

So Purkh Mantra

Waheguru. Raag aasaa mehela chauthaa So Purkh.

Ecstasy of Consciousness. I know that I am one with God.

Ik ong kar sat gur parsaad.

This is my True Guru's gift.

So purkh niranjan har purakh niranjan har agmaa agam apaaraa.

The Primal One is perfectly pure. The Primal God is perfect. He is within all, beyond all.

Sabh dhi-aavaheh sabh dhi-aavaheh tudh jee har sachay sirjanhaaraa.

Everyone meditates. All souls meditate on You, O True Creator.

Sabh jee-a tumaaray jee too(n) jee-aa kaa daataaraa.

All souls are one with You. All souls come from You.

Har dhi-aavahu santahu je sabh dookh visaaranhaaraa.

O Saints, meditate on God and all pains will fly away.

Har aapay thaakur har aapay sayvak jee ki-aa naanak jant vichaaraa. (1)

God himself is the Master. God Himself is the Servant. O Nanak, everyone is empty-handed before Him.

Too(n) ghat ghat antar sarab nirantar jee har ayko purakh samaanaa.

You are in each beat of my heart, and in all hearts. O Lord, you are the One in everyone.

Ik daatay ik bhaykhaaree jee sabh tayray choj vidaanaa.

Some are givers and some are takers. This is all Your play.

Too(n) aapay daataa aapay bhugtaa je ha-o tudh bin avar na jaanaa.

You are the Giver and You are the receiver. It is all You.

Too(n) paarbrahm bay-ant bay-ant jee tayray ki-aa gun aakh vakhaanaa.

You are the God of all; endless and Infinite. I have no words to describe your virtues.

Jo sayveh jo sayveh tudh jee jan naanak tin kurbaanaa. (2)

O Lord, Nanak is a sacrifice unto those who serve and serve You forever.

Har dhi-aavaheh har dhi-aavaheh tudh je say jan jug meh sukhvaasee.

Mediate on God. Meditate on God and your soul will be at peace in this world.

Say mukat say mukat bhaa-ay jin har dhi-aa-i-aa jee tin tootee jam kee faasee.

Meditate on God and live free. Live free and know the noose of death is meaningless.

Jin nirbha-o jin har nirbha-o dhi-aa-i-aa jee tin kaa bha-o sabh gavaasee.

Mediate on the fearless One, the fearless God, and live free from fear.

Jin sayvi-aa jin sayvi-aa mayraa har jee tay har har roop samaasee.

Those who serve, O those who serve my Lord, are one with Har (God) and they look Divine.

Say dhan say dhan jin har dhi-aa-i-aa jee jan naanak tin bal jaasee. (3)

Blessed, O blessed are they who meditate on Har (God). Servant Nanak is a sacrifice unto them.

Tayree bhagat tayree bhagat bhandaar jee bharay bi-ant bay-anta.

Devotion to You, O devotion to You is a treasure trove that ever overflows.

Tayray bhagat tayray bhagat salaahan tudh jee har anik anayk anantaa.

Your lovers, O Your lovers praise You, my Beloved, forever and ever.

Tayree anik tayree anik karahi har poojaa jee tap taapeh jaapeh bay-antaa.

For You, just for You O Lord, so many poojas are performed and so many endlessly chant and discipline themselves.

Tayray anayk tayray anayk parheh baho simrit saasat jee kar kiri-aa khat karam karantaa.

For You, just for You O Lord, so many read the Smritis and Shastras. They do kriyas and ceremonies.

Say bhagat say bhagat bhalay jan naanak jee jo bhaaveh mayray har bhagvantaa. (4)

Those lovers, those lovers are sublime, O servant Nanak, who are pleasing to God.

Too(n) aad purakh aprampar kartaa jee tudh jayvad avar na ko-ee.

You are the Primal One, the most awesome Creator of everything. There is none as great as You.

Too(n) jug jug ayko sadaa sadaa too(n) ayko jee too(n) nihachal kartaa so-ee.

Throughout time and beyond time, You are the One, constant and true Creator.

Tudh aapay bhaavai so-ee vartai jee too(n) aapay karahi so ho-ee.

You do everything, and everything happens according to Your Will.

Tudh aapay srist sabhu upaa-ee jee tudh aapay siraj sabh go-ee.

You create the whole universe. You destroy it and create it again.

Jan naanak gun gaavai kartay kay jee jo sabhsai kaa jaano-ee. (5)

Servant Nanak sings the praises of his beloved Lord forever and ever. He is the Knower within all souls.