

ਮਾਝ ਮਹਲਾ ੩ ॥

Maajh, Third Mehl:

ਏਕਾ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸਰੀਰਾ ॥

The One Light is the light of all bodies.

ਸਬਦਿ ਦਿਖਾਏ ਸਤਿਗੁਰੁ ਪੂਰਾ ॥

The Perfect True Guru reveals it through the Word of the Shabad.

ਆਪੇ ਫਰਕੁ ਕੀਤੋਨੁ ਘਟ ਅੰਤਰਿ ਆਪੇ ਬਣਤ ਬਣਾਵਣਿਆ ॥੧॥

He Himself instills the sense of separation within our hearts; He Himself created the Creation. ||1||

ਹਉ ਵਾਰੀ ਜੀਉ ਵਾਰੀ ਹਰਿ ਸਚੇ ਕੇ ਗੁਣ ਗਾਵਣਿਆ ॥

I am a sacrifice, my soul is a sacrifice, to those who sing the Glorious Praises of the True Lord.

ਬਾਝੁ ਗੁਰੂ ਕੇ ਸਹਜੁ ਨ ਪਾਏ ਗੁਰਮੁਖਿ ਸਹਜਿ ਸਮਾਵਣਿਆ ॥੧॥ ਰਹਾਉ ॥

Without the Guru, no one obtains intuitive wisdom; the Gurmukh is absorbed in intuitive peace. ||1||Pause||

ਤੂੰ ਆਪੇ ਸੋਹਹਿ ਆਪੇ ਜਗੁ ਮੋਹਹਿ ॥

You Yourself are Beautiful, and You Yourself entice the world.

ਤੂੰ ਆਪੇ ਨਦਰੀ ਜਗਤੁ ਪਰੋਵਹਿ ॥

You Yourself, by Your Kind Mercy, weave the thread of the world.

ਤੂੰ ਆਪੇ ਦੁਖੁ ਸੁਖੁ ਦੇਵਹਿ ਕਰਤੇ ਗੁਰਮੁਖਿ ਹਰਿ ਦੇਖਾਵਣਿਆ ॥੨॥

You Yourself bestow pain and pleasure, O Creator. The Lord reveals Himself to the Gurmukh. ||2||

ਆਪੇ ਕਰਤਾ ਕਰੇ ਕਰਾਏ ॥

The Creator Himself acts, and causes others to act.

ਆਪੇ ਸਬਦੁ ਗੁਰ ਮੰਨਿ ਵਸਾਏ ॥

Through Him, the Word of the Guru's Shabad is enshrined within the mind.

ਸਬਦੇ ਉਪਜੈ ਅੰਮ੍ਰਿਤ ਬਾਣੀ ਗੁਰਮੁਖਿ ਆਖਿ ਸੁਣਾਵਣਿਆ ॥੩॥

The Ambrosial Word of the Guru's Bani emanates from the Word of the Shabad. The Gurmukh speaks it and hears it. ||3||

ਆਪੇ ਕਰਤਾ ਆਪੇ ਭੁਗਤਾ ॥

He Himself is the Creator, and He Himself is the Enjoyer.

ਬੰਧਨ ਤੋੜੇ ਸਦਾ ਹੈ ਮੁਕਤਾ ॥

One who breaks out of bondage is liberated forever.

ਸਦਾ ਮੁਕਤੁ ਆਪੇ ਹੈ ਸਚਾ ਆਪੇ ਅਲਖੁ ਲਖਾਵਣਿਆ ॥੪॥

The True Lord is liberated forever. The Unseen Lord causes Himself to be seen. ||4||

ਆਪੇ ਮਾਇਆ ਆਪੇ ਛਾਇਆ ॥

He Himself is Maya, and He Himself is the Illusion.

ਆਪੇ ਮੋਹੁ ਸਭੁ ਜਗਤੁ ਉਪਾਇਆ ॥

He Himself has generated emotional attachment throughout the entire universe.

ਆਪੇ ਗੁਣਦਾਤਾ ਗੁਣ ਗਾਵੈ ਆਪੇ ਆਖਿ ਸੁਣਾਵਣਿਆ ॥੫॥

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||

ਆਪੇ ਕਰੇ ਕਰਾਏ ਆਪੇ ॥

He Himself acts, and causes others to act.

ਆਪੇ ਥਾਪਿ ਉਥਾਪੇ ਆਪੇ ॥

He Himself establishes and disestablishes.

ਤੁਝ ਤੇ ਬਾਹਰਿ ਕਛੁ ਨ ਹੋਵੈ ਤੂੰ ਆਪੇ ਕਾਰੈ ਲਾਵਣਿਆ ॥੬॥

Without You, nothing can be done. You Yourself have engaged all in their tasks. ||6||

ਆਪੇ ਮਾਰੇ ਆਪਿ ਜੀਵਾਏ ॥

He Himself kills, and He Himself revives.

ਆਪੇ ਮੇਲੇ ਮੇਲਿ ਮਿਲਾਏ ॥

He Himself unites us, and unites us in Union with Himself.

ਸੇਵਾ ਤੇ ਸਦਾ ਸੁਖੁ ਪਾਇਆ ਗੁਰਮੁਖਿ ਸਹਜਿ ਸਮਾਵਣਿਆ ॥੭॥

Through selfless service, eternal peace is obtained. The Gurmukh is absorbed in intuitive peace. ||7||

ਆਪੇ ਉਚਾ ਉਚੇ ਹੋਈ ॥

He Himself is the Highest of the High.

ਜਿਸੁ ਆਪਿ ਵਿਖਾਲੇ ਸੁ ਵੇਖੈ ਕੋਈ ॥

How rare are those who behold Him. He causes Himself to be seen.

ਨਾਨਕ ਨਾਮੁ ਵਸੈ ਘਟ ਅੰਤਰਿ ਆਪੇ ਵੇਖਿ ਵਿਖਾਲਣਿਆ ॥੮॥੨੬॥੨੭॥

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. ||8||26||27||