

## **Japji Pauri 10**

Listening-truth, contentment and spiritual wisdom.

Listening-take your cleansing bath at the sixty-eight places of pilgrimage.

Listening-reading and reciting, honor is obtained.

Listening-intuitively grasp the essence of meditation.

O Nanak, the devotees are forever in bliss.

Listening-pain and sin are erased. ||10||