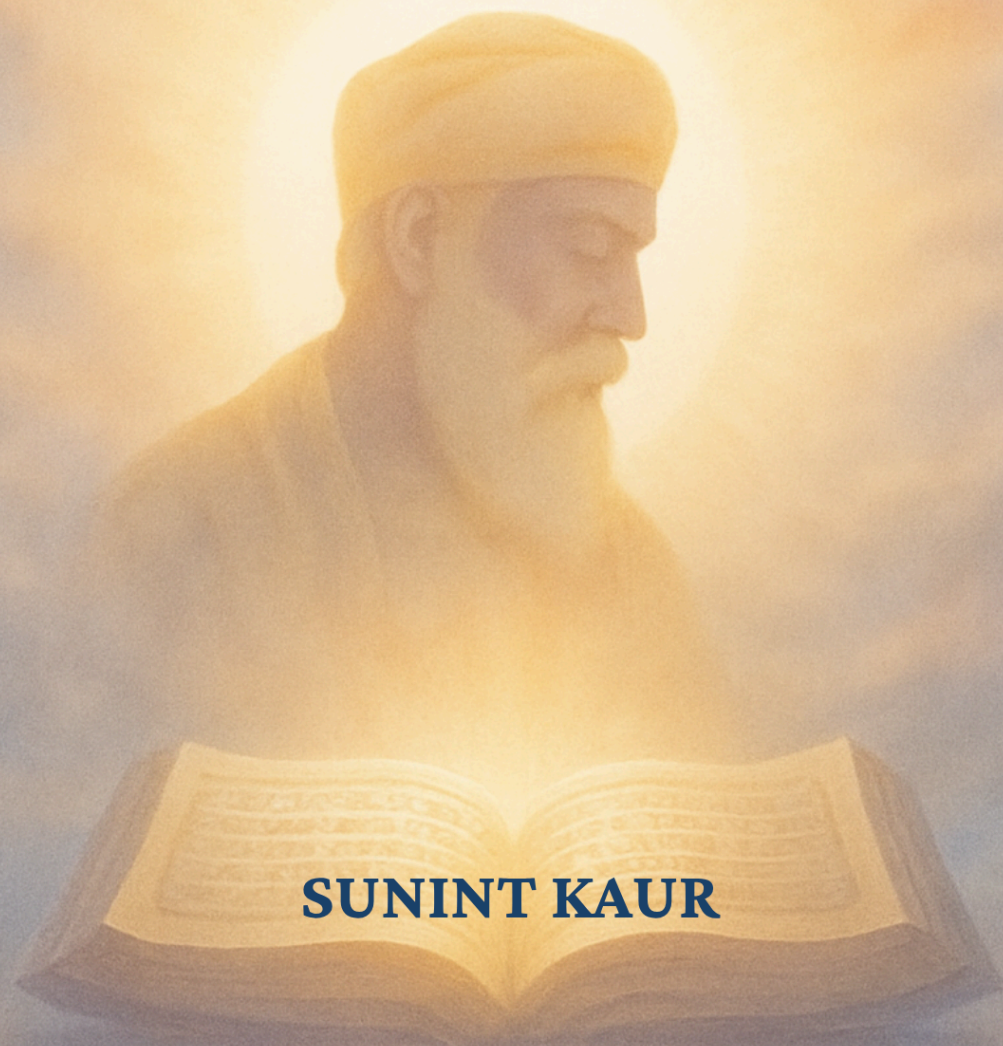


THE  
DIVINE LIGHT  
OF JAPJI SAHIB  
SIMPLIFIED



SUNINT KAUR

**This book is not meant for storage.**

**Read it. Live it. Then pass it on to someone else you believe can benefit from it.**

**My Favorite Way to Use This Book  
(Make this your Conversation with God)**

On days when you face a challenge, feel a downward pull in your mood/ energy, or encounter a life hurdle or may be in your everyday life too — hold this book in your hands, take a deep breath and ask for HIS Divine Guidance; now open the book to any page at random.

Read the first words your eyes land on.

Trust that they are exactly what you are meant to hear.

Then, act and think in alignment with them — knowing you are guided by the Will of the Highest Power.

**DOWNLOAD FREE PDF**



**To Guru Nanak Dev Ji,**

*The **Eternal Light** who showed us how to walk through darkness with grace.  
Japji Sahib flows like breath through all of creation — timeless, boundless,  
ever-giving.*

**And to my beloved pillars:**

*Dr. S. H.S. Girgla, S. Gurbir Singh*

*Dr. B.J. Kaur Girgla, Sdn. Gurinder Kaur*

*who nurtured me with love, wisdom, and unwavering faith.*

**And for all seekers of light.**

*This is just a heartfelt offering in simplicity. If there are any unintentional errors or missteps, I  
sincerely ask for your forgiveness.*

ਭੂਲ ਚੁਕ ਮਾਫ਼

## FOREWORD

There are words that touch the surface, and then there are words that stir the soul. Japji Sahib is made of the latter.

Written over 500 years ago by Guru Nanak Dev Ji, these verses were not meant to stay locked in books or reserved for rituals. They were — and still are — living wisdom for every human being navigating the noise of life.

In this book, Sunint Kaur invites us into these sacred sounds with gentleness and simplicity. She doesn't preach, decode, or over-explain. She walks beside the reader, offering a line, a pause, a question, and space to breathe.

This isn't just a translation. It's an invitation —  
To sit with the words.  
To speak them aloud.  
To let them meet you where you are.

Whether you're returning to Japji Sahib or reading it for the first time, may these pages bring you light in confusion, direction in doubt, and warmth in silence.

This is more than a book. It's a quiet companion.

Let it guide you — gently, steadily — back to yourself.

Love & Blessings,  
**Dr. H.S. Girgla (M.D.)**



## What is Japji Sahib Ji?

**Japji Sahib** is the opening prayer of the Sikh scriptures — a sacred composition that captures the essence of spiritual wisdom in just 38 verses and one closing *slok*.

But it is not just the *first* — it is also the foundation.

It was revealed by **Guru Nanak Dev Ji** after a divine experience at the Bein River, where he disappeared into deep stillness for three days. When he returned, he uttered:

***"Na koe Hindu, na koe Musalman"***

*(There Is No Hindu, No Muslim — Only One Divine Light.)*

And soon after, Japji Sahib flowed through him — a timeless message beyond religion, beyond caste, beyond ego — about how to live in truth, how to listen to the divine current, and how to return to who we really are.

## Its Role in Daily Sikh Practice

**Japji Sahib is part of the Nitnem** — the daily spiritual practice of Sikhs.

It is the first prayer recited every morning, ideally during the Amrit Vela (early hours before sunrise). This time is considered spiritually charged — quiet, still, perfect for connecting with the divine.

For centuries, Sikhs have begun their day by aligning their mind with Naam (the divine name), meditating on Hukam (divine order), and attuning to the Naad (sacred sound current) through Japji Sahib.

## More than a Prayer — A Sound Journey

- **Naam:** It reminds us that the Name — the vibration of the Divine — is already within us. Japji brings us back to it.
- **Hukam:** It teaches surrender — that there's a higher order at work, and peace comes from living in alignment with it.
- **Naad:** The power of sacred sound is woven through every verse. These aren't just words — they're frequencies meant to be heard, spoken, and felt.

### In Essence...

**Japji Sahib is not just to be read. It is to be experienced.**

It is a gentle teacher, a spiritual map, and a lifelong companion — leading us from noise to Naam, from chaos to clarity, from ego to eternal light.

*Let's walk this path together — one pauri, one breath, one reflection at a time.*

## Why I Wrote This Book

There was a time — actually, many times — when everything around me felt dim. The world wasn't quiet, but it felt hollow. Even with answers, something was missing. The stillness I craved was nowhere to be found.

I watched pain walk into people's lives — my own and those around me — in quiet, consistent waves. And no matter how much I tried to fix things on the surface, something deeper kept calling for attention.

It was during one of those silent breakdowns that I reached, almost instinctively, for Japji Sahib.

Not to study it.

Not to dissect it.

Just... to sit with it. To let it wash over me.

And in that sitting, something shifted.

I didn't suddenly become wiser. The problems didn't vanish. But the light returned — not from outside, but from within.

That's when it hit me:

Japji Sahib had always been there.

Whispering. Waiting.

Present in the space between thoughts. Present in the silence I was too busy to notice.

It wasn't just a prayer or a set of verses — it was a divine current of remembrance, a sound-map back to light.

This book was born from that moment of dawning.

A moment of redemption, reunion, and return.

And I knew — if this light could reach me there, in the dark — then maybe this book could help someone else meet it too.

## How to Use This Book

There's no one right way to engage with **Japji Sahib** — only sincere presence. But here are a few ways you might explore:

- **Read it aloud:** Let the Gurmukhi **flow through your breath and being**. The sound itself carries a sacred rhythm (naad).
- **Reflect slowly:** After each pauri, pause. **Sit with the essence**. Let it land.
- **Journal with the prompts:** Write what stirs you. **Note where you resist or feel moved**.
- **Practice daily recitation:** Repetition **opens layers of insight** that words cannot capture.
- **Use in group circles:** Read and reflect together. **Let others' perspectives deepen your own**.

Even a single line can change the course of your day — or your life.



## What “Simplified” Means Here

**This is not a direct translation.** It is a devotional rendering — an attempt to capture the essence of each verse in simplified English, without diluting its spiritual power.

### **Simplified means:**

- Clear, everyday language
- Emotionally accessible
- True to the mood and intent of the original
- Free from jargon or over-analysis

**It’s my way of making Japji Sahib feel like a conversation — between us and the Divine, between you and yourself.**

THE  
DIVINE LIGHT  
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SIMPLIFIED

SUNINT KAUR

## Mool Mantar

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

### ੴ (Ik Onkar)

There is **One Universal Energy** — the Creative Source of all.

### ਸਤਿ ਨਾਮੁ (Sat Naam)

Its name is **Truth** — truth is its identity.

### ਕਰਤਾ ਪੁਰਖੁ (Karta Purakh)

The **Creator** of everything, active in all creation.

### ਨਿਰਭਉ (Nirbhau)

It is **without fear**.

### ਨਿਰਵੈਰੁ (Nirvair)

It is **without hatred or enmity**.

### ਅਕਾਲ ਮੂਰਤਿ (Akaal Moorat)

It exists **beyond time**, eternal.

### ਅਜੂਨੀ (Ajooni)

It is **unborn**, beyond the cycle of birth & death.

ਸੈਭੰ (Saibhang)

**Self-existent**, not created by anyone.

ਗੁਰ ਪ੍ਰਸਾਦਿ (Gur Prasaad)

It can be known **by the grace of the Guru** (inner or outer teacher).

ਜਪੁ (Jap)

**Meditate**, repeat, remember this truth.

ਆਦਿ ਸਚੁ (Aad Sach)

True in the **beginning**.

ਜੁਗਾਦਿ ਸਚੁ (Jugaad Sach)

True throughout the **ages**.

ਹੈ ਭੀ ਸਚੁ (Hai Bhi Sach)

**True even now**.

ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ (Nanak Hosi Bhi Sach)

**Forever true** — says Nanak, it shall always be true.

## **Essence of Mool Mantar**

This Pauri is the **foundation of all understanding**. It's not a belief system — it's a **description of Reality**.

- **Truth is not changing — it is the changeless ground beneath all change.**
- You don't have to fear, compare, perform, or fight for love.
- You are an expression of this **Timeless, Fearless, Infinite Creator**.

This is the **vibration** Japji Sahib rests on.

## **Mool Mantar Reflection Prompt:**

If you deeply believed in **Oneness, Truth**, and a **timeless self**... How would your choices change today?



## Pauri 1

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

### **Sochai soch na hovai je sochi lakh vaar**

By thinking, you can't become pure — even if you think a hundred thousand times.

### **Chupai chup na hovai je laai rahaa liv taar**

Silence alone won't bring peace — even if you sit in deep stillness forever.

### **Bhukhiala bhukh na utree je bannaa pureeaa bhaar**

Desires aren't satisfied by fulfilling them — even if you gather the world's riches.

### **Sahas si-aanpaa lakh hohi ta ikk na chalai naal**

Even a hundred thousand clever tricks won't go with you in the end.

### **Kiv sachiaaraa hoeai? Kiv koorhai tutai paal?**

So how do we become true (aligned with Truth)? How do we break the wall of illusion?

### **Hukam rajaa-ee chalnaa, Nanak likhiala naal**

Walk in harmony with Divine Order (Hukam) — O Nanak, this is written with us from the start.

## **Essence of Pauri 1**

This Pauri is a spiritual reality-check. It gently cuts through the false paths we often take:

- Overthinking ≠ wisdom
- Silence ≠ realization
- Having more ≠ satisfaction
- Intelligence ≠ liberation

Instead, Guru Nanak gives us the **key question** of every seeker:

“How do I live truthfully? How do I break this inner wall that keeps me stuck in ego or illusion?”

And the answer?

**Walk in tune with Hukam** — the natural, Divine flow. Stop fighting it. Align with it.

## **Pauri 2**

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 ਕਰੈ ਨ ਕੋਇ॥੨॥

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ – **Hukmee hovan aakaar**

All forms and shapes come into being by **Divine Command (Hukam)**.

ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ – **Hukam na kahi-aa jaa-ee**

But this **Hukam** can't be fully described — it's beyond words.

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ – **Hukmee hovan jee-a**

All living beings are created through **Hukam**.

ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ – **Hukam milai vadi-aa-ee**

Through **Hukam**, some receive greatness or honor.

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ – **Hukmee utam neech**

By **Hukam**, some are high, some are low — social or spiritual status.

ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ – **Hukam likh dukh sukh paa-ee-ah**

**Pain and pleasure** are written for each by **Hukam**.

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ – **Ikna hukmee bakhsees**

Some are **blessed** by Hukam...

ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ – **Ik hukmee sada bhavaa-ee-ah**

...and some **wander endlessly**, stuck in cycles — still by the same Hukam.

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੇ – **Hukmai andar sabh ko**

Everyone and everything is **within Hukam**.

ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ – **Baahar hukam na ko-e**

Nothing exists **outside it** — not a leaf moves beyond Hukam.

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ – **Nanak hukmai je bujhai**

Nanak says, **if one truly understands Hukam...**

ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ – **Ta haumai kahai na ko-e**

...then **ego (haumai)** disappears — there's no more “I” or “mine”.

## **Essence of Pauri 2**

Everything — life, status, pain, joy, destiny — unfolds under **Hukam** (Divine Order). Trying to fight it only strengthens the **ego (haumai)**. **Understanding Hukam** brings deep peace and dissolves the need to control.

## **Reflection Prompt for Pauri 2**

What's one area in your life where you've been **resisting reality** or trying to force control?

Can you **lean into trust** instead — and ask: *“What is Hukam trying to teach me here?”*

### Pauri 3

ਗਾਵੈ ਕੇ ਤਾਣੁ ਹੋਵੈ ਕਿਸੈ ਤਾਣੁ॥  
ਗਾਵੈ ਕੇ ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ॥  
ਗਾਵੈ ਕੇ ਗੁਣ ਵਡਿਆਈਆ ਚਾਰ॥  
ਗਾਵੈ ਕੇ ਵਿਦਿਆ ਵਿਕਮੁ ਵੀਚਾਰ॥  
ਗਾਵੈ ਕੇ ਸਾਜਿ ਕਰੇ ਤਨੁ ਖੇਹ॥  
ਗਾਵੈ ਕੇ ਜੀਅ 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 ਥਕਿ ਪਾਹਿ॥  
ਜੁਗਾ ਜੁਗੰਤਰਿ ਖਾਹੀ ਖਾਹਿ॥  
ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ॥  
ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ॥੩॥

ਗਾਵੈ ਕੇ ਤਾਣੁ ਹੋਵੈ ਕਿਸੈ ਤਾਣੁ – **Gaavai ko taan hovai kisai taan**  
Some sing of **His power**, if they've experienced strength.

ਗਾਵੈ ਕੇ ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ – **Gaavai ko daat jaanai neesaan**  
Some sing of **His gifts**, recognizing His divine signs.

ਗਾਵੈ ਕੇ ਗੁਣ ਵਡਿਆਈਆ ਚਾਰ – **Gaavai ko gun vadi-aa-ee-aa chaar**  
Some sing of **His virtues and glory** — the qualities that uplift.

ਗਾਵੈ ਕੇ ਵਿਦਿਆ ਵਿਕਮੁ ਵੀਚਾਰ – **Gaavai ko vidiaa vikam veechaar**  
Some sing of **His knowledge, wisdom, and deep teachings**.

ਗਾਵੈ ਕੇ ਸਾਜਿ ਕਰੇ ਤਨੁ ਖੇਹ – **Gaavai ko saaj kare tan kheh**  
Some sing that **He creates the body and reduces it to dust**.

ਗਾਵੈ ਕੇ ਜੀਅ ਲੈ ਫਿਰਿ ਦੇਹ – **Gaavai ko jee-a lai fir deh**  
Some sing of **how He gives life, then takes it, then gives it again**.

ਗਾਵੈ ਕੇ ਜਾਪੈ ਦਿਸੈ ਦੂਰਿ – **Gaavai ko jaapai disai door**  
Some feel that **He seems far away**, out of reach.



ਗਾਵੈ ਕੇ ਵੇਖੈ ਹਾਦਰਾ ਹਦੂਰਿ – **Gaavai ko vekhai haadara hadoor**  
Others **see Him fully present**, right here and now.

ਕਥਨਾ ਕਥੀ ਨ ਆਵੈ ਤੋਟਿ – **Kathnaa kathee na aavai tot**  
**Describing Him never ends** — there's no limit to the speaking.

ਕਥਿ ਕਥਿ ਕਥੀ ਕੋਟੀ ਕੋਟਿ ਕੋਟਿ – **Kath kath kathee koti kot kot**  
Billions keep speaking about Him — and still, **His essence is beyond all expression**.

ਦੇਦਾ ਦੇ ਲੈਦੇ ਥਕਿ ਪਾਹਿ – **Deyda dey laiday thak paahi**  
He **keeps giving**, while **those who take get tired of receiving**.

ਜੁਗਾ ਜੁਗੰਤਰਿ ਖਾਹੀ ਖਾਹਿ – **Juga jugantar khaahi khaah**  
Through **ages upon ages**, beings **keep consuming** His gifts.

ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ – **Hukmee hukam chala-e raah**  
By His **command**, the **path** is shown and guided.

ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ – **Nanak vigsai veparvaahu**  
Nanak says: the **Carefree One (God)** is forever **joyful** — untouched, radiant, giving without limits.

### **Essence of Pauri 3**

Everyone experiences and expresses the Divine **differently** — as power, wisdom, closeness, or distance. The Divine **gives endlessly**, while remaining **unattached** and **joyful**. Our limited words can never fully describe the **Infinite**.

### **Reflection Prompt for Pauri 3**

How do **you** currently relate to the Divine —  
as distant? close? as wisdom? as power? as giver?

Can you allow **all forms of connection** to be valid — and just listen or  
“sing” your truth without needing to define the Infinite?

#### Pauri 4

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

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ – **Saachaa saahib saach naa-e**  
The **True Master** has a **True Name (Identity)**.

ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ – **Bhaakhiaa bhaau apaar**  
His **love and expression** are **beyond words**.

ਆਖਹਿ ਮੰਗਹਿ ਦੇਹਿ ਦੇਹਿ – **Aakheh mangeh deh deh**  
People **keep asking and begging**: “Give us, give us...”

ਦਾਤਿ ਕਰੇ ਦਾਤਾਰੁ – **Daat kare daataar**  
And the **Giver keeps giving**, with generosity and grace.

ਫਿਰਿ ਕਿ ਅਗੈ ਰਖੀਐ – **Fir ki agai rakhee-ai**  
So then, **what can we offer** in return?

ਜਿਤੁ ਦਿਸੈ ਦਰਬਾਰੁ – **Jit disai darbaar**  
...that we may be **seen in His Divine Court**?

ਮੁਹੈ ਕਿ ਬੋਲਣੁ ਬੋਲੀਐ – **Muhou ki bolan bolee-ai**  
What kind of **words or speech** should we offer...

ਜਿਤੁ ਸੁਣਿ ਧਰੇ ਪਿਆਰੁ – **Jit sun dharay piaar**  
...that by **hearing them**, He may **shower love** upon us?

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ – **Amrit velaa sach naa-u**  
In the **early hours of stillness (Amrit Velaa)**, remember the **True Name**...

ਵਡਿਆਈ ਵੀਚਾਰੁ – **Vadi-aa-ee veechaar**  
...and **contemplate His greatness**.

ਕਰਮੀ ਆਵੈ ਕਪੜਾ – **Karmee aavai kaprhaa**  
By **graceful action**, the **robe of honor** is received.

ਨਦਰੀ ਮੋਖੁ ਦੁਆਰੁ – **Nadree mokh du-aar**  
Through His **gaze of grace**, the **door to liberation** opens.

ਨਾਨਕ ਏਵੈ ਜਾਣੀਐ – **Nanak evai jaanee-ai**  
Nanak says: **Understand this deeply...**

ਸਭੁ ਆਪੇ ਸਚਿਆਰੁ – **Sabh aape sachiaar**  
The **Truthful One** is in **everything** — it's all **Him alone**.

## **Essence of Pauri 4**

God keeps giving — endlessly and without condition.  
We keep asking — endlessly and without pause.  
But what *can* we truly offer in return?  
The answer:

- **Remember the Truth** in the **quiet early hours**
- **Contemplate the Greatness**, not just ask for gifts
- Live with **humility and grace**
- Let life become a **response of devotion**, not demand

## **Reflection Prompt for Pauri 4**

Instead of asking: "*What can I get from life or God today?*"

Ask:

*"What can I offer that is pure, quiet, and true?"*

Can you sit in the **Amrit Velaa** tomorrow — just to **remember**, not request?

## Pauri 5

ਥਾਪਿਆ ਨ ਜਾਇ ਕੀਤਾ ਨ ਹੋਇ ॥  
ਆਪੇ ਆਪਿ ਨਿਰੰਜਨੁ ਸੋਇ ॥  
ਜਿਨਿ ਸੇਵਿਆ ਤਿਨਿ ਪਾਇਆ ਮਾਨੁ ॥  
ਨਾਨਕ ਗਾਵੀਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥  
ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ ਭਾਉ ॥  
ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥  
ਗੁਰਮੁਖਿ ਨਾਦੰ ਗੁਰਮੁਖਿ ਵੇਦੰ ॥  
ਗੁਰਮੁਖਿ ਰਹਿਆ ਸਮਾਈ ॥  
ਗੁਰ ਈਸਰੁ ਗੁਰੁ ਗੋਰਖੁ ਬਰਮਾ ॥  
ਗੁਰੁ ਪਾਰਬਤੀ ਮਾਈ ॥  
ਜੇ ਹਉ ਜਾਣਾ ਆਖਾ ਨਾਹੀ ॥  
ਕਹਣਾ ਕਥਨੁ ਨ ਆਵੈ ॥  
ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥  
\*\*ਸਭਨਾ ਜੀਅ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੫॥

**Thapia na jae, kita na hoye**

The Divine **cannot be established** nor **constructed** — it is not made by anyone.

**Aape aap Niranjan soye**

That **stainless, pure One** exists entirely **by its own nature**.

**Jin saevia tin paaeia maan**

Those who **serve or love the Divine** with devotion, are **honored**.

**Nanak gaaveeai gunee nidhaan**

O Nanak, **sing of the One** who is the **treasure of virtues**.

**Gaaveeai suneeai, man rakheeai bhaau**

Sing, listen, and **hold love in your heart** — that is the path.

**Dukh parhar, sukh ghar lai jaae**

It **removes pain**, and brings **peace home** to you.



### **Gurmukh naadang, Gurmukh vedang**

Through the Guru's wisdom, you hear the **cosmic sound (Naad)**, and **understand the Vedas** (eternal knowledge).

### **Gurmukh rahia samaaee**

The Guru-aligned become **one with the All-Pervading**.

### **Gur Eesar, Gur Gorakh, Brahma**

The **Guru embodies Shiva, Vishnu, and Brahma...**

### **Gur Paarbati maaee**

...and also the **feminine creative force — Parvati**.

### **Je hau jaanaa aakha naahee**

If I claim to know, I cannot truly **describe** it.

### **Kehna kathan na aavai**

Words **fail** to capture this truth.

### **Guraa ik dehi bujhaaee**

The **Guru gave me this one realisation:**

### **Sabhna jee ka ik daataa, so mai visar na jaaee ॥੫॥**

There is **One Giver for all beings** — may I **never forget** that One.

## **Essence of Pauri 5**

This Pauri **destroys false authority** and brings you into alignment with **truth beyond ritual**.

The Divine is **not a thing, not a statue, not a belief** — it **just IS**.

No one makes it, owns it, or defines it.

The only way to truly connect?

**Sing. Listen. Love deeply. Serve with heart.**

And when you do that sincerely —

Pain fades, peace enters, and you feel the **Divine pulsing through all**.

## Reflection Prompt for Pauri 5

*"What am I still trying to 'build' spiritually — instead of simply surrendering to?"*

Write freely:

- “I keep trying to fix/control/create...”
- “But today, I’m remembering there is One Giver, and I choose to...”
- “What I hear when I sing from love is...”

## Pauri 6

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ ॥  
ਵਿਨੁ ਭਾਵੈ ਕਿ ਨਾਈ ਕਰੀ ॥  
ਜੇਤੀ ਸਿਰਠਿ ਉਪਾਈ ਵੇਖਾ ॥  
ਵਿਨੁ ਕਰਮਾ ਕਿ ਮਿਲੈ ਲਈ ॥  
ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ ॥  
ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥  
ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥  
ਸਭਨਾ ਜੀਅਾ ਕਾ ਇਕੁ ਦਾਤਾ ॥  
ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੬॥

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ – *Teerath naavaa je tis bhaavaa*  
Bathing at holy places is only worthwhile if it pleases the Divine.

ਵਿਨੁ ਭਾਵੈ ਕਿ ਨਾਈ ਕਰੀ – *Vin bhaanai ki naaeee karee*  
Without Divine Will, such rituals are meaningless.

ਜੇਤੀ ਸਿਰਠਿ ਉਪਾਈ ਵੇਖਾ – *Jetee sirat upaaeee vekhaa*  
All of creation that I observe...

ਵਿਨੁ ਕਰਮਾ ਕਿ ਮਿਲੈ ਲਈ – *Vin karma ki milai laee*  
...nothing can be obtained without the fruit of one's actions (karma).

ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ – *Mat vich ratan javaahar maanik*  
In the mind are jewels, pearls, and precious gems.

ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ – *Je ik Gur kee sikh sunee*  
...if one listens to the Guru's teaching — even once.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ – *Guraa ik dehi bujhaaee*  
The One Guru gives that understanding.

ਸਭਨਾ ਜੀਅਾ ਕਾ ਇਕੁ ਦਾਤਾ – *Sabhnaa jee-aa kaa ik daataa*  
There is only One Giver for all living beings.

ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੬॥ – *So mai visar na jaaee*  
May I never forget that One. ||6||

## **Essence of Pauri 6**

- Rituals mean little if they're not rooted in true devotion.
- Everything we receive is based on our actions — not just physical, but mental and spiritual ones too.
- The real treasures are not external — they lie within our own consciousness.
- Even one genuine teaching from the Guru can unlock those treasures.
- The Divine is the source for all — and remembering this brings us into alignment with peace and purpose.

## **Reflection Prompt for Pauri 6**

What rituals or habits do I do to “look spiritual” — but feel empty inside?

Journal on:

**“If I stopped performing and started listening deeply, I might discover...”**

Let your truth unfold without judgment.

## Pauri 7

ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ ॥  
ਹੋਰ ਦਸੁਈ 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 ॥  
ਕੀਤਾ ਅੰਦਰਿ ਕੀਤੁ ਕਰੇ ॥  
ਨਾਨਕ ਜੇ ਕੇ ਆਪੁ ਜਾਣੈ ॥੭॥

ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ – *Je jug chaaray aarjaa*  
Even if you lived through all four ages...

ਹੋਰ ਦਸੁਈ ਹੋਇ – *Hor dasoonee hoe*  
...or your life span was ten times longer...

ਨਵਾ ਖੰਡਾ ਵਿਚਿ ਜਾਣੀਐ – *Navaa khanda vich jaanee-ai*  
...known throughout the nine continents...

ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੋਇ – *Naal chalai sabh koe*  
...and everyone followed and praised you...

ਚੰਗਾ ਨਾਉ ਰਖਾਇ ਕੈ – *Changa naao rakhaae kai*  
...with a great and respected name...

ਜਸੁ ਕੀਰਤਿ ਜਗਿ ਲੇਇ – *Jas keerat jag le-e*  
...and the whole world sang your glory...

ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ – *Je tis nadar na aavee*  
...but if the Divine does not look upon you with Grace...

ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ – *Ta vaat na puchhai ke*  
...none of it matters — no one asks your worth.

ਕੀਤਾ ਅੰਦਰਿ ਕੀਤੁ ਕਰੇ – *Keetaa andar keet kare*  
You could still be like a worm among worms...

ਨਾਨਕ ਜੇ ਕੇ ਆਪੁ ਜਾਣੈ ॥੭॥ – *Nanak je ko aap jaanai*  
Says Nanak, the one who truly knows themselves — that one is rare. ||7||

## Essence of Pauri 7

- You could live long, be famous, praised, followed, admired, and known worldwide...
- But **without Divine Grace**, all achievements are hollow.
- Self-awareness — true *inner* knowledge — is more powerful than *outer* recognition.
- A person can be great in the world but still small in spirit if they don't know themselves.

**Divine recognition > Worldly validation.**

## Reflection Prompt for Pauri 7

Am I chasing validation or seeking self-truth?

Journal on:

**“If I stopped trying to prove my worth, I would finally...”**

Let the inner voice finish that sentence for you.

## Pauri 8

ਸੁਣਿ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥  
ਸੁਣਿ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥  
ਸੁਣਿ ਦੀਪ ਲੇਅ ਪਾਤਾਲ ॥  
ਸੁਣਿ ਪੇਹਿ ਨ ਸਕੈ ਕਾਲੁ ॥  
ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥  
ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

ਸੁਣਿ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ – *Suni sidh peer sur naath*

By truly listening (with the inner self), even sages, saints, and divine masters are elevated.

ਸੁਣਿ ਧਰਤਿ ਧਵਲ ਆਕਾਸ – *Suni dharat dhaval aakaas*

Listening deeply connects you with the elements — earth, support, and sky.

ਸੁਣਿ ਦੀਪ ਲੇਅ ਪਾਤਾਲ – *Suni deep lo-a paataal*

Your awareness stretches across islands, realms, and underworlds.

ਸੁਣਿ ਪੇਹਿ ਨ ਸਕੈ ਕਾਲੁ – *Suni pahi na sakai kaal*

When you listen deeply, even death cannot touch you — you transcend time.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ – *Nanak bhagtaa sadaa vigaas*

Says Nanak, the lovers of the Divine are always in joy...

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥ – *Suni-ai dookh paap kaa naas*

...because deep listening destroys pain and erases karmic burdens. ||8||

## Essence of Pauri 8

- This Pauri praises the **power of deep listening** — not just hearing with ears, but **absorbing with soul**.
- Through true listening:
  - Wisdom awakens.
  - Pain dissolves.
  - Karma is cleared.
  - Even death holds no fear.

To listen is to align. To align is to be free.

## Reflection Prompt for Pauri 8

What am I avoiding listening to — within or around me?

Journal on:

**“If I truly listened without judgment, I would finally hear...”**

Let your inner wisdom speak.

## Pauri 9

ਸੁਣਿ ਈਸਰੁ ਬ੍ਰਹਮਾ ਇੰਦੁ ॥  
ਸੁਣਿ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥  
ਸੁਣਿ ਜੋਗ ਜੁਗਤਿ ਤਨੁ ਭਾਇ ॥  
ਸੁਣਿ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੈਦ ॥  
ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥  
ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

ਸੁਣਿ ਈਸਰੁ ਬ੍ਰਹਮਾ ਇੰਦੁ – *Suni Eesar Brahma Ind*

Even great beings like Shiva, Brahma, and Indra were uplifted through listening.

ਸੁਣਿ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ – *Suni mukh saalaahan mand*

By listening, even the so-called “lowly” are able to sing divine praises.

ਸੁਣਿ ਜੋਗ ਜੁਗਤਿ ਤਨੁ ਭਾਇ – *Suni jog jugat tan bhaae*

Listening brings the body into harmony and reveals the path of true union (yog).

ਸੁਣਿ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੈਦ – *Suni saasat simrit vaid*

Through deep listening, the wisdom of scriptures, rituals, and healing becomes alive within.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ – *Nanak bhagtaa sadaa vigaas*

Nanak says, the devotees (those who listen) remain forever blossoming in joy.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥ – *Suni-ai dookh paap kaa naas*

True listening burns away suffering and dissolves sins. ||9||

## Essence of Pauri 9

- **Listening** has the power to elevate all — from gods to the forgotten.
- It's not about who you are, but how present and open you are.
- Yogic balance, scriptural wisdom, and spiritual joy — all come from this inner tuning.
- Listening isn't passive — it's transformative.

**Inner listening is the gateway to inner liberation.**

## Reflection Prompt for Pauri 9

In a world full of noise, how often do you truly listen?

**Journal on:**

*“When I slow down enough to truly listen, I notice...”*

*Complete this sentence honestly and gently. No need to rush.*

## Pauri 10

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥  
ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥  
ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵੈ ਮਾਨੁ ॥  
ਸੁਣਿਐ ਲਾਗੈ ਸਹਿਜਿ ਧਿਆਨੁ ॥  
ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥  
ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ – *Suni-ai sat santokh gi-aan*

By truly listening, you awaken inner truth, deep contentment, and divine wisdom.

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ – *Suni-ai athsath kaa isnaan*

Listening with devotion brings the same cleansing as bathing at 68 sacred pilgrimages.



ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵੈ ਮਾਨੁ – *Suni-ai parh parh paavai maan*

Even scholars gain true honour only through deep, humble listening — not just reading.

ਸੁਣਿਐ ਲਾਗੈ ਸਹਿਜਿ ਧਿਆਨੁ – *Suni-ai laagai sahaj dhiaan*

Such listening naturally leads to effortless meditative absorption (sehaj).

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ – *Nanak bhagtaa sadaa vigaas*

Nanak says: Those devoted to listening are ever-blossoming in divine joy...

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥ – *Suni-ai dookh paap kaa naas ||10||*

...because listening in this way destroys both sorrow and karmic sin.

## **Essence of Pauri 10**

- This pauri re-emphasizes the **power of deep listening** — not just with ears, but **with soul-attention**.
- It is more **purifying than rituals, more elevating than study, more transforming than effort**.
- **Listening aligns you with divine rhythm** — where peace, awareness, and blessings unfold without force.

**Listening isn't something you do. It's how you become — present, aware, connected.**

## **Reflection Prompt for Pauri 10**

What would shift in your life if you deeply listened to what's beneath the noise?

**Journal on:**

**“If I truly listened with my heart today, I would hear...”**

## Pauri 11

ਸੁਣਿਐ ਸਾਰਾ ਗੁਣਾਹ ਕੇ ਗਾਹ ॥  
ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥  
ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥  
ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥  
ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥  
ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥

ਸੁਣਿਐ ਸਾਰਾ ਗੁਣਾਹ ਕੇ ਗਾਹ – *Suni-ai saaraa gunaah ke gaah*  
By deep listening, even the greatest sinners are absolved of their past karmas.

ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ – *Suni-ai sheikh peer paatisaah*  
Spiritual leaders, saints, and kings all rise through this sacred listening.

ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ – *Suni-ai andhe paaveh raah*  
Those who were blind (spiritually or mentally) begin to find their true path.

ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ – *Suni-ai haath hovai asgaah*  
With listening, one is empowered with immeasurable inner strength.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ – *Nanak bhagtaa sadaa vigaas*  
Nanak says: Those devoted to the Divine always live in joy.

ਸੁਣਿਐ ਦੂਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥ – *Suni-ai dookh paap kaa naas ||11||*  
Through true listening, pain and sin are destroyed.

## Essence of Pauri 11

**Listening is the key that unlocks redemption, strength, clarity, and inner leadership.**

This Pauri shows that:

- **No one is beyond healing** — even those full of past guilt
- The blind (**confused, stuck, lost**) **can find direction**
- **Power** doesn't lie in control, but in **inner awareness**
- **Lasting joy and freedom** arise from **truly hearing with the soul**

## Reflection Prompt for Pauri 11

What guilt or “past mistake” do you keep carrying that is stopping you from hearing the truth now?

**Write this out:**

**“If I believed I was already forgiven, I would finally...”**

**Let it lead you to release.**

## Pauri 12

ਮੰਨੈ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥  
ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥  
ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥  
ਮੰਨੈ ਕਾ ਬਹਿ ਕਰਈ ਵੀਚਾਰੁ ॥  
ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥  
ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

ਮੰਨੈ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ – *Mannai kee gat kahee na jaae*

The state of one who truly trusts (mannai) cannot be described in words.

ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ – *Je ko kahai pichhai pachhutaee*

Anyone who tries to explain it later regrets — it goes beyond explanation.

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ – *Kaagadh kalam na likhanhaar*

No paper, no pen, and no writer can capture this experience.

ਮੰਨੈ ਕਾ ਬਹਿ ਕਰਈ ਵੀਚਾਰੁ – *Mannai kaa beh karnee veechaar*

The only way to understand “mannai” is by sitting in deep contemplation and action aligned with it.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ – *Aisaa Naam niranjan hoe*

Such is the Divine Name — pure, formless, beyond limits...

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ – *Je ko mann jaanai man koe*

...known only to the rare one who truly surrenders inwardly.

## Essence of Pauri 12

You can't define the journey of inner trust with words, logic, or writing.

This verse teaches us that:

- Deep trust is a felt experience, not an intellectual idea.
- It's not something you explain — it's something you **live**.
- The more you try to analyze it, the further it escapes you.

To “mannai” is to walk a path of surrender that cannot be mapped.

## Reflection Prompt for Pauri 12

What part of your spiritual or emotional experience are you trying too hard to *explain* instead of *feeling*?

Write freely:

**“If I stopped needing to describe or justify my inner journey, I would allow myself to...”**

## Pauri 13

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥  
ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥  
ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥  
ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥  
ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨ ਹੋਇ ॥  
ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ – *Mannai surat hovai man budh*

The one who surrenders in trust (mannai) gains deep awareness, clarity, and inner wisdom.

ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ – *Mannai sagal bhavan kee sudh*

They also receive understanding of all realms — physical, emotional, spiritual.

ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ – *Mannai muhi chotaa naa khaae*

Such a person is not wounded by the blows of life (emotionally or karmically).

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ – *Mannai jam kai saath na jaae*

They do not fall into the grip of death or fear of the afterlife — they're free.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨ ਹੋਇ – *Aisaa Naam niranjan hoe*

Such is the power of the pure, formless Divine Name (Naam)...

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ – *Je ko mann jaanai man koe*

...and only a rare one with inner trust can even begin to know it.

## **Essence of Pauri 13**

Mannai leads to:

- A sharpened intuitive mind
- Awareness that spans beyond the seen world
- Protection from emotional pain and karmic burdens
- Liberation from fear — including fear of death

This isn't about being untouched by hardship — It's about becoming unshaken by it.

## **Reflection Prompt for Pauri 13**

What kind of inner knowing are you blocking by always needing proof?

Journal on:

**“If I fully trusted what I feel deep down, I would...”**

(Let it flow without censoring.)

## Pauri 14

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥  
ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥  
ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥਿ ॥  
ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸੰਬੰਧੁ ॥  
ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥  
ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ – *Mannai maarag thaak na paae*

The one who trusts (mannai) walks the path without obstacles stopping them.

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ – *Mannai pat siou pargat jaae*

They move forward with honour and dignity, and it becomes visible to the world.

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥਿ – *Mannai mag na chalai panth*

Their path becomes unique, not a copy of others — they don't just follow trends or crowds.

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸੰਬੰਧੁ – *Mannai dharam setee sanbandh*

They form a deep relationship with true Dharma — living in alignment with higher values.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ – *Aisaa Naam niranjan hoe*

Such is the pure Naam (Divine essence) that flows through this trust...

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ – *Je ko mann jaanai man koe*

...which only a rare, inwardly tuned being can realise.

## Essence of Pauri 14

Trusting the Divine doesn't make you passive.

It clears your path, aligns your actions with purpose, and gives you the courage to walk your own route — even if it's unpopular.

This Pauri is about:

- Unshakeable direction
- Walking with honour
- Inner independence
- Living your Dharma without noise

### Reflection Prompt for Pauri 14

What path in your life feels “blocked” right now and what if that block is your lack of trust, not a real obstacle?

Write freely:

**“If I trusted the path fully, I would...”**

### Pauri 15

ਮੰਨੈ ਪਾਵੈ ਮੋਖ ਦੁਆਰੁ ॥  
ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥  
ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰ ਸਿਖ ॥  
ਮੰਨੈ ਨਾਨਕ ਭਵੈ ਨ ਭਿਖ ॥  
ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨ ਹੋਇ ॥  
ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੫॥

ਮੰਨੈ ਪਾਵੈ ਮੋਖ ਦੁਆਰੁ – *Mannai paavai mokh duaar*

Trusting deeply (mannai) opens the doorway to liberation — freedom from cycles of suffering.

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ – *Mannai parvaarai saadhaar*

Such trust doesn’t just uplift you — it becomes the support for your entire family or community.

ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰ ਸਿਖ – *Mannai tarai taare Gur Sikh*

The one who trusts crosses life’s ocean — and lifts others (like a true student of the Guru).

ਮੰਨੈ ਨਾਨਕ ਭਵੈ ਨ ਭਿਖ – *Mannai Nanak bhavai na bhikh*

One who trusts, says Nanak, never wanders lost or begs for meaning — they're anchored within.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ – *Aisaa Naam niranjan hoe*

Such is the pure, unsullied Naam (Divine Essence)...

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ – *Je ko mann jaanai man koe*

...known only to a rare soul who truly trusts with their whole being.

## **Essence of Pauri 15**

Trust is liberation.

It brings:

- Freedom from inner chaos
- Anchored peace for you *and* those connected to you
- A ripple effect — when you trust, you uplift others
- A life of purpose, not wandering or confusion

This Pauri shows how powerful one person's *mannai* (deep surrender) can be.

## **Reflection Prompt for Pauri 15**

How would your life — and your family's — transform if you lived from *radical trust*?

Journal on:

**“If I trusted completely, the people around me would feel...”**

Let your answer surprise you.



## Pauri 16

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

ਪੰਚ ਪਰਵਾਣ ਪੰਚ ਪਰਧਾਨੁ – Panch parvaan, panch pardhaan  
The spiritually elevated ones are accepted; they become true leaders.

ਪੰਚੇ ਪਾਵਹਿ ਦਰਗਹਿ ਮਾਨੁ – Panche paaveh dargahi maan  
They are honoured in the Divine Court.

ਪੰਚੇ ਸੋਹਹਿ ਦਰਿ ਰਾਜਾਨੁ – Panche soheh dar raajaan  
They shine like kings in the presence of the Divine.

ਪੰਚਾ ਕਾ ਗੁਰੁ ਏਕੁ ਧਿਆਨੁ – Pancha ka gur ek dhiaan  
They are all guided by the One — their focus remains solely on the Divine.

ਜੇ ਕੇ ਕਹੈ ਕਰੈ ਵੀਚਾਰੁ – Je ko kahai karai veechaar  
Even if someone tries to explain this with thought or words...

ਕਰਤੇ ਕੈ ਕਰਣੈ ਨਾਹੀ ਸੁਮਾਰੁ – Kartay kai karnai naahee sumaar  
The Creator's creative power cannot be measured — it's infinite.

ਧੌਲੁ ਧਰਮੁ ਦਇਆ ਕਾ ਪੂਤੁ – Dhaol dharam daya ka poot  
The foundation of the world is Dharma (righteousness), born of compassion.

ਸੰਤੋਖ ਥਾਪਿ ਰਖਿਆ ਜਿਨਿ ਸੂਤਿ – Santokh thaap rakhiaa jin soot  
The Divine strung contentment like a thread and anchored it as the base.

ਜੇ ਕੇ ਬੁਝੈ ਹੋਵੈ ਸਚਿਆਰੁ – Je ko bujhai hovai sachiaar  
Only the truthful one can understand this mystery.

ਧਵਲੈ ਉਪਰਿ ਕੇਤਾ ਭਾਰੁ – Dhavalai upar ketaa bhaar  
So much weight is carried upon this "foundation" (metaphorically the sacred bull of Dharma)...

ਧਰਤੀ ਹੋਰ ਪਰੈ ਹੋਰੁ ਹੋਰੁ – Dhartee hor parai hor hor  
...yet there are many more layers, beyond the Earth, beyond even that.

ਤਿਸ ਤੇ ਭਾਰੁ ਤਲੈ ਕਵਣੁ ਜੋਰੁ – Tis te bhaar talai kavan jor  
Who has the power to support all that? It's beyond human effort.

ਜੀਅ ਜਾਤਿ ਰੰਗਾ ਕੇ ਨਾਵ – Jee-a jaat rangaa ke naav  
All living beings are of different kinds, colours, and names.

ਸਭਨਾ ਲਿਖਿਆ ਵੁੜੀ ਕਲਾਮ – Sabhnaa likhiaa vurhee kalaam  
Each one's destiny is written by the Divine Pen.

ਏਹੁ ਲੇਖਾ ਲਿਖਿ ਜਾਣੈ ਕੋਇ – Ehu lekhaa likh jaanai koe  
Only the One who writes the record truly knows it.

ਲੇਖਾ ਲਿਖਿਆ ਕੇਤਾ ਹੋਇ – Lekhaa likhiaa ketaa hoe  
What is written is vast beyond imagination.

ਕੇਤਾ ਤਾਣੁ ਸੁਆਲਿਹੁ ਰੂਪੁ – Keta taan, suaalihu roop  
The power and beauty of the Divine are beyond description.

ਕੇਤੀ ਦਾਤਿ ਜਾਣੈ ਕੋਣੁ ਕੂਤੁ – Ketī daat, jaanai kaun koot  
So many gifts — but who can understand their full mystery?

ਕੀਤਾ ਪਸਾਉ ਏਕੋ ਕਵਾਉ – Keeta pasaau eko kavaau  
The entire universe was created by one Word (Command).

ਤਿਸ ਤੇ ਹੋਏ ਲਖ ਦਰੀਆਉ – Tis te hoe lakh dareeaau  
From that came hundreds of thousands of rivers (forms of creation).

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ – Kudrat kavan kahaa veechaar  
What can be said about this wondrous Nature?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ – Vaariaa na jaavaa ek vaar  
I cannot even offer myself once in full gratitude.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ – Jo tudh bhaavai saa-ee bhalee kaar  
Whatever pleases You is the best action.

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ – Tu sadaa salaamat Nirankaar  
You are forever stable, Formless One.

## **Essence of Pauri 16**

This is one of the most profound Pauris, where Guru Nanak speaks of **spiritual progression, cosmic design, and the awe-inspiring mystery of Divine Will**.

It teaches us:

- True spiritual beings rise through **Dharma, Compassion, Contentment**, and deep **focus on the One**.
- No logic can grasp Divine workings — only **Grace** and **Truthful Living** can connect us.
- The universe runs not on effort, but on the **unseen thread of Divine Order**.

- All creation is written — designed — with precision beyond our understanding.

## Reflection Prompt for Pauri 16

Where are you trying to control life with your effort...  
when the real strength is in letting go into the Divine Order?

Write freely:

**“If I trusted the Divine design, I would stop forcing \_\_\_\_\_ and start trusting \_\_\_\_\_.”**

## Pauri 17

ਅਸੰਖ ਜਪ ਅਸੰਖ ਭਾਉ ॥  
ਅਸੰਖ ਪੂਜਾ ਅਸੰਖ ਤਪ ਤਾਉ ॥  
ਅਸੰਖ ਗਰੰਥ ਮੁਖਿ ਵੇਦ ਪਾਠ ॥  
ਅਸੰਖ ਜੇਗ ਮਣਿ ਰਹਹਿ ਉਦਾਸ ॥  
ਅਸੰਖ ਭਗਤ ਗੁਣ ਗਿਆਨ ਵੀਚਾਰ ॥  
ਅਸੰਖ ਸਤਿ ਅਸੰਖ ਦਾਤਾਰ ॥  
ਅਸੰਖ ਸੂਰ ਮੁਹ ਭਖ ਸਾਰ ॥  
ਅਸੰਖ ਮੈਨ ਲਿਵ ਲਾਇ ਤਾਰ ॥  
ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥  
ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥  
ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥  
ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੭॥

ਅਸੰਖ ਜਪ ਅਸੰਖ ਭਾਉ – **Asankh jap asankh bhaau**

Countless chant the Naam, and countless do it with deep love.

ਅਸੰਖ ਪੂਜਾ ਅਸੰਖ ਤਪ ਤਾਉ – **Asankh pooja asankh tap taa-o**

Countless engage in worship and spiritual discipline with intensity.

ਅਸੰਖ ਗਰੰਥ ਮੁਖਿ ਵੇਦ ਪਾਠ – **Asankh granth mukh ved paath**

Countless read scriptures and recite the Vedas.

ਅਸੰਖ ਜੋਗ ਮਣਿ ਰਹਹਿ ਉਦਾਸ – **Asankh jog man raheh udaas**  
Countless yogis stay detached, absorbed inwardly in meditation.

ਅਸੰਖ ਭਗਤ ਗੁਣ ਗਿਆਨ ਵੀਚਾਰ – **Asankh bhagat gun gi-aan veechaar**  
Countless devotees reflect on virtues and Divine wisdom.

ਅਸੰਖ ਸਤਿ ਅਸੰਖ ਦਾਤਾਰ – **Asankh sat asankh daataar**  
Countless live in truth; countless are generous givers.

ਅਸੰਖ ਸੂਰ ਮੁਹ ਭਖ ਸਾਰ – **Asankh soor muh bakh saar**  
Countless warriors face death with grace and dignity.

ਅਸੰਖ ਮੋਨ ਲਿਵ ਲਾਇ ਤਾਰ – **Asankh mon liv laai taar**  
Countless stay silent, their mind deeply focused on the One.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ – **Kudrat kavan kahaa veechaar**  
How can one even describe this vast creation?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ – **Vaariaa na jaavaa ek vaar**  
I can't even offer myself once in true surrender.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ – **Jo tudh bhaavai saa-ee bhalee kaar**  
Whatever pleases You, that alone is the best action.

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ – **Tu sadaa salaamat nirankaar**  
You, O Formless One, are forever perfect and unshaken.

## **Essence of Pauri 17**

This Pauri reveals the **infinite ways people try to reach the Divine** — chanting, silence, giving, yoga, scripture, service...

But it reminds us:

All efforts are countless — only the Divine Will truly matters.

This is about:

- Humility before the vastness of creation

- Letting go of spiritual ego
- Trusting Divine alignment over personal striving

## Reflection Prompt for Pauri 17

What spiritual or personal effort are you *pushing* right now?  
Can you soften the control — and lean into trust?

Write freely:

“If I acted from devotion instead of pressure, I would...”

## Pauri 18

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

ਅਸੰਖ ਮੂਰਖ ਅੰਧ ਘੋਰ – **Asankh moorakh andh ghor**

There are countless fools, completely lost in darkness.

ਅਸੰਖ ਚੋਰ ਹਰਾਮਖੋਰ – **Asankh chor haraamkhor**

Countless thieves and dishonest people live off what's not theirs.

ਅਸੰਖ ਅਮਰ ਕਰਿ ਜਾਹਿ ਜੋਰ – **Asankh amar kar jaahi jor**

Countless use force, acting powerful and cruel, ignoring Divine law.

ਅਸੰਖ ਗਲਵਢ ਹਤਿਆ ਕਮਾਹਿ – **Asankh galvadh hatiaa kamaahi**  
Countless cut throats and commit acts of violence.

ਅਸੰਖ ਪਾਪੀ ਪਾਪੁ ਕਰਿ ਜਾਹਿ – **Asankh paapee paap kar jaahi**  
Countless sinners continue to do wrong without regret.

ਅਸੰਖ ਕੂੜਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ – **Asankh koorhiaar koorhe firaahi**  
Countless liars wander lost in their own falsehoods.

ਅਸੰਖ ਮਲੇਛ ਮਲੁ ਭਖ ਖਾਹਿ – **Asankh malechh mal bhakh khaahi**  
Countless live in filth and consume impure thoughts and actions.

ਅਸੰਖ ਨਿੰਦਕ ਸਿਰਿ ਕਰਹਿ ਭਾਰੁ – **Asankh nindak sir karahi bhaar**  
Countless slanderers carry heavy burdens on their heads (karma).

ਨਾਨਕੁ ਨੀਚੁ ਕਹੈ ਵੀਚਾਰੁ – **Nanak neech kahai veechaar**  
Nanak, the lowly one, reflects humbly on this truth...

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ – **Vaariaa na jaavaa ek vaar**  
Even then, I cannot offer myself to You even once, O Divine.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ – **Jo tudh bhaavai saa-ee bhalee kaar**  
Whatever pleases You is the best and highest action.

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ – **Tu sadaa salaamat nirankaar**  
You, the Formless One, are always perfect and eternal.

## **Essence of Pauri 18**

This Pauri shows the **darkness and disorder** present in the world — not to shame, but to remind us:

No matter how chaotic things look,  
the Divine remains unshaken and in control.

This is about:

- Facing human ignorance without arrogance

- Staying anchored in Divine trust
- Letting go of the urge to fix or judge everything

## Reflection Prompt for Pauri 18

When the world feels heavy or wrong, how do you stay steady inside?

Write freely:

**“Instead of reacting with blame or fear, I can choose to...”**

## Pauri 19

ਅਸੰਖ ਨਾਵ ਅਸੰਖ ਥਾਵ ॥  
 ਅਗੰਮ ਅਗੰਮ ਅਸੰਖ ਲੋਅ ॥  
 ਅਸੰਖ ਕਹਹਿ ਸਿਰ ਭਾਰ ਹੋਇ ॥  
 ਅਖਰੀ ਨਾਮ ਅਖਰੀ ਸਾਲਾਹ ॥  
 ਅਖਰੀ ਗਿਆਨੁ ਗੀਤ ਗੁਣ ਗਾਹ ॥  
 ਅਖਰੀ ਲਿਖਣੁ ਬੋਲਣੁ ਬਾਣਿ ॥  
 ਅਖਰਾ ਸਿਰ ਸੰਜੇਗੁ ਵਖਾਣਿ ॥  
 ਜਿਨਿ ਏਹਿ ਲਿਖੇ ਤਿਸੁ ਸਿਰ ਨਾਹਿ ॥  
 ਜਿਵ ਫੁਰਮਾਏ ਤਿਵ ਤਿਵ ਪਾਹਿ ॥  
 ਜੇਤਾ ਕੀਤਾ ਤੇਤਾ ਨਾਉ ॥  
 ਵਿਨੁ ਨਾਵੈ ਨਾਹੀ ਕੇ ਥਾਉ ॥  
 ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥  
 ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥  
 ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥  
 ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੯॥

ਅਸੰਖ ਨਾਵ ਅਸੰਖ ਥਾਵ – **Asankh naav asankh thaav**  
 Countless are the names, and countless the places.

ਅਗੰਮ ਅਗੰਮ ਅਸੰਖ ਲੋਅ – **Agamm agamm asankh lo-a**  
 Inaccessible and beyond understanding are countless worlds.



ਅਸੰਖ ਕਹਹਿ ਸਿਰ ਭਾਰ ਹੋਇ – **Asankh kaheh sir bhaar hoe**  
Countless speak of them and are burdened by trying to grasp it all.

ਅਖਰੀ ਨਾਮ ਅਖਰੀ ਸਾਲਾਹ – **Akhree Naam akhree saalaah**  
Through letters (words), we speak the Divine Name and offer praise.

ਅਖਰੀ ਗਿਆਨੁ ਗੀਤ ਗੁਣ ਗਾਹ – **Akhree giaan geet gun gaah**  
Through words comes knowledge, songs, and descriptions of virtues.

ਅਖਰੀ ਲਿਖਣੁ ਬੋਲਣੁ ਬਾਣਿ – **Akhree likhan bolan baani**  
Through words we write, speak, and express in language.

ਅਖਰਾ ਸਿਰ ਸੰਜੋਗੁ ਵਖਾਣਿ – **Akhraa sir sanjog vakhaan**  
Our entire destiny begins with these letters (words).

ਜਿਨਿ ਏਹਿ ਲਿਖੇ ਤਿਸੁ ਸਿਰ ਨਾਹਿ – **Jin ehi likhe tis sir naahi**  
But the One who created all this cannot be limited by letters.

ਜਿਵ ਫੁਰਮਾਏ ਤਿਵ ਤਿਵ ਪਾਹਿ – **Jiv furmaaye tiv tiv paahi**  
Everything happens exactly as per Divine command.

ਜੇਤਾ ਕੀਤਾ ਤੇਤਾ ਨਾਉ – **Jeta keeta teta naao**  
Whatever has been created, it is all the Divine Name in form.

ਵਿਨੁ ਨਾਵੈ ਨਾਹੀ ਕੇ ਥਾਉ – **Vin naavai naahee ko thaaoo**  
Without the Naam, nothing has any true place or existence.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ – **Kudrat kavan kahaa veechaar**  
Who can fully understand or explain Divine Creation?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ – **Vaariaa na jaavaa ek vaar**  
Even if I tried, I couldn't fully offer myself even once.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ – **Jo tudh bhaavai saa-ee bhalee kaar**  
Whatever pleases You, that alone is the best action.

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ – **Tu sadaa salaamat nirankaar**  
You, the Formless One, are forever whole and unchanging.

## Essence of Pauri 19

This Pauri reminds us of the **power of the Word** (Akhhar) —  
how everything we know, speak, and create arises from Divine vibration, yet...

The Divine is beyond even these words.

It speaks to:

- The sacredness of language
- The limits of language
- Living in alignment with the Divine Will (not ego's noise)

## Reflection Prompt for Pauri 19

Where in your life are you over-relying on words?

Try this:

**“If I trusted the silence behind the words, I would...”**

## Pauri 20

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹ ॥  
ਪਾਈ ਧੋਤੈ ਉਤਰਸੁ ਖੇਹ ॥  
ਮੂਤ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥  
ਦੇ ਸਾਬੁਣੁ ਲਤੀਐ ਓਹੁ ਧੋਇ ॥  
ਭਰੀਐ ਮਤ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥  
ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥  
ਪੂੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਹਿ ॥  
ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ ॥  
ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ ॥  
ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ ॥੨੦॥

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹ – **Bhariyai hath pair tan deh**  
When our hands, feet, or body get dirty...

ਪਾਣੀ ਧੋਤੈ ਉਤਰਸੁ ਖੇਹ – **Paani dhotai utaras kheh**  
...we wash off the dirt with water.

ਮੂਤ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ – **Moot paleetee kaparr hoe**  
If a cloth becomes soiled with urine...

ਦੇ ਸਾਬੁਣੁ ਲਤੀਐ ਓਹੁ ਧੋਇ – **De saabun lateesai oh dhhoe**  
...it gets cleaned with soap.

ਭਰੀਐ ਮਤ ਪਾਪਾ ਕੈ ਸੰਗਿ – **Bhariyai mat paapaa kai sang**  
But when the **mind is stained with sin or negativity**...

ਓਹੁ ਧੋਧੈ ਨਾਵੈ ਕੈ ਰੰਗਿ – **Oh dhopai naavai kai rang**  
...it can be **cleansed with the colour of Naam (Divine Connection)**.

ਪੁੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਹਿ – **Poonee paapee aakhan naahi**  
No one can be labeled purely good or evil by words alone.

ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ – **Kar kar karnaa likh lai jaahu**  
Your **actions are recorded**, and you carry that account with you.

ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ – **Aape beej aape hee khaahu**  
**You reap what you sow.** You plant the seed, and you must eat the fruit.

ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ – **Nanak hukmee aavahu jaahu**  
O Nanak, all **come and go by Divine Command**.

## **Essence of Pauri 20**

This Pauri teaches that **spiritual purity** is as important as physical cleanliness.  
Water and soap clean the body.

**Only Naam can cleanse the mind.**

It reminds us:

- Actions, not labels, define us
- Karma is real – we eat the fruit of what we sow
- Everything happens under Divine Hukam (Order)

## Reflection Prompt for Pauri 20

What thoughts or emotions have been **"soiling"** your mind lately?  
If Naam was your inner soap, **what would you wash away today?**

## Pauri 21

ਤੀਰਥਿ ਤਪੁ ਦਇਆ ਦਤੁ ਦਾਨੁ ॥  
ਜੇ ਕੇ ਪਾਵੈ ਤਿਲ ਕਾ ਮਾਨੁ ॥  
ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ ॥  
ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਿਲਿ ਨਾਉ ॥  
ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੋਇ ॥  
ਵਿਨੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ ॥  
ਸੁਆਸਤ ਆਥ ਬਾਣੀ ਬਰਮਾਉ ॥  
ਸਤਿ ਸੁਹਾਣੁ ਸਦਾ ਮਨਿ ਚਾਉ ॥  
ਕਵਣੁ ਸੁ ਵੇਲਾ ਵਖਤੁ ਕਵਣੁ ॥  
ਕਵਣਿ ਥਿਤਿ ਕਵਣੁ ਵਾਰੁ ॥  
ਕਵਣਿ ਸਿ ਰੁਤਿ ਮਾਹੁ ਕਵਣੁ ॥  
ਜਿਤੁ ਹੋਆ ਆਕਾਰੁ ॥  
ਵੈਲੁ ਨ ਪਾਈਆ ਪੰਡਤੀ ॥  
ਜੇ ਹੋਵੈ ਲੇਖੁ ਪੁਰਾਣੁ ॥  
ਵਖਤੁ ਨ ਪਾਇਓ ਕਾਦੀਆ ॥  
ਜੇ ਲਿਖਨਿ ਲੇਖੁ ਕੁਰਾਣੁ ॥  
ਥਿਤਿ ਵਾਰੁ ਨਾ ਜੋਗੀ ਜਾਣੈ ॥  
ਰੁਤਿ ਮਾਹੁ ਨਾ ਕੋਇ ॥  
ਜਾ ਕਰਤਾ ਸਿਰਠੀ ਕਉ ਸਾਜੇ ॥  
ਆਪੇ ਜਾਣੈ ਸੋਇ ॥  
ਕਿਵ ਕਰਿ ਆਖਾ ਕਿਵ ਸਾਲਾਹੀ ॥  
ਕਿਉ ਵਰਣੀ ਕਿਵ ਜਾਣਾ ॥  
ਨਾਨਕ ਆਖਣ ਸਭ ਕੇ ਆਖੈ ॥  
ਇਕ ਦੂ ਇਕੁ ਸਿਅਾਣਾ ॥  
ਵਡਾ ਸਾਹਿਬੁ ਵਡੀ ਨਾਈ ॥

ਕੀਤਾ ਜਾ ਕਾ ਹੋਵੈ ॥  
ਨਾਨਕ ਜੇ ਕੇ ਆਪੋ ਜਾਣੈ ॥  
ਅਗੈ ਗਇਆ ਨ ਸੋਹੈ ॥੨੧॥

ਤੀਰਥਿ ਤਪੁ ਦਇਆ ਦਤੁ ਦਾਨੁ –  
*Tirath tap da-i-aa dat daan*  
Pilgrimages, deep meditation, kindness, and charity —

ਜੇ ਕੇ ਪਾਵੈ ਤਿਲ ਕਾ ਮਾਨੁ –  
*Je ko paavai til kaa maan*  
If done with ego, even a little, they lose their value.

ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ –  
*Suni-aa mani-aa man keetaa bhaa-o*  
Listening, accepting, and feeling true love in the heart —

ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਿਲਿ ਨਾਉ –  
*Antargat tirath mil naa-o*  
That is how the inner self becomes the real holy place and merges with Naam.

ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੋਇ –  
*Sabh gun tayray mai naahee ko-ay*  
All virtues belong to You, I have none of my own.

ਵਿਨੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ –  
*Vin gun keetay bhagat na ho-ay*  
Without these virtues, devotion isn't possible.

ਸੁਆਸਤ ਆਥ ਬਾਣੀ ਬਰਮਾਉ –  
*Su-asat aath banee barmaa-o*  
The sacred writings and praises are ongoing — day and night.

ਸਤਿ ਸੁਹਾਣੁ ਸਦਾ ਮਨਿ ਚਾਉ –  
*Sat suhaan sadaa man chaa-o*  
Truth is beautiful and always brings joy to the heart.

ਕਵਣੁ ਸੁ ਵੇਲਾ ਵਖਤੁ ਕਵਣੁ –  
*Kavan so vaylaa vakhat kavan*  
What was the moment or the time —

ਕਵਣਿ ਥਿਤਿ ਕਵਣੁ ਵਾਰੁ –  
*Kavan thit kavan vaar*  
What was the date or the day of the week —

ਕਵਣਿ ਸਿ ਰੁਤਿ ਮਾਹੁ ਕਵਣੁ –  
*Kavan si rutee maahu kavan*  
Which season or month was it

ਜਿਤੁ ਹੋਆ ਆਕਾਰੁ –  
*Jit ho-aa aakaar*  
When the universe came into being?

ਵੈਲੁ ਨ ਪਾਈਆ ਪੰਡਤੀ –  
*Vayl na paa-ee-aa pandtee*  
The scholars did not find that moment,

ਜੇ ਹੋਵੈ ਲੇਖੁ ਪੁਰਾਣੁ –  
*Jo hovai laykh puraana*  
Even though they wrote the ancient scriptures (Puranas).

ਵਖਤੁ ਨ ਪਾਇਓ ਕਾਦੀਆ –  
*Vakhat na paa-i-o kaadee-aa*  
Even the judges and religious authorities couldn't grasp it,

ਜੇ ਲਿਖਨਿ ਲੇਖੁ ਕੁਰਾਣੁ –  
*Jo likhan laykh kuraan*  
Even if they wrote the Quran.

ਥਿਤਿ ਵਾਰੁ ਨਾ ਜੋਗੀ ਜਾਣੈ –  
*Thit vaar naa jogee jaanai*  
Even yogis don't know the date or the day,

ਰੁਤਿ ਮਾਹੁ ਨਾ ਕੋਇ –  
*Rut maahu naa ko-ee*  
No one knows the season or the month either.

ਜਾ ਕਰਤਾ ਸਿਰਠੀ ਕਉ ਸਾਜੇ –  
*Jaa kartaa sirthee ka-o saajay*  
Only the Creator who made the universe —

ਆਪੇ ਜਾਣੈ ਸੋਇ –

*Aapay jaanai so-ee*

Only He knows when and how it was done.

ਕਿਵ ਕਰਿ ਆਖਾ ਕਿਵ ਸਾਲਾਹੀ –

*Kiv kar aakhaa kiv saalaahiee*

So how can I speak of You? How can I praise You?

ਕਿਉ ਵਰਣੀ ਕਿਵ ਜਾਣਾ –

*Ki-o varnee kiv jaanaa*

How can I describe or truly understand You?

ਨਾਨਕ ਆਖਣ ਸਭ ਕੇ ਆਖੈ –

*Nanak aakhan sabh ko aakhai*

Nanak says: Everyone tries to speak of You...

ਇਕ ਦੂ ਇਕੁ ਸਿਅਾਣਾ –

*Ik doo ik si-aanaa*

Each one thinks they are wiser than the next.

ਵਡਾ ਸਾਹਿਬ ਵਡੀ ਨਾਈ –

*Vadaa saahib vadee naa-ee*

But You, O Great Master, Your Name is the Greatest.

ਕੀਤਾ ਜਾ ਕਾ ਹੋਵੈ –

*Keetaa jaa kaa hovai*

Everything exists only because You created it.

ਨਾਨਕ ਜੇ ਕੇ ਆਪੇ ਜਾਣੈ –

*Nanak jay ko aapou jaanai*

Nanak says: The one who thinks they know everything...

ਅਗੈ ਗਇਆ ਨ ਸੋਹੈ –

*Agai ga-i-aa na sohai*

Will not be honoured in the world beyond.

## **Essence of Pauri 21**

You can perform all kinds of religious acts — meditation, charity, reading scriptures — but if done with ego, they mean nothing.

Real devotion is about love, humility, and inner connection.  
Even the wisest scholars don't know the exact moment the universe began.  
Only the Creator knows.  
So, stop pretending to know everything — true wisdom begins with surrender and wonder.

**This Pauri is about:**

Letting go of spiritual ego  
Deep inner trust instead of outer performance  
Honouring Divine greatness beyond intellect  
Living in surrender, not superiority

**Reflection Prompt for Pauri 21**

Where in your spiritual journey might you be trying to “know” or “prove” too much — instead of simply trusting and feeling?

**Write freely:**

*“If I let go of needing to ‘know it all,’ I would...”*

**Pauri 22**

ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ ॥  
ਓੜਕਿ ਓੜਕਿ ਭਾਲਿ ਥਕੇ ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ ॥  
ਸਹਸ ਅਠਾਰਹ ਕਹਨਿ ਕਤੇਬਾ ਅਸੁਲੂ ਇਕੁ ਧਾਤੁ ॥  
ਲੇਖਾ ਹੋਇ ਤ ਲਿਖੀਐ ਲੇਖੈ ਹੋਇ ਵਿਨਾਸੁ ॥  
ਨਾਨਕ ਵਡਾ ਆਖੀਐ ਆਪੇ ਜਾਣੈ ਆਪਿ ॥੨੨॥

ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ —

*Paataalaa paatal lakh aagaasaa aagaas*

There are countless lower worlds (realms below) and countless skies above.



ਓੜਕਿ ਓੜਕਿ ਭਾਲਿ ਥਕੇ ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ –

*Orhak orhak bhaal thakay vayd kahan ik vaat*

Even after deep searching, the Vedas (sacred texts) got tired and concluded just one thing:

ਸਹਸ ਅਠਾਰਹ ਕਹਨਿ ਕਤੇਬਾ ਅਸੁਲੂ ਇਕੁ ਧਾਤੁ –

*Sahas athaarah kahan kataybaa asuloo ik Dhaat*

Some scriptures speak of 18,000 universes — but still, they're just guessing the one essence.

ਲੇਖਾ ਹੋਇ ਤ ਲਿਖੀਐ ਲੇਖੈ ਹੋਇ ਵਿਨਾਸੁ –

*Laykhaa ho-ay ta likee-ai laykhai ho-ay vinaas*

If one could truly measure it, they could write it — but any such account gets destroyed (proven false).

ਨਾਨਕ ਵਡਾ ਆਖੀਐ ਆਪੇ ਜਾਣੈ ਆਪਿ –

*Nanak vadaa aakhee-ai aapay jaanai aap*

Nanak says: Call Him Great — only He truly knows Himself.

## **Essence of Pauri 22**

There are things far beyond human grasp — infinite layers of reality that even sacred texts cannot fully describe.

Even when we try to measure, explain, or define the Divine — it slips past our limits.

True greatness is beyond calculation.

Only the Divine knows the full picture.

This Pauri is about:

The futility of intellectual ego

Humility before the vastness of creation

Recognising limits of scripture and knowledge

Surrendering to the unknowable

## Reflection Prompt for Pauri 22

Where in life are you trying too hard to "figure it all out"?

What if some answers aren't meant to be calculated — only surrendered to?

Write freely:

*"If I allowed myself to not know everything, I would feel..."*

## Pauri 23

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

ਸਾਲਾਹੀ ਸਾਲਾਹਿ ਏਤੀ ਸੁਰਤਿ ਨ ਪਾਈਆ —

*Saalaah-ee saalaahi aytee surat na paa-ee-aa*

Even with endless praise and devotion, we still can't fully grasp the Divine.

ਨਦੀਆ ਅਤੇ ਵਾਹ ਪਵਹਿ ਸਮੁੰਦ ਨ ਜਾਣੀਅਹਿ —

*Nadee-aa atai vaah pavahi samund na jaanee-ahi*

Just like rivers flow into the ocean, but cannot measure its depth —  
our thoughts flow toward the Divine, but can't comprehend it.

ਸਮੁੰਦ ਸਾਹ ਸੁਲਤਾਨ ਗਿਰਹਾ ਸੇਤੀ ਮਾਲੁ ਧਨੁ —

*Samund saah sultaan girhaa saytee maal Dhan*

Even if someone owns oceans, kingdoms, palaces, and great wealth...

ਕੀੜੀ ਤੁਲਿ ਨ ਹੋਵਨੀ ਜੇ ਤਿਸੁ ਮੰਹੁ ਨ ਵੀਸਰਹਿ —

*Keerhee tul na hovnee jay tis manhu na veesrahi*

...they are not even worth a tiny ant if they forget the Divine from their heart.

## **Essence of Pauri 23**

No matter how much you praise, think, or achieve — the Divine remains beyond full understanding.

Power and wealth mean nothing if there's no remembrance of the Divine within. Even a tiny, humble being who remembers is greater than a ruler who forgets.

This Pauri is about:

The limits of intellect and praise

The mystery of the Divine (like the deep ocean)

The worthlessness of egoic status

The greatness of remembrance — even in the smallest

## **Reflection Prompt for Pauri 23**

Where in your life are you chasing “oceans” — power, recognition, wealth — but feeling spiritually empty?

Write freely:

*“Even if I had everything, it wouldn't matter unless...”*

## **Pauri 24**

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 ॥

ਅੰਤ ਕਾਰਣਿ ਕੇਤੇ ਬਿਲਲਾਹਿ ॥

ਤਾ ਕੈ ਅੰਤਿ ਨ ਪਾਇਅਹਿ ਜਾਹਿ ॥

ਏਹੁ ਅੰਤੁ ਨ ਜਾਣੈ ਕੋਇ ॥

ਬਹੁਤਾ ਕਹੀਐ ਬਹੁਤਾ ਹੋਇ ॥

ਵਡਾ ਸਾਹਿਬੁ ਉਚਾ ਥਾਉ ॥  
ਉਚੈ ਉਪਰਿ ਉਚਾ ਨਾਉ ॥  
ਏਵਡੁ ਉਚਾ ਹੋਵੈ ਕੋਇ ॥  
ਤਿਸੁ ਉਚੈ ਕਉ ਜਾਣੈ ਸੋਇ ॥  
ਜੇਵਡੁ ਆਪਿ ਜਾਣੈ ਆਪਿ ਆਪਿ ॥  
ਨਾਨਕ ਨਦਰੀ ਕਰਮੀ ਦਾਤਿ ॥੨੪॥

ਅੰਤੁ ਨ ਸਿਫਤੀ ਕਹਣਿ ਨ ਅੰਤੁ –  
*nt na siftee kahan na ant*  
There is no end to praising the Divine — words can't capture it.

ਅੰਤੁ ਨ ਕਰਣੈ ਦੇਣਿ ਨ ਅੰਤੁ –  
*Ant na karnai dayn na ant*  
There's no end to the Divine's actions or the gifts given.

ਅੰਤੁ ਨ ਵੇਖਣਿ ਸੁਣਣਿ ਨ ਅੰਤੁ –  
*Ant na vaykhan sunan na ant*  
No end to what can be seen or heard about the Divine.

ਅੰਤੁ ਨ ਜਾਪੈ ਕਿਆ ਮਨਿ ਮੰਤੁ –  
*Ant na jaapai ki-aa man mant*  
No mantra or thought can understand its end.

ਅੰਤੁ ਨ ਜਾਪੈ ਕੀਤਾ ਆਕਾਰੁ –  
*Ant na jaapai keetaa aakaar*  
We can't grasp the limits of the creation.

ਅੰਤੁ ਨ ਜਾਪੈ ਪਾਰਾਵਾਰੁ –  
*Ant na jaapai paaraavaar*  
The Divine has no far shore, no boundary, no limit.

ਅੰਤ ਕਾਰਣਿ ਕੇਤੇ ਬਿਲਲਾਹਿ –  
*Ant kaaran kaytay billaahi*  
So many cry trying to know the end...

ਤਾ ਕੈ ਅੰਤਿ ਨ ਪਾਇਅਹਿ ਜਾਹਿ –  
*Taa kai ant na paa-ay jaahi*  
...but still, they never reach it.

ਏਹੁ ਅੰਤੁ ਨ ਜਾਣੈ ਕੋਇ –

*Ayhu ant na jaanai ko-ay*

No one knows where the Divine ends.

ਬਹੁਤਾ ਕਹੀਐ ਬਹੁਤਾ ਹੋਇ –

*Bahutaa kahee-ai bahutaa ho-ay*

The more you say, the more there is left to say.

ਵਡਾ ਸਾਹਿਬੁ ਊਚਾ ਥਾਉ –

*Vadaa saahib oochaa thaa-o*

The Divine is Great — beyond and above all.

ਊਚੈ ਉਪਰਿ ਊਚਾ ਨਾਉ –

*Oochay upar oochaa naa-o*

Even higher is the Divine Name — beyond the beyond.

ਏਵਡੁ ਊਚਾ ਹੋਵੈ ਕੋਇ –

*Ayvad oochaa hovai ko-ay*

If anyone could truly reach that height...

ਤਿਸੁ ਊਚੈ ਕਉ ਜਾਣੈ ਸੋਇ –

*Tis oochay ka-o jaanai so-ay*

Only the One as high as That could know It.

ਜੇਵਡੁ ਆਪਿ ਜਾਣੈ ਆਪਿ ਆਪਿ –

*Jayvad aap jaanai aap aap*

Only the Divine knows how vast the Divine truly is.

ਨਾਨਕ ਨਦਰੀ ਕਰਮੀ ਦਾਤਿ –

*Nanak nadree karmee daat*

O Nanak, this understanding is a gift — given by Divine Grace.

## **Essence of Pauri 24**

The Divine is **limitless** — no praise, no ritual, no intellect can define the vastness.

Trying to grasp it logically will only exhaust you.

All we can do is accept that we're small in front of something Infinite — and that realization itself is a gift.

This Pauri is about:

The futility of trying to "measure God"  
The limits of language and praise  
The boundless nature of Divine creation  
Realization as a gift — not an achievement

### Reflection Prompt for Pauri 24

What are you trying to "figure out" or "control" in life right now — that might be better surrendered to grace?

Write freely:

*"Instead of trying to understand everything, I choose to..."*

### Pauri 25

ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ ॥  
ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ ॥  
ਕੇਤੇ ਮੰਗਹਿ ਜੇਧ ਅਪਾਰ ॥  
ਕੇਤਿਆ ਗਣਤਿ 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 ॥  
ਬੰਧਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ ॥  
ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ ॥  
ਜੇ ਕੇ ਖਾਇ ਕੈ ਆਖਣਿ ਪਾਇ ॥  
ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ ॥  
ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ ॥

ਆਖਹਿ ਸੇ ਭਿ ਕੇਈ ਕੇਇ ॥  
ਜਿਸ ਨੇ ਬਖਸੇ ਸਿਫਤਿ ਸਾਲਾਹ ॥  
ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ ॥੨੫॥

ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ –  
*Bahutaa karam likhi-aa naa jaa-ay*  
The blessings of the Divine are too many to count or write down.

ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ –  
*Vadaa daataa til na tamaa-ay*  
The Great Giver gives without even the tiniest trace of selfishness.

ਕੇਤੇ ਮੰਗਹਿ ਜੇਧ ਅਪਾਰ –  
*Kaytay mangahi jodh apaar*  
Countless mighty ones continue to beg and ask for more.

ਕੇਤਿਆ ਗਣਤਿ ਨਹੀ ਵੀਚਾਰੁ –  
*Kayti-aa ganat nahee veechaar*  
So many blessings — beyond any calculation or thought.

ਕੇਤੇ ਖਪਿ ਤੁਟਹਿ ਵੇਕਾਰ –  
*Kaytay khap tutahi vaykaar*  
So many waste away in greed and ego, breaking themselves in vain.

ਕੇਤੇ ਲੈ ਲੈ ਮੁਕਰੁ ਪਾਹਿ –  
*Kaytay lai lai mukar paahi*  
Many take and take, but still deny they received anything.

ਕੇਤੇ ਮੂਰਖ ਖਾਹੀ ਖਾਹਿ –  
*Kaytay moorakh khaahee khaahi*  
Countless fools just consume and consume.

ਕੇਤਿਆ ਦੂਖ ਭੂਖ ਸਦ ਮਾਰ –  
*Kayti-aa dookh bhookh sad maar*  
Many suffer endlessly from pain, hunger, and beatings.

ਏਹਿ ਭਿ ਦਾਤਿ ਤੇਰੀ ਦਾਤਾਰ –  
*Ayhi bhe daat tayree daataar*  
Even this, O Giver, is part of Your giving — your will.

ਬੰਧਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ –

*Bandh khalaasee bhaanai ho-ay*

Freedom and bondage both happen by Divine Will.

ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ –

*Hor aakh na sakai ko-ay*

No one else can say why or how.

ਜੇ ਕੇ ਖਾਇ ਕੈ ਆਖਣਿ ਪਾਇ –

*Jay ko khaa-ik aakhan paa-ay*

If someone dares to question and complain...

ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ –

*Oh jaanai jaytee-aa muhi khaa-ay*

...they'll understand only after they've been struck by reality (i.e., they'll face the consequences).

ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ –

*Aapay jaanai aapay day-ay*

The Divine alone knows and gives accordingly.

ਆਖਹਿ ਸੇ ਭਿ ਕੇਈ ਕੋਇ –

*Aakhahi se bhe kay-ee kay-ay*

Many try to speak about this, but they too are just few among many.

ਜਿਸ ਨੇ ਬਖਸੇ ਸਿਫਤਿ ਸਾਲਾਹ –

*Jis no bakhsay sifat saalaah*

Only those who are blessed can truly sing Divine praises.

ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ –

*Nanak paatisaahē paatisaahu*

O Nanak, the Divine is the King above all kings.

## **Essence of Pauri 25**

This pauri reminds us that **Divine generosity is limitless** and **unattached**, while human wants are never-ending.



Some suffer, some flourish — and all of it happens under Divine Will.  
No one truly understands how or why.  
Those who are blessed sing praise — and that's the highest honour one can receive.

This Pauri is about:

Limitless Giving  
The futility of greed  
The mystery of suffering and joy  
The Sovereignty of Divine Will

## Reflection Prompt for Pauri 25

Where in your life are you over-consuming or endlessly wanting...  
...instead of sitting in gratitude for what already is?

Write freely:



*“What I already have, but often ignore, is...”*

## Pauri 26

ਅਮੁਲ ਗੁਣ ਅਮੁਲ ਵਾਪਾਰ ॥  
ਅਮੁਲ ਵਾਪਾਰੀਐ ਅਮੁਲ ਭੰਡਾਰ ॥  
ਅਮੁਲ ਆਵਹਿ ਅਮੁਲ ਲੈ ਜਾਹਿ ॥  
ਅਮੁਲ ਭਾਵੈ ਅਮੁਲਾ ਸਮਾਹਿ ॥  
ਅਮੁਲ ਧਰਮ ਅਮੁਲ ਦੀਬਾਨੁ ॥  
ਅਮੁਲ ਤੁਲੁ ਅਮੁਲ ਪਰਵਾਨੁ ॥  
ਅਮੁਲ ਬਖਸੀਸ ਅਮੁਲ ਨੀਸਾਨੁ ॥  
ਅਮੁਲ ਕਰਮੁ ਅਮੁਲ ਫੁਰਮਾਨੁ ॥  
ਅਮੁਲੇ ਅਮੁਲੁ ਆਖਿਆ ਨ ਜਾਇ ॥  
ਆਖਿ ਆਖਿ ਰਹੇ ਲਿਵ ਲਾਇ ॥  
ਆਖਹਿ ਵੇਦ ਪਾਠ ਪੁਰਾਣ ॥  
ਆਖਹਿ ਪੜਹਿ ਕਰਹਿ ਵਖਿਆਣ ॥  
ਆਖਹਿ ਬਰਮੇ ਆਖਹਿ ਇੰਦ ॥

ਆਖਹਿ ਗੋਪੀ ਤੈ ਗੋਵਿੰਦ ॥  
ਆਖਹਿ ਈਸਰ ਆਖਹਿ ਸਿਧ ॥  
ਆਖਹਿ ਕੇਤੇ ਕੀਤੇ ਬੁਧ ॥  
ਆਖਹਿ ਦਾਨਵ ਆਖਹਿ ਦੇਵ ॥  
ਆਖਹਿ ਸੁਰ ਨਰ ਮੁਨਿ ਜਨ ਸੇਵ ॥  
ਕੇਤੇ ਆਖਹਿ ਆਖਣਿ ਪਾਹਿ ॥  
ਕੇਤੇ ਕਹਿ ਕਹਿ ਉਠਿ ਉਠਿ ਜਾਹਿ ॥  
ਏਤੇ ਕੀਤੇ ਹੋਰਿ ਕਰੇਹਿ ॥  
ਤਾ ਆਖਿ ਨ ਸਕਹਿ ਕੇਈ ਕੇਈ ॥  
ਜੇਵਡੁ ਭਾਵੈ ਤੇਵਡੁ ਹੋਇ ॥  
ਨਾਨਕ ਜਾਣੈ ਸਾਚਾ ਸੋਇ ॥  
ਜੇ ਕੇ ਆਖੈ ਬੋਲੁ ਵਿਗਾਤੁ ॥  
ਤਾ ਲਿਖੀਐ ਸਿਰਿ ਗਾਵਾਰਾ ਗਾਵਾਰੁ ॥੨੬॥

ਅਮੁਲ ਗੁਣ ਅਮੁਲ ਵਾਪਾਰ –

*Amul gun amul vaapaar*

Priceless are the Divine virtues, and priceless is the cosmic trade of them.

ਅਮੁਲ ਵਾਪਾਰੀਐ ਅਮੁਲ ਭੰਡਾਰ –

*Amul vaapaaree-ay amul bhandaar*

The traders are priceless, and so are the treasures they deal in.

ਅਮੁਲ ਆਵਹਿ ਅਮੁਲ ਲੈ ਜਾਹਿ –

*Amul aavahi amul lai jaahi*

Priceless are those who come and go with these divine treasures.

ਅਮੁਲ ਭਾਵੈ ਅਮੁਲਾ ਸਮਾਹਿ –

*Amul bhaa-vai amulaa samaahi*

Those who are loved by the Divine merge into the Priceless One.

ਅਮੁਲ ਧਰਮ ਅਮੁਲ ਦੀਬਾਨ –

*Amul Dharam amul deebaan*

Priceless is Divine justice, priceless the Divine court.

ਅਮੁਲ ਤੁਲੁ ਅਮੁਲ ਪਰਵਾਣ –

*Amul tul amul parvaan*

Priceless is the Divine balance, and priceless is Divine approval.

ਅਮੁਲ ਬਖਸੀਸ ਅਮੁਲ ਨੀਸਾਨ –

*Amul bakhsees amul neesaan*

Priceless are the blessings, priceless the Divine mark upon one's life.

ਅਮੁਲ ਕਰਮ ਅਮੁਲ ਫੁਰਮਾਨ –

*Amul karam amul furmaan*

Priceless is the grace, and priceless are Divine commands.

ਅਮੁਲੇ ਅਮੁਲੁ ਆਖਿਆ ਨ ਜਾਇ –

*Amulo amul aakhi-aa na jaa-ay*

The Priceless One cannot be described — even saying “priceless” is not enough.

ਆਖਿ ਆਖਿ ਰਹੇ ਲਿਵ ਲਾਇ –

*Aakh aakh rahay liv laa-ay*

People keep trying to describe, but the wise stay absorbed in love instead.

ਆਖਹਿ ਵੇਦ ਪਾਠ ਪੁਰਾਣ –

*Aakhahi vayd paath puraana*

The Vedas and Puranas all try to explain...

ਆਖਹਿ ਪੜਹਿ ਕਰਹਿ ਵਖਿਆਣ –

*Aakhahi parhay karahi vakhi-aan*

...as do scholars and interpreters through their readings.

ਆਖਹਿ ਬਰਮੇ ਆਖਹਿ ਇੰਦ –

*Aakhahi barmay aakhahi ind*

Brahma and Indra speak of the Divine...

ਆਖਹਿ ਗੋਪੀ ਤੈ ਗੋਵਿੰਦ –

*Aakhahi gopee tai govind*

...as do the Gopis and even Govind (Krishna) himself.

ਆਖਹਿ ਈਸਰ ਆਖਹਿ ਸਿਧ –

*Aakhahi eesar aakhahi siDh*

Shiva and the Siddhas also try to explain...

ਆਖਹਿ ਕੇਤੇ ਕੀਤੇ ਬੁਧ –

*Aakhahi kaytay keetay buDh*

...as do countless wise ones, created by the Divine.

ਆਖਹਿ ਦਾਨਵ ਆਖਹਿ ਦੇਵ –

*Aakhahi daanav aakhahi dayv*

Demons and gods alike speak of the Divine.

ਆਖਹਿ ਸੁਰ ਨਰ ਮੁਨਿ ਜਨ ਸੇਵ –

*Aakhahi sur nar mun jan sayv*

Angels, humans, sages, and servants all try to express It.

ਕੇਤੇ ਆਖਹਿ ਆਖਣਿ ਪਾਹਿ –

*Kaytay aakhahi aakhan paahi*

Many continue to speak and seek to describe.

ਕੇਤੇ ਕਹਿ ਕਹਿ ਉਠਿ ਉਠਿ ਜਾਹਿ –

*Kaytay kahi kahi uth uth jaahi*

Many try, again and again — and leave this world without success.

ਏਤੇ ਕੀਤੇ ਹੋਰਿ ਕਰੇਹਿ –

*Ayte keetay hor karayhi*

Even if more beings were created to describe...

ਤਾ ਆਖਿ ਨ ਸਕਹਿ ਕੇਈ ਕੇਈ –

*Taa aakh na sakahi kay-ee kay-ay*

...they still wouldn't succeed in fully expressing the Divine.

ਜੇਵਡੁ ਭਾਵੈ ਤੇਵਡੁ ਹੋਇ –

*Jayvad bhaavai tayvad ho-ay*

Only that much happens as pleases the Divine.

ਨਾਨਕ ਜਾਣੈ ਸਾਚਾ ਸੋਇ –

*Nanak jaanai saachaa so-ay*

Only the True One knows Their own vastness.

ਜੇ ਕੇ ਆਖੈ ਬੋਲੁ ਵਿਗਾਰੁ –

*Jay ko aakhai bol vigaarh*

If someone arrogantly claims to know it all...

ਤਾ ਲਿਖੀਐ ਸਿਰਿ ਗਾਵਾਰਾ ਗਾਵਾਰੁ –

*Taa likee-ai sir gaavaaraa gaavaar*

...they should be called the most foolish of fools.

## Essence of Pauri 26

This Pauri reflects on the **limitless, indescribable nature of the Divine**.  
No scripture, god, sage, or scholar has ever been able to capture its vastness.  
Even the word “priceless” falls short.  
Those who claim to know it all are lost in ego — the wise simply remain absorbed in love and awe.

This Pauri is about:

The **infinite mystery** of the Divine  
The **limitations of knowledge** and scriptures  
Humility vs. Ego  
The power of surrender over explanation

## Reflection Prompt for Pauri 26

Where in your life are you **trying to explain or control the infinite** — instead of surrendering to it?

Write freely:

*“What if I don’t need to know, but just stay present with...”*

## Pauri 27

ਸੇ ਦਰੁ ਕੇਹਾ ਸੇ ਘਰੁ ਕੇਹਾ ਜਿਤੁ ਬਹਿ ਸਰਬ ਸਮਾਲੇ ॥  
ਵਾਜੇ ਨਾਦ ਅਨੇਕ ਅਸੰਖਾ ਕੇਤੇ ਵਾਵਣਹਾਰੇ ॥  
ਕੇਤੇ ਰਾਗ ਪਰੀ ਸਿਉ ਕਹੀਅਨ ਕੇਤੇ ਗਾਵਣਹਾਰੇ ॥  
ਗਾਵਹਿ ਤੁਧੁ ਨਉਨਿ ਪਾਈ ਬੈਸੰਤਰੁ ਗਾਵੈ ਰਾਜਾ ਧਰਮ ਦੁਆਰੇ ॥  
ਗਾਵਹਿ ਚਿਤੁ ਗੁਪਤੁ ਲਿਖਿ ਜਾਣਨਿ ਲਿਖਿ ਲਿਖਿ ਧਰਮ ਵੀਚਾਰੇ ॥  
ਗਾਵਹਿ ਈਸਰੁ ਬ੍ਰਹਮਾ ਦੇਵੀ ਸੋਹਨਿ ਸਦਾ ਸਵਾਰੇ ॥  
ਗਾਵਹਿ ਇੰਦ ਇਦਾਸਣਿ ਬੈਠੇ ਦੇਵਤਿਆ ਦਰਿ ਨਾਲੇ ॥

ਗਾਵਹਿ ਸਿਧ ਸਮਾਧੀ ਅੰਦਰਿ ਗਾਵਨਿ ਸਾਧ ਵੀਚਾਰੇ ॥  
 ਗਾਵਨਿ ਜਤੀ ਸਤੀ ਸੰਤੋਖੀ ਗਾਵਹਿ ਵੀਰ ਕਰਾਰੇ ॥  
 ਗਾਵਨਿ ਪੰਡਿਤ ਪੜ੍ਹਣਿ ਰਖੀਸਰ ਜੁਗ ਜੁਗ ਵੇਦਾ ਨਾਲੇ ॥  
 ਗਾਵਹਿ ਮੋਹਣੀਆ ਮਨ ਮੋਹਨਿ ਸੁਰਗ ਮਛ ਪਇਆਲੇ ॥  
 ਗਾਵਨਿ ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ ॥  
 ਗਾਵਹਿ ਜੇਧ ਮਹਾਬਲ ਸੂਰਾ ਗਾਵਹਿ ਖਾਣੀ ਚਾਰੇ ॥  
 ਗਾਵਹਿ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡਾ ਕਰਿ ਕਰਿ ਰਖੇ ਧਾਰੇ ॥  
 ਸੇਈ ਤੁਧੁਨੇ ਗਾਵਹਿ ਜੇ ਤੁਧੁ ਭਾਵਨਿ ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ ॥  
 ਹੋਰਿ ਕੇਤੇ ਗਾਵਨ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਵੀਚਾਰੇ ॥  
 ਸੇਈ ਸੇਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ ਸਾਚਾ 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 ॥  
 ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰਸੀ ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ ॥  
 ਸੇ ਪਾਤਿਸਾਹੁ ਸਾਹਾ ਪਾਤਿਸਾਹਿਬੁ ਨਾਨਕ ਰਹੈ ਰਜਾਈ ॥੨੭॥

ਸੇ ਦਰੁ ਕੇਹਾ ਸੇ ਘਰੁ ਕੇਹਾ ਜਿਤੁ ਬਹਿ ਸਰਬ ਸਮਾਲੇ –

*So dar kayhaa so ghar kayhaa jit bahi sarab samaalay*

What is that Door, what is that Home, where the Divine sits and cares for all?

ਵਾਜੇ ਨਾਦ ਅਨੇਕ ਅਸੰਖਾ ਕੇਤੇ ਵਾਵਣਹਾਰੇ –

*Vaajay naad anayk asankhaa kaytay vaavanhaaray*

Endless are the musical instruments played there, by countless musicians.

ਕੇਤੇ ਰਾਗ ਪਰੀ ਸਿਉ ਕਹੀਅਨ ਕੇਤੇ ਗਾਵਣਹਾਰੇ –

*Kaytay raag paree si-o kahee-an kaytay gaavanhaaray*

So many raags (melodies) are sung with beautiful music, by countless singers.

ਗਾਵਹਿ ਤੁਧੁ ਪਉਣੁ ਪਾਣੀ ਬੈਸੰਤਰੁ ਗਾਵੈ ਰਾਜਾ ਧਰਮ ਦੁਆਰੇ –

*Gaavahi tuhno pa-un paanee baisantar gaavai raajaa Dharam du-aaray*

Air, water, fire sing Your praises; even Dharam Raj at the Gate of Justice praises You.

ਗਾਵਹਿ ਚਿਤੁ ਗੁਪਤੁ ਲਿਖਿ ਜਾਣਨਿ ਲਿਖਿ ਲਿਖਿ ਧਰਮ ਵੀਚਾਰੇ –

*Gaavahi chit gupat likh jaaneh likh likh Dharam veechaaray*

Chitr and Gupt (cosmic scribes) sing, who know and record everyone's deeds for Dharam Raj to review.

ਗਾਵਹਿ ਈਸਰੁ ਬ੍ਰਹਮਾ ਦੇਵੀ ਸੋਹਨਿ ਸਦਾ ਸਵਾਰੇ –

*Gaavahi eesar barmaa dayvee sohan sadaa savaaray*

Shiva, Brahma, and the beautiful goddesses sing praises of the One who always adorns them.

ਗਾਵਹਿ ਇੰਦ ਇਦਾਸਣਿ ਬੈਠੇ ਦੇਵਤਿਆ ਦਰਿ ਨਾਲੇ –

*Gaavahi ind idaasan baithay dayviti-aa dar naalay*

Indra and the other gods sitting on their thrones praise You at Your door.

ਗਾਵਹਿ ਸਿਧ ਸਮਾਧੀ ਅੰਦਰਿ ਗਾਵਨਿ ਸਾਧ ਵੀਚਾਰੇ –

*Gaavahi siDh samaaDhee andar gaavan saaDh vichaaray*

The Sidhs in deep meditation sing of You; the sages and seekers praise You through wisdom.

ਗਾਵਨਿ ਜਤੀ ਸਤੀ ਸੰਤੋਖੀ ਗਾਵਹਿ ਵੀਰ ਕਰਾਰੇ –

*Gaavan jatee satee santokhee gaavahi veer karaaray*

The celibates, the self-disciplined, the content, and the brave warriors all sing of You.

ਗਾਵਨਿ ਪੰਡਿਤ ਪੜ੍ਹਣਿ ਰਖੀਸਰ ਜੁਗ ਜੁਗ ਵੇਦਾ ਨਾਲੇ –

*Gaavan pandit parhan rakheesar jug jug vaydaa naalay*

The scholars, readers, and those who preserve the Vedas through the ages sing of You.

ਗਾਵਹਿ ਮੋਹਣੀਆ ਮਨ ਮੋਹਨਿ ਸੁਰਗ ਮਛ ਪਇਆਲੇ –

*Gaavahi mohnee-aa man mohan surgaa machh pa-i-aalay*

The enchanting beauties who captivate hearts, the heavens, and nether worlds sing of You.

ਗਾਵਨਿ ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ –

*Gaavan ratan upaa-ay tayray athsath tirath naalay*

All the precious jewels You've created and the 68 sacred pilgrimage sites sing of You.

ਗਾਵਹਿ ਜੇਧ ਮਹਾਬਲ ਸੂਰਾ ਗਾਵਹਿ ਖਾਣੀ ਚਾਰੇ –

*Gaavahi joDh mahaabal sooraa gaavahi khaanee chaaray*

The great warriors and powerful heroes sing of You, as do beings from all four life origins.

ਗਾਵਹਿ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡਾ ਕਰਿ ਕਰਿ ਰਖੇ ਧਾਰੇ –

*Gaavahi khand mandal varbhandaa kar kar rakhay Dhaaray*

All regions, worlds, galaxies You created sing of You, as they are held by Your Will.

ਸੇਈ ਤੁਧੁਨੇ ਗਾਵਹਿ ਜੇ ਤੁਧੁ ਭਾਵਨਿ ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ –

*Say-ee tuDhuno gaavahi jo tuDh bhaavan ratay tayray bhagat rasaalay*

Only those who are pleasing to You and lovingly devoted to You truly sing Your praises.

ਹੋਰਿ ਕੇਤੇ ਗਾਵਨ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਵੀਚਾਰੇ –

*Hor kaytay gaavan say mai chit na aavan naanak ki-aa veechaaray*

There are many more who sing of You — but Nanak cannot even recall them all. What can he possibly say?

ਸੇਈ ਸੇਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ ਸਾਚਾ ਸਾਚੀ ਨਾਈ –

*So-ee so-ee sadaa sach saahib saachaa saachee naa-ee*

That True Lord is always True; His Name is also True.

ਹੈ ਭੀ ਹੋਸੀ ਜਾਇ ਨ ਜਾਸੀ ਰਚਨਾ ਜਿਨਿ ਰਚਾਈ –

*Hai bhee hosee jaa-ay na jaasee rachnaa jin rachaa-ee*

He exists now, always has, and shall never die — the One who created all creation.

ਰੰਗੀ ਰੰਗੀ ਭਾਤੀ ਕਰਿ ਕਰਿ ਜਿਨਸੀ ਮਾਇਆ ਜਿਨਿ ਉਪਾਈ –

*Rangee rangee bhaatee kar kar jinsee maa-i-aa jin upaa-ee*

In many colours, forms, and types, He created beings and the illusion of Maya.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਕੀਤਾ ਆਪਣਾ ਜਿਵ ਤਿਸ ਦੀ ਵਡਿਆਈ –

*Kar kar vaykhai keetaa aapnaa jiv tis dee vadi-aa-ee*

He keeps creating, watching His creation — all according to His greatness.

ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰਸੀ ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ –

*Jo tis bhaavai so-ee karsee hukam na karnaa jaa-ee*

He does what pleases Him; no one else can give Him orders.

ਸੇ ਪਾਤਿਸਾਹੁ ਸਾਹਾ ਪਾਤਿਸਾਹਿਬੁ ਨਾਨਕ ਰਹੈ ਰਜਾਈ –

*So paatisaahu saahaa paatisaahib naanak rahan rajaa-ee*

That King of kings, Nanak says, may I live in His Will.



## Essence of Pauri 27

This Pauri celebrates the divine court and the countless beings praising the Creator — from gods, saints, warriors, scholars, to natural forces like wind and water. Guru Nanak reminds us that no one can truly list all who praise the Divine, and that the One who created all is forever True, unchanging, and beyond human authority.

It ends with a powerful teaching:

*True wisdom is to align with the Divine Will.*

## Reflection Prompt for Pauri 27

What part of my life still resists the flow of the Divine Will?

**Where can I surrender more deeply and say: “**

*May I live in Your Will.”*

*Journal: “In this area of my life, I’m ready to release control...”*

## Pauri 28

ਮੁੰਦਾਹੁ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤਿ ਜੇਲੀ ਧੀਅਾਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੮॥

ਮੁੰਦਾਹੁ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤਿ ਜੇਲੀ ਧੀਅਾਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ – *Mundaah santokh saram pat jholee Dhi-aan kee karahi bibhoot*

Let contentment be your ear-piercing ritual,

Let hard work be your holy robe,  
Let meditation be the ash you apply on your body.

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ – *Khinthaa kaal ku-aaree kaa-i-aa jugat dandaa parteet*

Let the passage of time be your patched coat,  
Let your pure body be your self-discipline,  
Let faith in the Divine be your staff of support.

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ –  
*Aa-ee panthee sagal jamaatee man jeetai jag jeet*  
Consider all people your spiritual companions;  
By conquering your own mind, you conquer the world.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ –  
*Aadays tisai aadays*  
I bow in reverence to that Divine Being.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ –  
*Aad aneel anaad anaahat jug jug ayko vays*  
The One who is primal, pure, beginningless, indestructible,  
And whose form is the same through all ages.

## **Essence of Pauri 28**

This pauri redefines spirituality. It says **true spiritual practice is not external rituals** (like wearing symbols or robes), but internal qualities like:

- **Contentment (santokh)**
- **Effort (saram)**
- **Meditation (dhi-aan)**
- **Self-restraint & faith**

It emphasizes that real victory lies in **conquering the mind** — because when you master the self, **you master the world**.

## Reflection Prompt for Pauri 28

Where in my life am I still attached to external labels or appearances of growth, instead of doing the **inner work**?

*Journal: "If I replaced outer rituals with inner mastery, I would..."*

## Pauri 29

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਨਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥  
ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਧ ॥  
ਸੰਜੋਗਿ ਵਿਜੋਗਿ ਦੂਈ ਕਾਰ ਚਲਾਵੈ ਲੇਖੈ ਆਵਹਿ ਭਾਗ ॥  
ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥  
ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੈ ਵੇਸੁ ॥੨੯॥

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਨਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ – *Bhugat gi-aan da-i-aa bhandaaran ghat ghat vaajeh naad*

Let spiritual wisdom (gyaan) and compassion (da-i-aa) be your inner nourishment.

The divine sound (naad) resonates in every heart.

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਧ – *Aap naath naathee sabh jaa kee riDh siDh avraa saad*

The Divine is the Master of all beings;

Worldly powers and miraculous abilities are distractions compared to union with the Divine.

ਸੰਜੋਗਿ ਵਿਜੋਗਿ ਦੂਈ ਕਾਰ ਚਲਾਵੈ ਲੇਖੈ ਆਵਹਿ ਭਾਗ – *Sanjog vijog du-ay kaar chalaaveh laykhay aavahi bhaag*

Union and separation — both are part of life's design.

They happen based on the destiny written in one's account (karma).

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ – *Aadays tisai aadays*

I bow in reverence to that Divine Being.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ – Aad aneel anaad anaahat jug jug ayko  
vays

The One who is primal, stainless, beginningless, eternal —  
Always the same in every age.

## **Essence of Pauri 29**

True spiritual nourishment comes from **wisdom and compassion**, not from rituals or status. It reminds us that **divine energy lives in all beings**, and that we are not the doers — our experiences are shaped by **karma and Divine design**.

This pauri breaks the illusion of control, reminding us to trust the Divine rhythm of union and separation.

## **Reflection Prompt for Pauri 29**

What am I trying to control or force in my life right now?

What if I surrendered to the idea that both **connection and disconnection** are part of a higher orchestration?

*Write: “If I trusted life’s timing, I would stop trying to...”*

## **Pauri 30**

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਉ ਹੋਵੈ ਫੁਰਮਾਣੁ ॥

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੦॥

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ – *Aykaa maa-ee jugat vi-aa-ee tin chaylay parvaan*

The One Divine Energy (like a mother) manifested creation through a sacred process,  
And from her, three accepted aspects (functions) emerged.

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ – *Ik sansaaree ik bhandaree ik laa-ay deebaan*

One creates the world (Brahma),  
One nourishes it (Vishnu),  
And one governs or judges (Shiva).

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਉ ਹੋਵੈ ਫੁਰਮਾਣੁ – *Jiv tis bhaavai tivai chalaavai jiv hovai furmaan*

They act according to the Divine's Will,  
As commanded from beyond.

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ – *Oh vaykhai onaa nadar na aavai bahutaa ayhu vidaan*

The Divine sees everything, yet remains unseen by them —  
This whole system is a deep and vast mystery.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ – *Aadays tisai aadays*  
I bow in reverence to that Divine One.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ – *Aad aneel anaad anaahat jug jug ayko vays*

The One who is primal, pure, beginningless, indestructible —  
And remains the same throughout all ages.

## **Essence of Pauri 30**

This pauri describes the cosmic play — how from the One Source, creation, sustenance, and judgment emerged.

Yet, even these powerful forces are **under Divine command**, not above it.

The Creator watches everything, but remains beyond the reach of even the highest powers.

### Reflection Prompt for Pauri 30

Are you trying to “control” what’s not yours to control?  
What if **your role** is to trust the higher orchestration — just like creation, sustenance, and closure are all part of the One flow?

*Write: “If I surrendered to the Divine design, I would stop trying to control...”*

### Pauri 31

ਆਸਣੁ ਲੇਇ ਲੇਇ ਭੰਡਾਰ ॥  
ਜੇ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥  
ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰ ॥  
ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥  
ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥  
ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੧॥

ਆਸਣੁ ਲੇਇ ਲੇਇ ਭੰਡਾਰ – *Aasan lo-ay lo-ay bhandaar*

In every realm (world), there are Divine thrones and treasure stores (bounties).

ਜੇ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ – *Jo kichh paa-i-aa so aykaa vaar*

All that exists was created once by the One — complete and perfect in one stroke.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰ – *Kar kar vaykhai sirjanhaar*

The Creator creates and watches over it all, constantly.

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ – *Nanak sachay kee saachee kaar*

O Nanak, the work of the True One is truly perfect and lasting.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ – *Aadays tisai aadays*

I bow in deep reverence to that Divine One.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤੁ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ – *Aad aneel anaad anaahat jug jug ayko vays*

The One who is primal, pure, without beginning, indestructible — and remains unchanged through all ages.

### **Essence of Pauri 31**

This pauri reminds us that the **Divine system is not chaotic** — it is designed with purpose, order, and completeness.

All provision, creation, and governance were done **once perfectly** by the Creator, and everything continues under that one intelligent design.

### **Reflection Prompt for Pauri 31**

Where in your life are you trying to “add more” when what you have is already complete?

*Write: “If I trusted that the design is already perfect, I would stop trying to...”*

### **Pauri 32**

ਇਕ ਦੂ ਜੀਭਉ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵੈ ਲਖ ਵੀਸ ॥  
ਲਖ ਲਖ ਗੈੜਾ ਆਖੀਅਹਿ ਏਕ ਨਾਮੁ ਜਗਦੀਸ ॥  
ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ ॥  
ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ ॥  
ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

ਇਕ ਦੂ ਜੀਭਉ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵੈ ਲਖ ਵੀਸ – *Ik doo jeebhou lakh hohi, lakh hovai lakh vees*

Even if I had hundreds of thousands of tongues, or twenty times more...

ਲਖ ਲਖ ਗੈੜਾ ਆਖੀਅਹਿ ਏਕ ਨਾਮੁ ਜਗਦੀਸ – *Lakh lakh gayrhaa aakhee-ahi, ayk Naam Jagdees*

...and each tongue chanted the Name of the Divine millions of times...

ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ – *Ayt raahi pat pavrhee-aa, charhee-ai ho-ay ikees*

...this is the path of spiritual honor — each step brings you closer to Oneness.

ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ – *Sun galaa aakaas kee, keetaa aa-ee rees*

Even a tiny creature (like us) tries to imitate the Divine by listening to the celestial teachings.

ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ – *Nanak nadree paa-ee-ai, koorhee koorhai thees*

O Nanak, this grace is only obtained through Divine glance (nadar); falsehood just leads to more pain and illusion.

## **Essence of Pauri 32**

Chanting the Divine Name isn't about numbers or show. Even if we had thousands of tongues, true spiritual elevation comes from **grace**, not ego.

This Pauri reminds us: **Sincerity over performance.**

It's about walking the path with **humility**, not boasting about devotion.

## **Reflection Prompt for Pauri 32**

Where might you be performing rather than truly connecting?



*Write: "If I let go of impressing others and focused only on inner alignment, I would..."*

## **Pauri 33**



ਆਖਣ ਜੇਰੁ ਚੁਪੈ ਨਹ ਜੇਰੁ ॥  
ਜੇਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੇਰੁ ॥  
ਜੇਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੇਰੁ ॥  
ਜੇਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੇਰੁ ॥  
ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥  
ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥  
ਜਿਸੁ ਹਥਿ ਜੇਰੁ ਕਰਿ ਵੇਖੈ ਸੇਇ ॥  
ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ ॥੩੩॥

ਆਖਣ ਜੇਰੁ ਚੁਪੈ ਨਹ ਜੇਰੁ – *Aakhan jor, chupai nah jor*  
We don't have the power to speak or to remain silent by our own will.

ਜੇਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੇਰੁ – *Jor na mangan, dayan na jor*  
We don't control what we ask for or what we receive — giving and receiving are beyond our control.

ਜੇਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੇਰੁ – *Jor na jeevan, maran nah jor*  
We don't control life or death either.

ਜੇਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੇਰੁ – *Jor na raaj, maal, man sor*  
Power, wealth, and even the commotion of our mind are not under our command.

ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ – *Jor na surtee, gi-aan veechaar*  
Even spiritual awareness or deep understanding can't be forced.

ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ – *Jor na jugtee, chhutai sansaar*  
Freedom from this world and its cycle cannot be achieved through force or technique alone.

ਜਿਸੁ ਹਥਿ ਜੇਰੁ ਕਰਿ ਵੇਖੈ ਸੇਇ – *Jis hath jor, kar vaykhai so-ay*  
Only the One in whose hand is true power sees and governs all.

ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ – *Nanak utam neech na ko-ay*  
O Nanak, no one is high or low — it's all the Creator's play.

### **Essence of Pauri 33**

You're not in control the way you think you are.  
Ego makes us believe we *earn* or *deserve* everything. But true power — speech, wealth, life, wisdom — all come from the Divine.  
This verse humbles us, returning us to surrender.

### Reflection Prompt for Pauri 33

Where in your life are you forcing an outcome or clinging to control?

*Write: "If I truly accepted that Divine timing is in charge, I would let go of..."*

### Pauri 34:

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

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ – *Raatee, rutee, thitee, vaar*  
The nights, seasons, lunar phases, and days of the week...

ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ – *Pavan, paanee, agnee, paataal*  
ir, water, fire, and the underworld...

ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ – *Tis vich Dhartee thaap rakhee Dharam saal*  
Within all this, the Earth was placed as the home for practicing righteousness (Dharma).

ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ – *Tis vich jee-a jugat kay rang*  
In it, countless beings were created with diverse ways of living.

ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ – *Tin kay naam anayk anant*  
These beings have countless and limitless names.

ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ – *Karmee karmee ho-ay veechaar*  
Their deeds (karma) are judged and considered individually.

ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ – *Sachaa aap, sachaa darbaar*  
The True One created the Eternal Court (of Divine justice).

ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ – *Tithai sohan panch parvaan*  
There, the spiritually wise and disciplined (the “Five”) are honored and accepted.

ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ – *Nadree karam pavai neesaan*  
By Divine grace, they are marked with honor (spiritual insignia).

ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ – *Kach paka-ee othai paa-ay*  
There, the immature (kach) and the ripe (pakka) are revealed and judged.

ਨਾਨਕ ਗਿਆ ਜਾਪੈ ਜਾਇ – *Nanak ga-i-aa jaapai jaa-ay*  
O Nanak, only by going there can one truly understand this Truth.

## **Essence of Pauri 34**

This world is not random — it's a well-designed space for us to live out our karmas and learn. All that we experience — time, nature, life — is part of a Divine order where we're observed, guided, and ultimately judged based on awareness and action.

Those aligned with truth and discipline shine in the Divine Court.

## Reflection Prompt for Pauri 34

If life is a training ground for your soul, how are you showing up in this divine classroom?

*Write: "In the court of truth, I want to be remembered for..."*

## Pauri 35

ਧਰਮ ਖੰਡ ਕਾ ਏਹੁ ਧਰਮੁ ॥  
ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ ॥  
ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ ਕੇਤੇ ਕਾਨ ਮਹੇਸ ॥  
ਕੇਤੇ ਬ੍ਰਹਮੇ ਘਰਟ ਘੜੀਅਹਿ ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ ॥  
ਕੇਤੀਆ ਕਰਮੀ ਭੂਮੀ ਮੈਰ ਕੇਤੇ ਕੇਤੇ ਧੂ 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॥

ਧਰਮ ਖੰਡ ਕਾ ਏਹੁ ਧਰਮੁ – *Dharam khand kaa ayho Dharam*

This is the nature of **Dharam Khand** – the realm of righteous living.

ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ – *Gi-aan khand kaa aakhhu karam*

Now let us speak of **Giaan Khand** – the realm of true knowledge.

ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ ਕੇਤੇ ਕਾਨ ਮਹੇਸ – *Kaytay pavan paanee vaisantar, kaytay kaan mahays*

In this realm, there are countless airs, waters, fires, and great spiritual powers like Shiva.

ਕੇਤੇ ਬ੍ਰਹਮੇ ਘਰਟ ਘੜੀਅਹਿ ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ – *Kaytay barmay ghaarhat gharhee-ahi roop rang kay vays*

Many Brahmas (creators) are busy shaping and decorating countless forms, colors, and appearances.

ਕੇਤੀਆ ਕਰਮੀ ਭੂਮੀ ਮੈਰ ਕੇਤੇ ਕੇਤੇ ਧੂ ਉਪਦੇਸ – *Kaytee-aa karam bhoomee mayr, kaytay kaytay Dhoo updays*

There are countless worlds for karma (action), and numerous great spiritual teachings being delivered.

ਕੇਤੇ ਇੰਦ ਚੰਦ ਸੂਰ ਕੇਤੇ ਕੇਤੇ ਮੰਡਲ ਦੇਸ – *Kaytay ind chand soor, kaytay kaytay mandal days*

There are countless kings like Indra, moons, suns, and planetary systems.

ਕੇਤੇ ਸਿਧ ਬੁਧ ਨਾਥ ਕੇਤੇ ਕੇਤੇ ਦੇਵੀ ਵੇਸ – *Kaytay siDh buDh naath, kaytay kaytay dayvee vays*

Many perfected beings (siddhas), wise ones, yogic masters, and divine forms exist here.

ਕੇਤੇ ਦੇਵ ਦਾਨਵ ਮੁਨਿ ਕੇਤੇ ਕੇਤੇ ਰਤਨ ਸਮੁੰਦ – *Kaytay dayv daanav mun, kaytay kaytay ratan samund*

Countless gods, demons, sages, and oceans full of precious jewels are present.

ਕੇਤੀਆ ਖਾਣੀ ਕੇਤੀਆ ਬਾਣੀ ਕੇਤੇ ਪਾਤ ਨਰਿੰਦ – *Kaytee-aa khaanee kaytee-aa banee, kaytay paat narind*

There are countless life forms (khaanees), countless divine utterances (banee), and many royal rulers.

ਕੇਤੀਆ ਸੁਰਤੀ ਸੇਵਕ ਕੇਤੇ ਨਾਨਕ ਅੰਤੁ ਨ ਅੰਤੁ – *Kaytee-aa surtee sayvak kaytay, Nanak ant na ant*

There are infinite meditative beings and devoted servants — O Nanak, there is no end to this vastness.

## **Essence of Pauri 35**

Guru Nanak now takes us into **Giaan Khand** – the realm of higher consciousness and spiritual knowledge.

This realm reveals the immensity of the Creator's design — infinite worlds, powers, divine beings, knowledge systems, and lifeforms — all in perfect harmony, beyond human limits.

## Reflection Prompt for Pauri 35

If knowledge opens the door to greater awareness, ask yourself:

*“What old belief can I release today to expand my understanding of life?”*

*Write: “In the realm of wisdom, I’m ready to...”*

## Pauri 36

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚੰਡੁ ॥

ਤਿਥੈ ਨਾਦ ਬਿਨੋਦ ਕੋਡ ਅਨੰਦੁ ॥

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ ॥

ਤਿਥੈ ਘੜਤ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ ॥

ਤਾ ਕੀਆ ਗਲਾ ਕਥੀਆ ਨ ਜਾਹਿ ॥

ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ ॥

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ ॥੩੬॥

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚੰਡੁ – *Gi-aan khand meh gi-aan parchand*

In the Realm of Knowledge (Giaan Khand), divine wisdom shines brilliantly.

ਤਿਥੈ ਨਾਦ ਬਿਨੋਦ ਕੋਡ ਅਨੰਦੁ – *Tithai naad binod kod anand*

There is celestial music, spiritual play, and immense bliss.

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ – *Saram khand kee banee roop*

The next realm is **Saram Khand**, where divine beauty and expression begin to take form.

ਤਿਥੈ ਘੜਤ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ – *Tithai ghaarhat gharhee-ai bahut anoop*

There, the soul is molded into incredibly beautiful and unique forms.

ਤਾ ਕੀਆ ਗਲਾ ਕਥੀਆ ਨ ਜਾਹਿ – *Taa kee-aa galaa kathee-aa naa jaahi*

These divine processes cannot be fully described in words.

ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ – *Jay ko kahai pichhai pachhuta-ay*

If anyone tries to explain it, they will regret their limited attempt.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ – *Tithai gharhee-ai surat mat man buDh*

In this realm, the soul's awareness, intellect, understanding, and wisdom are perfected.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ – *Tithai gharhee-ai suraa siDhaa kee suDh*

The knowledge of the divine warriors (spiritually accomplished beings) is also shaped and refined here.

## **Essence of Pauri 36**

Guru Nanak takes us deeper — from **Giaan Khand** (realm of knowledge) into **Saram Khand** (realm of spiritual effort and form).

Here, the soul is polished with grace and discipline, shaped with awareness, wisdom, and inner strength. The experiences here go beyond human explanation.

## **Reflection Prompt for Pauri 36**

Growth demands effort, refinement, and letting go. Ask yourself:

*“What version of me is being ‘shaped’ through my current life experiences?”*

*Write: “In this phase, I am being shaped into someone who...”*

## **Pauri 37**

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੇਰੁ ॥

ਤਿਥੈ ਹੇਰੁ ਨ ਕੋਈ ਹੇਰੁ ॥

ਤਿਥੈ ਜੇਧ ਮਹਾਬਲ ਸੂਰ ॥

ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ ॥

ਤਿਥੈ ਸੀਤੇ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ ॥

ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ ॥

ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਰੈ 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 ॥੩੧॥

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੇਰੁ – *Karam khand kee banee jor*  
 The Realm of Action (Karam Khand) is full of spiritual power and strength.

ਤਿਥੈ ਹੋਰੁ ਨ ਕੋਈ ਹੋਰੁ – *Tithai hor na ko-ee hor*  
 There is no other force that compares to it.

ਤਿਥੈ ਜੋਧ ਮਹਾਬਲ ਸੂਰ – *Tithai joDh mahaabal soor*  
 Here dwell the mighty spiritual warriors, full of courage and strength.

ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ – *Tin meh raam rahi-aa bharpoor*  
 The Divine (Ram) lives fully within them.

ਤਿਥੈ ਸੀਤੇ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ – *Tithai seeto seetaa mahimaa maahi*  
 They are clothed in divine glory and honor.

ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ – *Taa kay roop na kathnay jaahi*  
 Their beauty cannot be described in words.

ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਰੈ ਜਾਹਿ – *Naa ohi mareh na thaagay jaahi*  
 They do not die nor can they be deceived.

ਜਿਨ ਕੈ ਰਾਮੁ ਵਸੈ ਮਨ ਮਾਹਿ – *Jin kai raam vasai man maahi*  
 Because God lives in their hearts.

ਤਿਥੈ ਭਗਤ ਵਸਹਿ ਕੇ ਲੋਅ – *Tithai bhagat vaseh kay lo-a*  
 Devotees of many worlds live in this realm.



ਕਰਹਿ ਅਨੰਦੁ ਸਚਾ ਮਨਿ ਸੋਇ – *Karahi anand sachaa man so-ay*  
They live in joy, their minds united with the Eternal Truth.

ਸਚ ਖੰਡਿ ਵਸੈ ਨਿਰੰਕਾਰੁ – *Sach khand vasai nirankaar*  
In the Realm of Truth (Sach Khand) lives the Formless One.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਨਦਰਿ ਨਿਹਾਲ – *Kar kar vaykhai nadar nihaal*  
Creating and watching all with a loving glance.

ਤਿਥੈ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡ – *Tithai khand mandal varbhand*  
Countless galaxies, realms, and universes exist there.

ਜੇ ਕੋ ਕਥੈ ਤ ਅੰਤ ਨ ਅੰਤ – *Jay ko kathai ta ant na ant*  
If someone tries to describe them, there is no end to it.

ਤਿਥੈ ਲੋਅ ਲੋਅ ਆਕਾਰ – *Tithai lo-a lo-a aakaar*  
There are countless worlds and forms.

ਜਿਵ ਜਿਵ ਹੁਕਮੁ ਤਿਵੈ ਤਿਵ ਕਾਰ – *Jiv jiv hukam tivai tiv kaar*  
All act according to Divine Will.

ਵੇਖੈ ਵਿਗਸੈ ਕਰਿ ਵੀਚਾਰੁ – *Vaykhai vigsai kar veechaar*  
God watches joyfully, with loving contemplation.

ਨਾਨਕ ਕਥਨਾ ਕਰੜਾ ਸਾਰੁ – *Nanak kathnaa karrhaa saar*  
Nanak says: describing this is the most difficult and highest of all efforts.

## **Essence of Pauri 37**

This final step describes the **highest realms** — **Karam Khand** and **Sach Khand** — where divine beings, truth seekers, and lovers of the Eternal reside. Here, the Divine is both the **source and observer**, watching creation in joy and harmony. The journey of the soul, through discipline, knowledge, effort, and grace, reaches this divine union with the **Formless Truth (Nirankaar)**.

## Reflection Prompt for Pauri 37

Guru Nanak ends with awe and surrender.

Ask yourself:

*"Can I surrender to something far greater than I can explain?"*

*"What part of me is ready to stop striving and just BE in alignment with Truth?"*

Write: *"Today, I let go of the need to understand it all. I trust the Divine design."*

## Pauri 38

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ।  
ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ।  
ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ।  
ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ।  
ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲਿ ।  
ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰਿ ।  
ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲਿ ॥੩੮॥

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ – *Jat paahaaraa Dheeraj suni-aar*

Let self-discipline be your workshop, and let patience be the goldsmith.

ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ – *Ahran mat vayd hathee-aar*

Let your understanding be the anvil, and Divine wisdom (like the Vedas) be your tools.

ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ – *Bha-o khalaag an tap taa-o*

Let the fear (awe) of God be your bellows, and intense effort be the fire that heats you.

ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ – *BhaaNdaa bhaa-o amrit tit dhaal*

Into the mold of love, pour the nectar of the Divine.

ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲਿ – *Gharhee-ai sabad sachee taksaal*

Shape your soul in the True Mint of the Shabad (Word of God).

ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰਿ – *Jin ka-o nadar karam tin kaar*  
Only those who receive the Divine's Grace can do this inner work.

ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲਿ – *Nanak nadree nadar nihaal*  
Nanak says: by Divine Glance alone, one is truly blessed.

## **Essence of Pauri 38**

Guru Nanak offers a **spiritual metaphor** — the human mind is like metal to be **refined in the Divine furnace**. Discipline, patience, wisdom, love, and awe become tools of **inner alchemy**, and the Word (*Shabad*) becomes the mint that **transforms the soul into Truth**. But this transformation is only possible with **Grace**.

## **Reflection Prompt for Pauri 38**

*"What tools am I using to shape my inner world?"*

*"Am I living from fear, or transforming with love?"*

*Write: "Today, I place my mind on the anvil of wisdom and shape it with love and discipline."*

## **Japji Sahib Salok**

ਪਵਣੁ ਗੁਰੂ ਪਾਈ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ।  
ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ ।  
ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ।  
ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ।  
ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ।  
ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੩੯॥

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ – *Pavan guroo, paanee pitaa, maataa Dharat mahat.*

Air is the Guru, water is the Father, and the great Earth is the Mother.

ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ – *Divas raat du-ay daa-ee daa-i-aa, khaylai sagal jagat.*

Day and night are the caretakers, through whom the whole world plays out its life.

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ – *Chang-aa-ee-aa buri-aa-ee-aa vaachai Dharam hadoor.*

Good and bad deeds are judged in the presence of Divine Justice.

ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ – *Karmee aapo aapnee, kay nayrhay kay door.*

According to one's actions, some are drawn near to the Divine, and some are pushed far.

ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ – *Jinee Naam Dhi-aa-i-aa, ga-ay maskat ghaal.*

Those who remembered and meditated on the Name with hard effort...

ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ – *Nanak tay mukh ujlay, kaytee chhutee naal.*

...Nanak says: their faces shine bright, and many others are liberated along with them.

## **Essence of the Final Salok**

Guru Nanak places humanity within a vast, **interconnected cosmic family** — nature as our teacher and parent. We live under the watch of **Divine Justice**, where actions determine closeness to Truth. But those who **earnestly remember the Naam** not only free themselves — they also help **liberate others** through their light.

## Reflection Prompt for Final Salok

*"Am I living with reverence for the elements and justice in my actions?"*

*"Will my light help others find freedom too?"*

*Write: "I walk gently on Earth, remembering the Name, so my journey becomes light for others too."*

## Glossary of Key Terms from Japji Sahib

*A gentle guide to Divine words repeated in this sacred Bani.*

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### Naam (ਨਾਮ)

The sacred Divine Name — the eternal vibration of truth.

Naam is not a word but an **experience** of Divine presence that lives within and around us.

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### Hukam (ਹੁਕਮ)

The Divine Will or command.

Everything flows by Hukam — from birth and death to the motion of stars.

Understanding Hukam brings **surrender, peace, and trust** in life's unfolding.

---

### Sat (ਸਚ)

Truth — timeless, eternal, unchanging.

Guru Nanak Dev Ji reminds us that **Truth is the highest virtue**, and to live by it is to live divinely.

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### Panch (ਪੰਚ)

The spiritually awakened ones — those who live beyond ego and act in harmony with Hukam.

In Japji Sahib, the Panch are honored in the Divine Court.

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## **Saadh Sangat (ਸਾਧ ਸੰਗਤ)**

The holy company of seekers, saints, or those who remember the Divine.  
Being in Saadh Sangat helps **purify the mind and awaken the soul**.

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## **Naad (ਨਾਦ)**

The cosmic sound current.  
Reciting Japji Sahib is not just reading — it's **activating Naad**, the spiritual vibration that transforms consciousness.

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## **Amrit Vela (ਅੰਮ੍ਰਿਤ ਵੇਲਾ)**

The ambrosial early morning hours — usually before sunrise.  
This is a powerful time for Japji Sahib, when the **soul is most open to Divine wisdom**.

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## **Simran (ਸਿਮਰਨ)**

The practice of Divine remembrance — repeating the Name with love.  
Simran calms the mind and brings us closer to inner peace.

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## **Maya (ਮਾਇਆ)**

The illusion of the material world — the distractions of ego, greed, and attachment.  
Maya keeps us away from Truth unless we stay awake through Naam and Simran.

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## **Karam (ਕਰਮ)**

Our actions or deeds — and their consequences.

Guru Nanak emphasizes that we shape our life through **divine or ego-driven karma**.

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## **Gyaan (ਗਿਆਨ)**

Divine knowledge or wisdom.

This is not intellectual — it's **spiritual insight** that awakens through Japji Sahib and grace.

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## **Dhyaan (ਧਿਆਨ)**

Deep focus or meditative attention.

It means being fully present with the Bani or the Name — not just hearing but **absorbing**.

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## **Dharam (ਧਰਮ)**

Righteous living — walking the path of truth and justice.

Japji Sahib speaks of **Dharam Khand** — the realm where souls are judged by their truthfulness.

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## **Moh (ਮੋਹ)**

Attachment — to people, possessions, identity.

Moh ties us to ego and blinds us from seeing the larger divine flow.

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## Haumai (ਹਉਮੈ)

Ego — the “I” that separates us from the One.

Guru Nanak says Haumai is the **root cause of suffering**.

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## Anhad (ਅਨਹਦ)

The unstruck sound — the mystical, continuous sound of the cosmos heard in deep meditation.

It is beyond the physical senses and connects the soul to its source.

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## Bhaavnaa (ਭਾਵਨਾ)

The **feeling or emotion** behind prayer.

Japji Sahib reminds us that true connection comes not from ritual, but from heartfelt bhaavnaa.



## ABOUT THE AUTHOR

**Sunint Kaur is a Mental Resilience Therapist and Personality Strategist, and the Founder & Chief Learning Officer at Mind Glow Hub (Sukh Selim Pvt. Ltd.)**

She works with high-performing individuals and teams to help them build clarity, calm, and emotional strength in demanding environments. Her approach combines clinical insight with practical tools for real-world breakthroughs.

As someone who values clarity over complexity, Sunint began exploring the verses of Japji Sahib to reconnect with stillness and inner direction. What started as a personal practice quickly became a powerful guide for her work and well-being.

This book is her way of sharing that experience—offering simple, heartfelt reflections on the timeless verses of Japji Sahib, so that anyone seeking peace or perspective can find their way back to it, line by line.

***May you always be guided by light, even in the darkest of nights.***

***May the wisdom of Japji Sahib awaken your inner clarity, and may each step you take be rooted in love, truth, and surrender.***

***May this book become not just something you read, but something you live.***

***"ਜੇ ਮਾਗਹਿ ਠਾਕੁਰ ਆਪਣੇ ਤੇ ॥ ਸੋਈ ਸੋਈ ਦੇਵੈ ॥"***

***Jo māgah ṭhākur āṇai te, soī soī devai.***

***Whatever one asks of their Divine Master — that alone is granted.***

***— Sri Guru Granth Sahib Ji, Ang 681***

## REFLECTION / JOURNALING SPACE

ੴ ਸਤਿਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ... *Ik Onkar. One Creator. Truth is His Name...* Speaks of The Universe and all its creations in Unity, Oneness, Truth  
(*Mool Mantar*)

*What does “Oneness” mean in my life right now? Where can I dissolve separation and ego?*

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥ *By thinking a hundred thousand times, one cannot understand the Truth (Pauri 1)*

*What mental loop or overthinking is exhausting me? What would surrender feel like instead?*

[illegible]

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥ *Listening, even the wise become wiser.the Truth (Pauri 8)*

*What am I being called to listen to, in silence or intuition?*

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

*What have I been trying to control? What happens when I release control?*

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*What unseen treasures are already present in my life?*

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥ *Let self-restraint be the furnace, patience the goldsmith. (Pauri 38)*

*Which situation in my life is refining me? What inner strength is being forged?*

This image shows a full page of blank, lined paper. It features approximately 28 evenly spaced horizontal black lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.

*How can I honour nature as my teacher today?*

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.



## **DISCOVER THE LIGHT THAT WAS ALWAYS WITH YOU**

IN TIMES OF DARKNESS, CONFUSION, AND QUESTIONING, ONE TIMELESS GUIDE HAS QUIETLY HELD THE ANSWERS — JAPJI SAHIB. THIS BOOK WAS BORN NOT FROM A PLACE OF KNOWING, BUT FROM A DEEP YEARNING TO FIND LIGHT WHEN ALL SEEMED LOST.

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YOU WERE NEVER ALONE. THE LIGHT WAS ALWAYS WITHIN.

**WITH GURU NANAK'S & MY FAMILY'S BLESSINGS:**  
SUNINT KAUR