

VAISHNAV JAN TO TENE KAHIYE JE

Narsi Mehta's 15th century poem in Old Gujarati, Vaishnav Jan To Tene Kahiye, which was adopted by Mahatma Gandhi into the roster of prayers routinely sung at the Sabarmati ashram

With Stanza –wise Translation

**Vaishnav jan to tene kahiye je
PeeD paraayi jaaNe re
Par-dukkhe upkaar kare toye
Man-abhimaan na aaNe re
Vaishnav...**

*A good human being is one
Who feels the pain of others
One who helps those in misery
And does not let pride enter his/her mind*

**Sakal lok maan sahune vande
Nindaa na kare keni re
Vaach kaachh man nishchal raakhe
Dhan-dhan janani teni re
Vaishnav...**

*A good human being tolerates and praises the entire world
And does not say bad things about anyone
Keeps his/her words, actions and thoughts pure
(To such a person) Your mother is blessed!*

**Sam-drishti ne trishna tyaagi
Par-stree jene maat re
Jivha thaki asatya na bole
Par-dhan nav jhaalee haath re
Vaishnav...**

*A good human being sees everything equally, rejects greed and avarice
Considers someone else's wife/daughter as his mother
The tongue may get tired, but will never utter lies
And will never even touch someone else's property*

**Moh-maaya vyaape nahi jene
Dridh vairaagya jena man maan re
Ram naam shoon taaLi laagi
Sakal tirath tena tan maan re
Vaishnav...**

*A good human being does not succumb to worldly attachments
Who has become staunchly detached from worldly pleasures
Who has been addicted to the elixir coming from the name of Ram
For whom all the religious sites are in the mind*

**Van-lobhi ne kapat-rahit chhe
Kaam-krodh nivaarya re
Bhane Narsaiyyo tenun darshan karta
Kul ekoter taarya re
Vaishnav...**

*Who has no greed and deceit
Who has renounced all types of desires and anger
The poet Narsi would like to see such a person
Whose virtue brings salvation to the entire family*