

38th Pauree of Japji Sahib
by Guru Nanak

This pauree gives you the power to rewrite your own destiny. YB

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥
ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ॥
ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ॥
ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ॥
ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲ ॥
ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰ ॥
ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲ ॥੩੮॥

Jat paahaaraa teeraj suni-aar
Aharan mat vayd hathi-aar
Pao khalaria agan tap taa-o
Paañḍaa pao amrit tit ṭaa-l
Karee-ai sabad sachee ṭaksaal
Jin ko nadar karam tin kaar
Naanak Nadaree nadar nihaal. 38.

Let self-control be the furnace, and patience the goldsmith.
Let your intellect be the anvil, and spiritual wisdom the tools.
With the fear of God as the bellows,
fanning the flames of tapa, the body's inner heat.
In the crucible of love, melt the nectar of the Name,
and mint the true coin of the Shabad, the Word of God.
Such is the karma of those upon whom He has cast His glance of Grace.
Oh Nanak, The Merciful Lord, by His Grace, uplifts and exhorts them.

Your intellect (mat) is the anvil where gold is placed and impurities are hammered out with wisdom (ved) as the hammer. This work requires patience and inner fire (tapa) which is fed by the fear/respect of the divine hukam (bhao). In this process of love, the true gold, the true nectar (amrit) of the Naam (identity) is melted, and with it the coin of the Shabd (sound current which cuts the ego) is created. Such is the blessing (karma) of those who have the Divine Grace. Nanak reminds himself, the kind and compassionate one uplifts them.