

GURBANI SHABAD – HANDLE WITH CARE

Treat this with respect and reverence It contains the WORD OF THE GURU IN ITS ORIGINAL FORM

Wash your hands and cover your head before studying the contents

Japji Sahib

ik-oNkaar sat naam kartaa purakh nirbha-o nirvair akaal moorat ajoonee saibhaN gur parsaad.
One Universal Creator God. The Name Is Truth. Creative Being Personified. No Fear. No Hatred. Image Of The Undying, Beyond Birth, Self-Existent. By Guru's Grace ~

jap.

Chant And Meditate:

aad sach jugaad sach.

True In The Primal Beginning. True Throughout The Ages.

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

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

sochai soch na hova-ee jay sochee lakh vaar.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

hukmai andar sabh ko baahar hukam na ko-ay.

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

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

O Nanak, one who understands His Command, does not speak in ego. ||2||

gaavai ko taan hovai kisai taan.

Some sing of His Power-who has that Power?

gaavai ko daat jaanai neesaan.

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

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

Some sing of His Glorious Virtues, Greatness and Beauty.

gaavai ko vidi-aa vikham veechaar.

Some sing of knowledge obtained of Him, through difficult philosophical studies.
gaavai ko saaj karay tan khayh.
Some sing that He fashions the body, and then again reduces it to dust.
gaavai ko jee-a lai fir dayh.
Some sing that He takes life away, and then again restores it.
gaavai ko jaapai disai door.
Some sing that He seems so very far away.
gaavai ko vaykhai haadraa hadoor.
Some sing that He watches over us, face to face, ever-present.
kathnaa kathee na aavai tot.
There is no shortage of those who preach and teach.
kath kath kathee kotee kot kot.
Millions upon millions offer millions of sermons and stories.
daydaa day laiday thak paahi.
The Great Giver keeps on giving, while those who receive grow weary of receiving.
jugaa jugantar khaahee khaahi.
Throughout the ages, consumers consume.
hukmee hukam chalaay raahu.
The Commander, by His Command, leads us to walk on the Path.
naanak vigsai vayparvaahu. ||3||
O Nanak, He blossoms forth, Carefree and Untroubled. ||3||
saachaa saahib saach naa-ay bhaakhi-aa bhaa-o apaar.
True is the Master, True is His Name-speak it with infinite love.
aakhahi mangahi dahi dahi daat karay daataar.
People beg and pray, "Give to us, give to us", and the Great Giver gives His Gifts.
fayr ke agai rakhee-ai jit disai darbaar.
So what offering can we place before Him, by which we might see the Darbaar of His Court?
muhou ke bolan bolee-ai jit sun Dharay pi-aar.
What words can we speak to evoke His Love?
amrit vaylaa sach naa-o vadi-aa-ee veechaar.
In the Amrit Vaylaa, the ambrosial hours before dawn, chant the True Name, and contemplate
His Glorious Greatness.
karmee aavai kaprhaa nadree mokh du-aar.
By the karma of past actions, the robe of this physical body is obtained. By His Grace, the
Gate of Liberation is found.
naanak ayvai jaanee-ai sabh aapay sachiaar. ||4||
O Nanak, know this well: the True One Himself is All. ||4||
thaapi-aa na jaa-ay keetaa na ho-ay.
He cannot be established, He cannot be created.
aapay aap niranjan so-ay.
He Himself is Immaculate and Pure.
jin sayvi-aa tin paa-i-aa maan.
Those who serve Him are honored.
naanak gaavee-ai gunee niDhaan.
O Nanak, sing of the Lord, the Treasure of Excellence.
gaavee-ai sunee-ai man rakhee-ai bhaa-o.
Sing, and listen, and let your mind be filled with love.
dukh parhar sukh ghar lai jaa-ay.
Your pain shall be sent far away, and peace shall come to your home.
gurmukh naadaN gurmukh vaydaN gurmukh rahi-aa samaa-ee.
The Guru's Word is the Sound-current of the Naad; the Guru's Word is the Wisdom of the
Vedas; the Guru's Word is all-pervading.
gur eesar gur gorakh barmaa gur paarbatee maa-ee.
The Guru is Shiva, the Guru is Vishnu and Brahma; the Guru is Paarvati and Lakhshmi.

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

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

guraa ik dahi bujhaa-ee.

The Guru has given me this one understanding:

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

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

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

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

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

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

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

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

guraa ik dahi bujhaa-ee.

The Guru has given me this one understanding:

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

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

jay jug chaaray aarjaa hor dasoonee ho-ay.

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

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

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

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

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

jay tis nadar na aavee ta vaat na puchhai kay.

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

keetaa andar keet kar dosee dos Dharay.

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

naanak nirgun gun karay gunvanti-aa gun day.

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

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

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

suni-ai siDh peer sur naath.

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

suni-ai Dharat Dhaval aakaas.

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

suni-ai deep lo-a paataal.

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

suni-ai pahi na sakai kaal.

Listening-Death cannot even touch you.

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.

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

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

suni-ai eesar barmaa ind.

Listening-Shiva, Brahma and Indra.

suni-ai mukh saalaahan mand.

Listening-even foul-mouthed people praise Him.

suni-ai jog jugat tan bhayd.

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

suni-ai saasat simrit vayd.

Listening-the Shaastras, the Simritees and the Vedas.

naanak bhagtaa sadaa vigaas.

O Nanak, the devotees are forever in bliss.
suni-ai dookh paap kaa naas. ||9||
Listening-pain and sin are erased. ||9||
suni-ai sat santokh gi-aan.
Listening-truth, contentment and spiritual wisdom.
suni-ai athsath kaa isnaan.
Listening-take your cleansing bath at the sixty-eight places of pilgrimage.
suni-ai parh parh paavahi maan.
Listening-reading and reciting, honor is obtained.
suni-ai laagai sahj Dhi-aan.
Listening-intuitively grasp the essence of meditation.
naanak bhagtaa sadaa vigaas.
O Nanak, the devotees are forever in bliss.
suni-ai dookh paap kaa naas. ||10||
Listening-pain and sin are erased. ||10||
suni-ai saraa gunaa kay gaah.
Listening-dive deep into the ocean of virtue.
suni-ai saykh peer paatisaah.
Listening-the Shaykhs, religious scholars, spiritual teachers and emperors.
suni-ai anDhay paavahi raahu.
Listening-even the blind find the Path.
suni-ai haath hovai asgaahu.
Listening-the Unreachable comes within your grasp.
naanak bhagtaa sadaa vigaas.
O Nanak, the devotees are forever in bliss.
suni-ai dookh paap kaa naas. ||11||
Listening-pain and sin are erased. ||11||
mannay kee gat kahee na jaa-ay.
The state of the faithful cannot be described.
jay ko kahai pichhai pachhuta-ay.
One who tries to describe this shall regret the attempt.
kaagad kalam na likhanhaar.
No paper, no pen, no scribe
mannay kaa bahi karan veechaar.
can record the state of the faithful.
aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.
jay ko man jaanai man ko-ay. ||12||
Only one who has faith comes to know such a state of mind. ||12||
mannai surat hovai man buDh.
The faithful have intuitive awareness and intelligence.
mannai sagal bhavan kee suDh.
The faithful know about all worlds and realms.
mannai muhi chotaa naa khaa-ay.
The faithful shall never be struck across the face.
mannai jam kai saath na jaa-ay.
The faithful do not have to go with the Messenger of Death.
aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.
jay ko man jaanai man ko-ay. ||13||
Only one who has faith comes to know such a state of mind. ||13||
mannai maarag thaak na paa-ay.
The path of the faithful shall never be blocked.
mannai pat si-o pargat jaa-ay.

The faithful shall depart with honor and fame.
mannai mag na chalai panth.
The faithful do not follow empty religious rituals.
mannai Dharam saytee san-banDh.
The faithful are firmly bound to the Dharma.
aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.
jay ko man jaanai man ko-ay. ||14||
Only one who has faith comes to know such a state of mind. ||14||
mannai paavahi mokh du-aar.
The faithful find the Door of Liberation.
mannai parvaarai saaDhaar.
The faithful uplift and redeem their family and relations.
mannai tarai taaray gur sikh.
The faithful are saved, and carried across with the Sikhs of the Guru.
mannai naanak bhavahi na bhikh.
The faithful, O Nanak, do not wander around begging.
aisaa naam niranjan ho-ay.
Such is the Name of the Immaculate Lord.
jay ko man jaanai man ko-ay. ||15||
Only one who has faith comes to know such a state of mind. ||15||
panch parvaan panch parDhaan.
The chosen ones, the self-elect, are accepted and approved.
panchay paavahi dargahi maan.
The chosen ones are honored in the Court of the Lord.
panchay sohahi dar raajaan.
The chosen ones look beautiful in the courts of kings.
panchaa kaa gur ayk Dhi-aan.
The chosen ones meditate single-mindedly on the Guru.
jay ko kahai karai veechaar.
No matter how much anyone tries to explain and describe them,
kartay kai karnai naahee sumaar.
the actions of the Creator cannot be counted.
Dhoul Dharam da-i-aa kaa poot.
The mythical bull is Dharma, the son of compassion;
santokh thaap rakhi-aa jin soot.
this is what patiently holds the earth in its place.
jay ko bujhai hovai sachiaar.
One who understands this becomes truthful.
Dhavlai upar kaytaa bhaar.
What a great load there is on the bull!
Dhartee hor parai hor hor.
So many worlds beyond this world-so very many!
tis tay bhaar talai kavan jor.
What power holds them, and supports their weight?
jee-a jaat rangaa kay naav.
The names and the colors of the assorted species of beings
sabhnaa likhi-aa vurhee kalaam.
were all inscribed by the Ever-flowing Pen of God.
ayhu laykhaa likh jaanai ko-ay.
Who knows how to write this account?
laykhaa likhi-aa kaytaa ho-ay.
Just imagine what a huge scroll it would take!
kaytaa taan su-aalihu roop.

What power! What fascinating beauty!
kaytee daat jaanai koun koot.
And what gifts! Who can know their extent?
keetaa pasaa-o ayko kavaa-o.
You created the vast expanse of the Universe with One Word!
tis tay ho-ay lakh daree-aa-o.
Hundreds of thousands of rivers began to flow.
kudrat kavan kahaa veechaar.
How can Your Creative Potency be described?
vaari-aa na jaavaa ayk vaar.
I cannot even once be a sacrifice to You.
jo tuDh bhaavai saa-ee bhalee kaar.
Whatever pleases You is the only good done,
too sadaa salaamat nirankaar. ||16||
You, Eternal and Formless One! ||16||
asaNkh jap asaNkh bhaa-o.
Countless meditations, countless loves.
asaNkh poojaa asaNkh tap taa-o.
Countless worship services, countless austere disciplines.
asaNkh garanth mukh vayd paath.
Countless scriptures, and ritual recitations of the Vedas.
asaNkh jog man rahahi udaas.
Countless Yogis, whose minds remain detached from the world.
asaNkh bhagat gun gi-aan veechaar.
Countless devotees contemplate the Wisdom and Virtues of the Lord.
asaNkh satee asaNkh daataar.
Countless the holy, countless the givers.
asaNkh soor muh bhakh saar.
Countless heroic spiritual warriors, who bear the brunt of the attack in battle (who with their mouths eat steel).
asaNkh mon liv laa-ay taar.
Countless silent sages, vibrating the String of His Love.
kudrat kavan kahaa veechaar.
How can Your Creative Potency be described?
vaari-aa na jaavaa ayk vaar.
I cannot even once be a sacrifice to You.
jo tuDh bhaavai saa-ee bhalee kaar.
Whatever pleases You is the only good done,
too sadaa salaamat nirankaar. ||17||
You, Eternal and Formless One. ||17||
asaNkh moorakh anDh ghor.
Countless fools, blinded by ignorance.
asaNkh chor haraamkhor.
Countless thieves and embezzlers.
asaNkh amar kar jaahi jor.
Countless impose their will by force.
asaNkh galvadh hati-aa kamaahi.
Countless cut-throats and ruthless killers.
asaNkh paapee paap kar jaahi.
Countless sinners who keep on sinning.
asaNkh koorhi-aar koorhay firaahi.
Countless liars, wandering lost in their lies.
asaNkh malaychh mal bhakh khaahi.
Countless wretches, eating filth as their ration.

asaNkh nindak sir karahi bhaar.
Countless slanderers, carrying the weight of their stupid mistakes on their heads.
naanak neech kahai veechaar.
Nanak describes the state of the lowly.
vaari-aa na jaavaa ayk vaar.
I cannot even once be a sacrifice to You.
jo tuDh bhaavai saa-ee bhalee kaar.
Whatever pleases You is the only good done,
too sadaa salaamat nirankaar. ||18||
You, Eternal and Formless One. ||18||
asaNkh naav asaNkh thaav.
Countless names, countless places.
agamm agamm asaNkh lo-a.
Inaccessible, unapproachable, countless celestial realms.
asaNkh kehahi sir bhaar ho-ay.
Even to call them countless is to carry the weight on your head.
akhree naam akhree saalaah.
From the Word, comes the Naam; from the Word, comes Your Praise.
akhree gi-aan geet gun gaah.
From the Word, comes spiritual wisdom, singing the Songs of Your Glory.
akhree likhan bolan baan.
From the Word, come the written and spoken words and hymns.
akhraa sir sanjog vakhaan.
From the Word, comes destiny, written on one's forehead.
jin ayhi likhay tis sir naahi.
But the One who wrote these Words of Destiny-no words are written on His Forehead.
jiv furmaa-ay tiv tiv paahi.
As He ordains, so do we receive.
jaytaa keetaa taytaa naa-o.
The created universe is the manifestation of Your Name.
vin naavai naahee ko thaa-o.
Without Your Name, there is no place at all.
kudrat kavan kahaa veechaar.
How can I describe Your Creative Power?
vaari-aa na jaavaa ayk vaar.
I cannot even once be a sacrifice to You.
jo tuDh bhaavai saa-ee bhalee kaar.
Whatever pleases You is the only good done,
too sadaa salaamat nirankaar. ||19||
You, Eternal and Formless One. ||19||
bharee-ai hath pair tan dayh.
When the hands and the feet and the body are dirty,
paanee Dhotai utras khayh.
water can wash away the dirt.
moot paleetee kaparh ho-ay.
When the clothes are soiled and stained by urine,
day saaboon la-ee-ai oh Dho-ay.
soap can wash them clean.
bharee-ai mat paapaa kai sang.
But when the intellect is stained and polluted by sin,
oh Dhopai naavai kai rang.
it can only be cleansed by the Love of the Name.
punnee paapee aakhan naahi.
Virtue and vice do not come by mere words;

kar kar karnaa likh lai jaahu.
 actions repeated, over and over again, are engraved on the soul.
 aapay beej aapay hee khaahu.
 You shall harvest what you plant.
 naanak hukmee aavhu jaahu. ||20||
 O Nanak, by the Hukam of God's Command, we come and go in reincarnation. ||20||
 tirath tap da-i-aa dat daan.
 Pilgrimages, austere discipline, compassion and charity
 jay ko paavai til kaa maan.
 -these, by themselves, bring only an iota of merit.
 suni-aa mani-aa man keetaa bhaa-o.
 Listening and believing with love and humility in your mind,
 antargat tirath mal naa-o.
 cleanse yourself with the Name, at the sacred shrine deep within.
 sabh gun tayray mai naahee ko-ay.
 All virtues are Yours, Lord, I have none at all.
 vin gun keetay bhagat na ho-ay.
 Without virtue, there is no devotional worship.
 su-asat aath banee barmaa-o.
 I bow to the Lord of the World, to His Word, to Brahma the Creator.
 sat suhaan sadaa man chaa-o.
 He is Beautiful, True and Eternally Joyful.
 kavan so vaylaa vakhat kavan kavan thit kavan vaar.
 What was that time, and what was that moment? What was that day, and what was that date?
 kavan se rutee maahu kavan jit ho-aa aakaar.
 What was that season, and what was that month, when the Universe was created?
 vayl na paa-ee-aa pandtee je hovai laykh puraana.
 The Pandits, the religious scholars, cannot find that time, even if it is written in the Puraanas.
 vakhat na paa-i-o kaadee-aa je likhan laykh kuraan.
 That time is not known to the Qazis, who study the Koran.
 thit vaar naa jogee jaanai rut maahu naa ko-ee.
 The day and the date are not known to the Yogis, nor is the month or the season.
 jaa kartaa sirthee ka-o saajay aapay jaanai so-ee.
 The Creator who created this creation-only He Himself knows.
 kiv kar aakhaa kiv saalaahae ki-o varnee kiv jaanaa.
 How can we speak of Him? How can we praise Him? How can we describe Him? How can we know Him?
 naanak aakhan sabh ko aakhai ik doo ik si-aanaa.
 O Nanak, everyone speaks of Him, each one wiser than the rest.
 vadaa saahib vadee naa-ee keetaa jaa kaa hovai.
 Great is the Master, Great is His Name. Whatever happens is according to His Will.
 naanak jay ko aapou jaanai agai ga-i-aa na sohai. ||21||
 O Nanak, one who claims to know everything shall not be decorated in the world hereafter. ||
 21||
 paataalaa paataal lakh aagaasaa aagaas.
 There are nether worlds beneath nether worlds, and hundreds of thousands of heavenly worlds above.
 orhak orhak bhaal thakay vayd kahan ik vaat.
 The Vedas say that you can search and search for them all, until you grow weary.
 sahas athaarah kahan kataybaa asuloo ik Dhaat.
 The scriptures say that there are 18,000 worlds, but in reality, there is only One Universe.
 laykhaa ho-ay ta likee-ai laykhai ho-ay vinaas.
 If you try to write an account of this, you will surely finish yourself before you finish writing it.
 naanak vadaa aakhee-ai aapay jaanai aap. ||22||

O Nanak, call Him Great! He Himself knows Himself. ||22||
saalaahee saalaahi aytee surat na paa-ee-aa.
The praisers praise the Lord, but they do not obtain intuitive understanding
nadee-aa atai vaah pavahi samund na jaanee-ahi.
-the streams and rivers flowing into the ocean do not know its vastness.
samund saah sultaan girhaa saytee maal Dhan.
Even kings and emperors, with mountains of property and oceans of wealth
keerhee tul na hovnee jay tis manhu na veesrahi. ||23||
-these are not even equal to an ant, who does not forget God. ||23||
ant na siftee kahan na ant.
Endless are His Praises, endless are those who speak them.
ant na karnai dayn na ant.
Endless are His Actions, endless are His Gifts.
ant na vaykhan sunan na ant.
Endless is His Vision, endless is His Hearing.
ant na jaapai ki-aa man mant.
His limits cannot be perceived. What is the Mystery of His Mind?
ant na jaapai keetaa aakaar.
The limits of the created universe cannot be perceived.
ant na jaapai paaraavaar.
Its limits here and beyond cannot be perceived.
ant kaaran kaytay billaahi.
Many struggle to know His limits,
taa kay ant na paa-ay jaahi.
but His limits cannot be found.
ayhu ant na jaanai ko-ay.
No one can know these limits.
bahutaa kahee-ai bahutaa ho-ay.
The more you say about them, the more there still remains to be said.
vadaa saahib oochaa thaa-o.
Great is the Master, High is His Heavenly Home.
oochay upar oochaa naa-o.
Highest of the High, above all is His Name.
ayvad oochaa hovai ko-ay.
Only one as Great and as High as God
tis oochay ka-o jaanai so-ay.
can know His Lofty and Exalted State.
jayvad aap jaanai aap aap.
Only He Himself is that Great. He Himself knows Himself.
naanak nadree karmee daat. ||24||
O Nanak, by His Glance of Grace, He bestows His Blessings. ||24||
bahutaa karam likhi-aa naa jaa-ay.
His Blessings are so abundant that there can be no written account of them.
vadaa daataa til na tamaa-ay.
The Great Giver does not hold back anything.
kaytay mangahi joDh apaar.
There are so many great, heroic warriors begging at the Door of the Infinite Lord.
kayti-aa ganat nahee veechaar.
So many contemplate and dwell upon Him, that they cannot be counted.
kaytay khap tutahi vaykaar.
So many waste away to death engaged in corruption.
kaytay lai lai mukar paahi.
So many take and take again, and then deny receiving.
kaytay moorakh khaahee khaahi.

So many foolish consumers keep on consuming.
kayti-aa dookh bhookh sad maar.
So many endure distress, deprivation and constant abuse.
ayhi bhe daat tayree daataar.
Even these are Your Gifts, O Great Giver!
band khalaasee bhaanai ho-ay.
Liberation from bondage comes only by Your Will.
hor aakh na sakai ko-ay.
No one else has any say in this.
jay ko khaa-ik aakhan paa-ay.
If some fool should presume to say that he does,
oh jaanai jaytee-aa muhi khaa-ay.
he shall learn, and feel the effects of his folly.
aapay jaanai aapay day-ay.
He Himself knows, He Himself gives.
aakhahi se bhe kay-ee kay-ay.
Few, very few are those who acknowledge this.
jis no bakhsay sifat saalaah.
One who is blessed to sing the Praises of the Lord,
naanak paatisaahee paatisaahu. ||25||
O Nanak, is the king of kings. ||25||
amul gun amul vaapaar.
Priceless are His Virtues, Priceless are His Dealings.
amul vaapaaree-ay amul bhandaar.
Priceless are His Dealers, Priceless are His Treasures.
amul aavahi amul lai jaahi.
Priceless are those who come to Him, Priceless are those who buy from Him.
amul bhaa-ay amulaa samaahi.
Priceless is Love for Him, Priceless is absorption into Him.
amul Dharam amul deebaan.
Priceless is the Divine Law of Dharma, Priceless is the Divine Court of Justice.
amul tul amul parvaan.
Priceless are the scales, priceless are the weights.
amul bakhsees amul neesaan.
Priceless are His Blessings, Priceless is His Banner and Insignia.
amul karam amul furmaan.
Priceless is His Mercy, Priceless is His Royal Command.
amulo amul aakhi-aa na jaa-ay.
Priceless, O Priceless beyond expression!
aakh aakh rahay liv laa-ay.
Speak of Him continually, and remain absorbed in His Love.
aakhahi vayd paath puraan.
The Vedas and the Puraanas speak.
aakhahi parhay karahi vakhi-aan.
The scholars speak and lecture.
aakhahi barmay aakhahi ind.
Brahma speaks, Indra speaks.
aakhahi gopee tai govind.
The Gopis and Krishna speak.
aakhahi eesar aakhahi siDh.
Shiva speaks, the Siddhas speak.
aakhahi kaytay keetay buDh.
The many created Buddhas speak.
aakhahi daanav aakhahi dayv.

The demons speak, the demi-gods speak.
 aakhahi sur nar mun jan sayv.
 The spiritual warriors, the heavenly beings, the silent sages, the humble and serviceful speak.
 kaytay aakhahi aakhan paahi.
 Many speak and try to describe Him.
 kaytay kahi kahi uth uth jaahi.
 Many have spoken of Him over and over again, and have then arisen and departed.
 aytay keetay hor karayhi.
 If He were to create as many again as there already are,
 taa aakh na sakahi kay-ee kay-ay.
 even then, they could not describe Him.
 jayvad bhaavai tayvad ho-ay.
 He is as Great as He wishes to be.
 naanak jaanai saachaa so-ay.
 O Nanak, the True Lord knows.
 jay ko aakhai boluvigaarh.
 If anyone presumes to describe God,
 taa likee-ai sir gaavaaraa gaavaar. ||26||
 he shall be known as the greatest fool of fools! ||26||
 so dar kayhaa so ghar kayhaa jit bahi sarab samaalay.
 Where is that Gate, and where is that Dwelling, in which You sit and take care of all?
 vaajay naad anayk asankhaa kaytay vaavanhaaray.
 The Sound-current of the Naad vibrates there, and countless musicians play on all sorts of
 instruments there.
 kaytay raag paree si-o kahee-an kaytay gaavanhaaray.
 So many Ragas, so many musicians singing there.
 gaavahi tuhno pa-un paanee baisantar gaavai raajaa Dharam du-aaray.
 The praanic wind, water and fire sing; the Righteous Judge of Dharma sings at Your Door.
 gaavahi chit gupat likh jaaneh likh likh Dharam veechaaray.
 Chitr and Gupt, the angels of the conscious and the subconscious who record actions, and the
 Righteous Judge of Dharma who judges this record sing.
 gaavahi eesar barmaa dayvee sohan sadaa savaaray.
 Shiva, Brahma and the Goddess of Beauty, ever adorned, sing.
 gaavahi ind idaasan baithay dayviti-aa dar naalay.
 Indra, seated upon His Throne, sings with the deities at Your Door.
 gaavahi siDh samaaDhee andar gaavan saaDh vichaaray.
 The Siddhas in Samaadhi sing; the Saadhhus sing in contemplation.
 gaavan jatee satee santokhee gaavahi veer karaaray.
 The celibates, the fanatics, the peacefully accepting and the fearless warriors sing.
 gaavan pandit parhan rakheesar jug jug vaydaa naalay.
 The Pandits, the religious scholars who recite the Vedas, with the supreme sages of all the
 ages, sing.
 gaavahi mohnee-aa man mohan surgaa machh pa-i-aalay.
 The Mohinis, the enchanting heavenly beauties who entice hearts in this world, in paradise, and
 in the underworld of the subconscious sing.
 gaavan ratan upaa-ay tayray athsath tirath naalay.
 The celestial jewels created by You, and the sixty-eight holy places of pilgrimage sing.
 gaavahi joDh mahaabal sooraa gaavahi khaanee chaaray.
 The brave and mighty warriors sing; the spiritual heroes and the four sources of creation sing.
 gaavahi khand mandal varbandaa kar kar rakhay Dhaaray.
 The planets, solar systems and galaxies, created and arranged by Your Hand, sing.
 say-ee tuDhuno gaavahi jo tuDh bhaavan ratay tayray bhagat rasaalay.
 They alone sing, who are pleasing to Your Will. Your devotees are imbued with the Nectar of
 Your Essence.

hor kaytay gaavan say mai chit na aavan naanak ki-aa veechaaray.
 So many others sing, they do not come to mind. O Nanak, how can I consider them all?
 so-ee so-ee sadaa sach saahib saachaa saachee naa-ee.
 That True Lord is True, Forever True, and True is His Name.
 hai bhee hosee jaa-ay na jaasee rachnaa jin rachaa-ee.
 He is, and shall always be. He shall not depart, even when this Universe which He has created
 departs.
 rangee rangee bhaatee kar kar jinsee maa-i-aa jin upaa-ee.
 He created the world, with its various colors, species of beings, and the variety of Maya.
 kar kar vaykhai keetaa aapnaa jiv tis dee vadi-aa-ee.
 Having created the creation, He watches over it Himself, by His Greatness.
 jo tis bhaavai so-ee karsee hukam na karnaa jaa-ee.
 He does whatever He pleases. No order can be issued to Him.
 so paatisaahu saahaa paatisaahib naanak rahan rajaa-ee. ||27||
 He is the King, the King of kings, the Supreme Lord and Master of kings. Nanak remains
 subject to His Will. ||27||
 munda santokh saram pat jholee Dhi-aan kee karahi bibhoot.
 Make contentment your ear-rings, humility your begging bowl, and meditation the ashes you
 apply to your body.
 khinthaa kaal ku-aaree kaa-i-aa jugat dandaa parteet.
 Let the remembrance of death be the patched coat you wear, let the purity of virginity be your
 way in the world, and let faith in the Lord be your walking stick.
 aa-ee panthee sagal jamaatee man jeetai jag jeet.
 See the brotherhood of all mankind as the highest order of Yogis; conquer your own mind, and
 conquer the world.
 aadays tisai aadays.
 I bow to Him, I humbly bow.
 aad aneel anaad anaahat jug jug ayko vays. ||28||
 The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is
 One and the Same. ||28||
 bhugat gi-aan da-i-aa bhandaaran ghat ghat vaajeh naad.
 Let spiritual wisdom be your food, and compassion your attendant. The Sound-current of the
 Naad vibrates in each and every heart.
 aap naath naathee sabh jaa kee riDh siDh avraa saad.
 He Himself is the Supreme Master of all; wealth and miraculous spiritual powers, and all other
 external tastes and pleasures, are all like beads on a string.
 sanjog vijog du-ay kaar chalaaveh laykhay aavahi bhaag.
 Union with Him, and separation from Him, come by His Will. We come to receive what is
 written in our destiny.
 aadays tisai aadays.
 I bow to Him, I humbly bow.
 aad aneel anaad anaahat jug jug ayko vays. ||29||
 The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is
 One and the Same. ||29||
 aykaa maa-ee jugat vi-aa-ee tin chaylay parvaan.
 The One Divine Mother conceived and gave birth to the three deities.
 ik sansaaree ik bhandaaree ik laa-ay deebaan.
 One, the Creator of the World; One, the Sustainer; and One, the Destroyer.
 jiv tis bhaavai tivai chalaavai jiv hovai furmaan.
 He makes things happen according to the Pleasure of His Will. Such is His Celestial Order.
 oh vaykhai onaa nadar na aavai bahutaa ayhu vidaan.
 He watches over all, but none see Him. How wonderful this is!
 aadays tisai aadays.
 I bow to Him, I humbly bow.

aad aneel anaad anaahat jug jug ayko vays. ||30||
The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||30||

aasan lo-ay lo-ay bhandaar.

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

jo kichh paa-i-aa so aykaa vaar.

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

kar kar vaykhai sirjanhaar.

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

naanak sachay kee saachee kaar.

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

aadays tisai aadays.

I bow to Him, I humbly bow.

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

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||31||

ik doo jeebhou lakh hohi lakh hoveh lakh vees.

If I had 100,000 tongues, and these were then multiplied twenty times more, with each tongue, lakh lakh gayrhaa aakhee-ahi ayk naam jagdees.

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

ayt raahi pat pavrhee-aa charhee-ai ho-ay ikees.

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

sun galaa aakaas kee keetaa aa-ee rees.

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

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

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

aakhan jor chupai nah jor.

No power to speak, no power to keep silent.

jor na mangan dayn na jor.

No power to beg, no power to give.

jor na jeevan maran nah jor.

No power to live, no power to die.

jor na raaj maal man sor.

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

jor na surtee gi-aan veechaar.

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

jor na jugtee chhutai sansaar.

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

jis hath jor kar vaykhai so-ay.

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

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

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

raatee rutee thitee vaar.

Nights, days, weeks and seasons;

pavan paanee agnee paataal.

wind, water, fire and the nether regions

tis vich Dhartee thaap rakhee Dharam saal.

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

tis vich jee-a jugat kay rang.

Upon it, He placed the various species of beings.

tin kay naam anayk anant.

Their names are uncounted and endless.

karmee karmee ho-ay veechaar.

By their deeds and their actions, they shall be judged.
sachaa aap sachaa darbaar.
God Himself is True, and True is His Court.
tithai sohan panch parvaan.
There, in perfect grace and ease, sit the self-elect, the self-realized Saints.
nadree karam pavai neesaan.
They receive the Mark of Grace from the Merciful Lord.
kach pakaa-ee othai paa-ay.
The ripe and the unripe, the good and the bad, shall there be judged.
naanak ga-i-aa jaapai jaa-ay. ||34||
O Nanak, when you go home, you will see this. ||34||
Dharam khand kaa ayho Dharam.
This is righteous living in the realm of Dharma.
gi-aan khand kaa aakhhu karam.
And now we speak of the realm of spiritual wisdom.
kaytay pavan paanee vaisantar kaytay kaan mahays.
So many winds, waters and fires; so many Krishnas and Shivas.
kaytay barmay ghaarhat gharhee-ahi roop rang kay vays.
So many Brahmas, fashioning forms of great beauty, adorned and dressed in many colors.
kaytee-aa karam bhoomee mayr kaytay kaytay Dhoo updays.
So many worlds and lands for working out karma. So very many lessons to be learned!
kaytay ind chand soor kaytay kaytay mandal days.
So many Indras, so many moons and suns, so many worlds and lands.
kaytay siDh buDh naath kaytay kaytay dayvee vays.
So many Siddhas and Buddhas, so many Yogic masters. So many goddesses of various kinds.
kaytay dayv daanav mun kaytay kaytay ratan samund.
So many demi-gods and demons, so many silent sages. So many oceans of jewels.
kaytee-aa khaanee kaytee-aa banee kaytay paat narind.
So many ways of life, so many languages. So many dynasties of rulers.
kaytee-aa surtee sayvak kaytay naanak ant na ant. ||35||
So many intuitive people, so many selfless servants. O Nanak, His limit has no limit! ||35||
gi-aan khand meh gi-aan parchand.
In the realm of wisdom, spiritual wisdom reigns supreme.
tithai naad binod kod anand.
The Sound-current of the Naad vibrates there, amidst the sounds and the sights of bliss.
saram khand kee banee roop.
In the realm of humility, the Word is Beauty.
tithai ghaarhat gharhee-ai bahut anoop.
Forms of incomparable beauty are fashioned there.
taa kee-aa galaa kathee-aa naa jaahi.
These things cannot be described.
jay ko kahai pichhai pachhuta-ay.
One who tries to speak of these shall regret the attempt.
tithai gharhee-ai surat mat man buDh.
The intuitive consciousness, intellect and understanding of the mind are shaped there.
tithai gharhee-ai suraa siDhaa kee suDh. ||36||
The consciousness of the spiritual warriors and the Siddhas, the beings of spiritual perfection,
are shaped there. ||36||
karam khand kee banee jor.
In the realm of karma, the Word is Power.
tithai hor na ko-ee hor.
No one else dwells there,
tithai joDh mahaabal soor.
except the warriors of great power, the spiritual heroes.

tin meh raam rahi-aa bharpoor.
They are totally fulfilled, imbued with the Lord's Essence.
tithai seeto seetaa mahimaa maahi.
Myriads of Sitas are there, cool and calm in their majestic glory.
taa kay roop na kathnay jaahi.
Their beauty cannot be described.
naa ohi mareh na thaagay jaahi.
Neither death nor deception comes to those,
jin kai raam vasai man maahi.
within whose minds the Lord abides.
tithai bhagat vaseh kay lo-a.
The devotees of many worlds dwell there.
karaahi anand sachaa man so-ay.
They celebrate; their minds are imbued with the True Lord.
sach khand vasai nirankaar.
In the realm of Truth, the Formless Lord abides.
kar kar vaykhai nadar nihaal.
Having created the creation, He watches over it. By His Glance of Grace, He bestows
happiness.
tithai khand mandal varbhand.
There are planets, solar systems and galaxies.
jay ko kathai ta ant na ant.
If one speaks of them, there is no limit, no end.
tithai lo-a lo-a aakaar.
There are worlds upon worlds of His Creation.
jiv jiv hukam tivai tiv kaar.
As He commands, so they exist.
vaykhai vigsai kar veechaar.
He watches over all, and contemplating the creation, He rejoices.
naanak kathnaa karrhaa saar. ||37||
O Nanak, to describe this is as hard as steel! ||37||
jat paahaaraa Dheeraj suni-aar.
Let self-control be the furnace, and patience the goldsmith.
ahran mat vayd hathee-aar.
Let understanding be the anvil, and spiritual wisdom the tools.
bha-o khalaa agan tap taa-o.
With the Fear of God as the bellows, fan the flames of tapa, the body's inner heat.
bhaaNdaa bhaa-o amrit tit dhaal.
In the crucible of love, melt the Nectar of the Name,
gharhee-ai sabad sachee taksaal.
and mint the True Coin of the Shabad, the Word of God.
jin ka-o nadar karam tin kaar.
Such is the karma of those upon whom He has cast His Glance of Grace.
naanak nadree nadar nihaal. ||38||
O Nanak, the Merciful Lord, by His Grace, uplifts and exalts them. ||38||
salok.
Shalok:
pavan guroo paanee pitaa maataa Dharat mahat.
Air is the Guru, Water is the Father, and Earth is the Great Mother of all.
divas raat du-ay daa-ee daa-i-aa khaylai sagal jagat.
Day and night are the two nurses, in whose lap all the world is at play.
chang-aa-ee-aa buri-aa-ee-aa vaachai Dharam hadoor.
Good deeds and bad deeds-the record is read out in the Presence of the Lord of Dharma.
karmee aapo aapnee kay nayrhai kay door.

According to their own actions, some are drawn closer, and some are driven farther away.
jinee naam Dhi-aa-i-aa ga-ay maskat ghaal.

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

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

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

||1||

Source:

<https://manpreet159.wordpress.com/sikhism/japji-sahib-english-translation/>