

Assembly Shabad
January 2013
Khalsa Gurmat School, Gurdwara Singh Sabha, Renton (WA)

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥

Sochai soch n hovee jae sochee lakh vaar ||
*Bathing, the mind is not cleansed
Though one bathes a hundred thousand times*

ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ ਲਿਵ ਤਾਰ ॥

Chupai chup n hovee jae laae rehaa liv thaar ||
*Remaining silent, inner-silence is not achieved
Though one remains forever silent*

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

Bhukhiala bhukh n outharee jae ba(n)naa pureeaa bhaar ||
*Through self-control, desires do not vanish
Though one brings all the world's desires under control*

ਸਹਸ ਸਿਆਣਪਾ ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥

Sehas siaanapaa lakh hohi th eik n chalai naal ||
*One may have a thousand, a hundred thousand clever plans
Not even one will go with you beyond this life*

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥

Kiv sachiaaraa hoeeai kiv koorrai thuttai paal ||
*(Then) how does one become true
and tear down the curtain of falsehood*

ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

Hukam rajaaee chalanaa naanak likhiala naal ||1||
*Live contently according to Waheguru's hukam
Oh Nanak, that is written and always present*