



## Mool Mantra

True Expression of our Real Self

**EK ONG KAR:** From the Ek (absolute oneness/Spirit), the vibrational Naad, created all Forms.

**SAT NAAM:** The Ek (Spirit) is our original authentic Identity.

**KARTA PURAKH:** The Ek (Spirit Self) does everything and causes everything to be done.

**NIRBHO:** IT (The Spirit Self) experiences No FEAR.

**NIRVAIR:** IT is without blame, judgement, revenge or bias.

**AKAAL MOORAT:** IT is Eternal, always in a Continuum (is never Born nor Dies)

**AJOONEE:** IT Has no Form (Gives rise to forms but itself has no form)

**SAIBHUNG:** IT is Self-Sustaining, whole and complete within Itself.

**GUR PRASAD:** The awareness of "IT" is a precious gift from the Divine Guide within me.

**JAP:** O my mind, Chant this truth repeatedly.

**AAD SUCH:** "IT" is the Primal, simple Truth.

**JUGAAD SUCH:** "IT" continues to remain True through all the Ages.

**HAI BHEE SUCH:** "IT" is the Truth Right Now.

**NANAK HOSEE BHEE SUCH:** O Nanak! This is the unchanging, Eternal Truth.



## **1st Pauri : Antidote to Depression**

Sochay soch na hovayee, jay sochee lakh vaar

I thought and I thought a hundred thousand times but did not arrive at the True thought.

Chupay chup na hovayee, Jay laaye rahaa liv taar

I tried to quite my mind by focusing on a singular point in meditation but did not arrive at stillness.

Bhukhiyaa bhukh na utree, Jay banna pureeyaa bhaar

The deep hunger of this starving one could not be satisfied by all that the world had to offer.

Sehes syaan paa lakh hoye, Ta ik na chalay naal

I received a hundred thousand theories, philosophies, opinions and arguments by thousands of knowledgeable people, but not even one stayed with me.

Kiv sachyaaraa hoiye, Kiv kooray tutay paal?

How should I “become” this True state of Being? How do I break through this veil of garbage?

Hukam rajaayee chalnaa, Naanak likhiyaa naal

O Nanak! Just surrender to the wish of your Hukum, then you will be one with the ONE who wrote it.



## 2nd Pauri: Imparts Patience

Hukmee hovan aakaar, hukam na kaheya jaaye.

According to that Hukum (Directives of the Spirit), every soul receives a form. It is so difficult to capture the intelligence of Hukum.

Hukmee hovan jeev, hukam milay vadeya-ye.

Because of the Hukum we come alive and because of the Hukum, we evolve.

Hukmee uttam neech, hukam likh dukh sukh paayeh

Through Hukum, some are elevated and some are ignorant. Through Hukum we experience suffering or Joy.

Iknaa hukmee bakhsees, ik hukmee sadaa bhavaayeh.

Through Hukum some seem blessed and some seem to wander aimlessly.

Hukmai andar sabh ko, baahar hukam na koye.

Everything is subject to the Hukum, No one and nothing is outside the realm of Hukum.

Naanak hukmay jay bujhay, ta humai kahay na koye.

O Naanak, if you can solve the riddle of your Hukum, then Humai's (Ego/I-ness) voice cannot control your thoughts, actions and words anymore.



3<sup>rd</sup> Pauri: Transforms Insufficiency into Sufficiency

Gaavay ko taan, hovai kisay taan?

What is this unique composition that is being sung, whose composition is it?

Gaavay ko daat, jaanay nishaan

What benevolent being is singing? Show me your sign.

Gaavay ko gun vadiyaiya chaar

Whose song is creating these elaborate qualities (Gunas) in all four directions?

Gavvay ko vidya vikham vichaar

Whose song is creating knowledge, understanding and contemplation?

Gaavay ko saaj karay tan khayh

Whose song is beautifully crafting the bodies and then reducing them to dust?

Gaavay ko jee laye fir dayh

Whose singing is taking away forms and then restoring them again?

Gaavay ko jaapaye disay door

The one who is singing seems so far away.

Gaavay ko vaykhay haadara hadoor

The one who is singing, can be seen right here, right now.

Kathna kathee na aavay tot

How I can describe this saga? There is no end to it!

Kath kath kathee, kotee kot kot

Countless vibrations expressing the One in countless ways.

Daynda day lainday thak paaeh

The forms keep getting tired of receiving, but the countless waves from the

“Giver”, keep coming through.

Jugaa jugantar khaahee khaaeh

Age after Age, birth after birth, forms keep getting fed.

Hukamee Hukam chalaay raaho

The whole system runs according to the “One”, through the Hukums.

Naanak vighasay vayparvaaho

O Nanak! Drop all the doubts and worries....just watch the whole play!



## **4th Pauri: For INNER PROSPERITY**

**Saachaa saahib saach naaye, bhaakhiyaa bhao apaar.**

Expressing the true workings of the Real Self, makes me overcome with endless emotions.

**Aakheh mangeh deh deh, daat kare daataar.**

We keep demanding from “IT” for all our wants. ... "give me more, give me more". And “IT” keeps on benevolently giving, that which “IT” knows we need.

**Fayr ke agay rakhiye jit disay darbaar?**

Then, what offering should I make to that True Self, so “IT” may give me a vision of my Royal home within me?

**Muhou ke bolan boliye, jit soon dhare pihaar?**

What Words should I utter from my lips, listening to which “IT” will shower me with Love?

**Amrit velaa sach naao vadiaai vichaar.**

Contemplating, meditating on the True Naam in the Amrit Veyla, (ambrosial hours of the morning), we will receive it all, in our elevated consciousness.

**Karmi aavaye kapra nadri mokh dwaar.**

Our own actions and reactions bring us this Garment of the body, but when I begin to gaze at my True Self, I begin to see the gateway to my liberation (Moksha).

**Naanak ayvai jaaniye sabh aape sachiaar.**

Naanak remember, this is how everyone can get to know the “True One” within themselves.



### The 7th Pauri of Japji:

#### To overcome greediness or need for control

**Je jug chaaray aarjaa, hor dasooni hoye.**

You may be able to extend your life through the 4 Yugas and 10 times that.

**Naavaa khandaa vich jaaniye, naal chalay sabh koye.**

Known across the 9 continents and followed by everyone.

**Changa naao rakhaaye kay, jas kirat jag lay**

You may hide behind a sterling reputation, because of which the entire world sings your praises.

**Je tis nadar na aavii ta vaat na puchhai kay.**

Without the experience of Divine sight (Nader), the Experiencer within you, can't even begin to recognize you, let alone draw you towards itself.

**Kitaa andar keet kar dosi dos dharay**

Your internal experience of yourself anguishes in the of feeling smallness, limitedness, worthlessness (like a worm), constantly feeling that you have done something disastrously wrong.

**Naanak nirgun gun kare gunvantiaa gun day.**

When the light of "Nader" turns on, O Nanak, even those without any obvious abilities begin to develop them and their capacities continue to escalate.

**Tehaa koye na sujhayi, jay tis gun koyi karay**

Then no one on the outside has any power over them.



## *The 8th Pauri*

*Deeply listening allows us to get back in the flow of the Hukum*

### **Suniai sidh peer sur naath.**

Those who have attained any kind of abilities beyond the normal human capacities (Siddhas), religious Teachers, all prophets and accomplished Yogis have arrived there because they have developed the ability to deeply listen to the vibration of Naam.

### **Suniai dharat dhaval aakaas.**

The bull like strength that seems to hold the entire cosmos, its galactic and planetary systems in place is deeply listening to the vibration of the Hukum of the one creator.

### **Suniai deep loa paataal.**

By Deeply listening we can become aware about all forms of existences on land, water and Sky.

### **Suniai poh na sakai kaal.**

By deeply listening the limitedness of time and space cannot effect us.

### **Naanak bhagtaa sadaa vigaas.**

Naanak just like a garden that is continually moving through cycles of blossoms, a true lover of the Naam, continually grows and evolves.

### **Suniai dukh paap kaa naas.**

By deeply listening to that vibration, the sorrow, the suffering, the errors and mistakes, all depart.



## The 9th Pauri of Japji :Gives Expansion

**Suniai isar barmaa ind.**

Deeply listening, The Three Aspects of the Divine- Generator, Organizer and Deliverer/Destroyer maintain their balance and dance.

**Suniai mukh saalaahan mand.**

By deeply listening, even the mouths of those caught in blind cycle of ignorance, begin to recite virtues.

**Suniai jog jugat tan bhed.**

Deeply Listening, (jogat) yoga – ways of union with the SELF and mysteries of the human vessel, become known.

**Suniai saasat simrit ved.**

Deeply listening, the wisdom of the Shastras, Smritis, and Vedas, become known.

**Naanak bhagtaa sadaa vigaas.**

O Nanak! If you truly devote yourself to the Naam, you continually grow and evolve.

**Suniai dukh paap kaa naas.**

By deeply listening, the pain of sorrow, suffering and errors, all disintegrate.





## The 10th Pauri: Japji: Gives an experience of SELF GRACE

**Suniai sat santokh giaan.**

Deeply Listening, Complete Reality, Utter Contentment and Genuine Wisdom will make its home in your being.

**Suniai athsath ka isnaan.**

Deeply Listening, the purity of all sixty eight Ceremonial baths and pilgrimages will be felt within you.

**Suniai parh parh paaveh maan.**

Deeply listening, you experience the same amount of Self Respect as could have come to you by reading and gaining knowledge from infinite books.

**Suniai laagai sahaj dhayan.**

Deeply Listening, brings you to the point of One Pointed concentration, flowing in absolute ease with the Divine Spirit, in meditative delight.

**Naanak bhagtaa sadaa vigaas.**

O Nanak! If you truly devote yourself to the Naam, you continually grow and evolve.

**Suniai dukh paap kaa naas.**

By deeply listening, the pain of sorrow, suffering and errors, all disintegrate.



## **The 11th Pauri: Opens Awareness to the possibilities within**

**Suniai saraa gunaa ke gaah.**

Deeply Listening, you can recognize the Ocean of Virtues within You.

**Suniai sekh pir paatisaah.**

Deeply Listening, you can locate wisdom and nobility within You.

**Suniai andhe paavah raah.**

Deeply Listening, those walking through life blindfolded, can locate the right paths.

**Suniai haath hovai asgaah.**

Deeply Listening, the Impossible, the Unfathomable can be achieved.

**Naanak bhagtaa sadaa vigaas.**

O Nanak! If you truly devote yourself to the Naam, you continually grow and evolve.

**Suniai dukh paap kaa naas.**

By deeply listening, the pain of sorrow, suffering and errors, all disintegrate.



## 12<sup>th</sup> Pauri

When you feel Conflicted, the 12 Pauri gives Solidarity of Self and Self Respect

### Mannay kee gat kahee na jaaye

The state of Believing, Following and acting on, the deep wisdom in the subtle seeing and listening of Naam and Hukum, is difficult to articulate or explain.

### Je ko kehai picchay pachhutaaye

This subtlety of knowing will not be able to be understood by the logical mind/s. Trying to put it into words and explanations will only bring you to a point of frustration.

### Kaagad kalam na likhan haar

No paper, no pen, no scribe can translate this deep sense of knowing.

### Mannay kaa beh karan veechaar

Those who sit, deeply listen, trust and surrender their minds to the voice of their Naam, are doing the most powerful Meditation.

### Aisaa naam niranjan hoye

By surrendering to and acting from Naam, life become elevated, pristine and pure.

### Jay ko man jaanai man koye

The way you train your mind to understand, that's how it will act.



## 13<sup>th</sup> Pauri: brings deep Intuition

### Mannai surat hovai man budh

By believing, trusting and acting on the Naam (Mannai), the Higher Consciousness begins to mold the mind and its understanding.

### Mannai sagal bhavan kee sudh

By Surrendering to the Naam, the sphere of understanding expands to the whole cosmos.

### Mannai mu-eh chotaa na khaaye

By Surrendering to the Naam, you stop suffering from internal indignities and insults from external reflections.

### Mannai jam kai saath na jaaay

By Surrendering to the Naam, the fear of Death doesn't harass us anymore.

### Aisaa naam niranjan hoye

By surrendering to and acting from Naam, life becomes elevated, pristine and pure.

### Jay ko man jaanai man koye

The way you train your mind to understand, that's how it will act.



## 17<sup>th</sup> Pauri of Japji: Brings Freedom

**Asankh jap asankh bhaao. Asankh pujaa asankh tap-taao.**

There are countless people who continually chant. Countless who express love and devotion. Countless who are performing worship ceremonies. Countless who purify through austere disciplines.

**Asankh granth mukh ved paath. Asankh jog man rahay udaas.**

There are countless revered and learned ones who recite scriptures and Vedas. There are countless Yogis whose minds remain detached from the world.

**Asankh bhagat gun gyan vichaar. Asankh sati asankh daataar.**

There are countless beings who have surrendered themselves in love and devotion through virtue, wisdom and deep reflection.

Countless work on staying untouched by the murkiness of Maya and countless elevate through Service and Giving.

**Asankh soor muh bhakh saar. Asankh mon liv laaye taar.**

There are countless heroic Spiritual warriors who sharpen the steel of their sword like courage. And countless silent Sages, attuned to the Divine Sound.

**Kudrat kavan kahaan vichaar. Vaariaa na jaavaan ek vaar.**

How can I ever fathom you with my mind and thoughts? In my limited form I am unable to comprehend your range and extent!

**Jo tudh bhaavay sai bhali kaar. Tu sadaa salaamat Nirankaar.**

That which pleases the Naam, in each moment, is the right action for me. O Divine Spirit, your formless form is always present everywhere and in everyone.



## 18th Pauri of Japji: Alleviates Self Destructive Behavior

**Asankh moorakh andh ghor. Asankh chor haraam-khor.**

There are countless foolish people who remain in the pitch dark of Ignorance and countless thieves, embezzlers and exploiters.

**Asankh amar kar jayeh jor. Asankh gal vadh hatya kamaaye.**

Countless enforce their will on others through brute force to service and countless earn their living as cut-throat ruthless killers.

**Asank paapi paap kar jayeh. Asankh koorhay kuray firaah**

There are countless sinners who keep adding mis-action to more mis-action. There are countless who feel like garbage and spread that filth everywhere.

**Asankh malaych mal bhakh khaahe. Asankh nindak sir kareh bhaar.**

There are countless who feed their emptiness, by gossiping and rumor mongering; Countless critics and slanderers who love creating headaches for everyone.

**Naanak nich kahay vichaar. Vaariaa na jaavaan ek vaar.**

O Naanak, think about all those beings in the lower vibrational state!  
In my limited form I am unable to comprehend its extent!

**Jo tudh bhaavai saai bhali kaar. Tu sadaa salaamat Nirankar.**

That which pleases the Naam, is the only task worth doing. O Divine Spirit, your formless form is always present everywhere and in everyone.



## 19<sup>th</sup> Pauri: brings universal knowledge and revelation

Asankh Naav, Asankh Thaav

Countless Forms that exist in countless places

Agamm Agamm, asankh loa

Inaccessible, Inapproachable, countless celestial realms

Asankh kahey, sir bhaari hoveh

Trying to describe this infinite diversity, makes my head spin

Akhree naam, akhree saalaah

That primal Vibrational Word, creates every Naam. That Vibrational Word honors and praises everything that comes into form.

Akhree gyaan, geet gun gaah

The Primal Vibrational Word manifests into Wisdom, music, elevated consciousness and spontaneous singing.

Akhree likhan bolan baan

From the Primal Vibration, comes all that is ever written, all that is ever spoken and all the sound, music and words that connect the form to the formless.

Akhraa sir sanjog vakhaan

The Primal Vibration creates the epic sagas of our destiny written on our brows.

Jineh lakhay tis sir naahey

But that which writes these destinies, has no destiny written on ITS brow.

Jiv furmaaye tiv tiv paaye

That which IT wrote is what IT experiences.

Jaytaa keetaa taytaa naao

Our Naam reflects our past actions and inactions

Vin naavay naahee ko thaao

Nothing exists without an assigned Naam

Kudrat kavan kahaan veechaar

How can I ever fathom the play of this vast creative intelligence, with my mind and thoughts?

Vaariaa na jaavaan ayk vaar

In my limited form I am unable to comprehend your range and extent!

Jo tudh bhaaveh saayee bhalee kaar

That which pleases you, is the only “Right action”.

Tu sadaa salaamat nirankaar

O Divine Spirit, your formless form is always present everywhere and in everyone.





## The 22nd Pauri: Brings victory in legal battles

Paataalaa paataal, lakh aagaasaa aagaas.

There are worlds upon worlds below us. There are worlds upon worlds above us.

Orak orak bhaal thake, ved kahan ik vaat.

You will exhaust yourself in futility, trying to count them all. The Vedas express this simple Truth.

Sahas atharah kahan katebaa, asulu ik dhaat

There are 18000 worlds, say the wisdom books but the reality will be known by knowing the Creator, not its creation.

Lekhaa hoye ta likhiye, lekhay hoye vinaas.

Let's only write this account, if it's even possible to write it. But all that we will write, we will have to continually destroying and re-write.

Naanak vadaa aakhiai , aape jaanai aap.

O Naanak, The Great Source says : Know your Self and you will know me.



27<sup>th</sup> Pauri

: Removes obstacles

So dar kehaa so ghar kehaa, jis meh sarab samaale.

Where is that threshold, where is that home, where everything merges into “EK”.

Vaaje naad anayk asankhaa, kaytaye vaavan-haare.

Countless Sound currents are vibrating here simultaneously. Where are all the musicians?

Kaytay Raag paree siyo kahiyan, kaytay gaavanhaaray?

So many Raagas are being sung- Where are all the singers?

Gaaveh tuhno pavan, paani, baisantar, gaavai raajaa dharam dware.

Wind, water and Fire are all singing their naad and the rule of Dharma sings its own naad at this door.

Gaaveh chit gupat likh jaaneh, likh likh dharam vichaare.

The conscious and subconscious processes which record all that we experience, are vibrating at a particular frequency. As they record, they contemplate our deviations and alignments in relation to our Dharma.

Gaaveh isar, barmaa, devi, sohan tere sadaa savaare.

The cosmic functions of Creation, Nurturing and Transformation (Bramha, Devi and Isar), constantly refine themselves in Grace by singing their own naad.

Gaaveh ind indaasan baithay, devtiya dar naale.

Indra, our innate capacity to empower ourselves over our internal shadows, sings its own Naad within us, subtly inviting us to its door to become victorious beings.

Gaaveh sidh samaadhi andar, gaavan saadh vichaare.

Siddhas, when in Samadhi vibrate at a particular naad and when multitudes of them get together to contemplate, the whole environment begins to resonate their frequency.

Gaavan jati sati santokhi, gaaveh vir karaare.

The great sacrificers, the great self-restrainers, the absolute contented, each vibrate the song of their naad, as do the super courageous and determined.

Gaavan pandit paran rakhisar, jug jug vedaa naale.

The pandits who study and preserve, the wisdom of the Vedas through the ages,

are vibrating at their unique naad.

**Gaavan mohaniyaa man mohan, surgaa machh payaale.**

Those with the ability to enchant and win over minds and hearts in Heavenly, Earthly and shadow realms, are all are vibrating their own unique naad.

**Gaavan rattan upaaye tayray, athsath tirath naalay.**

68 places of pilgrimage are the celestial jewels created by You, all vibrating a particular naad.

**Gaavan jodh mahaa-bal suraa, gaaveh khaani chaare.**

The warriors of exceptional might and all 4 forms of life creation are vibrating a particular naad.

**Gaaveh tuhno khand mandal varbhandaa, kar kar rakhe dhaare.**

The planets, solar systems and entire galaxies have been arranged and set in place to the Naad, that YOU establish for them.

**Sei tudhno gaaveh, jo tudh bhaavan, ratay tere bhagat rasaale.**

Everything vibrates and sings based on YOUR intentions. Everything is imbued in YOU, like a Devotee drunk in YOUR Essence.

**Hori kete gaavan, se mai chit na aavan, Naanak kyaa vichaare.**

How many more of these vibratory songs are being sung, that are beyond the reach of my mind. How should Nanak comprehend them?

**Soi Soi sadaa such sahib, saachaa saachi naai.**

IT and only IT is the True Being and its NAAM is the Truth of all Truths.

**Hai bhi hosi jaye na jaasi, rachnaa jin rachaai.**

IT who has created this whole play, is the only One Here and will always Be and will never depart.

**Rangi rangi bhaati kar kar jinsi maya jin upayi.**

IT created the enormous colorful varieties and diversities of worlds, colors, species, beings and their interactions gives rise to Maya.

**Kar kar vekhai kitaa aapnaa, jo tis di vadiyayi.**

IT is the one who observes and experiences, all that it is creating and doing.... That is ITS genius!

**Jo tis bhaavai soi karsi, hukam na karnaa jaai.**

IT acts on ITS own Intentions. IT has no Hukum to follow.

**So paatisaaho saahaa paat saahib, Naanak rahan rajaai.**

O Grand Ruler of all domains, Nanak wishes to stay immersed in your Will.



## 33<sup>rd</sup> Pauri of Japji

Destroys Ego's filter of Fear and allows surrender to receive the Hukum

*Aakhan Jor, chupai na jor*

I have neither the power to speak, nor to remain silent

*Jor na mangan, dayn na Jor*

I have no power to demand and no power to give

*Jor na Jeevan maran nah jor*

I have no power over birth and no power over death

*Jor na raaj maal mun sor*

I have no power to rule through wealth, might or mental manipulation

*Jor na surtee gyaan vichaar*

I have no power to awaken, intellectualize or contemplate.

*Jor na jugtee, chhutay sansar*

I have no power of liberating the world with the techniques of union.

*Jis hath jor kar vaykhai so-ay*

That who holds all that power, is ITSELF the doer, observer and contemplator of everything

*Nanak uttam neech na ko-ay*

Therefore, O Nanak, there can't be anyone superior or inferior.

(Everyone is playing a role in this story)



## 34<sup>th</sup> Pauri : brings Stability

Raatee rutee thitee vaar

Nights, seasons, moon cycles and days of the week.

Pavan paanee agnee paataal

Wind, Water, Fire and dense solid matter.

Tis vich Dhartee thaap rakhee Dharam saal

With all this, Earth was established as a school, for learning and evolving consciousness of Dharma.

Tis vich jiv jugat kay rang.

Within this realm, so many souls of such varieties and colors were placed

Tin kay naam anayk anant

Their “Naams” are so varied and countless.

Karmee karmee hoye vichaar

In Dharam Saal, evolution takes place through the process of karmas and their contemplation through self-reflection.

Sachaa aap sachaa darbaar

Here we measure our Truth in the court of own True consciousness.

Tithay sohan panch parvaan

Here the five realized beings reside in ease and grace.

Nadree karam pavai neesaan

Their graceful sight marks each soul

Kach pakaayee othay paaye

Here it is determined whether the soul has ripened or is still unripe

Naanak gaiya jaapay jaaye

O Naanak, the understanding of this dawns only upon arriving here.



## 35<sup>th</sup> Pauri:

Gives you the understanding of your Dharma and capacity to fulfill it

**Dharam khand kaa ayho Dharam.**

In the Dharam Khand, our “Dharma” is established as well as assessed.

**Gyaan khand kaa aakhho karam.**

Now let’s talk about the happenings in Gyaan Khand.

**Kaytay pavan paanee vaisantar, kaytay kaan mahays.**

So many gaseous elements, liquid elements and energy sources; so many Krishnas and Shivas (Archetype symbols of enlightened, evolved souls)

**Kaytay barmay ghaarhat gharheeye, roop rang kay vays.**

So many Brahmas (Creative forces), crafting and fashioning souls with such a variety of forms and colors!

**Kayteeyaa karam bhoomee mayr kaytay, kaytay Dhoo updays.**

So many worlds and places for working out Karma. So very many experiences to learn from!

**Kaytay ind chand soor kaytay, kaytay mandal days.**

So many formed as clouds, sky and space, Moons and Suns. So many formed as Galactic countries!

**Kaytay sidh budh naath kaytay, kaytay devi vays.**

So many created as Siddhas, Buddhas and Yogic masters. So many taking the form of Goddesses!

**kaytay dayv daanav mun kaytay kaytay ratan samund.**

So many created as Gods, so many as Demons. So many created as neutral quite beings. Wow! So many Oceans of precious existences!

**kayteeyaa khaanee, kayteeyaa Bani, kaytay paat narind.**

So many stories, so many sound currents, so many layers of evolution.

**Kayteeyaa surtee, sayvak kaytay, naanak unt na unt.**

So many varieties of consciousnesses, serving each other in countless ways!

O Nanak! This realm is Infinite!



## 36<sup>th</sup> Pauri: *“Brings Divine Realization.”*

**Gyan Khand meh gyan parchand**

In Gyan Khand, Akashic knowledge rules our consciousness.

**Tithay Naad binod ghor Anand**

This is where Naad (Subtle vibratory frequencies) creates the collective play, in a state of ecstasy.

**Saram khand kee banee roop**

The Vibrations of Saram Khand have a special and unique frequency (Bani) that creates exceptional forms.

**Tithay ghaarhat gharheeye bahut anoop.**

The Consciousnesses of such incomparable beauty are being crafted here.

**Taa keeyaa galaa katheeya naa jaaye.**

What can I say about this realm? It is so hard to describe!

**Jay ko kahay pichhay pachhutaaye**

All words that could possibly describe this, are regrettably limited.

**Tithay gharheeye surat mat man Budh**

This is where the consciousnesses, intellects and minds of wise, enlightened beings are crafted.

**Tithay gharheeye suraa sidhaa kee sudh.**

This is where the psyches and consciousnesses of the brave, courageous and transcendents of illusion, take shape.



### 37<sup>th</sup> Pauri: Cuts through Karma

**Karam khand ki bani jor. Tithai hor na koi hor.**

In Karam Khand (the Realm of Grace), Bani (the refined frequency emanating from the Spirit) plays, fully unleashed. There is no other frequency here besides Bani.

**Tithai jodh maha-bal sur. Tin meh ram raiha bharpur.**

Those who have exercised mighty courage, effort and strength reside here and within them the divine frequency exists in abundance.

**Tithai sito sita mehma mahi. Ta ke rup na kathne jahi.**

Here myriads of Sitas (beings with feminine virtues of dedication, self-sacrifice, courage and purity) dwell in graceful ecstasy. Their beautiful forms are impossible to describe.

**Na oh maray na thuge jahi. Jin kai Ram vasai man mahi.**

These beings are neither trapped by the illusionary existence, nor experience any fear of death. Their consciousness is imbued with divine ecstasy of the Spirit.

**Tithai bhagat vasahi ke loa. Karay anand sach man soe.**

Devoted Souls from many worlds dwell here. In deep ecstasy, their consciousness is only tuned into the Divine Truth.

**Sach khand vasai nirankaar. kar kar vaykhai nadar nihaal.**

In Sach Khand, the Formless One dwells. It observes its own doings and rejoices gracefully, in all that it witnesses.

**Tithai khand mandal varbhand. Jay ko kathai ta unt na unt.**

In this Khand there are worlds upon worlds, galactic systems and universes. If someone tries to document it all, they will never stop writing.

**Tithai lo-a lo-a aakaar. jiv jiv hukam tivay tiv kaar.**

So many forms of Light Beings reside here. As the Hukum guides them, these beings take form and act.

**Vaykhay vigsay kar veechaar. Naanak kathnaa karrarhaa saar.**

The Divine Spirit remains in a state of contemplation, seeing and rejoicing all. O Nanak! Piercing into this state is like cutting through forged steel.





## 38th Pauri: Gives power to rewrite your Destiny

### Jat pahaaraa Dheeraj Suniaar

The field of sensory control and sensory direction is the workshop in which patience acts as the goldsmith. - Dharam Khand (Realm of Action)

### Aharan mat vayd hathiaar

Then Mind becomes the anvil where experiences are shaped with the tools of spiritual awareness and knowledge. - Gyaan Khand ( Realm of Understanding)

### Bhau khalaria agan tap taao

The deepest longings stoke the fires of the inner Tapa ( to remove impurities and dirt) - Saram Khand (Realm of Cleansing through hard work)

### Bhandaa bhaao amrit tit dhal

Then receive the sweet nectar of merger into the mold of your longing, ready to be crystallized into form. - Karam Khand (Realm of Grace)

### Gharee-ay shabad sachee taksaal

In the mint of this pure Truth, let the sacred sound current of your existence be crafted.

- Sach Khand (Realm of pure Oneness: Sat)

### Jin kau nadar karam tin kaar

Those blessed with the divine grace of Nadar, will be able to act this way.

### Naanak nadaree nadar nihaal

This Naanak, witnessing the play of the Divine through Nadar, is awestruck and exalted!



## Shalok

Pavan guru paani pita, maataa dharat mahat.

Air is the real Guru, Water the real Father and Great and honored Earth, the loving Mother.

Divas raat doee daai daaiaa, khelay sagal jagat.

Awareness (Day) and Unconsciousness (Night), are the two nannies in whose laps, the whole world is playing this game.

Changyaiyaan buriyaiyaan vaachai dharam hadur.

Our discerned choices and mis-takes are all observed by the guard of Dharma.

Karmi aapo aapni, ki naray ki door.

Through our own choices and actions, we either experience being drawn nearer or farther from One Spirit State.

Jinay Naam dhiyayaa, gaye masakat ghaal.

Those who have stayed focused on their Naam, evolve by working the sweat of their brows.

Naanak te mukh ujle, keti chhuti naal.

O Nanak, their faces shine with radiance and they liberate so many, along with them!