



GURU NANAK'S GUIDANCE

WISDOM FOR
EVERY DAY LIVING

35 QUOTES

2024 YEAR END FUNDRAISER GIFT

SikhNet.com

ੴ

1

ਸੰਜੋਗੀ ਆਇਆ ਕਿਰਤੁ ਕਮਾਇਆ ਕਰਣੀ ਕਾਰ ਕਰਾਈ ॥

BY THE GOOD FORTUNE OF GOOD DEEDS
DONE IN THE PAST, YOU HAVE COME,
AND NOW YOU PERFORM ACTIONS TO
DETERMINE YOUR FUTURE.

— SRI GURU GRANTH SAHIB, ANG 75



ੴ

2

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

SEE THE BROTHERHOOD OF ALL MANKIND
AS THE HIGHEST ORDER OF YOGIS;
CONQUER YOUR OWN MIND,
AND CONQUER THE WORLD.

— JAPJI SAHIB, GURU GRANTH SAHIB, ANG 6



ਚੋਰੁ ਸੁਆਲਿਉ ਚੋਰੁ ਸਿਆਣਾ ॥
 ਖੋਟੇ ਕਾ ਮੁਲੁ ਏਕੁ ਦੁਗਾਣਾ ॥ ਜੇ ਸਾਥਿ ਰਖੀਐ ਦੀਜੈ ਰਲਾਇ ॥
 ਜਾ ਪਰਖੀਐ ਖੋਟਾ ਹੋਇ ਜਾਇ ॥੨॥

A THIEF MAY BE HANDSOME, AND A THIEF
 MAY BE WISE, BUT HE IS STILL JUST A
 COUNTERFEIT COIN, WORTH ONLY A SHELL.
 IF IT IS KEPT AND MIXED WITH OTHER
 COINS, IT WILL BE FOUND TO BE FALSE,
 WHEN THE COINS ARE INSPECTED. ||2||

— SRI GURU GRANTH SAHIB, ANG 662



ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥
 ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

THE HUNGER OF THE HUNGRY DEPARTS
 NOT, EVEN THOUGH THEY MAY PILE UP
 LOADS OF THE WORLD'S VALUABLES.
 MAN MAY POSSESS THOUSANDS AND LACS
 OF WITS, BUT NOT EVEN ONE (GOES WITH
 HIM) AVAILS HIM IN THE LORD'S COURT.

— SRI GURU GRANTH SAHIB, ANG 1



ੴ

5

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੋ ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥
ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ ॥੨॥

EVERYONE IS SUBJECT TO HIS COMMAND;
NO ONE IS BEYOND HIS COMMAND. O
NANAK, ONE WHO UNDERSTANDS HIS
COMMANDS, DOES NOT SPEAK IN EGO.

— SRI GURU GRANTH SAHIB, ANG 2



ੴ

6

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥

EARLY IN THE MORNING UTTER THE
TRUE NAME AND REFLECT UPON GOD'S
GREATNESS.

— SRI GURU GRANTH SAHIB, ANG 2



ੴ

7

ਸਮੁੰਦ ਸਾਹ ਸੁਲਤਾਨ ਗਿਰਹਾ ਸੇਤੀ ਮਾਲੁ ਧਨੁ ॥
ਕੀੜੀ ਤੁਲਿ ਨ ਹੋਵਨੀ ਜੇ ਤਿਸੁ ਮਨਹੁ ਨ ਵੀਸਰਹਿ ॥੨੩॥

WEALTHY KINGS AND EMPERORS WITH
OCEANS AND MOUNTAINS OF PROPERTY
AND WEALTH EQUAL NOT THIS ANT WHO
FORGETS NOT THE TRUE LORD.

— SRI GURU GRANTH SAHIB, ANG 5



ੴ

8

ਹਉਮੈ ਮਮਤਾ ਮੋਹਣੀ ਸਭ ਮੁਠੀ ਅਹੰਕਾਰਿ ॥੧॥ ਰਹਾਉ ॥

EGOTISM AND POSSESSIVENESS ARE
VERY ENTICING; EGOTISTICAL PRIDE HAS
PLUNDERED EVERYONE. ||1||PAUSE|

— SRI GURU GRANTH SAHIB, ANG 19



ੴ

9

ਮਨ ਹਠਿ ਮਤੀ ਬੂਡੀਐ ਗੁਰਮੁਖਿ ਸਚੁ ਸੁ ਤਾਰਿ ॥੧॥

THROUGH STUBBORN-MINDEDNESS,
THE INTELLECT IS DROWNED; ONE WHO
BECOMES GURMUKH AND TRUTHFUL IS
SAVED.

— SRI GURU GRANTH SAHIB, ANG 20



ੴ

10

ਹਉ ਹਉ ਕਰਤੀ ਜਗੁ ਫਿਰੀ ਨਾ ਧਨੁ ਸੰਧੈ ਨਾਲਿ ॥

PRACTICING EGOTISM, SELFISHNESS AND
CONCEIT, SHE WANDERS AROUND THE
WORLD, BUT HER WEALTH AND PROPERTY
WILL NOT GO WITH HER.

— SRI GURU GRANTH SAHIB, ANG 32



ੴ

11

ਵਿਦਿਆ ਵੀਚਾਰੀ ਤਾਂ ਪਰਉਪਕਾਰੀ ॥

CONTEMPLATE AND REFLECT UPON
KNOWLEDGE, AND YOU WILL BECOME
A BENEFACTOR TO OTHERS.

— SRI GURU GRANTH SAHIB, ANG 356



ੴ

12

ਦਇਆ ਦਿਗੰਬਰੁ ਦੇਹ ਬੀਚਾਰੀ ॥
ਆਪਿ ਮਰੈ ਅਵਰਾ ਨਹ ਮਾਰੀ ॥੩॥

THROUGH COMPASSION, THE NAKED
HERMIT REFLECTS UPON HIS INNER SELF.
HE SLAYS HIS OWN SELF, INSTEAD
OF SLAYING OTHERS. ||3||

— SRI GURU GRANTH SAHIB, ANG 357



ਭੰਡਿ ਜੰਮੀਐ ਭੰਡਿ ਨਿੰਮੀਐ ਭੰਡਿ ਮੰਗਣੁ ਵੀਆਹੁ ॥
 ਭੰਡਹੁ ਹੋਵੈ ਦੋਸਤੀ ਭੰਡਹੁ ਚਲੈ ਰਾਹੁ ॥ ਭੰਡੁ ਮੁਆ ਭੰਡੁ ਭਾਲੀਐ ਭੰਡਿ ਹੋਵੈ ਬੰਧਾਨੁ ॥
 ਸੋ ਕਿਉ ਮੰਦਾ ਆਖੀਐ ਜਿਤੁ ਜੰਮਹਿ ਰਾਜਾਨ ॥
 ਭੰਡਹੁ ਹੀ ਭੰਡੁ ਊਪਜੈ ਭੰਡੈ ਬਾਝੁ ਨ ਕੋਇ ॥

FROM WOMAN, MAN IS BORN; WITHIN WOMAN,
 MAN IS CONCEIVED; TO WOMAN HE IS ENGAGED
 AND MARRIED. WOMAN BECOMES HIS FRIEND;
 THROUGH WOMAN, THE FUTURE GENERATIONS
 COME. WHEN HIS WOMAN DIES, HE SEEKS ANOTHER
 WOMAN; TO WOMAN HE IS BOUND. SO WHY CALL
 HER BAD? FROM HER, KINGS ARE BORN. FROM
 WOMAN, WOMAN IS BORN; WITHOUT WOMAN,
 THERE WOULD BE NO ONE AT ALL.



ੴ

14

ਕੀਤਾ ਆਪੋ ਆਪਣਾ ਆਪੇ ਹੀ ਲੇਖਾ ਸੰਢੀਐ ॥

EVERY ONE HAS TO REAP THE FRUIT
OF HIS OWN ACTIONS AND ADJUST
HIS ACCOUNTS.

— SRI GURU GRANTH SAHIB, ANG 473



ੴ

15

ਕਲਿ ਕਲਵਾਲੀ ਮਾਇਆ ਮਦੁ ਮੀਠਾ ਮਨੁ ਮਤਵਾਲਾ ਪੀਵਤੁ ਰਹੈ ॥

THE DARK AGE OF KALI YUGA IS THE
BOTTLE OF WINE; MAYA IS THE SWEET
WINE, AND THE INTOXICATED MIND
CONTINUES TO DRINK IT IN.

— SRI GURU GRANTH SAHIB, ANG 350



16

ੴ

ਮਨ ਚੂਰੇ ਖਟੁ ਦਰਸਨ ਜਾਣੁ ॥

TO CONQUER THE MIND IS THE
KNOWLEDGE OF THE SIX SHAASTRAS.

— SRI GURU GRANTH SAHIB, ANG 352



ਅਧਿਕ ਤਿਆਸ ਭੇਖ ਬਹੁ ਕਰੈ ॥ ਦੁਖੁ ਬਿਖਿਆ ਸੁਖੁ ਤਨਿ ਪਰਹਰੈ ॥
ਕਾਮੁ ਕ੍ਰੋਧੁ ਅੰਤਰਿ ਧਨੁ ਹਿਰੈ ॥ ਦੁਬਿਧਾ ਛੇਡਿ ਨਾਮਿ ਨਿਸਤਰੈ ॥੨॥

EXCESSIVE THIRST FOR MAYA MAKES PEOPLE
WEAR ALL SORTS OF RELIGIOUS ROBES. THE PAIN
OF CORRUPTION DESTROYS THE BODY'S PEACE.
SEXUAL DESIRE AND ANGER STEAL THE WEALTH OF
THE SELF WITHIN. BUT BY ABANDONING DUALITY,
ONE IS EMANCIPATED THROUGH THE NAAM, THE
NAME OF THE LORD. ||2||

— SRI GURU GRANTH SAHIB, ANG 352



ਬਹੁਤੁ ਸਿਆਣਪ ਲਾਗੈ ਧੂਰਿ ॥

THROUGH EXCESSIVE CLEVERNESS,
THE DUST OF SIN CLINGS TO THE MORTAL.

— SRI GURU GRANTH SAHIB, ANG 352



ਦੁਖ ਸੁਖ ਸਾਚੁ ਕਰਤੇ ਪ੍ਰਭ ਪਾਸਿ ॥੧॥ ਰਹਾਉ ॥

PAIN AND PLEASURE ARE IN THE HANDS
OF GOD, THE TRUE CREATOR. ||1||PAUSE||

— SRI GURU GRANTH SAHIB, ANG 352



ੴ

20

ਹਮਰੀ ਜਾਤਿ ਪਤਿ ਸਚੁ ਨਾਉ ॥ ਕਰਮ ਧਰਮ ਸੰਜਮੁ ਸਤਭਾਉ ॥

THE TRUE NAME IS MY SOCIAL STATUS AND
HONOR. THE LOVE OF THE TRUTH IS MY
KARMA AND DHARMA - MY FAITH AND MY
ACTIONS, AND MY SELF-CONTROL.

— SRI GURU GRANTH SAHIB, ANG 353



ੴ

21

ਅੰਮ੍ਰਿਤ ਬਾਣੀ ਸਬਦਿ ਪਛਾਣੀ ਦੁਖ ਕਾਟੈ ਹਉ ਮਾਰਾ ॥੧॥

THE AMBROSIAL WORD OF THE GURU'S
BANI IS REALIZED THROUGH THE WORD OF
THE SHABAD. SORROW IS DISPELLED, AND
EGOTISM IS ELIMINATED. ||1||

— SRI GURU GRANTH SAHIB, ANG 1153



ਨਾਨਕ ਹਉਮੈ ਰੋਗ ਬੁਰੇ ॥
ਜਹ ਦੇਖਾਂ ਤਹ ਏਕਾ ਬੇਦਨ ਆਪੇ ਬਖਸੈ ਸਬਦਿ ਧੁਰੇ ॥੧॥ ਰਹਾਉ ॥

O NANAK, THE DISEASE OF EGOTISM IS
SO VERY DEADLY. WHEREVER I LOOK,
I SEE THE PAIN OF THE SAME DISEASE.
THE PRIMAL LORD HIMSELF BESTOWS THE
SHABAD OF HIS WORD. ||1||PAUSE||

— SRI GURU GRANTH SAHIB, ANG 1153



ਭੋਲਿਆ ਹਉਮੈ ਸੁਰਤਿ ਵਿਸਾਰਿ ॥
 ਹਉਮੈ ਮਾਰਿ ਬੀਚਾਰਿ ਮਨ ਗੁਣ ਵਿਚਿ ਗੁਣੁ ਲੈ ਸਾਰਿ ॥੧॥ ਰਹਾਉ ॥

O IGNORANT ONE, FORGET YOUR
 EGOTISTICAL INTELLECT. SUBDUE YOUR
 EGO, AND CONTEMPLATE HIM IN YOUR
 MIND; GATHER IN THE VIRTUES OF THE
 SUBLIME, VIRTUOUS LORD. ||1||PAUSE||

— SRI GURU GRANTH SAHIB, ANG 1168



ੴ

24

ਜੇਤੇ ਜੀਅ ਲਿਖੀ ਸਿਰਿ ਕਾਰ ॥
ਕਰਣੀ ਉਪਰਿ ਹੋਵਗਿ ਸਾਰ ॥

EACH PERSON'S KARMA IS WRITTEN ON
HIS FOREHEAD. ACCORDING TO THEIR
DEEDS, THEY SHALL BE JUDGED.

— SRI GURU GRANTH SAHIB, ANG 1169



ਰਾਮ ਰਵੰਤਾ ਜਾਣੀਐ ਇਕ ਮਾਈ ਭੋਗੁ ਕਰੇਇ ॥
ਤਾ ਕੇ ਲਖਣ ਜਾਣੀਅਹਿ ਖਿਮਾ ਧਨੁ ਸੰਗ੍ਰਹੇਇ ॥੩॥

ONE WHO KNOWS THE ALL-PERVADING
LORD, EATS UP THE ONE MOTHER – MAYA.
KNOW THAT THE SIGN OF SUCH A PERSON
IS THAT HE GATHERS THE WEALTH OF
COMPASSION. ||3||

— SRI GURU GRANTH SAHIB, ANG 1171



ੴ

26

ਸਾਚਾ ਸਾਹੁ ਗੁਰੂ ਸੁਖਦਾਤਾ ਹਰਿ ਮੇਲੇ ਭੁਖ ਗਵਾਏ ॥

THE GURU IS THE TRUE BANKER, THE GIVER
OF PEACE; HE UNITES THE MORTAL WITH
THE LORD, AND SATISFIES HIS HUNGER.

— SRI GURU GRANTH SAHIB, ANG 1171



ੴ

27

ਘਟਿ ਘਟਿ ਗੁਪਤੁ ਉਪਾਏ ਵੇਖੈ ਪਰਗਟੁ ਗੁਰਮੁਖਿ ਸੰਤ ਜਨਾ ॥

IN EACH AND EVERY HEART, THE LORD IS
HIDDEN; HE CREATES AND WATCHES OVER
ALL. HE REVEALS HIMSELF IN THE HUMBLE,
SAINTLY GURMUKHS.

— SRI GURU GRANTH SAHIB, ANG 1171



ਕਾਮੁ ਕ੍ਰੋਧੁ ਬਿਖੁ ਬਜਰੁ ਭਾਰੁ ॥
ਨਾਮ ਬਿਨਾ ਕੈਸੇ ਗੁਨ ਚਾਰੁ ॥੧॥ ਰਹਾਉ ॥

ONE CARRIES THE UNBEARABLE LOAD OF LUST,
WRATH AND OTHER SINS. WITHOUT THE NAME,
HOW CAN MAN OBTAIN MERITORIOUS CONDUCT?
PAUSE. OR (THE BURDEN OF SEXUAL DESIRE,
ANGER AND CORRUPTION IS UNBEARABLE.
WITHOUT THE NAAM, HOW CAN THE MORTAL
MAINTAIN A VIRTUOUS LIFESTYLE? ||1||PAUSE|

— SRI GURU GRANTH SAHIB, ANG 1187



ਕਾਪੜੁ ਪਹਿਰਸਿ ਅਧਿਕੁ ਸੀਗਾਰੁ ॥ ਮਾਟੀ ਫੂਲੀ ਰੂਪੁ ਬਿਕਾਰੁ ॥
ਆਸਾ ਮਨਸਾ ਬਾਂਧੋ ਬਾਰੁ ॥ ਨਾਮ ਬਿਨਾ ਸੂਨਾ ਘਰੁ ਬਾਰੁ ॥੬॥

A WOMEN WEARS BEAUTIFUL CLOTHES WITH ALL
SORTS OF DECORATIONS. BUT THE FLOWERS TURN
TO DUST, AND HER BEAUTY LEADS HER INTO EVIL.
HOPE AND DESIRE HAVE BLOCKED THE DOORWAY.
WITHOUT THE NAAM, ONE'S HEARTH AND HOME
ARE DESERTED. ||6||

— SRI GURU GRANTH SAHIB, ANG 1187



ੴ

30

ਏਕੋ ਕਰਤਾ ਜਿਨਿ ਜਗੁ ਕੀਆ ॥
ਬਾਝੁ ਕਲਾ ਧਰਿ ਗਗਨੁ ਧਰੀਆ ॥੨॥

**THERE IS ONLY ONE CREATOR,
WHO CREATED THE WORLD.**

— SRI GURU GRANTH SAHIB, ANG 1189



ੴ

31

ਕਾਹੇ ਮਾਲੁ ਦਰਬੁ ਦੇਖਿ ਗਰਬਿ ਜਾਹਿ ॥
ਚਲਤੀ ਬਾਰ ਤੇਰੇ ਕਛੂ ਨਾਹਿ ॥੪॥

WHY DO YOU TAKE SUCH PRIDE IN GAZING
UPON YOUR PROPERTY AND WEALTH?
WHEN YOU MUST LEAVE, NOTHING SHALL
GO ALONG WITH YOU. ||4||

— SRI GURU GRANTH SAHIB, ANG 1189



ਦੁਬਿਧਾ ਦੁਰਮਤਿ ਅਧੁਲੀ ਕਾਰ ॥
 ਮਨਮੁਖਿ ਭਰਮੈ ਮਝਿ ਗੁਬਾਰ ॥੧॥ ਮਨੁ ਅੰਧੁਲਾ ਅੰਧੁਲੀ ਮਤਿ ਲਾਗੈ ॥
 ਗੁਰ ਕਰਣੀ ਬਿਨੁ ਭਰਮੁ ਨ ਭਾਗੈ ॥੧॥ ਰਹਾਉ ॥

IN DUALITY AND EVIL-MINDEDNESS, THE MORTAL
 ACTS BLINDLY. THE SELF-WILLED MANMUKH
 WANDERS, LOST IN THE DARKNESS. ||1|| THE BLIND
 MAN FOLLOWS BLIND ADVICE. UNLESS ONE TAKES
 THE GURU'S WAY, HIS DOUBT IS NOT DISPELLED.
 ||1||PAUSE

— SRI GURU GRANTH SAHIB, ANG 1190



ੴ

33

ਹਉਮੈ ਛੋਡਿ ਭਈ ਬੈਰਾਗਨਿ ਤਬ ਸਾਚੀ ਸੁਰਤਿ ਸਮਾਨੀ ॥

ABANDONING EGOTISM, I HAVE BECOME
DETACHED. AND NOW, I ABSORB TRUE
INTUITIVE UNDERSTANDING.

— SRI GURU GRANTH SAHIB, ANG 1197



ੴ

34

ਜਾਤਿ ਬਰਨ ਕੁਲ ਸਹਸਾ ਚੂਕਾ ਗੁਰਮਤਿ ਸਬਦਿ ਬੀਚਾਰੀ ॥੧॥

SOCIAL CLASS AND STATUS, RACE,
ANCESTRY AND SKEPTICISM ARE
ELIMINATED, FOLLOWING THE GURU'S
TEACHINGS AND CONTEMPLATING THE
WORD OF THE SHABAD. ||1||

— SRI GURU GRANTH SAHIB, ANG 1198



ੴ

35

ਜੇਤੇ ਜੀਅ ਫਿਰਹਿ ਅਉਧੂਤੀ ਆਪੇ ਭਿਖਿਆ ਪਾਵੈ ॥

ALL THE HUMAN BEINGS WHO WANDER
AROUND AS BEGGARS, HE HIMSELF GIVES
IN CHARITY TO THEM.

— SRI GURU GRANTH SAHIB, ANG 1238

