

ਗਉੜੀ ਮਹਲਾ ੫ ॥

Gauree, Fifth Mehl:

ਉਦਮੁ ਕਰਤ ਸੀਤਲ ਮਨ ਭਏ ॥

Through sincere efforts, the mind is made peaceful and calm.

ਮਾਰਗਿ ਚਲਤ ਸਗਲ ਦੁਖ ਗਏ ॥

Walking on the Lord's Way, all pains are taken away.

ਨਾਮੁ ਜਪਤ ਮਨਿ ਭਏ ਅਨੰਦ ॥

Chanting the Naam, the Name of the Lord, the mind becomes blissful.

ਰਸਿ ਗਾਏ ਗੁਨ ਪਰਮਾਨੰਦ ॥੧॥

Singing the Glorious Praises of the Lord, supreme bliss is obtained. ||1||

ਖੇਮ ਭਇਆ ਕੁਸਲ ਘਰਿ ਆਏ ॥

There is joy all around, and peace has come to my home.

ਭੇਟਤ ਸਾਧਸੰਗਿ ਗਈ ਬਲਾਏ ॥ ਰਹਾਉ ॥

Joining the Saadh Sangat, the Company of the Holy, misfortune disappears.  
||Pause||

ਨੇਤ੍ਰੁ ਪੁਨੀਤ ਪੇਖਤ ਹੀ ਦਰਸ ॥

My eyes are purified, beholding the Blessed Vision of His Darshan.

ਧਨਿ ਮਸਤਕ ਚਰਨ ਕਮਲ ਹੀ ਪਰਸ ॥

Blessed is the forehead which touches His Lotus Feet.

ਗੋਬਿੰਦ ਕੀ ਟਹਲ ਸਫਲ ਇਹ ਕਾਂਇਆ ॥

Working for the Lord of the Universe, the body becomes fruitful.

ਸੰਤ ਪ੍ਰਸਾਦਿ ਪਰਮ ਪਦੁ ਪਾਇਆ ॥੨॥

By the Grace of the Saints, I have obtained the supreme status. ||2||

ਜਨ ਕੀ ਕੀਨੀ ਆਪਿ ਸਹਾਇ ॥

The Lord is the Help and Support of His humble servant.

ਸੁਖੁ ਪਾਇਆ ਲਗਿ ਦਾਸਹ ਪਾਇ ॥

I have found peace, falling at the feet of His slaves.

ਆਪੁ ਗਇਆ ਤਾ ਆਪਹਿ ਭਏ ॥

When selfishness is gone, then one becomes the Lord Himself;

ਕ੍ਰਿਪਾ ਨਿਧਾਨ ਕੀ ਸਰਨੀ ਪਏ ॥੩॥

seek the Sanctuary of the treasure of mercy. ||3||

ਜੋ ਚਾਹਤ ਸੋਈ ਜਬ ਪਾਇਆ ॥

When someone finds the One he has desired,

ਤਬ ਢੂੰਢਨ ਕਹਾ ਕੋ ਜਾਇਆ ॥

then where should he go to look for Him?

ਅਸਥਿਰ ਭਏ ਬਸੇ ਸੁਖ ਆਸਨ ॥

I have become steady and stable, and I dwell in the seat of peace.

ਗੁਰ ਪ੍ਰਸਾਦਿ ਨਾਨਕ ਸੁਖ ਬਾਸਨ ॥੪॥੧੧੦॥

By Guru's Grace, Nanak has entered the home of peace. ||4||110||