

ਸੂਹੀ ਮਹਲਾ ੪ ॥

Soohee, Fourth Mehl:

ਹਰਿ ਹਰਿ ਕਰਹਿ ਨਿਤ ਕਪਟੁ ਕਮਾਵਹਿ ਹਿਰਦਾ ਸੁਧੁ ਨ ਹੋਈ ॥

One who chants the Name of the Lord, Har, Har, while constantly practicing deception, shall never become pure of heart.

ਅਨਦਿਨੁ ਕਰਮ ਕਰਹਿ ਬਹੁਤੇਰੇ ਸੁਪਨੈ ਸੁਖੁ ਨ ਹੋਈ ॥੧॥

He may perform all sorts of rituals, night and day, but he shall not find peace, even in dreams. ||1||

ਗਿਆਨੀ ਗੁਰ ਬਿਨੁ ਭਗਤਿ ਨ ਹੋਈ ॥

O wise ones, without the Guru, there is no devotional worship.

ਕੋਰੈ ਰੰਗੁ ਕਦੇ ਨ ਚੜੈ ਜੇ ਲੋਚੈ ਸਭੁ ਕੋਈ ॥੧॥ ਰਹਾਉ ॥

The untreated cloth does not take up the dye, no matter how much everyone may wish it. ||1||Pause||

ਜਪੁ ਤਪ ਸੰਜਮ ਵਰਤ ਕਰੇ ਪੂਜਾ ਮਨਮੁਖ ਰੋਗੁ ਨ ਜਾਈ ॥

The self-willed manmukh may perform chants, meditations, austere self-discipline, fasts and devotional worship, but his sickness does not go away.

ਅੰਤਰਿ ਰੋਗੁ ਮਹਾ ਅਭਿਮਾਨਾ ਦੂਜੈ ਭਾਇ ਖੁਆਈ ॥੨॥

Deep within him is the sickness of excessive egotism; in the love of duality he is ruined. ||2||

ਬਾਹਰਿ ਭੇਖ ਬਹੁਤੁ ਚਤੁਰਾਈ ਮਨੂਆ ਦਰ ਦਿਸਿ ਧਾਵੈ ॥

Outwardly, he wears religious robes and he is very clever, but his mind wanders in the ten directions.

ਹਉਮੈ ਬਿਆਪਿਆ ਸਬਦੁ ਨ ਚੀਨ੍ਹੈ ਫਿਰਿ ਫਿਰਿ ਜੂਨੀ ਆਵੈ ॥੩॥

Engrossed in ego, he does not remember the Word of the Shabad; over and over again, he is reincarnated. ||3||

ਨਾਨਕ ਨਦਰਿ ਕਰੇ ਸੇ ਬੁਝੈ ਸੇ ਜਨੁ ਨਾਮੁ ਧਿਆਏ ॥

O Nanak, that mortal who is blessed with the Lord's Glance of Grace, understands Him; that humble servant meditates on the Naam, the Name of the Lord.

ਗੁਰ ਪਰਸਾਦੀ ਏਕੇ ਬੁਝੈ ਏਕਸੁ ਮਾਹਿ ਸਮਾਏ ॥੪॥੪॥

By Guru's Grace, he understands the One Lord, and is absorbed into the One Lord. ||4||4||