cut-throats and ruthless killers.

ਅਸੰਖ ਪਾਪੀ ਪਾਪੁ ਕਰਿ ਜਾਹਿ ॥

asa^Nkh paapee paap kar jaahi.
Countless sinners who keep on sinning.

ਅਸੰਖ ਕੂੜਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ ॥

asa^Nkh koorhi-aar koorhay firaahi.
Countless liars, wandering lost in their lies.

ਅਸੰਖ ਮਲੇਛ ਮਲੁ ਭਖਿ ਖਾਹਿ ॥

asa^Nkh malaychh mal bhakh khaahi.
Countless wretches, eating filth as their ration.

ਅਸੰਖ ਨਿੰਦਕ ਸਿਰਿ ਕਰਹਿ ਭਾਰੁ ॥

asa^Nkh nindak sir karahi bhaar.
Countless slanderers, carrying the weight of their stupid mistakes on their heads.

ਨਾਨਕੁ ਨੀਚੁ ਕਹੈ ਵੀਚਾਰੁ ॥

naanak neech kahai veechaar.
Nanak describes the state of the lowly.

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.
I cannot even once be a sacrifice to You.

ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDh bhaavai saa-ee bhalee kaar.
Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੮॥

too sadaa salaamat nirankaar. ||18||
You, Eternal and Formless One. ||18||

ਅਸੰਖ ਨਾਵ ਅਸੰਖ ਥਾਵ ॥

asa^Nkh naav asa^Nkh thaav.
Countless names, countless places.

ਅਗੰਮ ਅਗੰਮ ਅਸੰਖ ਲੋਅ ॥

agamm agamm asa^Nkh lo-a.
Inaccessible, unapproachable, countless celestial realms.

ਅਸੰਖ ਕਹਹਿ ਸਿਰਿ ਭਾਰੁ ਹੋਇ ॥

asa^Nkh kehahi sir bhaar ho-ay.
Even to call them countless is to carry the weight on your head.

ਅਖਰੀ ਨਾਮੁ ਅਖਰੀ ਸਾਲਾਹ ॥

akhree naam akhree saalaah.
From the Word, comes the Naam; from the Word, comes Your Praise.

ਅਖਰੀ ਗਿਆਨੁ ਗੀਤ ਗੁਣ ਗਾਹ ॥

akhree gi-aan geet gun gaah.
From the Word, comes spiritual wisdom, singing the Songs of Your Glory.

ਅਖਰੀ ਲਿਖਣੁ ਬੋਲਣੁ ਬਾਣਿ ॥

akhree likhan bolan baan.
From the Word, come the written and spoken words and hymns.

ਅਖਰਾ ਸਿਰਿ ਸੰਜੋਗੁ ਵਖਾਣਿ ॥

akhraa sir sanjog vakhaan.
From the Word, comes destiny, written on one's forehead.

ਜਿਨਿ ਏਹਿ ਲਿਖੇ ਤਿਸੁ ਸਿਰਿ ਨਾਹਿ ॥

jin ayhi likhay tis sir naahi.
But the One who wrote these Words of Destiny-no words are written on His Forehead.

ਜਿਵ ਫੁਰਮਾਏ ਤਿਵ ਤਿਵ ਪਾਹਿ ॥

jiv furmaa-ay tiv tiv paahi.
As He ordains, so do we receive.

ਜੇਤਾ ਕੀਤਾ ਤੇਤਾ ਨਾਉ ॥

jaytaa keetaa taytaa naa-o.
The created universe is the manifestation of Your Name.

ਵਿਨੁ ਨਾਵੈ ਨਾਹੀ ਕੋ ਥਾਉ ॥

vin naavai naahee ko thaa-o.
Without Your Name, there is no place at all.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.
How can I describe Your Creative Power?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.
I cannot even once be a sacrifice to You.

ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDh bhaavai saa-ee bhalee kaar.
Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੯॥

too sadaa salaamat nirankaar. ||19||
You, Eternal and Formless One. ||19||

When the monsters are nipping at your heels, the twentieth pauree wipes away all your sins.

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹ ॥

bharee-ai hath pair tan dayh.
When the hands and the feet and the body are dirty,

ਪਾਣੀ ਧੋਤੇ ਉਤਰਸੁ ਖੇਹ ॥

paanee Dhotai utras khayh.
water can wash away the dirt.

ਮੂਤ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥

moot paleetee kaparh ho-ay.
When the clothes are soiled and stained by urine,

ਦੇ ਸਾਬੂਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥

day saaboon la-ee-ai oh Dho-ay.
soap can wash them clean.

ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥

bharee-ai mat paapaa kai sang.
But when the intellect is stained and polluted by sin,

ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

oh Dhopai naavai kai rang.
it can only be cleansed by the Love of the Name.

ਪੁੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਰਿ ॥

punnee paapee aakhan naahi.
Virtue and vice do not come by mere words;

ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ ॥

kar kar karnaa likh lai jaahu.
actions repeated, over and over again, are engraved on the soul.

ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ ॥

aapay beej aapay hee khaahu.
You shall harvest what you plant.

ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ ॥੨੦॥

naanak hukmee aavhu jaahu. ||20||
O Nanak, by the Hukam of God's Command, we come and go in reincarnation.
||20||

The twenty-first pauree will maintain your status, grace, and position.

ਤੀਰਥੁ ਤਪੁ ਦਇਆ ਦਤੁ ਦਾਨੁ ॥

tīrath tap da-i-aa dat daan.
Pilgrimages, austere discipline, compassion and charity

ਜੇ ਕੋ ਪਾਵੈ ਤਿਲ ਕਾ ਮਾਨੁ ॥

jay ko paavai til kaa maan.
-these, by themselves, bring only an iota of merit.

ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ ॥

suni-aa mani-aa man keetaa bhaa-o.
Listening and believing with love and humility in your mind,

ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਲਿ ਨਾਉ ॥

antargat tīrath mal naa-o.
cleanse yourself with the Name, at the sacred shrine deep within.

ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੋਇ ॥

sabh gun tayray mai naahee ko-ay.
All virtues are Yours, Lord, I have none at all.

ਵਿਨੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ ॥

vinu gun keetay bhagat na ho-ay.
Without virtue, there is no devotional worship.

ਸੁਅਸਤਿ ਆਥਿ ਬਾਣੀ ਬਰਮਾਉ ॥

su-asat aath banee barmaa-o.
I bow to the Lord of the World, to His Word, to Brahma the Creator.

ਸਤਿ ਸੁਹਾਣੁ ਸਦਾ ਮਨਿ ਚਾਉ ॥

sat suhaan sadaa man chaa-o.
He is Beautiful, True and Eternally Joyful.

ਕਵਣੁ ਸੁ ਵੇਲਾ ਵਖਤੁ ਕਵਣੁ ਕਵਣੁ ਬਿਤਿ ਕਵਣੁ ਵਾਰੁ ॥

kavan so vaylaa vakhat kavan kavan thit kavan vaar.
What was that time, and what was that moment? What was that day, and what was that date?

ਕਵਣਿ ਸਿ ਰੁਤੀ ਮਾਹੁ ਕਵਣੁ ਜਿਤੁ ਹੋਆ ਆਕਾਰੁ ॥

kavan se rutee maahu kavan jit ho-aa aakaar.
What was that season, and what was that month, when the Universe was created?

ਵੇਲ ਨ ਪਾਈਆ ਪੰਡਤੀ ਜਿ ਹੋਵੈ ਲੇਖੁ ਪੁਰਾਣੁ ॥

vayl na paa-ee-aa pandtee je hovai laykh puraana.
The Pandits, the religious scholars, cannot find that time, even if it is written in the Puraanas.

ਵਖਤੁ ਨ ਪਾਇਓ ਕਾਦੀਆ ਜਿ ਲਿਖਨਿ ਲੇਖੁ ਕੁਰਾਣੁ ॥

vakhat na paa-i-o kaadee-aa je likhan laykh kuraana.
That time is not known to the Qazis, who study the Koran.

ਬਿਤਿ ਵਾਰੁ ਨਾ ਜੋਗੀ ਜਾਣੈ ਰੁਤਿ ਮਾਹੁ ਨਾ ਕੋਈ ॥

thit vaar na jogee jaanai rut maahu naa ko-ee.
The day and the date are not known to the Yogis, nor is the month or the season.

ਜਾ ਕਰਤਾ ਸਿਰਠੀ ਕਉ ਸਾਜੇ ਆਪੇ ਜਾਣੈ ਸੋਈ ॥

jaa kartaa sirthee ka-o saajay aapay jaanai so-ee.
The Creator who created this creation-only He Himself knows.

ਕਿਵ ਕਰਿ ਆਖਾ ਕਿਵ ਸਾਲਾਹੀ ਕਿਉ ਵਰਨੀ ਕਿਵ ਜਾਣਾ ॥

kiv kar aakhaa kiv saalaahie ki-o varnee kiv jaanaa.
How can we speak of Him? How can we praise Him? How can we describe Him? How can we know Him?

ਨਾਨਕ ਆਖਣਿ ਸਭੁ ਕੋ ਆਖੈ ਇਕ ਦੂ ਇਕੁ ਸਿਆਣਾ ॥

naanak aakhan sabh ko aakhai ik doo ik si-aanaa.

O Nanak, everyone speaks of Him, each one wiser than the rest.

ਵਡਾ ਸਾਹਿਬੁ ਵਡੀ ਨਾਈ ਕੀਤਾ ਜਾ ਕਾ ਹੋਵੈ ॥

vadaa saahib vadee naa-ee keetaa jaa kaa hovai.

Great is the Master, Great is His Name. Whatever happens is according to His Will.

ਨਾਨਕ ਜੇ ਕੋ ਆਪੋ ਜਾਣੈ ਅਗੈ ਗਇਆ ਨ ਸੋਹੈ ॥੨੧॥

naanak jay ko aapou jaanai agai ga-i-aa na sohai. ||21||

O Nanak, one who claims to know everything shall not be decorated in the world hereafter. ||21||

The twenty-second pauree brings victory in legal battles. It gives you the strategy.

ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ ॥

paataalaa paataal lakh aagaasaa aagaas.

There are nether worlds beneath nether worlds, and hundreds of thousands of heavenly worlds above.

ਓੜਕ ਓੜਕ ਭਾਲਿ ਥਕੇ ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ ॥

orhak orhak bhaal thakay vayd kahan ik vaat.

The Vedas say that you can search and search for them all, until you grow weary.

ਸਹਸ ਅਠਾਰਹ ਕਹਨਿ ਕਤੇਬਾ ਅਸੁਲੂ ਇਕੁ ਧਾਤੁ ॥

sahas athaarah kahan kataybaa asuloo ik Dhaat.

The scriptures say that there are 18,000 worlds, but in reality, there is only One Universe.

ਲੇਖਾ ਹੋਇ ਤ ਲਿਖੀਐ ਲੇਖੈ ਹੋਇ ਵਿਣਾਸੁ ॥

laykhaa ho-ay ta likee-ai laykhai ho-ay vinaas.

If you try to write an account of this, you will surely finish yourself before you finish writing it.

ਨਾਨਕ ਵਡਾ ਆਖੀਐ ਆਪੇ ਜਾਣੈ ਆਪੁ ॥੨੨॥

naanak vadaa aakhee-ai aapay jaanai aap. ||22||

O Nanak, call Him Great! He Himself knows Himself. ||22||

The twenty-third pauree dispels darkness and elevates the self.

ਸਾਲਾਹੀ ਸਾਲਾਹਿ ਏਤੀ ਸੁਰਤਿ ਨ ਪਾਈਆ ॥

saalaahee saalaahi aytee surat na paa-ee-aa.

The praisers praise the Lord, but they do not obtain intuitive understanding

ਨਦੀਆ ਅਤੇ ਵਾਹ ਪਵਹਿ ਸਮੁੰਦਿ ਨ ਜਾਣੀਅਹਿ ॥

nadee-aa atai vaah pavahi samund na jaanee-ahi.

-the streams and rivers flowing into the ocean do not know its vastness.

ਸਮੁੰਦ ਸਾਹ ਸੁਲਤਾਨ ਗਿਰਹਾ ਸੇਤੀ ਮਾਲੁ ਧਨੁ ॥

samund saah sultaan girhaa saytee maal Dhan.

Even kings and emperors, with mountains of property and oceans of wealth

ਕੀੜੀ ਤੁਲਿ ਨ ਹੋਵਨੀ ਜੇ ਤਿਸੁ ਮਨਹੁ ਨ ਵੀਸਰਹਿ ॥੨੩॥

keerhee tul na hovnee jay tis manhu na veesrahi. ||23||

-these are not even equal to an ant, who does not forget God. ||23||

*The twenty-fourth pauree breaks through all limitations with the force of a thunderbolt.
So powerful that it affects generations, it has the power to kill misfortune.*

ਅੰਤੁ ਨ ਸਿਫਤੀ ਕਹਣਿ ਨ ਅੰਤੁ ॥

ant na siftee kahan na ant.

Endless are His Praises, endless are those who speak them.

ਅੰਤੁ ਨ ਕਰਣੈ ਦੇਣਿ ਨ ਅੰਤੁ ॥

ant na karnai dayn na ant.

Endless are His Actions, endless are His Gifts.

ਅੰਤੁ ਨ ਵੇਖਣਿ ਸੁਣਣਿ ਨ ਅੰਤੁ ॥

ant na vaykhan sunan na ant.

Endless is His Vision, endless is His Hearing.

ਅੰਤੁ ਨ ਜਾਪੈ ਕਿਆ ਮਨਿ ਮੰਤੁ ॥

ant na jaapai ki-aa man mant.

His limits cannot be perceived. What is the Mystery of His Mind?

ਅੰਤੁ ਨ ਜਾਪੈ ਕੀਤਾ ਆਕਾਰੁ ॥

ant na jaapai keetaa aakaar.

The limits of the created universe cannot be perceived.

ਅੰਤੁ ਨ ਜਾਪੈ ਪਾਰਾਵਾਰੁ ॥

anṭ na jaapai paaraavaar.
Its limits here and beyond cannot be perceived.

ਅੰਤ ਕਾਰਣਿ ਕੇਤੇ ਬਿਲਲਾਹਿ ॥

anṭ kaaranṅ kayṭay billaahi.
Many struggle to know His limits,

ਤਾ ਕੇ ਅੰਤ ਨ ਪਾਏ ਜਾਹਿ ॥

ṭaa kay anṭ na paa-ay jaahi.
but His limits cannot be found.

ਏਹੁ ਅੰਤੁ ਨ ਜਾਣੈ ਕੋਇ ॥

ayhu anṭ na jaanai ko-ay.
No one can know these limits.

ਬਹੁਤਾ ਕਹੀਐ ਬਹੁਤਾ ਹੋਇ ॥

bahuṭaa kahee-ai bahuṭaa ho-ay.
The more you say about them, the more there still remains to be said.

ਵਡਾ ਸਾਹਿਬੁ ਉਚਾ ਥਾਉ ॥

vadaa saahib oochaa thaa-o.
Great is the Master, High is His Heavenly Home.

ਉਚੇ ਉਪਰਿ ਉਚਾ ਨਾਉ ॥

oochay upar oochaa naa-o.
Highest of the High, above all is His Name.

ਏਵਡੁ ਉਚਾ ਹੋਵੈ ਕੋਇ ॥

ayvad oochaa hovai ko-ay.
Only one as Great and as High as God

ਤਿਸੁ ਉਚੇ ਕਉ ਜਾਣੈ ਸੋਇ ॥

ṭis oochay ka-o jaanai so-ay.
can know His Lofty and Exalted State.

ਜੇਵਡੁ ਆਪਿ ਜਾਣੈ ਆਪਿ ਆਪਿ ॥

jayvad aap jaanai aap aap.
Only He Himself is that Great. He Himself knows Himself.

ਨਾਨਕ ਨਦਰੀ ਕਰਮੀ ਦਾਤਿ ॥੨੪॥

naanak nadree karmee daat. ||24||
O Nanak, by His Glance of Grace, He bestows His Blessings. ||24||

*When you recite the twenty-fifth pauree all your needs become pre-fulfilled.
Prosperity, virtue, estate, and wealth are yours without asking.*

ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ ॥

bahuṭaa karam likhi-aa naa jaa-ay.

His Blessings are so abundant that there can be no written account of them.

ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ ॥

vadaa daṭaa til na tamaa-ay.

The Great Giver does not hold back anything.

ਕੇਤੇ ਮੰਗਹਿ ਜੋਧ ਅਪਾਰ ॥

kayṭay mangahi joDh apaar.

There are so many great, heroic warriors begging at the Door of the Infinite Lord.

ਕੇਤਿਆ ਗਣਤ ਨਹੀ ਵੀਚਾਰੁ ॥

kayṭi-aa ganṭ nahee veechaar.

So many contemplate and dwell upon Him, that they cannot be counted.

ਕੇਤੇ ਖਪਿ ਤੁਟਹਿ ਵੇਕਾਰ ॥

kayṭay khap ṭutahi vaykaar.

So many waste away to death engaged in corruption.

ਕੇਤੇ ਲੈ ਲੈ ਮੁਕਰੁ ਪਾਹਿ ॥

kayṭay lai lai mukar paahi.

So many take and take again, and then deny receiving.

ਕੇਤੇ ਮੂਰਖ ਖਾਹੀ ਖਾਹਿ ॥

kayṭay moorakh khaahee khaahi.

So many foolish consumers keep on consuming.

ਕੇਤਿਆ ਦੁਖ ਭੂਖ ਸਦ ਮਾਰ ॥

kayṭi-aa dookh bhookh sad maar.

So many endure distress, deprivation and constant abuse.

ਏਹਿ ਭਿ ਦਾਤਿ ਤੇਰੀ ਦਾਤਾਰ ॥

ayhi bhe daṭ ṭayree daṭaar.

Even these are Your Gifts, O Great Giver!

ਬੰਦਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ ॥

band khalaasee bhaanai ho-ay.

Liberation from bondage comes only by Your Will.

ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ ॥

hor aakh na sakai ko-ay.
No one else has any say in this.

ਜੇ ਕੋ ਖਾਇਕੁ ਆਖਣਿ ਪਾਇ ॥

jay ko khaa-ik aakhan paa-ay.
If some fool should presume to say that he does,

ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ ॥

oh jaanai jaytee-aa muhi khaa-ay.
he shall learn, and feel the effects of his folly.

ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ ॥

aapay jaanai aapay day-ay.
He Himself knows, He Himself gives.

ਆਖਹਿ ਸਿ ਭਿ ਕੇਈ ਕੋਇ ॥

aakhahi se bhe kay-ee kay-ay.
Few, very few are those who acknowledge this.

ਜਿਸ ਨੋ ਬਖਸੇ ਸਿਫਤਿ ਸਾਲਾਹ ॥

jis no bakhsay sifati saalaah.
One who is blessed to sing the Praises of the Lord,

ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ ॥੨੫॥

naanak paatisaahai paatisaahu. ||25||
O Nanak, is the king of kings. ||25||

*The twenty sixth pauree transforms nothing into everything.
In your business, it banishes losses, misfortunes, and miseries.*

ਅਮੁਲ ਗੁਣ ਅਮੁਲ ਵਾਪਾਰ ॥

amul gun amul vaapaar.
Priceless are His Virtues, Priceless are His Dealings.

ਅਮੁਲ ਵਾਪਾਰੀਏ ਅਮੁਲ ਭੰਡਾਰ ॥

amul vaapaaree-ay amul bhandaar.
Priceless are His Dealers, Priceless are His Treasures.

ਅਮੁਲ ਆਵਹਿ ਅਮੁਲ ਲੈ ਜਾਹਿ ॥

amul aavahi amul lai jaahi.
Priceless are those who come to Him, Priceless are those who buy from Him.

ਅਮੁਲ ਭਾਇ ਅਮੁਲਾ ਸਮਾਹਿ ॥

amul bhāa-ay amulaa samaahi.

Priceless is Love for Him, Priceless is absorption into Him.

ਅਮੁਲੁ ਧਰਮੁ ਅਮੁਲੁ ਦੀਬਾਣੁ ॥

amul Dharam amul deebaan.

Priceless is the Divine Law of Dharma, Priceless is the Divine Court of Justice.

ਅਮੁਲੁ ਤੁਲੁ ਅਮੁਲੁ ਪਰਵਾਣੁ ॥

amul tul amul parvaan.

Priceless are the scales, priceless are the weights.

ਅਮੁਲੁ ਬਖਸੀਸ ਅਮੁਲੁ ਨੀਸਾਣੁ ॥

amul bakhsees amul neesaan.

Priceless are His Blessings, Priceless is His Banner and Insignia.

ਅਮੁਲੁ ਕਰਮੁ ਅਮੁਲੁ ਫੁਰਮਾਣੁ ॥

amul karam amul furmaan.

Priceless is His Mercy, Priceless is His Royal Command.

ਅਮੁਲੋ ਅਮੁਲੁ ਆਖਿਆ ਨ ਜਾਇ ॥

amulo amul aakhi-aa na jaa-ay.

Priceless, O Priceless beyond expression!

ਆਖਿ ਆਖਿ ਰਹੇ ਲਿਵ ਲਾਇ ॥

aakh aakh rahay liv laa-ay.

Speak of Him continually, and remain absorbed in His Love.

ਆਖਹਿ ਵੇਦ ਪਾਠ ਪੁਰਾਣ ॥

aakhahi vayd paath puraan.

The Vedas and the Puraanas speak.

ਆਖਹਿ ਪੜੇ ਕਰਹਿ ਵਖਿਆਣ ॥

aakhahi parhay karahi vakhi-aan.

The scholars speak and lecture.

ਆਖਹਿ ਬਰਮੇ ਆਖਹਿ ਇੰਦ ॥

aakhahi barmay aakhahi ind.

Brahma speaks, Indra speaks.

ਆਖਹਿ ਗੋਪੀ ਤੈ ਗੋਵਿੰਦ ॥

aakhahi gopee tai govind.

The Gopis and Krishna speak.

ਆਖਹਿ ਈਸਰ ਆਖਹਿ ਸਿਧ ॥

aakhahi eesar aakhahi siDh.
Shiva speaks, the Siddhas speak.

ਆਖਹਿ ਕੇਤੇ ਕੀਤੇ ਬੁਧ ॥

aakhahi kaytay keetay buDh.
The many created Buddhas speak.

ਆਖਹਿ ਦਾਨਵ ਆਖਹਿ ਦੇਵ ॥

aakhahi daanav aakhahi dayv.
The demons speak, the demi-gods speak.

ਆਖਹਿ ਸੁਰਿ ਨਰ ਮੁਨਿ ਜਨ ਸੇਵ ॥

aakhahi sur nar mun jan sayv.
The spiritual warriors, the heavenly beings, the silent sages, the humble and
serviceful speak.

ਕੇਤੇ ਆਖਹਿ ਆਖਣਿ ਪਾਹਿ ॥

kaytay aakhahi aakhan paahi.
Many speak and try to describe Him.

ਕੇਤੇ ਕਹਿ ਕਹਿ ਉਠਿ ਉਠਿ ਜਾਹਿ ॥

kaytay kahi kahi uth uth jaahi.
Many have spoken of Him over and over again, and have then arisen and
departed.

ਏਤੇ ਕੀਤੇ ਹੋਰਿ ਕਰੇਹਿ ॥

aytay keetay hor karayhi.
If He were to create as many again as there already are,

ਤਾ ਆਖਿ ਨ ਸਕਹਿ ਕੇਈ ਕੇਇ ॥

taa aakh na sakahi kay-ee kay-ay.
even then, they could not describe Him.

ਜੇਵਡੁ ਭਾਵੈ ਤੇਵਡੁ ਹੋਇ ॥

jayvad bhaavai tayvad ho-ay.
He is as Great as He wishes to be.

ਨਾਨਕ ਜਾਣੈ ਸਾਚਾ ਸੋਇ ॥

naanak jaanai saachaa so-ay.
O Nanak, the True Lord knows.

ਜੇ ਕੋ ਆਖੈ ਬੋਲੁਵਿਗਾੜੁ ॥

jay ko aakhai boluvigaarh.
If anyone presumes to describe God,

ਤਾ ਲਿਖੀਐ ਸਿਰਿ ਗਾਵਾਰਾ ਗਾਵਾਰੁ ॥੨੬॥

taa likee-ai sir gaavaaraa gaavaar. ||26||
he shall be known as the greatest fool of fools! ||26||

*When you are stuck and you cannot see the window of opportunity before you,
the twenty-seventh pauree shows you the way. It removes obstacles and kills hurdles.*

ਸੋ ਦੁਰ ਕੇਹਾ ਸੋ ਘਰੁ ਕੇਹਾ ਜਿਤੁ ਬਹਿ ਸਰਬ ਸਮਾਲੇ ॥

so dar kayhaa so ghar kayhaa jit bahi sarab samaalay.
Where is that Gate, and where is that Dwelling, in which You sit and take care of
all?

ਵਾਜੇ ਨਾਦ ਅਨੇਕ ਅਸੰਖਾ ਕੇਤੇ ਵਾਵਣਹਾਰੇ ॥

vaajay naad anayk asankhaa kaytay vaavanhaaray.
The Sound-current of the Naad vibrates there, and countless musicians play on
all sorts of instruments there.

ਕੇਤੇ ਰਾਗ ਪਰੀ ਸਿਉ ਕਹੀਅਨਿ ਕੇਤੇ ਗਾਵਣਹਾਰੇ ॥

kaytay raag patee si-o kahee-an kaytay gaavanhaaray.
So many Ragas, so many musicians singing there.

ਗਾਵਹਿ ਤੁਹਨੋ ਪਉਣੁ ਪਾਣੀ ਬੈਸੰਤਰੁ ਗਾਵੈ ਰਾਜਾ ਧਰਮੁ ਦੁਆਰੇ ॥

gaavahi tuhno pa-un paanee baisantar gaavai raajaa Dharam du-aaray.
The praanic wind, water and fire sing; the Righteous Judge of Dharma sings at
Your Door.

ਗਾਵਹਿ ਚਿਤੁ ਗੁਪਤੁ ਲਿਖਿ ਜਾਣਹਿ ਲਿਖਿ ਲਿਖਿ ਧਰਮੁ ਵੀਚਾਰੇ ॥

gaavahi chit gupat likh jaaneh likh likh Dharam veechaaray.
Chitr and Gupt, the angels of the conscious and the subconscious who record
actions, and the Righteous Judge of Dharma who judges this record sing.

ਗਾਵਹਿ ਈਸਰੁ ਬਰਮਾ ਦੇਵੀ ਸੋਹਨਿ ਸਦਾ ਸਵਾਰੇ ॥

gaavahi eesar barmaa dayvee sohan sadaa savaaray.
Shiva, Brahma and the Goddess of Beauty, ever adorned, sing.

ਗਾਵਹਿ ਇੰਦ ਇਦਾਸਣਿ ਬੈਠੇ ਦੇਵਤਿਆ ਦਰਿ ਨਾਲੇ ॥

gaavahi ind idaasan baithay dayviti-aa dar naalay.
Indra, seated upon His Throne, sings with the deities at Your Door.

ਗਾਵਹਿ ਸਿਧ ਸਮਾਧੀ ਅੰਦਰਿ ਗਾਵਨਿ ਸਾਧ ਵਿਚਾਰੇ ॥

gaavahi siDh samaaDhee andar gaavan saaDh vichaaray.
The Siddhas in Samaadhi sing; the Saadhus sing in contemplation.

ਗਾਵਨਿ ਜਤੀ ਸਤੀ ਸੰਤੋਖੀ ਗਾਵਹਿ ਵੀਰ ਕਰਾਰੇ ॥

gaavan jattee sattee santokhee gaavahi veer karaaray.
The celibates, the fanatics, the peacefully accepting and the fearless warriors sing.

ਗਾਵਨਿ ਪੰਡਿਤ ਪੜਨਿ ਰਖੀਸਰ ਜੁਗੁ ਜੁਗੁ ਵੇਦਾ ਨਾਲੇ ॥

gaavan pandit parhan rakheesar jug jug vaydaa naalay.
The Pandits, the religious scholars who recite the Vedas, with the supreme sages of all the ages, sing.

ਗਾਵਹਿ ਮੋਹਣੀਆ ਮਨੁ ਮੋਹਨਿ ਸੁਰਗਾ ਮਛ ਪਇਆਲੇ ॥

gaavahi mohnee-aa man mohan surgaa machh pa-i-aalay.
The Mohinis, the enchanting heavenly beauties who entice hearts in this world, in paradise, and in the underworld of the subconscious sing.

ਗਾਵਨਿ ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ ॥

gaavan ratan upaa-ay tayray athsath tirath naalay.
The celestial jewels created by You, and the sixty-eight holy places of pilgrimage sing.

ਗਾਵਹਿ ਜੋਧ ਮਹਾਬਲ ਸੂਰਾ ਗਾਵਹਿ ਖਾਣੀ ਚਾਰੇ ॥

gaavahi joDh mahaabal sooraa gaavahi khaanee chaaray.
The brave and mighty warriors sing; the spiritual heroes and the four sources of creation sing.

ਗਾਵਹਿ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡਾ ਕਰਿ ਕਰਿ ਰਖੇ ਧਾਰੇ ॥

gaavahi khand mandal varbhandaa kar kar rakhay Dhaaray.
The planets, solar systems and galaxies, created and arranged by Your Hand, sing.

ਸੇਈ ਤੁਧੁਨੋ ਗਾਵਹਿ ਜੋ ਤੁਧੁ ਭਾਵਨਿ ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ ॥

say-ee tuDhuno gaavahi jo tuDh bhaavan ratay tayray bhagat rasaalay.
They alone sing, who are pleasing to Your Will. Your devotees are imbued with the Nectar of Your Essence.

ਹੋਰਿ ਕੇਤੇ ਗਾਵਨਿ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਵੀਚਾਰੇ ॥

hor kaytay gaavan say mai chit na aavan naanak ki-aa veechaaray.
So many others sing, they do not come to mind. O Nanak, how can I consider them all?

ਸੋਈ ਸੋਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ ਸਾਚਾ ਸਾਚੀ ਨਾਈ ॥

so-ee so-ee sadā sach saahib saachaa saachee naa-ee.
That True Lord is True, Forever True, and True is His Name.

ਹੈ ਭੀ ਹੋਸੀ ਜਾਇ ਨ ਜਾਸੀ ਰਚਨਾ ਜਿਨਿ ਰਚਾਈ ॥

hai bhee hosee jaa-ay na jaasee rachnaa jin rachaa-ee.
He is, and shall always be. He shall not depart, even when this Universe which
He has created departs.

ਰੰਗੀ ਰੰਗੀ ਭਾਤੀ ਕਰਿ ਕਰਿ ਜਿਨਸੀ ਮਾਇਆ ਜਿਨਿ ਉਪਾਈ ॥

rangee rangee bhaatee kar kar jinsee maa-i-aa jin upaa-ee.
He created the world, with its various colors, species of beings, and the variety
of Maya.

ਕਰਿ ਕਰਿ ਵੇਖੇ ਕੀਤਾ ਆਪਣਾ ਜਿਵ ਤਿਸ ਦੀ ਵਡਿਆਈ ॥

kar kar vaykhai keetaa aapṇaa jiv tis dee vadi-aa-ee.
Having created the creation, He watches over it Himself, by His Greatness.

ਜੋ ਤਿਸੁ ਭਾਵੈ ਸੋਈ ਕਰਸੀ ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ ॥

jo tis bhaavai so-ee karsee hukam na karṇaa jaa-ee.
He does whatever He pleases. No order can be issued to Him.

ਸੋ ਪਾਤਿਸਾਹੁ ਸਾਹਾ ਪਾਤਿਸਾਹਿਬੁ ਨਾਨਕ ਰਹਣੁ ਰਜਾਈ ॥੨੭॥

so paatīsaahu saahaa paatīsaahib naanak rahanṇ rajaa-ee. ||27||
He is the King, the King of kings, the Supreme Lord and Master of kings. Nanak
remains subject to His Will. ||27||

*The twenty-eighth pauree is the strongest permutation and
combination of words in the world. It unites you with God.*

ਮੁੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ ਧਿਆਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

munda santokh saram patṛ jholee Dhi-aan kee karahi bibhoot.
Make contentment your ear-rings, humility your begging bowl, and meditation
the ashes you apply to your body.

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

khinṭhaa kaal ku-aaree kaa-i-aa jugatṛ dandaa partēet.
Let the remembrance of death be the patched coat you wear, let the purity of
virginity be your way in the world, and let faith in the Lord be your walking stick.

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

aa-ee panthee sagal jamaatee man jeeṭai jag jeeṭ.
See the brotherhood of all mankind as the highest order of Yogis; conquer your
own mind, and conquer the world.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.
I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੋ ਵੇਸੁ ॥੨੮॥

aada aneel anaada anaahati jug jug ayko vays. ||28||
The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||28||

*The twenty-ninth pauree is a shield of protection.
It protects you from your enemies by simply vaporizing those who wish you harm.*

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਣਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥

bhugati gi-aan da-i-aa bhandaaran ghat ghat vaajeh naad.
Let spiritual wisdom be your food, and compassion your attendant. The Sound-current of the Naad vibrates in each and every heart.

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਦ ॥

aap naath naathee sabh jaa kee riDh siDh avraa saad.
He Himself is the Supreme Master of all; wealth and miraculous spiritual powers, and all other external tastes and pleasures, are all like beads on a string.

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ ਲੇਖੇ ਆਵਹਿ ਭਾਗ ॥

sanjog vijog du-ay kaar chalaaveh laykhay aavahi bhaag.
Union with Him, and separation from Him, come by His Will. We come to receive what is written in our destiny.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.
I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੋ ਵੇਸੁ ॥੨੯॥

aada aneel anaada anaahati jug jug ayko vays. ||29||
The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||29||

The thirtieth pauree places you upon the throne of divinity. It makes you into a sage and a saint.

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

aykaa maa-ee jugat̄ vi-aa-ee ṭin chaylay parvaan̄.

The One Divine Mother conceived and gave birth to the three deities.

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

ik sansaaree ik b̄handaaree ik laa-ay d̄eebaan̄.

One, the Creator of the World; One, the Sustainer; and One, the Destroyer.

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਵ ਹੋਵੈ ਫੁਰਮਾਣੁ ॥

jiv ṭis b̄haavai ṭivai chalaavai jiv hovai furmaan̄.

He makes things happen according to the Pleasure of His Will. Such is His Celestial Order.

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

oh vayk̄hai onaa nadar na aavai bahuṭaa ayhu vidaan̄.

He watches over all, but none see Him. How wonderful this is!

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aad̄ays ṭisai aad̄ays.

I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੋ ਵੇਸੁ ॥੩੦॥

aad̄ aneel anaad̄ anaahat̄ jug jug ayko vays. ||30||

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||30||

The thirty-first pauree pulls all virtues from the heavens.

ਆਸਣੁ ਲੋਇ ਲੋਇ ਭੰਡਾਰ ॥

aasan̄ lo-ay lo-ay b̄handaar.

On world after world are His Seats of Authority and His Storehouses.

ਜੋ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥

jo kich̄h paa-i-aa so aykaa vaar.

Whatever was put into them, was put there once and for all.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰੁ ॥

kar kar vayk̄hai sirjan̄haar.

Having created the creation, the Creator Lord watches over it.

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥

naanak sachay kee saachee kaar.
O Nanak, True is the Creation of the True Lord.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aaduays tisai aaduays.
I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੋ ਵੇਸੁ ॥੩੧॥

aad aneel anaad anaahat jug jug ayko vays. ||31||
The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||31||

The thirty-second pauree pays your debts and completes your karma.

ਇਕ ਦੂ ਜੀਭੋ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵਹਿ ਲਖ ਵੀਸ ॥

ik doo jeebhou lakh hohi lakh hoveh lakh vees.
If I had 100,000 tongues, and these were then multiplied twenty times more, with each tongue,

ਲਖੁ ਲਖੁ ਗੇੜਾ ਆਖੀਅਹਿ ਏਕੁ ਨਾਮੁ ਜਗਦੀਸ ॥

lakh lakh gayrhaa aakhee-ahi ayk naam jagdees.
I would repeat, hundreds of thousands of times, the Name of the One, the Lord of the Universe.

ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ ॥

ayt raahi pat pavrhee-aa charhee-ai ho-ay ikees.
Along this path to our Husband Lord, we climb the steps of the ladder, and come to merge with Him.

ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ ॥

sun galaa aakaas kee keetaa aa-ee rees.
Hearing of the etheric realms, even worms long to come back home.

ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

naanak nadree paa-ee-ai koorhee koorhai thees. ||32||
O Nanak, by His Grace He is obtained. False are the boastings of the false. ||32||

*The thirty-third pauree destroys your ego and brings home your divinity.
It removes negativity, neutralizes your destructive nature and
prevents harm to others by your hand.*

ਆਖਣਿ ਜੋਰੁ ਚੁਪੈ ਨਹ ਜੋਰੁ ॥

aakhan jor chupai nah jor.
No power to speak, no power to keep silent.

ਜੋਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੋਰੁ ॥

jor na mangan dayn na jor.
No power to beg, no power to give.

ਜੋਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੋਰੁ ॥

jor na jeevan maran nah jor.
No power to live, no power to die.

ਜੋਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੋਰੁ ॥

jor na raaj maal man sor.
No power to rule, with wealth and occult mental powers.

ਜੋਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥

jor na surtee gi-aan veechaar.
No power to gain intuitive understanding, spiritual wisdom and meditation.

ਜੋਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥

jor na jugtee chhutai sansaar.
No power to find the way to escape from the world.

ਜਿਸੁ ਹਥਿ ਜੋਰੁ ਕਰਿ ਵੇਖੈ ਸੋਇ ॥

jis hath jor kar vaykhai so-ay.
He alone has the Power in His Hands. He watches over all.

ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ ॥੩੩॥

naanak utam neech na ko-ay. ||33||
O Nanak, no one is high or low. ||33||

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥

raaṭee ruṭee thīṭee vaar.
Nights, days, weeks and seasons;

ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥

pavan paanee agnee paaṭaal.
wind, water, fire and the nether regions

ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥

ṭis vich Dhartee thaap rakhee Dharam saal.
-in the midst of these, He established the earth as a home for Dharma.

ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥

ṭis vich jee-a jugat kay rang.
Upon it, He placed the various species of beings.

ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ ॥

ṭin kay naam anayk anant.
Their names are uncouncted and endless.

ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥

karmee karmee ho-ay veechaar.
By their deeds and their actions, they shall be judged.

ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥

sachaa aap sachaa darbaar.
God Himself is True, and True is His Court.

ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ ॥

ṭithai sohan panch parvaan.
There, in perfect grace and ease, sit the self-elect, the self-realized Saints.

ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ ॥

nadree karam pavai neesaan.
They receive the Mark of Grace from the Merciful Lord.

ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ ॥

kach pakaa-ee othai paa-ay.
The ripe and the unripe, the good and the bad, shall there be judged.

ਨਾਨਕ ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥

naanak ga-i-aa jaapai jaa-ay. ||34||

O Nanak, when you go home, you will see this. ||34||

The thirty-fifth pauree gives you the breadth to do your duty and fulfill your responsibility.

ਧਰਮ ਖੰਡ ਕਾ ਏਹੋ ਧਰਮੁ ॥

Dharam khand kaa ayho Dharam.

This is righteous living in the realm of Dharma.

ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ ॥

gi-aan khand kaa aakhhu karam.

And now we speak of the realm of spiritual wisdom.

ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ ਕੇਤੇ ਕਾਨ ਮਹੇਸ ॥

kaytay pavan paanee vaisantar kaytay kaan mahays.

So many winds, waters and fires; so many Krishnas and Shivas.

ਕੇਤੇ ਬਰਮੇ ਘਾੜਤਿ ਘੜੀਅਹਿ ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ ॥

kaytay barmay ghaarhat gharhee-ahi roop rang kay vays.

So many Brahmas, fashioning forms of great beauty, adorned and dressed in many colors.

ਕੇਤੀਆ ਕਰਮ ਭੂਮੀ ਮੇਰ ਕੇਤੇ ਕੇਤੇ ਧੂ ਉਪਦੇਸ ॥

kaytee-aa karam bhoomee mayr kaytay kaytay Dhoo updeys.

So many worlds and lands for working out karma. So very many lessons to be learned!

ਕੇਤੇ ਇੰਦ ਚੰਦ ਸੂਰ ਕੇਤੇ ਕੇਤੇ ਮੰਡਲ ਦੇਸ ॥

kaytay ind chand soor kaytay kaytay mandal deys.

So many Indras, so many moons and suns, so many worlds and lands.

ਕੇਤੇ ਸਿਧ ਬੁਧ ਨਾਥ ਕੇਤੇ ਕੇਤੇ ਦੇਵੀ ਵੇਸ ॥

kaytay siDh buDh naath kaytay kaytay dayvee vays.

So many Siddhas and Buddhas, so many Yogic masters. So many goddesses of various kinds.

ਕੇਤੇ ਦੇਵ ਦਾਨਵ ਮੁਨਿ ਕੇਤੇ ਕੇਤੇ ਰਤਨ ਸਮੁੰਦ ॥

kaytay dayv daanav mun kaytay kaytay ratan samund.

So many demi-gods and demons, so many silent sages. So many oceans of jewels.

ਕੇਤੀਆ ਖਾਣੀ ਕੇਤੀਆ ਬਾਣੀ ਕੇਤੇ ਪਾਤ ਨਰਿੰਦ ॥

kaytee-aa khaanee kaytee-aa bane kaytay paat narind.
So many ways of life, so many languages. So many dynasties of rulers.

ਕੇਤੀਆ ਸੁਰਤੀ ਸੇਵਕ ਕੇਤੇ ਨਾਨਕ ਅੰਤੁ ਨ ਅੰਤੁ ॥੩੫॥

kaytee-aa surtee sayvak kaytay naanak ant na ant. ||35||
So many intuitive people, so many selfless servants. O Nanak, His limit has no limit! ||35||

*The thirty-sixth pauree brings divine realization.
It grants complete understanding of the heavens and the earth.*

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚੰਡੁ ॥

gi-aan khand meh gi-aan parchand.
In the realm of wisdom, spiritual wisdom reigns supreme.

ਤਿਥੈ ਨਾਦ ਬਿਨੋਦ ਕੋਡ ਅਨੰਦੁ ॥

tithai naad binod kod anand.
The Sound-current of the Naad vibrates there, amidst the sounds and the sights of bliss.

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ ॥

saram khand kee bane roop.
In the realm of humility, the Word is Beauty.

ਤਿਥੈ ਘਾੜਤਿ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ ॥

tithai ghaarhat gharhee-ai bahut anoop.
Forms of incomparable beauty are fashioned there.

ਤਾ ਕੀਆ ਗਲਾ ਕਥੀਆ ਨਾ ਜਾਹਿ ॥

taa kee-aa galaa kathee-aa naa jaahi.
These things cannot be described.

ਜੇ ਕੋ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

jay ko kahai pichhai pachhutaay.
One who tries to speak of these shall regret the attempt.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ ॥

tithai gharhee-ai surat mat man buDh.
The intuitive consciousness, intellect and understanding of the mind are shaped there.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ ॥੩੬॥

tithai gharhee-ai suraa siDhaa kee suDh. ||36||

The consciousness of the spiritual warriors and the Siddhas, the beings of spiritual perfection, are shaped there. ||36||

The thirty-seventh pauree cuts the karma. It kills the impact of all bad karmas.

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੋਰੁ ॥

karam khand kee baneer jor.

In the realm of karma, the Word is Power.

ਤਿਥੈ ਹੋਰੁ ਨ ਕੋਈ ਹੋਰੁ ॥

tithai hor na ko-ee hor.

No one else dwells there,

ਤਿਥੈ ਜੋਧ ਮਹਾਬਲ ਸੂਰ ॥

tithai joDh mahaabal soor.

except the warriors of great power, the spiritual heroes.

ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ ॥

tin meh raam rahi-aa bharpoor.

They are totally fulfilled, imbued with the Lord's Essence.

ਤਿਥੈ ਸੀਤੋ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ ॥

tithai seeṭo seeṭaa mahimaa maahi.

Myriads of Sitas are there, cool and calm in their majestic glory.

ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ ॥

taa kay roop na kathnay jaahi.

Their beauty cannot be described.

ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਗੇ ਜਾਹਿ ॥

naa ohi mareh na thaagay jaahi.

Neither death nor deception comes to those,

ਜਿਨ ਕੈ ਰਾਮੁ ਵਸੈ ਮਨ ਮਾਹਿ ॥

jin kai raam vasai man maahi.

within whose minds the Lord abides.

ਤਿਥੈ ਭਗਤ ਵਸਹਿ ਕੇ ਲੋਅ ॥

tithai bhagaṭ vaseh kay lo-a.

The devotees of many worlds dwell there.

ਕਰਹਿ ਅਨੰਦੁ ਸਚਾ ਮਨਿ ਸੋਇ ॥

karahi anand sachaa man so-ay.

They celebrate; their minds are imbued with the True Lord.

ਸਚ ਖੰਡਿ ਵਸੈ ਨਿਰੰਕਾਰੁ ॥

sach khand vasai nirankaar.

In the realm of Truth, the Formless Lord abides.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਨਦਰਿ ਨਿਹਾਲ ॥

kar kar vaykhai nadar nihaal.

Having created the creation, He watches over it. By His Glance of Grace, He bestows happiness.

ਤਿਥੈ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡ ॥

ti hai khand mandal varbhand. |

There are planets, solar systems and galaxies.

ਜੇ ਕੋ ਕਥੈ ਤ ਅੰਤ ਨ ਅੰਤ ॥

jay ko kathai ta ant na ant.

If one speaks of them, there is no limit, no end.

ਤਿਥੈ ਲੋਅ ਲੋਅ ਆਕਾਰ ॥

ti hai lo-a lo-a aakaar. |

There are worlds upon worlds of His Creation.

ਜਿਵ ਜਿਵ ਹੁਕਮੁ ਤਿਵੈ ਤਿਵ ਕਾਰ ॥

jiv jiv hukam tivai tiv kaar.

As He commands, so they exist.

ਵੇਖੈ ਵਿਗਸੈ ਕਰਿ ਵੀਚਾਰੁ ॥

vaykhai vigsai kar veechaar.

He watches over all, and contemplating the creation, He rejoices.

ਨਾਨਕ ਕਥਨਾ ਕਰੜਾ ਸਾਰੁ ॥੩੭॥

naanak kathnaa karrhaa saar. ||37||

O Nanak, to describe this is as hard as steel! ||37||

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥

jaṭ paahaaraa Dheeraj suni-aar.

Let self-control be the furnace, and patience the goldsmith.

ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ॥

ahraṇ maṭ vayḍ hathee-aar.

Let understanding be the anvil, and spiritual wisdom the tools.

ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ॥

bha-o khalaa agan ṭap ṭaa-o.

With the Fear of God as the bellows, fan the flames of tapa, the body's inner heat.

ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ॥

bhaa^Ndaa bhaa-o amrit ṭiṭ dhaal.

In the crucible of love, melt the Nectar of the Name,

ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲ ॥

gharhee-ai sabadḍ sachee taksaal.

and mint the True Coin of the Shabad, the Word of God.

ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰ ॥

jin ka-o nadar karam ṭin kaar.

Such is the karma of those upon whom He has cast His Glimpse of Grace.

ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲ ॥੩੮॥

naanak nadree nadar nihaal. ||38||

O Nanak, the Merciful Lord, by His Grace, uplifts and exalts them. ||38||

ਸਲੋਕੁ ॥

salok.

Shalok:

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

pavan guroo paanee pitaa maataa Dharat mahat.

Air is the Guru, Water is the Father, and Earth is the Great Mother of all.

ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ ॥

divas raat du-ay daa-ee daa-i-aa khaylai sagal jagat.

Day and night are the two nurses, in whose lap all the world is at play.

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥

chang-aa-ee-aa buri-aa-ee-aa vaachai Dharam hadoor.

Good deeds and bad deeds-the record is read out in the Presence of the Lord of Dharma.

ਕਰਮੀ ਆਪੋ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥

karmee aapo aapnee kay nayrhai kay door.

According to their own actions, some are drawn closer, and some are driven farther away.

ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥

jinee naam Dhi-aa-i-aa ga-ay maskat ghaal.

Those who have meditated on the Naam, the Name of the Lord, and departed after having worked by the sweat of their brows

ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

naanak tay mukh ujlay kaytee chhutee naal. ||1||

-O Nanak, their faces are radiant in the Court of the Lord, and many are saved along with them! ||1||