

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik ounkaar sath naam kuruthaa purukh nirubho niruvair akaal moorath ajoonee saibhun  
gur prusaadh

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 ~

[Line: 1] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

॥ ਜਪੁ ॥

jap

Chant And Meditate:

[Line: 2] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

aadh such jugaadh such

True In The Primal Beginning. True Throughout The Ages.

[Line: 3] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

hai bhee such naanuk hosee bhee such

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

[Line: 4] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥

sochai soch n hovee jae sochee lukh vaar

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

[Line: 5] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥

chupai chup n hovee jae laae rehaa liv thaar

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

[Line: 6] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

bhukhiala bhukh n outhuree jae bunnaa pureeaa bhaar

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

[Line: 7] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

sehus siaanupaa lukh hohi th eik n chulai naal

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

[Line: 8] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

kiv sachiaaraa hoeai kiv koorrai thuttai paal

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

[Line: 9] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

hukam rujaaee chulunaa naanuk likhiaa naal

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

[Line: 10] [Hymn: 1] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

hukumee hovan aakaar hukum n kehiaa jaaee

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

[Line: 1] [Hymn: 2] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

hukumee hovan jeea hukam milai vaddiaaee

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

[Line: 2] [Hymn: 2] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

hukumee outhum neech hukam likh dhukh sukh paaeeahi

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

[Line: 3] [Hymn: 2] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

eikunaa hukumee bukhusees eik hukumee sudhaa bhuvaaeeahi

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

[Line: 4] [Hymn: 2] [Page: 1] [Author: Guru Nanak Dev Ji] [Melody: Jap]