

JAPJI SAHIB

Reciting the entire Japji daily will balance all aspects of your self, and activate your soul. Or, you may choose one pauri to work on a particular facet. In that case, recite it 11 times a day.

The Opening of Japji - The Mul Mantra

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ
ਪ੍ਰਸਾਦਿ ॥

ik-o^Nkaar sat naam kartaa purakh nirbha-o nirvair akaal moorat ajoonee
saibha^N gur parsaad.

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

॥ ਜਪੁ ॥

jap.

Chant And Meditate:

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

aad sach jugaad sach.

True In The Primal Beginning. True Throughout The Ages.

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੇਸੀ ਭੀ ਸਚੁ ॥੧॥

hai bhee sach naanak hosee bhee sach. ||1||

True Here And Now. O Nanak, Forever And Ever True. ||1||

The 1st Pauri of Japji - Mantra for Knowing God

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥

sochai soch na hova-ee jay sochee lakh vaar.

By thinking, He cannot be reduced to thought, even by thinking hundreds of thousands of times.

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥

chupai chup na hova-ee jay laa-ay rahaa liv taar.

By remaining silent, inner silence is not obtained, even by remaining lovingly absorbed deep within.

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

bhukhi-aa bhukh na utree jay bannaa puree-aa bhaar.

The hunger of the hungry is not appeased, even by piling up loads of worldly goods.

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

sahas si-aanpaa lakh hohi ta ik na chalai naal.

Hundreds of thousands of clever tricks, but not even one of them will go along with you in the end.

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

kiv sachi-aaraa ho-ee-ai kiv koorhai tutai paal.

So how can you become truthful? And how can the veil of illusion be torn away?

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

hukam rajaa-ee chalṇaa naanak likhi-aa naal. ||1||

O Nanak, it is written that you shall obey the Hukam of His Command, and walk in the Way of His Will. ||1||

The 2nd Pauri of Japji - Mantra for Patience

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

hukmee hovan aakaar hukam na kahi-aa jaa-ee.

By His Command, bodies are created; His Command cannot be described.

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

hukmee hovan jee-a hukam milai vadi-aa-ee.

By His Command, souls come into being; by His Command, glory and greatness are obtained.

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

hukmee uṭam neech hukam likh dukh sukh paa-ee-ah.

By His Command, some are high and some are low; by His Written Command, pain and pleasure are obtained.

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

iknaa hukmee bakhsees ik hukmee sadaa bhavaa-ee-ah.

Some, by His Command, are blessed and forgiven; others, by His Command, wander aimlessly forever.

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੇ ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥

hukmai andar sabh ko baahar hukam na ko-ay.

Everyone is subject to His Command; no one is beyond His Command.

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਰੈ ਨ ਕੋਇ ॥੨॥

naanak hukmai jay bujhai ta ha-umai kahai na ko-ay. ||2||

O Nanak, one who understands His Command, does not speak in ego.

||2||

The 3rd Pauri of Japji - Mantra for Depression

ਗਾਵੈ ਕੇ ਤਾਣੁ ਹੇਵੈ ਕਿਸੈ ਤਾਣੁ ॥

gaavai ko taan hovai kisai taan.

Some sing of His Power-who has that Power?

ਗਾਵੈ ਕੇ ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ ॥

gaavai ko daat jaanai neesaan.

Some sing of His Gifts, and know His Sign and Insignia.

ਗਾਵੈ ਕੇ ਗੁਣ ਵਡਿਆਈਆ ਚਾਰ ॥

gaavai ko gun vadi-aa-ee-aa char.

Some sing of His Glorious Virtues, Greatness and Beauty.

ਗਾਵੈ ਕੇ ਵਿਦਿਆ ਵਿਖਮੁ ਵੀਚਾਰੁ ॥

gaavai ko vidi-aa vikham veechar.

Some sing of knowledge obtained of Him, through difficult philosophical studies.

ਗਾਵੈ ਕੇ ਸਾਜਿ ਕਰੇ ਤਨੁ ਖੇਹ ॥

gaavai ko saaj karay tan khayh.

Some sing that He fashions the body, and then again reduces it to dust.

ਗਾਵੈ ਕੇ ਜੀਅ ਲੈ ਫਿਰਿ ਦੇਹ ॥

gaavai ko jee-a lai fir dayh.

Some sing that He takes life away, and then again restores it.

ਗਾਵੈ ਕੇ ਜਾਪੈ ਦਿਸੈ ਦੂਰਿ ॥

gaavai ko jaapai disai door.

Some sing that He seems so very far away.

ਗਾਵੈ ਕੇ ਵੇਖੈ ਹਾਦਰਾ ਹਦੂਰਿ ॥

gaavai ko vaykhai haadraa hadoor.

Some sing that He watches over us, face to face, ever-present.

ਕਥਨਾ ਕਥੀ ਨ ਆਵੈ ਤੋਟਿ ॥

kathnaa kathee na aavai tot.

There is no shortage of those who preach and teach.

ਕਥਿ ਕਥਿ ਕਥੀ ਕੋਟੀ ਕੋਟਿ ਕੋਟਿ ॥

kath kath kathee kotee kot kot.

Millions upon millions offer millions of sermons and stories.

ਦੇਦਾ ਦੇ ਲੈਦੇ ਥਕਿ ਪਾਹਿ ॥

daydaa day laiday thak paahi.

The Great Giver keeps on giving, while those who receive grow weary of receiving.

ਜੁਗਾ ਜੁਗੰਤਰਿ ਖਾਹੀ ਖਾਹਿ ॥

jugaa jugant̄ar khaahee khaahi.

Throughout the ages, consumers consume.

ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥

hukmee hukam chalaay raahu.

The Commander, by His Command, leads us to walk on the Path.

ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

naanak vigsai vayparvaahu. ||3||

O Nanak, He blossoms forth, Carefree and Untroubled. ||3||

The 4th Pauri of Japji - Mantra for Prosperity Consciousness

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ ॥

saachaa saahib saach naa-ay bhaakhi-aa bhaa-o apaar.

True is the Master, True is His Name-speak it with infinite love.

ਆਖਹਿ ਮੰਗਹਿ ਦੇਹਿ ਦੇਹਿ ਦਾਤਿ ਕਰੇ ਦਾਤਾਰੁ ॥

aakhahi mangahi dayhi dayhi daat̄ karay daataar.

People beg and pray, "Give to us, give to us", and the Great Giver gives His Gifts.

ਫੇਰਿ ਕਿ ਅਗੈ ਰਖੀਐ ਜਿਤੁ ਦਿਸੈ ਦਰਬਾਰੁ ॥

fayr ke agai rakhee-ai jīṭ disai darbaar.

So what offering can we place before Him, by which we might see the Darbaar of His Court?

ਮੁਹੈ ਕਿ ਬੋਲਣੁ ਬੋਲੀਐ ਜਿਤੁ ਸੁਣਿ ਧਰੇ ਪਿਆਰੁ ॥

muhou ke bolan̄ bolee-ai jīṭ sun̄ Dharay pi-aar.

What words can we speak to evoke His Love?

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥

amriṭ vaylaa sach naa-o vadi-aa-ee veechaar.

In the Amrit Vaylaa, the ambrosial hours before dawn, chant the True Name, and contemplate His Glorious Greatness.

ਕਰਮੀ ਆਵੈ ਕਪੜਾ ਨਦਰੀ ਮੋਖੁ ਦੁਆਰੁ ॥

karmee aavai kaprhaa nadree mokh du-aar.

By the karma of past actions, the robe of this physical body is obtained. By His Grace, the Gate of Liberation is found.

ਨਾਨਕ ਏਵੈ ਜਾਣੀਐ ਸਭੁ ਆਪੇ ਸਚਿਆਰੁ ॥੪॥

naanak ayvai jaanee-ai sabh aapay sachiaar. ||4||

O Nanak, know this well: the True One Himself is All. ||4||

The 5th Pauri of Japji - Mantra for Overcoming Failure

ਥਾਪਿਆ ਨ ਜਾਇ ਕੀਤਾ ਨ ਹੋਇ ॥

thaapi-aa na jaa-ay keetaa na ho-ay.

He cannot be established, He cannot be created.

ਆਪੇ ਆਪਿ ਨਿਰੰਜਨੁ ਸੋਇ ॥

aapay aap niranjan so-ay.

He Himself is Immaculate and Pure.

ਜਿਨਿ ਸੇਵਿਆ ਤਿਨਿ ਪਾਇਆ ਮਾਨੁ ॥

jīn sayvi-aa tīn paa-i-aa maan.

Those who serve Him are honored.

ਨਾਨਕ ਗਾਵੀਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥

naanak gaavee-ai guṇee niDhaan.

O Nanak, sing of the Lord, the Treasure of Excellence.

ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ ਭਾਉ ॥

gaavee-ai sunee-ai man rakhee-ai bhaa-o.

Sing, and listen, and let your mind be filled with love.

ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥

dukh parhar sukh ghar lai jaa-ay.

Your pain shall be sent far away, and peace shall come to your home.

ਗੁਰਮੁਖਿ ਨਾਦੰ ਗੁਰਮੁਖਿ ਵੇਦੰ ਗੁਰਮੁਖਿ ਰਹਿਆ ਸਮਾਈ ॥

gurmukh naada^N gurmukh vayda^N gurmukh rahi-aa samaa-ee.

The Guru's Word is the Sound-current of the Naad; the Guru's Word is the Wisdom of the Vedas; the Guru's Word is all-pervading.

ਗੁਰੁ ਈਸਰੁ ਗੁਰੁ ਗੋਰਖੁ ਬਰਮਾ ਗੁਰੁ ਪਾਰਬਤੀ ਮਾਈ ॥

gur eesar gur gorakh barmaa gur paarbatee maa-ee.

The Guru is Shiva, the Guru is Vishnu and Brahma; the Guru is Paarvati and Lakhshmi.

ਜੇ ਹਉ ਜਾਣਾ ਆਖਾ ਨਾਹੀ ਕਹਣਾ ਕਥਨੁ ਨ ਜਾਈ ॥

jay ha-o jaanaa aakhaa naahee kahnaa kathan na jaa-ee.

Even knowing God, I cannot describe Him; He cannot be described in words.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

guraa ik dayhi bujhaa-ee.

The Guru has given me this one understanding:

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੫॥

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. ||5||

there is only the One, the Giver of all souls. May I never forget Him!
||5||

The 6th Pauri of Japji - Mantra for Limitlessness

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ ਵਿਣੁ ਭਾਏ ਕਿ ਨਾਇ ਕਰੀ ॥

tirath naavaa jay tis bhaavaa vin bhaanay ke naa-ay karee.

If I am pleasing to Him, then that is my pilgrimage and cleansing bath.
Without pleasing Him, what good are ritual cleansings?

ਜੇਤੀ ਸਿਰਠਿ ਉਪਾਈ ਵੇਖਾ ਵਿਣੁ ਕਰਮਾ ਕਿ ਮਿਲੈ ਲਈ ॥

jaytee sirath upaa-ee vaykhaa vin karmaa ke milai la-ee.

I gaze upon all the created beings: without the karma of good actions,
what are they given to receive?

ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ ॥

mat vich ratan javaahar maanik jay ik gur kee sikh sunee.

Within the mind are gems, jewels and rubies, if you listen to the Guru's
Teachings, even once.

ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥

guraa ik dayhi bujhaa-ee.

The Guru has given me this one understanding:

ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ ॥੬॥

sabhnaa jee-aa kaa ik daataa so mai visar na jaa-ee. ||6||

there is only the One, the Giver of all souls. May I never forget Him!
||6||

The 7th Pauri of Japji - Mantra for Overcoming Greed

ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ ਹੋਰ ਦਸੂਣੀ ਹੋਇ ॥

jay jug chaaray aarjaa hor dasoonee ho-ay.

Even if you could live throughout the four ages, or even ten times
more,

ਨਵਾ ਖੰਡਾ ਵਿਚਿ ਜਾਣੀਐ ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੇਇ ॥

navaa khanda vich jaanee-ai naal chalai sabh ko-ay.

and even if you were known throughout the nine continents and followed by all,

ਚੰਗਾ ਨਾਉ ਰਖਾਇ ਕੈ ਜਸੁ ਕੀਰਤਿ ਜਗਿ ਲੇਇ ॥

changa naa-o rakhaa-ay kai jas keerat jag lay-ay.

with a good name and reputation, with praise and fame throughout the world-

ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ ॥

jay tis nadar na aavee ta vaat na puchhai kay.

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

ਕੀਟਾ ਅੰਦਰਿ ਕੀਟੁ ਕਰਿ ਦੇਸੀ ਦੇਸੁ ਧਰੇ ॥

keetaa andar keet kar dosee dos Dharay.

Among worms, you would be considered a lowly worm, and even contemptible sinners would hold you in contempt.

ਨਾਨਕ ਨਿਰਗੁਣਿ ਗੁਣੁ ਕਰੇ ਗੁਣਵੰਤਿਆ ਗੁਣੁ ਦੇ ॥

naanak nirgun gun karay gunvanti-aa gun day.

O Nanak, God blesses the unworthy with virtue, and bestows virtue on the virtuous.

ਤੇਹਾ ਕੋਇ ਨ ਸੁਝਈ ਜਿ ਤਿਸੁ ਗੁਣੁ ਕੋਇ ਕਰੇ ॥੭॥

tayhaa ko-ay na sujh-ee je tis gun ko-ay karay. ||7||

No one can even imagine anyone who can bestow virtue upon Him.
||7||

The 8th Pauri of Japji - Mantra for Wisdom

ਸੁਣਿਐ ਸਿਧ ਪੀਰ ਸੁਰਿ ਨਾਥ ॥

sunī-ai siDh peer sur naath.

Listening-the Siddhas, the spiritual teachers, the heroic warriors, the yogic masters.

ਸੁਣਿਐ ਧਰਤਿ ਧਵਲ ਆਕਾਸ ॥

sunī-ai Dharat Dhaval aakaas.

Listening-the earth, its support and the Akaashic ethers.

ਸੁਣਿਐ ਦੀਪ ਲੋਅ ਪਾਤਾਲ ॥

sunī-ai deep lo-a paataal.

Listening-the oceans, the lands of the world and the nether regions of the underworld.

ਸੁਣਿਐ ਪੇਰਿ ਨ ਸਕੈ ਕਾਲੁ ॥

sunī-ai pahi na sakai kaal.

Listening-Death cannot even touch you.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੮॥

sun-ai dookh paap kaa naas. ||8||

Listening-pain and sin are erased. ||8||

The 9th Pauri of Japji - Mantra for Expansion

ਸੁਣਿਐ ਈਸਰੁ ਬਰਮਾ ਇੰਦੁ ॥

sun-ai eesar barmaa ind.

Listening-Shiva, Brahma and Indra.

ਸੁਣਿਐ ਮੁਖਿ ਸਾਲਾਹਣ ਮੰਦੁ ॥

sun-ai mukh saalaahan mand.

Listening-even foul-mouthed people praise Him.

ਸੁਣਿਐ ਜੋਗ ਜੁਗਤਿ ਤਨਿ ਭੇਦੁ ॥

sun-ai jog jugat tan bhayd.

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

ਸੁਣਿਐ ਸਾਸਤ ਸਿਮ੍ਰਿਤਿ ਵੇਦੁ ॥

sun-ai saasat simrit vayd.

Listening-the Shaastras, the Simritees and the Vedas.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੯॥

sun-ai dookh paap kaa naas. ||9||

Listening-pain and sin are erased. ||9||

The 10th Pauri of Japji - Mantra for Grace

ਸੁਣਿਐ ਸਤੁ ਸੰਤੋਖੁ ਗਿਆਨੁ ॥

sun-ai sat santokh gi-aan.

Listening-truth, contentment and spiritual wisdom.

ਸੁਣਿਐ ਅਠਸਠਿ ਕਾ ਇਸਨਾਨੁ ॥

sun-ai athsath kaa isnaan.

Listening-take your cleansing bath at the sixty-eight places of pilgrimage.

ਸੁਣਿਐ ਪੜਿ ਪੜਿ ਪਾਵਹਿ ਮਾਨੁ ॥

sun-ai parh parh paavahi maan.

Listening-reading and reciting, honor is obtained.

ਸੁਣਿਐ ਲਾਗੈ ਸਹਜਿ ਧਿਆਨੁ ॥

sun-ai laagai sahj Dhi-aan.

Listening-intuitively grasp the essence of meditation.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੦॥

sun-ai dookh paap kaa naas. ||10||

Listening-pain and sin are erased. ||10||

The 11th Pauri of Japji - Mantra for Virtue

ਸੁਣਿਐ ਸਰਾ ਗੁਣਾ ਕੇ ਗਾਹ ॥

sun-ai saraa gunaa kay gaah.

Listening-dive deep into the ocean of virtue.

ਸੁਣਿਐ ਸੇਖ ਪੀਰ ਪਾਤਿਸਾਹ ॥

sun-ai saykh peer paatisaah.

Listening-the Shaykhs, religious scholars, spiritual teachers and emperors.

ਸੁਣਿਐ ਅੰਧੇ ਪਾਵਹਿ ਰਾਹੁ ॥

sun-ai anDhay paavahi raahu.

Listening-even the blind find the Path.

ਸੁਣਿਐ ਹਾਥ ਹੋਵੈ ਅਸਗਾਹੁ ॥

sun-ai haath hovai asgaahu.

Listening-the Unreachable comes within your grasp.

ਨਾਨਕ ਭਗਤਾ ਸਦਾ ਵਿਗਾਸੁ ॥

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥੧੧॥

sun-ai dookh paap kaa naas. ||11||

Listening-pain and sin are erased. ||11||

The 12th Pauri of Japji - Mantra for Obedience

ਮੰਨੇ ਕੀ ਗਤਿ ਕਹੀ ਨ ਜਾਇ ॥

mannay kee gat kahee na jaa-ay.

The state of the faithful cannot be described.

ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

jay ko kahai pichhai pachhuta-ay.

One who tries to describe this shall regret the attempt.

ਕਾਗਦਿ ਕਲਮ ਨ ਲਿਖਣਹਾਰੁ ॥

kaagad kalam na likhanhaar.

No paper, no pen, no scribe

ਮੰਨੇ ਕਾ ਬਹਿ ਕਰਨਿ ਵੀਚਾਰੁ ॥

mannay kaa bahi karan veechaar.

can record the state of the faithful.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate Lord.

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੨॥

jay ko man jaanai man ko-ay. ||12||

Only one who has faith comes to know such a state of mind. ||12||

The 13th Pauri of Japji - Mantra for Surrender

ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥

mannai surat hovai man buDh.

The faithful have intuitive awareness and intelligence.

ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥

mannai sagal bhavan kee suDh.

The faithful know about all worlds and realms.

ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥

mannai muhi chotaa naa khaa-ay.

The faithful shall never be struck across the face.

ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥

mannai jam kai saath na jaa-ay.

The faithful do not have to go with the Messenger of Death.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate Lord.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥

jay ko man jaanai man ko-ay. ||13||

Only one who has faith comes to know such a state of mind. ||13||

The 14th Pauri of Japji - Mantra for Finding the Path

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥

mannai maarag thaak na paa-ay.

The path of the faithful shall never be blocked.

ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥

mannai pat si-o pargat jaa-ay.

The faithful shall depart with honor and fame.

ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥੁ ॥

mannai mag na chalai panth.

The faithful do not follow empty religious rituals.

ਮੰਨੈ ਧਰਮ ਸੇਤੀ ਸਨਬੰਧੁ ॥

mannai Dharam saytee san-banDh.

The faithful are firmly bound to the Dharma.

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate Lord.

ਜੇ ਕੇ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੇਇ ॥੧੪॥

jay ko man jaanai man ko-ay. ||14||

Only one who has faith comes to know such a state of mind. ||14||

The 15th Pauri of Japji - Mantra for Kundalini Awakening

ਮੰਨੈ ਪਾਵਹਿ ਮੋਖੁ ਦੁਆਰੁ ॥

mannai paavahi mokh du-aar.

The faithful find the Door of Liberation.

ਮੰਨੈ ਪਰਵਾਰੈ ਸਾਧਾਰੁ ॥

mannai parvaarai saadhhaar.

The faithful uplift and redeem their family and relations.

ਮੰਨੈ ਤਰੈ ਤਾਰੇ ਗੁਰੁ ਸਿਖ ॥

mannai tarai taaray gur sikh.

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

ਮੰਨੈ ਨਾਨਕ ਭਵਹਿ ਨ ਭਿਖ ॥

mannai naanak bhavahi na bhikh.

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

ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥

aisaa naam niranjan ho-ay.

Such is the Name of the Immaculate Lord.

ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੫॥

jay ko man jaanai man ko-ay. ||15||

Only one who has faith comes to know such a state of mind. ||15||

The 16th Pauri of Japji - Mantra for the Universe

ਪੰਚ ਪਰਵਾਣ ਪੰਚ ਪਰਧਾਨੁ ॥

panch parvaan panch parDhaan.

The chosen ones, the self-elect, are accepted and approved.

ਪੰਚੇ ਪਾਵਹਿ ਦਰਗਹਿ ਮਾਨੁ ॥

panchay paavahi dargahi maan.

The chosen ones are honored in the Court of the Lord.

ਪੰਚੇ ਸੋਹਹਿ ਦਰਿ ਰਾਜਾਨੁ ॥

panchay sohahi dar raajaan.

The chosen ones look beautiful in the courts of kings.

ਪੰਚਾ ਕਾ ਗੁਰੁ ਏਕੁ ਧਿਆਨੁ ॥

panchaa kaa gur ayk Dhi-aan.

The chosen ones meditate single-mindedly on the Guru.

ਜੇ ਕੋ ਕਹੈ ਕਰੈ ਵੀਚਾਰੁ ॥

jay ko kahai karai veechaar.

No matter how much anyone tries to explain and describe them,

ਕਰਤੇ ਕੈ ਕਰਣੈ ਨਾਹੀ ਸੁਮਾਰੁ ॥

karṭay kai karṇai naahee sumaar.

the actions of the Creator cannot be counted.

ਧੌਲੁ ਧਰਮੁ ਦਇਆ ਕਾ ਪੂਤੁ ॥

Dhoul Dharam da-i-aa kaa poot.

The mythical bull is Dharma, the son of compassion;

ਸੰਤੋਖੁ ਥਾਪਿ ਰਖਿਆ ਜਿਨਿ ਸੂਤਿ ॥

santokh thaap rakhi-aa jin soot.

this is what patiently holds the earth in its place.

ਜੇ ਕੋ ਬੁਝੈ ਹੋਵੈ ਸਚਿਆਰੁ ॥

jay ko bujhai hovai sachiaar.

One who understands this becomes truthful.

ਧਵਲੈ ਉਪਰਿ ਕੇਤਾ ਭਾਰੁ ॥

Dhavlai upar kayṭaa bhaar.

What a great load there is on the bull!

ਧਰਤੀ ਹੋਰੁ ਪਰੈ ਹੋਰੁ ਹੋਰੁ ॥

Dharṭee hor parai hor hor.

So many worlds beyond this world-so very many!

ਤਿਸ ਤੇ ਭਾਰੁ ਤਲੈ ਕਵਣੁ ਜੋਰੁ ॥

tis tay bhaar talai kavan jor.

What power holds them, and supports their weight?

ਜੀਅ ਜਾਤਿ ਰੰਗਾ ਕੇ ਨਾਵ ॥

jee-a jaat rangaa kay naav.

The names and the colors of the assorted species of beings

ਸਭਨਾ ਲਿਖਿਆ ਵੁੜੀ ਕਲਾਮ ॥

sabhnaa likhi-aa vurhee kalaam.

were all inscribed by the Ever-flowing Pen of God.

ਏਹੁ ਲੇਖਾ ਲਿਖਿ ਜਾਣੈ ਕੋਇ ॥

ayhu laykhaa likh jaanai ko-ay.

Who knows how to write this account?

ਲੇਖਾ ਲਿਖਿਆ ਕੇਤਾ ਹੋਇ ॥

laykhaa likhi-aa kaytaa ho-ay.

Just imagine what a huge scroll it would take!

ਕੇਤਾ ਤਾਣੁ ਸੁਆਲਿਹੁ ਰੂਪੁ ॥

kaytaa taan su-aalihu roop.

What power! What fascinating beauty!

ਕੇਤੀ ਦਾਤਿ ਜਾਣੈ ਕੋਣੁ ਕੂਤੁ ॥

kaytee daat jaanai koun koot.

And what gifts! Who can know their extent?

ਕੀਤਾ ਪਸਾਉ ਏਕੋ ਕਵਾਉ ॥

keetaa pasaa-o ayko kavaa-o.

You created the vast expanse of the Universe with One Word!

ਤਿਸ ਤੇ ਹੋਏ ਲਖ ਦਰੀਆਉ ॥

tis tay ho-ay lakh daree-aa-o.

Hundreds of thousands of rivers began to flow.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudraṭ kavaṇ̣ kahaa veechaar.

How can Your Creative Potency be described?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDḥ bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੬॥

too sadaa salaamaṭ nirankaar. ||16||

You, Eternal and Formless One! ||16||

The 17th Pauri of Japji - Mantra for Freedom

ਅਸੰਖ ਜਪ ਅਸੰਖ ਭਾਉ ॥

asa^Nkh jap asa^Nkh bhaa-o.

Countless meditations, countless loves.

ਅਸੰਖ ਪੂਜਾ ਅਸੰਖ ਤਪ ਤਾਉ ॥

asa^Nkh poojaa asa^Nkh tap taa-o.

Countless worship services, countless austere disciplines.

ਅਸੰਖ ਗਰੰਥ ਮੁਖਿ ਵੇਦ ਪਾਠ ॥

asa^Nkh garanth mukh vayd paath.

Countless scriptures, and ritual recitations of the Vedas.

ਅਸੰਖ ਜੋਗ ਮਨਿ ਰਹਹਿ ਉਦਾਸ ॥

asa^Nkh jog man rahahi udaas.

Countless Yogis, whose minds remain detached from the world.

ਅਸੰਖ ਭਗਤ ਗੁਣ ਗਿਆਨ ਵੀਚਾਰ ॥

asa^Nkh bhagat gun gi-aan veechaar.

Countless devotees contemplate the Wisdom and Virtues of the Lord.

ਅਸੰਖ ਸਤੀ ਅਸੰਖ ਦਾਤਾਰ ॥

asa^Nkh saṭee asa^Nkh daataar.

Countless the holy, countless the givers.

ਅਸੰਖ ਸੂਰ ਮੁਹ ਭਖ ਸਾਰ ॥

asa^Nkh soor muh bhakh saar.

Countless heroic spiritual warriors, who bear the brunt of the attack in battle (who with their mouths eat steel).

ਅਸੰਖ ਮੋਨਿ ਲਿਵ ਲਾਇ ਤਾਰ ॥

asa^Nkh mon liv laa-ay taar.

Countless silent sages, vibrating the String of His Love.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat_t kava_n kahaa veechaar.

How can Your Creative Potency be described?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tu^{Dh} bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੭॥

too sadaa salaamat_t nirankaar. ||17||

You, Eternal and Formless One. ||17||

The 18th Pauri of Japji - Mantra for Sanity

ਅਸੰਖ ਮੂਰਖ ਅੰਧ ਘੋਰ ॥

asa^Nkh moorakh anDh ghor.

Countless fools, blinded by ignorance.

ਅਸੰਖ ਚੋਰ ਹਰਾਮਖੋਰ ॥

asa^Nkh chor haraamkhor.

Countless thieves and embezzlers.

ਅਸੰਖ ਅਮਰ ਕਰਿ ਜਾਹਿ ਜੋਰ ॥

asa^Nkh amar kar jaahi jor.

Countless impose their will by force.

ਅਸੰਖ ਗਲਵਢ ਹਤਿਆ ਕਮਾਹਿ ॥

asa^Nkh galvadh haṭi-aa kamaahi.

Countless cut-throats and ruthless killers.

ਅਸੰਖ ਪਾਪੀ ਪਾਪੁ ਕਰਿ ਜਾਹਿ ॥

asa^Nkh paapee paap kar jaahi.

Countless sinners who keep on sinning.

ਅਸੰਖ ਕੂੜਿਆਰ ਕੂੜੇ ਫਿਰਾਹਿ ॥

asa^Nkh koorhi-aar koorhay firaahi.

Countless liars, wandering lost in their lies.

ਅਸੰਖ ਮਲੇਛ ਮਲੁ ਭਖਿ ਖਾਹਿ ॥

asa^Nkh malaychh mal bhakh khaahi.

Countless wretches, eating filth as their ration.

ਅਸੰਖ ਨਿੰਦਕ ਸਿਰਿ ਕਰਹਿ ਭਾਰੁ ॥

asa^Nkh nindak sir karahi bhaar.

Countless slanderers, carrying the weight of their stupid mistakes on their heads.

ਨਾਨਕੁ ਨੀਚੁ ਕਰੈ ਵੀਚਾਰੁ ॥

naanak neech kahai veechaar.

Nanak describes the state of the lowly.

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂੰ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੮॥

tu sadaa salaamat nirankaar. ||18||

You, Eternal and Formless One. ||18||

The 19th Pauri of Japji - Mantra for Knowledge

ਅਸੰਖ ਨਾਵ ਅਸੰਖ ਥਾਵ ॥

asa^Nkh naav asa^Nkh thaav.

Countless names, countless places.

ਅਗੰਮ ਅਗੰਮ ਅਸੰਖ ਲੇਅ ॥

agamm agamm asa^Nkh lo-a.

Inaccessible, unapproachable, countless celestial realms.

ਅਸੰਖ ਕਹਰਿ ਸਿਰਿ ਭਾਰੁ ਹੋਇ ॥

asa^Nkh kehahi sir bhaar ho-ay.

Even to call them countless is to carry the weight on your head.

ਅਖਰੀ ਨਾਮੁ ਅਖਰੀ ਸਾਲਾਹ ॥

akhree naam akhree saalaah.

From the Word, comes the Naam; from the Word, comes Your Praise.

ਅਖਰੀ ਗਿਆਨੁ ਗੀਤ ਗੁਣ ਗਾਹ ॥

akhree gi-aan geet gun gaah.

From the Word, comes spiritual wisdom, singing the Songs of Your Glory.

ਅਖਰੀ ਲਿਖਣੁ ਬੋਲਣੁ ਬਾਣਿ ॥

akhree likhan bolan baan.

From the Word, come the written and spoken words and hymns.

ਅਖਰਾ ਸਿਰਿ ਸੰਜੋਗੁ ਵਖਾਣਿ ॥

akhraa sir sanjog vakhaan.

From the Word, comes destiny, written on one's forehead.

ਜਿਨਿ ਏਹਿ ਲਿਖੇ ਤਿਸੁ ਸਿਰਿ ਨਾਹਿ ॥

jin ayhi likhay tis sir naahi.

But the One who wrote these Words of Destiny-no words are written on His Forehead.

ਜਿਵ ਫੁਰਮਾਏ ਤਿਵ ਤਿਵ ਪਾਹਿ ॥

jiv furmaa-ay tiv tiv paahi.

As He ordains, so do we receive.

ਜੇਤਾ ਕੀਤਾ ਤੇਤਾ ਨਾਉ ॥

jaytaa keetaa taytaa naa-o.

The created universe is the manifestation of Your Name.

ਵਿਣੁ ਨਾਵੈ ਨਾਹੀ ਕੇ ਥਾਉ ॥

vin naavai naahee ko thaa-o.

Without Your Name, there is no place at all.

ਕੁਦਰਤਿ ਕਵਣ ਕਹਾ ਵੀਚਾਰੁ ॥

kudrat kavan kahaa veechaar.

How can I describe Your Creative Power?

ਵਾਰਿਆ ਨ ਜਾਵਾ ਏਕ ਵਾਰ ॥

vaari-aa na jaavaa ayk vaar.

I cannot even once be a sacrifice to You.

ਜੇ ਤੁਧੁ ਭਾਵੈ ਸਾਈ ਭਲੀ ਕਾਰ ॥

jo tuDh bhaavai saa-ee bhalee kaar.

Whatever pleases You is the only good done,

ਤੂ ਸਦਾ ਸਲਾਮਤਿ ਨਿਰੰਕਾਰ ॥੧੯॥

too sadaa salaamatṛ nirankaar. ||19||

You, Eternal and Formless One. ||19||

The 20th Pauri of Japji - Mantra for Navigating Danger

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹ ॥

bharee-ai hath pair tan dayh.

When the hands and the feet and the body are dirty,

ਪਾਣੀ ਧੋਤੈ ਉਤਰਸੁ ਖੇਹ ॥

paanee Dhotai utras khayh.

water can wash away the dirt.

ਮੂਤ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥

mootṛ paleetee kaparḥ ho-ay.

When the clothes are soiled and stained by urine,

ਦੇ ਸਾਬੂਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥

day saaboon la-ee-ai oh Dho-ay.

soap can wash them clean.

ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥

bh^haree-ai mat paapaa kai sang.

But when the intellect is stained and polluted by sin,

ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

oh Dhopai naavai kai rang.

it can only be cleansed by the Love of the Name.

ਪੁੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਰਿ ॥

punnee paapee aakhan naahi.

Virtue and vice do not come by mere words;

ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ ॥

kar kar karnaa likh lai jaahu.

actions repeated, over and over again, are engraved on the soul.

ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ ॥

aapay beej aapay hee khaahu.

You shall harvest what you plant.

ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ ॥੨੦॥

naanak hukmee aavhu jaahu. ||20||

O Nanak, by the Hukam of God's Command, we come and go in
reincarnation. ||20||

The 21st Pauri of Japji - Mantra for Status

ਤੀਰਥੁ ਤਪੁ ਦਇਆ ਦਤੁ ਦਾਨੁ ॥

tīrath t̄ap da-i-aa dat̄ daan.

Pilgrimages, austere discipline, compassion and charity

ਜੇ ਕੋ ਪਾਵੈ ਤਿਲ ਕਾ ਮਾਨੁ ॥

jay ko paavai t̄il kaa maan.

-these, by themselves, bring only an iota of merit.

ਸੁਣਿਆ ਮੰਨਿਆ ਮਨਿ ਕੀਤਾ ਭਾਉ ॥

sun̄i-aa man̄i-aa man̄ keet̄aa bh̄aa-o.

Listening and believing with love and humility in your mind,

ਅੰਤਰਗਤਿ ਤੀਰਥਿ ਮਲਿ ਨਾਉ ॥

an̄targat̄ t̄irath mal̄ naa-o.

cleanse yourself with the Name, at the sacred shrine deep within.

ਸਭਿ ਗੁਣ ਤੇਰੇ ਮੈ ਨਾਹੀ ਕੇਇ ॥

sabh̄ gun̄ t̄ayray mai naahee ko-ay.

All virtues are Yours, Lord, I have none at all.

ਵਿਣੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ ॥

vin̄ gun̄ keet̄ay bh̄agat̄ na ho-ay.

Without virtue, there is no devotional worship.

ਸੁਅਸਤਿ ਆਥਿ ਬਾਣੀ ਬਰਮਾਉ ॥

su-asat̄ aath̄ ban̄ee barmaa-o.

I bow to the Lord of the World, to His Word, to Brahma the Creator.

ਸਤਿ ਸੁਹਾਣੁ ਸਦਾ ਮਨਿ ਚਾਉ ॥

sat suhaan sadaa man chaa-o.

He is Beautiful, True and Eternally Joyful.

ਕਵਣੁ ਸੁ ਵੇਲਾ ਵਖਤੁ ਕਵਣੁ ਕਵਣੁ ਥਿਤਿ ਕਵਣੁ ਵਾਰੁ ॥

kavan so vaylaa vakhat kavan kavan thit kavan vaar.

What was that time, and what was that moment? What was that day, and what was that date?

ਕਵਣਿ ਸਿ ਰੁਤੀ ਮਾਹੁ ਕਵਣੁ ਜਿਤੁ ਹੋਆ ਆਕਾਰੁ ॥

kavan se ruttee maahu kavan jit ho-aa aakaar.

What was that season, and what was that month, when the Universe was created?

ਵੇਲ ਨ ਪਾਈਆ ਪੰਡਤੀ ਜਿ ਹੋਵੈ ਲੇਖੁ ਪੁਰਾਣੁ ॥

vayl na paa-ee-aa pandtee je hovai laykh puraan.

The Pandits, the religious scholars, cannot find that time, even if it is written in the Puraanas.

ਵਖਤੁ ਨ ਪਾਇਓ ਕਾਦੀਆ ਜਿ ਲਿਖਨਿ ਲੇਖੁ ਕੁਰਾਣੁ ॥

vakhat na paa-i-o kaadee-aa je likhan laykh kuraan.

That time is not known to the Qazis, who study the Koran.

ਥਿਤਿ ਵਾਰੁ ਨਾ ਜੋਗੀ ਜਾਣੈ ਰੁਤਿ ਮਾਹੁ ਨਾ ਕੋਈ ॥

thit vaar naa jogee jaanai rut maahu naa ko-ee.

The day and the date are not known to the Yogis, nor is the month or the season.

ਜਾ ਕਰਤਾ ਸਿਰਠੀ ਕਉ ਸਾਜੇ ਆਪੇ ਜਾਣੈ ਸੇਈ ॥

jaa kartaa sirthee ka-o saajay aapay jaanai so-ee.

The Creator who created this creation-only He Himself knows.

ਕਿਵ ਕਰਿ ਆਖਾ ਕਿਵ ਸਾਲਾਹੀ ਕਿਉ ਵਰਨੀ ਕਿਵ ਜਾਣਾ ॥

kiv kar aakhaa kiv saalaahie ki-o varnee kiv jaanaa.

How can we speak of Him? How can we praise Him? How can we describe Him? How can we know Him?

ਨਾਨਕ ਆਖਣਿ ਸਭੁ ਕੇ ਆਖੈ ਇਕ ਦੂ ਇਕੁ ਸਿਆਣਾ ॥

naanak aakhan sabh ko aakhai ik doo ik si-aanaa.

O Nanak, everyone speaks of Him, each one wiser than the rest.

ਵਡਾ ਸਾਹਿਬੁ ਵਡੀ ਨਾਈ ਕੀਤਾ ਜਾ ਕਾ ਹੋਵੈ ॥

vadaa saahib vadee naa-ee keetaa jaa kaa hovai.

Great is the Master, Great is His Name. Whatever happens is according to His Will.

ਨਾਨਕ ਜੇ ਕੇ ਆਪੇ ਜਾਣੈ ਅਗੈ ਗਇਆ ਨ ਸੋਹੈ ॥੨੧॥

naanak jay ko aapou jaanai agai ga-i-aa na sohai. ||21||

O Nanak, one who claims to know everything shall not be decorated in the world hereafter. ||21||

The 22nd Pauri of Japji - Mantra for Legal Victory

ਪਾਤਾਲਾ ਪਾਤਾਲ ਲਖ ਆਗਾਸਾ ਆਗਾਸ ॥

paataalaa paataal lakh aagaasaa aagaas.

There are nether worlds beneath nether worlds, and hundreds of thousands of heavenly worlds above.

ਓੜਕ ਓੜਕ ਭਾਲਿ ਥਕੇ ਵੇਦ ਕਹਨਿ ਇਕ ਵਾਤ ॥

orhak orhak bhaal thakay vayd kahan ik vaat.

The Vedas say that you can search and search for them all, until you grow weary.

ਸਹਸ ਅਠਾਰਹ ਕਹਨਿ ਕਤੇਬਾ ਅਸੁਲੂ ਇਕੁ ਧਾਤੁ ॥

sahas athaarah kahan kataybaa asuloo ik Dhaat.

The scriptures say that there are 18,000 worlds, but in reality, there is only One Universe.

ਲੇਖਾ ਹੋਇ ਤ ਲਿਖੀਐ ਲੇਖੈ ਹੋਇ ਵਿਣਾਸੁ ॥

laykhaa ho-ay ta likee-ai laykhai ho-ay vinaas.

If you try to write an account of this, you will surely finish yourself before you finish writing it.

ਨਾਨਕ ਵਡਾ ਆਖੀਐ ਆਪੇ ਜਾਣੈ ਆਪੁ ॥੨੨॥

naanak vadaa aakhee-ai aapay jaanai aap. ||22||

O Nanak, call Him Great! He Himself knows Himself. ||22||

The 23rd Pauri of Japji - Mantra for Elevation

ਸਾਲਾਹੀ ਸਾਲਾਹਿ ਏਤੀ ਸੁਰਤਿ ਨ ਪਾਈਆ ॥

saalaahee saalaahi aytee surat na paa-ee-aa.

The praisers praise the Lord, but they do not obtain intuitive understanding

ਨਦੀਆ ਅਤੈ ਵਾਹ ਪਵਹਿ ਸਮੁੰਦਿ ਨ ਜਾਣੀਅਹਿ ॥

nadee-aa atai vaah pavahi samund na jaanee-ahi.

-the streams and rivers flowing into the ocean do not know its vastness.

ਸਮੁੰਦ ਸਾਹ ਸੁਲਤਾਨ ਗਿਰਹਾ ਸੇਤੀ ਮਾਲੁ ਧਨੁ ॥

samund saah sultaan girhaa saytee maal Dhan.

Even kings and emperors, with mountains of property and oceans of wealth

ਕੀੜੀ ਤੁਲਿ ਨ ਹੋਵਨੀ ਜੇ ਤਿਸੁ ਮਨਹੁ ਨ ਵੀਸਰਹਿ ॥੨੩॥

keerhee tul na hovnee jay tis manhu na veesrahi. ||23||

-these are not even equal to an ant, who does not forget God. ||23||

The 24th Pauri of Japji - Mantra for Family Karma

ਅੰਤੁ ਨ ਸਿਫਤੀ ਕਹਣਿ ਨ ਅੰਤੁ ॥

ant na siftee kahan na ant.

Endless are His Praises, endless are those who speak them.

ਅੰਤੁ ਨ ਕਰਣੈ ਦੇਣਿ ਨ ਅੰਤੁ ॥

ant na karnai dayan na ant.

Endless are His Actions, endless are His Gifts.

ਅੰਤੁ ਨ ਵੇਖਣਿ ਸੁਣਣਿ ਨ ਅੰਤੁ ॥

ant na vaykhan sunan na ant.

Endless is His Vision, endless is His Hearing.

ਅੰਤੁ ਨ ਜਾਪੈ ਕਿਆ ਮਨਿ ਮੰਤੁ ॥

ant na jaapai ki-aa man mant.

His limits cannot be perceived. What is the Mystery of His Mind?

ਅੰਤੁ ਨ ਜਾਪੈ ਕੀਤਾ ਆਕਾਰੁ ॥

ant̄ na jaapai keetaa aakaar.

The limits of the created universe cannot be perceived.

ਅੰਤੁ ਨ ਜਾਪੈ ਪਾਰਾਵਾਰੁ ॥

ant̄ na jaapai paaraavaar.

Its limits here and beyond cannot be perceived.

ਅੰਤੁ ਕਾਰਣਿ ਕੇਤੇ ਬਿਲਲਾਹਿ ॥

ant̄ kaaran̄ kaytay billaahi.

Many struggle to know His limits,

ਤਾ ਕੇ ਅੰਤੁ ਨ ਪਾਏ ਜਾਹਿ ॥

taa kay ant̄ na paa-ay jaahi.

but His limits cannot be found.

ਏਹੁ ਅੰਤੁ ਨ ਜਾਣੈ ਕੋਇ ॥

ayhu ant̄ na jaanai ko-ay.

No one can know these limits.

ਬਹੁਤਾ ਕਹੀਐ ਬਹੁਤਾ ਹੋਇ ॥

bahutaa kahee-ai bahutaa ho-ay.

The more you say about them, the more there still remains to be said.

ਵਡਾ ਸਾਹਿਬੁ ਉਚਾ ਥਾਉ ॥

vadaa saahib oochaa thaa-o.

Great is the Master, High is His Heavenly Home.

ਊਚੇ ਉਪਰਿ ਊਚਾ ਨਾਉ ॥

oochay upar oochaa naa-o.

Highest of the High, above all is His Name.

ਏਵਡੁ ਊਚਾ ਹੋਵੈ ਕੋਇ ॥

ayvad oochaa hovai ko-ay.

Only one as Great and as High as God

ਤਿਸੁ ਊਚੇ ਕਉ ਜਾਣੈ ਸੋਇ ॥

tis oochay ka-o jaanai so-ay.

can know His Lofty and Exalted State.

ਜੇਵਡੁ ਆਪਿ ਜਾਣੈ ਆਪਿ ਆਪਿ ॥

jayvad aap jaanai aap aap.

Only He Himself is that Great. He Himself knows Himself.

ਨਾਨਕ ਨਦਰੀ ਕਰਮੀ ਦਾਤਿ ॥੨੪॥

naanak nadree karmee daat. ||24||

O Nanak, by His Glance of Grace, He bestows His Blessings. ||24||

The 25th Pauri of Japji - Mantra for Prosperity

ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ ॥

bahutaa karam likhi-aa naa jaa-ay.

His Blessings are so abundant that there can be no written account of them.

ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ ॥

vadaa daataa til na tamaa-ay.

The Great Giver does not hold back anything.

ਕੇਤੇ ਮੰਗਹਿ ਜੇਧ ਅਪਾਰ ॥

kaytay mangahi joDh apaar.

There are so many great, heroic warriors begging at the Door of the Infinite Lord.

ਕੇਤਿਆ ਗਣਤ ਨਹੀ ਵੀਚਾਰੁ ॥

kayti-aa ganat nahee veechaar.

So many contemplate and dwell upon Him, that they cannot be counted.

ਕੇਤੇ ਖਪਿ ਤੁਟਹਿ ਵੇਕਾਰ ॥

kaytay khap tutahi vaykaar.

So many waste away to death engaged in corruption.

ਕੇਤੇ ਲੈ ਲੈ ਮੁਕਰੁ ਪਾਹਿ ॥

kaytay lai lai mukar paahi.

So many take and take again, and then deny receiving.

ਕੇਤੇ ਮੂਰਖ ਖਾਹੀ ਖਾਹਿ ॥

kaytay moorakh khaahee khaahi.

So many foolish consumers keep on consuming.

ਕੇਤਿਆ ਦੂਖ ਭੂਖ ਸਦ ਮਾਰ ॥

kayṭi-aa dookh bhookh sad maar.

So many endure distress, deprivation and constant abuse.

ਏਹਿ ਭਿ ਦਾਤਿ ਤੇਰੀ ਦਾਤਾਰ ॥

ayhi bhe daat tayree daataar.

Even these are Your Gifts, O Great Giver!

ਬੰਦਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ ॥

band khalaasee bhaanai ho-ay.

Liberation from bondage comes only by Your Will.

ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ ॥

hor aakh na sakai ko-ay.

No one else has any say in this.

ਜੇ ਕੋ ਖਾਇਕੁ ਆਖਣਿ ਪਾਇ ॥

jay ko khaa-ik aakhan paa-ay.

If some fool should presume to say that he does,

ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ ॥

oh jaanai jayṭee-aa muhi khaa-ay.

he shall learn, and feel the effects of his folly.

ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ ॥

aapay jaanai aapay day-ay.

He Himself knows, He Himself gives.

ਆਖਹਿ ਸਿ ਭਿ ਕੇਈ ਕੇਇ ॥

aakhahi se bhe kay-ee kay-ay.

Few, very few are those who acknowledge this.

ਜਿਸ ਨੇ ਬਖਸੇ ਸਿਫਤਿ ਸਾਲਾਹ ॥

jis no bakhsay sifət saalaah.

One who is blessed to sing the Praises of the Lord,

ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ ॥੨੫॥

naanak paatīsaahē paatīsaahu. ||25||

O Nanak, is the king of kings. ||25||

The 26th Pauri of Japji - Mantra for Business Success

ਅਮੁਲ ਗੁਣ ਅਮੁਲ ਵਾਪਾਰ ॥

amul guṇ amul vaapaar.

Priceless are His Virtues, Priceless are His Dealings.

ਅਮੁਲ ਵਾਪਾਰੀਏ ਅਮੁਲ ਭੰਡਾਰ ॥

amul vaapaaree-ay amul bhandaar.

Priceless are His Dealers, Priceless are His Treasures.

ਅਮੁਲ ਆਵਹਿ ਅਮੁਲ ਲੈ ਜਾਹਿ ॥

amul aavahi amul lai jaahi.

Priceless are those who come to Him, Priceless are those who buy from Him.

ਅਮੁਲ ਭਾਇ ਅਮੁਲਾ ਸਮਾਹਿ ॥

amul bhaa-ay amulaa samaahi.

Priceless is Love for Him, Priceless is absorption into Him.

ਅਮੁਲੁ ਧਰਮੁ ਅਮੁਲੁ ਦੀਬਾਣੁ ॥

amul Dharam amul deebaan.

Priceless is the Divine Law of Dharma, Priceless is the Divine Court of Justice.

ਅਮੁਲੁ ਤੁਲੁ ਅਮੁਲੁ ਪਰਵਾਣੁ ॥

amul tul amul parvaan.

Priceless are the scales, priceless are the weights.

ਅਮੁਲੁ ਬਖਸੀਸੁ ਅਮੁਲੁ ਨੀਸਾਣੁ ॥

amul bakhsees amul neesaan.

Priceless are His Blessings, Priceless is His Banner and Insignia.

ਅਮੁਲੁ ਕਰਮੁ ਅਮੁਲੁ ਫੁਰਮਾਣੁ ॥

amul karam amul furmaan.

Priceless is His Mercy, Priceless is His Royal Command.

ਅਮੁਲੋ ਅਮੁਲੁ ਆਖਿਆ ਨ ਜਾਇ ॥

amulo amul aakhi-aa na jaa-ay.

Priceless, O Priceless beyond expression!

ਆਖਿ ਆਖਿ ਰਹੇ ਲਿਵ ਲਾਇ ॥

aakh aakh rahay liv laa-ay.

Speak of Him continually, and remain absorbed in His Love.

ਆਖਹਿ ਵੇਦ ਪਾਠ ਪੁਰਾਣ ॥

aakhahi vayd paath puraan.

The Vedas and the Puraanas speak.

ਆਖਹਿ ਪੜੇ ਕਰਹਿ ਵਖਿਆਣ ॥

aakhahi parhay karahi vakhiaan.

The scholars speak and lecture.

ਆਖਹਿ ਬਰਮੇ ਆਖਹਿ ਇੰਦ ॥

aakhahi barmay aakhahi ind.

Brahma speaks, Indra speaks.

ਆਖਹਿ ਗੋਪੀ ਤੈ ਗੋਵਿੰਦ ॥

aakhahi gopee tai govind.

The Gopis and Krishna speak.

ਆਖਹਿ ਈਸਰ ਆਖਹਿ ਸਿਧ ॥

aakhahi eesar aakhahi siDh.

Shiva speaks, the Siddhas speak.

ਆਖਹਿ ਕੇਤੇ ਕੀਤੇ ਬੁਧ ॥

aakhahi kaytay keetay buDh.

The many created Buddhas speak.

ਆਖਹਿ ਦਾਨਵ ਆਖਹਿ ਦੇਵ ॥

aakhahi daanav aakhahi dayv.

The demons speak, the demi-gods speak.

ਆਖਹਿ ਸੁਰਿ ਨਰ ਮੁਨਿ ਜਨ ਸੇਵ ॥

aakhahi sur nar mun jan sayv.

The spiritual warriors, the heavenly beings, the silent sages, the humble and serviceful speak.

ਕੇਤੇ ਆਖਹਿ ਆਖਣਿ ਪਾਹਿ ॥

kaytay aakhahi aakhan paahi.

Many speak and try to describe Him.

ਕੇਤੇ ਕਹਿ ਕਹਿ ਉਠਿ ਉਠਿ ਜਾਹਿ ॥

kaytay kahi kahi uth uth jaahi.

Many have spoken of Him over and over again, and have then arisen and departed.

ਏਤੇ ਕੀਤੇ ਹੋਰਿ ਕਰੇਹਿ ॥

aytay keetay hor karayhi.

If He were to create as many again as there already are,

ਤਾ ਆਖਿ ਨ ਸਕਹਿ ਕੇਈ ਕੇਇ ॥

taa aakh na sakahi kay-ee kay-ay.

even then, they could not describe Him.

ਜੇਵਡੁ ਭਾਵੈ ਤੇਵਡੁ ਹੋਇ ॥

jayvad bhaavai tayvad ho-ay.

He is as Great as He wishes to be.

ਨਾਨਕ ਜਾਣੈ ਸਾਚਾ ਸੋਇ ॥

naanak jaanai saachaa so-ay.

O Nanak, the True Lord knows.

ਜੇ ਕੋ ਆਖੈ ਬੋਲੁਵਿਗਾਰੁ ॥

jay ko aakhai boluvigaarh.

If anyone presumes to describe God,

ਤਾ ਲਿਖੀਐ ਸਿਰਿ ਗਾਵਾਰਾ ਗਾਵਾਰੁ ॥੨੬॥

taa likee-ai sir gaavaaraa gaavaar. ||26||

he shall be known as the greatest fool of fools! ||26||

The 27th Pauri of Japji - Mantra for Moving Forward

ਸੋ ਦਰੁ ਕੇਹਾ ਸੋ ਘਰੁ ਕੇਹਾ ਜਿਤੁ ਬਹਿ ਸਰਬ ਸਮਾਲੇ ॥

so dar kayhaa so ghar kayhaa jit bahi sarab samaalay.

Where is that Gate, and where is that Dwelling, in which You sit and take care of all?

ਵਾਜੇ ਨਾਦ ਅਨੇਕ ਅਸੰਖਾ ਕੇਤੇ ਵਾਵਣਹਾਰੇ ॥

vaajay naad anayk asankhaa kaytay vaavanhaaray.

The Sound-current of the Naad vibrates there, and countless musicians play on all sorts of instruments there.

ਕੇਤੇ ਰਾਗ ਪਰੀ ਸਿਉ ਕਹੀਅਨਿ ਕੇਤੇ ਗਾਵਣਹਾਰੇ ॥

kaytay raag paree si-o kahee-an kaytay gaavanhaaray.

So many Ragas, so many musicians singing there.

ਗਾਵਹਿ ਤੁਹਨੇ ਪਉਣੁ ਪਾਣੀ ਬੈਸੰਤਰੁ ਗਾਵੈ ਰਾਜਾ ਧਰਮੁ ਦੁਆਰੇ ॥

gaavahi tuhno pa-un paanee baisantar gaavai raajaa Dharam du-aaray.

The praanic wind, water and fire sing; the Righteous Judge of Dharma sings at Your Door.

ਗਾਵਹਿ ਚਿਤੁ ਗੁਪਤੁ ਲਿਖਿ ਜਾਣਹਿ ਲਿਖਿ ਲਿਖਿ ਧਰਮੁ ਵੀਚਾਰੇ ॥

gaavahi chit gupat likh jaaneh likh likh Dharam veechaaray.

Chitr and Gupt, the angels of the conscious and the subconscious who record actions, and the Righteous Judge of Dharma who judges this record sing.

ਗਾਵਹਿ ਈਸਰੁ ਬਰਮਾ ਦੇਵੀ ਸੋਹਨਿ ਸਦਾ ਸਵਾਰੇ ॥

gaavahi eesar barmaa dayvee sohan sadaa savaaray.

Shiva, Brahma and the Goddess of Beauty, ever adorned, sing.

ਗਾਵਹਿ ਇੰਦ ਇਦਾਸਣਿ ਬੈਠੇ ਦੇਵਤਿਆ ਦਰਿ ਨਾਲੇ ॥

gaavahi ind idasaan baithay dayviti-aa dar naalay.

Indra, seated upon His Throne, sings with the deities at Your Door.

ਗਾਵਹਿ ਸਿਧ ਸਮਾਧੀ ਅੰਦਰਿ ਗਾਵਨਿ ਸਾਧ ਵਿਚਾਰੇ ॥

gaavahi siDh samaaDhee andar gaavan saaDh vichaaray.

The Siddhas in Samaadhi sing; the Saadhus sing in contemplation.

ਗਾਵਨਿ ਜਤੀ ਸਤੀ ਸੰਤੋਖੀ ਗਾਵਹਿ ਵੀਰ ਕਰਾਰੇ ॥

gaavan jātee satēe santokhee gaavahi veer karaaray.

The celibates, the fanatics, the peacefully accepting and the fearless warriors sing.

ਗਾਵਨਿ ਪੰਡਿਤ ਪੜਨਿ ਰਖੀਸਰ ਜੁਗੁ ਜੁਗੁ ਵੇਦਾ ਨਾਲੇ ॥

gaavan pandit̄ parhan rakheesar jug jug vaydaa naalay.

The Pandits, the religious scholars who recite the Vedas, with the supreme sages of all the ages, sing.

ਗਾਵਹਿ ਮੋਹਣੀਆ ਮਨੁ ਮੋਹਨਿ ਸੁਰਗਾ ਮਛ ਪਇਆਲੇ ॥

gaavahi mohnee-aa man mohan surgaa machh pa-i-aalay.

The Mohinis, the enchanting heavenly beauties who entice hearts in this world, in paradise, and in the underworld of the subconscious sing.

ਗਾਵਨਿ ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ ॥

gaavan raṭan upaa-ay tayray aṭhsath̄ tirath naalay.

The celestial jewels created by You, and the sixty-eight holy places of pilgrimage sing.

ਗਾਵਹਿ ਜੋਧ ਮਹਾਬਲ ਸੂਰਾ ਗਾਵਹਿ ਖਾਣੀ ਚਾਰੇ ॥

gaavahi joDh̄ mahaabal sooraa gaavahi khaanee chaaray.

The brave and mighty warriors sing; the spiritual heroes and the four sources of creation sing.

ਗਾਵਹਿ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡਾ ਕਰਿ ਕਰਿ ਰਖੇ ਧਾਰੇ ॥

gaavahi khand mandal varbhandaa kar kar rakhay Dhaaray.

The planets, solar systems and galaxies, created and arranged by Your Hand, sing.

ਸੇਈ ਤੁਧੁਨੇ ਗਾਵਹਿ ਜੇ ਤੁਧੁ ਭਾਵਨਿ ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ ॥

say-ee tuDhuno gaavahi jo tuDh bhaavan ratay tayray bhagat rasaalay.

They alone sing, who are pleasing to Your Will. Your devotees are imbued with the Nectar of Your Essence.

ਹੋਰਿ ਕੇਤੇ ਗਾਵਨਿ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਵੀਚਾਰੇ ॥

hor kaytay gaavan say mai chit na aavan naanak ki-aa veechaaray.

So many others sing, they do not come to mind. O Nanak, how can I consider them all?

ਸੋਈ ਸੋਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ ਸਾਚਾ ਸਾਚੀ ਨਾਈ ॥

so-ee so-ee sadaa sach saahib saachaa saachee naa-ee.

That True Lord is True, Forever True, and True is His Name.

ਹੈ ਭੀ ਹੋਸੀ ਜਾਇ ਨ ਜਾਸੀ ਰਚਨਾ ਜਿਨਿ ਰਚਾਈ ॥

hai bhee hosee jaa-ay na jaasee rachnaa jin rachaa-ee.

He is, and shall always be. He shall not depart, even when this Universe which He has created departs.

ਰੰਗੀ ਰੰਗੀ ਭਾਤੀ ਕਰਿ ਕਰਿ ਜਿਨਸੀ ਮਾਇਆ ਜਿਨਿ ਉਪਾਈ ॥

rangee rangee bhaatee kar kar jinsee maa-i-aa jin upaa-ee.

He created the world, with its various colors, species of beings, and the variety of Maya.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਕੀਤਾ ਆਪਣਾ ਜਿਵ ਤਿਸ ਦੀ ਵਡਿਆਈ ॥

kar kar vaykhai keetaa aapnaa jiv tis dee vadi-aa-ee.

Having created the creation, He watches over it Himself, by His Greatness.

ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰਸੀ ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ ॥

jo tis bhaavai so-ee karsee hukam na karna jaa-ee.

He does whatever He pleases. No order can be issued to Him.

ਸੇ ਪਾਤਿਸਾਹੁ ਸਾਰਾ ਪਾਤਿਸਾਹਿਬੁ ਨਾਨਕ ਰਹਣੁ ਰਜਾਈ ॥੨੭॥

so paatisaahu saahaa paatisaahib naanak rahan rajaa-ee. ||27||

He is the King, the King of kings, the Supreme Lord and Master of kings. Nanak remains subject to His Will. ||27||

The 28th Pauri of Japji - The Aadays Tisay Aadays Pauris
(Pauris 28-31 of Japji)

ਮੁੰਦਾ ਸੰਤੋਖੁ ਸਰਮੁ ਪਤੁ ਝੋਲੀ ਧਿਆਨ ਕੀ ਕਰਹਿ ਬਿਭੂਤਿ ॥

munda santokh saram pat jholee Dhi-aan kee karahi bibhoot.

Make contentment your ear-rings, humility your begging bowl, and meditation the ashes you apply to your body.

ਖਿੰਥਾ ਕਾਲੁ ਕੁਆਰੀ ਕਾਇਆ ਜੁਗਤਿ ਡੰਡਾ ਪਰਤੀਤਿ ॥

khintha kaal ku-aaree kaa-i-aa jugat danda parteet.

Let the remembrance of death be the patched coat you wear, let the purity of virginity be your way in the world, and let faith in the Lord be your walking stick.

ਆਈ ਪੰਥੀ ਸਗਲ ਜਮਾਤੀ ਮਨਿ ਜੀਤੈ ਜਗੁ ਜੀਤੁ ॥

aa-ee panthee sagal jamaatee man jeetai jag jeet.

See the brotherhood of all mankind as the highest order of Yogis;
conquer your own mind, and conquer the world.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੮॥

aad aneel anaad anaahat jug jug ayko vays. ||28||

The Primal One, the Pure Light, without beginning, without end.
Throughout all the ages, He is One and the Same. ||28||

The 29th Pauri of Japji - The Aadays Tisay Aadays Pauris
(Pauris 28-31 of Japji)

ਭੁਗਤਿ ਗਿਆਨੁ ਦਇਆ ਭੰਡਾਰਣਿ ਘਟਿ ਘਟਿ ਵਾਜਹਿ ਨਾਦ ॥

bhugat gi-aan da-i-aa bhandaaran ghat ghat vaajeh nad.

Let spiritual wisdom be your food, and compassion your attendant. The
Sound-current of the Naad vibrates in each and every heart.

ਆਪਿ ਨਾਥੁ ਨਾਥੀ ਸਭ ਜਾ ਕੀ ਰਿਧਿ ਸਿਧਿ ਅਵਰਾ ਸਾਦ ॥

aap naath naathee sabh jaa kee riDh siDh avraa saad.

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

ਸੰਜੋਗੁ ਵਿਜੋਗੁ ਦੁਇ ਕਾਰ ਚਲਾਵਹਿ ਲੇਖੇ ਆਵਹਿ ਭਾਗ ॥

sanjog vijog du-ay kaar chalaaveh layk^hhay aavahi bhaag.

Union with Him, and separation from Him, come by His Will. We come to receive what is written in our destiny.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੨੯॥

aada aneel anaada anaahat jug jug ayko vays. ||29||

The Primal One, the Pure Light, without beginning, without end.

Throughout all the ages, He is One and the Same. ||29||

The 30th Pauri of Japji - The Aadays Tisay Aadays Pauris
(Pauris 28-31 of Japji)

ਏਕਾ ਮਾਈ ਜੁਗਤਿ ਵਿਆਈ ਤਿਨਿ ਚੇਲੇ ਪਰਵਾਣੁ ॥

aykaa maa-ee jugatt vi-aa-ee tin chaylay parvaana.

The One Divine Mother conceived and gave birth to the three deities.

ਇਕੁ ਸੰਸਾਰੀ ਇਕੁ ਭੰਡਾਰੀ ਇਕੁ ਲਾਏ ਦੀਬਾਣੁ ॥

ik sansaaree ik bhandaaree ik laa-ay deebaana.

One, the Creator of the World; One, the Sustainer; and One, the Destroyer.

ਜਿਵ ਤਿਸੁ ਭਾਵੈ ਤਿਵੈ ਚਲਾਵੈ ਜਿਵ ਹੋਵੈ ਫੁਰਮਾਣੁ ॥

jiv tis bhaavai tiva*ī* chalaavai jiv hovai furmaan.

He makes things happen according to the Pleasure of His Will. Such is His Celestial Order.

ਓਹੁ ਵੇਖੈ ਓਨਾ ਨਦਰਿ ਨ ਆਵੈ ਬਹੁਤਾ ਏਹੁ ਵਿਡਾਣੁ ॥

oh vaykhai onaa nadar na aavai bahuta*ā* ayhu vidaan.

He watches over all, but none see Him. How wonderful this is!

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays t*ī*sai aadays.

I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੦॥

aad aneel anaad anaaha*t* jug jug ayko vays. ||30||

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||30||

The 31th Pauri of Japji - The Aadays Tisay Aadays Pauris
(Pauris 28-31 of Japji)

ਆਸਣੁ ਲੇਇ ਲੇਇ ਭੰਡਾਰ ॥

aasan lo-ay lo-ay bhandaar.

On world after world are His Seats of Authority and His Storehouses.

ਜੇ ਕਿਛੁ ਪਾਇਆ ਸੁ ਏਕਾ ਵਾਰ ॥

jo kichh paa-i-aa so aykaa vaar.

Whatever was put into them, was put there once and for all.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਸਿਰਜਣਹਾਰੁ ॥

kar kar vaykhai sirjanhaar.

Having created the creation, the Creator Lord watches over it.

ਨਾਨਕ ਸਚੇ ਕੀ ਸਾਚੀ ਕਾਰ ॥

naanak sachay kee saachee kaar.

O Nanak, True is the Creation of the True Lord.

ਆਦੇਸੁ ਤਿਸੈ ਆਦੇਸੁ ॥

aadays tisai aadays.

I bow to Him, I humbly bow.

ਆਦਿ ਅਨੀਲੁ ਅਨਾਦਿ ਅਨਾਹਤਿ ਜੁਗੁ ਜੁਗੁ ਏਕੇ ਵੇਸੁ ॥੩੧॥

aad aneel anaad anaahaṭ jug jug ayko vays. ||31||

The Primal One, the Pure Light, without beginning, without end.

Throughout all the ages, He is One and the Same. ||31||

The 32nd Pauri of Japji - Mantra for Completing Your Karma

ਇਕ ਦੂ ਜੀਭੈ ਲਖ ਹੋਹਿ ਲਖ ਹੋਵਹਿ ਲਖ ਵੀਸ ॥

ik doo jeebhau lakh hohi lakh hoveh lakh vees.

If I had 100,000 tongues, and these were then multiplied twenty times more, with each tongue,

ਲਖੁ ਲਖੁ ਗੋੜਾ ਆਖੀਅਹਿ ਏਕੁ ਨਾਮੁ ਜਗਦੀਸ ॥

lakh lakh gayrhaa aakhee-ahi ayk naam jagdees.

I would repeat, hundreds of thousands of times, the Name of the One, the Lord of the Universe.

ਏਤੁ ਰਾਹਿ ਪਤਿ ਪਵੜੀਆ ਚੜੀਐ ਹੋਇ ਇਕੀਸ ॥

ayṭ raahi pat pavṛhee-aa charhee-ai ho-ay ikees.

Along this path to our Husband Lord, we climb the steps of the ladder,
and come to merge with Him.

ਸੁਣਿ ਗਲਾ ਆਕਾਸ ਕੀ ਕੀਟਾ ਆਈ ਰੀਸ ॥

sun galaa aakaas kee keetaa aa-ee rees.

Hearing of the etheric realms, even worms long to come back home.

ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਕੂੜੀ ਕੂੜੈ ਠੀਸ ॥੩੨॥

naanak nadree paa-ee-ai koorhee koorhai thees. ||32||

O Nanak, by His Grace He is obtained. False are the boastings of the
false. ||32||

The 33rd Pauri of Japji - Mantra for Ego

ਆਖਣਿ ਜੇਰੁ ਚੁਪੈ ਨਹ ਜੇਰੁ ॥

aakhan jor chupai nah jor.

No power to speak, no power to keep silent.

ਜੇਰੁ ਨ ਮੰਗਣਿ ਦੇਣਿ ਨ ਜੇਰੁ ॥

jor na mangan dayan na jor.

No power to beg, no power to give.

ਜੇਰੁ ਨ ਜੀਵਣਿ ਮਰਣਿ ਨਹ ਜੇਰੁ ॥

jor na jeevan maran nah jor.

No power to live, no power to die.

ਜੇਰੁ ਨ ਰਾਜਿ ਮਾਲਿ ਮਨਿ ਸੇਰੁ ॥

jor na raaj maal man sor.

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

ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥

jor na surtee gi-aan veechaar.

No power to gain intuitive understanding, spiritual wisdom and meditation.

ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰੁ ॥

jor na jugtee chhutai sansaar.

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

ਜਿਸੁ ਹਥਿ ਜੇਰੁ ਕਰਿ ਵੇਖੈ ਸੇਇ ॥

jis hath jor kar vaykhai so-ay.

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

ਨਾਨਕ ਉਤਮੁ ਨੀਚੁ ਨ ਕੋਇ ॥੩੩॥

naanak utam neech na ko-ay. ||33||

O Nanak, no one is high or low. ||33||

The 34th Pauri of Japji - Beginning the Journey Home (The
34th and 35th Paurees of Japji)

ਰਾਤੀ ਰੁਤੀ ਥਿਤੀ ਵਾਰ ॥

raatee rutee thitee vaar.

Nights, days, weeks and seasons;

ਪਵਣ ਪਾਣੀ ਅਗਨੀ ਪਾਤਾਲ ॥

pavan paanee agnee paataal.

wind, water, fire and the nether regions

ਤਿਸੁ ਵਿਚਿ ਧਰਤੀ ਥਾਪਿ ਰਖੀ ਧਰਮ ਸਾਲ ॥

tis vich Dhartee thaap rakhee Dharam saal.

-in the midst of these, He established the earth as a home for Dharma.

ਤਿਸੁ ਵਿਚਿ ਜੀਅ ਜੁਗਤਿ ਕੇ ਰੰਗ ॥

tis vich jee-a jugat kay rang.

Upon it, He placed the various species of beings.

ਤਿਨ ਕੇ ਨਾਮ ਅਨੇਕ ਅਨੰਤ ॥

tin kay naam anayk anant.

Their names are uncouneted and endless.

ਕਰਮੀ ਕਰਮੀ ਹੋਇ ਵੀਚਾਰੁ ॥

karmee karmee ho-ay veechaar.

By their deeds and their actions, they shall be judged.

ਸਚਾ ਆਪਿ ਸਚਾ ਦਰਬਾਰੁ ॥

sachaa aap sachaa darbaar.

God Himself is True, and True is His Court.

ਤਿਥੈ ਸੋਹਨਿ ਪੰਚ ਪਰਵਾਣੁ ॥

tithai sohan panch parvaan.

There, in perfect grace and ease, sit the self-elect, the self-realized Saints.

ਨਦਰੀ ਕਰਮਿ ਪਵੈ ਨੀਸਾਣੁ ॥

nadree karam pavai neesaan.

They receive the Mark of Grace from the Merciful Lord.

ਕਚ ਪਕਾਈ ਓਥੈ ਪਾਇ ॥

kach pakaa-ee othai paa-ay.

The ripe and the unripe, the good and the bad, shall there be judged.

ਨਾਨਕ ਗਇਆ ਜਾਪੈ ਜਾਇ ॥੩੪॥

naanak ga-i-aa jaapai jaa-ay. ||34||

O Nanak, when you go home, you will see this. ||34||

The 35th Pauree of Japji - Beginning the Journey Home

ਧਰਮ ਖੰਡ ਕਾ ਏਹੋ ਧਰਮੁ ॥

Dharam khand kaa ayho Dharam.

This is righteous living in the realm of Dharma.

ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ ॥

gi-aan khand kaa aakhhu karam.

And now we speak of the realm of spiritual wisdom.

ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ ਕੇਤੇ ਕਾਨ ਮਹੇਸ ॥

kaytay pavan paanee vaisantar kaytay kaan mahays.

So many winds, waters and fires; so many Krishnas and Shivas.

ਕੇਤੇ ਬਰਮੇ ਘਾੜਤਿ ਘੜੀਅਹਿ ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ ॥

kaytay barmay ghaarhat gharhee-ahi roop rang kay vays.

So many Brahmas, fashioning forms of great beauty, adorned and dressed in many colors.

ਕੇਤੀਆ ਕਰਮ ਭੂਮੀ ਮੇਰ ਕੇਤੇ ਕੇਤੇ ਧੂ ਉਪਦੇਸ ॥

kaytee-aa karam bhoomee mayr kaytay kaytay Dhoo updays.

So many worlds and lands for working out karma. So very many lessons to be learned!

ਕੇਤੇ ਇੰਦ ਚੰਦ ਸੂਰ ਕੇਤੇ ਕੇਤੇ ਮੰਡਲ ਦੇਸ ॥

kaytay ind chand soor kaytay kaytay mandal days.

So many Indras, so many moons and suns, so many worlds and lands.

ਕੇਤੇ ਸਿਧ ਬੁਧ ਨਾਥ ਕੇਤੇ ਕੇਤੇ ਦੇਵੀ ਵੇਸ ॥

kaytay siDh buDh naath kaytay kaytay dayvee vays.

So many Siddhas and Buddhas, so many Yogic masters. So many goddesses of various kinds.

ਕੇਤੇ ਦੇਵ ਦਾਨਵ ਮੁਨਿ ਕੇਤੇ ਕੇਤੇ ਰਤਨ ਸਮੁੰਦ ॥

kaytay dayv daanav mun kaytay kaytay ratan samund.

So many demi-gods and demons, so many silent sages. So many oceans of jewels.

ਕੇਤੀਆ ਖਾਣੀ ਕੇਤੀਆ ਬਾਣੀ ਕੇਤੇ ਪਾਤ ਨਰਿੰਦ ॥

kaytee-aa khaanee kaytee-aa banee kaytay paat narind.

So many ways of life, so many languages. So many dynasties of rulers.

ਕੇਤੀਆ ਸੁਰਤੀ ਸੇਵਕ ਕੇਤੇ ਨਾਨਕ ਅੰਤੁ ਨ ਅੰਤੁ ॥੩੫॥

kaytee-aa surtee sayvak kaytay naanak ant na ant. ||35||

So many intuitive people, so many selfless servants. O Nanak, His limit has no limit! ||35||

The 36th Pauree of Japji - The Indescribable Experiences
(The 36th and 37th Pauree of Japji)

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚੰਡੁ ॥

gi-aan khand meh gi-aan parchand.

In the realm of wisdom, spiritual wisdom reigns supreme.

ਤਿਥੈ ਨਾਦ ਬਿਨੇਦ ਕੇਡ ਅਨੰਦੁ ॥

tithai naad binod kod anand.

The Sound-current of the Naad vibrates there, amidst the sounds and the sights of bliss.

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ ॥

saram khand kee banee roop.

In the realm of humility, the Word is Beauty.

ਤਿਥੈ ਘਾੜਤਿ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ ॥

tithai ghaarhat gharhee-ai bahut anoop.

Forms of incomparable beauty are fashioned there.

ਤਾ ਕੀਆ ਗਲਾ ਕਥੀਆ ਨਾ ਜਾਹਿ ॥

tāa kee-aa galaa kathee-aa naa jaahi.

These things cannot be described.

ਜੇ ਕੋ ਕਰੈ ਪਿਛੈ ਪਛੁਤਾਇ ॥

jay ko kahai pichhai pachhutāa-ay.

One who tries to speak of these shall regret the attempt.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ ॥

tithai gharhee-ai surat mat man buDh.

The intuitive consciousness, intellect and understanding of the mind are shaped there.

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ ॥੩੬॥

tithai gharhee-ai suraa siDhaa kee suDh. ||36||

The consciousness of the spiritual warriors and the Siddhas, the beings of spiritual perfection, are shaped there. ||36||

The 37th Pauree of Japji - The Indescribable Experiences

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੇਰੁ ॥

karam khand kee banee jor.

In the realm of karma, the Word is Power.

ਤਿਥੈ ਹੋਰੁ ਨ ਕੋਈ ਹੋਰੁ ॥

tithai hor na ko-ee hor.

No one else dwells there,

ਤਿਥੈ ਜੋਧ ਮਹਾਬਲ ਸੂਰ ॥

t̥ithai joDh mahaabal soor.

except the warriors of great power, the spiritual heroes.

ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ ॥

t̥in meh raam rahi-aa bharpoor.

They are totally fulfilled, imbued with the Lord's Essence.

ਤਿਥੈ ਸੀਤੋ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ ॥

t̥ithai seetō seetāa mahimaa maahi.

Myriads of Sitas are there, cool and calm in their majestic glory.

ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ ॥

t̥aa kay roop na kathnay jaahi.

Their beauty cannot be described.

ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਗੇ ਜਾਹਿ ॥

naa ohi mareh na thāgay jaahi.

Neither death nor deception comes to those,

ਜਿਨ ਕੈ ਰਾਮੁ ਵਸੈ ਮਨ ਮਾਹਿ ॥

jin kai raam vasai man maahi.

within whose minds the Lord abides.

ਤਿਥੈ ਭਗਤ ਵਸਹਿ ਕੇ ਲੋਅ ॥

t̥ithai bhagaṭ vaseh kay lo-a.

The devotees of many worlds dwell there.

ਕਰਹਿ ਅਨੰਦੁ ਸਚਾ ਮਨਿ ਸੋਇ ॥

karahi anand sachaa man so-ay.

They celebrate; their minds are imbued with the True Lord.

ਸਚ ਖੰਡਿ ਵਸੈ ਨਿਰੰਕਾਰੁ ॥

sach khand vasai nirankaar.

In the realm of Truth, the Formless Lord abides.

ਕਰਿ ਕਰਿ ਵੇਖੈ ਨਦਰਿ ਨਿਹਾਲ ॥

kar kar vaykhai nadar nihaal.

Having created the creation, He watches over it. By His Glance of Grace, He bestows happiness.

ਤਿਥੈ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡ ॥

tithai khand mandal varbhand.

There are planets, solar systems and galaxies.

ਜੇ ਕੋ ਕਥੈ ਤ ਅੰਤ ਨ ਅੰਤ ॥

jay ko kathai ta ant na ant.

If one speaks of them, there is no limit, no end.

ਤਿਥੈ ਲੋਅ ਲੋਅ ਆਕਾਰ ॥

tithai lo-a lo-a aakaar.

There are worlds upon worlds of His Creation.

ਜਿਵ ਜਿਵ ਹੁਕਮੁ ਤਿਵੈ ਤਿਵ ਕਾਰ ॥

jiv jiv hukam tivai tiv kaar.

As He commands, so they exist.

ਵੇਖੈ ਵਿਗਸੈ ਕਰਿ ਵੀਚਾਰੁ ॥

vaykhai vigsai kar veechaar.

He watches over all, and contemplating the creation, He rejoices.

ਨਾਨਕ ਕਥਨਾ ਕਰੜਾ ਸਾਰੁ ॥੩੭॥

naanak kathnaa karrhaa saar. ||37||

O Nanak, to describe this is as hard as steel! ||37||

The 38th Pauri of Japji - Mantra for Destiny

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥

jat paahaaraa Dheeraj suni-aar.

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

ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ॥

ahran mat vayd hathee-aar.

Let understanding be the anvil, and spiritual wisdom the tools.

ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ॥

bha-o khalaa agan tap taa-o.

With the Fear of God as the bellows, fan the flames of tapa, the body's inner heat.

ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ॥

bhaa^Ndaa bhaa-o amrit̄ tit̄ dhaal.

In the crucible of love, melt the Nectar of the Name,

ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲ ॥

gharhee-ai sabad̄ sachee taksaal.

and mint the True Coin of the Shabad, the Word of God.

ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰ ॥

jīn ka-o naḍar karam̄ tīn kaar.

Such is the karma of those upon whom He has cast His Glance of Grace.

ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲ ॥੩੮॥

naanak naḍree naḍar nihaal. ||38||

O Nanak, the Merciful Lord, by His Grace, uplifts and exalts them. ||38||

Salok of Japji - Mantra for Respect

ਸਲੋਕੁ ॥

salok.

Shalok:

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

pavan̄ guroo paaneē piṭaa maṭaā Ḍharat̄ mahat̄.

Air is the Guru, Water is the Father, and Earth is the Great Mother of all.

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 two nurses, in whose lap all the world is at play.

ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥

chang-aa-ee-aa buri-aa-ee-aa vaachai Dharam hadoor.

Good deeds and bad deeds-the record is read out in the Presence of the Lord of Dharma.

ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥

karmee aapo aapnee kay nayrhai kay door.

According to their own actions, some are drawn closer, and some are driven farther away.

ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥

jinee naam Dhi-aa-i-aa ga-ay maskat ghaal.

Those who have meditated on the Naam, the Name of the Lord, and departed after having worked by the sweat of their brows

ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

naanak tay mukh ujlay kaytee chhutee naal. ||1||

-O Nanak, their faces are radiant in the Court of the Lord, and many are saved along with them! ||1||