It is the same light

the enlightening wisdom of

Sri Guru Granth Sahib

an interpretation by

Daljit Singh Jawa

Volume 1: SGGS (P 1-200)
Dedicated to the loving memory of my parents

SARDAR HARI SINGH JAWA

&

SARDARNI KARTAR KAUR

who provided an atmosphere in which their children could grow spiritually
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The author is extremely thankful to Dr. Kulbir Singh Thind, for letting him use the Gurmukhi text and the transliteration as included in Gurbani-CD developed by him.

The author sincerely appreciates the services of Sikh Net, who have been tirelessly working on developing the web site and making available Gurbani in all its different forms, languages, and fonts to the Gurbani lovers throughout the world.
## Glossary
### Of Some Non English Terms

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<td>Amrit</td>
<td>Nectar, holy water</td>
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<tr>
<td>Ashtpadi</td>
<td>Stanzas with eight phrases</td>
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<tr>
<td>Chautukaiy</td>
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<td>Dutukaiy</td>
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<td>Ghar</td>
<td>Beat for the musical measure</td>
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<td>Granth</td>
<td>Holy Scripture</td>
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<td>Gurbani</td>
<td>Guru’s word (or composition)</td>
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<td>Guru</td>
<td>Spiritual Teacher, Sikh prophet</td>
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<tr>
<td>Maya</td>
<td>Wealth, Illusory world of senses</td>
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<td>Mehma</td>
<td>Term followed by a no. indicating Guru-authors of hymns in Sri Guru Granth Sahib</td>
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<td>Pachpada</td>
<td>A stanza of five phrases</td>
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<td>Paurri</td>
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<tr>
<td>Rag, Raag</td>
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<td>Salok</td>
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<tr>
<td>Sri</td>
<td>Prefix for Respect, such as Sir</td>
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<tr>
<td>Sri Guru Granth Sahib (SGGS)</td>
<td>Sikh Holy Scripture, and eternal Guru</td>
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<td>Sri Rag</td>
<td>Name of a musical measure</td>
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<td>Turya</td>
<td>A high spiritual state of mind</td>
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<tr>
<td>Waheguru</td>
<td>Wonderous preceptor, God</td>
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Sikhism comes to us from history and the lives of the Founder-Gurus along with their writings; as also some selected compositions of sants and bards revered in that time and culture.

Many of these poets and bards came from all castes and divisions of Hinduism, others were from Islam. In the Indian culture of the day, these men would never ever sit together to share their beliefs and practices, nor break bread together, and absolutely would not be caught on the adjoining pages of the same holy book. Yet include them in the same Holy Scripture is exactly what the Gurus did. When Guru Arjan compiled the first recension of Sikh scripture in 1604, he included the writings of Hindus – both of low castes and high – and also of Muslims. If Judeo-Christian scriptural writings had been freely available at that time, I have little doubt that some would have found inclusion and commentary in this tome – the Adi Granth.

Fully a century later, with minor modifications and the inclusion of the writings of Guru Tegh Bahadur, the ninth Sikh Master, the living Word of the Adi Granth was anointed as the Guru Granth (now respectfully referred as Sri Guru Granth Sahib). Three centuries have now passed.

Even though the northwest part of the Indian subcontinent is where they arose, historically Sikhs were never really limited to Punjab. The past century has seen large and significant Sikh communities in the United States, Canada and Great Britain, with impressive pockets in much of the European Union, and also in East Africa and many parts of South East Asia.

There is now a sea change in reality. There are generations of Sikhs being raised outside Punjabi ambience all across the world. Almost three million Sikhs now live outside Punjab and India. Adding complexity to this narrative is the fact that Sri Guru Granth Sahib was compiled in the language and the cultural context of the times, yet its message speaks across the bounds of time, geography and culture.

Guru Nanak, the Founder of the faith, was born in 1469. His writings form a large corpus of the Guru Granth that was finalized by the tenth Master, Guru Gobind Singh in 1708. The script of Sri Guru Granth Sahib is the Guru-designed Gurmukhi; the languages used are many – the lexicon comes from most of the languages extant in India at that time, including Arabic, Persian, the scholarly language of Sanskrit, the language of poetry Braj Basha and, of course, Punjabi – the native language of Punjab, which itself is a fascinating mélange of the languages of the many invaders who found their way into Punjab through the Khyber pass. These include the Caucasians and Greeks, as well as people from Iran, and what we now term the Middle East. There are many more.

Much of Sikh teaching, therefore, is cast in the metaphoric structure of Indic mythology. Not that this mythology is integral to the Sikh message, but the teaching has to be in the contextual framework of the language, vocabulary and culture of the times. Only then can a student find meaning in it. The entire teaching is in the form of inspired, divine poetry, and like all good poetry that is not

FOREWORD

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Professor Emeritus
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doggerel, the reader needs to pause a moment to make sense of the metaphoric language along with its many possible meanings and applications. A literal rendering just will not do.

Keep in mind that Sri Guru Granth Sahib deals with eternal themes that have occupied mankind forever, matters that we are seemingly hard wired for in our DNA: the sense of self, the nature of God and man and the relationship between them, the Creator and Creation and mankind’s fragile but crucial place in it (from which we then find ways to interpret life and death and principles by which to live and die). This is heavy-duty stuff – though we sometimes dismiss it as merely the “meaning of life” or the “MOL” moment that every life has. The meaning is in the interpretation, and every generation has to explore it anew. This also means that good people will fight over minutiae as well as differ over the broader context.

Obviously then, for a new generation of Sikhs growing up outside the cultural and linguistic milieu of Punjab and Punjabi language, discovering and nurturing a sense of intimacy with the Guru’s message is not so simple a matter. I know of what I speak, for I’ve been there.

This is exactly what Daljit Singh Jawa has to contend with. It is no easy task. It’s the kind of work that no one can claim or hope to finish entirely. So Jawa has tried a different tack. He provides the original text in one column and in the next column he gives a transliteration of the original in Romanized script, so that the novice can read the text reasonably competently. I have to add that his transliteration is easy on the eyes; he skips most diacritical marks and the bells and whistles that are so critical to a linguist. One could argue that it leaves the reader without the ability to read or mine the words for their exact meaning, but it helps the reader over the greatest of hurdles without the complexity of fine embroidery. Jawa’s approach undoubtedly benefits the average reader and perhaps whets his/her desire to delve more into the intricacies of the language and that’s all to the good. And then the icing on the cake: Jawa reserves sufficient space on every page to provide not a literal translation of a hymn (shabad), but a conceptual statement of its essential message in serviceable English, often minus the mythological baggage. I find this an essential and most attractive feature of Daljit Singh Jawa’s painstaking work.

Many complete translations of Siri Guru Granth Sahib in English are available; I know of at least five, and many more translations of selected parts exist. There is no official, approved version. Personally, I like this. I celebrate them all. We would not always agree with any translation; I don’t, and hope that nor will you. What the many viewpoints do is to propel you, the reader, on a path for yourself. And what can be better than that? This is a large canvas that Daljit Singh Jawa has painted. I hope readers will enjoy it as I have done – particularly the millions who now live outside Punjab and Punjabi ambit and yet are intimately attached to or curious about the Sikh message.

I.J. Singh
January, 2013
Preface

Author Daljit Singh Jawa

Dear Readers,

This brief explanation of Sri Guru Granth Sahib before you is the author’s humble submission to you after a continuous effort of more than seventeen years. Right at the outset, let me confess that I am no scholar, and no literary figure who could truly and accurately translate, interpret, or explain what is written in the great scripture called Sri Guru Granth Sahib (SGGS). This is merely a modest attempt to address the need of those readers who want to understand, enjoy, and appreciate what is written in this holy book but, being born and raised outside Punjab, India, are not familiar with the language, culture, history or context in which SGGS was originally composed and written more than 500 years ago. The one message, which is both implicit, and explicit in this holy scripture, and which the author particularly wants to share with the rest of the world, that we have been all created by the same one Creator, and “It is The Same Light” which pervades in us all. As such, we are the children of the same parent. Therefore, we should all live like brothers and sisters, always loving each other, and our Creator.

The author is indebted to Dr. Harbans Lal of Texas, who helped and guided him starting with initial help in getting the manuscript transcribed and procuring for him the permission to use the transliteration by S. Kulbir Singh Thind, to its final completion with gender neutral language. As for the English interpretation, the author is very much grateful to the great Punjabi and English translators whose works he consulted, and kept in front of him while completing this explanation. These eminent scholars include Dr. Sahib Singh, Gyani Harbans Singh, Bhai (Bh.) Vir Singh, Sardar (S.) Manmohan Singh, Dr. Gopal Singh, and S. Gurbachan Singh Makin. In addition the author is very grateful to his wife Tajinder Arora, sons Mandeeep and Randeep, their wives Ivonne, and Lynn, his brother Manjit Singh, sister-in-law Swaran Kaur, their daughter-in-law Gurmeet Kaur, his brother-in-law Inder Jit Singh Walia, his niece Darshan Kaur Uppal, his friends, H.S Sahni, Prof. I.J Singh, S. Sukhraj Singh Dhaliwal, S. Ranbir Singh, his wife Daljit Kaur, Prof Sukhmandar Singh, S. Harcharan Singh ex secy. Delhi Sikh Gurdwars Parbandhak Committee, Prof. Azyz Sharafy of Washburn University, S. Gurmustuk Singh Khalsa of Sikh Net, S. Tarunjit Singh Khanuja, and many other well wishers who helped him in various ways in this effort.

The author wants to specially acknowledge and commend S. Gurbaksh Singh Saggu of Patiala (India), who originally transcribed, typed, and formatted the entire Manuscript. In addition he acknowledges S. Gurtejpal Singh Bhardwaj of California, Miss Margaux DeRoux (M.A English) and Prof. Paul Mirecki of University of Kansas for their excellent editing work.

I hope the readers would find this work to be helpful in better understanding the divine message, which the Sikh Gurus, great Hindu devotees, Muslim mystics, and other saints want to convey to us for the enrichment of our worldly life, and the eternal peace of our soul.

Daljit Singh Jawa
Jawa222@gmail.com

January, 2013
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<td>something like in ghost</td>
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<td>must be learnt</td>
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<td>r</td>
<td>red, car, rarity, rose</td>
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<td>ल</td>
<td>l</td>
<td>lily, pool, lid, needle, lamb</td>
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<td>व</td>
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<td>vivid, give, live</td>
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<td>rh</td>
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<td>ह</td>
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<td>Same as 'y' but of short duration</td>
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- \( \dddot{a} \): bother, cot, father, cart, palm
- \( \dddot{f} \): tip, banish, active, pit, it, give
- \( \dddot{e} \): nose bleed, bee, feed, beat
- \( \dddot{u} \): bull, pull, full, cure hood, book
- \( \dddot{o} \): cool, pool, boot, tool, rule
- \( \dddot{a} \): ray, say, day, hay, bay
- \( \dddot{a} \): mat, map, bad, lad, glad, rat, bat, bone, know, toe, note, go
- \( \dddot{a} \): out, pound, now, loud
It is the same light

This is the prologue to the Sikh Scripture, "Sri Guru Granth Sahib" (SGGS), and the foundation of the Sikh Faith. It is the Fundamental chant (the Mool Mantra) of Sikh Belief, signifying an unambiguous belief in one unique God.

To emphasize the uniqueness of God, Guru Nanak Dev Ji (the founder of the Sikh faith) states at the very outset that, "There is but one and only one God, and His existence is eternal. He alone is the creator of all there is. He is not afraid of anybody or anything, nor does He have enmity towards anybody. He never dies. His form is timeless and He is self-existent: He is unborn and free from incarnations. One can realize Him only through the grace of (a spiritual guide), the Guru."

The first and foremost message given to us by Guru Nanak Ji is that we should not believe in any other god or goddess. We should believe only in one eternal God, who both transcends and manifests within His entire creation. This notion is known as Guru Nanak’s monotheism.

In this couplet, Guru Nanak Dev Ji emphasizes: "(God) existed when there was no beginning; He existed even before the beginning of time. He exists even now. O’ Nanak, He will exist for ever!"

The essence of the message of Jap Ji Sahib and of the entire Guru Granth Sahib is contained within this first stanza. In this stanza, Guru Ji poses a question: "How can one become true, or worthy of reuniting with God? How can the wall of falsehood between human being and God be shattered?" Guru Ji examines previously tried methods and theories, which include thinking about God for long periods of time, or sitting in silent meditation, and expresses his opinion about them.

He says: "By pondering, one cannot have a conception of God, even though one may ponder over millions of times. Even though one may remain silent for a very long time, yet one cannot control the wanderings of the mind."

Some faiths advocate that if all desires are satisfied, a stage is reached where one is free from desire and closer to God. But Guru Ji states that, “Even if you fulfill all your desires for worldly comforts and luxuries, your hunger or desire will never be satiated. Millions of (similar) clever ideas shall be of no avail.”
Therefore, Guru Ji poses this question: “How can we become ‘true,’ or worthy of union with God? How can (the distance between human being and God be reconciled and) the wall of falsehood (which separates us from Him) be demolished? The answer is that we should live according to His command, which, O’ Nanak, has been written (in our destiny) from the very beginning.”(1)

The message of this stanza is that if we want to become one with God, then instead of following ritualistic methods, we should learn to live in obedience to the Will of God. This order has been written in our destiny from the beginning, and must be understood and realized by us.

STANZA-2

Now explaining the importance of (God’s Will or) Hukam, Guru Ji says: “It is according to God’s ordinance that all creation occurs, but this Order or Will cannot be described. All creatures are born in obedience to God’s Order, and honor is found only by obeying this Order or Will.”

“It is in accordance with God’s Will that some become good and some bad. It is God’s judgment (based on their past deeds) that some suffer pain while others enjoy bliss. By His command, some receive His blessings, while others are made to go through perpetual cycles of birth and death. Everything and everyone is controlled by His inescapable command. If this Truth were realized (that everything happens according to God’s Will and design), then no one would utter any words out of Ego.”(2)

The message of this stanza is that the entire cosmic system operates according to God’s Will; we must perceive this from within, and determine our actions accordingly.

STANZA-3

In this stanza, Guru Ji describes the multiplicity of beings that sing praises of God, His numerous blessings, and the vastness of His powers.

He says, “Whosoever has the ability to do so, sings of God’s powers. Some sing His praises by recognizing that all gifts of life are signs of His grace. Some sing His praises by reflecting on His qualities...”
and glories. Some sing (God’s praises) by reflecting on the difficult (divine) knowledge they have acquired through their education. Some sing His praises by acknowledging that it is He who both creates and destroys. Some sing (that He) takes away life, and then gives it again (in another form). One says (He) appears at a distance, (while another) praises His closeness. Though millions praise Him, there are always more merits that might be described. The Giver gives continuously, even when those who receive grow tired of receiving. In this way, creatures have been consuming from Him for eons. By His command, the Commander is running the universe on a specific path and, O’ Nanak, the Creator is carefree, delighting in His creation.”(2)

The message of this stanza is that the merits of God are limitless, as are His powers and blessings; though we may find Him indescribable, we should never doubt His omnipotence or the extent of His bounties.

In the previous stanza, we learned that the merits of God are limitless (as are His powers and blessings), and we should have faith in His omnipotence and capacity for blessings. Our natural response is to wonder how we might gain the favor of such an omnipotent being, win His love, and receive bounties from His limitless treasure. Guru Ji himself ponders over this question, and shares his answer.

He says, “(O’ my friends), the Master and His Name are eternal. His language is that of limitless love. When we beg of Him for anything, the benevolent God bestows those gifts upon us. (But the question arises): what should we offer in return for this glimpse into His court? What words should we utter, that He might love us more? (The answer) is that in the ambrosial hours of morning, we should meditate on His Name and reflect on His greatness. (We should remember that it is only through) good deeds that we are blessed with the cloak of human form, and only through His grace do we obtain salvation. O’ Nanak, this is how we come to know that the eternal Master is everything all by Himself.” (4)

The message of this stanza is that by seeking the love and grace of God, we obtain happiness and salvation. Therefore, we should rise early in the morning, meditate upon His Name, and lovingly reflect on His glory.

STANZA-4

In the previous stanza, we learned that the merits of God are limitless (as are His powers and blessings), and we should have faith in His omnipotence and capacity for blessings. Our natural response is to wonder how we might gain the favor of such an omnipotent being, win His love, and receive bounties from His limitless treasure. Guru Ji himself ponders over this question, and shares his answer.

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It is the same light

After telling us how to win God’s love and pleasure, Guru Ji tells us another secret about His nature. Guru Ji says, “He cannot be established (like an idol), nor can be created (like a thing). The immaculate God has come into existence by Himself. Those who have served (and remembered) Him, they have obtained honor. Therefore, O’ Nanak, we should sing praises of that God who is the Treasure of excellences.”

Guru Ji adds, “We should sing of Him, listen to His praise, and enshrine His love in our heart. O’ one who does this dispels his or her sorrow and finds pleasure. Through the Guru we understand that God is all around: we hear His mystic tune, obtain divine knowledge, and realize that the Guru - God pervades everywhere. We understand that the Guru is Shiva (the god of destruction), is Vishnu (the god of sustenance), is Brahma (the god of creation), and is Parbati (Shiva’s wife). The Guru-God is limitless, even if I knew about Him, I would not say, (because) He cannot be described. (So I pray to Him and say), ‘O’ Guru, bless me with this understanding: that there is only one Giver for all beings, and may I never forget Him.”(5)

The message of this stanza is that we should seek all guidance and inspiration from our Guru. The foremost lesson we must learn and never forget is that there is one and only one God, who is the Benefactor of all beings.

In this stanza, Guru Ji comments on various contemporary religious practices. One very popular practice among Hindus is to embark on pilgrimages and bathe at sacred places situated on riverbanks or seashores. This act was considered vital. Among Muslims, one of the five most important duties (or the pillars of faith) is to make the pilgrimage (or Hajj) of Mecca in Saudi Arabia.

Guru Ji differs from all such beliefs. He says, “I will bathe at pilgrimage sites only if it pleases God. Without pleasing God, what is the use of such ritualistic bathing? I see that in the entire world, one cannot receive anything without (it being in one’s) destiny. Yet we can find spiritual jewels within our own mind, if we listen to just one teaching of the true Guru. (Therefore, I only pray: “(O’ Guru, make me understand this one thing: that there is one and only one Provider of all beings, and may I never forget Him.”(6)
The message of this stanza is that there is no use of ritualistic bathing or other such deeds deemed religious or pious, unless these are pleasing to God. The only right thing to do is to try to win God’s love and pleasure: for this we should listen to the advice of the Guru. The foremost lesson we should learn from him is that there is one and only one Giver of all beings, and we must never forget Him.

He says: “Even if one were to lengthen one’s life by four yugas (eons), or ten times more, and were known in the nine regions (of the universe) and followed by all, and his or praises are sung all over the world, still no-one would care about that person without the grace of God. Such a person would be treated like the most ignominious worm and the worst sinner. (It is God; we should try to please, because) O’ Nanak, it is He who confers merits on the meritless, and bestows more merit on the already meritorious ones. I cannot think of anyone who can grant any merit to that (God).”(7)

The message of this stanza is that rather than trying to lengthen our age or win fame in this world, we should try to win God’s grace by meditating on His Name with love and devotion.

In stanza 6, Guru Ji commented that one could find all the pearls and rubies of wisdom in one’s own mind, if one listens to just one piece of advice from the immaculate Guru. The most important advice of the Guru is to perceive God’s love and enlightenment, through meditating on God’s Naam (or essence).

Guru Ji now describes the virtues one attains by listening to His Naam.

He says, “By listening to (God’s) Naam, even ordinary persons obtain the status of Sidhas (yogis with miraculous powers, Peers (Muslim religious guides), gods, and Naaths (the leaders of yogis). By listening to Naam (one understands the mystery of) the earth, and the real bull (or force), which supports earth and the sky. In fact, by listening to Naam, one attains knowledge about (all the), continents, worlds, and nether regions. By listening to Naam, even the fear of death cannot scare a person. Therefore, O Nanak, the devotees of God always remain in a state of bliss. In short, understanding God’s Naam destroys all one’s sorrows and sins.”(8)

The message of this stanza is that if we want to obtain true divine knowledge and destroy all our fears, sorrows and sins, we should listen to the Guru’s message about God’s love and virtues, and meditate on His Naam.
In the previous stanza, Guru Ji told us that by listening to God’s Naam, even ordinary persons obtain the status of Sidhas (yogis with miraculous powers), Peers (Muslim religious guides), gods, and Naaths (the leaders of yogis). In this stanza, he goes one step further and says, “By listening to God’s Naam, the exalted status of primal gods, such as Shiva, Brahma and Indira is attained. By listening to God’s Naam, even an evil person begins praising God. By listening to God’s Naam, one starts understanding the secrets of uniting with God, and the secrets of the human body. By listening, one understands the message of holy books, including Shastras, Simritis, and Vedas. Through such listening, O’ Nanak, the devotees of God always remain in a state of bliss.”(9)

The message of this stanza is that if we want to obtain the highest spiritual state (of ecstasy), we should meditate on God’s Naam, and listen to the Guru’s lesson regarding God’s love and virtues.

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In the previous stanza, Guru Ji told us that by listening to God’s Naam, one obtains a spiritual status comparable to gods such as Shiva and Brahma. The question arises: how might this occur? How might a person acquire special powers and merits by listening to His Naam? In this stanza, Guru Ji provides the answer.

He says, “By listening attentively to His Naam, we acquire the virtues of truthfulness, contentment, and divine knowledge. By listening to Naam, we are so purified, as if we have bathed at all the sixty-eight (traditional holy places). When we listen to and read of God’s praise (or Naam), we receive true honor. By listening to His praise (or Naam), our mind is effortlessly attuned to meditation. O’ Nanak, the devotees of God always enjoy a state of bliss. By listening to Naam, all their sins and maladies are destroyed.”(10)

The message of this stanza is that if we wish to purify ourselves and gain virtues such as truth, contentment and divine knowledge, we should listen to Naam (the Holy Word of God).

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Concluding his remarks about the merits of listening to Naam, Guru Ji says: “By listening to Naam, ordinary persons acquire such high merits that they could dive deep into oceans of virtues. By listening to Naam, one obtains the status of Sheikhs and Peers (The Muslim saints), and kings. By listening to Naam, persons blinded by ignorance discover the path to God. By listening, we understand the mysteries of the
unfathomable ocean (of worldliness). O’ Nanak, the devotees always enjoy a state of bliss, and by listening to (Naam), their sufferings and sins are destroyed.”(11)

The message of the above four stanzas is that if we want to achieve worldly and spiritual merits (and bring an end to all our sufferings), we should listen to the Guru’s Holy Word, which is synonymous with God’s Naam.

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After describing the merits of listening to the Guru’s Word (or Naam), Guru Ji moves to the next stage and describes the blessings and virtues bestowed upon the person who not only listens to Naam, but also truly believes in it.

He says, “It is impossible to describe the high state of mind of a (true) believer (in God’s Name). If some one were to try to describe this state, that person would afterwards repent. (Even when) some sit together to reflect upon the (merits) of a true believer, they find that no pen, no amount of paper, and no writer can narrate the merits of a true believer. Yes, such are the qualities of the immaculate Naam, realized by one who truly believes in it from (the core of his) heart.”(12)

The message of the above stanza is that if we want to acquire high spiritual status, we must have true, internal, and unflinching faith in God’s Naam.

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Now Guru Ji lists more specific benefits of having faith in God’s Name. He says, “By believing in (Naam), one’s intellect is purified, and one acquires divine knowledge and understanding. By believing (in Naam), one acquires the knowledge (that God pervades) in all places. By believing (in Naam), one does not suffer the pain or punishment that results from involvement in worldly evils. By having faith (in Naam), one doesn’t have to accompany the demon of death (to hell). This is how powerful the immaculate Naam of God is, if one truly believes in it from the core of one’s heart.”(13)

The message of this stanza is that if we want to obtain real knowledge and wisdom of this world and beyond (and free ourselves from the fear of death), we should have true and firm faith in God’s Naam.

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Elaborating on the merits of a person truly believing in Naam, Guru Ji says, “A (true) believer (in Naam) never faces any obstacles in the path of life. (Such a person) departs from the world after earning honor. Such a person is not misled into sects or ritualistic religious paths, (and is saved from any punishment
The message of the above stanza is that if we do not want to be led down false spiritual paths, and want to depart from this world with honor (and also obtain honor in the God’s court), then we must have true and firm faith in God’s Naam.

Concluding his message about the blessings enjoyed by a firm believer in God’s Naam, Guru Ji says, “The one who truly believes (in Naam) not only attains salvation for oneself, but also for one’s entire family. Such a disciple of the Guru saves him or her self as well as others. Such a person does not beg for favors from anyone. Yes, such are the merits of the pure immaculate Naam, acquired by the one who truly believes in it from the core of one’s heart.”(15)

In brief, Guru Ji gives the message that if we want to enjoy true and eternal peace ourselves and share it with our friends, relatives and humanity at large, we must believe in and meditate upon God’s Naam (the Guru’s word), from the core of our heart.

Continuing to describe the merits of listening to and believing in God’s Naam, Guru Ji says, “(They who listen to and obey (God’s) Naam become Panch (the approved ones of God). These Panch (The approved ones) are honored in (God’s) court. In fact, not only do they grace the court of that King of all kings, but their minds are always attuned to the eternal Guru (God).)”
Guru Ji however observes, “No matter how much one may reflect and contemplate, one cannot assess the acts of the Creator. (For example), while some people believe that a bull is literally supporting the earth, it is actually Dharma (God’s Law) based on compassion, righteousness and patience, which supports this earth. If some one understands this concept, that person comes to know the real truth. (A literal bull supporting the earth isn’t feasible; the concept serves as a means to symbolically understand the Law of God. Because if it were true, then we have to find out), on what earth this bull is itself standing, and what earth is under that and so on?

After discounting the literality of a mythical bull supporting the earth, Guru Ji turns to the vastness of life. He says, “There are countless species of creatures in this universe. The ever-flowing pen (of God) has written the account of them all. So numerous are these creatures and species that one cannot estimate the extent of their description. Who knows the extent of God’s power, or the vastness of His beautiful creation? Who can estimate His benevolence? (God’s power is so limitless that) with just one word millions of rivers started flowing, (and millions of systems running this universe began to function).”

So Guru Ji humbly says, “(O’ God), who am I to express my thoughts about the extent of Your Nature? I am so powerless, that I am not even worthy of sacrificing myself once for You. (O’ God), whatever pleases You, that alone is the best deed or service for me. You are the eternal formless One.”(16)

The message of the above stanza is that we should never feel proud of our knowledge about God or His Universe. Instead, we should always remain humble and say, “O God, whatever is Your will, that alone is the best deed for me.”

After giving us a glimpse of the countless universes and their species, Guru Ji returns his focus to human beings. He describes how even among human beings there are such vast differences that he finds himself incapable of fully describing God’s creation. Yet in an effort to do so, he begins by addressing those people who may be categorized as virtuous and holy.

Guru Ji says, “O’ God, countless are the persons who meditate (upon You), and countless are those who love You with veneration. Innumerable are those who worship You, and do penance sitting in front of smoldering fires. Countless are those who read and recite holy books. Limitless are those who practice yoga, and in their minds remain detached (from the world). Countless are those devotees who reflect upon Your divine knowledge, countless are those who lead pious lives, and countless are those who give charity. Countless are the brave warriors who bear the brunt of steel weapons on their bodies. Countless are those who remain silently attuned to You, in single-minded devotion. (O’ God), who am I to assess (the extent of) Your Nature? (I am so powerless) that I do not have the worth to sacrifice myself even once for You. (Therefore O’ God), whatever pleases You, that alone is the best deed or service for me. You are the eternal formless One”(17)

The message of this stanza is that we should not feel proud of our knowledge or our merit; there may be countless persons who are more knowledgeable, pious, or virtuous than us.
Existence of countless virtuous persons is one side of the coin. Guru Ji proceeds further by addressing the other side, and describes the evil and ignoble.

He says, “(O’ God), countless are the stark blind fools in this world, and countless are the thieves and deceitful persons who live on the earnings of others. Innumerable rulers depart from here after ruling by oppression. Countless are those who commit murders, and countless are the sinners who depart from here after committing (innumerable) sins. Countless are the liars, who keep wandering in this world spreading their lies, and countless are the depraved (filthy) persons, who engage in immoral practices (and eat filth). Innumerable are the ones who speak ill of others (and by doing so, carry the load of slander on their heads).”

Guru Ji now shows utter humility by counting himself amongst this rank of people. He says, “(O’ God), who I am to talk about others? Lowly Nanak only expresses this thought: “who am I to assess Your Nature? (I am so powerless), I am not even worthy to serve as a sacrifice to You. (Therefore O’ God), whatever pleases You, that alone is the best deed for me. You are the eternal formless One.”

The message of this stanza is that while there are wicked and evil people in this world; however, we do not have the right to speak ill of others? Rather than pointing fingers, we must examine ourselves to discern our own evil and sinful tendencies, and perceive our own afflictions.

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**STANZA-18**

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**STANZA-19**

After describing the classes of good and bad humans, Guru Ji once again turns his thoughts to the countless worlds, solar systems, realms, and species living in this wonderful Creation of God.
He says, “O’ God, myriad are the names (of things and creatures in this universe), and countless are the places (these creatures inhabit). Beyond the realm of our senses are myriad worlds. O’ God, even to say that these things are countless is a blunder, (and worthy of blame). There are no words to describe or count Your creation.

However, it is only through) words that one can meditate (on Your) Name, and praise You. (It is through) words that we can obtain divine knowledge, and sing songs (in Your praise). It is through words that we are able to write or talk. It is through the language (or DNA) that God has written the destiny of us all on our foreheads. (Yet the beauty is that God) who wrote these destinies has no such thing written on His forehead. The destiny of the people is what He ordains. (He is under not a soul’s command. Moreover), whatever God has created is His manifestation (His Naam), and there is no place without (God’s) Naam. O’ God, how can I describe Your creation? I am not fit to sacrifice myself even once for You. I (only know that), whatever pleases You is the best deed. You are the eternal formless God.”(19)

The message of this stanza is that God pervades everywhere. There are no words to describe how countless are the creatures, places, and universes He created. Yet it is only through language that we can attempt to sing His praises, and meditate upon His Naam (His love and power), which permeates all creation.

**STANZA-20**

In the first half of this hymn Jap Ji Sahib Guru Ji described the fundamental concepts of God and His creation. He also stated the basic principle by which His love and grace can be obtained (by meditating on His Naam). Now he proceeds to explain how dwelling on Naam is the most effective technique, not only for virtuous people, but also for sinners who want to wash off their sins. He illustrates with an example.

Guru Ji says, “If our hands, feet and body are soiled, we can cleanse them by washing with water. If a cloth is polluted with urine or feces, we can cleanse it by washing it with soap. (Similarly), if our intellect is filled with sins, that is purified with love for (God’s) Naam.”

Guru Ji further clarifies, “These sins and virtues are not just (words) for saying. Whatever deeds, you do in this world, you will take (their record) along with your soul, and your future will be determined on the basis of your past deeds. As you sow, so shall you reap. O’ Nanak (this is how in God’s command) you come and go continuously (in and out of this world).”(20)

The message of this stanza is that if we wish to wash off the sins of our previous lives, and if we want to end the cycle of birth and death, we should meditate upon God’s Naam.
In the preceding stanza, Guru Ji stated that the best way to wash off our sins (and end the cycle of births and deaths) is by sanctifying our intellect with God’s Naam (meditation upon His love and enlightenment).

However, some believe that if we bathe at holy places, do penances, or give charities, our sins would be washed off and we would be saved from rounds of births and deaths.

Commenting on all such beliefs, Guru Ji says, “Even if one obtains glory by visiting holy places, doing penances, or performing acts of compassion and charity, it is as negligible as a sesame seed. The person who has listened and believed in God’s Naam, in that person’s mind has developed love (for God. Such a person has sanctified him or herself) by bathing in the holy place of his or her inner self, and has truly removed the soil of sins.”

Guru Ji humbly acknowledges this, and says, “O’ God, all the merits (in me) are Your gifts. (On my own), I have no virtue; without Your bestowing these qualities, I cannot worship You. (O’ God, I hail) victory to You. You Yourself are Maya, Yourself the Word, and Yourself Brahma (God). You are eternally beauteous, and Your mind always remains in ecstasy.”

Guru Ji is not only a philosopher but also a spiritual poet of the highest caliber. While contemplating the beauty of the Creator, his attention automatically rests upon the vastness and grandeur of His creation.

Therefore, he wonders, “What could be the time and occasion, what could be the lunar or solar day, what could be the season or the month when this universe was created?”

He observes, “Even if they study the writings in their (holy books, the) Puranas, the Pandits (Hindu scholars), do not know the time (when the earth was created), nor Qazis (the Muslim clerics) know this date, even if they write essays in Quran (the Muslim holy book). Neither any yogi nor any other person knows the lunar or solar day, season, or month (in which this universe was created). Only the Creator who formed this world knows this mystery. How can I describe His greatness? How can I praise Him? How can I know Him? Nanak says, all others say. Every one thinks him or her wiser than the others. (The fact is that) He is the supreme God, and supreme is His Name. Whatever happens is in accordance with His Will.

O’ Nanak, if any (person) knows the lunar or solar day, season, or month (in which this universe was created)?” (21)

The message of this stanza is that instead of wasting our time in rituals, or making egocentric claims about our knowledge regarding God or His creation, we should simply meditate on His Naam and remember Him at all times with love and devotion (under the guidance of the Guru).
In the opening lines of stanza 19, Guru Ji stated that myriad are the names (of things and creatures), and countless are the places (these creatures inhabit). Beyond the realm of our senses are the limitless universes. After touching on incidental topics, Guru Ji returns to the theme of the vastness of God’s creation. He states several facts about the universe, which scientists are discovering now after more than 500 years.

He says, “There are millions and millions of nether regions, one below the other, and millions and millions of skies, one above the other. The Vedas say that scholars have exhausted themselves trying to find their final limits, but they were unsuccessful. The Semitic books (the Quran, Bible, Anjeel and the Torah) all tell that there are eighteen thousand universes, with a singular root in the One (God. But the truth is that there is no end or limit to these universes): their account could only be written, if there was any account, (because ultimately all) counts get destroyed (because there is no number which could be attributed to these worlds). O’ Nanak, He who is called (the greatest of) the great, only He Himself knows (the count of universes He created).”(22)

The message of this stanza is that instead of wasting our time trying to describe the extent of God’s creation, we should remember with love and admiration the supreme God who has created this vast and wonderful universe.

Now elaborating on God’s greatness, Guru Ji says, “Even the persons who praise God do not know how great He is. They are like the streams and rivers which ultimately merge into the ocean, but cannot know the extent or the limit of that ocean.”

Discussing the ocean, Guru Ji reminds us of another fact. He says, “(In the eyes of God), the kings whose dominions may be vast like the ocean, and who may have mountains of wealth, are not equal to even a small ant, if in its mind, that (ant) does not forget (God).”(23).

The message of this stanza is that even a tiny ant that does not forget God has more merit than the richest of kings. Therefore, instead of trying to estimate the extent of God’s greatness, we should bow before Him in reverence, and remember to sing His praises.
**STANZA-24**

Guru Ji comments further on the limitlessness of God. He says, “There is no limit to God’s praises, and no limit to the people praising Him. Limitless are the deeds and gifts of God. We cannot know His limitations by looking (at His nature), or by listening to the language that describes Him. We cannot guess the boundaries or the mysteries of God’s mind. It is impossible to guess the extent of His creation. Many try their utmost to assess the limits (of God), but still they cannot find those limits. Though we speak increasingly of Him, He appears more often than we are able to describe. (The truth is that) He is the supreme Master, His abode is the highest: higher than the highest is His Naam. Only if one were comparably high (in rank and merit) could that one know about the supreme God. Only He Himself knows how great He is. O’ Nanak, it is only by His grace that one obtains the gift (of realizing His limitlessness).”(24)

The message of this stanza is that we should realize that there is no end or limit to the praises and glories of God, and no one is so exalted that he could describe His greatness.

<table>
<thead>
<tr>
<th>bahu`aa karam likh-aa naa jaa-ay.</th>
<th>vadaa daat`aa tli na taama-ay.</th>
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<tr>
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<td>kayti-aa ganaat nahee veechhaar.</td>
</tr>
<tr>
<td>kayty`ay khaap tatahi vaykaar.</td>
<td>kayty`ay lai lai mukar paahi.</td>
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<td>kayty`ay moorakh khaahee khaahi.</td>
<td>kayti-aa dookh bhookh saaD maar.</td>
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<td>ayhı bhe daat tarye daat`aar.</td>
<td>band khalasee bhaanai ho-ay.</td>
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<td>hor aakh na sakai ko-ay.</td>
<td>jay ko khaa-ik aakhanna paa-ay.</td>
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<tr>
<td>oh jaanai jaat`ee-aa muhi khaa-ay.</td>
<td>aapay jaanai aapay day-ay.</td>
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<tr>
<td>aakhahı se bhe kay-ee kay-ay.</td>
<td>Jis no bakhsay sifat saalaaH.</td>
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<td>naanak paatısaahee paatısaaHuh.</td>
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**STANZA-25**

Now commenting upon God’s grace and His gifts, Guru Ji says, “God bestows so many gifts that we cannot describe them. Further, in spite of His many gifts, God has no greed or expectation of return (But, we as human beings always expect so much in return, even for the smallest favors done to others).”

Guru Ji elaborates, “(God is so great) that countless brave warriors beg at His door. There are many who after receiving gifts from Him indulge in vices, and ultimately perish. Many are those who keep receiving gifts, but deny having received these (by never thanking God). Then there are the fools who simply keep consuming God’s gifts (with no acknowledgement of the Giver). However, there are some who are always suffering from disease and hunger, and perceive even this suffering as God’s Grace (because many times it is this suffering which makes us remember God). But salvation from our sufferings and release from the cycle of births and deaths is obtained only in accordance with (God’s) Will. If a foolish person tries to suggest any other way of salvation, that person alone will know how much punishment he or she suffers.”

Guru Ji, therefore, concludes, “God Himself knows everything and He Himself gives everything. Yet only a few acknowledge this (fact). However, the person whom God grants the gift of uttering His praise is the king of all kings.”(25)

The message of this stanza is that under all circumstances we must remain grateful to God, keep singing His praises, and beg only for His Grace.

| amul guN amul vaapaar. | amul vaapaaree-ay amul bhandaaH. |
In the previous stanza Guru Ji concluded that the person whom God blesses with the gift of uttering His praise becomes the king of kings. In this stanza, he gives the reason behind such a statement.

He says, “Priceless are the merits of God, and priceless is the exchange (of these virtues). Priceless are those who meditate on His Naam, and priceless are the stores (of God’s virtues). Priceless are those who come to this world and depart (after gathering these virtues). Priceless are those who are imbued with (God’s) love, and priceless are those who are merged with Him (through meditation). Priceless is the law and justice (of God). Priceless are the scales and weights (his criteria for judgment), and priceless is His Grace and the mark of His Grace. Yet beyond any concept of price is His mercy and command. Though God is described as priceless, He is beyond value in that He is beyond description.”

While describing the merits of God, Guru Ji points out, “There are those who read the Vedas and Puranas (the Hindu Holy books), and after reading they deliver lectures and try to describe God’s merits. Even many gods like Brahma, Indira, and Krishna try to assess God’s value. So also do gods such as Shiva, many adepts, enlightened ones, demons, gods, angels, and silent devotees try to describe Him. Many have tried to assess His value, and departed (from this world without completing the task). Even if God were to send as many more persons as have already tried, still they will not be able to describe His merits or His greatness.”

In conclusion, Guru Ji says, “O’ Nanak, it is only the eternal God Himself who knows (how great He is, because) He can become as great as He wishes. If some mortal claims the ability to describe God, that person’s name should be written at the top of the list of greatest fools.”(26)

The message of this stanza is that the merits and the greatness of God are not only invaluable, but they are beyond description. The righteous action to take is to keep singing His praises with such love and devotion that we ultimately merge in Him.
It is the same light

In the previous stanza, Guru Ji advised us against trying to place any value or price on God’s merits. He suggested that the best thing for us to do is to keep singing His praises with so much love and devotion that in this process of singing, we become one with Him. In this stanza, Guru Ji himself tries. While doing so, he reaches such heights of poetry, ecstasy and devotion that this stanza has become a masterpiece. Perhaps that is why this stanza (with some variations) has been repeated thrice in Sri Guru Granth Sahib.

Addressing God, Guru Ji says, “O’ God, how wonderful must be that place: the mansion in which You sit, caring for all Your creation. In this wonderful creation of Yours, O’ God, (I wonder) how myriad might be the instruments and their tunes, the number of players of those instruments and singers who are singing Your praises in myriad musical measures! O’ God, (it appears to me that even) Air, Water, and Fire are singing Your praises. The judge of Righteousness who delivers justice on the basis of our deeds (recorded

so dar kayhaa so ghar kayhaa Jit bahi sarab samaalay.
vaajay naad anayk asankhaa kayta vaavanhaaray.
kaytaa raag puree si-o kahee-an kaytaa gaavanhaaray.
gaavahin tuhno pa-un paanee baisantgar gaavai raajaa Dharam du-aaray.
gaavahin chit gupaa likh jaaneh likh likh Dharam veechaaray.
gaavahin eesar barmaa dayvee sohan sadaa savaaray.
gaavahin ind idaasan baiithay dayviti-aa dar naalay.
gaavahin siDh samaaDheee andar gaavan saaDh vichaaray.
gaavan jatee saahee santokhee gaavahin veer karaaray.
gaavan pandit parhan rakheesar jug jug vaydhaa naalay.
gaavahin mohnee-aa man mohan surgaa machh-pa-i-aalay.
gaavan rataan upaa ay tayray athsath tirath naalay.
gaavahin joDh mahabab saoraa gaavahi khaaneet charaaray.
gaavahin khand mandal varbhandaar kar kar rakhyay Dharaaray.
say-ee tuDhuno gaavahi jo tuDh bhaavan ratay tayray bhangat rasalaaray.
hor kaytaa gaavan say mai chit na aavan naanak ki-aa veechaaray.
so-ee so-ee sadaa sach saahib saachaa saachee naa-ee.
hai bhee hosee jaa-ay na jaasee rachnaa Jee rachaa-ee.
ranggee rangee bhaatree kar kar Jinee maa-i-aa Jee upaa-ee.
kar kar vaykhai keetaa aapnaa Jiv ‘is ‘dee vaddi-aa-ee.
jo ‘is bhaavai so-ee karsee hukam na tarnaa jaa-ee.
so paatbaar sadah saahah paatbaar sadh naanak rahan raja-ee. ||27||

STANZA-27
by angels) Chitra and Gupta (our conscious and sub-conscious faculties) is also singing Your praises at Your door.

(O’ God), Shiva, Brahma and Parbat (who have been embellished by You), sing Your praises. Also while sitting on their thrones with other gods and goddesses many Indiras (the gods of rain) sing Your praises. (O’ God), sages in their meditative trance, saints during their reflections, men of discipline, charity, and contentment, and brave warriors are all singing Your praises. The scholars and sages, who reflect on Vedas (the divine books of knowledge) for ages upon ages, sing Your praise. The heart captivating women, the most handsome men, and the residents of heaven, earth, and the nether worlds sing Your praise. The jewels created by You, along with the sixty eight (most sacred) places of pilgrimages are singing Your praises. The brave warriors are singing Your praise. (The creatures created through all) the four sources of creation are singing of You. (In fact, in a way, while moving and working in accordance with Your will), all the continents, galaxies, and the solar systems created and supported by You are singing Your praises. (However, only those) who are pleasing to You, and who are truly devoted and imbued with Your love, sing Your praise. There may be myriad others who sing of You, which are not coming into my mind. How can (poor) Nanak think about (all those who sing Your praise)’?

After acknowledging his inability to enumerate all those who sing praises of God, in all humility Guru Ji concludes, “Eternal is God and eternal is His Name (at whose door so many sing His praises). He who has created this universe is present now; He will always be present, and He will not depart even when the rest of His creation departs. He who created Maya (the worldly illusion), in many colors and kinds beholds His creation as suits His grandeur. He does what pleases Him. (In short), He is the King of Kings. O’ Nanak, (the best thing for us is to) live according to His Will.”(27)

This beautiful stanza inspires us to sing God’s praises and transports us to a state of divine ecstasy. It gives us the understanding that just as all the objects of Nature seem to be singing His Praises while carrying out the Will of God, so too should we learn to live in obedience to His Will, always appreciate His gifts, and sing His praises.

In the previous stanza, Guru Ji guided our imagination into the vast realms of God’s glory, where His praises are sung by countless creatures, gods, goddesses, and even by all the elements of nature as well as the universes and solar systems. Finally, he impressed upon us the main principle of living according to the Will of God and singing His praises. Guru Ji now comments on the ways of living and the practices of people of other contemporary faiths. Firstly, he comments on the practices of the Yogic system, which was very popular in Guru Ji’s time. However, the beauty of Guru Ji’s poetry is that while he may seem to be giving advice to the members of a particular faith or profession, his message has universal appeal and validity.

Using their own terminology and idiom (so that the yogis might understand), he says, “(In a way I am also a yogi, but instead of earrings of wood), I wear the earrings of contentment. I make modesty my begging bowl and wallet, and smear myself with the ashes of God’s meditation. The fear of death is my patched coat. To keep my body chaste like a virgin (and thus free from all evils) is the way of my yoga. To have faith and trust in God is my staff. For me, to believe in the brotherhood of all mankind is the Aaee Panth (highest Yogic sect). I believe that if you can conquer your mind, you can conquer the entire world. (Instead of saluting any other human being or a lesser god), I salute that God who is primal and pure. He has been there since the beginning is indestructible, and remains the same through all ages.”(28)

In this stanza Guru Ji gives us the message that the best practice for yoga (or union with God) is to seek truth, contentment, and chastity: to love Him and believe in the brotherhood of all mankind.
Continuing his previous idiom and using the terminology of the yogis, Guru Ji says, “(O’ yogi), I make divine knowledge my food, and mercy my steward. The divine, flowing music of life ringing in every heart is my horn. For me, God Himself is the Supreme Master, who has the entire universe under His control. (I believe that performing) any supernatural feats or miracles are useless enjoyment for others (who are not interested in true yoga or union with God). He Himself regulates both union and separation (of individuals), who receive what is written in their destiny (based on past deeds). Therefore, I salute that God who is primal, colorless, present since the beginning, indestructible, and unchanging.” (29)

The message of this stanza is that we should gather divine knowledge, and imbibe mercy in our hearts rather than trying to boost our ego by performing unusual feats or miracles.

In this stanza, Guru Ji comments upon the Yogis’ belief system regarding the administration of this world. He says, “(Many believe that) first it was Maya, the Primal Mother and the Creative Principle), who was established first, and from Maya were created three deities. One is Brahma, (the Creator), the other Vishnu (the Sustainer), and the third Shiva (the Destroyer. However, the fact is that it is God Himself) who orchestrates the world as it pleases Him (and the world functions) according to the command issued by Him. The great wonder is that while He can see all the creatures, they cannot see Him. (Therefore), I salute that God who is primal and pure. He has been present since the beginning, indestructible, and remains the same through all ages.” (30)

The message of this stanza is that we should believe and meditate only on the one God, who alone is the creator, sustainer and destroyer of the world, rather than any mythical gods and goddesses.
After clarifying our thoughts about the real creator and administrator of this universe, Guru Ji once again reverts to the greatness of God and the vastness of His influence.

He says, “God has His seat and storehouse in all the worlds. Whatever is stored was put there only once and will suffice forever. After creating all of creation (and providing it with a never-ending store of provisions), He has not disappeared. Rather, God watches over and takes care of His creation. O’ Nanak, true and just is the work of the one God. Therefore, I salute that God who is primal and pure, has been there since the beginning, is indestructible, and unchanging.” (31)

The message of the above four stanzas (addressed to the yogis, but meant for all of us) is that instead of adopting any garbs, beliefs, or practices of certain faiths or sects, we should love, worship and reflect upon the one wondrous God.

It is but natural that while reflecting on the wonders of God and singing His praises, we would wish to unite with Him (just as a child in its love wants to embrace its mother). We may feel like uttering His Name again and again. A stage may come when we feel that this one tongue is not enough to repeat God’s Name.

Then, we may say, “Let this one tongue of mine become a million tongues, or even twenty times more than that, and with each tongue, may I utter God’s Name a million times each moment. Perhaps in this way I might climb the steps (to the mansion of God), and become one with Him.” Yet we need to remember that simple mechanical repetition, without true love and devotion, is of no use. It is similar to crawling insects, who upon hearing stories of the sky might try to copy the birds. O’ Nanak, (the fact is that) only by His Grace can we reach God. All else is false bragging of false people. (32)

The message of this shabad is that we cannot reach God by simply uttering His Name (without true love and devotion), or by performing other rituals. It is only through His Grace that we can meet Him. For that we should sing His praises and remember Him with love and devotion.

In the preceding stanza, Guru Ji stated that it is only by God’s grace (and not by mechanically repeating God’s Name or by performing other rituals) that we can reach God.

Regarding the use of our own force or strength, Guru Ji states, “(In reality), we do not have any power to speak or to remain silent. Even begging or giving is beyond our power. Life and death too are beyond our power. Acquiring kingdoms or wealth, which cause disturbances in our mind, is beyond human power. Through one’s own power, one cannot concentrate and meditate, nor acquire divine knowledge. Similarly, one has no power to find the way to achieve salvation on one’s own. It is God who has all the power. He watches (His creation) after creating it. O’ Nanak, on one’s own no one becomes good or bad. (One becomes only what God makes him or her).” (33)
The message of this stanza is that it is not in one's power to do either good or bad. It is only according to God’s will that anyone has the capacity for action. Therefore, we should not feel proud if we are performing some good deed: instead we should thank God for granting us a good role to play on the stage of this world.

STANZA-34

After describing the glories of God (under whose command everything is happening in this world), Guru Ji explains the process of gaining enlightenment and elevation of soul. Going through enlightenment, our soul can become one with the Prime Soul. He begins by explaining the scheme of this world, and our place and role in it.

He says, “Nights, seasons, lunar days, week days, air, water, fire, and nether regions were all created by God. Amidst these, God created the earth like a stage, to perform righteous deeds. On this (earthly stage), there are creatures of various colors and kinds, whose names are countless. All of them are judged according to their deeds (on this earth). God is Truth, and true is the justice of His Court. Panch Parvaan (the approved ones), grace that court, and by God’s grace they receive the seal of His approval. It is there that one is judged as accomplished or un-accomplished (either true or false). O’ Nanak, it is only upon reaching (God’s court) that one discovers whether or not he or she has achieved perfection.” (34)

The message of this stanza is that we are sent into this world to accomplish a specific purpose, and we are judged in accordance with our performance. Those whose performance is approved are honored in God’s court. Therefore, we should humbly seek God’s grace to help us perform our assigned duty.

STANZA-35

After describing the stage of moral duty, Guru Ji says, “This is the system and arrangement of the realm of moral duty. Now let us discuss the realm of divine knowledge and enlightenment.”
He says, “(During its rise to the plane of consciousness, the spirit acquires the knowledge that there is not only one universe or stellar system, but actually there exist) countless airs, waters, fires, and gods like the (mythical) Krishna and Shiva. There are countless Brahmans (who supposedly) created the worlds in their myriad colors and forms. Countless are the earths, (upon which creatures) perform their duties. Countless are the mountains, and innumerable saints like Dhrusa who deliver sermons. There are countless Indras (gods of rain), countless moons and suns, and countless galaxies. Countless are persons of power and knowledge and countless are the gods and goddesses in their different garbs and forms. Beyond count are the angels, demons, and sages. Countless are the jewels of countless oceans. Countless are the sources of creation and countless are their languages. Countless are the kings and emperors. There are countless people who concentrate on God and countless are the servants serving Him. O’ Nanak, there is no end to the creations of God.” (35)

In this stanza, Guru Ji visualized more than 500 years ago what scientists are discovering now. The message of this stanza is that as the human soul rises to a higher realm of consciousness, it understands (without scientific instruction) that there is no end or limit to the creations of God.

Continuing his description of the realm of divine knowledge, Guru Ji says, “Divine knowledge shines brightly in this sphere. While acquiring spiritual knowledge, the seeker feels as if he or she is listening to the music of millions of melodies from which flow joy, amusement, and blessings.”

Guru Ji now encourages us to climb to the next realm or stage of our own spiritual journey. He says, “Beauteous is the sphere of spiritual endeavor. In this stage, the mind is refashioned according to a very beautiful mold. It is not possible to describe (the elevated thought processes) of such refashioned souls. (Such persons, rather than thinking about their own self-interest and ego, think and act in terms of the welfare of entire humanity). Any one who tries to describe (the spiritual stage of such people), repents in the end. In this sphere, knowledge, and mind are fashioned afresh, and one acquires the intellect of angels, sages and gods.” (36)

In this stanza, Guru Ji gives us the message that we should not stop at the stage of performing righteous deeds, but lift our souls further to the sphere of spiritual endeavors, where we consider the welfare of all humanity.
After the stage of spiritual endeavors, the soul rises to the stage of God’s grace (whereon God bestows His grace upon the devotee). Describing this stage, he says, “Powerful is the language of the realm of (God’s) grace. (In this state of mind), one thinks of no one else except God. Those at this stage are the brave warriors (who have overcome all temptation), and in their mind only God abides and pervades. They are so absorbed in God’s love and devotion that they seem to be sewn into Him like a piece of cloth. This is a spiritual joining or merging of the seeker’s soul with God’s adoration. Their (spiritual) beauty cannot be described. Such persons never die a spiritual death, and they are not cheated or beguiled by any wrong influences. In this sphere of God’s grace abide people from multiple universes (not just the world we see). They enjoy heavenly bliss, because the eternal (God) abides in their hearts.”

(After the realm of God’s Grace, the soul reaches the realm of Truth). In this domain, the Formless One Himself resides, and upon reaching this sphere, the seekers are able to realize God. They perceive how God is creating and watching with grace all of His creation. There, they know how all the continents, worlds, and solar systems are fashioned, the description of which has no end. In this spiritual stage, they realize how creation after creation and universe after universe is being formed and finished, and how each one functions in obedience to God’s command. They now realize, how God continuously keeps watch over His creations, reflecting upon them and feeling happy about them. (But) O’ Nanak, (to fully describe this spiritual stage of Truth) is as difficult as biting through steel.”(37)

The message of the above four stanzas is that we should continuously try to raise our spiritual level through good and virtuous deeds, divine knowledge, and spiritual endeavors. By meditating upon His Name, and through achieving the realm of God’s grace, we are ultimately united with Him.

In the last but one stanza, Guru Ji tells us briefly how one reaches the stage wherein one’s word becomes Shabad (the divine word of God).

Guru Ji uses the example of a goldsmith to describe how God’s hymn or divine word is fashioned. He says, “(We should) make chastity the furnace, patience the goldsmith, understanding the anvil, and divine knowledge the tool. We should make God’s fear the bellows and penance the fire. In the crucible of love (for all God’s creation), we should pour the Nectar (of God’s Name). It is in this way that Shabad (the divine word) is fashioned in this true mint (of God). But only those who are blessed with the grace of God are assigned this job. O’ Nanak, by the grace of God (such persons) achieve an eternal state of bliss.”(38)

The message of the above stanza is that only those people, who are pure and immaculate, have divine knowledge, patience, God’s fear, and pure love for all humanity, are entrusted by God’s Grace, with the task of saying and writing the divine word.
This last stanza (Salok) is the essence of the sermon Jap Ji Sahib and perhaps the essence of the entire Sikh philosophy. Guru Ji summarizes this philosophy in a beautiful metaphor.

He says, “(This world is like a stage, on which is being enacted the drama of life from birth to death). On this stage, air is like the Guru, water is like father, and earth is like the great mother. Both days and nights are like the nurses in whose lap the whole world plays. The Righteous Judge, in the presence of God, watches human beings’ good and bad deeds. (Everyone reaps the reward or suffers punishments for his or her deeds). Some become close to God, whereas others become alienated from God. They who have meditated on God’s Name toil no more. O’ Nanak, such persons not only liberate themselves and are welcomed with honor in God’s Court, but in their company many others are also emancipated.”(1)

Hence, the overall message of this first sermon (Jap Ji Sahib) is that in order to end our separation from God, we must cheerfully obey His command and meditate on His Name with love and devotion. We should remember Him, and feel His presence at all times: everywhere and in all His creation. In this way, we would obtain salvation not only for ourselves, but would also aid many others in their spiritual journey.

SALOK

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so dar raag aasaa mehlaa 1.

ik-oNkaar satgur parsaad.

so dar tayraa kayhaa so ghar kayhaa Jit bahi sarab samaalay.
vaajay tayray naad anayk asankhaa kaytay tayray vaavanharaay.
kaytay tayray raag paree si-o kahee-ahi kaytay tayray gaavanharaay.
gaavan tuDhno pavan paande baisanhtar gaavai raajaa Dharam du-aaray.
gaavan tuDhno chit gupaat likh jaanaan likh Dharam beechaaray.
gaavan tuDhno eesar barahmaa dayvee sohan tayray saadga saavaray.
gaavan tuDhno indar indaraasan baithay dayviti-aa dar naalay.
gaavan tuDhno siDh samaaDhee andar gaavan tuDhno saaDh beechaaray.

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gaavan tuDhno jaatee saatee santokhee gaavan tuDhno veer karaaray.
gaavan tuDhno pandit parhan rakheesur jug jug vaydhaa naalay.
gaavan tuDhno mohhee-aa man mohan surag machh pa-i-aalay.
gaavan tuDhno ratan upaa-ay tayray aathsath tirath naalay.
gaavan tuDhno joDh mahaabal soora gaavan tuDhno khaanee chaararay.
gaavan tuDhno khand mandal barahmandaa kar kar rakhay tayray Dhaaray.
say-ee tuDhno gaavan jo tuDh bhaavan ratay tayray bhagat rasaalay.
In this first part of the Guru Granth Sahib, there are 3 Banees (or compositions), Jap Ji Sahib, lengthy Bani of 38 paurrees (or stanzas) and 2 saloks (or couplets), followed by Rehras, the evening prayer of 9 shabads named as Sodar (of 5 shabads) and So Parakh (of 4 shabads). At the end of this part is Sohila, the last Bani of 5 shabads from different Ragas to be recited before going to bed. Sodar begins with a beautiful song, which has already been included with minor differences as stanza 27 in Jap Ji Sahib.

Addressing God, Guru Ji says, “O God, how beautiful and wonderful must be the door of that house of Yours must be, sitting where You keep watch over everyone’s interest, and look after us all. How numerous must be the singers with their singing instruments, and in how many melodies and measures they be singing songs in Your praise. The air, the water, the fire, all must be singing Your praises. The earth, the oceans, the atmosphere are all singing Your adoration. Humans who are known for their restraint, piety, or contentment, and brave warriors all are singing for You. The Vedas (the Hindu holy books), sing Your praise. Even the most superbly attractive men and women and the inhabitants of heaven, earth and underworlds sing about You.”

“O God, Shiva (the god of destruction), Brahma (the god of creation) and other goddesses including many Indras (the gods of rain) are singing Your praise. The sages in their meditation and the saints reflecting upon your Name are all singing Your adoration. Humans who are known for their restraint, piety, or contentment, and brave warriors all are singing for You. The Pundits and great scholars, who for ages have been reciting the Vedas (the Hindu holy books), sing Your praise. Even the most superbly attractive men and women and the inhabitants of heaven, earth and underworlds sing about You.”

“O God, so also sing the jewels created by You, along with all the sixty-eight holy places (of Hindus). The great brave warriors and all the four sources of creation are singing Your praises. All the continents, the solar systems, and all the galaxies are singing Your praise. However, O’ God, only those (truly) sing in Your praise, who are pleasing to You, and who are imbued with Your devotion. There are so many others who sing Your praise, but they don’t come to my mind, how can Nanak deliberate over this matter.”

At the end of this stanza, Guru Ji says, “God, who created this universe, is present now, and He shall always remain present. That God is eternal, and His creation is also eternal. He, who has created this universe of various species, colors and kinds, watches over that what He creates at His Pleasure. (In short), He is the King of all Kings: He does what pleases Him and no one can bid Him to do any action. Therefore O’ Nanak, (the best thing for us) is to simply abide by His will.”(1)

The message of this shabad is that God is the supreme Master of the entire universe. We are but a miniscule part of His limitless creation. Therefore, we should not harbor any thoughts of ego or conceit. Instead we should join His creation in singing His praise and happily abiding by His Will.
It is the same light

AASA MEHLA 1

In the previous shabad, Guru Ji listed myriad creatures, universes and natural phenomena that are operating under God’s command, and singing His Praises. But still he acknowledges and says, “O God, how many more must be singing Your praise, I cannot even think of them.” Essentially, he admits that we cannot articulate how great God truly is. In this shabad, he elaborates upon this thought.

He says, “O God, upon listening from others, everyone says You are great. But how great You actually are, one can only say after seeing You. You cannot be appraised or described. Those who tried to describe (Your greatness, were so lost in their reflections that forgetting their own existence), they remained absorbed in You.”(1)

In short, Guru Ji submits, “O my great Master of unfathomable depth and ocean of virtues, no one knows how much and how vast is Your expanse.”(1-pause)

Guru Ji further comments, “O God, in order to estimate Your greatness, all contemplative persons contemplated upon You, and all appraisers tried to appraise Your worth. All the renowned scholars and mediators and their great teachers tried their utmost, but they could not describe even a little bit of Your greatness.”(2)

Guru Ji now elaborates. He asks how we might speak of the greatness of God or His virtues, when all the merits or virtues held by some are only that which God has bestowed upon them. Therefore, addressing God, he says, “O God, all the charities, all penance, all virtues, or the great merits of the adepts and sages (have not been achieved by them independently). Without Your Grace no one has ever attained perfection. When by Your Grace they obtain these merits, no one can stop them from receiving these (merits).”(3)

Therefore in all humility, Guru Ji says, “O God, what can the humble narrator say (about Your merits). Your treasures are brimful with Your virtues. Whom You bless with these (virtues), they need not look to anyone else (for anything). In short, O Nanak, (God) is eternal, and embellisher (of all).”(4)

The message of this shabad is that God is the greatest donor of all powers and merits: we should depend only upon Him for all we ever desire, and not depend or seek any favor from anyone else.
It is the same light

In the previous shabads, Guru Ji dwelt upon the merits and praises of God. He now leads us into another aspect of God’s devotion. This aspect is called Naam Japna, Naam Simran, or Meditating on the Name. This elusive concept is the essence of Sikh philosophy, and needs to be understood very carefully.

According to Doctor (Dr.) Bhaee (Bh.) Vir Singh Ji, this shabad was uttered by Guru Nanak Dev Ji as an answer to his mother Tripta Ji’s question regarding his pre-occupation with God’s Name.

Addressing his mother, Guru Ji says, “(O’ my mother), when I utter (His Name), I feel alive (in my spirit). But if I forsake (this Simran), I feel as if I am dead. It is very difficult to utter this True Name (or do Naam Simran). When one feels hungry for the true Name, then by satisfying this hunger (with Naam), all one’s pains are ended. (1)”

After discussing the merits of remembering God by dwelling on His Name, Guru Ji forcefully says, “O’, my mother, why should one forget that God, who Himself is eternal and whose Name is eternal?” (1-pause)

Guru Ji then comments, “Many people have tried and tired, but could not describe even an iota of the value of the True Eternal Name. (The beauty is) that even if all people start praising Him, God does not become any greater or any lesser. (The praise of God is for our own good, and does not bestow any favor upon Him)” (2)

Continuing his praise, Guru Ji says, “God never dies and nobody ever cries on account of His death. He gives eternally, and His gift never gets falls short. This is His singular merit: that there is none like Him nor will there ever be.”(3)

In conclusion, Guru Ji says, “(O’ God), as great are You, so great is Your Beneficence. It is You, who has made the days and nights. Therefore those who forsake (such a great) Master are miserable wretches. Yes, O’ Nanak, (persons) without God’s Name are truly unworthy”(4-3)

The message of this shabad is that if we want to end all our sorrows, we should always remember and praise God by dwelling upon His Name with a great sense of gratitude and love. Otherwise, without His Name we will be counted among the most unrespected and un worthy persons.

Sri Guru Granth Sahib
It is the same light

In the previous shabad, Guru Ji advised us to always remember and praise God with love and devotion. But as stated in Jap Ji Sahib, on our own we don’t have the power to say or do anything. Even to sing God’s praise, we need God’s blessing, and we must beg God for this ability.

According to Dr. Bh. Vir Singh Ji, it is believed that Guru Raam Das Ji (then known as Bhai Jetha Ji) uttered this shabad when he was anointed as the 4th Guru, and prompted to ask for something by the third Guru Amar Das Ji.

Addressing, Guru Amar Daas Ji, he says, “O’ devotee of God! O’ true being! O’ my Guru! I make the supplication before you. (Like) small insects and worms (the humble and the lowly creatures) have sought your refuge. Please take pity upon (us) and illuminate our mind with God’s Name.”(1)

Giving the essence of his prayer, Guru Ji says, “O’ my friend and Guru-God, please awaken the light of Naam in me. I beseech that the Naam obtained through my Guru’s instruction should remain my friend for life, and God’s Praise should be my daily prayer.” (1-pause)

Guru Ji now tells the reasons for this prayer. He says, “(O’ Guru), very fortunate are those servants of God who always have a longing for God. Such persons feel satisfied only upon being blessed with God’s Name, (and His loving adoration). Their merits shine when they join the holy congregation.”(2)

Next Guru Ji shows us the other side, and the fate of those who do not meditate upon God’s Name. He says, “They who have not tasted the sweet nectar of God’s Name are unfortunate, and they are handed over to the Demon of Death. They suffer spiritual death and agony of mind, and their life is accursed. Such is the fate of those who have not sought the refuge of the True Guru.”(3)

In conclusion Guru Ji says, “Truly blessed with great destiny are those who received the opportunity to join the company of the holy persons. O’, Nanak, blessed again and again is that true congregation, where the devotees have obtained the relish of God and have been illumined with God’s Name.”(4-4)

The message of this shabad is that we should always try to join the congregation of holy persons, and sing praises of God in their company. Furthermore, instead of asking for worldly favors, we should pray to Guru (Granth Sahib Ji) to enlighten God’s Name within us.

raag goojree mehlaa 4

raag goojree mehlaa 5
In the previous shabad, Guru Ji gave us the message that instead of asking for worldly favors, we should pray to Guru (Granth Sahib Ji) to illuminate our mind with God’s Name. But sometimes individuals are caught in such a desperate situation of poverty that they are consumed with worry (about how they might feed their children, and survive). Guru Ji gives a consolation to such people. Putting himself in their situation, Guru Ji consoles his mind and says, “O’ my mind, why are you so much worrying yourself about the means to care for your family, when it is God Himself who is engaged in this care? (Even those creatures, which) He has created in mountains and stones, He has provided for their sustenance in advance.”

However, such consoling words and faith in God one hears only in the congregation of the holy. Therefore, addressing God, Guru Ji says, “O’ my God, the person who joins the company of the holy persons is saved (from such worries). By Guru’s Grace even the person who is so worried obtains a supreme status, as if from dead wood, he has blossomed like a green tree.”

Commenting on those who, instead of depending on God, depend too much upon their relatives and friends (as if they were their only protectors and sustainers), Guru Ji says, “(O’ my mind), neither mother, father, nor others (including) wife, son, nor daughter can provide any real support. It is only God who provides sustenance to each and every creature. Therefore O’, my mind, why are you so anxiety-ridden and fearful about your future?”

Now Guru Ji gives a very famous and often quoted example to make his point. He says, “(O’ my mind, just think of those swallows) which fly thousands of miles away from their offspring. (Explain to me) in the absence of their parents, who feeds them and suckles them? (All their parents do is) simply remember and pray to God in their minds. (It is God Himself who takes care of these baby swallows)."

Some may wonder with what kind of a miracle God takes care of these babies and other such creatures. Rather than going into such detail, Guru Ji simply says, “(O’ my friends), all the nine treasures and all the eighteen supernatural miraculous powers are within very easy reach of God. Therefore, Nanak (says, O’ God), that we are a sacrifice to You, ever and forever. Your expanse has no end or limit.”

The message of this shabad is that we should perform our usual duties to provide for our children and family, but beyond this we must have faith in God. We must not on any account neglect to meditate upon His Name.
It is the same light
In the previous Baani (composition, called) Sodar, Guru Ji described God’s wondrous court, in which myriad of human beings, gods, solar systems etc. are singing His praises all the time. In this Baani, Guru Ji admires So Purakh (the Supreme God) Himself. He is so impressed and swayed by the excellence and greatness of God that he repeats his words many times, which adds beauty to his poetic style and diction.

Guru Ji says, “That immaculate Personage, that God free from the influence of worldly attachments, is incomprehensible, inaccessible, and limitless.”

Then, addressing God Himself, Guru Ji says, “O’ true Creator, all remember and worship You. O’ God, all the creatures are Yours and You are their benefactor.”

He therefore suggests, “O my dear saints, meditate on that God who is the destroyer of all pain.”

Guru Ji then humbly observes, “(Actually), God Himself is the Master, and Himself the servant. What is the importance of an ordinary creature like Nanak?”(1)

For this reason, Guru Ji again addresses God and says, “O’ God, You alone pervade in all hearts, and You manifest everywhere. It is all according to your wonderful drama that some are donors and some beggars. (Actually) O’ God, You Yourself are the Giver and the Receiver, I neither know nor see anyone but You in the whole universe. O’ You all pervading, infinite, and limitless supreme God, which of Your merits, may I narrate? (I only say that) Nanak is a sacrifice to those who serve You devotedly.”(2)

Giving the reason, why he is a sacrifice to those who remember God, Guru Ji says, “O’ God, they who meditate upon You, will live in peace in all ages. Yes, liberated will be those who meditate on God. They will not be subjected to the noose (or fear) of Death. They who meditate on the fearless God will have all their fears ended (forever). They, who have served my God, will ultimately merge in Him. Therefore, those who have meditated on God are truly blessed, and Your servant Nanak is a sacrifice to them.”(3)

Guru Ji however notes that there is no end or limit to God’s devotion and His devotees. He says, “O’ God, infinite and innumerable are the treasures of Your meditation. Countless are Your devotees, who praise You in countless ways. Innumerable are those who worship You. O’ my respected Sire, countless are those, who do Your worship and practice penances. O’ my limitless God, countless are those who read many Simritis and Shastras (Hindu holy books), and perform different rituals and six forms of religious rites (according to Hindu faith). But servant Nanak says, that only those devotees who are pleasing to my God, the architect of our destiny, are of any value.”(4)

Guru Ji now makes his own humble submission and says, “O God, You are the primal Being, and limitless Creator. No one is as great as You are. Age after age, You are always one and the same. You are the unchangeable, constant and imperishable Creator. Whatever pleases You comes to pass. Only that happens which You desire. You yourself created the entire universe, and You Yourself have destroyed it (countless times). Devotee Nanak sings the praises of that omniscient Creator.”(5-1)

The message of this shabad is that we should never feel proud of worshipping God, or meditating on Him. We should keep singing His praises with love, devotion and humility, and without any ego.
In the preceding shabad, Guru Ji gave us the message that there are myriad of devotees who worship God in countless ways. Therefore, without feeling any sense of ego, we should keep singing His praises with love, devotion and humility.

Continuing with his praise of the wonderful God, Guru Ji says, “(O’ God), You are the true Creator, and my Master. Only that which pleases You happens, and I receive what You grant me.”

Guru Ji observes further, and says, “(O’ God), the whole world is Your creation, and all meditate on You. But only the one upon whom You shower Your grace obtains the Jewel of your Name (Your love and enlightenment). Those who live according to the Guru’s instructions find the Jewel of Your Name. On the other hand, they who are self-willed (or follow their own minds) lose Your Name. (But O’ God, nothing is in the control of any mortal), because You Yourself separate some and unite others with You.”

Guru Ji now gives a beautiful example to illustrate God’s greatness. He says, “(O’ God), You are (a kind of) river (of life) and all creatures are mere waves in that river. There is no one besides You. All these creatures are part of Your drama (of life). In Your script, whosoever has been destined to be separated remains separated (from You), and others are united according to Your will.”

But Guru Ji observes that God blesses only those people who understand these teachings. Therefore he says, “(O’ God), only the one whom You make to understand, understands (the right way of life). Such a person always utters God’s praise and describes His merits. Those who have served God with devotion have obtained peace, effortlessly merge in God’s Name, (and become one with Him).”

In conclusion, Guru Ji says, “(O’ God), You are the Creator, and all that happens is by Your will. There is no other second to You. You create the entire universe, watch over it and comprehend it. Slave Nanak (says), “It is) by the Guru’s grace alone, that You reveal Yourself to someone.”

The message of this shabad is that this world is a wonderful drama, written, directed and produced by God. Different creatures play the roles assigned to them. We can only understand from the Guru what role we should play, and what God’s instruction is for us. If we follow the Guru’s instructions (Gurbani) we will lead a happy life, but we will suffer if we are self-willed and follow our own minds.
It is the same light

In this shabad, Guru Ji warns his mind (in fact all of us) against becoming excessively preoccupied by worldly desires. He describes his situation through a very vivid and awe-inspiring metaphor.

Addressing his mind (indirectly us), Guru Ji says, “O’ my mind, you are abiding in a terribly dangerous (worldly) pool in which, instead of water, (God) has put the fire (of desire). In addition, it appears that your feet cannot move in this mire of worldly attachments. I have seen many drown in this pool.” (1)

Guru Ji further warns his mind (and ours) and says, “O’ my foolish mind, you do not remember the One (God), and as you forsake Him, you lose all your merits.” (1-pause)

Guru Ji now shows us the way (to escape this treacherous, fearful pool of worldly desires and attachments). Praying to God, he says, “O’ God, I am neither a celibate, nor a philanthropist, nor a learned scholar. I have been living my life as an ignorant and foolish person. Therefore, Nanak humbly prays to (You, to) please keep me in the refuge of those (Gur Sikhs) who have never forsaken You.” (2-3)

The message of this shabad is that if we want to save ourselves from drowning in the treacherous pool of worldly desires and attachments, we should seek the company of those who always remember God, so that, in their company we may also start remembering Him and meditating on His Name.

In the previous shabad, Guru Ji advised us that if we want to extricate ourselves from this burning pool of worldly desires, we should seek the shelter of God’s devotees, so that in their company we may also remember Him, and sing His praises.

In this shabad, Guru Ji wants to caution and remind us that it is only during this human life that we can seek the company of the holy, and repeat God’s Name. If we once lose this golden opportunity, then who knows, for how many lives we may have to go through before we obtain human birth again.

Guru Ji therefore says, “(O’ human being), you have been blessed with a beautiful human body (instead of that of an animal, bird or insect). This is your opportunity to meet God. All other tasks (such as acquiring money or power) are of no use to you. You should simply join the company of the holy persons, and meditate on His Name alone. (O’ my friend), engage yourself in the task of swimming across the terrible worldly ocean (obtaining salvation). Your life is being wasted in the pursuit of illusory worldly pleasures.
Guru Ji next tells us how to take the first step in this direction, and seek God’s blessings. On our behalf, he humbly addresses God and says, “O’ God, I have not engaged in any worship, penance, or austerity. I have not served holy saints. I, Nanak, confess that all my works and deeds have been undesirable and sinful. But O’ God, I seek Your protection. Please save my honor (as is Your tradition of saving those who seek Your refuge).” (2-4)

The message of this shabad is that human birth is a golden opportunity to remember God and unite with Him. Therefore, we should join the congregation of the holy, meditate on God’s Name, and in all humility ask God to save us according to His tradition (of saving those who seek His refuge).

This hymn is titled Sohila, which means a song of praise. It is commonly referred to as Keertan Sohila. The probable reason for this reference is that in ancient times, after Rehras” this hymn was sung to the accompaniment of music. This hymn is the last Bani (or composition), which is read, recited, or sung by the Sikhs before going to sleep, after completing the Gurdwara service, and after retiring the Guru Granth Sahib Ji. This hymn is also recited as the last Bani at the funeral of a person.

According to Dr. Bh. Vir Singh Ji, it is believed that Guru Ji uttered this hymn in response to a question regarding the best place to sing praises of God.

In answer to this general question, Guru Ji says, “Sing this song of God’s praise, and worship that Creator, in that house (or the place) where the Creator’s praise is uttered, and His greatness reflected upon.” (1)

Guru Ji reemphasizes this and says,“(Yes, my dear friends), sing the song of praise of that fearless God of mine. I am a sacrifice to such a song of praise, which brings perennial joy.”(1-pause)

Then perhaps a question was raised: “If we keep singing the praises of God, who will take care of our families?” Answering this question, he says, “(O’ my friends, after doing your reasonable duty, do not worry too much about your families. Have faith, and trust in God also). Don’t you see that day after day God takes care of so many creatures? Therefore, the Benefactor will see to the well being of your families as well. You cannot evaluate the worth of His gifts, and there is no limit to the powers of the Giver.”(2)
Yet, in spite of this and other advice urging us to remember God and sing His praises, most of us postpone God’s meditation and praise to a latter period of life. Guru Ji cautions us that we do not have an unlimited life span, and death can overtake us any day. This is the saddest moment for the dying person, his family, and his friends. But Guru Ji tells us the way we can change even this moment of sadness into one of joy. Yes, we can turn this moment of death and separation from our relatives and friends into a moment of marriage and union with our Eternal Spouse, God.

Therefore regarding his own death as a marriage with God, Guru Ji says, “O’ my dear (saintly) friends, the year and auspicious moment of my marriage to God has been predetermined. Please join together and perform the ceremony of pouring oil in my hair (to dress me for my marriage), and bless me so that I may be united with my (groom) God.” (3)

Pointing to the death occurring all around us, Guru Ji says, “The summon (of marriage with God) is being delivered in one family after another, and these calls are being issued daily. We should meditate on that God who is sending this summons. O’ Nanak, let’s pray that such a day should come soon, when we are also invited into the home of God. (In other words, rather than fearing the moment of death, let’s look forward to it as the moment of marriage with (God), our eternal Spouse.”(4-1)

The message of this shabad is that we should remember that death could overtake us at any time, which is the saddest moment both for our families and us. But we can turn this moment into an occasion of happiness and rejoicing, if instead of wasting our time in false worldly pleasures, we remember God and sing His praises with true love and devotion. Then, instead of fearing the moment of death, we will look forward to it as our moment of union and marriage with God our eternal Spouse.

In the previous shabad, Guru Ji told us that we should sing praises of God in that house or place where God’s praises are already uttered and meditated upon. The question may be asked: “What about the places where there is discussion on Shastras and other such scriptures?”

In response, Guru Ji says, “There are six main Shastras, and six are their authors or gurus, and six their main messages. But the supreme Guru (spiritual guide) of all is God Himself, and His forms are countless. Therefore (O’ my respected friends), restrict yourself to that place where God’s praises are sung, and only to that scripture in which praises of God are enshrined. In this lies your own glory too.”(1)

Guru Ji explains the different forms of God with the help of a simple simile. He says, “A year is made up of months, solar or lunar days, hours, minutes and seconds. But within that one Year there are many seasons. Just as the Sun is only one, but many are the seasons, similarly there are countless forms (or manifestations) of the Creator.”(2)

The message of this shabad is that just as there is only one sun, but many seasons, similarly there is only one Guru (or God) whose forms may be multiple. So, we should meditate only on God.
According to Dr. Bh. Vir Singh Ji, Guru Nanak Dev Ji uttered this shabad when he visited the Hindu holy place of Jaganaath Puri, and saw people performing Aarti (or worship) of the statue of their deity (called Jagan Naath) with lighted lamps. However, Guru Nanak Dev Ji did not participate in that ritual, and instead came out, and sat looking at the star-studded sky. Upon being asked the reason for his non-participation, Guru Ji asked them to look at the star-studded sky, and see what a true and beautiful worship of God is already being continuously performed.

When asked to explain, Guru Ji said, “The sky is like a platter. The sun and the moon are the lamps, and the clusters of stars are like embedded jewels. The fragrant air coming from the Malayan mountains is like incense. The wind is the fan, and all vegetation is the offering of flowers to (God, the eternal) light.”(1)

Then entering into a prayerful and appreciative mode, Guru Ji addresses God and says, “O’ Destroyer of the fear (of birth and death), what a wonderful worship of Yours is being performed, in which the flowing melody of divine music is being played like the sounding of temple drums!”(1-pause)

It appears that at that moment this question was raised: “When God has no form, shape or body, how can He be enjoying this beautiful worship?” Guru Ji responded by pointing to the wondrous ways of God, and said. “O’ God, You have thousands of eyes (because You pervade all the creatures), yet You have no eyes (because You are formless). Similarly You have thousands of forms, yet You have no form. (You are present in all the galaxies). You have thousands of immaculate feet, Yet you have no feet. You have thousands of noses (to smell the scent of all these flowers), yet You have no nose. I have been astounded (observing) Your wonderful ways.”(2)

Guru Ji now addresses those Pundits, and says, “In everyone pervades the light (or power), and that light emanates from that same (God). From the light of (that God), all hearts are lighted. (God dwells in all creatures). But it is only through the Guru’s instruction that this divine light becomes manifest, and what pleases God is His true worship.”(3)

As for himself, Guru Ji prays, “I am greedy for the nectar of God’s lotus feet (His loving devotion). Day and night, I remain thirsty for one thing. (O’ my God), kindly bestow upon Saarang (song bird) Nanak the water of Your grace, by drinking which it may merge into Your Name (Your loving bosom).”(4-3)
The message of this *shabad* is that instead of worshipping idols or creatures, we should worship God, the master of the universe. The best way to worship Him is to live in obedience to His Will, and always remember Him with love and devotion.

In the previous *shabad*, Guru Ji advised us to worship God, the master of all universes. He also told us that the best way to worship Him is to live in obedience to His Will, and always remember Him with love and devotion. Yet to prepare ourselves for God's worship, we have to overcome many faults, failings, and evil propensities plaguing us, out of which lust and anger are the worst.

In this *shabad*, Guru Ji tells us how these afflictions are overcome. Comparing this body to a city, he says, "The city (of human body) is brimful with lust and wrath. By meeting the saint Guru, and with his help and counseling, these afflictions are shattered into pieces (and totally dispelled). But it is only by divine pre-ordained writ that the Guru is met, whose guidance fills the mind with love and devotion for God."

Therefore, Guru Ji advises us, "(O' my friend), pay obeisance to the saint (Guru) with folded hands, for in it lies great merit. Nay, go and prostrate reverentially before the saint Guru. (Because), seeking the guidance of the saint (Guru) for one's benefit is highly virtuous." (1-pause)

But Guru Ji knows that there are many worshippers of Maya (wealth), who do not heed the saints’ advice, or remember God. Commenting on them, Guru Ji says, "The worshippers of wealth do not appreciate the delight of remembering God, because within them is the thorn (the cancer) of ego. As they advance in life away from God, they suffer from (this cancer), and ultimately bear the torture of death." (2)

Of course, all people do not worship mammon. There are a few humble and holy servants of God as well. Discussing them, Guru Ji says, "The servants of God remain immersed in the Name (loving devotion) of God. They break away from the fear of births and deaths (and obtain salvation). Such persons attain to the imperishable all pervading God, and their glory spreads in all the regions of the universe." (3)

Finally Guru Ji shows us how to pray to God, and what to ask from Him. He says, "O’ God, we are poor and humble persons, but we are Yours. O’ God, You are the greatest of the great, please save us. To servant Nanak, God’s Name is his true support and anchor, and it is only through the Name that he finds joy and peace." (4-4)
The message of this shabad is that if we want to liberate our minds from the vices of lust, anger and other sinful passions (and obtain a blissful union with God), then we should most humbly seek the guidance of the saint Guru (Granth Sahib Ji). Following Guru Ji’s guidance, we should pray to God to bless us with the support and anchor of His Name, and His continuous loving remembrance.

raag ga-orhee poorbee mehlaa 5.

In the previous shabad, Guru Ji advised us that if we want to liberate our minds from the vices of lust, anger, and other sinful passions (and obtain a blissful union with God), then we should most humbly seek the guidance of the saint Guru (Granth Sahib Ji). Following the Guru Ji’s guidance, we should pray to God to bless us with the support and anchor of His Name, and His continuous loving remembrance.

In this shabad, in a most friendly and humble way, Guru Ji advises us to serve the saints and seek their guidance. He also reminds us that this human life of ours is the most opportune time to remember God and reunite with Him, and we should not let it go waste.

So Guru Ji says, “O’ my dear friends, listen! I submit to you that this is the time to serve the saint (Guru, and humbly seek his guidance). Please earn the profit of remembering God here in this world, so that your stay in the next world may be happy and comfortable.” (1)

Giving the reasons for his urgent request, Guru Ji says, “O’ my mind, every day and night one’s life is becoming shorter. Let us meet the Guru and achieve our goal of reuniting with God.” (1-pause)

Looking at the general state of this world, Guru Ji observes, “This world is engulfed in all kinds of evils and doubts. It is only the divinely wise person who is able to swim across (this world-ocean and rise above worldly entanglements). Only the one, whom God awakens (from this slumber of worldly involvements) and helps to savor the joy of His Name understands its indescribable mystery.” (2)

Therefore Guru Ji says, “(O’ my friends), amass only that (wealth) for which you have come (into this world, so that you may reunite with Him. However, it is only) through the Guru that God can abide in your heart. In this way, you will peacefully and spontaneously find the mansion (of God) right in your own heart, and then there will be no more round (of birth and death for you).” (3)
Finally Guru Ji prays to God even for himself, and says, “O’ God of our destiny, who knows the inner state of our hearts please, fulfill the longing of my mind. Slave Nanak asks for only this joy: that make him the dust of Your saints’ feet (by blessing him with the humblest service of the saints).”(4-5)

The message of this shabad is that this human life is our opportunity to reunite with God. Therefore, instead of wasting our time in worldly pursuits, we should seek the guidance of the saint Guru (Granth Sahib Ji), and under that guidance worship God. In this way we will reunite with God, and be emancipated from the cycle of birth and death.

SGGS P - 14

From here onwards the remainder of the Guru Granth Sahib Ji is composed in various musical measures. The first major Raag (musical measure) that Guru Ji has chosen is called Siri Raag (the chief of all musical measures). But Guru Ji cautions us that this Raag (or melody) can only be supreme if, while singing in this measure, one is imbued with the love of the eternal God.

According to Dr. Bh. Vir Singh Ji, some people believe that Guru Ji recited this shabad when the demon Kal Yug tried to tempt Guru Nanak Dev Ji to forsake God in exchange for all kinds of precious jewels and miraculous powers. Some believe that actually Kal Yug was the name of a king of pundits of Jagan Naath Puri (a very holy Hindu town in south India), and Guru Ji recited this shabad during a conversation with him. Whatever the facts may be, in this shabad Guru Ji cautions his own mind (and ours), against being tempted by any kind of wealth or power, lest we may forget God’s Name.

So Guru Ji says, “(O’ God, grant me this understanding: that even) when I am living in magnificent palaces built with pearls, studded with jewels and rubies, and pleasantly plastered with musk, saffron and sandalwood, I should not forget You or Your Name.” (1)

Stressing the importance of God’s Name above any other thing, Guru Ji declares, “Let my body and soul burn without God, because I have confirmed from my Guru that except God, there is no other place of shelter (where one can find joy and peace).”(1-pause)
In the next stanza, Guru Ji takes another example to caution himself (and us) against succumbing to worldly desires. He says, “O’ God, even if I were in a place where the floor was studded with diamonds and rubies, the bed with jewels, and on that bed sat an extremely beautiful and captivating girl adorned with shining ornaments, trying to entice me, (still) seeing her, I should not forget You or Your Name.”(2)

Now taking the example of a yogi possessing miraculous occult powers, Guru Ji prays, “O’ God, even if I were an accomplished Yogi capable of performing miracles and holding people in awe, appearing and disappearing at will, let me not forget You and Your Name.”(3)

Finally, Guru Ji takes the example of a great king and says, “O God, even if I was a king having a vast army, sit on a throne, issue commands and collect taxes, still let me not forget You or Your Name.” (4)

The message of this shabad is that even when we are affluent, powerful and surrounded by tempting worldly pleasures, we should not forsake God and His Name.

SGGS P - 15

In the previous shabad, Guru Ji prayed to God to bless him with the moral and spiritual strength to resist worldly temptations, in terms of worldly wealth, pleasures, or power, so that he might never forsake God’s Name from his mind. In this shabad, Guru Ji gives the reasons for this request, and why he considers God’s Name beyond evaluation and estimation.

He says: “O’ God, were I to live for millions of years and depend only on air as my food and drink, devoting myself completely to God without wasting a moment, or if I were to shut myself in a cave where I might never glimpse the sun or the moon, or if I were never to have a wink of sleep nor even a dream – even then Your worth and greatness will be priceless. How can I say how great Your Name is?”(1)

Next Guru Ji responds to the possible question: If the worth of God and His Name is so invaluable or so indescribable, then why do people try to describe Him?
He says, “The true formless God is established in His own place. (He does not need any support). It is only by listening (to others) that we describe His praises. As and when it pleases Him, He instills in us the craving (to know Him and sing His praises).”(1-pause)

Resuming his address to God, Guru Ji says, “O’ God, were I to be repeatedly tortured, cut into pieces and ground in a mill (as part of a penance), were I to be burnt in fire and mingled with ashes – even then Your worth or greatness is beyond me to estimate. How can I say how great Your Name is?”(3)

Next Guru Ji takes the example of a high-flying bird and says, “O’ God, were I to become a bird and fly across hundreds of skies, were I to become invisible, and were I (so austere), that I do not to eat or drink anything, even then Your worth cannot be estimated. How can I say how great Your Name is?”(3)

Finally Guru Ji says, “O’ God, were I to have tons of paper to write about You, and reading which repeatedly, I may keep loving You. Were my pen to move as fast as the wind and my ink never fall short, even then Your worth or greatness could not be estimated. How I can say how great Your Name is?”(4.2)

The message of this shabad is that God and His Name (power and light) are limitless and indescribable, and we are His humble creatures. Therefore, instead of trying to find His limits, we should always try to meditate on His Name, and endeavor only to reunite with Him.

In the previous shabad, Guru Ji gave us the message that God and His Name (power and light) are limitless and indescribable, and we are His humble creatures. So we should always try to meditate on His Name, endeavor only to reunite with Him, and not engage in vain attempts to find His limits or assess His worth and greatness.

In this shabad, Guru Ji advises us and makes us understand that our sojourn in this world is limited, so we should not waste it simply in eating and drinking, or amassing worldly riches. Instead, we should utilize this time in dwelling on His Name, and trying to reunite with Him.

Guru Ji therefore says, “(O’ human being), you will be accountable for whatever you speak or say. Similarly, whatever you eat (or drink) goes to your account. How much you travel, and whatever you see

It is the same light
and hear, you shall have to account for. Even the breaths you take are accounted for, (because we have been allotted limited life span). There is no need to ask any scholar about this.” (1)

So Guru Ji warns us against spending our allotted life span in the pursuit of Maya (the worldly riches and power). He says: “O’ my respected Sire, this play of Maya is nothing but an illusion. The spiritually blind forsake God’s Name, and they lose peace both in this world and the next.”(1-pause)

Elucidating the above statement, Guru Ji says, “From birth till death, one spends one’s time in eating, drinking, and amassing wealth for one’s family. But after death, where the account (of one’s good and bad deeds is explained in the court of the Judge of Righteousness), there is no one to help. Even those who cry at a person’s death do no good, and they waste their time (because) all their tears and cries are as useless to (the dead person) as a bundle of chaff.”(2)

Next Guru Ji says, “Everybody says that God is great. But nobody knows how great He truly is. Besides, by our saying ‘He is great,’ He does not become greater (because His greatness is immeasurable. Ultimately, one has to say, “O God), You are the only eternal Being among the innumerable creatures in all the worlds.”(3)

Finally, Guru Ji wants to express his love for the entire humanity, regardless of their wealth, caste, color, race, or even holiness. He says: “(O’ God), even if a person belongs to the lowliest of the lowly (class from any consideration), Nanak prefers to remain in their society and company. Where the humble ones are looked after, (O’ God), there is the glance of Your grace.”(4)

The message of this shabad is that we have a very limited lifespan on this earth. We should use this time to dwell on God’s Name and help the needy and poor irrespective of their caste or social status.
In the previous shabad, Guru Ji advised us that we have a very limited lifespan on this earth; we should use this time to dwell on God’s Name and help needy and weak persons irrespective of their caste or social status. According to Dr. Bh. Vir Singh Ji, on one occasion, some pundits of Kashi India told Guru Nanak Dev Ji, that in spite of their efforts, God’s Name did not seem to abide in their hearts. They asked him what the reason for this might be? Guru Ji provides an answer to this question in the following hymn.

Offering some worldly metaphors, and putting himself in their situation, Guru Ji explains, “Within my mind, greed acts like a dog; falsehood is like an (unclean) scavenger. By deceiving others, I am consuming what rightfully belongs to others. This is like eating a corpse. My habit of slandering others is simply filling my mouth with their filth. The fire of anger within me burns like a demon. My deepest enjoyment comes from self-praise. These are my sinful deeds, O’ God the Creator.” (1)

Therefore, Guru Ji advises us and says, “O’ brother, speak only those things which bring you honor (in God’s court. Do not consider yourself as a good person, because only those who) are truly good are judged virtuous in God’s court. Those who do evil deeds shall wail. (As far as evil ones are concerned, they simply cry helplessly about their deeds).”(1-pause)

Guru Ji then cautions us against becoming lost in the pursuit of material possessions, and enjoying false worldly comforts and pleasures. He says, “A human being is surrounded by the pleasure of pursuing gold and silver, enjoying the company of beautiful women (or handsome men), fragrances of sandal, ownership of horses (expensive cars), comfortable beds, magnificent mansions, sweet-tasting foods and meats. Therefore, when so many delights engross the human body of worldly comforts and pleasures. He says, “Listen, O” who become pleasing to God. He says, “O” always remember His Name, and reminding himself (and us), Guru Ji once again asserts, “Listen, O” who in whose heart God always resides have true wisdom, honor and wealth. Their praise is beyond description, because nothing more can be said to praise them. But O’ Nanak, the person who is devoid of God’s grace is neither charitable, nor devoted to God’s Name.”(4-4)

Next, reminding himself (and us), Guru Ji once again asserts, “Listen, O’ my foolish self, by uttering rude words we ruin ourselves. Only that speech which brings us honor is acceptable (in God’s court). Only those persons (are truly) good who become pleasing to God. What else is there to say or describe?”(3)

Guru Ji concludes the shabad by telling us more about those people who are pleasing to God. He says, “They who always remember His Name, and in whose heart God always resides have true wisdom, honor and wealth. Their praise is beyond description, because nothing more can be said to praise them. But O’ Nanak, the person who is devoid of God’s grace is neither charitable, nor devoted to God’s Name.”(4-4)

The message of this shabad is that we should not remain engrossed in enjoying worldly pleasures and indulging in falsehood, slander, greed and other evil traits. Instead we should pray to God to bestow on us the gift of His Name and virtues like truth, compassion, and sweet words.

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**Siri Raag Mehla 1**

In this shabad, Guru Ji providers an answer to a question asked by some pundits of Kashi India. In spite of their efforts, God’s Name did not seem to abide in their hearts. They asked Guru Nanak Dev Ji why this was so. Guru Ji provides a poetic analogy to explain the reason. He compares worldly pleasures and possessions to things that make us feel good, but ultimately lead to destruction and suffering. He enjoins us to remember God’s Name and engage in acts of charity and kindness, as these are the only things that truly bring honor and pleasure.

In the previous shabad, Guru Ji advised us that we have a very limited lifespan on this earth; we should use this time to dwell on God’s Name and help needy and weak persons irrespective of their caste or social status. According to Dr. Bh. Vir Singh Ji, on one occasion, some pundits of Kashi India told Guru Nanak Dev Ji, that in spite of their efforts, God’s Name did not seem to abide in their hearts. They asked him what the reason for this might be? Guru Ji provides an answer to this question in the following hymn.

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Therefore, Guru Ji advises us and says, “O’ brother, speak only those things which bring you honor (in God’s court. Do not consider yourself as a good person, because only those who) are truly good are judged virtuous in God’s court. Those who do evil deeds shall wail. (As far as evil ones are concerned, they simply cry helplessly about their deeds).”(1-pause)

Guru Ji then cautions us against becoming lost in the pursuit of material possessions, and enjoying false worldly comforts and pleasures. He says, “A human being is surrounded by the pleasure of pursuing gold and silver, enjoying the company of beautiful women (or handsome men), fragrances of sandal, ownership of horses (expensive cars), comfortable beds, magnificent mansions, sweet-tasting foods and meats. Therefore, when so many delights engross the human body of worldly comforts and pleasures. He says, “Listen, O” who become pleasing to God. He says, “O” always remember His Name, and reminding himself (and us), Guru Ji once again asserts, “Listen, O” who in whose heart God always resides have true wisdom, honor and wealth. Their praise is beyond description, because nothing more can be said to praise them. But O’ Nanak, the person who is devoid of God’s grace is neither charitable, nor devoted to God’s Name.”(4-4)

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The message of this shabad is that we should not remain engrossed in enjoying worldly pleasures and indulging in falsehood, slander, greed and other evil traits. Instead we should pray to God to bestow on us the gift of His Name and virtues like truth, compassion, and sweet words.

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**Sri Guru Granth Sahib**

**Siri Raag Mehla 1.**

amal golalaa koorh kaa diitaa dayvanhaar.
maatee maran visarii-aa khusiis keetee din chaar.
sach mili-aa tiin sofee-aa raahkan ka-o darvaar.
||1||

naanak saachay ka-o sach jaan.
jit sayvi-ai sukh paa-ee-ai tyree dargeh chalai maan.
||1|| raha-o.

sach saraa gurh baahraa jis vich sachaa naa-o.

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suneh vakaaneeh jayt-rajhay ha-o tiin baliharaai jaa-o.
tha man kheevaa jaanee-ai jaa mahlee paaay thaa-o. ||2||

naa-o neer chang-aa-ee-aa sat parmaal tan vaas.
thaa mukh hovai ujlaa lakk daatee ik daat.
dookh jisai peh aakhee-ahi sookh jisai hee paas.
||3||
In the last stanza of the previous shabad, Guru Ji contrasted the state of those in whose heart the eternal God abides, with those who are devoid of God’s grace, and therefore have neither piety, nor God’s Name.

In this shabad, Guru Ji beautifully explains what happens to these two categories of human beings. First, commenting on those who are devoid of God’s grace, Guru Ji says, “(To such people), it seems that the Giver (God) has administered a tablet of opium (of falsehood). Being intoxicated with (this false) intellect, they become oblivious to Death, and indulge in false worldly pleasures. On the other hand, the sober (who have enshrined God in their heart) have been imbued with true guidance, which enables them to stay in (God’s) court.” (1)

Therefore advising himself (and us), Guru Ji, says, “O’ Nanak, know that the true God alone is eternal, and in serving Him we obtain joy and peace, and go to God’s’ court with honor.” (1-pause)

Telling us about the wine (which will always keep us truly happy), Guru Ji says, “Truth is the wine, which is distilled not from molasses, but from God's Name. I am a sacrifice to all those who hear and praise the True Name. We should deem our mind (truly) intoxicated if it finds a place in (God’s) mansion.” (2)

For this reason, Guru Ji advises us and says, “(O’ humans), bathe in the water of virtues and apply the perfume of righteousness to the body. Then will your face become bright, glowing with spiritual beauty, and this one gift is greater than a million gifts. Further, narrate your woes only to Him who has the power to (remove them and) bless you with joy.” (3)

Therefore, Guru Ji concludes, “Why should we become forgetful of Him in our mind to Whom belongs our life and soul? Without (remembering) God, all we eat or wear is impure. In short, O’ God, all other things are false (or useless). Only what pleases You is acceptable (in Your court).” (4-5)

The message of this shabad is that instead of seeking joy and intoxication in false and transient pleasures of the world, we should try to seek the wealth of God’s Name. This wealth alone is pleasing and acceptable to God.
According to Dr. Bh. Vir Singh Ji, in *Puraatan Janam Saakhi* (Old Autobiography), this *shabad* describes Guru Nanak Dev Ji’s response when he was asked by his primary school teacher to practice writing on his wooden slate. In this *shabad*, (using the vocabulary of a business school) Guru Ji tells us how to conduct and record the business of our life, so that after death we are accepted in God’s Court.

Addressing his teacher, Guru Ji says, “*(O’ my respected teacher)*, please make ink by burning and pounding your avarice, and make your intelligence pure like a superior paper to write on it. Make the loving fear of God, your pen, and your mind the writer. After consulting your Guru, write about God’s immaculate thoughts. Yes, write down praises of God’s Name, which has no end or limit.”

Emphasizing the point he wants to make, Guru Ji says, “*(O’ my respected sir)*, learn to write this kind of account so that where the account (of our deeds) is called for, it is stamped as true (having been approved by the Righteous Judge).”

Guru Ji now describes the blessings obtained by those who enshrine God’s Name in their minds. He says, “The faces of those, who cherish God in their minds are anointed in that place where one receives honors, and where there is always happiness and bliss (the kingdom of heaven). But God’s Name is only obtained through His grace, and not through idle talk.”

Commenting on the fate of those, who do not care to dwell on God’s Name, Guru Ji says, “Myriads of individuals come into this world and depart. Some are called by renowned names. Some are born beggars, and some hold big courts. But their true worth is known only when they pass away (and face the Righteous Judge, and realize) that without God’s Name, they have wasted their life.”

Putting himself in the position of such people, Guru Ji says to God, “*(O’ God)*, my body is withering away in dread of Your mighty fear. With my own eyes, I have seen those known as kings and lords reduced to dust. *(O’ Nanak)*, when one departs from the world, all one’s false attachments are broken.”

The message of this *shabad* is that instead of wasting our life in the pursuits of material gains, or becoming drunk with power, we should devote our life to dwelling upon God’s Name so that we may not have to suffer the fear of judgment in God’s court.

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**SIRI RAAG MEHLA 1**

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It is the same light
According to Dr. Bh. Vir Singh Ji and the Puratan Janam Saakhi (The Ancient Biography), Guru Nanak Dev Ji uttered this shabad when he returned from his first travel. Instead of going home, he stopped two miles away. This shabad appears to be in response to his parents’ inquiry: “Why like other youths, he does not enjoy food, clothing, or worldly pleasures?”

In response, Guru Ji says, “O’ my respected sire, to believe in God’s Name is to enjoy sweets, to hear His Name is to taste salty dishes, to utter God’s Name is to savor delicacies. By singing God’s praise I have made my life’s spice. To love God is like enjoying thirty-six delicious dishes, but this blessing is granted only to those upon whom God casts His merciful glance.” (1)

Then as if stating his basic principle about food, he says, “O’ my respected sire, all those eatables ruin our happiness and make us suffer (in the end), eating which our body is in discomfort, and evil thoughts run through our mind.” (1-pause)

Now talking about the kinds of spiritual clothes we should wear, Guru Ji says, “O’ my respected sire, to dye one’s mind in God’s Name is like wearing red clothes (the customary color of bridal dresses). To practice charity and truthfulness is to be dressed in white (the customary color denoting purity). To remove sin from the mind is to wear blue, and to focus one’s attention on God’s feet (to meditate on God’s Name) is like wearing the white robe of honor. Contentment should be one’s waistband, and God’s Name one’s wealth and youth.” (2)

However, giving his guidelines regarding the kind of clothes we should wear, Guru Ji says, “O’ my respected sire, all those dresses ruin our happiness and makes us suffer (in the end), wearing which our body is in discomfort and evil thoughts run through our mind.” (1-pause)

Then Guru Ji addresses God, saying, “(O’ God), to know and follow Your way amounts to owning gold accessories and horses decorated with protective iron shields. To imbibe Your virtues amounts to wielding quiver, arrows, bow, spear and sword-belt. To be honored in Your court are one’s drums and lances. Your grace is the highest caste (for me).” (3)

However, stating his third guideline about possessing expensive transportation and other trappings of power and high society, Guru Ji says: “O’ my respected sire, all other rides which ultimately ruin our pleasure and make us suffer are vain, which torment the body and fill the mind with evil thoughts.” (1-pause)
Finally, regarding magnificent mansions, big families, and other symbols of power and wealth, Guru Ji says, “(O’ God), the joy one obtains by dwelling on Your Name is like the joy of living in a mansion. Your gracious glance is like the pleasure of having a big family. For me, the only command that matters is what pleases You. There are powerful people who may be issuing orders (but I don’t care about them). O’ Nanak, God is the true King, and (He) does not ask or consult anyone (to bestow His gifts).” (4)

Therefore, after giving his guidelines regarding the homes we live in, Guru Ji says, “(O’ my respected sire, if we forsake God, then) sleeping (in any mansions) gives discomfort to the body and fills the mind with evil thoughts. It ruins our happiness and brings suffering upon us.” (1-pause-4-7)

The message of this shabad is that if we want to enjoy true happiness, then for us meditating on God’s Name should be our most favorite food, dress, and dwelling. But even for our worldly life, we should avoid any foods, dresses, cars, and mansions, which cause discomfort to our body, and produce evil thoughts in our mind. Because all such luxuries make us suffer and ultimately ruin us.

Siri Raag Mehla 1

In the earlier shabad, Guru Ji gave us the message that to indulge in comforts and luxuries beyond a reasonable degree is to ruin our happiness and invite suffering. True happiness is obtained by dwelling on God’s Name.

In this shabad, which touches the heights of poetic beauty, immaculate expression and vividness of metaphor, Guru Ji compares the intellect of a person steeped in God’s Name with one who has somehow acquired great fame and renown. According to Dr. Bh. Vir Singh Ji, some people believe that this shabad was addressed to Sheikh Braham (a famous Muslim saint of ancient times).

Guru Ji says, “One’s body should be pure like saffron, the tongue should utter sweet and precious words like jewels, and one’s breath should be fragrant like eaglewood. One’s face should be anointed as if with the sacred mark of (all the) sixty-eight (Hindu) holy places, and in the mind should be the light of (divine) intellect. With that intellect we should praise the true Name (of God), who is the treasure of merits.” (1)
It is the same light

So Guru Ji says to us, "O’ my respected sire, any other kind of intellect is false, with this false intellect even if we try hundreds of times, we shall acquire nothing but more and more falsehood.”(1-pause)

Giving examples from where we may get such false guidance, Guru Ji says, “A person may be worshipped and called a Pir (Muslim holy man with occult powers). The world may come to see him, and he may be counted among Sidhas (the saints, who can perform miracles). But if he does not gain approval in God’s reckoning, all this worship (worldly honor) will make him wretched and miserable.”(2)

Guru Ji contrasts the honor of such men of occult powers with those whom God Himself has established as the donors of His true Name. He says, “None can efface the greatness of those whom the true Guru (God) has established (as the best donors of His Name): within them is the treasure of God's Name, and it is because of His Name that they have become known. They always worship God’s Name, and have faith in Him who is imperishable, and exists forever.” (3)

Describing the fate of a person who follows the false guidance mentioned in stanza (2), Guru Ji says, “Do you know what happens to the soul when one’s body mingles with dust (after death)? The answer is that all one’s cleverness is burned away, and (the soul) departs crying (from the world). O’ Nanak, if we forsake God’s Name, then only upon reaching God’s court will we know what (punishment awaits us).” (4-8)

The message of this shabad is that if we want to avoid a terrible unknown fate upon our death, then instead of following false saints or men of occult powers, we should follow the advice of the eternal Guru (Granth Sahib Ji) and meditate on God’s Name.
ladder to climb that fort, and no real courage to face that King. Yet she is very anxious to meet God. In that state, she fortunately finds another person who has already been across that ocean, is a close confidant of that King, and who graciously gives her true guidance about how she might also cross the ocean and meet her beloved Spouse.

This expert (Guru) tells the human soul-bride, "(First of all, understand that) a woman of merit grows in honor while the one with demerits burns with jealousy. (Secondly), O’ lady, if you are truly anxious to meet your Bridgroom, then understand clearly that you cannot meet Him through falsehood. Your beloved God’s abode is far off (across the worldly ocean). Also realize that you have neither a boat nor a raft to (cross the ocean and) reach your Spouse."(1)

Explaining the main idea behind this metaphor, Guru Ji says, "My Perfect God is seated serenely on His throne. If by the Guru’s grace a person becomes perfect (full of merit), that person attains that true immeasurable God." (1-pause)

Reverting back to the metaphor in a slightly modified form, Guru Ji says, "(O’ my dear friend), the Guru is (like) the ladder (to climb the fort of God). He provides the boat or the raft of God’s Name (to cross the world-ocean between you and your God). The Guru is also the pool in a holy place along the river (where you might be cleansed) after crossing the world-ocean. But the bride soul will wash herself in that true pool (of the holy congregation of the Guru) only if it pleases God." (2)

In conclusion, Guru Ji says, "That God is called perfect, and that perfect One is sitting on His perfect throne. Perfect and pleasing are all His places. He fulfills the hopes of those who have lost all hope. O’ Nanak, if a person meets that perfect Guru, how can the treasure of his merits diminish? (Because upon meeting the Guru, a person’s merits will multiply, which is the sign of a meritorious soul bride)." (4-9)

The message of this shabad is that if we want to meet our beloved spouse (God), then like the meritorious soul bride, we must multiply our merits by joining the congregation of the Guru (Granth Sahib Ji). Sitting in that congregation, we should sing God’s praise and dwell on His Name.
SIRI RAAG MEHLA 1

According to Dr. Bh. Vir Singh Ji, as per the *Puraatan Janam Saakhi* (The Ancient Biography), this *shabad* was uttered by Guru Nanak Dev Ji after meeting Sheikh Braham Ibrahim (also known as Sheikh Farid Salas), at the time of his departure. In this *shabad*, Guru Ji describes what should be the relationship and the topic of discussion when some Gursikh friends meet together. He once again uses the metaphor of young female brides who gather to talk about their beloved spouse, and how to win his love.

Assuming himself as one of these brides addressing her mates, Guru Ji says, “Come O’ dear sisters, let us embrace one another, and after meeting thus, let us talk about the stories of (God), our all powerful groom. (Let us first of all acknowledge that) our true Spouse has all merits, but we are filled with all faults (and because of this we are separated from Him).”(1)

Guru Ji then enters into a prayer mode and says, “O’ my Creator, everything is within Your power (including removing our defects). If we reflect just on this one word, when You are (on our side, where lies the need for anything else?”(1-pause)

After fully understanding the above concept, the question arises: “What should we do to attain that all-powerful God, and have Him on our side?”

Suggesting an answer to this question, Guru Ji says, “We should go and ask the wedded wives (the *Gursikhs*): “With what merits did you obtain the company of the Groom-God?” (They will answer): “We embellished ourselves with the (merits) of equipoise, contentment and sweet words. (The fact is) that the joyous Spouse is won over when one listens (and acts upon) the word (of advice) of the Guru.”(2)

Sharing these immaculate thoughts with his friends, Guru Ji once again immerses himself in direct praise of God and says, “O’ God, numerous are Your gifts. Countless are Your creatures, who praise You day and night. Innumerable are Your forms and colors, and innumerable are those of high and low castes.”(3)

Resuming his dialogue with his *Gursikh* friends, Guru Ji says, “(Listen O’ my friends), when one acquires the Truth (about God after listening to the Guru), then deep faith arises (in one’s mind), and one becomes absorbed in the eternal (God). When through the Guru’s word we conquer (our worldly) fear, and come to possess (divine) wisdom, we gain respect (in the court of God). In that stage, O’ Nanak, that true King would Himself unite us with Him.”(4-10)

The message of this *shabad* is that if we want to reunite with our beloved God, then together with our *Gursikh* friends we should sing His praises. Furthermore, we should listen to and act upon the immaculate advice of the Guru (Granth Sahib), and embellish ourselves with the qualities of poise, contentment and a sweet tongue. One day showing His Grace, God Himself will unite us with Him.

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**Siri raag mehla 1.**

| bhalee saree je ubree ha-umai mu-ee gharaaahu. |
| bhai bin nirba-o ki-o thee-ai gurmukh sabad samaa-ay. |
| mangaa bha-o jhaa-ay. |

| doot_lagay fir chaakree satgur kaa vaysaahu. |
| kalap ṭi-aagee baad hai sachaa vayparvaahu. |
| kayttaa aakhan aakhee-ai aakhan tot na ho-aay. |
| jis kay jee-a paraan hai man vasi-ai sukh ho-aay. |

| manga vaalay kay t-hay daaṭaay ayko so-aay. |
| jis kay jee-a paraan hai man vasi-ai sukh ho-aay. |
| jo tis bhaaṅna so thee-ai avar na karnaa jaa-aay. |

| bha-o jhaa-ay. |
| kti-aa ṭi-aagee baad hai sachaa vayparvaahu. |
| mangaa bha-o jhaa-ay. |

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The *shabad* is to be sung in the *Siri Raag* and *Mehla 1*. The lyrics are as follows:

1. **bhalee saree je ubree ha-umai mu-ee gharaaahu.**
   - Man ray sach milai bha-o jhaa-ay.
   - Kayttaa aakhan aakhee-ai aakhan tot na ho-aay.
   - Jis kay jee-a paraan hai man vasi-ai sukh ho-aay.

2. **doot_lagay fir chaakree satgur kaa vaysaahu.**
   - Kalap ṭi-aagee baad hai sachaa vayparvaahu.**
   - Mangaa vaalay kay t-hay daaṭaay ayko so-aay.
   - Jis kay jee-a paraan hai man vasi-ai sukh ho-aay.

3. **kalap ṭi-aagee baad hai sachaa vayparvaahu.**
   - Mangaa bha-o jhaa-ay.
   - Kayttaa aakhan aakhee-ai aakhan tot na ho-aay.
   - Jis kay jee-a paraan hai man vasi-ai sukh ho-aay.

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It is the same light
It is the same light

In the previous shabad, Guru Ji invited us all to come and join him in singing the praises of our beloved Spouse, God. In this shabad, he shares with us the kind of enlightenment (divine knowledge) he has obtained by singing God’s praises and meditating on His Name.

Guru Ji says, “What a good thing has happened: the ego within my mind has been stilled. Now, by virtue of my faith in the true Guru, instead of bothering me, my impulses (such as lust, anger, and greed) have become my servants. (In other words, instead of being swayed by such passions into evil or undesirable acts, I control these passions and use them at appropriate times). By the grace of the eternal carefree God I have dispelled all anxiety (because I have realized that) this is useless.”(1)

So Guru Ji tells his mind (and actually ours), “O’ my mind, when one meets the eternal God, the fear (of the world) disappears. Without God’s fear (and respect for Him), one cannot be free from the fears of the world. This (state) is achieved only by merging in (getting attuned to) the Guru's words.”(1-pause)

Guru Ji further comments: “However much one may try to describe God, His description is limitless. Countless people beg (for one thing or the other), but He is the only Giver. Further we enjoy true peace only when that Master (God), to whom our life and soul belong, comes to abide in the mind.”(2)

Giving the reason why fulfillment of worldly desires does not bring us lasting happiness, Guru Ji says, “This world is like a dream, a drama which is over in an instant. It is through God's writ that some persons are united in this (dream) world, while others depart from the world in separation. Whatever pleases God that alone happens, and no one has the power to alter this.”(3)

In conclusion, Guru Ji says, “(We have been sent for a particular purpose, and that purpose is to attain God's Name. Therefore), through the Guru’s guidance we should accumulate the commodity of His Name, the real wealth and capital. The true Guru honors those who gather the true commodity (of Name). O’ Nanak, God will recognize (and honor that person) who has this true commodity (of Name).”(4-11)

The message of this shabad is that we have a very short stay in this world. During this period our emphasis should be on overcoming our evil tendencies under the guidance of our Guru, and meditating on God's Name. Only then will we fulfill our real mission in life, for which we have been sent into this world.
According to Dr. Bh. Vir Singh Ji, it appears that after listening to the message of the last shabad, the question was asked: “Why is it necessary to seek the Guru’s guidance and meditate on God’s Name? Couldn’t one get salvation by performing such deeds as charity, or ritual worship?

In this shabad, Guru Ji provides answers to these questions. Citing an example, Guru Ji says, “Just as by melting a piece of metal merges into metal, similarly by praising God, one merges into God Himself. (When people start praising God), then by degrees they are dyed with the true deep red color of God’s love. But only those contented (devotees) who meditate on Him with single-minded love and devotion attain to the eternal (God).” (1)

Therefore Guru Ji advises us, “O’ my friend, become the dust of the feet of saintly persons (humbly listen and act on their instructions). It is only in the company of saintly persons that we can find the Guru, who like the wish-fulfilling cow (Kaam Dhain) leads us to salvation (by saving us from evil ways).”(1-pause)

Now discussing God Himself, Guru Ji says, “There is a very beauteous high spot, on which stands the mansion of God, the destroyer of demons. (In other words, to reach a state of divine wisdom, one has to rise above the material motivations of power, vice, or virtues). It is through true loving conduct that we find the door to (His) mansion (the divine state). It is through the Guru’s guidance that we instruct the mind to contemplate on the Supreme Soul (and realize God in our inner self).”(2)

Guru Ji now tells us what happens if we continue doing deeds influenced by the three modes of Maya (vice, virtue, or power). He says: “When we do deeds motivated by (any of the) three modes, we are always living under some hope and fear (which often manifests in three wavy lines on our forehead). Without obtaining the guidance of the Guru, this worry doesn’t go away. It is only when we imperceptibly meet (God through the Guru) that there is peace. It is only when God shows His Grace that He washes off all the dirt (of our mind, through Guru’s guidance), and we recognize our true abode.”(3)

Guru Ji reemphasizes: “Mind’s impurity cannot be washed off without the Guru’s help, and without God’s grace there is no Home coming. Therefore, we should concentrate upon the Guru’s word alone, and abandon hope in anyone else. O’ Nanak, I am ever a sacrifice to such a Guru, who has himself seen (God), and also helps others to see Him.”(4-12)

The message of this shabad is that if we want to see the eternal God, and merge in Him, then rising above the three modes of Maya (power, vice, or virtue), we should seek the advice of the Guru (Granth Sahib) alone. Following that advice, we should imbue ourselves with God’s love and His Name, so that we may merge in Him just as one melting piece of metal merges into another.
It is the same light

SIRI RAAG MEHLA 1

In the previous shabad, Guru Ji advised us that if we want to see the sight of the eternal God and merge in Him, then rising above the three modes of Maya (power, vice, or virtue), we should seek the advice of the Guru. Following that advice, we should try to imbue ourselves with the love of God and His Name, and ultimately merge in God Himself. But still many keep loving things other than God, or performing silly rituals. In this beautiful hymn, Guru Ji compares such self-willed people with misguided and abandoned brides, and describes their fate.

He says: "Accursed is the life of an abandoned wife who instead of being in love with her own groom, is deluded by love of material objects (and worldly riches). She is like an alkaline wall, which is eroding and crumbling day after day. (She keeps making many efforts to find happiness, but) there can be no joy without following Guru’s word, and without meeting the spouse (God), her suffering cannot go away.”(1)

Now Guru Ji comments on those, who without true love for God, keep adopting different holy garbs to impress others. Continuing the metaphor of a bride, he says, “O’ bride, without the groom, there is no use of your adornments. By (these false embellishments or garbs), you are not going to obtain any support in or outside your home (in this or the next world). Because of your falsehood, you will suffer disgrace in God’s court.”(1-pause)

Next Guru Ji compares the fate of these misguided people with those who have been blessed with God’s Name, and reveals how they prepare for receiving the gift of God’s grace. Using the metaphor of a farmer, he says, “God is like a wise farmer who never makes mistakes. (Just as a farmer) first prepares the ground to make it suitable for sowing seeds (so that he gets a good crop), the infallible God similarly first prepares the heart of a person (by inculcating in it divine virtues). After this, He gives the gift of His true Name. Then there grows the crop of His Name (which is valuable) like all the nine treasures. (This blessed person reaches such a lofty state of mind) that he or she receives the mark of God’s grace (or the passport to enter God’s mansion).”(2)
Now regarding the foolish self-conceited people, Guru Ji says, “The person who knowingly does not understand (or try to follow) the Guru’s advice has no sense of proper conduct in life. Such a self-willed person has forsaken God’s Name (enlightenment). So such a person spends his or her life in complete darkness of ignorance. So his or her coming and going does not end: he or she keeps suffering in rounds of births and deaths.” (3)

Guru Ji comments again on those who perform all kinds of rituals and formal worships without real love for God. He uses the metaphor of a bride, who adorns herself with all kinds of cosmetics, but has no real love for her groom. He says, “A bride may buy all kinds of cosmetics, such as sandal wood and saffron. She may put vermilion between the partings of her hair. She may apply scent and perfume and chew betel-leaf mixed with camphor (to redden her lips and make her breath fragrant). But if her husband does not find her pleasing, then all her decorations are of no avail. (Similarly, a person may adorn him or her self in religious garbs and perform rituals, but if God is not pleased all that person’s efforts are useless).” (4)

In conclusion, Guru Ji says, “(For a bride soul), all such delights are meaningless, and all adornments are useless, unless one is imbued with God’s Name (love and enlightenment), and is honored in God’s court. O’ Nanak, blessed are those wedded bride souls who are truly in love with their spouse (God).” (5-13)

The message of this shabad is that if we want to enjoy God’s company, then instead of indulging in false worldly loves or religious garbs, we should meditate on God’s Name with true love and devotion.

In the previous shabad, Guru Ji gave us the message that if we want to enjoy God’s company, then instead of indulging in false worldly loves or religious garbs, we should meditate on God’s Name with true love and devotion. Still many of us remain engrossed in bodily pleasures, worldly attachments, and in love with of things other than God. In this shabad, Guru Ji reminds us about the fate of our body, which we love and cherish so much that we forget God who gave us this body. He also tells us about the result of our love for our relatives, and our worldly wealth and possessions.
Guru Ji says: “When the soul departs, the body looks deserted and dreadful. The burning fire of life goes out and no smoke (or breath) emerges from it. The five sense organs (powers of hearing, touching, seeing, tasting, and smelling) cry in grief for having been beguiled by duality (and losing their victim).”(1)

So Guru Ji advises us, “O’ fools, meditate on God’s Name and His attributes. (Don’t you see that) engrossed in pride, egoism and attachment to worldly riches, entire world is getting deceived.” (1-pause)

Guru Ji warns, “They who become engrossed in worldly pursuits have forgotten His Name, they are caught in duality and doubt, and become consumed by the fire of their desires. Only the Guru-sheltered are saved, while others are cheated and robbed by worldly occupations.”(2)

Now illustrating the importance of the Guru’s guidance, Guru Ji says, “(The person who follows Guru’s guidance, that person’s) love of the world dies along with all attachment, enmity and antagonism. That person’s worldly pursuits are over, and gone are also egoism, pride, acquisitiveness and anger. (But), it is only by (His) grace that we attain to the eternal (God), and by following the Guru’s advice, we are able to restrain (our evil worldly tendencies).”(3)

In conclusion, Guru Ji says, “By doing the truly right deed (of meditating on God’s Name), a person obtains (God) the truth, and imbibes the Guru’s instructions. Such a person is then neither born nor dies, neither comes, nor departs (from the world). O’ Nanak, such a person is recognized as a dignitary in God’s mansion, and goes to His court in honor.”(4-14)

The message of this shabad is that instead of wasting our lives in transient physical pleasures, worldly relationships and attachments, we should follow the Guru’s instructions. Our true love should be for God and His Name. Then God will shower His grace upon us and we shall go to His court in honor.

**sireeraag mahal 1.**

<table>
<thead>
<tr>
<th>Line</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>tan jal bal maatee bha-i-aa man maa-i-aa mohi manoor.</td>
<td>( \text{Then water and the feet of a man-mad (are)} )</td>
</tr>
<tr>
<td>a-ugan fir laagoo bha-ay koor vajaavai toor.</td>
<td>( \text{and nothing (begs) and (is)》</td>
</tr>
<tr>
<td>bin sabdai bharmaa-ee-ai dubi( \text{Dh} )a do( \text{Dh} )ay poor.</td>
<td>( \text{in the (world) its} )</td>
</tr>
<tr>
<td>man ray sabad ( \text{tarahu ch} )t laa-ay.</td>
<td>( \text{and (is)》</td>
</tr>
<tr>
<td>jin gurmukh \text{Naam} na \text{boo}jhi-aa mar janmai aavai jaa-ay.</td>
<td>( \text{Nanak who has} )</td>
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<td>( \text{</td>
<td></td>
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<tr>
<td>tan soochaa so aakhee-ai jis meh saachaa naa-o.</td>
<td>( \text{and (is)》</td>
</tr>
<tr>
<td>( \text{bhi sach raatjee dayhuree jhvaai sach su-aa-o.} )</td>
<td>( \text{other (is)》</td>
</tr>
<tr>
<td>sachee naar sahalee-ai bahu ( \text{na} ) paavai taak-ay-o.</td>
<td>( \text{is the true one (is)》</td>
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<td>( \text{</td>
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<tr>
<td>jal ( \text{tay} \text{taribhaa}v saaji-aa gh( \text{at} ) ghat ghot jot samo-ay.}</td>
<td>( \text{and (is)》</td>
</tr>
<tr>
<td>nirmal maalaa naa \text{thee}ai sabad ra( \text{tay} ) pat ho-ay-o.</td>
<td>( \text{is not the} )</td>
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<td>( \text{</td>
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<tr>
<td>ih man saach santokhi-aa naar karay ( \text{jis} ) maahi.</td>
<td>( \text{and (is)》</td>
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**SGGS P - 20**

<table>
<thead>
<tr>
<th>Line</th>
<th>Translation</th>
</tr>
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<tbody>
<tr>
<td>panch ( \text{bhoot} ) sach bhai ra( \text{tay} ) jot sachee maahi.</td>
<td>( \text{and (is)》</td>
</tr>
<tr>
<td>naanak a-ugan veesray gur raakhay pat taahi.</td>
<td>( \text{Nanak who} )</td>
</tr>
<tr>
<td>( \text{</td>
<td></td>
</tr>
</tbody>
</table>
In the previous shabad, Guru Ji advised us that instead of wasting our lives in transient physical pleasures and fostering worldly relationships we should follow the Guru’s instructions. Our true love should be for God and His Name. In this shabad, he describes the state of a self-conceited person who doesn’t care for the Guru’s advice, and remains engrossed in worldly attachments throughout his life. He also gives us true guidance to rescue us from suffering a similar fate, and have our honor saved in God’s court.

He says: “The body (of a self-conceited person) is burnt to ashes (ruined in the fire of worldly desires), and the mind that is attached to worldly riches becomes (useless like) rust. In addition, the sins (committed under the influence of falsehood) haunt the mind like enemies. Yet still such a person keeps blowing bugles of falsehood, and continues indulging in false and evil deeds. That person does not realize that without following the (Guru’s) word we are led astray, and duality (or the love of worldly things) drowns boat-loads of human beings.”(1)

Therefore, Guru Ji instructs his mind (indirectly ours) and says, “O’ my soul, follow the Guru’s word with full concentration, so that you may swim across (this worldly ocean). They who under Guru’s shelter have not realized (God’s) Name continue suffering in rounds of birth and death.”(1-pause)

Now Guru Ji tells us how to purify our body as well. He says: “That body is said to be immaculate in which abides the True Name. (In such a state) the body is filled with the fear of the eternal God, and the tongue delights only in singing praises of the eternal God. Such a person is blessed by God’s gracious glance, and suffers no more in the heat (of his mother’s womb, or the pains of birth and death).”(2)

To explain the above concept further, Guru Ji gives a very brief description of the process of creation. He says, “The eternal God first formed the air. From the air was formed water. From the water, He fashioned the three worlds (the earth, the sky, and nether region), and His light pervades through every being. (Therefore, the person who merges himself in that Light remains) immaculate, and never becomes soiled. Being imbued with the love of the (Guru’s) word, such a person is honored (in God’s court).”(3)

Concluding this hymn, Guru Ji says, “When our mind becomes contented by meditating on the True Name, God’s grace falls upon us. The body of five elements (ether, fire, air, water and earth) is then filled with the fear (and respect) of the eternal One, and His light fills our minds. (In such a state), O’ Nanak, all our demerits are forsaken, and the Guru saves our honor.” (4-15)

The message of this shabad is that if we want to find relief from the pains of birth and death, then we should listen, and act upon the Guru’s word (or advice) and meditate on God’s Name.

**SRI RAAG MEHLA 1**

**sireeraag mehlaa 1.**

naanak bayrhee sach kee taree-ai gur veechaar.

ik aavahi ik jaavhee poor bharay aha’ kaar.

manhath maatee boodee-ai gurmukh sach so taar.

||1||

gur bin ki-o taree-ai sukh ho-ay.

ji-o bhaavai ti-o raakh too mai avar na doojaa ko-ay.

||1|| raha-o.

aagai daykh-a-u da-o jalai paachhai hari-o angoor.

jis tay upjai tis tay binsai ghat ghat sach bharpoor.

aapay mayl milaavhee saachai mahal haddoor.

||2||

saahi saahi tujh samlaa kaadhay na vaysaara-o.

ji-o ji-o saahab man vasai gurmukh amrit pay-o.

man tan tayraa too Dhanee garab nivaar samay-o. ||3||
It is the same light

Siri Raag Mehla 1

In the first stanza of the previous shabad, Guru Ji compares this world to an ocean, and states that without following the Guru’s instructions, we are lost. Such duality has drowned boatloads of human beings (in the worldly ocean).

Guru Ji begins this shabad with the metaphor of a boat and the ocean to describe our sojourn in this world. He says: “O’ Nanak, we can swim across this (worldly ocean) if we ride the boat of truth (living truthfully), and let the Guru’s instruction be our captain (or guide). Otherwise, we can see that load after load keep coming into this worldly ocean, and they keep on drowning because of (the burden of) their ego. In short, by following the dictates of the mind we are drowned, but those who follow the Guru’s guidance (and lead a) truthful life, they swim across.” (1)

Therefore humbly addressing his own mind, Guru Ji says, “(O’ my mind), how can we swim (across the worldly ocean) without the (guidance of the) Guru? (Therefore, pray to God and say, O’ God), save me in whatever way You please, because except You, there is nobody else whom I can call mine.” (1-pause)

Observing the phenomenon of birth and death, Guru Ji compares it to a forest, which is burning at one end while at the other end, new plants are emerging. He says, “I see that while like in a forest fire, the world is being consumed by death, yet, at the same time, new growth is taking root behind. (While some people are dying, at the same time new children are being born). He, who creates them, is also their destroyer. The eternal God pervades every heart. He Himself brings about union with Him, and calls one into His mansion.” (2)

For this reason Guru Ji prays: “(O’ God, please bless me that) I may meditate on You with every breath, and may never forget You. (I know that) more the Master abides in my heart, more the nectar (of His Name) I shall drink by the Guru’s grace. (O’ God), my heart and body belong to You. You are my master; please remove my ego and merge me in Yourself.” (3)

Giving the essence of this sermon, Guru Ji says, “He who has created this form of the universe of three worlds (earth, sky, and nether region) can only be realized with the light of the Guru’s word. They who are self-willed remain in darkness. God’s light pervades each and every heart, and one can understand this essence (of reality) only through the Guru’s teachings.” (4)

In conclusion, Guru Ji says, “We should commend those who by the Guru’s grace have realized (God). Their true merits become manifest, and they merge in the eternal (God Himself). Because, O’ Nanak, being contented with His Name they dedicate their body and soul to God. (They are so imbued with love for God that their every deed and thought is dedicated to God’s remembrance).” (5-16)

The message of this shabad is that if we want to swim across this worldly ocean, and live in peace and contentment in this world, then we should follow Guru’s advice and meditate on God’s Name.
In the previous two shabads, using the metaphors of a boat, an ocean, and a forest on fire, Guru Ji explained to us the need to follow the Guru’s advice and meditating on God’s Name.

In this shabad, he directly addresses his mind (and ours) and says, "Listen O’ mind, my dear friend: this is the time to meet (God). As long as we are in our youth and are breathing, our body is of some use. Without acquiring virtues, nothing will avail us. (In the end), this body will fall like a heap of ashes."(1)

For this reason, Guru Ji tells his own mind (and ours), “O’ my soul, go to your home (the next world) after earning the profit (of His Name) in this world. Through the Guru’s guidance, praise His Name, so that (your) fire of ego is extinguished (and you enjoy the bliss of union with God).”(1-pause)

Commenting upon the efficacy of listening to or reading the sermons from Shastras (the Hindu scriptures) or other such philosophical writings, Guru Ji says, “We may listen to all kinds of scriptures and connect these (Hindu) mythical stories with one another. We may read, write, and interpret loads of such (stories or essays) ourselves, yet still the fire of our desires keeps intensifying day and night, and we remain plagued by the disease of vanity and evil passions. The carefree God is beyond any measure, and it is only through the Guru’s instruction that we can understand His real worth.”(2)

Guru Ji further elaborates, “We may perform millions of clever feats, and may have loving associations with many (worldly wise) individuals, but without the holy company of saints (such as the Guru), our spiritual thirst is not quenched. Without God’s Name, we suffer miseries and woes. (Therefore), O’ my soul, let us understand ourselves through the Guru’s guidance, and save ourselves (from the circle of birth and death) by meditating on God.”(3)

Guru Ji now concludes this shabad by telling us what he himself has done to achieve the aforementioned objectives. He says, “I have dedicated my body and mind, along with my head and heart to the Guru (I have completely surrendered to the advice of the Guru. As a result), by the Guru’s grace I have been blessed with the vision of God, whom I had been searching to find in the three worlds. O’ Nanak, God is now always with me, and the eternal Guru has brought about my union with Him.”(4-17)

The message of this shabad is that instead of listening or talking about voluminous scriptures, or trying our own clever ways, we should faithfully listen to and act upon the advice of the Guru (Granth Sahib Ji). The Guru will himself lead us to a blissful union with the all-pervading God.
Many of us sometimes worry too much about death and try our best to ensure that we never have to face it. But, we don’t succeed. In this shabad, Guru Ji educates us about the right perspective in this matter by describing the state of mind of a Guru’s follower, who has attained divine knowledge.

Speaking on behalf of a person who has learnt to live as per God’s will, Guru Ji says: “(O’ God), I am not worried about death, nor do I crave for (a long) life. You provide sustenance to all the creatures, and You know the account of each breath and morsel of food (which a person is supposed to enjoy in this world). You Yourself reside in the heart of a Guru’s follower, (who realizes that) You decide the fate of a person, as it pleases You.”(1)

Describing how a Guru’s follower instructs his own soul, Guru Ji says: “(O’ my dear soul, by meditating on God’s Name my mind has obtained satisfaction. By Guru’s grace, I have obtained such divine knowledge that the fire of desire burning within me has been extinguished.”(1-pause)
So Guru Ji advises us: “By meeting the Guru (and understanding his advice), we should remove all our doubts, and realize the state of our inner self. The place or state (of salvation), which we want to reach after death, we should try to reach that state while living, by killing (conquering) our mind. Yes, we can enjoy the unstuck music of pleasing divine songs by following the Guru’s teachings.”(2)

Now describing the blessings obtained by a person, who has reached the stage of enjoying the unstuck celestial music in the mind, Guru Ji says: “When we are blessed (and start hearing) the unstuck divine Word, our sense of ego is destroyed. I am a sacrifice to such a person who serves (and truly follows) the Guru. The Name of God comes to reside on that person’s tongue, and being taken to God’s Court such a person is bestowed with a robe of honor.”(3)

Now sharing his own observations about the world, Guru Ji says: “Wherever I see, I find God pervading everywhere, (and I see that this creation is) the union of spirit and energy. (Further I observe that) everyone who has come in to the world is governed by the three traits (of power, vice, or virtue). The self-conceited people, who remain alienated from God suffer pain and do not obtain union (with Him).”(4)

Still, in his mercy Guru Ji tells us how even such persons can find peace and salvation. He says, “When being imbued with God’s love, the mind becomes detached (from the world), and abides in its own home (which is also the abode of God), and remains imbued with the love of eternal (God), then such a person enjoys the supreme delight of divine knowledge, and no longer has hunger (for worldly things). Therefore, O’ Nanak, subdue your ego and unite with God, so that you may not suffer in pain anymore.”(5-18)

The message of this shabad is that if we want to end all our sufferings and enjoy the celestial music of union with God, then we should destroy our ego and meditate upon God’s Name with true love.

Sri Guru Granth Sahib

It is the same light

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While describing the state of mind of a Guru’s follower person, in the opening lines of the previous shabad, Guru Ji stated that such a person is neither worried about death, nor craves for a long life. Such a person leaves the question of the span of his life entirely to God’s will.

Guru Ji begins this shabad by depicting the state of mind of conceited and power-hungry individuals, who are always lured by their greed for worldly wealth rather than the wealth of God’s Name. Out of utter humility, he places himself among such persons, and then tries to advise his mind (and indirectly ours’).

Addressing his mind (as well as ours’), he says, "O’ my foolish and greedy mind, you are attached to and engrossed in greed. O’ worships of power, you are not swayed by the (divine) Word, and due to your evil intellect, you come into and go out from this world again and again. (However, if by good fortune), we meet the saintly true Guru (and receive his guidance), then we obtain (God) the treasure of merits.”(1)

Guru Ji, therefore, advises himself and us, “O’ my mind, give up pride and ego. Serve the Guru-God, the pool (of immortality), so that you may receive honor in God’s court.”(1-pause)

Continuing his advice, he says, “O’ my mind, day and night meditate upon God’s Name, and through the Guru’s grace realize its value, and regard God’s Name as your wealth. To enjoy the elixir of God’s Name in holy company and to acquire divine knowledge is like enjoying all kinds of comforts. They whom the true Guru has blessed with the gift of His Name serve God day and night.”(2)

Now describing the fate of those who (in contrast with the Guru’s followers) are always running after worldly riches, he says, “O’ on the other hand, the one who earns his or her wage by practicing falsehood is like a dog that eats even inedible food. Such a person slanders even the Guru, and therefore suffers utter disgrace. Doubt leads him astray, and such a person suffers in great agony. The demon of death deals very painful blows on such a person. In this way, they who follow their own mind will never obtain peace, while the Guru’s followers live in peace and comfort.”(3)

In closing, Guru Ji says, “Here in the world (the greedy) person remains engrossed in false pursuits, but in God’s court only the accounts of true actions are accepted. (Therefore, a Guru’s follower) serves God’s friend, the Guru (by following his advice), and considers the work desired by the Guru as his or her prime duty. O’ Nanak, such a person never forgets God’s Name: by God’s grace such a person receives the stamp of approval of the eternal God (and is accepted with honor into God’s court).”(4-19)

The message of this shabad is that instead of remaining obsessed with greed for worldly riches, we should follow the Guru’s instruction: do good deeds and meditate upon God’s Name.

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**sireraag mehla 1.**

Ik tîl pi-aaraa veersrai rog vadaa man maahi.
Ki-o dargeh pât paa-ee-ai jaa har na vasai man maahi.
Gur mili-ai sukh paa-ee-ai agan marai gun maahi. ||1||

Man ray ahinis har gu saar.
Jin khin pal Naam na veersrai tây jan virlay sansaar. ||1|| raha-o.

Jotee joot milaa-ee-ai surtee surat sanjog.
Hinsaa ha-umai gat ga-ay naahee sahsaa sog.
Gurmukh jis har man vasai tîs maylay gur sanjog. ||2||

Kaâ-ia-ia kaamâan jay kare bhogay bhogaanhaar.
Tîs si-o nauhu na keej-ee jo deedsai chalanhaar.
Gurmukh ravih sohaaganee so parabh sayj bhâtaar. ||3||
In the previous *shabad*, Guru Ji advised us that instead of remaining obsessed with greed for worldly riches, we should follow the Guru's instructions: do good deeds and meditate upon God’s Name. In this *shabad*, he describes the attitude and state of mind of those persons who follow the above advice, and remember God at all times.

Placing himself in the position of such a Guru’s follower, he says, “Even if I forsake my Beloved (God) for just one moment, I feel as if my mind is suffering from a serious malady. (I begin to think), how can I obtain honor in God’s court, if He does not abide in my heart? (Therefore, I should remember that) it is only by meeting the Guru (and following his advice) that we find peace, and the fire (of desire) is extinguished by singing God’s praises.”(1)

Therefore advising his mind (and ours), Guru Ji says, “O’ my mind, day and night sing praises of God. Very rare are (those) devotees in this world who do not forsake His Name even for a moment.”(1–pause)

Describing the blessings that come from meditating upon God’s Name with so much love that one merges into God Himself, he says, “When man’s soul merges with the supreme Soul or light (of God), and his mind becomes aligned with the Guru’s higher mind, then violence and ego disappear, and doubt and sorrow do not torment. Whoever follows the Guru’s teaching and enshrines God in the mind is blessed by union with Him.”

Guru Ji explains a Guru’s follower’s love for God by offering the example of a young bride’s love for her beloved groom. He says, “Just as a young bride surrenders herself to her spouse, similarly if a Guru’s follower surrenders his or her self to God, then that follower experiences the bliss of union with God. The soul of such a bride does not fall in love with what is transient, but is guided by the Guru, and enjoys God’s company and pleasure.”(3)

Finally Guru Ji advises, “Through the Guru’s grace, one should put out all the four fires (of violence, attachment, wrath, and greed) by pouring the water of God’s Name. (Then such a person would feel so delighted, as if within that person’s heart) has blossomed forth a lotus, and that person’s within would feel satiated and fulfilled. Therefore, O’ Nanak, make the true Guru your friend, so that upon reaching God’s court, you may obtain union with the eternal God.”(4–20)

The message of this *shabad* is that by following the advice of Guru (Granth Sahib Ji), we should imbue ourselves with such true and unceasing love that we do not forget His Name even for an instant. Such a continuous love will rid us of all our evil tendencies, and will lead us to an eternal union with God.
In the previous shabad, Guru Ji advised us that we should follow the advice of our Guru and imbue ourselves with such true and unceasing love that even for an instant we do not consider forgetting God’s Name. In this shabad, he tells us how we should test the sincerity of our meditation on God’s Name.

He says, “O’ my dear friend, follow the instruction of the Guru and recite God’s Name. We should test our mind on the touchstone of truth, and weigh it on the scales of reflection. (We should see that we are meditating sincerely on God’s Name and reflecting on the Guru’s words, and not just repeating the shabads mechanically). When we meditate with true devotion, our mind becomes a priceless jewel.”(1)

Telling another invaluable secret, he says, “O’ my brother, the jewel of God (the invaluable Name of God) resides in the Guru’s (teaching). It is in the company of the saintly persons that we meet the true Guru. Then we obtain God by praising Him day and night through the (Guru’s) word.”(1-pause)

Using the metaphor of an ordinary door-to-door salesman, Guru Ji advises, “(O’ my friend, it is with the capital of Truth that we buy the wealth of (God’s Name). But we only understand this through the enlightenment obtained from the Guru. Then, just as fire is extinguished with water, similarly the fire of desire is extinguished when we serve the servant of God (the Guru). Such a person is not touched by the demon of death. Such a person crosses the world-ocean, and is able to help others do so also.”(2)

Now Guru Ji compares the Guru’s followers with those who follow their own will. He says, “The Guru’s followers do not like falsehood (or run after the false worldly wealth). They are imbued with truth and attached to truth. On the other hand, the worshippers of Power (or Maya) do not like truth. They stand on foundations of falsehood (and their entire life revolves around falsehood). Only those who love truth are able to meet the true Guru, who unites them with the eternal God.”(3)

He finally observes, “God’s Name is like a precious jewel, a ruby or a diamond in everyone’s mind. The blessed God’s Name is the true merchandise, which lies deep in each and every heart. But O’ Nanak, this is obtained by the Guru’s guidance, when God (the Divine jewel) showers His grace.”(4-21)

The message of this shabad is that if we wish to obtain the priceless commodity of God’s Name, we must find it within ourselves by singing praises of God through the words of Guru (Granth Sahib).

**SIRI RAAG MEHLA 1**

sach vakhār Dhan raas lāi paa-ee-ai gur pargaas.
ji-o agan marai jal paa-i-ai ti-o tarisnaa daasan daas.
jam jandaar na lag-ee i-o bha-øjal tarai tarasa.
||2||

gurmukh koorh na bhaav-ee sach ratāy sach bhaa-ay.
saakāt sach na bhaav-ee koorhā koorhēe paaN-ay.
sach ratāy gur mayli-ai sachay sach samā-ay.
||3||

man meh maanak laal Naam rataṅ padaarath heer.
sach vakhār Dhan Naam hai ghat ghat gahir gambheer.
naanak gurmukh paa-ee-ai da-i-aa karay har heer.
||4||21||

**SIREERAAG MEHLAA 1.**

bharmaṁ bhaahi na vijhvaī jay bhavai disanṭaṁ
days.
anṭaṁ maṁ na utraī Dharig jeevaṁ Dharig vays.
hor kitai bhagat na hova-ee bin saṅgu kar kay updays. ||1||
In the previous shabad, Guru Ji advised us that if we wish to obtain the priceless commodity of God’s Name, then we should seek it within ourselves by singing God’s praises through the words of the Guru. But we see that many people still believe in visiting various pilgrimage sites, or bathing at “holy” river sites. They think that by performing such rituals they will become immaculate, and obtain union with God. In this shabad, Guru Ji categorically declares that such rituals are simply a waste of time and effort, and once again emphasizes the right and only way of overcoming all evil tendencies in us, so that we become worthy of union with God.

He says, “Even if one wanders through (all holy places in) the world, that person’s fire (of desire) is not extinguished. Nor does wandering (and bathing at holy places) wash away the dirt (of ego) within. Cursed is that life, and cursed is that garb if it does not wash off our inner impurity. The fact is that except through the true Guru’s instruction, there is no other way to perform God’s devotional service (and without God’s worship, one cannot become pure and worthy of His grace).”(1)

So instructing his own mind and ours, Guru Ji says, “O’ my mind, following Guru’s advice extinguish your fire (of desire). If the Guru’s instruction is enshrined in your mind, your ego and (fire like worldly) desire would be still’d.”(1-pause)

Guru Ji now shares with us some special information about our mind. He says, “The mind is an invaluable gem, like (the original uncut) jewel. By meditating upon God’s Name, it obtains honor (in the same way a jewel becomes priceless after being properly cut and shaped. The way to reshape the mind and make it priceless) is by associating with the true congregation, and thus attaining union with God. Therefore, a Guru’s follower always remains absorbed in love for God. When one’s egoism is gone one obtains deep peace, (and becomes one with God, as if) a wave has merged with an other wave.”(2)

Guru Ji now shows the other side of the picture by describing the fate of those self-conceited persons who do not meditate on God’s Name. He says, “They who do not contemplate God’s Name will continue coming and going (in this world), because of their demerits. The person who has not met the true Guru (and followed his instruction) continues suffering and is consumed in the dreadful worldly ocean. This (human) soul is (like a priceless jewel, but without meditating on God’s Name, it is being wasted, as if it is being) sold for a mere shell.”(3)
Concluding his views regarding the blessings of meeting a true Guru and obtaining his guidance, he says, “They who are blessed with the pleasure (of the company) of the true Guru are perfectly enlightened and sagacious persons. By meeting and being aided by the Guru we are able to swim across the fearful worldly ocean, and get accepted in God’s court with honor. O’ Nanak, the faces of those persons shine with honor in whose mind arises the tune and it keeps playing the drum of the (divine) word.”(4-22)

The message of this shabad is that if we want to reach God’s court and be accepted with honor, then instead of wasting our time in useless rituals (like bathing at holy places, or observing fasts), we should concentrate on our Guru’s teachings and meditate upon God’s Name.

In the previous shabad, Guru Ji advised us that if we want to reach God’s court and be accepted with honor, then instead of wasting our time on useless rituals (like bathing at holy places, or observing fasts), we must concentrate on our Guru’s teachings and meditate on God’s Name. In other words, Guru Ji told us that if we want to please God, we should do those things, which please Him, and not those that please us or impress others about our piety.

Commenting upon the fate of those human beings who instead of God’s Name amass falsehood, Guru Ji says, “They who do not have the true capital (of God’s Name), how can they find joy and peace? By dealing in false (worldly) wares, both our mind and body become false. Then like the deer caught in a noose, (we) daily cry in immense pain.”(2)
Commenting further on the fate of false persons, Guru Ji uses the example of coins. He says, “Just as false coins are not accepted in the treasury, similarly false persons do not gain entry into God’s mansion. They do not get to see the sight of the Guru God. They have no worth, recognition, or honor. No one succeeds through falsehood. The false persons who deal only in falsehood lose their honor, and continuously come and go (from this world).”(3)

Therefore, advising himself and us, Guru Ji says, “O’ Nanak, we should instruct our mind through the Guru's word (and God’s) praise. They who remain imbued with the love for God’s Name are not afflicted with sin or doubt of any kind. By meditating on God’s Name they gain immensely, and the fearless God comes to abide in their mind.”(4)

The message of this shabad is that like ordinary business matters, we become successful in the spiritual field only when God accepts the quality of our goods (the deeds done in life), and the sincerity of our love for Him.

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**SIRI RAAG MEHLAA 1**

According to Dr. Bh. Vir Singh Ji, Guru Ji uttered this shabad to offer real consolation and guidance to a person who was feeling deeply grieved at the death of a near and dear one.

In a very sympathetic (but realistic manner), Guru Ji says, “(O’ my friend) just as water lilies wither and die as the water level goes down, similarly wealth, youth, and a small flower last only for a few days.”(1)

Guru Ji then addresses us and says, “O’ my friend, as long as you are in the prime of youth, enjoy the pleasure (of God’s love), because only a few days are left with you on this earth. (Like an old dress), your body will wear down and decay, (and then you will not be able to meditate upon God).”(1-pause)

It appears that at this stage, the grieving person states the restless and painful state of her mind and says, “(O’ Guru Ji, I feel so depressed that I often think that since) my playful beloved has gone to sleep in the graveyard, me the unfortunate one should also go there and weep in a feeble voice.”(2)

While counseling patience, Guru Ji instructs her and us to realize that we also must depart from this world. Comparing the human soul to a young bride, this world to her parents’ house, and the next world to her in-laws,” he says, “O’ my dear beautiful (soul) bride, haven’t you heard with your own ears that one day you will also depart for your in-laws’ house (the next world), and you cannot stay in your parents' house (this world) for ever?”(3)

Guru Ji concludes this shabad by giving a wake-up call to all of us who remain asleep (unaware of our approaching death). He says, “O’ my dear slumbering soul-bride, understand that you are being robbed in daylight (by your inner enemies of lust, anger, greed, attachment, and ego). In this way you will lose your merits and will depart (from this world) with the load of demerits (or sins on your head).”(4-24)
The message of this shabad is that instead of crying at the death of our near and dear ones, we should realize that soon our own youth and life will also pass away and we would also die. Therefore, while we have youth and energy, we should fight our evil tendencies, so that when our time comes, we depart with virtues rather than sins.

In the previous shabad, Guru Ji provided us the consolation and strength needed to face difficult challenges, such as the death of our near and dear ones. In this shabad, he acquaints us with the reality behind all the pains and pleasures of life.

First, taking the pleasing aspect of life (such as the joy of love between a young bride and her playful spouse), he says, “(O’ my friends, God) Himself is the enjoyer, and Himself the joy. He Himself is the one who enjoys the pleasure (of love). He Himself becomes the (bride in a) charming dress, He Himself is the couch and Himself the bridegroom.”(1)

Feeling utterly amazed at the wonderful ways of God, Guru Ji says, “Imbued with love (and His own sport), my Master is pervading everywhere.”(1-pause)

Now taking the example of a fish, Guru Ji comments upon those moments when we suffer some loss, or are in physical pain. He says, “(In reality) God Himself is the fisherman, Himself the fish. He Himself is the water and Himself the net. He Himself is the metal ball of the net and Himself the bait within. (In other words, it is not us, but God Himself who is causing and suffering the pain of our worldly problems).”(2)

Now placing himself in our situation, Guru Ji says, “O’ friend, my beloved (God) is playful in many ways and enjoys the happily united (soul) brides daily. But look at me (the alienated one), how (miserable) I am!” (3)

In the end, Guru Ji addresses God and says, “O’ God, please listen to my supplication, You are the pool and You are the swan. You are the lotus (which blooms in the day) and the Kamina flower (which blooms at night). You yourself enjoy their sight and are pleased.”(4-25)

The message of this shabad is that we should accept both pain and pleasure as episodes in some wonderful drama being played by God, and learn to watch these episodes as spectators, and not as heroes or victims.
According to Dr. Bh. Vir Singh Ji, this shabad seems to be addressed to a pundit (Hindu priest) who owned some land and had a big family. He appeared to be well read in Hindu scriptures and was engaged in performing all kinds of religious ceremonies and rituals for a living. In his typically effective style, Guru Ji gives him true advice in his own language.

He says, "(O my dear friend), make this body of yours the farm, your good deeds the seed, and irrigate it with the water of (God’s) Name. Make your mind the farmer and grow the crop of God’s (Name) in your heart. In this way, you would achieve the supreme state of freedom from all worldly desires.” (1)

Referring to his pride in his wealth and family, Guru Ji says to the pundit, "O fool, why do you take pride in worldly wealth? Your father, sons, wife, mother and all other relatives will not be of any help in the end." (1-pause)

Then referring to his indulgence in all kinds of sins and vices, Guru Ji says, "(O my friend), root out the (weeds of) worldly sins and vices (from the field of your mind). Abandoning these sins, remember God with full concentration of your mind. When God’s meditation and the practice of austerity and self-control become the guides and guardians of your heart, it will blossom like a lotus, (and you would enjoy such divine relish, as if) nectar is dripping.” (2)

Finally, referring to the performance of charitable deeds and ritualistic worship, Guru Ji says, "(The one who) every day, in all the twenty seven phases of the moon, gathers the wealth of God’s Name, in one’s study of religious books including the four Vedas, six Shastras and eighteen Puranas recognizes the same limitless God, Nanak says, (God) helps that person cross over the dreadful worldly ocean.” (3-26)

The message of this shabad is that like a good farmer, we should sow the seed of God’s Name in our hearts, and weed out all our evil passions. Further, like a true devotee we should remember God at all times, and search for Him in the study of all holy books so that He might save us in the end.
It is the same light

In the previous shabad, Guru Ji gave true guidance to a rich pundit (Hindu priest) who was engaged in farming, in addition to ritualistic worship and the study of Hindu holy books, but he was also involved in all kinds of worldly affairs.

In this shabad, Guru Ji delivers a similar sermon to a Maulvi (a Muslim cleric). Like his Hindu counterpart, the cleric also owned land, had a big family, and was engaged in the prayers and worship prescribed by his faith. In keeping with Guru Ji’s style of talking to a person in his own language, here he uses Islamic terms and concepts.

First addressing the farmer in the Maulvi, Guru Ji says, “(O my friend), make pious deeds your land. In this land sow the seed of your Prophet’s word, and irrigate it daily with the water of truth. Becoming a (true spiritual) farmer, grow (and strengthen your faith). O’ ignorant one, only in this way will you know (the truth) about heaven and hell.”(1)

Referring to his sermons and lip service to Shariat (the Islamic laws), Guru Ji says, “(O my friend) don’t you ever think that you can attain to God by your mere words. You have simply wasted your life in the pride of wealth and splendor of beauty.”(1

Explaining why even pundits and maulvis (who are supposed to be more spiritually awakened than ordinary persons), are also without true love for God, Guru Ji cites another example.

He says, “This body is like a pool in which exists a puddle of sins. In this puddle our mind lives like a frog that cannot appreciate the presence of the lotus flower in the same pool. (Similarly, our mind cannot appreciate the presence of God in our body because it is too engrossed in the pursuit of sinful pleasures). Like a bumblebee, the teacher Guru repeatedly recites his sermon, but how can the mind understand, if (God) doesn’t allow it to understand?”(2)

Elaborating on the above concept, he says, “(The fact is that) as long as this mind is dyed with the love of worldly wealth, all (the sermons are without any effect, as if these have been) delivered and heard like the sound of wind. Only those who are blessed with God’s grace and who are dear to His heart remember Him with single-minded devotion.”(3)

Finally, referring to the Maulvi’s formal prayers and fasts, Guru Ji says, “(O my dear Maulvi), even though you fast for thirty days (during the Muslim month of Ramadan), and say five prayers, beware lest the devil nullifies the merits of all your ritualistic deeds. Nanak says, ‘You have to walk a long journey (after death). For what purpose have you acquired (by immoral means the weight of) your wealth and possessions?’(4-27)

The message of this shabad is that instead of acquiring worldly riches, performing rituals, or preaching formal and empty prayers, we should do good deeds and sincerely worship God.
In the previous shabad, Guru Ji showed the true way of life to a Maulvi (a Muslim priest) who owned land and had a big family. In this shabad, he advises a Mullah (Muslim scholar and teacher), who also acts as Qazi (or a Muslim Judge). In addition to its divine message, this shabad is an example of literary excellence of Guru Ji’s poetry. In this hymn, words from many different languages, like Mullah and Moula (from Persian), Moulea (from Punjabi), and Qazi (from Arabic) have been used for their poetic beauty, and intrinsic original meaning.

Addressing the Mullah, Guru Ji says, “(O’ my friend), it is God Himself who is the real Moula (the Master), who made the universe blossom, and grow beautifully green. Yes, it is He who bound land and sea together under His cosmic law, and kept them in their proper limits: amazing is that Creator!”(1)

But Guru Ji warns the Mullah (and us) that one-day this universe would definitely wither away, and we all would die. Therefore he says, “Remember O’ Mullah, remember that one day we all must die. Therefore, we should always bear the (loving) fear of God (in our mind).”(1-pause)

Next Guru Ji tells that Mullah how he can justify his rank and status. He says, “(O’ my friend), you will be deemed the (true) Mullah and (true) Qazi if you know and realize God’s Name. Even if one is very learned, still one has to leave this world when (the allotted span of one’s life is over), and the cup of one’s life is full.”(2)

Now referring to the intrinsic and original meaning of the word Qazi, Guru Ji says, “(O’ my friend), only that person is a (true) Qazi who has ended the ego and made God’s Name (the divine enlightenment and love) the life support. (Furthermore, one should firmly believe that) the true Creator is present now, would always be there, He is neither born, nor dies, (nor perishes).”(3)

Guru Ji warns the Mullah (and us) against feeling proud or conceited about superficial devotion and religiosity. He says, “You say your Nimaaz (prayer) five times a day, read the Quran and other holy books, (but still you are not free from the fear of death). Remember that your (death is so imminent, as if your) grave is calling you, and all your eating and drinking will soon come to an end.”(4-28)

The message of this shabad is that we should keep in mind that at any moment God could call us, and ask us to give an account of our deeds in this life. Therefore, instead of feeling proud and conceited that we recite the prescribed prayers daily and study the scriptures regularly, we should concentrate more on remembering God with a sincere heart and performing virtuous deeds.

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<td>In the previous shabad, Guru Ji showed the true way of life to a Maulvi (a Muslim priest) who owned land and had a big family. In this shabad, he advises a Mullah (Muslim scholar and teacher), who also acts as Qazi (or a Muslim Judge). In addition to its divine message, this shabad is an example of literary excellence of Guru Ji’s poetry. In this hymn, words from many different languages, like Mullah and Moula (from Persian), Moulea (from Punjabi), and Qazi (from Arabic) have been used for their poetic beauty, and intrinsic original meaning.</td>
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<td>Addressing the Mullah, Guru Ji says, “(O’ my friend), it is God Himself who is the real Moula (the Master), who made the universe blossom, and grow beautifully green. Yes, it is He who bound land and sea together under His cosmic law, and kept them in their proper limits: amazing is that Creator!”(1)</td>
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<td>But Guru Ji warns the Mullah (and us) that one-day this universe would definitely wither away, and we all would die. Therefore he says, “Remember O’ Mullah, remember that one day we all must die. Therefore, we should always bear the (loving) fear of God (in our mind).”(1-pause)</td>
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<td>Next Guru Ji tells that Mullah how he can justify his rank and status. He says, “(O’ my friend), you will be deemed the (true) Mullah and (true) Qazi if you know and realize God’s Name. Even if one is very learned, still one has to leave this world when (the allotted span of one’s life is over), and the cup of one’s life is full.”(2)</td>
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<td>Now referring to the intrinsic and original meaning of the word Qazi, Guru Ji says, “(O’ my friend), only that person is a (true) Qazi who has ended the ego and made God’s Name (the divine enlightenment and love) the life support. (Furthermore, one should firmly believe that) the true Creator is present now, would always be there, He is neither born, nor dies, (nor perishes).”(3)</td>
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<td>Guru Ji warns the Mullah (and us) against feeling proud or conceited about superficial devotion and religiosity. He says, “You say your Nimaaz (prayer) five times a day, read the Quran and other holy books, (but still you are not free from the fear of death). Remember that your (death is so imminent, as if your) grave is calling you, and all your eating and drinking will soon come to an end.”(4-28)</td>
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<td>The message of this shabad is that we should keep in mind that at any moment God could call us, and ask us to give an account of our deeds in this life. Therefore, instead of feeling proud and conceited that we recite the prescribed prayers daily and study the scriptures regularly, we should concentrate more on remembering God with a sincere heart and performing virtuous deeds.</td>
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<td>SIRI RAAG MEHLA 1</td>
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According to Dr. Bh. Vir Singh Ji there are three recognized methods of giving advice: in the third person, second person, or the first person. In the ‘third person’ method, the adviser discusses a person who may not be present, or discusses people in general. In the ‘second person’ style, the teacher addresses a person directly. He says, “You should do this or that.” In the ‘first person’ style (which is considered the most effective, particularly when the subject concerns human weaknesses, failings, evils tendencies, the speaker blames himself for all such shortcomings, and instructs himself and thus indirectly others to mend their ways. Guru Ji has used each of these three styles, wherever appropriate. In this shabad, he uses the ‘first person’ style. Showing extreme humility, he confesses that he suffers from many serious vices.

He says, “O’ God, I am always accompanied by one male dog (greed) and two female dogs (hunger and desire), who begin barking at me for food each morning. In my hand, are the knife of falsehood, and the dead body (of others’ wealth obtained by) deception. O’ God, I keep living like a low-caste nomad huntsman”(1)

Continuing his confession, on our behalf, Guru Ji says, “O’ God, I neither follow Your advice for living a life of honor, nor do any good deeds. Deformed and fearful is my appearance. But (I know that) Your one Name can save the entire world. This (belief) is now my only hope and mainstay.”(1-pause)

Guru Ji adds: “O’ God, I indulge in slander day and night. Like a low and base person, I spy on others’ houses. In my body reside the demons of lust and anger, and I live like a low-caste nomad huntsman.”(2)

Dwelling further on human failings, Guru Ji says, “(O’ God) I have adorned the dress of angels, but my real intent is to entrap innocent people. I am a deceiver, and I deceive the entire country. I consider myself very clever (but in fact I am carrying the weight of sin) on my head. O’ God, thus I live like a low-caste nomad huntsman.”(3)

Finally, Guru Ji says, “O’ God, I am an ungrateful wretch, who has not appreciated what You have done (for me). With what face will I an evil thief stand before You? This is what lowly Nanak says after deep reflection. O’ Creator, I live like a low-caste nomad huntsman.”(4-29)
The message of this *shabad* is that instead of considering ourselves very holy and religious (and expecting God to grant us a seat in heaven because of our outward piety), we should humbly confess all our faults and sins before Him, and beseech Him to bless us with the support of His Name (His true love), which alone can save us.

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<th>SGGS P - 25</th>
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<tr>
<td>Jayhee surat tayhaa tin raahu.</td>
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<td>Laykhaa ik o aavhu jaahu.</td>
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<th>SIRI RAAG MEHLA 1 GHAR 4</th>
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<td>Tayray jee-a jee-aa kaa tohi.</td>
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<tr>
<td>Ki't ka-o saahib aavahi rohi.</td>
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<tr>
<td>Jat too saahib aavahi rohi.</td>
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<td>Toon onaa kaa tayray ohi.</td>
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| Asee bolvigaarh vigaarhah bol. |
| Toon nadree andar toleh tol. |
| Jat karnee tath pooree maat. |
| Karnee baajhahu ghatay ghat. ||3|| |

| Paranyat naanak gi-aane kaisaa ho-ay. |
| Aap pachhaanai boojhai so-ay. |
| Gur parsaa karay beechaar. |
| So gi-aane dargeh parvaan. ||4||30|| |
Guru Ji then wonders about the qualities of a person with perfect intellect, or a person of wisdom. He says: “Nanak beseeches to know: what kind of a person is a wise person?”

Answering this question himself, Guru Ji says, “(That person is a wise person), who (shedding ego) recognizes the real self and comprehends (God). By Guru’s grace, such a person reflects upon (God and His merits, and tries to mold his or her character accordingly). Such a wise person is accepted in God’s court.”(4-30)

The message of this shabad is that we should never feel proud of our intellect, or look down upon others who are less intelligent than us. We should remember that it is God who bestows wisdom upon us all. So, we should always remain humble before God, and instead of trying to be clever with Him, we should approach God like a child and ask for His fatherly forgiveness and mercy.
It is the same light
In the previous shabad, Guru Ji advised us that we should never feel proud of our wealth, power or intellect: we should not let ourselves be influenced or misled by the pursuit of Maya (worldly wealth and power). But the fact is that Maya often makes people stray from the path of virtue and piety through greed or fear. Many rich and powerful people make even good people sin, by offering monetary rewards or by using threats. In this shabad, Guru Ji answers this question: how can we escape from being misled or deceived by Maya (which itself is undeceivable)? How can a person shed fear of any force, and how can one stop the greedy mind from wavering?

First commenting on the nature of Maya and how it influences man’s mind, Guru Ji says, “(O’ my friends), neither the unperceivable (Maya) can be deceived, nor any dagger can injure (or neutralize its evil effect. But on its own, it has no power), it acts as the Master wishes. (Therefore), the mind of a greedy person starts wavering (for it and ultimately compromises his or her virtues or principles for its sake).”(1)

But the question is: how can one obtain such wisdom that one’s mind doesn’t waver when faced with worldly enticements or threats? In metaphorical terms, Guru Ji asks, “How can the lamp (of divine wisdom) be lighted without the oil (of meditation on God’s Name)?”(1) -pause

Guru Ji then himself answers this question, and says, “We should live our lives according to the religious books. (This kind of practical life be the oil for the lamp of our life, in which we should) put the wick, which has been weaved with the loving fear (of God), and light it with the true (divine) understanding.”(2)

Emphasizing the above idea, Guru Ji says, “This is how this lamp (of divine wisdom) is lighted. It is only when you enlighten your mind (with divine wisdom), only then God is met.”(1) -pause

Now telling us the way to reach the mansion of God, Guru Ji says, “When the Guru’s word shows its effect on this body (soul of ours), then we understand that by (humbly) serving God (by meditating on His Name) we receive joy and peace. (We realize that) the entire world is subject to coming and going. (Therefore, instead of worrying about the transient world, we should be devoted to God and meditate on Him, who is eternal).”(3)
The message of this *shabad* is that if we want to live a life free from greed and fear in this world and go to God’s court without any worry, then we should act upon the teachings of holy books (the Guru Granth Sahib), and meditate upon God’s Name.

In the previous *shabad*, the first Guru (Nanak Dev Ji) advised us that if we wish to live a life free from greed and fear in this world (and go to God’s court in honor), then we should live according to the teachings of holy books and meditate upon God’s Name. In this *shabad*, the third Guru (Amar Das Ji) shares with us the benefits of serving the Guru, by following his advice and meditating upon God’s Name (due to which he was blessed with the honor of Guru ship).

He says, “I serve (and follow) my true Guru with single-minded devotion and rapt attention. The true Guru is like the wish-fulfilling place of pilgrimage, which can fulfill all the desires of our mind. (But only that person believes this thing) whom God Himself makes to understand (this thing. By meditating on God, one) obtains...”
It is the same light
In the previous *shabad*, Guru Ji gave us the message that if we want to fulfill all the desires of our heart, we should love and follow the Guru's teachings. However, the greatest blessing to ask for from the Guru is God's Name (and not worldly riches or pleasures). Still, there are many persons who live under the false notion that they can please God by wearing holy robes, visiting holy places, or by practicing other faith rituals. Some feel that happiness lies in enjoying worldly riches and power. In this *shabad*, Guru Ji gives his opinion about all on practices and beliefs.

He says, "By adorning many (holy) garbs, we wander (around in doubts. By doing so one starts) practicing deceit in one’s heart and mind, and does not reach God’s mansion. Upon death, (such a person) merges back in the filth (of the womb to be born again)."(1)

So addressing his mind, Guru Ji says, "O' my mind, remain detached while living in the household itself. (But to acquire such state of mind, only that person) practices truth, continence and nobility, whose mind is enlightened by Guru’s grace."(1-pause)

Describing the benefits of following Guru’s instruction, he says, “He, who has conquered his mind through the Guru's instruction, obtains salvation and deliverance even while living at home. Therefore, joining the company of saintly persons, we should meditate on God’s Name.”(2)

Next, stressing upon the necessity of obtaining and following Guru’s guidance, he says, "Even if one cohabits with millions of women, and rules over all the nine regions (of the world), still he cannot obtain peace without (following the advice of) the true Guru. He will go through birth and death again and again.”(3)

Describing the blessings of sincerely following Guru’s instruction and meditating on God, Guru Ji says, “Miraculous supernatural powers are running after those who by focusing their mind on the Guru’s feet (his words), wear the necklace of God’s love (the meditation of His Name), but they don’t have even an iota of desire (for such powers).”(4)

In conclusion, Guru Ji says, “Whatever pleases God, that comes to pass, and nothing else can be done. (O’ God), slave Nanak survives, by meditating on (Your) Name, (please bless him) as per Your nature.”(5-2-35)

The message of this *shabad* is that for reaching God’s mansion, we do not have to forsake our households and roam about wearing holy garbs. We can reach God by leading our life according to Guru (Granth Sahib’s instructions), and meditating on God’s Name.
It is the same light

SIRI RAAG MEHLA 3 GHAH 1

In the previous shabad, Guru Ji advised us that we should not forsake our households and roam about wearing religious garbs. Instead we should seek the refuge of the Guru, and lead our life as per his instructions and meditate upon God’s Name.

Explaining the above point with an example, he says, “That (God), whose kingdom is this (world), everyone is (obedient to Him). By doing deeds in accordance with the Guru’s advice, that eternal (God) becomes manifest in the heart. In whose mind abides the eternal (God) earns everlasting glory (by doing deeds in accordance with the Guru’s advice).”(1)

Therefore addressing God, Guru Ji says, “O’ my God, I do not have anyone else except You. The true Guru (is the embodiment of the) eternal God, and through his word union with God is obtained.”(1-pause)

Elaborating the above point, Guru Ji says, “The one who remains attuned to the (Guru’s) word remains united (with God, but only that person remains united) whom God Himself unites. No person can unite with God while being attached to the love of other (worldly things), therefore keeps coming and going (in and out of this world) again and again. The one (God) resides in all hearts, and pervades everywhere. The person upon whom God is merciful, by Guru’s grace that person remains absorbed in (God’s) Name.”(2)

Guru Ji next comments upon the learned people, who instead of truly meditating on God’s Name try to show off their scholarship by entering into controversies. He says, “The pundits (scholars) and astrologers read more and more books, and then enter into (useless) discussions. But owing to their corrupted understanding and intellect, and the vice of greed residing in them, they fail to realize the truth. So they continue to wander through millions (of existences), and are ruined in wandering. (But it is not under their control, because) they have to act according to their pre-ordained destiny, which no one can erase.”(3)

Now Guru Ji frankly acknowledges that it is very difficult to serve the Guru and follow his teachings. Therefore, he says, “The service (following the advice) of the true Guru is very difficult, because shedding our self-conceit, we have to surrender our head (our very life. It is only after such service that a person truly understands the Guru’s word.) It is only when one is united with the (Guru’s) word that one attains God and one’s (devotion) becomes fruitful. (It is believed that by touching the philosopher’s stone a piece of iron becomes gold, but the Guru is such a) philosopher’s stone: by becoming attuned to him, the person becomes the philosopher’s stone (or the Guru himself), and his light merges in the (supreme) Light (of God). However, only those persons in whose fate is so written are blessed with the company (or guidance) of the true Guru.”(4)

But instead of trying to follow the Guru’s advice and meditating on God’s Name, most of us make excuses: such as, we cannot devote time to do God’s devotion because we must spend our time earning our livelihood,
otherwise our family will starve to death. Commenting on such false pretenses of the mind, Guru Ji says, “O my mind, don’t keep clamoring that you are hungry, and unable to fulfill your (worldly) needs. (Rest assured that) God, who has created the world of millions of species, sustains them also. The fearless God is always merciful and takes care of all. But, O’ Nanak, it is only by following the Guru’s guidance that we understand (this thing), and obtain the door to salvation.”(5-3-36)

The message of this shabad is that we should have faith in God, that He is merciful and takes care of all. Our aim in life should be to reunite with Him, and attain salvation from repeated births and deaths. The best way to unite with God is to follow the holy word or the teachings of the Guru (Granth Sahib Ji) and meditate on God’s Name.

Sireeraag mehlaa 3.

jinee sun kai mani-aa tinaa nj ghar vaas.
Gurmatree saalaahi sach har paa-i-aa guntaas.
sabad rajay say nirmalay ha-o sad baliaharai jaas.
hirdai jin kai har vasai tij ghat hai pargaas. ||1||
man mayray har har nirmal Dhi-aa-ay.
Dhur mastak jin kaa-o lihii-aa say gurmukh rahay liv laa-ay. ||1|| raha-o.
har santau daykhhu nadar kar nikat vasai bharpoor.
Gurmat jinee pachaani-aa say daykheh sadaa hadoor.
jin gun tij sad man vasai a-ugunvantii-aa door.
Manmukh gun tai baahray bin naavai marday jhoor. ||2||
jin sabad guroo sun mani-aa tin man Dhi-aa-I-aa har so-ay.
an-din bhaaee tajt-aa man tan nirmal ho-ay.
koorhaa rang kasumh kaa binas jaay dukh ro-ay.
jis andar naam pargaas hai oh sadaa sadaa thir ho-ay. ||3||
ih janam padaarath paa-ay kai har naam na chaytai liv laa-ay.

SGGS P-28

pag khis-ai rahnaa naheee aagai thaa-ur na paa-ay.
Oh vaylaa hath na aavee ant ga-i-aa pachhuta-ay.
jis nadar karay so ubrai har saytee liv laa-ay. ||4||
daykhaa daykheh sabh karay manmukh boojh na paa-ay.
jin gurmukh hirdaa suDh hai sayv pa-ee tij thaa-ay.
har gun gaavahi har nit parheh har gun gaa-ay samaa-ay.
naanak tin kee baanee sadaa sach hai je naam rahay liv laa-ay. ||5||4||37||
SIRI RAAG MEHLA 3

In the previous shabad, Guru Ji told us that the best way to unite with God is to follow the holy word or the teachings of the Guru (Granth Sahib Ji) and meditate on God’s Name. In this shabad, he describes the blessings obtained by those persons who listen to the Guru’s word and believe in it (by convincing their minds to meditate on God’s Name).

He says, “Upon listening to the Guru’s word, they who have obeyed (the advice given in it), have obtained abode in their own home (of the heart, in which God also resides). By following the Guru’s instruction, they praise the eternal (God), and in this way have attained God, the treasure of virtues. They who are imbued with the (Guru’s) word are immaculate; I am always a sacrifice to them. They in whose hearts resides God, in their hearts is the (divine) enlightenment.”(1)

For this reason, Guru Ji says to his mind (and ours): “O’ my mind, meditate on the immaculate God. But only those Guru’s followers are truly attached to God in whose destiny it is so written from the very beginning.” (1-pause)

Next addressing us in a most respectful and friendly manner, Guru Ji says, ”O’ devotees of God, look with a searching glance, that God abides close-by and pervades everywhere. They who recognize God through the Guru's teachings see Him always present before them. God always abides in the hearts of those who possess virtues. However, He remains far from the vicious. Those conceited persons bereft of virtues, who do not meditate upon God's Name, die repenting.”(2)

Elaborating on the above thoughts, he says, “There are those who, after listening to the Guru’s word, have acted upon it and have remembered God in their hearts. (They have realized that) becoming imbued night and day with devotion to God, mind and body become pure. Like the false and transient color of safflower, (false is the delight of worldly pleasures). One weeps miserably when such delight disappears. But the person who has the light of God’s Name (divine knowledge, in the heart) always remains steadfast (and stable).”(3)

Guru Ji therefore cautions us and says: “Upon receiving this invaluable life, many people do not remember God’s Name with dedication. (They do not realize that) when their foot slips (when death comes), they will not be able to stay in this world and will find no place to rest in the next. Further, they will not be able to regain this lost opportunity, and therefore in the end they will leave this world in a state of repentance. But the person upon whom God casts His gracious glance remains imbued with love for God, and will be saved.”(4)

Guru Ji finally comments on those who make a show of being devoted to God, but do not have real love for Him. Regarding such persons, he says, “All perform God’s worship in imitation of others, but the self-willed do not obtain true understanding (of how to reflect upon God’s Name). But, the service or devotion of the Guru’s followers blessed with pure hearts shall find acceptance with God. They sing God’s praises, and by reading and singing daily about His glories, they remain absorbed in Him. O’ Nanak, ever true is the word of those who remain devoted to God’s Name.”(5-4-37)

The message of this shabad is that if we wish to be united with God, then we must listen to the Guru's word, have faith in it, and act upon it. We should always remain imbued with true love for God’s Name and sing His praise.

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sireeraag mehla 3.

| मिली वचन ॥ | sisir gur saa Sahib ||
|---|---|
| तसी तिथि भाषि नाम विगीतेश्वर सुधारी वीर्यावधि किसिंदर || jine ik man Naam Dhi-aa-i-aa gurmāṭee veechaar. ||1||
| तिल ले भाषि ध्वनि धूमि सत्सहित || tīn kay mukh sad ujjay tit sachai darbaar. ||1||
| विचि ओमिसु ऋषि राम मन समी ऐसी विगमानित || o-ay amrit peevēh sađā sađā sachai Naam pīaar. ||1||
| बही दे गुरामित बाल बहिरंग || bhaa-ee ray gurmukh sađā paṭ ho-ay. ||1||
| विचि विचि बाल विगमानित मह जहाँ बहे बह्य || har har sađā Dhi-aa-ee-ai mal ha-umai kadhai Dho-ay. ||1||
| जिमरे || rahaa-o. ||
| अधम राम ॥ नागाधि तिथि धूमि नाद || manmukh Naam na jaanēe vin naavai paṭ jaa-ay. ||1||
| संधि संधि न भगवान तने प्रम नाद || sabbai sađā na aa-i-o laagay doojai bhaa-ay. ||2||
| संदर्र संदर्र धूमि नाद || viṣṭāa kay keerhay paveh vich viṣṭāa saaj viṣṭāa maahi samaa-ay. ||2||
In the previous shabad, Guru Ji advised us that if we wish to be united with God, then we must listen to the Guru’s word, have faith in it, and act upon it. We should always remain imbued with true love for God’s Name and sing His praise. In this shabad, he elaborates on the blessings of meditating on God’s Name. He says, “Reflecting on the Guru’s instruction, they who have meditated on God’s Name with a single mind, are always honored in the court of that eternal (God). Because of their love for (God’s) eternal Name, they always drink the immortalizing nectar.” (1)

Therefore, Guru Ji says to us, “O’ brothers, one is always honored by following Guru’s advice. Following his instruction, we should always contemplate on God, so that the filth of our ego may be washed off.” (1-pause)

But there are many self-conceited persons who do not care about the Guru’s instructions. Regarding such people, Guru Ji says, “The self-willed do not contemplate on God’s Name, and without His Name they lose their honor. They do not relish God’s Name; they are attached to the love of the other (worldly wealth and power). They are like worms of filth, so they fall in filth, and are consumed in the filth (of sins) itself.” (2)

However, there are some who listen to the Guru, and act upon his advice. Describing the blessings obtained by such Guru’s followers, he says, “Approved is the life of those who live according to the true Guru’s teachings. They save their lineage, and blessed is the mother who gave birth to them. Therefore, we should all meditate upon God’s Name. However only that person does so upon whom God showers His grace in His will.” (3)

In conclusion, Guru Ji says, “The Guru’s followers, who effacing their ego have meditated upon God’s Name are pure within and without. Being pure they remain merged in the eternal God. O’ Nanak, approved is the advent of those who following the Guru’s instruction, contemplate on God.” (4-5-38)

The message of this shabad is that we should listen to the Guru, and act upon his advice. We should meditate on God’s Name with single-minded devotion. By doing so we will save not only ourselves, but also our entire lineage.
In the previous shabad, Guru Ji gave us the message that we should listen to the Guru, act upon his advice, and meditate upon God’s Name with single-minded devotion. By doing so we will save not only ourselves, but also our entire lineage. In this shabad, he elaborates on the importance of meditating upon God’s Name.

He says, “For God’s devotees, the wealth of God’s Name is the commodity in which they deal, and under the advice of the Guru, they trade (in this commodity). They always praise God’s Name, and God’s Name is the support of their life. The perfect Guru has implanted God’s Name in their hearts, therefore God’s Name is their inexhaustible treasure.”(1)

Therefore he advises us, “O’ brother, counsel your mind, (and say), O’ my mind: why are you lazy? Seeking Guru’s guidance, meditate upon God’s Name.”(1-pause)

Next Guru Ji explains what devotion to God means. He says, “If following Guru’s guidance, a person reflects, (that person would realize) that devotion to God is God’s love. Through hypocrisy, God’s worship cannot be done. Any words spoken in duality (or love for things other than God) bring nothing but harm. But, the person who has true enlightenment and divine knowledge stands out even in a crowd of hypocrites.”(2)

Elaborating on the qualities of a true servant (or devotee) of God, Guru Ji says, “Only that person is called the true servant of God who always keeps God enshrined in the heart. Such a person effaces ego, and surrenders both body and mind to God. Blessed and approved is that Guru’s follower, who never comes (home) defeated.”(3)

But Guru Ji cautions, “Only when (God) bestows His grace, we obtain (Him); without His grace, He cannot be attained. Millions crave union with Him, but only those are united with Him, whom He Himself unites. O’ Nanak, only those Guru’s followers obtain God who always remain absorbed in God’s Name.”(4-6-39)

The message of this shabad is that if we want to unite with God, we should seek the Guru’s refuge and guidance. Through the Guru’s teachings, we should develop true devotion and love for God. So that, someday God may shower His mercy upon us also, and unite us with Him.

The message of this shabad is that if we want to unite with God, we should seek the Guru’s refuge and guidance. Through the Guru’s teachings, we should develop true devotion and love for God. So that, someday God may shower His mercy upon us also, and unite us with Him.

**Siri Raag Mehla 3**

Har bhagat har kaa pi-aar hai jay gurmukh karay beechaar.
Pakhand bhagat na hova-ee dubDhaa bol khu-aar.
So sayyak har aakhe-ai jo har raakhai ur Dhaar.
Man tan sa-upay aagai Dhayar ha-umai vichahu maar.
Dhan gurmukh so parvaan hai je kajay na avai haar. [3]
Karam milai taa paa-e-e-ai vin karmai paa-i-aa na jaa-ay.

**Sukh saagar Naam hai gurmukh paa-i-aa jaa-ay.**
**an-din Naam Dhi-aa-e-ei sehjay Naam samaa-ay.**
**andar rachai har sach si-o rasnaa har gun gaa-ay.**
It is a fact of life that we all try to achieve happiness in one-way or another. Most of us believe that we can achieve happiness by acquiring worldly wealth and power. Some of us try to find it through observing rituals, ceremonies or disciplines prescribed by our respective faiths. Yet, happiness eludes us all. In this shabad, Guru Ji explains the reasons for unhappiness, the real source of happiness, and how to obtain it.

He says, “God’s Name is (like) the ocean of joys, and it is obtained through the Guru’s grace. (What we need to do is that) following Guru's teachings, we should meditate on God’s Name day and night. (In this way, one) easily merges in His Name. Thus does our heart become imbued with the eternal God, and our tongue (automatically) sings God's praises.”(1)

Giving the main cause of the world’s unhappiness and its cure, Guru Ji says, ‘O’ brother, the world is in misery because of duality (the love for worldly riches and power, rather than God). It is only by seeking the Guru’s refuge and by meditating on God’s Name day and night, that one can obtain happiness.”(1-pause)

Elaborating on the above remedy, Guru Ji says, ‘(When one is immersed in the love of the eternal God, the mind becomes pure). When a person with a purified mind meditates on God, then no dirt (of evil thought) can stick to that person. Through the Guru’s word we realize God, and merge in the nectar of His Name. By illuminating our inner self with the light of the Guru's divine knowledge, all the darkness of ignorance is dispelled.’”(2)

Commenting on the conceited persons who do not follow the Guru’s advice, but try to find happiness in worldly wealth and power, he says, “The self-willed persons are impure, and filled with the dirt of ego, (worldly) desire, and sins. This filth is not washed off without meditating on God’s Name. Therefore, they (who do not meditate on God’s Name) are ruined (in the process) of dying and being born again and again. They remain involved in the illusory play of the world, and reach neither this nor that shore.’”(3)

But regarding the merits of a Guru’s follower, he says, “Because of their love for God’s Name, the Guru’s followers have the merits of worship, penance, and restraint. (They firmly believe that) through the Guru’s guidance, we should always meditate upon the Name of the one Creator. (Therefore), O’ Nanak, we should meditate on the Name of that God who is the support of all beings.”(4-7-40)

The message of this shabad is that we should follow the teachings of the Guru (Granth Sahib Ji), act upon them, and always meditate upon God’s Name from the core of our heart. Then we will not only find happiness, but also achieve the very fount of all bliss.

Detail of shabads M: 1=33, M: 3=7, Total=40
In the previous *shabad*, Guru Ji described the best way to find happiness. He squarely rejected the common notion of finding happiness through acquisition of material wealth and power. Yet this raises the question: what should a person do? Should one abandon all worldly wealth and connections, and become a recluse (as advocated by many faiths)? Or is there a better way? In this *shabad*, Guru Ji provides the answer to this and many other such questions.

Pointing to the basic reason for human unhappiness, he says, “The self-conceited (human being) is so entangled in material attachment, that such a person can neither be in love with God, nor can get detached from worldly wealth. Such a person does not reflect on the (Guru's) word, therefore, always suffers in pain and loses honor in God’s court. (We should realize that) we shed our ego by following the Guru’s instruction, and obtain happiness by being imbued with the Name.”(1)

In his humility, instead of pointing fingers towards others, Guru Ji advises his own mind and says, “O’ my mind, day and night remain filled with (worldly) desire. By serving the true Guru (and following his instructions), the attachment with worldly riches is burnt away, and even while still living in the house, we become detached (from the world).”(1-pause)

Guru Ji now comments on the life of a Guru’s follower. He says, “The Guru’s follower always does the deeds ordained by the Guru and remains delighted from within, because within that person is love for God and (spiritual) peace. (A Guru’s follower) day and night meditates upon God, and dispelling ego from within, remains carefree. By great good fortune (such a person) has found company of saintly persons and has attained to God who is embodiment of peace and bliss.”(2)
Giving the definition of a true saint and a renouncer, he says, “The real saint and renouncer is the one who enshrines God’s Name in the heart. Within (such a person) there is not the slightest touch of evil thought, and that person dispels self-(conceit) from within. The true Guru has revealed the treasure of (God’s) Name, and that person is satiated by drinking the divine elixir.”(3)

Guru Ji therefore concludes the shabad by unequívocally declaring, “Whosoever has attained to God, has done so by perfect good fortune, by engaging in the adoration of God in the company of saintly persons. But being afflicted with ego, the self-willed do not understand what the true Guru says, so they continue to wander (in useless places). O’ Nanak, only they are imbued with the love for God’s Name, who are imbued with the word (or advice of the Guru. But) without the fear-in-love (of God), one cannot be imbued with (the love or) attachment (for God).”(4-8-41)

The message of this shabad is that to find true happiness and bliss, we need not renounce our family or the world. All we need to do is to rise above our worldly desires and evil impulses (particularly ego) while living in this world itself. This we can do by carefully listening to and acting upon the word and advice of our Guru (Granth Sahib Ji), and by meditating on God’s Name with true love, respect and devotion in the company of saintly persons.

SIRI RAAG MEHLA 3.

In the previous shabad Guru Ji told us that we need not renounce our family and go to jungles or mountains to find God (the treasure of happiness). We can attain to God while living in our home itself. In this shabad he goes a step further.

He says, “(O’ my friends), we can obtain the commodity (of God’s Name) within our heart itself, because every commodity is contained within (our own body. We can obtain this commodity) by meditating upon God’s Name each and every moment. The treasure of God’s Name is inexhaustible, and it is obtained through great good fortune, but only a (rare) Guru’s follower obtains (this understanding).”(1)
Therefore advising himself (and indirectly us), he says, “O my mind, abandon slander, conceit and arrogance. Instead, seeking the guidance of the Guru, always meditate upon the one God.”

Describing the blessings obtained by those who follow the Guru’s advice and try to find God in their heart, Guru Ji says, “By reflecting upon the word of the Guru, the Guru’s followers obtain honor. By regularly meditating upon God in their heart, they enjoy peace both in this world and the next. By reflecting upon the Guru’s word, they have found the mansion (of God) within themselves.”

But, regarding those who do not listen to the Guru, he says, “They who turn their faces away from the true Guru (and don’t listen to him), are disgraced. Day and night, they keep sufferings in pain, as if they are being stalked by the demon of death for casting his noose over them. They don’t find peace even in their dreams and are consumed by worry.”

However, Guru Ji shows compassion even for such self-conceited ones, and shows them the way out. He says, “(O my brothers), the benefactor of all is the one God, and He Himself showers His gifts. He gives His gifts to whomsoever He pleases, and nothing can be said about it. (Therefore don’t give up even if you have made mistakes in the past. Even now if you pray for His mercy in a sincere and humble way, He may still forgive you and bless you with happiness. However), Nanak says that only through the Guru’s grace, we attain to Him, and He Himself knows (everything).”

The message of this shabad is that regardless of our past conduct, we can still achieve real peace and happiness while living in this world. For this we must follow the Guru’s guidance, and we must humbly and sincerely pray to God to bless us in the matter. Then following Guru’s advice, we must rid our mind of the evils of avarice, ego and anger, and sincerely meditate upon God’s Name.

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| सर सूर्य-ए दीवें मंड दहाव संधि। ||13|| }
In this shabad, he elaborates upon the blessings of meditating on God’s Name, which is synonymous with serving Him. He says, “We should serve the eternal Master, because He blesses us with everlasting glory. By the Guru’s grace, He comes to abide in our heart and dispels our ego. This mind ceases its wanderings (in pursuit of Maya) only when He Himself casts His glance of grace.”(1)

Therefore, he advises, “O’ brother, following Guru’s guidance, meditate upon God’s Name. When the treasure of His Name is enshrined in the heart, you will find a place in (God’s) mansion.”(1-pause)

Guru Ji then observes, “The mind and body of a self-conceited becomes blind (for the sake of Maya or worldly attachment). Therefore, such a person doesn’t find shelter or a place of rest anywhere, and continues wandering through many existences, like a crow scouring deserted houses. It is only by acting upon the Guru's teachings that one receives the light of divine knowledge (understanding of the right way of life), and through the (Guru's) word one obtains God’s Name.”(2)

Next, Guru Ji comments on the pundits (the religious scholars) who read their faith books like the Vedas and the Simritis, and deliver discourses. He says, “The world is getting blinded (misled) by the three modes of Maya, (the worldly riches and power). These are tamas (sloth or the darker urges), rajas (passion, or urge for action), and Sativa (or the desire for good deeds). These create a kind of fog of illusion in man’s mind.

Greedy persons may appear to be serving others through their study of Vedas (Hindu holy books) and giving lectures, but for the sake of earning money only. Such people are consumed by the poison (of Maya). He says, “The world is getting blinded (misled) by the three modes of Maya, and the world is thus perceived by the mind as being threefold. If we want to find salvation from the continuous pains of births and deaths, we must follow the teachings of the Guru (Granth Sahib Ji), and meditate upon God’s eternal Name. Only then will we obtain everlasting happiness both in this world and the next.

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In conclusion, Guru Ji says, “Owing to their attachment to worldly wealth, the world has forgotten the universal Father, the world-cherisher. Without the Guru’s guidance, (the entire world) is ignorant (of the right path), and is therefore caught in death’s noose. O’ Nanak, only by following Guru’s teachings and meditating on the eternal Name, can one be saved.”(4-10-43)

The message of this shabad is that if we want to find salvation from the continuous pains of births and deaths, we must follow the teachings of the Guru (Granth Sahib Ji), and meditate upon God’s eternal Name. Only then will we obtain everlasting happiness both in this world and the next.

It is the same light
SIRI RAAG MEHLA 3

Guru Ji concluded the previous shabad with the remark that owing to their attachment to worldly wealth, many people forget (God) the universal Father and the world-cherisher. Without the Guru’s guidance, all human beings are ignorant (of the right path). In this shabad, he enlightens us more about worldly attachments and tells us the right way to attain God.

He says, “(O’ my friends, in this world is pervading) the attachment for Maya (worldly riches and power), due to which man has three kinds of inclinations or urges (for vice, virtue, or power. But a ‘Guru’s follower (who follows the Guru’s guidance) attains to the fourth state (of Turya or spiritual exaltation). God’s Name comes to abide in the mind of such a person, and showing His grace, God unites that person with Himself. They in whose destiny is the merit of virtues are led to the company of the saintly persons (where they learn to rise above the three states of Maya, and meditate upon God’s Name).”(1)

Therefore, Guru Ji lovingly advises, “O’ brother, following the Guru’s teachings, remain merged in the love of the eternal (God). In your daily life also practice nothing but truth and earn truthful (honest) living, and in this way through His eternal word (or Name) unite yourself with (God).”(1-pause)

Describing how much he respects such persons, and the benefits of doing that Guru Ji says, “I am a sacrifice to those who have realized the value of (God’s) Name. Shedding my ego, I fall at their feet and live according to their wishes (or command. The person who does that) is blessed with the profit of God’s Name, and easily merges in (God’s) Name itself.”(2)

Guru Ji now cautions us and says, “(O’ my friends), without the guidance of the Guru, God’s mansion is not found, and His Name is not obtained. Therefore, you should find such a true Guru, through whom you can attain that eternal (God). Such a person subdues the inner demons (of lust, anger, greed, etc. and believes that) whatever pleases God shall come to pass.”(3)

Guru Ji concludes the shabad by stating another beautiful thought. He says, “As is the intensity of one’s belief (in the Guru), so is one’s happiness. There is no shred of doubt in this statement; let anyone try to love the Guru. O’ Nanak, (the Guru and God) are one Light in two forms, and it is through the word (of the Guru) that one obtains union (with this Light).”(4-11-44)

The message of this shabad is that we must follow the Guru’s word with the utmost love and respect, and instead of performing deeds motivated by Maya (worldly riches and power); we should try to lead an honest life motivated by love for God and the advice of the Guru. In this way, we will rise above the three attributes of Maya, and reach the fourth stage or Turya, which is the stage of eternal peace and bliss of union with God.
In the previous shabad, Guru Ji advised us that instead of performing deeds motivated by Maya, we should try to lead an honest life motivated by love for God and the advice of the Guru. In this way, we will rise above the three attributes of Maya and attain Turya the fourth stage of eternal peace and bliss of union with God. But still many self-willed people continue pursuing Maya (the worldly riches and power), and forsake the opportunity to delight in God’s Name.

Commenting on the state of such self-willed or egocentric people, Guru Ji says, “Forsaking the spiritual life—giving nectar of God’s Name, conceived people cling to the poison (of worldly riches and illusions) and serve others (instead of God). In this way, they forget the purpose of human life. They do not realize (their folly) and their entire life passes in misery. Thus blinded with greed for Maya, self-willed people do not remember God (and die a spiritual death, as if they) have drowned without water.”(1)

For this reason, Guru Ji addresses his mind (and ours) and says, “O my mind, always meditate on the Name and seek God’s refuge. If the Guru’s word is enshrined in your mind, you will never forget God.”(1-pause)

Explaining the reason why people are so influenced by Maya, Guru Ji says, “This body is like a robot of Maya, in which has been installed the demon of ego. (Because of this evil instinct), egocentric people keep going through the cycle of birth and death, and they lose their honor. However, the person who serves the true Guru (and follows his advice) attains eternal peace, and his light merges with the (supreme) Light.”(2)

Many people think that serving the Guru (or acting upon the advice of the Guru) is very difficult and useless. Removing this misconception, Guru Ji says, “Service of the true Guru is extremely blissful; (by doing this), one obtains the blessings one desires. The service of the Guru brings the merits of celibacy, charity, penance and purity of the body, and enshrines God in one’s mind. Such a person remains in a state of bliss day and night, and enjoys the peace of union with the beloved God.”(3)

Guru Ji therefore concludes, “I am a sacrifice to those who seek the refuge of the true Guru. They obtain true honor at the door of the eternal Being, and imperceptibly merge into the eternal God (Himself). But O’ Nanak, it is only by God’s grace that one is blessed with the opportunity of meeting such Guru’s followers.”(4-12-45)

The message of this shabad is that instead of wasting our time in pursuing worldly wealth, we should serve the true Guru by following his instructions and meditating on God’s Name.
In the previous *shabad*, Guru Ji commented on those conceited people who are engrossed in amassing worldly wealth and power (rather than trying to win God’s love). In this *shabad*, he comments on the conduct of another type of self–conceited people, who try to win God’s love by performing rituals or wearing holy garbs instead of following the advice of the Guru. He compares such people to those brides who adorn themselves with costly clothes and cosmetics, but don’t truly love their spouses, and are therefore deserted by them.

Guru Ji says, “Performing of rituals by a conceited person is like a deserted wife’s embellishment of her body. Her spouse never comes to her bed, every day she feels miserable. She doesn’t reach (her) Spouse’s mansion, nor can she see His door or know His whereabouts.”(1)

For this reason, Guru Ji advises us and says, “O’ brother, remember God with a single mind. The person who remains united with the company of saintly persons obtains peace by meditating on God’s Name.”(1-pause)

Now commenting on the conduct of the Guru’s disciples who follow the Guru’s advice, he says, “The Guru’s followers are like the eternally wedded brides who always keep their spouses enshrined in their heart. They speak sweetly with all and behave very humbly (and therefore) their Groom (always remains pleased with them) and enjoys their company. The person who has unbounded love for the Guru is like a well-respected woman enjoying marital bliss.”(2)

However, Guru Ji comments, “It is only by great good fortune that a person's destiny awakens, and meets the true Guru. (On meeting the Guru, that person’s) suffering and illusion are removed from within, and that person attains peace. Therefore, the person who follows the Guru’s will (or advice) never suffers any pain.”(3)

In conclusion, Guru Ji says: “In the Guru's will is contained the nectar of God’s Name: however, only a rare person obtains it by slowly and steadily following the Guru’s advice. Only they who have obtained (this nectar) have partaken (it) by dispelling their ego from within. (Therefore), O’ Nanak, following the Guru’s instruction we should meditate upon God’s Name, so that we can unite with the eternal (God).”(4-13-46)

The message of this *shabad* is that instead of following the dictates of our own mind, we should follow the advice of the Guru (Granth Sahib), and with true love and devotion sing praises of God in the company of saintly persons.

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**SIRI RAAG MEHLA 3**

| gurmukh | saada sohaaganee pir raakhi-aa ur Dhaar. mithaa bole niv chaleh sayjai ravai bhaatar. sobhaavantee sohaaganee jin gur kaa haayt aapaar. | poorai bhaag satgur milai jaa bhaagai kaa ud- u ho ay. antrhu dukhbharam katee-ai sukha paraapat ho-ay. gur kai bhaagai jo chalai dukh na paavai ko-aay. | 2 |
| bhag waa dukh bhaauvee gurparaapat veed | gur kai bhaanay vich amrit hai sehjay paavai ko-aay. jinna paraapattin pee-aa ha-umai vichahu kho-ay. naanak gurmukh Naam Dhi-aa-ee-ai sach milaavaa ho-aay. | 3 |
| bhag kai mahaajug | raahu dhaay sahij saach milaa- ho raahu dhaay niv chaleh sayjai ravai bhaatar. naraak gurma sohaagai jin gur kaa haayt aapaar. ||2||
| naanak gurmu saa jinaa paraapa ko gur kay ko gur kai ho an na poorai ||3||

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**SIRI RAAG MEHLA 3.**

| jaa pir jaanaa aapnaa tan man agai Dharay-ay. sohaaganee karam kamaavgeet-aa say-ee karam karay-i. sehjay saach milavaha saach vadda-ee day-aay. | 1 |
| jaan saal ve bhiray dhan bhuurvee dhardt | }
It is the same light

SIRI RAAG MEHLA 3

In the previous shabad, Guru Ji advised us that instead of following the dictates of our own mind, we should follow the advice of our Guru, and in the company of saintly persons sing the praises of God with true love and devotion. In this shabad again Guru Ji uses the example of a bride who tries to please her groom. He compares human soul with the bride, and God with the beloved groom with whom the soul wishes to unite.

Guru Ji says, “(O’ my friends), when a soul (bride) recognizes (God) as her spouse, she surrenders her body and mind to Him. (In other words), she does the same kinds of deeds as does a truly wedded and united bride. By doing so, she imperceptibly obtains union with the eternal (God), who blesses her with true honor.”(1)

However, Guru Ji cautions us and tells, “O’ brother, we cannot worship God without the Guru’s (guidance). Even if every one may long for it, still without the Guru's guidance, God’s worship cannot be done.”(1-pause)

Describing the fate of those who remain attached to worldly wealth, and try to attain to God without the Guru’s guidance, Guru Ji says, “The bride (soul), who remains caught in duality (the love of worldly riches) wanders through millions of existences. Without the Guru’s guidance, she finds no sleep (or rest), and spends the night (of her life) in agony. Without the (guidance of the Guru’s) word, we cannot attain God, and one wastes one’s life in vain.”(2)

Now Guru Ji comments on the state of the world in general. He says, “(The entire) world is wandering around engrossed in selfishness, but (it doesn’t realize that) accumulated wealth doesn’t accompany anyone (after death). The blind (world) does not meditate on God’s Name, and is therefore bound by the demon of death (to the perpetual pain of births and deaths). It is only by meeting the true Guru, and enshrining God’s Name in the heart, that (true) wealth is obtained.”(3)

Finally, describing the merits of imbuing oneself with the love of God’s Name, he says, “They who are imbued with the love of God’s Name, following Guru’s instruction their life becomes naturally immaculate. Their tongue remains delighted with the relish of God’s Name, and their mind and body are imbued with (God’s) love. O’ Nanak, they whom God has imbued (with His love) from the very beginning, their love (for God) never fades.”(4-14-47)

The message of the shabad is that if we want to enjoy eternal union with God, then we should serve (and worship) Him like a loving wedded bride. But to understand the way to serve or please our Spouse, we must seek and follow the guidance of our Guru (Granth Sahib Ji).
In the second stanza of the previous shabad, Guru Ji stated that we couldn’t serve or worship God without the Guru’s (guidance). In this shabad, he once again stresses this point and gives the reason for saying so.

He says, “Only when God shows His kindness through the Guru, we worship God; without the Guru’s grace, the worship (of God) is not possible. It is only when (God) unites one with Himself that one understands (reality), and becomes immaculate (in the heart. The essence of the Guru’s guidance is that) God is true, and true is His ‘Bani’ (or utterance). It is only through the Guru’s word that union with God is obtained.”(1)

In order to impress upon us the great importance of worshipping God, Guru Ji directly addresses us and says, “O’ brother, why did you come to this world (at all) if you are not going to worship God? (If you have) not served the perfect Guru (by following his instructions), you have wasted your life in vain.”(1-pause)

However, regarding the kindness of God, Guru Ji says, “God, the life of the world, is Himself the giver of peace, and after kindly forgiving us unites us (with Him. Otherwise), what are these helpless creatures, and what can anyone say or do? Through the Guru, (God) Himself bestows honor (on some) and yokes them to His service (and devotion).”(2)

Commenting on the attachment of human beings to their families, Guru Ji says, “Seeing one’s family, one becomes engrossed in its love. (However, this family) does not accompany a person when (that person) departs (from this world). On the other hand, it is impossible to appraise the worth of the person who, by serving the true Guru, has attained (to God) the treasure of virtues. (Such a person realizes and says): “God is my friend and companion, and will be my helper in the end (at the time of my death).”(3)
The message of the shabad is that it is only through the Guru that we can dispel egotism and truly worship God. Therefore, we should always pray to God to bless us with the good sense to act according to the Guru’s teachings (enshrined in the holy Sri Guru Granth Sahib Ji).

In the previous shabad, the third Guru Amardas Ji stated that it is only when (through the Guru), God shows His kindness that we worship God, and without the Guru’s grace the worship (of God) is not possible. In this shabad, Guru Amardas Ji praises his Guru (Angad Dev Ji) and his parents. He tells us, how through his Guru’s grace he obtained the guidance and inspiration to worship God and enjoy all kinds of blessings.

He says, “Blessed is the mother who gave birth to the Guru (Angad Dev Ji), and blessed also is his noble father. By serving (and devotedly acting upon the advice of) such a true Guru, many have obtained peace and shed their egoism from within. The saintly people who stand at the door (of the Guru) and serve him obtain (God), the treasure of virtues.”(1)

Therefore, instructing his mind (and ours), he says, “O’ my mind, following the Guru’s guidance, meditate upon God. If the Guru’s word (of advice) abides in the heart, then both mind and body become pure.”(1-pause)

Rather then claiming any credit for himself, Guru Ji shares with us how he has been bestowed with all the blessings he enjoys. He says, “Showing mercy, God Himself came to abide in my heart, and on His own, He came and met me. (Therefore, I say that) through the Guru’s word (the Gurbani), we should sing God’s praises; (by doing so), He imperceptibly imbues us with His love. (Whom the) True one has merged in (His) true (Name) always remains united with (Him), and is never separated from Him.”(2)

Commenting on God’s omnipotence and how He blesses a person with His union, Guru Ji says, “Whatever (God) wants to do He is doing, nothing else can be done. By putting the long separated under the charge of the true Guru (He has) united them with Him. (In the future also) He would Himself do and get (everything) done: nothing else can be done (by anyone).”(3)
Finally, describing the state of those whom God has yoked to the service of the Guru, he says, “Shedding ego and evil thoughts, the body and mind (of such Guru’s followers) is imbued with (God’s) love. Day and night, they meditate in their heart on the fear-dispelling Name of the formless God. (In short), O’ Nanak, through the perfect word (of advice of the perfect Guru), the limitless God has united (them with Him).”(4-16-49)

The message of the shabad is that we should pray to God to bless us with true devotion to the Guru (Granth Sahib). In doing so, we should devotedly listen to and act upon the Guru’s word (of advice). Further we should try to make ourselves so pure and full of love for God that, showing mercy, He may come to abide in our heart and unite us with Him.

In the previous few shabads, Guru Ji explained from different angles the importance of meditating upon God’s Name, and why it is essential for us to seek the Guru’s guidance and refuge. In this shabad, he summarizes his thoughts and lovingly gives us simple and straightforward advice.

Guru Ji says, “God is the treasure of virtues, and His limits cannot be known. We cannot attain Him by mere talk or prattle. Only by dispelling egoism from within us can He be attained. Meeting the true Guru, we are permeated with reverent fear of God, and He Himself comes to abide in our heart.”(1)

Guru Ji comments, “O brothers, only rare persons realize God through the Guru. Performing all other kinds of deeds and rituals without realization is wasting valuable human life.”(1-pause)
Stating the merits of meditating on God’s Name, Guru Ji says, “Only those who have tasted the nectar of (God’s Name) have experienced its relish. But those who have not tasted (this nectar) are lost in doubt. The eternal (God’s) Name is the immortalizing nectar; its worth cannot be described. Immediately upon drinking it, one is absorbed in the perfect word (of the Guru), and accepted (in God’s court).”(2)

Guru Ji now explains how we can obtain the immortalizing nectar of God’s Name. He says, “We receive the gift of the nectar (of God’s Name) only if He Himself bestows it upon us. Nothing else can be done (to obtain it). This gift is in the Giver’s hand, and one receives it at the Guru’s door (by becoming Guru’s follower). But one becomes (as God) made him. (However, we should understand) that as one has done the deeds in the past, one becomes similar (in next life).”(3)

In closing, Guru Ji says, “Chastity, truthfulness, and austerity are all contained in (God’s) Name. He says, “(4

The message of this shabad is that if we want to achieve the true objective of human life (of reuniting with God), we should faithfully act on the Guru’s guidance, and meditate upon God’s Name in a state of peace and poise.

sikhi, Guru Ji's teachings and guidance.

sirraag mehla 3.

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In the previous shabad, Guru Ji advised us that if we want to achieve the true objective of human life, we should faithfully act upon the Guru’s guidance and meditate upon God’s Name in a state of peace and poise. Naturally, questions arise regarding other methods advocated by various faiths, particularly the bodily discipline prescribed in Hatha Yoga (penances and ritual worship which in those days were quite popular in India). He also comments on the conduct of pandits (Hindu religious scholars), who study and expound upon Vedas, and other holy scriptures.

Guru Ji says, “One may torment one’s body, and perform penance by hanging upside down, but still ego doesn’t go from within. If one performs various spiritual deeds (dictated by the mind), still that person would
never attain God’s Name. Following the Guru’s word (or instruction, when one completely effaces one’s ego, as if one) has died while alive, then God’s Name comes to abide in the heart.”(1) Therefore, Guru Ji says to himself (and us), “Listen O’ my mind: hasten to the sanctuary of the true Guru. It is through the Guru’s grace that we are saved, and cross the poisonous worldly ocean (full of evils).”(1-pause)

Now Guru Ji comments on the conduct of pandits, who think that they are performing highly virtuous deeds by reading and expounding upon Vedas (and other holy books). He says, “All deeds motivated by any of the three impulses of Maya (greed, power or piety) are perishable. The duality (or love of worldly riches, instead of love for God) leads to Evil. The pundit (Hindu priest or scholar) reads the Vedas motivated by attachment (for material gain). Engrossed in love of the poison (of Maya), he fails to realize God. Only by meeting the true Guru does one find release from the three attributes of Maya, and reach the fourth state of salvation.”(2)

Explaining how we are released from the bondage of Maya, and find salvation through the Guru’s guidance, he says, “From the Guru, we understand the (right) way (to meet God), and the darkness of our worldly attachment is removed. Following (the Guru’s word) of advice, when one (so erases the self-conceit as if one has) died, only then one is emancipated, and reaches the door of salvation. In this way, through the Guru’s grace a person remains united with the eternal Name of the Creator.”(3)

Summarizing his comments, Guru Ji says, “This mind is very obstinate and dominating. It does not release a person (from its grip and wrong path) by any means. By becoming entangled in love for worldly lusts and evils (the demon of death) punishes us severely. However, O’ Nanak, they who shed their ego through the Guru’s word, and are attuned to the Name (of God), are saved.”(4-18-51)

The message of this shabad is that our mind is very deceitful and obstinate. It can get us into a lot of trouble by tempting us with various lusts and passions. Any amount of ritualistic austerities and restraints to control our mind are of no use. The only way is to listen to the Guru’s advice, act upon it, and meditate upon God’s Name.
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He says, “(It is only when God) shows mercy that we find the Guru, who firmly establishes God’s Name in our heart. Without (the guidance of) the Guru, no one has ever obtained (God’s Name, without which) one person has wasted one’s life. By performing (ritualistic) deeds according to the dictates of our mind, we suffer punishment in God’s court.”[1]

Guru Ji therefore says to himself (and us), “O my mind, forsake the love of the other (worldly riches). Within you resides God: by serving (and following the advice of) the Guru (you can recognize Him, and) obtain peace.”[1-pause]

Now Guru Ji explains how the Guru’s word or advice helps us in attaining the bliss of union with God. He says, “When a person cultivates love for the eternal God (then that person realizes that 'Gurbani') the Guru’s utterance is the true word (of God). Then dispelling ego, and anger from one’s within, God’s Name comes to reside in the mind. (In short, if) we meditate on God’s Name with a pure mind, we attain the door to salvation.”[2]

However, Guru Ji notes, “The world perishes in ego (and therefore) keeps dying to be born again, coming and going (in and out of the world). The self-willed do not realize the value of the Guru's word (of advice), so they would depart (from this world) losing their honor. Only by serving the true Guru (and following his instructions), God’s Name (and enlightenment) is obtained, and one remains merged in the eternal (God).”[3]

In conclusion, Guru Ji says, “Only when we remove our self conceit (from within), and obey (and act upon the Guru’s word will we obtain (God, the ultimate) Guru. (Such a person) day and night worships the eternal (God), with mind attuned to God: by serving the true Guru (you can recognize Him, and) obtain salvation.”[2-pause]

The message of this shabad is that if we want to unite with God and live in eternal bliss, we should seek the Guru's refuge and follow the word (of his advice, or the Gurbani as enshrined in Guru Granth Sahib Ji).

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It is the same light

SIRI RAAG MEHLA 3

In the first stanza of the previous shabad, Guru Ji told us that without (the guidance of) the Guru, no one has ever obtained God’s Name, without which one has wasted one’s life. By performing (ritualistic) deeds according to the dictates of our mind, we suffer punishment in God’s court. Guru Ji begins this shabad by describing the state and fate of those self-conceited people who do not serve the Guru, (follow his advice).

He says, “They who have not served (followed the advice of) the true Guru always remain miserable. They do not recognize God residing in their own hearts, because they are deceived by their self-conceit and ego. Rejected by the true Guru, they get exhausted begging throughout the world (in the pursuit of riches). They do not meditate upon the true word (of the Guru, which) can accomplish all tasks.”(1)

For this reason, Guru Ji tells himself (and us), "O my mind, always see (of God) pervading everywhere (in the form of) the Guru, which) can accomplish all tasks."(1-pause)

Describing the merits of praising God, he says, “They who praise the eternal (God) also become eternal and (God’s) eternal Name becomes their sole support. Being imbued with the eternal God, they live a truthful life. (They see God) pervading everywhere like a true king, whose writ no one can erase. On the other hand, the self-conceited people (who do not follow Guru’s advice) never attain to God’s mansion, and these false ones are deceived by falsehood.”(2)

Next, Guru Ji comments upon the world in general and says, "Absorbed in egoism, the entire world is perishing (spiritually). Without (the guidance of) the Guru, there is only the pitch darkness (of ignorance). Driven by attachment for Maya, the world has forgotten (God) the Giver of joy. However, they who serve (and follow) the true Guru, and keep the eternal (God) enshrined in their hearts, are saved. But only by (His) grace can we obtain God, and reflect on the (Guru’s) eternal word."(3)

Describing the merits of serving the Guru (by following his advice), he says, “When we follow Guru’s advice, our mind sheds its ego and lust and becomes pure. By reflecting on the Guru’s word, one sheds self-conceit, as if one has died while still alive. Then all one’s deeds (in pursuit of Maya) are ended, and one is imbued with love for the True One. Those who are dyed in truth carry radiant faces in the true court (of God).”(4)

Finally, reverting to his statement in the beginning of the shabad, Guru Ji says, “All the ablutions and charities made in duality (motivated by love for worldly wealth) by those who are not imbued with love for (the Guru’s) word and have not accepted the true Guru (as their guide) are wasted, and bring only dishonor or suffering. If God shows His grace they are imbued with the love for (God’s) Name. O’ Nanak, through infinite love and devotion for the Guru, meditate upon (God’s) Name and preserve it in your heart.”(5-20-53).

The message of the shabad is that if we do not realize God who is residing right in our own hearts, it would be a tragedy. Therefore, instead of following the dictates of our own mind and running after worldly riches, we should truly reflect and act upon the word of the Guru (Granth Sahib Ji), and shedding our ego, we should meditate upon God’s Name with true love and devotion.
In the previous shabad, Guru Ji commented that the entire world is dying (and suffering grievously) because it is afflicted with ego. Naturally the question arises: “What should one do, if one wants to save oneself from this suffering?”

In this shabad, Guru Ji answers this question by saying, “(When I ask my Guru) whom I should serve, and what I should meditate upon (I receive the answer that) dispelling my ego from within, I should submit to the true Guru’s will. This is the real service and devotion, through which God’s Name comes to reside in the heart. From the eternal (God’s) Name itself do we obtain peace, and through the eternal word (of the Guru), we become (spiritually) embellished.” (1)

Now citing the example of flamingoes, who many times suddenly ruin a crop if it’s owner is not always watchful, Guru says, “O my mind, always remain wakeful (from the attacks of evil impulses), and meditate upon God’s Name. In this way, protect the crop (of your spiritual life), lest the flamingoes (of death) suddenly invade the field (of your body and nullify all your spiritual endeavors).”(1-pause)
Stating the benefits of meditating upon God’s Name, he says, “They whose heart remains filled with the word (of the Guru), all their desires are fulfilled. Day and night, they worship (God) in a state of divine awe and love, and always see God manifest before them. Their mind is always dyed with the true word (of the Guru), and all doubt goes out of their body. They have obtained the eternal Treasure of merits.” (2)

Guru Ji therefore states, “They who remain watchful (about the onslaughts of Maya, the worldly temptations) are saved, but they who remain asleep (unaware of these temptations) are robbed. They do not realize the eternal word (of advice of the Guru), and their life passes in vain like a dream. Like a guest in a deserted house, they leave the world as empty-handed as they came into it. In this way, the life of these self-willed people is wasted. With what face will they go to God’s court?” (3)

Finally, enunciating the underlying principle, Guru Ji says, “(God by) Himself is all in all, but in our ego we cannot say this. However, if through the Guru’s word (of advice) we recognize Him, we can remove the malady of ego from within us. Therefore, I fall at the feet of those who serve their true Guru (and follow his advice). O’ Nanak, such people are judged to be true (and worthy of honor) at the door of the eternal (God), and I am a sacrifice unto them.” (4-21-54)

The message of the shabad is that before we are afflicted with old age, or struck by death, we should humbly study and follow the word of the Guru (Guru Granth Sahib). Shedding our ego, we should always meditate upon God’s Name with love and devotion. So that in His mercy, God may bestow His grace upon us and unite with Him.

**SIRI RAAG MEHLA 3**

According to Bh. Vir Singh Ji, it appears that Guru Ji uttered this shabad in response to a question regarding the most appropriate time for meditating upon God’s Name. In this shabad, Guru Ji first clarifies the whole concept of God’s Name, and then answers the question regarding the most appropriate time.
He says, “If we ponder (and try to find out, if there is any particular time for worshipping God), then we won’t find any time in which (God’s) worship can be done. (The fact is that we cannot fix any particular time for God’s worship). By being always imbued with God’s love, we become like the eternal God, and obtain eternal glory. That is no (true) devotion, in which one forsakes the beloved (God) even for a moment. (True worship is that) when not even a single breath goes to waste (without remembering God). Being attuned to the eternal (God), both mind and body become serene and calm.”(1)

For this reason, Guru Ji says to himself (and us), “O’ my mind, meditate upon God’s Name. True worship is performed only if God comes to abide in the heart.”(1-pause)

Guru Ji illustrates his point with the example of a farmer. He says, “If in a state of mental composure, we cultivate the farm (of our body) and sow the seed of (God’s) Name, then we reap an abundant crop and the mind is imperceptibly satiated. The Guru’s word (of advice) is like nectar, by drinking which all one’s thirst (for Maya) goes away. Then the mind (of such a person) imbued with love for the eternal God, becomes ever stable and remains merged in the eternal (God).”(2)

After describing the mental state of God’s true lovers, Guru Ji comments on their conduct and behavior. He says, “Such people see, speak, and utter everything as testified by the word (of the Guru). Their utterance becomes famous in all the four ages, and they preach nothing but truth. Their ego and sense of ‘mine-ness’ goes away, and the eternal (God) unites them with Him. (In short), they who remain attuned to the eternal (God) always see the mansion (of God) in front of them.”(3)

Finally, lest we forget God or be overtaken by egoistic thoughts, Guru Ji says, “It is only by God’s grace that we meditate upon (God’s) Name. Without good fortune (God’s) Name cannot be obtained. It is only through perfect good fortune that a person meets the true Guru and obtains the company of saintly persons. Then day and night he remains imbued with God’s Name, and all the malady of evil is removed from within him. O’ Nanak, it is only the Guru’s word (Gurbani) which unites us with the Name, and it is only through the Name that we merge (in God).”(4-22-55)

The message of the shabad is that instead of worrying about the most appropriate times for God’s worship, we should always remain imbued with His Name. Secondly, in all our actions, we should be guided by the Guru’s word (Gurbani). Only then will we merge in the True Name (God).

The Guru’s word (Gurbani) is like nectar, by drinking which all one’s thirst (for Maya) goes away. Then the mind (of such a person) imbued with love for the eternal God, becomes ever stable and remains merged in the eternal (God).
In the previous shabad, Guru Ji advised us that instead of worrying about the most appropriate times for God's worship, we should always remain imbued with His Name. Secondly, in all our actions we should be guided by the Guru's word (or Gurbani). But before we are motivated to meditate upon God's Name, it is necessary that in our mind there should be fear (respect) and love for God.

Guru Ji begins this shabad by telling us how we reach this first stage, and what happens afterwards. He says, “God instills His fear (and respect) in those who reflect on the Guru’s word. By reflecting on the merits of the eternal (God), they always remain united with the company of saintly persons. They have kept God enshrined in their hearts (who have) dispelled the dirt of double-mindedness. They utter true words (from their tongue), the true (God) resides in their mind, and they are in love with the eternal (God).”

Commenting on God’s power, Guru Ji says, “O’ my mind, the world is filled with the dirt of ego. But God is immaculate, and is therefore always beautiful. Through the word (of the Guru, He) is capable of embellishing the mortals.”

Now describing what happens when a person’s mind is attracted to the holy word, he says, “God Himself unites those people with Him, whose minds have been charmed by the true word (of the Guru). By being absorbed day and night in God’s Name, their light merges in (God’s) light. It is only through inner light that God is revealed. We cannot recognize this (inner) light without the true Guru’s (guidance). But the true Guru comes to meet only those who are so pre-destined.”

Guru Ji further observes, “Without the Name, the entire world is engrossed in double-mindedness, and being in love with worldly riches (instead of God) gets ruined. Without that (Name), it cannot enjoy even a single moment of (peaceful) life, and all its time passes in misery. Therefore, the blind (person) lost in (the darkness of) doubt continues coming and going (from this world) again and again. However, if God shows His mercy, then on His own He unites people with Him.”

In closing, Guru Ji says: “God sees and hears everything (we do or say), so how can we deny (our deeds and thoughts). They who continue committing sin after sin are ultimately consumed by these sins. (Because of their sins), they don’t see (or realize the presence of) God, and the self-conceited person cannot understand (this thing). O’ Nanak, that person alone sees Him to whom God reveals Himself, and through the Guru such a person obtains (God).”

The message of the shabad is that we should seek and join the congregation of saintly persons. In this way, we should wash off the dirt of our ego by reflecting on the immaculate word of the Guru. By meditating upon God, we should make ourselves pure both in our deeds and our thoughts, so that we may become worthy of union with Him.
It is the same light

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<thead>
<tr>
<th>Shabad Number</th>
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<tr>
<td>114</td>
<td>har iko daaṭaa varatqaa doojaa avar na ko-ay. sabd saalaahi man vasai sehjay hee sukh ho-ay. sabh nadree andar vaykh-daa jai bhaavai tai day-ay.</td>
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<td>21</td>
<td>ha-umai sabhhaa ganṭ hai gantai na-o sukh naahi. bikh kee kaar kamaavnee bikh hee maahi samaahi. bin naavai tha-ur na paa-innee jam pur dookh saahaahi.</td>
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<td>32</td>
<td>jee-o pind sabh tis daa tisaq daa aadhaar. gur parsaađee bujh-ei taa paa-ay mokh du-aar. naanak Naam sabh-ai taaN ant na paraavavar.</td>
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**SIRI RAAG MEHLA 3**

In the previous shabad, Guru Ji advised us that we should seek and join the congregation of saintly persons. In this way, we should wash off the dirt of our ego by reflecting on the immaculate word of the Guru. By meditating upon God, we should make ourselves pure both in our deeds and our thoughts, so that we may become worthy of union with Him. In this shabad, he describes in greater detail how the malady of ego can be cured, and tells us how this cure leads to salvation.

Guru Ji says, “Without (the guidance of) the Guru, the painful affliction of ego does not dissipate. It is through the Guru’s grace that God’s Name is enshrined in our mind, and one remains absorbed in His Name. It is through the Guru’s Word (Gurbani) that one obtains God, and without the (guidance of the) Guru’s word, one is lost in doubts and illusions.”(1)

Therefore addressing his mind, Guru Ji says, “O’ my mind, keep praising God’s Name, so that you may not have to go through (the process of) coming and going (in and out of this world) again, and you may have your abode in your own home (in God’s palace).”(1-pause)

Describing the divine knowledge which one obtains upon reaching the above stage, Guru Ji says: “(In this stage, one realizes that) God alone is the one Giver, who pervades everywhere, and there is no second (Giver like Him). By praising Him through the Guru's word (Gurbani), He comes to abide in our heart and we effortlessly attain peace. God oversees all this with His gracious glance, and gives (the gift of His Name) to the person whom He likes.”(2)

Guru Ji now cautions us against counting or measuring our charities, prayers, or other ritualistic deeds. He says, “All counts are in fact manifestations of ego, and by counting (our good deeds), we can never attain peace. (Because doing deeds in ego is like) doing deeds (filled with) poison, (and by doing such deeds), we are consumed in poison itself. Without meditating upon (God’s) Name, people don’t obtain any rest, and suffer pain in the city of death.”(3)

Summarizing the way to salvation, he says, “(O’ my friends, realize that) our body and soul belong to (God), and He is the mainstay of all. If through the Guru’s grace one understands this (fact), then one attains the door to salvation. Therefore O’ Nanak always praise God’s Name, who has no end or limit.”(4-24-57)

The message of the shabad is that if we want to cure ourselves of the evil of ego, and have a blissful union with God, we should follow the Guru’s advice (the Gurbani as contained in the Guru Granth Sahib) and praise God.
In the concluding lines of the previous shabad, Guru Ji advised us to realize that our body and soul belong to (God), and He is the mainstay of all. If through the Guru’s grace one understands this (fact), then one can attain salvation. In this shabad, he describes in detail the blessings enjoyed by those who make (God’s) eternal Name their only support.

He says, “They whose main support is (God’s) eternal Name, are always in peace and bliss. Through the Guru’s word, they have attained the eternal (God), the destroyer of all sorrows. (In gratitude), they constantly sing praises of the eternal (God), and remain imbued with the love for His eternal Name. (God has become pleased with them, and) in His mercy He has given them the storehouse of His devotion.” (1)

Therefore, Guru Ji says to himself, “O’ my mind, always remain in a state of bliss by singing (God’s) praises. Through the true word (of the Guru) we obtain God, and remain absorbed in Him.” (1-pause)

Elaborating on the merits of God’s true worship and devotion, Guru Ji says, “Through true worship and devotion (of God), one’s mind (becomes imbued with His love, as if it has been) imperceptibly dyed red (in His love). Through the Guru’s word, one’s mind is so captivated that nothing can be said about it. In this state (of bliss), one’s tongue remains imbued with the love of the eternal word (of God). By singing God’s praises with relish, one keeps drinking the nectar (of God’s Name). But only by following the Guru’s guidance can we obtain such a love (and only that person obtains this guidance) on whom God bestows His mercy, as per His will.” (2)
It is the same light

Guru Ji however, observes, “This world remains in illusion and wastes away its night (of life) in sleep (consumed by the pursuit of worldly temptations). According to His will, God wakes and pulls some out of this illusion (or sleep), and unites them with Himself. He Himself comes to abide in their mind, and rids them of their attachment to Maya (the worldly riches). He Himself grants them glory by conferring (true) realization upon them through the Guru.”(3)

Guru Ji concludes, “God alone is the Giver of all. He corrects those who go astray. But it is God Himself who makes some go astray, by attaching them to dualty (the love of material things instead of God). It is through the Guru’s instruction that we attain God, and unite our light with (God’s) Light. In short, O’ Nanak, by remaining imbued with love of (God’s) Name one merges in that Name itself.”(4-25-58)

The message of the shabad is that if we want to enjoy an everlasting state of bliss and peace, we should make the eternal Name of God our only support, and continuously sing His praises with true love and devotion.

SIRI RAAG MEHLA 3

In many earlier shabads, Guru Ji described the conduct of Guru’s followers, and the kinds of blessings received by them. In contrast, he also commented on the conduct of self-conceited people, and the sufferings endured by them. In this shabad, he again describes the state and fate of these two types of persons by comparing the Guru’s followers with meritorious wedded wives, and the self-willed with merit less deserted women.
He says, “The meritorious (soul bride who follows the Guru) has attained to the eternal (God) by shedding her (worldly) desire and (other such) vices. Her mind is imbued with the love of the Guru’s word, and her tongue is imbued with the love and affection (for God. However), you may reflect (in your mind, and see for yourself that) without the (guidance) of the true Guru, no one has (ever) attained to God. The filth (of the evil thoughts) of a self-willed person isn’t removed until that person loves the Guru’s word.”(1)

Therefore, Guru Ji says, “O’ my mind, act according to the true Guru’s will. Only then will you come to abide in your real home. You will drink the nectar (of God’s Name), and find (God’s) mansion, the abode of peace.”(1-pause)

Now Guru Ji comments on the conduct of a merit less (conceited) woman. He says, “The self-willed (wife) has no merit. She (cannot realize God, and is therefore) not allowed to sit in the presence (of the beloved Spouse). Such apostates do not realize the value of the Guru’s word, and being full of faults, they remain distanced from God. (On the other hand), they who have recognized the eternal God, remain filled with the love of the eternal (God). Through the Guru’s word, their heart is pierced with love for God and He Himself comes to meet them.”(2)

However, Guru Ji notes that, “God Himself has imbued (some) with His love by immersing them in the vessel of His love, and has united them (with Him) through the (Guru’s) word. The true love of those never fades who remain imbued with the love of the eternal God by keeping their mind attuned to Him. But in spite of growing exhausted after wandering in all the four corners of the world, the self-willed people cannot understand (the right way of life. Because) only whom God unites with the true Guru is united (with Him), and remains merged in the true Word (of the Guru).”(3)

Guru Ji concludes the shabad by putting himself in the place of a person who has tried to befriend many people, but has found no real friend except the true Guru. He says, “I have exhausted myself making many friends (so that) someone may remove my pain (of suffering). But has found no real friend except the true Guru. He says, “I have exhausted myself making many friends (so that) someone may remove my pain (of suffering). However), Guru Ji concludes that, “O’ Nanak, by becoming Guru’s followers, they who are united with the eternal (God) are not separated (from Him again).”(4-26-59)

The message of the shabad is that we should always live according to the will of the Guru (and follow his advice). We should remain absorbed in singing God’s praises and meditating upon His Name, so that one day God may bestow His grace upon us, and unite us with Himself forever.
Many theories exist about the creation, evolution, and origin of the universe. The most popular is the Big Bang theory, according to which, first an explosion of some kind occurred. Then planets including the earth emerged, and life evolved subsequently. But even about this most popular theory the question is: what or who caused this big bang? In this shabad Guru Ji provides the answer to all such questions.

He says, “The Creator Himself creates the cause, and looks after the universe, which He Himself creates. (It is the same) one (God) alone, who pervades everywhere, but that indescribable (God), cannot be described. (However), when God Himself becomes gracious, then on His own, He makes us comprehend (Him). Following Guru’s instruction, they in whose heart God always resides, remain attuned to that eternal (God).”(1)

Therefore, advising himself (and us), Guru Ji says, “O’ my mind, obey the will of the Guru. This way the body and soul will be soothed, and (God’s) Name will come to abide in the mind.”(1-pause)

Guru Ji reiterates, “He who initiated the cause to create the universe takes care of it also. When He Himself shows His grace, we realize (this truth) through the Guru's word. By following the Guru’s advice, such people look beauteous in that eternal (God’s) court. The Creator Himself unites such Guru’s followers who are imbued with the love of the eternal word (in praise of) God.”(2)

Guru Ji therefore advises us, “Following Guru's instruction, we should praise that God who has no end or limit. According to His will, God abides in all hearts, and as per His will ponders over (the care of His creatures). Shedding our ego from within, we should praise Him through the Guru's word. The soul (bride) who remains without God’s Name becomes full of vices, and she suffers and cries (in pain).”(3)

Finally, Guru Ji prays for himself (and indirectly advising us) says, "I wish that I may always keep praising the eternal (God), and remain attached to that eternal (God). Because only through the eternal (God’s) Name the mind is satiated. I wish that I may gather virtues by reflecting on His merits, and drive out all my faults. When He unites a person with Him, after that no separation happens. (Finally, I) Nanak (pray) that I may keep praising my Guru, through whom I may attain union with that God.”(4-27-60)

The message of the shabad is that if we want to know the secrets of the universe and the best way to lead our lives, we should follow the advice of Guru (Granth Sahib Ji), and meditate on God’s Name.
Once, women in India were socially and economically very much dependent upon men. A woman’s main objective used to be to win her husband’s love and favor. Faithful wives used to win their spouse’s favor through genuine love and service, while the unfaithful ones used to fulfill their sexual desire by enchanting men other than their husbands. In this Shabad, Guru Ji compares our soul to a woman gone astray, and tries to bring us back to the right path. He even assumes the role of a more mature woman of the time who is trying to offer good advice to her misguided younger friends.

He says, “Listen, O’ women, driven by lust, why are you wandering about swinging your arms in joy? You have not realized your own Groom; how would you face Him, when you go (to His court after death)? I touch the feet of those (Guru Ji’s followers) who have realized their Groom. I wish that by joining their saintly company, I too may become (virtuous) like them.”

Guru Ji further comments, “The self-willed (soul) brides do not recognize their spouse (God). How can they pass the night (of their life) in comfort? Being filled with ego, these conceited (souls) burn in (the fire of) desire and suffer pain because of duality (love of worldly riches). But those bride (souls), who are imbued with the word (of the Guru) are free from ego, and are united with (their Groom). They always enjoy the company of their Spouse, and pass their entire night (of life) in comfort and happiness.”

Commenting further on the fate of those soul-brides who are bereft of proper guidance, Guru Ji says, “Those (human bride souls) who are without the divine knowledge (of the Guru’s word) cannot unite with their beloved Spouse. Being intoxicated with ignorance, they remain in darkness. Without seeing their...
Groom, their (worldly) desires do not go away. Therefore, O’ my (saintly) friends, please come and unite me with my Spouse. (I do realize that it is only by) perfect destiny that one meets the true Guru, and through him one merges with the eternal (God).”(3)

In conclusion, Guru Ji says, “Those friendly bride (souls) are the united wedded brides, upon whom (God) casts His gracious glance. They realize their Spouse, and surrender their body and soul to Him. Dispelling their ego, they find their Groom in their own heart. In short, O’ Nanak, such bride (souls) who day and night remain devoted to their Spouse are truly wedded and honorable.”(4-28-61)

The message of the shabad is that we should listen to the advice of our true friend and guide (Guru Granth Sahib), and act upon his advice. We should remain devoted to our Spouse (God) day and night. In this way, we will not only win God’s favor, but also obtain eternal union with Him.

SIRI RAAG MEHLA 3

In this beautiful shabad, Guru Ji compares himself to a lonely bride (of God). Seeing her other friends enjoying the company of their spouses, she wonders whom she should ask to help her attain union with her spouse (God). Indirectly, Guru Ji is telling us what kind of love and longing we should have for our Spouse (God), and who our true friend and guide is, who can show us the right path in this endeavor?

Guru Ji says, “(I see) many (bride souls) who are enjoying the company of their Groom. (I wonder), to whose door may I go to ask (for guidance to meet my Love? I think) I should serve my true Guru with devotion, and request him to unite me with my Spouse. (But my Guru tells me that God) has created all, and He takes care of them all. To some He appears near, to others He seems far. They who realize the Groom in their company always enjoy His presence.”(1)

Upon hearing this advice, Guru Ji says to his soul (and indirectly us), ‘O’ young bride (soul), live as per the Guru’s will. Then you would enjoy the company of your Groom day and night, and you would imperceptibly merge in Him.”(1-pause)

Guru Ji then comments, “The bride souls who are happily united (with their Spouse) remain imbued and adorned with the true word (of the Guru). Through love for the Guru, they find their spouse (God) in their
heart (itself). Their Spouse lovingly enjoys the beauteous bed (of their heart), whose storehouses are filled with devotion. In their mind resides that beloved Spouse who provides sustenance to all.” (2)

For this reason, Guru Ji says, “I am always a sacrifice to such bride (souls) who praise their Groom. I offer them my body, soul, and head, and touch their feet (in reverence, because forsaking the love for the other (worldly riches and power, they) have realized the one (God). In short, O’ Nanak, by following the Guru’s word (of advice) we can realize (God’s) Name and merge in the eternal (God).” (3-29-62)

The message of this shabad is that instead of grieving like abandoned brides, we should follow the Guru’s advice, love God, and meditate upon His Name with true love and devotion. One day God may come to reside in our heart also, and we may also enjoy the ecstasy of blissful union with Him.

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**sireeraag mehla 3.**

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<td>lakh cha-oraaseeh takhse jaraab fryay bin gur bhayat peerai.</td>
<td>har jee-o bakhay bakhas la-ay sookh sadaa sareerai.</td>
<td>gur parsaadee saay karee saach gahir gambeerei.</td>
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According to Dr. Bh. Vir Singh Ji, Guru Ji uttered this shabad in response to a question regarding the role and authority of Dharam Raj (the Righteous Judge, who is believed to decide a person’s fate after death).

Guru Ji begins his answer with a humble prayer to God, and says, “O’ God, You are truly eternal, and everything is under Your control. (You are only obtained through the Guru). Without meeting (and
obtaining the guidance of Guru) the spiritual guide, the creatures of millions of species keep longing (for Your union). But by His grace, whom (God) has forgiven, their bodies are always in comfort. By the Guru’s grace, they serve the eternal profound (God)”(1)

Therefore Guru Ji says to himself, “O’ my mind, by being imbued with God’s love, peace is obtained. Therefore, through the Guru's instruction we should praise God’s Name, because there is no other (way to obtain God’s Name).”(1-pause)

Now referring to the role and authority of Dharam Raja (the Righteous Judge), Guru Ji says, “The Righteous Judge is under the orders (of God), that sitting (on his chair), he should administer true justice. Those evil souls, which are in love with duality (the love of worldly riches and power), are under his jurisdiction. (He can award them appropriate punishment). But the spiritually inclined people, who in their minds meditate upon God (the treasure of merits, and slayer of demons), the Righteous judge serves them, and says, Blessed is (that God) who has embellished them (with such spiritual merits).”(2)

Next, Guru Ji tells us how one can become spiritually inclined, and says

“When one dispels the evil thoughts from one’s mind, worldly attachment and arrogance are (also) driven out of the mind. Such a person recognizes the all-pervading God within, and quite naturally merges in (God’s) Name. However, without the true Guru's guidance one cannot get rid of (those evil tendencies): therefore the self-willed people continue wandering like fools. They do not reflect on the (Guru’s) word, make useless prattle, and are consumed in the poison (of Maya).”(3)

Finally describing the viewpoint of a Guru’s follower, Guru Ji says, “God is all in all, and there is no other like Him. When He makes us speak, we speak and say whatever He wants us to say. The word of the Guru’s followers is the word of God, and it is through their word that one is united (with God). Therefore O’ Nanak, you should remember the Name of God, by serving whom we obtain bliss.” (4-30-63)

The message of the shabad is that deeming the word of the Guru as the word of God, we should sincerely act upon it. Following the Guru's advice, we should give up all our evil tendencies and meditate upon God’s Name. By doing so, we shall stand redeemed before the Righteous Judge and enjoy the bliss of eternal union with God.

sireeraag mehlaa 3.

jag ha-umai mail dukh paa-i-aa mal laagee doojai bhaa-ay.
mal ha-umai Dhotee kivai na utrai jay sa-o tirath naa-ay.
baho bDh karam kamaavday doonee mal laagee aa-ay.
parthi-ai mail na utraii poochhahu gi-aneen-aa jaa-ay. ||1||
man mayray gur saran aavai taa nirnay ho-ay,
manmukh har kar thakay mail na saktee Dhoo-ay. ||1|| rahaa-o.
man mailai bhagat na hova-ee Naam na paa-i-aa jaa-ay.
manmukh mailay mailay mu-ay jaasan pat gavaa-ay.
gur parsaadee man vasai mal ha-umai jaa-ay samaa-ay.
ji-o anDhayrai deepak baalee-ai ti-o gur gi-aan agi-aan taajaa-ay. ||2||
ham kee-aa ham karhagay ham moorakh gaavaa.
karnai vaalaal visri-aa doojai bhaa-ay pi-aar.
maa-i-aa jayvad dukh nahee saab bhaav thakay sansaar.
gurmatgee sukh paa-ee-ai sach Naam ur Dhaar. ||3||
In the previous *shabad*, Guru Ji advised us that we should act upon the Guru’s word, and deem it as the word of God. Following the Guru’s advice, we should give up all our evil tendencies, and meditate upon God’s Name. One of the worst, and in fact the root cause of all evil tendencies is our ego or self-conceit. In this *shabad*, Guru Ji explains the problems caused by ego and how can one get rid of it.

He says, “Due to the love for the other (worldly riches, rather than God), the world is smeared with the filth (of ego). Because of this filth, the world is suffering in pain. Even bathing at hundreds of holy places cannot wash off this filth of ego. People perform many rituals to remove this filth but (instead of getting washed off) they are afflicted with much more filth. Even by reading (holy books), this dirt is not removed: you may go and ask the learned.”(1)

Next telling himself (and others) the way to get rid of this filth, Guru Ji says, “O’ my mind, when one seeks the refuge of the Guru, then one becomes immaculate. The self-conceited people have grown tired of repeating God’s Name (without the Guru’s guidance), but they could not wash off this dirt.”(1-pause)

Explaining why it is so, Guru Ji says, “(This is an accepted principle: that) God’s devotion cannot be done and God’s Name cannot be obtained when the mind is impure (and full of ego). So the self-conceited persons (who do not care for the guidance of the Guru) remain polluted, die polluted, and they would depart (from the world), losing their honor. (When) through the Guru’s grace God’s Name comes to abide in one’s heart, the filth of ego is dispelled and one merges (in God). Just as, when we light a lamp in the dark (the darkness goes away), similarly the (light of) Guru’s (divine) knowledge dispels the darkness of (spiritual) ignorance.”(2)

Guru Ji further comments, “They who keep on claiming that they have done this (thing), or they would do that, they are ignorant fools. Being in love with the other (worldly riches and power), they forget the real Doer. There is no greater malady than (the attachment) to Maya. All have exhausted themselves in running after (worldly wealth). It is only by following the Guru’s instruction, and enshrining the eternal (God’s) Name in the heart, that we obtain peace.”(3)

However, Guru Ji concludes the *shabad* by reminding us, “(There is nothing in the control of mortals, because) whom God wants to unite (with Him, that person alone) meets Him: I am a sacrifice (to such a person).”

Next, addressing his own mind, (and indirectly us), Guru Ji says: “O’ my mind! Only by being imbued with the love of God’s devotion (can we hear God’s) eternal word, and attain to our own place (God’s mansion). In this state, both the mind and the tongue are imbued with God’s love and sing His Praises. O’ Nanak, (in such a state), they never forsake the Name, and merge in the eternal (God).”(4-33-31-64)

The message of the *shabad* is that the world is suffering due to ego, and pursuit of Maya. This suffering can only be ended by seeking the Guru’s refuge, following his advice, and not by performing any rituals.

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**SIRI RAAG MEHLA 3**

**SIREERAAG MEHLAA 4 GHAR 1.**

mai man tān birahu aṭ aglaa ki-o pareētam milaag aag-aay.
jaag daykhaa parabh aapnaa parabhdaykhi-ai dukh jaa-aay.
jaag-aay puchhaa tin sajnīaa parabh kit biDh milaag-ay. ||1||
It is the same light

In the previous shabad (3-29-62), Guru Ji compared himself to a lonely soul-bride (of God), who sees her friends enjoying the company of their spouses and wonders whom she should ask the way to gain union with her spouse (God). He uses the same beautiful metaphor in this shabad to express the pain of separation from his beloved God, and shares his innermost thoughts regarding ways to reunite with Him. Actually, he tells us how we can also reunite with God.

Using the analogy of a loving and lonely bride who has been separated from her beloved spouse, Guru Ji says, "In my mind and body is an extremely sharp pain of separation (from my beloved God. I worry) how and when my darling would come into the house (of my heart), and meet me. (I know that) as soon as I would see my God, all my pain would depart. I (think, I should) go and ask my friend (the Guru) how can God be met, or can he unite (me with Him)."(1)

Next sharing with us what he is thinking of saying to his Guru, he says, "O' my true Guru, except you I don't have anyone as my own. We the foolish and ignorant ones have sought your refuge. Please show mercy, and unite me with that God."(1-pause)

Explaining why the Guru’s help is essential in this regard, he says, “The true Guru is the Giver of God’s Name, and God Himself causes us to meet such a true Guru. The true Guru has understood God; no one equals the Guru (in merit). Therefore, I think that I should fall at the feet of the Guru, so that showing his mercy he may unite me with that God.”(2)

Giving more reasons for seeking the Guru’s shelter, he says, “No body has found God through obstinacy of mind (by doing penances, or practicing austerities). Many have grown tired of making such efforts. Some have tried hundreds of clever techniques (to obtain God), but their minds remained blank, and didn’t embrace any (divine) love. No one has ever met (God) through falsehood and deceit. (Rather, they suffer in pain, because) one reaps what one sows.”(3)

After finding joy and peace upon meeting his beloved God, Guru Ji’s heart goes out in sympathy for the rest of suffering humanity. Therefore, making a sincere and humble prayer to God, he says, "O’ God, You are the hope of all. All beings are Yours, and You are their spiritual capital. O’ God, nobody returns
empty-handed from Your door. The Guru’s followers receive (special) honor at Your door. But slave Nanak prays: “Please (save) them also who are drowning in the ocean of (worldly) poison.” (4-1-65)

The message of the shabad is that only by seeking the Guru’s shelter and following his advice we can save ourselves from the endless worldly sufferings, and enjoy blissful union with our beloved God.

Siri Raag Mehla 4.

Naam milai man ṭarīpaṭ-ee-ai bin Naamai Dharīg jeevaas.
ko-ee gurmukh sajan jay milai mai ḍasay parabh guptaas.
ha-o tiś vitahu cha-o khannee-ai mai Naam karay pargaas. ||1||

mayray pareētāmaa ha-o jeevaa Naam Dhi-aa-ay.
bin naavai jeevaa tai thee-ai mayray satgur Naam dīrīh-aa-ay. ||1|| rahaa-o.

Naam amolak raṭan hai pooray satgur paas.
satgur sayvai lagi-aa kadh raṭan dayvai pargaas.
Dhan vadbhāagee vad bhaagee-aa jo aa-ay milay gur paas. ||2||

jina satgur purakh na bhayti-o say bhaagheen vas kaal.
o-ay fir fir jon bhavaa-ee-ah vich vistaa kar vikraal.
onaa paas du-aas na bhite-ai jin anṭar kroDh chandaal. ||3||

satgur purakh amṛt sar vadbhāagee naaveh aa-ay.
un janam janam kee mail uṭraa nirmal Naam dīrīh-aa-ay.
jan naanak utam paḍ paa-ii-aa satgur kee liv laa-ay. ||4||2||66||

SIRI RAAG MEHLA 4

In the previous shabad, Guru Ji told us that the true Guru is the giver of God’s Name. In this shabad, he describes the importance of God’s Name (the divine enlightenment) and how keenly he longs for it.

So addressing God, he says, “(O’ my Beloved), if I am blessed with Name, my mind gets satiated (all its worldly desires are fulfilled). But without God’s Name, one’s life is accursed (because in that state worldly desires remain unfulfilled, and one remains unhappy). If I find a Guru following friend who can guide me to God the treasure of virtues, and enlighten God’s Name in me, I will sacrifice my life for him.”(1)

Therefore, next addressing his Guru in the most reverential and entreating terms, Guru Ji says, "O’ my beloved, (bless me that) I may live meditating on (God’s) Name. There can be no (real) life without the Name. O’ my true Guru, please instill God’s Name in me.”(1-pause)

Describing in greater detail the significance of the Guru in obtaining the invaluable commodity of God’s Name, Guru Ji says, “God’s Name is (like) an invaluable jewel, but it is with the perfect Guru. Upon dedicating ourselves to the service of the true Guru, he enlightens our mind with the light of divine knowledge, and bestows (this jewel upon us). Therefore, blessed are those most fortunate people who come and meet the Guru.”(2)
Now commenting upon the state and fate of those who do not care for the Guru’s guidance, he says, “Those unfortunate people who have not met the true Guru are in the grip of the demon of death. Again and again, they are made to wander around in existences, and are kept as abhorrent filthy worms. We should not touch or go anywhere near such people within whose mind abides the demon of anger (because of the absence of God’s Name).”\(^{(3)}\)

In conclusion, Guru Ji says, “True Guru, the supreme being is like a pool of nectar (of divine Name). Fortunate are they who come to bathe in this pool. By (following the Guru’s advice, and thus) bathing in this pool, the filthy evil of myriad of births is cleansed, (because the Guru) instills His immaculate Name in them. In short, O’ Nanak, by being imbued with the true Guru, the devotees obtain the supreme state of bliss (of union with God).”\(^{(4-2-66)}\)

The message of the shabad is that we should pray to the Guru for blessing us with God’s Name, so that our worldly desires are quenched, and instead of suffering repeated cycles of birth and death, we may attain the supreme state of union with God.

\begin{verbatim}
SIRI RAAG MEHLA 4

In previous shabad (4-1-65), Guru Ji described the importance of the Guru. In the previous shabad (4-3-67), he told us about the importance of God’s Name. In this shabad, by describing his own conduct he explains the duty of a Guru’s follower.
\end{verbatim}
He says, “O’ my mother (my mind craves that) I may sing, describe, and utter the merits (of God). (I realize that) upon meeting with a benevolent Guru’s follower, one sings the praises (of God). Just as a diamond pierces another diamond, (similarly upon meeting the Guru) one’s mind becomes imbued with deep love for God’s Name.”(1)

Therefore Guru Ji prays, “O’ my God (bless me, that) I may sing Your praises, and my mind may be satiated. Within me is thirst for God’s Name, and I pray that in his kindness the Guru may unite me (with You).”(1-pause)

Now Guru Ji advises his saintly friends (indirectly us) and says, “O’ fortunate ones, imbue your mind with love, so that the Guru may be pleased and shower his blessings (upon you as well). With great love, the Guru implants (God’s) Name (in the mind of the devotee), and I am a sacrifice to such a true Guru. Without (the guidance of) the true Guru, God’s Name is not obtained, even if one may perform millions (of ritualistic) deeds.”(2)

Next, Guru Ji tells us why, in spite of being near God, we still are unable to meet Him. He says, “Without a (pre-ordained) destiny, the true Guru (God) is not realized, even though He always resides near us in the house (of our heart). Because) within our hearts is the darkness of ignorance and doubt, which acts like a curtain (between God) and us. Without meeting (and following the guidance of) the true Guru, the iron (like) conceited person cannot become (immaculate like) gold, therefore in spite of being near the boat (in the form of the true Guru), such a person is drowned (in the worldly ocean).”(3)

Finally, Guru Ji explains how we can obtain the guidance of the true Guru. He says, “The true Guru is like the ship of God’s Name. (If you ask) how to board this ship? (The answer is, that) the one who leads one’s life according to the true Guru’s instruction or guidance feels, as if already sitting aboard that ship. Therefore, O’ Nanak, extremely blessed are those whom the true Guru unites with himself.”(4-3-67)

The message of the shabad is that if we wish to enjoy the bliss of God’s union, then we should devotedly listen to and follow the advice of our Guru (Granth Sahib Ji). So that the Guru may unite us with him, and by yoking us to God’s Name, may unite us with God also.

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It is the same light
In this shabad, Guru Ji takes the example of a lonely separated bride longing to meet her beloved groom, to show us how and with what intensity of sincere love we should seek to meet our beloved God.

He says, "I stand on the wayside every day, searching for someone who can tell me about the guide, who may lead me to God. I will follow those who have enjoyed the company of my beloved (God), and I will humbly beg them to unite me with Him."(1)

Summarizing his longing for a fulfilling union with God, Guru Ji says, "O’ my dear brothers, let someone unite me with God. I am a sacrifice to the true Guru, who has shown me God Almighty."(1-pause)

Expressing gratitude to his Guru, he says, "The Guru is the honor of the honor less, and the true Guru encourages the discouraged. I feel that in utter humility I should bow to the perfect true Guru. I do not tire of praising the true Guru who unites me with God, who is close (to me, but I cannot see Him without the Guru’s guidance)."(2)

Guru Ji observes, “Everybody longs for the true Guru. But without good fortune, his sight is not obtained. Therefore, unfortunate ones sit and cry. Whatever is God’s will, that happens, and no one can erase God’s preordained writ.”(3)

Guru Ji concludes by stating the basic principle about the relationship between God, the true Guru, and the world. He says, “God Himself is the true Guru. He Himself unites a person with Him. Through His grace, He would unite us by making us follow the true Guru. O’ Nanak, He Himself is the life of the entire universe, and ultimately all merge in Him just as water merges in water.”(4-4-68)

The message of the shabad is that we should have such an intense longing to unite with God that we should pray daily to Guru (Grant Sahib), to guide and help us meet Him. So that, showing mercy, the Guru may enlighten us with divine wisdom and reveal to us our Beloved, residing in our heart.
In the previous shabad, taking the example of a lonely separated bride longing to meet her beloved groom, Guru Ji showed us how and with what intensity of sincere love we should seek the delight of (God’s Name). When we are blessed with love and longing for God, we enjoy a unique kind of delight, which is called the delight of (God’s Name).

In this shabad, he tells us the merits of this unique ecstasy. Posing himself as a seeker of this joy, he shares with us his personal experiences. He says, “Delight in the immortalizing nectar of His Name is exquisite. But how can one obtain it and enjoy it? When I asked those united wedded brides of God, (His blessed devotees) who have obtained union with Him, ‘What was the technique you used that God came to meet you (and you are enjoying the bliss of His love), the carefree (saints) would not answer, even though I would wash their feet repeatedly.’”(1)

But then on their own, they felt pity and said to me, “O’ dear brother, go and see your true friend (the Guru), and meditate on the attributes of God. It is the true Guru who is the real friend, who dispels all pain by first driving out ego (from your heart).”(1-pause)

Guru Ji humbly says, “It was the result of compassion in the hearts of those Guru’s followers united with God, who favored me (with such an immaculate advice). They told me that that the word (of advice) of the true Guru is the jewel. He who has full faith in it tastes the delight of (union with God). So we should consider as fortunate those who have enjoyed this delight by living according to the Guru’s will.” (2)

Regarding the availability of the delight of God’s Name, Guru Ji clarifies and says, “The elixir (of God’s Name) is contained in every blade and straw of the universe. But the unfortunate persons cannot enjoy it.

Without the guidance of the true Guru, one cannot obtain this elixir, and the self-willed keep wailing. They do not bow before the true Guru, because the demon of anger is in their hearts.”(3)

Finally, explaining how God’s bliss pervades everywhere, Guru Ji says, “God Himself is bliss, and He pervades everywhere as this bliss. Showing mercy on His own, He blesses us with this nectar. But only through the Guru, does He bless some with the nectar of His Name. O’ Nanak, when He comes to reside in some one’s heart, that one’s body and mind bloom.”(4-569)

The message of the shabad is that if we want to taste the elixir of God’s Name, we should seek the guidance of the Guru. Under his guidance we should cast off our ego, and meditate on God’s Name.
In the previous shabad, Guru Ji advised us that if we want to taste the exquisite elixir of God’s Name, we should seek the guidance of the Guru. Under his guidance, we should remove our ego and meditate on God’s Name. But the problem is that we remain so much involved in worldly affairs and in false pleasures, we forget that our life is getting shorter everyday. We often depart from the world without tasting the bliss of God’s love or His Name.

In this shabad, Guru Ji portrays our life and cautions us against neglecting God’s Name. He says, “A day rises, turns into evening, and then the entire night passes away. In this way life decreases day by day, but one does not realize this. Time is eating away one’s life like a rat slowly nibbling at a rope. Like flies clinging to molasses (and getting caught), those who are conceited cling to worldly riches (or Maya) and are consumed by it.”(1)

Guru Ji therefore advises us, “O’ my dear brothers, (and sisters remember that) God is our only true friend. Attachment to sons (children) and wives (spouses) is false, because in the end no one is going to help the mortal.”(1-pause)

Now Guru Ji describes the way of life of those who follow the Guru’s teachings, and while still living in the world, remain detached from its temptations. He says, “Following the Guru’s advice, they who embrace love for God and remain detached from the world (even though physically living in it), are saved. They always keep death in their mind, and amass the wealth of God’s Name, (the only currency) which is honored on their journey (to the next world). These Guru’s followers are recognized at the entrance to the divine mansion, and God Himself takes them in His embrace.”(2)

Reflecting on the comforts and facilities enjoyed by the Guru’s followers, he says, “The divine path is revealed to the Guru’s followers, and no hurdles are put in their way: they praise God’s Name and keep attuned to His Name at all times. In their hearts rings the flowing melody of His Name. When they reach the (divine) gate, they are received with honor.” (3)

In conclusion, Guru Ji says, “Everybody praises those who under the Guru’s instruction meditate upon His Name. O’ God, please grant me also the company of such (holy) persons. This is the supplication of mine, a beggar (at Your door). Nanak (says), supremely fortunate are those, whose heart is illumined by the Light of (God’s) Name.”(4-33-31-6-70)

The message of the shabad is that we should remember that our life is getting shorter every day. Therefore, without wasting any more time, we should seek the Guru’s refuge. Under his instruction we should meditate on God’s Name, which will be our only helper on our journey to the next world.
Siri Raag Mehta 5 Ghara 1.

In the previous shabad, Guru Ji cautioned us against being ignorant about the daily shortening span of our life. He also told us how, like flies becoming caught in molasses, we are caught in the pursuit of worldly riches and power.

This shabad appears to be addressed to a rich person who was intoxicated with pride in his big family, wealth, and power. Here, Guru Ji warns us against such egoistic things, which are false and transitory.

He says: “(O’ man), why are you intoxicated upon seeing your son, and your wife in her ornaments. You enjoy delicacies, make merry, and indulge in infinite pleasures. O’ you self-conceited, blind, ignorant fool, you give many commands and act haughtily, but you do not remember the Creator.” (1)

But before saying anything more, Guru Ji addresses himself, and says, “O’ my mind, God alone is the giver of joy and peace. But it is through the Guru’s grace and good fortune that He is attained.” (1-pause)

Now addressing that rich man in particular (and others in general), Guru Ji says, “(O’ man), you are engrossed in wearing fine clothes and amassing gold and silver, which will one day be reduced to dust. You have gathered horses, elephants, and multi-colored swift chariots. You are so absorbed in these things that you have forgotten even your near and dear ones. Without God’s Name, you are so impure that the Creator has forsaken you from (His mind).” (2)

Guru Ji next reminds us that when we collect wealth or power through dishonest means, we earn the curses of the innocent and the poor, and lose our honor. He says, “(O’ man), you amass wealth (by foul means), and incur the curses (of the innocent). But you don’t realize that the family whom you want to please with your (ill-gotten) wealth will perish along with you. O’ you proud man, engrossed in (false) intellect you indulge in pride (of your wealth. But remember that persons like you are forsaken by God), and they whom God forsakes lose both their caste and honor.” (3)
Guru Ji concludes this *shabads* by describing how God loves and protects those who follow the Guru’s advice, and rise above false worldly temptations. He says, “They whom the noble true Guru has united with God, for those devotees, God is their only true friend and protector. No egoistic persons can harm them. Such persons cry (and repent) trying to harm the devotees. God loves His devotees so much that whatever the devotees wish for, He grants without any delay. In short, O’ Nanak, the one who is dyed with God’s love shows light to the entire world (and becomes a role-model for others).” (4-1-71)

The message of this *shabads* is that instead of being engrossed in false worldly enjoyments, we should follow the Guru’s guidance, and imbue ourselves with God’s love. This way we would not only embellish our life, but would also provide guidance to others and become a role model for them.

### SIRI RAAG MEHLA 5

In this *shabads*, Guru Ji advised us that instead of being engrossed in false worldly enjoyments, we should seek and follow the Guru’s guidance and imbue ourselves with God’s love.

In this *shabads*, he tells us why worldly pleasures are really no good. He says, “Although worldly recreations and revelries seem to provide great pleasure to the mind, they are deceiving one’s eye (because these are short-lived). Even an emperor with a royal canopy over his head remains caught in anxiety (due to the fear of losing that kingdom).” (1)

Therefore Guru Ji says, “O’ brother, those in whose destiny God has written the company of the holy have found peace, and all their anxiety and suffering has been erased.” (1-pause)

On the basis of his experience and observation, he further states, “(Even if a person) has visited all the beautiful places and spots (of the world), is very wealthy, and a big landlord, (still such a person) dies crying, “this is mine, that is mine” (2)

Elaborating on the above concept, Guru Ji says, “(Casting aside all morality and fear), one may be unhesitatingly issuing commands and acting haughtily. One might have subdued all, (yet) without God’s Name one mingles in dust.” (3)

Finally Guru Ji says, “(I have concluded that) even if a person has at his (or her) command and service millions of gods, men of miracles, and holds dominion over mountains, oceans, and vast empires, (still without God’s Name), all disappears like a dream.” (4-2-72)

The message of the *shabads* is that real happiness does not lie in worldly riches, or pleasures. All these are illusory, and any one engrossed in them always remains worried about losing them. True happiness is obtained by meditating on God’s Name, for which one should always pray to God.
In one of the previous shabads (4-33-31-6-70), Guru Ji cautioned us against forgetting the fact that our life is decreasing day by day. He also told us that just as flies become caught in molasses, we are caught in the pursuit of worldly wealth and power. In this shabad, Guru Ji once again reminds us of these facts.

He says, “(O’ human being), getting up each morning, you begin pampering your body. But without understanding the purpose of life you remain thoughtless and ignorant. (Therefore, instead of the body) attune your mind with the true Guru, and enjoy eternal bliss.” (1)

Reminding us of life’s real purpose, Guru Ji says, "O’ human being, you came (into this world) to earn the profit (of God’s Name). But what useless tasks are you engaged in? The night of your life (span in the world) is about to end!” (1-pause)

Comparing human beings with birds and animals, Guru Ji says, “(O’ human beings), you sport about like birds and animals, but you are unaware of death (hovering over you). You are caught in the snares of Maya (worldly entanglements). Only those persons who meditate on the true Name (of God) are liberated (from this web).” (2)

Commenting further on our foolishness, Guru Ji says, “(O’ my friends), you are attached to that home (in this world), which you have to leave one day. But you do not worry about the home (in the next world) where you must go and live (permanently). Caught (in worldly entanglements), only those persons are liberated who fall at the feet of the Guru.” (3)
In conclusion, Guru Ji says, “(O’ my friends), I cannot think of any other (except God) who can save you (from getting caught in worldly entanglements). After searching all the four corners (of the world, the person who has) ultimately come to the refuge of the Guru, O’ Nanak, the true Sovereign has saved that drowning person.’’(4- 3-73)

The message of the shabad is that instead of wasting our time in embellishing and pampering our body, or indulging in false worldly pleasures, we should remember God under the Guru’s guidance.

SIRI RAAG MEHLA 5

In the second stanza of the previous shabad, Guru Ji warned us and said, “O’ human being, you came here (into this world) to earn the profit (of God’s Name). But what useless tasks are you engaged in when the night of your life (span in the world) is about to end!” In this beautiful shabad studded with so many metaphors, Guru Ji once again gives us a wake-up call, and warns us against being complacent about realizing and fulfilling our real purpose in life.

He begins by comparing a human being in this world to a guest in a house, and says, “(One) comes to this (worldly) house like a guest for a very short period. But, (deeming himself to be its owner, one assumes the role of) the accomplisher of its tasks. Engrossed in the affairs of the world, the foolish person doesn’t understand (the purpose of human) life. So when the time of death comes, and one sees one self in the grip of the messengers of death, (then) one repents, while rising up to depart from here.’’(1)

Reminding us that death can overtake us any moment, Guru Ji says, “O’ blind fool, your state in this world is like that of a tree on the bank of a river (which can be uprooted any moment). If such is pre-written in your destiny, act upon the Guru’s utterance (and meditate on God’s Name).”(1-pause)

Most of us remain indifferent to our spiritual goals, thinking that we can do these things in our old age, (but we don’t realize, that we could die earlier). Therefore, to remove these false assumptions from our
minds, Guru Ji takes the example of a farmer and his crop. He says, “(Just as in the case of a farm, neither the crop which is) green, nor the half ripe, nor the ripe (crop has any guarantee that it may not be harvested before its time. Whenever the owner deems fit, preparing his croppers with sickles in their hands, he arrives at the farm. When so ordered by (the owner), they harvest the entire farm. (Similarly, when ordered by God, the demons of death arrive and take away mortals without any consideration).” (2)

Now commenting on the ways, we let our life go waste; he compares human life with the four periods of the night. He says, “The first part of (human) life is wasted in the affairs of the world; the second part is wasted in sleep (attachment to worldly riches and power). The third part (of life) a human being wastes in useless fights and struggles, and in the fourth part, the day dawns (and the human being dies. The end result is that) a human being never remembers God, who gave the human body and soul.” (3)

Guru Ji concludes this shabad by sharing with us his own personal experience. He says, “I am a sacrifice to the company of the saintly persons, through whom I realized (the self) and met the wise God. Thus, I Nanak, have seen the ever manifest God, who knows the essence of all things.” (4-74)

The message of the shabad is that our stay in this world is limited. Any moment death may overtake us. Therefore, we should act on the advice of the true Guru, and meditate on God’s Name without postponing it for a later period.
In the last stanza of the previous *shabad*, Guru Ji said, “I am a sacrifice to the company of the saintly persons, through whom I have realized (the self) and have met the wise God. Thus, I Nanak have seen the ever manifest God, who knows the essence of all things.” In this *shabad*, Guru Ji prays for himself (and advises us accordingly).

He says, “It does not matter if I forget everything else, but I should never forget the one (God). Having delivered me from all entanglements, the Guru has bestowed upon me His Name, the true objective of life. (He has instructed me to) give up all other hopes, and have only one hope (of meeting God). Therefore, whosoever serves the true Guru finds a place (of honor) in the world hereafter.”(1)

Advising himself, Guru Ji says, “O’ my mind, forsaking all your cleverness, humbly seek the Guru’s guidance and praise the Creator.”(1-pause)

Describing the benefits of following the above advice, Guru Ji says, “No pain or hunger afflicts us if we have (God), the Giver of comforts in our mind. When the eternal God abides in our heart, we do not fail in any undertaking (and we say: “O’ God), no one can harm the person whom You protect.” Therefore, we should always meditate upon the peace-giving Guru, who drives out all our demerits.”(2)

Describing the conduct and attitude of a true servant of God, Guru Ji says, “A servant (of God) always asks God for the service of serve those servants whom He has yoked in His service. (He prays), ‘O’ God, if You show Your kindness, then please bless me with the of association and service of saints.’ But everything is in the power of God, and He Himself is the doer. We should always be a sacrifice to the eternal Guru, who fulfills all our desires.” (3)

Describing the state of mind of such a servant, Guru Ji says, “(Such a person says): “I see the one (God) alone as my friend, brother, and mate. All the wealth and capital of the world belongs to the one God, and His law alone prevails. When my mind reposed in the one God, it became immovable. O’ Nanak, for such a person, God’s) true Name is the (spiritual) food, clothing, and support.”(4-5-75)

The message of the *shabad* is that following the advice of the Guru; we should repose full faith in God, and pray to Him to always keep us yoked in His service. In this way, we would get rid of all our worldly pains and desires, remain contented in His will, and would always consider God’s Name as our true support.

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**SIRI RAAG MEHLA 5**

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**sireraag mehlaa 5.**

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sabhay thok paraapatay jay aavai ik hath.  
janam paqaaraath safal hai jay sachaa sabad kath.  
gur tay mahal paraapatay jis likhi-aa hovai math.  
||1||

mayray man aykas si-o chiit laa-ay.  
aykas bin sabh DhanDh hai sabh mithi-aa moh maa-ay.  
||1|| rahaa-o.

lakh khusee-aa paatisaahiee-aa jay satgur nadar karay-i.  
nimak har Naam dary-ay mayraa man tan seetaal ho-ay.  
jis ka-o poorab likhi-aa tin satgur charan gahay.  
||2||

safal moorat saflaa gharhee jit sachay naal pi-aar.  
dookh saantaap na lag-e jis har kaa Naam aDhaar.  
baah pakarh gur kaadhi-aa so-e utri-aa paar.  
||3||
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In stanza (2) of the previous shabad, Guru Ji told us “No pain or hunger afflicts us if we have (God), the Giver of comforts in our mind. When the eternal God abides in our heart, we do not fail in any undertaking. (We say; ‘O’ God), no one can harm the person whom You protect.’ Therefore, we should always meditate upon the peace-giving Guru, who drives out all our demerits.” In this famous shabad, Guru Ji tells us that if we meditate on God’s Name (with true love in our mind), then we would have so much happiness of mind, as if we have the pleasures of millions of kingdoms.

He begins this shabad by saying, “If some how we can get hold of that one (God), all our desires are fulfilled. Our precious life becomes fruitful with the utterance of His eternal Name. If it is so ordained in our destiny, then through the Guru, we attain the mansion (of God).” (1)

Therefore, advising himself (and us), Guru Ji says, “O’ my mind, fix your attention on the one (God). Without the (love of) one (God), all else is useless strife. All attachment to Maya (the worldly affairs) is false.” (1-pause)

Then Guru Ji declares: “(O’ my friends), if the true Guru casts his merciful glance of grace, (one feels as if one has obtained) millions of joys and kingdoms. If (the Guru) blesses me with even a fragment of God’s Name, both my mind and body are soothed. (But only that person in whose destiny it has been so) pre-written holds fast to the Guru’s feet.” (2)

Elaborating on the merits of being truly devoted to the eternal God, Guru Ji says, “Fruitful is the moment, and fruitful the hour, which is passed in love and devotion to the eternal God. No pain or torment afflicts a person who has the support of God’s Name. In fact, only that person is truly saved whom the Guru pulls out (of the worldly ocean of Maya).” (3)

In conclusion, Guru Ji says, “Holy, beauteous, and immaculate is the place where saints assemble. However, only that person obtains support (in this assembly), who has found the perfect Guru. O’ Nanak, such a person (lives in a state of complete peace, and has no worry. It is as if that person has) built his or her home where there is neither death, nor birth, nor old age.” (4-6-76)

The message of the shabad is that if we wish to live in such a state of mind, as if we are enjoying the pleasures of millions of kingdoms, and have no fear of, birth, death, or old age, then we should take the shelter of the Guru (Granth Sahib Ji) and meditate on God’s Name with true love and devotion.
In the previous shabad, Guru Ji advised us that if we want to obtain all the joys and blessings of the world, we should take the shelter of the Guru, and meditate on God’s Name with true love and devotion.

He begins this shabad by advising himself, and saying, "O’ my mind, worship only that (God) who is the King of all kings. O’ my mind, pin your hope only in (that) God in whom all have faith. Forsaking all cleverness, go and seek the refuge of the Guru (because only the Guru can unite you with God)." (1)

But Guru Ji wants to caution us that we don’t have to put ourselves into any hardship or penance to meditate on God’s Name. We must do it in a natural way. He says, "O’ my mind, with peace and poise meditate on the Name of God. At all times remember God’s Name, and daily sing His praises.” (1-pause)

Clarifying further, he tells us that we don’t need to seek the shelter of any human being, god or goddess; we only have to seek the support of the one Supreme God. He says, "O’ my mind, seek the protection of that (God), whom no one equals in greatness, and by worshipping whom immense peace prevails, and there is no pain or affliction at all. Ever and forever, serve that God who is our eternal Master.”(2)

Now explaining how to serve that God, Guru Ji says, “It is in the society of saints that one becomes immaculate, and the noose of death is cut off (one is liberated from the cycle of birth and death). Therefore, pray before that (God) who is the giver of peace and destroyer of fear. The person upon whom the merciful God becomes kind the task (or objective of that person’s life) is accomplished.”(3)

Guru Ji concludes this shabad by commenting on God’s greatness. He says, “(That) God is said to be the greatest and His abode is believed to be the highest. He is without color or form, and His inestimable worth is beyond me to describe.” (Therefore I pray): “O’ God, please show mercy on Nanak, and bestow Your eternal Name (on him).” (4-7-77)

The message of the shabad is that we need not go through any austerities or penances to meditate on God’s Name. All we have to do is to keep remembering God and singing His praises at all times, with true love, ease, and poise.
In many previous shabads, Guru Ji stressed upon the way of God’s Name or Naam Maarag. It is very difficult to exactly define or describe what is truly meant by Naam. The closest definition is that it is a state of constant awareness, remembrance, and love for God. It is like the love of a mother for her child, or of a faithful bride for her groom. In this shabad, Guru Ji summarizes the blessings received by a person who meditates on God’s Name, and tells how, where, and from whom one can obtain this invaluable gift.

Briefly describing the merits of meditating on God’s Name, Guru Ji says, “The person who meditates on God’s Name always remains happy, and his face becomes radiant (glowing with love and happiness). But God’s Name (or the state of love for God) can only be obtained through the Guru, and the one who receives this gift becomes famous in all the worlds. Further, that one eternal God resides in the home (or congregation) of saintly persons.” (1)

Therefore, advising himself (and us), Guru Ji says, “O my mind, contemplate on God’s Name, because God’s Name will always be with you and will save you (even) in the next world.” (1-pause)

Cautioning us against becoming entangled in the short-lived glories of the world, Guru Ji says, “(O my mind), of what use are the glories of the world? The temporary color (of pleasure or honor) resulting from the acquisition of Maya (worldly riches) would fade away in the end. On the other hand, one who keeps God in the heart obtains true greatness, and is recognized everywhere as a very important person.” (2)

Now describing how and from where one can obtain this gift, Guru Ji says, “(O my friend) forsake your ego and become a humble servant of the saint (Guru). Abandon all other efforts, and seek the refuge of the Guru. The one in whose destiny it is so preordained obtains the jewel of God’s Name (from the Guru).” (3)

Finally, Guru Ji says, “O brothers (and sisters), only they receive the gift (of His Name), upon whom God Himself bestows it. Only that person serves the Guru whose malady of ego has vanished. Nanak has met the Guru (God), and all his sufferings have ended.” (4-8-78)

The message of the shabad is that instead of running after short-lived worldly pleasures, we should try to obtain the eternal bliss of God’s Name. For this, we must abandon our ego, humbly seek the refuge and guidance of the Guru, and try to love and remember God in our heart at all times.

sireeraag mehlaa 5.

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In times of difficulty, we often run to our friends and relatives for help and protection. Sometimes they help us, if the involvement is not too much and it does not put them to any personal risk or inconvenience. But when their help may mean any real sacrifice on their part, then they generally try to avoid us, and sometimes even refuse to recognize us. In this shabad, Guru Ji tells us who our real friend or relative is, on whose help we can always depend, and who would never refuse or desert us.

He says, “(O’ my friends), only one (God) is the knower of the soul, and there is only one savior. Therefore, my mind depends only on the support of the one (God), believes that only one God is the sustainer of our life, and that there is everlasting peace in the refuge of that God and Creator.” (1)

So Guru Ji advises himself (and us), “O’ my mind, forsake all other efforts. Every day remember the perfect Guru, and keep attuned to the one God (alone).”(1-pause)

Elaborating further, Guru Ji says, “The one (God) alone is my brother, friend, mother, and father. My mind depends upon the support of that one (God), who has given me body and soul. (Therefore, I wish that) from my mind I may never forsake that one (God), who has kept everything under His control.” (2)

Now telling us where we can find that true friend and protector, Guru Ji says, “Both within and without our hearts and in every place and space is the one God. (O’ mortal), day and night worship Him, who has created all human beings and creatures. By being imbued with that One, no grief or sorrow remains.” (3)

Finally, cautioning us against seeking the help of any lesser gods, goddesses, or other powers, Guru Ji says, “There is only one supreme God and there is no other (equal to Him). Our body and soul belong to Him, and whatever He wills, that happens. (The person who meditates on God) through the perfect Guru himself becomes perfect (by merging in God). Therefore O’ Nanak, worship that eternal God.”(4-9-79)

The message of the shabad is that instead of depending upon our relatives or friends, or worshipping other gods and goddesses, we should depend upon one God alone for help in all matters.

**SIRI RAAG MEHLA 5**
Guru Ji concluded the last shabad with the remark that the person who meditates on God through the perfect Guru himself becomes perfect (by merging in God). In this shabad he elaborates on this concept. He says, “They who have attained their mind to the true Guru are perfect and supreme. (But only they) on whom God is merciful are blessed with divine knowledge. (In short), they in whose destiny it is so ordained obtain the gift of God’s Name (and remain in a state of love and devotion for God).” (1)

Advising his own mind (and indirectly us), Guru Ji says, “O’ my mind, meditate on the Name of the one (God) alone. (By doing so), all kinds of pleasures and comforts arise in that person’s life, (and such a person) goes to the court of God with honor.” (1-pause)

Elaborating on the blessings received by those who meditate on God’s Name, Guru Ji says, “The person who is imbued with the love and fear of God, that person’s fear of life and death goes away. By remaining in the company of the saintly persons, such a person becomes pure, and God Himself nurtures that person. By seeing the sight of the Guru, (listening to and acting on the Guru’s advice), the person is blessed. The dirt of (the sins, which subject that person to the pains) of birth and death is removed.” (2)

Next, elaborating on the nature of God and His abode, Guru Ji says, “(O’ my friends), God pervades in all places and spaces. He Himself is the Giver of all, and there is no second. It is only by seeking His refuge that we can be saved (from our sins). Everything happens as God wishes and wills.” (3)

Guru Ji concludes the shabad by stressing upon his opening remarks, and says, “Perfect and supreme are they in whose heart resides the exalted God. Pure is their glory, which is known throughout the world. (I) Nanak am a sacrifice to those who have meditated on my (beloved) God.” (4-10-80)

The message of the shabad is that if we want to enjoy perfect happiness, attain honor, and go to God’s court with honor, then we should listen to and act upon the advice of the Guru (Granth Sahib Ji), and meditate on God’s Name with true love and devotion.
It is the same light

SIRI RAAG MEHLA 5

In many previous shabads, Guru Ji urged us to seek and act upon the advice of our Guru, and meditate on God’s Name with love and devotion. In this shabad, he tells us the benefits of meeting the Guru and following his advice.

Guru Ji says, “They who have met the Guru (and acted upon his advice, they) have rid themselves of all pain, and their mind has been filled with the joy of God’s (Name). By attuning themselves to the one God, their mind has been illuminated with (divine) light. In short, by meeting the saint (Guru, and acting upon his advice), they have obtained glory. (It is, as if they have) realized their pre-ordained destiny. (But still), singing the praises of God remains their daily routine, and they become immaculate by meditating on the immaculate Name of the eternal (God).”(1)

Therefore advising himself (and us), Guru Ji says, “O my mind, (by following) the Guru’s word (of advice) peace is obtained. The service of the Guru (following his advice) never goes waste.”(1-pause)

Elaborating on the blessings received by those who follow the Guru’s advice, he says, “(The person) who has obtained the treasure (of God’s Name), all the wishes of (that person)’s heart are fulfilled. (Such a person) sees the knower of all hearts, who is always with him or her, and that person, recognizes (that God, who is) the Doer (of all things). By meditating on His Name, developing compassion (in the mind), and by purifying oneself (from both inside and out), by Guru’s grace one has obtained honor (in God’s court). Such a person’s lust, anger, and greed has been destroyed, and that person has shed ego.”(2)

But that is not the end of the blessings received by Guru’s followers. Guru Ji says, “(In addition to the benefits mentioned above, one who has followed the Guru’s advice) has obtained the profit of God’s Name, and all one’s (worldly and spiritual) tasks have been accomplished. Showing mercy, God has bestowed His Name and has united that person (with Himself). God Himself has become kind , and that person’s coming and going (the rounds of birth and death) has ended. In short, by recognizing (truly understanding and following) the Guru’s word, (such a person) has obtained the mansion of the eternal (God, right in the heart).”(3)

Guru Ji concludes this shabad by summarizing the innate relationship between God and His devotees. He says, “Showing His grace, God protects His devotees. (On the other hand), by reflecting on the merits of the eternal God (the devotees) obtain honor in this world and the next. Imbued with the love of the
The message of the shabad is that we should follow the advice of the Guru, meditate on God’s Name, develop compassion for others, and purify ourselves both inside and out. By doing so, God would bless us with peace and pleasure in this world, and honor and glory in the next.

In the previous several shabads, Guru Ji advised us to meditate on God’s Name. But the gift of His Name can only be obtained from the Guru, and one meets a true Guru only if God is kind and gracious. Therefore in this shabad, Guru Ji shows us how to pray to God to unite us with the Guru, and tells us what kinds of blessings we can obtain through him.

Guru Ji begins this shabad by praying to God and says, “If we meet the perfect Guru, we can get from him the treasure of the word (like) the Name. But the gift of His Name can only be obtained from the Guru, and one meets a true Guru only if God is kind and gracious. Therefore in this shabad, Guru Ji shows us how to pray to God to unite us with the Guru, and tells us what kinds of blessings we can obtain through him.

Therefore, instructing his own mind (and indirectly us), Guru Ji says, “O’ my mind, seek the shelter of God, because except God, there is no one else (who can help us). Therefore, meditate on the Name of the one (God) alone.”(1)

Guru Ji then comments, “(O’ my mind), the worth of God cannot be described. He is (like) an unfathomable ocean of virtues. O’ my fortunate mind, go and sit in the company of saintly persons, and acquire (from them the commodity) of His true Name. (Then through that Name) serve (God, who is) the ocean of bliss and the King of kings.”(2)

Next, entering into prayer mode, Guru Ji addresses God and says, “O’ God, I lean on You. You are my only support, and I live only by depending upon You. O’ God, You are the honor of those who are humble. Please show mercy to me, so that I may always remain merged in Your company.”(3)

In closing, Guru Ji says, “(O’ my mind), day and night we should meditate on God, the cherisher of the world. He preserves (our ) soul, body and wealth, and mercifully protects (our) life. In short, O’ Nanak, the merciful God is ever-forgiving, and He washes away all the sins (of His devotees).” (4-12-82)
The message of the shabad is that we should pray to God to unite us with the true Guru, so that we may be able to obtain the gift of God’s Name, which is the treasure of all peace, poise and bliss.

SIRI RAAG MEHLA 5

In this world, it seems that everybody is in love with someone or something. But many times it so happens that our beloved betrays us at a very critical moment and then we feel utterly devastated. In this shabad, Guru Ji tells us about that love and that Beloved (who never betrays), so that we may also enjoy such a pain-free love of that faithful Beloved.

He says, “(Now) I am imbued with the love of that eternal (God), who neither dies, nor comes and goes. (He is always present. He is such a sincere friend that) even if one tries to separate from Him, He doesn’t get separated, because He pervades in all. He is the destroyer of pains and woes of the meek, and deals with His devotees with good will. Wondrous is the form of that immaculate (God. Yes), O’ my mother, the Guru has united me with (such a wonderful God).”(1)

Therefore, Guru Ji lovingly advises us and says, “O’ my brother, make that God your friend. Accursed is attachment and love of wealth, for no person in love with (wealth) is seen happy.”(1-pause)

Elaborating on the merits of his beloved God, Guru Ji says, “(O’ my friends, my companion God) is wise, beneficient, tender-hearted, immaculate, and infinitely handsome. He is an extremely great friend and companion, and highest of the high. We should never think of Him as old or young, and everlasting is His court. Whatever we ask from Him we receive; He is the support of the support less.”(2)
Sri Guru Granth Sahib

So advising us, Guru Ji says, “(O’ my friends), shedding all our doubts, we should meditate on that God. Upon seeing Him, all our sins are destroyed, and our mind and body become calm. Ever and forever, we should remember that God, who is the treasure of virtues, is ever young, and whose gifts are perfect. We should not forsake Him, neither during the day nor at night.”(3)

Guru Ji concludes this shabad by saying, “(Only those fortunate persons), who are so predestined, have God as their friend. We should dedicate our body, soul, wealth and even our very life to Him. God pervades everywhere hears everything sees every action (and knows even our secret thoughts). O’ Nanak, (He is so kind, and forgiving that) He sustains even the ungrateful human beings.”(4-13-84)

The message of the shabad is that even if we have been ungrateful to God, and have depended on our worldly friends, we should still seek His love and friendship. He may still forgive our sins, bless us with true and everlasting happiness, and end our painful rounds of births and deaths.

In the third stanza of the previous shabad, Guru Ji advised us to shed all our doubts and meditate on God, who destroys all our sins and calms our mind and body. We should always remember God, who is the treasure of virtues, whose gift is perfect, and who is ever young. We should neither forsake Him during the day nor at night. Guru Ji begins this shabad by listing still more reasons why we should be grateful to God and meditate on Him.

He says, “(O’ my friends, it is) God who has given us our mind, body and wealth, and has sustained us in such a beautiful and perfect way. He has equipped our body with power, and placed within it His infinite light. Forevermore, we should meditate on that God by always keeping Him enshrined in our heart.”(1)

Reminding himself (and us), Guru Ji says, “(O’ my mind, except God, there is no one else (who can help us). You should always abide in the shelter of God, so that no sorrow ever afflicts you.”(1-pause)
Regarding our worldly riches and relationships, Guru Ji cautions us: “(O’ my friend), these precious stones, commodities, and all the gold and silver will ultimately be like dust (for you at the time of your death). Similarly, all relationships like that of mother, father, son and other relatives are false (and short-lived). The conceited person, who does not recognize His Creator, is like an unholy animal.” (2)

Commenting on the fate of the conceited persons, Guru Ji says, “Though God pervades both inside and out, the egocentric person deems Him far. Such a person is afflicted with the craving (for wealth), and in that person’s heart are ego and falsehood. Devoid of devotion and without the (enlightenment of) His Name, crowds of such people continue coming and going.” (3)

But Guru Ji cannot bear the pitiable plight of even such people. In his compassion, he prays on their behalf and says, “O’ God, the Creator, please show mercy to Your creatures and save them (from the fire of desire). There is none other than You who can save them from the terrible and dreadful demon of death. O’ Nanak, (pray to God and say, “O’ God), show mercy that I may never forget Your Name.” (4-14-84)

The message of the shabad is that we should be grateful to God, who has given us everything, including our body, mind, and life. Instead of being engrossed in worldly wealth, or being overly attached to our family and friends, we should imbue ourselves with love and devotion for God.

**Siri Raag Mehla 5**

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For this reason, Guru Ji says to himself (and us), “O’ my mind, contemplate on God’s Name. Associate with the company of saints, fix your mind on the Guru’s feet (and follow the Guru’s advice).”(1-pause)

However, Guru Ji notes, “We meditate on the valuable treasure of (God’s) Name only if it is so written in our destiny. By following the advice of the Guru, all our tasks are accomplished and all our desires are fulfilled. The person who does this, (that person’s malady of) ego is cured, and as a result such a person neither comes (again to the world) nor goes.”(2)

Therefore, Guru Ji advises us and says, “(O’ my friend), join the company of the saint (Guru). This is like bathing at all the sixty-eight holy places. (By doing so), your body, soul, and life would bloom (with spiritual enlightenment), which is the real purpose of human life. (In this way), you would obtain honor here (in this world), and obtain a place there in (God’s court).”(3)

In closing, Guru Ji says, “(O’ my friends), God Himself does and gets done all things. Everything is under His control. He Himself gives life and Himself gives death, and is with us both inside and out. Therefore, Nanak always seeks the shelter of that God who is the Master of all beings.”(4-15-85)

The message of the shabad is that we should never feel proud of our wealth, power or relatives. Instead, following Guru’s advice, we should always meditate on God, (the cause behind all causes).

### SIRI RAAG MEHLA 5

Guru Ji concluded the previous shabad with the comment that he always seeks the shelter of God, (the Master of all beings). In this shabad he shares with us the blessings he received upon seeking the shelter of God.

He says, “(When) I sought the shelter of my God, the Guru became kind to me. By following the instructions of the true Guru, all my (worldly) entanglements were destroyed. By the nectar-like glance of (the Guru), my inner self was attuned to (God’s) Name.”(1)

Therefore, reminding his own mind (and ours), Guru Ji says, “O’ my mind, always remember to serve the true Guru (by following his advice). When you serve the Guru, God shows His mercy on you. (Therefore), you should not forsake (the Guru’s service) from your mind, even for a moment.”(1-pause)

Describing the benefits of singing God’s praises and meditating on God’s Name, Guru Ji says, “When we daily sing praises of God, all our faults are removed. I have tried all the ostentations of Maya (worldly
riches and power, and have concluded) that without meditating on God’s Name, peace (of mind) is not attained. By remaining imperceptibly imbued (in singing God’s) praises, (people have) crossed over the worldly ocean.”(2)

Some people still believe in performing rituals, such as going on pilgrimages, observing fasts, or practicing austerities. However, Guru Ji says, “(O’ my friends), in the dust of the feet (the humble service) of the saints, we obtain all the merits of going on pilgrimages, keeping fasts, and practicing millions of austerities. (God is not impressed with any such outer shows of righteous deeds, because) He is always in the company of His creatures (and sees even their secret deeds). So from whom can (one) try to hide one’s evil deeds, because my God is pervading in all nooks and corners (of the world)?” (3)

Guru Ji concludes this shabad by commenting on the eternal nature of God and His kingdom. He says:

“(O’ my friends), eternal is God’s kingdom, and eternal is His command and His seat. Eternal is the nature, which that eternal (God) has created. O’ Nanak, we should meditate on the eternal Name, to which I am a sacrifice forever.” (4

The message of the shabad is that instead of practicing ritualistic deeds (such as visiting holy places or observing fasts), we should humbly listen to and act upon the advice of the Guru (Granth Sahib), and meditate on God’s Name. Then God Himself would shower His mercy on us, and bless us with His union. He would give us the true understanding to refrain from any wrong doings.

The message of the shabad is that instead of practicing ritualistic deeds (such as visiting holy places or observing fasts), we should humbly listen to and act upon the advice of the Guru (Granth Sahib), and meditate on God’s Name. Then God Himself would shower His mercy on us, and bless us with His union. He would give us the true understanding to refrain from any wrong doings.

In the previous many shabads, Guru Ji advised us to meditate on God’s Name. In this shabad, he again stresses on this point.

Advising us in very friendly way, Guru Ji says, “O’ fortunate (person), make an effort and earn the wealth of meditating (on God’s Name). By meditating on God in the company of saints, wash off the dirt (of the sins) of myriad births.”(1)

Next, advising himself (and indirectly us), he says, “(O’ my mind, do the worship of repeating God’s Name. By doing so, you will obtain the fruits of your heart’s desire, and all your woes and worries will be over.”(1-pause)

Describing the blessings obtained by those who have followed the above advice, he says, “(They who have meditated on His Name) have achieved the purpose for which they had assumed a human body, and seen God in their company. (They have realized that God pervades) in all water and lands, and is looking upon all with His gracious glance.” (2)
But that is not the end of their blessings. Guru Ji says, “The mind and body of such persons becomes immaculate, and they are imbued with love for the eternal God. (In truth), by meditating at the feet of God (by meditating on His Name with true love and devotion), they have earned the merits of having performed all worships and penances.” (3)

In conclusion, Guru Ji says, “Invaluable like jewels, diamonds and pearls is the immortalizing nectar like Name of God. Therefore, O’ Nanak, you should also enjoy the peace, poise and bliss of singing praises of God.” (4-17-87)

The message of the shabad is that if we want to wash off the sins of millions of our births, and enjoy everlasting peace, poise and bliss, we should meditate on God’s Name and sing His praises.

It is a common practice among Hindus to arrange special readings of Zodiac charts, and consult astrologers to find out the most auspicious moment for starting a new business, solemnizing a marriage, or undertaking any other important task. In this shabad, Guru Ji tells us what is the best thing to do, and what is the most auspicious moment for performing important tasks.
He says, “(For me) that alone is the Shastrea (the holy book), and that alone is the auspicious omen, which inspires me to meditate on God’s Name. The Guru has given me the wealth of his lotus feet (his immaculate word, and with that wealth, I feel as if) a shelter less person has found a shelter. (The Guru has blessed me with) true wealth, and true austerity of singing God’s praises at all times. (As a result), showing His mercy God has revealed Himself (to me), and I am now no longer subject to death, or cycles of coming and going (from this world).” (1)

Therefore, Guru Ji says to himself (and us), “O’ my mind, always meditate on God with single-minded (devotion and love). He pervades every heart, and is always with us as our helper.”(1

Next, comparing the merits of meditating on God’s Name with other faith rituals, Guru Ji says, “When we sing praises of God, we gain the merit of bathing at millions of holy places. No charity equals the merit of our meritorious tongue singing God’s praises. Then casting His gracious glance, the kind and merciful God comes to abide in our mind and body. (As for myself, I feel that) all my body, mind, and life are His, and I am a sacrifice to Him forevermore.”(3)

Guru Ji concludes this shabad by saying: “The person whom God unites with Himself is never separated from Him. The eternal Creator has snapped the bonds of His devotees (and has liberated them from worldly entanglements). Without taking into account his merits or demerits, He has put that person on the right (spiritual) path who had lost his (or her) way. Therefore, I Nanak, seek the shelter of that (God) who is the support of all beings.”(4-18-88)

The message of the shabad is that instead of consulting zodiac charts or astrologers to find auspicious moments, we should engage ourselves in earning the wealth of God’s Name, and singing God’s praises at all times with true love and devotion. This will bring supreme pleasure and bliss, beyond any description.
In the previous shabad, Guru Ji advised us that we should engage ourselves in earning the wealth of God’s Name, and sing God’s praises at all times with true love and devotion. This will bring supreme pleasure and bliss beyond any description. In this shabad, he again stresses upon this advice by listing more benefits, and offering additional reasons for meditating on God’s Name.

Guru Ji says: “By uttering God’s Name with our tongue, both our mind and body become immaculate. (We may have) our mother, father, and numerous other relations, but none other than God will stand by us (till the end. Therefore), if God shows His mercy, then one doesn’t forsake Him even for an instant.”(1)

Therefore instructing his own mind, Guru Ji says, “O’ my mind, serve (and remember) the eternal God as long as there is breath or life in you; except the eternal (God), all else is false (and short-lived), and perishes in the end.”(1-pause)

Next, describing his state of mind, he says, "My Master is immaculate; I cannot live without Him. Within my body and mind is the intense desire that may somebody come and unite me with Him. I have searched all the four corners of the world, and have concluded that without God, I have no place of rest.”(2)

Thinking of a person who might help him in his search, Guru Ji advises himself (and us): "(O’ my mind), supplicate before that person who can unite you with the Creator. (That person is) the true Guru; the dispenser of God’s Name, whose treasure is full (of that wealth. Therefore, seeking the Guru’s refuge) we should forever sing praises of God, whose limit or extent cannot be ascertained.”(3)

Summarizing his message, Guru Ji says, “We should sing the praises of that Sustainer, whose wonders are innumerable. The wisest thing is to meditate on Him constantly. (However, nothing is under human control, because) O’ Nanak, (God’s Name) appears sweet only to the mind and body of that person in whose destiny it is so written.” (4-19-89)

The message of the shabad is that we should always repeat God’s Name with our tongue, because God alone is our real and everlasting support. All others, including our parents and relatives are transitory. We should seek the help and guidance of the Guru, who can unite us with our God.

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**SIRI RAAG MEHLA 5**

In the previous shabad, Guru Ji advised us that we should engage ourselves in earning the wealth of God’s Name, and sing God’s praises at all times with true love and devotion. This will bring supreme pleasure and bliss beyond any description. In this shabad, he again stresses upon this advice by listing more benefits, and offering additional reasons for meditating on God’s Name.

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**sireraag mehlaa 5.**

sant janhu mil bhaa-eeho sachaa Naam samaal.
tosaa banDhhu jee-a kaa aithai othai naal.
gur pooray tay paa-ee-ai apnee nadar nihaal.
karam paraapa tis hovai jis no hou-ay ga-i-aal.
||1||
mayray man gur jayvad avar na ko-ay.
doojaa thaa-o na ko sujhai gur maylay sach so-ay. ||1|| rahaa-o.
sagal padaarath tis milay jin gur dithaa jaa-ay.
gur charnee jin man lagaa say vadhhaagee maa-ay.
gur daataa samrath gur gur sah bh meh rahi-aa samaa-ay.
gur parmaysar paarbarahm gur dubdaa la-ay taraa-ay. ||2||
kik mukh gur salaah-hee-ai karaan kaaraan samrath.
say muthay nihchal rahay jin gur Dhaaari-aa hath.
gur amrit Naam pee-aali-aa janam maran kaa path.
gur parmaysar sayvi-aa bhai bhanjan dukh lath. ||3||
In stanza (3) of the previous shabad, Guru Ji said, "O’ my mind, supplicate before that person who can unite you with the Creator. (That person is) the true Guru, who is the dispenser of God’s Name; his treasure is full (of that wealth). But that is not all; the whole Sikh philosophy lays stress upon the importance of the Guru for giving true worldly and spiritual guidance to human beings, inspiring them to love God’s Name, and ultimately unite with God.

Guru Ji begins this shabad by very affectionately addressing us all. He says, “O’ my saintly brothers, gather together and remember (God’s) true Name. Acquire the capital (of God’s Name) for your soul, which would accompany you both in this world and the next. (But remember), you can get (the capital of God’s Name) only through the perfect Guru, when God casts His glance of grace. By God’s grace, only that person receives (this capital) on whom He becomes merciful.”(1)

Again stressing the importance of the Guru, he advises himself (and us), “O’ my mind, there is no one as great as the Guru. Except the Guru, I can think of no other shelter. Only the Guru can unite us with that eternal (God).”(1-pause)

Describing the blessings obtained by those who have sought the shelter of the Guru and acted upon his advice, Guru Ji says, “They who went to the Guru and had a glimpse of him (listened to and acted upon his advice) obtained all his blessings. Therefore, O’ my mother, (I say) that those persons are very fortunate whose mind is attuned to the Guru’s feet (his advice). The benefactor Guru is all-powerful, and pervades in all beings. The Guru is the manifestation of the supreme God, and the transcendent Master, and the Guru can save the (one) drowning (in this worldly ocean).” (2)

The praises of the Guru are so limitless that Guru Ji wonders and says, “(I wonder), with what words we should praise the Guru, who is capable of doing and getting (everything) done. They (whom the Guru has blessed by placing his hand on their brows) have become calm and stable. The Guru has administered the immortalizing nectar of (God’s) Name, which is the cure for the malady of birth and death. They have served the Guru-God, who is the destroyer of dread and dispeller of sorrows.” (3)

In order to remove our doubts about the Guru being praised so much that he is equated with God Himself, Guru Ji clarifies: “The true Guru (being completely merged in love for God, is a fathomless ocean of peace and destroyer of sins. Just as a river falling into the sea acquires all its qualities, similarly by merging with God, acquires His merits). Therefore whosoever have served their Guru, they are not punished by the demon of death. I have searched the entire universe, but no one seems equal to the Guru. O’ Nanak, whom the true Guru has blessed with the treasure of (God’s) Name, that person has gathered bliss in the mind.”(4-20-90)

The message of the shabad is that if we wish to rid ourselves of all our sufferings and live in a permanent state of peace and bliss, we should humbly follow the advice of the Guru (Granth Sahib Ji), and meditate on God’s Name at all times.

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The message of the shabad is that if we wish to rid ourselves of all our sufferings and live in a permanent state of peace and bliss, we should humbly follow the advice of the Guru (Granth Sahib Ji), and meditate on God’s Name at all times.
In many previous shabads, Guru Ji advised us not to get entangled in the pursuit of 
Maya (worldly riches and power). All these things seem very pleasing and enticing, but ultimately lead to disappointment and pain. In this shabad, he again warns us against false worldly allurements, and tells us the secret of real and everlasting happiness.

He says, “(Just as sometimes one may eat food thinking it to be sweet, but later find that it is actually bitter or harmful, similarly) considering worldly pleasures sweet, one may indulge in them but later find them to be painful. One might have developed love for one’s brothers and friends, but in the end discovers that he or she has built nothing but a network of poison (or pain and suffering). It does not take any time for this network to disappear. Without God’s Name, one is left bewildered and in distress.” (1)

For this reason, Guru Ji says to himself and us, “O’ my mind, engage in the service of the true Guru (and follow his advice). Give up the habit of following your own mind (and abandon attachment to worldly attractions), because whatever you see is perishable.” (1-pause)

Commenting further on human nature, Guru Ji says, “Just as a rabid dog runs and wanders about in all directions, similarly the greedy person heeds nothing and eats everything, be it edible or inedible (and indulges in all kinds of pursuits without concern for their evil consequences). Therefore, engrossed in lust, anger and ego, that person falls into existences again and again.” (2)

Explaining the reason why a human being is so easily misled, Guru Ji says, “Just like a hunter, (God) has spread the net of Maya, and in it He has placed the bait (of worldly riches and power). Like a bird driven by the fire of desire, a human being is caught in this net (of Maya), and cannot get out of it. (One can escape this net if one follows the Guru’s advice, and realizes one’s Creator). But ordinarily a human being does not realize the Creator. Therefore, a human being cannot escape (the rounds of existences), and therefore dies (to take birth again), and keeps coming and going (in and out of this world) repeatedly.” (3)

In conclusion, Guru Ji comments, “This world has been enticed and misled in various ways and on various accounts. Only that person is saved whom the limitless and all-powerful God Himself saves. Nanak is always a sacrifice to the devotees of God, who are saved by their attachment to Him.” (4-21-91)

The message of the shabad is that if we want to save ourselves from the net of worldly Maya (which appears very pleasing, but ultimately brings pain), we should follow the Guru’s advice and have true love for God.
In the previous shabad, Guru Ji advised us that if we want to save ourselves from the net of worldly entanglements (which appear very pleasing, but ultimately bring nothing but pain and suffering), we should follow the Guru’s advice and have true love and devotion for God. In this shabad, he reminds us of our very short stay in this world, and therefore stresses upon the need to do those things, which would give us permanent bliss (rather than short lived worldly pleasures).

He first gives us the example of a cowherd and pasture. In ancient times in Punjab, India, there were certain open grounds, which used to be very green during the rainy season. Many people sent their cattle to these green pastures under the charge of a cowherd, who would stay in the pasture for the rainy season (roughly 3 months), then would return along with the cattle to his regular place for the remainder of the year. He used to build a temporary shed in the pasture, but did not waste his time in acquiring material possessions.

Comparing human being to a cowherd, and this world to a green pasture, Guru Ji comments, “The (human being is like a) cowherd who has come into the green pasture (of the world) for a very short period. Why should one make a show of one’s false (short lived) possessions? (O’ mortal), as soon as your allotted time is over, you will have to leave (this world). You should take care of your real abode (and not waste your allotted time in acquiring material possessions).”(1)

In order to safeguard our real home (in the next world), Guru Ji says to himself (and us), “O’ my mind, sing praises of God and serve the true Guru with love. What is the use of feeling proud of your short-lived worldly things?”(1-pause)

Citing another example, he says, “(O’ mortal), just as a guest, who comes to stay for the night, departs in the morning (similarly you would depart from here when your life comes to an end). Why are you in so much love with your household? It is all like a garden of flowers (which withers away after a short while).”(2)

Therefore, Guru Ji advises, “(O’ mortal), why do you keep saying ‘this is mine, and that is mine?’ Seek Him who has given you everything. It is certain that (one day) you must depart from here. (What may be said of that person who has) great wealth, but must leave it all behind upon departing from here?”(3)

In conclusion, Guru Ji reminds and says: “(O’ mortal), you obtained this invaluable human birth after wandering through millions (of species. You may not have this opportunity again). Therefore, Nanak says, spend the time at your disposal to meditate on God. Your hour of death has come near.”(4-22-92)
The message of the shabad is that our stay in this world is very limited. Any time we may be asked to depart. Therefore, instead of wasting our time in collecting worldly riches for short-lived happiness, we should try to earn the wealth of God’s Name, which would buy us everlasting bliss.

SIRI RAAG MEHLA 5

In the previous shabad, Guru Ji told us that our stay in this world is very limited. Any time we may be asked to depart. Therefore, instead of wasting our time in collecting worldly riches for short-lived happiness, we should try to earn the wealth of God’s Name, which would buy us everlasting bliss. Therefore, in this shabad he stresses upon the necessity of meditating on God’s Name while we are alive.

He compares the soul to the husband, and the body to the wife of olden days (when she was utterly dependent on her husband for her economic survival, and her social status became as worthless as dust upon death of her husband). Addressing the body as a bride, Guru Ji says, “O’ body (bride), you would be happy as long as your groom (soul) is with you. But, when your companion (soul) departs from this world, you would roll in dust (you would be treated like a beggar).” (1)

Observing such a humiliating condition of the body (bride), Guru Ji feels a sense of remorse, and longingly prays, “(O’ God), in my mind has arisen pain of separation. In it has welled up a keen desire to see You. O’ God, blessed is the place where You abide.” (1-pause)

Commenting further on the state of the body after the soul departs, Guru Ji says, “As long as the groom (soul) is in the house (of the body), everyone respects the bride (body). But as soon as the soul departs, nobody cares for it.” (1)

Now Guru Ji compares the soul to the bride of ancient days, and God as her groom. Addressing the soul in that metaphor, he says, “O’ (soul) bride, as long as you are in the house of your father (this world), keep serving your spouse (God, by meditating on His Name). So that you may be able to) live peacefully in your father in law’s house (God’s place). Meeting the Guru, learn proper etiquette and manners, so that you may never suffer pain.” (3)
Finally, reminding us all about death, he says, “All (bride souls) must go to the in-laws’ house (God’s place), but O’ Nanak, blessed are those bride (souls) who have true love for (God) the Groom.” (4-23-93)

The message of the *shabad* is that this world is only our temporary home. If we want to live peacefully in our permanent home with God, we should develop true love for Him, and learn and practice the ways, which He likes (by following the Guru’s advice and meditating on His Name).

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**SIRI RAAG MEHLA 5 GHAR 6**

Since time immemorial, many have wondered: who created this universe? What are the causes of various events in this world? What are the causes behind those causes? What should a person do to avoid the pain and suffering of the world, etc.? Many scientific theories and different religious faiths have tried to answer such questions. In this *shabad*, Guru Ji provides a very concise and practical answer to all these questions.

He says: “(O’ my friends), the one (God) alone is the Cause and Doer (of everything), and He has created this (visible) form (of the universe). O’ my mind, meditate on that (God), who is the support of all.”(1)

However, for meditating on God, he recommends: “(A person) should contemplate in the mind the Guru’s holy feet and shedding all clever ideas, one should attune the mind to the (Guru’s) true word.”(1-pause)

Stressing upon the importance of the Guru, he says: “No pain or sorrow afflicts the person in whose mind abides the Guru’s *shabad* (his advice. People have) tried myriad ways, but without the (guidance of the) Guru no one has ever been saved (from the pains and problems of the world).”(2)

Describing further the blessings of seeking and following the guidance of the Guru, he says: “Upon beholding the sight of the Guru (listening to Gurbani), the mind comes to realize the right conduct, and all our sinful tendencies are dispelled. (Therefore), I am a sacrifice to those who seek the refuge of the Guru (and act upon his advice).”(3)

In short, Guru Ji says: “By associating with saintly persons (and following their guidance), the eternal Name of God comes to abide in our mind. Nanak considers those (people) very fortunate, within whose mind is this love (of the eternal Name, and who lovingly listen and act upon the Guru’s advice).”(4-24-94)

The message of this *shabad* is that we should listen to and act upon the eternal word (of the Guru, as enshrined in the Guru Granth Sahib Ji), and meditate on the one God, who is the Creator of this universe and the Cause and Doer of everything.
In the previous shabad, Guru Ji advised us that we should listen to and act upon the eternal word (of the Guru as enshrined in the Guru Granth Sahib Ji). Further we should meditate on the one God, who is the Creator of this universe, and the Cause and Doer of everything. In this shabad, in a very concise manner he lists the steps we need to take so that we may obtain salvation, or liberation from the endless cycle of birth and death (and remain eternally united with God).

Guru Ji says: “(O’ brother), gather the wealth of God’s Name, worship the true Guru, and abandon all your lusts. By meditating on God, who created and embellished you, you will obtain salvation.” (1)

Addressing his own mind (and ours), Guru Ji says: “O’ my mind, utter the Name of that one limitless (God) who has given you life, soul, and body, and is the support of your heart.” (1-pause)

Now listing the next step for our salvation, he says: “(O’ my mind), intoxicated with lust, wrath and ego, you have been afflicted with the (enticements of the) world. (In order to save yourself from these evils), seek the refuge of the saint (Guru), so the pain (arising from the lusts) and the darkness of (ignorance in your) mind may be removed.” (2)

Moving onto the next step, Guru Ji says: “One should practice charity, contentment and compassion. This is the worthiest conduct of all. The one whom the formless God Himself blesses, sheds self-conceit, and becomes (so humble that one considers oneself) the dust of the feet of others.” (3)

Guru Ji concludes the shabad by describing the view with which the person blessed with the above qualities sees the world, and its Creator. Such a person says: “O’ God, whatever is visible, is all You. Nanak says that the person whose doubt the Guru has removed, deem that You pervade everywhere.” (4-25-95)

The message of the shabad is that we should seek the refuge of the Guru, and gather the wealth of God’s Name. We should shed our impulses (such as lust, anger, and greed), and instead practice virtues like charity, contentment, compassion and humility. By doing so we will obtain permanent salvation from worldly sorrows and sufferings, and will be eternally united with God.
In the first stanza of the previous shabad, Guru Ji said to us: “(O’ brother), gather the wealth of God’s Name, worship the true Guru, and abandon all your lusts. By meditating on God who created you, you will obtain salvation.”

He begins this shabad by commenting upon the general attitude of the people, and says: “The entire world is engrossed in the rut of good and bad deeds. It is only a very rare devotee who rises above both (and meditates on God alone).” (1)

As for himself, humbly addressing God, Guru Ji says: “O God, You pervade everywhere. What more should I say or hear about You, but that You are the greatest and the wisest?” (1)

Describing the qualities of a true servant of God, Guru Ji says: “The person who cares about worldly honor or dishonor in the world (while serving God) is not a true servant. O’ saints, only one in a million truly realizes the essence (that God pervades everywhere), and treats everyone with the same respect.” (2)

Now Guru Ji comments on the state of those people who consider themselves very learned, and hear and deliver many scholarly lectures. He says: “Delivering lectures or listening to them is also a way (for many persons) to gather self-praise. It is only a rare Guru’s follower who is free from delivering such discourses (without selfish motives).” (3)

Finally, commenting on the nature of a true Guru’s follower, Guru Ji says: “No consideration regarding high or low status, (salvation or bondage) enters the mind (of a Guru’s follower). Nanak has obtained (this) gift from the dust of the saint (Guru’s feet, by humbly acting on his advice).” (4-26-96)

The message of the shabad is that if we want to obtain salvation and unite with God, then without concerning ourselves with good or bad deeds we should serve the Guru, (by following his advice enshrined in the Guru Granth Sahib Ji), and meditating on God’s Name.
In the previous shabad, Guru Ji advised us that if we want to obtain salvation and unite with God, then without concerning ourselves with good or bad deeds, (and salvation or bondage), we should serve the Guru (by following his advice enshrined in the Guru Granth Sahib Ji), and meditating on God’s Name.

In this shabad, he shows us with what kind of attitude and pure love we should approach God, so that He may ignore our shortcomings and take us into His embrace.

With childlike simplicity, Guru Ji addresses God and says: “(O’ my) Beloved, it is on the assurance of Your affection that I have played my child-like antics. (I know that even if) as a child I make mistakes, (You will ignore them) like a mother or father.”(1)  

At the same time, Guru Ji acknowledges that even though a child may sometimes make innocent mistakes, yet it obeys the parent’s command, which is very difficult for adults to do. So Guru Ji says: “(O’ God), it is easy to talk about You (as our father), but it is very difficult to accept Your Will (or order).”(1 - pause)  

Continuing to express his love and devotion for God, Guru Ji says: “(O’ God), I take pride in You because You are my strength, and (You are) my own. O’ Father of all, You are within and without everyone, yet independent of all.”(2)  

Disclaiming any special knowledge about God, Guru Ji humbly confesses: “O’ dear Father, I do not know which is the way to please You. But O’ saints, (I know this much: that) out of His (fatherly) affection, He will liberate me from (worldly) bonds.”(3)  

Finally, summarizing his relationship with God, he says: “Meeting the Guru, Nanak has realized that God has become merciful to him, and his coming and going (in and out of this world) has ended.” (4-27-97)

The message of the shabad is that if we want to obtain salvation and unite with God, then like an innocent child we should approach Him with pure and sincere love, ask Him to forgive all our mistakes like a father or a mother, and take us in His embrace.
In so many of the previous shabads, Guru Ji advised us to seek and act upon the advice of the Guru, and meditate on God’s Name. In this shabad, on the basis of his personal experience he tells us the advantages of joining saintly congregations, and associating with other devotees (whom he calls his saintly brothers).

He says: “By associating with saintly people, I have snapped the noose of death. (In their company) I have been blessed with the sight (and guidance) of the true Guru, and (by following his advice) all my worldly entanglements have ended. (God the) Master has become merciful, and has come to reside in my heart.”(1)

Expressing his gratitude to the Guru, he says: “O’ my true Guru, I am a sacrifice to you. Yes, to your sight I am a sacrifice, because by becoming gracious you have bestowed upon me the nectar (of God’s) Name.”(1

Next addressing God, Guru Ji says: “(O’ God), most wise are those people who have served (and meditated on You) with (true) love. We are liberated (from the bondage of worldly entanglements) by following those within whom is the treasure of (God’s) Name. There is no greater benefactor than the Guru, who has given this gift of self (awakening).” (2)

Elaborating on the merits of meeting the Guru, he says: “Approved is the advent of those whom the Guru has come to meet in a natural way. On meeting the Guru, they start loving God. Being imbued with the love of the eternal God, they obtain a seat in His court. However, all the glory is in God’s hands, and one is imbued with His love only if it is so preordained.”(3)

Guru Ji concludes the shabad in a beautiful poetic style, using the word “True” repeatedly. He says: “True is the Creator, true the Doer, true the Master, and true is His support. We should repeat and describe the Name of the truest of the true, from which comes true realization. Nanak lives by remembering that One who is pervading in all.”(4-28-98)

The message of the shabad is that we should always serve the true Guru by following his advice. He will help us develop true love for God, by praising whom we shall obtain a seat in His court.
In the previous shabad, Guru Ji told us that we should always serve the true Guru by following his advice. He will help us develop true love for the eternal God, by praising whom we shall obtain a seat in His court.

In this shabad, he describes in detail the advantages of loving and worshipping the Guru. He says: "We should worship our Guru-God with love in our body and mind, because the true Guru is the giver of (spiritual) life, and provides support to all. To act on the words (of advice) of the Guru is the wisest philosophy: without being dyed with (the love of) the holy company (of the Guru), all attachment to wealth is as useless as ashes."(1)

Therefore, Guru Ji affectionately advises us: “O’ my friend, enshrine the Name of God in your heart (and keep serving your Guru). By remaining in the company of the saint (Guru), God’s Name comes to abide in the mind, and your service becomes fruitful.”(1-pause)

Now listing the merits of the Guru, he says: “The Guru is all powerful and infinite. It is only by supreme good fortune that his sight (and guidance) is obtained. The Guru is incomprehensible and immaculate, and no one can equal the Guru. The Guru is the manifestation of the Creator and the Doer. It is through the Guru that true glory is obtained. Nothing is beyond (the power of) the Guru. Whatever the Guru desires, (that) comes to pass.”(2)

Describing the benefits of going to the Guru, serving him, and seeking his guidance, he says: “The Guru is (like a true) pilgrimage place. He is like the (mythological) Paarjaat tree, the fulfiller of our desires. It is the Guru who is the giver of God’s Name, whose blessing can redeem the entire world. The Guru is the manifestation of that God, who is the possessor of all powers, is formless, lofty, unfathomable and limitless. (In short), ineffable is the praise of the Guru. What can any writer write (about the Guru)?”(3)

In conclusion, Guru Ji says: “Whatever rewards our mind can seek, the Guru has them all. But only those who are so predestined obtain these (gifts. The Guru) gives the capital of God’s true Name. Once a person comes into the service of the Guru, that person never dies a spiritual death. Therefore, I Nanak pray: O’ God, all this body and soul of mine are Your gifts. Please bless me that I may never forget You.”(4-29-99)

The message of this shabad is that the Guru is all-powerful to grant all our wishes. Therefore, we should seek his refuge to free us from the bondage of the world, and unite us with God.
In so many of the previous *shabads*, Guru Ji told us about the merits of the Guru, and what kind of blessings we obtain when we serve him (and follow his advice). In this *shabad* he goes a step further, and tells us why serving the Guru is not just a good idea but is absolutely essential. He explains:

"O' my dear saints listen! Our release (from evil pursuits) happens only by meditating on the (God’s) Name. Worshipping the feet of the Guru, (by faithfully following his advice), and meditating on God’s Name is like going to a pilgrimage place. (They who follow this advice), obtain the gift of God’s Name, are therefore recognized in God’s court for that, and thus even the shelter-less find shelter." (1)

For this reason, Guru Ji advises: "O’ brothers, true (and most fruitful) is the service of the true Guru, because if the true Guru is pleased we attain the indescribable and unknowable God." (1-pause)

Expressing his own gratitude to his Guru, he says: "I am a sacrifice to the true Guru who has blessed me with the eternal Name. Because of him, I praise the eternal (God) day and night, and sing His praises. For me now the eternal Name of God has become my daily (spiritual) food and wear, and I keep meditating on the true Name of the eternal (God)." (2)

Continuing his praise of the Guru, he says: "(O’ my friends), the Guru himself is powerful enough to grant us all kinds of blessings. (I wish that) I may never forget the Guru, even for a single breath or morsel (for any amount of time). To me, no other person or power seems to be equal to the Guru, whom we should always worship. It is only when the Guru casts his merciful glance that we find the Name of the eternal God, the treasure of merits." (3)

Therefore, Guru Ji concludes the *shabad* by saying: "(O’ my friends), the Guru and God are one, who abides in all. But only those people meditate on His Name who are predestined. In short, Nanak (says), the person who has come to the shelter of the Guru, (and who has completely molded according the advice of the Guru), that person does not suffer any (spiritual) death, nor suffers any more rounds of coming and going (to and from this world)." (4-30-100)

The message of this *shabad* is that the only way we can be released from the bondage of worldly pains and sufferings of the rounds of births and deaths is by seeking the guidance of the Guru (Granth Sahib), following his advice, and meditating on the Name of God day and night.
It is the same light
Giving the essence of his own concept of God, Guru Ji respectfully says to that Muslim saint: “O’ my respected sire, Allah (God) is limitless, and beyond the grasp of our mental faculties. Pure is His Name, immaculate is His abode, and He is the true sustainer (of the universe).” (1-pause)

Next, going into a prayer mode, Guru Ji addresses God Himself and says: “(O’ God, what can I speak of You as a person)? It is beyond one’s power to know or comprehend the extent of Your command. Even if Your praises (written by hundreds of poets) were to be added up, they would not reach (or describe) even an iota of Your glory and greatness. Nobody has been able to assess Your worth. Everybody speaks about You from hearsay.” (2)

Addressing once again that Muslim saint, Guru Ji says: “There are many saints, prophets, spiritual guides, men of faith, martyrs, Muslim mystics, religious judges, teachers, and holy beggars (who have been able to) reach His door, but only they have been truly blessed who keep uttering His praises.” (3)

Describing God’s independence, he says: “God seeks no one's counsel when He creates, nor when He destroys (the world). He neither seeks anybody’s permission while giving, nor while taking back. He alone knows His creation, and does what He wants to do. He looks at all with His glance of grace, and gives whatever He wants to give to anybody.” (4)

Next, commenting upon the views of the Muslim saint regarding God’s abode and His true Name, Guru Ji says: “(O’ my friend, so great is God’s creation, and so many places are in it). We cannot know all those places and their names, nor we can know how great is His Name. We also don’t know how great is that place where resides my (God), the King. No one has the power to reach his abode. To whom may I go to ask about it?” (5)

Commenting upon the belief of those who regard themselves as better than others, Guru Ji says: “Whenever God wants to elevate a person, He does not bother about whether that person belongs to a high or low caste. All the honors are in the hands of the great God, and He bestows these on whomsoever He pleases. He exults His saints by His command, and does not delay it even for a moment.” (6)

In conclusion, Guru Ji comments: “In order to receive (His blessings), everybody calls out to Him for more and more gifts. But how great should we call God, whose gifts (even after so much giving) are beyond reckoning? Therefore I Nanak, say: “(O’ God), so vast are Your storehouses that there is no shortage of Your blessings, even after the passage of ages.” (7-1)

The message of the shabad is that merits of God are indescribable, but we should still try to sing His praises. However, we should never feel a sense of ego, that we are better than others, or that our method of worshipping God is better than that of others.

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SGGS P - 54

mehla 1.

sabhay kant mahaylee-aa saglee-aa karahi seegaar.

ganat ganaavan aa-ee-aa soohaa vays vikaar.

har jee-o i-o pir raavai naar.

gur sabdee seegaaree-aa tan man pir kai paas.

du-ay kai jorhkarhee takai sach kahai ardaas.

It is the same light
सरी गुरु ग्रन्थ साहिब
पृ. 54

परी-ए की चौपी के सरी मात्रें तप ॥

साती पीठिं रुती तारे मोक गिरहुँ ॥

संघ-बंध भंग रीढ़िया वट के लहरिया संघ ॥ ॥

सा परं वंड र चैली ते मिट्ठेरुँ भयं मिट्ठेरुँ ॥

पित्त बीमारु तहहुँ क्रष्ण भवे न सारी ॥

लिख वेने मेंकरी चली तरुँ जगहुँ ॥४॥

सामु यती पर भाभीये वाक्कु ये भीमारु ॥

चंदादी चिरी समाधिया भंडरु लम्बा सुभां ॥

दीपदी मस्तिष्क धन गुफ गुफ अनु ॥४॥

शरी अधिक लेखवरी मानदिन भति फिरकत ॥

संध पुंजी सुपकटे मात्रं प्रभु अध्यय ॥

संघ विहु चउ श नशीं तरहे रूढ़े वै विदा रिमिष्ट ॥४॥

कितौं भमीनारी घरोंदे विलुँ विलुँ वेली विलुँ ॥

निसं धी-आई सूटे-एय को पिर बिन रीहाय ॥

अन्न जला-ए जाले-ए माँ धान जल बाल जाय ॥

जा धान काँट ना रावेइ-ए ताँ बिराह जोबन जाय ॥७॥

ये में दंड भलेजी मुड़ी बुढ़ी पराई ॥

कहुं मुड़ी धुंध लगी दंड बंध कहुं बुढ़ियाँ सारी ॥

संघ-विहरे भाले वड़ी लाल भैंस मानाद भाग़ ॥७॥२॥

It is the same light

MEHLA 1

One of the most favorite examples used by Guru Ji is that of comparing humans to brides and God to the husband and master (whom every bride wants to please and possess). Guru Ji divides these human (brides) into three categories. First are those who are hypocrites: they bedeck themselves with attractive clothes not out of true love, but for the sake of money. (They wear holy garbs not out of true love for God, but for the sake of winning over and deceiving innocent people). The second category is that of faithful brides, or the true devotees: those who have true love for their Spouse. The third category is that of ignorant brides, or people who do not know or realize the significance of the company of their Spouse. They let their valuable human life pass away without enjoying the delight of the love of their Spouse.

Guru Ji first comments on the hypocrites (who adorn themselves with holy garbs, and want to be called saints or devotees of God, but in reality are not). Comparing them to those women who try to wed a man not for true love, but for the sake of money, Guru Ji says: “All are the fiancées of the groom (God), and all of them adorn themselves. They have all come to be counted (as His true beloveds), but their red dress (holy looking garb) is useless. They cannot win the love (of the Groom) by hypocrisy, and ultimately the false show ruins them.”(1)

Explaining how a human bride can truly win the love of (God) the groom of all human brides, Guru Ji says: “O’ God, a bride can enjoy Your company (if she looks pleasing to You). But only those (human) brides seem pleasing to You whom You embellish by Your grace, (with true devotion).”(1-pause)

Now Guru Ji describes the qualities of a truly faithful bride, (the true devotee) of God. He says: “The (truly faithful bride) is bedecked with the (ornaments) of the Guru’s word. She dedicates her body and
mind to the (service of her) Spouse (God). With folded hands (in utter humility), she awaits God's command. (If she herself needs anything), she makes a true and sincere supplication (to Him). The true (bride) is the one who remains dyed deep red, (totally immersed) in the love of God, and always remains absorbed in truth and fear (of God).” (2)

But the true bride (devotee) of God does not stop loving Him once she has won His favor, or the pleasure of union with Him. Guru Ji says: “The beloved (devotee) who is devoted to God’s Name is known as His hand-maid. Her true love never ends; because of her true love, she always remains united with the eternal (Spouse). The heart of the bride who is thus dyed in the Guru’s word is pierced with love for God (her Spouse). To such a one I am always a sacrifice.” (3)

Next describing the blessings received by the truly wedded and united soul bride of God, Guru Ji says: “(Such a bride soul), who fully merges in the true Guru (and faithfully follows his advice), never becomes a widow (or forsaken by God). The sporting ever-youthful God is immortal. He is neither born, nor dies. Such a wedded bride (the united devotee), who has been bestowed with God’s true glance of grace, always enjoys His blissful company.” (4)

Continuing with the same metaphor, Guru Ji describes how a faithful bride continues to adorn herself even when she has won her Master’s favor (or how a true devotee, even after having been blessed with God’s grace), keeps leading a true, honest and humble life. He says: “(The truly wedded soul bride) bedecks her tresses with the plaits of truth. She wears the ornaments and clothes of God’s love. She applies the perfume of enshrining (God) in the mind, and her temple is the inner conscious mind (where she experiences the glimpse of her God). There she lights the lamp of the Guru’s word (by making the advice of the Guru her guide), and wears the necklace of God’s Name.” (5)

Describing the beauty and glory of such a loving united bride (or true devotee) of God, Guru Ji says: “Such a bride bedecks her forehead with the jewel of God’s love and looks the most beautiful among women. Her glory is that she cherishes in her mind true love for the infinite God. Being guided by love and the guidance of the Guru, she knows none other than her beloved Spouse, (except the one supreme God, she does not worship any other lesser god).” (6)

Now addressing spiritually unaware and oblivious human beings, Guru Ji says: “O’ bride soul, sleeping in dark night (of ignorance), how can you pass your night (of life) without (the company of) your spouse (God)? May that body burn limb by limb, may also burn the mind and wealth, because if a bride (soul) has not enjoyed the bliss of her Groom’s company, her youth goes waste.” (7)

Guru Ji concludes the shabad by including himself in the category of such ignorant (human) brides and says: “(In what an unfortunate state we humans live)! The ignorant bride is lying on the bed of her spouse (God), but being asleep, she doesn’t realize this thing, (that God is always with us in our hearts, but we don’t recognize Him. Later when she realizes this fact then she wonders and says to herself, “Me the bride) am sleeping while the groom (God) is awake. To whom may I go and ask for guidance? O’ Nanak, only when the true Guru unites a bride soul with (God), does she learn to live in His fear and loving companionship.” (8-2)

The message of the shabad is that instead of showing ourselves off with beautiful clothes and makeup (holy garbs, false rituals, and ceremonies), we should seek the guidance of the true Guru and sincerely surrender ourselves to God’s will and command. Only then can we learn to live in loving respect of our beloved groom (God) and enjoy the bliss of His eternal union.
According to Dr. Bh. Vir Singh Ji, this shabad seems to have been uttered by Guru Ji during a discussion with some scholar. His point was: If God is everything, and if He is the cause and the doer of every thing, then what is the need for man to do anything at all? In this shabad, Guru Ji explains this riddle.

Guru Ji first uses the metaphor of diamonds and pearls to describe the greatness of God. He says: “(O’ my friend, God), Himself has all the merits, and He Himself describes those merits, and hearing (these merits), He Himself ponders over them. O’, God, You Yourself are the Jewel (of Your Name); Yourself its assayer, and You Yourself are the everlasting glory and honor, and You Yourself are the giver (of honor to Your creatures).”(1)

Therefore, Guru Ji prays to God and says: "O’ God, You are the creator and maker of everything. Save me as it pleases You. (My prayer is that) I may be blessed with the life style of devotion to Your Name."(1-pause)

Addressing those who are interested in obtaining the invaluable jewel of God’s Name, Guru Ji says: “(O’ my friends, God) Himself is the pure diamond, and Himself the embodiment of (long lasting love, like) the fast madder dye. He Himself is the shining pearl, and Himself the mediator between the devotee and Himself. Through the Guru’s word, we should praise such a God who is pervading both visibly and invisibly in all hearts.” (2)
Now using another metaphor, Guru Ji says: “(O’ God), You Yourself are the ocean and Yourself the ship; You Yourself are this and the yonder shore. You Yourself are the true path, and You are the wise guide to ferry us across through the (Guru’s) world. We should know that fear (of this worldly ocean) is for those who are not afraid of God, (and do not follow the advice of the Guru). Without (the Guru’s guidance), they live in the pitch darkness (of ignorance).” (3)

Guru Ji then comments: “(O’ my friends), in this universe we see only the Creator, who is eternal. Countless others come and go. O’ God, You Yourself are the only one who is immaculate (and free from worldly entanglements or attachments). You have bound the rest of the universe by yoking them to worldly tasks. They whom the Guru has saved (from these affairs) have been emancipated by cherishing love for the eternal (God).” (4)

Now explaining how we can recognize and realize God, Guru Ji says: “It is by following the Guru’s word, and by being imbued with truth through the Guru’s sermon, that God is realized. The person whose mind is always attuned to the service of God is never soiled with filth (of worldly attachments). It is only when God casts His merciful glance that one obtains His eternal Name, and worldly relationships are of no value without the Name.” (5)

Now describing the blessings enjoyed by those who have realized God, he says: “They who have realized the eternal God enjoy spiritual bliss. Having stilled their ego and desire, they have kept the eternal (God) enshrined in their hearts. Because in this world, the one (true) profit is (God’s) Name, which we obtain by reflecting on the Guru's word.” (6)

Now directly answering that scholar’s question, Guru Ji indicates what we need to do. He says: “We should acquire the commodity of the True Name. This true (commodity) always yields profit. They who are imbued with true devotion and make a sincere prayer (to God) are granted a seat in God’s court (and are honored there). Being enlightened with God’s Name, their account (of good or bad deeds) is settled with honor. (Because of their divine enlightenment, all their past sins or mistakes are forgiven by God, and they are not subjected to any further rounds of birth or death).” (7)

In conclusion, Guru Ji says: “(O' God), everybody says that You are higher than the highest. I too say so; but simply by saying (so), You cannot be seen. However, (since the time), the true Guru helped me see You, wherever I look, I see You there. Now I Nanak effortlessly see Your divine light within all.” (8-3)

The message of the shabad is that if we want to enjoy God’s divine presence everywhere and ultimately merge in Him, then we should follow the Guru’s advice and meditate on His Name with true love and devotion.

sireeraag mehlaa 1.

machaalee jaal na jaani-aa sar khaaraa asgaahu. aat si-aagnee sohnee ki-o keeto vaysaahu.
keetay kaaran paakhtee kaal na talai siraahu. ||1||

bhaa-ee ray i-o sir jaanhu kaal.
ji-o machhee ti-o maansaa pavai achingtaa jaal. ||1||

rahaa-o.
sabh jag baaDho kaal ko bin gur kaal afaaar.
sach ratay say ubray dubihhaa chhod vikaar.
ha-o tin kai balihhaaraa dar sachai sachiaar. ||2||

seechaanay ji-o pankhee-aa jaalee baDhik haath.
gur raakhtay say ubray hor faathtay chogai saath.
bin naavai chun sutee-ah ko-ay na sangee saath. ||3||

sacho sachaa askhee-ai sachay sachaa thana.
jinee sachaa mani-aa tin man sach Dhi-aan.
man mukh soochay jaaneet-ah gurmukh jinnaa gi-aan. ||4||
It is the same light

In many previous 
shabads, Guru Ji advised us to seek the Guru’s guidance and meditate on God’s Name. But still we keep postponing it to some more convenient distant time, like old age. However, we do not know how long we are going to live. We may die even tomorrow in a sudden accident, and then lose this rare opportunity (of human birth) to reunite with God (from whom we have been separated for so long. In this 
shabad, Guru Ji warns us against the false notion that we will die only in old age. Because, any moment unannounced and without warning death can come and cease us. He illustrates this truth by citing many examples from the lives of other creatures.

First, giving the example of a fish, he says: “While living in the fathomless briny ocean, the fish did not pay attention to the net (which fishermen were casting in the ocean). She was extremely wise and beautiful, but why did she trust (the bait)? On account of (her own doing), she was caught, and now death cannot be avoided.” (1)

Giving the essence of this 
shabad, Guru Ji warns us and says: “O’ brothers (and sisters), remember that death is hovering over your head. Just like fish, without their knowing, the noose of death can fall over (the humans any moment).” (1-pause)

Next, Guru Ji observes that the entire world is subject to death (not once, but countless times. After death, all living beings are born again into some other form or species, and then die again. Stating what kind of people are saved from the perpetual pains of birth and death, he says: “The entire world is bound by (the circle of birth and) death. Without seeking the refuge of the Guru, the fear of death is inevitable. They who forsake duality and sin are imbued with the love of the eternal God, and are saved. I am a sacrifice to such devotees, because they are recognized as true and honest in the court of the eternal (God).” (2)

Guru Ji explains the above point with another beautiful metaphor. He says: “Just as death is hovering over the heads of birds in the form of a falcon in the sky, and on the ground in the form of a hunter with a net in his hand, (similarly death is lurking in various forms to pounce upon humans). Only they who are protected by the Guru are saved. All others die like those birds (along with their feed of worldly allurements). Without God’s Name, such (worshippers of Maya) are picked up and thrown (into hell). Nobody becomes their friend or helper (who may save them from this punishment).” (3)

Explaining how the ones protected by the Guru are saved, he says: “(To avoid the fear of death, we should always meditate on that God) who is said to be the truest of the true, and whose seat is eternal. They, who accept Him as true, attune their minds to truth. Pure are deemed the minds and tongues of those who, through the Guru, have obtained divine knowledge (and avoid worldly allurements).” (4)
Therefore, in order to save us from all worldly problems, Guru Ji advises: “(O’ brothers), pray to the true Guru to unite you with (God) the true friend). Upon meeting this divine friend, you would obtain so much peace (as if) the demon of death has died by eating poison. (In other words, after this life you will be free from the perpetual pain of birth and death. Then you will feel and say): “I wish that I may abide in the Name and the Name may keep abiding in me.” (5)

But Guru Ji observes that this concept is beyond the comprehension of a person bereft of the Guru’s guidance. Explaining the reason, he says: “Without the Guru, there is pitch darkness (of ignorance). Without the word (of guidance of the Guru) we cannot find our way out of this darkness. Through the Guru’s instruction the divine Light shines (in the mind), and the mortal remains absorbed in the eternal (God’s) love. In that state of mind, one is beyond the reach of death: because then one’s light remains merged in the divine Light (which is immortal).” (6)

Guru Ji now goes into the prayer mode and says: “(O’ God!) You are my true friend, You are the wise one and You Yourself are the one who unites (the creatures with Yourself. We praise You through the Guru’s word, even though there is no end or limit to Your praise. Death reaches not where abides the infinite word of the Guru.” (7)

Finally, Guru Ji comments: “It is by God’s will that all are created, and all perform their assigned tasks according to His command. As per His command they are subjected to death, and in His will they merge in the eternal (God). In short, O’ Nanak, whatever pleases God that happens: there is nothing in the hands of these mortals.” (8-4)

The message of the shabad is that at any time death can overtake us. Therefore, without wasting any more time in false worldly pleasures, we should start living our lives according to the Guru’s instruction, in a state of perpetual love and devotion to God. So that showing His mercy, God may unite us also with His divine self, and we may never have to suffer the pain of birth and death again.

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sireeraag mehlaa 1.

man joothai tan jooth hai jihva joothee ho-ay.

SGGS P - 56

munDhay gunheegee sukh kayhi.

pir ralee-aas raas mansee saach sabad sukh nayhi. ||1|| rahaa-o.

pir pardaysee jay thee-ai Dhan vaaNdhee jooray-ay.

jii-o jal thorhii machhulee karan palaav karay-i.

pir bhaavai sukh paa-ee-ai jaa aapay nadar karay-i. ||2||

pir saalaahhe aapnaa sakhee sahaylee naal.

tan sohiai man mohi-aa rajee rang niihaal.

sabad savaaree sohhe pir raavyay gun naal. ||3||

kaaman kaam na aavee khotee avganj-aaar.

naa sukh pay-ee-ai saahurai jhooth jalee vaykaar.

aavan vanjan daakh-rho chhoeedee kant visaar. ||4||
In the previous shabad Guru Ji advised us that at any time death could overtake us. Therefore, without wasting any more time in false worldly pleasures, we should seek and try to live our lives according to the Guru’s instruction, in a state of perpetual love and devotion for God. But many people, while living a life, as per Guru’s advice, become allured by the false show of Maya, and start sliding towards illusion. Then, in order to amass more and more wealth, they do not hesitate from telling lies, and their minds become completely impure. In this shabad, Guru Ji warns us against sliding into such a state of falsehood.

He says: “When there is falsehood in the mind, the body also becomes impure, and from our tongue (also) we speak falsehood. How can a person become pure who from his mouth utters (nothing but) falsehood? Without the water of (Guru’s) word, we cannot cleanse our mind. Only through the true (word of the Guru), truth is practiced (in life).” (1)

Comparing human being to a bride and God to her groom, Guru Ji says: “O’ (human) bride, how can there be happiness without virtues? Only that bride-soul will enjoy the pleasure of the groom (God’s) company who by being in love (with God) through the word (of the Guru) has obtained true peace.” (1-pause)

Continuing the metaphor of a bride and groom, Guru Ji comments: “If the groom goes away to a foreign land (if God does not abide in the bride’s heart), the separated bride (soul) grieves. Then like a fish in very shallow water, she wails in pain. Then only if it so pleases the groom (God), and when He casts His glance of grace, she obtains peace.” (2)

Therefore, Guru Ji advises us: “O’ bride (soul), joining the company of your good friends (the saintly persons), praise your Groom. Then your body will become beautiful, your mind will be attached to (God), and being imbued with His love you would behold Him. Yes, the bride (soul) who bedecks herself with the Guru’s word, (who molds her conduct according to the Guru’s advice) looks beauteous (holy), and by her virtues enjoys the company of her spouse (God).” (3)

Continuing the same metaphor, Guru Ji addresses those merit-less human beings who indulge in misdeeds, and says: “The merit-less evil bride, who is false, is of no use to her groom (God). She neither gets any joy nor peace in her father’s house (this world), nor in her in-laws’ home (the next world), and keeps burning in falsehood and sinful ways. Being deserted and forgotten by her groom, she continues suffering in the torturous circle of births and deaths.” (4)

But, it so happens that sometimes even good persons who are in love with God go astray, and start living their lives like evil persons. Commenting on such people, Guru Ji asks: “(But, I wonder), due to what bad habit, (that woman who) used to be a beautiful (loving) bride (of God), was deserted (by her groom-God)?
The reason is that she indulges in worthless prattle, and is therefore of no use to her spouse (God). Such a bride (soul) who is attracted to other (worldly) pleasures is deserted (by God), and finds no shelter at the door (of God’s) mansion.” (5)

After discussing the good human beings who sometimes go astray and suffer, Guru Ji comments on the fate of those scholars and preachers who deliver high-sounding sermons to others, but do not practice what they preach. He says: “The Pundits read religious books, but they do not understand their real essence. After preaching to others they depart from the world, because for them (preaching) is a business to earn wealth. (In this way, the entire) world keeps wandering, and indulging in false talk. That living alone is sublime which is in accordance with the word (of the Guru).”(6)

Commenting further on the state of these shallow scholars and preachers, Guru Ji says: “Many Pundits and astrologers deliberate over the Vedas (and other Hindu scriptures). But they actually remain involved in (useless) discussions and clashes of arguments (over interpretations of texts, instead of practicing the lessons therein). Therefore, they keep on coming and going (in and out of this world. They need to remember that) without following the Guru’s advice they cannot be absolved (from the consequences of their) deeds, no matter how much they say, hear, and expound.” (7)

Finally, Guru Ji shows us how, without considering ourselves better than others, we should approach God. He says: “O’ God, all other (human) brides are called meritorious, but I do not have any merit in me, (by virtue of which I may be able to meet my Groom. I know that) only that bride is beauteous (or virtuous) who is pleasing to God. If I also start feeling love for that God, I (too) shall become His beauteous bride. O’ Nanak, it is the word (of the Guru) which can bring about our union with God, and after that there is no separation (from Him).”(8-5)

The message of the shabad is that only by leading our lives in accordance with the guidance of the Guru can we become worthy of eternal union with God, and not by any false shows, or sermons.
In the previous shabad, Guru Ji advised us that only by leading our lives in accordance with the guidance of the Guru can we become worthy of eternal union with God, and not by any kind of false shows, or sermons. The question arises: what is the use of ritualistic deeds and practicing austerities, such as observing fasts, going on pilgrimages, giving charities etc.?

In this shabad, Guru Ji explains his views about such things. He says: “Even if we perform recitations of holy texts, practice austerities and self-restraint, meditate at places of pilgrimage, give donations and alms and do other good deeds, still there is no spiritual benefit without contemplation of the eternal God. As one sows so does one reap, and without (spiritual) merits life is a waste.”

Addressing the human soul as a bride, Guru Ji says: “O’ dear bride, peace is obtained by being a slave to spiritual values (by acquiring and steadfastly upholding divine qualities like truth, compassion and contentment). Only by forsaking one’s vices and following the Guru’s instruction does one merge in the perfect (God).”

Now citing the example of a trader who goes to the market without any money, Guru Ji says: “(Just as, without capital, a trader looks vacantly in all the four directions (and doesn’t reap any profit, similarly without the capital of meditation) one doesn’t realize one’s own real essence, and does not know that the capital (of God’s Name) is lying in the house (of one’s own heart). Without the commodity (of God’s Name), the false bride is deceived by falsehood.”

Next, commenting on the benefit a person obtains, who thoughtfully reflects on the merits of meditating on God’s Name (as if he or she is evaluating a jewel), Guru Ji says: “The one who thoughtfully meditates on the jewel of (God’s) Name day and night, that one reaps new profit every day. Then one finds the commodity (for which one came into this world), in one’s home itself, and in this way one departs (from this world) after accomplishing the purpose (of one’s life. Therefore O’ my friend), trade with saintly persons (who trade in God’s Name) and through the Guru, reflect on the all pervading God.”

Explaining the merits of acting on the above advice, he says: “If God Himself unites us with saintly persons, we obtain (the capital of God’s Name) in their company. The person who is thus united (with God), and in whom is the light of the Infinite (God), is never separated (from Him). Through true love and devotion such a person remains attuned to the eternal (God).”

Next, describing the blessings received by those who have realized their own true self, Guru Ji says: “They who have realized their true self, see the beautiful palace of the (God) in their own heart. Being imbued with the eternal (God), they realize the pure truth (about God and this world). In this way, by meditating on the eternal Name they also realize that God is known in all the three worlds (the earth, the skies, and the nether regions).”

Reverting to the metaphor of a bride (for the human soul), Guru Ji describes the merits and blessings of a loving and faithful bride. He says: “That bride is truly beauteous and praiseworthy who always deems the spouse (God) in her company. Such a soul bride is invited to the (God’s) mansion, and she enjoys His company. Such a bride (soul) is truly virtuous who is enticed by her beloved Groom’s merits.”
Now, Guru Ji comments upon the fate of those people who because of wrong guidance have taken the wrong path to reach God (such as observing fasts, practicing austerities and going on pilgrimages). Guru Ji regards himself as one of such lost women and says: “Lost again and again, I keep on climbing sand dunes, and other tortuous paths. If I have lost the way and am wandering in a forest, without a true guide (the Guru) I will never be able to find (my destination). Similarly, if I have strayed from the (path of) His Name (and remain involved in ritualistic deeds instead of meditating on God), I will keep coming and going (in and out of this world) again and again.” (7)

In conclusion, Guru Ji says: “(O’ my friends), go and ask those (Guru’s followers) wayfarers who have traveled (and lived) like the servants of God. They recognize God as their king, and face no obstruction while entering His gate or mansion. O’ Nanak, (they realize that) it is the one God alone who pervades everywhere, and there is none other Like Him.” (8-6)

The message of the shabad is that trying to attain God through ritualistic deeds (such as observing fasts, practicing austerities, or going on pilgrimages) is like getting lost in desert sand dunes and dense jungles. If we want to reach God, who is the fountain of eternal peace and happiness, then we should follow the advice of the Guru (Granth Sahib) and meditate on God with love and devotion.

**sireeraag mehlaa 1.**

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**It is the same light**
In the previous shabad, Guru Ji advised us that if we want to reach God, the fountain of eternal peace and happiness, then we should follow the advice of the Guru and meditate on God with true love and devotion.

In this shabad, he explains why it is necessary to follow the advice of the Guru, and take other steps to enjoy eternal peace and happiness.

He says: “(O’ my friends), it is through the Guru that we know the immaculate God, and our body and soul become pure. Then the immaculate God, who knows the (true) craving of the human heart comes to reside in our mind. This leads to a state of equipoise and immense joy, and then even the arrow (or fear) of death doesn’t hurt us.”(1)

Explaining the benefits of meditating on God’s Name, the essence of Guru Ji’s advice, he says: “O’ my brother (and sisters), no dirt (of evils) remains (in the mind), when one bathes in the pure water of (God’s) Name. Therefore, you should pray to God and say: “O’ God, You alone are the one true and pure Being. All other places are filled with the dirt (of Maya).”(1-pause)

Naturally the question arises: If only God is pure, then does it mean that the entire world is impure? Explaining the original purpose of the world, Guru Ji says: “(O’ my friends, this human body) is a beautiful temple which the Creator has created Himself. In this temple are lighted the incomparably beautiful lamps of the sun and the moon, and His infinite Light pervades in all the three worlds. (He has embellished this world with) shops, cities, forts and houses to conduct true business (to trade in the Name of God, and to learn and teach love for God and His creation).”(2)

But this world became enveloped in the darkness of Maya (love for worldly riches and power, rather than God), which has caused great fear and confusion in human beings. In order to see and reach God in such a situation, Guru Ji says: “(O’ my friend, try to) see God (the destroyer of fear), by applying the ointment of (divine) wisdom and love for the Immaculate (God). If we hold our mind fixed at one place (and stop it from wandering), then we can recognize God in all His visible and invisible forms. If we meet such a poise-bestowing true Guru, he easily unites us (with God).”(3)

But before uniting us with Himself, God makes sure that we have become worthy of union with Him. For this, He tests us, just as a goldsmith examines an ornament of gold. Guru Ji explains: “(God) tests us on the touchstone (of purity) and examines us with full attention and love. Then like the coins, the counterfeit (impure hearted humans) do not find any place, while the true ones are put into the treasury (and united with God. Therefore O’ my friend), you should also remove (all) hopes and worries (from your mind). In this way (by meeting the Guru), the dirt of your mind will be removed and you will merge (in God).”(4)

Next, answering the question, how to get rid of hopes and worries, Guru Ji says: “Everybody asks for happiness, no one asks for sorrow. But the self-willed human does not know that worldly happiness (now) would bring immense suffering later, (just as many times wealth becomes the cause of a person’s murder). Therefore, we should deem both pain and pleasure alike, and mold our mind according to the word (of advice) of the Guru to obtain real happiness.”(5)

Referring to the teachings of other holy scriptures in this regard, Guru Ji says: “The sage Vyasa proclaims that we should study the Vedas uttered by (god) Brahma. But the true sages, devotees and adepts are those who remain imbued with God’s Name. (In this way, they) who are dyed with the eternal (Name) have won the game of life, and to such persons I am always a sacrifice.”(6)

Stressing the significance of God’s Name, Guru Ji says: “They who do not utter God’s Name with their tongue remain full of filth (of sin) all through the four ages (forever). Yes, they who are without love and devotion (for God) lose their honor and are disgraced in public. In short, they who have forgotten the Name (of God), being robbed by their evil qualities, wail and cry.”(7)
In conclusion, Guru Ji says: “After a great search I have found that by having (loving) fear for (God), we meet Him. By (meeting the true Guru and following his advice, the one who) realizes one’s self abides in one’s own home, (the God’s abode), and all one’s ego and (worldly) desire goes away. In short, O’ Nanak, pure and shining are they who are imbued with the Name of God.” (8-7)

The message of the shabad is that if we want to unite with the eternal God, then we must become pure and immaculate like Him. For that, we have to seek the guidance of our Guru. By following this advice, the filth of ego and other sins will be removed from our heart, and we will be able to meditate on the Name of God with love and devotion (which is like a passport to union with God).

It is the same light

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In the previous shabad Guru Ji advised us that if we want to unite with the eternal God, then we have to become pure and immaculate like Him. For this we must seek and act upon the guidance of the Guru. In this shabad, Guru Ji tells his mind (and indirectly us), why it is necessary to seek the shelter of the Guru and meditate on God's Name. He also tells us, what should be the qualities of the Guru.

He says: "Listen, O' my foolish and misguided mind! Go and humbly seek the shelter (and guidance) of the Guru. (Under his guidance) meditate on God's Name. (By doing so), Yama (the demon of death) becomes afraid of you, and the sorrow flees away. (On the other hand), the unfortunate bride (soul who doesn't meditate on God’s Name) suffers immense pain, and her wedded life (with God her spouse) doesn’t remain secure."(1)

Stressing this point again, he says: “O' (my) brothers (and sisters), for me God's Name is my treasure. It is the Guru who has given me (this treasure, therefore) I am a sacrifice to him. (Except the Guru, there) is no other place for me to go."(1-pause)

Now he tells us what kind of Guru we need. Praying to God, he says: "(O’ God), unite me with that Guru, by adopting whose teaching one gains respect and honor. I cannot live without such a Guru even for a moment. Without God's Name, I die (spiritually. Therefore, I wish that such a spiritually) blind person as myself may never forget (God’s) Name. Leaning on the support (of His Name), I may (safely) reach my home (the abode of God).” (2)

Next, cautioning us against false and ignorant holy guides or gurus, he says: "(The disciples) who’s Guru is blind (ignorant), they cannot find any place (where their soul can rest). Without the true Guru we cannot obtain God's Name, and without the Name, there is no purpose of life. (Without God’s Name), our coming and departing from (this world) makes us repent like a crow visiting a deserted house." (3)

Stressing further on the importance of God’s Name, Guru Ji says: “Without the Name, the body crumbles like a wall of sand and suffers pain. We cannot attain God's palace until we bear the eternal (God) in our heart. It is only by becoming dyed in the (Guru’s) word, that we obtain self-realization, and reach the desire-free eternal state.”(4)

Recounting the steps in reaching the above state of Nirvana, Guru Ji says to himself (and actually us): "(To obtain the desire-free state, I think) I should ask for the advice of my Guru, and after asking I should act upon it. (Then according to his advice), I would praise (God) through the word (of the Guru. In this way), God may come to reside in my heart, and the pain caused by my ego may be burnt down. Then, quite imperceptibly the blissful union (with God) may take place, and through His eternal Name I may get united with the eternal (God Himself).”(5)

Describing how the Guru’s word helps us to unite with God, Guru Ji says: “They who are imbued with the (Guru’s) word become pure by renouncing their lust, anger and pride. Forever they sing the praises of (God's) Name, and always keep God enshrined in their heart. Why should we forget that God who provides nourishment to all beings?”(6)

Elaborating on the benefits of following the Guru’s word or advice, he says: "(O’ my friends, the person who by following the Guru’s) word becomes so detached, as if he or she has) died (for the world) doesn’t die a second time, (doesn’t go through the cycle of birth and death again). It is from the Guru’s word that love for God’s Name is acquired, and God is attained. Without the (Guru’s) word the world goes astray, and keeps dying and taking birth again and again. (7)

Guru Ji concludes this shabad with a general comment on the way of this world. He says: “Every one praises one self and deems oneself to be the greatest of the great. But without the Guru we cannot know or realize ourselves, and by simply saying and listening, nothing can be attained. O’ Nanak, if we realize (and examine) ourselves through the Guru’s word, then no one would indulge in ego.”(8-8)
The message of the *shabad* is that we should humbly seek the service of the Guru and obtain his guidance. (Under his guidance) we should meditate on God’s Name, so that all the dirt of ego, anger and lust is completely washed from our mind. In this way after becoming pure and immaculate, we shall become worthy of everlasting union with the pure and immaculate God.

*People perform various rituals (such as observing fasts, going on pilgrimages, or wearing holy garbs in order to impress others or for their own satisfaction), but without true love for God. In this *shabad*, Guru Ji tells us how all these outer shows of holiness are useless and explains the right way to win God’s love.*
First giving the example of a bride who is separated from her groom, he says: “To bedeck a bride in her husband’s absence is simply wasting her youth, and subjecting her to distress and suffering. She cannot enjoy the pleasure of her husband’s bed. Without the groom, all her ornamentation goes to waste. She is a deserted bride who suffers great misery, because her spouse doesn’t come to the couch in her home.”(1)

Therefore telling his own mind the way to win the love of (God), our eternal Spouse, Guru Ji says: “O’ my mind, meditate on God, by doing so, you would obtain peace. (But remember that) without the Guru’s (guidance), we cannot become imbued with God’s love: it is only through the Guru’s word that love (for God) wells up (in our mind).”(1-pause)

Explaining the merits of serving the Guru, he says: “By serving the Guru (following his advice) we obtain peace and by decorating ourselves with the ornamentation of spiritual poise, we obtain God as our Groom. Then the bride (soul) who has deep love and affection (for Him) enjoys the blissful company of the eternal God. Such a bride soul is deemed as Guru’s follower, because by blessing her with endearing merits the Guru has united her with God.”(2)

Now addressing us directly, Guru Ji says: “(O’ dear beautiful bride), meet your groom (God) through true (love) and entice your spouse (God) by imbuing yourself with His love. Then your body and mind will be so delighted that its value cannot be described. Through God’s Name, you will become pure and you will realize God in your own heart.”(3)

Explaining further, Guru Ji says: “It is only when the mind dies within the mind itself, (when all the evil thoughts of duality and jealousy in it are ended) that the bride soul enjoys the company of her groom (God). In that state, like pearls in a necklace around the neck, the (bride soul and groom God) are united into one. However, such a spiritual bliss is obtained only in the company of saints, when by the Guru’s grace one leans on the support of (God’s) Name.”(4)

Now describing the general tendencies of the mind and how to control it, Guru Ji says: “In a moment, a thought arises in the mind, and in a moment it goes away. In this way, different thoughts keep arising and then dying in the mind. (In other words, the mind keeps jumping from one thought to another every moment). But if one realizes the (true essence of the Guru’s) word and remains attuned to God, then (the mind becomes stable, and then) even the fear of death doesn’t bother a person. (Then that person also realizes that) the immeasurable God cannot be measured, nor can He be attained by mere talk.”(5)

Guru Ji explains the above idea by giving the example of a door-to-door salesman. He says: “Just as a traveling salesman comes into a town with the pre-authorized capital or line of credit, similarly all) human beings come into this world with a pre-ordained allowance (of a fixed number of breaths). They who do the deeds of truth (and live a truthful life) earn the profit (of God’s Name) according to God's will. However, the true Capital (of His Name) is obtained only by those who are blessed with the guidance of the Guru, who has not even an iota of (personal) desire or greed.”(6)

Next Guru Ji describes how a person blessed with the Guru’s guidance conducts him or her self, and keeps benefitting from it. He says: “A Guru’s follower would (always keep examining his or her conduct on the touchstone of truth and the Guru’s teachings, and thus) that person’s wares are weighed in the balance of truth. The Guru, whose utterance is true, restrains (the Guru’s follower’s) hope and desire, which allure (the mind. In the next world), God Himself would weigh (and examine that person’s conduct), then He would find that person of perfect weight (completely worthy of union with Him).”(7)

Summarizing the above ideas, Guru Ji says: “(O’ my friends), we are neither liberated by empty talk, nor by reading loads of books. We cannot obtain (God) by mere ablation of the body, without (true) devotion and love for Him. Therefore Nanak says, the person whom the Creator unites with the Guru never forsakes (meditation on God’s) Name.” (8-9)

The message of the shabad is that only by following the guidance of Guru (Granth Sahib), we can learn to control our mind, purify ourselves, and meditate on God’s Name. It is only in this way that we can become worthy of union with God, and not by any rituals, readings, or ablutions.

**Words of the Guru**

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In the previous shabad, Guru Ji told us that it is only by obtaining the guidance of the Guru and living according to it that we can learn to control our mind, purify ourselves, and meditate on God’s Name. Only in this way we can become worthy of union with God, and not by any rituals, readings, or ablutions.

In this shabad, he explains how the Guru helps us in achieving union with God. He says: “If we are blessed with the guidance of the perfect true Guru, we obtain the jewel-like thoughtful advice. (That advice is that) when we surrender our mind to the Guru (completely follow his guidance, and not the dictates of our own mind); we obtain (the gift of) loving all. Then we obtain the commodity (of God’s Name), which brings us salvation and destroys our demerits.” (1)

So stating his fundamental doctrine, Guru Ji says: “O dear brothers (and sisters), without the Guru, (divine) knowledge is not gained. Ask (god) Brahma, Naarad, or the sage Vyas (the author of Vedas. They would say the same thing).” (1-pause)

Elaborating on the merits of the Guru, he says: “(O’ my friends, it is only through the technique of) concentration taught by the Guru that we obtain divine knowledge, and meditation on that (God), who is called indescribable. Like a green fruit-bearing tree with abundant shade, the Guru is (the provider of peace, comfort and guidance, whenever we need them). Yes, all the gems, rubies, and pearls (of divine wisdom) are present in the Guru’s storehouse.” (2)
Describing more explicitly what kinds of blessings we obtain from the holy Guru, he says: “It is only from the store house of the Guru that we obtain love and devotion for the immaculate Name of God. By the grace of the infinite God, we acquire the true capital of His Name. In short, the Guru is the giver of peace, the obliterator of pain, and slayer of demons (like lust, anger, and greed, which are obstacles in our path of happiness and salvation).”(3)

Now explaining why there is no other way to obtain salvation except through the Guru, he says: “This world is (like) a vast dreadful ocean, which has neither this, nor the yonder shore. There is no boat, no raft, no pole, and no boatman to help us cross this ocean. It is only the true Guru, who with his graceful glance, like a boat can take us across this dreadful ocean. (Because this world is full of sinful and treacherous pitfalls and temptations, and only by following the true Guru's advice we can save ourselves).” (4)

Naturally the question arises, what is that unique advice which saves a person from the temptations of this worldly ocean. Guru Ji tells us that the person who follows the Guru’s advice is imbued with so much loving devotion for God that he or she does not forget God even for a moment. Describing the state of mind of such a devotee, he says: “(The true devotee feels and says): “If I forget my beloved (God), even for a moment, peace and comfort depart, and pain sets in. Therefore, may that tongue burn down which does not lovingly utter God’s Name, because when the body-pitcher (of a person without Name) breaks, that person suffers great pain, is caught by Death’s courier, and then repents in vain.”(5)

Above was the commentary on those who usually contemplate on God, but may occasionally neglect this duty. Now Guru Ji talks about those who do not care to remember God at all. He says: “Many have departed from the world crying ‘this is mine, that is mine,’ yet neither their body, nor wealth, nor their wife accompanied them (after death). They didn’t realize that without God’s Name, worldly wealth is useless, and the one who (runs after it) strays from the right path. Therefore, we should serve the eternal Master, (but only) through the Guru we can describe (and praise) the indescribable God.” (6)

But then the next question arises: “Why do human beings keep committing the same mistakes (such as running after worldly wealth), even when they know fully well that this wealth is not going to accompany them to the world hereafter, and they will suffer and repent grievously at that time?” Providing the answer, Guru Ji says: “A human being comes to and goes from this world due to his or her deeds in the previous birth (and continues to do the same wrong acts in every birth). Therefore that person keeps whirling in transmigration. So how can this God-writ destiny, based on one’s actions in the previous birth, be erased? (The answer is that) without meditating on God's Name we cannot be saved (from the rounds of birth and death). Only by following the Guru’s instruction one obtains God’s Name, and united with God.”(7)

Guru Ji concludes the shabad by describing what does that person say to him or her self, who follows the Guru’s advice, and starts loving God. He says: “Without God, I don't have anyone to call my own: to Him belong my body and soul. Let this ego, attachment, greed, and pride be burnt to ashes (which have separated me from my God). In short, O’ Nanak, it is only by reflecting on the Guru’s advice and acting on it that we can attain God, who is the treasure of all merits.” (8-10)

The message of the shabad is that if we want to get out of the vicious circle of births and deaths, then we should reflect and act upon the teachings of the Guru (Granth Sahib Ji), and meditate on the Name of that God who is the treasure of all merits and joys.

---

sireeraag mehlaa 1.

ray man aisee har si-o pareet kar jaisee jal kamlayhi.
lahree naal pachhaarhee-al bhee vigas ai snhayhi.
jal meh jee-a upaa-ay kai bin jal maran tinayhi. ||1||

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man ray ki-o chhooteh bin pi-aar.
gurmukh anjar rav rahi-aa bakhays bhagat bhandar. ||1|| rahaa-o.
ray man aisee har si-o pareet kar jaisee machhulee neer.
ji-o aDhika-o ti-o sukh ghano man tan saaNt sareaar.
binaal gharhee na jeev-ee parabhaa jaanaai abh peer. ||2||

ray man aisee har si-o pareet kar jaisee chaatrik mayh.
sar bhar thal haree-avlay ik boond na pav-ee kayh.
karam milai so paa-ee-ai kiraat pa-i-aa sir dayh. ||3||

ray man aisee har si-o pareet kar jaisee chakvee soor.
khin pal need na sov-ee jaanaai door hajoor.
manmukh sojhee naa pavai gurmukh sadaa hajoor. ||5||

sachaa nayhu na tut-ee jay satgur bhayti so-ay.
gi-aan paDgaarath paa-ee-ai taribrehan sojhee ho-ay,
nirmal naam na veersai jay gun kaal gaahak ho-ay. ||7||

khayl ga-ay say pANkho-ood jo chuday sar tal.
gharhee ke muaat ke chaljaa khaylan aj ke kal.
jis tooN mayleh so milai jaay-ay sachaa pirts mal. ||8||

bin gur pareet na oopjai ha-umai mail na jaay-ay.
sohan aap pachhaanee-ai sabad bhayd patee-aa-ay.
gurmukh aap pachhaanee-ai avar ke karay karaa-ay. ||9||

mili-aa kaal ki-aa maylee-ai sabad milay patee-aa-ay.
manmukh sojhee naa pavai veechhur chota khaa-ay.
aanak dar ghar ayk hai avar na doojee jaay-ay. ||10||11||
In one of his hymns, the tenth Guru Gobind Singh Ji unequivocally declares: “Listen, O' the entire world, I am telling the Truth, that only those who have loved Him have obtained God.” But the question arises: What kind of love should that be? In this shabad, Guru Ji gives many beautiful examples to illustrate the sincerity and depth of true love.

He first takes the example of lotus plants, and says: “O’ my mind, have that kind of love for God which the lotus has for water. (It is many times) smashed by water waves, but it still blooms forth with love (for water. Like lotuses), God has created some creatures in water (and has so arranged, that) without water they die.”(1)

Guru Ji tells his mind (and us): 'O’ my mind, you cannot be saved without love for God. See how He is abiding in the hearts of Guru’s followers, and is blessing them with the treasure of devotion.”(1-pause)

Next citing the example of a fish, Guru Ji says to himself (and us): "O my mind, have such a (true) love for God as a fish has for water. The more the water, the happier she feels, and greater is the comfort of her body and peace of mind. (But) without the water, she cannot live even for a moment and only God knows the pain in her heart.”(2)

Next, Guru Ji gives the example of chaatrik (a bird, in India, which, many Indian poets believe, keeps on crying for a special drop of rain, without which it cannot survive). Guru Ji says: “O’ my mind, have such a love for God, as the chaatrik has for rain. Even if all the tanks are brimful with water, and the lands are blossoming in green, they are of no use to it if that (special) raindrop does not fall in its mouth. If God shows His grace, it receives (that rain drop), otherwise, it has to lose its life as per its pre-ordained destiny.”(3)

Guru Ji now gives an example from our daily life. He says: "O’ my mind, bear love for your God, just as water has for milk. (When heated), the water (in the milk) bears the brunt of heat (and gets evaporated, but) it does not let the milk to burn. God Himself unites such separated (true lovers with Him), and grants them true glory.” (4)

Lastly, Guru Ji gives the example of a chakwi (The female of a bird species in India, which on being separated from its male partner in the night, keeps waiting for the sun to rise, so that it can be reunited with its partner. Therefore, it has intense love for the sun as well). So Guru Ji says: "O’ my mind, have such a love for your God as the chakwi has for the sun. It does not sleep even for a moment during the entire night, because it deems the sun as near (even when actually) far away (in the other hemisphere). But the self-conceited person never understands (this kind of love), while a Guru’s follower always deems Him in his or her presence (just as the chakwi, deems the sun so near it).”(5)

Commenting further on self-willed people, Guru Ji says: “The self willed person tries to show off counting his (so called great) deeds, but he does not know that it is only what the Creator does, only that happens. (He does not understand that), even if all people desire and make efforts, God’s worth (power) cannot be ascertained. It is only through Gurbani (the Guru's word) that we find Him, and it is only by merging in the true God, that we find (true) peace.”(6)

Enumerating the virtues of seeking the true Guru’s guidance, he says: “If we meet the true Guru, he will help us to develop such a true love for God that it will never break. Through Guru's guidance we obtain divine knowledge and gain insight into all the three worlds (earth, sky and water). If a person becomes a seeker after merits (of God), he or she will never forget the pure, immaculate Name.”(7)

Guru Ji now comments on the state of ordinary human beings, who, remain ignorant of divine knowledge, simply indulge in the affairs and revelries of the world and depart from here as ignorant as before. He says: "(Just as) birds who come to peck near the pool of water and then fly away, similarly, humans in this world are guests for a short hour. After enjoying their play for a day or so, they will also depart from this world (without fulfilling the purpose of their life, meeting God. O’ God) only that person is united (with You), whom You Yourself unite, and then that person, finds a seat in the true arena (Your true court).”(8)

Now once again stressing upon the basic principle, Guru Ji says: “(O’ my friends), without (the guidance of) the Guru, true love for God does not arise, and the dirt of a person’s ego doesn’t go away. When one is truly pierced (and fully impressed) with the Guru’s word, the mind is fully satiated and realizes its true self. Thus, it is only through the guidance of the Guru that we obtain self-realization. Except for this, no other effort is of any avail.” (9)
In conclusion, Guru Ji says: “Those (Guru’s) followers, who have been satiated by (the Guru’s) word, there is no further need to unite them (with God, because) they are already united (with Him). However, the self-conceited person does not understand this; having been separated from God, such a person keeps on suffering. In short, O’ Nanak, for a human being, there is but one door to seek, and no other place (where one can go).” (10-11)

The message of this shabad is that the true state of peace and bliss lies in eternal union with God. That union can only be obtained when under the Guru’s guidance; we develop true love for God.

<table>
<thead>
<tr>
<th>Line</th>
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sireeraag mehlaa 1.

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<tbody>
<tr>
<td>manmukh bhulai bhulaa-ee-ai boolee tha-ur na kaa-ay.</td>
<td>It is the same light</td>
</tr>
<tr>
<td>baabaa maa-i-aa bharam bhulaa-ay.</td>
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<td>vichhurhi-aa-ga maylsee har ras Naam pi-aar.</td>
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<table>
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<tbody>
<tr>
<td>saach sahj sobhaa ghanee har gur Naam aDhaar.</td>
<td>It is the same light</td>
</tr>
<tr>
<td>karam milai paa-ee-ai gurmukh tat veechaar.</td>
<td>The message of this shabad is that the true state of peace and bliss lies in eternal union with God. That union can only be obtained when under the Guru’s guidance; we develop true love for God.</td>
</tr>
<tr>
<td>naanak saach na veesrai maylay sabaad apaar.</td>
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SIRI RAAG MEHLA 1

In the previous *shabad*, Guru Ji advised us about the kind of true love we should develop for God. He also commented on the attitude of self-conceited people, who do not care for the Guru’s guidance and following the dictates of their own minds, waste their energies in fruitless pursuits. In this *shabad*, he comments further on the fate of self-conceited people, and tells the best way for their redemption.

Comparing the self-conceited person with a woman deserted by her husband, Guru Ji says: “The self-willed soul bride strays from the right path and finds no place of rest. Except the Guru, no one can show her the right path. So blinded by *Maya* (the worldly riches and power), she keeps coming and going (in and out of this world. In this way, whosoever has lost the sense of (divine) comprehension is robbed and deceived (by worldly enticements).”(1)

Giving the basic reason why humans go astray, Guru Ji says: “O’ my friends, it is *Maya* (the worldly temptation), which deceives us with illusion. The unfortunate bride (soul) who gets lost in this illusion cannot unite with (God) her Spouse.”(1-pause)

Elaborating on the fate of a deluded conceived person, Guru Ji says: “The conceited soul-bride, abandoning her own home (her inner-self), wanders (in all kinds of risky rituals, and cults, as if) lost in foreign lands. Having strayed from the right path, she (performs difficult pilgrimages and other austerities, as if) climbing mountains and sand dunes. Being in doubt, her mind wavers. Separated from the Primal Being by His command, she cannot unite with Him. Therefore, deluded by her self-conceit, she wails.”(2)

But in his compassion, Guru Ji gives hope even to the hopeless, and tells how they can find relief from their misery. He says: “The Guru will unite the separated ones by imbuing them with love and relish for God’s Name. By teaching them how to make God’s Name their mainstay, they will be enabled to obtain truth, tranquility, and great glory (in God’s court. They will humbly pray and say: ‘O God, save us in whatever way pleases You, (because) without You, I have no other Master.”(3)

Once again removing any doubts about the uselessness of religious studies and pilgrimages without the guidance of the Guru, he says: “By continually reading books, human beings commit mistakes or are lost in false belief. They take great pride in wearing diverse religious garbs. Yet what is the use of bathing in holy waters when one’s mind is filled with the dirt of ego? How, without (the guidance of) the Guru, can true understanding be imparted to the mind (which in its ego) thinks itself as a king and an emperor, (and regards itself as the wisest of all people)”(4)

Now describing the blessings obtained by a Guru following bride (soul), Guru Ji says: “By reflecting on the essence of the Guru’s advice, one obtains the commodity of love (for the Creator). Such a bride-soul sheds her self-conceit by decking herself with the Guru’s word (and following his advice). Through the unlimited (divine) love bestowed by the Guru, she finds her groom (the Creator) in her own heart.” (5)

Describing how the Guru’s advice leads us to these blessings, he says: “By serving (and following the advice) of the Guru, the mind becomes pure, and one attains peace. When the Guru’s word is enshrined in the mind (and it is fully convinced of the Guru’s advice), it sheds its ego from within. Then a person acquires the wealth of His Name, and in this way the mind always earns the profit (of spiritual bliss).” (6)

Guru Ji, however, cautions us and says: “It is only by God’s grace that God’s Name is obtained: it cannot be obtained by one’s own efforts. (Therefore, O’ my friend), shedding self-conceit, remain attached to the Guru’s feet (keep following his advice. Because by remaining imbued with the love of the true (God) awe obtain to the true (God Himself).”(7)

Explaining the above idea further, Guru Ji says: “O’ my friends), everyone is prone to making mistakes; only the Guru God is infallible. Whosoever instructs the mind through the Guru’s teachings is imbued with love and devotion for God. O’ Nanak, whom the Guru unites with the infinite Word never forsakes the eternal (God).”(8-12)

The message of the *shabad* is that the delusion of *Maya* (or attachment with worldly wealth and power) is the root cause of human troubles, and of continuous alienation from God. The only way to reunite with our eternal Creator is to cultivate true love for Him (and not to worry about performing rituals and undertaking pilgrimages). This can be acquired only by shedding one’s ego and sincerely following the Guru’s advice.

It is the same light
It is the same light
the guise of sons, relatives, houses, wives, (and husbands) it has entrapped us all. The desire for wealth, youth (beauty), lust, greed and pride has cheated the entire world. This poisonous weed of attachments has spread over the entire world, and it is due to Maya that the world is dying in the sense of mine-ness.” (1)

So Guru Ji prays on our behalf, and says: “O’ my Beloved (God), except You, I don’t have anybody else (who can save me from the poison of Maya). Without You, nothing else is pleasing to me. Only when I love You, am I at peace.”(1-pause)

So Guru Ji instructs his mind (and us), and says: “(O’ my mind, obtain) peace and contentment by praising God’s Name through the Guru’s word. All that is visible will depart; do not look at the false show. You have come like a wayfarer (in this world). You can see for yourself that your company is passing away each day (and that you will also depart one day).”(2)

Guru Ji further comments: “Many explain religious texts, but without the Master’s instruction true realization cannot be found. But if one receives the blessing of God’s Name (through the Guru), one is imbued with truth and obtains true honor.”

However, Guru Ji wants to acknowledge one basic truth. Addressing God, he says: “(O’ God), they alone are good who are pleasing to You. (On his or her own), nobody is good or bad.” (3)

Now Guru Ji wants to explain one more fundamental concept. Citing the example of currency in a country, he says: “It is only through the Guru’s refuge that one is saved (from the entanglements of Maya). No matter how many efforts) a self-conceited person makes, his or her achievement remains unacceptable. It is similar to the way in which, although all the (eight) metals in a country belong to the king, yet it is only the metal that bears the stamp of the King, which is the acceptable currency. Similarly, (in the kingdom of God) it is only the coin of the holy word (uttered by the Guru which is considered true wealth, and) brings pleasure (to the human soul). Furthermore, God Himself examines the human souls and like good coins, He deposits (only the good souls) in His treasury (and unites them with Himself)” (4)

As stated above, God knows the value or worth of each and every one of us. However, regarding the worth of the Creator Himself, Guru Ji says: “O’ God, I have seen and tried the entire earth, but Your value cannot be assayed: no one has found Your limit. However, those who have reposed faith in Your Truth have obtained honor. (So for human beings), the Guru’s instruction is that they should simply praise You, and acknowledge that Your worth or limit cannot be described.” (5)

Listing other basic instructions of the Guru, he says: “The self that does not praise His Name is infested with ego and strife. Without the Guru, divine comprehension is not obtained, and the mind begins craving the poison of Maya. Lastly, without spiritual merits nothing else is of any use, and even the pleasures of Maya (worldly wealth and power) will taste insipid (worthless) in the end.”(6)

Now commenting on the state and fate of an ordinary human being, Guru Ji says: “A human being is born because of the desires (of previous birth), and in this birth also experiences the good and bad results of the desires. It is by these desires that one is bound down, and driven away (into the next world, where) one undergoes severe punishment. It is only by following the Guru’s teachings that one finds release.”(7)

In order to save ourselves from such punishment, Guru Ji tells us to humbly pray to God and say: “(O’ God), everywhere it is You alone (who is the Supreme Master). Please save us, according to Your will. (Please bless us), so that through the Guru’s instruction, the eternal (God) will come and abide in our heart. It is in the company of Your good Name that one is received into Your court with honor. By uttering the true Word (Your Name), we are rid of the malady of ego.”(8)

Concluding this shabad with a humble prayer, Guru Ji says: “(O’ God), You are pervading in all the skies, nether regions, and all the three worlds. On Your own, You imbue some with (Your) devotion and love, and on Your own, You unite (them with You). I, Nanak, pray: “You may keep me in any condition (of joy or sorrow), as it pleases You, but bless me that Your Name may never leave my mind” (9-13)

The message of the shabad is that we should remember that attachment to Maya (or entanglement in worldly pleasures and desires) is the real cause of our continuous suffering, and repeated births and deaths. In order to get rid of this vicious circle, we should pray to the Timeless One to unite us with the true Guru, and favor us with the blessing of His eternal Name (His true love and devotion).
It is the same light

Siri Raag Mehla 1

\[ \text{sirierraag mehlaa 1.} \]

raam Naam man bayDhi-aa avar ke karee veechaar.  
sabad surat_sukh oopjai parabh raata-o sukhar saar.  
ji-o bhaaavai ti-o raakh too\(^{1}\) mai har Naam aDhaar.  
[1]\]

man ray saachee khasam rajaay-ay.  
jin tan man saaj seeegaari-aa tis saytee liv laaay-ay.  

tan baisantar homee-ai ik rattee tol kataa-ay.  
tan man samDhaa jay karee an-din agan jalaay-ay.  
har Naamai tul na puj-ee jay lakht kothee karam kamaa-ay.  
[2]|  

araDh sareer kataa-e-ee sir karva Dharaa-ay.  
tan haimanchal gaalee-ai bhee man tay rog na jaa-ay.  
har Naamai tul na puj-ee sabh dithee thok vajaa-ay.  
[3]|  

kanchan kay kot dat karee baho hiavur gaivar daan.  
bhoom daan ga-oo-aa ghanee bhee antar garab gumaan.  
raam Naam man bayDhi-aa gur dee-aa sach daan.  
[4]|  

manhat buDhee kaytee-aa kaytay bayd beechoor.  
kaytay banDhan jee-a kay gurmukh mokh du-aar.  
sachahu orai sabh ko upar sach aachaa.  
[5]|  

sabh ko ochhaa aakheer-e-ai neech na deesai ko-ay.  
inkai bhaa^4day saaji-ai ik chaanan tihu lo-ay.  
karam milai sach paa-e-eai Dhur bakhas na maytai ko-ay.  
[6]|  

saapDh milai saaDhoo janai santokh vasai gur  
bhaay-ay.  
akath kathaa veechaaree-ai jay satgur maahi  
samaa-ay.  
pee amrit santokhi-aa dargahi paI Dhaa jaa-ay.  
[7]|  

ghat ghat vaajai kinguree an-din sabd subhaa-ay.  
viIay ka-o sojhee pa-ee gurmukh man samjhaa-ay.  
naanak Naam na veesrai chhootai sabd kamaa-ay.  
[8]|[14]|  

SIRI RAAG MEHLA 1

Guru Ji concluded the previous shabad with a prayer to Akal Parakh (the Timeless One), saying: “(O’ God), You may keep me in any condition (of joy or sorrow) as it pleases You, but bless me that Your Name may never go out of my mind.”

In this shabad he stresses upon the supremacy and efficacy of meditating on God’s Name over all other methods of trying to attain Him. On the basis of his personal experience, he says: “My heart is pierced (completely imbued with the love of) God’s Name; what more do I need to reflect upon? When the (inner) consciousness is attuned to the word (God’s Name), a state of bliss arises. Imbued with the love of God, one
enjoys the essence of all pleasures. (Therefore, O’ God, You may) keep me in any state You like, but let Your Name remain my sole support.”(1)

Advising his mind (and all mortals), Guru Ji says: "O my mind, true (and just) is the will of our Master. You should attune yourself to Him who has created and embellished our mind and body.”(1-pause)

Now Guru Ji compares the benefits of meditating on God’s Name with other very difficult ritualistic methods, which used to be practiced in the past. He says: “One may cut one’s body into (tiny pieces) of miniscule and offer them in a sacrificial fire. One may make one’s mind and body as ritual firewood, and daily burn it in fire; still these (sacrifices) do not equal the merit of (meditating on God’s Name, even if one performs millions of such ritual acts.”(2)

Continuing the above comparison, he says: “One may have a saw on one’s head and have one’s body cut into two pieces. Or one may let one’s body be frozen to death in the (snows of the) Himalayas. Even then, the malady of ego will not go out of the mind. It has been confirmed that (none of these ritualistic deeds) equal devotion to God’s Name.” (3)

After commenting on the ineffectiveness of practicing austerities and performing penances, Guru Ji comments on the merits of giving charities. He says: “One may give away in charity castles of gold, splendid horses and elephants, or may donate land, and many cows, but pride and ego still remain in one’s mind. My Guru has given me the true (and most effective) gift, and my mind has been pierced (and completely imbued with the love of God’s) Name.”(4)

In summary, Guru Ji says: “There may be many theories advocating rigid discipline of the mind, or reading holy books (such as the Vedas) and reflecting on them. There are many other methods that prove to be balms for the soul, but salvation is obtained only by following the Guru's instructions. (Every other method) is unequal to the realization of Truth, but higher still is truthful living (or earning one’s livelihood by honest means, and living in accordance with the true Guru’s advice, and meditating on the true God’s Name).” (5)

However, Guru Ji wants to caution us that we should never let self-conceit enter our mind. We should not consider those inferior who follow spiritual paths different from ours. Rather, he teaches us to be humble and says: “We should consider all others superior to us: nobody should be deemed inferior. (We should remember that it is) the Creator who has fashioned all the (human) pots, and one Light is pervading (in all) three worlds. It is through God's grace alone that we realize this Truth, and nobody can erase that pre-ordained gift.”(6)

Now describing the manner in which a person is blessed with the true way of salvation, Guru Ji says: “When a saint meets a saint, then love for the Master brings contentment to the mind. When one is fully immersed in the (teachings of the) true Guru, one reflects on the One indescribable (God). Then drinking the nectar (of love for the Creator and His creation), one is fully satiated and goes with honor to God’s court.”(7)

Guru Ji concludes this shabad with the observation that God’s grace is showered on all and not just a selected few. But he says: “This flute of the sweet Word (of God’s Name) is playing day and night in each and every heart. But only a very rare person, who counsels his mind by following the Guru’s advice, becomes aware of this. Therefore, Nanak prays that he may never forsake (God’s) Name, because a person is emancipated only by acting on the word (of advice of the Guru).”(8-14)

The message of the shabad is that if we want to obtain salvation from the perpetual pain of birth and death, then instead of subjecting ourselves to various kinds of austerities (such as living in caves or jungles, or torturing our body), we should listen to the advice of the true Guru, recognize the spiritual music of God’s love within our heart, and merge in the bliss of God’s Name.
In the previous shabad (8-12), Guru Ji told us that the delusion of Maya (attachment to worldly wealth and power) is the root cause of one’s troubles, and one’s continuous separation from God. The majority of people are still obsessed with amassing more and more wealth, building large mansions, and indulging in all kinds of sinful pleasures. In this shabad, Guru Ji comments on such tendencies and tells us what is the best way to obtain eternal happiness.

He says: “(O’ human being), you may be seeing these white marble mansions, decorated with murals and white beautiful doors, which you have built for pleasing your mind and out of love for the ‘other’ (worldly pleasures rather than love for God. But, remember that) without love (for God) in your heart, all these mansions are of no use: one day your body (and all these mansions) will crumble and you will be left behind in this world of death (and atonement). God’s Name is the purest wealth (which will accompany you after death, and this wealth) is obtained only if God bestows this gift on you through the Guru.” (1)

Advising us lovingly, Guru Ji says: “O’ brother, (O’ sister), this body and wealth (of yours) will not accompany you (on your journey to the next world). God’s Name is the purest wealth (which will accompany you after death, and this wealth) is obtained only if God bestows this gift on you through the Guru.” (1-pause)

Further describing the attributes of the wealth of God’s Name, Guru Ji says: “(O’ my friend), the wealth of God’s Name is immaculate, but one receives it only if the Giver Himself bestows. The person who is blessed with the wealth of His Name (God’s love), and whose friend is God the Creator; that person is asked no
questions in the hereafter. But only if (God) Himself saves us (from our attachment to worldly wealth) we are saved, because (God) Himself is the only one who can forgive (all our sins).” (2)

Next, comparing the state of mind of a Guru’s follower with that of a self-willed person or an apostate, he says: ‘The self-willed person thinks of his (or her) daughters, sons and relatives as his (or her) own. Such a person is elated upon seeing his (or her) spouse (and other relatives). But doesn’t realize that even though these relatives) bring us happiness; (many times they bring us) sorrow as well. Therefore, the Guru’s followers remain dyed in the ecstasy of the (Guru’s) holy Word, and enjoy the elixir of God’s Name day and night.” (3)

Continuing the above comparison, Guru Ji says: “When the self-conceited worshipper of power loses wealth, his (or her) mind is shaken. Such a person does not realize that real wealth (the true source of happiness) is present in one’s own house (the heart). When one tries to find it outside, one suffers. By indulging in ego, the self-conceited (person) is robbed (of this wealth), but the Guru’s follower easily gathers it.” (4)

Guru Ji now draws the attention of the self–conceited worshippers of power to reality. Addressing them directly, he says: “‘O merit-less worshipper of power, recognize your true essence. (Remember that) this body (of yours) is dependent upon (a predestined number of breaths), and it is certain that you have to die one day.” (5)

Therefore, advising us all, how we can lead this limited life span in peace and happiness, he says: “(We all) ask for a long life; nobody wishes to die (sooner). However, happy is the life of only that person in whose heart abides God by the Guru’s grace. Why count those (unfortunate) ones as living who are without God’s Name, and who never get to see their Guru and God?”(6)

Next, giving the example of dreams, Guru Ji tells us why a human being is always running after worldly wealth. He says: “Just as each night as long as we are asleep, we forget (our reality) in a dream, similarly under the influence of the serpent (of Maya), the self remains in the grip of ego and duality. However, when we reflect through the Guru’s instruction, (we realize) that this world is (like) a dream.” (7)

Guru Ji concludes this shabad by explaining how the Guru’s instruction helps mortals to understand the reality of the world, restrain worldly desires, and yet live a very peaceful and happy life. He gives very beautiful examples to drive home this point. He says: “Just as a fire is put out when water is poured over it, just as a child’s hunger is satisfied with the mother’s milk, or just as without water a seed cannot grow, such a perso

The message of this shabad is that worldly wealth or long life cannot bring us true happiness. True happiness lies in enjoying the bliss of God’s loving union; that bliss can only be obtained by following the Guru’s instruction, and meditating on God’s Name.
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**SIRI RAAG MEHLA 1**

In the previous *shabad* Guru Ji told us that worldly wealth or long life couldn’t bring us true happiness. True happiness lies in enjoying the bliss of God’s loving union, and that bliss can only be obtained by becoming enlightened with the Guru’s instruction and meditating on God’s Name. The problem is that many faiths say that it is extremely difficult to reach God, and that to meet Him we have to undergo severe penances, austerities and sacrifices. But Guru Ji assures us that if we follow the advice of a true guide, then it is not at all difficult. He begins this *shabad* by comparing the seeker of God with a young bride, who is told that her beloved spouse lives in a high mansion on a hill, surrounded by ocean on all sides. She is terrified at first, but then she finds a true guide who helps her to join her spouse quite easily.

Using the above metaphor to describe a human being’s spiritual journey to God, Guru Ji says: “Looking at the dreadful mountain from my parents’ house (this world), I was completely terrified. I had no ladder to reach that high and tortuous mountain (where I was told, lived my Spouse). But then I was blessed with the guidance of the Guru. I realized that (God) resides right in my heart, and the Guru united me with (Him. In this way, I easily) crossed the worldly ocean.”(1)

So Guru Ji lovingly says to us: “O’ my (dear) brothers (and sisters), this world is (like) a dreadful ocean, (which is very difficult for a person to cross). But if a perfect Guru meets (and guides that person), then by blessing the person with God’s Name, the Guru ferries him (or her) across (this ocean).”(I-pause)

Guru Ji now wants to educate the mortal further about the reality of life and inevitability of death. It is not enough only to admit and realize that one-day everyone must depart from here. He says: “If I keep on repeating that I have to depart from here, (there is nothing new in this saying. This is a hard fact that) whosoever has come (into this world) has to go (one day). Only the Guru-God is eternal. (In addition to remembering the inevitability of death, one must praise God) with true love (and devotion in the congregation of saintly persons, which is like) the abode of the eternal (God).”(2)

Reminding us about the uselessness of our possessions, if we have no love for God, he says: “Beautiful gate-ways, houses, palaces, thousands of solidly built forts, elephants, horses with their saddles, and limitless armies in millions will not accompany anyone. Many ignorant people have exhausted themselves in their pursuit and died.”(3)
Continuing his comments on worldly possessions, Guru Ji says: “We may amass gold and silver, but all these possessions are like entanglements (for our soul). We may proclaim our greatness by the beat of drum in the entire world, but without God’s Name, the fear of death hovers over our heads. When the life’s play is over, the body falls down dead. (Only then we realize), what kind of fate awaits the evil-doers” (4)

Guru Ji adds: “We are pleased upon seeing our sons, (similarly) a woman (is delighted upon seeing) her groom on the couch. We apply scent and sandalwood paste, and deck ourselves with beautiful clothes, (but ultimately our body) is mingled with dust, and leaving our home and hearth behind, (we depart).” (5)

Next, commenting on human egoistic nature, Guru Ji says: “We may be called a chief, a prince, a (Muslim) noble, and a headman, but all this is burning oneself in ego. In this way, the egocentric who has forgotten the Divine Name becomes like a reed burnt in jungle fire.” (6)

Summing up the above, Guru Ji says: “Whosoever comes in this world, (without meditation on God’s Name) will depart from here obsessed with self-conceit. This entire world is like a storehouse of black soot; and passing through this store, the body and mind become stained with ashes (or the darkness of sins and evil). Only those people come out pure or unpolluted (from this black-soot-chamber) whom the Guru saves, and through the Guru’s word, who quench their fire (of lusts and evil temptations).” (7)

Guru Ji concludes the shabad by saying: “O’ Nanak, a person swims across (the world-ocean) only by meditating on the True Name of God, who is the King of all kings. (Therefore, I only pray that) I may never forget the divine Name, which is the jewel I have bought and is my real wealth, and on which I can depend. (O’ my friends, remember that) the self-willed are consumed in the dreadful and unfathomable (world) ocean, but the Guru’s followers swim across it.” (8-16)

The message of this shabad is that this world is like a storehouse of black soot; whosoever comes in this world becomes polluted with ego and the darkness of sins. But those who follow the Guru’s advice and meditate on God’s Name, even while living amidst the worldly Maya, they come out unpolluted and pure, and easily swim across this worldly ocean. They reunite with God, and enjoy eternal bliss.

sireeraag mehlaa 1 ghar 2.
mukaam kar ghar baisnaa nit chalnaa kee Dhokh.
mukaam taa par jaanee-ai jaa rahai nihchal lok. ||1||
dunea-aa kais mukamay.
kar sidak karnee kharach baaDhhu laag rahu Naamay. ||1|| rahaa-o.
jogee ta aasan kar bahai mulaa bahai mukaam.
pandit vakaaneh pothee-aa siDh baheh dayv sathaan. ||2||
sur siDh gan ganDharab mun jan saykh peer salaar.
dar kooch koochaa kar ga-ay avray bhe chalanhaar. ||3||
sultaan khaan malook umray ga-ay kar kar kooch.
gharhee muhaat ke chalnaa dii samajh too bhe pahooch. ||4||
sabdaah maahi vakhaane-ai virlaa ta boojhai ko-ay.
naanak vakhaanai banytee jaii thal Jaevee-ai so-ay. ||5||
alaahu alakh agamm kaadar karanhaar kareem.
saab duane aaavan jaavnee mukaam ayk raheem. ||6||
According to Dr. Bh. Vir Singh Ji, this shabad seems to be addressed to a Muslim. Perhaps this is why the vocabulary and idiom used is mostly Muslim-oriented. But the message conveyed here regarding the transience or impermanence of the world, and the permanence of God is of universal importance.

Addressing that Muslim friend who is under the false notion that he is going to stay here forever, Guru Ji says: “(O’ my friend), how can a person live in this world thinking that it is his (or her) permanent home, when the fear of departing from here is always nagging that person? This world could only be deemed as one’s (permanent) abode if it were going to last forever.” (1)

Therefore Guru Ji asks: “(O’ brother), this (transitory) world cannot be a human being’s (permanent) home? Therefore, with full faith (in God, you should) amass the capital of (good) deeds as your expense for the journey, and remain attuned to God’s Name.”(1-pause)

Guru Ji observes that in spite of knowing this fundamental truth (about our short-lived stay in this world), we still behave and act as if we are going to live here forever. He says, “A yogi squats in his posture, and Mullah (the Muslim scholar) sits on his seat, resting on a pillow. In a similar manner a Brahmna recites books, and a miracle-man sits in the temple of a god (such as Shiva, as if it will be there forever).” (2)

Guru Ji reminds us: “(O’ my friends, what to speak of ordinary human beings, even) gods (living in heaven), adepts, worshippers of god Shiva, heavenly musicians, silent sages, spiritual guides, and commanders of armies have all departed, and the others too are under orders to march on (and depart from this world)?”(3)

Continuing his sermon, Guru Ji says: “(Even) kings, chiefs, lords, and nobles, all have departed in succession. Therefore, O’ my mind, realize that you shall also depart (from here) in an hour or two (sooner or later) and deem that you too would reach (the other world, that others have reached before you).” (4)

Next commenting on our knowledge about eternal entities, Guru Ji says: “Through words it is often explained (that we have all to go from here). But it is only a very rare person who truly realizes this fact. Nanak submits that in this world the only everlasting entity is God, and that God pervades all the earth, the water, and the space in between.”(5)

Describing God’s attributes, he says: “Allah is incomprehensible, inaccessible, omnipotent, merciful, and the creator of all the creation. The entire world comes and goes: the only everlasting entity is that merciful God (Himself).”(6)

Stressing his point, Guru Ji says: “God alone can be called everlasting who is not subject to any writ of destiny (to perish or disappear). But even this sky and this earth will one day vanish, and it is God alone who will last forever.”(7)

Guru Ji concludes this shabad with the statement: “Nanak speaks the truth, that the sun and moon, night and millions of stars will (all) vanish one day, but it is God alone, who is eternal.”(8-17 Seventeen Ashtpadis by first Guru Ji)

The message of this shabad is that we should realize that everything and everyone in this universe is transitory. God alone is immortal. We all must depart from here sooner or later. Therefore, we should try to gather the capital of good deeds and God’s Name, so that our journey to the next world may be stress free and we may not have to come back to this world again.
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sireeraag mehlaa 3 ghar 1 asatpadee-aa

ik-o'kaar satgur parsaaad.

gurmukh kirpaa karay bhagat kejai bin gur bhagat na ho-ay.
aapai aap milaa-ay boojhai taa nirmal hovai ko-ay.
har jee-o sachaa sachee bancee sabad milaavaa ho-ay. ||1||

bhaa-e ray bhagtiheen kaahay jag aa-i-aa.
pooray gur kee sayv na keenee birthaa janam gavaa-i-aa. ||1|| rahaah-o.
aapay har jagjeewan daataa aapay bakhas milaay-ay.
jee-a jaant ay ki-aa vaychaaray ki-aa ko aakh sunaa-ay.
gurmukh aapay day vadi-aa-ee aapay sayv karaa-ay. ||2||
daykh kutamb mohi lobhaanagaa chaldeaa naal na jaa-ee.

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satgur sayv guh niDhaan paa-i-aa tis kee keem na paa-ee.
parabh sakhaa har jee-o mayraa antay ho-ay sakhaa-ee. ||3||

pay-ee-arhai jagjeewan daataa manmukh paat gavaa-ee.
bin satgur ko mag na jaanai anDhay tha-ur na kaa-ee.
har sukh-daata man nahee vasi-aa an t ga-i-aa pachhutaa-ee. ||4||

pay-ee-arhai jagjeewan daataa gurmat man vasaa-i-aa.
an-din bhagat karahi din raatee ha-umai moh chukaa-i-aa.
jis si-o raatay taiso hovai sachay sach sammey-i-aa. ||5||
aapay nadar karay bhaa-o laa-ay gur sabdee beechar.
satgur sayvi-ai sajh oopjai ha-umai tarisnaa maar.
har gundaataa saaj man vasai sach rakhi-aa ur Dhaar. ||6||

parabh mayraa sadaa nirmalaa man nirmal paa-i-aa jaa-ay.
Naam niDhaan har man vasai ha-umai dukh sabh jaa-ay,
satgur sabad sunee-i-aa ha-o saaj balhaarai jaa-o. ||7||
In the previous shabad, the first Guru (Nanak Dev Ji) gave us the message that we should realize that everything and everyone in this universe is transitory. God alone is immortal. We all must depart from here sooner or later. Therefore, we should try to gather the capital of good deeds and God’s Name, so that our journey to the next world may be stress free and we may not have to come to this world again.

Starting with this shabad, third Guru (Amar Das Ji) tells us about the absolute need for the Guru’s guidance. According to Dr. Bh. Vir Singh Ji, the following and many other shabads in Gurbani may seem to be reiterating the same message, but that is their beauty and not their limitation. Although the message may be similar, yet different people need different styles, different ways or different examples to understand, imbibe and act upon a piece of advice. Furthermore, these shabads were not written by Guru Sahibs in the form of a book in accordance with some topical arrangement. These shabads are not mere poems: these were uttered either spontaneously as divine revelations or inspiration, in response to truth-seekers’ queries or doubts, or as spontaneous outpourings of their love and devotion for God. All these divine utterances were recorded in notebooks and passed on from the first Guru Ji to his successors, and were later compiled by the fifth Guru Ji into one big volume called the “Adi Granth,” now revered and adored as “Sri Guru Granth Sahib.”

Guru Ji starts this shabad by stressing upon the importance of the Guru’s grace. He says: “(O’ my friends), only if the Guru shows his grace that we worship God. Without the (grace of the) Guru, (God’s) worship cannot be done. Only if (shedding one’s own wisdom, one follows the Guru’s guidance, and) merges one self in the Guru, does one’s conduct become pure. Eternal is God, and eternal is the Guru’s utterance: through (the Guru’s) word union with God is achieved.” (1)

Therefore, in a very affectionate yet concerned manner, he says: “O’ brother, (O’ sister), why did you come (into this world at all, if you had to remain) without the worship of God? If you have not served the perfect Guru (followed his advice and worshipped the Creator), then you have surely wasted your life.” (1-pause)

However, Guru Ji recognizes human being’s helplessness in this matter, because devotion and worship of God comes as a blessing from Him, rather than by one’s own efforts. So in utter humility, he states: “(Actually), He Himself is the life of the world. He Himself mercifully pardons, and unites (a person with Himself. Otherwise), these poor humans cannot do or say anything. It is God Himself who, through the Guru, grants a person the glory (of His Name) and yokes everyone and everything in this universe to His service.” (2)

Now commenting on human nature (and how a person goes astray), Guru Ji says: “Seeing one’s family, one is engrossed in their attachment. (But one doesn’t realize that they) will not accompany when one departs from this world. However, the person who has served the Guru (and followed his advice, that person has) obtained (God), the treasure of merits, (and then the worth of his glory) cannot be described. (Such a person says): “God alone is my true friend, who will help me in the end.” (3)

On the other hand, regarding the self-willed people, Guru Ji says: “In the parental home (this world), the self-conceited person has lost his (or her) honor by forsaking God, the Giver of life. (Such a person doesn’t realize that) without the true Guru, no one else knows the right and true path of life. The blind (apostate) doesn’t find any place of rest or peace. God, the giver of peace, doesn’t abide in this world. However, the person who has served the Guru (and followed his advice, that person has) obtained (God), the treasure of merits, (and then the worth of his glory) cannot be described. (Such a person says): “God alone is my true friend, who will help me in the end.” (3)

Describing the conduct of the Gurmukh (the one devoted to the Guru, and who obediently follows his teachings), Guru Ji says: “(A Gurmukh), while living in the parents’ house (the world), enshrines the world’s Life-Giver in his (or her) heart according to the Guru’s instructions. Day and night such a person worships God, and becomes rid of his or her ego and worldly attachment. (The result is that) such a person becomes like Him with whose love that person is imbued, and merges in the eternal Being.” (5)

Stressing again upon the importance of God’s grace, Guru Ji says: “(O’ my friends), only when God casts His glance of grace is a person imbued with His Love, through reflection on the Guru’s Word. By serving the true Guru (by following his advice), equipoise develops in a person, and his or her ego and desire are stilled. Then God, the giver of merits, resides in one’s heart and one keeps Him enshrined in the mind.” (6)
It is the same light

Guru Ji further says: “(O’ my friends), my God is always perfect and immaculate. Therefore, He can be obtained only with a pure mind. If God’s Name (the treasure of all comforts) abides in the heart, then one’s malady of ego goes away (and one’s mind becomes immaculate). I am therefore always a sacrifice to the true Guru who has recited the holy Word (the divine song) to me.” (7)

He concludes the shabad by stressing once again upon the importance of the Guru. He says: “Even if one says in one’s own mind that he (or she) has stilled his (or her) ego and makes others also say so, (still) without the Guru’s guidance one’s ego doesn’t depart. God is the lover of His devotees, and the giver of peace. He in His grace comes into the mind. In short, O’ Nanak, God Himself blesses a person with sublime awakening and through the Guru grants that person honor and glory.” (8-1-18)

The message of the shabad is that only through God’s grace and guidance of the true Guru one can purify one’s mind of evils like ego and worldly desires. Then reflecting on God with true love and devotion, one obtains enlightenment and merges in Him.

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In the previous shabad, Guru Ji told us that only through the advice of the true Guru, could one purify one’s mind of evils like ego and worldly desires. Then reflecting on God with love and devotion, one obtains enlightenment and merges in Him. In this shabad also, he lays emphasis upon the primacy of the Guru’s guidance, and God’s Name over and above all other methods of achieving salvation.

He says: “They who perform prescribed rituals and take pride in them suffer the blows of Yama (the demon of death) on their heads (and keep suffering the pains of birth and death. On the other hand), those who serve the Guru (by following his advice) are imbued with God’s love, and are (therefore) saved (from such pains).” (1)

Therefore, Guru Ji advises himself and us: “O my mind, under the guidance of the Guru, meditate on God’s Name. (However, only) those who are preordained by the Creator get absorbed in (God’s) Name through the Guru’s instruction.” (1-pause)

Explaining why, one cannot find peace without the Guru’s guidance, he says: “Without the Guru’s guidance, faith and love for the Name does not arise in one’s mind. Therefore, one does not find peace even in dream; such a person remains embroiled in pains.” (2)

Next, explaining why we cannot meditate on God’s Name without first seeking the Guru’s guidance, he says: “Even if we long to repeat God’s Name (without the guidance of the Guru, we cannot do so). What is written in one’s destiny cannot be erased (and the mind doesn’t remain attuned to God). Only those devotees who have accepted God’s will (and follow the Guru’s guidance) are accepted in God’s Court (and their mind easily becomes imbued with the love of God’s Name).” (3)

Explaining further how the Guru helps us, he says: “With great love, the Guru enshrines (the mantra of God’s) Name in our heart, but without (God’s) grace, the Guru cannot be attained. Without the Guru, a person is like a (poisonous) tree which, even if irrigated with nectar a hundred times, still bears poisonous fruit.” (4)

Therefore, Guru Ji says: “Those who bear love for the true Guru are truthful and pure. Shedding the poison of ego and evil from within their minds, they act according to the true Guru’s will.” (5)

Stressing upon the futility of trying to attain salvation through sheer obstinacy of mind, he says: “We may go and consult the Shastras and Simritis (Hindu holy books; we will find that) we can never find deliverance (from birth and death by practicing austerities, or) through obstinacy of mind. Only those who joined the company of the saintly people and have lived in accordance with the Guru’s word have been saved.” (6)

Guru Ji therefore states: “God’s Name is (such) a treasure, whose merits have no end or limit. (However), only those Guru’s followers on whom God showers His Grace obtain this honor.” (7)

In conclusion, he says: “O Nanak, there is only one Giver (of all creatures, and) no other. He is attained only through the grace of the Guru, and it is through pre-ordained good destiny that (the Guru) is met.” (8-2-19)

The message of the shabad is that God’s Name is the most valuable treasure, which alone can save us from the perpetual pain of birth and death. The one and only way to obtain this treasure is to join the congregation of saintly persons, and live in accordance with the guidance of the Guru.
In the previous shabad, Guru Ji gave us the message that God’s Name is the most valuable treasure, which alone can save us from the perpetual pain of birth and death. The one and only way to obtain this treasure is to join the congregation of saintly persons, and live in accordance with the guidance of the Guru. But there are still many who follow the dictates of their own mind. He says: “O my mind, do what the Guru says, because if you act according to the Guru’s will, then day and night you will remain absorbed in God’s Name (and would always remain in bliss).” (1)

Therefore, advising himself (and us) to follow the example of such a Guru-following soul, he says: “O my mind, do what the Guru says, because if you act according to the Guru’s will, then day and night you will remain absorbed in God’s Name (and would always remain in bliss).” (pause)

Now, describing the state of self-willed people using the same metaphor of birds, Guru Ji says: “There are those birds (or human souls) who, even though sitting on beautiful trees (human bodies), fly in all the four directions (and remain pre-occupied with one worldly affair or the other). However, more they fly (after...
Every day they burn (with worldly desires), and even every breath is a flame. However, the Guru’s guidance can save them. (2)

Reverting to the Guru-following person, Guru Ji says: “The Guru-following Sikh is like God’s evergreen tree. Such a person remains attuned to God, and absorbed in His love and devotion in a state of spiritual serenity. By always remaining immersed in the one holy Word (or hymn in praise of God), it conquers all the three branches (or qualities of Maya; the urges for power, vice, or virtue, called raujas, taamas, and saattak. This person firmly believes that) God’s Name is the only nectar (like) fruit, which God bestows in His grace and makes the mortal eat (and absorb in the mind).” (3)

Advising us how to deal with self-willed people, Guru Ji says: “The self-willed people are like those trees which wither away while standing. They neither bear fruit, nor yield shade, (they are of no help to anybody). We should not even sit near them. They do not have any home or place of their own, (do they not have any spiritual knowledge). They are just (like) firewood which are daily cut down and burnt. (They always remain unhappy and miserable), because they have neither the holy Word, (the Guru’s guidance), nor God’s Name (which can save them).” (4)

Naturally the question arises, why some human beings remain self-conceited? Explaining this mystery, Guru Ji says: “(Actually, there is nothing in the control of human beings) because they act according to God’s command, and wander (in the cycles of birth and death, in accordance with their destiny based on) the deeds done by them in previous births. According to God’s command, the mortals who are blessed with His sight (remain in attendance in God’s service), and according to His orders they go where God sends them (and live in obedience to God’s will). According to God’s will, His Name abides (in their hearts), and it is in His will that they become merged in the True One.”(5)

Commenting on the conduct of the self-conceited persons, Guru Ji says: “The wretched (self-willed) people do not understand God’s will, and remain lost in doubt. (Instead of following the Guru’s advice), they perform deeds according to the dictates of their mind: therefore each and every day, they suffer disgrace and distress. They neither attain peace of mind, nor imbibe love for Truth.”(6)

Regarding the Guru’s followers, he says: “Being in love with the Guru, the Guru’s followers look beauteous. Theirs is the true worship; they are imbued with truth in (God’s) beauty, and are imbued with the Guru’s glory. (They) not only save themselves, but also save their (whole) lineage.”(7)

However, once again stating the cardinal principle, Guru Ji says: “All people perform different deeds according to God’s command. None is outside His command. Whatever kind of grace God bestows on any one, that person becomes of that kind. O’ Nanak, all honors come through devotion to God’s Name, which is obtained by His grace.”(8-3-20)

The message of this shabad is that although we cannot erase the writ of destiny, yet we should pray to God to bless us with the Guru’s guidance. Further we should keep meditating on His Name so that we may become immaculate, and in His mercy God may save us also.

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**sireeraag mehlaa 3.**

<table>
<thead>
<tr>
<th>English Translation</th>
<th>Punjabi Text</th>
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<tr>
<td>gurmu</td>
<td>gur muh Naam Dhi-aa-ee-aai manmuh bujh na paa-ay.</td>
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<td>sadaa</td>
<td>saadaa suhaag suhaag-anee jay chaleh satgur bhaag-ay.</td>
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<tr>
<td>sabad</td>
<td>saadaa pir nihchal paa-ee-aai naa oh marai na jaa-ay.</td>
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<tr>
<td>samba</td>
<td>sabad milee naa veechhurhai pir kai ank samba-ay.</td>
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</table>
In the previous shabad, Guru Ji described the difference between a Guru-following and a self-conceited person by using the symbolism of birds of different kinds sitting on a tree. In this shabad, he elaborates on that difference further by using the metaphor of bride-souls. He also tells us the basic cause of many human beings becoming self-conceited or egotistic.

He begins this shabad by saying: “The Guru’s followers meditate upon God’s Name, but the self-conceited cannot understand (its importance). The Guru’s followers are always honored (in God’s court), and always bear smiling faces, because God comes to reside in their heart. In this way, (without practicing any austerities) they easily and spontaneously obtain peace, and remain absorbed (in God).” (1)

Then addressing us directly, Guru Ji says: “O brothers (and sisters), live like the slaves of God’s slaves. The (true) service of the Guru lies in true devotion to the Guru (and faithfully following his advice). But it is only a rare person who obtains this (service or devotion to the Guru).” (1-pause)
Next, citing the example of (soul) brides, Guru Ji says: “The (soul) brides always remain married (and united with God) if they act according to the will of the true Guru. They obtain the eternal Spouse who never dies or goes away: once united through the (Guru’s) word they never separate from Him, and merge in the embrace of their Groom.”(2)

Now talking about God Himself, Guru Ji says: “God is immaculate and exceedingly bright, but He cannot be attained without the Guru’s guidance. The person who only reads religious books cannot realize Him, and those who put on false garbs (of saintliness) are lost in delusion. It is only by following the Guru’s instructions that God is attained, and the tongue remains permeated with God's elixir.”(3)

Elaborating upon this idea, Guru Ji says: “The person who follows the Guru’s instructions sheds love for worldly riches easily, and effortlessly merges in God. On the other hand, without the word (the Guru's instructions), the world keeps wandering in pain (due to its attachment to Maya), which has consumed the egoists and the way-wards. It is only through the Guru’s word (or advice) that one meditates on God’s Name (His power and light), and it is only through the Guru's word that one is absorbed in Truth.”(4)

Commenting on the Sidhas (who seek miraculous powers), Guru Ji says: “(What can we speak of ordinary people) when even men of miracle are lost in the pursuit of worldly power? They cannot concentrate on their meditation. Maya (the obsession for worldly riches) pervades all the three worlds with its illusion, and it has entangled these completely. Without the (guidance of the) Guru, a human being cannot find liberation, nor is the duality caused by Maya removed.” (5)

Now answering the question: what Maya really is, he says: “If we ask – what is Maya and how does Maya work (on the minds of human beings, the answer is that under the influence of Maya) a human being remains bound in joy and sorrow (cravings for the former and seeking release from the latter) and acts out of self-conceit or ego. However, without the Guru’s word (or guidance), neither can the doubt (caused by Maya) be dispelled, nor can self-conceit in the mind go away.” (6)

Elaborating on the necessity of the Guru’s instruction, he says: “Without (true) love, God's worship cannot be performed; without the Guru's word (of guidance), no worship is accepted (in God’s court). It is through the word (the Guru's instruction) that ego is removed and the illusion of Maya lifted. It is through the Guru's grace that one spontaneously obtains the commodity of (God's Love), His Name.” (7)

In conclusion, Guru Ji says: “Without the Guru’s guidance, virtues are not revealed, and without virtues, God’s worship cannot be performed. It is only by following the word of the Guru that God (the Lover of devotees) is enshrined in the heart, and is obtained effortlessly. O’ Nanak, only through the Guru's word can God be praised, and only by His grace God is obtained.” (8-4-21)

The message of the shabad is that only by following the Guru’s advice we can be rid of attachment to Maya (the worldly riches and power) and self- conceit. Furthermore, only by acting on the advice of the Guru we can develop true love for God and attain Him.

It is the same light
In the previous shabad, Guru Ji told us that only by following the Guru’s advice could we get rid of our attachment to Maya (the worldly riches and power) and our self-conceit. Furthermore, it is only by acting on the advice of the Guru that we can develop true love for God and attain Him. In this shabad, he tells us what is the real source of attachment to Maya, and what is the best way to be free from its influence.

Guru Ji says: “(O’ my friends), It is my God who has created the attachment to Maya, and He Himself leads one into illusion. Many self-conceited people perform different deeds (rituals to get rid of this attachment), but they do not understand (the real purpose of such rituals) and they waste their life in vain. The word of the Guru is the light (the source of true knowledge) in this world. But, only through God’s grace is it enshrined in one’s mind.”(1)

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*Naamaa chheebaa kabeer jolaahaa pooray gur tay gat paa-ee. barahm kay baytay sabad pachhaaneh ha-umai jaat gavaa-ee. sur nar tij kee banee gaavah ko-ay na maytai bhaa-ee. ||3||
dait put karam Dharam kichh sanjham na parhai doojaa bhaa-o na jaanai. satgur bhayti-ai nirmal ho-aa an-din Naam vakhaanai. ayko parhai ayko naa-o boojhai doojaa avar na jaanai. ||4||
khay darsan jobee sani-aasee bin gur bharam bhulaa-ay. satgur sayveh taa gat mit paaavahi har jee-o man vasaa-ay. sachee banee si-o chit laagai aavan jaan rahaa-ay. ||5||
pandit path parh vaad vakaaneeh bin gur bharam bhulaa-ay. lakh cha-oraaseeh fayr pa-i-aa bin sabdai mukat na paa-ay. jaa naa-o chaat t aa gat paa-ay jaa satgur mayl milaa-ay. ||6||
satsangat meh Naam har upjai jaa satgur milai subhaa-ay. ||7||
man tan arpee aap gavaa-ee chalaa satgur bhaa-ay. sad baliaa ree gur apunay vitahu je har saytee chit laa-ay. ||8||
so barahman barahm jo binday har saytee rang raataa. parabh nikat vasai sabhnaa ghat antar gurmukh viraal jaat-aa. naanak Naam milai vadi-aa-ee gur kai sabad pachhaataa. ||9||

**SIRI RAAG MEHLA 3**

*It is the same light*
For this reason Guru Ji says (to himself and indirectly to us): “O’ my mind, meditate on the Name, so that you may obtain peace. When we eulogize the perfect Guru, we effortlessly obtain that God.”(1-pause)

Explaining the above advice, he says: “By concentrating the mind on God’s feet (His Name), illusion and fear flee away. By leading one’s life according to the Guru’s (teachings or the holy) word, God comes to reside in the heart. When a person is thus merged in the Truth (and attuned to God), even the demon (or fear of) death cannot devour (scare) that person.”(2)

Citing many legendary examples to illustrate his point, Guru Ji says: “Nam Dev, the tailor, and Kabir, the weaver obtained salvation (by receiving instruction) from the perfect Guru. These knowers of God understood the word (of God), and they completely rooted out their ego and caste-complex (from their minds). As a result, (they became so exalted that) demigods and human beings now sing their hymns, and no one can erase their name, O’ brother.”(3)

Next, giving the example of Prehlada, the son of a demon king Haranakash, he says: “Prehlada, the son of a demon (Haranakash), refused to read any religious books, perform faith rituals, or practice austerities (as advised by Pundits or his teachers). Except love for God, he did not care for anything. By meeting the true Guru, he became immaculate, and meditated on God’s Name day and night. He read about the praise of only one God, and recognized only one God and none other (so he was saved by God).” (4)

Guru Ji now comments on the fate of those who call themselves great yogis, and sanyasis (ascetics), the followers of all the six monastic orders (mentioned in Shastras, the Hindu religious books). He says: “Without the guidance of the Guru, even the followers of six Shastras, yogis and recluses remain lost in illusion. Only by serving the true Guru, (by following his instruction) can they find salvation and enshrine God in their heart. When one’s mind gets attuned to the true Guru (the holy word of the Guru), one’s comings and goings in the world cease.”(5)

Regarding those Pundits who claim to be great scholars, Guru Ji says: “By reading and studying (the Vedas, and Shastras, without understanding their true message), these Pundits set afoot controversies. Without the (guidance of the) Guru they are also lost in illusion. They keep wandering through the rounds of 8.4 million (species), and without following the Guru's word (or instruction), they don’t obtain salvation. It is only when they remember (God’s) Name, and when the true Guru unites them with God, that they attain emancipation.”(6)

Now telling us from where and how we can learn to meditate on God’s Name, he says: “When (by good fortune) in a natural sort of way one meets the true Guru, then by remaining in his saintly company, (devotion to) God’s Name wells up (in one’s mind. Then one says to oneself): ‘shedding all my self-conceit from within, I surrender my mind and body to the Guru, and do what pleases the true Guru. Ever and forever I am a sacrifice to the Guru, who attunes my mind to God.”(7)

Finally, giving his definition of a Brahman (a divine scholar), Guru Ji says: “The true Brahman is the one who knows God the Creator, and who is imbued with His love. The Creator actually abides near, in all hearts, but only a few Gurus’ followers realize this. O’ Nanak, it is only by realizing the Creator through the Guru’s word, and by meditating on His Name, that one obtains honor (at the divine portal).”(8-5-22)

The message of the shabad is that it is only by listening to and following the word of the Guru (Granth Sahib) and meditating on God’s Name that a person is freed from the entanglements of Maya (the worldly riches and power), and obtains salvation: the state of eternal bliss.

<table>
<thead>
<tr>
<th>Navin Ram</th>
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<tbody>
<tr>
<td>Mande ke sath khetri vibhut bihut parabsar nirman</td>
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<td>gurpya gurpya saubhagi sangh khar pahele</td>
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</tbody>
</table>
| dhan dheere mera parabsar aapti dikhava karo jannat || 1711
| bhaguje ke bhaguje mastaan re lampa ||
| sahaj no sahaj lohdee bin gur paa-i-aa na jaa-ay. ||1||
| parh parh pandit jotkee thakay bhaykhee bharam bhulaa-ay. ||
| gur bhaytay sahj paa-i-aa aapnee kirpaa karay rajaay-ay. ||1||

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<th>Sireeraag mehlaa 3.</th>
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<tr>
<td>bhaa-ee ray gur bin sahj na ho-ay.</td>
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</table>
| sabdai hee tay sahj oopjai har paa-i-aa sach so-ay. ||1|| rahaa-o.
It is the same light

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sehj aani-aa thaay pavai bin sahjai kathhe baad.
sehj hee bhagat oopjai sahj pi-aar bairaag.
sahj hee tay sukkh saat ho-ay bin sahjai jeevan baad. ||2||

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sehj saalahee sadaa saa sahj samaad Dh
lagaa-ay.
sehj hee gun oochhai bhagat karay liv laa-ay.
sabd hay heer man vasai rasnaa har ras
khaa-ay. ||3||

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sehj kal evdhaar-aa sach sarnaa-ee paa-ay.
sehj har Naam man vasi-aa sachee kaar
kamaa-ay.
say vadahaagee jinee paa-iaa sehj hay
samaa-ay. ||4||

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maa-iaa vich sahj na oopjai maa-iaa dhoojai
bhaa-ay.
manmukh karam kamaavnaa ha-umai jalai
jala-ay.
jaman maran na chook-ee fir fir avai jaa-ay.
||5||

---

tarihu gunaa vich sahj na paa-ee-ai taraai gun
bharaam bhulaa-ay.
pahree-ai gunee-ai ki-aa kathee-ai jaa mundhhu
guthnaa jaa-ay.
cha-uthay pad meh sahj hai gurmukh palai
paa-ay. ||6||

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nirgun Naam niDhaan hai sehj hay sojhee ho-ay.
gunvaanteen salaahi-aa sachay sachee so-ay.
bhul-aa sahj milaa-isee sabd milaaavaa ho-ay.
||7||

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bin sahjai sabb anDh hai maa-iaa mah gubaar.
sehj hee sojhee pa-ee sachai sabd apaar.
aapay bakhas milaa-i-an pooray gur karthaar. ||8||

---

sehj aadisat pachhaane-ai nirha-oo jot
nirankaar.
sabhrnaa jee-aa kaa ik daataa jote jot
milaavanhaar.
poorai sabd salaahee-ai jis daa ant na
paaraavaar. ||9||

---

gi-aane-aa kaa Dhan Naam hai sahj karahi
vaapaar.
an-din laahaa har Naam lain akhut bharay
bhandaar.
aanak tot na aavee dee-ay dayvanhaar.
||10||6||23||
In the previous *shabad*, Guru Ji advised us that it is only by listening to and following the word of the Guru and meditating on God’s Name that a person is freed from the entanglements of worldly riches and power, and obtains salvation or the state of eternal bliss and equipoise. In this *shabad*, he tells us how precious this state is, and who is that person through whom this invaluable jewel can be obtained.

He calls this state of bliss and equipoise *Sehaj* and says: “The entire world craves for *Sehaj*, but without the guidance of the Guru it cannot be attained. (What to say of ordinary people, even) scholars and astrologers have grown weary reading about it, and those wearing holy garbs have been lost in delusion (but have failed to attain this state)? It is only when God has shown His grace that mortals have met the Guru (and following his advice, have attained *Sehaj").” (1)

So Guru Ji says: “O’ brother, without the (guidance of the) Guru, *Sehaj* (the state of equipoise) doesn’t arise. Only by attuning one’s mind to the Guru’s word does one attain poise, and meet that eternal (God).” (1-pause)

Commenting on the virtues of *Sehaj*, he says: “Only the singing of God’s praises in a state of poise is accepted (in God’s Court), and without equipoise all recitation is in vain. Only in a state of equipoise that real devotion emanates, and divine knowledge, God’s love, and detachment from the world are achieved. Only in a state of equipoise joy and peace arise: without this tranquility, the entire life is in vain.”(2)

Therefore, Guru Ji advises: “(O’ my friends), always praise God and meditate upon Him in a state of calmness. One should always sing praises of God in a state of equipoise, and meditate (on God) in a state of *Sehaj*. In this way (by following the Guru’s advice) God comes to reside in one’s heart, and one’s tongue tastes the relish of God.” (3)

Elaborating on the merits of *Sehaj*, Guru Ji says: “By taking the refuge of the eternal (God) and attaining *Sehaj* (the state of calmness people have) banished (the fear of) death from their minds. By performing truthful (righteous) deeds, God’s Name has easily been enshrined in their minds. So very fortunate are those who have obtained (God’s Name), and have imperceptibly remained absorbed in it.”(4)

Explaining why *Sehaj* cannot be obtained while being attached to *Maya* (the worldly riches), Guru Ji says: “This state of *Sehaj* (or equipoise) doesn’t arise while being attached to *Maya*, because it leads to duality (or love of worldly things instead of love for God). To do deeds in such self-conceit is nothing but burning oneself and others in ego. Therefore, one’s cycle of birth and death does not end and one keeps coming and going (from this world) again and again.” (5)

Cautioning us against living in any of the three modes of *Maya* (the impulses for vice, virtue, or power), Guru Ji says: “While living under (the influence of) the three modes, the state of *Sehaj* is not obtained, because all the three kinds of impulses make one lost in doubt. How can there be any use of reading, studying, and preaching, when one is going away from the very fundamental concept (of God’s Love)? It is only in the fourth stage (called *Turya*), that there is calmness and spiritual bliss, which are obtained by the Guru’s grace.”(6)

Explaining the blessings obtained by meditating on God’s Name, Guru Ji says: “The Name of God, who is above all the modes (of *Maya*), is the true treasure. Its understanding or realization comes only in the state of *Sehaj*. Those meritorious souls who have praised it have also obtained true glory. Merciful God will (one day) imperceptibly unite (with Himself, those) who have gone astray, but this union will happen through the holy word (of the Guru only).”(7)

Elaborating on the importance of *Sehaj*, Guru Ji says: “Without *Sehaj*, it is all darkness, fog, and illusion of attachment to *Maya*. Through the priceless word (of advice of the Guru), some have imperceptibly obtained the realization of the true infinite Creator. Showing His grace, on His own the perfect Guru-God has united them with Him.”(8)

Elaborating further on the merits of *Sehaj* (or the state of equipoise), Guru Ji says: “Only in a state of *Sehaj* we recognize the invisible (Creator), and the light of the Formless and Fearless God. He alone is the provider of all created beings, and unites their light with His own (supreme) light. We should praise Him through (*Gurbani*), the word of the perfect Guru, because there is no end or limit (to His greatness).”(9)
Guru Ji concludes this *shabad* by telling us what is true wealth for the divinely enlightened ones, and from where they obtain it. He says: “For the enlightened (ones), God’s Name is their true wealth, and they trade in and acquire it in a state of equipoise. Day and night, they reap the profit of His Name. Therefore, their inexhaustible storehouses remain brimful (with the wealth of God’s Name, or divine love). O’ Nanak, (for them), there is never any shortage of this treasure, which the Giver has bestowed on them.” (10-6-23)

The message of this *shabad* is that following Guru’s instructions we should praise God and meditate on His Name. So that, we may be united with Him and enjoy a state of Sehaj, or eternal bliss.

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*sireeraag mehla 3.*

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It is the same light
In the previous *shabad*, Guru Ji advised us that we should praise God and meditate on His Name so that we may be united with Him, and enjoy an everlasting state of *Sehaj* (or eternal bliss). In this *shabad*, he elaborates on the blessings received by those who follow the Guru’s advice, and praise God through the perfect word of the Guru (the *Gurbani*, enshrined in Guru Granth Sahib).

He says: “After meeting the true Guru, one is not made to wander (through myriad of species), and one’s pain of birth and death goes away. By reflecting on the perfect word (of the Guru), one obtains full understanding, and remains absorbed in God's Name.”(1)

Therefore advising himself (and us), Guru Ji says: “O’ my mind, fix your attention on (what) the true Guru (says. By doing so), the ever blissful immaculate Name of God comes to abide in the heart.”(1-pause)

Guru Ji therefore prays: ‘O’ God, in whatever state You keep us, we have to remain in that state. (Therefore), please keep us always in Your shelter. (I also believe that) the person who follows the Guru’s teachings (and so completely erases his ego, as if that person has) died while alive: such a person swims across the dreadful worldly ocean (and obtains salvation).” (2)

Explaining how beneficial God’s Name is, he says: “It is by great good fortune that one obtains the (precious commodity of) God’s Name. By following the Guru’s wisdom through his word, (one’s) life becomes beauteous, and God the Creator Himself imperceptibly comes to abide in one’s mind.”(3)

Commenting on the self-willed, Guru Ji says: “But there are some egocentrics, to whom the (Guru's) word doesn’t sound pleasing. Bound in the chains of *Maya*, such people are made to suffer in the cycles of birth and death. They are repeatedly born in millions of species, and they waste their life in vain.” (4)

However, regarding the state of devotees, Guru Ji says: “The devotees (of God) always feel bliss in their hearts. They always remain imbued with the love of the eternal word, Day and night, they always sing praises of the immaculate God, and imperceptibly merge in His Name.”(5)

Elaborating on the blissful state of the Guru’s followers, he says: “The Guru’s followers always utter nectar-sweet words, because they recognize God pervading through out all creation. They serve only one God, and meditate only on Him, and they discourse about that God whose story is beyond description.”(6)

Therefore, Guru Ji advises: “We should serve (and praise) the eternal Master through (*Gurbani*), the Guru’s word, so that He may come to reside in our hearts. They who remain imbued with His love, by His grace are united with Him.” (7)

But before concluding the *shabad*, Guru Ji cautions us against any self-conceit about our efforts or success. He says: “(God) Himself does (everything), makes others do (what He wants), and He Himself awakens some from the slumber (of *Maya*). O’ Nanak, on His own, God unites a person with Him by absorbing that person in (the Guru’s) word.” (8-7-24)

The message of the *shabad* is that we should completely surrender ourselves to the will of God, and also pray to Him to take mercy on us, and by absorbing us in His Name (under the Guru's instruction), bless us also with His union.

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**sireeraag mehlaa 3.**

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||
| nirvair naam BHAK\n 2 ||
| satgur sayvi-ai man nirmala bha-ay pavi\n saro. man aanand saadaa suk\n paa-t-aa bhayt-aa gahir gambheer. sace\n sang\n bais\n Naam man Dheer. ||1||

| man ray satgur sayv nisang. satgur sayvi-ai har man vasai laigai na mail pa\n t\n ang. ||1|| raahaa-o. |
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**It is the same light**
In stanza (7) of the previous shabad, Guru Ji advised us that we should praise the eternal Master through the Guru’s word, so that He may come to reside in our hearts. In this shabad, he elaborates on the merits of following the true Guru, and how it will make us lead an honest life and unite us with the eternal God.

He says: “By serving the true Guru (by following his advice), the mind becomes immaculate and the body becomes pure, (and one is rid of undesirable tendencies. Being immaculate), the mind experiences a state of bliss and eternal peace, as if it has seen the sight of the unfathomable God. In short, by joining the society of the true (Guru), one’s mind is attuned to His eternal Name, which gives one mental peace and tranquility.”(1)

Therefore, advising himself (and us), Guru Ji says: “O’ my mind, serve the Guru (follow his advice), without any hesitation, because by serving the true Guru, God comes to abide in the heart and one is not polluted by any kind of dirt (or evil influence).”(1-pause)
Elaborating on the blessings obtained by following Guru’s teachings, he says: “By acting on the true word (of advice of the Guru), one obtains honor. They alone are the truly (righteous persons) who meditate on the eternal (God’s) Name. I am a sacrifice to those who, by stilling their ego (and faithfully following the Guru’s advice) have realized God. But the self-conceited egoists do not realize the eternal (God); therefore, they find no support or shelter anywhere.”(2)

Describing the traits of those who follow the true Guru’s advice, Guru Ji says: “For the Guru’s followers, the true Guru’s Name is their (spiritual) food, and for them the true Name is their dress (or honor). Therefore, they always remain absorbed in the true One. Their duty is to continually praise the true One, and their mind always remains fixed on the true word. They recognize the divine Soul pervading everywhere, and by following the Guru’s advice, their mind remains fixed in their own inner consciousness.”(3)

Elaborating further on the character of such people, Guru Ji says: “(The Guru’s followers) see the true One in all, and they always speak the truth. Therefore, their body and mind (also) become pure and true. They narrate true stories, give true sermons, and truth is the honor of these truly (honest) people. (But), they who forsake the Truth (the true Guru); they depart (from the world) crying and wailing.”(4)

Now commenting on the pitiable condition of the self-conceited persons, who do not care to listen to the advice of the Guru and meditate on the Name of the True One, Guru Ji says: “Why have those people, who have not served the true Guru, come into this world at all? Bound at the door of the demon of death, they will be beaten, and nobody will listen to their cries and wailings. Such people waste their lives in vain. They die and are born again and again.”(5)

Yet this is not the state of only a few; people in general are suffering due to their worldly pursuits. Seeing this state, some people run to the shelter of the Guru, and start acting on the Guru’s advice. Regarding such people, Guru Ji says: “Seeing the world burning in the fires (of desire), some (people) run to the shelter of the Guru. The Guru guides them to realize the truth, and gives them a lesson in simple and honest living. (By following this advice, the Guru’s followers are saved from all common lusts and the consequent sufferings. Therefore, it will be justifiable to say that) the true Guru is like a true ship, riding which one can cross this worldly ocean (of Maya).” (6)

Elaborating on the above point, Guru Ji says: “People have been wandering through myriads of existences, but they have never found salvation without (following) the true Guru. Pundits (or religious scholars) and silent sages have grown tired of reading (the Vedas, and Shastras), but even they have lost their honor due to their love for duality (or Maya). The true Guru has uttered the word (and decisively stated) that without the eternal (God) there is none other (to save a human being. Therefore, we must seek His shelter).” (7)

Guru Ji concludes this shabad by once again describing the lifestyle of those who have been attuned to the true One. He says: “They whom the true (God) has yoked to truth, they have engaged in truth, and they daily perform only true (or honest) deeds. These people have found God’s abode in their own self, (and have obtained self-realization. In short), O’ Nanak, the devotees enjoy peace, because they always remain imbued with the Name of the true One.”(8-17-8-25)

The message of the shabad is that if we want to find true peace and tranquility, then instead of running after our worldly desires, we should listen to the advice of the Guru (Granth Sahib): we should live a life of truth, honesty, and simplicity, while meditating on the Name of the True One.

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It is the same light
Sri Guru Granth Sahib

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It is the same light

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SIRI RAAG MEHLA 5

After reading and understanding Guru Granth Sahib, many people come to the conclusion that the most repeated message of the Guru Granth Sahib is to meditate on God’s Name, (remember God with love and devotion). In this famous shabad, Guru Ji tells us how meditation on God’s Name is not only necessary for one’s spiritual guidance, but is also a panacea for all one’s physical, social, and economic problems. On the other hand, no matter how rich, learned, or powerful one may be, but without meditating on God’s Name, one is bound to come to grief.

Guru Ji first refers to the state of a person who is surrounded by all kinds of problems and troubles, and can find no help anywhere. He says: “One may find oneself in utter distress, with no one to support: enemies may be after him, and even the relatives have deserted. (In short), all one’s props have given way and all one’s hopes of help may have ended, yet even then if that person remembers the all pervading God, that person will not be touched by even a whiff of hot air (suffer the slightest harm).” (1)

Therefore urging us to remember a cardinal fact, Guru Ji says: “(O’ my friends), our Master is the strength of those who have no strength. He never comes and goes, and is eternal. Through the Guru’s word, realize this truth.” (1-pause)

Taking another situation, in which a person finds oneself in feeble health, utter poverty, and without the ability to provide for even the basic necessities of life for one’s family, Guru Ji says: “One may be weak and poor, afflicted with hunger and nakedness, may not have a single penny in the pocket, and nobody there to console or fulfill that person’s desire; yet even then if such a person contemplates God, that person may be blessed with the everlasting kingdom.”(2)

Guru Ji now refers to the situation when a person is surrounded by all kinds of stresses, anxieties, diseases, family problems, and is continuously running from place to place. He says: “The one who is troubled by great anxiety, the body is afflicted with many ailments, and is so involved in the household and family (affairs) that one sometimes experiences pain and sometimes pleasure. One may keep wandering in all the four directions, without any peace or rest. Even then if one contemplates the transcendent God, the body and mind would attain perfect calm and peace.” (3)

Above is the assurance given by Guru Ji to those who find themselves plagued with some problem? Yet he wants to assure us here that not only the innocent, but also the worst of sinners can find relief, if they remember God earnestly. He says: “A person may be completely in the grip of lust, anger, (worldly) attachment, and being a miser always in love and greed (for money). He or she may have committed all the four cardinal sins and might have become like a demonic murderer, and may have never listened to any sacred books, hymns or poetry. (Yet even such a sinner) is saved if the transcendent God comes into the mind and that person (truly) meditates on God, even for an instant.” (4)

Now Guru Ji takes the other side and tells us how without remembering God, all other efforts may prove counter-productive. He says: “A person may recite all the (six) Shastras, (twenty seven) Simritis, and four Vedas (all the Hindu scriptures). Like a great ascetic and yogi, one may visit sacred bathing spots and perform the six holy rituals, and offer double worship after sacred baths. Yet if one is not imbued with God’s love, one would surely go to hell.” (5)

Next, Guru Ji comments upon the fate of those rich and powerful people who remain engrossed in worldly pleasures, and do not meditate on God. He says: “One may have kingdoms, principalities and vast estates. One may enjoy all kinds of worldly pleasures; may possess magnificent gardens, and one’s orders may be obeyed without any challenge. One may remain indulged in revelries and entertainments of many kinds. But if one does not contemplate the transcendent God, one will be reborn as a snake.”(6)

Regarding the fate of those who, by virtue of their wealth and philanthropy, become very popular in the eyes of the public, enjoy a great family life, and command large armies and servants, Guru Ji says: “One may be very rich, and be known as a person of civilized conduct and of spotless character. One may enjoy the love of mother, father, sons, brothers and friends. One may possess fully equipped armies, who salute again and again, but if one does not contemplate God, one shall be dragged and lodged in hell.” (7)

Finally, Guru Ji comments on the fate of those who enjoy such excellent health that they never think of death, and keep enjoying all sorts of worldly comforts. He says: “A person may never suffer even a single ailment of the body, or any worry or fear. (A person may be so happy) that the thought of death never even enters the mind, and day and night enjoys pleasures (of all kinds). One may have acquired every kind of worldly possession, and have no fear of any kind in one’s mind. But if one does not contemplate God, one is subjected to the tortures of the demon of death.” (8)
Guru Ji concludes this shabad by telling us how a person can take the right path, and meditate on the divine Name, the cure of all worldly problems and maladies. He says: “The person on whom the all-pervading God shows mercy obtains the company of saintly persons and starts reading and listening to Gurbani. More such a person keeps the holy company (and increases devotion to God), more that person is imbued with God’s love. (Such a person realizes that) God is the Master of both this and the next world, and there is no other place (where one can find any peace or comfort. However) O’ Nanak, it is only when the true Guru is pleased that one can attain the true Name (which alone can save a person from every kind of suffering, and bestow everlasting bliss).” (9-1-26)

The message of the shabad is that no matter how big the problem, disease, or bad circumstances we may be facing, if we remember God, we will ultimately suffer no harm, and will enjoy peace and bliss. On the other hand, howsoever rich, powerful, knowledgeable, healthy and happy we may be, if we forget God, we will surely go to hell.

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_SIRI RAAG MEHLA 5_

In the previous shabad, Guru Ji told us that no matter how big the problem or how bad the circumstances we may be faced with, if we contemplate on God all our problems would be solved. But the question arises: how to remember and attain Him? In this shabad, Guru Ji puts this question to himself. After studying all the ways adopted by different faiths, he comes to his own conclusion and shares them with us.
Addressing his own mind, Guru Ji says: “I do not know what (method or technique) pleases God. Therefore O’ my mind, (research this topic and) find out the (right) way (to please God).”(1-pause)

Starting with those who believe in contemplation and acquiring knowledge, he says: “The meditators practice meditation. Scholars acquire more and more knowledge, but rare are those who realize God.”(1)

Next commenting on the ways of Bhagauties, worshippers of (god) Vishnu, the yogis, and the ascetics, Guru Ji says: “The Bhagauties follow (their prescribed) way. The yogis claim that they have obtained salvation (through their postures and exercises). Similarly, the ascetics remain engaged in penances.”(2)

Listing other Hindu ascetic sects, he says: “A silent sage keeps observing his silence, a recluse remains celibate, and a stoic remains detached (from worldly affairs).”(3)

Next, describing the life-conduct of the followers of other Hindu sects, he says: “Some devotees (of God) perform nine different kinds of worship (such as singing praises of Vishnu, offering flowers, and going on pilgrimages). The pundit reads aloud the Vedas, and the householder remains involved in family life.”(4)

Commenting further on the conduct of yogis and followers of other similar sects, Guru Ji says: “There are some who utter only one word: Alakh (indescribable). Some wear many garments, some wander naked (or smear ashes on their bodies), some wear only a particular kind of gown (to show their devotion to God). Some are showmen, some keep awake during night, and there are others who bathe at pilgrim stations.”(5)

Listing still more Hindu sects, he says: “There are some who go without food, and others who do not let anyone touch them. There are some who remain hidden in caves and don’t let anybody see them, and still others who in their own minds consider themselves wise.”(6)

Commenting on the one common thing among the followers of the above-mentioned sects, Guru Ji says: “No one says that his or her method (of attaining God) is inferior (to that of other sects). Rather, all claim (that by practicing their method of worship) they have realized (God). But the true devotee of God is the one whom He unites with Himself.”(7)

After considering and reflecting on all the above methods of worshipping God, Guru Ji says: “Abandoning all these (methods of worshipping God), I have concluded that it is only by seeking the shelter (of the Guru) that one can realize God. Therefore, (I) Nanak, have fallen at the feet of the Guru (and humbly sought his guidance).” (8-2-27)

The message of the shabad is that if we truly want to realize God and become one with Him, then instead of performing any rituals, or following disciplines and ways preached by yogis, Pundits, or any other sectarians, we should follow Guru (Granth Sahib Ji) and meditate on God’s Name.

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\text{siray sir DhanDhay laa-i-aa.} \\
\text{vaykheh keetaa aapnaa kar kudrat paasaa dhaal jee-o. ||2||} \\
\text{pargat pahaarai jaapdaa.} \\
\text{sabhh naavai no parthaapdaa.} \\
\text{satgur baajh na paa-i-o sabhh mohee maa-i-aa jaal jee-o. ||3||}
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It is the same light
It appears that earlier Guru Ji expressed different aspects of his love, wonder, and praise for God. He explained the best ways to attain Him in relatively shorter shabads, touching on one or two aspects at a time. But here Guru Ji appears to be pouring out all his love and admiration for God, and his advice to mortals in a single shabad (or hymn).

It is the same light
First going into rapture over the presence of God in all beings, he says: ‘(O’ God), it is You who is doing the yoga in the Yogi (or ascetic), and it is (also) You, who is enjoying (the pleasure) in an enjoyer (of the pleasures of the world. But) no one on earth, heaven, or in the nether worlds has found Your limits.’(1)

Marveling at God’s greatness, he says: "O’ God, I am a sacrifice to You and to Your Name.’(1)

Acknowledging God as the creator and controller of the world, Guru Ji says: "O’ God, it is You who has created this world, and yoked each and every mortal to his or her task. By Your might, You manage and control Your creation as a player moves the pawns after throwing the dice.’(2)

Describing how God can be seen or attained, Guru Ji says: “O’ God, You are seen pervading in this workshop (of the universe), and everybody longs for Your Name (and for enlightenment). But the entire world is entangled in the net of Maya (worldly riches and power). Therefore, no one has ever realized You without (the guidance of) the true Guru.” (3)

Therefore, he advises: “We should be a sacrifice to the true Guru, upon meeting whom we find the highest state of bliss. (God’s Name), which all the sages of heaven and earth crave, the true Guru has made us realize (that).”(4)

The question arises: Where should one find a true Guru (a real spiritual guide)? The answer is that it is in the true congregation (of saintly persons) that one can find the true Guru. Describing the qualities of such a congregation, Guru Ji says: “(If you ask me) what a true congregation is; (my answer is) that the true congregation is that where we discourse on nothing but the Name of one (God). The true Guru has made me realize that dwelling upon God’s Name is the sole divine command.”(5)

Commenting on the state of the rest of the world, Guru Ji says: “This world is lost in illusion. (Because, O’ God, by creating the temptation of Maya), You Yourself lead men astray. The unfortunate bride (soul) in whose destiny (the blessing of Your Name) is not written is afflicted with the pain of duality (because of her love for worldly things).” (6)

Explaining the distinctive marks of deserted bride (souls), he says: “(If you ask) what are the signs of those unfortunate bride-souls who are deserted by their spouse (God; the answer is that the unfortunate bride souls are those) who have gone astray from their spouse (God). Becoming support-less, they wander in dishonor. Dirty are their clothes (and corrupted with vices are their countenances), and they pass their night (of life) in distress.” (7)

Regarding the wedded bride-souls who are united with God, Guru Ji says: “(If you ask): what did the wedded soul-brides do (to enjoy a blissful union with God? The answer is that) they are enjoying the fruit of their pre-ordained destiny (based on their past good deeds). Showing His grace, God Himself unites them with Him.”(8)

Continuing to describe the qualities of such souls, he says: "(The main quality of such bride-souls is that they) always obey or accept God’s Will. Such souls whom God makes them obey (His) command enshrine the holy word (God’s Name) in their heart. Yes, those are the truly wedded bride-souls who always bear love for their groom (God).” (9)

Describing further the merits of those who not only obey God’s command, but also feel pleasure in doing so, Guru Ji says: “They who have reached the stage of finding joy in obeying God’s will have dispelled all illusion from within. O’ Nanak, we should consider that person to be the true Guru who unites (with God all those who come to His shelter).”(10)

Listing further the blessings received by such persons, Guru Ji says: “On meeting the true Guru, they obtain the fruit of God’s Name, with which they root out egoism from within them. Therefore, they are rid of the malady of evil intellect; their destiny shines forth (and they lead a pious and peaceful life).”(11)

Singing God’s praises, Guru Ji says: “Ambrosial is Your word (O’ Master). It always abides in the minds of Your devotees, who find eternal peace in Your service and are liberated through Your grace.”(12)

Describing the signs of the person who has really met the true Guru, he says: “One should be considered to have really met the true Guru when (after such a meeting), one begins discoursing on God’s Name.
Without (the guidance of) the true Guru, no one has been able to realize God. The world has needlessly exhausted itself in performing rituals.”(13)

Expressing his gratitude to the Guru, he says: “I am a sacrifice to the true Guru who has shown the right path to the one who had gone astray. If God shows His grace, He Himself unites the mortals with Himself (through the Guru).”(14)

Now directly addressing the Creator, Guru Ji says: "(O’ God, my Guru has taught me that) even though You have hidden Yourself, yet You are pervading in all. (I) Nanak, say that through the Guru You become visible to those in whom You install Your (divine) light (or knowledge).”(15)

Describing the blessings obtained by those in whom God has manifested His light, Guru Ji says: “The Master has Himself blessed His devotee with glory. By giving body and mind, He has created (and embellished the devotee. He has always) saved the honor of His devotee by placing both His hands on the forehead (and providing the devotee with His full protection).” (16)

Being himself blessed with Divine grace, Guru Ji shares his experience with the world and says: “All austerities or clever efforts (to meet the Creator) are futile. My God knows everything (about my state, and what He wants me to do). He has spread my glory all around, and all people acclaim me.”(17)

But instead of letting any egoistic thought enter his mind, Guru Ji humbly confesses and says: “God did not take into account any of my merits or demerits. He just honored His own tradition (of protecting His servants), and embraced me to His bosom. He absolutely made sure that no harm came to me.”(18)

Now expressing his gratitude and continued devotion to God, he says: “With (full concentration and devotion of) my body and mind I have meditated on God, and have obtained the fruit of my heart’s desire. O’ God, You are above kings and emperors. Nanak lives by meditating on Your Name only.”(19)

Acknowledging the divine knowledge obtained as a result of God’s blessings on him, he says: “(O’ God), You Yourself have created (the universe), and You Yourself have manifested the play of Maya (or duality- the love of worldly things). The True Creator pervades everywhere, but this realization is obtained only by him whom He Himself makes to understand (this secret).” (20)

Describing further the merits of understanding the mystery of God, he says: “The person who, through the Guru’s grace, has understood the mystery of the omnipresence of God sheds attachment to Maya (or worldly riches). Showering Your mercy on them, You merge them in Yourself.”(21)

Once again wondering at the greatness of God, and referring to Hindu mythology, Guru Ji says: “O’ God, You Yourself are Krishna’s milk-maids, the Yamuna river, and Krishna the herdsman. You Yourself are providing support to the earth. By Your order all (human) vessels are fashioned, and You Yourself break (and kill) them, or embellish them (with glory).”(22)

Therefore, Guru Ji states: “They who have attuned their mind to the true Guru are purged of worldly love. Immaculate is the soul of such mortals. They depart (from the world) after fulfilling the mission of their life.”(23)

Guru Ji concludes this shabad by expressing his gratitude with a prayer. He says: “(O’ God), day and night, I praise Your eternal excellences. You bestow unasked-for gifts; (please bless) Nanak (that he) may always reflect on You.” (24-1)

The message of this shabad is that the wonderful God pervades everywhere. It is He who has created the entire universe (and us). Therefore, we should happily accept His Will and following the Guru’s guidance, we should day and night keep reflecting on the wonders of this wonderful God.
It is the same light

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In the previous shabad, Guru Ji advised us that the wonderful God is pervading everywhere. We should seek the guidance of the true Guru, happily accept His Will, and keep reflecting day and night on the wonders of God. According to Dr. Bh. Vir Singh Ji, in this shabad Guru Ji describes how his Guru helped him overcome his own limitations, and then guide others to meditate on God’s Name (to conquer their weaknesses and obtain salvation). Guru Ji describes this process in the form of a story about himself, using different metaphors to describe his spiritual journey.

But according to tradition, before starting the narration Guru Ji utters a prayer and says: “To win God’s favor I worship Him by falling at His feet. The true Guru has united me with that supreme Being, of whom there is no equal.” (1-pause)
Affectionately expressing his full trust in God, Guru Ji says: “My Master is very dear to me. He is dearer to me than my mother and father. (O’ God, I love) all my brothers, sisters, and friends, but none is (dear) like You.”(1)

Now Guru Ji begins his story. First he uses the metaphor of a farmer. He says: “O’ God, by Your command, (like) Saavan (the month of rains, the Guru) came (into my life). After applying the plough of truth (to the farm of my body), I started sowing the (seeds of Your) Name, with the great expectation that in Your mercy You may bless me with a rich and plentiful crop (of Your Name).”(2)

Expressing his faith in God, he says: “(O’ God), after meeting the Guru (and receiving his instruction), I recognize only one (God). I do not have account of any other in my mind. You have yoked me to the one task (of growing the crop of Name). Now, as it pleases You, help me accomplish this task.”(3)

Continuing to use the same metaphor, Guru Ji tells us that he was blessed with such a rich crop (of His Name), and God was so much pleased with him that He made him the leader of the entire (body) village. Inviting his Sikh brothers to come and share his harvest of God’s Name, he says: “Go ahead my brothers, enjoy and relish this (food of God’s Name). The Guru has adorned me with the robe of honor in God’s court. Now I have bound down (fully controlled) my five rivals (of lust, anger, greed, illusion and pride). Therefore, I have become the master of the (body) village.” (4)

Instead of letting any egoistic thought enter his mind, Guru Ji says humbly: “(O’ God), since the time I have come to Your refuge, the five cultivators (the senses of touch, taste, smell, sight, and hearing, now so work under my control, as if they) have become my tenants. None of these (can get out of my control or) dare raise their head against me, and now the deserted (body) village of Nanak has become densely populated (with virtues).”(5)

Expressing his gratitude to God (and indirectly showing us the way to conduct our life), Guru Ji says: “O’ God, I am a sacrifice unto You. You have re-populated my deserted village (by abiding in my heart). I am a sacrifice unto You.”(6)

Next, sharing with us the blessings he is now enjoying, he says: “(Now) at all times, I meditate (on God, and by doing so) all the desires of my heart are being fulfilled. God has accomplished all my tasks and satisfied all my hungers.”(7)

Describing his new way of life, and new attitude of mind, Guru Ji says: “I have forsaken all my worldly involvements. I simply remember the true Master of the Universe. (Now for me, God’s) Name contains all the nine treasures (of wealth), which I have firmly enshrined in my heart.”(8)

Sharing with us the blessings he is enjoying as a result of obtaining the treasure of God’s Name, he says: “((Since the time) the Guru has enshrined the holy Word (and firmly implanted the essence of his advice) in my mind, I have gained supreme joy. Placing his hand on my brow (and bestowing his kindness), the true Guru has shown me the sight of God.” (9)

After receiving such enlightenment and bliss, unlike yogis and ascetics, Guru Ji does not remain in seclusion. Rather, he wants to share his spiritual joy and true knowledge with others. Therefore, he says: “I have set up the temple of truth (the true divine knowledge. (In order to help me run this temple), I have assembled Gursikhs (God’s devotees) after careful search. But (I do not rule over them as if they are my employees. Instead I treat them with so much respect that) I wash their feet, wave fans over them, and bow to them again and again.”(10)

Describing the blessings received by those who have come to this temple, Guru Ji says: “(Upon hearing about the glories of the Guru, whosoever has) come to the Guru’s (congregation) the Guru has firmly indoctrinated him in the principle of God’s Name, charity, and purity (or worship, compassion and honesty). In this way O’ Nanak, by boarding the boat of truth (and true guidance, so many have been blessed, as if) the entire world has (crossed the dreadful worldly ocean and) achieved salvation.”(11)

But Guru Ji does not want to take any credit for doing so much good to humanity. Instead he humbly prays to God: “O’ God, please listen carefully to my prayer. The entire world serves (and meditates upon)

You, day and night. I have fully examined (all claims made by different persons), and have come to the conclusion that only You Yourself, and no one else, has liberated anyone (from the bonds of Maya).” (12)
Now Guru Ji describes how the entire society blessed with God’s grace has become like a kingdom of God. He says: “Now such is the command of the merciful God that nobody shall oppress an other. All shall live in peace, and this is how the rule of humility and compassion shall be established.”(13)

Describing what kind of discourses he delivers to the devotees who come to this temple of truth (the kingdom of God), Guru Ji says: “Slowly and steadily rains the (divine) nectar (in my mind, and) whatever my Master makes me say, I utter (those words. O’ God), I take great pride in You, and You Yourself would approve (what I utter).” (14)

But once again expressing his deep love, he says: “O’ God, please fulfill this desire of mine, that Your devotee may always remain hungry for Your love. O’ Giver of peace, show me Your sight and take me in Your embrace.”(15)

Continuing his prayer, he says: “O’ God, I have not found anyone equal to You. You pervade all the continents, worlds, and underworlds. You permeate all places and interspaces. Nanak says that Your devotees always depend upon Your true support.”(16)

Now Guru Ji uses the metaphor of an arena (for this world), in which he is participating as a humble wrestler sponsored by God. He shows how he defeats great champions like Lust, Anger, and Greed. He says: “I am but a lowly wrestler of God. But after meeting the Guru (and receiving his blessing), I am wearing the high headgear of a champion. All the crowd has gathered around this arena, and God Himself is also sitting to watch.”(17)

Describing the scene before the start of this spiritual wrestling match, Guru Ji says: “Trumpets, bugles, drums, and flutes are being played. The wrestlers have entered the arena and are moving around. After receiving a blessing from the Guru, I have floored (and defeated) the five youthful wrestlers (Lust, Anger, Greed, Attachment, and Ego).” (18)

Above was the description of his own match; now Guru Ji observes that actually all people (souls) have come into this world to fight their own battles, and tells us who would return as losers, and who as winners. He says: “All have come and gathered in this world arena. All of them would go back after (playing their turn, or completing their worldly journey). The Guru’s followers shall depart from here after earning the profit (of God’s Name), but the self-conceited would return having lost even their principal (or whatever merit they had earned in their previous births).” (19)

Now going once again into a prayer mode, he addresses God and says: “O’ God, You are beyond any colors or forms, and yet Your presence is felt everywhere. O’, the treasures of merits, hearing Your excellences and imbued with Your love, Your devotees meditate on You.”(20)

Guru Ji concludes this shabad by expressing his gratitude (and indirectly showing us how, we can also win the battle of life). He says: “I pray that God may bless me with His service (with meditating on His Name) for ages to come. The Guru has snapped my fetters (of worldly attachments). Now I am not going to come again into this arena (of the world) and fight any battles (because) by Guru’s grace, (I) Nanak, have found the opportunity (to meditate on God and reunite with Him).”(21-2-29)

The message of the shabad is that if we want to win the battle of life, then like Guru Ji we should sow the seed of God’s Name in the farm of our body, and irrigate it with the water of good deeds. Following the Guru’s advice, we should obtain victory over our worldly vices (such as Lust, Greed, and Anger etc.). Then God would Himself bestow His kindness on us and, by liberating us from the bonds of Maya, He would reunite us with Himself.

Details of Ashtpadis M: 1=17, M: 3= 8, M: 5= 2, M: 1= 1, M: 5= 1 Total=29

It is the same light
According to Dr. Bh. Vir Singh Ji, this shabad and the next were uttered by Guru Ji to provide solace to a family of Vanjaaraas (the gypsies who move from one place to another to sell merchandise) who had recently lost their son. But since these hymns have a universal appeal, these were included in the Guru Granth Sahib Ji.
In this beautiful shabad, addressing the human being as a peddler (the petty door to door salesman), Guru Ji describes the story of his life, and cautions him to be vigilant lest he may suffer a big loss (in his spiritual business). He compares human life to the four watches (periods of night), and describes how in each watch or stage, instead of acquiring the wealth of God’s Name a human being keeps becoming more and more entangled in Maya (the worldly riches).

Referring to the first stage or watch of human life, Guru Ji says: “O’ my peddler friend, in the first part of the night (of your life), under God’s orders you came into the womb (of your mother). There, hanging upside down, with your mind fixed on God you performed penance and prayed to Him for your release. (A person) comes out naked into the world, and in the end departs also naked. One is born with such destiny as has been inscribed on one’s forehead. O’ Nanak, this is how in the first watch of the night (stage of life), as per (God’s) command, a human being is cast into the womb.”(1)

Commenting on the second part of life, Guru Ji says: "O’ merchant friend, in the second watch of the night (or stage of your life), as soon as you come out of the womb you become oblivious to God. (Then as a small child), you are fondled (lovingly, as if you are god) in the home of your foster mother) Jasadha. Yes, O’ mortal, you are tossed about in the arms of your parents and relatives, and your mother proudly claims you as her son."

Observing the state of the child: how it has become forgetful of God (on whom it was meditating in the mother’s womb), Guru Ji reminds himself and says: “O’ my ignorant mind, remember God, because at the end no one (including parents and relatives) shall be yours. You are not thinking in your mind about Him who created this body of yours. In short, O’ Nanak, a human being gives up God’s meditation in the second watch (or stage of life).”(2)

Next, commenting on the third stage of life (youth and middle age), Guru Ji says: "O’ my peddler friend, in the third stage of life your mind becomes engrossed in riches and the pleasures of youth. You do not meditate on God’s Name, which can deliver you from the bondage (of Maya). The mortal does not meditate on God’s Name, and becomes confounded with worldly things. Being in love with wealth, and intoxicated with youth, you waste your valuable (human) life. You did not trade in righteous values (or meditation of God’s Name), nor did you perform any virtuous deed. (In short), O’ Nanak, in the third watch (or stage of life) your mind remained absorbed in worldly riches and youth.”(3)

Guru Ji compares the fourth stage (or the old age of a human being) to the crop that is ripe and ready to be harvested. He says: “In the fourth watch (or stage of life, just as) the crop grows to maturity and becomes fit for harvesting (similarly you become old and ready to depart). O’ peddler friend, when the messenger of death catches hold of you and drives you away, the secret (place, where you are being taken) is never revealed. Yes, when the demon of death drives it away (from the body), nobody will discover the secret of the soul’s destination. Then some false show of crying and weeping takes place (around your dead body, and) in a moment you become a stranger (to all your friends and relatives. In the next world), you receive only that in which your mind was interested. (Therefore, once again instead of salvation or union with God, you are made to go through worldly affairs and rounds of birth and death). O’ mortal, Nanak says this is how in the fourth stage of life (old age), the ripe field is harvested (and human’s life ended).”(4-1)

The message of this shabad is that instead of wasting our life in worldly pursuits and pleasures, we should meditate on God and earn the wealth of God’s Name, so that that we do not continue to suffer in endless circles of births and deaths.

**sireeraag mehlaa 1.**

pahlai pahrai rain kai vanjaari-aa mitraa baalak buDh achayt.

kheer pee-ai khaylaa-ee-ai vanjaari-aa mitraa maat pitaa suh hayt,

maat pitaa suh nayhu ghanayraa maa-i-aa moh sabaa-ee.

sanjogee aa-i-aa kiraat kamaa-i-aa karnee kaar karaa-ee.

raam Naam bin mukaat na ho-ee boodee doojai hayt.

kaho naanak paraaeege pahlai pahrai chhootahigaa har chaayt. ||1||
It is the same light
SIRI RAAG MEHLA 1

In the previous shabad, Guru Ji advised us that instead of wasting our life in worldly pursuits and pleasures, we should meditate on God and earn the wealth of His Name and good deeds (so that that we do not continue to suffer in the endless circle of births and deaths). In this shabad, using the same metaphor of comparing human life to the four watches of night in a peddler’s life, he dwells further on this theme.

Beginning with childhood (as the first stage or watch of the night), Guru Ji says: "O’ my peddler friend, in the first watch of the night (of life), you have the immature understanding of a child. (In that stage), O’ my peddler friend, you are suckled and fondled. Your mother and father love you, because you are their son. (Yes, being their son) your mother and father love you immensely, and the entire world is afflicted with this attachment for Maya (or worldly love). By virtue of destiny (based on deeds done in the past), a person comes into this world and is made to do deeds (in accordance with his or her destiny). But (remember that) without meditating on God's Name, there is no salvation, and the entire world is drowning in duality (in the love of things other than God). Nanak says, (O’ human being, even) in the first stage of your life, you would be emancipated only by remembering God.”(1)

Now commenting on the second stage (the period of youth), Guru Ji says: "O’ my peddler friend, in the second stage of life, you are intoxicated with the wine of youth. Night and day, you remain involved in lustful pursuits, and in blindness (of your ignorance), you forget God's Name. (In this stage, one) does not cherish the divine Name in the heart, because one deems all other indulgences and tastes as sweet. (Therefore), without the merits of any divine wisdom, meditation, or self-discipline, O’ false human being, you would keep suffering in rounds of births and deaths. (Also remember that no ritualistic deeds, such as visiting) holy places, observing fasts, cleansing the body, or performing acts of piety and worship (will be of any avail to you. Because) O’ Nanak, it is only through the loving adoration of God that one is emancipated. Everything else leads to duality (the love of worldly things).”(2)

Moving on to the third stage (when gray hair start appearing and signs of old age start appearing), Guru Ji says: "O’ my peddler friend, in the third stage of life (your hair grow grey, as if white) swans have descended into the pool (of your head). O’ my peddler friend, as your youth wears out, old age takes over and your days (of life) diminish. At the end, the (ignorant) blind person (involved in worldly affairs) would repent, when the messenger of death comes to drive that person away. In an instant, whatever one had gathered and stored as its owner would become someone else’s property. (Out of attachment to Maya), one’s intellect departs, and one’s wisdom goes away. Indulging in evil deeds, one regrets one’s actions in the end. Nanak says: “O’ mortal, (at least) in the third stage of life remember God with full concentration of mind.”(3)

Commenting on the next stage of ripe old age (when body becomes very feeble), Guru Ji says: "O’ my peddler friend, in the fourth stage of life, you become (very) old and your body becomes very weak. With eyes bereft of sight, O’ my peddler friend, you cannot see, and your ears cannot hear anything. Being blind in the eyes, tongue unable to taste, one becomes dependent on others. There are no virtues in the person (who does not follow the Guru’s advice and meditate on God’s Name). How can such a person find any peace? Therefore, the self-willed person keeps on coming and going (in and out of the world. In old age, like) a ripe crop, human body becomes bent and the bones become brittle. How then can one be proud of this body (which is subject to decay and death)? Therefore, Nanak says; “O’ my peddler friend, at least in the fourth stage of life (the old age), realize God's Name through the Guru's instruction.”(4)

Guru Ji wants to save a person even in the very last stage of life, even when old age seems to be over, and death is knocking at the door. He says: “O’ my peddler friend, now has come the end to your (allotted) breaths, and your shoulders are weighed down by cruel old age. (Throughout your life, you did not remember God) even for a moment, so now your own demerits will bind you and drive you away. But the person who departs with self-discipline (or merits) of virtues, that person does not have to suffer the pain inflicted (by the demon of death). The demon of death cannot cast his net around such a person or even come near, because with love and devotion (for God), such a person will swim across (the sea of fear). That person departs with honor, imperceptibly merges (in the supreme Being), and ends all woes. (In short), O’ Nanak, such a Guru’s follower is emancipated (from birth and death), and receives honor at the door of the eternal Being.”(5-2)

The message of the shabad is that even if we have not meditated on God’s Name, we should begin dwelling on it immediately. No one knows when death may overtake us, and we may have to depart from the world without any other chance to meditate on His Name (which alone can save us from future rounds of births and deaths).
It is the same light
The first Guru (Nanak Dev) Ji uttered the previous two shabads (in which he compared human being to a peddler, and his life span to a night). He showed the mirror of his life to the mortal, how from birth to extreme old age human beings remain entangled in the pursuit of worldly riches, and do not contemplate God. Consequently, they depart from this world bereft of all virtues. They leave as they came, without earning the treasure of God’s Name (which is the only thing that could save them from continuous suffering through painful cycles of birth and death). In this shabad, fourth Guru (Ram Das) Ji continues with the same metaphor of a peddler and the night. He puts into even simpler words the story of human life, so that we may truly grasp Guru Ji’s message, and mold our life accordingly.

Beginning with the first stage (from conception to childhood), he says: “O’ my peddler friend, in the first watch of the night (the first stage of life), the Creator puts the mortal into the womb. (In that stage), the mortal meditates on God, utters His Name, and contemplates Him. (The mortal) repeats God’s Name and keeps remembering Him. (In this way, one) sustains oneself in the fire of mother’s womb by worshipping God. When it comes out (of the womb) and is born, its mother and father feel delighted to see its face.”

But Guru Ji advises: ‘O’ mortals, reflect on the Guru’s words, and contemplate on that (God) to whom this gift belongs. Nanak says: “In the first watch of the night, we can meditate on God only if He shows His mercy on us.”

Commenting on the general tendency of the parents, Guru Ji says: “O’ my peddler friend, in (childhood) the second watch of the night, the mortal forgets God and its mind is fixed on other things. Deeming the child as theirs, his mother and father hug him and bring him up. (Its) mother and father embrace it again and again, and in their heart they believe that upon growing up it would provide for them. But the foolish (parent) does not realize the Giver (God, who gives everything, and instead) clings to the gift itself. Rare is the Guru’s follower who reflects (on this reality), and focuses the mind on God with full concentration and devotion. Nanak says (such a person, who remembers God) in the second stage (of life), escapes death (and the circle of future births and deaths).”

Moving onto the third stage (youth and middle age), Guru Ji says: “O’ my peddler friend, during the third stage of life, the mortal’s mind is occupied with worldly affairs and entanglements. (In this stage), one (only) thinks of wealth, and gathers only wealth, but one does not meditate on God’s Name. One never contemplates God’s Name, which could be one’s only helper in the end. One amasses this false wealth, and in the end one repents, when leaving all this wealth behind one departs (from this world). But the one on whom God shows His grace is united with the Guru, and is made to meditate on the divine Name. Nanak says (such mortals who in this third stage meditate on God) go from here to unite with God.”

Advising humans to remember God (at least in the fourth or final stage of life), Guru Ji says: “O’ my peddler friend, in the fourth watch of the night (old age), your time to depart has come. My peddler friend, now you must serve the perfect true Guru, because the night (of your life) is passing away. Serve (and remember) your God at every moment, and do not delay this at all, so that you may become eternal with the Guru. (In this way), you will enjoy eternal happiness in God’s company and be rid of the suffering through painful cycles of birth and death). In this shabad, fourth Guru (Ram Das) Ji continues with the same metaphor of a peddler and the night. He shows the message of the village.

The message of the shabad is that our life span is short, like the stay of a peddler for a night in a village. Instead of wasting our life in pursuit of Maya (the worldly riches), we should meditate on God under Guru's guidance, earn the profit of God’s Name, and fulfill the purpose of human life, which is to re-unite with our beloved God from whom we have been separated for a long time.
It is the same light

karam sukaram karaa-ay aapay is janjai vas kichh naahi.
kaho naanak paraanee pahilai pahrai Dhar paa-itaa udrai maahi. ||1||

doojai pahral pahral vanjaari-aa mitraa bhar ju-aanee lahree day-ay.
buraa balaa na parchhaan-ee vanjaari-aa mitraa man maataa ahamay-ay.
buraa balaa na parchhaanai paraanee aagai panth karaaara.
pooraa satgur kabahooN na sayvi-aa sir thaadhay jam jandaaraa.
Dharam raa-ay jabe pakras bavray tab ki-aa jabaab karay-i.
kaho naanak doojai pahral paraanee bhar joban lahree day-ay. ||2||

teejai pahral pahral vanjaari-aa mitraa bikh sanchai anDh agi-aa-an.
putir kaltir mohi lapti-aa vanjaari-aa mitraa anjtar lahar lobhaan.
anjtar lahar lobhaan paraanee so parabh chit na aavai.
saaDhsangat si-o sang na kee-aa baho jonee dukh paavai.
sirjanhaar visaari-aa su-amee ik nimakh na lago Dhi-aaan.
kaho naanak paraanee teejai pahral bikh sanchay anDh agi-aa-an. ||3||

cha-uthai pahral pahral vanjaari-aa mitraa din nayrhai aa-i-aa so-ay.
gurmukh Naam samaal tooN vanjaari-aa mitraa tayraa dargeh baylee ho-ay.
gurmukh Naam samaal paraanee antay ho-ay sakhaa-ee.

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ih moh maa-i-aa tayrai sang na chaalai jhoothee pareet lagaa-ee.
saglee rain guddree anDhi-aaree sayv satgur chaanaj ho-ay.
kaho naanak paraanee cha-uthai pahral din nayrhai aa-i-aa so-ay. ||4||

likhi-aa aa-i-i-aa govid kaa vanjaari-aa mitraa uth chalay kamaanaj saath.
iki ratee bilam na daynne vanjaari-aa mitraa onee takhray paa-ay haath.
likhi-aa aai-i-aa pakhr chalaa-i-aa manmukh saaJa duhaylay.
jinee poora satgur sayvi-aa say dargeh saadaa suhaylay.
Continuing with the metaphor of a peddler staying for a night in a village, Guru Ji says: "O' my peddler friend, in the first watch of the night, you were cast into the womb (of your mother). In ten months, He developed you into a (full) human being. Fixing your span of life (He sent you into this world), where mortals do their deeds. Yes, you were allowed a predetermined time (of life) to do deeds, as He prescribed in your destiny from the very beginning. (To do these deeds), God tied you (into such relationships as your) mother; father, brother, son, and wife. In reality), it is He Himself (who makes a person) perform good or bad deeds: nothing is in the control of this mortal. Nanak says, (it is God who) casts the mortal in the womb (of the mother) in the first stage of life."

Now commenting on the second stage of human life, Guru Ji says: “In the second watch of the night, O’ my peddler friend, the waves of prime youth mount (in the mortal). O’ my peddler friend (in that stage), acting with pride and ego, the mortal does not discriminate between good and evil. The mortal does not distinguish between good and bad (and doesn’t realize that) the way ahead is perilous and hazardous. (In this stage, one never serves (or listens to the advice of) the ‘perfect and true Guru,’ while one’s head hover the cruel messengers of Death. The crazy one (doesn’t know what one is going to say in one’s defense), when the righteous Judge would catch hold and ask (the account of one’s deeds). Nanak says, “O’ mortal, in the second watch of the night, the waves of prime youth mount in the mortal.”

Describing the third stage of human life, Guru Ji says: “O’ my peddler friend, in the third stage of your life (middle age), in blind ignorance you amass the poison (of worldly wealth). Engrossed in the love of your son and wife, tides of greed rise in you. (Yes, being so swept away by) the waves of greed, the thought of God doesn’t come to (your mind at all). You do not keep the company of saintly people (and therefore you) suffer the pain of many existences. You (completely) forsake the Creator, and do not meditate on Him even for a moment. (In short), Nanak says in the third watch of the night the ignorant, foolish mortal gathers the poison (of worldly riches)."

Urging the mortal to remember God, at least in the fourth stage of life (or old age), Guru Ji says: "O’ my peddler friend, in the fourth stage, your day (of death) has come very near. So (at least now), O’ my friend, heed the Guru’s advice and reflect on God’s Name, which will be your friend in God’s Court. (Yes, O’ mortal), through the Guru’s guidance meditate on the divine Name, which will be your helper in your last hour. Attachment (to your relatives and to worldly riches will not accompany you (after death). You have entangled yourself in false love (for them). Your entire night (of life) has passed in darkness (of ignorance); at least serve (and act on) the Guru’s (advice now), so that you may be enlightened (with divine knowledge). Nanak says, O’ mortal, in the fourth watch of the night (old age), the appointed day (of your death) has come (very) near. (You should meditate on God without any further delay)."

Concluding this shabad, Guru Ji observes: “O’ my peddler friend, when the warrant of death issued by the Master of the universe arrives, the mortal must depart from this world, along with the (account) of good and bad deeds (done during the lifetime). O’ my peddler friend (the messengers of death) do not allow even a moment's delay, and seize the mortal with firm hands. Yes, when the writ of God comes, mortals are bound and marched, and the self-conceived persons always suffer great pain. (On the other hand), those who have served (and followed) the true Guru always go to God's court in great comfort. (O’ mortal), the body is (like) a field of actions, and one reaps whatever one sows. Nanak says, the devotees of God are honored at His Portal, while the self-willed always wander (in transmigration)."

The message of the shabad is that we must listen to the advice of the true Guru (Granth Sahib Ji), and utilize this precious opportunity of human birth to do good deeds, and meditate on God’s Name. So that, God may show mercy on us, and instead of making us go through rounds of birth and death He may unite us in His blissful union.
It is the same light

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In the previous four shabads, by giving us the example of a peddler, Guru Ji advised us how to spend the different watches (or stages) of the night (of our life) to make this life fruitful. In this shabad, he compares the human soul to a bride, this world to her father's house, God to her groom, and the next world to the father-in-law’s house. He describes how while living in the parents’ house (this world), the (soul) bride can enjoy the company of her spouse (God).

Guru Ji begins the shabad with a question, and then proceeds to answer it himself. He says: “How can the immature bride (soul) have the sight of her Spouse (God), while still in her parents’ house (this world)? The answer is that) if God shows His mercy, then through the Guru’s guidance the bride learns the ways of her in-laws’ house (the world hereafter). To learn the ways of the in-laws’ house, under the Guru’s guidance she always meditates on God’s Name. Then she moves about happily amidst her (other Gursikh) friends, and goes to the divine Court swinging her arms (without worry). What happens is that (while still living in this world), she pays back the outstanding balance of the righteous judge by meditating on God’s Name. Then by the Guru’s grace, while still living in her parent’s house (this world), the innocent bride see the sight of her (divine) Spouse.”(1)

Describing the happiness of the soul bride upon seeing the sight of her spouse (God), Guru Ji says on her behalf: "O my dear father, by the Guru's grace I have been married (spiritually united), and have obtained God. The Guru has removed the darkness of ignorance, and blazed the bright light of divine knowledge in me. Now in my mind blazes the light of wisdom, dispelled is the darkness (of ignorance), and I have found the jewel of God's Name. By following the Guru's instruction, my malady of ego has been dispelled. Through self-realization, I have lost all sense of I-ness. I have obtained the immortal and imperishable God as my Groom, who never dies nor goes anywhere. (Yes), O' my dear father, my marriage has been solemnized, and through the Guru's instruction I have obtained God (as my spouse).”(2)

Now discussing this marriage itself, he says: “O’ my dear father, eternal is my (groom) God. Joining together, the devotees of God make an impressive marriage party. By dwelling on God’s Name, I live peacefully in my parents’ house (this world), and I am going to enjoy respect at my in-laws’ (God’s house) as well. (Yes), certainly respected are those (human brides in God’s mansion) who have meditated on His Name while still in their parents’ house (this world). Fruitful is the life of those who, by the Guru’s grace, have controlled their mind and carefully played the game (of life). By joining together with God’s devotees (and living in their company), their wedding (or union with God) becomes more dignified, and they obtain the all-pervading God who is the source of supreme bliss. Yes, O’ my dear father, true and eternal is my (groom) God, and joining together, God’s devotees make an impressive marriage party.”(3)

Continuing the above metaphor of marriage, Guru Ji tells us what kind of dowry a Gursikh bride-soul asks from her parents. Instead of the ordinary items of expensive furniture, jewelry, clothes, cars, cash etc., the Guru-following bride united with the Creator, says: “O’ my father, please gift to me the dowry of God's Name. Let God's praise be my dress, by wearing which my marriage may be successfully solemnized. The worship of God has made the task (of my marriage) easy, and my Guru God has facilitated the gift of (God’s Name as my) dowry. My glory has spread in all the regions of the world, because this dowry doesn’t look like any other dowry. All other dowries that the self-willed persons display is false egoism and vain ostentation. (Therefore) O’ my father, please bless me with the dowry of God’s Name.”(4)
Just as after marriage the bride craves to become a mother and expand her family, Guru Ji concludes this shabad by describing what kind of expansion the marriage (or the union of a Guru-following soul with the Creator) brings about. As if speaking on behalf of this wedded bride of God, he says: “O’ my father, uniting with that all-pervading God, my progeny has multiplied. Through the Guru, the progeny of God’s (devotees) has been growing throughout all ages. Those who by the Guru’s grace have dwelt on God’s Name, their lineage with the Guru continues to flourish age after age. God (is such a husband, who) never dies nor goes away, and who every day gives more and more. O’ Nanak, God’s devotees and God are one, and by meditating on His Name the soul-bride is exalted. (In short), O’ my dear father, by meeting with God my progeny (of Guru following souls) has multiplied.”(5-1)

The message of the shabad is that just as an ordinary bride craves to see her spouse, live happily in his company, enjoy respect at her in-laws’ and grow her own family, similarly we should crave to meet God, enjoy His company, and live forever in union with Him. This is possible only if we humbly follow the Guru’s advice and meditate on God’s Name with love and devotion.

It is the same light
In the previous shabad, Guru Ji gave us the message that just as an ordinary bride craves to see her spouse, live happily in his company, enjoy respect at her in-laws' and grow her own family, similarly we should crave to see God, enjoy His company, and live forever in union with Him. This is possible only if we humbly follow the Guru’s advice and meditate on God’s Name with full love and devotion. In this shabad, Guru Ji shows us how to enjoy such a divine pleasure.

Lovingly addressing his mind (and indirectly us), Guru Ji says: “O’ my dear mind, my friend, contemplate God’s Name. O’ my beloved friend (by doing so), God would accompany you till the end. (Yes, God’s Name) would become your companion and helper (and meditation on His divine Name) never goes to waste. They who fix their attention on God’s lotus feet (His Name) obtain the fruit of their heart’s desire. The Master of the universe pervades everywhere, both on land and in water. Abiding in each and every heart, He sees all with His glance of grace. Nanak gives you this advice: ‘O’ my beloved mind, in the company of the saintly persons, burn all your illusion.”(1)

Explaining what that illusion is, Guru Ji says: “O’ my dear friendly mind, except God, all other things of the world are short-lived ostentations. O’ my dear mind, the world is like a sea of poison (of evils and sins. If you) make the Creator’s lotus feet as your ship, the pain of doubt shall not torment you. By good fortune, when one meets the perfect Guru, one meditates on God’s Name at all times. From the beginning of ages and before, He the Master has been the mainstay of His devotees. Nanak instructs you, O’ my beloved mind, that except God’s Name all are false ostentations.”(2)

Continuing his advice to the mind, Guru Ji says: “O’ my mind, my beloved friend, load yourself with the profitable merchandise (of God’s Name). By doing so, O’ my dear mind, (you will be able to) occupy a seat in God’s eternal house. He who has served at the door of that imperceptible and unknowable God (and has meditated on His Name) has obtained an eternal seat (in God’s Court. In that state) there are no more cycles of birth and death: there is no coming and going, and all the pain of illusion is dispelled. (In that stage), the account of Chitra Gupta (the angel who is believed to keep a record of our good and bad
It is the same light
It is the same light

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In this shabad, composed in the dialect of Multan (a southern province of old Punjab, now Pakistan), Guru Ji describes how devotees love God, and how He loves His devotees. The shabad is composed in the format of dakhnaas (southern two-line stanzas) and chhants (detailed explanations or staves).

Dakhna: (Question): "Within my mind lives my beloved Groom, (but) how can I have His vision?"

(Answer): O' Nanak, He who is the life of all life is found by seeking the refuge of the saints.” (1)

Chhant: (Explanation): "It is only in the minds of the saints that the tradition of love and devotion for God comes to reside. God's devotees consider it immoral and against their beliefs to love anybody else except God. Attachment to anyone other than God does not appeal to them. Without seeing their God, they do not have peace even for a moment. Just as a fish dies without water, similarly the body and mind (of saints) feel listless without devotion to His Name. (Therefore, they continue praying and saying): “O’ my Beloved, the support of my life breath, please come and meet me so that in the company of saintly persons Your servant may also sing Your praises. O’ the Master of Nanak, please show me mercy, so that my body and soul may remain merged in Your embrace.”(1)

In the previous stanza, Guru Ji prayed to God to bless him with the company of saintly persons, so that joining them he may also sing His praises. In this stanza, he describes how his prayer has been accepted, and how he is feeling now.

Dakhna: "O’ Nanak, upon seeing the true Guru (and listening to his Gurbani), the doors of my mind have been opened, (and now) all places look beauteous (to me. O’ my Beloved) no one seems better to me than You.”(1)

Chhant: “(O’ my beauteous God), uniquely beautiful and limitless are Your words. These words are the support of the saints, and with the help of Gurbani (the Guru’s words), we should reflect on them. By meditating (on Your Name) with every morsel and breath (we come to) firmly believe that we shouldn’t forsake You from our mind even for a moment. Why should we put Your Name out of our mind? We should not forget You even for a moment, because our meritorious Master is the support of our life breaths. The Master knows the cravings of all hearts, and fulfills the desires of our mind. (Therefore, we should all) dwell on that Master, who is the support of the support-less, and the friend of all. By meditating on Him we do not lose our life in a gamble. (Therefore), this is the supplication of Nanak before God: “Please show Your mercy, and help us swim across this dreadful worldly ocean.” (2)

Now Guru Ji explains what happens when we join the company of saints.

Dakhna: “When I bathed in the dust of the saint's feet (joined their company and humbly served them), the Creator became merciful. Then I received the commodity and wealth of God’s Name, and I felt as if I had received all the things (I needed).”(1)
Explaining why God becomes so kind in the company of the saints, he says:

Chhantt: “God’s beauteous abode is like a resting place for devotees: the devotees live in the hope of attaining it. Being fully absorbed both in body and mind in Him, they meditate on His Name and drink the nectar of God’s Name. Drinking this nectar they become immortal, and then consider insipid the taste of the sinful (poisonous) pleasures of the world. (In my case, when) the Master of the universe became merciful, I enjoyed (the bliss of the company of the divine) treasure. (Therefore, God’s devotees always) remain attached to the jewel of His Name in their mind, and keep enjoying all the comforts and blessings of God’s love. They do not forsake (God), their life support even for a single moment. (In short), O’ Nanak, they live dwelling upon God’s Name at all times.”(3)

Next, Guru Ji describes the kind of love with which God treats His devotees, and the kind of affections and privileges, the devotees enjoy in the company of their beloved God.

Dakhna: He says: “O’ God, You grant union to those whom You make Your own. Nanak says, “Upon hearing Your praises from them, You Yourself have been bewitched.”(1)

Chhantt: "The devotees win over the Master of the Universe, and fascinate His mind with the intoxicating potion of love and devotion. By the grace of the saints, many look beauteous in the embrace of the unfathomable God. Yes, they look beauteous in the embrace of God. All their suffering is ended, and because of their devotional qualities God comes under their control (because of their devotion and love, God accepts all their requests).”

“When God is greatly pleased, all kinds of pleasures come to reside in the heart, and all the pains of birth and death are ended. (In this way), when all their wishes are fulfilled the devotees do not become trapped in the net of Maya, and their friends sing songs of joy. Yes, O’ Nanak, holding them by their hands, God has made them His own: they are not affected by the problems of this worldly ocean (of Maya).”(4)

Now, in this concluding stanza, Guru Ji summarizes the power of God’s Name (His loving devotion).

Dakhna: He says: "God’s Name is invaluable. No one knows its worth. O’ Nanak, only they who are so predestined, enjoy His Love.”(1)

Chhantt: "They who utter (God’s Name) become sanctified. Blessed are all those who listen to it and those who write about it. Their (entire) lineage is saved. They who keep the society of saints are imbued with the love of God’s Name, and they have reflected on God. They who have reflected on the all-pervading God, they have embellished their lives, and the perfect God has shown mercy on them. Holding them by His hand, God has blessed them with His praise. So now, they would neither be cast into the womb again, nor suffer death. By meeting the merciful true Guru, they have destroyed their lust, anger, and greed, and their spiritual life has blossomed forth. (In short), the merits of the indescribable Master cannot be described, and Nanak is a sacrifice unto Him.”(5-1-3)

The message of the shabad is that if we join the company of saints (and in their company sing God’s praises with true love and devotion), God may become so merciful and kind to us that He may not only save us from the pain of future births and deaths, but may also save our entire lineage. He may also bless us with eternal peace and bliss, both in this world and the next.

॥ ॥

sireraag mehlaa 4 vanjaaraa

ik-o^kaar sat Naam gur parsaaad.

har har utam Naam hai jin siri-aa sabh ko-ay jee-o.
har jee-a sabhay partiaaldaa ghat ghat rama-ee-aa so-ay.
so har sadaa Dh-aa-ee-ai tis bin avar na ko-ay.
jo mohi maa-i-aa chiit laa-iday say chhod chalay dukh ro-ay.
jan naanak Naam Dh-aa-i-aa har anth sakhaa-ee ho-ay. ||11||
mai har bin avar na ko-ay.
har gur sarnaa-ee paa-ee-ai vanjaari-aa mitraa
vadbhaag paraaat ho-ay. ||1|| raha-o.

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sant janaa vin bhaa-ee-aa har kinai na paa-i-aa
naa-o.
vich ha-umai karam kamaavday ji-o vaysu-aa pu’t
ninaa-o.
piitaa jaat taa ho-ee-ai gur tuthaa karay pasaa-o.
vadbhaagree gur paa-i-aa har ahinis lagaa bhaa-o.
jan naaank barahm pachhaani-aa har keeraar
karam kama-o. ||2||

man har har lagaag chaa-o.
gur poorai Naam drirh-aa-i-aa har mili-aa har
parabhaa naa-o. ||1|| raha-o.

jab lag joban saas hai taa lag Naam Dhi-ay.
chali-aa naal har chalsee har an’taay laay
chhadaa-ay.
ha-o baliharee tin-kao jin har man vuthaa
aa-ay.
jinee har har Naam na chayti-o say an’t ga-ay
pachhutaa-ay.
Dhur mastak har parabha likhi-aa jan naaank
Naam Dhi-aa-ay. ||3||

man har har pareet lagaag-ay.
vadbhaagree gur paa-i-aa gur sabdee paar
laghaa-ay. ||1|| raha-o.

har aapay aap upaa-idaa har aapay dayvai lay-
ay.
ar aapay bharam bhulaa-idaa har aapay hee
mat day-ay.
gurmuksaa man pargaas hai say virlay kay-ee
ekay-ay.
ha-o balihaaree tin-kao jin har paa-i-aa
gurmatay.
jan naaank kamal pargaasi-aa man har vuth-
thaai hay. ||4||

man har har japan karay.
har gur sarnaa-ee bhaj pa-o jindoo sabh kilvikh
dukh parharay. ||1|| raha-o.

ghat ghat rama-ee-aa man vasai ki-o paa-ee-ai
kit bhat.
gur pooraa satgur bhaytee-ai har aa-ay vasai
man chit.
mai Dhar Naam aDhaar hai har Naamai tay gaat
mat.
mai har har Naam visaahu hai har Naamay hee
jat paat.
jan naaank Naam Dhi-aa-i-aa rang rat-thaah har
rang raat. ||5||
It is the same light

As the title indicates, this shabad is addressed to a Vanjaara—the peddler in this world—the mortal who has been sent to trade in and gather the capital of God's Name. According to Dr. Bh. Vir Singh Ji, it is said that the fourth Guru Ram Das Ji uttered this shabad while answering the questions of a peddler, who came to him for spiritual enlightenment.

Talking to that trader in a language he could easily understand, Guru Ji says: "(O my peddler friend), supreme is the Name of God who has created all. That venerable God sustains all creatures and He pervades all. We should always meditate on that God, as there is no other (God) besides Him. They who keep their mind fixed on Maya (the worldly wealth) bewail their folly (at the time of death), and depart from here leaving everything behind. However, devotee Nanak says: "They who have meditated on God's Name, God helps them in the end."(1)"

Giving the essence of his message on the basis of his personal experience, Guru Ji says: "(O my friend), as far as I am concerned, (I feel) that I don't have anyone else (to support me, except God. Therefore, O my peddler friend, seek the shelter of the Guru, because) it is only by seeking the Guru's shelter that God is obtained, and it is through great good fortune that the guidance of the Guru is obtained."(1- pause)

Re-stating how important it is to obtain the guidance of the saint (Guru) to obtain God’s Name, he says: "(O my friend), no one has obtained God’s Name without associating with the saintly brothers (and seeking their guidance). Those who act out of ego are like a prostitute’s son who cannot tell the name (of his father). A person is said to belong to the father's caste (God’s lineage) only when the Guru is pleased, and shows his favor to that person. By great good fortune, one finds the Guru. (Then by the grace of Guru’s guidance), one’s mind remains absorbed in God’s loving devotion day and night. Devotee Nanak has thus realized the all-pervading Creator, and he remains engaged in singing His praise." (2)

Describing his present state of mind, Guru Ji says: "My mind is imbued with the love of repeating God’s Name. The perfect Guru has firmly implanted God’s Name in my mind, and I have obtained God and His Name."(1- pause)

Therefore, on the basis of his own experience, Guru Ji advises us: "(O my friend), as long as you have youth and breath, meditate on God's Name. This (Name) would accompany you in your life's journey and would save you from troubles in the end. I am a sacrifice to those in whose mind God has come to abide. They who do not meditate on the Name will ultimately depart from the world regretting (that they missed the wonderful opportunity to unite with God. However), O Nanak, only those devotees meditate on His Name in whose destiny God has so written from the very beginning."(3)

Guru Ji therefore tells himself: "O my mind, embrace love for God. By great good fortune does one find the Guru, and through the Guru's word one is ferried across the worldly ocean to liberation."(1- pause)
Explaining why some persons meditate on God’s Name and others do not, Guru Ji comments: “God Himself creates, Himself gives life, and Himself takes it back. God Himself leads human beings astray (casting them in doubt) and He Himself gives them enlightenment. The minds of Guru’s followers are illumined (and they understand this fact), but very rare are such people. (Therefore), I am a sacrifice to those who have realized God through Guru’s instruction. (By Guru’s grace), God has come to abide in the mind and heart of slave Nanak, (and he feels, as if his heart) has blossomed forth like a lotus.”(4)

Therefore, Guru Ji tells himself and us: "O’ my life, reflect on and repeat God’s Name in the mind, and rush to the refuge of the Guru so that all your sorrows and sins are ended.”(1-pause)

It appears that at this time the trader asks the question: "(When) The Creator abides in all hearts; how can one seek Him?"

Guru Ji replies: "By meeting the perfect Guru, God comes to abide in the mind. My only support is God’s Name. By the Name has my mind been illuminated, and I have achieved the highest state of enlightenment. In God's Name alone, I put my trust, and for me His Name is my caste and honor. (In short), slave Nanak has meditated on God's Name with loving devotion and being imbued with God’s deep love, he remains absorbed in that love.”(5)

Therefore he advises: “(O’ my friends, you too should) meditate on God, who is eternal. Through the Guru’s teaching I have realized God, and it is from God that all creation has emanated.”(1-pause)

In conclusion, Guru Ji says: "They meet the Guru in whose lot it is so written (by God). O’ my peddler friend, they who approach the Guru with a spirit of service and humility, them (the Guru) illuminates with God’s Name. Blessed is the trade and blessed are the traders who have loaded the merchandise of God’s devotion. Bright are the faces of the Guru’s followers at God's court; they meet and unite with the Creator. Slave Nanak says that only those persons have found the Guru on whom God (the treasure of all virtues) Himself has become gracious.”(6)

Therefore, once again Guru Ji advises: “(O’ my friends), meditate on God's Name with every morsel and breath (at all times. However), only the mind of those Guru’s followers is imbued with such devotion) whose daily routine is meditation on God’s Name.”(1-pause)

The message of the shabad is that we should seek the guidance of the Guru. Following his advice, we should make it our daily routine to meditate on God’s Name and sing His praises with sincere love and devotion. So that showering His Grace, He may bless us also with His eternal union.
According to Dr. Bh. Vir Singh Ji, *Vaar* (Epic) is an ancient form of poetry in which the poets used to describe the attributes of heroes and their battles with adversaries. The *Vaar* was narrated in small stanzas called *Paurrees*, which were preceded by suitable couplets for explanations or lessons. It is believed that the 4th Guru Ram Das Ji composed this epic while addressing a singer who was very fond of music, particularly *Siri Rag* (the supreme Indian musical measure). While compiling Sri Guru Granth Sahib Ji, the 5th Guru Ji added suitable saloks (couplets) to explain further the message in the *Paurrees*.

**Salok Mehla 3**

Guru Ji says: "Among all the *Ragas* (musical measure), *Sri Rag* is the supreme measure, if it inspires the singer with love for the eternal (God), forever the eternal God comes to reside in the heart, the intellect becomes stable, and one always remains in tune with the limitless (God). This is how, by reflecting on the word of the Guru, one obtains the invaluable jewel (of God’s Name). Then one’s tongue, mind and body are also rendered pure. In short, O’ Nanak, by serving (and following) the true Guru, one always deals with Truth, (the eternal God).” (1)

**Mehla 3**

Now discussing love, Guru Ji tells us what kind of love is the best or most stable form of love. He says: “All other kind of love is transient until one is imbued with the love for the Master. But being enticed by *Maya* (worldly wealth), this mind cannot see or hear (God). Without seeing the (divine) Groom, love for Him does not arise, so what can the (spiritually) blind person do? O’ Nanak, He who has taken away (man’s spiritual) eyes, only that eternal (God) gives them back (and then one is able to discriminate between right and wrong, and begin loving God).” (2)

**Paurree**

Now Guru Ji tells us how to obtain those spiritual eyes (the realization) to be able to see and love that God.

He says: "(O’ my friend, understand this truth: that) there is only one Creator, and there is only one court of that sole Judge. Only the writ of that one Creator runs in the universe. Therefore, you should concentrate your mind on that one God alone. (Remember that) except Him, there is no other (supreme power). Therefore, remove any other fear, doubt or illusion (from your mind). Praise only that (God) who would save you both in your house and outside (in this and the next world). The one on whom God becomes gracious swims across the fearful and poisonous world-ocean.” (1)

The message of the *shabad* is that only that melody is supreme which imbues us with love for God. If we want to be rid of worldly fears, doubts and attachments, then instead of running after false worldly pleasures, we should follow Guru’s guidance: meditate on God and sing His praises.

**Salok Mehlaa 1.**

daathea sahib sandee-aa ki-aa chalai tis naal.
  ik jaagangay naa lahann iknaa suji-aa day-ay uttaal.  

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Guru Ji concluded the last paauri with the comment that the person on whom God becomes gracious swims across the fearful and poisonous world-ocean. He now states another fact about God’s complete independence in showering His grace.

He says: “All gifts are given by God. No one can argue with Him (on this or any other account). There are some who even when awake (and performing all kinds of rituals to please God) may not receive any gifts, while others, God Himself awakens from sleep (in worldly affairs, and blesses them with the gift of His Name and enlightenment).” (1)

Mehla 3

The above statement doesn’t mean that a person should abandon all efforts to meditate on God’s Name, or stop singing His praise, in the belief that some day on His own God would choose to bless that person with His gifts. Therefore, why should one unnecessarily make efforts to please Him? In this salok, Guru Ji describes what is the right conduct of good people.

He says: “(O’ my friends), faith and forbearance are the marks of the devout and faithful. For the devotees of God, patience and contentment are like their provisions and expense (for their spiritual journey. Only such people) see the sight (of God); for the foolish (who keep bragging about their merits), there is no place (in God’s court).” (2)

Paurree

Now Guru Ji describes briefly some salient aspects of God’s power. Addressing God almighty, he says: “(O’ God), after creating the entire (universe), You Yourself have yoked it to various tasks. You feel pleased, seeing the glory of Your greatness (in creating such a wonderful universe). Nothing happens outside Your Will. You are the eternal Master. You Yourself prevail in all places. O’ saintly people, meditate only on Him, who gets you liberated (from false worldly bonds).” (2)

The message of the shabad is that we should keep doing virtuous deeds and meditating on God’s Name with full faith, patience, and devotion (without wondering, why God has blessed others and not us). One day God would show mercy on us also, and liberate us also from worldly bonds.
In the previous paurri Guru Ji advised us that we should keep doing virtuous deeds and meditating on God’s Name with full faith, patience, and devotion (without wondering why God has not blessed us with His sight but has blessed others). But there are some of us who simply feel special, and think that just because of their high caste and name (or rank); God would show some special favors to them. They believe that, without taking into consideration their deeds, God would grant them salvation or heaven solely because, they belong to a high caste, special faith, or have a high rank in society.

To dispel all such false notions, Guru Ji says: "(O’ my friends), vain and useless is the pride in one’s caste or name. Above all is the shade (protection) of the same one God. On one’s own, if someone calls oneself virtuous or exalted, (that person doesn’t become great). O’ Nanak, one’s claim is considered valid only if one is held honorable in (God’s) account." (1)

Mehla 2

Pointing to the need of true love for God, fifth Guru (Arjan Dev) Ji refers to a couplet uttered by the second Guru (Angad Dev) Ji, who (while expressing his deep agony at the physical death or separation) of his beloved Guru Nanak Dev Ji, said: “(I feel that), one should die before being separated from the dear one with whom one is in love, because accursed (and very painful) is to live in the world after that beloved (has departed).” (2)

Paurree

Coming back to the main theme of the last paurri, Guru Ji once again addresses the Creator and says: "(O’ God), You Yourself have created this earth, and illuminated it with two lamps of the sun and the moon. You have established fourteen worlds (bazaars), in which the mortals do business. Some who become Guru’s followers, You bless (them) with the profit (of Your Name. These Guru’s followers) who drink the true nectar (of Your Name) are not afflicted with the fear of death. They not only save themselves along with their family, but the entire world is liberated on account of them (by following their guidance)." (3)

The message of the paurree is that instead of indulging in any kind of pride or self-conceit because of our caste or lineage, we should continue meditating on God’s Name with so much love and devotion that we may feel like dying in His separation. So that one-day showing mercy God may accept us in His court, and our relatives and friends may also benefit from our example.

salok mehlaa 1.

[kudrat kar kai vasi-aa so-ay.

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[vakhat veecharay so banjaa ho-ay.

[kudrat hai keemat nahee paa-ay.

[jaa keemat paa-ay ta kehee na jaa-ay.

[sarai saree-at karahi beechar.

[bin boojhay kaisay paavahi paar.

[siidak kar sijdaa man kar makhsood.

[jih Dhir daykhaa tih Dhir ma-ujood. ||1||}
In the previous paurri, Guru Ji advised us that instead of taking pride in our caste or lineage, we should continue meditating on God’s Name with so much love and devotion that we may feel like dying in His separation. Now the question arises where and how to find God. In this paurri, he provides the answer.

Guru Ji says: “After having created the universe, that (Creator) is Himself abiding in it. (Having understood this secret, the person) who realizes that this time (of human birth) is the opportunity to reunite with God is His true servant.”

Now commenting upon the difficulty of ordinary human beings, Guru Ji says: “(The ordinary person sees that) there is nature (with its wonderful phenomena of sun, moon, seasons, and species of different kinds, but) does not realize the worth and measure of God’s might and His creation, (nor thinks about the super brain or power working behind such wonders). Even if one realizes the significance (of such a super brain or power), one cannot describe it.”

Next Guru Ji comments on those persons who, instead of truly understanding or experiencing the presence of God (by reflecting on His creation), simply start entering into discussions about the theories propounded in their scriptures. He says: “How can a person who only continues reflecting on or discussing what is mentioned in Shara, or Shariat (his religious codes and rituals) find liberation without realizing the Creator?”

Describing the right and simple way to realize the Creator, Guru Ji says: “(O’ my friend), make full faith in God as your sijda (bowing before God), and make conquest of your mind as your ‘makhsood’ (the object of your worship). It is only then that you would be able to gain realization and say, ‘wherever I look, I see (God) present there.’”(1)

Mehla 3

Naturally, to truly understand the purpose of life and learn the way to achieve it, we need the guidance of a true Guru. For this purpose, people go to different gurus and gurdwaras and places of worship. But most of them think that simply by getting near the Guru, or hearing his sermon (without truly understanding and acting upon his advice), they would realize God.

Guru Ji says: “Neither by going (bodily) near the Guru, nor by remaining far, can we obtain the (true) benefit of his company. O’ Nanak, the (benefit of the advice of the) true Guru is obtained only when one’s mind always remains in (Guru’s) presence, (and sincerely follows his teachings).” (2)

Paurree

Describing his own state of mind and how he feels God’s omnipresence, Guru Ji says: ”(O’ my Master), You pervade all the seven continents, seven seas, four Vedas, and eighteen Puranas (the Hindu holy
It is the same light

It is the same light of 603 books. O’ my God), You are present in all and You are pleasing to all. O’ the Master of the universe, all living beings worship You. I am a sacrifice to those Guru’s followers who meditate on You. You pervade everywhere, showing Your wonders and miracles.” (4)

The message of this shabad is that we should avoid entering into discussions regarding the theories of creation, or the rituals and ways of worshipping God. Instead, we should listen and act upon the advice of our Guru, try to realize God, and feel His presence in all creation.

In the previous paurri, Guru Ji advised us that instead of entering into discussions about the theories of creation or appropriate rituals, we should sincerely listen and act upon the advice of our Guru: try to realize God, and feel His presence in the creation. According to Dr. Bh. Vir Singh Ji, the third Guru Amar Das Ji uttered the next salok when a person in the audience asked his servant to bring pen and ink, so that he could put it in black and white.

Addressing that person in particular (and all others in general), Guru Ji said: "(O’ my friend), why are you calling for pen and ink (to write this sermon on paper)? Instead, write (its essence) on your mind. By doing so, you would always remain imbued with God’s love, and this love would never end. Pen and ink, along with what is written, would be destroyed (one day). But, O’ Nanak, that love is never erased which God has put (in one’s heart) from the beginning." (1)

Now talking about love, Guru Ji cautions us against falling in love with the worldly things we see around us. He says: "If You may carefully reflect on it, (you would come to the conclusion that) whatever is visible (including your relatives and possessions), wouldn’t accompany you (after death). The true Guru has firmly taught us this truth: that you should always keep concentrating on the Truth (the eternal God). O’ Nanak, Truth (the eternal God) is obtained through the word (of the Guru). But it is only by His grace that God blesses (a person with this true word, or Gurbani)." (2)
Resuming the topic of the last paurri, Guru Ji addresses God and says: “O’ God, You alone abide both inside and outside us, and know all secrets. Whatever we do or think, (God) already knows. Therefore, O’ my mind, keep remembering Him. He who commits sins lives in dread, while the righteous one lives in joy. (O’ God), You are true (and just), and true is Your judgment. Then why should we be afraid of anybody else? O’ Nanak, they who have understood the true (God) have merged in the True One.”

The message of the paurree is that more important than writing about or describing the teachings of our Gurus and prophets is enshrining these in our mind, and trying to fashion our life accordingly. Secondly, we should realize that God is present both outside and inside our mind. He knows everything we do or think. Therefore, we should not only do right deeds, but also think right. Only then shall we be able to become true human beings, worthy of reuniting with the eternal Creator.

In the previous paurri, Guru Ji advised us that more important than writing about the Guru’s teachings on paper is enshrining these in our mind, and acting upon them. Now Guru Ji comments on the practice of writing about love and attachment to things other than God, such as worldly wealth and family relationships.

Guru Ji states: "May that pen (along with the ink) be burnt down, and may also burn that paper, and the writer who has written about love of the other (worldly riches and power, instead of love for God). O’ Nanak, one does what has been pre-ordained in one’s destiny (based on one’s past deeds). Nothing else can be done beside this." (1)
Therefore, those who study more and more (about how to amass worldly wealth or power) come to grief in the end.” (2)

**Paurree**

Next Guru Ji tells us why it is so useful and important to meditate on God’s Name, and to sing His praise. He says: “Great is the glory of God, (and also) great is the singing of His praises. Yes, great is the glory of God, because His justice is based on righteousness. Great is the greatness of God, because this is the reward (or objective of the life) of a person. Great is the glory of God, because He does not listen to and is not influenced by slanderers or backbiters. But (above all), great is the glory of God because He showers His gifts on mortals without even their asking.” (6)

The message of this *shabad* is that instead of engaging in reading or writing about routine matters, we should always concentrate on contemplating on God’s Name and singing His praises with love and devotion, which is the real purpose and objective of human life.

**Salok Mehla 3.**

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<tr>
<td>naanak gurmukh ubray saachaa Naam samaal.</td>
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<td>ha-o ha-o kartee saabh mu-ee sampaa-o kisaa naa naal.</td>
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### Paurree

**SALOK MEHLA 3**

In many previous *paurrees* and *shabads*, Guru Ji advised us that we should always keep meditating on God’s Name and singing His praise with love and devotion. But in spite of this oft-repeated advice, we still continue acting egoistically in pursuit of *Maya* (or worldly riches and power). Consequently, we continue suffering.
Therefore, Guru Ji observes: “Indulging in ego (on account of worldly wealth), the entire world has been consumed. But this worldly wealth does not accompany anyone (after death). All have suffered pain because of the love for the other (worldly wealth and relationships), and the demon of death has cast his eye on the entire (world for torturing it). O’ Nanak, (only) the Guru’s followers are saved from this painful punishment by meditating on God’s eternal Name.”(1)

**Mehla 3**

Guru Ji now comments on another facet of our ego, our habit of praising ourselves, and boasting about our virtues but actually doing unworthy deeds. He says: “We pose ourselves as virtuous in our talk, but we are evil in our conduct. Within our minds, we are pitch black (totally evil), but from our outward appearance, we try to appear as white (very holy and saintly). Even then we want to enjoy the same honor and peace as those who always remain standing at God’s door (ready to carry out His orders). They are imbued with the love of their (divine) Groom, and enjoy the bliss of His affection. In spite of having power, they behave as powerless and humble. O’ Nanak, the life of (unworthy persons like us) can also become fruitful, if we are blessed with the company (of such saintly persons).” (2)

**Pauree**

After commenting on our false conduct and the virtuous behavior of God’s devotees, Guru Ji once again returns to a compassionate mode, and makes a humble submission to the Creator on our behalf by using the beautiful metaphor of the fish, lotus, and the ocean.

He says: 

“(O’ God, for this worldly ocean), You Yourself are the water, Yourself the fish, and You Yourself are the net. You Yourself spread the net (of worldly pleasures). You Yourself are the entangling growth (in the ocean), and Yourself the beauteous pink lotus in hundreds of feet deep water. You Yourself emancipate mortals (from the worldly Maya) who contemplate You even for a moment. O’ God, there is nothing outside Your power. But it is only through the grace of the Guru that one is able to realize (this fact), and feel blessed.”(7)

The message of this *pauree* is that we should obtain the company of Guru’s followers and like them, learn to be detached even while living in the world. Instead of indulging in ego, self-praise, or worldly wealth, we should sincerely follow the Guru’s advice and meditate on God’s Name.

**salok mehlaa 3.**

hukam na jaanai bahuțaa rovai.
andar Dhokhaa need na sovai.
jay Dhan khasmai chalai rajaa-ee.
dar ghar sobhaa mahal bulaa-ee.
naanak karmee ih mat paa-ee.
gur parsaađee sach savaa-ee. ||1||

**mehlaa 3.**

manmukh Naam vihooni-aa rang kasumbhaa daykh na bhul.
is kaar rang din thorhi-aa chhocharta is daa mul.
doojai lagay pac mu-ay moorakh anDh gavaar.
bistaa andar keet say pa-i pacheh vaaro vaar.
naanak Naam rațay say rangulay gur kai sahj subhaa-ay.
bhagtee rang na utrai sehay rahai savaa-ay. ||2||

**pa-orhee.**

sisat upaa-ee sahB tuDh aapay riuj sambaahee-aa.
isk val chhal kar kai khavday muhu koorh kusat tineev dhaahi-aa.
tuDh aapay bhaavai so karahi tuDh otai kamm o-ay laa-i-aa.
In the previous paurri, Guru Ji advised us that we should obtain the company of Guru’s followers and, like them, be detached even while living in the world. Instead of indulging in ego, self-praise, or worldly wealth, we should follow Guru’s advice and meditate on God’s Name. He begins this paurri by telling us what happens to those who do not follow Guru’s advice, and do not understand or obey God’s command.

He says: “The (human) bride, who does not comprehend the command of (her divine Spouse), cries bitterly (and suffers much pain). Within her (mind) is anxiety; therefore she cannot sleep (in peace). But if the (human) bride leads her life according to the wishes of her (divine) Master, she obtains honor both in this world and God’s court. However, O’ Nanak, it is only by God’s grace that she obtains this wisdom, and by Guru’s grace she merges in her eternal Master.” (1)

Mehla 3

Now addressing the self-conceited and self-indulgent persons directly, Guru Ji says: “O’ the (foolish) self-conceited human being bereft of Name, do not be misled by the (false attractions of worldly pleasures, which are short-lived, like the) color of the Kasumbha (safflower). This attraction lasts only for a few days, and very little is its (true) worth. The foolish blind and ignorant persons who remain engrossed in other affairs (such as amassing worldly wealth or gaining power) are soon destroyed. They are like the worms that are again and again born and consumed in filth. But O’ Nanak, they who live according to the Guru’s prescribed peaceful conduct, and are imbued with God’s Name, they enjoy (celestial) pleasures. Their love and devotion to God doesn’t weaken, and they imperceptibly remain merged (in Him).” (2)

Paurree

Once again Guru Ji acknowledges God’s omnipotence, and how He has created this universe, and made arrangements to provide sustenance to all His creatures. He says: “O’ God, it is You who have created this world, and You Yourself have provided sustenance (for all the creatures in the world). There are some who sustain themselves through deceit and deception, and they utter all kinds of lies and untruths from their mouths. But they only do what You have written in their fate. It is You who have yoked them to such tasks (which involve falsehood and deception). But then there are those to whom You have revealed the Truth (and how to live and sustain themselves by living an honest life). On them You have conferred the inexhaustible treasure (of contentment). Fruitful is the life of those who consume Your gifts while meditating on God. But those who neglect God always keep begging.” (8)

The message of this paurri is that if we want to enjoy a peaceful and happy life in this world, and honor in God’s court, then we should have full faith in the power and grace of God. Following Guru’s advice, we should learn to live an honest, contented, and truthful life in accordance with God’s will (and remain fully satisfied with whatever wealth or happiness He has blessed us with).
In the previous two paurrees and many other shabads, Guru Ji advised us not to be misled by the false attractions of the world. Instead, we should inculcate love and devotion for the eternal God and meditate on His Name. But the irony is that not only ordinary people, but also those who study and expound scriptures, do so for the purpose of earning money rather than for providing true knowledge and enlightenment to the public.

Guru Ji says: “The religious scholars make extensive studies of (of holy books such as) the Vedas, and expound on them for the sake of making money (rather than for the spiritual enlightenment of the people. In this way), for the love of worldly wealth they have forsaken God’s Name. Such self-willed foolish persons are awarded punishment. They never remember Him who has given them their body and soul, and who gives sustenance to all. Therefore, the noose of death around their neck is never cut off, and they continue coming and going again and again. These blind self-conceited persons do not understand, and suffer their pre-ordained destiny (based on their past actions). By good fortune, the person who meets the true Guru, (God’s) Name the giver of bliss comes to reside in that person’s heart. Such a person enjoys true bliss, feels happy in whatever he or she wears, and spends entire life in happiness. O’ Nanak, we should not forsake that Name from our mind, because of which we obtain honor in God’s court.” (1)
Mehla 3

Now Guru Ji describes the state of bliss enjoyed by those who by following the advice of the true Guru have obtained the gift of God's Name (His true love and enlightenment).

He says: “The person who has served the true Guru (and acted upon his advice) has obtained peace through the true Name, which is the treasure of all merits. Through the Guru’s instruction, such a person realizes the self, and within him or her comes the light of God's Name. Such a person deals in nothing but truth (his or her entire lifestyle is based on truth and honesty). But still (in utter humility, such a person never thinks him or herself as great), such a person believes that all greatness lies with the great God. Such a person always believes that body and life are the gifts of God, therefore always praises Him and prays for His grace. In this way, by praising the eternal God through the true word (of the Guru), such a person lives in perfect peace and happiness. For such a person, to keep God's praise enshrined in the mind is the (real) worship, penance, and self-restraint, and accursed is the life without contemplation of (God's) Name. (Such a person understands that) it is through the Guru's instruction that we obtain the (gift of God's) Name. But being attached to false (worldly) love, the self-conceited persons destroy themselves. (Therefore) Nanak says, O' God, save (me) as You please, I am Your slave.”(2)

Paurree

Guru Ji concludes this shabad by praying on behalf of all humans, whether Guru's followers or self-conceited. He says: “O' God, all belong to You, and You belong to all. You are the (true) wealth of all. All beg from You, by praying to You day after day. The one, whom You give, obtains everything. For some You seem far, but for some You are (always) with them. Let anyone verify in the mind, (he or she would conclude that) except You, there is none other from whom we can beg. (Therefore) all praise only You, though it is (only) the Guru's followers who are truly recognized (and honored) at Your door.” (9)

The message of this paurri is that instead of engaging in the study of scriptures and delivering discourses for earning money, we should sincerely follow the teachings of Guru (Granth Sahib), meditate on God's Name, and lead a truthful life. Only then we would obtain peace in this world, and honor in God's court.
Sri Guru Granth Sahib

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SALOK MEHLA 3

Guru Ji began the last paurri with a salok commenting on the Pundits who study and expound on the Vedas (the Hindu holy books) for the sake of money rather than for spiritual enlightenment. Guru Ji begins this paurri also with a comment on the conduct of such Pundits or religious scholars.

He says: “After reading again and again, the pundit loudly recites (the scriptures) for the love of money (rather than for the love of God or spiritual uplift of the listeners). That foolish, uncouth, and self-conceited person does not recognize the Creator within him. He preaches to the world for the love of duality (the worldly riches), but does not understand divine knowledge. He wastes his life and repeatedly goes through the cycle of births and deaths.” (1)

Mehla 3

Now Guru Ji contrasts the conduct of such money-minded pundits with the true servants or devotees of God. He says: “(O’ my friends), reflect and realize that those who have served the true Guru (by following his advice, they) have obtained God’s Name. Peace and contentment resides in their minds, and all their wailing and crying (on account of worldly problems) comes to an end. By reflecting on (Gurbani) the Guru’s word, and stilling their ego, their mind becomes immaculate. In short, O’ Nanak, they who are imbued with the (Guru’s) word are liberated, because they are truly in love with their beloved Creator.” (2)

Paurree

Now Guru Ji gives the essence of his message, and tells us what kind of service or devotion is most fruitful in the spiritual field. He says: “Fruitful is the service (devotion) of God, but it is through the Guru’s guidance that God approves (this service). But again, only the one for whom God so wills obtains the Guru’s guidance, and meditates on His Name. Yes, it is through the word of the Guru (by acting upon the advice of the Guru) that we attain the Creator who helps mortals cross the worldly ocean. Go and ask the Vedas (study all the holy books), and you would conclude that nobody has attained God through sheer obstinacy of the mind (or going through difficult penances and austerities). But again, only that person truly serves (and worships) God whom He Himself yokes to His service or worship.” (10)

The message of this paurri is that if we want to find true peace and salvation, we should pray to God to bless us with the guidance of the true Guru. Then, following his advice, we should meditate on God’s Name. Mere reading, expounding on religious books, or performing rituals is not fruitful.

salok mehlaa 3.

naanak so sooraa varee-aam jin vichahu dusat ahankaran maari-aa.
gurmutkh Naam saalaahi janan savaari-aa.
aap ho-aa sadaa mukat saab kul nistaari-aa.
sohan sach du-aar Naam pi-aaari-aa.
manmukh mareh ahaNkaar maaran vigaarhi-aa.
sabho vartai hukam ki-aa karahi vichaari-aa.
aaphu doojai lag khasam visaari-aa.
naanak bin naavai sabh dukh sukh visaari-aa. ||1||

mehlaa 3.

gur poorai har Naam dirhaa-i-aa tin vichahu bharam chukaa-i-aa.
raam Naam har keerat gaa-ea kar chaanaan mag dikhiaa-i-aa.
ha-umai maar ayk liv laagee anhtar Naam vasaa-i-aa.
**SALOK MEHLA 3**

In many previous *shabads*, Guru Ji urged us to erase our ego, and meditate on God's Name. But we see that most of us find it very difficult and almost impossible to get rid of ego and meditate on God's Name.

Therefore, Guru Ji begins this *Paurri* with the comment: “O’ Nanak, that person is a truly brave warrior who has killed (and dispelled) the demon of ego from within. Following the Guru’s advice, and by praising God's Name, such a person has embellished the life. Forever such a person becomes liberated (from worldly bonds, and also) liberates the entire lineage. Such lovers of God's Name look beauteous (and honorable) in God's court. On the other hand, the self-conceited persons die of their ego (and die so painfully that they even) degrade their death. But what can these poor persons do when everything happens according to (God's) command? Instead of reflecting on themselves, they become attached to the other (worldly riches), and forsake the Master. In short, O’ Nanak, without meditating on the Name, they always suffer in pain and forget what is peace (or happiness).” (1)

**Mehla 3**

Now Guru Ji explains how the Guru’s followers rid themselves of their ego, and enjoy the divine blessings. He says: “They in whose mind the perfect Guru has firmly implanted God’s Name have dispelled any delusion from within. They have sung praise of God by illuminating their minds; (the Guru) has shown them the right way (of life). Upon erasing their ego, their mind grows attuned to the one (God), and they enshrine (God’s) Name in their heart. Being endowed with the Guru’s wisdom, and absorbed in meditating on the eternal Name, even the demon (or fear) of death cannot touch them. (But again), it is God who does everything. On whomsoever He is pleased, He attaches that person to His Name. Therefore, servant Nanak too feels alive (and happy) when he dwells on God’s Name. Without meditating on His Name even for a moment, he feels (so utterly sad, as if he) has died.” (2)

**Paurree**

Now Guru Ji comments on the blessings and merits received by those brave persons who joining the company of the saintly persons, shed their ego and meditate on God's Name. He says: “The person who has become (spiritually pure enough) to join the court of God, that person is (honorable enough) to join all the courts. Wherever such a person goes, he or she would be exonerated, and seeing that person’s face (and following that person’s example) all sinners would be saved. Within that person is (enshrined) God’s Name, and the Name is that person’s family. Therefore, we should (also) believe in and worship God's Name, because through the Name all one’s sins are washed off. In short, they who have meditated on the Name with single-mindedness become immortal in the world.” (11)
The message of this paurri is that we should join the company of saintly persons, listen to Gurbani, shed ego and meditate on God's Name with single-minded concentration. Then all our sins would be washed off, we would be considered brave and honorable, and would achieve salvation both for ourselves, and others.

salok mehlaa 3.

aatmaa day-o poojee-ai gur kai sahj subhaa-ay.
aatmay no aatmay dee partaet ho-ay taa ghar hee parchaa paa-ay.
aatmaa adol na dol-ee gur kai bhaa-ay subhaa-ay.
gur vin sahj na aavee loh bai na vichahu jaa-ay.
khi pal har Naam man vasai sabh athsath tirath naa-ay.
sachay mail na lag-eel mal laagai bhaa-ay.
Dhootee mool na utrai jay athsath tirath naa-ay.
manmukh karam karay ahaNkaaree sabh dukho dukh kamaa-ay.
nanak mailaa oojal taa thee-ai jaa satgur maahi samaa-ay. ||1||

mehlaa 3.

manmukh lok samjaa-ee-ai kaadhu samjhaa-iaa jaa-ay.
manmukh ralaai-iaa naa ralai pa-i-ai kiraat firaa-ay.
 liv Dhaat du-ay raah hai hukmee kaar kamaa-ay.
gurmukh aapnaa man maari-aa sabad kavsatee laa-ay.
man hee naal jhagha man hee naal sath man hee maanji samaa-ay.
man jo ichhay so lahai sachai sabad subhaa-ay.
amrit Naam sad bhunchee-ai gurmukh kaar kamaa-ay.
vig manai je horee naal lujh-iaa jaasee jannam gavaa-ay.
manmukhe manath haari-aa koorh kusat kamaa-ay.
gur parsaadee man jinai har saytee liv laa-ay.
nanak gurmukh sach kamaavai manmukh aavai jaa-ay. ||2||

pa-orhee.

har kay sant sunhu jan bhaa-ee har satgur kee ik saakhee.
jis Dhu bhaag hovai mukh mashtak tin jan lai hirdai raakhee.
har amrit kathaa saraysat ootam gur bachnee sehay chaakhee.
 taa bha-i-aa pargaas miti-aa andh-iaraa ji-o sooraj rain kiraakhee.
adisat agochar alakh niranjan so daykhi-iaa gurmukh aakhee. ||12||
In the previous paurri, Guru Ji advised us that we should join the company of saintly persons, listen to 
Gurbani, shed our ego, and meditate on God's Name with single-minded concentration. He begins this 
paurri by explaining how to worship God, and what blessings are obtained by doing so.

He says: “Adopting the poised manner of the Guru, we should worship (God), who provides 
enlightenment to our soul. When human soul develops faith in (God, the supreme) soul, then it develops 
love (for Him) in the heart itself. When the human soul acquires the way and poise of the Guru, it 
becomes stable and does not waver. But without the Guru's guidance, this state of poise is not attained, 
and the dirt of greed does not go away from within. If (in that state of equipoise), God’s Name is enshrined 
in the heart even for a moment, one gains the merit of bathing at all the sixty-eight holy places. Because 
when one is attached to the eternal (God), one is not soiled (with the dirt of sins); one is soiled only when 
one is imbued with the love of the other (worldly things, instead of God). This dirt (of sins) is not washed 
off even by bathing at all the sixty-eight pilgrimage places. Therefore, the egoist who in pride or conceit 
indulges in such rituals earns nothing but pain and suffering. In short, O’ Nanak, a person with a polluted 
mind becomes pure only if that person merges in the true Guru (and sincerely follows his advice).” (1)

Mehla 3

Now Guru Ji contrasts the conduct of a self-conceited person with that of a Guru’s follower, and explains 
why the former is not attuned to God. He says: “Even if we try to counsel a self-willed person, that person 
is never convinced. Even if (we try to associate that person with saintly people), such a person doesn’t mix 
(or associate with them), and keeps on wandering because of his or her pre-ordained destiny, (based on 
past) misdeeds. (The reason is that) there are only two ways (to live in this world. One is the way of) love 
for God, (and the other is the love) for Maya (the worldly riches, and according to divine) command, the 
self-conceited person keeps doing the deeds (motivated by love for worldly riches).” “On the other hand, a 
Guru’s follower subdues his or her mind by testing all the thoughts on the touch-stone of (Gurbani), the 
Guru’s word. (Instead of fighting with others, such a person) fights with the mind, and also counsels and 
molds the mind through the mind itself. When the mind has been embellished through the word (of the 
Guru), it obtains whatever it wishes. Therefore, while doing what the Guru advises, we should always 
keep partaking of the nectar of God’s Name. The one who fights with anybody other than one’s own mind 
would depart from the world after wasting his or her life. The self-conceited person (who keeps on 
fighting with others) indulges in all kinds of lies, and loses his or her life because of the obstinacy of the 
mind. By Guru’s grace, one should conquer one’s mind, and attune one self to God’s love. In short, O’ 
Nanak, the Guru’s follower obtains truth (and merges in the eternal God), but the self-conceited person 
keeps on coming and going (in and out of the world).” (2)

Paurree

Now Guru Ji affectionately asks us to listen to the one very important advice of the true Guru. He says: 
“O’ saintly devotees and brothers, listen to one divine advice of the true Guru. The devotees who have 
been so blessed from the very beginning will keep this (message) enshrined in their minds. (That message 
is this, that it is only) through the instruction of the true Guru that one can innately taste the nectar-like 
immaculate knowledge of the Divine. (The mind in which is enshrined the Guru’s instruction) is 
enlightened, and the darkness (of ignorance is so banished), as if it has been illuminated with the sun (of 
divine knowledge). In this way, the Guru’s followers have seen with their own eyes, the invisible, in-
comprehensible, and indescribable God.” (12)

The message of this shabad is that we should listen to the advice of the Guru, and worship God with 
true love and devotion. Instead of fighting with others, we should fight with our own mind and 
subdue all such thoughts or inclinations that are contrary to the Guru's teachings. So that one-day, 
we may also be blessed with the sight of the invisible and incomprehensible God.

salok mehlaa 3.

satgur sayvay aapnaa so sir laykhai laa-ay.
vichahu aap gavaa-ay kai rahan sach liv laa-ay.
satgur jinee na sayvi-o tiinaa birthaa janam 
gavaa-ay.
aanak jo ti bhaavai so karay kahnaa kichhoo na 
jaa-ay. ||1||
In the previous paurri, Guru Ji advised us that we should listen to the advice of the Guru, and worship God with true love and devotion. Instead of fighting with others, we should fight with our own mind, and subdue all such thoughts or inclinations that are contrary to the Guru's teachings. He begins this paurri by describing the benefits of serving our true Guru (by following his teachings).

He says: “They who serve their true Guru make their life fruitful, and accomplish its purpose. Discarding ego from within their mind, they remain attuned to the eternal God. (On the other hand), they who have not served (obeyed) the true Guru, they have wasted their life in vain. But O’ Nanak, nothing can be said (about the reason, why one behaves the way one does, because) whatever pleases God, He does that”(1)

Mehla 3

Now Guru Ji describes the consequences suffered by those who are involved in doing evil deeds, or who worship other lesser gods for the sake of worldly riches or power. He says: “The mind, which is surrounded by evil pursuits, keeps on performing evil deeds. (Therefore, the spiritually) ignorant persons who worship out of duality (or the love for worldly riches and power) suffer punishment in God’s court. We should worship only (God) who provides enlightenment to the soul, but without the guidance of the true Guru one cannot understand this thing. All the merits of worship, penance, and austerity are obtained by following the advice of the true Guru, which is obtained only through the grace of God. Therefore, O’ Nanak, one must serve the true Guru (and follow his advice) with full attention, so that if it pleases God He may approve (this service).”(2)

Paurree

On the basis of the above discussion, advising his own self (and indirectly us), Guru Ji says: “O’ my mind, meditate on God’s Name again and again. By doing so, day and night there is always peace. Yes, O’ my mind, meditate on God’s Name again and again: by doing so, all sins and evil thoughts are washed off. O’ my mind, worship God’s Name again and again, whose worship removes all poverty, pain, and hunger. O’ my mind, meditate on God’s Name. (In this way), by Guru’s grace the tongue is imbued with the love (for God, and sings His praise. But only the one in whose destiny the eternal (God) has so written from the beginning is made to utter (His) Name.”(13)

The message of this paurri is that if we want to wash off all our sins, enjoy eternal peace, and obtain all other kinds of blessings, then we should attentively follow our true Guru's advice, and meditate on God’s Name with sincere love and devotion.
salok mehla 3.

It is the same light

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In the previous *Paurri*, Guru Ji advised us that if we want to wash off all our sins, enjoy everlasting peace, and obtain all other kinds of blessings, we should follow the true Guru's advice and meditate on God's Name with love and devotion. He begins this *shabad* by describing the consequences of not serving or following the advice of the true Guru.
He says: “They who have not served (followed the advice of) the true Guru and have not reflected on his instruction remain without inner (divine) wisdom; they are as good as dead in the world. They go through millions of species, and are ruined in the (endless cycle) of taking birth and dying again and again. But only that person serves the true Guru whom God Himself makes to do so. The true Guru holds the treasure of Name, but it is obtained by God’s grace. They who, through (Gurbani) the Guru’s word are dyed in the eternal Name, forever true is their love and devotion to God. (Further), O’ Nanak, whom God (once) unites with Himself is never separated from Him, and imperceptibly merges in Him.”(1)

Mehla 3

In the previous salok, Guru Ji commented on the fate of those ignorant persons who do not know the merit of meditating on God’s Name. But there are many others who claim themselves as Bhagauties (devotees of) God, but actually are not. In this salok, he comments on one such sect of devotees, who call themselves Bhagauties, or the worshippers of god Vishnu. Guru Ji says: “(That person alone) is a true Bhagautie (devotee) who realizes God. Following Guru’s instruction, such a person understands his or her self and stabilizes the mercurial mind. Such a person (so controls the worldly desires, as if that person has) died while alive, and keeps uttering God’s Name. O’ Nanak, such a (person alone) is a supreme Bhagautee (or devotee), and is the only one who merges in the eternal God.”(2)

Mehla 3

Next commenting on those who have falsehood in their hearts, but call themselves Bhagauties (devotees of God), Guru Ji says: “The person who has deceit in the mind, but poses as a Bhagautie, through such hypocrisy would never attain to the all-pervading God. When a person vilifies others, that person makes the mind impure. Then one may try to wash off the body-filth (by bathing at holy places), but the impurity of mind does not go. The person who enters into arguments with the society of saintly persons, being attached to duality (the love for worldly riches), remains miserable day and night. Such a person may perform many (ritualistic) deeds, but (if that person) does not remember God’s Name, then (that person’s) pre-recorded destiny (based on past deeds) cannot be erased. O’ Nanak, without serving and following the true Guru, one doesn’t obtain a (state of) salvation.”(3)

Paurree

Now Guru Ji describes the blessings of serving the true Guru. He says: ”They who meditate upon (God), the true Guru, do not sleep in agony. They who have meditated on the true Guru remain fully satiated. They who meditate on the true Guru are not afraid of the demon of death. They on whom God becomes gracious are sent to the shelter of the true Guru. They are honored both in this world and the next, and they repair to the divine court in glory.”(14)

The message of this paurri is that we should sincerely follow the advice of the true Guru (as recorded in Guru Granth Sahib). We should not indulge in any false show of holiness or purity. Instead, following the teachings of Gurbani, we should give up love of worldly riches, be truly imbued with the love of God’s Name, and pray to Him to be merciful to us and bless us with the guidance of the true Guru.
It is the same light

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In the previous paurri, Guru Ji advised us that we should give up love of worldly riches, be truly imbued with the love of God's Name, and pray to Him to be merciful to us and bless us with the guidance of the true Guru. In this shabad, he emphasizes the importance of remembering and loving God in a much stronger language.

Like the similar couplet of Sufi saint, Farid Ji, Guru Ji says: "The head which does not bow before God should be cast off. (In other words, the person who does not pay obeisance to the Master is worthless). O’ Nanak, burn down that (body) skeleton, in which there is no pang of separation (from God).” (1)

Mehla 5

In spite of such strongly worded advice of Guru Ji (and many other holy persons of other faiths), many people can be seen who not only do not pay obeisance to God, but even refuse to accept His existence. Instead of finding true happiness by realizing the God abiding within them, they try to find happiness in the false and filthy pleasures of the world. They are misguided and forgetful of their divine origin.

Commenting on the fate of such misguided persons, he says: "O’ Nanak, the bride-soul who has forsaken (God), the root source (of all), keeps being born and dying repeatedly. (She is like a) deer that, mistaking it as the musk (of God’s Name), has fallen into a foul-smelling pit of filth (of worldly wealth).” (2)

Paurree

Therefore, Guru Ji advises his own mind (and indirectly ours) to meditate on the beneficent Name of God, which can give us joy and peace. He says: “O’ my mind, meditate on the Name of that (God), who has command over all. O’ my mind, we should meditate on that Name, which at the last moment can liberate us (from the fear of death). O’ my mind, we should meditate on that God’s Name, which removes all desires and hungers of the mind. All the slanderers and villains come and fall at the feet (and ask for mercy and forgiveness) from those fortunate Guru’s followers who have meditated on God’s Name. Therefore, O’ Nanak, meditate on the Name (of God), which is the best (way of pleasing God. He) has made all to bow before the Name.” (15)

The message of this paurri is that instead of trying to find joy and satisfaction from false worldly pleasures, we should meditate on God’s Name that abides within us. By meditating on God’s Name (by always remembering God with love and devotion) we can subdue all our worldly desires and hungers, and achieve lasting happiness. This would give us so much divine wisdom and power that both our inner and outer enemies and slanderers would become our friends, and we would be free even from the fear of death.

salok mehlaa 3.

vays karay kuroop kulhaanke man khotai koorhi-aar.
pir kai bhaanai naa chalai hukam karay gaavaar.
gur kai bhaanai jo chalai sabh dukh nivaanrahaar.
lkh-aa mayt na sakee-ai jo Dhur lkh-aa kartaar.
man tan sa-upay kant ka-o sabday Dharay pi-aar.
bin naavai kinai na paa-iaa daykhu rigai beechar.
nanak saa su-aali-o sulakh-nnee je raavee sirjanhaar. ||1||
It is the same light

SALOK MEHLA 3

In the last paurri, Guru Ji gave us the message that instead of trying to find joy and satisfaction from false worldly pleasures, we should meditate on God’s Name that abides within us. But the self-conceited persons keep performing only bad deeds. They ignore the advice of the Guru, and yet expect that God should fulfill all their worldly desires. Guru Ji begins this paurri by comparing such a self-conceited person with an ugly and unbecoming woman, who tries to order around her spouse on the strength of her good clothes and physical adornments.

He says: “A self-conceited person is like an ugly woman of evil character and deceitful mind, who embellishes herself with (costly) clothes. Instead of following the word of her spouse, such an uncivilized female tries to order him around. (As a result, she always suffers in pain. But the bride who) follows the word (of advice) of the Guru is rid of all her sufferings. (However, we have to remember that) whatever has been pre-written by the Creator in our destiny, we cannot erase it. (Therefore, a Guru-following bride soul) surrenders her mind and body to her spouse (God), and lovingly follows the Guru’s word (of advice). You may ponder in your mind, and see (for yourself) that without the Name (true love and devotion for God), nobody has ever attained Him. O’ Nanak, only that (soul) bride is truly beauteous and virtuous, whom the Creator loves.” (1)

Mehla 3

After commenting upon the fate of the self-willed persons who ignoring the advice of the Guru remain involved in the pursuit of worldly pleasures and possessions, Guru Ji educates us about the reality of these pleasures. He says: “Attachment to Maya (worldly riches and power) is utter darkness; its beginning or end is not visible. The ignorant, self-conceited persons who forsake God’s Name suffer great pain, and are drowned (in this sea of darkness and ignorance). Every day they rise in the early morning and perform many rituals, out of love for the other (worldly things, rather than the Creator). But those who serve (and follow the advice of) their true Guru swim across the dreadful world-ocean. O’ Nanak, by enshrining the true Name in their hearts, the Guru’s followers merge in the eternal God Himself.” (2)

Paurree

Now Guru Ji tells us who determines the reward or punishment of our good or bad deeds. He says: “God pervades the ocean and the earth, and there is none else beside Him (to judge). God Himself sits in
The message of this paurri is that we should not let ourselves be drowned in worldly pleasures and possessions, or try to please God by performing rituals or adorning holy garbs. Instead, following the advice of the Guru (as enshrined in Guru Granth Sahib Ji), we should meditate on God’s Name with love and devotion. Surely, God would do justice and accord us due recognition in His court.

salok mehla 3.

manmukh mailee kaamgee kulkhanee kunaar.
pir chhodi-aa ghar aapnaa par purkhai naal pi-aaar. 
tarisnaa kaday na chuk-ee jajdee karay pookaar. 
naanak bin naavai kuroop kusooanjee parhar 
chhodee bhaataar. ||1||

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mehla 3.
sabad ratee sohaaganee satgur kai bhaa-ay pi-aaar. 
saajee raavay pir aapnaa saachai paraym pi-aaar. 
at su-aali-o sunree sohibaavanteen naar. 
naanak Naam sohaaganee maylee maylaanhaar. ||2||

pa-orhee.

har taayree saabh karahi usaat jin faathay 
kaadhi-aa. 
har tuDhno karahi saabh namaskaar jin paapai tay 
raakhi-aa. 
har nimaani-aa tooN maan har daadhee hoon tooN 
daadhi-aa. 
har ahaNkaaree-aa maar nivaa-ay manmukh 
moorn saaDhi-aa. 
har bhaaglia day-ay vadi-aa-ee gareeb 
anathi-aa. ||17||

SALOK MEHLA 3

Like the previous paurri, Guru Ji begins this paurri also by comparing a self-conceited person with an ugly woman, who continues suffering because of her love for persons other than her own spouse.

He says: “A self-willed person is (like) an ugly woman of evil character, who has abandoned her spouse while still living in the house, and is in love with another. Her desire is never satiated, and burning in it she keeps wailing. O’ Nanak, without the Name, the self-conceited person is like an unsightly woman who has been deserted by her spouse.” (1)

Mehla 3

Now regarding a Guru’s follower, he says: “The person who is imbued with love for the (Guru’s) word (is like) a happily wedded wife, who always enjoys the company of her spouse with true love and devotion. (She is like) an extremely beautiful and lovely bride, who is praised everywhere. O’ Nanak, because she is absorbed in God’s Name, the unifying God has united (such a Gurmukh) wedded wife with Him.” (2)

Paurree

Therefore, like a humble loving devotee, Guru Ji reverts to God’s praise again, and says: “O’ God, all those praise You whom You have liberated from the entrapments (of worldly affairs). O’ God, all those pay obeisance to You, whom You saved from sins. O’ God, You are the pride of the pride-less, and O’

It is the same light
God, You are stronger than the strong. You have beaten down the arrogant, and chastised the foolish egoists. You bestow honor on the devotees, and provide support to the poor support-less ones."(17)

The message of this paurri is that we have a choice before us. We can ignore what Gurbani teaches us, indulge in false worldly pleasures and like deserted women, suffer the consequences. Or we can follow Guru Ji’s advice, meditate on God’s Name with love and devotion, and like the happily wedded wives enjoy the eternal bliss of union with our Spouse (God).

salok mehla 3.

naanak har Naam jinee aaraaDhi-aa an-din har liv taar.
maa-i-aa bandee khasam kee tìn aqai kamaavai kaar.
pooraai pooraai kar chhodi-aa hukam savaaranhaar.
gur parsaeedee jin bujhi-aa tìn paa-i-aa mokh du-aar.
manmukh hukam na jaannee tìn maaray jam jandaar.
gurmukh jinee araDhi-aa tìnee tari-aa bha-ojal sansaar.
sabh a-ugan gunee mitaa-i-aa gur aapay bahisanaaar. ||1||

pa-orhee.

har kee bhagtaa parteeet har sabh kichh jaandaa.
har jayvad naahee ko-ee jaan har Dharam beecharaaddaa.
kaarhaa andaysaa ki-o keejeet jaa naahee aDhram maadraa.
sachaa saahib sah ni-aa-o paapee nar haardaa.
saalaahihu bhaagtaahu kar jorh har bhaagat jan taardaa. ||18||

SALOK MEHLA 3

Guru Ji began the last paurri by describing the fate of self-willed persons, who follow the dictates of their own mind. He begins this paurri by describing the blessings obtained by those who follow the Guru.

Guru Ji says: “The person who lives according to the advice of the Guru enjoys great glory. God’s sublime Name abides in that person’s heart, and nothing can erase it. (However), only that person receives this gift on whom God bestows His grace. But O’ Nanak, the cause (behind this grace) is in the hand of the Creator, and only a rare Guru’s follower understands (this secret).”(1)

Mehla 3

Some people think that by following the Guru's advice, one can obtain only spiritual peace, but not Maya (the worldly riches and power), which is necessary for household needs. In this salok, Guru Ji gives full assurances in that regard as well.
Guru Ji says: "O’ Nanak, they who have meditated on God’s Name day and night with their mind attuned to God, Maya (the slave of the Master) serves them like their servant. The perfect God has perfected them from all angles, and according to (God’s) command, they become capable of embellishing (the life of others). By Guru's grace, they who have realized (this secret) have found the gate to salvation. (But) the self-willed persons do not understand the (divine) word; therefore the demon of death punishes them. By Guru's grace, they who have meditated on God have crossed over the dreadful world-ocean. The Guru is (very) forgiving. By (blessing them with) merits, he has erased their faults.”(2)

After describing the merits of following the advice of the Guru and meditating on God's Name, Guru Ji describes the state of mind of the true devotees of God. He says: “The (true) devotees have this full faith: that (God) knows everything. They do not recognize anyone else as God’s equal, and know that He dispenses true justice. (Therefore, they say to themselves): “Why should we have any fear or doubt, because God never chastises a person unjustly”? (They firmly believe that) true is God and true is His justice, so the sinner loses (before Him. Therefore), God’s devotees praise Him with folded hands, (and have full faith that) God emancipates the saintly persons.”(18)

The message of this paurri is that we should have full faith in the advice of the Guru and the justice of merciful God. Therefore, without having any doubts or misgivings, we should follow the advice of the Guru and meditate on God’s Name with love and devotion. God Himself would take care of all our worldly needs, and would bless us with peace and happiness both in this world and the next.

salok mehlaa 3.

aapnay pareetam mil rahaa antar rakhaa ur Dhaar.
saalaehee so parab saa daa gur kai hayt pi-aar.
aanaak jis nagaar karay tir mayl la-ay saa-ee suhaaag naa.

mehlaa 3.
gur sayvaay tir har paa-ee-ai jaa ka-o nagaar karay-1.
maanjas tir dayvtaay bha-ay Dhi-aa-i-aa Naam haray.
aumai maar miila-i-an gur kai sabad taray.
aanaak sahj samaa-i-an har aapnee kirpaa karay.

pa-orhee.
har aapnee bhagat karaa-ay vadi-aa-ee vaykhaali-an.
aapnee aap karay parteeet aapay sayv ghaalee-an.

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har bhagtaa no day-ay anand thir ghaaree bahaali-an.
paaape-aa no na day-ee thir rahaan chun narak
ghor chaali-an.
har bhagtaa no day-ay pi-aar kar ang nistaari-an.

SALOK MEHLA 3

In the saloks preceding the last paurri, Guru Ji described the blessings obtained by a person who lives according to the advice of the true Guru, and enshrines God’s Name in the heart. He begins this paurri by expressing his own wish to remain united with the beloved God, and enshrine Him in his heart.
He says: “(I wish that) I may remain united with my beloved (God) and keep Him enshrined in my heart. (Yes), I wish that through love and affection for the Guru, I might always keep praising Him. (But) O’ Nanak, He unites only on whom God casts His glance of grace, and that (soul) bride alone is called as His truly wedded wife.” (1)

Mehla 3

Now Guru Ji describes how God is obtained, and what are the blessings of uniting with Him. He says: “It is by serving (and following) the true Guru that we obtain God. (But only those persons obtain Him), on whom He shows His grace. By meditating on (Gods’) Name, from mortals they become (virtuous, like) gods. By stilling their ego (God) has united them with Him, and by following the Guru’s word, they have crossed over (the worldly ocean. In short), O’ Nanak, on whom God Himself shows His grace, they imperceptibly merge in Him.”(2)

Paurree

Once again summarizing the blessings showered by God upon His devotees, and the chastisement meted out to the sinners, Guru Ji says: “By making the (devotees) worship Him, God has manifested His greatness. God Himself inculcates faith (for Him in the hearts of His devotees), and Himself yokes them to His service. God bestows bliss on the devotees, and seats them in His eternal Home (and blesses them with eternal peace). But He does not let the sinners live in peace. Picking them up, He condemns them to horrible hell (and subjects them to extreme suffering). In short, by blessing His devotees with His Love and rendering them His support, God saves them (from evils).”(19)

The message of this paurri is that if we want God not only to protect and save us from all troubles, but also to unite us with Him, we should humbly pray to Him to bless us with the guidance of the Guru (Guru Granth Sahib Ji). Following that guidance, we should meditate on God with full love and devotion, so that He may show His mercy on us also, and bless us with His eternal union.

salok mehlaa 1.

kubudh doomnee kud-i-aa kasaa-in par nindaa ghat choohrhee muthee krodh chandaal. kaaree kadhhee ki-aa thee-ai jaaN chaaray baiethee-aa naal. sach sanjam karnee kaaraaN naavan naa-o japayhee. naanak agai ootam say-e jee paapaaN pand na dayhee. ||1||

mehlaa 1.

ki-aa hans ki-aa bagulaa jaa ka-o nadar karay-i. jo tiy bhaavai naankaa kaagahu hans karay-i. ||2||

pa-orhee.

keetaa lorhee-ai kamm so har peh aakhee-ai. kaaraj day-ay savaar saatjur sachs aakhee-ai. saantaa sang nihDhaan amrit chaakhee-ai. bhai banjan mihavaan gaas kee raakhee-ai. naanak har gun gaa-ay alakah parabD laakhee-ai. ||20||

SHLOAK MEHLA 1

According to Dr. Bh. Vir Singh Ji, the first Guru (Nanak Dev) Ji uttered this salok while addressing several Pundits at Hardwaar (a very sacred Hindu place of pilgrimage). During those days, people used to attach great importance to caste. In particular, Brahmans (the highest caste Hindus) would draw special boundary lines around their cooking places, and would not let any person of lower caste (particularly Shudras, the serving class) cross that boundary. If by any chance some such person did enter the demarcated area, they would severely punish him, and regard the food so polluted that it was not worth
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eating. In this salok, Guru Ji exhorts them and other persons of high caste to safeguard against the pollutants of their mind, rather than the superstitious false beliefs regarding caste or class.

Addressing such a pundit, Guru Ji says: “(O’ pundit), what is the use of drawing boundary lines (around your cooking area), because four pollutants—evil intellect (like a low caste singer), heartlessness (like a she-butcher), habit of slandering others (like the filthy janitor), and the low-caste anger are sitting (in your mind)? Instead, you should make truth, self-discipline, and pious deeds the holy lines (drawn around your cooking place), and make meditation on (God’s) Name your holy bath. Because O’ Nanak, in the world hereafter, only those persons will be exalted who do not teach sinfulness to others.” (1)

Mehla 1

However, Guru Ji gives a message of hope to the mortals, so that upon finding themselves involved in false superstitious beliefs and indulging in sinful deeds, they may not lose heart or give up in despair. He says: "Whether one be a swan (like a saint) or a crane (like hypocrite), God may cast His glance of grace on anyone (He chooses). O’ Nanak, if God so wills, He turns even a crow (like a sinner) into a swan (like a saint).” (2)

Paurree

Guru Ji concludes this sermon by advising us to pray to God for His grace before beginning any big task or project. For this reason, this Paurri is generally recited before starting an Akhand Path (end to end non-stop recital of the Sikh Scripture), Sehaj Path (complete reading of Guru Granth Sahib at ease), marriage ceremony, or any other big event.

Guru Ji says: “Whenever you wish to undertake any task, you should pray to God (for His blessings, because when He is approached humbly and sincerely), He shall (surely) accomplish your task. Such is true Guru’s testimony. Further, in the company of saints (you should sing God’s praises, and thus) taste the treasure of the nectar (of God’s Name. You should pray to Him and say): O’ compassionate God, the destroyer of all fears, protect the honor of Your servant. O’ Nanak (in this way, by) singing the praises of God, we comprehend the incomprehensible God.” (20)

The message of this Paurree is that instead of concerning ourselves with superstitions and false notions of purity, we should try to cleanse our minds of the pollutants of evil intellect, slander, heartlessness and anger. We should always remember the Creator, and humbly invoke His blessings for all our important tasks. Guru Ji assures us that God will definitely accomplish our tasks and will grace us with His blessings.

salok mehlaa 3.

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<th>mehlaa 3.</th>
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<tbody>
<tr>
<td>jee-o pind sabhtis kaa sabhsai day-ay aDhaar.</td>
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<tr>
<td>naanak gurmukh sayvee-ai sadaa sadaa daataaar.</td>
</tr>
<tr>
<td>ha-o baliharee tîn ka-o jin Dhi-aa-ii aa har nirankaar.</td>
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<tr>
<td>onaa kay mukh saa’d ujlay onaa no sabh jagat karay namaskaar.</td>
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mehlaa 3.

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<tbody>
<tr>
<td>satgur mili-ai ultee bha-ee nav niDh kharchi-o khaa-o.</td>
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<tr>
<td>athaarah siDhee pichhai lagee-aa firan nj ghar vasai nj thaa-ay.</td>
</tr>
<tr>
<td>anhadDhunee sad vajday unman har liv laa-ay.</td>
</tr>
<tr>
<td>naanak har bhagattinaa kaai man vasai jin mastak likhi-aa Dhur paa-ay.</td>
</tr>
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</table>
Guru Ji concludes this epic of *Siri Raag* with this *Paurri*, which gives us the essence of his message and tells us what our overall outlook should be in relation to God.

He says: “O’ Nanak, through the guidance of the Guru, we should ever and forever serve that Benefactor to whom belong one’s body and soul, and who provides sustenance to all. I am, therefore, a sacrifice to those who have meditated on that formless God. Their faces are ever radiant, and the whole world bows to them.” (1)

*Mehla 3*

Now Guru Ji describes the benefits that one accrues when one humbly goes to the true Guru and seeks His guidance.

He says: “On meeting the true Guru, one’s intellect turns around (and instead of running after worldly wealth, one’s mind starts seeking God’s love and His Name). Then, one obtains all the nine treasures, which one can spend or use (in any way one likes. One feels happy, as if one has obtained all the wealth he could ever need). All the powers to perform the so-called eighteen different kinds of miracles are at one’s beck and call, but this person doesn’t care about such things, and always remains stable in the mind. Imperceptibly, a strain of celestial music always plays in one’s mind, and in an exalted state one’s mind remains attuned to God. (But) O’ Nanak, (such true) devotion to God abides in the heart of only those in whose destiny it is so written from the very beginning.” (2)

*Paurree*

Guru Ji concludes by humbly describing his own experience of singing God’s praises and the blessings received by him. He says: “Me a humble bard of God the Master, came to God’s door. Inside, the Master listened to my supplication and called me into His presence. Then God asked (me): “For what purpose have you come here?” (I replied: “O’ merciful Master, (please) bless me with the boon of everlasting meditation on Your Name.” (The Master granted my prayer). He conferred on me the gift of meditating on His Name and honored me with a robe of honor.” (21-1-corrected)

The message of the epic in general (and this *Paurree* in particular) is that if we want to obtain true happiness and contentment in this world, and honor in the God’s court, then following Guru Ji’s advice and example, we should sing God’s praises, and meditate on His Name day and night.
It is the same light

Guru Arjan Dev Ji included many hymns of Kabir Ji and other known saints, whose religious philosophy conformed to that of Sikhism in Guru Granth Sahib Ji. He directed that this particular hymn be sung in the same tune as the 

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shabad 

aissaa tain jag bharam laa-i-aa.
kaisay boohai jab mohi-aa hai maa-i-aa. ||1|| 

rahaa-o.

cakhat kabeer chhod bikhi-aa ras it sangaat

nihcha-o marmaa.

rama-ee-aa japahu paraanee anat jeevan

baanee in dDh bhav saagar tarna. ||2||

jaaN tis bhaavai taa laagai bhaa-o.

bharam bhulaavaa vichahu jaa-aay.

upjai sahj gi-aan mat jaagai.

gur parsaad aantar liv laagai. ||3||

it sangaat nahee marmaa.

hukam pachhaan taa khasmaa milga.

rahaa-o doojaa.

SIRI RAAG OF KABIR JI

(To be sung in the tune of Ayk Suaan)

Guru Arjan Dev Ji included many hymns of Kabir Ji and other known saints, whose religious philosophy conformed to that of Sikhism in Guru Granth Sahib Ji. He directed that this particular hymn be sung in the same tune as the

shabad Ayk Suaan, by Guru Nanak Dev Ji included earlier in Siri Raag.

According to Dr. Bh. Vir Singh Ji, there is no certainty about the date of birth or the biological parents of saint Kabir Ji. But he did live during the time of Muslim emperor Sikandar Lodhi, somewhere around 1500 A.D. Only this much is known: that he was born at Banaras (India) to a Brahmin Hindu mother, but was found abandoned near a tank by a Muslim weaver. Naturally, he was raised according to Muslim beliefs and culture, but Kabir Ji was attracted more to the Hindu ways of singing hymns in praise of God. For this reason, he even tricked a famous Hindu saint Rama Nand into accepting him as his disciple.

In this hymn, Kabir Ji cautions us against too much attachment to our children, and involvement in other worldly affairs, because this will surely lead us into a perpetual cycle of births and deaths.

He says: “A mother thinks that her son is growing, but she does not realize that day after day his (remaining) life span is decreasing. She loves and fondles him a great deal, saying he is ‘mine,’ he is ‘mine.’ However, watching this, the demon of death laughs at her folly (because he knows that one day he will take him away).” (1)

Observing this almost universal pathetic state of human beings, Kabir Ji even remonstrates with God, who is the cause behind all causes. He says: “(O’ God, when) You have cast the world into such a deep delusion, how can it understand You, after it has been so captivated by worldly attachments?” (1-pause)

However, Kabir Ji does suggest us a way out. He advises: “(O’ mortal), abandon the desires for poisonous (worldly) pleasures. Associating with such things, you will surely die (and suffer the pain of perpetual births and deaths. Therefore, O’ mortal, contemplate the all-pervading God through Gurbani (the holy word), which bestows eternal life. In this way, one can swim across the dreadful world-ocean (and escape the pain of births and deaths)” (2)

However he cautions: “Only when it so pleases (God), one is imbued with love (for Him). Then doubt and delusion depart from one’s within. In their place, a sense of poise and divine intellect arises (in one’s mind), and by Guru’s grace one’s inner-self is attuned to love for God.” (3)

Kabir Ji concludes this shabad by describing the blessings obtained by a person who reaches the stage described above. He says: “In such a company (of love and attachment to God, rather than for one’s family and worldly possessions), there is no death (or going through the circle of birth and death). Yes, it is by realizing the Divine ordinance that one obtains union with (God) the Master.”(1) (pause-second).
The message of this shabad is that instead of being overly in love with our family and worldly possessions, we should inculcate love for God and remember Him at all times with faith and devotion. Only then, we will get rid of cycle of births and deaths, and reunite with God, our Master.

sireeraq tari-lochan kaa.

maa-i-aa moh man aaglarhaa paraanee jaraa maran bha-o visar ga-i-aa.
kutamb daykh bigsahi kmlaay ji-o par ghar joheh kapat naraa. ||1||
doorhaa aa-i-ohi jameh tanaa. tin aaglarhai mai rahan na jaa-ay.
ko-ee ko-ee saajan aa-ay kahai.
mil mayray beethulaa lai baahhree valaa-ay.
mil mayray rama-ea-ee mai layhi chhadaa-ay. ||1|| rahaao-o.
anik anik bhog raaj birsray paraanee sansaar saagar pai amar bha-i-aa.
maa-i-aa moothaa chaaytas naahee janam gavaa-i-o aalsee-aa. ||2||

bikham ghor panth chalnaa paraanee rav sas
tah na parvayaN.
maa-i-aa moh tan bisar ga-i-aa jaaN jee-ealay saNsaaraN. ||3||

aaj mayrai man paragt bha-i-aa hai paykhee-
alay Dharamraao-o.
tah kar gaal karan mahaabalee tin aaglarhai 
maai rhan na jaa-ay. ||4||

jay ko mooN updays karat hai taa van tari
rat-thaa naarai-inaa.
aa jee tooN aapay sabh kichh jaandaa badat 
kar-lochan raam-ee-aa. ||5||2||

SIRI RAAG OF TIRLOCHAN

In the previous shabad, saint Kabir Ji advised us that instead of being overly in love with our family and worldly possessions, we should inculcate love for God and remember Him at all times with faith and devotion. Only then, we will get rid of cycle of births and deaths and reunite with God, our Master. This shabad of saint Tirlochan Ji echoes the same message.

According to Dr. Bh. Vir Singh Ji, there is not much certainty about the date of birth of saint Tirlochan Ji. It is believed that he was born either in A. D 1210, or A.D 1267 at Sholapur in India. Tirlochan Ji and his wife were very fond of serving saints and holy men. But soon they started receiving so many visitors that they found it impossible to cope with them. Then suddenly, an unknown person came and started helping them. This worked fine, but the problem was that this unknown person himself would eat so much food that it was becoming very difficult for Tirlochan Ji's wife to grind that much corn for him alone every day. When one day, she mentioned this to her friends, this unknown person disappeared. It is believed that at that point of time, Tirlochan Ji started receiving direct messages or revelations from God, and he started recording these messages on paper, while the neighbors took up the responsibility of serving the holy guests. In this shabad, devotee Tirlochan Ji warns the mortals against getting engrossed in worldly pursuits, and reminds them of their approaching old age and death.

He says: “(O’ mortal), in your mind is too much attachment for worldly riches, but the fear of old age and death has gone out of your mind. Looking at your family, you blossom like a lotus (flower). O’ perverted human, you look at other’s homes with the evil intent (of robbing them).” (1)
Warning us against imminent death, Tirlochan Ji says: “When the group of powerful messengers of death arrives, it is not possible to stand or fight against them. (But alas, even in that situation), only a rare holy person prays: “Come meet me, O’ my God; take me into Your embrace and unite me with Yourself, and grant me liberation.” (1-pause)

Once again addressing the mortals, Tirlochan Ji says: “(O’ mortal), being engrossed in enjoying numerous pleasures, you have so much forgotten God that you live as if you are immortal in the world-ocean. Deluded by Maya (the worldly attachments and pleasures), you do not remember God at all. In this way, O’ lazy person, you have wasted your (human) birth.” (2)

Now reminding us about the perilous journey which our soul will have to undertake after death, Tirlochan Ji says: “(O’ mortal, (upon death) you will have to tread on a very treacherous and dangerous path. On that path, (there is pitch darkness, because) the light of the sun or the moon cannot reach (there). When you depart from the world, you will forget your attachment to worldly riches.” (3)

Lest we dismiss these warnings as a mere figment of his imagination, Tirlochan Ji asserts: “The scene after death has been revealed to me today, and with my own eyes I have seen the Righteous Judge (dispensing justice). I have seen how his powerful servants smother human beings with their bare hands, and how it is impossible to stand (or fight) against them.” (4)

In closing, he says: “(O’ God, only) if someone instructs me, (I realize that) God pervades everywhere, in jungles and blades of grass. (O’ God), Tirlochan says: “You Yourself know everything.”(5-2)

The message of this shabad is that one-day we will surely die. Unless we meditate on God's Name, we will be punished by the demon of death, and keep suffering the pains of birth and death.

\[ \textbf{SIRI RAAG OF BHAGAT KABIR JI} \]

In the previous shabad, saint Tirlochan Ji described his state of bliss on obtaining a sight of the Creator. In this shabad, while conversing with a pundit who was performing some yogic rituals (including distilling and partaking of liquor), Kabir Ji describes how he gets intoxicated, and enjoys a state of divine bliss.

Kabir Ji says: “Listen, O’ pundit, about a wonderful experience which cannot be (fully) described. This experience is about Him, who has bewitched gods, humans, heavenly servants, and musicians, and has bound down all the three worlds in the string (of worldly attachments).”(1)
Now describing that wonderful experience, Kabir Ji says: “Within my mind rings the mystic continuous tune of the guitar of God, by whose glance of grace one is attuned to the sound of divine music.” (1-pause)

Indirectly referring to the false liquor that the yogi drinks, Kabir Ji describes the kind of liquor he is distilling and enjoying. He says: “(For distilling this divine liquor), my brain is the furnace. Like the tubes that distill the liquor and discard the wastewater, my mind sucks in the merits, and throws out the vices. I pour this liquor into the golden pure vat of my heart. Into this vat is dripping the pure stream of wine (the nectar of His Name). This is how I have distilled the supreme nectar of all.” (2)

Elaborating on this wonderful experience, he says: “Another astonishing thing which has happened is that (I am so enjoying this nectar with every breath, as if) my breaths have become the wine-cup. I am seeing one Yogi (the Creator) pervading all the three worlds. Who can be a greater king than Him?“ (3)

In conclusion, Kabir Ji says: “Such divine knowledge of the supreme Being has been revealed to Kabir that he has been completely imbued with His love. All the rest of the world is lost in delusion, but my mind is intoxicated with the supreme elixir of God’s Name.” (4-3)

The message of this shabad is that there is no need of any artificial intoxicants as used by yogis to remain in meditation. One can enjoy a state of supreme peace and bliss simply by acquiring virtues, casting out vices, and meditating on God’s Name with love and devotion.
According to Dr. Bh. Vir Singh Ji, no record regarding Saint Beni Ji is available. He is believed to have lived in ancient times. According to the tenth Vaar (ballad) of Bhai Gurdas Ji, "Beni Ji always used to meditate on God with full concentration of mind."

During the day, while doing his worldly chores, he used to become absorbed in God’s worship. This resulted in extreme poverty in his home. At that time, appearing in the guise of a king, God assumed the form of a wise man and stated: "(O human being), when you were lying in the womb (of your mother), your mind was attuned to the supreme God. (At that time), you did not have any pride in your perishable body, status, or position. Day and night, your mind was absorbed in meditating on God with full concentration of mind."

Therefore, Beni Ji warns: "(O soul) do not meditate on evil (thoughts). Forgetful of God, you are wandering like an unrestrained animal." (1)

Breaking human life into seven stages, Beni Ji first takes up childhood. He says: "In your childhood, you remained absorbed in playing and eating. In this way, your attachment for worldly pleasures kept increasing every moment. In the enjoyment of all the sweet and sour eats and drinks, you swallowed the poison (of intoxicants) as nectar. Since then, all the five impulses (of greed, attachment, lust, anger and ego) are tormenting you. You have abandoned all worship, penance, austerity, good intentions and good actions, and you do not meditate on God. Sexual desire is overflowing in your mind (and you are so absorbed in evil thoughts, as if) your intellect is darkened. (To satisfy your sexual urge, your parents have married you and) have tied you to a woman of evil intent, and you are filled with pride, (your body has lost its strength and luster, as if) the lotus of your body has withered. But the pity is that human being’s evil ways continue even in old age. So Beni Ji says: "(O mortal), your hair has become whiter than the white jasmine flowers, and your voice has become so weak as if it is coming from the seventh underworld. Tears flow from your eyes, your intellect and strength has gone, yet still you are churning your lust (and engrossed in sexual appeasement). That is why your intellect has been poisoned, and (your body has lost its strength and luster, as if) the lotus of your body has withered. By forsaking the divine word and remaining involved in the mortal world, you would repent in the end." (4)
But human foolishness does not end even in old age. Now, when one has lost one’s own strength and vitality, one starts taking pride in one’s children and grand children. Describing this state of a human being, Beni Ji says: “Looking at his tiny tots, a sense of joy and pride wells up in a person. But still, one does not understand (the reality: that soon he or she will have to leave everything behind). Even when one cannot see anything with one’s eyes, one pines for eternal life. But in the end, the strength of the body ebbs away, and the mind (or the soul) flies away, then the (dead) body lying in the yard does not look good (and no body wants to keep it in the house).”

Sometimes death seems to be a salvation from the pain and suffering of old age and disease. But Beni Ji warns against such false hope and says: “Listen O’ devotees, Beni says, no one has obtained salvation by dying (because if one has not meditated on God’s Name, and not obtained His grace, one keeps on undergoing the pain of births and deaths).” (5)

The message of this shabad is that we should not spend all our life remaining involved in worldly affairs. We should remember that any day, we might have to leave everything behind and depart to the next world. Therefore, while still performing our worldly duties, we should keep remembering God at every moment.

According to Dr. Bh. Vir Singh Ji, Saint Ravi Das Ji (a cobbler, belonging to a very low untouchable class), uttered this shabad in a state of extreme love and devotion to God, when he was absorbed in meditation. God revealed Himself to him, and teased him regarding his low caste and profession. But Ravi Das Ji pleased God by lovingly replying that there was no difference between the two.”

He says: “(O’ God), You and me, or me and You, what is the difference? The difference is no more than between gold and gold bracelet, or between water and waves.” (1)

Going one step further and lovingly impressing upon God the importance of human beings (including the sinners), he says: “O’ limitless Master, (consider also this: that) if we (the humans) did not commit any sins, how could You be known as the savior of the sinners?” (1-pause)

Bringing another point of joint responsibility, he says: “You are our Master, the knower of the inner self (of all hearts). Remember that the servant is known by the master, and the master by the servant, (so if the servant is good or bad, the credit or discredit goes to the master and vice versa).” (2)

But in the end, Ravi Das Ji prays to God and says: “O’ God, bless me with divine knowledge so that I may worship You. (I) Ravi Das, also wish that may some one make me realize that You pervade all hearts.” (3)

The message of the shabad is that we should remember God with such loving devotion that a stage may come when we begin to feel ourselves so near and dear to Him that there does not remain any difference or distance between Him and us.
According to Dr. Bh. Vir Singh Ji, Maajh is a local musical measure. Having originated in the middle region (Maajh) of Punjab (India), it is known as Maajh.

In this shabad, 4th Guru Ram Das Ji is expressing his overflowing love for God and the Guru. So he is making a humble prayer for union with them.

He says: “God’s Name has become pleasing to my mind, and by great good fortune, I have meditated on God’s Name. It is with the grace of the perfect Guru that I have obtained perfection in meditating on God’s Name, but it is a rare person who follows the Guru’s teaching.” (1)

Bringing out the greatness of God’s Name, he says: “(I have made God’s Name such an important part of my life, as if it is) the expense of my life’s journey, (therefore) I have tied God’s Name to my waist. This Name will be my life’s companion, and shall always give me company. The perfect Guru has firmly instilled this Name in my heart. Now I possess the wealth of God’s Name, which is everlasting.” (2)

Expressing the depth of his love for God, Guru Ji says: “Lord God is my true friend and beloved sovereign. (I always pray that) someone may lead and unite me with Him, (who is) the preserver of my life breaths. Without sight of the Beloved, I cannot rest, and tears keep flowing from my eyes.” (3)

But Guru Ji is not longing for a vision of God alone, he is equally anxious to meet his true Guru as well, (because he knows that for salvation of the soul, both are necessary). Therefore, he prays to the God Himself and says: “The true Guru is my childhood friend. O’ my mother, I cannot live without seeing him. O’ my respected God, please show mercy and unite me with the Guru, so that slave Nanak may obtain the wealth of God’s Name.” (4-1)

The message of the shabad is that like Guru Ji, we should develop utmost love and devotion for our true Guru and Lord God. For that we should listen daily to Gurbani, try to understand it, and sing it with true love and devotion. Most importantly, we should try to live our life according to the teachings of our Guru (Granth Sahib Ji).
It is the same light
In the previous shabad, Guru Ji advised us that we should always bear so much love for our Guru that we see him every day, (we should daily read Guru Granth Sahib, and sing Gurbani in the company of saintly persons). In this shabad, he lovingly invites his saintly friends to come and join him in singing praises of their beloved God.

He says: “(O’ my saintly friends, come let us join together and) read about the merits of God, and reflect on them. Day after day, let us listen to the discourse of God. By singing His praises in the congregation of saintly persons, we swim across the dreadful world-ocean.” (1)

Once again inviting them, he says: “Come, O’ my (saintly) mates, let us be in union with God. Any person, who gives me the message of my beloved (God) and tells me His whereabouts is my dear friend, mate, and brother.”(2)

Now Guru Ji tells us who is his cherished friend, who truly understands his heart’s agony, and helps him. He says: “The perfect Guru knows the agony of my heart. (He understands that) without meditating on God's Name, I cannot survive. So I say to him: ‘O’ my perfect Guru, give me such a medicine in the form of a (Guru) mantra, (that it may cure my heart’s agony), and emancipate me through God’s Name.”(3)

Concluding the shabad with a beautiful metaphor, Guru Ji says: “Like a humble chaatrik (a bird that is always seeking a special drop of rain), I have come to the refuge of the Guru. He has put the drop of God’s Name in my mouth. God is the ocean of the water of Name, (and I) Nanak, am (like) a fish, which dies without that water.” (4-3)

The message of the shabad is that we should daily read, recite, understand, and sing praises of God through the melodious shabads included in Guru Granth Sahib Ji, and invite all other Gursikhs to join us in this effort. Then we will enjoy the life-giving and blissful experience of uniting with the Supreme Being, and attain salvation.
In the preceding shabad, Guru Ji lovingly invited his saintly friends and mates to come and join him in singing God’s praises, and seek the bliss of union with Him. He begins this shabad also, by renewing this invitation.

He says: “Come, meet me, O’ my saintly friends, and tell me about my God and Master. I am hungry for His sight.”

Then, making a humble supplication to his Guru, he says: “O’ my benefactor, the life of the world, fulfill this longing of mine: that I may be merged in God’s view and my mind may be fully satiated.”

Describing the kinds of blessings he enjoys in the congregation of saintly persons, Guru Ji says: “Joining the congregation of saintly persons, I recite God’s word. The discourse of God is (most) pleasing to my mind. The nectar of God’s Name appeals to my mind, and meeting the true Guru (in the congregation of saints), I enjoy this nectar.”

However, Guru Ji cautions: “(Only) by great good fortune one obtains the company of the saintly persons. The unfortunate ones wander about in delusion, and suffer. Without good fortune, saintly company is not obtained, and without (such) company, one’s mind remains defiled with the dirt (of sinful desires).”

Finally, praying once again to God, he says: “O’ the Beloved of the world, please come and meet me. Showing Your mercy, infuse Your Name into my mind. By Guru's instruction, God’s Name has become pleasing to my mind. Yes, slave Nanak’s mind is satiated with (the joy of God's) Name.”

The message of the shabad is that we should always pray to God to bless us with the company of the saintly people, and in that saintly congregation we should lovingly sing praises of God. This will give immense joy to our mind, body, and soul.
This will give immense joy to our mind, body, and soul. In this *shabad*, he describes the bliss, which he himself has experienced by acting upon the above advice.

He says: “(By joining the company of saintly persons), I have obtained divine knowledge bestowed by the Guru, and I have obtained the relish of God's (company). I have been given God’s Name-nectar to drink. My mind remains imbued with love for God. From my tongue I utter God's Name, and my mind overflows with the relish of God's love.” (1)

Therefore, Guru Ji once again addresses his saintly friends, and says: “O’ dear saints, come and embrace me to your bosom. Recite to me the discourse of my beloved Spouse. O’ saints of God come and meet me, so that I may surrender my mind to those of you who utter the Guru’s word with their tongue.” (2)

However, Guru Ji wants to stress the point that God blesses only very fortunate people with the company and guidance of His devoted saints. The unfortunate ones keep wandering aimlessly and suffer. He says: “It was good fortune that God united me with the saint (Guru), and that perfect Guru poured the relish of God in my mouth. The unfortunate ones are not blessed with (such a) union with the true Guru, and the self-conceited person keeps falling into the womb again and again.” (3)

In conclusion, Guru Ji says: “On whom God shows His mercy, that person has completely washed off the dirt of ego and the poison (of Maya) from the mind. O’ Nanak, within one’s body is a kind of special market where the Guru's followers buy the merchandise of God's Name. (By molding one’s mind according to the Guru's instructions, one experiences the divine bliss within the body itself).” (4-5)

The message of the *shabad* is that joining the company of saintly persons, we should read, recite, and sing the divine hymns enshrined in Guru Granth Sahib, and act upon the instructions contained therein. Then a stage will come when we will also taste the unique bliss of union with God in our own mind, without going outside anywhere.

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The question may arise: “Why is it necessary to meet the devotees of God?” Answering this question, Guru Ji says: “Blessed are those devotees who have realized the Master. I want to go and ask them about the ways of that God, (and how He can be met and pleased). Therefore, for this purpose I am thinking of washing and massaging their feet (and performing their most humble service), so that upon meeting the servants of God, I may also drink the nectar of God.” (2)

Then the next question arises, what is the necessity of meeting the true Guru. Answering this question, he says: “By great good fortune, I have obtained the sight of the Guru. The benevolent true Guru has fully ingrained God’s Name in my heart. Nectar-like sweet and immortalizing is his speech. But it is only from the true Guru that one obtains this nectar.” (3)

Finally, summarizing the necessity of the different stages we must go through to enjoy the bliss of union with God, he says: “It is by joining the congregation of the devotees of God that one meets the true person (in the form of the true Guru). It is by joining the company of the saintly persons that one meditates (on God’s Name). Therefore, Nanak also prays that he may always keep listening to and uttering God’s gospel from his mouth, and under Guru’s instruction (his mind) may remain satiated with God’s Name.” (4-6)

The message of the shabad is that we should join the company of the saintly persons. There, under the guidance of Guru (Guru Granth Sahib Ji), we should sing praises of God and meditate on His Name. Then we will enjoy the bliss of God’s immortalizing sweet Name.

MAAJH MEHLA 4.

In the previous shabad, Guru Ji advised us that we should join the company of saintly persons. There, under the guidance of Guru (Guru Granth Sahib Ji), we should sing praises of God and meditate on His Name. Then we will enjoy the bliss of God’s immortalizing sweet Name.

In this shabad, addressing his saintly friends as sisters, he says: “Come meet me, O’ my dear sisters. I will be a sacrifice to the one who will tell me about my beloved Spouse. By joining the congregation of saintly persons (through the Guru) I have found (God) my Friend. So, I am a sacrifice to my true Guru.” (1)

Describing his blissful experience, Guru Ji says: “Wherever I look, I find my beloved Master.” (Then going into a prayer mode, he addresses God Himself and says): "O’ the Knower of my inner self, You pervade each and every heart." (Also, expressing gratitude to the Guru, he says): “The perfect Guru has shown me God present right beside me. Therefore, I am always a sacrifice to the true Guru.” (2)
Next explaining the beauty of God’s creation, Guru Ji says: “All have been created out of the same air and clay (the same basic elements), and in all the same one Light shines. (But the beauty is) that even though the same one Light shines in all hearts, yet all are distinct, and one cannot be mixed with or confused for the other. (In spite of these differences), by Guru's grace I have seen the one (God) present in all. Therefore, I am a sacrifice to my true Guru.” (3)

Finally Guru Ji clarifies that he is not making an ordinary remark. He is narrating the immortalizing words of his Guru. He says: “Slave Nanak is uttering the nectar sweet word (of the Guru), which is pleasing to the minds of the Gursikhs (true disciples of the Guru). The perfect true Guru is the benefactor of all. He delivers a perfect sermon (for the benefit of all).” (4-7) (Seven Chaupadas of 4th Guru)

The message of the shabads is that we should join the congregation of saintly persons, and sing praises of God. There we should recite, listen, and understand the word of the Guru (Granth Sahib Ji). Then we will learn how to see the one divine Light in all creatures, and will experience a unique divine bliss.

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According to Dr. Bh. Vir Singh Ji: “Such is the story regarding this shabad in Sikh History. Fourth Guru Ram Das Ji sent his son Arjan Dev Ji to Lahore (now in Pakistan) to participate in the marriage of his uncle Sehaari Das’s son. His command was that he (Arjan Dev Ji) should stay at Lahore, and should not come back until he was summoned.”
Arjan Dev Ji regarded Ram Das Ji not only as his father, but also as his perfect and loving Guru. He had great love, respect, and affection for him. So obeying his father, even after all the marriage ceremonies had been completed, he kept staying at Lahore, waiting for a message from his father. But when for many days, no such message came and when separation from his loving father and Guru became intolerable; he sent a letter to Guru Ram Das Ji. Not receiving any response, he sent another letter, but still received no response (because these letters were being intercepted by his elder brother). Then, he wrote a third letter, describing the pangs of separation he was experiencing, and he instructed the courier to deliver this letter personally to Guru Ram Das Ji. When the later received this letter, and noted that it was marked no. 3, he understood what was happening, and gave orders for Arjan Dev Ji to come back.

On obtaining union with his Guru and father, Arjan Dev Ji uttered another stanza to express his happiness. In this way, in combination with the previous three letters, it became a complete shabad or chaupada (a hymn of four stanzas). The net result was that Guru Ram Das Ji was extremely pleased with Arjan Dev Ji. Then in accordance with the pre-ordained command (of God) and the blessings already bestowed by the third Guru Amar Das Ji, he anointed Arjan Dev Ji as the next Guru.

In the first letter, expressing his desire to reunite with and enjoy the sight of his Guru and father, Arjan Dev Ji wrote: “My heart longs for a glimpse of the Guru, and wails like a chaatrik, (the bird pied-cuckoo that wails for a special drop of water). My thirst is not quenched, and my mind finds no peace without the sight of the beloved saint (Guru).” (1)

Summarizing his love for the Guru, he says: "I am a sacrifice again and again to the sight of my beloved saint Guru."(1-pause)

Receiving no response to this letter, Arjan Dev Ji wrote a second letter, saying: “(O’ saint Guru), pleasing is your countenance, and soothing is your utterance. (My condition is like that of) a pied cuckoo that has not seen a drop of water in such a very long time. Blessed is the land where you abide, O’ my benefactor, friend, and God.” (2)

Expressing once again his utmost love for his Guru, he says: "O’ my beloved Guru-benefactor, friend and God, I am a sacrifice again and again to your sight.” (1-pause)

Still receiving no response, Arjan Dev Ji sent a third message, expressing his extreme restlessness. He wrote: “(When I was there with you, even then) a moment without seeing you was (painful like a long period) of Kal-Yug. (When shall I now meet You, O’ my Beloved)? My nights do not pass. I cannot sleep without a sight of the Guru’s Court.”(3)

Paying homage even to Guru’s court, he says: "I am a sacrifice again and again to the court of that true Guru.”(1-pause)

On receiving the third letter, Guru Ram Das Ji called Arjan Dev Ji home and anointed him as the (next) Guru, and asked him to utter the fourth stanza, so that (along with the earlier three letters) it may become a complete shabad. Expressing his pleasure and gratitude, Guru Ji says: "By great good fortune, God has united me with the saint Guru, and I have obtained the immortal God right in my own home. Now I shall serve you (with such dedication) that I may not be separated from you even for a moment. Servant Nanak is your slave, (O’ my respected sire)."

Once again expressing his extreme love and dedication, he says: "(O’ my Guru), I am a sacrifice again and again to You, and servant Nanak is your slave, (O’ my Master).” (1-8)

The message of the shabad is that we should have so much love and dedication for our beloved Guru that without seeing the sight of him (by reading and understanding at least one shabad from Guru Granth Sahib Ji, or reading the Hukam Naama), we should not start our day. At every moment we should remember and keep in mind our Guru God.

raag maajh mehlaa 5.

saa ruṭ suhaavee jīt tuDh samaalee.
so kamm suhaylaa jo tāyree ghaaalee.
soridaa suhaylaa jīt ridai tooN vuthaa sabhnaa kay daataaraa jee-o. ||1||
In the previous shabad, Guru Arjan Dev Ji described the story of his separation and eventual union with his beloved father and Guru, Sri Ram Das Ji. In the last stanza of that hymn, Guru Ji stated: “By great good fortune, God has united me with the saint Guru, and I have obtained the immortal God right in my own home. Now I shall serve you (with such dedication) that I may not be separated from you even for a moment. Servant Nanak is your slave, (O’ my respected sire).” In this shabad, Guru Ji expresses his appreciation, gratitude, and commitment to God.

He says: “O’ the Benefactor of all creatures, pleasant is that season when I remember You, and for me that task is the most auspicious, which I do in Your service. Blessed is that heart in which You reside.” (1)

Eulogizing God further, he says: “O’ God, You are the common father of us all. Your inexhaustible stores are full of (all the nine treasures of wealth). The one to whom You give (all that one’s worldly and spiritual desires are fulfilled, and such a person) is fully satiated. That person alone is (considered) Your (true) devotee.” (2)

Guru Ji now describes how all the creatures depend on God and share His provisions. He says: “O’ God, everyone has pinned his or her hope on You. It is You who reside in each and every heart. All are called partners in Your wealth (of grace). You don’t appear as a stranger to anyone.” (3)

Finally commenting on the unique ways of God, he says: “(O’ God), You Yourself emancipate some persons through the Guru’s guidance. You Yourself make the self-willed endure births and deaths. Slave Nanak is a sacrifice to You. All is Your play and show, (O’ my God).” (4-2-9)

The message of the shabad is that we should understand that all creatures (not just human beings) are the off springs of the same one Creator, and all are equal partners in His grace. Therefore, all of us should live like brothers and sisters, and ignore one another’s faults and failings. We should not be bothered by any good or bad omens, or regard particular times and seasons as more auspicious than others. For us, all those times are propitious when we remember God, and all those deeds are good which are done in God’s service.

Detail of shabads: M: 4=7, M: 5=2, Total=9

maajh mehlaa 5.

anhad vaajai sahj suhaylaa.
sabad anand karay sad kaylaa.
sahj gufai meh taarhee laa-ee aasan ooch savaei-aa jee-o. ||1||

fir ghir apunay garhi meh aa-i-aa.
jo lorheedaa so-ee paa-i-aa.
taripat aghaaay rahi-aa hai saantahu gur anhia-a purakh dikhaari-aa jee-o. ||2||
In the previous shabad, Guru Ji advised us that all those times are propitious when we remember God, and all those deeds are good which are done in God’s service. In this shabad, he shares with us his own state of mind as a result of his dedication and devotion to God at all times.

He says: “Within me rings spontaneously the non-stop melody of celestial joy. My mind always revels in the bliss of the (divine) word. I am sitting in a trance, in a state of spiritual equipoise, and my mind is focused on the highest embellished seat (of the supreme Being).” (1)

Elaborating on his manner of worship and meditation, Guru Ji says: “After wandering outside, my mind has turned its concentration inwards, and I have found what I have been searching for. O’ my dear saints, (now) my mind has been fully sated and satiated, because (now) the Guru has shown me that Master, the embodiment of (divine) knowledge.” (2)

Describing that God whom he has realized, Guru Ji says: “(I have now realized that God) Himself is the King, and Himself the subjects. He Himself is the renouncer, and He Himself is the enjoyer of worldly pleasures and relishes. He Himself sits on the throne, and dispenses true justice. Therefore, all my cries and complaints have ended.” (3)

In order that there should not be any doubt left in our minds about God, Guru Ji says: “I have described (the Master) exactly as I have seen. But only the one who has understood His mystery enjoys this relish (of God’s merits). Such a person’s light (soul) merges into the (Supreme) soul, and obtains spiritual peace. Slave Nanak has (seen that) the one (God) is pervading everywhere.” (4-3-10)

The message of the shabad is that we need not go anywhere outside in search of God. All we need to do is to sit calmly, and concentrate on God abiding within ourselves. Then we will be able to listen to the non-stop divine melody and enjoy the bliss of union with Him, while sitting in our own home.

**MAAJH MEHLA 5**

The message of the shabad is that we need not go anywhere outside in search of God. All we need to do is to sit calmly, and concentrate on God abiding within ourselves. Then we will be able to listen to the non-stop divine melody and enjoy the bliss of union with Him, while sitting in our own home.

**MAAJH MEHLA 5.**

**It is the same light**
In the previous shabad, Guru Ji advised us that we should sit calmly, and concentrate on the God abiding within ourselves. Then we will be able to listen to the non-stop divine melody, and enjoy the bliss of union with Him while sitting in our own home. In this shabad, using his favorite metaphor of a beauteous wedded bride for a Guru-following soul, he tells us what kind of blessings are showered on such a soul-bride (who is wedded to God Himself).

He says: “O’ my friend, in the home (of my heart) in which the spouse (God) has come to reside, (I have) sung the song of celestial joy. (O’ my friend), revelries and pleasures look beauteous in that house in which her Spouse has embellished the bride-soul. (Because, only the heart of that Guru’s follower enjoys spiritual bliss who has been bestowed with spiritual merits by God).” (1)

Now describing the merits of such a Guru’s follower, who has been blessed with God’s grace, Guru Ji says: “The soul-bride united with God is the most meritorious and most fortunate. She is blessed with many sons (wields much respect in the society), and she is a docile wedded wife (of calm and obedient nature). She is a truly beauteous, sagacious, and beloved bride with bewitching eyes (who possesses both wisdom and endearing qualities).” (2)

Continuing the same metaphor of a God-united Guru-following soul, Guru Ji says: “Such a wedded (united) soul-bride of noble conduct is highly distinguished. (Such a wise Guru’s follower possesses all merits, as if) she is both knowledgeable, and also decked with all kinds of ornaments. In short, the soul-bride who has been embellished with the love of her Spouse is of high lineage, and blessed with the support of many brothers. (In other words, the Guru’s follower who is imbued with the love of God is regarded as a person of honor, and divine power).” (3)

In conclusion, Guru Ji says: “The glory of the soul-bride who has been united with (God) and embraced by Him cannot be described. O’ Nanak, eternal is the union of that soul: she has been blessed with the love and support of the incomprehensible and unknowable God.” (4-4-11)

The message of the shabad is that we should imbue ourselves with such deep sincere love and devotion for God that He Himself may come and embellish us with all kinds of merits, embrace us to His bosom, and let us enjoy the bliss of His eternal love and support.

The same light
In the previous shabad, Guru Ji advised us that we should imbue ourselves with such deep and sincere love for God that He Himself may come and embellish us with all kinds of merits, embrace us to His bosom, and let us enjoy the bliss of eternal union with Him. But the problem is that instead of inculcating true love for our Creator and His creatures, we begin searching for Him in jungles and pilgrimage stations, or through various rituals and yogic postures. In this shabad, he describes the futility of all such methods, and tells us how and when blissful union with God takes place.

Guru Ji says: “(A true devotee) searches again and again (for God, because the devotee) wants to see His sight. (Toward that end), the devotee searches for Him in jungles and wildernesses of many kinds, and (keeps asking:) “Is there anybody who can unite me with my Lord Master who has no attributes, and yet possesses all merits?” (1)

Now Guru Ji describes the spiritual state of pandits or yogis to whom one goes for spiritual guidance and solace. He says: “(During the search, a seeker goes to many scholars). The (scholars) utter from their tongue knowledge of the six Shastras (Hindu philosophy), perform various kinds of worship, ablutions at pilgrimage stations, and anoint their foreheads with saffron marks. Some perform eighty-four yogic postures, including Niwali Asana (a special yogic practice to cleanse the bowels). But all such rituals and exercises bring no peace of mind.” (2)

Next, Guru Ji comments upon the fate of those who for many years, perform hard penance or keep wandering over the earth to attain God. He says: “For years (a seeker might have) performed worship and practiced austerities, and might have roamed the earth. But still the seeker’s mind doesn’t find peace, even for a single moment; therefore a yogi keeps running from one place to the other again and again.” (3)

Now Guru Ji tells us how he was united with the supreme Master, and what kind of bliss he is enjoying. He says: “Showing His grace, God has united me with the saint (Guru. As a result), my mind and body have become cool, (calm), and contented. The immortal God has taken abode in my heart, so slave Nanak sings songs of joy.”(4-5-12)

The message of the shabad is that there is no need or use of performing ritual worship, penances, yogic exercises, or ablutions at holy places. If we want to enjoy blissful union with God, and a unique sense of peace and happiness of mind, then we should pray to Him to bless us with the guidance of the Guru. Luckily, we the Sikhs are already blessed with the guidance of Guru Granth Sahib. We do not have to search for any Guru. Now all we need to do is to carefully and lovingly read, understand, and act upon the advice contained therein. Surely, one day God will shower His mercy upon us also, and let us enjoy the peace and bliss of His union.

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**MAAJH MEHLA 5**

paarbarahm aprampar dayvaan.
agam agochar alakh abhayaa.
deeen da-i-aal gopaal gobindaar har Dhi-avahu 
gurmukh gaattee jee-o. ||1||
gurmukh maPhusoordan nistaaray.
gurmukh sangee krisan muraaray.
da-i-aal daamadar gurmukh paa-ee-ai horaat 
kii na bhaatee jee-o. ||2||
nirhaaree kaysav nirvairaa.
kot janaa jaa kay poohjhe paarai.
gurmukh hirdai jaa kai har har so-ee bhagat 
kaattee jee-o. ||3||

amogh darsan bay-anp apaaraa.
vad samrath sadaa daataaraa.
gurmukh Naam japee-ai tit taree-ai gaat 
naanak virlee jaaatee jee-o. ||4||6||13||

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It is the same light
In the previous shabad, Guru Ji advised us that there is no need or use of performing ritual worship, penances, yogic exercises, or ablutions at holy places. If we want to enjoy blissful union with God, and a unique sense of peace and happiness of mind, then we should pray to Him to bless us with the guidance of the Guru. In this shabad, he again urges us to meditate on God through the Guru, and obtain salvation from the pain of births and deaths.

He says: “The all pervading God transcends the world, and is beyond limits. He is incomprehensible and unknowable, and His mystery cannot be understood. That Master of the universe is merciful to the meek, and the preserver of the world. (O’ mortals), through the guidance of the Guru, contemplate upon Him who is the Giver of salvation.” (1)

Now describing the benefits of the Guru’s guidance, he says: “(When we meditate upon God under the guidance of the Guru), that Slayer of demons saves us (from evil thoughts. When we meditate upon God) under the guidance of the Guru, that God who killed even the demon Mur (mentioned in Hindu holy book Gita) becomes our companion. (In short, it is) through the Guru’s grace that we obtain that merciful God, who is also known by the Name Damodar, and in no other way.” (2)

Elaborating on the merits of God, Guru Ji says: “That God, who is also known as Keshav, (the one with beautiful long hair), has enmity with none, and doesn’t need any food (to sustain Himself). Millions of devotees worship at His feet. Only that person is known as His unique worshipper or devotee in whose heart, He resides by Guru’s grace.” (3)

Concluding the hymn, Guru Ji says: “(That supreme God), whose sight is fruitful, is infinite and unknowable. That ever-beneficent Giver is very powerful. By meditating on His Name under the guidance of the Guru, we swim across (this worldly ocean). But O’ Nanak, it is only a rare person who has realized this (supreme) state (of mind).” (4-6-13)

The message of the shabad is that only by meditating on God under the Guru's guidance can we obtain salvation and union with that Master of the universe, and by no other means.
He says: "(O’ God), we do whatever You say (or command). We receive whatever You give us. You are the sole pride of the poor and the helpless. You are everything. O’ my beloved (God). I am a sacrifice to Your power.”(1)

Commenting on the fact that different people do different things, some follow the righteous path and some stray into wrong directions, Guru Ji sees the will or desire of the Almighty. He says: "(It is according to His) Will that some go astray, and some follow righteous paths (in life). It is according to His Will that many persons sing His praise under the guidance of the Guru. According to His will, many wander in doubt, and fall into many existences. (In fact), everything happens according to His Will."(2)

Giving the essence of his belief, Guru Ji says: "(O’ God), no one is foolish, and no one is wise. Everything happens as per Your Will. O’ incomprehensible, unknowable, infinite, and unfathomable God, Your worth cannot be described."(3)

Guru Ji concludes the shabad by showing us what to beg from that supreme Master. He says: "O’ God, I have come and fallen at Your door (and sought Your refuge). O’ my Beloved, give me the dust of the saints’ feet (their humble service. Because) O’ Nanak by seeing their sight, one’s mind is satiated, and easily the union with Him takes place." (4-7-14)

The message of the shabad is that we should not feel proud, thinking that we are better or more righteous than others. We should understand that whatever others are, or whatever is happening, good or bad, it is all according to God’s Will. What we need to do is to pray to God to bless us with the guidance of the saint Guru, so that under his guidance we may meditate upon God with love and devotion. Then in a very natural sort of way, we would be united and become one with God.
hand, the person whom the compassionate God gives (the gift of His Name), by meditating on God, that person always remains happy (with whatever he or she already has).” (1)

Now Guru Ji shares his own experience in this matter. He says: "My true Guru is very powerful. (By his grace, when) I remember (God) in my heart, all my pain disappears. Yes, the malady of worry and the pain of ego has departed from within me, because (now) God Himself protects and nurtures me." (2)

But Guru Ji assures us that this does not necessarily mean that one has to go without worldly pleasures and comforts. Only his approach is different. He says: "What I do is that like a child, I ask Him for every thing (I need). By conferring gifts on me, God’s stores do not fall short. That Master of the universe is very gracious and merciful to the meek and humble. Falling at His feet repeatedly, I please Him." (3)

Guru Ji concludes the shabad by expressing his gratitude to his Guru, who has given him such perfect guidance. He says: "I am a sacrifice to my perfect Guru, who has cut off (and liberated me from) all my worldly bonds. By instilling the Name (by teaching me how to remember and approach God), he has made me pure. Dyed in God’s love, Nanak has become drenched with spiritual joy." (4)

The message of the shabad is that if we want to enjoy both worldly comforts and spiritual joy, then instead of forsaking God and running after worldly wealth, we should seek the guidance of Guru (Granth Sahib Ji), and remember God with true love and affection. Then like a child we can entreat Him for all kinds of gifts; He would never feel any hesitation in bestowing those gifts on us.

In the previous shabad, Guru Ji advised us that if we want to enjoy both worldly comforts and spiritual joy, we should seek the guidance of the Guru and meditate on God's Name. Then, like a child, we can always beg Him for all kinds of gifts, and He would never feel any hesitation in bestowing those gifts on us. In this shabad, he shows us how and what to beg from our Creator.

Guru Ji says: "O’ beloved Preserver of the world, merciful and loving Lord, unfathomable, profound, limitless God, O’ the highest of the high, immeasurable, infinite Master, I wish that I may (obtain) spiritual life by meditating on You.” (1)

Next, describing the bliss he obtains by meditating on God, Guru Ji says: "O’ Destroyer of pains, O’ invaluable treasure, O’ fearless, , unfathomable, and immeasurable (God), You are beyond death or birth. You are self-existent. By meditating on You, my mind becomes (calm and) cool.” (2)
Now Guru Ji shares with us his loving desires, and says: "God, the world-cherisher, is always the companion of His creatures. He nurtures both high and low. His Name is the essence of all joys and satiates the mind. (I wish) that by Guru's grace, I may drink the nectar of (God's) Name, which satiates the mind (from all worldly desires)." (3)

Concluding the *shabad* with a humble prayer, Guru Ji says: "O’ my Beloved, (I wish that both) in pain and pleasure, I may meditate on You. This immaculate advice I have obtained from the Guru. O’ Master, You are Nanak’s mainstay. Through Your love alone I can swim across (this worldly ocean)." (4-9-16)

The message of the *shabad* is that instead of approaching God with our long list of worldly demands, we should lovingly pray to Him to bless us, so that we may always remember Him both in joy and sorrow. Then the benevolent Creator would bestow such peace and contentment of mind on us that we would rise above the worldly desires, and live in a state of perfect peace, and contentment.

**MAAJH MEHLAA 5**

In the last stanza of the previous *shabad*, Guru Ji expressed his wish that he may meditate on God, both in pain and pleasure. He further stated that this immaculate advice he had obtained from his Guru. In this *shabad*, he shares with us what other blessings he obtained from the Guru, and how indebted he feels towards his spiritual guide.

He says: "Blessed is that time when I met the true Guru. So fruitful was this meeting that just on seeing him with my eyes, I felt emancipated. (Therefore for me), most auspicious are those moments, minutes, hours, and those special circumstances, which brought about this meeting." (1)

Next, he describes the things that happened after meeting his true Guru. He says: "(My true Guru instructed me to meditate on God's Name). By making efforts (to meditate on the Name), my mind was purified. Walking on God's path (of righteousness, as instructed by the Guru), all my doubt was removed. The true Guru has related to me the benefits of the treasure of (God's) Name. (By virtue of this), all my afflictions have been removed." (2)

Now Guru Ji describes what else he has learnt from his spiritual guide. He says: "O’ Lord Master, my Guru has told me that both within and without, it is Your Word (of command, which prevails). You Yourself have uttered and expounded it (through various natural phenomena). The Guru has told me that behind everything, there is the command or will of the one (God) alone, and there will never be any other (beside Him whose writ will run this universe)." (3)
Summarizing the gifts, he has obtained from his Guru, he says: "I have drunk the ambrosial nectar of God’s Name from the Guru. (I am now so much absorbed in meditating on God’s Name that I have become oblivious of my dress and food, as if) God’s Name has become my food and my wear. Now God’s Name is my joy, entertainment, and pleasure. (In short, absorption in) God’s Name has become Nanak’s sole enjoyment.” (4-10-17)

The message of the shabad is that if we wish to be free from doubt or disease, and enjoy true happiness and bliss, we should seek and act upon the guidance of Guru (Granth Sahib Ji). As instructed therein, we should make a sincere and concerted effort to meditate on God’s Name. A stage would come, when this effort would purify our mind, remove all our doubt and distress, and we would enjoy all the bliss and pleasures of God’s Name.

In the opening lines of the previous shabad, Guru Ji stated: "Blessed was the time when I met the true Guru. So fruitful was this meeting that just upon seeing him, I felt emancipated." The question arises: "What does Guru Ji ask for, and what does he get when he meets the saint (Guru)? In this shabad, he provides the answer.

Addressing God, he says: "From all the saints, I ask for but one blessing (and that is nothing but God’s Name). For this purpose, shedding my ego, I make a humble supplication. (O’ God), I am a sacrifice to You, millions of times; (please) bless me with the dust of the saints’ feet (their most humble service)." (1)

Continuing his humble prayer before God, Guru Ji says: "(O’ God), You are the benefactor and architect of our destiny. You are all powerful, and the eternal Giver of peace. Everybody finds fulfillment of his or her desires from You. Please, make my human birth fruitful (by blessing me with Your Name).” (2)

Elaborating further on the glory of God, he says: " (O’ God), only those persons have conquered the invincible fortress of self (conceit) who have sanctified their heart with Your sight. You are the benefactor, You are the architect of our destiny, and no one is a brave warrior like You.” (3)

Finally, sharing with us the result of his prayer to God, Guru Ji says: "(I have been blessed with humble service of the saints. Therefore, I feel that) my forehead has been anointed with the dust of the saints’ feet. Under their guidance, all my evil intellect, along with the false knowledge that brings misfortune, has been
destroyed. Now, in a state of true concentration of mind, I sing God’s praises. In this way, all the falsehood in Nanak has been dispelled.” (4-11-18)

The message of the shabad is that if we want to be rid of all our ego and evil thoughts, then we should pray to God to bless us with the humble service and guidance of the saint Guru. Then, according to the Guru's advice, we should sing the praises of God with full concentration of mind, so that like so many others, God may bless us also and make this human life of ours fruitful.

In the previous shabad, Guru Ji advised us that if we want to get rid of all our ego and evil thoughts, then we should pray to God to bless us with the humble service and guidance of the saint Guru. Then, according to the Guru's advice, we should sing praises of God with full concentration of mind. In this shabad, he shows us how to humbly pray to God, and what to ask Him for.

He says: "O' the supreme Giver, let me never forsake You. Please show mercy on me, so that I may be imbued with the love of Your devotees. O' my reverend Master, bestow this gift on me: that day and night I may meditate on You.” (1)

Expressing his gratitude to God, Guru Ji says: "(O' God), You have infused intellect (in the human body made of) inanimate dust. You have given it everything, (including) comfortable places to live. (For its entertainment), You have blessed it with all kinds of joys, sports and pleasures. (But) only that happens which pleases You.”(2)

Now addressing us, Guru Ji advises us and says: "(O' my friends), we receive everything from Him. (By his grace, we enjoy) many kinds of foods, comfortable beds, cool breezes, spontaneous joys and carefree pleasures. (We should never forget Him).” (3)

Therefore, concluding his prayer, Guru Ji says: "(O' God), please give me such wisdom that I may never forget You. Give me such an intellect that I may meditate on You. (In short, bless) Nanak with the refuge of the Guru’s feet, so that with every breath, he may sing Your praises.” (4-12-19)

The message of the shabad is that God has bestowed numerous blessings on us, and removed our pains and sufferings. Therefore, we should not forget Him. We should keep on singing His praises and praying to Him to bless us, so that we may never forsake Him and always live under the Guru’s care and guidance.
It is the same light
In the closing stanza of the previous shabad, Guru Ji expressed his love and gratitude to his Guru. In this shabad, he describes how his saint Guru has put him on the right path, and what kind of deep love for God the Guru has induced in him.

First, expressing his love for God, Guru Ji says: "(O' God), You are (like an) ocean, and we are (like) the fish in that ocean. Your Name is (like the celestial) drop, and we are thirsty like the chaatrik (bird) longing for that drop. We crave for You, and thirst for You, and it is only with You that our mind is attuned."(1)

Describing what pleasure and satisfaction he obtains on meditating on God’s Name, he says: "(O' God), just as a child is satiated with milk, just as a pauper is overjoyed at the sight of money, just as a thirsty person feels comforted on drinking cold water, similarly my mind feels satiated in God’s company."(2)

But that is not all. Elaborating further upon the pleasure he feels in God’s presence, Guru Ji says: "Just as a lamp lights the darkness, just as when upon remembering her spouse a bride’s wish is fulfilled, and upon meeting her beloved she feels bliss, similarly (my) mind is happily imbued with the love of God."(3)

But Guru Ji never wants to forget his Guru, who has helped him and shown him the path to the Creator. So he says: "My saint (Guru) has shown the way to God. It is the kind saint (Guru) who has accustomed me to the love of God. (Now, my love for God has reached such a stage, that I feel that) God belongs to me, and I am His slave." Such is the true word (of advice), his Guru has given to Nanak."(4-14-21)

The message of the shabad is that if we want to enjoy the bliss of a true love and eternal union with the supreme Being, we should carefully read, understand, and act upon the immaculate teachings of our Guru (Granth Sahib Ji).

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**MAAJH MEHLA 5**

In the closing stanza of the previous shabad, Guru Ji expressed his love and gratitude to his Guru. In this shabad, he describes how his saint Guru has put him on the right path, and what kind of deep love for God the Guru has induced in him.

First, expressing his love for God, Guru Ji says: "(O' God), You are (like an) ocean, and we are (like) the fish in that ocean. Your Name is (like the celestial) drop, and we are thirsty like the chaatrik (bird) longing for that drop. We crave for You, and thirst for You, and it is only with You that our mind is attuned."(1)

Describing what pleasure and satisfaction he obtains on meditating on God’s Name, he says: "(O' God), just as a child is satiated with milk, just as a pauper is overjoyed at the sight of money, just as a thirsty person feels comforted on drinking cold water, similarly my mind feels satiated in God’s company."(2)

But that is not all. Elaborating further upon the pleasure he feels in God’s presence, Guru Ji says: "Just as a lamp lights the darkness, just as when upon remembering her spouse a bride’s wish is fulfilled, and upon meeting her beloved she feels bliss, similarly (my) mind is happily imbued with the love of God."(3)

But Guru Ji never wants to forget his Guru, who has helped him and shown him the path to the Creator. So he says: "My saint (Guru) has shown the way to God. It is the kind saint (Guru) who has accustomed me to the love of God. (Now, my love for God has reached such a stage, that I feel that) God belongs to me, and I am His slave." Such is the true word (of advice), his Guru has given to Nanak."(4-14-21)

The message of the shabad is that if we want to enjoy the bliss of a true love and eternal union with the supreme Being, we should carefully read, understand, and act upon the immaculate teachings of our Guru (Granth Sahib Ji).
The main emphasis of the message of Guru Granth Sahib Ji is to continuously contemplate on God’s Name with love and devotion. In this shabad, Guru Ji tells us about the merits of contemplating on God’s Name and the joys it gives.

He says: “The Name of God is always immaculate. It is the giver of peace and dispeller of pain. I have tried and tasted all other relishes, but I find this relish of God to be the sweetest of all.” (1)

Guru Ji now tells us the benefits received by those who drink this nectar of God’s Name. He says: “Whosoever partakes of the Name-nectar is satiated, and feels that all that person’s desires have been fulfilled. The person who obtains the relish of God’s Name becomes immortal. However, only that person obtains this treasure of (God’s) Name, in whose mind the holy word of the Guru has been enshrined.” (2)

Continuing to list the merits of God’s Name, Guru Ji says: “The person who has obtained God’s relish is fully satiated. The one who has enjoyed the taste of God’s Name does not waver. However, only that person obtains God’s Name in whose destiny it is so pre-ordained.” (3)

Guru Ji now describes the process by which the gift of Name is initially obtained and distributed. He says: “The gift of God’s Name is first obtained by one person (the Guru), and then from him many others benefit. By following the Guru many are emancipated. The treasure of God’s Name is obtained by Guru’s grace. Nanak says: “Rare are the persons who have had a sight (or taste of this gift of God’s Name).” (4-15-22)

The message of the shabad is that if we want to end all our sorrows and enjoy eternal peace and bliss, we should seek the grace of Guru, and beg him to bless us with the gift of God’s Name.

In the previous shabad, Guru Ji advised us that if we want to end all our sorrows and enjoy eternal peace and bliss, we should seek the grace of the Guru, and beg him to bless us with the treasure of God’s Name. In this shabad, he describes why he loves his Guru and God, and how valuable is God’s Name for him.

He says: “For me, God is the treasure of all blessings, and the source of all miraculous powers. By the grace of the profound and unfathomable God, I have obtained the supreme blessing of life. (Not only this), the person who falls at the Guru’s feet (and follows his advice with full faith and devotion) obtains millions of joys and pleasures.” (1)
Describing the blessings obtained by those who have seen the Guru and followed his advice, he says: “Upon seeing the sight (of the Guru and following his advice, many) have been rendered pure and immaculate. (Not only that), through Guru’s grace, the person who meditates on the inaccessible and incomprehensible Master and eternal God all that person’s friends and brothers are liberated.” (2)

Continuing to explain the importance of the Guru, he says: “(That God), whom all created beings search for, is found by only a rare fortunate person, who is able to have His vision. The mansion of (that supreme Being) is lofty, infinite, and unknowable. It is the Guru alone who can show us that place.” (3)

Guru Ji concludes this shabad by expressing his gratitude to God, and says: “O’ God, Your sweet Name is like an unfathomable ocean. The person in whose heart (that Name) has come to reside is emancipated. O’ Nanak, the Guru cuts off all the (worldly) bonds of such a person, and such a person imperceptibly merges (in God Himself).” (4-16-23)

The message of the shabad is that if we want to attain to God, the fount of all treasures, peace, and bliss, then instead of going anywhere, we should seek, understand, and act upon the advice of the Guru. In other words, we should simply follow Gurbani (the hymns of the Gurus and other saints) enshrined in Guru Granth Sahib, and dwell on God’s Name with love and devotion at all times.

In the previous shabad, Guru Ji described the blessings received by those who have devoutly followed the Guru’s advice. In this shabad, he shares with us his own experience in this respect.

He says: “By God’s grace, I repeat God’s Name. By God’s mercy, I sing songs of joy in His praise. (My Guru has advised that in every state) whether sitting, standing, sleeping or waking up, throughout all our life, we should meditate on God.” (1)

Telling us who has blessed him with this panacea of God’s Name), and what are its blessings, Guru Ji says: “It is the saint (Guru) who has given me this cure - all of (God’s) Name, which has purged me of all sins and made me pure. It has brought me a state of bliss: (now all) my pain has been dispelled, and all my sufferings have been destroyed.” (2)

Therefore, on the basis of his personal experience, Guru Ji states: “The person whom my beloved (God) protects is emancipated from the worldly ocean. The person who has realized that the Guru is eternal, (and whatever he says is the right thing to do), that person need not be afraid of anybody.” (3)
In conclusion, Guru Ji says: “Ever since the time I have found the company of the saintly persons and met the Guru, my affliction (of ego) has been dispelled. (In this way), the true Guru has covered my faults. (Now I), Nanak, sing the praises of God with each and every breath (at all times).” (4-17-24)

The message of this shabad is that if we wish that all our sins should be removed, so that we may attain to a state of eternal bliss, we should meditate on God’s Name. For getting this gift of Name, we must seek the blessings of the Guru and God.

In the previous shabad, Guru Ji advised us that if we want to seek the blessings of God, we should seek the Guru’s grace. The Guru is another name for the true saint or servant of God. In this shabad, he tells us about the merits of such a servant.

He says: “God is intertwined like the crosswise and lengthwise strands (Taana Peta) of a fabric with (His) servant. That God, the Giver of comforts to the creatures, provides sustenance to His servants. Therefore, I fetch water, wave fan, and grind corn (and do all kinds of chores) for God’s servant: this too is the service of God Himself.” (1)

Explaining why the service of God’s servant or devotee is the service of God Himself, he says: “Cutting off the noose (of death, God) has yoked the servant to His service. God’s command is pleasing to the servant’s mind. The servant only does what pleases God. He thus becomes an expert in realizing God both inside and outside (him).” (2)

Guru Ji now makes a direct supplication to God. He says: “(O’ God), You are all-wise, and know all the ways and states (of servants’ minds). The servants of God enjoy His love and affection. Whatever belongs to (God, in a way) belongs to the servant as well. Because of his association with the Master, the servant also becomes known in the world.” (3)

In conclusion, Guru Ji says: “The person who has been once honorably recognized by His master is not called in again to render an account (of past deeds). Nanak is a sacrifice to such a servant because he or she is deep and profound, and precious like a pearl.” (4-18-25)
The message of the shabad is that the service of God’s servant (the Guru) is the service of God Himself, who is the Giver of all joy and peace. The devotee who is once recognized with honor by God is not required to render accounts of his past deeds ever again.


In the previous two shabads, Guru Ji told us about the blessings received by serving the Guru, and meditating on God’s Name. In this shabad, he shares with us the ecstasy experienced by him on receiving God’s blessings, and the gift of the nectar of His Name.

On the basis of his personal experience, Guru Ji tells us: “(O’ my friends), all boons are present right in one’s own house (one’s heart. The person) who searches for these outside, is lost in doubt. By Guru’s grace, they who have found (this bliss of the nectar of Name) within (their own hearts) are at peace, both within and without (with themselves and others).” (1)

Now touching the heights of poetic imagery, he shares with us his ecstasy on receiving the gift of the nectar of Name. He says: “Slowly and steadily is raining down the stream of nectar. The mind is drinking this (nectar) while listening and reflecting on the word (of the Guru). Day and night, the mind enjoys peace and bliss, and plays lovingly with God.”(2)

Stating the significance of such an experience, Guru Ji says: “(With this experience, I feel that I), who had been separated from God for many births, have been reunited (with Him). In this way, by the saint (Guru’s) grace, my dried up (sad) mind has blossomed again. Yes, by receiving good advice (from the Guru), and by meditating on God’s Name, union with Him has been attained.” (3)

Finally illustrating his union with God with a beautiful metaphor, he says: ‘Just as a wave merges back into water, similarly my soul-light has been united with God’s Light. (In short I), Nanak, say that all the doors of doubt (between God and me) have been cut down, and there will be no more distance between God and me. (I have been united with God, and now I will never be separated from Him).” (4-19-26)

The message of the shabad is that if we want to enjoy the ecstasy and unique experience of the soft, steady, rain-like dripping of the nectar of God’s Name, then we should not try to find it outside. Instead, we should follow the Guru’s advice and search for it within ourselves.
It is the same light

In the previous shabad, Guru Ji shared with us the bliss that one experiences while meditating on God’s Name. He told us how he felt as if the divine nectar is dripping within him, like a soft steady rain. For this reason, he tells us how much he respects those who have enjoyed this bliss of meditating on God’s Name.

He says: “(O’ God), I am a sacrifice to that person who has heard of You. I am a sacrifice to those who have uttered Your Name with their tongue. Yes, O’ my respected God, I am a sacrifice again and again to that person, who meditates on You both in body and mind.” (1)

Continuing his praise of those who are in love with God, Guru Ji says: “(O’ God), I will like to wash the feet of the person who treads on Your path. My eyes will feel blessed at the sight of such a kind person. I will surrender my mind to such a friend, who by meeting the Guru has found God (within).” (2)

Listing some of the blessings received by such devotees of God, he says: “Very fortunate are they who have realized You. Such persons, while abiding in the midst of all, remain aloof and free from (all worldly) desires. In the company of the saint (Guru), they have crossed the dreadful worldly ocean, and have gained control over their (inner) demons (of lust, anger, greed, attachment and ego).” (3)

Concluding this shabad, Guru Ji says: “Setting aside its entire ego, pride, and darkness of attachment, my mind has sought the shelter of such (godly) persons. (I) Nanak, beseech them to bless me also with the gift of Name of that incomprehensible and unfathomable God.” (4-20-27)

The message of the shabad is that if we also want to enjoy the gift of the divine nectar of Name (and its ecstasy), we should seek the shelter and blessings of those who have themselves listened, uttered, and experienced the bliss of God’s Name.
In the previous shabad, Guru Ji advised us that if we want to enjoy the bliss of God’s Name, we should seek the shelter and guidance of those saints who have themselves enjoyed its divine bliss. In this shabad, he describes how these exalted saints view God and everything else in the world.

Addressing God Himself, Guru Ji says: “(O’ God, it appears to me that) You are like a big tree, and this world is its blossoming branches. You are the subtle essence, which has become tangible. You are like the ocean, and this world is like bubbles and froth arising from it. Except You, I do not see anything else.” (1)

Citing other examples, Guru Ji says: “(O’ God, this world is like a) necklace whose thread is You, and whose beads also are You. Even the knot (at the end) is You, and the crown bead is also You. In short, it is You who is in the beginning, middle and end (of the world created) by You. I do not see any other (except You, O’ my God.” (2)

Describing his understanding of (God), Guru Ji says: “O’ God, You are the subtle and apparent Giver of all bliss. You are detached and yet so attached, who enjoys all kinds of joys and relishes. Only You know Your wonders, and You Yourself sustain (this infinite universe.”) (3)

In conclusion, Guru Ji humbly says: “(O’ God) You are Yourself the Master, and also the servant. You on Your own become hidden, and on Your own You become apparent. Slave Nanak always sings Your praises. For an instant, please, bless him also with Your glance of grace.” (4-21-28)

The message of the shabad is that (following the example of the saints who have been united with God) we should be imbued with so much love and devotion for God that we also see Him and His wonders in every phenomenon of this universe, and thus keep remembering Him at all times.
In the previous shabad, Guru Ji advised us that if we want to enjoy the blessings of God, we should be fully imbued with His love. In other words, we should see God in each and every living thing. Each and every word and action of ours should be inspired by His love. In this shabad, he tells us in what way we should use all our limbs and faculties, so that our total self may be blessed.

He says: “Approved is the speech with which God’s Name is uttered. By Guru’s grace only a rare person has realized this thing. Blessed is the time when God’s praises are sung and heard. Approved is the advent of such persons (in this world).”

Describing the best use of our faculties, Guru Ji says: “Approved are the eyes which have had a vision (of God). Meritorious are the hands, which write God’s praise. Beautiful (and worthy of worship) are the feet that tread God’s path. I am a sacrifice to such people, because it is in their company that one can realize You (O’ my God).”

Now addressing us in a most friendly and affectionate manner, Guru Ji says: “Listen! O’ my dear friend and mate, many people have been saved in an instant in the company of the saint (Guru. Because the person who remains in the company of saint is) purged of all sins and evil desires. Such a person’s mind is rendered pure, and that person’s rounds of births and deaths are ended.”

Guru Ji concludes the shabad by advising us how to approach God. He says: “(O’ my friends), folding both hands, humbly pray to God and say: “(O’ God, please) show mercy on me and save this (sinner, who is like a) sinking stone.”

Then referring to the result of such a prayer made by him, Guru Ji says: “(On hearing his prayer), God has shown mercy upon Nanak and God has become pleasing to Nanak’s mind.”

The message of the shabad is that if we want to wash off all our sins and end the pains of repeated births and deaths, we should humbly pray to God to show mercy on us, and bless us with the company of the saint (Guru). Upon listening to his Gurbani, and following it, our mind would become pure, and we would become worthy of merging in the pure and immaculate eternal God.
In the previous shabad, Guru Ji showed us how to pray to God with folded hands, and how when God shows mercy on us, He becomes highly pleasing to our mind. In this shabad, he shares with us what kind of joys and blessings we get when that happens.

Addressing God, Guru Ji says: "(O’ God), sweet as nectar is Your divine word. The more I listen to it, the more I feel that I am in a supreme state (of bliss). After obtaining a vision (and listening to the sermon) of the true Guru, the burning (agony of my mind) has ended, and my heart feels calm and cool." (1)

Then giving the essence of his experience, he says: "When with his tongue the saint (Guru) discoursed on God's Name, all my pain was dispelled, and peace prevailed all over (my body and mind). Just as after a (heavy) rain, all places and water bodies are filled to the brim and begin overflowing with water (similarly each and every pore of my body was filled with unique happiness)" (2)

But Guru Ji wants to emphasize that God's blessings are not confined to him or a selected few only. He says: "That Creator has shown mercy, and has provided sustenance to all beings, big and small. That kind and merciful Master has fully satiated all His creatures." (3)

Guru Ji concludes the shabad by telling us whom he worships. He says: "God has bestowed greenery (life) on all the forests, grass blades, and the universe. Yes, the Creator has done all this in an instant. By the grace of the Guru, Nanak worships that God who fulfills the desires of one’s heart." (4-23-30)

The message of this shabad is that if we want to be rid of all our pains, and experience a state of joy and peace, we should listen to and sing the ambrosial word of the Guru (the Gurbani as contained in Guru Granth Sahib Ji) with love and devotion. A stage will come when we too will be blessed with that celestial bliss, which would take us into an everlasting state of peace, poise, and bliss.

It is the same light
It is the same light
He says: “The devotees of God live by singing praises of the infinite (God). For them, God is the mainstay of their body, soul and mind. God’s nectar like Name is the treasure of virtues. By meditating on God’s Name, His devotees obtain bliss.”(1)

Now stating the benefits of singing God’s praises in the company of saintly persons, Guru Ji says: “The person, who from his house comes (to the congregation of saintly persons) with the desire to (sing God’s praises with full devotion) ends all round of births and deaths. All hopes and desires (of that person) are fulfilled upon having a vision of the Guru.”(2)

Stating the unique blessings received by a true devotee of God, Guru Ji says: “Even though yoga-practitioners, the accomplished yogis, and (divine) scholars meditate on Him, they are not yet able to know the extent (or mystery) of the incomprehensible and unknowable God. (But by Guru’s grace), God is revealed in the mind of the devotee who’s self-conceit is erased, and doubt is removed.” (3)

In conclusion, Guru Ji says: “(The person who with true devotion) has meditated on God’s Name, that person’s mind has been filled with the treasures of bliss, pleasures, and salvation, and such a person enjoys a state of peace and poise. In short, O’ Nanak, on whom our Master becomes merciful, God’s Name comes to reside in that person’s mind (which brings a supreme state of bliss).”(4-25-32)

The message of the shabad is that if we want to enjoy the state of supreme peace, poise, and bliss, we should sing the praises of God in the company of saintly persons.

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In the previous shabad, Guru Ji advised us that if we want to enjoy a state of supreme bliss, we should sing praises of God in the company of saintly persons. In this shabad, he describes the kind of bliss he himself is enjoying by doing so.

Addressing God, he says: “(O’ God), I feel rejuvenated upon listening repeatedly to the story of Your glory. You are my beloved supreme Master. About Your wonders, O’ God, only You know, I only rely on Your support.” (1)

On the basis of his personal experience, Guru Ji states: “On singing the praises of God, one’s mind blooms. By listening to discourses about God, one sheds the dirt (of evil thoughts) from one’s mind. Therefore, in the company of saints I always keep meditating on the gracious God.”(2)
Guru Ji further says: “I wish that by Guru’s grace I may learn this wisdom: that I remember my God with each and every breath. But O’ God, the merciful Sustainer of all, only by Your grace, one is enlightened (with such divine knowledge).” (3)

Guru Ji concludes the hymn by saying: “God is forever true. He has been and will always be self-existent. O’ my Beloved (God), Your wonders are obvious. Seeing them, Nanak is extremely delighted.” (4-26-33)

The message of the shabad is that if we want to enjoy a state of complete peace and bliss, we should meditate on God’s Name in the company of saintly persons, and learn to see and enjoy the manifestation of the merciful God in the awe-inspiring wonders of His creation.

The message of the shabad is that if we want to have all our desires fulfilled, and enjoy a state of peace and bliss, then we should meditate on God’s Name under the guidance of the saint (Guru).
In the previous shabad, Guru Ji described how by meditating on God’s Name, he was feeling a sense of joy (as if God was raining His grace on his mind). Now on the basis of his personal blissful experience, he addresses us as his saintly friends and invites us to join him in singing God’s praises, and enjoy that bliss.

He says: “Come, O’ my dear saintly friends, join together and let us sing praises of the incomprehensible and infinite God. All those who sing His praises or listen to them are emancipated. (O’ my friends), we should meditate on Him, who has created us all.”(1)

Listing the merits of meditating on God’s Name, he says: “By meditating on God, the True Master, who provides sustenance to all, sins of many births are dispelled, and one obtains whatever one wishes for.” (2)

Guru Ji adds: “By meditating on the Name, we obtain all pleasures. By meditating on God again and again, all (our) fears are destroyed. Whosoever serves (and worships) God is ferried across the world-ocean, and all that person’s tasks are accomplished.” (3)

He concludes the shabad by showing us how to approach God, for yoking us to His devotion. He says: “(O’ God), I have come and fallen at Your feet. Unite me with Yourself as You please. Showing mercy, please yoke me to Your devotion, so that Nanak may drink the true nectar (of God’s Name).” (4-28-35)

The message of the shabad is that if we want to destroy all our past sins and swim across the worldly ocean, then we should humbly seek God’s refuge, and pray to Him to bless us with His devotion. Then joining together with saintly persons, we should sing God’s praises and meditate on His Name.

maajh mehla 5.

aa-o saajan saajt meet pi-aaaray.
mil gaavah gun agar apaaray.
gaavat sunat sabhay hee muktay so Dhi-aa-ee-ai jin ham kee-ay jee-o. ||1||

janam janam kay kilikhtjaaveh.
man chinjay say-ee faal paavahi.
simar saahib so sach su-aamee rijk sabhas ka-o dhee-ay jee-o. ||2||

Naam japat sarab sukh paa-ee-ai.
sabhbha-o binsai har har Dhi-aa-ee-ai.
jin sayvi-aa so paargiramee kaaraj saglay thee-ay jee-o. ||3||

aa-ay pa-i-aa tyree sarnaa-ee.
ji-o bhaavai ti-o laihi milaa-ee.
**MAAJH MEHLA 5**

This *shabad* is a continuation of the previous *shabad*, in which (on behalf of all mortals) Guru Ji expresses his gratitude to God for His rain of grace on all.

He says: “God, the Master of the world, has shown grace and the rain (of His mercy) is falling everywhere. The merciful Creator, ever compassionate to the poor, has soothed (all) hearts.”

Describing God’s bounties, Guru Ji says: “Just as a mother takes care of her children, God provides sustenance to all His creatures and beings. That Master is the ocean of peace, and destroyer of pain: (He) provides sustenance to all.”

Advising us all, Guru Ji says: “The merciful God pervades all lands and waters. One should always be devoted to Him and be a sacrifice to Him. Day and night (at all times) we should meditate on (that God), who can emancipate us in an instant.”

In conclusion, Guru Ji says: “God Himself has saved all (who have sought His shelter). All their pains and sufferings have been removed. O’ Nanak, on whom God casts His merciful glance, meditates on (His) Name, and (one finds such joy in mind and body, as if one has been) rendered ever-green.”

The message of the *shabad* is that if we want to be rid of all our fears, pains, and sorrows (and enjoy the soothing rain of God’s grace), we should sing His praises day and night, and pray for the bliss of His Name.

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**it is the same light**
It is the same light

MAAJH MEHLA 5

In the previous shabad Guru Ji advised us that if we want to be rid of all our fears, pains, and sorrows (and enjoy the soothing rain of God’s grace), we should sing His praises day and night, and pray for the bliss of His Name. In this shabad, he elaborates on the blessings received by those who meditate on God’s Name, and also contrasts these with the fate of those who do not contemplate God.

Using a very beautiful metaphor, Guru Ji says: “O’ my beloved, where God’s Name is dwelt upon, even if those places are barren or wild, they are (valuable) like mansions of gold. On the other hand, where the Name of my God is not mediated upon, those cities (even if fully) populated are like ruins.” (1)

Therefore, Guru Ji states: “The (Guru’s follower), even if living on dry bread remembers God, on that follower God bestows His glance of grace both within and without. On the other hand, (the self-conceited person), who in spite of enjoying good food, commits evil deeds, should be considered an orchard of poison (and company of such a person should be considered very harmful).” (2)

Guru Ji further warns: “The one, who does not love saintly persons, and instead commits evil deeds in the company of non-believers (or apostates), is a foolish and ignorant person who has wasted away the invaluable gift of human life. Such a person has pulled out his (or her own) roots.” (3)

Finally, Guru Ji shows us what ordinary people should do, and how we need to pray to God. On behalf of all of us, he says: “O’ my merciful God of the meek, the ocean of Peace, my Guru God, I have come to Your shelter. Please show mercy, so that Nanak may sing Your praises: please save our honor.” (4)

The message of the shabad is that no matter what our circumstances are, we should always thank God for His Gifts, and keep singing His praises. Then God will definitely protect us and save our honor. Otherwise, no matter how affluent we are, without meditating on God’s Name we would be wasting our invaluable human life.
Guru Ji concluded the previous shabad with this prayer: “O’ my merciful God of the meek, the ocean of Peace, my Guru God, I have come to Your shelter. Please show mercy, so that Nanak may sing Your praises: please save our honor.” In this shabad, he shares with us the results of this prayer.

He says: “(When the immaculate) feet of the Master (love for His Name) was enshrined in my heart, all my sorrows and pains were dispelled. Now, within me rings the melody of happiness, peace, and poise, and I abide in the company of the saint (Guru).” (1)

Describing what he now observes, Guru Ji says: “God is pervading both within and without. The bond of love once forged with Him is never broken. So, meditating on Him, forever Nanak sings His praises, and his noose of death has been cut off.” (2)

Using a beautiful metaphor, Guru Ji describes his state of bliss by saying: “(I feel as if) the rain of nectar is falling, and the melody of unstuck music is ringing. As a result, a state of cool and calm bliss pervades within my body and mind. (In such a blissful state, O’ God), Your devotees have been fully satiated; the true Guru has provided them with the assurance (of Your protection).” (3)

Summarizing his experience, Guru Ji says: “I have obtained the fruit (of my heart’s desire) from the one (God) to whom I belong. Showing His mercy, God has united me with Himself. So now, by good fortune, Nanak has got his wish fulfilled, and his (rounds of) births and deaths have ended.” (4-31-38)

The message of the shabad is that if we want to end our rounds of births and deaths, and enjoy a state of peace and bliss of union with God, we should keep singing His praises with true love and devotion in our hearts.

According to Dr. Bh. Vir Singh Ji, this shabad appears to have been uttered by Guru Ji to express his thanks to God for listening to his prayers, and blessing the region with plentiful rain after a long period of drought. This is corroborated by the historical fact of Guru Ji’s getting land revenue waived from emperor Akbar. However, this shabad also has its spiritual message. Rain stands for God’s mercy.
So thanking God, Guru Ji says: “God has sent His rain (of mercy). Thus, He has given joy and peace to all creation. All worry is gone and true happiness has come. So I repeatedly meditate on God’s Name.” (1)

Guru Ji elaborates: “He to whom they belonged, (that God) has nurtured them. He has become their savior. My God has listened to their prayer, and their effort has been rewarded.” (2)

He further comments: “(God) is the provider of all beings. By Guru’s grace, I have seen Him with my (spiritual) eyes. He has satiated all (the creatures residing on) land or sea. I wash the feet (humbly serve) the saint (Guru, by whose grace we have been so blessed).” (3)

Guru Ji concludes the shabad by once again expressing his gratitude to God. He says: “God is the fulfiller of the wish of one’s mind. I am a sacrifice to Him ever and forever. In short, (God) the dispeller of pain has bestowed His blessings on Nanak, and he is imbued with the relish of His love.” (4-32-39)

The message of the shabad is that whenever we feel any kind of shortage or absence of happiness in our life, we should seek the shelter of the Guru, and pray to God with complete love and devotion. He will listen to our prayer and bless us with the rain of His mercy, and joys of all kinds.

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**maajh mehlaa 5.**

Guru Ji says: 

**In the previous shabad, Guru Ji advised us that if we want to enjoy God’s rain of grace, we should pray to Him with complete love and devotion. In this shabad he shows us how to pray to God for His grace.**

Addressing God, he says: “You are my Master and my God. As such, my body, mind, and wealth are Yours (and not mine). Yes, O’ the Cherisher of the world, my body and life are Your property, and it is Your might which is working in them.” (1)

Expressing his full faith in God, Guru Ji says: “(O’ God), You are always the Giver of happiness. Again and again, I humbly bow to You in respect. O’ my merciful God, (I wish that) I may perform only that deed which pleases You, and I may do whatever You assign me (to do).” (2)

Next, Guru Ji shows us whom to ask or pray to for any favors, and whom to approach for the fulfillment of our desires. He says: “O’ God, it is from You that I seek everything. You are my ornament (the source of my spiritual enlightenment). Whatever You give me (whether pain or pleasure), I accept it cheerfully. Wherever You keep me, that is heaven for me, (because) You are the sustainer of all.” (3)

In conclusion, Guru Ji says: “(O’ God), by remembering (You) again and again, Nanak has obtained peace. At all times, he has sung Your praises. (As a result), all his objectives have been fulfilled, and he never experiences any pain.” (4-33-40)
The message of the *shabad* is that if we want to enjoy permanent peace and happiness, and be free from any pain or sorrow, we should seek God’s refuge, always cheerfully accept His will, and meditate upon Him at all times. In times of need or suffering, we should pray only to God, and not to any lesser gods or goddesses.

**MAAJH MEHLAA 5.**

According to Dr. Bh. Vir Singh Ji, in this *shabad* also Guru Ji expresses his thanks to God for sending down much needed rain. But this time, the total *shabad* appears to be with reference to the sending of the Guru as the harbinger of the spiritual rain of enlightenment in the world. Either way, this *shabad* is an excellent example of the depths and heights of Guru Ji’s poetry, both in spiritual and worldly contexts.

He says: “The supreme God has sent down the cloud (in the form of Guru), who has poured the rain (of enlightenment) in all the ten directions over land and water. As a result, peace has come to prevail, and (the worldly) thirst of all (people) has been quenched, and there is happiness all around.” (1)

Describing God’s merits, he says: “That Giver of peace and destroyer of pain, He Himself shows mercy on all beings. He Himself sustains His creation. Therefore, falling at His feet (paying Him utmost respect), I try to propitiate Him.” (2)

So advising us all, Guru Ji says: “(O’ my friends), by seeking His refuge, we obtain salvation; we should meditate upon that God’s Name with each and every breath. (We should keep in mind that) except Him, there is no other Master, and all places belong to Him.” (3)

Guru Ji concludes the *shabad* with a humble prayer. He says: “O God, You are my honor and You are my strength. You are the eternal Master, and ocean of merits. Slave Nanak makes this prayer to You (to bless him with this gift): that throughout the eight watches (at all times) he may meditate on You.”(4-34-41)

The message of the *shabad* is that God has been very gracious to bless us with the eternal Guru (Granth Sahib Ji). All those who read and act upon the advice contained therein enjoy true peace and bliss. Therefore, we too can be rid of all our sufferings and sorrows, if we also follow the example of such Guru’s followers, and meditate on God’s Name with true love and devotion.
It is the same light
In the previous shabad, Guru Ji advised us that if we want to enjoy a state of indescribable peace and bliss of union with God, we should learn to recognize His Will, accept it cheerfully, and always keep singing His praise with true love and devotion. In this shabad, he tells us what kind of peace and bliss a person enjoys on whom God has become merciful (whose mind has been enshrined with the advice of the Guru, and the nectar of God’s Name).

Guru Ji says: “The person on whom the Cherisher of the world has shown mercy, the words of the Guru are enshrined in that person’s mind. (Such a person never forgets the Guru’s advice, and always keeps meditating on God’s Name). The Creator accepts (that devotee) as His own, and completely banishes all kinds of sorrows from that person’s life.”(1)

Describing the state of mind of such a person (on whom God has become merciful), Guru Ji says: “No place seems troublesome to the one in whose mind resides that eternal (God). Because (in everyone), such a person has seen only one Master, all the evil-doers and enemies seem to become friends.”(2)

Regarding the faith and belief of such a blessed devotee, Guru Ji says: “(The person in whose mind always abides God’s Name, believes that) whatever God does, He does it on His own (without consulting anybody. Even if one has) too much wisdom, still one cannot know anything (about God or His deeds). God Himself helps His saints, and He has removed all their doubt and illusion.”(3)

Guru Ji concludes the shabad by describing the conduct of God’s devotees. He says: “God’s lotus feet (His Name) are the support of His devotees. During all the eight watches (at all times) they keep trading in (and dwelling on) God’s Name. O’ Nanak, in a state of peace and bliss, they keep singing praises of God, who pervades all creation.”(4-36-43)

The message of the shabad is that if we want all our enemies may become our friends, and all our sorrows be destroyed, then we should pray to God to bless us with the guidance of the Guru. Under his guidance, we should keep singing God’s praise, and meditating on His Name at all times, and see God pervading in all including our enemies.

maajh mehlaa 5.

so sach mandar jit sach Dhia-aa-ee-ai.
so ridaa suhaylaa jit har gun gaa-ee-ai.
saa Dharat suhaavee jit vaseh har jan sachay Naam vitaahu kurbaano jee-o. ||1||
sach vadaa-ee keem na paa-ee.
kudraat karam na kahnaa jaa-ee.
Dhi-aa-ay Dhia-aa-ay jeeveh jan tayray sach sabad man maano jee-o. ||2||
sach saalaahaa vadhhaagee paa-ee-ai.
gur parsadee har gun gaa-ee-ai.
rang ratay tayray tuDh bhaveh sach Naam neesaano jee-o. ||3||
In the preceding shabad, Guru Ji told us how we can turn our enemies into friends, and end our sorrows by praying to God to bless us with His loving devotion, (so that at all times we may remain imbued with His Name and keep singing His praise). In this shabad, he tells us how great and wonderful is that person, and that place, where God’s Name is being meditated upon and His praises are being sung.

He says: “Eternal is that temple where we contemplate the eternal (God). Always happy is that heart with which we sing God’s praises. Sanctified becomes that place where abide the God’s devotees. Therefore, I am a sacrifice to the Name of the eternal Being.”

Commenting on the greatness of God, Guru Ji says: “No one has been able to estimate the worth of the greatness of the eternal God: His greatness is inestimable. His might and mercy cannot be described.”

Then going into a prayer mode, Guru Ji says: “(O’ God), Your devotees feel rejuvenated meditating upon Your Name again and again. (Your) eternal word (Your Name) is the very support of their minds.”

Therefore, describing the merits of singing God’s praises, Guru Ji says: “It is only by great good fortune that we obtain the opportunity to sing praise of that eternal (God). It is only by Guru’s grace that we sing praises of God. (O’ God), pleasing to You are they who are imbued with Your love (and sing Your praises. They) receive the stamp of Your true Name (Your approval).”

Guru Ji concludes the shabad by dwelling upon God’s attributes. He says: “Nobody knows the extent of God and His attributes. The eternal (God) pervades in all places, and the space in between. Nanak says that we should always meditate on the eternal (God), who knows what is in the hearts of us all.”

The message of the shabad is that contemplation of God’s Name and singing His praises are the key to joy, peace, and bliss. This is possible through great good fortune and the Guru’s grace. Those who meditate on God are truly blessed.
Guru Ji started the previous shabad with the statement that “eternal is that temple where we contemplate the eternal (God). Always happy is that heart with which we sing God’s praises. Sanctified becomes that place where abide the God’s devotees. Therefore, I am a sacrifice to the Name of the eternal Being.” He begins this shabad, by stating the merits of that day and that night (in fact that entire time) when God’s Name is contemplated.

He says: “That night is most beautiful and that day is most blessed when, in the company of saints, the nectarine Name of God is contemplated. (In fact), one’s life becomes fruitful when every hour and moment is spent in (God’s) meditation.”

Describing the blessings obtained by a person as a result of meditation on God’s Name, he says: “By meditating on (God)'s Name, all my sins have been removed. (I have realized that) God is with me both within and without. By the grace of the perfect Guru, I have shed all my fear, doubt, and illusion, and I see God in all places.”

On the basis of his personal experience, Guru Ji says: “God is fully capable, infinite, and highest of the high. His storehouses are filled with (all the) nine treasures (of wealth). In the beginning, end, and middle, it is God who pervades. I regard none else as His equal.”

Guru Ji concludes the shabad by saying: “O’ God, Cherisher of the meek, please bestow Your kindness upon me. This beggar begs for the dust of the feet (the most humble service) of (Your) saints. Also, Your devotee Nanak begs You to bless him (with this gift), that he may meditate upon You forever.”

The message of the shabad is that if we want to embellish our life and make it fruitful, we should beg God to bless us with the company of saintly persons, and a desire to always meditate on His Name.
Addressing God, he says: “(O' God), You are my support here (in this world), and You Yourself would be present in the next world also to help me. All the creatures and human beings are Your creation. O’ Creator, (for me) except You, none else exists. Therefore, I depend on Your support alone.”(1)

Guru Ji states: “O’ Master, (Your servant) lives by reciting Your Name with his tongue. O’ transcendent Master and the knower of hearts, whosoever have served (and worshipped) You, they have obtained peace. They do not lose their life in a gamble (and it doesn’t go waste).” (2)

Continuing his address, he says: “O’ God, the devotee who has obtained the medicine of Your Name is cured of the afflictions of many births. (Therefore addressing us, Guru Ji advises): “(O’ my friends), sing praises (of God), day and night; this alone is the most fruitful task.”(3)

Finally expressing his gratitude, Guru Ji says: “Casting His glance of grace, God has exalted His servant. (As a result, his servant) discerns God in every being and venerates Him. (In short) Nanak says, except the one (God), there is no other (like Him), and such a wisdom is the most sublime."(4-39-46)

The message of the shabad is that if we want to cure all our ailments (not only of this birth, but also of our previous births), we should see God in every being, and meditate on His Name.

In the previous shabad Guru Ji gave us the message that if we want to cure all our ailments (not only of this birth but also of all the previous births), we should see and bow to God in every being, and meditate on His Name.

He says: “(O’ my friend, if you want your) mind and body to be imbued with the love of the beloved God, then sacrifice everything of yours (for that love). At all times, we should sing God’s praises (and say: “O’ God, please) don’t go out of my mind, even for a breath.”” (1)

Guru Ji now tells us whom we should consider as our dearest friend and mate. He says: “He alone is our dear friend and mate with whom we contemplate God in the company of saintly persons. (Because) it is in the company of the saintly persons that we swim across the (worldly) ocean, and snap the noose of the demons (of death).”(2)

Next, telling us what kinds of blessings a person obtains who follows this path, he says: “By serving (and remembering) God, we obtain all the four boons of life (Faith, Wealth, Beauty and Salvation). Indeed, by meditating on the indescribable and mysterious God (we obtain the mythical wish-fulfilling) Elysian tree. The Guru dispels all the maladies of lust, anger, and sin, and every wish of such a person is fulfilled.” (3)
In conclusion, Guru Ji states: “The person who is blessed with perfect good fortune meets God in the company of saintly persons. In short, O’ Nanak, whether one is living here as a householder or as a recluse, the person in whose heart abides (God’s) Name is approved in God’s court.” (4-40-47)

The message of the shabad is that the person who seeks the Guru’s guidance and meditates on God’s Name at all times, whether householder or a recluse, that person is approved in the Divine court.

The message of the shabad is that if we want to obtain true peace of mind and salvation, we should humbly pray to God to bless us with the Guru’s guidance. He will initiate and inspire us into dwelling on God’s Name, so that we may become worthy of uniting with Him.
In many previous *shabads*, Guru Ji advised us to meditate on God’s Name and sing His praises. But that does not mean a simple repetition of any particular word or phrase, or singing of some hymns without true love and faith in God. In this *shabad*, he explains what kind of faith and trust we should have in God, and what our general attitude towards Him should be.

He says: “People should do only those things which God Himself commands us to do. They should deem that place (or condition) to be the best where He keeps them. That person is truly wise and honorable to whom God’s will seems sweet.” (1)

Guru Ji now tells us about creation’s scheme of things, and about those who gain true understanding of the relationship between God and His creation. He says: “God has (subjected the entire universe to one universal law, as if He has) strung the entire creation on one thread. The person whom (God) inspires becomes attached to His feet (and totally surrenders to His command. (The person who feels so delighted, as if the) inverted lotus (of that person’s heart) has been enlightened, such a person has seen the immaculate God among all.” (2)

Guru Ji, however, acknowledges that he does not know the full glory of God. Therefore, he says: “(O’ God), Your glory only You know. Only You understand Your own self. I am a sacrifice to Your saints who (with Your grace) have smothered their lust, anger, and greed.” (3)

He concludes the *shabad* by praising both God and His devotees (or saints). He says: “O’ God, You are without enmity and Your saints are pure. They who (follow Guru’s advice), all their sins are washed off. Nanak lives by meditating on God’s Name again and again, (and by doing so), all his stubborn dread and doubt has been destroyed.” (4)

The message of the *shabad* is that if we want to be rid of all our fears and worries, and enjoy true happiness, then we should accept God’s Will as the best thing for us. For this we should follow the advice of His saints (contained in Guru Granth Sahib Ji), and meditate on God’s Name at all times.

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**MAAJH MEHLA 5**

In many previous *shabads*, Guru Ji advised us to meditate on God’s Name and sing His praises. But that does not mean a simple repetition of any particular word or phrase, or singing of some hymns without true love and faith in God. In this *shabad*, he explains what kind of faith and trust we should have in God, and what our general attitude towards Him should be.

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The message of the *shabad* is that if we want to be rid of all our fears and worries, and enjoy true happiness, then we should accept God’s Will as the best thing for us. For this we should follow the advice of His saints (contained in Guru Granth Sahib Ji), and meditate on God’s Name at all times.
We often ask God for many gifts, mainly related to wealth, health or fame, so that we may enjoy a long and luxurious life. We wish that even after our death our children should be rich and famous, and people should remember us forever. In this \textit{shabad}, Guru Ji tells us what should we really beg from God, which will immortalize our name.

He says: “If some one asks for false (short-lived, worldly) things, it takes one no time to die (spiritually, and lose one’s honor). But) the one who always serves (and remembers) God, by meeting the Guru (becomes) unaffected (by worldly riches or power).” (1)

Describing the signs of such a devotee of God, Guru Ji says: “The person who is imbued with God’s loving devotion day and night remains awake (to the pitfalls of worldly attachments), and keeps singing His praises. The person who is destined to receive this profit (of Name), holding by the hand, God unites such a person (with Himself).” (2)

Elaborating on this idea, Guru Ji says: “The minds of the devotees are lovingly attuned to the lotus feet (the immaculate word) of God. (On the other hand), they who do not remember God are all deceived (by their inner evil impulses). But the devotees (of God) every day seek the dust of the feet (the humble service) of the saints, and for them the eternal (God’s) Name is their real ornament or wealth.”(3)

Guru Ji concludes the \textit{shabad} with the advice: "\begin{quote}
\textit{(O’ my friends), whether sitting or standing, (in all states) we should sing the praises of God, by meditating upon whom, we obtain that God, who is immortal.}
\end{quote}

(Therefore, even praying for himself, Guru Ji says): “O’ God, please be merciful to Nanak (and bless him) so that he may (gladly) accept (Your Will), and bear all Your doings.”(4-43-50)

\textbf{raag maajh asatpadee-aa mehlaa 1 ghar 1}

\textbf{ik-o’kaar satgur parsaaad.}

\textbf{sabad rangaa-ay hukam sabaa-ay.}
\textbf{sachee dargeh mahal bulaa-ay.}
\textbf{sasshay deen da-i-aal mayray saahibaa sachay man patee-aavani-aa. ||1||}

\textbf{ha-o vaaree jee-o vaaree sabad suhaavani-aa.}
\textbf{amrit \textit{Naam} sadaa sukh-daata gurmathee man vasaavani-aa. ||1|| rahaa-o.}
In the previous shabad, Guru Ji advised us that if we want to be unaffected by worldly riches and power, we should meditate on the Name of the eternal God, so that we might become one with Him and thus also become eternal. In this shabad, he tells us how and whom God unites and merges in Himself.

Guru Ji says: “All those who are so ordained by God are dyed in the holy word (of the Guru), and are invited to the court and mansion of the eternal (God).” Therefore, humbly expressing his love for God, Guru Ji says: “O’ my true merciful God, Cherisher of the meek, it is You, who convince the human minds about this thing.” (1)

Next, Guru Ji states how much he respects and loves those who have become immaculate through Guru’s word. He says: “I am a sacrifice, yes I am a sacrifice to those who, through devotion to the (Guru’s) word, have become beauteous. By following the Guru’s advice, they have enshrined in their mind God’s nectarine Name, which brings everlasting peace.”(1-pause)

Next commenting upon a cardinal truth about life, and cautioning us against falling prey to ego, Guru Ji says: “(In the world), none belong to me and I belong to none, (no one is one’s permanent friend in the world). Only the eternal God of the three worlds is mine. Many depart from the world after indulging in ego and committing sins, for which they must repent.”(2)
Guru Ji now describes the blessings received by those who do not indulge in ego, but understand and obey God’s will or divine command. He says: “The person who understands God’s will praises His attributes. Through the Guru’s word (by following the Guru’s advice), such a person obtains name and fame. Everyone must render an account of his or her deeds at the divine Portal. Only they who are embalished with the Name are excused from rendering any account (of their deeds, and are liberated.” (3)

Regarding the fate of the egoists, Guru Ji says: “The egoist gone astray does not reach anywhere. Bound at the door of the demon of death, (the egoist) suffers blows. Except God’s Name, one has no friend or mate (who can come to one’s help). Only they who meditate on God’s Name are emancipated.” (4)

Explaining the cause of the egoist’s suffering, Guru Ji says: “To the worshipper of Maya (the lover of worldly riches), Truth is not pleasing. Bound to duality (love of things other than God), such a person remains caught in transmigration. Nobody can erase the writ of destiny (based on one’s deeds done in previous births). However, one can also be emancipated by the Guru’s grace (if one seeks his shelter).” (5)

Guru Ji now explains the above concept by using the metaphor of a young bride for the human soul. He says: “The bride (soul) who does not educate herself about her spouse (God) while in her parents’ house (this world), is separated from Him due to her false education or attachment. She cries loudly, (when her spouse rejects her). Deluded by her demerits, she is not allowed to enter her Master’s mansion. However, she can have her faults forgiven if she imbues herself with the merit (of Name).” (6)

Contrasting egoists with the Guru’s followers, Guru Ji says: “Those bride souls, who while in their parents’ house (this world) have educated themselves about their beloved God (and developed love for Him) through the Guru, they realize the essence of reflection (divine wisdom). Their coming and going (in this world) is ended, and through God’s Name they merge in Him.” (7)

In conclusion, Guru Ji says: “A Guru’s follower understands the indescribable God, and makes others realize Him. (The truth is that) only truth pleases the true God. Nanak makes this submission: that the true God is obtained only by singing His praises.” (8-1)

The message of the shabad is that if we wish to enter the mansion of the true God, we should follow Guru’s advice and sing God’s praises with true love and devotion.

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**SGGS P - 110**

**maajh mehlaa 3 ghar 1.**

karam hovai satguroo milaa-ay.

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maajh mehlaa 3 ghar 1.

sayva surat sabad chit laa-ay.

ha-umai maar sadaa sukh paa-i-aa maa-i-aa moh chukaavani-aa. ||1||

ha-o vaaree jee-o vaaree satgur kai balhaarni-aa.

gurmaat pe pargaas ho-aa jee an-din har gun gaavani-aa. ||1|| rahaa-o.

---

tanh man khojay taa naa-o paa-ay.

Dhaavat raakhai thak rahaa-ay.

gur kee bane an-din gaavai sehjey bhaagat karaavani-aa. ||2||

is kaa-i-aa andar vasat asankhaa.

gurmukh saach milai taa vaykhaa.

na-o darvaajay dasvai muktaa anhad sabad vajaavani-aa. ||3||
In the previous shabad, Guru Ji advised us that if we want to enter the mansion of the eternal God, we should follow Guru’s advice and sing God’s praises with true love and devotion. However, even obtaining the Guru is not a small thing. That too comes about by supreme good fortune, and with God’s grace. In this shabad, Guru Ji explains this entire process, and how a person achieves salvation.

He says: “When God showers His grace on someone, He unites that person with the true Guru. Then the devotee’s mind is absorbed in God’s service and (Gurbani, the Guru’s) word. (In this way), obliterating ego, one obtains perennial joy and peace, and sheds love for Maya (the worldly riches and power).”(1)

At the same time, acknowledging the part of the Guru in this process, he says: “I am a sacrifice to the true Guru, because it is through his advice that a person is enlightened (with divine wisdom), and day and night sings praises of God.”(1-pause)

Guru Ji now tells us how a person receives the gift of Name (true divine wisdom). He says: “Only when a one reflects within the mind and self (and reflects on all one’s shortcomings) does one obtain the (gift of) Name. Restraining the mercurial mind, one finds peace and poise. Day and night, one sings Gurbani, (the Guru’s word), and remains engaged in God’s worship in a state of equipoise.”(2)

Describing the next gift for which one should prepare one self, he says: “In this body are present countless invaluable things. But one is able to see them only if, by Guru-granted wisdom, one realizes the Truth. A human being must go beyond the nine apparent doors or sense faculties (of two ears, two eyes etc.) and realize the tenth (hidden) door (or faculty), which is the door to salvation. On realizing this tenth door, a human being hears the unstuck divine melody.”(3)

Guru Ji therefore advises us and says: “Eternal is the Master, and eternal is His glory. It is through the Guru’s grace that He is enshrined in the mind. The person who day and night remains imbued with love (of that Master) obtains the understanding to reach the court of the eternal (God).”(4)

Commenting on the state of an ignorant person who doesn’t perceive this, Guru Ji says: “The ignorant blind person, who does not know the difference between virtue and vice, remains attached to (worldly) things rather than God, and is lost in illusion. The ignorant blind person does not know the true path (to liberation), therefore keeps coming and going (in and out of this world) again and again.”(5)
Next, Guru Ji tells us how can a mortal gain true knowledge and enjoy everlasting bliss. He says: “The person who has served (and followed) the Guru, has obtained peace. By doing so, such a person has put a stop to the sense of I-am-ness and ego. Through the Guru’s advice, the darkness of ignorance (of mind) is dispelled, and the stony shutters of one’s mind are opened (and one obtains divine wisdom).” (6)

Elaborating on the process of true absorption in God’s Name, Guru Ji says: “Stilling the ego, one who has enshrined (God) in the mind has obtained peace. By doing so, such a person has put a stop to the sense of I-am-ness and ego. Through the Guru’s advice, the darkness of ignorance (of mind) is dispelled, and the stony shutters of one’s mind are opened (and one obtains divine wisdom).” (7)

Guru Ji concludes this shabad with a humble prayer and says: “O’ God, both life and death are in Your hands. The person with whom You are pleased, You confer on that person, the glory (of Your Name. Therefore), O’ Nanak, you should always meditate on His Name, which can embellish your birth and death (and help you transcend this painful circle entirely).” (8-1-2)

The message of the shabad is that if we wish to obtain peace and bliss both in this world and the next, we should: 1.) Humbly pray to God to bless us with the guidance of the true Guru (with which we are already blessed in the form of Shri Guru Granth Sahib Ji), and 2.) We should read, understand, and follow the advice contained therein, and dwell on God’s Name with true love and devotion.
The main object of all faiths is to describe God, how to reach Him, and how to obtain His blessings. In this shabad, Guru Ji tells us what Sikhism says on this subject.

He says: “My God is immaculate, infinite, and incomprehensible. Without any apparent measuring (or evaluating) device, He weighs the whole world, (evaluates the merits and demerits of all of us). But only that person who remains in the Guru’s presence (obeys him and follows his advice) understands this, and by singing the praises of the Meritorious One is able to merge in Him.”(1)

About such a Guru’s follower, he says: “I am a sacrifice time and again to such a person who enshrines God’s Name in the mind. Those who are thus devoted to Truth (the eternal God) always remain watchful (against the onslaughts of worldly riches) and receive honor at the portal of the Truth (God).”(1 - pause)

Elaborating on the nature of God, Guru Ji says: “God Himself listens (to our prayers), and watches (our deeds). Only the one on whom He casts His glance of grace is taken into account (is approved by Him). Only the one whom He attunes to Himself is imbued with His love and devotion, and through the Guru meditates on the True One (and practices truth in life).”(2)

Now commenting upon the fate of those who, instead of earning God’s grace, are misled by Him due to the misdeeds of their previous births, Guru Ji says: “Where can they find any support, whom God Himself puts on the wrong path? Their pre-ordained destiny (based on their past misdeeds) cannot be erased. Therefore, those who have obtained the true Guru are really very fortunate, because it is only through perfect good fortune that a person is united with the true Guru.”(3)

Describing the lot of an ordinary human being by using the metaphor of a young bride soul, Guru Ji says: “In her parent’s house (this world), the bride soul remains asleep day and night (engrossed in worldly pursuits). For her misdeeds she is disregarded, and forsaken by her Spouse (God). Day and night, she roams around crying; and without the company of her Spouse she cannot sleep (in peace).” (4)

Now contrasting it with the conduct of the Guru-following bride (human soul), he says: “Stilling her ego in her parents’ home (this world), the (Guru-following) bride soul understands the Guru’s word and comes to realize her Spouse, the Giver of joy. She bedecks herself with the ornaments of truth, and always enjoys the company of her Spouse on the beautiful couch (of her heart).” (5)

Commenting upon those fortunate beings, who enjoy the blissful company of their Spouse, Guru Ji says: “God has created 8.4 million (myriads of) species. But only those on whom He showers His grace are united with the Guru. All their sins are then washed off, and through the true Name of God they are made pure and beauteous.”(6)

Some people think that they do not need God’s grace. They think that by balancing past misdeeds with their present good deeds, they can get emancipated. Commenting on such notions, Guru Ji says: “(If God) asks for an account of one’s deeds, who can give a satisfactory answer? (No matter howsoever hard we may try, we cannot ever balance our past misdeeds with present or past good deeds.) Therefore, there is never any peace in counting (our vices and virtues). It is only when God Himself forgives us that He unites us with Himself, through His own grace and benevolence (and not on the basis of our merits).”(7)

In conclusion, Guru Ji says: “It is God who Himself does and makes us do (everything). It is through the word of the perfect Guru that He is met. O’ Nanak, the person who is blessed with the glory of (God’s) Name, (God) Himself unites that person with Him (through the Guru).” (8-2-3)
It is the same light

In the previous shabad, Guru Ji described some qualities of God and the ways in which He is met. In this shabad also, he elaborates on God’s merits and tells us who are the fortunate ones who are able to behold Him and enjoy His grace.
He says: “By Himself, God pervades alone, hidden and unseen (throughout the universe). By Guru’s grace, when some have seen His vision, their heart has been filled with the joy of His love. Then shedding all worldly love, they have obtained the bliss of equipoise, and enshrined the one (God) in their mind.”(1)

About such persons Guru Ji says: “I am again and again a sacrifice to those who attune their mind to one God alone. Through Guru’s advice, their mind returns to the one home (of their beloved God), and becomes imbued with the love of the eternal (God).”(1-pause)

Conversing with God regarding the state of the world, Guru Ji says: “(O’ God), this world has gone astray. You, Yourself, have strayed it. (That is why) forsaking the one (God), it has been attracted to the other (worldly riches and powers). Day and night it wanders about, beguiled by illusion, and without (Your) Name keeps suffering in pain.” (2)

However, Guru Ji comments: “They who are imbued with the love of God, the maker of destiny, become renowned through the four ages by serving (following) the Guru. (But only) that person upon whom God Himself bestows this honor is merged in His Name (and remembers Him day and night).” (3)

But regarding the fate of those who remain imbued with the love of worldly riches, Guru Ji says: “The person who is in love with Maya (the worldly riches and powers), does not remember God. (Such a person), bound in the city of demon of death, suffers pain. Being blind and dumb, the self-conceited person cannot see anything (except worldly riches), and is therefore consumed by his or her own sin.” (4)

However, describing the rewards obtained by those who are imbued with God’s love, Guru Ji says: “(O’ God), there are some whom You have Yourself attuned to Your love and devotion. Being imbued with Your love, they are pleasing to Your mind. O’ the Giver of all peace, through the true Guru, they serve You. You Yourself fulfill all their desires.” (5)

Guru Ji, therefore, submits: “O’ my respected God, I always seek Your shelter. You Yourself forgive (the mortals, and) bless them with honor. Not even the demon of death comes near a person who always meditates on God’s Name.” (6)

Continuing to describe the blessings bestowed by God, he says: “They who are pleasing to God, day and night remain imbued in His love. My God unites them with Himself. O’ my eternal (God), I always seek Your shelter, and it is You Yourself who makes mortals realize the Truth.” (7)

Guru Ji concludes this shabad by saying: “They who have realized the Truth become absorbed in the eternal One. They always utter truth and sing God’s praises. O’ Nanak, those detached persons who are imbued with (God’s) Name become detached (from worldly riches and) attune themselves to their inner-self (the God within)” (8-3-4)

The message of the shabad is that if we want to enjoy the sight of the invisible God, and have all our desires fulfilled, we should seek the guidance of the Guru. We must shed our attachment to worldly riches, imbue ourselves with His love, and always remain attuned to our inner-self (the God within).
In the previous shabad, Guru Ji advised us that if we want to enjoy union with God, we should shed our worldly attachment and imbue ourselves with His love. In this shabad he elaborates upon this advice.

He says: “The one who dies to the world (effaces all ego), through devotion to the (Guru’s) holy word (the Gurbani), appears to be dead (and unaffected by worldly problems). Neither can death strangulate (or scare), nor pain afflicts this person. (In the end), such a person’s light merges in the divine Light, (because) by listening to (the Guru’s word), that person’s heart remains absorbed in the eternal God.” (1)

Stating how much regard he has for such persons, Guru Ji says: “I am a sacrifice time and again to those, who obtain honor by contemplating God’s Name. By serving the true Guru, they attune their mind to the eternal One, and by acting on the Guru’s advice, merge in a state of divine peace and poise.” (1-pause)

Now explaining why it is necessary to shed our worldly attachment and control our desires, he says: “This body is frail and weak, and the soul continues wearing it like a flimsy garment. Being attached to the love of the other (worldly riches and powers), the soul does not achieve (God’s) mansion. Day and night (the soul) continues wandering about, burning (with worldly desires). Without its spouse (God), the soul suffers great torment.” (2)

Giving the reason why the soul does not attain to the mansion of God, Guru Ji says; “one’s body and high caste do not go beyond this world. Because where the account of deeds is asked for, (the soul) is liberated (only if it has) earned (the merits of) truthful deeds (in this world). Those who serve (and follow) the true...
Guru are truly rich, because both here and in the next world, they remain absorbed in God’s Name (which is most pleasing to God).”

Therefore, advising us what exactly a person must do to win God’s pleasure, Guru Ji uses the metaphor of a bride-soul, and says: “The (human) bride-soul should deck herself with the ornaments of love, and the fear (of her Spouse, God,). Then by Guru’s grace, she will find a place in His mansion. Day and night, she should keep remembering Him, and become deeply imbued with never-fading love (for her Spouse).”

Reminding us about the continuous presence of God in us, he says: “(O’ my friends, that) Master of us all always resides with us. (But) it is only a rare person who, by Guru’s grace is able to see Him with (divine) eyes. My God is the highest of the high; showing His mercy He Himself unites us with Him.”

Explaining why the whole world is not able to enjoy a vision of God, he says: “This world is asleep (ignorant) in the love of worldly riches and powers. Forsaking (God’s) Name, it ultimately gets ruined. Only the one who has put this world in the sleep (of ignorance) can awaken it. One obtains this realization only through the Guru’s teachings.”

Guru Ji now tells us, who wakes up (or becomes enlightened), and obtains salvation. He says: “Only the person who drinks the nectar (of God’s Name) sheds illusion. Then by Guru’s grace, achieves the state of salvation. Yes, the one who is imbued with love and devotion for God becomes a true ascetic (truly detached from worldly desires). Stilling all ego, such a person merges (in God’s devotion).”

Summarizing the whole process, Guru Ji says: “He Himself creates (the world) and yokes it to different tasks. It is He who provides sustenance to all the 8.4 million (myriad) species. O’ Nanak, they who meditate on (God’s) Name are imbued with Truth (and God makes them do only) that deed which is pleasing to Him.”

The message of the shabad is that if we want to earn God’s pleasure, and become worthy of union with Him, we should follow the Guru’s teachings: we should shed our ego, meditate on God’s Name, and do only that deed which is pleasing to Him.
In the previous shabad, Guru Ji referred to the human body as a fragile, frail and destructible cover for the soul. Now, in this shabad, he describes the importance of the body and tells why it should not be ignored. He says: “Within this body, God has built the jewel (of His divine light). But it is only a rare person who), through the Guru’s word (the Gurbani) has (realized its value. Only those) who are imbued with Truth (about this jewel of God’s Name) utter truth, and know how to test it on the touchstone of truth.”(1)

About such truthful people, Guru Ji says: “I am a sacrifice time and again to those who have enshrined the Guru’s word in their heart. While still living in this world full of the darkness of Maya, they have found the immaculate God, and they are able to merge their soul in the prime Soul (of God).”(1-pause)

Commenting further on the subject, he says: “(On one hand), within this body lies a great expanse (of worldly things. (On the other hand), there is also the immaculate Name of the incomprehensible and limitless God. Only the person, who becomes Guru’s follower, obtains this (commodity of Name). On His own, showing His mercy, (God) unites that person with Himself.” (2)

Describing the merits of God, Guru Ji says: “(The person in whose mind), my Master instills the holy Truth, by Guru’s grace attunes the mind to that eternal (God. Such a person realizes that) it is only the eternal (God) who pervades everywhere. (Therefore, this person always) remains absorbed (in contemplating) that true and eternal (God).” (3)

Continuing his advice, Guru Ji says: “Eternal and care-free is my beloved (God). He is the dispeller of demerits and sins. We should always meditate upon Him with love and devotion, and always live in awe and love of Him.”(4)

Now addressing God, Guru Ji says: “(O’ God), Your worship is true (only if it) pleases You, the True (One). On Your own, (You) bless some with this (devotion), and don’t ever regret giving it. (You are the only) one Giver of all creatures, and by erasing the ego (of some), through Guru’s word, You give them (a new spiritual) life.” (5)

Expressing his complete faith in God, Guru Ji says: “(O’ God), except You, for me there is no one else. O’ my God, I serve only You and praise only You. O’ the eternal God, on Your own unite me with Yourself. It is only by Your full grace that You can be attained.” (6)

Continuing his earnest prayer, Guru Ji says: “(O’ God), for me there is no one else like You. It is only by Your gracious glance that this body is blessed and finds fulfillment. O’ God, day and night, You take care of the mortals, and those who follow Guru’s advice imperceptibly merge (in You).”(7)
In conclusion, Guru Ji says: “In my eyes, there is no one so high as You. You have Yourself created this universe, and You will again dissolve it (into Yourself). You Yourself make, unmake, refashion and embellish Your creation. Nanak says through Your Name one looks beautiful (and honorable).” (8-5-6)

The message of this shabad is that if we want to embellish our body and enjoy the bliss of the jewel of Name (in this body), we should pray to God for the Guru’s guidance and His loving devotion.
In the previous *shabad*, Guru Ji informed us that within our body is hidden an invaluable jewel of God’s Name. But only a rare person finds and enjoys it by Guru’s grace. In this *shabad* he tells us another secret.

He says: “(Actually) it is God who enjoys everything in the world, as He pervades in all hearts. The infinite and incomprehensible God is invisibly present in all. Through the Guru’s word, we should meditate on the beloved God so that we may imperceptibly merge in the eternal (God).” (1)

Guru Ji comments: “I am a sacrifice time and again to the person who enshrines the Guru’s word in his heart and mind. If one understands the (Guru’s) word, the one wrestles with the mind, and by controlling (vicious) desires, becomes worthy of merging in God.” (1-pause)

Commenting on the general conduct of the world, he says: “The five demons (of lust, anger, greed, attachment, and ego) are deceiving the world. The blind apostate person does not have any knowledge or understanding (about them). The person who follows Guru’s directions protects his or her home (mind and body) from these five demons, and by following the Guru’s advice, destroys these (demons).” (2)

Elaborating on the conduct of Guru’s followers, he says: “There are some Guru’s followers who are always imbued with the love of the eternal (God). Intoxicated with His Love, night and day they worship Him in a state of peace and poise. Meeting their true beloved Spouse, they sing His praises and receive honor in God’s court.” (3)

Guru Ji now describes the creation of the world and its various traits. He says: “First, the one God created Himself. Second, He created duality (in the form of this world), and then He created the three-pronged *Maya* (with three types of impulses for vice, virtue, and power). But a Guru’s follower rises to the fourth state (called *Turya* in which, one remains unaffected by these three impulses), and one earns and practices nothing but Truth.” (4)

Next, telling us the right thing to do to please God, Guru Ji says: “All is true (and right), if it pleases the True One. They who have understood the Truth spontaneously merge (and remain absorbed) in the True One. (This is the) duty of the Guru’s followers: to keep serving (and worshipping) the True One, and merge in that True (eternal God).” (5)

Emphasizing the significance of worshipping the one eternal God only, Guru Ji says: “(O’ my friends), except the eternal God, there is no one else. (But) still being attached to duality (entities other than God), the world dies in suffering. The one who is Guru’s follower recognizes only the one (God), and serving only Him, lives in peace.” (6)

However, feeling compassion for suffering humanity, Guru Ji prays to God and says: “(O’ God), all the beings and other creatures are under Your protection. The world is like a chessboard wherein You have placed beings both imperfect and perfect (ready to unite with You), but You look after all. Day and night, You make them do deeds (according Your will), and You Yourself then unite them with You. (Please show mercy on them, and make them perform the noble deed of meditating on Your Name, so that they may also become worthy of union with You.)” (7)

Guru Ji concludes this *shabad* by saying: “(O God), You unite with Yourself all mortals who find themselves in Your presence, and then see You manifest. You Yourself are fully pervading in all. Nanak (says), it is God who is working in all, but this realization comes only to a Guru’s follower.” (8-6-7)

The message of this *shabad* is that only by reflecting on the Guru’s word, can we realize that the one eternal God pervades everywhere, and in every heart. It is only that one God whom we should serve and worship. The best way to worship and merge in that eternal God is to meditate on His Name, and day and night sing His praises with true love and devotion.

**MAAJH MEHLA 3.**

अथ अथला ॥

अतिरंग बहुत बहु ली भीती ॥
बूढ़ानी बिलकूल बीतने भीती ॥
अंदन कहानन मन फूल फूले दाह भी फूले मनु फूले भी कथा फूले ॥१॥

amrit baanee gur kee meethee.
gurmukh viirlai kinai chakht deethee.
anantar pargaas mahaa ras peevai dar sachai sabad vajaavan-aa. ||1||
In the previous shabad, Guru Ji advised us that if we want to become one with the eternal God, we should meditate on His Name and sing His praises. The question arises: how to do this. In this shabad, Guru Ji answers this question.

He says: “Nectar-sweet is Gurbani (the Guru’s word). Only a rare Guru’s follower has tasted and enjoyed its bliss. By drinking in this supreme relish, one’s inner self is illuminated, and one (starts living according to the Guru’s word, as if) playing the (tune of Guru’s) word at the door of the eternal (God).” (1)

Stating how much regard he has for such a person, Guru Ji says: “I am a sacrifice time and again to the one who keeps the mind attuned to the Guru’s holy feet (his Gurbani). The true Guru is like a pool of nectar. Whosoever bathes in this pool (reads, understands, and follows Gurbani) with true devotion, washes off all the dirt (of sins).” (1-pause)
Guru Ji now humbly goes into a prayer mode and says: “O’ eternal (God), no one has found Your limit. Through Guru’s grace, only a rare person has fixed the mind on You. O’ God, (bless me) with so much hunger for Your true Name, that I may never feel satiated praising You.” (2)

As a result of this state of mind, totally imbued with love of God, Guru Ji says: “By Guru’s grace, I have partaken of such an elixir of Name that now, except the one (God), I see no one else. (In every body and every place I see the one God.) Yes, through (Gurbani, the Guru’s) word, I have satiated all my thirst (for worldly riches and power), and now quite easily and naturally I remain merged in a state of peace.”(3)

Commenting on the conduct of the self-conceited persons, he says: “A self-conceited person forsakes the jewel-like valuable commodity (of Name) as if it is worthless straw. The self-willed blind fool is attached to duality (the love of worldly riches and power rather than God). Whatever (evil one) sows, (the same evil fruit) one reaps, and doesn’t find peace, even in dream.” (4)

Guru Ji now tells us why don’t all people obtain this valuable commodity of Name. He says: “Only that person on whom God shows His mercy obtains (this commodity). Then such a person enshrines the Guru’s word in the mind, and day and night lives in loving awe (of God). By destroying all (worldly) fear, such a person dispels all illusion.” (5)

Describing what happens thereafter, Guru Ji says: “(In this way, whosoever) has dispelled his or her illusion, has always enjoyed peace. Through the Guru’s grace, such a person has attained the supreme status (of salvation). That person’s inner self becomes pure, and pure becomes his or her speech, and in a state of spiritual calm, that person sings the praises of God.” (6)

Finally, pointing out the fact that whatever happens is according to God’s will, Guru Ji says: “(God) Himself does everything. So to whom should anybody (complain)? We could go to tell Him if He were in the wrong. O’ Nanak, it is God who does everything, and it is only by meditating on His Name that a person merges in Him.”(8-7-8)

The message of the shabad is that if we want to become one with God, then instead of complaining, we should accept His Will, and through Gurbani meditate on God’s Name and sing His praises.

Guru Ji now humbly goes into a prayer mode and says: “O’ eternal (God), no one has found Your limit. Through Guru’s grace, only a rare person has fixed the mind on You. O’ God, (bless me) with so much hunger for Your true Name, that I may never feel satiated praising You.” (2)
In the last stanza of the previous shabad, Guru Ji commented that God does everything. In this shabad, he elaborates on this idea, and tells how even the love for God in a person is also an act of special favor of God on that person.

He says: “It is on His own, (that God) imperceptibly imbues one with (His) love. Through the (Guru’s) word, He imbues one with His love. Then that person’s mind and body is fully impregnated with love (for God), and the tongue is dyed deep red (utters extremely sweet words full of) loving fear of God.” (1)

Regarding such persons, Guru Ji says: “I am a sacrifice again and again to those who enshrine the fearless God in their minds. By Guru’s grace, they worship the fearless God, who by uniting them with the Guru’s word, ferries them across the poisonous world-ocean (and liberates them from the rounds of births and deaths).” (1-pause)

However, commenting on the state of those self-conceited persons who regard themselves as clever, and practice all kinds of rituals according to the dictates of their own mind, he says: “The self-conceited person tries to be clever. Even though such a person bathes and washes (at many pilgrim centers), yet doesn’t reach (God’s court). As such a person came into the world so will that person depart (empty-handed from here), and would repent over the sins, he or she has committed.” (2)

Guru Ji observes further: “The blind self-conceited person has no understanding or insight. Such a person does not realize that one has come into this world with death written in one’s destiny. Therefore, such a person continues performing (all kinds of ritualistic) deeds, and doesn’t attain the right way of life. So without meditating on (God’s) Name wastes the (human) birth.”(3)

Guru Ji now tells us what is truly the right conduct for a person. He says: “(O’ my friends), the truest deed worth performing is to understand and live according to the essence of (Gurbani, the Guru’s) word. It is by following the perfect Guru that we obtain the door to salvation. Because day and night, he (the Guru) recites the divine word (to the devotees) and in this way he imbues them with the love for God.” (4)

Describing further what happens thereafter, he says: “Whose tongue is imbued with God’s love, imperceptibly that person’s mind and body are bewitched. Unnoticeably such a person obtains the beloved Spouse, and then slowly and gently unites other’s also (with God) in a state of peace and poise.” (5)
It is the same light
Guru Ji began the previous shabad with the comment that of His own accord, God imperceptibly imbues a person with His love. Further, it is through the Guru’s word that He does that. This shows the importance of the Guru in attaining to God. In this shabad, he elaborates on the significance and merits of the Guru.

He says: “(We obtain) great glory by serving the true Guru (by following his advice because by doing so) without even our knowing, the reverend God comes to reside in the mind. God is like a fruit-bearing tree: whosoever drinks its nectar all his or her thirst (for worldly possessions) is quenched.” (1)

Guru Ji, therefore comments: “I am a sacrifice time and again (to the true Guru), who has united me with the true congregation of saintly persons. He himself joins a person with saintly company, because through the Guru’s word, a person is able to sing God’s praises.” (1)

Now, describing the merits obtained by those who meditate on Gods’ Name, Guru Ji says: “They who have enshrined God’s Name in their minds (by acting in accordance with the word of advice of the Guru), embellish themselves (with divine merits). God Himself is immaculate (therefore, whosoever is attuned to Him), dispels the dirt of ego, and obtains honor at the door of the eternal (God).” (2)

However, once again stressing upon the importance of the Guru, he says: “Without (the guidance of) the Guru, (God’s) Name cannot be obtained. (Even many) yogis and adepts have tried their best, but have miserably failed (to obtain God’s Name without Guru’s guidance). No joy or peace can be obtained without serving (and following) the Guru, and only by perfect destiny Guru’s (guidance) is obtained.” (3)

Guru Ji now uses a very beautiful metaphor of “aarsi” (a very nicely polished and shining piece of steel, which was used in the past as a mirror), to explain his point. He says: “This mind (of ours is like) an ‘aarsi’ (mirror of shining steel). But, only a Guru’s follower is able to see (the inner immaculate) self through this mirror. No rust (of evil thoughts) afflicts (the mind) when a person dries out (the moisture of) ego. (When, one keeps reminding oneself of the Guru’s word, as if) one keeps ringing the melody of the immaculate word, then one merges in the True One.” (4)

Guru Ji, now plainly says: “Without the (guidance of) the true Guru, no one can see (and examine one’s inner self). The one to whom the Guru has mercifully shown (the inner self), realizes that God Himself has become one with His creatures. Then, through perfect divine knowledge, the devotee imperceptibly merges in a state of equipoise.” (5)

Therefore defining the conduct of a Guru’s follower, Guru Ji says: “A person who is Guru’s follower attunes the mind only to the one (supreme Being). Through the Guru’s word, burns away all illusion of duality. Trading in (and searching for) truth within the body, the Guru’s follower obtains the everlasting treasure of (God’s Name).” (6)

Summarizing the conduct and merits of a true Guru’s follower, he says: “For a true Guru’s follower, the essence of all deeds is God’s praise. The Guru’s follower reaches the door of salvation. Dyed in God’s love, such a person sings God’s praises day and night, and so is called into (God’s) mansion.” (7)

In conclusion, Guru Ji says: “The benevolent true Guru is met only when God unites a person (with the Guru). It is only through perfect good luck that the Guru’s word is enshrined in the mind. O’ Nanak, only the one who sings the praises of the True one obtains the glory of His Name.” (8-9-10)

The message of the shabad is that if we want to enjoy the bliss of union with God, we should pray to Him to bless us with the guidance of the true Guru. Secondly, following Gurbani (as contained in Guru Granth Sahib Ji), with true love and devotion we should sing God’s praises day and night.
In the previous *shabad*, Guru Ji advised us that if we want to enjoy the bliss of union with God, we should pray to Him to bless us with the guidance of the true Guru. Secondly, following *Gurbani*, we should sing God’s praises day and night with true love and devotion. In this *shabad*, he impresses upon us the importance of shedding our ego and having complete faith in the Guru’s guidance.

**MAAJH MEHLA 3**

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**MAAJH MEHLA 3.**

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<tr>
<td>aap vanjaa-ay taa sabh kichh paa-ay.</td>
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<tr>
<td>gur sabdee sachee liv laa-ay.</td>
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<td>ha-o vaaree jee-o vaaree har gun an-din gavaavii-aa.</td>
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<td>vaylaa vakhat sabh suhaa-ii-aa.</td>
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<td>jit sachaa mayray man bhaa-i-aa.</td>
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<td>bhaa-o bhoojan satgur tuthai paa-ay.</td>
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<td>an ras chookai har ras man vasaa-ay.</td>
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<tr>
<td>satgur na sayveh moorak anDh gavaaraa.</td>
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<td>fir o-ay kithhu paa-in mokh du-aaraa.</td>
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<td>sabDai saad jaaneh taa aap pachhaaaneh.</td>
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<tr>
<td>nirmal baneer sabad vakaageh.</td>
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<tr>
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<td>so thaa suhaa-ii-aa jo har man bhaa-i-aa.</td>
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<tr>
<td>sat-saangat bahi har gun gaa-i-aa.</td>
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<tr>
<td>an-din har saalaahahi saachaa nirmal naad vajaavii-aa.</td>
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</table>

In the previous *shabad*, Guru Ji advised us that if we want to enjoy the bliss of union with God, we should pray to Him to bless us with the guidance of the true Guru. Secondly, following *Gurbani*, we should sing God’s praises day and night with true love and devotion. In this *shabad*, he impresses upon us the importance of shedding our ego and having complete faith in the Guru’s guidance.
Describing the merits of doing so, he says: “When a person completely sheds his self-conceit, everything is obtained. Following the Guru’s word (of advice), this person imbues himself with true love (of God). He then deals in truth, gathers truth, and becomes a true trader of truth.”(1)

Next, expressing the high regard he has for such Guru’s followers, and praying for Guru’s guidance, he says: “I am a sacrifice again and again to those who day and night, sing God’s praises. O’ God, I am Yours and You are my Master. You are the Giver of glory (to a person) through the Guru’s word: (please bless me also with this glory).” (1-pause)

Many of us ask the right or auspicious time to sing God’s praises? Guru Ji answers: “(O’ my friends, all) that time or moment is auspicious when the eternal (God) becomes pleasing to the mind. By serving the True One, we obtain true honor, but it is only through the Guru’s grace that we obtain the True One.” (2)

Elaborating on the merits of serving the true Guru, he says: “One receives the food of divine love when the true Guru becomes gracious. Then all craving for other (worldly) relishes is gone, and the relish of God’s love is enshrined in the mind. (Then through the nectar of) Gurbani, one obtains truth, contentment, peace, and poise from the perfect Guru.”(3)

Next commenting on the fate of those persons who do not follow the Guru’s advice, he says: “(Those who are) ignorant blind fools do not serve (or follow) the true Guru. How can they find the door to salvation? They die again and again to be reborn, and keep bearing blows at the door of the demon of death.”(4)

However, in his compassion Guru Ji tells us how even such ignorant persons can find liberation from their woes. He says: “(If the self-conceited persons) realize the relish of the Guru’s word, and recognize their (true inner) self, then they (start) reciting the immaculate Name through the word (of the Guru). In this way, by serving the eternal (God) they always live in peace and enshrine (God’s) Name in their mind, which is the essence of all the nine treasures.” (5)

Elaborating on the blessings of singing God’s praises, Guru Ji says: “That place (in the heart) is beauteous which is pleasing to God. (Therefore, the Guru’s followers always) sing praises of God, sitting in the company of saintly persons. Day and night, they praise the eternal (God), and keep playing the immaculate (divine) tune (in their mind).” (6)

Commenting once again on the state of those, who instead of following the advice of the Guru, follow the impulses of their own mind, Guru Ji says: “The self-conceited persons earn false wealth and make false expanse (of their possessions). By earning false (worldly) wealth, they are afflicted with very severe suffering. Day and night, they wander lost in doubt. They waste their human life by continuing to die and taking birth again and again.”(7)

Guru Ji concludes this shabad by telling us about his own love for God. He says: “The eternal God is extremely dear to me. Through the word of the perfect Guru, I have made Him my sole anchor and support. (Because), O’ Nanak, it is only through God’s Name that one achieves glory, and is able to accept pain and pleasure alike.” (8-10-11)

The message of the shabad is that if we want to enjoy the bliss of union with God, we should eraze our ego completely. Following Guru’s advice, we should sing God’s praises, and meditate on His Name in the company of saintly persons.

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In the previous shabad Guru Ji advised us that if we want to enjoy the bliss of union with God, we should completely erase our ego. Following Guru’s advice, we should sing God’s praises, and meditate on God’s Name in the company of saintly persons. In this shabad, he himself addresses God to restate his belief. He says: “(O God), all the sources of creation and different species are Yours. But without meditating on (Your) Name, they all are lost in delusion. (However, it is only) through Guru’s service (that anybody has) obtained (God’s) Name, and without the (guidance of the) true Guru, no one can obtain it.”(1)

He therefore says: “Time and again, I am a sacrifice to those who attune their mind to God. (They realize that the) eternal God is obtained (only) through devotion to the Guru, and the devotee easily enshrines (God) in the mind.”(1-pause)

Elaborating on the benefits of serving the true Guru, he says: “(If a person) serves (follows) the true Guru, then that person obtains everything. With whatever expectation one yokes (oneself to the service of the Guru), one obtains the fruit accordingly. The true Guru is the giver of all gifts, but (only) through perfect good luck, (God) unites (a person with the Guru).” (2)

Now Guru Ji tells us why we are not able to attain to God without the guidance of true Guru. He says: “Within (our mind) is sticking too much dirt of duality (the sinful worldly desires). Soiled (with these evil desires and ego), this mind does not contemplate on the one (God). Even if such a self-conceited person wanders around shores and places of pilgrimage in many foreign lands, that person becomes even more soiled with the dirt of egoism.”(3)
Contrasting the blessings of serving the Guru with the disadvantages of roaming around places of pilgrimage, Guru Ji says: “If a person serves (and follows) the true Guru, the dirt (of ego) goes away. (Such a person effaces the self conceit, as if) that person has died while still alive, and has attained the mind to God. God is pure and true, no impurity can attach to Him. (Therefore), the one who attunes the mind to that true (and immaculate God), gets rid of the dirt (of egoism).” (4)

Guru Ji adds: “Without the Guru’s (teaching), there is total darkness (of ignorance. Such an) ignorant (person) is like a blind person groping in the dark. (Such a person is) like a worm of filth, which gathers filth and is consumed in filth itself.” (5)

Regarding the one who serves the emancipated Guru, he says: “The person who serves the emancipated (Guru), is also emancipated. Through the (Guru’s) word, such a person sheds all ego and attachment (to worldly things). Day and night, this person serves the eternal (God). But only by perfect good fortune does (one) obtain (the guidance of) the Guru.” (6)

Now summarizing the process of obtaining the Guru’s guidance, and ridding oneself of all sufferings, Guru Ji: “(On His own, God) becomes gracious (on some one), and arranges that person’s union (with the Guru). From the perfect Guru, such a person obtains the treasure of Name. (Then by remaining absorbed in) the Name of the eternal (God), that person’s mind always remains true (and pure, free from evil desires. In this way), by serving the eternal (God), such a person gets rid of all sorrows.” (7)

Giving the gist of his advice, Guru Ji says: “(O’ my friends, God) is always by your side; never deem Him to be far from you. Through the Guru’s word, realize Him in (yourself). Nanak (says), it is through God’s Name that one obtains honor (and glory, and that Name) is obtained from the perfect Guru.”(8-11-12)

The message of the shabad is that if we want to obtain salvation from all kinds of worldly pains and problems, and be reunited with our beloved God, then instead of roaming around pilgrimage places we should pray to God to bless us with the guidance of the true Guru, and the gift of His Name.
In stanza (7) of the previous shabad, Guru Ji stated: “(On His own, God) becomes gracious (on someone), and arranges that person’s union (with the Guru). Then from the perfect Guru, that person obtains the treasure of Name. In this shabad, he continues that theme, and explains what other blessings such persons obtain who become true (and immaculate) in this world.

He says: “Those who are true here (who remain absorbed in the True One), remain true in the hereafter as well (united with God). Those who remain absorbed in the true word (of God’s Name), their mind becomes true (and immaculate). They serve only the true God, earn only the truth (do only righteous deeds), and practice Truth alone.” (1)

Expressing his veneration for such persons, he says: “I am a sacrifice time and again to those who enshrine the eternal Name in their heart. By serving and singing praises of the eternal (God), they merge in the eternal (God Himself).” (1-pause)

Now commenting on those pundits and scholars who, instead of meditating on God’s eternal Name, lay emphasis only on studying holy books like the Vedas and the Shastras, he says: “The pundits study (the scriptures), but they don’t get the relish (of eternal Name). They mislead their mind with the love of duality (the worldly riches). In the attachment to Maya (worldly riches and powers), they lose all wisdom, and by committing misdeeds they repent.” (2)

However in his mercy, Guru Ji tells us how even such persons can obtain salvation. He says: “If a person is blessed with (the guidance of) the Guru, he or she realizes the essence (of the scriptures), and enshrines God’s Name in the mind. Then by following the word (of advice of the Guru, the one who so disciplines the mind, as if) he or she has died (to the world, that person) attains to the door of salvation.” (3)

Explaining the above process, Guru Ji says: “The one who keeps the Guru’s word in the mind and follows it, dispels anger and washes off all sins. Those who remain imbued with the love of the eternal (God), always remain detached (from worldly riches and power), and by stilling their ego become worthy of being united with God.” (4)

Next educating us about all the good and bad intangible things within us, he says: “(Within every one is) the jewel (of Name), but this is found only if someone (like the Guru) helps us to find it. Within (a person also) lie the three kinds of impulses (or desires), and the three attributes of Maya (which don’t let a person look for this jewel). The pundits and the silent sages have grown tired of reading (their texts) but have not realized the essence of the fourth state of mind (of peace and poise or “Turya”).” (5)
Reminding us about the ways of God, he says: “Of His own accord, (God) im们 a person with His love. But only those persons are imbued (with God’s love), who are imbued with the (love of) Guru’s word. Being extremely imbued with God’s love, they repeatedly keep singing God’s praises with relish.” (6)

Guru Ji now describes the traits of a true Guru’s follower who is imbued with love and devotion for God. He says: “For a Guru’s follower, (God’s Name) is all miracles, austerities, and Truth. For a Guru’s follower, this is the (divine) knowledge: that salvation is obtained through (God’s) Name alone. The Guru’s follower leads a truthful life, and thus truly merges in the true (God).” (7)

In closing, he says: “(The Guru’s follower realizes that) it is God who creates and destroys (the universe). For the Guru’s follower, God alone is his or her caste and honor. In short, O’ Nanak, a Guru’s follower always meditates on (God’s) Name, and through the Name merges in (God’s) Name itself.” (8-12-13)

The message of the shabad is that if we want to merge in the true God we should lead a truthful life, and following the Guru’s advice, we should meditate on God’s Name with true love and devotion.
In the last stanza of the previous shabad, Guru Ji commented that a Guru’s follower realizes that it is God who is the Creator and the Destroyer. In this shabad, he elaborates on this idea and tells us how Guru’s followers reach the mansion of God.

Guru Ji says: “The creation or destruction (of the universe) happens according to the word (or command of God). Again, it is through the word (of God’s command) that the universe is recreated. The Guru’s follower realizes that everywhere the eternal (God) pervades, and (after) creating (the universe, God has) merged Himself in it.” (1)

Expressing his veneration for Guru’s followers, he says: “I am a sacrifice time and again to such persons, who enshrine the perfect Guru in their mind. From the Guru they obtain peace, and (through his guidance, they worship God) day and night. By singing His praises, they merge in that meritorious (God).” (1-pause)

Elaborating on the convictions of the Guru’s followers, Guru Ji says: “(The Guru’s follower believes that) the wonderful God Himself shows His wonders on land, water, air, and fire. (His divine writ runs everywhere). But the one without the Guru’s guidance repeatedly dies and takes birth, and in this way the Guru-less persons (who are bereft of Guru’s guidance and instruction) keep on coming and going.” (2)

Guru Ji now tells us about the creation of this universe. He says: “That Creator has staged a kind of play. In this human body, He has put everything. But it is only a rare person who, by reflecting on the (Guru’s) word, understands the mystery of the divine mansion (within his body, and how one) may be called into the mansion by God.” (3)

Using the metaphor of a banker and a trader to explain the relationship between the Guru and his disciple, he says: “The Guru is like a true banker, and true are the traders (or the disciples) who do business (of Name) through him. Through unending love for the Guru, they deal in Truth (God’s true Name). Yes, they buy Truth, they sell Truth, and earn nothing but the profit of Truth, (the wealth of God’s Name).” (4)

Continuing with the above metaphor, Guru Ji says: “Without the capital (of loving devotion), how can anyone obtain the commodity (of God’s Name)? All the self-conceited persons have gone astray. Without the capital of (Name) they go empty-handed and suffer pain in the hereafter.” (5)

Contrasting the above behavior with that of Guru’s followers, Guru Ji says: “(On the other hand), there are some who love the Guru’s word, and invest in the true (capital of Name). They save themselves, and emancipate their lineage. Approved is their advent (into this world), and meeting their beloved (God), they abide in peace.” (6)

Once again commenting on the folly of self-conceited persons, Guru Ji says: “The commodity (of Name) is within, but the fool searches it outside. This way the self-conceited blind persons wander around like ghosts. The self-conceited persons are lost in doubt because none of them looks for this commodity (of God’s Name), where it is.” (7)

Guru Ji concludes by reiterating this basic principle. He says: “God Himself gives this boon (of the valuable commodity of Name) by calling some (into His mansion), through (Gurbani, the Guru’s) word. That person then enters the mansion of God, where he or she attains peace and poise. O’ Nanak, It is through the Name that such an honor is obtained. (However, in the final analysis, it is God Himself, who) listens again and again, and meditates (on His Name).” (8-13-14)

The message of the shabad is that God’s mansion is within us. If we want to enter this mansion and enjoy its peace and bliss, we should pray to Him to bless us with the guidance of the Guru, who may enable us to earn the wealth of God’s Name and enter the Divine mansion.
In many previous shabads Guru Ji advised us that if we want to enjoy peace both here and hereafter, we should remember God day and night. In this shabad, he reemphasizes this concept and sheds more light.

He says: “(O’ my friends) I have told you this true instruction of the eternal Guru that you should keep meditating on God, so that He may be your helper in the end. However, that incomprehensible and unknowable God who is beyond birth and death, is attained only by living in accordance with the will of the true Guru.” (1)
Paying his respects to those who shedding their self-conceit, follow the Guru's advice and merge in God, he says: "I am a sacrifice time and again to those who shed their self-conceit, because only by discarding all self-conceit can one attain God, and imperceptibly merge in Him." (1-pause)

Guru Ji further observes: "One does that deed (in this world), which has been pre-written (in one's destiny, based on the deeds done in the past). By serving the true Guru, one always obtains joy and peace. But without good fortune, the Guru, who unites a person (with God) through his word, is not found.” (2)

Describing the attributes of a Guru's follower, he says: “A Guru's follower, while living in the world, remains detached (from worldly desires). Such a person always depends upon the support of the Guru and God's Name. No one can oppress a Guru's follower; instead such a person is consumed by his or her own evil (plans), and suffers pain.” (3)

Commenting further on self-conceited persons, he says: "The blind egoistic person has no sense or understanding. The (self-conceited persons) are the killers (of their own conscience), and are (like) slayers of the entire world. By indulging in slander (of others, a self-conceited person) carries a load (of sins on the head), and is like a laborer who carries loads without any remuneration.” (4)

Now, using a very beautiful metaphor, Guru Ji explains God's relationship with the world. He says: "This world is like an orchard, and my God is its gardener. (Just as the gardener takes care of all the plants in the garden, similarly) God takes care of all (the creatures), and nobody is bereft of His care. Whatever fragrance (or attribute God) infuses in a person, that person emits that fragrance (and displays that disposition, and just as flower) is known by its odor, (a person is known from his or her disposition).” (5)

Once again commenting on the general state of the world, Guru Ji says: "This world is afflicted with the malady of self-conceit. It has forgotten the incomprehensible and infinite God, who is the real Giver of peace. Therefore, the suffering humans wander about wailing, and without the (guidance of the) true Guru, they do not find peace.” (6)

However, in his compassion, Guru Ji describes how even the self-conceited persons are ultimately saved. He says: "He who has created them knows the way (of their salvation too). When God Himself shows mercy, a human being realizes His will. Whatever attribute God puts in a person, that person acts accordingly, and God Himself drives out (one's) demerits.” (7)

Guru Ji concludes the shabad by saying: “Except that eternal (God), I have no one else (to look upon). The person, whom (God) attunes to Himself, becomes pure. O' Nanak, God's Name resides in each heart, but only whom God gives (true understanding) obtains it.” (8-14-15)

The message of the shabad is that we are like flowers in the garden of God. Therefore following Guru's guidance, we should pray to God to embellish us with the fragrance of His Name.
In many previous shabads, Guru Ji told us about the significance of following the advice of the Guru and meditating on God’s Name. In this shabad he elaborates on the importance of meditating on the Name, which is like an immortalizing elixir.

He says: “(The person, who) enshrines the elixir of (God’s) Name in the heart, is rid of all maladies, including those of ego and possessiveness. Through the nectar-sweet words (of the Guru), this person always sings praises of God, and obtains the immortalizing nectar.” (1)

Expressing his deep veneration for such persons, Guru Ji says: “I am a sacrifice time and again to those who enshrine the ambrosial word (of the Guru) in their minds, because (the person) who enshrines the ambrosial word (of the Guru) in the heart, meditates on the immortalizing Name (of God).” (1-pause)

Listing additional merits of such persons, Guru Ji says: “(The person, who enshrines the nectar of Name in the heart) always utters nectar sweet words from the mouth. (Such a person) always sees and realizes the immortal God in everything. Day and night, that person utters the immortalizing gospel (of God), and narrates it to others.” (2)

Describing the conduct of such persons, Guru Ji says: “The person who is dyed in the color (imbued with the love) of the nectar (of Name) and attunes (to God), by Guru’s grace obtains the nectar (like God’s Name. Such a person) day and night utters nectar (Name) with the tongue, and with body and mind helps others to drink this nectar (also).” (3)

Some people think that what Guru Ji discusses is too high a thing to be followed and practiced. In no way can sinners like them reach such a pious stage, where they can also obtain the invaluable jewel of (God’s) Name. But Guru Ji gives hope to all of us, and reminds us that God’s powers are amazing and His mercy is limitless. Therefore, Guru Ji says: “(God) does that which is beyond (any body’s) imagination. His command, no one can nullify. It is according to His command that His immortalizing word prevails, and it is by His command that He administers His nectar like Name.” (4)
Continuing the above thought, Guru Ji says: “(O’ my friends), wondrous are the ways of the Creator. He brings the straying mind (of a person) to the right path. Then He attunes (that person’s) mind to the immortalizing word (of the Guru), and makes the music of (divine) word play within.” (5)

Guru Ji, therefore, addresses God in all humility and says: “(O’ God), You Yourself have created both the base and genuine (the evil and the virtuous) persons. You Yourself test all people. Those found virtuous are accepted in Your treasury (united with You). The false ones remain lost in delusion.” (6)

Many of us wonder: how can we please God and see His sight? Therefore, on our behalf, Guru Ji asks: “(O’ God), how can I see You, and how can I praise You, so that I too may receive Your grace? I think that through Guru’s grace, I should praise You through his word. But (O’ God), it is only according to Your will that the nectar (of Your) Name comes to reside (in one’s heart), and it is in Your will that You administer Your nectar (to anyone).” (7)

In closing, Guru Ji says: “The holy word (of the Guru) is the immortalizing Nectar, and so is the Name of God. By serving (and following) the Guru, this (nectar) is enshrined in the mind. O’ Nanak, the nectar of Name gives eternal peace. By drinking it, all one’s hungers (or worldly desires) are satiated.” (8-15-16)

The message of the shabad is that if we want to satiate all our worldly desires and obtain eternal bliss, we should sing and follow the nectar-sweet word of the Guru with love and devotion. So that showing His mercy God may enshrine the immortalizing nectar of His Name in us also.

**Maajh mehlaa 3.**

amrit varsai sahj subhaa-ay.
gurmukh virlaa ko-ee jan paa-ay.
amrit pee saadhaa tarpitaasay kar kirpaa tarisnaa bujhaaavani-aa. ||1||

ha-o vaaree jee-o vaaree gurmukh amrit pee-avooni-aa.
rasnaa ras chaakh saadhaa raang raattee sehjaj har gun gaavani-aa. ||1|| raahaa-opa.
gur parsaadje sahj ko paa-ay.
gubDhaa maray ikas si-o liv laa-ay.
nagar karay taa har gun gaaavai nagree sach samaavani-aa. ||2||
sabhnaa upar nadar parabhay tayree.
kisai thorhe sai hai ghagrayree.
tujh tay baahar kichh na hovai gurmukh sojhe saaavani-aa. ||3||
gurmukh taat hai beecharaara.
amrit bharay tayray bhandaarara.
bin satgur sayvay ko-ee na paavai gun kirpaa tay paavani-aa. ||4||
satgur sayvai so jan sohail.
amrit Naam antar man mohail.
amrit man tan beene rajaa amrit sahj sunaavani-aa. ||5||
manmukh bhoolaa doojai bhaa-ay khu-aa-ay.
Naam na layvai marai bikh khaa-ay.
an-din saadhaa vistas meh vaassaa bin sayvaa janam gavaavani-aa. ||6||
In the opening stanza of the previous shabad, Guru Ji stated, “If a person enshrines the elixir of Name in the heart, that person is rid of all the maladies, including those of ego and possessiveness. In this shabad, he reveals how the rain of this nectar continues to fall naturally for all to quaff. He also tells us, who are the rare fortunate persons who actually drink it, and enjoy its heavenly bliss.

He says: “The nectar (of Name) is raining down in its own natural course. However, only a rare Guru’s follower receives (and enjoys) this nectar. Drinking this nectar, that person is satiated forever. Showing His mercy, God quenches all that person’s thirsts (or worldly desires).” (1)

Expressing his love and veneration for such Guru’s followers, he says: “I am a sacrifice time and again to such Guru’s followers who by Guru’s grace, drink this nectar (of Name). Tasting this (nectar), their tongue remains imbued (with divine love), and unnoticeably they keep singing (God’s) praises.” (1-pause)

Guru Ji now describes the conditions, which a person must fulfill before becoming worthy of receiving this nectar (just as leveling and digging are required before a field becomes fit for receiving and holding rainwater). He says: “It is only a rare person who by Guru’s grace attains a state of (spiritual) poise (and balance of mind). This person stills all sense of duality, and fixes the mind only on the one (God). But this happens only when (God) showers His grace. (Then that person) sings (God’s) praises, and by His grace remains absorbed in that eternal (God).” (2)

Explaining why only very special persons receive the benefit of (God’s) grace, Guru Ji addresses God and says: “(O’ God), Your grace is over all. On some it may be less, on others, more (just as rain falls equally on all places, but the level fields retain more of it, while the hilly or stony slopes retain very less). Yet it is only the Guru’s followers who understand that nothing happens outside, or without Your will.” (3)

Elaborating on the belief and understanding of a Guru’s follower, he says: “The Guru’s follower understands this essence (of wisdom): that Your storehouses are filled to the brim with the nectar (of Name). However, without serving (and following) the true Guru, no one receives (this nectar). Whosoever receives it, gets it only by Guru’s grace.” (4)

Therefore, stating the benefits of serving (and following the advice of) true Guru, he says: “The person who serves (and follows) the true Guru looks beauteous (and virtuous. Such a person’s) inner mind is fascinated with the Nectar of Name. That person’s body, mind, and speech become imbued with the love of the nectar (of Name), and (the person) imperceptibly keeps reciting (Guru’s) sweet words).” (5)

However, contrasting the above with the state and fate of the self-conceited persons, Guru Ji says: “A self-willed person goes astray, and is ruined due to the love of duality (the worldly riches, instead of God). This person does not meditate on (God’s) Name, and dies eating poison (hankering after false worldly desires). Day and night, such a person lives in ordure (absorbed in sinful worldly pleasures), and without serving God, wastes his (or her human) birth.” (6)

Describing the process, how a person actually drinks the Nectar (of Name), Guru Ji says: “Only that person drinks the nectar (of Name), whom He Himself administers. Through Guru’s grace, such a person imperceptibly becomes attuned to God. Then through the Guru’s instruction, is able to see that the perfect God Himself is pervading everywhere.” (7)
In conclusion, Guru Ji says: “The immaculate God is all by Himself. He who has created (this universe) will Himself destroy it. Nanak (says, O’ my friend), always meditate on God’s Name, and unnoticeably you will merge in the eternal (God).” (8-16-17)

The message of this shabad is that rain of (God’s) joy-giving Nectar is imperceptibly falling on all creation. But if we want to benefit from it, we should prepare our hearts for receiving (this nectar) by following the Guru’s advice, by always singing in praise of God, and meditating on His Name.
MAAJH MEHLA 3

In the previous shabad, Guru Ji told us that it is God who has created this universe, and it is He who will destroy it (and absorb it in Himself). But He Himself is everlasting and true. If we meditate on His Name, we will imperceptibly merge in Him. In this shabad, he talks about those persons who are really engaged in this endeavor, and how we can emulate them.

He says: “(O’ God), only those persons are attuned to the Truth (of Your eternal Name), who are pleasing to You. They always imperceptibly keep serving the Truth (by meditating on Your eternal Name). Through the true word (of the Guru), they praise the eternal (God), and thus they themselves are united, and unite others with the eternal (God).” (I)

Expressing his praise for those who keep praising the eternal God, Guru Ji says: “I am a sacrifice again and again to such dear persons who praise the eternal (God). They who meditate on the eternal God are imbued with the love of the eternal (God), and they merge in that true and eternal (God).” (1-pause)

Guru Ji now shares with us the state of his own mind, and says: “Wherever I look, I see that eternal God pervading everywhere. By Guru’s grace I can enshrine Him in my mind. Now my body is filled with Truth, my tongue is imbued with true relish, and I hear and talk only about Truth (the eternal God).” (2)

Continuing to describe the state of his mind, Guru Ji says: “Stilling my desire I have merged in Truth (the eternal God). My mind has realized that this entire world is subject to coming and going. I have realized that by serving the true Guru, one’s mind always remains in a state of poise, and one resides in one’s own home (the mansion of God).” (3)

Describing how the Guru’s word has helped him, he says: “The Guru’s word has showed (God) to me in my (own) heart. By following the Guru’s word, I burnt away my attachment for Maya (the worldly riches and powers). Now seeing nothing but eternal God, I sing His praises. Thus through the Guru’s word, I have obtained the eternal (God).” (4)

Therefore, on the basis of his personal experience, Guru Ji says: “Those who are imbued with the love of the eternal (God), they are truly attuned to Him. Those fortunate ones keep God’s Name enshrined (in their hearts). Through the true word (of the Guru), God has united them with Himself, and through the company of saintly persons, they keep singing praises of the eternal (God).” (5)

Guru Ji however wants to caution us against reflecting on any kind of accounts about God (such as when He came into existence or when He created this universe). He says: “We might try to read (God’s) accounts, if He were subject to any such accounts. That incomprehensible and unknowable God can be realized only through the (Guru’s) word. Only the person, who day and night praises Him through the Guru’s word knows Him; nobody else knows His worth.” (6)

Cautioning us against those scholars or pundits who claim to tell us about the ways to find peace on the basis of their study of scriptures, Guru Ji says: “(The pundits) have grown tired, reading (the scriptures, but have not found peace. They are consumed by (the fire of) their desires, and have no real wisdom. Such people simply trade in poison (of worldly wealth) because, enamored of this poison, they thirst for it. By telling all kinds of lies, they (earn and) consume the poison (of worldly wealth).” (7)

In conclusion, Guru Ji says: “By Guru’s grace, I recognize only one (God). By stilling duality (love for any other entity or object), I have merged my mind in the eternal (God). Only one Name of God pervades in the mind of Nanak, which he has obtained through the Guru’s grace only.” (8-17-18)

The message of the shabad is that only by following the true word of the Guru can we attain to God.
Guru Ji concluded the previous shabad with the remark that by Guru’s grace, he recognizes only one (God). By stilling duality, he has merged his mind in the eternal (God), and now only one Name of God pervades in his mind, and this state he has obtained through the Guru’s grace only. In this shabad, he shares with us what other divine understanding, he has obtained through Guru’s grace.

First as if talking to God himself, Guru Ji pours out his love and says: “(O’ my beloved God), all the different forms and colors, pervading (in this universe) are Your manifestation. These myriad creatures keep dying and getting reborn again and again. You alone are the immortal, incomprehensible, and infinite (One), and (You) impart this understanding through the Guru’s instruction.” (1)

Therefore, expressing his appreciation of Guru’s followers, he says: “I am a sacrifice time and again to those who enshrine in their hearts the Name of God, who has no figure, form or color. Through the Guru’s instruction, He Himself imparts understanding (about Him to some).” (1-pause)
On the basis of his personal understanding, Guru Ji now tells us: “(O’ my friends), if someone truly understands, (that person would realize that) it is the same one Light (of God which) is present in all (creation). It is by serving (and following the advice of) the true Guru that (this divine Light) becomes manifest. Visibly and invisibly, He pervades everywhere, and it is He (who ultimately) merges all lights (or souls) into His Light (or soul).” (2)

However, commenting on the state of the world, Guru Ji says: “The entire world is burning (and suffering) in the fire of desire, greed, arrogance, and too much ego. Therefore, afflicted with these evils, it is dying repeatedly to be reborn. Thus, it is losing its honor and wasting the (human) birth in vain.” (3)

Guru Ji notes further: “(It is) only a very rare person who understands the Guru’s word (or advice). Only if one effaces one’s self (conceit), can one understand (that God pervades through all) the three worlds. Then one neither dies (spiritually), nor goes through (such) death, but instead imperceptibly remains merged in eternal (God Himself).” (4)

Commenting on the conduct of such a person, Guru Ji says: “(That person who understands the Guru’s instruction), no longer attunes the mind to worldly things. Such a person always remains absorbed in the Guru’s word; (sees and) praises the eternal God pervading in all hearts, and looking beautiful.” (5)

Describing the state of mind of such a Guru’s follower, he says: “The person who praises the eternal God deems Him always near. Through the Guru’s word this person understands that God pervades everywhere. By Guru’s grace, eternal God becomes visible (to such a person), and from that eternal God Himself is obtained (real) joy or peace.” (6)

Guru Ji now tells us where the eternal God abides. He says: “(That) eternal God abides within (everyone’s) heart. That true God is eternal and immovable, and never comes or goes. Those who are devoted to the eternal (God) are pure of mind, and by following the Guru’s instruction, they merge in that eternal God (Himself).” (7)

Giving his concluding advice, Guru Ji says: “We should praise only the eternal God and none else, because by serving Him comes perennial joy or peace. O’ Nanak, they who are imbued with the love of (God’s) Name are truly wise, and they practice and earn only Truth.” (8-18-19)

The message of the shabad is that it is only by following the Guru’s word (the Gurbani as contained in Guru Granth Sahib) that we can attain to the eternal God, and enjoy true and everlasting peace.
The previous two shabads contain beautiful examples of Guru Ji’s use of the artifice of ‘Pun’ (the art of using the same word in different connotations). In these shabads he repeatedly used the word Sachch (truth) in the sense of ‘Truth,’ ‘True,’ or ‘True God.’ In this shabad, he uses the same technique to highlight the word Nirmal in the sense of ‘Pure’ or ‘Purity,’ and tells us what and who is really pure (and how to acquire purity of mind).

He says: “Pure is the word and pure is Gurbani (the Guru’s utterance, which is now embodied in Guru Granth Sahib Ji). Further, pure is the divine Light that abides in all. Pure is the Guru’s word (the hymn) in God’s praise. By meditating on the immaculate God through the pure word (of the Guru), one becomes pure and washes off one’s filth (of mind).” (1)

Paying his tribute to such holy persons, Guru Ji says: “I am again and again a sacrifice to the one who enshrines the peace-giving (God) in the mind. Through the Guru’s word, such a person praises the immaculate God, and by listening to the (Guru’s) word, stills the thirst (for worldly riches).” (1-pause)

Guru Ji now tells us how the Guru’s pure word makes us also pure. He says: “When (by praising God through the Guru’s word) the immaculate Name comes to abide in one’s mind, the body and mind become pure, and one dispels attachment to Maya (worldly riches and pleasures) from within. Then day and night, one sings the pure praises of the eternal God, and an immaculate divine tune rings (in one’s heart).” (2)

Describing the state of mind of such persons in whose mind the immaculate Name of God has come to abide, Guru Ji says: “The person who has obtained the pure nectar (of Name) from the Guru, from within that person, the sense of self (conceit) disappears, and no attachment for worldly wealth is left. By enshrining the immaculate word of the Guru in the heart, immaculate becomes that person’s knowledge and extremely immaculate becomes his or her reflection or meditation.” (3)

Enunciating another important principle, he says: “The person is rendered pure who serves the ‘Pure One. (By acting on) the Guru’s Word (such a person) washes off the dirt of ego. Then in that person’s ear rings the unstuck melody of celestial music, and that person obtains honor at the door of the eternal (God).” (4)

<table>
<thead>
<tr>
<th>Maajh Mehla 3</th>
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<tbody>
<tr>
<td>The previous two shabads contain beautiful examples of Guru Ji’s use of the artifice of ‘Pun’ (the art of using the same word in different connotations). In these shabads he repeatedly used the word Sachch (truth) in the sense of ‘Truth,’ ‘True,’ or ‘True God.’ In this shabad, he uses the same technique to highlight the word Nirmal in the sense of ‘Pure’ or ‘Purity,’ and tells us what and who is really pure (and how to acquire purity of mind).</td>
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**Sri Guru Granth Sahib**

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But that is not all. Guru Ji says: “From the immaculate (God), all else becomes pure. The person who enshrines the divine word in the heart, that person’s mind becomes immaculate. (Therefore), fortunate are they who are attuned to the pure Name: through (meditation on the) the immaculate Name, they become beauteous.” (5)

Clarifying who is truly pure, Guru Ji says: “That person alone is pure who looks beauteous (becomes virtuous) through the (Guru’s) word. Such a person’s body and mind are charmed by the immaculate Name. No filth ever attaches to the pure Name. The true Name makes that person’s face bright (worthy of honor in God’s court).” (6)

Now describing the state of a self-conceited person, he says: “Due to the love for duality (worldly riches), the mind (of a self-conceited person) becomes impure. Impure is that person’s kitchen and impure the abode (the entire lifestyle). Such a person eats food earned by dishonest means, and spreads impurity (and corruption). In short, the self-conceited person suffers pain due to impurity (the corrupt lifestyle).” (7)

In conclusion, Guru Ji says: “The pure and impure are all bound by God’s Will. Only those are pure who are pleasing to the eternal God. But O’ Nanak, (they) in whose heart abides (God’s) Name are rid of the dirt (of evil thoughts).” (8-19-20)

The message of the shabad is that if we want to become pure and merge in the eternal immaculate God, then we should act upon the immaculate word of the Guru (the Gurbani as embodied in Guru Granth Sahib Ji), and meditate on His immaculate Name.

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**SGGS P - 122**

maajh mehlaa 3.

<table>
<thead>
<tr>
<th>Gobind oojal oojal hansaa.</th>
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<tbody>
<tr>
<td>man baanee nirmal mayree mansaa.</td>
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<tr>
<td>man oojal saadgah soheh at oojal Naam Dhi-avaani-aa.</td>
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<tr>
<th>ha-o vaaree jee-o vaaree gobind gun gaavani-aa.</th>
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<td>gobid gobid kahai din raatee gobid gun sabad sunaavni-aa.</td>
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<th>gobid gaavahi sahj subhaa-ay.</th>
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<td>gur kai bhai oojal ha-umai mal jaa-ay.</td>
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<tr>
<td>saadgah anand raheh bhagath karahi din raattee sun gobid gun gaavani-aa.</td>
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<th>manoo-aa naachai bhagath drich-aa-ay.</th>
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<tr>
<td>gur kai sabad manai man milaa-ay.</td>
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<tr>
<td>sachaa taal pooray maa-i-aa moh chukaas-ay sabday niraat karaavani-aa.</td>
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<th>oochaa kookay taneeh pachhaarhay</th>
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**SGGS P - 122**

maa-i-aa mohi johi-aa jamkaalay.

| maa-i-aa moh is maneh nachaa-ay antaar kapat dukh paavni-aa. ||4||

<table>
<thead>
<tr>
<th>gurmukh bhagat jaa aap karaa-ay.</th>
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<tbody>
<tr>
<td>tan man raataa sahj subhaa-ay.</td>
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<tr>
<td>baanee vajai sabad vajaa-ay gurmukh bhagat thaa-ay paavni-aa.</td>
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In earlier days, many Hindu singers and dancers used to roam about the streets and enact musical dramas related to the life of Hindu god Krishna (also called Gobind). They used to do such things to earn money, rather than out of true devotion or to spread faith. In this shabad, Guru Ji tells us what kind of God, he sings for and how. He also compares the motives and results of the worship done by the true Guru’s followers with those of the selfish ones.

He says: “God is like an immaculate pool, and pure are the swan-like Guru’s followers bathing in it (by meditating on His Name). My own desire is that (in such a company), my tongue and mind may also become pure. They whose minds become pure, their faces also become radiant. Therefore, very honorable are those who meditate on God’s Name.” (1)

Paying his respect to such saintly persons, he says: “I am again and again a sacrifice to the one who sings God’s praises. Day and night (such a person) repeats God’s Name, and through the word of the Guru, recites God’s praises (to others).” (1-pause)

Describing the merits obtained by those who sing God’s praises, he says: “Those who in a natural sort of way sing God’s, through loving fear and devotion to the Guru, they become immaculate, because their dirt of egoism is dispelled. Therefore, they always live in a state of bliss. Day and night, they worship God by hearing and singing His praises.” (2)

Guru Ji considers this kind of worship as the true musical dance in praise of God. He says: “(The true musical worship of God is that in which instead of the body), the mind dances in divine devotion. In such worship, as one strengthens one’s devotion to God, the mind dances in elation. Through the Guru’s word, that person attunes the mind (self) to the supreme Mind. Beating to the true rhythm (of God’s worship), one sheds one’s attachment to worldly riches and power. Attuned to the Guru’s word, one makes the mind (and soul) dance truly (in divine devotion).” (3)

Contrasting the above true dance of a Guru’s follower, with that of a self-conceited person (who fakes worship and devotion), Guru Ji says: “(The dancer who) cries out loudly and makes forceful movements with the body is simply doing this for the love of worldly riches, and is being watched by the demon of Death. The greed for money makes the mind dance, and because of the deceit within, suffers in pain.” (4)

Describing what happens when a Guru’s follower worships God, he says: “The Guru’s follower worships (God), when He Himself makes him worship. Then unnoticeably the (follower’s) mind and body are imbued with love (and devotion for God). Within keeps ringing the Guru’s hymn, and (the follower) keeps playing the (divine) word. Such worship of a Guru’s follower is approved (in God’s court).” (5)

Reverting to the dance performed by a self-conceited person, Guru Ji says: “(The greedy person) dances to and because of the deceit within, suffers in pain.” (6)
Contrasting the above with the attitude of Guru’s followers, he says: “The one whose heart is imbued with (God’s) love is emancipated. Gaining control of the senses, such a person learns the true disciplines and the way to (unite with God), and through the (Guru’s) word, always meditates on God. This is the worship which is pleasing to God.” (7)

In conclusion, Guru Ji declares: “In all the four ages, God’s worship has been done by listening to the Guru and following his instruction. In no other way, can one ever attain it. In short, Oh Nanak, it is by serving the Guru and fixing one’s mind on his lotus feet that God’s Name is attained.” (8-20-21)

The message of the shabad is that if we want to attain to God, then instead of performing superficial dances for the sake of worldly wealth, we should day and night sing praises of God through the Guru’s hymns, and with true love and devotion meditate on His Name.

maajh mehlaa 3.

sachaa sayvee sach saalaahay.
schai naa-ay gukhab bhee naaheee.
sukh-daata sayvan sukhaa paa-in gumrata man vasaavanai-aa. ||1||
ha-o vaaree jee-o vaaree sukhaa sampaah lagaavanai-aa.
jo har sayvay say sadaa soheeh sopaah suraat suhaavanai-aa. ||1|| rahaah-o.
sanah ko tayraa bhagat kahaa-ay.
say-ee bhagat tayrai man bhaa-ay.
sach bane tuDhais saalaahay rang raahtay bhagat karaavanai-aa. ||2||
sabah ko jee-o tayraa.
gurumkhar taaa chookhah fayraa.
jaam tuDhais bhaavee taa naay-rayaah tooN aapay naa-ay japaavanai-aa. ||3||
gurumkhar har man vasaa-i-aa.
harakh sog sabah moh gavaa-i-aa.
ikes si-o liv laagee sad heer har Naam man vasaavanai-aa. ||4||
bhagat rang raahtay sadaa tayrai chaah-ay.
na-o niDh Naam vaasi-aa man aa-ay.
poorai bhaag satgur paa-i-aa sabday mayl milaanai-aa. ||5||
tooN daa-ai sabdah saph-daata.
tooN aapay mayleh gurmukh jaatay.
tooN aapay dayvay Naam vaddaa-ee Naam rataa sukh paavnai-aa. ||6||
sadaga sadagaa saachay tuDh saalaaheee.
gurmukh jaatay doojah ko naaheee.
ayka si-o man rahi-aa samaa-ay man man-ai maneh milaanai-aa. ||7||
gurmukh howa saa saalaaheee.
saachay thahkhar vayparvaahay.
aanak Naam vaasi man antar gur sabdee har maylaavanai-aa. ||8||21||22||
In the previous shabad, Guru Ji advised us that if we want to attain to God, then instead of performing superficial dances for the sake of worldly wealth, we should day and night sing praises of God through the Guru’s hymns, and with true love and devotion meditate on His Name. In this shabad, he again lays stress on the importance of worshipping the one eternal God.

He says: “(O’ mortal), serve (worship) and praise only the eternal (God), because by meditating on the Name of the eternal (God), one is never afflicted with pain. They who enshrine the Guru’s advice in their mind and serve the Giver of comforts live in peace.” (1)

Expressing his praise for such persons, he says: “I am a sacrifice again and again to those who unnoticeably enter into such a trance of peace and poise. Those who devotedly serve God always look graceful, and for their virtuous intellect they are honored (everywhere).” (1-pause)

Guru Ji now tells us who are God’s true devotees. Addressing God, he says: “(O’ God), everyone claims to be Your devotee. But that person alone is Your (true) devotee who is pleasing to Your mind. (Your true devotees) praise You through the true word (of the Guru), and imbued with Your love they inspire others to do Your worship.” (2)

Therefore, making a humble prayer before God, he says: “O’ my eternal God, everybody belongs to You, but only on meeting the Guru and receiving his guidance can (one) end one’s rounds (of birth and death). It is only when it pleases You that You instill a person with Your Name, and You Yourself make that person meditate on Your Name.” (3)

Describing the blessings received by those who follow the Guru’s advice, he says: “Following the Guru’s instruction, they who have enshrined God in their minds, they have shed their (hopes and worries) about happiness and sorrow, and all (worldly) attachment. They always remain attuned to one God, and they enshrine God’s Name in their mind.” (4)

Elaborating further on the conduct of God’s true devotees, Guru Ji says: “O’ God, Your devotees are always imbued with Your love and longing. The Name, which is the essence of all the nine treasures, has come to reside in their mind. By perfect good fortune, they have found the true Guru. Through his word (the Gurbani), he unites them with You.” (5)

Continuing to comment upon the greatness and kindness of God, he says: “(O’ God), You are merciful, and always the Giver of peace (to the creatures). On Your own, You unite them with Yourself through the Guru. On Your own, You bless a person with the glory of (Your) Name, and those who are imbued with the Name obtain peace.” (6)

Guru Ji now states what the Guru’s followers believe. He says: “(O’ God), those who praise You are forever true. By the Guru’s grace they have realized that except You there is no other (God). Their mind remains absorbed in the one (God). They know that it is only when our mind truly accepts You that You unite us with Yourself through the mind itself.” (7)

In conclusion, Guru Ji says: “The one who becomes a Guru’s follower, praises the carefree Master. Then O’ Nanak, (God’s) Name is enshrined in that person’s mind, and thus it is through the Guru’s word that (God) unites (a person with Himself).” (8-21-22)

The message of the shabad is that if we want to become true devotees of God and enjoy the bliss of union with Him, we should sing His praises and meditate on His Name through the Guru’s word.
### MAAJH MEHLA 3

In the previous shabad Guru Ji advised us that if we want to become true devotees of God and enjoy the bliss of union with Him, we should sing His praises and meditate on His Name (through the Guru’s words, with true love and devotion). In this shabad, he describes the virtues and merits of the true devotees of God.

Addressing God Himself, Guru Ji says: “(O’ God), Your devotees look beauteous (and worthy of respect) in Your eternal court. Through the Guru’s word they are embellished with Your Name. Day and night, they always live in bliss. Uttering Your merits, they merge in You, the meritorious (God).” (1)

Describing how much respect he has for such devotees, Guru Ji says: “I am time and again a sacrifice to those who, listening to (God’s) Name, enshrine it in their mind. In this way, by stilling their ego they are able to unite with God, who is eternal and the highest of the high.” (1-pause)
Now explaining the principles of achieving union with God, he says: “Eternal is God and eternal is His Name. It is only a rare person whom He unites (with Himself) through the grace of the Guru. The person who meets God through the Guru’s word is never separated (from Him), and in a natural way such a person merges in the eternal (God Himself).” (2)

Expressing his complete faith in God, Guru Ji says: “O’ God, nothing happens outside Your will. You Yourself create, watch, and know all. In short, the Creator Himself does and gets everything done, and on His own He unites a person with Himself through the wisdom given by the Guru.”(3)

Next, using the metaphor of a meritorious young bride, Guru Ji describes how one can unite with God. He says: “The meritorious bride (soul) who decks herself with the ornaments of love and the fear of God attains to God. By serving (and acting on the advice of) the true Guru, she enjoys everlasting matrimonial bliss, and following the true instruction (of the Guru she) merges in Him.” (4)

Guru Ji now describes the fate of those who do not care for the Guru’s word (or advice), and follow the dictates of their own minds. He says: “They who forsake the word (of advice) of the Guru, find no refuge or shelter. Lost in delusion, they wander like a crow in a deserted house. They lose both this and the next world, and pass their life in suffering.” (5)

Commenting upon those who write about different theological topics for the purpose of making money rather than spreading divine wisdom, Guru Ji says: “Writing their thoughts, people have exhausted paper and ink, but none of them has ever obtained peace. Since they write falsehood, they earn falsehood (false worldly wealth). Concentrating their minds on earning falsehood (false worldly wealth and glory), they ultimately burn (in pain).” (6)

Stating what the Guru’s followers write about and what blessings they obtain, he says: “The Guru’s followers write about and reflect on what is pure and true. Such true devotees attain to the gate of salvation. True is their paper, pen and ink, and writing about Truth they merge in the eternal (God).” (7)

In conclusion, Guru Ji says: “Sitting inside us, my God is watching (everything). Only the person who meets Him through the Guru’s grace is counted among the approved ones. O’ Nanak, honor (in God’s court) is attained through the Name, which is obtained from the perfect Guru (alone).” (8-22-23)

The message of the shabad is that if we want to obtain true bliss, and honor in God’s court, we must meditate on His Name through the word of the Guru (the Gurbani, in Sri Guru Granth Sahib).
Guru Ji concluded the previous shabad with the statement that God is sitting right within us, and is watching everything. But it is only by the Guru's grace that we can see Him. In this shabad, he elaborates further on this concept. 

Guru Ji says: "Only from the Guru one receives the illumination that God's supreme Light shines in all. By acting on the advice of the Guru, one is able to wash off the dirt of ego that sticks to one's mind. Then by worshipping God day and night with purified mind one is he able to attain to God." (1)

Therefore, showing his veneration for such Guru's followers, he says: "I am a sacrifice again and again to those who themselves engage in God's worship, and inspire others to do so. We should always bow to such devotees, who day and night sing the praises of God." (1

Lest any devotee fall into the trap of ego, Guru Ji warns: "It is on His own that the Creator creates the cause (of devotion in a person), and yokes that person in the task which (God) likes. Only by perfect good fortune does one engage in the Guru's service, and through the Guru's service one attains peace." (2)

Clarifying the above concept, he says: "When one tries again and again to die (to the self, by erasing one's ego), and is reborn (as a completely humble person), then that person attains something. Then by the Guru's grace, that person enshrines God in the mind. (The person who keeps) God enshrined in the mind imperceptibly remains absorbed in a state of equipoise." (3)

Now Guru Ji comments on the fate of those who, instead of following the Guru's teachings, perform rituals and roam around places of pilgrimage. About such persons, he says: "By performing many (ritualistic) deeds, one does not obtain salvation. By roaming around in foreign lands one is simply deceived by duality (love of things other than God). Such a cheat or hypocrite has wasted human life in vain, and without following the word (of the Guru), suffers pain." (4)

Therefore, stating once again what type of person can attain to God, he says: "(The person) who restrains his wandering mind and keeps it under control, by the Guru's grace obtains the supreme state (of exaltation). On his own, the true Guru brings about that person's union (with God), and meeting the beloved (Master), such a person enjoys (spiritual) bliss." (5)
However, there are many who do not care about God. They are more interested in accumulating false worldly riches. Commenting on the state of such persons, Guru Ji says: “There are some who are engaged in falsehood (and are running after false worldly wealth). Owing to their involvement in duality (love for worldly wealth rather than God), they waste their life in vain. They drown themselves (in the worldly ocean of Maya) and drown their whole lineage (in it). By uttering falsehood they eat poison (because they earn poisonous worldly wealth, and share this with their family).” (6)

Explaining why so many people remain interested in worldly riches rather than God, he says: “(It is only) a rare Guru’s follower who observes the mind in the body. (This happens only when), through loving devotion, one removes the ego (from within). Seekers, adepts, and silent sages have exhausted themselves trying to concentrate on their minds, but even they fail to view the self or mind in their body.” (7)

So Guru Ji cautions us against thinking ourselves as superior to others, and thus letting any thoughts of ego enter our mind. He says: “The Creator Himself makes mortals act (to realize the self within, and engage in His loving devotion and service). What can anybody do? No one can accomplish a task on one’s own. O’ Nanak, only that person whom God gives His Name receives this gift, and keeps (God’s) Name enshrined in the mind.” (8-23-24)

The message of the shabad is that we should never feel proud of ourselves. We should always keep humbly praying to God to keep us on the right path: of following the Guru’s advice and through his guidance and direction realizing Him within our own mind.

It is the same light
## MAAJH MEHLA 3

Guru Ji began the previous *shabad* with the remark that only from the Guru one receives the illumination that God’s supreme Light shines in all. (Because) it is by acting on the advice of the Guru that one is able to wash off the dirt of ego sticking to the mind. Only by worshipping God day and night with purified mind is one able to attain to God. In this *shabad*, he tells us another important fact about God.

He says: “Within this cave (of the human body) lies inexhaustible treasure (of spiritual merits), in this (body) resides the unknowable and infinite (God). Through the Guru’s word, they who rid themselves of their self (conceit, realize that God pervades everywhere, both in His) visible and invisible (form)” (1)

Regarding such persons, Guru Ji says: “I am a sacrifice again and again to those who enshrine the nectar Name (of God) in their minds. Extremely sweet is the relish of the supreme elixir of Name. It is by the Guru’s instruction that a person is able to partake of this nectar.” (1)

Describing how the Guru’s guidance is essential in this process, he says: “The person who by stilling ego, has opened the tough doors (of ignorance), by Guru’s grace, has obtained the invaluable (elixir of) God’s Name. Without (attuning to) the Guru’s word, nobody obtains the (nectar of) Name. By the Guru’s grace, it is enshrined in one’s mind.” (2)

Explaining further how the Guru helps a person obtain the invaluable nectar of His Name, he says: “(When one reflects on the teachings of the Guru, and thus) puts the collyrium of (divine) wisdom and truth in the eyes, one’s (mind) is illuminated with (divine) wisdom, and the darkness (of ignorance) is dispelled. Then one’s light (soul) becomes one with the (supreme) Soul; the mind gets convinced (by the divine grace), and one obtains honor at God’s door.” (3)

However, cautioning us against trying to find God outside in the jungles and mountains, Guru Ji says: “If one goes in search (of the divine Light) outside the body, one will not attain the Name (which gives divine light). One will not get any recompense for one’s efforts, and will suffer much pain. Such a self-conceited person does not understand (that the divine Light is within us). This realization comes only when, after much wandering, by the Guru’s grace one finds the (divine) commodity within oneself.” (4)

Describing the subsequent steps for the salvation of a self-conceited person, Guru Ji says: “(When) by Guru’s grace one attains to the eternal God, one beholds (Him, both) in the body and mind. The dirt of one’s ego is washed off (from within). Sitting in a holy place (a saintly congregation, or in divine meditation), one always sings praises of God, and merges in Him through the true word (of the Guru).” (5)

Continuing to describe the path to salvation, Guru Ji says: “The person who closes the nine doors of the body (the nine sense organs: two eyes, two ears, two nostrils, one tongue, one sex organ, one excretion organ) and restrains the restless mind (from straying into sins) attains to the tenth state (of exaltation, and) the true home of the self (God’s abode). There, rings day and night the mystic unstuck divine music, and by following the Guru’s instruction, one keeps listening to the (divine) word.” (6)

Summarizing the concept explained above, he says: “Without the Guru’s word, the darkness (of ignorance) remains within one’s mind. In such a state, one neither obtains the (true) commodity (of Name), nor are one’s rounds (of birth and death) ended. The key (to the attainment of this commodity of Name) is in the hands of the true Guru. By any other (means) this door doesn’t get opened, and it is only by perfect good fortune that the Guru is met.” (7)
Therefore, concluding the *shabad* with a prayer, Guru Ji says: “O’ God, visible or invisible, You are pervading everywhere. This understanding I have obtained by meeting the Guru, and by his grace. (I say to myself), O’ Nanak, always praise (God’s) Name (because it is only) by the Guru’s grace that one can enshrine His Name in the mind.”(8-24-25)

The message of the *shabad* is that we should realize that God resides within the cave of our own body, and there is no use trying to find Him outside. Furthermore, it is only by following the advice of the Guru (as incorporated in Guru Granth Sahib Ji) that we can discover God abiding within us.

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It is the same light
MAAJH MEHLA 3

In the previous 

shabad, Guru Ji imparted us the wisdom that God resides right within our own mind and body, but it is only by following the Guru’s guidance and teaching that we can discover Him. In other words, in order to have a glimpse of God and become one with Him, we have to become Guru’s followers. In this shabad, he tells us about the qualities or distinguishing marks of a Guru’s follower.

Guru Ji says: “God Himself meets and unites a Guru’s follower (with the Guru). Even the demon of death does not look towards a Guru’s follower (as his potential victim), and no suffering oppresses him or her. (Even in painful circumstances a Guru’s follower remains in a state of peace and poise). Stilling ego, a Guru’s follower breaks off all the (worldly) shackles. (Such a person becomes virtuous, and therefore) looks beauteous by acting upon the holy Word (of the Guru).” (1)

Regarding such Guru’s followers, Guru Ji says: “I am again and again a sacrifice to those who have become virtuous through the (Guru’s) word. The Guru’s follower sings dances (moves around in ecstasy) with the mind fixed on God.” (1-pause)

Listing the blessings obtained by a Guru’s follower, he says: “The Guru’s follower is approved (by God) both in life and death. Since such a person realizes the Guru’s holy word, that person’s life does not go waste. The Guru’s follower neither dies, nor is consumed by death, (remembered even after death, because a Guru’s follower) remains absorbed in the eternal (God).” (2)

Continuing to describe the blessings obtained by a Guru’s follower, he says: “The Guru’s follower obtains honor at the divine portal. The Guru’s follower effaces self (conceit) from within. Such a person swims across (the worldly ocean) and saves all the lineage, thus making his or her life fruitful.” (3)

Listing still more blessings obtained by a Guru’s follower, he says: “The Guru’s follower is never afflicted with any bodily ailment, and is freed from the pain of ego. The mind of a Guru’s follower becomes pure, and is never soiled again (with ego). The Guru’s follower remains absorbed in spiritual serenity.” (4)

But that is not all. Continuing the above list, Guru Ji says: “The Guru’s follower receives the glory of God’s Name. By singing praises (of God), the Guru’s follower obtains honor. Day and night, such a person remains in bliss, and is always inspiring others to act in accordance with the (Guru’s) word.” (5)

Elaborating on the traits of a Guru’s follower, he states: “The Guru’s follower is always imbued with (the love of) the holy word. The Guru’s follower is known through all the four Ages. Such a person always sings praises of the immaculate God, and through the (Guru’s) word inspires others to worship (God).” (6)

Now Guru Ji describes what happens without the Guru’s guidance. He says: “Without (the guidance of) the Guru, there is pitch darkness (of ignorance). Those (who do not follow Guru’s advice) are in the grip of the demon of death, and they cry (in pain). Day and night, they remain afflicted with ailments. They are like worms, which always suffer in filth.” (7)

Guru Ji however, cautions us against any kind of self-conceit. He says: “God Himself inspires or enables a person to become a Guru’s follower. On His own, (God) comes to abide in the mind of a Guru’s follower. In short, Nanak (says), greatness is obtained through (God’s) Name, which one receives only through the perfect Guru.” (8-25-26)

The message of the shabad is that we should pray to God to bless us with the Guru’s guidance, so that under his guidance, we too may become Guru’s followers, and enjoy the bliss of God’s Name.

**MAAJH MEHLA 3.**

aykaa jot jot hai sareeraa.
sabad gikhaa-ay satgur pooraa.
aapay farak keetan ghat antar aapay banaat banaavani-aa. ||1||

ha-o vaaree jee-o vaaree har sachay kay gun
gaanvai-aa.
baijgh gururo ko saahj na paa-ay gurmukh saaj samaavan-aa. ||1|| raha-aa-o.
In the previous shabad Guru Ji advised us that we should pray to God to bless us with the Guru’s guidance, so that under his guidance, we too may become Guru’s followers, and enjoy the bliss of God’s Name.

In this shabad, he tells us what kind of wisdom and merits we obtain when we follow the Guru.

He says: “Through his word, the perfect Guru reveals that one (divine) Light pervades in all beings. God Himself has made them different (from one another), and He Himself has made this arrangement.” (1)

Paying his respects to those who sing praises of God, Guru Ji says: “I am time and again a sacrifice to those who sing praises of the eternal God. Without the Guru, no one attains a state of spiritual equipoise; it is only by Guru’s grace that a person becomes absorbed in a state of peace and poise.” (1 - pause)

Expressing his appreciation and wonder, Guru Ji addresses God Himself, and says: “O’ God, You Yourself manifest Your beauty (through Your creation), and (with that beauty, You) fascinate all. Through Your gracious glance, You Yourself keep the world strung together. O’ Creator, You Yourself apportion joy and suffering to mortals, and through the Guru, You reveal Yourself.” (2)

Continuing his appreciation, Guru Ji states: “(O’ my friends), the Creator does and has everything done on His own. He Himself enshrines the Guru’s word in one’s mind. From the holy word of the Guru emanates the Nectar Name, which the Guru’s followers utter and recites (to others).” (3

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Further describing the qualities of God, Guru Ji says: “God Himself creates and enjoys (the universe). He breaks the bonds (of mortals), but He Himself is eternally liberated (from any worldly bonds). That eternal God is forever emancipated, and the unknowable One lets Himself be known (to those He chooses).” (4)

Guru Ji now tells us who has created the illusions of Maya and false worldly attachments. He says: “It is God Himself who has created Maya (the worldly attachment), and He Himself has created the illusory world under its influence. He Himself is the Giver of all virtues (to mortals, and manifests Himself in them). He Himself sings His praises. He Himself narrates and preaches (His attributes).” (5)

Continuing his praise, Guru Ji says: “God Himself does all. He Himself creates and destroys. (O’ God), nothing happens outside Your will, and You Yourself yoke (mortals) to different tasks.” (6)

Listing some more powers of God, Guru Ji says: “God Himself causes death and gives life. He Himself causes mortals to meet the Guru (in saintly congregation), and (through him) unites them with Himself. By rendering service (according to the Guru’s directions), the Guru’s followers have always obtained spiritual bliss and they imperceptibly merge in Him.” (7)

In conclusion, Guru Ji says: “(God) Himself is the highest of the high. Only that rare person is able to have His vision, whom He reveals Himself. O’ Nanak, when (God’s) Name comes to abide in (some one’s) heart, that person himself sees (God), and shows (Him to others).” (8-26-27)

The message of the *shabad* is that the same divine Light abides in all beings, and it is God who has set up the structure of the universe. It is only by God’s own grace that a person is able to see Him, and show Him to others.
In the previous shabad Guru Ji informed us that God abides in all hearts, and when it pleases Him He reveals Himself to us through the Guru. This does not mean that God exists only in the hearts of human beings and not anywhere else. In this shabad Guru Ji clarifies this concept and also tells us what else, besides God, we can find in our own self.

Guru Ji says: “My God pervades everywhere. By Guru’s grace I have found Him within my own self. I always serve and worship Him with single-minded concentration. By the Guru’s grace I remain absorbed in the eternal (God).” (1)

Praising those who thus enshrine God in their minds, Guru Ji says: “I am a sacrifice again and again to those who enshrine (God), the life of the universe in their minds. The life-giving God is fearless and bountiful. Through Guru’s guidance and instruction, one is able to merge in Him unnoticeably.” (1-pause)

Now Guru Ji tells us what else, we can realize, by reflecting within our own mind. He says: “(God who supports this earth, the (mythical) Bull, and the underworld, resides within this (body) home itself. Within the (body) home itself resides one’s ever-youthful beloved Spouse. That beloved God, the Giver of peace, always remains in bliss. Following Guru’s instruction, one remains absorbed in peace and poise.” (2)

However, this is not all. Guru Ji says: “Within one’s body (also) resides the sense of ego and I-am-ness (and because of this, man’s round of births and deaths doesn’t end). But the one who becomes a Guru’s follower, stills the ego, and meditates on the eternal (God) alone.” (3)

Guru Ji adds: “(God has created this universe in which both virtue and vice are interspersed. Therefore), within one’s body also reside the two brothers (or notions) of vice and virtue. Together the two have created this earth. The person who under the Guru’s guidance rises above both, enters the home of the one God, and remains absorbed in celestial peace.”(4)

Enlightening us further, Guru Ji says: “Within one’s mind is also darkness (or ignorance), because of duality (the love for worldly things rather than God). When one sheds one’s sense of ego and I-am-ness, then there is the illumination of (divine) light (or wisdom in one’s mind). Then through the word (of the Guru, God) the giver of peace becomes manifest and the person meditates on Him day and night.” (5)

Describing what else one realizes when one’s mind has been illuminated with divine wisdom, Guru Ji says: “(When), through Guru’s instruction, (one’s) darkness of duality is dispelled, (one realizes that) within one’s mind is the Light (of God). God’s manifestation is the expanse (of the universe. Then one feels so happy that) the heart blooms like a lotus and one obtains everlasting peace. (In this way), one’s light (or soul) merges into the (supreme) Light (of God).” (6)

Guru Ji therefore states: “Within us is (God’s) mansion, which is brimful with jewels (of divine Name). The Guru’s followers obtain the infinite Name (of God). By becoming a merchant of (God’s Name), a Guru’s follower always deals solely in these (jewels), and always earns the profit of (God’s) Name.” (7)
Guru Ji concludes the *shabad* by saying: “God Himself keeps this commodity (of Name in the hearts of His beings), and He Himself gives it (to some). Only very rare Guru-directed persons are able to deal (in these jewels of Name). O’ Nanak, only the one upon whom (God) casts His glance of grace obtains this (invaluable jewel). Showing His mercy, God enshrines (His Name) within one’s mind.” (8-27-28)

The message of the *shabad* is that God and the divine jewel of His Name abide in our hearts. But because of darkness caused by our sense of ego and I-ness, we are not able to realize this wealth. If we want to enjoy this wealth, we should pray to God to bless us with the Guru’s guidance, so that we may learn to reflect within us, and discover and enjoy these hidden divine treasures.

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MAAJH MEHLA 3

In the preceding shabad Guru Ji told us that right within us abide God and Jewel of His Name. But because of the darkness caused by our sense of ego and I-am-ness, we are not able to realize this wealth. In this shabad, he tells us how we can discover this mansion and enjoy the bliss of this jewel (of Name).

He says: “God Himself unites (a person) with Himself and yokes that person to His service (through the Guru). Then through the Guru’s word, that person’s love of duality (attachment with the world) vanishes. The immaculate God is always the Giver of merits. He Himself makes one get absorbed in His merits.” (1)

Therefore praising those who enshrine God in their minds, Guru Ji says: “I am a sacrifice again and again to those (exalted ones) who enshrine (God), the true eternal (God) in their hearts. Ever immaculate is the eternal Name (of God), through the word of the Guru, they enshrine it in their minds.” (1-pause)

Clarifying how one obtains the word or the advice of the true Guru, he says: “God Himself is the Guru, and the Giver. He is also the arbiter of human destiny. The servants, who by Guru’s grace serve (Him by meditating upon Him), come to know Him. By meditating on (His) nectar Name, they always look beauteous (and praiseworthy) and following Guru’s instruction, they enjoy the elixir of God’s (Name).” (2)

Guru Ji next tells us (God’s) whereabouts and how to find Him. He says: “Within the cave (of the body) there is a beautiful spot, which is reached when the perfect Guru dispels one’s illusion caused by one’s ego. (These persons, who are) imbued with God’s love, day and night sing praises of God’s Name, and by Guru’s grace, (they attain to Him).” (3)

Guru Ji once again clarifies how one attains to God and what kind of blessings one receives. He says: “The person who through the Guru’s word reflects upon (and explores) this cave (of the body) finds that within (the body) abides immaculate Name of (God), the enemy of ego. Then made beauteous through the holy word (of the Guru), that person sings (God’s) praises, and obtains peace by meeting the Beloved.” (4)

Commenting on the fate of those who remain attached to duality (worldly riches and power), he says: “Like a tax collector, the demon of death taxes (and troubles) those who are in love with duality. He punishes those who have forsaken (God’s) Name. He asks them to account for every moment of their life and judges their actions by the strictest measures and punishes them for their slightest infraction.” (5)

Next, using the metaphor of an ignorant foolish bride for a human soul gone astray, Guru Ji says: “The bride (soul), who does not remember her Spouse (God) in her father’s house (this world), is deceived by duality (the false worldly attachments) and in the end, (while giving account of her deeds before the Righteous Judge), wails grievously. Such a low-born, ugly, and wicked, ill-omened bride-soul will not be able to meet her Spouse (God) even in dream.” (6)

However, about the wise (Guru-following) soul-bride, Guru Ji says: “Even in her father’s house (this world), the (sagacious) bride-soul keeps the Spouse (God) enshrined in her mind. To her, the perfect Guru shows (God) right before her eyes. Such a virtuous bride-soul keeps the Spouse clasped to her bosom (and enshrined in her heart). Thus by following the holy word (of the Guru), she enjoys (the company of) her Spouse on the beauteous bed (of her heart).” (7)

Guru Ji concludes this shabad by reiterating the principle stated in the first stanza. He says: “(God) Himself calls and bestows (the gift of His Name) on a person. He then lodges His Name in the heart. (In this way) O’ Nanak, the one who receives the gift of Name, attains honor and glory (both here and hereafter), and day and night sings praises of God.” (8-28-29)

The message of the shabad is that we should never feel proud of ourselves and always pray humbly to God to cast His glance of grace on us too and bless us also with the glory of His Name.

Maajh mehlaa 3.

It is the same light
It is the same light

In the previous shabad Guru Ji advised us that we should always pray to God to bless us with His glance of grace and the glory of His Name. In this shabad he describes the merits of Guru’s followers.

He says: “Blessed is the life and birth, and holy is the place where such persons reside who serve (follow) the true Guru and while living in the ir household remain detached (from it). They always remain imbued with God’s love and thus dyed in His love, their hearts remain satiated with God’s elixir (of Name).” (1)

Expressing his admiration for such persons, Guru Ji says: “I am time and again a sacrifice to those who after reading and understanding (the holy books) enshrine God in their mind. (Yes), the Guru’s followers read the scriptures, eulogize (God’s) Name, and obtain honor at the divine portal.” (1-pause)
Guru Ji now states some basic truths about God’s nature. He says: “The incomprehensible and impenetrable God pervades everywhere. He cannot be obtained by any effort. Only if God shows mercy He causes one to meet the true Guru, and brings about the union (between Him, and that person), through His grace.” (2)

Now commenting on the state of those, who study holy books, motivated by duality (the love for worldly wealth rather than God), Guru Ji says: “The person, who studies the scriptures, while caught in his love of duality (the worldly wealth, power or prestige), does not get any divine enlightenment. (In spite of reading the holy scriptures, such a person) keeps agonizing for the three-pronged Maya, (the impulses for vice, virtue, or power). Only by attuning to the words of the Guru, the three-pronged bond (of Maya) is broken. In this way, by attuning one) to the word of the Guru, (God gets one) liberated (from worldly bonds).” (3)

Commenting further on the nature of self-conceited persons, Guru Ji says: “The mind (of self-conceited persons) is mercurial, and doesn’t remain in their control. Motivated by duality (the love for worldly wealth or power), it keeps wandering in all directions. Like a worm of poison, it remains imbued with the love of poison (of worldly wealth). It becomes consumed in that poison itself, (and the self-conceited person dies engrossed in false worldly affairs).” (4)

Continuing his comments on the nature of self-conceited human beings, Guru Ji says: “(A self-conceited person) always indulges in egotism and showing off. Such a person does many kinds of rituals, but none finds acceptance in the divine court. (But, O’ God), nothing happens outside Your Will. When You forgive, only then through the Guru’s word, one becomes (spiritually) beauteous (and virtuous).” (5)

Now describing the fate of a self-conceited person, Guru Ji says: “(The self-conceited person) is born and dies (again and again), but does not realize God. Day and night such a person keeps wandering about, caught in duality (satisfying worldly desires). Thus an egoist’s life goes to waste, and such a person ultimately departs repenting (from the world).” (6)

Comparing a self-conceited person to a foolish young bride, he says: “Like a young bride who decorates herself while her groom has gone abroad, the blind self-conceited person does (foolish) deeds. Such a person neither receives honor in this world, nor refuge in the next, and thus wastes the human birth.” (7)

Enunciating the cardinal principle in this regard, Guru Ji says: “Only a very rare person has realized God’s Name. (It is only) through the Guru’s word that any person has identified (God). Then, day and night, such a person engages in (God’s) worship, and easily obtains peace.” (8)

In conclusion, Guru Ji says: “In all (hearts) abides the same one God. (God), then instead of merely reading scriptures or performing rituals, we should truly understand the message of the Guru’s Name look beauteous. Showing (His) mercy, God (Himself) unites them (with Him).” (9-29-30)

The message of the shabad is that if we want to attain eternal peace and union with our beloved (God), then instead of merely reading scriptures or performing rituals, we should truly understand the Guru’s word (in Guru Granth Sahib Ji), and act upon it with full love and devotion.

|| SGGS P - 128 |
---|---|
|| maanmukh parheh pandit kahaaveh. |
|| doojai bhaa-ay mahaa dukh paavahi. |
|| bikhi-aa maatay kichh soolhai naahee fir fir joonee avanee-aa. ||1|| |
|| ha-o vaaree jee-o vaaree ha-umai maar milaavanee-aa. |
|| gur sayvaa tay har man vasi-aa har ras sahj pee-avni-aa. ||1|| raha-o. |
|| vayd parheh har ras nahee aa-i-aa. |
|| vaad vakaanee mohay maa-i-aa. |
|| agi-aanmatee saa ga anDhii-aaraa gurmukh boojh har gaavanee-aa. ||2|| |
In the previous *shabad*, Guru Ji advised us that if we want to attain eternal peace and union with our beloved (God), then instead of merely reading scriptures or performing rituals, we should truly understand *Gurbani* (the Guru’s word), and act upon it with full love and devotion. In this *shabad*, he comments on the conduct of those so-called *pundits* and scholars who study the scriptures and discourse on them for the sake of earning worldly wealth and fame, rather than for true love and devotion for God.

Guru Ji says: “The self-conceited persons read the scriptures and are called *pundits* (or scholars), but owing to their love of duality (worldly wealth), they suffer terribly. Being intoxicated with the poison (of worldly wealth), they do not understand anything (about spiritual life and God’s devotional worship). Therefore, they go through (the pain of) falling into existences again and again.” (1)

Regarding the humble but truly devoted persons, Guru Ji says: “I am again and again a sacrifice to those who by shedding their ego, are able to unite themselves with God. Due to their service of the Guru (by following his advice), God comes to abide in their mind, and they imperceptibly drink God’s elixir (the bliss of union with God).” (1-pause)

Commenting further on those who simply study the *Vedas* or other such scriptures for the sake of worldly wealth, Guru Ji says: “They who study the scriptures (to satisfy their ego) do not obtain any divine joy. Being allured by *Maya* (worldly wealth and pride), they enter in controversies. (Because of their love for worldly wealth), their intellect remains clouded by ignorance and they always live in darkness (without divine knowledge. But) those who follow the Guru’s teachings realize God and sing His praises.” (2)

Now describing the benefits of singing God’s praises, Guru Ji says: “If we keep describing the (praises of) the indescribable God through the pleasing word (of the Guru, his *Gurbani*), then through the Guru’s teachings, the eternal God becomes pleasing (to the mind). Then (such persons) day and night meditate on the eternal (God), and this mind (of theirs) remains imbued with the love of the eternal (God).” (3)
Describing the next stages of spiritual growth of persons imbued with the love of eternal God, he says: “Those who are imbued with Truth, enjoy only the Truth. (The eternal God) bestows this gift, and never regrets (having done so). Through the Guru’s word, they realize the eternal (God). Uniting with Him, they always live in (spiritual) peace.” (4)

Now listing the merits attained by the persons described above, Guru Ji says: “No dirt of falsehood and fraud ever afflicts those imbued with God’s true love. By the Guru’s grace, day and night they remain vigilant (against the allurements of worldly wealth). The immaculate Name (of God) resides in their hearts, and they are able to unite their light (soul) with the light (of the Prime soul).” (5)

Coming back to those who study the scriptures for the love of worldly wealth or prestige only, Guru Ji says: “Those who study (the scriptures motivated by the) three qualities of Maya (impulses for vice, virtue, or power) do not understand the essence of divine (love). They have gone astray from the very fundamentals, and they do not understand the (true intent) of the Guru’s word. Absorbed in love of worldly wealth, they do not understand anything. (They do not realize that it is only) through the Guru’s word that God can be realized.” (6)

Explaining further why the pandit who reads the Vedas for the sake of worldly wealth and prestige does not obtain true divine realization, Guru Ji says: “(Even) the Vedas (which the pandit reads) proclaim loudly that Maya (or worldly attachment) is of three kinds (motivated by vice, virtue, or power). Being allured by the sense of duality (or love for worldly wealth), the self-conceited persons don’t understand this thing. Motivated by the three qualities (or impulses), they do not understand the one God, and without understanding (Him), they suffer in pain.” (7)

In closing, Guru Ji says: “When it so pleases (God), He Himself unites (a person with Him). Through the Guru’s word, He removes that person’s malady of doubt. O’ Nanak, eternal is the glory of (God’s) Name, and it is only by having faith in the Name that a person finds joy and peace.” (8-30-31)

The message of the shabad is that the mere reading or discourse on the holy scriptures (for the sake of worldly wealth or prestige) is of no use. It is only when we follow Guru’s word, meditate on the merits of the Divine, try to enshrine His celestial qualities in ourselves, and meditate on His Name, that we are able to enjoy bliss of union with God.

**maajh mehlaa 3.**

| ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰਂਥ ਸਾਹਿਬ | \[ | ੧੨੮ | ] |
|---|---|
| nirguṇ sargun aapay so-ee. | tat pachhaanai so pandit ho-ee. |
| aap taari saglay kul taari har Naam man vasaavangi-aa. ||1|| |
| ha-o vaaree jee-o vaaree har ras chakh saad paaavn-aa. |
| har ras chaakhaahi say jan nirmal nirmal Naam Dhi-avanni-aa. ||1|| raha-o. |
| so nihkarmee jo sabad beechaaray. |
| antar tat gi-aaan ha-umai maaryar. Naam padaarath na-o ni Dhi paa-ay taari gun mayt samaavani-aa. ||2|| |
| ha-umai karai nihkarmee na hovai. |
| gur parsaa-dee ha-umai khovai. antar bibayk saa daa aap veechaaray gur sabdee gun gaavani-aa. ||3|| |
| har sar saagar nirmal so-ee. |
| sanṭ chugheh nit gurmukh ho-ee. |
| isnaan karahi saa daa din raat-ee ha-umai mail chukaavani-aa. ||4||

It is the same light
Guru Ji started the preceding shabad with the comment that the self-conceited persons read the scriptures and are called pundits (or scholars), but owing to their love of duality (worldly wealth), they suffer terribly. In this shabad, he tells us who is a true pundit (religious scholar), and how one can understand and imbibe the true essence of God.

Guru Ji says: “(O’ my friends, that God Himself) is the one without any attribute (such as color, shape, and form, or the three qualities of Maya), and He Himself is the one with all such attributes. He alone is a (true) pundit who understands this essence. (Such a pundit) saves himself and all his lineage by enshrining God’s Name in his mind.” (1)

Paying his respects to such true scholars, Guru Ji says: “I am a sacrifice again and again to (those exalted souls) who upon tasting God’s elixir, enjoy its relish and obtain true joy. They who taste God’s elixir are rendered immaculate, and meditate on the immaculate Name (of God).” (1-pause)

In the previous shabad, Guru Ji stated that some self-conceited persons study holy scriptures for the sake of earning wealth and fame, and not for enlightening the people. Now he tells us who is an unselfish pundit or a truly religious scholar.

He says: “That person alone rises above actions (and does deeds without selfish motives) who reflects on the holy word. Within such a person is the essence (of divine knowledge), and with this knowledge, that person stills the ego. Such a person obtains the commodity of (divine) Name, which is (as valuable as all the) nine treasures, and by rising above the three qualities (the worldly impulses for vice, virtue, or power), merges (in God Himself).”(2)

Guru Ji emphasizes: “The one who indulges in ego (about one’s knowledge or other acquisitions) can never rise above (the rewards for) one’s deeds. (It is only through) Guru’s grace, that a person can get rid of ego. Then within such a person comes the sense of discrimination (between good and bad). Such a person always reflects upon the self, and through the Guru’s teachings keeps singing praises (of God).”(3)

Listing the blessings received by such persons, Guru Ji says: “(O’ my friends, that) God is like a vast immaculate ocean (of the pearls of Name). By becoming Guruward, the (swan like) saints daily peck at these pearls). Day and night they bathe in this (holy) pool, and get rid of their dirt of ego.” (4)
Describing the conduct of such swan-like saints, Guru Ji says: “These immaculate swan (like saints) live absorbed in love and devotion (for God). Shedding their ego, they live in the divine pool (of holy congregation). Being day and night imbued with love for the Guru’s true word, they find an abode in the divine pool (and remain absorbed in love and devotion for God).” (5)

Now contrasting their conduct with the self-conceited persons, Guru Ji says: “A self-conceited person is always dirty like a crane (with evil intent. Such a person) does bathe (at holy places), but the filth of ego (or evil intent) does not go away. Only the one who dies (to the world) while alive (who gives up the sense of I-am-ness), and reflects on the Guru’s word, can wash off the dirt of ego (and become worthy of merging in the immaculate God).” (6)

Describing the blessings received by a person to whom the Guru has recited his holy word, he says: “(The person whom) the perfect Guru has recited the (holy) word has obtained the jewel of God’s Name, and reflects on the Guru’s word, can wash off the dirt of ego (and become worthy of union with immaculate God).” (8)

In closing, he says: “(God) Himself creates and Himself takes care (of His creation). Only the one who serves the true Guru (by following his advice) is accounted for (and approved in God’s court). O’ Nanak, only the one in whose heart is enshrined (God’s) Name attains to God, through Guru’s grace.” (8-31-32)

The message of the *shabad* is that if we want to find the jewel of God’s Name, and obtain union with the God who resides within our own heart, we should follow the Guru’s word and seek God’s grace.

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**maajh mehlaa 3.**

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<td>maai-aa moh jagat sabaa-ia-aa.</td>
<td>ha-o vaaree jee-o vaaree maai-ia-aa moh sabad jalaavani-aa.</td>
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<td>tarai gun deeseh mohay maai-ia-aa.</td>
<td>maa-i-aa moh jalaay-so har si-o chiit laay-aa har dar mahlee sobhah paavni-aa.</td>
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<td>gur parsaddee ko virlao boojhahai chah-uthai pad liv laavani-aa.</td>
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<td>simrit saasat jinn upaa-i-aa.</td>
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<td>kaam kroDh pasri-aa sansaaray aa-ay jaa-ay dukh paavni-aa.</td>
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<td>tis vich gi-aan ratan ik paa-i-aa.</td>
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<td>gur parsaddee man vasaa-i-aa.</td>
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<td>jat sat sanjam sach kamaavai gur poorai Naam Dhi-aavani-aa.</td>
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<td>pay-ee-arhai Dhan bharam bhulaanee.</td>
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<td>doojai laagee fir pachhothaanee.</td>
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<td>halat palat dovai gavaa-ay supnai sukh na paavni-aa.</td>
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<td>pay-ee-arhai Dhan kant samaalay.</td>
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<td>gur parsaddee vaykhai naalay.</td>
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<td>pir kai sahj rahai rang raatee sabad singaar banavaani-aa.</td>
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<td>safal janam jinna satgur paa-i-aa.</td>
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<td>doojaa bhaa-o gur sabad jalaay-ia-aa.</td>
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<td>ayko rav rahi-aa ghut antaar mil satsangar har gun gaavani-aa.</td>
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In this shabad, Guru Ji explains how Maya (the worldly riches and power) has held tightly the entire world in its grip, and how one can get out of its clutches.

He says: “The entire world is engrossed in the love of Maya. All people can be seen to be under the influence of the three qualities (impulses) of Maya. By Guru’s grace, only a rare person realizes this truth. (Stilling these three impulses, such a person) attunes the mind to the fourth state (of spiritual exaltation, called Turya).”

Guru Ji therefore, says: “I am really a sacrifice to those who, burn (erase) their attachment for Maya (the worldly riches) through the Guru’s word (by following his advice). They who burn their attachment for Maya and fix their mind on God’s lotus feet receive honor at the door of (God’s) mansion.”

Guru Ji makes another important observation and says: “It is Maya (the desire for worldly peace and comforts, and fear of sorrows and sufferings) which led to the creation of gods and goddesses, for whom were composed Simritis (the codes of ritual observance and Hindu law), and Shastras (the six systems of Hindu philosophy and other holy books. These holy books prescribe various rituals and sacrifices to propitiate gods and goddesses, so that they may fulfill human desires and save them from personal misfortunes and natural calamities, such as floods and famines. But the fact remains that in spite of all these extensive rituals) lust and anger are pervading the world, and a human being continues to suffer the pain of coming and going (in and out of the world, again and again).”

But Guru Ji points out that God has also put into this world the precious commodity of divine knowledge and understanding, with which mortals can contend with all situations, and live in peace. He says: “(God) has also placed one jewel of divine wisdom in this world, which can be enshrined in the mind by Guru’s grace. (The person who has done that) through the perfect Guru meditates on God’s Name, earns (the merits of) celibacy, truthful living, and self-discipline.”

Likening the human soul in this world with a bride in her parents’ home, Guru Ji says: “Caught in delusion in her parents’ home (world), the bride (soul) goes astray. Attached to duality (lost in the pursuit of Maya), she ultimately repents. Such a one loses joy in both (this world and the next), and does not find peace, even in a dream.”

Now describing the conduct and lot of a Guruward bride soul, Guru Ji says: “The bride (soul) in her parents’ home (this world) who keeps her spouse (God) enshrined in her mind, by Guru’s grace sees Him always beside her. Embellishing herself with the holy word, she naturally remains dyed (imbued) with love for her Beloved (God).”

Next, stressing the importance of the Guru in all human efforts, he says: “Fruitful is the human birth of those who find the true Guru, and through his holy word (his teachings) burn their love for duality (worldly riches). In their heart abides only the one (God), and in the company of saintly persons they sing God’s praises.”

Regarding those who do not follow Guru’s teachings, he says: “Why the person who does not serve (follow) the Guru come into this world at all? Accursed is the birth, and wasted is that person’s life. Such a self-conceited person never remembers God’s Name, and without His Name suffers grievously.”

In conclusion, Guru Ji says: “(God), who has created this universe only knows (its mystery). He Himself grants union to those who recognize or realize Him through the (Guru’s) word. O’ Nanak, only that person obtains the gift of God’s Name who is so predestined.”
The message of this shabad is that if we want to save ourselves from the grip of Maya (the worldly desires), then we should seek the guidance of the Guru. Following his word, we should remain above the three impulses of Maya, and live in a state of joy and peace imbued with God’s love.

**SGGS P - 130**

tis roop na raykh-i-aa ghat ghat daykhi-aa
gurmukh alakh lakaavan-i-aa. |1|

too da-i-aal kirpaal parabh so-ee.
tu Dh bin goojaa avar na ko-ee.
gur parsad karay *Naam* dayvai *Naamay Naam* samaavan-i-aa. |2|

tooN aapay sachaa sirjhaaraa.
bhagtee bharay tayray bhandaraa.
gurmukh *Naam* milai man bheejai sahj samaahDh lagaavan-i-aa. |3|

**SGGS P - 130**

an-din gun gaavaa parabhhtayray.
tu Dh saalaheeh paareetam mayray.
tu Dh bin avar na ko-ee jaachaa gur parsadee tooN paavni-aa. |4|

agam agochar mit nahee paa-ee.
apnee kirpaa karahi tooN laihi milaa-ee.
pooray gur kai sabadDhi-aa-ee-ai sabad sayv sukh paavni-aa. |5|

**SGGS P - 130**

rasnaa guvvaantaan gun gaavai.
*Naam* salaahtay sachay *bhaavai*.
gurmukh sadaa rahai rang raatee mil sachay sobhaa paavni-aa. |6|

**SGGS P - 130**

manmukh karam karay ahaNkaaree.
jo-o-ai janam sahh baajee haaree.
antar lohb mahaah gubaaaraa fir fir aavan jaaavan-i-aa. |7|

**SGGS P - 130**

aapay karatN day vadi-aa-ee. jin ka-o aap likhaat Dhrur paa-ee.
naanak *Naam* milai bha-o bhanjan gur sabdee sukh paavni-aa. |8|1|34|
Guru Ji concluded the previous *shabad* with the comment that it is of His own will that God showers His grace upon a person, and then unites that person with Himself. In this *shabad*, he tells us about some of the attributes of God, and how we should approach Him to merit His glance of grace.

He says: “The primal Being is farther than the farthest; everywhere He is all by Himself. He Himself creates and Himself destroys. That same one pervades in all beings, but the one who follows the Guru attains glory (at His door).” (1)

Expressing his love and veneration for those who attend to the Guru and meditate on God’s Name, Guru Ji says: “I am again and again a sacrifice to those who meditate on the Name of the formless (God). That God has neither form nor features, yet He is seen pervading all hearts. But it is only through the Guru that the incomprehensible One can be known and realized.” (1-pause)

Now showing us how to address God, Guru Ji says: “O’ God, (for all creatures) You are the merciful and compassionate Master. There is none other like You. If the Guru showers his grace, and blesses one with the Name, then by meditating on the Name one merges in You.” (2)

Continuing his address, Guru Ji says: “O’ God, You alone are the eternal Creator. Your treasures are brimful with devotion. When by Guru’s grace one is blessed with Your Name, one’s mind is satiated and one easily enters into a state of deep contemplation.” (3)

Next Guru Ji prays to God, and says: “(O’ God), bless me day and night, that I may sing Your praises. (O’ my) Beloved, (I wish that) I may keep praising You. (Please bless me, that) except You I may not go to anyone else begging (for anything. But I know that it is only by) Guru’s grace that one can attain You.” (4)

Now acknowledging God’s greatness, Guru Ji says: “(O’ God, You) are incomprehensible (beyond the reach of one’s sense faculties. No one) has been able to know (the extent of Your) limit. But when You show Your mercy (on someone), You unite that person (with Yourself. Only when we meditate on You through *Gurbani*), and act upon (the Guru’s) word, can we obtain (true) peace.” (5)

Next, suggesting to us what we ought to do, Guru Ji says, “(O’ my friends), that tongue is meritorious which sings the praises of God. By lauding God’s Name, one becomes pleasing to the eternal (God). The Guru-following soul always remains imbued with the love (of her spouse God), and meeting the eternal (God) attains glory (in both worlds).” (6).

Guru Ji next tells us about the conduct and fate of self-conceited persons. He says: “The self-conceited person does all deeds out of arrogance and ego. Such a person loses and fritters away human life, as if (losing one’s entire savings) in a gamble. Within (a self-conceited) mind are greed and utter darkness (ignorance). Such a person keeps coming and going (in and out of the world), again and again.” (7)

Finally Guru Ji wants us to remember one very important thing, lest we harbor any sort of ego. He says: “(Nothing is in the hands of the helpless mortals). God Himself confers glory on those in whose destiny He has so preordained from the very beginning. (However), they who are blessed with the Name (of God), the destroyer of fears, enjoy true peace by following the Guru’s word.” (8-1-34)

The message of this *shabad* is that if we want to save ourselves from all fears and pains, we should act upon the Guru’s word and pray to God to be merciful and bless us with His Name and union.
In this shabad, Guru Ji eulogizes God’s greatness and glory, and tells us how we can unite with Him.

He says: “Within all hearts is the incomprehensible God, but He cannot be understood. He has also placed the jewel (like) Name in a secret place (in the body). That incomprehensible and unfathomable God is the highest of the high. One can know Him only by reflecting on the (saint) Guru’s word.” (1)

Praising those saints who utter and recite God’s Name, Guru Ji says: “I am time and again a sacrifice to those who recite and preach God’s Name in this (dark age, the) Kal-Yug. Only by great good fortune is one blessed with the sight of those beloved saints (or God’s devotees), whom the eternal (God) has provided His support.”(1-pause)

Elaborating on the merits of the Guru, he says: "(That God), whom yogis and adepts seek, whom (gods like) Brahma and Indira contemplate in their hearts, and the (so-called) 330 million other gods search (still remains mysterious). By meeting the Guru (and listening to his teachings), we can sing His praises in our hearts.” (2)

Addressing God, Guru Ji says: “O God, day and night, the air utters Your Name (moves according to Your command). The earth is a slave at Your feet. You pervade in all species and their speech, and You are dear to all hearts.”(3)
Now Guru Ji tells us how to attain to that beloved true God. He says: "(O’ my friends), it is by the Guru’s grace that the eternal God is known through the Guru. Only through the perfect Guru’s word is He realized. They who have (reflected on the Guru’s word, and thus) partaken of (the nectar of God’s Name) are satiated with the truth of the true fare.” (4)

Laying stress on the importance of serving the Guru by following his teachings, Guru Ji says, "There is (spiritual) peace in that heart, and that person is in comfort, who attunes the mind to (Gurbani, the) Guru’s word. Such a person always enjoys spiritual peace, and is (truly) rich, and the lofty banker.”(5)

Now Guru Ji describes the blessings that God has bestowed on the world. Addressing Him, Guru Ji says, “(O’ God, how wise and merciful You are, that) first You provided for their sustenance, a person with whom God is pleased, and emancipates whom You become gracious acts upon the word.” (6)

In conclusion, Guru Ji says: "O’ God, You are great and higher than the highest. You are infinite, God, how wise and merciful You are, that) first You provided for their sustenance, a person with whom God is pleased, and emancipates whom You become gracious acts upon the word.” (6)

Describing the blessings received by a person with whom God is pleased, Guru Ji says: “O’ God, on whom You become gracious acts upon the mantras (or teachings) of saintly people. Such a person is liberated, and emancipates his or her lineage too. None can bar his or her entry into God’s court (and such a person is easily united with the supreme Being).” (7)

The message of this shabad is that the eternal God abides in our hearts, but He is incomprehensible. It is only through Gurbani (the Guru’s word) that He can be known and realized.

maajh mehlaa 5.

ka-un so muktaa ka-un so jugtaa.
ka-un so gi-aanea ka-un so baktaa.
ka-un so girhee ka-un udaasee ka-un so keemat paa-ay jee-o. ||1||

kin biDh baaDhaa kin biDh chhootaa.
kin biDh aanD vi aanD tootaa.
ka-un karam ka-un niHKarmaa ka-un so kahai kahaa-ay jee-o. ||2||

ka-un so sukhee-aa ka-un so dukhee-aa.
ka-un so sanmukh ka-un vyamukhee-aa.
kIn biDh milee-ai kin biDh bichhurai ih biDh ka-un pargataa-ay jee-o. ||3||

ka-un so akhar jiD Dhaavat rhaatAa.
ka-un updays jiD dukh sam sahtaA.
ka-un so chaal jiD paarbarAm Dhi-aa-ay kin biDh keerthaan gaa-ay jee-o. ||4||

gumukh muktAa gumukh juttAA.
gumukh gi-aane gumukh baktAA.
Dhan girhee udaasee gumukh gumukh keemat paa-ay jee-o. ||5||

ha-umAi baaDhaAa gumukh chhootaA.
gumukh aanD aanea tootaA.
gumukh karam gumukh niHKarmAA gumukh karay so subhAA-ay jee-o. ||6||
gumukh sukhee-aa manmukh dukhee-aa.
gumukh sanmukh manmukh vyamukhee-aa.
gumukh milee-ai manmukh vihchhurAA gumukh biDh pargataa-ay jee-o. ||7||

It is the same light
In this beautiful shabad, Guru Ji answers some of life's important questions, and brings out the contrast between those who follow Guru's advice and those who follow the dictates of their own mind.

First he poses the following questions:

1. (a) Who is truly free from the bondage of Maya (or worldly involvements), and who is really united with God?
   (b) Who has divine knowledge, and who is a true preacher?
   (c) Who is a (sagacious) householder, and who is a (true) renouncer?
   (d) Who is the one who can estimate (God's) worth? (1)

2. (a) How is one bound (to Maya, or worldly affairs), and how can one free oneself?
   (b) How does one break (the cycle of) coming and going (in and out of the world)?
   (c) Who is the one who does the deeds, and who is above actions (or the one who acts disinterestedly and nobly, unconcerned about their fruit)? Who is the one who sings (God's) praises, and inspires others to do so also? (2)

3. (a) Who is truly happy and who is miserable?
   (b) Who is a Guru's follower (who follows Guru's advice) and who is self-conceited (who follows the dictates of his own mind)?
   (c) How can we meet (God), and how is one separated from Him?
   (d) Who is the person who shows us this (right) path? (3)

4. (a) What is that (holy) word (upon hearing which, the mind stops wandering)?
   (b) What is the instruction that makes one bear pain and pleasure alike?
   (c) What is the path (by following which) one may meditate on God?
   (d) How should one sing God's praises?” (4)

Answering these questions, Guru Ji says:

1. The Gurmukh (who follows the Guru's instruction) is emancipated, and remains united with God. The Gurmukh is (truly) wise, and is a (true) preacher. Whether householder, or a renouncer, Gurmukh is blessed. The Gurmukh realizes (God's) worth.” (5)

2. Because of one's ego, one is bound (in the shackles of Maya, or worldly riches and power). By following Guru's advice, one is liberated (from these bonds). By following Guru's advice, one's cycle of coming and going (in and out of this world) comes to an end. The Gurmukh does (good) deeds, and doesn't expect any reward. Whatever the Gurmukh does, it is out of his or her good nature.”(6)

3. The Gurmukh is happy, the self-conceited is miserable. The Gurmukh follows the Guru's advice. The self-willed acts against the Guru's advice. By becoming Gurmukh, we are united with God. By following the dictates of our own mind, we are separated from Him. The Gurmukh reveals the way (to unite with God).”(7)

4. It is through the Guru's word that one's wandering mind becomes calm. By listening to the Guru's instruction, one looks upon pain and pleasure alike. The Guru's teaching reveals the way to meditation on God, and the Gurmukh person keeps singing God's praises.” (8)
Guru Ji now cautions us against harboring any kind of self-conceit. He says: “(Whether a person is Gurnumkh or self-conceited), it is God Himself who has thus fashioned His creation. He Himself does and has everything done (from His creatures), and appoints them (to different positions). O’ Nanak, (it is He, who from one form) assumed limitless (forms), and ultimately (all the forms) will be merged into that one (Form) again.” (9-2-36)

The message of the shabad is that only by acting in accordance with Gurbani (the Guru’s word) can we attain the spiritual knowledge to calm our restless mind, dispel our ego, and be emancipated. Moreover, we should neither take pride in being Gurnumkh, nor hate those who are self-conceited, because it is God Himself who has created all and given them their different natures or dispositions.

maajh mehlaa 5.

parabh abhinaasee taa ki-aa kaarhhaa.
har bhaqvanta taa jan kharaa sukkhalaa.
jee-a paraan maan sukh-jaanta tooN karahi so-e sukh paav-ja-aa. ||1||
ha-o vaaree jee-o vaaree gurnumkh man tan bhaavni-aa.
tooN mayraa parbta tooN mayraa oola taum sang lavai na laavani-aa. ||1|| rahaa-o. ||

tyraya keetaa jis laagai meethaa.
ghat ghat paarbaharm tinn jan deethaa.
thaan thanantar tooN hai tooN hai iko ik varjhaavani-aa. ||2||
sagai manorath tooN dayvanhaaraa.
bhagte bhaa-ay bhary bhandaaraa.
da-i-aa Dhaar raakhay tuDh say-e poorai karam samaavaeni-aa. ||3||

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anDh koop tay kandhai chaarhay.
kar kipaa gaas ngar nihaalay.
gun gaavahi pooran abhinaasee kahi sun toot na aavani-aa. ||4||

aiNth aiNth tooN hau rakhyalaar.
maat garabh meh taum hee paalaa.
maa-i-aa agan na pohai tinn ka-o rang ratay gun gaavani-aa. ||5||

ki-aa gun tyray aakh samaalee.
man tan antar tuDh ngar nihaalee.
tooN mayraa meet saajam mayraa su-aamee tuDh bin avar na jaaani-aa. ||6||

jis kaa tooN parabh bha-i-aa saahaa-ee.
iis tatee vaa-o na lagai kaa-ee.
too saahib saaraa sukh-jaata saatsango jap pargataavani-aa. ||7||

tooN ooch aiNthau apaar amolaa.
tooN saahchaa saahib gaas tyrayaa goola.
tooN meeraa saachchee thakuraa-ee naanak bal bal jaavani-aa. ||8||3||37
In the 8th stanza of the previous shabad, Guru Ji stated that it is through the Guru's word that one’s wandering mind becomes calm. Through the Guru's instruction does one look upon pain and pleasure alike. The Guru's teaching reveals the way to meditation on God, and the Gurmukh keeps singing God’s praises. In this shabad, he shows us what kind of firm faith a Gurmukh has in his Guru and God.

Speaking on behalf of a Gurmukh, Guru Ji says: “(When a person believes that on one’s side is) the imperishable God, then why does one need to have any fear (in the mind? When one believes that one has the support) of the Master of all bliss, then one feels truly happy. (Such a person says: “O God), You are the Giver of life breath, honor, and peace, whatever You do, we find peace in that very thing.” (1)

Addressing God, he says: “I am truly a sacrifice to that Gurmukh to whose body and mind You look pleasing. (O’ God), You are my shield like a mountain; I consider no one equal to You.”(1-pause)

Going further, Guru Ji says: "O’ God, the one who accepts Your will as sweet sees You pervading in every heart and place. You abide in all spaces and inter spaces. You alone pervade everywhere.” (2)

Describing the gifts bestowed by God, Guru Ji says: “O’ God, You fulfill the wishes of all Your creatures. Your treasures are overflowing with love and devotion. Showing mercy, You save those who by perfect destiny remain absorbed in You (from the attacks of Maya, the worldly pitfalls).”(3)

Continuing to list the blessings bestowed by God, Guru Ji says: “O’ God, casting Your glance of grace, You pull (Your devotees) out of the blind deep well (of worldly entanglements). They continue singing praises of the all-perfect imperishable God, to which there is no end or limit.” (4)

Reposing his complete trust in God, Guru Ji says: “O’ God, You alone are the protector in this and the other world. In the mother's womb too, You are the cherisher. The fire of Maya (the hunger and avarice for worldly riches and power) does not touch those who remain imbued with Your love and devotion.” (5)

Expressing his limitations in counting all the attributes of God, Guru Ji says: "O’ God, I do not know which of Your qualities I should recount. I see You alone abiding in my body and soul. You are my dear friend and my Master. Except You, I know none else.” (6)

Once again expressing his full faith in God, he says: “O’ God, the one whose helper You become remains untouched by any hot wind (does not suffer from any harm). You are man’s Master, sole refuge, and the Giver of peace. Through worship and meditation in the company of saintly persons, You are revealed.” (7)

In conclusion, Guru Ji says: “O’ God, You are the highest, most inaccessible Being, and of inestimable worth. You are the true Master, and I am Your devoted servant and slave. You are the true Sovereign, true is Your domain, and Nanak is a sacrifice to You again and again.” (8-3-37)

The message of the shabad is that if we want to be free from all fears and worries, we should repose complete faith and trust in God. We should truly believe that whatever God does is for our good, and when He is on our side, we can suffer no harm.

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In the previous shabad, Guru Ji advised us that if we want to be free from all fears and worries, we should repose complete faith in God. We should truly believe that whatever God does is for our good, and when He is on our side, we can suffer no harm. In this shabad, he tells us how to train ourselves to reach that state of complete faith in God, and how to be reunited with Him, which is the true object of our human birth.

He says: "(O my friends), day after day remember the merciful God, and never forsake Him from your mind (pause)."

Telling us where to find that God, he says: "It is in the company of the saintly persons (that God's Name) is obtained, by virtue of which we don't go down the way of (spiritual) death. (O my friend), take with you the provision of God's Name (on your journey to God's court), so that no stigma is attached to your family." (1)

Stating what kinds of blessings those persons obtain who meditate on God, Guru Ji says: "They who contemplate the Master are not cast into hell. Not even the slightest harm comes to those in whose heart (God) comes to abide."(2)

Guru Ji adds: "Only those persons look beauteous and endearing who sit in the company of the saintly persons. Yes, only they are extremely profound (and wise) who have earned the wealth of God's Name." (3)

Guru Ji advises us: "We should drink the ambrosial nectar of God's Name, the source of all joys; when we see the sight of the devotees (of God), we obtain (a new spiritual) life (or awakening. Therefore, O my friend, accomplish your task (of uniting with God), by worshipping the feet (holy words) of the Guru." (4)

However, Guru Ji notes: "That person alone meditates on the Master whom God has made His own. Such a person is acknowledged as a brave warrior and a chosen one (in the spiritual realm) who is blessed with (this) good fortune writ on the brow." (5)
Now describing what kind of divine wisdom those persons have obtained who have reflected within their own minds, Guru Ji says: “(They who have) reflected within their minds and have searched for God therein have realized that this itself is the relish of enjoying kingdoms. Absolutely no evil thought arises in them, and by being engaged in the true task (of meditating on God, they cross the worldly ocean).” (6)

Stating what kinds of blessings are received by a person who has enshrined God in the mind, Guru Ji says: “The one who has enshrined the Creator in the mind has obtained the reward of one’s life (and achieved the life’s objective. O’ soul-bride, in that state you will feel that you have obtained) the Spouse of your heart’s desire, and your marital life (your union with God) has become eternal.” (7).

In conclusion, Guru Ji says: “They, who have come to the shelter of the Destroyer of fears have obtained the everlasting commodity (of God’s Name). O’, Nanak, by attaching these souls to Himself, God has saved them. They have won the game of (human) birth.” (8-4-38)

The message of the shabad is that if we want to achieve the true object of human life (union with God), we should join the company of saintly persons, and in their company amass the wealth of God’s Name.

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In the previous so many shabads, Guru Ji has advised us to meditate on God’s Name. In this shabad he explains the advantages of meditating on God, and serving the saint (Guru) by following his advice.

He says: “By meditating on God, one’s mind obtains peace.” (1-pause)

“By continuously worshipping the Guru God, all one’s fears are dispelled.” (1)

“When one comes to the shelter of the all pervading God, then one need not worry at all.” (2)

“By serving at the feet of the saint Guru (by following his advice), all one’s wishes are fulfilled.” (3)
“(Then, one comes to firmly believe that) it is the one (God) who is pervading in each and every heart, and is fulfilling all waters, lands and space.” (4) 

“They who have served (God), the Destroyer of sins, through the dust of the feet of the saints (by humbly following their advice), they have become immaculate.” (5) 

“The entire world is pacified by meditating on God. The Master Himself has liberated the entire world (from the worldly bonds).” (6) 

“That Creator has done this justice: that the evil-doers have died (a spiritual death), becoming life-less like stuffed animals.” (7) 

“(But), O’ Nanak, the one who has been imbued with the love of the eternal (God’s) Name always sees God in one’s company.” (8-5-39) 

The message of the shabad is that we should humbly follow Guru’s advice, and have complete faith in God. We should trust that if we meditate on His Name with true love and devotion, He would liberate us from all pains and suffering, and will suitably punish the evil-doers who try to harm us.

In this poem, Guru Ji takes the example of changing seasons in the twelve months of a year, and relates them to the changing moods of human love, particularly when one is separated from God.

First, as an introduction to the description of the twelve months representing the changing condition of the human soul, Guru Ji says: "(O’ God, as a), result of our (bad) deeds, we are separated from You. Showing mercy, please unite us (with You). We have wandered in all the four corners and ten directions. Now O’ God, completely exhausted, we have come to Your refuge. (Just as) a cow, that yield no milk (is of no use), and just as a crop withers away for the lack of water and yields no income, (similarly) without uniting with God (our beloved Spouse), how can we find any rest or comfort?”

Next using the beautiful metaphor of a bride separated from her beloved spouse, Guru Ji describes the anguish of a separated human soul from God. He says: “The bride in whose house (the heart), doesn’t reside her spouse God, for her (all the) villages and cities are like ovens. To her, all ornaments, embellishments, and cosmetics along with her body seem worthless. Without the presence of her spouse, even her friends and relatives appear as demons of death. (Therefore), Nanak prays: "O’ Master, showing mercy, please bless us with (Your) Name, and unite us with that Spouse, whose abode is immovable.” (1)
The message of this *shabad* is that our love for God should be so sincere and intense that without union with Him, we should feel like a cow gone dry, a plant withered without water, and a bride without her spouse (to whom ornaments and cosmetics appear worthless, and friends and relatives look like demons of death). We should most humbly pray to God to bless us with His Name (His love and devotion), so that we may one day become worthy of enjoying His eternal union.

In this stanza, Guru Ji tells us how one should conduct oneself in the month of Chait (mid March through mid April, and the start of spring), how one can enjoy spiritual bliss by worshipping God, and how this worship can be done.

He says: “By worshipping God in the month of Chait, extreme bliss arises (in the mind). But the gift of reciting God’s Name with the tongue can be obtained in the company of saintly people. Only the advent of those persons in this world is counted as fruitful who have obtained (union with) their God. To live without that (God) even for a moment is a waste of (human) birth. The pain of that person cannot be estimated in whose heart doesn’t reside that God who pervades all land and water, and is present in forests too. (But) very fortunate are they who have enjoyed (the relish of union with) that God. (O’ God), Nanak’s mind too craves for Your sight; his mind is thirsty for it. (Therefore, he says): “I would fall at the feet (of that person, who) in this month of Chait unites (me) with that God.”(2)

The message of the *shabad* is that if we want to experience the joy of spring, then we should join the company of saintly persons and sing God’s praises, so that we can enjoy the bliss of His union.
VAISAAKH
(Mid April to Mid May)

Guru Ji now uses the month of Vaisaakh as an example. Generally this is the month when the farmers harvest their crops and feel happy about the prospect of reaping rich rewards for their hard work.

Guru Ji says: “How can the bride-souls, find consolation and be happy in Vaisaakh (the month of joy), who are in torment because of separation from their Beloved (God). The reason is that) forgetting their Beloved friend (God), they are attached to the delusions of Maya (the worldly riches and power. They do not realize that) except the imperishable God, no son, wife, or worldly wealth shall keep them company (till the end). Being entangled in false worldly pursuits, the entire (world) is dying. When one goes to the next world, except One (God’s) Name, every other possession is taken away. (Therefore), by forgetting God, one suffers distress and humiliation. In the hereafter, there is no one except God (who can help us). The one who attaches oneself to the feet of the beloved (God) earns a good reputation (in the next world).

O’ God, this is the prayer of Nanak: please meet me, so that (I too may) obtain (the bliss of Your union). The month of Vaisaakh looks beauteous only when one meets the saint (Guru) God.”(3)

The message of this shabad is that if we want to be truly happy in Vaisaakh, then instead of running after false worldly wealth, we should attune our mind to God and seek union with Him.

The message of this shabad is that if we want to have a really joyful time in the month of Jaitth, or any other month, we should seek the company of saintly persons, and meditate on (God’s) Name.

JAITTH
(Mid May to Mid June)

Jaitth literally means ‘elder.’ The original name of the fourth Guru Ji was Jaittha (the elder son). In Punjab, the elder brother-in-law (the husband’s elder brother) is also called Jaitth. Here, showing his remarkable poetic skill, Guru Ji uses this word in a double sense: one for the name of the month, and other for God, who is the eldest of all.

Guru Ji says: “In the month of Jaitth, we should try to unite with that JAITTH (the supreme Being), before whom all bow their heads. When we are attached to God, our real friend, He doesn’t bind us down or hand us over to any (demon of death for punishment). God’s Name is precious like gems and pearls, (and is a wealth) which cannot be stolen. All the different forms and wonders, which please our mind (are the works of) the primal Being. God does what He wills, and that is exactly what His creatures do. Those whom God has made His own are considered blessed.”

Guru Ji however, cautions us against any kind of self-conceit on achieving honor and glory. He says: “If human beings could obtain everything through their own efforts, then why would they feel unhappy upon being separated (from God)? O’ Nanak, only those persons enjoy the bliss of union with God who obtain the company of the holy saints. In short, the month of Jaitth is full of joys for those fortunate ones, in whose destiny it is so preordained.” (3)

The message of the shabad is that if we want to have a really joyful time in the month of Jaitth, or any other month, we should seek the company of saintly persons, and meditate on (God’s) Name.
The period of June through July is known as the hottest time of the year. It is particularly hot in Punjab (India) at this time. The Sun seems to be radiating fire rather than rays. It is in this month that the fifth Master, Sri Guru Arjun Dev Ji, who compiled Sri Guru Granth Sahib Ji (the Sikh Holy Scripture), was martyred. It was not an ordinary killing either. He was made to sit on a red grill, while hot burning sand was being poured over his head. Yet, Guru Ji remained calm and serene in God’s will, saying: “Sweet is Your will, O my God. It is only Your Name (and love) that servant Nanak seeks.” The question is—how could he remain so calm and cool? Why did this heat and torture not bother him? Guru Ji provides an answer in this hymn, named Aasaaard.

He says: Aasaaard feels burning hot to those (bride-souls) whose spouse (God) is not with them (who don’t meditate on God’s Name, and) who forsake God, the life of the universe, and what is writ (in the destiny) on one’s forehead. (In this way, the bride soul who forsakes her spouse God) departs repenting from (the world) after spending the night of her life. (On the other hand), they who meet (and follow the advice of the) saint (Guru) are exonerated in (God’s) court. (Asaard)

Showing us the way to achieve cool comfort, not only in the hot month of Aasaaard, but lasting joy and peace all the year round, Guru Ji prays: “O God, please show Your mercy, that I may always thirst for Your vision. This is the prayer of Nanak, that there is none else except You (who can give me relief). The month of Aasaaard is pleasing to the one, in whose heart is enshrined God’s feet (His Name).” (5)

The message of the shabad is that by enshrining God’s Name (His love and devotion) in our heart, we can enjoy cool comfort not only in the hot months of June and July, but in all seasons and situations of life.
**SAAWAN**
*(Mid July to Mid August)*

*Saaawan* is usually the month of rains in the Punjab (India). Rains bring greenery to land and prosperity to the people, particularly farmers. It is a season of enjoyment for young boys and girls, who put swings on the trees and frolic around. It is particularly pleasing to the young brides who enjoy the loving company of their grooms. Guru Ji uses this backdrop to illustrate what brings happiness to a human being, whom he likens to God’s soul-bride.

He says: “In the month of *Saaawan*, that bride soul blooms in happiness who is imbued with love for the lotus feet (the immaculate Name of God). Her body and mind is imbued with the love for the eternal (God), and her only prop is God’s Name. For her all the false worldly attractions are bitter like poison, and appear useless like ashes. Meeting the saint-Guru, she is able to drink the pleasing drop of God’s (Name). In the company of the limitless all-powerful God, all the forests and grass blades are in bloom (in this month of *Saaawan,*). My mind also longs to meet that God, but it is only by His grace that anyone can unite (with Him). I am always a sacrifice to those fellow bride-souls who have attained to God. Nanak says: “O* my God, please show Your mercy (upon me). It is only You who can embellish a person, through the word (of the Guru). The month of *Saaawan* (is truly pleasant) for those united (soul) brides, who have worn the necklace of God’s Name’s grace.”(6)

The message of the *shabad* is that if we want to experience the bliss of union with God, and remain as happy as the blooming nature in the rainy month of *Saaawan*, then we should embellish our thoughts with the immaculate word (of the Guru) and keep God’s Name enshrined in our heart.

**BHAADON**
*(Mid-August to Mid- September)*

The month of *Bhaadon* is very hot and uncomfortable, particularly for the farmer in Punjab (India). In this month, intense heat combined with humidity makes a farmer’s life very difficult and miserable.

Taking this example, Guru Ji says: “In the month of *Bhaadon,* (just as a farmer feels very uncomfortable, similarly) the bride-soul attached to duality (worldly riches) is lost in illusion and goes astray. She may adorn herself with myriad ornaments, but these are of no avail. The day this body dies, it will be called a ghost. The demons of death will bind the soul and drive it away without telling anybody where they are taking it. In an instant, all those with whom she was in love shall abandon her. (Seeing death approaching, one becomes so frightened that) one wrings hands, the body trembles, and it turns from black to white. Life is like a field of actions where one reaps whatever one sows. But O’ Nanak, they who seek the refuge of God, and board the ship of the lotus feet (of His Name, God helps them cross over the worldly ocean. In short), they, whose beloved is the savior Guru, are not cast into hell (or made to suffer torments, as one suffers in the month of) *Bhaadon.* (7)

The message of the *shabad* is that if we want to save ourselves from the difficulties and troubles of the world and the tortures of hell, we should seek the protection of the Guru, and lead our life in accordance with *Gurbani,* as contained in Guru Granth Sahib Ji.
As compared to the hot and humid month of Bhaadon, the month of Assu is rather a comfortable month. It is natural that in such a situation, a longing arises in the heart of a young bride to meet her spouse. Comparing the human soul with such a young bride, Guru Ji describes how the human soul also longs for union with her spouse (God).

He says: “O’ my mother, (after passing through the agony of the month of Bhaadon), an upsurge of love is arising within me in this (pleasant) month of Assu. I wonder, how could I go and meet (my Spouse)? Within my mind and body, there is a great thirst and longing for His vision, and I wish that somebody may come and unite me with Him. (I have heard that) the saints provide help (to devotees, to meet the object of) their love. Therefore, I think I should go and fall at their feet (and humbly seek their help. I fully realize that) without (meeting) God we cannot find peace, and (except His shelter) there is no other place to go. (They) who have tasted the relish of (His) love remain fully satiated (and don’t have any more worldly desires). Renouncing their self (conceit), they humbly pray: “(O’ God), please attach us to Your love. (The bride souls), whom the spouse God has united (with Him) never get separated (from Him. Because), O’ Nanak (they realize that) except God there is no other, (who can provide them with such eternal peace). Therefore, they always remain under God’s shelter. (In short), in the month of Assu, those bride souls who have the grace of God the king, live in peace.”(8)

The message of the shabad is that if we want to enjoy eternal peace and attain union with God, we should seek the help of the saint (Guru), and pray to God to show His mercy and unite us with Him.
KATTAK
(Mid October to Mid November)

The month of Kattak is quite pleasant. It is neither too hot nor too cold. However, some persons are found suffering even in this month.

Addressing such persons, Guru Ji says: “If even in otherwise happy circumstances, like the month of Kattak, you are miserable, then do not blame anyone (for your sufferings, because) it is the result of your own past deeds. (The reason is that in your pursuit of false worldly pleasures, you forget God, and) by forgetting, one is afflicted with all kinds of maladies. Those who (becoming apostate) turn their face away from God are separated from Him for several births. All the enjoyments of the world become bitter (and painful) in an instant. (In such circumstances), no intercessor can do anything (to help them, so they wonder) before whom they can go and cry every day (to find solace for their grief). Nothing can be done (to avoid the suffering, which) has been pre-ordained in their destiny (based on their past deeds).”

However, in his compassion, Guru Ji tells a way out. He says: “If by great good fortune one happens to meet my God, then all (the pain and suffering due to) separation from God is gone.”

(But the question arises, how can a person meet God)? Putting himself in the place of such a separated bride soul, Guru Ji says: “O’ my God, the emancipator of all, please save Nanak (from the worldly bonds. But since God is obtained through the company of the saints), Guru Ji says: “If in the month of Kattak, one obtains the company of the saint (Guru), then all one’s worries vanish.” (9)

The message of the shabad is that if we want to avoid any pain and suffering due to our past deeds, we should seek the company of the saint Guru, devotedly listen and follow Gurbani, and pray to God to pardon our past sins and now unite us with Him.

MANGHAR
(Mid November to Mid December)

This month is generally pleasant, because the summer season is gone and winter in the real sense has not yet begun. It is rather pleasantly cool. So naturally everybody (and particularly young brides) like to adorn themselves with beautiful clothes and ornaments, so that they may look attractive and charming.

But Guru Ji tells us what type of soul brides look beauteous to our groom (God). He says: “In the month of Manghar (only those bride souls) look beauteous who enjoy the company of God the Spouse. What can I say about the glory of such bride souls who are united with the Master (God)? By meditating on God in the company of saintly persons, the body and mind of such bride souls remains always in bloom.”

Next, Guru Ji describes the state of those (soul brides) who remain bereft of the company of the saints. He says: ‘Those (soul brides) who remain deprived of the company of saintly people always keep suffering in loneliness. Misery never leaves them, and they are put under the control of the demon of death.”
Describing once again the honor and glory enjoyed by those bride souls who remember God, Guru Ji says: “Those (bride souls) who have enjoyed the (blissful) company of their (God) are always seen waiting on Him (ready to serve Him. While standing in the divine court, they look beauteous and glorious, as if) they have been adorned with the jewels, diamonds and rubies (of God’s Name). Nanak seeks the dust of such honored souls who have sought refuge at (God’s) door. They who meditate on God in the month of Manghar do not (suffer the pain of) birth and death again.” (10)

The message of this shabad is that if we want to obtain honor in (God’s) court, we should seek those blessed souls who are already united with Him, and meditate on God’s Name in their company.

It is the same light
This month is also usually very cold, though sometimes it starts showing signs of the advent of spring. In India this month is considered very auspicious. Many important Hindu festivals are held on the first of this month. Hindus consider it highly virtuous to take a dip in the river, and give charity near the holy city of Paraag (Allahabad), situated on the confluence of three holy rivers (the Ganges, Yamuna, and the underground Saraswati).

However, Guru Ji gives a different advice on this occasion. He says: “(O’ my friend, instead of bathing at holy places) in the month of Maagh, bathe in the dust of the saints’ feet (by humbly serving them. Listen and meditate on (God’s) Name, and (instead of giving food, clothes, and money to the fake Pundits), give the charity of Name to all. By doing so, all the dirt of the (evil and sinful) deeds of your past births will be washed off, and your mind will be rid of arrogance. You will not be allured by lust and anger, and even your dog-like greed would go away. The world praises those who tread on this righteous path. In fact, all the approved acts (such as bathing at the sixty-eight places of pilgrimage, all types of charities, and acts of compassion on God’s creatures) are included in the merits of meditating on God’s Name. Therefore, that one alone is truly wise whom God in His mercy blesses with (this gift of Name). Nanak is a sacrifice to those who have met their God. In the month of Maagh, only those persons are considered pure on whom the perfect Guru is kind (and blesses them with the gift of Name).”(12)

The message of this shabad is that instead of visiting pilgrimage places and giving alms to pundits or priests in the month of Maagh, we should humbly serve the holy saints (by acting on the advice of Guru (Granth Sahib Ji), meditate on (God’s) Name, and inspire others to do the same.
**PHALGUN**

(Mid February to Mid March)

*Phalgun* announces the advent of spring after a long cold spell, and people celebrate it by observing festivals like *Holi* and *Hola Mohalla* (wherein participants throw colored powder and water on one another, or arrange special parades and display martial skills). Guru Ji started this poem with the month of *Chait* when the soul bride suffered from pangs of separation from her spouse (God). Now, towards the end of the poem, he describes the state of mind of that bride soul who followed the Guru-directed path of remembering her spouse (God) in holy company for a long period, and has been rewarded with His union.

In this stanza describing the joy and happiness of spring season, on behalf of such a soul (bride), Guru Ji states: “In the month of *Phalgun*, unique spiritual bliss arises in the minds of (those soul brides in whose heart) their dearest friend, God has come and become manifest. The saints of God have become their helpers, and showing mercy they have united them (with God). The couch (of their heart looks) beautiful, they enjoy all kinds of comforts, and there is no place for any sorrow. (The heart felt) desire of such fortunate ones gets fulfilled, because they have obtained God the King as their groom. Joining together with their saintly friends and mates, they recite songs in praise of God. (Such a united bride soul) doesn’t consider anyone else remotely comparable (to God, who) has embellished her both in this and her next life, and has given her an eternal place (in His mansion). He has saved her (from drowning) in the worldly ocean, and she will not have to suffer through any more rounds of birth (and death).”

Now, entering into a prayer mode, Guru Ji says: “O’ God, we have (only) one tongue, but countless are Your virtues. Nanak says that those who fall at Your feet (and humbly meditate on Your Name) swim across (the worldly ocean. Therefore, I say that in the month of) Phalgun we should daily praise (that God) who is without avarice.” (13)

The message of this shabad is that if we want to swim across the worldly ocean and save ourselves from the perpetual pains of birth and death, then we must join together with saintly persons, daily sing praises of God, and meditate on His Name.

CONCLUDING PARA

After describing how meditation on God’s Name is one’s sole strength and sustenance in all seasons, whether painful or pleasant, Guru Ji concludes: “Whosoever has meditated on (God’s) Name has accomplished all their tasks. Those who worship the perfect Guru-God are judged true in God’s court. God’s lotus feet (His devoted service and meditation) are the treasure of all joys. (They who attune themselves to God) cross over the dreadful (worldly ocean). They obtain the gift of God’s loving devotion, and do not burn (or suffer in the desires for) the poison (of worldly riches and power). All their false (notions) are gone, and their duality (double-mindedness) flees away. They are filled with complete truth. Enshrining only the one (God) in their mind, they keep serving (and meditating on God). In short, all the months, days and moments are auspicious for those on whom (God) bestows His grace. O’ God, Nanak begs You for the gift of Your vision. Please show mercy (and bless him with this gift).” (14-1)
It is the same light
Like *Bara Maha* (twelve months), the title of this composition is *Din Raain* (day and night). It describes how we should strive day and night to cultivate love and devotion for God. Here comparing his soul to a loving bride, Guru Ji appears to be talking to his bosom friend (holy saint), and shares with him his innermost thoughts.

He says: “(O’ my friend, I wish that) I may serve my true Guru and meditate on God for all the days and nights (of my life). I wish that) abandoning my ego, I may fall at the feet of my Guru, utter sweet words from my mouth, and request him to unite me with God (my closest friend and relative, from whom I have been separated for many births).”

As if guessing his friend’s obvious question, why he was so anxious to meet God, Guru Ji states the reason: “O’ my sister, the mortals who remain separated from God are not able to live in peace and comfort. I have searched in all the spheres, and concluded that without the spouse God, we cannot find any peace (of mind).”

Imagining the next obvious question: “Why did she get separated from her spouse (God) in the first place?” Guru Ji humbly replies: “It is the result of my own misdeeds. Therefore, it does not behoove me to blame anybody else.”

Guru Ji now directly prays to God, and says: “O’ God, please show mercy and save me, because except You no one else has any power. O’ God, without You (one suffers so much pain and humiliation, as if one is) rolling in dust. To whom else could we relate our tale of woe? Therefore, this is the humble prayer of Nanak: that with my eyes, I may see the sight of God, the supreme Being.”(1)

Now, narrating the answer given by his friend (holy saint), Guru Ji says: “(O’ my friend), that all powerful and infinite God does listen to one’s cries of anguish. One ought to meditate on Him both in life and death (throughout one’s life), because He is the sustainer of all (creatures). Both in the parents’ house (this world), and in the in-laws house (the next world), the bride–soul (can live peacefully, only on the support of) the spouse (God), who has a very big family.”

Next, discussing the whereabouts of God and how to win His support, (on behalf of that friend), Guru Ji says: “That God is the highest of the high. He is inaccessible and beyond human understanding. There is no limit or end to His expanse. The only service that pleases Him is that which is performed by becoming the dust of the saints’ feet (by humbly following the advice of the saint Guru). That God is the merciful master of the meek and the poor, and sanctifier of the sinners. Since the beginning of ages (in all times), the Creator has been saving His devotees. True and eternal is His Name. Nobody knows His worth, and nobody can estimate His greatness. O’ Nanak, He is abiding in every one’s mind and body, and there is no count (of His merits). Therefore, I am always a sacrifice to those who serve God, day and night. (2)”

Guessing the next question (how to serve God), he says: “We must worship (that God) who has fashioned the body and mind of all the creatures, who is gracious to all, whom all the saints meditate upon, through the Guru’s word and meditate on His immaculate Name. That God is our supreme Master; there is no limit to His merits, and His worth cannot be estimated. That person is considered truly fortunate in whose heart resides the all-pervading God. All the desires of our heart are fulfilled when we meet our spouse God. Nanak too lives worshipping (that) God. (By meditating upon Him), all one’s sins are destroyed, and that person blooms (with spiritual delight) who doesn’t forsake God day or night.”(3)
Finally going into a prayer mode, Guru Ji says: “O’ God, (You are) the possessor of all powers, the (only) support of the poor (person like) me. Therefore, I have grasped onto (Your) divine support, and I survive only by meditating again and again on (Your) Name. Please show such mercy upon me that I may remain absorbed in the dust of the feet (the most humble service) of Your devotees. (Also please bless me, that) I may (happily) live in whatever state You keep me, and (gratefully) eat and wear whatever You give. O’ God, make me do only that effort (by virtue of which) I am joined with the saints, where I may sing Your praises. I can think of no other place where I may go and relate my pain. O’ lofty, unknowable, and immeasurable God, destroyer of ignorance and dispeller of darkness, this is Nanak’s objective: unite (his) estranged mind with Yourself (again). The day I touch the feet of God, my (supreme) Guru, I would obtain all kinds of joys (and blessings, and it will be the day of my total deliverance).”(4-1)

The message of this shabad is that if we want to obtain eternal happiness, then at all times we should remember God by praising Him through the most immaculate word of the Guru (the Gurbani, enshrined in Sri Guru Granth Sahib Ji), and by meditating on His Name. One day showing His grace, God may re-unite our separated soul with Him, and bless it also with His eternal union.

Guru Ji instructs that this Vaar (poetic narration of a war story) should be sung to the tune of a popular contemporary story relating to the war between “Malik Murid and Chanderhara Sohia.” Malik Murid and Chanderhara Sohia were two brave generals in the army of the great Mughal emperor Akbar.

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It is the same light
engaged in a fierce battle to show their loyalty to the King, and both died fighting valiantly. Such epics, as originally composed by different Gurus, consisted only of Paurees, or the progressive steps for one’s spiritual ascent. These were meant to be sung to the tune, as indicated by the respective Guru. While compiling Guru Granth Sahib Ji, the fifth Guru Arjun Dev Ji added some Saloks (short stanzas composed by the same or different Guru) before each Pauree to further clarify the meaning or purpose of these steps. Many times, he also indicated the tune to which that Vaar ought to be sung. This is how these Vaars assumed the appropriate formats, as shown in Guru Granth Sahib Ji.

**SALOK MEHLA 1**

First of all, emphasizing the importance of the Guru, he says: “The Guru is the Giver (of Name). He is (the sublime source of peace, like a cool and soothing) house of snow. The Guru is (like) a lamp, which provides the light (of divine knowledge) to all the three worlds. O’ Nanak, it is from (the Guru that one can obtain) the everlasting commodity (of Name). It is only when we are convinced in our mind (about this truth) that we obtain peace.”(1)

The message of this Salok is that if we want peace of mind, divine knowledge, or the way to unite with God, then we must seek the guidance of our Guru (Granth Sahib Ji).

**MEHLA 1**

Now dividing human life into ten stages, Guru Ji explains how from infancy one is continuously attached to worldly pleasures and comforts, and instead of following Guru’s advice follows the dictates of one’s mind, which ultimately bring pain and suffering.

He says: “In the first stage (of life, one) falls in love with the mother’s breasts for the sake of milk. In the second (stage, becoming older), one becomes aware of mother and father. Thirdly, one becomes aware of brother, brother’s wife and sister (and other close relatives). In the fourth (stage) arises the love for playing. In the fifth (stage), one is motivated by the desire for eating and drinking (enjoying tasty foods and drinks). Sixthly, one is so much overcome by sexual desire that one does not care about (the partner’s) caste (or social status). In the seventh (stage), one tries to amass wealth and build mansions. In the eighth (stage of life, one becomes so much prone to) anger that the body gets ruined by it. In the ninth (state, one becomes so old that) the hair becomes gray, and breathing becomes difficult. (Lastly) in the tenth stage, one dies and is burnt into ashes. The companions (who accompany one to the cremation ground) wail loudly and then go away. The swan-soul flies away on an unknown path (to the world hereafter). This is how a human being comes to and departs (from the world), and even one’s name dies (because one is completely forgotten). After one’s death, food is served (to Brahmins) on leaf plates and crows are called (and fed in one’s memory, but none of this charity reaches the departed soul). O’ Nanak, (this is essentially the story) of blind (worldly) love of the self-conceited person, and this is how without (the guidance of) the Guru, the (entire) world is drowned (in the worldly ocean).”(2)

The message of this stanza is that without meditating on God’s Name, the entire world suffers in pain. Only by following Guru’s advice can we obtain the commodity of Name, and live in peace.

赡: 9 ||

Mehla 1

gas baaItan bees ravan teesaa kaa sungar kahaavai.
chaaleesee pur ho-ay pachaasee pag khaasi sathee kay bodhayppaa aavai.
sat aar maatheeN aaseeNhN kaa vi-uaabar naa paavo.
navai kaa sihaasnee mul naa jaanai ap bal.
dhangholic dhoodhim dith mai naanak jag Phoo-ay kaa Dhavalhar. ||3||

**MEHLA 1**

Now, assuming normal human life span as one hundred years, Guru Ji once again divides human life into ten spans of ten years each, and describes how one progresses into different types of behavior, ultimately dies, and spends his entire life in vain.
He says: “Up to the age of ten years, one is a child; at twenty, one is called a young person, and in thirties one is considered good-looking. At forty, one attains full maturity. At fifty, one starts faltering in one’s gait. At sixty, sets in old age. At seventy, one is devoid of senses. At eighty, one is unfit to work. At ninety, one is bedridden and is left with no strength to perform the daily functions by oneself (and after that, one’s life ends without achieving any purpose). O’ Nanak, I have investigated (the human life, and found that this world is (nothing but) a mansion of smoke (a very short-lived illusory pleasure).”

The message of this stanza is that unless we live our life for its real purpose (of reuniting with God), it is no more than the process of passing through the various stages of physical growth and decay, and ultimately being reduced to ashes.

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<tr>
<th>Pauree</th>
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<tbody>
<tr>
<td>तू विजृषि पूर्व अबिज्ञ है अपनी निगमन विद्वेष है</td>
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<td>अन्तं भक्ति आनंदसन घृ पूर्व भिं धन तरीक़</td>
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<td>तू स्तवो निन्दा दिखीं सब पैदा कृपा</td>
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<td>दीया भमिंद्र दिक्षती सिरी धीर ज्ञान सारी</td>
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<tr>
<td>मे में लाज राखीं राखिहृदय सारी धीर ज्ञान सारी</td>
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<tr>
<td>तू अपने अभि मुदो तू एक पूर्व ब्रह्म</td>
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<tr>
<td>मे भी दिल बुझ पिकर एके मक्खन विन तल जडित सारी</td>
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pa-orhee.

तू न कर्ता पुरक गयम हाँ आप सरसत उपातीे ||
रंग परंग उपार्जना बहो बहो बिध भातीे ||
तू न जाने हैं जिन उपा-ई सोंह क्यू। तुम्तातीे ||
इ का वाह निकह बिन नाव बनार्जी ||
गुरुमुख रांग चालोली-आं रंग हरं राती ||
तू न आपाय आप सुखावत हैं वार पुरक वदाती ||
जो मन चित तुधाई-आई-दय मायर साही-आं हाल हाँ-ो तिन जाती || 11 |

PAURREE

Now Guru Ji takes up the first Pauree of this Vaar, and in accordance with the prevailing tradition, starts with the praise of God.

He says: "(O’ God), You are the incomprehensible Creator who has Himself created the universe. You have fashioned this universe in many different colors, hues, and in many different ways. It is only You who has created all this play (of the world). There are some who are coming (to this world, and) some are exiting it. But without (meditating) on God’s Name, the entire (world) is dying (a spiritual death, except) the Guru’s follower who has been imbued with the deep love (for God. Therefore O’ my friends, you should also) serve that eternal, immaculate God, who is the architect of one’s destiny. O’ God, You Yourself are the wisest (person), and You are the greatest personality. O’ my eternal (God), I am repeatedly a sacrifice to those who meditate on You (with true love) in their mind and heart.” (1)

The message of this Pauree is that unless we meditate on the eternal God, and remain imbued with His love (Name), our life is nothing but a meaningless round of birth, growth, and death.

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jee-o paa-ay tan saaj-ii-aa rakh-ii-aa banat banaa-ay.
akhee daykhai jhivaa bolai kannee surat samaa-ay.
pairee chalai hathee karnaa ditaan painai khaa-ay.
jin rach rachi-aa tishe na jaanai anDhaa anDh kamaa-ay.
jaa bhajai taa theekar hovai ghaarhat gharhee na jaa-ay.
naanak gur bin naahi pat pat vin paar na paa-ay. ||11|

SALOK MEHLA: 1

In the previous Pauree, Guru Ji advised us that unless we meditate on the eternal God and always remain imbued with His love, our life is a meaningless round of birth, growth, and death. Now he gives us some reasons and motivations for imbibing and cultivating love and devotion for God.
He says: "Putting life (in it), God created (human) body, and kept it (in an orderly) arrangement. (He molded human being in such a manner that) one can see with one’s eyes, speak with one’s tongue, and gain awareness of mind from what one hears with the ears. One walks with feet, works with hands, and wears and eats, what God gives. But the ungrateful human being) does not even recognize (that God) who has created him, and the blind fool keeps doing blind (and foolish) deeds. When (one dies and the earthen vessel of one’s body) breaks, one becomes like a broken piece (of clay), which cannot be remodeled into shape again (and revived). O’ Nanak, without the (guidance of the) Guru one doesn’t obtain honor (in God’s court), and without honor, one cannot swim across (this worldly ocean of Maya).”(1)

The message of this stanza is that if we want to swim across this worldly ocean, then we should follow the Guru’s guidance so that we may obtain honor in the court of that God who has created us, and blessed us with all the parts and senses of our body, and provided us with our sustenance.

The message of this shabad is that instead of feeling proud of our own virtues and condemning others for their shortcomings, we should be grateful to God for all the gifts He has bestowed on us. We should recognize the will and special purpose of God in all His creatures (good or bad).

In the previous salok Guru Ji indicated that human being is so self-centered that one does not even recognize God who created one and blessed one with all the gifts of life. In this salok, he expounds on the characteristics of a Manmukh (or a self-willed person)

He says: “We should regard that person as (self-conceited) Manmukh who values the gift more than the Giver (of that gift). What should one say about (worthless) understanding, knowledge, and cleverness (of such a person)? Whatever (bad) deeds one stealthily commits eventually become known in all the four directions (everywhere. This is the law of nature: that) one who does good deeds is known as virtuous, and who commits evil deeds is known as a sinner. But O’ Creator, it is You who does all these plays (of making some good and others bad). As long as Your light (and power) is within (one’s body), You speak through that light (and power). I shall recognize that person (as having some real power) who can do something without Your light. O’ Nanak, by Guru’s grace (one realizes) that there is only one wise and sagacious (God, who resides in all).”(2)
It is the same light
In the previous salok Guru Ji advised us to keep our mind attuned to God even while engaged in worldly chores. In this salok he tells us the benefit of doing so.

He says: “God is visible (in His creation). We can hear (Him in the heartbeat of His creatures), we can know Him (through the wonders of His creation), but still that Spouse cannot be obtained (or seen physically. The reason is that in the spiritual sense, a human bride soul) is lame, armless, and blind.

How could she run and embrace (her spouse God?” The answer is that (a human bride should always live and work in love and fear of God, as if she has made God’s) fear her feet, (divine) love her hands, and attunement (to God), her eyes. Nanak says: O’ the wise (human bride), this is how the union with the groom (God) is obtained.”(2)

The message of this salok is that it is not with our physical limbs and faculties, but with our loving fear and devotion to God, that we can realize God and enjoy the bliss of uniting with Him.

In the previous salok, Guru Ji advised us that it is not with our physical limbs and faculties, but with our loving fear and devotion to God, that we can realize God and enjoy the bliss of uniting with Him. Now he shows us how to address God and express our love and devotion for Him.

Guru Ji says: ‘O’ God, ever and forever, You are the one and only one (unique power). It is You who has created this second play (or the world drama. After) creating pride and egoism, You have instilled greed in all creatures. (Therefore, the creatures) do only what You make them do. Now please save them, in whatever way You wish to. There are some, on whom You shower Your grace, and unite with Yourself. You Yourself attune them to Guru’s teachings. There are some, who do Your service while standing, and except Your Name, nothing else pleases them. There are some, whom You have yoked to the true deed (of meditating on God’s Name, because for them) any other deed is useless. Then there are some who are pleasing to You, and who in spite of having sons, wife, and family, remain detached from them. They are pure both from within and without (they stick to truth both in thought and conduct) and remain always absorbed in Your true Name.”(3)
The message of this Pauree is that we should realize that the world with all its creatures (both good and bad) is the play of God. If we want to win His grace and attain union with Him, we should humbly pray to Him to bless us with the guidance of the true Guru, so that we may remain engaged in the true task of meditating on His Name, even while living in the midst of our families and performing our worldly duties.

**salok mehlaa 1.**

su-inay kai parbat gufag karee kai paanee pa-i-aal.
kai vich Dharjey kai aakaas earaDh rahaar sir bhaar.
pur kar kha-i-aa kapaar pahiraa Dhoovaa sadaa kaar.

bagaar raat pe-alaa kaalaa bayaar karee pukhaar.
ho-ay kucheel rahaar mal Dharaar durmat maat vikaar.
naa ha-o naa mai naa ha-o hovaa naanak sabad veechaar. ||1||

**SALOK MEHLA 1**

In the last Pauree Guru Ji advised us that If we want to win God’s grace and attain union with Him, we should humbly pray to Him to bless us with the guidance of the true Guru so that we may remain engaged in the true task of meditating on His Name. But many people adopt several other methods to seek union with God and achieve salvation. They claim that these methods are quite effective. Guru Ji tells us about the truth about all such techniques.

He says: “Whether I make a cave in mount (Sumaer, which is believed to be) made of gold, or go and live below water in the underworld; whether I remain standing upside down on my head on earth, or in the sky; whether, I fully cover my body with clothes and keep washing my body forever; whether I adorn white, red, yellow, or black clothes, and loudly recite the Vedas; or whether becoming filthy (like a sect of Jain faith) I remain dirty, these are all bad deeds born out of base intellect. O’ Nanak, after reflecting on the word (of the Guru, I have realized) that I was neither (there in the past), nor I am now, (nor I wish) that I should be there in the future (and my ego should be completely erased).”(1)

The message of this Salok is that practicing hardships and undergoing penances by sitting in mountain caves, in deep waters, or in the ethereal regions are useless and counter-productive: they make one proud and self-conceited. The best and most effective method is to ponder on the Guru’s holy Word, and overcome one’s ego (which is the pre-requisite for achieving union with God).

**mehlaa 1.**

vastar pakhaal pakhaalay kaa-i-aa aapay sanjam hovai.
antar mail langee naheee jaagai bahl Aur mal mal Dhoval.
anDhoal bhol pa-i-aa jam jaalay.
vasat paraa-ee apunee kar jaanai ha-umai vitc dukh ghalay.
naanak gurmuukh ha-umai tataa taar har har Naam Dhi-avaai.
Naam JAY Pay Naamo aaraaDhay Naamay sakhir samaavai. ||2||

**M: 1**

In the previous salok, Guru Ji commented on the uselessness of practicing many yogic and Jain methods of purifying one’s soul. In this salok, he comments particularly on the practice of washing clothes and bathing the bodies repeatedly in the belief that this way one will be able to cleanse one’s soul as well. Guru Ji says: “The one who washes clothes and bathes the body, and on one’s own has become a disciplined...
The message of the salok is that none of the austerities, penances, and ablutions is of any avail for purifying our soul and obtaining true divine peace and happiness. It is only when by Guru’s grace and guidance we overcome our ego and meditate on (God’s) Name that we attain true bliss.

PAURREE

In the previous salok, Guru Ji noted that one’s body belongs to God, but one mistakenly regards it as one’s own. In this Pauree he elaborates on this truth and refers to various kinds of pains we suffer by misusing this body for false pleasures.

He says: "(It is God who) has brought about the union of the soul and the body. (The same God) who has created them also brings about the separation (of the soul from the body). But (forsaking that God), the foolish human being keeps indulging in (false) pleasures, which all bring pain. Because of committing sins (in pursuit of these enjoyments), these pleasures give rise to (all kinds of) maladies. After enjoying pleasures, one suffers pain and separation (from the dear ones), and (the rounds of) creation and consumption (or birth and death). Unnecessarily, the fool enters into counting (of good deeds, which fall far short of the sins, and) thus gets entangled in the strife (of births and deaths). But a Guru’s follower knows that) the true Guru has the power to settle (all such accounts of one’s deeds. Therefore, seeking the Guru’s shelter, such a person) gets this strife ended. (The Guru’s follower) also realizes that whatever the Creator does that happens (for sure), and one’s own doing doesn’t work.”(4)

The message of this Pauree is that instead of wasting our body in false worldly pleasures, or entering into the counting of our ‘virtuous’ deeds, we should seek the Guru’s refuge. The Guru would teach us how to live in accordance with God’s will, meditate on His Name, and thus settle all our accounts.

SALOK M: 1

In this salok, Guru Ji comments on contemporary leaders, politicians, and pseudo holy men of his time. These remarks are equally applicable to present conditions.
He says: “(The person) who tells lies (and by deceit usurps the rights of others, is like an animal that) eats dead corpses. Such a person tries to guide others, (but in reality) is deceived personally, and gets his (or her) companions also cheated. O’ Nanak, such a (fake) leader (soon) gets exposed.”(1)

The message of this salok is that we shouldn’t try to preach truthfulness and honesty to others when we ourselves are secretly indulging in dishonest acts. Such acts will soon get us exposed, and ruin not only us, but also our companions.

In the previous salok, Guru Ji commented on the state and fate of the fake leaders and guides of his time in India. In this salok, he tells us about the qualities of a true leader and Guru.

He says: “The person who has Truth within (him) meditates on the true Name (of God), and utters truth with his tongue, that person him or herself walks on God’s path and puts others also on that path. (We need to remember that if) in front of us is a place of (true holy) ablution (where we can listen to the true Guru); only then the dirt (of our mind) gets washed off. Otherwise, by bathing in a pool of dirty water (by listening to a fake Guru), we get soiled even more. (We should know that only) the perfect true Guru who daily meditates on God’s Name is (like a true) pilgrimage place. Such a person along with his or her family is emancipated, and by bestowing the (gift of) God’s Name, gets others also liberated. Nanak is a sacrifice to the one who personally meditates, and also makes others to meditate on God’s Name.”(2)

The message of this salok is that the true leader, or Guru, is the one who is true both from within and without, personally meditates on (God’s) Name, and guides and inspires others also to do so.

In the previous two saloks Guru Ji cautioned us against false leaders, and told us who the true guides or gurus are. In this Paurree, he comments on those false yogis or sanyaasees (who renounce their families and go to the jungles) and try to impress people with their holy garbs and miracles.
Commenting on the lives of such people, he says: “There are some, who go and reside in jungles, and live on wild roots and fruits. Others roam about the world in orange colored clothes as yogis and renouncers. But within them still remains the desire for beautiful garments and tasty dishes. (In this way, they) waste their life in vain, because they remain neither (true) renouncers nor (true) householders. Because the desire for the three-pronged Maya (with its impulses for virtue, vice, or power) is still in their minds, the demon of (the fear of) death doesn’t leave them. Only when a person becomes the servant of the servants (of the saint Guru) by following the Guru’s teachings, the (fear of) death doesn’t come near. Then the true word (of the Guru) and the eternal (God) resides in the heart, and even while living in the home, one becomes (a true) renouncer. O’ Nanak, they who serve (and follow) their true Guru become free of (worldly) desires.”(5)

The message of this Pauree is that if we want to remove our fear of death and achieve union with God, then instead of going to any pilgrimage places or jungles, we should follow (Gurbani), the true Guru’s word. By doing so and meditating on (God’s) Name, we will rise above worldly desires even while living in our homes; we will experience the bliss of union with God.

The message of this Salok is that while working as public servants or doing business, we should not indulge in bribery, injustice, or cheating. Otherwise all our prayers and acts of piety are false worldly shows.

According to Dr. Bh. Vir Singh Ji, Guru Ji uttered this salok in answer to a yogi’s question about his introduction. Guru Ji shows extreme humility while speaking about himself. It should serve as a great lesson to the leaders and preachers of today, who without any merit claim to be great persons.
He says: "When I am nothing (who has not acquired any spiritual qualities), then how can I claim that I am somebody? I do what God wants me to do, and speak according to His guidance. I am full of sins, and repeatedly I wash myself (with the water of the holy Name). When I do not understand myself, how can I show the path to others or become a leader? O’ Nanak, a blind person who shows the path to others, misleads and ruins all the companions. Such an ignorant and false leader (or Guru) will be exposed in the hereafter, and would receive heavy blows on the face, (and suffer severe punishment and disgrace.)." (2)

The message of this salok is that the person, who does not know the true path, should not try to guide and lead others. Otherwise such a person would not only ruin him or herself, but would also cause great harm to all companions, and would eventually suffer total disgrace and punishment.

**PAURREE**

In the previous Paurri, Guru Ji told us that there is no use of going to Jungles, bathing at holy places, or doing any kinds of ritual worships unless we are following Guru’s teachings (meditating on God’s Name with true love and devotion in our mind). In this salok, he shows us how to perform true worship.

Addressing God Himself, he says: “(O’ my God), one can meditate on You in all months, seasons, hours and intervals. (There is no special or auspicious time in which God must be meditated upon). O’ unseen and infinite (God), nobody has ever found You by calculating the auspicious days and moments. (Such a) scholar should be considered foolish within whom nobody is respected. Instead, by reflecting on the Guru’s teachings, we should learn and realize (God’s) Name. By following Guru’s instruction, they who have earned the wealth of (God’s) Name have filled their treasures with (the wealth of God’s) devotion. Yes, they who have believed in the immaculate Name (of God) have been adjudged true (and honorable) in the court of the eternal (God. O’ God), You alone are the eternal Banker; the rest of the world is a petty trader (who comes and goes). It is You to whom belong our life and breaths, and whose limitless light pervades in (all creatures)." (6)

The message of the Paurree is that instead of entering into calculations for auspicious moments, or days for telling beads, visiting Gurdwaras, we should simply follow the Guru’s advice (Gurbani), and meditate on (God’s) Name, whenever and wherever we can.

**SALOK MEHLAA 1**

In this salok Guru Ji is apparently addressing Muslims and rulers of his time, and advising them how to be good Muslims. But the spirit of this advice is equally applicable to the followers of all faiths, particularly the Sikhs who claim to be the followers of Guru Nanak, the founder of Sikhism.
Guru Ji says: “(If you want to be a true Muslim), let mercy be your mosque, faith your prayer-mat, and honest living your Quran (holy scripture). Let humility be your circumcision, good conduct your fast, and this way make yourself a true Muslim. Let your righteous deeds be your pilgrimage to Kaaba, truth your prophet, and good deeds your prayer. Let your rosary be submission to His will. Nanak (says), only then will God save your honor.”(1)

The message of this salok is that we can be true followers of our faith only if our conduct (not just the outside symbols and rituals) is of truth, honesty, compassion, and submission to (God’s) Will.

This shabad also apparently seems addressed to the Muslim rulers of those days (500 years ago), who indulged in all kinds of corruption and injustice, and oppressed the poor. However, this advice is still very much valid for present day politicians and rulers of many countries where bribery, nepotism and injustice are prevalent. Guru Ji condemns depriving others of their due in the strongest terms.

He says: “Depriving any person his or her due or right is comparable to the sin of eating pork (for a Muslim) and beef (for a Hindu. O’ my friends), your Guru or prophet will only stand by you (in God’s court) if you do not eat carcasses (if you do not usurp the right of others. Remember) that by mere talks we cannot go to heaven. Emancipation (from punishment) can only be obtained by truthful living. As you cannot purify pork (which you consider polluted) by adding condiments (similarly by rationalizing or quoting from the holy books) you cannot justify your sinful acts. In short, O’ Nanak, through false talk one gathers nothing but falsehood.”(2)

The message of this salok is that if we want our Guru or prophet to help us in any way before God, then we should earn our living by honest means. We should never try to justify our deceit or corruption by phony reasoning, or by quoting from our holy books.

This stanza is also apparently addressed to Muslims, but it is equally applicable to people of all faiths, and particularly to Sikhs because they are supposed to daily recite five Baanis (or prayers), and believe in Gurbani. Guru Ji says: “You say five prayers five times, giving them five names. (But I suggest that) let truth be your first prayer, honest living the second, charity the third, honest desires in the mind the fourth, and praise of God as your fifth prayer. (In this way), by practicing the Kalma (the Muslim Mantra) of good deeds, you will be called a true Muslim. O’ Nanak, (all those who are without these virtues) are traders of falsehood, and false is the foundation of such false persons.”(3)
The message of this *salok* is that if we do not live a truthful life, have no compassion for the poor in our heart, and have no true devotion to God, then all our daily prayers or faith rituals are nothing but a false show.

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**PAURREE**

Most of us deal in some kind of business to amass worldly wealth, and many times we do not hesitate to indulge in falsehood, hypocrisy, and cheating to satisfy our greed. This wealth may provide us some happiness for a very short time, but often fails to provide us long lasting happiness or peace of mind. In this *Paurri*, Guru Ji tells us what is that real wealth, which can bring us true and everlasting happiness.

He says: “Some trade in jewels (of God's praise), others are dealers in short lived (material wealth. They don’t realize that right) within us is a treasure of jewels (of God’s Name), but we can obtain these only when our true Guru becomes gracious on us. Without the guidance of the Guru, no one has been able to find (this) treasure. Many false blind fools have died exhausted, (in search of this true wealth). The self-conceited persons are ruined by their duality (or love of things other than God), because they do not understand divine thoughts. There is no one except the one (God to he help them); so before whom can they cry? There are some, who being poor (in the wealth of Name) always keep wandering (and crying from door to door). There are others whose safes (of hearts) are full (with the jewels of Name). Without (God’s) Name there is no lasting wealth, all else is poison and (as useless as) dust. (But) O’ Nanak, it is God who does and makes us do (what He wants), and it is by His own command that He embellishes us.” (7)

The message of this *paurri* is that if we want to enjoy true peace and happiness, then instead of running after false worldly wealth, we should follow Guru’s advice and seek the wealth of God’s Name.

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**salok mehlaa 1.**

| 1139 | musalmaan kahaavan jaa ho-ay taas musalmaan kahaavai. aval a-ul deen kar mithaa maskal maanaa maal musaaavai. ho-ay muslim deen muhaaanaa maraan jeevan kaa bharam chuhaavai. rab kee rajaa-ay mannay sir upar karthaa mannay aap gavaavai. ta-o naanak sarab jee-aa mihramaat ho-ay taas musalmaan kahaavai. ||11|
SALOK M: 1

According to Bh. Vir Singh Ji, Guru Nanak Dev Ji uttered this salok when he came out of the river after receiving his revelation, and when he was addressing a Qazi (Muslim judge).

He declared: “There is no Hindu and no Muslim.” The Qazi asked Guru Nanak: “Why cannot one be a Muslim?” Guru Ji replied: “It is very difficult to be called a (true) Muslim, because a person can be called a Muslim only if he is a (true) follower (of Islam). To get one self called a Muslim, firstly one has to accept as sweet the faith propagated by the prophet. Then, just as one scrapes off rust with a scrapper, one has to rid oneself of one’s possessions (by sharing them with the needy). Next, just as a rider in a ship has full faith in the ship’s captain, one should have firm faith in one’s prophet. This way one should dispel the doubt (or fear) of birth and death. One should readily submit to the will of God. One should shed one’s self conceit and consider the Creator as the Master of all. (In this way) O’ Nanak, only when one is compassionate to all creatures, can one be called a (true) Muslim.”

The message of this salok is that one is considered a true follower of one’s faith if one reposes complete faith in one’s Guru, and submits to the will of God, and is compassionate to all creatures.

M: 4

In the previous salok, apparently addressed to a Muslim, Guru Ji told us how to be a true Muslim. In this salok, he similarly describes how to be a true Hindu. In fact, the advice contained in both these saloks is equally applicable to the followers of any and all faiths.

He says: “(If one) sheds lust, anger, falsehood, slander, and pride of wealth, if one abandons one’s lust and attachment to women (opposite sex), then while still living in this sinful world one can obtain the immaculate God. Yes, by shedding one’s concern for honor or dishonor, (undue) love for son or wife, and craving (for worldly riches), one should pin one’s hopes and desires only in God. O’ Nanak, in this way the eternal (God) will come to reside in the heart, and following the true word (of advice of the Guru), one would merge in God’s Name.

The message of this salok is that if we want to enjoy the bliss of union with God, then we should shed the sinful impulses of our mind (such as lust, anger, greed, and attachment), and listening to the Guru’s word, we should imbue ourselves with the love for God’s Name.

It is the same light
PAURREE

In the previous salok, Guru Ji advised us to shed our lust, anger, and attachment with our relatives and wealth. In this Paurri he explains why.

He says: “None of the kings, subjects, or chiefs will remain (in this world forever). According to (God’s) will, all the shops, cities, and markets will one day fall down. The foolish (human being) thinks that the solid and beautiful mansions are his (but doesn’t realize that all these mansions, along with) treasures full of wealth would be emptied in a moment. The horses, chariots, camels, elephants, (along with their coats and also all one’s) gardens, lands, houses, possessions, tents, beds made with (special) cotton tape, and satin pavilions (modern day cars, airplanes, cozy beds, and mansions), which one thinks as one’s own) go nowhere (with any one). O’ Nanak, only God is eternal, who is identified through His Nature.” (8)

The message of this paurri is that neither kings, nor their subjects, nor possessions last forever. It is only God who is eternal. Therefore, to obtain eternal happiness we need to have love and attachment only for the eternal God, and try to identify Him in His nature.

salok mehlaa 1.

salok mehlaa 1. nadee-aa hoveh Dhaynyaa summ hoveh duDhghee-o.
saglee Dhartej sakar hovai khusee karit jee-o.

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parbat su-inaa rupaa hovai heeray laal jarhaa-o.
bhee tooNhai salaahnaa aakhan lahai na chaa-o.

||1||

SAVOK M: 1

Most of us remember God only when we are suffering from abject poverty, a serious health issue, or some personal or family tragedy. But as soon as these difficulties are over, or we become somewhat rich and begin enjoying comfortable life, we forget God. But Guru Ji prays to God, and advises us that even when we are enjoying a very comfortable life, we should not forget God, but always meditate on His Name.

He says: “(O’ God), even if the rivers become cows and I own springs of milk and butter, the entire earth becomes sugar and (seeing these things) my mind rejoices every day, even if (I may own) a mountain of gold and silver, studded with jewels and rubies, I (wish that) still I may keep praising You. May my passion for uttering Your praise never die.”(1)

The message of this salok is that no matter how rich we may become, we should always be eager to thank and praise God.

salok mehlaa 1.

mehlaa 1.

bhaarathaa mayvaa hovai garurhaa ho-ay su-aa-o.
chand sooraj du-ay firday rakhee-ahi nihchal hovai thaa-o.
bhee tooNhai salaahnaa aakhan lahai na chaa-o.

||2||

M: 1

Continuing the previous thought, Guru Ji says: "O’ God, even if all the world's vegetation turns into fruit, whose taste may be very delicious, the sun and moon may be made to cease their motion, and my abode may become immovable, (still I wish that) I keep praising You, and this fervor should never go away.” (2)

The message of this salok again is that even in the midst of all worldly pleasures and powers, we should never forget God.
It is the same light

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Mehlaa 1.

Jay dayhai dukh laa-ee-ai paap garah du-ay raahu.
rat peenay raajay sirai upar rakhee-ahi ayvai jaapai bhaa-o.
bhee tooNhai salaahnaa aakhan lahai na chaa-o. ||3||

M: 1

Now Guru Ji advises us that not only in good times should we remember God, but also during the worst of times we should keep praising Him.

He says: "Even if my body is afflicted with a malady, and both stars Rahoo and Kaitu (which goad a person into sins) are after me, and the blood-sucking kings are after my head, (still I wish that) I may feel Your love, and even then I may keep praising You. May my zeal for uttering (Your Praise) never die."(3)

The message of this salok is that even in the worst of circumstances, instead of losing faith or making complaints, we should accept our misfortunes as the sweet will of God, and keep praising Him with the same zeal as before.

Mehlaa 1.

agee paalaa kaparh hovai khaaNaaj hovai vaa-o.
surgai dee-aa mohnee-aa istaree-aa hovan naanak sabho jaa-o.
bhee toohaji salaahnaa aakhan lahai na chaa-o. ||4||

M: 1

Guru Ji now advises what our attitude should be towards God when we possess such miraculous powers that we are not bothered even by the severity of Nature’s elements.

He says: "(O’ God), even if (I may have no clothes to save myself from the extremes of weather, as if) my clothes are of fire (in summer), and of frost (in winter), and I have nothing to eat except air (or quite the reverse), I may have the bewitching women of heaven as my wives I would still say to myself, O’ Nanak, all these (circumstances, good or bad) are transient. (I wish that in all states, I may) praise You, and the fervor of uttering (Your praise) may never lessen."(4)

The message of this salok is that whether we are suffering in abject poverty, or rolling in riches, we should never forsake God. Our love and passion for singing His praise should never diminish.

Pavrhee.

baqfailee gaibaanaa khasam na jaan-ee.
so kahe-ai dayvaanaa aap na pachhaan-ee.
kaleh buree sansaar vaaday khapee-ai.
vinaa vaakay bharmay pachee-ai.
raah goval ik jaanai so-ee sihjsee.
kufar go-a kufraajai pa-ia ajhjsee.
sabh dunee-aa sub-haan sach sammaa-ee-ai.
sihjai dar deevaan aap gavaa-ee-ai. ||9||
In the previous saloks Guru Ji advised us that we should not forget God in any circumstances, whether good or bad. But there are some who stealthily keep on performing sinful deeds, thinking that no one is watching them. In this way, they become more and more entangled in the life of sin, and ultimately are consumed in suffering and pain. In this Paurri, commenting on the state of such people, Guru Ji advises us what our way of life should be.

He says: “The person who stealthily does evil deeds doesn’t realize that the Master (is present everywhere). The one who does not recognize one’s own self (is under the scrutiny of God the Master, at all times, and) should be called an idiot. (We should remember) that it is very bad to enter into any kind of strife in this world. By entering into arguments, we strain our mind. Without meditating on God’s Name, we unnecessarily become consumed in Doubt. Both the ways (of Truth and Falsehood) are before a human. The one who chooses the way of one (God) will be saved. But the one attached to falsehood will burn in falsehood itself. The one who remains attuned to the eternal (God); to that one the entire world seems pleasing. If we shed our self-conceit, we successfully attain to the mansion of God.” (9)

The message of this paurri is that if we want this world to look most pleasing to us, and if we want to successfully attain to God, then we should abandon the path of falsehood, strife, doubt, and self-conceit, and meditate on God with full faith and devotion.

Salok M: 1

In the previous paurri, Guru Ji advised us that if we want to make this life of ours a success, we should abandon falsehood, and meditate on God with full faith and devotion. In this salok, he again stresses this point, and tells us how best to live in this world.

Guru Ji says: “In reality, only that person is truly alive in whose mind is enshrined God. O’ Nanak, no one else truly lives. If a person is living (without meditating on God), that person departs (from the world) after losing honor (because without realizing God, one keeps performing wrong deeds, and loses one’s respect). Therefore, whatever one eats (or wears) goes to waste. One may be unashamedly dancing in the intoxication of one’s dominions and riches, but O’ Nanak, without God’s Name such a person is cheated out (of the object of this life), and will depart from this world losing honor.”(1)

The message of this salok is that if we want to depart from this world with honor and victory, then instead of indulging in false worldly pleasures, we should meditate on God’s Name.
In the previous salok, Guru Ji advised us that if we want to depart from this world with honor and victory, then instead of indulging in false worldly pleasures we should meditate on God’s Name. In this salok, he lists some of these false pleasures, and tells how useless all these things are.

Guru Ji says: “What is the use of eating (delicious dishes, or wearing costly clothes), if in our mind doesn’t reside that true (God). What is the use of fruits, butter, sugar, sweets, starch or meat, and what is the use of wearing (fine) clothes and enjoying comfortable beds, and other pleasures (of life)? What is the big deal, if one has armies, sentries, and has residence in castles? O’ Nanak, without God’s Name, all these show-pieces are a waste.” (2)

The message of this salok is that there is no use in enjoying false worldly pleasures if we don’t remember God in our hearts.

In the previous two saloks, Guru Ji advised us against the pursuit of false worldly pleasures. But in addition to having the riches and power to enjoy these pleasures of food, clothes, or dominions, some people simply feel elated and proud because of their caste or race. Guru Ji gives a beautiful example to caution us against such false pride.

He says: “(In the court of God), no consideration is given to one’s caste (or race). There, one is judged on one’s true (merit), just as if we have poison in our hand and we put it in our mouth, we will die (irrespective of our caste or race). We should understand that throughout all the ages it is the rule of the eternal (God, who prevails everywhere). In (God’s) court, one who obeys (God’s) command (is alone given honor, and is made a) leader. (God) the Master has sent a human being to carry out (His certain) command. The Guru (who is like a drummer appointed by God to convey His proclamation to the people) has conveyed this (command) through his word (the Gurbani). After listening to this proclamation, some have already mounted their horses (and started advancing on this path). Others are putting on saddles (and getting ready). In short, some are gathering their loads (and settling their worldly affairs), while others have already hastened to the battlefield (and right away proceeded on the path shown by the Guru).” (10)

The message of this paurri is that we should not enter into any false pride of caste or race. We should listen to the message of the Guru (as contained in Guru Granth Sahib), and without any further delay we should start meditating on God’s Name with such enthusiasm and zeal, as if we were fighting a war.
In this salok, Guru Ji gives a beautiful example to advise us to remain close to God’s Gate, the Guru.

He says: “When the (wheat) crop is ripe, it is harvested. Only the straw and the fence remain. Then, along with the bristled ears the crop is thrashed, and by winnowing the grain, it is separated from the crop. Then joining together the two stones of a mill (a person) sits down to grind (the grains into flour). Nanak has observed this strange play: that (the grains) which remain within the gate (the small space between the mill peg and the stones) escape (from being crushed). Similarly, those souls who remain close to the Guru are saved from the tortures of the demon of death.” (1)

The message of this salok is that with age, all creatures die and are subjected to pains and punishments. Only those who remain near the gate of God (the congregation of the Guru) are saved.

M: 1

Guru Ji now gives another beautiful example to explain why many times those persons who are virtuous also suffer.

He says: “(O my friend), see how upon deeming the sugar cane ready, the farmers cut it, chop off the leaves, and bind it into bundles. Then placing it between the wooden rollers (of the crusher), they crush it (as if they are punishing it). Then its juice is placed and heated in a cauldron. Upon being heated (it hisses, as if) it is crying in pain. (But that is not all), even the empty leftovers of the sugarcane are saved to be put into fire. Nanak says, come O people, and see how (just as the sugar cane) suffers to provide sweetness (to others, similarly virtuous people suffer to provide comfort to others).” (2)

The message of this salok is that we should not lose heart or complain if while doing good for others we have to go through some pain and suffering. We should remember the example of our fifth Guru Ji, who sat on the hot burning iron pan in the scorching month of June, and sacrificed his life to provide us with the eternal treasure of peace and bliss in the form of Shri Guru Granth Sahib Ji, and the Golden Temple.
PAURREE

In the first salok (of this paurri), Guru Ji told us that like wheat grains, those persons who remain near their Guru suffer no punishment in God’s court. In the second salok, he advised us that we should not complain if while serving others, we have to suffer pain or even death. Now he comments on the state of those people who do not think about death at all.

He Says: “There are some who do not remember death, and keep harboring hopes of many kinds. Such people keep dying again and again to be reborn, but are of no use to anyone. In their own minds, they think highly of themselves, but the demon of death always keeps such self-conceited persons under his eye (just as a hunter keeps eye on his hunt). These self-conceited persons do not realize, what (favors God) has bestowed on them. (Sometimes in their difficulties) they bow to God under compulsion (such bowing under compulsion) does not impress the Master. Only that person will obtain to the eternal (God) on whose tongue is the Name, which is pleasing to God. (Such a person is given the seat of honor in God’s court), before whom people would bow, and that person would realize the pre-ordained destiny.”(1)

The message of this paurri is that if we want to obtain true honor in this world and the next, then we should always feel grateful to God and keep meditating on His Name at all times.

M: 9 mehlaa 1

mehla 1 salok.

machhee taaroo ki-aa karay pankhee ki-aa aakaas.  
patbar paalaa ki-aa karay khusray ki-aa ghar vaas.  
kutay chandan laa-ee-ai bhee so kutee Dhaat.  
bolaa jay samjhaa-ee-ai parhee-ah simrit paath.  
anDhiaa chaanaan rakhee-ai deeyav baleh pachaaas.  
cha-ugay su-inaa paa-ee-ai chuN chun khaaai ghaas.  
lohaa maaraan paa-ee-ai dihahai na ho-ay kapaas.  
naanak moorakh ayhi gun bolay sagaa vinaas. ||1||

SALOK MEHLA 1

In the previous paurri Guru Ji commented on the state of self-conceited persons, who never care to remember God, or to feel grateful to Him for the gift of life, or His many other favors. In this salok, he gives many beautiful examples to advise us not to waste time on such self-conceited fools, because none of our advice is going to have any effect on them.

He says: “What use is the deep sea to the fish, and of what use is the vast sky to a bird? (A fish is more concerned with smaller fish for its food, than the water depth. Similarly, a bird doesn’t care for the height or vastness of the sky, as long as it can get the worms or insects from the ground and fly away). Similarly, any amount of cold does not bother a stone, and for a eunuch residence in a home is of no consequence. If we apply sandalwood to a dog, its nature still remains that of a dog. (Further), just as there is no use trying to put any sense into a dumb person. Similarly O’ Nanak, this is the nature of a foolish person: that (no matter how much we may advise, still) whenever he or she utters (anything), it always does harm.” (1)

The message of this salok is that we should not waste our time and energy in trying to give any good advice to a foolish person.

M: 1

mehlaa 1.

kaihaa khanchan tutai saar.  
agnee gandh paa-ay lohaar.  
goree saytee tutai bhaataar.  
puteen gandh pavi sansaar.  
raajaa mangai diitai gandh paa-ay.
Most of us want others to love and respect us, so much so that we wish that even after our death people
should remember us. What to speak of this world, some of us desire that even when we die, we should be
received with honor in God’s court. In this salok, Guru Ji tells us how to develop such loving relationships
with the world, and even with God.

Starting with the example of ordinary metal objects, Guru Ji says: “(If an article) of bronze, iron, or gold
breaks, the smith can weld it again by putting it in fire. If while alive, the husband and wife are
separated, they are reunited in the world through their sons (or other children). When the king asks (for taxes), it is
only by paying (that tax) that anyone can maintain relationship (with the king). The relationship with
hungry persons develops when one gives them something to eat. The rain is a break in the famines if it rains
and rivers start running full. Sweet words bind the lovers. One is considered devoted to Vedas (the holy
books) when one utters truth. The dead persons are remembered and their relationship with the world
continues if they do truly good deeds. Such are the ways, which unite and mend our relationships in this
world. But the fool mends him or her self, only when he or she receives some punishment. Nanak
expresses this thought: that it is God’s praise that unites us with His court.” (2)

The message of this salok is that if we want to have good relations with our near and dear ones, and
want the world to remember us even after death, then we should practice truth, do good deeds, and
speak sweetly with everyone. But if we want to have good relations with God, and want to be
received with honor in His court, then we should sing God’s praise, and meditate on His Name.

pa-orhee.

In the previous two saloks, Guru Ji told us how could we form good relations with others and also obtain
honor in God’s court. In this Paurri, he tells us about the reward of those who follow this advice, and the
punishment, which awaits the fools. But in his compassion, he also tells how even they can save
themselves. He compares those who follow the right path to true or genuine coins and the foolish ones to
false coins, and describes their fate as follows.

He says: “(God), after Himself creating the universe, He Himself reflects (upon its needs, and considers
the merits or faults of various creatures in) it. There are some who are bad, like false coins, and some are
good like genuine coins. He Himself is the examiner (of these good and bad people). Like the genuine
It is the same light

Guru Ji advises: “These persons should run and seek the refuge of the Guru. This is the best thing for them to do. The true Guru turns the false into genuine ones. He would purify them by embellishing them with his word (or Gurbani). Through the love of the Guru, they would be accepted in the (God’s) true court, and then no one can count the (merits or demerits) of those whom the Creator Himself has forgiven?” (12)

The message of this paurri is that even if we have done foolish things in the past, we should still hasten to seek the shelter of the Guru. We should sincerely act upon his advice as included in Guru Granth Sahib, so that we may also be accepted in God’s court.
In the previous *paurri* Guru Ji advised us to seek the shelter of the Guru and follow his advice, so that we may be able to obtain blissful reunion with God. The reason Guru Ji stresses again and again upon the importance of this union with God is that He alone is the only everlasting entity in the world, and therefore only union with Him can provide us eternal peace and happiness. Therefore, in this and the following *saloks*, Guru Ji addresses God, and indirectly tells us how among all the living and non-living entities God alone is everlasting.

First using the Muslim terminology, Guru Ji says: “All the ‘peers’ (or Muslim saints), sheikhs and chiefs of the world (will die and be) buried under the earth. All the kings will depart, but O’ God, You alone will still remain. Yes O’ God, You and only You will last forever.” (1)

**M: 1**

Now switching to the Hindu vocabulary, he says: “Neither the angels, nor demons, nor human beings, nor adepts, nor yogis, have remained on the earth. (O’ God), except You there is none other (who is eternal). It is You and You alone (O’ my God, who will remain forever).” (2)

**M: 1**

Guru Ji adds: "Neither the men who do justice on the earth, nor the inhabitants of nether worlds are eternal. All others will perish, You alone would remain. Yes O’ God, it is You and You alone, who (will live forever).”(3)

**M: 1**

Continuing the theme of eternity, he says: “Neither the sun, the moon, the galaxies, nor the seven continents, nor the ocean, nor food, nor air is eternal. O’ God, You and You alone (are eternal).” (4)

**M: 1**

Guru Ji now reminds us that the sustenance of all creatures is under the control of none except God. He says: “O’ God, the sustenance of all the creatures is under the control of no one (except You. All the creatures) pin their hope only in the one (God). You alone are eternal, and no one else.” (5)

**M: 1**

Next, he gives us a beautiful example to illustrate how God provides sustenance not only to the poor, but also to those who do not have any money at all. He says, "O’ God, the birds do not have any money in their pockets (to buy food), but they still hope to find their sustenance in the trees and water. Yes, You are their provider also. O’ God, You are the only one (for them) and You are the only one (for all of us).” (6)

**M: 1**

Finally, he reminds us that no one can take away from us what God has written in our destiny. He says: “O’ Nanak, whatever God has written in our destiny, no one can erase. He alone gives us power and He alone takes it away. Yes, O’ God, You alone are the one who (gives and takes back the power from the creatures).” (7)

The message of the above saloks is that all living and non-living things will one day disappear. It is only the one God who would live forever. It is He, who provides sustenance to all creatures, and it is He who takes it back. Therefore, we should pray only to Him for our sustenance, and lasting peace and pleasure, and not to any short-lived god, goddess, celestial body or human being.
PAURREE

In the previous salok, Guru Ji made a comment that whatever God has written in our destiny, no one can erase. He alone gives us power, and He alone takes it away. However, in this paurri, he tells us who are those people who recognize this truth and ultimately merge in the eternal God, and who are those who keep wandering in doubt and suffering in pain.

He says: "O' God, true is Your command, but it is only the Guru’s followers who have recognized (this truth). By shedding their self-conceit through Guru’s instruction, they have recognized (You), the everlasting (God). O' God, true is Your court, and the word (of the Guru) is the identification mark (to enter it). By reflecting on the true word, (the Guru’s followers) merge in (You) the Truth. On the other hand the self-conceited persons always indulge in falsehood and remain lost in doubt. Their abode remains filthy (with sinful pursuits), and they do not know the taste (of God’s Name). Without meditating on the Name they keep suffering the pain of coming and going. O’ Nanak, (God) Himself is the examiner, who recognizes the false and the genuine (or the good and the bad)." (13)

The message of this Paurree is that we should follow the advice of the Guru, and by reflecting on his word (the Gurbani contained in Guru Granth Sahib), we should try to merge with God. But we should not pass judgments on others; let God Himself decide who is good and who is bad.

SALOK M: 1

In one of the previous saloks, Guru Ji made the comment that the birds do not have any money (to buy food), but they still hope to find their sustenance in the trees and water. It is God who is their provider, and who is the only provider for us also. In this salok, he goes one step further, and tells how God can raise the lowest and the most humble to the highest and most prestigious status, and vice versa, and provide sustenance to them as and when He pleases.

He says: "(God has so much power that if He so wishes, He can make the meat eating) tigers, hawks, kites and falcons eat grass, and those creatures which eat grass, He can make them eat meat, and make this as their way of life. He can create dry mounds within streams and turn deserts into unfathomable lakes. He can exalt a worm (like lowliest person) to the position of a king, and completely annihilate the big armies (of a king). All living creatures live as long as they have breath in their body, but if He wants to revive them, then it does not matter whether or not they had any breath left in them (or not). In short, O’ Nanak, God provides sustenance (and life) to the creatures as and when He pleases.” (1)

The message of this salok is that we should have complete faith in God; He can do anything for anybody even if it seems impossible to us.

It is the same light

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It is the same light
In the previous *paurri*, Guru Ji advised us that if we want to reach God’s mansion with honor and dignity we should follow Guru’s advice, sing praises of God, and meditate on His Name. In this *salok*, he reminds us that only when God so wishes we sing His praises, meditate on His Name, or do other similar deeds.

He says: “(O’ God), when it pleases You some persons play music, sing songs (in Your praise), or bathe in (holy) waters. When You so desire, (people) smear themselves with ashes and blow the yogi’s horn. When it is Your will, some people become kings and indulge in many feasts and false pleasures. When it is Your will, some become warriors and wield swords (in the battle fields to kill others, but) their own heads are chopped off. If that is Your will, some go to foreign lands and return home after hearing and learning many different things. (O’ God), when You so desire, some get attuned to Your Name and become pleasing to You, because they love Your will. Nanak makes this one supplication (that except those, who meditate on Your Name), all others are earning falsehood (which is of no avail in God’s court).”(1)

The message of this *salok* is that only those who accept God’s will and meditate on His Name are pleasing to God. All others who are engaged in other activities are earning nothing but falsehood.

In the previous *salok*, Guru Ji told us that only those who accept God’s will and meditate on His Name are pleasing to God. In this *salok*, he gives a sample of the thought process of such persons.

On behalf of such persons, he says: “(O’ God), since You are great, all great things emanate from You, and only good comes out from a good person. When You are true, then everyone (created by You also must be true; therefore) no one could be false. All talking, seeing, uttering, walking, living and dying are simply an illusion. O’ Nanak, that true (God) Himself creates (all creatures) according to His will, and is making them live under His command.”(2)

The message of this *salok* is that we should not complain or criticize God for whatever is happening in this world. We should instead learn to see good in everything happening, because nothing but goodness comes out of such a great and virtuous God.
It is the same light
It is the same light

In the previous salok Guru (Nanak Dev Ji) painted a true picture of the state of affairs of his time, which is a representation of the present conditions also. He asked the yogis to tell how could one find emancipation (from suffering in such circumstances). Dr. Bhai Vir Singh Ji believes that this salok was the answer provided by the third Guru Amardas Ji to some of his sikhs, regarding similar circumstances of that time.

Guru Ji says: “In this Iron Age, singing the praise of God provides light (of true knowledge) in the world. But only a rare Guru’s follower crosses over (the worldly ocean by making use of this light). Only the one on whom (God) showers His grace receives (this gift of praise). O’ Nanak, only such a Guru’s follower receives this jewel.” (2)

The message of this salok is that even when we are surrounded on all sides by falsehood, corruption, and injustice, we can still save ourselves by following the Guru’s advice and singing praises of God.

In the previous saloks Guru Ji commented on the state of affairs in the world, and also told us that only those persons who follow Guru’s advice and meditate on God’s Name save themselves. But the question arises that if it is God who is running the show of the entire world, then why does He let such bad things happen, and why only a few persons do the right thing, and the rest remain lost in false pursuits? In this paurri, Guru Ji responds to such questions.

He says: “(First of all, we should understand) that there is never a meeting of minds between the worldly (wise) people and (true) devotees (of God. Secondly) we should understand that the Creator Himself is never in error, and nobody could mislead Him. (Looking at somebody or at some happening, we should not think that God has made a mistake here). He unites those devotees with Himself who practice nothing but Truth. He Himself lets those worldly people to be wasted away who amass the poison (of worldly riches) by telling lies after lies, such people do not know the right way to live (in this world); but they keep on multiplying poison in them through their lust and anger. (On the other hand, those) devotees who day and night meditate on God’s Name (in a way) perform (true) service of God. Such persons who erase all self-conceit from their within and consider themselves as the slaves of the slaves (of God) are embellished through the true word (of the Guru) and obtain a place of honor in God’s court.” (16)

The message of this paurri is that God is infallible. It is He who purposely puts some on the right path through the Guru, and misleads others into false worldly ways. We should not waste our time trying to understand His purpose. Instead we should follow the true word of the Guru (as contained in Guru Granth Sahib Ji), and live a truthful life while meditating on God’s Name.
In the previous *paurri*, Guru Ji gave us the message that if we want to obtain honor in God’s court, then we should follow Guru’s advice and meditate on God’s Name. Now the question arises regarding the best time for meditating on God’s Name. Guru Ji provides an answer in this salok.

He says: “Those are true kings (truly rich) who meditate on God in the early morning hours with a single minded devotion. They wage a fierce war (with their mind, and its desire to go back to sleep. The reason is that) in the second quarter (or late morning), the faculties of the mind are scattered in many directions. (By this time), many people get drowned in the oceans (of worldly worries) and are never able to come out. In the third quarter (by noon), hunger and thirst start bothering like barking dogs. Next day, after some time, whatever one had eaten or drunk becomes dust (gets consumed, and) one feels the need to eat again. In the fourth quarter, one feels sleepy, so closing the eyes one goes into deep sleep. Next day, on waking up one again gets busy in the worldly strife (amassing more and more riches and possessions), as if one is going to stay in this world for hundreds of years. (Therefore it is best to meditate on God’s Name in the early morning hours, so that) in all the eight watches (at all times), we may remain imbued with (God’s) love. O’ Nanak, when in this way our Master comes to reside in our heart, then it becomes true (spiritual) ablution.” (1)

The message of this salok is that it is best to fight our laziness and meditate on God’s Name in the early morning hours, before the faculties of our mind get scattered by our physical needs or worldly affairs. When we do so, our mind remains imbued with God’s love at all times, and that is its true ablation or purification.

In the previous salok, Guru Ji advised us that those are the true kings (spiritually wealthy persons) who fight with their own mind and meditate on God at the appropriate time (particularly early morning hours). In this salok, he states some more qualities of such spiritually rich persons.

He says: “They alone are the true kings who have attained to the perfect God. Day and night they remain indifferent to worldly problems, and always remain imbued with the love of the one (God). However, rarely do we see such persons who at all times are absorbed in their cravings for a glimpse of God. (This kind of love for God, one only gets) if by perfect destiny one finds (and follows) such a perfect Guru, who’s every word is perfect. O’ Nanak, if Guru perfects (some one, then such a person) is not found lacking (in any quality, and is therefore accepted in God’s court).” (2)
The message of this salok is that if we want to become acceptable in the eyes of God, then we need to pray to Him to bless us with the guidance of the perfect Guru (Granth Sahib Ji). Following his advice, meditate on God’s Name with true love and devotion.

**SALOK M: 2**

In the previous salok, Guru Ji advised us that the truly rich persons are those who have obtained the perfect God. Now he addresses God and describes his own faith in Him, and also comments on the state of the world in general.

He says: “(O God), I speak out the truth, that when You (are on my side), there is no need for me to look towards anybody else? However, (I see that the world) has been robbed by the thief of worldly pursuits. Therefore it does not obtain to Your mansion. Our hearts have become so hard (and impermeable to love) that when You (are on my side), there is no need for me to look towards anybody else? However, (I see that the world) has been robbed by the thief of worldly pursuits. Therefore it does not obtain to Your mansion. Our hearts have become so hard (and impermeable to love) that when You (are on my side), there is no need for me to look towards anybody else? However, (I see that the world) has been robbed by the thief of worldly pursuits. Therefore it does not obtain to Your mansion. Our hearts have become so hard (and impermeable to love) that when You (are on my side), there is no need for me to look towards anybody else? 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The message of this paurri is that it is only from the one door of the Guru that we can obtain the merchandise of God’s Name, which gets us approved in God’s court. Therefore, we must follow the advice of our true Guru.
He says: “The time (of day and night) is divided into eight parts. (But in a way) our body is (also a process of time, and can be called) the ninth division, or part of the time. In this body is the commodity of Name, which is equivalent to all the nine treasures. However, only rare virtuous people are able to search out (this jewel, as if) from the depths of an ocean.”

Guru Ji now tells the qualities of such seekers. He says: “O’ Nanak, it is only very fortunate people who, by first adopting a Guru or prophet, praise that God. In the fourth watch of the early morning hour, a sense of eagerness arises in the minds of these people attuned (to God) to (meditate on His Name). With the true Name in their minds and on their lips, they walk towards their friendly rivers (bathing facilities and holy congregations). In those holy congregations, the Nectar (of Name) is distributed, but it is only fortunate people who are blessed with this gift. (Then just as gold is heated and tested on the touch stone to ensure its purity, similarly in the saintly congregation) the soul is subjected to hardship, and purified so that it is imbued with the zeal of true devotion. Then (just as the gold once purified through the fire and accepted by the jeweler as pure is not made to pass through the fire again, similarly) if the jeweler (God) casts His merciful glance of grace, the soul is not subjected to any more tests or hardships.”

Guru Ji now tells us about the right use of the remaining seven divisions or watches (of day and night). He says: “In the (remaining) seven watches we should live a truthful life, do good to others and spend time in the company of good people. In that company we should reflect upon virtues and sins, so that we can diminish the burden of wrong doings from our shoulders. There in the (mansion of God), evildoers are kicked out like false coins, and the virtuous or truthful souls are ushered in with honor. O’ Nanak, the wise say that all pains and pleasures are in the hands of our Master (who is the final judge of our fate).” (1)

The message of this salok is that if we want to become acceptable in the mansion of the eternal God, then following the Guru’s advice we should start our day early in the morning by meditating on God’s Name. We should spend the rest of the day living a truthful life, doing good deeds, and spending time in the company of virtuous people. However we must remember that it is God who is the final judge of our destiny.

The message of this salok is that if we want to end our endless rounds of births and deaths, and want to be reunited with (God) then we should live a virtuous life and meditate on God’s Name. By doing so, not only will we be emancipated, but many others who follow us by engaging in meditating on God’s Name will also be saved.

**M: 2**

| म: 2 || mehlaa 2. |
|----|----------------|
| pa-un guroo pannie pitaa maataa Dharat mahat. |
| dinas raat gu-ay daa-ee daa-i-aa khaylai sagal jagat. |
| chang-aa-ee-aa buri-aa-ee-aa vaachay Dharam hadoor. |
| karmee aapo aapnee kay nayrhai kay door. |
| Jinee Naam Dhi-aa-i-aa ga-ay maskat qhaal. |
| naamak tay mukh ujlay hor kaytee chhutee naal. ||[2]| |

In the previous salok, Guru Ji advised us how to spend our day, starting with meditation on God’s Name. In this salok, which also forms the last sermon of the first composition “JAP Ji Sahib,” Guru Ji summarizes his philosophy on human life and this world.

He says: “(For human beings), air is (like) the Guru. (Just as Guru is essential for the guidance of the soul; air is necessary for the survival of the human body). Water is like the father (because it is from water that the father’s semen is formed, and the human body is started). The earth is like the great mother (which provides food and sustenance to all the children). Day and night are the male and female nurses, in the hands of whom the whole world plays (and grows). The judge of Righteousness is watching all the good and bad deeds done by humans. All receive the reward or punishment of their deeds sooner or later. However, those who have meditated on God’s Name depart from this world with their toil approved. O’ Nanak, such persons are received in the court of God with honor, and many more in their company are saved along with them.” (2)
It is the same light
The message of this salok is that instead of praying to God for any gift of wealth, possessions, or the power to perform miracles, we should beg for the gift of Name (His love and enlightenment).

In the previous salok, Guru Ji advised us that instead of praying to God for any material possessions or the power to perform miracles, we should beg for the gift of His Name. In this salok, he gives the reasons behind his advice.

He says: “Our tongue is never satiated, even if it keeps talking endlessly, and ears never get tired of listening (to slander). The eyes are not sated (no matter how much beauty they see). Yes, this is the one property of all our sense desires: that no matter how much we may try to satisfy them, they never are sated. (Just as no matter how much fuel we may put in it, the fire is not contained, and keeps on multiplying), similarly the hunger of hungry persons (whether for food, or for any worldly possessions, or power) is never quenched, and neither does this hunger go away by merely talking about it. O’ Nanak, a hungry (mind) feels sated only when, by singing praises of the praiseworthy God, it merges into Him.”

The message of this salok is that if we want to really satisfy all the desires of our mind, then instead of making endless efforts to fulfill these desires we should try to seek satisfaction in singing the praises of God, and attempting to merge with Him.

In the previous salok, Guru Ji advised us that instead of praying to God for any gift of wealth, possessions, or the power to perform miracles, we should concentrate on singing the praises of the true God. If we could weigh the whole earth and the sky against a small weight of copper, or expand (myself) so much that I cannot be contained or limited anywhere, and even if I may make all creatures obey me as if I were holding them by a chain in their nose, (God is still greater). There may be so much will power in my mind that I do and get done whatever I say, yet (this would all be in vain), because as great as God is, so great are His gifts which He bestows on all according to His Will. Nanak says: “He on whom, He casts His glance of Grace, (receives) the glory of true Name (which is the greatest gift or miracle).”

It is the same light
opportunity to be united with God), and keeps coming and going. Only through the (Guru’s) word, we can quench the fire of (worldly) desires (and save ourselves from the perpetual pains of birth and death).”(19)

The message of this *pauree* is that if we want to save ourselves from the continuous coming and going in and out of this world, then we have to quench our fire of worldly desires, and have to follow Guru’s advice, and meditate on God’s Name.

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**SALOK M: 1**

In Sikh faith, the Guru holds a very important place as the spiritual guide of the human soul, and is considered the essential vehicle to unite the soul with its source: the prime-Soul or God. Naturally the question arises: what is so special about the Guru? In this *salok*, Guru Ji explains this point with a beautiful metaphor.

He says: “Guru is like a tree of contentment which yields the flowers of righteous conduct, and fruits of (divine) knowledge. It always remains green and full of juice. It ripens through virtuous deeds and meditation. The person who (devotedly follows Guru’s advice and thus) eats with relish the fruit from this tree, along with its leaves, obtains the most sublime gift (of God’s Name).” (1)

The message of this *salok* is that if we want to obtain the most valuable boon (of God’s Name), then we should listen to Guru’s advice with utmost reverence and love. The Sikhs should feel themselves as most fortunate, because they don’t have to go in search of any new Guru: they have been blessed with the ever-present eternal Guru Granth Sahib, and all they need to do is to reflect on the *Gurbani* contained in it, and act upon it with utmost sincerity and devotion.

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**M: 1**

In this *salok*, Guru Ji again gives the example of a tree to stress upon the importance and benefits of following the Guru.

He says: “The Guru is like a tree of gold. Its leaves (the Guru’s followers) are precious like coral. Its flowers (the Guru’s words of advice) are valuable like diamonds and pearls. This tree yields the fruits (which are precious, like) jewels. The words uttered by the Guru make the heart bloom in bliss. O’ Nanak, only the person on whom is God’s grace and in whose destiny it is so ordained serves at the Guru’s feet, which are holier than all the sixty eight holy places of pilgrimage.”

Now telling us why it is absolutely essential to have the guidance of the Guru and worship him like a pilgrimage place, he says: “Violence, attachments, greed, and anger are like four rivers of fire flowing in this world; mankind falls into these rivers and is burnt. O’ Nanak, only if by God’s grace we are attached to the (feet or guidance) of the Guru, are we able to swim across (these rivers, and save ourselves).” (2)
The message of this salok is that if we want to save us from the vices of cruelty, attachment, greed, and anger, and enjoy true happiness, we should follow the advice of the Guru (Granth Sahib Ji).

In the previous two saloks Guru Ji explained to us how most precious and beneficial are the words or teaching of the Guru in helping us save ourselves from being burnt by such vices as cruelty, anger, greed, and attachment. In this Paurri, he tells us why it is necessary to overcome these evils during our life.

He says: "(O' my friend), overcome these (evil impulses) and your ego while still alive, so that you may not have to repent (in the end). How do I make you understand that this world is false (short-lived)? I see that the strayed human being doesn't get imbued with the love of true (wealth of God's Name, and) keeps wandering in the (false) worldly pursuit. (The human being doesn't realize that) the vicious demon of death, who destroys the world, is always hovering over the head. According to the (divine) command, whenever he gets the opportunity, the cruel demon (of death) strikes everybody. (However, if) we enshrine (God) in our mind, then on His own, He blesses us with His love (and gives us the strength to accept even death with cheer. Then we understand that) when our cup of life is full (our life span is over), we cannot delay (our death) even by a single moment or second, and through Guru's Grace we merge in the true (One).” (20)

The message of this paurri is that we should listen to Guru's advice and understand the false or temporary nature of this world. We should overcome our ego and try to merge in the love of God, rather than the love of the world.

In the last paurri, Guru Ji advised us that we should pay heed to the Guru’s advice, understand the false or temporary nature of this world, overcome our ego, and try to merge in the love of God rather than the love of the world. But (we are so self-centered), that instead of following the Guru’s advice, we follow the dictates of our mind. In this salok, he tells us about some of the traits of a self-centered person.

He says: “O' God, a self-centered person who does not remember You generally speaks bitter and rude language, as if in that person’s mouth are placed leaves of very bitter plants, such as Tumma (colocynth), Akk (swallow-wart), Dhaatoora (thorn apple) and Neem (a tree whose leaves and fruits are very bitter). What can we say to such ill-destined persons, who thus keep wasting away their lives?” (1)

The message of this salok is that the person who does not remember God is very unpleasant. There is nothing we can do about such a person, and the best thing is to avoid arguing with him.
After describing the habit of self-centered persons, Guru Ji now comments upon human beings in general.

He says: “(Based on one’s deeds in the past birth, the mind of a person sometimes thinks of very lofty ideas, such as serving humanity. At other times it stoops so low that it makes plans to rob or murder others. It) behaves like a bird, which sometimes flies high and sometimes low. As if, it sometimes sits on a sandal tree, other times it perches on the branches of the (poisonous) Akk tree. But O’ Nanak, (the human beings are in a way helpless, because this is the tradition from the very beginning, that) it is (God) the Master who is making all creatures behave according to His Will.” (2)

The message of this salok is that based on past deeds, human beings are given good or evil roles to play in this world. So we shouldn’t pass judgment on anyone. Instead, we should pray to God to show us the right path, and bless us with a virtuous role to play in this and the next life.

In the previous salok, Guru Ji told us that a person’s mind sometimes thinks of very lofty ideas, and other times it stoops very low. Now he tells us how to keep our intellect on the right path. First he tells how even many learned persons go astray.

He says: “Many deliver discourse after discourse and then depart (from this world). They even deliver lectures on Vedas (the Hindu scriptures), but still are not able to find the limits of God. It is not by reading, but by knowing God (from within) that we can obtain Him. No one can merge in the eternal God by (merely) adopting the so-called six garbs mentioned in Shastras (the Hindu holy books). The fact is that the eternal God is unknowable, and His beautiful manifestation is revealed through (Gurbani), the word (of the Guru). He who believes in the Name of that infinite God attains to (His) court. (My) obeisance is to the Creator, (because the job of) a bard is to sing God’s praises. O’ Nanak, we have to enshrine that one (God) in our minds, who has been there for ages after ages.” (21)

The message of this paurri is that it is not by reading books or performing rituals that we can obtain to that eternal God. It is only by singing His praises through the word of the Guru (the Gurbani in Guru Granth Sahib Ji), and by enshrining Him in our mind that we can be united with Him.

In the previous salok, it is said that the light of a person’s mind is the same; it is the same light of the Light of the Light. This light is seen in all beings, in every creature. In the Paurri, it is said that the light of the Light itself is the same, even though it appears differently in different beings.
In the previous salok, Guru Ji advised us that the best way to obtain God is to follow Guru’s advice and to enshrine God in our minds. But there are many people who, after acquiring a little bit of knowledge, think themselves perfect and then even start bothering the humble Guru’s followers. Guru Ji warns such people by giving very vivid examples.

He says: “If one only knew how to charm scorpions tries to handle snakes (that person is most likely to be bitten, and is like the one, who) sets oneself on fire with one’s own hands. This is the pre-ordained command of God: that anybody who goes to extremes suffers a big set back. Similarly, if a self-centered person clashes with a Guru’s follower, in accordance with the true justice (of God, that person) is drowned (in the worldly ocean. However, no one can be blamed, because God) Himself is the Master of both worlds, and He is watching and deciding after doing due justice. In short, O’ Nanak, we should understand that everything is happening according to His Will.”

The message of this salok is that we shouldn’t be proud of our little knowledge. We should know that God is watching everything, doing justice to all, and everything is happening as per His will.

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In the previous salok, Guru Ji warned us against being too confident of our little knowledge. In this salok he explains this concept further with some beautiful examples.

He says: “O’ Nanak, a true Judge is the one who first examines oneself. A competent physician is the one who knows both the (correct) diagnosis and the (right) medicine. The wise traveler is the one who does not get involved in any scuffles on the way, knowing that he or she is only a guest. In short, a wise person is the one who talks only after understanding the essence of each matter; such a person never suffers any loss. Similarly, only that middle-man (broker) is considered acceptable who isn’t swayed by greed, and remains on the side of truth. One should understand that just as the arrow aimed at the sky cannot reach its destination (because the sky in front is limitless) and ultimately comes back to strike the archer, similarly one who harbors impossible dreams cannot reach one’s objective.”

The message of this salok is that we should know our limits and the true nature of our circumstances, and live wisely within these limits.
In the previous *salok*, Guru Ji advised us to live a balanced life, in touch with the reality of each situation. Now he tells us how a true Guru’s follower spends his or her life span. He compares a Guru’s follower to a young bride, whose life revolves around the love of her groom (God).

He says: “Those bride (souls) who love their groom (God) are embellished with the ornament of love. Day and night, they keep worshipping Him, and even when restrained (by someone) they don’t stop (their worship). Embellished by the Guru’s word they abide in God’s palace (attuned to His memory). Those humble ones always make a truly (sincere) prayer (before God). They have reached God’s palace according to His command, and look beauteous standing near their Groom. They pray (to God) in a very intimate friendly manner, and they love Him from the core of their hearts. (In comparison to such loving company with God), all life without God’s Name (His love) is vain and accursed. Only those who have been embellished by the word (of the Guru) have tasted this Nectar (of God’s love).” (22)

The message of this *paurree* is that if we want to enjoy a truly blissful life, then we should live a life of such love and devotion to God, as a young faithful bride lives in devotion to her beloved groom.

The *salok* of this *paurree* is that if we want to enjoy the bliss of union with God, our love for Him and the desire for meditating on His Name should have no limits.

In the previous *paurri*, Guru Ji advised us to imbue ourselves with insatiable love for God’s Name. In this *salok*, he tells us who can help and guide us in this respect. He says: “Just as a desert cannot be satisfied by any amount of rain, a fire cannot be quenched by any amount of wood or fuel, a king is never satisfied (no matter) how long or how wide his or her domain, or just as nobody has ever been able to (over) fill the oceans (with water), similarly O’ Nanak, the hunger for the true Name (of God in the minds of devotees) is so great that it cannot be described.” (1)

The message of this salok is that if we want to enjoy the bliss of union with God, our love for Him and the desire for meditating on His Name should have no limits.

In the previous salok, Guru Ji advised us to imbue ourselves with insatiable love for God’s Name. In this *salok*, he tells us who can help and guide us in this respect. He says: “The human birth of a person who does not realize God goes to waste. This world is like an ocean, which stands between God and us. It is
only a few persons who by Guru’s grace are able to swim across (this ocean). Nanak presents this thought: that God, the cause and doer of everything is all-powerful. The cause behind all causes is under the control of God, who by His power is keeping this universe in balance.” (2)

The message of this salok is that if we want to swim across the worldly ocean and meet God, who is the master of the entire universe, then we should seek and follow the guidance of the Guru.

In the previous salok, Guru Ji advised us to seek and follow the guidance of the Guru to unite with God. In this paurri, he shares with us the bliss of his own experience of meeting God. He says: “(By following the Guru’s advice, me), a lowly bard have found an abode in the court of the eternal God. By singing praises of the eternal God (I have been so delighted, as if) the lotus of my heart has blossomed. Yes, by receiving full (approval) from the Master, I have felt blessed in my mind. (This state of bliss) has driven out my enemies (like lust, anger, and greed) and my friends (such as truth, happiness, and contentment) have prospered (and multiplied) in my mind. (Now my faculties) serve (and follow) that true Guru who has shown this true path. By reflecting on his true word (of advice), I have destroyed (my fear of) death. So embellished by the (Guru’s) word, the bard is describing the indescribable God. Nanak (says), by grasping the (divine) merits, he has met the beloved (God).” (23)

The message of this paurri is that if we want to enjoy bliss of union with our beloved God, then following Guru’s advice, we should sing His praise and meditate on His Name with love and devotion.

In the previous several shabads, Guru Ji noted that we keep going through endless circles of birth and death. The question arises, why it is so, and how to end this circle. In this salok, he provides the answer. Guru Ji says: “Because of our past mistakes (and sins), we take birth, and then make more mistakes, and thus keep going through the cycle of making more mistakes and suffering more births (and deaths). By simply washing or bathing (our bodies at holy places), these sins are not washed off, even if we (bathe or) wash hundreds of times. O’ Nanak, only if the forgiving God forgives these sins are we forgiven. Otherwise we keep suffering punishment (of births and deaths).” (1)
The message of this salok is that if we want to have our sins forgiven once for all, and our rounds of births and deaths may end once for all, then we should seek forgiveness from God.

Thomas Hardy, a famous English novelist, writes “Happiness is but an occasional episode in a general drama of Pain.” All of us, except a rare few, are suffering from one kind of pain or another. Naturally all of us keep trying and praying for happiness instead of sorrow. In this salok, Guru Ji advises us, how to accept pain or pleasure with equanimity.

He says: “O’ Nanak, vain is our praying when we ask that instead of sorrows, we should obtain pleasures. Both pain and pleasure are like clothes, which a human being has been given to wear. (These pains or pleasures are according to the judgment of God based on our past sins or virtues. We cannot complain to God, why He has ordained so many sorrows and not enough pleasures in our destiny. Such complaints can only bring us more punishment). Therefore it is better to keep silent, when we know that (no matter) how much we may argue, we are going to lose.” (2)

The message of this salok is that instead of complaining about our pains, or arguing with God that He has done some injustice to us, we should humbly ask for His forgiveness.

PAURREE

After impressing upon us the fact that it is because of our own past mistakes or sins that we keep suffering through endless circles of births and deaths, Guru Ji now tells us about the enlightenment, those persons have obtained who have carefully reflected on these matters within themselves, and also sought guidance from the Guru.

He says: “(The one) who has tried to search within the self after looking in all the four directions (after paying due attention to all the outside factors, and the reasons for one’s circumstances), has realized that the incomprehensible God, the true Being (after creating this universe) has Himself taken care of it. (Further), the Guru has shown the right path to those who have lost their way. Therefore, praised be that true Guru, (through whose guidance) we meditate on the eternal (God). The one within whom the Guru has lighted the lamp (of divine knowledge), has found the gem (of God’s Name) in the heart. (In this way), they who have praised (God) through the true word (of the Guru) have obtained peace, and have come close to the true (One). But they who do not fear (God) are afflicted with (worldly) fears, and are consumed by their self-conceit. In short, bereft of God’s Name, the world is roaming like ghosts.” (24)

The message of this paurri is that if we want to end the pains of repeated rounds of births and deaths, then we should follow the path shown by the word of the Guru (the Gurbani in Guru Granth Sahib Ji), and find in our own heart that God, who is the source of eternal bliss.
It is the same light
After telling us about the benefits of following true Guru’s advice and living under the fear of God, Guru Ji now tells us what kinds of blessings we obtain, when the true Guru becomes gracious on us.

He says: “When true Guru becomes gracious, our trust in God becomes firm. When the true Guru shows his kindness, we never agonize (over our problems, and accept these as God’s will). When the true Guru becomes beneficent, we do not feel pain (even when living under painful circumstances). When the true Guru becomes merciful we do not feel pain (even when living under painful circumstances). When the true Guru becomes beneficent, then there is no question of the fear of the demon of death (for us). When the true Guru is merciful, then our body always lives in peace. When the true Guru becomes merciful, we obtain (such happiness, as if we have obtained all) the nine treasures (of worldly wealth). In short, when the true Guru becomes beneficent, we merge in the Truth (the eternal God Himself).” (25)

The message of this paurri is that if we want to enjoy all kinds of pleasures (including the pleasure of union with the eternal God), then we should try to seek the pleasure and mercy of the true Guru.

**PAURREE**

salok mehlaa 1.

sir khoah-ay pee-ah malvaanee jootha mang mang khoahhee.
fal faactivities muhi lain bharhaasaan paanee daykh sagaahhee.
bhayaa vaagee sir khoah-in bhare-an hath su-aahhee.
maa-oo pee-ooh kiraat gavaan-in tabar rovan Dhaahhee.
onaa pinda na pataal kiri-aa na deevaa mu-aay kithaa-ooh paahhee.
atsath tirath dayn na dho-eer barahmaan ann na khoahhee.
saagaa kuchheel raheeh gin raattee mathai tikay naahhee.
jhundee paay-bah bahan nit marneen darh deebaan naa jahhee.
lakee kasaay hathee fumman ago pichhee jaahhee.
naa o-ay joggie naa o-ay jangam naa o-ay kaajee muNlaa.

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da-yi vigo-ay fireh viguath fitaa vaattee galaa.
jee-aa maar jeevalay so-ee avar na ko-ee rakhai.
daanhu taai isnaanhu vanjay bhas pa-ee sir khuthai.
paanee vichahu raan unpanray mayr kee-aa maaDhaaneen.
atsath tirath dayvee thaapay purbee lagai baanee.
In this salok, Guru Ji is commenting on the behavior of a sect of Jainism, called Sarevarras, who have taken the idea of non-violence to the ridiculous extreme.

He says: “These (Sarevarras) pluck their heads (lest any lice or any other living things may be born there, which they have to kill), drink the washings (the water which is dirty), and beg for leftovers for their food (so that they don’t have to kill anything more bacteria, in the process of preparing additional food for them). They rake up their own excreta (to provide air to the insects in it), suck bad odors and hesitate to use water for their cleanliness. Like sheep, they get hair plucked from their heads by those whose hands are soiled with ashes. Unlike their parents, they stop earning their livelihoods, and consequently their dependents cry bitterly. At the time of their death, no Hindu ceremonies (such as offering of rice balls, or lighting of earthen lamps) are performed. It is not certain where their dead bodies are disposed of. They are not welcome at the sixty-eight Hindu holy places, and Brahmins, (the Hindu priests) do not accept their food. Day and night they remain unclean and they do not put any marks on their foreheads. They silently sit crouched in groups, as if in mourning, and do not go to any holy gathering. They walk behind each other with a begging bowl slung from their sides and broom in their hands (so that they can whisk away any living insects in their path). These people are neither yogis (the followers of Gorakh), nor are they Qazis (the Muslim priests). Strayed (by God), they wander like a lost herd of cattle, with their entire multitude ruined.”

Guru Ji now gives them and us the true perspective on the living creatures. He says: “(O’ my friends), it is God who sustains and destroys the creatures and no one else can save life. (By going to the extremes of non-violence), these people live their lives without giving any charity, or even taking a bath, and they simply gather dust on their plucked heads. (They even forget that according to Hindu mythology, it was the water from which the jewels were obtained, by churning the ocean using the Meru mountain as a spindle. It is the water due to which the (Hindu) sixty-eight holy places are situated on the banks of rivers, where people gather at festivals and talk of God. It is after bathing (in water that the Muslims say their prayer, or) Nimaaz, and Hindus do their Pooja. Both at birth and death, it is with water that the bodies are cleaned. But O’ Nanak, to these bald headed fools, this thing doesn’t appeal at all.”

Guru Ji now puts forth another argument. He says: “When it rains, there is joy all around, because water is the key to all life. It is the water (from the rains or otherwise) that grows food, sugar cane, and cotton, which gives clothes to all. When it rains, the cows have the grass to graze, and the housewife has her milk and yogurt to churn, from which she makes the purified butter which is used to perform so many sacred Hindu worship and prayers, and these rituals look impressive.”

In the end Guru Ji tells how even they can redeem themselves. He says: “(O’ my friends), Guru is like the sea (of knowledge) and his teachings are like streams, bathing in which one obtains glory. But O’ Nanak, if these bald headed ones do not bathe (in these streams, and do not listen to Guru’s advice), then they are disgraced, as if ash has been poured on their heads.” (1)
The message of this salok is that non-violence is good, but it should not be taken to such an extreme that one starts living an unhealthy and unclean life, and loses one’s honor. The best way is to live the life according to Guru’s word (or Gurbani, as contained in Guru Granth Sahib Ji).

M: 2

In the previous salok, Guru Ji commented on the life-style of a sect of Jainism. He told us that taking the idea of non-violence to such extremes that it makes you live in a very unhygienic and unproductive way is no good. It brings you nothing but shame and dishonor. Now he gives us a perspective on honor, and tells us who really saves our honor.

He says: “(As fire has been given the quality of warmth by God), no amount of cold can do any harm to fire. Similarly night cannot erase the light of the Sun (because when it is night on one side of globe, the Sun is shining on the other). The darkness can do no harm to the Moon. No (high or low) cast can pollute the water or the air. Nothing can affect the earth, in which everything grows. Similarly O’ Nanak, when God Himself saves one’s honor, only then is one known as honorable.” (2)

The message of this salok is that we should not care about the false accusations against us, nor care for false praise. Following Guru’s advice, we should live a truthful life and always meditate on God’s Name. We should depend only on God to protect our honor in this world and the next.

M: 2

In the previous salok, Guru Ji advised us not to worry about our honor or dishonor at the hands of worldly people, and to have full faith in God’s Name and His protection. In this paurri, he shows us how to express our faith and confidence in God.

He says: "O’ true and wonderful (God), I have always praised You. You alone are the eternal ruler; all others come and go. Those who ask for the gift of true (Name) from You become like You. Through the word (of the Guru), Your eternal command seems pleasing to them. By obeying Your command, they obtain divine knowledge and meditation from You. When the mark of (Your) grace is put (on their heads), it cannot be erased, (even if someone) tries to erase it. O’ God, You are the eternal Giver, and keep on multiplying these gifts every day. But Nanak begs from You (only that) which pleases You, (the gift of living in Your will).” (26)
The message of this *paurri* is that we should remember that it is God, who is the eternal Giver of all, and we should only beg from Him the gift of cheerfully accepting His will. Because when we do that, we automatically obtain the gift of His divine knowledge and meditation (on His Name), which is the greatest gift of all.

*salok mehlaa 2.*

Deekhi-aa aakh bujhaa-iaa siñee sach samay-o.  
Tin ka-o ki-aa updaysee-aa Jīn gur naanak day-o.  
[[1]]

*Salok M: 2*

In the previous *paurri*, Guru Ji advised us that when we live in the will of God, we automatically obtain His divine knowledge and meditation (on His Name, the greatest gift of all). Now, in this *salok*, Guru Ji tells us what further advice that person needs, whom the Guru has already given this advice.

He says: "(Those whom), through his teaching, (the Guru has already) made to understand that through (God’s praise), we should try to merge in that true God; O’ Nanak, there is no need to give them any more advice, who have already such a great Guru (to advise them).”(1)

The message of this *salok* is that if we want to unite with God, then we have to remember Him and praise Him day and night so much, that we merge and become one with Him. (This is what is really meant by meditating on God’s Name, and this is the essence of Guru Ji’s instruction).

*M: 1*

In the previous *salok*, Guru Ji gave us the essence of his message, and the true way to unite with God. In this *salok*, he tells us who are those whom understand this true divine message.

He says: “That person alone knows (the way of God’s praise), to whom God reveals Himself. The one whom (God) Himself makes to understand, understands everything. The one who merely prattles is involved in Maya (worldly problems). God creates all beings according to His Will, and He Himself knows what to consider (or give them). O’ Nanak, whatever word I have uttered, (is what God) Himself has said. The one who is blessed with the gift (of Guru’s advice), gets all doubt removed.” (2)

The message of this *salok* is that what the Guru is telling us are not his words, but the words uttered to him by God Himself. Therefore, we should have complete and unflinching faith and trust in the *Gurbani* as written in Guru Granth Sahib Ji.
In this last paaurri of this chapter, Guru Ji shows his humility and also gives us insight, how he received his Divine mission (as we read about the story of His receiving the revelation, when he disappeared in the Bein river in Punjab, India).

He says: “(It was God’s mercy that) He commissioned this idle bard into His Service. It was the divine command that whether it is day or night, I should go out and sing His praises. (When he did this), the Master called this bard into His eternal mansion and robed him with the honor of true praise and appreciation. Then the food of true Name was presented (and he was asked to partake of it. He has noted that) following Guru’s instruction, whosoever has partaken of this food (of God’s Name) has obtained peace. Therefore, this bard is preaching the message of the divine word. Nanak says, “(whosoever has) praised the eternal (God) has obtained to that perfect One.” (27)

The message of this paaurri is that we should have full faith that the message of Gurbani (as contained in Guru Granth Sahib) is not any ordinary message. It is the divine message received by Guru Ji in person from God Himself. The meaning of this message is that if we want to have eternal peace, we need to follow the Guru’s advice and meditate on God’s Name (by remembering Him with love and devotion) day and night.

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raag ga-orhee gu-aarerey mehlaa 1
cha-upday dupday

ik-oNkaar saat Naam karțaa purakh nirbha-o nirvair
akaal mooraț ajoonee saibhaN gur parsaad.

bha-o much bhaaraa vadaa tół.
man maț ha-ulee bolay bol.
sir Dhar chalee-ai sahee-ai bhaar.
nadree karmee gur beechara. ||1||

bhai bin ko-ay na langhas paar.
bhai bha-o raakhi-aa bhaa-ay savaar. ||1|| raha-o.

bhai tan agan bhakhai bhai naal.
bhai bha-o gharhee-ai sabad savaar.
bhai bin gharaht kach nikach
anDhaa sachaa anDhee sat. ||2||

buDhee baajee upjai chaa-o.
sahas si-aanap pavai na taa-o.
naanak manmukh bolan vaao-o.
anDhaa akhar vaao-ū gu-aa-o. ||3||1||
Stressing the importance of having the fear of God in one’s mind, Guru Ji says: “(This world is like a vast and deep ocean). Without the fear (of God in one’s mind), nobody can swim across it. (Only the one, who) has embellished one’s life by keeping the fear and love (of God in the mind), crosses it.”

Commenting upon the importance of living under the fear and love of God, Guru Ji says: “The fire of fear burns brighter when there is the fear of God. (When we have the fear of God in our mind, we are more afraid of committing sinful acts). Therefore, following Guru’s word, we should mold and embellish (our character) in the fear and love of God. (In fact) without the fear (of God, human) character is absolutely flimsy (like a vessel), which has been fashioned in a mold of ignorance, and beaten blindly.”

Guru Ji now explains why and how thinking of our own mind misguides us. He says: “The intellect guided by our own mind leads to the (false) pleasures (of the world). In spite of thousands of clever ideas, (one’s character) is not molded by the heat of truth (and true divine thoughts do not arise in the mind). In short, O’ Nanak, all the speech of a self-conceited person is as light (or shallow) as the air. Such a person’s word or guidance is (easily changeable) and misleading.”

The message of this shabad is that we should not let ourselves be misguided by our own mind’s temptations, or the clever words of self-conceited persons. Instead, we should always try to live our life under the fear of God as guided by our Guru (Guru Granth Sahib Ji). Even though such a life may seem difficult in the beginning, it will ultimately lead to a more productive and blissful life.

In the previous shabad, Guru Ji told us that we should try to live under the fear of God, instead of being misguided by other worldly considerations or fears. In this shabad, which is a superb example of his poetic skills, Guru Ji uses the word ‘fear’ in many connotations to elaborate on his earlier message.

Guru Ji states: “When in our heart is the ‘fear’ (of God), then any other kind of fear is dispelled, as if that fear is afraid of the fear of God. Moreover, what is the use of having the kind of fear, which makes us increasingly afraid of life? (This is like telling a lie to hide one mistake, then telling more lies to hide the previous lie).”

Guru Ji therefore reposes his complete faith in God, and says: “O’ God, except You there is no other place (to go to seek any support), and whatever happens is according to Your Will. (Why should we tell lies or do wrong things under the fear of undesirable consequences)?”

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**Gaurri Mehla 1**

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Guru Ji therefore reposes his complete faith in God, and says: “O’ God, except You there is no other place (to go to seek any support), and whatever happens is according to Your Will. (Why should we tell lies or do wrong things under the fear of undesirable consequences)?”
Expressing the meaning of his message in this regard, Guru Ji says: “We should be afraid of any other kind of fear if there were truly any other fear (except the fear of God). To keep fearing one fear or the other is nothing but the mind’s own noise (or a hallucination).” (1-pause)

Therefore, Guru Ji says: “No one lives, dies, sinks or swims (on one’s own). He who has created (this universe) does everything. It is according to His command that any creature comes into this world, and also departs according to His orders. In short, both before and after (their existence, all creatures) remain merged in His command.” (2)

Guru Ji now gives us insight into the working of our mind, and tells how we should try to live our life. He says: “Within us are the tendencies for violence, attachment, and sky high desires. Also within us is the hunger (for worldly possessions), which like a big stream never seems to stop. (Therefore, one should) make the fear of God, the corner stone of one’s way of life (and live one’s life under the fear of God, and not try to usurp the rights of others). Without eating (this fear, without living under such fear of God, a person) dies becoming a fool.” (3)

Guru Ji concludes the shabad with an affirmation of full faith in God and says: “The one who has someone (as one’s supporter, that person) rarely proves to be (the true supporter in the end). But (O’ God), You belong to all and You are the support of all. Nanak says, “It is very difficult to describe (that God), to whom belong all the beings, creatures, and possessions.” (4-2)

The message of this shabad is that we should have only the fear of God in our minds (and live our life immersed in this fear). Then all other fears from anyone and any source will disappear, because we have full faith that we have the support of God, who is the most powerful Master of all.

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The message of this *shabad* is that if we want to obtain a true union with God, then we should live our life like a sagacious and virtuous young bride of olden days: with true love, affection, and respect for our beloved spouse (God). In this way, His true Name would come to abide in our heart.

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**GAURRI MEHLA 1**

According to Dr. Bh. Vir Singh Ji this *shabad* appears to be addressed to a wise *Pundit* (or scholar), who had recently suffered the loss of his close relative, and was feeling very depressed. In this *shabad* Guru Ji explains to him the mystery of the human body, and like a very competent psychiatrist helps him to come out of his depression. Therefore, this *shabad* could be a very useful tool to help our friends and relatives who may have suffered a similar loss.

Guru Ji says: “O wise learned man, understand this concept: that our body is a combination of air, water, and fire (and has become like) a play thing for the mercurial intellect (within it). There are nine doors (or openings, such as eyes, ears, etc.), which are apparent. But then in addition there is the tenth (unseen) door (or place which is of special significance. That is the door to the mansion of *God*).” (1)

Continuing his sermon, Guru Ji says: “(O my) learned friend, God is sitting in this mansion beyond the tenth door, who does, utters, and listens to (everything). The one who reflects upon oneself (and understands this basic principle) becomes (truly) wise.” (1-pause)

Now, like a very competent psychologist, Guru Ji engages that depressed person in a conversation, and says: “(O my) learned friend, this body is like dust, (which upon the death of a person is ultimately consumed back into the earth). Similarly, a person speaks with his or her breath (which too merges back into the air after death). Then O wise man, (reflect), who has really died (with the death of this person)?”

Perhaps finding that *pundit* speechless, Guru Ji himself provides the answer, and says: “(If you think about it, you will agree that with the death of this person, what has really died, is the) intellect which leads a person to indulge in strife and ego. (But the soul) who sees (the entire play of life) doesn’t die.” (2)

It appears that after listening to these healing words describing the immortality of the soul within us, the aggrieved person expresses his desire to go on a pilgrimage of holy places to further console his mind. But Guru Ji advises him against this unnecessary expense and effort.
He says: “(O’ my friend, that commodity of God’s peace-giving Name), which you want to search on holy shores, that jewel like commodity is within your mind itself. (In those places), a pundit simply reads more and more scriptures, which are merely discourses on (useless) strife (or various interpretations of holy books). But (such a pundit) does not realize the commodity (of Name) lying within.” (3)

Concluding his sermon, Guru Ji says: “I understand that (when my body dies) it is not that I have died, but it is my demon (ignorant intellect) which has died. O’ Nanak, the Guru has shown me the all pervading God (in me and now) I don’t see anyone (truly) dying or going away.”(4 -4)

The message of this shabad is that whenever any of our close relatives or friends die, we should try to console ourselves with the fact that the temporal body and elements within it have only merged back into their origins. But the true light of God within him or her has not died, and never will.

Note: This shabad should be a good resource for doctors, religious preachers, relatives, and friends to rely upon for consoling the aggrieved.

Guru Ji Says: “I am always a sacrifice to (that person), who after listening again and again (to the Guru’s instruction), understands it, and believes in (God’s) Name. O’ God, whom You Yourself lead astray, that person finds no place of rest. However, those whom You Yourself coach, after uniting them (with the Guru, You) unite them with Yourself.”(1)

Therefore, Guru Ji also says: “(O’ God, I also pray that) I should be blessed with Your Name, which accompanies me (even after death. Because I know that) without the Name (the whole world) is bound to die (and perish).”(1-pause)

Explaining why he prays only for God’s Name, and not for anything else, Guru Ji says: “(I believe that, just as we farm or do business to support our physical needs, similarly for our spirit) we should depend upon the support of (God’s) Name. All our virtues or sins become like the bundle of seeds (on our heads, which bring awards or punishment in their due course. The impulses of) lust and anger inflict wounds on our mind. Therefore, they who forsake God’s Name depart from here with evil thoughts in their minds (and suffer in pain).”(2)
Explaining the importance of obtaining Guru’s advice, he says: “The true Guru imparts true instruction. (By obtaining this), one’s body and mind obtain peace, which in itself is the true test (of right guidance. The person who follows Guru’s instruction, while still living in the world remains detached from its evil influence) like a lily or a lotus (which grows in water, yet remains above it). Even the words uttered by such a Guru’s follower are sweet like sugarcane.” (3)

Elaborating on the merits of the Guru’s followers, he says: “(They who follow Guru’s advice understand that) it is according to their preordained destiny that they have been blessed with this body fortress with ten doors. (In this fortress) reside the five (impulses of lust, anger, greed, ego, and attachment); along with the infinite light (of God. It is God, who Himself is evaluating Himself, as if He) Himself is the merchant and Himself the merchandise. O’ Nanak, through His Name He embellishes (a person with merits).”(4-5)

The message of this shabad is that we should always pray to God to bless us with the guidance of the true Guru, who may sow the seed of Name in us and make us worthy of God’s union.

In the previous shabad (4-4), Guru Ji consoled the mind of a pundit, who was grieving on account of the recent death of his close relative. Guru Ji suggested to him that the light of God, which is the real power within us, never dies. It appears that in this shabad, he is answering some of the subsequent questions of that person for the guidance of us all.

He says: “(We should try to understand) where (this soul) comes from, where was is it created and with what does it (ultimately) merge? (Secondly), why it has been bound (by worldly ties), and how does it obtain emancipation (from these bonds)? How can it indiscernibly merge in the immortal (God)?” (1)
Answering the last question first, Guru Ji says: “The one in whose mind abides God’s nectar Name, who utters God’s Name, like God becomes free from desire (and hence free from worldly bonds).”(1-pause)

Now taking up the question in its entirety, Guru Ji says: “According to natural law, one comes into (this world), and according to (the same) natural law, goes (away from here). Due to the desires of mind, (one) is born and ultimately merges into the mind itself. But the one who follows the Guru’s instruction remains free (from the entanglements of desire), and no obstacles are put (in that person’s path to liberation). By reflecting (on the Guru’s) word and by meditating on God’s Name, one is emancipated.”(2)

Guru Ji now explains the system of the world using the example of birds. He says: “Just as the birds come to sit in a tree at night, similarly mortals come to the world for a limited stay. Some are happy and some are miserable, because within their mind is the destructive worldly attachment. When night passes, (just as the birds) look to the sky and fly in different directions (to seek their daily food), similarly the mortals go to earn their sustenance (through various professions) according to their preordained destiny.” (3)

The above was the conduct of ordinary persons. Now Guru Ji tells, how the persons who meditate on God’s Name conduct their life. He says: “They, who are attuned to God’s Name (understand that) this world is like a pasture, (where humans and other creatures come for a short while to eat their feed, and then go back from whence they came. By meditating on God’s Name and acting on the Guru’s advice), all their lust and anger is dispelled, as if the pitcher containing all such poisons has broken. But those who are without this commodity (of Name) are like an empty house or shop. It is only when they meet the Guru that the hard doors (of their strayed mind) are opened.” (4)

In conclusion, Guru Ji says: “Only through pre-ordained destiny does one meet (and obtain the guidance of) a saint (Guru). The accomplished devotees of God always rejoice in the bliss of the eternal God. They imperceptibly surrender their mind and body (to the Guru, and receive the blessings of God’s Name). Nanak respectfully bows to their feet.” (5-6)

The message of this shabad is that if we want to get out of the cycle of birth and death, and enjoy the bliss of eternal union with God, then we should pray to Him to bless us with the guidance of the Guru. So that following Guru’s advice, we may cleanse our mind of worldly desires and meditate on God’s Name.
### RAAG GAURRI MEHLA 1

In the previous *shabad*, Guru Ji advised us that if we want to enjoy eternal bliss we should seek the guidance of the Guru, and meditate on God’s Name. In this *shabad* he tells us the reason for this advice.

He says: “(Human) mind is engrossed in lust, anger and *Maya*. It is always awake (ready) and loves to enter into falsehood and evil, and has thus acquired the capital of greed and sin. (O’ human being, try to) swim across (this worldly ocean) by meditating on (God’s Name) with full concentration of mind.”

Guru Ji now shows us how to reach that state of mind, because on our own we don’t turn our thoughts to meditating on God’s Name, and how to pray to God. Addressing God, he says: “O’ wondrous God, I have but only Your support. I am a sinner, and You alone are the Pure one.”

Turning back to the previous theme, why on his own one cannot obtain God’s Name and swim across, Guru Ji says: “The fire and water (within us) unite to roar in fury (like a steam). Our tongue and sensual organs crave their individual satisfactions (such as eating tasty foods, or satisfying our sexual desires. (Our) whole outlook is evil-oriented, and within us is neither the love nor fear (of God). It is only when one kills one’s self (conceit and stills the false worldly desires) that one obtains (God’s) Name.”

Guru Ji now shows us the way to meditate on GOD’S NAME, and how to pray to God. Addressing God, he says: “O’ wondrous God, I have but only Your support. I am a sinner, and You alone are the Pure one.”

Turning back to the previous theme, why on his own one cannot obtain God’s Name and swim across, Guru Ji says: “The fire and water (within us) unite to roar in fury (like a steam). Our tongue and sensual organs crave their individual satisfactions (such as eating tasty foods, or satisfying our sexual desires. (Our) whole outlook is evil-oriented, and within us is neither the love nor fear (of God). It is only when one kills one’s self (conceit and stills the false worldly desires) that one obtains (God’s) Name.”

Elaborating on the benefits of stilling one’s mind through the Name, Guru Ji says: “(When one stills the mind by meditating on God’s Name, and thus) dies through the Name, one does not go through death again. (Such a person is emancipated from any future rounds of birth and death). Without dying (to self by stilling the mind, one) cannot achieve perfection, and one’s mind remains entangled in worldly duality (or *Maya*. But there is nothing under one’s control); only that happens which the eternal God does.”

Therefore, Guru Ji concludes the *shabad* by saying: “I can board the ship of (God’s) Name only when (by His grace), my turn comes. Those who are stopped from (boarding) this ship (of Name) suffer punishment in God’s court. Therefore, (I) Nanak say that blessed is the door of the Guru (where) I can sit and praise the eternal God (meditate on His Name), and see the door and mansion of that one Creator.”

The message of this *shabad* is that we are full of so many vices, lusts, and evil tendencies. We can only be saved if we take the refuge of the Guru, and meditate on God’s Name.

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gao-ree mehla 1.

1. इरदिर चान जय दुर्द वारदी ॥
अम्बिद जय जानिंद म दुर्द वारदी ॥
तुल्लुल वारदी अम्बिद बुधि ॥ ११॥

2. गे भे बंधु दुर्द देवी ॥
भीत अम्बिद दुर्द वारदी ॥ ११।।

3. सञ्चाल नीरि अभि भु अभि ॥
अभि सञ्चाल भु भे दे तनिकां ॥
ञालि दुर्द वारदी असा अंकां न। ॥ २॥

4. सदु सदु दीर्घ भूल वारदी ॥
अभि बिलाहु दुर्द वारदी दिस्तूर ॥
जुल राजानंद अनंतरामि ॥ ॥

5. अनु भलदू दुर्द वारदी ॥
विहार लक्ष्मी बंडी वं दिश ॥
लहर लहर लिङ भं भं ॥ ॥

6. जा सत्स तिरह जानम नाम ।
dhik bithaar karā-o kis kaam.

7. नानाक गुरमा ताहज सामा०। ||4|8||

Gaurri mehla 1
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In the previous *shabad*, Guru Ji told us that we are full of many vices, lusts, and evil tendencies, and we can only be saved if we take the refuge of the Guru and meditate on God’s Name. In this *shabad*, he tells us what happens when we follow Guru’s instruction and meditate on God’s Name.
Describing his personal experience, Guru Ji says: “By reflecting on God, the lotus of my heart (my mind) has turned away (from worldly attachments, and is enjoying such a unique and continuous feeling of divine bliss, as if) a steady stream of nectar is falling on the sky of my tenth gate. Now, my mind truly believes that God Himself is running all the three worlds under His divine Law.” (1)

Guru Ji therefore advises his own mind (indirectly ours), and says: “O’ my mind do not entertain any doubt (because only) when the mind reposes full faith (in God) can this nectar be partaken.” (1 - pause)

Elaborating on his experience, Guru Ji says: “Now when my mind has accepted the concept of dying (to the self, or stilling my ego, I feel that I have achieved the object of my life. Thus) I have won (the battle of) Life itself. When (the ego of my mind was dispelled, and) the self in me died, my mind understood (reality) from the mind itself (and on my own I was enlightened). When I was blessed with the glance of Grace (from God), I recognized His abode within my own abode (my mind itself).” (2)

After obtaining the above enlightenment, Guru Ji does not hesitate in saying: “(Now, I am convinced that) all the merits of) austerities, charities, and bathing at pilgrimage places are included in meditating on God's Name. Then for what purpose should I enter into any more extensive operations? That God knows all that is in our mind.” (3)

Guru Ji concludes the shabad by firmly expressing His faith in the one God and rejecting any thoughts of praying to other lesser gods and goddesses. He says: “If I were to believe in any other (god or goddess except the one God), only then I would knock at any other door. From whom should I beg (when I know that beside the one God alone), there is no other place (to go? I) Nanak (firmly believe that) by following Guru’s instruction, I can easily merge (in that one God).” (4 - 8)

The message of this shabad is that there is no need for us to observe any austerities, do pilgrimages, or bow to statues of gods and goddesses. We can easily merge in God and enjoy heavenly bliss just by following Gurbani (as contained in Guru Granth Sahib Ji), and meditating on God’s Name.

GAAURRI MEHLA 1

In the previous shabad, Guru Ji told us that to become one with God, we need not observe any austerities, do pilgrimages, or bow to statues of gods and goddesses. We can easily merge in the eternal God by following the Guru’s instruction. In this shabad, he explains why he stresses on the guidance of the Guru.

He says: “When a person meets the Guru, he (the Guru) shows (that person) what the death (of the self or ego really is). Then the mystery of remaining dead (or detached from the worldly desires) becomes pleasing to the mind. By getting rid of ego, one obtains (a high spiritual state, as if one has reached) the realm of the sky (and realized God).” (1)
Stating the fundamental principle, which the Guru teaches, he says: “(On meeting the Guru and listening to his divine words of wisdom, we realize) that we have come (to this world) with death written (in our destiny), and we are not going to live (forever). But by meditating on God again and again, we obtain (an eternal) abode in God’s shelter.” (1-pause)

Elaborating on blessings obtained by meeting the Guru, he says: “On meeting the true Guru (and by acting upon his advice), our sense of duality (or double-mindedness between the allurements of the world and divine bliss) departs. Our mind blossoms like a lotus, and is attuned to God. Even though still alive, one (detaches from worldly allurements, as if) one has died, and after that one relishes the supreme taste (of blissful union with God).” (2)

Going into more detail, Guru Ji says: “On meeting the true Guru, one enters the discipline of Truth and becomes immaculate. (One examines everything on the basis of truth and justice, and not on the basis of one’s selfish interests or falsehood). Thus climbing the ladder of the Guru (following the path shown by the Guru), one rises higher and higher (and becomes a better person). But it is only by (God’s) grace that one meets (a true Guru, and) then even the great fear of death is dispelled (from one’s mind).”(3)

In conclusion, Guru Ji says: “On meeting the Guru, one remains attuned to God, and merges into the embrace (of God). Extending his mercy (the Guru) shows that person the mansion (of God) within the mind itself. In short, O’ Nanak, by dispelling (a person’s ego), the Guru unites (him with God).”(4)

The message of this shabad is that if we want to experience the bliss of union with God, we should pray to Him to bless us with the guidance of the Guru (which we already have in the form of Guru Granth Sahib). Now all we need to do is follow the advice contained therein, and detach ourselves from worldly enticements, so that showing His mercy God may bless us also
It is the same light
with His union. In this shabad, he comments on our destinies and the results of our actions in the past, and
tells us how we can try for a better future.

He says: “(O’ my friends), no one can erase our destiny. I don’t know what will happen in the future.
Whatever has happened has happened according to His will, and there is no other who does anything.” (1)

Guru Ji now wonders about the greatness of God and says: “(O’ God), neither I know about my (past)
deeds, nor do I know how great is Your bounty. (I know only this): that all the merits of righteous deeds,
or (pride in) one’s caste, lie in Your Name (alone).” (1-pause)

Appealing to God’s greatness, Guru Ji says: “(O’ God), You are such a great benefactor and donor that the
treasures of Your meditation never run short. (I know that) any act done in arrogance is never beneficial.
(The safety of human) life and body is in Your hands.” (2)

Continuing his humble prayer to God, he says: “(O’ God), You take and give life, and forgiving (man’s
sins), You unite him (with Yourself). As You wish, You make a person meditate on (Your) Name. You
are my true, wise, and sagacious protector. Please bless me with the instruction of the Guru because I am
dependent on Your support.” (3)

Guru Ji now describes the blessings of meditating on God’s Name. He says: “If one’s mind is imbued with
the love (of God’s Name), then no dirt (of evil thoughts) remains in one’s body. By listening to the word of
the Guru, one realizes the eternal (God). Nanak says, “(O’ God) such is Your power and the greatness of
Your Name, that one should always seek Your refuge by doing Your worship.” (4-10)

The message of this shabad is that we do not know what is written in our destiny, and what our fate
shall be. The only thing for us to do is to pray to God to bless us with the guidance of the Guru, so
that we may worship God by meditating on His Name, and thus live in His refuge.

In the previous shabad Guru Ji advised us that if we want a better future, we should pray to God to bless
us with the guidance of the Guru and meditate on God’s Name, and thus always live under God’s refuge.
In this shabad, he describes the blessings received by a person who has acted upon this advice.

He says: “(The one), who has worshipped the indescribable (God), and has inspired others to do the same,
has quaffed the nectar (of God’s Name) and helped others to drink it (also). That person’s all other
worldly) fears have vanished, because such a person always remains absorbed in (meditation of God’s)
Name.”(1)

Regarding the state of mind of such a person, Guru Ji says: “(Such a person who remains absorbed in
God’s Name, says): “Of what should I now be afraid of, when all (worldly) fear has merged in the fear (of
God), whom I have recognized through the word of the perfect Guru?” (1-pause)

Listing other blessings received by such a person, Guru Ji says: “The person in whose heart is the capital
of God’s (Name) easily receives honor (in God’s court).” (2)
It is the same light
of sexual desires, and salvation). This is all contained in the Simritis and Shastras (the Hindu holy books) and the discourses of the great Pandits. But without (guidance of the) Guru, nobody has understood the true meaning (of these objects, particularly salvation). It is only through the Guru that any person has ever obtained the commodity of salvation.”(2)

Guru Ji now reveals who are those, who achieve true salvation. He says: “The one in whose heart God has come to reside has obtained the worship of God through the Guru, and through the worship of God enjoys the bliss of salvation. This is how, through Guru’s instruction, one obtains the state of supreme bliss.”(3)

In conclusion, Guru Ji says: “Whosoever has obtained God, it is only through the Guru that they have themselves seen Him, and helped others to see. (The Guru has) taught them the way to live free from desire, while still living amidst (worldly) desires. That Master of the meek is the giver of peace to all, and O’ Nanak, the mind (of such devotees) remains imbued with the love of God’s feet (His Name).” (4-12)

The message of this shabad is that if we want to live above the three ordinary states (of worldly Maya), and enjoy the fourth state of unique peace and bliss and obtain true salvation, we should follow the instruction of the Guru (Granth Sahib Ji) and meditate on God’s Name day and night.

**ga-orhee chaytee mehlaa 1.**

amrit kaa-i-aa raihin sukh-aalee baajee ih sansaaro.  
lab lohb much koor hamaaveh bahuut uthaaveh bhaaro.  
 tooN kaa-i-aa mai raihin daykhee Ji-o Dhar upar chhaaro.  

sun sun sikh hamaaree.  
sukarit keetaj rahsee mayray jee-arhay bahuhr na aavai vaaree.  

ha-o tuDh aakhaa mayree kaa-i-aa tooN sun sikh hamaaree.  

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nindaa chindaa karahi paraa-ee jhootee laa-jaatbaar.  
vayl paraa-ee johel jee-arhay karahi choree buri-aaree.  

hans chal-i tooN pichhaa raheee-ayee chhutaah ho-ee-ah naaree.  

tooN kaa-i-aa rahee-ah supnaante tuDh ki-aa karam kamaa-i-aa.  
kar choree mai jaa kichh lee-aa jaa man bhalaa bhaa-i-aa.  
halat na sobhaa palat na dho-ee ahiila janam gavaa-i-aa.  

ha-o kharee duhalyee ho-ee baabaa naanak mayree baat na puchhhaai ko-ee.  

taajee turkee su-inaa rupaa kaparh kayray bhaaraa.  
kis hee naal na chalye naanak jharh jharh paay gavaaaraa.  

koojaa myvaay mai sabh kichh chaakhi-aa ik amrit Naam tuamaaraa.  

It is the same light  
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In the previous shabad, Guru Ji told us that the person who loves (or is influenced by) the three qualities (of Maya) keeps suffering (the pain of) birth and death. In this soul-awakening beautiful shabad, Guru Ji puts himself among ordinary people, and addresses his body, soul, and mind (and indirectly us) to follow the right path.

First addressing the body, Guru Ji says, "(O’ my body, thinking yourself as immortal, you remain busy only in enjoying (worldly) pleasures. (But you don’t understand that) this world is only a play. You practice much avarice, greed, and falsehood, and carry a load of sin on your head. O’ my body, I have seen you wasted like the dust on earth.” (1)

Next addressing the soul, Guru Ji says: “O’ my soul, listen carefully to my advice. I tell you that you will not find this opportunity (of human birth) again. Only your good deeds will last (and be of help to you in the end)” (1-pause).

Turning back to the body, Guru Ji says: “I say to you, O’ my body, listen to my advice. You slander and criticize others. You indulge in false backbiting. You look upon another’s spouse with lustful intention, you commit theft and evil deeds, but you don’t remember that when the swan (soul) flies away, you will be left like a deserted woman.” (2)

Continuing his address to the body, Guru Ji says: “O’ (my) body, you live as if in a dream. (Have you ever reflected) what good deed have you done (so far)? Whenever you obtained something by stealing (or by deceiving someone), it looked pleasing to the mind. (This way, you) neither earned any honor in this world, nor any support for the next world. You have wasted away your precious (human) life.” (3)

(Thus reflecting on the sorry state of mind and body, Guru Ji tells us what we will soon be saying to ourselves). On our behalf he says: “O’ my respected sir, (I) Nanak truly feel in pain, and nobody cares a bit for me.” (1-pause)

Making a confession on our behalf, Guru Ji says: “All these costly Arabian and Turkish horses (these luxurious foreign cars), gold and silver, loads of raiment, etc., are useless loads. Nanak says, O’ foolish person, all these things never accompany anyone (after death). They separate (from the body) and fall down like embers. I have tasted all the (delicious foods, like) rock candy and dried fruit, but I find that only Your Name is nectar (sweet), O’ my God.”(4)

Guru Ji now comments on the preoccupation of many people to build grand mansions or amass riches. He says: “(People) dig deep foundations to erect big mansions, but in the end these crumble down to heaps of dust. A human being amasses and hoards riches, and doesn’t share this wealth with anyone else. The fool thinks that all this wealth is his (or her) own, but does not remember that even Lanka, the city of gold, and the mansions of gold (possessed by king Ravana) were of no use to him (in the end).” (5)

Guru Ji finally addresses his mind and says: "Hear, O’ my foolish mind, only that will happen which pleases Him (1-pause).
“(Understand that) Our God is a great merchant and we all are His peddlers. All this body and soul are His capital. He Himself creates and destroys life.” (6-1-13)

The message of this shabad is that instead of wasting our precious human birth in amassing false worldly wealth and power, we should use this opportunity to do good deeds and meditate on God’s Name, so that we may earn honor in this and the next world.

In the previous shabad, Guru Ji advised us that instead of wasting our time in amassing false worldly wealth, we should use this opportunity to do good deeds and meditate on God’s Name. But the fact is that we keep doing wrong things, influenced by our innate evil tendencies of lust, anger, greed, attachment, and ego. In this shabad, he compares these tendencies to five thieves, which are always on the lookout to steal whatever merit our soul might have earned in previous lives, or is trying to earn now.

Comparing our soul to a poor landlady surrounded by five thieves, Guru Ji depicts the soul’s situation in its own words. The soul says: “Those thieves (evil tendencies within my body) are five, and I am just one person. O’ my mind, how can I save my house and property (merits) from them? These robbers beat and rob me (of my good qualities, and give me pain) every day. Before whom may I go and cry?” (1)

Answering on behalf of divine wisdom (or conscience within us all), Guru Jī says: “O’ my mind, utter the Name of God, because in front of you is a very powerful army of the demons of death.” (1-pause)

Continuing the metaphor of a landlady for the human soul, Guru Jī now comments further on the state of the body and says: “Building a small thatched hut (of the body, God) has put (ten) doors in it. Inside this hut lives the soul, the landlady. (Thinking herself to be) immortal, every day she engages in leisurely sports while the five thieves (lust, anger, greed, attachment, and ego) keep plundering the mansion (of all its virtues or good qualities).” (2)

Depicting the end of this body mansion (the situation at the time of one’s death), Guru Jī says: “Demolishing this hut and robbing it of all wealth, the lady (soul) is apprehended. With a chain around her neck, the demon (of death) beats her with a stick while those five thieves (or evil tendencies) run away. (In other words, at the time of death only our soul goes through pain, while all other faculties disappear.)” (3)

Guru Jī now tells us the reason behind the suffering of the human soul. He says: “(For his entire life), one’s wife (spouse) keeps asking for gold and silver, and friends seek good food (and drink). O’ Nanak, (one) commits sins for their sake (but in end, one’s soul alone) will be bound and driven to hell.” (4)
The message of this shabad is that although it is our duty to discharge our obligations to our families and friends through honest means, still we should not stoop to dishonesty, greed, or other sinful acts to please them. In the end, only our soul would bear the punishment for all the sins committed by us.

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In the previous shabad Guru Ji told us that although it is our duty to discharge our obligations to our families and friends through honest means, still we should not stoop to dishonesty, greed, or other sinful ways in order to please them. In this shabad, while addressing directly the yogis (who usually wear special garbs and symbols, such as an old torn-out jacket, large wooden earrings, and a small supporting staff in their hands), Guru Ji is indirectly advising us against false outside garbs and austerities. Instead, he emphasizes the importance of purifying our inner self.

He says, "(O’ yogi), instead of rings around your ears, put these rings around your heart (and control your evil desires. Realize that your body will soon die), and make this (belief) your torn-out jacket. (Instead of having other humans as your disciples who follow your orders), make your five senses (speech, touch, smell, sight and hearing) your disciples, and make your mind the staff (to control your senses).” (1)

Guru Ji says: “(O’ yogi), this is how you will find the way to yoga (union with God). Instead of occupying your mind with the thoughts of forest fruits and roots, concentrate on the food of God’s Name, because only the one word (of God’s Name) is eternal, and everything else is perishable.” (1-pause)

Making a satire on other practices of the yogis, he says: “You shave your head at the banks of river Ganges (as if by doing so you have found the Guru). If it is true then I have made the river Ganges as my Guru. O’ blind one, why don’t you worship the one God alone, the Master of all the three worlds?” (2)
It is the same light

Holding the mirror of their false practices to them, he says: “O’ yogis, you deceive people with your false show and mere prattle, which does not remove doubt from the mind at all. Why don’t you concentrate your mind on the service of the one God? What is the use of running about in avarice and greed?” (3)

Guru Ji once again emphasizes, and says: “(O’ yogis), simply meditate on the immaculate God with the full concentration of your mind. Why do you utter so much falsehood?” (1-pause)

Concluding his remarks, Guru Ji says: “Our body is foolish, swan (soul) childish; we spend our lives in the pursuit of I-am-ness (acquiring worldly possessions and power for ourselves). But Nanak says, when the soul departs from this world empty handed, it repents seeing the naked body being burnt.” (4-3-15)

The message of this shabad is that simply by wearing symbols and holy clothes we should not assume that automatically we have become the disciples (or sikhs) of the Guru. According to Dr. Bh. Vir Singh Ji, this shabad also appears to be a continuation of Guru Ji’s address to the yogis. In order to make this advice universal, he chose the format of addressing his own mind.

In the previous shabad, addressed to yogis, Guru Ji advised us that simply by wearing symbols and holy clothes we should not assume that automatically we have become the disciples of the Guru. According to Dr. Bh. Vir Singh Ji, this shabad also appears to be a continuation of Guru Ji’s address to the yogis. In order to make this advice universal, he chose the format of addressing his own mind.

Stressing the importance of God’s Name, Guru Ji says: “O’ my mind, the basic mantra (of God’s Name) is the only panacea (for all maladies). If you firmly enshrine it in the mind, then you can obtain (that God), who can erase the sins (committed by you) birth after birth.” (1)

Therefore Guru Ji says: “O’ my brother, understand that there is but only one Master of the mind (who can save it from evil tendencies). But because of your three impulses (for virtue, vice, or power), you remain submerged in worldly affairs, and you cannot comprehend the unknowable God.” (1-pause)

Guru Ji now uses a very pictorial example to show us the mirror of our own life. He says: “To us this worldly wealth tastes sweet like sugar and molasses, and we are carrying a big load (of sins on our heads,
to amass this wealth by fair means or foul. We are so entangled in false worldly affairs that we are unaware how our span of life is being cut short every moment). Our situation is like that of a person (hanging in a well), who cannot think of any way to get out of it, while the rat (of death) is nibbling away at the rope of his life.” (2)

Guru Ji therefore comments: “Whatever self-conceited persons do, they are afflicted with an equal proportion of pain. (On the other hand), the Guru’s followers obtain honor both here (in this world) and there (in the next). Whatever that (God) has done, that alone has happened, and one’s pre-ordained destiny (based on one’s past deeds) cannot be erased.” (3)

Guru Ji concludes the shabad by telling us about the blessings received by those who are imbued with the love of God. He says: “They who are imbued with the love (of God) always remain brimful (with joy), and never run short (of this happiness). O’ Nanak, if (our mind) becomes even little bit (humble, like) the dust of their feet, then that foolish (mind) would obtain some (spiritual gain).” (4-4-16)

The message of this shabad is that instead of wasting our time in the pursuit of worldly wealth we should seek the service of saintly people, and imbue ourselves with God’s love. Then we will find the way out of this dark forest of worldly Maya, reach the mansion of God, and live in eternal bliss.

Gaurri Chaytee Mehla 1

In the previous shabad Guru Ji told us, that if we want to find a way out of this dark worldly forest and reach the mansion of God, then we should imbue ourselves with His true Love. In this shabad he once again puts himself among sinners like us and shows us how to first examine ourselves and address God.

It is the same light
First wondering about the place or state before we obtained human form, Guru Ji says: "We don’t know how long we had any mother or father, and from which place we have come (into this world. We know that) we were created from the water of our father’s sperm, and fashioned in the fire of mother’s womb. (But we don’t know) for what purpose we were created at all."(1)

Therefore, making a humble confession to God, Guru Ji says: “O’ my dear Master, no one knows the extent of Your merits, while it is not possible to narrate my demerits.” (1-

Continuing to wonder about all the possible existences in which we might have lived before taking birth as human beings, Guru Ji says: “(O’ God, how can we know) how many forms of trees, plants, and beasts we passed through before being born into this human body? How many times have we entered the family of serpents, and for many times have we flown as birds?” (3)

Now Guru Ji describes what kind of evil deeds a person commits as a human being. He says: "(O’ God), one breaks into many shops, cities, and strong houses, and comes home after committing thefts. While committing these thefts, one looks back and forth (to ensure that nobody is watching), but how can one hide these thefts from You?’”(3)

Describing the false deeds done by many to escape punishment for their sins, Guru Ji says: “(O’ God, many times in order to erase our sins), we start visiting holy shores and the banks of rivers in all the nine regions, and go begging in the shops, bazaars and cities. Then like a peddler, within one’s own mind starts weighing (one’s merits and demerits. Then realizes that one’s vices far outweigh the virtues, and there is no way one can escape punishment in God’s court through these ritualistic deeds of piety).”(4)

Therefore, Guru Ji shows us a new approach to wash off all our sins in a single stroke. Most humbly addressing God on our behalf, he says: “(O’ God), as is an ocean full of water (whose depth cannot be measured, similarly unaccountable) are my sins. (There is no way that on my own I can wash off my sins. So, please show some mercy, (and save us). You can help even the stones to swim across an ocean).” (5)

In closing, he says: “(Even when one’s) soul is burning like fire, and within it is running a sharp knife, Nanak submits that if one recognizes (God’s) command, peace prevails (in life) day and night.”(6-5-17)

The message of this shabad is that we don’t know how many sins and misdeeds we have committed in this or previous births, or through how many different existences we have already suffered and will suffer through again. The only way to end this cycle and live in eternal peace is to live according to the Will of God, pray to Him to show His mercy, and save us like so many other sinners.

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ga-orhee bairaagan mehlaa 1.

rain gavaa-ee so-ay kai divas gavaa-ia-aa khaa-ay.
heeray jaisaa janam hai ka-uidee badlay jaa-ay.
Naam na jaani-aa raam kaa.
moorhay fir paachhai pachhuatiahi ray. ||1||
rahaa-o.

antraa Dhan Dharnee Dharay anataa na chaahi-aa jaa-ay.
anat ka-o chaahan jo ga-ay say aa-ay anataa gavaa-ay. ||2||
aapan lee-aa jay milai ta saab ko bhaagath ho-ay.

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karmaa upar nibhai jay lochai saab ko-ay. ||3||
aanan karjaa Jin kee-aa so-ee saar karay-i.
hukam na jaapee khasam kaa kisai vadaa-ee day-ay. ||4||1||18||

It is the same light
In the previous *shabad* Guru Ji talked about the possible existences in which we might have lived before taking birth as human beings. He noted how even after taking birth as a human being, one keeps committing sins and misdeeds, and wastes this invaluable opportunity in vain. In this *shabad*, he directly addresses us, and tries to wake us up from the slumber of (worldly attachments).

He says: “(O’ my friend), you are wasting the night (time) in sleeping, and the day (time) in eating (or enjoying worldly pleasures). Your human birth is valuable like a diamond, but is being (wasted, as if) it is being sold away for a shell.” (1)

Warning us in very strong words, he says: “O’ fool, if you have not realized the Name of God, (I tell you) that you will later repent.” (1-pause)

Next, employing poetic artistry of using the same word for two different meanings, he says: "(The person) who hoards in the ground and (keeps trying to acquire) limitless wealth does not have the urge to obtain the limitless (God). They who have (spent their time) trying to acquire limitless (worldly wealth) have ended up losing the limitless (God).”(2)

However, Guru Ji wants to caution us, that the true wealth of God’s Name cannot be obtained, just by one’s own efforts. He says: “If by one’s own efforts, the (true wealth of God’s Name) could be obtained, then everyone would become (spiritually) wealthy. One obtains this wealth only if it is so written in one’s destiny (which is based on one’s past deeds).”(3)

In closing, he says: “O’ Nanak, He who has created (this universe, that God) alone takes care of it. The command of the Master cannot be pre-determined: (nobody knows), whom He may grant glory. (4-1-18)

The message of this *shabad* is that we should not waste our time in sleeping, eating, (or pursuing worldly wealth only). We should try to acquire the wealth of God’s Name, lest we repent in the end.

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**GAURRI BAIRAAGAN MEHLA 1**

In the previous *shabad* Guru Ji warned us how we are wasting away our precious human birth in eating, drinking and sleeping instead of utilizing this time to try to meet our beloved spouse (God). In this *shabad*, which is a superb example of the height and beauty of Guru Ji’s poetic skill and imagery, he expresses how keenly he longs to meet his Beloved.

Guru Ji says: ‘(O’ God), I wish that I were a deer abiding in the woods and surviving on wild roots and fruits. (If) by Guru’s grace I meet my beloved God, I may sacrifice myself for Him again and again.”(1)
Before switching to the second metaphor, Guru Ji summarizes his love for God in yet another poetic image. He says: "(O' my friends), I am a peddler of God. (O' God, the sole occupation and purpose of my life is to amass the wealth of the Your Name, as if) Your Name is my (entire) capital and trade." (1-pause)

Resuming the expression of his love for God, he says: "(O' God), I wish I were a cuckoo sitting on a mango tree, and peacefully reflecting on the (Guru's) word so that my Master of infinite beauty may imperceptibly come to meet me." (2)

Next, quoting the proverbial example of the love of a fish for water, Guru Ji says: "I wish I were a fish living in water, (and meditating on that God who takes care of all living beings. Both on this and the yonder shore (everywhere) resides my spouse (God). I would go and embrace Him with open arms." (3)

Finally describing his love in the metaphor of a serpent, he says: "I wish I were a serpent living underground, Your word may abide in my heart, and my fear may go away. O' Nanak, (those bride souls) always remain united with their spouse (God), whose soul merges in the soul (of their Beloved)." (4-2-19)

The message of this shabad is that our love for God should be so intense, sincere, and deep, that in every state we remember Him. We must keep singing His praises like a cuckoo sitting on a mango tree, and keep longing for His embrace, just as a fish pines for water.

This shabad is included in Keertan Sohela, which is the last prayer recited by Sikhs before going to bed at night. According to Dr. Bh. Vir Singh Ji this shabad appears to be uttered by Guru Ji in response to a question regarding the best place or state of mind for remembering God. Secondly, just as this shabad is recited at bedtime (or at the end of the day), similarly it also is recited when we retire Guru Granth Sahib Ji for the day, or as a last prayer at the death of somebody. In this shabad, Guru Ji advises us not to be afraid of death, and instead take it as our opportunity to marry and unite with our dear spouse God.

He says: "(O' my soul), in whatever (state of mind, or congregation) house, where His praises are uttered and the Creator is reflected upon, in that place you also sing songs of joy and meditate on the Creator." (1)

Guru Ji again emphasizes this point and says: "(O' my dear friend), please sing songs of praise of my fearless (God). I am a sacrifice to that song of joy, which brings peace (of mind)." (1-pause)
Many people recite the prayers as required by Sikh Rehat Meryada (Code of Conduct), or join in doing Keertan (singing praises of God). Yet many often make excuses and say if they spend time in doing this, then no one will take care of their families. While never asking his disciples to abandon their families, Guru Ji advises us against worrying too much on this account. He says: “(O’ my soul), everyday God takes care of all His creatures, and that Provider will surely take care of your family too. Moreover, you cannot evaluate what He has already gifted to you: there is no end to the limits of that Donor.”(2)

Switching to the second part of his message, Guru Ji reminds us of our approaching death so that we may not be caught unaware, and later complain that we did not get enough warning and we had no time to meditate on God’s Name. But he wants us to treat this occasion of death not as a dreadful thing, but rather as a welcome occasion of our marriage with our spouse God. While using this metaphor of marriage, he refers to the old tradition of pouring oil on a bride’s head by her relatives, and helping her dress up for the marriage. Speaking on behalf of such a bride, Guru Ji says: “(O’ my friends), the auspicious time and date of (my marriage with God) has been written down; please join and pour oil (to celebrate this occasion). O’ my (saintly) friends, bless me so that my union with my Master may come to pass.” (3)

In conclusion, he says: “(This messenger) of death, whom we must welcome like a harbinger of our marriage to God) is going from door to door, and daily such calls are being issued. O’ Nanak, we should worship that Caller and (pray that) our day of call (for union with God) may also come.”(4-1-20)

The message of this shabad is that we should always keep in mind that our time of departure from this world can come at any time. While spending reasonable time in discharging our family duties, we should also prepare ourselves for this moment by singing praises of God in holy congregation, and meditating on His Name. Instead of fearing the moment of Death, we should look forward to it as a welcome opportunity for reunion with our beloved spouse (God) from whom we have remained separated for such a long time.

raag ga-orhee gu-aarayree.

mehlaa 3 cha-upday.

ik-o’kaar satgur parsaad.

gur mili-ai har maylaa ho-ee.
aapay mayl milaavai so-ee.
mayraa parabh sabh biDh aapay jaanaai.
hukmay maylay sabad pachhaanai. ||1||
satgur kai bha-ay bharam bha-o jaa-ay.
bhai raachai sach rang samaa-ay. ||1||
rahaa-o.
gur mili-ai har man vasai subhaa-ay.
mayraa parabhbhaaraa keemat nahee paa-ay.
sabad salaahai ant na paaaraavaar.
mayraa parabh bakhsay bakhsanhaar. ||2||
gur mili-ai sabh mat buDh ho-ay.

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man nirmal vasai sach so-ay.
saach vasi ai saachee sabh kaar.
ootam karghe saabad beechaar. ||3||
gur tay saachee sayvaa ho-ay.
gurumkh Naam pachhaagai ko-ay.
jeetai gataa dayvaaheer.
aanak har Naam lagai pi-aar. ||4||21||

It is the same light
In the previous shabad, Guru Ji advised us that we should meditate on our Creator, so that a day may come when (like a bride) we are married to Him. But often it is very difficult to meditate on Him when we don’t know how to do so. In this shabad, Guru Ji tells us who can guide us in this respect, and bring about our union with God. He also lists the merits of such a person and tells us what kinds of blessings we receive when we meet him (and act upon his advice).

He says: “Union with the Guru brings union with God. In fact, God Himself brings about the union (with Himself, by first) uniting us (with the Guru). My God Himself knows all the ways (of bringing about this union). When, according to His command, He unites a person with Himself, that person identifies (God) through the word (or guidance of the Guru).” (1)

Stating the blessings of Guru’s refuge, he says: “When we remain in fear of the Guru, all our worldly fears and doubts go away. By being imbued with the fear of Guru, one merges in the love of the eternal God Himself.” (1-pause)

Elaborating on the merits of the Guru, he says: “On meeting the Guru, imperceptibly God abide in our heart. My God is so great that His worth cannot be estimated. The one who is attuned to the Guru’s word meditates on the praise of God of limitless merits, and my forgiving God forgives (all one’s sins).” (2)

Now explaining the importance of the Guru, he says: “On meeting the Guru, (true) wisdom and understanding is obtained. The mind is rendered immaculate, and the true God comes to abide in it. When the eternal God comes to abide in one’s mind, one’s whole conduct becomes truthful. (One realizes) that the most sublime deed is to reflect on the (Guru’s) word (because it leads to union with God).” (3)

In conclusion, Guru Ji says: “Through the Guru, one engages in the true service (of God, by meditating on God’s Name). But rare is the one who, through the Guru, realizes God’s Name. O’ Nanak, one who is imbued with the love of God’s Name (firmly believes that) the Giver (of all gifts) lives forever.” (4-1-21)

The message of this shabad is that if we want to be united with (God) our beloved Spouse, then we should pray to Him to bless us with the guidance of the Guru, and the wisdom to follow his advice.

<table>
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<tr>
<th>Raag Gaurri</th>
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<th>Ik Onkaar Sat Gur Parsad</th>
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<td>gur tay boojhai seehjai so-ay.</td>
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<td>gur tay paa-ay mukatdu-aar.</td>
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<tr>
<td>poorai bhaag milai gur aa-ay.</td>
<td>saachai sahj saach samaa-ay.</td>
<td>gur mili-ai tarisnaa agan bujhaa-ay.</td>
<td>gur tay saa’ti vasai man aa-ay.</td>
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<td>baajh guroo saabh bharam bhulaa-ee.</td>
<td>bin naavai bahutaa dukh paa-ee.</td>
<td>gurmukh hovai so NaamDhi-aa-ee.</td>
<td>garsan sachai sachee paat ho-ee.</td>
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<tr>
<td>kis no kahee-ai daatzaa ik so-ee.</td>
<td>kipraa karay sabaa milaavaa ho-ee.</td>
<td>mil pareetam saachay guj gavaa.</td>
<td>nanak saachay saach samaavaa.</td>
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</tbody>
</table>
Like the previous shabad, Guru Ji stresses upon the importance of the Guru in this shabad also.

He says: “Rare is the one who seeks (divine) wisdom from the Guru. The one who acquires (divine wisdom) from the Guru succeeds (spiritually in life). From the Guru, one obtains poise and understanding (about the merits) of the eternal God. (In short), from the Guru one finds the (door) to salvation.” (1)

Therefore Guru Ji states: “By great good fortune, whom the Guru comes to meet merges in the eternal (God), and the everlasting state of equipoise.” (1-pause)

Elaborating on the blessings obtained through the Guru, he says: “When one meets the Guru, one extinguishes one’s fire of (worldly) desire. Through the Guru, peace comes to abide in the mind. From the Guru is obtained (spiritual) purity, transparency, and cleanliness (of character). It is through the Guru’s shabad, that union with God takes place.” (2)

Describing what happens without the guidance of the Guru, he says: “Without the Guru, the whole (world) is lost in doubt, and without (meditating on God's) Name, immense pain is suffered. The one who follows the Guru meditates on the Name, and by seeing the sight of the eternal (God) obtains true honor.” (3)

In conclusion, he says: “Whom can we ask (for this gift of Name, when God) is the only Giver (who can give this gift)? When He shows mercy, only then is union with Him obtained through the (Guru's) shabad. (1) Nanak pray that by meeting my beloved (Guru), I may sing praises of the eternal (God), and forever merge in the eternal (God).” (4-2-22)

The message of this shabad is that if we want to avoid wandering through existences, then we should pray to God to unite us with the true Guru. So that by listening and acting on his advice, we may also meditate on God's Name, become worthy of His grace, and merge in that eternal God.

In the previous shabad, Guru Ji told us about the merits of the Guru, and the blessings which we can obtain from him. In this shabad, he tells us about the place or congregation which is best for leading our mind in the right direction.
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Guru Ji says: “That place (or congregation) is truly the right place where one’s mind becomes immaculate. There one’s mind is attuned to the eternal (God, by virtue of the holy congregation) becomes the embodiment of the eternal (God). By reflecting on the true word (of the Guru), one becomes known through all the four ages (forever, and realizes that) the eternal (God) is everything, all by Himself.” (1)

But everyone does not obtain such a true company. Therefore, Guru Ji says: “(Only) when (God) shows mercy (on someone), He unites that person with the congregation of saintly persons. Sitting in that company, such a person sings God’s praise.” (1-pause)

Guru Ji now states his opinion about those who remain attached to worldly wealth and do not taste the relish of God’s Name. He says: “May this tongue be burnt which is in love with (worldly wealth rather than God). Such a (tongue) does not taste the relish of God’s (Name), and utters insipid words. Without knowing (God), one’s mind and body become insipid, and without meditating on the Name (of God), one departs from the world in a state of grief.” (2)

Now showing the opposite side, and stating the merits acquired by that person who meditates on God’s Name, Guru Ji says: “(The person whose) tongue has tasted the relish of God’s (Name), by Guru’s grace easily merges in the eternal (God). By reflecting on the word of the Guru, the tongue becomes imbued with the love of the eternal (God), and it drinks the immaculate stream of Nectar.” (3)

Guru Ji concludes the shabad by stating another important concept about the person who obtains the grace of God and merges in Him. Using the example of a vessel in the rain, he says: “The (rain of) Name enters only (the heart of that person, which like) a vessel (is turned upwards and is receptive of the Guru’s word. Just as) nothing can stay in the downward turned vessel (similarly no advice can benefit the mind, which is not attuned to the Guru). Only through the Guru’s word God’s Name comes to reside in our heart. O’ Nanak, true is that vessel (that mind) which is thirsty for the (Guru’s) word.” (4-3-23)

The message of this shabad is that if we want to enjoy the relish of the nectar of God’s Name, we should pray to Him to bless us with the company of saintly persons. Joining this congregation, we should listen to the word of the Guru, sing God’s praises, and meditate on His Name.

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gi-graddi mi-ta:ntey bhag 3.
ri-ti karaat ko bhari mandur sath ||
ri-ti ri-ti karaat virat samah sath ||
kaaraat karaat mat ram vilakhu sath ||
maari baare sath virat sathu 9.

kaaraat ko te ma:ntu:naa kaa:re ||
maa:ta u:ta raam raahin saarare 19 ||
sathe.

ri-ti karaat ri-ti karaat sar:di ||
raam sath raahin bhak karate ||
sathe karaat gur saar vilakhu sar:di ||
maaar saahin saar saar vilakhu par:di ||2.

ja:nt saa‘raa.
kaaraat karaat bharat aap sath paa:raa.
laar nar jaat ghar kaa:re sar:di.
lifer nacti karaat ko vair ||
sathe saare ri-ti gur dee haar sath ||3.

kaaraat karaat sar:di karaat sar:di sar:di ||
maari karaat vilakhu aap saar vair ||
maaar puur saar saar naar vilakhu sar:de ||
sathe karaat karaat saar kaa:re 9.

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bhaagat kahar moo:raakh aap ja:naa:vah.
nach nach tapa:he bahutdu:kh paavahi.
nachi-ai tapi ai bhaagat na ho:ay.
saab d marai bhaagat paa:ry jan so:ay. ||3||

bhaagat vachh:al bhaagat karaa:ay so:ay.
saache bhaagat vichahu aap kho:ay.
ma:raa para:he sachaa saab biDh ja:naai.
naanak ba\hhsay Naam pachaanaai.
||4||4||24||
In the previous shabad Guru Ji advised us that if we want to enjoy the relish of God’s Name, we should pray to Him to bless us with the company of saintly persons. Joining this congregation, we may listen to the word of the Guru, sing God’s praises, and meditate on His Name. In this shabad, he warns us against singing praises of God, without true love and devotion, as is generally the case with many singers and dancers who perform, more for the sake of money, or satisfying their ego, rather than true love for God.

Guru Ji says: “There are some who keep singing (divine songs), but they don’t obtain (true) delight in their mind. (Because), they sing out of ego, all their effort goes waste. Only those sing (true) songs (of God’s praise) who are in love with His Name, and reflect on (Gurbani), the (Guru’s) eternal word.”(1)

Stating the blessing one obtains when one truly sings God’s praises, he says: “If it so pleases the true Guru (and he shows mercy on the one who has come to his shelter, then one) keeps singing God’s praises. The mind and body are then imbued (with God’s) Name, and one’s (life) becomes beauteous.”(1 pause)

Elaborating on his remarks in the first paragraph, Guru Ji says: “There are some who sing or worship (God). But without true inner love, they do not obtain (God’s) Name. The true worship lies in (true) love of the Guru’s word. (Such devotees) have always kept their spouse (God) enshrined in their mind.” (2)

Commenting further on those who make a show of their worship by singing or dancing in front of others, Guru Ji says: “There are those fools who worship only to make themselves known. They dance and jump again and again and bear great pain. Dancing and jumping does not mean (true) devotion (of God). Only the one who (by reflecting on the Guru’s word completely loses one’s self-conceit, as if that person has) died through the (Guru’s) word obtains true devotion.”(3)

Finally Guru Ji describes how God gets His true worship done, and who the fortunate ones are who are blessed with the true worship of God. He says: “That lover of the devotees, Himself gets His true worship done. The true worship happens when a person erases self (conceit) from within. My eternal God knows all the ways (to make a person lose self-conceit and perform true worship). O’ Nanak, the one on whom (God) showers His Grace realizes (His) Name.” (4 4-24)

The message of this shabad is that we should not consider ourselves devotees of God simply because we perform ritual worship or sing hymns. The true worship of God is only performed when by reflecting on the Guru’s word, we erase our ego and sing His praises with true love and devotion.
In the previous shabad, Guru Ji stated that true worship of God is only performed when by reflecting on the Guru’s word, we erase our ego and sing His praises with true love and devotion. In this shabad, he tells us what happens when one stills the mind, and why it is so important to erase one’s ego.

Guru Ji says: “When one subdues one’s mind, then one’s wandering (for material possessions) ceases. Without controlling the mind, one cannot attain to God. But it is only a rare person who knows the medicine (or the way) to still the mind. The person who knows that the mind is brought under control through the (Guru’s) word is a (true) devotee.”(1)

Guru Ji now tells us, whom God gives this honor. He says: “The person upon whom God becomes gracious is given this honor, (and) by Guru’s Grace, God comes to reside in the heart.”(1-pause)

Guru Ji adds: “This mind is incorrigible. Only a rare person rectifies it (and brings it to the right path). Only when one eats the uneatable (self-conceit, this mind) becomes immaculate. The Guru’s followers have rectified (and subdued) this mind, and they have dispelled the ego and other evils from within.” (3)

In conclusion, he says: “They whom (God) has preordained (to be saved) have been united (with the Guru). They always remain merged in (the Guru’s) word, and are never separated (from God, who) alone knows His power and play. O’ Nanak, a Guru’s follower recognizes (God’s) Name (His will).”(4-5-25)

The message of this shabad is that if we want to obtain peace and unite with God, then we should subdue our mind by reflecting on the Guru’s word. We must make the mind pure by dispelling our ego and evil thoughts, so that it can recognize God’s will and truly meditate on His Name.
He says: “The entire world has gone crazy under the influence of ego. Because of the love of other (worldly things), it is lost in illusion. One worries too much, and does not recognize one’s (true) self. One’s day and night (and in this way, the entire life) is being spent doing (worldly) chores.” (1)

Suggesting the remedy to save ourselves from this rat race, Guru Ji says: “O’ my brothers, meditate on God in your heart. Seeking Guru’s Grace, help your tongue taste the relish of God’s (Name). “ (1-pause)

Describing the benefits of realizing God, he says: “Through Guru’s Grace, one who has realized God in the heart by serving that Life of the universe, has become known (forever) through all the four ages. When God, the judge of our deeds, shows mercy, by stilling ego through the Guru’s word, such a person recognized his or her true self.” (2)

Describing the merits acquired by such a person, Guru Ji says: “True are those devotees who have been united (with God) through the Guru’s word. The (minds of such persons) have been stopped from wandering and have been brought to rest. From the Guru they have obtained (God’s) Name, the essence of all the nine treasures. Yes, by God’s Grace, God has come to reside in their hearts.” (3)

In conclusion, Guru Ji states: “By repeating God’s Name, our body obtains peace and joy. (By doing so, God) comes to reside within us, and we are not afflicted by the pain of the demon (or fear of death). God Himself is the King and Himself the Counselor (and is not dependent on any advice). Therefore, O’ Nanak, (we should) always serve (and worship) that Ocean of virtues.” (4-6-26)

The message of this shabad is that the world has gone crazy, due to its love of duality and self-conceit. If we want to rid ourselves of this malady and enjoy an eternal state of peace, then we should meditate on God’s Name by reflecting on the Guru’s word (Gurbani in Guru Granth Sahib).

In the previous shabad Guru Ji told us that the world has gone crazy because of ego and love of duality. In other words, the world has forsaken God for the sake of satisfying their ego and worldly desires. In this shabad he instructs us not to make such a mistake.

Reminding us of so many gifts, which God has bestowed on us, Guru Ji says: “(O’ my friends), why should that (God) go out of our mind, to whom belong our life and soul? Why should that (God) be forsaken, who pervades in all, and by serving whom one is accepted with honor in (God’s) court?” (1)
Sharing with us, how much he loves and respects God’s Name, Guru Ji says: “I am a sacrifice to God’s Name. (O’ God, I spiritually) die the moment I forsake You.” (1-pause)

Now telling us what kind of people forget God, and what kind of consequences they suffer, he says: “(O’ God), You are forgotten by those whom You Yourself lead astray. You go out of the mind of those, who are in love with duality (the worldly wealth). Such self-centered ignorant (persons) are made to go through existences (again and again).” (2)

Next Guru Ji contrasts the fate of the self-conceited against the blessings received by those whom He leads to the right path, and yokes in the service of the true Guru. He says: “(O’ my friends), on whom God has become whole-heartedly gracious, they have enshrined God in their minds. By following the Guru’s instruction, (they) have merged in God’s Name.” (3)

Finally, Guru Ji tells us, who are those who reflect on the Guru’s divine wisdom. He says: “They in whose destiny is the account of (past) virtues, reflect on the (Guru’s divine) wisdom. They in whose accounts are virtues have subdued their ego. Nanak is a sacrifice to those, who are imbued with the love of (God’s) Name.” (4-7-27)

The message of this shabad is that we should never forsake God, who has given us this life and soul. Instead, we should pray to Him to bless us with the guidance of the true Guru, so that we may reflect on his divine wisdom, still our ego, and become worthy of acceptance in God’s court.

In the previous shabad Guru Ji advised us that we should never forsake God. Instead, we should pray to Him to bless us with the guidance of the Guru. In this shabad, he tells us why this guidance is essential.

Addressing God directly, Guru Ji says: “(O’ God), You are indescribable, so how can You be described? (I only know this much): that he who has the recipe of the word of the Guru (the one who has subdued ego by reflecting on Gurbani), You come to reside in that one’s mind. (O’ God), unaccountable are Your merits, whose worth cannot be estimated.” (1)

Stating the significance of God’s word, he says: “(O’ my friends, like God), His word (is also indescribable. It) remains absorbed in Him to whom it belongs. (O’ God), Your ineffable discourse can only be described through the (Guru’s) word.” (1-pause)
Stating how the Guru helps us in our spiritual journey, he says: “Wherever the Guru has gone, there he has established a saintly congregation. Where there is the true Guru, there imperceptibly are sung God’s praises. So wherever is the true Guru, there through (divine) word, he has burnt off the ego (of many).” (2)

Explaining the benefits of participating in the holy congregation (in the presence of the Guru Granth Sahib Ji), Guru Ji says: “By serving (and by singing praises of God), a Guru’s follower obtains a seat in the mansion of God. There by Guru’s Grace, such a person enshrines (God’s) Name in the heart. (In this way), by worshipping God a Guru’s follower merges in the (God’s) Name (itself).” (3)

But Guru Ji cautions us against any false misconceptions about our religiosity, and tells us that we obtain all such blessings only when God Himself shows His grace upon us. He says: “On His own, the benefactor (God) blesses a person with such a gift. Then one is imbued with love for the true Guru, (and then with God’s love). Nanak, therefore, salutes those who are imbued with the love of (God’s) Name.” (4-8-28)

The message of this shabad is that if we want to really enjoy the bliss of eternal union with God, then we should daily pray to Him to bless us with the love and guidance of the true Guru. Joining his holy congregation, we should sing praises of God and merge in His Name.

The previous shabad, Guru Ji told us that God is indescribable, but through the Guru’s word one can obtain some understanding of Him. In this shabad, he shares with us some of the attributes of God.

He says: “All forms and colors have originated from the one (God). The same universal law governs all the air, water, and fire. God Himself takes care of all these creatures of different colors.” (1)

Stating the main principle behind all creation, Guru Ji says: “There is but one wonderful God (responsible for all the creation), but only a rare person reflects on this concept by Guru’s Grace.” (1-pause)

Further explaining the ways of God, Guru Ji says: “Unnoticeably, God pervades in all places. (That God) who has made all the structures of the universe, is somewhere hidden, and somewhere visible. On His own, He wakes up (some) who are asleep (in the slumber of worldly riches, and motivates them to earn the wealth of God’s Name).” (2)

But once again Guru Ji wants to caution us against any thoughts of self-conceit. He says: “Though many have tried, yet nobody has been able to (fully) evaluate God. It is only when one merges (in Him) through the Guru that one understands God.” (3)
Finally, describing the right way to understand God, Guru Ji says: “(The one who by) listening again and again to the (Guru’s) word, sees (God everywhere), and unites his (or her self with the Guru), trough his word. Yes, it is only by serving the Guru (by listening and acting on his advice), that a person obtains this great honor (of understanding and merging in God). In short, O’ Nanak, they who are imbued with the love of (God’s) Name, remain merged in God’s Name (itself).” (4-9-29)

The message of this shabad is that the entire creation, in its different forms and manifestations, has originated from the one God alone. But it is impossible to describe that Creator. The only way to understand Him is to merge in Him by listening and acting upon (Gurbani) the Guru’s word.

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The ignorant persons who do not listen to the saint (Guru) never understand (the purpose of human life). All they do is to talk about and struggle with worldly wealth (and riches). Such blind ignorant persons never succeed (in achieving salvation).” (2)
family. Therefore, O’ Nanak, nobody achieves salvation without (meditating) on God’s Name. (It is only by meditating on God’s Name that a person develops real love for God in the heart, which helps the person to ultimately merge in God Himself and thus obtain salvation).” (4-10-30)

The message of this shabad is that if we want to achieve the purpose of this human life (and achieve salvation), then instead of remaining engrossed in amassing worldly riches or performing faith rituals, we should listen to the Guru and meditate on God’s Name with true love and devotion.

Gaurri Guareri Mehl 3

In the previous shabad we learned that if we want to achieve salvation and live in the eternal bliss of union with God, we should meditate on His Name with sincere love and devotion. In this shabad Guru Ji explains why it is so.

Guru Ji says: “God is eternal, and eternal is His command. They who are in love with that carefree God from the (core of their) heart enter the mansion of the eternal (God) by meditating on His true Name.” (1)

Therefore instructing his mind (and indirectly us), he says: “Listen O’ my mind, reflect on the (Guru’s) word, (which says that you) meditate on God, and swim across the dreadful (worldly) ocean.” (1-pause)

Commenting upon the general state of human beings in this world, Guru Ji says: “(The human being) comes (into this world) in doubt, and departs (from here) in doubt. It is because of duality (the love for the worldly riches) that this world is born. Being self-conceited, the human being does not remember God; therefore keeps coming and going (in and out of this world, again and again).” (2)

Guru Ji now wonders why it is so. He asks: “Has the human being gone astray on his own, or has he been strayed (by God? The answer is that because of his love for worldly riches, God has) yoked (the human being) to the service of the other (worldly riches and power. Therefore, the human being) earns great agony and loses his life in vain.” (3)

In his mercy, Guru Ji tells us how can one save oneself from all this pain, in spite of so many past sins. He says: “If (God) shows His mercy (upon a person), He unites that person with the true Guru. Then dispelling all doubts from within (that person) meditates on (God’s) Name alone. O’ Nanak, (this is certain: that) the one who meditates on God’s Name obtains that Name (which is as valuable as all the) nine treasures (of wealth).” (4-11-31)
The message of this shabad is that if we want to unite with God, (the treasure of all virtues) we should pray to Him to unite us with the true Guru. (He has already done this by uniting us with Sri Guru Granth Sahib Ji). Now all we must do is to reflect upon the Guru’s advice (the Gurbani) and meditate on God’s Name with true love and devotion. One day God will grace us also with the bliss of His union.

In previous so many shabads Guru Ji has urged us to follow Guru’s advice and meditate on God’s Name. In this shabad he describes the benefits of doing so.

He says: “(When I) go and ask those who have followed Guru’s guidance (and meditated on God’s Name) about the benefits of doing so, they tell me that by serving the Guru (by following his advice), one’s mind is convinced (of the benefits of meditating on God’s Name). They who earn (the wealth of) God’s Name are (truly) wealthy. However, this understanding is only obtained from the perfect Guru.” (1)

Therefore, advising us in unequivocal terms, Guru Ji says: “O’ my brothers, meditate on God’s Name. (I assure you) that God accepts that service (that worship) which you render through the Guru.” (1 - pause)

Guru Ji now tells what happens when a person reflects on the Guru’s word and follows his advice. He says: “(When one reflects on the Guru’s word), one realizes one’s (own true) self, and one’s mind becomes immaculate. Such a person then attains that God who can grant salvation (from worldly bonds, even when) one is still alive. By singing praises of God, one’s intellect becomes sublime, and one unnoticeably merges in a state of equipoise.” (2)

Commenting on the fate of those who might try to serve God while remaining in love with worldly riches, Guru Ji says: “(O’ my friends, God) cannot be (truly) served while remaining in love with duality (worldly riches and power. Under such circumstances) the person simply keeps amassing the poison of ego and worldly riches. The blind self-conceited person (who remains) engrossed in (the attachment of) sons, (daughters), family, and worldly wealth, keeps coming and going (in and out of this world).” (3)

In conclusion, Guru Ji says: “That (person) alone is the true devotee (of God), whom He blesses with God’s Name. It is only through the word of the Guru that day and night, worship (of God) is performed.

GAURRI GUARERI MEHLA 3

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In conclusion, Guru Ji says: “That (person) alone is the true devotee (of God), whom He blesses with God’s Name. It is only through the word of the Guru that day and night, worship (of God) is performed.
But it is only a rare person who understands this through the Guru’s instruction. O’ Nanak, such a person merges in the Name (of God).” (4-12-32)

The message of this shabad is that if we want to obtain salvation even while still alive, and merge in God Himself, we should reflect on the Guru’s word and meditate on God’s Name.

In the previous shabad, Guru Ji told us that by serving the Guru and following his guidance, we obtain so many blessings (including union with God). In this shabad, he tells us how ancient and well established this method is, and how we can rely on this approach to enjoy the bliss of eternal union with God.

He says: “(The tradition of) serving the Guru (and following his advice) has been carried out in all the four ages. But only a rare perfect person fully does this deed. (The one who has done this), has obtained the inexhaustible wealth of Name, which never falls short. (As a result, such a person) has always enjoyed peace here (in this world), and has obtained honor at the (God’s) door.” (1)

Therefore instructing his own mind (and indirectly ours), Guru Ji says: “O’ my mind, don’t enter into any doubt. (Go ahead) and drink the relish of (God’s) nectar through the Guru’s service.” (1-pause)

Next, Guru Ji unambiguously declares: “They who serve the true Guru in this world are supreme. They emancipate themselves, and emancipate their entire lineage. They keep God’s Name enshrined in their hearts. Being imbued with (God’s) Name, they swim across the dreadful (worldly) ocean.” (2)

Explaining what happens when a person serves the Guru (by sincerely following his advice), Guru Ji says: “They who serve the true Guru (always remain so humble that) in their minds, they (consider themselves to be the) servants (of others). By conquering their ego, (their heart feels delighted, as if) it has blossomed like a lotus. Within them begins playing the music of continuous (divine) melody, and they obtain an abode in their own home (attuned to God). Being imbued with (God’s) Name, they become detached (from worldly affairs), even while living in their household.” (3)
The message of this shabad is that if we want to obtain salvation from worldly bonds while living in our households, we should follow Guru’s advice, and meditate on God’s Name without delay.

Throughout Guru Granth Sahib Ji, Guru Ji urges us to serve the Guru and follow his advice (Gurbani). In this shabad, he tells us how fortunate are those who meet the true Guru.

He says: “It is only by great fortune that one is blessed with the union (and guidance of) the Guru. Such a (fortunate person) daily enjoys the relish of God’s Nectar in the heart.” (1)

Summarizing the blessings obtained by such a fortunate person, Guru Ji says: “The one who meditates on (God’s) Name under Guru’s guidance, obtains the profit of (the wealth of God’s) Name, and departs from here, winning (the game of) life.” (1-pause)

Now Guru Ji tells us what is so special about the Guru’s advice or word. He says: “Through the word of the Guru, the meditation and divine wisdom becomes sweet (and pleasing to a person). But only a rare person, by Guru’s Grace, has seen and tasted (this sweetness).” (2)

Commenting on the rituals and works which many people erroneously practice for salvation, Guru Ji says: “Some people indulge in many kinds of rituals, ways of works, and ‘pious conduct.’ (But) without (meditating on God’s) Name, it gives them (nothing but) ego, which is to be cursed again and again.” (3)

In conclusion, Guru Ji says: “(Ordinarily, one) remains bound to the noose of worldly attachments. Servant Nanak (says that) only through the enlightenment of (Gurbani) the Guru’s (word) one is liberated (from these bonds).”(4-14-34)

The message of this shabad is that Sikhs should consider themselves very fortunate for being provided with the eternal guidance of Shri Guru Granth Sahib Ji. Now all they need to do is to read, understand, and act upon the word (or Gurbani contained therein) to obtain salvation.
According to Dr. Bh. Vir Singh Ji, it is believed that the third Guru Amardas Ji uttered this shabad when he visited Hardwaar (a very holy Hindu Place on the banks of river Ganges). Here, a local Pundit asked him what was the necessity for him and his predecessors to recite additional divine wisdom, when enough of it was already covered in the Vedas (the Hindu scriptures). The Pundit also questioned the wisdom of reciting Gurbani in the local dialect (used by ordinary people), instead of Sanskrit (which is believed to be the language of angels and the elite)?

Guru Ji answered him with a beautiful example. He said: “(O’ Pundit), though there is water in the earth itself, yet clouds still rain over it. Similarly, in spite of the divine wisdom in the Vedas there is need for additional enlightenment by the devotees. (Further), though the water within the earth becomes manifest (in the form of rivers and springs), yet still the clouds keep raining at different places; (similarly, though the knowledge within the Vedas may be available to some elite and those educated in Sanskrit, there is still need for additional spreading of divine knowledge by the devotees in a language which can be understood by ordinary people).” (1)

Guru Ji respectfully asks the Pundit to remove his doubt, and says: “O’ my dear Sir, please remove your doubt. Whatever and wherever any thing is happening, that same God does it. Everybody and everything ultimately merges back into Him. (Similarly, whatever His devotees are uttering, it is according to His command. That knowledge then is merged into books and holy scriptures).” (1- pause)

The Pundit raises yet another objection, and says that according to their holy scriptures (the Shastras), women are not supposed to have this divine wisdom. However, Guru Ji has made his knowledge available to both sexes.

To this Guru Ji responds: “(O’ Pundit, before raising this objection, please ponder) what kinds of deeds God has not performed both in the form of a man or a woman? (Then going into a prayer mode, he says): “O God, all the different forms have always been Yours, and they all ultimately merge back into You.” (2)

The Pundit then agrees, and regrets that he has been mistaken for such a long time. Guru Ji responds: “We all might have been mistaken for many births, but now that we have obtained the right understanding, we should not make the same mistake again. (The truth is) that only He whose creation is all this world knows (all its mysteries), and the one who merges in Him through the Guru’s word (understands this).” (3)

Guru Ji concludes with a humble address to God and says: “O’ God, it is Your Word (which Your devotees utter), and You are all by Yourself. Why should there be any doubt? O’ Nanak, when (one’s) essence unites with the essence (of God), then there are no more (cycles of) birth (and death).” (4-15-35)

The message of this shabad is that it does not matter how much knowledge or wisdom already exists, and in what script or language this divine wisdom is already recorded. There is always a need for additional knowledge, and this knowledge should be spread to all the masses in a language understood by them.
In the previous *shabad*, while addressing a *Pundit* Guru Ji explained how important the word of the Guru is, in spite of all the wisdom contained in other previous scriptures. In this *shabad*, he explains in simple words the basic reason for the sufferings of human beings in this world.

He says: “The entire world is under the control of death, because it is bound to duality (the love of worldly things instead of God. Swayed by duality), those self-conceited persons who do deeds motivated by ego are awarded punishment in God’s court.” (1)

Advising his mind (and indirectly us), he says: “O’ my mind, fix your attention to the Guru’s feet (*Gurbani*). Through Guru’s Grace obtain the treasure of Name, which will save you in (God’s) court.” (1-pause)

Guru Ji now describes the fate of those who do not care for the Guru’s word or advice. He says: “There are many who keep wandering through eighty four million (myriad of) species, because of the obstinacy of their own mind. These people have not reflected upon the Guru’s word, and therefore they are cast into the womb again and again.” (2)

But regarding the Guru’s followers, he says: “The Guru’s followers have recognized their self (that they are also a small microcosm of God): in their mind God’s Name has come to reside. Being imbued with (God’s) devotion day and night, they merge in the peace of God’s Name.” (3)

In closing, Guru Ji says: “(The one whose) mind dies through the word (who subdues the mind by listening to *Gurbani*) develops faith in it, and then renounces ego and other evils. But O’ Nanak, it is only through the grace (of God that some obtain) the treasuries of (God’s) Name and devotion.” (4-16-36)

The message of this *shabad* is that if we want to save ourselves from the unending pain of births and deaths, we should forsake our duality (or the love for worldly riches and power), listen to Guru’s advice (*the Gurbani in Guru Granth Sahib Ji*), and meditate on God’s Name day and night.
bh- a- bhati sakh 3 

The previous shabad Guru Ji advised us that if we want to save ourselves from the unending pain of birth and death, we should forsake our duality, or the love for worldly riches and power, listen to Guru’s advice, (Gurbani) and meditate on God’s Name day and night. In this shabad, he explains this concept with the help of the most commonplace example of a girl who generally lives a very short span of her life before marriage at her parents’ home and spends the major part of her life at her in-laws. The success of her married life and the kind of respect and love she receives at her in-laws depends upon the merits and virtues she has acquired at her parents’ home.

Using the above example, Guru Ji compares the human soul to a girl and this world to her parents’ home, where she will spend only a very minor part of her overall life span. He compares the next world, or the house of God, to her in-laws house, where she must spend the major part of her life.

Guru Ji says: “(O my friends, God) has so preordained that the bride (soul) will stay at her parents’ home (this world), and finds a place of respect in the next world, or the mansion of God. Such a (bride-soul) acquires merit at her parents’ home. He compares the bride with the help of the most commonplace example of a girl who generally lives a very short span of her life before marriage at her parents’ home and spends the major part of her life at her in-laws.

Guru Ji next raises a question, and provides the answer himself. He says: “Both at the parents home (this world) and at the in-laws (the next world) resides our spouse (God). How can we obtain Him? (Answer), the immaculate God is unknowable. It is on His own that He unites a person with Himself.” (1-pause)
But then the question arises: why does God pick and choose, and why do all people not get united with Him? Guru Ji says: “Because of their ego, ignorant, self-conceited persons do not obtain (God’s union). They do not serve (follow the advice of) the true Guru; therefore they repent again and again. They keep residing in different wombs, and ultimately get wasted in the womb itself. Such is the will of my Creator: that the self conceited will remain lost (in doubt).” (3)

Guru Ji concludes this shabad by expressing his gratitude to God for not subjecting him to the fate of a conceited person, and blessing him by His grace. He says: “My God blessed me with a perfect brother and kin guidance) I have meditated on God’s Name again and again. By showing His grace, God may unite the worm Nanak (with Him).” (4)

The message of this shabad is that our stay in this worldly life is going to be very long. Therefore, instead of wasting our time in the present worldly attachments, we should concentrate on the Guru’s word (Gurbani) and meditate on God’s Name, so that we may also become worthy of God’s mercy and His blissful eternal union.

\[
\begin{align*}
\text{satgur} & \text{tay gi-aan paa-i-aa har ta} \text{t beechaaraa.} \\
\text{maat} & \text{maleen pargat bha-ee JAP Naam muraaraa.} \\
\text{siv sakat} & \text{mitaa-ee-aa chookaa anDh-aaaraa.} \\
\text{Dhur} & \text{maastak jin ka-oo likhi-aa tin har Naam pi-aaraa.} \\
\text{har kit bi} & \text{Dh paa-ee-ai saant janhu jis daykh ha-o jeeva.} \\
\text{har bin} & \text{chasaa na jeevtee gur maylihu har ras peeva.} \\
\text{ha-o har gun} & \text{gaavaa nit har sunee har har gat keenee.} \\
\text{har ras} & \text{gur tay paa-i-aa mayrara man tan leenee.} \\
\text{Dhan Dhan} & \text{gur sat purakh hai jin bhagat har deenee.} \\
\text{jis gur tay} & \text{har paa-i-aa so gur ham keenee.} \\
\text{gundaataa} & \text{har raa-ay hai ham avgani-aaary.} \\
\text{paapee paat} & \text{har doobjay gurmaj har taaray.} \\
\text{to} & \text{N gundaataa nirmala ham avgani-aaary.} \\
\text{har samgaat} & \text{raakh layho moorh mugaDh nistaaraay.} \\
\text{sa} & \text{hj anand sadaa gurmathee har har man} \\
\text{Dhi} & \text{-aa-i-aa.} \\
\text{sa} & \text{jan har parabh paa-i-aa ghar sohilaa gaa-i-aa.} \\
\text{har} & \text{Dhaar parabh bayntee har har chahtar-i-aa.} \\
\text{jan naanak mangai} & \text{Dhoorh tin jin satgur paa-i-aa.} \\
\end{align*}
\]
In the previous *shabad*, Guru Ji told us that our stay in this world is for a very short period. Therefore, instead of wastaging our time in useless worldly attachments, we should utilize this opportunity to earn merits under the guidance of a true Guru, so that we may be honorably accepted into the mansion of our God. In this *shabad*, he lists the merits and blessings he has obtained from his true Guru (*Amar Das Ji*).

He says: “I have obtained (divine) wisdom and the essence of discourse on God. (As a result), by meditating on the Name of God, the destroyer of pride, my darkened mind has been enlightened. The spiritual awakening has erased the material mindedness in me, and now all the darkness (of my mind) is gone. (On the basis of this experience, I say) that those who have been so blessed from the very beginning, to them God’s Name tastes sweet (and pleasing).” (1)

Guru Ji is now so much in love with God that he says to his saintly friends: “O’ saintly people, please tell me how can I find God, seeing whom I survive. Without God, I cannot live even for a moment. Please unite me with the Guru so that I may be able to drink the relish of God’s union.” (1-pause)

Describing his present state of mind, Guru Ji says: “Now I listen and sing praises of God daily. The repetition of God’s (Name) has emancipated me. (Yes), I have obtained the relish of God’s (Name) from the Guru, and now my mind and body are attuned to Him. (Therefore), I say again and again that blessed is the Guru, the true person who has given me the devotion of God. I have dedicated myself to such a Guru, through whom I have obtained God.” (2)

Guru Ji now makes a confession on our behalf, and also shows us how to ask for God’s forgiveness. He says: “(O’ my friends), God the King is the giver of merits, but we are all full of faults. Through Guru’s instruction, He has even saved sinners who were (otherwise) sinking like stones. (O’ God), You are the immaculate giver of merits, but we are full of faults. O’ God, we have come to seek Your shelter. Just as You have emancipated even the most foolish persons, please save us also.” (3)

In conclusion, Guru Ji says: “(O’ my friends), through Guru’s instruction, they who have meditated on God in their mind have obtained eternal poise and bliss. They have obtained a true friend (God, and are enjoying such a pleasure, as if) a song of joy is being sung in their heart.”

Guru Ji therefore even humbly prays for himself, and says: “O’ God, this is my prayer before You: please show mercy on me and make me always remember You. Slave Nanak begs for the dust (the humble service) of those who have obtained the true Guru.” (4-4-18-38)

The message of this *shabad* is that we should seek the company of those who are attuned to the Guru. In their company we should reflect on Guru’s word and sing praises of God. So that ultimately our dark mind may be enlightened, and we become worthy of God’s Grace and union.

Note: -- Gaurri Bairagan M: 3=4, Gaurri Guareri M: 3= 14, Sub Total=18, Gaurri M: 1=20, Total=38

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In the previous shabad (the third Guru) Amardas Ji advised us that we should reflect on the word of the Guru and sing praises of God, so that the darkness of our mind may be removed and we may become worthy of God’s union. However, as is evident, different faiths use different methods to reach God. Among Hindus, different sects perform different rituals to please their gods and goddesses, and all feel that their way is the best. In this shabad, (the fourth Guru) Ram Das Ji tells us in a most humble way what method he uses for this purpose, and how much faith he has in it.

He says: “The Pundit reads the Shastras and Simritis (the Hindu holy books), the Yogi repeats (the name of his spiritual leader) Gorakh. But me, the foolish one, only recites God’s Name again and again.” (1)

Guru Ji humbly admits: “I do not know what will be my ultimate fate. (I only say to myself): O’ my mind, meditate on God, and in this way swim across the dreadful worldly ocean.” (1-pause)

Commenting on the practices of different Hindu sects, Guru Ji says: “A Sanyaasi (who forsakes the world) decks his body with ashes. A Brahmaechaari (who has taken a vow of celibacy) abstains from all kinds of sexual acts (and thinks that in this way he will obtain salvation, but O’ God) I, the foolish one, lean only on Your support.” (2)

Now commenting on the practices of some Hindu casts, Guru Ji says: “A Kshatriya performs acts of bravery (in the battle field) and thinks that in this way he will obtain (the status of a hero). The Shudras and the Vaish (the servant and the farming or business classes) think that their salvation lies in serving others. But I, the foolish one, believe that it is (God’s) Name, which would emancipate me.” (3)

Guru Ji concludes the shabad by expressing his complete faith in God. He says: “(O’ God), all this universe is Yours, and You Yourself pervade in it. Nanak says that those on whom You show mercy are granted glory through the Guru. So, I the blind one have reposed my faith in You only.”(4-1-39)

The message of this shabad is that we need not get ourselves confused by different techniques, rituals, or ways of life practiced or advocated by other faiths for salvation. We simply need to listen, understand, and act upon the word of our own Guru (Granth Sahib Ji), meditate on God’s Name, and have faith that one day He would bless us also with His union.
It is the same light
In the previous shabad, Guru Ji advised us that if we want to seek salvation we should seek the company of holy persons and perform their most humble service. In this shabad, he teaches us how intense and sincere this service should be. He quotes many beautiful examples to make his point.

First, he describes the love of the Guru for his Sikh or disciple. He says: “Just as the mother loves to see her son eating (delicious food), just as the fish loves and feels happy when it swims in water, similarly the true Guru loves to put (the divine food of God’s Name) in the mouth of his disciple.” (1)

Guru Ji therefore prays to God and says: “O’ my beloved God, please unite me with those devotees of God, upon meeting whom all my pains may go away.” (1-pause)

Guru Ji now gives some examples to illustrate what is most pleasing to a devotee of God. He says: “Just as a cow feels happy in loving its calf, just as a young bride shows affection when her groom returns home, similarly the devotee of God feels imbued with love and joy when he sings the praises of God.” (2)

Offering more examples, he says: “The most pleasing thing for a song bird is when rain falls like a stream (from heaven). A king’s happiness lies in seeing the expanse of his wealth and possessions. But the most loving and pleasing thing for a devotee of God is to meditate on the formless God.” (3)

Finally depicting the extent of love and devotion of a Sikh for his Guru, he says: “Every human being loves to earn wealth and possessions. But the disciple of the Guru loves and yearns for the meeting with the Guru, and to be in his embrace. Devotee Nanak loves to kiss the feet of the saint (Guru).” (4-3-41)

The message of this shabad is that our love and devotion for our Guru should be sincere and intense, like the love of a fish for water, or the love of a cuckoo bird for swanti boond (a special drop of rain). We should always yearn that one day our Guru may embrace us to his bosom.

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In the previous shabad, Guru Ji offered some examples to illustrate the love and craving of a true disciple of the Guru. In this shabad, Guru Ji cites more examples to illustrate the point still further.

Guru Ji says: “A beggar craves and wishes that a benevolent person give him alms. The hungry person longs to eat food. But a true Sikh of the Guru only loves and feels satiated upon meeting his Guru.” (1)

Guru Ji therefore prays to God and says: “O’ God, my only wish and hope is that You please bless me with Your sight. Please show Your mercy and fulfill my heartfelt desire.” (1-pause)
Citing more beautiful examples, Guru Ji says: “The (bird) Chakwi loves to see the sun right in front of its face (so that it may see its male partner, and) upon meeting its beloved, it may forget all its pain. Similarly, a Guru’s follower is in so much love for his Guru that he always wishes the Guru may bless him with his sight.” (2)

Guru Ji adds: “A calf loves to suck (its mother’s) milk. Upon merely seeing its mother, its heart feels a joy. But for a Guru’s sikh, the most cherished desire is that his Guru may call him into his presence.” (3)

However, Guru Ji concludes the shabad by saying: “All other loves are false and temporary attachments of Maya (worldly relations). This false show of attachment soon dies away. Therefore, the love of the devotee Nanak is only satiated upon meeting the true Guru.” (4-4-42)

The message of this shabad is that if we want to be the true Sikhs of our Guru, than our Love for the Guru and his Darshan (sight) should supersede any other worldly love or attachment.

From the study of whole Guru Granth Sahib Ji it appears that the basic message of Sikh faith is that if we want to enjoy eternal peace and happiness, then we should meditate on God’s Name under Guru’s guidance. Naturally the question arises in many minds: why the guidance of the Guru is so essential? Why cannot we directly pray to God?

In essence, what are the benefits of seeking the guidance of the Guru? In this shabad, Guru Ji answers this question on the basis of his personal research.

He says: “Meeting whom I have meditated on the Name of God the supreme Master, the service (following the guidance) of that true Guru has become fruitful. Much of the world has been saved by following those who have meditated on God.” (1)

Therefore advising us in the sweetest possible words, Guru Ji says: “O’ my brotherly disciples of the Guru, utter God’s Name. By uttering God’s (Name), all sins are washed off.” (1-pause)

Now, explaining how the Guru’s guidance brings about beneficial changes in a person, he says: “When one meets the Guru (and follows his advice), one’s mind comes under control. While meditating on God, one’s five faculties (sight, sound, smell, touch, and taste) stop running after evil impulses. Then one’s (soul), the master of the body, day and night sings God’s praises.” (2)
Continuing the above explanation, Guru Ji states: “They (who have followed the Guru’s advice with full faith and reverence, as if they) have applied the dust of the true Guru’s feet to their faces, have abandoned all their falsehoods and attuned themselves to the love of God. O’ my brothers, such persons are received with honor at God’s court.” (3)

Guru Ji concludes the shabad by quoting examples from Hindu mythology. He says: “O’, my friends, the service of the Guru is pleasing to God Himself. Even (god) Krishna, and (his brother) Balbhadara meditated on God at Guru’s feet (under his guidance). In short, O’ Nanak, it is through the Guru that God Himself helps a person to swim across (this worldly ocean).” (4-5-43)

The message of this shabad is that if we want our mind to be cleansed of all its evil thoughts, we must be imbued with the love of God’s Name. To become worthy of union with God, we should pray for and follow the Guru’s guidance or Gurbani (as contained in Guru Granth Sahib Ji).

In the previous shabad Guru Ji told us that one of the major advantages of seeking the Guru’s guidance is that under his guidance, our outgoing mind comes under our control. Then we are able to concentrate upon God with full devotion. In this shabad, he tells us other benefits of following Guru’s guidance.

He says: “(God) Himself is the yogi or the sanyaasi (a recluse) who holds a staff in His hand. God Himself is pervading as the master of this worldly forest. God Himself enters into meditation and concentrates upon Himself.” (1)

Therefore, expressing his love and wonder at God, Guru Ji says: “Such is my God, that He is pervading fully everywhere. He always abides near, and is never far (from us).” (1-pause)

Elaborating further upon the uniqueness of God, Guru Ji says: “God Himself is the Word, Himself the constant attunement (to this Word), and Himself the tune. He Himself sees (His creation) and feels pleased (upon seeing it). He Himself makes others meditate, and He Himself meditates upon Him.” (2)

Giving another beautiful example, he says: “God Himself is Papeeha (the pied-cuckoo), Himself the rain of nectar, and Himself helps us drink the nectar. In fact, God Himself creates (the creatures), and He Himself emancipates them.” (3)

In summary, Guru Ji says: “God Himself is the boat, Himself the raft, and Himself the boatman. God Himself saves us through Guru’s instruction. In short, O’ Nanak, on His own God makes us swim across (this worldly ocean).” (4-6-44)
The message of this shabad is that if we want to control our mind, be able to concentrate upon God, and understand the reality of this universe, we need to understand and follow our Guru’s advice. We must realize that it is God Himself who is playing all the roles in this play of the universe.

Note: - Gaurri Guareri M: 4=6, Gaurri M: 1= 20, Gaurri M: 3=18, Total=44

In previous days in India, it was small traders or peddlers who carried out most of the business. Typically, they would go with their animal (usually a donkey) or a small hand or horse-driven cart to the wholesale merchant called the Shah. From him, they would borrow some merchandise, go to a village or city to sell it at a small profit, and then would come back, report to the Shah, and obtain their share of the profit. It was up to this Shah to lend the appropriate commodity, and to understand its worth, before distributing the goods to any peddler. In this shabad Guru Ji compares God to that wholesale merchant, or the Shah, and himself to one such peddler. In this way, he gives us a beautiful metaphor to teach us how to make our human life profitable in a real sense.

He says: “(O’ God), You are our rich (wholesale merchant, or the) Shah. Whatever commodity You give us, we take. We would lovingly trade in (the commodity of) God’s Name, if You become gracious (and give us this commodity).” (1)

Guru Ji now instructs us to consider ourselves as the peddlers of God. He says: “(O’ my friends), we are the peddlers of God. By giving us the commodity (of Name), He makes us deal in it.” (1-pause)

Describing the benefits of trading in the commodity of Name, he says: “The one who (in this life) has earned the profit of God’s devotion is pleasing to (God), the true Shah. The one who, by meditating on God, loads (one’s animal or cart) with the commodity of God’s (Name) is not bothered even by the tax collector (the demon of death).” (2)

Next Guru Ji comments upon the fate of those who, instead of trading in God’s Name, spend their lives in all other kinds of worldly trades. He says: “Those who trade in other kinds (of worldly things) instead of God’s Name, get caught in the endless waves (or ups and downs) of worldly wealth, and suffer in pain. In whatever business God has yoked them, they have obtained the fruit accordingly.” (3)
Guru Ji concludes the shabad by saying: “Only that person upon whom God has become merciful deals in the commodity of God’ Name, and has been bestowed the gift (of this commodity). Slave Nanak (says) that the one who has served God, the (true) Shah, is never asked for any account at all.” (4-1-7-45)

The message of this shabad is that we should think ourselves as kind of petty traders or salesmen of God. We have been entrusted with the capital stock of a limited number of breaths. Instead of wasting it away in earning worldly wealth or fame, we should try to make the maximum use of this commodity by meditating on God’s Name. If our master God is pleased with us, we may be accepted into His blissful union.

In this beautiful shabad, Guru Ji tells us what kind of sincere love and affection, God has for His devotees, and what is the duty of devotees towards Him.

Guru Ji says: “A (pregnant) mother nourishes her child in the womb and protects it, hoping for it to be a son (or daughter) who may grow to earn and bring home (wealth), so that she may enjoy (worldly) pleasures. Similarly, God loves His devotees, and protects them by extending His Hand (of support).” (1)

Therefore Guru Ji humbly prays to God, and says: “O’ God, my Master, please save me the ignorant one. When a devotee is being praised, that (in fact) is Your glory.” (1-pause)

Guru Ji now describes what should be the conduct of a true devotee of God, and the blessings he receives when he sings the praises of God. He says: “There is peace and bliss in the mind and body (of a devotee) to whose mind the praise of God is pleasing. When one sings praises of God (with love), one tastes every sweet relish. (In this way), a devotee of God not only helps to save (all) his (or her) twenty-one generations, but also saves the whole world (from evil impulses).” (2)
Next reflecting on the general expanse of the world, and what has happened in it, Guru Ji says: “(O’ my friends), whatever (anyone) has done (in this world) is what God has done, and this is the glory of God.”

Addressing God, he says: “O God, all the creatures are Yours. You abide in them, and You make them worship You. God (Himself) procures the store houses of worship (for His devotees), and He Himself distributes (the same).” (3)

In conclusion, Guru Ji says: “If a slave has been bought from market, none of his cleverness can work (before the master. No matter what honor or status the master may give, the slave still remains a slave). Similarly, if (God makes His devotee) to sit on a throne, still he remains God’s slave, and if He makes (the slave) a grass-cutter, still He makes him utter His Name. Similarly, devotee Nanak is a slave of God (and he considers that), it is the greatness of God (that He has honored him with Guru ship).” (4-8-46)

The message of this shabad is that we should try to be humble and affectionate devotees of God, and remember His Name in all humility, both in the height of prosperity and the depth of adversity. We should always be grateful to Him for considering us worthy of His devotion, service, and honor.

In the previous shabad, Guru Ji advised us to remember God’s Name with humility, love, and devotion. He gave us the example of a pregnant mother, stating how carefully and affectionately she cares for the child in her womb, with the hope that upon growing older that child will take care of her. In this shabad he gives many examples to illustrate how a devotee of God meditates on God day and night to earn the capital of Name, so that it may save him in the end.

He says: “A farmer does farming, and puts his heart and soul into his work. He ploughs the fields and makes many efforts so that (he reaps a bountiful crop) and his son and daughter (and rest of the family) may enjoy the income. Similarly, a devotee of God utters God’s Name, so that in the end, God may liberate him (from the demons of death).” (1)

Guru Ji therefore prays to God and says: "O’ my God, redeem me, the ignorant fool. Yoke me to the service of the Guru, (so that under his guidance I may also meditate on Your Name).” (1-pause)
Guru Ji now gives more examples from different fields and professions to illustrate his point. First he takes the example from business. He says: “Loading horses (with merchandise), a merchant goes out to the market. He earns wealth and entertains hopes (for more wealth, and thus) increases his attachment to worldly wealth. Similarly God’s devotee utters God’s Name again and again, and by uttering God’s Name enjoys true peace.” (2)

Next, Guru Ji takes the example of a small town grocer, and says: “A shopkeeper, sitting in his shop amasses the poison (of worldly wealth for his family), which is nothing but an expanse of false attachment and involvement in falsehood. Similarly, God’s devotee keeps on acquiring the wealth of God’s Name, so that he may take this wealth along with him (on his journey into the next world).” (3)

Summing up, Guru Ji says: “This attachment for worldly wealth, or family is like an entanglement to get us caught in the noose of duality (or love of things other than God). Only that person is emancipated who under Guru’s instruction becomes the servant of God’s servants (by humbly following their lead). Therefore, slave Nanak has meditated on (God’s) Name, and by Guru’s grace has been (spiritually) enlightened.” (4)

The message of this shabad is that just as we put our heart and soul into our jobs so that our family may enjoy a comfortable living in this world, we should similarly meditate on God’s Name with love and dedication, so that we may earn the capital of God’s Name, which accompanies us in the end.

It is the same light

In the previous so many shabads, Guru Ji has advised us to serve the Guru by following his advice and meditating on God’s Name with true faith, love, and devotion. In this shabad, he compares the benefits of serving the Guru and meditating on God’s Name with other worldly jobs and trades.
He says: “Generally, one works day and night obsessed by the greed for Maya (worldly wealth and power), and remains strayed by delusions (of Maya. One’s state is like that of) a forced laborer who is carrying a big load on his head without any wages (because this worldly wealth is of no use to him in the end). But the devotee who serves the Guru, God has assigned him (or her) by the work of his or her own house. (The service of the Guru, by following his advice, helps one in one’s own salvation).” (1)

Therefore even for himself, Guru Ji prays: “O’ God, please snap our bonds of Maya and yoke us to the job of (our own home, the heart). So that we may daily sing praises of God, and (ultimately) merge in (Your) Name.” (1-pause)

Guru Ji now gives some specific examples of worldly jobs, and tells us how they could bring disappointment in the end. He says: “A person sometimes serves another person or a ruler for the sake of worldly wealth. But many times this ruler (when displeased for any reason) puts the servant in jail, or awards some other punishment. Sometimes this ruler himself dies. (Then all the person’s service goes to waste, and brings nothing but disappointment). However, the service of the true Guru is blessed, and through meditation on God’s Name one obtains the bliss of God’s (love).” (2)

Now turning to business, Guru Ji says: “Some enter into different kinds of business to earn money. If this business brings them profit they feel happy, but a loss breaks their heart. (On the other hand, if one enters into partnership of merits with the Guru (tries to emulate Guru’s merits), he daily enjoys peace.” (3)

Finally referring to our worldly cravings, he says: “The more we crave for the tastes (other than the taste of God’s Name), the more we feel hungry (for these pleasures). But the one on whom God shows mercy surrenders completely to the Guru (and does whatever the Guru wants). O’ Nanak, that person is then satiated with the elixir of God’s (Name), and the hunger (for worldly goods) doesn’t afflict.” (4-4-10-48)

The message of this shabad is that we should not spend all our time in earning wealth for our families. Instead, after meeting the reasonable demands of our families, we should completely surrender our lives to the Guru and do His will (meditate on God’s Name, and help the needy). Only this will quench our hunger for worldly wealth, and bring us true and lasting happiness.

gao-orhe bairaagan mehlaa 4.

hamrai man chit har aas ni tii ki-o daykhaa har daras tumaaraa.
jin pareet laa-ee so jaantaah harmai man chit har bahuut pi-aaraa.
ha-o kurbaaneey gur aapnay jin vichhurhi-aa mayli-aa mayraa sirjanhaaraa. ||1||

mayray raam ham paapee saran paray har du-aar.
mat nirgun ham maylai kabahooN apunee kipaa Dhaar. ||1|| rahaa-o.

hamray avgun bahuut bahuut hai baho baar baar har ganat na aavai.
tooN gunvantaah har har da-i-aal har aapay bakhas laihi har bhaavai.
ham apraDhee raakhay gur sangtee updays dee-o har Naam chhadaavaai. ||2||

tumray gun ki-aah kahaa mayray satiguraya jab gur bolah taab bisam ho-ay jaa-ay.
ham jaisay apraDhee avar ko-ee raakhai jaisay har satgur raakh lee-ay chhadaa-aay.
tooN gur ptaa tooN hai gur maataa tooN gur banDhap mayraa sakhaa sakhaa-ay. ||3||
In the previous shabad, Guru Ji gave us beautiful examples from different walks of life to illustrate the deep love and passion with which a devotee of God remembers Him, and longs to see Him. In this shabad, Guru Ramdas Ji expresses his own sense of gratitude for Guru Amardas Ji and his longing for God. Because he was a mere orphan and petty vendor before the third Guru Amardas Ji, blessed and accepted him as his son-in-law, and later anointed him as the fourth Guru.

He says: "O' my God, daily in my mind rises a hope and a wish: how I can see Your sight. That (Guru) who has imbued me with this love knows that God is very dear to my mind. Therefore, I am a sacrifice to my Guru who has united me with my Creator, from whom I was separated." (1)

Guru Ji now uses the heart-rendering metaphor of a beggar who often lies down outside a person’s door in the hope that the owner would take mercy and give him some alms. Addressing God, he says: “O’ my God, I am a sinner seeking refuge at Your door, (in the hope) that perhaps showing mercy You might unite a merit-less person like me (with You).” (1-pause)

Expressing still further his sense of humility, Guru Ji adds: “(O’ God), my sins are numerous. I commit these sins again and again, so these cannot be counted. (But O’ God), You are full of merits and very compassionate. Therefore, O’ God, if it so pleases You, please pardon me on Your own.”

Sharing the result of his prayer, Guru Ji says: “(God) saved me, the sinner by putting me in the company of the Guru who gave me this instruction that God’s Name liberates a person (from evil tendencies).” (2)

Therefore expressing his gratitude to the Guru, he says: ‘O’ my true Guru, how can I describe your merits? As soon as I utter (the word) Guru, (my mind) goes into ecstasy and bliss. (I wonder and ask my mind): can anyone else save a sinner like me, as the true Guru has saved and delivered me? (Therefore for me), You are my Guru-father, my Guru-mother, my Guru-kin, my friend and my mate.” (3)

Now touching the heights of humility, and remembering his past as a petty orphan street-vendor before being blessed by Guru Amardas Ji, he says: “O’ (my benefactor), you yourself know what used to be my situation. I used to wander about helplessly and no one paid any attention to me. (I say that) by bringing me into the company of the true Guru, (God has) anointed a worm like me (as the next Guru). Therefore I say again and again that blessed again and again is the Guru of slave Nanak, upon meeting whom all his sorrows and troubles have ended.” (4-5-11-49)

The message of this shabad is that even if we have committed countless sins, and even if everybody else does not care a bit about us, yet if we sincerely and humbly seek the refuge of God and following Guru’s advice, meditate on God’s Name, He would not only save us from all troubles but would also honor us with great glory.

Note: According to Giani Harbans Singh Ji, it is said that when Dr. Bh. Vir Singh Ji uttered the last lines of this Shabad Jo Hamri Bidh Hoti Mairey Satgura at the beginning of his lecture at the Sikh Educational Conference in Bombay India, an awesome silence spread over all the audience.

This author also feels, that he is so ignorant, and so bereft of any intelligence, and grasp, that even after translating the entire Guru Granth Sahib Ji, he doesn’t know even A, B, C of the Sikh philosophy; the question of following it is a far cry. Only if God shows some special favor, only then, there is a chance that this duffer may be accepted in God’s court.
In the previous shabad Guru Ji advised us that even if we have committed countless sins, and even if nobody cares a bit about us, still if we sincerely and humbly seek the refuge of God, He would save us from all troubles and bless us with glory. In this shabad, he tells us how to pray and approach God for His forgiveness and blessings.

Addressing God on our behalf, he says: "O' God, my life is engrossed in the lust for gold (wealth) and woman’s (beauty). The attachment with this worldly love seems sweet to me. I have engrossed my mind in pleasures of houses, palaces, horses (cars) and other relishes. Therefore, God the Master never comes to my mind. O' my God the king, (I wonder), how could I be saved?" (1)

Summarizing his confession and prayer, he says: "O' God, such are the base actions of mine. But O' God, You are the treasure of virtues. Please have mercy on me and pardon all my sins." (1-pause)

Showing more humility, Guru Ji adds, "O' God, I do not possess any beauty, nor any high caste (or high references), nor is my conduct (truly) good. Devoid of virtue, what shall I speak of myself, who has (never) meditated on Your Name? (I can only say that) if a sinner like me has been saved, it is because of the company of the Guru, and the virtue of that true Guru. (None of this is due to any of my merits)." (2)

Making a further confession of ingratitude and thanklessness on our behalf, he says: "God gave us the soul, the body, the mouth, the nose (and all other limbs), and gave us water for our use. He gave us food to eat, clothing to wear, and other relishes to enjoy. But we the mortals do not remember God, who gave us all these things, and like animals, we think that we obtained these things on our own." (3)

**GAURRI BAIIRAAGAN MEHLA 4**

In the previous shabad Guru Ji advised us that even if we have committed countless sins, and even if nobody cares a bit about us, still if we sincerely and humbly seek the refuge of God, He would save us from all troubles and bless us with glory. In this shabad, he tells us how to pray and approach God for His forgiveness and blessings.
Instead of finding excuses or blaming others, Guru Ji expresses the mortal’s helplessness, and humbly praying to God on our behalf, says: "O’ God whatever happens is according to Your will. You know what happens inside all hearts. What can we poor creatures do, since all the happenings (in this world) are Your plays? Devotee Nanak is (like a slave) bought from a shop. He is the slave of God’s slaves (and does whatever his Master orders, and hopes that his Master will save him)." (4-6-12-50)

The message of this shabad is that we should remember that it is God who gave us our life, body, and wealth. We should never feel proud of anything; instead we should always thank Him for all these gifts. We should always feel as humble as His slaves, and hope that ultimately He will save us.

In the previous shabad, Guru Ji illustrated how a true Sikh loves, serves, and expresses his or her gratitude to the Guru for all his favors. In this shabad, he tells us what kind of love, protection, and blessings the Guru bestows on his disciples or Sikh.

He says: “Just as a mother brings up her son (child), keeps it always in her sight, feeds him constantly, and caresses him every moment, similarly the true Guru takes care of his Sikh (by inculcating in him) the love and affection for God.” (1)

For this reason, Guru Ji says: "O’ God, we are Your innocent children, and blessed is our teacher, the true Guru, who made us wise by imparting us with divine knowledge.” (1-pause)
Guru Ji now gives another beautiful example of the Guru's love for his Sikhs. He says: “Just as while flying in the sky a white feathered flamingo keeps her young ones left behind, in her thoughts and remembers them in her heart, similarly the true Guru imbues his Sikhs with love for God, and keeps caring for them from his heart.” (2)

Now Guru Ji illustrates how God protects his creatures even when surrounded by so many dangers. He says: “(O’ human being, just look) at your tongue of flesh which lies safe, even though it is encased within a pair of scissors with thirty two teeth. Can anyone say that it is within the power of the tongue (to save itself from being bit by the scissors? You would agree that) it is all in control of God. Similarly, even though many may try to slander the saints, yet God protects the honor of His devotees.” (3)

Guru Ji therefore concludes by saying: “O’ brothers, don’t ever think that anything is under the control of anybody. It is God who does everything, and causes everything to be done. Old age, death, pain, fever, and damnation are all in the hands of God, and without being so willed by God, no harm can come to anybody.” Therefore, advising himself (and indirectly us), Guru Ji says: “O’ slave Nanak, meditate every day on such a Name of God which would liberate you at the last moment (of death).” (4-7-13-51)

The message of this shabad is that our true Guru loves us like our mother, and protects us at every step. Secondly, whatever happens (good or bad) is all under the will of God. Therefore, we should always meditate on God’s Name while following the word (of advice) of our Guru.

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gaurri bairaagan mehla 4.

jis mili-ai man ho-ay anand so satgur kahee-ai.
man kee gubiDhaa binaa jaa-ay har param pad lahee-ai. ||1||

mayraa satgur pi-aaraa kit biDh milai.
haa-o khin khin karee namaskaar mayraa gur poora kio milai. ||1|| rhaa-o.

kar kirpaa har mayli-aa mayraa satgur poora.
ichh punnee jan kayree-aa lay satgur Dhoora. ||2||

har bhagat darih-aavai har bhagat sunai tis satgur milee-ai.
totaa mool na aavee har laabh nit darih-ei. ||3||

jis ka-o ridi vigaas hai bhaa-o doojaa naahee.
naanak tis gur mil uDhrai har gun gaavaahee. ||4||8||14||52||

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GAURRI BAAIRAAGAN MEHLA

In many previous shabads, Guru Ji has been stating the blessings and benefits showered by a true Guru on his Sikhs (or disciples). In this shabad, he tells us how to identify a true Guru, and what his qualities are.

He says: “The one who brings bliss to the mind and destroys duality, and who allows us to attain the supreme status (of union with God), such a person is called the true Guru.” (1)

Guru Ji then poses the question and asks himself: ”How can I find such a true Guru? I salute (the person) again and again at every moment) who can tell me how can I meet my true Guru.” (1-pause)

Guru Ji answers the question himself and shares with us his own experience of meeting the true Guru. He says: “Showing mercy, God has united me with the true Guru. (By yoking themselves in his humble service, and thus) taking the dust of the Guru’s feet, the desires of his devotee have been fulfilled.” (2)
Therefore, Guru Ji advises: “We should meet such a true Guru who urges others to worship God, and himself yearns to hear of God’s worship. Then we may never suffer a loss, and every day we earn the profit of God’s Name.” (3)

In conclusion, Guru Ji says: “Within whose heart is divine pleasure and who entertains no other love, O’ Nanak, meeting such a Guru the mortal is saved. Thereafter one always sings praises of God.” (4-8-14-52)

The message of this shabad is that if we want to end all our pains and enjoy eternal bliss, then we should seek the guidance of a true Guru. The true Guru is the one who always advises us to meditate on God. Upon meeting the true Guru, our mind immediately feels a sense of bliss, and all its doubt is gone.

In the previous shabad, Guru (Ram Das) Ji told us that the main identification or quality of a true Guru is that he always advises his followers to meditate on God. Upon meeting such a Guru, our mind feels a sense of bliss, and all its doubt is gone. In this shabad, he shares with us his own experiences of peace and bliss upon meeting his true Guru (Amar Das Ji).

He says: "The merciful God has shown his mercy, and now throughout my mind and body rings the word of God’s (praise). By Guru’s grace I have been imbued with such a deep love (for God), as if my whole garment (my whole body) has been fully drenched in the color of this Love.” (1)

Describing the love and humility of his mind, Guru Ji says: “I am but a maiden slave of God, my Master. (Since the time), my mind has reposed complete faith in God, (I feel that) He has made the entire world my slave without a price (as if I am ruling the world).” (1-pause)

Now addressing us, he says: "O’ dear saints, if you reflect deeply and search your hearts, you will find that the beauty and the light of God pervades all hearts, and God abides near and close to everyone.” (2)
Guru Ji adds: “The omnipotent, immeasurable, limitless Being resides close to the entire world. The perfect Guru has revealed the all-powerful God (to me. Therefore, I have so completely surrendered myself to him, as if) I have sold my head to the Guru for a price.” (3)

Guru Ji concludes this *shabad* with a very humble prayer to God. He says: “O’ my respected God, You are the highest of the high and You are our helper, both inside and out. Being blessed with the intercession of the true Guru, Your slave Nanak sings praises of God, day and night.” (4-1-15-53)

The message of this *shabad* is that if we want to enjoy a state of bliss, as if we are ruling the world, then following the advice of our Guru, we should sing praises of God day and night with true love.

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In the previous *shabad*, Guru Ji shared with us the supreme bliss experienced by him, when the merciful God showered His blessings and imbued him with the deep fast color of His Love. In this *shabad*, he shares with us the kind of love, devotion, and obedience he has for God in his mind.

Guru Ji says: “O’ God, the life of the world, the remotest of the remote, the master of the universe, omnipotent, architect of our destiny (I so completely submit to Your command that) whatever way You lead me, that way I go.” (1)

Expressing his humble and sincere love for God, Guru Ji says: “O’ God, my mind is imbued with Your love. Associating with the society of saints, I have obtained the relish of God’s (Love), and I am absorbed in God’s Name.” (1-pause)

Now on the basis of his personal experience, he tells us: “God’s Name is the panacea (the cure all) and provider of peace in the world. Following Guru’s instruction, those who partake of God’s elixir destroy all their sins and sorrows.” (2)

Guru Ji therefore comments: “(Only) those in whose destiny it has been so preordained from the beginning, (faithfully follow Guru’s guidance and live a contented life, as if they) bathe in the Guru’s pool of contentment. (In this way), those who are imbued with the love of God’s Name wash off all the dirt of their evil intellect.” (3)
Summarizing his supplication, Guru Ji says: “O’ God, You by Yourself are the Master and there is no greater benefactor than You. Slave Nanak lives only if he meditates on (Your Name), but we can meditate on Your Name by Your grace alone. (Therefore, please show Your mercy on us, and bless us so that we may meditate on Your Name).” (4-2-16-54)

The message of this shabad is that if we want to enjoy true happiness, then following Guru’s guidance we should live as per God’s will, and meditate on His Name with true love and devotion.

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<th>GAURRI POORBI MEHLA 4</th>
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The message of this shabad is that we should surrender ourselves wholly to God, and beg Him only for the gift of His Name (His never ending love and devotion).
Guru Ji started the previous shabad with a prayer to God requesting Him to bless him with such a gift, that his mind may remain imbued with His love. Guru Ji further stated that the reason for his prayer to God was that his true Guru had informed him that when one meditates on God, one's heart feels like dancing in delight. Now this is a unique concept of the Sikh faith: that it is the true Guru who shows and guides his disciple (sikh) in pleasing God, yet it is God who blesses a Sikh with the guidance and company of a true Guru. Therefore, in this shabad, he prays to God to bless him with the guidance of a true Guru.

Guru Ji says: “O’ God, You are the merciful destroyer of all pain. Please listen to my one prayer attentively. Unite me with that true Guru, my very life, through whom I could come to know You.” (1)

Making no bones about the high esteem in which he holds his true Guru, he says: “O’ God, I respect the true Guru like the all pervading God (You). The reason is that I am but a foolish, ignorant person with false intellect. Only (with the instruction of) the true Guru, I can know (You, O’) God.” (1-pause)

Describing the bliss and benefits, which he has already experienced though the guidance of the true Guru, he says: “(I have) found insipid all the other tastes (of riches and powers) of the world, which I have tasted. But when I met the true Guru and tasted the relish of the nectar of God’s Name, I found it delicious like the juice of a sugar cane.” (2)

Therefore, on the basis of his personal experience, Guru Ji states: “Those worshippers of power (Maya) who have not met the true Guru are foolish and insane. (I feel) that such unfortunate is their preordained destiny that just as the moths burn themselves upon seeing the candle, they keep burning due to their attachment to (Maya).” (3)

Concluding his prayer, Guru Ji says: "O’ God, You show mercy upon those whom You unite (with the Guru), and they apply themselves to Your service. In short, Nanak says that the devotees who, by
following the Guru’s advice have repeatedly meditated on God’s Name, have become renowned. They have merged in (God’s) Name.” (4-4-18-56)

The message of this shabad is that if we want to enjoy the bliss of union with God, we should pray to Him for the true Guru’s guidance, and following his guidance, we should meditate on God’s Name.

Many times we do misdeeds, thinking in our mind that nobody is seeing us. In this shabad, Guru Ji wants to caution his mind (actually all of us) that we cannot hide anything from God. He always abides near us, and sees and knows all our deeds (and thoughts).

Therefore admonishing his mind (and indirectly us), Guru Ji says: “O’ my mind, God is forever with you. Tell me, how can you escape His presence? (The fact of the matter is that) if the eternal God Himself forgives and if He Himself saves, only then are we released (from the punishment of our misdeeds).” (1)

Guru Ji advises his mind and says: “O’ my mind, we should always meditate on God’s Name. (To know how to do this), we should hasten to the sanctuary of the true Guru. By following him (and meditating on the Name according to his guidance), we are liberated (from worldly bonds).” (1-pause)

Advising his mind further, Guru Ji says: “O’ my soul, serve that God, the Giver of all comfort, by performing whose service we abide in our own home (and experience the presence of God in our own heart. O’ my mind), by Guru’s grace, go and reclaim your own house (your body, which is also the abode of God). Just as we receive a pleasant odor by rubbing sandalwood again and again, (similarly we should enjoy bliss by singing praises of God and repeating His Name).” (2)

Once again stressing the importance of God, Guru Ji says: “O’ my mind, earn the most sublime profit of God’s praise. When God abides in our mind, we feel so happy that we like to laugh. But only by showing His mercy does God bestow this gift, so that we might taste the relish of the nectar of God’s (Name).” (3)
It is the same light

Now commenting on the fate of those who, instead of attuning themselves to God’s Name, are engrossed in earning worldly wealth, he says: “O’ my mind, forsaking God’s Name, they who are attached to other (worldly riches, suffer such great pain, as if they) are strangled by the demon of death. Such worshippers of Maya, who have forsaken God’s Name, are like thieves. O’ my mind, we (should avoid their company, and) should not even go near them.” (4)

Summarizing his advice, Guru Ji says: “O’ my mind, (always) serve the incomprehensible and immaculate God, by serving whom all the accounts of our past deeds are cleared. (In this way), O’ Nanak, those whom God has made whole don’t lack in merit even a bit.” (5-5-19-57)

The message of the shabad is that we should always remember that God pervades everywhere, and we cannot hide any of our sins from Him. We should meditate on His Name under Guru’s guidance.

Note: This message is illustrated in the story of a saint, who asked his disciples to each kill a bird where no one might see them. All the disciples soon went into corners, or behind trees, killed their birds, and came back. But one disciple came back after a long time with the bird still alive, saying that he could not find anyplace where God did not see him.

In the previous shabad, Guru Ji advised us that if we want to be freed from all the accounts of our past deeds, we should remember God with love and devotion. In this shabad he shares with us what he himself did, how he expressed his love and devotion to God, and what was the result.

First, showing how he approached God, he says: “O’ my God, my very life-breath is in Your power. All my body and soul are Yours. In my body and mind is an intense craving for You. Please have mercy, and show me Your sight.” (1)

Stating how his craving to meet God was fulfilled, he says: “(I said): O’ my God, within my mind and body is a longing to meet You.” Then the merciful Guru bestowed a little bit of kindness, and God came to meet me.” (1-pause)

Now describing what he said upon meeting God, he says: “O’ God, whatever is in my mind and heart, You know that state. (My desire is) that day and night I may repeat Your Name, and meditate in peace, and always lean on You.” (2)
Describing in more detail how this happened, Guru Ji says: “(What happened was that) the great beneficent true Guru showed me the way (to approach God, by meditating on His Name and singing His praises. When I acted upon his advice), God came and revealed Himself, and I was united with him. Then day and night, a state of bliss pervaded (throughout my body and mind), and in this way the devotee’s desire was fulfilled.” (3)

Now coming back to his remarks in the beginning of this shabad, he describes how he expressed his love and devotion to God. He says: “O’ my God, the Creator of the world, all (this world play) is under Your control. Slave Nanak has sought Your refuge; please save my honor.” (4-6-20-58)

The message of this shabad is that if we want to have the sight of God, then we should seek the guidance of the Guru, and pray to God to bless us with His Name, and save our honor.

In the third stanza of the previous shabad, Guru Ji stated that it was the true Guru who showed him the way, after following whom he attained to God. In this shabad, he explains one of the ways in which the Guru helps his disciple.

Describing his own experience so that we may understand it clearly, Guru Ji says: “This mind (of ours) does not stay still even for a moment. It keeps wandering in all directions all the time. But by good fortune I have met the true Guru, who has given me the mantra of God’s Name. (By virtue of this Name) my mind has been calmed.”(1)

Therefore Guru Ji feels no hesitation in saying: “O’ God, I am called the slave of the true Guru.”(1-pause)

Now, as if to show the proof of his above statement, Guru Ji refers to the old custom in which the masters used to stamp their slaves, by burning a special mark of identification on their skin. So he says: “The Guru has been very much beneficent and merciful to me. He has (saved me from all the sinful ways of the world, and thus) ferried me across this terrible world ocean. Therefore, I am very much indebted to the Guru. (To clear this debt, I have become the slave of the Guru, and I feel as if the Guru) has burnt his identification mark on my forehead. (2)"
Guru Ji now comments upon the fate of those who, instead of loving God, are in love with *Maya* (the worldly riches and power). He says: “They who do not have love for God in their hearts have tied themselves in false bonds. Just as paper is dissolved in water, so too would these self-conceited persons be wasted away in their ego.”(3)

Finally, for our guidance and to save us from any thoughts of ego, he shows us how to humbly pray to our Guru. He says: "(We are ignorant persons). We did not know anything before, nor do we know now. So we keep standing in whatever state God keeps us. Nanak says, O' Guru, we make many mistakes and blunders. Please show mercy and save us, because we are (like) Your pet puppies (whom You love and feed without minding their faults).” (4-7-21-59)

The message of this *shabad* is that if we want to hold our mercurial mind and win the favor of God, we need to humbly seek the Guru’s guidance. We must pray to him to save us from our misdeeds, and lovingly sustain us like the slaves or pets of his household.
But as for the devotees of God, Guru Ji says: “Devotees of God remain absorbed in the love of God, and they overcome the fear of birth and death. They obtain the eternal God, and obtain great honor in all regions and universes.” (3)

Therefore praying for himself (and indirectly advising us accordingly), Guru Ji says: “O’ God, we are Your poor, humble servants; please save us. You are the greatest of the great. The devotee Nanak’s only support is Your Name, because only in God’s Name lies the greatest peace.” (4)

The message of this shabad is that we should recognize that we are full of evil impulses like ego, lust, and anger, and we keep suffering on their account. If we want to be rid of this suffering and enjoy peace and bliss, then we should seek the refuge of the Guru, and meditate on God’s Name.

**Ga-orhee poorbee mehla 4.**

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<td>In the previous shabad, Guru Ji illustrated the importance of the Guru by telling us that our body is like a fortified city in which reside the thieves (or passions) of lust and anger. In this shabad, he tells us who else resides within this body besides these passions, and what are his unique qualities.</td>
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Guru Ji says: “In the fortress of our body lives God (the King of the universe). But (being absorbed in worldly lusts), the stubborn (human being) doesn’t enjoy the bliss (of the presence of God in the body. However, the person upon whom) the merciful God of the meek has shown kindness, through the Guru’s word, that person has tasted the relish of God’s (love).” (1)

Describing what he thinks about this relish, Guru Ji says: “O’ God, very sweet (and pleasing), is singing praises of God, when it is done with the mind attuned to (God’s) love.” (1-pause)

For our information, Guru Ji comments: “(O’ my friends), God is inaccessible, incomprehensible and transcendent. But through the intercession of the Guru one can meet Him. Therefore, they in whose hearts the words of the Guru seem pleasing (those who follow the Guru’s advice and meditate on God’s Name with love and devotion), they are automatically blessed with the bliss of God’s company, as if before them is served the platter of God’s relish.” (2)

Now commenting on the state of those self-conceited persons who do not care for the Guru’s advice, he says: “The self-conceited persons are stubborn like stones. Within their mind is nothing but darkness (of evil). They are like) snakes, which even when fed with milk, spit only poison; (they return only evil in exchange for all the good done to them).” (3)
Therefore, Guru Ji prays: "O’ God, unite me with the saint (Guru), so that just as one grinds an herb and puts in the mouth (to counteract the snake’s poison), I may lick the sweet Guru’s word. Slave Nanak (says) that we are the servants and slaves of the Guru, and by attaching ourselves to his holy company, our bitter (nature) has become sweet." (4-9-23-61)

The message of this shabad is that we should enshrine the Guru's word in our hearts; it will remove our lusts and sinful nature and help us enjoy the bliss of God, who is sitting right in our heart.

In the previous shabad, Guru Ji advised us that if we want to enjoy the bliss of God’s union, then we should enshrine the Guru's word in our heart, and follow his advice with complete faith and obedience. In this shabad, he shares with us the extent of his faith and obedience to his Guru, and explains the result.

He says: “For the purpose of obtaining (union with God, I completely placed myself at the disposal of the Guru. I did whatever he told me to do without any question, as if) I had sold my body to the perfect Guru. In return, the beneficent true Guru enshrined God’s Name in my heart, and now my face and forehead are radiating with good fortune.” (1)

Summarizing his experience in this regard, Guru Ji says: “(O’ my friends), through the Guru’s instruction, I have been attuned to God’s love.”(1-pause)

Many people may question: when God pervades in every heart, then why must we seek the guidance or intercession of the Guru? To remove any such doubts, he says: “(Even though) God pervades in every heart, yet it is only through the Guru’s word that one is attuned to Him. (As for as I am concerned, I feel so much indebted to the Guru that) I am ready to cut my body and mind to pieces, and place them before the Guru. (In other words, I can sacrifice anything for him including my life, because) it was only through the words of my Guru that all my doubts and fears hastened away.” (2)
Describing the state of his mind on listening to the Guru’s words, he says: “(The words of the Guru have given me such unique divine wisdom, as if) he has lighted many lamps in the darkness (of my mind). It is by virtue of the divine wisdom obtained from the Guru that I have been imbued with the love of (God), the supreme Guru. Now the darkness of ignorance (in my mind) has been thoroughly dispelled. I have obtained the (real) commodity (of Name) in the home (of my heart itself), with which the mind remains awake (to the pitfalls of worldly distractions).” (3)

Next commenting on the fate of those who care for worldly wealth only, Guru Ji says: “Those self-conceited persons who care only for worldly wealth and power become (cruel-hearted) like hunters; they are themselves being stalked by the demon of death. They do not surrender their head (their ego) before the true Guru, so these unfortunate ones keep suffering the pain of birth and death.” (4)

Guru Ji concludes this shabad with a prayer to God. He says: “O’ God, please listen to my prayer. I ask for Your refuge. Nanak says that the Guru is the savior of his respect and honor: he has sold off his head (whatever the Guru wants him to do, he does without question).” (5-10-24-62)

The message of this shabad is that if we wish to have union with God, we should completely surrender ourselves to the Guru. Following his advice, we should meditate on God’s Name.

The previous so many shabads Guru Ji advised us that if we want to enjoy eternal peace and bliss (and meet God), then we should seek the refuge and guidance of the Guru. In this shabad he explains what the Guru really does, and why his advice and guidance is so beneficial and essential.

He says: “(O’ my friends, without the guidance of the Guru, we human beings remain) self-conceited, and our intellect remains ignorant and egoistic. But upon meeting the Guru, we lose our self (conceit). When (by Guru’s grace) the malady of ego is dispelled, we obtain peace. Therefore, I say blessed is that Guru God, the king (of the universe).” (1)

Therefore, Guru Ji says: “(O’ my friends, by following) the Guru’s words, I have obtained God.”(1-pause)

Now describing his own experience, Guru Ji says: “(O’ my friends), in my heart was the love of God, the King, and the Guru) showed me the way (to reach my beloved). Therefore, I offer my body and mind to the Guru, who has reunited (me) the separated one with (God), and helped me embrace (Him).” (2)
Describing further his state of mind before and after this experience, Guru Ji says: “Within my mind was a longing to see (God), and the Guru showed God residing in my heart itself. Within my mind now pervades spiritual peace and bliss. (I feel so thankful to the Guru that, like a slave, I have pledged my complete obedience to every wish and command of the Guru. It is as if), I have sold myself off to the Guru.” (3)

Finally, Guru Ji describes what he said to God upon meeting Him. Actually, he is showing us how to pray to God in humility and sincerity. He says: “O’ God, we have committed many sins, including thefts and evil deeds. But now Nanak has come to Your shelter. Please save his honor, if You so wish.”(4-11-25-63)

The message of this shabad is that if we want to save ourselves from the punishment of the sins committed by us, and reunite with God, then we should seek and follow the Guru’s guidance.

In the previous shabad, Guru Ji described how the Guru wipes off the darkness of our ego and shows us the right way to meet God. In this shabad, he tells us what kind of peace and bliss one experiences when one follows the Guru’s instruction.

He says: “By (acting according to) Guru’s instruction, the melody of continuous music keeps ringing (in our mind). Following Guru’s instruction, our mind sings (songs of Joy and praises of God). Only a very fortunate person sees the vision of the Guru, and blessed is that Guru who attunes one to God.” (1)

Giving the essence of this shabad, Guru Ji says: “(O’ my friends), it is only through the Guru that one imbues oneself with love for God.” (1-pause)

Next referring to himself, Guru Ji says: "My perfect true Guru is my Master. My mind does only what the Guru tells me. I most humbly serve my Guru, because he narrates to me the gospel of God.” (2)

Describing what other blessings the Guru’s instruction has brought him, he says: “(O’ my friends), through Guru’s instruction, the elixir of God’s Name is enshrined in my mind, and my tongue sings praises of God. My mind is fully sated by enjoying the relish of God’s (Name), and now it does not hunger for (worldly pleasures) any more.” (3)

However, Guru Ji wants to caution us that it is only by God’s grace that we can obtain the relish of His Name. Therefore, in his concluding remarks he says: “(O’ my friends), even if one makes many efforts,
without (God’s) grace, one cannot obtain God’s Name. Slave Nanak feels that God showed mercy upon him, and through Guru’s instruction he meditates on God’s Name.” (4-12-26-64)

The message of this shabad is that only by following the Guru’s instruction can we enjoy the continuous divine music, be imbued with love for God, and by His grace, can we meditate on His Name, and obtain His union.

Detail of Shabads: -Gaurri Poorbi M: 4=12, Gaurri Guarer M: 4=6, Gaurri Bairagan M: 4=8, Gaurri M: 3=18, Gaurri M: 1=20, Total=64

raag ga-orhee maajh mehlaa 4.

gurmukh jindoo JAP Naam karammaa.
mat maataa mat jee-o Naam mukh raamaa.
santokh pitaa karg purakh ajnamaa.

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vadbhaagee mil raamaa. ||1||
gur jogeer purakh mili-aa rang maane jee-o.
gur har rang rat-thaa sadaa nirbaane jee-o.
vadbhaagee mil sughare sujaane jee-o.
mayraa man tan har rang bhinnaa. ||2||
aavhu santahu mil Naam JAPaahaa.
vich sangat Naam sadaa laahaa jee-o.
kar sayavaa santaa amrit mukh paahaa jee-o.
mal poorab likhi-arhay Dhar karmaa. ||3||
saan vras amrit jag chhaa-i-aa jee-o.
man mor kuhuki-arhah sabad mukh paa-i-aa.
har amrit vuth-thaa mil-aa har raai-aa jee-o.
jan naanak paraym raatanaa. ||4||1||27||65||

RAAG GAURRI MAAJH MEHLA 4

In the previous shabad Guru Ji told us that only by following the Guru’s instruction can we enjoy the unstuck divine music, be imbued with the love for God, and by His grace, meditate on His Name, and obtain His union. In this shabad, he describes the bliss we enjoy when we sing God’s praises and meditate on His Name.

Addressing his own soul, he says: "O’ my beloved soul, do the deed of meditating on the Name under Guru’s advice. Make Guru-given intellect as your mother (and, obeying it) utter God’s Name from your tongue. Make contentment Your father (or guiding principle), and make the immortal God as Your Guru. In this way, O’ fortunate one, you will meet God.” (1)

Sharing his own experience, Guru Ji says: "(O’ my friends), I have been blessed with the Guru, who himself is united (with God). By meeting him, I too am enjoying the bliss (of God’s) love. My Guru is himself imbued with the love (of God) and is always immaculate. O’ fortunate one (I say, You too should go and) meet such an accomplished and wise (Guru, by whose grace) my body and mind has been saturated with (God's) love.” (2)

Now addressing us in a very loving manner, Guru Ji says: "Come O’ dear saints, let us meditate on the Name. In the society of the saints, let us earn the profit of the Name. By serving the saints, let us drink the nectar (of Name), and in this way let us fulfill our preordained destiny and meet (God).” (3)
Finally, Guru Ji describes what kind of bliss he enjoys after meditating on the Name. He says: "I feel as if a most enjoyable rain is pouring over the whole world (my whole body), and on tasting the elixir of Guru’s word, my mind is chirping and dancing like a peacock. (When, like a cloud), the nectar of God’s (Name) started raining, I met God the king and I was drenched with His love." (4-1.27-65)

The message of this *shabad* is that if we want to enjoy the blissful nectar of God’s love then following Guru’s advice, we should join the society of saintly people, and meditate on God’s Name.

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**Gaurri MaaJh MeHla 4**

In the previous *shabad*, Guru Ji gave us the message that if we want to enjoy the bliss of God’s union, we need to meditate on His Name under Guru’s instruction. In this *shabad* he uses the example of those days when some women used to practice different charms and magic tricks to deceive and entice men into their love. He tells us what kind of a mantra or charm can we use to win the love of our beloved God.

He says: "Come, (O’ dear) friends, let us use the charm of praise to entice (God). Joining with the saintly persons (who are already united with Him), let us also enjoy the peace and pleasure of God’s love. Let us always light the lamp of Guru’s wisdom (in our mind and following his advice sing praises of God. In this way, if) God may become gracious (upon us, we may) meet Him with love and abandon." (1)

Describing the state of his own mind, Guru Ji says: “My mind and body are attuned to the love of my beloved God. I pray that my Guru may become my mediator, and unite me with my friend. God. I am always ready to give away my heart to the saint (Guru), who can unite me with my Master. I am always ready to be a sacrifice unto my God.” (2)

Now, addressing God in a love- drenched language, Guru Ji says: "Come O’ my dear, O’ my God, shower Your rain (of mercy). Yes my beloved, please shower (Your love) like rain on my heart."
Next describing the result of such a true, humble, and passionate prayer to God, he says: “I have obtained the fruit of my heart’s desire, and my mind has blossomed forth upon seeing the perfect Guru. O’ my God, Your wedded bride has obtained the bliss of Your Name, and her mind enjoys divine bliss every day. O’ my God, I feel that by great good fortune I have obtained You, and my mind is daily reaping the profit of spiritual bliss.” (3)

Guru Ji finally comments: “(O’ my friends), God Himself creates (all beings), He Himself sustains them, and He Himself assigns them to different tasks. Some are blessed with unlimited abundance of His grace, but there are others who receive only a handful (or very meager sustenance). He blesses some so much that, becoming kings, they sit on thrones and are very happy, while there are others whom He makes to beg (from door to door). O’ my God, only one command rules everywhere, and slave Nanak has meditated on (God’s) Name (alone).” (4-2-28-66)

The message of this shabad is that we should imbibe so much sincere and deep love for God that we always keep singing His praise in the company of saintly persons. So that, showing mercy, one day God might come to abide in our hearts, and we may also enjoy the bliss of His eternal union.

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**SGGS P - 174**

sant janaa mil paa-i-aa mayray goviSaa mayraa har parab bah sajan sainee jee-o.

har aa-ay mill-aa jagjeevan mayray goviSaa mai sukh vihaanee raige jee-o. ||2||

mai maylu si sant mayraa har parab sajan mai man tan bhuuki lagaa-ee-aa jee-o.

ha-o reh na saka-o bin daykhay mayray pareetam mai antar birahu har laa-ea-aa jee-o.

har raa-i-aa mayraa sajan pi-aaraa pur maylay mayraa man jeevaa-ee-aa jee-o.

mayrai man tan asaas pooree-aa mayray goviSaa har mili-aa man vaaDhaa-ee-aa jee-o. ||3||

vaaree mayray goviSaa vaaree mayray pi-aari-aah ha-o tuDh vitrhi-ahu sad vaaree jee-o.

mayrai man tan paraym piramm kaa mayray goviSaa har poonjee raakh hamaaree jee-o.

satgur visat mayl mayray goviSaa har maylay kar raibaaree jee-o.

ha Naam da-i-aa kar paa-i-aa mayray goviSaa jan naanak saran tumaaree jee-o. ||4||
In the previous shabad, Guru Ji invited us to join him in using the charm of virtues to win the love of our beloved God. In this shabad, using a local popular refrain of the time, he sings songs expressing his deep love for God.

Guru Ji says: "O’ my Govind (master of the universe, the person on whom is Your grace, that person) realizes again and again that You are residing in the mind itself. Therefore, such a person remains imbued with Your love in the mind. O’ my loving God, You are always with us, but we cannot realize this. It is only the perfect Guru who helps us to know You, the unknowable God. O’ my God, they in whose mind Your Name is illuminated all their poverty and pain is removed. In this way, they who by good fortune obtain the sublime state (of bliss) remain merged in God's Name.” (1)

Now expressing the state of his own mind, Guru Ji says: "O’ my beloved Master, only a very rare person has seen You with his or her own eyes. My body and mind were sad without meeting You and like a separated young bride, I felt like a withered flower. But by approaching my saintly friends, I have obtained my beloved Master, friend, and kin. O’ God of the universe, since the moment You met me, the night (of my life) is passing in peace.” (2)

Explaining how he obtained God, Guru Ji says: “(I used to pray to my saintly friends, and say to them), "O’ saints, please unite me with my friend God, my mind and body are hungry for Him. I cannot live without seeing my Beloved. I am suffering the pangs of His separation in my heart. Yes, God the king is my close friend; the Guru rejuvenates my mind by uniting me with Him. O’ my God, now when You have met me, all the desires of my heart have been fulfilled, and my mind now sings songs of joy.” (3)

But unlike us, who soon after obtaining our desires forget our benefactors and those who helped us along the way, Guru Ji says to God: "O’ my God, I am an unceasing sacrifice unto You. My mind and body are full of love for You, O’ my beloved God; please preserve this capital of my love. O’ God, please unite me with the intercessor true Guru, so that by guiding me (he may keep me) united with God. It is through Your grace, O’ God that I have attained to You. Therefore, devotee Nanak (always wants to remain) under Your shelter.” (4-3-29-67)

The message of this shabad is that if we want to seek union with God and enjoy a supreme state of bliss, then following Guru’s guidance we should sing God’s praises with true love and devotion.

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**GURRI MAAJH MEHLA 4**

chojee mayray govindaa chojee mayray pi-aari-aa har parabh mayraya chojee jee-o.
har aapay kaan1 upaa-igdaa mayray govidaa har aapay gopee khojhee jee-o.
har aapay sabhghat bhogdhaa mayray govidaa aapay rasee-aa bhogjee jee-o.
har sujaan na bhul-ee mayray govidaa aapay satgur jologie jee-o. ||1||
aapay jaga upaadh mayray govidaa har aap khaylai baho rangee jee-o.
ikee bhog bhogaa-idaa mayray govidaa ik nagan fireh nang rangee jee-o.
aapay jaga upaadh mayray govidaa har daan dayvai sabb mange jee-o.
bhagtaa Naam aadhaara hai mayray govidaa har kathaa mangle har changee jee-o. ||2||
har aapay bhagta karaa-idaa mayray govidaa har bhagtaa loch man pooree jee-o.
aapay jhal thal varatdhaa mayray govidaa rav rahi-aa nahee dooree jee-o.

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The following text is a translation of the shabad as it appears in the image.
In this famous shabad, which is an excellent example of his music composition skill, Guru Ji is narrating some of the wonders of the wonderful God.

He says: “O’ my wonderful God of the universe, astonishing are Your wondrous plays. Yes, my dear God is the master of creating wonders. On His own, my beloved God creates god Krishna, and He Himself then creates Gopis (the milk maids) as His seekers. He Himself pervades all hearts, and He Himself enjoys the relish (of these joys). But God is wise and infallible, and He Himself is the true Guru and Himself the yogi (united with God).” (1)

Commenting upon the world and the fates of different people in this world, Guru Ji says: “It is God who Himself creates the world, and He Himself plays many games of different kinds in it. Some, He makes so rich that they enjoy all kinds of pleasures, while others He makes utterly poor, so that they must walk around absolutely naked. God Himself creates the universe, all beg from Him, and He is the only one who gives alms to all. As far as the devotees are concerned, their only support is God’s Name, and they beg only for God’s praise.” (2)

Continuing his comments, he says: “God Himself makes the devotees worship Him, and fulfills their hearts’ desire. God Himself pervades the earth and water; He is near and not far. Within and without is God alone. It is He who fills all places. The all-pervasive God has spread this entire world (play), and He sees everything in front of Him.” (3)

Finally, comparing living creatures to musical instruments, Guru Ji says: "God Himself is like the musical instrument based on air within (all living beings). These instruments play as God Himself plays them. Within all is the treasure of (God’s) Name. But it is only through the Guru’s word that (this Name) sounds loudly (and becomes manifest). God Himself makes the devotees seek His refuge, and then He Himself saves their honor. Slave Nanak (says that if such be your) good fortune; join the society of saints (and meditate on God’s Name, So that) through His Name, You may accomplish all your tasks.” (4-30-68)

The message of this shabad is that God is already pervading in our hearts, but we cannot recognize Him on our own. If we want to enjoy the blissful company of the wonderful God, then we should join the society of saintly persons, and meditate on God’s Name, and accomplish all our tasks.

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It is the same light

In the previous shabad, Guru Ji told us that God is already residing in us, but it is only by Guru’s guidance that we can meet Him. In this shabad, he describes how he was able to fulfill his keen desire to see God.

He says: “O’ my mother, God has put in me a craving for God’s Name. Now, I feel at peace only if I meet my friend God. O’ my mother, I survive (only) by seeing my God, the Master. God’s Name is now my only friend and brother.” (1)

Addressing his friends (and us), Guru Ji says: “O’ venerable saints, sing praises of my God. By meditating on the Name through the Guru, we become very fortunate. (For me), God’s Name has now become my life support. (With such support, I believe) there will not be any more rounds (of birth and death for me).” (2)

Describing his own state of mind before meeting God, Guru Ji says: “Within me was a longing: how could I see God? (I approached the Guru and said: “O’ my respected saint (Guru), please unite me with God. My mind is craving Him.” (He replied): “It is by Guru’s grace that we can obtain to our beloved God the king. (If we are blessed with) good fortune, then by meditating on His Name (we obtain God).” (3)

Guru Ji now tells what finally happened. He says: “(I once again prayed to my Guru and said: “(O’ my respected Guru), within my mind is a keen desire for God. O’ my respected saint, either please unite me with Him, or take me near Him. (On hearing my request), the true Guru forever illuminated my mind with God’s Name. Then the desire of slave Nanak (for union with God) was fulfilled.” (4-5-31-69)

The message of this shabad is that we should pray to God to unite us with the true Guru, who may instill in us a deep craving to meet God, and so illuminate our mind that we may always keep meditating on God’s Name, and recognize Him within ourselves and everywhere outside.
It is the same light

In the previous shabad, Guru Ji advised us that we should pray to God to unite us with the true Guru, who may instill in us a deep craving to meet God, and so illuminate our mind that we may always keep meditating on God’s Name and recognize Him within ourselves. In this shabad, he shares the extent of his own craving and longing for God.

Like a young bride, who is separated from her lover, Guru Ji shares with us the condition of his heart, and says: “I, the separated one, live only if I am blessed with God's Name. The (spiritual) life-giving nectar of Name is contained in my heart, but only through Guru’s advice can I reach it. My mind is imbued with God’s love, and I always drink the elixir of Name. (When I feel that) I have obtained God in my mind, I feel (full of) life (again).” (1)

Continuing to share with us the state of his mind, Guru Ji says: “My heart has been pierced with the arrow of God's love, and (I always long to find out), how I may meet my sagacious friend (God. I believe that it is only) the Guru who unites one with that wise and sagacious (Being). I am a sacrifice to His Name.” (2)

Now describing the dialogue he had with his Guru, he says: “ (I said to my Guru): “Please tell me the whereabouts of my friend, God. Yes, O’ my dear, respected saint (Guru, please) tell me about God; I am inquiring after Him. (I know that It is only when the true Guru becomes very kind and tells (how and where to find Him), that I can obtain God. By meditating on His Name, I can merge in the Name itself (and become one with God).” (3)

Summarizing the whole process of his union with God, Guru Ji says: "The pain of separation has pierced me with longing for God. (So I say): “O’ Guru, please fulfill this desire of mine, and put the elixir of God’s Name in my mouth.” (Further, I say to God): “O’ God show mercy, so that I may meditate on God’s Name, and slave Nanak may obtain the relish of God’s Name (and His union).” (4-6-20-18-32-70)

The message of this shabad is that if we want to enjoy the bliss of God’s union, we should develop a sincere, and deep longing for God. We must seek the refuge of the Guru so that he may guide us to meditate on God’s Name, and then in His mercy, God may grant us the bliss of His union.

**Detail of Shabads:** - Gaurri M: 1=20, Gaurri M: 3=18, Gaurri Poorbi M: 4=12, Gaurri Guarerri M: 4=6, Gaurri Guareri M: 4=8, Gaurri Maajh M: 4=6, Total=70

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**Gaurri Maajh Mehla 4**

ha-o har har sajan har meet dasaa-ee jee-o. 
har dashu santhau jee har khoj pavaa-ee jee-o. 
satgur tuth-rah daasay har paa-ee jee-o. 
har Naamay Naam samaa-ee jee-o. ||3||

mai vaydan paraym har birahu lagaa-ee jee-o. 
gur sar-rah poor amri mukh paa-ee jee-o. 
har hohu ga-i-aal har Naam Dhi-aa-ee jee-o. 
jan naanak har ras paa-ee jee-o. ||4||6||20||18||32||70||
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### MEHLA 5

**RAAG GAURRI GUARERI CHAUPADEY**

Every one in this world is engaged in the pursuit of happiness. Generally, we human beings think that happiness lies in earning more wealth, acquiring more possessions, or gaining more power. But if we look closely at the lives of even the richest and most powerful people in the world, we may find that inside their minds they are miserable. In this *shabad*, Guru Ji brings out these facts of life and tells us not only the secret of true happiness, but also tells us how to meet God Himself, the very source of all bliss.

He first poses the question, and asks: "O’ brother, how can we find (true) happiness? How can we find God (the true source of bliss), who can be our true helper in this regard?" (1-pause)

Telling us the end result of our pursuit for worldly possessions, Guru Ji says: "(O’ my friends), happiness does not lie in owning a home, and thinking: “all this wealth is mine, or all these high mansions surrounded by trees with beautiful shades are mine. In this way, a human being) has wasted away his (or her human) life after false greed.” (1)

Commenting further on the true nature of worldly possessions, Guru Ji says: “A person may feel happy seeing how many elephants and horses (in modern sense, various high-priced vehicles), he owns. Or he may have a vast army, advisers, and royal servants. All these are actually the nooses of ego which one puts around one's own neck.” (2)

Many times, after earning lots of wealth and worldly possessions, one does not feel truly happy. One tries to find happiness in acquiring power, by conquering countries, or gaining political power. Informing us of the true nature of such political power, Guru Ji says: “One may become such a mighty king (or president), that in all the ten directions one sees one’s kingdom or jurisdiction. One may enjoy many pleasures and the company of many women. But amidst all these pleasures one suffers in pain just as a king becoming a beggar in his dream.” (3)

After commenting on the apparent worldly pleasures, which ultimately lead to pain rather than happiness, Guru Ji says: "My Guru has showed me the one secret of real happiness. The secret is that whatever God does, it seems pleasing to God’s devotees. O’ Nanak, by stilling his or her ego in this way, a devotee is absorbed (in God Himself).” (4)

Guru Ji therefore concludes: "O’ my brother, this is how true happiness is obtained, and this is how we obtain God (our true) helper (and the source of all happiness)."(1-pause 2)

The message of this *shabad* is that true happiness is not obtained by acquiring worldly wealth, possessions, or power; it is realized, when stilling our ego, we happily accept the will of God.
In the previous shabad, Guru Ji told us that the secret of happiness lies in stilling one’s ego and happily accepting the will of God. But still some people may think that it is very difficult (if not impossible) to remain happy in the will of God, when one is worried about one’s own survival or one’s family due to poverty or threats from enemies. In this shabad, he provides us assuring answers to quell such doubts.

Guru Ji says: “Why should we doubt, and of what should we be afraid of, when that same God is pervading all the water, earth, and inter-space? The Guru’s followers (who rise above such doubts) are saved, but the self-willed lose their honor.” (1)

Guru Ji assures us: “(O’ my friends), nobody can reach (or harm) the one whom the merciful God protects.” (1-pause)

Once again clarifying and, removing all our doubts, he says: “The one God pervades all beings. Therefore O’ human being, sleep care-free (and do not worry), because God knows everything which is happening around us.” (2).

Now commenting on the fate of those self-conceited persons who do not listen to Guru’s advice and always remain thirsty for worldly wealth, Guru Ji says: “Those self-conceited persons who thirst for worldly wealth keep dying (again and again). According to their preordained destiny, they wander through many existences. They (suffer the consequences of their own deeds, and thus) reap what they sow.” (3)

In closing, Guru Ji says: “Upon seeing the sight of God, my mind is delighted. Now I see God’s light pervading everywhere. In this way, God has fulfilled the desire of slave Nanak.” (4-2-71)

The message of this shabad is that we should have full faith that God pervades everywhere; therefore, He would protect and support us, if we keep meditating on His Name with true love.
In previous so many shabads, Guru Ji has advised us to meditate on God’s Name under Guru’s instruction. But in spite of this advice, we keep postponing this practice and spend all our life in the pursuit of worldly wealth or our family affairs. In this shabad, he once again reminds us that it is after a long period that we have obtained this human body, and it is our golden opportunity to meditate on God’s Name and meet Him.

Guru Ji says: "(O) human being), for several births, you became a worm or a moth. Many times you were born as an elephant, a fish, or a deer. In many births you were a bird, or a snake, and in many births you were yoked as a horse or an ox." (1)

Therefore Guru Ji advises: "It is only after a long process that you have attained this (human) body. Therefore (try to) meet the God of the universe, because this is your (only) time to meet Him."(1-pause)

Elaborating further on the stages which the soul passes through before attaining human form, Guru Ji tells: "(O) human being), for many births you were turned into rocks and mountains, and in many births you perished in the womb itself. In several births you were grown as branch of a tree. In this way you were made to wander in millions of species."(2)

Guru Ji therefore advises us: "(O my friend), you have been given this opportunity (as a human being) to join the society of saintly persons. Serving them, you should meditate on God’s Name under Guru’s instruction. Abandon your ego, falsehood, and insolence. If you die (to the self while still) alive, you will be accepted in God’s court."(3)

Finally, showing how to humbly pray to God and seek His grace and forgiveness, Guru Ji says, "O’ God, whatever happens is according to Your will. Nobody else is capable of doing anything. Nanak says, we can only meet You if You Yourself unite us with You, and only then we can sing (Your) praises."(4-3-72)

The message of this shabad is that we have got this opportunity of human birth after wandering through myriad of species for millions of years. This is our golden opportunity to unite with God. We should not let this opportunity be wasted in worldly pursuits. Instead, we should pray to God to bestow His grace, and unite us with Himself by making us meditate on His Name.
In the previous shabad, Guru Ji advised us that we have obtained this human birth after wandering through other lower species for millions of years. We should not lose this precious opportunity in the pursuit of worldly affairs; instead, we should use it to unite with God (from whom we have been separated for such a long time). In this shabad, he explains how to do that by giving some very vivid examples.

Guru Ji first takes the example of a farmer and says: “(Just as a farmer sows different crops in his farm and then works hard to grow and protect the crop, similarly O' friend), sow (the seed) of (God’s) Name in the action field (of your body). This way, the purpose of your (human life) would be accomplished. (As a reward for sowing the seed of Name, and) daily singing the praises of God, you would receive the fruit of release from the fear of death.”

Giving the gist of his message, Guru Ji says: “(O' human being), enshrine God's Name in your heart, and this way get all your affairs settled very quickly.” (1)

Elaborating on his advice, Guru Ji says: “(O’ my friend), remain actively conscious of God (always remember that God is watching all your deeds and thoughts. You should only do and think only those things, which are pleasing to Him), only then will you be received with honor in His court. Forsake all your clever arguments and shrewdness, and surrender yourself to the shelter of the saintly people (and obediently do what the Guru says).” (2)

Telling us the next thing to do, Guru Ji says: “(O’ my friend), all the creatures are under (God’s) control, and He never separates from (His creatures) and always remains with all of them. Shedding all other efforts, seek the support of that (God); in an instant you will be emancipated.” (3)

Finally, Guru Ji advises: “Always deem (God) as near you. Accept (obey) God's command as eternal. O' Nanak, following Guru's word, obliterate your self- (conceit), and keep meditate on God's Name.”

The message of this shabad is that we should remain conscious that God is watching our conduct all the time. Therefore, forsaking all our cleverness and ego, we should listen and act upon the advice of the saints (as contained in Guru Granth Sahib Ji), and meditate on God’s Name.
In the previous shabad, Guru Ji advised us that forsaking all our cleverness, we should listen and act upon the Guru's word and meditate on God's Name. In this shabad, he elaborates on the importance of Guru's word, and the blessings, which one obtains by listening and acting upon Guru's word (or Gurbani as included in Guru Granth Sahib Ji).

He says: "The Guru's word is always imperishable. Through Guru's word a person is saved from the noose of death (by listening to Guru's word one loses fear of death). The Guru's word keeps company with the soul. Through the Guru's word one is imbued with God's love." (1)

Therefore Guru Ji says to us: "(O’ my friend), whatever (advice) the Guru has given, that is very useful for the mind. Therefore accept as true (and obey) what the saint (Guru) says." (1-pause)

Listing the merits of Guru's word, he says: "The Guru's word is eternal and immutable. Through the Guru's word all our doubts are dispelled. The Guru's word never goes waste. Through Guru's word one sings praises of God." (2)

Guru Ji adds: "The Guru's word remains with the soul. The Guru's word is the support of the support-less. By following Guru's word, one is not cast in Hell. Through Guru's word one enjoys the elixir of God." (3)

In conclusion, he says: "Through the Guru's word one becomes known in the world. Following Guru's word one never suffers defeat. On whom (God Himself) becomes gracious, O’ Nanak, on him the true Guru is always kind." (4-5-74)

The message of this shabad is that we should be thankful to God for blessing us with the eternal Sri Guru Granth Sahib Ji, which includes the words of all our Gurus (in physical bodies) and other true saints and devotees of God. Now all we need to do is to read, listen, and act upon the word (of advice) given therein, so that we may become worthy of God’s Grace and His blissful union.

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**Gaurri Guareri Mehla 5**

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**Ga-orhee Gu-aarayree Mehlaa 5.**

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**It is the same light**
In the previous shabad, Guru Ji advised us that Guru’s word is eternal, and we should always follow it, and do what the Guru advises us to do. In this shabad, Guru Ji gives us the crux of his advice.

He says: “Out of dust, He who made our jewel (like body), He who kept us safe in the mother’s womb through special means, He who gave us honor and glory, I remember that God at all times.” (1)

Therefore, Guru Ji prays: “O’ all pervading God, (bless me) that I may obtain the dust (the humble service) of the saintly people, and upon meeting the Guru I may remember my Master.”(1-6-75)

Elaborating on his prayer, Guru Ji says: “From an ignorant fool, He who made me a skilled speaker, from an ignorant (person), He who made me wise lecturer, He by whose grace I was blessed with (all the) nine treasures of the world, may that God never go out of my mind.”(2)

Continuing to enumerate God’s gifts, Guru Ji says, "He, who gave shelter to the shelter-less, He who gave honor to the one without honor, He who fulfilled all my desire, Him I worship day and night, with every breath and morsel.” (3)

Finally, Guru Ji says: "He, by whose grace the noose of Maya has been cut off, and by Guru’s grace the nectar-like poison (of Maya) tastes sour. Nanak (says), I praise that savior (because on one’s own, one) cannot do anything.”(4-6-75)

The message of this shabad is that we should always be thankful to God for His favors, starting from our birth to this time, and meditate on His Name, because on our own we can do nothing.
In the previous shabad, Guru Ji advised us that we should always be thankful to God for His so many blessings, including the gift of life itself. In this shabad, Guru Ji elaborates on these divine blessings, and tells us what we need to do to lead a life free of fear and pain.

He says: “Since nothing can happen outside His Will, there is no fear or sorrow in the sanctuary of that (God). (Therefore, I have) forsaken all my cleverness, power, and false intellect (and have surrendered myself to His protection, and am confident that God is the protector of His slave’s (honor).” (1)

Therefore, instructing his mind and indirectly us, Guru Ji says: “O’ my mind, meditate on God with love, because both inside your home and out, He is always with you.” (1-
pause)

Now addressing us directly, Guru Ji says: "(O’ my friend), in your mind always depend on His support and taste the relish of the nectar of Guru’s word (of advice). Of what use are your other efforts when, showing His mercy, God Himself protects the honor (of His devotee)?”(2)

Guru Ji further asks: "(Tell me) what a human being is, and what is his (or her) power? False is all one’s noise (or the claims) of Maya (the worldly wealth and power). It is God who does and gets everything done. He knows the secrets of all hearts.” (3)

In conclusion, Guru Ji says: "(O’ my friends), of all the pleasures, the supreme and everlasting pleasure is that you keep the Guru’ s word enshrined in your heart. Nanak (says), blessed is that fortunate person who is attuned to the love of God's Name.” (4-7-76)

The message of this shabad is that if we want to live a life free of fear or pain, and enjoy a true everlasting peace, we should lead our life according to the Guru’s advice (or Gurbani in Guru Granth Sahib Ji), seek the shelter of God, and meditate on His Name with true love and devotion.

**GAURRI GUARERI MEHLA 5**

It is the same light

sarab sukhaa sukh saachaay ayhu.

Gur updays manai meh layho.

Jaa ka-o raam Naam liv laagee.

Kaho naanak so Dhan vaddhaagee.

||4||7||76||
In so many previous shabads, Guru Ji has advised us to meditate on God’s Name under Guru’s instruction. Naturally, the question arises where one should go for this guidance these days. The obvious answer is that one should read, understand, and try to follow Gurbani (or Guru’s word) as entered in Guru Granth Sahib Ji. But often on one’s own, one cannot fully comprehend the meanings or receive enough motivation to follow Guru Granth Sahib Ji. For this reason, Guru Ji has advised us to join the holy congregations in “Gurdwaras” or other such places. Here one can participate in singing holy hymns (called Keertan), or discourses on the messages of Guru Granth Sahib (called Katha), and learn how to reach God. In this shabad he tells us the blessings one receives by doing so.

He begins by saying: "Upon hearing the gospel of God, they who have shed the dirt (of sinful thoughts), they have become supremely pure, and their whole life journey has become peaceful. By great good fortune, they have obtained the society of saints and have been imbued with love for God.” (1)

Summarizing what happens in such cases, Guru Ji says: “The Guru has saved the devotee who has been meditating on God’s Name. The Guru has helped him (or her) cross the ocean of the fire (of worldly desires).” (1-pause)

Now describing in more detail the above process, he says: "By singing praises of God, (they whose) minds became tranquil, their sins of several births were washed off. They saw (and enjoyed the pleasure of) all the nine treasures in their mind itself, so, why should they search (for peace) anywhere else?” (2)

Cautioning us against any thoughts of ego on this account, Guru Ji says: “When God became kind to His devotees, the service of His slaves was accomplished. Cutting off their fetters (of worldly attachment), He yoked them into His service. This is how, by meditating continuously on Him, (the devotees were) absorbed in that treasure of virtues.” (3)

Describing the final state of mind of such a devotee, Guru Ji says: “(Such a devotee realizes) that the same one (God) is in our hearts, as well as everywhere else. That perfect God is pervading every place. The perfect Guru has removed all doubt. O’ Nanak, by meditating on God, he has attained peace. (4-8-77)

The message of this shabad is that if we want to shed our evil thoughts and become worthy of God’s Grace and the bliss of union with Him, then we should participate in congregations of saintly persons. There we should attentively listen to the message of Guru Granth Sahib Ji and repeat God’s Name with love and devotion.
In the previous shabad, Guru Ji advised us that we should listen to the message of Gurbani (as included in Guru Granth Sahib Ji), so that we may be able to shed our evil thoughts and remember God with love and devotion. In this shabad, he comments on the general state of mind of us mortals, and shows us a mirror of what we are and what we continue thinking and doing in pursuit of worldly wealth (or Maya).

He says: "Our ancestors who have already died (after collecting worldly wealth) are left behind (and forgotten). They who have been saved (from death so far, are also so much preoccupied with amassing worldly wealth, as if) they have girded up their lions (for this purpose. In fact, the pursuit (of worldly wealth) in which their (deceased parents) were engrossed, is the same pursuit their heirs run after, with double the vigor." (1)

Summarizing the reason for this state, Guru Ji says: “That time doesn’t come to one’s mind (when, like ancestors, one must leave everything and depart from here). Instead, one keeps clinging to that (wealth) which perishes.” (1 - pause)

Guru Ji comments further: “(All the faculties of the) foolish human being’s body are attached to (worldly) desire, and it is entangled in lust, anger, and worldly attachment. Over one’s head stands the god of law (and one could die any moment), but still thinking of it as sweet, a human being keeps collecting and tasting the poison (of worldly wealth).” (2)

Commenting further on the extent of the human ego, Guru Ji says: "(In one’s ego, one keeps saying): “I will put into prison (this person), I will settle my account with that enemy. Who can dare to set foot on my piece of the land? I am the most learned and wisest person.” But one does not realize (that God, who is) the doer of everything.” (3)

Being compassionate, Guru Ji does not point fingers toward anyone. Instead, he says: “God Himself knows His state and limit. What can a mortal say and describe about Him? One has to do (the job) which one has been assigned. Therefore, (O’ God), all of us beg for our welfare (from You).” (4)

Guru Ji concludes the shabad by praying to God on our behalf. He says: "(O’ God), everything is Yours, You are the Creator. There is no limit and no end (to Your power). Please bless Your servant Nanak with this boon, that he may never forget Your Name.” (5 -9-78)

The message of this shabad is that we should recognize that many of our ancestors have died running after worldly wealth, and thus wasted their lives. Soon it will be our turn to depart from this world. Therefore, we should not waste our limited time span committing the same mistake of continuously running after more and more wealth, or following our ego-driven battles with our enemies, but instead we should pray to God that we should never forget His Name.
In the previous shabad, Guru Ji told us how, like our ancestors, we remain continuously entangled in the web of worldly riches and keep suffering. In this shabad, he returns to this topic again and gives us a clear-cut way to get out of this mess.

Guru Ji says: “Even after making numerous efforts, one can not get liberated (from the entanglement of worldly attachments). Too much cleverness (used to earn worldly riches and power, instead of liberating us from worldly bonds) increases the load (of sins on our head). If we serve (and worship) God with pure love, only then are we (liberated from worldly bonds, and attain) to God’s court with glory.” (1)

Therefore advising himself (and indirectly us), Guru Ji says: “O’ my mind, grasp the shelter of God’s Name so that not even a puff of hot wind (slightest pain) afflicts you.” (1-pause)

Next, Guru Ji gives many examples to illustrate the merits of meditating on God’s Name. He says: “Just as in a dreadful ocean, a ship (saves one from drowning), just as a lamp spreads light in the darkness, or just as fire removes the misery of cold, similarly by meditating on the Name, one’s mind obtains peace.” (2)

Guru Ji therefore advises us and says: “(O’ my friend, meditation on God’s Name) will quench the thirst of your mind for (worldly riches). All your wishes will be fulfilled, and your mind will not waver (for false worldly pleasures). Therefore O’ my friend, Guru’s follower, meditate on the ambrosial Name.” (3)

However, Guru Ji comments: “Only that person obtains the panacea of Name whom showing mercy, God Himself helps to obtain (from the Guru). O’ Nanak, all the pains and miseries of that person vanish, in whose heart resides God’s Name.” (4)

The message of this shabad is that if we want to be rid of all the entanglements and sufferings caused by worldly attachments, and obtain true peace, then we should pray to God to bless us with the panacea of His Name.
In the previous shabad, Guru Ji advised us that if we want to get rid of the pain and sufferings caused by the worldly entanglements, we should pray to God to bless us with His Name. But in spite of all such advice, we keep running after this worldly wealth or become entangled in the attachment of our sons and daughters etc. In this shabad, once again, Guru Ji tells us about the futility of such pursuits.

Guru Ji says: “Even after acquiring lots of wealth, one’s mind is not satiated. Similarly, by beholding many beautiful (women), man is not appeased. (The man) remains involved in his sons and wife, thinking them as his. (But he does not realize that one day all the wealth collected by him) will be destroyed, and (all his family members will die and thus) be reduced to a heap of dust.”(1)

Commenting on the fate of those who instead of meditating on God’s Name, remain entangled in their families, he says: “They who live without meditating on God, I see them wailing. Those who are imbued with the love of Maya (the worldly riches), cursed is their body and cursed is their wealth.”(1-pause)

Now Guru Ji illustrates the fates of such people who are immersed in the love for worldly wealth or too much attachment for their families. He says: “(Such persons as described above) are like that laborer who carries a load of money to deliver it to the rich man’s house. But the poor laborer does not receive anything in return, and simply suffers the pain (of carrying the load. Or their situation is like that person) who, in his dream becomes a king, but when he opens his eyes, finds that all those deeds (done in his dream) were useless.” (2)

Guru Ji gives yet another example to illustrate the fate of a person entangled in the pursuits of worldly wealth, or his family. He says: “(The situation of a person described above) is like that of a watchman on someone else’s farm. (Upon harvesting the crop), the farm remains with its master and the watchman goes home (empty handed. Thus), for the sake of (someone else’s) farm the watchman worries himself. Yet in the end it does not avail him at all. (Similarly, one’s worry about one’s family or wealth lead one nowhere).” (3)

In his compassion for his fellow human beings, Guru Ji does not blame anyone; instead, he shows us the way to get out of all suffering. He says: “(O’ my friends), He whose is the kingdom (of this universe) has given us this dream (of worldly pleasures as well). He who has given us this worldly wealth, He Himself has implanted the desire for it (in us). He Himself destroys, and sets everything right. Therefore, Nanak (says, if you want to save yourself from the pain of Maya or worldly attachment), then pray to that God (for the gift of His Name).”(4-11-80)

The message of this shabad is that no matter how much worldly wealth we may acquire, it will never appease us. Similarly, our undue attachment for our sons and daughters or other family members will also lead us nowhere. Therefore, we should always pray to God to bless us with the gift of His Name, which alone can liberate us from worldly bonds, and provide us with eternal peace.

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**GAURRI GUARERI MEHLA 5**

In the previous shabad, Guru Ji advised us that if we want to get rid of the pain and sufferings caused by the worldly entanglements, we should pray to God to bless us with His Name. But in spite of all such advice, we keep running after this worldly wealth or become entangled in the attachment of our sons and daughters etc. In this shabad, once again, Guru Ji tells us about the futility of such pursuits.

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Now Guru Ji illustrates the fates of such people who are immersed in the love for worldly wealth or too much attachment for their families. He says: “(Such persons as described above) are like that laborer who carries a load of money to deliver it to the rich man’s house. But the poor laborer does not receive anything in return, and simply suffers the pain (of carrying the load. Or their situation is like that person) who, in his dream becomes a king, but when he opens his eyes, finds that all those deeds (done in his dream) were useless.” (2)

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In his compassion for his fellow human beings, Guru Ji does not blame anyone; instead, he shows us the way to get out of all suffering. He says: “(O’ my friends), He whose is the kingdom (of this universe) has given us this dream (of worldly pleasures as well). He who has given us this worldly wealth, He Himself has implanted the desire for it (in us). He Himself destroys, and sets everything right. Therefore, Nanak (says, if you want to save yourself from the pain of Maya or worldly attachment), then pray to that God (for the gift of His Name).”(4-11-80)

The message of this shabad is that no matter how much worldly wealth we may acquire, it will never appease us. Similarly, our undue attachment for our sons and daughters or other family members will also lead us nowhere. Therefore, we should always pray to God to bless us with the gift of His Name, which alone can liberate us from worldly bonds, and provide us with eternal peace.

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**GURU RAJ VI 5.**

In the previous shabad, Guru Ji advised us that if we want to get rid of the pain and sufferings caused by the worldly entanglements, we should pray to God to bless us with His Name. But in spite of all such advice, we keep running after this worldly wealth or become entangled in the attachment of our sons and daughters etc. In this shabad, once again, Guru Ji tells us about the futility of such pursuits.

Guru Ji says: “Even after acquiring lots of wealth, one’s mind is not satiated. Similarly, by beholding many beautiful (women), man is not appeased. (The man) remains involved in his sons and wife, thinking them as his. (But he does not realize that one day all the wealth collected by him) will be destroyed, and (all his family members will die and thus) be reduced to a heap of dust.”(1)

Commenting on the fate of those who instead of meditating on God’s Name, remain entangled in their families, he says: “They who live without meditating on God, I see them wailing. Those who are imbued with the love of Maya (the worldly riches), cursed is their body and cursed is their wealth.”(1-pause)

Now Guru Ji illustrates the fates of such people who are immersed in the love for worldly wealth or too much attachment for their families. He says: “(Such persons as described above) are like that laborer who carries a load of money to deliver it to the rich man’s house. But the poor laborer does not receive anything in return, and simply suffers the pain (of carrying the load. Or their situation is like that person) who, in his dream becomes a king, but when he opens his eyes, finds that all those deeds (done in his dream) were useless.” (2)

Guru Ji gives yet another example to illustrate the fate of a person entangled in the pursuits of worldly wealth, or his family. He says: “(The situation of a person described above) is like that of a watchman on someone else’s farm. (Upon harvesting the crop), the farm remains with its master and the watchman goes home (empty handed. Thus), for the sake of (someone else’s) farm the watchman worries himself. Yet in the end it does not avail him at all. (Similarly, one’s worry about one’s family or wealth lead one nowhere).” (3)

In his compassion for his fellow human beings, Guru Ji does not blame anyone; instead, he shows us the way to get out of all suffering. He says: “(O’ my friends), He whose is the kingdom (of this universe) has given us this dream (of worldly pleasures as well). He who has given us this worldly wealth, He Himself has implanted the desire for it (in us). He Himself destroys, and sets everything right. Therefore, Nanak (says, if you want to save yourself from the pain of Maya or worldly attachment), then pray to that God (for the gift of His Name).”(4-11-80)

The message of this shabad is that no matter how much worldly wealth we may acquire, it will never appease us. Similarly, our undue attachment for our sons and daughters or other family members will also lead us nowhere. Therefore, we should always pray to God to bless us with the gift of His Name, which alone can liberate us from worldly bonds, and provide us with eternal peace.
In the previous shabad Guru Ji gave us the message that no matter how much worldly wealth we may acquire, it will never appease us. In this shabad, on the basis of his keen observation, he describes the futility of Maya, or worldly riches, power, and luxuries.

Guru Ji says: "I have looked at the many-faced Maya (the worldly scene) from many different angles. (Swayed by Maya, or the greed for worldly riches, many have written words of wisdom with their pen and paper. Many have tried becoming a leader, chief, or a king (but have ultimately concluded that) the mind’s satisfaction doesn’t lie in these things.” (1)

Now describing what he did in this regard, Guru Ji says: “I went to the saint (Guru) and said to him: “O’ respected saint (Guru), please tell me about the comfort by which my fire of desire may be quenched, and my mind satiated.” (1-pause)

As if narrating what the saint Guru told him, he says: “(O’ my friend, many) have experienced rides on horses fast as the wind, and elephants. (They have enjoyed the pleasures) of beds perfumed with Sandal scent, and beautiful girls. They have gone to dramas, and plays of jugglers, and listened to their songs. But in none of them have they found contentment of mind.” (2)

Continuing his narration, Guru Ji says: "(Many) have experienced the pleasures of thrones and courts decorated with (costly) carpets, along with (the ownership of) beautiful gardens, full of all kinds of fruit trees. They have enjoyed the hobbies of hunting, and other kingly pleasures. (But they have found that) none of these gives real pleasure to the mind, and all this ostentation is an illusory effort.” (3)

Now Guru Ji tells us what advice the saint (Guru) gave him after commenting on all such false worldly pleasures. He says: "Showing his mercy, the saint (Guru) gave me true advice. (He advised that) in the company of saints, we should sing praises of God, (this is how anyone) has obtained (divine) bliss, (the source) of all pleasures. But Nanak says that only through good fortune, we obtain (such a gift).” (4)

In conclusion, Guru Ji says: "He alone is (truly) happy in whose (heart) is the wealth of God’s Name. But only by God’s grace does one receive the society of saints (from where one receives God’s Name).” (1-pause-2, 12, 81)

The message of this shabad is that no amount of worldly wealth, power, or pleasures can give us real happiness. We can find real happiness only by meditating on God’s Name in the society of saints.
In the previous two shabads, Guru Ji described how the human being is entangled in worldly affairs, collecting money and remaining obsessed with family and friends, none of which are of any help in the end. In this shabad, he is again commenting on human follies.

Guru Ji says: "(The ordinary human being mistakenly thinks) that this body is his, therefore again and again he clings to it (and never wants to lose this body. He doesn’t realize that as long as we are caught) in the noose of attachment of our sons, wife, and family, we cannot become true servants of God." (1)

Guru Ji wonders: "What is the way that (one) may start singing the praises of God? What is the advice, O’ brother, following which one may swim across (this worldly ocean)?" (1-pause)

Before answering this question, Guru Ji comments further on the follies of human beings. He says: "The (ordinary person) deems as bad whatever is good (for him or her). If someone tells the truth, it seems like poison to that person. (So much so, that one does not even know the difference between the (true) defeat and (true) victory. Such is the way of the self-conceited world.” (2)

Guru Ji adds: "What is deadly poison, the mad person drinks deeply. But thinks nectar of Name as poison, and does not go near the society of saints. Therefore, keeps wandering in millions of existences.” (3)

In conclusion, Guru Ji says: “Like birds, (God has) trapped (human beings) in the same one net (of Maya, or worldly riches and power. Caught in this net), they keep enjoying worldly pleasures with great relish. (But they don’t realize, that they are caught in the noose of death). Nanak says, the one on whom (God) has become kind, the perfect Guru has cut off the nets (of that one’s worldly entrapments).” (4-13-82)

The message of this shabad is that the only way to be liberated from going through millions of existences is to pray to God to bless us with the guidance of the Guru. So that following his advice, we may break loose from worldly entanglements and walk on the path of union with God.
In the previous shabad, Guru Ji told us how an ordinary human being is entangled in the pursuit of worldly riches and power, family attachment, or obsession about his or her own body. A human being’s condition is like that of a bird caught in a net, which does not know any way to get out of it. In this shabad, Guru Ji teaches us how to find the way out of this worldly mess. He says: “O’ God, by Your grace, we find the (right) way. Only by God’s grace we meditate on the Name. Only by God’s kindness are our bonds (of Maya) snapped. Only by Your kindness is our ego smashed.” (1)

Showing his utmost humility, Guru Ji says: “(O’ God), if You (Yourself) yoke us, only then can we engage in Your service. O’ my Enlightener, on our own we can do nothing.” (1-pause)

Continuing his humble address, Guru Ji says: “O’ God, if it pleases You, I sing Guru’s hymns. When it is Your pleasure, I speak of the eternal (Name). Only when it pleases You do we receive the grace of the Guru. In short, O’ God, all pleasures and comforts are obtained through Your mercy.” (2)

Now Guru Ji indirectly tells us what is the most immaculate way and what is the true faith or righteousness, which one should follow. For this again, Guru Ji points us towards guidance from God Himself, and says: “O’ God, whatever pleases You, that is the immaculate deed. Whatever pleases You is the true (religious) conduct. All the treasures (of true wisdom and happiness) are with You. You are my Master, and Your servant’s supplication is only before You.” (3)

After reposing his complete faith and trust in God, and accepting Him as his only true Master, Guru Ji concludes with his supplication before God. He says: “(O’ God, please bless me so that) my body and mind may become immaculate and pure in Your love. I may find all pleasures in the congregation of the saintly persons. My mind may always remain imbued with Your love. Nanak has understood this to be (the only path to) salvation.” (4-14-83)

The message of this shabad is that only by God’s grace we can find the right way out of the entanglement of worldly Maya, and find true salvation. Yet, even the guidance of Guru, and meditation on God’s Name, is obtained by God’s grace. Therefore, shedding our ego we should humbly pray to God to shower His grace upon us, and bless us with the guidance of the true Guru and the company of saintly persons.
In one of the previous shabads, Guru Ji stated that many people have tasted the relish of all the worldly pleasures of money, power, and attachment to the family, and found that none of them gives any true satisfaction. In this shabad, he is telling his own tongue (and indirectly all of us), that now that it has tried all other tastes and found them all unsatisfying, it should try the taste of meditating on God's Name.

Affectionately addressing his tongue (and indirectly us), Guru Ji says: "(O’ my dear tongue), all other relishes which you have tasted have not satiated your desire (for worldly riches and power) even for a moment. (But I tell you that) if you taste the elixir of God's (Name, immediately) you will go into ecstasy." (1)

Therefore lovingly urging his tongue (and indirectly us), Guru Ji says: "Drink the nectar (of Name), O’ my dear tongue, by enjoying this relish you will find yourself fully satiated."(1-pause)

Next explaining in detail, what it should do, he says: "O’ my tongue, sing the praises of God. Meditate on God at each and every instant. Don't listen to anything else (except the Name); don’t go anywhere (except the society of saints). But it is by good fortune (only) that we obtain the company of saintly persons (and meditate on God's Name)." (2)

Once again Guru Ji says: “O’ my tongue, meditate throughout day and night on the supreme, unfathomable God. By doing this you will be in peace here and hereafter. O’ my tongue, by chanting God’s virtues, you will become invaluable.”(3)

Finally, Guru Ji describes the kind of bliss the tongue will enjoy, if it meditates on God’s Name day and night. He says: “One may see all kinds of vegetation, fruits, and flowers in bloom. But Nanak says, that when the Guru becomes one’s helper (and shows him the relish of God’s Name, then one) doesn’t go near any other (worldly) relish.” (4-15-84)

The message of this shabad is that if we want to truly satiate all our desires, then forsaking the relishes of the world, we should taste the relish of God’s Name. We would then enjoy such a wonderful state of bliss that it would surpass all kinds of worldly pleasures or enjoyments.
In this beautiful *shabad*, Guru Ji compares God to a big wholesale merchant, we human beings as His petty peddlers and the commodity to be traded is God’s Name (His love and enlightenment).

He begins by saying: “God has made the human mind as His abode, and the body is the fence around this house of God. Within this (body) itself is a commodity of limitless (worth). We hear that within this (body) resides the great merchant (who deals with this commodity. Please tell me) who that trader is, who holds credit with that (merchant)?”(1)

However, Guru Ji notes: "(O’ my friends), rare is the trader (or person, who is interested in) the jewel of Name, and who has made this ambrosial food the sustenance of his (or her) life.”(1-pause)

Expressing his interest in finding such a person, Guru Ji says: "(I wonder), who could help (me) in procuring the merchandise (of Name from this divine Merchant)? Surrendering my body and mind, I would serve him. Shedding all (ego and notions of) you, or me I would fall at his feet. (Yes, I wonder) who could be that devotee who could help me making a deal (with this merchant)?”(2)

Listing the questions, he would ask those traders, or those (Guru’s followers) who already are trading in that divine commodity, Guru Ji says: "(I would ask such a trader) in what way can one reach the palace of that Merchant? What is the way, (using which God is so pleased that) He may call me also inside?"(3)
Finally sharing the end result of his efforts, Guru Ji says: "After searching (Him) again and again, I have found my own home (the abode of God in my heart, where the Guru) showed me the invaluable eternal jewel (Of God’s Name). Nanak says that, showing His mercy, whenever the merchant unites (a person with Himself), it is through the guarantee of the Guru (only, and not by any other means)."(4-16-85)

The message of this shabad is that if we want to unite with God, who resides in our own mind, then we must seek the refuge of the Guru and follow his advice (or Gurbani in Guru Granth Sahib Ji).

Gauri Guarevi Mehlaa 5 gau-aarayree.

In the previous shabad, Guru Ji advised us that if we want to unite with God, who resides in our heart, then we should seek the refuge of the Guru and follow his advice. In this shabad, he describes the glories of such Guru’s followers who seek the refuge of the Guru, and remain imbued with God’s love.

Guru Ji says: "(The Guru’s followers), day and night remain imbued in the love of one (God). They deem God as always with them. Such persons make God’s Name as their daily necessity, and they remain satiated with God’s vision."(1)

Describing the general nature of such Guru’s followers, Guru Ji says: "They who have sought the refuge of the perfect Guru always remain imbued with the love of God’s company, and keep elated in their mind and body."(1-pause)

Commenting on the traits of such Guru’s followers, he says: "(God’s) immaculate Name is the support of their soul. These obedient ones see only one God pervading everywhere. For them (God's Name is the only) trade and only occupation. Except the formless (God), they don’t worship anyone else."(2)

As for their attitude towards the rest of the world, Guru Ji says: "(Such Guru’s followers) are liberated both from pleasure and pain. They always remain detached (from worldly affairs), and know the way to union with God. They are seen among all, and yet are removed from all. (They) keep their attention focused on the all pervading God."(3)

In conclusion, Guru Ji says: "What glory of the saints can I describe. They are unfathomable in their knowledge and I know not their worth. O’ God, show mercy in me, and give Nanak the dust of the feet (the humble service) of the saints."(4-17-86)
The message of the shabad is that if we want to obtain union with God, then even while living in the family we should remain detached from worldly affairs, humbly serve the saintly persons, and remain imbued with the love of God and His Name.

In the previous shabad, Guru Ji advised us that if we want to obtain union with God, then even while living in the family, we should remain detached from worldly affairs, humbly serve the saintly persons, and remain imbued with the love of God and His Name. In this shabad, he shows us what complete faith in God we should have. He says: "O' God, You alone are my mate and You are my friend. You are my beloved and with You I am in love. You are my honor, and You are my ornament (or beauty); without You I cannot live even for a moment."(1)

Guru Ji adds: "(O' God), You are my Beloved, You are my life breath. You are my Master, You are my Chief."(1-pause)

Continuing his address, Guru Ji says: "(O' God), in whatever situation You keep me, I (happily) live in that. Whatever You say, I do exactly that. Wherever I see, I find You residing there. With my tongue, I keep reciting Your fear-dispelling Name."(2)

As for worldly wealth and pleasures, Guru Ji says: "(O' God), for me You are all the nine treasures (of worldly wealth) and my storehouse. For me, You are all the (worldly) pleasures and relishes, and You are the support of my mind. You are my glory, and my mind is absorbed in Your love. You are my shelter and You are my mainstay."(3)

In conclusion, Guru Ji says: "(O' God), within my body and mind, I have contemplated only on You. Your secret, I have obtained from the Guru. From the true Guru, (I) Nanak have grasped this one lesson, that a servant (of God) should depend only on the support of God (and no one else)."(4-18-87)

The message of this shabad is that instead of worldly supports and props, we should depend only on one God, and cheerfully live in whatever state He keeps us, and do whatever He wants us to do.
In the previous shabad, Guru Ji advised us that instead of worldly supports and props, we should depend only on one God, cheerfully live in whatever state He keeps us, and do whatever He wants us to do. However, the general tendency of human beings is to always accumulate worldly props (or Maya) in the form of wealth, big families, political or social power, etc. In this shabad, he tells us in how many ways the attraction for Maya (or worldly riches and power) afflicts people, and who are those who avoid the influence of Maya and live on the support of God alone.

He says: “(O’ my friends, Maya) afflicts some through pain, and some through the spread of pleasure. It afflicts those who go to heaven, hell, or are born (in this world). It afflicts the rich, the poor, and those who see themselves being honored. The root cause of this affliction is greed (in one form or another).”

In short, Guru Ji says: “(O’ God, the desire for worldly riches and power, or Maya, has afflicted human beings) in many ways. O’ God, only the saints live depending on Your support (and not Maya).”

Now describing how Maya afflicts people in different ways, Guru Ji says: “(Some person) is afflicted (by Maya), being intoxicated with self-conceit. (Someone is afflicted by it) being imbued with the attachments for sons and wife. (Another) is afflicted (by it through possessions, such as) horses, elephants, and costly clothes, and some one is afflicted (by it being) intoxicated with the wine of beauty or youth.”

Continuing to describe how Maya is afflicting human beings in all walks of life, Guru Ji says: “(Maya is afflicting the) landlords, the paupers (and the rich, who are engaged in) merry making. It is afflicting those who are listening to songs, and music in parties. It is affecting those who are enjoying (comfortable) beds, castles, and decorations. (In fact, they are being afflicted by the darkness of the five demons (lust, anger, greed, attachment and ego).)"
Some people may think that they are not afflicted by Maya, because they are doing good deeds or performing faith rituals, but Guru Ji even cautions them, and says: “Even the one who is doing (good) deeds is afflicted (by it), because that one is caught in the ego (of good deeds). Whether one is a householder, or a recluse, one is afflicted (by Maya). It is afflicting (humans through their pride in) high moral conduct, or (high) caste. (In fact), everything except God’s love afflicts (a human being with the malady of Maya).”(4)

Guru Ji concludes the shabad by telling us, who are those people, who are free from the afflictions of Maya. He says: “God cuts away the bonds of saints. So Maya cannot afflict them at all. Nanak says: Maya doesn’t come (also) near those who (have humbly listened and acted upon the saints’ advice, and thus) have obtained the dust of the saints’ feet (their humble service).”(5)

The message of this shabad is that if we wish that we are not affected by the false conceit of Maya or worldly riches and power, then we should humbly listen to the saint Guru’s advice (as contained in Guru Granth Sahib Ji), and imbue ourselves with the love of God and nothing else.

Gaurri Guareri Mehla 5

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In the previous shabad, Guru Ji told us, how Maya (the desire for worldly riches and power) afflicts everybody in one form or another. He also told us the way to get rid of this affliction. In this shabad, he tells us how we are unaware of this affliction, as if we are asleep, and are unaware of the fact that we are being robbed.

Comparing our body to a rich man’s house, and our eyes, ears, and other faculties as the family members, Guru Ji says: “Our eyes are asleep in casting their evil glance on others. The ears are asleep on hearing tales of slander. The tongue is asleep in the greed for delicious eats, and the mind is asleep in the ecstasy of (worldly) wealth.”(1)

Summarizing the general state of human beings, Guru Ji says: “(O’ my friends), rare is the one who in this human form remains awake (to the onslaughts of worldly attractions. But the one who does) keeps whole the commodity (of life breaths, and utilizes the life span in meditating on God’s Name).”(1-pause)
Resuming his example, Guru Ji says: “All the faculties (of the human body) are busy in enjoying their own pleasures (such as the tongue in tasting sweet dishes, ears in listening to slander, and eyes in seeing other’s beauty with evil intent). But they do not care to guard their own (body) home. So finding the house (practically) empty, five highwaymen (of lust, anger, greed, attachment, and ego) come and rob it.”(2)

Describing how no one except the company of saints can save a person from being robbed by these cheats, Guru Ji says: “Neither our father, nor our mother, can keep us safe from these robbers. No friend or brother can save us from them. These thieves are not deterred by any kind of bribery, cleverness (or security system). It is only through the society of saints that these devils can be controlled.”(3)

Therefore, Guru Ji prays to God (and indirectly advises us accordingly). He says: “O’ Master of the universe, please show mercy on me and bless me with the humble service of the saints (for me, this includes) all the treasures. Because only by joining the company of the saint (Guru) we can keep whole our capital (of life breaths). Nanak says that only by being imbued with God’s love (and meditating on God’s Name in the company of saints), does one remain awake (to worldly enticements).”(4)

However Guru Ji concludes the shabad by saying: “Only that person, on whom God is merciful keeps awake, and keeps safe this commodity (of life breaths), wealth, and property.” (1-pause second-20-89)

The message of this shabad is that if we want to keep safe the capital of our life breaths and use our life span in meditating on God's Name, then instead of wasting it in false worldly pleasures, we should humbly follow the advice of the saint Guru (Granth Sahib Ji), and sing praises of God with true love and devotion.

In the previous shabad, Guru Ji advised us that if we want to keep safe the capital of our life breaths, then instead of wasting it in false worldly pleasures, we should humbly follow the advice of the saint Guru, and sing praises of God with true love and devotion. In this shabad, he tells us how great is God, and how our true Guru can help us unite with Him.
First, telling about God’s greatness, Guru Ji says: “He, in whose command are all the kings and chiefs; He, under whose command is the entire universe, by whose doing everything is done, nothing happens without His (command).” (1)

To meet that God, and get all our tasks accomplished, Guru Ji advises: “(O’ my friend), make a supplication before your true Guru, so that he may accomplish all your tasks.” (1)

Reverting to the greatness of God, he says: “He, whose court is the most exalted, whose Name is the mainstay of all devotees, whose glory is enshrined in all hearts, that perfect Master is pervading everywhere.” (2)

Now telling us what kind of miracles can happen by meditating on God, Guru Ji says: “(O’ my friends, God is so great) that by meditating on Him, all one’s pain is destroyed from its very root; by meditating on Him, the fear of death doesn’t trouble the mind; by dwelling on Him (those who are sad like) dried (leaves) start blooming (with happiness). By meditating on Him even those sinking persons (who are loaded) with stones (of sin on their heads) swim across (the worldly ocean. O’ my friend, make your prayers before such a wonderful and all-powerful Master).” (3)

Guru Ji concludes the shabad by expressing his gratitude to his Guru, and the society of other saintly persons, by whose grace; God’s Name has been enshrined in his heart. He says: “I salute the congregation of saints, (because I have noticed that) God’s Name is the support of the life breaths of God’s devotees. In short, Nanak says, “(God has) listened to my prayer (as well), and through the grace of the saint Guru, has enshrined (His) Name (in my heart).” (4)

The message of this shabad is that if we want to be united with that supreme Master, the king of all kings, whose Name can accomplish all our tasks and remove all our fears, then we should pray to Him to bless us with the society of saint (Guru), so that God’s Name is enshrined in our hearts also.

In the previous shabad, Guru Ji advised us that if we want to be united with that supreme Master, the king of all kings, whose Name can accomplish all our tasks and remove all our fears, then we should pray to Him to bless us with the society of saints, (by whose grace God’s Name may get enshrined in our hearts as well). In this shabad, on the basis of his personal experience, Guru Ji tells us what kinds of blessings one obtains through the grace of the saint (Guru).
He says: "By seeing the sight of the true Guru (and following his advice), one’s fire (of worldly desires) is quenched. Upon seeing the true Guru, one stills ego. In the company of the true Guru (the mind) doesn’t waver, and by Guru’s grace, one utters the ambrosial words (in God’s praise)."(1)

Summarizing the blessings people have obtained from their true Guru, he says: “(O’ my friends), when through the Guru (the devotees) have come to know God, (their minds) have become calm and cool. When they are imbued with the love of the eternal (God), the entire world seems to them (the embodiment of) the eternal God (Himself).”(1-pause)

Now describing the kinds of blessings he is enjoying by the grace of his saint Guru, he says: "By the grace of the saint (Guru, my mind now) meditates on God’s Name. Through saint (Guru’s) grace, it sings praises of God. By saint’s grace, all my sorrows have been obliterated. By saint’s grace, (I have) been liberated from (worldly) bonds."(2)

But that is not all. Continuing to list the blessings he has received by the kindness of the saint Guru, he says: "By saint (Guru’s) grace, my (worldly) attachments and doubts have been removed. (I have realized that to humbly act upon Guru’s advice, and to) bathe in the dust of the saint’s feet (encompasses the merit of) all religious deeds. When the saint (Guru) becomes kind (on anyone, then) God also shows mercy. Therefore, my life is dedicated to the saint (Guru).”(3)

Guru Ji concludes the shabad by saying: "When God showed mercy on me the merit less one, then in the company of saints, (I) Nanak meditated on God’s Name. Now when I meditate on the merciful and kind God, I get the opportunity to associate with the saints company.”(4-22-91)

The message of the shabad is that if we want to get rid of all our sorrows, pains, and agonies, then we should pray to God to bless us with the guidance of the saint (Guru Granth Sahib Ji), so that under his guidance we may meditate on God’s Name, which is the source of all peace and bliss.

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**Gaurri Guareri Mehla 5**

In the previous shabad Guru Ji advised us that if we want to be rid of all our sorrows, pains, and agonies, then we should pray to God to bless us with the company and guidance of the saint (Guru), so that under his guidance we may meditate on God’s Name, which is the source of all peace and bliss. In this shabad, he elaborates on the blessings obtained by those who have acted on the above advice.
He says: “(O’ my friends), they who have meditated on God’s Name in the company of saint (Guru), to them the Guru has given the mantra of the immaculate (God’s) Name. (Then) shedding their ego, they have become free from (the feeling of) enmity towards anyone. (Therefore, O’ my friends), worship at the feet of the Guru at all times.”(1)

Describing what kind of bliss he himself has experienced since the time he heard the praise of God, Guru Ji says: “Since the time I have heard the praise of God with my own ears, all my evil sense of otherness has left me.”(1-pause)

Elaborating on the blessings received by those who have listened to God’s praise, Guru Ji says: “(O’ my friends, they who have listened to God’s praise) have obtained the treasures of peace, poise and bliss. The Savior has ultimately saved them. All their sorrows, pains, fears, and doubts have been destroyed. Showing His mercy (God) has put an end to their comings and goings (in or out of this world).”(2)

Therefore, addressing his own mind (and indirectly us), Guru Ji says: “O’ my mind, always meditate (on that God), who is always with us, beholds, speaks, and listens to us. By the saint (Guru’s) grace, in whose (mind the divine) light has manifested (that person is able to realize) that the same one Treasure of virtues pervades everywhere.”(3)

In closing, he says: “They who daily sing God’s praises and utter or hear (His Name) become immaculate. Nanak says (O’ God), on whom (You) become kind, that devotee’s effort is accomplished.” (4-23-92)

The message of this shabad is that if we want our efforts in getting rid of the cycles of birth and death to become fruitful, then joining the congregation of saintly persons, we should sing praises of God under the guidance of the saint Guru (Granth Sahib Ji) and meditate on God’s Name.

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ga-orhee gu-aarayree mehlaa 5.

banDhan torh bolaavai raam.
man meh laagai saach Dhi-aan.
miteh kalays sukhee ho-ay rahee-ai.
aaisa daaṭṭa satgur kahee-ai. ||1||

so sukh-daṭṭa je Naam japaavai.
kar kirpaa tiś sang milaavai. ||1|| rahaa-o.

jis ho-ay da-i-aal tiś aap milaavai.
sarab niDhaan guroo ṯay paavai.
aap ti-aag mitai aavan jaanaa.
saaDh kai sang paarbarahm pachhaaṇaа. ||2||

jan oopar parabh bha-ay da-i-aal.

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jan kee tym ayk gopaaal.
aykaa liv ayko man bhaa-o.
sarab niDhaan jan kai har naa-o. ||3||

paarbarahm si-o laagee pareṭ.
nirmal karnee saachee reeṭ.
gur pooral mayti-aa anDhi-aaraa.
naanak kaa parabh apar apaaraa. ||4||[24][93]||
In the previous shabad, Guru Ji told us that if we want our efforts in getting rid of the cycles of birth and death to become fruitful, then we should sing praises of God under the guidance of the saint Guru. In this shabad, he explains how the Guru actually enshrines God’s Name in our hearts and unites us with Him.

He says: “The true Guru is called such a benefactor, that breaking (our worldly) bonds, (he) makes us utter God’s Name. (Then, our) mind gets attuned to the eternal (God); all the strife (in our mind) ends, and we live in peace.”(1)

Giving the definition of a true Guru, he says: “He (alone) is the peace giving (true Guru) who makes us meditate on (God’s) Name, and showing mercy unites us with that (God).”(1)

However, Guru Ji cautions us that not everyone is so fortunate to come across a true Guru. He says: “The person on whom (God) becomes kind, He Himself unites (that person) with the Guru. Then one obtains God’s Name, the essence) of all treasures from the Guru. One sheds one’s entire ego, and one’s comings and goings cease. (In fact), in the company of the saint (Guru), one realizes the supreme God.”(2)

Now describing what kind of bliss a devotee experiences after meeting the Guru, he says: “For the devotee on whom God has become merciful, God becomes the only support. (Such a devotee) becomes attuned to the one (God) alone, and in the devotee’s mind there is the love only for the one (God). For that devotee, God’s Name becomes all (kinds of) treasures.”(3)

In conclusion, Guru Ji says: “(The person on whom God has become kind, He has united that person with the true Guru and that devotee) is imbued with the love of the all pervading God. That devotee’s deeds become immaculate, and the conduct becomes truthful. The perfect Guru has removed all the darkness (of the devotee’s mind). So limitless (in His kindness) is the God of Nanak.”(4)

The message of this shabad is that if we want to end all our pains and sufferings, including the pain of births and deaths, then we should pray to God to bless us with the guidance of the true Guru, who may enshrine God’s Name in us and unite us with Him.
In the previous shabad, Guru Ji advised us that if we want to be saved from all kinds of woes, and want to receive all sorts of comforts and honor, then we should pray for the gift of God’s Name. But in spite of this advice, many people still worship ordinary human beings, or statues of gods and goddesses. In this shabad, Guru Ji once again advises us to meditate on the one all-powerful and all pervading God only.
He says: "(O’ my friend), worship (only) that Patron of the patron less, in whose hand is the way of life of (all) beings. When that God comes to our mind, all sorrow departs, and by meditating on God’s Name all our fear is destroyed.” (1)

Guru Ji therefore even asks the question: "(O’ my friend, tell me) why do you fear anybody else except God? By forgetting God, what kind of comfort do you get”? (1-pause)

Resuming his advice Guru Ji says: "(O’ my friend), become fearless forever by meditating on that God who has established many earths and skies, with whose light our soul is illuminated, whose benediction no one can erase.”(2)

Continuing his advice, Guru Ji says: “At all times, meditate on God’s Name (because in this Name are contained the merits) of bathing at countless holy places. If you seek the refuge of the all pervading God, millions of your sins would be erased in an instant.”(3)

In conclusion, he says: “(God) is the perfect king, who is dependent on no one. God’s slaves have true faith in Him. By extending His hand through the perfect Guru, (God) saves His devotees. O’ Nanak, God is all powerful.”(4-26-95)

The message of this shabad is that we should meditate on God’s Name alone, by doing so we receive the protection of the all-powerful God, who can save us from all woes and bless us with all comforts.

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In many previous shabads, Guru Ji advised us to meditate on God’s Name under Guru's guidance. In this shabad, he shares with us the kinds of benefits he himself has obtained by doing so.

He says: "When by Guru's grace, my mind was attuned (to God’s Name, it was enlightened with true wisdom, as if) it had been awakened after being asleep for many ages. Now through the nectar like hymns of the Guru, it utters God’s praise, and has realized the sublime wisdom of the perfect Guru.”(1)
Describing the blessings he has obtained by meditating on God, Guru Ji says: “(O’ my friends), by meditating on God, I have obtained all kinds of comforts, and there is now peace and poise both within my heart and in my dealings with the outside (world).”(1-pause)

Going into further detail, Guru Ji says: “I have recognized Him who created me. Showing mercy, He Himself has united me with Him. Holding me by my hand, He has made me His own. (So now) I dwell in God’s discourse and Name, day and night.”(2)

Describing what else he has realized, Guru Ji says: “I have (realized that) all the mantras, the charms, the panaceas and pious deeds are contained in God’s Name. (So now), God’s Name has become the mainstay of my life breaths. Being imbued with God’s love, I have obtained the true wealth (of God’s Name), and in the society of the saint (Guru) I have crossed the formidable (worldly) ocean.”(3)

Guru Ji then finally advises his friends, saints, and us, and says: “O’ my dear saints, friends and my family, may you all live in peace and comfort. (I suggest that you always) earn the wealth of God’s Name (the value of which), which is beyond calculation. Only the one to whom the Guru gives, receives this wealth, and Nanak (says), no one goes empty handed from the (Guru’s) door.”(4-27-96)

The message of this shabad is that if we want to obtain the wealth of God’s Name, which is the panacea for all maladies and can give us all kinds of comforts and pleasures, then we should seek the shelter of Guru (Granth Sahib Ji), and meditate on God’s Name under his guidance.

**Gaurri Guzeri Mehla 5**

In the previous shabad, Guru Ji advised us that if we want to obtain the wealth of God’s Name, which is the panacea for all maladies and can give us all kinds of comforts and pleasures, then we should seek the shelter of Guru, and meditate on God’s Name under his guidance. In this shabad he addresses us all, and particularly those who write about different worldly topics and want to win fame and worldly wealth.

He says: "O’ my friend and brother, with your tongue daily utter praises of God. (By doing so), you would obtain peace. Right away your hands and feet will be sanctified, and all your worldly entanglements will be destroyed.”(1)
Now particularly addressing those who are engaged in writing on various topics, Guru Ji says: "(O’ my friend, if you want to write about something, then) with the pen and ink (of your mind), write about the ambrosial word (of the Guru), and write God’s Name on the paper (of your deeds)."(1-pause)

Listing the benefits of doing deeds described above, he says: “These deeds of yours wouldn’t go waste. By meditating on God, one doesn’t suffer at the hands of the demon of death. The couriers of the righteous judge will not spy on you, because the worldly attachment would not entice you at all.”(2)

But that is not all: in addition to personal gains, Guru Ji describes how this would benefit even other companions. He says: "(O’ my friend), meditate on God’s Name, and worship the one Creator. (By doing so), you would yourself be saved (and in your company many others would also be benefited. Therefore, you should yourself earn (the wealth of God’s Name, and give the same) advice to others. (In this way) enshrine God’s Name in your heart.”(3)

Guru Ji concludes the shabad by telling us how fortunate that person is who meditates on God’s Name. He says: "(O’ my friend), meditate on God’s Name, and worship the one Creator. (By doing so), you would yourself be saved (and in your company many others would also be benefited. Therefore, you should yourself earn (the wealth of God’s Name, and give the same) advice to others. (In this way) enshrine God’s Name in your heart.”(3)

The message of the shabad is that instead of wasting our time in speaking or writing about other topics, we should write about meditating on God’s Name and advise others also to do the same.

The previous shabad Guru Ji advised us that instead of wasting our time in speaking or writing about other topics, we should write about meditating on God’s Name and advise others also to do the same. But we human beings are so infatuated with our false worldly ways that in spite of all such advice, we keep doing things, against which our Gurus and all wise persons so strongly advise. Therefore, in this shabad Guru Ji shows us the mirror of our life, and tells us who is the rare person who is able to obtain salvation.

He says: "(O’ my friends), what belongs to another, we deem as our own. Our mind remains attached to (worldly wealth and possessions), which we must leave when we depart (from here).”(1)

Therefore, Guru Ji asks: “(O’ my friends), tell me how can we meet the Master of the universe, when we are in love with whatever is forbidden.”(1-pause)

Commenting further on our conduct, he says: “Whatever is false (and short lived, such as our body, we) deem it true (everlasting), but whatever is true (and must happen, such as our death, that) doesn’t convince our mind at all.”(2)
But that is not all, Guru Ji says: “We follow the wrong and crooked path (of falsehood, ego, and slander). Abandoning the right (truthful) way, we are weaving for ourselves a wrong pattern of life.”(3)

However, Guru Ji observes: "(But human beings are also helpless, because) God is the Master of both sides. O’ Nanak, whom He Himself unites, that person alone is saved (from wrong paths)."(4-29-98)

The message of this shabad is that we should pray to God to save us from doing wrong things, and we must follow the right path as shown by our Guru so that we may become worthy of His union.

GAURRI GUARERI MEHLAA 5

In this shabad, Guru Ji is speaking against the old custom of becoming Satti, or a chaste woman, in which widows used to burn themselves alive upon the death of their husbands, believing that this way they would be reunited with their separated spouse.

To begin, Guru Ji says: “In this (dark age called) Kal Yug, husband and wife have been united together as per (pre-ordained) destiny. They enjoy each other's company as long as God so permits.”(1)

Commenting on the act of burning by a wife upon the death of her husband, Guru Ji says: “Because of the destiny based upon her past deeds, (a woman) becomes a Satti (by burning herself on the pyre of her dead husband. But) by burning (ourselves like this), we do not obtain our beloved Groom.”(1-pause)

Stating what actually happens, Guru Ji says: “For the sake of imitating others, and following the obstinacy of our mind, we burn ourselves (to death. But in this way the widow) doesn’t regain the company of (her departed) husband. Instead, she is made to wander through many existences.”(2)

Next telling us the best way to become a Satti, or a truly chaste woman, he says: "(The bride should) have self control and pious conduct, and should obey the command of her beloved (husband). Such a woman does not suffer at the hands of the demons of Death (or is separated from her spouse)."(3)

Guru Ji concludes the shabad by saying: “O’ Nanak, the (woman) who has (obeyed and deemed) her husband as God, blessed is such a (true) Satti, and she is approved in God's Court.”(4)

The message of this shabad is that we should not believe in the old custom of becoming Satti by burning ourselves upon the death of our husbands. Instead, we should try to live according to His will. Only then we will not have to suffer the pain of death, or separation from our beloved spouses.
In this shabad, Guru Arjun Dev Ji is telling us what kind of happiness and bliss he felt when he opened the notebooks, in which the previous four Gurus had recorded their divine compositions along with the hymns collected by them during their travels and dialogues with other saints.

Expressing his joy upon discovering this treasure of divine wisdom, he says: “I feel myself to be wealthy and fortunate with this (treasure) of true Name. (So now), I keep singing God’s praises in a state of peace and poise.”(1-pause)

Describing how he felt when he first looked at this treasure, Guru Ji says: “When I opened and looked at the treasure (of the divine words, composed and collected by my) ancestors, my mind felt as if it had acquired (a unique) fortune.”(1)

Stating how priceless these divine hymns are, he says: “(O’ my friends, these books) are so full with the inexhaustible and immeasurable store houses of jewels and rubies (of divine wisdom), that their worth cannot be assessed at all.”(2)

When we start spending on ourselves or share with others, our ordinary wealth starts diminishing and is soon exhausted. But regarding this divine treasure, Guru Ji says: “O’ my brothers, (when we join the holy congregation, sing and reflect on these hymns, our divine bliss doesn’t diminish. Instead it keeps on multiplying. In other words), when getting together, we share, partake, and spend (this treasure); it doesn’t fall short but instead keeps multiplying.”(3)

However, Guru Ji cautions that not everybody is able to share this fortune. He says: “O’ Nanak, that person alone is made a partner in this treasure in whose destiny is written this blessing. (That person alone is given the opportunity of joining the congregation of saintly persons and participating in singing and reflecting on these divine hymns, in whose destiny, it has been so written).”(4-31-100)

The message of this shabad is that we are very fortunate, because we have been left with the priceless treasure of divine wisdom in the form of Guru Granth Sahib Ji. Therefore, we should spend maximum time in participating in congregations of saintly persons, where we can sing and reflect on the hymns contained in Guru Granth Sahib, and follow the advice of contained therein.

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**SGGP-186**

pee-oo daaday kaa khol dithaa khajaanaa.

ţaa mayrai man bha-i-aa niDhaanaa. ||[1]||

ratan laal jaa kaa kachhoo na mol.

bhāray bhandaar akhoot atol. ||[2]||

khaaveh kharcheh ral mil bhaa-ee.

tot na aavai vaDh-do jaa-ee. ||[3]||

kaho naanak jis mastak laykh likhaa-ay.

so ayt khajaanai la-i-aa rala-ay. ||[4][31][100]||
In the previous shabad, Guru Ji stated how fortunate he felt when he opened and saw the treasure of invaluable divine wealth left by his predecessor Gurus. In this shabad, he describes what priceless wisdom he gained from this treasure.

He says: “When I used to deem God to be far away, I always remained in mortifying dread and terror. However, when I realized and had faith that God is pervading everywhere, then all my fear vanished.”(1)

Therefore, Guru Ji says: “I am a sacrifice to my true Guru, (who has given me this understanding: that God) never abandons us, and saves (His devotees).”(1-pause)

Describing what else he has realized, he says: “When we forget (to meditate on) God’s Name, we are surrounded by all kinds of miseries, woes and disease. However, when we sing God’s praises we always remain in bliss.”(2)

Giving us another piece of advice, Guru Ji says to us: “(O’ my friends, swayed by ego) we shouldn’t slander or praise anyone. (Instead), shedding our ego we should enshrine God’s Name (in our heart).”(3)

In closing, Guru Ji says: “(O’ my friend), keep in mind the advice of the Guru. (By doing so), you would obtain comfort in the court of the eternal God.”(4-32-101)

The message of this shabad is that if we want to get rid of all our fears and worries, and obtain peace in God’s court, then we should listen and act on the advice of Guru Granth Sahib.
Describing how that person who has experienced the pleasure of God’s Name doesn’t care for any other kinds of worldly pleasures, Guru Ji says: “The person who has enjoyed the relish of God’s nectar (Name) is not enticed by any other relishes (such as the joy of worldly riches and power).”(2)

Now telling why a God’s devotee is not afraid of the worldly rulers or powerful persons, Guru Ji says: “The one whose writ is accepted in God’s court, why should that person care about other (powers)?”(3)

In conclusion, Guru Ji says: “The one who becomes (the servant of that God) to whom belongs everything, O’ Nanak, that person always lives in peace.”(4-33-102)

The message of this shabad is that if we want all our pains and sorrows to vanish, and if we don’t want to live under the fear of any worldly person or power, then we should become a true devotee of God and meditate on His Name by always remembering Him with true love and devotion.

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**GAURRI MEHLA 5**

In the previous shabad Guru Ji advised us that if we want all our pains and sorrows to vanish, and we don’t want to live under the fear or pressure of any worldly power, then we should become a true devotee of God by always remembering Him with true love and devotion. In this shabad, he tells us how our whole outlook on life is changed when we keep God always in our minds, and what kinds of blessings we enjoy as a result of this change.

He says: “No fear can afflict that (devotee, to) whom both pain and pleasure appear the same.”(1)

Therefore, Guru Ji says: “(O’ my friends), there is always poise and bliss in (the mind of) the devotee of God. He always remains an obedient servant of God, the King.”(1-Pause)

As for any kind of worry in the mind of such a devotee, Guru Ji says: “(O’ my friends), in whose mind dwells the carefree (God), no worry ever comes near that person.”(2)

Guru Ji adds: “(O’ my friends), whose mind is rid of (all) doubt (about the will and supremacy of God, that person) does not have any fear of even the demon of death.”(3)

In conclusion, Guru Ji says: “In whose heart Guru has enshrined God’s Name, Nanak says, (that person feels as if he or she has acquired) all treasures.”(4)
In the previous shabad, Guru Ji told us that if we want to live in a state of peace and poise, free from fear and worry of any kind, then we should always have God in our mind, and accept both pain and pleasure with the same cheerful attitude and spirit of obedience to the will of God. In this shabad, he describes the spiritual pleasures enjoyed by those devotees who recognize God residing within them.

First of all telling us where God resides, Guru Ji says: "The abode of the incomprehensible God is in the mind, but rare is the one who knows it by Guru's grace." (1)

Stating what kinds of treasures are there in that divine abode, Guru Ji says: "(In that place) are the nectar-like fonts of peace-giving discourses. But only that person is able to drink (from the pool of nectar) who is destined to receive it."(1-pause)

Describing how wonderful is that divine place, he says: "In that uniquely wonderful place, the celestial unstuck music of Guru’s hymns keeps playing, whose tune captivates even the God of the universe."(2)

Stating what other divinely things are there in that heavenly abode, Guru Ji says: "There are diverse and numberless abodes of peace and poise, where abide the saints and friends of the all pervading God."(3)

Guru Ji concludes the shabad by describing the state of mind with which he has been blessed. He says: "(That state of mind) in which there is infinite joy and no pain, that state (of mind) the Guru has given to Nanak."(4-35-104)

The message of this shabad is that the incomprehensible God resides in a secret place in our mind. If we want to enjoy the unique peace and bliss of this place, then we have to pray to God to bless us with the guidance of the Guru, who may enshrine God’s Name in us, and lead us to that state.
It is the same light

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In the previous shabad Guru Ji advised us that if we want to please God, we should use that way, which the Guru tells us. Only the Guru knows what method or what path is most suitable for a person. In this shabad, Guru Ji gives us his first and most important lesson to guide us on the way to union with God.

He says: "(O’ my friend, realize that) this body of which you are proud of is not yours (forever). Nor dominions, property or money are your own (forever)."(1)

Therefore, Guru Ji says: “Why are you clinging to that which is not yours (forever? Only God’s) Name could be yours (forever), which you can obtain from the true Guru.”(1-pause)

Continuing to point out things and persons, which are also not (truly) ours, Guru Ji says: “(O’ my friend), sons, wife, and brothers don’t remain ours (forever), nor our dear friends, nor even our father and mother (remain with us forever).”(2)

Now pointing towards our worldly wealth and possessions, Guru Ji says: “Gold, silver, or hard currency is not yours forever. Neither your horses and elephants (or cars and boats) would be of use to you (forever).”(3)

Guru Ji concludes the shabad by telling us who is the person who may have none of the above things, yet may have everything. He says: "Becoming gracious, whom the Guru has united (with God), Nanak says (that person realizes that whose (friend is) God the king, has everything.”(4-37-106)

The message of the shabad is that none of our worldly possessions, relatives, or even our own body is going to remain with us forever. The only thing, which will last with us till the end, is God’s Name, and that Name we can obtain only through the Guru. Therefore, we should follow the advice of our Guru (Granth Sahib Ji) so that he may unite us with God, to whom belongs everything forever.
It is the same light

He says: "The Guru’s immaculate advice is enshrined in my forehead. By following (that advice), all my sufferings have departed."(1)

Therefore, Guru Ji says: “I am a sacrifice unto my Guru. (By his grace), I have examined myself, and am now enjoying supreme bliss.”(1-pause)

Describing what happens when a person really listens to the Guru’s advice, he says: “(O’ my friends, they who attentively listen to the immaculate advice of the Guru, feel as if) their face is touched by the dust of the Guru’s feet, they shed all their self-conceit.”(2)

Coming back to sharing his own experience, Guru Ji says: “The Guru's word seems pleasing to my mind. (Therefore, following his advice, I have meditated on God’s Name and have) seen the sight of God.”(3)

Therefore, Guru Ji concludes the shabad by saying: “(O’ my friends), Guru is the giver of peace, and Guru is the Creator. He is the support of Nanak’s soul, and his life breath.” (4-38-107)

The message of this shabad is that we should have such complete faith in our Guru that by following his advice we will obtain peace, happiness, and bliss of union with God Himself.

The message of this shabad is that we should depend upon the support of that God, and sing His praises, by loving whom we obtain happiness, and in whose house there is no shortage of anything.
In the previous shabad, Guru Ji advised us that we should always depend upon the support of that God and sing His praises, by loving whom we always obtain happiness, and in whose house there is no shortage. In this shabad, he describes how he has made God his friend.

Guru Ji says: "Whatever my Friend does, I cheerfully accept that, because the doings of my Friend are (those things) which bring happiness."(1)

Describing what is the mainstay of his mind, Guru Ji says: “Within my mind is only one assurance: that He, who has to do anything is my friend (therefore I need not worry about anything).”(1 - pause)

Now disclosing how he happened to win the friendship of such a great Being, Guru Ji says: “My Friend is carefree. (He is not dependent upon anyone for anything). It is through the Guru’s kindness that I came close to Him.” (2)

Listing more unique qualities of his friend (God), Guru Ji says: “My Friend is the inner knower of all hearts. He is the all powerful supreme God and Master.”(3)

Guru Ji concludes the shabad by making a humble prayer. He says: “(O’ God), I am Your slave and You are my Master. All Nanak’s honor and glory are on account of You.”(4-40-109)

The message of the shabad is that if we want to have such a friend, on whom we can depend for everything, and on the basis of whose support we may become absolutely free of all worries, then we should pray to our Guru to bring us so close to God that He might accept us as His humble friend.
In the previous *shabad*, Guru Ji advised us that if we want to have such a friend on whom we could depend for everything, and on the basis of whose support we may become absolutely free of all worries, then we should pray to our Guru to bring us so close to God that He may accept us as His humble friend. In this *shabad*, he is telling us from his own experience the kind of feeling of security one obtains upon gaining the support of God.

Guru Ji says: "O’ all powerful (Master), whose helper You become, no blemish stains that person’s reputation.”(1)

Commenting on the state of mind of a devotee who only depends upon the support of God, he says: “O’ God, the one who depends upon Your support doesn’t care for the support of worldly people.”(1-pause)

Stating the reason why such a person doesn’t care for any worldly support, Guru Ji says: “The person in whose heart resides the Master (of the universe) has no anxiety (of any kind in the mind).”(2)

Now describing what kind of relief one feels when one receives God’s comfort, Guru Ji says: “O’, my God, whom You have given solace, no pain comes near that person.”(3)

Guru Ji concludes the *shabad* by telling us who introduced him to such a perfect and beneficent God. He says: “Nanak has found such a Guru, who has shown him the perfect all-pervading God.”(4-41-110)

The message of the *shabad* is that if we want union with the all powerful God, who can remove all our pains, and whose support is all we need, then we should seek the refuge of our Guru (Granth Sahib Ji), who may show us that God and help us win His support.

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**GAURRI MEHLA 5**

In the previous *shabad*, Guru Ji told us that if we want union with the all powerful God, who can remove all our pains and whose support is all we need, then we should seek the refuge of our Guru (Granth Sahib Ji), who may show us that God, and help us win His support. In this *shabad*, he tells us what is the most important thing, which we need to do to reach God, and what happens if we don’t do this thing.
He says: "By great good fortune, one gets the extremely rare chance to obtain the (human) body. (But after receiving this body they), who do not meditate on God’s Name are (in a way) murdering their soul.” (1)

Guru Ji feels so upset with such persons who do not meditate on God’s Name, that he says: “Life is so useless without God’s Name (that I wonder) why don’t they die who forget God?” (1-pause)

Now commenting on the enjoyment of worldly pleasures by such people, Guru Ji says: “(I see that such people) spend their time in eating, drinking, playing, and decorating themselves (but without Name they are like dead persons, and all their pursuits) are like embellishing dead bodies.” (2)

Delivering his judgment on the person who doesn’t listen to God’s praise, Guru Ji says: “The one who doesn’t listen to the praise of God is worse then animals, birds, and the creeping species (like snakes and porcupines).” (3)

Guru Ji concludes the shabad by stating the single most important thing, which a person may acquire whom the Guru blesses with his instruction. He says: "O’ Nanak, in whom the Guru has firmly instilled his mantra, only God’s Name has been enshrined in that person’s heart.” (4-42-111)

The message of this shabad is that the most important thing which we should learn from the Guru is; how to firmly enshrine God’s Name, because without God’s Name our entire human life is a waste, and is worse than the life of an animal, bird or an insect.

In shabad (4-37-106), Guru Ji advised us that none of our worldly possessions, relatives, or even our own body is going to remain with us forever. The only thing, which will last with us till the end, is God’s Name, and that Name we can obtain only through the Guru. In this shabad, he therefore questions our weeping, crying, and feeling sad upon the death of our near and dear ones, and tells us who those people are who can be liberated from such worldly bonds.

Guru Ji says: “(O’ my friends), who is anybody’s mother, and who is anyone’s father? All these relations are false (short lived) and in name only. (As soon as one dies, all these relations have no meaning).” (1)

Therefore, Guru Ji asks: "O’ foolish human being, why do you clamor (as though you have seen a nightmare)? It is due to the combination of past circumstances that according (to God’s command), you have come (to this world, and been connected with your parents and other relatives).” (1-pause)

Pointing to our body elements, he says: “It is the same one clay, one light, and one air, (of which all beings are made. Therefore), why does anyone cry when one dies (and returns to these elements)?” (2)

Commenting on the crying of human beings upon the death of their near and dear ones, he says: “(Often on the death of any of their relatives and friends), people cry and wail, saying, “My near and dear one has died.” (But they don’t understand that) this soul never dies. (After leaving one body, either it enters another, or unites with God).” (3)
Guru Ji concludes the shabad by telling us how he has been emancipated from all such illusions. He says: “(O’ my friends), Nanak says, the Guru has removed my doubts, and I have been emancipated from (the illusions of worldly relations), and all ostentations (of feeling sad on account of any separation) have been destroyed.”(4-43-112)

The message of this shabad is that if we want to be free from the false worldly attachments, and feeling miserable upon the death of our near and dear ones with whom we have been related in this human life, then we should seek the guidance of the Guru, and understand the truth about all such relationships.

In the previous shabad, Guru Ji advised us that if we want to be free from the false worldly attachments, and feeling miserable on the death of our near and dear ones with whom we happen to be related in this human life, then we should seek the guidance of the Guru and understand the truth about all such relationships. In this shabad, Guru Ji points out another folly of people, particularly the rich and famous. He tells how such people who outwardly seem so great, happy, and comfortable, in reality are afflicted with the malady of worry and the fire-like desire for even more riches. He then tells us the only way to get rid of all such worries and anxieties.

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He says: "They who seem to be so great, mighty (and rich), are afflicted by the ailment of anxiety.”(1)

However, Guru Ji points out: “(O’ my friends), no one becomes (truly) great by virtue of the (false) glory on account of one’s wealth. Only that person is (truly) great whose mind is attuned to God.” (1-pause)

Next, commenting on the state of landowners, he says: “A land owner daily fights on account of land, (so much so, that) even while departing (from the world, this person’s) craving (for land) is not quenched.”(2)

Guru Ji concludes the shabad by sharing with us the only way, which can liberate us from all such worldly desires for wealth and possessions. He says: “(O’ my friends), Nanak says, he has realized this essence, that without God’s Name there is no escape (from the fire of worldly desires and woes).”(3-44-113)

The message of this shabad is that instead of running after worldly riches or feeling envious of affluent and powerful people, we should meditate on God’s Name; only then will we be truly happy and worry free.
In the previous shabad, Guru Ji advised us that instead of running after worldly riches or feeling envious of affluent and powerful people, we should meditate on God’s Name; only then will we be truly happy and free from worries. In this shabad, Guru Ji tells us how meditation on God’s Name brings us perfect and complete salvation from all our pains. Guru Ji says: “(O’ my friends), perfect is the way, perfect is the ablution, (and in fact) perfect is one’s every deed in whose heart (resides God’s) Name.”(1)

Regarding the honor and respect of such devotees, he says: “The devotees who have sought the shelter of the all-pervading God, when the perfect (God) protects their honor it remains fully intact.” (1-pause)

Therefore commenting on the efforts of those who meditate on God’s Name, and the result of such efforts, Guru Ji says: “(The person who meditates on God’s Name) enjoys perfect peace and complete contentment. Such a person’s penance is deemed perfect and enjoys both the worldly kingdom, and perfect union (with God).”(2)

Many times we may wonder how effective meditation on God’s Name is for people like us, who sometimes try to meditate on God’s Name, yet keep bound in worldly attachments and committing many sins. Guru Ji assures: “(O’ my friends, by following) the way of (meditating on) God, even the worst sinners are sanctified. They too can obtain perfect glory (in God’s court), and maintain complete respect among worldly people.”(3)

In closing, he says: “(O’ my friends), Nanak says so perfect is my true Guru (that if, following his advice, we meditate on God’s Name, we are able to) see the Creator always residing in front of us.”(4-45-114)

The message of the shabad is that perfect is the method of meditating on God’s Name under Guru’s instruction. By following this method, we can obtain perfect peace, happiness, and glory (not only in God’s court, but we can maintain our complete respect and honor in the world also).

GAURRI MEHLA 5

In the previous shabad, Guru Ji advised us that instead of running after worldly riches or feeling envious of affluent and powerful people, we should meditate on God’s Name; only then will we be truly happy and free from worries. In this shabad, Guru Ji tells us how meditation on God’s Name brings us perfect and complete salvation from all our pains. Guru Ji says: “(O’ my friends), perfect is the way, perfect is the ablution, (and in fact) perfect is one’s every deed in whose heart (resides God’s) Name.”(1)

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The message of the shabad is that perfect is the method of meditating on God’s Name under Guru’s instruction. By following this method, we can obtain perfect peace, happiness, and glory (not only in God’s court, but we can maintain our complete respect and honor in the world also).
In the previous *shabad* Guru Ji told us that so perfect is the method of meditating on God’s Name under Guru’s instruction that by following this method we can obtain perfect peace, happiness, and glory (not only in God’s court, but we can also maintain our complete respect and honor in the world). However, in many earlier *shabads*, Guru Ji has also told us that only through the grace of the saint (Guru) can we obtain this precious commodity of God’s Name. In this *shabad* he tells us what other blessings and benefits we obtain by the saint (Guru’s) grace.

Guru Ji says: “(O’ my friends), the sins of millions of people have been removed, who (have so humbly followed the immaculate advice of the saint Guru, as if they) have applied the dust of the saint’s feet (on their foreheads. In this way) by the grace of the saint (Guru), they have been spared from the (rounds of) births and deaths.”(1)

Commenting upon the need for doing any other ritual worship, such as bathing at holy places to wash off the dirt of sins, Guru Ji says: “(O’ my friends), the sight of a (true) saint is a complete ablution in itself. Because, by saint’s grace, we start meditating on God’s Name (after which there is no need for any other kind of worship or ablution).”(1-pause)

Describing what else happens in the company of the saint (Guru), he says: “In the company of the saint (Guru), one’s ego is destroyed, (to such a person) the one Creator seems pervading everywhere.”(2)

But that is not all. Guru Ji says: “(O’ my friends), on whom the saint (Guru) becomes gracious, all the five (evil passions of lust, anger, greed, attachment and ego) come under that person’s control, and such a person stores the nectar-like (God’s) Name in the heart.”(3)

Guru Ji concludes the *shabad* by saying: “(O’ my friends), Nanak says, only the one whose destiny is perfect, has seen the sight of the saint’s feet (and has listened to the saint’s advice).”(4-46-115)

The message of the *shabad* is that if we want to wash off the dirt of our past sins, and keep under control our evil passions, then we should listen and act upon the advice of the saint (Guru).

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**GAURRI MEHLA 5**

In the stanza (1-pause) of the previous *shabad*, Guru Ji stated that by the saint’s grace, we start meditating on God’s Name (after which there is no need for any other kind of worship or ablution). In this *shabad*, he tells us what happens when we meditate on God’s Name and sing His praises.

Guru Ji says: “(O’ my friends), by meditating on God’s merits (we feel so delighted, as if like) a lotus (our heart) has blossomed forth. By contemplating on God, all our fears flee away.”(1)
Therefore, he says: “(O’ my friends), perfect is that intellect through which (the mortal) sings praises of God. However, only through good fortune does one obtain the company of a saint (Guru, who gives one such intellect).” (1-pause)

Stating what other valuable things we obtain in the company of the saints, Guru Ji says: “In the company of the saint (Guru), we obtain the treasure of (God’s) Name. In the company of the saint (Guru), all our tasks are fulfilled.” (2)

Listing other blessings which one obtains through the Guru, he says: “By Guru’s grace one utters God’s Name, and through such worship of God, one’s (human) life gets approved (in God’s court).” (3)

Guru Ji concludes the shabad by saying: “(O’ my friends), Nanak says approved is that devotee (in God’s court) within whose heart resides God.” (4-47-116)

The message of the shabad is that if we want all our fears to be removed, and our life approved in God’s court, then we should listen to the Guru’s advice, and enshrine God’s Name in our heart.

**Gaurri Mehl 5**

In the previous shabad, Guru Ji advised us that if we want all our fears to be removed and our human life approved in God’s court, then we should listen to the Guru’s advice and enshrine God’s Name in our heart. In this shabad, he tells us what happens when we are imbued with the love of that one (God).

He says: “The person whose mind is imbued with the love of one (God), forsakes jealousy with others.” (1)

Stating the reason why such a person feels this way, he says: “(To such a person), no one seems other than God. (That person believes that it is) the same Creator who is the cause and doer of everything.” (1-pause)

Describing the merits of such a person, he says: “The devotee who meditates on God’s Name with full attention of the mind, and utters God’s Name from the tongue, that devotee never wavers here or there (in this or the next world).” (2)

Most of us always run after worldly wealth, but Guru Ji tells us: “The person who has the wealth of God’s (Name in the heart) is a true banker. The perfect Guru has established that person’s credit (with God).” (3)

In conclusion, Guru Ji says: “(By Guru’s grace), the person who has attained to the life giving God the King, Nanak says that person has obtained the supreme status (of eternal bliss).” (4-48-117)

The message of the shabad is that if we want to get rid of our jealousy and attain eternal bliss, then we should meditate on God’s Name from the core of our heart, and feel God’s presence everywhere.
In the previous shabad, Guru Ji advised us that if we want to get rid of our jealousy and attain eternal bliss, then we should meditate on God’s Name from the core of our heart, and feel God’s presence everywhere. In this shabad, he describes how God’s Name becomes everything for a devotee, and what kinds of blessings one enjoys because of one’s love for God’s Name.

He says: "God’s Name is the life-breath of a devotee. (For a devotee) Name is wealth, and the Name is all the trade."(1)

Explaining why a true devotee feels this way, Guru Ji says: “Within whom is (God’s) Name, obtains glory (both in this and the next world. But only that person receives God’s Name) whom, showing mercy (God) Himself, delivers.”(1-pause)

Listing the blessings a devotee enjoys as a result of God’s Name, Guru Ji says: “(God’s) Name is the provider of a state of peace to the devotee. (The devotee) who is imbued with the love of (God’s) Name, is approved in God’s court.”(2)

Guru Ji adds: “God’s Name provides support to the devotees. With every breath, a devotee dwells on God’s Name.”(3)

He concludes by saying: “Nanak says, whose destiny is perfect, that person’s mind is attuned to God’s Name.”(4-49-118)

The message of this shabad is that if we want to always live in peace and bliss, then we should pray to God to bless us with the guidance of the Guru, who may imbue us with such love for God’s Name that we may keep meditating on it at all times.
It is the same light
Explaining why this is the right time to praise God, and what are the benefits of doing so, Guru Ji says: 
“(O’ my friends, this human birth) is a good opportunity to remember God (because in other existences, 
we cannot do so, and) by meditating on God’s Name, we cross the dreadful (worldly ocean).”(1-pause)

Listing what other things we ought to do to walk on this divine path, he says: “(O’ my friends), with your 
eyes behold the sight of the saint (Guru), and inscribe (the Name of) the immortal God in your mind.”(2)

Stating what else to do, and what is its benefit, Guru Ji says: “(O’ my friends), the one who goes to the 
saint (Guru) to listen to the praise of God, erases the fear of birth and death (from the mind).”(3)

In closing, Guru Ji advises: “(O’ my friends), enshrine God’s immaculate Name in your heart. Nanak says 
(in this way), ferry this extremely difficult to obtain human body across (the worldly ocean).”(4-51-120)

The message of the shabad is that we should utilize our precious human body along with all other 
parts and faculties to meditate on God’s Name, and thus make our life fruitful and obtain salvation.

The message of this shabad is that if we want to get rid of all our worldly doubts, and dreads, then 
we should meditate on God’s Name with full concentration of our body and mind.
In the previous shabad (4-49-118), Guru Ji advised us that if we want to always live in peace and bliss, then we should pray to God to bless us with the guidance of the Guru, who may imbue us with such love for God’s Name that we may keep meditating on it at all times. In this shabad, he lists some of the blessings one obtains, who forsaking one’s own clever ideas, surrenders to the Guru and follows his advice whole-heartedly.

Addressing us, Guru Ji says: “Renouncing shrewdness and too much cleverness, the one who has depended on the support of the perfect Guru’s (advice) only, all that person’s sorrows have vanished. Such a person has sung praises of God in a state of peace, and in this way, by attuning the mind has seen the perfect Guru.” (1-pause)

Listing other blessings the Guru has bestowed on such a devotee, he says: “The Guru has given the mantra of God’s (Name, and as a result) all the worries (of the devotee) have been effaced, and anxiety removed.” (2)

But that is not all, Guru Ji adds: “On meeting the kind Guru, bliss has prevailed (in the mind of the devotee). Showing mercy, (the Guru has dispelled those tendencies, which could make that (devotee) commit deadly sins, and has thus) cut off the nooses of death.” (3)

In conclusion, Guru Ji says: “(O’ my friends), Nanak says the one who has obtained (the guidance of) the perfect Guru, Maya (the worldly attachment) doesn’t afflict that person again.” (4-53-122)

The messages of this shabad is that we should abandon all our cleverness and wit and have complete faith in the Guru's advice, and act on it with full faith and conviction. Then we will be freed from all worries, and worldly attachments won’t afflict us ever again.
In the previous shabad, Guru Ji advised us that we should abandon all our cleverness and wit and have complete faith in the Guru's advice, and act on it with full faith and conviction. In this shabad, he cites his own example, how the perfect Guru saved him from the attack of his enemy (Sulhi Khan), to demonstrate the benefit of having full faith in the Guru, and acting on his advice.

Addressing us, Guru Ji says: “(O’ my friends), the perfect Guru has himself saved me (from the attacks of my enemy), and that self-conceited person has been afflicted by a calamity (of falling in a brick kiln and being burnt alive).”

Therefore, Guru Ji advises: “O’ my friends, (you too) should keep remembering Guru’s advice (of meditating on God’s Name). By doing so, you would obtain honor in (God’s) court.”

Stating the benefit of truly enshrining the Guru’s feet (his advice) in the mind, he says: “(O’ my friends), by enshrining the Guru’s advice in the mind, all your sorrows, enemies and calamities will be slain.”

Describing what kind of changes we would observe when we always remember the Guru’s advice, he says: “O’ my brother, when you always remain in touch with the Guru’s advice, all people would become kind to you.”

Guru Ji concludes the shabad by once again thanking his Guru for saving him. He says: “(O’ my friends), Nanak says, when the perfect Guru showed mercy, all my effort became fruitful.”

The message of this shabad is that if we keep complete faith in our perfect Guru (Granth Sahib Ji), keep following his advice, and meditating on God’s Name, he will save us from attacks of all our enemies and will get us respect in this world and honor in God’s court.
Commenting further on the state and fate of such a person, Guru Ji says: “(O’ my friends, the one) who remains without the company of saintly persons, that one’s body is like a dead corpse. By continuously suffering the pains of coming and going (in and out of this world), one’s (soul) is continuously weakened.”(1-pause)

Now referring to the many beautiful clothes such a person may wear, he says: “Even though (such a person) may wear many beautiful clothes (in the spiritual world, looks) like a scare-crow to scare (the birds away) in a farm.”(2)

Guru Ji adds: “(An apostate is worse than an animal, because bodies of all (animals) can be put to some use, but absolutely of no use is (the advent of a person in the world), who does not meditate on (God’s) Name.”(3)

Therefore Guru Ji states: “(O’ my friends), on whom God becomes merciful, Nanak says, in the company of saints that person meditates on the Sustainer of the universe.”(4-55-124)

The message of this shabad is that if we don’t want to waste our life like the animals, then we should pray to God to show mercy on us and bless us with the company of saintly persons, (where we may also join them in singing God’s praise, and meditating on His Name).

In the previous shabad, Guru Ji advised us that if we don’t want to waste our life like an animal, and don’t want to continue suffering the pains of births and deaths, then we should pray to God to bless us with the company of saintly people, whom we may join in singing God’s praise and meditating on His Name.

In this shabad, Guru Ji shares with us the blessings he obtained by joining the congregation of saintly persons, and singing praises of God.

He says: "(O’ my friends), the Guru's word has eliminated all my strife and sorrow. My comings and goings (in and out of this world) have ended and I have obtained all kinds of comforts.”(1)

Listing other blessings he obtained in the company of saintly persons, he says: “In the company of saints, I sang praises of God, and when I meditated on the fearless God all my fears vanished away.”(1-pause)

Therefore, on the basis of his personal experience, Guru Ji says: “They who enshrined the immaculate Name of God in their hearts were ferried by the Guru across the fiery ocean (of worldly desires).”(2)

Continuing to describe the blessings bestowed by the Guru, he says: “They who were drowning (in the worldly ocean), the perfect Guru pulled them out and re-united them (with God), from whom they were separated for many births.”(3)
Guru Ji concludes the *shabad* by saying: “(O’ my friends), Nanak says, I am a sacrifice to that Guru, meeting whom I was emancipated.”(4-56-125)

The message of this *shabad* is that even if we have previously committed many sins, we should now follow the advice of the Guru. Joining the company of saintly persons we should sing God’s praise: then all our problems will be ended and we will be saved.

*Note:* It doesn’t mean that before joining the saintly congregation, Guru Ji was committing many sins, from which his Guru saved him. Like Jap Ji Sahib, where Guru Ji calls himself a wretch, he is showing his humility, and is using the most effective way of conveying his message by the use of first person.

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**GAURRI MEHLA 5**

In the previous *shabad*, Guru Ji advised us that even if we have previously committed many sins, we should now follow the advice of the Guru. Joining the company of saintly persons we should sing praises of God: then all our problems will end and we will be saved. In this *shabad*, he tells us in more detail how to conduct our life in the right way.

He says: “(O’ my friends), joining the society of saintly persons, seek the refuge of that (God). Place your body and soul before Him, (so that with your body and mind you do whatever God wants you to do).” (1)

Describing what we should do in the company of saintly persons, he says: “O’ brother, drink the nectar of God’s Name. By remembering (God) again and again, the fire (of worldly desires) is quenched.” (1-pause)

Listing what else we need to do, Guru Ji says: “(O’ my friends), bow to the feet of God’s devotees and, shedding your ego, emancipate (yourself from the rounds of) births and deaths.” (2)

Guru Ji adds: “(O’ my friends), with every breath remember God. (In this way) accumulate that wealth (of God’s Name), which will always accompany you.” (3)

Guru Ji concludes this *shabad* by stating how fortunate that person is who accumulates the wealth of God’s Name. He says: “Only that person receives (this wealth) in whose destiny it is (so written). Therefore Nanak says (O’ mortal), cling to the feet of such (devotees, so that in their company you may also be blessed).” (4-57-126)

The message of this *shabad* is that we should join the company of saintly persons, respectfully follow their advice, and meditate on God’s Name so that our rounds of births and deaths may end.
In the *shabad* (4-56-125), Guru Ji advised us that even if we have previously committed many sins, we should now follow the advice of the Guru. Joining the company of saintly persons we should sing praises of God, then all our problems will end and we will be saved. In this *shabad*, he describes how the Guru has put even the most incorrigible persons on the right path, has brought an end to all their problems and pains, and has fulfilled their desires.

Guru Ji says: "In an instant, the Guru has brought bloom (even to those) who had become depressed and frail like withered (trees. As if) by irrigating them with his ambrosial glance, he has revived (their dead souls)."(1)

Describing what exactly the Guru has done for his devotees, he says: “The perfect Guru has yoked his servant into his service, and in this way the perfect Guru has eradicated all the difficulties.”(1-pause)

Stating what happens when the perfect Guru shows his grace, Guru Ji says: “(The person) on whom the true Guru, the treasure of merits has shown mercy, all that person’s worry has been removed, and the desire of heart has been fulfilled.”(2)

Guru Ji also wants to assure us that once the Guru becomes kind, it doesn’t take much time for one’s problems to disappear. He says: “When the Guru so commands, then no delay occurs in the fleeing away of pains, and the pleasures to come and prevail (in a person’s life).”(3)

In conclusion, Guru Ji says: “They who have met the perfect Guru, their desire has been fulfilled. O’ Nanak, the life of those devotees has become most successful and fruitful.”(4-58-127)

The message of this *shabad* is that if we want all our problems to be solved and we want to be blessed both with worldly comforts and spiritual success, then we should surrender ourselves to the service of our true Guru (Granth Sahib Ji), and wholeheartedly act on the advice contained therein.
In the previous *shabad*, Guru Ji advised us that if we want all our problems to be solved, and if we want to be blessed both with worldly comforts and spiritual success, then we should surrender ourselves to the service of our true Guru, and whole-heartedly act on his advice. The basic advice of our Guru is to meditate on God’s Name and sing His praises. In this *shabad*, Guru Ji describes the blessings, which God showers on us, when we follow this advice.

He says: "(O my friends), those upon whom God has bestowed the gift (of His Name), all their anxieties have vanished and they have obtained peace (in their hearts)." (1)

Describing what other blessings such people have enjoyed, he says: “By God's Grace, their life has become comfortable. (They who were) separated (from Him) for many births, God has re-united them (with Him).” (1-pause)

Stating what other blessings such people have obtained, Guru Ji says: “By remembering God's Name again and again, the root cause of all their maladies was destroyed.” (2)

Describing the conduct of such a blessed person, he says: “(Such a devotee) keeps uttering God’s word in a state of peace and poise (and says to others also), “O mortals, (you too should) meditate on God.” (3)

In conclusion, Guru Ji says:“(O my friends), Nanak says that no sorrow, pain (or fear of) death comes near that person who sings praises of God.” (4-59-128)

*The message of this shabad is that we should repeat God’s Name with love and affection, so that through God’s mercy all our woes and worries may depart, and we may live in peace and comfort.*

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In the previous *shabad*, Guru Ji advised us that if we want all our problems to be solved, and if we want to be blessed both with worldly comforts and spiritual success, then we should surrender ourselves to the service of our true Guru, and whole-heartedly act on his advice. The basic advice of our Guru is to meditate on God’s Name and sing His praises. In this *shabad*, Guru Ji describes the bliss he enjoys when he meditates on God’s Name and experiences the presence of God near him.

He says: "Blessed are those days, and blessed are those moments, when I see the sight of the detached God." (1)

But Guru Ji knows that this only happens when he meditates on God’s Name, and He shows His grace. Therefore, he says: “I am a sacrifice to that time in which my mind repeats God's Name.” (1-pause)

He says: “Fruitful is that moment and fruitful is that hour when the tongue utters "O God, O’ God.” (2)
Guru Ji also recognizes that it is only by Guru’s grace that a person is imbued with the love of God, and engages in meditating on His Name. Therefore, he says: “Approved is that forehead, which bows to the saint (Guru), and sacred are those feet, which walk on God's path.”(3)

In conclusion, Guru Ji says: “(O’ my friends), Nanak says: auspicious was that deed of mine, by virtue of which I touched the saint's (Guru's) feet (and started meditating on God’s Name, according to his advice).”(4-60-129)

The message of this shabad is that most auspicious is that time when we humbly listen and follow the advice of the saint (Guru Granth Sahib Ji), and start meditating on God’s Name with true love.

In the previous shabad, Guru Ji told us that most auspicious is that time when we humbly listen and follow the advice of the saint (Guru), and meditate on God’s Name with true love. In this shabad, he tells us, what is the most important thing to do after listening to the Guru, and the blessings we obtain when we follow the Guru’s advice.

He says: "(O’ my friend), keep the Guru's word in your mind. By meditating on God's Name, all worries go away."(1)

Next, asking us to remember one basic thing, Guru Ji says: “(O’ my friend), except God the architect of our destiny, there is no one else. He is the one alone, who destroys or protects (the creatures).”(1-pause)

Therefore, Guru Ji advises us: “(O’ human being), enshrine Guru's immaculate words in your heart, so that by meditating (on God’s Name), you may swim across the fiery sea of (worldly desires).”(2)

Some people do their worship or meditation by fixing their attention on some picture or statue of a god or goddess. But Guru Ji advises: “(O’ my friend), fix your attention on the Guru in the form of his word. (By doing so), you will obtain honor both here and hereafter.”(3)

Guru Ji concludes the shabad by saying: "Forsaking all, he has come to the refuge of the Guru. Nanak says, all his doubts have been erased and he has obtained peace."(4-61-130)

The message of this shabad is that if we want to be rid of all our worries and live in perfect peace, then abandoning all other supports, we should seek the refuge of the Guru, fix our attention on his immaculate word (the Gurbani as contained in Guru Granth Sahib), and meditate on God's Name.
In the previous shabad, Guru Ji advised us that if we want to be rid of all our worries and live in perfect peace, then abandoning all other supports, we should seek the refuge of the Guru, fix our attention on His immaculate words, and meditate on God’s Name. In this shabad, he explains how to meditate on God’s Name and enshrine it in our heart.

First clarifying whom we need to worship, he says: “(O my mind, remember that) God, by remembering whom all sorrows go away, and His jewel-like precious Name comes to reside in the heart.”(1)

Now explaining how to remember God, Guru Ji says: “O my mind, meditate on that word of God, with which the saintly devotees sing praises of God with their tongues.”(1-pause)

Guru Ji reminds: “(O my friends), there is no one except that one God, by whose Grace peace always prevails.”(2)

Guru Ji advises: “(O human being), make only one (God) as your friend, companion, and confidant, and enshrine God’s Name in your mind.”(3)

Guru Ji concludes the shabad by describing how he himself remembers that God. He says: “That Master (of universe) is pervading everywhere, and Nanak keeps singing praises of that Inner Knower.”(4-62-131)

The message of this shabad is that we should remember that God is our only true friend and companion. He is the inner knower of all hearts, and is pervading everywhere. Therefore we should always keep meditating on His Name, and the best way to do so is to enshrine the immaculate words uttered and sung by His saints (which are included in Guru Granth Sahib Ji).
In previous shabad (4-61-130), Guru Ji advised us that if we want to be rid of all our worries and live in perfect peace, then abandoning all other supports, we should meditate on God's Name. In this shabad, he tells us how the entire world is engrossed in fear and worry of one kind or another, and who those persons are who are free from such anxieties.

He says: "The entire world is immersed in fear. Only that person has no fear, who depends only the support of God's Name."(1)

Guru Ji therefore addresses God and says: "(O’ God), no fear afflicts the one who seeks Your refuge, because such a person does (only that), which pleases You."(1-pause)

Describing the benefit of accepting God’s will, Guru Ji says: “The one who remains affected by pain and pleasure (who becomes too much puffed up in happy circumstances, and too much depressed upon hearing some unpleasant news), remains bound to rounds of birth and death. Only those persons have obtained peace who accept (with equanimity) whatever pleases God (whether apparently good or bad).”(2)

Commenting on the general state of this world, Guru Ji says: "(O’ my friends), this world is like an ocean of fire, where the desire for worldly pleasures keeps afflicting (the minds of human beings). Only those persons remain calm and cool who have obtained (the guidance of) the true Guru.”(3)

Guru Ji concludes the shabad by noting: “It is only God the Savior, who saves (mortals from the evils of the world). O’ Nanak, there is nothing in the hands of a poor (human) being.”(4-63-132)

The message of this shabad is that if we want to live in peace without any fear or worry, then we should seek the refuge of the Guru, and gladly accept the will of God both in pain and pleasure.
Expressing his complete faith in God, Guru Ji says: “(O’ God), beside You, there is no one else (to whom we can look for any support). It is only by Your grace that one always obtains peace.”(1-pause)

Describing what happens when God comes to reside in our mind, Guru Ji says: “When You reside in our heart, then no sorrows afflicts us. With Your kindness all dread and doubt flees away.”(2)

Therefore Guru Ji says: “O’ the all pervading and limitless Master, You are the inner knower of all hearts.”(3)

Finally he prays to his Guru and says: “I make this prayer before my true Guru, that Nanak may be blessed with the true capital (of God’s Name).”(4-64-133)

The message of this shabad is that it is only by God’s grace that we can meditate on God’s Name and live in peace, and since it is the Guru from whom we can obtain the gift of Name, we should pray to him to bless us with this true wealth of God’s Name.

In the previous shabad, Guru Ji told us that only by God’s grace can we meditate on God’s Name and live in peace, and since it is the Guru from whom we can obtain the gift of Name, we should pray to him to bless us with this wealth of God’s Name. In this shabad, he cites many beautiful examples to illustrate how totally devoid of any charm or happiness the life of a person is who doesn’t meditate on God's Name, and why we need to pray to God for the gift of His Name.

He says: "(O’ my friends), just as the husk is empty without the grain, so are the mouths empty without the Name.”(1)

Therefore Guru Ji urges: “O’ mortals, meditate on the Name day and night (because when death comes), without Name this body is considered accursed.”(1-pause)

Now illustrating how unfortunate one remains without meditating on God’s Name: “(O’ my friends), just as there can be no happily married life without the groom, similarly no fortune smiles on a person’s destiny without meditation on the Name.”(2)

Stating the consequences of forsaking God’s Name and engaging in other pursuits, Guru Ji says: “Forsaking the Name, they who engage in other pursuits, none of their wishes are fulfilled.”(3)

Guru Ji concludes the shabad by praying to God and saying: “O’ God, please show Your mercy and bestow this gift, so that Nanak may meditate on the Name day and night.”(4-65-134)

The message of this shabad is that God’s Name is the essence of fruitful life, and we should always pray to God to bless us with this gift and meditate on His Name day and night.
In the previous shabad, Guru Ji advised us that God’s Name is the essence of fruitful life, and we should always pray to God to bless us with this gift. In this shabad, he shows us how to pray to God for this.

He says: "O' God, You are all powerful. You are my Master. You are the inner knower of all hearts: whatever is happening (in the world) is happening according to Your (wishes)." (1)

Describing how God’s devotees depend upon His support, Guru Ji says: “O’ perfect all pervading God, You are the support of all Your devotees. Millions have been saved by seeking Your shelter.” (1-pause)

Now pointing to the grace of God on His creatures, Guru Ji says: “O’ God, as many are the creatures (in this world), they all are Yours. By Your Grace they enjoy countless comforts.” (2)

Commenting on the omnipresence of God’s will and the benefits of accepting it, Guru Ji says: “(O’ God), whatever is happening in the world is all according to Your Will. The one who understands Your command merges in the Truth.” (3)

Guru Ji concludes the shabad by praying: “(O’ God), showing Your mercy, bestow this gift, so that Nanak may meditate on the treasure of (Your) Name.” (4-66-135)

The message of this shabad is that we should realize that whatever is happening in this world is happening according to God’s will, and we should cheerfully accept it. We should only ask Him to bless us with the gift of His Name (His loving devotion).
In the previous shabad, Guru Ji told us that whatever is happening in this world is happening according to God’s will, and we should cheerfully accept it. We should only ask Him to bless us with the gift of His Name. In this shabad, Guru Ji describes the glories and blessings the devotees of God enjoy, and how much he respects such devotees.

Guru Ji first tells us how difficult it is to find such true devotees, whose minds are attuned to God. He says: “It is only by good fortune that we see the sight of such devotees, whose minds are (truly) attuned to the love of God’s Name.”(1)

Now stating how absolutely free from any pain these devotees are, Guru Ji says: “They in whose mind God has come to reside, no pain can afflict them, even in a dream.”(1-pause)

Stating the merits with which such devotees are blessed, Guru Ji says: “God places all treasures (of spiritual virtues, such as patience and contentment), in His devotees’ (minds). In their company all one’s sins and sorrows go away.”(2)

Summarizing the merits of God’s devotees, he says: “(O’ my friends), the glory of God's devotees cannot be described, because the devotee becomes the embodiments of God, who is pervading everywhere.”(3)

Therefore, Guru Ji prays: “O’ God, showing Your mercy, listen to this request of mine and bless Nanak with the dust of the feet (the humble service) of Your servants.”(4-67-136)

The message of this shabad is that if we want to be blessed with such spiritual qualities that we remain free from any sins or sorrows, and do not let any painful circumstances afflict our minds, then we should seek the humble service of God’s devotees. In their company we must learn to meditate on God’s Name, live in the will of God, and love Him in all circumstances.
Therefore to his own mind (and us), Guru Ji says: “O’ my mind, contemplate only on the Name (of God), which will be of (immense) help to your soul (in God’s Court).”(1

Describing how to meditate on God’s Name, Guru Ji says: “(O’ my mind), day and night sing praises of the limitless (God). This alone is the immaculate advice of the perfect Guru.”(2

Cautioning us against depending upon any other kinds of ritual worship, such as observing fasts or going to pilgrimage places, Guru Ji says: “(O’ my friend), discard all other ways (to obtain salvation or spiritual bliss), depend only on the support of one (God), and taste the relish of the supreme commodity, the elixir of (God’s) Name.”(3

But lest we may fall in any kinds of ego traps on account of our own efforts in this regard, Guru Ji states: “O’ Nanak, that person alone swims across the torturous (worldly) ocean on whom (God) casts (His) glance of grace.”(4

The message of this shabad is that if we want to get rid of our anxieties, then renouncing all other ways we should meditate on God’s Name. But we should never let any egoistic thoughts come into our mind, because only that person crosses this worldly ocean on whom God shows His grace.

The previous shabad, Guru Ji advised us that if we want to get rid of all our anxieties, then renouncing all other ways we should meditate on God’s Name. In this shabad, he tells us what kinds of blessings those persons obtain who enshrine God’s immaculate feet (God’s Name) in their hearts. He says: "They who enshrine God’s immaculate Name in their hearts meet the true Guru, and swim across the worldly ocean.”(1

Therefore, Guru Ji advises: “O’ my brothers, sing praises of the God of the universe and meeting the saint (Guru), meditate on God's Name.”(1

Describing the blessings obtained by a person who has received the gift of God’s Name from the saint Guru, he says: “The person who has obtained the stamp of Name from the saint (Guru, that person) has got the difficult-to-obtain human body approved (in God’s court).”(2

Guru Ji adds: “In the company of saints, (such a devotee) has obliterated all dread and doubt, and by meditating on God, has obtained the supreme status (of spiritual bliss).”(3

Summarizing the state of mind of such devotees, Guru Ji says: “(A devotee of God says), “Wherever I see, I find (God) pervading there.” O’ Nanak, the devotees remain absorbed in God’s shelter.”(4-69-138

The message of this shabad is that joining the company of saint (Guru), we should always sing praises of God and meditate on God’s Name, so that one day, we too may obtain the supreme state of eternal bliss, and our human body may also get approved in God’s court.
In the previous shabad, Guru Ji advised us that joining the company of saint (Guru) we should always sing praises of God and meditate on God’s Name, so that one day, we too may obtain the supreme state of eternal bliss, and our human body may also get approved in God’s court. In this shabad, Guru Ji describes the blessings obtained by the service of the Guru, and shares with us how he himself respects his Guru and acts upon his advice.

Guru Ji says: “(O’ my friends), I am a sacrifice unto the sight of the reverend Guru. I feel rejuvenated by continuously meditating on the Name of the true Guru.”(1)

Sharing with us the prayer he makes before his Guru, he says: “O’ my transcendent, perfect Guru God, please show your mercy (and bless me) that I may yoke myself into your service.”(1-pause)

Continuing his prayer, Guru Ji says: “(O’ my Guru God, bless me that) I may enshrine your immaculate words in my heart. You are the support of my mind, body, and riches.”(2)

Guru Ji even advises us and says: “(O’ my friend), deem the Guru God as close to you, so that your (human) life may also become fruitful, and may be approved (in God’s court).”(3)

In closing, Guru Ji says: “Only by great good fortune can we obtain the dust of the feet (the humble service) of saints. Nanak (says), upon meeting the Guru one’s mind becomes attuned to God.”(4-70-139)

The message of this shabad is that if want our human life to become fruitful and worthy of approval in God’s court, then we should humbly serve our Guru by meditating on God’s Name.
In the previous shabad, Guru Ji advised us that if want our human life to become successful and worthy of approval in God’s court, then we should humbly serve our Guru by attentively listening to the Gurbani and meditating on God’s Name. In this shabad, he tells us how important it is to serve the Guru, and meditate on God’s Name with true love and affection for Guru and God, and not just for the sake of showing off to other people. He also tells how those persons are punished in God’s court who outwardly utter very sweet words, but from inside are full of evil and bad deeds.

Right at the outset, Guru Ji says: “The person who (stealthily) does evil deeds, but from the outside shows (something different), at God’s court is bound (and punished like) a thief.” (1)

Giving the definition of a true devotee of God, he says: “(O’ my friends, that person) alone is the devotee of God who repeatedly remembers God (and who believes that in all) waters, land, and sky, it is the one (God) who is pervading.” (1-pause)

Commenting further on the state and fate of a person who utters very sweet words from the tongue, but inside is full of evil intentions, Guru Ji says: “(The person) who inside is full of poisonous (intentions), but utters ambrosial words from the tongue, is bound in the city of death and suffers punishment there.” (2)

Describing how easily such a persons’ sins get exposed, Guru Ji says: “(Even if such a person) commits evil (deeds) under many secret veils, still (these evil deeds) get exposed in the world in an instant.” (3)

Guru Ji concludes the shabad by telling us upon whom God is truly gracious. He says: “O’ Nanak, the God of our destiny becomes gracious on that person, within whom is truth, and (who) is in love with the relish of God’s Name.” (4-71-140)

The message of this shabad is that those persons who outwardly utter sweet words (but who are evil inside and commit sinful deeds in secret) are soon exposed, and punished in God’s court. Only they win the grace of God who are truthful, and meditate on God’s Name with true love and devotion.
In the previous shabad, Guru Ji told us that they who outwardly utter sweet words (but are evil from inside) soon get exposed and punished in God’s court. Only those persons win the grace of God who are truthful, and who meditate on God’s Name with sincere love and devotion. In this shabad, he tells us the unique qualities and virtues of divine love.

Stating the first and foremost quality of divine love, Guru Ji says: “To whom the perfect Guru reveals (the qualities of this love, and imbues with it once), that person’s love for the God never dies.” (1)

Now describing how God’s love affects the mind of a person, he says: “The mind that has been imbued with the love of God becomes (so) truthful (that there remains no deceit or evil in that person. In fact, being imbued with) the true love (for God, that person becomes the embodiment of) the perfect God, the architect of our destiny.” (1-

Telling us where one can be imbued with such true love for God, he says: “In the company of saints (they who) sing praises of God (are imbued with such everlasting love for God) that their love never dies.” (2)

Regarding all other kinds of love, Guru Ji says: “Without meditation (on God, true) peace cannot be obtained. (Except divine love), all other kinds of love are insipid (devoid of true peace), and are only the manifestation of Maya (the desire for worldly riches and pleasure).” (3)

In closing, Guru Ji says: “(O’ my friends), Nanak says, upon whom the Guru has become gracious, and whom the Guru has imbued with (God's love), they have been blessed with (spiritual) delight.” (4-72-141)

The message of this shabad is that instead of running after false worldly love, we should join the company of saintly persons and sing God's praise, so the Guru may imbue us with true love for God, which never dies and provides true eternal bliss.

In the previous shabad, Guru Ji advised us that instead of running after false worldly love, we should join the company of saintly persons and sing God's praise, so the Guru may imbue us with God's love, which never dies and provides true eternal bliss. In this shabad, he describes the blessings we obtain when we meditate on God with true love, and also tells us what kind of faith and trust the devotees have in God.

He says: "By meditating on the Master, all the woes and sins (of the devotees) flee away (and in their place), peace and comfort come to abide.” (1)

Now describing what kind of trust the devotees of God have in Him, Guru Ji says: “(O’ my friends), God's devotees only depend upon God. By meditating on God they become free from any kind of fear or dread.” (1-

ga-orhee mehlaa 5.
Guru Ji adds: “(O’ my friends), in the society of the saints, no dread or doubt (afflict the devotees of God), because they keep singing praises of God day and night.”(2)

Listing other blessings the devotees obtain in the company of saints, and singing God’s praises, Guru Ji says: “Showing His mercy, God has freed them from (worldly) bonds and has given them the support of His immaculate feet.”(3)

In conclusion, he says: “(O’ my friends), Nanak says that in the minds of the devotees has arisen full faith (in God). Therefore they always keep drinking the nectar (of God’s Name), by singing His immaculate praises every day.”(4)

The message of this shabad is that if we want to be rid of all our fears and doubts, then by joining the society of saints we should keep singing praises of God and meditating on His Name. Then God would remove all our fears, and we will develop such a faith in the support and protection of God that we won’t be afraid of anything, but only enjoy the relish of the nectar of His Name.

In the previous shabad, Guru Ji advised us that if we want to be rid of all our fears and doubts, then by joining the society of saints we should keep singing praises of God and meditating on His Name. Then God would remove all our fears, and we would develop such a faith in the support and protection of God that we won’t be afraid of anything, but only enjoy the relish of the nectar of His Name. In this shabad, Guru Ji describes the blessing obtained by a person who is imbued with the love of God’s Name.

He says: "They whose mind is attuned to God's immaculate Name, all their misery, pain, and doubt flees away."(1)

Now, comparing God’s Name to a kind of spiritual wealth, Guru Ji says: “The person who trades in the capital of God’s Name becomes perfect (whom no evil or lust can tempt). Whom God honors (with this wealth), that person becomes a brave fighter (against all evil tendencies).”(1-pause)

Since a person obtains God’s Name only when God becomes gracious and sends that person to the Guru’s shelter, Guru Ji says: “They on whom God the Master of the universe becomes kind, those devotees go and fall at the feet of the Guru (and beg him for his guidance in amassing the wealth of God’s Name).”(2)

Now describing what happens when one meditates on God’s Name under the guidance of the Guru, he says: “By meditating again and again on the Source of supreme bliss, (a person) obtains peace, poise, contentment, and bliss.”(3)

In conclusion, Guru Ji says: “(O’ my friends), in the company of saints, the person who has earned the capital of (God’s) Name, Nanak says, (God) has removed all that person’s affliction.”(4-74-143)

The message of the shabad is that if we want to enjoy true happiness, then instead of running after worldly wealth, we should pray to God to bless us with the guidance of the Guru. Under his guidance we should earn the wealth of God’s Name, which is the source of true peace, and pleasure.
It is the same light
In the previous shabad Guru Ji advised us that if we want to be rid of our evil tendencies (such as lust, anger, and greed), and wash off all our sins, then we should pray to God to bless us with the humble service of the Guru, so that under his guidance we may always keep remembering God’s Name. In this shabad, he explains why we need to remember and be always grateful to God.

He says: "O’ mother, how can one justify laziness in remembering (that God), upon whom one depends for one’s food and clothing?"(1)

Guru Ji reminds us and says: “(O’ my friends), they who are engaged in other (worldly) affairs forsake the Master. For the sake of a few chips, they are discarding the jewels (of God’s Name).”(1-pause)

Showing our folly, Guru Ji says: “(O’ mortal), renouncing God, you are attached to greed (for worldly wealth. But tell me, how can you) obtain honor by saluting the servant (worldly wealth, instead of God, the Master)?”(2)

Commenting further upon our ungratefulness, Guru Ji says: “(O’ human being), you partake of many nectar-like delicious foods and drinks, but O’ (greedy, ungrateful) dog, you do not even recognize (that God) who has given (you all these things).”(3).

In the end, Guru Ji shows us how to ask God for forgiveness for our ingratitude. He says: “(O’ my friend), Nanak says, (we should humbly approach God and say to Him), O’ God, we are ungrateful (persons). But O’ the Inner Knower of all hearts, please forgive us (as You please).”(4-76-145)

The message of this shabad is that in the pursuit of worldly wealth and enjoyment of false worldly pleasures we have forgotten that God who has blessed us with all kinds of gifts, including our food and clothing. Before it is too late, we should pray to God and humbly ask for His forgiveness.
He says: "(O’ my friend), contemplate upon God’s lotus feet (His love) in your mind. (In this, is contained the merit of) ablution at all the holy places.”(1)

Guru Ji again lovingly advises: “O’ my brother, every day remember God. By doing so, the dirt of sins (committed by you) in millions of births will be washed off.”(1-pause)

Now stating the merit of enshrining God’s discourse in one’s mind, Guru Ji says: “(O’ my friend), the one who enshrines God’s discourse in the mind obtains all the fruits of one’s heart’s desire.”(2)

But that is not all, Guru Ji adds: “(O’ my friends), they in whose mind resides God, their entire life (from birth to death) is approved (in God’s court).”(3)

However, since it is only through the guidance of saint (Guru) that we learn to remember God with true love, Guru Ji says: “(O’ my friends), Nanak says that only those devotees become perfect who are blessed with the dust of the feet (the humble service and guidance) of the saint (Guru).”(4-76-146)

The message of this shabad is that if we want the dirt of sins of all our past births to be washed off, and our entire life approved in God’s court, then we should humbly serve our Guru (Granth Sahib Ji), by sincerely following his advice and remembering God with true love and devotion every day.

Guru Ji says: "The demons of death keep an eye on that (ungrateful person) who, while enjoying the food and wear (given by God), denies Him.”(1)

Summarizing the fate of such a person, he says: “(The one) who turns one’s back upon that (God) who has given us our life and body keeps on wandering for millions of births, through many species.”(1-pause)

Commenting further on the state of such a worshipper of worldly power, Guru Ji says: “(O’ my friends), such is the way of life of the worshipper of worldly wealth: that whatever such a person does, it is all without any kind of love (for God).”(2)

Guru Ji adds: “(O’ my friends, an egocentric is so ungrateful that) such a person has forsaken (that very God) from the mind who has blessed that person with the body, mind, and soul.”(3)
But in his compassion, Guru Ji shows the way, how even such a person can ask for forgiveness. He says:

“(O’ my friends), Nanak suggests (in all humility, such a person should say), O’ God, my sins have multiplied so much that many papers have been filled (with the list of sins committed by me). O’ the Ocean of peace, please show mercy and save me.”(4)

Continuing to describe how we should pray to God, Guru Ji says: “(O’ my friends, we should humbly say), O’ all pervading God, they who have sought Your refuge, their (worldly) bonds have been cut off. By meditating on God’s Name, they have crossed over (the worldly ocean).”(1-pause second-78-147)

The message of this shabad is that if, while enjoying all gifts of God (including the gift of life), we continue to deny God and remain ungrateful, then we are going to continue suffering through the pains of myriad existences. The only way to save us from such misery is by humbly seeking the shelter of God, and asking for His forgiveness, in spite of millions of our sins.

**GAURRI MEHLA 5**

In the previous shabad, Guru Ji told us that if, while enjoying all gifts of God (including the gift of life), we continue to deny God and remain ungrateful, then we are going to keep suffering the pains of myriad existences. The only way to save us from such misery is by humbly seeking the shelter of God and asking for His forgiveness, in spite of millions of our sins. In this beautiful shabad, Guru Ji advises us to have friendship with God, even if it is totally for selfish reasons (such as desires for worldly wealth and power or to get rid of worldly problems).

He says: "(O’ my friends, even if one) has made (God) one’s friend for the sake of fulfilling one’s selfish purpose, still (God) has given that one all the (things) that person desired and the status of salvation.”(1)

Therefore Guru Ji advises: “(O’ people), make friendship with such (God), from whose (door) no one goes empty handed.”(1-pause)

Stating the benevolent qualities of God, Guru Ji says: “(Any person) who, for purely selfish end, has enshrined (God) in the heart, (God) has obliterated all that person’s sorrow, pain, and malady.”(2)

Describing the blessings received by a person who keeps uttering God’s Name, Guru Ji says: “The person whose tongue has become habituated in uttering God’s Name, all that person’s tasks have been accomplished.”(3)

In conclusion, Guru Ji says: "Many a time, Nanak is a sacrifice to that God of mine, whose very site is so fruitful.”(479-148)

The message of this shabad is that even if in the beginning we approach and befriend God for the sake of fulfilling our selfish desires, still God would not only fulfill these desires, but would also lead us to salvation.
**Gaurri Mehla 5**

In the previous *shabad*, Guru Ji told us that even if in the beginning we approach and befriend God for the sake of fulfilling our selfish desires, still He would not only fulfill these desires, but would also lead us to salvation. Now, as stated earlier, the best way to please God and thus make Him our friend is to sing His praises in the company of saintly persons. Therefore in this *shabad*, Guru Ji describes for us the fruits of singing God's praise in the congregation of saints.

He says: “They who recite God's Gospel in the company of saints, (their) myriad obstacles are removed in an instant.”(1)

Describing other blessings obtained by such persons, Guru Ji says: “While drinking the elixir of God’s Name, describing his nectar-like virtues and glories, and meditating upon (God's) lotus feet (His immaculate Name), all their hunger and thirst (for worldly riches) is quenched.”(1-pause)

Guru Ji adds: “In whose heart resides the reverend God, that person obtains all pleasures, and treasures of peace and poise.”(2)

Therefore Guru Ji advises: “(O’ my friend), keep enshrined the creator God in your heart. (In comparison), all medicines, spells and charms are as useless as dust.”(3)

In conclusion, Guru Ji says: “(O’ my friends), Nanak says that renouncing all other doubts, the one who has meditated on God, (has realized that) this alone is the eternal righteous deed.”(4-80-149)

The message of this *shabad* is that if we want to get rid of all our pains and problems, then forgetting all other devices, we should join the congregation of saintly persons, sing God’s praise and meditate on His Name.

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**Ga-orhee mehla 5.**

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<td>1</td>
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<td>har har katha saaDhsang sunaahi.</td>
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<td>peevat raam ras amrit gun jaas.</td>
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<td>japa charan mitee khuDh taas.</td>
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<td>jaa kai riDh vaseh bhagvaan.</td>
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The message of this *shabad* is that if we want to get rid of all our pains and problems, then forgetting all other devices, we should join the congregation of saintly persons, sing God’s praise and meditate on His Name.
In the previous *shabad*, Guru Ji advised us that if we want to get rid of all our pains and problems, then forgetting all other devices, we should join the congregation of saintly persons, sing God’s praise and meditate on His Name. In this *shabad*, he tells us what other blessings we obtain by meditating on God, and how the need for any other ritual worship is obliterated for a person upon whom Guru and God become gracious.

First of all, Guru Ji clarifies: "(O’ my friends, that person) alone seeks the guidance of the Guru upon whom (God) becomes gracious. By virtue of the power (of Guru’s blessings), no malady afflicts that person.”(1)

Describing what happens when we follow Guru’s advice and meditate on God’s Name, Guru Ji says: “By meditating on God’s (Name), we cross over the dreadful (worldly) ocean. When we seek the shelter of the brave (Guru), then even the demon of death tears away the account (of our deeds).”(1-pause)

Guru Ji adds: “(O’ my friends, whom) the true Guru has given the mantra of God’s Name, on the support of this (mantra) all that person’s tasks are accomplished.”(2)

Summarizing the blessings received by a person upon whom Guru becomes gracious, Guru Ji says: “(The person, upon whom) the Guru has become kind, God has become that person’s supporter. Such a person has obtained the full honor of (all kinds of) worships, penances, and austerities.”(3)

In conclusion, Guru Ji says: “O’ Nanak, (The person whose) ego, attachment, and doubts, the Guru has dispelled sees God pervading (everywhere).”(4-81-150)

The message of this *shabad* is that if we want to get rid of our evil tendencies, and become free from all fears (including the fear of death), then we should pray to God to bless us with the guidance of the Guru, so that under his guidance we may meditate on God’s Name, and win His support.
In the previous shabad, Guru Ji told us that if we want to get rid of our evil tendencies and become free from all fears (including the fear of death), then we should pray to God to bless us with the guidance of the Guru, so that under his guidance we may meditate on God’s Name, and win His support. In this shabad, Guru Ji tells us what kinds of sufferings we later go through when we become engrossed in enjoying poisonous worldly pleasures, and what are the benefits of always remaining imbued with the love of God.

Guru Ji says: “(O’ my friends), under the influence of vicious addictions, one becomes absolutely blind (in evil pursuits. (But when, due to these bad habits), one is afflicted with some malady (or gets into trouble), then one remembers God’s Name (and prays to Him for help).”(1)

However, regarding a devotee of God, Guru Ji says: “(O’ God), for Your devotee, You Yourself are all his glory. (He knows that) engrossment in worldly wealth and affairs drags a person into hell.” (1-Pause)

Reverting to the state of the person engrossed in vicious pleasures, Guru Ji says: “(Even though a person) afflicted with ailments, remembers (God’s) Name, but the person who is intoxicated with (the pleasures of the) poison (of worldly wealth) has no place of rest or peace (because all that person’s lamentations and vows of celibacy are false or very short lived).”(2)

But, as for the devotee of God, Guru Ji says: “(O’ my friends), any other kinds of (worldly) pleasures don’t enter the mind of a person who is attuned to the loving adoration of (God’s) immaculate Name.”(3)

Guru Ji concludes the shabad by praying to God. He says: “O’ my God and Master, the Inner Knower of all hearts, come and meet Nanak, (and bless me that) I may ever and forever meditate on You.”(4-82-151)

The message of this shabad is that if we want to avoid being afflicted with painful maladies, or other troubles, then instead of remaining engrossed in false worldly pleasures and vices, we should pray to God to bless us so that we may always remember Him and meditate on His Name.
Therefore, Guru Ji advises: “(O’ my friends), that perfect God is all powerful. You should all enjoy the relish of the Name (of such a powerful God).” (1-pause)

Listing some of the powers of God, Guru Ji says: “(O’ my friends), this world is like an exceedingly hot ocean, but God can ferry us across it in an instant.” (2)

Guru Ji adds: “There are countless (worldly) bonds which cannot be broken (by a person’s own efforts, but they who) meditate on (God’s) Name obtain the fruit of salvation (from these bonds).” (3)

In conclusion, Guru Ji says: “(O’ my friends), Nanak says (that there is no better) argument or more clever idea than this (that we should pray to God and say: “O’ God), show mercy on us (so that we may) sing Your praises.” (4-83-152)

The message of this _shabad_ is that this world is like a scorching hot ocean, where at all times the evil passions (such as lust, and greed) tempt us into many sinful ways, which will cause immense trouble and misery later on. The only way to save us from such evil tendencies and painful consequences is to pray to God to bless us, so that we may meditate on His Name and sing His praises.

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_Gaurri Mehla 5_

In the previous many _shabads_, Guru Ji advised us that instead of running after worldly wealth, we should concentrate on accumulating the wealth of God’s Name, which alone can help us in obtaining honor in God’s court and salvation from repeated births and deaths. Yet often a question comes in the mind of ordinary human beings, how can one live in peace and ease during the present human birth, and carry out one’s worldly duties and accomplish the necessary worldly tasks. In this _shabad_, Guru Ji tells us how the wealth of God’s Name can help us in our worldly tasks as well, and how we should conduct ourselves during our human existence.

He says: "(O’ my friend, if by God’s Grace) you have obtained the wealth of God’s Name, then you can move freely in the world, and all your tasks would be accomplished.” (1)

However, Guru Ji acknowledges that we obtain this wealth only by God’s grace. Therefore he says: “(O’ my friends, it is only) by great good fortune that we sing God’s praises. (We should pray to God and say, “O’ God), if You bestow (this gift, only then) can we sing Your praises.”

Therefore Guru Ji says: “(O’ my friend), enshrine God’s lotus feet (His Name) in your heart. (In this way, by boarding the ship of God’s Name), you would cross over the dreadful (worldly) ocean.” (2)

Continuing his advice, Guru Ji says: "(O’ my friends), all of you should seek the company of saint (Guru. By doing so) you will always live happily, and will not suffer in pain again.” (3)

In summary, Guru Ji says: “(O’ my friends), meditate on the Treasure of merits with love and devotion. Nanak (says, by doing so) we obtain honor in God’s court.” (4-84-153)

The message of this _shabad_ is that if under the guidance of the Guru we meditate on God with loving devotion, then not only would we live happily here, but would also obtain honor in God’s court.
In the previous shabad, Guru Ji told us that if under the guidance of the Guru we meditate on God with loving devotion, then not only would we live happily in this world, but would also obtain honor in God’s court. In this shabad, he describes the blessings obtained by those who have sought the shelter of God, and how God has protected them.

Guru Ji says: “Our friend God is fully pervading in all waters, land, and sky. They who have daily sung His praises, all their doubts have been dispelled.” (1)

Describing how God protects His devotees, Guru Ji says: “(O my friends), by meditating on Him we lose the fear of death. Like a bodyguard, that God remains with us (at all times), whether we are awake or asleep. (1-pause)

Guru Ji adds: “(O my friends), they within whose hearts God’s immaculate Name has been enshrined, all their miseries have been annihilated.” (2)

Therefore, regarding the faith of devotees in their God, Guru Ji says: “(For the devotees, God is their only) one hope, honor, strength, and wealth. In their heart is the support of (God), the eternal King.” (3)

In conclusion, Guru Ji says: “(O my friends), extending His hand, God has protected the utterly poor devotees, saints, and support less persons (who have sought His shelter).” (4-85-154)

The message of this shabad is that if we sing praises of God and meditate on His Name with love and devotion, then no matter how poor, or support less we are, He would protect us day and night.
In the previous shabad, Guru Ji told us that if we sing praises of God and meditate on His Name with true love and devotion, then no matter how poor or support less we are, He would protect us day and night. In this shabad, he clears our doubts regarding the need for any other kinds of rituals, such as observing fasts, giving charities, or bathing at pilgrimage stations at the time of solar or lunar eclipses, etc.

He says: “(O’ my friends), they who have become pure by bathing in the immaculate Name of God (have obtained) the reward of doing the most virtuous deeds during millions of eclipses.”(1-
pause)

Elaborating on the merits of meditating on God’s Name, Guru Ji says: “(O’ my friends), they in whose hearts are enshrined God’s immaculate feet (His Name), their sins of myriad of births have vanished.”(1)

Continuing to state the merits of singing God’s praise, he says: “In the company of saints, the one who had obtained the fruit of God's praise did not have to face the fear of death at all.”(2)

Guru Ji adds: “(O’ my friends), they who in their thoughts, words, and deeds have made God as their only support, they have gotten rid of the poisonous worldly bonds.”(3)

In conclusion, Guru Ji says: “(O’ my friends), showing His mercy those whom God has made as His own, Nanak (says), God keeps them meditating on His Name.”(4-86-155)

The message of the shabad is that we should pray to God to show His grace upon us, so that we may always keep meditating on His Name. Because God’s Name can destroy all our past sins, and we can obtain salvation without doing any other rituals, such as observing fasts or bathing at holy places.
Guru Ji says: "(O’ my friend), seek the refuge of those (saints) who have (already) realized God. They who are attuned to God’s immaculate Name, their mind and body become calm.”(1)

Now commenting on the state of those who do not enshrine God in their mind, Guru Ji says: “(O’ my friend), they who do not enshrine God, the destroyer of fears, in their mind waste their whole life in a constant state of fear.”(1-pause)

Regarding those who do enshrine God’s Name in their mind, Guru Ji says: “They in whose mind is enshrined God's Name, all their desires are fulfilled and all their tasks are accomplished.”(2)

Therefore, Guru Ji advises: “(O’ my friend), He in whose hands is our birth, old age, and death, meditate on Him with every morsel and breath of yours.”(3)

In closing, Guru Ji reminds us and says: “(O’ my friend), the one God alone is our friend, well wisher, and companion. Nanak (says), we should seek the support of the Name of that Master.”(4-87-156)

The message of this shabad is that we should seek the shelter of those (saints) who are already meditating on God’s Name, so that in their company we may also learn to depend upon the support of that God, who is the true friend and well wisher of us all, and in whose shelter all our fears and worries are destroyed.

In the previous shabad, Guru Ji advised us that we should seek the shelter of those (saints) who are already meditating on God’s Name, so that in their company we may also learn to depend upon the support of that God, who is the true friend and well wisher of us all, and in whose shelter all our fears and worries are destroyed. According to Dr. Bhai Vir Singh Ji, "this shabad appears to be uttered by Guru Ji on his return from a trip outside." Indirectly this shabad tells us the way of life of our saint (Gurus), which we should try to emulate.

Guru Ji says: "(O’ my friends, this is the way of the saints, that they always keep God in their mind. When they) go out, they keep (Him) enshrined in their heart, and when they return home, they bring God along with them.”(1)

Putting it in another way, Guru Ji says: “(O’ my friends), God’s Name always remains in the company of saints. Their body and mind remains imbued with God's love.”(1-pause)

Now describing the blessings obtained by them, Guru Ji says: “(In this way, by meditating on God’s Name) through Guru’s grace, they have crossed over the (worldly) ocean, and all their sins of myriad of births have been destroyed.”(2)

Describing how God’s Name helps us in our spiritual journey, Guru Ji says: “(O’ my friends), when we attune our mind to God’s Name, we obtain honor. This is the immaculate mantra of the perfect Guru.”(3)
Therefore Guru Ji advises: “(O’ my friend), meditate on the immaculate Name (of God) in your heart. (As far as) Nanak is concerned, he simply lives seeing the glory of (that God).”(4-88-157)

The message of the shabad is that if we want to cross over the worldly ocean and get rid of the painful rounds of birth and death, then like our saint (Gurus), we should always keep God in our mind, whether inside or out.

Guru Ji says: "Blessed is this place where God’s praises are being sung. God has Himself made arrangements for peace and pleasure (in such a place).”(1-pause)

Comparing the state of affairs where God is being forsaken with the place where His praises are sung, he says: “Calamity is there, where God's meditation is not, (but) myriad of joys are there, where praises of God are being sung.”(1)

Guru Ji adds: “When we forget God, many anguishes and maladies overtake us, but while serving God by uttering His praise, even the fear of death doesn’t come near us.”(2)

Therefore, Guru Ji says: “Very fortunate and stable is that place (that heart), where only the Name of God is meditated upon.”(3)

He concludes the shabad by expressing his gratitude to God for being always with Him. He says: “Nanak has been blessed with such an Inner Knower, that wherever he goes his Master is with him.”(4-89-158)

The message of the shabad is that if we want to be free from all worries, including the fear of death, then we should always try to go to such places where God’s praises are being sung, and we should always keep Him in our mind.
In the previous shabad, Guru Ji advised us that if we want to be free from all worries, including the fear of death, then we should always try to go to such places where God’s praises are being sung, and we should always keep Him in our mind. In this shabad, he tells us what kind of rewards a person receives who meditates on God’s Name.

He says: “(O’ my friends), the person who meditates on God, whether learned or illiterate, obtains supreme state (of spiritual bliss).”(1)

Therefore advising us, Guru Ji says: “(O’ my friend), in the company of saintly persons meditate on the Master of the earth. Because without (meditating on the) Name, all wealth and property is false (none of it would accompany you after death).”(1-pause)

Regarding those who take pride in their beauty or wisdom, Guru Ji says: “(O’ my friends, in God’s court that person alone is recognized as) handsome, clever, or wise, who has (cheerfully) obeyed God’s will.”(2)

Guru Ji adds: “Only the advent of that person is approved (in God’s court), who sees the Master in each and every heart.”(3)

In conclusion, Guru Ji says: “O’ Nanak, They whose destiny is perfect, their mind is attuned to God’s Name.”(4-90-159)

The message of this shabad is that irrespective of one’s qualifications, whosoever meditates on God’s Name obtains the supreme state of spiritual bliss. Therefore, that person is wise and fortunate whose mind is attuned to God’s Name, and who cheerfully accepts God’s will.

It is the same light
In stanza (1) of shabad (4-89-158) Guru Ji said: “Calamity is there, where God's meditation is not, (but) myriad of joys are there where praises of God are being sung.” In this shabad, Guru Ji gives many vivid examples to show how there is no commonality between a God's devotee and the worshipper of Maya (worldly wealth and power), and with whom we should develop friendship.

He says: "(O’ my friends), the devotee of God cannot join company with the worshipper of Maya (the worldly riches and power). The latter is lured by vicious pleasures and the former is imbued with the love of God.”(1-pause)

Now illustrating the mismatch between a devotee of God and the worshipper of power, Guru Ji says: "(The friendship between a devotee of God and a worshipper of wealth is like that of) an untrained person riding a decorated horse, or an impotent man trying to seduce a woman.”(1)

Giving other examples, Guru Ji says: (The friendship between the worshipper of power and God’s servant) is like a person trying to milk a bull by putting a cord round its legs, or a person trying to out chase a lion while riding a cow.” (2)

Guru Ji adds: “(For a devotee to make friends with an egocentric is like a person) worshipping a sheep, mistaking it for a wish fulfilling cow, or a person going to the market to buy merchandise without any money (in the pocket).”(3)

In conclusion, Guru Ji says: “(O’ my friend, instead of wasting your time in developing friendship with worshippers of Maya), Nanak says, in your mind worship God’s Name and meditate on the friend and Master like God.”(4-91-160)

The message of this shabad is that there is no use trying to form friendships with the worshippers of Maya. Instead, we should make God as our friend by always meditating on His Name.

ga-orhee mehla 5.

In the previous shabad, Guru Ji advised us that there is no use of trying to form friendships with the worshippers of Maya. Instead, we should make God as our friend by always meditating on His Name. In this shabad, he tells us what is the wisest council to follow, and how to make friendship with God.

He says: "O’ brother, that intellect is said to be pure and steadfast, with which one quaffs the nectar of God’s Name.”(1)

Therefore, Guru Ji advises: “(O’ my friend), in your mind, make God's Name as your prop. (By doing so), you will be spared (from the pains of) birth and death.”(1-pause)

Listing additional merits of God’s Name, he says: “Such is the immaculate glory of God’s Name, (that it keeps one away from any sin, and) that body becomes immaculate out of which arises no sin.”(2)
Now explaining the blessings obtained by joining the society of saints, Guru Ji says: “(O my friends), in the company of saints, all the vices are effaced, and this is highest virtuous deed.”(3)

Therefore, Guru Ji concludes the shabad by saying: “Nanak seeks the dust of the feet (the humble service) of those saints who remain imbued with the loving devotion of God.”(4-92-161)

The message of the shabad is that if we want to be rid of the pains of births and deaths, then joining the company of saints we should meditate on God’s Name, so that our intellect becomes immaculate and we do not commit any more sins.

The message of this shabad is that if we want to be reunited with our benevolent Master, the eternal God, then we should become His true devotee, and love Him as a young bride loves her groom or a mother loves her son. We shouldn’t forget Him at any time.
In the previous *shabad*, Guru Ji advised us that if we want to be reunited with our benevolent Master, the eternal God, then we should become His true devotee, and love Him as a young bride loves her groom or a mother loves her son, and not forget Him at any time. In this *shabad*, Guru Ji elaborates on the depth of love of devotees for their beloved God, and tells us how we also should remember Him.

Citing a beautiful metaphor, Guru Ji says: "(O’ my friends), they who get used to the elixir of God’s Name, they are attuned to the loving devotion of God (just as a bee gets attached to a flower)."(1 - pause)

Now commenting on the state of mind of such true devotees, Guru Ji says: “To them all other relishes seem like dust. For them, without the Name the whole world is of no use.”(1)

Describing the blessings, God bestows on such devotees, he says: "(God) Himself pulls them out of the blind well (of worldly desires). This is the wonderful glory and merit of singing God's praise.”(2)

Regarding the view with which the devotees see the world, Guru Ji says: "(The devotees) realize that the perfect God is pervading in all woods, vegetation, and the three worlds, and the merciful Master always accompanies the mortals.”(3)

Guru Ji concludes the *shabad* by advising us to utter only those words, which please God. He says: "(O’ my friends), Nanak says that utterance alone is sublime, which the Creator approves. (In other words, we should only sing God’s praises and utter His Name, because that is the only thing He likes).”(4-94-163)

The message of this *shabad* is that we should be so much in love with God and His Name that for us all the pleasures and luxuries of the world mean nothing compared to God’s love, and for that we should always keep singing His praise and meditating on His Name.

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**Gaurri Mehla 5**

Aan rasaa deeseh sabh chhaar.  
Naam binaa nihfal sansaar. ||1||

AnDh koop tay kaadhay aap.  
gun govinq achraj partaap. ||2||

Van tarin taribhavan pooran gopaal.  
baraam pasaar jee-a sang da-i-aal. ||3||

Kaho naanak saa kathnee saar.  
maan layt jis sirjanhaar. ||4||94||163||

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**GAURRI MEHLA 5.**

In the previous *shabad*, Guru Ji advised us that if we want to be reunited with our benevolent Master, the eternal God, then we should become His true devotee, and love Him as a young bride loves her groom or a mother loves her son, and not forget Him at any time. In this *shabad*, Guru Ji elaborates on the depth of love of devotees for their beloved God, and tells us how we also should remember Him.

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**SGGS P - 199**

It is the same light
In the opening stanza of a previous shabad (4-86-155), Guru Ji stated: “(O' my friends), they who have become pure by bathing in the immaculate Name of God, (they have obtained) the reward of doing the most virtuous deeds during millions of eclipses.” In this shabad, he compares the company of holy saints to a pool of immaculate water, and tells us how singing praises of God in their company or bathing in such a pool is far better than bathing at the so-called holy places.

He says: “(O' my friends), every day take a bath in the pool of God’s (Name), and after carefully reflecting, drink this supreme elixir with great love and devotion.”(1-pause)

Describing the qualities of this water of God’s Name, Guru Ji says: “(O' my friends), immaculate is the water of God’s Name; by taking a bath in it all one’s tasks are accomplished.”(1)

Now explaining what really is the pool of God’s Name, and what is so special about it, Guru Ji says: “(O' my friends, the congregation of holy saints is the pool of God’s Name). In that place, there is discourse with the saintly persons (on spiritual matters, and by participating in such discourses, one) gets rid of one’s sins of myriad of births.”(2)

Describing what else happens in the congregation of saints, Guru Ji says: “(O' my friends, there) the saintly persons meditate on God and enjoy in ecstasy, and in their heart and body pervades the supreme bliss-giving God.”(3)

Guru Ji concludes the shabad by saying: “Servant Nanak is a sacrifice to those who have obtained the treasure of God's immaculate Name.”(4-95-164)

The message of this shabad is that if we want to get all our tasks accomplished and enjoy supreme bliss, then joining the company of saintly persons, we should meditate on God’s Name. This is the true spiritual ablution, which is far better than bathing at any holy place.

GAURRI MEHLA 5

In the previous shabad, Guru Ji advised us that if we want to get all our tasks accomplished and enjoy supreme bliss, then joining the company of saintly persons, we should meditate on God’s Name. This is the true spiritual ablution, which is far better than bathing at any holy place. In this shabad, he approaches the problem from a different angle and asks us to do only those kinds of deeds, upon doing which no dirt of sins attaches to our soul.

Guru Ji says: “(O' my friend), do those kinds of (spiritual) deeds, upon doing which your mind may not get soiled (by any evil thoughts), and your mind may keep awake in singing God’s praises.”(1-pause)

Guru Ji further advises and says: “(O' my friend), worship only the one God and do not have any other (worldly) attachment. In the company of saints meditate only upon (God's) Name.”(1)
Guru Ji adds: “Except (meditating on) the transcendent God, don’t indulge in any other faith ritual, daily routine, fasting, or worship.”(2)

Commenting upon the rewards of such a true love for God, Guru Ji says: “(O’ my friends, in God’s court), approved is the toil of those whose love is with their God.”(3)

In conclusion, Guru Ji says: “(O’ my friends), Nanak says that the person who has renounced sinful ways, such a Vishnu (or devotee of God) is great beyond limit.”(4-96-165)

The message of this shabad is that instead of outer cleansing, we should stress upon doing such deeds upon doing which no sinful thoughts enter our mind, and we always meditate on God’s Name.

The message of the previous shabad (4-91-160), Guru Ji told us that there is no use of trying to form friendships with the worshippers of Maya. Instead, we should make God as our friend, by always meditating on His Name. In this shabad, he tells us how unreliable worldly wealth is, and what the most reliable source of true happiness is, both in this world and the next.

First of all, asking us why are we so dependent upon worldly relatives and possessions, as if these are going to provide us happiness even after our death, Guru Ji says: “O’ foolish person (these worldly relatives and possessions, which often) desert us even when we are alive, (tell me) who have been benefited (by these) after death?”(1)

Therefore, Guru Ji advises: “(O’ my friend), meditate upon God (with full concentration of) your mind and body. (This command) has been written from the very beginning (in your destiny). The poison (of worldly wealth ultimately) doesn’t serve any purpose.”(1-pause)

Now cautioning us against another undesirable outcome of the worldly wealth, Guru Ji says: “(O’ my friend), whosoever have tasted this deceptive potion of worldly wealth, their inner fire of desire (for more wealth) never ends.”(2)

As for the absolute necessity of the wealth of God’s Name, Guru Ji says: “(O’ my friend), this world is like a very dreadful ocean of pains. Without God’s Name, it cannot be crossed. (In other words, without meditating on God’s Name, we cannot be rid of the painful rounds of birth and death in this world).”(3)

Therefore, Guru Ji concludes the shabad by saying: “(O’ my friend), Nanak says that by joining the company of saintly persons, meditate on God’s Name, and in this way save your both (parental) generations.”(4-97-166)

The message of this shabad is that worldly wealth is undependable even during our life, and is absolutely of no use after our death. It is only the wealth of God’s Name, which can provide us eternal happiness, and save us from rounds of birth and death. Therefore we should not get entangled in worldly wealth; instead we should meditate on God’s Name in the company of saints.
**Gaurri Mehl 5**

According to Dr. Bhai Vir Singh Ji, this *shabad* seems to be uttered by Guru Ji when putting his hand on the beard a tyrant Sulhi Khan, had boasted to subdue and kill humble Guru Arjun Dev Ji. But he himself died on the way by accidentally falling into a burning brick kiln. Then Guru Ji uttered this *shabad* as a general lesson for all those who unnecessarily slander or torture innocent persons.

Commenting on the fate of those who bully poor helpless persons, Guru Ji says: “He who proudly strokes his beard over the poor, God has burnt that beard in fire. (In other words, they who have tried to bully weaker persons, God has awarded them severe punishment).”(1)

Expressing his faith, Guru Ji says: “(O’ my friends), the Creator does full justice. He is the savior of His devotee.”(1-pause)

Now referring to the particular incident of Sulhi Khan falling into a burning hot brick kiln, Guru Ji says: “(O’ my friends), God's glory has been manifest since the beginning of ages. (Therefore because of His power) an intense heat arose (in the brick kiln. Falling into it) the slanderer got killed.”(2)

Guru Ji adds: “(That God), killed the slanderer, from whom nobody could be saved. He earned dishonor both in this and the next world.”(3)

In conclusion, Guru Ji says: “(O’ my friends), God saves His servants by embracing them to His bosom. Therefore seeking His shelter, Nanak meditates on God's Name.”(4-98-167)

The message of this *shabad* is that we should never be arrogant and oppress the poor and the meek; otherwise we would be severely punished. In case any tyrant tries to oppress us, we should seek God’s protection, keep meditating on His Name, and have full faith in God's justice.
In the previous shabad, Guru Arjun Dev Ji described how God saved him from the slanderer Sulhi Khan, who was marching along with his armed men to attack Guru Ji. But on the way he was himself killed, by accidentally falling into a burning hot brick kiln. According to Dr. Bhai Vir Singh Ji, Guru Ji uttered this shabad to express his gratitude to God, when many of his enemies went to king Akbar and presented a memorandum of complaints against Guru Ji. Upon investigating the matter, the king dismissed it and punished the complainers for making false and malicious complaints against an innocent saint.

Seeing the hand of God in proving this document to be false, Guru Ji says: “God Himself proved the memorandum to be false, and the sinner was afflicted with great disaster.”(1)

Therefore expressing his firm faith in God, Guru Ji declares: “(O’ my friends), even the demon of death doesn’t come near that (person) whom God supports.”(1-pause)

Drawing another conclusion from this incident, Guru Ji says: “(O’ my friends), he who tells lies in a court where true justice is done, that blind fool beats his head and twists his hands in regret.”(2)

Now describing what additional punishments God awards to such sinners, Guru Ji says: “Ailments afflict those who commit sins (because God) Himself is sitting as a judge.”(3)

Teaching another lesson, Guru Ji says: “(They who commit sins for the sake of wealth should remember that all our) wealth goes away along with our life, and we are caught in the web of our own deeds.”(3)

In conclusion, Guru Ji says: “(O’ my friends), Nanak says that they who have sought the shelter of (God’s) court, my Creator has saved their honor.”(5-99-168)

The message of this shabad is that if we seek the refuge of God, then even big memorandums of false complaints against us can do us no harm, but the false ones themselves suffer grievously.
In the previous shabad (4-95-164), Guru Ji advised us that if we want to get all our tasks accomplished and enjoy supreme bliss, then joining the company of saintly persons we should meditate on God's Name. This is the true spiritual ablation, which is far better than bathing at any holy place. In this shabad, he elaborates on the merits of the company of saintly people, and tells us how their humble service is far better than bathing at many pilgrimage stations.

First telling us who those persons are to whom the dust of saints feet (their humble service) seems so sweet, he says: "(O' my friends), the humble service of saints seems very pleasing only to the one in whose destiny it is so pre-ordained."(1-pause)

Now explaining the virtues of the dust of saints’ feet (their humble service), Guru Ji says: "(O’ my friends, ordinarily human mind) remains brimful with the grease of arrogant intellect. (Therefore, just as we cannot wash greasy pots with ordinary water, similarly ordinary advice has no effect on an egoist’s mind). Only the service of the saints purifies it."(1)

He further comments: "(Even if one) washes one’s body in many waters (of pilgrimage stations), one’s dirt (of self-conceit) is not removed, and the mind is not purified."(2)

Now describing the blessing obtained by a person who has met the true Guru and followed his advice, Guru Ji says: "The person who has met the ever merciful true Guru, by meditating again and again on God, such a person has got rid of the fear of death." (3)

Finally stating the merits of meditating on God’s Name, Guru Ji says: "(O’ my friend, meditation on) God’s Name is the only true way of obtaining salvation, and enjoying (spiritual bliss). Therefore Nanak says, (O’ human being) keep singing (God’s) praises with (true) love and devotion."(4-100-169)

The message of this shabad is that because of our self-conceit, our mind is not receptive to any spiritual sermon or advice. It is only when we humbly serve the saints (and listen to the divine words of the) true Guru that we embrace love for God and start meditating on His Name, which is the only true way to obtain salvation.

The previous shabad, Guru Ji advised us to humbly listen to the divine words of the true Guru, so that we may embrace love for God and start meditating on His Name, which is the only true way to obtain salvation. In this shabad, Guru Ji elaborates on the merits of listening and meditating on God’s Name.

Guru Ji says: "(O’ my friend), the servants of God have been blessed with the (sublime) status of life, by meeting them (others also have) obtained enlightenment for their soul."(1)

Therefore Guru Ji says to us: "(O’ my friend), you too should listen to God’s meditation with full attention of your ears. (In this way) you would obtain peace at God’s door, O’ mortal."(1-pause)

Guru Ji concludes the shabad by saying: "(O’ my friend), Nanak says we should meditate on God at all times, so that (we may also enjoy the bliss of seeing His sight)."(2-101-170)

The message of this shabad is that if we want to obtain the supreme status of life and enjoy the bliss of God’s sight, then we should keep meditating on His Name at all times.
ga-orhee mehlaa 5.

saaṭbhaa-ee gur gobid paa-ee.
taap paap binsay mayray bhaa-ee. ||1||
rahaa-o.

raam Naam nit rasan bakhaan.
binsay rog bha-ay kali-aan. ||1||

nirmaal gun gaavhu nit neet.
gae-ee bi-aaDh ubray jan meete. ||3||

man bach karam parabh apnaa Dhi-aa-ee.
naanak ḏaas ṭayree sargaa-ee. ||4||102||171||

GAURRI MEHLA 5

In the previous shabad, Guru Ji advised us that if we want to obtain the supreme status of life and enjoy the bliss of God’s sight, then we should keep meditating on His Name at all times. According to Dr. Bhai Vir Singh, Guru Ji uttered this shabad on the occasion of recovery of his son Hargobind from the malady of Small Pox.

Expressing his relief and gratitude, Guru Ji says: "O’ my brothers, all my anguishes and pains have vanished. There is now peace in my mind. It is my Guru God who has blessed me with it."(1-pause)

Therefore drawing a lesson from this event, he says: “(O’ my friends), the person who daily utters God’s Name from the tongue, all that person’s ailments are destroyed, and there is all-around happiness.”(1)

Making another observation, Guru Ji says: “(O’ my friends), the merits (and powers) of God are beyond comprehension. (By meditating on His Name) in the company of saints, emancipation (is obtained).”(2)

Therefore on the basis of his personal experience, he advises: “(O’ my friends), day after day, sing the immaculate praises (of God. By whose grace all my) predicament has gone, and my devotees and friends have (also) been saved.”(3)

Guru Ji concludes the shabad by praying: “(O’ God), servant Nanak is under Your shelter. (Please bless me, that I may) keep meditating on my God in my thoughts, words, and deeds.”(4-102-171)

The message of this shabad is that we should always have complete faith in God, and keep meditating on Him with full concentration of our mind and body, even in the face of all difficulties. God would surely provide us full protection and dispel all our worries.
GAURRI MEHLA 5

According to Dr. Bhai Vir Singh Ji, fifth Guru Arjun Dev Ji uttered this shabad on the occasion of the recovery of his son Hargobind from Small Pox, and warding off the danger of losing his eyesight.

So expressing his gratitude to God when his child showed signs of recovery by opening his eyes (which otherwise had remained shut due to Small Pox), Guru Ji says: “The Guru God has illuminated the eyes (of my son Hargobind). So now the doubts (regarding his eyesight) have gone away, and my devotion (to God) has proved fruitful.” (1-pause)

In order to remove any doubts regarding who saved his son, Guru Ji says: “(O’ my friends, it was not any lesser god or goddess, but it was) God who became gracious, and saved him from Small Pox.” (1)

Therefore drawing the conclusion from this incident, Guru Ji says: “O’ Nanak, one who meditates on (God’s Name), survives (such maladies). Therefore one should keep drinking the nectar (of God’s Name, by singing His praises) in the company of saintly persons.” (2-103-172)

The message of this shabad is that instead of losing our faith during serious ailments or tragedies, and falling into the traps of astrologers, or worshipping lesser gods and goddesses, we should keep faith in the one supreme God and meditate on His Name. If He shows His grace, no harm would come to our family or us.

He says: "(O’ God), blessed is that forehead, (that bows before You), and blessed are those eyes which see Your (sight). Blessed are those devotees who have sincere love for You." (1)

Next, addressing us, Guru Ji says: “(O’ my friends), how could we get any peace without (meditating on God’s) Name? Therefore, with our tongue, we should keep uttering praises of God’s Name.” (1-pause)

Guru Ji concludes the shabad by saying: “O’ Nanak, we should be a sacrifice to those who have meditated on the desire-free God.” (2-104-173)

The message of this shabad is that we should highly respect those who meditate on God’s Name, and we should follow their example by singing God’s praises in the company of such saintly people.
In the previous *shabad* (2-103-172), Guru Ji advised us that instead of losing our faith during serious ailments or tragedies, and falling into the traps of astrologers, or worshipping gods and goddesses, we should keep faith in the one supreme God and meditate on His Name. In this *shabad*, he expresses his own full confidence in God, and advises us accordingly.

Addressing God, Guru Ji says: "O God, You are my counsel. You are always with me. You always keep abreast of my situation and preserve me (through all difficulties)."(1)

Therefore Guru Ji loudly proclaims: "(O’ my friends), such a God is my helper both in this and the next world, who (always) saves the honor of (His) servant, O’ my brothers."(1-pause)

Guru Ji further clarifies: "(O’ my friends), He who controls this world is in charge in the next (world also). Therefore, my mind keeps remembering Him at all times."(2)

Acknowledging God’s supremacy, Guru Ji says: "(O’ God), for whom You Yourself order, that person’s honor is approved (in Your court, and such a person receives) the eternal stamp (of Your approval)."(3)

In conclusion, Guru Ji says, "(O’ God), Himself is the Giver and Himself the Sustainer. Therefore, O’ Nanak, day after day remember (His) Name. (4-105-174)

The message of this *shabad* is that God is our friend and companion everywhere. Therefore, whatever our problem, or situation may be, we should seek His support and meditate on His Name.
Now stating what happens to the person on whom God shows mercy, Guru Ji says: “On whom (God) the perfect king shows His mercy; by meditating on God's Name, that person obtains peace.” (1-pause)

Therefore Guru Ji concludes the shabad by saying: “(O’ my friends), Nanak says, whose destiny is perfect, meditates on God's Name, and such a person’s union (with God) becomes eternal.” (2-106)

The message of this shabad is that if we want to obtain true peace and have eternal union with God, then we should meditate on His Name, and pray that God may be enshrined in our heart.