



ਅੰਦਰੁ ਸੀਤਲੁ ਸਾਂਤਿ ਹੈ; ਹਿਰਦੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥
ਅੰਮ੍ਰਿਤੁ ਖਾਣਾ ਪੈਨੁਣਾ; ਨਾਨਕ ਨਾਇ ਵਡਿਆਈ
ਹੋਇ ॥

Andar seetal saant hai; hirdai sadaa sukh hoe.
Amrit khaanaa painhnaa; Naanak naai vadiaee hoe.

Within there is coolness and calm; the heart is ever at peace. The Name is the food and clothing of the soul — through the Name, says Nanak, comes all glory.

Guru Amar Das Ji — Ang 851

Sri Guru Granth Sahib Ji

