

Good Advice from Shri Guru Granth Sahib Jee

God comes silently and unnoticed in Devotee's Heart

ਸੂਹੀ ਮਹਲਾ ੩ ॥ Soohi, Third Mehl:

ਹਰਿ ਜੀ ਸੁਖਮੁ ਅਗਮੁ ਹੈ, ਕਿਤੁ ਬਿਧਿ ਮਿਲਿਆ ਜਾਇ ॥

har jee sookhum agum hai kith bidh miliaa jaae
The Dear God is subtle and inaccessible; how can we ever meet Him?

ਗੁਰ ਕੈ ਸਬਦਿ ਭ੍ਰਮੁ ਕਟੀਐ, ਅਚਿੰਤੁ ਵਸੈ ਮਨਿ ਆਇ ॥੧॥

gur kai subadh bhrum kutteeai achinth vusai man aae Page 756
Through the God's Word, denial is cleared, and God silently and gently enters to abide in mind.

Sins of Adultery stick with soul for eternity: Even fantasy thoughts put a sinfull stain on Soul!

ਸੌਰਠਿ ਮਹਲਾ ੫ ॥ Sorath, Fifth Mehl:

ਦੇਇ ਕਿਵਾੜ ਅਨਿਕ ਪੜਦੇ ਮਹਿ, ਪਰ ਦਾਰਾ ਸੰਗਿ ਫਾਕੈ ॥

dhaee kivaarr anik purrudhae mehi pur dhaaraa sung faakai
Behind closed doors, hidden by many methods, the man seeks sinfull company of other man's wife.

ਚਿਤ੍ਰ ਗੁਪਤੁ ਜਬ ਲੇਖਾ ਮਾਗਹਿ, ਤਬ ਕਉਣੁ ਪੜਦਾ ਤੇਰਾ ਢਾਕੈ ॥੩॥

chithr guputh jub laekhaa maagehi thub koun purrudhaa thaeraa taakai Page 616
When Chitr and Gupt, the celestial accountants of the conscious and subconscious, call for your account, who will cover your sins then? ||3||

Pleasure of Adultery is short- lived with long-term adverse effects:

ਧਨਾਸਰੀ ਮਹਲਾ ੫ ॥ Dhanaasaree, Fifth Mehl:

ਈਤ ਉਤ ਨਹੀ ਬੀਛੁੜੈ, ਸੋ ਸੰਗੀ ਗਨੀਐ ॥

eeth ooth nehee beeshurrai so sunghee guneeai
He alone is called your companion, who will not be separated from you, here or hereafter.

ਬਿਨਸਿ ਜਾਇ ਜੋ ਨਿਮਖ ਮਹਿ, ਸੋ ਅਲਪ ਸੁਖੁ ਭਨੀਐ ॥ ਰਹਾਉ ॥

binas jaae jo nimukh mehi so alup sukh bhuneeai Page 677

The momentarily pleasure, which passes away in an instant, should be avoided. ||Pause||

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