

Japji Sahib 13th Pauree

[This is the second of the four “Mannay” or “Mannai” pauris, 12, 13, 14, 15]

“Gives you the occult knowledge of infinity. It brings deep intuition.”
{Dr. Sant Singh – Nitnem}

**Mannai Surat hovai man budh.
Mannai sagal bhavan kee sudh.
Mannai mo-eh chotaa naa khaa-eh.
Mannai jam kai saath na jaa-eh.
Aisaa naam niranjan ho-eh.
Je ko man jaanai man ko-eh.**

**ਮੰਨੈ ਸੁਰਤਿ ਹੋਵੈ ਮਨਿ ਬੁਧਿ ॥
ਮੰਨੈ ਸਗਲ ਭਵਣ ਕੀ ਸੁਧਿ ॥
ਮੰਨੈ ਮੁਹਿ ਚੋਟਾ ਨਾ ਖਾਇ ॥
ਮੰਨੈ ਜਮ ਕੈ ਸਾਥਿ ਨ ਜਾਇ ॥
ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥
ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੩॥**

The faithful have intuitive awareness and intelligence.
The faithful know about all worlds and realms.
The faithful shall never be struck across the face.
The faithful do not have to go with the Messenger of Death.
Such is the Name of the Immaculate Lord.
Only one who has faith comes to know such a state of mind. ||13||