

ਮਾਝ ਮਹਲਾ ੫ ॥

Maajh, Fifth Mehl:

ਅਨਹਦੁ ਵਾਜੈ ਸਹਜਿ ਸੁਹੇਲਾ ॥

The Unstruck Melody resounds and resonates in peaceful ease.

ਸਬਦਿ ਅਨੰਦ ਕਰੇ ਸਦ ਕੇਲਾ ॥

I rejoice in the eternal bliss of the Word of the Shabad.

ਸਹਜ ਗੁਫਾ ਮਹਿ ਤਾੜੀ ਲਾਈ ਆਸਣੁ ਉਚ ਸਵਾਰਿਆ ਜੀਉ ॥੧॥

In the cave of intuitive wisdom I sit, absorbed in the silent trance of the Primal Void. I have obtained my seat in the heavens. ||1||

ਫਿਰਿ ਘਿਰਿ ਅਪੁਨੇ ਗ੍ਰਿਹ ਮਹਿ ਆਇਆ ॥

After wandering through many other homes and houses, I have returned to my own home,

ਜੋ ਲੋੜੀਦਾ ਸੋਈ ਪਾਇਆ ॥

and I have found what I was longing for.

ਤ੍ਰਿਪਤਿ ਅਘਾਇ ਰਹਿਆ ਹੈ ਸੰਤਹੁ ਗੁਰਿ ਅਨਭਉ ਪੁਰਖੁ ਦਿਖਾਰਿਆ ਜੀਉ ॥੨॥

I am satisfied and fulfilled; O Saints, the Guru has shown me the Fearless Lord God. ||2||

ਆਪੇ ਰਾਜਨੁ ਆਪੇ ਲੋਗਾ ॥

He Himself is the King, and He Himself is the people.

ਆਪਿ ਨਿਰਬਾਣੀ ਆਪੇ ਭੋਗਾ ॥

He Himself is in Nirvaanaa, and He Himself indulges in pleasures.

ਆਪੇ ਤਖਤਿ ਬਹੈ ਸਚੁ ਨਿਆਈ ਸਭ ਚੂਕੀ ਕੂਕ ਪੁਕਾਰਿਆ ਜੀਉ ॥੩॥

He Himself sits on the throne of true justice, answering the cries and prayers of all. ||3||

ਜੇਹਾ ਡਿਠਾ ਮੈ ਤੇਹੋ ਕਹਿਆ ॥

As I have seen Him, so have I described Him.

ਤਿਸੁ ਰਸੁ ਆਇਆ ਜਿਨਿ ਭੇਦੁ ਲਹਿਆ ॥

This Sublime Essence comes only to one who knows the Mystery of the Lord.

ਜੋਤੀ ਜੋਤਿ ਮਿਲੀ ਸੁਖੁ ਪਾਇਆ ਜਨ ਨਾਨਕ ਇਕੁ ਪਸਾਰਿਆ ਜੀਉ ॥੪॥੩॥੧੦॥

His light merges into the Light, and he finds peace. O servant Nanak, this is all  
the Extension of the One. ||4||3||10||