

ਗਉੜੀ ਮਹਲਾ ੫ ॥

Gauree, Fifth Mehl:

ਕਰਿ ਕਿਰਪਾ ਭੇਟੇ ਗੁਰ ਸੋਈ ॥

The Lord bestowed His Mercy, and led me to meet the Guru.

ਤਿਤੁ ਬਲਿ ਰੋਗੁ ਨ ਬਿਆਪੈ ਕੋਈ ॥੧॥

By His power, no disease afflicts me. ||1||

ਰਾਮ ਰਮਣ ਤਰਣ ਭੈ ਸਾਗਰ ॥

Remembering the Lord, I cross over the terrifying world-ocean.

ਸਰਣਿ ਸੂਰ ਫਾਰੇ ਜਮ ਕਾਗਰ ॥੧॥ ਰਹਾਉ ॥

In the Sanctuary of the spiritual warrior, the account books of the Messenger of Death are torn up. ||1||Pause||

ਸਤਿਗੁਰਿ ਮੰਤ੍ਰੁ ਦੀਓ ਹਰਿ ਨਾਮ ॥

The True Guru has given me the Mantra of the Lord's Name.

ਇਹ ਆਸਰ ਪੂਰਨ ਭਏ ਕਾਮ ॥੨॥

By this Support, my affairs have been resolved. ||2||

ਜਪ ਤਪ ਸੰਜਮ ਪੂਰੀ ਵਡਿਆਈ ॥ ਗੁਰ ਕਿਰਪਾਲ ਹਰਿ ਭਏ ਸਹਾਈ ॥੩॥

Meditation, self-discipline, self-control and perfect greatness were obtained when the Merciful Lord, the Guru, became my Help and Support. ||3||

ਮਾਨ ਮੋਹ ਖੋਏ ਗੁਰਿ ਭਰਮ ॥

The Guru has dispelled pride, emotional attachment and superstition.

ਪੇਖੁ ਨਾਨਕ ਪਸਰੇ ਪਾਰਬ੍ਰਹਮ ॥੪॥੮੧॥੧੫੦॥

Nanak sees the Supreme Lord God pervading everywhere. ||4||81||150||