

ਮਾਰੂ ਮਹਲਾ ੧ ॥

Maaroo, First Mehl:

ਸਚੁ ਕਹਹੁ ਸਚੈ ਘਰਿ ਰਹਣਾ ॥

Speak the Truth, and remain in the home of Truth.

ਜੀਵਤ ਮਰਹੁ ਭਵਜਲੁ ਜਗੁ ਤਰਣਾ ॥

Remain dead while yet alive, and cross over the terrifying world-ocean.

ਗੁਰੁ ਬੋਹਿਥੁ ਗੁਰੁ ਬੇੜੀ ਤੁਲਹਾ ਮਨੁ ਹਰਿ ਜਪਿ ਪਾਰਿ ਲੰਘਾਇਆ ॥੧॥

The Guru is the boat, the ship, the raft; meditating on the Lord in your mind, you shall be carried across to the other side. ||1||

ਹਉਮੈ ਮਮਤਾ ਲੋਭ ਬਿਨਾਸਨੁ ॥

Eliminating egotism, possessiveness and greed,

ਨਉ ਦਰ ਮੁਕਤੇ ਦਸਵੈ ਆਸਨੁ ॥

one is liberated from the nine gates, and obtains a place in the Tenth Gate.

ਉਪਰਿ ਪਰੈ ਪਰੈ ਅਪਰੰਪਰੁ ਜਿਨਿ ਆਪੇ ਆਪੁ ਉਪਾਇਆ ॥੨॥

Lofty and high, the farthest of the far and infinite, He created Himself. ||2||

ਗੁਰਮਤਿ ਲੇਵਹੁ ਹਰਿ ਲਿਵ ਤਰੀਐ ॥

Receiving the Guru's Teachings, and lovingly attuned to the Lord, one crosses over.

ਅਕਲੁ ਗਾਇ ਜਮ ਤੇ ਕਿਆ ਡਰੀਐ ॥

Singing the Praises of the absolute Lord, why should anyone be afraid of death?

ਜਤ ਜਤ ਦੇਖਉ ਤਤ ਤਤ ਤੁਮ ਹੀ ਅਵਰੁ ਨ ਦੁਤੀਆ ਗਾਇਆ ॥੩॥

Wherever I look, I see only You; I do not sing of any other at all. ||3||

ਸਚੁ ਹਰਿ ਨਾਮੁ ਸਚੁ ਹੈ ਸਰਣਾ ॥

True is the Lord's Name, and True is His Sanctuary.

ਸਚੁ ਗੁਰ ਸਬਦੁ ਜਿਤੈ ਲਗਿ ਤਰਣਾ ॥

True is the Word of the Guru's Shabad, grasping it, one is carried across.

ਅਕਥੁ ਕਥੈ ਦੇਖੈ ਅਪਰੰਪਰੁ ਫੁਨਿ ਗਰਭਿ ਨ ਜੋਨੀ ਜਾਇਆ ॥੪॥

Speaking the Unspoken, one sees the Infinite Lord, and then, he does not have to enter the womb of reincarnation again. ||4||

ਸਚ ਬਿਨੁ ਸਤੁ ਸੰਤੋਖੁ ਨ ਪਾਵੈ ॥

Without the Truth, no one finds sincerity or contentment.

ਬਿਨੁ ਗੁਰ ਮੁਕਤਿ ਨ ਆਵੈ ਜਾਵੈ ॥

Without the Guru, no one is liberated; coming and going in reincarnation continue.

ਮੂਲ ਮੰਤ੍ਰੁ ਹਰਿ ਨਾਮੁ ਰਸਾਇਣੁ ਕਹੁ ਨਾਨਕ ਪੂਰਾ ਪਾਇਆ ॥੫॥

Chanting the Mool Mantra, and the Name of the Lord, the source of nectar, says Nanak, I have found the Perfect Lord. ||5||

ਸਚ ਬਿਨੁ ਭਵਜਲੁ ਜਾਇ ਨ ਤਰਿਆ ॥

Without the Truth, the terrifying world-ocean cannot be crossed.

ਏਹੁ ਸਮੁੰਦੁ ਅਥਾਹੁ ਮਹਾ ਬਿਖੁ ਭਰਿਆ ॥

This ocean is vast and unfathomable; it is overflowing with the worst poison.

ਰਹੈ ਅਤੀਤੁ ਗੁਰਮਤਿ ਲੇ ਉਪਰਿ ਹਰਿ ਨਿਰਭਉ ਕੈ ਘਰਿ ਪਾਇਆ ॥੬॥

One who receives the Guru's Teachings, and remains aloof and detached, obtains a place in the home of the Fearless Lord. ||6||

ਝੂਠੀ ਜਗ ਹਿਤ ਕੀ ਚਤੁਰਾਈ ॥

False is the cleverness of loving attachment to the world.

ਬਿਲਮ ਨ ਲਾਗੈ ਆਵੈ ਜਾਈ ॥

In no time at all, it comes and goes.

ਨਾਮੁ ਵਿਸਾਰਿ ਚਲਹਿ ਅਭਿਮਾਨੀ ਉਪਜੈ ਬਿਨਸਿ ਖਪਾਇਆ ॥੭॥

Forgetting the Naam, the Name of the Lord, the proud egotistical people depart; in creation and destruction they are wasted away. ||7||

ਉਪਜਹਿ ਬਿਨਸਹਿ ਬੰਧਨ ਬੰਧੇ ॥

In creation and destruction, they are bound in bondage.

ਹਉਮੈ ਮਾਇਆ ਕੇ ਗਲਿ ਫੰਧੇ ॥

The noose of egotism and Maya is around their necks.

ਜਿਸੁ ਰਾਮ ਨਾਮੁ ਨਾਹੀ ਮਤਿ ਗੁਰਮਤਿ ਸੋ ਜਮ ਪੁਰਿ ਬੰਧਿ ਚਲਾਇਆ ॥੮॥

Whoever does not accept the Guru's Teachings, and does not dwell upon the Lord's Name, is bound and bagged, and dragged into the City of Death. ||8||

ਗੁਰ ਬਿਨੁ ਮੋਖ ਮੁਕਤਿ ਕਿਉ ਪਾਈਐ ॥

Without the Guru, how can anyone be emancipated or liberated?

ਬਿਨੁ ਗੁਰ ਰਾਮ ਨਾਮੁ ਕਿਉ ਧਿਆਈਐ ॥

Without the Guru, how can anyone meditate on the Lord's Name?

ਗੁਰਮਤਿ ਲੇਹੁ ਤਰਹੁ ਭਵ ਦੁਤਰੁ ਮੁਕਤਿ ਭਏ ਸੁਖੁ ਪਾਇਆ ॥੯॥

Accepting the Guru's Teachings, cross over the arduous, terrifying world-ocean; you shall be emancipated, and find peace. ||9||

ਗੁਰਮਤਿ ਕ੍ਰਿਸਨਿ ਗੋਵਰਧਨ ਧਾਰੇ ॥

Through the Guru's Teachings, Krishna lifted up the mountain of Govardhan.

ਗੁਰਮਤਿ ਸਾਇਰਿ ਪਾਹਣ ਤਾਰੇ ॥

Through the Guru's Teachings, Rama floated stones across the ocean.

ਗੁਰਮਤਿ ਲੇਹੁ ਪਰਮ ਪਦੁ ਪਾਈਐ ਨਾਨਕ ਗੁਰਿ ਭਰਮੁ ਚੁਕਾਇਆ ॥੧੦॥

Accepting the Guru's Teachings, the supreme status is obtained; O Nanak, the Guru eradicates doubt. ||10||

ਗੁਰਮਤਿ ਲੇਹੁ ਤਰਹੁ ਸਚੁ ਤਾਰੀ ॥

Accepting the Guru's Teachings, cross over to the other side through Truth.

ਆਤਮ ਚੀਨਹੁ ਰਿਦੈ ਮੁਰਾਰੀ ॥

O soul, remember the Lord within your heart.

ਜਮ ਕੇ ਫਾਹੇ ਕਾਟਹਿ ਹਰਿ ਜਪਿ ਅਕੁਲ ਨਿਰੰਜਨੁ ਪਾਇਆ ॥੧੧॥

The noose of death is cut away, meditating on the Lord; you shall obtain the Immaculate Lord, who has no ancestry. ||11||

ਗੁਰਮਤਿ ਪੰਚ ਸਖੇ ਗੁਰ ਭਾਈ ॥

Through the Guru's Teachings, the Holy become one's friends and Siblings of Destiny.

ਗੁਰਮਤਿ ਅਗਨਿ ਨਿਵਾਰਿ ਸਮਾਈ ॥

Through the Guru's Teachings, the inner fire is subdued and extinguished.

ਮਨਿ ਮੁਖਿ ਨਾਮੁ ਜਪਹੁ ਜਗਜੀਵਨ ਰਿਦ ਅੰਤਰਿ ਅਲਖੁ ਲਖਾਇਆ ॥੧੨॥

Chant the Naam with your mind and mouth; know the unknowable Lord, the Life of the World, deep within the nucleus of your heart. ||12||

ਗੁਰਮੁਖਿ ਬੁਝੈ ਸਬਦਿ ਪਤੀਜੈ ॥

The Gurmukh understands, and is pleased with the Word of the Shabad.

ਉਸਤਤਿ ਨਿੰਦਾ ਕਿਸ ਕੀ ਕੀਜੈ ॥

Who does he praise or slander?

ਚੀਨਹੁ ਆਪੁ ਜਪਹੁ ਜਗਦੀਸਰੁ ਹਰਿ ਜਗੰਨਾਥੁ ਮਨਿ ਭਾਇਆ ॥੧੩॥

Know yourself, and meditate on the Lord of the Universe; let your mind be pleased with the Lord, the Master of the Universe. ||13||

ਜੇ ਬ੍ਰਹਮੰਡਿ ਖੰਡਿ ਸੋ ਜਾਣਹੁ ॥

Know the One who pervades all the realms of the universe.

ਗੁਰਮੁਖਿ ਬੁਝਹੁ ਸਬਦਿ ਪਛਾਣਹੁ ॥

As Gurmukh, understand and realize the Shabad.

ਘਟਿ ਘਟਿ ਭੋਗੇ ਭੋਗਣਹਾਰਾ ਰਹੈ ਅਤੀਤੁ ਸਬਾਇਆ ॥੧੪॥

The Enjoyer enjoys each and every heart, and yet He remains detached from all. ||14||

ਗੁਰਮਤਿ ਬੋਲਹੁ ਹਰਿ ਜਸੁ ਸੂਚਾ ॥

Through the Guru's Teachings, chant the Pure Praises of the Lord.

ਗੁਰਮਤਿ ਆਖੀ ਦੇਖਹੁ ਉਚਾ ॥

Through the Guru's Teachings, behold the lofty Lord with your eyes.

ਸ੍ਰਵਣੀ ਨਾਮੁ ਸੁਣੈ ਹਰਿ ਬਾਣੀ ਨਾਨਕ ਹਰਿ ਰੰਗਿ ਰੰਗਾਇਆ ॥੧੫॥੩॥੨੦॥

Whoever listens to the Lord's Name, and the Word of His Bani, O Nanak, is imbued with the color of the Lord's Love. ||15||3||20||