





# Japji Sahib

## The Song of the Soul

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Composed by  
**Guru Nanak**

Translated by  
Ek Ong Kaar Kaur Khalsa

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## **DEDICATION:**

*Thank you to:*

*My mother and father who gave me life.*

*All the teachers I have had along the way.*

*The Guru who brought me*

*To the feet of the Siri Singh Sahib*

*Who, in turn,*

*Brought me to the feet of the Guru.*

**Other published works by Ek Ong Kaar Kaur Khalsa:**

Guru Amar Das' *Anand Sahib: The Song of Bliss*

Visit: [ekongkaar.blogspot.com](http://ekongkaar.blogspot.com)

## Acknowledgement

If one is very fortunate in life, a person may have the touch of a living Master. It was through tremendous grace that, as I wandered lost, searching for a path to take me out of the pain of my life, the Creator brought me to the feet of the Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji.

As both a Sikh and a Master of Kundalini Yoga, the Siri Singh Sahib, also known as Yogi Bhajan, teaches a powerful Dharma. It is a Dharma for the householder— where through the Sikh spiritual practice of the *Shabad Guru*—the Guru as Divinely Given Sound—supported with the practice of Kundalini Yoga, one can live in balance with the heavens and the earth, seeing the Divine Light in everything while being an active, social, healthy, happy and holy human being.

Japji Sahib was written by the first of the Sikh Gurus, Guru Nanak, at the turn of the 16<sup>th</sup> century. It was under the Siri Singh Sahib's guidance and direction that this translation of Japji Sahib, was undertaken. There are so many stories to tell about the process of translating Japji Sahib. But the key was his faith in me and his insistence that I go past my self imposed limits as a person and as a writer.

It is with tremendous love, affection and a deep, deep gratitude that I dedicate this translation to him. He left his physical body on October 6, 2004. All knew him as a rare and amazing spirit who had a unique courage, giving people a chance to face their deepest fears, their darkest demons and come through the experience victorious and triumphant.

No project is ever individual and nothing happens in isolation. There were countless other people who, by God's grace, gave their time, love, devotion and assistance in the completion of this translation.

Dr. Balkar Singh, the former head of the Siri Guru Granth Sahib Department at Punjabi University in Patiala, India spent months going

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*Through Guru Nanak, may Thy Spirit forever increase and may all people prosper by Thy grace. Naanak Naam, Charhdee Kalaa, Tayray Bhaanay Sarbatt Daa Bhala. Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh.*

Sardarni Sahiba Ek Ong Kaar Kaur Khalsa



## Preface

We are walking step by step into the Age of Aquarius where our spiritual identity shall be the primary value and our common humanity the base. Over 500 years ago, Guru Nanak laid down the path when he was given the Divine Song of Japji Sahib. Japji Sahib is 40 steps that give us an understanding of the Total Comprehensive Reality of the Divine and lead us to living in the flow of our own Infinity as humble human householders on the earth.

Guru Nanak recognized that humans had made the whole issue of spirituality too complicated and he sought to simplify it. God is within you and you have the right to experience that happiness, that bliss while living on the earth—no matter what your circumstances in life. It is an awareness, a direct perception, a consciousness that cannot be bought and cannot be sold. But in truly and humbly meditating upon the Words of those who have understood this truth, the same truth can be awakened within you.

Guru Nanak, along with his musician companion Mardana, traveled far and wide in the late 15<sup>th</sup> and early 16<sup>th</sup> centuries through what is now northern India, Pakistan, Tibet, and Southwest Asia—always on foot. He brought together people of different religions and different social classes to sit together, in love, and sing meditative songs of the Creator and the greatness of life. Guru Nanak was a pioneer and a revolutionary—tearing down the walls of prejudice against women 500 years ago. He saw the Divine Light of the Creator equally in men and women and established a path where women were held in the highest honor.

Though his physical footsteps are no longer with us, the songs of Guru Nanak and his successors offer us a chance to open ourselves to the love and beauty of life. To the gift of being here, for a time, with each other, sharing and celebrating in the wonder of God's Creation.

The Sacred Way of the Sikhs began with Guru Nanak as a universal path of acceptance, wisdom and love. Through Guru Nanak and the nine succeeding Sikh Gurus, the Shabad Guru came into being—the Divine Teacher and Guide in the form of Sound. Japji Sahib is originally written in the language of Gurmukhi, which literally means *from the Mouth of the Guru*. Even if one does not understand that Divine Language, its Sound Current has the power to profoundly impact our psyche and consciousness, clearing blocks that keep us from experiencing our limitless potential. Awakening our spirit and true destiny.

This English rendition of Japji Sahib is like the moon to the sun. It is only a tiny reflection of the Divine Beauty of the original. If there is something in this that touches your soul, that fires your devotion and love, listen to Japji Sahib in its original form—in the Sound Current of Gurmukhi—and allow yourself to be transformed. The age of mindless suffering is coming to an end. Now is the time to touch that subtlety of existence, which gives us the sophisticated sense that God is here with us, now, in every living thing and that God is love, is peace, and is purposeful.

May you be blessed to live to your Infinity and be with those who live in that same grace, vastness and Light.

## Mool Mantra

One Spirit Beyond  
Moves within the Creation—  
Coordinating  
Consolidating  
Continually  
Creating,

And this Spirit  
Within me  
Is my True Identity.

It Does All  
And Causes All  
To be Done.

It Protects me  
Through all incidents  
Of Time and Space.

It fears nothing  
And knows nothing  
Of vengeance  
Or anger.

Deathless  
It comes into Form.

In Itself, It has  
Never been born.

Flowing through the cycles  
Of Birth and Death,  
It moves  
By Its Own  
Purity and Projection.

This understanding  
Shall come to you  
As a sweet blessing,  
As a gift.

In every moment  
Continue  
In Its Continual  
Remembrance.

From the start  
This Truth was True.

All through Time and Space  
Is True.

Even now,  
This Truth is True.

Nanak says,  
Ever shall be True.

# 1

You think and think  
Ten-thousand thoughts,  
But not one thought  
Will give you  
What you seek.

You sit in silence  
To find the silence  
But silence never comes.  
Your spirit always sings  
The song of the Divine.

And all your troubles,  
And all your cares,  
These will never fade away  
Though you may hoard  
Every treasure in the world.

And all the clever tricks  
You use,  
The countless little tricks—  
Not even one  
Will go along with you.

How can we find  
The House of Truth?

How can we break  
This wall of lies?

Surrender yourself  
And walk the  
Way Of Spirit's Will.

Nanak,  
Be with what  
Is already written.

---

## 2

Through Spirit's Will  
Come countless forms,

Though of this Will  
I cannot speak.

Through Spirit's Will  
Come all the souls.

Merge in that Will  
And become great.

In Spirit's Will  
Are good and bad.

That Will writes  
Pain and peace  
For all.

For some, it brings  
Abundant gifts.

For some, it leads  
To endless wanderings.

Everything exists within that Will.  
Nothing lies  
Beyond It.

Nanak,  
If you understand  
The Will of the Divine,  
Your ego will have  
Nothing to say.



### 3

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing,  
Some capture Your power.

But who has the power  
To capture Your power?

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing  
Some sing of You  
As a Giver  
And know giving  
As the sign of You.

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing  
Some sing of  
Your virtues,  
The elements You use  
To create life,  
And how amazing  
It all is.  
How magnificently beautiful.

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing  
Some sing  
Of the knowledge  
That can only be gotten  
By arduous study.

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing  
Some sing  
Of the Power that  
Creates all things  
Sustains them  
And destroys them.

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing  
Some sing  
Of how You  
Take the souls away  
And then  
Give them back again.

When the soul  
Tunes in  
To the Infinite,

And spontaneously sings  
With Divine love and joy

In that soul-singing,  
Some sing  
Of how far beyond  
Our reach, our grasp  
You are.

When the soul  
Tunes in  
To the Infinite

And spontaneously sings  
With Divine love and joy,

In that soul-singing  
Some sing  
You are always with us.

There is no end  
To what  
We can say  
About You.

Millions of people  
Speak  
Millions of ways.

You, Great Giver,  
Keep giving to us  
And we grow tired  
Of just taking.

Age after age  
You continually  
Feed and  
Nourish us.

In Your Will,  
Oh Divine Spirit,  
You guide us along  
The path You choose for us.

Nanak,  
Blissful,  
Hasn't a care.

## 4

True is the Master  
Of Creation.

True is His Spirit  
Within me.

Speak it with Infinite Love.

We call on You  
And beg to You,  
“Give me, give me.”

And you, Great Giver,  
Give it All.

What can we  
Place before You  
That will allow us  
To see the splendor  
Of Your Divine and Noble Court?

What words can we speak  
With our own lips  
That, upon hearing,  
You would touch us  
With Your Love?

In the Amrit Veyla,  
The still hours before sunrise,  
Our True Spirit  
Becomes known  
As we meditate upon  
Your Greatness.

By the consequences  
Of our positive past actions,  
We have been gifted  
This robe of human form.

Grace leads us  
To the gate of liberation  
Found within it.

Nanak,  
In this way know,  
All people  
Hold the Truth  
Within themselves.

## 5

Nothing has  
Established You  
Or placed You  
On Your throne.

Neither are You  
Created by anything.

You within Yourself  
Are pure  
Like the crystal  
Cool, clear water  
Of a stream.

Those who serve You,  
You bestow upon them  
So much honor.

Nanak sings  
Of Your virtues,  
Your priceless gifts and treasures.

Sing.  
Deeply listen.  
And oh my mind  
Overflow with Love.

All suffering shall vanish,  
And peace,  
Sweet peace,  
Shall make its home  
In your heart.

The wise person  
Who flows  
With the integrity  
Of the Guru's words  
Is one  
With the Naad,  
The subtle vibration  
Which powers creation.

The wise person  
Who flows  
With the integrity  
Of the Guru's words  
Is one  
With all scriptures written  
And yet to be written.

The wise person  
Who flows  
With the integrity  
Of the Guru's words  
Remains continually  
Within herself  
With Thee.

The Guru,  
The Divine Teacher,  
Can take the form  
Of Shiva.



That Guru  
Can take the form  
Of Vishnu or Brahma.

That Divine Teacher  
Can even take the form  
Of the Divine Mother.

Even if I know all this,  
Still there's no way  
To speak it,  
No matter how much I say.

The Divine Teacher  
Has given me  
One lesson to learn.

All souls come  
From the hand of One Giver.

May I never, ever  
Forget Him.

## 6

I wash myself  
In sacred waters  
In order to please You.

But if it doesn't please You,  
What is the bathing for?

I see  
The vastness of Your wondrous creation.

But without taking action,  
How can I merge with Thee?

Within my own  
Awareness  
Are jewels, gems  
And rubies,  
From listening to the Teachings  
Of the Guru  
Even once.

All souls come  
From the Hand of One Giver.

May I never, ever  
Forget Him.

## 7

If a person were to live  
Through the four ages  
Or ten times that,

Known across  
The nine continents  
Followed by everyone.

Protected by a good name,  
With fame and reputation  
Received from the entire world.

Yet, if You do not look kindly  
Our way, oh Divine One,  
That position  
Nobody would want.  
Such a one would be  
The worm  
That lives inside worms.

Among criminals—  
The most criminal.

Nanak,  
The virtueless and the virtuous  
Are both created by the Divine.

And what virtues they carry  
Are given by Thee.

No one exists  
Who can bestow virtues on You.

## 8

Those who are merged in You,  
Those who spiritually lead,  
Angels,  
Masters  
Deeply Listen.

The Earth,  
And what holds the Earth,  
And what surrounds the Earth  
Inter-coordinate  
By Deep Listening.

The Continents,  
Other Realms,  
Lower Worlds,  
Work together  
By Deep Listening.

Deeply Listening,  
Death  
Cannot touch you.

Nanak,  
Those who surrender themselves in Love  
To the Divine  
Continually blossom and bloom.

Deeply Listening,  
Sorrows  
And errors  
Depart.

## 9

Deeply Listening,  
The Three Aspects  
Of the Divine—  
Generator  
Organizer  
Deliverer/Destroyer  
Maintain their balance  
And dance.

Deeply Listening,  
Even those  
With an imbalanced mind  
Praise Thee  
With their lips.

Deeply Listening,  
Yoga  
And the hidden systems  
Of the body  
Make themselves known.

Deeply Listening,  
The wisdom  
Of all sacred scriptures in the world  
Is revealed.

Nanak,  
Those who surrender themselves in  
Love To the Divine  
Continually blossom and bloom.

Deeply Listening,  
Sorrows  
And errors  
Depart.

## 10

Deeply Listening,  
Truth,  
Complete, utter contentment  
And genuine wisdom  
Will be with you  
Within you.

Deeply Listening,  
The purity  
From bathing  
In all sacred waters  
Will cleanse you.

Deeply Listening,  
The same honor comes  
As if you had continually  
Read and studied.

Deeply Listening  
Brings you  
To the point  
Of One-Pointedness,  
Flowing with the continual flow  
Of the Divine Spirit  
In meditative delight.

Nanak,  
Those who surrender themselves in Love  
To the Divine  
Continually blossom and bloom.

Deeply Listening,  
Sorrows  
And errors  
Depart.



## 11

Deeply Listening,  
Recognize  
The ocean of virtues  
Within you.

Deeply Listening  
Become  
In tune with Spirit,  
Perfectly balanced  
In your own humanity  
And nobility.

Deeply Listening,  
Even blind  
You will find your way.

Deeply Listening,  
Understand  
The unfathomable.

Nanak,  
Those who surrender themselves in Love  
To the Divine  
Continually blossom and bloom.

Deeply Listening,  
Sorrows  
And errors  
Depart.

## 12

Trust what you hear  
When you listen—  
Even though  
You won't be able  
To explain it  
To anyone,

And even if you do  
Talk about it,  
You'll just regret it  
Afterwards.

There is no person  
Who, with their pen,  
Has the power to describe  
All that is heard  
When you deeply listen.

Those who sit together  
And trust what they hear  
When they listen  
Are doing  
The most powerful  
Meditation.

Such is  
That True Spirit  
Within me  
That it makes me become  
Pure, clear and sweet.

If you  
Trust what you hear  
When you listen,  
That knowing  
Becomes the psyche  
Through which you  
Reflect, understand  
And act.

## 13

By trusting  
What you hear  
When you listen,  
The Truth  
Of your own Inner  
Consciousness  
Will saturate your psyche  
With wisdom  
And deep understanding.

By trusting  
What you hear  
When you listen,  
You shall dwell  
In all mansions  
Of learning.

In trusting  
What you hear  
When you listen,  
The blows and insults  
Of others  
Will not affect you.

By trusting  
What you hear  
When you listen,  
Death will have  
No power over you.

Such is  
That True Spirit  
Within me  
That it makes me become  
Pure, clear and sweet.

If you  
Trust what you hear  
When you listen,  
Then you will know  
What you see,  
How to understand  
And act.

## 14

In trusting  
What you hear  
When you listen,  
There will be  
No obstacles  
On your path.

In trusting  
What you hear  
When you listen,  
Radiance and honor  
Will be with you.

In trusting  
What you hear  
When you listen,  
There'll be no need  
To take short-cuts  
On your journey.

In trusting  
What you hear  
When you listen,  
Dharma,  
The path of Divine  
Discipline and law,  
Will guide  
Your whole life.

Such is  
That True Spirit  
Within me  
That it makes me become  
Pure, clear and sweet.

If you  
Trust what you hear  
When you listen,  
That knowing  
Becomes the psyche  
Through which you  
Reflect, understand  
And act.

## 15

Trust what you hear  
When you listen  
And find  
The door of liberation.

Trust what you hear  
When you listen,  
And bring all your loved ones  
Along.

Trust what you hear  
When you listen.  
You will swim across  
All difficulties  
And your very presence  
Will carry others  
Across, as well.

And that is what it means  
To be a Sikh of the Guru,  
A seeker of Divine Wisdom,  
Who walks from the darkness of ego  
To the light  
Of your own purity and spirit.



Trust what you hear  
When you listen.  
Nanak,  
Even if you wander  
Lost  
There will be no need  
To beg for anything.

Such is  
That True Spirit  
Within me  
That it makes me become  
Pure, clear and sweet.

If you  
Trust what you hear  
When you listen,  
Then you will know  
What you see,  
How to understand  
And act.

## 16

Those who,  
In the Purity of their own Spirits,  
Have recognized  
Their essential union with God—  
They become the Living Lights  
On the earth  
To whom all Creation bows.

Holding the Truth of the Divine  
Within their very auras,  
They become True Leaders  
On the earth.

In the Royal Court  
Of the Divine  
Those who have recognized  
Their own purity  
Receive the greatest honors.

Standing at the door  
Of the Divine, the Supreme and Noble  
Leader of leaders,  
They are radiant.

The Pure Ones,  
Through the Guru  
Meditate  
On the One.

By doing  
The deepest reflection,  
Still-The Doer of Doers  
Cannot be  
Contained  
Or comprehended.

Dharma,  
The divinely-given  
Spiritual law and discipline,  
Is the Bull upon which  
The entire Universe rests  
And is born as the son  
Of Mother Compassion.

Deep and continuous patience  
Is the mantra  
And the thread  
Which holds it all in place  
And binds everything together.

If someone understands this,  
Then that person becomes  
The Custodian of Truth.

How much weight  
Does the Bull of Divine Law  
Carry on its back?

There are so many lands,  
Here and beyond.

What power is there  
That supports him  
And what he carries?

The names,  
And the colors  
Of all the different souls  
Are continuously written  
By the same Pen.

If someone were  
To try to know  
Thee  
By writing  
All that You have  
Written

How much  
Writing  
Would it take?

How many forms are there  
Awesome in their power  
And beauty?

How many gifts?

Who can know  
Their limits?

With one gesture  
You, oh Divine One, created  
The entire Universe.

From that,  
100,000 rivers  
Come into being—  
Currents that run through,  
Nurturing the cycle of life.

What of Your  
Universal, Unfathomable  
And profoundly Feminine  
Creative Power  
Can I speak  
Or reflect?

I cannot even once  
Be a sacrifice to Thee.

What pleases Thee  
Is the only good  
Worth doing.

Oh Divine Spirit,  
You are ever  
Indestructible,  
Unbound and Beyond Form.

## 17

Countless are those who call on Thee.  
Countless those who Love.  
Countless those who do the ceremonies of Fire.  
Countless those who purify themselves through their Inner Fire.

Countless the revered and learned ones  
Who recite and speak Your sacred words.

Countless those who practice Yoga,  
And live detached from their own minds.

Countless those who have surrendered themselves  
In love and devotion to Thee,  
Gathering virtue, wisdom and deep reflection.

Countless the respectful persons.  
Countless the givers.

Countless the heroes who bear the brunt  
Of battle.

Countless those who live in silence,  
Attuned to Your Divine Song.

What of your  
Universal, Unfathomable  
And profoundly Feminine  
Creative power  
Can I speak  
Or reflect?

I cannot even once  
Be a sacrifice to Thee.

What pleases Thee  
Is the only good  
Worth doing.

Oh Divine Spirit,  
You are ever  
Indestructible  
Beyond and Unbound by Form.

## 18

Countless the weak persons  
Who cannot stand to see  
The horrors of the world.

Countless the thieves  
Who make their living  
By exploiting others.

Countless those  
Who use power  
In the service  
Of their own egos.

Countless those  
Who do not tolerate  
What they don't  
Understand.

Countless those  
Who make so many errors  
Even their errors  
Breed more errors.

Countless those  
Who are so wretched  
They spread wretchedness  
Wherever they go.



Countless those  
Who do not know  
The Divine is within them,  
And spend their lives  
Turning humanity  
Against each other.

Countless those  
Who never find  
Anything good to say  
And cloud their minds  
With their own negativity.

Nanak,  
Of my own weaknesses  
I speak and see.

I cannot even once  
Be a sacrifice to Thee.

What pleases Thee  
Is the only good  
Worth doing.

Oh Divine Spirit,  
You are ever  
Indestructible,  
Beyond and Unbound by Form.

## 19

Countless the spirits  
Who come into form.

Countless their enjoyment  
Of the experience.

There are so very  
Many of them  
I cannot know  
Them all.

Countless those  
Who try to speak  
Of these things—  
What a weight  
They burden  
Their own minds with.

From Beyond the Beyond  
Comes the Vibration  
That lives within  
Every creature.

From Beyond the Beyond  
Come all the Voices  
That honor and praise  
This wondrous thing.

From Beyond the Beyond  
Comes the definition  
Of wisdom,  
Sacred writings  
And virtue.

From Beyond the Beyond  
Comes  
All that is written,  
All that is spoken  
And all  
Sacred Sound.

From Beyond the Beyond  
Comes the Instructions  
Of how to attain  
Complete Union with the Divine  
And surrender yourself  
To the experience.

The One who does  
All the writing,  
No one can write anything  
For Him.

Living in the Purity  
Of one's own self-existence,  
That is how  
The True Spirit comes.

That True Spirit  
Is within all things  
And creates all things.

Without that True Spirit  
Nothing would exist.

What of Your  
Universal, Unfathomable  
And profoundly Feminine  
Creative power  
Can I speak  
Or reflect?

I cannot even once  
Be a sacrifice to Thee.  
What pleases Thee  
Is the only good worth doing.

Oh Divine Spirit,  
You are ever  
Indestructible,  
Beyond and Unbound by Form.

## 20

When the hands, the feet,  
The whole body  
Becomes dirty,  
Water  
Washes it all away.

When clothes are  
Stained with urine,  
Soap and water  
Removes the stain.

But when  
Our own psyches  
Are polluted with the dirt  
That comes from  
The errors and pain  
We inflict on others,

Only our True Selves  
Can restore us  
To our Original Color.

The virtuous,  
The unvirtuous,  
What a person says  
Does not determine  
Who he is.

It is the actions we perform  
Over and over again  
That get recorded  
And go along with us.

What seeds I sow,  
That food  
I have to eat.

Nanak,  
In the Will of the Divine,  
We come and we go.

## 21

Sacred baths,  
Practices of the Inner Fire,  
Kindness,  
Giving gifts—  
Even if someone  
Has the consciousness  
To do these things,  
It will only bring  
A sesame seed's worth  
Of honor.

Deeply Listening,  
Trusting what you hear when you listen,  
Let your mind  
Be kindled  
In love.

Find the sacred bathing place  
Within your own self  
And wash off  
The filth.

All virtues are Yours, my Beloved.  
Of my own,  
I have none at all.

And without Your virtues  
Devotion to You  
Is not even possible.

I am enamored of Thee,  
O Primal One—  
Beyond Time and Space  
Who, through Your Word,  
Brings the Creative Forces  
Of the Universe into play.

The Truth of You  
Is so beautiful.  
It makes my mind happy  
Forever.

What was that time?  
What epoch?  
What phase of the moon?  
What day of the sun?  
What season?  
What month?  
When the Formless  
Took Form?

The spiritual scholars  
Have never figured it out,  
And they have said as much  
In their sacred books.

The season and the day  
Is not known  
By the Yogis.

The season and the month  
Is not known by anyone.

When did the Great Creator  
Form the earth  
With His Hands?  
Only He, Himself,  
Knows.



How can I  
Find the words?  
How can I honor and praise it?  
How can I picture it?  
How can I even  
Know it?

Nanak,  
With words,  
Everyone talks about it—  
Each person  
Trying to be  
More clever and wise  
Than the last.

Great is the Master,  
Great is His Spirit within me,  
Created by His own Command.

Nanak,  
If anybody  
Thinks they know,  
There will be nothing for them  
When they die.

## 22

There are worlds and worlds  
Below us.

There are worlds and worlds  
Above us.

In the end,  
In the end  
You'll grow tired  
Searching them all.

The sacred scriptures  
Say this  
With one voice.

There are 18,000 worlds,  
The scriptures say,  
Countless worlds.

But the Source Beyond the Source  
Is only One.  
Writing this down,  
It becomes a written record.

But in time  
What is written  
Will be destroyed.

Nanak,  
What is truly great  
Is to know Yourself.

## 23

Those in a state of joy  
Praise Thee.  
Yet, in this manner  
True Spiritual Understanding  
Is not given or received.

Streams and rivers  
Flow along,  
Not knowing  
They are merging  
Into the Ocean.

That Ocean  
Is the Great, True  
Noble Ruler  
Who guards the wealth  
And jewels  
Of spiritual learning.

Even an ant  
Is not left behind  
If he never forgets God  
From his mind.

## 24

There is no end  
To all that You  
Create and do.

What we can  
Say about You,  
There's no end to that, either.

There is no end  
To Your actions.

And to what  
You give  
There is no end.

There is no end  
To what we see.

And to what we hear  
There is no end.

There is no end  
To what appears.

How can we know  
All the subtle formulas  
At work in Your mind?

There is no end  
To the visions created  
By You coming  
Into Form.

There is no end.  
The visions go on  
As far as we can see.

There is a limit  
To our understanding  
Of Thee.

How many veils  
Like this  
Do we have to go through?

There is no end  
To Thee, my Beloved.

This is the understanding  
I've received  
And go along with.

This Unending  
Anybody can know.

The more we talk,  
The more there is to say.

Great is the Master  
In the Highest Place.

Even Higher still  
Is His Spirit  
Within me.

Any person  
Can be  
In this height.

And in this height,  
You will know God.

How great You are  
And how great it is  
To know You.

Nanak,  
Grace and karma  
Are both Thy gifts.

## 25

There are so many  
Karmic plays,  
It isn't possible  
To write them all.

The Great Giver  
Withholds nothing—  
Not even the tiniest  
Sesame seed.

There are so many warriors  
Begging to merge into Thee.  
There are so many  
Who are counting  
But never  
Reflect on or see You.

So many are exhausted  
Having broken themselves  
On vice.

There are so many  
Who take everything  
And then deny  
Receiving.

So many foolish ones  
Do nothing but  
Stuff their face  
With food.

So many are  
Continually beaten down  
By endless pain and hunger.

Even these  
Are your Gifts to us  
Great Giver.

Slavery.  
Freedom.  
Both come  
From You.

It isn't possible  
For anyone  
To say more  
Than this.

If someone  
Who likes the sound  
Of his own voice  
Tries to speak  
About this,

He'll be shamed  
In so many ways.

You, Yourself, know.  
You, Yourself, give.

Those who can speak of it  
This way  
Are very few.

The ones You bless  
To meditatively and lovingly  
Chant and sing  
Your wonders,



Nanak,  
Those persons  
Are the nobility  
Of nobility.

## 26

Beyond Price  
Are Your virtues.

Beyond Price  
Is trading  
In Your virtues.

Beyond Price  
Are those who live  
By trading  
In Your virtues.

Beyond Price  
Is the store house,  
The body,  
Where these treasures  
Are kept.

Beyond Price  
Are those who come  
Looking to purchase  
Your virtues.

Beyond Price  
Is what they  
Take away with them  
When they go.

Beyond Price  
Is the experience  
Of surrendering ourselves  
To the Divine  
Through Love.

Beyond Price  
Is the acceptance  
Of the Divine  
And living  
In that complete embrace.

Beyond Price  
Is Your Spiritual Law.

Beyond Price  
Is the Court  
Where that law  
Is practiced.

Beyond Price  
Is the Divine Assessment  
Where our Purity  
Is measured like gold.

Beyond Price  
Is that moment when,  
By God's Grace,  
Our Purity reigns.

Beyond Price  
Are the avalanche  
Of blessings and gifts  
That come to us  
At that moment.

Beyond Price  
Is being a public sign  
Of the sovereignty and dignity  
Of the Divine Spirit.

Beyond Price  
Are our own actions.

Beyond Price  
The Divine Will  
Which directs them.

Oh—so far Beyond  
Any price  
Are these things,  
There's no way  
To speak of it.

Talking and talking  
Continuously

Stay attuned with love  
To the Divine.

Those who recite sacred texts  
Talk.

The scholars,  
Creating so many descriptions,  
Talk.

Brahma talks.  
Indra talks.  
The devotees of Krishna talk.  
Shiva talks.  
The intense yogis talk.  
So many elders talk.

Desperate souls talk.  
Minor gods and goddesses talk.

Saints, ascetic wanderers,  
Those who meditate alone,  
Those who serve others  
Talk.

So many talk.  
So many others  
Try to talk.

And after all these people  
Talk and talk,  
They die and die  
Going their way.

The Divine made them all.

And the Divine  
Will make  
So many more.

Those  
Who have nothing to say  
Are very few.

As great  
As You want us to be  
Oh Divine Spirit,

That great  
You make us.

Nanak knows—  
There is only  
The One True One.

If someone speaks,  
They are misleading  
Through words,  
And everyone will recognize them  
As the fool of all fools.

## 27

Where is that door,  
What is that home  
In which You sit  
And look after everything?

There are so many  
Countless  
Subtle melodies  
Which call the Creation  
Into Being,  
Weaving together  
In harmony.

How many souls there are  
That carry and express  
The music.

How many subtle beings  
And spirits there are  
Who continuously practice  
Your Divine Scales.

How many singers there are  
Who sing along with Thee.

Air, Water and Fire  
Sing to You.

In singing, Thou,  
Oh Noble Ruler  
Of Spiritual Law  
Come to our door.

The beings that record  
Our thoughts and deeds  
Sing to You,  
And, in singing, record  
Our actions for all to know.

In this record,  
Spiritual Law  
Sees clearly  
What we are.

The Creative Forces  
Of the Universe,  
Beautiful and  
Always bejeweled,  
Sing to You.

The Forces  
That govern the Seasons  
From the Heavens  
Sing to You,

As do the Natural Forces  
On the Earth.

The perfected Spiritual Persons  
Who ever remain  
In Divine Union with Thee  
Sing to You.

As do the Disciplined Ones  
Who spend their time  
In reflection and meditation.

Men and women  
Of Moral Self-restraint,  
Of Truth  
And of Contentment  
Sing to You,



As do the Strong  
And Noble Heroes.

Learned persons,  
Scholars,  
And Spiritual masters  
Sing to You,

As do  
All the Books of Learning  
Throughout the ages.

All the enchanting  
Visions  
Which attract  
And enrapture the mind  
In the Heavens  
On the Earth  
And Below  
Sing to You.

All the jewels  
Created by You  
Sing to You,

As do all  
The Sacred Places.

The brave and courageous Warriors  
Sing to You,

As do the Four Treasures  
Of Peace, Contentment,  
Love and Divine Union.

All the Universes and Galaxies  
Planets in the Solar Systems,  
All the Continents  
In all the Lands  
Sing to You,

And as You continually  
Make them,  
You protect and support them.

Those who sing to  
You  
Are those who are  
Pleasing to You.

They are  
Permeated through  
With surrendered Love  
And become  
The Keepers of Thy Essence.

There are so many more  
Who sing to You,  
I can't even  
Think of them all.

Nanak,  
How can I even  
Talk about it?

Thou, oh Thou  
You are always  
The True One,  
The Master of All.

Truth Pervading.  
True Spirit in Form.

You shall ever be—  
Though nothing You created  
Will go along  
With You.

Every color,  
Every unique thing  
Is continually made  
By You.

You who created  
All the elements,  
And the Divine Cosmic Play  
That comes from them,  
Creating and creating,  
You, Yourself,  
Enjoy  
What You have done.

And this  
Is Your greatness.

You do  
What pleases You.

There is nowhere  
Your Divine Will  
Doesn't prevail.

Oh True Emperor,  
Divine King,  
Noble of the Noble,

Nanak lives  
Surrendered to Your Command.

## 28

May you wear  
The earrings  
Of deep contentment.

May humility  
Be your begging bowl  
And the shawl in which  
You carry your belongings.

May being centered  
In the center of your being  
Be the ashes  
That cleanse you.

Wear the patched coat  
Of Death.

Keep your body pure,  
Like a virgin.

And may the staff  
That holds you upright  
As you walk along your journey  
Be the constant remembrance  
Of Spirit within you.

Let the highest  
And best company  
Be the brotherhood and sisterhood  
Of all peoples.

Conquer your mind  
To conquer the world.

I bow  
To the very act  
Of bowing to Thee,  
Oh Divine One.

Beyond Time.  
Beyond Color.  
Beyond Sound.  
Beyond Form and Containment.

Age after Age,  
You are the One.

## 29

Nourish yourself  
Along your journey  
With morsels  
Of wisdom.

Let kindness  
Bear your burdens  
For you,  
As the beat of God's Command  
Vibrates  
In your every  
Heartbeat.

Thy, Thyself,  
Are the Master.

All else  
Follows Thee.

Occult powers  
Taste false.

The Great Divine Union,  
The Pre-ordained Separation  
Both Forces  
Run the entire Universe.

Whatever is written in our destiny  
Is what comes to us.

I bow  
To the very act  
Of bowing to Thee,  
Oh Divine One.

Beyond Time.  
Beyond Color.  
Beyond Sound.  
Beyond Form and Containment.

Age after Age,  
You are the One.

## 30

There is One Mother  
Married  
To all time and space.

From Her,  
Three Devotees  
Are born.

One that creates.  
One that nourishes.  
One that holds court, deciding the fate.

As it pleases Thee, oh Divine One,  
So these devotees move,  
Acting according to Thy Divine Command.

The Divine  
Sees all.

But the created  
Can't see the Divine  
At all.

Wow!  
This is such  
A great drama.



I bow  
To the very act  
Of bowing to Thee,  
Oh Divine One.

Beyond Time.  
Beyond Color.  
Beyond Sound.  
Beyond Form and Containment.

Age after age,  
You are the One.

## 31

You have Your thrones  
On every world.

And in every world  
You've placed  
Your treasures.

Whatever was placed there by You  
Was placed  
Once and for all.

Oh Spirit of Union and Connection,  
You look out for  
All You continually  
Make and do.

The True One  
Creates  
The True Creation.

I bow  
To the very act  
Of bowing to Thee  
Oh Divine One.

Beyond Time.  
Beyond Color.  
Beyond Sound.  
Beyond Form and Containment.

Age after age,  
You are the One.

## 32

If my one tongue  
Were to become two,  
And the two to become  
One million,  
And the million  
To become 20 million,

Then millions and millions  
Of times  
I would recite and speak  
Of the One Spirit  
Pervading and guiding  
The Universe.

On this path,  
The spouse climbs  
With devotion  
Step by step  
To Union with Thee.

Hearing what is recorded  
In the Akashic records,  
Even the lowest beings  
Have a longing  
To return home.

Nanak,  
Grace is brought in  
As a gift of the Creator.

Those who praise themselves—  
False are they  
And ever false.

### 33

The power to speak  
Or keep silent—  
I don't have that power.

I don't have the power  
To beg or to give.

When I live,  
When I die—  
Is far beyond my power.

I have no power  
To rule as a King  
With wealth,  
Or through the force  
Of my own mental manipulations.

I have no power  
To attach myself to God through meditation,  
Or to attain wisdom,  
Or to reflect on what I see.

I have no power  
To know the way  
To liberate myself  
From the world.

Whose Hand  
Holds this power?

The One  
Who does and sees all.

Nanak,  
No one is high  
And no one is low.

## 34

Nights, seasons,  
Moon cycles, days.

Wind, water,  
Fire and the underworld,

In the midst of this,  
The Earth was established  
As a place  
Where Spirit could evolve  
Into a Conscious Awareness of Itself  
Protected.

For that purpose,  
The souls came  
Through time and space  
In such a variety  
Of colors.

Those souls  
Are so many,  
They are countless.

There are actions  
Upon actions  
And we reflect  
On what we do.

Thou, oh Divine One,  
Are True  
And True  
Is Your Royal Court  
In which all  
Is contained.

In Your Royal Court,  
Your devotees,  
The ones who have found themselves  
Within themselves  
Look beautiful.

Their actions  
Flow from Grace  
And this is  
The sign of You  
They carry.

The Not-Yet-Ripe  
And the Ripe  
Are both there  
On the Earth.

Nanak,  
Go and see it.



## 35

In the Realm of Dharma,  
Of Spiritual Law,  
We come to understand  
How to awaken ourselves  
To ourselves.

In the Realm of Wisdom,  
We speak  
Of how everything  
Gets accomplished.

There are so many  
Winds, waters and fires.

So many  
Creative Forces.

So many  
Creations  
That the Creator  
Is crafting,  
Clothing the Spirit  
In Form and Color.

So many actions  
Done in so many  
Lands and places,

So many places  
That are not even  
Known to us.

All for learning  
What You want us  
To learn.

So many Heavens,  
Moons and Suns.

So many Galaxies  
With so many peoples.

So many joined  
In Union with Thee.

So many wise ones  
And masters.

So many  
Robed goddesses.

So many gods  
And demons.

So many persons of Honor.

So many jewels of Spiritual instruction  
In so many Oceans of Existences.

So many ways  
Of thinking about things.

So many words  
That come from Thee.

So many rulers  
Of Spiritual Nobility.

So many  
Living attuned to Thee,  
So many of Your servants.

Nanak,  
Even Your limits  
Are beyond limits.

## 36

In the Realm of Wisdom,  
Wisdom is found.

There,  
Beyond Sound,  
The subtle  
Vibratory frequency  
Of creation  
Creates the plays  
And dramas.

In the Realm of Effort,  
The Divine Word  
Becomes form.

What is crafted there  
Are creations  
Of Incomparable Beauty.

It is impossible  
To speak  
Of these matters.

If someone  
Tries to speak,  
Afterwards,  
He'll only feel mournful  
That he couldn't  
Describe it.

What is crafted there  
Are persons of  
Purity, clarity and grace.  
Attuned to the Divine  
With minds  
That know the difference  
Between Truth and falsehood,  
Persons of genuine understanding  
And wisdom.

What is crafted there  
Are the psyches  
Of angels and masters.

## 37

In the Realm of Grace,  
Your Sacred Words  
Are power,

And there is no other power  
Besides it.

In that Realm  
Are brave and strong  
Spiritual warriors  
Filled  
With the presence  
Of the Divine.

There,  
It is a habit  
Sewn securely  
Inside them  
To honor and praise  
Thee.

These beautiful forms  
Are impossible  
To describe.

Neither they die,  
Nor are they deceived  
By anyone.

The Divine  
Dwells  
Within their minds.

There,  
Those who have  
Surrendered themselves  
In love to Thee  
Live as Lights.

They enjoy  
Sweet-tasting bliss  
Within themselves.

In the Realm of Truth,  
The Formless One dwells.

By seeing All  
That is continuously done,  
The Divine looks kindly  
Upon us and,  
In that kind look,  
Brings everything  
To a state  
Of completion.

There are worlds upon worlds,  
Solar Systems,  
Universes.

If someone tried  
To describe them all,  
There would be  
No limit.

There,  
Lights upon Lights  
Come into bodies and forms.

And as the Divine Will  
Guides them  
So they act.

The Divine remains  
In a state of contemplation  
Seeing and enjoying it all.

Nanak,  
Describing this  
Forges the hard steel  
Of Truth.



## 38

Let the practice  
Of restraining your desires  
Be the furnace,

And let calmness  
Be the gold-smith.

Let the mind  
That knows the difference  
Between Truth and falsehood  
Be the anvil,

And let what you learn  
From your own experience  
Be the hammer.

Take your fear  
And use it  
To stoke the fires  
Of your own spiritual discipline,

And let Love  
Be the pot  
In which the nectar  
Of self-awakening,  
Of self-awareness  
Is poured.

From that,  
Fashion the coin  
Of speaking  
And living  
Pure Truth.

Those upon whom  
You look kindly,  
Oh Divine Spirit,  
Act in this way.

Nanak,  
The Divine Gaze  
Bestows a continuous grace  
Which completes  
Everything.

## *Shalok*

The Wind  
Is the Guru,  
The Teacher,  
The Guide,

And Water  
Is the Father.

The Mother  
Is the great and honored  
Earth.

Day and Night  
Are the two nurses  
In whose lap  
The entire world  
Plays.

All that is good,  
All that is bad,  
Are equally embraced  
In the presence of the Divine  
Under the command of Divine Law.

By your actions,  
You, yourself, will know  
How close you are to Truth  
Or how far away.

Those  
Who meditate  
In the core  
Of their being

Who earn themselves  
Through their hard work—

Nanak,  
Their faces are radiant and beautiful  
And so very many who are connected with them  
Are liberated, too.



*Who is the Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji?*

In 1969, Harbhajan Singh Khalsa Yogiji (Yogi Bhajan) came to the United States to teach Sikh values and Kundalini Yoga. Through his inspiration, hundreds of thousands of people in the West have heard the teachings of the Sikh Gurus and have embraced the Sikh path. To learn about him and his teachings on Sikh Dharma, visit [www.sikhdharma.org](http://www.sikhdharma.org).

*Who is Ek Ong Kaar Kaur Khalsa?*

Ek Ong Kaar Kaur Khalsa is a Western-born woman who, after a long spiritual search, adopted the Sikh path. She is a writer who lives in New Mexico and currently works as the Creative Director for Sikh Dharma International.

To order additional copies of Guru Nanak's Japji Sahib: The Song of the Soul visit: [www.sikhdharma.org](http://www.sikhdharma.org).

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[www.3HO.org](http://www.3HO.org)

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