

# GURU NANAK'S TEACHINGS

FROM ASA KEE VAAR

A hundred times a day, I am a sacrifice to my Guru;  
Who makes angelic beings out of humans, without delay.



Vaheguru created and exists in His Creation while watching over it

KUDRAT



Forgetting the Guru and trying to be clever is like an abandoned flower in a field

SUN(I)E KHET



Sweet loving speech and humility are two of the biggest virtues

MITATH NEEVEE(N)



Right and wrong actions will be judged in the next world.

Only Naam will save us

DHARAM BAHAAALIA



The world's attachment to wealth is temporary and false

KOORR



The saintly people worship God day and night in hunger to meet

SACH SALAAHAN



Even if thousands of suns appear, without Satguru, there is darkness

GHOR ANDHAAR



A woman is not impure after she has a baby (Hindu superstition)

SOOTHAK



Greedy thoughts, lies, lustful eyes and listening to slander make one impure

SOOTHAK



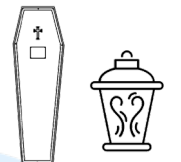
Do not call anyone bad and do not argue with foolish people who will not change

MANDHA KISAY NA AAKHEEAY



Vaheguru is praised with a feeling of wonder and fascination

VISMAADH



Burial or cremation is irrelevant it is the soul that has to reap what it sows

MITTEE



## THE MEDICINE OF TRUTH



TRUTH IN THE HEART  
RIDHAY SACHAA



HEAR THE NAME  
NAAO SUNN



PLANT NAAM IN BODY  
KARTHAA BEEO



GIVE COMPASSIONATELY  
PUNN DHAAN



FOCUS INTERNALLY  
ATAM TEERATH



We give, take, laugh, cry, come, go, lie and tell the truth with ego and selfishness

HAU VICH



All of creation operates in the fear of Vaheguru but Vaheguru has no fear

BHAI VICH



The True Guru is only found through Vaheguru's blessing and mercy

NADHAR



Dancing is just an urge of the mind. Those who fear Vaheguru learn to love Him

BHO BHAOO



Do not call woman bad, as she is the one who gives birth to royalty

SO KIO MANDHA AAKHEEAY



The Shabad of the Guru removes our ego and merges us back with Vaheguru

GUR KA SHABAD KAMAAE

DAYAA  
COMPASSION

THE SACRED THREAD

CONTENTMENT  
SANTOKH

OF OUR SOULS

SELF CONTROL  
JATH

SATH  
TRUTHFULNESS



Reading and studying without true worship only increases ego

PARR PARR



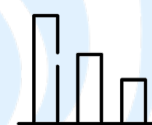
Vaheguru cannot be commanded to do anything. Only Ardas is accepted

NAAL KHASAM CHALAY ARDAAS



We have limited breaths and once they are complete we must leave. In every age, virtues like truth and contentment were lost. Now it is the dark age (Kaljug)

BHAREEAY PAEEAY



JUG JUG FER VATTAAEEAY



Vaheguru has protected the saintly Bhagats from the beginning of time

PAIJ RAKHDAA AYAA



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