

ਗਉੜੀ ਮਹਲਾ ੧ ॥

Gauree, First Mehl:

ਜਾਤੋ ਜਾਇ ਕਹਾ ਤੇ ਆਵੈ ॥

How can we know where we came from?

ਕਹ ਉਪਜੈ ਕਹ ਜਾਇ ਸਮਾਵੈ ॥

Where did we originate, and where will we go and merge?

ਕਿਉ ਬਾਧਿਓ ਕਿਉ ਮੁਕਤੀ ਪਾਵੈ ॥

How are we bound, and how do we obtain liberation?

ਕਿਉ ਅਬਿਨਾਸੀ ਸਹਜਿ ਸਮਾਵੈ ॥੧॥

How do we merge with intuitive ease into the Eternal, Imperishable Lord?

||1||

ਨਾਮੁ ਰਿਦੈ ਅੰਮ੍ਰਿਤੁ ਮੁਖਿ ਨਾਮੁ ॥

With the Naam in the heart and the Ambrosial Naam on our lips,

ਨਰਹਰ ਨਾਮੁ ਨਰਹਰ ਨਿਹਕਾਮੁ ॥੧॥ ਰਹਾਉ ॥

through the Name of the Lord, we rise above desire, like the Lord.

||1||Pause||

ਸਹਜੇ ਆਵੈ ਸਹਜੇ ਜਾਇ ॥

With intuitive ease we come, and with intuitive ease we depart.

ਮਨ ਤੇ ਉਪਜੈ ਮਨ ਮਾਹਿ ਸਮਾਇ ॥

From the mind we originate, and into the mind we are absorbed.

ਗੁਰਮੁਖਿ ਮੁਕਤੋ ਬੰਧੁ ਨ ਪਾਇ ॥

As Gurmukh, we are liberated, and are not bound.

ਸਬਦੁ ਬੀਚਾਰਿ ਛੁਟੈ ਹਰਿ ਨਾਇ ॥੨॥

Contemplating the Word of the Shabad, we are emancipated through the Name of the Lord. ||2||

ਤਰਵਰ ਪੰਖੀ ਬਹੁ ਨਿਸਿ ਬਾਸੁ ॥

At night, lots of birds settle on the tree.

ਸੁਖ ਦੁਖੀਆ ਮਨਿ ਮੋਹ ਵਿਣਾਸੁ ॥

Some are happy, and some are sad. Caught in the desires of the mind, they perish.

ਸਾਝ ਬਿਹਾਗ ਤਕਹਿ ਆਗਾਸੁ ॥

And when the life-night comes to its end, then they look to the sky.

ਦਹ ਦਿਸਿ ਧਾਵਹਿ ਕਰਮਿ ਲਿਖਿਆਸੁ ॥੩॥

They fly away in all ten directions, according to their pre-ordained destiny. ||3||

ਨਾਮ ਸੰਜੋਗੀ ਗੋਇਲਿ ਥਾਟੁ ॥

Those who are committed to the Naam, see the world as merely a temporary pasture.

ਕਾਮ ਕ੍ਰੋਧ ਫੂਟੈ ਬਿਖੁ ਮਾਟੁ ॥

Sexual desire and anger are broken, like a jar of poison.

ਬਿਨੁ ਵਖਰ ਸੁਨੋ ਘਰੁ ਹਾਟੁ ॥

Without the merchandise of the Name, the house of the body and the store of the mind are empty.

ਗੁਰ ਮਿਲਿ ਖੋਲੇ ਬਜਰ ਕਪਾਟ ॥੪॥

Meeting the Guru, the hard and heavy doors are opened. ||4||

ਸਾਧੁ ਮਿਲੈ ਪੂਰਬ ਸੰਜੋਗ ॥

One meets the Holy Saint only through perfect destiny.

ਸਚਿ ਰਹਸੇ ਪੂਰੇ ਹਰਿ ਲੋਗ ॥

The Lord's perfect people rejoice in the Truth.

ਮਨੁ ਤਨੁ ਦੇ ਲੈ ਸਹਜਿ ਸੁਭਾਇ ॥

Surrendering their minds and bodies, they find the Lord with intuitive ease.

ਨਾਨਕ ਤਿਨ ਕੈ ਲਾਗਉ ਪਾਇ ॥੫॥੬॥

Nanak falls at their feet. ||5||6||