

ਮਾਇਆ ਮਮਤਾ ਮੋਹਣੀ ਜਿਨਿ ਵਿਣੁ ਦੰਤਾ ਜਗੁ ਖਾਇਆ ॥

maa-i-aa mamṭaa mohṇee jin vin ḍantaa jag khaa-i-aa.
The love of Maya is enticing; without teeth, it has eaten up the world.

ਮਨਮੁਖ ਖਾਧੇ ਗੁਰਮੁਖਿ ਉਬਰੇ ਜਿਨੀ ਸਚਿ ਨਾਮਿ ਚਿਤੁ ਲਾਇਆ ॥

manmukh khaaDhay gurmukh ubray jinee sach naam chitṭ laa-i-aa.
The self-willed manmukhs are eaten away, while the Gurmukhs are saved; they focus their consciousness on the True Name.

ਬਿਨੁ ਨਾਵੈ ਜਗੁ ਕਮਲਾ ਫਿਰੈ ਗੁਰਮੁਖਿ ਨਦਰੀ ਆਇਆ ॥

bin naavai jag kamlaa firai gurmukh nadree aa-i-aa.
Without the Name, the world wanders around insane; the Gurmukhs come to see this.

ਧੰਧਾ ਕਰਤਿਆ ਨਿਹਫਲੁ ਜਨਮੁ ਗਵਾਇਆ ਸੁਖਦਾਤਾ ਮਨਿ ਨ ਵਸਾਇਆ ॥

DhanDhaa karti-aa nihfal janam gavaa-i-aa sukh-ḍaata man na vasaa-i-aa.
Involved in worldly affairs, he wastes his life in vain; the peace-giving Lord does not come to abide in his mind.

ਨਾਨਕ ਨਾਮੁ ਤਿਨਾ ਕਉ ਮਿਲਿਆ ਜਿਨ ਕਉ ਧੁਰਿ ਲਿਖਿ ਪਾਇਆ ॥੧॥

naanak naam ṭinaa ka-o mili-aa jin ka-o Dhur likh paa-i-aa. ||1||
O Nanak, they alone obtain the Name, who have such pre-ordained destiny. ||1||

ਮਃ ੩ ॥

ਘਰ ਹੀ ਮਹਿ ਅੰਮ੍ਰਿਤੁ ਭਰਪੂਰੁ ਹੈ ਮਨਮੁਖਾ ਸਾਦੁ ਨ ਪਾਇਆ ॥

ghar hee meh amritṭ bharpoor hai manmukhaa saad na paa-i-aa.
The home within is filled with Ambrosial Nectar, but the self-willed manmukh does not get to taste it.

ਜਿਉ ਕਸਤੂਰੀ ਮਿਰਗੁ ਨ ਜਾਣੈ ਭ੍ਰਮਦਾ ਭਰਮਿ ਭੁਲਾਇਆ ॥

ji-o kastoree mirag na jaanai bharmadaa bharam bhulaa-i-aa.
He is like the deer, who does not recognize its own musk-scent; it wanders around, deluded by doubt.

ਅੰਮ੍ਰਿਤੁ ਤਜਿ ਬਿਖੁ ਸੰਗ੍ਰਹੈ ਕਰਤੈ ਆਪਿ ਖੁਆਇਆ ॥

amritṭ taj bikh sangrahai kartai aap khu-aa-i-aa.
The manmukh forsakes the Ambrosial Nectar, and instead gathers poison; the Creator Himself has fooled him.

ਗੁਰਮੁਖਿ ਵਿਰਲੇ ਸੋਝੀ ਪਈ ਤਿਨਾ ਅੰਦਰਿ ਬ੍ਰਹਮੁ ਦਿਖਾਇਆ ॥

gurmukh virlay sojhee pa-ee ṭinaa andar barahm dikhaa-i-aa.
How rare are the Gurmukhs, who obtain this understanding; they behold the Lord God within themselves.

ਤਨੁ ਮਨੁ ਸੀਤਲੁ ਹੋਇਆ ਰਸਨਾ ਹਰਿ ਸਾਦੁ ਆਇਆ ॥

tan man seetl ho-i-aa rasnaa har saad aa-i-aa.
Their minds and bodies are cooled and soothed, and their tongues enjoy the sublime taste of the Lord.

ਸਬਦੇ ਹੀ ਨਾਉ ਉਪਜੈ ਸਬਦੇ ਮੇਲਿ ਮਿਲਾਇਆ ॥

sabday hee naa-o oopjai sabday mayl milaa-i-aa.
Through the Word of the Shabad, the Name wells up; through the Shabad, we are united in the Lord's Union.

ਬਿਨੁ ਸਬਦੈ ਸਭੁ ਜਗੁ ਬਉਰਾਨਾ ਬਿਰਥਾ ਜਨਮੁ ਗਵਾਇਆ ॥

bin sabdai sabh jag ba-uraanaa birthaa janam gavaa-i-aa.
Without the Shabad, the whole world is insane, and it loses its life in vain.

ਅੰਮ੍ਰਿਤੁ ਏਕੋ ਸਬਦੁ ਹੈ ਨਾਨਕ ਗੁਰਮੁਖਿ ਪਾਇਆ ॥੨॥

amritṭ ayko sabad hai naanak gurmukh paa-i-aa. ||2||
The Shabad alone is Ambrosial Nectar; O Nanak, the Gurmukhs obtain it. ||2||

ਪਉੜੀ ॥

ਸੋ ਹਰਿ ਪੁਰਖੁ ਅਗੰਮੁ ਹੈ ਕਹੁ ਕਿਤੁ ਬਿਧਿ ਪਾਈਐ ॥

so har purakh agamm hai kaho kitṭ biDh paa-ee-ai.
The Lord God is inaccessible; tell me, how can we find Him?

ਤਿਸੁ ਰੂਪੁ ਨ ਰੇਖ ਅਦ੍ਰਿਸਟੁ ਕਹੁ ਜਨ ਕਿਉ ਧਿਆਈਐ ॥

tis roop na raykh adrist kaho jan ki-o Dhi-aa-ee-ai.
He has no form or feature, and He cannot be seen; tell me, how can we meditate on Him?

ਨਿਰੰਕਾਰੁ ਨਿਰੰਜਨੁ ਹਰਿ ਅਗਮੁ ਕਿਆ ਕਹਿ ਗੁਣ ਗਾਈਐ ॥

nirankaar niranjan har agam ki-aa kahi gun gaa-ee-ai.
The Lord is formless, immaculate and inaccessible; which of His Virtues should we speak of and sing?

ਜਿਸੁ ਆਪਿ ਬੁਝਾਏ ਆਪਿ ਸੁ ਹਰਿ ਮਾਰਗਿ ਪਾਈਐ ॥

jis aap bujhaa-ay aap so har maarag paa-ee-ai.
They alone walk on the Lord's Path, whom the Lord Himself instructs.

ਗੁਰਿ ਪੂਰੈ ਵੇਖਾਲਿਆ ਗੁਰ ਸੇਵਾ ਪਾਈਐ ॥੪॥

gur poorai vaykhaali-aa gur sayvaa paa-ee-ai. ||4||
The Perfect Guru has revealed Him to me; serving the Guru, He is found. ||4||