

ਸ਼ਬਦ 8-19

ਸੋਨੀਯਾਨ ਸਿਧ ਪੀਰ ਸੋਰ(ੀ) ਨਾਥ। ਸੋਨੀਯਾਨ ਧਰਤ(ੀ) ਧੁਵਲ ਅਕਾਸ਼। ਸੋਨੀਯਾਨ ਡੀਪ ਲੋ ਪਤਾਲ। ਸੋਨੀਯਾਨ ਪੋਹ(ੀ) ਨਾ ਸੁਕਾਯ ਕਾਲ(ੁ)। ਨਾਨਕ ਭਗਤਾਨ ਸੁਦਾ ਵਿਗਾਸ(ੁ)। ਸੋਨੀਯਾਨ ਦੁੱਖ ਪਾਪ ਕਾ ਨਾਸ। 8।

Sooniyaan Sidh Peer Soor(i) Naath. Sooniyaan dhert(i) dhuval aakaash. Sooniyaan deep loe pataal. Sooniyaan poh(i) na sukaay kaal(u). Nanak Bhagtaan suda vigaas(u). Sooniyaan dookh paap ka naas. 8.

Word Meaning: Soor = gods. Naath = an accomplished yogi; master; king. Soor(i) Naath = the king of gods, Indra. Dhuval = a mythical ox that supports the earth. Deep = island (earth). Loe = world (sky). Pataal = worlds beneath the earth. Poh(i) = affect. Kaal(u) = death. Vigaas(u) = blooming of mind; blissful.

MEANING: By listening to (comprehending and believing in firmly) Waheguru's Naam, one can acquire the same level of spirituality as a Sidh yogi (who is able to acquire some supernatural powers through meditation) as a Peer (Muslim holy man) or Indra, the king of gods (mythical Hindu gods). By listening to Waheguru's Naam, one can come to know the secrets of the universe such as the power that supports the earth and the sky. (Before Guru Nanak Sahib, most people believed that the earth is supported by a dhuval – an ox). By listening to Waheguru's Naam, one is able to dispel the fear of death. (Guru) Nanak says that when we

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listen to Waheguru' Naam, all sins and discomforts are destroyed (because they are all mostly mental constructs) and Waheguru's devotees are always blissful so they do not feel any discomfort. 8. **NOTE:** Guru Nanak Sahib strongly disapproved the use of super-natural powers.

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Sooniayain Isher(u) Brahma Ind(u). Sooniayain mookh(i) slahanmund(u). Sooniayain jog joogat(i) tun(i) bhayd. Sooniayain Shaast Simrit(i) Vayd. Nanak bhugtaan suda vigaas(u). Sooniayain dookh paap ka naas(u). 9.

Word Meaning: Isher = Shiva. Ind(u) = Indra. Slahanmund(u) = appreciative; praising. Joogat(i) = technique. Tun(i) = of the body. Shaast, Simrit(i) Vayd = these are all Hindu religious books. Bhagtaan = of the devotees.

MEANING: By listening (comprehending and believing in firmly) Waheguru's Naam, one can acquire the same spiritual level as the mythical Hindu gods - Shiva, Brahma, and Indra. The listener of Waheguru's Naam is inspired to sing Waheguru's praise. (Yogis use many different and painful techniques to purify their bodies so as to connect with God), but a person who listens to Waheguru's Naam, understands all these secrets without actually exercising them (meaning that a devotee does not need any of the painful techniques to connect with God). By listening to Waheguru's Naam, a devotee is able to master the principles of the Hindu holy

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MEANING: By listening to (comprehending and believing in firmly) Waheguru's Naam, a man acquires the noble qualities and high moral character, contentment, and Divine Knowledge. Also, one does not need to undertake the pilgrimage of the sixty-eight Hindu holy places and take dips there (with the belief to cleanse mind), because if one listens to Waheguru's Naam, not only his mind becomes pious, but his body also becomes pious (he begins to do noble deeds with his body). By listening to Waheguru's Naam, one earns the respect as a highly knowledgeable person; and by listening to Waheguru's Naam, one easily gets focussed on Him with his mind completely at peace. Guru Nanak says that all sins and discomforts are dispelled when we listen to Waheguru's Naam, and Waheguru's devotees are always blissful so they do

not feel any discomfort. 10.

ਸੁਰਾਨ ਗੋਨਾ ਕਾ ਗਾਹੁ ॥ ਸ਼ੇਖ ਪੀਰ ਪਾਤਸ਼ਾਹੁ ॥ ਸੁਨੀਯਾਨੁ ਊਨ੍ਹਾਯ ਪਾਵਹਿ ॥
ਰਾਹੁ ॥ ਸੁਨੀਯਾਨੁ ਹਾਥੁ ਹੋਵਾਯੁਸ਼ਗਾਹੁ ॥ ਨਾਨਕੁ ਭਗਤਾਨੁ ਸੁਦਾ ਵੀਗਾਸੁ ॥ ਸੁਨੀਯਾਨੁ ਦੁਖੁ
ਪਾਪੁ ਕਾ ਨਾਸੁ ॥ ੧੧ ॥

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Sooniyaan suraan goona kay gaah. Sooniyaan sheikh Peer patshah. Sooniyaan undhay paavh(i) raah(u). Sooniyaan haath hovaay usgaah(u). Nanak bhagtaan suda vigaas(u). Sooniyaan dookh paap ka naas(u). 11.

Word Meaning: Suraan = oceans. Goona = noble qualities. Gaah= to search carefully; acquire. Sheikh = a highly learned Muslim. Peer = a Muslim holy man. Raah(u) = path (to righteousness). Haath = to reach the end or the limit; fathom. Usgaah(u) = ocean (in Gurbani, usgaah has also been used as metaphor for the world). Vigaas(u) = blooming of the heart; blissful

MEANING: Listening to (comprehending and believing in) Waheguru's Naam enables a person to dive deep into the ocean of noble qualities, and acquire them, thereby enabling the devotee to get connected with the King of the sheikhs and the peers (Allah, Waheguru). By listening to Waheguru's Naam, even a blind (of wisdom) can find the path of righteousness (to unite with Waheguru). By listening to Waheguru's Naam, one can fathom the world-ocean of life i.e., what causes comforts and discomforts, and how to be unaffected by them. (Guru) Nanak says that all sins and discomforts are dispelled by listening to Waheguru's Naam, and Waheguru's devotees are always blissful so they do not feel any discomfort. 11.

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Munnay ki gut(i) kuhhi na jaayay. Jay ko kuhhaiy pichhaiy puchhtaayay. Kaagud(i) kulm na likhunhaar(u). Munnay ka beh(i) kern(i) veechaar(u). Aiyasa Naam(u) Nirunjun(u) hoyay. Jay ko munn(i) jaanaiy mun(i) koyay. 12.

MEANING: The high level of spirituality of a true devotee (who internalizes Waheguru's Naam, and obeys Waheguru's Commandments of high moral values) cannot be described. If someone tries to do so, he later realizes his blunder, and feels guilty (because he would not able to do so). There is no such paper, no such pen, and no such writer who can describe the actual high spiritual level of a true devotee. People can only jointly ponder on such a high level of spirituality. Such is Waheguru's (Nirunjun's) Naam if someone believes firmly in it, and obeys it.

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Munnaiy soorut(i) hovaay mun(i) boodh(i). Munnaiy sugal bhavun ki soodh(i). Munnaiy moonh(i) choataan na khaayay. Munnaiy jum kaiy saath(i) na jaayay. Aiysa Naam Niranjun hoyay. Jay ko munn(i) jaanaiy mun(i) koyay. 13.

Word Meaning: Soorut(i) = deep understanding; enlightenment. Boodh(i) = wisdom; Divine Knowledge. Sugul Bhavun = the whole universe. Choataan = sufferings. Jum = angel of death.

MEANING: Waheguru's Naam is such that if someone internalizes it and obeys it, his mind and wisdom (thinking) are enlightened, and he acquires Divine Knowledge. Such a devotee understands the functioning of the universe (that everything is controlled by Waheguru and His Laws). Such a devotee does not have to face the Angel of death (Jum) and suffers no shame on his face (is not punished for his deeds because he does no bad deeds, and is honoured in Waheguru's Court). 13.

NOTE: Guru Sahib repeats the idea of Soorut(i), Mun(i) and Boodh(i) again in Paurri 36 of Jap(u) Ji.

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ਮੁੰਨਾਇ ਮਾਰੂਗੁ(ੀ) ਤਥਾਕ ਨਾ ਪਾਯਾਯ। ਮੁੰਨਾਇ ਪੁਟੁ(ੀ) ਸਿਯੋਨ ਪੇਰਗੁਟੁ(ੁ) ਜਾਯਾਯ। ਮੁੰਨਾਇ ਮੁਗੁ(ੁ)
ਨਾ ਚੁਲਾਯਿ ਪੁਨਥੁ(ੁ)। ਮੁੰਨਾਇ ਧਰਮੁ ਸਾਯਟੀ ਸੁਨਬੁਨਧੁ(ੁ)। ਆਯਸਾ ਨਾਮੁ ਨਿਰਾਨ੍ਜਨੁ ਹੋਯਾਯ। ਜਾਯੁ ਕੋ
ਮੁੰਨੁ(ੀ) ਜਾਨਾਯਿ ਮੁਨੁ(ੀ) ਕੋਯਾਯ। 14।

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ਮੁੰਨਾਇ

Munnaiy maarug(i) tthaak na paayay. Munnaiy putt(i) siyoun pergut(u) jaayay. Munnaiy mug(u)
na chullaiy punth(u). Munnaiy dherm saytee sunbundh(u). Aiyasa Naam Niranjun hoyay. Jay ko
munn(i) jaanaiy mun(i) koyay. 14.

Word Meaning: Maarug(i) = path (to be one with Waheguru). Tthaak = obstruction; obstacle.
Putt(i) = dignity. Pergut(u) = appear with dazzle. Mug(u) = religious path. Dherm =
righteousness. Saytee = with. Sunbundh = relation; connection.

MEANING: Waheguru's Naam is such that a devotee who obeys it firmly, suffers no obstacles
in his path of righteousness (to realize Waheguru). Such a devotee shines in Waheguru's Court
(is honoured). He does not need to follow any sectarian religious path. Such a devotee gets
strongly bonded (sticks) to righteousness, and is honoured in Waheguru's Court where he is
given a special recognition. 14.

ਮੁੰਨਾਇ ਮਾਰੂਗੁ(ੀ) ਤਥਾਕ ਨਾ ਪਾਯਾਯ। ਮੁੰਨਾਇ ਪੁਟੁ(ੀ) ਸਿਯੋਨ ਪੇਰਗੁਟੁ(ੁ) ਜਾਯਾਯ। ਮੁੰਨਾਇ ਮੁਗੁ(ੁ)
ਨਾ ਚੁਲਾਯਿ ਪੁਨਥੁ(ੁ)। ਮੁੰਨਾਇ ਧਰਮੁ ਸਾਯਟੀ ਸੁਨਬੁਨਧੁ(ੁ)। ਆਯਸਾ ਨਾਮੁ ਨਿਰਾਨ੍ਜਨੁ ਹੋਯਾਯ। ਜਾਯੁ ਕੋ
ਮੁੰਨੁ(ੀ) ਜਾਨਾਯਿ ਮੁਨੁ(ੀ) ਕੋਯਾਯ। 14।

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Munnaiy paaveh(i) moakh(u) Dooaar(u). Munnaiy pervaaraiy sadhaar(u). Munnaiy turaiy, taaray Gur(u) Sikh. Munnaiy Nanak bhuveh(i) na bhikh. Aiyas Naam Nirunjun hoyay. Jay ko munn(i) jaanaiy mun(i) koyay. 15.

Word Meaning: Moakh(u) = freedom from the bonds of Maya. Dooaar = (Waheguru's door i.e. Court). Sadhaar (u) = improves; enables (to achieve high spiritual level). Turrai = swims across the ocean of Maya. Bhuveh(i) = wanders from door to door of different religious guides. Bhikh = alms; spiritual guidance.

MEANING: Waheguru's Naam is such that whoever internalizes it and obeys it strictly, achieves complete freedom from the bonds of Maya thereby breaking his birth-death-birth cycle. Not only he finds salvation for himself, but he also leads his family members (associates, companions) to worship Waheguru, and follow the path of righteousness to be emancipated. He becomes like the true guru himself who stays connected with Waheguru and leads others to salvation. Such a devotee does not need to seek spiritual guidance from any religious sect. 15.

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Punch pervaān punch perdhāan(u). Punchay paaveh(i) Durgeh(i) maan(u). Punchay sohay dur(i) rajaān(u). Punchaan ka Gur(u) aik(u) dhiyaan(u). Jay ko kuhaiy kuraiy veechaar(u). Kertaiy kaiy kernaiy naahi shoomaar. Dhaul(u) dherm(u) duyya ka poot(u). Suntokh(u) thaap(i) rukhiya jin(i) soot(i). Jay ko boojhaiy hovaiy suchiyar(u). Dhuvlaiy ooper(i) kayta bhaar(u). Dherti hoar(u) purrai hoar(u), hoar(u). Tis tay bhaar(u), tulaiy kuvun(u) joar. Jea jaat(i) rungaan

kay naav. Subhnaa likhiya voorrie klaam. Ehu laykha likh(u) jaanaiy koyay. Laykha likhiya kayta hoyay. Kayta taan(u) sooyaalihou roop(u). Kaytee daat(i) jaanaiy kaun(u) koot(u). Keeta pusaa aiko kuvaa. Tis tay hoyay lukh duriyaa. Koodrut(i) kuvun kuhhaan veechaar(u)? Vaariya na jaavaan aik vaar. Jo Toodh(u) bhaavaaiy saayee bhulee kaar. Tu suda slaamut(i) Nirunkaar. 16.

Word Meaning: Punch = an individual who has acquired a high spiritual level by “listening” to and obeying Waheguru’s Naam. Pervaan = accepted; recognized. Perdhan(u) = spiritual leader. Sohay = held in esteem. Dhau(u) = the mythical ox of Hindu books which supports the earth. Dherm(u) = justice; duty; responsibility. Dyya = mercy. Suntokh(u) = contentment. Soot(i) = laws; Kay = many. Voorrie Klaam = the continuously running pen. Laykha = account. Kayta= how much? i.e.infinite. Soalihou Roop = admirable beauty. Daat(i) = gifts, largesse. Pusaa = expanse. Kuvaa = Word; Shabad; Huqam. Duriyaa = rivers (of worlds and life). Nirunkaar = fromless. Koodrut = nature; ability. Slaamat = safe; dependable.

NOTE: 1. Meanings will start with the last lines. For coherence of real meaning, it may be more helpful not to follow the sequence strictly.

Meaning: (Guru Nanak says) that what ability or power do I have to comprehend Your secrets, and describe them, oh Waheguru! You are so Great, and so benevolent that one life for me is not enough to sacrifice (to appreciate) Your favours. I need countless lives to do so. Whatever You do to Your liking, is for our good. You are always safe (slaamat) (ready to help us), oh formless Waheguru! The only thing that I (Guru Nanak) can say for sure is that Your devotees who believe firmly in You (Punches) get Your acceptance, and are honoured by You, oh Waheguru! They also become spiritual leaders to guide others as to how to seek Your approval. Such Punches are honoured in Your Court, and they are also accorded respect in the courts of worldly rulers. The Punches have only the “One” (Waheguru) in their mind (and have faith only in their Satguru) who is enshrined in their memory.

If someone, other than the Punches, thinks about Nature, and then states a few things about You, he will readily admit that there is no limit to Your Creation and the way You manage it, oh Waheguru! {For example, talking about how the earth is supported in the universe, people have believed all the time that there is an ox (dhuval or dhau) that carries the earth on its horns, but

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how can that be possible!} The ox himself needs something to stand on; so there should be another earth underneath him which needs another ox for support, and the chain continues {dherti hoar(u) purraiy hoar(u) hoar(u)}. How will the last ox bear that entire burden? (So, the idea of the ox supporting the earth is absurd). If someone thinks, and understand this secret, he will realize the truth (hova iy sachiaar) that the support for earth (ox or dhuval) is, in fact, provided by the innate responsibility (Laws) of Waheguru which is born out of His mercy for the universe, and which provides contentment for all living beings (they are never worried about the stability of the earth).

On the other front, there, are countless living beings of many different kinds and colours, whose accounts (births, deaths, deeds etc.) are kept continuously by Waheguru's running pen (voorrie klaam). Think about that, who else can keep such limitless records (laykha)? No one has such ability. Also, who can value Waheguru's power, the beauty of His Creation, and His endowments? He created the universe with a single Command which resulted in millions of rivers (of life and worlds).

What power do I have to describe Your grandeur? He is so kind that my one life is not enough to sacrifice for Him (to thank Him for His largesse). Whatever You do is for our good, and You are always safe (we can count on Your help), oh Waheguru. 16.

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Asunkh jup asunkh bhaou. Asunkh pooja, asunkh tup taou. Asunkh granth mookh(i) Vayd patth. Asunkh joag mun(i) ruheh(i) oodaas.

(PAGE 4): Asunkh bhagat goon giyan veechaar. Asunkh sutee asunkh daataar. Asunkh soor moonh bhukh saar. Asunkh moan(i) live laayay taar. Koodrut(i) kuvun kuhaan veechaar(u)?
Vaariya na jaavaan ek vaar. Jo Toodh bhaavaaiy saayee bhuli kaar. Tu suda slaamut(i) Nirunkar.
17.

Word Meaning: Asunkh = countless. Jup = recitation of some holy mantras (paatth). Bhaou = affection, reverence. Tup Taau = endure physical suffering to please god (or Waheguru). Sutee = of high moral character. Daataar = donors. Soor = brave; gallant. Bhukh = eat; endure. Saar = iron or steel (weapons). Moan(i) = stay quiet. Nirunkar = without any physical form (Waheguru).

MEANING: (Talking about good people) there are countless of those who recite some mantras to please You or some gods, oh Waheguru! And countless show affection and reverence for You. Countless people worship You or some other power, while countless people meditate and endure physical suffering to please some power. Countless people memorize the Vedas or some other holy books, and recite them with their tongue. There are countless yogis who renounce Maya in their thoughts. There are countless devotees who use their knowledge to ponder on Your noble qualities. There are countless people with high moral values, and countless people who donate for charities. Countless braves face, and receive injuries in the

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Meaning: On the other hand, there are countless fools who are in complete dark i.e., they are completely devoid of any common sense. There are countless thieves who steal, and rob others. There are countless people who forcibly exercise control on others. Countless killers kill others, and countless sinners commit sins. Countless liars live their lives based on lies, and there are countless low-characters, and greedy people who eat unclean (earned by dishonest means) food, like they will never get the next meal. Countless malicious people criticize others, thereby carrying more debt of sins on their heads. (Guru Nanak says) I am also one among them, but I do know that your benevolence is immeasurable and I cannot pay that debt just in one life. I need countless lives to sacrifice for You (to thank You). Whatever You do to Your liking is good for us, and You are always there to help us, oh formless Waheguru!

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Asunkh naanv asunkh thaanv. Agumm agumm asunkh loe. Asunkh kuheh(i) sir(i) bhaar(u)

hoyay. Akhreen Naam(u) akhreen salaah. Akhreen giyaan(u) geet goon gaah. Akhreen likhan(u) bolun(u) baan(i). Akhraan sir(i) sunjog(u) vakhaan(i). Jinh(i) eh(i) likhay tis(u) sir(i) naah(i). Jiv foormaayay tiv tiv paah(i). Jayta keeta tayta Naoun. Vin(u) Naavayn naahi koyee thaoun. Koodrut(i) kuvun kuhaan veechar(u). Vaariya na jaavaan aik vaar. Jo Toodh bhaavaaiy saayee bhuli kaar. Tu suda slaamat(i) Nirunkar. 19.

Word Meaning: Agumm = unreachable. Loe = worlds. Akhreen = using words. Salaah = praise. Baan(i) = language; speech. Sunjog(u) = ; connection. Vakhaan(i) = explained. Sir(i) Naah(i) = not his doing; cannot take credit. Foormaayay = dictates; orders; enlightens. Paah(i) = receives. Jayta = however much. Tayta = as much. Naaoun = Laws; existence.

MEANING: Your creation is so vast that there are countless worlds beyond our reach, oh Waheguru! Assigning even the largest number to Your creation is a sin. Because of the countless worlds, there are countless places where you are remembered or worshipped, and people do so using countless names for You. (No one can put any number on Your creation), however, they can use words to name You, and they sing Your praise with words. They acquire Your knowledge (Giyān) through words and ponder on Your kindness and favours, or count Your blessings also in words. It is only through words that people express their ideas either by writing or by speech. Also, it is through words that with You can be described or achieved, oh Waheguru! The writer (Guru Nanak) does not claim any credit for this writing because He does (writes) only what He is enlightened about by Waheguru to do. Your Command (laws) prevails all over Your creation; there is no place without Your Command (or existence). What ability or power do I have to think and describe Your magnanimity, oh Waheguru! One life is not enough for me to sacrifice myself for You (for Your favours). I need countless lives to do so. Whatever You do to Your liking is good for us. You are always there to help us, oh formless Waheguru! 19.