

Good Advice from Shri Guru Granth Sahib Jee

Your Liberation is in your Own Hands:

ਸਰਬ ਬੈਕੁੰਠ, ਮੁਕਤਿ ਮੋਖ ਪਾਏ ॥

surub **ba**ikunth mukath mokh **paa**eae
The heaven, Liberation and deliverance are obtained:,

ਏਕ ਨਿਮਖ, ਹਰਿ ਕੇ ਗੁਨ ਗਾਏ ॥ Page 290

eaek nimukh har **k**ae gun **gaa**eae
if one sings the God's Glories, even for a moment.

God's Word is eternal food for Soul:

ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ, ਭੋਜਨੁ ਗਿਆਨ ॥

brehum **gia**anee **k**aa bh^ojun **gia**an
Spiritual wisdom is the food of the God-conscious being.

ਨਾਨਕ ਬ੍ਰਹਮ ਗਿਆਨੀ ਕਾ, ਬ੍ਰਹਮ ਧਿਆਨੁ ॥੩॥ Page 272

naanuk brehum **gia**anee **k**aa brehum **dhia**an
O Nanak, the God-conscious being is absorbed in God's meditation. ||3||

Only God's Word is worth Talking About, rest is addiction:

ਲੋਕੁ ਧਿਕਾਰੁ ਕਰੈ ਮੰਗਤ ਜਨ, ਮਾਗਤ ਮਾਨੁ ਨ ਪਾਇਆ ॥

lok **dhika**ar **keh**ai munguth jun **ma**aguth **ma**an n **paa**eiaa
People curse at the beggar; by begging, he does not receive honor.

ਸਹ ਕੀਆ ਗਲਾ ਦਰ ਕੀਆ ਬਾਤਾ, ਤੈ ਤਾ ਕਹਣੁ ਕਹਾਇਆ ॥੪॥੮॥ Page 878

seh **ke**aaa **gula**a dhur **ke**aaa **ba**athaa **thai** **thaa** kehun **keh**aaeiaa
O Lord, You inspire me to speak Your Words, and tell the Story of Your Court. ||4||8||

All desires of a devotee, even for Salvation, are silenced:

ਰਾਜੁ ਨ ਚਾਹਉ,
ਮੁਕਤਿ ਨ ਚਾਹਉ,
ਮਨਿ ਪ੍ਰੀਤਿ ਚਰਨ ਕਮਲਾਰੇ ॥

raaj n **cha**aho mukath n **cha**aho man **pre**eth churun kumula**arae** Page 534

I do not seek power, and I do not seek liberation. My mind is in love with Your Lotus Feet.

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