

ਮਾਝ ਮਹਲਾ ੩ ॥

Maajh, Third Mehl:

ਉਤਮ ਜਨਮੁ ਸੁਥਾਨਿ ਹੈ ਵਾਸਾ ॥

Sublime is their birth, and the place where they dwell.

ਸਤਿਗੁਰੁ ਸੇਵਹਿ ਘਰ ਮਾਹਿ ਉਦਾਸਾ ॥

Those who serve the True Guru remain detached in the home of their own being.

ਹਰਿ ਰੰਗਿ ਰਹਹਿ ਸਦਾ ਰੰਗਿ ਰਾਤੇ ਹਰਿ ਰਸਿ ਮਨੁ ਤ੍ਰਿਪਤਾਵਣਿਆ ॥੧॥

They abide in the Lord's Love, and constantly imbued with His Love, their minds are satisfied and fulfilled with the Lord's Essence. ||1||

ਹਉ ਵਾਰੀ ਜੀਉ ਵਾਰੀ ਪੜਿ ਬੁਝਿ ਮੰਨਿ ਵਸਾਵਣਿਆ ॥

I am a sacrifice, my soul is a sacrifice, to those who read of the Lord, who understand and enshrine Him within their minds.

ਗੁਰਮੁਖਿ ਪੜਹਿ ਹਰਿ ਨਾਮੁ ਸਲਾਹਹਿ ਦਰਿ ਸਚੈ ਸੋਭਾ ਪਾਵਣਿਆ ॥੧॥ ਰਹਾਉ ॥

The Gurmukhs read and praise the Lord's Name; they are honored in the True Court. ||1||Pause||

ਅਲਖ ਅਭੇਉ ਹਰਿ ਰਹਿਆ ਸਮਾਏ ॥

The Unseen and Inscrutable Lord is permeating and pervading everywhere.

ਉਪਾਇ ਨ ਕਿਤੀ ਪਾਇਆ ਜਾਏ ॥

He cannot be obtained by any effort.

ਕਿਰਪਾ ਕਰੇ ਤਾ ਸਤਿਗੁਰੁ ਭੇਟੈ ਨਦਰੀ ਮੇਲਿ ਮਿਲਾਵਣਿਆ ॥੨॥

If the Lord grants His Grace, then we come to meet the True Guru. By His Kindness, we are united in His Union. ||2||

ਦੂਜੈ ਭਾਇ ਪੜੈ ਨਹੀ ਬੁਝੈ ॥

One who reads, while attached to duality, does not understand.

ਤ੍ਰਿਬਿਧਿ ਮਾਇਆ ਕਾਰਣਿ ਲੂਝੈ ॥

He yearns for the three-phased Maya.

ਤ੍ਰਿਬਿਧਿ ਬੰਧਨ ਤੂਟਹਿ ਗੁਰ ਸਬਦੀ ਗੁਰ ਸਬਦੀ ਮੁਕਤਿ ਕਰਾਵਣਿਆ ॥੩॥

The bonds of the three-phased Maya are broken by the Word of the Guru's Shabad. Through the Guru's Shabad, liberation is achieved. ||3||

ਇਹੁ ਮਨੁ ਚੰਚਲੁ ਵਸਿ ਨ ਆਵੈ ॥

This unstable mind cannot be held steady.

ਦੁਬਿਧਾ ਲਾਗੈ ਦਹ ਦਿਸਿ ਧਾਵੈ ॥

Attached to duality, it wanders in the ten directions.

ਬਿਖੁ ਕਾ ਕੀੜਾ ਬਿਖੁ ਮਹਿ ਰਾਤਾ ਬਿਖੁ ਹੀ ਮਾਹਿ ਪਚਾਵਣਿਆ ॥੪॥

It is a poisonous worm, drenched with poison, and in poison it rots away. ||4||

ਹਉ ਹਉ ਕਰੇ ਤੈ ਆਪੁ ਜਣਾਏ ॥

Practicing egotism and selfishness, they try to impress others by showing off.

ਬਹੁ ਕਰਮ ਕਰੈ ਕਿਛੁ ਥਾਇ ਨ ਪਾਏ ॥

They perform all sorts of rituals, but they gain no acceptance.

ਤੁਝ ਤੇ ਬਾਹਰਿ ਕਿਛੁ ਨ ਹੋਵੈ ਬਖਸੇ ਸਬਦਿ ਸੁਹਾਵਣਿਆ ॥੫॥

Without You, Lord, nothing happens at all. You forgive those who are adorned with the Word of Your Shabad. ||5||

ਉਪਜੈ ਪਚੈ ਹਰਿ ਬੂਝੈ ਨਾਹੀ ॥

They are born, and they die, but they do not understand the Lord.

ਅਨਦਿਨੁ ਦੂਜੈ ਭਾਇ ਫਿਰਾਹੀ ॥

Night and day, they wander, in love with duality.

ਮਨਮੁਖ ਜਨਮੁ ਗਇਆ ਹੈ ਬਿਰਥਾ ਅੰਤਿ ਗਇਆ ਪਛੁਤਾਵਣਿਆ ॥੬॥

The lives of the self-willed manmukhs are useless; in the end, they die, regretting and repenting. ||6||

ਪਿਰੁ ਪਰਦੇਸਿ ਸਿਗਾਰੁ ਬਣਾਏ ॥

The Husband is away, and the wife is getting dressed up.

ਮਨਮੁਖ ਅੰਧੁ ਐਸੇ ਕਰਮ ਕਮਾਏ ॥

This is what the blind, self-willed manmukhs are doing.

ਹਲਤਿ ਨ ਸੋਭਾ ਪਲਤਿ ਨ ਢੋਈ ਬਿਰਥਾ ਜਨਮੁ ਗਵਾਵਣਿਆ ॥੭॥

They are not honored in this world, and they shall find no shelter in the world hereafter. They are wasting their lives in vain. ||7||

ਹਰਿ ਕਾ ਨਾਮੁ ਕਿਨੈ ਵਿਰਲੈ ਜਾਤਾ ॥

How rare are those who know the Name of the Lord!

ਪੂਰੇ ਗੁਰ ਕੈ ਸਬਦਿ ਪਛਾਤਾ ॥

Through the Shabad, the Word of the Perfect Guru, the Lord is realized.

ਅਨਦਿਨੁ ਭਗਤਿ ਕਰੇ ਦਿਨੁ ਰਾਤੀ ਸਹਜੇ ਹੀ ਸੁਖੁ ਪਾਵਣਿਆ ॥੮॥

Night and day, they perform the Lord's devotional service; day and night, they find intuitive peace. ||8||

ਸਭ ਮਹਿ ਵਰਤੈ ਏਕੋ ਸੋਈ ॥

That One Lord is pervading in all.

ਗੁਰਮੁਖਿ ਵਿਰਲਾ ਬੂਝੈ ਕੋਈ ॥

Only a few, as Gurmukh, understand this.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਜਨ ਸੋਹਿ ਕਰਿ ਕਿਰਪਾ ਆਪਿ ਮਿਲਾਵਣਿਆ ॥੯॥੨੯॥੩੦॥

O Nanak, those who are attuned to the Naam are beautiful. Granting His Grace, God unites them with Himself. ||9||29||30||