

ਗਉੜੀ ਮਹਲਾ ੧ ॥

Gauree, First Mehl:

ਖਿਮਾ ਗਹੀ ਬ੍ਰਤੁ ਸੀਲ ਸੰਤੋਖੰ ॥

To practice forgiveness is the true fast, good conduct and contentment.

ਰੋਗੁ ਨ ਬਿਆਪੈ ਨਾ ਜਮ ਦੋਖੰ ॥

Disease does not afflict me, nor does the pain of death.

ਮੁਕਤ ਭਏ ਪ੍ਰਭ ਰੂਪ ਨ ਰੇਖੰ ॥੧॥

I am liberated, and absorbed into God, who has no form or feature. ||1||

ਜੋਗੀ ਕਉ ਕੈਸਾ ਡਰੁ ਹੋਇ ॥

What fear does the Yogi have?

ਰੂਖਿ ਬਿਰਖਿ ਗ੍ਰਿਹਿ ਬਾਹਰਿ ਸੋਇ ॥੧॥ ਰਹਾਉ ॥

The Lord is among the trees and the plants, within the household and outside as well. ||1||Pause||

ਨਿਰਭਉ ਜੋਗੀ ਨਿਰੰਜਨੁ ਧਿਆਵੈ ॥

The Yogis meditate on the Fearless, Immaculate Lord.

ਅਨਦਿਨੁ ਜਾਗੈ ਸਚਿ ਲਿਵ ਲਾਵੈ ॥

Night and day, they remain awake and aware, embracing love for the True Lord.

ਸੋ ਜੋਗੀ ਮੇਰੈ ਮਨਿ ਭਾਵੈ ॥੨॥

Those Yogis are pleasing to my mind. ||2||

ਕਾਲੁ ਜਾਲੁ ਬ੍ਰਹਮ ਅਗਨੀ ਜਾਰੇ ॥

The trap of death is burnt by the Fire of God.

ਜਰਾ ਮਰਣ ਗਤੁ ਗਰਬੁ ਨਿਵਾਰੇ ॥

Old age, death and pride are conquered.

ਆਪਿ ਤਰੈ ਪਿਤਰੀ ਨਿਸਤਾਰੇ ॥੩॥

They swim across, and save their ancestors as well. ||3||

ਸਤਿਗੁਰੁ ਸੇਵੇ ਸੋ ਜੋਗੀ ਹੋਇ ॥

Those who serve the True Guru are the Yogis.

ਭੈ ਰਚਿ ਰਹੈ ਸੁ ਨਿਰਭਉ ਹੋਇ ॥

Those who remain immersed in the Fear of God become fearless.

ਜੈਸਾ ਸੇਵੈ ਤੈਸੇ ਹੋਇ ॥੪॥

They become just like the One they serve. ||4||

ਨਰ ਨਿਹਕੇਵਲ ਨਿਰਭਉ ਨਾਉ ॥

The Name makes a man pure and fearless.

ਅਨਾਥਹ ਨਾਥ ਕਰੇ ਬਲਿ ਜਾਉ ॥

It makes the masterless become the master of all. I am a sacrifice to him.

ਪੁਨਰਪਿ ਜਨਮੁ ਨਾਹੀ ਗੁਣ ਗਾਉ ॥੫॥

Such a person is not reincarnated again; he sings the Glories of God. ||5||

ਅੰਤਰਿ ਬਾਹਰਿ ਏਕੋ ਜਾਣੈ ॥

Inwardly and outwardly, he knows the One Lord;

ਗੁਰ ਕੈ ਸਬਦੇ ਆਪੁ ਪਛਾਣੈ ॥

through the Word of the Guru's Shabad, he realizes himself.

ਸਾਚੈ ਸਬਦਿ ਦਰਿ ਨੀਸਾਣੈ ॥੬॥

He bears the Banner and Insignia of the True Shabad in the Lord's Court.
||6||

ਸਬਦਿ ਮਰੈ ਤਿਸੁ ਨਿਜ ਘਰਿ ਵਾਸਾ ॥

One who dies in the Shabad abides in his own home within.

ਆਵੈ ਨ ਜਾਵੈ ਚੁਕੈ ਆਸਾ ॥

He does not come or go in reincarnation, and his hopes are subdued.

ਗੁਰ ਕੈ ਸਬਦਿ ਕਮਲੁ ਪਰਗਾਸਾ ॥੭॥

Through the Word of the Guru's Shabad, his heart-lotus blossoms forth. ||7||

ਜੋ ਦੀਸੈ ਸੋ ਆਸ ਨਿਰਾਸਾ ॥

Whoever is seen, is driven by hope and despair,

ਕਾਮ ਕ੍ਰੋਧ ਬਿਖੁ ਭੁਖ ਪਿਆਸਾ ॥

by sexual desire, anger, corruption, hunger and thirst.

ਨਾਨਕ ਬਿਰਲੇ ਮਿਲਹਿ ਉਦਾਸਾ ॥੮॥੭॥

O Nanak, those detached recluses who meet the Lord are so very rare.

॥8॥7॥