



## **English translation of Holy Guru Granth Sahib (Part 31)**

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# Credits

English translation of  
**Holy Guru Granth Sahib (31 Raag Malaar)**

by  
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# Raag Malaar – Part 001

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1254 : 1

Raag Malaar, Chau–Padas, First Mehl, First House:

1254 : 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:

1254 : 3

Eating, drinking, laughing and sleeping, the mortal forgets about dying.

1254 : 4

Forgetting his Lord and Master, the mortal is ruined, and his life is cursed. He cannot remain forever. ||1||

1254 : 5

O mortal, meditate on the One Lord.

1254 : 6

You shall go to your true home with honor. ||1 Pause||

1254 : 7

Those who serve You – what can they give You? They beg for and receive what cannot remain.

1254 : 8

You are the Great Giver of all souls; You are the Life within all living beings. ||2||

1254 : 9

The Gurmukhs meditate, and receive the Ambrosial Nectar; thus they become pure.

1254 : 10

Day and night, chant the Naam, the Name of the Lord, O mortal. It makes the filthy immacuate. ||3||

1254 : 11

As is the season, so is the comfort of the body, and so is the body itself.

1254 : 12

O Nanak, that season is beautiful; without the Name, what season is it? ||4||1||

1254 : 13

Malaar, First Mehl:

1254 : 14

I offer prayers to my Beloved Guru, that He may unite me with my Husband Lord.

1254 : 15

I hear the thunder in the clouds, and my mind is cooled and soothed; imbued with the Love of my Dear Beloved, I sing His Glorious Praises. ||1||

1254 : 16

The rain pours down, and my mind is drenched with His Love.

1254 : 17

The drop of Ambrosial Nectar pleases my heart; the Guru has fascinated my mind, which is drenched in the sublime essence of the Lord. ||1||Pause||

1254 : 18

With intuitive peace and poise, the soul–bride is loved by her Husband Lord; her mind is pleased and appeased by the Guru's Teachings.

1254 : 19

She is the happy soul–bride of her Husband Lord; her mind and body are filled with joy by His Love. ||2||

1254 : 20

Discarding her demerits, she becomes detached; with the Lord as her Husband, her marriage is eternal.

1254 : 21

She never suffers separation or sorrow; her Lord God showers her with His Grace. ||3||

1254 : 22

Her mind is steady and stable; she does not come and go in reincarnation.

1254 : 23

She takes the Shelter of the Perfect Guru. O Nanak, as Gurmukh, chant the Naam; you shall be accepted as the true soul–bride of the Lord. ||4||2||

1254 : 24

Malaar, First Mehl:

1254 : 25

They pretend to understand the Truth, but they are not satisfied by the Naam; they waste their lives in egotism.

## Raag Malaar – Part 002

---

1255 : 26

Caught in slander and attachment to the wealth and women of others, they eat poison and suffer in pain.

1255 : 27

They think about the Shabad, but they are not released from their fear and fraud; the minds and mouths are filled with Maya, Maya.

1255 : 28

Loading the heavy and crushing load, they die, only to be reborn, and waste their lives again. ||1||

1255 : 29

The Word of the Shabad is so very beautiful; it is pleasing to my mind.

1255 : 30

The mortal wanders lost in reincarnation, wearing various robes and clothes; when he is saved and protected by the Guru, then he finds the Truth. ||1||Pause||

1255 : 31

He does not try to wash away his angry passions by bathing at sacred shrines. He does not love the Name of the Lord.

1255 : 32

He abandons and discards the priceless jewel, and he goes back from where he came.

1255 : 33

And so he becomes a maggot in manure, and in that, he is absorbed.



1255 : 34

The more he tastes, the more he is diseased; without the Guru, there is no peace and poise. ||2||

1255 : 35

Focusing my awareness on selfless service, I joyfully sing His Praises. As Gurmukh, I contemplate spiritual wisdom.

1255 : 36

The seeker comes forth, and the debater dies down; I am a sacrifice, a sacrifice to the Guru, the Creator Lord.

1255 : 37

I am low and wretched, with shallow and false understanding; You embellish and exalt me through the Word of Your Shabad.

1255 : 38

And wherever there is self-realization, You are there; O True Lord Savior, You save us and carry us across. ||3||

1255 : 39

Where should I sit to chant Your Praises; which of Your Infinite Praises should I chant?

1255 : 40

The Unknown cannot be known; O Inaccessible, Unborn Lord God, You are the Lord and Master of masters.

1255 : 41

How can I compare You to anyone else I see? All are beggars – You are the Great Giver.

1255 : 42

Lacking devotion, Nanak looks to Your Door; please bless him with Your One Name, that he may enshrine it in his heart. ||4||3||

1255 : 43

Malaar, First Mehl:

1255 : 44

The soul–bride who has not known delight with her Husband Lord, shall weep and wail with a wretched face.

1255 : 45

She becomes hopeless, caught in the noose of her own karma; without the Guru, she wanders deluded by doubt. ||1||

1255 : 46

So rain down, O clouds. My Husband Lord has come home.

1255 : 47

I am a sacrifice to my Guru, who has led me to meet my Lord God. ||1||Pause||

1255 : 48

My love, my Lord and Master is forever fresh; I am embellished with devotional worship night and day.

1255 : 49

I am liberated, gazing on the Blessed Vision of the Guru's Darshan. Devotional worship has made me glorious and exalted throughout the ages. ||2||

1255 : 50

I am Yours; the three worlds are Yours as well. You are mine, and I am Yours.

1255 : 51

Meeting with the True Guru, I have found the Immaculate Lord; I shall not be consigned to this terrifying world–ocean ever again. ||3||

1255 : 52

If the soul–bride is filled with delight on seeing her Husband Lord, then her decorations are true.

1255 : 53

With the Immaculate Celestial Lord, she becomes the truest of the true. Following the Guru's Teachings, she leans on the Support of the Naam. ||4||

1255 : 54

She is liberated; the Guru has untied her bonds. Focusing her awareness on the Shabad, she attains honor.

1255 : 55

O Nanak, the Lord's Name is deep within her heart; as Gurmukh, she is united in His Union. ||5||4||

1255 : 56

First Mehl, Malaar:

1255 : 57

Others' wives, others' wealth, greed, egotism, corruption and poison;

1255 : 58

evil passions, slander of others, sexual desire and anger – give up all these. ||1||

1255 : 59

The Inaccessible, Infinite Lord is sitting in His Mansion.

1255 : 60

That humble being, whose conduct is in harmony with the jewel of the Guru's Shabad,  
obtains the Ambrosial Nectar. ||1||Pause||

-- Raag Malaar – Part 002 --

## Raag Malaar – Part 003

---

1256 : 61

He sees pleasure and pain as both the same, along with good and bad in the world.

1256 : 62

Wisdom, understanding and awareness are found in the Name of the Lord. In the Sat Sangat, the True Congregation, embrace love for the Guru. ||2||

1256 : 63

Day and night, profit is obtained through the Lord's Name. The Guru, the Giver, has given this gift.

1256 : 64

That Sikh who becomes Gurmukh obtains it. The Creator blesses him with His Glance of Grace. ||3||

1256 : 65

The body is a mansion, a temple, the home of the Lord; He has infused His Infinite Light into it.

1256 : 66

O Nanak, the Gurmukh is invited to the Mansion of the Lord's Presence; the Lord unites him in His Union. ||4||5||

1256 : 67

Malaar, First Mehl, Second House:

1256 : 68

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

1256 : 69

Know that the creation was formed through air and water;

1256 : 70

have no doubt that the body was made through fire.

1256 : 71

And if you know where the soul comes from,

1256 : 72

you shall be known as a wise religious scholar. ||1||

1256 : 73

Who can know the Glorious Praises of the Lord of the Universe, O mother?

1256 : 74

Without seeing Him, we cannot say anything about Him.

1256 : 75

How can anyone speak and describe Him, O mother? ||1||Pause||

1256 : 76

He is high above the sky, and beneath the nether worlds.

1256 : 77

How can I speak of Him? Let me understand.

1256 : 78

Who knows what sort of Name is chanted, in the heart, without the tongue? ||2||

1256 : 79

Undoubtedly, words fail me.

1256 : 80

He alone understands, who is blessed.

1256 : 81

Day and night, deep within, he remains lovingly attuned to the Lord.

1256 : 82

He is the true person, who is merged in the True Lord. ||3||

1256 : 83

If someone of high social standing becomes a selfless servant,

1256 : 84

then his praises cannot even be expressed.

1256 : 85

And if someone from a low social class becomes a selfless servant,

1256 : 86

O Nanak, he shall wear shoes of honor. ||4||1||6||

1256 : 87

Malaar, First Mehl:

1256 : 88

The pain of separation – this is the hungry pain I feel.

1256 : 89

Another pain is the attack of the Messenger of Death.

1256 : 90

Another pain is the disease consuming my body.

1256 : 91

O foolish doctor, don't give me medicine. ||1||

1256 : 92

O foolish doctor, don't give me medicine.

1256 : 93

The pain persists, and the body continues to suffer.

1256 : 94

Your medicine has no effect on me. ||1||Pause||

1256 : 95

Forgetting his Lord and Master, the mortal enjoys sensual pleasures;

1256 : 96

then, disease rises up in his body.

1256 : 97

The blind mortal receives his punishment.

1256 : 98

O foolish doctor, don't give me medicine. ||2||



1256 : 99

The value of sandalwood lies in its fragrance.

1256 : 100

The value of the human lasts only as long as the breath in the body.

1256 : 101

When the breath is taken away, the body crumbles into dust.

1256 : 102

After that, no one takes any food. ||3||

1256 : 103

The mortal's body is golden, and the soul–swan is immaculate and pure,

1256 : 104

if even a tiny particle of the Immaculate Naam is within.

1256 : 105

All pain and disease are eradicated.

1256 : 106

O Nanak, the mortal is saved through the True Name. ||4||2||7||

1256 : 107

Malaar, First Mehl:

1256 : 108

Pain is the poison. The Lord's Name is the antidote.

Grind it up in the mortar of contentment, with the pestle of charitable giving.

-- Raag Malaar – Part 003 --

## Raag Malaar – Part 004

---

1257 : 110

Take it each and every day, and your body shall not waste away.

1257 : 111

At the very last instant, you shall strike down the Messenger of Death. ||1||

1257 : 112

So take such medicine, O fool,

1257 : 113

by which your corruption shall be taken away. ||1||Pause||

1257 : 114

Power, wealth and youth are all just shadows,

1257 : 115

as are the vehicles you see moving around.

1257 : 116

Neither your body, nor your fame, nor your social status shall go along with you.

1257 : 117

In the next world it is day, while here, it is all night. ||2||

1257 : 118

Let your taste for pleasures be the firewood, let your greed be the ghee,

1257 : 119

and your sexual desire and anger the cooking oil; burn them in the fire.

1257 : 120

Some make burnt offerings, hold sacred feasts, and read the Puraanas.

1257 : 121

Whatever pleases God is acceptable. ||3||

1257 : 122

Intense meditation is the paper, and Your Name is the insignia.

1257 : 123

Those for whom this treasure is ordered,

1257 : 124

look wealthy when they reach their true home.

1257 : 125

O Nanak, blessed is that mother who gave birth to them. ||4||3||8||

1257 : 126

Malaar, First Mehl:

1257 : 127

You wear white clothes, and speak sweet words.

1257 : 128

Your nose is sharp, and your eyes are black.

1257 : 129

Have you ever seen your Lord and Master, O sister? ||1||

1257 : 130

O my All-powerful Lord and Master, by Your power, I fly and soar, and ascend to the heavens.

1257 : 131

I see Him in the water, on the land, in the mountains, on the river-banks,

1257 : 132

in all places and interspaces, O brother. ||2||

1257 : 133

He fashioned the body, and gave it wings;

1257 : 134

He gave it great thirst and desire to fly.

1257 : 135

When He bestows His Glance of Grace, I am comforted and consoled.

1257 : 136

As He makes me see, so do I see, O brother. ||3||

1257 : 137

Neither this body, nor its wings, shall go to the world hereafter.

1257 : 138

It is a fusion of air, water and fire.

1257 : 139

O Nanak, if it is in the mortal's karma, then he meditates on the Lord, with the Guru as his Spiritual Teacher.

1257 : 140

This body is absorbed in the Truth. ||4||4||9||

1257 : 141

Malaar, Third Mehl, Chau–Padas, First House:

1257 : 142

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

1257 : 143

The Formless Lord is formed by Himself. He Himself deludes in doubt.

1257 : 144

Creating the Creation, the Creator Himself beholds it; He enjoins us as He pleases.

1257 : 145

This is the true greatness of His servant, that he obeys the Hukam of the Lord's Command.  
||1||

1257 : 146

Only He Himself knows His Will. By Guru's Grace, it is grasped.

1257 : 147

When this play of Shiva and Shakti comes to his home, he remains dead while yet alive.  
||1||Pause||

1257 : 148

They read the Vedas, and read them again, and engage in arguments about Brahma, Vishnu and Shiva.

1257 : 149

This three–phased Maya has deluded the whole world into cynicism about death and birth.

1257 : 150

By Guru's Grace, know the One Lord, and the anxiety of your mind will be allayed. ||2||

1257 : 151

I am meek, foolish and thoughtless, but still, You take care of me.

1257 : 152

Please be kind to me, and make me the slave of Your slaves, so that I may serve You.

1257 : 153

Please bless me with the treasure of the One Name, that I may chant it, day and night. ||3||

1257 : 154

Says Nanak, by Guru's Grace, understand. Hardly anyone considers this.

1257 : 155

Like foam bubbling up on the surface of the water, so is this world.

— Raag Malaar – Part 004 —

## Raag Malaar – Part 005

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1258 : 156

It shall eventually merge back into that from which it came, and all its expanse shall be gone. ||4||1||

1258 : 157

Malaar, Third Mehl:

1258 : 158

Those who realize the Hukam of the Lord's Command are united with Him; through the Word of His Shabad, their egotism is burnt away.

1258 : 159

They perform true devotional worship day and night; they remain lovingly attuned to the True Lord.

1258 : 160

They gaze on their True Lord forever, through the Word of the Guru's Shabad, with loving ease. ||1||

1258 : 161

O mortal, accept His Will and find peace.

1258 : 162

God is pleased by the Pleasure of His Own Will. Whomever He forgives, meets no obstacles on the way. ||1||Pause||

1258 : 163

Under the influence of the three gunas, the three dispositions, the mind wanders everywhere, without love or devotion to the Lord.



1258 : 164

No one is ever saved or liberated, by doing deeds in ego.

1258 : 165

Whatever our Lord and Master wills, comes to pass. People wander according to their past actions. ||2||

1258 : 166

Meeting with the True Guru, the mind is overpowered; the Lord's Name comes to abide in the mind.

1258 : 167

The value of such a person cannot be estimated; nothing at all can be said about him.

1258 : 168

He comes to dwell in the fourth state; he remains merged in the True Lord. ||3||

1258 : 169

My Lord God is Inaccessible and Unfathomable. His value cannot be expressed.

1258 : 170

By Guru's Grace, he comes to understand, and live the Shabad.

1258 : 171

O Nanak, praise the Naam, the Name of the Lord, Har, Har; you shall be honored in the Court of the Lord. ||4||2||

1258 : 172

Malaar, Third Mehl:

1258 : 173

Rare is that person who, as Gurmukh, understands; the Lord has bestowed His Glance of Grace.

1258 : 174

There is no Giver except the Guru. He grants His Grace and forgives.

1258 : 175

Meeting the Guru, peace and tranquility well up; chant the Naam, the Name of the Lord, day and night. ||1||

1258 : 176

O my mind, meditate on the Ambrosial Name of the Lord.

1258 : 177

Meeting with the True Guru and the Primal Being, the Name is obtained, and one remains forever absorbed in the Lord's Name. ||1||Pause||

1258 : 178

The self-willed manmukhs are forever separated from the Lord; no one is with them.

1258 : 179

They are stricken with the great disease of egotism; they are hit on the head by the Messenger of Death.

1258 : 180

Those who follow the Guru's Teachings are never separated from the Sat Sangat, the True Congregation. They dwell on the Naam, night and day. ||2||

1258 : 181

You are the One and Only Creator of all. You continually create, watch over and contemplate.

1258 : 182

Some are Gurmukh – You unite them with Yourself. You bless them with the treasure of devotion.

1258 : 183

You Yourself know everything. Unto whom should I complain? ||3||

1258 : 184

The Name of the Lord, Har, Har, is Ambrosial Nectar. By the Lord's Grace, it is obtained.

1258 : 185

Chanting the Name of the Lord, Har, Har, night and day, the intuitive peace and poise of the Guru is obtained.

1258 : 186

O Nanak, the Naam is the greatest treasure. Focus your consciousness on the Naam. ||4||3||

1258 : 187

Malaar, Third Mehl:

1258 : 188

I praise the Guru, the Giver of peace, forever. He truly is the Lord God.

1258 : 189

By Guru's Grace, I have obtained the supreme status. His glorious greatness is glorious!

1258 : 190

One who sings the Glorious Praises of the True Lord, merges in the True Lord. ||1||

1258 : 191

O mortal, contemplate the Guru's Word in your heart.

1258 : 192

Abandon your false family, poisonous egotism and desire; remember in your heart, that you will have to leave. ||1||Pause||

1258 : 193

The True Guru is the Giver of the Lord's Name. There is no other giver at all.

-- Raag Malaar – Part 005 --

## Raag Malaar – Part 006

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1259 : 194

Bestowing the gift of the soul, He satisfies the mortal beings, and merges them in the True Name.

1259 : 195

Night and day, they ravish and enjoy the Lord within the heart; they are intuitively absorbed in Samaadhi. ||2||

1259 : 196

The Shabad, the Word of the True Guru, has pierced my mind. The True Word of His Bani permeates my heart.

1259 : 197

My God is Unseen; He cannot be seen. The Gurmukh speaks the Unspoken.

1259 : 198

When the Giver of peace grants His Grace, the mortal being meditates on the Lord, the Life of the Universe. ||3||

1259 : 199

He does not come and go in reincarnation any longer; the Gurmukh meditates intuitively.

1259 : 200

From the mind, the mind merges into our Lord and Master; the mind is absorbed into the Mind.

1259 : 201

In truth, the True Lord is pleased with truth; eradicate egotism from within yourself. ||4||

1259 : 202

Our One and Only Lord and Master dwells within the mind; there is no other at all.

1259 : 203

The One Name is Sweet Ambrosial Nectar; it is Immaculate Truth in the world.

1259 : 204

O Nanak, the Name of God is obtained, by those who are so predestined. ||5||4||

1259 : 205

Malaar, Third Mehl:

1259 : 206

All the heavenly heralds and celestial singers are saved through the Naam, the Name of the Lord.

1259 : 207

They contemplate the Word of the Guru's Shabad. Subduing their ego, the Name abides in their minds; they keep the Lord enshrined in their hearts.

1259 : 208

He alone understands, whom the Lord causes to understand; the Lord unites him with Himself.

1259 : 209

Night and day, he sings the Word of the Shabad and the Guru's Bani; he remains lovingly attuned to the True Lord. ||1||

1259 : 210

O my mind, each and every moment, dwell on the Naam.

1259 : 211

The Shabad is the Guru's Gift. It shall bring you lasting peace deep within; it shall always stand by you. ||1||Pause||

1259 : 212

The self-willed manmukhs never give up their hypocrisy; in the love of duality, they suffer in pain.

1259 : 213

Forgetting the Naam, their minds are imbued with corruption. They waste away their lives uselessly.

1259 : 214

This opportunity shall not come into their hands again; night and day, they shall always regret and repent.

1259 : 215

They die and die again and again, only to be reborn, but they never understand. They rot away in manure. ||2||

1259 : 216

The Gurmukhs are imbued with the Naam, and are saved; they contemplate the Word of the Guru's Shabad.

1259 : 217

Meditating on the Name of the Lord, they are Jivan-mukta, liberated while yet alive. They enshrine the Lord within their hearts.

1259 : 218

Their minds and bodies are immaculate, their intellect is immaculate and sublime. Their speech is sublime as well.

1259 : 219

They realize the One Primal Being, the One Lord God. There is no other at all. ||3||

1259 : 220

God Himself is the Doer, and He Himself is the Cause of causes. He Himself bestows His Glance of Grace.

1259 : 221

My mind and body are imbued with the Word of the Guru's Bani. My consciousness is immersed in His service.

1259 : 222

The Unseen and Inscrutable Lord dwells deep within. He is seen only by the Gurmukh.

1259 : 223

O Nanak, He gives to whomever He pleases. According to the Pleasure of His Will, He leads the mortals on. ||4||5||

1259 : 224

Malaar, Third Mehl, Du–Tukas:

1259 : 225

Through the True Guru, the mortal obtains the special place, the Mansion of the Lord's Presence in his own home.

1259 : 226

Through the Word of the Guru's Shabad, his egotistical pride is dispelled. ||1||

1259 : 227

Those who have the Naam inscribed on their foreheads,

1259 : 228



meditate on the Naam night and day, forever and ever. They are honored in the True Court of the Lord. ||1||Pause||

1259 : 229

From the True Guru, they learn the ways and means of the mind. Night and day, they focus their meditation on the Lord forever.

-- Raag Malaar – Part 006 --

## Raag Malaar – Part 007

---

1260 : 230

Imbued with the Word of the Guru's Shabad, they remain forever detached. They are honored in the True Court of the Lord. ||2||

1260 : 231

This mind plays, subject to the Lord's Will; in an instant, it wanders out in the ten directions and returns home again.

1260 : 232

When the True Lord God Himself bestows His Glance of Grace, then this mind is instantly brought under control by the Gurmukh. ||3||

1260 : 233

The mortal comes to know the ways and means of the mind, realizing and contemplating the Shabad.

1260 : 234

O Nanak, meditate forever on the Naam, and cross over the terrifying world–ocean. ||4||6||

1260 : 235

Malaar, Third Mehl:

1260 : 236

Soul, body and breath of life are all His; He is permeating and pervading each and every heart.

1260 : 237

Except the One Lord, I do not know any other at all. The True Guru has revealed this to me. ||1||

1260 : 238

O my mind, remain lovingly attuned to the Naam, the Name of the Lord.

1260 : 239

Through the Word of the Guru's Shabad, I meditate on the Lord, the Unseen, Unfathomable and Infinite Creator. ||1||Pause||

1260 : 240

Mind and body are pleased, lovingly attuned to the One Lord, intuitively absorbed in peace and poise.

1260 : 241

By Guru's Grace, doubt and fear are dispelled, being lovingly attuned to the One Name. ||2||

1260 : 242

When the mortal follows the Guru's Teachings, and lives the Truth, then he attains the state of emancipation.

1260 : 243

Among millions, how rare is that one who understands, and is lovingly attuned to the Name of the Lord. ||3||

1260 : 244

Wherever I look, there I see the One. This understanding has come through the Guru's Teachings.

1260 : 245

I place my mind, body and breath of life in offering before Him; O Nanak, self-conceit is gone. ||4||7||

1260 : 246

Malaar, Third Mehl:

1260 : 247

My True Lord God, the Eradicator of suffering, is found through the Word of the Shabad.

1260 : 248

Imbued with devotional worship, the mortal remains forever detached. He is honored in the True Court of the Lord. ||1||

1260 : 249

O mind, remain absorbed in the Mind.

1260 : 250

The mind of the Gurmukh is pleased with the Lord's Name, lovingly attuned to the Lord. ||1||Pause||

1260 : 251

My God is totally Inaccessible and Unfathomable; through the Guru's Teachings, He is understood.

1260 : 252

True self-discipline rests in singing the Kirtan of the Lord's Praises, lovingly attuned to the Lord. ||2||

1260 : 253

He Himself is the Shabad, and He Himself is the True Teachings; He merges our light into the Light.

1260 : 254

The breath vibrates through this frail body; the Gurmukh obtains the ambrosial nectar. ||3||

1260 : 255

He Himself fashions, and He Himself links us to our tasks; the True Lord is pervading everywhere.

1260 : 256

O Nanak, without the Naam, the Name of the Lord, no one is anything. Through the Naam, we are blessed with glory. ||4||8||

1260 : 257

Malaar, Third Mehl:

1260 : 258

The mortal is enticed by the poison of corruption, burdened with such a heavy load.

1260 : 259

The Lord has placed the magic spell of the Shabad into his mouth, and destroyed the poison of ego. ||1||

1260 : 260

O mortal, egotism and attachment are such heavy loads of pain.

1260 : 261

This terrifying world–ocean cannot be crossed; through the Lord's Name, the Gurmukh crosses over to the other side. ||1||Pause||

1260 : 262

Attachment to the three–phased show of Maya pervades all the created forms.

1260 : 263

In the Sat Sangat, the Society of the Saints, the state of supreme awareness is attained. The Merciful Lord carries us across. ||2||

1260 : 264

The smell of sandalwood is so sublime; its fragrance spreads out far and wide.

-- Raag Malaar – Part 007 --

## Raag Malaar – Part 008

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1261 : 265

The lifestyle of the Lord's humble servant is exalted and sublime. He spreads the Kirtan of the Lord's Praises throughout the world. ||3||

1261 : 266

O my Lord and Master, please be merciful, merciful to me, that I may enshrine the Lord, Har, Har, Har, within my heart.

1261 : 267

Nanak has found the Perfect True Guru; in his mind, he chants the Name of the Lord. ||4||9||

1261 : 268

Malaar, Third Mehl, Second House:

1261 : 269

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

1261 : 270

Is this mind a householder, or is this mind a detached renunciate?

1261 : 271

Is this mind beyond social class, eternal and unchanging?

1261 : 272

Is this mind fickle, or is this mind detached?

1261 : 273

How has this mind been gripped by possessiveness? ||1||

1261 : 274

O Pandit, O religious scholar, reflect on this in your mind.

1261 : 275

Why do you read so many other things, and carry such a heavy load? ||1||Pause||

1261 : 276

The Creator has attached it to Maya and possessiveness.

1261 : 277

Enforcing His Order, He created the world.

1261 : 278

By Guru's Grace, understand this, O Siblings of Destiny.

1261 : 279

Remain forever in the Sanctuary of the Lord. ||2||

1261 : 280

He alone is a Pandit, who sheds the load of the three qualities.

1261 : 281

Night and day, he chants the Name of the One Lord.

1261 : 282

He accepts the Teachings of the True Guru.

1261 : 283



He offers his head to the True Guru.

1261 : 284

He remains forever unattached in the state of Nirvaanaa.

1261 : 285

Such a Pandit is accepted in the Court of the Lord. ||3||

1261 : 286

He preaches that the One Lord is within all beings.

1261 : 287

As he sees the One Lord, he knows the One Lord.

1261 : 288

That person, whom the Lord forgives, is united with Him.

1261 : 289

He finds eternal peace, here and hereafter. ||4||

1261 : 290

Says Nanak, what can anyone do?

1261 : 291

He alone is liberated, whom the Lord blesses with His Grace.

1261 : 292

Night and day, he sings the Glorious Praises of the Lord.

1261 : 293

Then, he no longer bothers with the proclamations of the Shaastras or the Vedas.  
||5||1||10||

1261 : 294

Malaar, Third Mehl:

1261 : 295

The self-willed manmukhs wander lost in reincarnation, confused and deluded by doubt.

1261 : 296

The Messenger of Death constantly beats them and disgraces them.

1261 : 297

Serving the True Guru, the mortal's subservience to Death is ended.

1261 : 298

He meets the Lord God, and enters the Mansion of His Presence. ||1||

1261 : 299

O mortal, as Gurmukh, meditate on the Naam, the Name of the Lord.

1261 : 300

In duality, you are ruining and wasting this priceless human life. You trade it away in exchange for a shell. ||1||Pause||

1261 : 301

The Gurmukh falls in love with the Lord, by His Grace.

1261 : 302

He enshrines loving devotion to the Lord, Har, Har, deep within his heart.

1261 : 303

The Word of the Shabad carries him across the terrifying world–ocean.

1261 : 304

He appears true in the True Court of the Lord. ||2||

1261 : 305

Performing all sorts of rituals, they do not find the True Guru.

1261 : 306

Without the Guru, so many wander lost and confused in Maya.

1261 : 307

Egotism, possessiveness and attachment rise up and increase within them.

1261 : 308

In the love of duality, the self–willed manmukhs suffer in pain. ||3||

1261 : 309

The Creator Himself is Inaccessible and Infinite.

1261 : 310

Chant the Word of the Guru's Shabad, and earn the true profit.

1261 : 311

The Lord is Independent, Ever–present, here and now.

--- Raag Malaar – Part 008 ---

## Raag Malaar – Part 009

---

1262 : 312

O Nanak, the Gurmukh merges in the Naam. ||4||2||11||

1262 : 313

Malaar, Third Mehl:

1262 : 314

Those who are attached to the Guru's Teachings, are Jivan–mukta, liberated while yet alive.

1262 : 315

They remain forever awake and aware night and day, in devotional worship of the Lord.

1262 : 316

They serve the True Guru, and eradicate their self–conceit.

1262 : 317

I fall at the feet of such humble beings. ||1||

1262 : 318

Constantly singing the Glorious Praises of the Lord, I live.

1262 : 319

The Word of the Guru's Shabad is such totally sweet elixir. Through the Name of the Lord, I have attained the state of liberation. ||1||Pause||

1262 : 320

Attachment to Maya leads to the darkness of ignorance.

1262 : 321

The self-willed manukhs are attached, foolish and ignorant.

1262 : 322

Night and day, their lives pass away in worldly entanglements.

1262 : 323

They die and die again and again, only to be reborn and receive their punishment. ||2||

1262 : 324

The Gurmukh is lovingly attuned to the Name of the Lord.

1262 : 325

He does not cling to false greed.

1262 : 326

Whatever he does, he does with intuitive poise.

1262 : 327

He drinks in the sublime essence of the Lord; his tongue delights in its flavor. ||3||

1262 : 328

Among millions, hardly any understand.

1262 : 329

The Lord Himself forgives, and bestows His glorious greatness.

1262 : 330

Whoever meets with the Primal Lord God, shall never be separated again.

1262 : 331

Nanak is absorbed in the Name of the Lord, Har, Har. ||4||3||12||

1262 : 332

Malaar, Third Mehl:

1262 : 333

Everyone speaks the Name of the Lord with the tongue.

1262 : 334

But only by serving the True Guru does the mortal receive the Name.

1262 : 335

His bonds are shattered, and he stays in the house of liberation.

1262 : 336

Through the Word of the Guru's Shabad, he sits in the eternal, unchanging house. ||1||

1262 : 337

O my mind, why are you angry?

1262 : 338

In this Dark Age of Kali Yuga, the Lord's Name is the source of profit. Contemplate and appreciate the Guru's Teachings within your heart, night and day. ||1||Pause||

1262 : 339

Each and every instant, the rainbird cries and calls.

1262 : 340

Without seeing her Beloved, she does not sleep at all.

1262 : 341

She cannot endure this separation.

1262 : 342

When she meets the True Guru, then she intuitively meets her Beloved. ||2||

1262 : 343

Lacking the Naam, the Name of the Lord, the mortal suffers and dies.

1262 : 344

He is burnt in the fire of desire, and his hunger does not depart.

1262 : 345

Without good destiny, he cannot find the Naam.

1262 : 346

He performs all sorts of rituals until he is exhausted. ||3||

1262 : 347

The mortal thinks about the Vedic teachings of the three gunas, the three dispositions.

1262 : 348

He deals in corruption, filth and vice.

1262 : 349

He dies, only to be reborn; he is ruined over and over again.

1262 : 350

The Gurmukh enshrines the glory of the supreme state of celestial peace. ||4||

1262 : 351

One who has faith in the Guru – everyone has faith in him.

1262 : 352

Through the Guru's Word, the mind is cooled and soothed.

1262 : 353

Throughout the four ages, that humble being is known to be pure.

1262 : 354

O Nanak, that Gurmukh is so rare. ||5||4||13||9||13||22||

1262 : 355

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

1262 : 356

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

1262 : 357

Night and day, I meditate on the Lord, Har, Har, within my heart; through the Guru's Teachings, my pain is forgotten.

1262 : 358

The chains of all my hopes and desires have been snapped; my Lord God has showered me with His Mercy. ||1||

1262 : 359

My eyes gaze eternally on the Lord, Har, Har.

1262 : 360



Gazing on the True Guru, my mind blossoms forth. I have met with the Lord, the Lord of the World. ||1||Pause||

-- Raag Malaar – Part 009 --

## Raag Malaar – Part 010

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1263 : 361

One who forgets such a Name of the Lord, Har, Har – his family is dishonored.

1263 : 362

His family is sterile and barren, and his mother is made a widow. ||2||

1263 : 363

O Lord, let me meet the Holy Guru, who night and day keep the Lord enshrined in his heart.

1263 : 364

Seeing the Guru, the GurSikh blossoms forth, like the child seeing his mother. ||3||

1263 : 365

The soul-bride and the Husband Lord live together as one, but the hard wall of egotism has come between them.

1263 : 366

The Perfect Guru demolishes the wall of egotism; servant Nanak has met the Lord, the Lord of the World. ||4||1||

1263 : 367

Malaar, Fourth Mehl:

1263 : 368

The Ganges, the Jamunaa, the Godaavari and the Saraswati – these rivers strive for the dust of the feet of the Holy.

1263 : 369

Overflowing with their filthy sins, the mortals take cleansing baths in them; the rivers' pollution is washed away by the dust of the feet of the Holy. ||1||

1263 : 370

Instead of bathing at the sixty–eight sacred shrines of pilgrimage, take your cleansing bath in the Name.

1263 : 371

When the dust of the feet of the Sat Sangat rises up into the eyes, all filthy evil–mindedness is removed. ||1||Pause||

1263 : 372

Bhaageerat'h the penitent brought the Ganges down, and Shiva established Kaydaar.

1263 : 373

Krishna grazed cows in Kaashi; through the humble servant of the Lord, these places became famous. ||2||

1263 : 374

And all the sacred shrines of pilgrimage established by the gods, long for the dust of the feet of the Holy.

1263 : 375

Meeting with the Lord's Saint, the Holy Guru, I apply the dust of His feet to my face. ||3||

1263 : 376

And all the creatures of Your Universe, O my Lord and Master, long for the dust of the feet of the Holy.

1263 : 377

O Nanak, one who has such destiny inscribed on his forehead, is blessed with the dust of the feet of the Holy; the Lord carries him across. ||4||2||

1263 : 378

Malaar, Fourth Mehl:

1263 : 379

The Lord seems sweet to that humble being who is blessed by the Grace of the Lord.

1263 : 380

His hunger and pain are totally taken away; he chants the Glorious Praises of the Lord, Har, Har. ||1||

1263 : 381

Meditating on the Lord, Har, Har, Har, the mortal is emancipated.

1263 : 382

One who listens to the Guru's Teachings and meditates on them, is carried across the terrifying world-ocean. ||1||Pause||

1263 : 383

I am the slave of that humble being, who is blessed by the Grace of the Lord, Har, Har.

1263 : 384

Meeting with the Lord's humble servant, peace is obtained; all the pollution and filth of evil-mindedness is washed away. ||2||

1263 : 385

The humble servant of the Lord feels hunger only for the Lord. He is satisfied only when he chants the Lord's Glories.

1263 : 386

The humble servant of the Lord is a fish in the Water of the Lord. Forgetting the Lord, he would dry up and die. ||3||

1263 : 387

He alone knows this love, who enshrines it within his mind.

1263 : 388

Servant Nanak gazes upon the Lord and is at peace; The hunger of his body is totally satisfied. ||4||3||

1263 : 389

Malaar, Fourth Mehl:

1263 : 390

All the beings and creatures which God has created – on their foreheads, He has written their destiny.

1263 : 391

The Lord blesses His humble servant with glorious greatness. The Lord enjoins him to his tasks. ||1||

1263 : 392

The True Guru implants the Naam, the Name of the Lord, Har, Har, within.

-- Raag Malaar – Part 010 --

# Raag Malaar – Part 011

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1264 : 393

Chant the Name of the Lord, O Sikhs of the Guru, O my Siblings of Destiny. Only the Lord will carry you across the terrifying world–ocean. ||1||Pause||

1264 : 394

That humble being who worships, adores and serves the Guru is pleasing to my Lord God.

1264 : 395

To worship and adore the True Guru is to serve the Lord. In His Mercy, He saves us and carries us across. ||2||

1264 : 396

The ignorant and the blind wander deluded by doubt; deluded and confused, they pick flowers to offer to their idols.

1264 : 397

They worship lifeless stones and serve the tombs of the dead; all their efforts are useless. ||3||

1264 : 398

He alone is said to be the True Guru, who realizes God, and proclaims the Sermon of the Lord, Har, Har.

1264 : 399

Offer the Guru sacred foods, clothes, silk and satin robes of all sorts; know that He is True. The merits of this shall never leave you lacking. ||4||

1264 : 400

The Divine True Guru is the Embodiment, the Image of the Lord; He utters the Ambrosial Word.

1264 : 401

O Nanak, blessed and good is the destiny of that humble being, who focuses his consciousness on the Feet of the Lord. ||5||4||

1264 : 402

Malaar, Fourth Mehl:

1264 : 403

Those whose hearts are filled with my True Guru – those Saints are good and noble in every way.

1264 : 404

Seeing them, my mind blossoms forth in bliss; I am forever a sacrifice to them. ||1||

1264 : 405

O spiritual teacher, chant the Name of the Lord, day and night.

1264 : 406

All hunger and thirst are satisfied, for those who partake of the sublime essence of the Lord, through the Guru's Teachings. ||1||Pause||

1264 : 407

The slaves of the Lord are our Holy companions. Meeting with them, doubt is taken away.

1264 : 408

As the swan separates the milk from the water, the Holy Saint removes the fire of egotism from the body. ||2||

1264 : 409

Those who do not love the Lord in their hearts are deceitful; they continually practice deception.

1264 : 410

What can anyone give them to eat? Whatever they themselves plant, they must eat. ||3||

1264 : 411

This is the Quality of the Lord, and of the Lord's humble servants as well; the Lord places His Own Essence within them.

1264 : 412

Blessed, blessed, is Guru Nanak, who looks impartially on all; He crosses over and transcends both slander and praise. ||4||5||

1264 : 413

Malaar, Fourth Mehl:

1264 : 414

The Name of the Lord is inaccessible, unfathomable, exalted and sublime. It is chanted by the Lord's Grace.

1264 : 415

By great good fortune, I have found the True Congregation, and in the Company of the Holy, I am carried across. ||1||

1264 : 416

My mind is in ecstasy, night and day.

1264 : 417

By Guru's Grace, I chant the Name of the Lord. Doubt and fear are gone from my mind. ||1||Pause||

1264 : 418

Those who chant and meditate on the Lord – O Lord, in Your Mercy, please unite me with them.



1264 : 419

Gazing upon them, I am at peace; the pain and disease of egotism are gone. ||2||

1264 : 420

Those who meditate on the Naam, the Name of the Lord in their hearts – their lives become totally fruitful.

1264 : 421

They themselves swim across, and carry the world across with them. Their ancestors and family cross over as well. ||3||

1264 : 422

You Yourself created the whole world, and You Yourself keep it under Your control.

-- Raag Malaar – Part 011 --

## Raag Malaar – Part 012

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1265 : 423

God has showered His Mercy on servant Nanak; He has lifted him up, and rescued him from the ocean of poison. ||4||6||

1265 : 424

Malaar, Fourth Mehl:

1265 : 425

Those who do not drink in the Ambrosial Nectar by Guru's Grace – their thirst and hunger are not relieved.

1265 : 426

The foolish self-willed manmukh burns in the fire of egotistical pride; he suffers painfully in egotism.

1265 : 427

Coming and going, he wastes his life uselessly; afflicted with pain, he regrets and repents.

1265 : 428

He does not even think of the One, from whom he originated. Cursed is his life, and cursed is his food. ||1||

1265 : 429

O mortal, as Gurmukh, meditate on the Naam, the Name of the Lord.

1265 : 430

The Lord, Har, Har, in His Mercy leads the mortal to meet the Guru; he is absorbed in the Name of the Lord, Har, Har. ||1||Pause||

1265 : 431

The life of the self-willed manmukh is useless; he comes and goes in shame.

1265 : 432

In sexual desire and anger, the proud ones are drowned. They are burnt in their egotism.

1265 : 433

They do not attain perfection or understanding; their intellect is dimmed. Tossed by the waves of greed, they suffer in pain.

1265 : 434

Without the Guru, they suffer in terrible pain. Seized by Death, they weep and wail. ||2||

1265 : 435

As Gurmukh, I have attained the Unfathomable Name of the Lord, with intuitive peace and poise.

1265 : 436

The treasure of the Naam abides deep within my heart. My tongue sings the Glorious Praises of the Lord.

1265 : 437

I am forever in bliss, day and night, lovingly attuned to the One Word of the Shabad.

1265 : 438

I have obtained the treasure of the Naam with intuitive ease; this is the glorious greatness of the True Guru. ||3||

1265 : 439

Through the True Guru, the Lord, Har, Har, comes to dwell within my mind. I am forever a sacrifice to the True Guru.

1265 : 440

I have dedicated my mind and body to Him, and placed everything before Him in offering. I focus my consciousness on His Feet.

1265 : 441

Please be merciful to me, O my Perfect Guru, and unite me with Yourself.

1265 : 442

I am just iron; the Guru is the boat, to carry me across. ||4||7||

1265 : 443

Malaar, Fourth Mehl, Partaal, Third House:

1265 : 444

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

1265 : 445

The humble servant of the Lord chants the Name of the Supreme Lord; he joins the Saadh Sangat, the Company of the Lord's Holy. ||1||Pause||

1265 : 446

Deal only in the wealth of the Lord, and gather only the wealth of the Lord. No thief can ever steal it. ||1||

1265 : 447

The rainbirds and the peacocks sing day and night, hearing the thunder in the clouds. ||2||

1265 : 448

Whatever the deer, the fish and the birds sing, they chant to the Lord, and no other. ||3||

1265 : 449

Servant Nanak sings the Kirtan of the Lord's Praises; the sound and fury of Death has totally gone away. ||4||1||8||

1265 : 450

Malaar, Fourth Mehl:

1265 : 451

They speak and chant the Name of the Lord, Raam, Raam; the very fortunate ones seek Him.

1265 : 452

Whoever shows me the Way of the Lord – I fall at his feet. ||1||Pause||

1265 : 453

The Lord is my Friend and Companionship; I am in love with the Lord.

--- Raag Malaar – Part 012 ---

# Raag Malaar – Part 013

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1266 : 454

I sing of the Lord, and I speak of the Lord; I have discarded all other loves. ||1||

1266 : 455

My Beloved is the Enticer of the mind; The Detached Lord God is the Embodiment of Supreme bliss.

1266 : 456

Nanak lives by gazing upon the Lord; may I see Him for a moment, for even just an instant.  
||2||2||9||9||13||9||31||

1266 : 457

Raag Malaar, Fifth Mehl, Chau–Padas, First House:

1266 : 458

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

1266 : 459

What are you so worried about? What are you thinking? What have you tried?

1266 : 460

Tell me – the Lord of the Universe – who controls Him? ||1||

1266 : 461

The rain showers down from the clouds, O companion. The Guest has come into my home.

1266 : 462

I am meek; my Lord and Master is the Ocean of Mercy. I am absorbed in the nine treasures

of the Naam, the Name of the Lord. ||1||Pause||

1266 : 463

I have prepared all sorts of foods in various ways, and all sorts of sweet deserts.

1266 : 464

I have made my kitchen pure and sacred. Now, O my Sovereign Lord King, please sample my food. ||2||

1266 : 465

The villains have been destroyed, and my friends are delighted. This is Your Own Mansion and Temple, O Lord.

1266 : 466

When my Playful Beloved came into my household, then I found total peace. ||3||

1266 : 467

In the Society of the Saints, I have the Support and Protection of the Perfect Guru; this is the pre-ordained destiny inscribed upon my forehead.

1266 : 468

Servant Nanak has found his Playful Husband Lord. He shall never suffer in sorrow again. ||4||1||

1266 : 469

Malaar, Fifth Mehl:

1266 : 470

When the baby's only food is milk, it cannot survive without its milk.

1266 : 471

The mother takes care of it, and pours milk into its mouth; then, it is satisfied and fulfilled.  
||1||

1266 : 472

I am just a baby; God, the Great Giver, is my Father.

1266 : 473

The child is so foolish; it makes so many mistakes. But it has nowhere else to go.  
||1||Pause||

1266 : 474

The mind of the poor child is fickle; he touches even snakes and fire.

1266 : 475

His mother and father hug him close in their embrace, and so he plays in joy and bliss. ||2||

1266 : 476

What hunger can the child ever have, O my Lord and Master, when You are his Father?

1266 : 477

The treasure of the Naam and the nine treasures are in Your celestial household. You fulfill the desires of the mind. ||3||

1266 : 478

My Merciful Father has issued this Command: whatever the child asks for, is put into his mouth.

1266 : 479

Nanak, the child, longs for the Blessed Vision of God's Darshan. May His Feet always dwell within my heart. ||4||2||

1266 : 480



Malaar, Fifth Mehl:

1266 : 481

I tried everything, and gathered all devices together; I have discarded all my anxieties.

1266 : 482

I have begun to set all my household affairs right; I have placed my faith in my Lord and Master. ||1||

1266 : 483

I listen to the celestial vibrations resonating and resounding.

1266 : 484

Sunrise has come, and I gaze upon the Face of my Beloved. My household is filled with peace and pleasure. ||1||Pause||

1266 : 485

I focus my mind, and embellish and adorn the place within; then I go out to speak with the Saints.

1266 : 486

Seeking and searching, I have found my Husband Lord; I bow at His Feet and worship Him with devotion. ||2||

--- Raag Malaar – Part 013 ---

## Raag Malaar – Part 014

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1267 : 487

When my Beloved came to live in my house, I began to sing the songs of bliss.

1267 : 488

My friends and companions are happy; God leads me to meet the Perfect Guru. ||3||

1267 : 489

My friends and companions are in ecstasy; the Guru has completed all my projects.

1267 : 490

Says Nanak, I have met my Husband, the Giver of peace; He shall never leave me and go away. ||4||3||

1267 : 491

Malaar, Fifth Mehl:

1267 : 492

From a king to a worm, and from a worm to the lord of gods, they engage in evil to fill their bellies.

1267 : 493

They renounce the Lord, the Ocean of Mercy, and worship some other; they are thieves and killers of the soul. ||1||

1267 : 494

Forgetting the Lord, they suffer in sorrow and die.

1267 : 495

They wander lost in reincarnation through all sorts of species; they do not find shelter anywhere. ||1||Pause||

1267 : 496

Those who abandon their Lord and Master and think of some other, are foolish, stupid, idiotic donkeys.

1267 : 497

How can they cross over the ocean in a paper boat? Their eogtistical boasts that they will cross over are meaningless. ||2||

1267 : 498

Shiva, Brahma, angels and demons, all burn in the fire of death.

1267 : 499

Nanak seeks the Sanctuary of the Lord's Lotus Feet; O God, Creator, please do not send me into exile. ||3||4||

1267 : 500

Raag Malaar, Fifth Mehl, Du–Padas, First House:

1267 : 501

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

1267 : 502

My God is detached and free of desire.

1267 : 503

I cannot survive without Him, even for an instant. I am so in love with Him. ||1||Pause||

1267 : 504

Associating with the Saints, God has come into my consciousness. By their Grace, I have been awakened.

1267 : 505

Hearing the Teachings, my mind has become immaculate. Imbued with the Lord's Love, I sing His Glorious Praises. ||1||

1267 : 506

Dedicating this mind, I have made friends with the Saints. They have become merciful to me; I am very fortunate.

1267 : 507

I have found absolute peace – I cannot describe it. Nanak has obtained the dust of the feet of the humble. ||2||1||5||

1267 : 508

Malaar, Fifth Mehl:

1267 : 509

O mother, please lead me to union with my Beloved.

1267 : 510

All my friends and companions sleep totally in peace; their Beloved Lord has come into the homes of their hearts. ||1||Pause||

1267 : 511

I am worthless; God is forever Merciful. I am unworthy; what clever tricks could I try?

1267 : 512

I claim to be on a par with those who are imbued with the Love of their Beloved. This is my stubborn egotism. ||1||

1267 : 513

I am dishonored – I seek the Sanctuary of the One, the Guru, the True Guru, the Primal Being, the Giver of peace.

1267 : 514

In an instant, all my pains have been taken away; Nanak passes the night of his life in peace. ||2||2||6||

1267 : 515

Malaar, Fifth Mehl:

1267 : 516

Rain down, O cloud; do not delay.

1267 : 517

O beloved cloud, O support of the mind, you bring lasting bliss and joy to the mind. ||1||Pause||

1267 : 518

I take to Your Support, O my Lord and Master; how could You forget me?

-- Raag Malaar – Part 014 --

## Raag Malaar – Part 015

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1268 : 519

I am Your beautiful bride, Your servant and slave. I have no nobility without my Husband Lord. ||1||

1268 : 520

When my Lord and Master listened to my prayer, He hurried to shower me with His Mercy.

1268 : 521

Says Nanak, I have become just like my Husband Lord; I am blessed with honor, nobility and the lifestyle of goodness. ||2||3||7||

1268 : 522

Malaar, Fifth Mehl:

1268 : 523

Meditate on the True Name of your Beloved.

1268 : 524

The pains and sorrows of the terrifying world–ocean are dispelled, by enshrining the Image of the Guru within your heart. ||1||Pause||

1268 : 525

Your enemies shall be destroyed, and all the evil–doers shall perish, when you come to the Sanctuary of the Lord.

1268 : 526

The Savior Lord has given me His Hand and saved me; I have obtained the wealth of the Naam. ||1||

1268 : 527

Granting His Grace, He has eradicated all my sins; He has placed the Immaculate Naam within my mind.

1268 : 528

O Nanak, the Treasure of Virtue fills my mind; I shall never again suffer in pain. ||2||4||8||

1268 : 529

Malaar, Fifth Mehl:

1268 : 530

My Beloved God is the Lover of my breath of life.

1268 : 531

Please bless me with the loving devotional worship of the Naam, O Kind and Compassionate Lord. ||1||Pause||

1268 : 532

I meditate in remembrance on Your Feet, O my Beloved; my heart is filled with hope.

1268 : 533

I offer my prayer to the humble Saints; my mind thirsts for the Blessed Vision of the Lord's Darshan. ||1||

1268 : 534

Separation is death, and Union with the Lord is life. Please bless Your humble servant with Your Darshan.

1268 : 535

O my God, please be Merciful, and bless Nanak with the support, the life and wealth of the Naam. ||2||5||9||

1268 : 536

Malaar, Fifth Mehl:

1268 : 537

Now, I have become just like my Beloved.

1268 : 538

Dwelling on my Sovereign Lord King, I have found peace. Rain down, O peace-giving cloud. ||1||Pause||

1268 : 539

I cannot forget Him, even for an instant; He is the Ocean of peace. Through the Naam, the Name of the Lord, I have obtained the nine treasures.

1268 : 540

My perfect destiny has been activated, meeting with the Saints, my help and support. ||1||

1268 : 541

Peace has welled up, and all pain has been dispelled, lovingly attuned to the Supreme Lord God.

1268 : 542

The arduous and terrifying world-ocean is crossed over, O Nanak, by meditating on the Feet of the Lord. ||2||6||10||

1268 : 543

Malaar, Fifth Mehl:

1268 : 544

The clouds have rained down all over the world.



1268 : 545

My Beloved Lord God has become merciful to me; I am blessed with ecstasy, bliss and peace. ||1||Pause||

1268 : 546

My sorrows are erased, and all my thirsts are quenched, meditating on the Supreme Lord God.

1268 : 547

In the Saadh Sangat, the Company of the Holy, death and birth come to an end, and the mortal does not wander anywhere, ever again. ||1||

1268 : 548

My mind and body are imbued with the Immaculate Naam, the Name of the Lord; I am lovingly attuned to His Lotus Feet.

1268 : 549

God has made Nanak His Own; slave Nanak seeks His Sanctuary. ||2||7||11||

1268 : 550

Malaar, Fifth Mehl:

1268 : 551

Separated from the Lord, how can any living being live?

1268 : 552

My consciousness is filled with yearning and hope to meet my Lord, and drink in the sublime essence of His Lotus Feet. ||1||Pause||

1268 : 553

Those who are thirsty for You, O my Beloved, are not separated from You.

Those who forget my Beloved Lord are dead and dying. ||1||

-- Raag Malaar – Part 015 --

## Raag Malaar – Part 016

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1269 : 555

The Lord of the Universe is permeating and pervading my mind and body; I see Him Ever-present, here and now

1269 : 556

. O Nanak, He is permeating the inner being of all; He is all-pervading everywhere. ||2||8||12||

1269 : 557

Malaar, Fifth Mehl:

1269 : 558

Vibrating and meditating on the Lord, who has not been carried across?

1269 : 559

Those reborn into the body of a bird, the body of a fish, the body of a deer, and the body of a bull – in the Saadh Sangat, the Company of the Holy, they are saved. ||1||Pause||

1269 : 560

The families of gods, the families of demons, titans, celestial singers and human beings are carried across the ocean.

1269 : 561

Whoever meditates and vibrates on the Lord in the Saadh Sangat – his pains are taken away. ||1||

1269 : 562

Sexual desire, anger and the pleasures of terrible corruption – he keeps away from these.

1269 : 563

He meditates on the Lord, Merciful to the meek, the Embodiment of Compassion; Nanak is forever a sacrifice to Him. ||2||9||13||

1269 : 564

Malaar, Fifth Mehl:

1269 : 565

Today, I am seated in the Lord's store.

1269 : 566

With the wealth of the Lord, I have entered into partnership with the humble; I shall not have take the Highway of Death. ||1||Pause||

1269 : 567

Showering me with His Kindness, the Supreme Lord God has saved me; the doors of doubt have been opened wide.

1269 : 568

I have found God, the Banker of Infinity; I have earned the profit of the wealth of His Feet. ||1||

1269 : 569

I have grasped the protection of the Sanctuary of the Unchanging, Unmoving, Imperishable Lord; He has picked up my sins and thrown them out.

1269 : 570

Slave Nanak's sorrow and suffering has ended. He shall never again be squeezed into the mold of reincarnation. ||2||10||14||

1269 : 571

Malaar, Fifth Mehl:

1269 : 572

In so many ways, attachment to Maya leads to ruin.

1269 : 573

Among millions, it is very rare to find a selfless servant who remains a perfect devotee for very long. ||1||Pause||

1269 : 574

Roaming and wandering here and there, the mortal finds only trouble; his body and wealth become strangers to himself.

1269 : 575

Hiding from people, he practices deception; he does not know the One who is always with him. ||1||

1269 : 576

He wanders through troubled incarnations of low and wretched species as a deer, a bird and a fish.

1269 : 577

Says Nanak, O God, I am a stone – please carry me across, that I may enjoy peace in the Saadh Sangat, the Company of the Holy. ||2||11||15||

1269 : 578

Malaar, Fifth Mehl:

1269 : 579

The cruel and evil ones died after taking poison, O mother.

1269 : 580

And the One, to whom all creatures belong, has saved us. God has granted His Grace. ||1||Pause||

1269 : 581

The Inner–knower, the Searcher of hearts, is contained within all; why should I be afraid, O Siblings of Destiny?

1269 : 582

God, my Help and Support, is always with me. He shall never leave; I see Him everywhere. ||1||

1269 : 583

He is the Master of the masterless, the Destroyer of the pains of the poor; He has attached me to the hem of His robe.

1269 : 584

O Lord, Your slaves live by Your Support; Nanak has come to the Sanctuary of God. ||2||12||16||

1269 : 585

Malaar, Fifth Mehl:

1269 : 586

O my mind, dwell on the Feet of the Lord.

1269 : 587

My mind is enticed by thirst for the Blessed Vision of the Lord; I would take wings and fly out to meet Him. ||1||Pause||

1269 : 588

Searching and seeking, I have found the Path, and now I serve the Holy.

1269 : 589

O my Lord and Master, please be kind to me, that I may drink in Your most sublime essence. ||1||

1269 : 590

Begging and pleading, I have come to Your Sanctuary; I am on fire – please shower me with Your Mercy!

1269 : 591

Please give me Your Hand – I am Your slave, O Lord. Please make Nanak Your Own.  
||2||13||17||

-- Raag Malaar – Part 016 --

# Raag Malaar – Part 017

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1270 : 592

Malaar, Fifth Mehl:

1270 : 593

It is God's Nature to love His devotees.

1270 : 594

He destroys the slanderers, crushing them beneath His Feet. His Glory is manifest everywhere. ||1||Pause||

1270 : 595

His Victory is celebrated all throughout the world. He blesses all creatures with compassion.

1270 : 596

Hugging him close in His Embrace, the Lord saves and protects His slave. The hot winds cannot even touch him. ||1||

1270 : 597

My Lord and Master has made me His Own; dispelling my doubts and fears, He has made me happy.

1270 : 598

The Lord's slaves enjoy ultimate ecstasy; O Nanak, faith has welled up in my mind. ||2||14||18||

1270 : 599

Raag Malaar, Fifth Mehl, Chau–Padas, Second House:

1270 : 600



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

1270 : 601

The Gurmukh sees God pervading everywhere.

1270 : 602

The Gurmukh knows that the universe is the extension of the three gunas, the three dispositions.

1270 : 603

The Gurmukh reflects on the Sound–current of the Naad, and the wisdom of the Vedas.

1270 : 604

Without the Perfect Guru, there is only pitch–black darkness. ||1||

1270 : 605

O my mind, calling on the Guru, eternal peace is found.

1270 : 606

Following the Guru's Teachings, the Lord comes to dwell within the heart; I meditate on my Lord and Master with every breath and morsel of food. ||1||Pause||

1270 : 607

I am a sacrifice to the Guru's Feet.

1270 : 608

Night and day, I continually sing the Glorious Praises of the Guru.

1270 : 609

I take my cleansing bath in the dust of the Guru's Feet.

1270 : 610

I am honored in the True Court of the Lord. ||2||

1270 : 611

The Guru is the boat, to carry me across the terrifying world–ocean.

1270 : 612

Meeting with the Guru, I shall not be reincarnated ever again.

1270 : 613

That humble being serves the Guru,

1270 : 614

who has such karma inscribed on his forehead by the Primal Lord. ||3||

1270 : 615

The Guru is my life; the Guru is my support.

1270 : 616

The Guru is my way of life; the Guru is my family.

1270 : 617

The Guru is my Lord and Master; I seek the Sanctuary of the True Guru.

1270 : 618

O Nanak, the Guru is the Supreme Lord God; His value cannot be estimated. ||4||1||19||

1270 : 619

Malaar, Fifth Mehl:

1270 : 620

I enshrine the Lord's Feet within my heart;

1270 : 621

in His Mercy, God has united me with Himself.

1270 : 622

God enjoins His servant to his tasks.

1270 : 623

His worth cannot be expressed. ||1||

1270 : 624

Please be merciful to me, O Perfect Giver of peace.

1270 : 625

By Your Grace, You come to mind; I am imbued with Your Love, twenty–four hours a day.  
||1||Pause||

1270 : 626

Singing and listening, it is all by Your Will.

1270 : 627

One who understands the Hukam of Your Command is absorbed in Truth.

1270 : 628

Chanting and meditating on Your Name, I live.

1270 : 629

Without You, there is no place at all. ||2||

1270 : 630

Pain and pleasure come by Your Command, O Creator Lord.

1270 : 631

By the Pleasure of Your Will You forgive, and by the Pleasure of Your Will You award punishment.

1270 : 632

You are the Creator of both realms.

1270 : 633

I am a sacrifice to Your Glorious Grandeur. ||3||

1270 : 634

You alone know Your value.

1270 : 635

You alone understand, You Yourself speak and listen.

1270 : 636

They alone are devotees, who are pleasing to Your Will.

-- Raag Malaar – Part 017 --

## Raag Malaar – Part 018

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1271 : 637

Nanak is forever a sacrifice to them. ||4||2||20||

1271 : 638

Malaar, Fifth Mehl:

1271 : 639

The Transcendent Lord God has become merciful;

1271 : 640

Ambrosial Nectar is raining down from the clouds.

1271 : 641

All beings and creatures are satisfied;

1271 : 642

their affairs are perfectly resolved. ||1||

1271 : 643

O my mind, dwell on the Lord, forever and ever.

1271 : 644

Serving the Perfect Guru, I have obtained it. It shall stay with me both here and hereafter.  
||1||Pause||

1271 : 645

He is the Destroyer of pain, the Eradicator of fear.

1271 : 646

He takes care of His beings.

1271 : 647

The Savior Lord is kind and compassionate forever.

1271 : 648

I am a sacrifice to Him, forever and ever. ||2||

1271 : 649

The Creator Himself has eliminated death.

1271 : 650

Meditate on Him forever and ever, O my mind.

1271 : 651

He watches all with His Glance of Grace and protects them.

1271 : 652

Continually and continuously, sing the Glorious Praises of the Lord God. ||3||

1271 : 653

The One and Only Creator Lord is Himself by Himself.

1271 : 654

The Lord's devotees know His Glorious Grandeur.

1271 : 655

He preserves the Honor of His Name.

1271 : 656

Nanak speaks as the Lord inspires him to speak. ||4||3||21||

1271 : 657

Malaar, Fifth Mehl:

1271 : 658

All treasures are found in the Sanctuary of the Guru.

1271 : 659

Honor is obtained in the True Court of the Lord.

1271 : 660

Doubt, fear, pain and suffering are taken away,

1271 : 661

forever singing the Glorious Praises of the Lord in the Saadh Sangat, the Company of the Holy. ||1||

1271 : 662

O my mind, praise the Perfect Guru.

1271 : 663

Chant the treasure of the Naam, the Name of the Lord, day and night. You shall obtain the fruits of your mind's desires. ||1||Pause||

1271 : 664

No one else is as great as the True Guru.

1271 : 665

The Guru is the Supreme Lord, the Transcendent Lord God.

1271 : 666

He saves us from the pains of death and birth,

1271 : 667

and we will not have to taste the poison of Maya ever again. ||2||

1271 : 668

The Guru's glorious grandeur cannot be described.

1271 : 669

The Guru is the Transcendent Lord, in the True Name.

1271 : 670

True is His self-discipline, and True are all His actions.

1271 : 671

Immaculate and pure is that mind, which is imbued with love for the Guru. ||3||

1271 : 672

The Perfect Guru is obtained by great good fortune.

1271 : 673

Drive out sexual desire, anger and greed from your mind.

1271 : 674

By His Grace, the Guru's Feet are enshrined within.

1271 : 675



Nanak offers his prayer to the True Lord God. ||4||4||22||

1271 : 676

Raag Malaar, Fifth Mehl, Partaal, Third House:

1271 : 677

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

1271 : 678

Pleasing the Guru, I have fallen in love with my Merciful Beloved Lord.

1271 : 679

I have made all my decorations,

1271 : 680

and renounced all corruption;

1271 : 681

my wandering mind has become steady and stable. ||1||Pause||

1271 : 682

O my mind, lose your self-conceit by associating with the Holy, and you shall find Him.

1271 : 683

The unstruck celestial melody vibrates and resounds; like a song-bird, chant the Lord's Name, with words of sweetness and utter beauty. ||1||

1271 : 684

Such is the glory of Your Darshan, so utterly infinite and fruitful, O my Love; so do we become by associating with the Saints.

1271 : 685

Vibrating, chanting Your Name, we cross over the terrifying world–ocean.

1271 : 686

They dwell on the Lord, Raam, Raam, chanting on their malas;

-- Raag Malaar – Part 018 --

## Raag Malaar – Part 019

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1272 : 687

their minds are turned towards the Lord in the Saadh Sangat, the Company of the Holy.

1272 : 688

O servant Nanak, their Beloved Lord seems so sweet to them. ||2||1||23||

1272 : 689

Malaar, Fifth Mehl:

1272 : 690

My mind wanders through the dense forest.

1272 : 691

It walks with eagerness and love,

1272 : 692

hoping to meet God. ||1||Pause||

1272 : 693

Maya with her three gunas – the three dispositions – has come to entice me; whom can I tell of my pain? ||1||

1272 : 694

I tried everything else, but nothing could rid me of my sorrow.

1272 : 695

So hurry to the Sanctuary of the Holy, O Nanak; joining them, sing the Glorious Praises of the Lord of the Universe. ||2||2||24||

1272 : 696

Malaar, Fifth Mehl:

1272 : 697

The glory of my Beloved is noble and sublime.

1272 : 698

The celestial singers and angels sing His Sublime Praises in ecstasy, happiness and joy.  
||1||Pause||

1272 : 699

The most worthy beings sing God's Praises in beautiful harmonies, in all sorts of ways, in  
myriads of sublime forms. ||1||

1272 : 700

Throughout the mountains, trees, deserts, oceans and galaxies, permeating each and  
every heart, the sublime grandeur of my Love is totally pervading.

1272 : 701

In the Saadh Sangat, the Company of the Holy, the Love of the Lord is found; O Nanak,  
sublime is that faith. ||2||3||25||

1272 : 702

Malaar, Fifth Mehl:

1272 : 703

With love for the Guru, I enshrine the Lotus Feet of my Lord deep within my heart.  
||1||Pause||

1272 : 704

I gaze on the Blessed Vision of His Fruitful Darshan; my sins are erased and taken away.

1272 : 705

My mind is immaculate and enlightened. ||1||

1272 : 706

I am wonderstruck, stunned and amazed.

1272 : 707

Chanting the Naam, the Name of the Lord, millions of sins are destroyed.

1272 : 708

I fall at His Feet, and touch my forehead to them.

1272 : 709

You alone are, You alone are, O God.

1272 : 710

Your devotees take Your Support.

1272 : 711

Servant Nanak has come to the Door of Your Sanctuary. ||2||4||26||

1272 : 712

Malaar, Fifth Mehl:

1272 : 713

Rain down with happiness in God's Will.

1272 : 714

Bless me with total bliss and good fortune. ||1||Pause||

1272 : 715

My mind blossoms forth in the Society of the Saints; soaking up the rain, the earth is blessed and beautified. ||1||

1272 : 716

The peacock loves the thunder of the rain clouds.

1272 : 717

The rainbird's mind is drawn to the rain-drop

1272 : 718

– so is my mind enticed by the Lord.

1272 : 719

I have renounced Maya, the deceiver.

1272 : 720

Joining with the Saints, Nanak is awakened. ||2||5||27||

1272 : 721

Malaar, Fifth Mehl:

1272 : 722

Sing forever the Glorious Praises of the Lord of the World.

1272 : 723

Enshrine the Lord's Name in your consciousness. ||1||Pause||

1272 : 724

Forsake your pride, and abandon your ego; join the Saadh Sangat, the Company of the

Holy.

1272 : 725

Meditate in loving remembrance on the One Lord; your sorrows shall be ended, O friend.  
||1||

1272 : 726

The Supreme Lord God has become merciful;

1272 : 727

corrupt entanglements have come to an end.

1272 : 728

Grasping the feet of the Holy,

1272 : 729

Nanak sings forever the Glorious Praises of the Lord of the World. ||2||6||28||

1272 : 730

Malaar, Fifth Mehl:

1272 : 731

The Embodiment of the Lord of the Universe roars like the thunder–cloud.

1272 : 732

Singing His Glorious Praises brings peace and bliss. ||1||Pause||

1272 : 733

The Sanctuary of the Lord's Feet carries us across the world–ocean. His Sublime Word is the unstruck celestial melody. ||1||

1272 : 734

The thirsty traveller's consciousness obtains the water of the soul from the pool of nectar.

1272 : 735

Servant Nanak loves the Blessed Vision of the Lord; in His Mercy, God has blessed him with it. ||2||7||29||

-- Raag Malaar – Part 019 --



## Raag Malaar – Part 020

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1273 : 736

Malaar, Fifth Mehl:

1273 : 737

O Lord of the Universe, O Lord of the World, O Dear Merciful Beloved. ||1||Pause||

1273 : 738

You are the Master of the breath of life, the Companion of the lost and forsaken, the Destroyer of the pains of the poor. ||1||

1273 : 739

O All-powerful, Inaccessible, Perfect Lord, please shower me with Your Mercy. ||2||

1273 : 740

Please, carry Nanak across the terrible, deep dark pit of the world to the other side. ||3||8||30||

1273 : 741

Malaar, First Mehl, Ashtapadees, First House:

1273 : 742

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

1273 : 743

The chakvi bird does not long for sleepy eyes; without her beloved, she does not sleep.

1273 : 744

When the sun rises, she sees her beloved with her eyes; she bows and touches his feet.

||1||

1273 : 745

The Love of my Beloved is pleasing; it is my Companion and Support.

1273 : 746

Without Him, I cannot live in this world even for an instant; such is my hunger and thirst.

||1||Pause||

1273 : 747

The lotus in the pool blossoms forth intuitively and naturally, with the rays of the sun in the sky.

1273 : 748

Such is the love for my Beloved which imbues me; my light has merged into the Light. ||2||

1273 : 749

Without water, the rainbird cries out, "Pri-o! Pri-o! – Beloved! Beloved!" It cries and wails and laments.

1273 : 750

The thundering clouds rain down in the ten directions; its thirst is not quenched until it catches the rain-drop in its mouth. ||3||

1273 : 751

The fish lives in water, from which it was born. It finds peace and pleasure according to its past actions.

1273 : 752

It cannot survive without water for a moment, even for an instant. Life and death depend on it. ||4||

1273 : 753

The soul-bride is separated from her Husband Lord, who lives in His Own Country. He sends the Shabad, His Word, through the True Guru.

1273 : 754

She gathers virtues, and enshrines God within her heart. Imbued with devotion, she is happy. ||5||

1273 : 755

Everyone cries out, "Beloved! Beloved!" But she alone finds her Beloved, who is pleasing to the Guru.

1273 : 756

Our Beloved is always with us; through the Truth, He blesses us with His Grace, and unites us in His Union. ||6||

1273 : 757

He is the life of the soul in each and every soul; He permeates and pervades each and every heart.

1273 : 758

By Guru's Grace, He is revealed within the home of my heart; I am intuitively, naturally, absorbed into Him. ||7||

1273 : 759

He Himself shall resolve all your affairs, when you meet with the Giver of peace, the Lord of the World.

1273 : 760

By Guru's Grace, you shall find your Husband Lord within your own home; then, O Nanak, the fire within you shall be quenched. ||8||1||

1273 : 761

Malaar, First Mehl:

1273 : 762

Remain awake and aware, serving the Guru; except for the Lord, no one is mine.

1273 : 763

Even by making all sorts of efforts, you shall not remain here; it shall melt like glass in the fire. ||1||

1273 : 764

Tell me – why are you so proud of your body and wealth?

1273 : 765

They shall vanish in an instant; O madman, this is how the world is wasting away, in egotism and pride. ||1||Pause||

1273 : 766

Hail to the Lord of the Universe, God, our Saving Grace; He judges and saves the mortal beings.

1273 : 767

All that is, belongs to You. No one else is equal to You. ||2||

1273 : 768

Creating all beings and creatures, their ways and means are under Your control; You bless the Gurmukhs with the ointment of spiritual wisdom.

1273 : 769

My Eternal, Unmastered Lord is over the heads of all. He is the Destroyer of death and rebirth, doubt and fear. ||3||



# Raag Malaar – Part 021

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1274 : 770

This wretched world is a fortress of paper, of color and form and clever tricks.

1274 : 771

A tiny drop of water or a little puff of wind destroys its glory; in an instant, its life is ended. ||4||

1274 : 772

It is like a tree–house near the bank of a river, with a serpent's den in that house.

1274 : 773

When the river overflows, what happens to the tree house? The snake bites, like duality in the mind. ||5||

1274 : 774

Through the magic spell of the Guru's spiritual wisdom, and meditation on the Word of the Guru's Teachings, vice and corruption are burnt away.

1274 : 775

The mind and body are cooled and soothed and Truth is obtained, through the wondrous and unique devotional worship of the Lord. ||6||

1274 : 776

All that exists begs of You; You are merciful to all beings.

1274 : 777

I seek Your Sanctuary; please save my honor, O Lord of the World, and bless me with Truth. ||7||

1274 : 778

Bound in worldly affairs and entanglements, the blind one does not understand; he acts like a murderous butcher.

1274 : 779

But if he meets with the True Guru, then he comprehends and understands, and his mind is imbued with true spiritual wisdom. ||8||

1274 : 780

Without the Truth, this worthless body is false; I have consulted my Guru on this.

1274 : 781

O Nanak, that God has revealed God to me; without the Truth, all the world is just a dream. ||9||2||

1274 : 782

Malaar, First Mehl:

1274 : 783

The rainbird and the fish find peace in water; the deer is pleased by the sound of the bell. ||1||

1274 : 784

The rainbird chirps in the night, O my mother. ||1||Pause||

1274 : 785

O my Beloved, my love for You shall never end, if it is Your Will. ||2||

1274 : 786

Sleep is gone, and egotism is exhausted from my body; my heart is permeated with the Teachings of Truth. ||3||

1274 : 787

Flying among the trees and plants, I remain hungry; lovingly drinking in the Naam, the Name of the Lord, I am satisfied. ||4||

1274 : 788

I stare at You, and my tongue cries out to You; I am so thirsty for the Blessed Vision of Your Darshan. ||5||

1274 : 789

Without my Beloved, the more I decorate myself, the more my body burns; these clothes do not look good on my body. ||6||

1274 : 790

Without my Beloved, I cannot survive even for an instant; without meeting Him, I cannot sleep. ||7||

1274 : 791

Her Husband Lord is nearby, but the wretched bride does not know it. The True Guru reveals Him to her. ||8||

1274 : 792

When she meets Him with intuitive ease, she finds peace; the Word of the Shabad quenches the fire of desire. ||9||

1274 : 793

Says Nanak, through You, O Lord, my mind is pleased and appeased; I cannot express Your worth. ||10||3||

1274 : 794

Malaar, First Mehl, Ashtapadees, Second House:

1274 : 795



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

1274 : 796

The earth bends under the weight of the water,

1274 : 797

the lofty mountains and the caverns of the underworld.

1274 : 798

Contemplating the Word of the Guru's Shabad, the oceans become calm.

1274 : 799

The path of liberation is found by subduing the ego. ||1||

1274 : 800

I am blind; I seek the Light of the Name.

1274 : 801

I take the Support of the Naam, the Name of the Lord. I walk on the path of mystery of the Guru's Fear. ||1||Pause||

-- Raag Malaar – Part 021 --

## Raag Malaar – Part 022

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1275 : 802

Through the Shabad, the Word of the True Guru, the Path is known.

1275 : 803

With the Guru's Support, one is blessed with the strength of the True Lord.

1275 : 804

Dwell on the Naam, and realize the Beauteous Word of His Bani.

1275 : 805

If it is Your Will, Lord, You lead me to find Your Door. ||2||

1275 : 806

Flying high or sitting down, I am lovingly focused on the One Lord.

1275 : 807

Through the Word of the Guru's Shabad, I take the Naam as my Support.

1275 : 808

There is no ocean of water, no mountain ranges rising up.

1275 : 809

I dwell within the home of my own inner being, where there is no path and no one travelling on it. ||3||

1275 : 810

You alone know the way to that House in which You dwell. No one else knows the Mansion of Your Presence.

1275 : 811

Without the True Guru, there is no understanding. The whole world is buried under its nightmare.

1275 : 812

The mortal tries all sorts of things, and weeps and wails, but without the Guru, he does not know the Naam, the Name of the Lord.

1275 : 813

In the twinkling of an eye, the Naam saves him, if he realizes the Word of the Guru's Shabad. ||4||

1275 : 814

Some are foolish, blind, stupid and ignorant.

1275 : 815

Some, through fear of the True Guru, take the Support of the Naam.

1275 : 816

The True Word of His Bani is sweet, the source of ambrosial nectar.

1275 : 817

Whoever drinks it in, finds the Door of Salvation. ||5||

1275 : 818

One who, through the love and fear of God, enshrines the Naam within his heart, acts according to the Guru's Instructions and knows the True Bani.

1275 : 819

When the clouds release their rain, the earth becomes beautiful; God's Light permeates each and every heart.

1275 : 820

The evil-minded ones plant their seed in the barren soil; such is the sign of those who have no Guru.

1275 : 821

Without the True Guru, there is utter darkness; they drown there, even without water. ||6||

1275 : 822

Whatever God does, is by His Own Will.

1275 : 823

That which is pre-ordained cannot be erased.

1275 : 824

Bound to the Hukam of the Lord's Command, the mortal does his deeds.

1275 : 825

Permeated by the One Word of the Shabad, the mortal is immersed in Truth. ||7||

1275 : 826

Your Command, O God, rules in the four directions; Your Name pervades the four corners of the nether regions as well.

1275 : 827

The True Word of the Shabad is pervading amongst all. By His Grace, the Eternal One unites us with Himself.

1275 : 828

Birth and death hang over the heads of all beings, along with hunger, sleep and dying.

1275 : 829

The Naam is pleasing to Nanak's mind; O True Lord, Source of bliss, please bless me with Your Grace. ||8||1||4||

1275 : 830

Malaar, First Mehl:

1275 : 831

You do not understand the nature of death and liberation.

1275 : 832

You are sitting on the river-bank; realize the Word of the Guru's Shabad. ||1||

1275 : 833

You stork! – how were you caught in the net?

1275 : 834

You do not remember in your heart the Unseen Lord God. ||1||Pause||

1275 : 835

For your one life, you consume many lives.

1275 : 836

You were supposed to swim in the water, but you are drowning in it instead. ||2||

1275 : 837

You have tormented all beings.

1275 : 838

When Death seizes you, then you shall regret and repent. ||3||

1275 : 839

When the heavy noose is placed around your neck,

1275 : 840

you may spread your wings, but you shall not be able to fly. ||4||

1275 : 841

You enjoy the tastes and flavors, you foolish self-willed manmukh.

1275 : 842

You are trapped. You can only be saved by virtuous conduct, spiritual wisdom and contemplation. ||5||

1275 : 843

Serving the True Guru, you will shatter the Messenger of Death.

1275 : 844

In your heart, dwell on the True Word of the Shabad. ||6||

1275 : 845

The Guru's Teachings, the True Word of the Shabad, is excellent and sublime.

1275 : 846

Keep the Name of the Lord enshrined in your heart. ||7||

1275 : 847

One who is obsessed with enjoying pleasures here, shall suffer in pain hereafter.

1275 : 848

O Nanak, there is no liberation without the True Name. ||8||2||5||



## Raag Malaar – Part 023

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1276 : 849

Malaar, Third Mehl, Ashtapadees, First House:

1276 : 850

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

1276 : 851

If it is in his karma, then he finds the True Guru; without such karma, He cannot be found.

1276 : 852

He meets the True Guru, and he is transformed into gold, if it is the Lord's Will. ||1||

1276 : 853

O my mind, focus your consciousness on the Name of the Lord, Har, Har.

1276 : 854

The Lord is found through the True Guru, and then he remains merged with the True Lord.  
||1||Pause||

1276 : 855

Spiritual wisdom wells up through the True Guru, and then this cynicism is dispelled.

1276 : 856

Through the True Guru, the Lord is realized, and then, he is not consigned to the womb of reincarnation ever again. ||2||

1276 : 857

By Guru's Grace, the mortal dies in life, and by so dying, lives to practice the Word of the



Shabad.

1276 : 858

He alone finds the Door of Salvation, who eradicates self–conceit from within himself. ||3||

1276 : 859

By Guru's Grace, the mortal is reincarnated into the Home of the Lord, having eradicated Maya from within.

1276 : 860

He eats the uneatable, and is blessed with a discriminating intellect; he meets the Supreme Person, the Primal Lord God. ||4||

1276 : 861

The world is unconscious, like a passing show; the mortal departs, having lost his capital.

1276 : 862

The profit of the Lord is obtained in the Sat Sangat, the True Congregation; by good karma, it is found. ||5||

1276 : 863

Without the True Guru, no one finds it; see this in your mind, and consider this in your heart.

1276 : 864

By great good fortune, the mortal finds the Guru, and crosses over the terrifying world–ocean. ||6||

1276 : 865

The Name of the Lord is my Anchor and Support. I take only the Support of the Name of the Lord, Har, Har.

1276 : 866

O Dear Lord, please be kind and lead me to meet the Guru, that I may find the Door of Salvation. ||7||

1276 : 867

The pre-ordained destiny inscribed on the mortal's forehead by our Lord and Master cannot be erased.

1276 : 868

O Nanak, those humble beings are perfect, who are pleased by the Lord's Will. ||8||1||

1276 : 869

Malaar, Third Mehl:

1276 : 870

The world is involved with the words of the Vedas, thinking about the three gunas – the three dispositions.

1276 : 871

Without the Name, it suffers punishment by the Messenger of Death; it comes and goes in reincarnation, over and over again.

1276 : 872

Meeting with the True Guru, the world is liberated, and finds the Door of Salvation. ||1||

1276 : 873

O mortal, immerse yourself in service to the True Guru.

1276 : 874

By great good fortune, the mortal finds the Perfect Guru, and meditates on the Name of the Lord, Har, Har. ||1||Pause||

1276 : 875

The Lord, by the Pleasure of His Own Will, created the Universe, and the Lord Himself gives it sustenance and support.

1276 : 876

The Lord, by His Own Will, makes the mortal's mind immaculate, and lovingly attunes him to the Lord.

1276 : 877

The Lord, by His Own Will, leads the mortal to meet the True Guru, the Embellisher of all his lives. ||2||

1276 : 878

Waaho! Waaho! Blessed and Great is the True Word of His Bani. Only a few, as Gurmukh, understand.

1276 : 879

Waaho! Waaho! Praise God as Great! No one else is as Great as He.

1276 : 880

When God's Grace is received, He Himself forgives the mortal, and unites him with Himself. ||3||

1276 : 881

The True Guru has revealed our True, Supreme Lord and Master.

1276 : 882

The Ambrosial Nectar rains down and the mind is satisfied, remaining lovingly attuned to the True Lord.

1276 : 883

In the Lord's Name, it is forever rejuvenated; it shall never wither and dry up again. ||4||



## Raag Malaar – Part 024

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1277 : 884

Without the True Guru, no one finds the Lord; anyone can try and see.

1277 : 885

By the Lord's Grace, the True Guru is found, and then the Lord is met with intuitive ease.

1277 : 886

The self-willed manmukh is deluded by doubt; without good destiny, the Lord's wealth is not obtained. ||5||

1277 : 887

The three dispositions are completely distracting; people read and study and contemplate them.

1277 : 888

Those people are never liberated; they do not find the Door of Salvation.

1277 : 889

Without the True Guru, they are never released from bondage; they do not embrace love for the Naam, the Name of the Lord. ||6||

1277 : 890

The Pandits, the religious scholars, and the silent sages, reading and studying the Vedas, have grown weary.

1277 : 891

They do not even think of the Lord's Name; they do not dwell in the home of their own inner being.

1277 : 892

The Messenger of Death hovers over their heads; they are ruined by the deceit within themselves. ||7||

1277 : 893

Everyone longs for the Name of the Lord; without good destiny, it is not obtained.

1277 : 894

When the Lord bestows His Glance of Grace, the mortal meets the True Guru, and the Lord's Name comes to dwell within the mind.

1277 : 895

O Nanak, through the Name, honor wells up, and the mortal remains immersed in the Lord. ||8||2||

1277 : 896

Malaar, Third Mehl, Ashtapadees, Second House:

1277 : 897

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

1277 : 898

When the Lord shows His Mercy, He enjoins the mortal to work for the Guru.

1277 : 899

His pains are taken away, and the Lord's Name comes to dwell within.

1277 : 900

True deliverance comes by focusing one's consciousness on the True Lord.

1277 : 901

Listen to the Shabad, and the Word of the Guru's Bani. ||1||

1277 : 902

O my mind, serve the Lord, Har, Har, the true treasure.

1277 : 903

By Guru's Grace, the wealth of the Lord is obtained. Night and day, focus your meditation on the Lord. ||1||Pause||

1277 : 904

The soul-bride who adorns herself without her Husband Lord,

1277 : 905

is ill-mannered and vile, wasted away into ruin.

1277 : 906

This is the useless way of life of the self-willed manmukh.

1277 : 907

Forgetting the Naam, the Name of the Lord, he performs all sorts of empty rituals. ||2||

1277 : 908

The bride who is Gurmukh is beautifully embellished.

1277 : 909

Through the Word of the Shabad, she enshrines her Husband Lord within her heart.

1277 : 910

She realizes the One Lord, and subdues her ego.

1277 : 911

That soul–bride is virtuous and noble. ||3||

1277 : 912

Without the Guru, the Giver, no one finds the Lord.

1277 : 913

The greedy self–willed manmukh is attracted and engrossed in duality.

1277 : 914

Only a few spiritual teachers realize this,

1277 : 915

that without meeting the Guru, liberation is not obtained. ||4||

1277 : 916

Everyone tells the stories told by others.

1277 : 917

Without subduing the mind, devotional worship does not come.

1277 : 918

When the intellect achieves spiritual wisdom, the heart–lotus blossoms forth.

1277 : 919

The Naam, the Name of the Lord, comes to abide in that heart. ||5||

1277 : 920

In egotism, everyone can pretend to worship God with devotion.



1277 : 921

But this does not soften the mind, and it does not bring peace.

1277 : 922

By speaking and preaching, the mortal only shows off his self-conceit.

1277 : 923

His devotional worship is useless, and his life is a total waste. ||6||

1277 : 924

They alone are devotees, who are pleasing to the Mind of the True Guru.

1277 : 925

Night and day, they remain lovingly attuned to the Name.

1277 : 926

They behold the Naam, the Name of the Lord, ever-present, near at hand.

-- Raag Malaar – Part 024 --

## Raag Malaar – Part 025

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1278 : 927

Through the Word of the Guru's Shabad, He is pervading and permeating everywhere. ||7||

1278 : 928

God Himself forgives, and bestows His Love.

1278 : 929

The world is suffering from the terrible disease of egotism.

1278 : 930

By Guru's Grace, this disease is cured.

1278 : 931

O Nanak, through the Truth, the mortal remains immersed in the True Lord. ||8||1||3||5||8||

1278 : 932

Raag Malaar, Chhant, Fifth Mehl:

1278 : 933

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

1278 : 934

My Beloved Lord is the Giver of loving devotional worship.

1278 : 935

His humble servants are imbued with His Love.

1278 : 936

He is imbued with His servants, day and night; He does not forget them from His Mind, even for an instant.

1278 : 937

He is the Lord of the World, the Treasure of virtue; He is always with me. All glorious virtues belong to the Lord of the Universe.

1278 : 938

With His Feet, He has fascinated my mind; as His humble servant, I am intoxicated with love for His Name.

1278 : 939

O Nanak, my Beloved is forever Merciful; out of millions, hardly anyone realizes Him. ||1||

1278 : 940

O Beloved, Your state is inaccessible and infinite.

1278 : 941

You save even the worst sinners.

1278 : 942

He is the Purifier of sinners, the Lover of His devotees, the Ocean of mercy, our Lord and Master.

1278 : 943

In the Society of the Saints, vibrate and meditate on Him with commitment forever; He is the Inner-knower, the Searcher of hearts.

1278 : 944

Those who wander in reincarnation through millions of births, are saved and carried across, by meditating in remembrance on the Naam.

1278 : 945

Nanak is thirsty for the Blessed Vision of Your Darshan, O Dear Lord; please take care of him. ||2||

1278 : 946

My mind is absorbed in the Lotus Feet of the Lord.

1278 : 947

O God, You are the water; Your humble servants are fish.

1278 : 948

O Dear God, You alone are the water and the fish. I know that there is no difference between the two.

1278 : 949

Please take hold of my arm and bless me with Your Name. I am honored only by Your Grace.

1278 : 950

In the Saadh Sangat, the Company of the Holy, vibrate and meditate with love on the One Lord of the Universe, who is Merciful to the meek.

1278 : 951

Nanak, the lowly and helpless, seeks the Sanctuary of the Lord, who in His Kindness has made him His Own. ||3||

1278 : 952

He unites us with Himself.

1278 : 953

Our Sovereign Lord King is the Destroyer of fear.

1278 : 954

My Wondrous Lord and Master is the Inner-knower, the Searcher of hearts. My Beloved, the Treasure of virtue, has met me.

1278 : 955

Supreme happiness and peace well up, as I cherish the Glorious Virtues of the Lord of the Universe.

1278 : 956

Meeting with Him, I am embellished and exalted; gazing on Him, I am fascinated, and I realize my pre-ordained destiny.

1278 : 957

Prays Nanak, I seek the Sanctuary of those who meditate on the Lord, Har, Har. ||4||1||

1278 : 958

Vaar Of Malaar, First Mehl, Sung To The Tune Of Rana Kailaash And Malda:

1278 : 959

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

1278 : 960

Shalok, Third Mehl:

1278 : 961

Meeting with the Guru, the mind is delighted, like the earth embellished by the rain.

1278 : 962

Everything becomes green and lush; the pools and ponds are filled to overflowing.

1278 : 963

The inner self is imbued with the deep crimson color of love for the True Lord.

1278 : 964

The heart–lotus blossoms forth and the mind becomes true; through the Word of the Guru's Shabad, it is ecstatic and exalted.

-- Raag Malaar – Part 025 --

## Raag Malaar – Part 026

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1279 : 965

The self-willed manmukh is on the wrong side. You can see this with your own eyes.

1279 : 966

He is caught in the trap like the deer; the Messenger of Death hovers over his head.

1279 : 967

Hunger, thirst and slander are evil; sexual desire and anger are horrible.

1279 : 968

These cannot be seen with your eyes, until you contemplate the Word of the Shabad.

1279 : 969

Whoever is pleasing to You is content; all his entanglements are gone.

1279 : 970

Serving the Guru, his capital is preserved. The Guru is the ladder and the boat.

1279 : 971

O Nanak, whoever is attached to the Lord receives the essence; O True Lord, You are found when the mind is true. ||1||

1279 : 972

First Mehl:

1279 : 973

There is one path and one door. The Guru is the ladder to reach one's own place.

1279 : 974

Our Lord and Master is so beautiful, O Nanak; all comfort and peace are in the Name of the True Lord. ||2||

1279 : 975

Pauree:

1279 : 976

He Himself created Himself; He Himself understands Himself.

1279 : 977

Separating the sky and the earth, He has spread out His canopy.

1279 : 978

Without any pillars, He supports the sky, through the insignia of His Shabad.

1279 : 979

Creating the sun and the moon, He infused His Light into them.

1279 : 980

He created the night and the day; Wondrous are His miraculous plays.

1279 : 981

He created the sacred shrines of pilgrimage, where people contemplate righteousness and Dharma, and take cleansing baths on special occasions.

1279 : 982

There is no other equal to You; how can we speak and describe You?

1279 : 983



You are seated on the throne of Truth; all others come and go in reincarnation. ||1||

1279 : 984

Shalok, First Mehl:

1279 : 985

O Nanak, when it rains in the month of Saawan, four are delighted:

1279 : 986

the snake, the deer, the fish and the wealthy people who seek pleasure. ||1||

1279 : 987

First Mehl:

1279 : 988

O Nanak, when it rains in the month of Saawan, four suffer the pains of separation:

1279 : 989

the cow's calves, the poor, the travellers and the servants. ||2||

1279 : 990

Pauree:

1279 : 991

You are True, O True Lord; You dispense True Justice.

1279 : 992

Like a lotus, You sit in the primal celestial trance; You are hidden from view.

1279 : 993

Brahma is called great, but even he does not know Your limits.

1279 : 994

You have no father or mother; who gave birth to You?

1279 : 995

You have no form or feature; You transcend all social classes.

1279 : 996

You have no hunger or thirst; You are satisfied and satiated.

1279 : 997

You have merged Yourself into the Guru; You are pervading through the Word of Your Shabad.

1279 : 998

When he is pleasing to the True Lord, the mortal merges in Truth. ||2||

1279 : 999

Shalok, First Mehl:

1279 : 1000

The physician was called in; he touched my arm and felt my pulse.

1279 : 1001

The foolish physician did not know that the pain was in the mind. ||1||

1279 : 1002

Second Mehl:

1279 : 1003

O physician, you are a competent physician, if you first diagnose the disease.

1279 : 1004

Prescribe such a remedy, by which all sorts of illnesses may be cured.

1279 : 1005

Administer that medicine, which will cure the disease, and allow peace to come and dwell in the body.

1279 : 1006

Only when you are rid of your own disease, O Nanak, will you be known as a physician. ||2||

1279 : 1007

Pauree:

1279 : 1008

Brahma, Vishnu, Shiva and the deities were created.

1279 : 1009

Brahma was given the Vedas, and enjoined to worship God.

1279 : 1010

The ten incarnations, and Rama the king, came into being.

1279 : 1011

According to His Will, they quickly killed all the demons.

1279 : 1012

Shiva serves Him, but cannot find His limits.

1279 : 1013

He established His throne on the principles of Truth.

1279 : 1014

He enjoined all the world to its tasks, while He keeps Himself hidden from view.

-- Raag Malaar – Part 026 --

## Raag Malaar – Part 027

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1280 : 1015

The Primal Lord has ordained that mortals must practice righteousness. ||3||

1280 : 1016

Shalok, Second Mehl:

1280 : 1017

The month of Saawan has come, O my companions; think of your Husband Lord.

1280 : 1018

O Nanak, the discarded bride is in love with another; now she weeps and wails, and dies.  
||1||

1280 : 1019

Second Mehl:

1280 : 1020

The month of Saawan has come, O my companions; the clouds have burst forth with rain.

1280 : 1021

O Nanak, the blessed soul-brides sleep in peace; they are in love with their Husband Lord.  
||2||

1280 : 1022

Pauree:

1280 : 1023

He Himself has staged the tournament, and arranged the arena for the wrestlers.

1280 : 1024

They have entered the arena with pomp and ceremony; the Gurmukhs are joyful.

1280 : 1025

The false and foolish self-willed manmukhs are defeated and overcome.

1280 : 1026

The Lord Himself wrestles, and He Himself defeats them. He Himself staged this play.

1280 : 1027

The One God is the Lord and Master of all; this is known by the Gurmukhs.

1280 : 1028

He writes the inscription of His Hukam on the foreheads of all, without pen or ink.

1280 : 1029

In the Sat Sangat, the True Congregation, Union with Him is obtained; there, the Glorious Praises of the Lord are chanted forever.

1280 : 1030

O Nanak, praising the True Word of His Shabad, one comes to realize the Truth. ||4||

1280 : 1031

Shalok, Third Mehl:

1280 : 1032

Hanging low, low and thick in the sky, the clouds are changing color.

1280 : 1033

How do I know whether my love for my Husband Lord shall endure?

1280 : 1034

The love of those soul-brides endures, if their minds are filled with the Love and the Fear of God.

1280 : 1035

O Nanak, she who has no Love and Fear of God – her body shall never find peace. ||1||

1280 : 1036

Third Mehl:

1280 : 1037

Hanging low, low and thick in the sky, the clouds come, and pure water rains down.

1280 : 1038

O Nanak, that soul-bride suffers in pain, whose mind is torn away from her Husband Lord. ||2||

1280 : 1039

Pauree:

1280 : 1040

The One Lord created both sides and pervades the expanse.

1280 : 1041

The words of the Vedas became pervasive, with arguments and divisions.

1280 : 1042

Attachment and detachment are the two sides of it; Dharma, true religion, is the guide between the two.

1280 : 1043

The self-willed manmukhs are worthless and false. Without a doubt, they lose in the Court of the Lord.

1280 : 1044

Those who follow the Guru's Teachings are the true spiritual warriors; they have conquered sexual desire and anger.

1280 : 1045

They enter into the True Mansion of the Lord's Presence, embellished and exalted by the Word of the Shabad.

1280 : 1046

Those devotees are pleasing to Your Will, O Lord; they dearly love the True Name.

1280 : 1047

I am a sacrifice to those who serve their True Guru. ||5||

1280 : 1048

Shalok, Third Mehl:

1280 : 1049

Hanging low, low and thick in the sky, the clouds come, and water rains down in torrents.

1280 : 1050

O Nanak, she walks in harmony with the Will of her Husband Lord; she enjoys peace and pleasure forever. ||1||

1280 : 1051

Third Mehl:

1280 : 1052



Why are you standing up, standing up to look? You poor wretch, this cloud has nothing in its hands.

1280 : 1053

The One who sent this cloud – cherish Him in your mind.

1280 : 1054

He alone enshrines the Lord in his mind, upon whom the Lord bestows His Glance of Grace.

1280 : 1055

O Nanak, all those who lack this Grace, cry and weep and wail. ||2||

1280 : 1056

Pauree:

1280 : 1057

Serve the Lord forever; He acts in no time at all.

1280 : 1058

He stretched the sky across the heavens; in an instant, He creates and destroys.

1280 : 1059

He Himself created the world; He contemplates His Creative Omnipotence.

1280 : 1060

The self-willed manmukh will be called to account hereafter; he will be severely punished.

— Raag Malaar – Part 027 —

## Raag Malaar – Part 028

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1281 : 1061

The Gurmukh's account is settled with honor; the Lord blesses him with the treasure of His Praise.

1281 : 1062

No one's hands can reach there; no one will hear anyone's cries.

1281 : 1063

The True Guru will be your best friend there; at the very last instant, He will save you.

1281 : 1064

These beings should serve no other than the True Guru or the Creator Lord above the heads of all. ||6||

1281 : 1065

Shalok, Third Mehl:

1281 : 1066

O rainbird, the One unto whom you call – everyone longs for that Lord.

1281 : 1067

When He grants His Grace, it rains, and the forests and fields blossom forth in their greenery.

1281 : 1068

By Guru's Grace, He is found; only a rare few understand this.

1281 : 1069

Sitting down and standing up, meditate continually on Him, and be at peace forever and ever.

1281 : 1070

O Nanak, the Ambrosial Nectar rains down forever; the Lord gives it to the Gurmukh. ||1||

1281 : 1071

Third Mehl:

1281 : 1072

When the people of the world are suffering in pain, they call upon the Lord in loving prayer.

1281 : 1073

The True Lord naturally listens and hears and gives comfort.

1281 : 1074

He commands the god of rain, and the rain pours down in torrents.

1281 : 1075

Corn and wealth are produced in great abundance and prosperity; their value cannot be estimated.

1281 : 1076

O Nanak, praise the Naam, the Name of the Lord; He reaches out and gives sustenance to all beings.

1281 : 1077

Eating this, peace is produced, and the mortal never again suffers in pain. ||2||

1281 : 1078

Pauree:

1281 : 1079

O Dear Lord, You are the Truest of the True. You blend those who are truthful into Your Own Being.

1281 : 1080

Those caught in duality are on the side of duality; entrenched in falsehood, they cannot merge into the Lord.

1281 : 1081

You Yourself unite, and You Yourself separate; You display Your Creative Omnipotence.

1281 : 1082

Attachment brings the sorrow of separation; the mortal acts in accordance with pre-ordained destiny.

1281 : 1083

I am a sacrifice to those who remain lovingly attached to the Lord's Feet.

1281 : 1084

They are like the lotus which remains detached, floating upon the water.

1281 : 1085

They are peaceful and beautiful forever; they eradicate self-conceit from within.

1281 : 1086

They never suffer sorrow or separation; they are merged in the Being of the Lord. ||7||

1281 : 1087

Shalok, Third Mehl:

1281 : 1088

O Nanak, praise the Lord; everything is in His power.

1281 : 1089

Serve Him, O mortal beings; there is none other than Him.

1281 : 1090

The Lord God abides within the mind of the Gurmukh, and then he is at peace, forever and ever.

1281 : 1091

He is never cynical; all anxiety has been taken out from within him.

1281 : 1092

Whatever happens, happens naturally; no one has any say about it.

1281 : 1093

When the True Lord abides in the mind, then the mind's desires are fulfilled.

1281 : 1094

O Nanak, He Himself hears the words of those, whose accounts are in His Hands. ||1||

1281 : 1095

Third Mehl:

1281 : 1096

The Ambrosial Nectar rains down continually; realize this through realization.

1281 : 1097

Those who, as Gurmukh, realize this, keep the Lord's Ambrosial Nectar enshrined within their hearts.

1281 : 1098

They drink in the Lord's Ambrosial Nectar, and remain forever imbued with the Lord; they conquer egotism and thirsty desires.

1281 : 1099

The Name of the Lord is Ambrosial Nectar; the Lord showers His Grace, and it rains down.

1281 : 1100

O Nanak, the Gurmukh comes to behold the Lord, the Supreme Soul. ||2||

-- Raag Malaar – Part 028 --

## Raag Malaar – Part 029

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1282 : 1101

Pauree:

1282 : 1102

How can the unweighable be weighed? Without weighing Him, He cannot be obtained.

1282 : 1103

Reflect on the Word of the Guru's Shabad, and immerse yourself in His Glorious Virtues.

1282 : 1104

He Himself weighs Himself; He unites in Union with Himself.

1282 : 1105

His value cannot be estimated; nothing can be said about this.

1282 : 1106

I am a sacrifice to my Guru; He has made me realize this true realization.

1282 : 1107

The world has been deceived, and the Ambrosial Nectar is being plundered. The self-willed manmukh does not realize this.

1282 : 1108

Without the Name, nothing will go along with him; he wastes his life, and departs.

1282 : 1109

Those who follow the Guru's Teachings and remain awake and aware, preserve and protect the home of their heart; demons have no power against them. ||8||

1282 : 1110

Shalok, Third Mehl:

1282 : 1111

O rainbird, do not cry out. Do not let this mind of yours be so thirsty for a drop of water. Obey the Hukam, the Command of your Lord and Master,

1282 : 1112

and your thirst shall be quenched. Your love for Him shall increase four-fold. ||1||

1282 : 1113

Third Mehl:

1282 : 1114

O rainbird, your place is in the water; you move around in the water.

1282 : 1115

But you do not appreciate the water, and so you cry out.

1282 : 1116

In the water and on the land, it rains down in the ten directions. No place is left dry.

1282 : 1117

With so much rain, those who die of thirst are very unfortunate.

1282 : 1118

O Nanak, the Gurmukhs understand; the Lord abides within their minds. ||2||

1282 : 1119

Pauree:



1282 : 1120

The Yogic Masters, celibates, Siddhas and spiritual teachers – none of them has found the limits of the Lord.

1282 : 1121

The Gurmukhs meditate on the Naam, and merge in You, O Lord.

1282 : 1122

For thirty–six ages, God remained in utter darkness, as He pleased.

1282 : 1123

The vast expanse of water swirled around.

1282 : 1124

The Creator of all is Infinite, Endless and Inaccessible.

1282 : 1125

He formed fire and conflict, hunger and thirst.

1282 : 1126

Death hangs over the heads of the people of the world, in the love of duality.

1282 : 1127

The Savior Lord saves those who realize the Word of the Shabad. ||9||

1282 : 1128

Shalok, Third Mehl:

1282 : 1129

This rain pours down on all; it rains down in accordance with God's Loving Will.

1282 : 1130

Those trees become green and lush, which remain immersed in the Guru's Word.

1282 : 1131

O Nanak, by His Grace, there is peace; the pain of these creatures is gone. ||1||

1282 : 1132

Third Mehl:

1282 : 1133

The night is wet with dew; lightning flashes, and the rain pours down in torrents.

1282 : 1134

Food and wealth are produced in abundance when it rains, if it is the Will of God.

1282 : 1135

Consuming it, the minds of His creatures are satisfied, and they adopt the lifestyle of the way.

1282 : 1136

This wealth is the play of the Creator Lord. Sometimes it comes, and sometimes it goes.

1282 : 1137

The Naam is the wealth of the spiritually wise. It is permeating and pervading forever.

1282 : 1138

O Nanak, those who are blessed with His Glance of Grace receive this wealth. ||2||

1282 : 1139

Pauree:

1282 : 1140

He Himself does, and causes all to be done. Unto whom can I complain?

1282 : 1141

He Himself calls the mortal beings to account; He Himself causes them to act.

1282 : 1142

Whatever pleases Him happens. Only a fool issues commands.

1282 : 1143

He Himself saves and redeems; He Himself is the Forgiver.

1282 : 1144

He Himself sees, and He Himself hears; He gives His Support to all.

1282 : 1145

He alone is pervading and permeating all; He considers each and every one.

-- Raag Malaar – Part 029 --

## Raag Malaar – Part 030

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1283 : 1146

The Gurmukh reflects on the self, lovingly attached to the True Lord.

1283 : 1147

O Nanak, whom can we ask? He Himself is the Great Giver. ||10||

1283 : 1148

Shalok, Third Mehl:

1283 : 1149

This world is a rainbird; let no one be deluded by doubt.

1283 : 1150

This rainbird is an animal; it has no understanding at all.

1283 : 1151

The Name of the Lord is Ambrosial Nectar; drinking it in, thirst is quenched.

1283 : 1152

O Nanak, those Gurmukhs who drink it in shall never again be afflicted by thirst. ||1||

1283 : 1153

Third Mehl:

1283 : 1154

Malaar is a calming and soothing raga; meditating on the Lord brings peace and tranquility.

1283 : 1155

When the Dear Lord grants His Grace, then the rain falls on all the people of the world.

1283 : 1156

From this rain, all creatures find the ways and means to live, and the earth is embellished.

1283 : 1157

O Nanak, this world is all water; everything came from water.

1283 : 1158

By Guru's Grace, a rare few realize the Lord; such humble beings are liberated forever. ||2||

1283 : 1159

Pauree:

1283 : 1160

O True and Independent Lord God, You alone are my Lord and Master.

1283 : 1161

You Yourself are everything; who else is of any account?

1283 : 1162

False is the pride of man. True is Your glorious greatness.

1283 : 1163

Coming and going in reincarnation, the beings and species of the world came into being.

1283 : 1164

But if the mortal serves his True Guru, his coming into the world is judged to be worthwhile.

1283 : 1165

And if he eradicates egoism from within himself, then how can he be judged?

1283 : 1166

The self-willed manmukh is lost in the darkness of emotional attachment, like the man lost in the wilderness.

1283 : 1167

Countless sins are erased, by even a tiny particle of the Lord's Name. ||11||

1283 : 1168

Shalok, Third Mehl:

1283 : 1169

O rainbird, you do not know the Mansion of your Lord and Master's Presence. Offer your prayers to see this Mansion.

1283 : 1170

You speak as you please, but your speech is not accepted.

1283 : 1171

Your Lord and Master is the Great Giver; whatever you desire, you shall receive from Him.

1283 : 1172

Not only the thirst of the poor rainbird, but the thirst of the whole world is quenched. ||1||

1283 : 1173

Third Mehl:

1283 : 1174

The night is wet with dew; the rainbird sings the True Name with intuitive ease.

1283 : 1175

This water is my very soul; without water, I cannot survive.

1283 : 1176

Through the Word of the Guru's Shabad, this water is obtained, and egotism is eradicated from within.

1283 : 1177

O Nanak, I cannot live without Him, even for a moment; the True Guru has led me to meet Him. ||2||

1283 : 1178

Pauree:

1283 : 1179

There are countless worlds and nether regions; I cannot calculate their number.

1283 : 1180

You are the Creator, the Lord of the Universe; You create it, and You destroy it.

1283 : 1181

The 8.4 million species of beings issued forth from You.

1283 : 1182

Some are called kings, emperors and nobles.

1283 : 1183

Some claim to be bankers and accumulate wealth, but in duality they lose their honor.

1283 : 1184

Some are givers, and some are beggars; God is above the heads of all.

1283 : 1185

Without the Name, they are vulgar, dreadful and wretched.

1283 : 1186

Falsehood shall not last, O Nanak; whatever the True Lord does, comes to pass. ||12||

1283 : 1187

Shalok, Third Mehl:

1283 : 1188

O rainbird, the virtuous soul–bride attains the Mansion of her Lord's Presence; the unworthy, unvirtuous one is far away.

1283 : 1189

Deep within your inner being, the Lord abides. The Gurmukh beholds Him ever–present.

1283 : 1190

When the Lord bestows His Glance of Grace, the mortal no longer weeps and wails.

1283 : 1191

O Nanak, those who are imbued with the Naam intuitively merge with the Lord; they practice the Word of the Guru's Shabad. ||1||

-- Raag Malaar – Part 030 --



## Raag Malaar – Part 031

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1284 : 1192

Third Mehl:

1284 : 1193

The rainbird prays: O Lord, grant Your Grace, and bless me with the gift of the life of the soul.

1284 : 1194

Without the water, my thirst is not quenched, and my breath of life is ended and gone.

1284 : 1195

You are the Giver of peace, O Infinite Lord God; You are the Giver of the treasure of virtue.

1284 : 1196

O Nanak, the Gurmukh is forgiven; in the end, the Lord God shall be your only friend. ||2||

1284 : 1197

Pauree:

1284 : 1198

He created the world; He considers the merits and demerits of the mortals.

1284 : 1199

Those who are entangled in the three gunas – the three dispositions – do not love the Naam, the Name of the Lord.

1284 : 1200

Forsaking virtue, they practice evil; they shall be miserable in the Court of the Lord.

1284 : 1201

They lose their life in the gamble; why did they even come into the world?

1284 : 1202

But those who conquer and subdue their minds, through the True Word of the Shabad – night and day, they love the Naam.

1284 : 1203

Those people enshrine the True, Invisible and Infinite Lord in their hearts.

1284 : 1204

You, O Lord, are the Giver, the Treasure of virtue; I am unvirtuous and unworthy.

1284 : 1205

He alone finds You, whom You bless and forgive, and inspire to contemplate the Word of the Guru's Shabad. ||13||

1284 : 1206

Shalok, Fifth Mehl:

1284 : 1207

The faithless cynics forget the Name of the Lord; the night of their lives does not pass in peace.

1284 : 1208

Their days and nights become comfortable, O Nanak, singing the Glorious Praises of the Lord. ||1||

1284 : 1209

Fifth Mehl:

1284 : 1210

All sorts of jewels and gems, diamonds and rubies, shine forth from their foreheads.

1284 : 1211

O Nanak, those who are pleasing to God, look beautiful in the Court of the Lord. ||2||

1284 : 1212

Pauree:

1284 : 1213

Serving the True Guru, I dwell on the True Lord.

1284 : 1214

The work you have done for the True Guru shall be very useful in the end.

1284 : 1215

The Messenger of Death cannot even touch that person who is protected by the True Lord.

1284 : 1216

Lighting the lamp of the Guru's Teachings, my awareness has been awakened.

1284 : 1217

The self-willed manmukhs are false; without the Name, they wander around like demons.

1284 : 1218

They are nothing more than beasts, wrapped up in human skin; they are black-hearted within.

1284 : 1219

The True Lord is pervading all; through the True Word of the Shabad, He is seen.

1284 : 1220

O Nanak, the Naam is the greatest treasure. The Perfect Guru has revealed it to me. ||14||

1284 : 1221

Shalok, Third Mehl:

1284 : 1222

The rainbird realizes the Hukam of the Lord's Command with intuitive ease through the Guru.

1284 : 1223

The clouds mercifully burst forth, and the rain pours down in torrents.

1284 : 1224

The cries and wailings of the rainbird have ceased, and peace has come to abide in its mind.

1284 : 1225

O Nanak, praise that Lord, who reaches out and gives sustenance to all beings and creatures. ||1||

1284 : 1226

Third Mehl:

1284 : 1227

O rainbird, you do not know what thirst is within you, or what you can drink to quench it.

1284 : 1228

You wander in the love of duality, and you do not obtain the Ambrosial Water.

1284 : 1229

When God casts His Glance of Grace, then the mortal automatically meets the True Guru.

1284 : 1230

O Nanak, the Ambrosial Water is obtained from the True Guru, and then the mortal remains merged in the Lord with intuitive ease. ||2||

1284 : 1231

Pauree:

1284 : 1232

Some go and sit in the forest realms, and do not answer any calls.

1284 : 1233

Some, in the dead of winter, break the ice and immerse themselves in freezing water.

1284 : 1234

Some rub ashes on their bodies, and never wash off their dirt.

1284 : 1235

Some look hideous, with their uncut hair matted and dishevelled. They bring dishonor to their family and ancestry.

-- Raag Malaar – Part 031 --

## Raag Malaar – Part 032

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1285 : 1236

Some wander naked day and night and never sleep.

1285 : 1237

Some burn their limbs in fire, damaging and ruining themselves.

1285 : 1238

Without the Name, the body is reduced to ashes; what good is it to speak and cry then?

1285 : 1239

Those who serve the True Guru, are embellished and exalted in the Court of their Lord and Master. ||15||

1285 : 1240

Shalok, Third Mehl:

1285 : 1241

The rainbird chirps in the ambrosial hours of the morning before the dawn; its prayers are heard in the Court of the Lord.

1285 : 1242

The order is issued to the clouds, to let the rains of mercy shower down.

1285 : 1243

I am a sacrifice to those who enshrine the True Lord within their hearts.

1285 : 1244

O Nanak, through the Name, all are rejuvenated, contemplating the Word of the Guru's

Shabad. ||1||

1285 : 1245

Third Mehl:

1285 : 1246

O rainbird, this is not the way to quench your thirst, even though you may cry out a hundred times.

1285 : 1247

By God's Grace, the True Guru is found; by His Grace, love wells up.

1285 : 1248

O Nanak, when the Lord and Master abides in the mind, corruption and evil leave from within. ||2||

1285 : 1249

Pauree:

1285 : 1250

Some are Jains, wasting their time in the wilderness; by their pre-ordained destiny, they are ruined.

1285 : 1251

The Naam, the Name of the Lord, is not on their lips; they do not bathe at sacred shrines of pilgrimage.

1285 : 1252

They pull out their hair with their hands, instead of shaving.

1285 : 1253

They remain unclean day and night; they do not love the Word of the Shabad.

1285 : 1254

They have no status, no honor, and no good karma. They waste away their lives in vain.

1285 : 1255

Their minds are false and impure; that which they eat is impure and defiled.

1285 : 1256

Without the Shabad, no one achieves a lifestyle of good conduct.

1285 : 1257

The Gurmukh is absorbed in the True Lord God, the Universal Creator. ||16||

1285 : 1258

Shalok, Third Mehl:

1285 : 1259

In the month of Saawan, the bride is happy, contemplating the Word of the Guru's Shabad.

1285 : 1260

O Nanak, she is a happy soul–bride forever; her love for the Guru is unlimited. ||1||

1285 : 1261

Third Mehl:

1285 : 1262

In Saawan, she who has no virtue is burned, in attachment and love of duality.

1285 : 1263



O Nanak, she does not appreciate the value of her Husband Lord; all her decorations are worthless. ||2||

1285 : 1264

Pauree:

1285 : 1265

The True, Unseen, Mysterious Lord is not won over by stubbornness.

1285 : 1266

Some sing according to traditional ragas, but the Lord is not pleased by these ragas.

1285 : 1267

Some dance and dance and keep the beat, but they do not worship Him with devotion.

1285 : 1268

Some refuse to eat; what can be done with these fools?

1285 : 1269

Thirst and desire have greatly increased; nothing brings satisfaction.

1285 : 1270

Some are tied down by rituals; they hassle themselves to death.

1285 : 1271

In this world, profit comes by drinking in the Ambrosial Nectar of the Naam.

1285 : 1272

The Gurmukhs gather in loving devotional worship of the Lord. ||17||

1285 : 1273

Shalok, Third Mehl:

1285 : 1274

Those Gurmukhs who sing in the Raga of Malaar – their minds and bodies become cool and calm.

1285 : 1275

Through the Word of the Guru's Shabad, they realize the One, the One True Lord.

1285 : 1276

Their minds and bodies are true; they obey the True Lord, and they are known as true.

1285 : 1277

True devotional worship is deep within them; they are automatically blessed with honor.

1285 : 1278

In this Dark Age of Kali Yuga, there is utter darkness; the self-willed manmukh cannot find the way.

1285 : 1279

O Nanak, very blessed are those Gurmukhs, unto whom the Lord is revealed. ||1||

1285 : 1280

Third Mehl:

1285 : 1281

The clouds rain down mercifully, and joy wells up in the minds of the people.

1285 : 1282

I am forever a sacrifice to the One, by whose Command the clouds burst forth with rain.

-- Raag Malaar – Part 032 --

## Raag Malaar – Part 033

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1286 : 1283

The Gurmukhs dwell on the Word of the Shabad. They sing the Glorious Praises of the True Lord.

1286 : 1284

O Nanak, those humble beings who are imbued with the Naam are pure and immaculate. They are intuitively merged in the True Lord. ||2||

1286 : 1285

Pauree:

1286 : 1286

Serving the Perfect True Guru, I have found the Perfect Lord.

1286 : 1287

Meditating on the Perfect Lord, by perfect karma, I have enshrined the Shabad within my mind.

1286 : 1288

Through perfect spiritual wisdom and meditation, my filth has been washed away.

1286 : 1289

The Lord is my sacred shrine of pilgrimage and pool of purification; I wash my mind in Him.

1286 : 1290

One who dies in the Shabad and conquers his mind – blessed is the mother who gave birth to him.

1286 : 1291

He is true in the Court of the Lord, and his coming into this world is judged to be true.

1286 : 1292

No one can challenge that person, with whom our Lord and Master is pleased.

1286 : 1293

O Nanak, praising the True Lord, his pre-ordained destiny is activated. ||18||

1286 : 1294

Shalok, Third Mehl:

1286 : 1295

Those who give out ceremonial hats of recognition are fools; those who receive them have no shame.

1286 : 1296

The mouse cannot enter its hole with a basket tied around its waist.

1286 : 1297

Those who give out blessings shall die, and those that they bless shall also depart.

1286 : 1298

O Nanak, no one knows the Lord's Command, by which all must depart.

1286 : 1299

The spring harvest is the Name of the One Lord; the harvest of autumn is the True Name.

1286 : 1300

I receive a letter of pardon from my Lord and Master, when I reach His Court.

1286 : 1301

There are so many courts of the world, and so many who come and go there.

1286 : 1302

There are so many beggars begging; so many beg and beg until death. ||1||

1286 : 1303

First Mehl:

1286 : 1304

The elephant eats a hundred pounds of ghee and molasses, and five hundred pounds of corn.

1286 : 1305

He belches and grunts and scatters dust, and when the breath leaves his body, he regrets it.

1286 : 1306

The blind and arrogant die insane.

1286 : 1307

Submitting to the Lord, one become pleasing to Him.

1286 : 1308

The sparrow eats only half a grain, then it flies through the sky and chirps.

1286 : 1309

The good sparrow is pleasing to her Lord and Master, if she chirps the Name of the Lord.

1286 : 1310

The powerful tiger kills hundreds of deer, and all sorts of other animals eat what it leaves.

1286 : 1311

It becomes very strong, and cannot be contained in its den, but when it must go, it regrets.

1286 : 1312

So who is impressed by the roar of the blind beast?

1286 : 1313

He is not pleasing at all to his Lord and Master.

1286 : 1314

The insect loves the milkweed plant; perched on its branch, it eats it.

1286 : 1315

It becomes good and pleasing to its Lord and Master, if it chirps the Name of the Lord.

1286 : 1316

O Nanak, the world lasts for only a few days; indulging in pleasures, pain is produced.

1286 : 1317

There are many who boast and brag, but none of them can remain detached from the world.

1286 : 1318

The fly dies for the sake of sweets.

1286 : 1319

O Lord, death does not even approach those whom You protect. You carry them across the terrifying world–ocean. ||2||

1286 : 1320

Pauree:

1286 : 1321

You are Inaccessible and Unfathomable, O Invisible and Infinite True Lord Master.

1286 : 1322

You are the Giver, all are beggars of You. You alone are the Great Giver.

1286 : 1323

Those who serve You find peace, reflecting on the Guru's Teachings.

1286 : 1324

Some, according to Your Will, are in love with Maya.

1286 : 1325

Through the Word of the Guru's Shabad, praise the Lord with love and affection within.

1286 : 1326

Without love, there is no devotion. Without the True Guru, love is not enshrined.

1286 : 1327

You are the Lord God; everyone serves You. This is the prayer of Your humble minstrel.

1286 : 1328

Please bless me with the gift of contentment, that I may receive the True Name as my Support. ||19||



## Raag Malaar – Part 034

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1287 : 1329

Shalok, First Mehl:

1287 : 1330

Through the night the time ticks away; through the day the time ticks away.

1287 : 1331

The body wears away and turns to straw.

1287 : 1332

All are involved and entangled in worldly entanglements.

1287 : 1333

The mortal has mistakenly renounced the way of service.

1287 : 1334

The blind fool is caught in conflict, bothered and bewildered.

1287 : 1335

Those who weep after someone has died – can they bring him back to life?

1287 : 1336

Without realization, nothing can be understood.

1287 : 1337

The weepers who weep for the dead shall themselves die as well.

1287 : 1338

O Nanak, this is the Will of our Lord and Master.

1287 : 1339

Those who do not remember the Lord, are dead. ||1||

1287 : 1340

First Mehl:

1287 : 1341

Love dies, and affection dies; hatred and strife die.

1287 : 1342

The color fades, and beauty vanishes; the body suffers and collapses.

1287 : 1343

Where did he come from? Where is he going? Did he exist or not?

1287 : 1344

The self-willed manmukh made empty boasts, indulging in parties and pleasures.

1287 : 1345

O Nanak, without the True Name, his honor is torn away, from head to foot. ||2||

1287 : 1346

Pauree:

1287 : 1347

The Ambrosial Naam, the Name of the Lord, is forever the Giver of peace. It shall be your Help and Support in the end.

1287 : 1348

Without the Guru, the world is insane. It does not appreciate the worth of the Name.

1287 : 1349

Those who serve the True Guru are accepted and approved. Their light merges into the Light.

1287 : 1350

That servant who enshrines the Lord's Will within his mind, becomes just like his Lord and Master.

1287 : 1351

Tell me, who has ever found peace by following his own will? The blind act in blindness.

1287 : 1352

No one is ever satisfied and fulfilled by evil and corruption. The hunger of the fool is not satisfied.

1287 : 1353

Attached to duality, all are ruined; without the True Guru, there is no understanding.

1287 : 1354

Those who serve the True Guru find peace; they are blessed with Grace by the Will of the Lord. ||20||

1287 : 1355

Shalok, First Mehl:

1287 : 1356

Modesty and righteousness both, O Nanak, are qualities of those who are blessed with true wealth.

1287 : 1357

Do not refer to that wealth as your friend, which leads you to get your head beaten.

1287 : 1358

Those who possess only this worldly wealth are known as paupers.

1287 : 1359

But those, within whose hearts You dwell, O Lord – those people are oceans of virtue. ||1||

1287 : 1360

First Mehl:

1287 : 1361

Worldly possessions are obtained by pain and suffering; when they are gone, they leave pain and suffering.

1287 : 1362

O Nanak, without the True Name, hunger is never satisfied.

1287 : 1363

Beauty does not satisfy hunger; when the man sees beauty, he hungers even more.

1287 : 1364

As many as are the pleasures of the body, so many are the pains which afflict it. ||2||

1287 : 1365

First Mehl:

1287 : 1366

Acting blindly, the mind becomes blind. The blind mind makes the body blind.

1287 : 1367

Why make a dam with mud and plaster? Even a dam made of stones gives way.

1287 : 1368

The dam has burst. There is no boat. There is no raft. The water's depth is unfathomable.

1287 : 1369

O Nanak, without the True Name, many multitudes have drowned. ||3||

1287 : 1370

First Mehl:

1287 : 1371

Thousands of pounds of gold, and thousands of pounds of silver; the king over the heads of thousands of kings.

1287 : 1372

Thousands of armies, thousands of marching bands and spearmen; the emperor of thousands of horsemen.

1287 : 1373

The unfathomable ocean of fire and water must be crossed.

1287 : 1374

The other shore cannot be seen; only the roar of pitiful cries can be heard.

1287 : 1375

O Nanak, there, it shall be known, whether anyone is a king or an emperor. ||4||

1287 : 1376

Pauree:

1287 : 1377

Some have chains around their necks, in bondage to the Lord.

1287 : 1378

They are released from bondage, realizing the True Lord as True.

-- Raag Malaar – Part 034 --

## Raag Malaar – Part 035

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1288 : 1379

One whose pre-ordained destiny is activated, comes to know the True Lord.

1288 : 1380

By God's Command, it is ordained. When the mortal goes, he knows.

1288 : 1381

Realize the Word of the Shabad, and cross over the terrifying world-ocean.

1288 : 1382

Thieves, adulterers and gamblers are pressed like seeds in the mill.

1288 : 1383

Slanderers and gossipers are hand-cuffed.

1288 : 1384

The Gurmukh is absorbed in the True Lord, and is famous in the Court of the Lord. ||21||

1288 : 1385

Shalok, Second Mehl:

1288 : 1386

The beggar is known as an emperor, and the fool is known as a religious scholar.

1288 : 1387

The blind man is known as a seer; this is how people talk.

1288 : 1388

The trouble–maker is called a leader, and the liar is seated with honor.

1288 : 1389

O Nanak, the Gurmukhs know that this is justice in the Dark Age of Kali Yuga. ||1||

1288 : 1390

First Mehl:

1288 : 1391

Deer, falcons and government officials are known to be trained and clever.

1288 : 1392

When the trap is set, they trap their own kind; hereafter they will find no place of rest.

1288 : 1393

He alone is learned and wise, and he alone is a scholar, who practices the Name.

1288 : 1394

First, the tree puts down its roots, and then it spreads out its shade above.

1288 : 1395

The kings are tigers, and their officials are dogs;

1288 : 1396

they go out and awaken the sleeping people to harass them.

1288 : 1397

The public servants inflict wounds with their nails.



1288 : 1398

The dogs lick up the blood that is spilled.

1288 : 1399

But there, in the Court of the Lord, all beings will be judged.

1288 : 1400

Those who have violated the people's trust will be disgraced; their noses will be cut off. ||2||

1288 : 1401

Pauree:

1288 : 1402

He Himself creates the world, and He himself takes care of it.

1288 : 1403

Without the Fear of God, doubt is not dispelled, and love for the Name is not embraced.

1288 : 1404

Through the True Guru, the Fear of God wells up, and the Door of Salvation is found.

1288 : 1405

Through the Fear of God, intuitive ease is obtained, and one's light merges into the Light of the Infinite.

1288 : 1406

Through the Fear of God, the terrifying world–ocean is crossed over, reflecting on the Guru's Teachings.

1288 : 1407

Through the Fear of God, the Fearless Lord is found; He has no end or limitation.

1288 : 1408

The self-willed manmukhs do not appreciate the value of the Fear of God. Burning in desire, they weep and wail.

1288 : 1409

O Nanak, through the Name, peace is obtained, by enshrining the Guru's Teachings within the heart. ||22||

1288 : 1410

Shalok, First Mehl:

1288 : 1411

Beauty and sexual desire are friends; hunger and tasty food are tied together.

1288 : 1412

Greed is bound up in its search for wealth, and sleep will use even a tiny space as a bed.

1288 : 1413

Anger barks and brings ruin on itself, blindly pursuing useless conflicts.

1288 : 1414

It is good to be silent, O Nanak; without the Name, one's mouth spews forth only filth. ||1||

1288 : 1415

First Mehl:

1288 : 1416

Royal power, wealth, beauty, social status and youth are the five thieves.

1288 : 1417

These thieves have plundered the world; no one's honor has been spared.

1288 : 1418

But these thieves themselves are robbed, by those who fall at the Guru's Feet.

1288 : 1419

O Nanak, the multitudes who do not have good karma are plundered. ||2||

1288 : 1420

Pauree:

1288 : 1421

The learned and educated are called to account for their actions.

1288 : 1422

Without the Name, they are judged false; they become miserable and suffer hardship.

1288 : 1423

Their path becomes treacherous and difficult, and their way is blocked.

1288 : 1424

Through the Shabad, the Word of the True and Independent Lord God, one becomes content.

1288 : 1425

The Lord is deep and profound and unfathomable; His depth cannot be measured.

1288 : 1426

Without the Guru, the mortals are beaten and punched in the face and the mouth, and no

one is released.

1288 : 1427

Chanting the Naam, the Name of the Lord, one returns to his true home with honor.

1288 : 1428

Know that the Lord, by the Hukam of His Command, gives sustenance and the breath of life. ||23||

-- Raag Malaar – Part 035 --

## Raag Malaar – Part 036

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1289 : 1429

Shalok, First Mehl:

1289 : 1430

Living beings are formed of air, water and fire. They are subject to pleasure and pain.

1289 : 1431

In this world, in the nether regions of the underworld, and in the Akaashic ethers of the heavens, some remain ministers in the Court of the Lord.

1289 : 1432

Some live long lives, while others suffer and die.

1289 : 1433

Some give and consume, and still their wealth is not exhausted, while others remain poor forever.

1289 : 1434

In His Will He creates, and in His Will He destroys thousands in an instant.

1289 : 1435

He has harnessed everyone with His harness; when He forgives, he breaks the harness.

1289 : 1436

He has no color or features; He is invisible and beyond calculation.

1289 : 1437

How can He be described? He is known as the Truest of the True.

1289 : 1438

All the actions which are done and described, O Nanak, are done by the Indescribable Lord Himself.

1289 : 1439

Whoever hears the description of the indescribable,

1289 : 1440

is blessed with wealth, intelligence, perfection, spiritual wisdom and eternal peace. ||1||

1289 : 1441

First Mehl:

1289 : 1442

One who bears the unbearable, controls the nine holes of the body.

1289 : 1443

One who worships and adores the Lord with his breath of life, gains stability in his body-wall.

1289 : 1444

Where has he come from, and where will he go?

1289 : 1445

Remaining dead while yet alive, he is accepted and approved.

1289 : 1446

Whoever understands the Hukam of the Lord's Command, realizes the essence of reality.

1289 : 1447

This is known by Guru's Grace.

1289 : 1448

O Nanak, know this: egotism leads to bondage.

1289 : 1449

Only those who have no ego and no self–conceit, are not consigned to reincarnation. ||2||

1289 : 1450

Pauree:

1289 : 1451

Read the Praise of the Lord's Name; other intellectual pursuits are false.

1289 : 1452

Without dealing in Truth, life is worthless.

1289 : 1453

No one has ever found the Lord's end or limitation.

1289 : 1454

All the world is enveloped by the darkness of egotistical pride. It does not like the Truth.

1289 : 1455

Those who depart from this world, forgetting the Naam, shall be roasted in the frying pan.

1289 : 1456

They pour the oil of duality within, and burn.

1289 : 1457

They come into the world and wander around aimlessly; they depart when the play is finished.

1289 : 1458

O Nanak, imbued with Truth, the mortals merge in Truth. ||24||

1289 : 1459

Shalok, First Mehl:

1289 : 1460

First, the mortal is conceived in the flesh, and then he dwells in the flesh.

1289 : 1461

When he comes alive, his mouth takes flesh; his bones, skin and body are flesh.

1289 : 1462

He comes out of the womb of flesh, and takes a mouthful of flesh at the breast.

1289 : 1463

His mouth is flesh, his tongue is flesh; his breath is in the flesh.

1289 : 1464

He grows up and is married, and brings his wife of flesh into his home.

1289 : 1465

Flesh is produced from flesh; all relatives are made of flesh.

1289 : 1466

When the mortal meets the True Guru, and realizes the Hukam of the Lord's Command, then he comes to be reformed.



1289 : 1467

Releasing himself, the mortal does not find release; O Nanak, through empty words, one is ruined. ||1||

1289 : 1468

First Mehl:

1289 : 1469

The fools argue about flesh and meat, but they know nothing about meditation and spiritual wisdom.

1289 : 1470

What is called meat, and what is called green vegetables? What leads to sin?

1289 : 1471

It was the habit of the gods to kill the rhinoceros, and make a feast of the burnt offering.

1289 : 1472

Those who renounce meat, and hold their noses when sitting near it, devour men at night.

1289 : 1473

They practice hypocrisy, and make a show before other people, but they do not understand anything about meditation or spiritual wisdom.

1289 : 1474

O Nanak, what can be said to the blind people? They cannot answer, or even understand what is said.

1289 : 1475

They alone are blind, who act blindly. They have no eyes in their hearts.

They are produced from the blood of their mothers and fathers, but they do not eat fish or meat.

-- Raag Malaar – Part 036 --

## Raag Malaar – Part 037

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1290 : 1477

But when men and women meet in the night, they come together in the flesh.

1290 : 1478

In the flesh we are conceived, and in the flesh we are born; we are vessels of flesh.

1290 : 1479

You know nothing of spiritual wisdom and meditation, even though you call yourself clever,  
O religious scholar.

1290 : 1480

O master, you believe that flesh on the outside is bad, but the flesh of those in your own  
home is good.

1290 : 1481

All beings and creatures are flesh; the soul has taken up its home in the flesh.

1290 : 1482

They eat the uneatable; they reject and abandon what they could eat. They have a teacher  
who is blind.

1290 : 1483

In the flesh we are conceived, and in the flesh we are born; we are vessels of flesh.

1290 : 1484

You know nothing of spiritual wisdom and meditation, even though you call yourself clever,  
O religious scholar.

1290 : 1485

Meat is allowed in the Puraanas, meat is allowed in the Bible and the Koran. Throughout the four ages, meat has been used.

1290 : 1486

It is featured in sacred feasts and marriage festivities; meat is used in them.

1290 : 1487

Women, men, kings and emperors originate from meat.

1290 : 1488

If you see them going to hell, then do not accept charitable gifts from them.

1290 : 1489

The giver goes to hell, while the receiver goes to heaven – look at this injustice.

1290 : 1490

You do not understand your own self, but you preach to other people. O Pandit, you are very wise indeed.

1290 : 1491

O Pandit, you do not know where meat originated.

1290 : 1492

Corn, sugar cane and cotton are produced from water. The three worlds came from water.

1290 : 1493

Water says, "I am good in many ways." But water takes many forms.

1290 : 1494

Forsaking these delicacies, one becomes a true Sannyasee, a detached hermit. Nanak reflects and speaks. ||2||

1290 : 1495

Pauree:

1290 : 1496

What can I say with only one tongue? I cannot find your limits.

1290 : 1497

Those who contemplate the True Word of the Shabad are absorbed into You, O Lord.

1290 : 1498

Some wander around in saffron robes, but without the True Guru, no one finds the Lord.

1290 : 1499

They wander in foreign lands and countries until they grow weary, but You hide Yourself within them.

1290 : 1500

The Word of the Guru's Shabad is a jewel, through which the Lord shines forth and reveals Himself.

1290 : 1501

Realizing one's own self, following the Guru's Teachings, the mortal is absorbed into Truth.

1290 : 1502

Coming and going, the tricksters and magicians put on their magic show.

1290 : 1503

But those whose minds are pleased by the True Lord, praise the True One, the Ever-stable Lord. ||25||

1290 : 1504

Shalok, First Mehl:

1290 : 1505

O Nanak, the tree of actions done in Maya yields ambrosial fruit and poisonous fruit.

1290 : 1506

The Creator does all deeds; we eat the fruits as He ordains. ||1||

1290 : 1507

Second Mehl:

1290 : 1508

O Nanak, burn worldly greatness and glory in the fire.

1290 : 1509

These burnt offerings have caused mortals to forget the Naam, the Name of the Lord. Not even one of them will go along with you in the end. ||2||

1290 : 1510

Pauree:

1290 : 1511

He judges each and every being; by the Hukam of His Command, He leads us on.

1290 : 1512

Justice is in Your Hands, O Lord; You are pleasing to my mind.

1290 : 1513

The mortal is bound and gagged by Death and lead away; no one can rescue him.

1290 : 1514

Old age, the tyrant, dances on the mortal's shoulders.

1290 : 1515

So climb aboard the boat of the True Guru, and the True Lord will rescue you.

1290 : 1516

The fire of desire burns like an oven, consuming mortals night and day.

1290 : 1517

Like trapped birds, the mortals peck at the corn; only through the Lord's Command will they find release.

1290 : 1518

Whatever the Creator does, comes to pass; falsehood shall fail in the end. ||26||

-- Raag Malaar – Part 037 --

## Raag Malaar – Part 038

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1291 : 1519

Shalok, First Mehl:

1291 : 1520

The True Guru is the All-knowing Primal Being; He shows us our true home within the home of the self.

1291 : 1521

The Panch Shabad, the Five Primal Sounds, resonate and resound within; the insignia of the Shabad is revealed there, vibrating gloriously.

1291 : 1522

Worlds and realms, nether regions, solar systems and galaxies are wondrously revealed.

1291 : 1523

The strings and the harps vibrate and resound; the true throne of the Lord is there.

1291 : 1524

Listen to the music of the home of the heart – Sukhmani, peace of mind. Lovingly tune in to His state of celestial ecstasy.

1291 : 1525

Contemplate the Unspoken Speech, and the desires of the mind are dissolved.

1291 : 1526

The heart-lotus is turned upside-down, and is filled with Ambrosial Nectar. This mind does not go out; it does not get distracted.

1291 : 1527



It does not forget the Chant which is chanted without chanting; it is immersed in the Primal Lord God of the ages.

1291 : 1528

All the sister-companions are blessed with the five virtues. The Gurmukhs dwell in the home of the self deep within.

1291 : 1529

Nanak is the slave of that one who seeks the Shabad and finds this home within. ||1||

1291 : 1530

First Mehl:

1291 : 1531

The extravagant glamor of the world is a passing show.

1291 : 1532

My twisted mind does not believe that it will end up in a grave.

1291 : 1533

I am meek and lowly; You are the great river.

1291 : 1534

Please, bless me with the one thing; everything else is poison, and does not tempt me.

1291 : 1535

You filled this fragile body with the water of life, O Lord, by Your Creative Power.

1291 : 1536

By Your Omnipotence, I have become powerful.

1291 : 1537

Nanak is a dog in the Court of the Lord, intoxicated more and more, all the time.

1291 : 1538

The world is on fire; the Name of the Lord is cooling and soothing. ||2||

1291 : 1539

New Pauree, Fifth Mehl:

1291 : 1540

His wonderful play is all-pervading; it is wonderful and amazing!

1291 : 1541

As Gurmukh, I know the the Transcendent Lord, the Supreme Lord God.

1291 : 1542

All my sins and corruption are washed away, through the insignia of the Shabad, the Word of God.

1291 : 1543

In the Saadh Sangat, the Company of the Holy, one is saved, and becomes free.

1291 : 1544

Meditating, meditating in remembrance on the Great Giver, I enjoy all comforts and pleasures.

1291 : 1545

I have become famous throughout the world, under the canopy of His kindness and grace.

1291 : 1546

He Himself has forgiven me, and united me with Himself; I am forever a sacrifice to Him.

1291 : 1547

O Nanak, by the Pleasure of His Will, my Lord and Master has blended me with Himself.  
||27||

1291 : 1548

Shalok, First Mehl:

1291 : 1549

Blessed is the paper, blessed is the pen, blessed is the inkwell, and blessed is the ink.

1291 : 1550

Blessed is the writer, O Nanak, who writes the True Name. ||1||

1291 : 1551

First Mehl:

1291 : 1552

You Yourself are the writing tablet, and You Yourself are the pen. You are also what is written on it.

1291 : 1553

Speak of the One Lord, O Nanak; how could there be any other? ||2||

1291 : 1554

Pauree:

1291 : 1555

You Yourself are all-pervading; You Yourself made the making.

1291 : 1556

Without You, there is no other at all; You are permeating and pervading everywhere.

1291 : 1557

You alone know Your state and extent. Only You can estimate Your worth.

1291 : 1558

You are invisible, imperceptible and inaccessible. You are revealed through the Guru's Teachings.

1291 : 1559

Deep within, there is ignorance, suffering and doubt; through the spiritual wisdom of the Guru, they are eradicated.

1291 : 1560

He alone meditates on the Naam, whom You unite with Yourself, in Your Mercy.

1291 : 1561

You are the Creator, the Inaccessible Primal Lord God; You are all-pervading everywhere.

1291 : 1562

To whatever You link the mortal, O True Lord, to that he is linked. Nanak sings Your Glorious Praises. ||28||1||

1291 : 1563

SUDH||

## Raag Malaar – Part 039

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1292 : 1564

Raag Malaar, The Word Of The Devotee Naam Dayv Jee:

1292 : 1565

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

1292 : 1566

Serve the King, the Sovereign Lord of the World. He has no ancestry; He is immaculate and pure.

1292 : 1567

Please bless me with the gift of devotion, which the humble Saints beg for. ||1||Pause||

1292 : 1568

His Home is the pavilion seen in all directions; His ornamental heavenly realms fill the seven worlds alike.

1292 : 1569

In His Home, the virgin Lakshmi dwells. The moon and the sun are His two lamps; the wretched Messenger of Death stages his dramas, and levies taxes on all.

1292 : 1570

Such is my Sovereign Lord King, the Supreme Lord of all. ||1||

1292 : 1571

In His House, the four-faced Brahma, the cosmic potter lives. He created the entire universe.

1292 : 1572

In His House, the insane Shiva, the Guru of the World, lives; he imparts spiritual wisdom to explain the essence of reality.

1292 : 1573

Sin and virtue are the standard-bearers at His Door; Chitr and Gupt are the recording angels of the conscious and subconscious.

1292 : 1574

The Righteous Judge of Dharma, the Lord of Destruction, is the door-man.

1292 : 1575

Such is the Supreme Sovereign Lord of the World. ||2||

1292 : 1576

In His Home are the heavenly heralds, celestial singers, Rishis and poor minstrels, who sing so sweetly.

1292 : 1577

All the Shaastras take various forms in His theater, singing beautiful songs.

1292 : 1578

The wind waves the fly-brush over Him;

1292 : 1579

His hand-maiden is Maya, who has conquered the world.

1292 : 1580

The shell of the earth is His fireplace.

1292 : 1581

Such is the Sovereign Lord of the three worlds. ||3||

1292 : 1582

In His Home, the celestial turtle is the bed–frame, woven with the strings of the thousand–headed snake.

1292 : 1583

His flower–girls are the eighteen loads of vegetation; His water–carriers are the nine hundred sixty million clouds.

1292 : 1584

His sweat is the Ganges River.

1292 : 1585

The seven seas are His water–pitchers.

1292 : 1586

The creatures of the world are His household utensils.

1292 : 1587

Such is the Sovereign Lord King of the three worlds. ||4||

1292 : 1588

In His home are Arjuna, Dhroo, Prahlaad, Ambreek, Naarad, Nayjaa, the Siddhas and Buddhas, the ninety–two heavenly heralds and celestial singers in their wondrous play.

1292 : 1589

All the creatures of the world are in His House.

1292 : 1590

The Lord is diffused in the inner beings of all.

1292 : 1591

Prays Naam Dayv, seek His Protection.

1292 : 1592

All the devotees are His banner and insignia. ||5||1||

1292 : 1593

MALAAR:

1292 : 1594

Please do not forget me; please do not forget me,

1292 : 1595

please do not forget me, O Lord. ||1||Pause||

1292 : 1596

The temple priests have doubts about this, and everyone is furious with me.

1292 : 1597

Calling me low–caste and untouchable, they beat me and drove me out; what should I do now, O Beloved Father Lord? ||1||

1292 : 1598

If You liberate me after I am dead, no one will know that I am liberated.

1292 : 1599

These Pandits, these religious scholars, call me low–born; when they say this, they tarnish Your honor as well. ||2||

1292 : 1600

You are called kind and compassionate; the power of Your Arm is absolutely unrivalled.



The Lord turned the temple around to face Naam Dayv; He turned His back on the Brahmins. ||3||2||

-- Raag Malaar – Part 039 --

## Raag Malaar – Part 040

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1293 : 1602

Malaar, The Word Of The Devotee Ravi Daas Jee:

1293 : 1603

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

1293 : 1604

O humble townspeople, I am obviously just a shoemaker.

1293 : 1605

In my heart I cherish the Glories of the Lord, the Lord of the Universe. ||1||Pause||

1293 : 1606

Even if wine is made from the water of the Ganges, O Saints, do not drink it.

1293 : 1607

This wine, and any other polluted water which mixes with the Ganges, is not separate from it. ||1||

1293 : 1608

The palmyra palm tree is considered impure, and so its leaves are considered impure as well.

1293 : 1609

But if devotional prayers are written on paper made from its leaves, then people bow in reverence and worship before it. ||2||

1293 : 1610

It is my occupation to prepare and cut leather; each day, I carry the carcasses out of the city.

1293 : 1611

Now, the important Brahmins of the city bow down before me; Ravi Daas, Your slave, seeks the Sanctuary of Your Name. ||3||1||

1293 : 1612

MALAAR:

1293 : 1613

Those humble beings who meditate on the Lord's Lotus Feet – none are equal to them.

1293 : 1614

The Lord is One, but He is diffused in many forms. Bring in, bring in, that All-pervading Lord. ||Pause||

1293 : 1615

He who writes the Praises of the Lord God, and sees nothing else at all, is a low-class, untouchable fabric-dyer by trade.

1293 : 1616

The Glory of the Name is seen in the writings of Vyaas and Sanak, throughout the seven continents. ||1||

1293 : 1617

And he whose family used to kill cows at the festivals of Eed and Bakareed, who worshipped Shayks, martyrs and spiritual teachers,

1293 : 1618

whose father used to do such things – his son Kabeer became so successful that he is now famous throughout the three worlds. ||2||

1293 : 1619

And all the leather-workers in those families still go around Benares removing the dead cattle

1293 : 1620

– the ritualistic Brahmins bow in reverence before their son Ravi Daas, the slave of the Lord's slaves. ||3||2||

1293 : 1621

Malaar:

1293 : 1622

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

1293 : 1623

What sort of devotional worship will lead me to meet my Beloved, the Lord of my breath of life?

1293 : 1624

In the Saadh Sangat, the Company of the Holy, I have obtained the supreme status.  
||Pause||

1293 : 1625

How long shall I wash these dirty clothes?

1293 : 1626

How long shall I remain asleep? ||1||

1293 : 1627

Whatever I was attached to, has perished.

1293 : 1628

The shop of false merchandise has closed down. ||2||

1293 : 1629

Says Ravi Daas, when the account is called for and given,

1293 : 1630

whatever the mortal has done, he shall see. ||3||1||3||

-- Raag Malaar --