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## G od, the Truth Eternal,

is the creator of the Universe. He alone is the Supreme Master and we should have full faith in Him. The man who believes in Him overcomes all temptations and attains the knowledge that is complete and perfect and brings peace, contentment and happiness.

1



### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥





This world is a sea of misery only for those who know not His ways. For them it is like an ocean which cannot be sailed. But for those who have attained salvation through His knowledge and grace, this world is God's very own manifestation.







One, who gets to know himself and conquers the vain desires shall come to know and realize his true being and have all the material resources of this world at his command.

3



### ੴਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥





consider that man to be most worthy of my love and gratitude who has love for the place where my Master dwelt.







f you wish the world to listen to you, get to know yourself and conquer all physical and material urges arising within you. When you overcome your wordly desires, you become master of the situation. What you see around you is superficial knowledge. It is your spiritual being which is true.

5



### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥





Man finds it difficult to control his vicious instincts.

By prayer alone it is possible. Through God's grace one can make an effort to meditate on His Name.



Search for God in forests

and up in the mountains is futile, for He lives with

and within you. Know yourself if you want to know

God.

7

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Now thyself. Listen to your inner voice. Your 'self' is neither your physical being or the intellect nor the body and its organs. Your true being is the state of realization of your self. Once you know what it is, then your physical being shall accept your true and nobler self as its guide and your true being shall be in control of body, mind and intellect.



### G od is one.

Knowledge about God and His creation is peerless. God is also the name of the Knowledge Supreme. True comprehension of God is possible only when you have realised the significance of the Knowledge Supreme.

9

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



G od in His mercy alleviates the miseries of His living beings in this World. It is only with His blessings that one can attain wordly riches and comforts. It is man's Dharma to commence with God and meditate on His Holy Name. This is possible only with Guru's blessings and is what you are supposed to do. Do your duty and leave out everything to Him.



E levation through self-purification for man is possible, only when he has full faith in Guru. This is how man can achieve his goal.

11

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



There is no distinction between Guru and God.

Guru is the embodiment of all pervading knowledge. He knows and realizes the existence and operation of the laws of the Universe as devised and ordained by God. He comprehends and dispenses all knowledge to mankind.





## G uru is the true Teacher.

His teachings are universal and eternal. He ignores the sins and forgives those who submit themselves before Him. He rescues them of their troubles. It is Guru who forgives a sinner and elevates the individual to a position where he gains his self-respect, sense of dignity and piety.

13

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



## B lessed by God

we are able to divest ourselves of all vicious instincts like jealousy and enemity. We start feeling the presence of God in all His creatures. Guru alone can elevate us to this footing.



A II that appears to be real around us is subject to change. Assess what is happening within you. Your thoughts keep on changing but He is, what He has been. He is the Truth. When you feel convinced and your intellect perceives it, you shall be part of that Immortal Truth. Truth is indivisible; so is knowledge and so is the bliss of the Joy Eternal.

15

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



od within you is watching every act of yours. As long as your ego rules your thinking, you shall remain ignorant of the presence of the Almighty with in you.



is like an ember that burns the good in you. It keeps you away from true knowledge, which helps to realize the existence of God. Meditation on His Name with sincerity will help you realize what truth is. Dishonesty, flasehood cannot keep pace with truth.

17

#### ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥



With God's grace, one who has attained the knowledge perfect, which is true and eternal, is free from the cycle of birth and death. Giving credence to the process of life and death is only betrayal of ignorance on the part of the learned. If you can not discriminate falsehood from the truth or distinguish mortal from indestructible then you have not been able to attain that state of mind which someone in possession of true knowledge has.



Salvation can not be attained with the help of physical senses like: speech, contact, form, enjoying the faculties of hearing, seeing and smelling.

Man remains strangulated by Five Temptations: lust, greed, anger, sex and ego. Man can free himself of these only by surrendering himself before His Will.

19

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Contentment is a boon bestowed by God.

Without His blessings no one can have contentment and be happy. All wealth and realization of temptations cannot make a man happy. Happiness comes by overcoming temptations and cravings.



G od alone can reform men into saints.

Surrender yourself before God and follow the path of devotion and love. This will enable you to concentrate and meditate on His Name. If you are not able to surrender yourself completely before His Will, you should not think of salvation.

21

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



G od keeps a watch on everyone, every moment.

The moment a thought crosses your mind, He immediately perceives it. If you think nobody knows about what you are considering or contemplating, it is not so, for He is within you. The moment a vibration is initiated it gets

registered in His system.



A II your miseries, difficulties and troubles come to an end the moment you are graced with God's Name because there is no difference between Him and His Name. You meditate on His Name and your being gets submerged in Him and He takes you under His wings and protects you every moment, everywhere.

23

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



# G od is Omnipresent.

He is complete, as there is nothing beyond Him. His abode is in your heart. Remember that He is with in you all the time. Away from Him your existence is not possible. Don't go out looking for Him elsewhere for He is every where and within everyone. In order to find Him, look into your heart.



Except His Name nothing will be of any help to you. It is His Name alone that will provide you peace in this world as well as the next. When your mind becomes one with His Name, you acquire all that you could ever yearn for. You get peace eternal.

25

### ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥



To worship Him is to devote and dedicate yourself completely to Him. Think of Him and feel His presence within you. With full faith, surrender completely before Him and enjoy His bliss. But we fail to achieve that for our devotion is not complete. We get lost and squander ourselves in wordly affairs. Carrying out our worldly affairs we must keep our inner self confined to Him. Only then our worship or dedication is complete.



The only way to get your soul liberated is by reciting His Name. Your attention may get diverted by extraneous factors but keep concentrating and meditating on His Name since He is All-pervading, Omnipresent and Omnipotent. There is only one force or power - God, the Supreme One. He alone is the Creator, the Preserver and the Destroyer of all that exists.

27

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Whatever we see around is false because it all gives over to change. Only Truth is eternal because God can be perceived only in the form of Truth. He has no appearance, neither can He be contained by time and space. If you believe the existence of the three gods then you shall have to think of the One who watches all the three. Undoubtedly there is only one Supreme Power—God. He alone is the source of all life and all creations.



Till Eternity only He is the Truth. He is beyond any change and transformation and yet He appears and reappears through the change. Truth remains ever and nothing can take its place. The Immortal shall never take the form of a mortal. We mislead ourselves when we confine Him within any limit of form, time or space. He is beyond all regulations known and unknown. Man can merge his entity in Him only when man starts abiding by the regulations that sprout through His Divine Will.

29

#### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



With Guru's grace there comes the Light Eternal. You feel enlightened when you feel His presence and after that there is no scepticism, for God is with you all the time and everywhere. The world and life thrive only because of His kindness, His mercies and His grace. You get peace of mind, that makes your life meaningful and worth living.



Pray God to forgive you for your foolishness in comprehending Him as finite for He is infinite, beyond all description, knowing no limit, whatsoever. Beseech your Guru to bless you with wisdom to perceive of Him as He is. Guru will be very kind to bless you with true wisdom so that you may realise the everlasting significance of His Name. Always meditate on His Name so that your superficial identity may yield to true and eternal entity by merging your self with Him.

31

#### ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥



# G od is Omnipotent.

What ever man does, acts or reacts all power comes from God. When ever he achieves heights he must not forget that he has been able to do so only because of His Will.



G od lives in 'Shabad' (Divine word).

When you make 'Shabad' a part of your being you shall be one with your Creator. Of course there will be obstacles in your way. Submit yourself completely and pray for His grace.

33

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



K now thyself.

So long as you do not know yourself, your mind remains clouded with doubts. You remain a confused person. It is your devotion and love that takes you nearer the God. And when you make His Name a part of your life there remains little to do more. You shall come to realize what God is to you.



# G od Almighty

watches and knows all that is going on within you. He monitors the vibrations of your heart, your mind, your thoughts, your intellect. There is nothing in or about you which God does not know. So much so that your existence is not possible without Him. In fact, it is He who appears to be you.

35

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



A II praise to Him for He alone is worthy of our praise. If you were to sing in His praise He would keep you in good care and all your sins would be erased. You would realise that through His grace alone, we live and stay in prosperity. He is the Creator and it is He alone whose mercies strike and keeps a balance amongst the planets & stars.



## Pray to God.

Speak nothing but the Truth. Never think ill of anyone. Do good to all, and God Almighty shall treat you similarly.

37

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Good deeds matter more than anything else. Recite His holy Name and you will attain contentment. God will be pleased with you and accept you for your good deeds and faithful performance of your duty. There is nothing more important than His pleasure, for once you enjoy His grace He shall forgive you for your sins and your miseries will come to an end.



When your inner self asserts in a pure and pious manner, you attain true knowledge and all your miseries are gone and you enjoy eternal bliss.

39

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Saviour and Master of this Universe. His Will pervades all through. Man must learn to live as He ordains and pay his homage and respects to the Creator. People become good and kind only when they learn to obey Him. We should never forget Him who gives us life and all comforts. If we meditate on His Name we achieve every bliss that makes life good, meaningful and worth living.



## G od is immortal.

Man should not fail to concentrate and meditate on His Name. Man would enjoy the bliss only if he remembers the Creator and His mercies. Man's life is successful only when he learns to enjoy His grace. Life has a meaning and is worth living only if we remember God. Strangely man gets attached to those objects which he would leave behind.

41

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



When man develops the ability to recognize Truth no illusion can mislead him. You give a counterfeit coin to a child, the moment he comes to know about it he will throw it away. Similarly when man is able to perceive what is true he will discard all that is false and shall enjoy His blessings. God controls the destiny of all living beings and He alone brings happiness in man's life.



A II heavenly beings who came into this world, followed the Path of Truth and urged people to do the same. Jesus suffered while treading on the path of Truth. It is God and His true followers who put the people on the Right Path.

43

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



G od does what ever it pleases Him.

We should learn to accept the same. He is the Master of us all. With His benevolence we gain all that we may desire. He bestows on us all that we need or want and nothing is kept away from man. If a man acts in a manner that is good and noble he always enjoys His grace and kindness. And it is He who has given us all that we

possess.



L ove all.

Guru Arjan Dev ji the fifth Guru, has very clearly warned us not to speak ill of anyone. Donot use disparaging language for anyone, for God resides with in everyone. If you condemn a man you will be condemning God for He dwells in him. No man has a separate entity of his own. Man is only a part of the Supreme Being. So undue criticism of man will amount to criticism of God.

45

#### ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥



When you consciously merge your being unto Him you become a part of Him and are transported into a state of ecstasy. This is the supreme moment of awakening and the state of absolute piety. You are blessed with knowledge perfect. You attain Salvation. When you attain this state of bliss all your desires are fulfilled and you stand fully rewarded.







One who develops love and devotion for God and is absorbed in His Name, is able to feel His existence. Nothing is out of his reach. All is within his grasp. Nothing can elude him and he is in possession of all that is worth possessing. And in his company others can see God within themselves.

47

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



### t is He who fulfills all desires.

He gives all comforts and pleasure. He is the One who brings happiness to all, resides within everyone. Have faith in Him and enjoy His mercies and blessings. All your sublime cravings will be realized. He shall grant you absolute peace of mind.



There is nothing above the "Name' in this world.

It is the Name that takes us to Him and brings salvation to man. But it is possible only with the help of the Guru. Guru bestows light to the world. Guru has the key of wisdom that God blesses him with.

49

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



here is no distinction between the Name and the One who bears it. God's Name alone leads you to know God and to be a part of Him. Once you are able to concentrate on "Name' you will find Him. The moment you have realized what Name is you will realize and perceive what God is. The only way to know God is through recitation of His "Name'. As long as you do not identify yourself with "Name' you cannot be one with God.



Who so ever loved his Creator attained salvation.

All those who gave themselves up to His love with true devotion became free of all bondage. They were blessed as saints.

51

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Sing in the praise of God till such time that you feel the presence of the Lord within you. Give yourself upon His lotus feet and keep meditating on His Name. You shall find Him there. It is His Name that shall help you reach and find Him.



# Truth is a religion.

A man who is truthful merges himself into the Truth. You shall find God only when you completely identify yourself with the Truth. Being clever or by deploying clever tactics you cannot attain the Truth.

53

### ੴ ਸਤਿਗੁਰ ਪ੍ਸਾਦਿ॥



Man goes astray and remains in wilderness for ages. It is God alone who through His mercy brings man on the right path. Man can find God within himself and be one with him only through His blessings. Without His wisdom man can never find Truth which is yet another name of God.







E go and desire are the two ailments man suffers from and they go on increasing every moment with the passage of time. These two can be countered by Truth and meditation on His Name. As long as man is in capable to meditate on His Name and has not developed absolute faith in Him, he will remain in wilderness and far from being happy.

55



#### ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥





One who has comprehended the truth of His existence and has realized the truth of his own being, is blessed with enlightenment. All those devoid of the two remain deprived of all light that makes life meaningful and worth living. This is possible only with the blessings of the Guru. Man attains salvation and comes out of the cycle of birth and death and of misery when he becomes one with his Creator and self-realization dawns on him.