

gun gobind gaa-i-o nahee janam akaarath keen

sl k mhl 9] (1426-10)	salok mehlāa 9.	Shalok, Ninth Mehl:
gun gobind gwieE nhl j nmū AkūQ klnū]	gun gobind gaa-i-o nahee janam akaarath keen.	If you do not sing the Praises of the Lord, your life is rendered useless.
khu nwnk hir Bj umnw ij h ibiD j l kaumlū]1]	kaho naanak har <u>bh</u> aj manaa jih <u>biDh</u> jal ka-o meen. 1	Says Nanak, meditate, vibrate upon the Lord; immerse your mind in Him, like the fish in the water. 1
ibiKAn isau kwhyrice inmK n hoh adūsu]	<u>bikh</u> i-an si-o kaahay rachi-o nimakh na hohi u ^{da} as.	Why are you engrossed in sin and corruption? You are not detached, even for a moment!
khu nwnk Bj uhir mnw prYn j m kl Pws]2]	kaho naanak <u>bh</u> aj har manaa parai na jam kee faas. 2	Says Nanak, meditate, vibrate upon the Lord, and you shall not be caught in the noose of death. 2
qrnwpoieauhl gieE l IE j r w qnuj liq]	<u>ta</u> naapo i-o hee ga-i-o lee-o jaraa <u>ta</u> n jeet.	Your youth has passed away like this, and old age has overtaken your body.
khu nwnk Bj uhir mnw AaD j wqu hYbliq]3]	kaho naanak <u>bh</u> aj har manaa a- <u>oDh</u> jaat hai beet. 3	Says Nanak, meditate, vibrate upon the Lord; your life is fleeting away! 3
ibriD BieE sWYnhl kw l u ^{ph} ice Awin]	<u>bi</u> ra <u>Dh</u> <u>bh</u> a-i-o soojhai nahee kaal pahoochi-o aan.	You have become old, and you do not understand that death is overtaking you.
khu nwnk nr buvryikauN Bj Y Bgvnu]4]	kaho naanak nar baavray ki-o na <u>bh</u> ajai <u>bh</u> agvaan. 4	Says Nanak, you are insane! Why do you not remember and meditate on God? 4
Dnu dnrw s ^{ph} iq sgl ij in Aprnl kir mwin]	<u>Dh</u> an <u>da</u> araa sampat sagal jin apunee kar maan.	Your wealth, spouse, and all the possessions which you claim as your own
ien mYkCusthl nhl nwnk swcl j win]5]	in mai <u>ka</u> chh sangee nahee naanak saachee jaan. 5	- none of these shall go along with you in the end. O Nanak, know this as true. 5
piqq aDwrn B ^{ph} hrn hir AnūQ kynūQ]	patit u <u>Dh</u> araan <u>bh</u> ai haran har anaath kay naath.	He is the Saving Grace of sinners, the Destroyer of fear, the Master of the masterless.
khu nwnk iqh j wnlA ^{ph} sdw bsqu qm swiQ]6]	kaho naanak <u>ti</u> h jaanee-ai sadaa basat tum saath. 6	Says Nanak, realize and know Him, who is always with you. 6
qnuDnu ij h qokaudIE qW isau n ^{ph} un kln]	<u>ta</u> n <u>Dh</u> an jih to ka-o <u>de</u> e-o <u>ta</u> a ^N si- o nayhu na keen.	He has given you your body and wealth, but you are not in love with Him.

khu nwnk nr bivr yAb ikau fī q dln]7]	kaho naanak nar baavray ab ki-o dolaṭ deen. 7	Says Nanak, you are insane! Why do you now shake and tremble so helplessly? 7
qnu Dnu sṁṁ sīk dīE Arū ij h nīky Dm]	ṭan Dhan sampai sukh dee-o ar jih neekay Dhaam.	He has given you your body, wealth, property, peace and beautiful mansions.
khu nwnk sun rymnw ismrq kwih n rmmu]8]	kaho naanak sun ray manaa simraṭ kaahi na raam. 8	Says Nanak, listen, mind: why don't you remember the Lord in meditation? 8
sB sīk dīq rmmu h' dīsr nīhn kīe]	sabh sukh daṭṭaa raam hai doosar naahin ko-ay.	The Lord is the Giver of all peace and comfort. There is no other at all.
khu nwnk sin rymnw iqh ismrq giq hoie]9]	kaho naanak sun ray manaa ṭih simraṭ gaṭ ho-ay. 9	Says Nanak, listen, mind: meditating in remembrance on Him, salvation is attained. 9
ij h ismrq giq pīeṭAṭ iqh Bj u ry q' mlq]	jih simraṭ gaṭ paa-ee-ai ṭih bhaj ray ṭai meet.	Remembering Him in meditation, salvation is attained; vibrate and meditate on Him, O my friend.
khu nwnk sun rymnw AaD Gtq h' nīq]10]	kaho naanak sun ray manaa a-o Dh ghataṭ hai neeṭ. 10	Says Nanak, listen, mind: your life is passing away! 10
pīc qq kīq nū ricE j wnhu cqir sj w]	paa ^N ch ṭaṭ ko ṭan rachi-o jaanhu chaṭur sujaan.	Your body is made up of the five elements; you are clever and wise - know this well.
ij h qy apij E nwnkw I In qīh m' mnu]11]	jih ṭay upji-o naankaa leen ṭaahi mai maan. 11	Believe it - you shall merge once again into the One, O Nanak, from whom you originated. 11
Gt Gt m' hir j ūbs' sṁn kihE pīkīr]	ghat ghat mai har joo basai sanṭan kahi-o pukaar.	The Dear Lord abides in each and every heart; the Saints proclaim this as true.
khu nwnk iqh Bj umnw BauiniD aīqrih pīir]12]	kaho naanak ṭih bhaj manaa bha-o niDh uṭreh paar. 12	Says Nanak, meditate and vibrate upon Him, and you shall cross over the terrifying world-ocean. 12
sīkudīkū ij h prs' nhl I Bmhu AiBmnu]	sukh dukh jih parsai nahee lobh moh abhimaan.	One who is not touched by pleasure or pain, greed, emotional attachment and egotistical pride
khu nwnk sun rymnw som' riq Bgw]13]	kaho naanak sun ray manaa so mooraṭ bhagvaan. 13	- says Nanak, listen, mind: he is the very image of God. 13
aīsqīq inīdA w nīh ij ih kīc'n I h smw]	ustaṭ nīdī-aa naahi jihi kanchan loh samaan.	One who is beyond praise and slander, who looks upon gold and iron alike

khu nwnk sin rymnw mkiq qwih qYj win]14]	kaho naanak sun ray manaa mukat̄ taahi tai jaan. 14	- says Nanak, listen, mind: know that such a person is liberated. 14
hrKu sguj w kYnhl bYl mlq smwin]	harakh sog jaa kai nahee bairee meet̄ samaan.	One who is not affected by pleasure or pain, who looks upon friend and enemy alike
khu nwnk sin rymnw mkiq qwih qYj win]15]	kaho naanak sun ray manaa mukat̄ taahi tai jaan. 15	- says Nanak, listen, mind: know that such a person is liberated. 15
BYkwhUkaudq nih nih BYmwng Awv]	bhai kaahoo ka-o dayt̄ neh neh bhai maanaṭ̄ aan.	One who does not frighten anyone, and who is not afraid of anyone else
khu nwnk sin rymnw igAwv qwih bKwin]16]	kaho naanak sun ray manaa gi-aanee taahi bakhaan. 16	- says Nanak, listen, mind: call him spiritually wise. 16
ij ih ibiKAw sgl I qj I I E BK bYng]	jih i bikhi-aa saglee tajee lee-o bhaykh bairaag.	One who has forsaken all sin and corruption, who wears the robes of neutral detachment
khu nwnk sin rymnw iqh nr mwQY Bwgu]17]	kaho naanak sun ray manaa tih nar maathai bhaag. 17	- says Nanak, listen, mind: good destiny is written on his forehead. 17
ij ih mwieAw mmqw qj I sB qy BieE adwsu]	jih i maa-i-aa mamṭaa tajee sabh tay bha-i-o udaas.	One who renounces Maya and possessiveness and is detached from everything
khu nwnk sin rymnw iqh Git bhm invisu]18]	kaho naanak sun ray manaa tih ghat barahm nivaas. 18	- says Nanak, listen, mind: God abides in his heart. 18
ij ih pñnl hamYqj I krqw rwmv pCwin]	jih i paraanee ha-umai tajee kartaa raam pachhaan.	That mortal, who forsakes egotism, and realizes the Creator Lord
khu nwnk vhumkiq nruieh mn swcl mwnu]19]	kaho naanak vahu mukat̄ nar ih man saachee maan. 19	- says Nanak, that person is liberated; O mind, know this as true. 19
BYnwsn dirmiq hrn kil mYhir konwmu]	bhai naasan durmat̄ haran kal mai har ko naam.	In this Dark Age of Kali Yuga, the Name of the Lord is the Destroyer of fear, the Eradicator of evil-mindedness.
inis idnuj onwnk Bj YsPI hoh iqh kwm]20]	nis din jo naanak bhajai safal hohi tih kaam. 20	Night and day, O Nanak, whoever vibrates and meditates on the Lord's Name, sees all of his works brought to fruition. 20
ij hbw gin gobbd Bj hukrn sinhu hir nwmu]	jihbaa gun gobind bhajahu karan sunhu har naam.	Vibrate with your tongue the Glorious Praises of the Lord of the Universe; with your ears, hear the Lord's Name.

khu ⁿ wk sin rym ⁿ w prih n j m kYDwm]21]	kaho naanak sun ray manaa pareh na jam kai <u>D</u> haam. 21	Says Nanak, listen, man: you shall not have to go to the house of Death. 21
j o p ⁿ l ⁿ l mmq ^w qj YI B mh Ah ⁿ kar]	jo paraanee mam ^t aa <u>t</u> ajai lob ^h moh aha ⁿ kaar.	That mortal who renounces possessiveness, greed, emotional attachment and egotism
khu ⁿ wk Aw ⁿ q ^r YAairn l q aD ^w r]22]	kaho naanak aapan <u>t</u> arai a-uran lay ^t u <u>D</u> haar. 22	- says Nanak, he himself is saved, and he saves many others as well. 22
ij au ^s p ⁿ w Arup ^k n ^w A ^s yj g kauj win]	ji-o supnaa ar payk ^h naa aisay jag ka-o jaan.	Like a dream and a show, so is this world, you must know.
ien m ^l kCu ^s wco ⁿ hl n ^w nk ibnu Bgv ^w n]23]	in mai kach ^h saacho nahee naanak bin <u>b</u> hagvaan. 23	None of this is true, O Nanak, without God. 23
inis idnu ^m wieAw k ^w rny p ⁿ l ⁿ l f ^l q nlq]	nis <u>d</u> in maa-i-aa kaarnay paraanee dolat ^t nee ^t .	Night and day, for the sake of Maya, the mortal wanders constantly.
kotn m ^l n ^w nk ka ^l n ^w rienuij h cliq]24]	kotan mai naanak ko-oo naaraa-in jih chee ^t . 24	Among millions, O Nanak, there is scarcely anyone, who keeps the Lord in his consciousness. 24
j ^s yj l qy bud ^b ud ^w apj Yibns ^l nlq]	jaisay jal <u>t</u> ay bud ^b ud ^{aa} upjai binsai nee ^t .	As the bubbles in the water well up and disappear again,
j g rcn ^w q ^s yrcl khu ⁿ wk sin mlq]25]	jag rachnaa <u>t</u> aisay rachee kaho naanak sun mee ^t . 25	so is the universe created; says Nanak, listen, O my friend! 25
p ⁿ l ⁿ l kCU ⁿ cp ^{el} mid ^m wieAw k ^l AD ^u]	paraanee kach ^h oo na chay ^t -ee ma ^d maa-i-aa kai an <u>D</u> h.	The mortal does not remember the Lord, even for a moment; he is blinded by the wine of Maya.
khu ⁿ wk ibnuhir Bj n prq q ^w ih j m P ^D]26]	kaho naanak bin har <u>b</u> hajan parat ^t <u>t</u> aahi jam fan <u>D</u> h. 26	Says Nanak, without meditating on the Lord, he is caught by the noose of Death. 26
j au ^s k kau ^c h ^l s ^d w srin rum kl l h]	ja-o suk ^h ka-o chaahai sa ^d aa saran raam kee layh.	If you yearn for eternal peace, then seek the Sanctuary of the Lord.
khu ⁿ wk sin rym ⁿ w dr ^l B m ^w nK dh]27]	kaho naanak sun ray manaa <u>d</u> urlab ^h maanuk ^h dayh. 27	Says Nanak, listen, mind: this human body is difficult to obtain. 27
^m wieAw k ^w rin D ^w hl m ^l k l g Aj ^w n]	maa-i-aa kaaran <u>D</u> haavhee moorak ^h log ajaan.	For the sake of Maya, the fools and ignorant people run all around.
khu ⁿ wk ibnuhir Bj n ibr ^Q w	kaho naanak bin har <u>b</u> hajan	Says Nanak, without meditating on the Lord, life passes

j nmu isrw n]28]	birthaa janam siraan. 28	away uselessly. 28
j o p n l inis idnu Bj Y r t p r w m iqh j w n u]	jo paraanee nis <u>din</u> <u>bh</u> ajai roop raam <u>tih</u> jaan.	That mortal who meditates and vibrates upon the Lord night and day - know him to be the embodiment of the Lord.
hir j n hir A m r u n h l n w n k s w c l m w n u]29]	har jan har <u>an</u> tar nahee naanak saachee maan. 29	There is no difference between the Lord and the humble servant of the Lord; O Nanak, know this as true. 29
m n u m w i e A w m Y P i D r i h E i b s i r E g o b i n d n w n u]	man maa-i-aa mai fa <u>Dh</u> rahi-o bisri-o gobin <u>d</u> naam.	The mortal is entangled in Maya; he has forgotten the Name of the Lord of the Universe.
k h u n w n k i b n u h i r B j n j l v n k a n y k w m]30]	kaho naanak bin har <u>bh</u> ajan jeevan ka-unay kaam. 30	Says Nanak, without meditating on the Lord, what is the use of this human life? 30
p n l r w m u n c y e l m i d m w i e A w k Y A D u]	paraanee raam na chay <u>t</u> -ee ma <u>d</u> maa-i-aa kai an <u>Dh</u> .	The mortal does not think of the Lord; he is blinded by the wine of Maya.
k h u n w n k h i r B j n i b n u p r q q u i h j m P i D]31]	kaho naanak har <u>bh</u> ajan bin para <u>t</u> <u>ta</u> ahi jam fan <u>Dh</u> . 31	Says Nanak, without meditating on the Lord, he is caught in the noose of Death. 31
s k m Y b h u s t g l B e y d k m Y s l l g n k i e]	suk <u>h</u> mai baho sangee <u>bh</u> a-ay <u>du</u> k <u>h</u> mai sang na ko-ay.	In good times, there are many companions around, but in bad times, there is no one at all.
k h u n w n k h i r B j u m n w A l l q s h w e l h i e]32]	kaho naanak har <u>bh</u> aj manaa an <u>t</u> sahaa-ee ho-ay. 32	Says Nanak, vibrate, and meditate on the Lord; He shall be your only Help and Support in the end. 32
j n m j n m B r m q i P i r E i m i t E n j m k o q l s u]	janam janam <u>bh</u> armat firi-o miti-o na jam ko <u>t</u> araas.	Mortals wander lost and confused through countless lifetimes; their fear of death is never removed.
k h u n w n k h i r B j u m n w i n r B Y p u v i h b w s u]33]	kaho naanak har <u>bh</u> aj manaa nir <u>bh</u> ai paavahi baas. 33	Says Nanak, vibrate and meditate on the Lord, and you shall dwell in the Fearless Lord. 33
j q n b h i q u m Y k i r r i h E i m i t E n m n k o m w n u]	ja <u>t</u> an bahu <u>t</u> mai kar rahi-o miti-o na man ko maan.	I have tried so many things, but the pride of my mind has not been dispelled.
d i r m i q i s a u n w n k P i D E r w i k l j u B g v w n]34]	<u>du</u> rmat si-o naanak fa <u>Dh</u> i-o raak <u>h</u> layho <u>bh</u> agvaan. 34	I am engrossed in evil-mindedness, Nanak. O God, please save me! 34
b w l j A w n l A r u i b r i D P i n q l i n A v s Q w j w i n]	baal ju-aanee ar bira <u>Dh</u> fun <u>t</u> een avasthaa jaan.	Childhood, youth and old age - know these as the three stages of life.
k h u n w n k h i r B j n i b n u i b r Q w s B h l m w n u]35]	kaho naanak har <u>bh</u> ajan bin birthaa sab <u>h</u> hee maan. 35	Says Nanak, without meditating on the Lord, everything is useless; you must appreciate this. 35

krxohiqosunw kIE pirE I B kY PD]	karno huṭo so naa kee-o pari-o lobh kai fanDh.	You have not done what you should have done; you are entangled in the web of greed.
nwnk simE rim gieE Ab ikau rwq AD]36]	naanak sami-o ram ga-i-o ab ki-o rovaṭ anDh. 36	Nanak, your time is past and gone; why are you crying now, you blind fool? 36
mnuwieAw mYrim rihE inksq nwhn mlq]	man maa-i-aa mai ram rahi-o niksaṭ naahin meet.	The mind is absorbed in Maya - it cannot escape it, my friend.
nwnk mthiq icqRij auCwifq nwhn Bliq]37]	naanak mooraṭ chitaṛ ji-o chhaadiṭ naahin bheet. 37	Nanak, it is like a picture painted on the wall - it cannot leave it. 37
nr chwq kCuAair AarYki AarYBel]	nar chaahaṭ kachh a-or a-urai kee a-urai bha-ee.	The man wishes for something, but something different happens.
icqvq rihE Tgair nwnk Pwsl gil pri]38]	chitvaṭ rahi-o thaga-ur naanak faasee gal paree. 38	He plots to deceive others, O Nanak, but he places the noose around his own neck instead. 38
j qn bhq sK kykleydK ko kIE n kie]	jaṭan bahuṭ sukh kay kee-ay dukh ko kee-o na ko-ay.	People make all sorts of efforts to find peace and pleasure, but no one tries to earn pain.
khu nwnk sin ry mnw hir BwYso hie]39]	kaho naanak sun ray manaa har bhaavai so ho-ay. 39	Says Nanak, listen, mind: whatever pleases God comes to pass. 39
j gqu iBKwrl iPrquhYsB ko dwqw rwmu]	jagaṭ bhikhaaree firat hai sabh ko daataa raam.	The world wanders around begging, but the Lord is the Giver of all.
khu nwnk mn ismruiqh pthn hwh kum]40]	kaho naanak man simar tih pooran hoveh kaam. 40	Says Nanak, meditate in remembrance on Him, and all your works will be successful. 40
JUFYmwnu khw krYj gu spnyij au j wnu]	jhoothai maan kahaa karai jag supnay ji-o jaan.	Why do you take such false pride in yourself? You must know that the world is just a dream.
ien mYkCuqronhl nwnk kihE bKwin]41]	in mai kachh tayro nahee naanak kahi-o bakhaan. 41	None of this is yours; Nanak proclaims this truth. 41
grbukrqwhYdth koibnsYiCn mY mlq]	garab karaṭ hai dayh ko binsai chhin mai meet.	You are so proud of your body; it shall perish in an instant, my friend.
ij ih pthl hir j sukihE nwnk iqh j guj liq]42]	jih paraanee har jas kahi-o naanak tiji jag jeet. 42	That mortal who chants the Praises of the Lord, O Nanak, conquers the world. 42
ij h Git ismrnu rwm ko so nru	jih ghat simran raam ko so nar	That person, who meditates in remembrance on the Lord in

mikqW j Wru]	mukṭaa jaan.	his heart, is liberated - know this well.
iqih nr hir Aṭṭrunhl nwnk sucl mwnu]43]	t̄ihi nar har ant̄ar nahee naanak saachee maan. 43	There is no difference between that person and the Lord: O Nanak, accept this as the Truth. 43
ek Bgiq Bgvwn ij h plnl ky nwh min]	ayk bhagat̄ bhagvaan jih paraanee kai naahi man.	That person, who does not feel devotion to God in his mind
j Ṣyskr suAwn nwnk mwno qwh qnu]44]	jaisay sookar su-aan naanak maano taahi tan. 44	- O Nanak, know that his body is like that of a pig, or a dog. 44
suAwnl koighu ij aUSDW suAwn qj q nhl inq]	su-aamee ko garihu ji-o sadaa su- aan tajat̄ nahee nit̄.	A dog never abandons the home of his master.
nwnk ieh ibiD hir Bj auiek min hie iek iciq]45]	naanak ih biDh har bhaja-o ik man hu-ay ik chit̄. 45	O Nanak, in just the same way, vibrate, and meditate on the Lord, single-mindedly, with one-pointed consciousness. 45
qlrQ brq Arudwn kir mn mY DrYgmwnu]	t̄irath barat̄ ar daan kar man mai Dharai gumaan.	Those who make pilgrimages to sacred shrines, observe ritualistic fasts and make donations to charity while still taking pride in their minds
nwnk inhPl j Wq iqh ij aukltr iesnwnu]46]	naanak nihfal jaat̄ t̄ih ji-o kunchar isnaan. 46	- O Nanak, their actions are useless, like the elephant, who takes a bath, and then rolls in the dust. 46
isruklpE pg fgmgynh j iq qy hln]	sir kampi-o pag dagmagay nain jot̄ tay heen.	The head shakes, the feet stagger, and the eyes become dull and weak.
khu nwnk ieh ibiD Bel qalln hir ris l ln]47]	kaho naanak ih biDh bha-ee ta-oo na har ras leen. 47	Says Nanak, this is your condition. And even now, you have not savored the sublime essence of the Lord. 47
inj kir djKE j gqu mY ko kwhU ko nwh]	nij kar daykhi-o jagat̄ mai ko kaahoo ko naahi.	I had looked upon the world as my own, but no one belongs to anyone else.
nwnk iQruhir Bgiq hYiqh rWko mn mwh]48]	naanak thir har bhagat̄ hai t̄ih raakho man maahi. 48	O Nanak, only devotional worship of the Lord is permanent; enshrine this in your mind. 48
j g rcnw sB JOT hYj win l hury mlq]	jag rachnaa sabh jhooth hai jaan layho ray meet̄.	The world and its affairs are totally false; know this well, my friend.
kih nwnk iQruhw rhYj aubw U kl Bliq]49]	kahi naanak thir naa rahai ji-o baaloo kee bheet̄. 49	Says Nanak, it is like a wall of sand; it shall not endure. 49

rwmgieE rwnvgieE j w kau bhu prvrur]	raam ga-i-o raavan ga-i-o jaa ka-o baho parvaar.	Raam Chand passed away, as did Raawan, even though he had lots of relatives.
khu nwnk iQru kCunhl spnyij au sMwru]50]	kaho naanak thir <u>kachh</u> nahee supnay ji-o sansaar. 50	Says Nanak, nothing lasts forever; the world is like a dream. 50
ichw qw kl klj lAlj oAnhnl hie]	chintaa <u>taa</u> kee keejee-ai jo anhonee ho-ay.	People become anxious, when something unexpected happens.
iehumwrgusMwr konwnk iQru nhl kie]51]	ih maarag sansaar ko naanak thir nahee ko-ay. 51	This is the way of the world, O Nanak; nothing is stable or permanent. 51
j oapij E soibnis hYpro Awj u kY kwil]	jo upji-o so binas hai paro aaj kai kaal.	Whatever has been created shall be destroyed; everyone shall perish, today or tomorrow.
nwnk hir gn gwie lY Cwif sgl j jw]52]	naanak har gun gaa-ay lay <u>chhaad</u> sagal janjaal. 52	O Nanak, sing the Glorious Praises of the Lord, and give up all other entanglements. 52
dhrw] (1429-6)	<u>dohraa</u> .	Dohraa:
bl uCutikE bDn pry kCUn hq apwie]	bal <u>chhutki</u> -o banDhan paray <u>kachhoo</u> na hot upaa-ay.	My strength is exhausted, and I am in bondage; I cannot do anything at all.
khu nwnk Ab Et hir gj ij au hhu shwie]53]	kaho naanak ab ot har gaj ji-o hohu sahaa-ay. 53	Says Nanak, now, the Lord is my Support; He will help me, as He did the elephant. 53
bl u hAw bDn Cuty sBuikCu hq apwie]	bal ho-aa banDhan <u>chhutay</u> <u>sabh</u> <u>kichh</u> hot upaa-ay.	My strength has been restored, and my bonds have been broken; now, I can do everything.
nwnk sBuikCu qmrYhwQ mY qm hl hq shwie]54]	naanak <u>sabh</u> <u>kichh</u> <u>tumrai</u> haath mai <u>tum</u> hee hot sahaa-ay. 54	Nanak: everything is in Your hands, Lord; You are my Helper and Support. 54
shj sKw siB qij geykaaln inbihE swiQ]	sang <u>sakhaa</u> <u>sabh</u> <u>taj</u> ga-ay ko-oo na nib-hi-o saath.	My associates and companions have all deserted me; no one remains with me.
khu nwnk ieh ibpiq mY tk ek rGnwQ]55]	kaho naanak ih bipat mai tayk ayk <u>raghunaath</u> . 55	Says Nanak, in this tragedy, the Lord alone is my Support. 55
nwmu rihE swDUrihE rihE guru gobdu]	naam rahi-o saaDhoo rahi-o rahi-o gur gobind.	The Naam remains; the Holy Saints remain; the Guru, the Lord of the Universe, remains.
khu nwnk ieh j gq mY ikn j ipE gir mhu]56]	kaho naanak ih jagat mai kin japi-o gur mant. 56	Says Nanak, how rare are those who chant the Guru's Mantra in this world. 56

rwmm nwmu air mY gi hE j w kY sm nhl kie]	raam naam ur mai gahi-o jaa kai sam nahee ko-ay.	I have enshrined the Lord's Name within my heart; there is nothing equal to it.
ij h ismrq slkt imtY drsu qh wro hie]57]1]	jih simrat sankat mitai daras tuhaaro ho-ay. 57 1	Meditating in remembrance on it, my troubles are taken away; I have received the Blessed Vision of Your Darshan. 57 1
mndvxl mhl w 5] (1429-12)	mundaavaneeh mehlaa 5.	Mundaavaneeh, Fifth Mehl:
Qwl ivic iqllh vsqllpelE squ shtyKu vlcwro]	thaal vich tinn vastoo pa-ee-o sat santokh veechaaro.	Upon this Plate, three things have been placed: Truth, Contentment and Contemplation.
Almkt nwmu Twkur kw pieE ij s kw sBsuaDwro]	amrit naam thaakur kaa pa-i-o jis kaa sabhas aDhaaro.	The Ambrosial Nectar of the Naam, the Name of our Lord and Master, has been placed upon it as well; it is the Support of all.
j y ko KuvY j y ko BmY iqs kw hie aDwro]	jay ko khaavai jay ko bhunchai tis kaa ho-ay uDhaaro.	One who eats it and enjoys it shall be saved.
eh vsqu qj l nh j wel inq inq rKu air Dwro]	ayh vasat tajeer nah jaa-ee nit nit rakh ur Dhaaro.	This thing can never be forsaken; keep this always and forever in your mind.
qm sBwru crn l ig qrlA sBu nwnk bh m ps wro]1]	tam sansaar charan lag taree-ai sabh naanak barahm pasaro. 1	The dark world-ocean is crossed over, by grasping the Feet of the Lord; O Nanak, it is all the extension of God. 1
sl k mhl w 5] (1429-14)	salok mehlaa 5.	Shalok, Fifth Mehl:
qyrw klqw j wqo nwhl mho j gu klqel]	tayraa keetaa jaato naahee maino jog keeto-ee.	I have not appreciated what You have done for me, Lord; only You can make me worthy.
mY inrgixAwry ko gxu nwhl Awpy qrsupieEel]	mai nirguni-aaray ko gun naahee aapay taras pa-i-o-ee.	I am unworthy - I have no worth or virtues at all. You have taken pity on me.
qrsupieAw imhrwmiq hiel siqguruj xu imil Aw]	taras pa-i-aa mihraamat ho-ee satgur sajan mili-aa.	You took pity on me, and blessed me with Your Mercy, and I have met the True Guru, my Friend.
nwnk nwmu iml Y qW j lvW qnu mnu QlvhirAw]1]	naanak naam milai taan ^N jeevaa ^N tan man theevai hari-aa. 1	O Nanak, if I am blessed with the Naam, I live, and my body and mind blossom forth. 1