

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੩ ॥

Gauree Gwaarayree, Third Mehl:

ਜਿਨਾ ਗੁਰਮੁਖਿ ਧਿਆਇਆ ਤਿਨ ਪੂਛਉ ਜਾਇ ॥

Go and ask the Gurmukhs, who meditate on the Lord.

ਗੁਰ ਸੇਵਾ ਤੇ ਮਨੁ ਪਤੀਆਇ ॥

Serving the Guru, the mind is satisfied.

ਸੇ ਧਨਵੰਤ ਹਰਿ ਨਾਮੁ ਕਮਾਇ ॥

Those who earn the Lord's Name are wealthy.

ਪੂਰੇ ਗੁਰ ਤੇ ਸੋਝੀ ਪਾਇ ॥੧॥

Through the Perfect Guru, understanding is obtained. ||1||

ਹਰਿ ਹਰਿ ਨਾਮੁ ਜਪਹੁ ਮੇਰੇ ਭਾਈ ॥

Chant the Name of the Lord, Har, Har, O my Siblings of Destiny.

ਗੁਰਮੁਖਿ ਸੇਵਾ ਹਰਿ ਘਾਲ ਥਾਇ ਪਾਈ ॥੧॥ ਰਹਾਉ ॥

The Gurmukhs serve the Lord, and so they are accepted. ||1||Pause||

ਆਪੁ ਪਛਾਣੈ ਮਨੁ ਨਿਰਮਲੁ ਹੋਇ ॥

Those who recognize the self - their minds become pure.

ਜੀਵਨ ਮੁਕਤਿ ਹਰਿ ਪਾਵੈ ਸੋਇ ॥

They become Jivan-mukta, liberated while yet alive, and they find the Lord.

ਹਰਿ ਗੁਣ ਗਾਵੈ ਮਤਿ ਉਤਮ ਹੋਇ ॥

Singing the Glorious Praises of the Lord, the intellect becomes pure and sublime,

ਸਹਜੇ ਸਹਜਿ ਸਮਾਵੈ ਸੋਇ ॥੨॥

and they are easily and intuitively absorbed in the Lord. ||2||

ਦੂਜੈ ਭਾਇ ਨ ਸੇਵਿਆ ਜਾਇ ॥

In the love of duality, no one can serve the Lord.

ਹਉਮੈ ਮਾਇਆ ਮਹਾ ਬਿਖੁ ਖਾਇ ॥

In egotism and Maya, they are eating toxic poison.

ਪੁਤਿ ਕੁਟੰਬਿ ਗ੍ਰਿਹਿ ਮੋਹਿਆ ਮਾਇ ॥

They are emotionally attached to their children, family and home.

ਮਨਮੁਖਿ ਅੰਧਾ ਆਵੈ ਜਾਇ ॥੩॥

The blind, self-willed manmukhs come and go in reincarnation. ||3||

ਹਰਿ ਹਰਿ ਨਾਮੁ ਦੇਵੈ ਜਨੁ ਸੋਇ ॥ ਅਨਦਿਨੁ ਭਗਤਿ ਗੁਰ ਸਬਦੀ ਹੋਇ ॥

Those, unto whom the Lord bestows His Name, worship Him night and day,  
through the Word of the Guru's Shabad.

ਗੁਰਮਤਿ ਵਿਰਲਾ ਬੁਝੈ ਕੋਇ ॥

How rare are those who understand the Guru's Teachings!

ਨਾਨਕ ਨਾਮਿ ਸਮਾਵੈ ਸੋਇ ॥੪॥੧੨॥੩੨॥

O Nanak, they are absorbed in the Naam, the Name of the Lord. ||4||12||32||