

ਗਉੜੀ ਮਹਲਾ ੫ ॥

Gauree, Fifth Mehl:

ਬਾਹਰਿ ਰਾਖਿਓ ਰਿਦੈ ਸਮਾਲਿ ॥

When they are out and about, they keep Him enshrined in their hearts;

ਘਰਿ ਆਏ ਗੋਵਿੰਦੁ ਲੈ ਨਾਲਿ ॥੧॥

returning home, the Lord of the Universe is still with them. ||1||

ਹਰਿ ਹਰਿ ਨਾਮੁ ਸੰਤਨ ਕੈ ਸੰਗਿ ॥

The Name of the Lord, Har, Har, is the Companion of His Saints.

ਮਨੁ ਤਨੁ ਰਾਤਾ ਰਾਮ ਕੈ ਰੰਗਿ ॥੧॥ ਰਹਾਉ ॥

Their minds and bodies are imbued with the Love of the Lord. ||1||Pause||

ਗੁਰ ਪਰਸਾਦੀ ਸਾਗਰੁ ਤਰਿਆ ॥

By Guru's Grace, one crosses over the world-ocean;

ਜਨਮ ਜਨਮ ਕੇ ਕਿਲਵਿਖ ਸਭਿ ਹਿਰਿਆ ॥੨॥

the sinful mistakes of countless incarnations are all washed away. ||2||

ਸੋਭਾ ਸੁਰਤਿ ਨਾਮਿ ਭਗਵੰਤੁ ॥

Honor and intuitive awareness are acquired through the Name of the Lord God.

ਪੂਰੇ ਗੁਰ ਕਾ ਨਿਰਮਲ ਮੰਤੁ ॥੩॥

The Teachings of the Perfect Guru are immaculate and pure. ||3||

ਚਰਣ ਕਮਲ ਹਿਰਦੇ ਮਹਿ ਜਾਪੁ ॥

Within your heart, meditate on the His Lotus Feet.

ਨਾਨਕੁ ਪੇਖਿ ਜੀਵੈ ਪਰਤਾਪੁ ॥੪॥੮੮॥੧੫੭॥

Nanak lives by beholding the Lord's Expansive Power. ||4||88||157||