

ਗਉੜੀ ਮਹਲਾ ੩ ॥

Gauree, Third Mehl:

ਤੈ ਗੁਣ ਵਖਾਣੈ ਭਰਮੁ ਨ ਜਾਇ ॥

Those who speak of the three qualities - their doubts do not depart.

ਬੰਧਨ ਨ ਤੂਟਹਿ ਮੁਕਤਿ ਨ ਪਾਇ ॥

Their bonds are not broken, and they do not obtain liberation.

ਮੁਕਤਿ ਦਾਤਾ ਸਤਿਗੁਰੁ ਜੁਗ ਮਾਹਿ ॥੧॥

The True Guru is the Bestower of liberation in this age. ||1||

ਗੁਰਮੁਖਿ ਪ੍ਰਾਣੀ ਭਰਮੁ ਗਵਾਇ ॥

Those mortals who become Gurmukh give up their doubts.

ਸਹਜ ਧੁਨਿ ਉਪਜੈ ਹਰਿ ਲਿਵ ਲਾਇ ॥੧॥ ਰਹਾਉ ॥

The celestial music wells up, when they lovingly attune their consciousness to the Lord. ||1||Pause||

ਤੈ ਗੁਣ ਕਾਲੈ ਕੀ ਸਿਰਿ ਕਾਰਾ ॥

Those who are controlled by the three qualities have death hovering over their heads.

ਨਾਮੁ ਨ ਚੇਤਹਿ ਉਪਾਵਣਹਾਰਾ ॥

They do not remember the Name of the Creator Lord.

ਮਰਿ ਜੰਮਹਿ ਫਿਰਿ ਵਾਰੋ ਵਾਰਾ ॥੨॥

They die, and are reborn, over and over, again and again. ||2||

ਅੰਧੇ ਗੁਰੂ ਤੇ ਭਰਮੁ ਨ ਜਾਈ ॥

Those whose guru is spiritually blind - their doubts are not dispelled.

ਮੂਲੁ ਛੋਡਿ ਲਾਗੇ ਦੂਜੈ ਭਾਈ ॥

Abandoning the Source of all, they have become attached to the love of duality.

ਬਿਖੁ ਕਾ ਮਾਤਾ ਬਿਖੁ ਮਾਹਿ ਸਮਾਈ ॥੩॥

Infected with poison, they are immersed in poison. ||3||

ਮਾਇਆ ਕਰਿ ਮੂਲੁ ਜੰਤੂ ਭਰਮਾਏ ॥

Believing Maya to be the source of all, they wander in doubt.

ਹਰਿ ਜੀਉ ਵਿਸਰਿਆ ਦੂਜੈ ਭਾਏ ॥

They have forgotten the Dear Lord, and they are in love with duality.

ਜਿਸੁ ਨਦਰਿ ਕਰੇ ਸੋ ਪਰਮ ਗਤਿ ਪਾਏ ॥੪॥

The supreme status is obtained only by those who are blessed with His Glance of Grace. ||4||

ਅੰਤਰਿ ਸਾਚੁ ਬਾਹਰਿ ਸਾਚੁ ਵਰਤਾਏ ॥

One who has Truth pervading within, radiates Truth outwardly as well.

ਸਾਚੁ ਨ ਛਪੈ ਜੇ ਕੋ ਰਖੈ ਛਪਾਏ ॥

The Truth does not remain hidden, even though one may try to hide it.

ਗਿਆਨੀ ਬੁਝਹਿ ਸਹਜਿ ਸੁਭਾਏ ॥੫॥

The spiritually wise know this intuitively. ||5||

ਗੁਰਮੁਖਿ ਸਾਚਿ ਰਹਿਆ ਲਿਵ ਲਾਏ ॥

The Gurmukhs keep their consciousness lovingly centered on the Lord.

ਹਉਮੈ ਮਾਇਆ ਸਬਦਿ ਜਲਾਏ ॥

Ego and Maya are burned away by the Word of the Shabad.

ਮੇਰਾ ਪ੍ਰਭੁ ਸਾਚਾ ਮੇਲਿ ਮਿਲਾਏ ॥੬॥

My True God unites them in His Union. ||6||

ਸਤਿਗੁਰੁ ਦਾਤਾ ਸਬਦੁ ਸੁਣਾਏ ॥

The True Guru, The Giver, preaches the Shabad.

ਧਾਵਤੁ ਰਾਖੈ ਠਾਕਿ ਰਹਾਏ ॥

He controls, and restrains, and holds still the wandering mind.

ਪੂਰੇ ਗੁਰ ਤੇ ਸੋਝੀ ਪਾਏ ॥੭॥

Understanding is obtained through the Perfect Guru. ||7||

ਆਪੇ ਕਰਤਾ ਸ੍ਰਿਸਟਿ ਸਿਰਜਿ ਜਿਨਿ ਗੋਈ ॥

The Creator Himself has created the universe; He Himself shall destroy it.

ਤਿਸੁ ਬਿਨੁ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਈ ॥

Without Him, there is no other at all.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਬੁਝੈ ਕੋਈ ॥੮॥੬॥

O Nanak, how rare are those who, as Gurmukh, understand this! ||8||6||