

salok mehlā 9 (shaloks of Guru Teg Bahaadar)

sl k mhl 9 ] (1426-10)	salok mehlā 9.	Shalok, Ninth Mehl:
gun gobind gieE nhl j nmū AkwrQ klnu ]	gun gobind gaa-i-o nahee janam akaarath keen.	If you do not sing the Praises of the Lord, your life is rendered useless.
khunw nk hir Bj umnw ij h ibiD j l kau mlnu ]1]	kaho naanak har bhaj manaa jih biDh jal ka-o meen.   1	Says Nanak, meditate, vibrate upon the Lord; immerse your mind in Him, like the fish in the water.   1
ibiKAn isau kwhyricE inmK n hoh adwsu ]	bikhi-an si-o kaahay rachi-o nimakh na hohi udaas.	Why are you engrossed in sin and corruption? You are not detached, even for a moment!
khunw nk Bj u hir mnw prYn j m kl Pws ]2]	kaho naanak bhaj har manaa parai na jam kee faas.   2	Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death.   2
qrnwpoieauhl gieE l IE j rw qnu j liq ]	ṭarnaapo i-o hee ga-i-o lee-o jaraa ṭan jeet.	Your youth has passed away like this, and old age has overtaken your body.
khunw nk Bj u hir mnw Aad j wqu hybliq ]3]	kaho naanak bhaj har manaa a- oDh jaat hai beet.   3	Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away!   3
ibriD BieE sWY nhl kw l u phlcE Awin ]	biraDh bha-i-o soojhai nahee kaal pahoochi-o aan.	You have become old, and you do not understand that death is overtaking you.
khunw nk nr bwvryikaun Bj Y Bgvnu ]4]	kaho naanak nar baavray ki-o na bhajai bhagvaan.   4	Says Nanak, you are insane! Why do you not remember and meditate on God?   4
Dnu dnrw sḥiq sgl ij in Apnl kir mwin ]	Dhan daaraa sampat sagal jin apunee kar maan.	Your wealth, spouse, and all the possessions which you claim as your own
ien mYkCustḥl nhl nwnk swcl j win ]5]	in mai kachh sangee nahee naanak saachee jaan.   5	- none of these shall go along with you in the end. O Nanak, know this as true.   5
piqq aDwrn BYhrn hir AnwQ kynwQ ]	patit uDhaaran bhai haran har anaath kay naath.	He is the Saving Grace of sinners, the Destroyer of fear, the Master of the masterless.
khunw nk iqh j wnIAYsdw bsqu qm swiQ ]6]	kaho naanak tih jaanee-ai sadaa basat tum saath.   6	Says Nanak, realize and know Him, who is always with you.   6

qnu Dnu ij h qo kaud iE qW isau nhun kIn ]	tan <u>Dhan</u> jih to ka-o <u>dee</u> -o <u>taa</u> <sup>N</sup> si- o nayhu na keen.	He has given you your body and wealth, but you are not in love with Him.
khu nwnk nr bivr yAb ikau fd q dIn ]7]	kaho naanak nar baavray ab ki-o dolaṭ <u>deen</u> .   7	Says Nanak, you are insane! Why do you now shake and tremble so helplessly?   7
qnu Dnu sṭy sK d iE Ar u ij h nIky Dm ]	tan <u>Dhan</u> sampai <u>sukh</u> <u>dee</u> -o ar jih neekay <u>Dhaam</u> .	He has given you your body, wealth, property, peace and beautiful mansions.
khu nwnk sinu rymnw ismrq kwih n rumu ]8]	kaho naanak sun ray manaa simraṭ kaahi na raam.   8	Says Nanak, listen, mind: why don't you remember the Lord in meditation?   8
sB sK d i q w rumu h' d i s r n w i h n kie ]	sab <u>h</u> <u>sukh</u> <u>daataa</u> raam hai <u>doosar</u> naahin ko-ay.	The Lord is the Giver of all peace and comfort. There is no other at all.
khu nwnk sin rymnw iqh ismrq giq hoie ]9]	kaho naanak sun ray manaa <u>tih</u> simraṭ gaṭ ho-ay.   9	Says Nanak, listen, mind: meditating in remembrance on Him, salvation is attained.   9
ij h ismrq giq p i e l A i q h B j u ry q y m l q ]	jih simraṭ gaṭ paa-ee-ai <u>tih</u> <u>bhaj</u> ray ṭai meet.	Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend.
khu nwnk sinu rymnw AaD Gtq hYnlq ]10]	kaho naanak sun ray manaa a-o <u>Dh</u> <u>ghataṭ</u> hai neet.   10	Says Nanak, listen, mind: your life is passing away!   10
p l c q q k o q n u r i c E j w n h u c q r s j w n ]	paa <sup>N</sup> ch <u>ṭaṭ</u> ko tan rachi-o jaanhu chaṭur sujaan.	Your body is made up of the five elements; you are clever and wise - know this well.
ij h qy a p i j E n w n k w I I n q w i h m y m w n u ]11]	jih <u>ṭay</u> upji-o naankaa leen <u>ṭaahi</u> mai maan.   11	Believe it - you shall merge once again into the One, O Nanak, from whom you originated.   11
Gt Gt mY hir j UbsY sṭn kihE pkwir ]	<u>ghat</u> <u>ghat</u> mai har joo basai sanṭan kahi-o pukaar.	The Dear Lord abides in each and every heart; the Saints proclaim this as true.
khu nwnk iqh B j u m n w B a u i n i D a q r i h p i i r ]12]	kaho naanak <u>tih</u> <u>bhaj</u> manaa <u>bha</u> -o ni <u>Dh</u> uṭreh paar.   12	Says Nanak, meditate and vibrate upon Him, and you shall cross over the terrifying world-ocean.   12
sK u d i K u i j h p r s Y n h l I B u m h u A i B m w n u ]	<u>sukh</u> <u>dukh</u> jih parsai nahee lob <u>h</u> moh ab <u>h</u> imaan.	One who is not touched by pleasure or pain, greed, emotional attachment and egotistical pride
khu nwnk sinu rymnw somlriq Bgvwn ]13]	kaho naanak sun ray manaa so mooraṭ <u>bhagvaan</u> .   13	- says Nanak, listen, mind: he is the very image of God.   13

asqiq inldAw nwh ij ih kltēn l h smwin ]	ustat nindī-aa naahi jīhi kanchan loh samaan.	One who is beyond praise and slander, who looks upon gold and iron alike
khu nwnk sin rymnw mkiq qwih q'j win ]14]	kaho naanak sun ray manaa mukat taahi tai jaan.   14	- says Nanak, listen, mind: know that such a person is liberated.   14
hrKusgij w kYnhl b'rl mlq smwin ]	harakh sog jaa kai nahee bairee meet samaan.	One who is not affected by pleasure or pain, who looks upon friend and enemy alike
khu nwnk sin rymnw mkiq qwih q'j win ]15]	kaho naanak sun ray manaa mukat taahi tai jaan.   15	- says Nanak, listen, mind: know that such a person is liberated.   15
BYkwhUkaudq nih nih BYmwnq Awn ]	bhai kaahoo ka-o dayt neh neh bhai maanat aan.	One who does not frighten anyone, and who is not afraid of anyone else
khu nwnk sin rymnw igAwnl qwih bKwin ]16]	kaho naanak sun ray manaa gi- aanee taahi bakhaan.   16	- says Nanak, listen, mind: call him spiritually wise.   16
ij ih ibiKAw sgl l qj l l IE BK b'rig ]	jīhi bikhī-aa saglee tajee lee-o bhaykh bairaaq.	One who has forsaken all sin and corruption, who wears the robes of neutral detachment
khu nwnk sin rymnw iqh nr mwQY Bwgu ]17]	kaho naanak sun ray manaa tih nar maathai bhaag.   17	- says Nanak, listen, mind: good destiny is written on his forehead.   17
ij ih mwieAw mmqw qj l sB qy BieE adwsu ]	jīhi maa-i-aa mamtaa tajee sabh tay bha-i-o udaas.	One who renounces Maya and possessiveness and is detached from everything
khu nwnk sin rymnw iqh Git blhm invwsu ]18]	kaho naanak sun ray manaa tih ghat barahm nivaas.   18	- says Nanak, listen, mind: God abides in his heart.   18
ij ih plnl ham'qj l krqw rwmu pCwin ]	jīhi paraanee ha-umai tajee kartaa raam pachhaan.	That mortal, who forsakes egotism, and realizes the Creator Lord
khu nwnk vhumkiq nruieh mn swcl mwnu ]19]	kaho naanak vahu mukat nar ih man saachee maan.   19	- says Nanak, that person is liberated; O mind, know this as true.   19
BYnwsn drmiq hrn kil m'hir konwmu ]	bhai naasan durmat haran kal mai har ko naam.	In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness.
inis idnuj onwnk BjYsPI hoh iqh kwm ]20]	nis din jo naanak bhajai safal hohi tih kaam.   20	Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition.   20

ij hbw gin gōibh Bj hukrn sinhu hir nmmu ]	jihbaa gun gobind <u>b</u> hajahu karan sunhu har naam.	Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name.
khu nwnk sin rymnw prih n j m kYDwm ]21]	kaho naanak sun ray manaa pareh na jam kai <u>D</u> haam.   21	Says Nanak, listen, man: you shall not have to go to the house of Death.   21
j o pñnl mmqw qj YI B mh Ahlkwr ]	jo paraanee mamtaa <u>t</u> jai lobh moh aha <sup>N</sup> kaar.	That mortal who renounces possessiveness, greed, emotional attachment and egotism
khu nwnk Awpn qrlAairn I q aDwr ]22]	kaho naanak aapan <u>t</u> arai a-uran layt u <u>D</u> haar.   22	- says Nanak, he himself is saved, and he saves many others as well.   22
ij auispnw ArupKnw Ašyj g kauj win ]	ji-o supnaa ar payk <u>h</u> naa aisay jag ka-o jaan.	Like a dream and a show, so is this world, you must know.
ien mYkCušwcoñhl nwnk ibnu Bgvwn ]23]	in mai kach <u>h</u> saacho nahee naanak bin <u>b</u> hagvaan.   23	None of this is true, O Nanak, without God.   23
inis idnumwieAw kwrnyplnl fl q nlq ]	nis <u>d</u> in maa-i-aa kaarnay paraanee dola <u>t</u> nee <u>t</u> .	Night and day, for the sake of Maya, the mortal wanders constantly.
kotn mYnwnk kælñnrwienuij h cliq ]24]	kotan mai naanak ko-oo naaraa-in jih chee <u>t</u> .   24	Among millions, O Nanak, there is scarcely anyone, who keeps the Lord in his consciousness.   24
j šyj I qy bidbidw apj YibnsY nlq ]	jaisay jal <u>t</u> ay budbudaa upjai binsai nee <u>t</u> .	As the bubbles in the water well up and disappear again,
j g rcnw qšyrcl khu nwnk sin mlq ]25]	jag rachnaa <u>t</u> aisay rachee kaho naanak sun mee <u>t</u> .   25	so is the universe created; says Nanak, listen, O my friend!   25
plnl kCUñ cpel mid mwieAw kY ADu ]	paraanee kach <u>h</u> oo na chay <u>t</u> -ee ma <u>d</u> maa-i-aa kai an <u>D</u> h.	The mortal does not remember the Lord, even for a moment; he is blinded by the wine of Maya.
khu nwnk ibnuhir Bj n prq qwh j m PID ]26]	kaho naanak bin har <u>b</u> hajan para <u>t</u> <u>t</u> aahi jam fan <u>D</u> h.   26	Says Nanak, without meditating on the Lord, he is caught by the noose of Death.   26
j ausk kauchwYsdw srin rwm kl I h ]	ja-o su <u>k</u> h ka-o chaahai sa <u>d</u> aa saran raam kee layh.	If you yearn for eternal peace, then seek the Sanctuary of the Lord.
khu nwnk sin rymnw drl B mwnk dh ]27]	kaho naanak sun ray manaa <u>d</u> urlab <u>h</u> maanuk <u>h</u> <u>d</u> ayh.   27	Says Nanak, listen, mind: this human body is difficult to obtain.   27

mwieAw kwrin Duvhl mlK l g Aj wn ]	maa-i-aa kaaran <u>D</u> haavhee moorakh log ajaan.	For the sake of Maya, the fools and ignorant people run all around.
khu nwnk ibnu hir Bj n ibrQw j nmuisrw ]28]	kaho naanak bin har <u>b</u> hajan birthaa janam siraan.   28	Says Nanak, without meditating on the Lord, life passes away uselessly.   28
j o plnl inis idnu Bj Yrpb rwm iqh j wru ]	jo paraanee nis <u>d</u> in <u>b</u> hajai roop raam tih jaan.	That mortal who meditates and vibrates upon the Lord night and day - know him to be the embodiment of the Lord.
hir j n hir Algrunhl nwnk swcl mwnu ]29]	har jan har antar nahee naanak saachee maan.   29	There is no difference between the Lord and the humble servant of the Lord; O Nanak, know this as true.   29
mnu mwieAw mY PiD rihE ibsirE gobbl nwnu ]	man maa-i-aa mai fa <u>D</u> h rahi-o bisri-o gobind naam.	The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe.
khu nwnk ibnu hir Bj n j lvn kanykwm ]30]	kaho naanak bin har <u>b</u> hajan jeevan ka-unay kaam.   30	Says Nanak, without meditating on the Lord, what is the use of this human life?   30
plnl rwmun cgel mid mwieAw kY ADu ]	paraanee raam na chayt-ee mad maa-i-aa kai an <u>D</u> h.	The mortal does not think of the Lord; he is blinded by the wine of Maya.
khu nwnk hir Bj n ibnu prq qwh j m PiD ]31]	kaho naanak har <u>b</u> hajan bin parat taahi jam fan <u>D</u> h.   31	Says Nanak, without meditating on the Lord, he is caught in the noose of Death.   31
sK mY bhustl Beydik mY slig n kie ]	sukh mai baho sangee <u>b</u> ha-ay <u>dukh</u> mai sang na ko-ay.	In good times, there are many companions around, but in bad times, there is no one at all.
khu nwnk hir Bj umnw Alq shwel hie ]32]	kaho naanak har <u>b</u> haj manaa ant sahaa-ee ho-ay.   32	Says Nanak, vibrate, and meditate on the Lord; He shall be your only Help and Support in the end.   32
j nm j nm Brmq iPie imite n j m koqlsu ]	janam janam <u>b</u> harmat firi-o miti-o na jam ko taraas.	Mortals wander lost and confused through countless lifetimes; their fear of death is never removed.
khu nwnk hir Bj umnw inrBY pwwih bwsu ]33]	kaho naanak har <u>b</u> haj manaa nir <u>b</u> hai paavahi baas.   33	Says Nanak, vibrate and meditate on the Lord, and you shall dwell in the Fearless Lord.   33
j qn bhiqu mY kir rihE imite n mn komwnu ]	jaan bahu mai kar rahi-o miti-o na man ko maan.	I have tried so many things, but the pride of my mind has not been dispelled.
dirmiq isau nwnk PiDE rwiK l ju Bgvwn ]34]	<u>durmat</u> si-o naanak fa <u>D</u> hi-o raakh layho <u>b</u> hagvaan.   34	I am engrossed in evil-mindedness, Nanak. O God, please save me!   34

bwl j Awnl AruibriD Pān qlin AvsQw j win ]	baal ju-aanee ar bira <u>Dh</u> fun <u>teen</u> avasthaa jaan.	Childhood, youth and old age - know these as the three stages of life.
khu nwnk hir Bj n ibnuibrQw sB hl mwnu ]35]	kaho naanak har <u>bh</u> ajan bin birthaa <u>sabh</u> hee maan.   35	Says Nanak, without meditating on the Lord, everything is useless; you must appreciate this.   35
krxohiqosunw kIE pirE I B kY PD ]	karno hu <u>to</u> so naa kee-o pari-o <u>lobh</u> kai fan <u>Dh</u> .	You have not done what you should have done; you are entangled in the web of greed.
nwnk simE rim gieE Ab ikau rvq AD ]36]	naanak sami-o ram ga-i-o ab ki-o rova <u>t</u> an <u>Dh</u> .   36	Nanak, your time is past and gone; why are you crying now, you blind fool?   36
mnu mwieAw mY rim rihE inksq nwhn mlq ]	man maa-i-aa mai ram rahi-o niksa <u>t</u> naahin meet.	The mind is absorbed in Maya - it cannot escape it, my friend.
nwnk mthiq icqRij au Cwifq nwhn Bliq ]37]	naanak moora <u>t</u> chi <u>ta</u> r ji-o <u>ch</u> haadi <u>t</u> naahin <u>b</u> heet.   37	Nanak, it is like a picture painted on the wall - it cannot leave it.   37
nr chwq kCuAair AarYkl AarYBel ]	nar chaaha <u>t</u> <u>kach</u> h a-or a-urai kee a-urai <u>b</u> ha-ee.	The man wishes for something, but something different happens.
icqvq rihE Tgar nwnk Pwsl gil pri ]38]	chi <u>va</u> t rahi-o <u>th</u> aga-ur naanak faasee gal paree.   38	He plots to deceive others, O Nanak, but he places the noose around his own neck instead.   38
j qn bhq sk kykleydk ko kIE n kie ]	ja <u>ta</u> n bahu <u>t</u> su <u>kh</u> kay kee-ay <u>du</u> kh ko kee-o na ko-ay.	People make all sorts of efforts to find peace and pleasure, but no one tries to earn pain.
khu nwnk sin rymnw hir BwvYso hie ]39]	kaho naanak sun ray manaa har <u>b</u> haavai so ho-ay.   39	Says Nanak, listen, mind: whatever pleases God comes to pass.   39
j gqu iBKwrl iPrquhYsB ko dwqw rwmu ]	jaga <u>t</u> <u>b</u> hikhaaree fira <u>t</u> hai <u>sabh</u> ko <u>da</u> ataa raam.	The world wanders around begging, but the Lord is the Giver of all.
khu nwnk mn ismruiqh pln hovih kum ]40]	kaho naanak man simar <u>ti</u> h pooran hoveh kaam.   40	Says Nanak, meditate in remembrance on Him, and all your works will be successful.   40
JUY mwnu khw krYj guspnYij au j wnu ]	<u>j</u> hoo <u>th</u> ai maan kahaa karai jag supnay ji-o jaan.	Why do you take such false pride in yourself? You must know that the world is just a dream.
ien mY kCuqronhl nwnk kihE bKwin ]41]	in mai <u>kach</u> h <u>ta</u> yro nahee naanak kahi-o bak <u>h</u> aan.   41	None of this is yours; Nanak proclaims this truth.   41

grbu krquhY dh koibnsY iCn mY mlq ]	garab karat̄ hai <u>dayh</u> ko binsai <u>chhin</u> mai meet̄.	You are so proud of your body; it shall perish in an instant, my friend.
ij ih pl̄nl hir j suk̄ihE nwnk iqih j guj liq ]42]	jih paraanee har jas kahi-o naanak <u>t̄ihi jag jeēt̄.</u>   42	That mortal who chants the Praises of the Lord, O Nanak, conquers the world.   42
ij h Git ismr̄nr̄wm ko sonru mikq̄w j wru ]	jih <u>ghat</u> simran raam ko so nar muk̄taa jaan.	That person, who meditates in remembrance on the Lord in his heart, is liberated - know this well.
iqih nr hir Aṁṁr̄nhl nwnk swcl m̄wru ]43]	<u>t̄ihi nar har ant̄ar</u> nahee naanak saachee maan.   43	There is no difference between that person and the Lord: O Nanak, accept this as the Truth.   43
ek Bgiq Bgv̄wn ij h pl̄nl kY n̄wh min ]	ayk <u>bhagat̄ bhagvaan</u> jih paraanee kai naahi man.	That person, who does not feel devotion to God in his mind
j ṁs̄kr s̄Awn nwnk m̄wru q̄wh q̄nu ]44]	jaisay sookar su-aan naanak maano <u>taahi tan.</u>   44	- O Nanak, know that his body is like that of a pig, or a dog.   44
s̄Awnl koigh̄u ij aṁsd̄w s̄Awn qj q nhl inq ]	su-aamee ko garihu ji-o <u>sadaa</u> su-aan <u>tajat̄</u> nahee nit̄.	A dog never abandons the home of his master.
nwnk ieh ibiD hir Bj auiek min h̄ie iek iciq ]45]	naanak ih biDh har <u>bhaja</u> -o ik man hu-ay ik <u>chit̄.</u>   45	O Nanak, in just the same way, vibrate, and meditate on the Lord, single-mindedly, with one-pointed consciousness.   45
q̄rQ brq Arud̄wn kir mn mY DrY ḡm̄wru ]	<u>t̄irath</u> barat̄ ar <u>daan</u> kar man mai <u>Dharai</u> gumaan.	Those who make pilgrimages to sacred shrines, observe ritualistic fasts and make donations to charity while still taking pride in their minds
nwnk inhPl j wq iqh ij au k̄kr iesn̄wru ]46]	naanak nihfal jaat̄ <u>t̄ih</u> ji-o kunchar isnaan.   46	- O Nanak, their actions are useless, like the elephant, who takes a bath, and then rolls in the dust.   46
isru k̄lp̄E pg fgm̄gn̄h j iq qy hln ]	sir kampi-o pag dagmagay nain jot̄ <u>tay</u> heen.	The head shakes, the feet stagger, and the eyes become dull and weak.
khu nwnk ieh ibiD Bel qalln hir ris l In ]47]	kaho naanak ih biDh <u>bha</u> -ee <u>ta</u> -oo na har ras leen.   47	Says Nanak, this is your condition. And even now, you have not savored the sublime essence of the Lord.   47
inj kir djKE j gqu mY ko k̄whU ko n̄wh ]	nij kar <u>daykhi</u> -o jagat̄ mai ko kaahoo ko naahi.	I had looked upon the world as my own, but no one belongs to anyone else.
nwnk iOru hir Bgiq hY iqh r̄wko	naanak thir har <u>bhagat̄</u> hai <u>t̄ih</u>	O Nanak, only devotional worship of the Lord is permanent;

mn mwih ]48]	raak <u>h</u> o man maahi.   48	enshrine this in your mind.   48
j g rcnw sB JUt hYj win l jhury mlq ]	jag rachnaa sab <u>h</u> j <u>h</u> oo <u>h</u> hai jaan layho ray meet.	The world and its affairs are totally false; know this well, my friend.
kih nwnk iQrunw rhYij aubwl U kl Bliq ]49]	kahi naanak thir naa rahai ji-o baaloo kee b <u>h</u> ee <u>t</u> .   49	Says Nanak, it is like a wall of sand; it shall not endure.   49
rwmgieE rwnvgieE j w kau bhuprvuru ]	raam ga-i-o raavan ga-i-o jaa ka-o baho parvaar.	Raam Chand passed away, as did Raawan, even though he had lots of relatives.
khunwk iQrukCunhl spnyij au sMwru ]50]	kaho naanak thir kach <u>h</u> nahee supnay ji-o sansaar.   50	Says Nanak, nothing lasts forever; the world is like a dream.   50
ichw qw kl klj lAlj oAnhnl hie ]	chint <u>aa</u> t <u>aa</u> kee keejee-ai jo anhonee ho-ay.	People become anxious, when something unexpected happens.
iehumwrgusMwr konwk iQrunhl kie ]51]	ih maarag sansaar ko naanak thir nahee ko-ay.   51	This is the way of the world, O Nanak; nothing is stable or permanent.   51
j oapij E soibnis hYproAvj ukf kwil ]	jo upji-o so binas hai paro aaj kai kaal.	Whatever has been created shall be destroyed; everyone shall perish, today or tomorrow.
nwnk hir gn gwie l yCwif sgl j jw ]52]	naanak har gun gaa-ay lay ch <u>h</u> aad sagal janjaal.   52	O Nanak, sing the Glorious Praises of the Lord, and give up all other entanglements.   52
dhrw ]	<u>d</u> ohraa.	Dohraa:
bl uCutikE bDn prykCUn hq apwie ]	bal ch <u>h</u> utki-o ban <u>D</u> han paray kach <u>h</u> oo na ho <u>t</u> upaa-ay.	My strength is exhausted, and I am in bondage; I cannot do anything at all.
khunwk Ab Et hir gj ij au hhu shwie ]53]	kaho naanak ab ot har gaj ji-o hohu sahaa-ay.   53	Says Nanak, now, the Lord is my Support; He will help me, as He did the elephant.   53
bl uhaAw bDn Cuty sBuikCu hq apwie ]	bal ho-aa ban <u>D</u> han ch <u>h</u> utay sab <u>h</u> kich <u>h</u> ho <u>t</u> upaa-ay.	My strength has been restored, and my bonds have been broken; now, I can do everything.
nwnk sBuikCu qmrYhwQ mY qmhl hq shwie ]54]	naanak sab <u>h</u> kich <u>h</u> t <u>m</u> rai haath mai t <u>m</u> hee ho <u>t</u> sahaa-ay.   54	Nanak: everything is in Your hands, Lord; You are my Helper and Support.   54
sly sKw siB qij geykaaln inbihE swiQ ]	sang sak <u>h</u> aa sab <u>h</u> t <u>aj</u> ga-ay ko-oo na nib-hi-o saath.	My associates and companions have all deserted me; no one remains with me.



<p>khunwk ieh ibpiq m' tk ek rGinwQ ]55]</p>	<p>kaho naanak ih bipat mai tayk ayk raghunaath.   55  </p>	<p>Says Nanak, in this tragedy, the Lord alone is my Support.   55  </p>
<p>nwmu rihE swDU rihE rihE guru gobind ]</p>	<p>naam rahi-o saaDhoo rahi-o rahi-o gur gobind.</p>	<p>The Naam remains; the Holy Saints remain; the Guru, the Lord of the Universe, remains.</p>
<p>khunwk ieh j gq m' ikn j ipE gur m' ku ]56]</p>	<p>kaho naanak ih jagat mai kin japi-o gur mant.   56  </p>	<p>Says Nanak, how rare are those who chant the Guru's Mantra in this world.   56  </p>
<p>rwm nwmu ar m' gi hE j w k' sm nhl kie ]</p>	<p>raam naam ur mai gahi-o jaa kai sam nahee ko-ay.</p>	<p>I have enshrined the Lord's Name within my heart; there is nothing equal to it.</p>
<p>ij h ismrq s' kt imt' drsu q' h' wro hie ]57]1]</p>	<p>jih simrat sankat mitai daras tuhaaro ho-ay.   57  1  </p>	<p>Meditating in remembrance on it, my troubles are taken away; I have received the Blessed Vision of Your Darshan.   57  1  </p>