

ਸੋਰਠਿ ਮਹਲਾ ੩ ਚੌਤੁਕੇ ॥

Sorat'h, Third Mehl, Chau-Tukas:

ਸਚੀ ਭਗਤਿ ਸਤਿਗੁਰ ਤੇ ਹੋਵੈ ਸਚੀ ਹਿਰਦੈ ਬਾਣੀ ॥

True devotional worship is obtained only through the True Guru, when the True Word of His Bani is in the heart.

ਸਤਿਗੁਰੁ ਸੇਵੇ ਸਦਾ ਸੁਖੁ ਪਾਏ ਹਉਮੈ ਸਬਦਿ ਸਮਾਣੀ ॥

Serving the True Guru, eternal peace is obtained; egotism is obliterated through the Word of the Shabad.

ਬਿਨੁ ਗੁਰ ਸਾਚੇ ਭਗਤਿ ਨ ਹੋਵੀ ਹੋਰ ਭੂਲੀ ਫਿਰੈ ਇਆਣੀ ॥

Without the Guru, there is no true devotion; otherwise, people wander around, deluded by ignorance.

ਮਨਮੁਖਿ ਫਿਰਹਿ ਸਦਾ ਦੁਖੁ ਪਾਵਹਿ ਡੁਬਿ ਮੁਏ ਵਿਣੁ ਪਾਣੀ ॥੧॥

The self-willed manmukhs wander around, suffering in constant pain; they drown and die, even without water. ||1||

ਭਾਈ ਰੇ ਸਦਾ ਰਹਹੁ ਸਰਣਾਈ ॥

O Siblings of Destiny, remain forever in the Lord's Sanctuary, under His Protection.

ਆਪਣੀ ਨਦਰਿ ਕਰੇ ਪਤਿ ਰਾਖੈ ਹਰਿ ਨਾਮੋ ਦੇ ਵਡਿਆਈ ॥ ਰਹਾਉ ॥

Bestowing His Glance of Grace, He preserves our honor, and blesses us with the glory of the Lord's Name. ||Pause||

ਪੂਰੇ ਗੁਰ ਤੇ ਆਪੁ ਪਛਾਤਾ ਸਬਦਿ ਸਚੈ ਵੀਚਾਰਾ ॥

Through the Perfect Guru, one comes to understand himself, contemplating the True Word of the Shabad.

ਹਿਰਦੈ ਜਗਜੀਵਨੁ ਸਦ ਵਸਿਆ ਤਜਿ ਕਾਮੁ ਕ੍ਰੋਧੁ ਅਹੰਕਾਰਾ ॥

The Lord, the Life of the world, ever abides in his heart, and he renounces sexual desire, anger and egotism.

ਸਦਾ ਹਜੂਰਿ ਰਵਿਆ ਸਭ ਠਾਈ ਹਿਰਦੈ ਨਾਮੁ ਅਪਾਰਾ ॥

The Lord is ever-present, permeating and pervading all places; the Name of the Infinite Lord is enshrined within the heart.

ਜੁਗਿ ਜੁਗਿ ਬਾਣੀ ਸਬਦਿ ਪਛਾਣੀ ਨਾਉ ਮੀਠਾ ਮਨਹਿ ਪਿਆਰਾ ॥੨॥

Throughout the ages, through the Word of His Bani, His Shabad is realized, and the Name becomes so sweet and beloved to the mind. ||2||

ਸਤਿਗੁਰੁ ਸੇਵਿ ਜਿਨਿ ਨਾਮੁ ਪਛਾਤਾ ਸਫਲ ਜਨਮੁ ਜਗਿ ਆਇਆ ॥

Serving the Guru, one realizes the Naam, the Name of the Lord; fruitful is his life, and his coming into the world.

ਹਰਿ ਰਸੁ ਚਾਖਿ ਸਦਾ ਮਨੁ ਤ੍ਰਿਪਤਿਆ ਗੁਣ ਗਾਵੈ ਗੁਣੀ ਅਘਾਇਆ ॥

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 ਪ੍ਰਗਾਸਿ ਸਦਾ ਰੰਗਿ ਰਾਤਾ ਅਨਹਦ ਸਬਦੁ ਵਜਾਇਆ ॥

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 ਨਿਰਮਲੁ ਨਿਰਮਲ ਬਾਣੀ ਸਚੇ ਸਚਿ ਸਮਾਇਆ ॥੩॥

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 ਗਤਿ ਕੋਇ ਨ ਬੁਝੈ ਗੁਰਮਤਿ ਰਿਦੈ ਸਮਾਈ ॥

No one knows the state of the Lord's Name; through the Guru's Teachings, it comes to abide in the heart.

ਗੁਰਮੁਖਿ ਹੋਵੈ ਸੁ ਮਗੁ ਪਛਾਣੈ ਹਰਿ ਰਸਿ ਰਸਨ ਰਸਾਈ ॥

One who becomes Gurmukh, understands the Path; his tongue savors the sublime essence of the Lord's Nectar.

ਜਪੁ ਤਪੁ ਸੰਜਮੁ ਸਭੁ ਗੁਰ ਤੇ ਹੋਵੈ ਹਿਰਦੈ ਨਾਮੁ ਵਸਾਈ ॥

Meditation, austere self-discipline and self-restraint are all obtained from the Guru; the Naam, the Name of the Lord, comes to abide within the heart.

ਨਾਨਕ ਨਾਮੁ ਸਮਾਲਹਿ ਸੇ ਜਨ ਸੋਹਨਿ ਦਰਿ ਸਾਚੈ ਪਤਿ ਪਾਈ ॥੪॥੭॥

O Nanak, those humble beings who praise the Naam are beautiful; they are honored in the Court of the True Lord. ||4||7||