

Jap ji Sahib – Meanings for beginners

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God is one.

ਸਤਿਨਾਮੁ

His name is True.

ਕਰਤਾ ਪੁਰਖੁ

He is Creator.

ਨਿਰਭਉ

He is without fear.

ਨਿਰਵੈਰੁ

He is inimical to none.

ਅਕਾਲ ਮੂਰਤਿ

His form is unaffected by time.

ਅਜੂਨੀ

He is beyond births and deaths.

ਸੈਭੰ

He is self illuminant.

ਗੁਰਪ੍ਰਸਾਦਿ ॥

He is achieved by the grace of the True Guru.

॥ ਜਪੁ ॥

(Meditation)

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

He is true in the beginning. He is true since the commencement of ages.

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥ 1 ॥

He is still in existence. Nanak says He will certainly remain in existence in future.

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥

If I clean my body millions of times by bathing etc, even then the mind cannot be cleansed of evils.

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵਤਾਰ ॥

If I keep my body absorbed constantly in meditation, even then by remaining silent like this,
the peace of mind cannot be achieved.

ਭੁਖਿਆ ਭੁਖ ਨਾ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

If I pile up the material objects of all the universes, even then the desire cannot be quenched
by remaining under the influence of desire.

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

If I possess lacs of wits, even one of them cannot accompany.

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

Then how can we become eligible for getting Divine Enlightenment and how can the wall of
false belief be demolished?

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥ 1 ॥

Only by obeying the Command of God. Nanak says, this method is pre-ordained -- it is opera-
tive right from the time of creation of the universe.

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

All bodies are created by God's Command.

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

By God's Command all the beings come into existence and they are honoured .

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

By His command somebody is placed high or low and they undergo pain or joy in accordance
with His written command.

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

Some get Grace through God's Command, while others always wander in the cycle of the
birth & death by His order.

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੋ ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥

Everybody and everything is controlled by God's command, none can remain outside His
command.

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ ॥ 2 ॥

O Nanak, if any one understands God's Command, then he does not claim ego.