

ਕਾਨੜਾ ਮਹਲਾ ੫ ॥

Kaanraa, Fifth Mehl:

ਰੰਗਾ ਰੰਗ ਰੰਗਨ ਕੇ ਰੰਗਾ ॥

The Playful Lord imbues all with the Color of His Love.

ਕੀਟ ਹਸਤ ਪੂਰਨ ਸਭ ਸੰਗਾ ॥੧॥ ਰਹਾਉ ॥

From the ant to the elephant, He is permeating and pervading all.

||1||Pause||

ਬਰਤ ਨੇਮ ਤੀਰਥ ਸਹਿਤ ਗੰਗਾ ॥

Some go on fasts, make vows, and take pilgrimages to sacred shrines on the Ganges.

ਜਲੁ ਹੇਵਤ ਭੂਖ ਅਰੁ ਨੰਗਾ ॥

They stand naked in the water, enduring hunger and poverty.

ਪੂਜਾਚਾਰ ਕਰਤ ਮੇਲੰਗਾ ॥

They sit cross-legged, perform worship services and do good deeds.

ਚਕ੍ਰ ਕਰਮ ਤਿਲਕ ਖਾਟੰਗਾ ॥

They apply religious symbols to their bodies, and ceremonial marks to their limbs.

ਦਰਸਨੁ ਭੇਟੇ ਬਿਨੁ ਸਤਸੰਗਾ ॥੧॥

They read through the Shaastras, but they do not join the Sat Sangat, the True Congregation. ||1||

ਹਠਿ ਨਿਗ੍ਰਹਿ ਅਤਿ ਰਹਤ ਬਿਟੰਗਾ ॥

They stubbornly practice ritualistic postures, standing on their heads.

ਹਉ ਰੋਗੁ ਬਿਆਪੈ ਚੁਕੈ ਨ ਭੰਗਾ ॥

They are afflicted with the disease of egotism, and their faults are not covered up.

ਕਾਮ ਕ੍ਰੋਧ ਅਤਿ ਤ੍ਰਿਸਨ ਜਰੰਗਾ ॥

They burn in the fire of sexual frustration, unresolved anger and compulsive desire.

ਸੋ ਮੁਕਤੁ ਨਾਨਕ ਜਿਸੁ ਸਤਿਗੁਰੁ ਚੰਗਾ ॥੨॥੩॥੩੬॥

He alone is liberated, O Nanak, whose True Guru is Good. ||2||3||36||