Siree Raag, Third Mehl, First House:

**I**k-oNkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:

Ha-o satgur sayvee aapnaa ik man ik chit bhaa-ay.

I serve my True Guru with single-minded devotion, and lovingly focus my consciousness on Him.

Sa**t**gur man kaamnaa tirathu hai jis no day-ay bujhaa-ay.

The True Guru is the mind's desire and the sacred shrine of pilgrimage, for those unto whom He has given this understanding.

Ma**n** chindi-aa var paavnaa jo ichhai so fal paa-ay.

The blessings of the wishes of the mind are obtained, and the fruits of one's desires.

Na**a**-o Dhi-aa-ee-ai naa-o mangee-ai naamay sahj samaa-ay. ||1||

Meditate on the Name, worship the Name, and through the Name, you shall be absorbed in intuitive peace and poise. ||1||
O my mind, drink in the Sublime Essence of the Lord, and your thirst shall be quenched.

Those Gurmukhs who have tasted it remain intuitively absorbed in the Lord. ||1||Pause||

Those who serve the True Guru obtain the Treasure of the Naam.

Deep within, they are drenched with the Essence of the Lord, and the egotistical pride of the mind is subdued.

Their minds become pure, and they remain immersed in the Lord; they are honored in His Court. ||2||

Those who keep the Lord enshrined in their hearts subdue egotism and possessiveness.
हउ तिन के बलिहारणी जिना नामे लगा पिआरू ॥

I am a sacrifice to those who are in love with the Naam.

Those who attain the Inexhaustible Name of the Infinite Lord remain happy throughout the four ages. ||3||

Meeting with the Guru, the Naam is obtained, and the thirst of emotional attachment departs.

When the mind is permeated with the Lord, one remains detached within the home of the heart.

I am a sacrifice to those who enjoy the Sublime Taste of the Lord.

O Nanak, by His Glance of Grace, the True Name, the Treasure of Excellence, is obtained. ||4||1||34||

Siree Raag, Third Mehl:

||26||

sireeraag mehlaa 3.

Siree Raag, Third Mehl:
People wear all sorts of costumes and wander all around, but in their hearts and minds, they practice deception.

They do not attain the Mansion of the Lord’s Presence, and after death, they sink into manure.

O mind, remain detached in the midst of your household.

Practicing truth, self-discipline and good deeds, the Gurmukh is enlightened.

So meditate on the Name of the Lord; join and merge with the Sat Sangat, the True Congregation.

You may enjoy the pleasures of hundreds of thousands of women, and rule the nine continents of the world.
But without the True Guru, you will not find peace; you will be reincarnated over and over again. ||3||

Those who wear the Necklace of the Lord around their necks, and focus their consciousness on the Guru's Feet -

Wealth and supernatural spiritual powers follow them, but they do not care for such things at all. ||4||

Whatever pleases God's Will comes to pass. Nothing else can be done.

Everyone belongs to the One who rules the Universe.

The Gurmukh practices good deeds, and the truth is revealed in the heart.
antar jis kai sach vasai sachay sachee so-ay.

True is the reputation of the true, within whom truth abides.

sach milay say na vichhurheh tin nij ghar vaasaa ho-ay. ||1||

Those who meet the True Lord are not separated again; they come to dwell in the home of the self deep within. ||1||

mayraa raam mai har bin avar na koy.

O my Lord! Without the Lord, I have no other at all.

satgur sach parabh nirmalaa sabad milaavaa ho-ay. ||1|| rhaar-o.

The True Guru leads us to meet the Immaculate True God through the Word of His Shabad. ||1||Pause||

sabad milai so mil rahai jis na-o aapay la-ay milaa-ay.

One whom the Lord merges into Himself is merged in the Shabad, and remains so merged.

dooye bhaa-ay ko naa milai firir firir aapay jaa-ay.

No one merges with Him through the love of duality; over and over again, they come and go in reincarnation.

sabh meh ik varatdaa ayko rahi-aa samaa-ay.

The One Lord permeates all. The One Lord is pervading everywhere.
That Gurmukh, unto whom the Lord shows His Kindness, is absorbed in the Naam, the Name of the Lord. ||2||

After all their reading, the Pandits, the religious scholars, and the astrologers argue and debate.

Their intellect and understanding are perverted; they just don't understand. They are filled with greed and corruption.

Through 8.4 million incarnations they wander lost and confused; through all their wandering and roaming, they are ruined.

They act according to their pre-ordained destiny, which no one can erase. ||3||

It is very difficult to serve the True Guru. Surrender your head; give up your selfishness.

Realizing the Shabad, one meets with the Lord, and all one's service is accepted.
By personally experiencing the Personality of the Guru, one's own personality is uplifted, and one's light merges into the Light.

Those who have such pre-ordained destiny come to meet the True Guru.

O mind, don't cry out that you are hungry, always hungry; stop complaining.

The One who created the 8.4 million species of beings gives sustenance to all.

The Fearless Lord is forever Merciful; He takes care of all.

O Nanak, the Gurmukh understands, and finds the Door of Liberation.

Those who hear and believe, find the home of the self deep within.
Through the Guru’s Teachings, they praise the True Lord; they find the Lord, the Treasure of Excellence.

Attuned to the Word of the Shabad, they are immaculate and pure. I am forever a sacrifice to them.

Those people, within whose hearts the Lord abides, are radiant and enlightened. ||1||

O my mind, meditate on the Immaculate Lord, Har, Har.

Those whose have such pre-ordained destiny written on their foreheads-those Gurmukhs remain absorbed in the Lord’s Love. ||1||Pause||

He dwells forever in the minds of the virtuous. He is far removed from those worthless people who lack virtue.
The self-willed manmukhs are totally without virtue. Without the Name, they die in frustration.

Those who hear and believe in the Word of the Guru's Shabad, meditate on the Lord in their minds.

Night and day, they are steeped in devotion; their minds and bodies become pure.

The color of the world is false and weak; when it washes away, people cry out in pain.

Those who have the Radiant Light of the Naam within, become steady and stable, forever and ever.

The blessing of this human life has been obtained, but still, people do not lovingly focus their thoughts on the Name of the Lord.

Their feet slip, and they cannot stay here any longer. And in the next world, they find no place of rest at all.
ਓਹ वेलਾ हਿਥ ਨ ਆਵਈ ਅੰਤਿ ਗਇਆ ਪਛੁਤਾਇ ॥ (28)

This opportunity shall not come again. In the end, they depart, regretting and repenting.

ਕਿਸੁ ਨਦਰ ਕਰੇ ਸੋ ਉਬਰੈ ਹਿਰ ਸੇਤੀ ਲਵਾਇ ॥੪॥ (28)

Those whom the Lord blesses with His Glimpse of Grace are saved; they are lovingly attuned to the Lord. ||4||

ਦੇਖਾ ਦੇਖੀ ਸਭ ਕਰੇ ਮਨਮੁੱਖ ਬੂਝ ਨ ਪਾਇ ॥ (28)

They all show off and pretend, but the self-willed mamikhs do not understand.

ਜਨ ਗੁਰਮੁੱਖ ਹਿਰਦਾ ਸੁਧੁ ਹੈ ਸੇ ਪਾਈ ਕੀ ਬਣੀ ਸਮਾਇ ॥ (28)

Those Gurmukhs who are pure of heart-their service is accepted.

ਹਿਰ ਗੁਣ ਗਾਵਿਹ ਹਿਰ ਿਨਤ ਪਹਿ ਹਿਰ ਗੁਣ ਗਾਇ ਸਮਾਇ ॥ (28)

They sing the Glorious Praise of the Lord; they read about the Lord each day. Singing the Praise of the Lord, they merge in absorption.

ਨਾਨਕ ਿਤਨ ਕੀ ਬਣੀ ਸੂਰ ਹੈ ਤੀ ਤਾਓ ਕਰੇ ਸੁਰਿਤ ਚੰਦਿ ॥੪॥੩੭॥ (28)

O Nanak, the words of those who are lovingly attuned to the Naam are true forever. ||5||4||37||

ਸਿਰੀਰਾਗੁ ਮਹਲਾ ੩ ॥ (28)

Siree Raag, Third Mehl:

ਜਨੀ ਇਕ ਮਿੰਨ ਭੂਮੀ ਗੁਰਮੁੱਖ ਵੀਚਾਰ ॥ (28)

Those who meditate single-mindedly on the Naam, and contemplate the Teachings of the Guru,
ਤਿਤਨ ਕੀ ਮੁਖ ਸਦ ਉਜਲੇ ਤਿਤ ਸਚੇ ਦਰਬਾਰੀਂ।
their faces are forever radiant in the Court of the True Lord.

ਓਇ ਅਮਰੁ ਪੀਵਿਹ ਸਦਾ ਸਦਾ ਸਚੈ ਨਾਇਮ ਪਿਾਰੀ।
They drink in the Ambrosial Nectar forever and ever, and they love the True Name.

ਪ੍ਰਾਨੀ ਨਵਾਂਘਿ ਕਾ ਪਾਤ ਕਨੀ॥ (28)

ਭਾਈ ਰੇ ਗੁਰਮੁਖ ਸਦਾ ਪਿਹ ਹੋਈ॥
O Siblings of Destiny, the Gurmukhs are honored forever.

ਹਿਰ ਹਿਰ ਸਦਾ ਧੀਆਈਐ ਮਲੁ ਹਉਮੈ ਕਢਾ ਧੋਈ॥੧॥
They meditate forever on the Lord, Har, Har, and they wash off the filth of egotism.

ਹੋਈ॥
Pause||

ਪ੍ਰਸਾਦ ਰਾਬ ਤ ਮੁਲਲੀ ਹਿਸਟ ਹਵਾਲੇ ਪਿਕਾਇ॥ (28)
The self-willed manmukhs do not know the Naam. Without the Name, they lose their honor.

ਜਾਣੀ ਦੂਜੈ ਭਾਇ॥ (28)
They do not savor the Taste of the Shabad; they are attached to the love of duality.

ਵਿਸਟਾ ਕੀ ਕੀੜਿੇ ਵੀਵਾਟ ਹੀ ਵਿਸਟਾ ਮਹੀ ਵਿਸਟਾ ਮਹੀ ਸਾਮਾਈ॥੨॥
They are worms in the filth of manure. They fall into manure, and into manure they are absorbed.

ਵਿਰ ਵਾ ਸਾਮਾ ਹੈ ਨੇ ਚਾਲਹਿ ਸਤਗੁਰ ਬਾਈ॥ (28)
Fruitful are the lives of those who walk in harmony with the Will of the True Guru.
ਕੁਲੁ ਉਧਾਰਿਹ ਆਪਣਾ ਧੰਨੁ ਜਣੇਦੀ ਮਾਇ ॥ (28)
Their families are saved; blessed are the mothers who gave birth to them.

ਹਿਰ ਹਿਰ ਨਾਮੁ ਧਿਆਈਐ ਜਿਸ ਨੁ ਕਿਰਪਾ ਕਰੇ ਰਜਾਇ ॥ 3॥
By His Will He grants His Grace; those who are so blessed, meditate on the Name of the Lord, Har, Har. ||3||

ਜਿੜੀ ਗਰਮੁਖ ਨਾਮੁ ਧਿਆਈਐ ਵਿਚਹੁਏ ਤਿਨਿਦਿ ਸਮਾਈ ॥
The Gurmukhs meditate on the Naam; they eradicate selfishness and conceit from within.

ਓਇ ਅੰਦਰਹੁ ਬਾਹਰਹੁ ਨਰਮਲੇ ਸੱਚੇ ਸਚੀ ਸਮਾ ਇ ॥
They are pure, inwardly and outwardly; they merge into the Truest of the True.

ਨਾਨਕ ਆਏ ਸੇ ਪਰਵਾਣੁ ਹਿਹ ਜਿਨਗਰਮੀ ਹਿਰ ਧਿਆਈ ॥ 4॥5॥3॥
O Nanak, blessed is the coming of those who follow the Guru’s Teachings and meditate on the Lord. ||4||5||38||

ਸ਼ਿਰੀ ਰਾਗ ਮੇਹਲਾ ॥ ॥ (28)
Siree Raag, Third Mehl:

ਹਿਰ ਭਗਤਾ ਹਿਰ ਧਨੁ ਰਾਿਸ ਹਿਰ ਬਖੁਸ ਕਰਹਿ ਵਾਪਾਰੁ ॥ (28)
The devotees of the Lord have the Wealth and Capital of the Lord; with Guru’s Advice, they carry on their trade.

ਹਿਰ ਨਾਮੁ ਸਦਾ ਸਤ ਸਦਾ ਸਤ ਸਧਾਰੁ ਹਿਰ ਹਿਰ ॥ (28)
They praise the Name of the Lord forever and ever. The Name of the Lord is their Merchandise and Support.
The Perfect Guru has implanted the Name of the Lord into the Lord's devotees; it is an Inexhaustible Treasure. ||1||

O Siblings of Destiny, instruct your minds in this way.

O mind, why are you so lazy? Become Gurmukh, and meditate on the Naam. ||1||Pause||

Hypocrisy is not devotion—speaking words of duality leads only to misery.

Those humble beings who are filled with keen understanding and meditative contemplation—even though they intermingle with others, they remain distinct. ||2||

Those who keep the Lord enshrined within their hearts are said to be the servants of the Lord.

Placing mind and body in offering before the Lord, they conquer and eradicate egotism from within.
Blessed and acclaimed is that Gurmukh, who shall never be defeated. ||3||

Those who receive His Grace find Him. Without His Grace, He cannot be found.

The Name of the Lord is the Ocean of Peace; the Gurmukhs obtain it.

Meditating on the Naam, night and day, they are easily and intuitively absorbed in the Naam.

Their inner beings are immersed in the True Lord; they sing the Glorious Praises of the Lord. ||1||
bhaa-ee ray jag dukhee-aa doojai bhaa-ay.
O Siblings of Destiny, the world is in misery, engrossed in the love of duality.

In the Sanctuary of the Guru, peace is found, meditating on the Naam night and day.

The truthful ones are not stained by filth. Meditating on the Lord, their minds remain pure.

The Gurmukhs realize the Word of the Shabad; they are immersed in the Ambrosial Nectar of the Lord's Name.

The Guru has lit the brilliant light of spiritual wisdom, and the darkness of ignorance has been dispelled. ||2||

The self-willed manmukhs are polluted. They are filled with the pollution of egotism, wickedness and desire.

Without the Shabad, this pollution is not washed off; through the cycle of death and rebirth, they waste away in misery.
Engrossed in this transitory drama, they are not at home in either this world or the next.

For the Gurmukh, the love of the Name of the Lord is chanting, deep meditation and self-discipline.

The Gurmukh meditates forever on the Name of the One Creator Lord.

O Nanak, meditate on the Naam, the Name of the Lord, the Support of all beings.

Siree Raag, Third Mehl:

The self-willed manmukhs are engrossed in emotional attachment; they are not balanced or detached.

They do not comprehend the Word of the Shabad. They suffer in pain forever, and lose their honor in the Court of the Lord.
The Gurmukhs shed their ego; attuned to the Naam, they find peace. ||1||

O my mind, day and night, you are always full of wishful hopes.

Serve the True Guru, and your emotional attachment shall be totally burnt away; remain detached within the home of your heart. ||1||Pause||

The Gurmukhs do good deeds and blossom forth; balanced and detached in the Lord, they are in ecstasy.

Night and day, they perform devotional worship, day and night; subduing their ego, they are carefree.

By great good fortune, I found the Sat Sangat, the True Congregation; I have found the Lord, with intuitive ease and ecstasy. ||2||

That person is a Holy Saadhu, and a renouncer of the world, whose heart is filled with the Naam.
ਅੰਤਿਰ ਲਾਗ ਨ ਤਾਮਸੁ ਮੂਲੇ ਵਿਚਹੁ ਆਪੁ ਗਵਆ। ॥ (29)

 Antar laag na tamas moolay vichahu aap gavaa-ay.

 His inner being is not touched by anger or dark energies at all; he has lost his selfishness
and conceit.

ਨਾਮੁ ਹਿਨਧਾਨੁ ਸਤਗੁਰੂ ਦਿਖਾਈਆ ਹਿਰ ਰਸੁ ਫੀਆ ਅਘਾए। ॥੩॥ (29)

 naam niDhaan satguroo dikhaali-aa har ras pee-aa aghaa-ay. ||3||

 The True Guru has revealed to him the Treasure of the Naam, the Name of the Lord; he
drinks in the Sublime Essence of the Lord, and is satisfied. ||3||

ਜਿਨ੍ਹਾਂ ਵਿਚੇ ਪਾਇਆ ਸਾਧਾਰਣੀ ਪੂਰੀ ਭਾਂਗ ਬਾਰਾਗਾਂ। ॥ (29)

 jin kinai paa-i-aa saaDhsangtee poorai bhaag bairaag.

 Whoever has found it, has done so in the Saadh Sangat, the Company of the Holy.
Through perfect good fortune, such balanced detachment is attained.

ਮੰਨੂ ਫਾਰੀ ਨ ਜਾਣਿਹ ਸਤਗੁਰੂ ਹਉਮਾਂ ਅੰਤਿਰ ਲਾਗ। ॥ (29)

 manmukh fireh na jaaneh satgur ha-umai andar laag.

 The self-willed manmukhs wander around lost, but they do not know the True Guru. They
are inwardly attached to egotism.

ਿਨੀਰੀਗਾ ਮਾਹਲਾ ੩। (29)

 Siree Raag, Third Mehl:

ਘਰ ਹੀ ਸੁਦੀਅਾ ਪੈਵਾਇਏ ਅੰਤਿਰ ਸਭ ਵਥੁ ਹੋਏ। ॥ (29)

 ghar hee sa-udaa paa-ee-ai antar sabh vath ho-ay.

 Within the home of your own inner being, the merchandise is obtained. All commodities
are within.
Each and every moment, dwell on the Naam, the Name of the Lord; the Gurmukhs obtain it.

The Treasure of the Naam is inexhaustible. By great good fortune, it is obtained.

O my mind, give up slander, egotism and arrogance.

Become Gurmukh, and meditate forever on the Dear Lord, the One and Only Creator.

The faces of the Gurmukhs are radiant and bright; they reflect on the Word of the Guru’s Shabad.

They obtain peace in this world and the next, chanting and meditating within their hearts on the Lord.

Within the home of their own inner being, they obtain the Mansion of the Lord's Presence, reflecting on the Guru's Shabad.
Those who turn their faces away from the True Guru shall have their faces blackened.

Night and day, they suffer in pain; they see the noose of Death always hovering above them.

Even in their dreams, they find no peace; they are consumed by the fires of intense anxiety.

The One Lord is the Giver of all; He Himself bestows all blessings.

No one else has any say in this; He gives just as He pleases.

Serve your True Lord and Master, and you shall be blessed with true greatness.
By Guru's Grace, He abides in the mind, and egotism is driven out.

This wandering mind comes to rest, when the Lord casts His Glance of Grace.

This The Treasure of the Naam abides forever within the mind, and one's place of rest is found in the Mansion of the Lord's Presence.

The minds and bodies of the self-willed manmukhs are filled with darkness; they find no shelter, no place of rest.

Through countless incarnations they wander lost, like crows in a deserted house.

Through the Guru’s Teachings, the heart is illuminated. Through the Shabad, the Name of the Lord is received.

In the corruption of the three qualities, there is blindness; in attachment to Maya, there is darkness.
The greedy people serve others, instead of the Lord, although they loudly announce their reading of scriptures.

They are burnt to death by their own corruption; they are not at home, on either this shore or the one beyond.

In attachment to Maya, they have forgotten the Father, the Cherisher of the World.

Without the Guru, all are unconscious; they are held in bondage by the Messenger of Death.

O Nanak, through the Guru’s Teachings, you shall be saved, contemplating the True Name.

The three qualities hold people in attachment to Maya. The Gurmukh attains the fourth state of higher consciousness.
Granting His Grace, God unites us with Himself. The Name of the Lord comes to abide within the mind.

Those who have the treasure of goodness join the Sat Sangat, the True Congregation.

O Siblings of Destiny, follow the Guru's Teachings and dwell in truth.

Practice truth, and only truth, and merge in the True Word of the Shabad. ||1||Pause||

I am a sacrifice to those who recognize the Naam, the Name of the Lord.

Renouncing selfishness, I fall at their feet, and walk in harmony with His Will.

Earning the Profit of the Name of the Lord, Har, Har, I am intuitively absorbed in the Naam. ||2||

Without the Guru, the Mansion of the Lord's Presence is not found, and the Naam is not obtained.
Seek and find such a True Guru, who shall lead you to the True Lord.

Destroy your evil passions, and you shall dwell in peace. Whatever pleases the Lord comes to pass.

As one knows the True Guru, so is the peace obtained.

There is no doubt at all about this, but those who love Him are very rare.

O Nanak, the One Light has two forms; through the Shabad, union is attained.

Discarding the Ambrosial Nectar, they greedily grab the poison; they serve others, instead of the Lord.

They lose their faith, they have no understanding; night and day, they suffer in pain.
The blind, self-willed manmukhs do not even think of the Lord; they are drowned to death without water. ||1||

O mind, vibrate and meditate forever on the Lord; seek the Protection of His Sanctuary. ||1||Pause||

This body is the puppet of Maya. The evil of egotism is within it.

Coming and going through birth and death, the self-willed manmukhs lose their honor.

Abstinence, truthfulness and self-discipline are obtained, and the body is purified; the Lord, Har, Har, comes to dwell within the mind.
Such a person remains blissful forever, day and night. Meeting the Beloved, peace is found.

I am a sacrifice to those who seek the Sanctuary of the True Guru.

In the Court of the True One, they are blessed with true greatness; they are intuitively absorbed into the True Lord.

O Nanak, by His Glance of Grace He is found; the Gurmukh is united in His Union.

The self-willed manmukh performs religious rituals, like the unwanted bride decorating her body.

Her Husband Lord does not come to her bed; day after day, she grows more and more miserable.
ਇਕ ਭਾਨ ਵਾਰੂ ਮਨੁੱਖੀ ਤਰ੍ਹਾਂ ਮੁੱਢੁ ਮੱਧਮ ||੧੧||

ਪਿਰ ਕਾ ਪਾਵੁ ਨ ਪਾਵੈ ਨਾ ਦੀਮੁੱਤ ਘਰੁ ਬਾਰੁ ॥੧॥
pir kaa mahal na paav-ee naa deesai ghar baar. ||1||
She does not attain the Mansion of His Presence; she does not find the door to His House. ||1||

ਭਾਈ ਰੇ ਇਕ ਮਨੀ ਨਾਮੁ ਧੀਆਈ ॥
bhaa-ee ray ik man naam Dhi-aa-ay.
O Siblings of Destiny, meditate on the Naam with one-pointed mind.

ਸੰਤਾ ਸੰਗਿਤ ਮਿਲੇ ਜਪ ਸੰਗ ਸੁਖੁ ਪਾਈ ॥੧॥
santaa sangat mil raam naam sukh paa-ay. ||1|| rahaa-o.
Remain united with the Society of the Saints; chant the Name of the Lord, and find peace. ||1||Pause||

ਗੁਰਮੁਖ ਸਦਾ ਸੋਹਾਗਣੀ ਪਿਰੁ ਰਾਖਾਈ ਉਰ ਧਾਈ ॥
gurmukh sadaa sohaaganee pir raakhi-aa ur Dhaar.
The Gurmukh is the happy and pure soul-bride forever. She keeps her Husband Lord enshrined within her heart.

ਮੇਂਕਾਂਦੀ ਸੋਹਾਗਜਟੀ ਤਿਲੁਤ ਵਾਰੂ ਭਾਨ ਅਭਿਆਨੁਤ ॥੨॥
sobhaavantee sohaaganee jin gur kaa hayt apaar. ||2||
The happy and pure soul-bride is noble; she has infinite love for the Guru. ||2||

ਪੂਰੈ ਭਾਨ ਸੋਹਾਗ ਪਲਿਹ ਸੋਹਾਗ ਰਵਸੀ ਸੂਖ ਪਰਾਪਿਤ ॥
poorai bhaag satgur milai jaa bhaagai kaa ud-u ho-ay.
By perfect good fortune, one meets the True Guru, when one's destiny is awakened.

ਅੰਤਰਹੁ ਦੁਖੁ ਭਰਮੁ ਕੁਤੀਐ ਸੁਖੁ ਪਰਾਪਿਤੁ ਹੋਇ ॥
antrahu dukh bharam katee-ai sukh paraapat ho-ay.
Suffering and doubt are cut out from within, and peace is obtained.
ਗੁਰ ਕੈ ਭਾਣੈ ਜੋ ਚਲੈ ਦੁਖੁ ਨ ਪਾਵੈ ਕੋਇ ॥੩॥

“Gur kai bhaanai jo chalai dukh na paavai ko-ay. ||3||
One who walks in harmony with the Guru’s Will shall not suffer in pain. ||3||

ਗੁਰ ਕੇ ਭਾਣੇ ਵਿਚ ਅਮਰੁ ਹੈ ਸਹਜੇ ਪਾਵੈ ਕੋਇ ॥

“Gur kay bhaanay vich amrit hai sehjay paavai ko-ay.
The Amrit, the Ambrosial Nectar, is in the Guru's Will. With intuitive ease, it is obtained.

ਜਨਾ ਪਰਾਪਿਤ ਤਿਨ ਪੀਆ ਹਉਮ ਵਿਚਹ ਖੋਈ ॥

“Jina paraapat tin pee-aa ha-umai vichahu kho-ay.
those who are destined to have it, drink it in; their egotism is eradicated from within.

ਰਾਲਾ ਗੁਰਮੁਖ ਨਾਮ ਧੀਆਈਐ ਸਿੰਚ ਮਿਲਾਵਾ ਹੋਇ ॥੪॥੧੩॥੪੬॥

“Nanak gurmukh naam Dhi-aa-ee-ai sach milaavaa ho-ay. ||4||13||46||
O Nanak, the Gurmukh meditates on the Naam, and is united with the True Lord.

ਸੋਹਾਗਣੀ ਕਰਮ ਕਨਕਾ ਲੀ ਕਰਮ ਕਰੇਇ ॥

“Sohaganee karam kamaavdee-aa say-ee karam karay-i.
Behave like the happy and pure soul-bride.

ਸਹਜੇ ਸਾਚ ਿਮਲਾਵਡਾ ਸਾਚ ਵਡਾਈ ਦਇ ॥੧॥

“Sehjay saac milaavrhaa saac vadaa-ee day-ay. ||1||
With intuitive ease, you shall merge with the True Lord, and He shall bless you with true greatness. ||1||
Bhai re gur bhagat na hoo. || (31)
O Siblings of Destiny, without the Guru, there is no devotional worship.

Bhagat na payee bhagat na ho-ay. || (31)
Without the Guru, devotion is not obtained, even though everyone may long for it.

Bhagat na bhaagat na hoo. || (31)
Without the Guru, devotion is not obtained, even though everyone may long for it.

Bhagat na bhaagat na hoo. || (31)
Without the Guru, devotion is not obtained, even though everyone may long for it.

Bhagat na bhaagat na hoo. || (31)
Without the Guru, devotion is not obtained, even though everyone may long for it.

Bhagat na bhaagat na hoo. || (31)
Without the Guru, devotion is not obtained, even though everyone may long for it.

Lakh chauraseh fayr pa-ai kaaman doojai bhaa-ay. || (31)
The soul-bride in love with duality goes around the wheel of reincarnation, through 8.4 million incarnations.

Sadhak na bhaagat na hoo. || (31)
Without the Guru, she finds no sleep, and she passes her life-night in pain.

Sadhak na bhaagat na hoo. || (31)
Without the Guru, she finds no sleep, and she passes her life-night in pain.

Sadhak na bhaagat na hoo. || (31)
Without the Guru, she finds no sleep, and she passes her life-night in pain.

Sadhak na bhaagat na hoo. || (31)
Without the Guru, she finds no sleep, and she passes her life-night in pain.

Andhe naam na chayt-ee sabh baaDhee jamkaal.
The spiritually blind do not even think of the Naam; they are all bound and gagged by the Messenger of Death.
Meeting the True Guru, the wealth is obtained, contemplating the Name of the Lord in the heart. ||3||

Those who are attuned to the Naam are immaculate and pure; through the Guru, they obtain intuitive peace and poise.

Their minds and bodies are dyed in the Color of the Lord's Love, and their tongues savor His Sublime Essence.

O Nanak, that Primal Color which the Lord has applied, shall never fade away. ||4||14||47||

By His Grace one becomes Gurmukh, worshipping the Lord with devotion. Without the Guru there is no devotional worship.

Those whom He unites with Himself, understand and become pure.
ਹਿਰਾ ਜੀਉ ਸਾਚਾ ਸਾਚੀ ਬਾਣੀ ਸਬਿਦ ਿਮਲਾਵਾ ਹੋਈ ॥੧॥

The Dear Lord is True, and True is the Word of His Bani. Through the Shabad, we merge with Him. ||1||

ਭਾਈ ਰੇ ਭਗਤਹੀਣੁ ਕਾਹੇ ਜਗ ਆਈਆ ॥

O Siblings of Destiny: those who lack devotion-why have they even bothered to come into the world?

ਪੂਰੇ ਗੁਰ ਕੀ ਸੇਵ ਨ ਕੀਨੀ ਿਬਰਥਾ ਜਨਮੂ ਗਵਾਇਆ ॥੧॥ ਰਹਾਉ ॥

They do not serve the Perfect Guru; they waste away their lives in vain. ||1|| Pause||

ਾਪੇ ਜਗਜੀਵਨੁ ਸੁਖਦਾਤਾ ਾਪੇ ਬਖਿਸ ਿਮਲਾਏ ॥

The Lord Himself, the Life of the World, is the Giver of Peace. He Himself forgives, and unites with Himself.

ਜੀਅ ਜੰਤ ਏ ਿਕਆ ਵੇਚਾਰੇ ਿਕਆ ਕੋ ਆਿਖ ਸੁਣਾਏ ॥

So what about all these poor beings and creatures? What can anyone say?

ਗੁਰਮੁਿਖ ਾਪੇ ਦੇਇ ਵਡਾਈ ਾਪੇ ਸੇਵ ਕਰਾਏ ॥੨॥

He Himself blesses the Gurmukh with glory. He Himself enjoins us to His Service. ||2||

ਦੇਿਖ ਕੁਟੰਬੁ ਮੋਿਹ ਲੋਭਾਣਾ ਚਲਿਦਆ ਨਾਿਲ ਨ ਜਾਈ ॥

Gazing upon their families, people are lured and trapped by emotional attachment, but none will go along with them in the end.
Serving the True Guru, one finds the Lord, the Treasure of Excellence. His Value cannot be estimated.

The Lord God is my Friend and Companion. God shall be my Helper and Support in the end.

Within your conscious mind, you may say anything, but without the Guru, selfishness is not removed.

The Dear Lord is the Giver, the Lover of His devotees. By His Grace, He comes to dwell in the mind.

Blessed is the mother who gave birth and blessed and respected is the father of one,
ਸਤਗੁਰੁ ਸੇਵਿ ਸੁਖ ਪਾਇਆ ਵਿਚਹੁ ਗਿਆ ਗੁਮਾਨੁ ॥ (32)
satgur sayv sukh paa-i-aa vichahu ga-i-aa gumaan.
who serves the True Guru, finds peace and his arrogant pride is banished from within.

ਦਿਰ ਸੇਵਿਨ ਸੰਤ ਜਨ ਖਡੇ ਪਾਇਨ ਗੁਣੀ ਿਨਧਾਨੁ ॥ (32)
dar sayvan sant jan kharhay paa-in gunee niDhaan. ||1||
Standing at the Lord's Door, the humble Saints serve Him; they find the Treasure of Excellence. ||1||

ਮੇਰੇ ਮਨ ਗੁਰ ਮੁਖ ਿਧਾਈ ਹਿਰ ਸੋਇ ॥ (32)
mayray man gur mukh Dhi-aa-ay har so-ay.
O my mind, become Gurmukh, and meditate on the Lord.

ਗੁਰ ਕਾ ਸਬਦੀ ਸਾਲਾਹੀਐ ਰੰਗੇ ਸਹਿਜ ਸੁਭਾਇ ॥ (32)
gur kaa sabdee salaahee-ai rangay sahj subhaa-ay.
Singing His Praises through the Shabads of the Guru, we are dyed in His Color with intuitive ease.

ਜੋ ਿਕਛੁ ਕਰਣਾ ਸੁ ਕਿਰ ਰਿਹਾਇ ਅਵਰੁ ਨ ਕਰਣਾ ਜਾਇ ॥ (32)
jo kichh karnaa so kar rahi-aa avar na karnaa jaa-ay.
Whatever is to be done, the Lord is doing. No one else can do anything.
Those separated from Him for so long are reunited with Him once again by the True Guru, who takes them into His Own Account.

He Himself assigns all to their tasks; nothing else can be done.

One whose mind and body are imbued with the Lord's Love gives up egotism and corruption.

He is not obtained by mouthing mere words, but by rooting out ego from within.
Meeting the True Guru, one is permeated forever with the Fear of God, who Himself comes to dwell within the mind. ||1||

O Siblings of Destiny, one who becomes Gurmukh and understands this is very rare.

To act without understanding is to lose the treasure of this human life. ||1||Pause||

Those who have tasted it, enjoy its flavor; without tasting it, they wander in doubt, lost and deceived.

The True Name is the Ambrosial Nectar; no one can describe it.

Drinking it in, one becomes honorable, absorbed in the Perfect Word of the Shabad. ||2||

He Himself gives, and then we receive. Nothing else can be done.

The Gift is in the Hands of the Great Giver. At the Guru’s Door, in the Gurdwara, it is received.
तेजा कीतो तेहा होआ जेहे करम कमाई ॥३॥
Whatever He does, comes to pass. All act according to His Will. ॥3॥

The Naam, the Name of the Lord, is abstinence, truthfulness, and self-restraint. Without the Name, no one becomes pure.

The Naam comes to abide within the mind. Through the Shabad, we merge into Him.

Through perfect good fortune, the Naam comes to abide within the mind. Through the Shabad, we merge into Him.

O Nanak, one who lives in intuitive peace and poise, imbued with the Lord's Love, obtains the Glorious Praises of the Lord. ॥4॥17॥50॥

You may torment your body with extremes of self-discipline, practice intensive meditation and hang upside-down, but your ego will not be eliminated from within.

You may perform religious rituals, and still never obtain the Naam, the Name of the Lord.
Through the Word of the Guru's Shabad, remain dead while yet alive, and the Name of the Lord shall come to dwell within the mind. ||1||

Listen, O my mind: hurry to the Protection of the Guru's Sanctuary.

By Guru's Grace you shall be saved. Through the Word of the Guru's Shabad, you shall cross over the terrifying world-ocean of poison. ||1||Pause||

Everything under the influence of the three qualities shall perish; the love of duality is corrupting.

Meeting the Guru, the bondage of the three qualities is cut away, and in the fourth state, the Door of Liberation is attained. ||2||

Through the Guru, the Path is found, and the darkness of emotional attachment is dispelled.
ਸਬਦ ਮਰੈ ਤਾ ਉਧਰੈ ਪਾਏ ਮੋਖ ਦੁਆਰੁ ॥ (33)
sabad marai taa uDhrai paa-ay mokh du-aar.
If one dies through the Shabad, then salvation is obtained, and one finds the Door of Liberation.

By Guru's Grace, one remains blended with the True Name of the Creator. ||3||

This mind is very powerful; we cannot escape it just by trying.

In the love of duality, people suffer in pain, condemned to terrible punishment.

O Nanak, those who are attached to the Naam are saved; through the Shabad, their ego is banished. ||4||18||51||

O Nanak, those who are attached to the Naam are saved; through the Shabad, their ego is banished. ||4||18||51||

By His Grace, the Guru is found, and the Name of the Lord is implanted within.

Without the Guru, no one has obtained it; they waste away their lives in vain.
The self-willed manmukhs create karma, and in the Court of the Lord, they receive their punishment. ||1||

O mind, give up the love of duality.

The Lord dwells within you; serving the Guru, you shall find peace. ||Pause||

When you love the Truth, your words are true; they reflect the True Word of the Shabad.

The Name of the Lord dwells within the mind; egotism and anger are wiped away.

Meditating on the Naam with a pure mind, the Door of Liberation is found. ||2||

Engrossed in egotism, the world perishes. It dies and is re-born; it continues coming and going in reincarnation.

The self-willed manmukhs do not recognize the Shabad; they forfeit their honor, and depart in disgrace.
Serving the Guru, the Name is obtained, and one remains absorbed in the True Lord.

With faith in the Shabad, the Guru is found, and selfishness is eradicated from within.

Night and day, worship the True Lord with devotion and love forever.

The Treasure of the Naam abides in the mind; O Nanak, in the poise of perfect balance, merge into the Lord.

Cursed by the True Guru, they wander around the world begging, until they are exhausted.
They do not serve the True Word of the Shabad, which is the solution to all of their problems. ||1||

O my mind, see the Lord ever close at hand.

He shall remove the pains of death and rebirth; the Word of the Shabad shall fill you to overflowing. ||1|| Pause||

Those who praise the True One are true; the True Name is their Support.

They act truthfully, in love with the True Lord.

The self-willed manmukhs do not obtain the Mansion of the Lord's Presence. The false are plundered by falsehood. ||2||

Engrossed in egotism, the world perishes. Without the Guru, there is utter darkness.
ਮਾਇਆ ਮੋਹੀ ਵਿਸਾਰੀਆ ਸੁਖਦਾਤਾ ਦਾਤਾਰੁ ॥ (34)
In emotional attachment to Maya, they have forgotten the Great Giver, the Giver of Peace.

satgur sayveh taa ubreh sach rakheh ur Dhaar. Those who serve the True Guru are saved; they keep the True One enshrined in their hearts.

By His Grace, we find the Lord, and reflect on the True Word of the Shabad. ||3||

Serving the True Guru, the mind becomes immaculate and pure; egotism and corruption are discarded.

So abandon your selfishness, and remain dead while yet alive. Contemplate the Word of the Guru’s Shabad.

The pursuit of worldly affairs comes to an end, when you embrace love for the True One.

Those who are attuned to Truth-their faces are radiant in the Court of the True Lord. ||4||

Those who do not have faith in the Primal Being, the True Guru, and who do not enshrine love for the Shabad -
they take their cleansing baths, and give to charity again and again, but they are ultimately consumed by their love of duality.

When the Dear Lord Himself grants His Grace, they are inspired to love the Naam.

I will accept the Will of the True Guru, and eradicate selfishness from within.

Through the Naam, peace is obtained; I am adorned and embellished by the True Word of the Shabad.
ਮਨ ਮੇਰੇ ਅਨਿਦਨੁ ਜਾਗੁ ਹਿਰ ਚੇਿਤ ॥ (34)
man mayray an-din jaag har chayt.
O my mind, remain awake and aware night and day, and think of the Lord.

ਆਪਣੀ ਖੇਤੀ ਰਿਖ ਲਈ ਕੂੰਜ ਪਹਿਲੀ ਦੇਣਾ ॥ (34)
aapnee khaytee rakh lai kooNj parhaige khayt. ||1|| rahaa-o.
Protect your crops, or else the birds shall descend on your farm. ||1||Pause||

ਮਨ ਕੀਆ ਇਛਾ ਤੂਣੇ ਦੀਲੁ ਭਰਪੂਰ ॥ (34)
man kee-aa ichhaa pooree-aa sabad rahi-aa bharpoor.
The desires of the mind are fulfilled, when one is filled to overflowing with the Shabad.

ਿਨਰਮਲੁ ਸਾਿਹਬੁ ਪਾਇਆ ਸਾਚਾ ਗੁਣੀ ਗਹੀਰੁ ॥ (34)
nirmal saahib paa-i-aa saachaa gunee gaheer. ||2||
The Immaculate Lord and Master is found. He is True; He is the Ocean of Excellence. ||2||

ਜੋ ਜਾਗੇ ਸੇ ਉੱਚੇ ਸੂਤੇ ਗਏ ਮੁਹਾਈ ॥ (34)
jo jaagay say ubray sootay ga-ay muhaa-ay.
Those who remain awake and aware are saved, while those who sleep are plundered.
sunjay ghar kaa paahunaa ji-o aa-i-aa ti-o jaa-ay.
Like guests in a deserted house, they leave just exactly as they have come.

The life of the self-willed manmukh passes uselessly. What face will he show when he passes beyond? ||3||

God Himself is everything; those who are in their ego cannot even speak of this.

Through the Word of the Guru's Shabad, He is realized, and the pain of egotism is eradicated from within.

I fall at the feet of those who serve their True Guru.

O Nanak, I am a sacrifice to those who are found to be true in the True Court. ||4||21||54||

Consider the time and the moment-when should we worship the Lord?
ਅਨਿਦਨੁ ਨਾਮੇ ਰਿਤਆ ਸਚੇ ਸਚੀ ਸੋਇ ॥ (35)

Night and day, one who is attuned to the Name of the True Lord is true.

ਇਕੁ ਿਤਲੁ ਿਪਆਰਾ ਿਵਸਰੈ ਭਗਿਤ ਿਕਨੇਹੀ ਹੋਇ ॥ (35)

If someone forgets the Beloved Lord, even for an instant, what sort of devotion is that?

ਮੇਰੇ ਮਨ ਹਿਰ ਕਾ ਨਾਮ ਿਧਾਈ ॥ (35)

O my mind, meditate on the Name of the Lord.

ਸਾਚੀ ਭਗਿਤ ਤਾ ਥੀਐ ਜਾ ਹਿਰ ਵਸੈ ਮਿਨ ਆਈ ॥੧॥ (35)

True devotional worship is performed when the Lord comes to dwell in the mind.

ਸਹਜੇ ਖੇਤੀ ਰਾਹੀਐ ਸਚੁ ਨਾਮ ਬੀਜ ਪਾਇ ॥ (35)

With intuitive ease, cultivate your farm, and plant the Seed of the True Name.

ਗੁਰ ਕਾ ਸਬਦ ਅਮਰਤ ਹੈ ਿਤਖ ਪੀਤ ਿਤਖ ਜਾਇ ॥ (35)

The Word of the Guru's Shabad is Ambrosial Nectar; drinking it in, thirst is quenched.
ਇਹੁ ਮਨੁ ਸਚਾ ਸਿਚ ਰਤਾ ਸਚੇ ਰਿਹਆ ਸਮਾਇ ॥੨॥
This true mind is attuned to Truth, and it remains permeated with the True One. ||2||

ਆਖਣੁ ਵੇਖਣੁ ਬੋਲਣਾ ਸਬਦੇ ਰਿਹਆ ਸਮਾਇ ॥ (35)
In speaking, in seeing and in words, remain immersed in the Shabad.

ਬਾਣੀ ਵਜੀ ਚਹੁ ਜੁਗੀ ਸਚੋ ਸਚੁ ਸੁਣਾਇ ॥ (35)
The Word of the Guru’s Bani vibrates throughout the four ages. As Truth, it teaches Truth.

ਹਉਮੈ ਮੇਰਾ ਰਿਹ ਗਇਆ ਸਚੈ ਲਇਆ ਿਮਲਾਇ ॥ (35)
Egotism and possessiveness are eliminated, and the True One absorbs them into Himself.

ਪੂਰੈ ਭਾਿਗ ਸਤਸੰਗਿਤ ਲਹੈ ਸਤਗੁਰੁ ਭੇਟੈ ਿਜਸੁ ਆਇ ॥ (35)
Through perfect good destiny, one finds the Sat Sangat, the True Congregation, and one comes to meet the True Guru.

ਅਨਿਦਨੁ ਨਾਮੇ ਰਿਤਆ ਦੁਖੁ ਿਬਿਖਆ ਿਵਚਹੁ ਜਾਇ ॥ (35)
Night and day, remain attuned to the Naam, and the pain of corruption shall be dispelled from within.
ਨਾਨਕ ਸਬਿਦ ਿਮਲਾਵੜਾ ਨਾਮੇ ਨਾਿਮ ਸਮਾ� ॥੪॥੨੨॥੫੫॥

(35)

O Nanak, merging with the Shabad through the Name, one is immersed in the Name.

॥੪॥੨੨॥੫੫॥

ਸਿਰੀਰਾਗ ਮਹਲਾ ੩ ॥

sireeraag mehlaa 3.
Siree Raag, Third Mehl:

ਆਪਣਾ ਭਉ ਿਤਨ ਪਾਇਓਨੁ ਜਿਨ ਗੁਰ ਕਾ ਸਬਦੁ ਬੀਚਾਰੀ ॥

aapnaa bha-o tin paa-i-on jin gur kaa sabad beechaar.
Those who contemplate the Word of the Guru's Shabad are filled with the Fear of God.

ਸਤਸੰਗਤੀ ਸਦਾ ਿਮਿਲ ਰਹੇ ਸਚੇ ਕੇ ਗੁਣ ਸਾਿਰ ॥

satsangtee sadaa mil rahay sachay kay gun saar.
They remain forever merged with the Sat Sangat, the True Congregation; they dwell upon the Glories of the True One.

ਦੁਿਬਧਾ ਮੈਲੁ ਚੁਕਾਈਅਨੁ ਹਿਰ ਰਾਿਖਆ ਉਰ ਧਾਿਰ ॥

dubiDhaa mail chukaa-ee-an har raakhi-aa ur Dhaar.
They cast off the filth of their mental duality, and they keep the Lord enshrined in their hearts.

ਸਚੀ ਬਣੀ ਸਚੁ ਮਨੀ ਸਚੇ ਨਾਿਲ ਿਪਾਰੁ ॥੧॥

sachee banee sach man sachay naal pi-aar. ||1||
True is their speech, and true are their minds. They are in love with the True One. ||1||

ਮਨ ਮੇਰੇ ਹਉਮੈ ਮੈਲ ਭਾਰ ਨਾਲ ॥

man mayray ha-umai mail bhar naal.
O my mind, you are filled with the filth of egotism.

ਹਿਰ ਿਨਰਮਲੁ ਸਦਾ ਸੋਹਣਾ ਸਬਿਦ ਸਰ੬ਰਣਹਾਰੁ ॥੭॥

har nirmal sadaa sohnaa sabad savaaranhaar. ||7||

The Immaculate Lord is eternally Beautiful. We are adorned with the Word of the Shabad. ||7||Pause||
God joins to Himself those whose minds are fascinated with the True Word of His Shabad.

Night and day, they are attuned to the Naam, and their light is absorbed into the Light.

Through His Light, God is revealed. Without the True Guru, understanding is not obtained.

The True Guru comes to meet those who have such pre-ordained destiny.

Without the Name, all are miserable. In the love of duality, they are ruined.

Without Him, I cannot survive even for an instant, and my life-night passes in anguish.

Wandering in doubt, the spiritually blind come and go in reincarnation, over and over again.

When God Himself bestows His Glance of Grace, He blends us into Himself.
ਸਭ ਕਿੱਛ ਸੁਣਦਾ ਵੇਖਦਾ ਮੁਕਿਰ ਪਹਾਡ ਜਾਣ।
He hears and sees everything. How can anyone deny Him?

ਪਾਪ ਕਮਾਵੇ ਪਾਪ ਰੋਖ ਪਾਇ।
Those who sin again and again, shall rot and die in sin.

ਪਰ੍ਭੁ ਨਦਰ ਨਾਵੈ ਮਨਮੁਖ ਬੂਜ ਨਾ ਪਾਇ।
God’s Glance of Grace does not come to them; those self-willed manmukhs do not obtain understanding.

ਜਿਸ ਵੇਖਲੇ ਸੋਈ ਵੇਖੇ ਨਾਨਕ ਗੁਰਮੁਖ ਪਾਇ।
They alone see the Lord, unto whom He reveals Himself. O Nanak, the Gurmukhs find Him.

ਸਰ੍ੀਰਾਗ ਮਹਲਾ 3।
Siree Raag, Third Mehl:

ਵਿਨੂ ਗੁਰ ਰੋਜ਼ ਦੁਟੀ ਪੀਏ ਬੋਝ ਨ ਪਾਇ।
Without the Guru, the disease is not cured, and the pain of egotism is not removed.

ਗੁਰ ਪ੍ਰਸਾਦੀ ਮਨੀ ਬਹੁਤ ਰਹੈ ਸਮਾਇ।
By Guru’s Grace, He dwells in the mind, and one remains immersed in His Name.

ਗੁਰ ਸਬਦੀ ਹਿਰ ਪਾਈਐ ਬੀਨ ਸਬਦੇ ਬੁਲਾਇ।
Through the Word of the Guru’s Shabad, the Lord is found; without the Shabad, people wander, deceived by doubt.
मन रे निज चार वास होइ ॥
man ray nij ghar vaasaa ho-ay.
O mind, dwell in the balanced state of your own inner being.

राम नामु सालाही तू फिर आवा जाण न होइ ॥१॥
raam naam saalaahi too fir aavan jaan na ho-ay. ||1|| raha-o.
Praise the Lord’s Name, and you shall no longer come and go in reincarnation. ||1||Pause||

हिर इको दाता वरतदा दूज़ा अवरु न कोइ ॥
har iko daataa varatdaa doojaa avar na ko-ay.
The One Lord alone is the Giver, pervading everywhere. There is no other at all.

सबिद सालाही मिन वसै सहज ही सुखु होइ ॥
sabad saalaahee man vasai sehjay hee sukh ho-ay.
Praise the Word of the Shabad, and He shall come to dwell in your mind; you shall be blessed with intuitive peace and poise.

सभ नदरी अंदिर वेखदा जै भावै तै देइ ॥२॥
sabh nadree andar vaykh-daa jai bhaavai tai day-ay. ||2||
Everything is within the Lord’s Glance of Grace. As He wishes, He gives. ||2||

हउमै सभा गणत है गणतै नू सुखु नाहि ॥
ha-umai sabhaa ganat hai gantai na-o sukh naahi.
In egotism, all must account for their actions. In this accounting, there is no peace.

विखु की कार कंरा विखु ही भागि समाहि ॥
bikh kee kaar kamaavnee bikh hee maahi samaahi.
Acting in evil and corruption, people are immersed in corruption.

विखु लै ठूठ न पाही समाहि दूख सहाइ ॥३॥
bichh laavai tha-ur na paa-inee jam pur dookh sahaahi. ||3||
Without the Name, they find no place of rest. In the City of Death, they suffer in agony. ||3||
Body and soul all belong to Him; He is the Support of all.

By Guru's Grace, understanding comes, and then the Door of Liberation is found.

Through the Word of the Guru's Shabad, they obtain the True One, the Destroyer of pain.

Forever and ever, they sing the Glorious Praises of the True One; they love the True Name.

When the Lord Himself grants His Grace, He bestows the treasure of devotion.
ਮਨ ਰੇ ਸਦਾ ਅਨੰਦੁ ਗਣ ਗਾਈ ॥ (36)

man ray sadaa anand gun gaa-ay.
O mind, sing His Glorious Praises, and be in ecstasy forever.

ਸਚੀ ਬਣੀ ਹਿਰ ਪਾਈਐ ਹਿਰ ਿਸਉ ਰਹਾਈ ਸਮਾਈ ॥੧॥ ਰਹਾਉ ॥ (36)
sachee banee har paa-ee-ai har si-o rahai samaa-ay. ||1|| rahaa-o.
Through the True Word of His Bani, the Lord is obtained, and one remains immersed in the Lord. ||1||Pause||

ਸਚੀ ਭਗਤੀ ਮਨੁ ਲਾਲੁ ਥੀਆ ਰਤਾ ਸਹਿਜ਼ ਸੁਭਾਈ ॥

sachee bhagtee man laal thee-aa rataa sahj subhaa-ay.
In true devotion, the mind is dyed in the deep crimson color of the Lord's Love, with intuitive peace and poise.

ਗੁਰ ਸਬਦੀ ਮਨੁ ਮੋਹਾਈ ਕਹਣਾ ਕਛੂ ਨ ਜਾਈ ॥ (36)
gur sabdee man mohi-aa kahnaa kachhoo na jaa-ay.
The mind is fascinated by the Word of the Guru's Shabad, which cannot be described.

ਜਿਹਵਾ ਰਤੀ ਸਬਦਿ ਸੰਚੇ ਅਮਿਤ ਪੀਵੈ ਰਸ ਗੁਣ ਗਾਈ ॥ (36)
jhvaav ratee sabdi sanchh amrit peevai ras gun gaa-ay.
The tongue imbued with the True Word of the Shabad drinks in the Amrit with delight, singing His Glorious Praises.

ਗੁਰਮੁਖ ਏਹੁ ਰੰਗੁ ਪਾਈਐ ਿਜਸ ਨਾ ਕਿਰਪਾ ਕਰੇ ਰਜਾਇ ॥੨॥

gurmukh ayhu rang paa-ee-ai jis no kirpaa karay rajaa-ay. ||2||
The Gurmukh obtains this love, when the Lord, in His Will, grants His Grace. ||2||

ਸੰਸਾ ਇਹੁ ਸੰਸਾਰੁ ਹੈ ਸੁਤੀਆ ਰਾਈ ਵਿਹਾਈ ॥ (36)
sansaa ih sansaar hai suti-aa rain vihaa-ay.
This world is an illusion; people pass their life-nights sleeping.

ਿਕਿ ਆਪਣੇ ਕਿ ਲਿਖਭਾਲੁ ਆਪੇ ਲਿਖਭਾਲੁ ਮਿਲਾਈ ॥ (36)

ik aapnai bhaanai kadh la-i-an aapay la-i-on milaa-ay.
By the Pleasure of His Will, He lifts some out, and unites them with Himself.
Aapay Hee Aap Man Vasi-Aa Maa-I-Aa Moh Chukaa-Ay.
He Himself abides in the mind, and drives out attachment to Maya.

Aap Vadaa-Ee Ditee-An Gurmukh Day-Ay Bujhaa-Ay. ||3||
He Himself bestows glorious greatness; He inspires the Gurmukh to understand. ||3||

Sabhnaa Kaa Daataa Ayk Hai Bhuli-Aa La-Ay Samjhaa-Ay.
The One Lord is the Giver of all. He corrects those who make mistakes.

He Himself has deceived some, and attached them to duality.

Gurmatee Har Paa-Ee-Ai Jotee Jot Milaa-Ay.
Through the Guru's Teachings, the Lord is found, and one's light merges into the Light.

Attuned to the Name of the Lord night and day, O Nanak, you shall be absorbed into the Name. ||4||25||58||

Siree Raag, Third Mehl:

Gunvantee Sach Pu-AI-Jot Rtrasnaa Tij Vikaar.
The virtuous obtain Truth; they give up their desires for evil and corruption.
Their minds are imbued with the Word of the Guru's Shabad; the Love of their Beloved is on their tongues.

Without the True Guru, no one has found Him; reflect upon this in your mind and see.

The filth of the self-willed manmukhs is not washed off; they have no love for the Guru's Shabad. ||1||

O my mind, walk in harmony with the True Guru.

Dwell within the home of your own inner being, and drink in the Ambrosial Nectar; you shall attain the Peace of the Mansion of His Presence. ||1||Pause||

The unvirtuous have no merit; they are not allowed to sit in His Presence.

The self-willed manmukhs do not know the Shabad; those without virtue are far removed from God.

Those who recognize the True One are permeated and attuned to Truth.
Their minds are pierced through by the Word of the Guru's Shabad, and God Himself ushers them into His Presence. ||2||

He Himself dyes us in the Color of His Love; through the Word of His Shabad, He unites us with Himself.

This True Color shall not fade away, for those who are attuned to His Love.

The self-willed manmukhs grow weary of wandering around in all four directions, but they do not understand.

One who is united with the True Guru, meets and merges in the True Word of the Shabad.

I have grown weary of making so many friends, hoping that someone might be able to end my suffering.

Meeting with my Beloved, my suffering has ended; I have attained Union with the Word of the Shabad.
Earning Truth, and accumulating the Wealth of Truth, the truthful person gains a reputation of Truth.

Meeting with the True One, O Nanak, the Gurmukh shall not be separated from Him again.

The Creator Himself created the Creation; He produced the Universe, and He Himself watches over it.

Through the Guru's Teachings, the True One dwells forever in the mind of those who remain lovingly attached to Him.
Mind and body are totally cooled and soothed, and the Naam comes to dwell in the mind.

Having created the creation, He supports it and takes care of it.

The Word of the Guru’s Shabad is realized, when He Himself bestows His Glance of Grace.

Those who are beautifully adorned with the Shabad in the Court of the True Lord -

Through the Guru's Teachings, praise the True One, who has no end or limitation.

He dwells in each and every heart, by the Hukam of His Command; by His Hukam, we contemplate Him.

So praise Him through the Word of the Guru's Shabad, and drive out egotism from within.
ਸਾ ਧਨ ਨਾਵੈ ਬਾਹਰੀ ਅਵਗਣਵੰਤੀ ਰੋइ ॥੩॥

That soul-bride who lacks the Lord's Name acts without virtue, and so she grieves. ||3||

ਸਚੁ ਸਲਾਹੀ ਸਿਚ ਲਗਾ ਸਚੈ ਨਾਈ ਤਿਰਿਪਤ ਹੋਇ ॥

Praising the True One, attached to the True One, I am satisfied with the True Name.

ਸਚੈ ਨਾਇ ਿਤਰ੍ਪਿਤ ਹੋਇ ॥

Contemplating His Virtues, I accumulate virtue and merit; I wash myself clean of demerits.

ਗੁਣ ਵੀਚਾਰੀ ਗੁਣ ਸੰਗਰਾਹਾ ਅਵਗੁਣ ਕਢਾ ਧੋਇ ॥

Contemplating His Virtues, I accumulate virtue and merit; I wash myself clean of demerits.

ਆਪੇ ਮੇਲ ਭੀਲ੍ਹੀਣ ਹਿਤੀ ਬੋਈ ਨ ਵੇਛੋੜਾ ਨ ਹੋਇ ॥

He Himself unites us in His Union; there is no more separation.

ਨਾਨਕ ਗੁਰੁ ਸਲਾਹੀ ਆਪਣਾ ਿਜਦੂ ਪਾਈ ਪਰਭ ਸੋਇ ॥੪॥੨੭॥੬੦॥

O Nanak, I sing the Praises of my Guru; through Him, I find that God. ||4||27||60||

ਿਸਰੀਰਾਗੁ ਮਹਲਾ ॥ (37)

Siree Raag, Third Mehl:

ਸੁਣ ਸੁਣ ਕਾਮ ਗਹੇਲੀਏ ਿਕਾ ਚਲਿਹ ਬਾਹ ਲੁਡਾਇ ॥

Listen, listen, O soul-bride: you are overtaken by sexual desire-why do you walk like that, swinging your arms in joy?

ਆਪਣਾ ਿਪਰੁ ਨ ਪਛਾਣਹੀ ਿਕਾ ਮਹੁ ਦੇਸਿਹ ਜਾਇ ॥

You do not recognize your own Husband Lord! When you go to Him, what face will you show Him?
ਜਨੀ ਸਖੇ ਕੰਤੁ ਪ੍ਰਭਾਣਿਆ ਹਾ ਤਿਨ ਕੇ ਲਾਗੇ ਪਾਏ।

I touch the feet of my sister soul-brides who have known their Husband Lord.

ਤਿਤਨ ਹੀ ਜੈਸੀ ਥੀ ਰਹਾ ਸਤਸੰਗਤ ਮੇਲ ਮਲਾਈ।

If only I could be like them! Joining the Sat Sangat, the True Congregation, I am united in His Union.

ਮੰਧੇ ਕੁੱਟੀ ਕੁੱਟੀਆਈ ਹੁਣ ਕੰਤੁ ਪ੍ਰਭਾਣਿਆ।

O woman, the false ones are being cheated by falsehood.

ਪ੍ਰਿਰ ਪਰਾਬਾ ਸੌਹਾਗਣੀ ਪਾਈ ਗੁਰ ਬੀੜਾਈ।

God is your Husband; He is Handsome and True. He is obtained by reflecting upon the Guru.

ਮਨਮੁਖ ਕੰਤੁ ਨ ਪ੍ਰਭਾਣਿਆ ਿਤਨ ਜਾਈ।

The self-willed manmukhs do not recognize their Husband Lord; how will they spend their life-night?

ਗਰਾਬ ਅਟੀਆ ਜਲਿਹ ਦੁਖੁ ਪਾਵਿਹ ਦੂਜੈ ਭਾਈ।

Filled with arrogance, they burn with desire; they suffer in the pain of the love of duality.

ਸਦਾ ਪ੍ਰਭਾਹੁ ਆਪਣੀ ਿਤਨ ਸੁਖੇ ਸੁਖ ਿਵਹਾਈ।

They enjoy their Husband Lord forever, and their life-night passes in the most blissful peace.
ਗੀਤਾਨ ਵਿਹੂਣੀ ਪਿਰ ਸੁਤੀਆ ਪਿਰਸਤ ਨ ਪਾਇਆ ਜਾਇ || (38)

She is utterly lacking in spiritual wisdom; she is abandoned by her Husband Lord. She cannot obtain His Love.

ਆਕਾਨ ਰੂਮ ਤਿਤੀਆ ਮੈ ਤਿਤੁ ਦੇਖੁੰਤ ਮਿਲਣਾ || (38)

In the darkness of intellectual ignorance, she cannot see her Husband, and her hunger does not depart.

ਅਗਸਤਾਨ ਮਤੀ ਅੰਧਿੰਦ ਹੈ ਤਿਰੁ ਦੇਖੇ ਭੁਖ ਨ ਜਾਇ || (38)

Come and meet with me, my sister soul-brides, and unite me with my Husband.

ਪੂਰੈ ਭਾਗ ਸਿਤਗੁਰ ਮਿਲ ਸਿਚ ਸਮਾ ਸਿਚ || (38)

She who meets the True Guru, by perfect good fortune, finds her Husband; she is absorbed in the True One.

ਸੇ ਸਹੀਆ ਸੋਹਾਗਣੀ ਜੀਨ ਕਾਹਨ ਕਰੇਗੀ || (38)

Those upon whom He casts His Glance of Grace become His happy soul-brides.

ਖਸਮ ਪਛਾਣੀ ਆਪਣੀ ਹਾਲਤ ਅਧਾਰ ਦੇਇ || (38)

One who recognizes her Lord and Master places her body and mind in offering before Him.

ਧਿਰ ਵਰੁ ਪਾਇਆ ਆਪਣਾ ਹੁਣੀ ਦੂਰਿ ਕਰੇਗੀ || (38)

Within her own home, she finds her Husband Lord; her egotism is dispelled.
ਨਾਨਕ ਸੋਭਾਵੰਤੀਆ ਸੋਹਾਗਣੀ ਅਨਿਦਨੁ ਭਗਤ ਕਰਿੇ ॥੪॥੨੮॥੬੧॥

O Nanak, the happy soul-brides are embellished and exalted; night and day they are absorbed in devotional worship. ||4||28||61||

ਿਸਰੀਗੁ ਮਹਲਾ ੩ ॥ (38)
sireeraag mehlaa 3.
Siree Raag, Third Mehl:

इक िपरु राविह आपणा हउ कै  दिर पूछउ जाइ ॥
ik pir raaveh aapnaa ha-o kai dar poochha-o jaa-ay.
Some enjoy their Husband Lord; unto whose door should I go to ask for Him?

ਸਿਤਗੁਰੁ ਸੇਵੀ ਭਾਉ ਕਿਰ ਮੈ ਿਪਰੁ ਦੇਹਾ ਿਸੰਲਾਇ ॥
satgur sayvee bhaa-o kar mai pir dayh milaa-ay.
I serve my True Guru with love, that He may lead me to Union with my Husband Lord.

ਸਭ ਉਪਾਏ ਆਪੇ ਵੇਖ਼ ਿਕਸੁ ਨੇਰ ਿਕਸੁ ਦੂਿਰ ॥
sabh upaa-ay aapay vaykhai kis nayrhai kis door.
He created all, and He Himself watches over us. Some are close to Him, and some are far away.

ਿਜਿਨ ਿਪਰੁ ਸੰਗੇ ਜਾਣਾ ਿਪਰੁ ਰਾਵੇ ਸਦਾ ਹਦਦੂਰ ॥੧॥
jin pir sangay jaani-aa pir raavay sadaa hadoor. ||1||
She who knows her Husband Lord to be always with her, enjoys His Constant Presence. ||1||

ਮੁੰਧੇ ਤੂ ਚਲੁ ਗੁਰ ਕੈ ਭਾਇ ॥
munDhay too chal gur kai bhaa-ay.
O woman, you must walk in harmony with the Guru's Will.

ਅਨਿਦਨੁ ਰਾਵਿਹ ਿਪਰੁ ਾਪਣਾ ਸਹਜੇ ਸਿਚ ਸਮਾਇ ॥੧॥ ਰਹਾਉ ॥
an-din raaveh aapnaa sehjay sach samaa-ay. ||1|| rhaa-o.
Night and day, you shall enjoy your Husband, and you shall intuitively merge into the True One. ||1||Pause||
ਸਬਿਦ रਤੀਆ सੋਹਾਗਣੀ ਸਚੈ सਬਿਦ ਸੀਗਾਿਰ ॥ (38)
sabad ratee-aa sohaaganee sachai sabad seegaar.
Attuned to the Shabad, the happy soul-brides are adorned with the True Word of the Shabad.

ਹਿਰ ਵਰੁ ਪਾਇਨ ਘਿਰ ਆਪਣੈ ਗੁਰ ਕੈ ਹੇਤ ਿਪਆਿਰ ॥ (38)
har var paa-in ghar aapnai gur kai hayt pi-aar.
Within their own home, they obtain the Lord as their Husband, with love for the Guru.

ਸੇਜ ਸੁਹਾਵੀ ਹਿਰ ਰੰਿਗ ਰਵਾਈ ਭਗੀਤ ਭਰੇ ਭੰਡਾਰ ॥ (38)
sayj suhaavee har rang ravai bhagat bharay bhandaar.
Upon her beautiful and cozy bed, she enjoys the Love of her Lord. She is overflowing with the treasure of devotion.

ਸੋ ਪਰ੍ਭੁ ਪਰ੍ੀਤਮੁ ਮਿਨ ਵਸੈ ਿਜ ਸਭਸੈ ਦੇਇ ਅਧਾਰੁ ॥੨॥ (38)
so parabh pareetam man vasai je sabhsai day-ay aDhaar. ||2||
That Beloved God abides in her mind; He gives His Support to all. ||2||

ਪੰਜ ਮਲਕਪਨ ਆਪਟ ਿਡੁ ਵੇ ਉਠੀ ਮਤ ਬਲੀਗਾਟ ਸਾਡੀ ॥ (38)
pir saalaahan aapnaa tin kai ha-o sad balihaarai jaa-o.
I am forever a sacrifice to those who praise their Husband Lord.

ਮਨੁ ਤਨੁ ਅਰਪੀ ਿਸਰੁ ਦੇਈ ਿਤਨ ਕੈ ਲਾਗਾ ਪਾਇ ॥ (38)
man tan arpee sir day-ee tin kai laagaa paa-ay.
I dedicate my mind and body to them, and give my head as well; I fall at their feet.

ਜਿਨੀ ਇਕ ਪਛਾਣੀਐ ਨਾਨਕ ਸਿਚ ਸਮਾਇ ॥੩॥੨੯॥੬੨॥ (38)
jinee ik pachhaanee-ai naanak sach samaa-ay. ||3||29||62||
The Gurmukh recognizes the Naam, O Nanak, and is absorbed into the True One.
Siree Raag, Third Mehl:

**Hir Ji Sacha Sachu Toy Sabhu Kichh Tere Theere**

Har jee sachaa sach too sabh kichh tayray cheerai.

O Dear Lord, You are the Truest of the True. All things are in Your Power.

**Lakh Chaoraaseh Tarasday Firay Binu Gur Bhetey Peerai**

Lakh cha-oraaseeh tarasday firay bin gur bhaytay peera.

The 8.4 million species of beings wander around searching for You, but without the Guru, they do not find You.

**Hir Jeeo Baksay Bakhi Bhae Sookh Sadaa Sareerai**

Har jee-o bakhsay bakhas la-ay sookh sadaa sareerai.

When the Dear Lord grants His Forgiveness, this human body finds lasting peace.

**Gur Parasaadee Sayv Karee Sacha Gahir Gombeeri**

Gur parasaadee sayv karee sach gahir gombeerai. ||1||

By Guru's Grace, I serve the True One, who is Immeasurably Deep and Profound. ||1||

**Man Mayray Naam Ratay Sukh Hoay**

Man mayray naam ratay sukh ho-ay.

O my mind, attuned to the Naam, you shall find peace.

**Gurmatti Naam Salaheei Doojaa Avar Na Koey**

Gurmatee naam salaheei-dooyja avar na ko-ay. ||1|| raha-o.

Follow the Guru's Teachings, and praise the Naam; there is no other at all. ||1||Pause||

**Dharm Raay No Hukum Hai Bahi Sacha Dharam Beechaarai**

Dharam raa-ay no hukam hai bahi sachaa Dharam beechara.

The Righteous Judge of Dharma, by the Hukam of God's Command, sits and administers True Justice.
Those evil souls, ensnared by the love of duality, are subject to Your Command.

The souls on their spiritual journey chant and meditate within their minds on the One Lord, the Treasure of Excellence.

The Righteous Judge of Dharma serves them; blessed is the Lord who adorns them.

One who eliminates mental wickedness from within the mind, and casts out emotional attachment and egotistical pride,

comes to recognize the All-pervading Soul, and is intuitively absorbed into the Naam.

Without the True Guru, the self-willed manmukhs do not find liberation; they wander around like lunatics.

They do not contemplate the Shabad; engrossed in corruption, they utter only empty words.

He Himself is everything; there is no other at all.
ਿਜਉ ਬੋਲਾਏ ਿਤਉ ਬੋਲੀਐ ਜਾ ਆਿਪ ਬੁਲਾਏ ਸੋਇ ॥ (39)

I speak just as He makes me speak, when He Himself makes me speak.

ਗੁਰਮੁਿਖ ਬਾਣੀ ਬਰ੍ਹਮੁ ਹੈ ਸਬਿਦ ਿਮਲਾਵਾਂ ਹੋਇ ॥ (39)

The Word of the Gurmukh is God Himself. Through the Shabad, we merge in Him.

ਨਾਨਕ ਨਾਮੁ ਸਮਾਿਲ ਤੂ ਿਜਤੁ ਸੇਿਵਐ ਸੁਖੁ ਹੋਇ ॥੪॥੩੦॥੬੩॥ (39)

O Nanak, remember the Naam; serving Him, peace is obtained.

ਿਸਰੀਰਾਗੁ ਮਹਲਾ ੩ ॥ (39)

Siree Raag, Third Mehl:

ਜਿਗ ਹਉਮੈ ਮੈਲੁ ਦੁਖੁ ਪਾਇਆ ਮਲੁ ਲਾਗੀ ਦੂਜੈ ਭਾਇ ॥ (39)

The world is polluted with the filth of egotism, suffering in pain. This filth sticks to them because of their love of duality.

ਮਲੁ ਹਉਮੈ ਧੋਤੀ ਿਕਵੈ ਨ ਉਤਰੈ ਪੂਛਹੁ ਿਗਾਨੀਆ ਜਾਇ ॥੧॥ (39)

This filth of egotism cannot be washed away, even by taking cleansing baths at hundreds of sacred shrines.

ਵਹੁ ਵਿਦਿਹ ਕਰਮ ਕਾਮਾਲੇ ਦੂਜੀ ਹਭਨੀ ਆਇ ॥ (39)

Performing all sorts of rituals, people are smeared with twice as much filth.

ਪਿੜਐ ਮੈਲੁ ਨ ਉਤਰੈ ਪੂਛਹੁ ਿਗਾਨੀਆ ਜਾਇ ॥੧॥ (39)

This filth is not removed by studying. Go ahead, and ask the wise ones.
O my mind, coming to the Sanctuary of the Guru, you shall become immaculate and pure.

The self-willed manmukhs have grown weary of chanting the Name of the Lord, Har, Har, but their filth cannot be removed. ||1||Pause||

With a polluted mind, devotional service cannot be performed, and the Naam, the Name of the Lord, cannot be obtained.

By Guru’s Grace, the Lord comes to abide in the mind, and the filth of egotism is dispelled.

Like a lamp lit in the darkness, the spiritual wisdom of the Guru dispels ignorance. ||2||

I have forgotten the Doer of all; I am caught in the love of duality.
There is no pain as great as the pain of Maya; it drives people to wander all around the world, until they become exhausted.

Through the Guru’s Teachings, peace is found, with the True Name enshrined in the heart.

I am a sacrifice to those who meet and merge with the Lord.

This mind is attuned to devotional worship; through the True Word of Gurbani, it finds its own home.

With the mind so imbued, and the tongue imbued as well, sing the Glorious Praises of the True Lord.

O Nanak, never forget the Naam; immerse yourself in the True One.

One Universal Creator God. By The Grace Of The True Guru:
By God's Grace, the Gurmukh practices devotion; without the Guru, there is no devotional worship.

One who merges his own self into Him understands, and so becomes pure.

The Dear Lord is True, and True is the Word of His Bani. Through the Word of the Shabad, Union with Him is obtained.

O Siblings of Destiny, without devotion, why have people even come into the world?

They have not served the Perfect Guru; they have wasted their lives in vain.

God Himself grants glory to the Gurmukhs; He joins them to His Service.
Beholding your family, you are lured away by emotional attachment, but when you leave, they will not go with you.

Serving the True Guru, I have found the Treasure of Excellence. Its value cannot be estimated.

The Dear Lord God is my Best Friend. In the end, He shall be my Companion and Support.

In this world of my father's home, the Great Giver is the Life of the World. The self-willed manmukhs have lost their honor.

Without the True Guru, no one knows the Way. The blind find no place of rest.

If the Lord, the Giver of Peace, does not dwell within the mind, then they shall depart with regret in the end.

In this world of my father's house, through the Guru's Teachings, I have cultivated within my mind the Great Giver, the Life of the World.
Night and day, performing devotional worship, day and night, ego and emotional attachment are removed.

And then, attuned to Him, we become like Him, truly absorbed in the True One. ||5||

Bestowing His Glance of Grace, He gives us His Love, and we contemplate the Word of the Guru's Shabad.

Serving the True Guru, intuitive peace wells up, and ego and desire die.

The Lord, the Giver of Virtue, dwells forever within the minds of those who keep Truth enshrined within their hearts. ||6||

My God is forever Immaculate and Pure; with a pure mind, He can be found.

If the Treasure of the Name of the Lord abides within the mind, egotism and pain are totally eliminated.
The True Guru has instructed me in the Word of the Shabad. I am forever a sacrifice to Him. ||7||

Within your own conscious mind, you may say anything, but without the Guru, selfishness and conceit are not eradicated.

The Dear Lord is the Lover of His devotees, the Giver of Peace. By His Grace, He abides within the mind.

O Nanak, God blesses us with the sublime awakening of consciousness; He Himself grants glorious greatness to the Gurmukh. ||8||1||18||

Those who go around acting in egotism are struck down by the Messenger of Death with his club.

Those who serve the True Guru are uplifted and saved, in love with the Lord. ||1||
O mind, become Gurmukh, and meditate on the Naam, the Name of the Lord.

Those who are so pre-destined by the Creator are absorbed into the Naam, through the Guru's Teachings.

Without the True Guru, faith does not come, and love for the Naam is not embraced.

Even in dreams, they find no peace; they sleep immersed in pain.

Even if you chant the Name of the Lord, Har, Har, with great longing, your past actions are still not erased.

The Lord's devotees surrender to His Will; those devotees are accepted at His Door.

The Guru has lovingly implanted the Word of His Shabad within me. Without His Grace, it cannot be attained.

Even if the poisonous plant is watered with ambrosial nectar a hundred times, it will still bear poisonous fruit.
Those humble beings who are in love with the True Guru are pure and true.

They act in harmony with the Will of the True Guru; they shed the poison of ego and corruption.

Acting in stubborn-mindedness, no one is saved; go and study the Simritees and the Shaastras.

Joining the Saadh Sangat, the Company of the Holy, and practicing the Shabads of the Guru, you shall be saved.

The Name of the Lord is the Treasure, which has no end or limitation.

The Gurmukhs are beauteous; the Creator has blessed them with His Mercy.

O Nanak, the One Lord alone is the Giver; there is no other at all.

By Guru’s Grace, He is obtained. By His Mercy, He is found.
Siree Raag, Third Mehl:

The soul-bird in the beautiful tree of the body pecks at Truth, with love for the Guru.

The soul-bird in the Sublime Essence of the Lord, and abides in intuitive ease; she does not fly around coming and going.

She obtains her home within her own heart; she is absorbed into the Name of the Lord, Har, Har.

O mind, work to serve the Guru.

If you walk in harmony with the Guru's Will, you shall remain immersed in the Lord's Name, night and day.

The birds in the beautiful trees fly around in all four directions.

The more they fly around, the more they suffer; they burn and cry out in pain.
Without the Guru, they do not find the Mansion of the Lord's Presence, and they do not obtain the Ambrosial Fruit. ||2||

The Gurmukh is like God's tree, always green, blessed with the Sublime Love of the True One, with intuitive peace and poise.

He cuts off the three branches of the three qualities, and embraces love for the One Word of the Shabad.

The Lord alone is the Ambrosial Fruit; He Himself gives it to us to eat. ||3||

The self-willed manmukhs stand there and dry up; they do not bear any fruit, and they do not provide any shade.

They are cut down and burnt each day; they do not have the Shabad, nor the Lord's Name. ||4||
According to the Lord's Command, people perform their actions; they wander around, driven by the karma of their past actions.

By the Lord's Command, they behold the Blessed Vision of His Darshan. Wherever He sends them, there they go.

By His Command, the Lord, Har, Har, abides within our minds; by His Command we merge in Truth.

The wretched fools do not know the Lord's Will; they wander around making mistakes.

They go about their business stubborn-mindedly; they are disgraced forever and ever.

Inner peace does not come to them; they do not embrace love for the True Lord.

Beautiful are the faces of the Gurmukhs, who bear love and affection for the Guru. Through true devotional worship, they are attuned to Truth; at the True Door, they are found to be true.
Blessed is their coming into being; they redeem all their ancestors. ||7||

All do their deeds under the Lord's Glance of Grace; no one is beyond His Vision. ||7||

According to the Glance of Grace with which the True Lord beholds us, so do we become. ||8||3||20||

Through intuitive understanding they are at peace, and through intuitive understanding they remain absorbed in the Lord. ||1||
ਭਾਈ ਰੇ ਦਾਸਿਨ ਦਾਸਾ ਹੋਇ ॥ (66)
bhaa-ee ray daasan daasaa ho-ay.
O Siblings of Destiny, be the slaves of the Lord's slaves.

ਗੁਰ ਕੀ ਸੇਵਾ ਗੁਰ ਭਗਿਤ ਹੈ ਵਿਰਲਾ ਪਾਏ ਕੋੜੀ ॥੧॥ ਰਹਾਉ ॥
gur kee sayvaa gur bhagat hai virlaa paa-ay ko-ay. ||1|| raha-o.
Service to the Guru is worship of the Guru. How rare are those who obtain it! ||1||Pause||

ਸਦਾ ਸੁਹਾਗੁ ਸੁਹਾਗਣੀ ਜੇ ਚਲਿਹ ਸਿਤਗੁਰ ਭਾਇ ॥
sadaa suhaag suhaaganee jay chaleh satgur bhaa-ay.
The happy soul-bride is always with her Husband Lord, if she walks in harmony with the Will of the True Guru.

ਸਦਾ ਿਪਰੁ ਿਨਹਚਲੁ ਪਾਈਐ ਨਾ ਓਹੁ ਮਰੈ ਨ ਜਾਇ ॥
sadaa pir nihchal paa-ee-ai naa oh marai na jaa-ay.
She attains her Eternal, Ever-stable Husband, who never dies or goes away.

ਸਦਾ ਿਸਲੀ ਨਾ ਵੀਛ਼ੁਡਈ ਿਪਰ ਕੈ ਅੰਕ ਸਮਾਇ ॥੨॥
sabad milee naa veechhurhai pir kai ank samaa-ay. ||2||
United with the Word of the Shabad, she shall not be separated again. She is immersed in the Lap of her Beloved. ||2||

ਹਿਰ ਿਨਰਮਲੁ ਅਿਤ ਊਜਲਾ ਿਬਨੁ ਗੁਰ ਪਾਇਆ ਨ ਜਾਇ ॥
har nirmal at oojlaa bin gur paa-i-aa na jaa-ay.
The Lord is Immaculate and Radiantly Bright; without the Guru, He cannot be found.

ਪਾਠ ਪਹੀ ਦੁਰਖੀ ਿਬਦੀ ਬਿਰਿਮ ਹੁਲਾਈ ॥ (66)
paath parhai naa dukh-ee bakhhee barami hulaa-ay.
He cannot be understood by reading scriptures; the deceitful pretenders are deluded by doubt.

ਗੁਰਮਤੀ ਹਿਰ ਸਦਾ ਪਾਇਆ ਰਸਨਾ ਹਿਰ ਰਸੁ ਸਮਾਇ ॥੩॥
gurmatee har saadaa paa-i-aa rasnaa har ras samaa-ay. ||3||
Through the Guru's Teachings, the Lord is always found, and the tongue is permeated with the Sublime Essence of the Lord. ||3||
Emotional attachment to Maya is shed with intuitive ease, through the Guru's Teachings.

Without the Shabad, the world wanders lost in pain. The self-willed manmukh is consumed.

Through the Shabad, meditate on the Naam; through the Shabad, you shall merge in Truth.

The Siddhas wander around, deluded by Maya; they are not absorbed in the Samaadhi of the Lord's Sublime Love.

The three worlds are permeated by Maya; they are totally covered by it.

Without the Guru, liberation is not attained, and the double-mindedness of Maya does not go away.

What is called Maya? What does Maya do?

These beings are bound by pleasure and pain; they do their deeds in egotism.
Without the Shabad, doubt is not dispelled, and egotism is not eliminated from within. ||6||

Without love, there is no devotional worship. Without the Shabad, no one finds acceptance.

Through the Shabad, egotism is conquered and subdued, and the illusion of Maya is dispelled.

The Lord is the Lover of His devotees; He abides within their minds. They meet that God with intuitive ease.

O Nanak, through the Shabad, praise the Lord. By His Grace, He is obtained. ||8||4||21||

Siree Raag, Third Mehl:

sireeraag mehlaa 3.

Siree Raag, Third Mehl:
Emotional attachment to Maya is created by my God; He Himself misleads us through illusion and doubt.

The self-willed manmukhs perform their actions, but they do not understand; they waste away their lives in vain.

Gurbani is the Light to illuminate this world; by His Grace, it comes to abide within the mind.

O mind, chant the Naam, the Name of the Lord, and find peace.

Praising the Perfect Guru, you shall easily meet with that God. ||1|| Pause||

Doubt departs, and fear runs away, when you focus your consciousness on the Lord's Feet.

The Gurmukh practices the Shabad, and the Lord comes to dwell within the mind.

Gurbani is the Light to illuminate this world; by His Grace, it comes to abide within the mind. ||1||
ਘਿਰ ਮਹਿਲ ਸਿਚ ਸਮਾਈਐ ਜਮਕਾਲੁ ਨ ਸਕੈ ਖਾਇ ॥੨॥

In the mansion of the home within the self, we merge in Truth, and the Messenger of Death cannot devour us. ||2||

ਰਾਮ ਦੀਸੀ ਵਿਸ਼ੀਵ ਤੇਲਣ ਪੁੱਖ ਬਰ ਉੱਠ ਗਿਧ ਪਨਿਐ ॥ (67)

Naam Dayv the printer, and Kabeer the weaver, obtained salvation through the Perfect Guru.

ਰਾਮ ਦੀਸੀ ਖਾਵਾ ਕਵਿਤਰ ਜੋਲਾਹਾ ਪੂਰੇ ਗੁਰ ਤੇ ਗਤਿ ਪਾਈ॥

Those who know God and recognize His Shabad lose their ego and class consciousness.

ਸੁਰ ਨਰ ਤਿਤ ਵੀ ਬਾਣੀ ਗਾਵਹੀ ਕੋਈ ਨ ਮੇਟ ਭਾਈ ॥੩॥

Their Banis are sung by the angelic beings, and no one can erase them, O Siblings of Destiny! ||3||

ਦੈਤ ਪੁਤ ਵਾਰ ਧਰਮ ਕਿਛੁ ਸੰਜਮ ਨ ਪੋਈ ਦੂਜਾ ਬਾਹੁਂ ਨ ਜਾਣੈ ॥

The demon's son Prahlad had not read about religious rituals or ceremonies, austerity or self-discipline; he did not know the love of duality.

ਸਤਗੁਰੂ ਭੇਟਐ ਨਿਰਮਲੁ ਹੋਆ ਅਨਿਦਨੁ ਨਾਮ ਵਖਾਣੈ ॥

Upon meeting with the True Guru, he became pure; night and day, he chanted the Naam, the Name of the Lord.

ਏਕੋ ਪੋਈ ਏਕੋ ਨਾਉ ਬੂਜਾ ਦੂਜਾ ਅਵਰੁ ਨ ਜਾਣੈ ॥੪॥

He read only of the One and he understood only the One Name; he knew no other at all. ||4||
The followers of the six different life-styles and world-views, the Yogis and the Sanyaasees have gone astray in doubt without the Guru.

If they serve the True Guru, they find the state of salvation; they enshrine the Dear Lord within their minds.

They focus their consciousness on the True Bani, and their comings and goings in reincarnation are over.

The Pandits, the religious scholars, read and argue and stir up controversies, but without the Guru, they are deluded by doubt.

They wander around the cycle of 8.4 million reincarnations; without the Shabad, they do not attain liberation.

But when they remember the Name, then they attain the state of salvation, when the True Guru unites them in Union.

In the Sat Sangat, the True Congregation, the Name of the Lord wells up, when the True Guru unites us in His Sublime Love.
I offer my mind and body, and I renounce my selfishness and conceit; I walk in Harmony with the Will of the True Guru.

I am forever a sacrifice to my Guru, who has attached my consciousness to the Lord.

He alone is a Brahmin, who knows the Lord Brahma, and is attuned to the Love of the Lord.

God is close at hand; He dwells deep within the hearts of all. How rare are those who, as Gurmukh, know Him.

O Nanak, through the Naam, greatness is obtained; through the Word of the Guru’s Shabad, He is realized.

Siree Raag, Third Mehl:

Everyone longs to be centered and balanced, but without the Guru, no one can.
The Pandits and the astrologers read and read until they grow weary, while the fanatics are deluded by doubt.

Meeting with the Guru, intuitive balance is obtained, when God, in His Will, grants His Grace.

Meeting with the Guru, intuitive balance is not obtained.

Through the Word of the Shabad, intuitive peace and poise wells up, and that True Lord is obtained.

That which is sung intuitively is acceptable; without this intuition, all chanting is useless.

In the state of intuitive balance, devotion wells up. In intuitive balance, love is balanced and detached.

In the state of intuitive balance, peace and tranquility are produced. Without intuitive balance, life is useless.
In the state of intuitive balance, praise the Lord forever and ever. With intuitive ease, embrace Samaadhi.

In the state of intuitive balance, chant His Glories, lovingly absorbed in devotional worship.

Through the Shabad, the Lord dwells within the mind, and the tongue tastes the Sublime Essence of the Lord.

In the poise of intuitive balance, death is destroyed, entering the Sanctuary of the True One.

Intuitively balanced, the Name of the Lord dwells within the mind, practicing the lifestyle of Truth.

Those who have found Him are very fortunate; they remain intuitively absorbed in Him.

Within Maya, the poise of intuitive balance is not produced. Maya leads to the love of duality.
The self-willed manmukhs perform religious rituals, but they are burnt down by their selfishness and conceit.

Their births and deaths do not cease; over and over again, they come and go in reincarnation.

In the three qualities, intuitive balance is not obtained; the three qualities lead to delusion and doubt.

In the fourth state, there is intuitive balance; the Gurmukhs gather it in.

The Naam, the Name of the Formless Lord, is the treasure. Through intuitive balance, understanding is obtained.

The virtuous praise the True One; their reputation is true.
The wayward are united with God through intuitive balance; through the Shabad, union is obtained.

Without intuitive balance, all are blind. Emotional attachment to Maya is utter darkness.

In intuitive balance, understanding of the True, Infinite Shabad is obtained.

Granting forgiveness, the Perfect Guru unites us with the Creator.

In intuitive balance, the Unseen is recognized—the Fearless, Luminous, Formless Lord.

There is only the One Giver of all beings. He blends our light with His Light.

So praise God through the Perfect Word of His Shabad; He has no end or limitation.

Those who are wise take the Naam as their wealth; with intuitive ease, they trade with Him.
Night and day, they receive the Profit of the Lord's Name, which is an inexhaustible and over-flowing treasure.

O Nanak, when the Great Giver gives, nothing at all is lacking.

Meeting with the True Guru, you shall not have to go through the cycle of reincarnation again; the pains of birth and death will be taken away.

Through the Perfect Word of the Shabad, all understanding is obtained; remain absorbed in the Name of the Lord.

O my mind, focus your consciousness on the True Guru.

The Immaculate Naam itself, ever-fresh, comes to abide within the mind.

O Dear Lord, please protect and preserve me in Your Sanctuary. As You keep me, so do I remain.
Through the Word of the Guru's Shabad, the Gurmukh remains dead while yet alive, and swims across the terrifying world-ocean. ||2||

By great good fortune, the Name is obtained. Following the Guru's Teachings, through the Shabad, you shall be exalted.

God, the Creator Himself, dwells within the mind; remain absorbed in the state of intuitive balance. ||3||

Some are self-willed manmukhs; they do not love the Word of the Shabad. Bound in chains, they wander lost in reincarnation.

Through 8.4 million lifetimes, they wander over and over again; they waste away their lives in vain. ||4||

In the minds of the devotees there is bliss; they are attuned to the Love of the True Word of the Shabad.

Night and day, they constantly sing the Glories of the Immaculate Lord; with intuitive ease, they are absorbed into the Naam, the Name of the Lord. ||5||
The Gurmukhs speak the Ambrosial Bani; they recognize the Lord, the Supreme Soul in all.

They serve the One; they worship and adore the One. The Gurmukhs speak the Unspoken Speech.

They serve their True Lord and Master, who comes to dwell in the mind.

They are forever attuned to the Love of the True One, who bestows His Mercy and unites them with Himself.

He Himself does, and He Himself causes others to do; He wakes some from their sleep.

He Himself unites us in Union; Nanak is absorbed in the Shabad.

Serving the True Guru, the mind becomes immaculate, and the body becomes pure.
The mind obtains bliss and eternal peace, meeting with the Deep and Profound Lord.

Sitting in the Sangat, the mind is comforted and consoled by the True Name.

O mind, serve the True Guru without hesitation.

Serving the True Guru, the Lord abides within the mind, and no trace of filth shall attach itself to you.

I am a sacrifice to those who conquer their ego and recognize the Lord.

The self-willed manmukhs do not know the True One; they find no shelter, and no place of rest anywhere.

Those who take the Truth as their food and the Truth as their clothing, have their home in the True One.
They constantly praise the True One, and in the True Word of the Shabad they have their dwelling.

They recognize the Lord, the Supreme Soul in all, and through the Guru's Teachings they dwell in the home of their own inner self.

They see the Truth, and they speak the Truth; their bodies and minds are True.

True are their teachings, and True are their instructions; True are the reputations of the true ones.

Those who have forgotten the True One are miserable-they depart weeping and wailing.

Those who have not served the True Guru-why did they even bother to come into the world?

They are bound and gagged and beaten at Death's door, but no one hears their shrieks and cries.
ਵਿਖਆ ਮਰਾਥਾ ਗਭਵਿਆਃ ਖ਼ਤਦੈੱਖ ਬਚੇ ਬਲਾ ||ਪ੍ਰਭੂ (69)

ਵਿਰਾਤ ਜਨਮ ਗਾਵਾ ਮਰੀ ਜਮਹੀ ਵਾਰ ਵਾਰ ||ਪ੍ਰਭੂ 5

They waste their lives uselessly; they die and are reincarnated over and over again. ||5||

ਇਖੁ ਜਨਮ ਤਾਤਾ ਦੇਖੀ ਲੇਖ ਪਹਿਲੇ ਮਿਰਜ਼ਾ ਸਦਹਰ || (70)

ਇਸੁ ਜਲਤਾਂ ਦੇਖੀ ਕੇ ਖੁਸੀ ਪਹਾ ਸ਼ਹੀ ਸੰਘੀ ਹੋਣਾ ॥

They waste their lives uselessly; they die and are reincarnated over and over again. ||5||

ਅਹੁ ਜਗਰ ਦੇੜਾ ਦੇਖ ਕੀ ਖੁਸੀ ਪਹਾ ਸ਼ਹੀ ਸ਼ਹੀ ਸਰਨਾ ॥ (70)

ਅਹੁ ਜਗਰ ਦੇੜਾ ਦੇਖ ਕੀ ਖੁਸੀ ਪਹਾ ਸ਼ਹੀ ਸ਼ਹੀ ਸਰਨਾ ॥

Seeing this world on fire, I rushed to the Sanctuary of the True Guru.

ਵਿਖਾਨਲੀ ਮਰਾਥਾ ਦੀਹਾਣਾ ਮਰਾਥਾ ਮਰਾਥਾ ਸੜਾਮੀ ਤਚਾਰ || (70)

ਵਿਖਾਨਲੀ ਮਰਾਥਾ ਦੀਹਾਣਾ ਮਰਾਥਾ ਮਰਾਥਾ ਸੜਾਮੀ ਤਚਾਰ ॥

The True Guru has implanted the Truth within me; I dwell steadfastly in Truth and self-restraint.

ਅਹੁ ਸਲਾਤਾ ਦੇੜਾ ਦੇੜਾ ਰਹੀ ਬੋਹਿਆ ਸ਼ਹੀ ਦਵਾਜੀ ਹੋਣਾ ॥ (70)

ਅਹੁ ਸਲਾਤਾ ਦੇੜਾ ਦੇੜਾ ਰਹੀ ਬੋਹਿਆ ਸ਼ਹੀ ਦਵਾਜੀ ਹੋਣਾ ॥

The True Guru has implanted the Truth within me; I dwell steadfastly in Truth and self-restraint.

ਅਹੁ ਸਲਾਤਾ ਦੇੜਾ ਦੇੜਾ ਰਹੀ ਬੋਹਿਆ ਸ਼ਹੀ ਦਵਾਜੀ ਹੋਣਾ ॥ (70)

ਅਹੁ ਸਲਾਤਾ ਦੇੜਾ ਦੇੜਾ ਰਹੀ ਬੋਹਿਆ ਸ਼ਹੀ ਦਵਾਜੀ ਹੋਣਾ ॥

The True Guru is the Boat of Truth; in the Word of the Shabad, we cross over the terrifying world-ocean. ||6||

ਲਖ ਚੌਰਾਸੀਹ ਦੀਦਾ ਦੇੜਾ ਦੇੜਾ ਮੱਚਨ ਰਹੀ ਬੋਹਿਆ ਦਵਾਜੀ ਹੋਣਾ ॥ (70)

ਲਖ ਚੌਰਾਸੀਹ ਦੀਦਾ ਦੇੜਾ ਦੇੜਾ ਮੱਚਨ ਰਹੀ ਬੋਹਿਆ ਦਵਾਜੀ ਹੋਣਾ ॥

People continue wandering through the cycle of 8.4 million incarnations; without the True Guru, liberation is not obtained.

ਪਹਣ ਪਹਣ ਪੰਡਤ ਮੈਲੀ ਬਚੇ ਬੂਜੇ ਬੂਜ ਪਹਣ ਬੋਡੀ ॥ (70)

ਪਹਣ ਪਹਣ ਪੰਡਤ ਮੈਲੀ ਬਚੇ ਬੂਜੇ ਬੂਜ ਪਹਣ ਬੋਡੀ ॥

Reading and studying, the Pandits and the silent sages have grown weary, but attached to the love of duality, they have lost their honor.

ਵਿਖਾਨਲੀ ਮਰਾਥਾ ਗਭਵਿਆਃ ਬਚੇ ਬੂਜੇ ਬੂਜ ਨ ਬੋਡੀ ॥ (70)

ਵਿਖਾਨਲੀ ਮਰਾਥਾ ਗਭਵਿਆਃ ਬਚੇ ਬੂਜੇ ਬੂਜ ਨ ਬੋਡੀ ॥

The True Guru teaches the Word of the Shabad; without the True One, there is no other at all. ||7||

The True Guru teaches the Word of the Shabad; without the True One, there is no other at all. ||7||
Those who are linked by the True One are linked to Truth. They always act in Truth.

They attain their dwelling in the home of their own inner being, and they abide in the Mansion of Truth.

O Nanak, the devotees are happy and peaceful forever. They are absorbed in the True Name.

Shalok, Third Mehl:

Among the ragas, Siree Raag is the best, if it inspires you to enshrine love for the True Lord.

The True Lord comes to abide forever in the mind, and your understanding becomes steady and unequalled.

The priceless jewel is obtained, by contemplating the Word of the Guru's Shabad.

The tongue becomes true, the mind becomes true, and the body becomes true as well.
O Nanak, forever true are the dealings of those who serve the True Guru. ||1||

Third Mehl:

All other loves are transitory, as long as people do not love their Lord and Master.

This mind is enticed by Maya—it cannot see or hear.

Without seeing her Husband Lord, love does not well up; what can the blind person do?

The Society of the Guru is not obtained like this, by trying to be near or far away.
O Nanak, you shall meet the True Guru, if your mind remains in His Presence. ||2||

Salok mehlaa 3.
Shalok, Third Mehl:

Why ask for a pen, and why ask for ink? Write within your heart.

Remain immersed forever in the Love of your Lord and Master, and your love for Him shall never break.

Pen and ink shall pass away, along with what has been written.

O Nanak, the Love of your Husband Lord shall never perish. The True Lord has bestowed it, as it was pre-ordained. ||1||

Third Mehl:

That which is seen, shall not go along with you. What does it take to make you see this?
The True Guru has implanted the True Name within; remain lovingly absorbed in the True One.

O Nanak, the Word of His Shabad is True. By His Grace, it is obtained.

O Nanak, the Word of His Shabad is True. By His Grace, it is obtained.

Shalok, Third Mehl:

Burn the pen, and burn the ink; burn the paper as well.

Burn the writer who writes in the love of duality.

O Nanak, people do what is pre-ordained; they cannot do anything else.

False is other reading, and false is other speaking, in the love of Maya.
ਨਾਨਕ ਵਿਵਣੁ ਨਾਵੈ ਕੋ ਥਿਰ ਨਹੀ ਪਿੜ ਪਿੜ ਹੋਇ ਖੁਆਰੁ ॥੨॥

O Nanak, without the Name, nothing is permanent; those who read and read are ruined. ||2||

ਸਲੋਕ ਮੱਧ ੩ ॥ (84)

salok mehlaa 3.
Shalok, Third Mehl:

ਹਉ ਹਉ ਕਰਤੀ ਸਭ ਮੁਈ ਸਮਪਉ ਕਿਸੈ ਨ ਨਾਲ ॥ (84)

Those who act in ego shall all die. Their worldly possessions shall not go along with them.

ਦੂਜੈ ਭਾਈ ਦੁਖੁ ਪਾਇਆ ਸਭ ਜੋਹੀ ਜਮਕਾਲ ॥

Because of their love of duality, they suffer in pain. The Messenger of Death is watching all.

ਅੰਦਿਰ ਧੋਖਾ ਨੀਦ ਨ ਸੋਵਤ ॥ (85)

She is filled with deception, and she cannot sleep in peace.

ਨਾਨਕ ਗੁਰਮੁਖ ਉਬਰੇ ਸਾਚਾ ਨਾਮ ਸਮਾਲ ॥੧॥

O Nanak, the Gurmukhs are saved, by contemplating the True Name. ||1||

ਸਲੋਕ ਮੱਧ ੩ ॥ (85)

salok mehlaa 3.
Shalok, Third Mehl:

ਹੁਕਮੁ ਨ ਜਾਣਤੀ ਬਹੁਤ ਰੋਵਤ ॥ (85)

One who does not know the Hukam of the Lord's Command cries out in terrible pain.

ਅੰਦਿਰ ਧਿਆ ਨੀਦ ਨ ਸੋਵਤ ॥ (85)

She is filled with deception, and she cannot sleep in peace.
जे धन खसमै चलै रजाई।
But if the soul-bride follows the Will of her Lord and Master,

dar ghar sobhaa mahal bulaa-ee.
she shall be honored in her own home, and called to the Mansion of His Presence.

O Nanak, by His Mercy, this understanding is obtained.

By Guru's Grace, she is absorbed into the True One.

Third Mehl:

O self-willed manmukh, devoid of the Naam, do not be misled upon beholding the color of the safflower.

Its color lasts for only a few days—it is worthless!
ਬਿਸਟਾ ਅੰਦਿਰ ਕੀਟ ਸੇ ਪਚਿਹ ਵਾਰੋ ਵਾਰ ॥ (85)
Like worms, they live in manure, and in it, they die over and over again.

ਨਾਨਕ ਨਾਮ ਰਤੰ ਗੁਰ ਕੈ ਸਹਿਜ ਸੁਭਾਇ ॥ (85)
O Nanak, those who are attuned to the Naam are dyed in the color of truth; they take on the intuitive peace and poise of the Guru.

ਬਹਗਤੀ ਰੰਗਨ ਉਤਾ ਸੁਭਾਇ ਸਮਾਇ ॥੨॥ (85)
The color of devotional worship does not fade away; they remain intuitively absorbed in the Lord. ||2||

ਸਲੋਕ ਮੇਲਾ 3 ॥ (85)
Shalok, Third Mehl:

ਪਿਰਕ ਪਿਰਕ ਪੰਡਤ ਬੇਦ ਵਖਾਣਿ ਮਾਈਆ ਮੋਹ ਸੁਆਇ ॥ (85)
The Pandits, the religious scholars, constantly read and recite the Vedas, for the sake of the love of Maya.

ਦੂਜੇ ਹੀਰਾ ਹੀਰਾ ਨਾਮੁ ਵਿਸਾਰਿਆ ਮੁਰੱਖ ਮਿਲੈ ਸੁਆਇ ॥ (85)
In the love of duality, the foolish people have forgotten the Lord's Name; they shall receive their punishment.

ਕਿਰਨ ਕਿਰਨ ਪਿੰਡਣ ਵਿਕਾਮ ਹਰਾ ਲੇਖ ਕਗਲ ਰੋਜਨ ਇਜਾਦ ॥ (85)
They never think of the One who gave them body and soul, who provides sustenance to all.
The noose of death shall not be cut away from their necks; they shall come and go in reincarnation over and over again.

The blind, self-willed manmukhs do not understand anything. They do what they are pre-ordained to do.

Through perfect destiny, they meet the True Guru, the Giver of peace, and the Naam comes to abide in the mind.

They enjoy peace, they wear peace, and they pass their lives in the peace of peace.

O Nanak, they do not forget the Naam from the mind; they are honored in the Court of the Lord.

Third Mehl:

Serving the True Guru, peace is obtained. The True Name is the Treasure of Excellence.
Follow the Guru's Teachings, and recognize your own self; the Divine Light of the Lord’s Name shall shine within.

The true ones practice Truth; greatness rests in the Great Lord.

Sing the Praises of the True Lord through the Word of His Shabad, and you shall abide in the peace of peace.

You may practice chanting, penance and austere self-discipline within your mind, but without the Name, life is useless.

Through the Guru's Teachings, the Name is obtained, while the self-willed manmukh wastes away in emotional attachment.

Please protect me, by the Pleasure of Your Will. Nanak is Your slave.

Shalok, Third Mehl:
The Pandits, the religious scholars, read and read, and shout out loud, but they are attached to the love of Maya.

They do not recognize God within themselves—they are so foolish and ignorant!

In the love of duality, they try to teach the world, but they do not understand meditative contemplation.

They lose their lives uselessly; they die, only to be re-born, over and over again. ||1||

Third Mehl:

Those who serve the True Guru obtain the Name. Reflect on this and understand.

Eternal peace and joy abide in their minds; they abandon their cries and complaints.

Their identity consumes their identical identity, and their minds become pure by contemplating the Word of the Guru’s Shabad.
O Nanak, attuned to the Shabad, they are liberated. They love their Beloved Lord. ||2||

Shalok, Third Mehl:

Praising the Naam, the Name of the Lord, the Gurmukhs redeem their lives.

They themselves are liberated forever, and they save all their ancestors.

Those who love the Naam look beauteous at the Gate of Truth.

The self-willed manmukhs die in egotism—even their death is painfully ugly.

Everything happens according to the Lord's Will; what can the poor people do?
Attached to self-conceit and duality, they have forgotten their Lord and Master.

O Nanak, without the Name, everything is painful, and happiness is forgotten. ||1||

The Perfect Guru has implanted the Name of the Lord within me. It has dispelled my doubts from within.

I sing the Lord's Name and the Kirtan of the Lord's Praises; the Divine Light shines, and now I see the Way.

Conquering my ego, I am lovingly focused on the One Lord; the Naam has come to dwell within me.

Following the Guru's Teachings, I cannot be touched by the Messenger of Death. I am absorbed in the True Name.
The Creator Himself is All-pervading everywhere; He links those with whom He is pleased to His Name.

Servant Nanak chants the Naam, and so he lives. Without the Name, he would die in an instant. ||2||

Worship the Divine, Supreme Soul, with the intuitive peace and poise of the Guru.

If the individual soul has faith in the Supreme Soul, then it shall obtain realization within its own home.

The soul becomes steady, and does not waver, by the natural inclination of the Guru’s Loving Will.

Without the Guru, intuitive wisdom does not come, and the filth of greed does not depart from within.
If the Lord's Name abides within the mind, for a moment, even for an instant, it is like bathing at all the sixty-eight sacred shrines of pilgrimage.

Filth does not stick to those who are true, but filth attaches itself to those who love duality.

This filth cannot be washed off, even by bathing at the sixty-eight sacred shrines of pilgrimage.

The self-willed manmukhs do deeds in egotism; he earns only pain and more pain.

O Nanak, the filthy ones become clean only when they meet and surrender to the True Guru.

The self-willed manmukhs may be taught, but how can they really be taught?

The manmukhs do not fit in at all. Because of their past actions, they are condemned to the cycle of reincarnation.
ਲੱਭ ਪਾਂਤੂ ਖੁਦਾ ਦੁਇ ਰਾਹ ਹੈ ਹੁਕਮੀ ਕਾਰ ਕਮਾਇ ॥ (87)
Loving attention to the Lord and attachment to Maya are the two separate ways; all act
according to the Hukam of the Lord’s Command.

ਗੁਰਮੁਖਾਕਾਰ ਮਾਰਜਾ ਮਾਰਜਾ ਸਰਬੀ ਲਾਖੀ ॥ (87)
The Gurmukh has conquered his own mind, by applying the Touchstone of the Shabad.

ਮਨ ਹੀ ਲਗਿਤ ਖਾਲਜ਼ ਮਨ ਹੀ ਲਗਿਤ ਮਾਰਜੀ ਮਨ ਹੀ ਮੰਝ ਸਮਾਈ ॥ (87)
He fights with his mind, he settles with his mind, and he is at peace with his mind.

ਮਨ ਜੋ ਇਕਨੀ ਸੋ ਲਹੈ ਸਚੈ ਸਰਬੀ ਸਮਾਜ ॥ (87)
All obtain the desires of their minds, through the Love of the True Word of the Shabad.

ਅਕਾਰਤ ਨਮ ਸਰੁ ਖੁਨੀ ਗੁਰਮੁਖਾ ਕਾਰ ਕਮਾਇ ॥ (87)
They drink in the Ambrosial Nectar of the Naam forever; this is how the Gurmukhs act.

ਵਿਚਕੰਤ ਹੀ ਕੀ ਇਕੀ ਲਗਿਤ ਖੁਚਰ ਸਾਈ ਨਾਮ ਕਰਮਾਇ ॥ (87)
Those who struggle with something other than their own mind, shall depart having wasted
their lives.

ਮਨਮੁਖੀ ਮਨਹੀਠ ਹਾਰਾ ਕੂਰਾ ਕੁਸਤੁ ਕਾਰ ਕਮਾਇ ॥ (87)
The self-willed manmukhs, through stubborn-mindedness and the practice of falsehood,
lose the game of life.

ਗੁਰ ਪਾਰਸਾਦੀ ਮਨ ਜਿਹਾ ਹਾਰ ਸੇਤੀ ਲਵਾਇ ॥ (87)
Those who conquer their own mind, by Guru’s Grace, lovingly focus their attention on the
Lord.
O Nanak, the Gurmukhs practice Truth, while the self-willed manmukhs continue coming and going in reincarnation. ||2||

Those who serve their True Guru are certified and accepted.

They eradicate selfishness and conceit from within; they remain lovingly absorbed in the True One.

Those who do not serve the True Guru waste away their lives in vain.

O Nanak, the Lord does just as He pleases. No one has any say in this. ||1||

With the mind encircled by wickedness and evil, people do evil deeds.
दूजे भाइ अग्रामी पूजदे दरगह मिले सजाई।
The ignorant worship the love of duality; in the Lord's Court they shall be punished.

आतम देउ पूजीऐ बिन सतिगुर उबुख न पाइ।
So worship the Lord, the Light of the soul; without the True Guru, understanding is not obtained.

जपु तपु संजमु भाणा सितगुरू का करमी पलै पाइ॥
Meditation, penance and austere self-discipline are found by surrendering to the True Guru's Will. By His Grace this is received.

नानक सेवा सुरित कमावणी जो हिर भावै सो थाइ पाइ॥
O Nanak, serve with this intuitive awareness; only that which is pleasing to the Lord is approved. ||2||

शलोक मः ३॥
Shalok, Third Mehl:

सतिगुरू जिनी न सेिवओ सबिद न कीतो वीचारु॥
Those who do not serve the True Guru, and who do not contemplate the Word of the Shabad -

अंतिर िगआनु न आइओ िमरतकु है संसािर॥
spiritual wisdom does not enter into their hearts; they are like dead bodies in the world.
They go through the cycle of 8.4 million reincarnations, and they are ruined through death and rebirth.

_He alone serves the True Guru, whom the Lord Himself inspires to do so._

The Treasure of the Naam is within the True Guru; by His Grace, it is obtained.

Those who are truly attuned to the Word of the Guru's Shabad—their love is forever True.

One who knows the Benevolent Lord God is the true devotee of Bhagaautee.

By Guru's Grace, he is self-realized.
Dhaavat raakhai ikat ghar aanai.
He restrains his wandering mind, and brings it back to its own home within the self.

Jeevat marai har naam vakhaanai.
He remains dead while yet alive, and he chants the Name of the Lord.

Aisaa bhag-utee utam ho-ay.
Such a Bhagaautee is most exalted.

Naanak sach samaavai so-ay. ||2||
O Nanak, he merges into the True One. ||2||

Mehlaa 3.
Third Mehl:

Antari kapat bhag-utee kahaa-ay.
He is full of deceit, and yet he calls himself a devotee of Bhagaautee.

Pakhand paarbarahm kaday na paa-ay.
Through hypocrisy, he shall never attain the Supreme Lord God.

Par nindaa karay antar mal laa-ay.
He slanders others, and pollutes himself with his own filth.
Outwardly, he washes off the filth, but the impurity of his mind does not go away.

He argues with the Sat Sangat, the True Congregation.

Night and day, he suffers, engrossed in the love of duality.

He does not remember the Name of the Lord, but still, he performs all sorts of empty rituals.

That which is pre-ordained cannot be erased.

O Nanak, without serving the True Guru, liberation is not obtained.

She may wear good clothes, but the bride is ugly and rude; her mind is false and impure.
ਦਿਖ ਲੇ ਬੱਚੇ ਨੂੰ ਚਲੇ ਖਵਾਹ ਚੋਂਗਾਨਿਤ || (89)
ਪੀਰ ਕੈ ਭਾਣੀ ਨਾ ਚਲੀ ਹੁਕਮ ਕਰੇ ਗਾਵਾਰਿ ||
pir kai bhaanai naa chalai hukam karay gaavaar.
She does not walk in harmony with the Will of her Husband Lord. Instead, she foolishly
gives Him orders.

ਗੁਰ ਕੈ ਭਾਣੀ ਜੋ ਚਲੀ ਸਭਿ ਦੁਖ ਨਿਵਾਰਨਹਾਰਿ || (89)
gur kai bhaanai jo chalai sabh dukh nivaaranhaar.
But she who walks in harmony with the Guru's Will, shall be spared all pain and suffering.

ਿਲਿਖਾ ਮੈਣੇ ਨ ਸਕੀਐ ਜੋ ਦੁਖ ਿਲਿਖਾ ਕਰਤਾਰ || (89)
likhi-aa mayt na sakee-ai jo Dhur likhi-aa kartaar.
That destiny which was pre-ordained by the Creator cannot be erased.

ਨਾਨਕ ਸਾ ਸੁਆਈਓ ਸੁਲਖਣੀ ਜਿ਼ਰਾਵੀ ਿਸਰਜਨਹਾਰਿ ॥੧॥ (89)
naanak saa su-aali-o sulakh-nee je raavee sirjanhaar. ||1||
O Nanak, she is beautiful and graceful; the Creator Lord ravishes and enjoys her. ||1||

ਮਹਾਲ਼ ੩ ॥ (89)
mehlaa 3.
Third Mehl:

ਮਾਇਆ ਮੋਹ ਗੁਬਾਰ ਹੈ ਤਿਸ ਦਾ ਨ ਦਿਹ ਉਰਵਾਰ ਨ ਪਾਰ ॥ (89)
maa-i-aa moh bubaar hai tis daa na disai urvaar na paar.
Attachment to Maya is an ocean of darkness; neither this shore nor the one beyond can
be seen.
The ignorant, self-willed manmukhs suffer in terrible pain; they forget the Lord's Name and drown.

They arise in the morning and perform all sorts of rituals, but they are caught in the love of duality.

Those who serve the True Guru cross over the terrifying world-ocean.

O Nanak, the Gurmukhs keep the True Name enshrined in their hearts; they are absorbed into the True One.

The self-willed manmukh, the foolish bride, is a filthy, rude and evil wife.

Forsaking her Husband Lord and leaving her own home, she gives her love to another.

Her desires are never satisfied, and she burns and cries out in pain.
नानक बिनू नावै कुरूप कुसोहणी परहिर छोडी भतार ॥ १ ॥ (89)
O Nanak, without the Name, she is ugly and ungraceful. She is abandoned and left behind by her Husband Lord. ||1||

मः ॥ (90)
mehlaa 3.
Third Mehl:

सबिद रती सोहागणी सतिगुर कै भाइ पिआर ॥ (90)
The happy soul-bride is attuned to the Word of the Shabad; she is in love with the True Guru.

सदा रावे पिरू आपणा प्रेमिव पिआर ॥ (90)
She continually enjoys and ravishes her Beloved, with true love and affection.

अत सुआलू सुंदरी सोभावंती नाइ ॥ (90)
She is such a loveable, beautiful and noble woman.

नानक नाम सोहागणी मेली मेलनहार ॥२॥ (90)
O Nanak, through the Naam, the happy soul-bride unites with the Lord of Union. ||2||

शलोक मः ॥ (90)
salok mehlaa 3.
Shalok, Third Mehl:

सतिगुर कै भाणै जो चलै सितसु विडाई वडी होइ ॥ (90)
One who walks in harmony with the Will of the True Guru, obtains the greatest glory.
हिर का नामु उतमु मिन वसै मेित न सकै कोइ ॥ (90)
Har kaa naam utam man vasai mayt na sakai ko-ay.
The Exalted Name of the Lord abides in his mind, and no one can take it away.

किरपा करे जिसु आपणी तिसु करमि परापति होइ ॥ (90)
kirpaa karay jis aapnee tis karam paraapat ho-ay.
That person, upon whom the Lord bestows His Grace, receives His Mercy.

नानक कारणु करते विस है गुरमुिख बूझै कोइ ॥१॥ (90)
aanak kaaran kartay vas hai gurmukh boojhai ko-ay. ||1||
O Nanak, creativity is under the control of the Creator; how rare are those who, as Gurmukh, realize this! ||1||

ਮਃ ੩ ॥ (90)
mehlaa 3.
Third Mehl:

ਨਾਨਕ ਹਿਰ ਨਾਮੁ ਜਿਨੀ ਆਰਾਿਧਾ ਅਨਿਦਨੁ ਹਿਰ ਿਲਵ ਤਾਰ ॥ (90)
aanak har naam jinee aaraaDhi-aa an-din har liv taar.
O Nanak, those who worship and adore the Lord's Name night and day, vibrate the String of the Lord's Love.

ਮਾਇਆ ਬੰਦੀ ਖਸਮ ਕੀ ਿਤਨ ਅਗੈ ਕਾਰ ॥ (90)
maa-i-aa bandee khasam kee tin agai kamaavai kaar.
Maya, the maid-servant of our Lord and Master, serves them.

ਪੂਰੈ ਪੂਰਾ ਕਿਰ ਛੋਿਡਾ ਹੁਕਿਮ ਸਵਾਰਣਹਾਰ ॥ (90)
poorai pooraa kar chhodi-aa hukam savaaranhaar.
The Perfect One has made them perfect; by the Hukam of His Command, they are embellished.

ਗੁਰ ਪਰਸਾਦੀ ਜਿਨੀ ਬੁਿਝਾ ਿਤਿ ਪਾਇਆ ਮੋਖ ਦੁਆਰੁ ॥ (90)
gur parsaadee jin bujhi-aa tin paa-i-aa mokh du-aar.
By Guru's Grace, they understand Him, and they find the gate of salvation.
The self-willed manmukhs do not know the Lord's Command; they are beaten down by the Messenger of Death.

But the Gurmukhs, who worship and adore the Lord, cross over the terrifying world-ocean.

All their demerits are erased, and replaced with merits. The Guru Himself is their Forgiver.

Oh, if only I could meet my Beloved, and keep Him enshrined deep within my heart!

I praise that God forever and ever, through love and affection for the Guru.
ਸਲੋਕ ਮੱਹਾਲ: ੩ ॥ (91)

ਸੋਲੋਕ, ਤ੃ਥਾਲ:

ਨੌਭਾਰੀ ਵਧੁ ਵਧੁ ਵਰਮੀ ਮੰਨੀ ਸੇਵੀਐ ਸ੍ਰੀ ਸਾਨ ਕੁਰਾਂ ਦਾਤਾਰੁ ॥ (91)

ਨੌਭਾਰੀ, ਵਧੁ ਵਧੁ ਵਰਮੀ ਮੰਨੀ ਸੇਵੀਐ ਸ੍ਰੀ ਸਾਨ ਕੁਰਾਂ ਦਾਤਾਰੁ।

**Serving the Guru, the Lord is obtained, when He bestows His Glance of Grace.**

**They are transformed from humans into angels, meditating on the Naam, the Name of the Lord.**

**They conquer their egotism and merge with the Lord; they are saved through the Word of the Guru's Shabad.**

**O Nanak, they merge imperceptibly into the Lord, who has bestowed His Favor upon them.**

**Body and soul, all belong to Him. He gives His Support to all.**

**O Nanak, become Gurmukh and serve Him, who is forever and ever the Giver.**

**I am a sacrifice to those who meditate on the Formless Lord.**
Their faces are forever radiant, and the whole world bows in reverence to them. ||1||

Meeting the True Guru, I am totally transformed; I have obtained the nine treasures to use and consume.

The Siddhis-the eighteen supernatural spiritual powers-follow in my footsteps; I dwell in my own home, within my own self.

By His Mercy, we meet the True Guru.
Center your awareness on seva—selfless service—and focus your consciousness on the Word of the Shabad.

Subduing your ego, you shall find a lasting peace, and your emotional attachment to Maya will be dispelled.

I am a sacrifice, my soul is a sacrifice, I am totally devoted to the True Guru.

Through the Guru's Teachings, the Divine Light has dawned; I sing the Glorious Praises of the Lord, night and day.

Search your body and mind, and find the Name.

Restrain your wandering mind, and keep it in check.

Night and day, sing the Songs of the Guru's Bani; worship the Lord with intuitive devotion.

Within this body are countless objects.
The Gurmukh attains Truth, and comes to see them.

Beyond the nine gates, the Tenth Gate is found, and liberation is obtained. The Unstruck Melody of the Shabad vibrates.

True is the Master, and True is His Name.

By Guru's Grace, He comes to dwell within the mind.

Night and day, remain attuned to the Lord's Love forever, and you shall obtain understanding in the True Court.

Those who do not understand the nature of sin and virtue are attached to duality; they wander around deluded.

The ignorant and blind people do not know the way; they come and go in reincarnation over and over again.
Gur sayvaa tay sadaa sukh paa-aa.
Serving the Guru, I have found eternal peace;

Ha-umai mayraa thaak rahaai aa.
My ego has been silenced and subdued.

Gur saakhee miti-aa anDhi-aaraa bajar kapaat khulaavani-aa. ||6||
Through the Guru's Teachings, the darkness has been dispelled, and the heavy doors have been opened. ||6||

Ha-umai maar man vasaa-i-aa.
Subduing my ego, I have enshrined the Lord within my mind.

Gur charnee sadaa chit laa-aa.
I focus my consciousness on the Guru's Feet forever.

Gur kirpaa tay man tan nirmal nirmal naam Dhi-aavani-aa. ||7||
By Guru's Grace, my mind and body are immaculate and pure; I meditate on the Immaculate Naam, the Name of the Lord. ||7||

Jeevan marnaab tuDhai taa-ee.
From birth to death, everything is for You.

Jis bakhsay tis day vadi-aa-ee.
You bestow greatness upon those whom You have forgiven.
O Nanak, meditating forever on the Naam, you shall be blessed in both birth and death. ||8||1||2||

Maajh, Third Mehl:

My God is Immaculate, Inaccessible and Infinite.

Without a scale, He weighs the universe.

One who becomes Gurmukh, understands. Chanting His Glorious Praises, he is absorbed into the Lord of Virtue. ||1||

I am a sacrifice, my soul is a sacrifice, to those whose minds are filled with the Name of the Lord.

Those who are committed to Truth remain awake and aware night and day. They are honored in the True Court. ||1||Pause||

He Himself hears, and He Himself sees.
Those, upon whom He casts His Glance of Grace, become acceptable.

They are attached, whom the Lord Himself attaches; as Gurmukh, they live the Truth.

Those whom the Lord Himself misleads-whose hand can they take?

That which is pre-ordained, cannot be erased.

Those who meet the True Guru are very fortunate and blessed; through perfect karma, He is met.

The young bride is fast asleep in her parents' home, night and day.

She has forgotten her Husband Lord; because of her faults and demerits, she is abandoned.

She wanders around continually, crying out, night and day. Without her Husband Lord, she cannot get any sleep.
ਪੇਈਅੜੈ 
ਸੁਖਦਾਤਾ 
ਜਾਤਾ ॥

In this world of her parents' home, she may come to know the Giver of peace,

हਉਮੈ 
ਮਾਿਰ 
ਗੁਰ 
ਸ਼ਿਬਦ 
ਪਛਾਤਾ ॥

if she subdues her ego, and recognizes the Word of the Guru's Shabad.

ਸੇਜ 
ਸੁਹਾਵੀ 
ਸਦਾ 
ਿਪਰੁ 
ਰਾਵੇ 
ਸਚੁ 
ਸੀਗਾਰੁ 
ਬਣਾਵਿਣਆ ॥੫॥

Her bed is beautiful; she ravishes and enjoys her Husband Lord forever. She is adorned with the Decorations of Truth. ||5||

ਲਖ 
ਚਉਰਾਸੀਹ 
ਜੀਅ 
ਉਪਾਏ ॥

He created the 8.4 million species of beings.

ਜਿਸ 
ਨੋ 
ਨਦਿਰ 
ਕਰੇ 
ਿਤਸੁ 
ਗੁਰੂ 
ਿਮਲਾਏ ॥

Those, upon whom He casts His Glance of Grace, come to meet the Guru.

ਿਕਲਿਬਖ 
ਕਾਿਟ 
ਸਦਾ 
ਜਨ 
ਿਨਰਮਲ 
ਦਿਰ 
ਸਚੈ 
ਨਾਿਮ 
ਸੁਹਾਵਿਣਆ ॥੬॥

Shedding their sins, His servants are forever pure; at the True Court, they are beautified by the Naam, the Name of the Lord. ||6||

ਲੇਖਾ 
ਮਾਗੈ 
ਤਾ 
ਿਕਿਨ 
ਦੀਐ ॥

When they are called to settle their accounts, who will answer then?

ਸੁਖੁ 
ਨਾਹੀ 
ਫੁ 
ਿਨ 
ਦੂਐ 
ਤੀਐ ॥

There shall be no peace then, from counting out by twos and threes.
ਆਪੇ ਬਖਸ਼ਿ ਲਏ ਪਰੂ ਸਾਚਾ ਆਪੇ ਬਖਸ਼ਿ ਮਿਲਾਵਣਆ ॥੭॥
The True Lord God Himself forgives, and having forgiven, He unites them with Himself.

ਆਪੇ ਕਰੇ ਤੈ ਆਪੇ ਕਰਾਏ ॥
aap karay tai aap karaa-ay.

ਪੂਰੇ ਗੁਰ ਕੈ ਸਬਦ ਮਿਲਾਏ ॥
pooray gur kai sabad milaa-ay.

ਨਾਨਕ ਨਾਮੁ ਮਿਲੈ ਵਿਡਆੀ ਆਪੇ ਮੇਲ ਮਿਲਾਵਣਆ ॥੮॥੨॥੩॥

ਇਕੋ ਆਪੇ ਪਰਛੰਨਾ ॥
iko aap parchhannaa.

ੱਤਰਸਨਾ ਤਿਜ ਸਹਜ ਸੁਖੁ ਪਾਇਆ ਏਕੋ ਮੰਨ ਵਸਾਵਿਣਆ ॥੧॥

ਰੋਜਾਦਾ ਦੇਖਣ ਦਾ ਦੇਖਣ ਮਨੁ ਭਿਨਾ ॥
gurmukh vaykhaa taa ih man bhinnaa.

ਤਿਸਨਾ ਤਜ ਸਾਹਜ ਸੁਖ ਪਾ ਏਕੋ ਮੰਨ ਵਸਾਵਿਣਆ ॥੧॥
tarisnaa taj sahj sukh paa-i-aa ayko man vasaavani-aa.

ਅਫ਼ਕਰ ਉੱਤਮ ਮਨੁ ਮੰਨ ਹੱਦਾਅਤੇ ਰੁਹਾਤ ਹੱਦਾਅਤਾ ॥੧॥

ਤੋਂ ਸੁਨਾ ਰੁਕੇ ਵਰਰਦੀਪਾ ਸੇਵਾ ਭਿਨਟਜ਼ਾ ॥੧॥

Renouncing desire, I have found intuitive peace and poise; I have enshrined the One within my mind.

The One Lord Himself moves about imperceptibly.

As Gurmukh, I see Him, and then this mind is pleased and uplifted.

O Nanak, through the Naam, greatness is obtained. He Himself unites in His Union.

He Himself does, and He Himself causes all to be done.
हउ वारी जीउ वारी इकसु िसउ िचतु लाविणआ ॥

ha-o vaaree jee-o vaaree ikas si-o chit laavani-aa.
I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the One.

गुरमतੀ मਨੁ इਕਤੁ ਘਿਰ ਆਇਆ ਸਚੈ ਰੰਗ ਰੰਗਾਵਿਣਆ ॥

gurmatee man ikat ghar aa-i-aa sachai rang rangaavin-aa. ||1|| rahaa-o.
Through the Guru's Teachings, my mind has come to its only home; it is imbued with the True Color of the Lord's Love. ||1||Pause||

इहੁ ਜਗੁ ਭੂਲਾ ਤᱹ ਆਿਪ ਭੁਲਾਇਆ ॥

ih jag bhoolaa taiN aap bhulaa-i-aa.
This world is deluded; You Yourself have deluded it.

इਕੁ ਿਵਸਾਿਰ ਦੂਜੈ ਲੋਭਾਇਆ ॥

ik visaar doojai lobhaa-i-aa.
Forgetting the One, it has become engrossed in duality.

ਅਨਿਦਨੁ ਸਦਾ ਿਫਰੈ ਭਰਿਮ ਭੂਲਾ ਿਬਨੁ ਨਾਵੈ ਦੁਖੁ ਪਾਵਿਣਆ ॥

an-din sadaa firai bharam bhoolaa bin naavai dukh paavni-aa. ||2||
Night and day, it wanders around endlessly, deluded by doubt; without the Name, it suffers in pain. ||2||

ਨੇ ਵੀਝਾ ਕੁਚੇ ਵਲਮ ਵਿਯਾਦੇ ॥

jo rang raatay karam biDhaatay.
Those who are attuned to the Love of the Lord, the Architect of Destiny -

ਗੁਰ ਸੇਵਾ ਤੇ ਤੁਗ ਚਾਹੇ ਤਾਡੇ ॥

gur sayvaa tay jug chaaray jaatay.
by serving the Guru, they are known throughout the four ages.

ਜਿਸ ਨੋ ਆਿਪ ਦੇਇ ਵਿਡਾਈ ਹੀਰੀ ਕੈ ਨਾਿਮ ਸਮਾਵਿਣਆ ॥

jis no aap day-ay vadi-aa-ee har kai naam samaavani-aa. ||3||
Those, upon whom the Lord bestows greatness, are absorbed in the Name of the Lord. ||3||
Being in love with Maya, they do not think of the Lord.

Bound and gagged in the City of Death, they suffer in terrible pain.

Blind and deaf, they see nothing at all; the self-willed manmukhs rot away in sin.

Through loving devotional worship, they become pleasing to Your Mind.

They serve the True Guru, the Giver of eternal peace, and all their desires are fulfilled.

O Dear Lord, I seek Your Sanctuary forever.

You Yourself forgive us, and bless us with Glorious Greatness.
The Messenger of Death does not draw near those who meditate on the Name of the Lord, Har, Har. ||6||

Night and day, they are attuned to His Love; they are pleasing to the Lord.

My God merges with them, and unites them in Union.

Forever and ever, O True Lord, I seek the Protection of Your Sanctuary; You Yourself inspire us to understand the Truth. ||7||

Those who know the Truth are absorbed in Truth.

They sing the Lord's Glorious Praises, and speak the Truth.

O Nanak, those who are attuned to the Naam remain unattached and balanced; in the home of the inner self, they are absorbed in the primal trance of deep meditation. ||8||3||4||

Maajh, Third Mehl:
Sabad marai so mu-aa jaapai.
One who dies in the Word of the Shabad is truly dead.

Kaal na chaapai dukh na santaapai.
Death does not crush him, and pain does not afflict him.

Jotee vich mil jot samarnee sun man sach samaavani-aa. ||1||
His light merges and is absorbed into the Light, when he hears and merges in the Truth. ||1||

Ha-o vaaree jee-o vaaree har kai naa-ay sobhaa paavni-aa.
I am a sacrifice, my soul is a sacrifice, to the Lord's Name, which brings us to glory.

Satgur sayv sach chit laa-i-aa gurmatee sahj samaavani-aa. ||1||
One who serves the True Guru, and focuses his consciousness on Truth, following the Guru's Teachings, is absorbed in intuitive peace and poise. ||1||Pause||

Kaa-i-aa kachee kachaa cheer handhaa-ay.
This human body is transitory, and transitory are the garments it wears.

Doojai laa-ee mahal na paa-ay.
Attached to duality, no one attains the Mansion of the Lord's Presence.

An-din jaldee firai din raatee bin pir baho dukh paavni-aa. ||2||
Night and day, day and night, they burn. Without her Husband Lord, the soul-bride suffers in terrible pain. ||2||
Dayhee jaat na aagai jaa-ay.
Her body and her status shall not go with her to the world hereafter.

Jithai laykhaa mangee-ai tithai chhutai sach kamaa-ay.
Where she is called to answer for her account, there, she shall be emancipated only by true actions.

Satgur sayvan say Dhanvantay aithai othai naam samaavani-aa.
Those who serve the True Guru shall prosper; here and hereafter, they are absorbed in the Naam.

Bhai bhaa-ay seegaar banaa-ay.
She who adorns herself with the Love and the Fear of God,

Gur parsaadee mahal ghar paa-ay.
by Guru's Grace, obtains the Mansion of the Lord's Presence as her home.

An-din sadaa ravai din raatee majeethai rang banaavani-aa.
Night and day, day and night, she constantly ravishes and enjoys her Beloved. She is dyed in the permanent color of His Love.

Sabhnaa pir vasai sadaa naalay.
The Husband Lord abides with everyone, always;

Gur parsaadee ko nadar nihaalay.
but how rare are those few who, by Guru's Grace, obtain His Glance of Grace.
मेरा पर्भु अित ऊचो ऊचा किर िकरपा आिप िमलाविणआ ॥५॥
My God is the Highest of the High; granting His Grace, He merges us into Himself. ॥5॥

माइआ मोहि इहु जगु सुता ॥
This world is asleep in emotional attachment to Maya.

जिस ते सुता सो जागाए गुरमित सोझी पाविणआ ॥६॥
The One who put it to sleep shall also awaken it. Through the Guru's Teachings, understanding dawns. ॥6॥

अिपू पीऐ सो भरमु गवाए ॥
One who drinks in this Nectar, shall have his delusions dispelled.

गुर परसािद मुकित गित पाए ॥
By Guru's Grace, the state of liberation is attained.

भगती रता सदा बैरागी आपु मािर िमलाविणआ ॥७॥
One who is imbued with devotion to the Lord, remains always balanced and detached. Subduing selfishness and conceit, he is united with the Lord. ॥7॥

आिप उपाए धंधै लाए ॥
He Himself creates, and He Himself assigns us to our tasks.


रध दशिनमी विनय आधि अखरजे ॥ (112)

लख चउरासी रिजक आपि अपडाए॥
lakh cha-uraasee rijak aap aprhaa-ay.
He Himself gives sustenance to the 8.4 million species of beings.

तनह नाम दिखाणि मिश जायें निस्म जायें से भव वर्गाविणा ॥8॥4॥5॥ (112)
nanak naam Dhi-aa-ay sach raatay jo tis bhaavai so kaar karaavani-aa. ||8||4||5||
O Nanak, those who meditate on the Naam are attuned to Truth. They do that which is pleasing to His Will. ||8||4||5||

अज भवज ॥3॥ (112)

माझ महला ॥3॥
maajh mehlaa 3.
Maajh, Third Mehl:

अंदिर हीरा लालु बणाइआ ॥ (112)
andar heeraa laal banaa-i-aa.
Diamonds and rubies are produced deep within the self.

गुर कै सबिद परिख परखाइया ॥ (112)
gur kai sabad parakh parkhaa-i-aa.
They are assayed and valued through the Word of the Guru's Shabad.

मिल सध पले सध स्वाधित सद्द कनबटी ज्याविणा ॥1॥ (112)
jin sach palai sach vakaaneh sach kasvatee laavani-aa. ||1||
Those who have gathered Truth, speak Truth; they apply the Touch-stone of Truth. ||1||

उँह बारी नींदी गुर की बारी भिन्न ज्याविणा ॥ (112)
ha-o vaaree jee-o vaaree gur kee banee man vasaavani-aa.
I am a sacrifice, my soul is a sacrifice, to those who enshrine the Word of the Guru's Bani within their minds.

अंजन माहि निरन्जन पाइआ जोती जोति जिताविणा ॥1॥ रहाह॥ (112)
anjan maahi niranjan paa-i-aa jotee jotee milaavani-aa. ||1|| rahaa-o.
In the midst of the darkness of the world, they obtain the Immaculate One, and their light merges into the Light. ||1||Pause||
is kaa-i-aa andar bahut pasaaraa.
Within this body are countless vast vistas;

naam niranjan at agam apaaraa.
the Immaculate Naam is totally Inaccessible and Infinite.

gurmukh hovai so-ee paa-ay aapay bakhas milaavani-aa. ||2||
He alone becomes Gurmukh and obtains it, whom the Lord forgives, and unites with Himself. ||2||

mayraa thaakur sach drirh-aa-ay.
My Lord and Master implants the Truth.

gur parsaadee sach chit laa-ay.
By Guru's Grace, one's consciousness is attached to the Truth.

sacho sach vartai sabhnee thaa-ee sachay sach samaavani-aa. ||3||
The Truest of the True is pervading everywhere; the true ones merge in Truth. ||3||

vayparvaahu sach mayraa pi-aaraa.
The True Carefree Lord is my Beloved.

kilvikh avgan kaatanhaaraa.
He cuts out our sinful mistakes and evil actions;
with love and affection, meditate forever on Him. He implants the Fear of God and loving devotional worship within us. ||4||

tayree bhagat sachee jay sachay bhaavai. Devotional worship is True, if it pleases the True Lord.

He Himself bestows it; He does not regret it later.

He alone is the Giver of all beings. The Lord kills with the Word of His Shabad, and then revives. ||5||

I serve You, Lord, and I praise You.

You unite me with Yourself, O True God. Through perfect good karma You are obtained. ||6||

For me, there is no other like You.
By Your Glance of Grace, my body is blessed and sanctified.  

Night and day, the Lord takes care of us and protects us. The Gurmukhs are absorbed in intuitive peace and poise. ||7||

For me, there is no other as Great as You.  

You Yourself create, and You Yourself destroy. O Nanak, we are adorned and embellished with the Naam. ||8||5||6||

He is the Enjoyer of all hearts.  

The Invisible, Inaccessible and Infinite is pervading everywhere.
Meditating on my Lord God, through the Word of the Guru’s Shabad, I am intuitively absorbed in the Truth. ||1||

I am a sacrifice, my soul is a sacrifice, to those who implant the Word of the Guru’s Shabad in their minds.

When someone understands the Shabad, then he wrestles with his own mind; subduing his desires, he merges with the Lord. ||1||Pause||

The five enemies are plundering the world.

The blind, self-willed manmukhs do not understand or appreciate this.

Those who become Gurmukh-their houses are protected. The five enemies are destroyed by the Shabad. ||2||

The Gurmukhs are forever imbued with love for the True One.

They serve God with intuitive ease. Night and day, they are intoxicated with His Love.
meeting with their beloved, they sing the glorious praises of the true one; they are honored in the court of the lord.

First, the one created himself; second, the sense of duality; third, the three-phased maya.

The fourth state, the highest, is obtained by the gurmukh, who practices truth, and only truth.

Everything which is pleasing to the true lord is true.

Those who know the truth merge in intuitive peace and poise.

The life-style of the gurmukh is to serve the true lord. he goes and blends with the true lord.

Without the true one, there is no other at all.
Attached to duality, the world is distracted and distressed to death.

One who becomes Gurmukh knows only the One. Serving the One, peace is obtained.

All beings and creatures are in the Protection of Your Sanctuary.

You place the chessmen on the board; You see the imperfect and the perfect as well.

Night and day, You cause people to act; You unite them in Union with Yourself.

You Yourself unite, and You see Yourself close at hand.

You Yourself are totally pervading amongst all.

O Nanak, God Himself is pervading and permeating everywhere; only the Gurmukhs understand this.
Maajh, Third Mehl:

अंमर्त बाणी गुर की मीठी

The Nectar of the Guru's Bani is very sweet.

गुरमुख विरले किने चिख डीठी

Rare are the Gurmukhs who see and taste it.

अंतर परगासु महा रसु पीवै दिर सचै सबदु वजाविणा

The Divine Light dawns within, and the supreme essence is found. In the True Court, the Word of the Shabad vibrates. ||1||

हउ वारी जीउ वारी गुर चरणी चित लाविणा

I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the Guru's Feet.

सतगुरु है अमर्त सरु साचा मनु नावै मैलु चुकाविणा

The True Guru is the True Pool of Nectar; bathing in it, the mind is washed clean of all filth. ||1|| Pause||

तेरा सचे िकनै अंतु न पाइआ

Your limits, O True Lord, are not known to anyone.

गुर परसाद िकने िविले िचत लाइणा

Rare are those who, by Guru's Grace, focus their consciousness on You.
Praising You, I am never satisfied; such is the hunger I feel for the True Name. ||2||

I see only the One, and no other.

By Guru's Grace, I drink in the Ambrosial Nectar.

My thirst is quenched by the Word of the Guru's Shabad; I am absorbed in intuitive peace and poise. ||3||

The Priceless Jewel is discarded like straw;

The blind self-willed manmukhs are attached to the love of duality.

As they plant, so do they harvest. They shall not obtain peace, even in their dreams. ||4||

Those who are blessed with His Mercy find the Lord.
ਗੁਰ ਕਾ ਸਬਦ ਮੰਨਿ ਵਸਾਏ ॥ (113)
gur kaa sabad man vasaa-ay.
The Word of the Guru's Shabad abides in the mind.

ਅਨਿਦਨੁ ਸਦਾ ਰਹੈ ਭੈ ਅੰਦਿਰ ਭਈ ਮਾਿਰ ਭਰਮੁ ਚੁਕਾਵਿਣਆ ॥੫॥
an-din sadaa rahai bhai andar bhai maar bharam chukaavani-aa. ||5||
Night and day, they remain in the Fear of God; conquering their fears, their doubts are dispelled. ||5||

ਬਾਣੀ ਹਿਰ ਗੁਣ ਸਹਜੇ ਗਾਵਣਾ ॥ (114)
bani har gun sehjah gaavani-aa.
Dispelling their doubts, they find a lasting peace.

ਸਦਾ ਸੁਖੁ ਪਾਇਆ ॥ (114)
sadaa sukh paa-i-aa.
By Guru's Grace, the supreme status is attained.

ਸਾਸਤ ਵਖਾਣੈ ॥ (114)
saat vakhaanai.
They recite the Simritees, the Shaastras and the Vedas,

ਸਨੋ ਲਹਣੁ ਤਤੁ ਨ ਜਾਣੈ ॥ (114)
sno lahan tat na jaanai.
but deluded by doubt, they do not understand the essence of reality.

ਵਾਘੇ ਖੁਦੁ ਨ ਤਤੁ ਨਥੈ ॥ (114)
vaahay khud na tat na thai.
Without serving the True Guru, they find no peace; they earn only pain and misery. ||7||
The Lord Himself acts; unto whom should we complain?

How can anyone complain that the Lord has made a mistake?

O Nanak, the Lord Himself does, and causes things to be done; chanting the Naam, we are absorbed in the Naam.

He Himself imbues us with His Love, with effortless ease.

Through the Word of the Guru's Shabad, we are dyed in the color of the Lord's Love.

This mind and body are so imbued, and this tongue is dyed in the deep crimson color of the poppy. Through the Love and the Fear of God, we are dyed in this color.

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Fearless Lord within their minds.
By Guru's Grace, I meditate on the Fearless Lord; the Shabad has carried me across the poisonous world-ocean. ||1||Pause||

The idiotic self-willed manmukhs try to be clever,

but in spite of their bathing and washing, they shall not be acceptable.

As they came, so shall they go, regretting the mistakes they made. ||2||

The blind, self-willed manmukhs do not understand anything;

death was pre-ordained for them when they came into the world, but they do not understand.

The self-willed manmukhs may practice religious rituals, but they do not obtain the Name; without the Name, they lose this life in vain. ||3||

The practice of Truth is the essence of the Shabad.
Through the Perfect Guru, the gate of salvation is found.

So, night and day, listen to the Word of the Guru's Bani, and the Shabad. Let yourself be colored by this love.

I have easily obtained my Darling Beloved; I am intuitively absorbed in celestial peace.

I am forever a sacrifice to those who dedicate their consciousness to the Guru's Service.
The True Lord is pleased with Truth, and only Truth.

By Guru's Grace, one's inner being is deeply imbued with His Love.

Sitting in that blessed place, sing the Glorious Praises of the Lord, who Himself inspires us to accept His Truth.

That one, upon whom the Lord casts His Glance of Grace, obtains it.

By Guru's Grace, egotism departs.

O Nanak, that one, within whose mind the Name dwells, is honored in the True Court.

Serving the True Guru is the greatest greatness.
The Dear Lord automatically comes to dwell in the mind.

The Dear Lord is the fruit-bearing tree; drinking in the Ambrosial Nectar, thirst is quenched.

I am a sacrifice, my soul is a sacrifice, to the one who leads me to join the True Congregation.

The Lord Himself unites me with the Sat Sangat, the True Congregation. Through the Word of the Guru's Shabad, I sing the Glorious Praises of the Lord.

I serve the True Guru; the Word of His Shabad is beautiful.

Through it, the Name of the Lord comes to dwell within the mind.

The Pure Lord removes the filth of egotism, and we are honored in the True Court.

Without the Guru, the Naam cannot be obtained.
The Siddhas and the seekers lack it; they weep and wail.

Without serving the True Guru, peace is not obtained; through perfect destiny, the Guru is found.

This mind is a mirror; how rare are those who, as Gurmukh, see themselves in it.

Rust does not stick to those who burn their ego.

The Unstruck Melody of the Bani resounds through the Pure Word of the Shabad; through the Word of the Guru's Shabad, we are absorbed into the True One.

Without the True Guru, the Lord cannot be seen.

Granting His Grace, He Himself has allowed me to see Him.

All by Himself, He Himself is permeating and pervading; He is intuitively absorbed in celestial peace.
Gurmukh hovai so ikas si-o liv laa-ay.
One who becomes Gurmukh embraces love for the One.

Doubt and duality are burned away by the Word of the Guru's Shabad.

Within his body, he deals and trades, and obtains the Treasure of the True Name.

The life-style of the Gurmukh is sublime; he sings the Praises of the Lord.

The Gurmukh finds the gate of salvation.

Night and day, he is imbued with the Lord's Love. He sings the Lord's Glorious Praises, and he is called to the Mansion of His Presence.

The True Guru, the Giver, is met when the Lord leads us to meet Him.

Through perfect destiny, the Shabads are enshrined in the mind.
O Nanak, the greatness of the Naam, the Name of the Lord, is obtained by chanting the Glorious Praises of the True Lord. ||8||9||10||

Maajh Mehl 3 || (115)

maajh mehlaa 3.

Maajh, Third Mehl:

Aap vanjaa-ay taa sabh kichh paa-ay.
Those who lose their own selves obtain everything.

Gur sabdee sachee liv laa-ay.
Through the Word of the Guru’s Shabad, they enshrine Love for the True one.

They trade in Truth, they gather in Truth, and they deal only in Truth. ||1||

Ha-o vaaree jee-o vaaree har gun an-din gaavani-aa.
I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the Lord, night and day.

Ha-o tayraa tooN thaakur mayraa sabad vadi-aa-ee dayvani-aa. ||1|| raha-o.
I am Yours, You are my Lord and Master. You bestow greatness through the Word of Your Shabad. ||1||Pause||

That time, that moment is totally beautiful,
jit sachaa mayray man bhaa-i-aa.
when the True One becomes pleasing to my mind.

sach sayvi-ai sach vadi-aa-ee gur kirpaa tay sach paavni-aa. ||2||
Serving the True One, true greatness is obtained. By Guru's Grace, the True One is obtained. ||2||

bhaa-o bhojan satgur tuthai paa-ay.
The food of spiritual love is obtained when the True Guru is pleased.

an ras Chookai har ras man vasaa-ay.
Other essences are forgotten, when the Lord's Essence comes to dwell in the mind.

mar mar jameh fir fir aavahi jam dar chotaa khaavani-aa. ||4||
They die and die, over and over again, only to be reborn, over and over again. They are struck down at Death's Door. ||4||
Those who know the essence of the Shabad, understand their own selves.

Immaculate is the speech of those who chant the Word of the Shabad.

Serving the True One, they find a lasting peace; they enshrine the nine treasures of the Naam within their minds. ||5||

Beautiful is that place, which is pleasing to the Lord's Mind.

There, sitting in the Sat Sangat, the True Congregation, the Glorious Praises of the Lord are sung.

Night and day, the True One is praised; the Immaculate Sound-current of the Naad resounds there. ||6||

The wealth of the self-willed manmukhs is false, and false is their ostentatious display.

They practice falsehood, and suffer terrible pain.
Deluded by doubt, they wander day and night; through birth and death, they lose their lives. ||7||

My True Lord and Master is very dear to me.

The Shabad of the Perfect Guru is my Support.

O Nanak, one who obtains the Greatness of the Naam, looks upon pain and pleasure as one and the same. ||8||10||11||

Serving the Guru, the Lord’s Name is obtained. Without the True Guru, no one can receive it. ||1||
I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the Lord.

Through devotion to the Guru, the True One is found; He comes to abide in the mind, with intuitive ease. ||1||Pause||

Serving the True Guru, all things are obtained.

As are the desires one harbors, so are the rewards one receives.

The True Guru is the Giver of all things; through perfect destiny, He is met. ||2||

This mind is filthy and polluted; it does not meditate on the One.

Deep within, it is soiled and stained by the love of duality.

The egotists may go on pilgrimages to holy rivers, sacred shrines and foreign lands, but they only gather more of the dirt of egotism. ||3||
ਸਿਤਗੁਰੂ ਸੇਵੇ ਤਾ ਮਲੁ ਜਾਏ॥ (116)
Serving the True Guru, filth and pollution are removed.

ਜੀਵਤੁ ਮਰੈ ਹਿਰ ਿਸਚੁ ਲਾਏ॥ (116)
Those who focus their consciousness on the Lord remain dead while yet alive.

ਹਿਰ ਿਨਰਮਲੁ ਸਚੁ ਮੈਲੁ ਨ ਲਾਗੈ ਸਿਚ ਲਾਗੈ ਮੈਲੁ ਗਵਾਵਿਣਆ॥ 4॥
The True Lord is Pure; no filth sticks to Him. Those who are attached to the True One have their filth washed away. ||4||

ਬਾਝੁ ਗੁਰੂ ਹੈ ਅੰਧ ਗੁਬਾਰਾ॥ (116)
Without the Guru, there is only pitch darkness.

ਅਗੀਆਨੀ ਅੰਧਾ ਅੰਧੁ ਅੰਧਾਰਾ॥ (116)
The ignorant ones are blind—there is only utter darkness for them.

ਿਬਸਟਾ ਕੇ ਕੀੜੇ ਿਬਸਟਾ ਕਮਾਵਿਹ ਿਫਿਰ ਿਬਸਟਾ ਮਾਿਹ ਪਚਾਵਿਣਆ॥ 5॥
The maggots in manure do filthy deeds, and in filth they rot and putrefy. ||5||

ਮੁਕਤੇ ਸੇਵੇ ਮੁਕਤਾ ਹੋਵੈ॥ (116)
Serving the Lord of Liberation, liberation is achieved.

ਹਉਮੈ ਮਮਤਾ ਸਬਦੇ ਖੋਵੈ॥ (116)
The Word of the Shabad eradicates egotism and possessiveness.
So serve the Dear True Lord, night and day. By perfect good destiny, the Guru is found. ||6||

He Himself forgives and unites in His Union. ||6||

By the True Name, the mind is made true forever. Serving the True Lord, sorrow is driven out. ||7||

He is always close at hand-do not think that He is far away. ||12||

O Nanak, through the Naam, glorious greatness is received. Through the Perfect Guru, the Naam is obtained. ||12||
Those who are True here, are True hereafter as well.

That mind is true, which is attuned to the True Shabad.

They serve the True One, and practice Truth; they earn Truth, and only Truth.

They serve the True One, and are absorbed into the True One, singing the Glorious Praises of the True One.

The Pandits, the religious scholars read, but they do not taste the essence.

The love of Maya has displaced all their understanding; making mistakes, they live in regret.
But if they should meet the True Guru, then they obtain the essence of reality;

the Name of the Lord comes to dwell in their minds.

Those who die in the Shabad and subdue their own minds, obtain the door of liberation.

They erase their sins, and eliminate their anger;

they keep the Guru's Shabad clasped tightly to their hearts.

Those who are attuned to Truth, remain balanced and detached forever. Subduing their egotism, they are united with the Lord.

Deep within the nucleus of the self is the jewel; we receive it only if the Lord inspires us to receive it.
Reading and reciting, the Pandits, the religious scholars, and the silent sages have grown weary, but they have not found the supreme essence of the fourth state. ||5||

The Lord Himself dyes us in the color of His Love. ||5||

Only those who are steeped in the Word of the Guru's Shabad are so imbued with His Love. ||6||

Imbued with the most beautiful color of the Lord's Love, they sing the Glorious Praises of the Lord, with great pleasure and joy. ||6||

To the Gurmukh, the True Lord is wealth, miraculous spiritual powers and strict self-discipline. ||7||

The Gurmukh practices Truth, and is absorbed in the Truest of the True. ||7||
The Gurmukh realizes that the Lord alone creates, and having created, He destroys.

To the Gurmukh, the Lord Himself is social class, status and all honor.

O Nanak, the Gurmukhs meditate on the Naam; through the Naam, they merge in the Naam.

Creation and destruction happen through the Word of the Shabad.

The Gurmukh knows that the True Lord is all-pervading. The Gurmukh understands creation and merger.

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Perfect Guru within their minds.
From the Guru comes peace and tranquility; worship Him with devotion, day and night. Chanting His Glorious Praises, merge into the Glorious Lord.

The Gurmukh sees the Lord on the earth, and the Gurmukh sees Him in the water.

The Gurmukh sees Him in wind and fire; such is the wonder of His Play.

One who has no Guru, dies over and over again, only to be re-born. One who has no Guru continues coming and going in reincarnation.

The One Creator has set this play in motion.

In the frame of the human body, He has placed all things.

Those few who are pierced through by the Word of the Shabad, obtain the Mansion of the Lord's Presence. He calls them into His Wondrous Palace.

True is the Banker, and true are His traders.
They purchase Truth, with infinite love for the Guru.

They deal in Truth, and they practice Truth. They earn Truth, and only Truth.

Without investment capital, how can anyone acquire merchandise?

The self-willed manmukhs have all gone astray.

Without true wealth, everyone goes empty-handed; going empty-handed, they suffer in pain.

Very auspicious is the coming of those who meet their Beloved and find peace.
Deep within the self is the secret, but the fool looks for it outside.

The blind self-willed manmukhs wander around like demons;

but where the secret is, there, they do not find it. The manmukhs are deluded by doubt.

He Himself calls us, and bestows the Word of the Shabad.

The soul-bride finds intuitive peace and poise in the Mansion of the Lord's Presence.

O Nanak, she obtains the glorious greatness of the Naam; she hears it again and again, and she meditates on it.

Maajh, Third Mehl:

The True Guru has imparted the True Teachings.
Think of the Lord, who shall be your Help and Support in the end.

The Lord is Inaccessible and Incomprehensible. He has no master, and He is not born. He is obtained through love of the True Guru.

I am a sacrifice, my soul is a sacrifice, to those who eliminate selfishness and conceit.

They eradicate selfishness and conceit, and then find the Lord; they are intuitively immersed in the Lord.

According to their pre-ordained destiny, they act out their karma.

Serving the True Guru, a lasting peace is found.

Without good fortune, the Guru is not found. Through the Word of the Shabad, they are united in the Lord's Union.

The Gurmukhs remain unaffected in the midst of the world.
The Guru is their cushion, and the Naam, the Name of the Lord, is their Support.

Who can oppress the Gurmukh? One who tries shall perish, writhing in pain.

The blind self-willed manmukhs have no understanding at all.

They are the assassins of the self, and the butchers of the world.

By continually slandering others, they carry a terrible load, and they carry the loads of others for nothing.

This world is a garden, and my Lord God is the Gardener.

He always takes care of it-nothing is exempt from His Care.

As is the fragrance which He bestows, so is the fragrant flower known.
ਮਨਮੁਖੁ ਰੋਗੀ ਹੈ ਸੰਸਾਰਾ ॥ (118)

The self-willed manmukhs are sick and diseased in the world.

ਸੁਖਦਾਤਾ ਵਿਸਰਿਆ ਅਗਮ ਅਪਾਰਾ ॥ (118)

They have forgotten the Giver of peace, the Unfathomable, the Infinite.

dukhee-ay nit fireh billaaday bin gur saaNt na paavni-aa. ||6||

These miserable people wander endlessly, crying out in pain; without the Guru, they find no peace. ||6||

The One who created them, knows their condition.

And if He inspires them, then they realize the Hukam of His Command.

Whatever He places within them, that is what prevails, and so they outwardly appear. ||7||

I know of no other except the True One.

Those, whom the Lord attaches to Himself, become pure.
ਨਾਨਕ ਨਾਮੁ ਵਸੈ ਘਟ ਅੰਤਿਰ ਿਜਸੁ ਦੇਵੈ ਸੋ ਪਾਵਿਣਆ ॥੮॥੧੪॥੧੫॥

O Nanak, the Naam, the Name of the Lord, abides deep within the heart of those, unto whom He has given it. ||8||14||15||

ਮਾਜ ਮੱਲਾ ੩ ॥ (118)

Maajh mehla 3.
Maajh, Third Mehl:

ਅੰਤਰੀ ਰਾਮ ਭਿਤੀ ਕਸ਼ਣੇ ॥ (118)

Enshrining the Ambrosial Naam, the Name of the Lord, in the mind,

ਹਉਮੈ ਮੇਰਾ ਸਮੁ ਦੁਖੁ ਗਵਾਏ ॥

all the pains of egotism, selfishness and conceit are eliminated.

ਅੰਤਰੀ ਬਣੀ ਸਦਾ ਸਲਾਹੇ ਅੰਤਰੀ ਅੰਤਰੀ ਪਾਵਣਆ ॥੧॥ (118)

By continually praising the Ambrosial Bani of the Word, I obtain the Amrit, the Ambrosial Nectar. ||1||

ਹਉ ਵਾਰੀ ਜੀੜਵਾਰੀ ਅੰਤਰੀ ਬਣੀ ਮੰਕੀ ਕਸ਼ਣੇ ॥

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Ambrosial Bani in their minds.

ਅੰਤਰੀ ਬਣੀ ਭਿਤੀ ਕਸ਼ਣੇ ਅੰਤਰੀ ਰਾਮ ਪਿਸਾਵਾਇਤਿਹ ॥੧॥ (118)

Enshrining the Ambrosial Bani in their minds, they meditate on the Ambrosial Naam. ||1||Pause||

ਅੰਤਰੀ ਬਣੀ ਮੰਕੀ ਭਿਤੀ ਕਸ਼ਣੇ ॥ (118)

Those who continually chant the Ambrosial Words of Nectar,
Amrit vaykhai parkhai sadaa nainee.
see and behold this Amrit everywhere with their eyes.

Amrit kathaa kahai sadaa dinu raatee avraa aakh sunaavan-aa. ||2||
They continually chant the Ambrosial Sermon day and night; chanting it, they cause others to hear it. ||2||

Amrit rang rataa liv laa-ay.
Imbued with the Ambrosial Love of the Lord, they lovingly focus their attention on Him.

Amrit gur parsaadee paa-ay.
By Guru's Grace, they receive this Amrit.

Amrit rasnaa bolai din raatee man tan amrit pee-aavni-aa. ||3||
They chant the Ambrosial Name with their tongues day and night; their minds and bodies are satisfied by this Amrit. ||3||

So kichh karai jo chit na ho-ee.
That which God does is beyond anyone's consciousness;

tis daa hukam mayt na sakai ko-ee.
no one can erase the Hukam of His Command.

Hukmay vartai amrit banee hukmay amrit pee-aavni-aa. ||4||
By His Command, the Ambrosial Bani of the Word prevails, and by His Command, we drink in the Amrit. ||4||
The actions of the Creator Lord are marvelous and wonderful.

This mind is deluded, and goes around the wheel of reincarnation.

Those who focus their consciousness on the Ambrosial Bani of the Word, hear the vibrations of the Ambrosial Word of the Shabad.

You Yourself created the counterfeit and the genuine.

You Yourself appraise all people.

You appraise the true, and place them in Your Treasury; You consign the false to wander in delusion.

How can I behold You? How can I praise You?

By Guru's Grace, I praise You through the Word of the Shabad.
In Your Sweet Will, the Amrit is found; by Your Will, You inspire us to drink in this Amrit. ||7||

The Shabad is Amrit; the Lord's Bani is Amrit.

Serving the True Guru, it permeates the heart.

O Nanak, the Ambrosial Naam is forever the Giver of peace; drinking in this Amrit, all hunger is satisfied. ||8||15||16||

Maajh, Third Mehl:

How rare are those Gurumukhs who find it.

Those who drink it in are satisfied forever. Showering His Mercy upon them, the Lord quenches their thirst. ||1||
हउ वारी जीउ वारी गुरमुिख अिमर्तु पीआविणआ ॥ (119)
I am a sacrifice, my soul is a sacrifice, to those Gurmukhs who drink in this Ambrosial Nectar.

रसना रसु चािख सदा रहै रंिग राती सहजे हिर गुण गाविणआ ॥ 1 ॥ रहाउ ॥
The tongue tastes the essence, and remains forever imbued with the Lord's Love, intuitively singing the Glorious Praises of the Lord. ||1||Pause||

By Guru's Grace, intuitive understanding is obtained;

When He bestows His Glance of Grace, then they sing the Glorious Praises of the Lord; by His Grace, they merge in Truth. ||2||

Above all is Your Glance of Grace, O God.

Without You, nothing happens at all; the Gurmukhs understand this. ||3||
ਮੁਖ ਤੈ ਬੀਚਾਰਾ॥ (119)
ਗੁਰਮੁਖ ਤਤੁ ਹੈ ਬੀਚਾਰਾ॥
gurmukh tat hai beechaaraa.
The Gurmukhs contemplate the essence of reality;

ਅਸਨੀਤੀ ਭਰੇ ਤੇਰੇ ਭੰਡਾਰਾ॥ (119)
amrit bharay tayray bhandaaraa.
Your Treasures are overflowing with Ambrosial Nectar.

ਘਿੰਤਾ ਸਿਤਗੁਰ ਸੇਵਣ ਕੋਈ ਨ ਪਾਵੈ ਗੁਰ ਕੀਰਾਪਾ ਤੇ ਪਾਵਿਣਾ॥ ੪॥
bin satgur sayvay ko-ee na paavai gur kirpaa tay paavni-aa. ||4||
Without serving the True Guru, no one obtains it. It is obtained only by Guru's Grace. ||4||

ਮਿਲਦਾ ਮੇਘਿ ਨਹੁੰਦੇ ਸੋ ਜਨੁ ਸੋਹੈ॥ (119)
satgur sayvai so jan sohai.
Those who serve the True Guru are beautiful.

ਆਮੀਰੂਦ ਲੱਖ ਅੱਠ ਮੈਧ ਮੇਘੇ॥ (119)
amrit naam antar man moihai.
The Ambrosial Naam, the Name of the Lord, entices their inner minds.

ਆਮੀਰੂਦੁ ਭਗ ਫਹਣ ਦੌਰੇ ਆਸਮੀਰੂਦ ਾਤਨੀ ਮੁਰੱਥਿਆ॥ ੫॥
amrit man tan banee rataa amrit sahj sunaavni-aa. ||5||
Their minds and bodies are attuned to the Ambrosial Bani of the Word; this Ambrosial Nectar is intuitively heard. ||5||

ਮਨਮੁਖ ਭੂਲਾ ਦੂਜੈ ਭਾਇ ਖੁਆਏ॥ (119)
manmukh bhoolee doojai bhaa-ay khu-aa-ay.
The deluded, self-willed manmukhs are ruined through the love of duality.

ਨਾਮ ਨ ਲੇਵੈ ਮੇਘ ਵਿਖ਼ ਧਾਰਾ॥ (119)
naam na layvai marai bikh khaa-ay.
They do not chant the Naam, and they die, eating poison.
Night and day, they continually sit in manure. Without selfless service, their lives are wasted away. ||6||

They alone drink in this Amrit, whom the Lord Himself inspires to do so.

By Guru's Grace, they intuitively enshrine love for the Lord.

The Perfect Lord is Himself perfectly pervading everywhere; through the Guru's Teachings, He is perceived. ||7||

He Himself is the Immaculate Lord.

He who has created, shall Himself destroy.

O Nanak, remember the Naam forever, and you shall merge into the True One with intuitive ease. ||8||16||17||
Those who please You are linked to the Truth.

They serve the True One forever, with intuitive ease.

Through the True Word of the Shabad, they praise the True One, and they merge in the merging of Truth.

I am a sacrifice, my soul is a sacrifice, to those who praise the True One.

Those who meditate on the True One are attuned to Truth; they are absorbed into the Truest of the True.

The True One is everywhere, wherever I look.

By Guru’s Grace, I enshrine Him in my mind.

True are the bodies of those whose tongues are attuned to Truth. They hear the Truth, and speak it with their mouths.
Subduing their desires, they merge with the True One;

they see in their minds that everyone comes and goes in reincarnation.

Serving the True Guru, they become stable forever, and they obtain their dwelling in the 
home of the self. ||3||

Through the Word of the Guru's Shabad, the Lord is seen within one's own heart.

Through the Shabad, I have burned my emotional attachment to Maya.

I gaze upon the Truest of the True, and I praise Him. Through the Word of the Guru's
Shabad, I obtain the True One. ||4||

Those who are attuned to Truth are blessed with the Love of the True One.

Those who praise the Lord's Name are very fortunate.
ਸਚੈ ਸਚੁ
ਆਿਪ ਗੁਣ
ਿਮਲਾਏ ਗਾਵਿਣਆ
॥੫॥
Through the Word of His Shabad, the True One blends with Himself, those who join the True Congregation and sing the Glorious Praises of the True One. ||5||

ਅਗੁ ਅਗਮੁ
ਸਚੁ
ਹੋਵੈ
॥
He is Inaccessible and Incomprehensible; through the Shabad, understanding is obtained.

ਇਤਰ੍ਸਨਾ
ਜਾਲੇ
ਸੁਧ
ਨਾਈ
॥
Consumed by desire, they have no understanding at all.

ਗੁਰ
ਪਰਸਾਦੀ
ਏਕੋ
ਜਾਣਾ
॥
By Guru's Grace, I know the One.
Subduing my sense of duality, my mind is absorbed into the True One.

O Nanak, the One Name is pervading deep within my mind; by Guru's Grace, I receive it.

In all colors and forms, You are pervading.

People die over and over again; they are re-born, and make their rounds on the wheel of reincarnation.

You alone are Eternal and Unchanging, Inaccessible and Infinite. Through the Guru's Teachings, understanding is imparted.

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Lord's Name in their minds.
The Lord has no form, features or color. Through the Guru's Teachings, He inspires us to understand Him. ||1||Pause||

The One Light is all-pervading; only a few know this.

Serving the True Guru, this is revealed.

In the hidden and in the obvious, He is pervading all places. Our light merges into the Light. ||2||

The world is burning in the fire of desire, in greed, arrogance and excessive ego.

People die over and over again; they are re-born, and lose their honor. They waste away their lives in vain. ||3||

Those who understand the Word of the Guru's Shabad are very rare.
Those who subdue their egotism, come to know the three worlds.

Then, they die, never to die again. They are intuitively absorbed in the True One. ||4||

They do not focus their consciousness on Maya again.

They remain absorbed forever in the Word of the Guru's Shabad.

They praise the True One, who is contained deep within all hearts. They are blessed and exalted by the Truest of the True. ||5||

Praise the True One, who is Ever-present.

Through the Word of the Guru's Shabad, He is pervading everywhere.

By Guru's Grace, we come to behold the True One; from the True One, peace is obtained. ||6||
ਸਚੁ ਮਨ ਅੰਦਿਰ ਰਹਿਆ ਸਮਾਈ ॥ (120)
sach man andar rahi-aa samaa-ay.
The True One permeates and pervades the mind within.

ਸਦਾ ਸਚੁ ਿਨਹਚਲੁ ਆਵੈ ਨ ਜਾਈ ॥ (120)
sadaa sach nihchal aavai na jaa-ay.
The True One is Eternal and Unchanging; He does not come and go in reincarnation.

ਸਚੇ ਲਗੈ ਸੋ ਮਨੁ ਿਨਰਮਲੁ ਗੁਰਮਤੀ ਸਚ ਸਮਾਵਣਾਈ ॥੭॥ (120)
sachay laagai so man nirmal gurmatee sach samaavani-aa. ||7||
Those who are attached to the True One are immaculate and pure. Through the Guru's Teachings, they merge in the True One. ||7||

ਸਚੁ ਸਾਲਾਹੀ ਅਵਰੁ ਨ ਕੋਈ ॥ (120)
sach saalaahee avar na ko-ee.
Praise the True One, and no other.

ਜਿਤੁ ਸੇਵਐ ਸਦਾ ਸੁੱਖੁ ਹੋਈ ॥ (120)
jit sayvi-ai sadaa sukh ho-ee.
Serving Him, eternal peace is obtained.

ਨਾਨਕ ਨਾਿਮ ਰਤੇ ਵੀਚਾਰੀ ਸਚੋ ਸਚੁ ਕਮਾਵਣਾ ॥੮॥੧੮॥੧੯॥ (121)
naanak naam ratay veechaaree sacho sach kamaavani-aa. ||8||18||19||
O Nanak, those who are attuned to the Naam, reflect deeply on the Truth; they practice only Truth. ||8||18||19||

ਮਾਝ ਮਹਲਾ ੩ ॥ (121)
maajh mehlaa 3.
Maajh, Third Mehl:

ਿਨਰਮਲ ਸਬਦੁ ਿਨਰਮਲ ਹੈ ਬਾਣੀ ॥ (121)
nirmal sabad nirmal hai banee.
The Word of the Shabad is Immaculate and Pure; the Bani of the Word is Pure.
Nirmal Jot Sabhi Maahi Samaanee.
The Light which is pervading among all is Immaculate.

So praise the Immaculate Word of the Lord's Bani; chanting the Immaculate Name of the Lord, all filth is washed away. ||1||

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Giver of peace within their minds.

Praise the Immaculate Lord, through the Word of the Guru's Shabad. Listen to the Shabad, and quench your thirst. ||1||Pause||

When the Immaculate Naam comes to dwell in the mind,

the mind and body become Immaculate, and emotional attachment to Maya departs.

Sing the Glorious Praises of the Immaculate True Lord forever, and the Immaculate Sound-current of the Naad shall vibrate within. ||2||

The Immaculate Ambrosial Nectar is obtained from the Guru.
When selfishness and conceit are eradicated from within, then there is no attachment to Maya.

Immaculate is the spiritual wisdom, and utterly immaculate is the meditation, of those whose minds are filled with the Immaculate Bani of the Word.

One who serves the Immaculate Lord becomes immaculate.

Through the Word of the Guru’s Shabad, the filth of egotism is washed away.

The Immaculate Bani and the Unstruck Melody of the Sound-current vibrate, and in the True Court, honor is obtained.

Through the Immaculate Lord, all become immaculate.

Immaculate is the mind which weaves the Word of the Lord’s Shabad into itself.

Blessed and very fortunate are those who are committed to the Immaculate Name; through the Immaculate Name, they are blessed and beautified.
so nirmal jo sabday sohai.
Immaculate is the one who is adorned with the Shabad.

nirmal naam man tan mohai.
The Immaculate Naam, the Name of the Lord, entices the mind and body.

sach naam mal kaday na laagai mukh oojal sach karaavani-aa. ||6||
No filth ever attaches itself to the True Name; one's face is made radiant by the True One. ||6||

man mailaa hai doojai bhaa-ay.
The mind is polluted by the love of duality.

mailaa cha-ukaa mailai thaa-ay.
Filthy is that kitchen, and filthy is that dwelling;

mailaa khaa-ay fir mail vaDhaa-ay manmukh mail dukh paavni-aa. ||7||
eating filth, the self-willed manmukhs become even more filthy. Because of their filth, they suffer in pain. ||7||

mailay nirmal sabh hukam sabaa-ay.
The filthy, and the immaculate as well, are all subject to the Hukam of God's Command.

say nirmal jo har saachay bhaa-ay.
They alone are immaculate, who are pleasing to the True Lord.
O Nanak, the Naam abides deep within the minds of the Gurmukhs, who are cleansed of all their filth. ||8||19||20||

**Maajh, Third Mehl:**

The Lord of the Universe is radiant, and radiant are His soul-swans.

Their minds and their speech are immaculate; they are my hope and ideal.

Their minds are radiant, and their faces are always beautiful; they meditate on the most radiant Naam, the Name of the Lord. ||1||

I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the Lord of the Universe.

So chant Gobind, Gobind, the Lord of the Universe, day and night; sing the Glorious Praises of the Lord Gobind, through the Word of His Shabad. ||1||Pause||

Sing of the Lord Gobind with intuitive ease,
Gur kai bhau oojal ha-umai mal jaa-ay.
in the Fear of the Guru; you shall become radiant, and the filth of egotism shall depart.

Sadaa anand raheh bhagat karahi din raatee sun gobid gun gaavani-aa. ||2||
Remain in bliss forever, and perform devotional worship, day and night. Hear and sing the Glorious Praises of the Lord Gobind. ||2||

Manoo-aa naachai bhagat drirh-aa-ay.
Channel your dancing mind in devotional worship,

Gur kai sabid mani manu milaa-ay.
and through the Word of the Guru’s Shabad, merge your mind with the Supreme Mind.

Sachaa taal pooray maa-i-aa mohi johi-aa jamkaalay.
The love of Maya makes this mind dance, and the deceit within makes people suffer in pain.
When the Lord inspires one to become Gurmukh, and perform devotional worship,

then his body and mind are attuned to His Love with intuitive ease.

The Word of His Bani vibrates, and the Word of His Shabad resounds, for the Gurmukh whose devotional worship is accepted.

One may beat upon and play all sorts of instruments,

but no one will listen, and no one will enshrine it in the mind.

For the sake of Maya, they set the stage and dance, but they are in love with duality, and they obtain only sorrow.

Those whose inner beings are attached to the Lord's Love are liberated.

They control their sexual desires, and their lifestyle is the self-discipline of Truth.
Through the Word of the Guru's Shabad, they meditate forever on the Lord. This devotional worship is pleasing to the Lord. ||7||

To live as Gurmukh is devotional worship, throughout the four ages.

This devotional worship is not obtained by any other means.

O Nanak, the Naam, the Name of the Lord, is obtained only through devotion to the Guru. So focus your consciousness on the Guru's Feet. ||8||20||21||

Serve the True One, and praise the True One.

With the True Name, pain shall never afflict you.

Those who serve the Giver of peace find peace. They enshrine the Guru's Teachings within their minds. ||1||
I am a sacrifice, my soul is a sacrifice, to those who intuitively enter into the peace of Samaadhi.

Those who serve the Lord are always beautiful. The glory of their intuitive awareness is beautiful. ||1||Pause||

All call themselves Your devotees, but they alone are Your devotees, who are pleasing to Your mind.

Through the True Word of Your Bani, they praise You; attuned to Your Love, they worship You with devotion. ||2||

All are Yours, O Dear True Lord.

Meeting the Gurmukh, this cycle of reincarnation comes to an end.

When it pleases Your Will, then we merge in the Name. You Yourself inspire us to chant the Name. ||3||
ਗੁਰਮਤੀ ਹਿਰ ਮੰਿਨ ਵਸਾਇਆ ॥ (122)
Through the Guru's Teachings, I enshrine the Lord within my mind.

ਹਰਖੁ ਸੋਗੁ ਸੁਬੁ ਮੋਹੁ ਗਵਾਇਆ ॥ (122)
Pleasure and pain, and all emotional attachments are gone.

ਇਕਸੁ ਿਸਉ ਿਲਵ ਲਾਗੀ ਸਦ ਹੀ ਹਿਰ ਨਾਮੁ ਮੰਿਨ ਵਸਾਵਿਣਆ ॥੪॥
I am lovingly centered on the One Lord forever. I enshrine the Lord's Name within my mind. ||4||

ਪੂਰੈ ਭਾਿਗ ਸਿਤਗੁ ਪਾਇਆ ਸਬਦੇ ਮੇਿਲ ਿਮਲਾਵਿਣਆ ॥੫॥
By perfect destiny, they find the True Guru, and through the Word of the Shabad, they are united in the Lord's Union. ||5||

ਤੂੰ ਦਇਆਲੁ ਸੁਖਦਾਤਾ ॥ (122)
You are Merciful, and always the Giver of peace.

ਤੂੰ ਆਪੇ ਮੇਲਿਹ ਗੁਰਮੁਿਖ ਜਾਤਾ ॥ (122)
You Yourself unite us; You are known only to the Gurmukhs.
You Yourself bestow the glorious greatness of the Naam; attuned to the Naam, we find peace. ||6||

Forever and ever, O True Lord, I praise You.

As Gurmukh, I know no other at all.

My mind remains immersed in the One Lord; my mind surrenders to Him, and in my mind I meet Him. ||7||

One who becomes Gurmukh, praises the Lord.

Our True Lord and Master is Carefree.

O Nanak, the Naam, the Name of the Lord, abides deep within the mind; through the Word of the Guru's Shabad, we merge with the Lord. ||8||21||22||

Maajh, Third Mehl:
ਤੇਰੇ ਭਗਤ ਸੋਹਿਹ ਸਾਚੈ ਦਰਬਾਰੇ ॥ (122)

tayray bhagat soheh saachai darbaaray.
Your devotees look beautiful in the True Court.

ਗੁਰ ਕੈ ਸਬਦਨੀ ਨਾਮ ਸੱਤਾੜੀ ॥ (122)
gur kai sabad naam savaaray.
Through the Word of the Guru's Shabad, they are adorned with the Naam.

ਸਦਾ ਅਨੰਦ ਰਹਿਹ ਿਦਨੁ ਰਾਤੀ ਗੁਣ ਕਹੀ ਗੁਣੀ ਸਮਾਵਿਣਆ ॥ (122)
sadaa anand raheh din raatee gun kahi gunee samaavani-aa. ||1||
They are forever in bliss, day and night; chanting the Glorious Praises of the Lord, they merge with the Lord of Glory. ||1||

ਹਉ ਵਾਰੀ ਜੀਉ ਵਾਰੀ ਨਾਿਮ ਸੁਿਣ ਮੰਿਨ ਵਸਾਵਿਣਆ ॥ (123)

ha-o vaaree jee-o vaaree naam sun man vasaavani-aa.
I am a sacrifice, my soul is a sacrifice, to those who hear and enshrine the Naam within their minds.

ਹਿਰ ਜੀਉ ਸਚਾ ਸਚੀ ਨਾਈ ॥ (123)

har jee-o sachaa saachee naa-ee.
The Dear Lord, the True One, the Highest of the High, subdues their ego and blends them with Himself. ||1||Pause||

ਜੀਉ ਸਦਾ ਅਨੰਦ ਰਹਿਹ ਿਦਨੁ ਰਾਤੀ ਗੁਣ ਕਹੀ ਗੁਣੀ ਸਮਾਵਿਣਆ ॥ (122)

sadaa anand raheh din raatee gun kahi gunee samaavani-aa. ||1||

Through the Word of the Guru's Shabad, those who merge with the Lord shall not be separated from Him again. They merge with intuitive ease into the True Lord. ||2||
तुझे तेहार खबर न होइ ॥ (123)
tujh tay baahar kachhoo na ho-ay.
There is nothing beyond You;

तूं करि करहि जाणहि सोइ ॥ (123)
tooN kar kar vaykheh jaaneh so-ay.
You are the One who does, sees, and knows.

आपे करे कराए करता गुरमि आिप िमलाविणा ॥३॥ (123)
aapay karay karaa-ay kartaa gurmat aap milaavani-aa. ||3||
The Creator Himself acts, and inspires others to act. Through the Guru's Teachings, He blends us into Himself. ||3||

कामिण गुणवंती हिर पाए ॥ (123)
kaaman gunvantee har paa-ay.
The virtuous soul-bride finds the Lord;

भै भाइ सीगार बणाए ॥ (123)
bhai bhaa-ay seegaar banaa-ay.
she decorates herself with the Love and the Fear of God.

सितगुरु सेिव सदा सोहागिण सच उपदेिस समाविणा ॥४॥ (123)
satgur sayv sadaa sohagan sach updays samaavani-aa. ||4||
She who serves the True Guru is forever a happy soul-bride. She is absorbed in the true teachings. ||4||

सबदु िवसारिन ितना ठउरु न ठाउ ॥ (123)
sabad visaaran tinaa tha-ur n thaa-o.
Those who forget the Word of the Shabad have no home and no place of rest.

भर्िम भूले जिउ सुंञै घिर काउ ॥ (123)
bharam bhoolay ji-o sunjai ghar kaa-o.
They are deluded by doubt, like a crow in a deserted house.
They forfeit both this world and the next, and they pass their lives suffering in pain and misery. ||5||

Writing on and on endlessly, they run out of paper and ink.

Through the love with duality, no one has found peace.

They write falsehood, and they practice falsehood; they are burnt to ashes by focusing their consciousness on falsehood. ||6||

The Gurmukhs write and reflect on Truth, and only Truth.

The true ones find the gate of salvation.

True is their paper, pen and ink; writing Truth, they are absorbed in the True One. ||7||

My God sits deep within the self; He watches over us.
Those who meet the Lord, by Guru's Grace, are acceptable.

O Nanak, glorious greatness is received through the Naam, which is obtained through the Perfect Guru.

Maajh, Third Mehl:

The Divine Light of the Supreme Soul shines forth from the Guru.

The filth stuck to the ego is removed through the Word of the Guru's Shabad.

One who is imbued with devotional worship to the Lord night and day becomes pure. Worshipping the Lord, He is obtained.

I am a sacrifice, my soul is a sacrifice, to those who themselves worship the Lord, and inspire others to worship Him as well.

I humbly bow to those devotees who chant the Glorious Praises of the Lord, night and day. ||1||Pause||
The Creator Lord Himself is the Doer of deeds.

As He pleases, He applies us to our tasks.

Through perfect destiny, we serve the Guru; serving the Guru, peace is found.

Through perfect destiny, we serve the Guru; serving the Guru, peace is found.

Those who die, and remain dead while yet alive, obtain it.

Enshrining the Lord within their minds, they are liberated forever. With intuitive ease, they merge into the Lord.

They perform all sorts of rituals, but they do not obtain liberation through them.

They wander around the countryside, and in love with duality, they are ruined.
The deceitful lose their lives in vain; without the Word of the Shabad, they obtain only misery.

Those who restrain their wandering mind, keeping it steady and stable, obtain the supreme status, by Guru's Grace.

The True Guru Himself unites us in Union with the Lord. Meeting the Beloved, peace is obtained.

How rare are those who, as Gurmukh, look within their bodies, into their minds.
ਭਾਇ ਭਗਿਤ ਜਾ ਹਉਮੈ ਸੋਖੈ ॥ (124)
Through loving devotion, their ego evaporates.

ਸਿੱਧ ਸਾਧਿਕ ਮੋਨਿਧਾਰੀ ਰਹੇ ਲਾਈ ਤਿਨ ਭੀ ਤਨ ਮਹੀ ਮਨੁ ਨ ਦੱਖਾਵਣਾ। (੭॥)
The Siddhas, the seekers and the silent sages continually, lovingly focus their consciousness, but they have not seen the mind within the body. ||7||

ਅਪੁ ਕਰਾਏ ਕਰਤਾ ਸੋਈ ॥ (124)
The Creator Himself inspires us to work;

ਹੋਰ ਕਿ ਕਰੇ ਕੀਤੇ ਕਿਆ ਹੋੈ ॥ (124)
what can anyone else do? What can be done by our doing?

ਨਾਨਕ ਜਿਸੁ ਨਾਮ ਦੇਵੈ ਸੋ ਲੇਵੈ ਨਾਮ ਮੰਨ ਵਸਾਵਣਾ। (੮॥2੩॥2੪॥)
O Nanak, the Lord bestows His Name; we receive it, and enshrine it within the mind. ||8||23||24||

ਮਾਜ਼ ਮਹਲਾ ੩ ॥ (124)

Maajh, Third Mehl:

ਪ੍ਰਦ ਬ੍ਰਹ ਭਿਵ ਅਰੂਣ ਅੰਣਾ ॥ (124)

is gufai meh akhut bhandaraa.

ਪ੍ਰਦ ਬਿਚ ਵਸੈ ਹਿਰ ਅਲਖ ਅਪਾਣਾ ॥ (124)

Within this cave, there is an inexhaustible treasure.

Within this cave, the Invisible and Infinite Lord abides.
He Himself is hidden, and He Himself is revealed; through the Word of the Guru's Shabad, selfishness and conceit are eliminated. ||1||

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Ambrosial Naam, the Name of the Lord, within their minds.

The taste of the Ambrosial Naam is very sweet! Through the Guru's Teachings, drink in this Ambrosial Nectar. ||1||Pause||

Subduing egotism, the rigid doors are opened.

The Priceless Naam is obtained by Guru's Grace.

Without the Shabad, the Naam is not obtained. By Guru's Grace, it is implanted within the mind. ||2||

The Guru has applied the true ointment of spiritual wisdom to my eyes.
 Antar chaanan agi-aan anDhayr gavaa-i-aa.
Deep within, the Divine Light has dawned, and the darkness of ignorance has been dispelled.

Jotee jotile manu maani-aa har dar sobhaa paavni-aa. ||3||
My light has merged into the Light; my mind has surrendered, and I am blessed with Glory in the Court of the Lord. ||3||

Sareeraahu baalan ko baahar jaa-ay.
Those who look outside the body, searching for the Lord,

Naam na lahai bahut vaygaar dukh paa-ay.
shall not receive the Naam; they shall instead be forced to suffer the terrible pains of slavery.

Manmukh anDhay soojhai naahee fir ghir aa-ay gurmukh vath paavni-aa. ||4||
The blind, self-willed manmukhs do not understand; but when they return once again to their own home, then, as Gurmukh, they find the genuine article. ||4||

Gur parsaaadee sachaa har paa-ay.
By Guru's Grace, the True Lord is found.

Man tan vaykhai ha-umai mail jaa-ay.
Within your mind and body, see the Lord, and the filth of egotism shall depart.
Sitting in that place, sing the Glorious Praises of the Lord forever, and be absorbed in the True Word of the Shabad. ||5||

Those who close off the nine gates, and restrain the wandering mind, come to dwell in the Home of the Tenth Gate.

There, the Unstruck Melody of the Shabad vibrates day and night. Through the Guru's Teachings, the Shabad is heard. ||6||

Without the Shabad, there is only darkness within.

The key is in the hands of the True Guru; no one else can open this door. By perfect destiny, He is met. ||7||

You are the hidden and the revealed in all places.
Receiving Guru's Grace, this understanding is obtained.

O Nanak, praise the Naam forever; as Gurmukh, enshrine it within the mind.

Subduing egotism, they break all their bonds; as Gurmukh, they are adorned with the Word of the Shabad.

I am a sacrifice, my soul is a sacrifice, to those who look beautiful in the Name of the Lord, Har, Har.

The Gurmukhs sing, the Gurmukhs dance, and focus their consciousness on the Lord.
The Gurmukhs are celebrated in life and death.

Their lives are not wasted; they realize the Word of the Shabad.

The Gurmukhs do not die; they are not consumed by death. The Gurmukhs are absorbed in the True Lord.

The Gurmukhs are honored in the Court of the Lord.

The Gurmukhs eradicate selfishness and conceit from within.

They save themselves, and save all their families and ancestors as well. The Gurmukhs redeem their lives.

The Gurmukhs never suffer bodily pain.

The Gurmukhs have the pain of egotism taken away.
The minds of the Gurmukhs are immaculate and pure; no filth ever sticks to them again. The Gurmukhs merge in celestial peace.

The Gurmukhs obtain the Greatness of the Naam.

The Gurmukhs sing the Glorious Praises of the Lord, and obtain honor.

They remain in bliss forever, day and night. The Gurmukhs practice the Word of the Shabad.

The Gurmukhs are attuned to the Shabad, night and day.

The Gurmukhs are known throughout the four ages.

The Gurmukhs always sing the Glorious Praises of the Immaculate Lord. Through the Shabad, they practice devotional worship.

Without the Guru, there is only pitch-black darkness.
Seized by the Messenger of Death, people cry out and scream.

Night and day, they are diseased, like maggots in manure, and in manure they endure agony.

The Gurmukhs know that the Lord alone acts, and causes others to act.

The Perfect True Guru reveals it through the Word of the Shabad.
He Himself instills the sense of separation within our hearts; He Himself created the Creation.

I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the True Lord.

Without the Guru, no one obtains intuitive wisdom; the Gurmukh is absorbed in intuitive peace.

You Yourself are Beautiful, and You Yourself entice the world.

You Yourself, by Your Kind Mercy, weave the thread of the world.

The Creator Himself acts, and causes others to act.

Through Him, the Word of the Guru's Shabad is enshrined within the mind.
The Ambrosial Word of the Guru's Bani emanates from the Word of the Shabad. The Gurmukh speaks it and hears it. ||3||

He Himself is the Creator, and He Himself is the Enjoier.

One who breaks out of bondage is liberated forever.

The True Lord is liberated forever. The Unseen Lord causes Himself to be seen. ||4||

He Himself is Maya, and He Himself is the Illusion.

He Himself has generated emotional attachment throughout the entire universe.

He Himself is the Giver of Virtue; He Himself sings the Lord's Glorious Praises. He chants them and causes them to be heard. ||5||

He Himself acts, and causes others to act.
He Himself establishes and disestablishes.

Without You, nothing can be done. You Yourself have engaged all in their tasks.

He Himself kills, and He Himself revives.

Through selfless service, eternal peace is obtained. The Gurmukh is absorbed in intuitive peace.

How rare are those who behold Him. He causes Himself to be seen.

O Nanak, the Naam, the Name of the Lord, abides deep within the hearts of those who see the Lord themselves, and inspire others to see Him as well.
Maajh, Third Mehl:

Maajh parabh bharpoo rahi-aa sabh thaa-ee.
My God is pervading and permeating all places.

Gur parsaadee ghar hee meh paa-ee.
By Guru's Grace, I have found Him within the home of my own heart.

Sadaa sarayvee ik man Dhi-aa-ee gurmuikh sach samaavani-aa.
I serve Him constantly, and I meditate on Him single-mindedly. As Gurmukh, I am absorbed in the True One.

Har jagjeevan nirbha-o daataa gurm sahj samaavani-aa.
Through the Guru's Teachings, I merge with intuitive ease into the Lord, the Life of the World, within their minds.

Ghar meh Dhartee Dha-ul paatala.
Within the home of the self is the earth, its support and the nether regions of the underworld.

Ghar hee meh pareetam sadaa hai baalaa.
Within the home of the self is the Eternally Young Beloved.
The Giver of peace is eternally blissful. Through the Guru's Teachings, we are absorbed in intuitive peace.

One who becomes Gurmukh subdues egotism, and meditates on the Truest of the True.

Within this body are the two brothers, sin and virtue.

Subduing both, and entering into the Home of the One, through the Guru's Teachings, we are absorbed in intuitive peace.

Within the home of the self is the darkness of the love of duality.
When the Divine Light dawns, ego and selfishness are dispelled.

The Giver of peace is revealed through the Shabad, meditating upon the Naam, night and day.

Deep within the self is the Light of God; It radiates throughout the expanse of His creation.

Through the Guru's Teachings, the darkness of spiritual ignorance is dispelled.

The heart-lotus blossoms forth, and eternal peace is obtained, as one's light merges into the Light.

Within the mansion is the treasure house, overflowing with jewels.

The Gurmukh obtains the Infinite Naam, the Name of the Lord.

The Gurmukh, the trader, always purchases the merchandise of the Naam, and always reaps profits.
The Lord Himself keeps this merchandise in stock, and He Himself distributes it.

Rare is that Gurmukh who trades in this.

O Nanak, those upon whom the Lord casts His Glance of Grace, obtain it. Through His Mercy, it is enshrined in the mind.

The Lord Himself leads us to merge with Him and serve Him.

Through the Word of the Guru's Shabad, the love of duality is eradicated.

The Immaculate Lord is the Bestower of eternal virtue. The Lord Himself leads us to merge in His Virtuous Goodness.

I am a sacrifice, my soul is a sacrifice, to those who enshrine the Truest of the True within their hearts.
The True Name is eternally pure and immaculate. Through the Word of the Guru's Shabad, it is enshrined within the mind.

The Guru Himself is the Giver, the Architect of Destiny.

The Gurmukh, the humble servant who serves the Lord, comes to know Him.

Those humble beings look beautiful forever in the Ambrosial Naam. Through the Guru's Teachings, they receive the sublime essence of the Lord.

Within the cave of this body, there is one beautiful place.

Through the Perfect Guru, ego and doubt are dispelled.

Night and day, praise the Naam, the Name of the Lord; imbued with the Lord's Love, by Guru's Grace, you shall find Him.

Through the Word of the Guru's Shabad, search this cave.
The Immaculate Naam, the Name of the Lord, abides deep within the self.

Sing the Glorious Praises of the Lord, and decorate yourself with the Shabad. Meeting with your Beloved, you shall find peace.

He inflicts punishment on those who forget the Name.

They are called to account for each instant and each moment. Every grain, every particle, is weighed and counted.

One who does not remember her Husband Lord in this world, is being cheated by duality; she shall weep bitterly in the end.

She is from an evil family; she is ugly and vile. Even in her dreams, she does not meet her Husband Lord.
پੇਈਅੰਡੀ ਧਿਰਾ ਮੰਨੀ ਵਸਾਇਆ॥ (127)
ਪ੔ਈਪੁਰੇ ਮੰਨੀ ਵਸਾਇਆ॥
pay-ee-arhai pir man vasaa-i-aa.
She who enshrines her Husband Lord in her mind in this world -

ਪੂਰੈ ਗੁਰ ਹਦੂਰ ਦਿਖਾਇਆ॥ (127)
ਪ੔ਰਾਇ ਗੁਰ ਹੁਦੂਰ ਦਿਖਾਇਆ॥
poorai gur hadoor dikhaa-i-aa.
His Presence is revealed to her by the Perfect Guru.

ਕਾਮਣ ਪੀਤ ਰਾਖੀਅ ਕੰਠ ਲਾਇ ਸਬਦੇ ਪੀਤ ਰਾਵੀ ਸੁਹਾਵਣਾ॥ (7)
kaaman pir raakhi-aa kanth laa-ay sabday pir raavai sayj suhaavani-aa. ||7||
That soul-bride keeps her Husband Lord clasped tightly to her heart, and through the
Word of the Shabad, she enjoys her Husband Lord upon His Beautiful Bed. ||7||

ਆਪੇ ਦੇਵੈ ਸਿੰਦ ਬੁਲਾਏ॥ (127)
ਆਪੇ ਦੇਵੀ ਸਿੰਦ ਬੁਲਾਏ॥
aapay dayvai sad bulaa-ay.
The Lord Himself sends out the call, and He summons us to His Presence.

ਆਪਣਾ ਨਾਉ ਮੰਨੀ ਵਸਾਏ॥ (127)
ਆਪਣਾ ਨਾਉ ਮੰਨੀ ਵਸਾਏ॥
aapnaa naa-o man vasaa-ay.
He enshrines His Name within our minds.

ਨਾਨਕ ਨਾਮੁ ਿਮਲੈ ਵਿਡਆਈ ਅਨਿਦਨੁ ਸਦਾ ਗੁਣ ਗਾਵਿਣਾ॥ (8)||28||29॥
naanak naam milai vadi-aa-ee an-din sadaa gun gaavani-aa. ||8||28||29||
O Nanak, one who receives the greatness of the Naam night and day, constantly sings
His Glorious Praises. ||8||28||29||

ਮਾਜ਼ ਮਹਲਾ ੩॥ (127)
Maajh mehlaa 3.
Maajh, Third Mehl:

ਊਤਮ ਜਨਮੁ ਸਥਾਨੀ ਹੈ ਵਾਸਾ॥ (127)
OOTAM JANAM SUUHAAN HAE VAASA॥
ootam janam suthaan hai vaasaa.
Sublime is their birth, and the place where they dwell.
Those who serve the True Guru remain detached in the home of their own being.

They abide in the Lord's Love, and constantly imbued with His Love, their minds are satisfied and fulfilled with the Lord's Essence.

I am a sacrifice, my soul is a sacrifice, to those who read of the Lord, who understand and enshrine Him within their minds.

The Gurmukhs read and praise the Lord's Name; they are honored in the True Court.

He cannot be obtained by any effort.

If the Lord grants His Grace, then we come to meet the True Guru. By His Kindness, we are united in His Union.

One who reads, while attached to duality, does not understand.
ਿਤਰ੍ਿਬਿਧ ਮਾਇਆ ਕਾਰਣ ਲੂਜੈ ॥ (127)

ਿਤਰ੍ਿਬਿਧ ਮਾਿ-ਾ ਕਾਰਣ ਲੂਜੈ। He yearns for the three-phased Maya.

ਿਤਰ੍ਿਬਿਧ ਬੰਧਨ ਤੂਟਿਹ ਗੁਰ ਸਬਦੀ ਗੁਰ ਸਬਦੀ ਮੁਕਿਤ ਕਰਾਵਿਣਆ ॥੩॥ (127)

ਿਤਰ੍ਿਬਿਧ ਬੰਧਨ ਤੂਟਿਹ ਗੁਰ ਸਬਦੀ ਗੁਰ ਸਬਦੀ ਮੁਕਿਤ ਕਰਾਵਿਣਆ। The bonds of the three-phased Maya are broken by the Word of the Guru's Shabad. Through the Guru's Shabad, liberation is achieved. ||3||

ਇਹੁ ਮਨੁ ਚੰਚਲੁ ਵਿਸ ਨ ਆਵੈ ॥ (127)

ਇਹੁ ਮਨੁ ਚੰਚਲੁ ਵਿਸ ਨ ਆਵੈ। This unstable mind cannot be held steady.

ਿਬਖੁ ਕਾ ਕੀੜਾ ਿਬਖੁ ਮਹ ਰਾਤਾ ਿਬਖੁ ਹੀ ਮਾਹ ਪਚਾਵਿਣਆ ॥੪॥ (127)

ਿਬਖੁ ਕਾ ਕੀੜਾ ਿਬਖੁ ਮਹ ਰਾਤਾ ਿਬਖੁ ਹੀ ਮਾਹ ਪਚਾਵਿਣਆ। It is a poisonous worm, drenched with poison, and in poison it rots away. ||4||

ਹਉ ਹਉ ਕਰੇ ਤੈ ਆਪੁ ਜਣਾਏ ॥ (127)

ਹਉ ਹਉ ਕਰੇ ਤੈ ਆਪੁ ਜਣਾਏ। Practicing egotism and selfishness, they try to impress others by showing off.

ਬਹੁ ਕਰਮ ਕਰਤੇ ਿਕਛੁ ਥਾਇ ਨ ਪਾਏ ॥ (127)

ਬਹੁ ਕਰਮ ਕਰਤੇ ਿਕਛੁ ਥਾਇ ਨ ਪਾਏ। They perform all sorts of rituals, but they gain no acceptance.

ਤੁਝ ਤੇ ਬਾਹਿਰ ਿਕਛੁ ਨ ਹੋਵੈ ਬਖਸੇ ਸਬਦੀ ਸੁਹਾਵਿਣਆ ॥੫॥ (127)

ਤੁਝ ਤੇ ਬਾਹਿਰ ਿਕਛੁ ਨ ਹੋਵੈ ਬਖਸੇ ਸਬਦੀ ਸੁਹਾਵਿਣਆ। Without You, Lord, nothing happens at all. You forgive those who are adorned with the Word of Your Shabad. ||5||
उपजै पचै हिर बूझै नाही ॥

They are born, and they die, but they do not understand the Lord.

अनिदनु दूजै भाई फिराही

Night and day, they wander, in love with duality.

The lives of the self-willed manmukhs are useless; in the end, they die, regretting and repenting. ||6||

The Husband is away, and the wife is getting dressed up.

This is what the blind, self-willed manmukhs are doing.

They are not honored in this world, and they shall find no shelter in the world hereafter. They are wasting their lives in vain. ||7||

How rare are those who know the Name of the Lord!

Through the Shabad, the Word of the Perfect Guru, the Lord is realized.
Night and day, they perform the Lord's devotional service; day and night, they find intuitive peace. ||8||

That One Lord is pervading in all.

Only a few, as Gurmukh, understand this.

O Nanak, those who are attuned to the Naam are beautiful. Granting His Grace, God unites them with Himself. ||9||29||30||

Maajh, Third Mehl:

The self-willed manmukhs read and recite; they are called Pandits-spiritual scholars.

But they are in love with duality, and they suffer in terrible pain.

Intoxicated with vice, they understand nothing at all. They are reincarnated, over and over again. ||1||
I am a sacrifice, my soul is a sacrifice, to those who subdue their ego, and unite with the Lord.

They serve the Guru, and the Lord dwells within their minds; they intuitively drink in the sublime essence of the Lord.

The Pandits read the Vedas, but they do not obtain the Lord's essence.

Intoxicated with Maya, they argue and debate.

The foolish intellectuals are forever in spiritual darkness. The Gurmukhs understand, and sing the Glorious Praises of the Lord.

Those who speak of the truest of the true, day and night-their minds are imbued with the Truth.
Those who are attuned to Truth, love the Truth.

The Lord Himself bestows this gift; He shall not take it back.

Through the Word of the Guru's Shabad, the True Lord is known forever; meeting the True One, peace is found.

The filth of fraud and falsehood does not stick to those,

who, by Guru's Grace, remain awake and aware, night and day.

The Immaculate Naam, the Name of the Lord, abides deep within their hearts; their light merges into the Light.

They read about the three qualities, but they do not know the essential reality of the Lord.

They forget the Primal Lord, the Source of all, and they do not recognize the Word of the Guru's Shabad.
They are engrossed in emotional attachment; they do not understand anything at all. Through the Word of the Guru’s Shabad, the Lord is found.

The Vedas proclaim that Maya is of three qualities. The self-willed manmukhs, in love with duality, do not understand. They read of the three qualities, but they do not know the One Lord. Without understanding, they obtain only pain and suffering.

When it pleases the Lord, He unites us with Himself. Through the Word of the Guru’s Shabad, skepticism and suffering are dispelled. O Nanak, True is the Greatness of the Name. Believing in the Name, peace is obtained.
The Lord Himself is Unmanifest and Unrelated; He is Manifest and Related as well.

Those who recognize this essential reality are the true Pandits, the spiritual scholars.

They save themselves, and save all their families and ancestors as well, when they enshrine the Lord's Name in the mind. ||1||

Those who taste this essence of the Lord are the pure, immaculate beings. They meditate on the Immaculate Naam, the Name of the Lord. ||1||Pause||

Those who reflect upon the Shabad are beyond karma.

They subdue their ego, and find the essence of wisdom, deep within their being.

They obtain the nine treasures of the wealth of the Naam. Rising above the three qualities, they merge into the Lord. ||2||
Those who act in ego do not go beyond karma.

It is only by Guru's Grace that one is rid of ego.

Those who have discriminating minds, continually examine their own selves. Through the Word of the Guru's Shabad, they sing the Lord's Glorious Praises.

They bathe in it continually, day and night, and the filth of ego is washed away.

The pure swans, with love and affection, dwell in the Ocean of the Lord, and subdue their ego.
Day and night, they are in love with the True Word of the Shabad. They obtain their home in the Ocean of the Lord.

The self-willed manmukhs shall always be filthy cranes, smeared with the filth of ego. They may bathe, but their filth is not removed. One who dies while yet alive, and contemplates the Word of the Guru’s Shabad, is rid of this filth of ego.

The Priceless Jewel is found, in the home of one’s own being, when one listens to the Shabad, the Word of the Perfect True Guru.

By Guru's Grace, the darkness of spiritual ignorance is dispelled; I have come to recognize the Divine Light within my own heart. The Lord Himself creates, and He Himself beholds.
Serving the True Guru, one becomes acceptable.

O Nanak, the Naam dwells deep within the heart; by Guru's Grace, it is obtained.

Maajh, Third Mehl:

The whole world is engrossed in emotional attachment to Maya.

Those who are controlled by the three qualities are attached to Maya.

By Guru's Grace, a few come to understand; they center their consciousness in the fourth state.

I am a sacrifice, my soul is a sacrifice, to those who burn away their emotional attachment to Maya, through the Shabad.
Those who burn away this attachment to Maya, and focus their consciousness on the Lord
are honored in the True Court, and the Mansion of the Lord's Presence. ||1||Pause||

The source, the root, of the gods and goddesses is Maya.

For them, the Simritees and the Shaastras were composed.

Sexual desire and anger are diffused throughout the universe. Coming and going, people
suffer in pain. ||2||

The jewel of spiritual wisdom was placed within the universe.

By Guru's Grace, it is enshrined within the mind.

Celibacy, chastity, self-discipline and the practice of truthfulness are obtained from the
Perfect Guru, by meditating on the Naam, the Name of the Lord. ||3||

In this world of her parents' home, the soul-bride has been deluded by doubt.
doojai laagee fir pachhotaanee.

Attached to duality, she later comes to regret it.

halat palat dovai gavaa-ay supnai sukh na paavni-aa. ||4||
She forfeits both this world and the next, and even in her dreams, she does not find peace. ||4||

pay-ee-arhai Dhan kant samaalay.

The soul-bride who remembers her Husband Lord in this world,

pir kai sahj rahai rang raatee sabad singaar banaavani-aa. ||5||
She remains intuitively attuned to the Love of her Beloved; she makes the Word of His Shabad her decoration. ||5||

safal janam jinaa satgur paa-i-aa.

Blessed and fruitful is the coming of those who find the True Guru;

doojaa bhaa-o gur sabad jalaa-i-aa.

through the Word of the Guru's Shabad, they burn their love of duality.

ayko rav rahii-aa ghat antar mil satsangat har gun gaavani-aa. ||6||
The One Lord is permeating and pervading deep within the heart. Joining the Sat Sangat, the True Congregation, they sing the Glorious Praises of the Lord. ||6||
ਸਿਤਗੁਰੁ ਨ ਸੇਵੇ ਸੋ ਕਾਹੇ ਆਇਆ ॥ (129)
satgur na sayvay so kaahay aa-i-aa.
Those who do not serve the True Guru-why did they even come into this world?

ਪਿਘਿ ਸੀਵਾਨ ਸਤਭੂ ਗਵਾਇਆ ॥ (129)
Dharig jevan birthaa janam gavaa-i-aa.
Cursed are their lives; they have uselessly wasted this human life.

ਮਨਮੁਖ ਨਾਮੁ ਚਿਤਨੁ ਆਵੈ ਬਣੁ ਨਾਵੈ ਬਹੁ ਦੁਖੁ ਪਾਵਿਣਆ ॥੭॥ (129)
manmukh naam chit na aavai bin naavai baho dukh paavni-aa. ||7||
The self-willed manmukhs do not remember the Naam. Without the Naam, they suffer in terrible pain. ||7||

ਜਿਨ੍ਹਾਂ ਸਿਟ ਸਾਜੀ ਸੋਈ ਜਾਣੈ ॥ (129)
jin sisat saajee so-ee jaanai.
The One who created the Universe, He alone knows it.

ਅਧਾਜ਼ੀ ਮੇਲੈ ਸਾਬਦ ਪਛਿਆਂ ॥ (129)
aapay maylai sabad pachhaanai.
He unites with Himself those who realize the Shabad.

ਮਹਾਰਾਮ ਮਿਲਾਇ ਤਹਾਂ ਲਿਖਿ ਮੰਨਕਾਜ ਚਾਨਣੁ ਸੰਸਾਰ ॥ (129)
naanak naam mili-aa tin ka-o jin Dhur mastak laykh likhaavani-aa. ||8||1||32||33||
O Nanak, they alone receive the Naam, upon whose foreheads such pre-ordained destiny is recorded. ||8||1||32||33||

ਮੇਲਾ ੩ ॥ (145)
m: 3 ॥
mehlaa 3.
Third Mehl:

ਕਲਨ ਚਾਨਣੁ ਪਰਗਗਤਾ ਸਾਨਸਾਰ ॥ (145)
kal keerat pargat chaanan sansaar.
In this Dark Age of Kali Yuga, the Kirtan of the Lord's Praise has appeared as a Light in the world.
How rare are those few Gurmukhs who swim across to the other side!

The Lord bestows His Glance of Grace;

O Nanak, the Gurmukh receives the jewel.

In fear we are born, and in fear we die. Fear is always present in the mind.

O Nanak, if one dies in the fear of God, his coming into the world is blessed and approved.

Without the fear of God, you may live very, very long, and savor the most enjoyable pleasures.
O Nanak, if you die without the fear of God, you will arise and depart with a blackened face. ||2||

Raag Gauree Gwaarayree:
Third Mehl, Chau-Padas:

Meeting the Guru, we meet the Lord.

He Himself unites us in His Union.

By the Hukam of His Command, He unites those who recognize the Word of the Shabad.
satgur kai bha-ay bharam bha-o jaa-ay.
By the Fear of the True Guru, doubt and fear are dispelled.

bhai raachai sach rang samaa-ay. ||1|| raha-o.
Imbued with His Fear, we are absorbed in the Love of the True One. ||1||Pause||

gur mili-ai har man vasai subhaa-ay.
Meeting the Guru, the Lord naturally dwells within the mind.

mayraa parabh bhaaraa keemat nahee paa-ay.
My God is Great and Almighty; His value cannot be estimated.

sabad salaahai ant na paraavaar.
Through the Shabad, I praise Him; He has no end or limitations.

mayraa parabh bakhsay bakhsanhaar. ||2||
My God is the Forgiver. I pray that He may forgive me. ||2||

gur mili-ai sabh mat buDh ho-ay.
Meeting the Guru, all wisdom and understanding are obtained.

man nirmal vasai sach so-ay.
The mind becomes pure, when the True Lord dwells within.
When one dwells in Truth, all actions become true.

The ultimate action is to contemplate the Word of the Shabad.

Through the Guru, true service is performed.

How rare is that Gurmukh who recognizes the Naam, the Name of the Lord.

The Giver, the Great Giver, lives forever.

Nanak enshrines love for the Name of the Lord.

Gauree Gwaarayree, Third Mehl:

Those who obtain spiritual wisdom from the Guru are very rare.
Those who obtain this understanding from the Guru become acceptable.

Through the Guru, we intuitively contemplate the True One.

Through the Guru, the Gate of Liberation is found. ||1||

Through perfect good destiny, we come to meet the Guru.

The true ones are intuitively absorbed in the True Lord. ||1||Pause||

Meeting the Guru, the fire of desire is quenched.

Meeting the Guru, peace and tranquility come to dwell within the mind.

Through the Guru, we become pure, holy and true.
Through the Guru, we are absorbed in the Word of the Shabad. ||2||

Without the Guru, everyone wanders in doubt.

Without the Name, they suffer in terrible pain.

Those who meditate on the Naam become Gurmukh.

True honor is obtained through the Darshan, the Blessed Vision of the True Lord. ||3||

Why speak of any other? He alone is the Giver.

When He grants His Grace, union with the Shabad is obtained.

Meeting with my Beloved, I sing the Glorious Praises of the True Lord.
O Nanak, becoming true, I am absorbed in the True One. ||4||2||22||

True is that place, where the mind becomes pure.

True is the one who abides in Truth.

The True One Himself is everything.

Through the karma of good actions, one joins the Sat Sangat, the True Congregation.

Sing the Glories of the Lord, sitting in that place. ||1||Pause||
jala-o ih jihvaa doojai bhaa-ay.
Burn this tongue, which loves duality,

har ras na chaakhai feekaa aalaa-ay.
which does not taste the sublime essence of the Lord, and which utters insipid words.

bin boojhay tan man feekaa ho-ay.
Without understanding, the body and mind become tasteless and insipid.

bin naavai dukhee-aa chali-aa ro-ay. ||2||
Without the Name, the miserable ones depart crying out in pain. ||2||

rasnaa har ras chaakh-aa sahj subhaa-ay.
One whose tongue naturally and intuitively tastes the Lord's sublime essence,

amrit peevai nirmal Dhaar. ||3||
and drinks in the Ambrosial Nectar, from the immaculate stream within. ||3||
ਨਾਿਮ ਸਮਾਵੈ ਜੋ ਭਾਡਾ ਹੋਇ ॥

The Naam, the Name of the Lord, is collected in the vessel of the mind.

ੰ ਡੈ ਰ ਤਵੈ ਤ ਵੇਦਿ ਼ (158)
督导ੜੇ ਟਵੈ ਤ ਵੇਦਿ ਼

Nothing is collected if the vessel is upside-down.

ਗਰ ਸਬਦੀ ਮਾਨ ਨਾਿਮ ਨਿਵਾਸੁ ༼ (158)॥

Through the Word of the Guru's Shabad, the Naam abides within the mind.

ਗੁਰ ਸ਼ਬਦੀ ਮਾਨ ਨਾਿਮ ਨਿਵਾਸੁ ॥

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੩ ॥

Gauree Gwaarayree, Third Mehl:

ਇਕ ਗਾਵਤ ਰਹੇ ਮਾਨ ਸਾਦੁ ਨ ਪਾਇ ॥

Some sing on and on, but their minds do not find happiness.

ਗਾਵਤ ਗਰਵਰੰਗਿ ਬਿਵਾਦ ਨਿਵਾਸੁ ॥ (158)॥

In egotism, they sing, but it is wasted uselessly.

ਗਾਵਤ ਗਰਵਰੰਗਿ ਮਿਲ ਰਾਮ ਨਿਵਾਸੁ ॥ (158)॥

Those who love the Naam, sing the song.
They contemplate the True Bani of the Word, and the Shabad. ||1||

They sing on and on, if it pleases the True Guru.

Their minds and bodies are embellished and adorned, attuned to the Naam, the Name of the Lord. ||1||Pause||

Some sing, and some perform devotional worship.

Without heart-felt love, the Naam is not obtained.

True devotional worship consists of love for the Word of the Guru's Shabad.

The devotee keeps his Beloved clasped tightly to his heart. ||2||

The fools perform devotional worship by showing off;
ਨਿਚ ਨਿਚ ਟਪਿਹ ਬਹੁਤ ਦੁਖ ਪਾਵਹ || (159)

ਨਚਨ ਨਚਨ ਟੇਪਹ ਬਹੁਤ ਦੁਖ ਪਾਵਹ ||
nach nach tapeh bahut dukh paavahi.

they dance and dance and jump all around, but they only suffer in terrible pain.

ਨਚੀ-ਅੀ ਟੈਪੀ-ਅੀ ਭਗਤ ਨ ਹੋਈ ॥ (159)

nachi-aai tapi-aai bhagat na ho-ay.

By dancing and jumping, devotional worship is not performed.

ਸਚੀ ਭਗਤ ਵਚਹੁ ਆਪੁ ਖੋਇ ॥ (159)

sachee bhagat vichahu aap kho-ay.

True devotional worship consists of eliminating selfishness and conceit from within.

ਮੇਰਾ ਪਰਬੁ ਸਾਚਾ ਸਭ ਬਿਬਿਧ ਜਾਣੈ ॥ (159)

mayraa parabh saachaa sabh bidi jaanai.

My True God knows all ways and means.

ਨਾਨਕ ਬਖਸੇ ਨਾਮ ਪਛਾਣੈ ॥੪॥੪॥੨੪॥ (159)

naanak bakhsay naam pachhaanai. ||4||4||24||

O Nanak, He forgives those who recognize the Naam. ||4||4||24||

Ga-ਓਰਹੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੩ ॥ (159)

ga-orhee gu-aarayree mehlaa 3.

Gauree Gwaarayree, Third Mehl:
When someone kills and subdues his own mind, his wandering nature is also subdued.

Without such a death, how can one find the Lord?

Only a few know the medicine to kill the mind.

One whose mind dies in the Word of the Shabad, understands Him.

He grants greatness to those whom He forgives.

By Guru's Grace, the Lord comes to dwell within the mind.

The Gurmukh practices doing good deeds;

thus he comes to understand this mind.
The mind is like an elephant, drunk with wine.

The Guru is the rod which controls it, and shows it the way.

The mind is uncontrollable; how rare are those who subdue it.

Those who move the immovable become pure.

The Gurmukhs embellish and beautify this mind.

They eradicate egotism and corruption from within.

Those who, by pre-ordained destiny, are united in the Lord's Union, are never separated from Him again; they are absorbed in the Shabad.
He Himself knows His Own Almighty Power.

O Nanak, the Gurmukh realizes the Naam, the Name of the Lord.

The entire world has gone insane in egotism.

In the love of duality, it wanders deluded by doubt.

Occupied with their own affairs, their nights and days are passing away.

Meditate on the Lord in your hearts, O my Siblings of Destiny.
ਗੁਰਮੁਕ਼ ਰਸਨਾ ਹਿਰ ਰਸਨ ਰਸਾਈ ॥੧॥ ਰਹਾਉ ॥

The Gurmukh's tongue savors the sublime essence of the Lord. ||1||Pause||

ਗੁਰਮੁਕ਼ ਹਿਰਦੈ ਜਿਨ ਰਾਮੁ ਪਛਾਤਾ ॥

gurmukh hirdai jin raam pachhaataa.
The Gurmukhs recognize the Lord in their own hearts;

ਜਗਜੀਵਨੁ ਸੇਵ ਜੁਗ ਚਾਰੇ ਜਾਤਾ ॥

jagjeevan sayv jug chaaray jaataa.
they serve the Lord, the Life of the World. They are famous throughout the four ages.

ਹਉਮੈ ਮਾਰ ਗੁਰ ਸਬਿਦ ਪਛਾਤਾ ॥

ha-umai maar gur sabad pachhaataa.
They subdue egotism, and realize the Word of the Guru's Shabad.

ਕ੍ਰਿਪਾ ਕਰੇ ਪਰਭ ਕਰਮ ਬਿਧਾਤਾ ॥੨॥

kirpaa karay parabh karam biDhaataa. ||2||
God, the Architect of Destiny, showers His Mercy upon them. ||2||

ਸੇ ਜਨ ਸਚੇ ਜਿਨ ਗੁਰ ਸਬਿਦ ਮਲਾਏ ॥

say jan sachay jo gur sabad milaa-ay.
True are those who merge into the Word of the Guru's Shabad;

ਧਾਵਤ ਬਰਜੇ ਠਾਕ ਰਹਾਏ ॥

Dhaavat varjay thaak raha-ay.
they restrain their wandering mind and keep it steady.

ਨਾਮ ਨਵ ਨਿਧਗ ਗੁਰ ਤੇ ਪਾਏ ॥

naam nav niDh gur tay paa-ay.
The Naam, the Name of the Lord, is the nine treasures. It is obtained from the Guru.
By the Lord’s Grace, the Lord comes to dwell in the mind.

Chanting the Name of the Lord, Raam, Raam, the body becomes peaceful and tranquil.

He dwells deep within - the pain of death does not touch Him.

He Himself is our Lord and Master; He is His Own Advisor.

O Nanak, serve the Lord forever; He is the treasure of glorious virtue.

Why forget Him, unto whom the soul and the breath of life belong?

Why forget Him, who is all-pervading?
Serving Him, one is honored and accepted in the Court of the Lord. ||1||

I am a sacrifice to the Name of the Lord. ||1||

If I were to forget You, at that very instant, I would die. ||1||Pause||

Those whom You Yourself have led astray, forget You.

Those who are in love with duality forget You.

The ignorant, self-willed manmukhs are consigned to reincarnation. ||2||

Those who are pleasing to the One Lord are assigned to His service.

Those who are pleasing to the One Lord enshrine Him within their minds.
ਗੁਰਮਤੀ ਹਿਰ ਨਾਿਮ ਸਮਾਏ ॥੩॥
(160)
Through the Guru's Teachings, they are absorbed in the Lord's Name. ||3||

ਜਨਾ ਪੋਤੈ ਪੁੰਨੁ ਸੇ ਗੀਅਨ ਬੀਚਾਰੀ ॥
(160)
Those who have virtue as their treasure, contemplate spiritual wisdom.

ਜਨਾ ਪੋਤੈ ਪੁੰਨੁ ਤਨ ਹੁਅਮੈ ਮਾਰੀ ॥
(160)
Those who have virtue as their treasure, subdue egotism.

ਨਾਨਕ ਜੋ ਨਾਿਮ ਰਤੇ ਤਨ ਕਉ ਬਲਹਾਰੀ ॥੪॥੭॥੨੭॥
(160)
Nanak is a sacrifice to those who are attuned to the Naam, the Name of the Lord. ||4||7||27||

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੩ ॥
(160)
Gauree Gwaarayree, Third Mehl:

ਤੂਂ ਅਕਥੁ ਕਿਉ ਕਥਾ ਜਾਹੀ ॥
(160)
You are Indescribable; how can I describe You?

ਗੁਰ ਸਬਦੁ ਮਾਰਣੁ ਮਨ ਮਾਹੀ ਸਮਾਹੀ ॥
(160)
Those who subdue their minds, through the Word of the Guru's Shabad, are absorbed in You.

Your Glorious Virtues are countless; their value cannot be estimated. ||1||
The Word of His Bani belongs to Him; in Him, it is diffused.

Your Speech cannot be spoken; through the Word of the Guru's Shabad, it is chanted.

Where the True Guru is - there is the Sat Sangat, the True Congregation.

Where the True Guru is - there, the Glorious Praises of the Lord are intuitively sung.

Where the True Guru is - there egotism is burnt away, through the Word of the Shabad.

The Gurmukhs serve Him; they obtain a place in the Mansion of His Presence.

The Gurmukhs enshrine the Naam within the mind.

The Gurmukhs worship the Lord, and are absorbed in the Naam.
आपे दात करे दातारु ॥ (160)
आपे दाति करे दातारु॥
aapay daat karay daataar.
The Giver Himself gives His Gifts,

ਪੂਹੇ ਮਧਿਗੁਰ ਸਿੱਧੀ ਹੌਜੀ ਪ੍ਰਧਾਨ ॥ (160)
ਪੂਰੇ ਸਤਗੁਰ ਸੁੱਠ ਲਗੈ ਪੀਆਰੁ॥
pooray satgur si-o lagai pi-aar.
as we enshrine love for the True Guru.

ਲਾਲਾ ਲਾਭ ਵੇ ਦਿਲੁ ਵਹੁ ਜੈਵਨ ॥4॥8॥28॥ (160)
ਨਾਨਕ ਨਾਮ ਰਤੇ ਤਿਨ ਕੁ ਜਗਾਰੁ॥4॥8॥28॥
naanak naam ratay tin ka-o jaikaar. ||4||8||28||
Nanak celebrates those who are attuned to the Naam, the Name of the Lord. ||4||8||28||

ਗਉੜੀ ਗੁਆਰੇਰੀ ਭਗਲਾ ॥3॥ (160)
ਗਉੜਾ ਗੁਆਰੀ ਮੱਲਾ ॥3॥
ga-orhee gu-aarayree mehlaa 3.
Gauree Gwaarayree, Third Mehl:

ਏਕਸੁ ਤੇ ਸਿਬ ਰੂਪ ਹਿਹ ਰੰਗਾ ॥ (160)
aykas tay sabh roop heh rangaa.
All forms and colors come from the One Lord.

ਪਾਣੁ ਪਾਣੀ ਬੈਸਤਰੁ ਸਿਬ ਸਹਲੰਗਾ ॥ (160)
pa-un paanee baisantar sabh sahlangaa.
Air, water and fire are all kept together.

ਖਿਲ ਖਿਲ ਦੇਇਦੇ ਦਰ ਪੁਰੁ ਦੇਇਦਾ ॥੧॥ (160)
ਬਾਲ ਮੰਨ ਦੇਇਦੇ ਹਰੀ ਪ੍ਰੱ਷ੁ ਰੰਗਾ ॥੧॥
bhinn bhinn vaykhai har parabh rangaa. ||1||
The Lord God beholds the many and various colors. ||1||

ਓਦੁ ਅਚਰਜੁ ਦੇ ਦੇਇਦੀ ॥ (160)
ayk achraj ayko hai so-ee.
The One Lord is wondrous and amazing! He is the One, the One and Only.
ਗੁਰਮੁਖ ਵੀਚਾਰੇ ਵਿਰਲਾ ਕੋੀ ॥੧॥ ਰਹਾਉ ॥
gurmukh veechaaray virlaa ko-ee. ||1|| rhaa-o.
How rare is that Gurmukh who meditates on the Lord. ||1||Pause||

ਸਹਿਜ ਭਵੈ ਪਰ੍ਭੁ ਸਭਨੀ ਥਾਈ ॥
sahj bhavai parabh sabhnee thaa-ee.
God is naturally pervading all places.

ਕਹਾ ਗੁਪਤੁ ਪਰ੍ਗਟੁ ਪਰ੍ਿਭ ਬਣਤ ਬਣਾਈ ॥
kahaa gupat pargat parabh banat banaa-ee.
Sometimes He is hidden, and sometimes He is revealed; thus God has made the world of His making.

ਅਪੇ ਸੁਿਤਆ ਦੇ�ਇ ਜਗਾਈ ॥੨॥
aapay suti-aa day-ay jagaa-ee. ||2||
He Himself wakes us from sleep. ||2||

ਤਿਸ ਕੀ ਕੀਮਤ ਕਿਨੈ ਨ ਹੋਈ ॥
tis kee keemat kinai na ho-ee.
No one can estimate His value,

ਕਹਿ ਕਹਿ ਕਥਨੁ ਕਹੈ ਸਭੁ ਕੋਈ ॥
kahi kahi kathan kahai sabh ko-ee.
although everyone has tried, over and over again, to describe Him.

ਗੁਰ ਸਬਦਿ ਸਮਾਵੈ ਬੂਜੈ ਹਿਰ ਸੋਈ ॥੩॥
gur sabad samaavai boojhai har so-ee. ||3||
Those who merge in the Word of the Guru's Shabad, come to understand the Lord. ||3||

ਸੁਣ ਸੁਣ ਵੇਖੈ ਸਬਦਿ ਿਮਲਾਈ ॥
sun sun vaykhai sabad milaa-ay.
They listen to the Shabad continually; beholding Him, they merge into Him.
They obtain glorious greatness by serving the Guru.

O Nanak, those who are attuned to the Name are absorbed in the Lord's Name.

The self-willed manmukhs are asleep, in love and attachment to Maya.

The Gurmukhs are awake, contemplating spiritual wisdom and the Glory of God.

Those humble beings who love the Naam, are awake and aware.

One who is awake to this intuitive wisdom does not fall asleep.

How rare are those humble beings who understand this through the Perfect Guru.
ਸੰਤੁ ਅਨਾੜੀ ਕਦੇ ਨ ਬੂਝੈ ॥ (160)

The unsaintly blockhead shall never understand.

ਕਥਨੀ ਕਰੇ ਤੈ ਮਾਇਆ ਨਾਲੀ ਲੂਝੈ ॥ (160)

He babbles on and on, but he is infatuated with Maya.

ਅੰਧੁ ਅਗਿਆਨੀ ਕਦੇ ਨ ਸੀਜੈ ॥੨॥ (160)

Blind and ignorant, he shall never be reformed. ||2||

ਇਸੁ ਜੁਗ ਮਿਹ ਰਾਮ ਨਾਂ ਨਿਸਤਾਰਾ ॥ (160)

In this age, salvation comes only from the Lord's Name.

ਵਿਰਲਾ ਕੋ ਪਾਏ ਗੁਰ ਸਬਦੀ ਵੀਚਾਰਾ ॥ (160)

How rare are those who contemplate the Word of the Guru's Shabad.

ਆਪੀ ਤੈ ਸਗਲੇ ਕੁਲ ਉਧਾਰਾ ॥੩॥ (160)

They save themselves, and save all their family and ancestors as well. ||3||

ਇਸੁ ਕਲਿਜੁਗ ਮਹਿ ਕਰਮ ਧਰਮ ਨ ਕੋਈ ॥ (161)

In this Dark Age of Kali Yuga, no one is interested in good karma, or Dharmic faith.

ਕਲੀ ਕਾ ਜਨਮ ਚੰਡਾਲ ਕੈ ਘਿਰ ਹੋਈ ॥ (161)

This Dark Age was born in the house of evil.
O Nanak, without the Naam, the Name of the Lord, no one is liberated. ||4||10||30||

Gauree, Third Mehl, Gwaarayree:

True is the Lord King, True is His Royal Command.

Those whose minds are attuned to the True, Carefree Lord,

enter the True Mansion of His Presence, and merge in the True Name. ||1||

Listen, O my mind: contemplate the Word of the Shabad.

Chant the Lord's Name, and cross over the terrifying world-ocean. ||1||Pause||

In doubt he comes, and in doubt he goes.
This world is born out of the love of duality.

The self-willed manmukh does not remember the Lord; he continues coming and going in reincarnation.

This soul is enjoined to the service of someone else.

It earns only terrible pain, and this life is lost in vain.

Granting His Grace, He leads us to meet the True Guru.

O Nanak, chanting the Naam, the Name of the Lord, the nine treasures of the Name are obtained.
Go and ask the Gurmukhs, who meditate on the Lord.

Serving the Guru, the mind is satisfied.

Those who earn the Lord's Name are wealthy.

Through the Perfect Guru, understanding is obtained.

Chant the Name of the Lord, Har, Har, O my Siblings of Destiny.

The Gurmukhs serve the Lord, and so they are accepted.

Those who recognize the self - their minds become pure.
They become Jivan-mukta, liberated while yet alive, and they find the Lord.

Singing the Glorious Praises of the Lord, the intellect becomes pure and sublime,

and they are easily and intuitively absorbed in the Lord. ||2||

In the love of duality, no one can serve the Lord.

In egotism and Maya, they are eating toxic poison.

They are emotionally attached to their children, family and home.

The blind, self-willed manmukhs come and go in reincarnation. ||3||

Those, unto whom the Lord bestows His Name,
an-din bhagat gur sabdee ho-ay.
worship Him night and day, through the Word of the Guru's Shabad.

gurmat virlaa boojhai ko-ay.
How rare are those who understand the Guru's Teachings!

naanak naam samaavai so-ay. ||4||12||32||
O Nanak, they are absorbed in the Naam, the Name of the Lord. ||4||12||32||

gaujia gwaarayree mehlaa 3.
Gauree Gwaarayree, Third Mehl:
gur sayvaa jug chaaray ho-ee.
The Guru's service has been performed throughout the four ages.

pooraa janu kaar kamavai ko-ee.
Very few are those perfect ones who do this good deed.

akhut naam Dhan har tot na ho-ee.
The wealth of the Lord's Name is inexhaustible; it shall never be exhausted.

aithai sadaa sukh dar sobhaa ho-ee. ||1||
In this world, it brings a constant peace, and at the Lord's Gate, it brings honor. ||1||
ay man mayray bharam na keejai.
O my mind, have no doubt about this.

Those Gurmukhs who serve, drink in the Ambrosial Nectar. ||1||Pause||

Those who serve the True Guru are the greatest people of the world.

They save themselves, and they redeem all their generations as well.

Attuned to the Naam, they cross over the terrifying world-ocean. ||2||

Serving the True Guru, the mind becomes humble forever.

Egotism is subdued, and the heart-lotus blossoms forth.
The Unstruck Melody vibrates, as they dwell within the home of the self.

Attuned to the Naam, they remain detached within their own home. ||3||

Serving the True Guru, their words are true.

Throughout the ages, the devotees chant and repeat these words.

Night and day, they meditate on the Lord, the Sustainer of the Earth.

O Nanak, attuned to the Naam, the Name of the Lord, they are detached, in the perfect balance of Nirvanaa. ||4||13||33||

Gauree Gwaarayree, Third Mehl:

Through great good fortune and high destiny, one meets the True Guru.
The Naam, the Name of the Lord, is constantly within the heart, and one enjoys the sublime essence of the Lord. ||1||

O mortal, become Gurmukh, and meditate on the Name of the Lord.

Be victorious in the game of life, and earn the profit of the Naam. ||1||Pause||

Spiritual wisdom and meditation come to those unto whom the Word of the Guru's Shabad is sweet.

By Guru's Grace, a few have tasted, and seen it. ||2||

They may perform all sorts of religious rituals and good actions,

but without the Name, the egotistical ones are cursed and doomed. ||3||

They are bound and gagged, and hung by Maya's noose;
O servant Nanak, they shall be released only by Guru's Grace. ||4||14||34||

Third Mehl, Gauree Bairaagan:

The clouds pour their rain down upon the earth, but isn't there water within the earth as well?

Water is contained within the earth; without feet, the clouds run around and let down their rain. ||1||

O Baba, get rid of your doubts like this.

As you act, so shall you become, and so you shall go and mingle. ||1||Pause||

As woman or man, what can anyone do?

The many and various forms are always Yours, O Lord; they shall merge again into You. ||2||
In countless incarnations, I went astray. Now that I have found You, I shall no longer wander.

It is His work; those who are absorbed in the Word of the Guru's Shabad come to know it well. ||3||

The Shabad is Yours; You are Yourself. Where is there any doubt?

O Nanak, one whose essence is merged with the Lord's essence does not have to enter the cycle of reincarnation again. ||4||1||15||35||

The whole world is under the power of Death, bound by the love of duality.

The self-willed manmukhs do their deeds in ego; they receive their just rewards. ||1||

O my mind, focus your consciousness on the Guru's Feet.
As Gurmukh, you shall be awarded the treasure of the Naam. In the Court of the Lord, you shall be saved. ||1||Pause||

Through 8.4 million incarnations, people wander lost; in stubborn-mindedness, they come and go.

They do not realize the Word of the Guru's Shabad; they are reincarnated over and over again. ||2||

The Gurmukh understands his own self. The Lord's Name comes to dwell within the mind.

Imbued with devotion to the Lord's Name, night and day, he merges in peace. ||3||

When one's mind dies in the Shabad, one radiates faith and confidence, shedding egotism and corruption.

O servant Nanak, through the karma of good actions, the treasure of devotional worship and the Name of the Lord are attained. ||4||2||16||36||
Gauree Bairaagan, Third Mehl:

The Lord, Har, Har, has ordained that the soul is to stay in her parents' home for only a few short days.

Glorious is that soul-bride, who as Gurmukh, sings the Glorious Praises of the Lord.

She who cultivates virtue in her parents' home, shall obtain a home at her in-laws.

The Gurmukhs are intuitively absorbed into the Lord. The Lord is pleasing to their minds.

Our Husband Lord dwells in this world, and in the world beyond. Tell me, how can He be found?

God Himself bestows wisdom; meditate on the Name of the Lord.
ਵਡਭਾਗੀ ਸਵਗੁਰੂ ਮਿਲੈ ਮੁਖ ਅਮਰ੍ਤ ਪਾਈਐ ॥ (163)

By great good fortune, one meets the True Guru, who places the Ambrosial Nectar in the mouth.

ਹਉਮੈ ਦੁਬਧਾ ਿਬਨਿਸ ਜਾਇ ਸਹਜੇ ਸੁਖ ਸਮਾਈਐ ॥ (163)

When egotism and duality are eradicated, one intuitively merges in peace.

ਸਭ ਆਪੇ ਆਇਗੁਰ ਆਪੇ ਠਿਟਪਾਣੇ ॥੨॥ (163)

The self-willed manmukhs, in their arrogant pride, do not find God; they are so ignorant and foolish!

ਮੇਰੇ ਹਿਰ ਪਰਭ ਡਲੇ ਿਲਖਾਈਆ ਧੁਰ ਮਸਤਿਕ ਪੂਰਾ ॥ (163)

My Lord God inscribed the full pre-ordained destiny upon the forehead.
When one meets the Great and Courageous Guru, one meditates on the Name of the Lord, Har, Har.

The Lord's Name is my mother and father; the Lord is my relative and brother.

O Lord, Har, Har, please forgive me and unite me with Yourself. Servant Nanak is a lowly worm.

Gauree Bairaagan, Third Mehl:

From the True Guru, I obtained spiritual wisdom; I contemplate the Lord's essence.

My polluted intellect was enlightened by chanting the Naam, the Name of the Lord.

The distinction between Shiva and Shakti - mind and matter - has been destroyed, and the darkness has been dispelled.
How can the Lord be obtained, O Saints? Seeing Him, my life is sustained.

Without the Lord, I cannot live, even for an instant. Unite me with the Guru, so that I may drink in the sublime essence of the Lord.

I sing the Glorious Praises of the Lord, and I listen to them daily; the Lord, Har, Har, has emancipated me.

I have obtained the Lord's essence from the Guru; my mind and body are drenched with it.

Blessed, blessed is the Guru, the True Being, who has blessed me with devotional worship of the Lord.

From the Guru, I have obtained the Lord; I have made Him my Guru.

The Sovereign Lord is the Giver of virtue. I am worthless and without virtue.

The sinners sink like stones; through the Guru's Teachings, the Lord carries us across.
You are the Giver of virtue, O Immaculate Lord; I am worthless and without virtue.

I have entered Your Sanctuary, Lord; please save me, as You have saved the idiots and fools.

Eternal celestial bliss comes through the Guru’s Teachings, by meditating continually on the Lord, Har, Har.

I have obtained the Lord God as my Best Friend, within the home of my own self. I sing the Songs of Joy.

Please shower me with Your Mercy, O Lord God, that I may meditate on Your Name, Har, Har.

Servant Nanak begs for the dust of the feet of those who have found the True Guru.

Servant Nanak begs for the dust of the feet of those who have found the True Guru.
One Universal Creator God. By The Grace Of The True Guru:

The pollution of the mind is the love of duality.

Deluded by doubt, people come and go in reincarnation.

The pollution of the self-willed manmukhs will never go away,

as long as they do not dwell on the Shabad, and the Name of the Lord.

All the created beings are contaminated by emotional attachment;

they die and are reborn, only to die over and over again.

Fire, air and water are polluted.
The food which is eaten is polluted. ||3||
The actions of those who do not worship the Lord are polluted.

Attuned to the Naam, the Name of the Lord, the mind becomes immaculate. ||4||
Serving the True Guru, pollution is eradicated,
and then, one does not suffer death and rebirth, or get devoured by death. ||5||
You may study and examine the Shaastras and the Simritees,
but without the Name, no one is liberated. ||6||
Throughout the four ages, the Naam is the ultimate; reflect upon the Word of the Shabad.
In this Dark Age of Kali Yuga, only the Gurmukhs cross over. ||7||

The True Lord does not die; He does not come or go.

O Nanak, the Gurmukh remains absorbed in the Lord. ||8||1||

Selfless service is the support of the breath of life of the Gurmukh.

The Gurmukh is honored in the Court of the True Lord. ||1||

O Pandit, O religious scholar, read about the Lord, and renounce your corrupt ways.
The Gurmukh crosses over the terrifying world-ocean.

The Gurmukh eradicates egotism from within.

No filth sticks to the Gurmukh.

The Naam, the Name of the Lord, comes to dwell within the mind of the Gurmukh.

Through karma and Dharma, good actions and righteous faith, the Gurmukh becomes true.

The Gurmukh burns away egotism and duality.

The Gurmukh is attuned to the Naam, and is at peace.

Instruct your own mind, and understand Him.


lok samjhaavhu sunay na ko-ee.
You may preach to other people, but no one will listen.

The Gurmukh understands, and is always at peace. ||4||

The self-willed manmukhs are such clever hypocrites.

No matter what they do, it is not acceptable.

They come and go in reincarnation, and find no place of rest. ||5||

The manmukhs perform their rituals, but they are totally selfish and conceited.

They sit there, like storks, pretending to meditate.

Caught by the Messenger of Death, they shall regret and repent in the end. ||6||
Without serving the True Guru, liberation is not obtained.

By Guru’s Grace, one meets the Lord.

The Guru is the Great Giver, throughout the four ages.

For the Gurmukh, the Naam is social status, honor and glorious greatness.

Maya, the daughter of the ocean, has been slain.

O Nanak, without the Name, all clever tricks are false.

Gauree, Third Mehl:

Learn the Dharma of this age, O Siblings of Destiny;
poorai gur sabh sojhee paa-ee.
after understanding is obtained from the Perfect Guru.

Here and hereafter, the Lord's Name is our Companion. ||1||

raam parhahu man karahu beechar.
Learn of the Lord, and contemplate Him in your mind.

By Guru's Grace, your filth shall be washed away. ||1||Pause||

Through argument and debate, He cannot be found.

The mind and body are made insipid through the love of duality.

Through the Word of the Guru's Shabad, lovingly attune yourself to the True Lord. ||2||

This world is polluted with egotism.
By taking cleansing baths daily at sacred shrines of pilgrimage, egotism is not eliminated.

Without meeting the Guru, they are tortured by Death.

Those humble beings are true, who conquer their ego.

Through the Word of the Guru's Shabad, they conquer the five thieves.

They save themselves, and save all their generations as well.

The Actor has staged the drama of emotional attachment to Maya.

The self-willed manmukhs cling blindly to it.

The Gurmukhs remain detached, and lovingly attune themselves to the Lord.
The disguisers put on their various disguises.

Desire rages within them, and they carry on egotistically.

They do not understand themselves, and they lose the game of life. ||6||

Putting on religious robes, they act so clever,

but they are totally deluded by doubt and emotional attachment to Maya.

Without serving the Guru, they suffer in terrible pain. ||7||

Those who are attuned to the Naam, the Name of the Lord, remain detached forever.

Even as householders, they lovingly attune themselves to the True Lord.
O Nanak, those who serve the True Guru are blessed and very fortunate. ||8||3||

Gauree, Third Mehl:

Brahma is the founder of the study of the Vedas.

From him emanated the gods, enticed by desire.

They wander in the three qualities, and they do not dwell within their own home. ||1||

The Lord has saved me; I have met the True Guru.

He has implanted devotional worship of the Lord's Name, night and day. ||1||Pause||

The songs of Brahma entangle people in the three qualities.
Reading about the debates and disputes, they are hit over the head by the Messenger of Death.

They do not understand the essence of reality, and they gather their worthless bundles of straw.

The self-willed manmukhs, in ignorance, take the path of evil.

They forget the Lord's Name, and in its place, they establish all sorts of rituals.

They drown in the terrifying world-ocean, in the love of duality.

Driven crazy, infatuated by Maya, they call themselves Pandits - religious scholars;

stained with corruption, they suffer terrible pain.

The noose of the Messenger of Death is around their necks; they are constantly tormented by death.
Gurmukh jamkaal nayrh na aavai.

The Messenger of Death does not even approach the Gurmukhs.

Ha-umai doojaa sabad jalaavai.

Through the Word of the Shabad, they burn away their ego and duality.

Naamay raatay har gun gaavai. ||5||

Attuned to the Name, they sing the Glorious Praises of the Lord. ||5||

Maa-i-aa daasee bhagtaa kee kaar kamaavai.

Maya is the slave of the Lord's devotees; it works for them.

Charnee laagai taa mahal paavai.

One who falls at their feet attains the Mansion of the Lord's Presence.

Sad hee nirmal sahj samaavai. ||6||

He is forever immaculate; he is absorbed in intuitive peace. ||6||

Har kathaa suneh say Dhanvant diseh jug maahhee.

Those who listen to the Lord's Sermon are seen to be the wealthy people in this world.

Tin ka-o sabh niveh an-din pooj karaahie.

Everyone bows down to them, and adores them, night and day.
They intuitively savor the Glories of the True Lord within their minds. ||7||

The Perfect True Guru has revealed the Shabad;

it eradicates the three qualities, and attunes the consciousness to the fourth state.

O Nanak, subduing egotism, one is absorbed into God. ||8||4||

Brahma studied the Vedas, but these lead only to debates and disputes.

He is filled with darkness; he does not understand himself.

And yet, if he chants the Word of the Guru's Shabad, he finds God. ||1||
So serve the Guru, and you shall not be consumed by death.

The self-willed manmukhs have been consumed by the love of duality.

Becoming Gurmukh, the sinful mortals are purified.

Through the Word of the Guru's Shabad, they find intuitive peace and poise deep within.

I have found my God, through the Guru's Shabad, and I have been reformed.

God Himself unites us in Union with the True Guru,

when we become pleasing to the Mind of my True God.

They sing the Glorious Praises of the Lord, in the poise of celestial peace.
Without the True Guru, they are deluded by doubt.

The blind, self-willed manmukhs constantly eat poison.

They are beaten by the Messenger of Death with his rod, and they suffer in constant pain.

The Messenger of Death does not catch sight of those who enter the Sanctuary of the Lord.

Subduing egotism, they lovingly center their consciousness on the True Lord.

They keep their consciousness constantly focused on the Lord's Name.

Those humble beings who serve the True Guru are pure and immaculate.

Merging their minds into the Mind, they conquer the entire world.
In this way, you too shall find happiness, O my friend. ||6||

Those who serve the True Guru are blessed with fruitful rewards.

The Naam, the Name of the Lord, abides in their hearts; selfishness and conceit depart from within them.

The unstruck melody of the Shabad vibrates for them.

Who - who has not been purified by the True Guru, O my Siblings of Destiny?

The devotees are purified, and honored in His Court.

O Nanak, greatness is in the Lord's Name.

Gauree, Third Mehl:
那些掌控了三德的人，他们的疑惑不会消散。

Their bonds are not broken, and they do not obtain liberation.

The True Guru is the Bestower of liberation in this age.

Those who become Gurmukh give up their doubts.

The celestial music wells up, when they lovingly attune their consciousness to the Lord.

They die, and are reborn, over and over, again and again.

They do not remember the Name of the Creator Lord.

They die, and are reborn, over and over, again and again.
ਅੰਧੇ ਗੁਰੂ ਤੇ ਭਰਮੁ ਨ ਜਾਈ ॥ (232)
anDhay guroo tay bharam na jaa-ee.
Those whose guru is spiritually blind - their doubts are not dispelled.

ਮੂਲੁ ਛੋਿਡ ਲਾਗੇ ਦੂਜੈ ਭਾਈ ॥ (232)
mool chhod laagay doojai bhaa-ee.
Abandoning the Source of all, they have become attached to the love of duality.

ਮਾਇਆ ਕਿਰ ਮੂਲੁ ਜੰਤਰ ਭਰਮਾਏ ॥ (232)
maa-i-aa kar mool jantar bharmaa-ay.
Believing Maya to be the source of all, they wander in doubt.

ਸਾਚੁ ਨ ਛਪੈ ਜੇ ਕੋ ਰਖੈ ਛਪਾਏ ॥ (232)
saach na chhapai jay ko rakhai chhapaa-ay.
The Truth does not remain hidden, even though one may try to hide it.

ਅੰਤਿਰ ਸਾਚੁ ਬਾਹਿਰ ਸਾਚੁ ਵਰਤਾਏ ॥ (232)
antar saach baahar saach vartaa-ay.
One who has Truth pervading within, radiates Truth outwardly as well.

ਮਾਇਆ ਕਿਰ ਮੂਲੁ ਜੰਤਰ ਭਰਮਾਏ ॥ (232)
maa-i-aa kar mool jantar bharmaa-ay.
Believing Maya to be the source of all, they wander in doubt.

ਜਿਸੁ ਨਦਿਰ ਕਰੇ ਸੋ ਪਰਮ ਗਿਤ ਪਾਏ ॥ (232)
jis nadar karay so param gat paa-ay.
The supreme status is obtained only by those who are blessed with His Glance of Grace.
The spiritually wise know this intuitively. ||5||

The Gurmukhs keep their consciousness lovingly centered on the Lord.

Ego and Maya are burned away by the Word of the Shabad.

My True God unites them in His Union. ||6||

The True Guru, The Giver, preaches the Shabad.

He controls, and restrains, and holds still the wandering mind.

Understanding is obtained through the Perfect Guru. ||7||

The Creator Himself has created the universe; He Himself shall destroy it.
Without Him, there is no other at all.

O Nanak, how rare are those who, as Gurmukh, understand this!

The Gurmukhs obtain the Naam, the Priceless Name of the Lord.

They serve the Name, and through the Name, they are absorbed in intuitive peace and poise.

With their tongues, they continually sing the Ambrosial Naam.

They obtain the Lord's Name; the Lord showers His Mercy upon them.

Night and day, within your heart, meditate on the Lord of the Universe.


**Gurmukh Paava-O Param Pad Sookhaa.||1||Rahaa-O.**

The Gurmukhs obtain the supreme state of peace. ||1||Pause||

**Hirdai Sookh Bha-i-aa Pargaas.**

Peace comes to fill the hearts of those

**Gurumukh Gaavahi Sach Guntaas.**

who, as Gurmukh, sing of the True Lord, the treasure of excellence.

**Daasan Daas Nit Hoveh Daas.**

They become the constant slaves of the slaves of the Lord's slaves.

**Garih Kutamb Meh Sadaa Udaas.||2||**

Within their households and families, they remain always detached. ||2||

**Jeevan Mukat Gurmukh Ko Ho-ee.**

How rare are those who, as Gurmukh, become Jivan Mukta - liberated while yet alive.

**Param Padaarath Paavai So-ee.**

They alone obtain the supreme treasure.

**Tare Guna Maytaa Nirmal Ho-ee.**

Eradicating the three qualities, they become pure.
They are intuitively absorbed in the True Lord God. ||3||

Emotional attachment to family does not exist,
when the True Lord abides within the heart.

One who recognizes the Hukam of the Lord's Command understands the True Lord. ||4||

You are the Creator Lord - there is no other for me.

I serve You, and through You, I obtain honor.

God showers His Mercy, and I sing His Praises.
The light of the jewel of the Naam permeates the entire world. ||5||

To the Gurmukhs, the Word of God's Bani seems so sweet.

Deep within, their hearts blossom forth; night and day, they lovingly center themselves on the Lord.

The True Lord is intuitively obtained, by His Grace.

The True Guru is obtained by the destiny of perfect good fortune. ||6||

Egotism, possessiveness, evil-mindedness and suffering depart,

when the Lord’s Name, the Ocean of Virtue, comes to dwell within the heart.

The intellect of the Gurmukhs is awakened, and they praise God,
When the Lord’s Lotus Feet come to dwell within the heart. ||7||

They alone receive the Naam, unto whom it is given.

The Gurmukhs shed their ego, and merge with the Lord.

The True Name abides within their hearts.

O Nanak, they are intuitively absorbed in the True Lord.

The mind has intuitively healed itself, through the Fear of God.

The mind is attuned to the Word of the Shabad; it is lovingly attuned to the Lord.
ਨੀਜ ਘਰਾਂ ਵਿਸਾਈ ਪਰਾਭ ਕੀ ਰਜਾਈ ॥੧॥
It abides within its own home, in harmony with the Lord's Will. ||1||

ਸਤਿਗੁਰ ਸੇਵਾਈ ਜਾਈ ਅਭਿਮਾਨ ॥
Serving the True Guru, egotistical pride departs,

ਗੋਵਿਦ ਪਾਈਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥੧॥ ਰਹਾਉ ॥
and the Lord of the Universe, the Treasure of Excellence, is obtained. ||1|| Pause||

ਮੇਰਾ ਪਰਾਭ ਨੀਰਮਲਾ ਸਭ ਤਾਈ ਰਹਾਈ ਸਮਾਈ ॥
My Immaculate God is pervading and contained among all.

ਹਿਰ ਦਾਸਨ ਕੋ ਦਾਸੁ ਸੁਖੁ ਪਾਏ ॥
The slave of the Lord's slave attains peace.

ਮੇਰਾ ਹਿਰ ਪਰਾਭ ਇਨ ਬਿਧ ਪਾਇਆ ਜਾਏ ॥
My Lord God is found in this way.
By the Grace of the Lord, one comes to sing the Glorious Praises of the Lord. ||3||

Dharig baho jeevan jit har naam na lagai pi-aar.
Cursed is that long life, during which love for the Lord's Name is not enshrined.

Dharig sayj sukhaaalee kaaman moh bubaar.
Cursed is that comfortable bed which lures one into the darkness of attachment to sexual desire.

Fruitful is the birth of that person who takes the Support of the Naam, the Name of the Lord. ||4||

Dharig Dharig garihu kutamb jit har pareet na ho-ay.
Cursed, cursed is that home and family, in which the love of the Lord is not embraced.

He alone is my friend, who sings the Glorious Praises of the Lord.

Without the Lord's Name, there is no other for me. ||5||

From the True Guru, I have obtained salvation and honor.
I have meditated on the Name of the Lord, and all my sufferings have been erased.

I am in constant bliss, lovingly attuned to the Lord's Name.

Meeting the Guru, I came to understand my body.

The fires of ego and desire have been totally quenched.

Anger has been dispelled, and I have grasped hold of tolerance.

The Lord Himself showers His Mercy, and bestows the Naam.

How rare is that Gurmukh, who receives the jewel of the Naam.

O Nanak, sing the Glorious Praises of the Lord, the Unknowable, the Incomprehensible.
One Universal Creator God. By The Grace Of The True Guru:

Raag Gauree Bairaagan, Third Mehl:

Those who turn their faces away from the True Guru, are seen to be unfaithful and evil.

They shall be bound and beaten night and day; they shall not have this opportunity again.

O Lord, please shower Your Mercy upon me, and save me!

Subduing their selfishness and conceit, and performing selfless service, they remain dead while yet alive.
The body and the breath of life belong to the One - perform the greatest service to Him.

Why forget Him from your mind? Keep the Lord enshrined in your heart.

Receiving the Naam, the Name of the Lord, one obtains honor; believing in the Naam, one is at peace.

The Naam is obtained from the True Guru; by His Grace, God is found.

This world is deluded by doubt - it has taken the drug of emotional attachment.

Maya does not draw near those who have met with the True Guru.
Those who serve the True Guru are very beautiful; they cast off the filth of selfishness and conceit.

Those who are attuned to the Shabad are immaculate and pure. They walk in harmony with the Will of the True Guru.

O Lord God, You are the One and Only Giver; You forgive us, and unite us with Yourself.

Servant Nanak seeks Your Sanctuary; if it is Your Will, please save him!

The soul-bride offers her prayers to her Dear Lord; she dwells upon His Glorious Virtues.
ਇੱਕ ਦਿਨ ਦਿਖਾਇਆ ਵਿੱਚ ਹੋ ਸਾਹੀਬ ਦੇ ਹਰੀ ਮਹੱਤਵ ਦਾ ਹਾਰੀਐੜ੍ਹੋ। (243)
bin har pi-aaray reh na saakai gur bin mahal na paa-ee-ai.
She cannot live without her Beloved Lord; without the Guru, the Mansion of His Presence is not found.

ਨੇ ਜੁੜੁ ਵਧੇ ਸੇਵੀ ਧਰਮ ਕੁਸਾਇਸ਼ ਅਥਾਂਤਿ ਤੁਕਥੀਐੜ੍ਹੋ। (243)
jo gur kahai so-ee par keejai tisnaa agan bujhaa-ee-ai.
Whatever the Guru says, she should surely do, to extinguish the fire of desire.

ਹਿਰ ਸਾਚਾ ਸੋਈ ਤਿਸ ਬਿੰਨੁ ਅਵਰੁ ਨ ਕੋਈ ਬਿੰਨੁ ਸੇਵੀ ਸੁਖੁ ਨ ਪਾਏ। (243)
har saachaa so-ee tis bin avar na ko-ee bin sayvi-ai sukh na paa-ay.
The Lord is True; there is no one except Him. Without serving Him, peace is not found.

ਵਧੇ ਸਾਚੇ ਬਿੰਨੁ ਬਿੰਨੁ ਹਰੀ ਭਰੁ ਨੇ ਮੇਤੇ ਕਰੁ ਬਿੰਨੁ ਮੇਤੀ ਸੁਖੁ ਨ ਪਾਏ। (243)
har saachaa so-ee tis bin avar na ko-ee bin sayvi-ai sukh na paa-ay.
The life-night of the soul-bride is blessed and joyful, when she focuses her consciousness on her Dear Lord.

ਧਨ ਰਾਇ ਸੁਹਾਲਿਦੀਏ ਜੀਉ ਹਿਰ ਸੁਹੁ ਨਾਪਾਏ। (243)
dhan rain suhaylrhee-ay jee-o har si-o chit laa-ay.
The life-night of the soul-bride is blessed and joyful, when she focuses her consciousness on her Dear Lord.

ਧਨ ਦੇਸ ਮੁਹੇਲਜੀਏ ਸੀਧੀ ਦਿਵ ਮੁਧੀ ਚਿੱਹ ਰਲਾਏ। (243)
dhan dees maheljee-ay sied dih muh tee chih rallay.
The life-night of the soul-bride is blessed and joyful, when she focuses her consciousness on her Dear Lord.

ਇੱਕ ਦਿਨ ਦਿਖਾਇਆ ਵਿੱਚ ਹੋ ਸਾਹੀਬ ਦੇ ਹਿਰੀ ਮਹੱਤਵ ਦਾ ਹਾਰੀਐੜ੍ਹੋ। (243)
vichahu aap gavaa-ay har gun gaa-ay an-din laagaa bhaa-o.
Eradicating selfishness and conceit from within, and singing the Glorious Praises of the Lord, she is in love with the Lord, night and day.
Listen, dear friends and companions of the soul - immerse yourselves in the Word of the Guru's Shabad.

Dwell upon the Lord's Glories, and you shall be loved by your Husband, embracing love for the Naam, the Name of the Lord.

O Nanak, the soul-bride who wears the necklace of the Lord's Name around her neck is loved by her Husband Lord. ||2||

The soul-bride who is without her beloved Husband is all alone.

She is cheated by the love of duality, without the Word of the Guru's Shabad.

Without the Shabad of her Beloved, how can she cross over the treacherous ocean?

Attachment to Maya has led her astray.

Ruined by falsehood, she is deserted by her Husband Lord. The soul-bride does not attain the Mansion of His Presence.
But she who is attuned to the Guru’s Shabad is intoxicated with celestial love; night and
day, she remains absorbed in Him.

O Nanak, that soul-bride who remains constantly steeped in His Love, is blended by the
Lord into Himself.

If the Lord merges us with Himself, we are merged with Him. Without the Dear Lord, who
can merge us with Him?

Without our Beloved Guru, who can dispel our doubt?

Through the Guru, doubt is dispelled. O my mother, this is the way to meet Him; this is
how the soul-bride finds peace.

Without serving the Guru, there is only pitch darkness. Without the Guru, the Way is not
found.

That wife who is intuitively imbued with the color of His Love, contemplates the Word of
the Guru’s Shabad.
O Nanak, the soul-bride obtains the Lord as her Husband, by enshrining love for the Beloved Guru.

Gauri, Third Mehl:

Without my Husband, I am utterly dishonored. Without my Husband Lord, how can I live, O my mother?

The bridal dress looks beautiful upon my body, when I am pleasing to my Husband Lord. Following the Guru's Teachings, my consciousness is focused on Him.

I become His happy soul-bride forever, when I serve the True Guru; I sit in the Lap of the Guru.

Through the Word of the Guru's Shabad, the soul-bride meets her Husband Lord, who ravishes and enjoys her. The Naam, the Name of the Lord, is the only profit in this world.
Naanak kaaman naah pi-aaree jaa har kay gun saaray. ||1||

O Nanak, the soul-bride is loved by her Husband, when she dwells upon the Glorious Praises of the Lord. ||1||

Saa Dhan rang maanay jee-o aapnay naal pi-aaray.
The soul-bride enjoys the Love of her Beloved.

Ahinis rang raatee jee-o gur sabad veechaaray.
Imbued with His Love night and day, she contemplates the Word of the Guru's Shabad.

Gur sabad veechaaray ha-umai maaray in biDh milhu pi-aaray.
Contemplating the Guru's Shabad, she conquers her ego, and in this way, she meets her Beloved.

Saa Dhan sohagan sadaa rang raatee saachai naam pi-aaray.
She is the happy soul-bride of her Lord, who is forever imbued with the Love of the True Name of her Beloved.

Apunay gur mil rahee-ai amrit gahee-ai dubIDhaa maar nivaaray.
Abiding in the Company of our Guru, we grasp the Ambrosial Nectar; we conquer and cast out our sense of duality.

Naanak kaaman har var paa-i-aa saglay dookh visaaray. ||2||
O Nanak, the soul-bride attains her Husband Lord, and forgets all her pains. ||2||
ਕਾਮਿਣ ਿਪਰਹੁ ਭੁਲੀ ਜੀਉ ਮਾਇਆ ਮੋਿਹ ਿਪਆਰੇ ॥ (244)

The soul-bride has forgotten her Husband Lord, because of love and emotional attachment to Maya.

ਝੂਠੀ ਝੂਿਠ ਲਗੀ ਜੀਉ ਕੂਿੜ ਮੁਠੀ ਕੂਿੜਆਰੇ ॥ (244)

The false bride is attached to falsehood; the insincere one is cheated by insincerity.

ਕੂੜੁ ਿਨਵਾਰੇ ਗੁਰਮਿਤ ਸਾਰੇ ਜੂਐ ਜਨਮੁ ਹਾਰੇ ॥ (244)

She who drives out her falsehood, and acts according to the Guru's Teachings, does not lose her life in the gamble.

ਗੁਰ ਸਤਦੁ ਸੇਵੇ ਸਿਚ ਸਮਾਵੈ ਿਵਚਹੁ ਹਉਮੈ ਮਾਰੇ ॥ (244)

One who serves the Word of the Guru's Shabad is absorbed in the True Lord; she eradicates egotism from within.

ਹਿਰ ਕਾ ਨਾਮੁ ਿਰਦਈ ਵਾਲੇ ਐਸਾ ਕਰੇ ਸੀਗਾਰੋ ॥ (244)

So let the Name of the Lord abide within your heart; decorate yourself in this way.

ਨਾਨਕ ਕਾਮਿਣ ਸਹਿਜ ਸਮਾਣੀ ਿਜਸੁ ਸਾਚਾ ਨਾਮੁ ਅਧਾਰੋ ॥੩॥ (244)

O Nanak, the soul-bride who takes the Support of the True Name is intuitively absorbed in the Lord. ||3||

ਮੈ ਨੈਣੀ ਨੀਦ ਨ ਆਵੈ ਜੀਉ ਭਾਵੈ ਅੰਨੁ ਨ ਪਾਣੀ ॥ (244)

Sleep does not come to my eyes, and I have no desire for food or water.
ਪਾਣੀ ਅੰਨ ਨ ਭਾਵੀ ਮੰਰੀਅ ਹਾਵੀ ਿਬਨੁ ਿਪਰ ਿਕੁ ਸ਼ਕ ਪਾਈਐ ॥ (244)
paanee ann na bhaavai meari-ai haavai bin pir ki-o sukh paa-ee-ai.
I have no desire for food or water, and I am dying from the pain of separation. Without my Husband Lord, how can I find peace?

ਗੁਰ ਆਗੈ ਕਰਉ ਿਬਨੰਤੀ ਜੇ ਗੁਰ ਭਾਵੈ ਿਜਉ ਿਮਲੈ ਿਤਵੈ ਿਮਲਾਈਐ ॥ (245)
gur aagai kara-o binantee jay gur bhaavai ji-o milai tivai milaa-ee-ai.
I offer my prayers to the Guru; if it pleases the Guru, He shall unite me with Himself.

ਆਪੇ ਮੇਇਲ ਸੁਭਾਤਾ ਆਇ ਿਮਲਾਈਐ ਘਿਰ ਆਏ ॥ (245)
aapay mayl la-ay sukh-daata aap mili-aa ghar aa-ay.
The Giver of peace has united me with Himself; He Himself has come to my home to meet me.

ਨਾਨਕ ਕਾਮਣ ਸਦਾ ਸੁਹਾਗਣ ਨਾ ਿਪਰੁ ਮਰੈ ਨ ਜਾਏ ॥੪॥੨॥ (245)
naanak kaaman sadaa suhaagan naa pir marai na jaa-ay. ||4||2||
O Nanak, the soul-bride is forever the Lord's favorite wife; her Husband Lord does not die, and He shall never leave. ||4||2||

ਗਉੜੀ ਮਹਲਾ ੩ ॥ (245)
ga-orhee mehlaa 3.
Gauree, Third Mehl:

ਵਾਣਾਣ ਹਿਰ ਿਰਦਾ ਦੇ ਮਨੀਹ ਮੰਰੀਅ ਸੁਬਾਈਐ ॥ (245)
kaaman har ras bayDhee jee-o har kai sahj subhaa-ay.
The soul-bride is pierced through with the sublime essence of the Lord, in intuitive peace and poise.

ਮਨੁ ਮੋਹਿਨ ਮੋਿਹ ਲੀਆ ਜੀਉ ਦੁਕਾਈ ਸ਼ਹਜ਼ ਸਮਾਏ ॥ (245)
man mohan mohi lee-aa jee-o dubiDhaa sahj samaa-ay.
The Enticer of hearts has enticed her, and her sense of duality has been easily dispelled.
Her sense of duality has been easily dispelled, and the soul-bride obtains her Husband Lord; following the Guru’s Teachings, she makes merry.

This body is filled to overflowing with falsehood, deception and the commission of sins.

The Gurmukh practices that devotional worship, by which the celestial music wells up; without this devotional worship, filth is not removed.

O Nanak, the soul-bride who sheds selfishness and conceit from within, is dear to her Beloved.

She passes her life-night sleeping in peace, enshrining the Lord in her heart.

Enshrining Him deep within her heart night and day, she meets her Beloved, and her pains depart.
Deep within the mansion of her inner being, she enjoys her Husband Lord, reflecting upon the Guru's Teachings.

She drinks deeply of the Nectar of the Naam, day and night; she conquers and casts off her sense of duality.

O Nanak, the happy soul-bride meets her True Lord, through the Infinite Love of the Guru.

Come, and shower Your Mercy upon me, my most Darling, Dear Beloved.

Adorned with the True Word of Your Shabad, she conquers her ego, and as Gurmukh, her affairs are resolved.

Throughout the ages, the One Lord is True; through the Guru's Wisdom, He is known.
The self-willed manmukh is engrossed in sexual desire, and tormented by emotional attachment. With whom should she lodge her complaints?

O Nanak, the self-willed manmukh finds no place of rest, without the most Beloved Guru.

The bride is foolish, ignorant and unworthy. Her Husband Lord is Unapproachable and Incomparable.

He Himself unites us in His Union; He Himself forgives us.

The soul-bride’s Beloved Husband Lord is the Forgiver of sins; He is contained in each and every heart.

The True Guru has made me understand this understanding, that the Lord is obtained through love, affection and loving devotion.

She remains forever in bliss, day and night; she remains immersed in His Love, night and day.
O Nanak, that soul-bride who obtains the nine treasures, intuitively obtains her Husband Lord.

The sea of Maya is agitated and turbulent; how can anyone cross over this terrifying world-ocean?

Make the Lord's Name your boat, and install the Word of the Shabad as the boatman.

With the Shabad installed as the boatman, the Lord Himself shall take you across. In this way, the difficult ocean is crossed.

The Gurmukh obtains devotional worship of the Lord, and thus remains dead while yet alive.

In an instant, the Lord's Name erases his sinful mistakes, and his body becomes pure.
ਨਾਨਕ ਰਾਮ ਨਾਿਮ ਨਿਸਤਾਰਾ ਕੰਚਨ ਭਏ ਮਨੂਰਾ ॥੧॥

naanak raam naam nistaaraa kanchan bha-ay manooraa. ||1||

O Nanak, through the Lord’s Name, emancipation is obtained, and the slag iron is transformed into gold. ||1||

ਇਸਤਰੀ ਪੁਰਖ ਕਾਿਮ ਿਵਆਪੇ ਜੀਉ ਰਾਮ ਨਾਮ ਕੀ ਿਬਿਧ ਨਹੀ ਜਾਣੀ ॥

istaree purakh kaam vi-aapay jee-o raam naam kee biDh nahee jaanee.

Men and women are obsessed with sex; they do not know the Way of the Lord’s Name.

ਮਾਤ ਪਿਪਤਾ ਸੁਤ ਭਾਈ ਖਰੇ ਿਪਆਰੇ ਜੀਉ ਡੂਿਬ ਮੁਏ ਿਬਨੁ ਪਾਣੀ ॥

maat pitaa sut bhaa-ee kharay pi-aaray jee-o doob mu-ay bin paanee.

Mother, father, children and siblings are very dear, but they drown, even without water.

ਡੂਿਬ ਮੁਏ ਿਬਨੁ ਪਾਣੀ ਗਿਤ ਨਹੀ ਜਾਣੀ ਹਉਮੈ ਧਾਤੁ ਸੰਸਾਰੇ ॥

doob mu-ay bin paanee gat nahee jaanee ha-umai Dhaat sansaaray.

They are drowned to death without water - they do not know the path of salvation, and they wander around the world in egotism.

ਜੋ ਆਇਆ ਸੋ ਸਭੁ ਕੋ ਜਾਸੀ ਉਬਰੇ ਗੁਰ ਵੀਚਾਰੇ ॥

jo aa-i-aa so sabh ko jaasee ubray gur veechaaray.

All those who come into the world shall depart. Only those who contemplate the Guru shall be saved.

ਗੁਰਮੁਿਖ ਜੇਵੇ ਰਾਮ ਨਾਮ ਚਲਾਇ ਆਧੀ ਕੁੜ ਚਲਾਇ ॥

gurmukh jeve raam naam chalaai aadhii koor chalaai.

Those who become Gurmukh and chant the Lord’s Name, save themselves and save their families as well.

ਨਾਨਕ ਨਾਮ ਵਸੈ ਘਟ ਅੰਤਿਰ ਗੁਰਮਿਤ ਿਮਲੇ ਿਪਆਰੇ ॥੨॥

naanak naam vasai ghat antar gurmat milay pi-aaray. ||2||

O Nanak, the Naam, the Name of the Lord, abides deep within their hearts; through the Guru’s Teachings, they meet their Beloved. ||2||
Without the Lord's Name, nothing is stable. This world is just a drama.

Implant true devotional worship within your heart, and trade in the Name of the Lord.

Trade in the Lord's Name is infinite and unfathomable. Through the Guru's Teachings, this wealth is obtained.

This selfless service, meditation and devotion is true, if you eliminate selfishness and conceit from within.

I am senseless, foolish, idiotic and blind, but the True Guru has placed me on the Path.

O Nanak, the Gurmukhs are adorned with the Shabad; night and day, they sing the Glorious Praises of the Lord.

He Himself acts, and inspires others to act; He Himself embellishes us with the Word of His Shabad.
He Himself is the True Guru, and He Himself is the Shabad; in each and every age, He loves His devotees.

In age after age, He loves His devotees; the Lord Himself adorns them, and He Himself enjoins them to worship Him with devotion.

He Himself is All-knowing, and He Himself is All-seeing; He inspires us to serve Him.

He Himself is the Giver of merits, and the Destroyer of demerits; He causes His Name to dwell within our hearts.

Nanak is forever a sacrifice to the True Lord, who Himself is the Doer, the Cause of causes.

Serve the Guru, O my dear soul; meditate on the Lord's Name.
मंञहु दूिर न जािह िपरा जीउ घिर बैिठआ हिर पाए ॥

Do not leave me, O my dear soul - you shall find the Lord while sitting within the home of your own being.

घिर बैिठआ हिर पाए सदा िचतु लाए सहजे सित सुभाए ॥

You shall obtain the Lord while sitting within the home of your own being, focusing your consciousness constantly upon the Lord, with true intuitive faith.

गुर की सेवा खरੀ सुखालੀ िਜਸ नो आिप कराए ॥

Serving the Guru brings great peace; they alone do it, whom the Lord inspires to do so.

नामो बीजे नामो जमै नामो मंिन वसाए ॥

They plant the seed of the Name, and the Name sprouts within; the Name abides within the mind.

रसना हिर रसु चाखु मुਯे जीउ अन रस साद गवाए ॥

Taste the sublime essence of the Lord with your tongue, my dear, and renounce the pleasures of other tastes.
ਸਦਾ ਹਿਰ ਰਸੁ ਪਾਏ ਜਾ ਹਿਰ ਭਾਏ ਰਸਨਾ ਸਬਿਦ ਸੁਹਾਏ ॥ (246)
sadā har ras paa-ay jaa har bhaa-ay rasnaa sabad suhaa-ay.
You shall obtain the everlasting essence of the Lord when it pleases the Lord; your tongue shall be adorned with the Word of His Shabad.

ਰਾਮ ਪਾਣ ਦਿਖਾਏ ਮਨ ਸੁਖ ਪਾਏ ਰਾਮ ਭਾਏ ਰਸੀਦ ਸੁਹਾਏ ॥ (246)
naam Dhi-aa-ay sadaa sukh paa-ay naam rahai liv laa-ay.
Meditating on the Naam, the Name of the Lord, a lasting peace is obtained; so remain lovingly focused on the Naam.

ਨਾਮੁ ਿਧਾਏ ਸਦਾ ਸੁਖੁ ਪਾਏ ਨਾਿਮ ਰਹੈ ਿਲਵ ਲਾਏ ॥ (246)
nam Dhi-aa-ay sadaa sukh paa-ay naam rahai liv laa-ay.
Meditating on the Naam, the Name of the Lord, a lasting peace is obtained; so remain lovingly focused on the Naam.

ਨਾਨਕ ਨਾਮੁ ਗੁਰਮਤੀ ਪਾਈਐ ਆਪੇ ਲਏ ਲਵਾਐ ॥੨॥ (246)
naanak naam gurmatee paa-ee-ai aapay la-ay lavaa-ay. ||2||
O Nanak, the Naam is obtained through the Guru’s Teachings; He Himself attaches us to it. ||2||

ਏਹ ਿਵਡਾਣੀ ਚਕਰੀ ਿਪਰਾ ਜੀਊ ਧਨ ਛੋਿਡ ਪਰਦੇੱਸ ਿਸਧਾਏ ॥ (246)
ayh vidaanee chaakree piraa jee-o Dhan chhod pardays siDhaa-ay.
Working for someone else, O my dear, is like forsaking the bride, and going to foreign countries.

ਦੂਜੈ ਿਕਨੈ ਸੁਖ ਨ ਪਾਇਓ ਿਪਰਾ ਜੀਊ ਿਬਿਖਾ ਲੋਿਭ ਲੁਬਾਏ ॥ (246)
doojai kinai sukh na paa-i-o piraa jee-o bikhi-aa lobbh lubhaa-ay.
In duality, no one has ever found peace, O my dear; you are greedy for corruption and greed.

ਬਿਖਾ ਲੋਿਭ ਲੁਬਾਏ ਰਾਮ ਪਾਇਓ ਰਾਮ ਭਾਏ ਰਸੀਦ ਸੁਹਾਏ ॥ (246)
bikhi-aa lobbh lubhaa-ay bharam bhulaa-ay oh ki-o kar sukh paa-ay.
Greedy for corruption and greed, and deluded by doubt, how can anyone find peace?
Working for strangers is very painful; doing so, one sells himself and loses his faith in the Dharma.

Bound by Maya, the mind is not stable. Each and every moment, it suffers in pain.

O Nanak, the pain of Maya is taken away by focusing one's consciousness on the Word of the Guru's Shabad.

The self-willed manmukhs are foolish and crazy, O my dear; they do not enshrine the Shabad within their minds.

The delusion of Maya has made them blind, O my dear; how can they find the Way of the Lord?

The Lord's servants are forever comfortable. They focus their consciousness on the Guru's Feet.
Those unto whom the Lord shows His Mercy, sing the Glorious Praises of the Lord forever.

O Nanak, the jewel of the Naam, the Name of the Lord, is the only profit in this world. The Lord Himself imparts this understanding to the Gurmukh.

Shalok, Third Mehl:
Gauree Raga is auspicious, if, through it, one comes to think of his Lord and Master.
He should walk in harmony with the Will of the True Guru; this should be his decoration.
The True Word of the Shabad is our spouse; ravish and enjoy it, forever and ever.
Like the deep crimson color of the madder plant - such is the dye which shall color you, when you dedicate your soul to the True One.
One who loves the True Lord is totally imbued with the Lord's Love, like the deep crimson color of the poppy.
Falsehood and deception may be covered with false coatings, but they cannot remain hidden.

False is the uttering of praises, by those who love falsehood.

O Nanak, He alone is True; He Himself casts His Glance of Grace.

Egotism has led the world astray, along with evil-mindedness and the poison of corruption.

Meeting with the True Guru, we are blessed by the Lord's Glance of Grace, while the self-willed manmukh gropes around in the darkness.

O Nanak, the Lord absorbs into Himself those whom He inspires to love the Word of His Shabad.
One who is attached to Maya is totally blind and deaf. He does not listen to the Word of the Shabad; he makes a great uproar and tumult. The Gurmukhs chant and meditate on the Shabad, and lovingly center their consciousness on it. They hear and believe in the Name of the Lord; they are absorbed in the Name of the Lord. Whatever pleases God, He causes that to be done. O Nanak, human beings are the instruments which vibrate as God plays them.

The egotistical, self-willed manmukh does not know the Mansion of the Lord's Presence; one moment he is here, and the next moment he is there.
ਸਦਾ बुਲाईਐ मਹਿਲ ਨ ਆਵੈ ਿਕਉ ਕਰੀ ਦਰਗਹ ਸੀਜੈ ॥ (314)
He is always invited, but he does not go to the Mansion of the Lord’s Presence. How shall he be accepted in the Court of the Lord?

ਸਿਤਗੁਰ ਕਾ ਮਹਲੁ ਿਵਰਲਾ ਜਾਣੈ ਸਦਾ ਰਹੈ ਕਰ ਜੋਿੜ ॥ (314)
How rare are those who know the Mansion of the True Guru; they stand with their palms pressed together.

ਸਨੋਕੁ ਮਹਲੁ ॥ (314)
If my Lord grants His Grace, O Nanak, He restores them to Himself. ||2||

ਜਿਨ ਗੁਰੂ ਗੋਪਾ ਆਪਣਾ ਿਤਸੁ ਠਉਰ ਨ ਠਾਉ ॥ (314)
Those who do not affirm their Guru shall have no home or place of rest.

ਹਲਤੁ ਪਲਤੁ ਦੋਵੈ ਗਏ ਦਰਗਹ ਨਾਹੀ ਥਾਉ ॥ (314)
They lose both this world and the next; they have no place in the Court of the Lord.

ਓਹ ਵੇਲਾ ਹਿਥ ਨ ਆਵੈ ਿਫਿਰ ਸਿਤਗੁਰ ਲਗਿਹ ਪਾਇ ॥ (314)
This opportunity to bow at the Feet of the True Guru shall never come again.

ਸਤਿਗੁਰ ਕੀ ਗਤਾੈ ਗਤੀਐ ਦੁਖੇ ਦੁਿਖ ਿਵਹਾਇ ॥ (314)
If they miss out on being counted by the True Guru, they shall pass their lives in pain and misery.
The True Guru, the Primal Being, has no hatred or vengeance; He unites with Himself those with whom He is pleased.

O Nanak, those who behold the Blessed Vision of His Darshan, are emancipated in the Court of the Lord.

The self-willed manmukh is ignorant, evil-minded and egotistical. He is filled with anger within, and he loses his mind in the gamble. He commits the sins of fraud and unrighteousness. What can he hear, and what can he tell others? He is blind and deaf; he loses his way, and wanders lost in the wilderness.
The blind, self-willed manmukh comes and goes in reincarnation;

without meeting the True Guru, he finds no place of rest.

O Nanak, he acts according to his pre-ordained destiny. ||2||

The Gurmukh is blessed with spiritual wisdom and a discerning intellect.

He sings the Glorious Praises of the Lord, and weaves this garland into his heart.

He becomes the purest of the pure, a being of supreme understanding.

Whoever he meets, he saves and carries across.
antar har naam baasnaa samaanee.
The fragrance of the Lord's Name permeates his being deep within.

har dar sobhaa mahaa utam banee.
He is honored in the Court of the Lord, and his speech is the most sublime.

je purakh sunai so ho-ay nihaal.
Those who hear him are delighted.

naanak satgur mili-ai paa-i-aa naam Dhan maal. ||1||
O Nanak, meeting the True Guru, one obtains the wealth and property of the Naam. ||1||

raag aasaa ghar 2 mehlaa 3
Raag Aasaa, Second House, Third Mehl:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

har darsan paavai vadhaaag.
The Blessed Vision of the Lord's Darshan is obtained by great good fortune.

gur kai sabad sachai bairaag.
Through the Word of the Guru's Shabad, true detachment is obtained.
खटु दरसनु वरतै वरतारा ॥ (360)
khat darsan vartai vartaaraa.
The six systems of philosophy are pervasive,

गुर का दरसनु अगम अपारा ॥१॥ (360)
gur kaa darsan agam apaaraa. ||1||
but the Guru's system is profound and unequalled. ||1||

गुर के दरसिन अगम अपारा ॥ (361)
gur kai darsan mukat gat ho-ay.
The Guru's system is the way to liberation.

साचा आिप वसै मिन सोइ ॥१॥ रहाउ ॥ (361)
saachaa aap vasai man so-ay. ||1|| rhaa-o.
The True Lord Himself comes to dwell in the mind. ||1||Pause||

गुर दरसिन उधरै संसारा ॥ (361)
gur darsan uDhrai sansaaraa.
Through the Guru's system, the world is saved,

जे को लाए भाउ िपआरा ॥ (361)
jay ko laa-ay bhaa-o pi-aaraa.
if it is embraced with love and affection.

भाउ िपआरा लाए विरला कोइ ॥ (361)
bhaa-o pi-aaraa laa-ay virlaa ko-ay.
How rare is that person who truly loves the Guru's Way.

गुर के दरसिन सदा सुखु होइ ॥२॥ (361)
gur kai darsan sadaa sukh ho-ay. ||2||
Through the Guru's system, everlasting peace is obtained. ||2||
Through the Guru's system, the Door of Salvation is obtained.

Serving the True Guru, one's family is saved.

There is no salvation for those who have no Guru.

Beguiled by worthless sins, they are struck down.

Through the Word of the Guru's Shabad, the body finds peace and tranquility.

The Gurmukh is not afflicted by pain.

The Messenger of Death does not come near him.

O Nanak, the Gurmukh is absorbed in the True Lord.
Aasaa, Third Mehl:

ਸਿਤਗੁਰੁ ਸੇਵੇ ਿਤਲੁ ਨ ਤਮਾਇ ॥

satgur sayvay til na tamaa-ay.
He serves the True Guru, with no iota of self-interest.

ਗੁਣ ਸੰਗਰ੍ਹੁ ਿਵਚਹੁ ਅਉਗੁਣ ਜਾਿਹ ॥

gun sangrahu vichahu a-ogun jaahi.
So gather merits, and let your demerits depart from within you.

ਗੁਣਾ ਕਾ ਗਾਹਕੁ ਹੋਵੈ ਸੋ ਗੁਣ ਜਾਣੈ ॥

gunaa kaa gaahak hovai so gun jaanai.
One who purchases merits, knows the value of these merits.
He chants the Ambrosial Nectar of the Word, and the Name of the Lord.

Through the True Bani of the Word, he becomes pure.

Through merit, the Name is obtained. ||2||

The invaluable merits cannot be acquired.

The pure mind is absorbed into the True Word of the Shabad.

How very fortunate are those who meditate on the Naam,

and ever enshrine in their minds the Lord, the Giver of merit. ||3||

I am a sacrifice to those who gather merits.
ਦਿਰ ਸਾਚੈ ਸਾਚੇ ਗੁਣ ਗਾਊ ॥ (361)

dar saachai saachay gun gaa-o.
At the Gate of Truth, I sing the Glorious Praises of the True One.

ਆਪੇ ਦੇਵੈ ਹਿਸੀ ਸੁਭਾਇ ॥ (361)

aapay dayvai sahj subhaa-ay.
He Himself spontaneously bestows His gifts.

ਨਾਨਕ ਕੀਮਿਤ ਕਹਣੁ ਨ ਜਾਇ ॥੪॥੨॥੪੧॥ (361)

naanak keemat kahan na jaa-ay. ||4||2||41||
O Nanak, the value of the Lord cannot be described. ||4||2||41||

ਆਸਾ ਮਹਲਾ ੩ ॥ (361)

aasaa mehlaa 3.
Aasaa, Third Mehl:

ਸਿਤਗੁਰ ਵਚਨੁ ਵਡੀ ਵਿਡਾਈ ॥ (361)

satgur vichhunay mayl milaa-ee.
Great is the greatness of the True Guru;

ਚਿੰਦਰ ਵਚਨੁ ਮੇਲ ਮਿਲਾਈ ॥ (361)

chiree vichhunay mayl milaa-ee.
He merges in His Merger, those who have been separated for so long.

ਆਪੇ ਮੇਲ ਮਿਲਾਏ ॥ (361)

aapay maylay mayl milaa-ay.
He Himself merges the merged in His Merger.

ਆਪਣੀ ਕੀਮਿਤ ਆਪੇ ਪਾਏ ॥੧॥ (361)

aapnee keemat aapay paa-ay. ||1||
He Himself knows His own worth. ||1||
ਹਿਰ ਕੀ ਕਿਮਤ ਿਕਨ ਿਬਿਧ ਹੋਇ ॥
har kee keemat kin biDh ho-ay.
How can anyone appraise the Lord's worth?

ਹਿਰ ਅਪਰੰਪਰੁ ਅਗਮ ਅਗੋਚਰੁ ਗੁਰ ਕੈ ਸਬਿਦ ਿਮਲੈ ਜਨੁ ਕੋਇ ॥੧॥
har aprampar agam agochar gur kai sabad milai jan ko-ay. ||1|| rahaa-o.
Through the Word of the Guru's Shabad, one may merge with the Infinite, Unapproachable and Incomprehensible Lord. ||1||Pause||

ਗੁਰਮੁਕਾਸ਼ ਕੀਮਤ ਜਾਣੈ ਕੋਇ ॥
gurmukh keemat jaanai ko-ay.
Few are the Gurmukhs who know His worth.

ਵੀਰਲੇ ਕਰੀਮ ਪਰਾਪਿਤ ਹੋਇ ॥
virlay karam paraapat ho-ay.
How rare are those who receive the Lord's Grace.

ੋੜ੍ਦੀ ਬਾਣੀ ਊੜਚ ਹੋਇ ॥
oochee banee oochaa ho-ay.
Through the Sublime Bani of His Word, one becomes sublime.

ਗੁਰਮੁਕਾਸ਼ ਸਬਿਦ ਵਖਾਣੈ ਕੋਇ ॥੨॥
gurmukh sabad vakhaanai ko-ay. ||2||
The Gurmukh chants the Word of the Shabad. ||2||

ਵਿਚਿਆ ਤਾਚਿਆ ਁਦਰਦਵਸ਼ ਸਰੀਰ ॥
vir lay dukh darad sareer.
Without the Name, the body suffers in pain;

ਸਿਤਗੁਰੂ ਭੇਟੇ ਤਾ ਉਤਰੈ ਪੀਰ ॥
satgur bhaytay taa utrai peer.
but when one meets the True Guru, then that pain is removed.
bin gur bhaytay dukh kamaa-ay.
Without meeting the Guru, the mortal earns only pain.

manmukh bahutee milai sajaa-ay. ||3||
The self-willed manmukh receives only more punishment. ||3||

har kaa naam meethaa ati rasu ho-ay.
The essence of the Lord's Name is so very sweet;

he alone drinks it, whom the Lord causes to drink it.

By Guru's Grace, the essence of the Lord is obtained.

O Nanak, imbued with the Naam, the Name of the Lord, salvation is attained. ||4||3||42||

My God is True, deep and profound.
sayvat hee sukh saaNt sareer.
Serving Him, the body acquires peace and tranquility.

sabad taray jan sahj subhaa-ay.
Through the Word of the Shabad, His humble servants easily swim across.

tin kai ham sad laagah paa-ay. ||1||
I fall at their feet forever and ever. ||1||

jo man raatay har rang laa-ay.
Those being whose minds are imbued and drenched with the Lord's Love -

tin kaa janam maran dukh laathaa tay har dargeh milay subhaa-ay. ||1|| rahaa-o.
their pains of birth and death are taken away. They are automatically ushered into the Court of the Lord. ||1||Pause||

sabad chaakhai saachaa saad paa-ay.
One who has tasted the Shabad, obtains the true flavor.

har kaa naam man vasaa-ay.
The Name of the Lord abides within his mind.

har parabh sadaa rahi-aa bharpoor.
The Lord God is Eternal and All-pervading.
He Himself is near, and He Himself is far away. ||2||

Everyone talks and speaks through speech;

the Lord Himself forgives, and unites us with Himself.

By merely speaking and talking, He is not obtained.

By Guru's Grace, He comes to abide in the mind. ||3||

The Gurmukh eradicates his self-conceit from within.

He is imbued with the Lord's Love, having discarded worldly attachment.

He contemplates the utterly Immaculate Word of the Guru's Shabad.
Nanak Naam Savaaranhaar. ||4||4||43||
O Nanak, the Naam, the Name of the Lord, is our Salvation. ||4||4||43||

Aasaa Mehlaa 3. || (362)
aasaa mehlaa 3.
Aasaa, Third Mehl:

Doojai Bhaa-ay Lagay Dukh Paa-i-aa. || (362)
Attached to the love of duality, one only incurs pain.

Bintu Sabdaa Biratha Jannum Gavaa-i-aa. || (362)
Without the Word of the Shabad, one’s life is wasted away in vain.

Satgur Sayvai Sojhee Ho-ay. || (362)
Serving the True Guru, understanding is obtained,

Doojai Bhaa-ay Na Laagai Ko-ay. ||1||
and then, one is not attached to the love of duality. ||1||

Mool Lagay Say Jan Parvaan. || (362)
Those who hold fast to their roots, become acceptable.

An-din Raam Naam Jap Hirdai Gur Sabdee Har Ayko Jaan. ||1|| Raha-o. || (362)
Night and day, they meditate within their hearts on the Lord’s Name; through the Word of
the Guru’s Shabad, they know the One Lord. ||1||Pause||
daalee laagai nihfal jaa-ay.
One who is attached to the branch, does not receive the fruits.

a^nDhee^n kam mee anDh saja-ay.
For blind actions, blind punishment is received.

manmukh anDhhaa tha-ur na paa-ay.
The blind, self-willed manmukh finds no place of rest.

bistaa kaa keerhaa bistaa maahi pachat ay.
He is a maggot in manure, and in manure he shall rot away. ||2||

gur kee sayvaa sadaa sukh paa-ay.
Serving the Guru, everlasting peace is obtained.

naamay naam karay veechaar.
One who contemplates the Naam, the Name of the Lord,

aap tarai kul uDhranhaar. ||3||
saves himself, and his family as well. ||3||
ਗੁਰ ਕੀ ਬਾਣੀ ਨਾਿਮ ਵਜਾਏ ॥ (362)
Through the Word of the Guru's Bani, the Naam resounds;

ਨਾਨਕ ਮਹਲੁ ਸਬਿਦ ਘਰੁ ਪਾਏ ॥ (362)
O Nanak, through the Word of the Shabad, one finds the Mansion of the Lord's Presence within the home of the heart.

ਗੁਰਮਿਤ ਸਤ ਸ਼ਰੀ ਹਰ ਜਿਲ ਨਾਈਆ ॥ (362)
Under Guru's Instruction, bathe in the Pool of Truth, in the Water of the Lord;

durmat mail sabh durat gavaa-i-aa. ||4||5||44|| thus the filth of evil-mindedness and sin shall all be washed away. ||4||5||44||

ਆਸਾ ਮਹਲਾ ੩ ॥ (362)
Aasaa, Third Mehl:

ਮਨਮੁਖ ਮਰਿਹ ਮੀਰ ਮਰਣੁ ਿਵਗਾੜਿਹ ॥ (362)
The self-willed manmukhs are dying; they are wasting away in death.

ਦੂਜੈ ਬਾਇ ਆਤਮ ਸੰਘਾਰਿਹ ॥ (362)
In the love of duality, they murder their own souls.

ਮੇਰਾ ਮੇਰਾ ਕਿਰ ਕਿਰ ਿਵਗੂਤਾ ॥ (362)
Crying out, "Mine, mine!", they are ruined.
आतमु न चीन है भरमै विच सूता ||१|| (362)
They do not remember their souls; they are asleep in superstition. ||1||

मरू मुइआ सबदे मरि जाइ || (362)
He alone dies a real death, who dies in the Word of the Shabad.

उसतित िनदा गुिर सम जाणाई इसु जुग महि लाहा हरि जपि लै जाइ ||१|| रहाउ ||
The Guru has inspired me to realize, that praise and slander are one and the same; in this world, the profit is obtained by chanting the Name of the Lord. ||1|| Pause||

उसतित िनदा गुिर सम जाणाई इसु जुग महि लाहा हरि जपि लै जाइ ॥१॥ रहाउ ॥ (362)
The Guru has inspired me to realize, that praise and slander are one and the same; in this world, the profit is obtained by chanting the Name of the Lord. ||1|| Pause||

सितगुिर पूरै बूझ बुझाई ॥२॥ (362)
The Perfect True Guru has given me this understanding. ||2||

मनु चंचलु बढु चोटा खाइ || (362)
The fickle mind is struck down so many times.

Those who lack the Naam, the Name of the Lord, are dissolved within the womb.

Without the Naam, all are burning in pain.

The Perfect True Guru has given me this understanding. ||2||
Having lost this opportunity, no place of rest shall be found.

Cast into the womb of reincarnation, the mortal lives in manure;

in such a home, the self-willed manmukh takes up residence. ||3||

I am forever a sacrifice to my True Guru;

the light of the Gurmukh blends with the Divine Light of the Lord.

Through the Immaculate Bani of the Word, the mortal dwells within the home of his own inner self.

O Nanak, he conquers his ego, and remains forever detached. ||4||6||45||

Aasaa, Third Mehl:
The Lord's slave sets aside his own social status.

He dedicates his mind and body to the True Guru, and seeks His Sanctuary.

His greatest greatness is that the Naam, the Name of the Lord, is in his heart.

The Beloved Lord God is his constant companion.

He alone is the Lord's slave, who remains dead while yet alive.

He looks upon pleasure and pain alike; by Guru's Grace, he is saved through the Word of the Shabad.

He does his deeds according to the Lord's Primal Command.

Without the Shabad, no one is approved.
Singing the Kirtan of the Lord's Praises, the Naam abides within the mind.

He Himself gives His gifts, without hesitation.

The self-willed manmukh wanders around the world in doubt.

Without any capital, he makes false transactions.

Without any capital, he does not obtain any merchandise.

The mistaken manmukh wastes away his life.

One who serves the True Guru is the Lord's slave.

His social status is exalted, and his reputation is exalted.
ਗੁਰ ਪਉੜੀ ਸਭ ਦੂ ਊਚਾ ਹੋਇ ॥ (363)
gur pa-orhee sabh doo oochaa ho-ay.
Climbing the Guru's Ladder, he becomes the most exalted of all.

ਲਗਤਾਂ ਲਾਭ ਬਕਸ਼ੀ ਵਿੱਚੇ ॥੪॥੭॥੪੬॥ (363)
naanak naam vadaa-ee ho-ay. ||4||7||46||
O Nanak, through the Naam, the Name of the Lord, greatness is obtained. ||4||7||46||

ਆਸਾ ਮਹਲਾ ੩ ॥ (363)
aasaa mehlaa 3.
Aasaa, Third Mehl:

ਮਨਮੁਿਖ ਜੂਠੋ ਜੂਠੁ ਕਮਾਵੈ ॥ (363)
mannuukh jhootho jhooth kamaavai.
The self-willed manmukh practices falsehood, only falsehood.

ਖਸਮੈ ਕੁ ਮਹਲੁ ਕਦੇ ਨ ਪਾਵੈ ॥ (363)
khasmai kaa mahal kaday na paavai.
He never attains the Mansion of the Lord Presence.

ਦੂਜਾਗੈ ਕੁ ਦੂਜੀ ਕੋਲ ਕੇ ਸੀਗਾਰੁ ॥ (363)
doojai lagee bharam bhulaavai.
Attached to duality, he wanders, deluded by doubt.

ਮਮਤਾ ਬਾਧਾ ਆਵੈ ਜਾਵੈ ॥੧॥ (363)
mamtaa baaDhaa aavai jaavai. ||1||
Entangled in worldly attachments, he comes and goes. ||1||

ਦੋਹਿਗਾਣੀ ਕੁ ਭਰਾ ਭੇਗਣੁ ॥ (363)
duhaaganee kaa man daykh seegaar.
Behold, the decorations of the discarded bride!
Her consciousness is attached to children, spouse, wealth, and Maya, falsehood, emotional attachment, hypocrisy and corruption. ||1|| Pause

She who is pleasing to God is forever a happy soul-bride.

She makes the Word of the Guru's Shabad her decoration.

Her bed is so comfortable; she enjoys her Lord, night and day.

Meeting her Beloved, the obtains eternal peace. ||2||

Meeting her Husband Lord always clasped to her heart.

She sees Him near at hand, ever-present.
My God is all-pervading everywhere. ||3||

Social status and beauty will not go with you hereafter.

As are the deeds done here, so does one become.

Through the Word of the Shabad, one becomes the highest of the high.

O Nanak, he is absorbed in the True Lord. ||4||8||47||

Through awe and fear of the Guru, he is truly absorbed in the True One.
Without the Perfect Guru, devotional love is not obtained.

The self-willed manmukhs lose their honor, and cry out in pain.

O my mind, chant the Lord's Name, and meditate on Him forever.

You shall always be in ecstasy, day and night, and you shall obtain the fruits of your desires.

Through the Perfect Guru, the Perfect Lord is obtained,

and the Shabad, the True Name, is enshrined in the mind.

One who bathes in the Pool of Ambrosial Nectar becomes immaculately pure within.

He becomes forever sanctified, and is absorbed in the True Lord.
ਹਿਰ ਪਰ੍ਭੁ ਵੇਖੈ ਸਦਾ ਹਜੂਰ ॥ (363)
He sees the Lord God ever-present.

ਗੁਰ ਪਰਸਾਦੀ ਰਹਿਅਾ ਭਰਪੂਰ ॥
By Guru's Grace, he sees the Lord permeating and pervading everywhere.

ਜਹਾ ਜਾਉ ਤਹ ਵੇਖਾ ਸੋਇ ॥ (363)
Wherever I go, there I see Him.

ਗੁਰ ਿਬਨੁ ਦਾਤਾ ਅਵਰੁ ਨ ਕੋਇ ॥੩॥
Without the Guru, there is no other Giver. ||3||

ਗੁਰੁ ਸਾਗਰੁ ਪੂਰਾ ਭੰਡਾਰ ॥
The Guru is the ocean, the perfect treasure,

ਊਤਮ ਰਤਨ ਜਵਾਹਰ ਅਪਾਰ ॥ (363)
the most precious jewel and priceless ruby.

ਗੁਰ ਧਰਮਤੀ ਦੇਸਟਗਰੁ ॥
By Guru's Grace, the Great Giver blesses us;

ਨਾਨਕ ਬਖਸੇ ਬਖਸਣਹਾਰੁ ॥ (363)
O Nanak, the Forgiving Lord forgives us. ||4||9||48||
Aasaa, Third Mehl:

The Guru is the Ocean; the True Guru is the Embodiment of Truth.

Through perfect good destiny, one serves the Guru.

He alone understands, whom the Lord Himself inspires to understand.

By Guru's Grace, one serves Him.

With the jewel of spiritual wisdom, total understanding is obtained.

By Guru's Grace, ignorance is dispelled; one then remains wakeful, night and day, and beholds the True Lord.

Through the Word of the Guru's Shabad, attachment and pride are burnt away.
From the Perfect Guru, true understanding is obtained.

Through the Word of the Guru's Shabad, one realizes the Lord's Presence within.

Then, one's coming and going cease, and one becomes stable, absorbed in the Naam, the Name of the Lord.

The world is tied to birth and death.

The unconscious, self-willed manmukh is enveloped in the darkness of Maya and emotional attachment.

He slanders others, and practices utter falsehood.

He is a maggot in manure, and into manure he is absorbed.

Joining the True Congregation, the Sat Sangat, total understanding is obtained.
gur kaa sabad har bhagat drirh-aa-ay.
Through the Word of the Guru's Shabad, devotional love for the Lord is implanted.

bhaanaa mannay sadaa sukh ho-ay.
One who surrenders to the Lord's Will is peaceful forever.

naanak sach samaavai so-ay. ||4||10||49||
O Nanak, he is absorbed into the True Lord. ||4||10||49||

pooray gur tay saach samaa-ay. ||1||
Through the Perfect Guru, he merges with the True Lord. ||1||
One who has the Naam, the Name of the Lord, written in his pre-ordained destiny,

Those, whom the Lord God has blended with Himself -

The Perfect True Guru has given the Glorious Greatness,

of the most exalted order, and I am absorbed into the Lord's Name.

Whatever the Lord does, He does all by Himself.

In an instant, He establishes, and disestablishes.


By merely speaking, talking, shouting and preaching about the Lord, 

even hundreds of times, the mortal is not approved. ||3||

The Guru meets with those, who take virtue as their treasure;

they listen to the True Word of the Guru's Bani, the Shabad.

Pain departs, from that place where the Shabad abides.

By the jewel of spiritual wisdom, one is easily absorbed into the True Lord. ||4||

No other wealth is as great as the Naam.

It is bestowed only by the True Lord.
Through the Perfect Word of the Shabad, it abides in the mind.

O Nanak, imbued with the Naam, peace is obtained.

One may dance and play numerous instruments; but this mind is blind and deaf, so for whose benefit is this speaking and preaching?

Deep within is the fire of greed, and the dust-storm of doubt.

The lamp of knowledge is not burning, and understanding is not obtained.

The Gurmukh has the light of devotional worship within his heart.
Understanding his own self, he meets God. ||1||Pause||

The Gurmukh's dance is to embrace love for the Lord;

to the beat of the drum, he sheds his ego from within.

My God is True; He Himself is the Knower of all.

Through the Word of the Guru's Shabad, recognize the Creator Lord within yourself. ||2||

The Gurmukh is filled with devotional love for the Beloved Lord.

He intuitively reflects upon the Word of the Guru's Shabad.

For the Gurmukh, loving devotional worship is the way to the True Lord.
But the dances and the worship of the hypocrites bring only pain. ||3||

True Devotion is to remain dead while yet alive.

By Guru's Grace, one crosses over the terrible world-ocean.

Through the Guru's Teachings, one's devotion is accepted,

and then, the Dear Lord Himself comes to dwell in the mind. ||4||

When the Lord bestows His Mercy, He leads us to meet the True Guru.

Then, one's devotion becomes steady, and the consciousness is centered upon the Lord.

Those who are imbued with Devotion have truthful reputations.
O Nanak, imbued with the Naam, the Name of the Lord, peace is obtained. ||5||12||51||

Aasaa Ghar 8 Kafee Mehlaa 3

Aasaa, Eighth House, Kaafee, Third Mehl:

One Universal Creator God. By The Grace Of The True Guru:

By the Pleasure of the Lord's Will, one meets the True Guru, and true understanding is obtained.

By Guru's Grace, the Lord abides in the mind, and one comes to understand the Lord. ||1||

My Husband Lord, the Great Giver, is One. There is no other at all.

By Guru's merciful favor, He abides in the mind, and then, a lasting peace ensues. ||1||Pause||

In this age, the Lord's Name is fearless; it is obtained by meditative reflection upon the Guru.
Without the Name, the blind, foolish, self-willed manmukh is under Death's power. ||2||

By the Pleasure of the Lord's Will, the humble being performs His service, and understands the True Lord. ||3||

By the Pleasure of the Lord's Will, He is to be praised; surrendering to His Will, peace ensues. ||3||

By the Pleasure of the Lord's Will, the prize of this human birth is obtained, and the intellect is exalted.

O Nanak, praise the Naam, the Name of the Lord; as Gurmukh, you shall be emancipated. ||4||39||13||52||

One Universal Creator God. By The Grace Of The True Guru:
The Shaastras, the Vedas and the Simritees are contained in the ocean of Your Name; the River Ganges is held in Your Feet.

The intellect can understand the world of the three modes, but You, O Primal Lord, are totally astounding.

Servant Nanak meditates on His Feet, and chants the Ambrosial Word of His Bani. ||1||Pause||

Three hundred thirty million gods are Your servants. You bestow wealth, and the supernatural powers of the Siddhas; You are the Support of the breath of life.

His beauteous forms cannot be comprehended; what can anyone accomplish by discussing and debating? ||2||

Throughout the ages, You are the three qualities, and the four sources of creation.

If You show Your Mercy, then one obtains the supreme status, and speaks the Unspoken Speech. ||3||
ਤੂ ਕਰਤਾ ਕੀਆ ਸਭ ਤੇਰਾ ਕੀਆ ਕਰੇ ਪਰਾਣੀ ॥
(423)

too kartaa kee-aa sabh tayraa ki-aa ko karay paraanee.
You are the Creator; all are created by You. What can any mortal being do?

ਨਾ ਕਰੀ ਤਰਜ਼ ਬਣਾ ਤੂ ਅਧੀਤ ਧਾ ਨੰ ਪਨਾਦੀ ॥
(423)

jaa tuDh bhaavai taa gurmukh boojhai hor manmukh firai i-anee. ||5||
When it is pleasing to Your Will, then the Gurmukh understands. Otherwise, the self-willed manmukhs wander in ignorance. ||5||

ਚਾਰੇ ਵੇਦ ਬਰਹਮੇ ਕੁੜੋ ਦੀਐ ਵੀਚਾਰੀ ॥
(423)

You gave the four Vedas to Brahma, for him to read and read continually, and reflect upon.

ਤਾ ਕਾ ਹੁਕਮ ਨ ਕੁੜੋ ਗਾਵਹ ਕਿਰ ਅਵਤਾਰੀ ॥
(423)

The wretched one does not understand His Command, and is reincarnated into heaven and hell. ||6||

ਸੰਗਾ ਸੰਗਾ ਕੁੜ ਕੁੜੋ ਵਾ ਕੀਤਾ ਵਾ ਅਧੀਤੀ ॥
(423)

In each and every age, He creates the kings, who are sung of as His Incarnations.

ਵਿਤਨ ਭੀ ਅਂਤਨ ਨ ਪਾਇਆ ਤਾ ਕਾ ਕੀ ਕਾਰ ਆਧੀਤ ਵੀਚਾਰੀ ॥
(423)

tin bhee ant na paa-i-aa taa kaa ki-aa kar aakh veechaaree. ||7||
Even they have not found His limits; what can I speak of and contemplate? ||7||
“You are True, and all that You do is True. If You bless me with the Truth, I will speak on it.”

“One whom You inspire to understand the Truth, is easily absorbed into the Naam.”

“The True Guru has dispelled my doubts.”

“The Great Giver knows our condition completely; the Gurmukh obtains the treasure of the Naam, the Name of the Lord.”
The great glory of meeting the True Guru is

that it has quenched the fire of possessiveness and desire;

imbibed with peace and poise, I sing the Glorious Praises of the Lord. ||2||

Without the Perfect Guru, no one knows the Lord.

Attached to Maya, they are engrossed in duality.

The Gurmukh receives the Naam, and the Bani of the Lord's Word. ||3||

Service to the Guru is the most excellent and sublime penance of penances.

The Dear Lord dwells in the mind, and all suffering departs.
Then, at the Gate of the True Lord, one appears truthful. ||4||

Serving the Guru, one comes to know the three worlds.

Serving the Guru, all of one's generations are saved.

Keep the Immaculate Naam enshrined within your heart.

In the Court of the True Lord, you shall be adorned with True Glory.

How very fortunate are they, who are committed to the Guru's service.
Night and day, they are engaged in devotional worship; the True Name is implanted within them.

Through the Naam, all of one's generations are saved.

Nanak chants the true thought.

Imbued with devotion to the Lord, the gate of salvation is found.

Everyone lives, hoping in hope.

Understanding His Command, one becomes free of desire.
So many are asleep in hope.

He alone wakes up, whom the Lord awakens.

The True Guru has led me to understand the Naam, the Name of the Lord; without the Naam, hunger does not go away.

Through the Naam, the fire of desire is extinguished; the Naam is obtained by His Will.

In the Dark Age of Kali Yuga, realize the Word of the Shabad.

By this devotional worship, egotism is eliminated.

Serving the True Guru, one becomes approved.

So know the One, who created hope and desire.
What shall we offer to one who proclaims the Word of the Shabad?

By His Grace, the Naam is enshrined within our minds.

Offer your head, and shed your self-conceit.

One who understands the Lord's Command finds lasting peace.

He Himself does, and causes others to do.

He Himself enshrines His Name in the mind of the Gurmukh.

He Himself misleads us, and He Himself puts us back on the Path.

Through the True Word of the Shabad, we merge into the True Lord.
ਸਚਾ ਸਬਦੁ ਸਚੀ ਹੈ ਬਾਣੀ ॥
sachaa sabad sachee hai banee.
True is the Shabad, and True is the Word of the Lord's Bani.

ਗੁਰਮੁਖ ਜੁਗ ਜੁਗ ਆਖ ਵਖਾਣੀ ॥
gurmukh jug jug aakh vakhaanee.
In each and every age, the Gurmukhs speak it and chant it.

ਮਨਮੁਖ ਮੋਹ ਭਰਿਮ ਭੋਲਾਣੀ ॥
manmukh mohi bharam bholaanee.
The self-willed manmukhs are deluded by doubt and attachment.

ਬਹੁ ਕਰਮ ਕਮਾਵੈ ਦੁਖੁ ਸਬਾਇਆ ॥
baho karam kamaavai dukh sabaa-i-aa.
He performs all sorts of rituals, but still suffers terrible pain.

ਸਤਗੁਰੁ ਸੇਵ ਸਦਾ ਸੁਖੁ ਪਾਇਆ ॥
satgur sayv sadaa sukh paa-i-aa.
Serving the True Guru, eternal peace is obtained.
Reflective meditation upon the Shabad is such sweet nectar.

Night and day, one enjoys it, subduing his ego.

When the Lord showers His Mercy, we enjoy celestial bliss.

Imbued with the Naam, love the True Lord forever.

Meditate on the Lord, and read and reflect upon the Guru's Shabad.

Meditate on the Lord, and be imbued with fear and love of the True One.

O Nanak, enshrine the Naam within your heart, through the Guru's Teachings.
Ik-oNkaar satgur parsad.
One Universal Creator God. By The Grace Of The True Guru:

Raag Aasaa, Third Mehl, Ashtapadees, Eighth House, Kaafee:

Peace emanates from the Guru; He puts out the fire of desire.

The Naam, the Name of the Lord, is obtained from the Guru; it is the greatest greatness.

Keep the One Name in your consciousness, O my Siblings of Destiny.

Seeing the world on fire, I have hurried to the Lord's Sanctuary.

Spiritual wisdom emanates from the Guru; reflect upon the supreme essence of reality.

Through the Guru, the Lord's Mansion and His Court are attained; His devotional worship is overflowing with treasures.
The Gurmukh meditates on the Naam; he achieves reflective meditation and understanding.

The Gurmukh is the Lord's devotee, immersed in His Praises; the Infinite Word of the Shabad dwells within him.

Happiness emanates from the Gurmukh; he never suffers pain.

The Gurmukh conquers his ego, and his mind is immaculately pure.

Meeting the True Guru, self-conceit is removed, and understanding of the three worlds is obtained.

The Immaculate Divine Light is pervading and permeating everywhere; one's light merges into the Light.

The Perfect Guru instructs, and one's intellect becomes sublime.
antar seetal saaNt ho-ay naamay sukh ho-ee. ||6||
A cooling and soothing peace comes within, and through the Naam, peace is obtained. ||6||

pooraa satgur taaN milai jaaN nadar karay-ee.
One meets the Perfect True Guru only when the Lord bestows His Glance of Grace.

kilvikh paap sabh katee-ah fir dukh bighan na ho-ee. ||7||
All sins and vices are eradicated, and one shall never again suffer pain or distress. ||7||

aapnai hath vadi-aa-ee-aa day naamay laa-ay.
Glory is in His Hands; He bestows His Name, and attaches us to it.

naanak naamu niDhaan man vasi-aa vadi-aa-ee paa-ay. ||8||4||26||
O Nanak, the treasure of the Naam abides within the mind, and glory is obtained. ||8||4||26||

aasaa mehlaa 3.
Aasaa, Third Mehl:

sun man man vasaa-ay tooN aapay aa-ay milai mayray bhaa-ee.
Listen, O mortal: enshrine His Name within your mind; He shall come to meet with you, O my Sibling of Destiny.

an-din sachee bhagat kar sachai chit laa-ee. ||1||
Night and day, center your consciousness on true devotional worship of the True Lord. ||1||
 Writes the Naam of the Divine in order to find peace, O my Siblings of Destiny.

Eradicate egotism and duality, and your glory shall be glorious. ||1||Pause||

The angels, humans and silent sages long for this devotional worship, but without the True Guru, it cannot be attained.

The Pandits, the religious scholars, and the astrologers read their books, but they do not understand. ||2||

He Himself keeps all in His Hand; nothing else can be said.

All beings and creatures are His; He belongs to all.

So who can we call bad, since there is no other? ||4||
The Command of the One Lord is pervading throughout; duty to the One Lord is upon the heads of all.

He Himself has led them astray, and placed greed and corruption within their hearts.

He has sanctified those few Gurmukhs who understand Him, and reflect upon Him.

He grants devotional worship to them, and within them is the treasure.

He grants, without the True Guru, they are not overcome; through the Naam, the ego is conquered.
Aasaa, Third Mehl:

Gur parsaadee paa-ee-ai antar kapat khulaahie. ||1||
By Guru's Grace, it is obtained, and the doors of the inner heart are opened wide. ||1||

From the True Guru, the Lord's Name is obtained, O Siblings of Destiny.

The treasure of the Naam is within; the Perfect True Guru has shown this to me. ||1||Pause||

One who is a buyer of the Lord's Name, finds it, and obtains the jewel of contemplation.

He opens the doors deep within, and through the Eyes of Divine Vision, beholds the treasure of liberation. ||2||

There are so many mansions within the body; the soul dwells within them.
॥ ॥

(425)

मन चिन्दिआ फलु पाईसी फिर होइ न फेरा ॥3॥

He obtains the fruits of his mind's desires, and he shall not have to go through\r\nreincarnation again. ||3||

(425)

पार्खीआ वथु समाल लई गुर सोजी होइ ॥

The appraisers cherish the commodity of the Name; they obtain understanding from the\r\nGuru. ||4||

(425)

नामु पदारथु अमुलु सा गुरमुिख पावै कोई ॥४॥

The wealth of the Naam is priceless; how few are the Gurmukhs who obtain it. ||4||

(425)

बाहरु भाले सु िका लहै वथु घरै अंदिर भाई ॥

Searching outwardly, what can anyone find? The commodity is deep within the home of\r\nthe self, O Siblings of Destiny.

(425)

भरमे भूला सभु जगु िफरै मनमुिख पित गवाई ॥5॥

The entire world is wandering around, deluded by doubt; the self-willed manmukhs lose\r\ntheir honor. ||5||

(425)

घरु दरु छोडे आपना पर घिर झूठा जाई ॥

The false one leaves his own hearth and home, and goes out to another's home.

(425)

चोरै बांगू पक्रीऐ बिनु नावे चोटा खाई ॥6॥

Like a thief, he is caught, and without the Naam, he is beaten and struck down. ||6||

(425)

जिन् ही घर जाता आपणा से सूखीए भाई ॥

Those who know their own home, are happy, O Siblings of Destiny.
They realize God within their own hearts, through the glorious greatness of the Guru. ||7||

He Himself gives gifts, and He Himself bestows understanding; unto whom can we complain?

He Himself gives gifts, and He Himself bestows understanding; unto whom can we complain?

O Nanak, meditate on the Naam, the Name of the Lord, and you shall obtain glory in the True Court. ||8||6||28||

Those who recognize their own selves, enjoy the sweet flavor, O Siblings of Destiny.

Those who recognize their own selves, enjoy the sweet flavor, O Siblings of Destiny.

Those who drink in the sublime essence of the Lord are emancipated; they love the Truth.

The Beloved Lord is the purest of the pure; He comes to dwell in the pure mind.

Praising the Lord, through the Guru’s Teachings, one remains unaffected by corruption. ||1||Pause||
Without the Word of the Shabad, they do not understand themselves - they are totally blind, O Siblings of Destiny.

Through the Guru's Teachings, the heart is illuminated, and in the end, only the Naam shall be your companion.

They are occupied with the Naam, and only the Naam; they deal only in the Naam.

Deep within their hearts is the Naam; upon their lips is the Naam; they contemplate the Word of God, and the Naam.

They listen to the Naam, believe in the Naam, and through the Naam, they obtain glory.

They praise the Naam, forever and ever, and through the Naam, they obtain the Mansion of the Lord's Presence.

Through the Naam, their hearts are illumined, and through the Naam, they obtain honor.

Through the Naam, peace wells up; I seek the Sanctuary of the Naam.
ਿਬਨੁ ਨਾਵੈ ਕੋਇ ਨ ਮੰਨੀਐ ਮਨਮੁਿਖ ਪਿਤ ਗਵਾਈ ॥ (426)
bin naavai ko-ay na mannee-ai manmukh pat gavaa-ee.
Without the Naam, no one is accepted; the self-willed manmukhs lose their honor.

ਨਮ ਪੁਰਿ ਵਾਪੇ ਭਾਵੀਭ ਵਿਕਾ ਨਾਵੁ ਗਰਾਇ ॥੫॥ (426)
jam pur baaDhay maaree-ah birthaa janam gavaa-ee. ||6||
In the City of Death, they are tied down and beaten, and they lose their lives in vain. ||6||

ਰਵੋ ਵੀ ਜੋ ਬੇਦ ਵਾਹੁ ਗਰਮੀਤ ਨਾਮੁ ਗਰਾਈ ॥ (426)
naamai kee sabh sayvaa karai gurmukh naam bujhaa-ee.
Those Gurmukhs who realize the Naam, all serve the Naam.

ਨਾਮਹੁ ਹੀ ਨਾਮੁ ਮੰਨੀਐ ਨਾਮੇ ਵਿਡਾਈ ॥੭॥ (426)
naamhu hee naam mannee-ai naamay vadi-aa-ee. ||7||
So believe in the Naam, and only the Naam; through the Naam, glorious greatness is obtained. ||7||

ਜਿਸ ਦੀ ਆਸਾ ਫਲ ਕੀਥ ਨਾਵੁ ਗਰਾਈ ॥ (426)
jis no dayvai tis milai gurmatee naam bujhaa-ee.
He alone receives it, unto whom it is given. Through the Guru's Teachings, the Naam is realized.

ਨਾਨਕ ਸੇ ਕੀਥ ਕਿਵ ਵਾਵੀ ਪਾਈ ਚੱਟ ਕੇ ਪਾਈ ॥੮॥੭॥੨੯॥ (426)
naanak sabh kichh naavai kai vas hai poorai bhaag ko paa-ee. ||8||7||29||
O Nanak, everything is under the influence of the Naam; by perfect good destiny, a few obtain it. ||8||7||29||

ਿਕੰਤ ਵੀ ਵੀ ਹੋਕੀ ਏਕ ਕੀਥ ਟੀਜਾਲਾਈ ॥ (426)

Aasaa, Third Mehl:

ਦੋਹਾਗਣੀ ਵੀ ਕਿਵ ਕਿਵ ਵਾਵੀ ਨਾਵੁ ਗਰਾਈ ॥ (426)
duhaaganee mahal na paa-inH ee na jaanan pir ka su-aa-o.
The deserted brides do not obtain the Mansion of their Husband's Presence, nor do they know His taste.
They speak harsh words, and do not bow to Him; they are in love with another.

How can this mind come under control?

By Guru's Grace, it is held in check; instructed in spiritual wisdom, it returns to its home.

He Himself adorns the happy soul-brides; they bear Him love and affection.

They live in harmony with the Sweet Will of the True Guru, naturally adorned with the Naam.

They enjoy their Beloved forever, and their bed is decorated with Truth.

They are fascinated with the Love of their Husband Lord; meeting their Beloved, they obtain peace.

Spiritual wisdom is the incomparable decoration of the happy soul-bride.
She is so beautiful - she is the queen of all; she enjoys the love and affection of her Husband Lord.

The True Lord, the Unseen, the Infinite, has infused His Love among the happy soul-brides.

The happy soul-bride has adorned herself with the necklace of virtue.

They serve their True Guru, with true love and affection.

The happy soul-bride has adorned herself with the necklace of virtue.

She applies the perfume of love to her body, and within her mind is the jewel of reflective meditation.

Those who are imbued with devotional worship are the most exalted. Their social standing and honor come from the Word of the Shabad.

Everyone proclaims, "Me, me!"; but without the Shabad, the ego does not depart.
O Nanak, those who are imbued with the Naam lose their ego; they remain absorbed in the True Lord. ||8||8||30||

Aasaa, Third Mehl:

Those who are imbued with the True Lord are spotless and pure; their reputation is forever true.

Here, they are known in each and every home, and hereafter, they are famous throughout the ages. ||1||

If you imbue yourself with the Beauteous Word of the Guru's Bani, then this color shall never fade away. ||1||Pause||

I am lowly, filthy, and totally egotistical; I am attached to the corruption of duality.
But meeting with the Guru, the Philosopher’s Stone, I am transformed into gold; I am blended with the Pure Light of the Infinite Lord.

Without the Guru, no one is imbued with the color of the Lord’s Love; meeting with the Guru, this color is applied.

Those who are imbued with the Fear, and the Love of the Guru, are absorbed in the Praise of the True Lord.

Without fear, the cloth is not dyed, and the mind is not rendered pure.

Only those whom the Lord imbues, are so imbued; they join the Sat Sangat, the True Congregation.

From the Perfect Guru, the Sat Sangat emanates, and one easily merges into the Love of the True One.
Without the Sangat, the Company of the Holy, all remain like beasts and animals.

They do not know the One who created them; without the Name, all are thieves.

Some purchase merits and sell off their demerits; through the Guru, they obtain peace and poise.

Serving the Guru, they obtain the Name, which comes to dwell deep within.

O Nanak, the Lord embellishes us with the Name; attached to the Word of the Shabad, we are merged into Him.
Without the Name, there is only pain; he alone obtains peace, whose mind is filled with the Name. ||1||

You are infinite and merciful; I seek Your Sanctuary.

From the Perfect Guru, the glorious greatness of the Naam is obtained. ||1||Pause||

According to the Order of His Will, He makes us act. What else can we talk about, O Siblings of Destiny? ||2||

Some, You forgive, and unite with Yourself; while others, the wicked, you strike down and drive out of Your Court. ||3||

Some, from the very beginning, are pure and pious; You attach them to Your Name.
Serving the Guru, peace wells up; through the True Word of the Shabad, one comes to understand. ||4||

Some are crooked, filthy and vicious; the Lord Himself has led them astray from the Name. ||5||

He grants faith to those whom He has blessed with His Glance of Grace. ||6||

By reading books, one cannot reach Him; by speaking and talking, His limits cannot be found. ||7||
इहु मनु देही सोध तूं गुर सबदि वीचारि।

So reform this mind and body, by contemplating the Word of the Guru's Shabad.

नानक इसु देही रिच नामु निधानु है पाईऐ गुर कै हेति अपारि।

O Nanak, within this body is the treasure of the Naam, the Name of the Lord; it is found through the Love of the Infinite Guru.

Aasaa, Third Mehl:

सिच रतीआ सोहागणी जिना गुर कै सबिद सीगािर।

The happy soul-brides are imbued with Truth; they are adorned with the Word of the Guru's Shabad.

घर ही सो पिरे पाईआ सचै सबिद वीचारि।

They find their Husband Lord within their own home, contemplating the True Word of the Shabad.

अवगण गुणी खबसाइआ हरि सिउ लिव लाई।

Through merits, their demerits are forgiven, and they embrace love for the Lord.

जि बड़ू भाग्य कामणी गुरि भिलि भिखारी।

The soul-bride then obtains the Lord as her Husband; meeting the Guru, this union comes about.
Some do not know the Presence of their Husband Lord; they are deluded by duality and doubt.

How can the forsaken brides meet Him? Their life night passes in pain.

Those whose minds are filled with the True Lord, perform truthful actions.

Night and day, they serve the Lord with poise, and are absorbed in the True Lord.

The forsaken brides wander around, deluded by doubt; telling lies, they eat poison.

They do not know their Husband Lord, and upon their deserted bed, they suffer in misery.

The True Lord is the One and only; do not be deluded by doubt, O my mind.

Consult with the Guru, serve the True Lord, and enshrine the Immaculate Truth within your mind.
The happy soul-bride always finds her Husband Lord; she banishes egotism and self-conceit.

She remains attached to her Husband Lord, night and day, and she finds peace upon His Bed of Truth.

Those who shouted, "Mine, mine!" have departed, without obtaining anything.

The separated one does not obtain the Mansion of the Lord's Presence, and departs, repenting in the end.

That Husband Lord of mine is the One and only; I am in love with the One alone.

O Nanak, if the soul-bride longs for peace, she should enshrine the Lord's Name within her mind.

That Husband Lord of mine is the One and only; I am in love with the One alone.

The happy soul-bride always finds her Husband Lord; she banishes egotism and self-conceit.

She remains attached to her Husband Lord, night and day, and she finds peace upon His Bed of Truth.

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O Nanak, if the soul-bride longs for peace, she should enshrine the Lord's Name within her mind.

That Husband Lord of mine is the One and only; I am in love with the One alone.

The happy soul-bride always finds her Husband Lord; she banishes egotism and self-conceit.
Those whom the Lord has caused to drink in the Ambrosial Nectar, naturally, intuitively, enjoy the sublime essence.

The True Lord is care-free; he does not have even an iota of greed.

The True Ambrosial Nectar rains down, and trickles into the mouths of the Gurmukhs.

Their minds are forever rejuvenated, and they naturally, intuitively, sing the Glorious Praises of the Lord.

The self-willed manmukhs are forever forsaken brides; they cry out and bewail at the Lord's Gate.

Those who do not enjoy the sublime taste of their Husband Lord, act according to their pre-ordained destiny.

The Gurmukh plants the seed of the True Name, and it sprouts. He deals in the True Name alone.
Those whom the Lord has attached to this profitable venture, are granted the treasure of devotional worship. ||3||

The Gurmukh is forever the true, happy soul-bride; she adorns herself with the fear of God and devotion to Him.

Night and day, she enjoys her Husband Lord; she keeps Truth enshrined within her heart. ||4||

I am a sacrifice to those who have enjoyed their Husband Lord.

They dwell forever with their Husband Lord; they eradicate self-conceit from within. ||5||

Their bodies and minds are cooled and soothed, and their faces are radiant, from the love and affection of their Husband Lord.

They enjoy their Husband Lord upon His cozy bed, having conquered their ego and desire. ||6||
Granting His Grace, He comes into our homes, through our infinite Love for the Guru.

The happy soul-bride obtains the One Lord as her Husband.

All of her sins are forgiven; the Uniter unites her with Himself.

Meditating on the Naam, the Name of the Lord, with intuitive ease and poise, spiritual wisdom is revealed.

O my mind, do not think of the Lord as being far away; behold Him ever close at hand.
He is always listening, and always watching over us; the Word of His Shabad is all-pervading everywhere. ||1|| Pause||

The Gurmukhs understand their own selves; they meditate single-mindedly on the Lord. ||2||

They enjoy their Husband Lord continually; through the True Name, they find peace. ||2||

O my mind, no one belongs to you; contemplate the Shabad, and see this.

So run to the Lord’s Sanctuary, and find the gate of salvation. ||3||

Through the Shabad, conquer your ego, and in the True Mansion of the Lord’s Presence, you shall find peace. ||4||

In this age, the Naam, the Name of the Lord, is glory; without the Name, there is no glory.
The glory of this Maya lasts for only a few days; it disappears in an instant. ||5||

Those who forget the Naam are already dead, and they continue dying.

They do not enjoy the sublime essence of the Lord's taste; they sink into the manure.

Some are forgiven by the Lord; He unites them with Himself, and keeps them attached to the Naam, night and day.

They practice Truth, and abide in Truth; being truthful, they merge into Truth.

Without the Shabad, the world does not hear, and does not see; deaf and blind, it wanders around.

Without the Naam, it obtains only misery; the Naam is received only by His Will.

Those persons who link their consciousness with the Word of His Bani, are immaculately pure, and approved by the Lord.
O Nanak, they never forget the Naam, and in the Court of the Lord, they are known as true.

Through the Word of the Shabad, the devotees are known; their words are true.

They eradicate ego from within themselves; they surrender to the Naam, the Name of the Lord, and meet with the True One.

How blessed is their coming into the world! Everyone adores them.

Ego, self-centeredness, excessive anger and pride are the lot of mankind.

If one dies in the Word of the Shabad, then he is rid of this, and his light is merged into the Light of the Lord God.
ਪੂਰਾ ਸਿਤਗੁਰੁ ਭੇਤਾ ਸਫਲ ਜਨਮ ਹਮਾਰਾ॥ (429)

Meeting with the Perfect True Guru, my life has been blessed.

ਨਾਮ ਨਵੈ ਨਿਧ ਪਾਇਆ ਭਰੇ ਅਖੁਟ ਭੰਡਾਰਾ॥੩॥ (429)

I have obtained the nine treasures of the Naam, and my storehouse is inexhaustible, filled to overflowing. ||3||

ਗੁਰਮੁਖ ਹੋਵੈ ਸੋ ਧਨ ਪਾਏ ਅਨਤਰ ਸਬਦ ਵੀੜਾਰ॥੪॥ (429)

Those who become Gurmukh obtain this wealth; deep within, they contemplate the Shabad. ||4||

ਬਹਾਦੂ ਭਗਤੀ ਸਾਰ ਨ ਜਾਣਨ ਹੋ ਸੁਖ ਸਰੀਰ॥ (429)

The egotistical, self-willed manmukhs do not appreciate the value of devotional worship.

ਪਰ੍ਹਾਦ ਪੰਤਾਰਥ ਪਾਈਐ ਗੁਰ ਭਗਤੀ ਮਨ ਧੀਰ॥੬॥ (429)

The wealth of love is obtained from the Guru; through devotion, the mind becomes steady. ||6||

The Primal Lord Himself has beguiled them; they lose their lives in the gamble. ||5||

Without loving affection, devotional worship is not possible, and the body cannot be at peace.

The wealth of love is obtained from the Guru; through devotion, the mind becomes steady. ||6||
ਿਜਸ ਨੋ ਭਗਤੀ ਕਰਾਏ ਸੋ ਕਰੇ ਗੁਰ ਸਬਦ ਵੀਚਾਰੀ ॥ (429)
jis no bhagat karaa-ay so karay gur sabad veechaar.
He alone performs devotional worship, whom the Lord so blesses; he contemplates the Word of the Guru's Shabad.

ਿਹਰਦੈ ਏਕੋ ਨਾਮੁ ਵਸੈ ਹਉਮੈ ਦੁਿਬਧਾ ਮਾਿਰ ॥੭॥ (429)
hirdai ayko naam vasai ha-umai dubiDhaa maar. ||7||
The One Name abides in his heart, and he conquers his ego and duality. ||7||

ਭਗਤਾ ਕੀ ਜਿਤ ਪਿਤ ਏਕੋ ਨਾਮੁ ਹੈ ਆਪੇ ਲਏ ਸਵਾਿਰ ॥ (429)
bhagtaa kee jat pat ayko naam hai aapay la-ay savaar.
The One Name is the social status and honor of the devotees; the Lord Himself adorns them.

ਸਦਾ ਸਰਣਾਈ ਿਤਸ ਕੀ ਿਜਉ ਭਾਵੈ ਿਤਉ ਕਾਰਜੁ ਸਵਾਿਰ ॥੮॥ (429)
sadaa sarnaa-ee tis kee ji-o bhaavai ti-o kaaraj saar. ||8||
They remain forever in the Protection of His Sanctuary. As it pleases His Will, He arranges their affairs. ||8||

ਿਹਰਦੈ ਤਿਲਕੀ ਅਲਾਹ ਦੀ ਜਾਪੈ ਗੁਰ ਵੀਚਾਰੀ ॥ (430)
hirdai tilkaa alaah dee jaapai gur veechaar.
The worship of the Lord is unique - it is known only by reflecting upon the Guru.

ਿਨਰਾਲੀ ਅਲਾਹ ਦੀ ਜਾਪੈ ਗੁਰ ਵੀਚਾਰੀ ॥੭॥੧੪॥੩੬॥ (430)
niraalee alaah dee jaapai gur veechaar. ||7||14||36||
O Nanak, one whose mind is filled with the Naam, through the Lord's Fear and devotion, is embellished with the Naam. ||9||14||36||

ਆਸਾ ਮਹਲਾ ੩ ॥ (430)
aasaa mehlaa 3.
Aasaa, Third Mehl:
अन रस महि भोलाइआ दूध पाइ || (430)
an ras meh bholaa-i-aa bin naamai dukh paa-ay.
He wanders around, engrossed in other pleasures, but without the Naam, he suffers in pain.

मतिगुरु पुरखु न भेतिओ जि सची बूझ बुझाइ ||1||
satgur purakh na bhayti-o je sachee boojh bujhaa-ay. ||1||
He does not meet the True Guru, the Primal Being, who imparts true understanding. ||1||

इसु जुग मिह गुरमुख निरमले सिच नाम रहिह लाइ ॥ (430)
is jug meh gurmukh nirmalay sach naam raheh liv laa-ay.
In this age, the Gurmukhs are pure; they remain absorbed in the love of the True Name.

विन कर्मा किछू पाईए नहीं किआ करी कहिआ जाई ||2||
vin karmaa kichh paa-ee-ai nahee ki-aa kar kahi-aa jaa-ay. ||2||
Without the destiny of good karma, nothing can be obtained; what can we say or do? ||2||

आप पत्थरी मध्य भवि भवू उत्ति विवथ िवथ ॥ (430)
aap pachhaaneh sabad mareh manhu taj vikaar.
He understands his own self, and dies in the Word of the Shabad; he banishes corruption from his mind.

गुर सरणाई भजि पए बखसे बखसणहार ॥ (3)॥
gur sarnaa-ee bhaj pa-ay bakhsay bakhsanhaar. ||3||
He hurries to the Guru’s Sanctuary, and is forgiven by the Forgiving Lord. ||3||
Without the Name, peace is not obtained, and pain does not depart from within.

This world is engrossed in attachment to Maya; it has gone astray in duality and doubt.

The forsaken soul-brides do not know the value of their Husband Lord; how can they decorate themselves?

Night and day, they continually burn, and they do not enjoy the Bed of their Husband Lord.

The happy soul-brides obtain the Mansion of His Presence, eradicating their self-conceit from within.

They decorate themselves with the Word of the Guru's Shabad, and their Husband Lord unites them with Himself.

He has forgotten death, in the darkness of attachment to Maya.
The self-willed manmukhs die again and again, and are reborn; they die again, and are miserable at the Gate of Death. ||7||

They alone are united, whom the Lord unites with Himself; they contemplate the Word of the Guru's Shabad.

O Nanak, they are absorbed in the Naam; their faces are radiant, in that True Court. ||8||22||15||37||

Reeree, Laalee: People commit sins, and falling into vice, forget virtue. ||1||

O mortal, why have you studied such an account,
laykhaa daynaa tayrai sir rahi-aa. ||1|| rahaa-o.
which shall call you to answer for payment? ||1||Pause||

Sidhan, Ngaayiyai: You do not remember the Lord. Nanna: You do not take the Lord's Name.

Sidhan, Ngaayiyai: You do not remember the Lord. Nanna: You do not take the Lord's Name.

Chhachha: You are wearing away, every night and day; you fool, how will you find release? You are held in the grip of death. ||2||

Babba: You do not understand, you fool; deluded by doubt, you are wasting your life.

Without justification, you call yourself a teacher; thus you take on the loads of others. ||3||

You have not remembered the One Word of the Shabad, and so you shall have to enter the womb over and over again. ||4||


tuDh sir likhi-aa so parh pandit avraa no na sikhaal bikhi-aa. Read that which is written on your forehead, O Pandit, and do not teach wickedness to others.

First, the teacher is tied down, and then, the noose is placed around the pupil's neck. ||5||

sasai sanjam ga-i-o moorhay ayk daan tuDh kuthaa-ay la-i-aa. Sassa: You have lost your self-discipline, you fool, and you have accepted an offering under false pretenses.

The daughter of the alms-giver is just like your own; by accepting this payment for performing the wedding ceremony, you have cursed your own life. ||6||
mammai mat hir la-ee tayree moorhay ha-umai vadaa rog pa-i-aa. Mamma: You have been cheated out your intellect, you fool, and you are afflicted with the great disease of ego.

Within your innermost self, you do not recognize God, and you compromise yourself for the sake of Maya. ||7||

kakai kaam kroDh bharmi-ohu moorhay mamtaa laagay tuDh har visri-aa. Kakka: You wander around in sexual desire and anger, you fool; attached to possessiveness, you have forgotten the Lord.
ਪੜਿਹ गੁਣिह तੂं बਹੁਤੁ पੁਕਾਰिह िਵਣੁ बੂਜ਼ੇ तੂੰ डੂਬ मੁਆ। ||8||
You read, and reflect, and proclaim out loud, but without understanding, you are drowned to death. ||8||

ਤਤਈ ਤਾਮਿਸ ਜਿਲਾਹੁ ਮੂੜੇ ਥਥੈ ਥਾਨ ਭਿਰਸਟੁ ਹੋਆ। ||8||
Tatta: In anger, you are burnt, you fool. T’hat’ha: That place where you live, is cursed.

ਗੁਰ ਪਰਸਾਦੀ ਏਕੋ ਜਾਣੈ ਏਕ ਘੜੀ ਮਿਹ ਪਾਇਆ। ||9||
One who comes to know the One Lord, by Guru's Grace, is carried across in an instant.
ववै वारी आईआ मूड़े वासुदेउ तुधु वीसिराआ ॥ (435)

Wawa: Your turn has come, you fool, but you have forgotten the Lord of Light.

एह वेला न लहसिह मूड़े िफिर तूं जम कै  विस पइਆ ॥१२॥ (435)

This opportunity shall not come again, you fool; you shall fall under the power of the Messenger of Death. ||12||

सितगुर बाझहु गुरु नही कोई िनगुरे का है नाउ बुरा ॥१३॥ (435)

Without the True Guru, there is no Guru at all; one who is without a Guru has a bad reputation. ||13||

When one becomes Gurmukh, then he drinks in the sublime essence of the Lord; throughout the ages, he continues to drink it in. ||14||

Gagga: Keep the Lord of the Universe in your mind, you fool; by mere words, no one has ever attained Him.
ਗੁਰ ਕੇ ਚਰਨ ਹਿਰਦੈ ਵਸਾ-ਆ ਗੁਨਹ ਸਭ ਸੁਖ ਲਹਾਈ ॥੧੫॥

Enshrine the Guru's feet within your heart, you fool, and all your past sins shall be forgiven. ||15||

ਹਾਹੈ ਹਿਰ ਕਥਾ ਬੂਝੁ ਤੂੰ ਮੂੜਾ ਤਾ ਸਦਾ ਸੁਖ ਲਹਾਈ ॥

Haha: Understand the Lord's Sermon, you fool; only then shall you attain eternal peace. ||16||

ਤੇਰਾ ਅੰਤ ਨ ਜਾਈ ਲਿਖਾ ਅਕੁ ਨ ਜਾਈ ਹਿਰ ਕਥਾ ॥

Your limits cannot be known; the indescribable Lord cannot be described. ||18||1||2||
Aasaa, Third Mehl, Chhant, First House:

Within my home, the true wedding songs of rejoicing are sung; my home is adorned with the True Word of the Shabad.

The soul-bride has met her Husband Lord; God Himself has consummated this union; the soul-bride enshrines Truth within her mind, intoxicated with peaceful poise.

Embellished with the Word of the Guru's Shabad, and beautified with Truth, she enjoys her Beloved forever, imbued with His Love.

Eradicating her ego, she obtains her Husband Lord, and then, the sublime essence of the Lord dwells within her mind.

Says Nanak, fruitful and prosperous is her entire life; she is embellished with the Word of the Guru's Shabad.
ਦੂਜੜੈ ਕਾਮਣੀ ਭਰਮੀ ਭੁਲੀ ਹੀਰ ਕਰ ਨ ਪਾਏ ਰਾਮ || (439)

doorjhai kaaman bharam bhulee har var na paa-ay raam.
The soul-bride who has been led astray by duality and doubt, does not attain her Husband Lord.

ਵਭੰਡੀ ਨਾਵੀ ਵਿਵਾਛ ਸਰਮਾਂ ਗਦਾਂ ਰਾਮ || (439)

kaaman gun naahee birthaa janam gavaa-ay raam.
That soul-bride has no virtue, and she wastes her life in vain.

ਕਾਮਣੀ ਗੁਣ ਨਾਹੀ ਭਰਮੀ ਜਨਮੂ ਗਦਾਂ ਰਾਮ || (439)

Birthaa janam gavaa-ay manmukh i-anee a-uganvantee jhooray.
The self-willed, ignorant and disgraceful manmukh wastes her life in vain, and in the end, she comes to grief.

ਆਪਣਾ ਸਿਤਗੁਰੁ ਸੇਵ ਸਾਦਾ ਸੁਖ ਪਾਇਆ ਤਾ ਿਪਰੁ ਿਮਲਾ ਹਦੂਰੇ || (439)

aapnaa satgur sayv sadaa sukh paa-i-aa taa pir mili-aa hadooray.
But when she serves her True Guru, she obtains peace, and then she meets her Husband Lord, face to face.

ਦੇਖ ਿਪਰੁ ਿਵਗਸੀ ਅੰਦਰਹੁ ਸਰਸੀ ਸਚੈ ਸਬਿਦ ਸੁਭਾਏ ॥ (439)

daykh pir vigsee andrahu sarsee sachai sabad subhaa-ay.
Beholding her Husband Lord, she blossoms forth; her heart is delighted, and she is beautified by the True Word of the Shabad.

ਨਾਨਕ ਿਵਣੁ ਨਾਵੈ ਕਾਮਣੀ ਭਰਮੀ ਭੁਲਾਣੀ ਿਮਲ ਪਰ੍ੀਤਮ ਸੁਖ ਪਾਏ ॥੨॥ (439)

naanak vin naavai kaaman bharam bhulaanee mil pareetam sukh paa-ay. ||2||
O Nanak, without the Name, the soul-bride wanders around, deluded by doubt. Meeting her Beloved, she obtains peace. ||2||

ਦੇਖ ਿਪਰੁ ਿਵਗਸੀ ਅੰਦਰਹੁ ਸਰਸੀ ਸਚੈ ਸਬਿਦ ਸੁਭਾਏ ॥ (440)

daykh pir vigsee andrahu sarsee sachai sabad subhaa-ay.
The soul-bride knows that her Husband Lord is with her; the Guru unites her in this union.
Within her heart, she is merged with the Shabad, and the fire of her desire is easily extinguished.

The Shabad has quenched the fire of desire, and within her heart, peace and tranquility have come; she tastes the Lord's essence with intuitive ease.

Meeting her Beloved, she enjoys His Love continually, and her speech rings with the True Shabad.

Reading and studying continually, the Pandits, the religious scholars, and the silent sages have grown weary; wearing religious robes, liberation is not obtained.

O Nanak, without devotional worship, the world has gone insane; through the True Word of the Shabad, one meets the Lord.

Bliss permeates the mind of the soul-bride, who meets her Beloved Lord.

The soul-bride is enraptured with the sublime essence of the Lord, through the incomparable Word of the Guru's Shabad.
ਸ਼ਬਦ: ਅਪਾਰੇ ਿਮਲੇ ਿਪਆਰੇ ਸਦਾ ਗੁਣ ਸਾਰੇ ਮਿਨ ਵਸੇ ॥

Through the incomparable Word of the Guru's Shabad, she meets her Beloved; she continually contemplates and enshrines His Glorious Virtues in her mind.

ਸੇਜ ਸੁਹਾਵੀ ਜਾ ਿਪਿਰ ਰਾਵੀ ਿਮਲ ਪਰ੍ੀਤਮ ਅਵਗਣ ਨਸੇ ॥

Her bed was adorned when she enjoyed her Husband Lord; meeting with her Beloved, her demerits were erased.

ਜਿਤੁ ਘਿਰ ਨਾਮੁ ਹਿਰ ਿਧਾਈਐ ਸੋਿਹਲੰਡ਼ ਜੁਗ ਚਾਰੇ ॥

That house, within which the Lord's Name is continually meditated upon, resounds with the wedding songs of rejoicing, throughout the four ages.

ਨਾਨਕ ਨਾਿਮ ਰਤੇ ਸਦਾ ਅਨਦੁ ਹੈ ਹਿਰ ਿਮਲਆ ਕਾਰਜ ਸਾਰੇ ॥੪॥੧॥੬॥

O Nanak, imbued with the Naam, we are in bliss forever; meeting the Lord, our affairs are resolved. ||4||1||6||

ੴ ਸਿਤਗੁਰ ਪਰ੍ਸਾਦ ॥

-One Universal Creator God. By The Grace Of The True Guru:
bhagat karahu tum sahai kayree jo sah pi-aaray bhaav-ay).
Dedicate yourself to the worship of your Husband Lord; this is pleasing to your Beloved Husband.

आपणा भाणा तुम करहु ता फिरि सह खुसी न आवए ||
(aapnaa bhaanaa tum karahu taa fir sah khusee na aav-ay.
If you walk in accordance with your own will, then your Husband Lord will not be pleased with you.

This path of loving devotional worship is very difficult; how rare are those who find it, through the Gurdwara, the Guru's Gate.

कहै नानकु जिसु करे िकरपा सो हिर भगती िचतु लावए ॥१॥
(kahai naanak jis karay kirpaa so har bhagtee chit laav-ay. ||1||
Says Nanak, that one, upon whom the Lord casts His Glance of Grace, links his consciousness to the worship of the Lord. ||1||

O my detached mind, unto whom do you show your detachment?

Those who sing the Glorious Praises of the Lord live in the joy of the Lord, forever and ever.

So become detached, and renounce hypocrisy; Your Husband Lord knows everything.
ਨਿਸ਼ਿਧ ਵਧ ਭਗਵੇਤਰ ਦੇੜੇ ਮੇੜੇ ਗੁਰਮੁਖੀ ਗੁਰ ਵਰਤੀਆਂ || (440)
ਜਲ ਥਿਲ ਮਹਿਅਲੀ ਏਕੋ ਸੌੜੀ ਗੁਰਮੁਖੀ ਹੁਕਮ ਪ੍ਰਾਣਾਂ ||
jal thal mahee-al akro so-ee gurmukh hukam pachhaan-ay.
The One Lord is pervading the water, the land and the sky; the Gurmukh realizes the Command of His Will.

ਨਿਸ਼ਿਧ ਗੁਰ ਵਰਤਾ ਉਡੀ ਬੈੜੇ ਮੇੜੇ ਮੁੰਡੇ ਮੁੰਡੇ ਪ੍ਰਾਣਾਂ || (440)
ਜਿਨ ਹੁਕਮ ਪ੍ਰਾਣਾਂ ਹਰੀ ਕਰੇ ਸੌੜੀ ਸਰੰਗ ਸੁਕਾ ਪਾਵਿਆਂ ||
jin hukam pachhaataa haree kayraa so-ee sarab sukh paav-ay.
One who realizes the Lord's Command, obtains all peace and comforts.

ਹਿੰਦ ਹਿੰਦ ਰਸਮੂ ਮੇੜੀ ਪੁਰਾਣੀ ਬਿੱਚ ਕੀਚ ਪ੍ਰਾਣਾਂ ||2|| (440)
ਹੁਕਮ ਪਾਵਿਆਂ ਹਰੀ ਕਰੇ ਆਸਾਨੀ ਅਨਦੀਨ ਹਰੀ ਲਾਵਿਆਂ ||2||
niv kahai naanak so bairaagee an-din har liv laav-ay. ||2||
Thus says Nanak: such a detached soul remains absorbed in the Lord's Love, day and night. ||2||

ਨਵ ਨਵ ਹਰ ਜੁੰ ਪੰਚਾ ਜੁੰ ਸਫ਼ਲ ਸਮਾਲੇ || (440)
ਜਹ ਜਹ ਮਨ ਟੂ ਧਾਰਵਾਦਾ ਤਹ ਤਹ ਹਰੀ ਤੇਰੇ ਨਾਲੇ ||
jah jah man tooN Dhaavdaa tah tah har tayrai naalay.
Wherever you wander, O my mind, the Lord is there with you.

ਮਨ ਸਿਆਣਪ ਛੋਡੀਐ ਗੁਰ ਕਾ ਸਬਦੁ ਸਮਾਲੇ || (440)
ਮਨ ਸਿਆਣਪ ਛੋਡੀਐ ਗੁਰ ਕਾ ਸਬਦੁ ਸਮਾਲੇ ||
man si-aanap chhodee-ai gur kaa sabad samaalay.
Renounce your cleverness, O my mind, and reflect upon the Word of the Guru's Shabad.

ਸਾਚੇ ਨਾਲ ਤੇਰਾ ਗੰਢੁ ਲਾਗੈ ਗੁਰ ਚਰੀ ਸੁਸ਼ਮ ਸਮਾਲਹੇ || (440)
ਸਾਚੇ ਨਾਲ ਤੇਰਾ ਗੰਢੁ ਲਾਗੈ ਗੁਰ ਚਰੀ ਸੁਸ਼ਮ ਸਮਾਲਹੇ ||
saachay naal tayray soho sadaa hai ik khin har naam samaalhay.
Your Husband Lord is always with you, if you remember the Lord's Name, even for an instant.

ਜਨਮ ਜਨਮ ਕੇ ਤੇਰੇ ਪਾਪ ਕਟੇ ਅੰਤ ਪਰਮ ਪਾਵਹੇ || (440)
ਜਨਮ ਜਨਮ ਕੇ ਤੇਰੇ ਪਾਪ ਕਟੇ ਅੰਤ ਪਰਮ ਪਾਵਹੇ ||
janam janam kay tayray paap katay ant param pad paavhay.
The sins of countless incarnations shall be washed away, and in the end, you shall obtain the supreme status.

ਸਾਚੇ ਨਾਲ ਤੇਰਾ ਗੰਧ ਲਾਗੈ ਗੁਰਮੁਖੀ ਸੁਸ਼ਮ ਸਮਾਲੇ || (440)
ਸਾਚੇ ਨਾਲ ਤੇਰਾ ਗੰਧ ਲਾਗੈ ਗੁਰਮੁਖੀ ਸੁਸ਼ਮ ਸਮਾਲੇ ||
saachay naal tayraa gandh laagai gurmukh sadaa samaalay.
You shall be linked to the True Lord, and as Gurmukh, remember Him forever.
Thus says Nanak: wherever you go, O my mind, the Lord is there with you. ||3||

Meeting the True Guru, the wandering mind is held steady; it comes to abide in its own home.

It purchases the Naam, chants the Naam, and remains absorbed in the Naam.

The outgoing, wandering soul, upon meeting the True Guru, opens the Tenth Gate.

There, Ambrosial Nectar is food and the celestial music resounds; the world is held spell-bound by the music of the Word.

The many strains of the unstruck melody resound there, as one merges in Truth.

Thus says Nanak: by meeting the True Guru, the wandering soul becomes steady, and comes to dwell in the home of its own self. ||4||

O my mind, you are the embodiment of the Divine Light - recognize your own origin.
ਮਨ ਹਿਰ ਜੀ ਤੇਰੈ ਨਾਲ ਹੈ ਗੁਰਮਤੀ ਰੰਗ ਮਾਣ। 
O my mind, the Dear Lord is with you; through the Guru's Teachings, enjoy His Love.

ਮੂਲ ਪਛਾਣਿਹ ਤਾ ਸੁਧਾ ਜਾਣਿਹ ਮਰਣ ਜੀਵਣ ਕੀ ਸੋਜੀ ਹੋਈ। 
Acknowledge your origin, and then you shall know your Husband Lord, and so understand death and birth.

ਗੁਰ ਪਰਸਾਦੀ ਏਕੋ ਜਾਣਿਹ ਤਾ ਦੂਜਾ ਭਾਉ ਨ ਹੋਈ। 
By Guru's Grace, know the One; then, you shall not love any other.

ਮੇਹਨੀ ਮੋਹਿਆ ਦੂਜਾ ਭਾਉ ਨ ਹੋਈ। 
Clinging to pride, you shall depart, O foolish mind, and in the end, you shall regret and repent.
ਆਹੰਕਾਰੁ ਿਸਨਾ ਰੋਗੁ ਲਗਾ ਿਬਰਥਾ ਜਨਮੁ ਗਵਾਵਹੇ ॥ (441)
ਆਹੰਕਾਰੁ ਿਸਨਾ ਰੋਗੁ ਲਗਾ ਿਬਰਥਾ ਜਨਮੁ ਗਵਾਵਹੇ ॥

You are afflicted with the diseases of ego and desire, and you are wasting your life away in vain.

ਮਨਮੁਖ ਮੁਗਧ ਚੇਤਿਹ ਨਾਹੀ ਅਗੈ ਗਾਰਾਂ ਪਛੁਤਾਵਹੇ ॥ (441)
ਮਨਮੁਖ ਮੁਗਧ ਚੇਤਿਹ ਨਾਹੀ ਅਗੈ ਗਾਰਾਂ ਪਛੁਤਾਵਹੇ ॥

The foolish self-willed manmukh does not remember the Lord, and shall regret and repent hereafter.

ਇਉ ਕਹੈ ਨਾਨਕੁ ਮਨ ਤੂੰ ਗਾਰੀਬ ਅਨਟਾ ਗਾਰੀਬ ਲਿਦਾ ਜਾਵਹੇ ॥੬॥ (441)
ਇਉ ਕਹੈ ਨਾਨਕੁ ਮਨ ਤੂੰ ਗਾਰੀਬ ਅਨਟਾ ਗਾਰੀਬ ਲਿਦਾ ਜਾਵਹੇ ॥੬॥

Thus says Nanak: O mind, you are full of pride; loaded with pride, you shall depart. ||6||

ਮਨ ਤੂੰ ਮਤ ਮਾਣੁ ਕਰਿਹ ਜਿ ਹੁਂ ਕਿਚਾ ਜਾਣਦਾ ਗੁਰਮੁੱਖ ਨਿਮਾਣਾ ਹੋਹੁ ॥ (441)
ਮਨ ਤੂੰ ਮਤ ਮਾਣੁ ਕਰਿਹ ਜਿ ਹੁਂ ਕਿਚਾ ਜਾਣਦਾ ਗੁਰਮੁੱਖ ਨਿਮਾਣਾ ਹੋਹੁ ॥

O mind, don't be so proud of yourself, as if you know it all; the Gurmukh is humble and modest.

ਆਪਣੈ ਅਹੰਕਾਰਾਂ ਹੌ ਸਬਿਦ ਸਿਚ ਮਤ ਤੂੰ ਆਪਣਾ ਗਵਾਵਹੇ ॥ (441)
ਆਪਣੈ ਅਹੰਕਾਰਾਂ ਹੌ ਸਬਿਦ ਸਿਚ ਮਤ ਤੂੰ ਆਪਣਾ ਗਵਾਵਹੇ ॥

The world is consumed by ego and self-identity; see this, lest you lose your own self as well.
ਸਿਤਗੁਰ
ਕੈ
ਭਾਣੈ
ਕਰਿਹ
ਕਾਰ
ਸਿਤਗੁਰ
ਕੈ
ਭਾਣੈ
ਲਾਿਗ
ਰਹੁ
॥

satgur kai bhaanai karahi kaar satgur kai bhaanai laag rahu.

Make yourself follow the Sweet Will of the True Guru; remain attached to His Sweet Will.

ਇਉ
ਕਹੈ
ਨਾਨਕੁ
ਆਪੁ
ਛਿਡ
ਸੁਖ
ਪਾਵਿਹ
ਮਨ
ਿਨਮਾਣਾ
ਹੋਇ
ਰਹੁ
॥੭॥

i-o kahai naanak aap chhad sukh paavahi man nimaanaa ho-ay rahu. ||7||

Thus says Nanak: renounce your ego and self-conceit, and obtain peace; let your mind abide in humility. ||7||

ਪੇਨੁ
ਸੰਫਲ
ਿਜਤੁ
ਮੈ
ਸਿਤਗੁਰੁ
ਿਮਲਆ
ਸੋ
ਸਹੁ
ਿਚਿਤ
ਆਇਆ
॥

Dhan so vaylaa jit mai satgur mili-aa so saho chit aa-i-aa.

Blessed is that time, when I met the True Guru, and my Husband Lord came into my consciousness.

ਮਹਾ
ਅਨੰਦੁ
ਸਹਜੁ
ਭਇਆ
ਮੰਤਿ
ਸੁਖੁ
ਪਾਇਆ
॥

mahaa anand sahj bha-i-aa man sukh paa-i-aa.

I became so very blissful, and my mind and body found such a natural peace.

ਮੇ
ਸੁੱਚਿਤ
ਅਮਿਕਾ
ਸਪੱਤੀਆ
ਅਭਵਾਟ
ਸੇਵੀ
ਹੀਮਾ
॥

so saho chit aa-i-aa man vasaa-i-aa avgan sabh visaaray.

My Husband Lord came into my consciousness; I enshrined Him within my mind, and I renounced all vice.

ਜਾ
ਿਤਸੁ
ਭਾਣਾ
ਗੁਣ
ਪਰਗਟ
ਹੋਏ
ਸਿਤਗੁਰ
ਆਿਪ
ਸਵਾਰੇ
॥

jaa tis bhaanaa gun pargat ho-ay satgur aap savaaray.

When it pleased Him, virtues appeared in me, and the True Guru Himself adored me.

ਐ ਦਿਸਮ ਬਾਨਾ ਚਰਨ ਭਰਾ ਗ੍ਰਹਤ ਕੇ ਮਹਿਨਗਰ ਭਰਾ ਦੀਸਾਣੇ \\nਜਾ ਤਿਨੁ ਪਾਣ ਗਿਰਨ ਪਸਰੇ ਹੋਏ ਸਿਤਗੁਰ ਆਪ ਸਬਾਣੇ \\njaa tis bhaanaa gun pargat ho-ay satgur aap savaaray.

Those humble beings become acceptable, who cling to the One Name and renounce the love of duality.
Thus says Nanak: blessed is the time when I met the True Guru, and my Husband Lord came into my consciousness. ||8||

Some people wander around, deluded by doubt; their Husband Lord Himself has misled them.

They wander around in the love of duality, and they do their deeds in ego.

Their Husband Lord Himself has misled them, and put them on the path of evil. Nothing lies in their power.

You alone know their ups and downs, You, who created the creation.

The Command of Your Will is very strict; how rare is the Gurmukh who understands.

Thus says Nanak: what can the poor creatures do, when You mislead them into doubt? ||9||

O My True Lord Master, True is Your glorious greatness.
You are the Supreme Lord God, the Infinite Lord and Master. Your creative power cannot be described.

True is Your glorious greatness; when You enshrine it within the mind, one sings Your Glorious Praises forever.

One whom You unite with Yourself, as Gurmukh, remains absorbed in You.

Thus says Nanak: O my True Lord Master, True is Your Glorious Greatness.

One Universal Creator God. By The Grace Of The True Guru:

Cursed is that life, in which the Lord's Love is not obtained.
ਜਤੁ ਕੰਮ ਹਿਰ ਵੀਸਰੈ ਦੂਜੈ ਲਗੈ ਜਾਇ ॥੧॥
Cursed is that occupation, in which the Lord is forgotten, and one becomes attached to duality. ||1||

ਐਸਾ ਸਿਤਗੁਰੁ ਸੇਵੀਐ ਮਨਾ ਜਤੁ ਸੇਵੀਐ ਗੋਵਦ ਪਰ੍ੀਤ ਊਪਜੈ ਅਵਰ ਵਿਸਿਰ ਸਭ ਜਾਇ ॥
Serve such a True Guru, O my mind, that by serving Him, God's Love may be produced, and all others may be forgotten.

ਹੀਰ ਸੇਤੀ ਚਿਤੁ ਗਿਹ ਰਹਹੈ ਜਰਾ ਕਾ ਭਉ ਨ ਹੋਵੈ ਜੀਵਨ ਪਦਵੀ ਪਾਇ ॥੧॥
Your consciousness shall remain attached to the Lord; there shall be no fear of old age, and the supreme status shall be obtained. ||1||Pause||

ਗੋਵੀਨਦ ਪ੍ਰੀਤਿ ਸਿੰਦੁ ਮਾਨੁ ਹੀਰਮਿਨੀ ਬੇਂ ਸੇਵੀ ਬਣੀ ॥
A divine peace wells up from God's Love; behold, it comes from devotional worship.

ਆਪ ਸੇਤੀ ਆਪ ਖਾਇਆ ਤਾ ਮਨ ਨਿਰਮਲੁ ਹੋਇ ਜੋਤੀ ਜੋਤੀ ਸਮੈ ॥੨॥
When my identity consumed my identical identity, then my mind became immaculately pure, and my light was blended with the Divine Light. ||2||

ਧਿਰੁ ਭਾਗਾ ਐਸਾ ਸਿਤਗੁਰੁ ਲਾ ਜੋਤੀ ਨ ਕਰਨਾ ਬੇਕਾਰ ਕੀ ਸੁਖ ਹੋਇ ॥
Without good fortune, such a True Guru cannot be found, no matter how much all may yearn for Him.

ਕੂ ਡੈ ਕੀ ਪਾਈਐ ਵਿਚਹੁ ਨਿੱਕਲੇ ਤਾ ਸਾਦਾ ਸੁਖ ਹੋੜੀ ॥੨॥
If the veil of falsehood is removed from within, then lasting peace is obtained. ||3||
ਨਾਨਕ ਐਸੇ ਸਿਤਗੁਰ ਕੀ ਕਿਆ ਓਹ ਸੇਵਕੁ ਸੇਵਾ ਕਰੇ ਗੁਰ ਆਗੈ ਜੀਉ ਧਰੇ�।
O Nanak, what service can the servant perform for such a True Guru? He should offer his life, his very soul, to the Guru.

If he focuses his consciousness on the Will of the True Guru, then the True Guru Himself will bless him.

Serve the Lord; do not serve anyone else.

By Guru's Grace, my mind is saturated with the Lord's Love; this is what makes up my service.
The Lord is my Simritees, the Lord is my Shastras; the Lord is my relative and the Lord is my brother.

I am hungry for the Lord; my mind is satisfied with the Name of the Lord. The Lord is my relation, my helper in the end.

Without the Lord, other assets are false. They do not go with the mortal when he departs.

The Lord is my wealth, which shall go with me; wherever I go, it will go.

One who is attached to falsehood is false; false are the deeds he does.

Says Nanak, everything happens according to the Will of the Lord; no one has any say in this at all.
It is so difficult to obtain the Naam, the Name of the Lord, in this age; only the Gurmukh obtains it.

Without the Name, no one is liberated; let anyone make other efforts, and see.

Meeting the True Guru, the Lord comes to dwell in the mind, and one remains absorbed in Him.

He alone is liberated, who conquers his mind; Maya does not stick to him again.

He dwells in the Tenth Gate, and obtains the understanding of the three worlds.
ਨਾਨਕ ਗੁਰ ਤੇ ਗੁਰੂ ਹੋਇਆ ਵੇਖਹੁ ਿਤਸ ਕੀ ਰਜਾਇ ॥ (490)

O Nanak, through the Guru, one becomes the Guru; behold, His Wondrous Will.

इਹੁ ਕਾਰਣੁ ਕਰਤਾ ਕਰੇ ਜੋਤੀ ਜੋਿਤ ਸਮਾਇ ॥੪॥੩॥੫॥ (491)

This deed was done by the Creator Lord; one’s light merges into the Light. ||4||3||5||

ਗੂਜਰੀ ਮਹਲਾ ੩ ॥ (491)

Goojaree, Third Mehl:

ਰਾਮ ਰਾਮ ਸਭੁ ਕੋ ਕਹੈ ਕਿਹਐ ਰਾਮੁ ਨ ਹੋਇ ॥ (491)

Everyone chants the Lord's Name, Raam, Raam; but by such chanting, the Lord is not obtained.

ਗੁਰ ਪਰਸਾਦੀ ਰਾਮ ਭਿਤੀ ਵਲੀ ਬਲ ਚਪੰ੍ਦੀ ॥੧॥ (491)

By Guru's Grace, the Lord comes to dwell in the mind, and then, the fruits are obtained. ||1||

ਆਂਤਰ ਗੋਵਿੰਦ ਜਿਸੁ ਲਾਗੈ ਪਰ੍ੀਤ ॥ (491)

One who enshrines love for God within his mind,

ਹਿਰ ਵਦ ਤਿਸ ਵਦੇ ਹਿਰ ਹਿਰ ਕਰਿਹ ਸਦਾ ਮਿਨ ਚੀਤ ॥੧॥ ਰਹਾਉ ॥ (491)

never forgets the Lord; he continually chants the Lord's Name, Har, Har, in his conscious mind. ||1||Pause||

ਿਹਰਦਿ ਿਜਨਹ ਕੈ ਕਪਟੁ ਵਸੈ ਬਾਹਰਹੁ ਸੰਤ ਕਹਾਿਹ ॥ (491)

Those whose hearts are filled with hypocrisy, who are called saints only for their outward show -
ਤਿਰ੍ਸਨਾ ਮੂਿਲ ਨ ਚੁਕੀ ਅੰਤ ਗਏ ਪਛੁਤਾਿਹ ॥੨॥

their desires are never satisfied, and they depart grieving in the end. ||2||

ਅਨੇਕ ਤੀਰਥ ਜੇ ਜਤਨ ਕਰੈ ਤਾ ਅੰਤਰ ਕੀ ਹਉਮੈ ਕਦੇ ਨ ਜਾਇ ॥

Although one may bathe at many places of pilgrimage, still, his ego never departs.

ਅਸੰਤ ਹੋਵੈ ਸੋੈ ਜਨ ਪਾਏ ਗੁਰਮੁਿਖ ਬੂਜਾਈ ਕੋੈ ॥

That humble being is immaculately pure, who, as Gurmukh, understands the Lord, and focuses his consciousness on the Lord's Feet. ||1||
ਹਿਰ ਚੇਿਤ ਅਚੇਤ ਮਨਾ ਜੋ ਇਛਿਹ ਸੋ ਫਲੁ ਹੋਈ ॥

O my unconscious mind, remain conscious of the Lord, and you shall obtain the fruits of your desires.

ਗੁਰ ਪਰਸਾਦੀ ਹਿਰ ਰਸੁ ਪਾਵਿਹ ਪੀਵਤ ਰਹਿਹ ਸਦਾ ਸੁਖੁ ਹੋਈ ॥੧॥ ਰਹਾਉ ॥

By Guru's Grace, you shall obtain the sublime elixir of the Lord; by continually drinking it in, you shall have eternal peace. ||1||Pause||

ਸਿਤਗੁਰੂ ਭੇਟੇ ਤਾ ਪਾਰਸੁ ਹੋਵੈ ਪਾਰਸੁ ਹੋਇ ਤ ਪੂਜ ਕਰਾਏ ॥

When one meets the True Guru, he becomes the philosopher's stone, with the ability to transform others, inspiring them to worship the Lord.

ਜੋ ਉਸੁ ਪੂਜੇ ਸੋ ਫਲੁ ਪਾਏ ਦੀਿਖਾਈ ਦੇਵੈ ਸਾਚੁ ਬੁझਾਏ ॥੨॥

One who worships the Lord in adoration, obtains his rewards; instructing others, he reveals the Truth. ||2||

ਿਵਣੁ ਪਾਰਸੈ ਪੂਜ ਨ ਹੋਵੈ ਿਵਣੁ ਮਨ ਪਰਚੇ ਅਵਰਾ ਸਮਝਾਏ ॥

Without becoming the philosopher's stone, he does not inspire others to worship the Lord; without instructing his own mind, how can he instruct others?

ਗੁਰੂ ਸਦਾਈ ਅਿਗਆਨੀ ਅੰਧਾ ਿਕਸੁ ਓਹ ਮਾਰਿਗ ਪਾਏ ॥੩॥

The ignorant, blind man calls himself the guru, but to whom can he show the way? ||3||

ਿਵਣੁ ਠਚੇ ਅਿਦਾਧਾਰੀ ਅੰਣ ਿਵਿੱਸ ਇਕ ਭਲੁ ਭਲਚਾ ਪਾਈਐ ॥੩॥

The ignorant, blind man calls himself the guru, but to whom can he show the way? ||3||

ਨਾਨਕ ਿਵਿੱਸ ਨਦਾਰੀ ਕਿੱਠੁ ਨ ਪਾਈਐ ਜੀਸੁ ਨਦਾਰੀ ਕਰੇ ਸੋ ਪਾਏ ॥

O Nanak, without His Mercy, nothing can be obtained. One upon whom He casts His Glance of Grace, obtains Him.
ਗੁਰ ਪਰਸਾਦੀ ਦੇ ਵਿਡਆਈ ਅਪਣਾ ਸਬਦੁ ਵਰਤਾਏ ॥੪॥੫॥੭॥
By Guru's Grace, God bestows greatness, and projects the Word of His Shabad. ||4||5||7||

ਰਾ ਕਸਿਮੀ ਭਿਢਾ ਹੱਪਤੇ ਰਾ ਕਸਿਮੀ ਭਿਢਾ ਲਾਨਿਦੀ ॥ (491)
Wisdom is not produced in Benares, nor is wisdom lost in Benares.

ਸਿਤਗੁਰ ਿਮਿਲਐ ਮਿਤ ਊਪਜੈ ਤਾ ਇਹ ਸੋਜੀ ਪਾਇ ॥੧॥
Meeting the True Guru, wisdom is produced, and then, one obtains this understanding. ||1||

ਹਿਰ ਕਥਾ ਤੂੰ ਸੁਿਣ ਰੇ ਮਨ ਸਬਦੁ ਮੰਿਨ ਵਸਾਇ ॥ (491)
Listen to the sermon of the Lord, O mind, and enshrine the Shabad of His Word within your mind.

ਇਹ ਮਿਤ ਤੇਰੀ ਿਥਰੁ ਰਹਤ ਤਾ ਭਰਮੁ ਿਵਚਹਿ ਜਾਇ ॥੧॥ ਰਹਾਉ ॥ 
If your intellect remains stable and steady, then doubt shall depart from within you. ||1||Pause||

ਹਰਚਰਣ ਿਵੰਤੇ ਸਾਧਨ ਤੁੱਂ ਇਕਲਵ ਵਚਿਕ ਤਾਨਿਦੀ ॥੨॥ ਵਰਤ੍ਰੀ ॥ (491)
Enshrine the Lord's lotus feet within your heart, and your sins shall be erased.

ਪੰਚ ਭੂ ਆਤਮਾ ਿਵਸ ਕਹਿ ਤਾ ਤੀਰਥ ਕਹਿ ਨਵਾਨਾ ॥੨॥ (491)
If your soul overcomes the five elements, then you shall come to have a home at the true place of pilgrimage. ||2||
This mind of the self-centered manmukh is so stupid; it does not obtain any understanding at all.

It does not understand the Name of the Lord; it departs repenting in the end.

In this mind are found Benares, all sacred shrines of pilgrimage and the Shaastras; the True Guru has explained this.

The sixty-eight places of pilgrimage remain with one, whose heart is filled with the Lord.

Those who are pleasing to You, O True Lord, are true. They remain absorbed in You.

Goojaree, Third Mehl:
एको नाम निधान पंडित सुख सच सोई ॥

The One Name is the treasure, O Pandit. Listen to these True Teachings.

No matter what you read in duality, reading and contemplating it, you shall only continue to suffer. ||1||

So grasp the Lord's lotus feet; through the Word of the Guru's Shabad, you shall come to understand.

With your tongue, taste the sublime elixir of the Lord, and your mind shall be rendered immaculately pure. ||1|| Pause||

Meeting the True Guru, the mind becomes content, and then, hunger and desire will not trouble you any longer.

The self-willed manmukh babbles on and on, but he does not understand.
One whose heart is illumined, by Guru's Teachings, obtains the Name of the Lord. ||3||

He is a fool, who does not understand his own self, and who does not enshrine love for the True Lord. ||4||

The True Lord has fooled the world - no one has any say in this at all.

O Nanak, He does whatever He pleases, according to His Will. ||5||7||9||

I dance, and make this mind dance as well.
ਗੁਰ ਪਰਸਾਦੀ ਆਪ ਗਵਾੈ ॥ (506)
By Guru's Grace, I eliminate my self-conceit.

ਚਿਤ ਥੀਰ ਰਾਖੈ ਸੋ ਮੁਕਤਤ ਹੋਵੈ ਜੋ ਇਚਿਹ ਸੋੀ ਫਲ ਪਾੀ ॥੧॥
One who keeps his consciousness focused on the Lord is liberated; he obtains the fruits of his desires. ||1||

ਨਾਚੁ ਰੇ ਮਨ ਗੁਰ ਕੈ ਆਗਈ ॥
So dance, O mind, before your Guru.

ਗੁਰ ਕੈ ਭਾਣੈ ਨਾਚਿਹ ਤਾ ਸੁਖ ਪਾਵਿਹ ਅੰਤੇ ਜਮ ਭਿਉ ਭਾਗੈ ॥ ਰਹਾਉ ॥
If you dance according to the Guru's Will, you shall obtain peace, and in the end, the fear of death shall leave you. ||Pause||

ਅਧਿ ਰਚਣੇ ਮੇਂ ਬਣਾਦ ਬਹਤੀਆਂ ਅਪਣੀ ਆਪਣੀ ਅਪੀ ਕਲਪਨ ਅਧ ਕਲਪਨ ਕਲਾਖੇ ॥ (506)
One whom the Lord Himself causes to dance, is called a devotee. He Himself links us to His Love.

ਅਧੇ ਗਾਵਈ ਅਧੀ ਮੁਹਾਤਮ ਭੁਵ ਅੰਧ ਵਧੁ ਭਵਿਹਨ ਫਲਿਹਨ ॥੨॥ (506)
He Himself sings, He Himself listens, and He puts this blind mind on the right path. ||2||

ਅਨਦੀਨ ਹਰੇ ਬੀਜ ਵਿਵਾਹੀ ਵਿਵਿਧ ਕਲਪਨ ਟੀੜੇ ਹਦੇਠੀ ॥ (506)
One who dances night and day, and banishes Shakti's Maya, enters the House of the Lord Shiva, where there is no sleep.
The world is asleep in Maya, the house of Shakti; it dances, jumps and sings in duality. The self-willed manmukh has no devotion. ||3||

The angels, mortals, renunciates, ritualists, silent sages and beings of spiritual wisdom dance.

The Siddhas and seekers, lovingly focused on the Lord, dance, as do the Gurmukhs, whose minds dwell in reflective meditation. ||4||

The planets and solar systems dance in the three qualities, as do those who bear love for You, Lord.

They alone dance, who are pleasing to You, and who, as Gurmukhs, embrace love for the Word of the Shabad.

They are devotees, with the essence of spiritual wisdom, who obey the Hukam of His Command. ||6||
This is devotional worship, that one loves the True Lord; without service, one cannot be a devotee.

If one remains dead while yet alive, he reflects upon the Shabad, and then, he obtains the True Lord.

So many people dance for the sake of Maya; how rare are those who contemplate reality.

By Guru's Grace, that humble being obtains You, Lord, upon whom You show Mercy.

With each and every breath, constantly remember the Lord; He Himself shall forgive you, according to His Will.

They alone dance, who are pleasing to Your Will, and who, as Gurmukhs, contemplate the Word of the Shabad.

Says Nanak, they alone find celestial peace, whom You bless with Your Grace.
Goonjree Kee Vaar, Third Mehl, Sung In The Tune Of The Vaar Of Sikandar & Biraahim:

ik-oNkaar satgur parsaa.

One Universal Creator God. By The Grace Of The True Guru:

salok mehlaa 3.

Shalok, Third Mehl:

ih jagat mamtaa mu-aa jeevan kee biDh naahi.

This world perishing in attachment and possessiveness; no one knows the way of life.

gur kai bhaanai jo chalai taaN jeevan padvee paahi.

One who walks in harmony with the Guru's Will, obtains the supreme status of life.

o-ay sadaa sadaa jan jeevtay jo har charnee chit laahi.

Those humble beings who focus their consciousness on the Lord's Feet, live forever and ever.

naanak nadree man vasai gurmukh sahj samaahi. ||1||

O Nanak, by His Grace, the Lord abides in the minds of the Gurmukhs, who merge in celestial bliss. ||1||

mehlaa 3.
ਅੰਦਿਰ ਸਹਸਾ ਦੁਖੁ ਹੈ ਆਪੇ ਸਿਰੀ ਧੰਧੈ ਮਾਰ ॥ (508)

Within the self is the pain of doubt; engrossed in worldly affairs, they are killing themselves.

ਦੂਜੈ ਭਾਈ ਸੁਤੇ ਕਬਿਹ ਨ ਜਾਗਿਹ ਮਾਇਆ ਮੋਹ ਿਪਆਰ ॥ (508)

Asleep in the love of duality, they never wake up; they are in love with, and attached to Maya.

ਨਾਮੁ ਨ ਚੇਤਿਹ ਸਬਦੁ ਨ ਵੀਚਾਰਿਹ ਇਹ ਮਨਮੁਖ ਕਾ ਆਚਾਰੁ ॥ (508)

They do not think of the Naam, the Name of the Lord, and they do not contemplate the Word of the Shabad. This is the conduct of the self-willed manmukhs.

ਹਿਰ ਨਾਮੁ ਨ ਪਾਇਆ ਜਨਮ ਿਬਰਥਾ ਗਵਾਇਆ ਨਾਨਕ ਜਮ ਮਾਿਰ ਕਰੇ ਖੁਆਰ ॥੨॥ (509)

They do not obtain the Lord's Name, and they waste away their lives in vain; O Nanak, the Messenger of Death punishes and dishonors them. ||2||

ਪਉੜੀ ॥ (509)

Pauree:

ਆਪਣਾ ਆਪੁ ਉਪਾਇਹਨੁ ਤਦਹੁ ਹੋਰੁ ਨ ਕੋਈ ॥ (509)

He created Himself - at that time, there was no other.

ਮਤਾ ਮਸੂਰਿਤ ਆਿਪ ਕਰੇ ਜੋ ਕਰੇ ਸੁ ਹੋਈ ॥ (509)

He consulted Himself for advice, and what He did came to pass.

ਤਦਹੁ ਆਕਾਸੁ ਨ ਪਾਤਾਲੁ ਹੈ ਨਾ ਤਰ੍ੈ ਲੋੈ ॥ (509)

At that time, there were no Akaashic Ethers, no nether regions, nor the three worlds.
ਤਦਹੁ ਆਪੇ ਆਪ ਨੀਰਵਰੂ ਹੈ ਨਾ ਓਪਿਤ ਹੋਈ ॥ (509)
At that time, only the Formless Lord Himself existed - there was no creation.

ਜਿੱਥੀ ਦਸੀ ਦੱਖਣੇ ਕੰਢੀ ਦਿਸਤੁ ਅਬਰੂ ਤੇ ਬੇਦੀ ॥੧॥ (509)
As it pleased Him, so did He act; without Him, there was no other. ||1||

ਸ਼ਾਲੋਕੁ ਮੇਲਾ ੩ ॥ (509)
Shalok, Third Mehl:

ਸਾਹੀਬੁ ਮੇਰਾ ਸਦਾ ਹੈ ਦਿਸੈ ਸਬਦੁ ਕਾਮਾਇ ॥ (509)
My Master is eternal. He is seen by practicing the Word of the Shabad.

ਓਹ ਅਉਹਾਣੀ ਕਦੇ ਨਾਹ ਨਾ ਆਵੈ ਨਾ ਜਾਇ ॥ (509)
He never perishes; He does not come or go in reincarnation.

ਅਬਰੁ ਦੂਜਾ ਦੱਖਣੇ ਸੰਭ ਤੇ ਭੁਵਨ ਕੰਢੀ ॥ (509)
Why serve another who is born, and then dies?

ਫੁੰਦੋ ਦੁੰਦੁ ਦੱਖਣੇ ਤੇ ਭੁਵਨ ਕੰਢੀ ॥ (509)
Fruitless is the life of those who do not know their Lord and Master, and who center their consciousness on others.
O Nanak, it cannot be known, how much punishment the Creator shall inflict on them. ||1||

Mehl: 3.
Third Mehl:

Meditate on the True Name; the True Lord is pervading everywhere.

O Nanak, by understanding the Hukam of the Lord's Command, one becomes acceptable, and then obtains the fruit of Truth.

He wanders around babbling and speaking, but he does not understand the Lord's Command at all. He is blind, the falsest of the false.

Creating union and separation, He laid the foundations of the Universe.

By His Command, the Lord of Light fashioned the Universe, and infused His Divine Light into it.
From the Lord of Light, all light originates. The True Guru proclaims the Word of the Shabad.

Brahma, Vishnu and Shiva, under the influence of the three dispositions, were put to their tasks.

He created the root of Maya, and the peace obtained in the fourth state of consciousness.

That alone is chanting, and that alone is deep meditation, which is pleasing to the True Guru.

Pleasing the True Guru, glorious greatness is obtained.

O Nanak, renouncing self-conceit, one merges into the Guru.
ਸੁਖ ਦੀ ਮਿਠੀ ਵੇ ਹੈਂਚੁ ਲੇਖੀ ॥ (509)
ਗੁਰ ਕੀ ਸਿਖ ਕੋ ਵਿਰਲਾ ਲੇਖੀ ॥
gur kee sikh ko virlaa layvai.
How rare are those who receive the Guru's Teachings.

ਤਰਲਤ ਸਿਸਕੋ ਵਚਕਾਰੀ ਦੇਖੀ ॥੨॥ (509)
ਨਾਨਕ ਜਿਸੁ ਅਣੀ ਵਹਾਈ ਦੇਖੀ ॥੨॥
naanak jis aap vadi-aa-ee dayvai. ||2||
O Nanak, he alone receives it, whom the Lord Himself blesses with glorious greatness. ||2||

ਪਹੁੰਚੀ ॥ (509)
ਪਹੁੰਚੀ
pa-orhee.
Pauree:

ਮਾਇਆ ਮੋਹੁ ਅਗੀਆਂ ਹਾਈ ਬਿਖਾਮ ਅਤੇ ਬਹਾਰੀ ॥
maa-i-aa moh agi-aan hai bikham at bhaaree.
Emotional attachment to Maya is spiritual darkness; it is very difficult and such a heavy load.

ਪਥਰ ਪਾਪ ਬਹੁ ਲਿਦਾ ਕੀੋ ਤਾਰੀਐ ਤਾਰੀ ॥ (509)
patthar paap baho ladi-aai ki-o tareer-taree.
Loaded with so very many stones of sin, how can the boat cross over?

ਅਨਿਦਾਨ ਭਗਤੀ ਰਿਤਾ ਹਿਰ ਪਾਰਿ ਉਤਾਰੀ ॥ (509)
an-din bhagtee rati-aar har paar utaare.
Those who are attuned to the Lord's devotional worship night and day are carried across.

ਗੁਰ ਸਬਦੀ ਮਨੁ ਨੀਰਮਾਲਾ ਹਾਉਮੈ ਚਿਹਾ ਵਿਕਾਰੀ ॥ (509)
gur sabdee man nirmalaa ha-umai chhad vikaare.
Under the Instruction of the Guru's Shabad, one sheds egotism and corruption, and the mind becomes immaculate.

ਹਿਰ ਨਾਮੁ ਦਿਆਈਐ ਹਿਰ ਹਿਰ ਨਿਸਤਾਰੀ ॥੩॥ (509)
har har naam Dhi-aa-ee-ai har har nistaaree. ||3||
Meditate on the Name of the Lord, Har, Har; the Lord, Har, Har, is our Saving Grace. ||3||
Shalok:

कबीर मुकित द्वारा संकुड़ा राई दसवै भाइ ॥

O Kabeer, the gate of liberation is narrow, less than one-tenth of a mustard seed.

मनु तउ मैगलु होइ रहा निकसिआ किउ करि जाइ ॥

The mind has become as big as an elephant; how can it pass through this gate?

ऐसा सतिगुरु जे मिलै तुठा करे पसाउ ॥

If one meets such a True Guru, by His Pleasure, He shows His Mercy.

मुकित द्वारा मोक्ला सहजे आवू जाउ ॥१॥

Then, the gate of liberation becomes wide open, and the soul easily passes through. ||1||

Third Mehl:

नानक मुकित द्वारा अित नीका नान्हा होइ सु जाइ ॥

O Nanak, the gate of liberation is very narrow; only the very tiny can pass through.

उहै मनु अस्थूलु है किउ करि विचु दे जाइ ॥

Through egotism, the mind has become bloated. How can it pass through?
Meeting the True Guru, egotism departs, and one is filled with the Divine Light.

Then, this soul is liberated forever, and it remains absorbed in celestial bliss.

God created the Universe, and He keeps it under His power.

God cannot be obtained by counting; the mortal wanders in doubt.

Meeting the True Guru, one remains dead while yet alive; understanding Him, he is absorbed in the Truth.

Through the Word of the Shabad, egotism is eradicated, and one is united in the Lord's Union.

He knows everything, and Himself does everything; beholding His Creation, He rejoices.
Shalok, Third Mehl:

satgur si-o chit na laa-i-o naam na vasi-o man aa-ay.

One who has not focused his consciousness on the True Guru, and into whose mind the Naam does not come -

Dharig ivayhaa jeevi-aa jug mahi paa-i-aa ay.

cursed is such a life. What has he gained by coming into the world?

maa-i-aa khotee raas hai eyk chasay meh paaj leh jaa-ay.

Maya is false capital; in an instant, its false covering falls off.

hathahu chhurhkee tan si-aahu ho-ay badan jaa-ay kumlaa-ay.

When it slips from his hand, his body turns black, and his face withers away.

jin satgur si-o chit laa-i-aa tinH sukh vasi-aa man aa-ay.

Those who focus their consciousness on the True Guru - peace comes to abide in their minds.

har naam Dhi-aavahi rang si-o har naam rahay liv laa-ay.

They meditate on the Name of the Lord with love; they are lovingly attuned to the Name of the Lord.

naanak satgur so Dhan sa-upi-aa je jee-a meh rahe-aa samaa-ay.

O Nanak, the True Guru has bestowed upon them the wealth, which remains contained within their hearts.
They are imbued with supreme love; its color increases day by day. ||1||

Maya is a serpent, clinging to the world. Whoever serves her, she ultimately devours.

The Gurmukh is a snake-charmer; he has trampled her and thrown her down, and crushed her underfoot.

O Nanak, they alone are saved, who remain lovingly absorbed in the True Lord. ||2||

The minstrel cries out, and God hears him.
ਅੰਦਿਰ ਧੀਰਕ ਹੋਇ ਪੂਰਾ ਪਾਇਸੀ || (510)
ਅੰਦਿਰ ਧੀਰਕ ਹੋਇ ਪੂਰਾ ਪਾਇਸੀ ||
andar Dheerak ho-ay pooraa paa-isee.
He is comforted within his mind, and he obtains the Perfect Lord.

ਜੋ ਧੁਰੀ ਲਿੱਖਿਆ ਲੇਖੁ ਸੀ ਕਰਮ ਕਮਾਇਸੀ || (510)
ਜੋ ਧੁਰੀ ਲਿੱਖਿਆ ਲੇਖੁ ਸੀ ਕਰਮ ਕਮਾਇਸੀ ||
jo Dhur likhi-aa laykh say karam kamaa-isee.
Whatever destiny is pre-ordained by the Lord, those are the deeds he does.

ਜਾ ਹੋਵੈ ਖਸਮੁ ਦੇਈਆਲੁ ਤਾ ਮਹਲਣ ਘਰੁ ਪਾਇਸੀ || (510)
ਜਾ ਹੋਵੈ ਖਸਮੁ ਦੇਈਆਲੁ ਤਾ ਮਹਲਣ ਘਰੁ ਪਾਇਸੀ ||
jaa hovai khasam da-i-aal taa mahal ghar paa-isee.
When the Lord and Master becomes Merciful, then one obtains the Mansion of the Lord's Presence as his home.

ਸੋ ਪਰਭੁ ਮੇਰਾ ਅਤਵਾ ਗੁਰਮੁਖ ਮੇਲਾ ਇਸੀ ||5|| (510)
ਸੋ ਪਰਭੁ ਮੇਰਾ ਅਤਵਾ ਗੁਰਮੁਖ ਮੇਲਾ ਇਸੀ ||5||
so parabh mayraa at vadaa gurmukh maylaa-isee. ||5||
That God of mine is so very great; as Gurmukh, I have met Him. ||5||

ਸਲੋਕ ਮੇਲਾ 3 || (510)
ਸਲੋਕ ਮੇਲਾ 3 ||
salok mehlaa 3.
Shalok, Third Mehl:

ਸਰਨਾ ਕਾ ਸਹਾ ਏਕਾ ਹੈ ਸਰ ਹੀ ਰਹਿਣ ਹਜੂਰ || (510)
ਸਰਨਾ ਕਾ ਸਹਾ ਏਕਾ ਹੈ ਸਰ ਹੀ ਰਹਿਣ ਹਜੂਰ ||
sabhnaa kaa saho ayk hai sad hee rahai hajoor.
There is One Lord God of all; He remains ever-present.

ਨਾਨਕ ਹੁਕਮ ਨ ਮੰਨਈ ਤਾ ਘਰ ਹੀ ਅੰਦਿਰ ਦੂਰੀ || (510)
ਨਾਨਕ ਹੁਕਮ ਨ ਮੰਨਈ ਤਾ ਘਰ ਹੀ ਅੰਦਿਰ ਦੂਰੀ ||
nanak hukam na man-ee taa ghar hee andar door.
O Nanak, if one does not obey the Hukam of the Lord's Command, then within one's own home, the Lord seems far away.

ਹੁਕਮ ਭੀ ਤਿਨਾ ਮਾਨਾ ਇਸੀ ਕਲਤਨ ਨਦਰ ਕਰਦੇ || (510)
ਹੁਕਮ ਭੀ ਤਿਨਾ ਮਾਨਾ ਇਸੀ ਕਲਤਨ ਨਦਰ ਕਰਦੇ ||
hukam bhee t"aa manaa-isee jin" ka-o nadar karay-i.
They alone obey the Lord's Command, upon whom He casts His Glance of Grace.
ਹੁਕਮ ਮੰਨੀ ਸੁਖ ਪਾਈਅਾ ਪ੍ਰੇਮ ਸੁਹਾਗੀਣ ਹੋਈ। ||1||

Obeying His Command, one obtains peace, and becomes the happy, loving soul-bride. ||1||

Third Mehl:

ਰੈਣ ਸਬਾਈ ਜਿਲ ਮੁੈ ਕੰਤ ਨਲਾਈ ਭਾਊ। ||2||

She who does not love her Husband Lord, burns and wastes away all through the night of her life.

ਨਾਨਕ ਸੁਖ ਵਸਨ ਸੋਹਾਗਣੀ ਜਿਨਾ ਪੁਰੈ ਹਿਰ ਰਾਊ। ||2||

O Nanak, the soul-brides dwell in peace; they have the Lord, their King, as their Husband. ||2||

Pauree:

ਸਭ ਜਗ ਦੇਖਾ ਹਿਰ ਇਕੋ ਦਾਤਾ। ||510||

Roaming over the entire world, I have seen that the Lord is the only Giver.

ਗੁਰ ਸਬਦੀ ਹਿਰ ਮਿਨ ਹਿਰ ਸਹਜ ਜਾਤਾ। ||510||

Through the Word of the Guru’s Shabad, the Lord comes to dwell in the mind, and the Lord is easily revealed within.
ਅੰਦਰਹੁ ਿਤਰ੍ਸਨਾ ਅਗਿਨ ਬੁਝੀ ਹਿਰ ਅੰਿਮਰ੍ਤ ਸਿਰ ਨਾਤਾ ॥ (510)

The fire of desire within is quenched, and one bathes in the Lord's Pool of Ambrosial Nectar.

ਵਡੀ ਵਿਡਆਈ ਵਡੇ ਕੀ ਗੁਰਮੁਿਖ ਬੋਲਾਤਾ ॥੬॥ (510)

The great greatness of the great Lord God - the Gurmukh speaks of this. ||6||

ਸਲੋਕੁ ਮਃ ੩ ॥ (510)

Shalok, Third Mehl:

ਕਾਇਆ ਹੰਸ ਿਕਾ ਪਰ੍ੀਿਤ ਹੈ ਿਜ ਪਾਈ ਹੀ ਛਿਡ ਜਾਇ ॥ (510)

What love is this between the body and soul, which ends when the body falls?

ਏਸ ਨੋ ਕੂੰਡੁ ਬੋਲ ਿਕਾ ਖਵਾਲੀਐ ਿਜ ਚਲਿਦਾ ਨਾਲ ਨ ਜਾਇ ॥ (510)

Why feed it by telling lies? When you leave, it does not go with you.

ਕਾਇਆ ਿਮਟੀ ਅੰਧੁ ਹੈ ਪਾਈ ਪੁਛਹੁ ਜਾਇ ॥ (511)

The body is merely blind dust; go, and ask the soul.

ਹਉ ਤਾ ਮਾਇਆ ਮੋਿਹਾ ਫਿਰਿ ਫਿਰਿ ਆਵਾ ਜਾਇ ॥ (511)

The soul answers, "I am enticed by Maya, and so I come and go, again and again".

ਨਾਨਕ ਹੁਕਮ ਨ ਜਾਤੋ ਖਸਮ ਕਾ ਜੀ ਰਹਾ ਸਚੀ ਸਮਾਈ ॥੧॥ (511)

O Nanak, I do not know my Lord and Master's Command, by which I would merge in the Truth. ||1||
Third Mehl:

ेको निहचल नाम धनु होरु धनु आै जाओ ॥

The Naam, the Name of the Lord, is the only permanent wealth; all other wealth comes and goes.

इसु धन कउ तसकरु जोिह न सकई ना ओचका लै जाओ ॥

Thieves cannot steal this wealth, nor can robbers take it away.

इहु हिर धनु जीऐ सेती रिव रिहआ जीऐ नाले जाओ ॥

This wealth of the Lord is embedded in the soul, and with the soul, it shall depart.

ਪੂਰੇ ਗੁਰ ਤੇ ਪਾਈਐ ਮਨਮੁਿਖ ਪਲੈ ਨ ਪਾਈ ॥

It is obtained from the Perfect Guru; the self-willed manmukhs do not receive it.

ਧਨੁ ਵਾਪਾਰੀ ਨਾਨਕਾ ਜਿਨਹਾ ਨਾਮ ਧਨੁ ਖਿਟਆ ਆਈ ॥

Blessed are the traders, O Nanak, who have come to earn the wealth of the Naam. ||2||

ਪਉੜੀ ॥

Pauree:

ਮੇਰਾ ਸਾਿਹਬੁ ਅਿਤ ਵਡਾ ਸਚੁ ਗਿਹਰ ਗੰਭੀਰਾ ॥

My Master is so very great, true, profound and unfathomable.
The whole world is under His power; everything is the projection of Him.

By Guru's Grace, the eternal wealth is obtained, bringing peace and patience to the mind.

By His Grace, the Lord dwells in the mind, and one meets the Brave Guru.

The virtuous praise the ever-stable, permanent, perfect Lord.

Cursed is the life of those who forsake and throw away the peace of the Lord's Name, and suffer pain instead by practicing ego and sin.

The ignorant self-willed manmukhs are engrossed in the love of Maya; they have no understanding at all.

In this world and in the world beyond, they do not find peace; in the end, they depart regretting and repenting.
By Guru's Grace, one may meditate on the Naam, the Name of the Lord, and egotism departs from within him.

O Nanak, one who has such pre-ordained destiny, comes and falls at the Guru's Feet.

The self-willed manmukh is like the inverted lotus; he has neither devotional worship, nor the Lord's Name.

He does not mingle with the righteous; within him are falsehood and selfishness.

O Nanak, the Creator Lord has arranged things, so that the self-willed manmukhs are drowned by telling lies, while the Gurmukhs are saved by chanting the Lord's Name.
Pauree:

Without understanding, one must wander around the cycle of reincarnation, and continue coming and going.

One who has not served the True Guru, shall depart regretting and repenting in the end.

But if the Lord shows His Mercy, one finds the Guru, and ego is banished from within.

Hunger and thirst depart from within, and peace comes to dwell in the mind.

Forever and ever, praise Him with love in your heart.

Shalok, Third Mehl:

One who serves his True Guru, is worshipped by everyone.
ਸਭਨਾ उਪਾवਾਂ ਸਿਰੀ ਉਪਾ ਨਹੀਂ ਹਿਰਪਾ ਨਾਮ ਪਰਾਪਤ ਹੋਇ ॥

Of all efforts, the supreme effort is the attainment of the Lord's Name.

ਅੰਤਰਿ ਸੀਤਲ ਸਾਤ ਵਸੈ ਜਿਪ ਹੀਰਦੈ ਸੁਖ ਹੋਇ ॥

Peace and tranquility come to dwell within the mind; meditating within the heart, there comes a lasting peace.

ਅਂਮਰੁ ਖਾਣਾ ਅਂਮਰੁ ਪੈਨਣਾ ਨਾਨਕ ਨਾਮ ਵੱਡੀ ਹੋਇ ॥੧॥

The Ambrosial Amrit is his food, and the Ambrosial Amrit is his clothes; O Nanak, through the Naam, the Name of the Lord, greatness is obtained. ||1||

ਮੇਹਲਾ ੩ ॥

Third Mehl:

ਏ ਮਨ ਗੁਰ ਕੀ ਸੁਖੀ ਸੁਣ ਹੀਰ ਪਵਹੀ ਗੁਣੀ ਨਿਧਾਨੁ ॥

O mind, listen to the Guru's Teachings, and you shall obtain the treasure of virtue.

ਹਿਰ ਸੁਖਦਾਤਾ ਮਣ ਵਸੈ ਹਉਮੈ ਜਾਇ ਗੁਮਾਨੁ ॥

The Lord, the Giver of peace, shall dwell in your mind, and your egotism and pride shall depart.

ਨਾਨਕ ਨਦਰੀ ਪਾਈਐ ਤਾ ਅਨਦਨੁ ਲਾਈ ਖਿਆਨੁ ॥੨॥

O Nanak, when the Lord bestows His Glimpse of Grace, then, night and day, one centers his meditation on the Lord. ||2||

ਪ੍ਰੇਰਣਾ ॥ (512)

Pauree:
The Gurmukh is totally truthful, content and pure.

Deception and wickedness have departed from within him, and he easily conquers his mind.

There, the Divine Light and the essence of bliss are manifest, and ignorance is eliminated.

Night and day, he sings the Glorious Praises of the Lord, and manifests the excellence of the Lord.

The One Lord is the Giver of all; the Lord alone is our friend.

One who understands God, who lovingly centers his mind on the Lord night and day, is called a Brahmin.

Consulting the True Guru, he practices Truth and self-restraint, and he is rid of the disease of ego.
ਹਿਰ ਗੁਣ ਗਾਵੈ ਗੁਣ ਸੰਗਰਾਹੀ ਜੋੜੀ ਜੋਿਤੀ ਮਲਾਏ ॥

He sings the Glorious Praises of the Lord, and gathers in His Praises; his light is blended with the Light.

ਇਸੁ ਜੁਗ ਮਹਿ ਕੋ ਵੀਰਲਾ ਬਰਹਮ ਗੀਆਨੀ ਜਿ ਹਉਮੈ ਮੇਈ ਸਮਾਇ ॥

In this world, one who knows God is very rare; eradicating ego, he is absorbed in God.

ਨਾਨਕ ਤਿਸ ਨੋ ਮਲਿਅਆ ਸਦਾ ਸੁਖ ਪਾਈਐ ਜਿ ਅਨਦਨ ਹਿਰ ਨਾਮ ਧਾਏ ॥੧॥

O Nanak, meeting him, peace is obtained; night and day, he meditates on the Lord’s Name. ||1||

Third Mehl:

ਅੰਤਿਰ ਕਪਟੁ ਮਨਮੁਖ ਅਗੀਆਨੀ ਰਸਨਾ ਝੂਠ ਬੋਲਾਈ ॥

Within the ignorant self-willed manmukh is deception; with his tongue, he speaks lies.

ਕਪਟੀ ਕੀਤੈ ਹਿਰ ਪੁਰਾਕ ਨ ਭੀਜੈ ਨਿਤ ਵੇਖੈ ਸੁਣੈ ਸੁਬਾਇ ॥

Practicing deception, he does not please the Lord God, who always sees and hears with natural ease.

ਦੂਜੈ ਬਾਈ ਜਗ ਪਰਬੌਧਾ ਮਾਈ ਮੋਹ ਸੂਆਇ ॥

In the love of duality, he goes to instruct the world, but he is engrossed in the poison of Maya and attachment to pleasure.
ਇਤੁ ਕਮਾਣੈ ਸਦਾ ਦੁਖੁ ਪਾਵੈ ਜਾਇ ਮਰਈ ਿਫਿਰ ਆਵੈ ਜਾਇ ॥

By doing so, he suffers in constant pain; he is born and then dies, and comes and goes again and again.

ਸਹਸਾ ਮੂਿਲ ਨ ਚੁਕਈ ਿਵਿਸਟਾ ਪਚੈ ਪੱਛਿੇ ਹਿਰ ਨਾਮੁ ਿਧਾਵਿੇ ਹਿਰ ਨਾਮੋ ਗਾਵਿੇ ਹਿਰ ਨਾਮੋ ਅੰਤ ਛਡਾਇ ॥੨॥

He meditates on the Lord's Name, and sings the Lord's Name; in the end, the Lord's Name will deliver him. ||2||

ਪਉੜੀ ॥

Pauree:

ਜਿਸਨਾ ਹੁਕਮੁ ਮਨਾਇਓਨੁ ਤੇ ਪੂਰੇ ਸੰਸਾਰ ॥

Those who obey the Hukam of the Lord's Command, are the perfect persons in the world.

ਹਿਰ ਕੀ ਸੇਵਾ ਚਾਕਰੀ ਸਚੈ ਸਬਿਦ ਿਪਾਈ ॥

They serve the Lord, and love the True Word of the Shabad.
They attain the Mansion of the Lord's Presence, as they eradicate egotism from within.

They remain united with Him, chanting the Name of the Lord, and enshrining it within their hearts.

The Gurmukh meditates on the Lord; the celestial sound-current resounds within him, and he focuses his consciousness on the True Name.

The Gurmukh remains imbued with the Lord's Love, night and day; his mind is pleased with the Name of the Lord.

The Gurmukh beholds the Lord, the Gurmukh speaks of the Lord, and the Gurmukh naturally loves the Lord.

O Nanak, the Gurmukh attains spiritual wisdom, and the pitch-black darkness of ignorance is dispelled.
ਜਿਸ ਨੋ ਕਰਮ ਹੋਵੈ ਧੁਰ ਪੂਰਾ ਤਿਨੀ ਗੁਰਮੁਖ ਹਰੀ ਨਾਮ ਦਿਖਾਇਆ। 

One who is blessed by the Perfect Lord's Grace - as Gurmukh, he meditates on the Lord's Name.

Third Mehl:

ਸਤਗੁਰੁ ਜਿਨਾ ਨ ਸੇਵਓ ਸਭ ਦੀ ਲਗੋ ਪਿਆਰ। 

Those who do not serve the True Guru do not embrace love for the Word of the Shabad.

ਸੇਹਜੇ ਨਾਮ ਨ ਦਿਖਾਇਆ ਕੀ ਆਈ ਸੰਸਾਰ। 

They do not meditate on the Celestial Naam, the Name of the Lord - why did they even bother to come into the world?

ਕੂੜੈ ਲਾਲਚ ਲਿਗਾ ਨਾ ਉਰਵਾਰ ਨ ਪਾਰ। 

They are attached to false greed; they are not on this shore, nor on the one beyond.

ਨਾਨਕ ਗੁਰਮੁਖ ਉਬਰੇ ਜਿ ਆਪੀ ਮੇਲੇ ਕਰਤਾਰ। 

O Nanak, the Gurmukhs are saved; the Creator Lord unites them with Himself.

Pauree:
The devotees look beauteous in the True Court of the Lord; they abide in the True Word of the Shabad.

The Lord's Love wells up in them; they are attracted by the Lord's Love.

They abide in the Lord's Love, they remain imbued with the Lord's Love forever, and with their tongues, they drink in the sublime essence of the Lord.

Fruitful are the lives of those Gurmukhs who recognize the Lord and enshrine Him in their hearts.

Without the Guru, they wander around crying out in misery; in the love of duality, they are ruined.

In the Dark Age of Kali Yuga, the devotees earn the treasure of the Naam, the Name of the Lord; they obtain the supreme status of the Lord.
Serving the True Guru, they enshrine the Lord's Name in their minds, and they meditate on the Naam, night and day.

Within the home of their own selves, they remain unattached, through the Guru's Teachings; they burn away egotism and emotional attachment.

They save themselves, and they save the whole world. Blessed are the mothers who gave birth to them.

He alone finds such a True Guru, upon whose forehead the Lord inscribed such pre-ordained destiny.

Servant Nanak is a sacrifice to his Guru; when he was wandering in doubt, He placed him on the Path. ||1||

Beholding Maya with her three dispositions, he goes astray; he is like the moth, which sees the flame, and is consumed.
The mistaken, deluded Pandits gaze upon Maya, and watch to see whether anyone has offered them something.

In the love of duality, they read continually about sin, while the Lord has withheld His Name from them.

The Yogis, the wandering hermits and the Sannyasies have gone astray; their egotism and arrogance have increased greatly.

They do not accept the true donations of clothes and food, and their lives are ruined by their stubborn minds.

Among these, he alone is a man of poise, who, as Gurmukh, meditates on the Naam, the Name of the Lord.

Unto whom should servant Nanak speak and complain? All act as the Lord causes them to act.

Pauree.
Emotional attachment to Maya, sexual desire, anger and egotism are demons.

Because of them, mortals are subject to death; above their heads hangs the heavy club of the Messenger of Death.

The self-willed manmukhs, in love with duality, are led onto the path of Death.

In the City of Death, they are tied up and beaten, and no one hears their cries.

One who is blessed by the Lord's Grace meets the Guru; as Gurmukh, he is emancipated.

Shalok, Third Mehl:

By egotism and pride, the self-willed manmukhs are enticed, and consumed.

Those who center their consciousness on duality are caught in it, and remain stuck.
But when it is burnt away by the Word of the Guru's Shabad, only then does it depart from within.

The body and mind become radiant and bright, and the Naam, the Name of the Lord, comes to dwell within the mind.

O Nanak, the Lord's Name is the antidote to Maya; the Gurmukh obtains it.

This mind has wandered through so many ages; it has not remained stable - it continues coming and going.

When the Lord forgives, then one meets the Guru, and becoming stable, he remains absorbed in the Lord.
O Nanak, through the mind, the mind is satisfied, and then, nothing comes or goes. ||2||

The body is the fortress of the Infinite Lord; it is obtained only by destiny.

The Lord Himself dwells within the body; He Himself is the Enjoyer of pleasures.

He does whatever He pleases, and whatever He does, comes to pass.

The Gurmukh meditates on the Lord's Name, and separation from the Lord is ended. ||13||

Shalok, Third Mehl:
Waaho! Waaho! The Lord Himself causes us to praise Him, through the True Word of the Guru's Shabad.

Waaho! Waaho! is His Eulogy and Praise; how rare are the Gurmukhs who understand this.

Waaho! Waaho! is the True Word of His Bani, by which we meet our True Lord.

O Nanak, chanting Waaho! Waaho! God is attained; by His Grace, He is obtained. ||1||

Third Mehl:

Chanting Waaho! Waaho! the tongue is adorned with the Word of the Shabad.

Through the Perfect Shabad, one comes to meet God.

How very fortunate are those, who with their mouths, chant Waaho! Waaho!
Waahu Waahu karahi say-ee jan sohnay tin ka o parjaa poojan aa-ee.
How beautiful are those persons who chant Waaho! Waaho!; people come to venerate them.

Waahu Waahu karam paraapat hovai naanak dar sachai sobhaa paa-ee. ||2||
Waaho! Waaho! is obtained by His Grace; O Nanak, honor is obtained at the Gate of the True Lord. ||2||

Pauree:

Within the fortress of body, are the hard and rigid doors of falsehood, deception and pride.

Deluded by doubt, the blind and ignorant self-willed manmukhs cannot see them.

They cannot be found by any efforts; wearing their religious robes, the wearers have grown weary of trying.

The doors are opened only by the Word of the Guru's Shabad, and then, one chants the Name of the Lord.
ਹਿਰ ਜੀਉ ਅੰਿਮਰ੍ਤ ਿਬਰਖ ਹੈ ਜਿਨ ਪੀਆ ਤੇ ਤਰ੍ਪਤਾਨੀ ॥੧੪॥
The Dear Lord is the Tree of Ambrosial Nectar; those who drink in this Nectar are satisfied. ||14||

ਸਲੋਕੁ ਮਃ ੩ ॥
salok mehlaa 3.
Shalok, Third Mehl:

ਵਾਹੁ ਵਾਹੁ ਕਰਿਤਆ ਰੈਣ ਸੁਕਹ ਿਵਹਾਇ ॥
Chanting Waaho! Waaho! the night of one's life passes in peace.

ਵਾਹੁ ਵਾਹੁ ਕਰਿਤਆ ਸਦਾ ਅਨੰਦ ਹੋਵੈ ਮੇਰੀ ਮਾਇ ॥
Chanting Waaho! Waaho! I am in eternal bliss, O my mother!

ਵਾਹੁ ਵਾਹੁ ਕਰਿਤਆ ਹਿਰ ਿਸਉ ਿਲਵ ਲਾਇ ॥
Chanting Waaho! Waaho!, I have fallen in love with the Lord.

ਵਾਹੁ ਵਾਹੁ ਕਰਮੀ ਬੋਲੈ ਬੋਲਾਇ ॥
Waaho! Waaho! Through the karma of good deeds, I chant it, and inspire others to chant it as well.

ਨਾਨਕ ਵਾਹੁ ਕਰਤਾ ਸੋਭਾ ਪਾਇ ॥
O Nanak, Waaho! Waaho! is the Will of the True Lord. ||1||
ਮੇਰੀ ਤਮਿਲ ਬੋਲੀ ॥ (514)
ਮੰਨੇ ॥
mehlaa 3.
Third Mehl:

ਵਾਹੁ ਵਾਹੁ ਬਣੀ ਸਚ ਹੈ ਗੁਰਮੁਕ਼ ਲਧੀ ਭਾਲੀ ॥ (514)
vaah vaah banee sach hai gurmukh laDhee bhaal.
Waaho! Waaho! is the Bani of the True Word. Searching, the Gurmukhs have found it.

ਵਾਹੁ ਵਾਹੁ ਸਬਦੇ ਉਚਰੇ ਵਾਹੁ ਵਾਹੁ ਿਹਰਦੈ ਨਾਲ ॥ (514)
vaah vaah sabday uchrai vaah vaah hirdai naal.
Waaho! Waaho! They chant the Word of the Shabad. Waaho! Waaho! They enshrine it in their hearts.

ਵਾਹੁ ਵਾਹੁ ਕਰਿਤਆ ਹਿਰ ਪਾਈਆ ਸਹਜੇ ਗੁਰਮੁਕ਼ ਭਾਲ ॥ (514)
vaah vaah karti-aa har paa-i-aa sehjay gurmukh bhaal.
Chanting Waaho! Waaho! the Gurmukhs easily obtain the Lord, after searching.

ਸੇ ਵਡਭਾਗੀ ਨਾਨਕਾ ਹਿਰ ਹਿਰ ਿਰਦੈ ਸਮਾਲ ॥੨॥ (514)
say vadbhaagee naankaa har har ridai samaal. ||2||
O Nanak, very fortunate are those who reflect upon the Lord, Har, Har, within their hearts. ||2||

ਪੁੰਨੀ ॥ (514)
punnee.
Pauree:

ਪੇ ਭਤਾ ਭਟ਼ ਕੇਈਆ ਫੁਡ ਕੇਈ ਬੋਹਾ ॥ (514)
ay manaa at lobhee-aa nit lobhay raataa.
O my utterly greedy mind, you are constantly engrossed in greed.

ਪੰਛੀ ਭਤਾ ਮਾਈਆ ਫੁਡ ਫੁਡ ਬੋਹਾ ॥ (514)
maa-i-aa mansaa mohnnee dah dis firataa.
In your desire for the enticing Maya, you wander in the ten directions.
अगै नाउ जात न जाइसी मनमुक्ख दुखु खाता ॥ (514)
Your name and social status shall not go with you hereafter; the self-willed manmukh is consumed by pain.

रसना हिर रसु न चिखो फीका बोलाता ॥ (514)
Your tongue does not taste the sublime essence of the Lord; it utters only insipid words.

जिना गुरमुख अमर्तु चाक्षिहै से जन तर्पताता ॥१५॥ (514)
Those Gurmukhs who drink in the Ambrosial Nectar are satisfied. ||15||

Shalok, Third Mehl:

वाहु वाहु तिस नो आखीऐ जि सचा गिहर गम्भीरु ॥ (514)
Chant Waaho! Waaho! to the Lord, who is True, profound and unfathomable.

वाहु वाहु तिस नो आखीऐ जि गुणदाता मित धीरु ॥ (514)
Chant Waaho! Waaho! to the Lord, who is the Giver of virtue, intelligence and patience.

वाहु वाहु तिस नो आखीऐ जि सभ मिह रिहआ समाइ ॥ (515)
Chant Waaho! Waaho! to the Lord, who is permeating and pervading in all.

वाहु वाहु तिस नो आखीऐ जि देदा िरजकु सबाह ॥ (515)
Chant Waaho! Waaho! to the Lord, who is the Giver of sustenance to all.
ਨਾਨਕ ਵਾਹੁ ਵਾਹੁ ਇਕੋ ਕਿਰ ਸਾਲਾਹੀਐ ਜੀ ਸਤਿਗੁਰ ਦੀਆ ਦਿਖਾਇ ॥੧॥

O Nanak, Waaho! Waaho! - praise the One Lord, revealed by the True Guru. ||1||

ਮਹੈ ਰੋਜੁ ॥ (515)

ਮੇਹਲਾ 3.
Third Mehl:

ਵਾਹੁ ਵਾਹੁ ਗੁਰਮੁਖ ਸਦਾ ਕਰਿਹ ਮਨਮੁਖ ਮਰਿਹ ਬਖੁ ਖਾਇ ॥ (515)

Waaho! Waaho! The Gurmukhs praise the Lord continually, while the self-willed manmukhs eat poison and die.

ਓਨਾ ਵਾਹੁ ਵਾਹੁ ਨ ਭਾਵੀ ਦੁਖ ਦੁਖ ਖਾਇ ॥ (515)

They have no love for the Lord's Praises, and they pass their lives in misery.

ਗੁਰਮੁਖ ਅੰਮਰਤ ਪੀਵਣਾ ਵਾਹੁ ਵਾਹੁ ਕਰਿਹ ਲਿਵ ਲਾਈ ॥ (515)

The Gurmukhs drink in the Ambrosial Nectar, and they center their consciousness on the Lord's Praises.

ਨਾਨਕ ਵਾਹੁ ਵਾਹੁ ਕਰਿਹ ਸੇ ਜਨ ਨਰਮਲੇ ਤਰ੍ਭਵਣ ਸੋਜੀ ਪਾਈ ॥੨॥ (515)

O Nanak, those who chant Waaho! Waaho! are immaculate and pure; they obtain the knowledge of the three worlds. ||2||

ਪਾਅੰਣੀ ॥ (515)

ਪਾੰਰੀ ॥
Pauree:

ਹਿਰ ਕੈ ਭਾਣੈ ਗੁਰੁ ਮਲ ਸੇਵਾ ਭਗਤ ਬਨੀ ਜਾਈ ॥ (515)

By the Lord's Will, one meets the Guru, serves Him, and worships the Lord.
By the Lord's Will, the Lord comes to dwell in the mind, and one easily drinks in the sublime essence of the Lord.

By the Lord's Will, one finds peace, and continually earns the Lord's Profit.

He is seated on the Lord's throne, and he dwells continually in the home of his own being.

He alone surrenders to the Lord's Will, who meets the Guru.

Chanting Waaho! Waaho!, the mind is purified, and egotism departs from within.

The Gurmukh who continually chants Waaho! Waaho! attains the fruits of his heart's desires.
Beauteous are those humble beings who chant Waaho! Waaho! O Lord, let me join them!

Within my heart, I chant Waaho! Waaho!, and with my mouth, Waaho! Waaho!

O Nanak, those who chant Waaho! Waaho! - unto them I dedicate my body and mind.

Waaho! Waaho! is the True Lord Master; His Name is Ambrosial Nectar.

Those who serve the Lord are blessed with the fruit; I am a sacrifice to them.

Waaho! Waaho! is the treasure of virtue; he alone tastes it, who is so blessed.

The Lord is pervading and permeating the oceans and the land; the Gurmukh attains Him.
Waaho! Waaho! Let all the Gursikhs continually praise Him. Waaho! Waaho! The Perfect Guru is pleased with His Praises.

O Nanak, one who chants Waaho! Waaho! with his heart and mind - the Messenger of Death does not approach him. ||2||

The Dear Lord is the Truest of the True; True is the Word of the Guru's Bani.

Through the True Guru, the Truth is realized, and one is easily absorbed in the True Lord.

Night and day, they remain awake, and do not sleep; in wakefulness, the night of their lives passes.

Those who taste the sublime essence of the Lord, through the Guru's Teachings, are the most worthy persons.

Without the Guru, no one has obtained the Lord; the ignorant rot away and die. ||17||
Shalok, Third Mehl:

vaahu vaahu bani nirankaar hai tis jayvad avar na ko-ay.  
Waaho! Waaho! is the Bani, the Word, of the Formless Lord. There is no other as great as He is.

vaahu vaahu agam athaahu hai vaahu vaahu sachaa so-ay.  
Waaho! Waaho! The Lord is unfathomable and inaccessible. Waaho! Waaho! He is the True One.

vaahu vaahu vayparvaahu hai vaahu vaahu kare so ho-ay.  
Waaho! Waaho! He is the self-existent Lord. Waaho! Waaho! As He wills, so it comes to pass.

vaahu vaahu amrit naam hai gurmukh paavai ko-ay.  
Waaho! Waaho! is the Ambrosial Nectar of the Naam, the Name of the Lord, obtained by the Gurmukh.

vaahu vaahu karmee paai-ay aap de-ay kari day-ay.  
Waaho! Waaho! This is realized by His Grace, as He Himself grants His Grace.

naanak vaahu vaahu gurmukh paa-ay an-din naam la-ay-ay.  
O Nanak, Waaho! Waaho! This is obtained by the Gurmukhs, who hold tight to the Naam, night and day.
Third Mehl:

Without serving the True Guru, peace is not obtained, and the sense of duality does not depart.

Jay bahutayra lochee-ai vin karmai na paa-i-aa jaa-ay.
No matter how much one may wish, without the Lord's Grace, He is not found.

Those who are filled with greed and corruption are ruined by the love of duality.

They cannot escape birth and death, and with egotism within them, they suffer in misery.

They are not summoned by the Messenger of Death, and they do not suffer in pain.

O Nanak, the Gurmukhs are saved; they merge in the True Lord.
Pauree:

Paourhee.

He alone is called a minstrel, who enshrines love for his Lord and Master.

Standing at the Lord's Door, he serves the Lord, and reflects upon the Word of the Guru's Shabad.

The minstrel attains the Lord's Gate and Mansion, and he keeps the True Lord clasped to his heart.

The status of the minstrel is exalted; he loves the Name of the Lord.

The service of the minstrel is to meditate on the Lord; he is emancipated by the Lord.

The milkmaid's status is very low, but she attains her Husband Lord.
when she reflects upon the Word of the Guru's Shabad, and chants the Lord's Name, night and day.

She who meets the True Guru, lives in the Fear of God; she is a woman of noble birth.

She alone realizes the Hukam of her Husband Lord's Command, who is blessed by the Creator Lord's Mercy.

By the Fear of God, filth is washed off, and the body becomes immaculately pure.

The soul is enlightened, and the intellect is exalted, meditating on the Lord, the ocean of excellence.

One who dwells in the Fear of God, lives in the Fear of God, and acts in the Fear of God.
ਐਥੈ ਸੁਖੁ ਵਿਡਆਈਆ ਦਰਗਹ ਮੋਖ ਦੁਆਰ ॥ (516)
aithai sukh vadi-aa-ee-aa dargeh mokh du-aar.
He obtains peace and glorious greatness here, in the Lord's Court, and at the Gate of
Salvation.

ਬਾਈ ਤੇ ਨਿਰਬਹੂ ਪਾਈਐ ਮਿਲ ਜੌਤੀ ਜੋੜਿੰਤ ਅਪਾਰ ॥ (516)
bhai tay nirbha-o paa-ee-ai mil jotee jot apaar.
Through the Fear of God, the Fearless Lord is obtained, and one's light merges in the
Infinite Light.

ਨਾਨਕ ਖਸਮੈ ਭਾਵੈ ਸਾ ਭਲੀ ਜਿਸ ਨੋ ਆਪੇ ਬਖਸੇ ਕਰਤਾਰੁ ॥੧॥ (516)
naanak khasmai bhaavai saa bhalee jis no aapay bakhsay kartaar. ||1||
O Nanak, that bride alone is good, who is pleasing to her Lord and Master, and whom the
Creator Lord Himself forgives. ||1||

ਮੇਹਾ ਤੌੰ ਮਾਹ ਮਾਹ ਸਾਲਾਹੀਐ ਸਚੇ ਕਉ ਬਲਤ ਜਾਉ ॥ (516)
mehlaa 3.
Third Mehl:

ਸਦਾ ਸਦਾ ਸਾਲਾਹੀਐ ਸਚੇ ਬਲਤ ਜਾਉ ॥ (516)
sadaa sadaa salahee-ai sachay ka-o bal jaa-o.
Praise the Lord, forever and ever, and make yourself a sacrifice to the True Lord.

ਨਾਨਕ ਏਕੁ ਛੋਈ ਦੂਜੈ ਲਗੈ ਸਾ ਜਿਹਵਾ ਜਲਤ ਜਾਉ ॥ (516)
naanak ayk chhod doojai lagai saa jihvaa jal jaa-o. ||2||
O Nanak, let that tongue be burnt, which renounces the One Lord, and attaches itself to
another. ||2||

ਪੌਰੀ ॥ (516)
pa-oorhee.
Pauree:
From a single particle of His greatness, He created His incarnations, but they indulged in the love of duality.

They ruled like kings, and fought for pleasure and pain.

Those who serve Shiva and Brahma do not find the limits of the Lord.

The Fearless, Formless Lord is unseen and invisible; He is revealed only to the Gurmukh.

There, one does not suffer sorrow or separation; he becomes stable and immortal in the world.

All these things come and go, all these things of the world.

One who knows this written account is acceptable and approved.
O Nanak, anyone who takes pride in himself is foolish and unwise. ||1||

The mind is the elephant, the Guru is the elephant-driver, and knowledge is the whip. Wherever the Guru drives the mind, it goes.

Without the whip, the elephant wanders into the wilderness, again and again.

I offer my prayer to the One, from whom I was created.

Serving my True Guru, I have obtained all the fruits.

I meditate continually on the Ambrosial Name of the Lord.
ਸੰਤ ਜਨਾ ਕੈ ਸੰਗ ਦੁਖੁ ਮਿਟਾਇਆ ॥ (517)
In the Society of the Saints, I am rid of my pain and suffering.

ਨਾਨਕ ਭਏ ਅਚੰਤੁ ਹੀ ਧਨੁ ਨਿਹਚਲਾਇਆ ॥ 20 ॥
O Nanak, I have become care-free; I have obtained the imperishable wealth of the Lord.

ਖੇਹਾਲ ਉਚੀਆ ਘਰੁ ਉੱਚਾ ਨਿਰਨਾਉ ॥
Raising the embankments of the mind's field, I gaze at the heavenly mansion.

ਮਹਲ ਭਗਤੀ ਘਿਰ ਸਰੈ ਸਜਣ ਪਾਹੁਣਾਉ ॥
When devotion comes to the mind of the soul-bride, she is visited by the friendly guest.

ਬਰਸਨਾ ਤ ਬਰਸੁ ਘਨਾ ਬਹੁਰਹ ਬਰਸਿਹ ਕਾਹੀ ॥
O clouds, if you are going to rain, then go ahead and rain; why rain after the season has passed?

ਨਾਨਕ ਤਿਨ੍ਹ ਬਲਹਾਰਨਫੀ ਜਿਨਾਂ ਗੁਰਮੁਖ ਪਾਇਆ ਮਨ ਮਾਹੀ ॥ 1 ॥
Nanak is a sacrifice to those Gurmukhs who obtain the Lord in their minds.

ਮਹਲ 3 ॥ (517)
Third Mehl:

ਸਲੋਕ ਮਹਲ 3 ॥ (517)
salok mehlaa 3.  Shalok, Third Mehl:

ਪ੍ਰਤੀਯ ਦੁਵੀਗ ਧਨ ਦੁਸਤੁ ਦਿੱਠੀ ॥ (517)
Raising the embankments of the mind's field, I gaze at the heavenly mansion.

ਮਹਲ ਭਗਤੀ ਘਿਰ ਸਰੈ ਸਜਣ ਪਾਹੁਣਾਉ ॥
When devotion comes to the mind of the soul-bride, she is visited by the friendly guest.

ਬਰਸਨਾ ਤ ਬਰਸੁ ਘਨਾ ਬਹੁਰਹ ਬਰਸਿਹ ਕਾਹੀ ॥
O clouds, if you are going to rain, then go ahead and rain; why rain after the season has passed?

ਨਾਨਕ ਤਿਨ੍ਹ ਬਲਹਾਰਨਫੀ ਜਿਨਾਂ ਗੁਰਮੁਖ ਪਾਇਆ ਮਨ ਮਾਹੀ ॥ 1 ॥
Nanak is a sacrifice to those Gurmukhs who obtain the Lord in their minds.

ਮਹਲ 3 ॥ (517)
mehlaa 3.  Third Mehl:
mithaa so jo bhaavdaa sajan so je raas.
That which is pleasing is sweet, and one who is sincere is a friend.

O Nanak, he is known as a Gurmukh, whom the Lord Himself enlightens. ||2||

O God, Your humble servant offers his prayer to You; You are my True Master.

You are my Protector, forever and ever; I meditate on You.

All the beings and creatures are Yours; You are pervading and permeating in them.

One who slanders Your slave is crushed and destroyed.

Falling at Your Feet, Nanak has renounced his cares, and has become care-free. ||21||
ਸਲੋਕ ਮੰਧਰ ॥ (517)
ਸਲੋਕ ਮੰਧਰ ॥
salok mehlaa 3.
Shalok, Third Mehl:

ਆਸਾ ਕਰਤਾ ਜਗੁ ਮੁਆ ਆਸਾ ਮਰੈ ਨ ਜਾਇ ॥ (517)
ਆਸਾ ਕਰਤਾ ਜਗੁ ਮੁਆ ਆਸਾ ਮਰੈ ਨ ਜਾਇ ॥
aasaa kartaa jag mu-aa aasaa marai na jaa-ay.
Building up its hopes, the world dies, but its hopes do not die or depart.

ਨਾਨਕ ਆਸਾ ਪੂਰੀਆ ਸਚੇ ਿਸਉ ਿਚਤੁ ਲਾਇ ॥੧॥ (517)
ਨਾਨਕ ਆਸਾ ਪੂਰੀਆ ਸਚੇ ਿਸਉ ਿਚਤੁ ਲਾਇ ॥੧॥
naanak aasaa pooree-aa sachay si-o chit laa-ay. ||1||
O Nanak, hopes are fulfilled only by attaching one’s consciousness to the True Lord. ||1||

ਪਵੇਠੀ ॥ (517)
ਪਵੇਠੀ ॥
pa-orhee.
Pauree:

ਆਪੇ ਜਗਤੁ ਉਪਾਈਆਨੁ ਕਿਰ ਪੂਰਾ ਥਾਟੁ ॥ (517)
ਆਪੇ ਜਗਤੁ ਉਪਾਈਆਨੁ ਕਿਰ ਪੂਰਾ ਥਾਟੁ ॥
aapay jagat upaa-i-on kar pooraa thaat.
He Himself created the world, with His perfect workmanship.
आपे साहु आपे वणजारा आपे ही हर हाटु ॥ (517)
aapay saahu aapay vanjaaraa aapay hee har haat.
He Himself is the true banker, He Himself is the merchant, and He Himself is the store.

आपे सागरु आपे बोिहथा आपे ही खेवाटु ॥ (517)
aapay saagar aapay boihithaa aapay hee khayvaat.
He Himself is the ocean, He Himself is the boat, and He Himself is the boatman.

आपे गुरु चेला है आपे आपे दसे घाटु ॥ (517)
aapay gur chaylaa hai aapay aapay dasay ghaat.
He Himself is the Guru, He Himself is the disciple, and He Himself shows the destination.

जन नानक नामु िधआइ तू सिभ िकलिवख काटु ॥२२॥१॥
jan naanak naam Dhi-aa-ay too sabh kilvikh kaat. ||22||1||suDhu
O servant Nanak, meditate on the Naam, the Name of the Lord, and all your sins shall be eradicated. ||22||1||Sudh||

Shalok, Third Mehl:

गुर सेवा ते सुखु पाईऐ होर थै सुखु न भाल ॥ (548)
gur sayvaa tay sukh paa-ee-ai hor thai sukh na bhaal.
Serving the Guru, peace is obtained; do not search for peace anywhere else.

गुर कै सबिद मनु भेदीऐ सदा वसै हिर नािल ॥ (548)
gur kai sabad man bhaydee-ai sadaa vasai har naal.
The soul is pierced by the Word of the Guru's Shabad. The Lord dwells ever with the soul.

नानक नामु ितना कउ िमलै िजन हिर वेखै नदिर िनहािल ॥१॥
naanak naam tinaa ka-o milai jin har vaykhai nadar nihaal. ||1||
O Nanak, they alone obtain the Naam, the Name of the Lord, who are blessed by the Lord with His Glance of Grace. ||1||
Mehla 3 || (548)
mehlaa 3.
Third Mehl:

The treasure of the Lord's Praise is such a blessed gift; he alone obtains it to spend, unto whom the Lord bestows it.

Without the True Guru, it does not come to hand; all have grown weary of performing religious rituals.

O Nanak, the self-willed manmukhs of the world lack this wealth; when they are hungry in the next world, what will they have to eat there?

Through the Name, his affairs are brought to perfection; whatever happens is by His Will.

Under Guru's Instruction, his mind is held steady; no one can make him waver.
bhagtaa kaa har angeekaa karay kaaraj suhaavaa ho-ay.
The Lord makes His devotee His own, and his affairs are adjusted.

manmukh moo-lhu bhulaa-i-an vich lab lobb ahaNkaar.
The self-willed manmukhs have been led astray from the very beginning; within them lurks greed, avarice and ego.

suDh mat kartai hir la-ee bolan sabh vikaar.
The Creator has taken away their subtle intellect, and all their speech is corrupt.

ditai kitai na santokhee-an antar tarisnaa bahut ag-yaan anDhaar.
No matter what they are given, they are not satisfied; within them is desire, and the great darkness of ignorance.

naanak manmukhaa naalahu tutee-aa bhalee jinaa maa-i-aa mohi pi-aar. ||1||
O Nanak, it is right to break with the self-willed manmukhs; to them, the love of Maya is sweet. ||1||
What can fear and doubt do to those, who have given their heads to the Creator, and to the True Guru?

He who has preserved honor from the beginning of time, He shall preserve their honor as well.

Meeting their Beloved, they find peace; they reflect upon the True Word of the Shabad.

O Nanak, I serve the Giver of Peace; He Himself is the Assessor.

The minds of such friends are filled with bliss, as they reflect upon the Word of the Guru's Shabad.

They enshrine the Shabad within their hearts; their pain is dispelled, and the Creator blesses them with the Divine Light.
O Nanak, the Savior Lord shall save them, and shower them with His Mercy. ||1||

Third Mehl:

Serve the Guru, and wait upon Him; as you work, maintain the Fear of God.

As you serve Him, you will become like Him, as you walk according to His Will.

You do not enjoy the sublime taste of the Word of the Shabad - what Praises of the Lord will you stubborn-mindedly sing?
ਨਾਨਕ ਆਇਆ ਸੋ ਪਰਵਾਣੁ ਹੈ ਜੀ ਗੁਰਮੁਖ ਸਚ ਸਮਾਇ। ||੧||

O Nanak, his coming alone is approved, who, as Gurmukh, merges into the True Lord. ||1||

ਮ੃ੱਢੈ ਦੀ ਖਸਲਿਤ ਨ ਗਈਆ ਅੰਧੇ ਿਵਛੁਿੜ ਚੋਟਾਂ ਦੁਖਾਏ। ||੫੪੯||

The fool does not understand his own self; he annoyance others with his speech.

ਸਿਤਗੁਰ ਕੈ ਭੈ ਭੰਿਨ ਨ ਘਿੜਓ ਰਹੈ ਅੰਿਕ ਸਮਾਇ। ||੫੫੦||

Through the fear of the True Guru, he has not changed and reformed himself, so that he might merge in the lap of God.

ਚਰਣ ਕਰ ਦੇਖਤ ਸੁਣਣੇ ਥਕੇ ਿਦਹ ਮੁਕੇ ਨੇੜੈ ਆਏ। ||੫੫੦||

His feet, hands, eyes and ears are exhausted; his days are numbered, and his death is immanent.
ਸਚਾ ਨਾਮ ਨਲਗੋ ਮੀਠਾ ਿਜਤੁ ਨਾਿਮ ਨਵ ਿਨਿਧ ਪਾਏ ॥ (550)
The True Name does not seem sweet to him - the Name by which the nine treasures are obtained.

ਜੀਵਤੁ ਮਰੈ ਮਰੈ ਫੁ ਿਨ ਜੀਵੈ ਤੀ ਮੋਖੰਤਰੁ ਪਾਏ ॥ (550)
But if he remains dead while yet alive, then by so dying, he truly lives; thus, he attains liberation.

ਧੁਰਿ ਕਰਮੁ ਨ ਪਾਇਓ ਪਾਰਾਣੀ ਿਵਣੁ ਕਰਮਾ ਿਕਾ ਪਾਏ ॥ (550)
But if he is not blessed with such pre-ordained karma, then without this karma, what can he obtain?

ਗੁਰ ਕਾ ਸਬਦ ਸਮਾਲ ਤੂ ਮੂੰਡੇ ਗਿਤ ਮੀਤੀ ਸਬਦੇ ਪਾਏ ॥ (550)
Meditate in remembrance on the Word of the Guru's Shabad, you fool; through the Shabad, you shall obtain salvation and wisdom.

ਨਾਨਕ ਸਿਤਗੁਰੂ ਤਦ ਹੀ ਪਾਏ ਜੀ ਿਵਚਹੁ ਆਪੁ ਗਵਾਏ ॥੨॥ (550)
O Nanak, he alone finds the True Guru, who eliminates self-conceit from within. ||2||

ਨਾਨਕ ਸਿਤਗੁਰੂ ਤਦ ਹੀ ਪਾਏ ਜੀ ਿਵਚਹੁ ਆਪੁ ਗਵਾਏ ॥੨॥

ਸਾ ਰਸਨਾ ਜਿਲ ਜਾਉ ਜਿਨ ਹਿਰ ਕਾ ਸੁਹਾਉ ਨ ਪਾਇਆ ॥ (550)
Let that tongue, which has not tasted the Name of the Lord, be burnt.
O Nanak, one whose mind is filled with the Name of the Lord, Har, Har - his tongue savors the Word of the Shabad. ||1||

Third Mehl:

Let that tongue, which has forgotten the Name of the Lord, be burnt.

O Nanak, the tongue of the Gurmukh chants the Lord's Name, and loves the Name of the Lord. ||2||

Shalok, Third Mehl:

How rare is the dervish, the Saintly renunciate, who understands renunciation.

Cursed is the life, and cursed are the clothes, of one who wanders around, begging from door to door.

But, if he abandons hope and anxiety, and as Gurmukh receives the Name as his charity,
ਨਾਨਕ ਹਓ ਬਿਲਹਾਰੈ ਜਾਉ ॥੧॥

then Nanak washes his feet, and is a sacrifice to him. ||1||

ਮਃ ੩ ॥
mehlaa 3.

Third Mehl:

ਨਾਨਕ ਤਰਵਰੁ ਏਕੁ ਫਲੁ ਦੁਇ ਪੰਖੇਰੂ ਆਿਹ ॥

O Nanak, the tree has one fruit, but two birds are perched upon it.

ਆਵਤ ਜਾਤ ਨ ਦੀਸਹੀ ਨਾ ਪਰ ਪੰਖੀ ਤਾਿਹ ॥

They are not seen coming or going; these birds have no wings.

ਬਹੁ ਰੰਗੀ ਰਸ ਭੋਿਗਆ ਸਬਿਦ ਰਹੈ ਿਨਰਬਾਣੁ ॥

One enjoys so many pleasures, while the other, through the Word of the Shabad, remains in Nirvaanaa.

ਸਲੋਕ ਮਃ ੩ ॥
salok mehlaa 3.

Shalok, Third Mehl:

ਕਰਮ ਧਰਮ ਸਿਭ ਬੰਧਨਾ ਪਾਪ ਪੁੰਨ ਸਨਬੰਧੁ ॥

Rituals and religions are all just entanglements; bad and good are bound up with them.
Those things done for the sake of children and spouse, in ego and attachment, are just more bonds.

Wherever I look, there I see the noose of attachment to Maya.

O Nanak, without the True Name, the world is engrossed in blind entanglements.

The Gurmukhs serve God forever; night and day, they are steeped in the Love of the True Lord.

They are in bliss forever, singing the Glorious Praises of the True Lord; in this world and in the next, they keep Him clasped to their hearts.

Their Beloved dwells deep within; the Creator pre-ordained this destiny.

O Nanak, He blends them into Himself; He Himself showers His Mercy upon them.
Third Mehl:

कहिएं कहिएं न पाईए अनदिनु रहं सदा गुण गाई ॥
kahi-ai kathi-ai na paa-ee-ai an-dinu rahai sadaa gun gaa-ay.
By merely talking and speaking, He is not found. Night and day, sing His Glorious Praises continually.

विठ्ठ वच्चे विठ्ठे र पाठी दुर्दृश्य भूते विठ्ठणिं ॥
vin karmai kinai na paa-i-o bha-uk mu-ay billaa-ay.
Without His Merciful Grace, no one finds Him; many have died barking and bewailing.

गुर कै  सबिद मनु तनु िभजै आिप वसै मिन आइ ॥
gur kai sabad man tan bhijai aap vasai man aa-ay.
When the mind and body are saturated with the Word of the Guru's Shabad, the Lord Himself comes to dwell in his mind.

O Nanak, by His Grace, He is found; He unites us in His Union. ||2||

Shalok, Third Mehl:

सेखा अंदरहु जोरु छिड तू भै िकिर झलु गवाई ॥
saykhaa andrahu jor chhad too bha-o kar jhal gavaa-ay.
O Shaykh, abandon your cruel nature; live in the Fear of God and give up your madness.

Through the Fear of the Guru, many have been saved; in this fear, find the Fearless Lord.
Pierce your stone heart with the Word of the Shabad; let peace and tranquility come to abide in your mind.

If good deeds are done in this state of peace, they are approved by the Lord and Master.

O Nanak, through sexual desire and anger, no one has ever found God - go, and ask any wise man.

The self-willed manmukh is emotionally attached to Maya - he has no love for the Naam.

He practices falsehood, gathers in falsehood, and makes falsehood his sustenance.

He collects the poisonous wealth of Maya, and then dies; in the end, it is all reduced to ashes.

He practices religious rituals, purity and austere self-discipline, but within, there is greed and corruption.
ਨਾਨਕ ਜੀ ਮਨਮੁਖ ਕੱਲਮੰਚ ਸੁਠਾਇ ਨਾ ਪਵੈ ਦਰਗਹੀ ਹੋਈ ਖੁਆਰੁ ॥੨॥

O Nanak, whatever the self-willed manmukh does, is not acceptable; in the Court of the Lord, he is dishonored. ||2||

ਸਲੋਕ ਮੱਢ ॥ (552)

salok mehlaa 3.
Shalok, Third Mehl:

ਸਿਤਗੁਰ ਕੀ ਸੇਵਾ ਸਫਲ ਹੈ ਜੇ ਕੋ ਕਰੇ ਚਿਤੁ ਲਾਈ ॥ (552)

Fruitful is service to the True Guru, if one does so with a sincere mind.

ਜਨਮ ਮਰਨ ਦੁਖੁ ਕਟੀਐ ਹੂਈ ਮਮਤਾ ਜਾਈ ॥ (552)

The pains of birth and death are eradicated, and the mind is rid of egotism and self-conceit.

ਸਤਗੁਰ ਮੰਚਕੀ ਮੱਢਾ ਸਿਤਗੁਰੁ ਕਮਾਵੈ ॥ (552)

The treasure of the Naam, is obtained, and the mind comes to be free of anxiety.

ਉਤਮ ਮੰਚੀ ਮੱਢਾ ਸਚੇ ਰਹਤੀ ਸਮਾਰੇ ॥ (552)

One achieves the ultimate state, and remains absorbed in the True Lord.

O Nanak, the True Guru comes and meets those who have such pre-ordained destiny. ||1||

Mੱਢ ॥ (552)

m: 3 ॥
mehlaa 3.
Third Mehl:
The True Guru is imbued with the Naam, the Name of the Lord; He is the boat in this Dark Age of Kali Yuga.

One who becomes Gurmukh crosses over; the True Lord dwells within him.

He remembers the Naam, he gathers in the Naam, and he obtains honor through the Naam.

Nanak has found the True Guru; by His Grace, the Name is obtained.

Third Mehl:

Some wait upon and serve the True Guru; they embrace love for the Lord’s Name.

O Nanak, they reform their lives, and redeem their generations as well.
ਏਹਾ ਸੰਧਾਕਾ ਪਰਵਾਣੁ ਹੈ ਜਿਤੁ ਹਿਰ ਪਰ੍ਭੁ ਮੇਰਾ ਚਿਤਾ ਆਵੈ ॥ (553)

That evening prayer alone is acceptable, which brings the Lord God to my consciousness.

ਹਿਰ ਸੁੱਤੁ ਪ੍ਰੀਤੁ ਡੱਥਲੇ ਭਾਵਿਕੁ ਮੇਰਾ ਤਰੱਕਾਏ ॥ (553)

Love for the Lord wells up within me, and my attachment to Maya is burnt away.

ਗੁਰ ਪ੍ਰਸਾਦੀ ਦੁਕਾਨਕਰਮੇ ਮੰਸੁਰੇ ਅਸਥਿਰ ਸੰਧਾਕ ਕਰੇ ਵਿੱਚਾਰੁ ॥ (553)

By Guru's Grace, duality is conquered, and the mind becomes stable; I have made contemplative meditation my evening prayer.

ਨਾਨਕ ਸੰਧਾਕ ਕਰੈ ਮਨਮੁਖੀ ਜੀੂਨ ਨ ਟਿਕਤੈ ਮਿਰ ਜਲਾਵੈ ॥੨॥ (553)

O Nanak, meeting the True Guru, my desires are satisfied; I found my Beloved, when I returned to my own home. ||2||

ਮ੃ਸੇਲਮ ਮ੃ਸੇਲਮ ਅਫਸੀ ਭਾਵੀ ਭਾਵਾ ਸੰਧਾਕਾ ਨਹੀਂ ॥ (553)

I wandered over the whole world, crying out, "Love, O Love!", but my thirst was not quenched.

ਨਾਨਕ ਸਤਗੁਰ ਮੀਲਈ ਮੇਰੀ ਪਿਚਾਸ ਗੈ ਪੀੂੰ ਪਾਈਆ ਘਾਰ ਆਈ ॥੨॥ (553)

O Nanak, meeting the True Guru, my desires are satisfied; I found my Beloved, when I returned to my own home. ||2||

ਸਲੋਕੁ ਮ੃ਸੇਲਮ ਸੰਧਾਕਾ ਨਹੀਂ ॥ (554)

Shalok, Third Mehl:
O Nanak, without meeting the True Guru, the world is blind, and it does blind deeds.

It does not focus its consciousness on the Word of the Shabad, which would bring peace to abide in the mind.

Always afflicted with the dark passions of low energy, it wanders around, passing its days and nights burning.

Whatever pleases Him, comes to pass; no one has any say in this.

The True Guru has commanded us to do this:

The Lord Master is ever-present. He tears away the veil of doubt, and installs His Light within the mind.
हिर का नामु अिमर्तु है दारू एहु लाएहु ॥

The Name of the Lord is Ambrosial Nectar - take this healing medicine!

satgur kaa bhaanaa chit rakhahu sanjam sachaa nayhu.

Enshrine the Will of the True Guru in your consciousness, and make the True Lord's Love your self-discipline.

O Nanak, you shall be kept in peace here, and hereafter, you shall celebrate with the Lord. ||2||

माणसु भिराय आिणाय माणसु भिराय आइ ॥

One person brings a full bottle, and another fills his cup.

Drinking the wine, his intelligence departs, and madness enters his mind; he cannot distinguish between his own and others, and he is struck down by his Lord and Master.

Drinking it, he forgets his Lord and Master, and he is punished in the Court of the Lord.
झूठा मदु मूिल न पीचई जे का पारि वसाइ ॥ (554)

Do not drink the false wine at all, if it is in your power.

नानक नदरੀ सਚੁ मਦੁ ਪਾਈਐ ਸਿਤਗੁਰੁ ਿਮਲੈ ਿਜਸੁ ਆਇ ॥ (554)

O Nanak, the True Guru comes and meets the mortal; by His Grace, one obtains the True Wine.

ਸਦਾ ਸਾਿਹਬ ਕੈ ਰੰਗ ਰਹੈ ਮਹਲੀ ਪਾਵੈ ਥਾਉ ॥੧॥ (554)

He shall dwell forever in the Love of the Lord Master, and obtain a seat in the Mansion of His Presence. ||1||

ਮ੃ ਢ ॥ (554)
mehlaa 3.
Third Mehl:

ਇਹੁ ਜਗਤੁ ਜੀਵਤੁ ਮਰੈ ਜਾ ਇਸ ਨੋ ਸੋਝੀ ਹੋਇ ॥ (554)

When this world comes to understand, it remains dead while yet alive.

ਜਾ ਤਿਤੇਨੀ ਸੱਤਾਲਰਾ ਤਾਮ ਸਾਂ ਰਹਿਤਾ ਜਗਾਏ ਤਾਮ ਸੁਣਿਧੀ ਹੋਇ ॥੨॥ (554)

When the Lord puts him to sleep, he remains asleep; when He wakes him up, he regains consciousness.

ਗੁਰ ਪਰਸਾਦ ਜੀਵਤੁ ਮਰੈ ਤਾ ਫਿਰ ਮਰਣੁ ਨ ਹੋਇ ॥੨॥ (554)

By Guru's Grace, remain dead while yet alive, and you shall not have to die again. ||2||
Third Mehl:

किआ जाणा किव मरहगे कैसा मरणा होइ॥
ki-aa jaanaa kiv marhagay kaisaa marnaa ho-ay.
What do I know? How will I die? What sort of death will it be?

जे किर साइबु मनहु न वीसरै ता सहिला मरणा होइ॥
jay kar saahib manhu na veesrai taa sahilaa marnaa ho-ay.
If I do not forget the Lord Master from my mind, then my death will be easy.

मरणै ते जगतु डरै जीवा लोड़ै सभु कोइ॥
marnai tay jagat darai jeevi-aa lorhai sabh ko-ay.
The world is terrified of death; everyone longs to live.

गुर परसादी जीवतु मरै हुकमै बूझै सोइ॥
gur parsaadee jeevat marai hukmai boojhai so-ay.
By Guru's Grace, one who dies while yet alive, understands the Lord's Will.

नानक ऐसी मरनी जो मरै ता सद जीवणु होइ॥
naanak aisee marnee jo marai taa sad jeevan ho-ay. ||2||
O Nanak, one who dies such a death, lives forever. ||2||

Shalok, Third Mehl:

रामु रामु करता सभु जगु िफरै रामु न पाइआ जाइ॥
raam raam kartaa sabh jag firai raam na paa-i-aa jaa-ay.
The entire world roams around, chanting, "Raam, Raam, Lord, Lord", but the Lord cannot be obtained like this.
He is inaccessible, unfathomable and so very great; He is unweighable, and cannot be weighed.

No one can evaluate Him; He cannot be purchased at any price.

Through the Word of the Guru’s Shabad, His mystery is known; in this way, He comes to dwell in the mind.

O Nanak, He Himself is infinite; by Guru's Grace, He is known to be permeating and pervading everywhere.

He Himself comes to blend, and having blended, remains blended.

O my soul, this is the wealth of the Naam; through it, comes peace, forever and ever.

It never brings any loss; through it, one earns profits forever.
Eating and spending it, it never decreases; He continues to give, forever and ever.

One who has no skepticism at all never suffers humiliation.

O Nanak, the Gurmukh obtains the Name of the Lord, when the Lord bestows His Glance of Grace.

In egotism, the world is dead; it dies and dies, again and again.

As long as there is breath in the body, he does not remember the Lord; what will he do in the world hereafter?

One who remembers the Lord is a spiritual teacher; the ignorant one acts blindly.

O Nanak, whatever one does in this world, determines what he shall receive in the world hereafter.
From the very beginning, it has been the Will of the Lord Master, that He cannot be remembered without the True Guru. Meeting the True Guru, he realizes that the Lord is permeating and pervading deep within him; he remains forever absorbed in the Lord's Love. With each and every breath, he constantly remembers the Lord in meditation; not a single breath passes in vain. His fears of birth and death depart, and he obtains the honored state of eternal life.

O Nanak, He bestows this rank upon that mortal, upon whom He showers His Mercy.

Everything comes by the Lord's Will, and everything goes by the Lord's Will.
If some fool believes that he is the creator, he is blind, and acts in blindness.

O Nanak, the Gurmukh understands the Hukam of the Lord's Command; the Lord showers His Mercy upon him. ||1||

He alone is a Yogi, and he alone finds the Way, who, as Gurmukh, obtains the Naam.

In the body-village of that Yogi are all blessings; this Yoga is not obtained by outward show.

O Nanak, such a Yogi is very rare; the Lord is manifest in his heart. ||2||

One Universal Creator God. By The Grace Of The True Guru:
When the mind is filthy, everything is filthy; by washing the body, the mind is not cleaned.

This world is deluded by doubt; how rare are those who understand this.

O my mind, chant the One Name.

The True Guru has given me this treasure.

Even if one learns the Yogic postures of the Siddhas, and holds his sexual energy in check,

still, the filth of the mind is not removed, and the filth of egotism is not eliminated.

This mind is not controlled by any other discipline, except the Sanctuary of the True Guru.

Meeting the True Guru, one is transformed beyond description.


Prays Nanak, one who dies upon meeting the True Guru, shall be rejuvenated through the Word of the Guru's Shabad.

The filth of his attachment and possessiveness shall depart, and his mind shall become pure.

By His Grace, one serves the True Guru; by His Grace, service is performed.

By His grace, this mind is controlled, and by His Grace, it becomes pure.

Think of the One Lord, and you shall obtain peace; you shall never suffer in sorrow again.

By His Grace, one dies while yet alive, and by His Grace, the Word of the Shabad is enshrined in the mind.
नदरी हुकमु बुझीऐ हुकमे रहै समाइ ॥२॥
By His Grace, one understands the Hukam of the Lord's Command, and by His Command, one merges into the Lord. ||2||

That tongue, which does not savor the sublime essence of the Lord - may that tongue be burned off!

It remains attached to other pleasures, and through the love of duality, it suffers in pain. ||3||

The One Lord grants His Grace to all; He Himself makes distinctions.

Emotional attachment to Maya is darkness; without the Guru, there is no wisdom.
Those who are attached to the Word of the Shabad understand; duality has ruined the people.

O my mind, under Guru’s Instruction, do good deeds.

Dwell forever and ever upon the Lord God, and you shall find the gate of salvation.

The Lord alone is the treasure of virtue; He Himself gives, and then one receives.

Without the Name, all are separated from the Lord; through the Word of the Guru’s Shabad, one meets the Lord.

Acting in ego, they lose, and nothing comes into their hands.

Meeting the True Guru, they find Truth, and merge into the True Name.

Hope and desire abide in this body, but the Lord’s Light shines within as well.
ਨਾਨਕ ਮਨਮੁਿਕ ਬੰਧੁ ਹੈ ਗੁਰਮੁਿਕ ਮੁਕਿੱਤ ਕਰਾਏ ॥੪॥੩॥ (559)

O Nanak, the self-willed manmukhs remain in bondage; the Gurmukhs are liberated. ||4||3||

ਵਡਹੰਸੁ ਮਹਲਾ ੩ ॥ (559)

Wadahans, Third Mehl:

ਸੋਹਾਗਣੀ ਸਦਾ ਮੁਖੁ ਉਜਲਾ ਗੁਰ ਕੈ ਸਹਿਜ ਸੁਭਾਇ ॥ (559)

The faces of the happy soul-brides are radiant forever; through the Guru, they are peacefully poised.

ਸਤਗੁਿਰ ਮੋ ਕਉ ਹਿਰ ਦੀਆ ਬੁਝਾਇ ॥੧॥ (559)

The True Guru has led me to understand the Lord. ||1||Pause||

ਦੋਹਾਗਣੀ ਖਰੀਆ ਵਿਲਲਾਦੀਆ ਤਿਨਾ ਮਹਲੁ ਨ ਪਾੜੀ ॥ (559)

The abandoned brides cry out in their suffering; they do not attain the Mansion of the Lord's Presence.

ਦੂਜੈ ਭਾਇ ਕਰੂਪੀ ਦੂਖੁ ਪਾਵਿੱਹ ਆਗੈ ਜਾਇ ॥੨॥ (559)

In the love of duality, they appear so ugly; they suffer in pain as they go to the world beyond. ||2||
GUNVANTEE HIRDAA NAAMU VASAAY. || (559)

The virtuous soul-bride constantly chants the Glorious Praises of the Lord; she enshrines the Naam, the Name of the Lord, within her heart.

A-UGANVANTEE KAAMNEE DHUKU LAGAI BILLAA-AAY. ||3||

The unvirtuous woman suffers, and cries out in pain. ||3||

SABHNA KA BHATAARU EKU HAI SU-AAMEE KAHNAA KICHHOO N JAAY. || (559)

The One Lord and Master is the Husband Lord of all; His Praises cannot be expressed.

NAANAK AAPAY VAYK KEETI-AN NAAME LA-I-AN LAAY. ||4||4||

O Nanak, He has separated some from Himself, while others are to His Name. ||4||4||

WAD-HANSA MEHLA 3. || (559)

Wadahans, Third Mehl:

AMRIT NAAME SAD MEETHAA LAGAA GUR SABDEE SAAD AA-AA. || (559)

The Ambrosial Nectar of the Naam is always sweet to me; through the Word of the Guru's Shabad, I come to taste it.

SACHEE BANEE SAHJ SAMANAAN HAR JEE-O MAN VASAAY-A. ||1||

Through the True Word of the Guru's Bani, I am merged in peace and poise; the Dear Lord is enshrined in the mind. ||1||

HARR KAR KIRPA SATGURU MILAA-A. || (559)

The Lord, showing His Mercy, has caused me to meet the True Guru.
Through the Perfect True Guru, I meditate on the Name of the Lord. ||1|| Pause

Through Brahma, the hymns of the Vedas were revealed, but the love of Maya spread.

The wise one, Shiva, remains absorbed in himself, but he is engrossed in dark passions and excessive egotism. ||2||

Vishnu is always busy reincarnating himself - who will save the world?

The Gurmukhs are imbued with spiritual wisdom in this age; they are rid of the darkness of emotional attachment. ||3||

Serving the True Guru, one is emancipated; the Gurmukh crosses over the world-ocean.

The detached renunciates are imbued with the True Name; they attain the gate of salvation. ||4||

The One True Lord is pervading and permeating everywhere; He cherishes everyone.
ਨਾਨਕ ਇਕਸੁ ਿਬਨੂ ਮੈਅਵਰੁ ਨ ਜਾਣਾ ਸਭਨਾ ਦੀਵਾਨੁ ਦਿਆਲਾ ॥੫॥੫॥
O Nanak, without the One Lord, I do not know any other; He is the Merciful Master of all. ||5||5||

ਵਡਹੰਸੁ ਮਹਲਾ ੩॥
Wadahans, Third Mehl:

ਗੁਰਮੁਿਖ ਸਾਚੇ ਲਗਾ ਿਧਾਨੁ ॥੧॥
The Gurmukh practices true self-discipline, and attains the essence of wisdom. ||1||

ਗੁਰਮੁਿਖ ਮਨ ਮੇਰੇ ਨਾਮੁ ਸਮਾਿਲ ॥
As Gurmukh, O my mind, remember the Naam, the Name of the Lord. ||600||

ਗੁਰਮੁਿਖ ਜਾਤ ਪਿਤ ਸਚੁ ਸੋਇ ॥੨॥
The True Lord is the social status and honor of the Gurmukh. ||2||

ਗੁਰਮੁਿਖ ਅੰਤਿਰ ਸਖਾਈ ਪਰ੍ਭੁ ਹੋਇ ॥੨॥
Within the Gurmukh, is God, his friend and helper. ||2||
He alone becomes Gurmukh, whom the Lord so blesses.

He Himself blesses the Gurmukh with greatness.

The Gurmukh lives the True Word of the Shabad, and practices good deeds.

The Gurmukh, O Nanak, emancipates his family and relations.

Wadahans, Third Mehl:

My tongue is intuitively attracted to the taste of the Lord.

My mind is satisfied, meditating on the Name of the Lord.

Lasting peace is obtained, contemplating the Shabad, the True Word of God.
I am forever a sacrifice to my True Guru.

My eyes are content, lovingly focused on the One Lord.

My mind is content, having forsaken the love of duality.

The frame of my body is at peace, through the Shabad, and the Name of the Lord.

The fragrance of the Naam permeates my heart.

through the Bani of the Guru's Word, easily and intuitively becomes free of desire.

Wadahans, Third Mehl:
From the Perfect Guru, the Naam is obtained.

Through the Shabad, the True Word of God, one merges in the True Lord.

O my soul, obtain the treasure of the Naam,

by submitting to the Will of your Guru.

Through the Word of the Guru's Shabad, filth is washed away from within.

The Immaculate Naam comes to abide within the mind.

Deluded by doubt, the world wanders around.

It dies, and is born again, and is ruined by the Messenger of Death.
O Nanak, very fortunate are those who meditate on the Name of the Lord. By Guru's Grace, they enshrine the Name within their minds.

Egotism is opposed to the Name of the Lord; the two do not dwell in the same place. In egotism, selfless service cannot be performed, and so the soul goes unfulfilled. O my mind, think of the Lord, and practice the Word of the Guru's Shabad. If you submit to the Hukam of the Lord's Command, then you shall meet with the Lord; only then will your ego depart from within. Egotism is within all bodies; through egotism, we come to be born.
Egotism is total darkness; in egotism, no one can understand anything. ||2||

In egotism, devotional worship cannot be performed, and the Hukam of the Lord’s Command cannot be understood. ||3||

In egotism, the soul is in bondage, and the Naam, the Name of the Lord, does not come to abide in the mind. ||3||

O Nanak, meeting with the True Guru, egotism is eliminated, and then, the True Lord comes to dwell in the mind. ||4||9||12||

One starts practicing truth, abides in truth and by serving the True One gets absorbed in Him. ||4||9||12||

One Universal Creator God. By The Grace Of The True Guru:
ਸਚੀ ਬਾਣੀ ਸਚੁ ਧੁਨ ਸਚੁ ਸਬਦਵੀਚਾਰਾ।
sachee banee sach Dhun sach sabad veechaaraa.
True is the Bani of His Word, and True is the melody; True is contemplative meditation on the Word of the Shabad.

अਨਿਦਨੁ ਸਚੁ ਸਲਾਹਣਾ ਧਨੁ ਧਨੁ ਵਡਭਾਗ ਹਮਾਰਾ।
an-din sach salaahnaa Dhan Dhan vadbhaag hamaaraa. ||1||
Night and day, I praise the True Lord. Blessed, blessed is my great good fortune. ||1||

ਮਨ ਮੇਰੇ ਸਾਚੇ ਹੋਇ ਬਿਲ ਜਾਉ।
man mayray saachay naam vitahu bal jaa-o.
O my mind, let yourself be a sacrifice to the True Name.

ਜਹਵਾ ਸਚੀ ਸਲਾਹਣਾ ਜਾਸਿਹ ਜਨਮੁ ਸਭੁ ਖੋਇ।
jihvaa salaahnaa jaaseh janam sabh kho-ay.
True is the tongue which is imbued with Truth, and true are the mind and body.

ਸਚੁ ਖੇਤੀ ਸਚੁ ਬੀਜਣਾ ਵਾਪਾਰਾ।
sach khaytee sach beejnaa saachaa vaapaaraa.
Let Truth be the farm, Truth the seed, and Truth the merchandise you trade.

ਅਨਿਦਨੁ ਲਾਹਾ ਸਚੁ ਨਾਮੁ ਭਗਿਤ ਭਰੇ ਭੰਡਾਰਾ।
an-din laahaa sach naam Dhan bhagat bharay bhaandaaraa. ||3||
Night and day, you shall earn the profit of the Lord's Name; you shall have the treasure overflowing with the wealth of devotional worship. ||3||
Let Truth be your food, and let Truth be your clothes; let your True Support be the Name of the Lord.

One who is so blessed by the Lord, obtains a seat in the Mansion of the Lord’s Presence.

In Truth we come, and in Truth we go, and then, we are not consigned to reincarnation again.

The Gurmukhs are hailed as True in the True Court; they merge in the True Lord.

In the true place, they praise the True Lord; I am a sacrifice to the True Guru.

True is the time, and true is the moment, when one falls in love with the True Lord.
Then, he sees Truth, and speaks the Truth; he realizes the True Lord pervading the entire Universe.

O Nanak, one merges with the True Lord, when He merges with Himself.

As it pleases Him, He preserves us; He Himself ordains His Will.

His mind wanders in the ten directions – how can he sing the Glorious Praises of the Lord?

The sensory organs are totally engrossed in sensuality; sexual desire and anger constantly afflict him.

Waaho! Waaho! Hail! Hail! Chant His Glorious Praises.

The Lord's Name is so difficult to obtain in this age; under Guru's Instruction, drink in the subtle essence of the Lord.
sabad cheen man nirmal hovai taa har kay gun gaavai. Remembering the Word of the Shabad, the mind becomes immaculately pure, and then, one sings the Glorious Praises of the Lord.

gurmatee aapai aap pachhaanai taa nij ghar vaasaa paavai. ||2||
Under Guru's Instruction, one comes to understand his own self, and then, he comes to dwell in the home of his inner self. ||2||

ay man mayray sadaa rang raatay sadaa har kay gun gaa-o. O my mind, be imbued forever with the Lord's Love, and sing forever the Glorious Praises of the Lord.

har nirmal sadaa sukh-daata man chindi-aa fal paa-o. ||3||
The Immaculate Lord is forever the Giver of peace; from Him, one receives the fruits of his heart's desires. ||3||

ham neech say ootam bha-ay har kee sarnaa-ee. I am lowly, but I have been exalted, entering the Sanctuary of the Lord.

paathar dubdaa kaadh lee-aa saachree vadi-aa-ee. ||4||
He has lifted up the sinking stone; True is His glorious greatness. ||4||

bikh say amrit bha-ay gurmat buDh paa-ee. From poison, I have been transformed into Ambrosial Nectar; under Guru's Instruction, I have obtained wisdom.
ਅਕਹੁ ਪਰਮਲ ਭਏ ਅੰਤਿਰ ਵਾਸਨਾ ਵਸਾਈ ॥੫॥
akahu parmal bha-ay antar vaasnaa vasaa-ee. ||5||
From bitter herbs, I have been transformed into sandalwood; this fragrance permeates me deep within. ||5||

ਮਾਣਸ ਜਨਮੁ ਦੁਲੰਭੁ ਹੈ ਜਗ ਮਿਹ ਖਿਟਆ ਆਈ ॥
maanas janam dulambh hai jag meh khati-aa aa-ay.
This human birth is so precious; one must earn the right to come into the world.

ਪੂਰੈ ਭਾਗ ਸਿਤਗੁਰੁ ਮਿਲਾਈ ਹਿਰ ਨਾਮੁ ਖਿਟਆਈ ॥੬॥
poorai bhaag satgur milai har naam Dhi-aa-ay. ||6||
By perfect destiny, I met the True Guru, and I meditate on the Lord’s Name. ||6||

ਮਨਮੁਖ ਭੂਲੇ ਿਬਖੁ ਲਗੇ ਅਿਹਲਾ ਜਨਮੁ ਗਵਾਇਆ ॥
manmukh bhoolay bikh lagay ahilaa janam gavaa-i-aa.
The self-willed manmukhs are deluded; attached to corruption, they waste away their lives in vain.

ਹਿਰ ਕਾ ਨਾਮੁ ਸਦਾ ਸੁਖ ਸਾਗਰੁ ਸਾਚਾ ਸਬਦੁ ਨ ਭਾਇਆ ॥੭॥
har kaa naam sadaa sukh saagar saachaa sabad na bhaa-i-aa. ||7||
The Name of the Lord is forever an ocean of peace, but the manmukhs do not love the Word of the Shabad. ||7||

ਮੁਖਹੁ ਹਿਰ ਹਿਰ ਸਭੁ ਕੋ ਕਰੈ ਿਵਰਲੈ ਿਹਰਦੈ ਵਸਾਇਆ ॥
mukhahu har har sabh ko karai virlai hirdai vasaa-i-aa.
Everyone can chant the Name of the Lord, Har, Har with their mouths, but only a few enshrine it within their hearts.

ਨਾਨਕ ਜਿਨਕੇ ਹਿਰਾਈ ਵਸਾਈ ਮੋਖ ਮੁਕਤੁ ਤਿਨਹ ਪਾਇਆ ॥੮॥੨॥
naanak jin kai hirdai vasi-aa mokh mukat tinH paa-i-aa. ||8||2||
O Nanak, those who enshrine the Lord within their hearts, attain liberation and emancipation. ||8||2||
Wadahans, Third Mehl, Chhant:

One Universal Creator God. By The Grace Of The True Guru:

Let yourself be imbued with the Love of your Husband Lord, O beautiful, mortal bride.

Let yourself remain merged in the True Word of the Shabad, O mortal bride; savor and enjoy the Love of your Beloved Husband Lord.

The Husband Lord embellishes His beloved bride with His True Love; she is in love with the Lord, Har, Har.

Renouncing her self-centeredness, she attains her Husband Lord, and remains merged in the Word of the Guru's Shabad.

That soul bride is adorned, who is attracted by His Love, and who treasures the Love of her Beloved within her heart.

O Nanak, the Lord blends that soul bride with Himself; the True King adorns her.
ਨਿਰਗੁਣਵੰਤ੍ਰੀ ਏ ਪਿਰ ਦੇਖੁ ਹਦੂਰੇ ਰਾਮ। ਅਤੇ ਗੁਰਮੁਖ ਜੀ ਰਾਵਾ ਮੁੈਅ ਪਿਰ ਰਾਵ ਰਹਿਅਾ ਭਰਪੂਰੇ ਰਾਮ।

ਨਿਰਗੁਣਵੰਤ੍ਰੀ ਏ ਪਿਰ ਦੇਖੁ ਹਦੂਰੇ ਰਾਮ।੫॥ (567)

ਗੁਰਮੁਖ ਜੀ ਰਾਵਾ ਮੁੈਅ ਪਿਰ ਰਾਵ ਰਹਿਅਾ ਭਰਪੂਰੇ ਰਾਮ।੫॥ (567)

O worthless bride, see your Husband Lord ever-present.

One who, as Gurmukh, enjoys her Husband Lord, O mortal bride, knows Him to be all-pervading everywhere.

ਦਹਾਗਣੀ ਜਾਈ ਪੂਛਹੁ ਮੁੈਅ ਜੀ ਵਚਹੁ ਆਪੁ ਗਵਾਇਆ।੨॥ (568)

Go and ask the happy soul-brides, O mortal bride, who have eradicated their self-conceit from within.
Those who have not eradicated their self-conceit, O mortal bride, do not realize the Hukam of their Husband Lord's Command.

Those who eradicate their self-conceit, obtain their Husband Lord; they delight in His Love.

Ever imbued with His Love, in perfect poise and grace, she repeats His Name, night and day.

Very fortunate is that bride, who focuses her consciousness on Him; her Lord's Love is so sweet to her.

O Nanak, that soul-bride who is adorned with Truth, is imbued with her Lord's Love, in the state of perfect poise.

Overcome your egotism, O mortal bride, and walk in the Guru's Way.

Thus you shall ever enjoy your Husband Lord, O mortal bride, and obtain an abode in the home of your own inner being.
Obtaining an abode in the home of her inner being, she vibrates the Word of the Shabad, and is a happy soul-bride forever.

The Husband Lord is delightful, and forever young; night and day, He embellishes His bride.

Her Husband Lord activates the destiny written on her forehead, and she is adorned with the True Shabad.

O Nanak, the soul-bride is imbued with the Love of the Lord, when she walks according to the Will of the True Guru. ||4||1||

All dealings of the Gurmukh are good, if they are accomplished with poise and grace.

Night and day, he repeats the Naam, the Name of the Lord, and he earns his profits, drinking in the subtle essence of the Lord.
He earns the profit of the subtle essence of the Lord, meditating on the Lord, and repeating the Naam, night and day.

He gathers in merits, and eliminates demerits, and realizes his own self.

Under Guru's Instruction, he is blessed with glorious greatness; he drinks in the essence of the True Word of the Shabad.

As Gurmukh, plant the crop of the Lord within the field of your body, and let it grow.

Within the home of your own being, enjoy the Lord's subtle essence, and earn profits in the world hereafter.

This profit is earned by enshrining the Lord within your mind; blessed is this farming and trade.
Meditating on the Lord's Name, and enshrining Him within your mind, you shall come to understand the Guru's Teachings.

The self-willed manmukhs have grown weary of this farming and trade; their hunger and thirst will not go away.

Those humble beings engage in the Lord's Trade, who have the jewel of such pre-ordained destiny upon their foreheads.

Under Guru's Instruction, the soul dwells in the home of the self; through the True Word of the Shabad, she becomes unattached.

Without the Naam, the Name of the Lord, the whole world is insane; through the Shabad, the ego is conquered.
attached to the true word of the shabad, wisdom comes forth. the gurmukh obtains the naam, the name of the husband lord.

naanak sabad milai bha-o bhanjan har raavai mastak bhaago. ||3||

o nanak, through the shabad, one meets the lord, the destroyer of fear, and by the destiny written on her forehead, she enjoys him. ||3||

under guru's instruction, one comes to understand the lord's will, and by his will, he is united in his union.

by his will, one merges and easily blends with him. the shabads of the guru are incomparable.
Says Nanak, the Name of the immaculate, inaccessible, unfathomable Commander is permeating and pervading everywhere. ||4||2||

Wadahans, Third Mehl:

O my mind, contemplate the True Lord forever.

Dwell in peace in the home of your own self, and the Messenger of Death shall not touch you.

The noose of the Messenger of Death shall not touch you, when you embrace love for the True Word of the Shabad.

Ever imbedded with the True Lord, the mind becomes immaculate, and its coming and going is ended.

The love of duality and doubt have ruined the self-willed manmukh, who is lured away by the Messenger of Death.
कहै नानकु झण मन मेरे तू सचु समाल ॥१॥

Says Nanak, listen, O my mind: contemplate the True Lord forever. ||1||

मन मेरिय अंतरी तेरी निधानु है बाहर वसतु न भालि ॥ (५६९)

O my mind, the treasure is within you; do not search for it on the outside.

जो भावै सो भुंिच तू गुरमुिख नदिर िनहाल ॥

Eat only that which is pleasing to the Lord, and as Gurmukh, receive the blessing of His Glance of Grace.

मनमुिख अंधुले िगआन िवहूणे दूजै भाइ खुआई ॥

The self-willed manmukhs are blind, and devoid of wisdom; they are ruined by the love of duality.

नानक अंतिर तेरै िनधानु है तू बाहिर वसतु न भािल ॥२॥

O Nanak, the treasure is within you; do not search for it on the outside. ||2||

मन मेरिय अंधुले िगआन िवहूणे दूजै भाइ खुआई ॥

Without the Name, no one is emancipated. All are bound by the Messenger of Death.

मन मेरे तू सचु समाल ॥ (५६९)

O my mind, obtaining the blessing of this human birth, some are engaged in the trade of Truth.
They serve their True Guru, and the Infinite Word of the Shabad resounds within them.

Within them is the Infinite Shabad, and the Beloved Naam, the Name of the Lord; through the Naam, the nine treasures are obtained.

The self-willed manmukhs are engrossed in emotional attachment to Maya; they suffer in pain, and through duality, they lose their honor.

But those who conquer their ego, and merge in the True Shabad, are totally imbued with Truth.

O Nanak, it is so difficult to obtain this human life; the True Guru imparts this understanding.

O my mind, those who serve their True Guru are the most fortunate beings.

Those who conquer their minds are beings of renunciation and detachment.
They are beings of renunciation and detachment, who lovingly focus their consciousness on the True Lord; they realize and understand their own selves.

Their intellect is steady, deep and profound; as Gurmukh, they naturally chant the Naam, the Name of the Lord.

Some are lovers of beautiful young women; emotional attachment to Maya is very dear to them. The unfortunate self-willed manmukhs remain asleep.

O Nanak, those who intuitively serve their Guru, have perfect destiny.

Purchase the jewel, the invaluable treasure; the True Guru has given this understanding.

The profit of profits is the devotional worship of the Lord; one's virtues merge into the virtues of the Lord.
गुण मिह गुणी समाए िजसु आिप बुझाए लाहा भगित सैसारे ॥

One’s virtues merge into the virtues of the Lord; he comes to understand his own self. He earns the profit of devotional worship in this world.

बिनु भगती सुखु न होई दूजै पति खोई गुरमित नामु अधारे ॥

Without devotion, there is no peace; through duality, one’s honor is lost, but under Guru’s Instruction, he is blessed with the Support of the Naam.

वाक्हरु नामु सदा लाभु है िजस नो एतु वापार लाए ॥

He ever earns the profit of the merchandise of the Naam, whom the Lord employs in this Trade.

रतन पदारथ वणजीअिह जां सितगुरु देइ बुझाए ॥१॥

He purchases the jewel, the invaluable treasure, unto whom the True Guru has given this understanding. ||1||

माइआ मोहु सभु दुखु है खोटा इहु वापारा राम ॥

The love of Maya is totally painful; this is a bad deal.

कू ड़ु बोिल िबखु खावणी बहु वधिह िविकारा राम ॥

Speaking falsehood, one eats poison, and the evil within increases greatly.

बहु वधिह िविकारा सहसा इहु संसारा िबनु नावै पित खोई ॥

The evil within increases greatly, in this world of doubt; without the Name, one’s honor is lost.
Reading and studying, the religious scholars argue and debate; but without understanding, there is no peace.

Their comings and goings never end; emotional attachment to Maya is dear to them.

The love of Maya is totally painful; this is a bad deal.

The counterfeit and the genuine are all assayed in the Court of the True Lord.

They stand there, crying out in misery; the foolish, idiotic, self-willed manmukhs have wasted their lives.

Maya is the poison which has deluded the world; it does not love the Naam, the Name of the Lord.

The self-willed manmukhs are resentful toward the Saints; they harvest only pain in this world.
The counterfeit and the genuine are assayed in that True Court of the Lord. ||3||

He Himself acts; who else should I ask? No one else can do anything. ||4||4||

The Life of the World, the Great Giver, the Architect of karma - He Himself grants forgiveness.

By Guru's Grace, self-conceit is eradicated, O Nanak, and through the Naam, honor is obtained.

He Himself acts; who else should I ask? No one else can do anything. ||4||4||

Wadahans, Third Mehl:
The True merchandise is the Lord's Name. This is the true trade.

Under Guru's Instruction, we trade in the Lord's Name; its value is very great.

Inwardly and outwardly, they are imbued with devotion, and they enshrine love for the True Name.

One who is blessed with the Lord's Favor, obtains Truth, and reflects upon the Word of the Guru's Shabad.

Egotistical involvement in Maya is filth; Maya is overflowing with filth.
Under Guru’s instruction, the mind is made pure and the tongue tastes the subtle essence of the Lord.

The tongue tastes the subtle essence of the Lord, and deep within, the heart is drenched with His Love, contemplating the True Word of the Shabad.

Deep within, the well of the heart is overflowing with the Lord's Ambrosial Nectar; the water-carrier draws and drinks in the water of the Shabad.

One who is blessed with the Lord's favor is attuned to the Truth; with his tongue, he chants the Lord's Name.

All the religious scholars and astrologers read and study, and argue and shout. Who are they trying to teach?

The filth of attachment to Maya clings to their hearts; they deal in Maya alone.
ਮਾਇਆ ਕੇ ਵਾਪਾਰਾ ਜਗਿਤ ਿਪਆਰਾ ਆਵਿਣ ਜਾਿਣ ਦੁਖੁ ਪਾਈ ॥
(571)
They love to deal in Maya in this world; coming and going, they suffer in pain.

ਿਬਖੁ ਕਾ ਕੀੜਾ ਿਬਖੁ ਿਸਉ ਲਾਗਾ ਿਬਸ੍ਟਾ ਮਾਿਹ ਸਮਾਈ ॥
(571)
The worm of poison is addicted to poison; it is immersed in manure.

ਮਾਇਆ ਮੋਿਹ ਮਨੁ ਰੰਗੀਐ ਮੋਿਹ ਸੁਿਧ ਨ ਕਾਈ ਰਾਮ ॥
(571)
Their minds are colored by emotional attachment to Maya; because of this emotional attachment, they do not understand.

ਪੁਰਾਤਨ ਲੱਖ ਵਿੱਚ ਦਵਲ੍ਹਮੋਤੀ ਤਸਾਲੇ ਤੇਜੀ ਦੇਵੀ ॥
(571)
The soul of the Gurmukh is imbued with the Lord's Love; the love of duality departs.

ਦੁਜਾ ਰੰਗੁ ਜਾਈ ਸਾਿਚ ਸਮਾਈ ਸਿਚ ਭਰੇ ਭੰਡਾਰਾ ॥
(571)
The love of duality departs, and the soul merges in Truth; the warehouse is overflowing with Truth.

ਗੁਰਮੁਕਾ ਹੋਵੈ ਸੋਈ ਬੂਝਹ ਲੋਪ ਜਾਈ ਸਵਾਰਣਹਾਰਾ ॥
(571)
One who becomes Gurmukh, comes to understand; the Lord embellishes him with Truth.
ਆਪੇ ਮੇਲੇ ਸੋ ਹਿਰ ਮਲੈ ਹੋਰ ਕਹਣਾ ਕਿਛੁ ਨ ਜਾਏ। (571)
He alone merges with the Lord, whom the Lord causes to merge; nothing else can be said or done.

ਨਾਨਕ ਵੰਸੁ ਭਰਤ ਵੁਲਾਇਆ ਇਕਾ ਨਾਮ ਰਤੇ ਰੰਗੁ ਲਾਈ। (4) (5)
ਨਾਨਕ ਵੰਸੁ ਭਰਤ ਵੁਲਾਇਆ ਇਕਾ ਨਾਮ ਰਤੇ ਰੰਗੁ ਲਾਈ। (4) (5)
O Nanak, without the Name, one is deluded by doubt; but some, imbued with the Name, enshrine love for the Lord. ||4||5||

ਵਡਹੰਸੁ ਮਹਲਾ ੩। (571)

ਵਡਹੰਸੁ ਮਹਲਾ ੩। (571)

Wadahans, Third Mehl:

ਐ ਮਨ ਮੇਰਾ ਆਵਾਂ ਗੌਰਣੂ ਸੰਸਾਰੁ ਹੈ ਅੰਤ ਸ਼ਿਚ ਿਨਬੇਦਾ ਰਾਮ। (4) (5)
ਐ ਮਨ ਮੇਰਾ ਆਵਾਂ ਗੌਰਣੂ ਸੰਸਾਰੁ ਹੈ ਅੰਤ ਸ਼ਿਚ ਿਨਬੇਦਾ ਰਾਮ। (4) (5)
O my mind, the world comes and goes in birth and death; only the True Name shall emancipate you in the end.

ਆਪੇ ਮੰਨ ਮੰਨੀ ਹੋਇ ਦਿਵਿ ਗੌਰੀ ਤ ਦੇਵਾ ਲਫ। (571)
ਆਪੇ ਮੰਨ ਮੰਨੀ ਹੋਇ ਦਿਵਿ ਗੌਰੀ ਤ ਦੇਵਾ ਲਫ। (571)
When the True Lord Himself grants forgiveness, then one does not have to enter the cycle of reincarnation again.

ਫਿਰ ਗੌਰੀ ਤ ਦੇਵਾ ਅੰਤ ਸ਼ਿਚ ਿਨਬੇਦਾ ਗੁਰਮੁਖੀ ਮਲੈ ਵਿਦਾਈ। (571)
ਫਿਰ ਗੌਰੀ ਤ ਦੇਵਾ ਅੰਤ ਸ਼ਿਚ ਿਨਬੇਦਾ ਗੁਰਮੁਖੀ ਮਲੈ ਵਿਦਾਈ। (571)
He does not have to enter the cycle of reincarnation again, and he is emancipated in the end; as Gurmukh, he obtains glorious greatness.

ਸਾਚੈ ਰੰਗ ਰਾਤੇ ਸਹਜੇ ਮਾਤੇ ਸਹਜੇ ਰਾਹ ਸਮਾਈ। (571)
ਸਾਚੈ ਰੰਗ ਰਾਤੇ ਸਹਜੇ ਮਾਤੇ ਸਹਜੇ ਰਾਹ ਸਮਾਈ। (571)
Imbued with love for the True Lord, he is intoxicated with celestial bliss, and he remains absorbed in the Celestial Lord.
The True Lord is pleasing to his mind; he enshrines the True Lord in his mind; attuned to
the Word of the Shabad, he is emancipated in the end.

O Nanak, those who are imbued with the Naam, merge in the True Lord; they are not cast
into the terrifying world-ocean again.

Emotional attachment to Maya is total madness; through the love of duality, one is ruined.

They are entangled in this love, on account of their past actions, which no one can erase.

The One who created the Universe, beholds it; no other is as great as He.

The blind, self-willed manmukh is consumed by his burning rage; without the Word of the
Shabad, peace is not obtained.

O Nanak, without the Name, everyone is deluded, ruined by emotional attachment to
Maya.
धेर नहूँ मरण देखिव वे द्वित सेह धरि मरणी राम || (571)
एहु जग जलता देखिव के भिज पए हहर सरणाई राम ||
ayhu jag jaltaa daykh kai bhaj pa-ay har sarnaa-ee raam.
Seeing that this world on fire, I have hurried to the Sanctuary of the Lord.

अर्दास करंगुर पूरे आगै रखि लेवहु देहु वडाई राम || (571)
ardaas kareeN gur pooray aagai rakh layvhu dayh vadaa-ee raam.
I offer my prayer to the Perfect Guru: please save me, and bless me with Your glorious greatness.

वधि लेवहु मरणी वधि राम देहु वडाई राम || (571)
rakh layvhu sarnaa-ee har naam vadaa-ee tuDh jayvad avar na daataa.
Preserve me in Your Sanctuary, and bless me with the glorious greatness of the Name of the Lord; there is no other Giver as great as You.

मेहात लागे में वडाई मुख वज्ञ देवेवाल नाम || (571)
sayvaa laagay say vadbhaagay jug jug ayko jaataa.
Those who are engaged in serving You are very fortunate; throughout the ages, they know the One Lord.

नहूँ मर्म मर्म मर्म वज्ञ मर्म मर्म बिस्मुत कादिर तत्तता धरिणी || (571)
jat sat sanjam karam kamaavai bin gur gat nahee paa-ee.
You may practice celibacy, truth, austere self-discipline and rituals, but without the Guru, you shall not be emancipated.

तुहल विश्व विश्व विश्व में मानित धरिण धरिण मरणी ||3|| (571)
naanak tis no sabad bujhaa-ay jo jaa-ay pavaai har sarnaa-ee. ||3||
O Nanak, he alone understands the Word of the Shabad, who goes and seeks the Lord's Sanctuary. ||3||

ते धरि भज हेतु न दूधेवें देव भज न बहु दर्शनी राम || (571)
jo har mat day-ay saa oopjai hor mat na kaa-ee raam.
That understanding, imparted by the Lord, wells up; there is no other understanding.
Deep within, and beyond as well, You alone are, O Lord; You Yourself impart this understanding.

One whom He Himself blesses with this understanding, does not love any other. As Gurmukh, he tastes the subtle essence of the Lord.

In the True Court, he is forever True; with love, he chants the True Word of the Shabad.

Within his home, he finds the home of his own being; the True Guru blesses him with glorious greatness.

O Nanak, those who are attuned to the Naam find the Mansion of the Lord's Presence; their understanding is true, and approved.

Praise God, the True Lord; He is all-powerful to do all things.
ਸਾ ਧਨ ਰੰਡ ਨ ਕਬਹੂ ਬੈਸੀ ਨਾ ਕਦੇ ਹੋਵੈ ਸੋਗੁ ॥ (582)

The soul-bride shall never be a widow, and she shall never have to endure suffering.

ਨਾ ਕਦੇ ਹੋਵੈ ਸੋਗੁ অনদিন রস ভোগ সা ধন মহলি সমাণੀ ॥ (582)

She shall never suffer - night and day, she enjoys pleasures; that soul-bride merges in the Mansion of her Lord's Presence.

ਜਿਨ ਪ੍ਰਵਾ ਜਾਤੀ ਕਰਮ ਬਿਦਾਰਤ ਬੋਲੇ ਅੰਮਰਤ ਬਾਣੀ ॥ (582)

She knows her Beloved, the Architect of karma, and she speaks words of ambrosial sweetness.

ਗੁਣਵੰਤੀਆ ਗੁਣ ਸਾਰੀ ਅਪਣੇ ਕੰਤ ਸਮਾਲਿਹ ਨਾ ਕਦੇ ਲਗੈ ਵਿਜੋਗੋ ॥ (582)

The virtuous soul-brides dwell on the Lord's virtues; they keep their Husband Lord in their remembrance, and so they never suffer separation from Him.

ਮਚਾਖ ਧਿਠਾ ਮਹਕੀ ਅਖੇਰਨ ਕੂਕ ਕਲਾਲਦਰ ਵ ਬਚੇ ਲਗਈ ਬਿਮਲਾਈ ॥ (582)

The True Lord and Master is realized through the Word of His Shabad; He blends all with Himself.

ਸਾ ਧਨ ਪ੍ਰਾਗ ਕੈ ਰਾਤੀ ਬਿਚਹੁ ਅਖੁ ਗਿਆਈ ॥ (582)

That soul-bride is imbued with the Love of her Husband Lord, who banishes her self-conceit from within.
Eradicating her ego from within herself, death shall not consume her again; as Gurmukh, she knows the One Lord God.

The desire of the soul-bride is fulfilled; deep within herself, she is drenched in His Love. She meets the Great Giver, the Life of the World.

Imbued with love for the Shabad, she is like a youth intoxicated; she merges into the very being of her Husband Lord.

The True Lord Master is realized through the Word of His Shabad. He blends all with Himself.

Those who have realized their Husband Lord - I go and ask those Saints about Him.

Renouncing ego, I serve them; thus I meet my True Husband Lord, with intuitive ease.

The True Husband Lord comes to meet the soul-bride who practices Truth, and is imbued with the True Word of the Shabad.
ਕਦੇ ਨ ਰਾੜ ਸਦਾ ਸੋਹਾਗਣੀ ਅੰਤਰੀ ਸਹਜ ਸਮਾਧੀ॥ (583)

She shall never become a widow; she shall always be a happy bride. Deep within herself,
she dwells in the celestial bliss of Samaadhi.

ਪਿਲਾਣਿਆ ਬਰਬੂਰੇ ਬੰਧੂ ਬਣਣੇ ਅੰਤਰੀ ਸਹਜ ਸਮਾਧੀ॥ (583)

Her Husband Lord is fully pervading everywhere; beholding Him ever-present, she enjoys
His Love, with intuitive ease.

ਜਿਨੀ ਆਪਣਾਂ ਕੰਤੁ ਪਛਾਣਾ ਹੋ ਤਿਨੁ ਪੂਰਣ ਸੰਤਾ ਜਾਏ॥ (3)

Those who have realized their Husband Lord - I go and ask those Saints about Him. ||3||

ਪਿਰਹੁ ਵਿਚਹਣੀਆ ਭੀ ਮਿਲਹ ਜੇ ਸਿਤਗੁਰ ਲਾਗਾਏ ਸਚੇ ਹੀ ਸਚੀ ਰਾਤੀ॥ (583)

The separated ones also meet with their Husband Lord, if they fall at the Feet of the True
Guru.

ਸਤਗੁਰੁ ਸਦਾ ਦੇਈਆਲੁ ਹੈ ਅਵਗੁਣ ਸਹਜ ਜਾਏ॥ (583)

The True Guru is forever merciful; through the Word of His Shabad, demerits are burnt
away.

ਅਵਗੁਣ ਸਹਜ ਜਾਏ ਸੁਖੁ ਪਾਇਆ ਲਗਾਯ ਹੁਂ ਮੀਂ ਰਾਤੀ॥ (583)

Burning away her demerits through the Shabad, the soul-bride eradicates her love of
duality, and remains absorbed in the True, True Lord.

ਸਚੇ ਸਹਜੀ ਸਦਾ ਸੁਖੁ ਪਾਇਆ ਹੁਂ ਮੀ ਸਮਾਧੀ॥ (583)

Through the True Shabad, everlasting peace is obtained, and egotism and doubt are
dispelled.
The Immaculate Husband Lord is forever the Giver of peace; O Nanak, through the Word of His Shabad, He is met.

The separated ones also meet with their Husband Lord, if they fall at the feet of the True Guru.

Listen, O brides of the Lord: serve your Beloved Husband Lord, and contemplate the Word of His Shabad.

The worthless bride does not know her Husband Lord - she is deluded; forgetting her Husband Lord, she weeps and wails.

She weeps, thinking of her Husband Lord, and she cherishes His virtues; her Husband Lord does not die, and does not leave.

As Gurmukh, she knows the Lord; through the Word of His Shabad, He is realized; through True Love, she merges with Him.
She who does not know her Husband Lord, the Architect of karma, is deluded by falsehood - she herself is false.

Listen, O brides of the Lord: serve your Beloved Husband Lord, and contemplate the Word of His Shabad.

He Himself created the whole world; the world comes and goes.

The love of Maya has ruined the world; people die, to be re-born, over and over again.

People die to be re-born, over and over again, while their sins increase; without spiritual wisdom, they are deluded.

Without the Word of the Shabad, the Husband Lord is not found; the worthless, false bride wastes her life away, weeping and wailing.

He is my Beloved Husband Lord, the Life of the World - for whom should I weep? They alone weep, who forget their Husband Lord.
सभु जगु आिप उपाइओनु आवणु जाणु संसारे ॥२॥

That Husband Lord is True, forever True; He does not die, and He does not leave.

सो पिर सचा सद ही साचा है ना ओहु मरै न जाए॥

so pir sachaa sad hee saachaa hai naa oh marai jaa-ay.

That Husband Lord is True, forever True; He does not die, and He does not leave.

शेिठी िवछुंनीआ माइआ मोिह दुखु पाए आव घटै तनु छीजै ॥

The ignorant soul-bride wanders in delusion; in the love of duality, she sits like a widow.

जमकालु न सूझै माइआ जगु लूझै लिब लोिभ िचतु लाए ॥

They do not see the Messenger of Death; they long for Maya, and their consciousness is attached to greed.
By Guru's Grace, they may meet with their True Husband, and cherish Him always deep within.

She cherishes her Husband deep within herself - He is always with her; the self-willed manmukhs think that He is far away.

This body rolls in the dust, and is totally useless; it does not realize the Presence of the Lord and Master.

O Nanak, that soul-bride is united in Union; she cherishes her Beloved Husband forever, deep within herself.

Some weep and wail, separated from their Husband Lord; the blind ones do not know that their Husband is with them.

Those who are separated from their Beloved Husband Lord weep and wail, but my True Husband Lord is always with me.
Those who know that they must depart, serve the True Guru, and dwell upon the Naam, the Name of the Lord.

They dwell constantly upon the Naam, and the True Guru is with them; they serve the True Guru, and so obtain peace.

Through the Shabad, they kill death, and enshrine the True Lord within their hearts; they shall not have to come and go again.

True is the Lord and Master, and True is His Name; bestowing His Gracious Glance, one is enraptured.

Those who are separated from their Beloved Husband Lord weep and wail, but my True Husband Lord is always with me.

God, my Lord and Master, is the highest of all; how can I meet my Dear Beloved?

When the True Guru united me, then I was naturally united with my Husband Lord, and now, I keep Him clasped to my heart.
I constantly, lovingly cherish my Beloved within my heart; through the True Guru, I see my Beloved.

The cloak of Maya’s love is false; wearing it, one slips and loses his footing.

That cloak is true, which is dyed in the color of the Love of my Beloved; wearing it, my inner thirst is quenched.

God, my Lord and Master, is the highest of all; how can I meet my Dear Beloved? ||2||

I have realized my True Lord God, while the other worthless ones have gone astray.

I dwell constantly upon my Beloved Husband Lord, and reflect upon the True Word of the Shabad.
अंतरि रंगि राती सहजे माती गइआ दुसमनु दूखु सबाइआ ॥ (584)
Deep within, she is imbued with His Love, and intoxicated with delight; her enemies and
sufferings are all taken away.

अपने गुर कं उ तनु मनु दीजै तां मनु भीजै तिरस्ना दूख निवारे ॥ (584)
Surrender body and soul to your Guru, and then you shall become happy; your thirst and
pain shall be taken away.

मै िपरु सचु पछाणआ होर भूली अवगिणआरे ॥३॥ (584)
I have realized my True Lord God, while the other worthless ones have gone astray. ||3||

The True Lord Himself created the world; without the Guru, there is only pitch darkness.

आपे देइ िपआरो सहिज वापारो गुरमुिख जनमु सवारे ॥ (584)
He Himself unites, and causes us to unite with Him; He Himself blesses us with His Love.

मै िपरु सचु पछाणआ होर भूली अवगिणआरे ॥ (584)
Surrender body and soul to your Guru, and then you shall become happy; your thirst and
pain shall be taken away.

The True Lord Himself created the world; without the Guru, there is only pitch darkness.

आपे देइ िपआरो सहिज वापारो गुरमुिख जनमु सवारे ॥ (584)
He Himself unites, and causes us to unite with Him; He Himself blesses us with His Love.

The True Lord Himself created the world; without the Guru, there is only pitch darkness.

Blessed is his coming into the world; he banishes his self-conceit, and is acclaimed as
true in the Court of the True Lord.
The light of the jewel of spiritual wisdom shines within his heart, O Nanak, and he loves the Naam, the Name of the Lord.

The True Lord Himself created the world; without the Guru, there is only pitch darkness.

Those who are protected by the Guru are saved, while others die, to be reincarnated; they continue coming and going, and in the end, they depart regretfully. Without the Name, there is no peace.

As one acts here, so does he obtain his rewards; the self-willed manmukh loses his honor.
In the City of Death, there is pitch darkness, and huge clouds of dust; neither sister nor brother is there.

This body is frail; old age is overtaking it.

Doubt and Maya have been removed from within me, and I am merged in the Naam, the True Name of the Lord.

Merged in the True Name of the Lord, I sing the Glorious Praises of the Lord; meeting my Beloved, I have found peace.

I fall at the feet of those who enshrine the Naam within their consciousness.
ਸੋ ਸਚਾ ਸਚੁ ਸਲਾਹੀਐ ਜੇ ਸਿਤਗੁਰੂ ਦੇਇ ਬੁਜਾਏ
so sachaa sach salahee-ai jay satgur day-ay bujhaa-ay.
We truly praise the True Lord, when the True Guru imparts understanding.

ਿਬਨੁ ਸਿਤਗੁਰ ਭਰਿਮ ਭੁਲਾਣੀਆ ਕਈ ਮੁਹੁ ਦੇਸਿਨ ਆਗੈ ਜਾਏ
bin satgur bharam bhulaanee-aa ki-aa muhu daysan aagai jaa-ay.
Without the True Guru, they are deluded by doubt; going to the world hereafter, what face
will they display?

ਿਤਸੁ ਜੇਵਡੁ ਅਵਰੁ ਸੂਜੈ ਿਕਸੁ ਆਗੈ ਕਹੀਐ ਜਾਏ
tis jayvad avar na soojh-ee kis aagai kahee-ai jaa-ay.
I can conceive of no other as great as the Lord; unto whom should I go and speak?

ਨਾਿਮ ਰਤੀਆ ਸੀ ਰੰਗ ਚਲੂਲਾ ਿਤਨ ਕੈ ਅੰਕ ਸਮਾਏ
nam ratee-aa say rang chaloolaa pir kai ank samaa-ay.
Those who are imbued with the Naam are dyed in the deep crimson color of the Lord's
Love; they merge into the Being of their Husband Lord.

ਿਜਨੀ ਸਚੜਾ ਸਚੁ ਸਲਾਿਹਆ ਹੰਉ ਿਤਨ ਲਗਉ ਪਾਏ
jinee sachrhaa sach sahali-aa haN-u tin laaga-o paa-ay.
I fall at the feet of those who praise the Truest of the True.

ਤਿਸੁ ਤੇਵਡੁ ਅਵਰੁ ਸੂਜੈ ਿਕਸੁ ਆਗੈ ਕਹੀਐ ਜਾਏ
tis jayvad avar na soojh-ee kis aagai kahee-ai jaa-ay.
I can conceive of no other as great as the Lord; unto whom should I go and speak?

We truly praise the True Lord, when the True Guru imparts understanding.

Those humble beings are true, and immaculately pure; meeting them, all filth is washed
off.
Meeting them, all filth is washed off; bathing in the Pool of Truth, one becomes truthful, with intuitive ease.

The True Guru has given me the realization of the Naam, the Immaculate Name of the Lord, the unfathomable, the imperceptible.

Those who perform devotional worship to the Lord night and day, are imbued with His Love; O Nanak, they are absorbed in the True Lord.

I fall at the feet of those who meditate on the Truest of the True.

Shalok, Third Mehl:

The great swans are imbued with the Word of the Shabad; they enshrine the True Name within their hearts.

They gather Truth, remain always in Truth, and love the True Name.
They are always pure and immaculate - filth does not touch them; they are blessed with the Grace of the Creator Lord.

O Nanak, I am a sacrifice to those who, night and day, meditate on the Lord.

I thought that he was a great swan, so I associated with him.

If I had known that he was only a wretched heron from birth, I would not have touched him.

Seeing the swans swimming, the herons became envious.

But the poor herons drowned and died, and floated with their heads down, and their feet above.
Shalok, Third Mehl:

**){// बिदि मंद्र भावना है निर्र्चु गाड़ी तीर में दी ॥ (586)**

भाई विचि सभु आकार है निरभू हरि जीउ सोइ ॥

_The entire universe is in fear; only the Dear Lord is fearless._

**مرافقः रजि भरि दर्ज सेवा विच वर्त अर्ष में दी ॥ (586)**

सत्गुर सेवा इहर मन सर सै तिथि मह तं न होइ ॥

_Serving the True Guru, the Lord comes to dwell in the mind, and then, fear cannot stay there._

**दुष्टभक्त दुष्ट दिन हें तेज ह भावे परि ह मह दी ॥ (586)**

दुस्मनु दुःखु तिस नो नेहि न आवै पोहि न सकै कोइ ॥

_Enemies and pain cannot come close, and no one can touch him._

**गुरमुख भरि वीचार जो तिस भावै सु होइ ॥ (586)**

गुरमुख मन वीचार जो तिस भावै सु होइ ॥

_The Gurmukh reflects upon the Lord in his mind; whatever pleases the Lord - that alone comes to pass._

**राजा अपेह दी पठि वध्वनी वर्तन मह दी ॥ ॥ (586)**

नानक आपे ही पति रक्षी कारज सवारे सोइ ॥ ॥

_O Nanak, He Himself preserves one’s honor; He alone resolves our affairs._

**सलोकु मः ३ ॥ (586)**

**सलोकु मः ३ ॥**

**salok mehlaa 3.**

**Third Mehl:**

**इकिव मंदत चले इकिव चलि गाड़े इकिव दी दीक तनयि ॥ (586)**

इक्रि सजन चले इक्रि चलि गए रहदे भी फूँि जाहि ॥

_Ike friends are leaving, some have already left, and those remaining will eventually leave._
Those who do not serve the True Guru, come and go regretting.

O Nanak, those who are attuned to Truth are not separated; serving the True Guru, they merge into the Lord.

Service to, and obedience to the True Guru, is the essence of comfort and peace.

Doing so, one obtains honor here, and the door of salvation in the Court of the Lord.

In this way, perform the tasks of Truth, wear Truth, and take the Support of the True Name.

Through the True Word of the Shabad, be always happy, and you shall be acclaimed as True in the True Court.
ਨਾਨਕ ਸਿਤਗੁਰ ਕੀ ਸੇਵਾ ਸੋ ਕਰੈ ਜਿਸ ਨੋ ਨਦਿਰ ਕਰਤਾਰੁ ॥੧॥

O Nanak, he alone serves the True Guru, whom the Creator has blessed with His Glance of Grace. ||1||

ਮੋੜ ੩ (586)
ਮੋੜ ੩
mehlaa 3.
Third Mehl:

ਹੋਰ ਚਾਕਰੀ ਜੀਵਣੁ ਵਾਸੁ ॥

Cursed is the life, and cursed is the dwelling, of those who serve another.

ਆਈਮਰ੍ਤੁ ਛੋਇ ਲੇ ਪੈਨਣਾ ਰਾਸ ॥

Abandoning the Ambrosial Nectar, they turn to poison; they earn poison, and poison is their only wealth.

ਬੀਖੁ ਖਾਣਾ ਬੀਖੁ ਪੈਨਣਾ ਬੀਖੁ ਰਾਸ ॥

Poison is their food, and poison is their dress; they fill their mouths with morsels of poison.

ਅਜੈ ਦੁੱਖ ਕਮਾਵਣਾ ਚਿਨਾਵਾਸ ॥

In this world, they earn only pain and suffering, and dying, they go to abide in hell.

ਮਨਮੁਖ ਮੁਹੀ ਸਬੜ ਕੰਮ ਕਰਾਇ ਹਿਨਾਸ ॥

The self-willed manmukhs have filthy faces; they do not know the Word of the Shabad; in sexual desire and anger they waste away.

ਮਹਿਦਾਤ ਕਰਾ ਚਿਨਾਵਾਸਾ ਸਤਗੁਰ ਬਾਇ ਕੰਧਾ ਹਿਨਾਸ ॥

They forsake the Fear of the True Guru, and because of their stubborn ego, their efforts do not come to fruition.
In the City of Death, they are bound and beaten, and no one hears their prayers.

O Nanak, they act according to their pre-ordained destiny; the Gurmukh abides in the Naam, the Name of the Lord.

Meeting with the True Guru, hunger departs; by wearing the robes of a beggar, hunger does not depart.

Afflicted with pain, he wanders from house to house, and in the world hereafter, he receives double punishment.

With his stubborn mind, he begs, and grabs, and annoys those who give.

Instead of wearing these beggar's robes, it is better to be a householder, and give to others.
Those who are attuned to the Word of the Shabad, acquire understanding; the others wander, deluded by doubt.

They act according to their past actions; it is useless to talk to them.

O Nanak, those who are pleasing unto the Lord are good; He upholds their honor.

Serving the True Guru, one finds a lasting peace; the pains of birth and death are removed.

He is not troubled by anxiety, and the carefree Lord comes to dwell in the mind.

Deep within himself, is the sacred shrine of spiritual wisdom, revealed by the True Guru.

His filth is removed, and his soul becomes immaculately pure, bathing in the sacred shrine, the pool of Ambrosial Nectar.
The friend meets with the True Friend, the Lord, through the love of the Shabad.

Within the home of his own being, he finds the Divine Self, and his light blends with the Light.

The Messenger of Death does not leave the hypocrite; he is led away in dishonor.

O Nanak, those who are imbued with the Naam are saved; they are in love with the True Lord.

Meeting their Beloved, they meditate on the True Lord with love and affection.

Their minds are appealed by their own minds, through the incomparable Word of the Guru's Shabad.
These friends are united, and will not be separated again; they have been united by the Creator Lord Himself.

Some do not believe in the Blessed Vision of the Guru’s Darshan; they do not contemplate the Shabad.

Friendship with the self-willed manmukhs lasts for only a few short days.

This friendship is broken in an instant; this friendship leads to corruption.

They do not fear the True Lord within their hearts, and they do not love the Naam.

O Nanak, why become friends with those whom the Creator Lord Himself has misled?

Third Mehl:
ਇਕ ਸਦਾ ਇਕਤै ਰੰਗ ਰਹਿਹ ਿਤਨ ਕੈ ਹਉ ਸਦ ਬਿਲਹਾਰੈ ਜਾਊ ॥ (587)
Some remain constantly imbued with the Lord's Love; I am forever a sacrifice to them.

ਤਨੁ ਮਨੁ ਧਨੁ ਅਰਪੀ ਿਤਨੁ ਕਉ ਿਨਿਵ ਿਨਿਵ ਲਾਗੁ ਪਾਇ ॥ (587)
I dedicate my mind, soul and wealth to them; bowing low, I fall at their feet.

ਤਰ੍ਸਨਾ ਦਾਧੀ ਜਿਲਾ ਮੁੈ ਜਿਲਾ ਜਿਲਾ ਕਰੇ ਪੁਕਾਰ ॥ (588)
Consumed by desires, the world is burning and dying; burning and burning, it cries out.

ਨਾਨਕ ਨਾਵਤੁ ਨਾਰੈ ਿਨਰਭਉ ਕੋ ਨਹੀ ਿਜਚਰੁ ਸਤੀਦ ਨ ਕਰੇ ਵੀਚਾਰੁ ॥੧॥ (588)
O Nanak, without the Name, and without contemplating the Word of the Shabad, no one becomes fearless. ||1||
ਮੈਲਾ 3.  
Third Mehl:

ਭੇਖੀ ਅਗਿਨ ਨ ਬੁਜਾਈ ਚਿੰਤਾ ਹੈ ਮਨ ਸਾਹਿਤੀ ॥ (588)

Wearing ceremonial robes, the fire is not quenched, and the mind is filled with anxiety.

ਵਰਮੀ ਮਾਰੀ ਸਾਪੁ ਨਾ ਮਰੈ ਟੀ ਨਗਰੂ ਕਰਮ ਕੌਮਾਹੀ ॥ (588)

Destroying the snake's hole, the snake is not killed; it is just like doing deeds without a Guru.

ਸਿਤਗੁਰੂ ਦਾਤਾ ਸੇਵੀਐ ਸਬਦ ਵਸੈ ਮਿਨ ਆਈ ॥ (588)

Serving the Giver, the True Guru, the Shabad comes to abide in the mind.

ਸੁਖਾ ਿਸਿਰ ਸਦਾ ਸੁਖੁ ਹੋਇ ਜਾ ਵਿਚਹੁ ਆਪੁ ਗਵਾਈ ॥ (588)

The supreme comforts and lasting peace are obtained, when one eradicates ego from within.

ਗੁਰਮੁਖ ਉਦਾਸੀ ਸੀ ਕਰੇ ਤਿੰਨ੍ਹ ਰਾਮ ਿਲਲ ਆਇ ॥ (588)

He alone becomes a detached Gurmukh, who lovingly focuses his consciousness on the True Lord.

ਚਿੰਤਾ ਮੂਲ ਨ ਹੋਵੈ ਹਿਰ ਨਾਮ ਰਾਜਾ ਆਘਾਈ ॥ (588)

Anxiety does not affect him at all; he is satisfied and satiated with the Name of the Lord.
Naanak, without the Naam, no one is saved; they are utterly ruined by egotism. ||2||

Shalok, Third Mehl:

In the Dark Age of Kali Yuga, the Messenger of Death is the enemy of life, but he acts according to the Lord's Command.

Those who are protected by the Guru are saved, while the self-willed manmukhs receive their punishment.

The world is under the control, and in the bondage of the Messenger of Death; no one can hold him back.

So serve the One who created Death; as Gurmukh, no pain shall touch you.
ਏਹਾ ਕਾਇਆ ਰੋਸੀ ਸਿਰੀ ਵਿੱਚ ਸਾਬਦੇ ਦੁਖੁ ਹੁੰਦੇ ਰੋਸੂ ਨ ਜਾਈ।
This body is filled with disease; without the Word of the Shabad, the pain of the disease of ego does not depart.

ਜਹੁ ਜਘੁ ਬਿਸਿੰਦਰਾ ਸੂਖਤਾ ਦੁਖੁ ਬਿਸਿੰਦਰਾ ਸੁਰਸਿੰਦਰਾ ਸੰਤਾਨੀ ਸੰਤੁਤੀ ਸੁਤੜੀਤੀ ॥ (588)

When one meets the True Guru, then he becomes immaculately pure, and he enshrines the Lord's Name within his mind.

ਨਾਨਕ ਨਾਮੁ ਦਿਖਾਈਆ ਸੁਖਦਾਤਾ ਦੁਖੁ ਵਿਸਰਾਈ ਸਹਿਜ ਸੁਭਾਈ ॥੨॥

O Nanak, meditating on the Naam, the Name of the Peace-Giving Lord, his pains are automatically forgotten. ||2||

ਦਲੌਕੁ ਮਃ ३ ॥ (588)

They alone worship the Lord, who remain dead while yet alive; the Gurmukhs worship the Lord continually.

ਓਨਾ ਕਉ ਧਰਦੀ ਭਗਿਤ ਖਜਾਨਾ ਬਖਿਸਾ ਮੇਟ ਨ ਸਕੈ ਕਿੋਂ ॥ (589)

The Lord blesses them with the treasure of devotional worship, which no one can destroy.

ਗੁਣ ਨਿਧਾਨੁ ਮਨਿ ਪਾਈਆ ਅਕੋ ਸਚਾ ਸੌਇੂ ॥

They obtain the treasure of virtue, the One True Lord, within their minds.
O Nanak, the Gurmukhs remain united with the Lord; they shall never be separated again. ||1||

Third Mehl:

He does not serve the True Guru; how can he reflect upon the Lord?

He does not appreciate the value of the Shabad; the fool wanders in corruption and sin.

The blind and ignorant perform all sorts of ritualistic actions; they are in love with duality.

Those who take unjustified pride in themselves, are punished and humiliated by the Messenger of Death.

O Nanak, who else is there to ask? The Lord Himself is the Forgiver. ||2||

Shalok, Third Mehl:
The Assayer of jewels; He contemplates the jewel.

He is ignorant and totally blind - he does not appreciate the value of the jewel.

The Jewel is the Word of the Guru's Shabad; the Knower alone knows it.

The fools take pride in themselves, and are ruined in birth and death.

O Nanak, he alone obtains the jewel, who, as Gurmukh, enshrines love for it.

Chanting the Naam, the Name of the Lord, forever and ever, make the Name of the Lord your daily occupation.

If the Lord shows His Mercy, then I keep Him enshrined within my heart.

Third Mehl:
They do not serve the True Guru, and they do not embrace love for the Lord’s Name.

Do not even think that they are alive - the Creator Lord Himself has killed them.

Egotism is such a terrible disease; in the love of duality, they do their deeds.

O Nanak, the self-willed manmukhs are in a living death; forgetting the Lord, they suffer in pain.

Without serving the True Guru, the soul is in the bondage of deeds done in ego.

Without serving the True Guru, one finds no place of rest; he dies, and is reincarnated, and continues coming and going.

Without serving the True Guru, one’s speech is vapid and insipid; the Naam, the Name of the Lord, does not abide in his mind.
O Nanak, without serving the True Guru, they are bound and beaten in the City of Death; they arise and depart with blackened faces. ||1||

He Himself is pleased with His humble devotees; my Beloved Lord attaches them to Himself.

The Lord blesses His humble devotees with royalty; He fashions the true crown upon their heads.

They are always at peace, and immaculately pure; they perform service for the True Guru.

They are not said to be kings, who die in conflict, and then enter again the cycle of reincarnation.

O Nanak, without the Name of the Lord, they wander about with their noses cut off in disgrace; they get no respect at all. ||1||
Third Mehl:

Hearing the teachings, he does not appreciate them, as long as he is not Gurmukh, attached to the Word of the Shabad.

Serving the True Guru, the Naam comes to abide in the mind, and doubts and fears run away.

As he knows the True Guru, so he is transformed, and then, he lovingly focuses his consciousness on the Naam.

O Nanak, through the Naam, the Name of the Lord, greatness is obtained; he shall be resplendent in the Court of the Lord hereafter.

Shalok, Third Mehl:

O Nanak, the Naam, the Name of the Lord, is the treasure, which the Gurmukhs obtain.
The self-willed manmukhs are blind; they do not realize that it is within their own home. They die barking and crying.

Third Mehl:

That body is golden and immaculate, which is attached to the True Name of the True Lord.

The Gurmukh obtains the Pure Light of the Luminous Lord, and his doubts and fears run away.

O Nanak, the Gurmukhs find lasting peace; night and day, they remain detached, while in the Love of the Lord.

The self-willed manmukh is cowardly and ugly; lacking the Name of the Lord, his nose is cut off in disgrace.
Night and day, he is engrossed in worldly affairs, and even in his dreams, he finds no peace.

O Nanak, if he becomes Gurmukh, then he shall be saved; otherwise, he is held in bondage, and suffers in pain.

The Gurmukhs always look beautiful in the Court of the Lord; they practice the Word of the Guru's Shabad.

O Nanak, the Gurmukhs are blessed with the Name of the Lord; they merge imperceptibly into the True Lord.

Shalok, Third Mehl:
satgur kee parteet na aa-ee-aa sabad na laago bhaa-o.
One who has no faith in the True Guru, and who does not love the Word of the Shabad,

os no sukh na upjai bhaavai sa-o gayriha aava-o jaa-o.
shall find no peace, even though he may come and go hundreds of times.

naanak gurmukh sahj milai sachay si-o liv laa-o. ||1||
O Nanak, the Gurmukh meets the True Lord with natural ease; he is in love with the Lord. ||1||

ay man aisaa satgur khoj lahu jit sayvi-ai janam maran dukh jaa-ay.
O mind, search for such a True Guru, by serving whom the pains of birth and death are dispelled.

saahsaa mool na hova-ee ha-umai sabad jalaa-ay.
Doubt shall never afflict you, and your ego shall be burnt away through the Word of the Shabad.

koorhai kee paal vichahu niklai sach vasai man aa-ay.
The veil of falsehood shall be torn down from within you, and Truth shall come to dwell in the mind.
ੰਤਿਰ ਸਾਂਤ ਮਨੀ ਸੁਖ ਹੋਈ ਸਚ ਸੰਜਮ ਕਾਰ ਕਮਾਇ ॥ (591)
antar saaNt man sukh ho-ay sach sanjam kaar kamaa-ay.
Peace and happiness shall fill your mind deep within, if you act according to truth and self-discipline.

ਨਾਨਕ ਪੂਰਈ ਕਰਮੀ ਸਤਗੁਰ ਮਿਲਈ ਹਿਰ ਜੀੂ ਕਿਰਪਾ ਕਰੇ ਰਜਾਇ ॥੨॥ (591)
naanak poorai karam satgur milai har jee-o kirpaa karay rajaa-ay. ||2||
O Nanak, by perfect good karma, you shall meet the True Guru, and then the Dear Lord, by His Sweet Will, shall bless you with His Mercy. ||2||

ਸਲੋਕੁ ਮ੃ ॥ (591)
salok mehlaa 3.
Shalok, Third Mehl:

ਿਬਨੁ ਸਿਤਗੁਰ ਸੇਵੇ ਜਗਤੁ ਮੁਆ ਿਬਰਥਾ ਜਨਮੁ ਗਵਾਇ ॥ (591)
bin satgur sayvay jagat mu-aa birthaa janam gavaa-ay.
Without serving the True Guru, the people of the world are dead; they waste their lives away in vain.

ਦੂਜੈ ਭਾਇ ਅਤੀ ਦੁਖੁ ਲਗਾ ਮਿਰ ਜਾਮੈ ਾਵੈ ਜਾਇ ॥ (591)
doojai bhaa-ay at ati dukh lagaa mar jamaai aavai jaa-ay.
In love with duality, they suffer terrible pain; they die, and are reincarnated, and continue coming and going.

ਿਵਸਟਾ ਅੰਦਿਰ ਵਾਸੂ ਹੈ ਿਫਿਰ ਿਫਿਰ ਜੂਨੀ ਪਾਇ ॥ (591)
vistaa andar vaas hai fir fir joonee paa-ay.
They live in manure, and are reincarnated again and again.

ਨਾਨਕ ਿਬਨੁ ਨਾਵੈ ਜਨਮ ਮਾਰਸੀ ਅੰਤੀ ਗਵਾਇ ਪਛਹਤਾਇ ॥੧॥ (591)
naanak bin naavai jam maarsee ant gaa-i-aa pachhutaay. ||1||
O Nanak, without the Name, the Messenger of Death punishes them; in the end, they depart regretting and repenting. ||1||
Mehlaa 3.

Third Mehl:

इस जग महि पुरख एक है होर सगली नारि सबाई।
is jag meh purakh ayk hai hor saglee naar sabaa-ee.
In this world, there is one Husband Lord; all other beings are His brides.

सिभ घट भोगवै अलिपतु रहे अलखु न लखना जाई।
sabh ghat bhogvai alipat rahai alakh na lakh-naa jaa-ee.
He enjoys the hearts of all, and yet He remains detached; He is unseen; He cannot be described.

The Perfect Guru reveals Him, and through the Word of His Shabad, we come to understand Him.

Those who serve their Husband Lord, become like Him; their egos are burnt away by His Shabad.

He has no rival, no attacker, no enemy.

His rule is unchanging and eternal; He does not come or go.

Night and day, His servant serves Him, singing the Glorious Praises of the True Lord.
Beholding the Glorious Greatness of the True Lord, Nanak blossoms forth. ||2||

Shalok, Third Mehl:

Those who meet the True Guru, ever sing the Kirtan of the Lord's Praises.

The Lord's Name naturally fills their minds, and they are absorbed in the Shabad, the Word of the True Lord.

They redeem their generations, and they themselves obtain the state of liberation.

The Supreme Lord God is pleased with those who fall at the Guru's Feet.

Servant Nanak is the Lord's slave; by His Grace, the Lord preserves his honor.
ਹੰਉਮੈ ਅੰਦਿਰ ਖੱਡੁਕੇ ਖੱਡੇ ਖੱਡੇ ਖੱਡੀਕੇ ਹੈ ਖੱਡੇ ਖੱਡੀਕੇ ਖੱਡੀ ਿਵਹਾਇ ॥ (592)

In egotism, one is assailed by fear; he passes his life totally troubled by fear.

ਹੰਉਮੈ ਵਡਾ ਰੋਗੁ ਹੈ ਮਿਰ ਜੰਮੈ ਆਵੈ ਜਾਇ ॥ (592)

Egotism is such a terrible disease; he dies, to be reincarnated - he continues coming and going.

ਿਜਨ ਕਉ ਪੂਰਿਬ ਿਲਿਖਾ ਿਤਨਾ ਸਤਗੁਰੁ ਿਮਿਲਆ ਪਰ੍ਭੁ ਆਈ ॥ (592)

Those who have such pre-ordained destiny meet with the True Guru, God Incarnate.

ਨਾਨਕ ਗੁਰ ਪਰਸਾਦੀ ਉਬਰੇ ਹਉਮੈ ਸਬਿਦ ਜਲਾਇ ॥੨॥ (592)

O Nanak, by Guru's Grace, they are redeemed; their egos are burnt away through the Word of the Shabad. ||2||

ਸਲੋਕੁ ਮਃ ੩ ॥ (592)

Shalok, Third Mehl:

ਸਲੋਕ ਮੱਲ 3.
Shalok, Third Mehl:

ਗੁਰਮੁਿਖ ਸੇਵ ਨ ਕੀਨੀਆ ਹਿਰ ਨਾਿਮ ਨ ਲਗੋ ਿਪਾਰੁ ॥ (592)

One who does not serve the Guru as Gurmukh, who does not love the Lord's Name,

ਸਦਾ ਸਾਦਿ ਬੰਬੂਨ ਦੋ ਬੰਬੂਨ ਲਗ ਵਿਆਰੁ ॥ (592)

and who does not savor the taste of the Shabad, shall die, and be reborn, over and over again.

ਮਨਮੁਿਖ ਅੰਧ ਨ ਚੇਤਈ ਕਿਤੁ ਆਇਅ ਸੈਸਾਿਰ ॥ (592)

The blind, self-willed manmukh does not think of the Lord; why did he even come into the world?
O Nanak, that Gurmukh, upon whom the Lord casts His Glance of Grace, crosses over the world-ocean. 

Third Mehl:

Only the Guru is awake; the rest of the world is asleep in emotional attachment and desire.

Those who serve the True Guru and remain wakeful, are imbued with the True Name, the treasure of virtue.

The blind, self-willed manmukhs do not think of the Lord; they are ruined through birth and death.

O Nanak, the Gurmukhs meditate on the Naam, the Name of the Lord; this is their destiny, pre-ordained by the Primal Lord God.
The world is blind and ignorant; in the love of duality, it engages in actions.

But those actions which are performed in the love of duality, cause only pain to the body.

By Guru's Grace, peace wells up, when one acts according to the Word of the Guru's Shabad.

He acts according to the True Word of the Guru's Bani; night and day, he meditates on the Naam, the Name of the Lord.

O Nanak, as the Lord Himself engages him, so is he engaged; no one has any say in this matter.

Within the home of my own being, is the everlasting treasure of the Naam; it is a treasure house, overflowing with devotion.

The True Guru is the Giver of the life of the soul; the Great Giver lives forever.
Night and day, I continually sing the Kirtan of the Lord’s Praise, through the Infinite Word of the Guru's Shabad.

I recite continually the Guru's Shabads, which have been effective throughout the ages.

This mind ever abides in peace, dealing in peace and poise.

Deep within me is the Guru's Wisdom, the Lord's jewel, the Bringer of liberation.

O Nanak, one who is blessed by the Lord's Glance of Grace obtains this, and is judged to be True in the Court of the Lord.

No one has ever found the Lord through stubborn-mindedness. All have grown weary of performing such actions.

Through their stubborn-mindedness, and by wearing their disguises, they are deluded; they suffer in pain from the love of duality.
ਰिधि सिधि समू मोह है नामु न वसै मन आइ ॥ (593)
Riches and the supernatural spiritual powers of the Siddhas are all emotional attachments; through them, the Naam, the Name of the Lord, does not come to dwell in the mind.

गुर सेवा ते मनु निरमल होवै अगिआनु अंधेरा जाइ ॥ (593)
Serving the Guru, the mind becomes immaculately pure, and the darkness of spiritual ignorance is dispelled.

नामु रतन घिर परगट होआ नानक सहज समाइ ॥१॥ (593)
The jewel of the Naam is revealed in the home of one's own being; O Nanak, one merges in celestial bliss. ||1||

भाग ३ ॥ (593)
mehlaa 3.
Third Mehl:

सबदै सादु न आइओ नाम न लगो िपारु ॥ (594)
One who does not savor the taste of the Shabad, who does not love the Naam, the Name of the Lord,

रसना िफका बोलणा िनत िनत होइ खुआरु ॥ (594)
and who speaks insipid words with his tongue, is ruined, again and again.

नानक िकरित पइऐ कमावणा कोइ न मेटणहारु ॥२॥ (594)
O Nanak, he acts according to the karma of his past actions, which no one can erase. ||2||
ਸਲੋਕੁ  ਮः ੩ ॥

All the living beings of the world behold the True Guru.

ਇਕ ਆਪੇ ਵਧਿ ਭਿਲਾਗਾਣੁ ਦੁਆਰਾ ਤਿਜ ਵਿਕਾਰ ॥

The Lord forgives some, and unites them with Himself; they forsake their duality and sinful ways.

ਹਾਁ ਸੀ ਦਰਸਨੁ ਦੇਸਕ ਮਿਰਨਾ ਸਿਤਗੁਰ ਹੇਤ ਵਿਆਰ ॥੧॥

O Nanak, some behold the Blessed Vision of the True Guru’s Darshan, with love and affection; conquering their ego, they meet with the Lord. ||1||

ਸਲੋਕੁ  ਮੱਧ ੩ ॥

Third Mehl:

The foolish, blind clown does not serve the True Guru.
In love with duality, he endures terrible suffering, and burning, he cries out in pain.

He forgets the Guru, for the sake of mere objects, but they will not come to his rescue in the end.

Through the Guru's Instructions, Nanak has found peace; the Forgiving Lord has forgiven him.

All of Your servants, who relish the Word of Your Shabad, serve You.

Night and day, they continually sing the Glorious Praises of the True Lord; they are adorned with the Word of the Guru's Shabad.
Mayray thaakur ham baarik saran tumaaree.
O my Lord and Master, I am Your child; I seek Your Sanctuary.

Ayko sachaa sach too kayval aap muraaree. raha-o.
You are the One and Only Lord, the Truest of the True; You Yourself are the Destroyer of ego. ||Pause||

Jaagat rahay tinee parabh paa-i-aa sabday ha-umai maaree.
Those who remain wakeful obtain God; through the Word of the Shabad, they conquer their ego.

Girhee meh sadaa har jan udaasee gi-aan tat beechaaree.
Immersed in family life, the Lord's humble servant ever remains detached; he reflects upon the essence of spiritual wisdom.

Serving the True Guru, he finds eternal peace, and he keeps the Lord enshrined in his heart. ||2||

This mind wanders in the ten directions; it is consumed by the love of duality.

The foolish self-willed manmukh does not remember the Lord's Name; he wastes away his life in vain.
But when he meets the True Guru, then he obtains the Name; he sheds egotism and emotional attachment.

The Lord's humble servants are True - they practice Truth, and reflect upon the Word of the Guru's Shabad.

The True Lord God unites them with Himself, and they keep the True Lord enshrined in their hearts.

O Nanak, through the Name, I have obtained salvation and understanding; this alone is my wealth.

The True Lord has blessed His devotees with the treasure of devotional worship, and the wealth of the Lord's Name.

The wealth of the Naam, shall never be exhausted; no one can estimate its worth.
ਨਾਮ ਧਿਨ ਮੁਖ ਉਜਲੇ ਹੋਏ ਹਿਰ ਪਾਇਆ ਸਚੁ ਸੋਇ ॥੧॥

With the wealth of the Naam, their faces are radiant, and they attain the True Lord. ||1||

ਮਨ ਮੇਰੇ ਗੁਰ ਸਬਦੀ ਹਿਰ ਪਾਇਆ ਜਾਇ ॥

O my mind, through the Word of the Guru's Shabad, the Lord is found.

ਇਸੁ ਦੇਹੀ ਅੰਦਿਰ ਪੰਚ ਚੋਰ ਵਸਿਹ ਕਾਮ ਕਰ੍ੋਧੁ ਲੋਬੁ ਮੋਹੁ ਅਹੰਕਾਰਾ ॥

They plunder the Nectar, but the self-willed manmukh does not realize it; no one hears his complaint.

ਅੰਧਾ ਜਗਤੁ ਅੰਧੁ ਵਰਤਾਰਾ ਬਾਝੁ ਗੁਰੂ ਗੁਬਾਰਾ ॥੨॥

The world is blind, and its dealings are blind as well; without the Guru, there is only pitch darkness. ||2||

ਹਉਮੈ ਮੇਰਾ ਕਿਰ ਕਿਰ ਵਗੁਤੇ ਕਹੁ ਚਲੈ ਨ ਚਲਿਦਾ ਨਾਲ ॥

Indulging in egotism and possessiveness, they are ruined; when they depart, nothing goes along with them.
But one who becomes Gurmukh meditates on the Naam, and ever contemplates the Lord’s Name.

Through the True Word of Gurbani, he sings the Glorious Praises of the Lord; blessed with the Lord’s Glance of Grace, he is enraptured.

The spiritual wisdom of the True Guru is a steady light within the heart. The Lord's decree is over the heads of even kings.

Night and day, the Lord's devotees worship Him; night and day, they gather in the true profit of the Lord's Name.

O Nanak, through the Lord's Name, one is emancipated; attuned to the Shabad, he finds the Lord.

If one becomes the slave of the Lord's slaves, then he finds the Lord, and eradicates ego from within.
ਭਗਤਾ ਕਾ ਕਾਰਜੁ ਹਿਰ ਅਨੰਦੁ ਹੈ ਅਨਿਦਨੁ ਹਿਰ ਗੁਣ ਗਾਈ ॥

bhagtaa kaa kaaraj har anand hai an-din har gun gaa-ee.
The Lord of bliss is his object of devotion; night and day, he sings the Glorious Praises of the Lord.

ਸਵਿਦ ਰਤੇ ਸਾਹ ਇਕ ਰੰਗੀ ਹਿਰ ਿਸਉ ਰਹੇ ਸਮਾਈ ॥੧॥

sabad ratay sadaa ik rangee har si-o raahay samaa-ee. ||1||
Attuned to the Word of the Shabad, the Lord's devotees remain ever as one, absorbed in the Lord. ||1||

ਹਿਰ ਜੀਉ ਸਾਚੀ ਨਵੂ ਤੁਮਾਰੀ ॥

har jee-o saachee nadar tumaaree.
O Dear Lord, Your Glance of Grace is True.

ਸਵਿਦ ਸਲਾਹੀ ਸਦਾ ਹਉ ਜੀਵਾ ਗੁਰਮਤੀ ਭਉ ਭਾਗਾ ॥

sabad salaahee sadaa ha-o jeevaa gurmatee bha-o bhaagaa.
Continually praising the Word of the Shabad, I live; under Guru's Instruction, my fear has been dispelled.

ਮੇਰਾ ਪਰ੍ਭੁ ਸਾਚਾ ਅਤੀ ਸਾਹੀ ਗੁਰੂ ਸੇਵਾ ਿਚਤੁ ਲਾਗਾ ॥

mayraa parabh saachaa at su-aali-o gur sayvi-aa chit laagaa.
My True Lord God is so beautiful! Serving the Guru, my consciousness is focused on Him.

ਭਗ ਭੁੱਧ ਸਾਚਾ ਭਗਵਾਨ ਰਾਕਾ਼ਾ ਿਚਤੁ ਕਲਾਗ ॥

mehaa parb saachaa bhaagvaa bha-kaa-ka chit kaalaa.
One who chants the True Word of the Shabad, and the Truest of the True, the Word of His Bani, remains wakeful, day and night. ||2||

ਮਹਾ ਗੰਭੀਰੁ ਸੁਸ਼ੁਖੁਦਾਤਾ ਿਤਸ ਕਾ ਅੰਤੁ ਨ ਪਾਇਆ ॥

mahaa gambheer su-sukh-daata tis kaa ant na paa-i-aa.
He is so very deep and profound, the Giver of eternal peace; no one can find His limit.
pooray gur kee sayvaa keenee achint har man vasaa-i-aa.
Serving the Perfect Guru, one becomes carefree, enshrining the Lord within the mind.

man tan nirmal sadaa sukh antar vichahu bharam chukaa-i-aa. ||3||
The mind and body become immaculately pure, and a lasting peace fills the heart; doubt is eradicated from within. ||3||

har kaa maarag sadaa panth vikh-raa ko paa-ay gur veechaaraa.
The Way of the Lord is always such a difficult path; only a few find it, contemplating the Guru.

har kai rang raataa sabday maataa ha-umai tajay vikaaraa.
Imbued with the Lord's Love, and intoxicated with the Shabad, he renounces ego and corruption.

naanak naam rataa ik rangee sabad savaaranhaaraa. ||4||3||
O Nanak, imbued with the Naam, and the Love of the One Lord, he is embellished with the Word of the Shabad. ||4||3||

sorath mehlaa 3.
Sorat'h, Third Mehl:

har jee-o tuDh no sadaa saalahee pi-aaray jichar ghat antar hai saasaa.
Dear Beloved Lord, I praise You continually, as long as there is the breath within my body.
इकु पलु िखनु िवसरिह तू सुआमी जाणउ बरस पचासा ॥ (601)

If I were to forget You, for a moment, even for an instant, O Lord Master, it would be like fifty years for me.

हम मूड़ मुगध सदा से भाई गुर कै सबिद पर्गासा ॥१॥ (601)

I was always such a fool and an idiot, O Siblings of Destiny, but now, through the Word of the Guru’s Shabad, my mind is enlightened. ||1||

हिर जीउ तुम आपे देहु बुझाई ॥ (601)

Dear Lord, You Yourself bestow understanding.

हिर जीउ तुधु िवटहु वािरआ सद ही तेरे नाम िवटहु बलि जाई ॥ रहाउ ॥ (601)

Dear Lord, I am forever a sacrifice to You; I am dedicated and devoted to Your Name. ||Pause||

 सबदे मनु तनु िनरमलु होआ हिर विसआ मिन आई ॥ (601)

The Guru is the Giver of the Shabad; my mind is imbued with it, and I remain absorbed in the Lord. ||2||

The Guru is the Giver of the Shabad; my mind is imbued with it, and I remain absorbed in the Lord. ||2||
Those who do not know the Shabad are blind and deaf; why did they even bother to come into the world?

They do not obtain the subtle essence of the Lord’s elixir; they waste away their lives, and are reincarnated over and over again.

The blind, idiotic, self-willed manmukhs are like maggots in manure, and in manure they rot away. ||3||

The Lord Himself creates us, watches over us, and places us on the Path, O Siblings of Destiny; there is no one other than Him.

No one can erase that which is pre-ordained, O Siblings of Destiny; whatever the Creator wills, comes to pass.

O Nanak, the Naam, the Name of the Lord, abides deep within the mind; O Siblings of Destiny, there is no other at all. ||4||4||

Sorat'h, Third Mehl:
The Gurmukhs practice devotional worship, and become pleasing to God; night and day, they chant the Naam, the Name of the Lord.

You Yourself protect and take care of Your devotees, who are pleasing to Your Mind.

You are the Giver of virtue, realized through the Word of Your Shabad. Uttering Your Glories, we merge with You, O Glorious Lord.

O my mind, remember always the Dear Lord.

At the very last moment, He alone shall be your best friend; He shall always stand by you.

The gathering of the wicked enemies shall always practice falsehood; they do not contemplate understanding.

Who can obtain fruit from the slander of evil enemies? Remember that Harnaakhash was torn apart by the Lord's claws.
Prahlaad, the Lord's humble servant, constantly sang the Glorious Praises of the Lord, and the Dear Lord saved him. ||2||

The self-willed manmukhs see themselves as being very virtuous; they have absolutely no understanding at all.

They indulge in slander of the humble spiritual people; they waste their lives away, and then they have to depart.

They never think of the Lord's Name, and in the end, they depart, regretting and repenting.

The Lord makes the lives of His devotees fruitful; He Himself links them to the Guru's service.

Slave Nanak utters this prayer: O Lord, please, let me fall at their feet. ||4||5||
Sorath, Third Mehl:

मेवलद भगवान जू || (601)
सोरि Thermal महला 3 ||
sorath mehlaa 3.

अपने भाई जिज हर नाम बनधप है || (601)
आपके जीवन जो उसे भाई बनधप चोटा खावे ///
aapnai bhaanai jo chalai bhaa-ee vichhurh chotaa khaavai. One who walks according to his own will, O Siblings of Destiny, suffers separation from the Lord, and shall be punished.

इतिहास रहित त्रस्त वर्जन || (601)
बिन सतिगुर सुख कदे न पावै भाई फिर फिर पछोतावै ॥ 1 ||
bin satgur sukh kaday na paavai bhaa-ee fir fir pachhotaavai. ||1|| Without the True Guru, peace is never obtained, O Siblings of Destiny; again and again, he regrets and repents. ||1||

हर के दास सुहले भाई || (601)
har kay daas suhaylay bhaa-ee.
The Lord's slaves are happy, O Siblings of Destiny.

जनम जनम चुक्त कते न धर्म भाई मिलति मिलाई || (602)
जनम जनम के चुक्त कते न धर्म भाई मिलति मिलाई || रहाउ ||
janam janam kay kibikh dukh kaatay aapay mayl milaa-ee. raha-o.
The sins and sorrows of countless lifetimes are eradicated; the Lord Himself unites them in His Union. ||Pause||

इहु कुटंब सभु जीव वर्जन बनधप बनधप मेंमण || (602)
ih kutamb sabh jee-a kay banDhan bhaa-ee bharam bhulaa saiNsaaraa.
All of these relatives are like chains upon the soul, O Siblings of Destiny; the world is deluded by doubt.
Without the Guru, the chains cannot be broken; the Gurmukhs find the door of salvation.

One who performs rituals without realizing the Word of the Guru's Shabad, shall die and be reborn, again and again.

The world is entangled in egotism and possessiveness, O Siblings of Destiny, but no one belongs to anyone else.

The Gurmukhs attain the Mansion of the Lord's Presence, singing the Glories of the Lord; they dwell in the home of their own inner being.

One who understands here, realizes himself; the Lord God belongs to him.

The True Guru is forever merciful, O Siblings of Destiny; without good destiny, what can anyone obtain?

He looks alike upon all with His Glance of Grace, but people receive the fruits of their rewards according to their love for the Lord.
O Nanak, when the Naam, the Name of the Lord, comes to dwell within the mind, then self-conceit is eradicated from within.

True devotional worship is obtained only through the True Guru, when the True Word of His Bani is in the heart.

Serving the True Guru, eternal peace is obtained; egotism is obliterated through the Word of the Shabad.

Without the Guru, there is no true devotion; otherwise, people wander around, deluded by ignorance.

The self-willed manmukhs wander around, suffering in constant pain; they drown and die, even without water.

O Siblings of Destiny, remain forever in the Lord's Sanctuary, under His Protection.
Bestowing His Glance of Grace, He preserves our honor, and blesses us with the glory of the Lord’s Name. ||Pause||

Through the Perfect Guru, one comes to understand himself, contemplating the True Word of the Shabad.

The Lord, the Life of the world, ever abides in his heart, and he renounces sexual desire, anger and egotism.

The Lord is ever-present, permeating and pervading all places; the Name of the Infinite Lord is enshrined within the heart.

Serving the Guru, one realizes the Naam, the Name of the Lord; fruitful is his life, and his coming into the world.

Tasting the sublime elixir of the Lord, his mind is satisfied and satiated forever; singing the Glories of the Glorious Lord, he is fulfilled and satisfied.
ਕਮਲੁ ਪਰ੍ਗਾਿਸ ਸਦਾ ਰੰਗ ਰਾਤਾ ਅਨਹਦ ਸਬਦੁ ਵਜਾਇਆ ॥ (602)
The lotus of his heart blossoms forth, he is ever imbued with the Lord's Love, and the unstruck melody of the Shabad resounds within him.

ਤਨੁ ਮਨੁ ਿਨਰਮਲੁ ਿਨਰਮਲ ਬਾਣੀ ਸਚੇ ਸਿਚ ਸਮਾਇਆ ॥੩॥ (602)
His body and mind become immaculately pure; his speech becomes immaculate as well, and he merges in the Truest of the True. ||3||

ਰਾਮ ਨਾਮ ਕੀ ਗਿਤ ਕੋਇ ਨ ਬੂझੈ ਗੁਰਮਿਤ ਿਰਦੈ ਸਮਾਈ ॥ (602)
No one knows the state of the Lord's Name; through the Guru's Teachings, it comes to abide in the heart.

ਨਾਨਕ ਨਾਮ ਸਮਾਲਿਹ ਸੇ ਜਨ ਸੋਹਨ ਦਿਰ ਸਾਚੈ ਪਿਤ ਪਾਈ ॥੪॥੭॥ (602)
O Nanak, those humble beings who praise the Naam are beautiful; they are honored in the Court of the True Lord. ||4||7||

ਸੋਰਥ ਮੱਛੁ ੩ ਦੁਤੁਕੇ ॥ (602)
Sorat'h, Third Mehl, Du-Tukas:
Meeting the True Guru, one turns away from the world, O Siblings of Destiny; when he remains dead while yet alive, he obtains true understanding.

He alone is the Guru, and he alone is a Sikh, O Siblings of Destiny, whose light merges in the Light.

He alone is the Guru, and he alone is a Sikh, O Siblings of Destiny, whose light merges in the Light.

Chanting the Name of the Lord, it seems so sweet to the mind, O Siblings of Destiny; the Gurmukhs obtain a place in the Court of the Lord. ||Pause||

Without the Guru, love for the Lord does not well up, O Siblings of Destiny; the self-willed manmukhs are engrossed in the love of duality.

Actions performed by the manmukhs are like the threshing of the chaff - they obtain nothing for their efforts. ||Pause||

Meeting the Guru, the Naam comes to permeate the mind, O Siblings of Destiny, with true love and affection.
ਸਦਾ हਿਰ ਕੇ ਗੁਣ ਰਵੈ ਭਾਈ ਗੁਰ ਕੈ ਹੇਿਤ ਅਪਾਰ ॥੩॥

He always sings the Glorious Praises of the Lord, O Siblings of Destiny, with infinite love for the Guru. ||3||

ਆਇਆ ਸੋ ਪਰਵਾਣੁ ਹੈ ਭਾਈ ਜੀ ਗੁਰ ਸੇਵਾ ਿਚਤੁ ਲਾਇ ॥

How blessed and approved is his coming into the world, O Siblings of Destiny, who focuses his mind on serving the Guru.

ਨਾਨਕ ਨਾਮਿ ਹਿਰ ਪਾਈਐ ਭਾਈ ਗੁਰ ਸਬਦੀ ਮੇਲਾਇ ॥੪॥੮॥

O Nanak, the Name of the Lord is obtained, O Siblings of Destiny, through the Word of the Guru's Shabad, and we merge with the Lord. ||4||8||

ਸੋਰਿਠ ਮਹਲਾ ੩ ਘਰੁ ੧ ॥

Sorath Mehl, Third Mehl, First House:

ਿਤਹੀ ਗੁਣੀ ਿਤਰ੍ਭਵਣੁ ਿਵਆਿਪਆ ਭਾਈ ਗੁਰਮੁਿਖ ਬੂਝ ਬੁਝਾਇ ॥

The three worlds are entangled in the three qualities, O Siblings of Destiny; the Guru imparts understanding.

ਰਾਮ ਨਾਿਮ ਲਿਗ ਛੂਟੀਐ ਭਾਈ ਪੂਛਹੁ ਿਗਆਿਆਆ ਜਾਇ ॥੧॥

Attached to the Lord's Name, one is emancipated, O Siblings of Destiny; go and ask the wise ones about this. ||1||

ਮਨ ਰੇ ਤਰ੍ੈ ਗੁਣ ਛੋਿਡ ਚਉਥੈ ਿਚਤੁ ਲਾਇ ॥

O mind, renounce the three qualities, and focus your consciousness on the fourth state.
The Dear Lord abides in the mind, O Siblings of Destiny; ever sing the Glorious Praises of
the Lord. ||Pause||

From the Naam, everyone originated, O Siblings of Destiny; forgetting the Naam, they die
away.

The ignorant world is blind, O Siblings of Destiny; those who sleep are plundered. ||2||

Those Gurmukhs who remain awake are saved, O Siblings of Destiny; they cross over the
terrifying world-ocean.

O Nanak, the Name of the Lord is the boat, and the Name is the raft, O Siblings of
Destiny; setting out on it, the Lord's humble servant crosses over the world-ocean. ||4||9||
Sorath, Third Mehl, First House:

The True Guru is the ocean of peace in the world; there is no other place of rest and peace.

The world is afflicted with the painful disease of egotism; dying, only to be reborn, it cries out in pain.

If you serve the True Guru, you shall find peace; otherwise, you shall depart, after wasting away your life in vain. ||Pause||

Led around by the three qualities, he does many deeds, but he does not come to taste and savor the subtle essence of the Lord.

He says his evening prayers, and makes offerings of water, and recites his morning prayers, but without true understanding, he still suffers in pain.
ਸਿਤਗੁਰੁ
ਸੇਵੇ
ਸੋ
ਵਡਭਾਗੀ
ਿਜ਼ਸ
ਨੋ
ਆਿਪ
ਿਮਲਾਏ
॥
satgur sayvay so vadbhaagee jis no aap milaa-ay.
One who serves the True Guru is very fortunate; as the Lord so wills, he meets with the Guru.

ਹਿਰ
ਰਸੁ
ਪੀ
ਜਨ
ਸਦਾ
ਿਤਰ੍ਪਤਾਸੇ
ਿਵਚਹੁ
ਆਪੁ
ਗਵਾਏ
॥੩॥
har ras pee jan sadaa tariptaasay vichahu aap gavaa-ay. ||3||
Drinking in the sublime essence of the Lord, His humble servants remain ever satisfied; they eradicate self-conceit from within themselves. ||3||

ਇਹੁ
ਜਗੁ
ਅੰਧਾ
ਸਭੁ
ਅੰਧੁ
ਕਮਾਵੈ
ਿਬਨੁ
ਗੁਰ
ਮਗੁ
ਨ
ਪਾਏ
॥
ih jag andhhaa sabh andh kamaavai bin gur mag na paa-ay.
This world is blind, and all act blindly; without the Guru, no one finds the Path.

ਨਾਨਕ
ਸਿਤਗੁਰੁ
ਿਤ
ਆਕੀ
ਵੇਖੈ
ਘਰੈ
ਅੰਦਿਰ
ਸਚੁ
ਪਾਏ
॥੪॥੧੦॥
naanak satgur milai ta akhee vaykhai gharai andar sach paa-ay. ||4||10||
O Nanak, meeting with the True Guru, one sees with his eyes, and finds the True Lord within the home of his own being. ||4||10||

ਸੋਰਿਠ
ਮਹਲਾ
੩
॥
sorath mehlaa 3.
Sorat'h, Third Mehl:

ਬਿਨੁ
ਸਿਤਗੁਰ
ਸੇਵਣ
ਬਹੁਤਾ
ਦੁਖੁ
ਲਾਗਾ
ਜੁਗ
ਚਾਰੇ
ਭਰਮਾਈ
॥
bin satgur sayvay bahutaa dukh laagaa jug chaaray bharmaa-ee.
Without serving the True Guru, he suffers in terrible pain, and throughout the four ages, he wanders aimlessly.

ਹਦ ਹੀਨ
ਤੁਮ
ਜੁਗਣ
ਤੁਗਣ
ਚਾਰੇ
ਬੋਧਣ
॥੧॥
ham deen tum jug jug daataay sabday deh bujhaa-ee. ||1||
I am poor and meek, and throughout the ages, You are the Great Giver - please, grant me the understanding of the Shabad. ||1||
O Dear Beloved Lord, please show mercy to me.

Unite me in the Union of the True Guru, the Great Giver, and give me the support of the Lord's Name. ||Pause||

Conquering my desires and duality, I have merged in celestial peace, and I have found the Naam, the Name of the Infinite Lord.

I have tasted the sublime essence of the Lord, and my soul has become immaculately pure; the Lord is the Destroyer of sins. ||2||

Dying in the Word of the Shabad, you shall live forever, and you shall never die again.

The Ambrosial Nectar of the Naam is ever-sweet to the mind; but how few are those who obtain the Shabad. ||3||

The Great Giver keeps His Gifts in His Hand; He gives them to those with whom He is pleased.
O Nanak, imbued with the Naam, they find peace, and in the Court of the Lord, they are exalted. ||4||11||

Serving the True Guru, the divine melody wells up within, and one is blessed with wisdom and salvation.

The True Name of the Lord comes to abide in the mind, and through the Name, one merges in the Name. ||1||

Without the True Guru, the whole world is insane.

The blind, self-willed manmukhs do not realize the Word of the Shabad; they are deluded by false doubts. ||Pause||

The three-faced Maya had led them astray in doubt, and they are snared by the noose of egotism.
Birth and death hang over their heads, and being reborn from the womb, they suffer in pain.

The three qualities permeate the whole world; acting in ego, it loses its honor.

But one who becomes Gurmukh comes to realize the fourth state of celestial bliss; he finds peace through the Name of the Lord.

The three qualities are all Yours, O Lord; You Yourself created them. Whatever You do, comes to pass.

O Nanak, through the Lord's Name, one is emancipated; through the Shabad, he is rid of egotism.

One Universal Creator God. By The Grace Of The True Guru:
bhagtaa dee sadaa too rakh-daa har jee-o Dhur too rakh-daa aa-i-aa.
You always preserve the honor of Your devotees, O Dear Lord; You have protected them from the very beginning of time.

par-hilaad jan tujh raakh la-ay har jee-o harnaakhas maar pachaa-i-aa.
You protected Your servant Prahlad, O Dear Lord, and annihilated Harnaakhash.

The Gurmukhs place their faith in the Dear Lord, but the self-willed manmukhs are deluded by doubt. ||1||

The Name of the Lord alone abides in their minds; through the Naam, the Name of the Lord, they find liberation.
Wealth and all the spiritual powers of the Siddhis fall at the feet of the Lord's devotees; they obtain peace and poise from the Guru. ||2||

The self-willed manmukhs have no faith; they are filled with greed and self-interest.

They are not Gurmukh - they do not understand the Word of the Shabad in their hearts; they do not love the Naam, the Name of the Lord.

Their masks of falsehood and hypocrisy shall fall off; the self-willed manmukhs speak with insipid words.

You are pervading through Your devotees, O Dear God; through Your devotees, You are known.

All the people are enticed by Maya; they are Yours, Lord - You alone are the Architect of Destiny.

Overcoming my egotism and quieting the desires within my mind, I have come to realize the Word of the Guru's Shabad.
achint kamm karahi parabh tin kay jin har kaa naam pi-aaraa.
God automatically does the work of those who love the Name of the Lord.

gur parsaad sadaa man vasi-aa sabh kaaj savaaranhaaraa.
By Guru's Grace, he ever dwells in their minds, and He resolves all their affairs.

onaa kee rees karay so viguchai jin har parabh hai rakhvaaraa. ||5||
Whoever challenges them is destroyed; they have the Lord God as their Savior. ||5||

bin satgur sayvay kinai na paa-i-aa manmukh bha-uk mu-ay billaa-ee.
Without serving the True Guru, no one finds the Lord; the self-willed manmukhs die crying out in pain.

But one who becomes Gurmukh drinks in the Ambrosial Nectar, and is easily absorbed in the True Name. ||6||

Without serving the True Guru, one cannot escape reincarnation, even by performing numerous rituals.

Those who read the Vedas, and argue and debate without the Lord, lose their honor.
True is the True Guru, and True is the Word of His Bani; in the Guru’s Sanctuary, one is saved. ||7||

Those whose minds are filled with the Lord are judged as true in the Court of the Lord; they are hailed as true in the True Court.

Their praises echo throughout the ages, and no one can erase them.

Nanak is forever a sacrifice to those who enshrine the Lord within their hearts. ||8||1||

Service to the True Guru is sublime, O Siblings of Destiny; through it, one’s consciousness is attached to the Lord’s Name. ||1||

He Himself forgives the worthless, O Siblings of Destiny; He commits them to the service of the True Guru.

Nanak is forever a sacrifice to those who enshrine the Lord within their hearts. ||8||1||

The Dear Lord forgives, and unites with Himself.
गुणहीण हम अपराधी भाई पूरै सतिगुर लए रहाउ ॥ रहाउ ॥

I am a sinner, totally without virtue, O Siblings of Destiny; the Perfect True Guru has blended me. ||Pause||

कौण कौण अपराधी बखिसअनु पिआरे साचै सबिद वीचार ॥

So many, so many sinners have been forgiven, O beloved one, by contemplating the True Word of the Shabad.

भउजलु पार उतारअनु भाई सितगुर बेड़ै चार ॥२॥

They got on board the boat of the True Guru, who carried them across the terrifying world-ocean, O Siblings of Destiny. ||2||

मनूरै ते कंचन भए भाई गुरु पारसु मेल दिलाइ ॥

I have been transformed from rusty iron into gold, O Siblings of Destiny, united in Union with the Guru, the Philosopher's Stone.

आपु छोड नाू मिन विसाँ भाई जोती जोत मिलाइ ॥३॥

Eliminating my self-conceit, the Name has come to dwell within my mind, O Siblings of Destiny; my light has merged in the Light. ||3||

हउ वारी हउ वारणै भाई सतिगुर कउ सद बलिहारै जाउ ॥

I am a sacrifice, I am a sacrifice, O Siblings of Destiny, I am forever a sacrifice to my True Guru.

नामु निधानु जिनि दिता भाई गुरमति सहजि समाउ ॥४॥

He has given me the treasure of the Naam; O Siblings of Destiny, through the Guru's Teachings, I am absorbed in celestial bliss. ||4||
Without the Guru, celestial peace is not produced, O Siblings of Destiny; go and ask the spiritual teachers about this.

Serve the True Guru forever, O Siblings of Destiny, and eradicate self-conceit from within.

Under Guru's Instruction, the Fear of God is produced, O Siblings of Destiny; true and excellent are the deeds done in the Fear of God.

Then, one is blessed with the treasure of the Lord's Love, O Siblings of Destiny, and the Support of the True Name.

I fall at the feet of those who serve their True Guru, O Siblings of Destiny.

I have fulfilled my life, O Siblings of Destiny, and my family has been saved as well.

The True Word of the Guru's Bani, and the True Word of the Shabad, O Siblings of Destiny, are obtained only by Guru's Grace.
O Nanak, with the Name of the Lord abiding in one’s mind, no obstacles stand in one’s way, O Siblings of Destiny.

The Dear Lord is realized through the Word of His Shabad, O Siblings of Destiny, which is found only by perfect destiny.

The happy soul-brides are forever in peace, O Siblings of Destiny; night and day, they are attuned to the Lord's Love.

O Dear Lord, You Yourself color us in Your Love.

Work to serve the Guru, O Siblings of Destiny; abandon self-conceit, and focus your consciousness.
ਸਦਾ सਹਜੁ ਿਫਿਰ ਦੁਖੁ ਨ ਲਗੈ ਭਾਈ ਹਿਰ ਆਪੂਰ ਮਿਨ ਆਇ ||੨੦||
You shall be in peace forever, and you shall not suffer in pain any longer, O Siblings of
Destiny; the Lord Himself shall come and abide in your mind. ||20||

ਿਪਰ ਕਾ ਹਿਰੁ ਨ ਜਾਣਈ ਭਾਈ ਸਤਕੁਲਖਣੀ ਕੁਨਾਰੀ || (639)
She who does not know the Will of her Husband Lord, O Siblings of Destiny, is an ill-
mannered and bitter bride.

ਮਨਹਿਠ ਕਾਰ ਕਸਤਕ ਭਾਈ ਿਵਣੁ ਨਾਵੈ ਕੂੰਢਾਈ || (639)
They alone sing the Lord's Praises, who have such pre-ordained destiny written upon their
foreheads, O Siblings of Destiny; through the Love of the True Lord, they find detachment.

ਸੇ ਗਾਵਿਹ ਿਜਨ ਮਸਤਕ ਭਾਗੁ ਹੈ ਭਾਈ ਭਾਇ ਸਚੈ ਬੈਰਾਗੁ ॥ (639)
Night and day, they are imbued with His Love; they utter His Glorious Praises, O Siblings
of Destiny; they lovingly focus their consciousness on the Fearless Guru. ||40||
The self-willed manmukh is filthy and double-minded, O Siblings of Destiny; the finds no place of rest in the Court of the Lord.

But if she becomes Gurmukh, then she chants the Glorious Praises of the Lord, O Siblings of Destiny; the meets her True Beloved, and merges in Him. ||6||

In this life, she has not focused her consciousness on the Lord, O Siblings of Destiny; how can she show her face when she leaves?

In spite of the warning calls which were sounded, she has been plundered, O Siblings of Destiny; she yearned only for corruption. ||7||

Those who dwell upon the Naam, O Siblings of Destiny, their bodies are ever peaceful and tranquil.

O Nanak, dwell upon the Naam; the Lord is infinite, virtuous and unfathomable, O Siblings of Destiny. ||8||3||

Shalok, Third Mehl:
हउमै जलते जिल मुए भर्िम आए दूजै भाइ ॥
ha-umai jaltay jal mu-ay bharam aa-ay doojai bhaa-ay.
In the flames of egotism, he is burnt to death; he wanders in doubt and the love of duality.

ਪੂਰੈ ਸਿਤਗੁਰ ਰਾਿਖ ਲੀਐ ਆਪਣੈ ਪੰਨੈ ਪਾਈ ॥
poorai satgur raakh lee-ay aapnai pannai paa-ay.
The Perfect True Guru saves him, making him His own.

इਹੁ ਜਗ ਜਲਤਾ ਨਦਰੀ ਆਈਆ ਗੁਰ ਕੈ ਸਬਿਦ ਸੁਭਾਇ ॥
ih jag jaltaa nadree aa-i-aa gur kai sabad subhaa-ay.
This world is burning; through the Sublime Word of the Guru's Shabad, this comes to be seen.

ਸਫਿਲਓ ਸਿਤਗੁਰੁ ਸੇਿਵਆ ਧੰਨੁ ਜਨਮੁ ਪਰਵਾਣੁ ॥
safli-o satgur sayvi-aa Dhan janam parvaan.
Service to the True Guru is fruitful and rewarding; blessed and acceptable is such a life.

ਜਨਾ ਸਿਤਗੁਰ ਜੀਵ ਮੁਇਆ ਨ ਿਵਸਰੈ ਸੇੀ ਪੁਰਖ ਸੁਜਾਣ ॥
jinaa satgur jeevdi-aa mu-i-aa na visrai say-ee purakh sujaan.
Those who do not forget the True Guru, in life and in death, are truly wise people.

ਕੁਲਾ ਉਧਾਰੇ ਆਪਣਾ ਸੋ ਜਨੁ ਹੋਵੈ ਪਰਵਾਣੁ ॥
kul uDhaaray aapnaa so jan hovai parvaan.
Their families are saved, and they are approved by the Lord.
The Gurmukhs are approved in death as in life, while the self-willed manmukhs continue the cycle of birth and death.

O Nanak, they are not described as dead, who are absorbed in the Word of the Guru’s Shabad.

He acts according to pre-ordained destiny, written by the Creator Himself.

Emotional attachment has drugged him, and he has forgotten the Lord, the treasure of virtue.

Don't think that he is alive in the world - he is dead, through the love of duality.

Those who do not meditate on the Lord, as Gurmukh, are not permitted to sit near the Lord.
They suffer the most horrible pain and suffering, and neither their sons nor their wives go along with them.

Their faces are blackened among men, and they sigh in deep regret.

No one places any reliance in the self-willed manmukhs; trust in them is lost.

O Nanak, the Gurmukhs live in absolute peace; the Naam, the Name of the Lord, abides within them.

They alone are relatives, and they alone are friends, who, as Gurmukh, join together in love.

Night and day, they act according to the True Guru's Will; they remain absorbed in the True Name.
Those who are attached to the love of duality are not called friends; they practice egotism and corruption.

The self-willed manmukhs are selfish; they cannot resolve anyone’s affairs.

O Nanak, they act according to their pre-ordained destiny; no one can erase it.

The love of Maya is enticing; without teeth, it has eaten up the world.

The self-willed manmukhs are eaten away, while the Gurmukhs are saved; they focus their consciousness on the True Name.

Involved in worldly affairs, he wastes his life in vain; the peace-giving Lord does not come to abide in his mind.
O Nanak, they alone obtain the Name, who have such pre-ordained destiny. ||1||

Third Mehl:

The home within is filled with Ambrosial Nectar, but the self-willed manmukh does not get to taste it.

He is like the deer, who does not recognize its own musk-scent; it wanders around, deluded by doubt.

The manmukh forsakes the Ambrosial Nectar, and instead gathers poison; the Creator Himself has fooled him.

How rare are the Gurmukhs, who obtain this understanding; they behold the Lord God within themselves.

Their minds and bodies are cooled and soothed, and their tongues enjoy the sublime taste of the Lord.
Through the Word of the Shabad, the Name wells up; through the Shabad, we are united in the Lord's Union.

Without the Shabad, the whole world is insane, and it loses its life in vain.

The Shabad alone is Ambrosial Nectar; O Nanak, the Gurmukhs obtain it.

O Nanak, still, night and day, my Union with the Lord is not broken.
My Friend is so full of joy and love; He colors my mind with the color of His Love.

Like the fabric which is treated to retain the color of the dye.

O Nanak, this color does not depart, and no other color can be imparted to this fabric.

Service to the True Guru is fruitful and rewarding, if one performs it with his mind focused on it.

The fruits of the mind's desires are obtained, and egotism departs from within.

His bonds are broken, and he is liberated; he remains absorbed in the True Lord.

It is so difficult to obtain the Naam in this world; it comes to dwell in the mind of the Gurmukh.
O Nanak, I am a sacrifice to one who serves his True Guru. ||1||

The mind of the self-willed manmukh is so very stubborn; it is stuck in the love of duality.

He does not find peace, even in dreams; he passes his life in misery and suffering.

The Pandits have grown weary of going door to door, reading and reciting their scriptures; the Siddhas have gone into their trances of Samaadhi.

This mind cannot be controlled; they are tired of performing religious rituals.

The impersonators have grown weary of wearing false costumes, and bathing at the sixty-eight sacred shrines.

They do not know the state of their own minds; they are deluded by doubt and egotism.
By Guru's Grace, the Fear of God is obtained; by great good fortune, the Lord comes to abide in the mind.

When the Fear of God comes, the mind is restrained, and through the Word of the Shabad, the ego is burnt away.

Those who are imbued with Truth are immaculate; their light merges in the Light.

Meeting the True Guru, one obtains the Name; O Nanak, he is absorbed in peace.

Those who turn their faces away from the True Guru, suffer in sorrow and bondage.

The disease of doubt does not depart, and they find only pain and more pain.
O Nanak, if the Gracious Lord forgives, then one is united in Union with the Word of the Shabad. ||1||

Third Mehl:

Those who turn their faces away from the True Guru, shall find no place of rest or shelter.

They wander around from door to door, like a woman forsaken, with a bad character and a bad reputation.

O Nanak, the Gurmukhs are forgiven, and united in Union with the True Guru. ||2||

Shalok, Third Mehl:

Upon the plate, three things have been placed; this is the sublime, ambrosial food of the Lord.

Eating this, the mind is satisfied, and the Door of Salvation is found.
इहु भोजनु अलभु है संतहु लभै गुर वीचार ॥ (645)

It is so difficult to obtain this food, O Saints; it is obtained only by contemplating the Guru.

एह मुदावणी किउ विचहु कढीऐ सदा रक्छीऐ उरी धाऐर ॥ (645)

Why should we cast this riddle out of our minds? We should keep it ever enshrined in our hearts.

The True Guru has posed this riddle. The Guru's Sikhs have found its solution.

O Nanak, he alone understands this, whom the Lord inspires to understand. The Gurmukhs work hard, and find the Lord. ||1||

Third Mehl:

Those whom the Primal Lord unites, remain in Union with Him; they focus their consciousness on the True Guru.

Those whom the Lord Himself separates, remain separated; in the love of duality, they are ruined.
O Nanak, without good karma, what can anyone obtain? He earns what he is pre-destined to receive. ||2||

Shalok, Third Mehl:

Without the Name of the Lord, everyone wanders around the world, losing.

The self-willed manmukhs do their deeds in the pitch black darkness of egotism.

The Gurmukhs drink in the Ambrosial Nectar, O Nanak, contemplating the Word of the Shabad.

He wakes in peace, and he sleeps in peace.

The Gurmukh praises the Lord night and day.
The self-willed manmukh remains deluded by his doubts.

He is filled with anxiety, and he cannot even sleep.

The spiritually wise wake and sleep in peace.

Nanak is a sacrifice to those who are imbued with the Naam, the Name of the Lord.

Shalok, Third Mehl:

Spiritual wisdom, which would bring understanding, does not enter into his mind.

Without seeing, how can he praise the Lord? The blind act in blindness.

O Nanak, when one realizes the Word of the Shabad, then the Naam comes to abide in the mind.
Third Mehl:

इका बाणी इकू गुरू इको सबदू वीचारी ||

There is One Bani; there is One Guru; there is one Shabad to contemplate.

इका सउदा हटू सचू रतनी भरे भंडार ||

True is the merchandise, and true is the shop; the warehouses are overflowing with jewels.

गुर किरपा ते पाईअिन जे देवै देवणहारु ||

By Guru's Grace, they are obtained, if the Great Giver gives them.

इका सउदा लाभु सदा खिटआ नामु अपारु ||

Dealing in this true merchandise, one earns the profit of the incomparable Naam.

विख विच अम्रीटु पुराविता वलरे पीआवणहारु ||

In the midst of poison, the Ambrosial Nectar is revealed; by His Mercy, one drinks it in.

नानक सचू सलाहीऐ धंनु सवारणहारु ||2||

O Nanak, praise the True Lord; blessed is the Creator, the Embellisher. ||2||

Shalok, Third Mehl:

salok mehlaa 3.
O Shaykh, you wander in the four directions, blown by the four winds; bring your mind back to the home of the One Lord.

Renounce your petty arguments, and realize the Word of the Guru's Shabad.

Bow in humble respect before the True Guru; He is the Knower who knows everything.

If you walk in harmony with the True Guru's Will, then you shall be honored in the Court of the Lord.

Third Mehl:

There is no end to the Lord's Glorious Praises; His worth cannot be described.
O Nanak, the Gurmukhs chant the Glorious Praises of the Lord; they are absorbed in His Glorious Virtues. ||2||

Shalok, Third Mehl:

Great men speak the teachings by relating them to individual situations, but the whole world shares in them.

One who becomes Gurmukh knows the Fear of God, and realizes his own self.

If, by Guru's Grace, one remains dead while yet alive, the mind becomes content in itself.

Those who do not focus their consciousness on the Lord, as Gurmukh, suffer pain and grief in the end.
They are blind, inwardly and outwardly, and they do not understand anything.

O Pandit, O religious scholar, the whole world is fed for the sake of those who are attuned to the Lord's Name.

Those who praise the Word of the Guru's Shabad, remain blended with the Lord.

O Pandit, O religious scholar, no one is satisfied, and no one finds true wealth through the love of duality.

They have grown weary of reading scriptures, but still, they do not find contentment, and they pass their lives burning, night and day.

Their cries and complaints never end, and doubt does not depart from within them.

O Nanak, without the Naam, the Name of the Lord, they rise up and depart with blackened faces. ||2||

Shalok, Third Mehl:
O Pandit, O religious scholar, your filth shall not be erased, even if you read the Vedas for four ages.

The three qualities are the roots of Maya; in egotism, one forgets the Naam, the Name of the Lord.

The Pandits are deluded, attached to duality, and they deal only in Maya.

They are filled with thirst and hunger; the ignorant fools starve to death.

Serving the True Guru, peace is obtained, contemplating the True Word of the Shabad.

O Nanak, those who are imbued with the Naam, who keep the Lord clasped tightly to their hearts, are automatically satisfied.

Third Mehl:
ਮਨਮੁਖ हਿਰ ਨਾਮ ਨ ਸੇਰੀਆ ਦੁਖ ਲਗਾ ਬਹੁਤਾ ਆਈ ॥ (647)

The self-willed manmukh does not serve the Lord's Name, and so he suffers in horrible pain.

ਅੰਤਰ ਅਗਿਆਨੁ ਅੰਧੇਰੁ ਹੈ ਸਿੱਧ ਨ ਕਾਈ ਪਾਈ ॥ (647)

He is filled with the darkness of ignorance, and he does not understand anything.

ਮਨਹਿਠ ਸਹਿਜ ਨ ਬੀਜੋ ਭੁਖਾ ਕਾ ਖਾਈ ॥ (647)

Because of his stubborn mind, he does not plant the seeds of intuitive peace; what will he eat in the world hereafter, to satisfy his hunger?

ਨਾਮ ਨਿਧਾਨੁ ਵਿਸਾਰਿਆ ਦੂਜੈ ਲਗੀ ਜਾਈ ॥ (647)

He has forgotten the treasure of the Naam; he is caught in the love of duality.

ਨਾਨਕ ਗੁਰਮੁਖ ਸਹੀਲ ਵਿਡਾਈਆ ਜੇ ਆਪ ਮੇਲ ਸੇਵਾਈ ॥੨॥ (647)

O Nanak, the Gurmukhs are honored with glory, when the Lord Himself unites them in His Union. ||2||

ਸਲੋਕੁ ਮ੃ਹ ॥ (647)

Shalok, Third Mehl:

ਹਸਤੀ ਸਿਰ ਜੀਆ ਅੰਕਾ ਹੈ ਅੰਗਰੇ ਜੀ ਸੀਰ ਦੇਇ ॥ (647)

The elephant offers its head to the reins, and the anvil offers itself to the hammer;

ਮਨੁ ਤਨੁ ਆਗੈ ਰਾਖ ਕੇ ਊਸੀ ਮੇਲ ਕਰੇਇ ॥ (647)

just so, we offer our minds and bodies to our Guru; we stand before Him, and serve Him.
This is how the Gurmukhs eliminate their self-conceit, and come to rule the whole world.

O Nanak, the Gurmukh understands, when the Lord casts His Glance of Grace. ||1||

Blessed and approved is the coming into the world, of those Gurmukhs who meditate on the Naam, the Name of the Lord.

They are bound and gagged at the door of the Messenger of Death; they are punished, and in the end, they rot away in manure. ||1||
ਮੇਲਾ 3 ॥ (648)
m: 3 ॥

mehlaa 3.
Third Mehl:

ਨਾਨਕ ਸਿਤਗੁਰ ਸੇਵਿਹ ਆਪਣਾ ਸੇ ਜਨ ਸਚੇ ਪਰਵਾਣ ॥ (648)
nanak satgur sayveh aapnaa say jan sachay parvaan.
O Nanak, those humble beings are true and approved, who serve their True Guru.

ਹਿਰ ਕੈ ਨਾਇ ਸਮਾਇ ਰਹੇ ਚੂਕਾ ਆਵਣ ਜਾਣ ॥੨॥ (648)
har kai naa-ay samaa-ay rahay chookaa aavan jaan. ||2||
They remain absorbed in the Name of the Lord, and their comings and goings cease. ||2||

ਸਲੋਕੁ ਮਃ ੩ ॥ (648)
salok mehlaa 3.
Shalok, Third Mehl:

ਬਿਨੁ ਕਰਮੈ ਨਾਊ ਨ ਪਾਈਐ ਪੂਰੈ ਕਰਿਮ ਪਾਇਆ ਜਾਇ ॥ (648)
bin karmai naa-o na paa-ee-ai poorai karam paa-i-aa jaa-ay.
Without the karma of good actions, the Name is not obtained; it can be obtained only by
perfect good karma.

ਨਾਨਕ ਨਦਿਰ ਕਰੇ ਜੇ ਆਪਣੀ ਤਾ ਗੁਰਮਿਤ ਰਿਜੇ ਤਿੱਲਾਇ ॥੧॥ (648)
nanak nadar karay jay aapnee taa gurmat mayl milaa-ay. ||1||
O Nanak, if the Lord casts His Glance of Grace, then under Guru's Instruction, one is
united in His Union. ||1||

ਸਲੋਕੁ ਮਃ ੩ ॥ (648)
salok mehlaa 3.
Shalok, Third Mehl:

ਨਾਨਕ ਨਾਵਹੁ ਘੁਥਾ ਹਲਤ ਪਲਤ ਸਭ ਜਾਇ ॥ (648)
nanak naavhu ghuthi-aa halat palat sabh jaa-ay.
O Nanak, forsaking the Name, he loses everything, in this world and the next.
Chanting, deep meditation and austere self-disciplined practices are all wasted; he is deceived by the love of duality.

He is bound and gagged at the door of the Messenger of Death. He is beaten, and receives terrible punishment.

They inflict their hatred upon the Saints, and they love the wicked sinners.

They find no peace in either this world or the next; they are born only to die, again and again.

The faces of these slanderers are blackened in the Court of the True Lord.

O Nanak, without the Naam, they find no shelter on either this shore, or the one beyond.
ਸਲੋਕੁ  ਮਃ ੩ ॥ (649)
salok mehlaa 3.
Shalok, Third Mehl:

ਮਹਲੁ  ਕੁਮਹਲੁ  ਨ ਜਾਣੀ ਮੂਰਖ  ਅਪਨੀ  ਸੁਾਇ ॥ (649)
mahal kumhal na jaannee moorakh apnai su-aa-ay.
The fools do not know the difference between good and bad; they are deceived by their self-interests.
But if they contemplate the Word of the Shabad, they obtain the Mansion of the Lord’s Presence, and their light merges in the Light.

The Fear of God is always on their minds, and so they come to understand everything.

The True Guru is pervading the homes within; He Himself blends them with the Lord.

O Nanak, they meet the True Guru, and all their desires are fulfilled, if the Lord grants His Grace and so wills.

One who knows God, and who lovingly focuses his attention on the One Word of the Shabad, keeps his spirituality intact.

The nine treasures and the eighteen spiritual powers of the Siddhas follow him, who keeps the Lord enshrined in his heart.

Without the True Guru, the Name is not found; understand this, and reflect upon it.
O Nanak, through perfect good destiny, one meets the True Guru, and finds peace, throughout the four ages. ||1||

Third Mehl:

Whether he is young or old, the self-willed manmukh cannot escape hunger and thirst.

The Gurmukhs are imbued with the Word of the Shabad; they are at peace, having lost their self-conceit.

They are satisfied and satiated within; they never feel hungry again.

O Nanak, whatever the Gurmukhs do is acceptable; they remain lovingly absorbed in the Naam, the Name of the Lord. ||2||

Salok, Third Mehl:

Without the Guru, spiritual wisdom is not obtained, and peace does not come to abide in the mind.
O Nanak, without the Naam, the Name of the Lord, the self-willed manmukhs depart, after having wasted their lives. ||1||

Third Mehl:

All the Siddhas, spiritual masters and seekers search for the Name; they have grown weary of concentrating and focusing their attention.

Without the True Guru, no one finds the Name; the Gurmukhs unite in Union with the Lord.

Without the Name, all food and clothes are worthless; cursed is such spirituality, and cursed are such miraculous powers.

That alone is spirituality, and that alone is miraculous power, which the Carefree Lord spontaneously bestows.

O Nanak, the Lord's Name abides in the mind of the Gurmukh; this is spirituality, and this is miraculous power. ||2||
Shalok, Third Mehl:

Reading and studying are just worldly pursuits, if there is thirst and corruption within.

Reading in egotism, all have grown weary; through the love of duality, they are ruined.

He alone is educated, and he alone is a wise Pandit, who contemplates the Word of the Guru's Shabad.

He searches within himself, and finds the true essence; he finds the Door of Salvation.

He finds the Lord, the treasure of excellence, and peacefully contemplates Him.

Blessed is the trader, O Nanak, who, as Gurmukh, takes the Name as his only Support.

Third Mehl:
Without conquering his mind, no one can be successful. See this, and concentrate on it.

The wandering holy men are tired of making pilgrimages to sacred shrines; they have not been able to conquer their minds.

The Gurmukh has conquered his mind, and he remains lovingly absorbed in the True Lord.

O Nanak, this is how the filth of the mind is removed; the Word of the Shabad burns away the ego.

By Guru's Grace, one remains dead while yet alive; his intellect is transformed, and he becomes detached from the world.
ਨਾਨਕ ਮੈਲੁ ਨ ਲਗਈ ਨਾ ਿਫਿਰ ਜੋਨੀ ਪਾਹੁ ॥੧॥

O Nanak, no filth sticks to him, and he does not fall into the womb again. ||1||

ਮੱ ੩ ॥
mehlaa 3.
Third Mehl:

ਚਹੁ ਜੁਗੀ ਕਲੀ ਕਾਂਢੀ ਇਕ ਉਤਮ ਪਦਵੀ ਇਸੁ ਜੁਗ ਮਾਹੀ ॥

Kali Yuga is called the Dark Age, but the most sublime state is attained in this age.

ਗੁਰਮੁਕ਼ ਹਿਰ ਕੀਰਤ ਫਲੁ ਪਦੀਐ ਜਨ ਹਿਰ ਲਿਖ ਪਾਹੀ ॥

The Gurmukh obtains the fruit, the Kirtan of the Lord's Praises; this is his destiny, ordained by the Lord.

ਨਾਨਕ ਗੁਰ ਪਰਸਾਦੀ ਅਨਿਦਨੁ ਭਗੀ ਹਿਰ ਉਚਰਿਹ ਹਿਰ ਭਗਤੀ ਮਾਹੀ ਸਾਮਾ ਹੀ ॥੨॥

O Nanak, by Guru's Grace, he worships the Lord night and day; he chants the Lord's Name, and remains absorbed in the Lord's devotional worship. ||2||

ਸਾਲੋਕੁ  ਮਹਲਾ ੩ ॥
salok mehlaa 3.
Shalok, Third Mehl:

ਰੇ ਜਨ ਉਥਾਰੈ ਦਿਬੋਹੁ ਸੁਟੀਅ ਗਈ ਵਿਹਾਈ ॥

O man, you have been tormented by a nightmare, and you have passed your life in sleep.

ਸਤਗੁਰ ਕੰ ਸਾਬਦੁ ਸੰ ਜਾਗੀ ਅੰਤੀਰ ਨ ਉਪਿਜੋ ਚਾੜੁ ॥

You did not wake to hear the Word of the True Guru's Shabad; you have no inspiration within yourself.
సరీరు జలు గుణు బాహ్రా జో గురు కారు న్యామైం ది (651)
sareer jala-o gun baahraa jo gur kar na kamaa-ay.
That body burns, which has no virtue, and which does not serve the Guru.

పగాడు పల్లె హాందమై హాయు ప బాహ్రా (651)
jagat jalandaa dith mai ha-umai doojai bhaa-ay.
I have seen that the world is burning, in egotism and the love of duality.

పగాడు పల్లె పల్లె పికోందె ప్రభాచిడి (651)
naanak gur sarnaa-ee ubray sach man sabad Dhi-aa-ay. ||1||
O Nanak, those who seek the Guru's Sanctuary are saved; within their minds, they meditate on the True Word of the Shabad. ||1||

మః 3 (651)
m: 3
Third Mehl:

పగాడు పల్లె పిమి పిమి పిమి పిమి పిమి పిమి పిమి (651)
sabad ratay ha-umai ga-ee sobhaavantee naar.
Attuned to the Word of the Shabad, the soul-bride is rid of egotism, and she is glorified.

ధిధి వే దాని దాని దాని దాని దాని (651)
pir kai bhaanaai sadaa chalai taa bani-aa seegaar.
If she walks steadily in the way of His Will, then she is adorned with decorations.

మేము మేము మేము మేము (651)
sayj suhaavvee sadaa pir raavai har var paa-i-aa naar.
Her couch becomes beautiful, and she constantly enjoys her Husband Lord; she obtains the Lord as her Husband.

ద దాని దాని దాని దాని దాని (651)
naa har marai na kaday dukh laagai sadaa suhaa-ann naar.
The Lord does not die, and she never suffers pain; she is a happy soul-bride forever.
O Nanak, the Lord God unites her with Himself; she enshrines love and affection for the Guru. ||2||

Serving the Guru, peace is produced, and then, one does not suffer in pain.

The cycle of birth and death is brought to an end, and death has no power over at all.

His mind is imbued with the Lord, and he remains merged in the True Lord.

Without the Word of the Shabad, purity is not obtained, even though the soul-bride may adorn herself with all sorts of decorations.
She does not know the value of her Husband Lord; she is attached to the love of duality.

She is impure, and ill-mannered, O Nanak; among women, she is the most evil woman.

O mind, meditate on the Dear Lord, with single-minded conscious concentration.

The glorious greatness of the Lord shall last forever and ever; He never regrets what He gives.

I am forever a sacrifice to the Lord; serving Him, peace is obtained.

O Nanak, the Gurmukh remains merged with the Lord; he burns away his ego through the Word of the Shabad.
He Himself enjoins us to serve Him, and He Himself blesses us with forgiveness.

He Himself is the father and mother of all; He Himself cares for us.

O Nanak, those who meditate on the Naam, the Name of the Lord, abide in the home of their inner being; they are honored throughout the ages.

This wealth is inexhaustible. It shall never be exhausted, and it shall never be lost.

The Perfect True Guru has revealed it to me.

I am forever a sacrifice to my True Guru.
ਗੁਰ ਕੀਰਪਾ ਤੇ ਹਿਰ ਮੰਿਨ ਵਸਾਈ ॥੧॥
By Guru's Grace, I have enshrined the Lord within my mind. ||1||

ਸੇ ਧਨਵੰਤ ਹਿਰ ਨਾਿਮ ਲਵਾਈ ॥
say Dhanvant har naam liv laa-ay.
They alone are wealthy, who lovingly attune themselves to the Lord's Name.

ਗੁਰ ਪੂਰੈ ਹਿਰ ਧਨੁ ਪਰਗਾਈ ਤੇ ਕਰਪਾ ਤੇ ਵਸੈ ਮਿਨ ਆਈ ॥ ਰਹਾਉ ॥
The Perfect Guru has revealed to me the Lord's treasure; by the Lord's Grace, it has come
to abide in my mind. ||[Pause]||

ਅਵਗੁਣ ਕਾਟ ਗੁਣ ਰਦੈ ਸਮਾਇ ॥
He is rid of his demerits, and his heart is permeated with merit and virtue.

ਪੂਰੇ ਗੁਰ ਕੀ ਸਾਚੀ ਬਣੀ ॥
True is the Word of the Perfect Guru's Bani.

ਸੁਖ ਮਨ ਅੰਤਿਰ ਸਹਜ ਸਮਾਣੀ ॥੨॥
They bring peace to the mind, and celestial peace is absorbed within. ||2||

ਏਕੁ ਅਚਰਜੁ ਜਨ ਦੇਖਹੁ ਬਾਈ ॥
O my humble Siblings of Destiny, behold this strange and wonderful thing:
दुबधा मारि हर मनि वसाई ||

dubiDhaa maar har man vasaa-ee.
duality is overcome, and the Lord dwells within his mind.

ਨਾਮ ਅਮੋਲਕੁ ਨ ਪਾਇਆ ਜਾਈ ॥

naam amolak na paa-i-aa jaa-ay.
The Naam, the Name of the Lord, is priceless; it cannot be taken.

ਗੁਰ ਪਰਸਾਦ ਵਸੈ ਮਿਨ ਆਈ ॥੩॥

gur parsaad vasai man aa-ay. ||3||
By Guru's Grace, it comes to abide in the mind. ||3||

ਸਭ ਮਿਹ ਵਸਤੀ ਪਰਬੁ ਏਕੋ ਸੋਇ ॥

sabh meh vasai parabh ayko so-ay.
He is the One God, abiding within all.

ਗੁਰਮਤੀ ਗ਼ਿਟ ਪਰਗਟੁ ਹੋਇ ॥

gurmatee ghat pargat ho-ay.
Through the Guru's Teachings, He is revealed in the heart.

ਸਹਜੇ ਇਜਿਨ ਪਰਬੁ ਜਾਣ ਪਛਾਣਾ ॥

sehjay jin parabh jaan pachhaani-aa.
One who intuitively knows and realizes God,

ਨਾਨਕ ਨਾਮਮਿਲਾ ਮੰ ਮਾਨਾਈ ॥੪॥੧॥

naanak naam milai man maani-aa. ||4||1||
O Nanak, obtains the Naam; his mind is pleased and appeased. ||4||1||

Dhanaasree mehlaa 3.
Dhanaasaree, Third Mehl:
हिर नामु धनु निरमलु अित अपारा।
Har naam Dhan nirmal at apaaraa.
The wealth of the Lord's Name is immaculate, and absolutely infinite.

गुर कै सबिद भरे भंडारा।
gur kai sabad bharay bhandaaraa.
The Word of the Guru's Shabad is over-flowing with treasure.

नाम धन बिनु होर सभ बिखु जाणु।
nam Dhan bin hor sabh bikh jaan.
Know that, except for the wealth of the Name, all other wealth is poison.

माइआ मोहि जलै अिभमानु॥१॥
maa-i aa mohi jalai abhimaan. ||1||
The egotistical people are burning in their attachment to Maya. ||1||

गुरमुिख हिर रसु चाखै कोइ।
gurmukh har ras chaakhai ko-ay.
How rare is that Gurmukh who tastes the sublime essence of the Lord.

जूत तिसु सदा अनंदु होवै िदनु राती पूरै भािग परापित होइ ॥ रहाउ ॥
jot tis sadaa anand ho-ay din raatee poorai bhaag paraapat ho-ay. rahaa-o.
He is always in bliss, day and night; through perfect good destiny, he obtains the Name. ||Pause||

सबदु दीपकु वरतै ितहु लोइ।
sabad deepak vartai tihu lo-ay.
The Word of the Shabad is a lamp, illuminating the three worlds.

जो चाखै सो निरमलु होइ।
jo chaakhai so nirmal ho-ay.
One who tastes it, becomes immaculate.
The immaculate Naam, the Name of the Lord, washes off the filth of ego.

True devotional worship brings lasting peace.

One who tastes the sublime essence of the Lord is the Lord's humble servant.

He is forever happy; he is never sad.

He himself is liberated, and he liberates others as well.

He chants the Lord's Name, and through the Lord, he finds peace.

Without the True Guru, everyone dies, crying out in pain.

Night and day, they burn, and find no peace.
satgur milai sabh tarisan bujhaa-ay.
But meeting the True Guru, all thirst is quenched.

naanak naam saa’t sukh paa-ay. ||4||2||
O Nanak, through the Naam, one finds peace and tranquility. ||4||2||

Dhanaasree mehlaa 3.
Dhanaasaree, Third Mehl:
sadaa Dhan antar naam samaalay.
Gather in and cherish forever the wealth of the Lord's Name, deep within;

jee-a jant jineh partipaalay.
He cherishes and nurtures all beings and creatures.
mukat padaarath tin ka-o paa-ay.
They alone obtain the treasure of Liberation,

har kai naam ratay liv laa-ay. ||1||
who are lovingly imbued with, and focused on the Lord's Name. ||1||
gur sayvaa tay har naam Dhan paavai.
Serving the Guru, one obtains the wealth of the Lord's Name.
अंतिर परगासु हिर नामु िधावै ॥ रहाउ ॥
antar pargaas har naam Dhi-aavai. rhaa-o.
He is illumined and enlightened within, and he meditates on the Lord's Name. ||Pause||

हिर विन गूज़ धन पिर होइ ॥ (664)
h har rang goorhaa Dhan pir ho-ay.
This love for the Lord is like the love of the bride for her husband.

मंडि सीगारु रावे पर्भु सोइ ॥ (664)
saant seegaar raavay parabh so-ay.
God ravishes and enjoys the soul-bride who is adorned with peace and tranquility.

हउमै िविच पर्भु कोइ न पाए ॥ (664)
ha-umai vich parabh ko-ay na paa-ay.
No one finds God through egotism.

मूळहु भुला जनमु गवाए ॥२॥ (664)
moolhu bhulaa janam gavaa-ay. ||2||
Wandering away from the Primal Lord, the root of all, one wastes his life in vain. ||2||

गुर ते साित सहज सुखु बाणी ॥ (664)
gur tay saat sahj sukh banee.
Tranquility, celestial peace, pleasure and the Word of His Bani come from the Guru.

सेवा साची नामिन समाणी ॥ (664)
sayvaa saachee naam samaanee.
True is that service, which leads one to merge in the Naam.

सबिद िमलै पर्ीतमु सदा िधआए ॥ (664)
sabad milai pareetam sadaa Dhi-aa-ay.
Blessed with the Word of the Shabad, he meditates forever on the Lord, the Beloved.
Through the True Name, glorious greatness is obtained. ||3||

The Creator Himself abides throughout the ages.

If He casts His Glance of Grace, then we meet Him.

Through the Word of Gurbani, the Lord comes to dwell in the mind.

O Nanak, God unites with Himself those who are imbued with Truth. ||4||3||

In attachment to duality, it comes and goes.
दूजै ब्रह्म सब परज विगोई ॥
This love of duality has ruined the entire world.

मनमुक्ख चोटा खाइ अपुनी पित खोई ॥१॥
The self-willed manmukh suffers punishment, and forfeits his honor. ||1||

गुर सेवा ते जनु निरमल होइ ॥
Serving the Guru, one becomes immaculate.

अंतर नाम वसै पित ऊतम होइ ॥ रहाउ ॥
He enshrines the Naam, the Name of the Lord, within, and his state becomes exalted. ||Pause||

गुरमुख उबरे हिर सरणाई ॥
The Gurmukhs are saved, taking to the Lord's Sanctuary.

आत्म सत्य ब्रजेद भगित दर्जे ॥
Attuned to the Lord's Name, they commit themselves to devotional worship.

भगित करे जनु विडा पाए ॥ २॥
The Lord's humble servant performs devotional worship, and is blessed with greatness.

साच रते सुख सहज समाए ॥ २॥
Attuned to Truth, he is absorbed in celestial peace. ||2||
साचे का गाहक विरला को जानु। ॥

Know that one who purchases the True Name is very rare.

गुर कै सबदिआप पछाणु। ॥

Through the Word of the Guru's Shabad, he comes to understand himself.

साची रास साचा वापार।

True is his capital, and true is his trade.

सो धनु पुरखु जिसू नामि पिआरु। ॥ ॥

Blessed is that person, who loves the Naam. ||3||

God, the True Lord, has attached some to His True Name.

उतम बाणी सबदु सुणाए।

They listen to the most sublime Word of His Bani, and the Word of His Shabad.

प्रभ साचे की साची कार।

True is service to the True Lord God.

 naam savaaranhaar. ||4||4||

O Nanak, the Naam is the Embellisher. ||4||4||
I am a sacrifice to those who serve the Lord.

The Truth is in their hearts, and the True Name is on their lips.

Dwelling upon the Truest of the True, their pains are dispelled.

Through the True Word of the Shabad, the Lord comes to dwell in their minds.

One who conquers fraud, deceit and the fire of desire
finds tranquility, peace and pleasure within.

If one walks in harmony with the Guru's Will, he eliminates his self-conceit.

He finds the True Mansion of the Lord's Presence, singing the Glorious Praises of the Lord.

The blind, self-willed manmukh does not understand the Shabad; he does not know the Word of the Guru's Bani,

and so he passes his life in misery.

But if he meets the True Guru, then he finds peace,

and the ego within is silenced. 

Who else should I speak to? The One Lord is the Giver of all.
When He grants His Grace, then we obtain the Word of the Shabad.

Meeting with my Beloved, I sing the Glorious Praises of the True Lord.

O Nanak, becoming truthful, I have become pleasing to the True Lord.

When the mind is conquered, its turbulent wanderings are stopped.

Without conquering the mind, how can the Lord be found?

Rare is the one who knows the medicine to conquer the mind.

The mind is conquered through the Word of the Shabad; this is known to the Lord's humble servant.
ਲਿਮ ਤੇ ਥੰਸੇ ਬਾਰੀ ਦੇ ਬਿਨਾਂਹਿਤੀ॥ (665)
ਜਿਸ ਨੋ ਬਖਸੇ ਹਿਰ ਦੇ ਵਿਡਾਈ॥
jis no bakhsay har day vadi-aa-ee.
The Lord forgives him, and blesses him with glory.

ਗੁਰ ਭਵਾਂਗਣੀ ਬਸੈ ਭਿਨੀ ਭਗੀ॥ (665)
ਗੁਰ ਪਰਸਾਦੀ ਵਸੈ ਮਨੀ ਆਈ॥ ਰਹਾਉ॥
gur parsaad vasai man aa-ee. raha-o.
By Guru's Grace, the Lord comes to dwell in the mind. ||Pause||

ਗੁਰਮੁਖ ਵਾਹਾਂ ਵਾਹਕ ਕੀਹਾਂ॥ (665)
gurmukh karaa kaa kamaavai.
The Gurmukh does good deeds,

ਤਾ ਇਸੁ ਮਨ ਕੀ ਸੋਜੀ ਪਾਵੈ॥ (665)
taa is man kee sojhee paavai.
and so, he comes to understand this mind.

ਮਨੁ ਅਸਾਧੁ ਸਾਧਾ ਜਨ ਕੋਈ॥ (665)
man asaaDh saaDhai jan ko-ee.
The mind is undisciplined; only a rare few can discipline it.

ਅਚਰੁ ਚਰੈ ਤਾ ਨਿਰਮਲ ਹੋਈ॥ (665)
achar charai taa nirmal ho-ee.
If someone eats the uneatable, then he becomes immaculate.
Gurmukh, his mind is embellished.

Egotism and corruption are eradicated from within.

Those whom the Primal Lord keeps united in His Union,

shall never be separated from Him; they are merged in the Word of the Shabad.

Only God Himself knows His own power.

O Nanak, the Gurmukh realizes the Naam, the Name of the Lord.

The ignorant fools amass false wealth.
ਮਨਮੁਖ ਭੂਲੇ ਅੰਧ ਗਾਵਾਰ ॥ (665)

ਮਨਮੁਖ ਭੂਲੇ ਅੰਧ ਗਾਵਾਰ।

The blind, foolish, self-willed manmukhs have gone astray.

ਿਬਿਖਆ ਕੈ ਧਿਨ ਸਦਾ ਦੁਖੁ ਹੋਇ ॥ (665)

ਿਬਿਖਾ ਕੈ ਧਿਨ ਸਦਾ ਦੁਖੁ ਹੋਇ।

Poisonous wealth brings constant pain.

ਨਾ ਸਾਥ ਜਾਇ ਨ ਪਰਾਪਿਤ ਹੋਇ ॥੧॥ (665)

ਨਾ ਸਾਥ ਜਾਇ ਨ ਪਰਾਪਿਤ ਹੋਇ। ||1||

It will not go with you, and it will not yield any profit. ||1||

ਸਾਚਾ ਧਨੁ ਗੁਰਮਤੀ ਪਾਏ ॥ (665)

ਸਾਚਾ ਧਨੁ ਗੁਰਮਤੀ ਪਾਏ।

True wealth is obtained through the Guru’s Teachings.

ਵਾਲਰ ਪਾਣ ਬਾਰੇ ਤੇਫ਼ੇ ਤਰਟਣੂ ॥ (665)

ਕਾਚਾ ਧਨੁ ਫੁਨੀ ਆਰੇ ਜਾਏ ਰਾਹਾ। ||Pause||

False wealth continues coming and going. ||Pause||

ਮਨਮੁਖ ਭੂਲੇ ਅੰਧ ਗਾਵਾਰ ॥ (665)

ਮਨਮੁਖ ਭੂਲੇ ਅੰਧ ਗਾਵਾਰ।

The foolish self-willed manmukhs all go astray and die.

ਭਵਜਿਲ ਡੂਬੇ ਨ ਉਰਵਾਰ ਨ ਪਾਰ ॥ (665)

ਭਵਜਿਲ ਡੂਬੇ ਨ ਉਰਵਾਰ ਨ ਪਾਰ।

They drown in the terrifying world-ocean, and they cannot reach either this shore, or the one beyond.

ਸਿਤਗੁਰੁ ਭੇਟੇ ਪੂਰੈ ਬਾਗ ॥ (665)

ਸਿਤਗੁਰੁ ਭੇਟੇ ਪੂਰੈ ਬਾਗ।

But by perfect destiny, they meet the True Guru;
ਸਾਚੁ ਰਤੇ ਅਿਹਿਨਿਸ ਬੈਰਾਗੁ ॥੨॥

saach ratay ahinis bairaag. ||2||
 imbued with the True Name, day and night, they remain detached from the world. ||2||

ਚਹੁ ਜੁਗ ਅਿਮਰ੍ਤੁ ਸਾਚੀ ਬਣੀ ॥

chahu jug meh amrit saachee banee.
Throughout the four ages, the True Bani of His Word is Ambrosial Nectar.

ਪੂਰੈ ਬਣੀ ਹਿਰ ਨਾਿਮ ਸਮਾਣੀ ॥

poorai bhaag har naam samaanee.
By perfect destiny, one is absorbed in the True Name.

ਪੂਰੈ ਬਣੀ ਪਰਾਪਿਤ ਹੋइ ॥੩॥

poorai bhaag paraapat ho-ay. ||3||
It is obtained only by perfect destiny. ||3||

ਸਚੁ ਸਾਚਾ ਸਚੁ ਆਿਪ ਦਰ੍ੜਾਏ ॥

sach saachaa sach aap drirh-aa-ay.
He is the Truest of the True; He Himself implants the True Name within.
O Nanak, the Lord Himself sees all; He Himself links us to the Truth. ||4||7||

The value and worth of the Lord’s Name cannot be described.

Blessed are those humble beings, who lovingly focus their minds on the Naam, the Name of the Lord.

True are the Guru’s Teachings, and True is contemplative meditation.

God Himself forgives, and bestows contemplative meditation. ||1||

The Lord’s Name is wonderful! God Himself imparts it.

In the Dark Age of Kali Yuga, the Gurmukhs obtain it. ||1||Pause||
ਸਤ ਮੂਰਧ ਮੂਰਧ ਮਨ ਮਾਹੀ॥ (666)
ਹਮ ਸੂਰਖ ਸੂਰਖ ਮਨ ਮਾਹੀ॥
ham moorakh moorakh man maahi.
We are ignorant; ignorance fills our minds.

ਦੋਹੰਦੇ ਥੀਠੀ ਮਨੁੱਖ ਕਰਨ ਕਾਹਾਂ॥ (666)
ਹੁੰਦੇ ਥੀਠੀ ਸਭ ਕਾਰ ਕਾਮਹੀ॥
ha-umai vich sabh kaar kamaahi.
We do all our deeds in ego.

ਗੁਰ ਪਾਸਾਦੀ ਹੂਤੀ ਜਾਇ॥ (666)
ਗੁਰ ਪਾਸਾਦੀ ਹੂਤੀ ਜਾਇ॥
gur parsaadee haN-umai jaa-ay.
By Guru's Grace, egotism is eradicated.

ਆਪੇ ਬਖਸੇ ਲਏ ਮਿਲਾਈ॥੨॥ (666)
ਆਪੇ ਬਖਸੇ ਲਏ ਮਿਲਾਈ॥੨॥
aapay bakhsay la-ay milaa-ay. ||2||
Forgiving us, the Lord blends us with Himself. ||2||

ਥੀਠੀਆ ਕਾ ਧਨੁ ਬਹੁਤੁ ਅਭਮਾਨੁ॥ (666)
ਥੀਠੀਆ ਕਾ ਧਨੁ ਬਹੁਤੁ ਅਭਮਾਨੁ॥
bikhi-aa kaa Dhan bahut abhimaan.
Poisonous wealth gives rise to great arrogance.

ਆਲੋਕੀ ਹੂਤੀ ਨ ਪਾਵੇ ਮਾਹੀ॥ (666)
ਆਲੋਕੀ ਹੂਤੀ ਨ ਪਾਵੇ ਮਾਹੀ॥
ahaNkaar doobai na paavai maan.
Drowning in egotism, no one is honored.

ਆਪੁ ਛੋਇ ਸਦਾ ਸਿਰੁ ਹੋਈ॥ (666)
ਆਪੁ ਛੋਇ ਸਦਾ ਸਿਰੁ ਹੋਈ॥
aap chhod sadaa sukh ho-ee.
Forsaking self-conceit, one finds lasting peace.

ਗੁਰਮਿਤ ਸਾਲਾਹੀ ਸਚੁ ਸੋੈ॥ (666)
ਗੁਰਮਿਤ ਸਾਲਾਹੀ ਸਚੁ ਸੋੈ॥
gurmat saalahee sach so-ee. ||3||
Under Guru's Instruction, he praises the True Lord. ||3||
The Creator Lord Himself fashions all.

Without Him, there is no other at all.

He alone is attached to Truth, whom the Lord Himself so attaches.

O Nanak, through the Naam, lasting peace is attained in the hereafter.

He is just a poor beggar of Yours; You are Your Own Lord Master, You are the Great Giver.

Be Merciful, and bless me, a humble beggar, with Your Name, so that I may forever remain imbued with Your Love.
I am a sacrifice to Your Name, O True Lord.

The One Lord is the Cause of causes; there is no other at all. ||1||Pause||

I was wretched; I wandered through so many cycles of reincarnation. Now, Lord, please bless me with Your Grace.

Be merciful, and grant me the Blessed Vision of Your Darshan; please grant me such a gift. ||2||

Prays Nanak, the shutters of doubt have been opened wide; by Guru's Grace, I have come to know the Lord.

I am filled to overflowing with true love; my mind is pleased and appeased by the True Guru. ||3||1||9||

One Universal Creator God. By The Grace Of The True Guru:
Everything comes from the Naam, the Name of the Lord; without the True Guru, the Naam is not experienced.

The Word of the Guru’s Shabad is the sweetest and most sublime essence, but without tasting it, its flavor cannot be experienced.

He wastes this human life in exchange for a mere shell; he does not understand his own self.

But, if he becomes Gurmukh, then he comes to know the One Lord, and the disease of egotism does not afflict him. ||1||

I am a sacrifice to my Guru, who has lovingly attached me to the True Lord.

Concentrating on the Word of the Shabad, the soul is illumined and enlightened. I remain absorbed in celestial ecstasy. ||1||Pause||

The Gurmukh sings the Praises of the Lord; the Gurmukh understands. The Gurmukh contemplates the Word of the Shabad.
Body and soul are totally rejuvenated through the Guru; the Gurmukh’s affairs are resolved in his favor.

The blind self-willed manmukh acts blindly, and earns only poison in this world.

Enticed by Maya, he suffers in constant pain, without the most Beloved Guru.

He alone is a selfless servant, who serves the True Guru, and walks in harmony with the True Guru’s Will.

The True Shabad, the Word of God, is the True Praise of God; enshrine the True Lord within your mind.

The Gurmukh speaks the True Word of Gurbani, and egotism departs from within.

He Himself is the Giver, and True are His actions. He proclaims the True Word of the Shabad.
The Gurmukh works, and the Gurmukh earns; the Gurmukh inspires others to chant the Naam.

He is forever unattached, imbued with the Love of the True Lord, intuitively in harmony with the Guru.

The self-willed manmukh always tells lies; he plants the seeds of poison, and eats only poison.

He is bound and gagged by the Messenger of Death, and burnt in the fire of desire; who can save him, except the Guru?

True is that place of pilgrimage, where one bathes in the pool of Truth, and achieves self-realization as Gurmukh. The Gurmukh understands his own self.

The Lord has shown that the Word of the Guru's Shabad is the sixty-eight sacred shrines of pilgrimage; bathing in it, filth is washed away.

True and Immaculate is the True Word of His Shabad; no filth touches or clings to Him.
सची सिफत सची सालाह पूरे गुर ते पाए। ||5||
True Praise, True Devotional Praise, is obtained from the Perfect Guru. ||5||

तनु मनु सभु किछु हिर तिसु केरा दुरमत कहनु न जाए।
Body, mind, everything belongs to the Lord; but the evil-minded ones cannot even say this.

हुकमु होवै ता निरमलु होवै हउमै विचहु जाए।
If such is the Hukam of the Lord's Command, then one becomes pure and spotless, and the ego is taken away from within.

गुर की साखी सहजे चाखी तिसना अगिन बुझाए।
I have intuitively tasted the Guru's Teachings, and the fire of my desire has been quenched.

गुर कै सबिद राता सहजे माता सहजे रिहआ समाए।
Attuned to the Word of the Guru's Shabad, one is naturally intoxicated, merging imperceptibly into the Lord. ||6||

हिर का नामु सित किर जाणै गुर कै भाइ िपारे।
The Name of the Lord is known as True, through the Love of the Beloved Guru.

sachee vadi-aa-ee gur tay paa-ee sachai naa-ay pi-aaray.
True Glorious Greatness is obtained from the Guru, through the Beloved True Name.
The One True Lord is permeating and pervading among all; how rare is the one who contemplates this.

The Lord Himself unites us in Union, and forgives us; He embellishes us with true devotional worship.

All is Truth; Truth, and Truth alone is pervading; how rare is the Gurmukh who knows this.

Birth and death occur by the Hukam of His Command; the Gurmukh understands his own self.

O Nanak, one who eradicates self-conceit from within, has everything.

The body-bride is very beautiful; she dwells with her Husband Lord.
She becomes the happy soul-bride of her True Husband Lord, contemplating the Word of the Guru's Shabad.

The Lord’s devotee is forever attuned to the Lord’s Love; her ego is burnt away from within.

It wells up and springs forth from the Perfect Guru, and merges into Truth.

Everything is within the Lord - the continents, worlds and nether regions. The Life of the World, the Great Giver, dwells within the body; He is the Cherisher of all.

The body-bride is eternally beautiful; the Gurmukh contemplates the Naam.

The Lord Himself dwells within the body; He is invisible and cannot be seen.
The foolish self-willed manmukh does not understand; he goes out searching for the Lord externally.

One who serves the True Guru is always at peace; the True Guru has shown me the Invisible Lord.

Within the body there are jewels and precious treasures, the over-flowing treasure of devotion.

Within this body are the nine treasures of the Naam; contemplating the Word of the Guru’s Shabad, it is obtained.

Within the body, the Lord estimates the weight; He Himself is the weigher.

This mind is the jewel, the gem, the diamond; it is absolutely priceless.
ਮੋਿਲ ਕਤਤ ਹੀ ਨਾਮ ਪਾਈਐ ਨਾਹੀ ਨਾਮ ਪਾਈਐ ਗੁਰ ਬੀਚਾਰਾ ॥੫॥

The Naam, the Name of the Lord, cannot be purchased at any price; the Naam is obtained by contemplating the Guru. ||5||

ਗੁਰਮੁਿਖ ਹੋਵੈ ਸੁਕਾਇਆ ਖੋਜੈ ਹੋਰ ਸਭ ਭਰਿਸ ਭੁਲਾਈ ॥

One who becomes Gurmukh searches this body; all others just wander around in confusion.

ਜਿਸ ਨੋ ਦੇਇ ਸੋਈ ਜਨੁ ਪਾਵੈ ਹੋਰ ਕਾਇਆ ਕੋ ਕਰੇ ਚਤੁਰਾਈ ॥

That humble being alone obtains it, unto whom the Lord bestows it. What other clever tricks can anyone try?

ਕਾਇਆ ਅੰਦਰੀ ਕਿ ਕਿ ਕਮ ਘਰਮ ਭਾਨੀ ਪਾਈ ॥੬॥

Within the body, the Fear of God and Love for Him abides; by Guru's Grace, they are obtained. ||6||

ਕਾਇਆ ਅੰਦਰੀ ਵੁਾ ਵੁਾ ਤਵ ਜਾ ਮਹੀਸ ਸੋਹਾ ਪਾਸਾਰਾ ॥

Within the body, are Brahma, Vishnu and Shiva, from whom the whole world emanated.

ਸਚੈ ਆਪਣਾ ਖੇਲੁ ਰਚਾਇਆ ਆਵਾ ਗੋਉ ਪਾਸਾਰਾ ॥

The True Lord has staged and contrived His own play; the expanse of the Universe comes and goes.

ਪੂਰੈ ਸਦਿਊਤੀ ਮਾਦੀ ਦਿਆਕਾਲ ਮੁੰਧੀ ਦਿਸਤਾਰਾ ॥੭॥

The Perfect True Guru Himself has made it clear, that emancipation comes through the True Name. ||7||
That body, which serves the True Guru, is embellished by the True Lord Himself.

Without the Name, the mortal finds no place of rest in the Court of the Lord; he shall be tortured by the Messenger of Death.

O Nanak, true glory is bestowed, when the Lord showers His Mercy.

Raag Soohee, Third Mehl, Tenth House:

Do not praise the world; it shall simply pass away.

Do not praise other people; they shall die and turn to dust.

Waaho! Waaho! Hail, hail to my Lord and Master.
ਗੁਰਮੁਕ਼ ਸੰਤ ਮਾਨਜੀਤ੍ਰੇ ਮਾਨ ਵਧਦਰਾਤੁ ॥੧॥ ਰਹਾਉ ॥ (755)

gurmukh sadaa salahe-ai sachaa vayparvaahu. ||1|| raha-o.
As Gurmukh, forever praise the One who is forever True, Independent and Carefree.
||1||Pause||

ਦੁਨੀਆ ਜੇ ਵੇਦੀ ਵੇਦੀ ਮਨਮੁਖ ਦਿਆਹ ਵਧਾਉ ॥ (755)
dunee-aa kayree dostee manmukh dajh marann.
Making worldly friendships, the self-willed manmukhs burn and die.

ਜਨਮ ਭਰ ਸੱਣ ਭੁਨੀ ਭੁਨੀ ਭੁਨੀ ॥੨॥

jam puri vaDhay maaree-ah vaylaa na lahann. ||2||
In the City of Death, they are bound and gagged and beaten; this opportunity shall never come again. ||2||

ਗੁਰਮੁਕ਼ ਨਮਮ ਮਾਨਾ ਬਾਹ ਸੱਣ ਲਗਾਨ ॥ (755)
gurmukh janam sakaarthaa sachai sabad lagann.
The lives of the Gurmukhs are fruitful and blessed; they are committed to the True Word of the Shabad.

ਆਤਮ ਰਾਮ ਪ੍ਰਗਾਸ਼ਾ ਸੈਫੇ ਸੁਖ ਰਹਾਇਨ ॥੩॥
aatam raam pargaasi-aa sehjay sukh raha-o.
Their souls are illuminated by the Lord, and they dwell in peace and pleasure. ||3||

ਗੁਰ ਕੇ ਵੋਤੇ ਧਿਆਮਿਕਾ ਪੁਰੀ ਕਰੀਣ ॥ (755)
gur kaa sabad visaari-aa doojai bhaa-ay rachann.
Those who forget the Word of the Guru’s Shabad are engrossed in the love of duality.

ਹਿਮਾਤ ਧਨੁ ਧਿਆਤੇ ਹਿਸਣਿਆ ਨਲਾਕਾ ਵਧਾਉ ॥੪॥
tisnaa bhukh na utrai an-din jalat firann. ||4||
Their hunger and thirst never leave them, and night and day, they wander around burning. ||4||

ਦੁਸਟਾ ਦੋਤੀ ਦੋਤੀ ਦੋਤੀ ਵਾਈ ਵਧਾਉ ॥ (755)
dustaa naal dostee naal sante bhaai karan.
Those who make friendships with the wicked, and harbor animosity to the Saints,
aap dubay kutamb si-o saglay kul dobann. ||5||
shall drown with their families, and their entire lineage shall be obliterated. ||5||

It is not good to slander anyone, but the foolish, self-willed manmukhs still do it.

The faces of the slanderers turn black, and they fall into the most horrible hell. ||6||

Whatever you yourself plant, that is what you shall have to eat; nothing else can be said about this. ||7||

The speech of the great spiritual beings has a higher purpose.

They are filled to over-flowing with Ambrosial Nectar, and they have absolutely no greed at all. ||8||

The virtuous accumulate virtue, and teach others.
Those who meet with them are so very fortunate; night and day, they chant the Naam, the Name of the Lord. ||9||

He who created the Universe, gives sustenance to it.

That True Lord is always with you; the Gurmukh is blessed with His Glance of Grace.

He Himself shall forgive you, and merge you into Himself; forever cherish and contemplate God. ||11||

Cursed is the life in this world, of one who forgets her True Husband Lord.
The Lord grants His Mercy, and she does not forget Him, if she contemplates the Guru's Teachings. ||13||

The True Guru unites her, and so she remains united with Him, with the True Lord enshrined within her heart.

And so united, she will not be separated again; she remains in the love and affection of the Guru. ||14||

I praise my Husband Lord, contemplating the Word of the Guru's Shabad.

Meeting with my Beloved, I have found peace; I am His most beautiful and happy soul-bride. ||15||

The mind of the self-willed manmukh is not softened; his consciousness is totally polluted and stone-hearted.

Even if the venomous snake is fed on milk, it shall still be filled with poison. ||16||
ਅਪਿਕ ਕਰੇ ਕਿਸੁ ਆਖੀਐ ਆਪੇ ਬਖਸਣਹਾਰੁ ॥੭੫੫॥
He Himself does - who else should I ask? He Himself is the Forgiving Lord.

ਗੁਰ ਸਾਬਦੀ ਮੈਲ ਉਤਰੈ ਤਾ ਸਚੁ ਬਣਾਇਆ ਸੀਗਾਰੁ ॥੧੭॥
Through the Guru's Teachings, filth is washed away, and then, one is embellished with the ornament of Truth. ||17||

ਸਚਾ ਸਾਹੁ ਸਚੇ ਵਣਜਾਰੇ ਓਥੈ ਕੂ ਡੇ ਨਾ ਟਕੰਿਨ ॥੭੫੬॥
True is the Banker, and True are His traders. The false ones cannot remain there. ||18||

ਹਉਮੈ ਮੈਲਾ ਜਗ ਿਫਰਹਿ ਮੀਰ ਜੰਮੈ ਵਾਰੋ ਵਾਰ ॥੭੫੬॥
The world wanders around in the filth of egotism; it dies, and is re-born, over and again. ||19||

ਪਿਕਰਿਤ ਕਰਮਾਵਣਾ ਕੋਈ ਨ ਮੇਟਨਹਾਰ ॥੭੫੬॥
He acts in accordance with the karma of his past actions, which no one can erase. ||19||

ਸਰੀਤ ਮੈਲਾ ਜਗ ਿਫਰਹਿ ਕਮਾਵਣਾ ਕੋਈ ਨ ਮੇਟਨਹਾਰ ॥੭੫੬॥
He acts in accordance with the karma of his past actions, which no one can erase. ||19||

ਪਞਸਤਾ ਸੰਗਤੀ ਮਿਲੀ ਰਹੀ ਤਾ ਸਚਿ ਲਗੈ ਪਿਆਰੁ ॥੭੫੬॥
But if he joins the Society of the Saints, then he comes to embrace love for the Truth. ||20||

ਪਾਈਐ ਕੁਰਿਤ ਬਣਾਇਆ ਕੋਈ ਤੇ ਹੇਤਵਾਣਾ ॥੭੫੬॥
Praising the True Lord with a truthful mind, he becomes true in the Court of the True Lord. ||20||
The Teachings of the Perfect Guru are perfect; meditate on the Naam, the Name of the Lord, day and night.

Egotism and self-conceit are terrible diseases; tranquility and stillness come from within.

I praise my Guru; bowing down to Him again and again, I fall at His Feet.

I place my body and mind in offering unto Him, eradicating self-conceit from within.

Renounce egotism and self-conceit, and remain merged in Truth.

Those who meet with the True Guru are my Siblings of Destiny; they are committed to the True Word of the Shabad.

Those who merge with the True Lord shall not be separated again; they are judged to be True in the Court of the Lord.
ਸੇ ਭਾਈ ਸੇ ਸਜਣਾ ਜੋ ਸਚਾ ਸੇਵਨ

They are my Siblings of Destiny, and they are my friends, who serve the True Lord.

�ਵਗਣ ਵਿਕਾਣ ਗੁਣ ਨੇ ਸਾਝ ਕਰਵਨ

They sell off their sins and demerits like straw, and enter into the partnership of virtue.

ਸਰਮਤਾਨਿਵ ਫਲੋਡ ਸਜਿਦੀ ਸਾਝ ਕਰਵਨ

In the partnership of virtue, peace wells up, and they perform true devotional worship service.

ਸੁਹਾਣ ਦਾ ਗੁਰ ਨਾਮ ਹੀ ਸਾਂ ਵਰਤਣ

Nothing will go with you in the end, except the Name; all are plundered by the Messenger of Death.

ਮਨ ਕਾ ਤੋਸਾ ਹੀ ਨਾਮ ਹੈ ਜਾਪੀਲਾਇਲਾਇਲਾ

The Lord's Name is the nourishment of the mind; cherish it, and preserve it carefully within your heart.
This nourishment is inexhaustible; it is always with the Gurmukhs. ||28||

This world is engrossed in the love of duality; follow the Guru's Teachings, and meditate on the True Lord. ||29||

The Lord's value cannot be estimated; the Lord's Praises cannot be written down.

When one's mind and body are attuned to the Word of the Guru's Shabad, one remains merged in the Lord. ||30||

My Husband Lord is playful; He has imbed me with His Love, with natural ease.

The soul-bride is imbued with His Love, when her Husband Lord merges her into His Being. ||31||

Even those who have been separated for so very long, are reunited with Him, when they serve the True Guru.
The nine treasures of the Naam, the Name of the Lord, are deep within the nucleus of the self; consuming them, they are still never exhausted. Chant the Glorious Praises of the Lord, with natural ease. ||32||

Those who are protected by the Guru are saved. They celebrate with the Lord. ||33||

Those who are united with the Lord, the True Friend, are not separated again; night and day, they remain blended with Him.

In this world, only a rare few are known, O Nanak, to have obtained the True Lord. ||34||1||3||

The Dear Lord is subtle and inaccessible; how can we ever meet Him?
Through the Word of the Guru’s Shabad, doubt is dispelled, and the Carefree Lord comes to abide in the mind. ||1||

The Gurmukhs chant the Name of the Lord, Har, Har.

The Gurmukhs, the selfless servants, seek out the Guru; the swan-souls feed there on the Naam, the Name of the Lord. ||2||

The Gurmukhs meditate on the Naam, and remain linked to the Naam.

Whatever is pre-ordained, accept it as the Will of the Guru. ||3||

By great good fortune, I searched my home, and found the treasure of the Naam.
The Perfect Guru has shown God to me; I have realized the Lord, the Supreme Soul. ||4||

There is One God of all; there is no other at all.

By Guru's Grace, the Lord comes to abide in the mind; in the heart of such a one, He is revealed. ||5||

God is the Inner-knower of all hearts; God dwells in every place.

So who should we call evil? Behold the Word of the Shabad, and lovingly dwell upon it. ||6||

He calls others bad and good, as long as he is in duality.

The Gurmukh understands the One and Only Lord; He is absorbed in the One Lord. ||7||

That is selfless service, which pleases God, and which is approved by God.
Jan nanak har aaraDhi-aa gur charnee chit laa-ay. ||8||2||4||9||
Servant Nanak worships the Lord in adoration; he focuses his consciousness on the Guru's Feet. ||8||2||4||9||

Raaq soohee chhant mehlaa 3 ghar 2
Raag Soohee, Chhant, Third Mehl, Second House:

ik-oNkaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

sukh sohilrhaa har Dhi-aavahu.
Meditate on the Lord, and find peace and pleasure.

As Gurmukh, obtain the fruit of the Lord, and meditate on the Lord's Name; the pains of countless lifetimes shall be erased.

I am a sacrifice to my Guru, who has arranged and resolved all my affairs.

The Lord God will bestow His Grace, if you meditate on the Lord; O humble servant of the Lord, you shall obtain the fruit of peace.
Says Nanak, listen O humble Sibling of Destiny: meditate on the Lord, and find peace and pleasure. ||1||

Hearing the Glorious Praises of the Lord, I am intuitively drenched with His Love.

Under Guru's Instruction, I meditate intuitively on the Naam.

Those who have such pre-ordained destiny, meet the Guru, and their fears of birth and death leave them.

Those, upon whom my Lord and Master bestows His Grace, sing the Glorious Praises of the Lord, night and day.

In this age, emancipation comes only from the Lord's Name.
Contemplative meditation on the Word of the Shabad emanates from the Guru.

Contemplating the Guru's Shabad, one comes to love the Lord's Name; he alone obtains it, unto whom the Lord shows Mercy.

In peace and poise, he sings the Lord's Praises day and night, and all sins are eradicated.

All are Yours, and You belong to all. I am Yours, and You are mine.

In this age, emancipation comes only from the Lord's Name.

The Lord, my Friend has come to dwell within the home of my heart;

Singing the Glorious Praises of the Lord, one is satisfied and fulfilled.

Singing the Glorious Praises of the Lord, one is satisfied forever, never to feel hunger again.
That humble servant of the Lord, who meditates on the Name of the Lord, Har, Har, is worshipped in the ten directions.

O Nanak, He Himself joins and separates; there is no other than the Lord.

The Lord, my Friend has come to dwell within the home of my heart. ||4||1||

The Dear Lord protects His humble devotees; throughout the ages, He has protected them.

Those devotees who become Gurmukh burn away their ego, through the Word of the Shabad.

Those who burn away their ego through the Shabad, become pleasing to my Lord; their speech becomes True.
They perform the Lord's true devotional service, day and night, as the Guru has instructed them.

The devotees' lifestyle is true, and absolutely pure; the True Name is pleasing to their minds.

The Lord is the social class and honor of His devotees; the Lord's devotees merge in the Naam, the Name of the Lord.

They understand merits and demerits, and chant the Lord's Name; devotional worship is sweet to them.

Night and day, they perform devotional worship, day and night, and in the home of the self, they remain detached.
Imbued with devotion, their minds remain forever immaculate and pure; they see their Dear Lord always with them.

The self-willed manmukhs practice devotional rituals without the True Guru, but without the True Guru, there is no devotion.

They are afflicted with the diseases of egotism and Maya, and they suffer the pains of death and rebirth.

Without devotional worship, everyone in the world is deluded and confused, and in the end, they depart with regrets.

Among millions, there is scarcely one who realizes the Name of the True Lord.
O Nanak, through the Naam, greatness is obtained; in the love of duality, all honor is lost.

In the home of the devotees, is the joy of true marriage; they chant the Glorious Praises of the Lord forever.

He Himself blesses them with the treasure of devotion; conquering the thorny pain of death, they merge in the Lord.

This treasure is inexhaustible; it will never be exhausted. The Lord automatically blesses them with it.

The humble servants of the Lord are exalted and elevated, forever on high; they are adorned with the Word of the Guru’s Shabad.

O Nanak, He Himself forgives them, and merges them with Himself; throughout the ages, they are glorified.
Soohee mehlaa 3.
Soohee, Third Mehl:

Through the True Word of the Shabad, true happiness prevails, there where the True Lord is contemplated.

Egotism and all sins are eradicated, when one keeps the True Lord enshrined in the heart.

One who keeps the True Lord enshrined in the heart, crosses over the terrible and dreadful world-ocean; he shall not have to cross over it again.

True is the True Guru, and True is the Word of His Bani; through it, the True Lord is seen.

One who sings the Glorious Praises of the True Lord merges in Truth; he beholds the True Lord everywhere.

The True Guru reveals the True Lord; the True Lord preserves our honor.
The true food is love for the True Lord; through the True Name, peace is obtained.

Through the True Name, the mortal finds peace; he shall never die, and never again enter the womb of reincarnation.

His light blends with the Light, and he merges into the True Lord; he is illuminated and enlightened with the True Name.

Those who know the Truth are True; night and day, they meditate on Truth.

Through the immaculate virtues of the True Lord, the body and mind are rendered True, and God, the True Primal Being, dwells within.
ਸਭੁ ਸਚੁ ਵਰਤਈ ਸਚੋ ਬੋਲਈ ਜੋ ਸਚੁ ਕਰਾੜੂ ਹੋਈ ॥ (769)
such a person practices only Truth, and speaks only Truth; whatever the True Lord does, that alone comes to pass.

ਜਹ ਦੇਖਾ ਤਹ ਸਚੁ ਪਸਰਿਆ ਅਵਰੁ ਨ ਦੂਜਾ ਕੌੜੀ ॥ (769)
Wherever I look, there I see the True Lord pervading; there is no other at all.

ਨਾਨਕ ਸਭੁ ਕਿਸਤੁੰਕ ਆਪੇ ਕਰਤਾ ਆਪ ਕਰਾਵੇ ਸੋਈ ॥੩॥ (769)
O Nanak, He Himself does everything; He Himself is the Cause. ||3||

ਭਗਤ ਸੋਹਿ ਦਰਵਾਰੇ ਸਚੋ ਸਚਚੁ ਵਖਾਣੇ ਰਾਮ ॥ (769)
The true devotees look beautiful in the Darbaar of the Lord's Court. They speak Truth, and only Truth.

ਘਟ ਅੰਤਰੇ ਸਾਚੀ ਬਾਣੀ ਸਾਚੋ ਆਪੀ ਪਛਾਣੇ ਰਾਮ ॥ (769)
They understand themselves, and so know the True Lord, through their true intuition.
saach ratay bhagat ik rangee doojaa rang na ko-ee.
Imbued with Truth, the devotees love the One Lord; they do not love any other.

O Nanak, he alone obtains the True Lord, who has such pre-ordained destiny written upon his forehead. ||4||2||3||

The soul-bride may wander throughout the four ages, but still, without the True Guru, she will not find her True Husband Lord.

The Kingdom of the Lord is permanent, and forever unchanging; there is no other than Him.

That soul-bride, whose mind accepts the Guru's Teachings, meets her Husband Lord.

There is no other than Him - He is True forever; the Gurmukh knows the One Lord.

Dhan pir maylaavaa ho-aa gurmatee man maani-aa.
That soul-bride, whose mind accepts the Guru's Teachings, meets her Husband Lord.

Meeting the True Guru, she finds the Lord; without the Lord's Name, there is no liberation.
ਨਾਨਕ ਕਾਮਿਣ ਕੰਤੇ ਰਾਵੇ ਮਿਨ ਮਾਿਨਐ ਸੁਖੁ ਹੋਈ ॥ੱ॥
O Nanak, the soul-bride ravishes and enjoys her Husband Lord; her mind accepts Him, and she finds peace. ||1||

ਸਿਤਗੁਰੁ ਸੇਿਵ ਧਨ ਬਾਲ੍ਹੀਐ ਹਿਰ ਵਰੁ ਪਾਵਿਹ ਸੋਈ ਰਾਮ ॥
Serve the True Guru, O young and innocent bride; thus you shall obtain the Lord as your Husband.

ਸਦਾ ਹੋਵਿਹ ਸੋਹਾਗਣੀ ਿਫਿਰ ਮੈਲਾ ਵੇਸੁ ਨ ਹੋਈ ਰਾਮ ॥
You shall be the virtuous and happy bride of the True Lord forever; and you shall never again wear soiled clothes.

ਕਰਣੀ ਕਾਰ ਕਮਾਵੈ ਸਬਿਦ ਸਮਾਵੈ ਅੰਤਿਰ ਏਕੋ ਜਾਣਆ ॥
So make your practice the practice of good deeds; merge into the Word of the Shabad, and deep within, come to know the One Lord.

ґੁਰਮੁਿਖ ਪਰ੍ਭੁ ਰਾਵੇ ਆਪਣਾ ਰਿਵ ਰਿਹਆ ਪਰ੍ਭੁ ਸੋਈ ॥ੰ॥
The Gurmukh enjoys God, day and night, and so obtains true glory.
गुर की कार करे धन बालड़ीए हिर वरु देइ िमलाए राम॥ (770)

Serve the Guru, O young and innocent soul-bride, and he will lead to you meet your Husband Lord.

हिर कै रंिग रती है कामिण िमिल पर्ीतम सुखु पाए राम॥ (770)

The bride is imbued with the Love of her Lord; meeting with her Beloved, she finds peace.

ििल पर्ीतम सुखु पाए सिच समाई सचु वरतै सभ थाई॥ (770)

Meeting her Beloved, she finds peace, and merges in the True Lord; the True Lord is pervading everywhere.

मधू मीगाड़ वे सितु गजी व्रभि मध पर्भी॥ (770)

The bride makes Truth her decorations, day and night, and remains absorbed in the True Lord.

हिर सुिहदा तास गजाता कामिण लईआ कंिठ लाए॥ (770)

The Lord, the Giver of peace, is realized through His Shabad; He hugs His bride close in His embrace.

नानक महली महलु पछाणै गुरमती हिर पाए ॥३॥ (770)

O Nanak, the bride obtains the Mansion of His Presence; through the Guru's Teachings, she finds her Lord. ||3||

The Primal Lord, my God, has united His young and innocent bride with Himself.
Through the Guru's Teachings, her heart is illumined and enlightened; God is permeating and pervading everywhere.

God is permeating and pervading everywhere; He dwells in her mind, and she realizes her pre-ordained destiny.

On his cozy bed, she is pleasing to my God; she fashions her decorations of Truth.

The bride is immaculate and pure; she washes away the filth of egotism, and through the Guru's Teachings, she merges in the True Lord.

O Nanak, the Creator Lord blends her into Himself, and she obtains the nine treasure of the Naam.

Soohee, Third Mehl:

Sing the Glorious Praises of the Lord, Har, Har, Har; the Gurmukh obtains the Lord.
ਅਨਿਦਨੋ ਸਬਿਦ ਰਵਹੁ ਅਨਹਦ ਸਬਦ ਵਜਾਏ ਰਾਮ ॥ (770)
andino sabad ravhu anhad sabad vajaa-ay raam.
Night and day, chant the Word of the Shabad; night and day, the Shabad shall vibrate and resound.

ਅਨਹਦ ਸਬਦ ਵਜਾਏ ਹਿਰ ਜੀਉ ਘਿਰ ਆਏ ਹਿਰ ਗੁਣ ਗਾਵਹੁ ਨਾਰੀ ॥ (770)
anhad sabad vajaa-ay har jee-o ghar aa-ay har gun gaavhu naaree.
The unstruck melody of the Shabad vibrates, and the Dear Lord comes into the home of my heart; O ladies, sing the Glorious Praises of the Lord.

ਅਨਿਦਨੁ ਭਗਿਤ ਕਰਿਹ ਗੁਰ ਆਗੈ ਸਾ ਧਨ ਕੰਤ ਿਪਆਰੀ ॥ (770)
an-din bhagat karahi gur aagai saa Dhan kant pi-aaree.
That soul-bride, who performs devotional worship service to the Guru night and day, becomes the Beloved bride of her Lord.

ਗੁਰ ਕਾ ਸਬਦੁ ਵਿਸਆ ਘਟ ਅੰਤਿਰ ਸੇ ਜਨ ਸਬਦੁ ਸੁਹਾਏ ॥੧॥ (770)
gur kaa sabad vasi-aa ghat antar say jan sabad suhaa-ay.
Those humble beings, whose hearts are filled with the Word of the Guru's Shabad, are adorned with the Shabad.

ਨਾਨਕ ਿਤਨ ਘਿਰ ਸਦ ਹੀ ਸੋਹਿਲਾ ਹਿਰ ਕਿਰ ਿਕਰਪਾ ਘਿਰ ਆਏ ॥੧॥ (770)
aanak tin ghar sad hee sohilaa har kir kirpaa ghar aa-ay. ||1||
O Nanak, their hearts are forever filled with happiness; the Lord, in His Mercy, enters into their hearts. ||1||

ਬਗਤਾ ਭਗਤੇ ਮਿਨ ਅਤੇ ਸੁਹਾਆ ਿਲਵ ਲਾਏ ਰਾਮ ॥ (770)
bhagtaa man aanand bha-i-aa har naam rahay liv laa-ay raam.
The minds of the devotees are filled with bliss; they remain lovingly absorbed in the Lord's Name.

ਗੁਰਮੁਖੇ ਿਤਨਰਮਲ ਜਿਵ ਵਿਚਾਰ ਚਿੱਠਾ ਘਿਰ ਆਏ ਰਾਮ ॥ (770)
gurmukhay man nirmal ho-aa nirmal har gun gaa-ay raam.
The mind of the Gurmukh is immaculate and pure; she sings the Immaculate Praises of the Lord.
Singing His Immaculate Praises, she enshrines in her mind the Naam, the Name of the
Lord, and the Ambrosial Word of His Bani.

Those humble beings, within whose minds it abides, are emancipated; the Shabad
permeates each and every heart.

Singing Your Glorious Praises, they merge naturally into You, O Lord; through the
Shabad, they are united in Union with You.

Those who join the Society of the Saints are absorbed in the Name of the Lord, Har, Har.

They center their consciousness on the Lord's Name; through the Guru, they are united in
His Union. Their minds are imbued with the Lord's Love.
They find the Lord, the Giver of peace, and they eradicate attachments; night and day, they contemplate the Naam.

They are imbued with the Word of the Guru's Shabad, and intoxicated with celestial peace; the Naam abides in their minds.

O Nanak, the homes of their hearts are filled with happiness, forever and always; they are absorbed in serving the True Guru.

Without the True Guru, the world is deluded by doubt; it does not obtain the Mansion of the Lord's Presence.

The Lord's devotees are pure and humble forever; throughout the ages, they are forever respected.
ਸਾਚੀ ਭਗਤ ਕਰਿਹ ਦਿਰ ਜਾਪਿਹ ਘਿਰ ਦਿਰ ਸਚਾ ਸੋਈ ॥ (771)
saachee bhagat karahi dar jaapeh ghar dar sachaa so-ee.
They perform true devotional worship service, and are honored in the Lord's Court; the True Lord is their hearth and home.

ਨਾਨਕ ਸਚਾ ਸੋਹਿਲਾ ਸਚੀ ਸਚੁ ਬਾਣੀ ਸਚੀ ਸੁਖੁ ਹੋਈ ॥੪॥੪॥੫॥ (771)
naanak sachaa sohilaa sachee sachee sachu banee sache sakh ho-ee. ||4||4||5||
O Nanak, true are their songs of joy, and true is their word; through the Word of the Shabad, they find peace. ||4||4||5||

ਸੂਹੀ ਮਹਲਾ ੩ ॥ (771)
soohee mehlaa 3.
Shalok, Third Mehl:

ਜੇ ਲੋੜਿਹ ਵਰੁ ਬਾਲਡੀਏ ਤਾ ਗੁਰ ਚਰਣੀ ਚਿਤੁ ਲਾਏ ਰਾਮ ॥ (771)
jay lorheh var baalrhee-ay taa gur charnee chit laa-ay raam.
If you long for your Husband Lord, O young and innocent bride, then focus your consciousness on the Guru's feet.

ਸਦਾ ਹੋਵਿਹ ਸੋਹਾਗਣੀ ਹਿਰ ਜੀਉ ਮਰੈ ਨ ਜਾਏ ਰਾਮ ॥ (771)
sadaa hoveh sohaaganee har jee-o marai na jaa-ay raam.
You shall be a happy soul bride of your Dear Lord forever; He does not die or leave.

ਹਿਰ ਜੀਉ ਮਰੈ ਨ ਜਾਏ ਗੁਰ ਕੈ ਸਹਿਜ ਸੁਭਾਏ ਸਾ ਧਨ ਕੰਤ ਿਪਆਰੀ ॥ (771)
har jee-o marai na jaa-ay gur kai sahj subhaa-ay saa Dhan kant pi-aaree.
The Dear Lord does not die, and He does not leave; through the peaceful poise of the Guru, the soul bride becomes the lover of her Husband Lord.

ਸਥੀ ਮੈਂਗਜ਼ਾਠੀ ਵਿਨ ਨੀਧੀ ਭੇਟੇ ਤ ਨਾਦੇ ਗਭ ॥ (771)
Sach sanjam sadaa hai nirmal gur kai sabad seegaaree.
Through truth and self-control, she is forever immaculate and pure; she is embellished with the Word of the Guru's Shabad.
ਕੀ ਮੁੱਢ ਮਰਨ ਦੀ ਮਰਨ ਮਿਲਿਆ ਅਪਣੇ ਅਪਨੀ ਬਣਾਇਆ || (771)
ਮੇਰਾ ਪਰ੍ਬੁ ਸਾਚਾ ਸਦ ਹੀ ਸਾਚਾ ਜਿਨ੍ਹਾਂ ਆਪ ਆਪ ਉਪਾਇਆ ||
mayraa parabh saachaa sad hee saachaa jin aapay aap upaa-i-aa.
My God is True, forever and ever; He Himself created Himself.

ਨਾਨਕ ਸਦਾ ਪਿਤੁ ਰਾਵੇ ਆਪਣਾ ਜਿਨ੍ਹਾਂ ਗੁਰ ਚਰਣੀ ਚਿਤ ਲਾਈਆ || 1 ||
naanak sadaa pir raavay aapnaa jin gur charnee chit laa-i-aa. ||1||
O Nanak, she who focuses her consciousness on the Guru's feet, enjoys her Husband Lord. ||1||

ਪਿਤਤੁ ਅਧੀਆਂਕ ਬਾਲਡੀਏ ਅਧੀਆਂ ਮਾਤੀ ਰਾਮ || (771)
pir paa-i-arhaa baalrhee-ay an-din sehjay maatee raam.
When the young, innocent bride finds her Husband Lord, she is automatically intoxicated with Him, night and day.

ਗੁਰਮਤੀ ਮਿਨ ਅਨਦੁ ਬਹੀਆ ਿਤਤੁ ਤਿਨ ਮੈਲੁ ਨ ਰਾਤੀ ਰਾਮ || (771)
gurmatee man anad bha-i-aa tit tan mail na raatee raam.
Through the Word of the Guru's Teachings, her mind becomes blissful, and her body is not tinged with filth at all.

ਤਿਤੁ ਤਿਨ ਮੈਲੁ ਨ ਰਾਤੀ ਹਿਰ ਪਰਭ ਅਪਣੇ ਪਰੀਤਮ ਰਾਤੀ || (771)
tit tan mail na raatee har parabh raatee mayraa parabh mayl milaa-ay.
Her body is not tinged with filth at all, and she is imbued with her Lord God; my God unites her in Union.

ਅਧੀਆਂ ਰਾਵੇ ਹੀਰ ਪਰ੍ਬੁ ਅਪਣੀ ਬਣਾਇਆ ਅਪਣੇ ਪਰੀਤਮ ਬਣਾਇਆ || (771)
an-din raavay har parabh apaappe vichahu aap gavaa-ay.
Night and day, she enjoys her Lord God; her egotism is banished from within.

ਗੁਰਮਤੀ ਪਾਇਆ ਸਾਹਜ ਸ਼ਿਲਾਡੀਆ ਅਧੀਆਂ ਪ੍ਰੀਤਮ ਬਣਾਇਆ || (771)
gurmat paa-i-aa sahj milaa-i-aa apnay pareetam raatee.
Through the Guru's Teachings, she easily finds and meets Him. She is imbued with her Beloved.
"O Nanak, through the Naam, the Name of the Lord, she obtains glorious greatness. She ravishes and enjoys her God; she is imbued with His Love. ||2||

Ravishing her Husband Lord, she is imbued with His Love; she obtains the Mansion of His Presence.

She is utterly immaculate and pure; the Great Giver banishes self-conceit from within her.

The Lord drives out attachment from within her, when it pleases Him. The soul bride becomes pleasing to the Lord's Mind.

Night and day, she continually sings the Glorious Praises of the True Lord; she speaks the Unspoken Speech.

Throughout the four ages, the One True Lord is permeating and pervading; without the Guru, no one finds Him.

O Nanak, she revels in joy, imbued with His Love; she focuses her consciousness on the Lord. ||3||
The mind of the soul bride is very happy, when she meets her Friend, her Beloved Lord.

Through the Guru's Teachings, her mind becomes immaculate; she enshrines the Lord within her heart.

Keeping the Lord enshrined within her heart, her affairs are arranged and resolved; through the Guru's Teachings, she knows her Lord.

My Beloved has enticed my mind; I have obtained the Lord, the Architect of Destiny.

Serving the True Guru, she finds lasting peace; the Lord, the Destroyer of pride, dwells in her mind.

O Nanak, she merges with her Guru, embellished and adorned with the Word of the Guru's Shabad. ||4||5||6||

Shalok, Third Mehl:
The song of joy is the Naam, the Name of the Lord; contemplate it, through the Word of the Guru's Shabad.

The mind and body of the Gurmukh is drenched with the Lord, the Beloved Lord.

Through the Name of the Beloved Lord, all one's ancestors and generations are redeemed; chant the Lord's Name with your mouth.

Comings and goings cease, peace is obtained, and in the home of the heart, one's awareness is absorbed in the unstruck melody of the sound current.

I am lowly, and God is lofty and exalted. How will I ever meet Him?
The Guru has very mercifully blessed me and united me with the Lord; through the Shabad, the Word of the Lord, I am lovingly embellished.

Merging in the Word of the Shabad, I am lovingly embellished; my ego is eradicated, and I revel in joyous love.

My bed is so comfortable, since I became pleasing to God; I am absorbed in the Name of the Lord, Har, Har.

O Nanak, that soul bride is so very blessed, who walks in harmony with the True Guru's Will.

I am lowly, and God is lofty and exalted. How will I ever meet Him?

In each and every heart, and deep within all, is the One Lord, the Husband Lord of all.
ਇਕਨਾ ਮਨ ਆਧਾਰੋ ਸਿਰਜਣਹਾਰੋ ਵਡਭਾਗੀ ਗੁਰੂ ਪਾਇਆ ॥ (772)

For some, the Creator Lord is the Support of the mind; He is obtained by great good fortune, through the Guru.

ਘਿਟ ਘਿਟ ਹਿਰ ਪਰ੍ਭੁ ਏਕੋ ਸੁਆਮੀ ਗੁਰਮੁਿਖ ਅਲਖੁ ਲਖਾਇਆ ॥ (772)

The One Lord God, the Master, is in each and every heart; the Gurmukh sees the unseen.

ਸਹਜੇ ਅਨਦੁ ਹੋਆ ਮਨੁ ਮਾਿਨਆ ਨਾਨਕ ਬਰ੍ਹਮ ਬੀਚਾਰੋ ॥ (772)

The mind is satisfied, in natural ecstasy, O Nanak, contemplating God.

ਘਿਟ ਘਟੇ ਸਭਨਾ ਿਵਿਚ ਏਕੋ ਏਕੋ ਰਾਮ ਭਤਾਰੋ ਰਾਮ ॥੩॥ (772)

In each and every heart, and deep within all, is the One Lord, the Husband Lord of all. ||3||

ਗੁਰੁ ਸੇਵਿਨ ਸਿਤਗੁਰੁ ਦਾਤਾ ਹਿਰ ਹਿਰ ਨਾਿਮ ਸਮਾਇਆ ਰਾਮ ॥ (772)

Those who serve the Guru, the True Guru, the Giver, merge in the Name of the Lord, Har, Har.

ਘਿਟ ਘਿਟ ਦੇਵਹੁ ਮੈ ਪੂਰੇ ਗੁਰ ਕੀਹ ਹਮ ਪਾਪੀ ਮੁਕਤੁ ਕਰਾਇਆ ਵਾਸਾ ॥ (772)

O Lord, please bless me with the dust of the feet of the Perfect Guru, so that I, a sinner, may be liberated.

ਪਾਪੀ ਮੁਕਤੁ ਕਰਾਏ ਆਪੁ ਗਵਾਏ ਿਨਜ ਘਰੀ ਪਾਇਆ ਵਾਸਾ ॥ (772)

Even sinners are liberated, by eradicating their egotism; they obtain a home within their own heart.
With clear unerstanding, the night of their lives passes peacefully; through the Guru's Teachings, the Naam is revealed to them.

Through the Lord, Har, Har, I am in ecstasy, day and night. O Nanak, the Lord seems sweet.

Those who serve the Guru, the True Guru, the Giver, merge in the Name of the Lord, Har, Har.

One Universal Creator God. By The Grace Of The True Guru:

In her red robes, the discarded bride goes out, seeking enjoyment with another's husband.

She leaves the husband of her own home, enticed by her love of duality.
mithaa kar kai khaa-i-aa baho saadahu vaDhi-aa rog.
She finds it sweet, and eats it up; her excessive sensuality only makes her disease worse.

suDh bhataar har chhodi-aa fir laga jaa-ay vijog.
She forsakes the Lord, her sublime Husband, and then later, she suffers the pain of separation from Him.

gurmukh hovai so palti-aa har raatee saaj seegaar.
But she who becomes Gurmukh, turns away from corruption and adorns herself, attuned to the Love of the Lord.

sahj sach pir raavi-aa har naamaa ur Dhaar.
She enjoys her celestial Husband Lord, and enshrines the Lord's Name within her heart.

soohvee-ay nimaanee-ay so saho sadaa samHaal.
O meek, red-robed bride, keep your Husband Lord always in your thoughts.
ਨਾਨਕ ਜਨਮੁ ਸਵਾਰਿਹ ਆਪਣਾ ਕੁਲ ਭੀ ਛੁਟੀ ਨਾਿਲ॥੨॥

(785)

O Nanak, your life shall be embellished, and your generations shall be saved along with you. ||2||

ਪਊਡੀ ॥ (785)

pa-orhee.

Pauree:

ਆਪੇ ਉਪਾਇ ਖਪਾਈਦਾ ਸਚੇ ਦੀਨ ਦਇਆਲਾ ॥ (785)

aapay upaa-ay khapaa-idaa sachay deen da-i-aalaa.

He Himself created and destroys; He is the True Lord, merciful to the meek.

ਸਲੋਕੁ ਮ੃� ॥ (785)

salok mehlaa 3.

Shalok, Third Mehl:
The red-robed woman becomes a happy soul-bride, only when she accepts the True Name.

Become pleasing to your True Guru, and you shall be totally beautified; otherwise, there is no place of rest.

So decorate yourself with the decorations that will never stain, and love the Lord day and night.

O Nanak, what is the character of the happy soul-bride? Within her, is Truth; her face is bright and radiant, and she is absorbed in her Lord and Master. ||1||

Third Mehl:

I am in red, dressed in a red robe.

But my Husband Lord is not obtained by any robes; I have tried and tried, and given up wearing robes.
ਨਾਨਕ ਤੀਨੀ ਸਹੁ ਪਾਈਆ ਜਿਨੀ ਗੁਰ ਕੀ ਸਿਖ ਸੁੰਨੀ॥ (785)

O Nanak, they alone obtain their Husband Lord, who listen to the Guru's Teachings.

ਜੋ ਤੀਵਰ ਭਾਵੀ ਭਾਵੀ ਸੋ ਥੀਐ ਇਨ ਬਿਦਿਵ ਕੰ ਤ ਮਲੀ॥ (785)

Whichever pleases Him, happens. In this way, the Husband Lord is met.

ਪਾਊਰੀ: || (786)

ਹੁਕਮੀ ਸਾਜੀਅਨੁ ਬਹੁ ਬਿਤਦ ਸੰਸਾਰਾ॥ (786)

By His Command, He created the creation, the world with its many species of beings.

ਤੇਰਾ ਹੁਕਮਨ ਨ ਜਾਪੀ ਕੇਤਰ ਸਾਬਦ ਅਪਾਰਾ॥ (786)

I do not know how great Your Command is, O Unseen and Infinite True Lord.

ੜੱਕ੍ਰਾ ਹੁਨ ਸਰ੍ਹ ਲੈ ਗੁਰ ਸਾਬਦ ਬੀਚਾਰਾ॥ (786)

You join some with Yourself; they reflect on the Word of the Guru's Shabad.

ਸਚ ਰਤੇ ਨੀਰਮਲੇ ਹਾਉਮੈ ਨੀਜ ਬਿਕਾਰਾ॥ (786)

Those who are imbued with the True Lord are immaculate and pure; they conquer egotism and corruption.

ਜਿਸੂ ਤੂ ਮੇਲੀ ਸੀ ਤੂਦਮ ਮਲੀ ਸਚੀਅਲਾ॥ (786)

He alone is united with You, whom You unite with Yourself; he alone is true.
Shalok, Third Mehl:

śalokum m: 3 ॥

salok mehlaa 3.

Shalok, Third Mehl:

śalokum m: 3 ॥

salok mehlaa 3.

Shalok, Third Mehl:

śalokum m: 3 ॥

salok mehlaa 3.

Shalok, Third Mehl:

śalokum m: 3 ॥

salok mehlaa 3.
This color does not take long to fade; she who loves duality, ends up a widow.

She who loves to wear her red dress is foolish and double-minded.

So make the True Word of the Shabad your red dress, and let the Fear of God, and the Love of God, be your ornaments and decorations.

O Nanak, she is a happy soul-bride forever, who walks in harmony with the Will of the True Guru. ||2||

He Himself created Himself, and He Himself evaluates Himself.

In the darkness of attachment to Maya, the world wanders in duality.
मनमुख ठैर न पाईन्ही िफिर आवै जाई ॥ (786)
manmukh tha-ur na paa-inHee fir aavai jaa-ee.
The self-willed manmukhs find no place of rest; they continue coming and going.

जो ितसु भावै सो थीऐ सभ चलै रजाई ॥३॥ (786)
jo tis bhaavai so thee-ai sabh chalai rajaa-ee. ||3||
Whatever pleases Him, that alone happens. All walk according to His Will. ||3||

ਸਲੋਕੁ  ਮੇਲਾ ॥ (786)
salok mehlaa 3.
Shalok, Third Mehl:

ਸੂਹੈ ਵੇਿਸ ਕਾਮਿਣ ਕੁਲਖਣੀ ਜੋ ਪਰ੍ਭ ਛੋਿਡ ਪਰ ਪੁਰਖ ਧਰੇ ਿਪਆਰੁ ॥ (786)
soohai vays kaaman kulkhanee jo parabh chhod par purakh Dharay pi-aar.
The red-robed bride is vicious; she forsakes God, and cultivates love for another man.

ਸੂਹਾ ਵੇਸੁ ਸੰਬੁ ਉਤਾਰੀ ਧਰੇ ਗੀਲ ਪਿਹਰੈ ਿਖਮਾ ਸੀਗਾਰੁ ॥ (786)
soohaa vays sabh utaar Dharay gal pahirai khimaa seegaar.
She discards all her red dresses, and wears the ornaments of mercy and forgiveness around her neck.

ਪੇਈਐ ਸਾਹੁਰੈ ਬਹੁ ਸੋਭਾ ਪਾਏ ਿਤਸੁ ਪੂਜ ਕਰੇ ਸਭੁ ਸੈਸਾਰੁ ॥ (786)
pay-ee-ai saahurai baho sobhaa paa-ay tis pooj karay sabh saisaar.
In this world and the next, she receives great honor, and the whole world worships her.

She who has such pre-ordained destiny, obtains the True Guru has her Husband.

ਦੁਨੀਆ ਬੇਰ੍ਸੁ ਮੇਲਾ ਏਅੰਤਾ ਿਤਸੁ ਬਹੰਮੰਧ ਦੁਸ਼ਹਰਾ ॥ (786)
soohai vays kaaman sadaa doh dehnd par purakh bhadra.
She has neither modesty or self-discipline; the self-willed manmukh constantly tells lies, and is ruined by the bad karma of evil deeds.

ਜਿਸੁ ਪੂਰਿਬ ਹੋਵੈ ਿਲਿਖਾ ਿਤਸੁ ਸਿਤਗੁਰੁ ਿਮਲੈ ਭਤਾਰੁ ॥ (786)
jis poorab hovai likhi-aa tis satgur milai bhataar.
She who has such pre-ordained destiny, obtains the True Guru has her Husband.

ਪੇਈਐ ਸਾਹੁਰੈ ਬਹੁ ਸੋਭਾ ਪਾਏ ਿਤਸੁ ਪੂਜ ਕਰੇ ਸਭੁ ਸੈਸਾਰੁ ॥ (786)
pay-ee-ai saahurai baho sobhaa paa-ay tis pooj karay sabh saisaar.
In this world and the next, she receives great honor, and the whole world worships her.

The red-robed bride is vicious; she forsakes God, and cultivates love for another man.

The self-willed manmukhs find no place of rest; they continue coming and going.

Whatever pleases Him, that alone happens. All walk according to His Will. ||3||
She who is enjoyed by her Creator Lord stands out, and does not blend in with the crowd.

O Nanak, the Gurmukh is the happy soul-bride forever; she has the Imperishable Lord God as her Husband.

He Himself created this world, and staged this wondrous play.

The ignorant, self-willed manmukh comes and goes, wandering in reincarnation.

He Himself teaches some to become Gurmukh, through the spiritual wisdom of the Lord.

He blesses them with the treasure of devotional worship, and the wealth of the Lord's Name.
Shalok, Third Mehl:

潸泺ゥ 丐么ゥ 3 ॥ (786)

soohvee ay soohaa vays chhad too taa pir lagee pi-aar.
O red-robed woman, discard your red dress, and then, you shall come to love your Husband Lord.

شعور 丐么ゥ 3 ॥ (787)

soohai vays pir kinai na paa-i-o manmukh dajh mu-ee gaavaar.
By wearing her red dress, no one has found her Husband Lord; the self-willed manmukh is burnt to death.

Meeting the True Guru, she discards her red dress, and eradicates egotism from within.

Shalok, Fourth Mehl:

 буквゥ 耐么ゥ 4 ॥ (787)

man tan rataa laal ho-aa rasnaa ratee gun saar.
Her mind and body are imbued with the deep red color of His Love, and her tongue is imbued, singing His Praises and excellences.

She becomes His soul-bride forever, with the Word of the Shabad in her mind; she makes the Fear of God and the Love of God her ornaments and decorations.

O Nanak, by His Merciful Grace, she obtains the Mansion of the Lord's Presence, and keeps Him enshrined in her heart. ||1||
Third Mehl:

O bride, forsake your red dress, and decorate yourself with the crimson color of His Love.

Your comings and goings shall be forgotten, contemplating the Word of the Guru's Shabads.

The soul-bride is adorned and beautiful; the Celestial Lord, her Husband, abides in her home.

O Nanak, the bride ravishes and enjoys Him; and He, the Ravisher, revels and enjoys her.

Practicing egotism and self-conceit, he dies and departs, taking nothing along with him.
ਿਸਰ
ਉਪਿਰ
ਜਮਕਾਲੁ
ਨ
ਸੁਝੈ
ਦੂਜੈ
ਭਰਮੀਤਾ
॥

(787)
sir upar jamkaal na sujh-ee doojai bharmitaa.
He does not understand that the Messenger of Death is hovering over his head; he is
deluded by duality.

ਫਿਰ
ਵੇਲਾ
ਹਿਥ
ਨ
ਆਵਈ
ਜਮਕਾਿਲ
ਵਿਸ
ਿਕਤਾ
॥

(787)
fir vaylaa hath na aavee jamkaal vas kitaa.
This opportunity will not come into his hands again; the Messenger of Death will seize
him.

ਨੇਘਾ ਪੁਰਾ ਲਿਧਾ ਫ਼ਾਰੀਠ ਸੇ ਵਰਥ ਬਲਿਧਾ

॥ਪ੍ਰਯੋਗ॥

(787)
jayhaa Dhur likh paa-i-on say karam kamitaa. ||5||
He acts according to his pre-ordained destiny. ||5||

ਸਤੀਆ
ਏਹ
ਨ
ਆਖੀਆਨ
ਜ਼ੋ
ਮਿੜਾਲਗ
ਜਲਾਨਹ
॥

(787)
satee-aa ayhi na aakhee-an jo marhi-aa lag jalaNniH.
Do not call them 'satee', who burn themselves along with their husbands' corpses.

ਨਾਨਕ
ਸਤੀਆ
ਜ਼ਾਣੀਆਨਹ
ਿਜ਼
ਿਬਰਹੇ
ਚੋਟ
ਮਰਾਨਹ
॥

(787)
naanak satee-aa jaanee-aniH je birhay chot maraNniH. ||1||
O Nanak, they alone are known as 'satee', who die from the shock of separation. ||1||

ਬੀ ਮੇਂ
ਸਤੀਆ
ਜਾਣੀਆਨਹ
ਸੀਲ
ਜੱਡੋਖੇ
ਰਹਾਨਹ
॥

(787)
bhee so satee-aa jaanee-an seel santokh rahaNniH.
They are also known as 'satee', who abide in modesty and contentment.
They serve their Lord, and rise in the early hours to contemplate Him. ||2||

Third Mehl:

The widows burn themselves in the fire, along with their husbands' corpses.

If they truly knew their husbands, then they suffer terrible bodily pain.

O Nanak, if they did not truly know their husbands, why should they burn themselves in the fire?

Whether their husbands are alive or dead, those wives remain far away from them.

You created pain along with pleasure; O Creator, such is the writ You have written.
There is no other gift as great as the Name; it has no form or sign.

The Naam, the Name of the Lord, is an inexhaustible treasure; it abides in the mind of the Gurmukh.

In His Mercy, He blesses us with the Naam, and then, the writ of pain and pleasure is not written.

Those humble servants who serve with love, meet the Lord, chanting the Chant of the Lord. ||6||

The Creator created the world; He alone understands it.

He Himself created the Universe, and He Himself shall destroy it afterwards.

All have grown weary of wandering throughout the four ages, but none know the Lord's worth.
The True Guru has shown me the One Lord, and my mind and body are at peace.

The Gurmukh praises the Lord forever; that alone happens, which the Creator Lord does.

Those who meditate on the True Lord are true; they contemplate the Word of the Guru's Shabad.

They subdue their ego, purify their minds, and enshrine the Lord's Name within their hearts.

The fools are attached to their homes, mansions and balconies.

The self-willed manmukhs are caught in darkness; they do not know the One who created them.
 ਜਿਸੁ ਬੁਜ਼ਾਈਹ ਸੋ ਬੁਜ਼ਸੀ ਸਿੱਚਾ ਕੀਆ ਜੰਤ ਵਿਚਾਰੀ ॥੮॥

He alone understands, whom the True Lord causes to understand; what can the helpless creatures do? ॥8॥

ਸਲੋਕ ਮੋ ਤੱਂ ॥ (788)

salok mehlaa 3.

Shalok, Third Mehl:

ਕਾਮਣ ਤਉ ਸੀਗਾਰੁ ਕਿਰ ਜਾ ਪਿਹਾਣੁ ਕੰ ਤੁ ਮਾਣ ਾ ॥ (788)

O bride, decorate yourself, after you surrender and accept your Husband Lord.

ਕੀਆ ਤਉ ਪਵਾਣੁ ਹੈ ਜਾ ਸਹੁ ਧਰੇ ਪਵਾਰੁ ॥ (788)

Your ornaments will be acceptable and approved, only when your Husband Lord loves you.

ਬਧੁ ਮੇਤੇ ਬੋਤ ਦੇ ਬੁਲੁਸੀ ਉੱਧੁ ਬਿਕਾਸ ਮੀੜਾਉ ॥ (788)

So make the Fear of God your ornaments, joy your betel nuts to chew, and love your food.

ਬਰਹਮ ਤਘੋ ਤਾਵੇ ਭੀਤਰ ਭੋਜਨ ਦੋ ਭੋਜਨੁ ॥੧॥ (788)

Surrender your body and mind to your Husband Lord, and then, O Nanak, He will enjoy you. ॥1॥
Third Mehl:

ਸੇਜੈ ਕਾਤੁ ਨ ਆਇਓ ਏਵੈ ਭਇਆ ਵਿਕਾਰੁ ॥੨॥

sayjai kant na aa-i-o ayvai bha-i-aa vikaar. ||2||
But her Husband Lord does not come to her bed, and so these efforts are useless. ||2||

Third Mehl:

ਪਉੰਡੀ ॥

pa-orhee.
Pauree:

ਭੈ ਬਨੁ ਭਗਤ ਨ ਹੋਵਈ ਨਾਮ ਨ ਲਗੈ ਪਿਆਰੁ ॥

bhai bin bhagat na hova-ee naam na lagai pi-aar.
Without the Fear of God, there is no devotional worship, and no love for the Naam, the Name of the Lord.
Meeting with the True Guru, the Fear of God wells up, and one is embellished with the Fear and the Love of God.

When the body and mind are imbued with the Lord's Love, egotism and desire are conquered and subdued.

The mind and body become immaculately pure and very beautiful, when one meets the Lord, the Destroyer of ego.

Fear and love all belong to Him; He is the True Lord, permeating and pervading the Universe. ||9||

Praise the Lord, forever and ever; dedicate your body and mind to Him.

Through the Word of the Guru's Shabad, I have found the True, Profound and Unfathomable Lord.
The Lord, the jewel of jewels, is permeating my mind, body and heart.

The pains of birth and death are gone, and I shall never again be consigned to the cycle of reincarnation.

O Nanak, praise the Naam, the Name of the Lord, the ocean of excellence.

True is the Command He sends forth, and True are the Orders He issues.

Forever unmoving and unchanging, permeating and pervading everywhere, He is the All-knowing Primal Lord.

By Guru's Grace, serve Him, through the True Insignia of the Shabad.

That which He makes is perfect; through the Guru's Teachings, enjoy His Love.
अगम अगोचरु अलखु है गुरमुख है जानु ॥११॥
agn am agochar alakh hai gurmukh har jaan. ||11||
He is inaccessible, unfathomable and unseen; as Gurmukh, know the Lord. ||11||

Pauree:

Pauree:

अपे गुरम मन लाइदा जगु धंधै लाईआ ॥
aapay gurm man laa-i-idaa jag DhanDhai laa-i-aa.
He Himself issues His Commands, and links the people of the world to their tasks.

इक आपे ही आप लाइअनु गुर ते सुखु पाइआ ॥
ik aapay hee aap laa-i-an gur tay sukh paa-i-aa.
He Himself joins some to Himself, and through the Guru, they find peace.

दह दिस इहु मनु धावदा गुर ठाक रहाइआ ॥
dah dis ih man Dhaavdaa gur thaaak raha-i-aa.
The mind runs around in the ten directions; the Guru holds it still.

नावै नो सभ लोचदी गुरमती पाइआ ॥
navaai no sabh lochdee gurmatee paa-i-aa.
Everyone longs for the Name, but it is only found through the Guru's Teachings.

धुर लिखिआ मेट न सकीए जो हर लिखिआ पाइआ ॥१२॥
dhur likhi-aa mayt na sakai-ai jo har likh paa-i-aa. ||12||
Your pre-ordained destiny, written by the Lord in the very beginning, cannot be erased. ||12||

Pauree:

Pauree:
The True Lord Himself created the body-fortress.

Some are ruined through the love of duality, engrossed in egotism.

This human body is so difficult to obtain; the self-willed manmukhs suffer in pain.

He alone understands, whom the Lord Himself causes to understand; he is blessed by the True Guru.

He created the entire world for His play; He is pervading amongst all.

Attachment to Maya is totally false, and false are those who go that way.

Through egotism, the world is caught in conflict and strife, and it dies.
The Gurmukh is free of conflict and strife, and sees the One Lord, pervading everywhere.

Recognizing that the Supreme Soul is everywhere, he crosses over the terrifying world-ocean.

His light merges into the Light, and he is absorbed into the Lord's Name.

I am a beggar at Your Door, begging for charity; O Lord, please grant me Your Mercy, and give to me.

As Gurmukh, unite me, your humble servant, with You, that I may receive Your Name.

Then, the unstruck melody of the Shabad will vibrate and resound, and my light will blend with the Light.

Within my heart, I sing the Glorious Praises of the Lord, and celebrate the Word of the Lord's Shabad.
The Lord Himself is pervading and permeating the world; so fall in love with Him! ||15||

Pauree:

The minstrel continually sings the Glorious Praises of the Lord, to embellish his life.

The Gurmukh serves and praises the True Lord, enshrining Him within his heart.

He obtains his own home and mansion, by loving the Naam, the Name of the Lord.

As Gurmukh, I have obtained the Naam; I am a sacrifice to the Guru.

You Yourself embellish and adorn us, O Creator Lord. ||16||

Pauree:
जि प्रभु सालाहे आपणा सो सोभा पाए ॥ (791)
One who praises his God, receives honor.

हउमै विचहु दूरी करि सचु मंिन वसाए ॥ (791)
He drives out egotism from within himself, and enshrines the True Name within his mind.

Through the True Word of the Guru's Bani, he chants the Glorious Praises of the Lord, and finds true peace.

He is united with the Lord, after being separated for so long; the Guru, the Primal Being, unites him with the Lord.

In this way, his filthy mind is cleansed and purified, and he meditates on the Name of the Lord.

The Merciful Lord Himself forgives those who dwell upon the Word of the Guru, the True Guru.
ਅਨਿਦਨੁ ਸੇਵੀ ਗੁਣ ਰਵਾ ਮਨੁ ਸਚੈ ਰਚਨੀ || (791)

Night and day, I serve the True Lord, and chant His Glorious Praises; my mind merges into Him.

ਪਰ੍ਭੁ ਮੇਰਾ ਬੇਅੰਤੁ ਹੈ ਅੰਤੁ ਿਕਨੈ ਨਲਖਨੀ ॥ (791)

My God is infinite; no one knows His limit.

ਸਿਤਗੁਰ ਚਰਣੀ ਲਿਗਆ ਹਿਰ ਨਾਮੁ ਿਨਤ ਜਪਨੀ ॥ (791)

Grasping hold of the feet of the True Guru, meditate continually on the Lord's Name.

ਜੋ ਇਛੈ ਸਤ ਫਲੁ ਪਾਇਸੀ ਸਿਭਗਰਾਈ ਵਿਚ ਜਚਨੀ ॥੧੮॥ (791)

Thus you shall obtain the fruits of your desires, and all wishes shall be fulfilled within your home. ||18||

ਪਉੜੀ ॥ (791)

Praise the Name of the Lord, Har, Har, and practice truthful deeds.

ਦੂਜੀ ਕਾਰੈ ਲਿਗਆ ਿਫਿਰ ਜੋਨੀ ਪਾਵੈ ॥ (791)

Attached to other deeds, one is consigned to wander in reincarnation.

ਨਾਿਮ ਰਿਤਆ ਨਾਮੁ ਪਾਈਐ ਨਾਮੇ ਗੁਣ ਗਾਵै ॥ (791)

Attuned to the Name, one obtains the Name, and through the Name, sings the Lord's Praises.
गुर कै सबिद सलाहीऐ हिर नाम समावै ॥

Praising the Word of the Guru's Shabad, he merges in the Lord's Name.

सितगुर सेवा सफल है सेिवऐ फल पावै ॥१९॥

Service to the True Guru is fruitful and rewarding; serving Him, the fruits are obtained.

हउ िकआ सालाही िकरम जंत वडी तेरी विडआई ॥

I am a worm - how can I praise You, O Lord; Your glorious greatness is so great!

तू अगम दइआलु अगमु है आिप लैिह िमलाई ॥

You are inaccessible, merciful and unapproachable; You Yourself unite us with Yourself.

मै तुझ िबनु बेली को नही तू अंित सखाई ॥

I have no other friend except You; in the end, You alone will be my Companion and Support.

जो तेरी सरणागती ितन लैिह छडाई ॥

You save those who enter Your Sanctuary.

नानक वेपरवाहु है आप िमला िमला िमला ॥२०॥१॥

O Nanak, He is care-free; He has no greed at all.
Bilaaval, Third Mehl, First House:

One Universal Creator God. By The Grace Of The True Guru:

Cursed, cursed is the food; cursed, cursed is the sleep; cursed, cursed are the clothes worn on the body.

Cursed is the body, along with family and friends, when one does not find his Lord and Master in this life.

He misses the step of the ladder, and this opportunity will not come into his hands again; his life is wasted, uselessly.

The love of duality does not allow him to lovingly focus his attention on the Lord; he forgets the Feet of the Lord.

O Life of the World, O Great Giver, you eradicate the sorrows of your humble servants.
ਤੂ ਦਇਆਲੁ ਦਇਆਪਿਤ ਦਾਤਾ ਏਹ ਜੰਤ ਵਿਚਾਰੇ ॥ (796)

You are Merciful, O Great Giver of Mercy; what are these poor beings?

ਮੁਕਤ ਬੰਧ ਸਿਭ ਤੁਝ ਹੋਏ ਐਸਾ ਵਖਾਣੇ ॥ (796)

All are liberated or placed into bondage by You; this is all one can say.

ਗੁਰਮੁਕਾਦਾਗਤ ਤੋਂ ਮੁਕਤਾ ਹਿਰਨਾਲੇ ॥੨॥ (796)

One who becomes Gurmukh is said to be liberated, while the poor self-willed manmukhs are in bondage. ||2||

ਇਸ ਜਨੁ ਮੁਕਤੁ ਜਾਈ ਸੋਹੀਐ ਮਨਮੁਕਾਨ ਵਿਚਾਰੇ ॥ (796)

He alone is liberated, who lovingly focuses his attention on the One Lord, always dwelling with the Lord.

ਸਾਹਿਬਾਦਾਗਤ ਤੋਂ ਮੁਕਤਾ ਹਿਰਨਾਲੇ ॥੩॥ (797)

Those who wander around, deluded by doubt, are called manmukhs; they are neither on this side, nor on the other side. ||3||

ਹਿਰਨਾਲੇ ਸੋਹੀਐ ਮਨਮੁਕਾਨ ਸਮਾਲੇ ॥ (797)

That humble being, who is blessed by the Lord's Glance of Grace obtains Him, and contemplates the Word of the Guru's Shabad.

ਹਿਰਨਾਲੇ ਮਾਇਆ ਮਾਹੀ ਨਾ ਉਰਵਾਰਾਨ ਸਮਾਲੇ ॥ (797)

In the midst of Maya, the Lord's servant is emancipated.
नानक भागु होवै जिसु मसतिक कालिह मािर िबदारे ॥४॥१॥
O Nanak, one who has such destiny inscribed upon his forehead, conquers and destroys death. ||4||1||

Bilaaval, Third Mehl:

अतुलु िकउ तोिलआ जाइ ॥
How can the unweighable be weighed?

दूਜਾ होइ त सोझੀ पाइ ॥
If there is anyone else as great, then he alone could understand the Lord.

By Guru's Grace, He comes to dwell in the mind.

One comes to know Him, when duality departs. ||1||Pause||
He Himself is the Assayer, applying the touch-stone to test it.

He Himself analyzes the coin, and He Himself approves it as currency.

He Himself weights it perfectly.

He alone knows; He is the One and Only Lord.

All the forms of Maya emanate from Him.

He alone becomes pure and immaculate, who is united with the Lord.

He alone is attached, whom the Lord attaches.

All Truth is revealed to him, and then, he merges in the True Lord.
He Himself leads the mortals to focus on Him, and He Himself causes them to chase after Maya.

He Himself imparts understanding, and He reveals Himself.

He Himself is the True Guru, and He Himself is the Word of the Shabad.

My Lord and Master has made me His servant, and blessed me with His service; how can anyone argue about this?

Such is Your play, One and Only Lord; You are the One, contained among all.

When the True Guru is pleased and appeased, one is absorbed in the Lord's Name.
jis karam hovai so satgur paa-ay an-din laagai sahj Dhi-aanaa. ||1|| rahaa-o.
One who is blessed by the Lord’s Mercy, finds the True Guru; night and day, he automatically remains focused on the Lord's meditation. ||1||Pause||

ki-aa ko-ee tayree sayvaa karay ki-aa ko karay abhimaanaa. How can I serve You? How can I be proud of this?

jab apunee jot khincheh too su-aamee tab ko-ee kara-o dikhaa vakhi-aanaa. ||2|| When You withdraw Your Light, O Lord and Master, then who can speak and teach? ||2||

aapay gur chaylaa hai aapay aapay gunee niDhaanaa. You Yourself are the Guru, and You Yourself are the chaylaa, the humble disciple; You Yourself are the treasure of virtue.

ji-o aap chalaa-ay tivai ko-ee chaalai ji-o har bhaavai bhagvaanaa. ||3|| As You cause us to move, so do we move, according to the Pleasure of Your Will, O Lord God. ||3||

khat naanak too saachaa saahib ka-un jaanai tayray kaamaaN. Says Nanak, You are the True Lord and Master; who can know Your actions?

iknaa ghar meh day vadi-aa-ee ik bharam bhaveh abhimaanaa. ||4||3|| Some are blessed with glory in their own homes, while others wander in doubt and pride. ||4||3||

bilaaval mehlaa 3. Bilaaval, Third Mehl:
The perfect Lord has fashioned the Perfect Creation. Behold the Lord pervading everywhere.

In this play of the world, is the glorious greatness of the True Name. No one should take pride in himself. ||1||

One who accepts the wisdom of the True Guru's Teachings, is absorbed into the True Guru.

The Lord's Name abides deep within the nucleus of one who realizes the Bani of the Guru's Word within his soul. ||1||Pause||

Now, this is the essence of the teachings of the four ages: for the human race, the Name of the One Lord is the greatest treasure.

Celibacy, self-discipline and pilgrimages were the essence of Dharma in those past ages; but in this Dark Age of Kali Yuga, the Praise of the Lord's Name is the essence of Dharma. ||2||

Each and every age has its own essence of Dharma; study the Vedas and the Puraananas, and see this as true.
They are Gurmukh, who meditate on the Lord, Har, Har; in this world, they are perfect and approved. ||3||

Says Nanak, loving the True Lord, the mind's egotism and self-conceit is eradicated.

Those who speak and listen to the Lord's Name, all find peace. Those who believe in it, obtain the supreme treasure. ||4||4||

The Lord Himself attaches the Gurmukh to His Love; joyful melodies permeate his home, and he is embellished with the Word of the Guru's Shabad.

The women come and sing the songs of joy.

Meeting with their Beloved, lasting peace is obtained. ||1||
ਹਉ ਤਿਨ ਬਲਿਹਾਰੀ ਜਿਨਹ ਹਿਰ ਮੰਨ ਵਸਾਏ ॥ (798)
ha-o tin baliharaai jinH har man vasaa-ay.
I am a sacrifice to those, whose minds are filled with the Lord.

ਹਿਰ ਜਨ ਕਉ ਮਿਲਾਈ ਸੁਖ ਪਾਈਐ ਹਿਰ ਗੁਣ ਗਾਵੈ ਸਹਜ ਸੁਬਾਏ ॥੧॥ (798)
har jan ka-o mili-aa sukh paa-ee-ai har gun gaavai sahj subhaa-ay. ||1|| raha-o.
Meeting with the humble servant of the Lord, peace is obtained, and one intuitively sings the Glorious Praises of the Lord. ||1||Pause||

ਸਦਾ ਰੰਗ ਰਤੇ ਤੇਰੈ ਚਾਏ ॥ (798)
sadaa rang raatay tayrai chaa-ay.
They are always imbued with Your Joyful Love;

ਹਿਰ ਜੀਐ ਆਪ ਵਸੈ ਮਿਨ ਆਏ ॥ (798)
har jee-o aap vasai man aa-ay.
O Dear Lord, You Yourself come to dwell in their minds.

ਗੁਰਮੁਖ ਮੇਲੈ ਮੇਲ ਮਿਲਾਏ ॥੨॥ (798)
gurmukh maylai mayl milaa-ay. ||2||
The Gurmukhs are united in the Lord's Union. ||2||

ਗੁਰਮੁਖ ਰਤੇ ਸਬਦ ਰੰਗਾਏ ॥ (798)
gurmukh raatay sabad rangaa-ay.
The Gurmukhs are imbued with the love of the Word of the Shabad.

ਨਿਜ ਗ਼ਾਰ ਵਾਸਾ ਹਿਰ ਗਣ ਗਾਏ ॥ (798)
nij ghar vaasaa har gun gaa-ay.
They abide in the home of their own being, singing the Glorious Praises of the Lord.
They are dyed in the deep crimson color of the Lord's Love; they look so beautiful.

This dye never fades away; they are absorbed in the True Lord.

The Shabad deep within the nucleus of the self dispels the darkness of ignorance.

Meeting with my Friend, the True Guru, I have obtained spiritual wisdom.

Those who are attuned to the True Lord, do not have to enter the cycle of reincarnation again.

O Nanak, my Perfect Guru implants the Naam, the Name of the Lord, deep within.

From the Perfect Guru, I have obtained glorious greatness.
achint naam vasi-aa man aa-ee.
The Naam, the Name of the Lord, has spontaneously come to abide in my mind.

ha-umai maa-i-aa sabad jalaa-ee.
Through the Word of the Shabad, I have burnt away egotism and Maya.

dar saachai gur tay sobhaa paa-ee. ||1||
Through the Guru, I have obtained honor in the Court of the True Lord. ||1||

jagdees sayva-o mai avar na kaajaa.
I serve the Lord of the Universe; I have no other work to do.

an-din anad hovai man mayrai gurmukh maaga-o tayraa naam nivaajaa. ||1|| rahaa-o.
Night and day, my mind is in ecstasy; as Gurmukh, I beg for the bliss-giving Naam.
||1||Pause||

man kee partee man tay paa-ee.
From the mind itself, mental faith is obtained.

pooray gur tay sabad bujhaa-ee.
Through the Guru, I have realized the Shabad.

jeevan maran ko samsar vaykhai.
How rare is that person, who looks upon life and death alike.
ਬਹੁੜ ਨ ਮਰੈ ਨਾ ਜਮ ਪੈਖੀ ॥੨॥

She shall never die again, and shall not have to see the Messenger of Death. ||2||

ਪੁਰਤੜ ਜੁਗ ਮਹੀ ਬੇੜੀ ਕੀਤਾ ॥ (798)

Within the home of the self are all the millions of treasures.

ਧਰਮਤਾਲੀ ਦਿਖਾਏ ਨਾਧਰਾ ਅਧਿਬਾਤ ॥ (798)

The True Guru has revealed them, and my egotistical pride is gone.

ਸਦ ਹੀ ਲਾਗਾ ਸਹਜ਼ੀ ਦਿੱਖਾਏ ॥ (798)

I keep my meditation always focused on the Cosmic Lord.

ਅਨਦਿਤੂ ਗਾਵੈ ਏਕੋ ਨਾਮ ॥੩॥

Night and day, I sing the One Name. ||3||

ਦਿਸੂ ਤੁਂ ਮਹੀ ਬੇਡਾਈ ਪਾੜ਼ੀ ॥ (798)

I have obtained glorious greatness in this age,

ਪੂਰੇ ਗੁਰ ਤੇ ਨਾਮ ਸਿਬੈਈ ॥ (798)

from the Perfect Guru, meditating on the Naam.

ਜਹ ਦੇਖਾ ਤਹ ਰਹੀਅਲ ਸਮੈਈ ॥ (798)

Wherever I look, I see the Lord permeating and pervading.
ਸਦਾ ਸੁਖਦਾਤਾ ਕੀਮਤ ਨਹੀ ਪਾਈ ॥੪॥

He is forever the Giver of peace; His worth cannot be estimated. ||4||

ਪੂਰੈ ਭਾਿਗ ਗੁਰ ਪਾਇਆ ॥

By perfect destiny, I have found the Perfect Guru.

ਅੰਤਿਰ ਨਾਮੁ ਿਦਖਾਇਆ ॥

He has revealed to me the treasure of the Naam, deep within the nucleus of my self.

ਗੁਰ ਕਾ ਸਬਦੁ ਅਤੀ ਲਾਇਆ ॥

The Word of the Guru's Shabad is so very sweet.

ਨਾਨਕ ਤਰਿਸਨ ਬੁਜੀ ਤਨੋ ਸੁਖੁ ਪਾਇਆ ॥

O Nanak, my thirst is quenched, and my mind and body have found peace. ||5||6||4||6||10||

ਵਿਲਾਵਲੁ ਮਹਲਾ ੩ ਅਸਟਪਦੀ ਘਰੁ ੧੦

Bilaaval, Third Mehl, Ashtapadees, Tenth House:

ਇਕੋਕੈਰ ਸਤਗੁਰ ਪਰਸਾਦ ॥

One Universal Creator God. By The Grace Of The True Guru:

ਜਗੁ ਕਊ ਮੁਖ ਚੁੰਚ ਗੀ ਆਨੁ ॥

The world is like a crow; with its beak, it croaks spiritual wisdom.
antar lobh jhooth abhimaan.
But deep within there is greed, falsehood and pride.

Without the Name of the Lord, your thin outer covering shall wear off, you fool. ||1||

Serving the True Guru, the Naam shall dwell in your conscious mind.

Meeting with the Guru, the Name of the Lord comes to mind. Without the Name, other loves are false. ||1||Pause||

So that work, which the Guru tells you to do.

Contemplating the Word of the Shabad, you shall come to the home of celestial bliss.

Through the True Name, you shall obtain glorious greatness. ||2||

One who does not understand his own self, but still tries to instruct others,
man kaa anDhaa anDh kamaavai. is mentally blind, and acts in blindness.

dar ghar mahal tha-ur kaisay paavai. ||3||
How can he ever find a home and a place of rest, in the Mansion of the Lord's Presence? ||3||

har jee-o sayvee-ai antarjaamee. Serve the Dear Lord, the Inner-knower, the Searcher of hearts;

ghat ghat antar jis kee jot samaanee. deep within each and every heart, His Light is shining forth.
tis naal ki-aa chalai pehnaamee. ||4||
How can anyone hide anything from Him? ||4||

saachaa naam saachai sabad jaanai. The True Name is known through the True Word of the Shabad.
aapai aap milai chookai abhimaanai. The Lord Himself meets that one who eradicates egotistical pride.
gurmukh naam sadaa sadaa vakhaanai. ||5||
The Gurmukh chants the Naam, forever and ever. ||5||
Serving the True Guru, duality and evil-mindedness are taken away.

Guilty mistakes are erased, and the sinful intellect is cleansed.

One's body sparkles like gold, and one's light merges into the Light.

Meeting with the True Guru, one is blessed with glorious greatness.

Pain is taken away, and the Naam comes to dwell within the heart.

Imbued with the Naam, one finds eternal peace.

Obeying the Gur's instructions, one's actions are purified.

Obeying the Guru's Instructions, one finds the state of salvation.
O Nanak, those who follow the Guru's Teachings are saved, along with their families.

Bilaaval, Third Mehl, The Seven Days, Tenth House:

Sunday: He, the Lord, is the Primal Being.

Through and through, He is woven into the fabric of the world.

Imbued with the Naam, the Name of the Lord, one is forever in peace.
But how rare is the one, who, as Gurmukh, understands this. ||1||

Within my heart, I chant the Chant of the Lord, the treasure of virtue.

The Lord, my Lord and Master, is inaccessible, unfathomable and unlimited. Grasping the feet of the Lord's humble servants, I meditate on Him, and become the slave of His slaves. ||1||Pause||

Monday: The True Lord is permeating and pervading.

His value cannot be described.

Devotion falls into the laps of those whom He so blesses.

He is inaccessible and unfathomable; He cannot be seen.
Through the Word of the Guru's Shabad, the Lord is seen to be permeating and pervading everywhere. ||2||

Tuesday: The Lord created love and attachment to Maya.

He Himself has enjoined each and every being to their tasks.

He alone understands, whom the Lord causes to understand.

Through the Word of the Guru's Shabad, one understands his heart and home.

He worships the Lord in loving devotion.

His egotism and self-conceit are burnt away by the Shabad.

Wednesday: He Himself bestows sublime understanding.
The Gurmukh does good deeds, and contemplates the Word of the Shabad.

Imbued with the Naam, the Name of the Lord, the mind become pure and immaculate.

He sings the Glorious Glorious Praises of the Lord, and washes off the filth of egotism.

In the Court of the True Lord, he obtains lasting glory.

Imbued with the Naam, he is embellished with the Word of the Guru's Shabad.

The profit of the Naam is obtained through the Door of the Guru.

The Great Giver Himself gives it.

I am a sacrifice to the One who gives it.
By Guru's Grace, self-conceit is eradicated.

O Nanak, enshrine the Naam within your heart.

Thursday: The fifty-two warriors were deluded by doubt.

All the goblins and demons are attached to duality.

God Himself created them, and sees each one distinct.

O Creator Lord, You are the Support of all.

The beings and creatures are under Your protection.
ਹੀ ਸੋ ਔਹਨਾ ਜਾਂ ਹੀ ਸੋ ਸੁਰੂ ਕਰੀਤਾ ਮਾਨਣੀ ||੬੬੦॥
||6|
He alone meets You, whom You Yourself meet. ||6||

ਸੁਕਰਵਾਹਰ ਪਰਭੂ ਰਹੈ ਸਮਾਈ ॥
sukarvaar parabh rahi-aa samaa-ee.
Friday: God is permeating and pervading everywhere.

ਆਪੁ ਉਪਾਈ ਸੰ ਕੀਮਤ ਪਾਈ ॥
aap upaa-ay sabh keemat paa-ee.
He Himself created all, and appraises the value of all.

ਗੁਰਮੁਖ ਹੋਵੈ ਸੁ ਕਰੈ ਬੀਚਾਰੁ ॥
gurmukh hovai so karai beechaar.
One who become Gurmukh, contemplates the Lord.

ਸਚੁ ਸ਼ੰਜਮੁ ਕਰਣੀ ਹੈ ਕਾਰ ॥
sach sanjam karnee hai kaar.
He practices truth and self-restraint.

ਵਰਤੁ ਨੇਮੁ ਨਿਤਾਪਰ੍ਤੀ ਪੂਜਾ ॥
varat naym nitaaparat poojaa.
All fasts, religious rituals and daily worship services,

ਵਿਨੁ ਬੂਜ਼ੇ ਸਰੁ ਭਾਉ ਹੈ ਦੂਜਾ ॥੭੦॥
vinu boojhay sabh bhaa-o hai doojaa. ||7||
without genuine understanding lead only to the love of duality. ||7||

ਛਨਿਚਹਰਾਵਰ ਸਰਨਣ ਸਾਸਤ ਬੀਚਾਰੁ ॥
chhanichharvaar sa-un saasat beechaar.
Saturday: Contemplating good omens and the Shaastras,
हउमै मेरा भरमै संसारु ॥ (841)

manmukh anDhaa doojai bhaa-ay.
The blind, self-willed manmukh in engrossed in the love of duality.

मनमुखु अंधा दूजै भाई ॥ (841)

jam dar baaDhaa chootaa khaa-ay.
Bound and gagged at death's door, he is beaten and punished.

ਸਚੁ ਕਰਣੀ ਸਾਇਚ ਿਲਵ ਲਾਏ ॥੮॥ (841)

sach karnee saach liv laa-ay. ||8||
He practices Truth, and lovingly focuses on the Truth. ||8||

ਸਿਤਗੁਰੁ ਸੇਵਿਹ ਸੇ ਵਡਭਾਗੀ ॥ (841)

satgur sayveh say vadbhaagee.
Those who serve the True Guru are very fortunate.

ਤੇਰੈ ਰੰਗ ਰਾਤੇ ਸਹਿਜ ਸੁਭਾਇ ॥ (841)

tayrai rang raatay sahj subhaa-ay.
They are automatically imbued with Your Love, O Lord.
ਤੂ ਸੁਖਦਾਤਾ ਲੈਇਹ ਿਮਲਾਇ ॥

too sukh-daata laihi milaa-ay.  
You are the Giver of peace; You merge them into Yourself.

ਏਕਸ ਤੇ ਦੂਜਾ ਨਾਹੀ ਕੋਇ ॥

aykas tay doojaa naahee ko-ay.  
Everything comes from the One and only Lord; there is no other at all.

ਗੁਰਮੁਿਖ ਬੂਜੈ ਸੋਜੀ ਹੋਇ ॥੯॥

gurmukh boojhai sojhee ho-ay. ||9||  
The Gurmukh realizes this, and understands. ||9||

ਪੰਦਰ੍ਹ ਿਥਤਾਂ ਤੈ ਸਤ ਵਾਰ ॥

pandreh thiteeN tai sat vaar.  
The fifteen lunar days, the seven days of the week,

ਮਾਹਾ ਰੁਤੀ ਆਵਿਹ ਵਾਰ ਵਾਰ ॥

maahaa rutee aavahi vaar vaar.  
the months, seasons, days and nights, come over and over again;

ਿਦਨਸੁ ਰੈਣ ਿਤਵੈ ਸੰਸਾਰੁ ॥

dinas rain tivai sansaar.  
so the world goes on.

ਆਵਾ ਗਉਣੁ ਕੀਆ ਕਰਤਾਿਰ ॥

aavaa ga-on kee-aa kartaar.  
Coming and going were created by the Creator Lord.

ਿਨਹਚਲੁ ਸਾਚੁ ਰਿਹਆ ਕਲ ਧਾਿਰ ॥

nihchal saach rahi-aa kal Dhaar.  
The True Lord remains steady and stable, by His almighty power.
O Nanak, how rare is that Gurmukh who understands, and contemplates the Naam, the Name of the Lord.

The Primal Lord Himself formed the Universe.

The beings and creatures are engrossed in emotional attachment to Maya.

In the love of duality, they are attached to the illusory material world.

The unfortunate ones die, and continue to come and go.

Meeting with the True Guru, understanding is obtained.

Then, the illusion of the material world is shattered, and one merges in Truth.
One who has such pre-ordained destiny inscribed upon his forehead -

the One God abides within his mind. ||1||Pause||

He created the Universe, and He Himself beholds all.

No one can erase Your record, Lord.

If someone calls himself a Siddha or a seeker,

he is deluded by doubt, and will continue coming and going.

That humble being alone understands, who serves the True Guru.

Conquering his ego, he finds the Lord's Door. ||2||
aykas tay sabh doojaa hoo-aa.
From the One Lord, all others were formed.

ayko vartai avar na bee-aa.
The One Lord is pervading everywhere; there is no other at all.

doojay tay jay ayko jaanai.
Renouncing duality, one comes to know the One Lord.

gur kai sabad har dar neesaanai.
Through the Word of the Guru's Shabad, one knows the Lord's Door, and His Banner.

satgur bhaytay taa ayko paa-ay.
Meeting the True Guru, one finds the One Lord.

vichahu doojaa thaak rahaay. ||3||
Duality is subdued within. ||3||

jis daa saahib daadhaa ho-ay.
One who belongs to the All-powerful Lord and Master -

tis no maar na saakai ko-ay.
no one can destroy him.
saahib kee sayvak rahai sarna-ee.
The Lord's servant remains under His protection;

aapay bakhay day vadi-aa-ee.
The Lord Himself forgives him, and blesses him with glorious greatness.

tis tay oopar naahee ko-ay.
There is none higher than Him.

ka-un darai dar kis kaa ho-ay. ||4||
Why should he be afraid? What should he ever fear? ||4||
gurmatee saaNt vasai sareer.
Through the Guru's Teachings, peace and tranquility abide within the body.
sabad cheeneh fir lagai na peer.
Remember the Word of the Shabad, and you shall never suffer pain.
aavai na jaa-ay naa dukh paa-ay.
You shall not have to come or go, or suffer in sorrow.

naamay raatay sahj samaa-ay.
Imbued with the Naam, the Name of the Lord, you shall merge in celestial peace.
O Nanak, the Gurmukh beholds Him ever-present, close at hand.

My God is always fully pervading everywhere.

Some are selfless servants, while others wander, deluded by doubt.

The Lord Himself does, and causes everything to be done.

The One Lord is all-pervading; there is no other at all.

The mortal might complain, if there were any other.

Serve the True Guru; this is the most excellent action.

In the Court of the True Lord, you shall be judged true.
All the lunar days, and the days of the week are beautiful, when one contemplates the Shabad.

If one serves the True Guru, he obtains the fruits of his rewards.

The omens and days all come and go.

But the Word of the Guru's Shabad is eternal and unchanging. Through it, one merges in the True Lord.

The days are auspicious, when one is imbued with Truth.

Without the Name, all the false ones wander deluded.

The self-willed manmukhs die, and dead, they fall into the most evil state.

They do not remember the One Lord; they are deluded by duality.
The human body is unconscious, ignorant and blind.

Without the Word of the Shabad, how can anyone cross over?

The Creator Himself creates.

He Himself contemplates the Guru's Word.

The religious fanatics wear all sorts of religious robes.

They roll around and wander around, like the false dice on the board.

They find no peace, here or hereafter.

The self-willed manmukhs waste away their lives, and die.
Serving the True Guru, doubt is driven away.

Deep within the home of the heart, one finds the Mansion of the True Lord's Presence.

Whatever the Perfect Lord does, that alone happens.

Concern with these omens and days leads only to duality.

Without the True Guru, there is only pitch darkness.

Only idiots and fools worry about these omens and days.

O Nanak, the Gurmukh obtains understanding and realization;

he remains forever merged in the Name of the One Lord.
Third Mehl:

Be happy and sing in Bilaaval, when the Naam, the Name of the Lord, is in your mouth.

The melody and music, and the Word of the Shabad are beautiful, when one focuses his meditation on the celestial Lord.

So leave behind the melody and music, and serve the Lord; then, you shall obtain honor in the Court of the Lord.

O Nanak, as Gurmukh, contemplate God, and rid your mind of egotistical pride.

In the love of duality, the happiness of Bilaaval does not come; the self-willed manmukh finds no place of rest.

Through hypocrisy, devotional worship does not come, and the Supreme Lord God is not found.
मनहिठ करम कमावणे थाई न कोई पाइ ॥ (849)
manhath karam kamaavnay thaa-ay na ko-ee paa-ay.
By stubborn-mindedly performing religious rituals, no one obtains the approval of the Lord.

नानक गुरमुिख आपु बीचारीऐ विचहु आपु गवाइ ॥ (849)
naanak gurmukh aap beechaaree-ai vichahu aap gavaa-ay.
O Nanak, the Gurmukh understands himself, and eradicates self-conceit from within.

आपे आिप पारबर्हु है पारबर्हु विसआ मिन आइ ॥ (849)
aapay aap paarbarahm hai paarbarahm vasi-aa man aa-ay.
He Himself is the Supreme Lord God; the Supreme Lord God comes to dwell in his mind.

जमणु मरणा किटआ जोती जोित िमलाइ ॥१॥ (849)
jaman marnaa kati-aa jotee jot milaa-ay. ||1||
Birth and death are erased, and his light blends with the Light. ||1||

मः ३ ॥ (849)
mehlaa 3.
Third Mehl:

बिलावल अनंदु है जे चलिह सितगुर भाइ ॥ (849)
bilaaval anand hai jay chaleh satgur bhaa-ay.
You shall be blissful forever in Bilaaval, if you walk in harmony with the Will of the True Guru.
Sitting in the Saints' Congregation, sing with love the Glorious Praises of the Lord forever.

O Nanak, beautiful are those humble beings, who, as Gurmukh, are united in the Lord's Union.

He alone knows God, and he alone is a Brahmin, who walks in harmony with the Will of the True Guru.

One whose heart is filled with the Lord, is freed of egotism and disease.

He chants the Lord's Praises, gathers virtue, and his light merges into the Light.

How rare are those Brahmins who, in this age, come to know God, by lovingly focusing their consciousness on Him.

O Nanak, those who are blessed by the Lord's Glance of Grace, remain lovingly attuned to the Name of the True Lord.
Mehl 3

Mehl 3

Shalok, Third Mehl:

ਸਿਤਗੁਰ ਤੇ ਖਾਲੀ ਕੋ ਨਹੀ ਮੇਰੈ ਪਰ੍ਿਭ ਮੇਿਲ ਿਮਲਾਏ ॥ (850)

satgur tay khaalee ko nahee mayrai parabh mayl milaa-ay.

No one goes away empty-handed from the True Guru; He unites me in Union with my God.
Fruitful is the Blessed Vision of the Darshan of the True Guru; through it, one obtains whatever fruitful rewards he desires.

The Word of the Guru's Shabad is Ambrosial Nectar. It banishes all hunger and thirst.

Drinking in the sublime essence of the Lord brings contentment; the True Lord comes to dwell in the mind.

Meditating on the True Lord, the status of immortality is obtained; the Unstruck Word of the Shabad vibrates and resounds.

The True Lord is pervading in the ten directions; through the Guru, this is intuitively known.

O Nanak, those humble beings who have the Truth deep within, are never hidden, even if others try to hide them. ||1||

Third Mehl:
Serving the Guru, one finds the Lord, when the Lord blesses him with His Glance of Grace.

Human beings become angels, when the Lord blesses them with true devotional worship.

Conquering egotism, they are blended with the Lord; through the Word of the Guru's Shabad, they are purified.

O Nanak, they remain merged with the Lord; they are blessed with the glorious greatness of the Naam. ||2||

Cursed are the hopes in the love of duality; they tie the consciousness to love and attachment to Maya.

One who forsakes the peace of the Lord in exchange for straw, and forgets the Naam, suffers in pain.
ਮਨਮੁਖ ਅਿਗਆਨੀ ਅੰਧੁਲੇ ਜਨਿਮ ਮਰਿਹ ਿਫਿਰ ਆਵੈ ਜਾਏ ॥ (851)  
The ignorant self-willed manmukhs are blind. They are born, only to die again, and continue coming and going.

ਕਾਰਜ ਿਸਿਧ ਨ ਹੋਵਨੀ ਅੂਤਗ ਗਇਆ ਪਛੁਤਾਏ ॥ (851)  
Their affairs are not resolved, and in the end, they depart, regretting and repenting.

ਿਜਸੁ ਕਰਮੁ ਹੋਵੈ ਿਤਸੁ ਸਿਤਗੁਰੁ ਿਮਲੈ ਸੋ ਹਿਰ ਹਿਰ ਨਾਮੁ ਿਧਆਏ ॥ (851)  
One who is blessed with the Lord's Grace, meets the True Guru; he alone meditates on the Name of the Lord, Har, Har.

ਨਾਿਮ ਰਤੇ ਜਨ ਸਦਾ ਸੁਖੁ ਪਾਇਨ ਜਨ ਨਾਨਕ ਿਤਨ ਬਿਲ ਜਾਏ ॥੧॥ (851)  
Imbued with the Naam, the humble servants of the Lord find a lasting peace; servant Nanak is a sacrifice to them. ||1||

ਮਹਿੜਾ 3. || (851)  
Third Mehl:

ਆਸਾ ਮਨਸਾ ਜਿਗ ਮੋਹਣੀ ਿਜਿਨ ਮੋਿਹਾ ਸੰਸਾਰੁ ॥ (851)  
Hope and desire entice the world; they entice the whole universe.

ਸਭੁ ਕੋ ਜਮ ਕੇ ਚੀਰੇ ਿਵਿਚ ਹੈ ਜੇਤਾ ਸਭੁ ਆਕਾਰੁ ॥ (851)  
Everyone, and all that has been created, is under the domination of Death.

ਹੁਕਮੀ ਹੀ ਜਮੁ ਲਗਦਾ ਸੋ ਉਬਰੈ ਜੀਸੁ ਬਖਸੈ ਕਰਤਾਰੁ ॥ (851)  
By the Hukam of the Lord's Command, Death seizes the mortal; he alone is saved, whom the Creator Lord forgives.
O Nanak, by Guru's Grace, this mortal swims across, if he abandons his ego.

Conquer hope and desire, and remain unattached; contemplate the Word of the Guru's Shabad.

By perfect destiny, one finds the True Guru, if the Lord God grants forgiveness.

Of all efforts, the best effort is to attain the Lord's Name.

Then, one eats and wears the Ambrosial Nectar; O Nanak, through the Name, comes glorious greatness.

Third Mehl:
ਏ ਮਨ ਗੁਰ ਕੀ ਸਿੱਖ ਸੁਣੀ ਪਾਈ ਗੁਣੀ ਨਿਧਾਨੁ ॥ (851)
ay man gur kee sikh sun paa-ihi gunee niDhaan.
O mind, listening to the Guru's Teachings, you shall obtain the treasure of virtue.

ਸੁਖਦਾਤਾ ਤੇਰੈ ਮਨ ਹੁਣ ਜਾਈ ਅਕਿਦਾਨੁ ॥ (851)
sukh-daata tayrai man vasai ha-umai jaa-ay abhimaan.
The Giver of peace shall dwell in your mind; you shall be rid of egotism and pride.

ਨਾਨਕ ਨੋਦੀ ਪ੍ਰਭੀਐ ਅਮਰੁ ਗੁਣੀ ਨਿਧਾਨੁ ॥ (851)
naanak nadree paa-ee-ai amrit gunee niDhaan. ||2||
O Nanak, by His Grace, one is blessed with the Ambrosial Nectar of the treasure of virtue. ||2||

ਅੰਦਰੀ ਕਪੁ ਸਦਾ ਦੁਖੁ ਹੈ ਮਨਮੁਖ ਿਧਾਨੁ ਨ ਲਾਗੈ ॥ (851)
andar kapat sadaa dukh hai manmukh Dhi-aan na laagai.
Fraud and hypocrisy within bring constant pain; the self-willed manmukh does not practice meditation.

ਦੁਖ ਵਿਚ ਕਾਰ ਕਮਾਵਣੀ ਦੁਖੁ ਵਰਤੈ ਦੁਖੁ ਆਗੈ ॥ (851)
dukh vich kaar kamaavnee dukh vartai dukh aagai.
Suffering in pain, he does his deeds; he is immersed in pain, and he shall suffer in pain hereafter.

ਕਰਮੀ ਸਤਗੁਰੁ ਭੇਟੀਐ ਤਾ ਸਚ ਨਾਂ ਿਲਵ ਲਾਗੈ ॥ (851)
karmee satgur bhaytee-ai taa sach naam liv laagai.
By his karma, he meets the True Guru, and then, he is lovingly attuned to the True Name.

ਨਾਨਕ ਸਹਜੇ ਸੁਖੁ ਹੋਇ ਅੰਦਰਹਿ ਕਬੁ ਬਹਾਗੈ ॥ (851)
naanak sehjay sukh ho-ay andrahu bharam bha-o bhaagai. ||1||
O Nanak, he is naturally at peace; doubt and fear run away and leave him. ||1||
Third Mehl:

The Gurmukh is in love with the Lord forever. The Name of the Lord is pleasing to his mind.

The Gurmukh beholds and speaks the Naam, the Name of the Lord; chanting the Naam, he finds peace.

O Nanak, the spiritual wisdom of the Gurmukh shines forth; the black darkness of ignorance is dispelled.

The filthy, foolish, self-willed manmukhs die.

The Gurmukhs are immaculate and pure; they keep the Lord enshrined within their hearts.

Prays Nanak, listen, O Siblings of Destiny!
Serve the True Guru, and the filth of your ego shall be gone.

Deep within, the pain of skepticism afflicts them; their heads are constantly assaulted by worldly entanglements.

Asleep in the love of duality, they never wake up; they are attached to the love of Maya.

They do not remember the Name, and they do not contemplate the Word of the Shabad; this is the view of the self-willed manmukhs.

They do not love the Lord's Name, and they lose their life uselessly. O Nanak, the Messenger of Death attacks them, and humiliates them.

In this age, the devotee earns the wealth of the Lord; all the rest of the world wanders deluded in doubt.
By Guru's Grace, the Naam, the Name of the Lord, comes to dwell in his mind; night and day, he meditates on the Naam.

In the midst of corruption, he remains detached; through the Word of the Shabad, he burns away his ego.

He crosses over, and saves his relatives as well; blessed is the mother who gave birth to him.

Peace and poise fill his mind forever, and he embraces love for the True Lord.

Brahma, Vishnu and Shiva wander in the three qualities, while their egotism and desire increase.

The Pandits, the religious scholars and the silent sages read and debate in confusion; their consciousness is centered on the love of duality.

The Yogis, wandering pilgrims and Sanyasees are deluded; without the Guru, they do not find the essence of reality.
The miserable self-willed manmukhs are forever deluded by doubt; they waste away their lives uselessly.

O Nanak, those who are imbued with the Naam are balanced and poised; forgiving them, the Lord blends them with Himself. ||1||

O Nanak, praise Him, who has control over everything.

Remember Him, O mortals - without Him, there is no other at all.

He dwells deep within those who are Gurmukh; forever and ever, they are at peace. ||2||

The Gurmukh does not have an iota of skepticism or doubt; worries depart from within him.
Whatever he does, he does with grace and poise. Nothing else can be said about him.

O Nanak, the Lord Himself hears the speech of those whom He makes His own.

He conquers death, and subdues the desires of his mind; the Immaculate Name abides deep within him.

Night and day, he remains awake and aware; he never sleeps, and he intuitively drinks in the Ambrosial Nectar.

His speech is sweet, and his words are nectar; night and day, he sings the Glorious Praises of the Lord.

He dwells in the home of his own self, and appears beautiful forever; meeting him, Nanak finds peace.
The world is going up in flames - shower it with Your Mercy, and save it!

Save it, and deliver it, by whatever method it takes.

The True Guru has shown the way to peace, contemplating the True Word of the Shabad.

Nanak knows no other than the Lord, the Forgiving Lord. ||1||

Third Mehl:

Through egotism, fascination with Maya has trapped them in duality.

It cannot be killed, it does not die, and it cannot be sold in a store.

Through the Word of the Guru's Shabad, it is burnt away, and then it departs from within.
The body and mind become pure, and the Naam, the Name of the Lord, comes to dwell within the mind.

O Nanak, the Shabad is the killer of Maya; the Gurmukh obtains it. ||2||

Those who forget the Naam, the Name of the Lord, are said to be false.

The faithless cynics are defrauded by their own evil-mindedness; they do not know the sublime essence of the Lord.

They make friends with the wicked, and argue with the humble servants of the Lord.
O Nanak, the faithless cynics are bound and gagged by the Messenger of Death, and suffer agony in hell.

They act according to the karma of the actions they committed before; as the Lord keeps them, so do they live. ||1||

Those who serve the True Guru, are transformed from powerless into powerful.

With every breath and morsel of food, the Lord abides in their minds forever, and the Messenger of Death cannot even see them.

The Name of the Lord, Har, Har, fills their hearts, and Maya is their servant.

One who becomes the slave of the Lord's slaves, obtains the greatest treasure.

O Nanak, I am forever a sacrifice to that one, within whose mind and body God dwells.
One who has such pre-ordained destiny, he alone is in love with the humble Saints. ||2||

He does not understand himself; he believes the Lord God to be far away.

He forgets to serve the Guru; how can his mind remain in the Lord's Presence?

The self-willed manmukh wastes away his life in worthless greed and falsehood.

O Nanak, the Lord forgives, and blends them with Himself; through the True Word of the Shabad, He is ever-present. ||1||

True is the Praise of the Lord God; the Gurmukh chants the Name of the Lord of the Universe.
Praising the Naam night and day, and meditating on the Lord, the mind becomes blissful.

By great good fortune, I have found the Lord, the perfect embodiment of supreme bliss.

Servant Nanak praises the Naam; his mind and body shall never again be shattered.

In the Golden Age of Sat Yuga, everyone spoke the Truth.

In each and every home, devotional worship was performed by the people, according to the Guru’s Teachings.

In that Golden Age, Dharma had four feet.
How rare are those people who, as Gurmukh, contemplate this and understand. ||1||

In all four ages, the Naam, the Name of the Lord, is glory and greatness.

One who holds tight to the Naam is liberated; without the Guru, no one obtains the Naam. ||1|| Pause||

In the Silver Age of Traytaa Yuga, one leg was removed.

Hypocrisy became prevalent, and people thought that the Lord was far away.

The Gurmukhs still understood and realized;

the Naam abided deep within them, and they were at peace. ||2||

In the Brass Age of Dwaapur Yuga, duality and double-mindedness arose.
Deluded by doubt, they knew duality.

In this Brass Age, Dharma was left with only two feet.

Those who became Gurmukh implanted the Naam deep within.

In the Iron Age of Kali Yuga, Dharma was left with only one power.

It walks on just one foot; love and emotional attachment to Maya have increased.

Love and emotional attachment to Maya bring total darkness.

If someone meets the True Guru, he is saved, through the Naam, the Name of the Lord.

Throughout the ages, there is only the One True Lord.
ਸਭ ਮਹਿ ਸਾਚੁ ਦੂਜਾ ਨਹੀ ਕੋਈ ॥ (880)
sabh meh sach doojaa nahee ko-ee.
Among all, is the True Lord; there is no other at all.

ਸਾਚੀ ਕੀਰਤ ਸਾਚੁ ਸੁਖੁ ਹੋਈ ॥ (880)
saachee keerat sach sukh ho-ee.
Praising the True Lord, true peace is attained.

ਸਭ ਜੂਗ ਮਹਿ ਨਾਮੁ ਊਤਮੁ ਹੋਈ ॥ (880)
sabh jug meh naam ootam ho-ee.
Throughout all the ages, the Naam is the ultimate, the most sublime.

ਰਾਮਕਲੀ ਮਹਲਾ ਡ੍ਰੋਜੀ-ਪਦੀਆ (908)
raamkalee mehlaa 3 asatpadee-aa
Raamkalee, Third Mehl, Ashtapadees:
One Universal Creator God. By The Grace Of The True Guru:

Make humility your earrings, Yogi, and compassion your patched coat.

Let coming and going be the ashes you apply to your body, Yogi, and then you shall conquer the three worlds.

Play that harp, Yogi, which vibrates the unstruck sound current, and remain lovingly absorbed in the Lord.

Make truth and contentment your plate and pouch, Yogi; take the Ambrosial Naam as your food.

Make meditation your walking stick, Yogi, and make higher consciousness the horn you blow.
Make your stable mind the Yogic posture you sit in, Yogi, and then you shall be rid of your tormenting desires.

Go begging in the village of the body, Yogi, and then, you shall obtain the Naam in your lap.

This harp does not center you in meditation, Yogi, nor does it bring the True Name into your lap.

This harp does not bring you peace, Yogi, nor eliminate egotism from within you.

Make the Fear of God, and the Love of God, the two gourds of your lute, Yogi, and make this body its neck.

Become Gurmukh, and then vibrate the strings; in this way, your desires shall depart.

One who understands the Hukam of the Lord's Command is called a Yogi; he links his consciousness to the One Lord.
His cynicism is dispelled, and he becomes immaculately pure; this is how he finds the Way of Yoga. ||6||

Everything that comes into view shall be destroyed; focus your consciousness on the Lord. ||7||

The Name of the Lord, Har, Har, is within the household of the body. By Guru’s Grace, you shall find your Lord God. ||8||

This world is a puppet of clay, Yogi; the terrible disease, the desire for Maya is in it. ||9||

Making all sorts of efforts, and wearing religious robes, Yogi, this disease cannot be cured. ||9||

The Name of the Lord is the medicine, Yogi; the Lord enshrines it in the mind.
ਗੁਰਮੁਖ ਹੋਵੈ ਸੋੈ ਬੂਜਤ ਜੋਗ ਜੁਗੀਤ ਸੋ ਪਾੈ ॥੧੦॥

One who becomes Gurmukh understands this; he alone finds the Way of Yoga. ||10||

ਰਾਮਕਲੀ ਮਹਲਾ ੩ ॥

Raamkalee, Third Mehl:

**Bhagat Khajaaa Gurmukh**

The treasure of devotional worship is revealed to the Gurmukh; the True Guru has inspired me to understand this understanding. ||1||

**ਸੰਤਹੁ ਗੁਰਮੁਖ ਦੇਇ ਵਿਡਆਈ ॥੧॥ ਰਹਾਉ ॥**

O Saints, the Gurmukh is blessed with glorious greatness. ||1||Pause||
ਪ੍ਰਸ਼ਟਾਵ

ਸਚਾ ਸਬਦੁ ਰਵਾਂ ਘੱਟ ਅੰਤਰੀ ਸੰਤ ਸੰਗਿਤ ਮਿਹ ਨਾਮੁ ਨਿਰਮੋਲਕੁ ਵਡੈ ਭਾਿਗ ਪਾਇਆ ਜਾਈ ॥੭॥

The Priceless Naam is in the Society of the Saints; by great good fortune, it is obtained.

||7||

ਭਰਤੀ ਦੀ ਧੁਲਾ ਮੋਹਿਤ ਮੇਂ ਭੁਗਤ ਵਿੱਚਾਰ ਤਿੱਥ ਖ਼ੁਦੀ ॥੮॥

Do not be deluded by doubt; serve the True Guru, and keep your mind steady in one place.

||8||
Without the Name, everyone wanders around in confusion; they waste away their lives in vain. ||9||

Yogi, you have lost the Way; you wander around confused. Through hypocrisy, Yoga is not attained. ||10||

Sitting in Yogic postures in the City of God, through the Word of the Guru's Shabad, you shall find Yoga. ||11||

Restrain your restless wanderings through the Shabad, and the Naam will come to dwell in your mind. ||12||

This body is a pool, O Saints; bathe in it, and enshrine love for the Lord. ||13||

Those who cleanse themselves through the Naam, are the most immaculate people; through the Shabad, they wash off their filth. ||14||

Trapped by the three qualities, the unconscious person does not think of the Naam; without the Name, he wastes away. ||15||
The three forms of Brahma, Vishnu and Shiva are trapped in the three qualities, lost in confusion.

By Guru's Grace, this triad is eradicated, and one is lovingly absorbed in the fourth state.

The Pandits, the religious scholars, read, study and discuss the arguments; they do not understand.

Engrossed in corruption, they wander in confusion; who can they possibly instruct, O Siblings of Destiny?

The Bani, the Word of the humble devotee is the most sublime and exalted; it prevails throughout the ages.

One who is committed to this Bani is emancipated, and through the Shabad, merges in Truth.

One who searches the village of the body, through the Shabad, obtains the nine treasures of the Naam.
Conquering desire, the mind is absorbed in intuitive ease, and then one chants the Lord's Praises without speaking. ||23||

Let your eyes gaze upon the Wondrous Lord; let your consciousness be attached to the Unseen Lord. ||24||

The Unseen Lord is forever absolute and immaculate; one's light merges into the Light. ||25||

I praise my Guru forever, who has inspired me to understand this true understanding. ||26||

Nanak offers this one prayer: through the Name, may I find salvation and honor. ||27||2||11||

It is so hard to obtain that devotional worship of the Lord, O Saints. It cannot be described at all. ||1||
O Saints, as Gurmukh, find the Perfect Lord,

and worship the Naam, the Name of the Lord.

Without the Lord, everything is filthy, O Saints; what offering should I place before Him?

Whatever pleases the True Lord is devotional worship; His Will abides in the mind.

Everyone worships Him, O Saints, but the self-willed manmukh is not accepted or approved.

If someone dies in the Word of the Shabad, his mind become immaculate, O Saints; such worship is accepted and approved.

There is no worship of the Lord, other than the Name; the world wanders, deluded by doubt.
The Gurmukh understands his own self, O Saints; he lovingly centers his mind on the Lord's Name. ||8||

The Immaculate Lord Himself inspires worship of Him; through the Word of the Guru's Shabad, it is accepted and approved. ||9||

Those who worship Him, but do not know the Way, are polluted with the love of duality. ||10||

One who accepts the Lord's Will obtains total peace, O Saints; in the end, the Naam will be our help and support. ||12||

The Messenger of Death does not give up on those who practices hypocrisy; they are dragged away in disgrace. ||14||
Those who have the Shabad deep within, understand themselves; they find the way of salvation. ||15||

Their minds enter into the deepest state of Samaadhi, and their light is absorbed into the Light. ||16||

The Gurmukhs listen constantly to the Naam, and chant it in the True Congregation. ||17||

The Gurmukhs sing the Lord's Praises, and erase self-conceit; they obtain true honor in the Court of the Lord. ||18||

True are their words; they speak only the Truth; they lovingly focus on the True Name. ||19||

My God is the Destroyer of fear, the Destroyer of sin; in the end, He is our only help and support. ||20||

He Himself pervades and permeates everything; O Nanak, glorious greatness is obtained through the Naam. ||21||3||12||
Raamkalee, Third Mehl:

I am filthy and polluted, proud and egotistical; receiving the Word of the Shabad, my filth is taken away. ||1||

O Saints, the Gurmukhs are saved through the Naam, the Name of the Lord.

The True Name abides deep within their hearts. The Creator Himself embellishes them. ||1||Pause||

Touching the philosopher's stone, they themselves become the philosopher's stone; the Dear Lord Himself blesses them with His Mercy. ||2||

Some wear religious robes, and wander around in pride; they lose their life in the gamble. ||3||

Some worship the Lord in devotion, night and day; day and night, they keep the Lord's Name enshrined in their hearts. ||4||
ਅਨਿਦਨੁ 
ਰਤੇ 
ਸਹਜੇ 
ਮਾਤੇ 
ਸਹਜੇ 
ਹਉਮੈ 
ਮਾਰੀ 
॥੫॥

Those who are imbued with Him night and day, are spontaneously intoxicated with Him; they intuitively conquer their ego. ||5||

ਬਹੈ 
ਿਬਨੁ 
ਭਗਿਤ 
ਹੋਈ 
ਕਬ 
ਹੀ 
ਬਹੈ 
ਭਾਇ 
ਭਗਿਤ 
ਸਵਾਰੀ 
॥੬॥

Without the Fear of God, devotional worship is never performed; through the Love and the Fear of God, devotional worship is embellished. ||6||

ਮਾਇਆ 
ਮੋਹੁ 
ਸਤਿਦ 
ਜਲਾਇਆ 
ਿਗਾਇਨ 
ਤਿਤ 
ਬੀਚਾਰੀ 
॥੭॥

The Shabad burns away emotional attachment to Maya, and then one contemplates the essence of spiritual wisdom. ||7||

ਆਪੇ 
ਆਿਪ 
ਕਰਾਏ 
ਕਰਤਾ 
ਆਪੇ 
ਬਖਿਸ 
ਭੰਡਾਰੀ 
॥੮॥

The Creator Himself inspires us to act; He Himself blesses us with His treasure. ||8||

tis 
ਿਕਾ 
ਗੁਣਾ 
ਕਾ 
ਅੰਤੁ 
ਨ 
ਪਾਇਆ 
ਹਉ 
ਗਾਵਾ 
ਸਤਿਦ 
ਵੀਚਾਰੀ 
॥੯॥

The limits of His virtues cannot be found; I sing His Praises and contemplate the Word of the Shabad. ||9||

ਹਿਰ 
ਜੀਉ 
ਜਪੀ 
ਹਿਰ 
ਜੀਉ 
ਸਾਲਾਹੀ 
ਿਵਚਹੁ 
ਆਪੁ 
ਿਨਵਾਰੀ 
॥੧੦॥

I chant the Lord's Name, and praise my Dear Lord; egotism is eradicated from within me. ||10||

ਨਾਮੁ 
ਪਦਾਰਥੁ 
ਗੁਰ 
ਤੇ 
ਪਾਇਆ 
ਅਖੁਟ 
ਸਚੇ 
ਭੰਡਾਰੀ 
॥੧੧॥

The treasure of the Naam is obtained from the Guru; the treasures of the True Lord are inexhaustible. ||11||
He Himself is pleased with His devotees; by His Grace, He infuses His strength within them. ||12||

They always feel hunger for the True Name; they sing and contemplate the Shabad. ||13||

Soul, body and everything are His; it is so difficult to speak of, and contemplate Him. ||14||

Those humble beings who are attached to the Shabad are saved; they cross over the terrifying world-ocean. ||15||

Without the True Lord, no one can cross over; how rare are those who contemplate and understand this. ||16||

We obtain only that which is pre-ordained; receiving the Lord's Shabad, we are embellished. ||17||

Imbued with the Shabad, the body becomes golden, and loves only the True Name. ||18||
The body is then filled to overflowing with Ambrosial Nectar, obtained by contemplating the Shabad. ||19||

Those who seek God, find Him; others burst and die from their own egotism. ||20||

The debaters waste away, while the servants serve, with love and affection for the Guru. ||21||

He alone is a Yogi, who contemplates the essence of spiritual wisdom, and conquers egotism and thirsty desire. ||22||

The True Guru, the Great Giver, is revealed to those upon whom You bestow Your Grace, O Lord. ||23||

Those who do not serve the True Guru, and who are attached to Maya, are drowned; they die in their own egotism. ||24||

As long as there is breath within you, so long you should serve the Lord; then, you will go and meet the Lord. ||25||
Night and day, she remains awake and aware, day and night; she is the darling bride of her Beloved Husband Lord. ||26||

I offer my body and mind in sacrifice to my Guru; I am a sacrifice to Him. ||27||

Attachment to Maya will end and go away; only by contemplating the Shabad will you be saved. ||28||

They are awake and aware, whom the Lord Himself awakens; so contemplate the Word of the Guru's Shabad. ||29||

O Nanak, those who do not remember the Naam are dead. The devotees live in contemplative meditation. ||30||4||13||
ਸੰਤਹੁ  ਗੁਰਮੁਿਖ  ਮੁਕਿਤ  ਗਿਤ  ਪਾਈ ॥  (911)
santahu gurmukh mukat gat paa-ee.
O Saints, the Gurmukhs attain the state of liberation.

ਏਕੁ  ਨਾਮੁ  ਵਿਸਆ  ਘਟ  ਅੰਤਿਰ  ਪੂਰੇ  ਕੀ  ਵਿਡਆਈ ॥੧॥  (912)
ayk naam vasi-aa ghat antar pooray kee vadi-aa-ee. ||1|| raha-o.
The One Name abides deep within my heart; such is the glorious greatness of the Perfect Lord. ||1||Pause||

ਆਪੇ  ਵਭਤਾ  ਆਪੇ  ਹੁਣਾਰ  ਦੇਸਾ  ਵਿਸਵਾਹ  ਸਧ ਭਾਭੀ ॥੨॥  (912)
aapay kartaa aapay bhugtaa daydaa rijak sabaa-ee. ||2||
He Himself is the Creator, and He Himself is the Enjoyer. He Himself gives sustenance to all. ||2||Pause||

ਨੇ  ਵਿਧੁ  ਵਭਤਾ  ਮੇਂ  ਵਧ ਵਿਧਾਵਾ  ਹਰੁ  ਤ ਵਭਤਾ  ਲਿਧੀ ॥੩॥  (912)
jo kichh karnaa so kar rahi-aa avar na karnaa jaa-ee. ||3||
Whatever He wants to do, He is doing; no one else can do anything. ||3||Pause||

ਆਪੇ  ਸਾਜਾਏ  ਸਰਿਸਿਰੁ  ਉਪਾੜ  ਸਾਰੁ  ਸਾਰੁ  ਦੰਧਾਈ ॥੪॥  (912)
aapay saajay sarisat upaa-ay sir sir DhanDhai laa-ee. ||4||
He Himself fashions and creates the creation; He links each and every person to their task. ||4||Pause||

ਵਿਸੀਹ  ਸਰੇਵਹੁ  ਤਾ  ਸੁੰਕ  ਪਾਵਹੁ  ਸੀਤਗੁਿਰ  ਮੇਲ  ਿਮਲਾਈ ॥੫॥  (912)
tiseh sarayvhu taa sukh paavhu satgur mayl milaa-ee. ||5||
If you serve Him, then you will find peace; the True Guru will unite you in His Union. ||5||Pause||

ਆਪਣਾ  ਆਪੁ  ਆਪ੍ਹਾਈ  ਅਲਖੁ  ਨ ਲਖਣਾ  ਜਾਈ ॥੬॥  (912)
aapnaa aap aap upaa-ay alakh na lakh-naa jaa-ee. ||6||
The Lord Himself creates Himself; the Unseen Lord cannot be seen. ||6||Pause||

ਆਪੇ  ਭਵਤਾ ਆਪੇ  ਵਭਤਾ  ਅਲਖੁ  ਨ ਲਖਣਾ  ਜਾਈ ॥੭॥  (912)
aapay maar jeevaalay aapay tis no til na tamaa-ee. ||7||
He Himself kills, and brings back to life; He does not have even an iota of greed. ||7||

He Himself is the Creator, and He Himself is the Enjoyer. He Himself gives sustenance to all. ||2||Pause||

He Himself fashions and creates the creation; He links each and every person to their task. ||4||Pause||

If you serve Him, then you will find peace; the True Guru will unite you in His Union. ||5||Pause||

The Lord Himself creates Himself; the Unseen Lord cannot be seen. ||6||Pause||

He Himself kills, and brings back to life; He does not have even an iota of greed. ||7||
ਇਕ ਦਾਤੇ ਇਕ ਮੰਗਤੇ ਕੀਤੇ ਆਪੇ ਭਗਤੀ ਕਰਾਈ ॥੮॥ (912)

Some are made givers, and some are made beggars; He Himself inspires us to devotional worship. ||8||

ਮੇ ਬੱਧਾਣੀ ਸਰਿਕੀ ਇੱਠੇ ਸਭ ਮੰਗੇ ਕੀਤੇ ਮੰਗਤੇ ॥੭॥ (912)

Those who know the One Lord are very fortunate; they remain absorbed in the True Lord. ||7||

ਆਪੇ ਦੁਖੁ ਸੁਖੁ ਪਾਏ ਅੰਤਰੀ ਆਪੇ ਭਰਹਮੁ ਭੁਲਾਈ ॥੧੧॥ (912)

He Himself infuses pain and pleasure; He Himself makes them wander around in doubt. ||11||

ਵਡਾ ਦਾਤਾ ਗੁਰਮੁਖ ਜਾਤਾ ਨਗਰੀ ਅੰਧ ਫਰੈ ਲੋਕਾਈ ॥੧੨॥ (912)

The Great Giver is revealed to the Gurmukh; without the Guru, the world wanders in darkness. ||12||

ਿਜਨੀ ਚਾਿਖਆ ਿਤਨਾ ਸਾਦੁ ਆਇਆ ਸੋਗੁਰੀ ਬੂਜ ਬੁਜਾਈ ॥੧੩॥ (912)

Those who taste, enjoy the flavor; the True Guru imparts this understanding. ||13||

ਇਕਨਾ ਨਾਵਹੁ ਆਇ ਭੁਲਾਏ ਇਕਨਾ ਗੁਰਮੁਖ ਦੇਇ ਬੁਜਾਈ ॥੧੪॥ (912)

Some, the Lord causes to forget and lose the Name; others become Gurmukh, and are granted this understanding. ||14||
ਸਦਾ ਸਦਾ ਸਾਲਾਹਨਾ ਸਾਤਾ ਤਿਸ ਦੀ ਵਡੀ ਵਿਡਆਈ ॥੧੫॥
Forever and ever, praise the Lord, O Saints; how glorious is His greatness! ||15||

ਿਤਸ ਨੋ ਪਰ੍ਾਣੀ ਸਦਾ ਿਧਾਵਹੁ ਿਜਿਨ ਗੁਰਮੁਿਖ ਬਣਤ ਬਣਾਈ ॥੧੮॥
O mortal, meditate forever on the Lord, who has made the Gurmukh in His making. ||18||

ਰਾਮਕਲੀ ਮਹਲਾ ੩ ਅਨੰਦਾ (੯੧੭)
Nanak is wonderstruck, hearing and seeing His Lord; my God is all-pervading, everywhere. ||21||5||14||

ਰਾਮਕਲੀ ਮਹਲਾ ੩ ਅਨੰਦ (੯੧੭)
Raamkalee, Third Mehl, Anand ~ The Song Of Bliss:
One Universal Creator God. By The Grace Of The True Guru:

I am in ecstasy, O my mother, for I have found my True Guru.

I have found the True Guru, with intuitive ease, and my mind vibrates with the music of bliss.

The jewelled melodies and their related celestial harmonies have come to sing the Word of the Shabad.

The Lord dwells within the minds of those who sing the Shabad.

Says Nanak, I am in ecstasy, for I have found my True Guru. ||1||

O my mind, remain always with the Lord.
ਆਂਗੀਕਾਰੁ ਓਹੁ ਕਰੇ ਤੇਰਾ ਕਾਰਜ ਸ੍ਰਵਣਾ ॥ (917)

He will accept You as His own, and all your affairs will be perfectly arranged.

ਸਭਨਾ ਗਲਾ ਸਮਰਥੁ ਸੁਆਮੀ ਸੋ ਕਿ-ਉ ਮਨਹੁ ਵਸਾਰੇ ॥ (917)

Our Lord and Master is all-powerful to do all things, so why forget Him from your mind?

ਜਿਨ੍ਹਾਂ ਲੇਨ ਚਾਹੁ ਤਸਕਰ ਲੋਕ ਨਹੀਂ ਹੁਂਕਾਰਨ ਡੇਣਾ ॥੨॥ (917)

Says Nanak, O my mind, remain always with the Lord. ||2||

ਸਾਚੇ ਸਾਿਹਬ ਕਿਕਆ ਨਾਹੀ ਘਿਰ ਤੇਰੈ ॥ (917)

O my True Lord and Master, what is there which is not in Your celestial home?

ਪਿਹਾ ਹੇ ਮਰੁ ਵਿਰੁ ਤੇ ਮੁੰਮ ਦੇਇ ਸੁ ਪਾਵਏ ॥ (917)

Everything is in Your home; they receive, unto whom You give.

ਨਾਮ ਪ੍ਰਾਇਜਰ ਦੀਆ ਨਾਹੀ ਘਿਰ ਤੇਰੈ ॥੩॥ (917)

Says Nanak, O my True Lord and Master, what is there which is not in Your home? ||3||

The divine melody of the Shabad vibrates for those, within whose minds the Naam abides.
ਸਾਚਾ ਨਾਮੁ ਮੇਰਾ ਆਧਾਰੋ ॥ (917)
saachaa naam mayraa aaDhaaro.
The True Name is my only support.

ਸਾਚਾ ਨਾਮੁ ਆਧਾਰੋ ਨੁਹ ਮਿਠੁ ਪੰਚੀਆਰੇ॥ (917)
saach naam aDhaar mayraa jin bhukhaa sabh gavaa-ee-aa.
The True Name is my only support; it satisfies all hunger.

ਵਿਰ ਵਾਸੀ ਸਰ ਭਾਵ ਵਾਸਤ ਦੀਪਾਰਾ ਵਾਸਤ ਦੀਪਾਰਾ॥ (917)
kar saa’t sukh man aa-ay vasi-aa jin ichhaa sabh pujaa-ee-aa.
It has brought peace and tranquility to my mind; it has fulfilled all my desires.

ਕੁਰੰ ਕੁਰੰ ਕੁਰੰ ਕੁਰੰ ਕੁਰੰ ਤੀਜਾ ਦੀਪਾਰਾ ਦੀਪਾਰਾ॥ (917)
sadaa kurbaa keetaa guroo vidi gali jis dee-aa ayhi vadi-aa-ee-aa.
I am forever a sacrifice to the Guru, who possesses such glorious greatness.

ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇ ਵਾਜੇਂ॥ (917)
vaajay panch sabad tit ghar sabhaagai.
The Panch Shabad, the five primal sounds, vibrate in that blessed house.

ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰ ਘਿਰੋ॥ (917)
ghar sabhaagai sabad vaajay kalaa jit ghar Dhaaree-aa.
In that blessed house, the Shabad vibrates; He infuses His almighty power into it.
ਪੰਚ ਦੂਤ ਵਾਸੀ ਕੀਤੇ ਕਾਲਤੂਂ ਭਵਿਆਕਾਰ ॥ (917)
ਪੰਚ ਦੂਤ ਤੁਧਾ ਵਿਸੀ ਕੀਤੇ ਕਾਲਤੂਂ ਮਾਰਾਕਾਰ ॥

panch doot tuDh vas keetay kaal kantak maari-aa.
Through You, we subdue the five demons of desire, and slay Death, the torturer.

ਪੁਰਿ ਵ਋ਈ ਪਾ ਵਾਆ ਦੋਹ ਮੁਂ ਤੁਧੁ ਵਿਸੀ ਕੀਤੇ ਕਾਲਤੂਂ ਮਾਰਾਕਾਰ ॥ (917)
ਪੁਰਿ ਕਾਰੀ ਪਾਈਆ ਤੁਧਾ ਜਿਨੁ ਕੁ ਤੁ ਨਾਮ ਹਿਰੀ ਕੈ ਲਾਗੇ ॥
Dhur karam paa-i-aa tuDh jin ka-o se naam har kai laagay.
Those who have such pre-ordained destiny are attached to the Lord's Name.

ਦੋ ਕਰੀ ਤੁਧਾ ਜਿਨੁ ਹਿਰੀ ਕੁ ਤੁ ਨਾਮ ਹਿਰੀ ਲਾਗੇ ॥ (917)

Dhur karam paa-i-aa tuDh jin ka-o se naam har kai laagay.
Those who have such pre-ordained destiny are attached to the Lord's Name.

ਸ੬ਚੀ ਲਵੈ ਬਾਜ਼ੁ ਕਾਮੀ ਦੇਹ ਨਾਮਾਣੀ ॥

saachee livai bin dayh nimaanee.
Without the true love of devotion, the body is without honor.

ਦੇਹ ਨਾਮਾਣੀ ਲਵੈ ਬਾਜ਼ੁ ਕਾਮੀ ਦੇਹ ਨਾਮਾਣੀ ॥

dayh nimaanee livai baajhahu ki-aa karay vaychaaree-aa.
The body is dishonored without devotional love; what can the poor wretches do?

ਦੁਧ ਵਾਜ਼ੁ ਕਾਮੀ ਲਵੈ ਬਾਜ਼ੁ ਕਾਮੀ ਦੇਹ ਨਾਮਾਣੀ ॥

tuDh baajh samrath ko-ay naahee kirpaa kar banvaaree-aa.
No one except You is all-powerful; please bestow Your Mercy, O Lord of all nature.

ਐਸ ਨੋ ਹੋਹ ਥੋਹ ਨਾਮੀ ਸਰਬਿਦਾ ਲਾਗੀ ਸਵਾਰੀਆ ॥

ays na-o hor thaa-o naahee sabad laag savaaree-aa.
There is no place of rest, other than the Name; attached to the Shabad, we are embellished with beauty.

ਕਹੈ ਨਾਨੁ ਹੋਹ ਬਾਜ਼ੁ ਕਾਮੀ ਦੇਹ ਨਾਮਾਣੀ ॥

kahai naanak livai baajhahu ki-aa karay vaychaaree-aa.
Says Nanak, without devotional love, what can the poor wretches do? ||6||
ਆਨੰਦੁ ਆਨੰਦੁ ਸਭੁ ਕੋ ਕਹੈ ਆਨੰਦੁ ਗੁਰੂ ਤੇ ਜਾਣੀਆ ॥ (917)
ਆਨੰਦੁ ਆਨੰਦੁ ਸਮੂਹ ਕੋ ਕਹਿ ਆਨੰਦੁ ਗੁਰੂ ਤੇ ਜਾਣੀਆ ॥
Eternal bliss in known only through the Guru; bliss is known only through the Guru.

Jaani-aan sabdaa gur tay kirpa karay pi-aa-ri-aa.
Eternal bliss in known only through the Guru, when the Beloved Lord grants His Grace.

Kar kirpa kilvikh katay gi-aa anjan saari-aa.
Granting His Grace, He cuts away our sins; He blesses us with the healing ointment of spiritual wisdom.

Andrahu jin kaa moh tutaa tin kaa sabad sachai savaari-aa.
Those who eradicate attachment from within themselves, are adorned with the Shabad, the Word of the True Lord.

Vaana jis too deh so-ee jan paavaa.
O Baba, he alone receives it, unto whom You give it.

Paavaa ta so jan deh jis no hor ki-aa karahi vaychaari-aa.
He alone receives it, unto whom You give it; what can the other poor wretched beings do?

Ik bharam bhooley fireh dath dis ik naam laag savaari-aa.
Some are deluded by doubt, wandering in the ten directions; some are adorned with attachment to the Naam.
By Guru's Grace, the mind becomes immaculate and pure, for those who follow God's Will.

Says Nanak, he alone receives it, unto whom You give it, O Beloved Lord.

Come, Beloved Saints, let us speak the Unspoken Speech of the Lord.

How can we speak the Unspoken Speech of the Lord? Through which door will we find Him?

Surrender body, mind, wealth, and everything to the Guru; obey the Order of His Will, and you will find Him.

Obey the Hukam of the Guru's Command, and sing the True Word of His Bani.

Says Nanak, listen, O Saints, and speak the Unspoken Speech of the Lord.

O fickle mind, through cleverness, no one has found the Lord.
चतुराई न पाइआ िकनै तू सुिण मंन मेिर� ॥ (918)
Through cleverness, no one has found Him; listen, O my mind.

एह माआ मोहणी जिन एतु भरमी भुलाईआ ॥
This Maya is so fascinating; because of it, people wander in doubt.

This fascinating Maya was created by the One who has administered this potion.

I am a sacrifice to the One who has made emotional attachment sweet.

They shall not go along with you, so why do you focus your attention on them?
ऐसा कम्म मूले न कीचै जितु अंति पछोताईऐ॥
aisaa kamm moolay na keechai jit ant pachhotaa-ee-ai.
Don't do anything that you will regret in the end.

सितगुरू का उपदेसु सुिण तू होवै तेरै नाले ॥
satguroo kaa updays sun too hovai tayrai naalay.
Listen to the Teachings of the True Guru - these shall go along with you.

कहै नानकु मन िपआरे तू सदा सचु समाले ॥११॥
kahai naanak man pi-aaray too sadaa sach samaalay. ||11||
Says Nanak, O beloved mind, contemplate the True Lord forever. ||11||

अगम अगोचरा तेरा अंतु न पाइआ ॥
agam agocharaa tayraa ant na paa-i-aa.
O inaccessible and unfathomable Lord, Your limits cannot be found.

अंतो न पाइआ िकनै तेरा आपणा आपु तू जाणहे ॥
anto na paa-i-aa kinai tayraa aapnaa aap too jaanhay.
No one has found Your limits; only You Yourself know.

jee-a jant sabh khayl tayraa ki-aa ko aakh vakhaana-ay.
All living beings and creatures are Your play; how can anyone describe You?

आखहि त वेखहि सभु तूहे जिनि जगतु उपाइआ॥
aakhaahi ta vaykheh sabh toohai jin jagat upaa-i-aa.
You speak, and You gaze upon all; You created the Universe.

कहै नानकु  मन अगमू है तेरा अंतु न पाइआ ॥१२॥
kahai naanak too sadaa agamm hai tayraa ant na paa-i-aa. ||12||
Says Nanak, You are forever inaccessible; Your limits cannot be found. ||12||
The angelic beings and the silent sages search for the Ambrosial Nectar; this Amrit is obtained from the Guru.

This Amrit is obtained, when the Guru grants His Grace; He enshrines the True Lord within the mind.

All living beings and creatures were created by You; only some come to see the Guru, and seek His blessing.

Their greed, avarice and egotism are dispelled, and the True Guru seems sweet.

Says Nanak, those with whom the Lord is pleased, obtain the Amrit, through the Guru.

The lifestyle of the devotees is unique and distinct.

The devotees' lifestyle is unique and distinct; they follow the most difficult path.

They renounce greed, avarice, egotism and desire; they do not talk too much.
Khanni-ahu tikhee vaalahu nikee ayt maarag jaanaa.
The path they take is sharper than a two-edged sword, and finer than a hair.

Gur parsaddee jinee aap taj-aa har vaasnaa samaanee.
By Guru's Grace, they shed their selfishness and conceit; their hopes are merged in the Lord.

Jiv too chalaai-ih tiiv chalah su-aamee hor ki-aa jaanaa gun tayray.
As You make me walk, so do I walk, O my Lord and Master; what else do I know of Your Glorious Virtues?

Jis no kathaa suna-ih se har har sadaa Dhi-aavhay.
Those whom You cause to listen to Your sermon, find peace in the Gurdwara, the Guru's Gate.

Kahai naanak sachay saahib ji-o bhaavai chalaavahay.
Says Nanak, O my True Lord and Master, you make us walk according to Your Will.
This song of praise is the Shabad, the most beautiful Word of God.

This beauteous Shabad is the everlasting song of praise, spoken by the True Guru.

This is enshrined in the minds of those who are so pre-destined by the Lord.

Says Nanak, the Shabad, this song of praise, has been spoken by the True Guru. ||16||

Those humble beings who meditate on the Lord become pure.

Meditating on the Lord, they become pure; as Gurmukh, they meditate on Him.

They are pure, along with their mothers, fathers, family and friends; all their companions are pure as well.
明白  पवित्र  सुनने  पवित्र  से  पवित्र  जिनी  मनि  वसाइ॥ (919)
kahday pavit sunday pavit say pavit jinee man vasaa-i-aa.
Pure are those who speak, and pure are those who listen; those who enshrine it within
their minds are pure.

कहै  नानकु  से  पवित्र  जिनी  गुरमुख  हर  हर  धिआइ॥ 17॥ (919)
kahai naanak say pavit jinee gurmukh har har Dhi-aa-i-aa. ||17||
Says Nanak, pure and holy are those who, as Gurmukh, meditate on the Lord, Har, Har.

करमी  सहजु  उपजै  सहजै  सहसा  न  जाइ ॥ (919)
karmee sahj na oopjai vin sahjai sahsaa na jaa-ay.
By religious rituals, intuitive poise is not found; without intuitive poise, skepticism does not
depart.

नह  जाइ  सहसा  िकतै  संजिम  रहे  करम  कमाए ॥ (919)
nah jaa-ay sahsaa kitai sanjam rahay karam kamaa-ay.
Skepticism does not depart by contrived actions; everybody is tired of performing these
rituals.

सहसै  जीउ  मलीणु  है  िकतु  संजिम  धोता  जाए ॥ (919)
sahsai jee-o maleen hai kit sanjam Dhotaa jaa-ay.
The soul is polluted by skepticism; how can it be cleansed?

मंनु  धोवहु  सबिद  लागहु  हिर  िसउ  रहहु  िचतु  लाइ ॥ (919)
man Dhovahu sabad laagahu har si-o rahhu chit laa-ay.
Wash your mind by attaching it to the Shabad, and keep your consciousness focused on
the Lord.

कहै  नानकु  गुर  परसादी  सहज  उपजै  इहु  सहसा  इव  जाइ ॥ 18॥ (919)
kahai naanak gur parsaadee sahj upjai ih sahsaa iv jaa-ay. ||18||
Says Nanak, by Guru’s Grace, intuitive poise is produced, and this skepticism is dispelled.
||18||
Inwardly polluted, and outwardly pure.

Those who are outwardly pure and yet polluted within, lose their lives in the gamble.

They contract this terrible disease of desire, and in their minds, they forget about dying.

In the Vedas, the ultimate objective is the Naam, the Name of the Lord; but they do not hear this, and they wander around like demons.

Says Nanak, those who forsake Truth and cling to falsehood, lose their lives in the gamble.

Not even an iota of falsehood touches them; their hopes are absorbed in the Truth.
janam ratan jinee khati-aa bhalay say vanjaaray.
Those who earn the jewel of this human life, are the most excellent of merchants.

kahai naanak jin man nirmal sadaa raheh gur naalay. ||20||
Says Nanak, those whose minds are pure, abide with the Guru forever. ||20||

jay ko sikh guroo saytee sanmukh hovai.
If a Sikh turns to the Guru with sincere faith, as sunmukh -

hovai ta sanmukh sikh ko-ee jee-ahu rahai gur naalay.
if a Sikh turns to the Guru with sincere faith, as sunmukh, his soul abides with the Guru.

gur kay charan hirdai Dhi-aa-ay antar aatmai samaalay.
Within his heart, he meditates on the lotus feet of the Guru; deep within his soul, he contemplates Him.

aap chhad sadaa rahai parnai gur binu avar na jaanai ko-ay.
Renouncing selfishness and conceit, he remains always on the side of the Guru; he does not know anyone except the Guru.

kahai naanak sunhu santahu so sikh sanmukh ho-ay. ||21||
Says Nanak, listen, O Saints: such a Sikh turns toward the Guru with sincere faith, and becomes sunmukh. ||21||

jay ko gur tay vaimukh hovai bin satgur mukat na paavai.
One who turns away from the Guru, and becomes baymukh - without the True Guru, he shall not find liberation.
paavai mukat na hor thai ko-e puchhahu bibaykee-aa jaa-ay.
He shall not find liberation anywhere else either; go and ask the wise ones about this.

anayk joonee bharam aavai vin satgur mukat na paa-ay.
He shall wander through countless incarnations; without the True Guru, he shall not find liberation.

fir mukat paa-ay laag charnee satguroo sabad sunaa-ay.
But liberation is attained, when one is attached to the feet of the True Guru, chanting the Word of the Shabad.

kahai naanak veechaar daykhhu vin satgur mukat na paa-ay. ||22||
Says Nanak, contemplate this and see, that without the True Guru, there is no liberation. ||22||

Come, O beloved Sikhs of the True Guru, and sing the True Word of His Bani.

sing the Guru's Bani, the supreme Word of Words.

jin ka-o nadar kovai hirdai tinaa samaanee.
Those who are blessed by the Lord's Glance of Grace - their hearts are imbued with this Bani.
Drink in this Ambrosial Nectar, and remain in the Lord’s Love forever; meditate on the Lord, the Sustainer of the world.

Says Nanak, sing this True Bani forever. ||23||

Without the True Guru, other songs are false.

The songs are false without the True Guru; all other songs are false.

The speakers are false, and the listeners are false; those who speak and recite are false.

They may continually chant, ‘Har, Har’ with their tongues, but they do not know what they are saying.

Their consciousness is lured by Maya; they are just reciting mechanically.

Says Nanak, without the True Guru, other songs are false. ||24||
The Word of the Guru's Shabad is a jewel, studded with diamonds.

The mind which is attached to this jewel, merges into the Shabad.

One whose mind is attuned to the Shabad, enshrines love for the True Lord.

He Himself is the diamond, and He Himself is the jewel; one who is blessed, understands its value.

Says Nanak, the Shabad is a jewel, studded with diamonds.

He Himself created Shiva and Shakti, mind and matter; the Creator subjects them to His Command.

Enforcing His Order, He Himself sees all. How rare are those who, as Gurmukh, come to know Him.

They break their bonds, and attain liberation; they enshrine the Shabad within their minds.
Those whom the Lord Himself makes Gurmukh, lovingly focus their consciousness on the One Lord.

Says Nanak, He Himself is the Creator; He Himself reveals the Hukam of His Command.

The Simritees and the Shaastras discriminate between good and evil, but they do not know the true essence of reality.

They do not know the true essence of reality without the Guru; they do not know the true essence of reality.

The world is asleep in the three modes and doubt; it passes the night of its life sleeping.

Those humble beings remain awake and aware, within whose minds, by Guru's Grace, the Lord abides; they chant the Ambrosial Word of the Guru's Bani.

Says Nanak, they alone obtain the essence of reality, who night and day remain lovingly absorbed in the Lord; they pass the night of their life awake and aware.
ਮਾਤਾ ਕੇ ਉਦਰ ਮਿਹ ਪਰਿਪਾਲ ਕਰੇ ਸੋ ਕਿੋ ਮਨਹੁ ਵਿਸਾਰਿਐ।

He nourished us in the mother's womb; why forget Him from the mind?

ਮਨਹੁ ਕੀਅ ਵਿਸਾਰਿਐ ਏਵਡੂ ਦਾਤਾ ਜਿ ਅਗਗੁ ਮਹੀ ਆਹਾਰ ਪਹੁੰਚਾਵੇ।

Why forget from the mind such a Great Giver, who gave us sustenance in the fire of the womb?

ਸੋ ਕਿੋ ਵਿਸਾਰੀਐ ਏਵਡੂ ਦਾਤਾ ਜੀ ਅਗਗੁ ਮਹੀ ਆਹਾਰ ਪਹੁੰਚਾਵੇ।

Nothing can harm one, whom the Lord inspires to embrace His Love.

ਕਹੈ ਨਾਨਕ ਏਵਡੂ ਦਾਤਾ ਸੋ ਕਿੋ ਵਿਸਾਰੀਐ ਸੁੰਦਰੀਐ।

Says Nanak, why forget such a Great Giver from the mind? ||28||

ਜਾ ਤਸੂ ਭਾਣਾ ਤਾ ਜੰਮੀਅ ਪਰਵਾਰ ਭਲਾ ਭਾਇਆ।

According to His Will, the child is born, and the family is very pleased.
Love for the Lord wears off, and the child becomes attached to desires; the script of Maya runs its course.

This is Maya, by which the Lord is forgotten; emotional attachment and love of duality well up.

Says Nanak, by Guru's Grace, those who enshrine love for the Lord find Him, in the midst of Maya. ||29||

The Lord Himself is priceless; His worth cannot be estimated.

His worth cannot be estimated, even though people have grown weary of trying.

If you meet such a True Guru, offer your head to Him; your selfishness and conceit will be eradicated from within.

Your soul belongs to Him; remain united with Him, and the Lord will come to dwell in your mind.
The Lord Himself is priceless; very fortunate are those, O Nanak, who attain to the Lord. ||30||

The Lord is my capital; my mind is the merchant.

The Lord is my capital, and my mind is the merchant; through the True Guru, I know my capital.

Meditate continually on the Lord, Har, Har, O my soul, and you shall collect your profits daily.

This wealth is obtained by those who are pleasing to the Lord's Will.

Says Nanak, the Lord is my capital, and my mind is the merchant. ||31||

Your thirst shall not be quenched by any means, until you attain the subtle essence of the Lord.
If you do obtain the subtle essence of the Lord, and drink in this essence of the Lord, you shall not be troubled by desire again.

This subtle essence of the Lord is obtained by good karma, when one comes to meet with the True Guru.

Says Nanak, all other tastes and essences are forgotten, when the Lord comes to dwell within the mind.

The Lord infused His Light into you, and then you came into the world.

The Lord Himself is your mother, and He Himself is your father; He created the created beings, and revealed the world to them.

By Guru's Grace, some understand, and then it's a show; it seems like just a show.
Says Nanak, He laid the foundation of the Universe, and infused His Light, and then you came into the world. ||33||

My mind has become joyful, hearing of God's coming.

Sing the songs of joy to welcome the Lord, O my companions; my household has become the Lord's Mansion.

Sing continually the songs of joy to welcome the Lord, O my companions, and sorrow and suffering will not afflict you.

Blessed is that day, when I am attached to the Guru's feet and meditate on my Husband Lord.

I have come to know the unstruck sound current and the Word of the Guru's Shabad; I enjoy the sublime essence of the Lord, the Lord's Name.

Says Nanak, God Himself has met me; He is the Doer, the Cause of causes. ||34||
Ay sareeraa mayri-aa is jag meh aa-ay kai ki-aa tuDh karam kamaa-i-aa.
O my body, why have you come into this world? What actions have you committed?

Ke karam kamaa-i-aa tuDh sareeraa jaa too jag meh aa-i-aa.
And what actions have you committed, O my body, since you came into this world?

Jin har tayraa rachan rachi-aa so har man na vasaa-i-aa.
The Lord who formed your form - you have not enshrined that Lord in your mind.

Gur parsaadee har man vasi-aa poorab likhi-aa paa-i-aa.
By Guru's Grace, the Lord abides within the mind, and one's pre-ordained destiny is fulfilled.

Kahai naanak ayhu sareer parvaan ho-aa jin satgur si-o chit laa-i-aa. ||35||
Says Nanak, this body is adorned and honored, when one's consciousness is focused on the True Guru. ||35||

Ay naytarahu mayriho har tum meh jot Dharee har bin avar na daykhhu ko-ee.
O my eyes, the Lord has infused His Light into you; do not look upon any other than the Lord.

Har bin avar na daykhhu ko-ee nadree har nihaali-aa.
Do not look upon any other than the Lord; the Lord alone is worthy of beholding.

Ayhu vis sansaar tum daykh-day ayhu har kaa roop hai har roop nadree aa-i-aa.
This whole world which you see is the image of the Lord; only the image of the Lord is seen.

Says Nanak, this body is adorned and honored, when one's consciousness is focused on the True Guru. ||35||

The Lord who formed your form - you have not enshrined that Lord in your mind.

By Guru's Grace, the Lord abides within the mind, and one's pre-ordained destiny is fulfilled.

O my eyes, the Lord has infused His Light into you; do not look upon any other than the Lord.

This whole world which you see is the image of the Lord; only the image of the Lord is seen.
By Guru's Grace, I understand, and I see only the One Lord; there is no one except the Lord.

Says Nanak, these were blind; but meeting the True Guru, they became all-seeing.

To hear the Truth, you were created and attached to the body; listen to the True Bani.

Hearing it, the mind and body are rejuvenated, and the tongue is absorbed in Ambrosial Nectar.

The True Lord is unseen and wondrous; His state cannot be described.

Says Nanak, listen to the Ambrosial Naam and become holy; you were created only to hear the Truth.
The Lord placed the soul to the cave of the body, and blew the breath of life into the musical instrument of the body.

He blew the breath of life into the musical instrument of the body, and revealed the nine doors; but He kept the Tenth Door hidden.

Through the Gurdwara, the Guru’s Gate, some are blessed with loving faith, and the Tenth Door is revealed to them.

There are many images of the Lord, and the nine treasures of the Naam; His limits cannot be found.

Says Nanak, the Lord placed the soul to the cave of the body, and blew the breath of life into the musical instrument of the body. ||38||

Sing this true song of praise in the true home of your soul.

Sing the song of praise in your true home; meditate there on the True Lord forever.
ਚੋ ਦੱਖੇ ਤੁਧੁ ਭਾਵੀ ਗੁਰਮੁਖ ਜਿਨਾ ਬੁਜਾਵਹੇ ॥

ਇਹੁ ਸਚੁ ਸਭਨਾ ਕਾ ਖਸਮੁ ਹੈ ਜਿਸੁ ਬਖਸੇ ਸੋ ਜਨ ਪਾਵਹੇ ॥

ਕਹੈ ਨਾਨਕੁ ਸਚੁ ਸੋਿਹਲਾ ਸਚੈ ਘਿਰ ਗਾਵਹੇ ॥੩੯॥

ਪਾਰਬਰ੍ਹਮੁ ਪਰ੍ਭੁ ਪਾਇਆ ਉਤਰੇ ਸਗਲ ਿਵਸੂਰੇ ॥

ਦੂਖ ਰੋਗ ਸੰਤਾਪ ਉਤਰੇ ਸੁਣੀ ਸਚੀ ਬਾਣੀ ॥

ਸਤਨ ਸਾਜਨ ਭਏ ਸਰਸੇ ਗੁਰ ਤੇ ਜਾਣੀ ॥

ਸੰਤ ਦੱਖੇ ਤੁਧੁ ਭਾਵੀ ਗੁਰਮੁਖ ਜਿਨਾ ਬੁਜਾਵਹੇ ॥ (922)

They alone meditate on You, O True Lord, who are pleasing to Your Will; as Gurmukh, they understand.

This Truth is the Lord and Master of all; whoever is blessed, obtains it.

Says Nanak, sing the true song of praise in the true home of your soul. ||39||

I have obtained the Supreme Lord God, and all sorrows have been forgotten.

Pain, illness and suffering have departed, listening to the True Bani.

The Saints and their friends are in ecstasy, knowing the Perfect Guru.

Pure are the listeners, and pure are the speakers; the True Guru is all-pervading and permeating.
Prays Nanak, touching the Guru's Feet, the unstruck sound current of the celestial bugles vibrates and resounds. ||40||1||

One Universal Creator God. By The Grace Of The True Guru:

To Be Sung To The Tune Of 'Jodha And Veera Poorbaanee':

The True Guru is the field of intuitive wisdom. One who is inspired to love Him,

But this egotism is the seed of skepticism; it has been uprooted.
ਨਾ ਕਿੱਛੁ ਬੀਜੇ ਨ ਉਗਵੈ ਜੋ ਬਖਸੇ ਸੋ ਖਾਇ ॥ (947)
It is not planted there, and it does not sprout; whatever God grants us, we eat.

ਅੰਬਹੀ ਸੇਤੀ ਅੰਬਘੁ ਰਾਲੀਆ ਬਹੁਰੁੱਧ ਨ ਨਿਕੱਸਾ ਜਾਇ ॥ (947)
When water mixes with water, it cannot be separated again.

ਲੋਕੁ ਕਿ ਵੇਖਤੇ ਬਪੁੱਢਾ ਜਿਸ ਨੋ ਸੋਝੀ ਨਾਹੀ ॥ (947)
But what can the poor people see? They do not understand.

ਸਮੂ ਵੇਖਤੇ ਸੇਮੂ ਬਲੀਸਾ ਮਨ ਮਾਹੀ ਅਲੀਏ ॥ (947)
He alone sees, whom the Lord causes to see; the Lord comes to dwell in his mind. ||1||

ਮੇਹਲਾ ੩ ॥ (947)
Third Mehl:

ਮਨਮੁਖੁ ਦੁਖ ਬਾ ਬੀਜੇ ਦੁਖ ਖਾਇ ॥ (947)
The self-willed manmukh is the field of sorrow and suffering. He plains sorrow, and eats sorrow.

ਦੁਖ ਵੀਚਿ ਸੀ ਹਾ ਦੁਖ ਅੰਮ੍ਰੀ ਕਰੁਤਾ ਵਿਖਾਇ ॥ (947)
In sorrow he is born, and in sorrow he dies. Acting in egotism, his life passes away.
He does not understand the coming and going of reincarnation; the blind man acts in blindness.

He does not know the One who gives, but he is attached to what is given.

O Nanak, he acts according to his pre-ordained destiny. He cannot do anything else.

Meeting the True Guru, everlasting peace is obtained. He Himself leads us to meet Him.

This is the true meaning of peace, that one becomes immaculate within oneself.

The doubt of ignorance is eradicated, and spiritual wisdom is obtained.

Nanak comes to gaze upon the One Lord alone; wherever he looks, there He is.
The True Lord created His throne, upon which He sits.

He Himself is everything; this is what the Word of the Guru's Shabad says.

Through His almighty creative power, He created and fashioned the mansions and hotels.

He made the two lamps, the sun and the moon; He formed the perfect form.

He Himself sees, and He Himself hears; meditate on the Word of the Guru's Shabad.

Waaho! Waaho! Hail, hail, O True King! True is Your Name.

Third Mehl:
ਨਾਨਕ ਮਹਿਦੀ ਕਿਰ ਕਾ ਰਿਖਾਇਆ ਸੋ ਸਹੁ ਨਦਿਰ ਕਰੇਇ ॥ (947)
O Nanak, my Husband Lord keeps me like henna paste; He blesses me with His Glance of Grace.

ਆਪੇ ਪੀਸੈ ਆਪੇ ਘਸੈ ਆਪੇ ਹੀ ਲਾਇ ਲਏਇ ॥ (947)
He Himself grinds me, and He Himself rubs me; He Himself applies me to His feet.

ਇਹਿ ਪਿਰਮ ਪਿਆਲਾ ਕਾ ਜੈ ਬਾਵਾ ਤੇ ਦੇਇ ॥੨॥ (947)
This is the cup of love of my Lord and Master; He gives it as He chooses. ||2||

ਪਉੜੀ ॥ (947)
Pauree:

ਵੇਕੀ ਸਰਸਿਟ ਉਪਾਈਅਨੁ ਸਭ ਹੁਕਿਮ ਆਵੈ ਜਾਇ ਸਮਾਹੀ ॥ (947)
You created the world with its variety; by the Hukam of Your Command, it comes, goes, and merges again in You.

ਆਪੇ ਵੇਖ ਵਿਗਸਦਾ ਦੂਜਾ ਕੋ ਨਾਹੀ ॥ (947)
You Yourself see, and blossom forth; there is no one else at all.

ਤਿੱਤਿਸ ਕਾਢੇ ਕਿੱਤੀ ਕਰ ਤੁੱਤੁ ਗੁਵਾ ਸਬਿਦ ਬੁਜ਼ਾਹੀ ॥ (947)
As it pleases You, You keep me. Through the Word of the Guru’s Shabad, I understand You.

ਸਭਨਾ ਤੇਰਾ ਜੋਰ ਹੈ ਜਿੱਉ ਭਾਵੇ ਤਿੱਤੇ ਚਲਾਹੀ ॥ (947)
You are the strength of all. As it pleases You, You lead us on.
There is no other as great as You; unto whom should I speak and talk? ||2||

Deluded by doubt, I wandered over the whole world. Searching, I became frustrated.

My Husband Lord has not blessed me with peace and tranquility; what will work with Him?

By Guru's Grace, I meditate on the Lord; I enshrine Him deep within my heart.

O Nanak, seated in his her own home, she finds her Husband Lord, when the Creator Lord grants His Grace. ||1||

Chasing after worldly affairs, the day is wasted, and the night passes in sleep.
Speaking lies, one eats poison; the self-willed manmukh departs, crying out in pain.

The Messenger of Death holds his club over the mortal's head; in the love of duality, he loses his honor.

He never even thinks of the Name of the Lord; over and over again, he comes and goes in reincarnation.

But if, by Guru's Grace, the Lord's Name comes to dwell in his mind, then the Messenger of Death will not strike him down with his club.

Then, O Nanak, he merges intuitively into the Lord, receiving His Grace.

Some are linked to His Praises, when the Lord blesses them with the Guru's Teachings.

Some are blessed with the Name of the eternal, unchanging True Lord.
pa-un paanee baisantaro hukam karahi bhagtee.
Water, air and fire, by His Will, worship Him.

aynaa no bha-o aglaa pooree banat bantee.
They are held in the Fear of God; He has formed the perfect form.

sabh iko hukam varatdaa mani-ai sukh paa-ee. ||3||
The Hukam, the Command of the One Lord is all-pervasive; accepting it, peace is found. ||3||

mehlaa 3.
Third Mehl:

ki-o kar ih man maaree-ai ki-o kar mirtak ho-ay.
How can this mind be conquered? How can it be killed?

kahi-aa sabad na maan-ee ha-umai chhadai na ko-ay.
If one does not accept the Word of the Shabad, egotism does not depart.

gur parsaadee ha-umai chhutai jeevan mukat so ho-ay.
By Guru's Grace, egotism is eradicated, and then, one is Jivan Mukta - liberated while yet alive.

naanak jis no bakhsay tis milai tis bighan na laagai ko-ay. ||2||
O Nanak, one whom the Lord forgives is united with Him, and then no obstacles block his way. ||2||
Third Mehl:

महला 3.

Everyone can say that they are dead while yet alive; how can they be liberated while yet alive?

If someone restrains himself through the Fear of God, and takes the medicine of the Love of God,

night and day, he sings the Glorious Praises of the Lord. In celestial peace and poise, he crosses over the poisonous, terrifying world-ocean, through the Naam, the Name of the Lord.

O Nanak, the Gurmukh finds the Lord; he is blessed with His Glance of Grace.

God created the love of duality, and the three modes which pervade the universe.

He created Brahma, Vishnu and Shiva, who act according to His Will.
The Pandits, the religious scholars, and the astrologers study their books, but they do not understand contemplation.

Everything is Your play, O True Creator Lord.

As it pleases You, You bless us with forgiveness, and merge us in the True Word of the Shabad.

The man of false mind practices falsehood.

He runs after Maya, and yet pretends to be a man of disciplined meditation.

Deluded by doubt, he visits all the sacred shrines of pilgrimage.

How can such a man of disciplined meditation attain the supreme status?
By Guru's Grace, one lives the Truth.

O Nanak, such a man of disciplined meditation attains liberation.

Meeting with the True Guru, he contemplates the Word of the Shabad.

Meeting with the True Guru - this is the only acceptable disciplined meditation.

O Nanak, such a man of disciplined meditation is honored in the Court of the Lord.
राति दिनसु उपाइनु संसार की वरतिण॥
raat dinas upaa-i-an sansaar kee vartan.
He created the night and the day, for the activities of the world.

गुरमाती घिट चानणा आनेरु बिनासिण॥
gurmatee ghat chaannaa aanayr binaasan.
Following the Guru's Teachings, one's heart is illumined, and the darkness is dispelled.

हुकमे ही सभ साजीअनु रविआ सभ विण ित्रिण॥
hukmay hee sabh saajee-an ravi-aa sabh van tarin.
By the Hukam of His Command, He creates everything; He pervades and permeates all the woods and meadows.

सभु िकछु आपे आिप है गुरमुिख सदा हिर भिण॥
sabh kichh aapay aap hai gurmukh sadaa har bhan.
He Himself is everything; the Gurmukh constantly chants the Lord’s Name.

।॥
 sabday hee sojhee pa-ee sachai aap bujhaa-ee. ||5||
Through the Shabad, understanding comes; the True Lord Himself inspires us to understand. ||5||

शलोक मः 3 ॥
salok mehlaa 3.
Shalok, Third Mehl:

अविभाज देवि द आधारभवि ितिर वे ितित भवि दरभु ॥
abhi-aagat ayhi na aakhee-an jin kay chit meh bharam.
He is not called a renunciate, whose consciousness is filled with doubt.

॥ (949)

Donations to him bring proportionate rewards.
अभै िनरंजनु परम पदु ता का भूखा होइ ॥ (949)
He hungers for the supreme status of the Fearless, Immaculate Lord;

तिस का भोजनु नानका विरला पाए कोइ ॥१॥ (949)
O Nanak, how rare are those who offer him this food. ||1||

मः ३ ॥ (949)
mehlaa 3.
Third Mehl:

अिभआगत एिह न आखीअिन िज पर घिर भोजनु करेिन ॥ (949)
They are not called renunciates, who take food in the homes of others.

उदरै कारिण आपणे बहले भेख करेिन ॥ (949)
For the sake of their bellies, they wear various religious robes.

भािल लहिन सहु आपणा िनज घिर रहणु करेिन ॥२॥ (949)
They seek and find their Husband Lord; they dwell within the home of their own inner self. ||2||

पउड़ी ॥ (949)
Pauree:

pa-orhee.

Pauree:
अंबरु धरित विचौ असराउ ॥ (949)

They sky and the earth are separate, but the True Lord supports them from within.

घरू दरु सभो सचु है जिसु विच सचाना नाउ ॥

True are all those homes and gates, within which the True Name is enshrined.

सभु सचो सचु वरतदा गुरमु अलखु लखाई ॥६॥

The Truest of the True is all-pervading everywhere; the Gurmukh sees the unseen. ||6||
All things are in the world-ocean, but they are obtained only by the karma of good actions.

O Nanak, he alone obtains the nine treasures, who walks in the Will of the Lord.

One who intuitively serves the True Guru, loses his life in egotism.

His tongue does not taste the sublime essence of the Lord, and his heart-lotus does not blossom forth.

The self-willed manmukh eats poison and dies; he is ruined by love and attachment to Maya.

Without the Name of the One Lord, his life is cursed, and his home is cursed as well.

When God Himself bestows His Glance of Grace, then one becomes the slave of His slaves.
ता अनिदनु सेवा करे सतिगुरु की कबिह न छोडै पासु \( \text{949} \)
taa an-din sayvaa karay satguroo kee kabehe na chhodaa paas.
And then, night and day, he serves the True Guru, and never leaves His side.

जिउ जल महि कमलु अलिपतो वरतै तिव चिँचे गिरह उदासु \( \text{949} \)
ji-o jal meh kamal alipato vartai ti-o vichay girah udaas.
As the lotus flower floats unaffected in the water, so does he remain detached in his own household.

जन नानक करे कराइआ सभु को जिजौ भावै तिव हिर गुणतासु \( \text{949} \)
jan naanak karay karaa-ia saabh ko ji-o bhaavai tiv har guntaas. ||2||
O servant Nanak, the Lord acts, and inspires everyone to act, according to the Pleasure of His Will. He is the treasure of virtue. ||2||

ਪਉੜੀ \( \text{949} \)
pa-orhee.
Pauree:

ਛਤੀਹ ਜੁਗ ਗੁਬਾਰੁ ਸਾ ਆਪੇ ਗਣਤ ਕੀਨੀ \( \text{949} \)
chhateeh jug bubaar saa aapay ganat keenee.
For thirty-six ages, there was utter darkness. Then, the Lord revealed Himself.

ਆਪੇ ਸਿਰ੍ਸ੍ਤੀ ਸਬ ਸਾਜੀਆਨੁ ਆਪੀ ਮਿਤ ਦੀਨੀ \( \text{949} \)
aapay sarisat sabh saajee-an aap mat deenee.
He Himself created the entire universe. He Himself blessed it with understanding.

ਸਤੀ ਤਾਮ ਸਤਿਗੁਰੁ ਪਾਜ਼ ਕੰਮ੍ਹ ਮਨੀਤੀ \( \text{949} \)
satii taaam satguroo paajz kameet
He created the Simritees and the Shaastras; He calculates the accounts of virtue and vice.

ਲੋਕ ਨੂੰ ਤੌਰ ਵੇਲੇ ਉਤਤੀ ਹੁਣ ਪ੍ਰਤਿ ਪਤੀਨੀ \( \text{949} \)
jis bujhaa-ay so bujhsee sachai sabad pateenee.
He alone understands, whom the Lord inspires to understand and to be pleased with the True Word of the Shabad.
ਸਭ ਆਪੇ ਆਪੇ ਵਰਤ ਆਪੇ ਬਖਸ਼ ਮਿਲਾਈ ||੭|| (949)

He Himself is all-pervading; He Himself forgives, and unites with Himself. ||7||

ਸਲੋਕ ਮੇਹਲਾ 3 || (949)

salok mehlaa 3.
Shalok, Third Mehl:

ਇਹੁ ਤਨੁ ਸਭਿ ਰਤੁ ਹੈ ਰਤੁ ਬਿਨੁ ਤੰਤੁ ਨ ਹੋਇ ॥ (949)

This body is all blood; without blood, the body cannot exist.

ਜੋ ਸਿਹ ਰਤੇ ਆਪਣੈ ਿਤਨ ਤਿਨ ਲੋਭ ਰਤੁ ਨ ਹੋਇ ॥ (949)

Those who are attuned to their Lord - their bodies are not filled with the blood of greed.

ਭੈ ਪਇਐ ਤਨੁ ਖੀਣੁ ਹੋਇ ਲੋਬ ਰਤੁ ਿਵਚਹੁ ਜਾਇ ॥ (949)

In the Fear of God, the body becomes thin, and the blood of greed passes out of the body.

ਨਾਨਕ ਤੇ ਜਨ ਸੋਹਣੇ ਜਓ ਰਤੇ ਹੀਰ ਰੰਗ ਲਾਈ ॥੧॥ (950)

O Nanak, beautiful are those humble beings, who are imbued with the Lord's Love. ||1||

ਮੇਹਲਾ 3 || (950)

mehlaa 3.
Third Mehl:
रामकली रामु मिन विसा ता बनिआ सीगारु ॥ (९५०)
raamkalee raam man vasi-aa taa bani-aa seegaar.
In Raamkalee, I have enshrined the Lord in my mind; thus I have been embellished.

गुर कै सबिद कमलु िबगिसा ता सउिपआ भगित भंडारु ॥ (९५०)
gur kai sabad kamal bigsi-aa taa sa-upi-aa bhagat bhandaar.
Through the Word of the Guru's Shabad, my heart-lotus has blossomed forth; the Lord blessed me with the treasure of devotional worship.

भरमु गइआ ता जािगआ चूका अिगआन अंधारु ॥ (९५०)
bharam ga-i-aa taa jagi-aa chookaa agi-aan anDhaar.
My doubt was dispelled, and I woke up; the darkness of ignorance was dispelled.

तिस नो रूपु अति अगला िजसु हिर नाल िपआरु ॥ (९५०)
tis no roop at aglaa jis har naal pi-aar.
She who is in love with her Lord, is the most infinitely beautiful.

सदा रवै िपरु आपणा सोभावंती नारि ॥ (९५०)
sadaa ravai pir aapnaa sobhaavantee naar.
Such a beautiful, happy soul-bride enjoys her Husband Lord forever.

अभ्रमुि मीगारु न जाणनी जासिन जनमु सभु हारि ॥ (९५०)
manmukh seegaar na jaannee jaasan janam sabh haar.
The self-willed manmukhs do not know how to decorate themselves; wasting their whole lives, they depart.

बिनु हर भगती मीगारु वविव िउ सभित वैदिक भुआरु ॥ (९५०)
bin har bhagtee seegaar karahi nit jameh ho-ay khu-aar.
Those who decorate themselves without devotional worship to the Lord, are continually reincarnated to suffer.

सैसारै िविच सोभ न पाइनी अगै िज करे सु जाणै करतारु ॥ (९५०)
saisaarai vich sobh na paa-inee agai je karay so jaanai kartaar.
They do not obtain respect in this world; the Creator Lord alone knows what will happen to them in the world hereafter.
ਨਾਨਕ ਸਚਾ ਏਕੁ ਹੈ ਦੁਹਿ ਵਿਚ ਹੈ ਸੰਸਾਰੁ ॥ (950)

naanak sachaa ayk hai duhu vich hai sansaara.
O Nanak, the True Lord is the One and only; duality exists only in the world.

ਚੰਗੈ ਮੰਦੈ ਆਲੇ ਲਾਇਅਨੁ ਸੋ ਕਰਨਿ ਜਿ ਆਪੀ ਕਰਾਏ ਕਰਤਾਰੁ ॥੨॥ (950)

changai mandai aap laa-i-an so karan je aap karaa-ay kartaar. ||2||
He Himself enjoins them to good and bad; they do only that which the Creator Lord causes them to do. ||2||

ਚਾਂਦੀ ਸਿਤਗੁਰ ਸੇਵੇ ਸਾਾਂਤ ਨ ਆਵੈ ਦੂਜੀ ਨਾਹੀ ਜਾਇ ॥ (950)

bin satgur sayvay saaNt na aavee doojee nahee jaa-ay.
Without serving the True Guru, tranquility is not obtained. It cannot be found anywhere else.

ਜੇ ਬਹੁਤੇਰਾ ਲੋਚੀਐ ਿਵਣੁ ਕਰਮਾ ਪਾਇਆ ਨ ਜਾਇ ॥ (950)

jay bahutayraa lochee-ai vin karmaa paa-i-aa na jaa-ay.
No matter how much one may long for it, without the karma of good actions, it cannot be found.

ਅੰਤਿਰ ਲੋਭੁ ਿਵਕਾਰੁ ਹੈ ਦੂਜੈ ਭਾਇ ਖੁਾਇ ॥ (950)

antar lobh vikaar hai doojai bhaa-ay khu-aa-ay.
Those whose inner beings are filled with greed and corruption, are ruined through the love of duality.

ਦਿਹ ਸੇਵੇ ਿਤਨਾਣਤ ਹੋਈ ਦੁਖਾਲੇ ਿਵਿਚ ਦੁਖ ਦਾਡ਼ੀ ॥ (950)

tin jaman maran na chuk-ee ha-umai vich dukh paa-ay.
The cycle of birth and death is not ended, and filled with egotism, they suffer in pain.

ਜੀਨੀ ਸਿਤਗੁਰ ਿਸੂ ਿਚਤੁ ਲਾਇਆ ਸੋ ਖਾਲੀ ਕੋਈ ਨਾਹੀ ॥ (950)

jinee satgur si-o chit laa-i-aa so khaalee ko-ee naahi.
Those who focus their consciousness on the True Guru, do not remain unfulfilled.
They are not summoned by the Messenger of Death, and they do not suffer in pain.

O Nanak, the Gurmukh is saved, merging in the True Word of the Shabad.

He Himself remains unattached forever; all others run after worldly affairs.

Meditating on the Lord forever and ever, the Gurmukh finds peace.

He dwells in the home of his own inner being, absorbed in the Praise of the True Lord.

The True Lord is profound and unfathomable; through the Word of the Guru's Shabad, He is understood.
ਸਲੋਕ ਮੱਢ ॥ (950)
ਸਲੋਕ ਮੱਢ ॥
salok mehlaa 3.
Shalok, Third Mehl:

ਮਨਮੁਖ ਬੋਿਲ ਨ ਜਾਣਨੀ ਓਨਾ ਅੰਦਿਰ ਲੋਭੁ ਿਵਕਾਰੁ ॥ (950)
ਮਨਮੁਖ ਬੋਿਲ ਨ ਜਾਣਨੀ ਓਨਾ ਅੰਦਿਰ ਕਾਮ ਕਰ੍ੋਧੁ ਅਹੰਕਾਰੁ ॥
manmukh bol na jaannee onaa andar kaam kroDh ahaNkaar.
The self-willed manmukhs do not know what they are saying. They are filled with sexual desire, anger and egotism.

ਓਇ ਥਾਉ ਕੁਥਾਉ ਨ ਜਾਣਨੀ ਉਨ ਅੰਤਿਰ ਲੋਭ ਿਵਕਾਰੁ ॥ (950)
o-ay thaa-o kuthaa-o na jaannee un antar lobh vikaar.
They do not understand right places and wrong places; they are filled with greed and corruption.

ਮਨਮੁਖ ਬੋਿਲ ਨ ਜਾਣਨੀ ਓਨਾ ਅੰਦਿਰ ਲੋਭੁ ਿਵਕਾਰੁ ॥ (950)
ਮਨਮੁਖ ਬੋਿਲ ਨ ਜਾਣਨੀ ਓਨਾ ਅੰਦਿਰ ਕਾਮ ਕਰ੍ੋਧੁ ਅਹੰਕਾਰੁ ॥
manmukh bol na jaannee onaa andar kaam kroDh ahaNkaar.
The self-willed manmukhs do not know what they are saying. They are filled with sexual desire, anger and egotism.

ਓਇ ਥਾਉ ਕੁਥਾਉ ਨ ਜਾਣਨੀ ਉਨ ਅੰਤਿਰ ਲੋਭ ਿਵਕਾਰੁ ॥ (950)
o-ay thaa-o kuthaa-o na jaannee un antar lobh vikaar.
They do not understand right places and wrong places; they are filled with greed and corruption.

ਸਲੋਕ ਮੱਢ ॥ (950)
ਸਲੋਕ ਮੱਢ ॥
salok mehlaa 3.
Shalok, Third Mehl:

ਸਚਾ ਨਾਮੁ ਿਧਆਇ ਤੂ ਸਭੋ ਵਰਤੈ ਸਚੁ ॥ (950)
ਸਚਾ ਨਾਮੁ ਿਧਆਇ ਤੂ ਸਭੋ ਵਰਤੈ ਸਚੁ ॥
sachaa naam Dhi-aa-ay too sabho vartai sach.
Meditate on the True Name; the True Lord is all-pervading.

ਨਾਨਕ ਹੁਕਮੈ ਜੋ ਬੁਝੈ ਸੋ ਫਲ ਪਾਏ ਸਚੁ ॥ (950)
ਨਾਨਕ ਹੁਕਮੈ ਜੋ ਬੁਝੈ ਸੋ ਫਲ ਪਾਏ ਸਚੁ ॥
naanak hukmai jo bujhai so fal paa-ay sach.
O Nanak, one who realizes the Hukam of the Lord's Command, obtains the fruit of Truth.

ਕਥਨੀ ਬਦਨੀ ਕਰਤਾ ਿਫਰੈ ਹੁਕਮ ਨ ਬੂjabi ਸਚੁ ॥ (950)
ਕਥਨੀ ਬਦਨੀ ਕਰਤਾ ਿਫਰੈ ਹੁਕਮ ਨ ਬੂਜਾਈ ਸਚੁ ॥
kathnee badnee kartaa firai hukam na bujhai sach.
One who merely mouths the words, does not understand the Hukam of the True Lord's Command.

ਸਲੋਕ ਬਿਹਾ ਬਾਹਣਾ ਕਰਤਾ ਿਫਰੈ ਹੁਕਮੁ ਨ ਬੂਜਾਈ ਸਚੁ ॥੧॥ (950)
ਸਲੋਕ ਬਿਹਾ ਬਾਹਣਾ ਕਰਤਾ ਿਫਰੈ ਹੁਕਮੁ ਨ ਬੂਜਾਈ ਸਚੁ ॥੧॥
naanak har kaa bhaanaa mannay so bhagat ho-ay vin mannay kach nikach. ||1||
O Nanak, one who accepts the Will of the Lord is His devotee. Without accepting it, he is the falsest of the false. ||1||

ਮਹੰਤ ਮੱਢ ॥ (950)
ਮਹੰਤ ਮੱਢ ॥
mehlaa 3.
Third Mehl:
They come, and sit and talk for their own purposes. The Messenger of Death strikes them down.

Hereafter, they are called to account in the Court of the Lord; the false ones are struck down and humiliated.

How can this filth of falsehood be washed off? Can anyone think about this, and find the way?

If one meets with the True Guru, He implants the Naam, the Name of the Lord within; all his sins are destroyed.

The Naam washes off the filth of falsehood; chanting the Naam, one becomes truthful.

O servant Nanak, wondrous are the plays of the Lord, the Giver of life.
TuDh jayvad daataa naahi kis aakh sunaa-ee-ai.
You are the Great Giver; no other is as great as You. Unto whom should I speak and talk?

Gur parsad paa-ay jithahu ha-umai jaa-ee-ai.
By Guru's Grace, I find You; You eradicate egotism from within.

Ras kas saadaa baahraa sachee vadi-aa-ee-ai.
You are beyond sweet and salty flavors; True is Your glorious greatness.

Jis no bakhsay tis day-ay aap la-ay milaa-ee-ai.
You bless those whom You forgive, and unite them with Yourself.

Ghat antar amrit rakhi-on gurmukh kisai pi-aa-ee. ||9||
You have placed the Ambrosial Nectar deep within the heart; the Gurmukh drinks it in. ||9||

Salok mehlaa 3.
Shalok, Third Mehl:

The stories of one's ancestors make the children good children.
ਜਿ ਸਤਗੁਰ ਮਾਨੀ ਸੁ ਮੰਨੀ ਲੈਨੀ ਸੇੜੀ ਕਰਮ ਕਰੇਨੀ ||
je satgur bhaavai so man lain say-ee karam karayn.
They accept what is pleasing to the Will of the True Guru, and act accordingly.

ਜਾਇ ਪੁੰਛਹੁ ਸੀਮ੍ਰਿਤ ਸਾਸਤੁ ਬੀਆਸ ਸੁੰਕ ਨਾਰਦ ਬੱਚਨ ਸਭ ਸੀਸਟਿ ਕਰੇਨੀ ||
jaa-ay puchhahu simrit saasat bi-aas suk naarad bachan sabh sarisat karayn.
Go and consult the Simritees, the Shaastras, the writings of Vyaas, Suk Dayv, Naarad, and all those who preach to the world.

ਸਚੈ ਲਾਏ ਸੀਚ ਲਗੇ ਸਦਾ ਸਚੁ ਸਮਾਲੇਨੀ ||
sachai laa-ay sach lagay sadaa sach samaalayn.
Those, whom the True Lord attaches, are attached to the Truth; they contemplate the True Name forever.

ਨਾਨਕ ਆਏ ਸੇ ਪਰਵਾਣੁ ਭਏ ਜਿ ਸੰਗਲੇ ਕੁਲ ਤਾਰੇਨੀ ॥੧॥
naanak aa-ay say parvaan bha-ay je saglay kul taarayn. ||1||
O Nanak, their coming into the world is approved; they redeem all their ancestors. ||1||

ਮਹਲਾ ੩ ॥
mehlaa 3.
Third Mehl:

ਗੁਰੂ ਜਿਨਾ ਕਾ ਅੰਧੁਲਾ ਸੀਖ ਭੀ ਅੰਧੇ ਕਰਮ ਕਰੇਨੀ ||
guroo jinaa kaa anDhulaa sikh bhee anDhay karam karayn.
The disciples whose teacher is blind, act blindly as well.

ਓਇ ਭਾਣੈ ਚਲਿਨ ਆਪਣੈ ਿਨਤ ਝੂਠੁ ਝੂਠੋ ਬੋਲੇਨੀ ॥
o-ay bhaanai chalan aapnai nit jhootho jhooth bolayn.
They walk according to their own wills, and continually speak falsehood and lies.

ਕੂੜਹ ਕੂਸਤੁ ਕੱਮਾਵਦੇ ਪਰ ਿਨੰਦਾ ਸਦਾ ਕਰੇਨੀ ||
koorh kusat kamaavday par nindaa sadaa karayn.
They practice falsehood and deception, and endlessly slander others.
Slandering others, they drown themselves, and drown all their generations as well.

"O Nanak, whatever the Lord links them to, to that they are linked; what can the poor creatures do?" ||2||

He keeps all under His Gaze; He created the entire Universe.

He has linked some to falsehood and deception; these self-willed manmukhs are plundered.

The Gurmukhs meditate on the Lord forever; their inner beings are filled with love.

Those who have the treasure of virtue, chant the Praises of the Lord.

O Nanak, meditate on the Naam, and the Glorious Praises of the True Lord.
The fortress of the body is called the Mansion of the Lord.

The rubies and gems are found within it; the Gurmukh chants the Name of the Lord.

The body, the Mansion of the Lord, is very beautiful, when the Name of the Lord, Har, Har, is implanted deep within.

The self-willed manmukhs ruin themselves; they boil continuously in attachment to Maya.

The One Lord is the Master of all. He is found only by perfect destiny.
मानस देह गुर बचनी पाइआ सभु आतम रामु पछाता ॥ (953)

In the human body, the Guru's Word is found, when one understands that the Lord, the Supreme Soul, is in all.

बाहिर मूल न खोजीऐ घर माह िबधाता ॥ (953)

Don't look for Him outside your self. The Creator, the Architect of Destiny, is within the home of your own heart.

मनमुख हिर मंदर की सार न जाणनी ितनी जनमु गवाता ॥ (953)

The self-willed manmukh does not appreciate the value of the Lord's temple; they waste away and lose their lives.

The One Lord is pervading in all; through the Word of the Guru's Shabad, He can be found. ||12||

Shalok, Third Mehl:

मूरकु होवै सो सुणै मूरक का कहणा ॥ (953)

Only a fool listens to the words of the fool.

मूरक रेते मे मटे मूरक ले वरदा ॥ (953)

What are the signs of the fool? What does the fool do?

मूरक ओढ़ जि मुगधु है अहंकारे मरणा ॥ (953)

A fool is stupid; he dies of egotism.
एतु कमानै सदा दुखु दुख ही मिह रहणा ॥
ayt kamaanai sadaa dukh dukh hee meh rahnaa.
His actions always bring him pain; he lives in pain.

अति पिपारा पवै खूह िकहु संजमू करणा ॥
at pi-aaraa pavai khoohi khoohi sanjam karnaa.
If someone's beloved friend falls into the pit, what can be used to pull him out?

गुरमुिख होइ सु करे वीचारु ओसु अिलपतो रहणा ॥
gurmukh ho-ay so karay veechaar os alipato rahnaa.
One who becomes Gurmukh contemplates the Lord, and remains detached.

हिर नामु जपै आिप उधरै ओसु िपछै डुबदे भी तरणा ॥
har naam japai aap uDhrai os pichhai dubday bhee tarnaa.
Chanting the Lord's Name, he saves himself, and he carries across those who are drowning as well.

 ਨਾਨਕ ਜੋ ਿਤਸੁ ਭਾਵੈ ਸੋ ਕਰੇ ਜੋ ਦੇਇ ਸੁ ਸਹਣਾ ॥੧॥
aanak jo tis bhaavai so karay jo day-ay so sahnaa. ||1||
O Nanak, he acts in accordance with the Will of God; he endures whatever he is given. ||1||

Pauree:

ਹਿਰ ਕਾ ਸਰੀਰ ਹੈ ਹਿਰ ਰਿਵ ਰਿਹਾ ਸਰੀਰ ਆਪੈ ॥
har kaa sabh sareer hai har rav rahi-aa sabh aapai.
The body and everything belongs to the Lord; the Lord Himself is all-pervading.

ਹਿਰ ਕੀ ਿਮਿਤ ਨਾ ਪਵਿਅਕੀ ਕਾਕਾ ਆਪੈ ॥
har kee keemat naa pavai kichh kahan na jaapai.
The Lord's value cannot be estimated; nothing can be said about it.
By Guru's Grace, one praises the Lord, imbued with feelings of devotion.

The mind and body are totally rejuvenated, and egotism is eradicated.

Everything is the play of the Lord. The Gurmukh understands this.

The union of the body and the soul-swan was pre-ordained by the Creator Lord.

He is hidden, and yet pervading all. He is revealed to the Gurmukh.

Singing the Glorious Praises of the Lord, and chanting His Praises, one merges in His Glories.

True is the True Word of the Guru's Bani. One unites in Union with the True Lord.
ਸਭ ਹੈ ਆਪੇ ਦੇਇ ਵਿਡੀ। ||14||

He Himself is everything; He Himself grants glorious greatness. ||14||

ਪਾਰੀ || (954)

pa-orhee.

Pauree:

ਨਉ ਦਰਵਾਜੇ ਕਾਇਆ ਕੋਟੁ ਹੈ ਦਸਵੈ ਗੁਪਤੁ ਰਖੀਜੈ ॥

The fortress of the body has nine gates; the tenth gate is kept hidden.

ਬਜਰ ਕਪਾਟ ਨ ਖੁਲਨੀ ਗੁਰ ਸਬਦੀ ਖੁਲੀਜੈ ॥

The rigid door is not open; only through the Word of the Guru's Shabad can it be opened.

ਅਨਹਦ ਵਾਜੇ ਧੁੱਤ ਵਜਦੇ ਗੁਰ ਸਬਦ ਸੁਣੀਜੈ ॥

The unstruck sound current resounds and vibrates there. The Word of the Guru's Shabad is heard.

ਿਤਤੁ ਘਟ ਅੰਤੀਰ ਚਾਨਣਾ ਕਿਰ ਭਗਿਤ ਿਮਲੀਜੈ ॥

Deep within the nucleus of the heart, the Divine Light shines forth. Through devotional worship, one meets the Lord.

The One Lord is pervading and permeating all. He Himself created the creation. ||15||

ਪਾਰੀ || (955)

pa-orhee.

Pauree:
Deep within the body is the fortress of the Lord, and all lands and countries.

He Himself sits in primal, profound Samaadhi; He Himself is all-pervading.

He Himself created the Universe, and He Himself remains hidden within it.

Serving the Guru, the Lord is known, and the Truth is revealed.

The self-willed manmukh is trapped in the darkness of emotional attachment; in the love of duality he speaks.

The love of duality brings pain forever; he churns the water endlessly.
The Gurmukh meditates on the Naam, the Name of the Lord; he churns, and obtains the essence of reality.

The Divine Light illuminates his heart deep within; he seeks the Lord, and obtains Him.

He Himself deludes in doubt; no one can comment on this.

They are true, forever true, who drink in the sublime essence of the Lord.

The True Lord abides in the mind of the Gurmukh; He strikes the true bargain.

Everything is in the home of the self within; only the very fortunate obtain it.

The hunger within is conquered and overcome, singing the Glorious Praises of the Lord.
He Himself unites in His Union; He Himself blesses them with understanding. ||18||

They alone walk as Gurmukh, who receive the Shabad in the Sat Sangat, the True Congregation.

Meditating on the True Lord, they become truthful; they carry in their robes the supplies of the Lord's wealth.

The devotees look beautiful, singing the Praises of the Lord; following the Guru's Teachings, they become stable and unchanging.

They enshrine the jewel of contemplation within their minds, and the most sublime Word of the Guru's Shabad.
ਆਸਾ ਅੰਦਿਰ ਸਭੂ ਕੋ ਕੋਇ ਿਨਰਾਸਾ ਹੋਇ ॥

Everyone is filled with hope; hardly anyone is free of hope.

ਨਾਨਕ ਜੋ ਮਿਰ ਜੀਵੀਆ ਸਿਹਲਾ ਆਇਆ ਸੋਇ ॥੧॥

O Nanak, blessed is the birth of one, who remains dead while yet alive. ||1||

 ਨਾ ਿਕਛੁ ਆਸਾ ਹਿਥ ਹੈ ਕੇਉ ਿਨਰਾਸਾ ਹੋਇ ॥

Nothing is in the hands of hope. How can one become free of hope?

ਿਕਆ ਕਰੇ ਏਹ ਬਪੁੜੀ ਜੀ ਭੋਲਾਏ ਸੋਇ ॥੨॥

What can this poor being do? The Lord Himself creates confusion. ||2||

ਪਉੜੀ ॥

Pauree:

ਪਰ੍ਭੁ ਦਾਤਾ ਦਾਤਾਰ ਿਨਹਚਲੁ ਏਹੁ ਧਨੁ ॥

God is the Great Giver of givers. His wealth is permanent and unchanging.
saas saas aaraaDhay nirmal so-ay jan.
That humble being is immaculate, who worships the Lord with each and every breath.

antarjaamee agam rasnaa ayk bhan.
With your tongue, vibrate the One Inaccessible Lord, the Inner-knower, the Searcher of hearts.

ravi rahi-aa sarbarat naanak bal jaa-ee. ||20||
He is all-pervading everywhere. Nanak is a sacrifice to Him. ||20||

He Himself is all-pervading; He Himself is absorbed in the profound state of Samaadhi.

He Himself instructs; the Gurmukh is satisfied and fulfilled.

Some, He causes to wander in the wilderness, while others are committed to His devotional worship.
O Nanak, meditating on the Naam, the Name of the Lord, true greatness is obtained.

Wherever You seat me, there I sit, O my Lord and Master; wherever You send me, there I go.

In the entire village, there is only One King; all places are sacred.

That I may intuitively merge with You.

He thinks that good and bad deeds come from himself; this is the source of all evil.
ਇਹੁ ਫੁਰਮਾਇਆ ਖਸਮ ਕਾ ਹੋਆ ਵਰਤੈ ਇਹੁ ਸੰਸਾਰਾ ॥੨॥
Whatever happens in this world is only by the Order of our Lord and Master. ||2||

इੰਦਰੀ ਧਾਤੁ ਸਬਲ ਕਹੀਆਤ ਹੈ ਇੰਦਰੀ ਕਿਸ ਤੇ ਹੋੀ॥
Sexual desires are so strong and compelling; where has this sexual desire come from?

ਆਪੇ ਖੇਲ ਕਰੈ ਸਿਭ ਕਰਤਾ ਐਸਾ ਬੂਜਿਤ ਕੋਈ ॥
The Creator Himself stages all the plays; how rare are those who realize this. ||3||

ਗੁਰ ਪਰਸਾਦੀ ਏਕ ਿਲਵ ਲਾਗੀ ਦੁਿਬਧਾ ਤਦੇ ਿਬਨਾਸੀ ॥
By Guru's Grace, one is lovingly focused on the One Lord, and then, duality is ended.

ਜੋ ਿਤਸੁ ਭਾਣਾ ਸੋ ਸਰਨਾ ਕਾਟੀ ਜਮ ਕੀ ਫਾਸੀ ॥੪॥
Whatever is in harmony with His Will, he accepts as True; the noose of Death is loosened from around his neck. ||4||

 ਭਣਿਤ ਨਾਨਕੁ ਲੇਖਾ ਮਾਗੈ ਕਵਨਾ ਜਾ ਚੂਕਾ ਮਿਨ ਅਇਬਾਨਾ ॥
Prays Nanak, who can call him to account, when the egotistical pride of his mind has been silenced?

ਤਾਸੁ ਤਾਸੁ ਧਰਮ ਰਾਇ ਜਪਤੁ ਹੈ ਪਏ ਸਚੇ ਕੀ ਸਰਨਾ ॥ਵ॥
Even the Righteous Judge of Dharma is intimidated and afraid of him; he has entered the Sanctuary of the True Lord. ||5||1||

ਤਾਸੁ ਤਾਸੁ ॥
Even the Righteous Judge of Dharma is intimidated and afraid of him; he has entered the Sanctuary of the True Lord. ||5||1||

ਭਣੁ ਭਣੁ ॥
Prays Nanak, who can call him to account, when the egotistical pride of his mind has been silenced?

ਦਹੰਗ ਦਹੰਗ ਪਾਛ ਕਣੀ ਤਧੁ ਹੈ ਪਏ ਸਚੇ ਕੀ ਸਰਨਾ ॥ਧ॥ਨ॥
Even the Righteous Judge of Dharma is intimidated and afraid of him; he has entered the Sanctuary of the True Lord. ||5||1||

ਭਣੁ ਭਣੁ ॥
Prays Nanak, who can call him to account, when the egotistical pride of his mind has been silenced?

ਦਹੰਗ ਦਹੰਗ ਪਾਛ ਕਣੀ ਤਧੁ ਹੈ ਪਏ ਸਚੇ ਕੀ ਸਰਨਾ ॥ਧ॥ਨ॥
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ਦਹੰਗ ਦਹੰਗ ਪਾਛ ਕਣੀ ਤਧੁ ਹੈ ਪਏ ਸਚੇ ਕੀ ਸਰਨਾ ॥ਧ॥ਨ॥
Even the Righteous Judge of Dharma is intimidated and afraid of him; he has entered the Sanctuary of the True Lord. ||5||1||

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Even the Righteous Judge of Dharma is intimidated and afraid of him; he has entered the Sanctuary of the True Lord. ||5||1||

ਤਾਸੁ ਤਾਸੁ ॥
Even the Righteous Judge of Dharma is intimidated and afraid of him; he has entered the Sanctuary of the True Lord. ||5||1||

ਭਣੁ ਭਣੁ ॥
Prays Nanak, who can call him to account, when the egotistical pride of his mind has been silenced?
Coming and going in reincarnation no longer exist, when one dwells in the home of the self within.

He bestowed the Blessing of His treasure of truth; only He Himself knows.

Meditate on the Word of the Guru's Shabad; focus lovingly on the Truth.

One who forgets the Name in this world, shall not find any place of rest anywhere else.

He shall wander in all sorts of reincarnations, and rot away in manure.

By great good fortune, I have found the Guru, according to my pre-ordained destiny, O my mother.

Night and day, I practice true devotional worship; I am united with the True Lord.
He Himself fashioned the entire universe; He Himself bestows His Glance of Grace.

O Nanak, the Naam, the Name of the Lord, is glorious and great; as He pleases, He bestows His Blessings.

Please forgive my past mistakes, O my Dear Lord; now, please place me on the Path.

I remain attached to the Lord’s Feet, and eradicate self-conceit from within.

I have no social status or honor; I have no place or home.
सबिद भेिद भर्मु किटआ गुिर नामु दीਆ समझाइ ॥२॥ (994)
Pierced through by the Word of the Shabad, my doubts have been cut away. The Guru has inspired me to understand the Naam, the Name of the Lord. ||2||

इहु मनु लालच करदा िफरै लालिच लागा जाइ ॥ (994)
This mind wanders around, driven by greed, totally attached to greed.

इहु मनु लालच करदा िफरै लालिच लागा जाइ ॥ (994)
He is engrossed in false pursuits; he shall endure beatings in the City of Death. ||3||

नानक सभु िकछु आपे आिप है दूजा नाही कोइ ॥ (994)
O Nanak, God Himself Himself is all-in-all. There is no other at all.

Bhagat Khajaanaa bakhsi-on gurmukhaa sukh ho-ay. ||4||3||
He bestows the treasure of devotional worship, and the Gurmukhs abide in peace. ||4||3||

Maaroo, Third Mehl:

seek and find those who are imbued with Truth; they are so rare in this world.
ਬਾਬਾ ਸਾਚਾ ਸਾਹਿਬੁ ਰਦਤੇ ਸਮਾਲ ॥ (994)

O Baba, contemplate and cherish the True Lord and Master within your heart.

ਸਿਤਗੁਰੂ ਅਪਨਾ ਪੁਛਦੇ ਦੇਖੁ ਲੇਹੁ ਵਖਰੁ ਭਾਿਲ ॥੧॥ ਰਹਾਉ ॥ (994)

Seek out and see, and ask your True Guru, and obtain the true commodity. ||1||Pause||

ਇਕੁ ਸਚਾ ਸਭ ਸੇਵਦੀ ਧੁੱਤ ਭਾਿਗ ਿਮਲਾਵਾ ਹੋਇ ॥ (994)

All serve the One True Lord; through pre-ordained destiny, they meet Him.

ਗੁਰਮੁਖ ਿਮਲੇ ਸੇ ਨ ਵਖਰੁ ਪਾਵਿਹ ਸਚ ਸੋਇ ॥੨॥ (994)

The Gurmukhs merge with Him, and will not be separated from Him again; they attain the True Lord. ||2||

ਇਕ ਭਗਤੀ ਸਾਰ ਨ ਜਾਣਨੀ ਮਨਮੁਖ ਭਰਿਮ ਭੁਲਾਇ ॥ (994)

Some do not appreciate the value of devotional worship; the self-willed manmukhs are deluded by doubt.

ਓਨਾ ਿਵਚ ਆਿਪ ਵਰਤਦਾ ਕਰਣਾ ਿਕਛੂ ਨ ਜਾਇ ॥੩॥ (994)

They are filled with self-conceit; they cannot accomplish anything. ||3||

ਨਾਨਕ ਗੁਰਮੁਖ ਨਾਮ ਮਿਨ ਵਸੈ ਤਾ ਸੁਿਣ ਕਰੇ ਸਾਬਾਸ ॥੪॥੪॥ (994)

O Nanak, the Naam, the Name of the Lord, abides within the mind of the Gurmukh; hearing his prayer, the Lord applauds him. ||4||4||
Maaroo, Third Mehl:

Maaroo, Third Mehl:

He transforms the burning desert into a cool oasis; he transmutes rusted iron into gold.

So praise the True Lord; there is none other as great as He is. ||1||

O my mind, night and day, meditate on the Lord's Name.

Contemplate the Word of the Guru's Teachings, and sing the Glorious Praises of the Lord, night and day. ||1|| Pause||

As Gurmukh, one comes to know the One Lord, when the True Guru instructs him.

Those who forsake the True Guru, and attach themselves to duality - what will they do when they go to the world hereafter?
Bound and gagged in the City of Death, they will be beaten. They will be punished severely. ||3||

My God is independent and self-sufficient; he does not have even an iota of greed.

O Nanak, run to His Sanctuary; granting His forgiveness, He merges us into Himself. ||4||5||

One Universal Creator God. By The Grace Of The True Guru:

is intuitively exalted by the True Word of the Shabad.

He alone knows the pain of this love; what does anyone else know about its cure? ||1||
He Himself unites in His Union.

He Himself inspires us with His Love.

He alone appreciates the value of Your Love, upon whom You shower Your Grace, O Lord. ||1||Pause||

One whose spiritual vision is awakened - his doubt is driven out.

By Guru's Grace, he obtains the supreme status.

He alone is a Yogi, who understands this way, and contemplates the Word of the Guru's Shabad. ||2||

By good destiny, the soul-bride is united with her Husband Lord.

Following the Guru's Teachings, she eradicates her evil-mindedness from within.
With love, she continually enjoys pleasure with Him; she becomes the beloved of her Husband Lord. ||3||

Other than the True Guru, there is no physician.

Meeting with the True Guru, evil is conquered, and spiritual wisdom is contemplated. ||4||

One who is committed to this most sublime Shabad becomes Gurmukh, and is rid of thirst and hunger.

By one's own efforts, nothing can be accomplished; the Lord, in His Mercy, bestows power. ||5||

The True Guru has revealed the essence of the Shaastras and the Vedas.
Kar kirpa apnai ghar aa-i-aa.
In His Mercy, He has come into the home of my self.

Anjan maahi niranjan jataa jin k-o nadir tumari jee-o. ||6||
In the midst of Maya, the Immaculate Lord is known, by those upon whom You bestow Your Grace. ||6||

Gurmukh ho-vai so tat paa-ay.
One who becomes Gurmukh, obtains the essence of reality;

Aapnaa aap vichahu gavaa-ay.
he eradicates his self-conceit from within.

Satgur baajhahu sabh DhanDh kamaavai vaykhhu man veechaaree jee-o. ||7||
Without the True Guru, all are entangled in worldly affairs; consider this in your mind, and see. ||7||

Ek bharam bhoolay fireh ahaNa kaaree.
Some are deluded by doubt; they strut around egotistically.

Iknaa gurmukh ha-umai maaree.
Some, as Gurmukh, subdue their egotism.

Sachai sabad ratay bairaagee hor bharam bhulay gaavaaree jee-o. ||8||
Attuned to the True Word of the Shabad, they remain detached from the world. The other ignorant fools wander, confused and deluded by doubt. ||8||
Those who have not become Gurmukh, and who have not found the Naam, the Name of the Lord -

Those self-willed Manmukhs waste their lives uselessly.

In the world hereafter, nothing except the Name will be of any assistance; this is understood by contemplating the Guru.

The Ambrosial Naam is the Giver of peace forever.

Throughout the four ages, it is known through the Perfect Guru.

He alone receives it, unto whom You bestow it; this is the essence of reality which Nanak has realized.

One Universal Creator God. By The Grace Of The True Guru:
By the Hukam of His Command, He effortlessly created the Universe.

Creating the creation, He gazes upon His own greatness.

He Himself acts, and inspires all to act; in His Will, He pervades and permeates all.

The world is in the darkness of love and attachment to Maya.

How rare is that Gurmukh who contemplates, and understands.

He alone attains the Lord, unto whom He grants His Grace. He Himself unites in His Union.

Uniting with Himself, He bestows glorious greatness.

By Guru's Grace, one comes to know the Lord's worth.
The self-willed manmukh wanders everywhere, weeping and wailing; he is utterly ruined by the love of duality. ||3||

Egotism was instilled into the illusion of Maya.

But one who becomes Gurmukh is absorbed in the Name; he remains immersed in the True Lord. ||4||

Spiritual wisdom is obtained from the Guru, along with the jewel of the Naam, the Name of the Lord.

Desires are subdued, and one remains immersed in the mind.

The Creator Himself stages all His plays; He Himself bestows understanding. ||5||

One who serves the True Guru eradicates self-conceit.
ਸਚੈ ਸਬਦੁ ਸਤਗੁਰੁ ਸੇਵੈ ॥ (1044)
Through the True Word of the Shabad, serve the True Guru.

ਜਰਾ ਜਮੁ ਤਿਸੁ ਜੋਹ ਨ ਸਕਈ ਸਹਚੇ ਤਿਸੁ ਬਿਣ ਆਈ ॥੮॥ (1044)
Old age and death cannot even touch one who is in harmony with the True Lord. ||8||
The world is burning up in the fire of desire.

It burns and burns, and is destroyed in all its corruption.

The self-willed manmukh finds no place of rest anywhere. The True Guru has imparted this understanding.

Those who serve the True Guru are very fortunate.

They remain lovingly focused on the True Name forever.

The Immaculate Naam, the Name of the Lord, permeates the nucleus of their inner being; through the Shabad, their desires are quenched.

True is the Word of the Shabad, and True is the Bani of His Word.

How rare is that Gurmukh who realizes this.
ਸਚੈ सਬਿਦ रਤੇ बੈਰागੀ आਵਣੁ जਾਣੁ रਹਾਈ हे ॥੧੧॥

Those who are imbued with the True Shabad are detached. Their comings and goings in reincarnation are ended. ||11||

ਸਬਦੁ बुझੈ सੋ ਮੈਲੁ ਚੁਕਾਏ ॥

One who realizes the Shabad is cleansed of impurities.

ਿਨਰਮਲ ਨਾਮੁ ਵਸੈ ਮਿਨ ਆਏ ॥

The Immaculate Naam abides within his mind.

ਸਤਗੁਰ ਅਪਣਾ ਸਦ ਹੀ ਸੇਵਿਹ ਹਉਮਤੀ ਿਵਚਹੁ ਜਾਈ ਹੇ ॥੧੨॥

He serves his True Guru forever, and egotism is eradicated from within. ||12||

ਗੁਰ ਤੇ ਬੂਜ਼ੈ ਤਾ ਦਰੁ ਸੂਜੈ ॥

If one comes to understand, through the Guru, then he comes to know the Lord’s Door.

ਨਾਮ ਿਵਹੂਣਾ ਕਿਥ ਕਿਥ ਲੂਜੈ ॥

But without the Naam, one babbles and argues in vain.

The glory of serving the True Guru is that it eradicates hunger and thirst. ||13||

ਆਪੇ ਆਪਿ ਮੀਲੈ ਤਾ ਬੂਜ਼ੈ ॥ 

When the Lord unites them with Himself, then they come to understand.
Without spiritual wisdom, they understand nothing at all.

One whose mind is filled with the Guru’s gift forever - his inner being resounds with the Shabad, and the Word of the Guru’s Bani.

He acts according to his pre-ordained destiny.

They alone dwell in the Sat Sangat, the True Congregation, who have such pre-ordained destiny.

He alone finds the Lord, unto whom He grants His Grace.

He links his consciousness to the deep meditative state of the True Shabad.

Nanak, Your slave, offers this humble prayer; I stand at Your Door, begging for Your Name.
Maaroo, Third Mehl:

**॥ (1044)॥**

एको एकु वरतई सभु सोई ॥

The One and only Lord is pervading and permeating everywhere.

**॥ (1044)॥**

एको रवि रहिआ सभ अंतरी तिसु बियु अबरु न कोई हे ॥१॥

The One Lord is permeating and pervading, deep within the nucleus of all. Without Him, there is no other at all. ||1||

**॥ (1045)॥**

लख चउरासीह जीअ उपाए ॥

He created the 8.4 millions species of beings.

**॥ (1045)॥**

सभना रिजकु समाहे आपे कीमति होर न होई हे ॥२॥

He Himself nourishes all; no one else can estimate His value. ||2||

**॥ (1045)॥**

माइआ मोहु अंधु अंधारा ॥

Love and attachment to Maya are utter darkness.
Egotism and possessiveness have spread throughout the expanse of the universe.

Night and day, they burn, day and night; without the Guru, there is no peace or tranquility.

He Himself unites, and He Himself separates.

True is the Hukam of His Command, and True is the expanse of His universe. No one else can issue any Command.

He alone is attached to the Lord, whom the Lord attaches to Himself.

By Guru's Grace, the fear of death runs away.

The Shabad, the Giver of peace, dwells forever deep within the nucleus of the self. One who is Gurmukh understands.
God Himself unites those united in His Union.

Whatever is pre-ordained by destiny, cannot be erased.

Night and day, His devotees worship Him, day and night; one who becomes Gurmukh serves Him.

Serving the True Guru, lasting peace is experienced.

He Himself, the Giver of all, has come and met me.

Subduing egotism, the fire of thirst has been extinguished; contemplating the Word of the Shabad, peace is found.

But one who becomes Gurmukh, sees the Lord with his eyes.
Night and day, he chants the Naam, day and night; meeting with his Beloved, he finds peace. ||8||

The self-willed manmukh wanders distracted, attached to duality.

That unfortunate wretch - why didn't he just die as soon as he was born?

Coming and going, he wastes away his life in vain. Without the Guru, liberation is not obtained. ||9||

That body which is stained with the filth of egotism is false and impure.

It may be washed a hundred times, but its filth is still not removed.

But if it is washed with the Word of the Shabad, then it is truly cleansed, and it shall never be soiled again. ||10||

The five demons destroy the body.
ਮਿਰ ਮਿਰ ਜੰਮਿਹ ਸਬਦੁ ਨ ਵੀਚਾਰਿਹ ॥ (1045)
mar mar jameh sabad na vichaareh.
He dies and dies again, only to be reincarnated; he does not contemplate the Shabad.

ਅੰਤਿਰ ਮਾਇਆ ਮੋਹ ਗੁਬਾਰਾ ਜੁਤੁ ਸੰਪ੍ਰਵੈ ਸੁੱਧ ਨ ਹੋਈ ਹੇ ॥ ੧੧ ॥
antar maa-i-aa moh gubaaraa j-o supnai suDh na ho-ee hay. ||11||
The darkness of emotional attachment to Maya is within his inner being; as if in a dream, he does not understand. ||11||

ਅੰਤਿਰ ਪੰਚਾ ਮਾਰ ਸਬਦ ਹੈ ਲਾਗੇ ॥
antar panchaa maar sabad hai laagay.
Some conquer the five demons, by being attached to the Shabad.

ਅੰਤਿਰ ਸਾਚੁ ਰਾਵਹ ਰੰਗ ਰਾਤੇ ਸਹਿਜ ਸਮਾਵੈ ਸੋਈ ਹੇ ॥ ੧੨ ॥
antar saach raveh rang raatay sahj samaavai so-ee hay. ||12||
Within the nucleus of their inner being, they dwell upon the Truth; attuned to the Lord's Love, they intuitively merge in Him. ||12||

ਗੁਰ ਕੀ ਚਾਲ ਗੁਰੂ ਤੇ ਜਾਪੈ ॥
gur kee chaal guroo tay jaapai.
The Guru's Way is known through the Guru.

ਪੂਰਾ ਸੇਵਕੁ ਸਬਦ ਸੰਜਾਪੈ ॥
pooraa sayvak sabad sinjaapai.
His perfect servant attains realization through the Shabad.

ਸਦਾ ਸੰਜਾ ਅੰਤਿਰ ਰਸਨ ਰਸੁ ਚਾਖੈ ਸਚੁ ਸੋਈ ਹੇ ॥ ੧੩ ॥
sadaa sabad ravai ghat antar rasnaa ras chaakhai sach so-ee hay. ||13||
Deep within his heart, he dwells forever upon the Shabad; he tastes the sublime essence of the True Lord with his tongue. ||13||
I have enshrined the Name of the Lord within my heart.

Other than the One Lord, I know nothing at all. Whatever will be, will automatically be.

Without the True Guru, no one obtains intuitive wisdom.

He serves the True Lord, and is attuned to the True Shabad. The Shabad banishes egotism.

He Himself is the Giver of virtue, the Contemplative Lord.
O Nanak, immersed in the Naam, the Name of the Lord, one becomes true; from the True Lord, honor is obtained. ||16||2||

Maaroo, Third Mehl:

One True Lord is the Life of the World, the Great Giver.

Serving the Guru, through the Word of the Shabad, He is realized.

There is only One Command, and there is only One Supreme King. In each and every age, He links each to their tasks. ||1||

That humble being is immaculate, who knows his own self.

The Lord, the Giver of peace, Himself comes and meets him.

His tongue is imbued with the Shabad, and he sings the Glorious Praises of the Lord; he is honored in the Court of the True Lord. ||2||
The Gurmukh is blessed with the glorious greatness of the Naam.

The self-willed manmukh, the slanderer, loses his honor.

Attuned to the Naam, the supreme soul-swans remain detached; in the home of the self, they remain absorbed in deep meditative trance.

That humble being who dies in the Shabad is perfect.

The brave, heroic True Guru chants and proclaims this.

Deep within the body is the true pool of Ambrosial Nectar; the mind drinks it in with loving devotion.

The Pandit, the religious scholar, reads and instructs others,

but he does not realize that his own home is on fire.
Without serving the True Guru, the Naam is not obtained. You can read until you are exhausted, but you shall not find peace and tranquility. ||5||

Some smear their bodies with ashes, and wander around in religious disguises. ||5||

Without the Word of the Shabad, who has ever subdued egotism? ||6||

Night and day, they remain forever attuned to His Love; they focus their consciousness on loving devotion and the Fear of God. ||7||

The self-willed manmukh indulges in slander, and is ruined.
अंतिर लोभु भउकै जिसु कुता ॥ (1046)
antari lobh bha-ukai jis kuta.
The dog of greed barks within him.

जमकालु तिसु कदेन छोडै अंत गइया पछुताई हे ॥८॥ (1046)
jamkaal tis kaday na chhodai ant ga-i-aa pachhutaa-ee hay. ||8||
The Messenger of Death never leaves him, and in the end, he leaves, regretting and repenting. ||8||

सचै सबिद सची पित होई ॥ (1046)
sachai sabad saachee pat ho-ee.
Through the True Word of the Shabad, true honor is obtained.

बिनु नावै मुकित न पावै कोई ॥ (1046)
bin naavai mukat na paavai ko-ee.
Without the Name, no one attains liberation.

बिनु सतिगुर को नाउ न पाए पर्िभ ऐसी बणत बणाई हे ॥९॥ (1046)
bin satgur ko naa-o na paa-ay parabh aisee banat banaa-ee hay. ||9||
Without the True Guru, no one finds the Name. Such is the making which God has made. ||9||

इिक अिहिनिस नािम रते िनरंकारी ॥ (1046)
ik ahinis naam ratay nirankaaree.
Some remain imbued with the Naam, the Name of the Formless Lord, day and night.

जिस नो आपि मिलाए सो बृहि मनति भाई भउ जाई हे ॥१०॥ (1046)
jis no aap milaa-ay so boojhai bhagat bhaa-ay bha-o jaa-ee hay. ||10||
He alone understands, whom the Lord unites with Himself; through loving devotional worship, fear is dispelled. ||10||
Some take cleansing baths and give donations to charities, but they do not understand.

Some struggle with their minds, and conquer and subdue their minds.

Some are imbued with love for the True Word of the Shabad; they merge with the True Shabad.

He Himself creates and bestows glorious greatness.

Bestowing His Grace, He comes to dwell in the mind; such is the Command ordained by my God.

Those humble beings who serve the True Guru are true.

The false, self-willed manmukhs do not know how to serve the Guru.
The Creator Himself creates the creation and watches over it; he attaches all according to the Pleasure of His Will. ||13||

In each and every age, the True Lord is the one and only Giver.

Through perfect destiny, one realizes the Word of the Guru's Shabad.

Those who are immersed in the Shabad are not separated again. By His Grace, they are intuitively immersed in the Lord. ||14||

Acting in egotism, they are stained with the filth of Maya.

Without serving the True Guru, no one finds liberation. O mind, tune into this, and see. ||15||

He does whatever He pleases.
No one has done, or can do anything by himself.

O Nanak, through the Name, one is blessed with glorious greatness, and obtains honor in the Court of the True Lord.

All who come shall have to depart.

In the love of duality, they are caught by the noose of the Messenger of Death.

Those humble beings who are protected by the True Guru, are saved. They merge into the Truest of the True.

The Creator Himself creates the creation, and watches over it.

They alone are acceptable, upon whom He bestows His Glance of Grace.
The Gurmukh attains spiritual wisdom, and understands everything. The ignorant ones act blindly. ||2||

The self-willed manmukh is cynical; he doesn't understand.

He dies and dies again, only to be reborn, and loses his life uselessly again.

The Gurmukh is imbued with the Naam, the Name of the Lord; he find peace, and is intuitively immersed in the True Lord. ||3||

When the Lord Himself grants forgiveness, then peace is obtained; through the Perfect Word of the Shabad, one is united with Him. ||4||

The false and evil-minded are the most wicked of the wicked.
They are the most unworthy of the unworthy.

With false intellect, and insipid words of mouth, evil-minded, they do not obtain the Naam.

The unworthy soul-bride is not pleasing to her Husband Lord.

False-minded, her actions are false.

The foolish person does not know the excellence of her Husband Lord. Without the Guru, she does not understand at all.

The evil-minded, wicked soul-bride practices wickedness.

She decorates herself, but her Husband Lord is not pleased.

The virtuous soul-bride enjoys and ravishes her Husband Lord forever; the True Guru unites her in His Union.
God Himself issues the Hukam of His Command, and beholds all.

Some are forgiven, according to their pre-ordained destiny.

Night and day, they are imbued with the Naam, and they find the True Lord. He Himself unites them in His Union.

Egotism attaches them to the juice of emotional attachment, and makes them run around.

The Gurmukh is intuitively immersed in the True Love of the Lord.

He Himself unites, He Himself acts, and beholds. Without the True Guru, understanding is not obtained.

Some contemplate the Word of the Shabad; these humble beings remain always awake and aware.

Some are attached to the love of Maya; these unfortunate ones remain asleep.
He Himself acts, and inspires all to act; no one else can do anything. ||10||

Through the Word of the Guru's Shabad, death is conquered and killed.

Keep the Name of the Lord enshrined within your heart.

Serving the True Guru, peace is obtained, and one merges in the Name of the Lord. ||11||

In the love of duality, the world wanders around insane.

Immersed in love and attachment to Maya, it suffers in pain.

Wearing all sorts of religious robes, He is not obtained. Without the True Guru, peace is not found. ||12||

Who is to blame, when He Himself does everything?
jit bhaavai tivai chalaa-ay. ॥
As He wills, so is the path we take.

aapay miharvaan sukh-daata jis da hukam na mayti-aa jaa-ee hay. ॥13॥
He Himself is the Merciful Giver of peace; as He wills, so do we follow. ॥13॥

aapay kartaa aapay bhugtaa.
He Himself is the Creator, and He Himself is the Enjoyer.

aapay sanjam aapay jugtaa.
He Himself is detached, and He Himself is attached.

aapay nirmal miharvaan maDhusoodan jis daa hukam na mayti-aa jaa-ee hay. ॥14॥
He Himself is immaculate, compassionate, the lover of nectar; the Hukam of His Command cannot be erased. ॥14॥

say vadbhaagee jinee ayko jaataa.
Those who know the One Lord are very fortunate.

ghat ghat vas rahii-aa jagjeevan daataa.
He dwells in each and every heart, the Great Giver, the Life of the world.

ik thai gupat pari-aa hain aapay gurmukh bharam bha-o jaa-ee hay. ॥15॥
At the same time, He is both hidden and revealed. For the Gurmukh, doubt and fear are dispelled. ॥15॥
The Gurmukh knows the One, the Dear Lord.

Deep within the nucleus of his inner being, is the Naam, the Name of the Lord; he realizes the Word of the Shabad.

He alone receives it, unto whom You give it. O Nanak, the Naam is glorious greatness.

I praise the true, profound and unfathomable Lord.

All the world is in His power.

True is the Lord and Master, and True is His Name.


gur parsaa-dee man vasaa-ee.
By Guru's Grace, I enshrine Him in my mind.

aapay aa-ay vasi-aa ghat antar tootee jam kee faasee hay. ||2||
He Himself has come to dwell deep within the nucleus of my heart; the noose of death has been snapped. ||2||

kis sayvee tai kis saalaahii.
Whom should I serve, and whom should I praise?

satgur sayvee sabad saalaahii.
I serve the True Guru, and praise the Word of the Shabad.

sachai sabad sadaa mat ootam antar kamal pargaasee hay. ||3||
Through the True Shabad, the intellect is exalted and ennobled forever, and the lotus deep within blossoms forth. ||3||

dayhee kaachee kaagad mikdaaraa.
The body is frail and perishable, like paper.

boond pavai binsai dhahat na laagai baaraa.
When the drop of water falls upon it, it crumbles and dissolves instantaneously.

kanchan kaa-i-aa gurmukh boojhai jis antar naam nivaasee hay. ||4||
But the body of the Gurmukh, who understands, is like gold; the Naam, the Name of the Lord, dwells deep within. ||4||
सचा चउका सुरित की कारा ॥ (1048)
sachaa cha-ukaa surat kee kaaraa.
Pure is that kitchen, which is enclosed by spiritual awareness.

हर नाम भोजन सचु आधारा ॥ (1048)
har naam bhojan sach aaDhaaraa.
The Lord's Name is my food, and Truth is my support.

हिर गुण गाविह अनिदनु जागे ॥ (1048)
har gun gaavahi an-din jaagay.
They sing the Glorious Praises of the Lord, and remain awake and aware night and day.

हउ तिन बलिहारी जो साचै लागे ॥ (1048)
ha-o tin balihaaree jo saachai laagay.
I am a sacrifice to those who are attached to the Truth.

एको सेवी अवरु न दूजा ॥ (1048)
ayko sayvee avar na doojaa.
I serve the One Lord, and no other at all.
ਪੂਰੈ ਗੁਰ ਸਭ ਸਚ ਦਿਖਾਇਆ ਸਚੈ ਨਾਮ ਨਵਾਸੀ ਹੇ ॥੭॥
The Perfect Guru has revealed the whole Truth to me; I dwell in the True Name. ||7||

ਭਰਾਮ ਭਰਾਮ ਜੋਨੀ ਫਿਰ ਫਿਰ ਆਈਆ ॥
Wandering, wandering in reincarnation, again and again, he comes into the world.

ਆਪ ਭूਲਾ ਜਾ ਖਸਿਮ ਭੁਲਾਇਆ ॥
He is deluded and confused, when the Lord and Master confuses him.

ਹਿਰ ਜੀ ਮਿਲਾ ਤਾ ਗੁਰਮੁਖ ਬੂਜ਼ਤਾ ਚੀਨੈ ਸਬਦ ਅਭਿਨਾਸੀ ਹੇ ॥੮॥
He meets with the Dear Lord, when, as Gurmukh, he understands; he remembers the Shabad, the Word of the immortal, eternal Lord God. ||8||

ਕਾਮ ਕੋਠਾ ਭਰਾਮ ਅਪਰਾਧੀ ॥
I am a sinner, overflowing with sexual desire and anger.

ਵਖਾ ਮੁਹ ਲੈ ਬੋਲਹ ਨਾ ਹਮ ਗੁਣ ਨ ਸੇਵਾ ਸਾਧੀ ॥
With what mouth should I speak? I have no virtue, and I have rendered no service.

ਡੁਬਦੇ ਪਾਥਰ ਮੇਲ ਲਾਇ ਤੂਮ ਆਪ ਸਚ ਨਾਮ ਅਭਿਨਾਸੀ ਹੇ ॥੯॥
I am a sinking stone; please, Lord, unite me with Yourself. Your Name is eternal and imperishable. ||9||

ਨਾ ਕੋਈ ਕਰੇ ਨਿੰਦਾ ਬੋਹਾਗਾ ॥
No one does anything; no one is able to do anything.
That alone happens, which the Lord Himself does, and causes to be done.

Those whom He Himself forgives, find peace; they dwell forever in the Naam, the Name of the Lord.

This body is the earth, and the infinite Shabad is the seed.

Deal and trade with the True Name alone.

The True wealth increases; it is never exhausted, when the Naam dwells deep within.

O Dear Lord, please bless me, the worthless sinner, with virtue.

Forgive me, and bless me with Your Name.

One who becomes Gurmukh, is honored; he dwells in the Name of the One Lord alone.
 Antar har Dhan samajh na ho-ee.
The wealth of the Lord is deep within one's inner being, but he does not realize it.

Gur parsaadie boojhai ko-ee.
By Guru's Grace, one comes to understand.

Gurmukh hovai so Dhan paa-ay sad hee naam nivaasee hay. ||13||
One who becomes Gurmukh is blessed with this wealth; he lives forever in the Naam. ||13||

Anal vaa-o bharam bhulaa-ee.
Fire and wind lead him into delusions of doubt.

Maa-i-aa mohi suDh na kaa-ee.
In love and attachment to Maya, he has no understanding at all.

Manmukh anDhay kichhoo na soojhai gurmat naam pargaasee hay. ||14||
The blind, self-willed manmukh sees nothing; through the Guru's Teachings, the Naam is gloriously revealed. ||14||

Manmukh ha-umai maa-i-aa sootay.
The manmukhs are asleep in egotism and Maya.

Apnaa ghar na samaaleh ant vigootay.
They do not watch over their own homes, and are ruined in the end.
They slander others, and burn in great anxiety; they dwell in pain and suffering. ||15||

The Creator Himself has created the creation.

He blesses the Gurmukh with understanding.

O Nanak, those who are attuned to the Naam - their minds become immaculate; they dwell in the Naam, and only the Naam. ||16||5||

I serve the One Lord, who is eternal, stable and True.

Attached to duality, the whole world is false.

Following the Guru's Teachings, I praise the True Lord forever, pleased with the Truest of the True. ||1||
Your Glorious Virtues are so many, Lord; I do not know even one.

The Life of the world, the Great Giver, attaches us to himself.

He Himself forgives, and bestows glorious greatness. Following the Guru's Teachings, this mind is delighted.

He Himself has subdued the waves of Maya.

Egotism has been conquered, and this mind has become immaculate.

I intuitively sing His Glorious Praises, imbued with the Lord's Love. My tongue chants and savors the Lord's Name.

Crying out, "Mine, mine!" he spends his life.

The self-willed manmukh does not understand; he wanders around in ignorance.
The Messenger of Death watches over him every moment, every instant; night and day, his life is wasting away. ||4||

He practices greed within, and does not understand.

He does not see the Messenger of Death hovering over his head.

Whatever one does in this world, will come to face him in the hereafter; what can he do at that very last moment? ||5||

Those who are attached to the Truth are true.

The self-willed manmukhs, attached to duality, weep and wail.

He is the Lord and Master of both worlds; He Himself delights in virtue. ||6||

Through the Word of the Guru's Shabad, His humble servant is exalted forever.
This mind is enticed by the Naam, the source of nectar.

It is not stained at all by the dirt of attachment to Maya; through the Guru's Teachings, it is pleased and saturated with the Lord's Name.

The One Lord is contained within all.

By Guru's Grace, He is revealed.

God is the Destroyer of sin and pain.

The Gurmukh serves Him, and contemplates the Word of the Shabad.

He Himself is pervading everything. The Gurmukh's body and mind are saturated and pleased.
Maaiya Agini Jalay Sansaaray.
The world is burning in the fire of Maya.

Gurmukh Nivaarai Sabad Veecharay.
The Gurmukh extinguishes this fire, by contemplating the Shabad.

Deep within are peace and tranquility, and lasting peace is obtained. Following the Guru's Teachings, one is blessed with the Naam, the Name of the Lord.

Even Indra, seated upon his throne, is caught in the fear of death.
The Messenger of Death will not spare them, even though they try all sorts of things.

When one meets with the True Guru, one is liberated, drinking in and savoring the sublime essence of the Lord, Har, Har.

There is no devotion within the self-willed manmukh.

Through devotional worship, the Gurmukh obtains peace and tranquility.
ਪਿਵਤਰ੍ ਪਾਵਨ ਸਦਾ ਹੈ ਬਾਣੀ ਗੁਰਮਿਤ ਅੰਤਰੁ ਭੀਜੈ ਹੇ। ॥੧੨॥

Forever pure and sanctified is the Word of the Guru's Bani; following the Guru's Teachings, one's inner being is drenched in it. ॥12॥

ਬਰ੍ਹਮਾ ਿਬਸਨੁ ਮਹੇਸੁ ਵੀਚਾਰੀ ॥

I have considered Brahma, Vishnu and Shiva.

ਤਰ੍ੈ ਗੁਣ ਬਧਕ ਮੁਕਿਤ ਿਨਰਾਰੀ ॥

They are bound by the three qualities - the three gunas; they are far away from liberation.

ਗੁਰਮੁਿਖ ਿਗਆਨੁ ਏਕੋ ਹੈ ਜਾਤਾ ਅਨਿਦਨੁ ਨਾਮੁ ਰਵੀਜੈ ਹੇ। ॥੧੩॥

The Gurmukh knows the spiritual wisdom of the One Lord. Night and day, he chants the Name, the Name of the Lord. ॥13॥

ਬੇਦ ਪੜਿਹ ਹਿਰ ਨਾਮ ਨ ਬੂਜ਼ਿਹ ॥

He may read the Vedas, but he does not realize the Lord's Name.

ਮਾਇਆ ਕਾਰਣ ਪਿੜ ਪਿੜ ਲੂਜ਼ਿਹ ॥

For the sake of Maya, he reads and recites and argues.

ਆਨਤਰੁ ਮੈਲੁ ਅਗਾਣੀ ਅੰਧਾ ਿਕਉ ਕਿਰ ਦੁਤਰੁ ਤਰੀਜੈ ਹੇ। ॥੧੪॥

The ignorant and blind person is filled with filth within. How can he cross over the impassable world-ocean? ॥14॥

ਬੇਦ ਬਾਦ ਸਿਭ ਆਖ ਵਖ਼ਾਣਿਹ ॥

He voices all the controversies of the Vedas,
ਨ ਅੰਤਰੁ ਭੀਜਈ ਨ ਸਬਦੁ ਪਛਾਣਿਹ ॥ (1050)
but his inner being is not saturated or satisfied, and he does not realize the Word of the Shabad.

ਪੁੰਨੁ ਪਾਪੁ ਸਭੁ ਬੇਿਦ ਿਦਰ੍ੰਡਾਇਆ ਗੁਰਮੁਿਖ ਅੰਿਮਰ੍ਤੁ ਪੀਜੈ ਹੇ ॥੧੫॥ (1050)
The Vedas tell all about virtue and vice, but only the Gurmukh drinks in the Ambrosial Nectar. ||15||

ਆਪੇ ਮਾਨ ਮੁਨੇ ਮੇਂਦੀ ॥ (1050)
The One True Lord is all by Himself.

ਿਤਸੁ ਿਬਨੁ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋੈ ॥ (1050)
There is no one else except Him.

ਨਾਨਕ ਨਾਿਮ ਰਤੇ ਮਨੁ ਸਾਚਾ ਸਚੋ ਸਚੁ ਰਵੀਜੈ ਹੇ ॥੧੬॥੬॥ (1050)
O Nanak, true is the mind of one who is attuned to the Naam; he speaks Truth, and nothing but Truth. ||16||6||

ਮਾਰੂ ਮਹਲਾ ੩ ॥ (1050)
Maaroo, Third Mehl:

ਸਚੈ ਸਚਾ ਤਖਤੁ ਰਚਾਇਆ ॥ (1050)
The True Lord has established the Throne of Truth.

ਨਿਜ ਘਿਰ ਵਿਸਾ ਿਤਥਈ ਮੋਹੁ ਨ ਮਾਇਆ ॥ (1050)
He dwells in His own home deep within the self, where there is no emotional attachment to Maya.
The True Lord dwells deep within the nucleus of the Gurmukh’s heart forever; his actions are excellent. ||1||

True is his merchandise, and true is his trade.

There is no doubt within him, and no expanse of duality.

He has earned the true wealth, which is never exhausted. How few are those who contemplate this, and understand. ||2||

They alone are attached to the True Name, whom the Lord Himself attaches.

The Word of the Shabad is deep within the nucleus of the self; good fortune is recorded upon their foreheads.

Through the True Word of the Shabad, they sing the True Praises of the Lord; they are attuned to contemplative meditation on the Shabad. ||3||

I praise the True Lord, the Truest of the True.
ਏਕੋ ਵੇਖਾ ਦੂਜਾ ਨਾਹੀ। ॥ (1050)
I see the One Lord, and no other.

ਗੁਰਮਿਤ ਊੱਚੋ ਊੱਚੀ ਪਉਡੀ ਗੀਆਨ ਰਤਨ ਹ੍ਰਾਮੇ ਮਾਰੀ ॥ ॥ ॥ (1050)
The Guru's Teachings are the ladder to reach the highest of the high. the jewel of spiritual wisdom conquers egotism. ||4||

ਮਾਇਆ ਮੋਹੁ ਸਭਿ ਜਲਾਇਆ ॥ (1050)
Emotional attachment to Maya is burnt away by the Word of the Shabad.

ਸਚੁ ਮਿਨ ਵਿਸਾ ਜਾ ਤੁਧੁ ਭਾਈਆ ॥ (1050)
The True One comes to dwell in the mind, when it pleases You, O Lord.

ਸਚੇ ਕੀ ਸਭ ਸਚੀ ਕੰਮੇ ਤਿਖਾ ਨਵਾਰੀ ॥ ॥ ॥ (1050)
True are all the actions of the truthful; the thirst of egotism is subdued. ||5||

ਮਾਇਆ ਮੋਹੁ ਸਭੁ ਆਪੇ ਕੀਨਾ ॥ (1050)
All by Himself, God created emotional attachment to Maya.

ਗੁਰਮੁਖ ਵਿਰਲੈ ਕਿਨਾ ਚੀਨਾ ॥ (1050)
How rare are those who, as Gurmukh, realize the Lord.

ਗੁਰਮੁਖ ਵੇਧੇ ਸ਼੍ਰੁ ਵਧਾਈ ਮਣੀ ਵਧਦੀ ਮਣੀ ਦੇ ॥ ॥ (1050)
One who becomes Gurmukh practices Truth; true and excellent are his actions. ||6||
He does those deeds which are pleasing to my God;

through the Shabad, he burns away egotism and the thirst of desire.

Following the Guru's Teachings, he remains forever cool and calm deep within; he conquers and subdues his ego.

Those who are attached to the Truth are pleased with everything.

They are embellished with the True Word of the Shabad.

Those who are true in this world, are true in the Court of the Lord. The Merciful Lord adorns them with His Mercy.

Those who are attached to duality, and not the Truth, are trapped in emotional attachment to Maya; they totally suffer in pain.
Without the Guru, they do not understand pain and pleasure; attached to Maya, they suffer in terrible pain. ||9||

Those whose minds are pleased with the True Word of the Shabad

act according to pre-ordained destiny.

They serve the True Lord, and meditate on the True Lord; they are imbued with contemplative meditation on the True Lord. ||10||

Service to the Guru seems sweet to them.

Night and day, they are intuitively immersed in celestial peace.

Chanting the Name of the Lord, Har, Har, their minds become immaculate; they love to serve the Guru. ||11||

Those humble beings are at peace, whom the True Guru attaches to the Truth.
ਅੰਤਰ ਮਨਾਰ ਸਰਵਸੰਗਾ ਪਹਿਲਾਣੇ ॥ (1050)
ਅੰਤਰ ਮਨਾਰ ਸਰਵਸੰਗਾ ਪਹਿਲਾਣੇ ॥
aapay bhaa-nay aap milaa-ay.
He Himself, in His Will, merges them into Himself.

ਸਤਗੁਰ ਰਾਖੇ ਸੇ ਜਨ ਉਬਰੇ ਹੋਰ ਮਾਈਆ ਮੋਹ ਖੁਆਰੀ ਹੇ ॥੧੨॥ (1050)
satgur raakhay say jan ubray hor maa-i-aa moh khu-aaree hay. ||12||
Those humble beings, whom the True Guru protects, are saved. The rest are ruined through emotional attachment to Maya. ||12||

ਗੁਰਮੁਕਾਹਾ ਸਰਵਿਚਧ ਪਹਿਲਾਣੇ ॥ (1051)
ਗੁਰਮੁਕਾਹਾ ਸਰਵਿਚਧ ਪਹਿਲਾਣੇ ॥
gurmukh saachaa sabad pachhaataa.
The Gurmukh realizes the True Word of the Shabad.

ਫਾਕੋ ਫਾਕੁ ਰੀਵਾ ਸਭ ਅੰਤਰ ਸਭਨਾ ਜਿਆ ਕਾ ਆਧਾਰੀ ਹੇ ॥੧੩॥ (1051)
ayko ayk ravi-aa sabh antar sabhnaa jee-aa kaa aaDhaaree hay. ||13||
The One and Only Lord is pervading and permeating deep within the nucleus of all. He is the Support of all beings. ||13||

ਨਹੂੰ ਮੇਰਾ ਦੂਜਾ ਭਾਇਆ ॥ (1051)
naa tis kutamb naa tis maataa.
He has no family, and he has no mother.

ਗੁਰ ਸਚੇ ਤੇ ਸਚੁ ਕੰਮਾਵਿਹ ਸਚੇ ਦੂਖ ਨਵਾਰੀ ਹੇ ॥੧੪॥ (1051)
gur saachay tay saach kamaaveh saachai dookh nivaaree hay. ||14||
Through the True Guru, practice Truth, and the True Lord shall take away your pains. ||14||
If You so bless me, then I shall find lasting peace.

Through the True Word of the Shabad, I live the Truth.

The True Lord is within me, and my mind and body have become True. I am blessed with the overflowing treasure of devotional worship.

He Himself watches, and issues His Command.

He Himself inspires us to obey His Will.

O Nanak, only those who are attuned to the Naam are detached; their minds, bodies and tongues are embellished with the Naam.

He Himself created Himself, and came into being.
सभ मिह वरतै एकु परछना।
The One Lord is pervading in all, remaining hidden.

सभना सार करे जगजीवनु जिन अपना आपु पछाता हे।
The Lord, the Life of the world, takes care of all. Whoever knows his own self, realizes God.

जिन ब्रह्मा बिसनु महेसु उपाए।
He who created Brahma, Vishnu and Shiva,

सिर सिर धंधै आपे लाए।
links each and every being to its tasks.

जिसु भावै तिसु आपे मेले जिन गुरमुख एको जाता हे।
He merges into Himself, whoever is pleasing to His Will. The Gurmukh knows the One Lord.

आवा गउणु है संसारा।
The world is coming and going in reincarnation.

माइआ मोहु बहु चितै बिकारा।
Attached to Maya, it dwells on its many sins.

थिर साचा सालाही सद ही जिनि गुर का सबद पछाता हे।
One who realizes the Word of the Guru's Shabad, praises forever the eternal, unchanging True Lord.
Some are attached to the root - they find peace.

But those who are attached to the branches, waste their lives away uselessly.

Those humble beings, who chant the Name of the Ambrosial Lord, produce the ambrosial fruit.

I have no virtues; what words should I speak?

You see all, and weigh them on Your scale.

By Your will, You preserve me, and so do I remain. The Gurmukh knows the One Lord.

According to Your Will, You link me to my true tasks.

Renouncing vice, I am immersed in virtue.
The One Immaculate True Lord abides in virtue; through the Word of the Guru's Shabad, He is realized. ||6||

Wherever I look, there I see Him.

Duality and evil-mindedness are destroyed through the Shabad.

The One Lord God is immersed in His Oneness. He is attuned forever to His own delight.

The body-lotus is withering away,

but the ignorant, self-willed manmukh does not understand the Shabad.

By Guru's Grace, he searches his body, and finds the Great Giver, the Life of the world.

The Lord frees up the body-fortress, which was seized by sins,
ਸਦਾ हਿਰ ਜੀਉ ਰਾਖੈ ਉਰ ਧਾਰੇ ॥ (1051)
when one keeps the Dear Lord enshrined forever in the heart.

ਜੋ ਇਛੇ ਸੋੈ ਫਲੁ ਪਾਏ ਜੀਉ ਰੰਗ ਜੀਠੇ ਰਾਤਾ ਹੇ ॥੯॥
The fruits of his desires are obtained, and he is dyed in the permanent color of the Lord's Love. ||9||

ਮਨਮੁਖ ਕਾਰ ਕਰੇ ਸਾਹ ਦੁਖ ਸੰਰੇ ॥ (1051)
All the deeds which the manmukh does bring pain - nothing but pain.

 Antar sabad naahee ki-o dar jaa-ay.
The Word of the Shabad is not within him; how can he go to the Court of the Lord?
jah daykhaa too sabhnee thaa-ee.
Wherever I look, I see You, everywhere.

poorai gur sabh sojhee paa-ee.
Through the Perfect Guru, all this is known.

naamo naam Dhi-aa-ee-ai sadaa sad ih man naamay raataa hay. ||12||
I meditate forever and ever on the Naam; this mind is imbued with the Naam. ||12||

naamay raataa pavit sareeraa.
Imbued with the Naam, the body is sanctified.

bin naavai doob mu-ay bin neeraa.
Without the Naam, they are drowned and die without water.

aavahi jaaveh naam nahee boojheh iknaa gurmukh sabad pachhaataa hay. ||13||
They come and go, but do not understand the Naam. Some, as Gurmukh, realize the
Word of the Shabad. ||13||

poorai satgur boojh bujhaa-ee.
The Perfect True Guru has imparted this understanding.

vin naavai mukat kinai na paa-ee.
Without the Name, no one attains liberation.
Through the Naam, the Name of the Lord, one is blessed with glorious greatness; he remains intuitively attuned to the Lord’s Love. ||14||

The body-village crumbles and collapses into a pile of dust.

Without the Shabad, the cycle of reincarnation is not brought to an end.

One who knows the One Lord, through the True Guru, praises the True Lord, and remains immersed in the True Lord.

When the Lord bestows His Glance of Grace,

the True Word of the Shabad comes to dwell in the mind.

O Nanak, those who are attuned to the Naam, the Name of the Formless Lord, realize the True Lord in His True Court.
O Creator, it is You Yourself who does all.

All beings and creatures are under Your Protection.

You are hidden, and yet permeating within all; through the Word of the Guru's Shabad, You are realized.

Devotion to the Lord is a treasure overflowing.

He Himself blesses us with contemplative meditation on the Shabad.

You do whatever You please; my mind is attuned to the True Lord.

You Yourself are the priceless diamond and jewel.

In Your Mercy, You weigh with Your scale.
jee-a jant sabh saran tumaaree kar kirpaa aap pachhaataa hay. ||3||
All beings and creatures are under Your protection. One who is blessed by Your Grace realizes his own self. ||3||

jis no nadar hovai Dhur tayree.
One who receives Your Mercy, O Primal Lord,

marai na jammai chookai fayree.
does not die, and is not reborn; he is released from the cycle of reincarnation.

saachay gun gaavai din raatee jug jug ayko jaataa hay. ||4||
He sings the Glorious Praises of the True Lord, day and night, and, throughout the ages, he knows the One Lord. ||4||

maa-i-aa mohi sabh jagat upaa-i-aa.
Emotional attachment to Maya wells up throughout the whole world,

barahmaa bisan dayv sabaa-i-aa.
from Brahma, Vishnu and all the demi-gods.

jo tuDh bhaanay say naam laagay gi-aan matee pachhaataa hay. ||5||
Those who are pleasing to Your Will, are attached to the Naam; through spiritual wisdom and understanding, You are recognized. ||5||

paap punn vartai sansaaraa.
The world is engrossed in vice and virtue.
Happiness and misery are totally loaded with pain.

One who becomes Gurmukh finds peace; such a Gurmukh recognizes the Naam.

No one can erase the record of one's actions.

Through the Word of the Guru's Shabad, one finds the door of salvation.

One who conquers self-conceit and recognizes the Lord, obtains the fruits of his predestined rewards.

Emotionally attached to Maya, one's consciousness is not attached to the Lord.

In the love of duality, he will suffer terrible agony in the world hereafter.

The hypocritical, self-willed manmukhs are deluded by doubt; at the very last moment, they regret and repent.
In accordance with the Lord's Will, he sings the Glorious Praises of the Lord.

He is rid of all sins, and all suffering.

The Lord is immaculate, and immaculate is the Word of His Bani. My mind is imbued with the Lord.

One who is blessed with the Lord's Glance of Grace, obtains the Lord, the treasure of virtue.

Egotism and possessiveness are brought to an end.

The One Lord is the only Giver of virtue and vice, merits and demerits; how rare are those who, as Gurmukh, understand this.

My God is immaculate, and utterly infinite.

God unites with Himself, through contemplation of the Word of the Guru's Shabad.
He Himself forgives, and implants the Truth. The mind and body are then attuned to the True Lord.

Within the polluted mind and body is the Light of the Infinite Lord.

One who understands the Guru's Teachings, contemplates this.

Conquering egotism, the mind becomes immaculate forever; with his tongue, he serves the Lord, the Giver of peace.

In the fortress of the body there are many shops and bazaars; within them is the Naam, the Name of the utterly infinite Lord.

In His Court, one is embellished forever with the Word of the Guru's Shabad; he conquers egotism and realizes the Lord.

The jewel is priceless, inaccessible and infinite.
How can the poor wretch estimate its worth?

Through the Word of the Guru's Shabad, it is weighed, and so the Shabad is realized deep within.

Through the great volumes of the Simritees and the Shaastras, only extend the extension of attachment to Maya.

The fools read them, but do not understand the Word of the Shabad. How rare are those who, as Gurmukh, understand.

The Creator Himself acts, and causes all to act.

O Nanak, through the Naam, one is blessed with glorious greatness, and throughout the ages, the One Lord is known.
Maaaroo, Third Mehl:

Maaroo, Third Mehl:

**(1053)**

sacho sayvihu sirjanhaaraa.
Serve the True Creator Lord.

**(1053)**

sabday dookh nivaaranhaaraa.
The Word of the Shabad is the Destroyer of pain.

**(1053)**

agam agochar keemat nahee paa-ee aapay agam athaahaa hay. ||1||
He is inaccessible and unfathomable; He cannot be evaluated. He Himself is inaccessible and immeasurable. ||1||

**(1053)**

saacho sayvihu kamaaveh naamay sach sampaahaa hay. ||2||
They serve the True Lord and practice Truth; through the Name, they are absorbed in the True Lord. ||2||

**(1053)**

Dhur bhagtaa maylay aap milaa-ay.
The Primal Lord unites His devotees in His Union.
ਸਚੀ ਭਗਤੀ ਆਪੇ ਲਾਏ ॥ (1053)
sachhī bhagthe aapay laa-ay.
He attaches them to true devotional worship.

ਸਚੀ ਬਣੀ ਸੁਣ ਗੁਣ ਗਾਵੈ ਇਸ ਜਨਮ ਕਲ ਲਾਹਾ ਹੇ ॥੩॥ (1053)
sachhi bane sadaa gun gaavai is janmai kaa laahaa hay. ||3||
One who sings forever the Glorious Praises of the Lord, through the True Word of His Bani, earns the profit of this life. ||3||

ਗੁਰਮੁਖ ਵਣਜ ਕਰਹ ਪਰੁ ਆਪ ਪਛਾਣੀ ॥ (1053)
gurmukh vanaj karahi par aap pachhaaneh.
The Gurmukh trades, and understands his own self.

ਏਕਸ ਬਿੱਨੁ ਕੋ ਅਵਰੁ ਨ ਜਾਣੀਹ ॥ (1053)
aykas bin ko avar na jaaneh.
He knows no other than the One Lord.

ਸਚਾ ਸਾਹੁ ਸਚੇ ਵਣਜਾਰੇ ਪੂੰਜੀ ਨਾਮੁ ਿਵਸਾਹਾ ਹੇ ॥੪॥ (1053)
sachhā saahu saachay vanjaaray poonjee naam visaahaa hay. ||4||
True is the banker, and True are His traders, who buy the merchandise of the Naam. ||4||

ਾਪੇ ਸਾਜ ਿਸਰਸਿਟ ਉਪਾਏ ॥ (1053)
aapay saajay sarisat upaa-ay.
He Himself fashions and creates the Universe.

ਿਵਰਲੇ ਕਉ ਗੁਰ ਸਬਦੁ ਬੁਜਾਏ ॥ (1053)
virlay ka-o gur sabad bujhaa-ay.
He inspires a few to realize the Word of the Guru's Shabad.

ਿਕੇਵੇ ਬਹੁ ਗੁਣ ਸਵੱਤੁ ਗਰਪੇ ॥ (1053)

Those humble beings who serve the True Guru are true. He snaps the noose of death from around their necks. ||5||
bhannai gharhay sawaaray saajay.
He destroys, creates, embellishes and fashions all beings,

maa-i-aa mohi doojai jant paajay.
and attaches them to duality, attachment and Maya.

manmukh fireh sadaa anDh kamaaveh jam kaa jayrhaa gal faahaa hay. ||6||
The self-willed manmukhs wander around forever, acting blindly. Death has strung his noose around their necks. ||6||

aapay bakhsay gur sayvaa laa-ay.
He Himself forgives, and enjoins us to serve the Guru.

gurmatee naam man vasaa-ay.
Through the Guru's Teachings, the Naam comes to dwell within the mind.

an-din naam Dhi-aa-ay saachaa is jag meh naamo laahaa hay. ||7||
Night and day, meditate on the Naam, the Name of the True Lord, and earn the profit of the Naam in this world. ||7||

aapay sachi sachee naa-ee.
He Himself is True, and True is His Name.

gurmukh dayvai man vasaa-ee.
The Gurmukh bestows it, and enshrines it within the mind.
Noble and exalted are those, within whose mind the Lord abides. Their heads are free of strife. ||8||

He is inaccessible and unfathomable; His value cannot be appraised.

By Guru's Grace, He dwells within the mind.

No one calls that person to account, who praises the Word of the Shabad, the Giver of virtue. ||9||

Brahma, Vishnu and Shiva serve Him.

Even they cannot find the limits of the unseen, unknowable Lord.

Those who are blessed by Your Glance of Grace, become Gurmukh, and comprehend the incomprehensible. ||10||

The Perfect True Guru has imparted this understanding.
The servant serves, and obeys the Command of the Infinite Lord.

The self-willed manmukhs do not know the value of the Lord's Command.

By the Hukam of the Lord's Command, one is exalted; by His Hukam, one is glorified; by His Hukam, one becomes carefree.

By Guru’s Grace, one recognizes the Lord's Hukam.

The wandering mind is restrained, and brought back to the home of the One Lord.

Imbued with the Naam, one remains forever detached; the jewel of the Naam rests within the mind.
The One Lord is pervasive throughout all the world.

By Guru's Grace, He is revealed.

Those humble beings who praise the Shabad are immaculate; they dwell within the home of their own inner self.

The devotees abide forever in Your Sanctuary, Lord.

You are inaccessible and unfathomable; Your value cannot be estimated.

As it pleases Your Will, You keep us; the Gurmukh meditates on the Naam.

Forever and ever, I sing Your Glorious Praises.

O my True Lord and Master, may I become pleasing to Your Mind.
Nanak offers this true prayer: O Lord, please bless me with Truth, that I may merge in the Truth. ||16||1||10||

Maaroo, Third Mehl:

Those who serve the True Guru are very fortunate.

Night and day, they remain lovingly attuned to the True Name.

The Lord, the Giver of peace, abides forever deep within their hearts; they delight in the True Word of the Shabad. ||1||

When the Lord grants His Grace, one meets with the Guru.

The Name of the Lord is enshrined within the mind.

The Lord, the Giver of peace, abides forever within the mind; the mind is delighted with the Word of the Shabad. ||2||
When the Lord bestows His Mercy, He unites in His Union.

Egotism and attachment are burned away by the Shabad.

In the Love of the One Lord, one remains liberated forever; he is not in conflict with anyone.

Without serving the True Guru, there is only pitch-black darkness.

Without the Shabad, no one crosses over to the other side.

Those who are imbued with the Shabad, are very detached. They earn the profit of the True Word of the Shabad.

Pain and pleasure are pre-ordained by the Creator.

He Himself has caused the love of duality to be pervasive.
गुरमुख होवै सु अलिपतो वरतै मनमुख का किका वेसाहा हे ॥५॥

One who becomes Gurmukh remains detached; how can anyone trust the self-willed manmukh? ||5||

मे मनमुख से मस्रुट र पटाणपि ॥ (1054)

Those who do not recognize the Shabad are manmukhs.

से मनमुख जो सबदु न पछाणि हि ॥

They do not know the essence of the Fear of the Guru.

बै विन विकि विखणि मसु पाैैै मनमु किचर वटेना मसु रे ॥६॥ (1054)

Without this Fear, how can anyone find the Fearless True Lord? The Messenger of Death will pull the breath out. ||6||

अफिरो जमु मैरआ न जाई ॥ (1054)

The invulnerable Messenger of Death cannot be killed.

बै वै सबदे तेंजि र भारी ॥ (1054)

The Word of the Guru’s Shabad prevents him from approaching.

When he hears the Word of the Shabad, he runs far away. He is afraid that the self-sufficient Dear Lord will kill him. ||7||

जिस सीधी की है मस निखवाज ॥ (1054)

The Dear Lord is the Ruler above all.
एहु जमु िकआ करे िवचारा ॥

What can this wretched Messenger of Death do?

As slave to the Hukam of the Lord's Command, the mortal acts according to His Hukam. According to His Hukam, he is deprived of his breath. ||8||

The Gurmukh realizes that the True Lord created the creation.

The Gurmukh knows that the Lord has expanded the entire expanse.

One who becomes Gurmukh, understands the True Lord. Through the True Word of the Shabad, he finds peace. ||9||

The Gurmukh knows that the Lord is the Architect of karma.

Throughout the four ages, he recognizes the Word of the Guru's Shabad.

The Gurmukh does not die, the Gurmukh is not reborn; the Gurmukh is immersed in the Shabad. ||10||
ਗੁਰਮੁਕ਼਼ ਨਾਨਕ ਸਾਬਦ ਸਾਲਾਹੇ ॥ (1055)
gurmukh naam sabad saalaahay.
The Gurmukh praises the Naam, and the Shabad.

ਅਗਮ ਅਗੋਚਰ ਵੇਪਰਵਾਹੇ ॥ (1055)
agam agochar vayparvaahay.
God is inaccessible, unfathomable and self-sufficient.

ਏਕ ਨਾਮ ਜੁਗ ਚਾਰੀ ਉਧਾਰੇ ਸਬਦੇ ਨਾਮ ਵਿਸਾਹਾ ਹੇ ॥੧੧॥
ayk naam jug chaar uDhaaray sabday naam visaahaa hay. ||11||
The Naam, the Name of the One Lord, saves and redeems throughout the four ages. Through the Shabad, one trades in the Naam. ||11||

ਗੁਰਮੁਕ਼਼ ਸਾਤ ਸਦਾ ਸੁਖੁ ਪਾਏ ॥
gurmukh saaNt sadaa sukh paa-ay.
The Gurmukh obtains eternal peace and tranquility.

ਅਗਮ ਅਗੋਚਰ ਵੇਪਰਵਾਹੇ ॥ (1055)
agam agochar vayparvaahay.
God is inaccessible, unfathomable and self-sufficient.

ਏਕ ਨਾਮ ਜੁਗ ਚਾਰੀ ਉਧਾਰੇ ਸਬਦੇ ਨਾਮ ਵਿਸਾਹਾ ਹੇ ॥੧੨॥
ayk naam jug chaar uDhaaray sabday naam visaahaa hay. ||12||
One who becomes Gurmukh recognizes the Naam, and the noose of evil-mindedness is snapped. ||12||

ਗੁਰਮੁਕ਼਼ ਉਪਜੈ ਸਾਚ ਸਮਾਵੈ ॥
gurmukh upjai saach samaavai.
The Gurmukh wells up from, and then merges back into Truth.

ਨਾ ਮਰੀ ਨ ਜੁਨੀ ਪਾਵੀ ॥ (1055)
naa mar jammai na joonee paavai.
He does not die and take birth, and is not consigned to reincarnation.
The Gurmukh remains forever imbued with the color of the Lord’s Love. Night and day, he earns a profit.

The Gurmukhs, the devotees, are exalted and beautified in the Court of the Lord.

They are embellished with the True Word of His Bani, and the Word of the Shabad.

Night and day, they sing the Glorious Praises of the Lord, day and night, and they intuitively go to their own home.

The Perfect True Guru proclaims the Shabad;

Night and day, remain lovingly attuned to devotional worship.

One who sings forever the Glorious Praises of the Lord, becomes immaculate; Immaculate are the Glorious Praises of the Sovereign Lord.

The True Lord is the Giver of virtue.
Gurmukh Virila Boojhai Ko-EE.

How rare are those who, as Gurmukh, understand this.

Naanak Janu Naam Salaahay Bigsai So Naam Bayparvaahaa Hay.

Servant Nanak praises the Naam; he blossoms forth in the ecstasy of the Name of the self-sufficient Lord.

Maaroo Mehlaa 3.

Maaroo, Third Mehl:

Serve the Dear Lord, the inaccessible and infinite.

He has no end or limitation.

By Guru's Grace, one who dwells upon the Lord deep within his heart - his heart is filled with infinite wisdom.

The One Lord is pervading and permeating amidst all.

By Guru's Grace, He is revealed.
ਸਭਨਾ ਪਰਿਪਾਲ ਕਰੇ ਜਗਜੀਵਨੁ ਡਾਦਾ ਿਰਜਕੁ ਸਮਬਾਹਾ ਹੇ ॥੨॥ (1055)

The Life of the world nurtures and cherishes all, giving sustenance to all. ||2||

ਪੂਰੈ ਸਿਤਗੁਰ ਬੂਜ਼ ਬੁਜ਼ਾਈਆ ॥

The Perfect True Guru has imparted this understanding.

ਹੁਕਮੇ ਹੀ ਸਭ ਜਗਤੁ ਉਪਾਇਆ ॥

By the Hukam of His Command, He created the entire Universe.

ਹਿੰਮ ਮੰਨੇ ਸੋਈ ਸੁਖੁ ਪਾਏ ਹਿੰਮ ਸਾਹਾ ਪਾਿਤਸਾਹਾ ਹੇ ॥੩॥ (1055)

Whoever submits to His Command, finds peace; His Command is above the heads of kings and emperors. ||3||

ਿਤਸ ਦੈ ਸਬਿਦ ਿਨਸਤਰੈ ਸੰਸਾਰਾ ॥

Through His Shabad, the world is saved.

ਅਧਾਨ ਕਰਤਾ ਕੀਰਵੇਖੈ ਦੇਦਾ ਸਾਸ ਿਗਰਾਹਾ ਹੇ ॥੪॥ (1055)

The Creator Himself created the creation; He gazes upon it, and blesses it with breath and nourishment. ||4||

ਕੋਿਟ ਮਧੇ ਿਕਸਿਹ ਬੁਜ਼ਾਈਆ ॥

Out of millions, only a few understand.
Imbued with the Word of the Guru's Shabad, they are colored in His Love.

They praise the Lord, the Giver of peace forever; the Lord forgives His devotees, and blesses them with His Praise.

Those humble beings who serve the True Guru are true.

The falsest of the false die, only to be reborn.

The inaccessible, unfathomable, self-sufficient, incomprehensible Lord is the Lover of His devotees.

The Perfect True Guru implants Truth within.

Through the True Word of the Shabad, they sing His Glorious Praises forever.

The Giver of virtue is pervading deep within the nucleus of all beings; He inscribes the time of destiny upon each and every person's head.
The Gurmukh knows that God is always ever-present.

That humble being who serves the Shabad, is comforted and fulfilled.

Night and day, he serves the True Word of the Guru's Bani; he delights in the True Word of the Shabad.

The ignorant and blind cling to all sorts of rituals.

They stubborn-mindedly perform these rituals, and are consigned to reincarnation.

For the sake of poison, they act in greed and possessiveness, and evil-minded duality.

Through the Word of the Guru's Shabad, he lovingly centers his consciousness on the Lord's Name.
भगिे उदिि दिि विििा घंि भंिििे भगिे कीििे ब्रजिषि मल्रा१.॥१०॥ (1056)
मनि तनि हिि रवििा घंि अंतिि मनि भीििे भगििि सििा१.॥१०॥
man tan har ravi-aa ghat antar man bheenai bhagat salaahaa hay. ||10||
The Lord pervades his mind, body and heart; deep within, his mind is drenched with
devotional worship and praise of the Lord. ||10||

भेऱ भूि मिि भमुि िंिािषि ॥ (1056)
मेिा प्रभु साचा असुि संचारिि ॥
mayraa parabh saachaa asur sanghaaran.
My True Lord God is the Destroyer of demons.

गुि कै सबिि ब्रजिषि िििािषि ॥ (1056)
गुि कै सबिि ब्रजिषि िििािषि ॥
gur kai sabad bhagat nistaaran.
Through the Word of the Guru's Shabad, His devotees are saved.

भेऱ भूि मिि दी मिि मिि मिि भमुि मिि ॥११॥ (1056)
मेिा प्रभु साचा सद हीि साचा सिि साचा पातििा भिे ॥११॥
mayraa parabh saachaa sad hee saachaa sir saahaa paatisaaahaa hay. ||11||
My True Lord God is forever True. He is the Emperor over the heads of kings. ||11||

मे ब्रजि मििे तेिे भगिे कििे ॥ (1056)
से भगिि सििे तेिे मनि भिे ॥
say bhagat sachay tayrai man bhaa-ay.
True are those devotees, who are pleasing to Your Mind.

दिि कीिि१ कविि गुि सबिि मििे ॥ (1056)
दिि कीिि१ कविि गुि सबिि मििे ॥
dar keertan karahi gur sabad suhaa-ay.
They sing the Kirtan of His Praises at His Door; they are embellished and exalted by the
Word of the Guru's Shabad.

माचे वाणी अनििि गाव़िि निििन का नामु वेसाहा ॥१२॥ (1056)
माचे वाणी अनििि गाव़िि निििन का नामु वेसाहा ॥१२॥
saachee banee an-din gaavahi nirDhan kaa naam vaysaahaa hay. ||12||
Night and day, they sing the True Word of His Bani. The Naam is the wealth of the poor.
||12||

जिन आपे मेिि विचिििि नाहिी ॥ (1056)
jin aapay mayl vichhorheh naahii.
Those whom You unite, Lord, are never separated again.
Through the Word of the Guru’s Shabad, they praise You forever.

You are the One Lord and Master over all. Through the Shabad, the Naam is praised.

Without the Shabad, no one knows You.

You Yourself speak the Unspoken Speech.

You Yourself are the Shabad forever, the Guru, the Great Giver; chanting the Lord’s Name, You bestow Your treasure.

You Yourself are the Creator of the Universe.

No one can erase what You have written.

You Yourself bless the Gurmukh with the Naam, who is no longer skeptical, and is not held to account.
bhagat sachay tayrai darvaaray.
Your true devotees stand at the Door of Your Court.

sabday sayvan bhaa-ay pi-aaray.
They serve the Shabad with love and affection.

naanak naam ratay bairagee naamay kaaraj sohhaa hay. ||16||3||12||
O Nanak, those who are attuned to the Naam remain detached; through the Naam, their affairs are resolved. ||16||3||12||

maaroo mehlaa 3.
Maaroo, Third Mehl:

mayraai parabh saachai ik khayl rachaa-i-aa.
My True Lord God has staged a play.

ko-ay na kis hee jayhaa upaa-i-aa.
He has created no one like anyone else.

aapay farak karay vaykh vigsai sabh ras dayhee maahaa hay. ||1||
He made them different, and he gazes upon them with pleasure; he placed all the flavors in the body. ||1||

vaajai pa-un tai aap vajaa-ay.
You Yourself vibrate the beat of the breath.
ਸਿਵ ਸਕਤੀ ਦੇਹੀ ਮਿਹ ਪਾਏ।
Shiva and Shakti, energy and matter - You have placed them into the body.

ਗੁਰ ਪਰਸਾਦੀ ਉਲਟੀ ਹੋਵੈ ਗੀਆਨ ਰਤਨੁ ਤਾਹਾ ਹੇ।
By Guru's Grace, one turns away from the world, and attains the jewel of spiritual wisdom, and the Word of the Shabad.

ਅਪਣੀ ਗਹਣ ਗਿਤ ਆਪੇ ਜਾਣੈ।
Only He Himself knows His depth and extent.

ਹੋਰ ਲੋਕੁ ਸੁਣਣ ਸੁਣਣ ਆਖ ਵਖਾਣੈ।
Other people can only listen and hear what is spoken and said.

ਗੀਆਨੀ ਹੋਵੈ ਸੁ ਗੁਰਮੁਖ ਬੁਝੈ ਸਾਚੀ ਸਿਸਫਤ ਸਲਾਹਾ ਹੇ।
One who is spiritually wise, understands himself as Gurmukh; he praises the True Lord.
Deep within the body is the priceless object.

He Himself opens the doors.

The Gurmukh intuitively drinks in the Ambrosial Nectar, and the fire of desire is quenched.

He placed all the flavors within the body.

How rare are those who understand, through the Word of the Guru's Shabad.

So search within yourself, and praise the Shabad. Why run around outside your self?

Without tasting, no one enjoys the flavor.

Through the Word of the Guru's Shabad, one drinks in the Ambrosial Nectar.
ਸੀਨ ਦੀ ਆਸਾ ਪਦੁ ਉੰਧੇ ਗੁਰ ਵੇ ਸਤਵਟ ਕਲਮ ਉੰਘਤ ਹੈ ॥੭॥ (1056)
ਅਮਰ੍ਤੁ ਪੀ ਅਮਰਾ ਪਦੁ ਹੋਏ ਗੁਰ ਕੈ ਸਬਦਿ ਰਸੁ ਤਾਹਾ ਹੈ ॥੭॥
The Ambrosial Nectar is drunk, and the immoral status is obtained, when one obtains the sublime essence of the Guru's Shabad. ||7||

ਆਪੁ ਪਛਾਣੈ ਸੋ ਸਿਭ ਗੁਣ ਜਾਣੈ ॥ (1056)
ਆਪੁ ਪਛਾਣੈ ਸੋ ਸਿਭ ਗੁਣ ਜਾਣੈ ॥
aap pachhaanai so sabh gun jaanai.
One who realizes himself, knows all virtues.

ਗੁਰ ਕੈ ਸਬਦਿ ਹਿਰ ਨਾਮਾ ਵਖਾਣੈ ॥ (1057)
ਗੁਰ ਕੈ ਸਬਦਿ ਹਿਰ ਨਾਮਾ ਵਖਾਣੈ ॥
gur kai sabad har naam vakhaanai.
Through the Word of the Guru’s Shabad, he chants the Name of the Lord.

ਅਨਿਦਨੁ ਨਾਿਮ ਰਤਾ ਿਦਨੁ ਰਾਤੀ ਮਾਇਆ ਮੋਹ ਚੁਕਾਹਾ ਹੇ ॥੮॥ (1057)
ਅਨਿਦਨੁ ਨਾਿਮ ਰਤਾ ਿਦਨੁ ਰਾਤੀ ਮਾਇਆ ਮੋਹ ਚੁਕਾਹਾ ਹੇ ॥੮॥
an-din naam rataa din raatee maa-i-aa moh chukaahaa hay. ||8||
Night and day, he remains imbued with the Naam, day and night; he is rid of emotional attachment to Maya. ||8||

ਗੁਰ ਸੇਵਾ ਤੇ ਸਭ ਕਿਛੁ ਪਾਏ ॥ (1057)
ਗੁਰ ਸੇਵਾ ਤੇ ਸਭ ਕਿਛੁ ਪਾਏ ॥
gur sayvaa tay sabh kichh paa-ay.
Serving the Guru, all things are obtained;

ਹੂਮੈ ਮੇਰਾ ਆਪੁ ਗਵਾਏ ॥ (1057)
ਹੂਮੈ ਮੇਰਾ ਆਪੁ ਗਵਾਏ ॥
ha-umai mayraa aap gavaa-ay.
egotism, possessiveness and self-conceit are taken away.

ਆਪੇ ਕੀਰਿਪਾ ਕਰੇ ਮੁਸਕੜੁਗਰ ਵੇ ਸਵਦੇ ਮੇਲਾ ਹੈ ॥੯॥ (1057)
ਆਪੇ ਕੀਰਿਪਾ ਕਰੇ ਮੁਸਕੜੁਗਰ ਵੇ ਸਵਦੇ ਮੇਲਾ ਹੈ ॥੯॥
aapay kirpaa karay sukh-daata gur kai sabday sohaa hay. ||9||
The Lord, the Giver of peace Himself grants His Grace; He exalts and adorns with the Word of the Guru's Shabad. ||9||

ਗੁਰ ਵਾ ਮਸਥਤ ਅਮਰ੍ਤ ਦੇ ਘਟੀ ॥ (1057)
ਗੁਰ ਵਾ ਮਸਥਤ ਅਮਰ੍ਤ ਦੇ ਘਟੀ ॥
gur kaa sabad amrit hai banee.
The Guru’s Shabad is the Ambrosial Bani.
अनिदनु हिर का नामु वखाणी ॥ (1057)
नाम और दिन चाहिए तब भवानी में भव शिवाल उण दे ॥१०॥

हिर हर सचा वसै घट अंतरि सो घट निरमलु ताहा हे ॥१०॥
That heart becomes immaculate, which is filled with the True Lord, Har, Har. ||10||

सेवक सेविह सबिद सलाहिह ॥ (1057)
कृपाकर्म करि सबदि सलाहीह.

His servants serve, and praise His Shabad.

सदा रंिग राते हिर गुण गाविह ॥ (1057)
Imbued forever with the color of His Love, they sing the Glorious Praises of the Lord.

आपे बखसे सबिद इलाहे परमल वासु मिन मिलाई परमल ताहा हे ॥११॥
He Himself forgives, and unites them with the Shabad; the fragrance of sandalwood permeates their minds. ||11||

सबदे अकथु कथे सालाहे ॥ (1057)
Through the Shabad, they speak the Unspoken, and praise the Lord.

मेरे प्रभ साचे वेपरवाहे ॥ (1057)
Mayray parabh saachay vayparvaahay.

My True Lord God is self-sufficient.

आपे गुणदाता सबदि सबदै कार रसु ताहा हे ॥१२॥
The Giver of virtue Himself unites them with the Shabad; they enjoy the sublime essence of the Shabad. ||12||
The confused, self-willed manmukhs find no place of rest.  

They do those deeds which they are pre-destined to do.  

Imbued with poison, they search out poison, and suffer the pains of death and rebirth.  

He Himself praises Himself.  

Your Glorious Virtues are within You alone, God.  

You Yourself are invisible and unknowable.  

Without the Guru, the Giver, no one finds the Lord,
By Guru's Grace, He dwells deep within the heart; through the Shabad, praise the True Lord. ||15||

They alone meet Him, whom the Lord unites with Himself.

They are adorned and exalted with the True Word of His Bani, and the Shabad.

Servant Nanak continually sings the Glorious Praises of the True Lord; singing His Glories, he is immersed in the Glorious Lord of Virtue. ||16||4||13||

The One Lord is eternal and unchanging, forever True.

Those who are drenched with the sublime essence of the Lord, meditate forever on Him; following the Guru's Teachings, they obtain the armor of humility. ||1||
ਅੰਦਿਰ ਰੰਗੁ ਸਦਾ ਸਚੀਆਰਾ ॥ (1057)
ਅੰਦਿਰੀ ਰੰਗੁ ਸਦਾ ਸਚੀਆਰਾ
andar rang sadaa sachi-aaraa.
Deep within, they love the True Lord forever.

ਗੁਰ ਕੈ ਸਵਾਦ ਹਿਰ ਨਾਨਮ ਚੀਆਰਾ ॥ (1057)
ਗੁਰ ਕੈ ਸਵਾਦ ਹਿਰ ਨਾਨਮ ਚੀਆਰਾ
gur kai sabad har naam pi-aaraa.
Through the Word of the Guru's Shabad, they love the Lord's Name.

ਨਉ ਨਿਧ ਨਾਮ਼ ਵਿਸਾ ਘਟ ਅੰਤਿਰ ਛੋਡਾ ਮਾੱਇਆ ਕਲਾਹਾ ਹੇ ॥੨॥ (1057)
ਨਉ ਨਿਧ ਨਾਮ਼ ਵਿਸਾ ਘਟ ਅੰਤਿਰ ਛੋਡਾ ਮਾੱਇਆ ਕਲਾਹਾ ਹੇ
na-o niDh naam vasi-aa ghat antar chhodi-aa maa-i-aa kaa laahaa hay. ||2||
The Naam, the embodiment of the nine treasures, abides within their hearts; they renounce the profit of Maya. ||2||

ਕਦਸੀਆਰਾ ਨਾਨ ਦੋਰਮਿਤ ਦੋੈ ॥ (1057)
ਕਦਸੀਆਰਾ ਨਾਨ ਦੋਰਮਿਤ ਦੋੈ
bin satgur sayvay ayk na ho-ee.
Without serving the True Guru, they do not become one with the Lord.

ਰਈਆਤੀ ਰਾਜ਼ ਦੂਰਮਿਤ ਦੋੈ ॥ (1057)
ਰਈਆਤੀ ਰਾਜ਼ ਦੂਰਮਿਤ ਦੋੈ
ra-ee-at raajay durmat do-ee.
Both the king and his subjects are involved in evil-mindedness and duality.

ਆਵਣੁ ਜਾਣਾ ਰਖੈ ਨ ਕੋਈ ॥ (1057)
ਆਵਣੁ ਜਾਣਾ ਰਖੈ ਨ ਕੋਈ
aavan jaanaa rakhai na ko-ee.
No one can save them from coming and going.

ਾਵਣੁ ਜਾਣਾ ਰਖੈ ਨ ਕੋਈ ॥ (1057)
ਾਵਣੁ ਜਾਣਾ ਰਖੈ ਨ ਕੋਈ
aavan jaanaa rakhai na ko-ee.
No one can save them from coming and going.

ਜੰਮਣੁ ਮਰਣੁ ਿਤਸੈ ਤੇ ਹੋਈ ॥ (1057)
ਜੰਮਣੁ ਮਰਣੁ ਿਤਸੈ ਤੇ ਹੋਈ
jaman maran tisai tay ho-ee.
Birth and death come from Him.
The Gurmukh meditates forever on the True Lord. Emancipation and liberation are obtained from Him. ||4||

Truth and self-control are found through the Door of the True Guru.

Egotism and anger are silenced through the Shabad.

Serving the True Guru, lasting peace is found; humility and contentment all come from Him. ||5||

Out of egotism and attachment, the Universe welled up.

Forgetting the Naam, the Name of the Lord, all the world perishes.

Without serving the True Guru, the Naam is not obtained. The Naam is the True profit in this world. ||6||

True is His Will, beauteous and pleasing through the Word of the Shabad.
The Panch Shabad, the five primal sounds, vibrate and resonate.

Through the True Name, one’s actions are forever embellished. Without the Shabad, what can anyone do?

One instant, he laughs, and the next instant, he cries.

Because of duality and evil-mindedness, his affairs are not resolved.

Union and separation are pre-ordained by the Creator. Actions already committed cannot be taken back.

One who lives the Word of the Guru’s Shabad becomes Jivan Mukta - liberated while yet alive.

He remains forever immersed in the Lord.

By Guru’s Grace, one is blessed with glorious greatness; he is not afflicted by the disease of egotism.
Eating tasty delicacies, he fattens up his body and wears religious robes, but he does not live to the Word of the Guru's Shabad.

Deep with the nucleus of his being is the great disease; he suffers terrible pain, and eventually sinks into the manure.

He reads and studies the Vedas, and argues about them; God is within his own heart, but he does not recognize the Word of the Shabad.

One who becomes Gurmukh churns the essence of reality; his tongue savors the sublime essence of the Lord.

Those who forsake the object within their own hearts, wander outside.

The blind, self-willed manmukhs do not taste the flavor of God.
Imbued with the taste of another, their tongues speak tasteless, insipid words. They never
taste the sublime essence of the Lord. ||12||

The self-willed manmukh has doubt as his spouse.

He dies of evil-mindedness, and suffers forever.

His mind is attached to sexual desire, anger and duality, and he does not find peace, even
in dreams. ||13||

The body becomes golden, with the Word of the Shabad as its spouse.

Night and day, enjoy the enjoyments, and be in love with the Lord.

Deep within the mansion of the self, one finds the Lord, who transcends this mansion.
Realizing His Will, we merge in Him. ||14||

The Great Giver Himself gives.
No one has any power to stand against Him.

He Himself forgives, and unites us with the Shabad; The Word of His Shabad is unfathomable.

Body and soul, all belong to Him.

The True Lord is my only Lord and Master.

O Nanak, through the Word of the Guru's Bani, I have found the Lord. Chanting the Lord's Chant, I merge in Him.

Maaroo, Third Mehl:

The Gurmukh contemplates the sound current of the Naad instead of the Vedas.

The Gurmukh attains infinite spiritual wisdom and meditation.
The Gurmukh acts in harmony with God's Will; the Gurmukh finds perfection.

The mind of the Gurmukh turns away from the world.

The Gurmukh vibrates the Naad, the sound current of the Guru's Bani.

The Gurmukh, attuned to the Truth, remains detached, and dwells in the home of the self deep within.

I speak the Ambrosial Teachings of the Guru.

I lovingly chant the Truth, through the True Word of the Shabad.

My mind remains forever imbued with the Love of the True Lord. I am immersed in the Truest of the True.

Immaculate and pure is the mind of the Gurmukh, who bathes in the Pool of Truth.
mail na laagai sach samaavai.
No filth attaches to him; he merges in the True Lord.

sacho sach kamaavai sad hee sachee bhagat darirhaa-idaa. ||4||
He truly practices Truth forever; true devotion is implanted within him. ||4||

gurmukh sach bainee gurmukh sach nainee.
True is the speech of the Gurmukh; true are the eyes of the Gurmukh.

He speaks the Truth forever, day and night, and inspires others to speak the Truth. ||5||

gurmukh sach ootam banee.
True and exalted is the speech of the Gurmukh.

The Gurmukh serves the Truest of the True forever; the Gurmukh proclaims the Word of the Shabad. ||6||
Gurmukh hovai so sojhee paa-ay.
One who becomes Gurmukh understands.

Ha-umai maa-i-aa bharam gavaa-ay.
He rids himself of egotism, Maya and doubt.

Gur kee pa-orhee ootam oochee dar sachai har gun gaa-idaa. ||7||
He ascends the sublime, exalted ladder of the Guru, and he sings the Glorious Praises of the Lord at His True Door. ||7||

Gurmukh paa-ay mokh du-aar.
The Gurmukh obtains the gate of salvation.

Bhaa-ay bhagat sadaa rang raataa aap gavaa-ay samaa-idaa. ||8||
Through loving devotion, he remains forever imbued with the Lord's Love; eradicating self-conceit, he merges in the Lord. ||8||

Gurmukh hovai so sojhee paa-ay.
One who becomes Gurmukh examines his own mind, and instructs others.

Sachai naam sadaa liv laa-ay.
He is lovingly attuned to the True Name forever.
They act in harmony with the Mind of the True Lord. ||9||

As it pleases His Will, He unites us with the True Guru.

As it pleases His Will, He comes to dwell within the mind.

As it pleases His Will, He imbues us with His Love; as it pleases His Will, He comes to dwell in the mind. ||10||

Those who act stubborn-mindedly are destroyed.

Wearing all sorts of religious robes, they do not please the Lord.

Tinged by corruption, they earn only pain; they are immersed in pain. ||11||

One who becomes Gurmukh earns peace.
ਮਰਣ जीवन की सोझी पाए ॥ (1059)
maran jeevan kee sojhee paa-ay.
He comes to understand death and birth.

ਮਰਣ जीवन जो सम करि जाणै सो मेरे प्रभ भाइदा ॥12॥ (1059)
maran jeevan jo sam kar jaanai so mery prabh bhaa-idaa. ||12||
One who looks alike upon death and birth, is pleasing to my God. ||12||

ਗੁਰਮੁਿਖ ਮਰਿਹ ਸੁ ਹਿਹ ਪਰਵਾਣੁ ॥ (1059)
gurmukh mareh so heh parvaan.
The Gurmukh, while remaining dead, is respected and approved.

ਆਵਣ ਜਾਣਾ ਸਿਹਾ ਪਛਾਣੁ ॥ (1059)
aavan jaanaa sabad pachhaan.
He realizes that coming and going are according to God's Will.

ਮੰ ਨ ਜਾਮੀ ਨਾ ਦੁਖ ਪਾਈ ਮਨ ਹੀ ਮਨਹ ਸਮਾਇਦਾ ॥13॥ (1059)
marai na jamaa naa dukh paa-ay man hee maneh samaa-idaa. ||13||
He does not die, he is not reborn, and he does not suffer in pain; his mind merges in the
Mind of God. ||13||

ਸੇ ਵਡਭਾਗੀ ਜਿਨੀ ਵਾਤਗੁਰ ਪਾਇਆ ॥ (1059)
say vadbhaagee jinee satgur paa-i-aa.
Very fortunate are those who find the True Guru.

ਹਉਮਾ ਵਿਚਾਹੁ ਮੋਹ ਚੁਆਈਆ ॥ (1059)
ha-umai vichahu moh chukaa-i-aa.
They eradicate egotism and attachment from within.

ਮੰ ਵਿਰਸੁ ਵਿਚਾਰ ਨ ਰੂਪੋ ਚਿਤ ਮੰ ਵੰਡਰ ਪਾਇਆ ॥14॥ (1059)
man nirmal fir mail naa raagai dar sacha sobhaa paa-idaa. ||14||
Their minds are immaculate, and they are never again stained with filth. They are honored
at the Door of the True Court. ||14||
He Himself acts, and inspires all to act.

He Himself watches over all; He establishes and disestablishes.

The service of the Gurmukh is pleasing to my God; one who listens to the Truth is approved.

The Gurmukh practices Truth, and only Truth.

The Gurmukh is immaculate; no filth attaches to him.

O Nanak, those who contemplate the Naam are imbued with it. They merge in the Naam, the Name of the Lord.

He Himself fashioned the Universe, through the Hukam of His Command.
He Himself establishes and disestablishes, and embellishes with grace.

The True Lord Himself administers all justice; through Truth, we merge in the True Lord.

The body takes the form of a fortress.

Emotional attachment to Maya has expanded throughout its expanse.

Without the Word of the Shabad, the body is reduced to a pile of ashes; in the end, dust mingles with dust.

The body is the infinite fortress of gold; it is permeated by the Infinite Word of the Shabad.

The Gurmukh sings the Glorious Praises of the True Lord forever; meeting his Beloved, he finds peace.
каа-і-аа ḫаṛ маңḍаṛ ḫаṛ ааа ੋ sаවаɿэ ॥ (1059)

The body is the temple of the Lord; the Lord Himself embellishes it.

tiς ʋич ḫаа тиηи bам ḫυқаɿэ ॥ (1059)

tiς вічс Ѣари Ѣио въсы вуіаɿэ ॥

tis vich har jee-o vasai muraaray. The Dear Lord dwells within it.

gуг ḫаі магаɿ эжн въжши вънзі ваɥаɿэ ааа миɿаɿэ ॥ 4 ॥ (1059)

Through the Word of the Guru's Shabad, the merchants trade, and in His Grace, the Lord merges them with Himself. ||4||

so sѹча ḫи kәроɿду ніваɿэ ॥ (1059)

He alone is pure, who eradicates anger.

sабдэ буjoɿ ḫаа sаваɿэ ॥ (1059)

He realizes the Shabad, and reforms himself.

aаɿэ въле вълэɿэ вълэɿ ааа миɿаɿэ ॥ 5 ॥ (1059)

The Creator Himself acts, and inspires all to act; He Himself abides in the mind. ||5||

ніɾмаɿ бхагɿ хэ ніɾаɿэе ॥ (1059)

Pure and unique is devotional worship.

мъну ḥоwէɿ саɥдэ виچаɿэ ॥ (1059)

The mind and body are washed clean, contemplating the Shabad.
One who remains forever imbued with His Love, night and day - in His Mercy, the Lord inspires him to perform devotional worship service. ||6||

In this temple of the mind, the mind wanders around.

Discarding joy like straw, it suffers in terrible pain.

Without meeting the True Guru, it finds no place of rest; He Himself has staged this play. ||7||

He Himself is infinite; He contemplates Himself.

He Himself bestows Union through actions of excellence.

What can the poor creatures do? Granting forgiveness, He unites them with Himself. ||8||

The Perfect Lord Himself unites them with the True Guru.

||7||

||8||
ਸਚੈ ਸਬਿਦ ਮਹਾਬਲ ਸੂਰਾ ॥ (1060)
sachai sabad mahaabal sooraa.
Through the True Word of the Shabad, he makes them brave spiritual heroes.

ਆਪੇ ਮੇਲੇ ਦੇ ਬਡਾਈ ਸੇ ਹੋਈ ਹੋਈ ਲਾਈ ॥੧੦॥ (1060)
AAPAY Maylay day vadi-aa-ee sachay si-o chit laa-idaa. ||9||
Uniting them with Himself, He bestows glorious greatness; He inspires them to focus their consciousness on the True Lord. ||9||

ਘਰ ਹੀ ਅੰਦਰ ਮਾਤਾ ਸੋਈ ॥ (1060)
ghar hee andar maataa so-ee.
The True Lord is deep within the heart.

ਗੁਰਮੁਖ ਵੀਰਲਾ ਬੁੱਝੈ ਕੋਈ ॥ (1060)
gurmukh virlaa boojhai ko-ee.
How rare are those who, as Gurmukh, realize this.

ਨਾਮ ਨਿਧਾਨ ਵੀਸਾ ਘਟ ਅੰਤਰ ਰਸਨਾ ਨਾਮ ਦਿਖਾਈਦਾ ॥੧੦॥ (1060)
nama niDhaan vasi-aa ghat antar rasnaa naam Dhi-aa-idaa. ||10||
The treasure of the Naam abides deep within their hearts; they meditate on the Naam with their tongues. ||10||

ਦਿਸਾਂਤਰ ਭਵੈ ਅੰਤਰ ਨਹੀ ਭਾਲੇ ॥ (1060)
disantar bhavai antar nahee bhaalay.
He wanders through foreign lands, but does not look within himself.

ਮਾਈਆ ਮੋਹੀ ਬਧਾ ਜਮਕਾਲੇ ॥ (1060)
maa-i-aa mohi baDhaa jamkaalay.
Attached to Maya, he is bound and gagged by the Messenger of Death.

ਜਮ ਕੀ ਫਾਸੀ ਕਹੂ ਨ ਤੂਟੈ ਦੂਜੇ ਭਾਈ ਭਰਮਾਈਦਾ ॥੧੧॥ (1060)
jam kee faasee fasaee kabhoo na tooai doojai bhaa-ay bharmaa-idaa. ||11||
The noose of death around his neck will never be untied; in the love of duality, he wanders in reincarnation. ||11||
Jap tap sanjam hor ko-ee naahee.
There is no real chanting, meditation, penance or self-control,

Jap tapu sanjam horu koii naahi.
There is no real chanting, meditation, penance or self-control,

Jab lagu gur ka sabdu n kamahi.
as long as one does not live to the Word of the Guru's Shabad.

Gur kai sabad milaa satru paai-aa sachi samaa-idaa. ||12||
Accepting the Word of the Guru's Shabad, one obtains Truth; through Truth, one merges in the True Lord. ||12||

Kaam karoDh sabal sansaaraa.
Sexual desire and anger are very powerful in the world.

Baho karam kamaaveh sabh dukh ka pasaaraa.
They lead to all sorts of actions, but these only add to all the pain.

Satgur sayveh say sukh paavahi sabad milaa-idaa. ||13||
Those who serve the True Guru find peace; they are united with the True Shabad. ||13||

Pa-un paanee hai baisantar.
Air, water and fire make up the body.

Maa-i-aa moh vartai sabh antar.
Emotional attachment to Maya rules deep within all.
ਜਿਨੋਂ ਕੀਤੇ ਜਾਂ ਚਿਹਨੀ ਦੁਆਰਾ ਮਾਇਆ ਮੋਹਾਨੂੰ ਚੁਕਾਇਆਂ। ||14||

When one realizes the One who created him, emotional attachment to Maya is dispelled. ||14||

ਇਕ ਮਾਇਆ ਮੋਹ ਗਰਿਬ ਵਿਆਪੇ। ||16||

Some are engrossed in emotional attachment to Maya and pride.

ਹਉਮ ਹੋਈ ਰਹੇ ਹਨ ਆਪੇ। ||15||

They are self-conceited and egotistical.

ਓਹ ਦੱਖਣ ਦੀ ਖਬਰ ਨ ਪਾਈ ਅੰਤ ਗਏ ਪ੍ਰਸਤਾਵਿਦ। ||15||

They never think about the Messenger of Death; in the end, they leave, regretting and repenting. ||15||

ਸੂਰਮ੍ਭੁ ਦੇਵੇ ਸਤਕ ਪਹਾਣੀ। ||16||

The Gurmukh, who is blessed with the Shabad, realizes Him.

ਨਾਨਕ ਦਾਸ ਕਹਾਂ ਸੇਵਣੀ ਮਿਛੀ ਰਖਧਮ ਵਿਚ ਜਾਣਾ। ||16||2||16||

Slave Nanak offers this prayer; O Lord, let my consciousness be attached to the True Name. ||16||2||16||

ਮਾਰੂ ਮੰਡਲ 3। ||1060||

Maaroo, Third Mehl:
From the very beginning of time, and throughout the ages, the Merciful Lord has been the Great Giver.

Through the Shabad, the Word of the Perfect Guru, He is realized.

Those who serve You are immersed in You. You unite them in Union with Yourself.

You are inaccessible and unfathomable; Your limits cannot be found.

All beings and creatures seek Your Sanctuary.

As is pleases Your Will, You guide us along; You Yourself place us on the Path.

The True Lord is, and shall always be.

He Himself creates - there is no other at all.
The Giver of peace takes care of all; He Himself sustains them. ||3||

You are inaccessible, unfathomable, invisible and infinite; no one knows Your extent. ||4||

In the nether worlds, realms and worlds of form,

One who realizes Your Command, praises Your Command.
You are Inaccessible, Unfathomable and Self-Sufficient.

As is the understanding You give, so do I become. You Yourself reveal the Shabad. ||6||

Night and day both bear witness to this loss.

The mind and body are cooled and soothed, holding tight to the Guru's Feet.

Doubt is eliminated from within, and fear runs away.

One is in bliss forever, singing the Glorious Praises of the True Lord, and speaking the True Word of His Bani. ||8||
jin too jaataa karam biDhaataa.
One who knows You as the Architect of Karma,

poorai bhaag gur sabad pachhaataa.
has the good fortune of perfect destiny, and recognizes the Word of the Guru's Shabad.

jat pat sach sachaa sach so-ee ha-umai maar milaa-idaa.
The Lord, the Truest of the True, is his social class and honor. Conquering his ego, he is united with the Lord.

man kathor doojai bhaa-ay laagaa.
The stubborn and insensitive mind is attached to the love of duality.

bharmay bhoolaa firai abhaagaa.
Deluded by doubt, the unfortunate wander around in confusion.

karam hovai taa satgur sayvay sehjay hee sukh paa-idaa.
But if they are blessed by God’s Grace, they serve the True Guru, and easily obtain peace.

lakh cha-oraaseeh aap upaa-ay.
He Himself created the 8.4 million species of beings.

maanas janam gur bhagat drirh-aa-ay.
Only in this human life, is devotional worship to the Guru implanted within.
Without devotion, one lives in manure; he falls into manure again and again. ||11||

If one is blessed with His Grace, devotional worship to the Guru is implanted within.

Without God's Grace, how can anyone find Him?

The Creator Himself acts, and inspires all to act; as He wills, He leads us on. ||12||

The Simritees and the Shaastras do not know His limits.

The blind fool does not recognize the essence of reality.

The Creator Himself acts, and inspires all to act; He Himself deludes with doubt. ||13||

He Himself causes everything to be done.
Aapen sir sir DhanDhai laa-ay.
He Himself joins each and every person to his tasks.

Aapen laap thap vaykhai gurmukh aap bujhaa-idaa. ||14||
He Himself establishes and disestablishes, and watches over all; He reveals Himself to the Gurmukh. ||14||

Sacha saahib gahir gmbheeraa.
The True Lord and Master is profoundly deep and unfathomable.

Sadaa salaahee taa man Dheeraa.
Praising Him forever, the mind is comforted and consoled.

Agam agochar keemat nahee paa-ee gurmukh man vasaa-idaa. ||15||
He is inaccessible and unfathomable; His value cannot be estimated. He dwells in the mind of the Gurmukh. ||15||

Aapen niraalam hor DhanDhai lo-ee.
He Himself is detached; all others are entangled in their affairs.

Gur parsaadee boojhai ko-ee.
By Guru's Grace, one comes to understand Him.

Naanak naam vasai ghat antar gurmataa mayl milaa-idaa. ||16||3||17||
O Nanak, the Naam, the Name of the Lord, comes to dwell deep within the heart; through the Guru's Teachings, one is united in His Union. ||16||3||17||
Maaroo, Third Mehl:

जुग छतीह कीओ गुबारा ॥
jug chhateeh kee-o gubaaraa.
For thirty-six ages, utter darkness prevailed.

तू आपे जाणिह सिरजणहारा ॥
too aapay jaaneh sirjanhaaraa.
Only You Yourself know this, O Creator Lord.

होर किआ को कहै कि आिख वखाणै तू आपे कीमित पाइदा ॥१॥
hor ki-aa ko kahai ke aakh vakhaanai too aapay keemat paa-idaa. ||1||
What can anyone else say? What can anyone explain? Only You Yourself can estimate Your worth. ||1||

The One Universal Creator created the entire Universe.

All the plays and dramas are to Your glory and greatness.

The True Lord Himself makes all distinctions; He Himself breaks and builds. ||2||

The Juggler has staged His juggling show.
pooray gur tay nadree aa-ee.
Through the Perfect Guru, one comes to behold it.

sadaa alipat rahai gur sabdee saachay si-o chit laa-idaa. ||3||
One who remains forever detached in the Word of the Guru's Shabad - his consciousness is attuned to the True Lord. ||3||

baajeh baajay Dhun aakaaraa.
The musical instruments of the body vibrate and resound.

aap vajaa-ay vajaavanhaaraa.
The Player Himself plays them.

ghat ghat pa-un vahai ik rangee mil pavna sabh vajaa-idaa. ||4||
The breath flows equally through the hearts of each and every being. Receiving the breath, all the instruments sing. ||4||

karnta kare so nihcha-o hovai.
Whatever the Creator does, surely comes to pass.

gur kai sabday ha-umai khowai.
Through the Word of the Guru's Shabad, egotism is consumed.


gur sayvay jayvad hor laahaa naahee.
There is no other profit as great as service to the Guru.

naam man vasai naamo saalaheee.
The Naam abides within my mind, and I praise the Naam.

naamo naam sadaa sukh-daata naamo laahaa paa-idaa. ||6||
The Naam is forever the Giver of peace. Through the Naam, we earn the profit. ||6||

bin naavai sabh dukh sansaaraa.
Without the Name, all the world suffers in misery.

baho karam kamaaveh vaDheh vikaaraa.
The more actions one does, the more the corruption increases.

naam na sayveh ki-o sukh paa-ee-ai bin naavai dukh paa-idaa. ||7||
Without serving the Naam, how can anyone find peace? Without the Naam, one suffers in pain. ||7||

aap karay tai aap karaa-ay.
He Himself acts, and inspires all to act.

gur parsaaadee kisai bujhaa-ay.
By Guru's Grace, He reveals Himself to a few.
One who becomes Gurmukh breaks his bonds, and attains the home of liberation. ||8||

One who calculates his accounts, burns in the world.

His skepticism and corruption are never dispelled.

One who becomes Gurmukh abandons his calculations; through Truth, we merge in the True Lord. ||9||

If God grants Truth, then we may attain it.

The Beloved Naam, the Name of the Lord, is chanting, meditation, penance and self-control.
God, the Destroyer, destroys sins.

Through the Name of the Lord, the body and mind are cooled and soothed, and one is intuitively, easily absorbed into the Celestial Lord.

With greed within them, their minds are filthy, and they spread filth around.

They do filthy deeds, and suffer in pain.

They deal in falsehood, and nothing but falsehood; telling lies, they suffer in pain.

Rare is that person who enshrines the Immaculate Bani of the Guru's Word within his mind.

By Guru's Grace, his skepticism is removed.

He walks in harmony with the Guru's Will, day and night; remembering the Naam, the Name of the Lord, he finds peace.
The True Lord Himself is the Creator.

He Himself creates and destroys.

One who becomes Gurmukh, praises the Lord forever. Meeting the True Lord, he finds peace.

Making countless efforts, sexual desire is not overcome.

Everyone is burning in the fires of sexuality and anger.

Serving the True Guru, one brings his mind under control; conquering his mind, he merges in the Mind of God.

You Yourself created the sense of ‘mine’ and ‘yours.’

All creatures are Yours; You created all beings.
O Nanak, contemplate the Naam forever; through the Guru’s Teachings, the Lord abides in the mind.

Maaroo, Third Mehl:

The Dear Lord is the Giver, inaccessible and unfathomable.

He does not have even an iota of greed; He is self-sufficient.

There is no other Giver, except for Him.

Whoever the Lord blesses with His gift, obtains it. Through the Word of the Guru’s Shabad, He unites him with Himself.
The fourteen worlds are Your markets.

The True Guru reveals them, along with one's inner being.

One who deals in the Name, through the Word of the Guru's Shabad, obtains it.

Serving the True Guru, one obtains intuitive bliss.

The Lord of the Universe comes to dwell within the heart.

He intuitively practices devotional worship day and night; God Himself practices devotional worship.

Those who are separated from the True Guru, suffer in misery.

Night and day, they are punished, and they suffer in total agony.
ਮਥੇ ਕਾਲੇ ਮਹਲੁ ਨ ਪਾਵਿਹ ਦੁਖ ਹੀ ਵਿਚਤੀ ਦੁਖ ਪਾਇਦਾ ॥੫॥
Their faces are blackened, and they do not obtain the Mansion of the Lord's Presence.
They suffer in sorrow and agony. ॥5॥

ਸਿਤਗੁਰੁ ਸੇਵਿਹ ਸੇ ਵਡਭਾਗੀ ॥
Those who serve the True Guru are very fortunate.

ਸਹਜ ਭਾਇ ਸਚੀ ਲਿਵ ਲਾਗੀ ॥
They intuitively enshrine love for the True Lord.

ਸਚੋ ਸਚੁ ਕਮਾਵਿਹ ਸਦ ਹੀ ਸਚੈ ਮੇਿਲ ਿਮਲਾਇਦਾ ॥੬॥
They practice Truth, forever Truth; they are united in Union with the True Lord. ॥6॥

ਅੰਤਿਰ ਸਾਚੁ ਭਰਮੁ ਚੁਕਾਏ ॥
His inner being is filled with Truth, and his doubt is dispelled.

ਅਪੇ ਕਰਤਾ ਸਭਨਾ ਕਾ ਸੋਈ ॥
He Himself is the Creator of all.
jis no aap bujhaa-ay boojhai ko-ee.
Only one whom He instructs, understands Him.

He Himself forgives, and grants glorious greatness. He himself unites in His Union.

Acting egotistically, one loses his life.

Even in the world hereafter, emotional attachment to Maya does not leave him.

In the world hereafter, the Messenger of Death calls him to account, and crushes him like sesame seeds in the oil-press.

By perfect destiny, one serves the Guru.

If God grants His Grace, then one serves.

The Messenger of Death cannot even approach him, and in the Mansion of the True Lord's Presence, he finds peace.
ਤਿਤ ਸੁਖੁ ਪਾਇਆ ਜੋ ਤੁਧੁ ਭਾਏ ॥ (1063)

They alone find peace, who are pleasing to Your Will.

ਪੂਰੈ ਭਾਿਗ ਗੁਰ ਲਾਏ ॥ (1063)

By perfect destiny, they are attached to the Guru's service.

ਤੇਰੈ ਹਿਥ ਹੈ ਸਭ ਵਿਡਆਈ ਜਿਸੁ ਦੇਵਿਹ ਸੋ ਪਾਇਦਾ ॥੧੧॥ (1063)

All glorious greatness rests in Your Hands; he alone obtains it, unto whom You give it. ||11||

ਅੰਦਿਰ ਪਰਗਾਸੁ ਗੁਰੂ ਤੇ ਪਾਏ ॥ (1063)

Through the Guru, one's inner being is enlightened and illumined.

ਨਾਮੁ ਪਦਾਰਥੁ ਮੰਿਨ ਵਸਾਏ ॥ (1063)

The wealth of the Naam, the Name of the Lord, comes to dwell in the mind.

ਗਿਆਨੁ ਰਤਨੁ ਸਦਾ ਘਿਟ ਚਾਨਣੁ ਅਗਿਆਨੀ ਅੰਧੇਰੁ ਗਵਾਇਦਾ ॥੧੨॥ (1063)

The jewel of spiritual wisdom ever illumines the heart, and the darkness of spiritual ignorance is dispelled. ||12||

ਅਗਿਆਨੀ ਅੰਧੇ ਦੂਜੈ ਲਾਗੇ ॥ (1063)

The blind and ignorant are attached to duality.

ਬਨੁ ਪਾਣੀ ਡੁਿਬ ਮੂਏ ਅਭਾਗੇ ॥ (1063)

The unfortunates are drowned without water, and die.
When they depart from the world, they do not find the Lord’s door and home; bound and gagged at Death’s door, they suffer in pain. ||13||

Without serving the True Guru, no one finds liberation.

Go ask any spiritual teacher or mediator.

Whoever serves the True Guru is blessed with glorious greatness, and honored in the Court of the True Lord. ||14||

One who serves the True Guru, the Lord merges into Himself.

Cutting away attachment, one lovingly focuses on the True Lord.

The merchants deal forever in Truth; they earn the profit of the Naam. ||15||

The Creator Himself acts, and inspires all to act.
Sabad marai so-ee jan muktaa.
He alone is liberated, who dies in the Word of the Shabad.

Naanak naam vasai man antari naamo naam Dhi-aa-idaa. ||16||5||19||
O Nanak, the Naam dwells deep within the mind; meditate on the Naam, the Name of the Lord. ||16||5||19||

Maaroo mehlaa 3.
Maaroo, Third Mehl:

Jo tuDh karna so kar paa-i-aa.
Whatever You do, is done.

Bhaanay vich ko virlaa aa-i-aa.
How rare are those who walk in harmony with the Lord’s Will.

Bhaanaa mannay so sukh paa-ay bhaanay vich sukh paa-idaa. ||1||
One who surrenders to the Lord’s Will finds peace; he finds peace in the Lord’s Will. ||1||

Gurmukh tayra bhaanaa bhaavai.
Your Will is pleasing to the Gurmukh.

Sehjay hee sukh sach kamaavai.
Practicing Truth, he intuitively finds peace.
Many long to walk in harmony with the Lord's Will; He Himself inspires us to surrender to His Will. ||2||

One who surrenders to Your Will, meets with You, Lord.

One who is pleased with Your Will is immersed in You.

Glorious greatness rests in God's Will; rare are those who accept it. ||3||

When it pleases His Will, He leads us to meet the Guru.

The Gurmukh finds the treasure of the Naam, the Name of the Lord.

By Your Will, You created the whole Universe; those whom You bless with Your favor are pleased with Your Will. ||4||

The blind, self-willed manmukhs practice cleverness.
They do not surrender to the Lord's Will, and suffer terrible pain.

Deluded by doubt, they come and go in reincarnation; they never find the Mansion of the Lord's Presence.

The True Guru brings Union, and grants glorious greatness.

Serving the True Guru, the Naam is obtained. Through the Naam, one finds peace.

Everything wells up from the Naam, and through the Naam, perishes.

By Guru's Grace, the mind and body are pleased with the Naam.

Meditating on the Naam, the tongue is drenched with the Lord's sublime essence.

Through this essence, the Essence is obtained.
mahlai andar mahal ko paa-ay.
Rare are those who find the Mansion of the Lord’s Presence within the mansion of their own body.

Through the Word of the Guru’s Shabad, they lovingly focus their consciousness on the True Lord.

Whoever the Lord blesses with Truth obtains Truth; he merges in Truth, and only Truth.

Forgetting the Naam, the Name of the Lord, the mind and body suffer in pain.

Attached to the love of Maya, he earns nothing but disease.

Without the Name, his mind and body are afflicted with leprosy, and he obtains his home in hell.

Those who are imbued with the Naam - their bodies are immaculate and pure.

Their soul-swam is immaculate, and in the Lord’s Love, they find eternal peace.
Praising the Naam, they find eternal peace, and dwell in the home of their own inner being. ||10||

Everyone deals and trades.

Without the Name, all the world loses.

Naked they come, and naked they go; without the Name, they suffer in pain. ||11||

He alone obtains the Naam, unto whom the Lord gives it.

Through the Word of the Guru's Shabad, the Lord comes to dwell in the mind.

By Guru's Grace, the Naam dwells deep within the heart, and one meditates upon the Naam, the Name of the Lord. ||12||

Everyone who comes into the world, longs for the Name.
They alone are blessed with the Name, whose past actions were so ordained by the Primal Lord.

Those who obtain the Name are very fortunate. Through the Word of the Guru’s Shabad, they are united with God.

Utterly incomparable is the fortress of the body.

Within it, God sits in contemplation.

He administers true justice, and trades in Truth; through Him, one finds the eternal, unchanging dwelling.

Deep within the inner self are glorious homes and beautiful places.

But rare is that person who, as Gurmukh, finds these places.

If one stays in these places, and praises the True Lord, the True Lord comes to dwell in the mind.
ਮੇਰੈ ਕਰਤੈ ਇਕ ਬਰਤਨ ਬਰਤਨੀ ॥ (1064)
ਮੇਰੇ ਕਰਤੈ ਇਕ ਬਰਤਨ ਬਰਤਨੀ
mayrai kartai ik banat banaa-ee.
My Creator Lord has formed this formation.

ਇਸੁ ਦੇਹੀ ਿਵਿਚ ਸਬਾ ਵਥੁ ਪਾੀ ॥ (1064)
is dayhee vich sabh vath paa-ee.
He has placed everything within this body.

ਨਾਨਕ ਨਾਮਿ ਵਣਜਿਹ ਰੰਘ ਰਾਤੇ ਗੁਰਪੁਿਖ ਕੋ ਨਾਮਿ ਪਾਇਦਾ ॥੧੬॥੬॥੨੦॥ (1064)
naanak naam vanjahi rang raatay gurmukh ko naam paa-idaa. ||16||6||20||
O Nanak, those who deal in the Naam are imbued with His Love. The Gurmukh obtains
the Naam, the Name of the Lord. ||16||6||20||

ਮਾਰੂ ਮਹਲਾ ੩ ॥ (1064)
maaroo mehlaa 3.
Maaroo, Third Mehl:

ਕਾਇਆ ਕੰਚਨੁ ਸਬਦਵੀਚਾਰਾ ॥ (1064)
kaa-i-aa kanchan sabad veechaaraa.
Contemplating the Word of the Shabad, the body becomes golden.

ਖਾਇ ਹਿਰ ਸੇਵਾ ਜਿਸ ਦਾ ਅੰਤਨ ਨ ਪਾਰਾਵਾਰਾ ॥ (1064)
tithai har vasai jis daa ant na paaraavaaraa.
The Lord abides there; He has no end or limitation.

ਅਨਿਦਨੁ ਹਿਰ ਸੇਵਹੁ ਸਚੀ ਬਾਣੀ ਹਿਰ ਜੀਉ ਸਬਿਦ ਿਮਲਾਇਦਾ ॥੧॥ (1064)
an-din har sayvihu sachee banee har jee-o sabad milaa-idaa. ||1||
Night and day, serve the Lord, and chant the True Word of the Guru's Bani. Through the
Shabad, meet the Dear Lord. ||1||

ਹਿਰ ਚੇਤਿਹ ਿਤਨ ਬਿਲਹਾਰੈ ਜਾਉ ॥ (1065)
har cheeteh tin balihaaraai jaa-o.
I am a sacrifice to those who remember the Lord.
Through the Word of the Guru's Shabad, I unite in Union with the Lord.

I touch the dust of their feet to my face and forehead; sitting in the Society of the Saints, I sing His Glorious Praises. ||2||

I sing the Glorious Praises of the Lord, as I am pleasing to the Lord God.

With the Lord's Name deep within my inner being, I am adorned with the Word of the Shabad.

The Word of the Guru's Bani is heard throughout the four corners of the world; through it, we merge in the True Name. ||3||

That humble being is pure, who searches within himself,

through the Word of the Guru's Shabad, sees the Lord with his eyes; the Gracious Lord, in His Grace, unites him with Himself. ||4||
By great good fortune, I obtained this body;
in this human life, I have focused my consciousness on the Word of the Shabad.
Without the Shabad, everything is enveloped in utter darkness; only the Gurmukh understands.
Some merely waste away their lives - why have they even come into the world?
The self-willed manmukhs are attached to the love of duality.
This opportunity shall not into their hands again; their foot slips, and they come to regret and repent.
Through the Word of the Guru's Shabad, the body is sanctified.
The True Lord, the ocean of virtue, dwells within it.
Sacho sach vaykhai sabh thaa-ee sach sun man vasaa-idaa. ||7||
One who sees the Truest of the True everywhere, hears the Truth, and enshrines it within his mind. ||7||

Ha-umai ganat gur sabad nivaaray.
Egotism and mental calculations are relieved through the Word of the Guru's Shabad.

Har jee-o hirdai rakhahu ur Dhaaray.
Keep the Dear Lord close, and enshrine Him in your heart.

Gur kai sabad sadaa saalaahay mil saachay sukh paa-idaa. ||8||
One who praises the Lord forever, through the Guru's Shabad, meets with the True Lord, and finds peace. ||8||

So chaytay jis aap chaytaa-ay.
He alone remembers the Lord, whom the Lord inspires to remember.

Gur kai sabad vasai man aa-ay.
Through the Word of the Guru’s Shabad, He comes to dwell in the mind.

Aapay vaykhai aapay boojhai aapai aap samaa-idaa. ||9||
He Himself sees, and He Himself understands; He merges all into Himself. ||9||

Jin man vich vath paa-ee so-ee jaanai.
He alone knows, who has placed the object within his mind.
ਗੁਰ ਕੇ ਮਬੇ ਆਪੁ ਪਛਾਣੈ ॥ (1065)
ਗੁਰ ਕੇ ਸੰਬੰਦੇ ਆਪੁ ਪਰਸਾਣੀ ॥
gur kai sabday aap pachhanai.
Through the Word of the Guru’s Shabad, he comes to understand himself.

ਆਪੁ ਪਛਾਣੈ ਸੋੀ ਜਨ ਨਿਰਮਲ ਬਾਣੀ ਸਬਦ ਸੁਣਾਇਦਾ ॥੧੦॥ (1065)
that humble being who understands himself is immaculate. He proclaims the Guru’s Bani, and the Word of the Shabad. ||10||

ਏਹ ਬਧਿਸ਼ ਪਾਵਿਤ ਹੈ ਸਰੀਰ ॥ (1065)
This body is sanctified and purified;

ਏਹ ਮਬਦੀ ਚੇਤੇ ਗੁਣੀ ਗਹੀਰ ॥ (1065)
through the Word of the Guru's Shabad, it contemplates the Lord, the ocean of virtue.

ਅਨਦਿਨ ਗੁਣ ਗਾਵੈ ਰੰਗ ਰਾਤਾ ਗੁਣ ਕਹੀ ਗੁਣੀ ਸਮਾਇਦਾ ॥੧੧॥ (1065)
One who chants the Glorious Praises of the Lord night and day, and remains attuned to His Love, chants His Glorious Virtues, immersed in the Glorious Lord. ||11||

ਏਹ ਮਬਦੀ ਮੱਛ ਮੂਲ ਹੈ ਮਾਇਆ ॥ (1065)
This body is the source of all Maya;

ਦੂਜੈ ਬਾਇ ਭਰਮੀ ਭੁਲਾਇਆ ॥ (1065)
in love with duality, it is deluded by doubt.

ਦੋਹਾ ਚੇਤੇ ਮੱਛ ਦੁਖ ਪਾਏ ਬਿਨੁ ਹਰੀ ਚੇਤੇ ਦੁਖ ਪਾਯਾ ॥੧੨॥ (1065)
It does not remember the Lord, and suffers in eternal pain. Without remembering the Lord, it suffers in pain. ||12||
One who serves the True Guru is approved and respected.

His body and soul-swan are immaculate and pure; in the Court of the Lord, he is known to be true.

He serves the Lord, and enshrines the Lord in his mind; he is exalted, singing the Glorious Praises of the Lord.

Without good destiny, no one can serve the True Guru.

The self-willed manmukhs are deluded, and die weeping and wailing.

Those who are blessed by the Guru’s Glance of Grace - the Dear Lord unites them with Himself.

In the body fortress, are the solidly-constructed markets.

The Gurmukh purchases the object, and takes care of it.
Meditating on the Name of the Lord, day and night, he attains the sublime, exalted status.

The True Lord Himself is the Giver of peace.

Through the Shabad of the Perfect Guru, He is realized.

Nanak praises the Naam, the True Name of the Lord; through perfect destiny, He is found.

Maaroo, Third Mehl:

The Formless Lord created the universe of form.

By the Hukam of His Command, He created attachment to Maya.

The Creator Himself stages all the plays; hearing of the True Lord, enshrine Him in your mind.
Maya, the mother, gave birth to the three gunas, the three qualities,

and proclaimed the four Vedas to Brahma.

Creating the years, months, days and dates, He infused intelligence into the world.

Service to the Guru is the most excellent action.

Enshrine the Lord's Name within your heart.

The Word of the Guru's Bani prevails throughout the world; through this Bani, the Lord's Name is obtained.

He reads the Vedas, but he starts arguments night and day.

He does not remember the Naam, the Name of the Lord; he is bound and gagged by the Messenger of Death.
In the love of duality, he suffers in pain forever; he is deluded by doubt, and confused by the three gunas. ||4||

The Gurmukh is in love with the One Lord alone;

he submerges in his mind the three-phased desire.

Through the True Word of the Shabad, he is liberated forever; he renounces emotional attachment to Maya. ||5||

Those who are so pre-ordained to be imbued, are imbued with love for the Lord.

By Guru’s Grace, they are intuitively intoxicated.

Serving the True Guru forever, they find God; He Himself unites them with Himself. ||6||

In attachment to Maya and doubt, the Lord is not found.
ਦੂਜੈ ਭਾਇ ਲਗਾ ਦੁਖੁ ਪਾਏ ॥ (1066)

Attached to the love of duality, one suffers in pain.

ਸੂਹਾ ਰੰਗੁ ਿਦਨ ਥੋਡੇ ਹੋਵੈ ਇਸੁ ਜਾਦੇ ਿਬਲਮ ਨ ਲਾਇਦਾ ॥੭॥ (1066)

The crimson color lasts for only a few days; all too soon, it fades away. ||7||

ਏਹੁ ਮਨੁ ਭਈ ਭਾਇ ਰੰਗਾਏ ॥ (1066)

So color this mind in the Fear and the Love of God.

ਇਤੁ ਰੰਿਗ ਸਾਚੇ ਿਬਲਮ ਸਿਮਾਏ ॥ (1066)

Dyed in this color, one merges in the True Lord.

ਪੂਰੈ ਭਾਿਗ ਕਦ ਇਹੁ ਰੰਗੁ ਪਾਏ ਗੁਰਮਤੀ ਰੰਗੁ ਚਰਹਾਈਦਾ ॥੮॥ (1066)

By perfect destiny, some may obtain this color. Through the Guru's Teachings, this color is applied. ||8||

ਮਨਮੁਖੁ ਬਹੁਤ ਕਰੇ ਅਿਭਮਾਨੁ ॥ (1066)

The self-willed manmukhs take great pride in themselves.

ਦਰਗਹ ਕਬ ਹੀ ਨ ਪਾਵੈ ਮਾਨੁ ॥ (1066)

In the Court of the Lord, they are never honored.

ੰਮਨਮੁੱਖ ਸੰਨਮ ਗਾਵਾਈਆ ਵਿਘਤ ਬਰੂੱਖ ਪਾਈਦਾ ॥੯॥ (1066)

Attached to duality, they waste their lives; without understanding, they suffer in pain. ||9||
Mayraí parabh and ar aap luka‘-i-aa.
My God has hidden Himself deep within the self.

Gur parsaa‘de har mila‘-i-aa.
By Guru's Grace, one is united in the Lord's Union.

Sachh parabh sachh vaapa‘ra naam amolak pa‘daa ||10||
God is True, and True is His trade, through which the priceless Naam is obtained. ||10||

Is kaa‘-i-aa kee keemat kinai na paa‘-ee.
No one has found this body's value.

Mayraí thaakur ih banat bana‘-ee.
My Lord and Master has worked His handiwork.

Gurmukh khojey s o‘parva‘haa ||11||
The Gurmukh seeks the self-sustaining Lord.

Kaa‘-i-aa vich totaa kaa‘-i-aa vich laahaa.
Within the body, one loses, and within the body, one wins.
The Gurmukh trades, and finds peace forever; he intuitively merges in the Celestial Lord.

The Gurmukh praises the Giver of peace; his mind is united with the Lord, and he comes to know His worth.

He alone knows this object, to whom this store belongs; the Gurmukh is blessed with it, and does not come to regret.

The Dear Lord is pervading and permeating all.
By Guru's Grace, He is found.

He Himself unites in His Union; through the Word of the Shabad, one intuitively merges with Him.

He Himself is merciful, inaccessible and unlimited.

O Nanak, He blesses us with His Naam, and through the Naam, peace is found.
अभिवि बेरिष न मधे दिन हे गुर मवसी मेलाइहार ||१|| (1067)
अपहि कोई न सकिस न गुर सवदी मेलाइहार ||२||
aparh ko-ay na sakai tis no gur sabdee maylaa-i-aa. ||1||
No one can reach up to Him; through the Word of the Guru's Shabad, He is met. ||1||

ढुढ़े मेलाइहार में ढुढ़ बघाइहार || (1067)
tudhuno sayveh jo tudh bhaaveh.
He alone serves You, who pleases You.

गुर बे मवसी मध समाविह || (1067)
gur kai sabday sach samaaveh.
Through the Guru's Shabad, he merges in the True Lord.

अथवा गुर बघाइहार तितु बरी वाता बघ समाविह ||२|| (1067)
an-din gun raveh din raatee rasnaa har ras bhaa-i-aa. ||2||
Night and day, he chants the Lord's Praises, day and night; his tongue savors and delights in the sublime essence of the Lord. ||2||

सबाद भविन में सबाद मवविह || (1067)
sabad marah say maran savaareh.
Those who die in the Shabad - their death is exalted and glorified.

जानव बे गुज हिरवे छुव पवाइहार || (1067)
har kay gun hirdai ur Dhaareh.
They enshrine the Lord's Glories in their hearts.

जानव सबाद गुज छवरी लोगे घुम' बघु चुकविहार ||३|| (1067)
janam safal har charnee laagay doojaa bhaa-o chukaa-i-aa. ||3||
Holding tight to the Guru's feet, their lives becomes prosperous, and they are rid of the love of duality. ||3||

हर जीउ मले आप्ने मिलाए || (1067)
har jee-o maylay aap milaa-ay.
The Dear Lord unites them in Union with Himself.
गुर कै सबदे आपु गवाए ॥ (1067)
Through the Guru's Shabad, self-conceit is dispelled.

अनिदनु सदा हिर भगती राते इसु जग महि लाहा पाइਆ ॥४॥
Those who remain attuned to devotional worship to the Lord, night and day, earn the profit in this world. ||4||

तेरे गुण कहा मै कहणु न जाई ॥ (1067)
What Glorious Virtues of Yours should I describe? I cannot describe them.

अंतु न पारा कीमित नही पाई ॥ (1067)
You have no end or limitation. Your value cannot be estimated.

आपे देइआ करे सुखदा गुण मि गुणी समाइआ ॥५॥
When the Giver of peace Himself bestows His Mercy, the virtuous are absorbed in virtue. ||5||

इसु जग महि मोहु है पासारा ॥ (1067)
In this world, emotional attachment is spread all over.

मनमुख अगिआनी अंघु अंधारा ॥ (1067)
The ignorant, self-willed manmukh is immersed in utter darkness.

धंधै धावतु जनमु गवाइआ िबनु नावै दुखु पाइआ ॥६॥
Chasing after worldly affairs, he wastes away his life in vain; without the Name, he suffers in pain. ||6||
If God grants His Grace, then one finds the True Guru.

Through the Shabad, the filth of egotism is burned away.

The mind becomes immaculate, and the jewel of spiritual wisdom brings enlightenment; the darkness of spiritual ignorance is dispelled.

Your Names are countless; Your value cannot be estimated.

Who can estimate Your value, God? You are immersed and absorbed in Yourself.

The Naam, the Name of the Lord, is priceless, inaccessible and infinite.

No one can weigh it.
You Yourself weigh, and estimate all; through the Word of the Guru's Shabad, You unite, when the weight is perfect. ||9||

Your servant serves, and offers this prayer.

Please, let me sit near You, and unite me with Yourself.

You are the Giver of peace to all beings; by perfect karma, we meditate on You. ||10||

Chastity, truth and self-control come by practicing and living the Truth.

This mind becomes immaculate and pure, singing the Glorious Praises of the Lord.

In this world of poison, the Ambrosial Nectar is obtained, if it pleases my Dear Lord.

He alone understands, whom God inspires to understand.
ਸਕਤਾ ਗੁਣ ਗਾਵੇ ਭੂਸੂਧ ਮੂਹਚੇ || (1069)

ਮਾਰਚ ਦੂਰੇ ਜਗਤੇ ਸੰਨਜੇ ਦੀ ਮੁਖ ਪਹਿਣਾ ||12|| (1069)

ਬਹੁਤੇ ਭੇਖ ਕਰੇ ਭੇਖਧਾਰੀ ॥ (1069)

ਬਹੁਤੇ ਭੇਖ ਕਰੇ ਭੇਖਧਾਰੀ ॥ (1069)
Spiritual ignorance and desire burn this human body.

He alone puts out this fire, who practices and lives the Guru's Shabad.

His body and mind are cooled and soothed, and his anger is silenced; conquering egotism, he merges in the Lord.

True is the Lord and Master, and True is His glorious greatness.

By Guru's Grace, a rare few attain this.

Nanak offers this one prayer: through the Naam, the Name of the Lord, may I merge in the Lord.

Maaroo, Third Mehl:

By Your Grace, please unite with Your devotees.
Your devotees ever praise You, lovingly focusing on You.

In Your Sanctuary, they are saved, O Creator Lord; You unite them in Union with Yourself.

Sublime and exalted is devotion to the Perfect Word of the Shabad.

Peace prevails within; they are pleasing to Your Mind.

One whose mind and body are imbued with true devotion, focuses his consciousness on the True Lord.

In egotism, the body is forever burning.

When God grants His Grace, one meets the Perfect Guru.

The Shabad dispels the spiritual ignorance within, and through the True Guru, one finds peace.
The blind, self-willed manmukh acts blindly.

He is in terrible trouble, and wanders in reincarnation.

He can never snap the noose of Death, and in the end, he suffers in horrible pain.

Through the Shabad, one's comings and goings in reincarnation are ended.

He keeps the True Name enshrined within his heart.

He dies in the Word of the Guru's Shabad, and conquers his mind; stilling his egotism, he merges in the Lord.

Coming and going, the people of the world are wasting away.

Without the True Guru, no one finds permanence and stability.
The Shabad shines its Light deep within the self, and one dwells in peace; one's light merges into the Light. ||6||

The five demons think of evil and corruption.

The expanse is the manifestation of emotional attachment to Maya.

Serving the True Guru, one is liberated, and the five demons are put under his control. ||7||

Without the Guru, there is only the darkness of attachment.

Meeting the True Guru, Truth is implanted within, and the True Name becomes pleasing to the mind. ||8||

True is His Door, and True is His Court, His Royal Darbaar.
ਸਚੇ ਸੇਵਿਹ ਸਬਦੀ ਪਿਆਰਾ ॥ (1068)
sachay sayveh sabad pi-aaraa.
The true ones serve Him, through the Beloved Word of the Shabad.

ਸਚੀ ਧੁਿਨ ਸਚੇ ਗੁਣ ਗਾਵਾ ਸਚੇ ਮਾਹੀ ਸਮਾਇਆ ॥੯॥
sachee Dhun sachay gun gaavaa sachay maahi samaa-i-aa. ||9||
Singing the Glorious Praises of the True Lord, in the true melody, I am immersed and absorbed in Truth. ||9||

ਘਰੈ ਅੰਦਿਰ ਕੋ ਘਰੁ ਪਾਏ ॥ (1068)
gharai andar ko ghar paa-ay.
Deep within the home of the self, one finds the home of the Lord.

ਗੁਰ ਕੈ ਸਬਦੇ ਸਹਿਜ ਸੁਬਾਏ ॥ (1068)
gur kai sabday sahj subhaa-ay.
Through the Word of the Guru’s Shabad, one easily, intuitively finds it.

ਓਥੈ ਸੋਗ ਪਿਆਵੈ ਸੋਗਜ਼ੋ ਨ ਸੇਹਜ ਸੋਗਜਜ਼ੋ ਸਮਾਇਆ ॥੧੦॥
othai sog vijog na vi-aapai sehjay sahj samaa-i-aa. ||10||
There, one is not afflicted with sorrow or separation; merge into the Celestial Lord with intuitive ease. ||10||

ਦੂਜੈ ਭਾਇ ਦੁਸਟੀਆ ਕਾ ਵਾਸਾ ॥ (1068)
doojai bhaa-ay dustaa kaa vaasaa.
The evil people live in the love of duality.

ਭਉਦੇ ਿਫਰਿ ਬਹੁ ਦੋਹ ਪੀਅਆ ॥ (1068)
bha-uday fireh baho moh pi-aasaa.
They wander around, totally attached and thirsty.

ਕੁਸੰਗਿਤ ਕੂਸਤੁ ਭਉਦੇ ਪੀਅਵਾ ਦੁਕਹ ਦੁਕਹ ਕੌਮਾਇਆ ॥੧੧॥
kusangat baheh sadaa dukh paavahi dukho dukh kamaa-i-aa. ||11||
They sit in evil gatherings, and suffer in pain forever; they earn pain, nothing but pain. ||11||
Satgur baajhahu sangat na ho-ee.
Without the True Guru, there is no Sangat, no Congregation.

Bin sabday paar na paa-ay ko-ee.
Without the Shabad, no one can cross over to the other side.

Sehjay gun ravih din raatee jotee jotee milaa-i-aa. ||12||
One who intuitively chants God's Glorious Praises day and night - his light merges into the Light. ||12||

Kaa-i-aa birakh pankhee vich vaasaa.
The body is the tree; the bird of the soul dwells within it.

Amrit chugeh gur sabad nivaasaa.
It drinks in the Ambrosial Nectar, resting in the Word of the Guru's Shabad.

Udeh na moolay na aavahi na jaahii nij ghar vaasaa paa-i-aa. ||13||
It never flies away, and it does not come or go; it dwells within the home of its own self. ||13||

Kaa-i-aa soDheh sabad vichaareh.
Purify the body, and contemplate the Shabad.

Moh thag-uree bharam nivaareh.
Remove the poisonous drug of emotional attachment, and eradicate doubt.
The Giver of peace Himself bestows His Mercy, and unites us in Union with Himself. ||14||

He is always near at hand; He is never far away.

Through the Word of the Guru's Shabad, realize that He is very near.

Your heart-lotus shall blossom forth, and the ray of God's Divine Light shall illuminate your heart; He shall be revealed to You. ||15||

The True Lord is Himself the Creator.

Eradicating self-conceit, peace is found. ||16||2||24||

O Nanak, through the Naam, the Name of the Lord, glorious greatness is obtained. Eradicating self-conceit, peace is found. ||16||2||24||

Maaroo vaar mehlaa 3

Vaar Of Maaroo, Third Mehl:
One Universal Creator God. By The Grace Of The True Guru:

By The Grace Of The True Guru:

From the Guru, I have obtained the supremely powerful sword of spiritual wisdom.

I have cut down the fortress of duality and doubt, attachment, greed and egotism.

The Name of the Lord abides within my mind; I contemplate the Word of the Guru’s Shabad.

Through Truth, self-discipline and sublime understanding, the Lord has become very dear to me.

Truly, truly, the True Creator Lord is all-pervading.

Shalok, Third Mehl:
Among the ragas, Kaydaaraa Raga is known as good, O Siblings of Destiny, if through it, one comes to love the Word of the Shabad,

satsangat sio mildo rahai sachay Dharay pi-aar.
and if one remains in the Society of the Saints, and enshrines love for the True Lord.

Such a person washes away the pollution from within, and saves his generations as well.

He gathers in the capital of virtue, and destroys and drives out unvirtuous sins.

O Nanak, he alone is known as united, who does not forsake his Guru, and who does not love duality. ||1||

Enjoy your kingdom of bliss; as Gurmukh, practice Truth.

Sitting upon the throne of Truth, the Lord administers justice; He unites us in Union with the Society of the Saints.
ਸਚਾ ਉਪਦੇਸੁ ਹਿਰ ਜਾਪਣਾ ਹਿਰ ਿਸੁ ਬਿਣ ਆੀ ॥
Meditating on the Lord, through the True Teachings, we become just like the Lord.

ਐਥੈ ਸੁਖਦਾਤਾ ਮਿਨ ਵਸੈ ਅੰਤੀ ਹੋਇ ਸਖਾਈ ॥
If the Lord, the Giver of peace, abides in the mind, in this world, then in the end, He becomes our help and support.

ਹਿਰ ਿਸੁ ਪਰ੍ੀਤ ਊਪਜੀ ਗੁਰ ਸੋਜੀ ਪਾਈ ॥੨॥
Love for the Lord wells up, when the Guru imparts understanding. ||2||

ਆਪੇ ਕਰਣੀ ਕਾਰ ਆਿਪ ਆਪੇ ਕਰੇ ਰਜਾਇ ॥
He Himself is the Doer, and He is the deed; He Himself issues the Command.

ਆਪੇ ਕਿਸ ਹੀ ਬਖਸ਼ਿ ਲਏ ਆਪੇ ਕਾਰ ਕਮਾਇ ॥
He Himself forgives some, and He Himself does the deed.

ਨਾਨਕ ਚਾਨਨ ਗੁਰ ਮਿਲੇ ਦੁਖ ਬਖੁ ਜਾਲੀ ਨਾਇ ॥੨॥
O Nanak, receiving the Divine Light from the Guru, suffering and corruption are burnt away, through the Name. ||2||

ਪਉੜੀ ॥ (1087)
Pauree:
Don't be fooled by gazing at the riches of Maya, you foolish self-willed manmukh.

It shall not go along with you when you must depart; all the wealth you see is false.

The blind and ignorant do not understand, that the sword of death is hanging over their heads.

By Guru's Grace, those who drink in the sublime essence of the Lord are saved.

He Himself is the Doer, and He Himself is the Cause; the Lord Himself is our Saving Grace.

Those who do not meet with the Guru, who have no Fear of God at all,

continue coming and going in reincarnation, and suffer terrible pain; their anxiety is never relieved.
They are beaten like clothes being washed on the rocks, and struck every hour like chimes.

O Nanak, without the True Name, these entanglements are not removed from hanging over one's head. ||1||

Don't worry, O my soul; speak the Truth, O Nanak, the Truth, and only the Truth. ||2||

The Lord Himself forgives the Gurmukhs; they are absorbed and immersed in the Lord's Name.

He Himself links them to devotional worship; they bear the Insignia of the Guru's Shabad.
Those who turn towards the Guru, as sunmukh, are beautiful. They are famous in the Court of the True Lord.

In this world, and in the world hereafter, they are liberated; they realize the Lord.

Blessed, blessed are those humble beings who serve the Lord. I am a sacrifice to them.

One who realizes his own self, is blessed with the treasure of the Naam, the Name of the Lord.

Granting His Mercy, the Guru merges him in the Word of His Shabad.

Those who taste the sublime essence of the Lord, forsake other flavors.
Drinking in the sublime essence of the Lord, they remain satisfied forever; their hunger and thirst are quenched. ||5||

Her Husband Lord is pleased, and He enjoys His bride; the soul-bride adorns her heart with the Naam, the Name of the Lord. ||1||

Those mere earthly rulers are not called kings; in the love of duality, they suffer.
Why should someone praise someone else who is also created? They depart in no time at all.

The One True Lord is eternal and imperishable. One who, as Gurmukh, understands becomes eternal as well.

The One Lord is the Husband of all. No one is without the Husband Lord.

O Nanak, they are the pure soul-brides, who merge in the True Guru.

The mind is churning with so many waves of desire. How can one be emancipated in the Court of the Lord?

Be absorbed in the Lord’s True Love, and imbued with the deep color of the Lord’s Infinite Love.
ਨਾਨਕ ਗੁਰ ਪਰਸਾਦੀ ਛੁਟੀਐ ਜੇ ਚਿਤੂ ਲਸਗੈ ਸਚਿ ॥੨॥

O Nanak, by Guru's Grace, one is emancipated, if the consciousness is attached to the True Lord. ||2||

ਪ੍ਰਿੰਚੀ || (1088)

ਪਾੜੀ ||

pa-orhee.

Pauree:

ਹਿਰ ਕਾ ਨਾਮੁ ਅਮੋਲੁ ਹੈ ਕੀਤੁ ਕੀਮਿਤ ਕੀਜੈ ॥

The Name of the Lord is priceless. How can its value be estimated?

ਆਪੇ ਸਿਸਟਿ ਸਭ ਸਾਜੀਅਨੁ ਆਪੇ ਵਰਜੈ ॥

He Himself created the entire universe, and He Himself is pervading it.

ਗੁਰਮੁਿਖ ਸਦਾ ਸਲਾਹੀਐ ਸਚੁ ਕੀਮਿਤ ਕੀਜੈ ॥

The Gurmukhs praise the Lord forever, and through the Truth, they assess Him.

ਗੁਰ ਸਬਦੀ ਕਮਲੁ ਿਬਗਾਸਿਆ ਇਵ ਹਿਰ ਰਸੁ ਪੀਜਾਈ ॥

Through the Word of the Guru's Shabad, the heart-lotus blossoms forth, and in this way, one drinks in the sublime essence of the Lord.

ਆਵਣ ਜਾਣਾ ਠਾਿਕਾ ਸੁਿਖ ਸਹਿਜ ਸਵੀਜਾਈ ॥੭॥

Coming and going in reincarnation ceases, and one sleeps in peace and poise. ||7||

ਹੰ ਵੱਡੀ || (1089)

ਮੱ ਵੇ ||

mehlaa 3.

Third Mehl:
The bumble bee intuitively and fearlessly dwells among the vegetation, flowers and fruits.

O Nanak, there is only one tree, one flower, and one bumble bee.

Those humble beings who struggle with their minds are brave and distinguished heroes.

Those who realize their own selves, remain forever united with the Lord.

This is the glory of the spiritual teachers, that they remain absorbed in their mind.

Those who conquer their own minds, by Guru's Grace, conquer the world.
ਸਲੋਕੁ  ਮਃ ੩ ॥ (1089)
salok mehlaa 3.
Shalok, Third Mehl:

ਤੇਵੀ ਵੀਬ ਤਿਹਾ ਬੱਲ ਪਲਿ ਪਲਿ ਬ੍ਰਿਖਿਆ ਲੇਉ ॥ (1089)
jogee hovaa jag bhavaa ghar ghar bheekhi-aa lay-o.
If I were to become a Yogi, and wander around the world, begging from door to door,

ਚਰਨਗ ਲੇਫ ਮੰਗੀਐ ਕਿਸੁਕੁ ਕਿਸੁ ਉਤਰੁ ਦੇਉ ॥ (1089)

dargeh laykhaa mangee-ai kis kis utar day-o.
then, when I am summoned to the Court of the Lord, what answer could I give?

ਬਿਖਿਆ ਨਾਮਾਂ ਸੰਤੋਖੁ ਮੰਡੀ ਸਚੁ ਹੈ ਨਾਿਲ ॥ (1089)
bhikhi-aa naam santokh marhee sadaa sach hai naal.
The Naam, the Name of the Lord, is the charity I beg for; contentment is my temple. The True Lord is always with me.

ਦੇਵੀ ਰਾਧਾ ਨ ਲਧੀਆ ਸਭ ਬਧੀ ਜਮਕਾਲ ॥ (1089)
bhaykhee haath na laDhee-aa sabh baDhee jamkaal.
Nothing is obtained by wearing religious robes; all will be seized by the Messenger of Death.

ਨਾਨਕ ਗਲਾ ਜਹੂਠੀਆ ਸਚੁ ਨਾਮੁ ਸੰਮਾਲ ॥੧॥ (1089)
naanak galaa jhoothee-aa sachaa naam samaal. ||1||
O Nanak, talk is false; contemplate the True Name. ||1||

ਮਃ ੩ ॥ (1089)
mhelaa 3.
Third Mehl:

ਕਿਤੁਰਵ ਲੇਫ ਮੰਗੀਐ ਕੀ ਮੰਗੀਐ ਕੀ ਲੇਉ ॥ (1089)
jit dar laykhaa mangee-ai so dar sayviho na ko-ay.
Through that door, you will be called to account; do not serve at that door.
Seek and find such a True Guru, who has no equal in His greatness.

In His Sanctuary, one is released, and no one calls him to account.

Truth is implanted within Him, and He implants Truth within others. He bestows the blessing of the True Shabad.

One who has Truth within his heart - his body and mind are also true.

O Nanak, if one submits to the Hukam, the Command of the True Lord God, he is blessed with true glory and greatness.

He is immersed and merged in the True Lord, who blesses him with His Glance of Grace.

They are not called heroes, who die of egotism, suffering in pain.
ਅੰਧੇ ਆਪੁ ਨ ਪਛਾਣੀ ਦੂਜੇ ਪਿਛੇ ਪਾਵਿਹ ॥ (1089)

The blind ones do not realize their own selves; in the love of duality, they rot.

ਅਂਧੇ ਅੰਧੇ ਦੂਜੇ ਪਹਾਣੀ ਦੂਜੀ ਪਿਛੇ ਪਾਵਿਹ ॥ (1089)

They struggle with great anger; here and hereafter, they suffer in pain.

ਅਤ ਕਰੋਧ ਸੀਆ ਲੂਜਦੇ ਅਗੈ ਪਛੈ ਦੁਖੁ ਪਾਵਿਹ ॥ (1089)

They struggle with great anger; here and hereafter, they suffer in pain.

ਅਤ ਕਰੋਧ ਸੀਆ ਲੂਜਦੇ ਅਗੈ ਪਛੈ ਦੁਖੁ ਪਾਵਿਹ ॥ (1089)

They struggle with great anger; here and hereafter, they suffer in pain.

ਹਿਰ ਜੀਉ ਅਹੰਕਾਰ ਨ ਭਾਵੇ ਵੇਦ ਕੂਕ ਸੁਣਾਵਿਹ ॥ (1089)

The Dear Lord is not pleased by egotism; the Vedas proclaim this clearly.

ਅਹੰਕਾਰ ਮੁੇ ਸੇ ਵਗਤੀ ਗਏ ਮਿਰ ਜਨਮਿਹ ਿਫਿਰ ਆਵਿਹ ॥੯॥ (1089)

Those who die of egotism, shall not find salvation. They die, and are reborn in reincarnation. ||9||

ਸਲੋਕੁ ਮਃ ॥ (1089)

Shalok, Third Mehl:

ਕਾਗੁਹੇ ਨ ਊਜਲਾ ਲੋਹੇ ਨਾਵ ਨ ਪਾਰ ॥ (1089)

The crow does not become white, and an iron boat does not float across.

ਪਿਰਮ ਪਠਾਰਥ ਮੰਨੀ ਲੈ ਧਨੁ ਸਵਾਰਣ ਹਾਰ ॥ (1089)

One who puts his faith in the treasure of his Beloved Lord is blessed; he exalts and embellishes others as well.

ਹੁਕਮ ਪਛਾਣੈ ਊਜਲਾ ਲੋਹਾ ਨਾਵ ਨ ਪਾਰ ॥ (1089)

One who realizes the Hukam of God's Command - his face is radiant and bright; he floats across, like iron upon wood.
Forsake thirst and desire, and abide in the Fear of God; O Nanak, these are the most excellent actions. ||1||

Third Mehl:

The ignorant people who go to the desert to conquer their minds, are not able to conquer them.

O Nanak, if this mind is to be conquered, one must contemplate the Word of the Guru's Shabad.

This mind is not conquered by conquering it, even though everyone longs to do so.

O Nanak, the mind itself conquers the mind, if one meets with the True Guru. ||2||

He created both sides; Shiva dwells within Shakti (the soul dwells within the material universe).
Through the material universe of Shakti, no one has ever found the Lord; they continue to be born and die in reincarnation.

Serving the Guru, peace is found, meditating on the Lord with every breath and morsel of food.

Searching and looking through the Simritees and the Shaastras, I have found that the most sublime person is the slave of the Lord.

O Nanak, without the Naam, nothing is permanent and stable; I am a sacrifice to the Naam, the Name of the Lord.

I might become a Pandit, a religious scholar, or an astrologer, and recite the four Vedas with my mouth;

I might be worshipped throughout the nine regions of the earth for my wisdom and thought;
mat sachaa akhar bhul jaa-ay cha-ukai bhitai na ko-ay.  
let me not forget the Word of Truth, that no one can touch my sacred cooking square.

jhothay cha-ukay naankaa sachaa ayko so-ay. ||1|| 
Such cooking squares are false, O Nanak; only the One Lord is True. ||1||

aap upaa-ay karay aap aapay nadar karay-i.  
He Himself creates and He Himself acts; He bestows His Glance of Grace.

aapay day vadi-aa-ee-aa kaho naanak sachaa so-ay. ||2|| 
He Himself grants glorious greatness; says Nanak, He is the True Lord. ||2||

kantak kaal ayk hai hor kantak na soojhai.  
Only death is painful; I cannot conceive of anything else as painful.

afri-o jag meh varatdaa paapee si-o loojhai.  
It is unstoppable; it stalks and pervades the world, and fights with the sinners.
ਗੁਰ ਸੰਦੀ ਹਰਿ ਭੇਦੀਐ ਹਰਿ ਜਪੀ ਹਰਿ ਬੂਝੈ ॥ (1090)

gur sabdee har bhaydee-ai har jap har boojhai.
Through the Word of the Guru’s Shabad, one is immersed in the Lord. Meditating on the
Lord, one comes to realize the Lord.

ਮੇ ਵਾਹ ਮੰਕੁਰੀ ਹੁੰਦੀਐ ਨੇ ਮੁਂਭਤਿ ਤੁੱਚੇ ॥ (1090)

so har sarnaa-ee chhutee-ai jo man si-o joojhai.
He alone is emancipated in the Sanctuary of the Lord, who struggles with his own mind.

ਮਨ ਵੇਚਾਰਿ ਹਰੀ ਜਪੁ ਕਰੇ ਹਰੀ ਦਰਗਾਹ ਸੀਜ਼ੈ ॥੧੧॥ (1090)

man veechaar har jap karay har dargeh seejhai. ||11||
One who contemplates and meditates on the Lord in his mind, succeeds in the Court of
the Lord. ||11||

ਪਾਰੀ || (1090)

Pauree:

ਮਨਮੁਖ ਕਾਲ ਵਿਆਪਦਾ ਮੋਹੀ ਮਾਯਾ ਲਗੇ ॥ (1090)

manmukh kaal vi-aapdaa mohi maa-i-aa laagay.
The self-willed manmukhs are afflicted by death; they cling to Maya in emotional
attachment.

ਵਿਖ ਮਹਿ ਪਦਾਰਸੀ ਹੋਣੇ ਦੁਇ ਢੂੜਣੇ ਠਾਗੇ ॥ (1090)

khin meh maar pachhaarhsee bhaa-ay doojai thaagay.
In an instant, they are thrown to the ground and killed; in the love of duality, they are
deluded.

ਫੀਰਵਲਾ ਹਥ ਨਾ ਆਵੀ ਜਮ ਕਾ ਢੂੜ ਲਗੇ ॥ (1090)

fir vaylaa hath na aavee jam kaa dand laagay.
This opportunity shall not come into their hands again; they are beaten by the Messenger
of Death with his stick.
ਿਤਨ ਜਮ ਡੰਡੁ ਨ ਲਗਈ ਜੋ ਹਿਰ ਲਵ ਜਾਗੇ ॥ (1090)

But Death's stick does not even strike those who remain awake and aware in the Love of
the Lord.

ਸਭ ਤੇਰੀ ਤੁਧੁ ਤੁਧਾਵਣੀ ਸਭ ਤੁਧਾ ਲਗੇ ॥੧੨॥ (1090)

All are Yours, and clinging to You; only You can save them. ||12||

ਪਉੜੀ ॥ (1090)

Pauree:

ਆਪੇ ਪਿੰਡ ਸਾਵਾਰੀਅਨੁ ਵਿਚ ਤਵ ਨਿਧਨ ਨਾਮ ॥ (1090)

He Himself has embellished the body, and placed the nine treasures of the Naam within it.

ਇਕ ਆਪੇ ਭਰਮ ਭੁਲਾਈਅਨੁ ਤਨ ਨਿਧਨ ਕਾਮ ॥ (1090)

He confuses some in doubt; fruitless are their actions.

ਇਕਨੀ ਗੁਰਮੁਖ ਬੁਜ੍ਹਾ ਹਿਰ ਆਤਮ ਕਾਮ ॥ (1090)

Some, as Gurmukh, realize their Lord, the Supreme Soul.

ਇਕਨੀ ਸੁਣਕੇ ਮੰਨੀਆ ਹਿਰ ਉੱਤਮ ਕਾਮ ॥ (1090)

Some listen to the Lord, and obey Him; sublime and exalted are their actions.

ਅੰਤਿਰ ਹਿਰ ਰੰਗ ਉਪਿਜਾ ਗਾਇਆ ਹਿਰ ਗੁਣ ਨਾਮ ॥੧੩॥ (1090)

Love for the Lord wells up deep within, singing the Glorious Praises of the Lord's Name.

||13||
Those who search their inner beings, through the Word of the Guru's Shabad, are exalted and adorned.

They obtain what they wish for, meditating on the Lord's Name.

One who is blessed by God's Grace, meets with the Guru; he sings the Glorious Praises of the Lord.

The Righteous Judge of Dharma is his friend; he does not have to walk on the Path of Death.

He meditates on the Lord's Name, day and night; he is absorbed and immersed in the Lord's Name.
In this age, the Naam, the Name of the Lord, is the treasure. Only the Naam goes along in the end.

It is inexhaustible; it is never empty, no matter how much one may eat, consume or spend.

The Messenger of Death does not even approach the humble servant of the Lord.

They alone are the true bankers and traders, who have the wealth of the Lord in their laps.

By the Lord’s Mercy, one finds the Lord, only when the Lord Himself sends for him.

Outwardly, they call themselves Pandits, religious scholars, but in their minds they are foolish and ignorant.
They do not focus their consciousness on the Lord; they love to engage in arguments.

They speak to cause arguments, and earn their living by telling lies.

In this world, only the Lord's Name is immaculate and pure. All other objects of creation are polluted.

O Nanak, those who do not remember the Naam, the Name of the Lord, are polluted; they die in ignorance.

He Himself is the Giver of peace; He Himself awards punishment.

O Nanak, know this well; all that happens is according to His Will.
Without the Lord's Name, the world is poor. Without the Name, no one is satisfied.

He is deluded by duality and doubt. In egotism, he suffers in pain.

Without good karma, he does not obtain anything, no matter how much he may wish for it.

Coming and going in reincarnation, and birth and death are ended, through the Word of the Guru's Shabad.

He Himself acts, so unto whom should we complain? There is no other at all.

In this world, the Saints earn the wealth; they come to meet God through the True Guru.
The True Guru implants the Truth within; the value of this wealth cannot be described.

Obtaining this wealth, hunger is relieved, and peace comes to dwell in the mind.

Only those who have such pre-ordained destiny, come to receive this.

The world of the self-willed manmukh is poor, crying out for Maya.

Night and day, it wanders continually, and its hunger is never relieved.

It never finds calm tranquility, and peace never comes to dwell in its mind.

It is always plagued by anxiety, and its cynicism never departs.

O Nanak, without the True Guru, the intellect is perverted; if one meets the True Guru, then one practices the Word of the Shabad.
ਸਦਾ ਸਦਾ ਸੁਖ ਮਹੀ ਰਹੈ ਸਚੇ ਮਹੀ ਸਮਾਈ ॥ 1 ॥

Forever and ever, he dwells in peace, and merges in the True Lord. ||1||

ਮਹਲਾ 3 ॥ (1092)

ਮਹਲਾ 3.

Third Mehl:

ਜਿਨੁ ਉਪਾਈ ਮੇਦਨੀ ਸੌਈ ਸਾਰ ਕਰੇਇ ॥ (1092)

The One who created the world, takes care of it.

ਏਕੋ ਸੌਮਰੁ ਭਾਈਰੁ ਤਿਸੁ ਬਿਨਾਂ ਅਵਰੁ ਨ ਕੋੜ ॥ (1092)

Meditate in remembrance on the One Lord, O Siblings of Destiny; there is none other than Him.

ਖਾਣਾ ਸਬਦੁ ਚੰਗ੍ਰਾਈਆ ਿਜਤੁ ਖਾਧੈ ਸਦਾ ਿਤਰ੍ਪਿਤ ਹੋਇ ॥ (1092)

So eat the food of the Shabad and goodness; eating it, you shall remain satisfied forever.

ਪੈਨਣੁ ਿਸਫਿਤ ਸਨਾਇ ਹੈ ਸਦਾ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥ (1092)

Dress yourself in the Praise of the Lord. Forever and ever, it is radiant and bright; it is never polluted.

ਦੇਹੀ ਨੋ ਸਬਦੁ ਸੀਗਾਰੁ ਹੈ ਿਜਤੁ ਸਦਾ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥ (1092)

The body is adorned with the Shabad, and is at peace forever and ever.
O Nanak, the Gurmukh realizes the Lord, who reveals Himself. ||2||

Deep within the self are meditation and austere self-discipline, when one realizes the Word of the Guru's Shabad. ||1092||

Meditating on the Name of the Lord, Har, Har, egotism and ignorance are eliminated. ||1092||

One's inner being is overflowing with Ambrosial Nectar; tasting it, the flavor is known. ||1092||

Those who taste it become fearless; they are satisfied with the sublime essence of the Lord. ||1092||

Those who drink it in, by the Grace of the Lord, are never again afflicted by death. ||17||

Shalok, Third Mehl:
People tie up bundles of demerits; no one deals in virtue.

Rare is that person, O Nanak, who purchases virtue.

By Guru's Grace, one is blessed with virtue, when the Lord bestows His Glance of Grace.

Merits and demerits are the same; they are both created by the Creator.

O Nanak, one who obeys the Hukam of the Lord's Command, finds peace, contemplating the Word of the Guru's Shabad.

The King sits on the throne within the self; He Himself administers justice.
Through the Word of the Guru's Shabad, the Lord's Court is known; within the self is the Sanctuary, the Mansion of the Lord's Presence.

The coins are assayed, and the genuine coins are placed in His treasury, while the counterfeit ones find no place.

The Truest of the True is all-pervading; His justice is forever True.

One comes to enjoy the Ambrosial essence, when the Name is enshrined in the mind.
O Nanak, those who are imbued with the Naam cross over the difficult, treacherous and terrifying world-ocean. ||2||

The self-willed manmukhs do not search within their own selves; they are deluded by their egotistical pride.

Wandering in the four directions, they grow weary, tormented by burning desire within.

They do not study the Simritees and the Shaastras; the manmukhs waste away and are lost.

Without the Guru, no one finds the Naam, the Name of the True Lord.

One who contemplates the essence of spiritual wisdom and meditates on the Lord is saved. ||19||
ਸਭੇ ਥੋਕ ਵਿਸਾਰ ਇਕੋ ਮਿਤ ਕਰੀ।

sabhay thok visaar iko mit kar.

Forget everything, and be friends with the One Lord alone.

ਮਨੁ ਤਾਂ ਹੋਏ ਨਹਾਲ ਪਾਪ ਦ੍ਰਿਤੀ।

man tan ho-ay nihaal paapaa dahai har.

Your mind and body shall be enraptured, and the Lord shall burn away your sins.

ਆਵਣ ਜਾਣਾ ਚੁਕਾ ਜਨੀਮ ਨ ਜਾਹਿ ਮਾਰ।

aavan jaanaa chukai janam na jaahi mar.

Your comings and goings in reincarnation shall cease; you shall not be reborn and die again.

ਨਾਨਕ ਨਾਮੁ ਦੀਨਧਾਨ ਮਨ ਮੋਹੀ ਸੰਘ ਧਾਰ।

naanak naam niDhaan man meh sanj Dhar.

The True Name shall be your Support, and you shall not burn in sorrow and attachment.

ਪਉਰੀ।

pa-orhee.

Pauree:

ਪਉਰੀ।

pa-orhee.

By the Pleasure of His Will, the Lord inspires us to obey the Hukam of His Command; by the Pleasure of His Will, we find peace.

ਪਉਰੀ।

pa-orhee.

By the Pleasure of His Will, He leads us to meet the True Guru; by the Pleasure of His Will, we meditate on the Truth.
There is no other gift as great as the Pleasure of His Will; this Truth is spoken and proclaimed.

Those who have such pre-ordained destiny, practice and live the Truth.

Those who do not have spiritual wisdom within, do not have even an iota of the Fear of God.

O Nanak, why kill those who are already dead? The Lord of the Universe Himself has killed them.

To read the horoscope of the mind, is the most sublime joyful peace.
so baraahman bhalaa aakhee-ai je boojhai barahm beechaar.
He alone is called a good Brahmin, who understands God in contemplative meditation.

har saalaahay har parhai gur kai sabad veechaar.
He praises the Lord, and reads of the Lord, and contemplates the Word of the Guru's Shabad.

aa-i-aa oh parvaan hai je kul kaa karay uDhaar.
Celebrated and approved is the coming into the world of such a person, who saves all his generations as well.

agai jaat na puchhee-ai karnee sabad hai saar.
Hereafter, no one is questioned about social status; excellent and sublime is the practice of the Word of the Shabad.

hor koorh parh-naa koorh kamaavanaa bikhi-aa naal pi-aar.
Other study is false, and other actions are false; such people are in love with poison.

andar sukh na hova-ee manmukh janam khu-aar.
They do not find any peace within themselves; the self-willed manmukhs waste away their lives.

naanak naam ratay say ubray gur kai hayt apaar. ||2||
O Nanak, those who are attuned to the Naam are saved; they have infinite love for the Guru. ||2||
Pauree:

आपने वर्ति वर्ति इश्का आपने मढ़ मचा॥
आपने करि करि इश्का आपने सभु सचा॥
aapay kar kar vaykh-daa aapay sabh sachaa.
He Himself creates the creation, and gazes upon it; He Himself is totally True.

नै गुराँ त यूड़े धन्वर के मेंटी तनु बचा॥
जो हुकम न बूझी खसम का तोई नर कचा॥
jo hukam na boojhai khasam kaa so-ee nar kachaa.
One who does not understand the Hukam, the Command of his Lord and Master, is false.

जितु भावे जितु लाइदा गुरमुख हर सचा॥
jit bhaavai tit laa-idaa gurmukh har sachaa.
By the Pleasure of His Will, the True Lord joins the Gurmukh to Himself.

सभना का साहि एक है गुर सबदी रचा॥
sabhnaa kaa saahib ayk hai gur sabdee rachaa.
He is the One Lord and Master of all; through the Word of the Guru's Shabad, we are
blended with Him.

गुरमुखी मचा मल्पीयें मिड़ डिम दे तचा॥
gurmukh sadaa salahee-ai sabh tis day jachaa.
The Gurmukhs praise Him forever; all are beggars of Him.

जिउ नानक आपि नचाइदा तिव ही को नचा॥
ji-o naanak aap nachaa-idaa tiv hee ko nachaa.||22||1|| suDh.
O Nanak, as He Himself makes us dance, we dance.||22||1|| Sudh||

राङ्गु बैवरो महला ३ चउपदे घरु १॥
raag bhaiairo mehlaa 3 cha-upday ghar 1
Raag Bhairao, Third Mehl, Chaupadas, First House:
One Universal Creator God. By The Grace Of The True Guru:

No one should be proud of his social class and status.

He alone is a Brahmin, who knows God.

Do not be proud of your social class and status, you ignorant fool!

So much sin and corruption comes from this pride.

Everyone says that there are four castes, four social classes.

They all emanate from the drop of God's Seed.

The entire universe is made of the same clay.
The Potter has shaped it into all sorts of vessels.

The five elements join together, to make up the form of the human body.

Who can say which is less, and which is more?

Says Nanak, this soul is bound by its actions.

Without meeting the True Guru, it is not liberated.

Bhairao, Third Mehl:

The Yogis, the householders, the Pandits, the religious scholars, and the beggars in religious robes -

they are all asleep in egotism.
ਮਾਇਆ ਮਿਦ ਮਾਤਾ ਰਿਹਾ ਸੋਇ ॥ (1128)
ਮਾਇਆ ਮਿਦ ਮਾਤਾ ਰਿਹਾ ਸੋਇ।
They are asleep, intoxicated with the wine of Maya.

ਜਾਗਤੁ ਰਹੈ ਨ ਮੂਸੈ ਕੋਇ ॥੧॥
Jaagat rhai na moosai ko-ay. ||1||
Only those who remain awake and aware are not robbed. ||1||Pause||

ਐਂ ਜਾਗੀ ਜੀਤੁ ਸਤਗੁਰੁ ਮਲੈ ॥ (1128)
so jaagai jis satgur milai.
One who has met the True Guru, remains awake and aware.

ਪੰਚ ਦੂਤ ਓਹੁ ਵਸਗਤ ਕਰੈ ॥੨॥

ਪੰਚ ਦੂਤ ਓਹੁ ਵਸਗਤ ਕਰੈ। ||2||
Such a person overpowers the five thieves. ||2||

ਐਂ ਜਾਗੀ ਜੋ ਤਤੁ ਬੀਚਾਰੈ ॥ (1128)
so jaagai jo tat beechaarai.
One who contemplates the essence of reality remains awake and aware.

ਆਈ ਮਰਈ ਅਵਰਾ ਨਹ ਮਾਰੈ ॥੩॥
aap marai avraa nah maarai. ||3||
He kills his self-conceit, and does not kill anyone else. ||3||

ਐਂ ਜਾਗੀ ਜੋ ਏਕੋ ਜਾਣੈ ॥ (1128)
so jaagai jo ayko jaanai.
One who knows the One Lord remains awake and aware.

ਪਾਰੀਕਰਤ ਛੋਡੈ ਤਤੁ ਪਛਾਣੈ ॥੪॥

ਪਾਰੀਕਰਤ ਛੋਡੈ ਤਤੁ ਪਛਾਣੈ। ||4||
He abandons the service of others, and realizes the essence of reality. ||4||
chahu varnā vich jaagai ko-ay.
Of the four castes, whoever remains awake and aware

jamai kaalai tay chhootai so-ay. ||5||
is released from birth and death. ||5||

kahat naanak janu jaagai so-ay.
Says Nanak, that humble being remains awake and aware,

ji-aan anjan jaa kee naytree ho-ay. ||6||2||
who applies the ointment of spiritual wisdom to his eyes. ||6||2||

Bhairao, Third Mehl:

jaa ka-o raakhai apnee sarnaa-ee.
Whoever the Lord keeps in His Sanctuary,

saachay laagai saachaa fal paa-ee. ||1||
is attached to the Truth, and receives the fruit of Truth. ||1||

ray jan kai si-o karahu pukaaraa.
O mortal, unto whom will you complain?


The Hukam of the Lord's Command is pervasive; by the Hukam of His Command, all things happen. ||1|| Pause||

This Creation was established by You.

In an instant You destroy it, and You create it again without a moment's delay. ||2||

By His Grace, He has staged this Play.

By the Guru's Merciful Grace, I have obtained the supreme status. ||3||

Says Nanak, He alone kills and revives.

Understand this well - do not be confused by doubt. ||4||3||

Bhairao, Third Mehl:
I am the bride; the Creator is my Husband Lord.

As He inspires me, I adorn myself.

When it pleases Him, He enjoys me.

I am joined, body and mind, to my True Lord and Master.

How can anyone praise or slander anyone else?

The One Lord Himself is pervading and permeating all.

I shall meet with my Merciful Lord, and vibrate the Panch Shabad, the Five Primal Sounds.
Prays Nanak, what can anyone do?

He alone meets with the Lord, whom the Lord Himself meets.

He alone is a silent sage, who subdues his mind's duality.

He alone is a silent sage, who subdues his mind's duality.

Subduing his duality, he contemplates God.

Let each person examine his own mind, O Siblings of Destiny.

Examine your mind, and you shall obtain the nine treasures of the Naam.

The Creator created the world, upon the foundation of worldly love and attachment.
Mamtaa laa-ay bharam bholaa-i-aa. ||2||
Attaching it to possessiveness, He has led it into confusion with doubt. ||2||

Him bhul de sabh pingh bhulaa. ||1128||
From this Mind come all bodies, and the breath of life.

Ishu man te sabh pingh paraanaa. ||1128||
By mental contemplation, the mortal realizes the Hukam of the Lord's Command, and merges in Him. ||3||

Karam hovai gur kirpa karai. ||1129||
When the mortal has good karma, the Guru grants His Grace.

Ih man jaagai is man kee dubiDhaa marai. ||4||
Then this mind is awakened, and the duality of this mind is subdued. ||4||

Man kaa subhaa-o sadaa bairaagee. ||1129||
It is the innate nature of the mind to remain forever detached.

Sabh meh vasai ateet anraagee. ||1129||
The Detached, Dispassionate Lord dwells within all.

Kahat naanak jo jaanai bhay-o. ||1129||
Says Nanak, one who understands this mystery,
aad purakh niranjan day-o. ||6||5||
becomes the embodiment of the Primal, Immaculate, Divine Lord God. ||6||5||

Bhairao, Third Mehl:

raam naam jagat nistaaraa.
The world is saved through Name of the Lord.

bhavjal paar utaaranhaaraa. ||1||
It carries the mortal across the terrifying world-ocean. ||1||

gur parsaadee har naam sammHaal.
By Guru's Grace, dwell upon the Lord's Name.

sad hee nibhai tayrai naal. ||1|| rahaa-o.
It shall stand by you forever. ||1||Pause||

naam na cheeteh manmukh gaavaaraa.
The foolish self-willed manmukhs do not remember the Naam, the Name of the Lord.

bin naavai kaisay paavahi paaraa. ||2||
Without the Name, how will they cross over? ||2||
The Lord, the Great Giver, Himself gives His Gifts.

Celebrate and praise the Great Giver! ||3||

Granting His Grace, the Lord unites the mortals with the True Guru.

O Nanak, the Naam is enshrined within the heart. ||4||6||

Bhairao, Third Mehl:

All people are saved through the Naam, the Name of the Lord.

Those who become Gurmukh are blessed to receive It. ||1||

When the Dear Lord showers His Mercy,
He blesses the Gurmukh with the glorious greatness of the Naam. ||1||Pause||

Those who love the Beloved Name of the Lord save themselves, and save all their ancestors. ||2||

Without the Name, the self-willed manmukhs go to the City of Death. ||3||

They suffer in pain and endure beatings. ||3||

When the Creator Himself gives,

O Nanak, then the mortals receive the Naam. ||4||7||

Bhairao, Third Mehl:
गोविंद परीत संकादक उधारे ॥ (1129)
Love of the Lord of the Universe saved Sanak and his brother, the sons of Brahma.

राम नाम सबद बीचारे ॥१॥ (1129)
They contemplated the Word of the Shabad, and the Name of the Lord. ||1||

हर जीउ अपणी किरपा धार ॥ (1129)
O Dear Lord, please shower me with Your Mercy,

गुरमुख नामे लगै िपआरु ॥१॥ रहाउ ॥ (1129)
that as Gurmukh, I may embrace love for Your Name. ||1||Pause||

अंतिर परीत भगित साची होइ ॥ (1129)
Whoever has true loving devotional worship deep within his being

पूरै गुिर मेलावा होइ ॥२॥ (1129)
meets the Lord, through the Perfect Guru. ||2||

निज घिर वसै सहिज सुभाइ ॥ (1129)
He naturally, intuitively dwells within the home of his own inner being.

The Naam abides within the mind of the Gurmukh. ||3||
The Lord, the Seer, Himself sees.

O Nanak, enshrine the Naam within your heart.

Bhairao, Third Mehl:

In this Dark Age of Kali Yuga, enshrine the Lord's Name within your heart.

Without the Name, ashes will be blown in your face.

The Lord's Name is so difficult to obtain, O Siblings of Destiny.

By Guru's Grace, it comes to dwell in the mind.

That humble being who seeks the Lord's Name,
ਪੂਰੇ ਗੁਰ ਤੇ ਪਰਾਪਤੀ ਹੋਇ ॥੨॥

(receives it from the Perfect Guru. ||2||)

ਹਿਰ ਕਾ ਭਾਣਾ ਮੰਨਿਹ ਸੇ ਜਨ ਪਰਵਾਣੁ ॥

(Those humble beings who accept the Will of the Lord, are approved say jan parvaan.)

ਗੁਰ ਕੈ ਸਬਿਦ ਨਾਮ ਨੀਸਾਣੁ ॥੩॥

(Through the Word of the Guru's Shabad, they bear the insignia of the Naam, the Name of the Lord. ||3||)

ਸੋ ਸੇਵਹੁ ਜੋ ਕਲ ਰਿਹਾ ਧਾਰੀ ॥

(So serve the One, whose power supports the Universe.)

ਨਾਨਕ ਗੁਰਮੁਖ ਨਾਮ ਪਿਆਰ ॥੪॥੯॥

(O Nanak, the Gurmukh loves the Naam. ||4||9||)

ਭੈਰਉ ਮੰਹਾ ॥

(Bhairao, Third Mehl:)

ਕਲਜੁਗ ਭਤੀਜਾ ਕਲ ਕਰਮ ਕਮਾਇਹ ॥

(In this Dark Age of Kali Yuga, many rituals are performed.)

ਨਾ ਰੁਤ ਨ ਕਰਮ ਥਾਈ ਪਾਈ ॥

(But it is not the time for them, and so they are of no use. ||1||)
In Kali Yuga, the Lord's Name is the most sublime.

As Gurmukh, be lovingly attached to Truth. ||Pause||

Searching my body and mind, I found Him within the home of my own heart.

The Gurmukh centers his consciousness on the Lord's Name. ||Pause||

The ointment of spiritual wisdom is obtained from the True Guru.

The Lord's Name is pervading the three worlds. ||Pause||

In Kali Yuga, it is the time for the One Dear Lord; it is not the time for anything else.

O Nanak, as Gurmukh, let the Lord's Name grow within your heart. ||Pause||
Bhairao, Third Mehl, Second House:

One Universal Creator God. By The Grace Of The True Guru:

The self-willed manmukhs are afflicted with the disease of duality; they are burnt by the intense fire of desire.

They die and die again, and are reborn; they find no place of rest. They waste their lives uselessly.

The world was created in the disease of egotism; without the Word of the Shabad, the disease is not cured.

There are so many silent sages, who read the Simritees and the Shaastras; without the Shabads, they have no clear awareness.
All those under the influence of the three qualities are afflicted with the disease; through possessiveness, they lose their awareness. ||2||

O God, you save some, and you enjoin others to serve the Guru.

They obtain the treasure of the Name of the Lord; peace comes to abide within their minds. ||3||

The Gurmukhs dwell in the fourth state; they obtain a dwelling in the home of their own inner being.

The Perfect True Guru shows His Mercy to them; they eradicate their self-conceit from within. ||4||

Everyone must serve the One Lord, who created Brahma, Vishnu and Shiva.

O Nanak, the One True Lord is permanent and stable. He does not die, and He is not born. ||5||1||11||
ਭੈਰਉ ਮਹਲਾ ੩ ॥ (1130)
Bhairao, Third Mehl:

ਮਨਮੁਿਖ ਦੁਿਬਧਾ ਸਦਾ ਹੈ ਰੋਗੀ ਰੋਗੀ ਸਗਲ ਸੰਸਾਰਾ ॥ (1130)
manmukh dubiDhaa sadaa hai rogee rogee sagal sansaaraa.
The self-willed manmukh is afflicted with the disease of duality forever; the entire universe is diseased.

ਗੁਰਮੁਿਖ ਬੂਜ਼ਹ ਰੋਗੁ ਗਵਾਵਿਹ ਗੁਰ ਸਬਦੀ ਵੀਚਾਰਾ ॥੧॥ (1130)
gurmukh boojheh rog gavaaveh gur sabdee veechaaraa. ||1||
The Gurmukh understands, and is cured of the disease, contemplating the Word of the Guru's Shabad. ||1||

ਹਿਰ ਜੀਊ ਸਤਸੰਗਿਤ ਮੇਲਾਇ ॥ (1130)
har jee-o satsangat maylaa-ay.
O Dear Lord, please let me join the Sat Sangat, the True Congregation.

ਨਾਨਕ ਿਤਸ ਨੋ ਦੇਇ ਵਿਡਆਈ ਜੋ ਰਾਮ ਨਾਿਮ ਿਚਤੁ ਲਾਇ ॥੧॥ ਰਹਾਉ ॥ (1130)
aanak tis no day-ay vadi-aa-ee jo raam naam chit laa-ay. ||1|| raha-o.
O Nanak, the Lord blesses with glorious greatness, those who focus their consciousness on the Lord's Name. ||1||Pause||

ਮਮਤਾ ਕਾਿਲ ਸਿਭ ਰੋਿਗ ਿਵਆਪੇ ਿਤਨ ਜਮ ਕੀ ਹੈ ਿਸਿਰ ਕਾਰਾ ॥ (1130)
mamtaa kaal sabh rog vi-aapay tin jam kee hai sir kaaraa.
Death takes all those who are afflicted with the disease of possessiveness. They are subject to the Messenger of Death.

ਗੁਰਮੁਿਖ ਪਰ੍ਾਣੀ ਜਨ ਨੇਡੀ ਨ ਆਵੈ ਿਤਨ ਰਾਿਖਆ ਉਰੀ ਧਾਰਾ ॥੨॥ (1130)
gurmukh paraanee jam nayrh na avai jin har raakhi-aa ur Dhaaraa. ||2||
The Messenger of Death does not even approach that mortal who, as Gurmukh, enshrines the Lord within his heart. ||2||
One who does not know the Lord's Name, and who does not become Gurmukh - why did he even come into the world?

He never serves the Guru; he wastes his life uselessly.

O Nanak, those whom the True Guru enjoins to His service, have perfect good fortune.

In pain he is born, in pain he dies, and in pain he does his deeds.

He is never released from the womb of reincarnation; he rots away in manure.

Cursed, cursed is the self-willed manmukh, who wastes his life away.
ਪੂਰੇ ਗੁਰ ਦੀ ਮੇਕੁ ਨ ਸੀਤੀ ਦੀ ਵਿਵਾਹ ਦੇ ਤਾਮ ਦਾ ਦਰਸ਼ਨ ||੧੭੦ || ਰਹਾਉ || (੧੧੩੦)
ਪੂਰੇ ਗੁਰ ਦੀ ਮੇਕੁ ਨ ਸੀਤੀ ਦੀ ਵਿਵਾਹ ਦੇ ਤਾਮ ਦਾ ਦਰਸ਼ਨ ||੧੭੦ || ਰਹਾਉ ||
poore gur dey kay cheen darshen nai.
He does not serve the Perfect Guru; he does not love the Name of the Lord. ||1||Pause||

ਰੋਕ ਦਾ ਮੰਗਣ ਸ੍ਰੀ ਦੇਵ ਖਾਦਮ ਦੇ ਮੁੱਖ ਕੇਵਲ ਤੇਜ਼ੀ ਦੇ ਰੁਫ਼ਤੇ || (੧੧੩੦)

gur kaa sabad sabh rog gavaa-ay jis no har jee-o laa-ay.
The Word of the Guru's Shabad cures all diseases; he alone is attached to it, whom the Dear Lord attaches.

ਸਿਤਗੁਰੂ ਭੇਟੈ ਤਾ ਫਲੁ ਪਾਏ ਸਚੁ ਕਰਣੀ ਸੁਖ ਸਾਰੁ || (੧੧੩੧)

Meeting the True Guru, the fruitful rewards are obtained. This true lifestyle beings sublime peace.

ਨਾਨਕ ਤੀਰ ਸਾਈ ਦੇ ਨੋ ਰੋਕੇ ਨੋ ਵੇਲ ਦੇ ਪ੍ਰਦਰਸ਼ਨ ||੨੩੨੩੧ || (੧੧੩੧)

If I obtain the dust of their feet, I apply it to my forehead. They meditate on the Perfect True Guru.
Bhairao, Third Mehl:

Those who think on the Shabad Word are true; the True Lord is within their heart.

If someone performs true devotional worship day and night, then his body will not feel pain. ||1||

But without serving the True Guru, devotional worship is not obtained. Only through perfect destiny does one meet God. ||1||Pause||

The self-willed manmukhs lose their capital, and still, they demand profits. How can they earn any profit?

The Messenger of Death is always hovering above their heads. In the love of duality, they lose their honor. ||2||
Trying on all sorts of religious robes, they wander around day and night, but the disease of their egotism is not cured.

Reading and studying, they argue and debate; attached to Maya, they lose their awareness.

Those who serve the True Guru are blessed with the supreme status; through the Naam, they are blessed with glorious greatness.

O Nanak, those whose minds are filled with the Naam, are honored in the Court of the True Lord.

The self-willed manmukh cannot escape false hope. In the love of duality, he is ruined.

His belly is like a river - it is never filled up. He is consumed by the fire of desire.

Eternally blissful are those who are imbued with the sublime essence of the Lord.
ਹਿਰਦੈ ਨਾਮੁ ਦੁਿਬਧਾ ਮਿਨ ਭਾਗੀ ਹਿਰ ਹਿਰ ਅੰਿਮਰ੍ਤੁ ਪੀ ਿਤਰ੍ਪਤਾਤੇ ॥੧॥

The Naam, the Name of the Lord, fills their hearts, and duality runs away from their minds. Drinking in the Ambrosial Nectar of the Lord, Har, Har, they are satisfied. ||1||Pause||

ਅਪੇ ਧਾਕੁਧਮ ਫਰਿਮਣ ਮਿਨੀ ਮਿਨੀ ਮਿਨੀ ਜੋਘਾ ਰੂਖੇ ॥ (1131)

The Supreme Lord God Himself created the Universe; He links each and every person to their tasks.

ਮਾਇਆ ਮੋਹੁ ਕੀਆ ਿਜਿਨ ਆਪੇ ਆਪੇ ਦੂਜੈ ਲਾਏ ॥੨॥

He Himself created love and attachment to Maya; He Himself attaches the mortals to duality. ||2||

ਗੁਰਮੁਖ ਿਗਆਨੁ ਤਤੁ ਬੀਚਾਰਾ ਜੋਤੀ ਜੋਿਤ ਿਮਲਾਏ ॥੩॥

The Gurmukh contemplates the essence of spiritual wisdom; his light merges into the Light. ||3||

ਸੋ ਪਰ੍ਭੁ ਸਾਚਾ ਸੋ ਸਾਚਾ ਸਾਚਾ ਸਭ ਆਕਾਰਾ ॥ (1131)

God is True, Forever True, and all His Creation is True.

ਨਾਨਕ ਸਿਤਗੁਰ ਸੋਜੀ ਪਲਾ ਸਚੀ ਨਾਮੀ ਨਾਿਸਤਾਰਾ ॥੪॥੫॥੧੫॥

O Nanak, the True Guru has given me this understanding; the True Name brings emancipation. ||4||5||15||
In this Dark Age of Kali Yuga, those who do not realize the Lord are goblins. In the Golden Age of Sat Yuga, the supreme soul-swans contemplated the Lord.

In the Silver Age of Dwaapur Yuga, and the Brass Age of Traytaa Yuga, mankind prevailed, but only a rare few subdued their egos.

In this Dark Age of Kali Yuga, glorious greatness is obtained through the Lord's Name. In each and every age, the Gurmukhs know the One Lord; without the Name, liberation is not attained. Those who are lovingly focused on the Lord's Name save themselves; they save all their ancestors as well.
My Lord God is the Giver of virtue. The Word of the Shabad burns away all faults and demerits.

Those whose minds are filled with the Naam are beautiful; they enshrine the Naam within their hearts.

The True Guru has revealed to me the Lord's Home and His Court, and the Mansion of His Presence. I joyfully enjoy His Love.

Whatever He says, I accept as good; Nanak chants the Naam.

Understanding is obtained from the Perfect Guru, and then the mortal does not die over and over again.
मन मेरे राम नामु आधारु ॥ (1132)
My mind takes the Support of the Lord's Name.

By Guru's Grace, I have obtained the supreme status; the Lord is the Fulfiller of all desires. ||1||Pause||

The One Lord is permeating and pervading amongst all; without the Guru, this understanding is not obtained.

My Lord God has been revealed to me, and I have become Gurmukh. Night and day, I sing the Glorious Praises of the Lord. ||2||

Serving the True Guru, lasting peace is obtained, and the mortal does not suffer in pain any longer.

Those who do not serve the Giver, the True Guru, depart regretfully in the end. ||3||
Nanak has been blessed with devotional worship of the Lord; his light has merged into the Light.

Bhairao, Third Mehl:

Without the Guru, the world is insane; confused and deluded, it is beaten, and it suffers.

It dies and dies again, and is reborn, always in pain, but it is unaware of the Lord's Gate.

O my mind, remain always in the Protection of the True Guru's Sanctuary.

Those people, to whose hearts the Lord's Name seems sweet, are carried across the terrifying world-ocean by the Word of the Guru's Shabad. ||1||Pause||

The mortal wears various religious robes, but his consciousness is unsteady; deep within, he is filled with sexual desire, anger and egotism.

Deep within is the great thirst and immense hunger; he wanders from door to door.
Those who die in the Word of the Guru's Shabad are reborn; they find the door of liberation.

With constant peace and tranquility deep within, they enshrine the Lord within their hearts.

As it pleases Him, He inspires us to act. Nothing else can be done.

O Nanak, the Gurmukh contemplates the Word of the Shabad, and is blessed with the glorious greatness of the Lord's Name.

Lost in egotism, Maya and attachment, the mortal earns pain, and eats pain.

The great disease, the rabid disease of greed, is deep within him; he wanders around indiscriminately.

The life of the self-willed manmukh in this world is cursed.
राम नामु सुपनै नही चेितआ हिर सुिउ कदे न लागई पिआरु ॥१॥ रहाउ ॥
raam naam supnai nahee chayti-aa har si-o kaday na laagai pi-aar. ||1|| raha-o.
He does not remember the Lord's Name, even in his dreams. He is never in love with the
Lord's Name. ||1||Pause||

पसूआ करम करै नही बूझै कू़ड़ कमावै कू़ड़ो होइ ॥
pasoo-aa karam karai nahee boojhai koorh kamaavai koorho ho-ay.
He acts like a beast, and does not understand anything. Practicing falsehood, he becomes
false.

But when the mortal meets the True Guru, his way of looking at the world changes. How
rare are those humble beings who seek and find the Lord. ||2||

That person, whose heart is forever filled with the Name of the Lord, Har, Har, obtains the
Lord, the Treasure of Virtue.

By Guru's Grace, he finds the Perfect Lord; the egotistical pride of his mind is eradicated.
||3||

The Creator Himself acts, and causes all to act. He Himself places us on the path.

He Himself blesses the Gurmukh with glorious greatness; O Nanak, he merges in the
Naam. ||4||9||19||
Bhairao, Third Mehl:


Upon my writing tablet, I write the Name of the Lord, the Lord of the Universe, the Lord of the World.

In the love of duality, the mortals are caught in the noose of the Messenger of Death.

The True Guru nurtures and sustains me.

The Lord, the Giver of peace, is always with me.

Following his Guru's instructions, Prahlaad chanted the Lord's Name;

he was a child, but he was not afraid when his teacher yelled at him. ||1||Pause||

Prahlaad's mother gave her beloved son some advice:
My son, you must abandon the Lord's Name, and save your life!

Prahlaad said: "Listen, O my mother;

I shall never give up the Lord's Name. My Guru has taught me this."

Prahlaad himself has gone astray, and he leads all the other pupils astray.

God is the Savior of Prahlaad.

With sword in hand, and with great egotistical pride, Prahlaad's father ran up to him.
ਹਿਰ ਤੇਰਾ ਕਹਾ ਤੁਝੁ ਲਏ ਉਬਾਿਰ ॥

Where is your Lord, who will save you?

ਿਖਨ ਮਹਿ ਭੈਆਨ ਰੂਪੁ ਨਕਿਸਾਅ ਥਾਮਹ ਉਪਾਿੜ ॥

In an instant, the Lord appeared in a dreadful form, and shattered the pillar.

ਹਰਣਾਖਸੁ ਨਖੀ ਿਬਦਾਿਰਾ ਪਰ੍ਹਲਾਦੁ ਲੀਆ ਉਬਾਿਰ ॥੪॥

Harnaakhash was torn apart by His claws, and Prahlaad was saved. ||4||

ਸੰਤ ਜਨਾ ਤੇ ਹਿਰ ਜੀਉ ਕਾਰਜ ਸਵਾਰੇ ॥

The Dear Lord completes the tasks of the Saints.

ਪਰ੍ਹਲਾਦ ਜਨ ਕੇ ਇਕੀਤ ਕੁਲ ਉਧਾਰੇ ॥

He saved twenty-one generations of Prahlaad's descendents.

ਗੁਰ ਕਈ ਸਾਬਦ ਹਾਊਮਾਈ ਿਬਖਤ ਮਾਰੇ ॥

Through the Word of the Guru's Shabad, the poison of egotism is neutralized.

ਨਾਨਕ ਰਾਮ ਨਾਮ ਸੰਤ ਨੀਸਤਾਰੇ ॥੫॥੧੦॥੨੦॥

O Nanak, through the Name of the Lord, the Saints are emancipated. ||5||10||20||

ਭੈਰਉ ਮਹਲਾ ੩ ॥ (1133)

Bhairao, Third Mehl:
The Lord Himself makes demons pursue the Saints, and He Himself saves them.

Those who remain forever in Your Sanctuary, O Lord - their minds are never touched by sorrow.

In each and every age, the Lord saves the honor of His devotees.

Night and day, he performed devotional worship service, day and night, and through the Shabad, his duality was eradicated.

Those who are imbued with Truth are immaculate and pure; the True Lord abides within their minds.

The fools in duality read, but they do not understand anything; they waste their lives uselessly.
ਸੰਤ जਨਾ ਕੀ ਿਨੰਦਾ ਕਰਿਹ ਦੁਸਟੁ ਦੈਤੁ ਿਚੜਾਇਆ ॥੩॥

The wicked demon slandered the Saint, and stirred up trouble. ||3||

ਪਰ੍ਹਲਾਦ ਦੁਿਬਧਾ ਨ ਪਾਈ ਹਿਰ ਨਾਮਾਂ ਨੋਹੀ ਡੋਹੀ ਨ ਕਿਸੀ ਦਾ ਡਰਾਇਆ ॥

Prahlaad did not read in duality, and he did not abandon the Lord's Name; he was not afraid of any fear. ||4||

The Dear Lord became the Savior of the Saint, and the demonic Death could not even approach him. ||4||

The Lord Himself saved his honor, and blessed his devotee with glorious greatness. ||5||11||21||

O Nanak, Harnaakhash was torn apart by the Lord with His claws; the blind demon knew nothing of the Lord's Court. ||5||11||21||

One Universal Creator God. By The Grace Of The True Guru:

The Creator has staged His Wondrous Play.
I listen to the Unstruck Sound-current of the Shabad, and the Bani of His Word.

The self-willed manmukhs are deluded and confused, while the Gurmukhs understand.

The Creator creates the Cause that causes.

Deep within my being, I meditate on the Word of the Guru's Shabad.

I shall never forsake the Name of the Lord.

Prahlaad's father sent him to school, to learn to read.

He said, "I shall not read anything except the Naam, the Name of the Lord."
मेरी पटीआ लिख देहु गोविंद मुरार ॥२॥ (1154)
Write the Lord's Name on my tablet. ||2||

पुत्र प्रह्लाद सिउ कहिआ माई ॥ (1154)
Prahlaad's mother said to her son,

परविरत न पढ़ू रही समझाई ॥ (1154)
I advise you not to read anything except what you are taught.

इनरभउ दाता हिर जीउ मेरै नाल ॥ (1154)
He answered, "The Great Giver, my Fearless Lord God is always with me.

हमारा किहआ न सुणै आपणे कारज सवारे ॥ (1154)
He does not listen to what I say, and he does his own thing.

सभ नगरी मह भगित दिरहा ॥ (1154)
He instigated devotional worship in the townspeople.
The gathering of the wicked people could not do anything against him. ||4||

Sanda and Marka, his teachers, made the complaint.

All the demons kept trying in vain.

The Lord protected His humble devotee, and preserved his honor.

What can be done by mere created beings? ||5||

Because of his past karma, the demon ruled over his kingdom.

He did not realize the Lord; the Lord Himself confused him.

He started an argument with his son Prahlaad.
The blind one did not understand that his death was approaching. ||6||

Prahlaad was placed in a cell, and the door was locked.

The fearless child was not afraid at all. He said, "Within my being, is the Guru, the Lord of the World.

The created being tried to compete with his Creator, but he assumed this name in vain.

That which was predestined for him has come to pass; he started an argument with the Lord's humble servant.

The father raised the club to strike down Prahlaad, saying,

He replied, "The Life of the World, the Great Giver, is my Help and Support in the end."
jah daykhaa tah rahi-aa samaa-ee. ||8|| Wherever I look, I see Him permeating and prevailing."

thamh upaarh har aap dikhaa-i-aa. Tearing down the pillars, the Lord Himself appeared.

The egotistical demon was killed and destroyed.

The minds of the devotees were filled with bliss, and congratulations poured in.

He blessed His servant with glorious greatness.

He created birth, death and attachment.

The Creator has ordained coming and going in reincarnation.

For the sake of Prahlada, the Lord Himself appeared.
The word of the devotee came true. ||10||

The gods proclaimed the victory of Lakshmi, and said,

O mother, make this form of the Man-lion disappear!

Lakshmi was afraid, and did not approach.

The humble servant Prahlaad came and fell at the Lord's Feet. ||11||

The True Guru implanted the treasure of the Naam within.

Power, property and all Maya is false.

But still, the greedy people continue clinging to them.
Without the Name of the Lord, the mortals are punished in His Court. ||12||

Says Nanak, everyone acts as the Lord makes them act.

They alone are approved and accepted, who focus their consciousness on the Lord.

He has made His devotees His Own.

Serving the Guru, I obtain the Ambrosial Fruit; my egotism and desire have been quenched.

The Name of the Lord dwells within my heart and mind, and the desires of my mind are quieted.
O Dear Lord, my Beloved, please bless me with Your Mercy.

Night and day, Your humble servant begs for Your Glorious Praises; through the Word of the Guru's Shabad, he is saved. ||1||Pause||

The Messenger of Death cannot even touch the humble Saints; it does not cause them even an iota of suffering or pain.

Those who enter Your Sanctuary, Lord, save themselves, and save all their ancestors as well. ||2||

You Yourself save the honor of Your devotees; this is Your Glory, O Lord.

You cleanse them of the sins and the pains of countless incarnations; You love them without even an iota of duality. ||3||

I am foolish and ignorant, and understand nothing. You Yourself bless me with understanding.
जो तुधु भावै सोई करसी अवरु न करणा जाई ॥४॥

You do whatever You please; nothing else can be done at all. ||4||

जगतु उपाइ तुधु धंधै लाइआ भूंडी कार कमाई ॥

Creating the world, You have linked all to their tasks - even the evil deeds which men do. ||5||

मनमुिख मरिह ितन िकछू न सूझै दुरमित अिगआन अंधारा ॥

The self-willed manmukhs die, understanding nothing; they are enveloped by the darkness of evil-mindedness and ignorance. ||6||

Through the Word of the Guru's Bani, they come to understand the Shabad. They remain lovingly focused on the True Lord. ||7||
ੰ ਨਾਨਕ ਸੇਵਕੁ ਨਹੀ ਦਸਵੈ ਦੁਆਰ ॥ (1169)

ੰ ਕਕਸਾਤ ਉਤਾਰ ਦੀਗੰਬਰ ਹੋਗੂ ॥ (1169)

ੰ ਮੰ ਨਿਰਮਲ ਨਹੀ ਦਸਵੈ ਦੁਆਰ ॥ (1169)

ੰ ਜਟਾਧਾਰ ਦੀਆ ਕਮਾਵੈ ਜੋਗੁ ॥ (1169)

ੰ ਭਰਮ ਭਰਮ ਆਵੈ ਮੂਰਤ ਵਾਰੋ ਵਾਰ ॥ 1॥ (1169)

ੰ ਏਕੁ ਦਿਖਾਵਹੁ ਮੂਰਤ ਮਨਾ ॥ (1169)

ੰ ਬਸਤਰੂ ਉਤਾਰ ਦੀਗੰਬਰ ਹੋਗੁ ॥ (1169)

ੰ ਬਸਤੁ ਪ੍ਰਭਾ ਵਾਧਾ ਮੇਲਾ ॥ (1169)

ੰ ਬਸਤੁ ਮਹਲਾ ੩ ਤੀਜਾ ॥ (1169)

ੰ ਜਟਾਧਾਰ ਕਕਸਾਤ ਕਮਾਵੈ ਜੋਗੁ ॥ (1169)

ੰ ਭਰਮ ਭਰਮ ਆਵੈ ਮੂਰਤ ਵਾਰੋ ਵਾਰ ॥ 1॥ (1169)

ੰ ਹੰਮੇਸ਼ਾ ਭਾਗੁ ਵਾਹੁ ਵਾਹੁ ॥ ॥ ॥ ॥ ॥ (1169)

ੰ ਬ੍ਰੀਮੇ ਬ੍ਰੀਮੇ ਆਵੇ ਮੂਰਤ ਰਾਵੇ ਰਾਵੇ ॥ ॥ ॥ (1169)

ੰ ਏਕੁ ਧਿਆਲਵਾਹ ਮੂਰਤ ਮਨਾ ॥ (1169)
ਪਾਿਰ उਤਿਰ जਾਿਹ इਕ ਿ�ਨĀ॥੧॥ रਹਾਉ ॥
and you shall cross over to the other side in an instant. ||1||Pause||

simrit saastar karahi vakhi-aan.
Some recite and expound on the Simritees and the Shaastras;

naadee baydee parh^ahi puraan.
some sing the Vedas and read the Puraanas;

pakhand darisat man kapat kamaahi.
but they practice hypocrisy and deception with their eyes and minds.

tin kai rama-ee-aa nayrh naahi. ||2||
The Lord does not even come near them. ||2||

jay ko aisaa sanjimee ho-ay.
Even if someone practices such self-discipline,

kir-aa visaykh poojaa karay-i.
compassion and devotional worship -

antar lobh man bikhi-aa maahi.
if he is filled with greed, and his mind is engrossed in corruption,
How can he find the Immaculate Lord? ||3||

What can the created being do?

The Lord Himself moves him.

If the Lord casts His Glance of Grace, then his doubts are dispelled.

If the mortal realizes the Hukam of the Lord's Command, he obtains the True Lord. ||4||

If someone's soul is polluted within,

what is the use of his traveling to sacred shrines of pilgrimage all over the world?

O Nanak, when one joins the Society of the True Guru,
तउ भवजल के तूटिस बंध ॥५॥४॥

then the bonds of the terrifying world-ocean are broken. ||5||4||

बसंतु महला ३ इक तुका ॥

Basant, Third Mehl, Ik-Tukas:

When it pleases our Lord and Master, His servant serves Him.

जीवतु मरै सिभ कु ल उधरै ॥१॥

He remains dead while yet alive, and redeems all his ancestors. ||1||

I shall not renounce Your devotional worship, O Lord; what does it matter if people laugh at me?

The True Name abides within my heart. ||1||Pause||

Just as the mortal remains engrossed in attachment to Maya,

so does the Lord's humble Saint remain absorbed in the Lord's Name. ||2||
I am foolish and ignorant, O Lord; please be merciful to me.

May I remain in Your Sanctuary.

Says Nanak, worldly affairs are fruitless.

Only by Guru's Grace does one receive the Nectar of the Naam, the Name of the Lord.

One Universal Creator God. By The Grace Of The True Guru:

Throughout the months and the seasons, the Lord is always in bloom.

He rejuvenates all beings and creatures.
What can I say? I am just a worm.

No one has found Your beginning or Your end, O Lord.

Those who serve You, Lord,
obtain the greatest peace; their souls are so divine.

If the Lord is merciful, then the mortal is allowed to serve Him.

By Guru's Grace, he remains dead while yet alive.

Night and day, he chants the True Name;
in this way, he crosses over the treacherous world-ocean.
The Creator created both poison and nectar.

He attached these two fruits to the world-plant.

The Creator Himself is the Doer, the Cause of all.

He feeds all as He pleases.

O Nanak, when He casts His Glance of Grace,

He Himself bestows His Ambrosial Naam.

Thus, the desire for sin and corruption is ended.

The Lord Himself carries out His Own Will.
बसंतु भग्ना ॥ (1172)

बसंतु महला ॥

basant mehlaa 3.
Basant, Third Mehl:

वर्तें मधिं गंधर रुग्नि निवला ॥ (1172)

राते साँच हर्न नाम निहाला ॥

raatay saach har naam nihaalaa.
Those who are attuned to the True Lord’s Name are happy and exalted.

चौथं बच्छु पूछ चीन चौधाना ॥ (1172)

दडआ करहु प्रभ दीन दडआला ॥

da-i-aa karahu parabh deen da-i-aalaa.
Take pity on me, O God, Merciful to the meek.

तिसु बिखु अब्दु रुजी मै बिड़ी ॥ (1172)

तिसु बिनु अवरु नही मै कोइ ॥

tis bin avar nahee mai ko-ay.
Without Him, I have no other at all.

लिहु छोइ तिहु लघे नेंड़ी ॥१॥ (1172)

जिऊ भावै तिउ राखै मोइ ॥१॥

gur gopaal mayrai man bhaa-ay.
The Guru, the Lord, is pleasing to my mind.

जिउ भावै तिउ राखै मोइ ॥१॥ (1172)

gi-o bhaavai ti-o raakhai so-ay. ||1||
As it pleases His Will, He keeps me. ||1||

गुर गोपाल मेरै मिन भाए ॥ (1172)

gur gopan mayrai man bhaa-ay.
The Guru, the Lord, is pleasing to my mind.

जिउ भावै तिउ राखै मोइ ॥१॥ (1172)

gi-o bhaavai ti-o raakhai so-ay. ||1||
As it pleases His Will, He keeps me. ||1||

जिउ भावै तिउ राखै मोइ ॥१॥ (1172)

gi-o bhaavai ti-o raakhai so-ay. ||1||
As it pleases His Will, He keeps me. ||1||

I cannot even survive, without the Blessed Vision of His Darshan. But I shall easily unite with the Guru, if He unites me in His Union. ||1||Pause||

ितसु बिखु अब्दु रुजी मै बिड़ी ॥ (1172)

ितसु बिनु अवरु नही मै कोइ ॥

tis bin avar nahee mai ko-ay.
Without Him, I have no other at all.

ितसु बिखु अब्दु रुजी मै बिड़ी ॥ (1172)

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ितसु बिनु अवरु नही मै कोइ ॥

tis bin avar nahee mai ko-ay.
Without Him, I have no other at all.
राम बिसार बहुर पछुताना ॥
Forgetting the Lord, it regrets and repents in the end.

बिच्छुरत मिलाई गुर सेव रांगे ॥
The separated ones are reunited, when they are inspired to serve the Guru.

हिर नामु दीओ मसतिक वडभागे ॥
They are blessed with the Lord's Name - such is the destiny written on their foreheads.

पाण पानी की इह देह सरीरा ॥
This body is built of air and water.

हउमै रोगु किठन तिन पीरा ॥
The body is afflicted with the terribly painful illness of egotism.

गुरमुिख राम नाम दारू गुण गाइਆ ॥
The Gurmukh has the Medicine: singing the Glorious Praises of the Lord's Name.

कर किरपा गुरू रोगु गवाइआ ॥
Granting His Grace, the Guru has cured the illness.

चाँद नेदीਆ अगनी तनि चारे ॥
The four evils are the four rivers of fire flowing through the body.
It is burning in desire, and burning in egotism.

Those whom the Guru protects and saves are very fortunate.

Servant Nanak enshrines the Ambrosial Name of the Lord in his heart.

One who serves the Lord is the Lord’s person.

He dwells in intuitive peace, and never suffers in sorrow.

The self-willed manmukhs are dead; the Lord is not within their minds.

They die and die again and again, and are reincarnated, only to die once more.
They alone are alive, whose minds are filled with the Lord.

They contemplate the True Lord, and are absorbed in the True Lord. ||1||Pause||

Those who do not serve the Lord are far away from the Lord.

They wander in foreign lands, with dust thrown on their heads.

The Lord Himself enjoins His humble servants to serve Him.

They live in peace forever, and have no greed at all. ||2||

When the Lord bestows His Glance of Grace, egotism is eradicated.

Then, the mortal is honored in the Court of the True Lord.
हिर जीउ वेखै सद हजूिर ॥
har jee-o vaykhai sad hajoor.
He sees the Dear Lord always close at hand, ever-present.

गुर कै सबद रहिआ भरपूिर ॥३॥
gur kai sabad rahi-aa bharpoor. ||3||
Through the Word of the Guru's Shabad, he sees the Lord pervading and permeating all. ||3||

ਜੀਅ ਜੰਤ ਕੀ ਕਰੇ ਪਰ੍ਿਤਪਾਲ ॥
jee-a jant kee karay partipaal.
The Lord cherishes all beings and creatures.

ਦਿਰ ਸਾਚੈ ਪਿਤ ਿਸਉ ਘਿਰ ਜਾਇ ॥
dar saachai pat si-o ghar jaa-ay.
You shall go to your true home in the Lord's Court with honor.

ਨਾਨਕ ਨਾਿਮ ਵਡਾਈ ਪਾਇ ॥੪॥੩॥
naanak naam vadaa-ee paa-ay. ||4||3||
O Nanak, through the Naam, the Name of the Lord, you shall be blessed with glorious greatness. ||4||3||

ਅੰਤਿਰ ਪੂਜਾ ਮਨ ਤੇ ਹੋਇ ॥
antar poojaa man tay ho-ay.
One who worships the Lord within his mind,
aysko vaykhai a-or na ko-ay.
sees the One and Only Lord, and no other.

doojai lokee bahut dukh paa-i-aa.
People in duality suffer terrible pain.

satgur maino ayk dikhaa-i-aa. ||1||
The True Guru has shown me the One Lord. ||1||

mayraa parabh ma-oli-aa sad basant.
My God is in bloom, forever in spring.

ih man ma-oli-aa gaa-ay gun gobind. ||1|| rahaa-o.
This mind blossoms forth, singing the Glorious Praises of the Lord of the Universe.
||1||Pause||

So consult the Guru, and reflect upon His wisdom;

aap chhod hohi daasat bhaa-ay.
Abandon your self-conceit, and be His loving servant.
तउ जगजीवनु वसै मिन आइ। ||2||

/**2**

Then, the Life of the World shall come to dwell in your mind.

भगति करे सद वेखे हजूर।

bhagat karay sad vaykhai hajoor.
Worship Him with devotion, and see Him always ever-present, close at hand.

मेरा पर्भु सद रिहआ भरपूर।

mayraa parabh sad rahi-aa bharpoor.
My God is forever permeating and pervading all.

इसु भगती का कोई जाणै भेउ।

is bhagtee kaa ko-ee jaanai bhay-o.
Only a rare few know the mystery of this devotional worship.

सभु मेरा पर्भु आतम देउ। ||3||

sabh mayraa parabh aatam day-o. ||3||
My God is the Enlightener of all souls.

आपे सतिगुरु मेिल िमलाए।

aapay satgur mayl milaa-ay.
The True Guru Himself unites us in His Union.

जगजीवन सिउ आपि चितु लाए।

jagjeevan si-o aap chit laa-ay.
He Himself links our consciousness to the Lord, the Life of the World.

मनु तनु हरिआ सहजि सुभाए।

man tan hari-aa sahj subhaa-ay.
Thus, our minds and bodies are rejuvenated with intuitive ease.
Naanak Naam Rahay Liv Laa-ay. ||4||4||
O Nanak, through the Naam, the Name of the Lord, we remain attuned to the String of His Love. ||4||4||

Basantu Mehlaa 3. ||
Basant, Third Mehl:

Bhagat Vachal Har Vasai Man Aa-ay. ||
The Lord is the Lover of His devotees; He dwells within their minds,

Gur Kirpa Tay Sahj Subhaa-ay. ||
by Guru’s Grace, with intuitive ease.

Bhagat Karay Vichahu Aap Kho-ay. ||
Through devotional worship, self-conceit is eradicated from within,

Tad Hee Saach Milaavaa Ho-ay. ||1||
and then, one meets the True Lord. ||1||

Bhagat Soheh Sadaa Har Parabh Du-aar. ||
His devotees are forever beauteous at the Door of the Lord God.

Gur Kai Hayt Saachai Paraym Pi-aar. ||1||
Loving the Guru, they have love and affection for the True Lord. ||1||Pause||
That humble being who worships the Lord with devotion becomes immaculate and pure.

Through the Word of the Guru's Shabad, egotism is eradicated from within.

The Dear Lord Himself comes to dwell within the mind,

and the mortal remains immersed in peace, tranquility and intuitive ease.

Those who are imbued with Truth, are forever in the bloom of spring.

Their minds and bodies are rejuvenated, uttering the Glorious Praises of the Lord of the Universe.

Without the Lord's Name, the world is dry and parched.

It burns in the fire of desire, over and over again.
सोई करे जिहरि जीउ भावै।।
so-ee karay je har jee-o bhaavai.
One who does only that which is pleasing to the Dear Lord-

सदा सुखु सरीर भाणै चित लावै।।
sadaa sukh sareer bhaanai chit laavai.
his body is forever at peace, and his consciousness is attached to the Lord's Will.

अपणा पर्भु सेवे सहिज सुभाई।।
apnaa parabh sayvay sahj subhaa-ay.
He serves His God with intuitive ease.

माइआ मोहु सबिद जलाए।।
maa-i-aa moh sabad jalaa-ay.
Attachment to Maya is burnt away by the Word of the Shabad.

मनु तनु हिरआ सितगुर भाए।।
man tan hari-aa satgur bhaa-ay.
The mind and body are rejuvenated by the Love of the True Guru.

सफिलओ िबरखु हिर कै  दुआिर।।
safli-o birakh har kai du-aar.
The tree bears fruit at the Lord's Door,
saachee banee naam pi-aar. ||1||
in love with the True Bani of the Guru's Word, and the Naam, the Name of the Lord. ||1||

ay man hari-aa sahj subhaa-ay.
This mind is rejuvenated, with intuitive ease;

sach fal laagai satgur bhaa-ay. ||1|| rahaa-o.
loving the True Guru, it bears the fruit of truth. ||1|| Pause||

aapay nayrhai aapay door.
He Himself is near, and He Himself is far away.

gur kai sabad vaykhai sad hajoor.
Through the Word of the Guru's Shabad, He is seen to be ever-present, close at hand.

chhaav ghanee foolee banraa-ay.
The plants have blossomed forth, giving a dense shade.

gurmukh bigsai sahj subhaa-ay. ||2||
The Gurmukh blossoms forth, with intuitive ease. ||2||

an-din keertan karahi din raat.
Night and day, he sings the Kirtan of the Lord's Praises, day and night.
The True Guru drives out sin and doubt from within.

Gazing upon the wonder of God's Creation, I am wonder-struck and amazed.

The Gurmukh obtains the Naam, the Name of the Lord, by His Grace. ||3||

The Creator Himself enjoys all delights.

Whatever He does, surely comes to pass.

He is the Great Giver; He has no greed at all.

O Nanak, living the Word of the Shabad, the mortal meets with God. ||4||6||

Basant, Third Mehl:
By perfect destiny, one acts in truth.

Remembering the One Lord, one does not have to enter the cycle of reincarnation.

Fruitful is the coming into the world, and the life of one who remains intuitively absorbed in the True Name.

The Gurmukh acts, lovingly attuned to the Lord.

Be dedicated to the Lord's Name, and eradicate self-conceit from within.

True is the speech of that humble being;

through the Word of the Guru's Shabad, it is spread throughout the world.
chahu jug pasree saachee so-ay.
Throughout the four ages, his fame and glory spread.

naam ratan par par ghat ho-ay. ||2||
Imbued with the Naam, the Name of the Lord, the Lord's humble servant is recognized and renowned. ||2||

say jan saachay saachai bhaa-ay.
True are those humble beings who love the True Lord.

saach Dhi-aa-in daykh hajoor.
They meditate on the True Lord, and behold Him near at hand, ever-present.

sant janaa kee pag pankaj Dhoor. ||3||
They are the dust of the lotus feet of the humble Saints. ||3||

ayko kartaa avar na ko-ay.
There is only One Creator Lord; there is no other at all.

gur sabdee maylaavaa ho-ay.
Through the Word of the Guru's Shabad, comes Union with the Lord.
Whoever serves the True Lord finds joy.

O Nanak, he is intuitively absorbed in the Naam, the Name of the Lord.

The Lord's humble servant worships Him, and beholds Him ever-present, near at hand.

He is the dust of the lotus feet of the humble Saints.

Those who remain lovingly attuned to the Lord forever

are blessed with understanding by the Perfect True Guru.

How rare are those who become the slave of the Lord's slaves.
They attain the supreme status. ||1||Pause||

So serve the One Lord, and no other.

Serving Him, eternal peace is obtained.

He does not die; He does not come and go in reincarnation.

Why should I serve any other than Him, O my mother? ||2||

True are those humble beings who realize the True Lord.

Conquering their self-conceit, they merge intuitively into the Naam, the Name of the Lord.

The Gurmukhs gather in the Naam.
Their minds are immaculate, and their reputations are immaculate. ||3||

Know the Lord, who gave you spiritual wisdom,

and realize the One God, through the True Word of the Shabad.

When the mortal tastes the sublime essence of the Lord, he becomes pure and holy.

Those who are imbued with the Naam, the Name of the Lord - their generations are redeemed and saved.

True is their speech; they love the Naam.
ਮਨਮੁਕ਼ ਭੂਲੇ ਕਾਹੇ ਆਏ ॥ (1174)

Why have the wandering self-willed manmukhs even come into the world?

ਨਾਮਹੁ ਭੂਲੇ ਜਨਮੁ ਗਵਾਏ ॥੧॥ (1174)

Forgetting the Naam, the mortals waste their lives away. ||1||

ਜੀਵਤ ਮਰੈ ਮਿਰ ਮਰਣੁ ਸਵਾਰੈ ॥ (1174)

One who dies while yet alive, truly dies, and embellishes his death.

ਸੂਚਤ ਮੇਂ ਮਛਦ ਮਸ਼ਹਤ ਦੇਇਹ ਪਹਾਇ ॥੨॥ (1174)

Through the Word of the Guru's Shabad, he enshrines the True Lord within his heart. ||2||Pause||

ਗੁਰ ਮੁਖ ਸਚੁ ਭੋਜਨੁ ਪਵਿਤ ਸਰੀਰਾ ॥ (1174)

Truth is the food of the Gurmukh; his body is sanctified and pure.

ਜੰਮੈ ਮਰੈ ਨ ਆਵੈ ਜਾਇ ॥ (1174)

He is not forced to come and go in the cycle of birth and death.

ਗੁਰ ਪਿਵਤ ਸਾਚੁ ਸਮਾਇ ॥੨॥ (1174)

By Guru's Grace, he merges in the True Lord. ||2||
Serving the True Lord, one realizes Truth.

Through the Word of the Guru's Shabad, he goes to the Lord's Court with his banners flying proudly.

In the Court of the True Lord, he obtains true glory.

He comes to dwell in the home of his own inner being. ||3||

He cannot be fooled; He is the Truest of the True.

All others are deluded; in duality, they lose their honor.

So serve the True Lord, through the True Bani of His Word.

O Nanak, through the Naam, merge in the True Lord. ||4||9||
Basant, Third Mehl:

Without the grace of good karma, all are deluded by doubt.

In attachment to Maya, they suffer in terrible pain.

The blind, self-willed manmukhs find no place of rest.

They are like maggots in manure, rotting away in manure.

That humble being who obeys the Hukam of the Lord's Command is accepted.

Through the Word of the Guru's Shabad, he is blessed with the insignia and the banner of the Naam, the Name of the Lord.

Those who have such pre-ordained destiny are imbued with the Naam.
The Name of the Lord is forever pleasing to their minds.

Through the Bani, the Word of the True Guru, eternal peace is found.

Through it, one's light merges into the Light.

Only the Naam, the Name of the Lord, can save the world.

By Guru's Grace, one comes to love the Naam.

Without the Naam, no one obtains liberation.

Through the Perfect Guru, the Naam is obtained.

He alone understands, whom the Lord Himself causes to understand.
Serving the True Guru, the Naam is implanted within.

Those humble beings who know the One Lord are approved and accepted.

O Nanak, imbued with the Naam, they go to the Lord's Court with His banner and insignia.

Granting His Grace, the Lord leads the mortal to meet the True Guru.

The Lord Himself comes to abide in his mind.

His intellect becomes steady and stable, and his mind is strengthened forever.

He sings the Glorious Praises of the Lord, the Ocean of Virtue.
Those who forget the Naam, the Name of the Lord - those mortals die eating poison.

Their lives are wasted uselessly, and they continue coming and going in reincarnation.

They wear all sorts of religious robes, but their minds are not at peace.

In great egotism, they lose their honor.

But those who realize the Word of the Shabad, are blessed by great good fortune.

They bring their distractible minds back home.

Within the home of the inner self is the inaccessible and infinite substance.

Those who find it, by following the Guru's Teachings, contemplate the Shabad.
Those who obtain the nine treasures of the Naam within the home of their own inner being,

are forever dyed in the color of the Lord’s Love; they are absorbed in the Truth.

God Himself does everything; no one can do anything at all by himself.

When God so wills, He merges the mortal into Himself.

All are near Him; no one is far away from Him.

O Nanak, the Naam is permeating and pervading everywhere.

Basant, Third Mehl:

Through the Word of the Guru's Shabad, remember the Lord with love,
Raam naam ras rahi aghaa-ay.
and you shall remain satisfied by the sublime essence of the Lord's Name.

Koot koontar kay paap jal jaahi.
The sins of millions upon millions of lifetimes shall be burnt away.

Jeevat mareh har naam samaahi. ||1||
Remaining dead while yet alive, you shall be absorbed in the Lord's Name. ||1||

Har kee daat har jee-o jaanai.
The Dear Lord Himself knows His own bountiful blessings.

Gur kai sabad ih man ma-oli-aa har gundaataa naam vakhaanai. ||1|| raha-o.
This mind blossoms forth in the Guru's Shabad, chanting the Name of the Lord, the Giver of virtue. ||1||Pause||

Bhagvai vays bharam mukat na ho-ay.
No one is liberated by wandering around in saffron-colored robes.

Baho sanjam saat na paavai ko-ay.
Tranquility is not found by strict self-discipline.

Gurmat naam paraapat ho-ay.
But by following the Guru's Teachings, one is blessed to receive the Naam, the Name of the Lord.
वडभागी विवध पावै मेंध ||2|| (1175)
वडभागी हिर पावै सोइ ||2||
vadbhaagee har paavai so-ay. ||2||
By great good fortune, one finds the Lord. ||2||

लिहि भिग तभ लभि वडभागी || (1175)
कलि महि राम नामि वडिआई
kal meh raam naam vadi-aa-ee.
In this Dark Age of Kali Yuga, glorious greatness comes through the Lord's Name.

गुर पूरे ते पाइभा नभी || (1176)
gur pooray tay paa-i-aa jaa-ee.
Through the Perfect Guru, it is obtained.

रभि तभ भय सुख भाई || (1176)
नामि रते सदा सुखु पाई
naam ratay sadaa sukh paa-ee.
Those who are imbued with the Naam find everlasting peace.

विल तभ चितले भिठ नभी ||3|| (1176)
बिनु नाम उमे जेल जाई ||3||
bin naamai ha-umai jal jaa-ee. ||3||
But without the Naam, mortals burn in egotism. ||3||

वडभागी विवध रभु बीजाग || (1176)
वडभागी हिर नामु बीचारा
vadbhaagee har naam beecharaa.
By great good fortune, some contemplate the Lord's Name.

छूटे तभ लभि दुख माग || (1176)
छूटे राम नामि दुख सारा
chhootai raam naam dukh saaraa.
Through the Lord's Name, all sorrows are eradicated.

हिराजे बसिः सु बाहि पासार || (1176)
hirdai vasi-aa so baahar paasaaraa.
He dwells within the heart, and pervades the external universe as well.
O Nanak, the Creator Lord knows all. ||4||12||

Basant, Third Mehl, Ikk-Tukas:

If you bless me, then I chant Your Primal Mantra. ||1||

I chant and reflect on His Glorious Virtues, O my mother.

Meditating on the Lord, I fall at the Lord's Feet. ||1||Pause||

By Guru's Grace, I am addicted to the favor of the Naam, the Name of the Lord.

Why waste your life in hatred, vengeance and conflict? ||2||
When the Guru granted His Grace, my egotism was eradicated,

and then, I obtained the Lord's Name with intuitive ease.

The most lofty and exalted occupation is to contemplate the Word of the Shabad.

Nanak chants the True Name.

The season of spring has come, and all the plants have blossomed forth.

This mind blossoms forth, in association with the True Guru.

So meditate on the True Lord, O my foolish mind.
Only then shall you find peace, O my mind.

This mind blossoms forth, and I am in ecstasy.

I am blessed with the Ambrosial Fruit of the Naam, the Name of the Lord of the Universe.

Everyone speaks and says that the Lord is the One and Only.

By understanding the Hukam of His Command, we come to know the One Lord.

All speech and insight comes from our Lord and Master.
All the ages were created by You, O Lord.

Meeting with the True Guru, one’s intellect is awakened.

O Dear Lord, please blend me with Yourself;

let me merge in the True Name, through the Word of the Guru's Shabad. ||1||Pause||

When the mind is in spring, all people are rejuvenated.

Blossoming forth and flowering through the Lord's Name, peace is obtained. ||2||

Contemplating the Word of the Guru's Shabad, one is in spring forever,

with the Lord's Name enshrined in the heart. ||3||
ਮੀਨ ਬਸੰਤ ਤਨ ਮਨ ਹਿਰਆ ਹੋਇ ॥
man basant tan man hari-aa ho-ay.
When the mind is in spring, the body and mind are rejuvenated.

ਨਾਨਕ ਇਹੁ ਤਨ ਿਬਰਖੁ ਰਾਮ ਨਾਮੁ ਫਲੁ ਪਾਸੋ ਸੋਇ ॥੪॥੩॥੧੫॥
naanak ih tan birakh raam naam fal paa-ay so-ay. ||4||3||15||
O Nanak, this body is the tree which bears the fruit of the Lord's Name. ||4||3||15||

ਬਸੰਤੁ ਭਗਲਾ ੩ ॥
basant mehlaa 3.
Basant, Third Mehl:

ਿਤਨਹ ਬਸੰਤ ਜੋ ਹਿਰ ਗੁਣ ਗਾਇ ॥
tinH basant jo har gun gaa-ay.
They alone are in the spring season, who sing the Glorious Praises of the Lord.

ਪੂਰੈ ਭਾਿਗ ਹਿਰ ਭਗਿਤ ਕਰਾਇ ॥੧॥
poorai bhaag har bhagat karaa-ay. ||1||
They come to worship the Lord with devotion, through their perfect destiny. ||1||

ਇਹੁ ਮਨ ਧੰਧੈ ਬਾਂਧਾ ਕਰਮ ਕਮਾਇ ॥
ih man DhanDhai baaNDhaa karam kamaa-ay.
This mind is entangled in worldly affairs, creating more and more karma.
ਮਾਇਆ ਮੂਠਾ ਸਦਾ ਿਬਲਲਾਇ ॥੨॥
Enchanted by Maya, it cries out in suffering forever. ||2||

ਇਹੁ ਮਨੁ ਛੂਟੈ ਜਾਂ ਸਤਗੁਰੁ ਭੇਟੈ ॥
This mind is released, only when it meets with the True Guru. ||3||

ਨਾਨਕ ਮਾਇਆ ਮੋਹੁ ਸਿਬਦ ਜਲਾਇ ॥੪॥੪॥੧੬॥
O Nanak, attachment to Maya is burnt away through the Word of the Shabad. ||4||4||16||

ਬਸਤੁ ਚਿੰਹੇ ਫੂਲੀ ਬਨਰਾਈ ॥ (1176)
Spring has come, and all the plants are flowering.

ਏਹੁ ਜੀੰ ਜੰਤ ਫੂਲਹਿ ਹਰਿ ਚਿਤੁ ਲਾਈ ॥੧॥
These beings and creatures blossom forth when they focus their consciousness on the Lord. ||1||
In this way, this mind is rejuvenated.

Chanting the Name of the Lord, Har, Har, day and night, egotism is removed and washed away from the Gurmukhs.

The True Guru speaks the Bani of the Word, and the Shabad, the Word of God.

This world blossoms forth in its greenery, through the love of the True Guru.

The mortal blossoms forth in flower and fruit, when the Lord Himself so wills.

He is attached to the Lord, the Primal Root of all, when he finds the True Guru.

The Lord Himself is the season of spring; the whole world is His Garden.

O Nanak, this most unique devotional worship comes only by perfect destiny.
Basant Hindol, Third Mehl, Second House:

16th Kabeer Bhairan (1177)

Ik-o-Nkaar Satgur Parsaad

One Universal Creator God. By The Grace Of The True Guru:


I am a sacrifice to the Word of the Guru's Bani, O Siblings of Destiny. I am devoted and dedicated to the Word of the Guru's Shabad.

Gur Malai Ji Mat Aatted Bhaiyaa Bhand Vitahu Chunnaa.

I praise my Guru forever, O Siblings of Destiny. I focus my consciousness on the Guru's Feet. ||1||

Mere Man Ram Naam Chit Lai.

O my mind, focus your consciousness on the Lord's Name.

Manu Tan Tayra Hari Aa Hovai Ik Har Naama Fal Paa-ay.

Your mind and body shall blossom forth in lush greenery, and you shall obtain the fruit of the Name of the One Lord. ||1||Pause||

Gur Raakhay Say Ubraay Bhaa-ee Har Ras Amrit Pee-aa-ay.

Those who are protected by the Guru are saved, O Siblings of Destiny. They drink in the Ambrosial Nectar of the Lord's sublime essence.
The pain of egotism within is eradicated and banished, O Siblings of Destiny, and peace comes to dwell in their minds. ||2||

Those whom the Primal Lord Himself forgives, O Siblings of Destiny, are united with the Word of the Shabad. ||3||

He Himself does, and causes all to be done, O Siblings of Destiny; He makes everything blossom forth in green abundance.

O Nanak, peace fills their minds and bodies forever, O Siblings of Destiny; they are united with the Shabad. ||4||1||18||12||18||30||

One Universal Creator God. By The Grace Of The True Guru:
O my mind, the Name of the Lord is glorious and great.

I know of none, other than the Lord; through the Lord's Name, I have attained liberation and emancipation. ||1||Pause||

As Gurmukh, I have realized the Lord, the Giver of peace; I remain intuitively absorbed in Him. ||1||

The Immaculate Name of the Lord is the food of His devotees; they wear the glory of devotional worship.

They abide in the home of their inner beings, and they serve the Lord forever; they are honored in the Court of the Lord. ||2||

The intellect of the self-willed manmukh is false; his mind wavers and wobbles, and he cannot speak the Unspoken Speech.
Following the Guru's Teachings, the Eternal Unchanging Lord abides within the mind; the True Word of His Bani is Ambrosial Nectar.

The Shabad calms the turbulent waves of the mind; the tongue is intuitively imbued with peace.

If the mortal dies in the Shabad, then he is liberated; he focuses his consciousness on the Lord's Feet.

Those who contemplate the Shabad are forever imbued with His Love; their egotism and desires are subdued.

The Pure, Unattached Lord permeates their inner beings; the Lord, the Supreme Soul, is pervading all.
ਪੰਜਾਬੀ ਭਾਸ਼ਾ \n
ਸੇਵਕ ਸੇਵਕ ਰਹੇ ਸਚੀ ਰਾਤੇ ਜੋ ਤੇਰੈ ਮਿਨ ਭਾਣੇ ॥
(1233)

sayvak sayv rahay sach raatay jo tayrai man bhaanay.
Your humble servants serve You, O Lord; those who are imbued with the Truth are pleasing to Your Mind.

ਦੁਬਧਾ ਮਹਾਲ ਨ ਪਾਵੈ ਜਿਗ ਝੂਠੀ ਗੁਣ ਅਵਗਣ ਨ ਪਛਾਣੇ ॥੭॥
(1233)
dubiDhaa mahal na paavai jag jhoothee gun avgan na pachhaanay. ||7||
Those who are involved in duality do not find the Mansion of the Lord's Presence; caught in the false nature of the world, they do not discriminate between merits and demerits. ||7||

ਆਪੇ ਮੇਲ ਲਏ ਅਕਥੁ ਕਥੀਐ ਸਚੁ ਸਬਦੁ ਸਚੁ ਬਾਣੀ ॥
(1233)
aapay mayl la-ay akath kathee-ai sach sabad sach banee.
When the Lord merges us into Himself, we speak the Unspoken Speech; True is the Shabad, and True is the Word of His Bani.

ਨਾਨਕ ਸਾਚੇ ਸਚੀ ਸਮਾਣੇ ਹਿਰ ਕਾ ਨਾਮੁ ਵਖਾਣੀ ॥
(1233)
aanak saachay sach samaanay har kaa naam vakhaanee. ||8||1||
O Nanak, the true people are absorbed in the Truth; they chant the Name of the Lord. ||8||1||

ਸਤਵਾਨਾ ਭਗਵਾਨ ਵੈੜੀਐ ਗੁਰ ਕੰ ਗੁਰਮੁਖੇ ਏਕੋ ਡੀਠਾ ॥
(1233)
man mayray har kaa naam at meethaa.
O my mind, the Name of the Lord is supremely sweet.

ਜਨਮ ਜਨਮ ਕੇ ਿਕਲਿਵਖ ਭੋ ਭੰਜਨ ਗੁਰਮੁਖੇ ਏਕੋ ਡੀਠਾ ॥
(1234)
janam janam kay kilvikh bha-o bhanjan gurmukh ayko deethaa. ||1|| raha-o.
It is the Destroyer of the sins, the guilt and fears of countless incarnations; the Gurmukh sees the One Lord. ||1||Pause||
 Million upon millions of sins are erased, when the mind comes to love the True Lord.

I do not know any other, except the Lord; the True Guru has revealed the One Lord to me.

Those whose hearts are filled with the wealth of the Lord's Love, remain intuitively absorbed in Him.

Imbued with the Shabad, they are dyed in the deep crimson color of His Love. They are imbued with the Lord's celestial peace and poise.

Contemplating the Shabad, the tongue is imbued with joy; embracing His Love, it is dyed a deep crimson.

I have come to know the Name of the Pure Detached Lord; my mind is satisfied and comforted.

The Pandits, the religious scholars, read and study, and all the silent sages have grown weary; they have grown weary of wearing their religious robes and wandering all around.
By Guru's Grace, I have found the Immaculate Lord; I contemplate the True Word of the Shabad. ||4||

My coming and going in reincarnation is ended, and I am imbued with Truth; the True Word of the Shabad is pleasing to my mind.

Serving the True Guru, eternal peace is found, and self-conceit is eliminated from within.

Through the True Word of the Shabad, the celestial melody wells up, and the mind is lovingly focused on the True Lord.

The Immaculate Naam, the Name of the Inaccessible and Unfathomable Lord, abides in the mind of the Gurmukh.

The whole world is contained in the One Lord. How rare are those who understand the One Lord.

One who dies in the Shabad comes to know everything; night and day, he realizes the One Lord.
That humble being, upon whom the Lord casts His Glance of Grace, understands. Nothing else can be said.

O Nanak, those who are imbued with the Naam are forever detached from the world; they are lovingly attuned to the One Word of the Shabad.

O my mind, the Speech of the Lord is unspoken.

The Lord is Deep, Profound and Unfathomable, the Ocean of Excellence; He is realized through the Word of the Guru's Shabad.

Mortals do their deeds in all sorts of ways, in the love of duality; but without the Shabad, they are insane.
That humble being who bathes in the Lord's Name becomes immaculate; he never becomes polluted again.

Without the Name, the whole world is polluted; wandering in duality, it loses its honor.

What should I grasp? What should I gather up or leave behind? I do not know.

O Dear Lord, Your Name is the Help and Support of those whom You bless with Your kindness and compassion.

The True Lord is the True Giver, the Architect of Destiny; as He pleases, He links mortals to the Name.

He alone comes to understand, who enters the Guru's Gate, whom the Lord Himself instructs.

Even gazing upon the wonders of the Lord, this mind does not think of Him. The world comes and goes in reincarnation.
Serving the True Guru, the mortal comes to understand, and finds the Door of Salvation. ||5||

Those who understand the Lord's Court, never suffer separation from him. The True Guru has imparted this understanding.

They practice truth, self-restraint and good deeds; their comings and goings are ended. ||6||

In the Court of the True Lord, they practice Truth. The Gurmukhs take the Support of the True Lord.

The self-willed manmukhs wander, lost in doubt and duality. They do not know how to contemplate the Lord. ||7||

He Himself is the Gurmukh, and He Himself gives; He Himself creates and beholds.

O Nanak, those humble beings are approved, whose honor the Lord Himself accepts. ||8||3||
On the ninth day of the month, make a vow to speak the Truth,

and your sexual desire, anger and desire shall be eaten up.

On the tenth day, regulate your ten doors; on the eleventh day, know that the Lord is One.

On the twelfth day, the five thieves are subdued, and then, O Nanak, the mind is pleased and appeased.

Observe such a fast as this, O Pandit, O religious scholar; of what use are all the other teachings?

The Pandits, the religious scholars and the silent sages read and recite until they get tired.

They wander through foreign lands in their religious robes, until they are exhausted.
In love with duality, they never receive the Name. Held in the grasp of pain, they suffer terribly.

The blind fools serve the three gunas, the three dispositions; they deal only with Maya.

With deception in their hearts, the fools read sacred texts to fill their bellies.

One who serves the True Guru finds peace; he eradicates egotism from within.

Naked we come, and naked we go. This is by the Lord's Command; what else can we do?

The object belongs to Him; He shall take it away; with whom should one be angry.
Gurmukh hovai so bhaanaa mannay sehjay har ras peejai.
One who becomes Gurmukh accepts God's Will; he intuitively drinks in the Lord's sublime essence.

Naanak sukh-daata sadaa salaahihu rasnaa raam raveejai. ||2||
O Nanak, praise the Giver of peace forever; with your tongue, savor the Lord. ||2||

Salok mehlaa 3.
Shalok, Third Mehl:

She sleeps in intuitive peace and poise, absorbed in the Word of the Shabad.

God hugs her close in His Embrace, and merges her into Himself.

Duality is eradicated with intuitive ease.

The Naam comes to abide in her mind.

He hugs close in His Embrace those who shatter and reform their beings.
नानक जो धुिर मिले से हुिण आिण िमलाइ ॥१॥

O Nanak, those who are predestined to meet Him, come and meet Him now. ||1||

Third Mehl:

 Those who forget the Naam, the Name of the Lord - so what if they chant other chants?

They are maggots in manure, plundered by the thief of worldly entanglements.

O Nanak, never forget the Naam; greed for anything else is false. ||2||

Shalok, Third Mehl:

Those who forget the Naam and do other things,

O Nanak, will be bound and gagged and beaten in the City of Death, like the thief caught red-handed. ||1||
ਸਲੋਕ ਮੱਖ੍ਹਾ ੩ || (1247)
ਸਲੋਕ ਮੱਖ੍ਹਾ ੩ ||
salok mehlaa 3.
Shalok, Third Mehl:

ਮੌਸੇ ਸਾਂ ਤਾ ਮੀਵੇ ਸੰਗ ਨਾਈ ਬਿਸੀ ਪਾਗਦੁੱਤ || (1247)
ਮੌਸੇ ਸਾਂ ਤਾ ਮੀਵੇ ਸੰਗ ਨਾਈ ਬਿਸੀ ਪਾਗਦੁੱਤ ||
mosh saaT ta miivey sang naayi biISSi pAgduT.
He does not find the taste of the Shabad, and he does not embrace love for the Name.

ਸੇਵਾ ਥਾਇ ਨ ਪਿਆ ਤੱਤਸ ਕੀ ਖਿਪ ਖਿਪ ਜੋ ਖੁਨਾਰੁੱ || (1247)
ਸੇਵਾ ਥਾਇ ਨ ਪਿਆ ਤੱਤਸ ਕੀ ਖਿਪ ਖਿਪ ਜੋ ਖੁਨਾਰੁੱ
sayvaa thaa-ay na pia tis kee khap khap jo khu-an.
His service is not accepted; worrying and worrying, he wastes away in misery.

ਸੰਤਗੁਰ ਕਾ ਭਾਣਾ ਮੰਨ ਲਾਈ ਸਬਦ ਰਖੇ ਉਰ ਧਾਰੁੱ || (1247)
ਸੰਤਗੁਰ ਕਾ ਭਾਣਾ ਮੰਨ ਲਾਈ ਸਬਦ ਰਖੇ ਉਰ ਧਾਰੁੱ
satgur kaa bhaanaa man la-ay sabad rakhai ur Dhaar.
He accepts the Will of the True Guru, and enshrines the Shabad within his heart. ||1||

ਮੋਹਸਰ ਵਾ ਬਹੁ ਭਿਵੇ ਲਕਲ ਤਾ ਬਹੁ ਭਿਵੇ ਯਾਤਰੁੱ || (1247)
ਮੋਹਸਰ ਵਾ ਬਹੁ ਭਿਵੇ ਲਕਲ ਤਾ ਬਹੁ ਭਿਵੇ ਯਾਤਰੁੱ
mahSar va bahu bhive lalkal ta bahu bhive yAArr.
That is chanting and meditation, work and selfless service, which is pleasing to our Lord and Master.
The Lord Himself forgives, and takes away self-conceit, and unites the mortals with Himself.

United with the Lord, the mortal is never separated again; his light merges into the Light.

O Nanak, by Guru's Grace, the mortal understands, when the Lord allows him to understand.

Without serving the True Guru, no one finds peace; mortals die and are reborn, over and over again.

They have been given the drug of emotional attachment; in love with duality, they are totally corrupt.

Some are saved, by Guru's Grace. Everyone humbly bows before such humble beings.
ਨਾਨਕ ਅਨਿਦਨੁ ਨਾਮੁ ਿਧਆਇ ਤੂ ਅੰਤਿਰ ਜਿਤੁ ਪਾਵਿਹ ਮੋਖ ਦੁਆਰ ॥੧॥
O Nanak, meditate on the Naam, deep within yourself, day and night. You shall find the Door of Salvation. ||1||

ਮਃ ੩ ॥ (1248)
mehlaa 3.
Third Mehl:

ਮਾਇਆ ਮੋਹੁ ਿਵਸਾਿਰਆ ਸਚੁ ਮਰਣਾ ਹਿਰ ਨਾਮੁ ॥
Emotionally attached to Maya, the mortal forgets truth, death and the Name of the Lord.

ਮੇਲਾ ਜਨਮੁ ਅੰਦਿਰ ਦੁੱਖੁ ਸਹਾਮੁ ॥
Engaged in worldly affairs, his life wastes away; deep within himself, he suffers in pain.

ਨਾਨਕ ਸਿਤਗੁਰੁ ਸੇਵ ਸੁਖੁ ਪਾਇਆ ਿਜਨ ਪੂਰਿਬ ਿਲਿਖਾ ਕਰਾਮੁ ॥੨॥
O Nanak, those who have the karma of such pre-ordained destiny, serve the True Guru and find peace. ||2||

ਸਲੋਕ ਮਃ ੩ ॥ (1248)
salok mehlaa 3.
Shalok, Third Mehl:

ਗੁਰ ਕਾ ਵਿਧੀਆ ਤੇ ਕਰੇ ਸੁਸ਼ੀਲੁ ਸੁਖ ਸਮਨਰੁ ॥ (1248)
Whoever follows the Guru’s Teachings, attains the most sublime peace of all peace.

ਗੁਰ ਕੀ ਕਰਨੀ ਭਾ ਕ੅ਰੇ ਤੂੱਖੀ ਮੋਖ ਕੰਠਿ ਪਾਵਿਹ ਪਾਰੁ ॥੧॥ (1248)
Acting in accordance with the Guru, his fear is cut away; O Nanak, he is carried across. ||1||
Third Mehl:

**Mehl 3** || (1248)

ਮੇਲਾ 3.  

Sach puraana naa thee-ai naam na mailaa ho-ay.  
The True Lord does not grow old; His Naam is never dirtied.

**Guru's Court** || (1248)

ਗੁਰ ਦੇ ਕਾਰੇ ਦੇ ਨਾਲ ਪ੍ਰਵੱਚਤੀ ਤਾਥਾਤਿ ਵੇਦਿ || (1248)  

Whoever walks in harmony with the Guru's Will, shall not be reborn again.

Shalok, Third Mehl:

**Salok 3** || (1248)

ਸਲੋਕ ਮੇਲਾ 3.  

O Nanak, those who forget the Naam, come and go in reincarnation. ||2||

The self-willed manmukhs do not even know how to speak. They are filled with sexual desire, anger and egotism.

They do not know the difference between good and bad; they constantly think of corruption.

In the Lord's Court, they are called to account, and they are judged to be false.
ਆਪੇ ਮੁੱਢੀ ਦੀਪਾਕਿਤ ਅਧਿ ਕਰੇ ਬੀਜੁ || (1248)
ਆਪੇ ਸਿਸਰੀ ਉਪਾਈਅਨ ਆਪੀ ਕੀਡੀ ਬੀਜਾਲੁ ||
aapay sarisat upaa-ee-an aap karay beechaar.
He Himself creates the Universe. He Himself contemplates it.

ਨਾਨਕ ਕਰੋ ਨੂੰ ਆਕੀਏ ਸਮੂ ਕਰਤੀ ਅਧਿ ਸਚਹਾਰੁ ॥੧॥ (1248)
naanak kris no aakhee-aie sabh vartai aap sachiaar. ||1||
O Nanak, whom should we tell? The True Lord is permeating and pervading all. ||1||

ਮੱਠ੍ਹ ਵੀਅੰਗਰੀ ਵਿੱਕਤੀ ਅਧਿ ਏਲੀ ਬੱਲੀ ਹੰਗਧਾ ਵੇਧੇ ॥ (1248)
ਹੋਰ ਗੁਰਮੂਕਾ ਤਿਨੀ ਅਰਾਧਿਆ ਜਿਨ੍ਹ ਕਰੀਮ ਪਰਾਪੀ ਹੋਇ ॥
har gurmukh tinHee araaDhi-aa jinH karam paraapat ho-ay.
The Gurmukhs worship and adore the Lord; they receive the good karma of their actions.

ਨਾਨਕ ਹੁਂ ਬੀਲਹਾਰੀ ਤਿਨੀ ਕੁਂ ਅਰਾਧਿਆ ਸੋਇ ॥੨॥ (1248)
naanak ha-o balihaaree tinH ka-o jinH har man vasi-aa so-ay. ||2||
O Nanak, I am a sacrifice to those whose minds are filled with the Lord. ||2||

ਸਲੋਕ ਮੱਠ੍ਹ ਵੀਅੰਗਰੀ ਵਿੱਕਤੀ ਅਧਿ ਏਲੀ ਬੱਲੀ ਹੰਗਧਾ ਵੇਧੇ ॥ (1249)
ਸਲੋਕ ਮੱਠ੍ਹ ਵੀਅੰਗਰੀ ਵਿੱਕਤੀ ਅਧਿ ਏਲੀ ਬੱਲੀ ਹੰਗਧਾ ਵੇਧੇ ॥ (1249)

ਪਿਜ਼ ਪਿਜ਼ ਪੰਡਤ ਵਾਦੁ ਵਖਾਣਦੇ ਮਾਯਾ ਮੌਹ ਸਭਾਿਲੁ || (1249)
parh parh pandit vaad vkhaanday maa-i-aa moh su-aa-ay.
Reading and writing, the Pandits engage in debates and disputes; they are attached to the flavors of Maya.

ਦੂਜੈ ਕਿਸਦੀ ਕਿਸਦੀ ਹਿਗ਼ਿਗ਼ਦੀ ਅਧਿ ਕ ਬੁਖ਼ਦ ਮੀਲੀ ਸਰਾਲੁ || (1249)
doojai bhao-ay naam visaari-aa man mookh mille sajaa-ay.
In the love of duality, they forget the Naam. Those foolish mortals shall receive their punishment.
They do not serve the One who created them, who gives sustenance to all.

The noose of Death around their necks is not cut off; they come and go in reincarnation, over and over again.

The True Guru comes and meets those who have such pre-ordained destiny.

Night and day, they meditate on the Naam, the Name of the Lord; O Nanak, they merge into the True Lord.

Those Gurmukhs who fall at His Feet deal with the True Lord and serve the True Lord.

Those who walk in harmony with the Guru's Will are intuitively absorbed in the True Lord.
ਪਰਾਈ ਅਮਾਣ ਿਕਉ ਰੱਖਿਐ ਿਦਤੀ ਹੀ ਸੁਖ ਹੋਇ ॥
paraa-ee aamaan ki-o rakhee-ai ditee hee sukh ho-ay.
Why keep what is held in trust for another? Giving it back, peace is found.

ਗੁਰ ਕਾ ਸਬਦ ਗੁਰ ਥੈ ਿਟਕੈ ਹੋਰ ਥੈ ਪਰਗਟੁ ਨ ਹੋਇ ॥
gur kaa sabad gur thai tikai hor thai pargat na ho-ay.
The Word of the Guru's Shabad rests in the Guru; it does not appear through anyone else.

ਆਣੇ ਵਿਸ ਮਾਣਕੁ ਪਇਆ ਘਿਰ ਘਿਰ ਵੇਚਣ ਜਾਇ ॥
aNnHay vas maanak pa-i-aa ghar ghar vaychan jaa-ay.
The blind man finds a jewel, and goes from house to house selling it.

ਜੇ ਆਿਪ ਪਰਖ ਨ ਆਵਈ ਅਢੁ ਨ ਪਲੈ ਪਾਇ ॥
jay aap parakh na aavee adh na palai paa-ay.
But they cannot appraise it, and they do not offer him even half a shell for it.

ਜੇ ਓਸੁ ਨਾਿਲ ਿਚਤੁ ਲਾਏ ਤਾ ਵਥੁ ਲਹੈ ਨਉ ਿਨਿਧ ਪਲੈ ਪਾਇ ॥
jay os naal chit laa-ay taaN vath lahai na-o niDh palai paa-ay.
If he focuses his consciousness, then he obtains the true object, and he is blessed with the nine treasures.

ਧਿਰਾ ਧਿਨ ਜਗ ਭੁਖਾ ਮੁਆ ਿਬਨੁ ਸਿਤਗੁ ਸੋਜੀ ਨ ਹੋਇ ॥
ghar Dhan jag bhukhaa mu-aa bin satgur sojhee na ho-ay.
The wealth is within the house, while the world is dying of hunger. Without the True Guru, no one has a clue.

ਬਾਬਦ ਮੀਤਲੁ ਭਿਵ ਵੱਖ ਵਿਵਗ ਮੇਜੀ ਨ ਵੇਦਿੰਦੀ ॥
sabad seetal man tan vasai tithai sog vijog na ko-ay.
When the cooling and soothing Shabad comes to dwell in the mind and body, there is no sorrow or separation there.
The object belongs to someone else, but the fool is proud of it, and shows his shallow nature.

O Nanak, without understanding, no one obtains it; they come and go in reincarnation, over and over again.

My mind is in ecstasy; I have met my Beloved Lord. My beloved friends, the Saints, are delighted.

Those who are united with the Primal Lord shall never be separated again. The Creator has united them with Himself.

The Shabad permeates my inner being, and I have found the Guru; all my sorrows are dispelled.

I praise forever the Lord, the Giver of peace; I keep Him enshrined deep within my heart.
ਮਨਮੁਖ ਿਤਨ ਕੀ ਬਖੀਲੀ ਿਕ ਕਰੇ ਿਜ ਸਖਾਈ ਿਬਦੀ ਸਵਾਰੇ ॥ (1249)

manmukh tin kee bakheelee ke karay je sachai sabad savaaray.

How can the self-willed manmukh gossip about those who are embellished and exalted in the True Word of the Shabad?

ਓਨਾ ਦੀ ਆਿਪ ਪਿਤ ਰਖਸੀ ਮੇਰਾ ਿਪਆਰਾ ਸਰਣਗਿਤ ਪਏ ਗੁਰ ਦੁਆਰੇ ॥ (1249)

onaa dee aap pat rakhsee mayraa pi-aaraa sarnaagat pa-ay gur du-aaray.

My Beloved Himself preserves the honor of those who have come to the Guru's Door seeking Sanctuary.

ਨਾਨਕ ਗੁਰਮੁਿਖ ਸੇ ਸੁਹੇਲੇ ਭਏ ਮੁਖ ਊਜਲ ਦਰਬਾਰੇ ॥੨॥ (1249)

naanak gurmukh say suhaylay bha-ay mukh oojal darbaaray. ||2||

O Nanak, the Gurmukhs are filled with joy; their faces are radiant in the Court of the Lord. ||2||

Shalok, Third Mehl:

ਸਲੋਕ ਮੇਲਾ 3 ॥ (1250)

salok mehlaa 3.

Shalok, Third Mehl:

ਗੁਰਮੁਿਖ ਅੰਿਮਰ੍ਤੁ ਨਾਮੁ ਹੈ ਿਜਤੁ ਖਾਧੈ ਸਭ ਭੁਖ ਜਾਇ ॥ (1250)

gurmukh amrit naam hai jit khaaDhai sabh bhukh jaa-ay.

The Guru's Word is the Ambrosial Nectar of the Naam. Eating it, all hunger departs.

ਤਿਤਰ੍ਸਨਾ ਮੂਿਲ ਨ ਹੋਵਈ ਨਾਮੁ ਵਸੈ ਮਿਨ ਆਈ ॥ (1250)

tarisnaa mool na hova-ee naam vasai man aa-ay.

There is no thirst or desire at all, when the Naam comes to dwell in the mind.

ਵਿਤਹੁ ਨਾਵੈ ਿਜ ਹੋਰੁ ਖਾਣਾ ਿਤਤੁ ਰੋਗੁ ਲਗੈ ਤਿਨ ਧਾਇ ॥ (1250)

bin naavai je hor khaanaa tit hog lagai tan Dhaa-ay.

Eating anything other than the Name, disease runs to afflict the body.

ਨਾਨਕ ਰਸ ਕਸ ਸਬਦੁ ਸਲਾਹਣਾ ਆਪੇ ਲਏ ਿਮਲਾਇ ॥੧॥ (1250)

naanak ras kas sabad salaahnna aapay la-ay milaa-ay. ||1||

O Nanak, whoever takes the Praise of the Shabad as his spices and flavors - the Lord unites him in His Union. ||1||
Third Mehl:

The life within all living beings is the Word of the Shabad. Through it, we meet our Husband Lord.

Without the Shabad, the world is in darkness. Through the Shabad, it is enlightened.

The Pandits, the religious scholars, and the silent sages read and write until they are weary. The religious fanatics are tired of washing their bodies.

Without the Shabad, no one attains the Lord; the miserable depart weeping and wailing.

O Nanak, by His Glance of Grace, the Merciful Lord is attained.

Attached to Maya, the mortal forgets the Fear of God and Guru, and love for the Infinite Lord.
The waves of greed take away his wisdom and understanding, and he does not embrace love for the True Lord.

The Word of the Shabad abides in the mind of the Gurmukhs, who find the Gate of Salvation.

O Nanak, the Lord Himself forgives them, and unites them in Union with Himself. ||1||

The Order of the Lord is beyond challenge. Clever tricks and arguments will not work against it.

So abandon your self-conceit, and take to His Sanctuary; accept the Order of His Will.

The Gurmukh eliminates self-conceit from within himself; he shall not be punished by the Messenger of Death.
ਨਾਨਕ ਸੇਵਕੁ  ਸੋੈ ਆਖੀਐ ਜ਼ ਸਚੀ ਰਹੈ ਲਵ ਲਾਈ ॥ ੧॥

O Nanak, he alone is called a selfless servant, who remains lovingly attuned to the True Lord. ||1||

ਦਾਿਤ ਜੋਿਤ ਸਭ ਸੂਰਿਤ ਤੇਰੀ ॥ ੧॥

All gifts, light and beauty are Yours.

ਬਹੁ ਿਸਆਣਪ ਹਉਮੈ ਮੇਰੀ ॥

Excessive cleverness and egotism are mine.

ਨਾਨਕ ਆਿਪ ਕਰਾਏ ਕਰਤਾ ਜੋ ਿਤਸੁ ਭਾਵੈ ਸਾਈ ਗਲ ਚੰਗੇਰੀ ॥ ੨॥

O Nanak, the Creator Himself inspires all to act. Whatever pleases Him is good. ||2||

ਮਾਲਾਰ ਮਹਲਾ ३ ਚਾ ਉਪਦੇ ਘਰ ।

Malaar, Third Mehl, Chau-Padas, First House:

ੱਕੀ ਸਤਿਗੁਰ ਪਰਸਾਦ ॥

One Universal Creator God. By The Grace Of The True Guru:
निरंकार है आपने भरिम भुलै। (1257)
The Formless Lord is formed by Himself. He Himself deludes in doubt.

किर करता आपने वेचिये जित भाविये लाए। (1257)
Creating the Creation, the Creator Himself beholds it; He enjoins us as He pleases.

सेवक काँय एहा विडाई जा कउ हुकमु मनाए। ||1||
This is the true greatness of His servant, that he obeys the Hukam of the Lord's Command. ||1||

आपना भाणा आपने जाणै गुर किरपा ते लहीऐ। (1257)
Only He Himself knows His Will. By Guru's Grace, it is grasped.

एहें सकित सिवै घरी आचै जीविता मरी रहीऐं। ||1|| रहां। ||1||Pause||
When this play of Shiva and Shakti comes to his home, he remains dead while yet alive. ||1||Pause||

वेद पढै पिड़ वादु वखाँै बर्हमा बसनु महेसा। (1257)
They read the Vedas, and read them again, and engage in arguments about Brahma, Vishnu and Shiva.

एह तिरंगुण माइआ िजिन जगतु भुलाइया जनम मरण का सहसा। (1257)
This three-phased Maya has deluded the whole world into cynicism about death and birth.
हम दीन मूरख अवीचारी तुम िचता करहु हमारी ॥ (1257)

I am meek, foolish and thoughtless, but still, You take care of me.

होहु दइआल किर दासु दासा का सेवा करी तुमारी ॥ (1257)

Please be kind to me, and make me the slave of Your slaves, so that I may serve You.

एकु निधानु देहि तु अपणा अहिनिस नामु वखाणी ॥ 3 ॥

Please bless me with the treasure of the One Name, that I may chant it, day and night. ||3||

कहत नानकु  गुर परसादी बूझहु कोई ऐसा करे वीचारा ॥ (1257)

Says Nanak, by Guru's Grace, understand. Hardly anyone considers this.

जिउ जल ऊपिर फे नु बुदबुदा तैसा इहु संसारा ॥ (1257)

Like foam bubbling up on the surface of the water, so is this world.

जिस ते होआ तिसहि समाणा चूँकि गइआ पासारा ॥ 4 ॥

It shall eventually merge back into that from which it came, and all its expanse shall be gone. ||4||1||

मलार महला 3 ॥ (1258)

Malaar, Third Mehl:

जिनी हुकमु पचहाँनी ने मेले उहुमे सबिद जलाई ॥ (1258)

Those who realize the Hukam of the Lord's Command are united with Him; through the
Word of His Shabad, their egotism is burnt away.
They perform true devotional worship day and night; they remain lovingly attuned to the True Lord.

They gaze on their True Lord forever, through the Word of the Guru's Shabad, with loving ease.

O mortal, accept His Will and find peace.

God is pleased by the Pleasure of His Own Will. Whomever He forgives, meets no obstacles on the way.

Under the influence of the three gunas, the three dispositions, the mind wanders everywhere, without love or devotion to the Lord.

No one is ever saved or liberated, by doing deeds in ego.

Whatever our Lord and Master wills, comes to pass. People wander according to their past actions.
Meeting with the True Guru, the mind is overpowered; the Lord’s Name comes to abide in the mind.

The value of such a person cannot be estimated; nothing at all can be said about him.

He comes to dwell in the fourth state; he remains merged in the True Lord.

My Lord God is Inaccessible and Unfathomable. His value cannot be expressed.

By Guru’s Grace, he comes to understand, and live the Shabad.

O Nanak, praise the Naam, the Name of the Lord, Har, Har; you shall be honored in the Court of the Lord.

Rare is that person who, as Gurmukh, understands; the Lord has bestowed His Glance of Grace.
गुर भिनु दाता कोई नाही बखसे नदर करेइ ॥ (1258)
gur bin daataa ko-ee naahee bakhsay nadar karay-i.
There is no Giver except the Guru. He grants His Grace and forgives.

मेरे मन हिर अमर्त नामु िधाई ॥१॥ (1258)
mayray man har amrit naam Dhi-aa-ay.
O my mind, meditate on the Ambrosial Name of the Lord.

सतिगुरु पुरखु िमलै नाउ पाईऐ हिर नामे सदा समाइ ॥१॥ रहाउ ॥ (1258)
satgur purakh milai naa-o paa-ee-ai har naamay sadaa samaa-ay. ||1|| rahaa-o.
Meeting with the True Guru and the Primal Being, the Name is obtained, and one remains forever absorbed in the Lord's Name. ||1||Pause||

मनमुख सदा िवछुड़े िफरिह कोइ न िकस ही नाल ॥ (1258)
manmukh sadaa vichhurhay fireh ko-ay na kis hee naal.
The self-willed manmukhs are forever separated from the Lord; no one is with them.

हउमै वडा रोगु है िसिर मारे जमकािल ॥ (1258)
ha-umai vadaa rog hai sir maaray jamkaal.
They are stricken with the great disease of egotism; they are hit on the head by the Messenger of Death.

Those who follow the Guru's Teachings are never separated from the Sat Sangat, the True Congregation. They dwell on the Naam, night and day. ||2||
You are the One and Only Creator of all. You continually create, watch over and contemplate.

Some are Gurmukh - You unite them with Yourself. You bless them with the treasure of devotion.

You Yourself know everything. Unto whom should I complain? ||3||

The Name of the Lord, Har, Har, is Ambrosial Nectar. By the Lord's Grace, it is obtained.

Chanting the Name of the Lord, Har, Har, night and day, the intuitive peace and poise of the Guru is obtained.

O Nanak, the Naam is the greatest treasure. Focus your consciousness on the Naam. ||4||3||

I praise the Guru, the Giver of peace, forever. He truly is the Lord God.
By Guru's Grace, I have obtained the supreme status. His glorious greatness is glorious!

One who sings the Glorious Praises of the True Lord, merges in the True Lord.

O mortal, contemplate the Guru's Word in your heart.

Abandon your false family, poisonous egotism and desire; remember in your heart, that you will have to leave.

The True Guru is the Giver of the Lord's Name. There is no other giver at all.

Bestowing the gift of the soul, He satisfies the mortal beings, and merges them in the True Name.

Night and day, they ravish and enjoy the Lord within the heart; they are intuitively absorbed in Samaadhi.

The Shabad, the Word of the True Guru, has pierced my mind. The True Word of His Bani permeates my heart.
ਮੇਰਾ ਪਰ੍ਭੂ ਅਲੱਖ ਨ ਜਾਈ ਲਿਖਾ ਗੁਰਮੁਖ ਅਕਥ ਕਹਾਣੀ ॥ (1259)
ਮੇਰਾ ਪਰ੍ਭੂ ਅਲੱਖ ਨ ਜਾਈ ਲਿਖਾ ਗੁਰਮੁਖ ਅਕਥ ਕਹਾਣੀ ॥

My God is Unseen; He cannot be seen. The Gurmukh speaks the Unspoken.

ਆਪੇ ਦਿਆ ਕਰੇ ਸੁਖਦਾਤਾ ਜਾਪੀਐ ਸਹਿਜਨਾਰੰਗਪਾਣੀ ॥੩॥ (1259)
ਆਪੇ ਦਿਆ ਕਰੇ ਸੁਖਦਾਤਾ ਜਾਪੀਐ ਸਹਿਜਨਾਰੰਗਪਾਣੀ ॥

When the Giver of peace grants His Grace, the mortal being meditates on the Lord, the Life of the Universe. ||3||

ਆਵਣ ਜਾਣਾ ਬਹੁਤ ਹੋਵੈ ਗੁਰਮੁਖ ਸਹਿਜ ਧੀਆਈਆ ॥ (1259)
ਆਵਣ ਜਾਣਾ ਬਹੁਤ ਹੋਵੈ ਗੁਰਮੁਖ ਸਹਿਜ ਧੀਆਈਆ ॥

He does not come and go in reincarnation any longer; the Gurmukh meditates intuitively.

ਸਾਚੇ ਹੀ ਸਚੁ ਸਾਚ ਪਤੀਜੈ ਵਚਹੁ ਆਪੁ ਗਵਾਈਆ ॥੪॥ (1259)
ਸਾਚੇ ਹੀ ਸਚੁ ਸਾਚ ਪਤੀਜੈ ਵਚਹੁ ਆਪੁ ਗਵਾਈਆ ॥

In truth, the True Lord is pleased with truth; eradicate egotism from within yourself. ||4||

ਏਕੋ ਏਕੁ ਵਸੈ ਮਿਨ ਸਾਹਿਬ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਈ ॥ (1259)
ਏਕੋ ਏਕੁ ਵਸੈ ਮਿਨ ਸਾਹਿਬ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਈ ॥

Our One and Only Lord and Master dwells within the mind; there is no other at all.

ਨਾਨਕ ਨਾਮੁ ਪਰ੍ਭੂ ਤੇ ਪਾਈਐ ਜੰ ਕਹ ਗਰਮ ਲਿਖਾ ਹੋਈ ॥੫॥੪॥ (1259)
ਨਾਨਕ ਨਾਮੁ ਪਰ੍ਭੂ ਤੇ ਪਾਈਐ ਜੰ ਕਹ ਗਰਮ ਲਿਖਾ ਹੋਈ ॥

O Nanak, the Name of God is obtained, by those who are so predestined. ||5||4||
Malaar, Third Mehl:

All the heavenly heralds and celestial singers are saved through the Naam, the Name of the Lord.

They contemplate the Word of the Guru's Shabad. Subduing their ego, the Name abides in their minds; they keep the Lord enshrined in their hearts.

He alone understands, whom the Lord causes to understand; the Lord unites him with Himself.

Night and day, he sings the Word of the Shabad and the Guru's Bani; he remains lovingly attuned to the True Lord.

O my mind, each and every moment, dwell on the Naam.

The Shabad is the Guru's Gift. It shall bring you lasting peace deep within; it shall always stand by you.
मनमुख पाखंडु कदे न चूकै दूज़े भाई दुखु पाए ॥ (1259)

The self-willed manmukhs never give up their hypocrisy; in the love of duality, they suffer in pain.

नाम विसारि विखिक्त भाई दूजे सत्स जनमु गवाए ॥ (1259)

Forgetting the Naam, their minds are imbued with corruption. They waste away their lives uselessly.

इह वेला फिर हिथ न आवै अनिदनु सदा पछुताए ॥ (1259)

This opportunity shall not come into their hands again; night and day, they shall always regret and repent.

मर जनमै कदे न बूझै विसटा माह समाए ॥२॥ (1259)

They die and die again and again, only to be reborn, but they never understand. They rot away in manure. ||2||

गुरमुख नाम रते से उधरे गुर का सबद। वीचार ॥ (1259)

The Gurmukhs are imbued with the Naam, and are saved; they contemplate the Word of the Guru’s Shabad.

जीवन मुक्त हिर नाम धिखा राख उर धार ॥ (1259)

Meditating on the Name of the Lord, they are Jivan-mukta, liberated while yet alive. They enshrine the Lord within their hearts.

मनु तन निरमल निरमल मति उतम उतम बाणी होई ॥ (1259)

Their minds and bodies are immaculate, their intellect is immaculate and sublime. Their speech is sublime as well.
They realize the One Primal Being, the One Lord God. There is no other at all. ||3||

God Himself is the Doer, and He Himself is the Cause of causes. He Himself bestows His Glance of Grace.

My mind and body are imbued with the Word of the Guru's Bani. My consciousness is immersed in His service.

The Unseen and Inscrutable Lord dwells deep within. He is seen only by the Gurmukh.

O Nanak, He gives to whomever He pleases. According to the Pleasure of His Will, He leads the mortals on.

Through the True Guru, the mortal obtains the special place, the Mansion of the Lord's Presence in his own home.

Through the Word of the Guru's Shabad, his egotistical pride is dispelled.
Those who have the Naam inscribed on their foreheads,

meditate on the Naam night and day, forever and ever. They are honored in the True Court of the Lord. ||1||Pause||

Imbued with the Word of the Guru's Shabad, they remain forever detached. They are honored in the True Court of the Lord. ||2||

This mind plays, subject to the Lord's Will; in an instant, it wanders out in the ten directions and returns home again.

When the True Lord God Himself bestows His Glance of Grace, then this mind is instantly brought under control by the Gurmukh. ||3||

The mortal comes to know the ways and means of the mind, realizing and contemplating the Shabad.
O Nanak, meditate forever on the Naam, and cross over the terrifying world-ocean. ||4||6||

Malaar, Third Mehl:

Soul, body and breath of life are all His; He is permeating and pervading each and every heart.

Except the One Lord, I do not know any other at all. The True Guru has revealed this to me. ||1||

O my mind, remain lovingly attuned to the Naam, the Name of the Lord.

Through the Word of the Guru’s Shabad, I meditate on the Lord, the Unseen, Unfathomable and Infinite Creator. ||1||Pause||

Mind and body are pleased, lovingly attuned to the One Lord, intuitively absorbed in peace and poise.
By Guru's Grace, doubt and fear are dispelled, being lovingly attuned to the One Name.

When the mortal follows the Guru's Teachings, and lives the Truth, then he attains the state of emancipation.

Wherever I look, there I see the One. This understanding has come through the Guru's Teachings.

I place my mind, body and breath of life in offering before Him; O Nanak, self-conceit is gone.
Imbued with devotional worship, the mortal remains forever detached. He is honored in the True Court of the Lord. ||1||

O mind, remain absorbed in the Mind.

The mind of the Gurmukh is pleased with the Lord's Name, lovingly attuned to the Lord. ||1||Pause||

He Himself is the Shabad, and He Himself is the True Teachings; He merges our light into the Light.

The breath vibrates through this frail body; the Gurmukh obtains the ambrosial nectar. ||3||
He Himself fashions, and He Himself links us to our tasks; the True Lord is pervading everywhere.

O Nanak, without the Naam, the Name of the Lord, no one is anything. Through the Naam, we are blessed with glory.

The mortal is enticed by the poison of corruption, burdened with such a heavy load.

The Lord has placed the magic spell of the Shabad into his mouth, and destroyed the poison of ego.

Attachment to the three-phased show of Maya pervades all the created forms.
In the Sat Sangat, the Society of the Saints, the state of supreme awareness is attained. The Merciful Lord carries us across. ||2||

The smell of sandalwood is so sublime; its fragrance spreads out far and wide. ||3||

The lifestyle of the Lord's humble servant is exalted and sublime. He spreads the Kirtan of the Lord's Praises throughout the world. ||3||

O my Lord and Master, please be merciful, merciful to me, that I may enshrine the Lord, Har, Har, Har, within my heart. ||4||9||

Nanak has found the Perfect True Guru; in his mind, he chants the Name of the Lord. ||4||9||

Malaar, Third Mehl, Second House:

One Universal Creator God. By The Grace Of The True Guru:

Is this mind a householder, or is this mind a detached renunciate?
Is this mind beyond social class, eternal and unchanging?

Is this mind fickle, or is this mind detached?

How has this mind been gripped by possessiveness? ||1||

Why do you read so many other things, and carry such a heavy load? ||1||Pause||

The Creator has attached it to Maya and possessiveness.

Enforcing His Order, He created the world.

By Guru's Grace, understand this, O Siblings of Destiny.
ਸਦਾ रਹਹੁ ਹਿਰ ਕੀ ਸਰਣਾਈ ॥੨॥
Remain forever in the Sanctuary of the Lord. ||2||

ਸੋ ਪੰਡਤੁ ਜੋ ਤਿਹਾਂ ਗੁਣਾ ਕੀ ਪੰਡ ਉਤਾਰੈ ॥
so pandit jo tihaaN gunaa kee pand utaarai.
He alone is a Pandit, who sheds the load of the three qualities.

ਅਨਿਦਨੁ ਏਕੋ ਨਾਮੁ ਵਖਾਣੈ ॥
Night and day, he chants the Name of the One Lord.

ਸਿਤਗੁਰ ਕੀ ਓਹੁ ਦੀਕ੍ਹਾ ਲੇਇ ॥
He accepts the Teachings of the True Guru.

ਸਿਤਗੁਰ ਆਗੈ ਸੀਸੁ ਧਰੇ�ਇ ॥
He offers his head to the True Guru.

ਸਦਾ ਅਲਗੁ ਰਹੈ ਿਨਰਬਾਣੁ ॥
He remains forever unattached in the state of Nirvaanaa.

ਸਮਨਾਂ ਮਹਿ ਏਕੋ ਏਕੁ ਵਖਾਣੈ ॥
He preaches that the One Lord is within all beings.
जा एको वेखै तां एको जानै।
As he sees the One Lord, he knows the One Lord.

जा कउ बखसे मेले सोइ।
That person, whom the Lord forgives, is united with Him.

है ऐथै ओथै सदा सुख होइ।
He finds eternal peace, here and hereafter.

कहत नानकु कवन िबि दिआ कोइ।
Says Nanak, what can anyone do?

सोई मुकति जा कउ किरपा होइ।
He alone is liberated, whom the Lord blesses with His Grace.

अनदितु हूरि गुण गावै सोइ।
Night and day, he sings the Glorious Praises of the Lord.

Malaar, Third Mehl: 3
bharam bharam jon manmukh bharmaa-ee.
The self-willed manmukhs wander lost in reincarnation, confused and deluded by doubt.

jamkaal maaray nit pati gavaa-ee.
The Messenger of Death constantly beats them and disgraces them.

satgur sayvaa jam kee kaan chukaa-ee.
Serving the True Guru, the mortal's subservience to Death is ended.

paraanee gurmukh naam Dhi-aa-ay.
O mortal, as Gurmukh, meditate on the Naam, the Name of the Lord.

janam padaarath dubiDhaa kho-i-aa ka-udee badlai jaa-ay. ||1|| rahaa-o.
In duality, you are ruining and wasting this priceless human life. You trade it away in exchange for a shell. ||1||Pause||

kar kirpaa gurmukh lagai pi-aar.
The Gurmukh falls in love with the Lord, by His Grace.

antar bhagat har har ur Dhaar.
He enshrines loving devotion to the Lord, Har, Har, deep within his heart.
The Word of the Shabad carries him across the terrifying world-ocean.

He appears true in the True Court of the Lord.

Performing all sorts of rituals, they do not find the True Guru.

Without the Guru, so many wander lost and confused in Maya.

Egotism, possessiveness and attachment rise up and increase within them.

In the love of duality, the self-willed manmukhs suffer in pain.

The Creator Himself is Inaccessible and Infinite.

Chant the Word of the Guru's Shabad, and earn the true profit.
The Lord is Independent, Ever-present, here and now.

O Nanak, the Gurmukh merges in the Naam. ||4||2||11||

Those who are attached to the Guru's Teachings, are Jivan-mukta, liberated while yet alive.

They remain forever awake and aware night and day, in devotional worship of the Lord.

They serve the True Guru, and eradicate their self-conceit.

I fall at the feet of such humble beings. ||1||

Constantly singing the Glorious Praises of the Lord, I live.
गुर का सबद प्रभु रस मीठदेह नाम मुका संगत गीत पाय ॥१॥ रहाउ ॥

The Word of the Guru's Shabad is such totally sweet elixir. Through the Name of the Lord, I have attained the state of liberation. ||1||Pause||

माया मोह अज्ञान गुबार ॥

Attachment to Maya leads to the darkness of ignorance.

मनमुख मोह गुबार ॥

The self-willed manmukhs are attached, foolish and ignorant.

अनिदन धंधा करत वीहाय ॥

Night and day, their lives pass away in worldly entanglements.

जो किछु होवै सहिज सुभाई ॥

Whatever he does, he does with intuitive poise.
He drinks in the sublime essence of the Lord; his tongue delights in its flavor. ||3||

Among millions, hardly any understand.

The Lord Himself forgives, and bestows His glorious greatness.

Whoever meets with the Primal Lord God, shall never be separated again.

Nanak is absorbed in the Name of the Lord, Har, Har. ||4||3||12||

Malaar, Third Mehl:

Everyone speaks the Name of the Lord with the tongue.

But only by serving the True Guru does the mortal receive the Name.
ਬੰਧਨ ਤੋੜੇ ਮੁਕਿਤ ਘਿਰ ਰਹੈ ॥ (1262)
banDhan torhay mukat ghar rahai.
His bonds are shattered, and he stays in the house of liberation.

ਗੁਰ ਸ਼ਬਦੀ ਅਸਿਠੋ ਘਿਰ ਰਹੈ ॥੧॥ (1262)
gur sabdee asthir ghar bahai. ||1||
Through the Word of the Guru's Shabad, he sits in the eternal, unchanging house. ||1||

ਮੇਰੇ ਮਨ ਕਾਹੈ ਰੋਸੁ ਕਰੀਜੈ ॥ (1262)
mayray man kaahay ros kareejai.
O my mind, why are you angry?

ਲਾਹਾ ਕਲਜੁਿਗ ਰਾਮ ਨਾਮੁ ਹੈ ਗੁਰਮਿਤ ਅਨਿਦਨੁ ਿਤਾਦੈ ਰਵੀਜੈ ॥੧॥ ਰਹਾਉ ॥ (1262)
laahaa kaljug raam naam hai gurmat an-din hirdai raveejai. ||1|| raha-o.
In this Dark Age of Kali Yuga, the Lord's Name is the source of profit. Contemplate and appreciate the Guru's Teachings within your heart, night and day. ||1||Pause||

ਵਾਬੀਹਾ ਕਿੰਤੁ ਕਿੰਤੁ ਕਿੲਲਾਇ ॥ (1262)
baabeehaa khin khin billaa-ay.
Each and every instant, the rain-bird cries and calls.

ਬਿਨ ਦੇਖ ਤੋੜੇ ਤ ਪਾਈ ॥ (1262)
bim pir daykhay neeNd na paa-ay.
Without seeing her Beloved, she does not sleep at all.

ਵਾਹਾ ਤਿਨ ਤਿਨ ਤਿਵਾਨ ਨਹਾੈ ॥ (1262)
vaahaa taaN taaN tivaaN nahai.
She cannot endure this separation.

ਸਤਗੁਰੂ ਮਾਲਹਾ ਤ ਨਾਈ ॥੨॥ (1262)
satgur milai taaN milai subhaa-ay. ||2||
When she meets the True Guru, then she intuitively meets her Beloved. ||2||
Lacking the Naam, the Name of the Lord, the mortal suffers and dies.

He is burnt in the fire of desire, and his hunger does not depart.

Without good destiny, he cannot find the Naam.

He performs all sorts of rituals until he is exhausted. ||3||

The mortal thinks about the Vedic teachings of the three gunas, the three dispositions.

He deals in corruption, filth and vice.

He dies, only to be reborn; he is ruined over and over again.

The Gurmukh enshrines the glory of the supreme state of celestial peace. ||4||


Guru manai maanai sabh ko-ay.  
One who has faith in the Guru - everyone has faith in him.

Guru bachnee manu setal ho-ay.  
Through the Guru's Word, the mind is cooled and soothed.

Chahu jug sobhaa nirimal jan so-ay.  
Throughout the four ages, that humble being is known to be pure.

O Nanak, that Gurmukh is so rare. ||5||4||13||9||13||22||

Malaar, Third Mehl, Ashtapadees, First House:

One Universal Creator God. By The Grace Of The True Guru:

If it is in his karma, then he finds the True Guru; without such karma, He cannot be found.

He meets the True Guru, and he is transformed into gold, if it is the Lord's Will. ||1||
ਮੁਗੇ ਰਾਤ ਕਰੀ ਰਾਗੀ ਚਿਦਿਲ ਲਹਿ ਦੀ || (1276)
ਮਨ ਮੇਰੇ ਹਿਨ ਹਿਰ ਨਾਿਮ ਚਿਤ ਲਾਈ ||
man mayray har har naam chit laa-ay.
O my mind, focus your consciousness on the Name of the Lord, Har, Har.

ਸਿਤਗੁਰ ਤੇ ਹਿਰ ਪਾਈਐ ਸਾਚਾ ਹਿਰ ਸੀਉ ਰਹੈ ਸਾਮਾਈ ॥੧॥ ਰਹਾਉ ॥
satgur tay paa-ee-ai saachaa har si-o rahai samaa-ay. ||1|| raha-o.
The Lord is found through the True Guru, and then he remains merged with the True Lord. ||1||Pause||

ਸਿਤਗੁਰ ਤੇ ਗਿਆਨਾ ਊਪਜੈ ਤਾ ਇਹ ਸੰਸਾ ਜਾਈ ॥ (1276)
satgur tay gi-aan oopjai taaN ih sansaa jaa-ay.
Spiritual wisdom wells up through the True Guru, and then this cynicism is dispelled.

ਸਿਤਗੁਰ ਤੇ ਹਿਰ ਬੁਜ਼ੀਐ ਗਰਭ ਜੋਨੀ ਨਹ ਪਾਇ ॥੨॥
satgur tay har bujhee-ai garabh jonee nah paa-ay. ||2||
Through the True Guru, the Lord is realized, and then, he is not consigned to the womb of reincarnation ever again. ||2||

ਗੁਰ ਪਾਰਸਾਦੀ ਜੀਵਤ ਮਰਈ ਮਿਰ ਜੀਵੈ ਸਬਦੁ ਕਮਾਇ ॥ (1276)
gur parsaadee jeevat marai mar jeevai sabad kamaa-ay.
By Guru's Grace, the mortal dies in life, and by so dying, lives to practice the Word of the Shabad.

ਮੁਕਾਤ ਦੁਆਰਾ ਜੇਵੈ ਪਾਈਐ ਜ ਵਿਚਹੁ ਆਪ ਗਵਾਈ ॥੩॥
mukat du-aaraa so-ee paa-ay je vichahu aap gavaa-ay. ||3||
He alone finds the Door of Salvation, who eradicates self-conceit from within himself. ||3||

ਗੁਰ ਪਾਰਸਾਦੀ ਸਿਵ ਘਿਰਾਜੀ ਲਗਤ ਗਵਾਈ ॥ (1276)
gur parsaadee siv ghar jammai vichahu sakat gavaa-ay.
By Guru's Grace, the mortal is reincarnated into the Home of the Lord, having eradicated Maya from within.
अचरू चरै िबबैक बुध पाए पुरखै पुरखु िमलाई ॥४॥
(1276)
He eats the uneatable, and is blessed with a discriminating intellect; he meets the
Supreme Person, the Primal Lord God. ||4||

पन्नूव बाजी संसारू अचेतु है चलै मूल गवाई ॥
(1276)
Dhaatur baajee sansaar achayt hai chalai mool gavaa-ay.
The world is unconscious, like a passing show; the mortal departs, having lost his capital.

लाहा हिर सतसंगित पाईऐ करमी पलै पाई ॥५॥
(1276)
The profit of the Lord is obtained in the Sat Sangat, the True Congregation; by good
karma, it is found. ||5||

सितगुर िवणु िकनै न पाइआ मिन वेखहु िरदै बीचािर ॥
(1276)
Without the True Guru, no one finds it; see this in your mind, and consider this in your
heart.

वडभागी गुरु पाइआ भवजलु उतरे पािर ॥६॥
(1276)
By great good fortune, the mortal finds the Guru, and crosses over the terrifying world-
ocean. ||6||

हिर नामां हिर टेक है हिर हिर नामु अधारु ॥
(1276)
The Name of the Lord is my Anchor and Support. I take only the Support of the Name of
the Lord, Har, Har.

क्रिया वकू गुरु मेलहु हरि नींदी रवहु मेंहु िमाघवु ॥
(1276)
O Dear Lord, please be kind and lead me to meet the Guru, that I may find the Door of
Salvation. ||7||
Mastak lilaat likhi-aa Dhur thaakur maytnaa na jaa-ay.
The pre-ordained destiny inscribed on the mortal's forehead by our Lord and Master cannot be erased.

Nanak say jan pooran ho-ay jin har bhaanaa bhaa-ay. ||8||1|| O Nanak, those humble beings are perfect, who are pleased by the Lord's Will. ||8||1||

Malaar, Third Mehl:

Beyad vaahi nahu vandug, tra ghat vahe jisudda || (1276)
bayd bane jeev hitsadda tharai gun karay beechar.
The world is involved with the words of the Vedas, thinking about the three gunas - the three dispositions.

Bin naa, jay maha har har namu dhia-ay. ||1||
Without the Name, it suffers punishment by the Messenger of Death; it comes and goes in reincarnation, over and over again.

Satgur bhaytay mukat ho-ay paa-ay mokh du-aar. ||1||
Meeting with the True Guru, the world is liberated, and finds the Door of Salvation. ||1||

Mortal, immerse yourself in service to the True Guru.

Vadai bhaag gur pooraa paa-i-aa har har namu Dhi-aa-ay. ||1||
By great good fortune, the mortal finds the Perfect Guru, and meditates on the Name of the Lord, Har, Har. ||1|| Pause ||
The Lord, by the Pleasure of His Own Will, created the Universe, and the Lord Himself gives it sustenance and support.

The Lord, by His Own Will, makes the mortal's mind immaculate, and lovingly attunes him to the Lord.

The Lord, by His Own Will, leads the mortal to meet the True Guru, the Embellisher of all his lives. ||2||

Waaho! Waaho! Blessed and Great is the True Word of His Bani. Only a few, as Gurmukh, understand.

Praise God as Great! No one else is as Great as He.

When God's Grace is received, He Himself forgives the mortal, and unites him with Himself. ||3||

The True Guru has revealed our True, Supreme Lord and Master.
The Ambrosial Nectar rains down and the mind is satisfied, remaining lovingly attuned to the True Lord.

In the Lord’s Name, it is forever rejuvenated; it shall never wither and dry up again. ||4||

Without the True Guru, no one finds the Lord; anyone can try and see.

By the Lord’s Grace, the True Guru is found, and then the Lord is met with intuitive ease.

The self-willed manmukh is deluded by doubt; without good destiny, the Lord’s wealth is not obtained. ||5||

The three dispositions are completely distracting; people read and study and contemplate them.

Those people are never liberated; they do not find the Door of Salvation.

Without the True Guru, they are never released from bondage; they do not embrace love for the Naam, the Name of the Lord. ||6||
The Pandits, the religious scholars, and the silent sages, reading and studying the Vedas, have grown weary.

They do not even think of the Lord's Name; they do not dwell in the home of their own inner being.

The Messenger of Death hovers over their heads; they are ruined by the deceit within themselves.

Everyone longs for the Name of the Lord; without good destiny, it is not obtained.

When the Lord bestows His Glance of Grace, the mortal meets the True Guru, and the Lord's Name comes to dwell within the mind.

O Nanak, through the Name, honor wells up, and the mortal remains immersed in the Lord.
One Universal Creator God. By The Grace Of The True Guru:

When the Lord shows His Mercy, He enjoins the mortal to work for the Guru.

His pains are taken away, and the Lord's Name comes to dwell within.

True deliverance comes by focusing one's consciousness on the True Lord.

O my mind, serve the Lord, Har, Har, the true treasure.

By Guru's Grace, the wealth of the Lord is obtained. Night and day, focus your meditation on the Lord. ||Pause||

The soul-bride who adorns herself without her Husband Lord,
ਦੁਹਚਾਰਣੀ ਕਹੀਐ ਿਨਤ ਹੋਇ ਖੁਆਰੁ ॥ (1277)
is ill-mannered and vile, wasted away into ruin.

ਮਨਮੁਖ ਕਾ ਇਹੁ ਬਾਿਦ ਆਚਾਰੁ ॥
This is the useless way of life of the self-willed manmukh.

ਬਹੁ ਕਰਮ ਦੱਰ੍ੱਡਾਵਿਹ ਨਾਮੁ ਿਵਸਾਿਰ ॥੨॥
Forgetting the Naam, the Name of the Lord, he performs all sorts of empty rituals. ||2||

ਗੁਰਮੁੱਖ ਕਾਮਣ ਬਿਣਆ ਸੀਗਾਰੁ ॥
The bride who is Gurmukh is beautifully embellished.

ਸਾਬਦੇ ਿਪਰੁ ਰਾਿਖਾ ਉਰ ਧਾਰੁ ॥
Through the Word of the Shabad, she enshrines her Husband Lord within her heart.

ਏਕੁ ਪਛਾਣੈ ਹਉਮੈ ਮਾਿਰ ॥
She realizes the One Lord, and subdues her ego.

ਸੋਭਾਵੰਤੀ ਕਹੀਐ ਨਾਿਰ ॥੩॥
That soul-bride is virtuous and noble. ||3||

ਬਿਹੁ ਗੁਰ ਦਾਤਾ ਬਿਈਅ ਿਧਿਸ਼ਾ ॥
Without the Guru, the Giver, no one finds the Lord.
The greedy self-willed manmukh is attracted and engrossed in duality.

Only a few spiritual teachers realize this,

that without meeting the Guru, liberation is not obtained.

Everyone tells the stories told by others.

Without subduing the mind, devotional worship does not come.

When the intellect achieves spiritual wisdom, the heart-lotus blossoms forth.

The Naam, the Name of the Lord, comes to abide in that heart.

In egotism, everyone can pretend to worship God with devotion.
ना मनु भीजै ना सुखु होइ ॥

But this does not soften the mind, and it does not bring peace.

काहि काहि कहणु आपु जाणाए ॥

By speaking and preaching, the mortal only shows off his self-conceit.

से भगत सनिसुर मनि भाए ॥

They alone are devotees, who are pleasing to the Mind of the True Guru.

थोडे लघु वेषित जनमु गवाए ॥६॥

His devotional worship is useless, and his life is a total waste. ||6||

निदनु नाम रहें लव लाए ॥

Night and day, they remain lovingly attuned to the Name.

सद ही नामु वेखिह हजूर ॥

They behold the Naam, the Name of the Lord, ever-present, near at hand.

गुर कै सबद रहिह भरपूर ॥

Through the Word of the Guru's Shabad, He is pervading and permeating everywhere.

आपे बखसे देइ पियार ॥

God Himself forgives, and bestows His Love.
The world is suffering from the terrible disease of egotism.

By Guru's Grace, this disease is cured.

O Nanak, through the Truth, the mortal remains immersed in the True Lord.

Meeting with the Guru, the mind is delighted, like the earth embellished by the rain.

Everything becomes green and lush; the pools and ponds are filled to overflowing.

The inner self is imbued with the deep crimson color of love for the True Lord.

The heart-lotus blossoms forth and the mind becomes true; through the Word of the Guru's Shabad, it is ecstatic and exalted.
manmukh doojee taraf hai vaykhhu nadar nihaal.
The self-willed manmukh is on the wrong side. You can see this with your own eyes.

faahee faathay mirag ji-o sir deesai jamkaal.
He is caught in the trap like the deer; the Messenger of Death hovers over his head.

khuDhi-aa tarisnaa nindaa buree kaam kroDh vikraal.
Hunger, thirst and slander are evil; sexual desire and anger are horrible.

aynee akhee nadar na aavee jichar sabad na karay beechaar.
These cannot be seen with your eyes, until you contemplate the Word of the Shabad.

tuDh bhaavai santokhee-aaN chookai aal jaanjaal.
Whoever is pleasing to You is content; all his entanglements are gone.

mool rahai gur sayvi-ai gur pa-orhee bohith.
Serving the Guru, his capital is preserved. The Guru is the ladder and the boat.

naanak lagee tat lai tooN sachaaa man sach. ||1||
O Nanak, whoever is attached to the Lord receives the essence; O True Lord, You are found when the mind is true. ||1||
ऊं निव ऊं निव आइआ अविर करेंदा वंन ॥ (1280)
Hanging low, low and thick in the sky, the clouds are changing color.

किआ जाणा तिसु साह सिउ केव रहसी रंग ॥ (1280)
How do I know whether my love for my Husband Lord shall endure?

रंगु रिहआ ितन् कामणी जिन्ह मनि भउ भाउ होइ ॥ (1280)
The love of those soul-brides endures, if their minds are filled with the Love and the Fear of God.

नानक भै भाइ बाहरी ितन तिन सुखु न होइ ॥१॥ (1280)
O Nanak, she who has no Love and Fear of God - her body shall never find peace. ||1||

मः ३ ॥ (1280)
mehlaa 3.
Third Mehl:

ऊं निव ऊं निव आइआ अविर करेंदा वंन ॥ (1280)
Hanging low, low and thick in the sky, the clouds come, and pure water rains down.

नानक दुखु लागा ितन्ह कामणी जिन्ह कं तै िसउ मिन भंगु ॥२॥ (1280)
O Nanak, that soul-bride suffers in pain, whose mind is torn away from her Husband Lord. ||2||

सलोक मः ३ ॥ (1280)
salok mehlaa 3.
Shalok, Third Mehl:
Hanging low, low and thick in the sky, the clouds come, and water rains down in torrents.

O Nanak, she walks in harmony with the Will of her Husband Lord; she enjoys peace and pleasure forever.

Why are you standing up, standing up to look? You poor wretch, this cloud has nothing in its hands.

The One who sent this cloud - cherish Him in your mind.

He alone enshrines the Lord in his mind, upon whom the Lord bestows His Glance of Grace.

O Nanak, all those who lack this Grace, cry and weep and wail.

Shalok, Third Mehl:
ਬਾਬੀਹਾ ਜਿਸ ਨੋ ਤੂ ਪੂਕਾਰਦਾ ਤਿਸ ਨੋ ਲੋਚੈ ਸਭੁ ਕੋइ ॥ (1281)

O rainbird, the One unto whom you call - everyone longs for that Lord.

ਅਪਣੀ ਕਿਰਪਾ ਕਿਰ ਕਵੇ ਬਜਰਗ ਵਣੁ ਤਰ੍ਣੁ ਹੀਰਆ ਹੋਇ ॥ (1281)

When He grants His Grace, it rains, and the forests and fields blossom forth in their greenery.

ਗੁਰ ਪਰਸਾਦੀ ਪਾਇਐ ਵਿਰਲਾ ਬੁੱਝੈ ਕੋਇ ॥ (1281)

By Guru's Grace, He is found; only a rare few understand this.

ਗੁਰ ਪਰਸਾਦੀ ਪਾਇਐ ਵਿਰਲਾ ਬੁੱਝੈ ਕੋਇ ॥ (1281)

Sitting down and standing up, meditate continually on Him, and be at peace forever and ever.

ਨਾਨਕ ਅੰਇਮਰ੍ਤੁ ਸਦ ਹੀ ਵਰਸਦਾ ਗੁਰਮੁਖ ਦੇਵੈ ਹਿਰ ਸੋਇ ॥੧॥ (1281)

O Nanak, the Ambrosial Nectar rains down forever; the Lord gives it to the Gurmukh. ||1||

ਮਃ ੩ ॥ (1281)

Third Mehl:

ਕਲਮਿਲ ਹੋਈ ਮੇਦਨੀ ਅਰਦਾਿਸ ਕਰੇ ਿਲਵ ਲਾਇ ॥ (1281)

When the people of the world are suffering in pain, they call upon the Lord in loving prayer.

ਨੇ ਮੁਖੇ ਲੋਹੇ ਦੇ ਪੀਘੇ ਦੇਵੇ ਸਹਿਜ ਸੁਭਾਇ ॥ (1281)

The True Lord naturally listens and hears and gives comfort.
इंद्रै नो फुर्माइआ वुठा छहबर लाइ ॥

He commands the god of rain, and the rain pours down in torrents.

अनु धनु उपजै बहु घणा कीमति कहणु न जाइ ॥

Corn and wealth are produced in great abundance and prosperity; their value cannot be estimated.

नानक सालाही ऐ जसु विस सभु िकछु होइ ॥

O Nanak, praise the Lord; everything is in His power.

The Lord God abides within the mind of the Gurmukh, and then he is at peace, forever and ever.
He is never cynical; all anxiety has been taken out from within him.

Whatever happens, happens naturally; no one has any say about it.

When the True Lord abides in the mind, then the mind's desires are fulfilled.

O Nanak, He Himself hears the words of those, whose accounts are in His Hands.

The Ambrosial Nectar rains down continually; realize this through realization.

Those who, as Gurmukh, realize this, keep the Lord's Ambrosial Nectar enshrined within their hearts.
The Name of the Lord is Ambrosial Nectar; the Lord showers His Grace, and it rains down.

O Nanak, the Gurmukh comes to behold the Lord, the Supreme Soul.

O rainbird, do not cry out. Do not let this mind of yours be so thirsty for a drop of water. Obey the Hukam, the Command of your Lord and Master,

and your thirst shall be quenched. Your love for Him shall increase four-fold.

O rainbird, your place is in the water; you move around in the water.

but you do not appreciate the water, and so you cry out.
जल थल चहु िदिस वरसदा खाली को थाउ नाहि।
In the water and on the land, it rains down in the ten directions. No place is left dry.

एतै जिल वरसदै ितख मरिह भाग ितना के नाहि।
With so much rain, those who are die of thirst are very unfortunate.

O Nanak, the Gurmukhs understand; the Lord abides within their minds. ||2||

This rain pours down on all; it rains down in accordance with God's Loving Will.

Those trees become green and lush, which remain immersed in the Guru's Word.

O Nanak, by His Grace, there is peace; the pain of these creatures is gone. ||1||

Third Mehl:
ਿਭੰਨੀ रੈਿਣ चਮਿਕਆ वੁठਾ ਛਹਬਰ ਲਾਇ ॥ (1282)
bhinnee rain chamki-aa vuthaa chhahbar laa-ay.
The night is wet with dew; lightning flashes, and the rain pours down in torrents.

ਜਿਤੁ ਵੁਠੈ ਅਨੁ ਧਨੁ ਬਹੁਤੁ ਊਪਜੈ ਜਐ ਸਹੁ ਕਰੇ ਰਜਾਇ ॥ (1282)
jit vuthai an Dhan bahut oopjai jaaN saho karay rajaa-ay.
Food and wealth are produced in abundance when it rains, if it is the Will of God.

ਜਿਤੁ ਖਾਧੈ ਮਨੁ ਿਤਰ੍ਪਤੀਐ ਜੀਆਂ ਜੁਗਿਤ ਸਮਾਇ ॥ (1282)
jit khaaDhai man taripat-ee-ai jee-aaN jugat samaa-ay.
Consuming it, the minds of His creatures are satisfied, and they adopt the lifestyle of the way.

ਇਹੁ ਧਨੁ ਕਰਤੇ ਕਾ ਖੇਲੁ ਹੈ ਕਦੇ ਆਵੈ ਕਦੇ ਜਾਇ ॥ (1282)
ih Dhan kartay kaa khayl hai kaday aavai kaday jaa-ay.
This wealth is the play of the Creator Lord. Sometimes it comes, and sometimes it goes.

ਗੀਤਾਨੀਆ ਕਾ ਧਨੁ ਨਾਮੁ ਹੈ ਸਦੀ ਰਹੈ ਸਮਾਇ ॥ (1282)
gi-aanee-aa kaa Dhan naam hai sadhee rahai samaa-ay.
The Naam is the wealth of the spiritually wise. It is permeating and pervading forever.

ਨਾਨਕ ਿਜਨ ਕਉ ਨਦਿਰ ਕਰੇ ਤਐ ਇਹੁ ਧਨੁ ਪਲੈ ਪਾਇ ॥੨॥ (1282)
naanak jin ka-o nadar karay taaN ih Dhan palai paa-ay. ||2||
O Nanak, those who are blessed with His Glance of Grace receive this wealth. ||2||

ਸਲੋਕ ਮੇਲਾ ੩ ॥ (1283)
salok mehlaa 3.
Shalok, Third Mehl:

ਵਾਦਿਵਾ ਏਹੁ ਜਗਤੁ ਹੈ ਭਵੇ ਬ੍ਰਹਮ ਤਾਲੀਧੀ ॥ (1283)
vaabeehaa ayhu jagat hai mat ko bharam talso-ai.
This world is a rainbird; let no one be deluded by doubt.
इहु बाबीहा पसू है इस नो बूझणु नाहि ॥ (1283)

This rainbird is an animal; it has no understanding at all.

अभिन्नु विद वा रूप है निंदु भीते नित वनि ॥ (1283)

The Name of the Lord is Ambrosial Nectar; drinking it in, thirst is quenched.

अिमर्तु हिर का नामु है िजतु पीतै ितख जाइ ॥ (1283)

The Name of the Lord is Ambrosial Nectar; drinking it in, thirst is quenched.

नानक गुरमुिख िजन्ह पीआ ितन्ह बहुिड़ न लागी आइ ॥१॥ (1283)

O Nanak, those Gurmukhs who drink it in shall never again be afflicted by thirst. ||1||

Mehla 3 ॥ (1283)

Third Mehl:

Malaar is a calming and soothing raga; meditating on the Lord brings peace and tranquility.

When the Dear Lord grants His Grace, then the rain falls on all the people of the world.

From this rain, all creatures find the ways and means to live, and the earth is embellished.

O Nanak, this world is all water; everything came from water.
By Guru's Grace, a rare few realize the Lord; such humble beings are liberated forever.

O rainbird, you do not know the Mansion of your Lord and Master's Presence. Offer your prayers to see this Mansion.

You speak as you please, but your speech is not accepted.

Your Lord and Master is the Great Giver; whatever you desire, you shall receive from Him.

Not only the thirst of the poor rainbird, but the thirst of the whole world is quenched.

The night is wet with dew; the rainbird sings the True Name with intuitive ease.
इहु जलु मेरा जीउ है जल बिनु रहणु न जाइ ॥ (1283)
This water is my very soul; without water, I cannot survive.

गुर सबदी जलु पाईएं विचहु आपु गवाइ ॥ (1283)
Through the Word of the Guru's Shabad, this water is obtained, and egotism is eradicated from within.

नानक जिसु बिनु चसा न जीवदी सो सितगुर दीआ िमलाइ ॥२॥ (1283)
O Nanak, I cannot live without Him, even for a moment; the True Guru has led me to meet Him. ||2||

शलोक मः ३ ॥ (1283)
Salok, Third Mehl:

बाबीहा गुणवंती महलु पाईआ अउगणवंती दूर ॥ (1283)
O rainbird, the virtuous soul-bride attains the Mansion of her Lord's Presence; the unworthy, unvirtuous one is far away.

अंतिर तेरै हिर वसै गुरमुिख सदा हजूिर ॥ (1283)
Deep within your inner being, the Lord abides. The Gurmukh beholds Him ever-present.

नानक नािम रते सहजे िमले सबिद गुरू कै  घाल ॥१॥ (1283)
O Nanak, those who are imbued with the Naam intuitively merge with the Lord; they practice the Word of the Guru's Shabad. ||1||
The rainbird prays: O Lord, grant Your Grace, and bless me with the gift of the life of the soul.

Without the water, my thirst is not quenched, and my breath of life is ended and gone.

You are the Giver of peace, O Infinite Lord God; You are the Giver of the treasure of virtue.

O Nanak, the Gurmukh is forgiven; in the end, the Lord God shall be your only friend.

The clouds mercifully burst forth, and the rain pours down in torrents.
The cries and wailings of the rainbird have ceased, and peace has come to abide in its mind.

O Nanak, praise that Lord, who reaches out and gives sustenance to all beings and creatures.

You do not know what thirst is within you, or what you can drink to quench it.

You wander in the love of duality, and you do not obtain the Ambrosial Water.

When God casts His Glance of Grace, then the mortal automatically meets the True Guru.

O Nanak, the Ambrosial Water is obtained from the True Guru, and then the mortal remains merged in the Lord with intuitive ease.
The rainbird chirps in the ambrosial hours of the morning before the dawn; its prayers are heard in the Court of the Lord.

The order is issued to the clouds, to let the rains of mercy shower down.

I am a sacrifice to those who enshrine the True Lord within their hearts.

O Nanak, through the Name, all are rejuvenated, contemplating the Word of the Guru's Shabad. ||1||

Third Mehl:

O rainbird, this is not the way to quench your thirst, even though you may cry out a hundred times.

By God's Grace, the True Guru is found; by His Grace, love wells up.

O Nanak, when the Lord and Master abides in the mind, corruption and evil leave from within. ||2||
ਸਲੋਕ ਮਃ ੩ ॥ (1285)
salok mehlaa 3.
Shalok, Third Mehl:

ਮਹਾਂਤੀ ਮੁਖੀ ਸਾਵਣੀ ਗੁਰ ਸਤਿਕ ਵੀਚਾਰ ॥ (1285)
saavan sarsee kaamnee gur sabdee veechaar.
In the month of Saawan, the bride is happy, contemplating the Word of the Guru's Shabad.

ਸਾਵਣੀ ਦਝੇ ਗੁੰਨ ਬਾਹਰੀ ਜੀਸੂ ਦੂਜੇ ਭਾਈ ਪਿਆਰੁ ॥ (1285)
saavan dajhai gun baahree jis doojai bhaa-ay pi-aar.
In Saawan, she who has no virtue is burned, in attachment and love of duality.

ਨਾਨਕ ਤੀਰਮ ਸੰਭਾਗ ਤੀਰ ਮਹੀਂਦਰ ਮੀਲਾਣ ਖੁਹੀਦਰ ॥ (1285)
naanak tiar maan sah bhaag teer mahiendr melaan khuhi-dar. ||3||
O Nanak, she does not appreciate the value of her Husband Lord; all her decorations are worthless. ||3||
Through the Word of the Guru's Shabad, they realize the One, the One True Lord.

Their minds and bodies are true; they obey the True Lord, and they are known as true.

True devotional worship is deep within them; they are automatically blessed with honor.

In this Dark Age of Kali Yuga, there is utter darkness; the self-willed manmukh cannot find the way.

O Nanak, very blessed are those Gurmukhs, unto whom the Lord is revealed.

Third Mehl:

The clouds rain down mercifully, and joy wells up in the minds of the people.

I am forever a sacrifice to the One, by whose Command the clouds burst forth with rain.
The Gurmukhs dwell on the Word of the Shabad. They sing the Glorious Praises of the True Lord.

O Nanak, those humble beings who are imbued with the Naam are pure and immaculate. They are intuitively merged in the True Lord.

Those who become Gurmukh and understand are very rare; God is permeating and pervading through the Word of His Shabad.

Those who are imbued with the Naam, the Name of the Lord, find everlasting peace; they remain lovingly attuned to the True One.

Chant the Name of the Lord, Har, Har, O Siblings of Destiny.
By Guru’s Grace, the mind becomes steady and stable; night and day, it remains satisfied with the Sublime Essence of the Lord. ||1|| Pause ||

Night and day, perform devotional worship service to the Lord, day and night; this is the profit to be obtained in this Dark Age of Kali Yuga, O Siblings of Destiny.

The humble beings are forever immaculate; no filth ever sticks to them. They focus their consciousness on the True Name. ||2||

The Inexhaustible Treasures are overflowing; they are never exhausted. So serve the Lord forever, O Siblings of Destiny. ||3||

The Creator comes to abide in the minds of those whom He Himself has blessed.

O Nanak, meditate forever on the Naam, which the True Guru has revealed. ||4||1||

O Nanak, meditate forever on the Naam, which the True Guru has revealed. ||4||1||
Prabhaatee, Third Mehl:

I am unworthy; please forgive me and bless me, O my Lord and Master, and unite me with Yourself.

You are Endless; no one can find Your limits. Through the Word of Your Shabad, You bestow understanding.

O Dear Lord, I am a sacrifice to You. I dedicate my mind and body and place them in offering before You; I shall remain in Your Sanctuary forever.

Please keep me forever under Your Will, O my Lord and Master; please bless me with the Glorious Greatness of Your Name.

Through the Perfect Guru, God's Will is revealed; night and day, remain absorbed in peace and poise.
Those devotees who accept Your Will are pleasing to You, Lord; You Yourself forgive them, and unite them with Yourself.

Accepting Your Will, I have found everlasting peace; the Guru has extinguished the fire of desire.

Whatever You do comes to pass, O Creator; nothing else can be done.

O Nanak, nothing is as great as the Blessing of the Name; it is obtained through the Perfect Guru.

Whatever doubt and duality are gone from within; they realize the Word of the Guru's Shabad.

O Dear Lord, You are my One and Only.
ਤੁਧੁ ਜਪੀ ਤੁਧਈ ਸਾਲਾਹੀ ਗਿਤ ਮਿਤ ਤੁਜ਼ ਤੇ ਹੋਈ ॥੧॥ ਰਹਾਉ ॥

I meditate on You and praise You; salvation and wisdom come from You. ||1||Pause||

gurmukh saalaahan say saad paa-in meethaa amrit saar.
The Gurmukh praise You; they receive the most excellent and sweet Ambrosial Nectar.

sadaa meethaa kaday na feekaa gur sabdee veechaar. ||2||

This Nectar is forever sweet; it never loses its taste. Contemplate the Word of the Guru's Shabad. ||2||

jasn meethaa laa-i-aa so-ee jaanai tis vitahu bal jaa-ee.
He makes it seem so sweet to me; I am a sacrifice to Him.

sabad salaahee sadaa sukh-daata vichahu aap gavaa-ee. ||3||

Through the Shabad, I praise the Giver of peace forever. I have eradicated self-conceit from within. ||3||

satgur mayraa sadaa hai daataa jo ichhai so fal paa-ay.
My True Guru is forever the Giver. I receive whatever fruits and rewards I desire.

naanak naam milai vadi-aa-ee gur sabdee sach paa-ay. ||4||3||
O Nanak, through the Naam, glorious greatness is obtained; through the Word of the Guru's Shabad, the True One is found. ||4||3||

Prabhaatee, Third Mehl:
Those who enter Your Sanctuary, Dear Lord, are saved by Your Protective Power.

I cannot even conceive of any other as Great as You. There never was, and there never shall be.

O Dear Lord, I shall remain in Your Sanctuary forever.

As it pleases You, You save me, O my Lord and Master; this is Your Glorious Greatness.

O Dear Lord, the Messenger of Death cannot even touch those whom You, in Your Mercy, protect.

True Is Your Sanctuary, O Dear Lord; it never diminishes or goes away.

Those who abandon the Lord, and become attached to the love of duality, shall continue to die and be reborn.
Those who seek Your Sanctuary, Dear Lord, shall never suffer in pain or hunger for anything.

O Nanak, praise the Naam, the Name of the Lord forever, and merge in the True Word of the Shabad. ||4||4||

Prabhaatee, Third Mehl:

As Gurmukh, meditate on the Dear Lord forever, as long as there is the breath of life.

Through the Word of the Guru's Shabad, the mind becomes immaculate, and egotistical pride is expelled from the mind.

Fruitful and prosperous is the life of that mortal being, who is absorbed in the Name of the Lord. ||1||

O my mind, listen to the Teachings of the Guru.
The Name of the Lord is the Giver of peace forever. With intuitive ease, drink in the Sublime Essence of the Lord.

Those who understand their own origin dwell within the home of their inner being, in intuitive peace and poise.

Through the Word of the Guru's Shabad, the heart-lotus blossoms forth, and egotism and evil-mindedness are eradicated.

The One True Lord is pervading amongst all; those who realize this are very rare.

Through the Guru's Teachings, the mind becomes immaculate, speaking the Ambrosial Essence.

I am forever a sacrifice to my Guru, through whom I have realized the Lord, the Supreme Soul.
Those human beings who do not serve the True Guru - their lives are uselessly wasted.

When God bestows His Glance of Grace, then we meet the True Guru, merging in intuitive peace and poise.

O Nanak, by great good fortune, the Naam is bestowed; by perfect destiny, meditate.

God Himself fashioned the many forms and colors; He created the Universe and staged the play.

Creating the creation, He watches over it. He acts, and causes all to act; He gives sustenance to all beings.

In this Dark Age of Kali Yuga, the Lord is All-pervading.
घिट घिट पूिर रिहआ पर्भु एको गुरमुिख परगटु हिर हिर नामु ॥१॥ रहाउ ॥

The One God is pervading and permeating each and every heart; the Name of the Lord, Har, Har, is revealed to the Gurmukh. ||1||Pause||

गुपता नामु वरतै िविच कलजुिग घिट घिट हिर भरपूिर रिहआ ॥

guptaa naam vartai vich kaljig ghat ghat har bharpoor rahi-aa.
The Naam, the Name of the Lord, is hidden, but it is pervasive in the Dark Age. The Lord is totally pervading and permeating each and every heart.


नामु रतनु ितना िहरदै पर्गिटआ जो गुर सरणाई भिज पइआ ॥२॥

naam ratan tinaa hirdai pargati-aa jo gur sarnaa-ee bhaj pa-i-aa. ||2||
The Jewel of the Naam is revealed within the hearts of those who hurry to the Sanctuary of the Guru. ||2||

इंदर्ी पंच पंचे विस आणै िखमा संतोखु गुरमित पावै ॥

indree panch panchay vas aanai khimaa santokh gurmat paavai.
Whoever overpowers the five sense organs, is blessed with forgiveness, patience and contentment, through the Guru’s Teachings.

सो धनु धनु हिर जनु वड पूरा जो भै बैरािग हिर गुण गावै ॥३॥

so Dhan Dhan har jan vad pooraa jo bhai bairaag har gun gaavai. ||3||
Blessed, blessed, perfect and great is that humble servant of the Lord, who is inspired by the Fear of God and detached love, to sing the Glorious Praises of the Lord. ||3||

गुर ते मुहु फे रे जे कोई गुर का किहआ न िचित धरै ॥

gur tay muhu fayray jay ko-ee gur kaa kahi-aa na chit Dharai.
If someone turns his face away from the Guru, and does not enshrine the Guru’s Words in his consciousness

किर आचार बहु स्मपउ संचै जो िकछु करै सु नरिक परै ॥४॥

kar aachaar baho sampa-o sanchai jo kichh karai na narak parai. ||4||
- he may perform all sorts of rituals and accumulate wealth, but in the end, he will fall into hell. ||4||
The One Shabad, the Word of the One God, is prevailing everywhere. All the creation came from the One Lord.

O Nanak, the Gurmukh is united in union. When the Gurmukh goes, he blends into the Lord, Har, Har. ||5||6||

O my mind, praise your Guru.

Perfect destiny is inscribed upon your forehead and face; sing the Praises of the Lord forever. ||1||Pause||

The Lord bestows the Ambrosial Food of the Naam.

Out of millions, only a rare few receive it

- only those who are blessed by God's Glance of Grace. ||1||
gur kay charan man maahi vasaa-ay.  
Whoever enshrines the Guru’s Feet within his mind,

dukh an"ayraa andruh jaa-ay.  
is rid of pain and darkness from within.

aapay saachaa la-ay milaa-ay. ||2||  
The True Lord unites him with Himself. ||2||

gur kee banee si-o laa-ay pi-aa-ay.  
So embrace love for the Word of the Guru's Bani.

aithai othai ayhu aDhaar.  
Here and hereafter, this is your only Support.

aapay dayvai sirjanhaar. ||3||  
The Creator Lord Himself bestows it. ||3||

sachaa manaa-ay apnaa bhaanaa.  
One whom the Lord inspires to accept His Will,

so-ee bhagat sugharh sojaanaa.  
is a wise and knowing devotee.
Nanak is forever a sacrifice to him. ||4||7||17||7||24||

Prabhaatee, Third Mehl, Bibhaas:

One Universal Creator God. By The Grace Of The True Guru:

By Guru's Grace, see that the Temple of the Lord is within you.

The Temple of the Lord is found through the Word of the Shabad; contemplate the Lord's Name. ||1||

O my mind, be joyfully attuned to the Shabad.

This body is the Temple of the Lord, in which the jewel of spiritual wisdom is revealed.
ਮਨਮੁਖ ਮੂਲਨ ਜਾਣਿਆ ਮਾਣੀਸ ਹਿਰ ਮੰਦਰਦਾ ਹੋਇ ॥੨॥
The self-willed manmukhs do not know anything at all; they do not believe that the Lord's Temple is within. ||2||

ਹਿਰ ਮੰਦਰੁ ਹਿਰ ਜੀਉ ਸਾਿਜ਼ਾ ਰਿਖਾ ਹੁਕਿਮ ਸਵਾਿਰ ॥
The Dear Lord created the Temple of the Lord; He adorns it by His Will. ||2||

ਧੁਿਰ ਲੇਖੁ ਿਲਿਖਾ ਸੁ ਕਟਾਵਣਾ ਕਮਾਵਣਾ ਵਾਇ ਬਹੁਵਾਣਾ ॥
All act according to their pre-ordained destiny; no one can erase it. ||3||

ਸਬਦੁ ਚੀਿਨ ਸੁਖੁ ਪਾਇਆ ਸਚੈ ਨਾਇ ਪਾਉਰ ॥
Contemplating the Shabad, peace is obtained, loving the True Name. ||3||

ਹਿਰ ਮੰਦਰੁ ਸੋਣੀ ਕੰਚਨ ਕੋਟੁ ਅਪਾਰ ॥
The Temple of the Lord is embellished with the Shabad; it is an Infinite Fortress of God. ||4||

ਦੂਜਾ ਭਾਉ ਕਿਰ ਪੂਜਦੇ ਮਨਮੁਖ ਅੰਧ ਗਵਾਰ ॥
The blind and foolish self-willed manmukhs worship in the love of duality. ||5||

ਦੁਆਂ ਦੂਜੀ ਵਤੀ ਪੁਲੇ ਭਾਵੁ ਅੰਧ ਗਵਾਰ ॥
The blind and foolish self-willed manmukhs worship in the love of duality. ||5||

ਨਿਧੀ ਲੇਖੁ ਭਾਵੀੰਦਰੀ ਦੋਹਾ ਸੋਣੀ ਤਾਡੀ ਤਾਡੀ ॥
One’s body and social status do not go along to that place, where all are called to account.
saach ratay say ubray dukhee-ay doojai bhaa-ay. ||6||

Those who are attuned to Truth are saved; those in the love of duality are miserable. ||6||

har mandar meh naam niDhaan hai naa boojheh mugaDh gavaar.
The treasure of the Naam is within the Temple of the Lord. The idiotic fools do not realize this.

By Guru's Grace, I have realized this. I keep the Lord enshrined within my heart. ||7||

Those who are attuned to the love of the Shabad know the Guru, through the Word of the Guru's Bani.

Sacred, pure and immaculate are those humble beings who are absorbed in the Name of the Lord. ||8||

The Temple of the Lord is the Lord's Shop; He embellishes it with the Word of His Shabad.

In that shop is the merchandise of the One Name; the Gurmukhs adorn themselves with it. ||9||
The mind is like iron slag, within the Temple of the Lord; it is lured by the love of duality.

Meeting with the Guru, the Philosopher’s Stone, the mind is transformed into gold. Its value cannot be described.

The Lord abides within the Temple of the Lord. He is pervading in all.

O Nanak, the Gurmukhs trade in the merchandise of Truth.

Those who remain awake and aware in the Love and Fear of God, rid themselves of the filth and pollution of egotism.

O my mind, as Gurmukh, meditate on the Naam, the Name of the Lord.
ਜਿਤ ਮਾਰਗ ਹਿਰ ਪਾਈਐ ਮਨ ਸੇਈ ਕਰਮ ਕਮਾਇ ॥੧॥ ਰਹਾਊ ॥
O mind, do only those deeds which will lead you to the Path of the Lord. ||1||Pause||

ਗੁਰਮੁਖ ਸਹਜ ਧੁਨ ਊਪਜੈ ਦੁਖ ਹਾਮੈ ਵਿਚਹੁ ਜਾਈ ॥
The celestial melody wells up in the Gurmukh, and the pains of egotism are taken away.

ਹਿਰ ਨਾਮਾ ਹਿਰ ਮਿਨ ਵਸਈ ਸਹਜੀ ਹਿਰ ਗੁਣ ਗਾਇ ॥੨॥
The Name of the Lord abides in the mind, as one intuitively sings the Glorious Praises of the Lord. ||2||

ਗੁਰਮਤੀ ਮੁਖ ਸੋਹਣੇ ਹਿਰ ਰਾਖ਼ਾ ਉੱਦਰ ਧਾਰ ॥
Those who follow the Guru’s Teachings - their faces are radiant and beautiful. They keep the Lord enshrined in their hearts.

ਐਥੈ ਓਥੈ ਸੁਖੁ ਘਣਾ ਜਿਪ ਹਿਰ ਹਿਰ ਉਤਰੇ ਪਾਈ ॥੩॥
Here and hereafter, they find absolute peace; chanting the Name of the Lord, Har, Har, they are carried across to the other shore. ||3||

ਹਾਕੁਮੈ ਵਿਚ ਜਾਗਰ੍ਣੁ ਨ ਹੋਵੈ ਹਿਰ ਭਗਤ ਨ ਪਵੈ ਥਾਇ ॥
In egotism, one cannot remain awake and aware, and one's devotional worship of the Lord is not accepted.

ਮਨਮੁਖ ਦਿਰ ਢੋਈ ਨ ਲਹਿਹ ਭਾੜੀ ਦੂਜੇ ਕਰਮ ਕਮਾਇ ॥੪॥
The self-willed manmukhs find no place in the Court of the Lord; they do their deeds in the love of duality. ||4||
Cursed is the food, and cursed are the clothes, of those who are attached to the love of duality.

They are like maggots in manure, sinking into manure. In death and rebirth, they are wasted away to ruin.

I am a sacrifice to those who meet with the True Guru.

I shall continue to associate with them; devoted to Truth, I am absorbed in Truth.

By perfect destiny, the Guru is found. He cannot be found by any efforts.

Through the True Guru, intuitive wisdom wells up; through the Word of the Shabad, egotism is burnt away.

O my mind, hurry to the Sanctuary of the Lord; He is Potent to do everything.

O Nanak, never forget the Naam, the Name of the Lord. Whatever He does, comes to pass.
Third Mehl:

चिंता भि आपि कराइसी अचिंत भि आपे देइ।
chintaa bhe aap karaa-isee achint bhe aapay day-ay.
God Himself makes the mortals anxious, and He Himself takes the anxiety away.

ਨਾਨਕ ਸੋ ਸਾਲਾਹੀਐ ਜਸ ਸਮਨਾ ਸਾਰ ਕਰੇਇ।
naanak so salahee-ai je sabhnaa saar karay-i.
O Nanak, praise the One, who takes care of all.

Third Mehl:

ਫਰੀਦਾ ਕਾਲੀ ਧਉਲੀ ਸਾਿਹਬੁ ਸਦਾ ਹੈ ਜੇ ਕੋਚਿਤ ਕਰੇ।
fareedaa kaalee Dha-ulee saahib sadaa hai jay ko chit karay.
Fareed, whether one's hair is black or grey, our Lord and Master is always here if one remembers Him.

ਅਪਣਾ ਲਾਇਆ ਿਪਰਮੁ ਨ ਲਗਈ ਜੀ ਲੋਚੈ ਸੱਤਿ ਕੋਇ।
aapnaa laa-i-aa piram na lag-ee jai lochai sabh ko-ay.
This loving devotion to the Lord does not come by one's own efforts, even though all may long for it.

ਏਹੁ ਿਪਰਮੁ ਿਪਆਲਾ ਕਾ ਜੈ ਭਾਵੈ ਤੈ ਦੇਇ।
ayhu piram pi-aalaa khasam kaa jai bhaavai tai day-ay.
This cup of loving devotion belongs to our Lord and Master; He gives it to whomever He likes.

Third Mehl:
This body is all blood; without blood, this body could not exist.

Those who are imbued with their Lord, do not have the blood of greed in their bodies.

When the Fear of God fills the body, it becomes thin; the blood of greed departs from within.

Just as metal is purified by fire, the Fear of God removes the filthy residues of evil-mindedness.

O Nanak, those humble beings are beautiful, who are imbued with the Lord's Love.

Third Mehl:

Why do you tear apart your fine clothes, and take to wearing a rough blanket?

O Nanak, even sitting in your own home, you can meet the Lord, if your mind is in the right place.
The city of Lahore is a pool of ambrosial nectar, the home of praise. ||28||

Do not call the wandering beggars holy men, if their minds are filled with doubt.

Whoever gives to them, O Nanak, earns the same sort of merit. ||1||

One who begs for the supreme status of the Fearless and Immaculate Lord -

how rare are those who have the opportunity, O Nanak, to give food to such a person. ||2||
If I were a religious scholar, an astrologer, or one who could recite the four Vedas,

I could be famous throughout the nine regions of the earth, for my wisdom and thoughtful contemplation. ||3||

If a Brahmin kills a cow or a female infant, and accepts the offerings of an evil person,

he is cursed with the leprosy of curses and criticism; he is forever and ever filled with egotistical pride.

One who forgets the Naam, O Nanak, is covered by countless sins.

Let all wisdom be burnt away, except for the essence of spiritual wisdom. ||4||

No one can erase that primal destiny written upon one's forehead.

O Nanak, whatever is written there, comes to pass. He alone understands, who is blessed by God's Grace. ||5||
Those who forget the Naam, the Name of the Lord, and become attached to greed and fraud,

Those who, like the pumpkin vine, are too stubborn climb the trellis, are cheated by Maya the cheater.

The self-willed manmukhs are bound and gagged and led away; the dogs do not join the herd of cows.

The Lord Himself misleads the misguided ones, and He Himself unites them in His Union.

O Nanak, the Gurmukhs are saved; they walk in harmony with the Will of the True Guru.

I praise the Praiseworthy Lord, and sing the Praises of the True Lord.
ਨਾਨਕ ਸਚਾ ਏਕੁ ਦਰੁ ਬੀਭਾ ਪਰਹਿਰ ਆਿਹ ॥੭॥

_O Nanak, the One Lord alone is True; stay away from all other doors._ ||7||

ਨਾਨਕ ਜਹ ਜਹ ਮੈ ਫਿਰੁ ਤਹ ਤਹ ਸਾਚਾ ਸੋਇ ॥

_O Nanak, wherever I go, I find the True Lord._ ||7||

ਨਾਨਕ ਜਹ ਜਹ ਮੈ ਫਿਰੁ ਤਹ ਤਹ ਸਾਚਾ ਸੋਇ ॥

_O Nanak, wherever I look, I see the One Lord. He reveals Himself to the Gurmukh._ ||8||

ਦੂਖ ਿਵਸਾਰਣੁ ਸਵਦੁ ਹੈ ਜੇ ਮੰਿਨ ਵਸਾਏ ਕੋਇ ॥

_The Word of the Shabad is the Dispeller of sorrow, if one enshrines it in the mind._ ||8||

ਗੁਰ ਿਕਰਪਾ ਤੇ ਮਿਨ ਵਸੈ ਕਰਮ ਪਰਾਪਿਤ ਹੋਇ ॥

_By Guru's Grace, it dwells in the mind; by God's Mercy, it is obtained._ ||8||

ਨਾਨਕ ਹਉ ਹਉ ਕਰਤੇ ਖਿਪ ਮੁਏ ਖੂਹਿਣ ਲਖ ਅਸੰਖ ॥

_O Nanak, acting in egotism, countless thousands have wasted away to death._ ||10||

ਸਿਤਗੁਰ ਿਮਲੇ ਸੁ ਉਬਰੇ ਸਾਚੈ ਸਵਦੁ ਅਲੰਖ ॥

_Those who meet with the True Guru are saved, through the Shabad, the True Word of the Inscrutable Lord._ ||10||

ਜਨਾ ਸਿਤਗੁਰੁ ਇਕ ਮਿਨ ਸੇਵਾ ਤਾਂ ਜਨ ਲਾਗੁ ਪਾਈ ॥

_Those who serve the True Guru single-mindedly - I fall at the feet of those humble beings._ ||10||
Through the Word of the Guru's Shabad, the Lord abides in the mind, and the hunger for Maya departs.

Immaculate and pure are those humble beings, who, as Gurmukh, merge in the Naam.

O Nanak, other empires are false; they alone are true emperors, who are imbued with the Naam.

The devoted wife in her husband's home has a great longing to perform loving devotional service to him;

she prepares and offers to him all sorts of sweet delicacies and dishes of all flavors.

In the same way, the devotees praise the Word of the Guru's Bani, and focus their consciousness on the Lord's Name.

They place mind, body and wealth in offering before the Guru, and sell their heads to Him.
In the Fear of God, His devotees yearn for His devotional worship; God fulfills their desires, and merges them with Himself.

My Lord God is Self-existent and Independent. What does He need to eat to be satisfied?

Whoever walks in harmony with the Will of the True Guru, and sings the Glorious Praises of the Lord, is pleasing to Him.

Blessed, blessed are they, in this Dark Age of Kali Yuga, O Nanak, who walk in harmony with the Will of the True Guru. ||12||

Those who do not serve the True Guru, and do not keep the Shabad enshrined in their hearts -

cursed are their lives. Why did they even come into the world?

If one follows the Guru's Teachings, and keeps the Fear of God in his mind, then he is lovingly attuned to the sublime essence of the Lord.
By his primal destiny, he obtains the Name; O Nanak, he is carried across. ||13||

The world wanders lost in emotional attachment to Maya; it does not realize that its own home is being plundered.

The self-willed manmukh is blind in the world; his mind is lured away by sexual desire and anger.

With the sword of spiritual wisdom, kill the five demons. Remain awake and aware to the Guru's Teachings.

The Jewels of the Naam are revealed, and the mind and body are purified.

Those who lack the Naam wander around lost, with their noses cut off; without the Name, they sit and cry.

O Nanak, no one can erase that which is pre-ordained by the Creator Lord. ||14||

The Gurmukhs earn the wealth of the Lord, contemplating the Word of the Guru's Shabad.
ਨਾਮੁ प੍ਰਧਵੂ ਪਾਇਆ ਅਤੁਟ ਭਰੇ ਭੰਡਾਰ ॥ (1414)

They receive the wealth of the Naam; their treasures are overflowing.

ਹਿਰ ਗੁਣ ਬਾਣੀ ਉਚਰਿਹ ਅੰਤੁ ਨ ਪਾਰਾਵਾਰ ॥ (1414)

Through the Word of the Guru's Bani, they utter the Glorious Praises of the Lord, whose end and limitations cannot be found.

ਨਾਨਕ ਸਭ ਕਾਰਣ ਕਰਤਾ ਕਰੈ ਵੇਖੈ ਿਸਰਜਨਹਾਰੁ ॥੧੫॥ (1414)

O Nanak, the Creator is the Doer of all; the Creator Lord beholds all. ||15||

ਗੁਰਮੁਿਖ ਅੰਤਿਰ ਸਹਜੁ ਹੈ ਮਨੁ ਚਿੜਾ ਦਸਵੈ ਆਕਾਸ ॥ (1414)

Within the Gurmukh is intuitive peace and poise; his mind ascends to the Tenth Plane of the Akaashic Ethers.

ਿਤਥੈ ਊਂਘ ਨ ਭੁਖ ਹੈ ਹਿਰ ਅੰਿਮਰ੍ਤ ਨਾਮੁ ਸੁਖ ਵਾਸੁ ॥ (1414)

No one is sleepy or hungry there; they dwell in the peace of the Ambrosial Name of the Lord.

ਨਾਨਕ ਦੁਖੁ ਸੁਖੁ ਿਵਆਪਤ ਨਹੀ ਿਜਥੈ ਆਤਮ ਰਾਮ ਪਰਗਾਸੁ ॥੧੬॥ (1414)

O Nanak, pain and pleasure do not afflict anyone, where the Light of the Lord, the Supreme Soul, illuminates. ||16||

ਕਾਮ ਕਰ੍ੋਧ ਕਾ ਚੋਲੰਡ ਮੱਝ ਗਿਲ ਆਏ ਪਾਇ ॥ (1414)

All have come, wearing the robes of sexual desire and anger.
Some are born, and some pass away. They come and go according to the Hukam of the Lord's Command.

Their comings and goings in reincarnation do not end; they are imbued with the love of duality.

Bound in bondage, they are made to wander, and they cannot do anything about it. ||17||

Meeting with the True Guru, they turn away from the world; they remain dead while still alive, with intuitive peace and poise.

O Nanak, the devotees are imbued with the Lord; they are absorbed in the Name of the Lord. ||18||

The intellect of the self-willed manmukh is fickle; he is very tricky and clever within.
Whoever serves the True Guru finds peace; the Name comes to abide in the mind.

O Nanak, great and very fortunate are those who, as Gurmukh, are absorbed in the Naam. ||19||
The self-willed manmukhs do not even think of the Name; without the Name, they cry in pain.

They do not worship the Lord, the Supreme Soul; how can they find peace in duality?

They are filled with the filth of egotism; they do not wash it away with the Word of the Shabad.

O Nanak, without the Name, they die in their filth; they waste the priceless opportunity of this human life.

The self-willed manmukhs are deaf and blind; they are filled with the fire of desire.

They have no intuitive understanding of the Guru's Bani; they are not illumined with the Shabad.

They do not know their own inner being, and they have no faith in the Guru's Word.
ਗੁਰਮੁਖ ਜੋ ਹਿਰ ਸੇਵਦੇ ਜਨ ਨਾਨਕ ਤਾ ਕਾ ਦਾਸੁ ॥੨੧॥

Servant Nanak is the slave of those Gurmukhs who serve the Lord. ||21||

ਮਾਇਆ ਭੁਇਅੰਗਮੁ ਸਰਪੁ ਹੈ ਜਗ ਘੇਿਰਆ ਿਬਖੁ ਮਾਇ ॥

The poisonous snake, the serpent of Maya, has surrounded the world with its coils, O mother!

ਿਬਖੁ ਕਾ ਮਾਰਣੁ ਹਿਰ ਨਾਮੁ ਹੈ ਗੁਰ ਗਰੁੜ ਸਬਦੁ ਮੁਿਖ ਪਾਇ ॥

The antidote to this poisonous venom is the Name of the Lord; the Guru places the magic spell of the Shabad into the mouth.

ਸਤਜ਼ਿਆਲ ਤਿਜਾਸਾ ਵਿਬਧ ਵਿਬਧ ਮਿਲਾਇਆ ਵਿਬਧ ਆਇ ॥

Meeting with the True Guru, they become immaculate, and the poison of egotism is eradicated.

The Word of the Guru's Shabad is within the being of the spiritually wise ones. They always blossom in His love.

The Lord saves the honor of the spiritually wise ones. I am forever a sacrifice to them.

The poisonous snake, the serpent of Maya, has surrounded the world with its coils, O mother!

Meeting with the True Guru, they become immaculate, and the poison of egotism is eradicated.
गुरमुखा के मुख उजले हिर दरगह सोभा पाइ ॥ (1415)

Radiant and bright are the faces of the Gurmukhs; they are honored in the Court of the Lord.

जन नानकु सदा कुरबाणु तिन जो चालिह सतिगुर भाई ॥ 22 ॥ (1415)

Servant Nanak is forever a sacrifice to those who walk in harmony with the Will of the True Guru. ||22||

The True Guru, the Primal Being, has no hatred or vengeance. His heart is constantly attuned to the Lord.

Whoever directs hatred against the Guru, who has no hatred at all, only sets his own home on fire.

Anger and egotism are within him night and day; he burns, and suffers constant pain.

They babble and tell lies, and keep on barking, eating the poison of the love of duality.

For the sake of the poison of Maya, they wander from house to house, and lose their honor.
They are like the son of a prostitute, who does not know the name of his father.

They do not remember the Name of the Lord, Har, Har; the Creator Himself brings them to ruin.

The Lord showers His Mercy upon the Gurmukhs, and reunites the separated ones with Himself.

Servant Nanak is a sacrifice to those who fall at the Feet of the True Guru.

Those who are attached to the Naam, the Name of the Lord, are saved; without the Name, they must go to the City of Death.

O Nanak, without the Name, they find no peace; they come and go in reincarnation with regrets.

When anxiety and wanderings come to an end, the mind becomes happy.

By Guru's Grace, the soul-bride understands, and then she sleeps without worry.
ਜਨ ਕਉ ਪੂਰਿਬ ਲਿਖਾ ਤਿਨਾ ਭੇਤਾ ਗੁਰ ਗੋਵਿੰਦੁ ॥ (1415)
jin ka-o poorab likhi-aa tin'aa bhayti-aa gur govind.
Those who have such pre-ordained destiny meet with the Guru, the Lord of the Universe.

ਨਾਨਕ ਸਹਜੇ ਿਮਿਲ ਰਹੇ ਹਿਰ ਪਾਇਆ ਪਰਮਾਨੰਦੁ ॥੨੫॥ (1415)
naanak sehjay mil rahay har paa-i-aa parmaanand. ||25||
O Nanak, they merge intuitively into the Lord, the Embodiment of Supreme Bliss. ||25||

ਸਿਤਗੁਰ ਕਾ ਭਾਣਾ ਮੰਿਨ ਲੈਿਨ ਹਿਰ ਨਾਿਮ ਲਗੇ ਵਾਪਾਿਰ ॥ (1415)
satgur kaa bhaanaa man lain har naam rakheh ur Dhaar.
who honor and obey the Will of the True Guru, who keep the Lord's Name enshrined within their hearts,

ਐਥੈ ਓਥੈ ਮੰਨੀਆਉਂ ਹਿਰ ਨਾਮ ਲਗੇ ਵਾਪਾਰੁ ॥ (1415)
aithai othai mannee-an har naam lagay vaapaar.
are honored, here and hereafter; they are dedicated to the business of the Lord's Name.

ਗੁਰਮੁਿਖ ਸਬਿਦ ਿਸਞਾਪਦੇ ਿਤਤੁ ਸਾਚੈ ਦਰਬਾਰੁ ॥ (1415)
gurmukh sabad sinjaapadai tit saachai darbaar.
Through the Word of the Shabad, the Gurmukhs gain recognition in that Court of the True Lord.

ਸਚਾ ਸਉਦਾ ਖਰਚੁ ਸਚੁ ਅੰਤਿਰ ਿਪਰਮੁ ਿਪਆਰੁ ॥ (1415)
sachaa sa-udaa kharach sach antar piram pi-aar.
The True Name is their merchandise, the True Name is their expenditure; the Love of their Beloved fills their inner beings.

ਜਮਕਾਲੁ ਨੇਿੜ ਨ ਆਵਈ ਆਿਪ ਬਖਸੇ ਕਰਤਾਿਰ ॥ (1415)
jamkaal nayrh na aavee aap bakhsay kartaar.
The Messenger of Death does not even approach them; the Creator Lord Himself forgives them.
O Nanak, they alone are wealthy, who are imbued with the Naam; the rest of the world is poor.

The Lord's Name is the Support of the Lord's humble servants. Without the Lord's Name, the there is no other place, no place of rest.

Following the Guru's Teachings, the Name abides in the mind, and one is intuitively, automatically absorbed in the Lord.

Those with great good fortune meditate on the Naam; night and day, they embrace love for the Name.

Servant Nanak begs for the dust of their feet; I am forever a sacrifice to them.

The 8.4 million species of beings burn in desire and cry in pain.

All this show of emotional attachment to Maya shall not go with you at that very last instant.
Without the Lord, peace and tranquility do not come; unto whom should we go and complain?

By great good fortune, one meets the True Guru, and comes to understand the contemplation of God.

The fire of desire is totally extinguished, O servant Nanak, enshrining the Lord within the heart. ||28||

I make so many mistakes, there is no end or limit to them.

O Lord, please be merciful and forgive me; I am a sinner, a great offender.

The Guru, in His Pleasure, has united me with the Lord God; He has cut away all my sinful mistakes.
Servant Nanak celebrates the victory of those who meditate on the Name of the Lord, Har, Har.

Those who have been separated and alienated from the Lord are united with Him again, through the Fear and the Love of the True Guru.

They escape the cycle of birth and death, and, as Gurmukh, they meditate on the Naam, the Name of the Lord.

Joining the Saadh Sangat, the Guru's Congregation, the diamonds and jewels are obtained.

O Nanak, the jewel is priceless; the Gurmukhs seek and find it.

The self-willed manmukhs do not even think of the Naam. Cursed are their lives, and cursed are their homes.

That Lord who gives them so much to eat and wear - they do not enshrine that Lord, the Treasure of Virtue, in their minds.
इहु मनु सबिद न भेिदओ िकउ होवै घर वासु ॥ (1416)

This mind is not pierced by the Word of the Shabad; how can it come to dwell in its true home?

मनमुखीआ देहागाती आबट वर्ति भूतीआसु ॥ (1416)

The self-willed manmukhs are like discarded brides, ruined by coming and going in the cycle of reincarnation.

गुरमुिख नामु सुहागु है मसतिक मणी िलिखआसु ॥ (1416)

The Gurmukhs are embellished and exalted by the Naam, the Name of the Lord; the jewel of destiny is engraved upon their foreheads.

हिर हिर नामु उिर धािरआ हिर िहरदै कमल पर्गासु ॥ (1416)

They enshrine the Name of the Lord, Har, Har, within their hearts; the Lord illumines their heart-lotus.

सितगੁरੁ सेविन आपणा हउ सद बिलहारੀ तासु ॥ (1416)

I am forever a sacrifice to those who serve their True Guru.

नानਕ ितन मुখ उजले िजन अंतिर नामु पर्गासु ॥३१॥ (1416)

O Nanak, radiant and bright are the faces of those whose inner beings are illuminated with the Light of the Naam. ||31||

सबिद मरै सोई जनु सिझै िकउ सबदै मुक्ति न होई ॥ (1416)

Those who die in the Word of the Shabad are saved. Without the Shabad, no one is liberated.
They wear religious robes and perform all sorts of rituals, but they are ruined; in the love of duality, their world is ruined.

O Nanak, without the True Guru, the Name is not obtained, even though one may long for it hundreds of times.

The Lord comes and dwells within that one who contemplates the Word of the Guru's Shabad.

Speaking about self-discipline, no one become pure; everyone walks around wearing religious robes.
O Nanak, when someone dies in the Word of the Shabad, the mind is pleased and appeased. True is the reputation of those who are true.

Emotional attachment to Maya is a treacherous ocean of pain and poison, which cannot be crossed.

Screaming, "Mine, mine!", they rot and die; they pass their lives in egotism.

The self-willed manmukhs are in limbo, neither on this side, nor the other; they are stuck in the middle.

They act as they are pre-destined; they cannot do anything else.

Following the Guru's Teachings, the jewel of spiritual wisdom abides in the mind, and then God is easily seen in all.

O Nanak, the very fortunate ones embark on the Boat of the True Guru; they are carried across the terrifying world-ocean.
Without the True Guru, there is no giver who can bestow the Support of the Lord's Name.

By Guru's Grace, the Name comes to dwell in the mind; keep it enshrined in your heart.

The fire of desire is extinguished, and one finds satisfaction, through the Love of the Name of the Lord.

O Nanak, the Gurmukh finds the Lord, when He showers His Mercy.

Without the Shabad, the world is so insane, that it cannot even be described.

Those who are protected by the Lord are saved; they remain lovingly attuned to the Word of the Shabad.

O Nanak, the Creator who made this making knows everything.

The Pandits, the religious scholars, have grown weary of making fire-offerings and sacrifices, making pilgrimages to all the sacred shrines, and reading the Puraanaas.
But they cannot get rid of the poison of emotional attachment to Maya; they continue to
come and go in egotism.

Meeting with the True Guru, one’s filth is washed off, meditating on the Lord, the Primal
Being, the All-knowing One.

Servant Nanak is forever a sacrifice to those who serve their Lord God.

Mortals give great thought to Maya and emotional attachment; they harbor great hopes, in
greed and corruption.

The self-willed manmukhs do not become steady and stable; they die and are gone in an
instant.

Only those who are blessed with great good fortune meet the True Guru, and leave
behind their egotism and corruption.

Chanting the Name of the Lord, they find peace; servant Nanak contemplates the Word of
the Shabad.
Without the True Guru, there is no devotional worship, and no love of the Naam, the Name of the Lord.

Servant Nanak worships and adores the Naam, with love and affection for the Guru.

Do not trust greedy people, if you can avoid doing so.

At the very last moment, they will deceive you there, where no one will be able to lend a helping hand.

Whoever associates with the self-willed manmukhs, will have his face blackened and dirtied.

Black are the faces of those greedy people; they lose their lives, and leave in disgrace.

O Lord, let me join the Sat Sangat, the True Congregation; may the Name of the Lord God abide in my mind.
The filth and pollution of birth and death is washed away, O servant Nanak, singing the Glorious Praises of the Lord. ||40||

Whatever is pre-destined by the Lord God Creator, cannot be erased.

Body and soul are all His. The Sovereign Lord King cherishes all.

Outwardly, they do all the proper deeds, but they are hypocrites; in their minds and hearts, they practice deception and fraud.

What is planted in the farm of the body, shall come and stand before them in the end.

Nanak offers this prayer: O Lord God, please forgive me, and unite me with Yourself. ||41||

The mortal being does not understand the comings and goings of reincarnation; he does not see the Court of the Lord.
ਅਨਿਧਾ ਭੇਨੀ ਪਲੇਟੀਆ ਅੰਤਰੀ ਅਨੁਕੁਤਾ ਗੁਬਾਰੁ ॥ (1418)
ਮਾੜੀ ਮੋਹੀ ਪਲੇਟੀਆ ਅੰਤਰੀ ਅਗਿਆਨੁ ਗੁਬਾਰਾ ॥

He is wrapped up in emotional attachment and Maya, and within his being is the darkness of ignorance.

ਉਹ ਰਹੁ ਮੁਹ ਨਵਿਆਨੀ ਮਿਖੀ ਸੰਤੁ ਲਗਾ ਸੁਰ ਵਾਹ ॥ (1418)
ਤਵ ਤਾ ਸੁਤ ਜਾਗਤਾ ਮੀਰੀ ਹੰਡੁ ਲਗਾ ਬਹੁ ਭਾਰ ॥

The sleeping person wakes, only when he is hit on the head by a heavy club.

ਗੁਰਿਆਂ ਕਰਾ ਉਪਰੀ ਹੰਡੁ ਚੇਤਿਆ ਸੇ ਪਾੜ ਮੰਖ ਦੁਆਰ ॥ (1418)
ਗੁਰਮੁਖਾ ਨ ਕੰਜਾਰ ਹਰ ਚੇਤਾ ਸੀ ਨਾ ਮੋਖ ਦੁਆਰ।

The Gurmukhs dwell upon the Lord; they find the door of salvation.

ਨਾਨਕ ਆਪ ਓਹੀ ਉਧਰੇ ਸਭ ਕੁਟੰਬ ਤਰੇ ਪਰਵਾਰ ॥੪੨॥ (1418)

O Nanak, they themselves are saved, and all their relatives are carried across as well.

ਸਬਦੇ ਮੱਠੇ ਮੁੱਘ ਤਾਪੈ ॥ (1418)

Whoever dies in the Word of the Shabad, is known to be truly dead.

ਗੁਰ ਪਰਸਾਦੀ ਹੰਡੁ ਹੱਸ ਦਰਾਪੈ ॥ (1418)
ਗੁਰ ਪਰਸਾਦੀ ਹੰਡੁ ਹੱਸ ਦਰਾਪੈ।

By Guru's Grace, the mortal is satisfied by the sublime essence of the Lord.

ਹੰਡੁ ਦਰਾਪੈ ਗੁਰ ਸਰਬਦਰ ਸਿਆਸਾਝੇ ॥ (1418)
ਹੰਡੁ ਦਰਾਪੈ ਗੁਰ ਸਰਬਦਰ ਸਿਆਸਾਝੇ।

Through the Word of the Guru's Shabad, he is recognized in the Court of the Lord.

ਬਿਨੂ ਸਰਬਦਰ ਮੁੱਘ ਨੇ ਸੁਬਦ ਬਿੱਚੇ ॥ (1418)
ਬਿਨੂ ਸਰਬਦਰ ਮੁੱਘ ਨੇ ਸੁਬਦ ਬਿੱਚੇ।

Without the Shabad, everyone is dead.
The self-willed manmukh dies; his life is wasted.

Those who do not remember the Name of the Lord, shall cry in pain in the end.

O Nanak, whatever the Creator Lord does, comes to pass.

The Gurmukhs never grow old; within them is intuitive understanding and spiritual wisdom.

They chant the Praises of the Lord, forever and ever; deep within, they intuitively meditate on the Lord.

They dwell forever in blissful knowledge of the Lord; they look upon pain and pleasure as one and the same.

The Gurmukhs are like stupid children; they do not keep the Lord in their thoughts.
They do all their deeds in egotism, and they must answer to the Righteous Judge of Dharma.

The Gurmukhs are good and immaculately pure; they are embellished and exalted with the Word of the Guru's Shabad.

Not even a tiny bit of filth sticks to them; they walk in harmony with the Will of the True Guru.

The filth of the manmukhs is not washed away, even if they wash hundreds of times.

O Nanak, the Gurmukhs are united with the Lord; they merge into the Guru's Being. ||45||

How can someone do bad things, and still live with himself?

By his own anger, he only burns himself.

The self-willed manmukh drives himself crazy with worries and stubborn struggles.
But those who become Gurmukh understand everything.

O Nanak, the Gurmukh struggles with his own mind.

Those who do not serve the True Guru, the Primal Being, and do not reflect upon the Word of the Shabad -

They have no spiritual wisdom or meditation within their beings; they are not in love with the Lord.

The self-willed manmukhs die in evil and corruption; they die and are reborn, again and again.

They alone live, who join with the living; enshrine the Lord, the Lord of Life, within your heart.

O Nanak, the Gurmukhs look beautiful in that Court of the True Lord.
ਹਿਰ ਮੰਦਰ ਹਿਰ ਸਾਜਿਆ ਹਿਰ ਵਸੈ ਜਿਸੁ ਨਾਲ ॥ (1418)

The Lord built the Harimandir, the Temple of the Lord; the Lord dwells within it.

ਗੁਰਮਤੀ ਹਿਰ ਪਾਇਆ ਮਾਇਆ ਮੋਹ ਪਰਜਾਲ ॥ (1418)

Following the Guru's Teachings, I have found the Lord; my emotional attachment to Maya has been burnt away.

ਹਿਰ ਮੰਦਰ ਵਸਤੁ ਅਨੇਕ ਹੈ ਨਵ ਿਨਿਧ ਨਾਮ ਸਮਾਲ ॥ (1418)

Countless things are in the Harimandir, the Temple of the Lord; contemplate the Naam, and the nine treasures will be yours.

ਧਨੁ ਭਗਵੰਤੀ ਨਾਨਕਾ ਿਜਨਾ ਗੁਰਮੁਿਖ ਲਧਾ ਹਿਰ ਭਾਲ ॥ (1418)

Blessed is that happy soul-bride, O Nanak, who, as Gurmukh, seeks and finds the Lord.

ਵਡਭਾਗੀ ਗਰਹ ਮੰਦਰ ਖੋਜਿਆ ਹਿਰ ਿਹਰਦੈ ਪਾਇਆ ਨਾਲ ॥੪॥ (1418)

By great good fortune, one searches the temple of the body-fortress, and finds the Lord within the heart. ||48||

ਮਨਮੁਖ ਦਹ ਿਦਿਸ ਿਫਿਰ ਰਹੇ ਅਿਤ ਿਤਸਨਾ ਲੋਖ ਿਵਕਾਰ ॥ (1418)

The self-willed manmukhs wander lost in the ten directions, led by intense desire, greed and corruption.

ਮਾਇਆ ਮੋਹੁ ਨ ਚੁਕਈ ਮਿਰ ਜਮਹ ਵਾਰੋ ਵਾਰ ॥ (1419)

Their attachment to Maya does not cease; they die, only to be reborn, over and over again.
Serving the True Guru, peace is found; intense desire and corruption are discarded.

The pains of death and birth are taken away; servant Nanak reflects upon the Word of the Shabad.

Meditate on the Name of the Lord, Har, Har, O mortal being, and you shall be honored in the Court of the Lord.

All your sins and terrible mistakes shall be taken away, and you shall be rid of your pride and egotism.

The heart-lotus of the Gurmukh blossoms forth, realizing God, the Soul of all.

O Lord God, please shower Your Mercy upon servant Nanak, that he may chant the Name of the Lord.

In Dhanaasaree, the soul-bride is known to be wealthy, O Siblings of Destiny, when she works for the True Guru.
ਤਨੁ ਮਨੁ ਸਉਪੇ ਜੀਅ ਸਉ ਭਾਈ ਲਏ ਹੁਕਿਮ ਫਿਰਾਉ ॥ (1419)
She surrenders her body, mind and soul, O Siblings of Destiny, and lives according to the Hukam of His Command.

ਜਹ ਬੈਸਾਵਿਹ ਬੈਸਹ ਭਾਈ ਜਹ ਭੇਜਿਹ ਤਹ ਜਾਉ ॥ (1419)
I sit where He wishes me to sit, O Siblings of Destiny; wherever He sends me, I go.

ਏਵਡੁ ਧਨੁ ਹੋਰੁ ਕੋ ਨਹੀ ਭਾਈ ਜੇਵਡੁ ਸਚਾ ਨਾਉ ॥ (1419)
There is no other wealth as great, O Siblings of Destiny; such is the greatness of the True Name.

ਸਦਾ ਸਚੇ ਕੇ ਗੁਣ ਗਾਵੇ ਭਾਈ ਸਦਾ ਸਚੇ ਕੈ ਸੰਗ ਰਹਾਉ ॥ (1419)
I sing forever the Glorious Praises of the True Lord; I shall remain with the True One forever.

ਪੈਨਣੁ ਗੁਣ ਚੰਗੇਈਆ ਭਾਈ ਆਪਣੀ ਪਿਤ ਕੇ ਸਾਦ ਆਪੇ ਖਾਇ ॥ (1419)
So wear the clothes of His Glorious Virtues and goodness, O Siblings of Destiny; eat and enjoy the flavor of your own honor.

ਿਤਸ ਕਾ ਿਕਾ ਸਾਲਾਹੀਐ ਭਾਈ ਦਰਸਨ ਕਉ ਬਿਲ ਜਾਇ ॥ (1419)
How can I praise Him, O Siblings of Destiny? I am a sacrifice to the Blessed Vision of His Darshan.

ਸਿਤਗੁਰ ਿਵਿਚ ਵਡੀਆ ਵਿਡਾਈਆ ਭਾਈ ਕਰਿਮ ਿਮਲੈ ਤਾ ਪਾਇ ॥ (1419)
Great is the Glorious Greatness of the True Guru, O Siblings of Destiny; if one is blessed with good karma, He is found.
Some do not know how to submit to the Hukam of His Command, O Siblings of Destiny; they wander around lost in the love of duality.

They find no place of rest in the Sangat, O Siblings of Destiny; they find no place to sit.

Nanak: they alone submit to His Command, O Siblings of Destiny, who are pre-destined to live the Name.

Those beards are true, which brush the feet of the True Guru.

Those who serve their Guru night and day, live in bliss, night and day.

O Nanak, their faces appear beautiful in the Court of the True Lord.
The True Word of the Shabad abides in their minds; they are absorbed in the True Guru.

True is their capital, and true is their wealth; they are blessed with the ultimate status.

They hear the Truth, they believe in the Truth; they act and work in the Truth.

They are given a place in the Court of the True Lord; they are absorbed in the True Lord.

O Nanak, without the True Guru, the True Lord is not found. The self-willed manmukhs leave, wandering around lost.

The rainbird cries, "Pri-o! Pri-o! Beloved! Beloved!" She is in love with the treasure, the water.

Meeting with the Guru, the cooling, soothing water is obtained, and all pain is taken away.

My thirst has been quenched, and intuitive peace and poise have welled up; my cries and screams of anguish are past.
O Nanak, the Gurmukhs are peaceful and tranquil; they enshrine the Naam, the Name of the Lord, within their hearts. ||54||

O rainbird, chirp the True Name, and let yourself be attuned to the True Lord.

Your word shall be accepted and approved, if you speak as Gurmukh.

Remember the Shabad, and your thirst shall be relieved; surrender to the Will of the Lord.

The clouds are heavy, hanging low, and the rain is pouring down on all sides; the raindrop is received, with natural ease.

From water, everything is produced; without water, thirst is not quenched.

O Nanak, whoever drinks in the Water of the Lord, shall never feel hunger again. ||55||

O rainbird, speak the Shabad, the True Word of God, with natural peace and poise.
Everything is with you; the True Guru will show you this.

So understand your own self, and meet your Beloved; His Grace shall rain down in torrents.

Drop by drop, the Ambrosial Nectar rains down softly and gently; thirst and hunger are completely gone.

Your cries and screams of anguish have ceased; your light shall merge into the Light.

O Nanak, the happy soul-brides sleep in peace; they are absorbed in the True Name.

The Primal Lord and Master has sent out the True Hukam of His Command.

The body and mind of the rainbird are happy. only when the rain-drop falls into its mouth.
अनु धनु बहुता उपजै धरती सोभा पाइ ॥ (1420)
The corn grows high, wealth increases, and the earth is embellished with beauty.

अनिदनु लोकु भगित करे गुर कै सबिद समाइ ॥ (1420)
Night and day, people worship the Lord with devotion, and are absorbed in the Word of the Guru's Shabad.

आपे सचा बखिस लए किर िकरपा करै रजाइ ॥ (1420)
The True Lord Himself forgives them, and showering them with His Mercy, He leads them to walk in His Will.

जिन गोट गावहु कामणी सचै सबिद समाइ ॥ (1420)
O brides, sing the Glorious Praises of the Lord, and be absorbed in the True Word of His Shabad.

बहै का सहजु सीगारु किरहु सिच रहहु िलव लाइ ॥ (1420)
Let the Fear of God be your decoration, and remain lovingly attuned to the True Lord.

हिर गुण गावहु कामणी सचै सबिद समाइ ॥ (1420)
O Nanak, the Naam abides in the mind, and the mortal is saved in the Court of the Lord.

बाबीहा सगली धरती जे िफरिह ऊिड चड़िह आकास ॥ (1420)
The rainbird wanders all over the earth, soaring high through the skies.
ਸਿਤਗੁਰ ਿਮਿਲਐ ਜਲੁ ਪਾਈਐ ਚੂਕੈ ਭੂਖ ਿਪਆਸ ॥ (1420)
satgur mili-ai jal paa-ee-ai chookai bhookh pi-aas.
But it obtains the drop of water, only when it meets the True Guru, and then, its hunger
and thirst are relieved.

jee-o pind sabh tis kaa sabh kichh tis kai paas.
Soul and body and all belong to Him; everything is His.

vin bol-aa sabh kichh jaandaa kis aagai keechai ardaas.
He knows everything, without being told; unto whom should we offer our prayers?

naanak ghat ghat ayko varatdaa sabad karay pargaas. ||58||
O Nanak, the One Lord is pervading and permeating each and every heart; the Word of
the Shabad brings illumination. ||58||

naanak tisai basant hai je satgur sayv samaa-ay.
O Nanak, the season of spring comes to one who serves the True Guru.

har vuthaa man tan sabh parfarhai sabh jag haree-aaval ho-ay. ||59||
The Lord rains His Mercy down upon him, and his mind and body totally blossom forth; the
entire world becomes green and rejuvenated. ||59||

naanak naamu n veesrai jin siri-aa sabh ko-ay. ||60||
O Nanak, do not forget the Naam, the Name of the Lord, which has created everyone. ||60||
ਨਾਨਕ ਿਤਨਾ ਬਸੰਤ ਹੈ ਿਜਨਾ ਗੁਰਮੁਿਖ ਵਿਸਆ ਮਿਨ ਸੋइ ॥ (1420)
O Nanak, it is the spring season, for those Gurmukhs, within whose minds the Lord
abides.

ਹਿਰ ਵੁਠੈ ਮਨੁ ਤਨੁ ਪਰਫੜੈ ਸਭੁ ਜਗੁ ਹਿਰਆ ਹੋਇ ॥੬੧॥ (1420)
When the Lord showers His Mercy, the mind and body blossom forth, and all the world
turns green and lush. ||61||

ਵਡੜੈ ਝਲ ਝਲੰਭਲੈ ਨਾਵੜਾ ਲੈਐ ਿਕਸੁ ॥ (1420)
In the early hours of the morning, whose name should we chant?

ਨਾਊ ਲੈਐ ਪਰਮੇਸਰੈ ਭੰਨਣ ਘੜਣ ਸਮਰਥੁ ॥੬੨॥ (1420)
Chant the Name of the Transcendent Lord, who is All-powerful to create and destroy. ||62||

ਹਰਹਟ ਭੀ ਤੂ ਤੂ ਕਰਿਹ ਬੋਲਿਹ ਭਲੀ ਬਾਣ ॥ (1420)
The Persian wheel also cries out, "Too! Too! You! You!", with sweet and sublime sounds.

ਸਾਿਹਬੁ ਸਦਾ ਹਦੂਿਰ ਹੈ ਿਕਾ ਉਚੀ ਕਰਿਹ ਪੁਕਾਰ ॥ (1420)
Our Lord and Master is always present; why do you cry out to Him in such a loud voice?

ਆਪੁ ਛੋਡਿਹ ਤਾ ਸਹੁ ਿਮਲੈ ਸਚਾ ਏਹਨ ਵੀਚਾਰੁ ॥ (1420)
Give up your selfishness, and then you shall meet your Husband Lord. Consider this
Truth.
Speaking in shallow egotism, no one understands the Ways of God.

The forests and fields, and all the three worlds meditate on You, O Lord; this is the way they pass their days and nights forever.

Without the True Guru, no one finds the Lord. People have grown weary of thinking about it.

But if the Lord casts His Glance of Grace, then He Himself embellishes us.

O Nanak, the Gurmukhs meditate on the Lord; blessed and approved is their coming into the world.

Yoga is not obtained by wearing saffron robes; Yoga is not obtained by wearing dirty robes.

O Nanak, Yoga is obtained even while sitting in your own home, by following the Teachings of the True Guru.
"ਚਾਰੇ ਕੁੰਡਾ ਜੇ ਭਵਿਹ ਬੇਦ ਪੱਖਿ ਜੁਗ ਚਾਰੀ ॥ (1421)

ਚਾਰੇ ਕੁੰਡਾ ਜੇ ਭਵਿਹ ਬੇਦ ਪੱਖਿ ਜੁਗ ਚਾਰੀ।

You may wander in all four directions, and read the Vedas throughout the four ages.

"ਨਾਨਕ ਸਾਚਾ ਹਿਰ ਮਿਨ ਵਸੈ ਪਾਵਿਹ ਮੋਖ ਦੁਆਰ ॥੬੫॥ (1421)

ਨਾਨਕ ਸਾਚਾ ਹਿਰ ਮਿਨ ਵਸੈ ਪਾਵਿਹ ਮੋਖ ਦੁਆਰ।

O Nanak, if you meet with the True Guru, the Lord shall come to dwell within your mind, and you shall find the door of salvation.

"ਨਾਨਕ ਹੁਕਮ ਵਰਤਈ ਖਸਮ ਕਾ ਮਿਤ ਭਵੀ ਿਫਰਿਹ ਚਲ ਿਚਤ ॥ (1421)

ਨਾਨਕ ਹੁਕਮ ਵਰਤੈ ਖਸਮ ਕਾ ਮਿਤ ਭਵੀ ਿਫਰਿਹ ਚਲ ਿਚਤ।

O Nanak, the Hukam, the Command of your Lord and Master, is prevailing. The intellectually confused person wanders around lost, misled by his fickle consciousness.

"ਗੁਰਮੁਖ ਸਾੰ ਕਿਰ ਦੋਸਤੀ ਸਿਤਗੁਰ ਸਾੰ ਲਾਇ ਿਚਤੁ ॥ (1421)

ਗੁਰਮੁਖ ਸਾੰ ਕਿਰ ਦੋਸਤੀ ਸਿਤਗੁਰ ਸਾੰ ਲਾਇ ਿਚਤੁ।

Make friends with the Gurmukhs, and focus your consciousness on the True Guru.

"ਜਮਣ ਮਰਣ ਕਾ ਮੂਲੁ ਕੂਟੀਐ ਤਾਂ ਸੁਖੁ ਹੋਵੀ ਿਮਤ ॥੬੬॥ (1421)

ਜਜਮਣ ਮਰਣ ਕਾ ਮੂਲੁ ਕੂਟੀਐ ਤਾਂ ਸੁਖੁ ਹੋਵੀ ਿਮਤ।

The root of birth and death will be cut away, and then, you shall find peace.

"ਭੁਲਾਂ ਆਪ ਸਮਝਾਇੇ ਜਾ ਕਾ ਨੁੰਦਰੀ ਕਰੇ ॥ (1421)

ਭੁਲਾਂ ਆਪ ਸਮਝਾਇੇ ਜਾ ਕਾ ਨੁੰਦਰੀ ਕਰੇ।

The Lord Himself instructs those who are misguided, when He casts His Glance of Grace.

"ਨਾਨਕ ਹੁਕਮ ਵਰਤਈ ਖਸਮ ਕਾ ਮਿਤ ਭਵੀ ਿਫਰਿਹ ਚਲ ਿਚਤ ॥੬੭॥ (1421)

ਨਾਨਕ ਹੁਕਮ ਵਰਤੈ ਖਸਮ ਕਾ ਮਿਤ ਭਵੀ ਿਫਰਿਹ ਚਲ ਿਚਤ।

O Nanak, those who are not blessed by His Glance of Grace, cry and weep and wail.