

ਗਉੜੀ ਮਹਲਾ ੧ ॥

Gauree, First Mehl:

ਉਲਟਿਓ ਕਮਲੁ ਬ੍ਰਹਮੁ ਬੀਚਾਰਿ ॥

The inverted heart-lotus has been turned upright, through reflective meditation on God.

ਅੰਮ੍ਰਿਤ ਧਾਰ ਗਗਨਿ ਦਸ ਦੁਆਰਿ ॥

From the Sky of the Tenth Gate, the Ambrosial Nectar trickles down.

ਤ੍ਰਿਭਵਣੁ ਬੇਧਿਆ ਆਪਿ ਮੁਰਾਰਿ ॥੧॥

The Lord Himself is pervading the three worlds. ||1||

ਰੇ ਮਨ ਮੇਰੇ ਭਰਮੁ ਨ ਕੀਜੈ ॥

O my mind, do not give in to doubt.

ਮਨਿ ਮਾਨਿਐ ਅੰਮ੍ਰਿਤੁ ਰਸੁ ਪੀਜੈ ॥੧॥ ਰਹਾਉ ॥

When the mind surrenders to the Name, it drinks in the essence of Ambrosial Nectar. ||1||Pause||

ਜਨਮੁ ਜੀਤਿ ਮਰਣਿ ਮਨੁ ਮਾਨਿਆ ॥

So win the game of life; let your mind surrender and accept death.

ਆਪਿ ਮੁਆ ਮਨੁ ਮਨ ਤੇ ਜਾਨਿਆ ॥

When the self dies, the individual mind comes to know the Supreme Mind.

ਨਜਰਿ ਭਈ ਘਰੁ ਘਰ ਤੇ ਜਾਨਿਆ ॥੨॥

As the inner vision is awakened, one comes to know one's own home, deep within the self. ||2||

ਜਤੁ ਸਤੁ ਤੀਰਥੁ ਮਜਨੁ ਨਾਮਿ ॥

The Naam, the Name of the Lord, is austerity, chastity and cleansing baths at sacred shrines of pilgrimage.

ਅਧਿਕ ਬਿਥਾਰੁ ਕਰਉ ਕਿਸੁ ਕਾਮਿ ॥

What good are ostentatious displays?

ਨਰ ਨਾਰਾਇਣ ਅੰਤਰਜਾਮਿ ॥੩॥

The All-pervading Lord is the Inner-knower, the Searcher of hearts. ||3||

ਆਨ ਮਨਉ ਤਉ ਪਰ ਘਰ ਜਾਉ ॥

If I had faith in someone else, then I would go to that one's house.

ਕਿਸੁ ਜਾਚਉ ਨਾਹੀ ਕੋ ਥਾਉ ॥

But where should I go, to beg? There is no other place for me.

ਨਾਨਕ ਗੁਰਮਤਿ ਸਹਜਿ ਸਮਾਉ ॥੪॥੮॥

O Nanak, through the Guru's Teachings, I am intuitively absorbed in the Lord.
||4||8||