

ਗਉੜੀ ਗੁਆਰੇਰੀ ਮਹਲਾ ੪ ॥

Gauree Gwaarayree, Fourth Mehl:

ਹਰਿ ਆਪੇ ਜੋਗੀ ਡੰਡਾਧਾਰੀ ॥

The Lord Himself is the Yogi, who wields the staff of authority.

ਹਰਿ ਆਪੇ ਰਵਿ ਰਹਿਆ ਬਨਵਾਰੀ ॥ ਹਰਿ ਆਪੇ ਤਪੁ ਤਾਪੈ ਲਾਇ ਤਾਰੀ ॥੧॥

The Lord Himself practices tapa - intense self-disciplined meditation; He is deeply absorbed in His primal trance. ||1||

ਐਸਾ ਮੇਰਾ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰਿ ॥

Such is my Lord, who is all-pervading everywhere.

ਨਿਕਟਿ ਵਸੈ ਨਾਹੀ ਹਰਿ ਦੂਰਿ ॥੧॥ ਰਹਾਉ ॥

He dwells near at hand - the Lord is not far away. ||1||Pause||

ਹਰਿ ਆਪੇ ਸਬਦੁ ਸੁਰਤਿ ਧੁਨਿ ਆਪੇ ॥

The Lord Himself is the Word of the Shabad. He Himself is the awareness, attuned to its music.

ਹਰਿ ਆਪੇ ਵੇਖੈ ਵਿਗਸੈ ਆਪੇ ॥

The Lord Himself beholds, and He Himself blossoms forth.

ਹਰਿ ਆਪਿ ਜਪਾਇ ਆਪੇ ਹਰਿ ਜਾਪੇ ॥੨॥

The Lord Himself chants, and the Lord Himself inspires others to chant. ||2||

ਹਰਿ ਆਪੇ ਸਾਰਿੰਗ ਅੰਮ੍ਰਿਤਧਾਰਾ ॥

He Himself is the rainbird, and the Ambrosial Nectar raining down.

ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਆਪਿ ਪੀਆਵਣਹਾਰਾ ॥

The Lord is the Ambrosial Nectar; He Himself leads us to drink it in.

ਹਰਿ ਆਪਿ ਕਰੇ ਆਪੇ ਨਿਸਤਾਰਾ ॥੩॥

The Lord Himself is the Doer; He Himself is our Saving Grace. ||3||

ਹਰਿ ਆਪੇ ਬੇੜੀ ਤੁਲਹਾ ਤਾਰਾ ॥

The Lord Himself is the Boat, the Raft and the Boatman.

ਹਰਿ ਆਪੇ ਗੁਰਮਤੀ ਨਿਸਤਾਰਾ ॥

The Lord Himself, through the Guru's Teachings, saves us.

ਹਰਿ ਆਪੇ ਨਾਨਕ ਪਾਵੈ ਪਾਰਾ ॥੪॥੬॥੪੪॥

O Nanak, the Lord Himself carries us across to the other side. ||4||6||44||