1&2. In the style of all the holy books and compositions, the author first pays homage to His Worshipful, the Lord or the Teacher. So Guru Arjan Dev pays his obeisance to God who is True and Eternal, in the beginning when there was nothing, in the beginning of this Universe i.e. ages, the True Teacher who illuminates everything in this Universe and is giver of Divine Knowledge.(1)
1. Remember God’s Name (repeated three times so as to lay stress on remembering the Name) and achieve all comforts and enjoyments.

2. And thus get rid of all your diseases and troubles connected with your body.

3. Remember the Name of the Lord who is taking care of the needs of the whole world.

4. And countless are those who are remembering Him. (You also remember Him.)

5. Vedas, Puranas, Simiritis and other holy books

6. Are holy only because they contain one word i.e. Name of the Lord.

7. A devotee, in whose mind even speck of the Lord’s Name resides,

8. Is so great that his praise cannot be described.

9. & 10. Guru Nanak Dev says, my only desire is that, please give me salvation alongwith those great souls (saints) who have witnessed You even for a fraction of time. (1)

11 & 12. Sukhmani, the Jewel or treasure of Bliss, is the Nectar of the Lord’s Name and bestower of Bliss. It resides in the heart of saints (So the saints are the source whom one should approach for the blessing of Name.)
1. पुजा वेदी सत्संग सतृ न है। 1. कियों त्रासदाह प्रह्लाद 66
2. पुजा वेदी सत्संग सतृ है। 2. कियों त्रासदाह 66
3. पुजा वेदी सत्संग कर्ता प्रहुए। 3. कियों त्रासदाह 66
4. पुजा वेदी सत्संग कर्ता है। 4. कियों त्रासदाह 66
5. पुजा वेदी सत्संग में है। 5. कियों त्रासदाह 66
6. पुजा वेदी सत्संग कर्ता कर्ता है। 6. कियों त्रासदाह 66
7. पुजा वेदी सत्संग कर्ता है। 7. कियों त्रासदाह 66
8. पुजा वेदी सत्संग में है। 8. कियों त्रासदाह 66
9. पुजा वेदी सत्संग कर्ता है। 9. कियों त्रासदाह 66
10. पुजा वेदी सत्संग कर्ता है। 10. कियों त्रासदाह 66

1. Remebrance of the Lord’s Name relieves one from taking birth (i.e. one gets released from the cycle of birth and death due to remembrance of the Lord’s Name).
2. Due to remembrance of the Lord’s Name, messengers of death and the troubles run away from the devotee.
3. With remembrance of the Lord’s Name, fear of death is removed.
4. With Remebrance of the Lord’s Name, one’s enemies turn away from doing one any harm.
5. With Remebrance of the Lord’s Name, there are no obstructions in one’s life.
6. With Remebrance of the Lord’s Name, one is always alert day and night to His presence in one’s mind.
7. With remembrance of the Lord’s Name, devotee’s fears are destroyed.
8. With Remebrance of the Lord’s Name, bad luck or mishaps do not cause any trouble.
9. Remebrance of the Lord’s Name takes place in the company of saints.
10. Guru Nanak Dev says, that Love of the Lord Hari is treasure of all gifts of the Lord. (2)
1. With remembrance of the Lord’s Name, one gets the benefit of all types of worldly wealth, spiritual powers and invaluable treasures of heaven.

2. With remembrance of the Lord’s Name, one gets Divine knowledge, power of concentration and sharp intellect capable of grasping the gist of a situation immediately.

3. With remembrance of the Lord’s Name, one gets the benefits to be derived from ritual worship, penances and recitation of holy books.

4. With remembrance of the Lord’s Name, one starts seeing the world as one i.e. everything is God only and there is nothing except Him.

5. With remembrance of the Lord’s Name, one gets the benefit to be derived from baths at holy places.

6. With remembrance of the Lord’s Name, one gets respected in the Lord’s Court.

7. With remembrance of the Lord’s Name, whatever happens, is only good i.e. a devotee who remembers God’s Name is always happy in His Will.

8. With remembrance of the Lord’s Name, the devotee becomes eligible for good results for all his actions.

9. Only those remember His Name, on whom the Lord is kind enough to make them remember His Name.

10. Such persons are so great that Guru Nanak Dev desires to touch their feet. (3)
1. Remembrance of the Lord’s Name is the highest form of worship (compared to other types of ritual worship).
2. With remembrance of the Lord’s Name, innumerable people have obtained their salvation from the cycle of birth and death.
3. With remembrance of the Lord’s Name, one’s desires are extinguished i.e. one becomes free from worldly desires.
4. With remembrance of the Lord’s Name, one becomes aware of everything.
5. With remembrance of the Lord’s Name, one becomes free from fear of messengers of death.
6. With remembrance of the Lord’s Name, all desires are fulfilled.
7. With remembrance of the Lord’s Name, dirt in one’s mind i.e. evil and negative thoughts, desires and latent desires are removed.
8. After this, Nectar of the Lord’s Name is always residing in one’s heart.
9. The Lord always resides on the tongues of saints.
10. Guru Nanak Dev says, he is servant of the servants of such saints. (4)
1. Those who remember the Lord’s Name are wealthy.
2. Those who remember the Lord’s Name are respectable.
3. Those who remember the Lord’s Name are approved in His Court.
4. Those who remember the Lord’s Name are leaders of men.
5. Those who remember the Lord’s Name do not have to depend upon anybody else.
6. Those who remember the Lord’s Name are kings of all i.e. all others obey them.
7. Those who remember the Lord’s Name always live in bliss.
8. Those who remember the Lord’s Name are free from birth and death.
9. Only those people are engaged in remembering the Lord’s Name, to whom the Lord Himself is kind. (They are saints).
10. Guru Nanak Dev says, that he desires to have the dust of their feet as a blessing from such saints. (5)
1. Those who remember the Lord’s Name are always doing good to others i.e. they have helpful nature.
2. Guru says, he is always prepared to sacrifice himself over those who remember the Lord’s Name.
3. Those who remember the Lord’s Name have bright faces i.e. they are respected and honoured.
4. Those who remember the Lord’s Name are always happy, peaceful and blissful.
5. Those who remember the Lord’s Name have realized their Self.
6. Those who remember the Lord’s Name have pure dealings.
7. Those who remember the Lord’s Name are always in abundant bliss.
8. Those who remember the Lord’s Name, always reside nearer to God i.e. they are loved by God more than others.
9. With the Grace of saints, one who remembers the Lord’s Name is ever alert to His Name.
10. Guru Nanak Dev says that it is possible to remember the Lord’s Name only if one is very lucky. (6)
1. One who remembers the Lord’s Name, all his works are completed.
2. One who remembers the Lord’s Name, never has to repent i.e. his actions are always right and good.
3. The speech of one who remembers the Lord’s Name is always full with Lord’s praise and qualities.
4. Those who remember the Lord’s Name are always in calm, tranquil state (because they have accepted the Lord’s will and are therefore happy in all circumstances).
5. The mental state of those who remember the Lord’s Name is never disturbed.
6. Those who remember the Lord’s Name, have their “Sahasrara Chakra” blooming. (This happens when devotee has achieved very high spiritual level. At this stage, the devotee is bestowed with Divine knowledge and powers. This is associated with rising of kundilini).
7. Those who remember the Lord’s Name are always listening to celestial music.
8. The bliss of remembering the Lord’s Name is endless.
9. Only those can remember the Lord’s Name who have been blessed by the Lord.
10. Guru Nanak Dev wants to bow down at the feet of such persons who have been blessed by the Lord. (7)
1. The saints became famous because of remembrance of the Lord’s Name.
2. The sages, only after remembrance of the Lord’s Name produced all the holy books like Vedas and Shastras.
3. With remembrance of the Lord’s Name, men became sidhas (who have reached the highest spiritual attainments) jatis (who have controlled their senses) and generous with donations to the needy.
4. With remembrance of the Lord’s Name, even those who are born in low status are known in all the four directions (examples of saints like Kabir, Ravidas, Valmik, Sadhna, etc.)
5. The earth and planets are in balance only because of remembrance of the Lord’s Name by devotees and saints.
6. Remember the Lord’s Name Who is the cause of all causes.
7. The Lord has created all the universe only for remembrance of His name.
8. The Lord is always present when one remembers His Name.
9. To whosoever the Lord has, out of His grace, given this understanding,
10. Guru Nanak Dev says that, only such Gurumukhs (whose faces are towards Guru or who follow Guru’s instructions) have got the gift of remembrance of the Lord’s Name. (8/1)
1. O Lord, the destroyer of pains and suffering of poor and helpless! You reside in every heart and are master and protector of orphans.

2. I have come under Your protection as a disciple of Guru Nanak Dev. (1)
1. जहाँ तू बिन बाप, बिन साथी बिन भाई, बिन दोस्त, बिन पति।।
2. जहाँ तू बिन दाता, कहाँ तू बिन श्रीमान्।।
3. जहाँ तू बिन अन्तर, जहाँ तू बिन सुधार।।
4. जहाँ तू बिन विजय, जहाँ तू बिन विजय।।
5. जहाँ तू बिन देश, जहाँ तू बिन देश।।
6. जहाँ तू बिन सेवा, जहाँ तू बिन सेवा।।
7. जहाँ तू बिन आशा, जहाँ तू बिन आशा।।
8. जहाँ तू बिन आशा, जहाँ तू बिन आशा।।

1. Where you do not have your mother, father, son, friend or brother to help you or stand by your side,
2. There, O my mind, the Lord’s Name is with you for your help.
3. Where most dreadful messengers of Death would torture and punish you,
4. There, only the Lord’s Name is with you for your help.
5. Where there are very serious un-surmountable troubles,
6. There, the Lord Hari’s Name will save you in a moment.
7. When lot of religious rites performed for repenting the sins are not able to remove the curse of the sins and evil doings,
8. Hari’s Name will remove the curse of crores of sins.
9. So, O my mind, remember the Lord’s Name as per advice of your Guru.
10. Guru Nanak Dev says that by this, you will have lots of enjoyment and bliss. (1)
1. Even the king of whole world is unhappy.
2. He can also be happy by remembrance of the Lord’s Name.
3. Whom lakhs and crores (billions) are not able to satisfy, and who has desire for more wealth,
4. He will be saved or salvaged from his hunger for more wealth by remembering His Name. (The Lord’s Name will give contentment.)
5. More and more love for enjoyment of maya will not quench the thirst for still more enjoyments.
6. Only by remembrance of the Lord Hari’s Name, will one become contented.
7. Where one goes alone,
8. Hari’s Name accompanies for comfort.
9. O, my mind, such a benevolent Name of the Lord must ever be remembered.
10. By this, as per advice of Guru, one achieves freedom from birth and death, says Guru Nanak Dev. (2)
1. From a difficult situation where help from crores of humans cannot get one free,

2. By remembering the Lord’s Name, one can be saved from such a situation.

3. When lots of obstructions are destroying one’s plans,

4. The Lord’s Name can immediately save one from such obstructions.

5. For countless lives, one is born and dies.

6. One is freed from this cycle of births and deaths and achieves salvation by remembering the Lord’s Name.

7. One whose mind is dirtied by ego, and never tries to get rid of it,

8. Hari’s Name shall relieve such a one of crores of sins.

9. O, my mind, remember such Lord’s Name with love.

10. Guru Nanak Dev says, such Lord’s Name is available only in the company of saints. (3)
1. When the path is so long that its length cannot be measured in any units of distance.
2. There, Hari’s Name will be accompanying you.
3. When the path is in intense darkness and it is not possible to see anything.
4. Then, Hari’s Name will be the light accompanying you.
5. On which path you do not have any acquaintance to guide and identify you.
6. There, Hari’s Name will provide you the identity.
7. Where there is scorching hot sun.
8. There, Hari’s Name will be like shade over you.
9. O mind, when thirst will trouble you too much.
10. Then, Guru Nanak Dev says, ‘Hari’, ‘Hari’ Name will be Nectar to soothe your thirst. (4)
1. Remebrance of the Lord’s Name is the business of the saints.

2. The Lord’s Name resides in the mind of the saints.

3. Hari’s Name is the defence and support of servants of the Lord.

4. With Hari’s Name, crores of human beings have attained salvation.

5. Saints are praising the Lord day and night.

6. Saints are continuously earning the medicine of Hari’s Name to purify their minds of ego.

7. Hari’s Name is the treasure of servants of the Lord.

8. This treasure has been gifted by the Supreme Being to the humans.

9. One, whose body and mind is coloured by the Love of One Lord.

10. Guru Nanak Dev says, that one will possess discriminative consciousness i.e. he will possess power to differentiate between right and wrong. (5)
1. Hari’s Name is the secret of achieving salvation for a devotee.

2. Hari’s Name is the method of becoming contented with worldly enjoyments for a devotee.

3. Hari’s Name is the beauty and form for a devotee.

4. By remembering Hari’s Name, a devotee never has to face obstructions in his plans and works.

5. Hari’s Name is devotee’s respect and praise.

6. With Hari’s Name, devotee earns honours.

7. Hari’s Name is the enjoyment as well as yoga for the devotee.

8. By remembering Hari’s Name, devotee never faces pain and suffering.

9. A devotee who is entrenched fully in the service of Hari’s Name.

10. Is always worshipping Hari, the Supreme Being. (6)
1. Hari’s Name is the treasure of wealth for the devotee.
2. Wealth of Hari’s Name is given to the devotee by the Lord Himself.
3. Hari’s Name is very powerful support for the devotee.
4. With the Lord’s Grace, a devotee does not have to depend upon anybody other than the Lord and,
5. A devotee is thoroughly absorbed in love for the Lord.
6. While enjoying the bliss of Hari’s Name, a devotee achieves sun-samadhi, a rare state in meditation where devotee is not aware of anything but the Lord.
7. The devotee is remembering the Lord’s Name all the eight pahars i.e. 24 hours. (one pahar is 3 hours long.)
8. Hari’s devotee cannot hide himself. He will be discovered by others for seeking his guidance.
9. Devotion to Hari has been the cause for salvation of many human beings.
10. Guru Nanak Dev says that many get salvation along with Hari’s devotee by His Grace. (7)
1. Hari’s Name is parjat, a heavenly tree which can bestow all boons on the devotee.

2. Singing of Hari’s praise is kamdhenu, a heavenly cow which can fulfil all desires of a devotee.

3. To tell and listen stories of the Lord is the best of all.

4. By listening to Hari’s Name, all pains and sufferings are destroyed.

5. Praise of the Lord resides in saints’ hearts.

6. With Grace of saints, all sins are destroyed.

7. Only the lucky ones obtain company of saints.

8. When one gets the company of saints, one should serve the saints and also remember the Lord’s Name.

9. There is nothing else in the world equal to the Lord’s Name.

10. Guru Nanak Dev says that, very rarely and only with luck, one obtains the Lord’s Name with Grace of Guru. (8/2)
1. I have seen and searched many sastras and simritis.
2. None compares with Hari’s Name, which, Guru Nanak Dev says, is invaluable. (1)
1. If a devotee undertakes, recitation of holy books, penances to control the desires from taking upper hand on the mind, discourses on spiritual knowledge and meditation etc.
2. Explanations of six sastras and simritis.
3. Yogic practices, good deeds and religious practices.
4. To wander in forests after denouncing home and family etc. i.e. after severing all connections with the world.
5. Efforts of many kinds and types;
6. Perform sacrifices, fire (Yagnas) and give a lot of wealth and precious jewels in charity.
7. Offer body parts after cutting these in small pieces to sacrificial fire (an extreme penance).
8. Carry out fasts and other disciplines of many types.
9. All these practices described above cannot be compared with the remembrance of Ram Naam.
10. Guru Nanak Dev says about the thought of Ram Naam, that if a devotee says Ram Naam even once with Grace of Guru, it is superior to all the above practices. (1)
1. If one roams about on all the nine continents (whole world) and lives a very long life.
2. Has developed great dispassion and is a performer of penances.
3. Offers his body to the sacrificial fire.
5. Performs yogic exercises and body cleaning exercises like niuli, etc.
6. Follows self control and difficult discipline of the Jain sect.
7. Gets his body cut in small pieces.
8. Even then, his ego will not be destroyed. (Ego is the worst adversary of a spiritual pilgrim. The difficult practices instead increase the ego.)
9. There is nothing which equals Hari’s Name.
10. Guru Nanak Dev says, if one remembers Hari’s Name under advice of his Guru, he will destroy his ego and achieve salvation. (2)
1. Some people have desire to leave their body at holy places.
2. Even then they are not able to get rid of their ego and pride.
3. Some are busy cleansing themselves day and night by taking baths etc.
4. But the impurity of mind cannot go away by cleaning the physical body.
5. Even though some carry out many penances and disciplines with the body (Yog asnas, pranayams, etc.)
6. Their mind is still not cleansed of sins.
7. If one washes one’s body with water many times a day.
8. It is like washing a mud wall with water. The more water one throws, more mud comes out. There is no end to this process.
9. O my mind, the praise of Hari’s Name is very lofty.
10. Guru Nanak Dev says, if one remembers Hari’s name under advice of his Guru, he will destroy his ego and achieve salvation. With Hari’s Name innumerable great sinners have been salvaged (although the practices described above are not at all effective). (3)
1. Lot of wisdom results in fear of the messenger of death (because worldly wisdom is actually maya-illusion).
2. Countless efforts cannot quench the thirst for worldly desires.
3. By dressing in robes of various sects, the fire of desires is not extinguished.
4. Crores of efforts, cannot get one approved in the Lord’s Court.
5. One may climb high mountains or go to deep places.
6. But attachment to worldly objects acts as a trap of maya (illusion).
7. By all other actions, the Lord of Death’s agents will punish.
8. They will not accept any action other than remembrance of Govind (the Lord’s Name).
9. Hardship and pain will only vanish by remembrance of Hari’s Name.
10. Guru Nanak Dev says, go on remembering Hari’s Name effortlessly in the normal course. (4)
1. Any one who is desirous of four gifts like religious duty; money, property; fulfilment of worldly desires and salvation.
2. Should serve the saints (They will give everything).
3. One who wants to get rid of pain and sorrow.
4. Should always sing Hari’s Name in one’s heart.
5. One who wants to be praised.
6. Should seek company of saints where one would be freed from ego. (wanting to be praised).
7. One who is afraid of birth and death.
8. Should go and fall at the feet of saints (They can bless one to be freed from birth and death.)
9. One who has aspiration for seeing the Lord, is so great that.
10. Guru Nanak Dev is sacrificing himself over such a great person. (5)
1. That man is superior or chief of all men.
2. Who has destroyed his ego in the company of saints.
3. One who thinks himself to be lowest of all.
4. That one should be considered highest of all.
5. One whose mind is so egoless that he considers himself to be dust of everybody’s feet.
6. He has recognised Hari’s Name in every body’s heart (i.e. all beings are Hari).
7. One who has removed negative emotions for everybody from his mind.
8. Sees the whole world as his friend or companion.
9. One who does not see any difference between sorrow and happiness (and other pairs of opposites.)
10. Guru Nanak Dev says, such a person is not affected by either sin or virtue i.e. he rises above sin or virtue. (6)
1. The Lord’s Name is the wealth for the poor.
2. The Lord’s Name is the help and support for helpless.
3. O Lord, You are the honour of the un-honoured.
4. You are the One who gives gifts to everyone.
5. The Lord and Master does everything and makes His creation do as He desires.
6. He, the Lord knows the innermost feelings in the heart of every being.
7. He only knows His state of affairs.
8. He absorbs His devotees in Himself.
9. The Lord can only praise Himself. (Nobody else is capable of praising Him adequately.)
10. Guru Nanak Dev says, since nobody else knows and understands Him. (7)
1. Of all the religious duties, the highest duty is
to remember Hari’s Name and do pure deeds.
2. Of all the actions, the best actions are
in the company of saints, one should expel one’s evil
tendencies and impurities of mind.
3. Of all the efforts, best effort is
to remember Hari’s Name always.
4. Of all the speeches, the only speech which is Nectar is
listening to the Lord Hari’s praise and say the same with
one’s own tongue.
5. Of all the places, the best place is,
Guru Nanak Dev says, the heart of the devotee in which
Hari’s Name resides. (8/3)
1. O being without good qualities, ignorant child, remember that Lord always.

2. Who created you, and the One who will always accompany, protect and nurture you, must be kept in your heart. (1)
1. O being, remember the qualities of Rama, the Lord.
2. What He has made your look like from what you were originally i.e. from a drop of father’s semen, one becomes a beautiful body when young.
3. Remember the Lord who has created, beautified and taken care of you in all respects.
4. Remember Him, who saved you in the fire of mother’s womb during pregnancy.
5. He supplied you with milk when you were a child and liked milk.
6. In full youth, He supplied food, comforts and enjoyments you liked.
7. When you grow old, your relatives take care of you.
8. And put food in your mouth when you are not able to move and take care of yourself.
9. But the ignorant being without any qualities does not understand anything or appreciate His kindness.
10. Guru Nanak Dev says that when He bestows His Grace, then only human beings can understand the real importance of what God is doing for us. (1)
1. With Whose Grace, one is living on the earth with all worldly comforts.
2. One laughs with sons, brothers, friends, wife, etc.
3. With Whose Grace one drinks cold water and gets enjoyable air and invaluable fire.
4. With Whose Grace one enjoys all the tastes, enjoyments in life.
5. And lives with all possessions and acquisitions.
6. Who has given hands, feet, ears, eyes and tongue,
7. You have deserted That Lord and are absorbed with other perishable objects.
8. Such diseases (like forgetting the Lord) happen only to the blind and ignorant fools.
9. Guru Nanak Dev prays to the Lord for rescuing such blind ignorant fools Himself. (2)
1. The Lord, Who is protector from beginning to the end for the human beings,
2. The ignorant does not make friends with Him.
3. With Whose service, one can obtain all the nine mystical treasures i.e. all possible worldly and spiritual wealth,
4. The fool is not attaching his mind with Him.
5. The Lord who is always present everywhere,
6. The blind thinks that He is very far off.
7. With Whose service one can be honoured in His Court,
8. The idiot is forgetting that Lord.
9. The human being is always capable of forgetting the Lord.
10. But, Guru Nanak Dev says, He, the Lord is so kind and gracious that He will pardon the being. (3)
1. Human beings, desert the precious stone of the Lord’s Name and love cheap cawrie shells of worldly pleasures.
2. They leave what is Truth (Eternal) and love what is false (worldly enjoyments).
3. All worldly possessions including the human body, which one has to leave, one thinks them to be permanent.
4. What is imminent like death, one thinks it to be far away.
5. One toils hard for those things which one is to leave behind in this world itself.
6. The Lord’s Name which will remain with him for ever, he gets away from.
7. It washes away sandal paste. (This simile given by Guru to bring home the point that just as a donkey is a symbol of foolishness, the human being, who does not remember the Lord’s Name and loves worldly objects is no better.
8. Because donkey loves ashes, therefore, it removes sandal paste and rubs ashes on it's body.
9. By these actions, the impure human being is falling into a deep blind frightening well of ignorance.
10. Guru Nanak Dev prays to the Lord for rescuing the human by His Grace and Generosity. (4)

Note: Sandal is fragrant tree found in South India. Its wood is rubbed on stone for making paste which is then applied on the forehead for soothing effect.
1. Although a human being, but his behaviour is that of an animal.
2. Day and night, one is engaged in keeping up a worldly outward show which is different from reality.
3. On the outside is the pure dress for outward show but inside is impurity of worldly maya (illusion).
4. However hard one tries to hide reality, but it cannot be hidden.
5. Outside there is show of spiritual knowledge, meditation and holy bath (all symbols of purity.)
6. But inside is the greed of a dog.
7. Outside one smears ashes, (sign of dispassion and detachment) but inside, there is fire of desires for worldly objects.
8. This false situation is like somebody trying to swim across endless ocean with a big stone around one’s neck.
9. In whose heart the Lord Himself resides,
10. Guru Nanak Dev says, that person is always in sahaj or tranquil state (absorbed in the Lord and does everything effortlessly). (5)
1. If you give verbal instructions to a blind man, how can he find the way?
2. Hold his hand and lead him, he will reach his destination.
3. If you give a puzzle to a deaf person, how will he understand?
4. If you say night, he will understand day. He will not understand anything.
5. How can a mute person sing songs in praise of the Lord?
6. Even if he tries, his tune will break.
7. How can a handicapped lame person roam about on a mountain?
8. It is not possible for him to go on a mountain.
9. I, poor and humble pray to the Creator, an Embodiment of Compassion,
10. With Your Grace and Blessing, he may know the Truth and cross the endless ocean of maya, says Guru Nanak Dev. (6)
1. The Lord who is always accompanying and is our support, does not come to our mind.
2. But, instead, we are making friends with the enemies (like worldly objects.)
3. The life in the world is like living in a house of sand. The life is gradually reducing like grains of sand dropping away (example of sand clock).
4. We are having a lot of enjoyment and games in the love of Maya and are fully absorbed in it.
5. We are definite and confident in our mind that we will not die.
6. But the fools are not remembering death at all, which is certain.
7. We are involved in all vices like enmity, opposition to good causes, desires for enjoyments, anger, attachment,
8. Falsehood, evil deeds, a lot of greed and cheating,
9. Countless lives have been wasted in this manner by indulging in the above mentioned evil deeds.
10. Guru Nanak Dev prays to the Lord to save even such persons by dint of His Compassion. (7)
1. You are the Lord and Master, I am praying to You only.
2. My body and everything else is the capital gifted by You to enable me to do the business of the world.
3. You are my mother and father, I am Your child.
4. All the pleasures and comforts are in Your compassion only.
5. You are so great, no body knows Your ends or limits.
6. You are highest of the high.
7. The whole universe is working in systematic order as per Your design.
8. Whatever You do, is done according to Your Will.
9. You only know Your state of affairs.
10. Guru Nanak Dev says, he is always sacrificing himself over You, the Lord. (8/4)
1. Human beings are engaged in enjoyment of worldly tastes and forgetting the benevolent Lord.

2. Without the Lord’s Name, beings will lose the Lord’s confidence and they will never succeed in their ventures, says Guru Nanak Dev. (1)
1. When the Lord gives ten things, one forgets them as having received them.
2. If the Lord does not give one more thing, one accuses Him of being unfair and thus loses the Lord’s confidence in him as being ungrateful.
3. If the Lord does not give that one thing asked for from Him, but also takes back the ten things given by Him,
4. What can the fool do then?
5. The Lord, on whom one has no power,
6. One should always prostrate before Him i.e. obey His Will.
7. One who is always happy to accept the Lord’s Will as a sweet gift,
8. All pleasures and happiness will reside in his mind.
9. To whom the Lord makes accept His Will,
10. Guru Nanak Dev says, such a person has received all the wealth and possessions, both worldly and spiritual. (1)
1. The Lord, possessor of countless wealth, gives some part of his capital to us as safe deposit or capital for our worldly business.

2. That capital we eat, drink, use otherwise for comforts and happily enjoy.

3. Suppose, the Lord takes back some of His Gifts.

4. Then, the ignorant man is mentally angry.

5. Thus, man loses the Lord’s confidence in him.

6. After this, the Lord no longer trusts him.

7. One must return the things given for safe custody back to the Lord, to whom they belong.

8. And accept the Lord’s Will happily.

9. Then the Lord is pleased and He will give four times of what He has taken back.

10. Guru Nanak Dev says that the Lord is always Generous and Benevolent. (2)
1. There is infinite variety of worldly objects which attract human beings, who therefore love these objects.
2. Surely these objects are perishable, know this.
3. If one loves the shade of a tree,
4. With change in the relative position of the sun, the shade disappears then that person repents (over the foolish act of loving a temporary perishable object like tree shade.)
5. Whatever is visible to the eye will perish.
6. But the deeply ignorant fool is embracing the temporary objects (out of ignorance).
7. If one makes friends with or loves a traveller,
8. One does not gain anything in return. (Because the traveller goes away next morning).
9. O my mind, only love of the Lord’s Name is capable of giving pleasure and comfort.
10. Guru Nanak Dev prays to the Lord to make him engage in remembering His Name out of His Grace and Compassion. (3)
1. Human body, wealth, family and clan or tribe etc. are all perishable.
2. Ego and attachment to worldly objects is also perishable.
3. Rule on others, youth, wealth and possessions are all perishable.
4. Desires for enjoyments, horrible anger etc. is perishable.
5. Chariots, elephants, horses and garments are all perishable.
6. Laughing and enjoyment, after seeing beauties of illusory objects is also false.
7. Cheating others, attachment to our own people and objects and ego are false.
8. Pride of one’s self or possessions is false.
9. The only permanent thing is devotion to the Lord under the refuge of sages.
10. Guru Nanak Dev says that human being should live by worshipping the feet of the Lord. (4)
1. Those ears are useless which listen to others’ slander.
2. Those hands are useless which rob others’ money.
3. Those eyes are useless which see beauty of others’ women.
4. That tongue is useless which engages in food and other tastes (other than the Lord’s Name).
5. Those feet are useless which run towards doing harmful actions against others.
6. That mind is useless which is attracted towards greed for others’ possessions.
7. Useless is that body which is not engaged in doing good to others.
8. Useless is the nose which smells evil or impure smells.
9. If one does not understand the real purpose of one’s coming into this world, all parts of his body are useless.
10. Guru Nanak Dev says that only that body is successful (in achieving it’s objects) which is engaged in remembering Hari’s Name. (5)
1. The life of an atheist is wasted and useless.
2. How can one be pure without the Truth of the Lord’s Name?
3. The gross body of such a person is useless without the Lord’s Name.
4. The mouth of such a person emanates a bad smell (of evil talk because the purifying Lord’s Name is not there.)
5. Without remembering the Lord’s Name, days and nights are wasted.
6. Like the fields are destroyed without rain from clouds (the Lord’s Name is the vital force for the human life like rain for the fields).
7. All other efforts (for spiritual advancement) are useless without remembering the Lord’s Name (because such efforts are not doing any good to that person. Only the Lord’s Name does good for the person himself.)
8. Efforts, other than the Lord’s Name are like the money of a miser. (Miser’s money is enjoyed by others after him but is of no use to him). (since other good actions will bear fruit in the next birth but the Name shall give liberation from the next birth itself.)
9. A person in whose heart the Lord’s Name resides, is very-very great.
10. Guru Nanak Dev says he is sacrificing himself over such a person. (6)
1. If somebody dresses and maintains outward symbols of a holy order but his actual actions are entirely opposite,

2. He who does not have real love in his mind but on the surface maintains show of friendship,

3. All-knowing Lord is very wise and such a hypocrite is discovered.

4. The Lord is never pleased with the outside dress code.

5. One who preaches to others but does not follow those precepts,

6. (Does not get liberated from cycle of birth and death) comes and goes in the world i.e. takes birth and dies repeatedly.

7. One, inside whom the Lord resides,

8. Whole world is liberated with his teachings. (Opposite of lines 1 to 6).

9. Those with whom the Lord is pleased, know Him.

10. Guru Nanak Dev says he would fall at the feet of such persons. (7)
1. Pray to the Lord who knows everything.
2. The Lord does all actions through us, yet He rewards us for these (good) actions (as though we have done them).
3. He Himself dispenses justice (we don’t have to ask for it).
4. He makes known to some that He is far away, while to some, He gives to understand that He is very close.
5. He is above all efforts and wisdom (in order to realise Him).
6. He knows the real state of our consciousness.
7. He attaches to Himself, whom-so-ever He likes.
8. He is present in every place, inside and outside.
9. On whom He is pleased that person becomes His servant.
10. Guru Nanak Dev says, one must remember the Lord every moment of one’s life. (8/5)
1. My desires for worldly enjoyment, anger, greed, attachment to objects and ego be destroyed.

2. Guru Nanak Dev says, O Lord, be kind to me, I have come under Your refuge. (1)
1. With whose kindness you enjoy thirty-six types of tasty foods (all the type of enjoyable foods),
2. Keep that Lord in your mind (rememeber Him).
3. With whose kindness, you apply scents to your body,
4. Remember Him always, you will reach highest spiritual state.
5. With whose kindness you reside in a comfortable house,
6. Always remember Him in your mind.
7. With whose kindness you live in your home, with family, happily,
8. Keep Him on your tongue all the eight pahars (twenty four hours.)
9. With whose kindness you enjoy, love, worldly pleasures and food etc,
10. Guru Nanak Dev says, remember Him, He is the only one worth remembering. (1)
1. With Whose Grace you wear cotton and silk clothes,
2. You desert Him and are attracted towards other worldly things.
3. With Whose Grace you sleep in comfortable beds,
4. Sing His praise all the twenty four hours (eight pahars).
5. With Whose Grace, every body gives you respect and obeys you,
6. Say His praise with your tongue.
7. With Whose Grace your duty is fulfilled,
8. O my mind, always remember only that Lord.
9. By remembering the Lord, you will be respected in His Court.
10. Guru Nanak Dev says that you will be honourably merged or absorbed in Total Self. (2)
1. With Whose Grace, you have got a human body free of disease and beautiful like gold,
2. Attach your mind to that friendly Lord Ram.
3. With Whose Grace, your privacy is preserved,
4. O my mind, you will find all happiness if you sing praise of Hari’s Name.
5. With Whose Grace, all your defects are concealed,
6. O my mind, find refuge in that Lord Prabhu.
7. With Whose Grace, no body can equal you i.e. you are the highest in your line of work,
8. O my mind, remember that High Prabu with your every breath.
9. With Whose Grace, you have got this human body which is extremely rare to get,
10. Guru Nanak Dev says, remain devoted to That Lord. (3)
1. With Whose Grace, you wear jewels,
2. O my mind, remember Him, why be lazy?
3. With Whose Grace, you ride horses and elephants,
4. O my mind, never forget That Lord.
5. With Whose Grace, you enjoy gardens, estates and wealth,
7. O my mind, That Lord who created you,
8. Remember Him always while sitting or standing (i.e. while doing all actions).
9. Remember Him who is One and is beyond human comprehension.
10. Guru Nanak Dev says, He will protect you in this world as well as in the next (in His Court). (4)
1. With Whose Grace, you are able to do noble deeds and donate lot of wealth,
2. O my mind, remember Him all the twenty four hours.
3. With Whose Grace, you are able to maintain traditional worship and other social rites,
4. Remember That Lord with every breath (continuously).
5. With Whose Grace, you have a beautiful body,
6. Remember That Lord whose beauty is beyond description or praise.
7. With Whose Grace, you are born in a high class i.e. as a human being who is the highest of all living beings,
8. Remember that Lord always day and night.
9. With Whose Grace, your respect is maintained,
10. Guru Nanak Dev says that, with the Blessing of the Lord, sing His praise. (5)
1. With Whose Grace, your ears hear melodious celestial music,
2. With Whose Grace, you see wonderful scenes,
3. With Whose Grace, your tongue speaks sweet words like nectar,
4. With Whose Grace, you are living comfortably without any effort,
5. With Whose Grace, your hands and feet are working,
6. With Whose Grace, you are completely successful,
7. With Whose Grace, you attain highest spiritual state,
8. With Whose Grace, you are always settled in comfort effortlessly without any worry,
9. After deserting such a Lord, who else is there with whom you will attach yourself?
10. Guru Nanak Dev prays that with blessings of the Lord, his mind may always remain alert and remember Him. (6)
1. With Whose Grace, you are well known and famous throughout the world,
2. Never forget That Lord from your mind.
3. With Whose Grace, you are honoured everywhere,
4. O my foolish mind, you remember Him.
5. With Whose Grace, all your works are completed successfully,
6. O my mind, know that He is present always on the spot.
7. With Whose Grace, you achieve Truth (Divine knowledge),
8. O my mind, you get absorbed in Him.
9. With Whose Grace, everybody can have salvation,
10. Guru Nanak Dev says, whoever He blesses with His Name, remembers Him. (7)
1. To who-so-ever He wills to remember, remembers His Name.
2. To who-so-ever He wills to sing His praise, sings His praise.
3. It is only with the Lord’s Grace that one receives illumination.
4. It is only with the Lord’s Blessing that one’s crown (sahasrara) chakra blooms (and one receives Divine Knowledge and Bliss).
5. On who-so-ever the Lord is pleased, He resides in his heart.
6. It is only with His Grace that one’s mind becomes pure.
7. O Lord, Your kindness is the source of all treasures.
8. Nobody has ever been able to obtain anything with one’s own effort.
9. O Lord, every one does what is destined for one by You.
10. Guru Nanak Dev says that human beings have no control over their activities. (8/6)
1. The Lord, who is beyond comprehension and measurement is great. Whosoever remembers Him becomes free from the cycle of births and deaths.

2. Guru Nanak Dev says, O my friend listen, the strange story of the saints of the Lord. (1)
1. With the company of saints, a devotee becomes honourable and respectable.

2. With the company of saints, the devotee’s mind is cleansed of the dirt of evil and negative thoughts.

3. With the company of saints, the devotee overcomes his ego.

4. With the company of saints, the devotee gains superior knowledge.

5. With the company of saints, the devotee realizes that the Lord is very close to him.

6. With the company of saints, the devotee’s all past karmas are settled i.e. he is freed from all karmas.

7. With the company of saints, the devotee receives the jewel of the Lord’s Name.

8. With the company of saints, all the devotee’s efforts are directed towards meeting the One Lord only.

9. No human being can describe the praise of the saints.

10. Because, the qualities and the praise of saints are the same as lie in the Lord himself, says Guru Nanak Dev. (1)
1. The Lord, who is not possible to be perceived by human senses, becomes known with the company of saints.
2. With the company of saints the devotee is always happy, elated and in bliss.
3. With the company of saints, the devotee is able to achieve control over desires for enjoyment, anger, greed, attachment and pride (The five enemies of human beings).
4. With the company of saints, devotee is always tasting nectar of the Lord’s Name.
5. With the company of saints, devotee becomes so humble and egoless that he feels he is dust of everybodys feet.
6. With the company of saints, the devotee’s speech becomes sweet and captivating.
7. With the company of saints, the devotee (is fully dependent on the Lord’s Name) does not look to anybody else for help.
8. With the company of saints, the devotee’s mind becomes stable and does not wander.
9. With the company of saints, the devotee remains unattached to maya i.e. worldly illusions.
10. The Guru Nanak Dev says that with a devotee, who is in the company of saints, the Lord is highly pleased. (2)
1. With the company of saints, all enemies becomes friends.
2. With the company of saints, one becomes very pure in life.
3. With the company of saints, one is enemy of none.
4. With the company of saints, one does not go astray (i.e. does not have tendency for evil deeds).
5. With the company of saints, one does not consider any body as bad or evil.
6. Because, with company of saints, one comes to realize that Lord of Highest Bliss is residing in everybody.
7. With the company of saints, one does not have the fever of ego or pride (i.e. one becomes humble).
8. With the company of saints, one deserts all pride i.e. “me”, “mine” etc.
9. Only a sadhu knows his praise i.e. no body can understand qualities of a sadhu.
10. Because, Guru Nanak Dev says, sadhu is one with the Lord and Master and is absorbed in Him. (3)
1. With the company of saints, one (is stable and) does not wander hither and thither.
2. With the company of saints, one always enjoys comforts and happiness.
3. With the company of saints, one receives Divine knowledge which cannot be perceived with human senses.
4. With the company of saints, one develops strength to withstand the impact of the honour conferred on one by the Lord which cannot be endured by normal human being.
5. With the company of saints, one resides in very high stages of spirituality.
6. With the company of saints, one arrives at the Abode of the Lord i.e. realizes his self.
7. With the company of saints, one fully understands all duties and religions.
8. With the company of saints, one is always in touch with the Lord and Master.
9. With the company of saints, one receives the treasure of the Lord’s Name.
10. Nanak sacrifices himself over a sadhu. (4)
1. With the company of saints, one is able to salvage the whole dynasty (i.e. saves them from evil influences).
2. With the company of saints, one is able to take one’s friends, well-wishers, family etc. across the ocean of births and deaths.
3. With the company of saints, one achieves such a wealth,
4. With which one makes everybody powerful or eminent.
5. With the company of saints, even Dharamrai, the arbiter of karmas serves one.
6. With the company of saints, even Indira, the lord of gods praises one.
7. With the company of saints, all sins disappear.
8. With the company of saints, one sings the nectar of the Lord’s praise.
9. With the company of saints, one is able to reach all places (i.e. saints will guide one to highest spiritual stages).
10. Guru Nanak Dev says, with the company of saints, one achieves the real object of getting birth as a human being. (5)
1. With the company of saints, the devotee is saved of hard effort like austerities (for achieving spiritual objectives).
2. The devotee shall feel exalted simply by seeing and talking to the saint.
3. With the company of saints, the sins of the devotee are destroyed.
4. Therefore, with the company of saints, the devotee is saved from going to hell (since sins are destroyed).
5. With the company of saints, the devotee is happy in this world as well as the next (in next birth, if any).
6. With the company of saints, those who have been separated from the Lord are again united with Him (with the blessings of saints).
7. The devotee gets whatever he desires.
8. From the company of saints, nobody ever goes empty-handed.
9. The Lord resides in the heart of saints.
10. Guru Nanak Dev says, the devotee is liberated by listening to the words spoken by the saints. (6)
1. Listen to Hari’s Name in the company of saints.
2. Sing Hari’s praise in the company of saints.
3. In the company of saints, one does not forget the Lord.
4. With the company of saints one is surely salvaged i.e. gets liberated from the cycle of births and deaths.
5. In the company of saints, Prabhu, the Lord appears sweet.
6. In the company of saints, one sees the Lord in everybody’s heart.
7. In the company of saints, one accepts the Will of the Lord.
8. In the company of saints, humans are liberated from the cycle of births and deaths.
9. In the company of saints, all diseases disappear.
10. Guru Nanak Dev says, it is only by chance that one meets a saint. (7)
1. Even Vedas do not know greatness of saints. (Because Vedas are also maya and written in human language. But saints’ qualities are one with the Lord Who is beyond maya. Hence Vedas cannot describe saint’s greatness).

2. Vedas can describe only what the authors have heard.

3. The praise of saints is beyond the three qualities of maya (i.e. sattva, rajas and tamas).

4. The praise of saints is present everywhere (like that of the Lord).

5. There is no end to the praise of saints. It is endless.

6. The praise of saints has always been infinite.

7. The praise of saints is higher than the highest.

8. The praise of saints is greater than the greatest.

9. The praise of saints befits only the saints.

10. Guru Nanak Dev says, there is no difference between the saints and the Lord. (8/7)
1. One in whose mind the True Eternal Lord resides and whose mouth is always remembering the True Eternal Lord.

2. Who does not see anybody except the One Lord i.e. One Lord in everybody and everything.

3. Guru Nanak Dev says, these qualities show that he is the knower of Divine knowledge or Brahm Gyan. (1)
1. Braham Gyani is always detached and no sin or bad thoughts etc. ever stick to him,
2. Like the lotus flower, though grows in the muddy stagnant water, is always clean and spotless.
3. Braham Gyani is always free of sin,
4. Like sun dries everybody and everything and is not influenced by what object it dries. Similarly, a Braham Gyani dispels sin and purifies whosoever comes in contact with him, but is not affected by the sins himself.
5. Braham Gyani sees everyone with equal vision,
6. Like air treats a king or a poor man in the same manner.
7. Braham Gyani has infinite patience,
8. Like earth, some body may dig it or apply sandal paste to its surface, but the earth is very patient and is not affected at all.
9. These are the qualities of a Braham Gyani.
10. Guru Nanak Dev says, Braham Gyani’s behaviour and life style is absolutely natural like fire. He gives, comfort to the needy and burns sins of the sinners. (1)
1. Braham Gyani is always pure since he is never affected by any sin or evil action or thought,
2. Like no dirt attaches to water. If water becomes muddy or polluted, it cleans itself by evaporation.
3. Braham Gyani’s mind is illuminated (by the thought that God is present everywhere),
4. Like sky is present over the earth everywhere, he has a sky like wide and broad nature.
5. Friends and enemies are same to the Braham Gyani.
6. Braham Gyani is devoid of ego or pride.
7. Braham Gyani is highest of the high in his stage of spiritual attainment.
8. But, his mind is so humble that he considers himself to be lowest of all.
9. Only those persons become Braham Gyani,
10. Guru Nanak Dev says, to whom the Lord Himself wills or makes. (2)
1. Brahm Gyani is so humble that he considers himself to be dust of everybody’s feet.

2. Brahm Gyani recognises the Bliss of Divine Nectar (Lord’s Name).

3. Brahm Gyani is always kind and pleased with everybody.

4. Brahm Gyani never does anything which is bad or evil.

5. Brahm Gyani sees the whole world always with equal vision.

6. Brahm Gyani’s looks are always showering bliss on who-so-ever comes within his vision.

7. Brahm Gyani is always free from all bondage of maya.

8. The way of life of Brahm Gyani is free from negative latencies i.e. life style is very pure and positive.

9. Divine knowledge is the life support (food) of a Brahm Gyani.

10. Guru Nanak Dev says Brahm Gyani’s mind is always directed towards the Lord. (3)
1. Brahm Gyani fixes his hope for support on only One Lord.
2. The high spiritual state of a Brahm Gyani is never destroyed.
3. In the mind of Brahm Gyani, poverty or humility always prevails.
4. Brahm Gyani has a strong desire to do good to others.
5. Brahm Gyani does not have to work to earn worldly wealth.
6. Brahm Gyani can restrict and control his disturbed mind easily.
7. Brahm Gyani always does everything for the good of everybody.
8. Therefore the human life of Brahm Gyani is rewarded with good and auspicious reward of self realisation for him.
9. Many are liberated alongwith a Brahm Gyani.
10. Guru Nanak Dev says, as a result of good influence of Brahm Gyani, whole world remembers the Name of the Lord. (4)
1. Brahm Gyani loves only One Lord.
2. The Lord resides with the Brahm Gyani.
3. The Lord’s Name is the only support of Brahm Gyani.
4. The Lord’s Name is the family of Brahm Gyani.
5. Brahm Gyani is always alert and awake to thoughts of the Lord.
6. Brahm Gyani deserts from his mind all egoistic or proud thoughts.
7. The mind of Brahm Gyani is always in the highest state of Bliss.
8. The heart of Brahm Gyani is always elated with Bliss.
10. Guru Nanak Dev says that the high spiritual state of a Brahm Gyani never leaves him or gets destroyed. (5)

2. Brahm Gyani loves only One Lord.

3. Brahm Gyani is always free from worries.


5. Only he can become Brahm Gyani whom the Lord wills to be one.

6. Brahm Gyani’s blessings and favours are great.

7. Only the lucky ones get opportunity to see the Brahm Gyani.

8. We should go all out for and be prepared to sacrifice anything for Brahm Gyani.

9. Even the Lord Shiva and other gods are on the look-out for Brahm Gyani.

10. Because Supreme Being Himself comes in the form of Brahm Gyani on this earth (to lead humans out of cycle of births and deaths) says Guru Nanak Dev. (6)
1. The qualities of Brahm Gyani cannot be evaluated.
2. Brahm Gyani has all the qualities in him.
3. Nobody can know the secret or depth of Brahm Gyani.
4. Always salute a Brahm Gyani.
5. Even half a letter of alphabet cannot be uttered in praise of Brahm Gyani (His praise is so great).
6. Brahm Gyani is respected by all beings.
7. Who can describe the state of high life of Brahm Gyani.
8. Only Brahm Gyani knows his own state of high life.
9. The qualities of a Brahm Gyani are like an ocean with no end.
10. Guru Nanak Dev says, therefore, always be in contact with feet of Brahm Gyani in salutation. (7)
1. Brahm Gyani is the creator of all the world (as he is manifest Supreme Being as per line 10 of stanza 6).

2. Brahm Gyani is ever alive and never dies. (Since he is Jiwan Mukta i.e. liberated from the cycle of birth and death, while in body. After he leaves his physical body, he becomes Videh Mukat i.e. liberated without physical body. Thus a Brahm Gyani is always alive, though not in physical body).

3. Brahm Gyani gives the gift of route to salvation or liberation from cycle of births and deaths and also the correct method as how to live when in the physical body, to all.

4. Brahm Gyani is the Lord who is present in everyone and is also the Creator of everyone.

5. Brahm Gyani is the support of the helpless.

6. Brahm Gyani has his benevolent hand over everybody.

7. All forms are that of Brahm Gyani.

8. Brahm Gyani is the manifest Lord Himself.

9. Only a Brahm Gyani can praise a Brahm Gyani. It is beyond ordinary mortal beings.

10. Guru Nanak Dev says that Brahm Gyani is the Lord and Master of everything and every being. (8/8)
1. One who adopts the Lord’s Name in his heart. One who sees the Lord in every being.

2. One who remembers and salutes the Lord every moment. Guru Nanak Dev says, he is the real “pure untouched one” and He will liberate everyone with him.(1)
1. One whose tongue does not speak or touch falsehood (i.e. always speaks the truth),

2. One who loves only the desire to see the Lord,

3. One whose eyes do not see the beauty of others’ women,

4. One who serves the saints and loves company of saints,

5. One whose ears do not hear ill against anybody,

6. One who considers himself to be the worst of all (humility),

7. With the grace of his guru (teacher) all attraction for worldly desires and possessions is destroyed.

8. All desires and latencies of mind are expelled from his mind.

9. One who has won control over his five senses (i.e. seeing, smelling, hearing, touching and tasting) and is free from five evils (desires for worldly enjoyments, anger, greed, attachment and pride).

10. Guru Nanak Dev says, only one among 10 millions, there may be such a person who is really pure untouched one. (1)
1. On whom the Lord is highly pleased is a Vaishnav.
2. That Vaishnav is free from maya (power of illusion) of Lord Vishnu.
3. He does not have the feeling of a doer even when doing actions.
4. That Vaishnav’s religious duties are pure.
5. Who does not have the desires for the fruit of his actions.
6. He is always absorbed in devotion and singing the Lord’s praise.
7. With mind and body, he remembers Gopal (Krishna as a child).
8. He is always benevolent and blesses everybody.
9. He himself remembers the Lord’s Name and makes others to remember the Lord also.
10. Guru Nanak Dev says, that such a Vaishnav achieves highest Bliss and spiritual attainment. (2)
1. The real devotee of Goddess Durga is one who has love for Her devotion.
2. He completely deserts the evil tendencies (like desire for enjoyment of worldly things, greed, attachment, pride, etc. which are the causes for evil actions).
3. He becomes so clear about Reality that all false illusions in his mind are destroyed.
4. He worships the Lord as if He is present everywhere.
5. In the company of saints, he gets rid of dirt of sins.
6. The mind of such a devotee is pure and high.
7. He serves the Lord (i.e. remembers His name and serves his fellows beings) daily.
8. He devotes his mind and body to love of the Lord.
9. He keeps feet of Lord Hari in his heart (i.e. he loves the Lord with all his heart).
10. Guru Nanak Dev says, such a devotee of Goddess Durga will surely achieve the Lord. (3)
1. The real Brahmin scholar is one who awakens his mind to the Lord.
2. Who enquires into depth of Ram Naam in his consciousness (heart).
3. Who tastes sweet drink of Ram Naam.
4. The world attains spiritual life from the advice of such a Brahmin scholar.
5. The story and praise of Lord Hari always reside in his heart.
6. Such a Brahmin scholar does not take another birth (He is liberated from the cycle of births and deaths).
7. He understands that the Lord Himself is the real source of all the holy books like Vedas, Puranas and Simiritis.
8. He understands that all the manifest world is in that unmanifest Lord.
9. He teaches all the four classes (brahmins, kshatriyas, vaishas and sudras).
10. Guru Nanak Dev says, he bows always in front of such a Brahmin scholar (Pandit). (4)
1. The Lord’s Name is the root of all mantras and knowledge for everyone.

2. All the four classes (brahmins, kshatriyas, vaishas, sudras) can remember the Lord’s Name. (There is no restriction).

3. Whosoever remembers the Lord’s Name gets liberated from cycle of births and deaths.

4. The Lord’s Name is obtained only with the company of saints, only the lucky ones are able to get the saints’ company.

5. With Lord’s Grace, in whose heart His Name is enshrined,
6. Even animals, ghosts, stone-hearted people and fools are made to cross the ocean of births and deaths.

7. The Lord’s Name is the medicine for all diseases (physical, mental and spiritual).

8. The Lord’s Name is manifestation of happiness, good fortune and makes one sing the Lord’s praise.

9. It is not possible to reach the Lord with any spiritual practices or any austerities and penances etc.

10. Guru Nanak Dev says, the Lord’s Name is bestowed on only those whom the Lord in His kindness grants such a good fortune. (5)
1. In whose mind Supreme Being resides,
2. His name is real Ramdas i.e. servant of the Lord.
3. One who sees the Lord in every one and,
4. One who has feeling of being servant of servants of the Lord,
   he attains the Lord.
5. On who realises the Lord to be always near him,
6. Such a servant of the Lord is approved in the Lord’s Court.
7. The Lord Himself blesses such a servant of His.
8. And he receives Divine Wisdom encompassing everything.
9. Live in the world but develop dispassion or “vairagya” from the world,
10. Guru Nanak Dev says, this is the procedure for becoming a servant of the Lord. (6)
1. One who accepts sweetly, the Will of the Lord in his heart.
2. He is called jeewan mukut. (one who is liberated while in human life).
3. For such a person, happiness and sadness is same. He is always in equipoise.
4. He is always in state of bliss, because he is never separated from the Lord’s feet.
5. For him there is no difference between gold and clay.
6. For him there is no difference between nectar and bitter poison.
7. For him there is no difference between respect and disrespect.
8. He treats the kings and the poor in the same manner.
9. Whatever is the Will of God, he takes it in his stride and treats as a way of life.
10. Guru Nanak Dev says, such a person is called jeewan mukut. (7)
1. The Lord resides in all the forms of life like humans, birds, animals etc.

2. In whatever form of life the Lord keeps one, one gets a similar home like a man, bird, animal, etc.

3. The Lord is capable of doing everything and also getting it done by others.

4. Whatever the Lord wills shall then happen.

5. The Lord is like a huge ocean. All the manifest world is like countless waves of the ocean. (This all visible world is part of the Lord and we should view the world like waves of ocean only).

6. It is impossible to know the play of the Lord.

7. Every being’s mind works in the way He wills him to work (whatever light He puts in the mind of a being, the same way it works i.e. good or bad).

8. The Lord is the Creator and is Eternal.

9. He is always Gracious (Sada is written three times by the Guru to stress that He is never other than Gracious).

10. Guru Nanak Dev says, beings become blissful by remembering Him. Therefore, remember Him. (8/9)
1. Countless people are praising the Lord but it is not possible to assess the vastness of His praise.

2. Guru Nanak Dev says, the Lord has created this universe in many ways and of many types (which is beyond human comprehension). (1)
1. Many crores of people have been worshippers of the Lord.
2. Many crores have been doers of good deeds.
3. Many crores have been those who took their residence at places of pilgrimage (for leading holy life).
4. Many crores have been roaming about in jungles, detached from the world.
5. Many crores have been listeners of Vedas.
6. Many crores have been who performed very difficult penances or austerities.
7. Many crores have absorbed their minds in their consciousness.
8. Many crores of poets have been writing new poems (in praise of the Lord).
9. Many crores have been meditating upon newer Names of the Lord.
10. Guru Nanak Dev says, but none of them have been able to find extremities or limits of the Lord. (1)
1. Many crores have been egoistic (like Hiranayakashipu, father of saint Prahlada).
2. Many crores have been blind with ignorance.
3. Many crores have been hard-hearted misers.
4. Many crores have had their consciousness very hard (without any good impression) that cannot become soft.
5. Many crores are robbing others’ wealth.
6. Many crores are talking ill of others.
7. Many crores are toiling for earning money.
8. Many crores are roaming in foreign lands.
9. Everybody does only what the Lord wills him to do.
10. Guru Nanak Dev says, only the Lord knows His creation best. (2)
1. He created many crores of those who have achieved control over their minds, those who have achieved control over desires and those who have joined themselves with the Lord.

2. Many crores of kings who enjoy pleasures of life.

3. Many crores of birds, snakes etc. have been created.

4. Many crores of stones and plants have been created.

5. Many crores of winds, waters and fires have been created.

6. Many crores of countries and land masses have been created.

7. Many crores of moons, suns and stars have been created.

8. Many crores of gods, demons, kings of gods who wear umbrellas over their heads (sign of royalty) have been created.

9. Whole of the creation is working in a definite order as per His Will.

10. Guru Nanak Dev says, He shall liberate only those on whom He is pleased. (3)
1. Many crores are in the three qualities of maya (illusory power of the Lord i.e. satwik, rajsik and tamsik).
2. Many crores are studying Vedas, Puranas, Simritis and other holy texts.
3. The Lord has created many crores of oceans full of jewels.
4. The Lord has created many crores of countless varieties of life.
5. The Lord has created many crores of people who have very long life.
6. The Lord has created many crores of mountain ranges and Sumer mountain made of gold (abode of Lord Shiva).
7. The Lord has created many crores of gods assisting Kuber (god of wealth); musicians of the gods and the servants of gods (i.e. people who have abundance of wealth, people who entertain them and serve them).
8. The Lord has created many crores of ghosts, departed spirits, pigs and deer-eating lions.
9. The Lord is both near to everyone and far away from everyone (depending upon perception of each one).
10. Guru Nanak Dev says, the Lord has created all the world and variety of people and pervades all His creation. He Himself is not affected by it and is aloof enjoying His play. (4)
1. Many crores of people and creatures are living in lower regions of life.
2. Many crores of people are living in either hell or heaven.
3. Many crores of people, take birth, live a life and die (without any achievement).
4. Many crores of people are roaming from one type of life to another many times, (i.e. take birth in different forms of life).
5. The Lord has made many crores of people so comfortable in life that they do not have to earn for living and are enjoying without working.
6. There are many crores of people who are toiling very hard, working for living and getting tired.
7. The Lord has made many crores of people very wealthy.
8. Yet there are many crores who are always worried about worldly possessions, like money, etc.
9. The Lord keeps everyone in his correct position in life according to his past actions as per His Will.
10. Guru Nanak Dev says, what one becomes and what one gets is in the hands of the Lord. (5)
1. Many crores of people have developed dispassion with the world.
2. They are constantly connected with Ram Naam.
3. Many crores of people are searching for the Lord.
4. They are looking for the Lord inside their own self.
5. Many crores of people are aspiring to see the Lord.
6. The Eternal Lord is achieved by those who aspire for Him.
7. Many crores of people are asking for company of saints.
8. They are strongly in love with the Lord.
9. With whom the Lord is highly pleased,
10. Guru Nanak Dev says, those beings are always very, very great. (6)
1. The Lord has created crores of types of life out of four types of sources of life and the nine continents of earth.

2. He has created many crores of skies and constellations.

3. The Lord has created many crores of prophets.

4. The Lord has created this universe in many ways

5. The Lord has created this universe many times i.e. He creates absorbs in Himself, again creates. (The great sage Vayasa has also mentioned in Bhagwat Puran that the Lord creates and absorbs it in Himself after every Kalpa. Every time there is new Brahma for creating the universe etc.)

6. But the One Creator, the Lord is always there. He is One, unmanifest and manifest always and is Eternal.

7. Thus He has created many crores of lives of many types.

8. The creations are created from the Lord and are again absorbed in Him.

9. But no body knows the end or limitations of the Lord.

10. Guru Nanak Dev says that the Lord who is only One by Himself, only knows only Himself. (7)
1. Many crores are the servants of the Lord.
2. They are blessed by Him with self-realization.
3. There are many crores of such people who are blessed with the knowledge of Reality.
4. They see everything and everybody as manifestation of the One Lord.
5. There are many crores of people who enjoy the sweet nectar of the Lord’s Name.
6. They are liberated and live forever i.e. they are freed from the cycle of birth and death.
7. There are many crores of people who remember His Name and sing His praise.
8. They enjoy the Divine Bliss and even while living in the world, get absorbed in the Lord in an effortless way. (They are not using their own will but are doing everything by the Will of the Lord i.e. intuition).
9. The Lord protects His people with every breath i.e. all the time (never deserts).
10. Guru Nanak Dev says that those are the beloved of the Lord. (8/10)
1. *The creation i.e. this world and its Creator or the Big Cause is the same i.e. the Lord and nothing else.*

2. *Guru Nanak Dev sacrifices himself over the Lord who is in water, earth and the sky i.e. everywhere, is Omnipresent.* (1)
1. The Lord is capable of doing everything and also getting it done through His created beings.
2. Only that will happen what pleases Him.
3. He is capable of creating and destroying in a moment.
4. Nobody can know the limits or ends of His powers. (He is like a big ocean beyond comprehension by human beings with normal senses).
5. According to His Will, He creates the earth and makes it stay without support. (Guru Nanak Dev has already rejected the ‘bull supporting earth on its horn theory in Japji).
6. Everything is created as per His Will and is absorbed back into Him as per His Will.
7. The behaviour of high and low people is also according to His Will. (We should therefore not blame anybody for bad behaviour).
8. There are countless plays of many types as per His Will.
9. He is doing and enjoying His play as per His Will.
10. Guru Nanak Dev says, the Lord is prevailing everywhere and in every being. (1)
1. If it is pleases the Lord, He blesses human beings with high spiritual state or salvation.
2. If it pleases the Lord, He liberates even the most hard-hearted (say stone-hearted) people.
3. If it pleases the Lord, He can keep people alive when their normally granted life (breath) is over. (He can extend the life due to karma because He is Omnipotent. With His Grace yogis can even live without breath with pranayama for very long periods).
4. If it pleases the Lord, He may bless human beings so that they will sing the praise of the Lord.
5. If it pleases the Lord, even those who have fallen from their normal conduct can also be liberated.
6. Whatever the Lord does, He does as per His own Will. (He does not go by anybody else’s advice).
7. He is the Lord of both Worlds i.e. this and the next.
8. He knows the mind of everybody, he conducts His play and is pleased with it.
9. He makes everybody do whatever pleases Him.
10. Guru Nanak Dev says, in his view, there is nobody else equal to Him. (2)
1. Say, what can a human being do? (Human being is not capable of doing anything).
2. Whatever the Lord wills, He makes humans do the same.
3. If it is in the hand of human beings, they will take everything themselves (and not give anything to others).
4. (That is why) the Lord does what pleases Him (and does not leave anything to human beings).
5. Out of ignorance, humans fall into love of evil tendencies.
6. If the humans had knowledge, they would have saved themselves.
7. Since humans are lost in illusion (of maya) they run in all 10 directions (mentally).
8. In the time required for winking of eyes, they can roam about in all four corners of the world. (This is the extreme state of mental disturbance).
9. On whom-so-ever the Lord is pleased, He blesses him with His devotion.
10. Guru Nanak Dev says, such lucky people are gifted with the Lord’s Name. (3)
1. In a moment, the Lord can make a person of as low status as that of an insect a king.

2. The Lord is great bestower of His kindness on the poor and helpless.

3. One who is not seen anywhere i.e. an unknown person,

4. Such a person is made famous in all ten directions, at once.

5. On whom the Lord bestows His Blessings,

6. Then, the Lord does not take an account from him, i.e. the Lord does not go by a person’s actions, good or bad, when He is pleased.

7. Our body, and everything else given to us is the property of the Lord (i.e. our capital to earn living in this world is owned by the Lord).

8. In every person or living being, the Lord is present in His Glory.

9. The Lord Himself has created all the creation.

10. Guru Nanak Dev says, he is living only by seeing and enjoying His greatness. (4)
1. Human beings have no powers of their own.
2. It is only the Master of all beings Who has powers to do everything and make others do everything.
3. Human being is only a helpless and an obedient one.
4. Whatever is the Will of the Lord, only that happens.
5. The Lord in His play, sometimes manifests, and resides in the form of high and sometimes in low minded people.
6. Sometimes the Lord appears in sorrow, sometimes in happiness, sometimes in enjoyment and laughter.
7. Sometimes the Lord manifests as one with negative thoughts and behaviour.
8. Sometimes the Lord manifests as high as sky and sometimes as low as lower regions i.e. patal.
9. Sometimes He manifests with knowledge of Vedas and enquiry into Divine Knowledge.
10. Guru Nanak Dev says it is only He who makes people join Him again. (After having been separated from Him and thrown into the orbit of births and deaths). (5)
1. Human being under the influence of maya (illusive power of the Lord) performs many types of dances like given in the next lines.
2. Sometimes he sleeps day and night.
3. Sometimes he becomes horribly angry.
4. Sometimes he is so humble that he becomes the dust of the feet of everyone.
5. Sometimes he becomes and establishes himself as a king emperor.
6. Sometimes he poses as a very low beggar.
7. Sometimes he assumes an attitude and behaves as a very bad person (like saint Kabir calling on everybody to say that he is a bad person).
8. Sometimes he wants to be called a very good person.
9. Human beings live in the world as per His Will.
10. Guru Nanak Dev says that, with blessing of the Lord, his Guru, he is telling the truth. (6)
1. Some times, the Lord manifests Himself as a human being in the form of a learned Brahmin scholar delivering discourses on holy texts.

2. Sometimes, He appears as one who has taken a vow of silence and is in deep meditation.

3. Sometimes, He appears as one who takes bath at auspicious river banks, ocean beaches and places of pilgrimage to purify himself of past sins.

4. Sometimes, He appears as a great sage or an aspiring disciple with Divine Knowledge in his mouth.

5. Sometimes, He manifests and lives as small crawling insect, or flying insect or as an elephant.

6. He revolves in many forms of life.

7. He plays various roles like an actor.

8. The Lord makes all beings act and dance as He pleases.

9. Whatever He wills, only that happens.

10. Guru Nanak Dev says, there is nobody else other than Him who has power to do anything. (7)
1. Sometimes, human being (is lucky and) is able to get the company of saints.
2. And then remains in their company for all times and never reverts to worldly life.
3. There, one receives illumination with Divine Knowledge and realizes his self.
4. This is a very high state of spiritual attainment and is never reversed.
5. In this state, body and mind are fully absorbed in the love of the One, the Lord.
6. Then one is permanently in tune with the Supreme Lord.
7. His state is like water mixing with water. (Like water of rivers mixes with water of ocean and then cannot be separated).
8. Then his consciousness joins Super Consciousness of the Lord.
9. That person’s rotation in various births and deaths is finished and he gets permanent rest at the abode of the Lord.
10. Guru Nanak Dev sacrifices himself over such a benevolent Lord who is capable of bestowing such a high state to the human beings. (8/11)
1. Happy are the humble, who have annihilated their ego and lie low (Here Guru is trying to impress upon the need for eradication of ego which is root cause of all human problems).

2. Very great proud people, Guru Nanak Dev says, got destroyed because of their own pride (Pride is powerful enough to destroy a proud man). (1)
1. One who has pride of state or official position (being king or official),
2. He is destined to go to hell and shall be a dog in next life.
3. One who is proud of one's beautiful young body,
4. He shall be like a worm living in night soil (because the pride of young body leads one to indulge in worldly desires).
5. One who calls oneself as doer of noble deeds,
6. Shall be born, die and go through many cycles of births and deaths.
7. One who is proud of one's wealth and lands,
8. He is a fool and blinded with ignorance.
9. One who is blessed with humility by the Lord's Grace.
10. Guru Nanak Dev says, he is liberated in this birth itself and shall be happy in next world also. (1).
1. One who is proud of his riches,
2. (He should understand) Even a small thing like speck of dust shall not go with him when he dies.
3. One who depends upon large army of men (like Ravana in Ramayana),
4. In a moment, such a person shall be destroyed.
5. One who considers oneself to be most powerful,
6. In a moment, he shall be eliminated.
7. One who does not consider anybody else as worthwhile and is very proud of oneself,
8. Dharam Rai (God of Justice) will punish that one.
9. By the Grace of the Lord, whose ego is eliminated.
10. Guru Nanak Dev says, such a person is accepted in the Lord's Court. (2).
1. One who performs tens of millions of good deeds but feels very proud having performed them,

2. All these good deeds are useless for him and his reward for these good deeds is only the wasted toil. (Service with pride is useless.)

3. One who performs lot of austerities and penances but is very proud of them,

4. He takes births again and again and roams in hell or heaven. (Austerities with pride do not earn one liberation from the cycle of births and deaths but only make one stay in hell or heaven.)

5. Inspite of great efforts, whose heart does not become soft (on seeing the suffering of others),

6. How can such a person be admitted to the Lord's Court.

7. One who desires that others should call him a good and noble person,

8. Goodness does not even come near such a person.

9. One whose mind has become so humble that he considers himself to be the dust of everybody's feet.

10. Guru Nanak Dev says, the reputation of such a person is good and pure. (3).
1. So long humans think that they are capable of performing all actions and achieving great results. (They think they are the doers)

2. Then they are not deriving any real happiness i.e. on permanent basis (one gets momentary happiness on success but it is not permanent).

3. So long human beings know that they are performing all actions (concept of a doer).

4. They continue to take births and die and suffer pain of pregnancy period i.e. while in mother's womb.

5. So long one considers others as friends or enemies.

6. Then their mind shall remain disturbed i.e. they shall not have stable peaceful mind.

7. So long human beings are engrossed in lust due to effect of maya (illusive power of the Lord).

8. They shall continue to receive punishment from Dharam Rai (God of Justice).

9. With the Grace of the Lord, one whose connection with maya is broken (i.e. he is free of all worldly attachments and desires),

10. With Guru's Grace, his ego is also eliminated. So Guru Nanak Dev says. (4).
1. Human beings, when they earn thousands, they run after earning lakhs (one thousand times of hundred).

2. Even after earning that much, one is not satisfied. Whatever one earns, it is hoarded and wants more. (Money, any amount does not satisfy desire for more).

3. When money is earned, human being enjoys worldly desires in diverse ways.

4. Even then, he is not satisfied. He is unhappy, desires more and becomes more unhappy and dies in that state. (Worldly enjoyment, any amount only creates desire for more).

5. Without contentment, one is never satisfied or satiated.

6. All achievements and activities during a dream are fruitless and not of any use when in waking state. (Similarly when under influence of maya, an illusory power of the Lord, all money and enjoyment are of no use.)

7. Love of the Lord's Name gives all comfort and happiness.

8. Only the rare, lucky ones are able to obtain the Lord's Name.

9. The Lord Himself is capable of doing and motivating humans to do things.

10. Guru Nanak Dev says, therefore, always continuously remember the Lord's Name. (5).
1. The Lord has full powers to do anything as well as make others do whatever He wants.

2. Think, what is in the hands of human beings? They have no power of their own.

3. As the Lord views a person, he performs the same way—good, bad or indifferent.

4. Whatever the Lord is, He is by Himself and as per His own Will.

5. Whatever the Lord does, does it as per His own pleasure.

6. He is far away from everybody (because He is unmanifest) as well as in the company of everybody (because He is manifest and present in the heart of everybody in the form of Atma).

7. He, the Lord thinks, sees, and exercises discrimination (in the form of beings).

8. He the Lord is One (unmanifest) and also many (manifest in every being).

9. The Lord never dies or is destroyed in anyway. Nor He is born and dies like mortals.

10. Guru Nanak Dev says, He is Eternal and is always present in His creation. (6)
1. The Lord explains Himself and understands Himself. (In the form of a teacher and the disciples)
2. The Lord is absorbed (present) in everybody.
3. The Lord has expanded Himself into all His creation.
4. Everything belongs to Him and He has powers to do everything.
5. Can anything happen apart from Him? Can you say?
6. He is the same everywhere and at every place.
7. He is Himself capable of doing all His actions. (There is no power other than Him)
8. He is doing variety of miracles and strange actions of which there cannot be any account or explanation.
9. He is in the mind of everyone and everyone is in His mind.
10. Guru Nanak Dev says, the Lord is invaluable. Nobody can fix any value or price on His activities.
1. The Lord and Master of the universe is Eternal, He is present in all the three times, i.e. past, present and future.
2. Very rare persons can know this fact with the Grace of the Guru.
3. Whatever the Lord has done is true in all the three times.
4. Out of crores, hardly anyone has been able to recognise this fact.
5. O extremely beautiful, unlimited and unparalleled Lord!
   How beautiful You are in all Your aspects!
6. The Lord's speech is also very sweet and pure in all the three times.
7. Everybody hears and speaks this (we should therefore speak and listen to only sweet and pure talk).
8. That person is purer than pure, who
9. Guru Nanak Dev says, remembers His Name with a lot of love in his heart.(8/12).