

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੧ ॥

Gauree Gwaarayree, First Mehl:

ਮਨੁ ਕੁੰਚਰੁ ਕਾਇਆ ਉਦਿਆਨੈ ॥

The mind is an elephant in the forest of the body.

ਗੁਰੁ ਅੰਕਸੁ ਸਚੁ ਸਬਦੁ ਨੀਸਾਨੈ ॥ ਰਾਜ ਦੁਆਰੈ ਸੋਭ ਸੁ ਮਾਨੈ ॥੧॥

The Guru is the controlling stick; when the Insignia of the True Shabad is applied, one obtains honor in the Court of God the King. ||1||

ਚਤੁਰਾਈ ਨਹ ਚੀਨਿਆ ਜਾਇ ॥

He cannot be known through clever tricks.

ਬਿਨੁ ਮਾਰੇ ਕਿਉ ਕੀਮਤਿ ਪਾਇ ॥੧॥ ਰਹਾਉ ॥

Without subduing the mind, how can His value be estimated? ||1||Pause||

ਘਰ ਮਹਿ ਅੰਮ੍ਰਿਤੁ ਤਸਕਰੁ ਲੇਈ ॥

In the house of the self is the Ambrosial Nectar, which is being stolen by the thieves.

ਨੰਨਾਕਾਰੁ ਨ ਕੋਇ ਕਰੇਈ ॥

No one can say no to them.

ਰਾਖੈ ਆਪਿ ਵਡਿਆਈ ਦੇਈ ॥੨॥

He Himself protects us, and blesses us with greatness. ||2||

ਨੀਲ ਅਨੀਲ ਅਗਨਿ ਇਕ ਠਾਈ ॥

There are billions, countless billions of fires of desire at the seat of the mind.

ਜਲਿ ਨਿਵਰੀ ਗੁਰਿ ਬੁਝ ਬੁਝਾਈ ॥

They are extinguished only with the water of understanding, imparted by the Guru.

ਮਨੁ ਦੇ ਲੀਆ ਰਹਸਿ ਗੁਣ ਗਾਈ ॥੩॥

Offering my mind, I have attained it, and I joyfully sing His Glorious Praises. ||3||

ਜੈਸਾ ਘਰਿ ਬਾਹਰਿ ਸੋ ਤੈਸਾ ॥

Just as He is within the home of the self, so is He beyond.

ਬੈਸਿ ਗੁਫਾ ਮਹਿ ਆਖਉ ਕੈਸਾ ॥

But how can I describe Him, sitting in a cave?

ਸਾਗਰਿ ਡੂਗਰਿ ਨਿਰਭਉ ਐਸਾ ॥੪॥

The Fearless Lord is in the oceans, just as He is in the mountains. ||4||

ਮੂਏ ਕਉ ਕਹੁ ਮਾਰੇ ਕਉਨੁ ॥

Tell me, who can kill someone who is already dead?

ਨਿਡਰੇ ਕਉ ਕੈਸਾ ਡਰੁ ਕਵਨੁ ॥

What does he fear? Who can frighten the fearless one?

ਸਬਦਿ ਪਛਾਨੈ ਤੀਨੇ ਭਉਨ ॥੫॥

He recognizes the Word of the Shabad, throughout the three worlds. ||5||

ਜਿਨਿ ਕਹਿਆ ਤਿਨਿ ਕਹਨੁ ਵਖਾਨਿਆ ॥

One who speaks, merely describes speech.

ਜਿਨਿ ਬੁਝਿਆ ਤਿਨਿ ਸਹਜਿ ਪਛਾਨਿਆ ॥

But one who understands, intuitively realizes.

ਦੇਖਿ ਬੀਚਾਰਿ ਮੇਰਾ ਮਨੁ ਮਾਨਿਆ ॥੬॥

Seeing and reflecting upon it, my mind surrenders. ||6||

ਕੀਰਤਿ ਸੂਰਤਿ ਮੁਕਤਿ ਇਕ ਨਾਈ ॥

Praise, beauty and liberation are in the One Name.

ਤਹੀ ਨਿਰੰਜਨੁ ਰਹਿਆ ਸਮਾਈ ॥

In it, the Immaculate Lord is permeating and pervading.

ਨਿਜ ਘਰਿ ਬਿਆਪਿ ਰਹਿਆ ਨਿਜ ਠਾਈ ॥੭॥

He dwells in the home of the self, and in His own sublime place. ||7||

ਉਸਤਤਿ ਕਰਹਿ ਕੇਤੇ ਮੁਨਿ ਪ੍ਰੀਤਿ ॥

The many silent sages lovingly praise Him.

ਤਨਿ ਮਨਿ ਸੂਚੈ ਸਾਚੁ ਸੁ ਚੀਤਿ ॥

Their bodies and minds are purified, as they enshrine the True Lord in their consciousness.

ਨਾਨਕ ਹਰਿ ਭਜੁ ਨੀਤਾ ਨੀਤਿ ॥੮॥੨॥

O Nanak, meditate on the Lord, each and every day. ||8||2||