



English translation of Holy Guru Granth Sahib (Part 32)

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Credits

English translation of **Holy Guru Granth Sahib (32 Raag Kaanraa)**

by
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Raag Kaanraa – Part 001

1294 : 1

Raag Kaanraa, Chau–Padas, Fourth Mehl, First House:

1294 : 2

One Universal Creator God. Truth Is The Name. Creative Being Personified. No Fear. No Hatred. Image Of The Undying. Beyond Birth. Self–Existent. By Guru's Grace:

1294 : 3

Meeting with the Holy people, my mind blossoms forth.

1294 : 4

I am a sacrifice, a sacrifice, a sacrifice, a sacrifice to those Holy beings; joining the Sangat, the Congregation, I am carried across to the other side. ||1||Pause||

1294 : 5

O Lord, Har, Har, please bless me with Your Mercy, God, that I may fall at the feet of the Holy.

1294 : 6

Blessed, blessed are the Holy, who know the Lord God. Meeting with the Holy, even sinners are saved. ||1||

1294 : 7

The mind roams and rambles all around in all directions. Meeting with the Holy, it is overpowered and brought under control,

1294 : 8

just as when the fisherman spreads his net over the water, he catches and overpowers the fish. ||2||

1294 : 9

The Saints, the Saints of the Lord, are noble and good. Meeting with the humble Saints, filth is washed away.

1294 : 10

All the sins and egotism are washed away, like soap washing dirty clothes. ||3||

1294 : 11

According to that pre-ordained destiny inscribed on my forehead by my Lord and Master, I have enshrined the Feet of the Guru, the True Guru, within my heart.

1294 : 12

I have found God, the Destroyer of all poverty and pain; servant Nanak is saved through the Naam. ||4||1||

1294 : 13

Kaanraa, Fourth Mehl:

1294 : 14

My mind is the dust of the feet of the Saints.

1294 : 15

Joining the Sangat, the Congregation, I listen to the sermon of the Lord, Har, Har. My crude and uncultured mind is drenched with the Love of the Lord. ||1||Pause||

1294 : 16

I am thoughtless and unconscious; I do not know God's state and extent. The Guru has made me thoughtful and conscious.

1294 : 17

God is Merciful to the meek; He has made me His Own. My mind chants and meditates on the Name of the Lord, Har, Har. ||1||

1294 : 18

Meeting with the Lord's Saints, the Beloveds of the mind, I would cut out my heart, and offer it to them.

1294 : 19

Meeting with the Lord's Saints, I meet with the Lord; this sinner has been sanctified. ||2||

1294 : 20

The humble servants of the Lord are said to be exalted in this world; meeting with them, even stones are softened.

-- Raag Kaanraa – Part 001 --

Raag Kaanraa – Part 002

1295 : 21

I cannot even describe the noble grandeur of such humble beings; the Lord, Har, Har, has made them sublime and exalted. ||3||

1295 : 22

You, Lord are the Great Merchant–Banker; O God, my Lord and Master, I am just a poor peddler; please bless me with the wealth.

1295 : 23

Please bestow Your Kindness and Mercy upon servant Nanak, God, so that he may load up the merchandise of the Lord, Har, Har. ||4||2||

1295 : 24

Kaanraa, Fourth Mehl:

1295 : 25

O mind, chant the Name of the Lord, and be enlightened.

1295 : 26

Meet with the Saints of the Lord, and focus your love; remain balanced and detached within your own household. ||1||Pause||

1295 : 27

I chant the Name of the Lord, Nar–Har, within my heart; God the Merciful has shown His Mercy.

1295 : 28

Night and day, I am in ecstasy; my mind has blossomed forth, rejuvenated. I am trying – I hope to meet my Lord. ||1||

1295 : 29

I am in love with the Lord, my Lord and Master; I love Him with every breath and morsel of food I take.

1295 : 30

My sins were burnt away in an instant; the noose of the bondage of Maya was loosened. ||2||

1295 : 31

I am such a worm! What karma am I creating? What can I do? I am a fool, a total idiot, but God has saved me.

1295 : 32

I am unworthy, heavy as stone, but joining the Sat Sangat, the True Congregation, I am carried across to the other side. ||3||

1295 : 33

The Universe which God created is all above me; I am the lowest, engrossed in corruption.

1295 : 34

With the Guru, my faults and demerits have been erased. Servant Nanak has been united with God Himself. ||4||3||

1295 : 35

Kaanraa, Fourth Mehl:

1295 : 36

O my mind, chant the Name of the Lord, through the Guru's Word.

1295 : 37

The Lord, Har, Har, has shown me His Mercy, and my evil-mindedness, love of duality and sense of alienation are totally gone, thanks to the Lord of the Universe. ||1||Pause||

1295 : 38

There are so many forms and colors of the Lord. The Lord is pervading each and every heart, and yet He is hidden from view.

1295 : 39

Meeting with the Lord's Saints, the Lord is revealed, and the doors of corruption are shattered. ||1||

1295 : 40

The glory of the Saintly beings is absolutely great; they lovingly enshrine the Lord of Bliss and Delight within their hearts.

1295 : 41

Meeting with the Lord's Saints, I meet with the Lord, just as when the calf is seen – the cow is there as well. ||2||

1295 : 42

The Lord, Har, Har, is within the humble Saints of the Lord; they are exalted – they know, and they inspire others to know as well.

1295 : 43

The fragrance of the Lord permeates their hearts; they have abandoned the foul stench. ||3||

1295 : 44

You make those humble beings Your Own, God; You protect Your Own, O Lord.

1295 : 45

The Lord is servant Nanak's companion; the Lord is his sibling, mother, father, relative and relation. ||4||4||

1295 : 46

Kaanraa, Fourth Mehl:

1295 : 47

O my mind, consciously chant the Name of the Lord, Har, Har.

1295 : 48

The commodity of the Lord, Har, Har, is locked in the fortress of Maya; through the Word of the Guru's Shabad, I have conquered the fortress. ||1||Pause||

1295 : 49

In false doubt and superstition, people wander all around, lured by love and emotional attachment to their children and families.

1295 : 50

But just like the passing shade of the tree, your body-wall shall crumble in an instant. ||1||

1295 : 51

The humble beings are exalted; they are my breath of life and my beloveds; meeting them, my mind is filled with faith.

1295 : 52

Deep within the heart, I am happy with the Pervading Lord; with love and joy, I dwell upon the Steady and Stable Lord. ||2||

--- Raag Kaanraa – Part 002 ---

Raag Kaanraa – Part 003

1296 : 53

The humble Saints, the Saints of the Lord, are noble and sublime; meeting them, the mind is tinged with love and joy.

1296 : 54

The Lord's Love never fades away, and it never wears off. Through the Lord's Love, one goes and meets the Lord, Har, Har. ||3||

1296 : 55

I am a sinner; I have committed so many sins. The Guru has cut them, cut them, and hacked them off.

1296 : 56

The Guru has placed the healing remedy of the Name of the Lord, Har, Har, into my mouth. Servant Nanak, the sinner, has been purified and sanctified. ||4||5||

1296 : 57

Kaanraa, Fourth Mehl:

1296 : 58

Chant, O my mind, the Name of the Lord, the Lord of the Universe.

1296 : 59

I was caught in the whirlpool of poisonous sin and corruption. The True Guru gave me His Hand; He lifted me up and pulled me out. ||1||Pause||

1296 : 60

O my Fearless, Immaculate Lord and Master, please save me – I am a sinner, a sinking stone.

1296 : 61

I am lured and enticed by sexual desire, anger, greed and corruption, but associating with You, I am carried across, like iron in the wooden boat. ||1||

1296 : 62

You are the Great Primal Being, the most Inaccessible and Unfathomable Lord God; I search for You, but cannot find Your depth.

1296 : 63

You are the farthest of the far, beyond the beyond, O my Lord and Master; You alone know Yourself, O Lord of the Universe. ||2||

1296 : 64

I meditate on the Name of the Unseen and Unfathomable Lord; joining the Sat Sangat, the True Congregation, I have found the Path of the Holy.

1296 : 65

Joining the congregation, I listen to the Gospel of the Lord, Har, Har; I meditate on the Lord, Har, Har, and speak the Unspoken Speech. ||3||

1296 : 66

My God is the Lord of the World, the Lord of the Universe; please save me, O Lord of all Creation.

1296 : 67

Servant Nanak is the slave of the slave of Your slaves. O God, please bless me with Your Grace; please protect me and keep me with Your humble servants. ||4||6||

1296 : 68

Kaanraa, Fourth Mehl, Partaal, Fifth House:

1296 : 69

One Universal Creator God. By The Grace Of The True Guru:

1296 : 70

O mind, meditate on the Lord, the Lord of the World.

1296 : 71

The Lord is the Jewel, the Diamond, the Ruby.

1296 : 72

The Lord fashions the Gurmukhs in His Mint.

1296 : 73

O Lord, please, please, be Merciful to me. ||1||Pause||

1296 : 74

Your Glorious Virtues are inaccessible and unfathomable; how can my one poor tongue describe them? O my Beloved Lord, Raam, Raam, Raam, Raam.

1296 : 75

O Dear Lord, You, You, You alone know Your Unspoken Speech. I have become enraptured, enraptured, enraptured, meditating on the Lord. ||1||

1296 : 76

The Lord, my Lord and Master, is my Companion and my Breath of Life; the Lord is my Best Friend. My mind, body and tongue are attuned to the Lord, Har, Haray, Haray. The Lord is my Wealth and Property.

1296 : 77

She alone obtains her Husband Lord, who is so pre–destined. Through the Guru's Teachings, she sings the Glorious Praises of the Lord, Har, Har, Haray, Haray. I am a sacrifice, a sacrifice, I am a sacrifice, a sacrifice to the Lord, O servan

1296 : 78

Kaanraa, Fourth Mehl:

1296 : 79

Sing the Glorious Praises of the Lord, the Lord of the Universe.

1296 : 80

Let my one tongue become two hundred thousand

1296 : 81

– with them all, I will meditate on the Lord, Har, Har, and chant the Word of the Shabad.

1296 : 82

O Lord, please, please, be Merciful to me. ||1||Pause||

1296 : 83

O Lord, my Lord and Master, please be Merciful to me; please enjoin me to serve You. I chant and meditate on the Lord, I chant and meditate on the Lord, I chant and meditate on the Lord of the Universe.

1296 : 84

Your humble servants chant and meditate on You, O Lord; they are sublime and exalted. I am a sacrifice, a sacrifice, a sacrifice, a sacrifice to them. ||1||

--- Raag Kaanraa – Part 003 ---

Raag Kaanraa – Part 004

1297 : 85

O Lord, You are the Greatest of the Great, the Greatest of the Great, the most Lofty and High. You do whatever You please.

1297 : 86

Servant Nanak drinks in the Ambrosial Nectar through the Guru's Teachings. Blessed, blessed, blessed, blessed, blessed and praised is the Guru. ||2||2||8||

1297 : 87

Kaanraa, Fourth Mehl:

1297 : 88

O mind, meditate and vibrate on the Lord, Raam, Raam.

1297 : 89

He has no form or feature – He is Great!

1297 : 90

Joining the Sat Sangat, the True Congregation, vibrate and meditate on the Lord.

1297 : 91

This is the high destiny written on your forehead. ||1||Pause||

1297 : 92

That household, that mansion, in which the Lord's Praises are sung – that home is filled with ecstasy and joy; so vibrate and meditate on the Lord, Raam, Raam, Raam.

1297 : 93

Sing the Glorious Praises of the Name of the Lord, the Beloved Lord. Through the Teachings of the Guru, the Guru, the True Guru, you shall find peace. So vibrate and meditate on the Lord, Har, Haray, Har, Haray, Haray, the Lord, Raam, Raam,

1297 : 94

You are the Support of the whole universe, Lord; O Merciful Lord, You, You, You are the Creator of all, Raam, Raam, Raam.

1297 : 95

Servant Nanak seeks Your Sanctuary; please bless him with the Guru's Teachings, that he may vibrate and meditate on the Lord, Raam, Raam, Raam. ||2||3||9||

1297 : 96

Kaanraa, Fourth Mehl:

1297 : 97

I eagerly kiss the Feet of the True Guru.

1297 : 98

Meeting Him, the Path to the Lord becomes smooth and easy.

1297 : 99

I lovingly vibrate and meditate on the Lord, and gulp down His Sublime Essence.

1297 : 100

The Lord has written this destiny on my forehead. ||1||Pause||

1297 : 101

Some perform the six rituals and rites; the Siddhas, seekers and Yogis put on all sorts of pompous shows, with their hair all tangled and matted.

1297 : 102

Yoga – Union with the Lord God – is not obtained by wearing religious robes; the Lord is found in the Sat Sangat, the True Congregation, and the Guru's Teachings. The humble Saints throw the doors wide open. ||1||

1297 : 103

O my Lord and Master, You are the farthest of the far, utterly unfathomable. You are totally pervading the water and the land. You alone are the One and Only Unique Lord of all creation.

1297 : 104

You alone know all Your ways and means. You alone understand Yourself. Servant Nanak's Lord God is in each heart, in every heart, in the home of each and every heart. ||2||4||10||

1297 : 105

Kaanraa, Fourth Mehl:

1297 : 106

O mind, chant and meditate on the Lord, the Lord of the Universe.

1297 : 107

The Lord, Har, Har, is inaccessible and unfathomable.

1297 : 108

Through the Guru's Teachings, my intellect attains the Lord God.

1297 : 109

This is the pre-ordained destiny written on my forehead. ||1||Pause||

1297 : 110

Collecting the poison of Maya, people think of all sorts of evil. But peace is found only by vibrating and meditating on the Lord; with the Saints, in the Sangat, the Society of the Saints, meet the True Guru, the Holy Guru.

1297 : 111

Just as when the iron slag is transmuted into gold by touching the Philosopher's Stone – when the sinner joins the Sangat, he becomes pure, through the Guru's Teachings. ||1||

1297 : 112

Just like the heavy iron which is carried across on the wooden raft, sinners are carried across in the Saadh Sangat, the Company of the Holy, and the Guru, the True Guru, the Holy Guru.

1297 : 113

There are four castes, four social classes, and four stages of life. Whoever meets the Guru, Guru Nanak, is himself carried across, and he carries all his ancestors and generations across as well. ||2||5||11||

1297 : 114

Kaanraa, Fourth Mehl:

1297 : 115

Sing the Praises of the Lord God.

1297 : 116

Singing His Praises, sins are washed away.

1297 : 117

Through the Word of the Guru's Teachings, listen to His Praises with your ears.

1297 : 118

The Lord shall be Merciful to you. ||1||Pause||

— Raag Kaanraa – Part 004 —

Raag Kaanraa – Part 005

1298 : 119

Your humble servants focus their consciousness and meditate on You with one–pointed mind; those Holy beings find peace, chanting the Name of the Lord, Har, Har, the Treasure of Bliss.

1298 : 120

They sing Your Praises, God, meeting with the Holy, the Holy people, and the Guru, the True Guru, O Lord God. ||1||

1298 : 121

They alone obtain the fruit of peace, within whose hearts You, O my Lord and Master, abide. They cross over the terrifying world–ocean – they are known as the Lord's devotees.

1298 : 122

Please enjoin me to their service, Lord, please enjoin me to their service. O Lord God, You, You, You, You, You are the Lord of servant Nanak. ||2||6||12||

1298 : 123

Kaanraa, Fifth Mehl, Second House:

1298 : 124

One Universal Creator God. By The Grace Of The True Guru:

1298 : 125

Sing the Glorious Praises of the Lord of the World, the Treasure of Mercy.

1298 : 126

The True Guru is the Destroyer of pain, the Giver of peace; meeting Him, one is totally fulfilled. ||1||Pause||

1298 : 127

Meditate in remembrance on the Naam, the Support of the mind.

1298 : 128

Millions of sinners are carried across in an instant. ||1||

1298 : 129

Whoever remembers his Guru,

1298 : 130

shall not suffer sorrow, even in dreams. ||2||

1298 : 131

Whoever keeps his Guru enshrined within

1298 : 132

– that humble being tastes the sublime essence of the Lord with his tongue. ||3||

1298 : 133

Says Nanak, the Guru has been Kind to me;

1298 : 134

here and hereafter, my face is radiant. ||4||1||

1298 : 135

Kaanraa, Fifth Mehl:

1298 : 136

I worship and adore You, my Lord and Master.

1298 : 137

Standing up and sitting down, while sleeping and awake, with each and every breath, I meditate on the Lord. ||1||Pause||

1298 : 138

The Naam, the Name of the Lord, abides within the hearts of those,

1298 : 139

whose Lord and Master blesses them with this gift. ||1||

1298 : 140

Peace and tranquility come into the hearts of those

1298 : 141

who meet their Lord and Master, through the Word of the Guru. ||2||

1298 : 142

Those whom the Guru blesses with the Mantra of the Naam are wise, and blessed with all powers,. ||3||

1298 : 143

Says Nanak, I am a sacrifice to those

1298 : 144

who are blessed with the Name in this Dark Age of Kali Yuga. ||4||2||

1298 : 145

Kaanraa, Fifth Mehl:

1298 : 146

Sing the Praises of God, O my tongue.

1298 : 147

Humbly bow to the Saints, over and over again; through them, the Feet of the Lord of the Universe shall come to abide within you. ||1||Pause||

1298 : 148

The Door to the Lord cannot be found by any other means.

1298 : 149

When He becomes Merciful, we come to meditate on the Lord, Har, Har. ||1||

1298 : 150

The body is not purified by millions of rituals.

1298 : 151

The mind is awakened and enlightened only in the Saadh Sangat, the Company of the Holy. ||2||

1298 : 152

Thirst and desire are not quenched by enjoying the many pleasures of Maya.

1298 : 153

Chanting the Naam, the Name of the Lord, total peace is found. ||3||

1298 : 154

When the Supreme Lord God becomes Merciful,

1298 : 155

says Nanak, then one is rid of worldly entanglements. ||4||3||

1298 : 156

Kaanraa, Fifth Mehl:

1298 : 157

Beg for such blessings from the Lord of the Universe:

1298 : 158

to work for the Saints, and the Saadh Sangat, the Company of the Holy. Chanting the Name of the Lord, the supreme status is obtained. ||1||Pause||

1298 : 159

Worship the Feet of Your Lord and Master, and seek His Sanctuary.

1298 : 160

Take joy in whatever God does. ||1||

1298 : 161

This precious human body becomes fruitful,

— Raag Kaanraa – Part 005 —

Raag Kaanraa – Part 006

1299 : 162

when the True Guru shows His Kindness. ||2||

1299 : 163

The house of ignorance, doubt and pain is destroyed,

1299 : 164

for those within whose hearts the Guru's Feet abide. ||3||

1299 : 165

In the Saadh Sangat, lovingly meditate on God.

1299 : 166

Says Nanak, you shall obtain the Perfect Lord. ||4||4||

1299 : 167

Kaanraa, Fifth Mehl:

1299 : 168

Devotion is the natural quality of God's devotees.

1299 : 169

Their bodies and minds are blended with their Lord and Master; He unites them with Himself. ||1||Pause||

1299 : 170

The singer sings the songs,

1299 : 171

but she alone is saved, within whose consciousness the Lord abides. ||1||

1299 : 172

The one who sets the table sees the food,

1299 : 173

but only one who eats the food is satisfied. ||2||

1299 : 174

People disguise themselves with all sorts of costumes,

1299 : 175

but in the end, they are seen as they truly are. ||3||

1299 : 176

Speaking and talking are all just entanglements.

1299 : 177

O slave Nanak, the true way of life is excellent. ||4||5||

1299 : 178

Kaanraa, Fifth Mehl:

1299 : 179

Your humble servant listens to Your Praises with delight. ||1||Pause||

1299 : 180

My mind is enlightened, gazing upon the Glory of God. Wherever I look, there He is. ||1||

1299 : 181

You are the farthest of all, the highest of the far, profound, unfathomable and unreachable. ||2||

1299 : 182

You are united with Your devotees, through and through; You have removed Your veil for Your humble servants. ||3||

1299 : 183

By Guru's Grace, Nanak sings Your Glorious Praises; he is intuitively absorbed in Samaadhi. ||4||6||

1299 : 184

Kaanraa, Fifth Mehl:

1299 : 185

I have come to the Saints to save myself. ||1||Pause||

1299 : 186

Gazing upon the Blessed Vision of their Darshan, I am sanctified; they have implanted the Mantra of the Lord, Har, Har, within me. ||1||

1299 : 187

The disease has been eradicated, and my mind has become immaculate. I have taken the healing medicine of the Lord, Har, Har. ||2||

1299 : 188

I have become steady and stable, and I dwell in the home of peace. I shall never again wander anywhere. ||3||

1299 : 189

By the Grace of the Saints, the people and all their generations are saved; O Nanak, they are not engrossed in Maya. ||4||7||

1299 : 190

Kaanraa, Fifth Mehl:

1299 : 191

I have totally forgotten my jealousy of others,

1299 : 192

since I found the Saadh Sangat, the Company of the Holy. ||1||Pause||

1299 : 193

No one is my enemy, and no one is a stranger. I get along with everyone. ||1||

1299 : 194

Whatever God does, I accept that as good. This is the sublime wisdom I have obtained from the Holy. ||2||

1299 : 195

The One God is pervading in all. Gazing upon Him, beholding Him, Nanak blossoms forth in happiness. ||3||8||

1299 : 196

Kaanraa, Fifth Mehl:

1299 : 197

O my Dear Lord and Master, You alone are my Support.

1299 : 198

You are my Honor and Glory; I seek Your Support, and Your Sanctuary. ||1||Pause||

1299 : 199

You are my Hope, and You are my Faith. I take Your Name and enshrine it within my heart.

1299 : 200

You are my Power; associating with You, I am embellished and exalted. I do whatever You say. ||1||

1299 : 201

Through Your Kindness and Compassion, I find peace; when You are Merciful, I cross over the terrifying world–ocean.

1299 : 202

Through the Name of the Lord, I obtain the gift of fearlessness; Nanak places his head on the feet of the Saints. ||2||9||

-- Raag Kaanraa – Part 006 --

Raag Kaanraa – Part 007

1300 : 203

Kaanraa, Fifth Mehl:

1300 : 204

In the Sanctuary of the Holy, I focus my consciousness on the Lord's Feet.

1300 : 205

When I was dreaming, I heard and saw only dream-objects. The True Guru has implanted the Mantra of the Naam, the Name of the Lord, within me. ||1||Pause||

1300 : 206

Power, youth and wealth do not bring satisfaction; people chase after them again and again.

1300 : 207

I have found peace and tranquility, and all my thirsty desires have been quenched, singing His Glorious Praises. ||1||

1300 : 208

Without understanding, they are like beasts, engrossed in doubt, emotional attachment and Maya.

1300 : 209

But in the Saadh Sangat, the Company of the Holy, the noose of Death is cut, O Nanak, and one intuitively merges in celestial peace. ||2||10||

1300 : 210

Kaanraa, Fifth Mehl:

1300 : 211

Sing of the Lord's Feet within your heart.

1300 : 212

Meditate, meditate in constant remembrance on God, the Embodiment of soothing peace and cooling tranquility. ||1||Pause||

1300 : 213

All your hopes shall be fulfilled, and the pain of millions of deaths and births shall be gone. ||1||

1300 : 214

Immerse yourself in the Saadh Sangat, the Company of the Holy, and you shall obtain the benefits of giving charitable gifts, and all sorts of good deeds.

1300 : 215

Sorrow and suffering shall be erased, O Nanak, and you shall never again be devoured by death. ||2||11||

1300 : 216

Kaanraa, Fifth Mehl, Third House:

1300 : 217

One Universal Creator God. By The Grace Of The True Guru:

1300 : 218

Speak of God's Wisdom in the Sat Sangat, the True Congregation.

1300 : 219

Meditating in remembrance on the Perfect Supreme Divine Light, the Transcendent Lord God, honor and glory are obtained. ||1||Pause||

1300 : 220

One's comings and goings in reincarnation cease, and suffering is dispelled, meditating in remembrance in the Saadh Sangat, the Company of the Holy.

1300 : 221

Sinners are sanctified in an instant, in the love of the Supreme Lord God. ||1||

1300 : 222

Whoever speaks and listens to the Kirtan of the Lord's Praises is rid of evil-mindedness.

1300 : 223

All hopes and desires, O Nanak, are fulfilled. ||2||1||12||

1300 : 224

Kaanraa, Fifth Mehl:

1300 : 225

The Treasure of the Naam, the Name of the Lord, is found in the Saadh Sangat, the Company of the Holy.

1300 : 226

It is the Companion of the soul, its Helper and Support. ||1||Pause||

1300 : 227

Continually bathing in the dust of the feet of the Saints,

1300 : 228

the sins of countless incarnations are washed away. ||1||

1300 : 229

The words of the humble Saints are lofty and exalted.

1300 : 230

Meditating, meditating in remembrance, O Nanak, mortal beings are carried across and saved. ||2||2||13||

1300 : 231

Kaanraa, Fifth Mehl:

1300 : 232

O Holy people, sing the Glorious Praises of the Lord, Har, Haray.

1300 : 233

Mind, body, wealth and the breath of life – all come from God; remembering Him in meditation, pain is taken away. ||1||Pause||

1300 : 234

Why are you entangled in this and that? Let your mind be attuned to the One. ||1||

1300 : 235

The place of the Saints is utterly sacred; meet with them, and meditate on the Lord of the Universe. ||2||

1300 : 236

O Nanak, I have abandoned everything and come to Your Sanctuary. Please let me merge with You. ||3||3||14||

1300 : 237

Kaanraa, Fifth Mehl:

1300 : 238

Gazing upon and beholding my Best Friend, I blossom forth in bliss; my God is the One and Only. ||1||Pause||

1300 : 239

He is the Image of Ecstasy, Intuitive Peace and Poise. There is no other like Him. ||1||

1300 : 240

Meditating in remembrance on the Lord, Har, Har, even once, millions of sins are erased.
||2||

-- Raag Kaanraa – Part 007 --

Raag Kaanraa – Part 008

1301 : 241

Uttering His Glorious Praises, suffering is eradicated, and the heart becomes tranquil and calm. ||3||

1301 : 242

Drink in the Sweet, Sublime Ambrosial Nectar, O Nanak, and be imbued with the Love of the Lord. ||4||4||15||

1301 : 243

Kaanraa, Fifth Mehl:

1301 : 244

O friends, O Saints, come to me. ||1||Pause||

1301 : 245

Singing the Glorious Praises of the Lord with pleasure and joy, the sins will be erased and thrown away. ||1||

1301 : 246

Touch your forehead to the feet of the Saints, and your dark household shall be illumined. ||2||

1301 : 247

By the Grace of the Saints, the heart-lotus blossoms forth. Vibrate and meditate on the Lord of the Universe, and see Him near at hand. ||3||

1301 : 248

By the Grace of God, I have found the Saints. Over and over again, Nanak is a sacrifice to that moment. ||4||5||16||

1301 : 249

Kaanraa, Fifth Mehl:

1301 : 250

I seek the Sanctuary of Your Lotus Feet, O Lord of the World.

1301 : 251

Save me from emotional attachment, pride, deception and doubt; please cut away these ropes which bind me. ||1||Pause||

1301 : 252

I am drowning in the world–ocean.

1301 : 253

Meditating in remembrance on the Lord, the Source of Jewels, I am saved. ||1||

1301 : 254

Your Name, Lord, is cooling and soothing.

1301 : 255

God, my Lord and Master, is Perfect. ||2||

1301 : 256

You are the Deliverer, the Destroyer of the sufferings of the meek and the poor.

1301 : 257

The Lord is the Treasure of Mercy, the Saving Grace of sinners. ||3||

1301 : 258

I have suffered the pains of millions of incarnations.

1301 : 259

Nanak is at peace; the Guru has implanted the Naam, the Name of the Lord, within me. ||4||6||17||

1301 : 260

Kaanraa, Fifth Mehl:

1301 : 261

Blessed is that love, which is attuned to the Lord's Feet.

1301 : 262

The peace which comes from millions of chants and deep meditations is obtained by perfect good fortune and destiny. ||1||Pause||

1301 : 263

I am Your helpless servant and slave; I have given up all other support.

1301 : 264

Every trace of doubt has been eradicated, remembering God in meditation. I have applied the ointment of spiritual wisdom, and awakened from my sleep. ||1||

1301 : 265

You are Unfathomably Great and Utterly Vast, O my Lord and Master, Ocean of Mercy, Source of Jewels.

1301 : 266

Nanak, the beggar, begs for the Name of the Lord, Har, Har; he rests his forehead upon God's Feet. ||2||7||18||

1301 : 267

Kaanraa, Fifth Mehl:

1301 : 268

I am filthy, hard–hearted, deceitful and obsessed with sexual desire.

1301 : 269

Please carry me across, as You wish, O my Lord and Master. ||1||Pause||

1301 : 270

You are All–powerful and Potent to grant Sanctuary. Exerting Your Power, You protect us.
||1||

1301 : 271

Chanting and deep meditation, penance and austere self–discipline, fasting and purification
– salvation does not come by any of these means.

1301 : 272

Please lift me up and out of this deep, dark ditch; O God, please bless Nanak with Your
Glance of Grace. ||2||8||19||

1301 : 273

Kaanraa, Fifth Mehl, Fourth House:

1301 : 274

One Universal Creator God. By The Grace Of The True Guru:

1301 : 275

The one who bows in humble reverence to the Primal Lord, the Lord of all beings

1301 : 276

– I am a sacrifice, a sacrifice to such a Guru; He Himself is liberated, and He carries me
across as well. ||1||Pause||

1301 : 277

Which, which, which of Your Glorious Virtues should I chant? There is no end or limitation to them.

1301 : 278

There are thousands, tens of thousands, hundreds of thousands, many millions of them, but those who contemplate them are very rare. ||1||

-- Raag Kaanraa – Part 008 --

Raag Kaanraa – Part 009

1302 : 279

I am wonder–struck, wonder–struck, wonder–struck and amazed, dyed in the deep crimson color of my Beloved.

1302 : 280

Says Nanak, the Saints savor this sublime essence, like the mute, who tastes the sweet candy, but only smiles. ||2||1||20||

1302 : 281

Kaanraa, Fifth Mehl:

1302 : 282

The Saints do not know any other except God.

1302 : 283

They look upon all equally, the high and the low; they speak of Him with their mouths, and honor Him in their minds. ||1||Pause||

1302 : 284

He is pervading and permeating each and every heart; He is the Ocean of Peace, the Destroyer of fear. He is my praanaa – the Breath of Life.

1302 : 285

My mind was enlightened, and my doubt was dispelled, when the Guru whispered His Mantra into my ears. ||1||

1302 : 286

He is All–powerful, the Ocean of Mercy, the All–knowing Searcher of Hearts.

1302 : 287

Twenty-four hours a day Nanak sings His Praises, and begs for the Gift of the Lord.
||2||2||21||

1302 : 288

Kaanraa, Fifth Mehl:

1302 : 289

Many speak and talk about God.

1302 : 290

But one who understands the essence of Yoga – such a humble servant is very rare||1||Pause||

1302 : 291

He has no pain – he is totally at peace. With his eyes, he sees only the One Lord.

1302 : 292

No one seems evil to him – all are good. There is no defeat – he is totally victorious. ||1||

1302 : 293

He is never in sorrow – he is always happy; but he gives this up, and does not take anything.

1302 : 294

Says Nanak, the humble servant of the Lord is himself the Lord, Har, Har; he does not come and go in reincarnation. ||2||3||22||

1302 : 295

Kaanraa, Fifth Mehl:

1302 : 296

I pray that my heart may never forget my Beloved.

1302 : 297

My body and mind are blended with Him, but the Enticer, Maya, is enticing me, O my mother. ||1||Pause||

1302 : 298

Those unto whom I tell my pain and frustration – they themselves are caught and stuck.

1302 : 299

In all sorts of ways, Maya has cast the net; the knots cannot be loosened. ||1||

1302 : 300

Wandering and roaming, slave Nanak has come to the Sanctuary of the Saints.

1302 : 301

The bonds of ignorance, doubt, emotional attachment and the love of Maya have been cut; God hugs me close in His Embrace. ||2||4||23||

1302 : 302

Kaanraa, Fifth Mehl:

1302 : 303

My home is filled with ecstasy, pleasure and joy.

1302 : 304

I sing the Naam, and I meditate on the Naam. The Naam is the Support of my breath of life. ||1||Pause||

1302 : 305

The Naam is spiritual wisdom, the Naam is my purifying bath. The Naam resolves all my affairs.

1302 : 306

The Naam, the Name of the Lord, is glorious grandeur; the Naam is glorious greatness. The Name of the Lord carries me across the terrifying world–ocean. ||1||

1302 : 307

The Unfathomable Treasure, the Priceless Gem – I have received it, through the Guru's Feet.

1302 : 308

Says Nanak, God has become Merciful; my heart is intoxicated by the Blessed Vision of His Darshan. ||2||5||24||

1302 : 309

Kaanraa, Fifth Mehl:

1302 : 310

My Friend, my Best Friend, my Lord and Master, is near.

1302 : 311

He sees and hears everything; He is with everyone. You are here for such short time – why do you do evil? ||1||Pause||

1302 : 312

Except for the Naam, whatever you are involved with is nothing – nothing is yours.

1302 : 313

Hereafter, everything is revealed to your gaze; but in this world, all are enticed by the darkness of doubt. ||1||

1302 : 314

People are caught in Maya, attached to their children and spouses. They have forgotten the Great and Generous Giver.

-- Raag Kaanraa – Part 009 --

Raag Kaanraa – Part 010

1303 : 315

Says Nanak, I have one article of faith; my Guru is the One who releases me from bondage. ||2||6||25||

1303 : 316

Kaanraa, Fifth Mehl:

1303 : 317

Your Saints have overwhelmed the wicked army of corruption.

1303 : 318

They take Your Support and place their faith in You, O my Lord and Master; they seek Your Sanctuary. ||1||Pause||

1303 : 319

Gazing upon the Blessed Vision of Your Darshan, the terrible sins of countless lifetimes are erased.

1303 : 320

I am illumined, enlightened and filled with ecstasy. I am intuitively absorbed in Samaadhi. ||1||

1303 : 321

Who says that You cannot do everything? You are Infinitely All-powerful.

1303 : 322

O Treasure of Mercy, Nanak savors Your Love and Your Blissful Form, earning the Profit of the Naam, the Name of the Lord. ||2||7||26||

1303 : 323

Kaanraa, Fifth Mehl:

1303 : 324

The drowning mortal is comforted and consoled, meditating on the Lord.

1303 : 325

He is rid of emotional attachment, doubt, pain and suffering. ||1||Pause||

1303 : 326

I meditate in remembrance, day and night, on the Guru's Feet.

1303 : 327

Wherever I look, I see Your Sanctuary. ||1||

1303 : 328

By the Grace of the Saints, I sing the Glorious Praises of the Lord.

1303 : 329

Meeting with the Guru, Nanak has found peace. ||2||8||27||

1303 : 330

Kaanraa, Fifth Mehl:

1303 : 331

Meditating in remembrance on the Naam, peace of mind is found.

1303 : 332

Meeting the Holy Saint, sing the Praises of the Lord. ||1||Pause||

1303 : 333

Granting His Grace, God has come to dwell within my heart.

1303 : 334

I touch my forehead to the feet of the Saints. ||1||

1303 : 335

Meditate, O my mind, on the Supreme Lord God.

1303 : 336

As Gurmukh, Nanak listens to the Praises of the Lord. ||2||9||28||

1303 : 337

Kaanraa, Fifth Mehl:

1303 : 338

My mind loves to touch the Feet of God.

1303 : 339

My tongue is satisfied with the Food of the Lord, Har, Har. My eyes are contented with the Blessed Vision of God. ||1||Pause||

1303 : 340

My ears are filled with the Praise of my Beloved; all my foul sins and faults are erased.

1303 : 341

My feet follow the Path of Peace to my Lord and Master; my body and limbs joyfully blossom forth in the Society of the Saints. ||1||

1303 : 342

I have taken Sanctuary in my Perfect, Eternal, Imperishable Lord. I do not bother trying anything else.

1303 : 343

Taking them by the hand, O Nanak, God saves His humble servants; they shall not perish in the deep, dark world–ocean. ||2||10||29||

1303 : 344

Kaanraa, Fifth Mehl:

1303 : 345

Those fools who bellow with rage and destructive deceit, are crushed and killed innumerable times. ||1||Pause||

1303 : 346

Intoxicated with egotism and imbued with other tastes, I am in love with my evil enemies. My Beloved watches over me as I wander through thousands of incarnations. ||1||

1303 : 347

My dealings are false, and my lifestyle is chaotic. Intoxicated with the wine of emotion, I am burning in the fire of anger.

1303 : 348

O Merciful Lord of the World, Embodiment of Compassion, Relative of the meek and the poor, please save Nanak; I seek Your Sanctuary. ||2||11||30||

1303 : 349

Kaanraa, Fifth Mehl:

1303 : 350

The Giver of the soul, the breath of life and honor

1303 : 351

– forgetting the Lord, all is lost. ||1||Pause||

1303 : 352

You have forsaken the Lord of the Universe, and become attached to another – you are throwing away the Ambrosial Nectar, to take dust.

1303 : 353

What do you expect from corrupt pleasures? You fool! What makes you think that they will bring peace? ||1||

-- Raag Kaanraa – Part 010 --

Raag Kaanraa – Part 011

1304 : 354

Engrossed in unfulfilled sexual desire, unresolved anger and greed, you shall be consigned to reincarnation.

1304 : 355

But I have entered the Sanctuary of the Purifier of sinners. O Nanak, I know that I shall be saved. ||2||12||31||

1304 : 356

Kaanraa, Fifth Mehl:

1304 : 357

I gaze on the Lotus-like Face of the Lord.

1304 : 358

Searching and seeking, I have found the Jewel. I am totally rid of all anxiety. ||1||Pause||

1304 : 359

Enshrining His Lotus Feet within my heart,

1304 : 360

pain and wickedness have been dispelled. ||1||

1304 : 361

The Lord of all the Universe is my kingdom, wealth and family.

1304 : 362

In the Saadh Sangat, the Company of the Holy, Nanak has earned the Profit; he shall never

die again. ||2||13||32||

1304 : 363

Kaanraa, Fifth Mehl, Fifth House:

1304 : 364

One Universal Creator God. By The Grace Of The True Guru:

1304 : 365

Worship God, and adore His Name.

1304 : 366

Grasp the Feet of the Guru, the True Guru.

1304 : 367

The Unfathomable Lord shall come into your mind,

1304 : 368

and by Guru's Grace, you shall be victorious in this world. ||1||Pause||

1304 : 369

I have studied countless ways of worship in all sorts of ways, but that alone is worship, which is pleasing to the Lord's Will.

1304 : 370

This body–puppet is made of clay – what can it do by itself?

1304 : 371

O God, those humble beings meet You, whom You grasp by the arm, and place on the Path. ||1||

1304 : 372

I do not know of any other support; O Lord, You are my only Hope and Support.

1304 : 373

I am meek and poor – what prayer can I offer?

1304 : 374

God abides in every heart.

1304 : 375

My mind is thirsty for the Feet of God.

1304 : 376

Servant Nanak, Your slave, speaks: I am a sacrifice, a sacrifice, forever a sacrifice to You.
||2||1||33||

1304 : 377

Kaanraa, Fifth Mehl, Sixth House:

1304 : 378

One Universal Creator God. By The Grace Of The True Guru:

1304 : 379

Your Name, O my Beloved, is the Saving Grace of the world.

1304 : 380

The Lord's Name is the wealth of the nine treasures.

1304 : 381

One who is imbued with the Love of the Incomparably Beautiful Lord is joyful.

1304 : 382

O mind, why do you cling to emotional attachments?

1304 : 383

With your eyes, gaze upon the Blessed Vision, the Darshan of the Holy.

1304 : 384

They alone find it, who have such destiny inscribed upon their foreheads. ||1||Pause||

1304 : 385

I serve at the feet of the Holy Saints.

1304 : 386

I long for the dust of their feet, which purifies and sanctifies.

1304 : 387

Just like the sixty–eight sacred shrines of pilgrimage, it washes away filth and pollution.

1304 : 388

With each and every breath I meditate on Him, and never turn my face away.

1304 : 389

Of your thousands and millions, nothing shall go along with you.

1304 : 390

Only the Name of God will call to you in the end. ||1||

1304 : 391

Let it be your wish to honor and obey the One Formless Lord.

1304 : 392

Abandon the love of everything else.

1304 : 393

What Glorious Praises of Yours can I utter, O my Beloved?

1304 : 394

I cannot describe even one of Your Virtues.

1304 : 395

My mind is so thirsty for the Blessed Vision of His Darshan.

1304 : 396

Please come and meet Nanak, O Divine Guru of the World. ||2||1||34||

— Raag Kaanraa – Part 011 —

Raag Kaanraa – Part 012

1305 : 397

Kaanraa, Fifth Mehl:

1305 : 398

How may I obtain the Blessed Vision of Your Darshan? ||1||Pause||

1305 : 399

I hope and thirst for Your wish-fulfilling image; my heart yearns and longs for You. ||1||

1305 : 400

The meek and humble Saints are like thirsty fish; the Saints of the Lord are absorbed in Him.

1305 : 401

I am the dust of the feet of the Lord's Saints.

1305 : 402

I dedicate my heart to them.

1305 : 403

God has become Merciful to me.

1305 : 404

Renouncing pride and leaving behind emotional attachment, O Nanak, one meets with the Dear Lord. ||2||2||35||

1305 : 405

Kaanraa, Fifth Mehl:

1305 : 406

The Playful Lord imbues all with the Color of His Love.

1305 : 407

From the ant to the elephant, He is permeating and pervading all. ||1||Pause||

1305 : 408

Some go on fasts, make vows, and take pilgrimages to sacred shrines on the Ganges.

1305 : 409

They stand naked in the water, enduring hunger and poverty.

1305 : 410

They sit cross-legged, perform worship services and do good deeds.

1305 : 411

They apply religious symbols to their bodies, and ceremonial marks to their limbs.

1305 : 412

They read through the Shaastras, but they do not join the Sat Sangat, the True Congregation. ||1||

1305 : 413

They stubbornly practice ritualistic postures, standing on their heads.

1305 : 414

They are afflicted with the disease of egotism, and their faults are not covered up.

1305 : 415

They burn in the fire of sexual frustration, unresolved anger and compulsive desire.

1305 : 416

He alone is liberated, O Nanak, whose True Guru is Good. ||2||3||36||

1305 : 417

Kaanraa, Fifth Mehl, Seventh House:

1305 : 418

One Universal Creator God. By The Grace Of The True Guru:

1305 : 419

My thirst has been quenched, meeting with the Holy.

1305 : 420

The five thieves have run away, and I am in peace and poise; singing, singing, singing the Glorious Praises of the Lord, I obtain the Blessed Vision of my Beloved. ||1||Pause||

1305 : 421

That which God has done for me – how can I do that for Him in return?

1305 : 422

I make my heart a sacrifice, a sacrifice, a sacrifice, a sacrifice, a sacrifice to You. ||1||

1305 : 423

First, I fall at the feet of the Saints; I meditate, meditate, lovingly attuned to You.

1305 : 424

O God, where is that Place, where You contemplate all Your beings?

1305 : 425

Countless slaves sing Your Praises.

1305 : 426

He alone meets You, who is pleasing to Your Will. Servant Nanak remains absorbed in his Lord and Master.

1305 : 427

You, You, You alone, Lord. ||2||1||37||

1305 : 428

Kaanraa, Fifth Mehl, Eighth House:

1305 : 429

One Universal Creator God. By The Grace Of The True Guru:

1305 : 430

Give up your pride and your self-conceit; the Loving, Merciful Lord is watching over all. O mind, become the dust of His Feet. ||1||Pause||

1305 : 431

Through the Mantra of the Lord's Saints, experience the spiritual wisdom and meditation of the Lord of the World. ||1||

1305 : 432

Within your heart, sing the Praises of the Lord of the Universe, and be lovingly attuned to His Lotus Feet. He is the Fascinating Lord, Merciful to the meek and the humble.

1305 : 433

O Merciful Lord, please bless me with Your Kindness and Compassion.

1305 : 434

Nanak begs for the Gift of the Naam, the Name of the Lord.

1305 : 435

I have abandoned emotional attachment, doubt and all egotistical pride. ||2||1||38||

1305 : 436

Kaanraa, Fifth Mehl:

1305 : 437

Speaking of God, filth and pollution are burnt away; This comes by meeting with the Guru,
and not by any other efforts. ||1||Pause||

-- Raag Kaanraa – Part 012 --

Raag Kaanraa – Part 013

1306 : 438

Making pilgrimages to sacred rivers, observing the six rituals, wearing matted and tangled hair, performing fire sacrifices and carrying ceremonial walking sticks – none of these are of any use. ||1||

1306 : 439

All sorts of efforts, austerities, wanderings and various speeches – none of these will lead you to find the Lord's Place.

1306 : 440

I have considered all considerations, O Nanak, but peace comes only by vibrating and meditating on the Name. ||2||2||39||

1306 : 441

Kaanraa, Fifth Mehl, Ninth House:

1306 : 442

One Universal Creator God. By The Grace Of The True Guru:

1306 : 443

The Purifier of sinners, the Lover of His devotees, the Destroyer of fear – He carries us across to the other side. ||1||Pause||

1306 : 444

My eyes are satisfied, gazing upon the Blessed Vision of His Darshan; my ears are satisfied, hearing His Praise. ||1||

1306 : 445

He is the Master of the praanaa, the breath of life; He is the Giver of Support to the unsupported. I am meek and poor – I seek the Sanctuary of the Lord of the Universe.

1306 : 446

He is the Fulfiller of hope, the Destroyer of pain. Nanak grasps the Support of the Feet of the Lord. ||2||1||40||

1306 : 447

Kaanraa, Fifth Mehl:

1306 : 448

I seek the Sanctuary of the Feet of my Merciful Lord and Master; I do not go anywhere else.

1306 : 449

It is the Inherent Nature of our Lord and Master to purify sinners. Those who meditate on the Lord are saved. ||1||Pause||

1306 : 450

The world is a swamp of wickedness and corruption. The blind sinner has fallen into the ocean of emotional attachment and pride,

1306 : 451

bewildered by the entanglements of Maya.

1306 : 452

God Himself has taken me by the hand and lifted me up and out of it; save me, O Sovereign Lord of the Universe. ||1||

1306 : 453

He is the Master of the masterless, the Supporting Lord of the Saints, the Neutralizer of millions of sins.

1306 : 454

My mind thirsts for the Blessed Vision of His Darshan.

1306 : 455

God is the Perfect Treasure of Virtue.

1306 : 456

O Nanak, sing and savor the Glorious Praises of the Lord, the Kind and Compassionate Lord of the World. ||2||2||41||

1306 : 457

Kaanraa, Fifth Mehl:

1306 : 458

Countless times, I am a sacrifice, a sacrifice

1306 : 459

to that moment of peace, on that night when I was joined with my Beloved. ||1||Pause||

1306 : 460

Mansions of gold, and beds of silk sheets – O sisters, I have no love for these. ||1||

1306 : 461

Pearls, jewels and countless pleasures, O Nanak, are useless and destructive without the Naam, the Name of the Lord.

1306 : 462

Even with only dry crusts of bread, and a hard floor on which to sleep, my life passes in peace and pleasure with my Beloved, O sisters. ||2||3||42||

1306 : 463

Kaanraa, Fifth Mehl:

1306 : 464

Give up your ego, and turn your face to God.

1306 : 465

Let your yearning mind call out, "Guru, Guru".

1306 : 466

My Beloved is the Lover of Love. ||1||Pause||

1306 : 467

The bed of your household shall be cozy, and your courtyard shall be comfortable; shatter and break the bonds which tie you to the five thieves. ||1||

1306 : 468

You shall not come and go in reincarnation; you shall dwell in your own home deep within, and your inverted heart–lotus shall blossom forth.

1306 : 469

The turmoil of egotism shall be silenced.

1306 : 470

Nanak sings – he sings the Praises of God, the Ocean of Virtue. ||2||4||43||

1306 : 471

Kaanraa, Fifth Mehl, Ninth House:

1306 : 472

This is why you should chant and meditate on the Lord, O mind.

1306 : 473

The Vedas and the Saints say that the path is treacherous and difficult. You are intoxicated with emotional attachment and the fever of egotism. ||Pause||

1306 : 474

Those who are imbued and intoxicated with the wretched Maya, suffer the pains of emotional attachment. ||1||

1306 : 475

That humble being is saved, who chants the Naam; You Yourself save him.

1306 : 476

Emotional attachment, fear and doubt are dispelled, O Nanak, by the Grace of the Saints.
||2||5||44||

-- Raag Kaanraa – Part 013 --

Raag Kaanraa – Part 014

1307 : 477

Kaanraa, Fifth Mehl, Tenth House:

1307 : 478

One Universal Creator God. By The Grace Of The True Guru:

1307 : 479

Give me that blessing, O Dear Saints, for which my soul would be a sacrifice.

1307 : 480

Enticed by pride, entrapped and plundered by the five thieves, still, you live near them. I have come to the Sanctuary of the Holy, and I have been rescued from my association with those demons. ||1||Pause||

1307 : 481

I wandered through millions of lifetimes and incarnations. I am so very tired – I have fallen at God's Door. ||1||

1307 : 482

The Lord of the Universe has become Kind to me; He has blessed me with the Support of the Naam.

1307 : 483

This precious human life has become fruitful and prosperous; O Nanak, I am carried across the terrifying world-ocean. ||2||1||45||

1307 : 484

Kaanraa, Fifth Mehl, Eleventh House:

1307 : 485

One Universal Creator God. By The Grace Of The True Guru:

1307 : 486

He Himself has come to me, in His Natural Way.

1307 : 487

I know nothing, and I show nothing.

1307 : 488

I have met God through innocent faith, and He has blessed me with peace. ||1||Pause||

1307 : 489

By the good fortune of my destiny, I have joined the Saadh Sangat, the Company of the Holy.

1307 : 490

I do not go out anywhere; I dwell in my own home.

1307 : 491

God, the Treasure of Virtue, has been revealed in this body–robe. ||1||

1307 : 492

I have fallen in love with His Feet; I have abandoned everything else.

1307 : 493

In the places and interspaces, He is All–pervading.

1307 : 494

With loving joy and excitement, Nanak speaks His Praises. ||2||1||46||

1307 : 495

Kaanraa, Fifth Mehl:

1307 : 496

It is so hard to meet the Lord of the Universe, my Lord and Master.

1307 : 497

His Form is Immeasurable, Inaccessible and Unfathomable; He is All-pervading everywhere. ||1||Pause||

1307 : 498

By speaking and wandering, nothing is gained; nothing is obtained by clever tricks and devices. ||1||

1307 : 499

People try all sorts of things, but the Lord is only met when He shows His Mercy.

1307 : 500

God is Kind and Compassionate, the Treasure of Mercy; servant Nanak is the dust of the feet of the Saints. ||2||2||47||

1307 : 501

Kaanraa, Fifth Mehl:

1307 : 502

O mother, I meditate on the Lord, Raam, Raam, Raam.

1307 : 503

Without God, there is no other at all.

1307 : 504

I remember His Lotus Feet with every breath, night and day. ||1||Pause||

1307 : 505

He loves me and makes me His Own; my union with Him shall never be broken.

1307 : 506

He is my breath of life, mind, wealth and everything. The Lord is the Treasure of Virtue and Peace. ||1||

1307 : 507

Here and hereafter, the Lord is perfectly pervading; He is seen deep within the heart.

1307 : 508

In the Sanctuary of the Saints, I am carried across; O Nanak, the terrible pain has been taken away. ||2||3||48||

1307 : 509

Kaanraa, Fifth Mehl:

1307 : 510

God's humble servant is in love with Him.

1307 : 511

You are my Friend, my very best Friend; everything is in Your Home. ||1||Pause||

1307 : 512

I beg for honor, I beg for strength; please bless me with wealth, property and children. ||1||

1307 : 513

You are the Technology of liberation, the Way to worldly success, the Perfect Lord of Supreme Bliss, the Transcendent Treasure.

--- Raag Kaanraa – Part 014 ---

Raag Kaanraa – Part 015

1308 : 514

In the Fear of God and loving devotion, Nanak is exalted and enraptured, forever and ever a sacrifice to Him. ||2||4||49||

1308 : 515

Kaanraa, Fifth Mehl:

1308 : 516

The debaters debate and argue their arguments.

1308 : 517

The Yogis and meditators, religious and spiritual teachers roam and ramble, wandering endlessly all over the earth. ||1||Pause||

1308 : 518

They are egotistical, self-centered and conceited, foolish, stupid, idiotic and insane.

1308 : 519

Wherever they go and wander, death is always with them, forever and ever and ever and ever. ||1||

1308 : 520

Give up your pride and stubborn self-conceit; death, yes, death, is always close and near at hand.

1308 : 521

Vibrate and meditate on the Lord, Har, Haray, Haray. Says Nanak, listen you fool: without vibrating, and meditating, and dwelling on Him, your life is uselessly wasting away. ||2||5||50||12||62||

1308 : 522

Kaanraa, Ashtapadees, Fourth Mehl, First House:

1308 : 523

One Universal Creator God. By The Grace Of The True Guru:

1308 : 524

Chant the Name of the Lord, O mind, and find peace.

1308 : 525

The more you chant and meditate, the more you will be at peace; serve the True Guru, and merge in the Lord. ||1||Pause||

1308 : 526

Each and every instant, the humble devotees long for Him; chanting the Naam, they find peace.

1308 : 527

The taste of other pleasures is totally eradicated; nothing pleases them, except the Name. ||1||

1308 : 528

Following the Guru's Teachings, the Lord seems sweet to them; the Guru inspires them to speak sweet words.

1308 : 529

Through the Word of the True Guru's Bani, the Primal Lord God is revealed; so focus your consciousness on His Bani. ||2||

1308 : 530

Hearing the Word of the Guru's Bani, my mind has been softened and saturated with it; my mind has returned to its own home deep within.

1308 : 531

The Unstruck Melody resonates and resounds there continuously; the stream of nectar trickles down constantly. ||3||

1308 : 532

Singing the Name of the One Lord each and every instant, and following the Guru's Teachings, the mind is absorbed in the Naam.

1308 : 533

Listening to the Naam, the mind is pleased with the Naam, and satisfied with the Naam. ||4||

1308 : 534

People wear lots of bracelets, glittering with gold; they wear all sorts of fine clothes.

1308 : 535

But without the Naam, they are all bland and insipid. They are born, only to die again, in the cycle of reincarnation. ||5||

1308 : 536

The veil of Maya is a thick and heavy veil, a whirlpool which destroys one's home.

1308 : 537

Sins and corrupt vices are totally heavy, like rusted slag. They will not let you cross over the poisonous and treacherous world-ocean. ||6||

1308 : 538

Let the Fear of God and neutral detachment be the boat; the Guru is the Boatman, who carries us across in the Word of the Shabad.

1308 : 539

Meeting with the Lord, the Name of the Lord, merge in the Lord, the Name of the Lord. ||7||

1308 : 540

Attached to ignorance, people are falling asleep; attached to the Guru's spiritual wisdom, they awaken.

1308 : 541

O Nanak, by His Will, He makes us walk as He pleases. ||8||1||

1308 : 542

Kaanraa, Fourth Mehl:

1308 : 543

O mind, chant the Name of the Lord, Har, Har, and be carried across.

1308 : 544

Whoever chants and meditates on it is emancipated. Like Dhroo and Prahlada, they merge in the Lord. ||1||Pause||

— Raag Kaanraa – Part 015 —

Raag Kaanraa – Part 016

1309 : 545

Mercy, mercy, mercy – O Dear Lord, please shower Your Mercy on me, and attach me to Your Name.

1309 : 546

Please be Merciful, and lead me to meet the True Guru; meeting the True Guru, I meditate on the Naam, the Name of the Lord. ||1||

1309 : 547

The filth of egotism from countless incarnations sticks to me; joining the Sangat, the Holy Congregation, this filth is washed away.

1309 : 548

As iron is carried across if it is attached to wood, one who is attached to the Word of the Guru's Shabad finds the Lord. ||2||

1309 : 549

Joining the Society of the Saints, joining the Sat Sangat, the True Congregation, you shall come to receive the Sublime Essence of the Lord.

1309 : 550

But not joining the Sangat, and committing actions in egotistical pride, is like drawing out clean water, and throwing it in the mud. ||3||

1309 : 551

The Lord is the Protector and Saving Grace of His humble devotees. The Lord's Sublime Essence seems so sweet to these humble beings.

1309 : 552

Each and every instant, they are blessed with the Glorious Greatness of the Naam; through the Teachings of the True Guru, they are absorbed in Him. ||4||

1309 : 553

Bow forever in deep respect to the humble devotees; if you bow to those humble beings, you shall obtain the fruit of virtue.

1309 : 554

Those wicked enemies who slander the devotees are destroyed, like Harnaakhash. ||5||

1309 : 555

Brahma, the son of the lotus, and Vyaas, the son of the fish, practiced austere penance and were worshipped.

1309 : 556

Whoever is a devotee – worship and adore that person. Get rid of your doubts and superstitions. ||6||

1309 : 557

Do not be fooled by appearances of high and low social class. Suk Dayv bowed at the feet of Janak, and meditated.

1309 : 558

Even though Janak threw his left-overs and garbage on Suk Dayv's head, his mind did not waver, even for an instant. ||7||

1309 : 559

Janak sat upon his regal throne, and applied the dust of the nine sages to his forehead.

1309 : 560

Please shower Nanak with your Mercy, O my Lord and Master; make him the slave of Your slaves. ||8||2||

1309 : 561

Kaanraa, Fourth Mehl:

1309 : 562

O mind, follow the Guru's Teachings, and joyfully sing God's Praises.

1309 : 563

If my one tongue became hundreds of thousands and millions, I would meditate on Him millions and millions of times. ||1||Pause||

1309 : 564

The serpent king chants and meditates on the Lord with his thousands of heads, but even by these chants, he cannot find the Lord's limits.

1309 : 565

You are Utterly Unfathomable, Inaccessible and Infinite. Through the Wisdom of the Guru's Teachings, the mind becomes steady and balanced. ||1||

1309 : 566

Those humble beings who meditate on You are noble and exalted. Meditating on the Lord, they are at peace.

1309 : 567

Bidur, the son of a slave-girl, was an untouchable, but Krishna hugged him close in His Embrace. ||2||

1309 : 568

Wood is produced from water, but by holding onto wood, one is saved from drowning.

1309 : 569

The Lord Himself embellishes and exalts His humble servants; He confirms His Innate Nature. ||3||

1309 : 570

I am like a stone, or a piece of iron, heavy stone and iron; in the Boat of the Guru's Congregation, I am carried across,

1309 : 571

like Kabeer the weaver, who was saved in the Sat Sangat, the True Congregation. He became pleasing to the minds of the humble Saints. ||4||

1309 : 572

Standing up, sitting down, rising up and walking on the path, I meditate.

1309 : 573

The True Guru is the Word, and the Word is the True Guru, who teaches the Path of Liberation. ||5||

1309 : 574

By His Training, I find strength with each and every breath; now that I am trained and tamed, I meditate on the Naam, the Name of the Lord.

1309 : 575

By Guru's Grace, egotism is extinguished, and then, through the Guru's Teachings, I merge in the Naam. ||6||

— Raag Kaanraa – Part 016 —

Raag Kaanraa – Part 017

1310 : 576

The True Guru is the Giver of the life of the soul, but the unfortunate ones do not love Him.

1310 : 577

This opportunity shall not come into their hands again; in the end, they will suffer in torment and regret. ||7||

1310 : 578

If a good person seeks goodness for himself, he should bow low in humble surrender to the Guru.

1310 : 579

Nanak prays: please show kindness and compassion to me, O my Lord and Master, that I may apply the dust of the True Guru to my forehead. ||8||3||

1310 : 580

Kaanraa, Fourth Mehl:

1310 : 581

O mind, be attuned to His Love, and sing.

1310 : 582

The Fear of God makes me fearless and immaculate; I am dyed in the color of the Guru's Teachings. ||1||Pause||

1310 : 583

Those who are attuned to the Lord's Love remain balanced and detached forever; they live near the Lord, who comes into their house.

1310 : 584

If I am blessed with the dust of their feet, then I live. Granting His Grace, He Himself bestows it. ||1||

1310 : 585

Mortal beings are attached to greed and duality. Their minds are unripe and unfit, and will not accept the Dye of His Love.

1310 : 586

But their lives are transformed through the Word of the Guru's Teachings. Meeting with the Guru, the Primal Being, they are dyed in the color of His Love. ||2||

1310 : 587

There are ten organs of sense and action; the ten wander unrestrained. Under the influence of the three dispositions, they are not stable, even for an instant.

1310 : 588

Coming in contact with the True Guru, they are brought under control; then, salvation and liberation are attained. ||3||

1310 : 589

The One and Only Creator of the Universe is All-pervading everywhere. All shall once again merge into the One.

1310 : 590

His One Form has one, and many colors; He leads all according to His One Word. ||4||

1310 : 591

The Gurmukh realizes the One and Only Lord; He is revealed to the Gurmukh.

1310 : 592

The Gurmukh goes and meets the Lord in His Mansion deep within; the Unstruck Word of the Shabad vibrates there. ||5||

1310 : 593

God created all the beings and creatures of the universe; He blesses the Gurmukh with glory.

1310 : 594

Without meeting the Guru, no one obtains the Mansion of His Presence. They suffer the agony of coming and going in reincarnation. ||6||

1310 : 595

For countless lifetimes, I have been separated from my Beloved; in His Mercy, the Guru has united me with Him.

1310 : 596

Meeting the True Guru, I have found absolute peace, and my polluted intellect blossoms forth. ||7||

1310 : 597

O Lord, Har, Har, please grant Your Grace; O Life of the World, instill faith in the Naam within me.

1310 : 598

Nanak is the Guru, the Guru, the True Guru; I am immersed in the Sanctuary of the True Guru. ||8||4||

1310 : 599

Kaanraa, Fourth Mehl:

1310 : 600

O mind, walk on the Path of the Guru's Teachings.

1310 : 601

Just as the wild elephant is subdued by the prod, the mind is disciplined by the Word of the Guru's Shabad. ||1||Pause||

1310 : 602

The wandering mind wanders, roams and rambles in the ten directions; but the Guru holds it, and lovingly attunes it to the Lord.

1310 : 603

The True Guru implants the Word of the Shabad deep within the heart; the Ambrosial Naam, the Name of the Lord, trickles into the mouth. ||1||

1310 : 604

The snakes are filled with poisonous venom; the Word of the Guru's Shabad is the antidote – place it in your mouth.

1310 : 605

Maya, the serpent, does not even approach one who is rid of the poison, and lovingly attuned to the Lord. ||2||

1310 : 606

The dog of greed is very powerful in the village of the body; the Guru strikes it and drives it out in an instant.

1310 : 607

Truth, contentment, righteousness and Dharma have settled there; in the village of the Lord, sing the Glorious Praises of the Lord. ||3||

-- Raag Kaanraa – Part 017 --

Raag Kaanraa – Part 018

1311 : 608

The mortal beings are sinking in the swamp of emotional attachment; the Guru lifts them up, and saves them from sinking.

1311 : 609

Crying, "Save me! Save me!", the humble come to His Sanctuary; the Guru reaches out His Hand, and lifts them up. ||4||

1311 : 610

The whole world is like a game in a dream, all a game. God plays and causes the game to be played.

1311 : 611

So earn the Profit of the Naam by following the Guru's Teachings; you shall go to the Court of the Lord in robes of honor. ||5||

1311 : 612

They act in egotism, and make others act in egotism; they collect and gather up the blackness of sin.

1311 : 613

And when death comes, they suffer in agony; they must eat what they have planted. ||6||

1311 : 614

O Saints, gather the Wealth of the Lord's Name; if you depart after packing these provisions, you shall be honored.

1311 : 615

So eat, spend, consume and give abundantly; the Lord will give – there will be no deficiency. ||7||

1311 : 616

The wealth of the Lord's Name is deep within the heart. In the Sanctuary of the Guru, this wealth is found.

1311 : 617

O Nanak, God has been kind and compassionate; He has blessed me. Removing pain and poverty, He has blended me with Himself. ||8||5||

1311 : 618

Kaanraa, Fourth Mehl:

1311 : 619

O mind, seek the Sanctuary of the True Guru, and meditate.

1311 : 620

Iron is transformed into gold by touching the philosopher's stone; it takes on its qualities. ||1||Pause||

1311 : 621

The True Guru, the Great Primal Being, is the philosopher's stone. Whoever is attached to Him receives fruitful rewards.

1311 : 622

Just as Prahlaad was saved by the Guru's Teachings, the Guru protects the honor of His servant. ||1||

1311 : 623

The Word of the True Guru is the most Sublime and Noble Word. Through the Guru's Word, the Ambrosial Nectar is obtained.

1311 : 624

Ambreek the king was blessed with the status of immortality, meditating on the Word of the True Guru. ||2||

1311 : 625

The Sanctuary, the Protection and Sanctuary of the True Guru is pleasing to the mind. It is sacred and pure – meditate on it.

1311 : 626

The True Guru has become Merciful to the meek and the poor; He has shown me the Path, the Way to the Lord. ||3||

1311 : 627

Those who enter the Sanctuary of the True Guru are firmly established; God comes to protect them.

1311 : 628

If someone aims an arrow at the Lord's humble servant, it will turn around and hit him instead. ||4||

1311 : 629

Those who bathe in the Sacred Pool of the Lord, Har, Har, Har, Har, Har, are blessed with honor in His Court.

1311 : 630

Those who meditate on the Guru's Teachings, the Guru's Instructions, the Guru's Wisdom, are united in the Lord's Union; He hugs them close in His Embrace. ||5||

1311 : 631

The Guru's Word is the Sound–current of the Naad, The Guru's Word is the wisdom of the Vedas; coming in contact with the Guru, meditate on the Naam.

1311 : 632

In the Image of the Lord, Har, Har, one becomes the Embodiment of the Lord. The Lord makes His humble servant worthy of worship. ||6||

1311 : 633

The faithless cynic does not submit to the True Guru; the Lord makes the non-believer wander in confusion.

1311 : 634

The waves of greed are like packs of dogs. The poison of Maya sticks to the body-skeleton. ||7||

1311 : 635

The Lord's Name is the Saving Grace of the whole world; join the Sangat, and meditate on the Naam.

1311 : 636

O my God, please protect and preserve Nanak in the Sat Sangat, the True Congregation; save him, and let him merge in You. ||8||6||

1311 : 637

FIRST SET OF SIX||

-- Raag Kaanraa – Part 018 --

Raag Kaanraa – Part 019

1312 : 638

Kaanraa, Chhant, Fifth Mehl:

1312 : 639

One Universal Creator God. By The Grace Of The True Guru:

1312 : 640

They alone are saved, who meditate on the Lord.

1312 : 641

Working for Maya is useless.

1312 : 642

Meditating on the Lord, all fruits and rewards are obtained. They are blessed, blessed and very fortunate.

1312 : 643

They are awake and aware in the True Congregation; attached to the Naam, they are lovingly attuned to the One.

1312 : 644

I have renounced pride, emotional attachment, wickedness and corruption; attached to the Holy, I am carried across at their feet.

1312 : 645

Prays Nanak, I have come to the Sanctuary of my Lord and Master; by great good fortune, I obtain the Blessed Vision of His Darshan. ||1||

1312 : 646

The Holy meet together, and continually vibrate and meditate on the Lord.

1312 : 647

With love and excitement, they sing the Glorious Praises of their Lord and Master.

1312 : 648

Singing His Praises they live, drinking in the Lord's Nectar; the cycle of birth and death is over for them.

1312 : 649

Finding the True Congregation and meditating on the Lord, one is never again afflicted with pain.

1312 : 650

By the Grace of the Great Giver, the Architect of Destiny, we work to serve the Saints.

1312 : 651

Prays Nanak, I long for the dust of the feet of the humble; I am intuitively absorbed in the Blessed Vision of the Lord. ||2||

1312 : 652

All beings vibrate and meditate on the Lord of the World.

1312 : 653

This brings the merits of chanting and meditation, austere self-discipline and perfect service.

1312 : 654

Vibrating and meditating continuously on our Lord and Master, the Inner-knower, the Searcher of hearts, one's life becomes totally fruitful.

1312 : 655

Those who sing and meditate continually on the Lord of the Universe – their coming into the world is blessed and approved.

1312 : 656

The Immaculate Lord, Har, Har, is meditation and chanting, and austere self-discipline; only the Wealth of the Lord of the Universe shall go along with you in the end.

1312 : 657

Prays Nanak, please grant Your Grace, O Lord, and bless me with the Jewel, that I may carry it in my pocket. ||3||

1312 : 658

His Wondrous and Amazing Plays are blissful

1312 : 659

– granting His Grace, He bestows supreme ecstasy.

1312 : 660

God, my Lord and Master, the Bringer of peace, has met me, and the desires of my mind are fulfilled.

1312 : 661

Congratulations pour in; I am intuitively absorbed in the Lord. I shall never again cry out in pain.

1312 : 662

He hugs me close in His Embrace, and blesses me with peace; the evil of sin and corruption is gone.

1312 : 663

Prays Nanak, I have met my Lord and Master, the Primal Lord, the Embodiment of Bliss. ||4||1||

1312 : 664

Vaar Of Kaanraa, Fourth Mehl, Sung To The Tune Of The Ballad Of Musa:

1312 : 665

One Universal Creator God. By The Grace Of The True Guru:

1312 : 666

Shalok, Fourth Mehl:

1312 : 667

Follow the Guru's Teachings, and enshrine the Treasure of the Lord's Name within your heart.

1312 : 668

Become the slave of the Lord's slaves, and conquer egotism and corruption.

1312 : 669

You shall win this treasure of life; you shall never lose.

1312 : 670

Blessed, blessed and very fortunate are those, O Nanak, who savor the Sublime Essence of the Lord through the Guru's Teachings. ||1||

1312 : 671

Fourth Mehl:

1312 : 672

Govind, Govind, Govind – the Lord God, the Lord of the Universe is the Treasure of Virtue.

1312 : 673

Meditating on Govind, Govind, the Lord of the Universe, through the Guru's Teachings, you shall be honored in the Court of the Lord.

-- Raag Kaanraa – Part 019 --

Raag Kaanraa – Part 020

1313 : 674

Meditating on God, chanting Govind, Govind, Govind, your face shall be radiant; you shall be famous and exalted.

1313 : 675

O Nanak, the Guru is the Lord God, the Lord of the Universe; meeting Him, you shall obtain the Name of the Lord. ||2||

1313 : 676

Pauree:

1313 : 677

You Yourself are the Siddha and the seeker; You Yourself are the Yoga and the Yogi.

1313 : 678

You Yourself are the Taster of tastes; You Yourself are the Enjoyer of pleasures.

1313 : 679

You Yourself are All-pervading; whatever You do comes to pass.

1313 : 680

Blessed, blessed, blessed, blessed, blessed is the Sat Sangat, the True Congregation of the True Guru. Join them – speak and chant the Lord's Name.

1313 : 681

Let everyone chant together the Name of the Lord, Har, Har, Haray, Har, Har, Haray; chanting Har, all sins are washed away. ||1||

1313 : 682

Shalok, Fourth Mehl:

1313 : 683

Har, Har, Har, Har is the Name of the Lord; rare are those who, as Gurmukh, obtain it.

1313 : 684

Egotism and possessiveness are eradicated, and evil-mindedness is washed away.

1313 : 685

O Nanak, one who is blessed with such pre-ordained destiny chants the Lord's Praises, night and day. ||1||

1313 : 686

Fourth Mehl:

1313 : 687

The Lord Himself is Merciful; whatever the Lord Himself does, comes to pass.

1313 : 688

The Lord Himself is All-pervading. There is no other as Great as the Lord.

1313 : 689

Whatever pleases the Lord God's Will comes to pass; whatever the Lord God does is done.

1313 : 690

No one can appraise His Value; the Lord God is Endless.

1313 : 691

O Nanak, as Gurmukh, praise the Lord; your body and mind shall be cooled and soothed.
||2||

1313 : 692

Pauree:

1313 : 693

You are the Light of all, the Life of the World; You imbue each and every heart with Your Love.

1313 : 694

All meditate on You, O my Beloved; You are the True, True Primal Being, the Immaculate Lord.

1313 : 695

The One is the Giver; the whole world is the beggar. All the beggars beg for His Gifts.

1313 : 696

You are the servant, and You are the Lord and Master of all. Through the Guru's Teachings, we are ennobled and uplifted.

1313 : 697

Let everyone say that the Lord is the Master of the senses, the Master of all faculties; through Him, we obtain all fruits and rewards. ||2||

1313 : 698

Shalok, Fourth Mehl:

1313 : 699

O mind, meditate on the Name of the Lord, Har, Har; you shall be honored in the Court of the Lord.

1313 : 700

You shall obtain the fruits that you desire, focusing your meditation on the Word of the Guru's Shabad.

1313 : 701

All your sins and mistakes shall be wiped away, and you shall be rid of egotism and pride.

1313 : 702

The heart–lotus of the Gurmukh blossoms forth, recognizing God within every soul.

1313 : 703

O Lord God, please shower Your Mercy upon servant Nanak, that he may chant the Lord's Name. ||1||

1313 : 704

Fourth Mehl:

1313 : 705

The Name of the Lord, Har, Har, is Sacred and Immaculate. Chanting the Naam, pain is dispelled.

1313 : 706

God comes to abide in the minds of those who have such pre–ordained destiny.

1313 : 707

Those who walk in harmony with the Will of the True Guru are rid of pain and poverty.

1313 : 708

No one finds the Lord by his own will; see this, and satisfy your mind.

1313 : 709

Servant Nanak is the slave of the slave of those who fall at the Feet of the True Guru. ||2||

1313 : 710

Pauree:

-- Raag Kaanraa – Part 020 --

Raag Kaanraa – Part 021

1314 : 711

You are pervading and permeating all places and interspaces, O Creator. You made all that has been made.

1314 : 712

You created the entire universe, with all its colors and shades; in so many ways and means and forms You formed it.

1314 : 713

O Lord of Light, Your Light is infused within all; You link us to the Guru's Teachings.

1314 : 714

They alone meet the True Guru, unto whom You are Merciful; O Lord, You instruct them in the Guru's Word.

1314 : 715

Let everyone chant the Name of the Lord, chant the Name of the Great Lord; all poverty, pain and hunger shall be taken away. ||3||

1314 : 716

Shalok, Fourth Mehl:

1314 : 717

The Ambrosial Nectar of the Name of the Lord, Har, Har, is sweet; enshrine this Ambrosial Nectar of the Lord within your heart.

1314 : 718

The Lord God prevails in the Sangat, the Holy Congregation; reflect upon the Shabad and understand.

1314 : 719

Meditating on the Name of the Lord, Har, Har, within the mind, the poison of egotism is eradicated.

1314 : 720

One who does not remember the Name of the Lord, Har, Har, shall totally lose this life in the gamble.

1314 : 721

By Guru's Grace, one remembers the Lord, and enshrines the Lord's Name within the heart.

1314 : 722

O servant Nanak, his face shall be radiant in the Court of the True Lord. ||1||

1314 : 723

Fourth Mehl:

1314 : 724

To chant the Lord's Praise and His Name is sublime and exalted. This is the most excellent deed in this Dark Age of Kali Yuga.

1314 : 725

His Praises come through the Guru's Teachings and Instructions; wear the Necklace of the Lord's Name.

1314 : 726

Those who meditate on the Lord are very fortunate. They are entrusted with the Treasure of the Lord.

1314 : 727

Without the Name, no matter what people may do, they continue to waste away in egotism.

1314 : 728

Elephants can be washed and bathed in water, but they only throw dust on their heads again.

1314 : 729

O Kind and Compassionate True Guru, please unite me with the Lord, that the One Creator of the Universe may abide within my mind.

1314 : 730

Those Gurmukhs who listen to the Lord and believe in Him – servant Nanak salutes them.
||2||

1314 : 731

Pauree:

1314 : 732

The Lord's Name is the most sublime and precious merchandise. The Primal Lord God is my Lord and Master.

1314 : 733

The Lord has staged His Play, and He Himself permeates it. The whole world deals in this merchandise.

1314 : 734

Your Light is the light in all beings, O Creator. All Your Expanse is True.

1314 : 735

All those who meditate on You become prosperous; through the Guru's Teachings, they sing Your Praises, O Formless Lord.

1314 : 736

Let everyone chant the Lord, the Lord of the World, the Lord of the Universe, and cross over the terrifying world–ocean. ||4||

1314 : 737

Shalok, Fourth Mehl:

1314 : 738

I have only one tongue, and the Glorious Virtues of the Lord God are Unapproachable and Unfathomable.

1314 : 739

I am ignorant – how can I meditate on You, Lord? You are Great, Unapproachable and Immeasurable.

1314 : 740

O Lord God, please bless me with that sublime wisdom, that I may fall at the Feet of the Guru, the True Guru.

1314 : 741

O Lord God, please lead me to the Sat Sangat, the True Congregation, where even a sinner like myself may be saved.

1314 : 742

O Lord, please bless and forgive servant Nanak; please unite him in Your Union.

1314 : 743

O Lord, please be merciful and hear my prayer; I am a sinner and a worm – please save me! ||1||

1314 : 744

Fourth Mehl:

1314 : 745

O Lord, Life of the World, please bless me with Your Grace, and lead me to meet the Guru,
the Merciful True Guru.

1314 : 746

I am happy to serve the Guru; the Lord has become merciful to me.

-- Raag Kaanraa – Part 021 --

Raag Kaanraa – Part 022

1315 : 747

All my hopes and desires have been forgotten; my mind is rid of its worldly entanglements.

1315 : 748

The Guru, in His Mercy, implanted the Naam within me; I am enraptured with the Word of the Shabad.

1315 : 749

Servant Nanak has obtained the inexhaustible wealth; the Lord's Name is his wealth and property. ||2||

1315 : 750

Pauree:

1315 : 751

O Lord, You are the Greatest of the Great, the Greatest of the Great, the Most Lofty and Exalted of all, the Greatest of the Great.

1315 : 752

Those who meditate on the Infinite Lord, who meditate on the Lord, Har, Har, Har, are rejuvenated.

1315 : 753

Those who sing and listen to Your Praises, O my Lord and Master, have millions of sins destroyed.

1315 : 754

I know that those divine beings who follow the Guru's Teachings are just like You, Lord. They are the greatest of the great, so very fortunate.

1315 : 755

Let everyone meditate on the Lord, who was True in the primal beginning, and True throughout the ages; He is revealed as True here and now, and He shall be True forever and ever. Servant Nanak is the slave of His slaves. ||5||

1315 : 756

Shalok, Fourth Mehl:

1315 : 757

I meditate on my Lord, the Life of the World, the Lord, chanting the Guru's Mantra.

1315 : 758

The Lord is Unapproachable, Inaccessible and Unfathomable; the Lord, Har, Har, has spontaneously come to meet me.

1315 : 759

The Lord Himself is pervading each and every heart; the Lord Himself is Endless.

1315 : 760

The Lord Himself enjoys all pleasures; the Lord Himself is the Husband of Maya.

1315 : 761

The Lord Himself gives in charity to the whole world, and all the beings and creatures which He created.

1315 : 762

O Merciful Lord God, please bless me with Your Bountiful Gifts; the humble Saints of the Lord beg for them.

1315 : 763

O God of servant Nanak, please come and meet me; I sing the Songs of the Glorious Praises of the Lord. ||1||

1315 : 764

Fourth Mehl:

1315 : 765

The Name of the Lord God is my Best Friend. My mind and body are drenched with the Naam.

1315 : 766

All the hopes of the Gurmukh are fulfilled; servant Nanak is comforted, hearing the Naam, the Name of the Lord. ||2||

1315 : 767

Pauree:

1315 : 768

The Lord's Sublime Name is energizing and rejuvenating. The Immaculate Lord, the Primal Being, blossoms forth.

1315 : 769

Maya serves at the feet of those who chant and meditate on the Lord, Har, Har, day and night.

1315 : 770

The Lord always looks after and cares for all His beings and creatures; He is with all, near and far.

1315 : 771

Those whom the Lord inspires to understand, understand; the True Guru, God, the Primal Being, is pleased with them.

1315 : 772

Let everyone sing the Praise of the Lord of the Universe, the Lord, the Lord of the Universe, the Lord, the Lord of the Universe; singing the Praise of the Lord, one is absorbed in His Glorious Virtues. ||6||

1315 : 773

Shalok, Fourth Mehl:

1315 : 774

O mind, even in sleep, remember the Lord God; let yourself be intuitively absorbed into the Celestial State of Samaadhi.

1315 : 775

Servant Nanak's mind longs for the Lord, Har, Har. As the Guru pleases, he is absorbed into the Lord, O mother. ||1||

1315 : 776

Fourth Mehl:

1315 : 777

I am in love with the One and Only Lord; the One Lord fills my consciousness.

1315 : 778

Servant Nanak takes the Support of the One Lord God; through the One, he obtains honor and salvation. ||2||

1315 : 779

Pauree:

1315 : 780

The Panch Shabad, the Five Primal Sounds, vibrate with the Wisdom of the Guru's Teachings; by great good fortune, the Unstruck Melody resonates and resounds.

1315 : 781

I see the Lord, the Source of Bliss, everywhere; through the Word of the Guru's Shabad, the Lord of the Universe is revealed.

1315 : 782

From the primal beginning, and throughout the ages, the Lord has One Form. Through the Wisdom of the Guru's Teachings, I vibrate and meditate on the Lord God.

1315 : 783

O Merciful Lord God, please bless me with Your Bounty; O Lord God, please preserve and protect the honor of Your humble servant.

-- Raag Kaanraa – Part 022 --

Raag Kaanraa – Part 023

1316 : 784

Let everyone proclaim: Blessed is the Guru, the True Guru, the Guru, the True Guru; meeting Him, the Lord covers their faults and deficiencies. ||7||

1316 : 785

Shalok, Fourth Mehl:

1316 : 786

The sacred pool of devotional worship is filled to the brim and overflowing in torrents.

1316 : 787

Those who obey the True Guru, O servant Nanak, are very fortunate – they find it. ||1||

1316 : 788

Fourth Mehl:

1316 : 789

The Names of the Lord, Har, Har, are countless. The Glorious Virtues of the Lord, Har, Har, cannot be described.

1316 : 790

The Lord, Har, Har, is Inaccessible and Unfathomable; how can the humble servants of the Lord be united in His Union?

1316 : 791

Those humble beings meditate and chant the Praises of the Lord, Har, Har, but they do not attain even a tiny bit of His Worth.

1316 : 792

O servant Nanak, the Lord God is Inaccessible; the Lord has attached me to His Robe, and united me in His Union. ||2||

1316 : 793

Pauree:

1316 : 794

The Lord is Inaccessible and Unfathomable. How will I see the Blessed Vision of the Lord's Darshan?

1316 : 795

If He were a material object, then I could describe Him, but He has no form or feature.

1316 : 796

Understanding comes only when the Lord Himself gives understanding; only such a humble being sees it.

1316 : 797

The Sat Sangat, the True Congregation of the True Guru, is the school of the soul, where the Glorious Virtues of the Lord are studied.

1316 : 798

Blessed, blessed is the tongue, blessed is the hand, and blessed is the Teacher, the True Guru; meeting Him, the Account of the Lord is written. ||8||

1316 : 799

Shalok, Fourth Mehl:

1316 : 800

The Name of the Lord, Har, Har, is Ambrosial Nectar. Meditate on the Lord, with love for the True Guru.

1316 : 801

The Name of the Lord, Har, Har is Sacred and Pure. Chanting it and listening to it, pain is taken away.

1316 : 802

They alone worship and adore the Lord's Name, upon whose foreheads such pre-ordained destiny is written.

1316 : 803

Those humble beings are honored in the Court of the Lord; the Lord comes to abide in their minds.

1316 : 804

O servant Nanak, their faces are radiant. They listen to the Lord; their minds are filled with love. ||1||

1316 : 805

Fourth Mehl:

1316 : 806

The Name of the Lord, Har, Har, is the greatest treasure. The Gurmukhs obtain it.

1316 : 807

The True Guru comes to meet those who have such pre-ordained destiny written upon their foreheads.

1316 : 808

Their bodies and minds are cooled and soothed; peace and tranquility come to dwell in their minds.

1316 : 809

O Nanak, chanting the Name of the Lord, Har, Har, all poverty and pain is dispelled. ||2||

1316 : 810

Pauree:

1316 : 811

I am a sacrifice, forever and ever, to those who have seen my Beloved True Guru.

1316 : 812

They alone meet my True Guru, who have such pre-ordained destiny written upon their foreheads.

1316 : 813

I meditate on the Inaccessible Lord, according to the Guru's Teachings; God has no form or feature.

1316 : 814

Those who follow the Guru's Teachings and meditate on the Inaccessible Lord, merge with their Lord and Master and become one with Him.

1316 : 815

Let everyone proclaim out loud, the Name of the Lord, the Lord, the Lord; the profit of devotional worship of the Lord is blessed and sublime. ||9||

1316 : 816

Shalok, Fourth Mehl:

1316 : 817

The Lord's Name is permeating and pervading all. Repeat the Name of the Lord, Raam, Raam.

1316 : 818

The Lord is in the home of each and every soul. God created this play with its various colors and forms.

1316 : 819

The Lord, the Life of the World, dwells near at hand. The Guru, my Friend, has made this clear.

-- Raag Kaanraa – Part 023 --

Raag Kaanraa – Part 024

1317 : 820

They alone meet the Lord, the Lord God, their Lord and Master, whose love for the Lord is pre-ordained.

1317 : 821

Servant Nanak meditates on the Naam, the Name of the Lord; through the Word of the Guru's Teachings, chant it consciously with your mind. ||1||

1317 : 822

Fourth Mehl:

1317 : 823

Seek the Lord God, your Best Friend; by great good fortune, He comes to dwell with the very fortunate ones.

1317 : 824

Through the Perfect Guru, He is revealed, O Nanak, and one is lovingly attuned to the Lord. ||2||

1317 : 825

Pauree:

1317 : 826

Blessed, blessed, beauteous and fruitful is that moment, when service to the Lord becomes pleasing to the mind.

1317 : 827

So proclaim the story of the Lord, O my GurSikhs; speak the Unspoken Speech of my Lord God.

1317 : 828

How can I attain Him? How can I see Him? My Lord God is All-knowing and All-seeing.

1317 : 829

Through the Word of the Guru's Teachings, the Lord reveals Himself; we merge in absorption in the Naam, the Name of the Lord.

1317 : 830

Nanak is a sacrifice unto those who meditate on the Lord of Nirvaanaa. ||10||

1317 : 831

Shalok, Fourth Mehl:

1317 : 832

One's eyes are anointed by the Lord God, when the Guru bestows the ointment of spiritual wisdom.

1317 : 833

I have found God, my Best Friend; servant Nanak is intuitively absorbed into the Lord. ||1||

1317 : 834

Fourth Mehl:

1317 : 835

The Gurmukh is filled with peace and tranquility deep within. His mind and body are absorbed in the Naam, the Name of the Lord.

1317 : 836

He thinks of the Naam, and reads the Naam; he remains lovingly attuned to the Naam.

1317 : 837

He obtains the Treasure of the Naam, and is rid of anxiety.

1317 : 838

Meeting with the True Guru, the Naam wells up, and all hunger and thirst depart.

1317 : 839

O Nanak, one who is imbued with the Naam, gathers the Naam in his lap. ||2||

1317 : 840

Pauree:

1317 : 841

You Yourself created the world, and You Yourself control it.

1317 : 842

Some are self-willed manmukhs – they lose. Others are united with the Guru – they win.

1317 : 843

The Name of the Lord, the Lord God is Sublime. The fortunate ones chant it, through the Word of the Guru's Teachings.

1317 : 844

All pain and poverty are taken away, when the Guru bestows the Lord's Name.

1317 : 845

Let everyone serve the Enticing Enticer of the Mind, the Enticer of the World, who created the world, and controls it all. ||11||

1317 : 846

Shalok, Fourth Mehl:

1317 : 847

The disease of egotism is deep within the mind; the self-willed manmukhs and the evil beings are deluded by doubt.

1317 : 848

O Nanak, the disease is cured only by meeting with the True Guru, the Holy Friend. ||1||

1317 : 849

Fourth Mehl:

1317 : 850

My mind and body are embellished and exalted, when I behold the Lord with my eyes.

1317 : 851

O Nanak, meeting with that God, I live, hearing His Voice. ||2||

1317 : 852

Pauree:

1317 : 853

The Creator is the Lord of the World, the Master of the Universe, the Infinite Primal Immeasurable Being.

1317 : 854

Meditate on the Lord's Name, O my GurSikhs; the Lord is Sublime, the Lord's Name is Invaluable.

1317 : 855

Those who meditate on Him in their hearts, day and night, merge with the Lord – there is no doubt about it.

1317 : 856

By great good fortune, they join the Sangat, the Holy Congregation, and speak the Word of the Guru, the Perfect True Guru.

1317 : 857

Let everyone meditate on the Lord, the Lord, the All-pervading Lord, by which all disputes and conflicts with Death are ended. ||12||

1317 : 858

Shalok, Fourth Mehl:

1317 : 859

The humble servant of the Lord chants the Name, Har, Har. The foolish idiot shoots arrows at him.

1317 : 860

O Nanak, the humble servant of the Lord is saved by the Love of the Lord. The arrow is turned around, and kills the one who shot it. ||1||

-- Raag Kaanraa – Part 024 --

Raag Kaanraa – Part 025

1318 : 861

Fourth Mehl:

1318 : 862

The eyes which are attracted by the Lord's Love behold the Lord through the Name of the Lord.

1318 : 863

If they gaze upon something else, O servant Nanak, they ought to be gouged out. ||2||

1318 : 864

Pauree:

1318 : 865

The Infinite Lord totally permeates the water, the land and the sky.

1318 : 866

He cherishes and sustains all beings and creatures; whatever He does comes to pass.

1318 : 867

Without Him, we have no mother, father, children, sibling or friend.

1318 : 868

He is permeating and pervading deep within each and every heart; let everyone meditate on Him.

1318 : 869

Let all chant the Glorious Praises of the Lord of the World, who is manifest all over the

world. ||13||

1318 : 870

Shalok, Fourth Mehl:

1318 : 871

Those Gurmukhs who meet as friends are blessed with the Lord God's Love.

1318 : 872

O servant Nanak, praise the Naam, the Name of the Lord; you shall go to His court in joyous high spirits. ||1||

1318 : 873

Fourth Mehl:

1318 : 874

Lord, You are the Great Giver of all; all beings are Yours.

1318 : 875

They all worship You in adoration; You bless them with Your Bounty, O Beloved.

1318 : 876

The Generous Lord, the Great Giver reaches out with His Hands, and the rain pours down on the world.

1318 : 877

The corn germinates in the fields; contemplate the Lord's Name with love.

1318 : 878

Servant Nanak begs for the Gift of the Support of the Name of his Lord God. ||2||

1318 : 879

Pauree:

1318 : 880

The desires of the mind are satisfied, meditating on the Ocean of Peace.

1318 : 881

Worship and adore the Feet of the Lord, through the Word of the Guru's Shabad, the jewel mine.

1318 : 882

Joining the Saadh Sangat, the Company of the Holy, one is saved, and the Decree of Death is torn up.

1318 : 883

The treasure of this human life is won, meditating on the Lord of Detachment.

1318 : 884

Let everyone seek the Sanctuary of the True Guru; let the black spot of pain, the scar of suffering, be erased. ||14||

1318 : 885

Shalok, Fourth Mehl:

1318 : 886

I was seeking, searching for my Friend, but my Friend is right here with me.

1318 : 887

O servant Nanak, the Unseen is not seen, but the Gurmukh is given to see Him. ||1||

1318 : 888

Fourth Mehl:

1318 : 889

O Nanak, I am in love with the True Lord; I cannot survive without Him.

1318 : 890

Meeting the True Guru, the Perfect Lord is found, and the tongue savors His Sublime Essence. ||2||

1318 : 891

Pauree:

1318 : 892

Some sing, some listen, and some speak and preach.

1318 : 893

The filth and pollution of countless lifetimes is washed away, and the wishes of the mind are fulfilled.

1318 : 894

Coming and going in reincarnation ceases, singing the Glorious Praises of the Lord.

1318 : 895

They save themselves, and save their companions; they save all their generations as well.

1318 : 896

Servant Nanak is a sacrifice to those who are pleasing to my Lord God. ||15||1||

1318 : 897

Sudh||

1318 : 898

Raag Kaanraa, The Word Of Naam Dayv Jee:

1318 : 899

One Universal Creator God. By The Grace Of The True Guru:

1318 : 900

Such is the Sovereign Lord, the Inner-knower, the Searcher of Hearts;

1318 : 901

He sees everything as clearly as one's face reflected in a mirror. ||1||Pause||

1318 : 902

He dwells in each and every heart; no stain or stigma sticks to Him.

1318 : 903

He is liberated from bondage; He does not belong to any social class. ||1||

1318 : 904

As one's face is reflected in the water,

1318 : 905

so does Naam Dayv's Beloved Lord and Master appear. ||2||1||

-- Raag Kaanraa --