

ਮਾਝ ਮਹਲਾ ੩ ॥

Maajh, Third Mehl:

ਗੋਵਿੰਦੁ ਉਜਲੁ ਉਜਲੁ ਹੰਸਾ ॥

The Lord of the Universe is radiant, and radiant are His soul-swans.

ਮਨੁ ਬਾਣੀ ਨਿਰਮਲ ਮੇਰੀ ਮਨਸਾ ॥

Their minds and their speech are immaculate; they are my hope and ideal.

ਮਨਿ ਉਜਲੁ ਸਦਾ ਮੁਖ ਸੋਹਹਿ ਅਤਿ ਉਜਲੁ ਨਾਮੁ ਧਿਆਵਣਿਆ ॥੧॥

Their minds are radiant, and their faces are always beautiful; they meditate on the most radiant Naam, the Name of the Lord. ||1||

ਹਉ ਵਾਰੀ ਜੀਉ ਵਾਰੀ ਗੋਬਿੰਦੁ ਗੁਣ ਗਾਵਣਿਆ ॥

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

ਗੋਬਿੰਦੁ ਗੋਬਿੰਦੁ ਕਹੈ ਦਿਨ ਰਾਤੀ ਗੋਬਿੰਦੁ ਗੁਣੁ ਸਬਦਿ ਸੁਣਾਵਣਿਆ ॥੧॥ ਰਹਾਉ ॥

So chant Gobind, Gobind, the Lord of the Universe, day and night; sing the Glorious Praises of the Lord Gobind, through the Word of His Shabad.

||1||Pause||

ਗੋਬਿੰਦੁ ਗਾਵਹਿ ਸਹਜਿ ਸੁਭਾਏ ॥

Sing of the Lord Gobind with intuitive ease,

ਗੁਰ ਕੈ ਭੈ ਉਜਲੁ ਹਉਮੈ ਮਲੁ ਜਾਏ ॥

in the Fear of the Guru; you shall become radiant, and the filth of egotism shall depart.

ਸਦਾ ਅਨੰਦਿ ਰਹਹਿ ਭਗਤਿ ਕਰਹਿ ਦਿਨੁ ਰਾਤੀ ਸੁਣਿ ਗੋਬਿੰਦੁ ਗੁਣੁ ਗਾਵਣਿਆ ॥੨॥

Remain in bliss forever, and perform devotional worship, day and night. Hear and sing the Glorious Praises of the Lord Gobind. ||2||

ਮਨੁਆ ਨਾਚੈ ਭਗਤਿ ਦ੍ਰਿੜਾਏ ॥

Channel your dancing mind in devotional worship,

ਗੁਰ ਕੈ ਸਬਦਿ ਮਨੈ ਮਨੁ ਮਿਲਾਏ ॥

and through the Word of the Guru's Shabad, merge your mind with the Supreme Mind.

ਸਚਾ ਤਾਲੁ ਪੂਰੇ ਮਾਇਆ ਮੋਹੁ ਚੁਕਾਏ ਸਬਦੇ ਨਿਰਤਿ ਕਰਾਵਣਿਆ ॥੩॥

Let your true and perfect tune be the subjugation of your love of Maya, and let yourself dance to the Shabad. ||3||

ਉਚਾ ਕੂਕੇ ਤਨਹਿ ਪਛਾੜੇ ॥

People shout out loud and move their bodies,

ਮਾਇਆ ਮੋਹਿ ਜੋਹਿਆ ਜਮਕਾਲੇ ॥

but if they are emotionally attached to Maya, then the Messenger of Death shall hunt them down.

ਮਾਇਆ ਮੋਹੁ ਇਸੁ ਮਨਹਿ ਨਚਾਏ ਅੰਤਰਿ ਕਪਟੁ ਦੁਖੁ ਪਾਵਣਿਆ ॥੪॥

The love of Maya makes this mind dance, and the deceit within makes people suffer in pain. ||4||

ਗੁਰਮੁਖਿ ਭਗਤਿ ਜਾ ਆਪਿ ਕਰਾਏ ॥

When the Lord inspires one to become Gurmukh, and perform devotional worship,

ਤਨੁ ਮਨੁ ਰਾਤਾ ਸਹਜਿ ਸੁਭਾਏ ॥

then his body and mind are attuned to His Love with intuitive ease.

ਬਾਣੀ ਵਜੈ ਸਬਦਿ ਵਜਾਏ ਗੁਰਮੁਖਿ ਭਗਤਿ ਥਾਇ ਪਾਵਣਿਆ ॥੫॥

The Word of His Bani vibrates, and the Word of His Shabad resounds, for the Gurmukh whose devotional worship is accepted. ||5||

ਬਹੁ ਤਾਲ ਪੂਰੇ ਵਾਜੇ ਵਜਾਏ ॥

One may beat upon and play all sorts of instruments,

ਨਾ ਕੋ ਸੁਣੇ ਨ ਮੰਨਿ ਵਸਾਏ ॥

but no one will listen, and no one will enshrine it in the mind.

ਮਾਇਆ ਕਾਰਣਿ ਪਿੜ ਬੰਧਿ ਨਾਚੈ ਦੂਜੈ ਭਾਇ ਦੁਖੁ ਪਾਵਣਿਆ ॥੬॥

For the sake of Maya, they set the stage and dance, but they are in love with duality, and they obtain only sorrow. ||6||

ਜਿਸੁ ਅੰਤਰਿ ਪ੍ਰੀਤਿ ਲਗੈ ਸੋ ਮੁਕਤਾ ॥

Those whose inner beings are attached to the Lord's Love are liberated.

ਇੰਦ੍ਰੀ ਵਸਿ ਸਚ ਸੰਜਮਿ ਜੁਗਤਾ ॥

They control their sexual desires, and their lifestyle is the self-discipline of Truth.

ਗੁਰ ਕੈ ਸਬਦਿ ਸਦਾ ਹਰਿ ਧਿਆਏ ਏਹਾ ਭਗਤਿ ਹਰਿ ਭਾਵਣਿਆ ॥੭॥

Through the Word of the Guru's Shabad, they meditate forever on the Lord. This devotional worship is pleasing to the Lord. ||7||

ਗੁਰਮੁਖਿ ਭਗਤਿ ਜੁਗ ਚਾਰੇ ਹੋਈ ॥

To live as Gurmukh is devotional worship, throughout the four ages.

ਹੋਰਤੁ ਭਗਤਿ ਨ ਪਾਏ ਕੋਈ ॥

This devotional worship is not obtained by any other means.

ਨਾਨਕ ਨਾਮੁ ਗੁਰ ਭਗਤੀ ਪਾਈਐ ਗੁਰ ਚਰਣੀ ਚਿਤੁ ਲਾਵਣਿਆ ॥੮॥੨੦॥੨੧॥

O Nanak, the Naam, the Name of the Lord, is obtained only through devotion to the Guru. So focus your consciousness on the Guru's Feet. ||8||20||21||