

Guru Amar Das's Anand Sahib: The Song of Bliss

Pauree 15

Dear One,
Everyone moves
The way
You make them
Move.

Master-
What other virtues
Are there of Yours
To know?

The way You make
Everyone move -
They move.

And those who
Flow with You
Have found
The Way.

When You touch us
With Your kindness
Your Spirit within us
Rises up
And becomes our
Living Identity.

Those
Who have been
Touched this way
By Thee

Meditate
In every moment
On Har...Har..

The Sound of You
In our very heartbeat.

Those who
You cause

To deeply listen
To Your view of the world

Find peace
At the Teacher's door.

Says Naanak,
Oh Master of the Ultimate
Reality
Love is the way
We move.

Pauree 36

You!
Eyes of mine!

The Creator placed
The Divine Light
Inside of you.

There is
Nothing else
For you to see
But Divinity.

There is nothing else
For you to see
But Divinity.

And when the
Divine One
Looks back at you

And you see
The Divine Essence
In all around you

Then you have truly
Seen something!

This poisonous world
That you behold

Is really simply
The Divine
In form.

It is just
The Divine in form.

Let yourself see it
This way.

Through the blessing
And gift
Of the Divine Teacher

You will
Understand this
In the depth of your being.

Then
All that you see
Will be
The Energy
Of the One.

There is nothing else
But Divinity.

Says Naanak,
These eyes were blind.

Yet by
Intermixing and
intermingling
My being
With the True Sound of
Wisdom

They became bright
With Divine Sight.