In the Gurbani the Lord's meditation is said to be the 'Ocean of all happiness'. By this meditation or Simran suffering, quarrels, worry, anxiety, threat, fear, danger, suspicion etc. depart and the mind and body experience peace and calmness.

1. Were he to reflect over the Supreme Lord, his body and soul shall be cooled (rest at peace). 70

2. Says Nanak, meditate you on the Lord, O brother, and your soul and body shall become pacified. 620

3. Remembering and contemplating on my Lord Master, my body, soul and bosom are pacified. 681

4. Meditating on God, all my troubles are ended, I have obtained coolness and peace and my soul is satiated. 828

5. Remembering the Lord, your mind shall ever abide in bliss and peace and your soul shall become calm and cool. 860

6. Remembering and contemplating the Lord, one becomes cool and is rid of sorrow, pain and doubt. 1219

Through the Lord's Simran, the heat of the materialistic 'Fire-Grief-Ocean' does not affect an individual. Even the dry and burnt souls sprout and become green through Simran.

7. If he then remembers the Supreme Lord, even the hot wind shall not touch him. 70

8. By continuously remembering the Lord's Name, the abode of all the disease is destroyed. 191

9. By His meditations suffering are effaced. Bliss wells up and pain and afflictions not. 1142
1 The great agonies He removes in an instant if the tongue utters His name. In God's refuge are calmness, peace, and comfort, and He extinguished the burning fire.

2 By remembering whom your calamity shall depart. By remembering, mammon shall affect you not.

3 By remembering whom, what is dry becomes green. By remembering whom, the sinking stones float.

Forgetting the Lord we continue throughout our lives to plunge into the materialistic fearful 'difficult and fathomless ocean'. As a result we suffer and live a life of hell. To come out or cross this ocean Gurbani recommends the only method i.e. the Lord's Simran.

4 They, who dwell on the Lord, by Guru's grace, cross the terrible world ocean.

5 Remembering and remembering the Perfect Lord, I have saved all my associates.

6 Remembering and contemplating God, O Nanak, the saints ferry across and are imbued crimson in His love.

7 By ever meditating on the Lord-Master, O Nanak, numberless have been saved.

8 Whilst walking, sitting, sleeping and waking, deliberate you over the Guru's instruction in the mind. Hasten you into the sanctuary of the Lord's feet and associate with the saints. Thus shall you be ferried across the awful world-ocean.

9 Remember the one Lord, remember the one Lord, remember the one Lord. He shall save you from strife, sufferings, worldly attachments and the most dreaded world ocean.

10 His perfect destiny has awakened and he meditates on the Formless Lord.

We show off our intellectual knowledge. To prove ourselves right we go to the point of splitting hair. We consider such intellectual religions debate as having achieved the ultimate aim and go about boastfully. But according to Gurbani this intellectual knowledge can only guide us to show the direction towards the spiritual; it cannot take us towards the intuitional light of the internal soul.
According to Gurmat the enlightenment of the essence of knowledge of the soul can only occur through the grace of the guru by associating with satsangat and doing Simran. It is with Simran that the 'lotus' of the mind blooms.

1. "O' my darling friendly soul! by repeating God's Name the Divine Light shines.
2. By reflecting over God's merits the heart-lotus blooms.
3. Through Lord's meditation, man's heart-lotus blooms.
4. Contemplating whom, man's mind is illumined, he is rid of suffering and abides in peace and poise.
5. The hearty contemplation and meditation of the Lord; this alone is the sublime Reality of all the ages.
6. The Guru-ward knows the wisdom of the Our Lord and night and day utters His Name.
7. Uttering and contemplating the Guru's Name, I have gathered the fruit and associating with the saints, I am blessed with the lamp of Divine knowledge.
8. He alone is the divine, who remembers the One Lord. He alone is wealthy, who possesses discerning intellect.

From our previous lives we have been so involved and absorbed in the materialism that we have become a form of materialism ourselves. We are all the time occupied with materialistic chores and to improve them we are repeatedly using various types of reasoning, devices, cleverness and cunningness. When, despite this, we are unsuccessful we experience distress. But according to Gurbani our worldly chores will be done when we do the Lord's Simran and remain carefree.

9. O saints, remember you the Lord Master's Name. Remember God, you shall obtain everything and all your affairs shall be adjusted.
10. Whoever, with his tongue utters God's Name, his affairs are arranged (by God).
Remembering and contemplating the Perfect Lord, mine affairs are all arranged. 816

You arrangest the affairs of the persons who perform Your devotional service. 695

Contemplating the World-Lord, all your desires shall be fulfilled and you shall not be vanquished ever. 1007

Says Nanak, dwell you on Him, O man, that your tasks mayest be fulfilled. 1428

The Lord automatically accomplishes the tasks of those, to whom the Name of God is dear.

But we, forgetting God, ignore Simran. Therefore, we live a life of suffering and experience hell - "Being entangled and enmeshed in the love of false occupations, the whole world has perished".

Without God's Name you shall suffer pain. 830

The body, which meditates not on the God's Name, in the saints congregation, disintegrates like the dust. 553

They, who forget the Name; them I have seen being reduced to dust. 1006

From previous lives we have been keeping the company of materialism and practicing it. This has polluted the mind with the very thick filth of materialism. As though this is not enough, through our low materialistic thoughts, imaginations and actions, more and more such filth keeps accumulating day and night.

The scum of so many births is attached to this soul and it has become pitch black. 651

Impure is the mortal without the Lord's Name. 651

With dirty soul, God's meditation is not performed, nor is the Name obtained. 39

To eradicate such thick materialistic filth from our minds, Gurbani advocates the 'Lord's meditation' as the only effective way.

By remembering the Lord, mind's filth is removed. 263
1 Perform God's service with your heart, O my friend and your mind shall become pure. 285

2 Whosoever meditates on Him, he becomes pure. He focuses his hearty affection on the devotional service of God. 290

3 By remembering whom, my mind is in bliss and mind's rust is removed. 498

4 Day and night contemplate your Lord's Name, O mortal. Through it the filthy are rendered immaculate. 1254

5 Meditating on the Lord, the mind's sins are effaced and the filth of may births is washed off. 1152

6 Imperishable and Benefactor of the beings is the Lord, remembering whom all the filth is removed. 617

7 Join the Company of the spiritually evolved souls and change from an outcaste into pure one by dwelling on (remembering) the Lord. 631

If we are hidden from the sun, we are deprived of the virtues of sunlight and experience the disadvantages of darkness. Exactly in the same way, forgetting the Lord we have become subordinate to materialism and from our previous lives have been committing sins and knowingly or unknowingly are still committing them now. In this way going through the self-lighted hidden fire of our sins.

To be saved from the physical, mental and spiritual sins or to end the effects previously committed vices, it is necessary to come out from 'Forgetfulness' to 'Remembering' which means that the Lord's meditation is the one and only easy method which is supported by Gurbani.

8 My sufferings, sins and afflictions are dispelled.
Meditating on the Lord, all my vices have hastened away. 806

9 Servant Nanak has, night and day, meditated on the Name.
By remembering God, the sins and wickednesses are erased (excused). 307
1. Whoever contemplates on the Lord, he is freed from his sufferings and sins.

2. Remembering and remembering their Lord Master, they shed all their sins.

3. O my mind, contemplate you, your Lord God's Name and you shall obtain honour in the Lord's Court. Fixing your attention on the Guru's word, you shall obtain the fruit that you desirerst. All your misdeeds and sins shall be effaced and you shall be rid of your ego a self-conceit.

4. They, who by Guru's word dwell on God, all their sins are in a moment.

In the doubt and delusion of materialism, there is continuous repetition of 'I-mine' which has brought on the devil of ego into our heads. This go with its 'army' of passion (lust), anger, greed, love (attachment), pride etc., has chained and imprisoned us. With the support of this ego on 'I-mine', we subordinating ourselves to materialism, carry out deeds and suffer their effects.

To be safe, from the chronic disease of false ego, Gurbani mentions the one and only method i.e. Simran.

5. Under Guru's instruction they who meditate on my Lord God; their malady of ego is dispelled.

6. The Lord Master's Name is the perfect cure in this world and uttering the Lord's Name, I have stilled my ego.

7. He who meditates with his heart and soul he frees himself of the burden of ego (pride).

8. Uttering the Lord's Name day and night, the gurmukhs (or the guru orientated) expels ego and cleanses himself.

9. Nanak lives by contemplating, contemplating his Lord and this wise his self-conceit is also eradicated.
Through the Guru’s word, the mind becomes immaculate and the mind’s ego is stilled.

They, who remember God with single-mindedness and single heartedly attach their souls to the True Guru. They are rid of pain, hunger and the great malady of ego and attuned to God, they become disease-free.

"All those that are seen; they are disease stricken. It is only my True Guru, united with God, who is free from the disease" (1140).

According to this statement of Guru, we human beings are suffering from some physical, mental or spiritual disease. We try to be cured of these and make efforts according to our understanding ability and reach but despite this we do not become fully healthy. The cause of this lies in the fact that our lives are subordinate to the materialistic doubt-delusion or ego.

The doubt ridden fallacy of materialism is the centre or source of all physical, mental and spiritual illnesses. For this reason the only permanent cure of all diseases, according to Gurbani, is to remember God or do simran - because it is through simran that we will be in the company of the Satgur (God) who is ever without diseases and thus he freed from all diseases. In this way Simran of the Lord is medicine for all ills.

Remembering God, through the guru, all the diseases have vanished an healthy has become the body.

Meditating on the Lord, the body and soul are reverduted and the sorrow departs. In the saints’ society, utter you the God’s praise and all your ailments shall vanish.

Contemplating the Lord Master God, the mortal becomes hale and hearty.

I have met with all success, my tasks are all accomplished and my ailment of ego is wholly eradicated. Meeting with the guru, I utter God’s Name and am rid of millions of sins in an instant.

Dwelling on the Lord, ills and woes are annulled. An the man is blesses with all his heart-desired boons.

Lord’s Name is the panacea of all the ills.
The malady which is not cured by many remedies, that malady is vanished by administering the medicine of God's Name.

By subordinating ourselves to materialism we perform deeds and bear sufferings. In the love of materialism, we are action-bound and we have to pass through the circle of 'birth-death' or 'coming-going'. In this way we experience suffering-happiness in every life according to our actions.

To come out of this materialistic birth-death cycle Gurbani tells the method thus:-

Reflecting on that Lord, they cross the terrible world-ocean and end their comings and goings. They ever enjoy pleasure, peace by hymning the Lord's praise and to them seems sweet the Lord's will.

Nanak utters but the One Lord's Name, he shall wander not in existence again.

Whosoever remember Him, he is very fortunate and he enters not existence again.

Meditate you on Him by whose meditation, bliss ensues and the fear and pain of birth and death are removed. Anyou shall obtain the four cardinal boons and nine treasures and shall not feel thirst and hunger again.

He, within whose mind His Lord abides, is of perfect destiny and utters the Name of the Guru-God. He, who realizes that Lord within all, wanders and wails not in existence again.

The whole universe is absorbed in the false materialism of doubt-fallacy. Like the silk worm, man has made a cocoon of 'doubt-fort' around himself. In this dark fort he is born, lives, performs deeds, suffers, dies and is re-born.

He wanders about in myriad of existence, dies and is born again.

To put away the darkness of the doubt-delusion, Gurbani advises us to do Simran.

Uttering the Lord's Name, all the doubts are dispelled.
1. Remembering the Lord of the world, your doubt and read shall be dispelled.  
2. By meditating/remembering the Lord you become cool (and calm). Suffering, pain and doubt will depart.  
3. Contemplating my Lord, every trace of my doubt is effaced and receiving the sal of wisdom my eyes have awakened from sleep.  

To save himself from the worldly cycle of births-deaths and to enjoy the comforts of heaven man tries to achieve salvation. In achieving this he comes under the influence of his ego of doubt-delusion and performs many kinds of deed and rituals through hard labour but Gurbani mentions Simran as the easy way to salvation.  

4. The Lord, who has blessed you with human life, why have you forgotten Him? By remembering whom man is emancipated, His praise you sing not even a moment.  

We have become so involved with materialism that we have become a form of materialism ourselves. Repeating and remembering this false materialism has become a way of Life. For this reason we have forgotten the Supreme Being and turned away from him. Thus our condition is like, "Being entangled and enmeshed in the love of false occupations, the world has perished" (133)  

To remove man from the materialistic doubt-delusion of this very dark age and to subordinate him to soul, the easiest method is to subject him to the company of satsangat. This worldly ocean can be swum with the company of spiritually elevated souls.  

8. Without the society of saints, none does swim across.
10.1 Associating with the saints, I shall assuredly be saved.

Therefore, in Gurbani the seekers of truth are urged to do Simran in Satsangat where the dynamic rays of the Supreme Light are automatically distributing the love of 'Naam'.

2 Go and sit in the society of saints where Lord God's Name is churned (meditated upon)

3 In the society of saints, man is absorbed in God's love and takes to Lord's meditation.

4 Lord's meditation is attained in the Saints' society. All the wealth, O Nanak, are in God's love.

5 O saints, meditate on Lord God, the world-cherisher. Meeting with the saints' society, remember you the Lord's Name so that your service may be fruitful.

6 By great good fortune the perfect Guru is attained to. Meeting with the saints, contemplate you the Lord's Name.

7 All the affairs are resolved, by singing the praises of God, the Cherisher of the World. Joining the saints' society, when I meditate on the Lord, I am rid of the agony of death.

8 Contemplating the Lord in the society of the saints, man comings and goings are ended and his sufferings are effaced as well. Imbued with the love of the Transcendent Lord, the sinners are sanctified in an instant.

9 Joining the society of saints, contemplate over the Name alone.

Many truth-seekers regard mental powers or miracles as the way to achieve their aim and to achieve these they indulge in various disciplines. In this way they become involved in stubborn acts (fanaticism) and just waste their invaluable lives away.

According to Gurbani, such supernatural and many kinds of mental powers can be easily acquired by those who do Simran but Gursikhs regard these as useless deeds and refrain from using them.
In Lord's meditation are wealth, mythical powers and the nine treasures.

The nine treasures and eighteen miraculous powers go after him, who ever keeps enshrined the Lord within his mind.

The nine treasures, then enter my home. Everything, everything I do obtain my meditating on the Lord's Name.

Whosoever remembers the True Guru, he is blest with wealth, miraculous powers and the nine treasures.

God is a form of love, that is why in Gurbani, he is said to be the 'Love Man'. In God's universe the divine flow of love is pouring all the time. It is said to be the will of God. Without this divine 'love-string' the whole universe can be scattered in a second and be destroyed. Because the divine 'love-string' has become loose in this very dark age, there is

jealously - duality
enmity - opposition
fighting - argument
controversy
selfishness
religious bias
hatred etc.

and the materialistic vices are in action and predominating.

To tighten and restore this divine 'love-string' Gurbani urges us to be in the company of Satsangat because:-

As is the company it associates with, so is the fruit it eats.
spiritual aura, waves of one's own love rise which have divine effects on our minds and our soul enjoys the relish of its 'own self love'.

1 O my soul, with your mouth, utter you the Lord's God's Name. The Guru-ward is imbued with the poppy-flower-like red colour and her cloak is saturated with her Lord's love.

2 The holyman contemplates his Lord with hearty love.

3 Contemplating the Lord-God by the True Guru's instruction, the mortal succeeds with Him. If the Peace-giving Lord abides in man's mind here, then becomes He his succourer in the end. When the Guru imparts understanding, then wells up in the man's mind, the love for the Lord.

4 Should you, your ego and turn your face God-wards and uttering the guru's Name, long you for him in your mind. My Groom is the over of affection.

5 By the Guru's instruction, the chaste bride utters the God's Name. Day and night, she remains attracted by the Lord's love and her body garment is imbued with God and God's love.

6 All of you listen (I'm) telling the truth. He who loves truly, only he shall meet God. Tavparsaad Sawyeh Pat.10