

THE ESOTERIC SCIENCE OF JAPJI SAHIB

You can use Japji Sahib to balance the chakras and the tattvas by reciting a particular pauri 11 times daily. Choose a chakra and an element that you would like to work on. Go down from the chakra and across from the tattva and use the particular pauri as spiritual therapy.

chakra	8	7	6	5	4	3	2	1
ether	mul mantra	1st pauri	2nd pauri	3rd pauri	4th pauri	5th pauri	6th pauri	7th pauri
air	8th pauri	9th pauri	10 pauri	11 pauri	12 pauri	13 pauri	14 pauri	15 pauri
fire	16 pauri	17 pauri	18 pauri	19 pauri	20 pauri	21 pauri	22 pauri	23 pauri
water	24 pauri	25 pauri	26 pauri	27 pauri	28 pauri	29 pauri	30 pauri	31 pauri
earth	32 pauri	33 pauri	34 pauri	35 pauri	36 pauri	37 pauri	38 pauri	slok

For example, if you wanted to open the heart chakra and lacked the water element, you might choose to recite the 28th pauri. If you needed to control your anger (fire element) and its expression from the third chakra, you would choose the 21st pauri.

The Effects of the Various Paurees of Jap Ji Sahib

The Mul Mantra is a fate killer. It removes the fate and changes the destiny to complete prosperity.

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

The second pauree imparts patience and stability.

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

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

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

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

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

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

The ninth pauree gives expansion.

The tenth pauree grants grace.

The eleventh pauree gives virtuousness.

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

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

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

The fifteenth pauree brings liberation.

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

The seventeenth pauree brings freedom and resurrection.

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

The nineteenth pauree brings universal knowledge, inspiration and revelation.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The thirty-fourth pauree brings stability.

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

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

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

The thirty-eighth pauree gives you the power to rewrite your own destiny.

The Shalok brings self-satisfaction, elevation, acknowledgment and respect.

JAP JI: THE MUL MANTRA (THE ROOT MANTRA)

The Mul Mantra is a fate killer.
It removes the fate and changes the destiny to complete prosperity.

ੴ
ਸਤਿਨਾਮੁ
ਕਰਤਾ ਪੁਰਖੁ
ਨਿਰਭਉ ਨਿਰਵੈਰੁ
ਅਕਾਲ ਮੂਰਤਿ
ਅਜੂਨੀ ਸੈਭੰ
ਗੁਰ ਪ੍ਰਸਾਦਿ ॥
॥ ਜਪੁ ॥
ਆਦਿ ਸਚੁ
ਜੁਗਾਦਿ ਸਚੁ ॥
ਹੈ ਭੀ ਸਚੁ
ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

The One.
The Universal Creator.
Truth is His Name.
The Primal Creative Being,
Beyond fear, beyond vengeance.
The Image of the Undying,
Beyond birth, Self-Existent.
By Guru's Grace,
Meditate:
True in the primal beginning,
True throughout all the ages,
True here and now.
O Nanak, forever and ever True.

EK ONG KAAR
SAT NAAM
KARTAA PURAKH
NIRBHAU NIRVAIR
AKAAL MOORAT
AJOONEE SAIBHANG
GUR PRASAAD
JAP
AAD SACH
JUGAAD SACH
HAI BHEE SACH
NAANAK HOSEE BHEE SACH

JAP JI: FIRST PAUREE

The total knowledge is God and ecstasy is contained in this pauree.

It is an antidote to depression. It will lift you from the deepest depression, insecurity, nightmares and loss.

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ
ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥
ਦੁਪੈ ਦੁਪ ਨ ਹੋਵਈ
ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥
ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ
ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥
ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ
ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥
ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ
ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥
ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ
ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

By thinking, He cannot be reduced

to thought, even by thinking hundreds
of thousands of times. By remaining
silent, silence does not come, even by
remaining lovingly absorbed within.

The hunger of the hungry is not

appeased, even by piling up loads
of worldly goods. Hundreds and
thousands of clever mental tricks,
but none of them will take you there.

So how can one become truthful?

And how can the veil of illusion be torn
away? O Nanak, it is written that you
shall obey the Hukam of His Command,
and walk in the Way of His Will.

SOCHAI SOCH NA HOVA-EE

JAY SOCHEE LAKH VAAR

CHUPAI CHUP NA HOVA-EE

JAY LAA-I RAHAA LIV TAAR

BHUKHI-AA BHUKH NA UTREE

JAY BANNAA PUREE-AA BHAAR

SEHS SI-AANPAA LAKH HO-EH

TA IK NA CHALAI NAAL

KIV SACHI-AARAA HO-EE-AI

KIV KOORAI TUTAI PAAL

HUKAM RAJAA-EE CHALNAA

NAANAK LIKHI-AA NAAL

JAP JI: SECOND PAUREE

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The second pauree imparts patience and stability.

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ

ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ

ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ

ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ

ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੇ

ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ

ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ ॥੨॥

By His Command, bodies come into being;

His Command cannot be described.

By His Command, souls come into being.

By His Command, glory and greatness are
obtained. By His Command, some are

high, and some are low; By His Written

Command, pain and pleasure are

obtained. Some, by His Command,

are blessed and forgiven; Others, by His

Command, wander aimlessly forever.

All are subject to His Command;

No one is beyond His Command.

O Nanak, one who understands His

Command, does not speak in ego.

HUKAMEE HOVAN AAKAAR

HUKAM NA KEHI-AA JAA-EE

HUKAMEE HOVAN JEE-A

HUKAM MILAI VADI-AA-EE

HUKAMEE UTAM NEECH

HUKAM LIKH DUKH SUKH PAA-EE-A-EH

IKNAA HUKAMEE BAKHSHEESH

IK HUKAMEE SADAA BHAVAA-EE-A-EH

HUKAMAI ANDAR SABH KO

BAAHAR HUKAM NA KO-I

NAANAK HUKAMAI JAY BUJHAI

TA HAUMAI KEHAI NA KO-I

JAP JI: THIRD PAUREE

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

ਗਾਵੈ ਕੇ ਤਾਣੁ ਹੋਵੈ ਕਿਸੈ ਤਾਣੁ ॥
ਗਾਵੈ ਕੇ ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ ॥
ਗਾਵੈ ਕੇ ਗੁਣ ਵਡਿਆਈਆ ਚਾਰ ॥
ਗਾਵੈ ਕੇ ਵਿਦਿਆ ਵਿਖਮ ਵੀਚਾਰੁ ॥
ਗਾਵੈ ਕੇ ਸਾਸਿ ਕਰੇ ਤਨੁ ਖੋਹ ॥
ਗਾਵੈ ਕੇ ਸੀਮ ਲੈ ਫਿਰਿ ਦੇਹ ॥
ਗਾਵੈ ਕੇ ਜਾਪੈ ਦਿਸੈ ਦੂਰਿ ॥
ਗਾਵੈ ਕੇ ਵੇਖੈ ਹਾਦਰਾ ਹਦੂਰਿ ॥
ਕਥਨਾ ਕਥੀ ਨ ਆਵੈ ਤੋਟਿ ॥
ਕਥਿ ਕਥਿ ਕਥੀ ਕੋਟੀ ਕੋਟਿ ਕੋਟਿ ॥
ਦੇਦਾ ਦੇ ਲੈਦੇ ਬਕਿ ਪਾਹਿ ॥
ਸੁਗਾ ਸੁਗੰਤਰਿ ਖਾਹੀ ਖਾਹਿ ॥
ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥
ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

Some sing of His Power - who has that Power? Some sing of His Gifts, and know these as His Sign and Insignia. Some sing of His Glorious Virtues, His Greatness and His Beauty. Some sing of knowledge of Him, through arduous study and contemplation. Some sing that He fashions the body, and then again reduces it to dust. Some sing that He takes life away, and then again restores it. Some sing that He seems so far away. Some sing that He watches over us, face to face, ever-present. There is no lack of those who preach and teach. Millions upon millions offer millions of sermons and stories. The Great Giver keeps on giving, while those who receive grow weary of receiving. Throughout the ages, consumers consume. The Commander, by His Command, leads us to walk upon the Path. O Nanak, He blossoms forth, carefree and independent.

GAAVAI KO TAAN HOVAI KISAI TAAN
GAAVAI KO DAAT JAANAI NEESHAAN
GAAVAI KO GUN VADI-AA-EE-AA CHAAR
GAAVAI KO VIDI-AA VIKHAM VEECHAAR
GAAVAI KO SAAJ KARAY TAN KHAYH
GAAVAI KO JEE-A LAI FIR DAYH
GAAVAI KO JAAPAI DISAI DOOR
GAAVAI KO VAYKHAI HAADARAA HADDOOR
KAT'HANAA KAT'HEE NA AAVAI TOT
KAT'H KAT'H KAT'HEE KOTEE KOT KOT
DAYNDAA DAY LAINDAY T'HAK PAA-EH
JUGAA JUGANTAR KHAASHEE KHAA-EH
HUKAMEE HUKAM CHALAA-AY RAAHO
NAANAK VIGASAI VAYPARVAHO

JAP JI: FOURTH PAUREE

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

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ
ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ ॥
ਆਖਹਿ ਮੰਗਹਿ ਦੇਹਿ ਦੇਹਿ
ਦਾਤਿ ਕਰੇ ਦਾਤਾਰੁ ॥
ਫੇਰਿ ਕਿ ਅਗੈ ਰਖੀਐ
ਜਿਤੁ ਦਿਸੈ ਦਰਬਾਰੁ ॥
ਮੁਹੈ ਕਿ ਬੋਲਣੁ ਬੋਲੀਐ
ਜਿਤੁ ਸੁਣਿ ਧਰੇ ਪਿਆਰੁ ॥
ਅੰਮ੍ਰਿਤੁ ਵੇਲਾ ਸਚੁ ਨਾਉ
ਵਡਿਆਈ ਵੀਚਾਰੁ ॥
ਕਰਮੀ ਆਵੈ ਕਪੜਾ
ਨਦਰੀ ਮੋਖੁ ਦੁਆਰੁ ॥
ਨਾਨਕ ਏਵੈ ਜਾਣੀਐ
ਸਭੁ ਆਪੇ ਸਚਿਆਰੁ ॥੪॥

True is the Master, True is His Name,

spoken with Infinite Love. People beg

and pray, "Give to us, give to us", and

the Great Giver keeps giving His Gifts.

What, then, should we place in offering

before Him, by which we might see the

Darbaar of His Court? And which words

should we utter, that by hearing them,

His Love might be evoked? In the Amrit

Vaylaa, the Ambrosial hours before

dawn, chant the True Name, and reflect

deeply upon His Glorious Greatness. By

the karma of your past actions, the robe

of this physical body has been obtained.

By His Grace, the Gate of Liberation is

found. O Nanak, know this well: The

True One, Himself, is All-In-All.

SAACHAA SAAHIB SAACH NAA-I

BHAAKHI-AA BHAA-O APAAR

AAKHEH MANGEH DAYEH DAYEH

DAAT KARAY DAATAAR

FAYR KI AGAI RAKHEE-AI

JIT DISAI DARBAAR

MUHAAO KI BOLAN BOLEE-AI

JIT SUN DHARAY PI-AAR

AMRIT VAYLAA SACH NAA-O

VADI-AA-EE VEECHAAR

KARMEE AAVAI KAPRAA

NADAREE MOKH DU-AAR

NAANAK AYVAI JAAÑEE-AI

SABH AAPAY SACHI-AAR

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

ਬਾਪਿਆ ਨ ਜਾਇ ਕੀਤਾ ਨ ਹੋਇ ॥
ਆਪੇ ਆਪਿ ਨਿਰੰਜਨੁ ਸੋਇ ॥
ਜਿਨਿ ਸੋਵਿਆ ਤਿਨਿ ਪਾਇਆ ਮਾਨੁ ॥
ਨਾਨਕ ਗਾਵੀਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥
ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ ਭਾਉ ॥
ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥
ਗੁਰਮੁਖ ਨਾਦੰ ਗੁਰਮੁਖ ਵੇਦੰ
ਗੁਰਮੁਖ ਰਹਿਆ ਸਮਾਈ ॥
ਗੁਰੁ ਈਸਰੁ ਗੁਰੁ ਗੋਰਖੁ ਬਰਮਾ
ਗੁਰੁ ਪਾਰਬਤੀ ਮਾਈ ॥
ਜੇ ਹਉ ਜਾਣਾ ਆਖਾ ਨਾਹੀ
ਕਹਣਾ ਕਥਨੁ ਨ ਜਾਈ ॥
ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥
ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ
ਸੋ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੫॥

He cannot be established or created.

He Himself is Immaculate and Pure.

Those who serve Him are honored.

O Nanak, sing of the Lord, the Treasure of Virtue. Sing, and listen, and let your mind be filled with love. Your troubles shall be taken far away, and peace shall fill your heart and home. The Guru's

Word is the Sound-Current of the Naad; the Guru's Word is the Wisdom of the Vedas; the Guru's Word is all-pervading and permeating. The Guru is Shiva, the Guru is Vishnu and Brahma; the Guru is Paarvati and Lakshmi. Even knowing God, I cannot describe Him; He cannot be described in words. The Guru has taught me one thing: There is only the One, the Giver of all souls. May I never forget Him!

T'HAAPI-AA NA JAA-I KEETAA NA HO-I

AAPAY AAP NIRANJAN SO-I

JIN SAYVI-AA TIN PAA-I-AA MAAN

NAANAK GAAVEE-AI GUNEE NIDHAAN

GAAVEE-AI SUNEE-AI MAN RAKHEE-AI BHAA-O

DUKH PARHAR SUKH GHAR LAI JAA-I

GURMUKH NAADANG GURMUKH VAYDANG

GURMUKH REHI-AA SAMAA-EE

GUR EESAR GUR GORAKH BARMAA

GUR PAARBATEE MAA-EE

JAY HAU JAANAA AAKHAA NAAHEE

KEHANAA KAT'HAN NA JAA-EE

GURAA IK DAYEH BUJHAA-EE

SABHANAA JEE-AA KAA IK DAATAA

SO MAI VISAR NA JAA-EE

JAP JI: SIXTH PAUREE

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

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ
ਵਿਣੁ ਭਾਣੈ ਕਿ ਨਾਇ ਕਰੀ
ਜੇਤੀ ਸਿਰਠਿ ਉਪਾਈ ਵੇਖਾ
ਵਿਣੁ ਕਰਮਾ ਕਿ ਮਿਲੈ ਲਈ ॥
ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ
ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥
ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥
ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ
ਸੋ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੬॥

If I am pleasing to Him, then that is
my pilgrimage and cleansing bath.
Without pleasing Him, what good are
ritual cleansings? Gazing upon the
created beings, without the karma of
good actions, what are they given to
receive? Within the mind are gems,
jewels and rubies, from listening to
the Guru's Teachings, even once. The
Guru has taught me one thing: There
is only the One, the Giver of all souls.
May I never forget Him!

TEERAT' H NAAVAA JAY TIS BHAAVAA
VIN BHAANAY KI NAA-I KAREE
JAYTEE SIRAT' H UPAA-EE VAYKHAA
VIN KARMAA KI MILAI LA-EE
MAT VICH RATAN JAVAAHAR MAANIK
JAY IK GUR KEE SIKH SUNEE
GURAA IK DAYEH BUJHAA-EE
SABHANAA JEE-AA KAA IK DAATAA
SO MAI VISAR NA JAA-EE

JAP JI: SEVENTH PAUREE

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

ਜੇ ਸੁਗ ਚਾਰੇ ਆਰਜਾ
ਹੋਰ ਦਸੁਣੀ ਹੋਇ ॥
ਨਵਾ ਖੰਡਾ ਵਿਚਿ ਜਾਣੀਐ
ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੋਇ ॥
ਚੰਗਾ ਨਾਉ ਰਖਾਇ ਕੈ
ਜਸੁ ਕੀਰਤਿ ਜਗਿ ਲੇਇ ॥
ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ
ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ ॥
ਕੀਟਾ ਅੰਦਰਿ ਕੀਟੁ ਕਰਿ
ਦੋਸੀ ਦੋਸੁ ਧਰੇ ॥
ਨਾਨਕ ਨਿਰਗੁਣਿ ਗੁਣੁ ਕਰੇ
ਗੁਣਵੰਤਿਆ ਗੁਣੁ ਦੇ ॥
ਤੋਹਾ ਕੋਇ ਨ ਸੁਝਈ
ਜਿ ਤਿਸੁ ਗੁਣੁ ਕੋਇ ਕਰੇ ॥੨॥

If your life could be extended throughout the four ages, or even ten times longer,

JAY JUG CHAARAY AARJAA
HOR DASOONEE HO-I

If you were known across the nine continents, and followed by everyone,

NAVAA KHANDAA VICH JAANEE-AI
NAAL CHALAI SABH KO-I

With a good name and reputation, fame and praise throughout the world,

CHANGAA NAA-O RAKHAA-I KAI
JAS KEERAT JAG LAYEH

Still, if God does not bless you with His Glance of Grace, then who cares? What is the use?

JAY TIS NADAR NA AAVA-EE
TA VAAT NA POOCHHAI KAY

Among worms, you shall be looked down upon as a worm, and the contemptible sinners shall hold you in contempt.

KEETAA ANDAR KEET KAR
DOSEE DOS DHARAY

O Nanak, God bestows worth upon the unworthy, and virtue upon the virtuous.

NAANAK NIRGUN GUN KARAY
GUNVANTI-AA GUN DAY

No one can even imagine anyone who bestows virtue upon Him.

TAYHAA KO-I NA SUJHA-EE
JI TIS GUN KO-I KARAY

JAP JI: EIGHTH PAUREE

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

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥

ਸੁਣਿਐ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥

ਸੁਣਿਐ ਦੀਪ ਲੋਅ ਪਾਤਾਲ ॥

ਸੁਣਿਐ ਧੋਹਿ ਨ ਸਕੈ ਕਾਲੁ ॥

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

Listening, the Siddhas (the beings of spiritual perfection), the spiritual

teachers, the heroic warriors, the

Yogic Masters. Listening, the Earth,

its support and the Akaashic ethers.

Listening, the oceans, the lands and

peoples of the world, and the

nether regions of the underworld.

Listening, Death cannot touch you.

O Nanak, the devotees are forever in bliss.

Listening, pain and sin are erased.

SUNI-AI SIDH PEER SUR NAAT'H

SUNI-AI DHARAT DHAVAL AAKAASH

SUNI-AI DEEP LO-A PAATAAL

SUNI-AI PO-EH NA SAKAI KAAL

NAANAK BHAGATAA SADAA VIGAAS

SUNI-AI DOOKH PAAP KAA NAAS

The ninth pauree gives expansion.

ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥

Listening, Shiva,
Brahma and Indra.

SUNI-AI EESAR BARMAA IND

ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥

Listening, even foul-mouthed
people praise Him.

SUNI-AI MUKH SAALAAHAN MAND

ਸੁਣਿਐ ਜੋਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦ ॥

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

SUNI-AI JOG JUGAT TAN BHAYD

ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦ ॥

Listening, the Shaastras,
the Simritees and the Vedas.

SUNI-AI SHAAST SIMRIT VAYD

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

O Nanak, the devotees
are forever in bliss.

NAANAK BHAGATAA SADAA VIGAAS

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

Listening, pain and sin are erased.

SUNI-AI DOOKH PAAP KAA NAAS

JAP JI: TENTH PAUREE

- 28 -

The tenth pauree grants grace.

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥

ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥

ਸੁਣਿਐ ਲਾਰੈ ਸਹਜਿ ਧਿਆਨੁ ॥

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

Listening, Truth, Contentment
and Spiritual Wisdom.

Listening, as if to take one's cleansing bath
at the sixty-eight sacred shrines of pilgrimage.

Listening, reading and reciting,
honor is obtained.

Listening, intuitively grasping
the Essence of Meditation.

O Nanak, the devotees
are forever in bliss.

Listening, pain and sin are erased.

SUNI-AI SAT SANTOKH GI-AAN

SUNI-AI AT HSAT'H KAA ISHNAAN

SUNI-AI PAR PAR PAAVEH MAAN

SUNI-AI LAAGAI SEHJ DHI-AAN

NAAANAK BHAGATAA SADAA VIGAAS

SUNI-AI DOOKH PAAP KAA NAAS

JAP JI: ELEVENTH PAUREE

The eleventh pauree gives virtue.

ਸੁਣਿਐ ਸਰਾ ਗੁਣਾ ਕੇ ਗਾਹ ॥

Listening, dive deep into
the Ocean of Virtue.

SUNI-AI SARAA GUNAA KAY GAAH

ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥

Listening, Shaykhs (religious scholars),
spiritual teachers, emperors.

SUNI-AI SHAYKH PEER PAATISHAAH

ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥

Listening, even the blind find the Way.

SUNI-AI ANDHAY PAAVEH RAAHO

ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥

Listening, the Unreachable
comes into our hands.

SUNI-AI HAAT'H HOVAI ASGAAHO

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

O Nanak, the devotees
are forever in bliss.

NAANAK BHAGATAA SADAA VIGAAS

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧॥

Listening, pain and sin are erased.

SUNI-AI DOOKH PAAP KAA NAAS

JAP JI: TWELFTH PAUREE

- 30 -

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

ਮੰਨੋ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥

ਜੇ ਕੋ ਕਰੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥

ਮੰਨੋ ਕਾ ਬਹਿ ਕਰਨਿ ਵੀਚਾਰੁ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

The state of the Faithful
cannot be described.

Anyone who describes it
shall regret the attempt.

No paper, no pen, no scribe
can record the state of the Faithful.

Such is the Name of the Immaculate Lord.

Only one who has Faith
comes to know such a state of mind.

MANNAY KEE GAT KEHEE NA JAA-I

JAY KO KEHAI PICHHAI PACHHUTAA-I

KAAGAD KALAM NA LIKHANAHAAR

MANNAY KAA BEH KARAN VEECHAAR

AISAA NAAM NIRANJAN HO-I

JAY KO MANN JAANAI MAN KO-I

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

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥

ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

The Faithful have intuitive intelligence.

The Faithful know about all the worlds.

The Faithful shall never be struck
across their face.

The Faithful shall not have to go
with the Messenger of Death.

Such is the Name of the Immaculate Lord.

Only one who has Faith
comes to know such a state of mind.

MANNAI SURAT HOVAI MAN BUDH

MANNAI SAGAL BHAVAN KEE SUDH

MANNAI MU-EH CHOṬĀ NAA KHAA-I

MANNAI JAM KAI SAAT'H NA JAA-I

AISAA NAAM NIRANJAN HO-I

JAY KO MANN JAANAI MAN KO-I

JAP JI: FOURTEENTH PAUREE

- 32 -

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

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਬੁ ॥

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸਨਬੰਧੁ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੪॥

The Path of the Faithful shall never be obstructed.

The Faithful shall depart with honor and respect.

The Faithful do not follow empty religious rituals.

The Faithful are firmly bound to the Dharma.

Such is the Name of the Immaculate Lord.

Only one who has Faith comes to know such a state of mind.

MANNAI MAARAG T'HAAK NA PAA-I

MANNAI PAT SI-O PARGAT JAA-I

MANNAI MAG NA CHALAI PANT'H

MANNAI DHARAM SAYTEE SANBANDH

AISAA NAAM NIRANJAN HO-I

JAY KO MANN JAANAI MAN KO-I

JAP JI: FIFTEENTH PAUREE

The fifteenth pauree brings salvation.

ਮੰਨੈ ਪਾਵਹਿ ਮੋਖੁ ਦੁਆਰੁ ॥

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥

ਮੰਨੈ ਤਰੈ ਤਾਰੈ ਗੁਰੁ ਸਿਖ ॥

ਮੰਨੈ ਨਾਨਕ ਭਵਹਿ ਨ ਭਿਖ ॥

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮੰਨਿ ਕੋਇ ॥੧੫॥

The Faithful find
the Door of Liberation.

The Faithful uplift and redeem
their family and relations.

The Faithful are saved, and carried across
with the Sikhs of the Guru.

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

Such is the Name of the Immaculate Lord;

Only one who has Faith
comes to know such a state of mind.

MANNAI PAAVEH MOKH DU-AAR

MANNAI PARVAARAI SAADHAAR

MANNAI TARAI TAARAY GUR SIKH

MANNAI NAAK BHAVEH NA BHIKH

AISAA NAAM NIRANJAN HO-I

JAY KO MANN JAANAI MAN KO-I

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

ਪੰਚ ਪਰਵਾਣ ਪੰਚ ਪਰਧਾਨੁ ॥
 ਪੰਚੇ ਪਾਵਹਿ ਦਰਗਹਿ ਮਾਨੁ ॥
 ਪੰਚੇ ਸੋਹਹਿ ਦਰਿ ਰਾਜਾਨੁ ॥
 ਪੰਚਾ ਕਾ ਗੁਰੁ ਏਕੁ ਧਿਆਨੁ ॥
 ਜੇ ਕੇ ਕਰੈ ਕਰੈ ਵੀਚਾਰੁ ॥
 ਕਰਤੇ ਕੈ ਕਰਣੈ ਨਾਹੀ ਸੁਮਾਰੁ ॥
 ਧੋਲੁ ਧਰਮੁ ਦਇਆ ਕਾ ਪੂਤੁ ॥
 ਸੰਤੋਖੁ ਥਾਪਿ ਰਖਿਆ ਜਿਨਿ ਸੂਤਿ ॥
 ਜੇ ਕੇ ਬੁਝੈ ਹੋਵੈ ਸਚਿਆਰੁ ॥
 ਧਵਲੈ ਉਪਰਿ ਕੇਤਾ ਭਾਰੁ ॥
 ਧਰਤੀ ਹੋਰੁ ਪਰੈ ਹੋਰੁ ॥
 ਤਿਸ ਤੇ ਭਾਰੁ ਤਲੈ ਕਵਣ ਜੋਰੁ ॥
 ਜੀਅ ਜਾਤਿ ਰੰਗਾ ਕੇ ਨਾਵ ॥
 ਸਭਨਾ ਲਿਖਿਆ ਵੁਡੀ ਕਲਾਮ ॥
 ਏਹੁ ਲੇਖਾ ਲਿਖਿ ਜਾਣੈ ਕੋਇ ॥
 ਲੇਖਾ ਲਿਖਿਆ ਕੇਤਾ ਹੋਇ ॥
 ਕੇਤਾ ਤਾਣੁ ਸੁਆਲਿਹੁ ਰੂਪ ॥
 ਕੇਤੀ ਦਾਤਿ ਜਾਣੈ ਕੋਣੁ ਕੂਤੁ ॥
 ਕੀਤਾ ਪਸਾਉ ਏਕੋ ਕਵਾਉ ॥
 ਤਿਸ ਤੇ ਹੋਏ ਲਖ ਦਰੀਆਉ ॥
 ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥
 ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥
 ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥
 ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੬॥

The Chosen Ones, the Self-Elect, are accepted and honored. The Chosen Ones are honored in the Court of the Lord. The Chosen Ones look beautiful in the courts of kings. The Chosen Ones meditate single-mindedly upon the Guru. No matter how much anyone tries to explain and describe them, the Doings of the Creator cannot be listed. The mythical bull is Dharma, the Son of Compassion - this is what patiently holds the Earth in its place. One who understands this becomes truthful. What a great load this puts on the bull! So many worlds beyond this world, so very many! What power holds them, and supports their weight? The names and colors of the various species of beings were all written by the Ever-Flowing Pen of God. Who knows how to write this account? Imagine what a huge scroll it would take! What Power! What Fascinating Beauty! And what Gifts! Who can know them all? With One Sound, You created the expanse of the Universe. Hundreds of thousands of rivers began to flow. How can Your Creative Potency be described? I cannot even once be a sacrifice unto You. Whatever pleases You is the only good done, You, the Eternal and Formless One!

PANCH PARVAAN PANCH PARDHAAN
 PANCHAY PAAVEH DARGEH MAAN
 PANCHAY SOHEH DAR RAAJAAN
 PANCHAA KAA GUR AYK DHI-AAN
 JAY KO KEHAI KARAI VEECHAAR
 KARTAY KAI KARNAI NAAHEE SUMAAR
 DHAAOL DHARAM DA-I-AA KAA POOT
 SANTOKH T'HAAP RAKHI-AA JIN SOOT
 JAY KO BUJHAI HOVAI SACHI-AAR
 DHAVALAI UPAR KAYTAA BHAAR
 DHARTEE HOR PARAI HOR HOR
 TIS TAY BHAAR TALAI KAVAN JOR
 JEE-A JAAT RANGAA KAY NAAV
 SABHANAA LIKHI-AA VUREE KALAAM
 AYHO LAYKHAALIKH JAANAI KO-I
 LAYKHAALIKHI-AA KAYTAA HO-I
 KAYTAA TAAAN SU-AALIHO ROOP
 KAYTEE DAAT JAANAI KAAON KOOT
 KEETAA PASAA-O AYKO KAVAA-O
 TIS TAY HO-AY LAKH DAREE-AA-O
 KUDRAT KAVAN KAHAA VEECHAAR
 VAARI-AA NA JAAVAA AYK VAAR
 JO TUDH BHAAVAI SAA-EE BHALEE KAAAR
 TOO SADAA SALAAMAT NIRANKAAR

JAP JI: SEVENTEENTH PAUREE

The seventeenth pauree brings freedom and resurrection.

ਅਸੰਖ ਜਪ ਅਸੰਖ ਭਾਉ ॥

ਅਸੰਖ ਪੂਜਾ ਅਸੰਖ ਤਪ ਤਾਉ ॥

ਅਸੰਖ ਰਰੰਬ ਮੁਖਿ ਵੇਦ ਪਾਠ ॥

ਅਸੰਖ ਜੋਗ ਮਨਿ ਰਹਹਿ ਉਦਾਸ ॥

ਅਸੰਖ ਭਗਤ ਗੁਣ ਗਿਆਨ ਵੀਚਾਰ ॥

ਅਸੰਖ ਸਤੀ ਅਸੰਖ ਦਾਤਾਰ ॥

ਅਸੰਖ ਸੂਰ ਮੁਹ ਭਖ ਸਾਰ ॥

ਅਸੰਖ ਮੋਨਿ ਲਿਵ ਲਾਇ ਤਾਰ ॥

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੭॥

Countless meditations, countless loves.

Countless devotions, countless austere disciplines. Countless scriptures, and

Vedas recited ritualistically. Countless

Yogis, their minds remaining detached from the world. Countless devotees,

contemplating God's Wisdom and His

Glorious Virtues. Countless holy

people, countless givers. Countless

heroic spiritual warriors, who with

their mouths eat steel, bearing the

brunt of the battle. Countless silent

sages vibrating the String of His Love.

How can Your Creative Potency be

described? I cannot even once be a

sacrifice unto You. Whatever pleases

You is the only good done, You, the

Eternal and Formless One.

ASANKH JAP ASANKH BHAA-O

ASANKH POOJAA ASANKH TAP TAA-O

ASANKH GRANTH MUKH VAYD PAAT'Ḥ

ASANKH JOG MAN REHEH UDAAS

ASANKH BHAGAT GUṆ GI-AAN VEECHAAR

ASANKH SATEE ASANKH DAATAAR

ASANKH SOOR MUH BHAKH SAAR

ASANKH MON LIV LAA-I TAAR

KUDRAT KAVANḤ KAHAA VEECHAAR

VAARI-AA NA JAAVAA AYK VAAAR

JO TUDH BHAAVAI SAA-EE BHALEE KAAR

TUU SADAA SALAAMAT NIRANKAAR

JAP JI: EIGHTEENTH PAUREE

- 36 -

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

ਅਸੰਖ ਮੂਰਖ ਅੰਧ ਘੋਰ ॥
ਅਸੰਖ ਚੋਰ ਹਰਾਮਖੋਰ ॥
ਅਸੰਖ ਅਮਰ ਕਰਿ ਜਾਹਿ ਜੋਰ ॥
ਅਸੰਖ ਗਲਵਢੁ ਹਤਿਆ ਕਮਾਹਿ ॥
ਅਸੰਖ ਪਾਪੀ ਪਾਪੁ ਕਰਿ ਜਾਹਿ ॥
ਅਸੰਖ ਭੂਤਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ ॥
ਅਸੰਖ ਮਲੇਛ ਮਲੁ ਭਖਿ ਖਾਹਿ ॥
ਅਸੰਖ ਨਿੰਦਕ ਸਿਰਿ ਕਰਹਿ ਭਾਰੁ ॥
ਨਾਨਕੁ ਨੀਚੁ ਕਹੈ ਵੀਚਾਰੁ ॥
ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥
ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥
ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੮॥

Countless fools, blinded by ignorance.

Countless thieves and criminals.

Countless impose their will by force.

Countless cut-throats and ruthless

killers. Countless sinners who keep

right on sinning. Countless liars,

wandering lost in their lies. Countless

wretched beings, eating filth as their

ration. Countless slanderers, carrying

the weight of their stupid mistakes on

their heads. Nanak describes the state

of the lowly. I cannot even once be a

sacrifice unto You. Whatever pleases

You is the only good done, You, the

Eternal and Formless One.

ASANKH MOORAKH ANDH GHOR

ASANKH GHOR HARAAMKHOR

ASANKH AMAR KAR JAA-I JOR

ASANKH GALVADH HATI-AA KAMAA-EH

ASANKH PAAPEE PAAP KAR JAA-I

ASANKH KOORI-AAR KOORAY FIRAA-EH

ASANKH MALAYCHH MAL BHAKH KHAA-EH

ASANKH NINDAK SIR KAREH BHAAR

NAANAK NEECH KEHAI VEECHAAR

VAARI-AA NA JAAVAA AYK VAAAR

JO TUDH BHAAVAI SAA-EE BHALEE KAAR

TUU SADAA SALAAMAT NIRANKAAR

JAP JI: NINETEENTH PAUREE

The nineteenth pauree brings universal knowledge, inspiration and revelation.
If you understand this pauree, you'll never have any trouble understanding anything.

ਅਸੰਖ ਨਾਵ ਅਸੰਖ ਥਾਵ ॥
 ਅਗੰਮ ਅਗੰਮ ਅਸੰਖ ਲੋਅ ॥
 ਅਸੰਖ ਕਹਹਿ ਸਿਰਿ ਭਾਰੁ ਹੋਇ ॥
 ਅਖਰੀ ਨਾਮੁ ਅਖਰੀ ਸਾਲਾਹ ॥
 ਅਖਰੀ ਗਿਆਨੁ ਗੀਤ ਗੁਣ ਗਾਹ ॥
 ਅਖਰੀ ਲਿਖਣੁ ਬੋਲਣੁ ਬਾਣਿ ॥
 ਅਖਰਾ ਸਿਰਿ ਸੰਜੋਗੁ ਵਖਾਣਿ ॥
 ਜਿਨਿ ਏਹਿ ਲਿਖੇ ਤਿਸੁ ਸਿਰਿ ਨਾਹਿ ॥
 ਜਿਵ ਫੁਰਮਾਏ ਤਿਵ ਤਿਵ ਪਾਹਿ ॥
 ਜੋਤਾ ਕੀਤਾ ਤੇਤਾ ਨਾਉ ॥
 ਵਿਣੁ ਨਾਵੈ ਨਾਹੀ ਕੋ ਥਾਉ ॥
 ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥
 ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥
 ਜੋ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥
 ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੯॥

Countless Names, countless Places.
 Unfathomable, Inaccessible, Countless
 Celestial Realms. Even to call them
 countless is to carry the weight of your
 mistakes on your head. From the
 Word, comes the Naam; from the
 Word, come Your Praises. From the
 Word, comes Spiritual Wisdom,
 singing the Songs of Your Glory.
 From the Word, come the written and
 spoken words and hymns. From the
 Word, comes one's destiny, written
 upon the forehead. But the One who
 wrote these Words of Destiny - His
 Forehead is not written upon. As He
 ordains, so do we receive. The created
 universe is the manifestation of Your
 Name. Without Your Name, there is no
 place at all. How can Your Creative
 Potency be described? I cannot even
 once be a sacrifice unto You. Whatever
 pleases You is the only good done,
 You, the Eternal and Formless One.

ASANKH NAAV ASANKH T'HAAV

AGAMM AGAMM ASANKH LO-A

ASANKH KEHEH SIR BHAAR HO-I

AKHREE NAAM AKHREE SAALAAH

AKHREE GI-AAN GEET GUN GAAH

AKHREE LIKHAṆ BOLAN BAAṆ

AKHRAA SIR SANJOG VAKHAAN

JIN AYEḤ LIKHAY TIS SIR NAA-EH

JIV FURMAA-AY TIV TIV PAA-EH

JAYTAA KEETAA TAYTAA NAA-O

VIṆ NAAVAY NAAHEE KO T'HAA-O

KUDRAT KAVAN KAḤAA VEECHAAR

VARI-AA NA JAAVAA AYK VAAR

JO TUDH BHAAVAI SAA-EE BHALEE KAAR

TOO SADAA SALAAMAT NIRANKAAR

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

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹੁ ॥

ਪਾਣੀ ਧੋਤੈ ਉਤਰਸੁ ਖੋਹੁ ॥

ਮੂਤੁ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥

ਦੇ ਸਾਬੂਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥

ਭਰੀਐ ਮਤਿ ਪਾਪੁ ਕੈ ਸੰਗਿ ॥

ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

ਪੁੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਹਿ ॥

ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ ॥

ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ ॥

ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ ॥੨੦॥

When the hands and the feet
and the body are dirty,
water can wash away the dirt.

When the clothes are soiled,
and stained by urine,
soap can wash them clean.

But when the mind is stained
by the residues of sin, it can only
be cleansed by the love of the Name.

Virtue and vice do not come by mere words -
actions repeated, over and over again,
are engraved upon the soul.

What you plant, is what you shall harvest.
O Nanak, by the Hukam of His Command
mortals come and go in reincarnation.

BHAREE-AI HAT'H PAIR TAN DAYH

PAANEE DHOTAI UTRAS KHAYH

MOOT PALEETEE KAPAR HO-I

DAY SAABOON LA-EE-AI OHO DHO-I

BHAREE-AI MAT PAAPAA KAI SANG

OHO DHOPAI NAAVAI KAI RANG

PUNNEE PAAPEE AAKHAN NAA-EH

KAR KAR KARNA LIKH LAI JAAHO

AAPAY BEEJ AAPAY HEE KHAHO

NAANAK HUKAMEE AAVAHO JAAHO

JAP JI: TWENTY-FIRST PAUREE

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

ਤੀਰਥੁ ਤਪੁ ਦਇਆ ਦਤੁ ਦਾਨੁ ॥
ਜੈ ਕੈ ਪਾਵੈ ਤਿਲ ਕਾ ਮਾਨੁ ॥
ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ ॥
ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਲਿ ਨਾਉ ॥
ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੋਇ ॥
ਵਿਨੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ ॥
ਸੁਅਸਤਿ ਆਬਿ ਬਾਣੀ ਬਰਮਾਉ ॥
ਸਤਿ ਸੁਹਾਣੁ ਸਦਾ ਮਨਿ ਚਾਉ ॥
ਕਵਣੁ ਸੁ ਵੇਲਾ ਵਖਤੁ ਕਵਣੁ
ਕਵਣ ਬਿਤਿ ਕਵਣੁ ਵਾਰੁ ॥
ਕਵਣਿ ਸਿ ਰੁਤੀ ਮਾਹੁ ਕਵਣੁ
ਜਿਤੁ ਹੋਆ ਆਕਾਰੁ ॥
ਵੇਲ ਨ ਪਾਈਆ ਪੰਡਤੀ
ਜਿ ਹੋਵੈ ਲੇਖੁ ਪੁਰਾਣੁ ॥
ਵਖਤੁ ਨ ਪਾਇਓ ਕਾਦੀਆ
ਜਿ ਲਿਖਿਨਿ ਲੇਖੁ ਕੁਰਾਣੁ ॥
ਕੁਤਿ ਵਾਰੁ ਨਾ ਜੋਗੀ ਜਾਣੈ
ਜਾ ਕਰਤਾ ਸਿਰਠੀ ਕਉ ਸਾਜੈ
ਆਪੇ ਜਾਣੈ ਸੋਈ ॥
ਕਿਵ ਕਰਿ ਆਖਾ ਕਿਵ ਸਾਲਾਹੀ
ਕਿਉ ਵਰਨੀ ਕਿਵ ਜਾਣਾ ॥
ਨਾਨਕ ਆਖਣਿ ਸਭੁ ਕੇ ਆਖੈ
ਇਕ ਦੂ ਇਕੁ ਸਿਆਣਾ ॥
ਵਡਾ ਸਾਹਿਬੁ ਵਡੀ ਨਾਈ
ਕੀਤਾ ਜਾ ਕਾ ਹੋਵੈ ॥
ਨਾਨਕ ਜੈ ਕੇ ਆਪੇ ਜਾਣੈ
ਅਗੈ ਗਇਆ ਨ ਸੋਹੈ ॥੨੧॥

Pilgrimages, austerities, compassion and charity, by themselves, bring only an iota of merit. Listening, accepting with humility and love in your mind, cleanse yourself at the Sacred Shrine deep within your being. All virtues are Yours, Lord; I have none at all. Without virtue, there is no devotional worship. I bow unto the Lord of the World, to His Word, to Brahma the Creator. God is True and Beautiful; His Mind is forever joyful. What was that time, and what was that moment? What was that day, and what was that date? What was that season, and what was that month, when the Universe was created? The Pandits, the religious scholars, cannot find that time, even if it is written in the Puraanas. That time is not known to the Qazis, who study the Koran. The day and the date are not known to the Yogis, nor is the month or the season. The Creator who fashioned this creation - He alone knows. How can we speak of Him? How can we praise Him? How can we describe Him? How can we know Him? O Nanak, everyone speaks of Him, each one more clever than the others. Great is the Master, Great is His Name. Whatever happens, is by His Will. O Nanak, one who claims to know everything, shall not be decorated in the world hereafter.

TEERAT'H TAP DA-I-AA DAT DAAN
JAY KO PAAVAI TIL KAA MAAN
SUNI-AA MANNI-AA MAN KEETAA BHAA-O
ANTARGAT TEERAT'H MAL NAA-O
SABH GUN TAYRAY MAI NAAHEE KO-I
VIN GUN KEETAY BHAGAT NA HO-I
SU-AAST AAT'H BAAÑEE BARMAA-O
SAT SUHAAN SADAA MAN CHAA-O
KAVAN SU VAYLAA VAKHAT KAVAN
KAVAN T'HIT KAVAN VAAR
KAVAN SI RUTEE MAAHO KAVAN
JIT HO-AA AAKAAR
VAYL NA PAA-EE-AA PANDATEE
JI HOVAI LAYKH PURAAN
VAKHAT NA PAA-I-O KAADEE-AA
JI LIKHAN LAYKH KURAAÑ
T'HIT VAAR NAA JOGEE JAAÑAI
RUT MAAHO NAA KO-EE
JAA KARTAA SIRT'HEE KAU SAAJAY
AAPAY JAAÑAI SO-EE
KIV KAR AAKHAA KIV SAALAAHEE
KI-O VARNEE KIV JAAÑAA
NAANAK AAKHAN SABH KO AAKHAI
IK DOO IK SI-AANAA
VADAA SAAHIB VADEE NAA-EE
KEETAA JAA KAA HOVAI
NAANAK JAY KO AAPAAO JAAÑAI
AGAI GA-I-AA NA SOHAI

JAP JI: TWENTY-SECOND PAUREE

- 40 -

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

ਪਾਤਾਲਾ ਪਾਤਾਲ

ਲਖ ਆਗਾਸਾ ਆਗਾਸ ॥

ਓੜਕ ਓੜਕ ਭਾਲਿ ਥਕੇ

ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ ॥

ਸਹਸ ਅਠਾਰਹ ਕਹਨਿ ਕਤੇਬਾ

ਅਸੁਲੂ ਇਕੁ ਧਾਤੁ ॥

ਲੇਖਾ ਹੋਇ ਤ ਲਿਖੀਐ

ਲੇਖੇ ਹੋਇ ਵਿਣਾਸੁ ॥

ਨਾਨਕ ਵਡਾ ਆਖੀਐ

ਆਪੇ ਜਾਣੈ ਆਪੁ ॥੨੨॥

There are nether worlds beneath

nether worlds, and hundreds of
thousands of heavenly worlds

above. The Vedas say that you can
search and search to find them all,
until you grow weary. The

scriptures say that there are 18,000
worlds, but in reality, there is only

the One Universe. If you try to write
the account of this, you will surely
finish yourself before you finish

writing it. O Nanak, call Him Great!

He Himself knows Himself.

PAATAALAA PAATAAL

LAKH AAGAASAA AAGAAS

ORAK ORAK BHAAL T'HAKAY

VAYD KEHN IK VAAT

SEHS AT'HAAREH KEHN KATAYBAA

ASULOO IK DHAAT

LAYKHAA HO-I TA LIKHEE-AI

LAYKHAI HO-I VIṆAAS

NAANAK VADAA AAKHEE-AI

AAPAY JAAṆAI AAP

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

ਸਾਲਾਹੀ ਸਾਲਾਹਿ
 ਏਤੀ ਸੁਰਤਿ ਨ ਪਾਈਆ ॥
 ਨਦੀਆ ਅਤੈ ਵਾਹ
 ਪਵਹਿ ਸਮੁੰਦਿ ਨ ਜਾਣੀਅਹਿ ॥
 ਸਮੁੰਦ ਸਾਹ ਸੁਲਤਾਨ
 ਗਿਰਹਾ ਸੇਤੀ ਮਾਲੁ ਧਨੁ ॥
 ਕੀੜੀ ਤੁਲਿ ਨ ਹੋਵਨੀ
 ਜੇ ਤਿਸੁ ਮਨਹੁ ਨ ਵੀਸਰਹਿ ॥੨੩॥

The praisers praise the Lord, but they do not obtain the intuitive understanding. They are like the streams and rivers, flowing into the ocean; they do not know its vastness. Even kings and emperors, with mountains of property, and oceans of wealth - these are not even equal to an ant, who does not forget God.

SAALAAHEE SAALAA-EH

AYTEE SURAT NA PAA-EE-AA

NADEE-AA ATAI VAAH

PAVEH SAMUND NA JAAÑEE-A-EH

SAMUND SAAH SULTAAN

GIRHAA SAYTEE MAAL DHAN

KEEREE TUL NA HOVANEE

JAY TIS MANAHO NA VEESAREH

JAP JI: TWENTY-FOURTH PAUREE

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

ਅੰਤੁ ਨ ਸਿਫਤੀ ਕਹਣਿ ਨ ਅੰਤੁ ॥
 ਅੰਤੁ ਨ ਕਰਣੈ ਦੇਣਿ ਨ ਅੰਤੁ ॥
 ਅੰਤੁ ਨ ਵੇਖਣਿ ਸੁਣਣਿ ਨ ਅੰਤੁ ॥
 ਅੰਤੁ ਨ ਜਾਪੈ ਕਿਆ ਮਨਿ ਮੰਤੁ ॥
 ਅੰਤੁ ਨ ਜਾਪੈ ਕੀਤਾ ਆਕਾਰੁ ॥
 ਅੰਤੁ ਨ ਜਾਪੈ ਪਾਰਾਵਾਰੁ ॥
 ਅੰਤੁ ਕਾਰਣਿ ਕੇਤੇ ਬਿਲਲਾਹਿ ॥
 ਤਾ ਕੇ ਅੰਤੁ ਨ ਪਾਏ ਜਾਹਿ ॥
 ਏਹੁ ਅੰਤੁ ਨ ਜਾਣੈ ਕੋਇ ॥
 ਬਹੁਤਾ ਕਹੀਐ ਬਹੁਤਾ ਹੋਇ ॥
 ਵਡਾ ਸਾਹਿਬੁ ਊਚਾ ਥਾਉ ॥
 ਊਚੇ ਊਪਰਿ ਊਚਾ ਨਾਉ ॥
 ਏਵਡੁ ਊਚਾ ਹੋਵੈ ਕੋਇ ॥
 ਤਿਸੁ ਊਚੇ ਕਉ ਜਾਣੈ ਸੋਇ ॥
 ਜੇਵਡੁ ਆਪਿ ਜਾਣੈ ਆਪਿ ਆਪਿ ॥
 ਨਾਨਕ ਨਦਰੀ ਕਰਮੀ ਦਾਤਿ ॥੨੪॥

Endless are His Praises, endless are those who speak them. Endless are His Actions, endless are His Givings. Endless is His Vision, endless is His Hearing. His limit cannot be perceived. What is the Mystery of His Mind? The limits of the created universe cannot be perceived. Its limits here and beyond cannot be perceived. Many struggle to know His limits. But His limits cannot be known. The more that is said about them, the more there remains to be said. Great is the Master, High is His Heavenly Abode. Highest of the High, above all is His Name. Only one as Great and as High as God, can know His Lofly and Exalted State. Only He Himself is that Great. He alone knows Himself. O Nanak, by His Glance of Grace, He gives His Gifts.

ANT NA SIFATEE KEHN NA ANT
 ANT NA KARNAI DAYN NA ANT
 ANT NA VAYKHAN SUNAN NA ANT
 ANT NA JAAPAI KI-AA MAN MANT
 ANT NA JAAPAI KEETAA AAKAAR
 ANT NA JAAPAI PAARAAVAAR
 ANT KAARAN KAYTAY BILALAA-EH
 TAA KAY ANT NA PAA-AY JAA-EH
 AYHO ANT NA JAAANAI KO-I
 BAHUTAA KEHEE-AI BAHUTAA HO-I
 VADAA SAAHIB OUCHAA T'HAA-O
 OUCHAY OOPAR OUCHAA NAA-O
 AYWAD OUCHAA HOVAI KO-I
 TIS OUCHAY KAU JAAANAI SO-I
 JAYVAD AAP JAAANAI AAP AAP
 NAANAK NADAREE KARMEE DAAT

JAP JI: TWENTY-FIFTH PAUREE

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

ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ ॥
ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ ॥

ਕੇਤੇ ਮੰਗਹਿ ਜੋਧ ਆਪਾਰ ॥
ਕੇਤਿਆ ਗਣਤ ਨਹੀ ਵੀਚਾਰੁ ॥
ਕੇਤੇ ਖਪਿ ਤੁਟਹਿ ਵੇਕਾਰ ॥

ਕੇਤੇ ਲੈ ਲੈ ਮੁਕਰੁ ਪਾਹਿ ॥
ਕੇਤੇ ਮੂਰਖ ਖਾਹੀ ਖਾਹਿ ॥

ਕੇਤਿਆ ਦੂਖ ਭੂਖ ਸਦ ਮਾਰ ॥
ਏਹਿ ਭਿ ਦਾਤਿ ਤੇਰੀ ਦਾਤਾਰ ॥

ਬੰਦਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ ॥
ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ ॥

ਜੇ ਕੋ ਖਾਇਕੁ ਆਖਣਿ ਪਾਇ ॥
ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ ॥

ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ ॥
ਆਖਹਿ ਸਿ ਭਿ ਕੇਈ ਕੇਇ ॥

ਜਿਸ ਨੋ ਬਖਸੈ ਸਿਫਤਿ ਸਾਲਾਹ ॥
ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ ॥੨੫॥

His Blessings are so abundant, there can be no written account. The Great Giver does not hold back anything. So many great, heroic warriors are begging at the Door of the Infinite Lord. So many are contemplating Him, they cannot even be counted. So many are wasting away to death, engrossed in vice and corruption. So many take and take, and then deny receiving. So many foolish consumers keep on consuming. So many endure distress, deprivation and constant abuse. Even these are Your Gifts, O Great Giver! Liberation from bondage comes only by Your Will. No one else has any say in this. If someone should presume to say that he does - he will learn, and feel the effects of his folly! God Himself knows, and He Himself gives. Only a few acknowledge this. One who is blessed to sing the Praises of God, O Nanak, he is the King of kings!

BAHUTAA KARAM LIKHI-AA NAA JAA-I
VADAA DAATAA TIL NA TAMAA-I

KAYTAY MANGEH JODH APAAR
KAYTI-AA GANAT NEHEE VEECHAAR
KAYTAY KHAP TUJTEH VAYKAAAR

KAYTAY LAI LAI MUKAR PAA-EH

KAYTAY MOORAKH KHAASHEE KHAA-EH

KAYTI-AA DOOKH BHOOKH SAD MAAR
AYEH BHI DAAT TAYREE DAATAAR

BAND KHALAASEE BHAANAI HO-I

HOR AAKH NA SAKAI KO-I

JAY KO KHAA-IK AAKHAN PAA-I

OHO JAAANAI JAYTEE-AA MU-EH KHAA-I

AAPAY JAAANAI AAPAY DAY-I

AAKHEH SI BHI KAYEE KAY-I

JIS NO BAKHSAY SIFAT SAALAAH

NAANAK PAATISHAAHEE PAATISHAAHO

JAP JI: TWENTY-SIXTH PAUREE

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The twenty-sixth pauree transforms nothing into everything. In your business it banishes loss, misfortune and misery.

ਅਮੁਲ ਗੁਣ ਅਮੁਲ ਵਾਪਾਰ ॥
 ਅਮੁਲ ਵਾਪਾਰੀਏ ਅਮੁਲ ਭੰਡਾਰ ॥
 ਅਮੁਲ ਆਵਹਿ ਅਮੁਲ ਲੈ ਜਾਹਿ ॥
 ਅਮੁਲ ਭਾਇ ਅਮੁਲ ਸਮਾਹਿ ॥
 ਅਮੁਲ ਧਰਮ ਅਮੁਲ ਦੀਬਾਣੁ ॥
 ਅਮੁਲ ਤੁਲੁ ਅਮੁਲ ਪਰਵਾਣੁ ॥
 ਅਮੁਲ ਬਖਸੀਸ ਅਮੁਲ ਨੀਸਾਣੁ ॥
 ਅਮੁਲ ਕਰਮ ਅਮੁਲ ਫੁਰਮਾਣੁ ॥
 ਅਮੁਲੋ ਅਮੁਲ ਆਖਿਆ ਨ ਜਾਇ ॥
 ਆਖਿ ਆਖਿ ਰਹੇ ਲਿਵ ਲਾਇ ॥
 ਆਖਹਿ ਵੈਦ ਪਾਠ ਪੁਰਾਣੁ ॥
 ਆਖਹਿ ਪੜੈ ਕਰਹਿ ਵਖਿਆਣੁ ॥
 ਆਖਹਿ ਬਰਮੇ ਆਖਹਿ ਇੰਦੁ ॥
 ਆਖਹਿ ਗੋਪੀ ਤੈ ਗੋਵਿੰਦੁ ॥
 ਆਖਹਿ ਈਸਰ ਆਖਹਿ ਸਿਧੁ ॥
 ਆਖਹਿ ਕੇਤੇ ਕੀਤੇ ਬੁਧੁ ॥
 ਆਖਹਿ ਦਾਨਵ ਆਖਹਿ ਦੇਵੁ ॥
 ਆਖਹਿ ਸੁਰਿ ਨਰ ਮੁਨਿ ਜਨ ਸੇਵੁ ॥
 ਕੇਤੇ ਆਖਹਿ ਆਖਣਿ ਪਾਹਿ ॥
 ਕੇਤੇ ਕਹਿ ਕਹਿ ਉਠਿ ਉਠਿ ਜਾਹਿ ॥
 ਏਤੇ ਕੀਤੇ ਹੋਰਿ ਕਰੇਹਿ ॥
 ਤਾ ਆਖਿ ਨ ਸਕਹਿ ਕੇਈ ਕੇਇ ॥
 ਜੇਵਡੁ ਭਾਵੈ ਤੇਵਡੁ ਹੋਇ ॥
 ਨਾਨਕ ਜਾਣੈ ਸਾਚਾ ਸੋਇ ॥
 ਜੇ ਕੋ ਆਖੈ ਬੋਲੁਵਿਗਾਡੁ ॥
 ਤਾ ਲਿਖੀਐ ਸਿਰਿ ਗਾਵਾਰਾ ਗਾਵਾਰੁ ॥੨੬॥

Priceless are His Virtues, Priceless are His Dealings.
 Priceless are His Dealers, Priceless are His Treasures.
 Priceless are those who come to Him, Priceless are those who buy from Him. Priceless is His Love, Priceless is Absorption into Him. Priceless is the Divine Law of Dharma, Priceless is the Divine Court of Justice. Priceless are the scales, priceless are the weights. Priceless are His Blessings, Priceless is His Banner and Insignia. Priceless are His Actions, Priceless is His Royal Command. Priceless, O Priceless beyond expression! Speak of Him continually, and vibrate the String of His Love. The Vedas and the Puraanas speak. The scholars speak and lecture. Brahma speaks, Indra speaks. The Gopis and Krishna speak. Shiva speaks, the Siddhas speak. The many created Buddhas speak. The demons speak, the demi-gods speak. The spiritual warriors, the angelic beings, the silent sages, the humble and serviceful speak. So many speak and try to describe Him. So many have spoken of Him again and again, and have then arisen and departed. Even if He were to create as many again as there already are, they still could not describe Him. He is just as Great as He wishes to be. O Nanak, the True Lord knows. If someone presumes to describe God, he shall be known as the most foolish of fools!

AMUL GUJ AMUL VAAPAAR
 AMUL VAAPAAREE-AY AMUL BHANDAAR
 AMUL AAVEH AMUL LAI JAA-EH
 AMUL BHAA-I AMULAA SAMAA-I
 AMUL DHARAM AMUL DEEBAAN
 AMUL TUL AMUL PARVAAN
 AMUL BAKHSHEESH AMUL NEESHAAN
 AMUL KARAM AMUL FURMAAN
 AMULO AMUL AAKHI-AA NA JAA-I
 AAKH AAKH REHAY LIV LAA-I
 AAKHEH VAYD PAAT'H PURAAN
 AAKHEH PARAY KAREH VAKHI-AAN
 AAKHEH BARMAY AAKHEH IND
 AAKHEH GOPEE TAI GOVIND
 AAKHEH EESAR AAKHEH SIDH
 AAKHEH KAYTAY KEETAY BUDH
 AAKHEH DAANAV AAKHEH DAYV
 AAKHEH SUR NAR MUN JAN SAYV
 KAYTAY AAKHEH AAKHAN PAA-EH
 KAYTAY KEH KEH UT'H UT'H JAA-EH
 AYTAY KEETAY HOR KARAY-EH
 TAA AAKH NA SAKEH KAYEE KAY-I
 JAYVAD BHAAVAI TAYVAD HO-I
 NAANAK JAA'NAI SAACHAA SO-I
 JAY KO AAKHAI BOL VIGAAR
 TAA LIKHEE-AI SIR GAAVAARAA GAAVAAR

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

ਸੋ ਦਰੁ ਕੇਹਾ ਸੋ ਘਰੁ ਕੇਹਾ
 ਸਿਤੁ ਬਹਿ ਸਰਬ ਸਮਾਲੇ ॥
 ਵਾਜੈ ਨਾਦ ਅਨੈਕ ਅਸੰਖਾ
 ਕੇਤੇ ਵਾਵਣਹਾਰੇ ॥
 ਕੇਤੇ ਰਾਗ ਪਰੀ ਸਿਉ ਕਹੀਅਨਿ
 ਕੇਤੇ ਗਾਵਣਹਾਰੇ ॥
 ਗਾਵਹਿ ਤੁਹਨੋ ਪਉਣੁ ਪਾਣੀ ਬੈਸੰਤਰੁ
 ਗਾਵੈ ਰਾਜਾ ਧਰਮੁ ਦੁਆਰੇ ॥
 ਗਾਵਹਿ ਚਿਤੁ ਗੁਪਤੁ ਲਿਖਿ ਜਾਣਹਿ
 ਲਿਖਿ ਲਿਖਿ ਧਰਮੁ ਵੀਚਾਰੇ ॥
 ਗਾਵਹਿ ਈਸਰੁ ਬਰਮਾ ਦੇਵੀ
 ਸੋਹਨਿ ਸਦਾ ਸਵਾਰੇ ॥
 ਗਾਵਹਿ ਇੰਦ ਇਦਾਸਣਿ ਬੈਠੇ
 ਦੇਵਤਿਆ ਦਰਿ ਨਾਲੇ ॥
 ਗਾਵਹਿ ਸਿਧ ਸਮਾਧੀ ਅੰਦਰਿ
 ਗਾਵਨਿ ਸਾਧ ਵਿਚਾਰੇ ॥
 ਗਾਵਨਿ ਜਤੀ ਸਤੀ ਸੰਤੋਖੀ
 ਗਾਵਹਿ ਵੀਰ ਕਰਾਰੇ ॥
 ਗਾਵਨਿ ਪੰਡਿਤ ਪੜਨਿ ਰਖੀਸਰੁ
 ਸੁਗੁ ਸੁਗੁ ਵੇਦਾ ਨਾਲੇ ॥
 ਗਾਵਹਿ ਮੋਹਣੀਆ ਮਨੁ ਮੋਹਨਿ
 ਸੁਰਗਾ ਮਛ ਪਇਆਲੇ ॥

Where is that Gate, and where is that Home, wherein You sit and take care of all? The Sound-Current of the Naad vibrates there; countless celestial musicians play there. So many Ragas, so many musicians singing there. The praanic wind, water and fire sing; the Righteous Judge of Dharma sings at Your Door. Chitr and Gupt, the recording angels of the conscious and subconscious, and the Righteous Judge of Dharma who judges this record, sing. Shiva, Brahma and the Goddess of Beauty, ever adorned, sing. Indra, seated upon his throne, sings with the deities at Your Door. The Siddhas sing in deep Samaadhi; the Saadhus sing in contemplation. The celibates, the fanatics, the peacefully accepting, and the fearless warriors sing. The Pandits, the religious scholars who read the Vedas sing, with the supreme sages of all the ages. The Mohinis, the enchanting heavenly beauties who entice the heart in this world, in paradise, and in the underworld of the subconscious, sing.

SO DAR KAYHAA SO GHAR KAYHAA
 JIT BEH SARAB SAMAAALAY
 VAAJAY NAAD ANAYK ASANKHAA
 KAYTAY VAAVANHHAARAY
 KAYTAY RAAG PAREE SI-O KEHEE-AN
 KAYTAY GAAVANHHAARAY
 GAAVEH TUHNO PAUN PAANEE BAISANTAR
 GAAVAI RAAJAA DHARAM DU-AARAY
 GAAVEH CHIT GUPAT LIKH JAAANEH
 LIKH LIKH DHARAM VEECHAARAY
 GAAVEH EESAR BARMAA DAYVEE
 SOHAN SADAA SAVARAY
 GAAVEH IND IDAASAN BAIT'HAY
 DAYVTI-AA DAR NAALAY
 GAAVEH SIDH SAMAADHEE ANDAR
 GAAVAN SAADH VICHAARAY
 GAAVAN JATEE SATEE SANTOKHEE
 GAAVEH VEER KARARAY
 GAAVAN PANDIT PARAN RAKHEESAR
 JUG JUG VAYDAA NAALAY
 GAAVEH MOHANE-AA MAN MOHAN
 SURGAA MACHH PA-I-AALAY

ਗਾਵਨਿ ਰਤਨ ਉਪਾਏ ਤੇਰੇ
 ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ ॥
 ਗਾਵਹਿ ਜੋਧ ਮਹਾਬਲ ਸੂਰਾ
 ਗਾਵਹਿ ਖਾਣੀ ਚਾਰੇ ॥
 ਗਾਵਹਿ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡਾ
 ਕਰਿ ਕਰਿ ਰਖੇ ਧਾਰੇ ॥
 ਸੇਈ ਤੁਧੁਨੈ ਗਾਵਹਿ ਜੋ ਤੁਧੁ ਭਾਵਨਿ
 ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ ॥
 ਹੋਰਿ ਕੇਤੇ ਗਾਵਨਿ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ
 ਨਾਨਕੁ ਕਿਆ ਵੀਚਾਰੇ ॥
 ਸੇਈ ਸੋਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ
 ਸਾਰਾ ਸਾਚੀ ਨਾਈ ॥
 ਹੈ ਭੀ ਹੋਸੀ ਜਾਇ ਨ ਜਾਸੀ
 ਰਚਨਾ ਜਿਨਿ ਰਚਾਈ ॥
 ਰੰਗੀ ਰੰਗੀ ਭਾਤੀ ਕਰਿ ਕਰਿ
 ਜਿਨਸੀ ਮਾਇਆ ਜਿਨਿ ਉਪਾਈ ॥
 ਕਰਿ ਕਰਿ ਵੇਖੈ ਕੀਤਾ ਆਪਣਾ
 ਜਿਵ ਤਿਸ ਦੀ ਵਡਿਆਈ ॥
 ਜੋ ਤਿਸੁ ਭਾਵੈ ਸੋਈ ਕਰਸੀ
 ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ ॥
 ਸੋ ਪਾਤਿਸਾਹੁ ਸਾਹਾ ਪਾਤਿਸਾਹਿਬੁ
 ਨਾਨਕ ਰਹਣੁ ਰਜਾਈ ॥੨॥

The celestial jewels which You created, and the sixty-eight sacred shrines of pilgrimage, sing. The brave and mighty warriors sing; the spiritual heroes and the four sources of creation sing. The planets, solar systems and galaxies, created and arranged by Your Hand, sing. They alone sing, who are pleasing to Your Will. Your devotees are imbued with Your Sublime Essence. So many others sing, they do not come to mind. O Nanak, how can I consider them all? That True Lord is True, Ever True, and True is His Name. He is, and shall always be. He shall not depart, even when this Universe which He has created, departs. He created the world, with its various colors, species of beings, and the variety of Maya. Having created the creation, He watches over it Himself, by His Greatness. He does whatever he pleases. No order can be issued to Him. He is the King, the King of kings, the Lord and Master of kings. Nanak remains subject to His Will.

GAAVAN RATAN UPAA-AY TAYRAY
 AT'HSAT'H TEERAT'H NAALAY
 GAAVEH JODH MAHAABAL SOORAA
 GAAVEH KHAANEE CHAARAY
 GAAVEH KHAND MANDAL VARBHANDAA
 KAR KAR RAKHAY DHAARAY
 SAYEE TUDHNO GAAVEH JO TUDH BHAAVAN
 RATAY TAYRAY BHAGAT RASAALAY
 HOR KAYTAY 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-I NA JAASEE
 RACHANAA JIN RACHAA-EE
 RANGEE RANGEE BHAATEE KAR KAR
 JINSEE MAA-I-AA JIN UPAA-EE
 KAR KAR VAYKHAI KEETAA AAPANAA
 JIV TIS DEE VADI-AA-EE
 JO TIS BHAAVAI SO-EE KARSEE
 HUKAM NA KARNAA JAA-EE
 SO PAATISHAAHO SAAHAA PAATISAHHIB
 NAANAK REHN RAJAA-EE

JAP JI: TWENTY-EIGHTH PAUREE

The twenty-eighth pauree is the strongest permutation and combination of words in the world.

It unites you with God.

ਮੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ

ਧਿਆਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ

ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ

ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ

ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੮॥

Let contentment be your ear-rings,

humility your begging-bowl, and

meditation the ashes you apply to

your body. Let the thought of death

be the patched coat you wear,

chastity your way in the world, and

faith in the Lord your walking stick.

See the brotherhood of all mankind

as the highest order of Yogis; conquer

your own mind, and you shall

conquer the world. I bow unto Him, I

humbly bow. The Primal One, the

Pure Light, without beginning,

without end. Throughout all the

ages, He is One and the Same.

MUNDAA SANTOKH SARAM PAT JHOILEE

DHI-AAN KEE KAREH BIBHOOT

KHINT'HAA KAAL KU-AAREE KAA-I-AA

JUGAT DANDAA PARTEET

AA-EE PANT'HEE SAGAL JAMAATEE

MAN JEETAI JAG JEET

AADAYS TISAI AADAYS

AAD ANEEL ANAAD ANAAHAT

JUG JUG AYKO VAYS

JAP JI: TWENTY-NINTH PAUREE

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The twenty-ninth pauree is a shield of protection.

It protects you from your enemies by simply vaporizing those who wish you harm.

ਭਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਨਿ

ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥

ਆਪਿ ਨਾਭੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ

ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਦ ॥

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ

ਲੇਖੇ ਆਵਹਿ ਭਾਗ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ

ਜੁਗੁ ਜੁਗੁ ਦੇਕੇ ਵੇਸੁ ॥੨੬॥

Let Spiritual Wisdom be your food,
and Compassion your attendant.

The Sound-Current of the Naad
resounds in each and every heart.

He Himself is the Supreme Master of
all; wealth and miraculous spiritual
powers, and other external tastes
and pleasures, are all like beads on a
string. Union with Him, and

separation from Him, come by His
Will. We come to receive what is

written in our Destiny. I bow unto
Him, I humbly bow. The Primal One,

the Pure Light, without beginning,
without end. Throughout all the

ages, He is One and the Same.

BHUGAT GI-AAN DA-I-AA BHANDAARAN

GHAT GHAT VAAJEH NAAD

AAP NAAT'H NAAT'HEE SABH JAA KEE

RIDH SIDH AVARAA SAAD

SANJOG VIJOG DU-I KAAR CHALAAVEH

LAYKHAY AAVEH BHAAG

AADAYS TISAI AADAYS

AAD ANEEL ANAAD ANAAHAT

JUG JUG AYKO VAYS

JAP JI: THIRTIETH PAUREE

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

ਏਕਾ ਮਾਈ ਸੁਗਤਿ ਵਿਆਈ

ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ

ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ

ਜਿਵ ਹੋਵੈ ਫੁਰਮਾਣੁ ॥

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ

ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ

ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੦॥

The One Divine Mother

conceived and gave birth to
the three deities. One, the

Creator of the world; One,
the Sustainer; and One the
Destroyer. He makes things

happen as He pleases.

Such is His Celestial Order.

He watches over all, but

none see Him. How

wonderful this is! I bow

unto Him, I humbly bow.

The Primal One, the Pure

Light, without beginning,

without end. Throughout

all the ages, He is One and

the Same.

AYKAA MAA-EE JUGAT VI-AA-EE

TIN CHAYLAY PARVAAN

IK SANSAAREE IK BHANDAAREE

IK LAA-AY DEEBAAN

JIV TIS BHAAVAI TIVAI CHALAAVAI

JIV HOVAI FURMAAN

OHO VAYKHAI ONAA NADAR NA AAVAI

BAHUTAA AYHO VIDAAN

AADAYS TISAI AADAYS

AAD ANEEL ANAAD ANAAHAT

JUG JUG AYKO VAYS

JAP JI: THIRTY-FIRST PAUREE

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

ਆਸਣੁ ਲੋਇ ਲੋਇ ਭੰਡਾਰ ॥

AASAN LO-A LO-A BHANDAAR

ਜੋ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥

JO KICHH PAA-I-AA SO AYKO VAAR

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰੁ ॥

KAR KAR VAYKHAIR SIRJANAHAAR

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥

NAANAK SACHAY KEE SAACHEE KAAR

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

AADAYS TISAI AADAYS

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ

AAD ANEEL ANAAD ANAAHAT

ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੧॥

JUG JUG AYKO VAYS

JAP JI: THIRTY-SECOND PAUREE

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

ਇਕ ਦੂ ਜੀਭੈ ਲਖ ਹੋਹਿ
ਲਖ ਹੋਵਹਿ ਲਖ ਵੀਸ ॥
ਲਖੁ ਲਖੁ ਗੋੜਾ ਆਖੀਅਹਿ
ਏਕਾ ਨਾਮੁ ਜਗਦੀਸ ॥
ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ
ਚੜੀਐ ਹੋਇ ਇਕੀਸ ॥
ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ
ਕੀਟਾ ਆਈ ਰੀਸ ॥
ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ
ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

If I had 100,000 tongues, and
these were multiplied twenty
times more, with each
tongue, I would repeat,
hundreds of thousands of
times, the Name of the One,
the Lord of the Universe.
Along this path to our
Husband Lord, we climb the
steps of the ladder, and come
to merge with Him. Hearing
of the Etheric Realms, even
worms long to come back
Home. O Nanak, by His
Grace, He is obtained. False
are the boastings of the false.

IK DOO JEEBHAAD LAKH HO-EH

LAKH HOVEH LAKH VEES

LAKH LAKH GAYRAA AAKHEE-A-EH

AYKAA NAAM JAGDEESH

AYT RAA-EH PAT PAVAREE-AA

CHAREE-AI HO-I IKEES

SUN GALAA AAKAASH KEE

KEETAA AA-EE REES

NAANAK NADAREE PAA-EE-AI

KOOREE KOORAI T'HEES

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

ਆਖਣਿ ਜੋਰੁ ਚੁਪੈ ਨਹ ਜੋਰੁ ॥

No power to speak,
no power to keep silent.

AAKHAN JOR CHUPAI NEH JOR

ਜੋਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੋਰੁ ॥

No power to beg,
no power to give.

JOR NA MANGAN DAYN NA JOR

ਜੋਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੋਰੁ ॥

No power to live,
no power to die.

JOR NA JEEVAN MARAN NEH JOR

ਜੋਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੋਰੁ ॥

No power to rule, with wealth
and occult mental powers.

JOR NA RAAJ MAAL MAN SOR

ਜੋਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥

No power to gain intuitive understanding,
to contemplate spiritual wisdom.

JOR NA SURTEE GI-AAN VEECHAAR

ਜੋਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥

No power to find the way
to escape from the world.

JOR NA JUGATEE CHHUTAI SANSAAR

ਜਿਸੁ ਹਥਿ ਜੋਰੁ ਕਰਿ ਵੇਖੈ ਸੋਇ ॥

He alone has the Power in His Hands.
He watches over all.

JIS HAT'H JOR KAR VAYKHAI SO-I

ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ ॥੩॥

O Nanak, no one is high or low.

NAANAK UTAM NEECH NA KO-I

JAP JI: THIRTY-FOURTH PAUREE

The thirty-fourth pauree brings stability.

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥
ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥
ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥
ਤਸਿੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥
ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ ॥
ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥
ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥
ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਰੁ ॥
ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਰੁ ॥
ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ ॥
ਨਾਨਕ ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥

Days, nights, weeks and seasons, wind,
water, fire and nether regions - in the
midst of these, He established the Earth
as a home for Dharma, for righteous
living. Upon it, He placed the various
species of beings. Their names are
uncounted and endless. By their deeds
and their actions, they shall be judged.
God Himself is True, and True is His
Court. There, in perfect grace and ease,
sit the self-elect, the self-realized Saints.
They receive the Mark of Grace from the
Merciful Lord. The ripe and the unripe,
the good and the bad, shall there be
judged. O Nanak, when you go Home,
you shall see this.

RAATEE RUTEE T'HITEE VAAR

PAVAN PAANEE AGANEE PAATAAL

TIS VICH DHARTEE T'HAAP RAKHEE DHARAM SAAL

TIS VICH JEE-A JUGAT KAY RANG

TIN KAY NAAM ANAYK ANANT

KARMEE KARMEE HO-I VEECHAAR

SACHAA AAP SACHAA DARBAAR

TIT'HAI SOHAN PANCH PARVAAN

NADAREE KARAM PAVAI NEESHAAN

KACH PAKAA-EE OT'HAI PAA-I

NAANAK GA-I-AA JAAPAI JAA-I

JAP JI: THIRTY-FIFTH PAUREE

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

ਧਰਮ ਖੰਡ ਕਾ ਏਹੋ ਧਰਮੁ ॥
ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ ॥
ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ
ਕੇਤੇ ਕਾਨ ਮਹੇਸ ॥
ਕੇਤੇ ਬਰਮੇ ਘਾੜਤਿ ਘੜੀਅਹਿ
ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ ॥
ਕੇਤੀਆ ਕਰਮ ਭੂਮੀ ਮੇਰ ਕੇਤੇ
ਕੇਤੇ ਪੂ ਉਪਦੇਸ ॥
ਕੇਤੇ ਇੰਦ ਚੰਦ ਸੂਰ ਕੇਤੇ
ਕੇਤੇ ਮੰਡਲ ਦੇਸ ॥
ਕੇਤੇ ਸਿਧ ਬੁਧ ਨਾਥ ਕੇਤੇ
ਕੇਤੇ ਦੇਵੀ ਵੇਸ ॥
ਕੇਤੇ ਦੇਵ ਦਾਨਵ ਮੁਨਿ ਕੇਤੇ
ਕੇਤੇ ਰਤਨ ਸਮੁੰਦ ॥
ਕੇਤੀਆ ਖਾਣੀ ਕੇਤੀਆ ਬਾਣੀ
ਕੇਤੇ ਪਾਤ ਨਰਿੰਦ ॥
ਕੇਤੀਆ ਸੁਰਤੀ ਸੇਵਕ ਕੇਤੇ
ਨਾਨਕ ਅੰਤੁ ਨ ਅੰਤੁ ॥੩੫॥

This is righteous living in the Realm of Dharma. And now we speak of the Realm of Spiritual Wisdom. So many winds, waters and fires; so many Krishnas and Shivas. So many Brahmas, fashioning forms of great beauty, adorned and dressed in so many colors. So many worlds and lands for working out karma. So many lessons to be learned! So many Indras, so many moons and suns, so many planets and countries. So many Siddhas, so many Buddhas and Yogic masters. So many goddesses of various kinds. So many demi-gods, so many demons and silent sages. So many oceans of jewels. So many ways of life, so many languages. So many dynasties of rulers. So many intuitives, so many selfless servants. O Nanak, there is no end, no limit.

DHARAM KHAND KAA AYHO DHARAM
GI-AAN KHAND KAA AAKHAHO KARAM
KAYTAY PAVAN PAANEE VAISANTAR
KAYTAY KAAAN MAHAYS
KAYTAY BARMAY GHAARAT GHAREE-A-EH
ROOP RANG KAY VAYS
KAYTEE-AA KARAM BHOOME MAYS KAYTAY
KAYTAY DHOO UPADAYS
KAYTAY IND CHAND SOOR KAYTAY
KAYTAY MANDAL DAYS
KAYTAY SIDH BUDH NAATH KAYTAY
KAYTAY DAYVEE VAYS
KAYTAY DAYV DAANAV MUN KAYTAY
KAYTAY RATAN SAMUND
KAYTEE-AA KHAANEE KAYTEE-AA BAAANEE
KAYTAY PAAT NARIND
KAYTEE-AA SURTEE SAYVAK KAYTAY
NAANAK ANT NA ANT

JAP JI: THIRTY-SIXTH PAUREE

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

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚਡੁ ॥

ਤਿਥੈ ਨਾਦ ਬਿਨੋਦ ਕੋਡ ਅਨੰਦੁ ॥

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ ॥

ਤਿਥੈ ਘਾੜਤਿ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ ॥

ਤਾ ਕੀਆ ਰਾਲਾ ਕਥੀਆ ਨਾ ਜਾਹਿ ॥

ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ ॥

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ ॥੩੬॥

In the Realm of Wisdom, Spiritual

Wisdom reigns Supreme. There, the

Sound-Current of the Naad

resounds, amid the sounds and

sights of bliss. In the Realm of

Humility, the Word is Beauty. There,

forms of incomparable beauty are

fashioned. These things cannot be

described. One who tries to speak of

these shall regret the attempt. There,

the intuition, intellect, mind and

understanding are shaped. There, the

consciousness of the spiritual

warriors, and the Siddhas, the beings

of spiritual perfection, are shaped.

GI-AAN KHAND MEH GI-AAN PARCHAND

TIT'HAI NAAD BINOD KOD ANAND

SARAM KHAND KEE BAAÑEE ROOP

TIT'HAI GHAARAT GHAREE-AI BAHUT ANOOP

TAA KEE-AA GALAA KAT'HEE-AA NAA JAA-EH

JAY KO KEHAI PICHHAI PACHHUTAA-I

TIT'HAI GHAREE-AI SURAT MAT MAN BUDH

TIT'HAI GHAREE-AI SURAA SIDHAA KEE SUDH

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

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੋਰੁ ॥
 ਤਿਥੈ ਹੋਰੁ ਨ ਕੋਈ ਹੋਰੁ ॥
 ਤਿਥੈ ਜੋਧ ਮਹਾਬਲ ਸੂਰ ॥
 ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ ॥
 ਤਿਥੈ ਸੀਤੋ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ ॥
 ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ ॥
 ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਗੇ ਜਾਹਿ ॥
 ਜਿਨ ਕੈ ਰਾਮੁ ਵਸੈ ਮਨ ਮਾਹਿ ॥
 ਤਿਥੈ ਭਗਤ ਵਸਹਿ ਕੇ ਲੋਅ ॥
 ਕਰਹਿ ਅਨੰਦੁ ਸਚਾ ਮਨਿ ਸੋਇ ॥
 ਸਚ ਖੰਡਿ ਵਸੈ ਨਿਰੰਕਾਰੁ ॥
 ਕਰਿ ਕਰਿ ਵੇਖੈ ਨਦਰਿ ਨਿਹਾਲ ॥
 ਤਿਥੈ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡ ॥
 ਜੇ ਕੇ ਕਥੈ ਤ ਅੰਤ ਨ ਅੰਤ ॥
 ਤਿਥੈ ਲੋਅ ਲੋਅ ਆਕਾਰ ॥
 ਜਿਵ ਜਿਵ ਹੁਕਮੁ ਤਿਵੈ ਤਿਵ ਕਾਰ ॥
 ਵੇਖੈ ਵਿਗਸੈ ਕਰਿ ਵੀਚਾਰੁ ॥
 ਨਾਨਕ ਕਥਨਾ ਕਰੜਾ ਸਾਰੁ ॥੩੨॥

In the Realm of Karma, the Word is Power. No one else dwells there, except the warriors of great power, the spiritual heroes. They are totally fulfilled, imbued with the Lord's Essence. Myriads of Sitas are there, cool and calm in their majestic glory. Their beauty cannot be described. Neither death, nor deception, comes to those, in whose hearts the Lord abides. There, the devotees of many worlds abide. They are full of joy, their minds are imbued with the True Lord. In the Realm of Truth, the Formless Lord dwells. Having created the creation, He watches over it. By His Glance of Grace, He bestows happiness. There are planets, solar systems and galaxies. If one speaks of them, there is no limit, no end. There are worlds upon worlds of His Creation. As He commands, so do they exist. He watches over it all, and contemplating the creation, He rejoices! O Nanak, to describe this is as hard as steel!

KARAM KHAND KEE BAAÑEE JOR
 TIT'HAI HOR NA KO-EE HOR
 TIT'HAI JODH MAHAABAL SOOR
 TIN MEH RAAM REHI-AA BHARPOOR
 TIT'HAI SEETO SEETAA MEHMAA MAA-EH
 TAA KAY ROOP NA KAT'HANAY JAA-EH
 NAA OH MAREH NA T'HAAGAY JAA-EH
 JIN KAI RAAM VASAI MAN MAA-EH
 TIT'HAI BHAGAT VASEH KAY LO-A
 KAREH ANAND SACHAA MAN SO-I
 SACH KHAND VASAI NIRANKAAR
 KAR KAR VAYKHAI NADAR NIHAAL
 TIT'HAI KHAND MANDAL VARBHAND
 JAY KO KAT'HAI TA ANT NA ANT
 TIT'HAI LO-A LO-A AAKAAR
 JIV JIV HUKAM TIVAI TIV KAAR
 VAYKHAI VIGASAI KAR VEECHAAR
 NAANAK KAT'HANAA KARARAA SAAR

JAP JI: THIRTY-EIGHTH PAUREE

The thirty-eighth pauree gives you the power to rewrite your own destiny.

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥

ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ॥

ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ॥

ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ॥

ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲ ॥

ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰ ॥

ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲ ॥੩੮॥

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

understanding be your anvil, and
spiritual wisdom your hammer. With

the Fear of God as your bellows, fan
the flames of the body's inner heat,

the Tapa. In the crucible of love, melt
the Nectar of the Name, and mint the

True Coin of the Shabad, the Word of
God. Such is the labor of those upon

whom He has cast His Glance of

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

JAT PAAHAARAA DHEERAJ SUNI-AAR

AHARAN MAT VAYD HAT'HI-AAR

BHAU KHALAA AGAN TAP TAA-O

BHAANDAA BHAA-O AMRIT TIT DHAAL

GHAREE-AI SHABAD SACHEE TAKSAAL

JIN KAU NADAR KARAM TIN KAAR

NAANAK NADAREE NADAR NIHAAL

JAP JI: SHALOK

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This Shalok brings self-satisfaction, elevation, acknowledgment and respect.

ਸਲੋਕੁ ॥

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ
ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ
ਖੇਲੈ ਸਗਲ ਜਗਤੁ ॥

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ
ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥

ਕਰਮੀ ਆਪੋ ਆਪਣੀ
ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥

ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ
ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥

ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ
ਕੋਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

SHALOK:

The Praanic wind is the Guru,
water is the Father, and earth is
the Great Mother of all. Day and
night are the two nurses, in whose
lap all the world is at play. Good
deeds and bad deeds, the record is
read out in the Presence of the
Lord of Dharma. According to their
own actions, some are drawn
closer, and some are driven farther
away. Those who have meditated
upon the Naam, the Name of the
Lord, and departed after having
worked by the sweat of their brow,
O Nanak, their faces are radiant in
the Court of the Lord, and many
others are saved along with them!

SHALOK

PAVAN GURU PAANEE PITAA
MAATAA DHARAT MEHT

DIVAS RAAT DU-I DAA-EE DAA-I-AA
KHAYLAI SAGAL JAGAT

CHANGI-AA-EE-AA BURI-AA-EE-AA
VAACHAI DHARAM HADOOR

KARMEE APO AAPANEE
KAY NAYRAI KAY DOOR

JINEE NAAM DHI-AA-I-AA
GA-AY MASAKAT GHAAL

NAANAK TAY MUKH UJALAY
KAYTEE CHHUJTEE NAAL