

ਮਾਝ ਮਹਲਾ ੩ ॥

Maajh, Third Mehl:

ਇਕੋ ਆਪਿ ਫਿਰੈ ਪਰਛੰਨਾ ॥

The One Lord Himself moves about imperceptibly.

ਗੁਰਮੁਖਿ ਵੇਖਾ ਤਾ ਇਹੁ ਮਨੁ ਭਿੰਨਾ ॥

As Gurmukh, I see Him, and then this mind is pleased and uplifted.

ਤ੍ਰਿਸਨਾ ਤਜਿ ਸਹਜ ਸੁਖੁ ਪਾਇਆ ਏਕੋ ਮੰਨਿ ਵਸਾਵਣਿਆ ॥੧॥

Renouncing desire, I have found intuitive peace and poise; I have enshrined the One within my mind. ||1||

ਹਉ ਵਾਰੀ ਜੀਉ ਵਾਰੀ ਇਕਸੁ ਸਿਉ ਚਿਤੁ ਲਾਵਣਿਆ ॥

I am a sacrifice, my soul is a sacrifice, to those who focus their consciousness on the One.

ਗੁਰਮਤੀ ਮਨੁ ਇਕਤੁ ਘਰਿ ਆਇਆ ਸਚੈ ਰੰਗਿ ਰੰਗਾਵਣਿਆ ॥੧॥ ਰਹਾਉ ॥

Through the Guru's Teachings, my mind has come to its only home; it is imbued with the True Color of the Lord's Love. ||1||Pause||

ਇਹੁ ਜਗੁ ਭੂਲਾ ਤੈਂ ਆਪਿ ਭੁਲਾਇਆ ॥

This world is deluded; You Yourself have deluded it.

ਇਕੁ ਵਿਸਾਰਿ ਦੂਜੈ ਲੋਭਾਇਆ ॥

Forgetting the One, it has become engrossed in duality.

ਅਨਦਿਨੁ ਸਦਾ ਫਿਰੈ ਭ੍ਰਮਿ ਭੂਲਾ ਬਿਨੁ ਨਾਵੈ ਦੁਖੁ ਪਾਵਣਿਆ ॥੨॥

Night and day, it wanders around endlessly, deluded by doubt; without the Name, it suffers in pain. ||2||

ਜੋ ਰੰਗਿ ਰਾਤੇ ਕਰਮ ਬਿਧਾਤੇ ॥

Those who are attuned to the Love of the Lord, the Architect of Destiny

ਗੁਰ ਸੇਵਾ ਤੇ ਜੁਗ ਚਾਰੇ ਜਾਤੇ ॥

-by serving the Guru, they are known throughout the four ages.

ਜਿਸ ਨੇ ਆਪਿ ਦੇਇ ਵਡਿਆਈ ਹਰਿ ਕੈ ਨਾਮਿ ਸਮਾਵਣਿਆ ॥੩॥

Those, upon whom the Lord bestows greatness, are absorbed in the Name of the Lord. ||3||

ਮਾਇਆ ਮੋਹਿ ਹਰਿ ਚੇਤੈ ਨਾਹੀ ॥

Being in love with Maya, they do not think of the Lord.

ਜਮਪੁਰਿ ਬਧਾ ਦੁਖ ਸਹਾਹੀ ॥

Bound and gagged in the City of Death, they suffer in terrible pain.

ਅੰਨਾ ਬੋਲਾ ਕਿਛੁ ਨਦਰਿ ਨ ਆਵੈ ਮਨਮੁਖ ਪਾਪਿ ਪਚਾਵਣਿਆ ॥੪॥

Blind and deaf, they see nothing at all; the self-willed manmukhs rot away in sin. ||4||

ਇਕਿ ਰੰਗਿ ਰਾਤੇ ਜੋ ਤੁਧੁ ਆਪਿ ਲਿਵ ਲਾਏ ॥

Those, whom You attach to Your Love, are attuned to Your Love.

ਭਾਇ ਭਗਤਿ ਤੇਰੈ ਮਨਿ ਭਾਏ ॥

Through loving devotional worship, they become pleasing to Your Mind.

ਸਤਿਗੁਰੁ ਸੇਵਨਿ ਸਦਾ ਸੁਖਦਾਤਾ ਸਭ ਇਛਾ ਆਪਿ ਪੁਜਾਵਣਿਆ ॥੫॥

They serve the True Guru, the Giver of eternal peace, and all their desires are fulfilled. ||5||

ਹਰਿ ਜੀਉ ਤੇਰੀ ਸਦਾ ਸਰਣਾਈ ॥

O Dear Lord, I seek Your Sanctuary forever.

ਆਪੇ ਬਖਸਿਹਿ ਦੇ ਵਡਿਆਈ ॥

You Yourself forgive us, and bless us with Glorious Greatness.

ਜਮਕਾਲੁ ਤਿਸੁ ਨੇੜਿ ਨ ਆਵੈ ਜੋ ਹਰਿ ਹਰਿ ਨਾਮੁ ਧਿਆਵਣਿਆ ॥੬॥

The Messenger of Death does not draw near those who meditate on the Name of the Lord, Har, Har. ||6||

ਅਨਦਿਨੁ ਰਾਤੇ ਜੋ ਹਰਿ ਭਾਏ ॥

Night and day, they are attuned to His Love; they are pleasing to the Lord.

ਮੇਰੈ ਪ੍ਰਭਿ ਮੇਲੇ ਮੇਲਿ ਮਿਲਾਏ ॥

My God merges with them, and unites them in Union.

ਸਦਾ ਸਦਾ ਸਚੇ ਤੇਰੀ ਸਰਣਾਈ ਤੂੰ ਆਪੇ ਸਚੁ ਬੁਝਾਵਣਿਆ ॥੭॥

Forever and ever, O True Lord, I seek the Protection of Your Sanctuary; You Yourself inspire us to understand the Truth. ||7||

ਜਿਨ ਸਚੁ ਜਾਤਾ ਸੇ ਸਚਿ ਸਮਾਣੇ ॥

Those who know the Truth are absorbed in Truth.

ਹਰਿ ਗੁਣ ਗਾਵਹਿ ਸਚੁ ਵਖਾਣੇ ॥

They sing the Lord's Glorious Praises, and speak the Truth.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਬੈਰਾਗੀ ਨਿਜ ਘਰਿ ਤਾੜੀ ਲਾਵਣਿਆ ॥੮॥੩॥੪॥

O Nanak, those who are attuned to the Naam remain unattached and balanced; in the home of the inner self, they are absorbed in the primal trance of deep meditation. ||8||3||4||