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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਪੰਨਾ ੧੯੧

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ga-orhee mehlāa 5.

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kal kalays gur sabad nivaaray.
aavan jaan rahay sukh saaray. ||1||
bhai binsay nirbha-o har Dhi-aa-i-aa.
saaDhsang har kay gun gaa-i-aa. ||1|| rahaa-o.
charan kaval rid antar Dhaaray.
agan saagar gur paar utaray. ||2||
boodat jaat poorai gur kaadhay.
janam janam kay tootay gaadhay. ||3||
kaho naanak tis gur balihaaree.
jis bhaytat gat bha-ee hamaaree. ||4||56||125||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we don't want to spend our life like the animals, and don't want to keep suffering through the pains of births and deaths, then we should pray to God to bless us with the company of holy people, where we may also join them in singing God's praise, and meditate on His Name. In this Shabad Guru Ji is sharing with us what kind of blessings he obtained on joining the holy congregation, and singing praises of God.

He says: "(O my friends), the Guru's word has eliminated all my strife and sorrow. My comings and goings into this world have ended and I have obtained all kinds of comforts."(1)

Stating, what other blessings he obtained in the company of holy persons, Guru Ji says: "In the company of saints, I sang praises of God, and when I meditated on the fearless God, all my fears vanished away."(1-Pause)

Explaining, what exactly he did, and what was the result, Guru Ji says: "I enshrined the immaculate Name of God within my heart, and the Guru ferried me across the fiery ocean (of worldly desires)."(2)

Describing, how desperate was his previous condition, and how his Guru saved him, he says: "I was drowning (in this worldly ocean), when the perfect Guru pulled me out, and re-united me (with God), from whom I had been separated for many births."(3)

Therefore, Guru Ji concludes the Shabad by saying: "(O my friends), Nanak says, I am a sacrifice to that Guru, meeting whom I was emancipated."(4-56-125)

The message of this Shabad is that even if we have been previously committing many sins, we should now follow the advice of the Guru and joining the company of saintly persons, sing God's praise, then all our problems will be ended and we will be saved.

Note:-It doesn't mean that, before joining the holy congregation, Guru Ji was actually in a very bad shape, and was committing many grave sins, from which his Guru saved him. Like Japji Sahib, where Guru Ji calls himself a wretch, he is showing his humility, and using the most effective way of conveying his message by the use of first person.



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ਸਾਧਸੰਗਿ ਤਾ ਕੀ ਸਰਨੀ ਪਰਹੁ ॥
ਮਨੁ ਤਨੁ ਅਪਨਾ ਆਗੈ ਧਰਹੁ ॥੧॥
ਅੰਮ੍ਰਿਤ ਨਾਮੁ ਪੀਵਹੁ ਮੇਰੇ ਭਾਈ ॥
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ਤਜਿ ਅਭਿਮਾਨੁ ਜਨਮ ਮਰਣੁ ਨਿਵਾਰਹੁ ॥
ਹਰਿ ਕੇ ਦਾਸ ਕੇ ਚਰਣ ਨਮਸਕਾਰਹੁ ॥੨॥

ਸਾਸਿ ਸਾਸਿ ਪ੍ਰਭੁ ਮਨਹਿ ਸਮਾਲੇ ॥
ਸੋ ਧਨੁ ਸੰਚਹੁ ਜੋ ਚਾਲੈ ਨਾਲੇ ॥੩॥

ਤਿਸਹਿ ਪਰਾਪਤਿ ਜਿਸੁ ਮਸਤਕਿ ਭਾਗੁ ॥
ਕਹੁ ਨਾਨਕ ਤਾ ਕੀ ਚਰਣੀ ਲਾਗੁ ॥੪॥੫੭॥੧੨੬॥

ga-orhee mehlā 5.

saaDhsang taa kee sarnee parahu.
man tan apnaa aagai Dharahu. ||1||
amrit naam peevhu mayray bhaa-ee.
simar simar sabh tapat bujhaa-ee. ||1|| rahaa-o.

taj abhimaan janam maran nivaarahu.
har kay daas kay charan namaskaarahu. ||2||

saas saas parabh maneh samaalay.
so Dhan sanchahu jo chaalai naalay. ||3||

tiseh paraapat jis mastak bhaag.
kaho naanak taa kee charnee laag. ||4||57||126||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that even if we have been previously committing many sins, we should now follow the advice of the Guru and joining the company of saintly persons, sing God's praise, then all our problems will be ended and we will be saved. In this Shabad Guru Ji tells us in little more detail, how to conduct our life in the right way.

He says: "(O my friends), joining the society of saints seek the refuge of God, and place your body and soul before God (i.e. with your body and mind do whatever God wants you to do)."(1)

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Describing, what we need to do in the company of saintly persons, and what will be the result, Guru Ji says: "O brother, drink the nectar God's Name. (In this way), by remembering (God) again and again, all the fire (of worldly desires) gets quenched."(1-Pause)

Listing what else we need to do, Guru Ji says: "(O my friends), bow to the feet of God's devotees, and in this way shedding your ego terminate (your cycle of) births and deaths."(2)

Guru Ji adds: "(O my friends), with every breath remember God. (In this way) accumulate that wealth (of God's Name), which will always accompany you."(3)

Guru Ji concludes this Shabad, by stating, how fortunate is that person, who accumulates this wealth of God's Name. He says: "(O my friends), only that person receives (this wealth), in whose destiny, it is (so written). Therefore, Nanak says, you should cling to the feet of such (persons), so that in their company, you may also be blessed)."(4-57-126)

The message of this Shabad is that we should join the company of holy saints, and respectfully follow their advice, meditate on the Name again and again, this way we may also be saved and our rounds of births and deaths may come to an end.

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ਸੂਕੇ ਹਰੇ ਕੀਏ ਖਿਨ ਮਾਹੇ ॥
ਅੰਮ੍ਰਿਤ ਦ੍ਰਿਸਟਿ ਸੰਚਿ ਜੀਵਾਏ ॥੧॥
ਕਾਟੇ ਕਸਟ ਪੂਰੇ ਗੁਰਦੇਵ ॥
ਸੇਵਕ ਕਉ ਦੀਨੀ ਅਪੁਨੀ ਸੇਵ ॥੧॥ ਰਹਾਉ ॥

ga-orhee mehlā 5.

sookay haray kee-ay khin maahay.
amrit darisat sanch jeevaa-ay. ||1||
kaatay kasat pooray gurdayv.
sayvak ka-o deene apunee sayv. ||1|| rahaa-o.



ਮਿਟਿ ਗਈ ਚਿੰਤ ਪੁਨੀ ਮਨ ਆਸਾ ॥
ਕਰੀ ਦਇਆ ਸਤਿਗੁਰਿ ਗੁਣਤਾਸਾ ॥੨॥

ਦੁਖ ਨਾਠੇ ਸੁਖ ਆਇ ਸਮਾਏ ॥
ਢੀਲ ਨ ਪਰੀ ਜਾ ਗੁਰਿ ਫੁਰਮਾਏ ॥੩॥

ਇਛ ਪੁਨੀ ਪੂਰੇ ਗੁਰ ਮਿਲੇ ॥
ਨਾਨਕ ਤੇ ਜਨ ਸੁਫਲ ਫਲੇ ॥੪॥੫੮॥੧੨੭॥

mit ga-ee chint punee man aasaa.

karee da-i-aa satgur gun^{ta}asaa. ||2||

dukh naathay sukh aa-ay samaa-ay.

dheel na paree jaa gur furmaa-ay. ||3||

ichh punee pooray gur milay.

naanak tay jan sufal falay. ||4||58||127||

GAURI MEHLA 5

In the Shabad (4-56-125), Guru Ji advised us that even if we have been previously committing many sins, we should now follow the advice of the Guru and joining the company of saintly persons, sing God's praise, then all our problems will be ended and we will be saved. In this Shabad, he describes, how the Guru has put on right path, even the most in corrigible persons, and has brought an end to all their problems and pains, and have fulfilled their desires.

Guru Ji says: "In an instant, the Guru has brought bloom (even to those persons), who had become depressed and frail like withered (trees. As if) by irrigating with his ambrosial glance, he has revived (their dead souls)." (1)

Describing, what exactly, the Guru has done for his devotees, he says: "The perfect Guru has yoked his servant into his service, and in this way, the perfect Guru has eradicated all his difficulties." (1-Pause)

Stating, what happens, when the perfect Guru shows his grace on any body, Guru Ji says: "He on whom, true Guru, the treasure of all merits, shows mercy, all his worry is removed, and the desire of his heart gets fulfilled." (2)

Guru Ji also wants to assure us, that once the Guru becomes kind on any body, then it doesn't take much time for his problems to go away. He says: "When the Guru so commands, then no delay occurs in the fleeing away of pains, and the pleasures to come and prevail (in a person's life)." (3)

In conclusion, Guru Ji says: "O Nanak, they who have met the perfect Guru, their desire has been fulfilled, and the life of those devotee has become most successful and fruitful." (4-58-127)

The message of this Shabad is that, if we want that all our worldly problems may be solved, and we are blessed both with worldly comforts, and spiritual success, then we should surrender ourselves to the service of our true Guru (Granth Sahib Ji), and whole heartedly act on the advice contained therein.

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ਤਾਪ ਗਏ ਪਾਈ ਪ੍ਰਭਿ ਸਾਂਤਿ ॥
ਸੀਤਲ ਭਏ ਕੀਨੀ ਪ੍ਰਭ ਦਾਤਿ ॥੧॥
ਪ੍ਰਭ ਕਿਰਪਾ ਤੇ ਭਏ ਸੁਹੇਲੇ ॥
ਜਨਮ ਜਨਮ ਕੇ ਬਿਛਰੇ ਮੇਲੇ ॥੧॥ ਰਹਾਉ ॥

ਸਿਮਰਤ ਸਿਮਰਤ ਪ੍ਰਭ ਕਾ ਨਾਉ ॥
ਸਗਲ ਰੋਗ ਕਾ ਬਿਨਸਿਆ ਥਾਉ ॥੨॥

ਸਹਜਿ ਸੁਭਾਇ ਬੋਲੈ ਹਰਿ ਬਾਣੀ ॥
ਆਠ ਪਹਰ ਪ੍ਰਭ ਸਿਮਰਹੁ ਪ੍ਰਾਣੀ ॥੩॥

ਦੁਖੁ ਦਰਦੁ ਜਮੁ ਨੇੜਿ ਨ ਆਵੈ ॥

ga-orhee mehl^{aa} 5.

taap ga-ay paa-ee parabh saa^{Nt}.

seetal bha-ay keenee parabh daat. ||1||

parabh kirpaa tay bha-ay suhaylay.

janam janam kay bichhuray maylay. ||1|| rahaa-o.

simrat simrat parabh kaa naa-o.

sagal rog kaa binsi-aa thaa-o. ||2||

sahj subhaa-ay bolai har banee.

aath pahar parabh simrahu paraanee. ||3||

dookh darad jam nayrh na aavai.

kaho naanak jo har gun gaavai. ||4||59||128||



ਕਹੁ ਨਾਨਕ ਜੋ ਹਰਿ ਗੁਨ ਗਾਵੈ ॥੪॥੫੯॥੧੨੮॥

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In the previous Shabad, Guru Ji advised us that, if we want that all our worldly problems may be solved, and we are blessed both with worldly comforts, and spiritual success, then we should surrender ourselves to the service of our true Guru (Granth Sahib Ji), and whole heartedly act on the advice contained therein. By this time, it has become clear to all the serious readers and devotees of Guru Granth Sahib Ji that the basic advice, which our Guru gives us, is to meditate on God's Name and sing His praises. In this Shabad Guru Ji is describing for us what kind of blessings God showers on us, when we follow that advice.

He says: "(O my friends), those upon whom God has bestowed the gift (of His Name), all their anxieties have vanished, and they have obtained peace (in their hearts)." (1)

Describing, what other blessings such people have enjoyed, Guru Ji says: "By God's Grace, their life has become comfortable. (Even though, they were) separated for many births, (Yet, God) has now re-united them (with Him)." (1-Pause)

Now telling us, how all this happened, Guru Ji says: "By remembering God's Name again and again, the root cause of all their maladies was destroyed." (2)

Describing the conduct of such a blessed person, Guru Ji says: "(Such a blessed devotee, himself) keeps uttering God's word in a state of peace and poise, (and advises others also), O mortals, (you too should) meditate on God." (3)

In conclusion, Guru Ji says: "(O my friends), Nanak says, no sorrow, pain (or fear of) death comes near that person, who sings praises of God." (4-59-128)

The message of this Shabad is that, we should always repeat God's Name with love and affection, so that God may show His Mercy on us and then all our woes and worries may depart and we may obtain all peace and comforts.

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ga-or~~hee~~ mehlāa 5.

ਭਲੇ ਦਿਨਸ ਭਲੇ ਸੰਜੋਗ ॥

bhalay dīnas bhalay sanjog.

ਜਿਤੁ ਭੇਟੇ ਪਾਰਬ੍ਰਹਮ ਨਿਰਜੋਗ ॥੧॥

jīṭ bḥaytay paarbarahm nirjog. ||1||

ਓਹ ਬੇਲਾ ਕਉ ਹਉ ਬਲਿ ਜਾਉ ॥

oh baylaa ka-o ha-o bal jaa-o.

ਜਿਤੁ ਮੇਰਾ ਮਨੁ ਜਪੈ ਹਰਿ ਨਾਉ ॥੧॥ ਰਹਾਉ ॥

jīṭ mayraa man japai har naa-o. ||1|| rahaa-o.

ਸਫਲ ਮੂਰਤੁ ਸਫਲ ਓਹ ਘਰੀ ॥

safal moorat safal oh gharee.

ਜਿਤੁ ਰਸਨਾ ਉਚਰੈ ਹਰਿ ਹਰੀ ॥੨॥

jīṭ rasnaa uchrai har haree. ||2||

safal oh maathaa sant namaskaaras.

ਸਫਲੁ ਓਹੁ ਮਾਥਾ ਸੰਤ ਨਮਸਕਾਰਸਿ ॥

charan puneeṭ chaleh har maarag. ||3||

ਚਰਣ ਪੁਨੀਤ ਚਲਹਿ ਹਰਿ ਮਾਰਗਿ ॥੩॥

kaho naanak bhalaa mayraa karam.

ਕਹੁ ਨਾਨਕ ਭਲਾ ਮੇਰਾ ਕਰਮ ॥

jīṭ bḥaytay saaDhoo kay charan. ||4||60||129||

ਜਿਤੁ ਭੇਟੇ ਸਾਧੂ ਕੇ ਚਰਨ ॥੪॥੬੦॥੧੨੯॥

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, we should always repeat God's Name with love and affection, so that God may show His Mercy on us and then all our woes and worries may depart and we may obtain all peace and comforts. In this Shabad, Guru Ji shares with us, what kind of bliss, he feels, when he meditates on God's Name, and experiences the presence of God near him.



He says: "Blessed are those days, and blessed are those junctures, when I am able to see the sight of the detached God."(1)

But, he knows, that this union only happens, when he meditates on His Name, and God shows His grace. Therefore, he says: "I am to that time, in which my mind repeats God's Name."(1-Pause)

Therefore, he says: "Fruitful is that moment and fruitful is that hour when the tongue utters "O God, O God."(2)

Guru Ji also recognizes, that, it is only through Guru's grace, that a person is imbued with the love of God, and engages in meditating on His Name. Therefore, he says: "Approved is that forehead, which bows to the saint, and sacred are those feet, which walk on God's path."(3)

In conclusion, Guru Ji says: "(O my friends), Nanak says, auspicious was that deed of mine, by virtue of which I touched the Saint's (Guru's) feet (and started meditating on God's Name, as per his advice)."(4-60-129)

The message of this Shabad is that most auspicious is that time, and that deed, when we humbly go to listen to the advice of the saint (Guru Granth Sahib Ji), and following that advice, start meditating on God's Name, with true love and devotion.

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ga-orhee mehlāa 5.

ਗੁਰ ਕਾ ਸਬਦੁ ਰਾਖੁ ਮਨ ਮਾਹਿ ॥
ਨਾਮੁ ਸਿਮਰਿ ਚਿੰਤਾ ਸਭ ਜਾਹਿ ॥੧॥
ਬਿਨੁ ਭਗਵੰਤ ਨਾਹੀ ਅਨ ਕੋਇ ॥
ਮਾਰੈ ਰਾਖੇ ਏਕੋ ਸੋਇ ॥੧॥ ਰਹਾਉ ॥

gur kaa sabad raakh man maahi.
naam simar chintaa sabh jaahi. ||1||
bin bhagvant naahee an ko-ay.
maarai raakhai ayko so-ay. ||1|| rahaa-o.

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ਗੁਰ ਕੇ ਚਰਣ ਰਿਦੈ ਉਰਿ ਧਾਰਿ ॥
ਅਗਨਿ ਸਾਗਰੁ ਜਪਿ ਉਤਰਹਿ ਪਾਰਿ ॥੨॥

gur kay charan ridai ur Dhaar.
agan saagar jap utreh paar. ||2||

ਗੁਰ ਮੂਰਤਿ ਸਿਉ ਲਾਇ ਧਿਆਨੁ ॥
ਈਹਾ ਊਹਾ ਪਾਵਹਿ ਮਾਨੁ ॥੩॥

gur moorat si-o laa-ay Dhi-aan.
eehaa oohaa paavahi maan. ||3||

ਸਗਲ ਤਿਆਗਿ ਗੁਰ ਸਰਣੀ ਆਇਆ ॥
ਮਿਟੇ ਅੰਦੇਸੇ ਨਾਨਕ ਸੁਖੁ ਪਾਇਆ ॥੪॥੬੧॥੧੩੦॥

sagal ti-aag gur sarnee aa-i-aa.
mitay andaysay naanak sukh paa-i-aa. ||4||61||130||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that most auspicious is that time, and that deed, when we humbly go to listen to the advice of the saint (Guru), and following that advice, start meditating on God's Name, with true love and devotion. In this Shabad, he tells us, what is the most important thing to do, after we have listened to the Guru, and what are the blessings, we obtain, when we act upon the Guru's advice.

He says: "(O my friend), keep the Guru's word in your mind and dwell on God's Name, so that all your worries may depart."(1)

Next, asking us to remember, one basic thing, Guru Ji says: "(O my friend), except God, the architect of our destiny, there is not any other. He is the one alone, who destroys or protects (the creatures)."(1-Pause)



Therefore, Guru Ji advises us: “(O man), enshrine Guru's immaculate words in your heart, so that by meditating (on God's Name) swim, you may swim across the fiery sea of (worldly desires).”(2)

Some people do their worship or meditation, by fixing their attention, on some picture or statue of a human god or goddess. But Guru Ji advises: “(O my friend), fix your attention on the Guru in the form of his word, (by doing so), you will obtain honor both here and here after.”(3)

Guru Ji concludes the Shabad, by saying: "Forsaking all, he has come to the refuge of the Guru. Nanak says, all his doubts have been erased and he has obtained peace."(4-61-130)

The message of this Shabad is that if we want to get rid of all our worries and live in perfect peace, then abandoning all other supports, we should seek the refuge of the Guru, fix our attention on his immaculate words, and meditate on God's Name.

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ਜਿਸੁ ਸਿਮਰਤ ਦੂਖੁ ਸਭੁ ਜਾਇ ॥
ਨਾਮੁ ਰਤਨੁ ਵਸੈ ਮਨਿ ਆਇ ॥੧॥
ਜਪਿ ਮਨ ਮੇਰੇ ਗੋਵਿੰਦ ਕੀ ਬਾਣੀ ॥
ਸਾਧੂ ਜਨ ਰਾਮੁ ਰਸਨ ਵਖਾਣੀ ॥੧॥ ਰਹਾਉ ॥

ਇਕਸੁ ਬਿਨੁ ਨਾਹੀ ਦੂਜਾ ਕੋਇ ॥
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ਹਰਿ ਹਰਿ ਅਖਰ ਮਨ ਮਹਿ ਲੇਖੁ ॥੩॥

ਰਵਿ ਰਹਿਆ ਸਰਬਤ ਸੁਆਮੀ ॥
ਗੁਣ ਗਾਵੈ ਨਾਨਕੁ ਅੰਤਰਜਾਮੀ ॥੪॥੬੨॥੧੩੧॥

ga-orhee mehlāa 5.

jis simrat̃ dookh sabh jaa-ay.
naam raṭan vasai man aa-ay. ||1||
jap man mayray govind̃ kee banee.
saaDhoo jan raam rasan vakhaanee. ||1|| rahaa-o.
ikas bin naahee doojaa ko-ay.
jaa kee darisat̃ sadaa sukh ho-ay. ||2||
saajan meet̃ sakhaa kar ayk.
har har akhar man meh laykh. ||3||
rav rahi-aa sarbat̃ su-aamee.
gun gaavai naanak antarjaamee. ||4||62||131||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that if we want to get rid of all our worries and live in perfect peace, abandoning all other supports, we should seek the refuge of the Guru, fix our attention on his immaculate words, and meditate on God's Name. In this Shabad, he explains how to meditate on God's Name, and enshrine it in our heart.

First clarifying, whom we need to worship, Guru Ji says: “(O my mind remember that) God, by remembering whom all the sorrows go away, and His jewel like precious Name comes to reside in the heart.”(1)

Now explaining how to remember God, Guru Ji says: "O my mind meditate on that utterances regarding the God of the Universe, which the saintly people utter and sing God's praises."(1-Pause)

Then Guru Ji, tells us: “(O my friends, remember that), there is no one except the one God, by whose Grace, one always obtains peace.”(2)

Therefore Guru Ji advises: “(O man), make only one (God) as your friend, pal, and confidant, and enshrine God's Name in your mind.”(3)

Guru Ji concludes, the Shabad, by describing, how he himself is remembering that God. He says: “That Master (of the universe) is pervading everywhere, and Nanak keeps singing praises of that Inner Knower of all hearts.”(4-62-131)

The message of this Shabad is that, we should remember that God is our only true friend, and companion. He is the inner knower of all hearts, and is pervading everywhere. Therefore we should always keep meditating on His Name, and the best way to do that is to enshrine the immaculate words uttered and sung by His saints (i.e. Gurbani contained in Guru Granth Sahib).



ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਭੈ ਮਹਿ ਰਚਿਓ ਸਭੁ ਸੰਸਾਰਾ ॥
ਤਿਸੁ ਭਉ ਨਾਹੀ ਜਿਸੁ ਨਾਮੁ ਅਧਾਰਾ ॥੧॥

bhai meh rachi-o sabh sansaaraa.
tis bha-o naahee jis naam aDhaaraa. ||1||

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ਭਉ ਨ ਵਿਆਪੈ ਤੇਰੀ ਸਰਣਾ ॥
ਜੋ ਤੁਧੁ ਭਾਵੈ ਸੋਈ ਕਰਣਾ ॥੧॥ ਰਹਾਉ ॥

bha-o na vi-aapai tayree sarnaa.
jo tuDh bhaavai so-ee karnaa. ||1|| rahaa-o.

ਸੋਗ ਹਰਖ ਮਹਿ ਆਵਣ ਜਾਣਾ ॥
ਤਿਨਿ ਸੁਖੁ ਪਾਇਆ ਜੋ ਪ੍ਰਭ ਭਾਣਾ ॥੨॥

sog harakh meh aavan jaanaa.
tin sukh paa-i-aa jo parabh bhaanaa. ||2||
agan saagar mahaa vi-aapai maa-i-aa.

ਅਗਨਿ ਸਾਗਰੁ ਮਹਾ ਵਿਆਪੈ ਮਾਇਆ ॥
ਸੇ ਸੀਤਲ ਜਿਨ ਸਤਿਗੁਰੁ ਪਾਇਆ ॥੩॥

say seetal jin satgur paa-i-aa. ||3||
raakh lay-ay parabh raakhanhaaraa.
kaho naanak ki-aa jant vichaaraa. ||4||63||132||

ਰਾਖਿ ਲੇਇ ਪ੍ਰਭੁ ਰਾਖਨਹਾਰਾ ॥
ਕਹੁ ਨਾਨਕ ਕਿਆ ਜੰਤ ਵਿਚਾਰਾ ॥੪॥੬੩॥੧੩੨॥

GAURI MEHLA 5

In the Shabad (4-61-130), Guru Ji advised us that if we want to get rid of all our worries and live in perfect peace, then abandoning all other supports, we should meditate on God's Name. In this Shabad, he tells us, that the entire world is engrossed in fear and worry of one kind or the other, and who are the persons who are free from such anxieties.

He says: "The entire world is immersed in fear. Only that person has no fear, who has God's Name for his support."(1)

Guru Ji therefore addresses God and says: "(O God), No fear afflicts him, who seeks Your refuge, and does whatever pleases You."(1-Pause)

Describing the great benefit of accepting, God's will, Guru Ji says: "He, who remains affected by pain and pleasure (i.e. becomes too much puffed up during happy circumstances, and too much depressed, upon hearing some sad news), he remains bound to rounds of birth and death. Only those persons have obtained peace, who accept (with equanimity), whatever pleases God (whether apparently good or bad)."(2)

Commenting on the general state of this world, Guru Ji says: "(O my friends), this world is like an ocean of fire, where the desire for worldly pleasures keeps afflicting (the minds of human beings). Only those persons remain calm and cool, who have obtained (the guidance of) the true Guru."(3)

Guru Ji concludes the Shabad, by noting: "It is only God, the Savior who saves (the world from total annihilation). Because, O Nanak, there is nothing in the hands of a poor (human) being."(4-63-132)

The message of this Shabad is that if we want to live in peace without any fear, and save ourselves from the pains of births and deaths, then we should seek the refuge of the Guru and gladly accept the Will of God, both in pain and pleasure.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਤੇ ਜਪੀਐ ਨਾਉ ॥

tumree kirpaa tay japee-ai naa-o.
tumree kirpaa tay dargeh thaa-o. ||1||



ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਤੇ ਦਰਗਹ ਬਾਉ ॥੧॥
ਤੁਝ ਬਿਨੁ ਪਾਰਬ੍ਰਹਮ ਨਹੀ ਕੋਇ ॥
ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਤੇ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥

tujh bin paarbarahm nahee ko-ay.
tumree kirpaa tay sadaa sukh ho-ay. ||1|| rahaa-o.

ਤੁਮ ਮਨਿ ਵਸੇ ਤਉ ਦੂਖੁ ਨ ਲਾਗੈ ॥
ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਤੇ ਭ੍ਰਮੁ ਭਉ ਭਾਗੈ ॥੨॥

tum man vasay ta-o dookh na laagai.
tumree kirpaa tay bharam bha-o bhaagai. ||2||

ਪਾਰਬ੍ਰਹਮ ਅਪਰੰਪਰ ਸੁਆਮੀ ॥
ਸਗਲ ਘਟਾ ਕੇ ਅੰਤਰਜਾਮੀ ॥੩॥

paarbarahm aprampar su-aamee.
sagal ghataa kay antarjaamee. ||3||
kara-o ardaas apnay satgur paas.
naanak naam milai sach raas. ||4||64||133||

ਕਰਉ ਅਰਦਾਸਿ ਅਪਨੇ ਸਤਿਗੁਰ ਪਾਸਿ ॥
ਨਾਨਕ ਨਾਮੁ ਮਿਲੈ ਸਚੁ ਰਾਸਿ ॥੪॥੬੪॥੧੩੩॥

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that if we want to live in peace without any fear, and save ourselves from the pains of births and deaths, then we should seek the refuge of the Guru and gladly accept the Will of God, both in pain and pleasure. In this Shabad, he shows us, how to seek the Guru's refuge, meditate on God's Name, and learn to live as per His will.

So addressing God, Guru Ji says: "(O God), it is by Your grace that we can meditate on Your Name. It is by Your grace that we can obtain a seat in Your Court."(1)

Further, Guru Ji has no hesitation in saying: "(O God), beside You, there is none else (towards whom, we can look for any support). It is only by Your grace that one always obtains peace."(1-Pause)

Describing, what happens, when God comes to reside in our mind, Guru Ji says: "When You reside in our heart, then no sorrows afflicts us. With Your kindness all dread and doubt disappears."(2)

Therefore, Guru Ji prays to God, and says: "O, the all pervading and limitless Master, You are the inner knower of all hearts."(3)

Finally he prays to his Guru and says: "I make this prayer, before my true Guru, that may Nanak be blessed with the true capital (of God's Name)."(4-64-133)

The message of this Shabad is that it is only by God's grace, that we can meditate on God's Name, and live in peace, and since it is the Guru, from whom we can obtain the gift of Name, we should pray to him to bless us with this true wealth of God's Name.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hee mehlāa 5.

ਕਣ ਬਿਨਾ ਜੈਸੇ ਬੋਥਰ ਤੁਖਾ ॥
ਨਾਮ ਬਿਹੂਨ ਸੂਨੇ ਸੇ ਮੁਖਾ ॥੧॥

kan binaa jaisay thothar tukhaa.
naam bihoon soonay say mukhaa. ||1||

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ਹਰਿ ਹਰਿ ਨਾਮੁ ਜਪਹੁ ਨਿਤ ਪ੍ਰਾਣੀ ॥
ਨਾਮ ਬਿਹੂਨ ਧ੍ਰਿਗੁ ਦੇਹ ਬਿਗਾਨੀ ॥੧॥ ਰਹਾਉ ॥
ਨਾਮ ਬਿਨਾ ਨਾਹੀ ਮੁਖਿ ਭਾਗੁ ॥
ਭਰਤ ਬਿਹੂਨ ਕਹਾ ਸੋਹਾਗੁ ॥੨॥
ਨਾਮੁ ਬਿਸਾਰਿ ਲਗੈ ਅਨ ਸੁਆਇ ॥

har har naam japahu nit paraanee.
naam bihoon D^harig d^hayh bigaanee. ||1|| rahaa-o.
naam binaa naahee mukh bhaag.
bharat bihoon kahaa sohaag. ||2||
naam bisaar lagai an su-aa-ay.



ਤਾ ਕੀ ਆਸ ਨ ਪੂਜੈ ਕਾਇ ॥੩॥

taa kee aas na poojai kaa-ay. ||3||

ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਅਪਨੀ ਦਾਤਿ ॥

kar kirpaa parabh apnee daat.

ਨਾਨਕ ਨਾਮੁ ਜਪੈ ਦਿਨ ਰਾਤਿ ॥੪॥੬੫॥੧੩੪॥

naanak naam japai din raat. ||4||65||134||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that it is only by God's grace that we can meditate on God's Name, and live in peace, and since it is the Guru, from whom we can obtain the gift of Name, we should pray to him to bless us with this true wealth of God's Name. In this Shabad, Guru Ji cites many beautiful examples, to illustrate, how totally devoid of any charm or happiness, the life of a person, who doesn't meditate on God's Name and therefore, how we need to pray to God for the gift of His Name.

He says: "Just as the husk is empty without the grain, so is empty the mouth, without the Name."(1)

Therefore, Guru Ji urges: "O mortals, dwell on the Name, day and night, (because when death comes), without Name this body is considered accursed."(1-Pause)

Now illustrating, how unfortunate a person remains till he meditates on God's Name: "Just as there can be no happy married life without the groom, similarly, there no fortune smiles on a person's destiny, without meditation on the Name."(2)

Stating the consequences of engaging in other pursuits, forsaking God's Name, Guru Ji says: "He who forsaking the Name involves himself in other pursuits, none of his wishes is ever fulfilled."(3)

Therefore, Guru Ji concludes the Shabad, by praying to God and saying: "O God, please show Your mercy and bestow this gift that Nanak may dwell on the Name day and night."(4-65-134)

The message of this Shabad is that God's Name is the essence of fruitful life and we should always pray to God to bless us with this gift that we dwell on His Name day and night.

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਤੂੰ ਸਮਰਥੁ ਤੂੰਹੈ ਮੇਰਾ ਸੁਆਮੀ ॥

too^N samrath too^Nhai mayraa su-aamee.

ਸਭੁ ਕਿਛੁ ਤੁਮ ਤੇ ਤੂੰ ਅੰਤਰਜਾਮੀ ॥੧॥

sabh kichh tum tay too^N antarjaamee. ||1||

ਪਾਰਬ੍ਰਹਮ ਪੂਰਨ ਜਨ ਓਟ ॥

paarbrahm pooran jan ot.

ਤੇਰੀ ਸਰਣਿ ਉਧਰਹਿ ਜਨ ਕੋਟਿ ॥੧॥ ਰਹਾਉ ॥

tayree saran uDhrahī jan kot. ||1|| rahaa-o.

ਜੇਤੇ ਜੀਅ ਤੇਤੇ ਸਭਿ ਤੇਰੇ ॥

jaytay jee-a taytay sabh tayray.

ਤੁਮਰੀ ਕ੍ਰਿਪਾ ਤੇ ਸੁਖ ਘਨੇਰੇ ॥੨॥

tumree kirpaa tay sookh ghanayray. ||2||

ਜੋ ਕਿਛੁ ਵਰਤੈ ਸਭ ਤੇਰਾ ਭਾਣਾ ॥

jo kichh vartai sabh tayraa bhaanaa.

ਹੁਕਮੁ ਬੂਝੈ ਸੋ ਸਚਿ ਸਮਾਣਾ ॥੩॥

hukam boojhai so sach samaanaa. ||3||

ਕਰਿ ਕਿਰਪਾ ਦੀਜੈ ਪ੍ਰਭ ਦਾਨੁ ॥

kar kirpaa deejai parabh daan.

ਨਾਨਕ ਸਿਮਰੈ ਨਾਮੁ ਨਿਧਾਨੁ ॥੪॥੬੬॥੧੩੫॥

naanak simrai naam niDhaan. ||4||66||135||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that God's Name is the essence of fruitful life and we should always pray to God to bless us with this gift that we dwell on His Name day and night. In this Shabad, he shows us how to pray to God for this gift.



He says: "O God, You are all powerful. You are my Master. You are in the inner knower of all hearts, whatever is happening (in the world), is happening as per Your wishes."(1)

Describing, how His devotees depend upon God's support, and how that support helps millions, Guru Ji says: "O perfect all pervading God, You are the support of all Your devotees. Seeking Your shelter, millions of persons have been saved."(1-Pause)

Now pointing to the grace of God, on His creatures, Guru Ji says: "O God, as many are the creatures (in this world), they all are Yours. By Your Grace, they enjoy countless comforts."(2)

Commenting on the omnipresence of God's will, and the benefits of cheerfully accepting it, Guru Ji says: "(O God), whatever is happening in the world, is all as per Your Will. He who understands this command, he merges in the Truth (of Your Eternal Name)."(3)

Therefore, Guru Ji concludes the Shabad, by praying: "(O God), show mercy, and bestow this gift, that Nanak may meditate on the treasure of (Your) Name."(4-66-135)

The message of this Shabad is that we should, realize that whatever is happening in this world is happening as per God's will, and we should cheerfully accept it. The only thing, which we should ask Him to bless us with, is the gift of His Name (i.e. His loving devotion).

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਤਾ ਕਾ ਦਰਸੁ ਪਾਈਐ ਵਡਭਾਗੀ ॥
ਜਾ ਕੀ ਰਾਮ ਨਾਮਿ ਲਿਵ ਲਾਗੀ ॥੧॥

taa kaa daras paa-ee-ai vadbhaagee.
jaa kee raam naam liv laagee. ||1||

ਜਾ ਕੈ ਹਰਿ ਵਸਿਆ ਮਨ ਮਾਹੀ ॥
ਤਾ ਕਉ ਦੁਖੁ ਸੁਪਨੈ ਭੀ ਨਾਹੀ ॥੧॥ ਰਹਾਉ ॥

jaa kai har vasi-aa man maahee.
taa ka-o dukh supnai bhee naahee. ||1|| rahaa-o.

ਸਰਬ ਨਿਧਾਨ ਰਾਖੇ ਜਨ ਮਾਹਿ ॥
ਤਾ ਕੈ ਸੰਗਿ ਕਿਲਵਿਖ ਦੁਖ ਜਾਹਿ ॥੨॥

sarab niDhaan raakhay jan maahi.
taa kai sang kilvikh dukh jaahi. ||2||

ਜਨ ਕੀ ਮਹਿਮਾ ਕਥੀ ਨ ਜਾਇ ॥
ਪਾਰਬ੍ਰਹਮੁ ਜਨੁ ਰਹਿਆ ਸਮਾਇ ॥੩॥

jan kee mahimaa kathee na jaa-ay.
paarbarahm jan rahi-aa samaa-ay. ||3||

ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਬਿਨਉ ਸੁਨੀਜੈ ॥
ਦਾਸ ਕੀ ਧੂਰਿ ਨਾਨਕ ਕਉ ਦੀਜੈ ॥੪॥੬੭॥੧੩੬॥

kar kirpaa parabh bin-o suneesai.
daas kee Dhoor naanak ka-o deesai. ||4||67||136||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that whatever is happening in this world is happening as per God's will, and we should cheerfully accept it. The only thing, which we should ask Him to bless us with, is the gift of His Name (i.e. His loving devotion). In this Shabad, he describes the glories of the devotees of God, what kind of blessings they enjoy, and how much he respects them.

First of all, Guru Ji says, how difficult, it is to find such true devotees, whose mind is attuned to God. He says: "It is only by good fortune, that see the sight of such devotees, whose mind is (truly) attuned to the love of God's Name."(1)

Now stating, how absolutely free from any pain, these devotees are, Guru Ji says: "They in whose mind, God has come to reside, no pain touches them even in a dream."(1-Pause)



Giving the underlying such peace in the minds of God's devotees, Guru Ji says: "God places all treasures (of spiritual virtues, such as patience, and contentment), in the minds of the devotees, so that by virtue of such (merits), all one's sins and sorrows disappear."(2)

Summarizing the merits of God's devotees, Guru Ji says: "(O my friends), the glory of God's devotees cannot be described, because the devotee becomes the embodiment of God, who is pervading everywhere."(3)

Therefore, Guru Ji prays: "O God, showing Your mercy, listen to this request of mine, that bless Nanak with the humble service of Your servant."(4-67-136)

The message of this Shabad is that, if we want that we may be blessed with such spiritual qualities of patience and contentment, that we remain free from any sins or sorrows, and do not let any painful circumstances, truly pain our minds, then we should seek the humble service of God's devotee, and in their company learn to meditate on God's Name, live in the will of God, and love Him in all circumstances.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hee mehlāa 5.

ਹਰਿ ਸਿਮਰਤ ਤੇਰੀ ਜਾਇ ਬਲਾਇ ॥
ਸਰਬ ਕਲਿਆਣ ਵਸੈ ਮਨਿ ਆਇ ॥੧॥

har simraṭ tayree jaa-ay balaa-ay.
sarab kali-aan vasai man aa-ay. ||1||

ਭਜੁ ਮਨ ਮੇਰੇ ਏਕੋ ਨਾਮ ॥
ਜੀਅ ਤੇਰੇ ਕੈ ਆਵੈ ਕਾਮ ॥੧॥ ਰਹਾਉ ॥

bhaj man mayray ayko naam.
jee-a tayray kai aavai kaam. ||1|| rahaa-o.

ਰੈਣਿ ਦਿਨਸੁ ਗੁਣ ਗਾਉ ਅਨੰਤਾ ॥
ਗੁਰ ਪੂਰੇ ਕਾ ਨਿਰਮਲ ਮੰਤਾ ॥੨॥

rain dinas gun gaa-o anantaa.
gur pooray kaa nirmal manntaa. ||2||

ਛੋਡਿ ਉਪਾਵ ਏਕ ਟੇਕ ਰਾਖੁ ॥
ਮਹਾ ਪਦਾਰਥੁ ਅੰਮ੍ਰਿਤ ਰਸੁ ਚਾਖੁ ॥੩॥

chhod upaav ayk tayk raakh.
mahaa padaarath amrit ras chaakh. ||3||

ਬਿਖਮ ਸਾਗਰੁ ਤੇਈ ਜਨ ਤਰੇ ॥
ਨਾਨਕ ਜਾ ਕਉ ਨਦਰਿ ਕਰੇ ॥੪॥੬੮॥੧੩੭॥

bikham saagar tay-ee jan taray.
naanak jaa ka-o nadar karay. ||4||68||137||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we want that we may be blessed with such spiritual qualities of patience and contentment, that we remain free from any sins or sorrows, and do not let any painful circumstances pain our minds, then we should seek the humble service of God's devotee, and in their company learn to meditate on God's Name, live in the will of God, and love Him in all circumstances. In this Shabad Guru Ji narrates for us some of the benefits of meditating on God's Name.

He says: "(O my friend), by meditating on God, the agony (torturing your mind) will go away, and total happiness (on all accounts) will come to reside in the mind."(1)

Therefore, to his own mind (and us), Guru Ji says: "O my mind, contemplate only on the Name (of God), which will be of (immense) help to your soul (in God's Court)."(1-Pause)

Describing, how to meditate on God's Name, Guru Ji says: "(O my mind), day and night sing praises of the limitless (God). This alone is the immaculate advice of the perfect Guru."(2)

Cautioning us against depending upon any other kinds of ritual worships, such as observing fasts, or going to pilgrimage stations, Guru Ji says: "(O my friend), discard all other ways (to obtain salvation or spiritual bliss), and depend only on the one support (of God's), and taste the relish of the supreme commodity, the elixir of (God's) Name."(3)

But, lest we may fall into any kinds of ego traps, on account of efforts in this regard, Guru Ji states: "O Nanak, he alone



swims across the torturous (worldly) ocean, on whom (God) casts (His) glance of grace.”(4-68-137)

The message of this Shabad is that, if we want to get rid of all our anxieties, then renouncing all other ways, we should meditate on God's Name. But we should never let any egoistic thoughts come into our mind, because he alone is able to cross this dreadful worldly ocean, on whom God shows His grace.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hhee mehlāa 5.

ਹਿਰਦੈ ਚਰਨ ਕਮਲ ਪ੍ਰਭ ਧਾਰੇ ॥
ਪੂਰੇ ਸਤਿਗੁਰ ਮਿਲਿ ਨਿਸਤਾਰੇ ॥੧॥

hirdai charan kamal parabh Dhaaray.
pooray satgur mil nistaaray. ||1||
govind gun gaavhu mayray bhaa-ee.
mil saaDhoo har naam Dhi-aa-ee. ||1|| rahaa-o.

ਗੋਵਿੰਦ ਗੁਣ ਗਾਵਹੁ ਮੇਰੇ ਭਾਈ ॥
ਮਿਲਿ ਸਾਧੂ ਹਰਿ ਨਾਮੁ ਧਿਆਈ ॥੧॥ ਰਹਾਉ ॥
ਦੁਲਭ ਦੇਹ ਹੋਈ ਪਰਵਾਨੁ ॥
ਸਤਿਗੁਰ ਤੇ ਪਾਇਆ ਨਾਮ ਨੀਸਾਨੁ ॥੨॥

dulabh dayh ho-ee parvaan.
satgur tay paa-i-aa naam neesaan. ||2||
har simrat pooran pad paa-i-aa.
saaDhsang bhai bharam mitaa-i-aa. ||3||

ਹਰਿ ਸਿਮਰਤ ਪੂਰਨ ਪਦੁ ਪਾਇਆ ॥
ਸਾਧਸੰਗਿ ਭੈ ਭਰਮ ਮਿਟਾਇਆ ॥੩॥

jat kat daykh-a-u tat rahi-aa samaa-ay.
naanak daas har kee sarnaa-ay. ||4||69||138||

ਜਤ ਕਤ ਦੇਖਉ ਤਤ ਰਹਿਆ ਸਮਾਇ ॥
ਨਾਨਕ ਦਾਸ ਹਰਿ ਕੀ ਸਰਣਾਇ ॥੪॥੬੯॥੧੩੮॥

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we want to get rid of all our anxieties, then renouncing all other ways, we should meditate on God's Name. In this Shabad Guru Ji tells us, what kinds of blessings those persons obtains, who enshrine God's immaculate feet (in other words, God's Name) in their heart.

He says: "(O my friends, those persons), who enshrine God's immaculate Name in their hearts, meeting the true Guru, they swim across the worldly ocean.”(1)

Therefore, Guru Ji advises: “O my brothers, sing the praises of God of the Universe, and in the company of saints meditate on God's Name.”(1-Pause)

Stating, exactly, what did they exactly obtain from the true Guru, and what happened after that, Guru Ji says: “(The Guru ward persons), obtained the stamp of Name, (which served like a visa to enter God's court), and their human body, which is so difficult to obtain, was approved.”(2)

Guru Ji adds: “In the company of saints, they obliterated all their dread and doubt, and by meditating on God, they obtained the supreme status (of spiritual bliss).”(3)

Guru Ji concludes the Shabad, by summarizing the state of mind, of such devotees. He says: “O Nanak, those servants, who seek the shelter of God, wherever they see, they find Him pervading there.”(4-69-138)

The message of this Shabad is that joining the company of saint (Guru), we should always sing praises of God and meditate on God's Name, so that one day, we too may obtain the supreme state of eternal bliss, and our human body may also get approved in God's court.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hhee mehlāa 5.

ਗੁਰ ਜੀ ਕੇ ਦਰਸਨ ਕਉ ਬਲਿ ਜਾਉ ॥
ਜਪਿ ਜਪਿ ਜੀਵਾ ਸਤਿਗੁਰ ਨਾਉ ॥੧॥
ਪਾਰਬ੍ਰਹਮ ਪੂਰਨ ਗੁਰਦੇਵ ॥

gur jee kay darsan ka-o bal jaa-o.
jap jap jeevaa satgur naa-o. ||1||
paarbarahm pooran gurd^ayv.



ਕਰਿ ਕਿਰਪਾ ਲਾਗਉ ਤੇਰੀ ਸੇਵ ॥੧॥ ਰਹਾਉ ॥

kar kirpaa laaga-o tayree sayv. ||1|| rahaa-o.

ਚਰਨ ਕਮਲ ਹਿਰਦੈ ਉਰ ਧਾਰੀ ॥

charan kamal hirdai ur Dhaaree.

ਮਨ ਤਨ ਧਨ ਗੁਰ ਪ੍ਰਾਨ ਅਧਾਰੀ ॥੨॥

man tan Dhan gur paraan aDhaaree. ||2||

ਸਫਲ ਜਨਮੁ ਹੋਵੈ ਪਰਵਾਨੁ ॥

safal janam hovai parvaan.

ਗੁਰੁ ਪਾਰਬ੍ਰਹਮੁ ਨਿਕਟਿ ਕਰਿ ਜਾਨੁ ॥੩॥

gur paarbarahm nikat kar jaan. ||3||

ਸੰਤ ਪੂਰਿ ਪਾਈਐ ਵਡਭਾਗੀ ॥

sant Dhoor paa-ee-ai vadbhaagee.

naanak gur bhayatai har si-o liv laagee. ||4||70||139||

ਨਾਨਕ ਗੁਰ ਭੇਟਤ ਹਰਿ ਸਿਉ ਲਿਵ ਲਾਗੀ ॥੪॥੭੦॥੧੩੯॥

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that joining the company of saint (Guru), we should always sing praises of God and meditate on God's Name, so that one day, we too may obtain the supreme state of eternal bliss, and our human body may also get approved in God's court. In this Shabad Guru Ji describes the blessings obtained by service of the Guru, and also shares with us, how he himself respects his Guru, and acts upon his advice.

Guru Ji says: "(O my friends), I am a sacrifice unto the vision of the reverend Guru. I live by continuously dwelling on the Name of the true Guru."(1)

Sharing with us, what kind of prayer, he makes before his Guru, he says: "O my transcendent, perfect Guru God, please show your mercy that I may yoke myself into your service."(1-Pause)

Continuing his prayer, Guru Ji says: "(O my Guru God, bless me that) I may enshrine your immaculate words in my heart and surrender my body, mind and riches to (you) the Guru, who is the prop of my very life."(2)

Guru Ji even advises us and says: "(O my friend), deem the Guru God as close to you, so that your (human) life may also become fruitful, and may be approved (in God's court)."(3)

In closing, Guru Ji says: "(O my friends), it is by great good fortune, that we obtain the humble service of saints, and O Nanak, upon meeting the Guru, one's mind gets attuned to God."(4-70-139)

The message of this Shabad is that, if want that our human life may become successful, and get approved in God's court, then we should humbly serve our Guru (Granth Sahib Ji), by attentively listening to the Gurbani, and meditating on God's Name as advised therein.

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlaa 5.

ਕਰੈ ਦੁਹਕਰਮ ਦਿਖਾਵੈ ਹੋਰੁ ॥

karai duhkaram dikhaavai hor.

ਰਾਮ ਕੀ ਦਰਗਹ ਬਾਧਾ ਚੋਰੁ ॥੧॥

raam kee dargeh baaDhaa chor. ||1||

raam ramai so-ee raamaanaa.

ਰਾਮੁ ਰਮੈ ਸੋਈ ਰਾਮਾਣਾ ॥

jal thal mahee-al ayk samaanaa. ||1|| rahaa-o.

ਜਲਿ ਬਲਿ ਮਹੀਅਲਿ ਏਕੁ ਸਮਾਣਾ ॥੧॥ ਰਹਾਉ ॥

antar bikh mukh amrit sunaavai.

ਅੰਤਰਿ ਬਿਖੁ ਮੁਖਿ ਅੰਮ੍ਰਿਤੁ ਸੁਣਾਵੈ ॥

jam pur baaDhaa chotaa khaavai. ||2||

ਜਮ ਪੁਰਿ ਬਾਧਾ ਚੋਟਾ ਖਾਵੈ ॥੨॥

anik parh-day meh kamaavai vikaar.



ਅਨਿਕ ਪੜਦੇ ਮਹਿ ਕਮਾਵੈ ਵਿਕਾਰ ॥
ਖਿਨ ਮਹਿ ਪ੍ਰਗਟ ਹੋਹਿ ਸੰਸਾਰ ॥੩॥

khin meh pargat hohi sansaar. ||3||

an̄tar saach naam ras raat̄aa.

naanak jis kirpaal biDhaat̄aa. ||4||71||140||

ਅੰਤਰਿ ਸਾਚਿ ਨਾਮਿ ਰਸਿ ਰਾਤਾ ॥
ਨਾਨਕ ਤਿਸੁ ਕਿਰਪਾਲੁ ਬਿਧਾਤਾ ॥੪॥੭੧॥੧੪੦॥

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if want that our human life may become successful, and get approved in God's court, then we should humbly serve our Guru, by attentively listening to the Gurbani, and meditating on God's Name as advised therein. In this Shabad, Guru Ji tells us, how important, it is to serve the Guru, and meditate on God's Name, with true love and affection for Guru and God, and not just for the sake of showing off to other people. He also tells us, how those persons are punished in God's court, who outwardly utter very sweet words, but from inside are full of evil and bad intentions for others.

Right at the outset, Guru Ji says: "The person who (stealthily) does evil deeds, but from outside shows off (as something different), at God's court, he is bound (and punished like) a thief."(1)

Now giving the definition of a true devotee of God, Guru Ji says: "(O my friends), he alone is the (true) devotee of God who repeatedly remembers God, (and who firmly believes that in all) waters, land and sky, it is the one (God), who is pervading."(1-Pause)

Commenting further on the state and fate of a person, who utters very sweet words from his tongue, but inside is full of evil intentions, Guru Ji says: "(The person), who inside is full of poisonous (intentions), but utters ambrosial words from his tongue, he is bound in the city of death, and suffers punishment there."(2)

Describing, how easily his sins get exposed, Guru Ji says: "(Even if such a person), commits evil under many secret veils but still (these evil deeds), get exposed in the world in an instant."(3)

Guru Ji concludes the Shabad, by stating, on whom God truly gracious. He says: "O Nanak, he within whom is truth, and is in love with the relish of (God's) Name, on him is the mercy of God of our destiny."(4-71-140)

The message of this Shabad is that those persons, who from outside utter sweet words, but are evil from inside, and commit sinful deeds in secret, get soon exposed, and punished in God's court. Only those persons win the grace of God, who are truthful, and meditate on God's Name with sincere love and devotion.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਰਾਮ ਰੰਗੁ ਕਦੇ ਉਤਰਿ ਨ ਜਾਇ ॥
ਗੁਰੁ ਪੂਰਾ ਜਿਸੁ ਦੇਇ ਬੁਝਾਇ ॥੧॥
ਹਰਿ ਰੰਗਿ ਰਾਤਾ ਸੋ ਮਨੁ ਸਾਚਾ ॥
ਲਾਲ ਰੰਗ ਪੂਰਨ ਪੁਰਖੁ ਬਿਧਾਤਾ ॥੧॥ ਰਹਾਉ ॥

raam rang kad̄ay ut̄ar na jaa-ay.
gur pooraa jis day-ay buj̄haa-ay. ||1||
har rang raat̄aa so man saachaa.
laal rang pooran purakh biDhaat̄aa. ||1|| rahaa-o.

ਸੰਤਹ ਸੰਗਿ ਬੈਸਿ ਗੁਨ ਗਾਇ ॥
ਤਾ ਕਾ ਰੰਗੁ ਨ ਉਤਰੈ ਜਾਇ ॥੨॥

sant̄eh sang bais gun gaa-ay.
taa kaa rang na ut̄rai jaa-ay. ||2||

ਬਿਨੁ ਹਰਿ ਸਿਮਰਨ ਸੁਖੁ ਨਹੀ ਪਾਇਆ ॥
ਆਨ ਰੰਗ ਫੀਕੇ ਸਭ ਮਾਇਆ ॥੩॥

bin har simran suk̄h nahee paa-i-aa.
aan rang feekay sabh maa-i-aa. ||3||

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ਗੁਰਿ ਰੰਗੇ ਸੇ ਭਏ ਨਿਹਾਲ ॥
ਕਹੁ ਨਾਨਕ ਗੁਰ ਭਏ ਹੈ ਦਇਆਲ ॥੪॥੭੨॥੧੪੧॥

gur rangay say b̄ha-ay nihaal.
kaho naanak gur b̄ha-ay hai da-i-aal. ||4||72||141||



GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that they who from outside utter sweet words, but are evil from inside, get soon exposed, and punished in God's court. Only those persons win the grace of God, who are truthful, and meditate on God's Name with sincere love and devotion. In this Shabad, he tells us what are the unique qualities and virtues of divine love.

Stating the first and foremost quality of divine love, Guru Ji says: "He to whom the perfect Guru reveals (the qualities of this love, and imbues it with it once), his love for the Divine, never dies."(1)

Now describing how God's love affects the mind of a person, Guru Ji says: "The mind, that has been imbued with the love of God, that mind becomes truthful (i.e. there remains no deceit or evil in that person. In fact, being imbued with the true love (for God, the person becomes the embodiment of) the perfect God, the architect of our destiny."(1-Pause)

Next telling us, where one can get imbued with such true love for God, Guru Ji says: "(They, who), sitting with saints sing praises of God, (are imbued with such everlasting love for God), that their love never dies."(2)

Commenting upon all other kinds of love, Guru Ji says: "Without meditating on God, no one has ever obtained (true) peace. (Except divine love), all other kinds of love are devoid of (true peace), and are the manifestations of Maya (the desire for worldly riches and pleasure)."(3)

In conclusion, Guru Ji says: "(O my friends), Nanak says, upon whom the Guru has become gracious, and imbued with (God's Love), have been blessed (with spiritual delight)."(4-72-141)

The message of this Shabad is that instead of running after false pleasures of other kinds of love, associating with saints we should sing God's praise, so that the Guru may imbue us with God's love, which never dies, and provides true eternal bliss.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਸਿਮਰਤ ਸੁਆਮੀ ਕਿਲਵਿਖ ਨਾਸੇ ॥
ਸੂਖ ਸਹਜ ਆਨੰਦ ਨਿਵਾਸੇ ॥੧॥
ਰਾਮ ਜਨਾ ਕਉ ਰਾਮ ਭਰੋਸਾ ॥
ਨਾਮੁ ਜਪਤ ਸਭੁ ਮਿਟਿਓ ਅੰਦੇਸਾ ॥੧॥ ਰਹਾਉ ॥

ਸਾਧਸੰਗਿ ਕਛੁ ਭਉ ਨ ਭਰਾਤੀ ॥
ਗੁਣ ਗੋਪਾਲ ਗਾਈਅਹਿ ਦਿਨੁ ਰਾਤੀ ॥੨॥

ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਬੰਧਨ ਛੋਟ ॥
ਚਰਣ ਕਮਲ ਕੀ ਦੀਨੀ ਓਟ ॥੩॥

ਕਹੁ ਨਾਨਕ ਮਨਿ ਭਈ ਪਰਤੀਤਿ ॥
ਨਿਰਮਲ ਜਸੁ ਪੀਵਹਿ ਜਨ ਨੀਤਿ ॥੪॥੨੩॥੧੪੨॥

ga-orhee mehlā 5.

simrat su-aamee kilvikh naasay.
sookh sahj aanand nivaasay. ||1||
raam janaa ka-o raam bharosaa.
naam japat sabh miti-o andaysaa. ||1|| rahaa-o.

saaDhsang kachh bha-o na bharaateet.
gun gopaal gaa-ee-ah din raateet. ||2||

kar kirpaa parabh banDhan chhot.
charan kamal kee deeneet ot. ||3||

kaho naanak man bha-ee parteet.
nirmal jas peevah jan neet. ||4||73||142||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that instead of running after false pleasures of other kinds of love, associating with saints we should sing God's praise, so that the Guru may imbue us with God's love, which never dies, and provides true eternal bliss. In this Shabad, he tells us, what kinds of blessings we obtain, when we meditate on God, with true love, and what kinds of faith and trust, the devotees of God, develop in Him.

He says: "By meditating on the Master, all the woes and sins (of the devotees) flee away and in their place, peace and comfort come to reside."(1)



Now describing, what kind of trust the devotees of God have in him, Guru Ji says: “(o my friends), God's devotees only depend upon God. By meditating on God they become free from any kind of fear or dread.”(1-Pause)

Guru Ji adds: “(O my friends), in the society of the saints, no dread and doubt (afflict the devotees of God), because, there they keep singing praises of God day and night.”(2)

Listing, what other blessings, they obtain in the company of saints, and singing God’s praises, Guru Ji says: “Showing His mercy God frees them from (worldly) bonds, and provides them the support of His immaculate feet.”(3)

In conclusion, Guru Ji says: “(O my friends), Nanak says, (since the devotees) have full faith (in the protection of God), therefore they always keep drinking the nectar (of His Name), by singing His immaculate praises every day.”(4)

The message of this Shabad is that, if we want to get rid of all our fears and doubts, then joining the society of saints, we should keep singing praises of God, and dwelling on His Name. Then God will remove all our fears, and we will develop such a faith in the support and protection of God, that we won’t have to be afraid of anything, and we would keep enjoying the relish of the nectar of His Name.



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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਹਰਿ ਚਰਣੀ ਜਾ ਕਾ ਮਨੁ ਲਾਗਾ ॥
 ਦੂਖੁ ਦਰਦੁ ਭ੍ਰਮੁ ਤਾ ਕਾ ਭਾਗਾ ॥੧॥

ਹਰਿ ਧਨ ਕੋ ਵਾਪਾਰੀ ਪੂਰਾ ॥
 ਜਿਸਹਿ ਨਿਵਾਜੇ ਸੇ ਜਨੁ ਸੂਰਾ ॥੧॥ ਰਹਾਉ ॥

ਜਾ ਕਉ ਭਏ ਕ੍ਰਿਪਾਲ ਗੁਸਾਈ ॥
 ਸੇ ਜਨ ਲਾਗੇ ਗੁਰ ਕੀ ਪਾਈ ॥੨॥

ਸੁਖ ਸਹਜ ਸਾਂਤਿ ਆਨੰਦਾ ॥
 ਜਪਿ ਜਪਿ ਜੀਵੇ ਪਰਮਾਨੰਦਾ ॥੩॥

ਨਾਮ ਰਾਸਿ ਸਾਧ ਸੰਗਿ ਖਾਟੀ ॥
 ਕਹੁ ਨਾਨਕ ਪ੍ਰਭਿ ਅਪਦਾ ਕਾਟੀ ॥੪॥੭੪॥੧੪੩॥

ga-orhee mehlāa 5.

har charṇee jaa kaa man laagaa.
 dookh darad bharam taa kaa bhaagaa. ||1||

har Dhan ko vaapaaree pooraa.
 jisahi nivaajay so jan sooraa. ||1|| rahaa-o.

jaa ka-o bha-ay kirpaal gusaa-ee.
 say jan laagay gur kee paa-ee. ||2||

sookh sahj saa^Nt aanandaa.
 jap jap jeevay parmaanandaa. ||3||

naam raas saaDh sang khaatee.
 kaho naanak parabh apdaa kaatee. ||4||74||143||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we want to get rid of all our fears and doubts, then joining the society of saints, we should keep singing praises of God, and dwelling on His Name. Then God will remove all our fears, and we will develop such a faith in the support and protection of God, that we won't have to be afraid of anything, and we would keep enjoying the relish of the nectar of His Name. In this Shabad, Guru Ji is describing the blessing obtained by a person, who gets imbued with the love of God's Name.

He says: "They whose mind is attuned to God's immaculate Name, all their misery, pain and doubt flees away." (1)

Now comparing God's Name, to a kind of spiritual wealth, Guru Ji says: "He who trades in the capital of God's Name, becomes a perfect person (no evil or lust tempts him). He, whom God honors (with this wealth), that person becomes a brave fighter (against all evil tendencies)." (1-Pause)

But since, a person obtains God's Name, only when God becomes gracious to a person, and sends him to the Guru's shelter, Guru Ji says: "He on whom, God the Master of the universe becomes kind, that person goes and falls at the feet of the Guru (and begs him for his guidance in amassing the wealth of God's Name)." (2)

Now describing, what happens meditates on God's Name, under the guidance of the Guru, he says: "By meditating again and again on the Source of supreme bliss, (that person) obtains peace, poise, contentment, and bliss." (3)

In conclusion, Guru Ji says: "(O my friends), he who in the company of saints has earned the capital of (God's) Name, Nanak says, (God) has removed all his affliction." (4-74-143)

The message of the Shabad is that, if we want to get rid of all our problems, and want to enjoy true peace, poise, and pleasures, then instead of running after worldly wealth, we should pray to God to bless us with the guidance of the Guru, so that under his guidance, we may earn the wealth of God's Name, and enjoy supreme bliss.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਹਰਿ ਸਿਮਰਤ ਸਭਿ ਮਿਟਹਿ ਕਲੇਸ ॥
 ਚਰਣ ਕਮਲ ਮਨ ਮਹਿ ਪਰਵੇਸ ॥੧॥
 ਉਚਰਹੁ ਰਾਮ ਨਾਮੁ ਲਖ ਬਾਰੀ ॥
 ਅੰਮ੍ਰਿਤ ਰਸੁ ਪੀਵਹੁ ਪ੍ਰਭੁ ਪਿਆਰੀ ॥੧॥ ਰਹਾਉ ॥

ga-orhee mehlāa 5.

har simrat sabh miteh kalays.
 charan kamal man meh parvays. ||1||
 uchrahu raam naam lakh baaree.
 amrit ras peevhu parabh pi-aaree. ||1|| rahaa-o.



ਸੂਖ ਸਹਜ ਰਸ ਮਹਾ ਅਨੰਦਾ ॥
 ਜਪਿ ਜਪਿ ਜੀਵੇ ਪਰਮਾਨੰਦਾ ॥੨॥

ਕਾਮ ਕ੍ਰੋਧ ਲੋਭ ਮਦ ਖੋਏ ॥
 ਸਾਧ ਕੈ ਸੰਗਿ ਕਿਲਬਿਖ ਸਭ ਧੋਏ ॥੩॥

ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਦੀਨ ਦਇਆਲਾ ॥
 ਨਾਨਕ ਦੀਜੈ ਸਾਧ ਰਵਾਲਾ ॥੪॥੨੫॥੧੪੪॥

sookh sahj ras mahaa anandaa.
 jap jap jeevay parmaanandaa. ||2||

kaam kroDh lobh mad kho-ay.
 saaDh kai sang kilbikh sabh Dho-ay. ||3||

kar kirpaa parabh deen da-i-aalaa.
 naanak deejai saaDh ravaalaa. ||4||75||144||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we want to get rid of all our problems, and want to enjoy true peace, poise, and pleasures, then instead of running after worldly wealth, we should pray to God to bless us with the guidance of the Guru, so that under his guidance, we may earn the wealth of God's Name, and enjoy supreme bliss. In this Shabad Guru Ji once again tells us what kinds of blessings, we obtain, by meditating on God, and shows us, what should we ask God, to bless us with.

He says: "(O my friend), by meditating on God, all our troubles come to an end, and His immaculate love gets enshrined in our mind."(1)

Therefore affectionately addressing his tongue (and indirectly advising us accordingly), Guru Ji says: "O my beloved (tongue) utter God's Name millions of times, and drink the immortalizing nectar, O beloved of God."(1-Pause)

Now listing what kinds of blessings a person obtains, whose tongue thus keeps repeating God's Name, Guru Ji says: "He who lives meditating again and again upon (God), the source of supreme bliss, he enjoys the relish of peace, poise, and supreme bliss."(2)

Guru Ji adds: "Such a person renounces lusts, anger, greed, and arrogance, and in this way, in the company of the saint, he washes off all his sins."(3)

Therefore, Guru Ji prays: "O merciful Master of the meek, show Your kindness, and bless Nanak with the humble service of saint (Guru)."(4-75-144)

The message of this Shabad is that is that if we want to get rid of all our evil tendencies, such as lust, anger, and greed, and wash off all our sins, then we should pray to God to bless us with the humble service of the Guru, so that under his guidance, we may always keep remembering God's Name.

ਪੰਨਾ ੧੯੫

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਜਿਸ ਕਾ ਦੀਆ ਪੈਨੈ ਖਾਇ ॥
 ਤਿਸੁ ਸਿਉ ਆਲਸੁ ਕਿਉ ਬਨੈ ਮਾਇ ॥੧॥

ਖਸਮੁ ਬਿਸਾਰਿ ਆਨ ਕੰਮਿ ਲਾਗਹਿ ॥
 ਕਉਡੀ ਬਦਲੇ ਰਤਨੁ ਤਿਆਗਹਿ ॥੧॥ ਰਹਾਉ ॥

ਪ੍ਰਭੁ ਤਿਆਗਿ ਲਾਗਤ ਅਨ ਲੋਭਾ ॥
 ਦਾਸਿ ਸਲਾਮੁ ਕਰਤ ਕਤ ਸੋਭਾ ॥੨॥

ga-orhee mehlaa 5.

jis kaa dee-aa painai khaa-ay.
 tis si-o aalas ki-o banai maa-ay. ||1||

khasam bisaar aan kamm laageh.
 ka-udee badlay ratan ti-aageh. ||1|| rahaa-o.

parabhoo ti-aag laagat an lobhaa.
 daas salaam karat kat sobhaa. ||2||



ਅੰਮ੍ਰਿਤ ਰਸ ਖਾਵਹਿ ਖਾਨ ਪਾਨ ॥
ਜਿਨਿ ਦੀਏ ਤਿਸਹਿ ਨ ਜਾਨਹਿ ਸੁਆਨ ॥੩॥

ਕਹੁ ਨਾਨਕ ਹਮ ਲੂਣ ਹਰਾਮੀ ॥
ਬਖਸਿ ਲੇਹੁ ਪ੍ਰਭ ਅੰਤਰਜਾਮੀ ॥੪॥੨੬॥੧੪੫॥

amrit ras khaaveh khaan paan.
jin dee-ay tiseh na jaane su-aan. ||3||
kaho naanak ham loon haraamee.
bakhas layho parabh antarjaamee. ||4||76||145||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that is that if we want to get rid of all our evil tendencies, such as lust, anger, and greed, and wash off all our sins, then we should pray to God to bless us with the humble service of the Guru, so that under his guidance, we may always keep remembering God's Name. In this Shabad, he explains, why we need to be grateful to God, and remember Him.

He says: "O my mom, how can a person show laziness in remembering (that God), on whom he depends for his food and clothing."(1)

Guru Ji reminds us and says: "(O man), forsaking Your Master, you are engaged in other (worldly) affairs. For the sake of a few chips, you are discarding the jewels (of God's Name)."(1-Pause)

Showing our folly, Guru Ji says: "(O man), renouncing God, you are attached to greed (for worldly wealth. But tell me, how can you) obtain honor by saluting the servant (worldly wealth, instead of the Master God)?"(2)

Commenting upon our ungratefulness, Guru Ji says: "(O man), you partake many nectar like delicious foods and drinks, but O (greedy, ungrateful) dog, you do not even recognize (that God), who has given (you all these things)."(3).

In the end Guru Ji shows us, how to ask God for forgiveness, for all our ingratitude and other faults. He says: "(O my friend), Nanak says, (go and humbly say), O God, the inner knower of all hearts, we are ungrateful (persons, please) forgive us."(4-76-145)

The message of this Shabad is that in the pursuit of worldly wealth, and enjoyment of false worldly pleasures, we have forgotten, that God, who has blessed us with all these gifts. Before, it is too late, we should pray to God admitting our ungratefulness, and ask for His forgiveness.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਪ੍ਰਭ ਕੇ ਚਰਨ ਮਨ ਮਾਹਿ ਧਿਆਨੁ ॥
ਸਗਲ ਤੀਰਥ ਮਜਨ ਇਸਨਾਨੁ ॥੧॥

ਹਰਿ ਦਿਨੁ ਹਰਿ ਸਿਮਰਨੁ ਮੇਰੇ ਭਾਈ ॥
ਕੋਟਿ ਜਨਮ ਕੀ ਮਲੁ ਲਹਿ ਜਾਈ ॥੧॥ ਰਹਾਉ ॥

ਹਰਿ ਕੀ ਕਥਾ ਰਿਦ ਮਾਹਿ ਬਸਾਈ ॥
ਮਨ ਬਾਂਛਤ ਸਗਲੇ ਫਲ ਪਾਈ ॥੨॥

ਜੀਵਨ ਮਰਨੁ ਜਨਮੁ ਪਰਵਾਨੁ ॥
ਜਾ ਕੈ ਰਿਦੈ ਵਸੈ ਭਗਵਾਨੁ ॥੩॥

ga-orhee mehlāa 5.

parabh kay charan man maahi Dhi-aan.
sagal tīrath majan isnaan. ||1||

har din har simran mayray bhaa-ee.
kot janam kee mal leh jaa-ee. ||1|| rahaa-o.

har kee kathaā rid maahi basaa-ee.
man baa^Nchhaṭ saglay fal paa-ee. ||2||

jeevan maran janam parvaan.
jaa kai ridai vasai bhagvaan. ||3||

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ਕਹੁ ਨਾਨਕ ਸੇਈ ਜਨ ਪੂਰੇ ॥
ਜਿਨਾ ਪਰਾਪਤਿ ਸਾਧੂ ਧੂਰੇ ॥੪॥੨੭॥੧੪੬॥

kaho naanak say-ee jan pooray.
jinaa paraapat saaDhoo Dhooray. ||4||77||146||



GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that in the pursuit of worldly wealth, and enjoyment of false worldly pleasures, we have forgotten, that God, who has blessed us with all these gifts. Before, it is too late, we should pray to God admitting our ungratefulness, and ask for His forgiveness. In this Shabad, he tells us, what kind of blessings, a person may obtain, if he keeps God in his mind, and remembers him every day.

He says: "(O my friend), contemplate on God's love in your mind. (In this is contained the merit of) bathing at all the holy places."(1)

Guru Ji again lovingly advises: "Every day, remember God, O my brother. By doing so, the dirt of sins (committed by you), in millions of births will get washed off."(1-Pause)

Now stating the merit of enshrining God's discourse in one's mind, Guru Ji says: "(O my friend), he who enshrines God's discourse in his mind, he obtains all the fruits of his heart's desire."(2)

But, that is not all, Guru Ji adds: "(O my friends), they in whose mind resides God, their entire life from birth to death, gets approved (in God's court)."(3)

However, since it is only through the guidance of saint (Guru), that we learn to remember God, with true love, Guru Ji says: "(O my friends), Nanak says, that only those devotees become perfect, who are blessed with the humble service (and guidance) of the saint (Guru)."(4-77-146)

The message of this Shabad is that if we want, that the dirt of sins of all our past births, may get washed off, and our entire life may be approved in God's court, then we should humbly serve our Guru (Granth Sahib Ji), by sincerely following his advice, and remembering God with true love and devotion every day.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਖਾਦਾ ਪੈਨਦਾ ਮੂਕਰਿ ਪਾਇ ॥

ਤਿਸ ਨੋ ਜੋਹਹਿ ਦੂਤ ਧਰਮਰਾਇ ॥੧॥

ਤਿਸੁ ਸਿਉ ਬੇਮੁਖੁ ਜਿਨਿ ਜੀਉ ਪਿੰਡੁ ਦੀਨਾ ॥

ਕੋਟਿ ਜਨਮ ਭਰਮਹਿ ਬਹੁ ਜੂਨਾ ॥੧॥ ਰਹਾਉ ॥

ਸਾਕਤ ਕੀ ਐਸੀ ਹੈ ਰੀਤਿ ॥

ਜੋ ਕਿਛੁ ਕਰੈ ਸਗਲ ਬਿਪਰੀਤਿ ॥੨॥

ਜੀਉ ਪ੍ਰਾਣ ਜਿਨਿ ਮਨੁ ਤਨੁ ਧਾਰਿਆ ॥

ਸੋਈ ਠਾਕੁਰੁ ਮਨਹੁ ਬਿਸਾਰਿਆ ॥੩॥

ਬਧੇ ਬਿਕਾਰ ਲਿਖੇ ਬਹੁ ਕਾਗਰ ॥

ਨਾਨਕ ਉਧਰੁ ਕ੍ਰਿਪਾ ਸੁਖ ਸਾਗਰ ॥੪॥

ਪਾਰਬ੍ਰਹਮ ਤੇਰੀ ਸਰਣਾਇ ॥

ਬੰਧਨ ਕਾਟਿ ਤਰੈ ਹਰਿ ਨਾਇ ॥੧॥ ਰਹਾਉ ਦੂਜਾ

॥੭੮॥੧੪੭॥

ga-orhee mehlā 5.

khaadaa paidaa mookar paa-ay.

tis no joheh doot Dharamraa-ay. ||1||

tis si-o baymukh jin jee-o pind deenaa.

kot janam bharmeh baho joonaa. ||1|| rahaa-o.

saakat kee aisee hai reet.

jo kichh karai sagal bipreet. ||2||

jee-o paraan jin man tan Dhaari-aa.

so-ee thaakur manhu bisaari-aa. ||3||

baDhay bikaar likhay baho kaagar.

naanak uDhar kirpaa sukh saagar. ||4||

paarbarahm tayree sarnaa-ay.

banDhan kaat tarai har naa-ay. ||1|| rahaa-o doojaa.

||78||147||



GAURI MEHLA 5

In the Shabad (4-76-145), Guru Ji reminded us that in the pursuit of worldly wealth, and enjoyment of false worldly pleasures, we have forgotten, that God, who has blessed us with all these gifts. Before, it is too late, we should pray to God admitting our ungratefulness, and ask for His forgiveness. In this Shabad, he tells us, what kinds of punishments, a person receives, who while enjoying all worldly comforts, doesn't acknowledge God's blessings bestowed upon him.

Guru Ji says: "(The person), who while enjoying the food and wear (given by God), denies Him, the demons of death, keep an eye on that (ungrateful person)." (1)

Summarizing the fate of such a person, Guru Ji says: "(The person), who turns his back upon that (God), who has given him his life and body, he keeps on wandering for millions of births through many species." (1-Pause)

Commenting further on the state of such a worshipper of worldly power, Guru Ji says: "(O my friends), such is the way of life of the worshipper of worldly wealth, that whatever he does, all is without any kind of love (for God)." (2)

Guru Ji adds: "(O my friends, an egocentric is so ungrateful, that), He who has blest him with the body, mind and soul, (that very God) he has forsaken from his mind." (3)

But in his compassion, Guru Ji shows the way, hoe even such a person can go and ask for the forgiveness. He says: "(O my friends), Nanak says (such a person should go to God in all humility say, O God no doubt) my sins have multiplied so much that many papers have been filled (with the list of sins committed by me), but the ocean of peace, you're your mercy and save me." (4)

Continuing to describe, how we should pray to God, Guru Ji says: "(O my friends, we should humbly say) O all pervading God, they who have sought Your refuge, cutting off their (worldly) bonds, and by meditating on God's Name, they have crossed over (the worldly ocean)." (1-Pause second-78-147)

The message of this Shabad is that, if while enjoying all gifts of God, including the gift of life, we continue to deny God, and remain ungrateful, then we are going to keep suffering through the pains of myriads of existences. The only way to save us from such misery is that we should humbly seek the shelter of God, and ask for His forgiveness, in spite of millions of our sins.

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਅਪਨੇ ਲੋਭ ਕਉ ਕੀਨੋ ਮੀਤੁ ॥

ਸਗਲ ਮਨੋਰਥ ਮੁਕਤਿ ਪਦੁ ਦੀਤੁ ॥੧॥

ਐਸਾ ਮੀਤੁ ਕਰਹੁ ਸਭੁ ਕੋਇ ॥

ਜਾ ਤੇ ਬਿਰਥਾ ਕੋਇ ਨ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥

ਅਪੁਨੈ ਸੁਆਇ ਰਿਦੈ ਲੈ ਧਾਰਿਆ ॥

ਦੂਖ ਦਰਦ ਰੋਗ ਸਗਲ ਬਿਦਾਰਿਆ ॥੨॥

ਰਸਨਾ ਗੀਧੀ ਬੋਲਤ ਰਾਮ ॥

ਪੂਰਨ ਹੋਏ ਸਗਲੇ ਕਾਮ ॥੩॥

ਅਨਿਕ ਬਾਰ ਨਾਨਕ ਬਲਿਹਾਰਾ ॥

ਸਫਲ ਦਰਸਨੁ ਗੋਬਿੰਦੁ ਹਮਾਰਾ ॥੪॥੭੯॥੧੪੮॥

ga-or^hee mehlāa 5.

apnay lobh ka-o keeno meet.

sagal manorath mukat pad deet. ||1||

aisaa meet karahu sabh ko-ay.

jaa tay birthaa ko-ay na ho-ay. ||1|| rahaa-o.

apunai su-aa-ay ridai lai Dhaari-aa.

dookh darad rog sagal bidaari-aa. ||2||

rasnaa geeDhee bolat raam.

pooran ho-ay saglay kaam. ||3||

anik baar naanak balihaaraa.

safal darsan gobind hamaaraa. ||4||79||148||

**GAURI MEHLA 5**

In the previous Shabad, Guru Ji told us that, if while enjoying all gifts of God, including the gift of life, we continue to deny God, and remain ungrateful; we are going to keep suffering through the pains of myriads of existences. The only way to save us from such misery is that we should humbly seek the shelter of God, and ask for His forgiveness, in spite of millions of our sins. In this beautiful Shabad, Guru Ji is advising us to have friendship with God even if it is totally for selfish reasons (i.e. to fulfill our desires for worldly wealth and power or to get rid of worldly problems).

He says: "(O my friends, even if a person) has made (God) his friend, for the sake of fulfilling his selfish purpose, still (God) has given him all the (things), he desired, and the status of salvation."(1)

Therefore, Guru Ji advises: "(O people), all of you should make friendship, with such (God), from whose (door), no one goes empty handed."(1-Pause)

Listing further, the benevolent qualities of God, Guru Ji says: "(Any person), who purely for his own selfish end, has enshrined (Him), in his heart, (God) has obliterated all his sorrow, pain, and malady."(2)

Therefore, commenting on the state of a person, who has made it his habit to keep uttering God's Name, with love and devotion, Guru Ji says: "He, whose tongue has become habituated in uttering God's Name, all his tasks have been accomplished."(3)

In conclusion, Guru Ji says: "Many a times, Nanak is a sacrifice to that God of mine, whose very site is so fruitful."(479-148)

The message of this Shabad is that even if in the beginning we approach and befriend God for fulfilling our selfish desires, God is so merciful that He will not only fulfill these desires but will also lead us to salvation.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlaa 5.

ਕੋਟਿ ਬਿਘਨ ਹਿਰੇ ਖਿਨ ਮਾਹਿ ॥
ਹਰਿ ਹਰਿ ਕਥਾ ਸਾਧਸੰਗਿ ਸੁਨਾਹਿ ॥੧॥

kot bighan hiray khin maahi.
har har kathaa saaDhsang sunaahi. ||1||

ਪੀਵਤ ਰਾਮ ਰਸੁ ਅੰਮ੍ਰਿਤ ਗੁਣ ਜਾਸੁ ॥
ਜਪਿ ਹਰਿ ਚਰਣ ਮਿਟੀ ਖੁਧਿ ਤਾਸੁ ॥੧॥ ਰਹਾਉ ॥

peevat raam ras amrit gun jaas.
jap har charan mitee khuDh taas. ||1|| rahaa-o.

ਸਰਬ ਕਲਿਆਣ ਸੁਖ ਸਹਜ ਨਿਧਾਨ ॥
ਜਾ ਕੈ ਰਿਦੈ ਵਸਹਿ ਭਗਵਾਨ ॥੨॥

sarab kali-aan sukh sahj niDhaan.
jaa kai ridai vseh bhagvaan. ||2||

ਪੰਨਾ ੧੯੬

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ਅਉਖਧ ਮੰਤ੍ਰ ਤੰਤ ਸਭਿ ਛਾਰੁ ॥
ਕਰਣੈਹਾਰੁ ਰਿਦੈ ਮਹਿ ਧਾਰੁ ॥੩॥

a-ukhaDh mantar tant sabh chhaar.
karnaihaar riday meh Dhaar. ||3||

ਤਜਿ ਸਭਿ ਭਰਮ ਭਜਿਓ ਪਾਰਬ੍ਰਹਮੁ ॥
ਕਹੁ ਨਾਨਕ ਅਟਲ ਇਹੁ ਧਰਮੁ ॥੪॥੮੦॥੧੪੯॥

taj sabh bharam bhaji-o paarbarahm.
kaho naanak atal ih Dharam. ||4||80||149||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that even if in the beginning we approach and befriend God for fulfilling our selfish desires, God is so merciful that He will not only fulfill these desires but will also lead us to salvation. Now as stated earlier, the best way to please God, and thus make Him as your friend, is to sing His praises in the holy company. Therefore, in this Shabad Guru Ji is describing for us the fruits of singing God's praise in the congregation of saints.



He says: "Myriads of sorrows are stilled in an instant of him, who recites (or hears) God's Gospel in the company of saints."(1)

Describing, what other blessings, such persons have obtained, Guru Ji says: "While drinking the elixir of God's Name, describing his nectar like virtues and glories, and meditating upon His love, all their hunger and thirst (for worldly riches) has been quenched."(1-Pause)

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Guru Ji adds: "(O my friends), they in whose heart resides the reverend God, obtains all kinds of pleasures, and treasures of peace and poise."(2)

Therefore, Guru Ji advising us says: "(O my friend), keep enshrined the creator God in your heart, (in its comparison), all medicines, spells and charms are useless like dust."(3)

In conclusion, Guru Ji says: "(O my friends), renouncing all other doubts, he who has meditated on God, Nanak says, (he has realized, that) this alone is the eternal righteous deed."(4-80-149)

The message of this Shabad is that forgetting all other doubtful devices, we should join holy congregation, sing God's praise, and meditate on His Name for getting rid of all our pains and problems.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hee mehlāa 5.

ਕਰਿ ਕਿਰਪਾ ਭੇਟੇ ਗੁਰ ਸੋਈ ॥
ਤਿਤੁ ਬਲਿ ਰੋਗੁ ਨ ਬਿਆਪੈ ਕੋਈ ॥੧॥

kar kirpaa bhaytay gur so-ee.
tiṭ bal rog na bi-aapai ko-ee. ||1||

ਰਾਮ ਰਮਣ ਤਰਣ ਭੈ ਸਾਗਰ ॥
ਸਰਣਿ ਸੂਰ ਫਾਰੇ ਜਮ ਕਾਗਰ ॥੧॥ ਰਹਾਉ ॥

raam raman taran bhai saagar.
saran soor faaray jam kaagar. ||1|| rahaa-o.

ਸਤਿਗੁਰਿ ਮੰਤ੍ਰੁ ਦੀਓ ਹਰਿ ਨਾਮ ॥
ਇਹ ਆਸਰ ਪੂਰਨ ਭਏ ਕਾਮ ॥੨॥

saṭgur manṭar dee-o har naam.
ih aasar pooran bha-ay kaam. ||2||

ਜਪ ਤਪ ਸੰਜਮ ਪੂਰੀ ਵਡਿਆਈ ॥
ਗੁਰ ਕਿਰਪਾਲ ਹਰਿ ਭਏ ਸਹਾਈ ॥੩॥

jap ṭap sanjam pooree vadi-aa-ee.
gur kirpaal har bha-ay sahaa-ee. ||3||

ਮਾਨ ਮੋਹ ਖੋਏ ਗੁਰਿ ਭਰਮ ॥
ਪੇਖੁ ਨਾਨਕ ਪਸਰੇ ਪਾਰਬ੍ਰਹਮ ॥੪॥੮੧॥੧੫੦॥

maan moh kho-ay gur bharam.
pay^kh naanak pasray paarbarahm. ||4||81||150||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that forgetting all other doubtful devices, we should join holy congregation, sing God's praise, and meditate on His Name for getting rid of all our pains and problems. In this Shabad, he lists what kinds of other blessings we obtain, by meditating on God, and how the need for any other kind of ritual worship is obliterated for a person, upon whom whose Guru and God become gracious.

First of all Guru Ji clarifies: "(O my friends), he alone seeks the guidance of the Guru, upon whom (God) becomes gracious. By virtue of the power (of Guru's blessings), no (spiritual) malady afflicts him."(1)

Describing what happens, when we follow Guru's advice, and meditate on God's Name under his guidance, Guru Ji says: "By meditating on God's (Name), we cross over the dreadful (worldly) ocean. When we go under the shelter of the brave (Guru), even the demon of death tears away the account (of our deeds)."(1-Pause)

Guru Ji adds: "(O my friends, he to whom), the true Guru has given the mantra of God's Name, on this all his tasks have been accomplished."(2)



Summarizing the blessings received by a person, upon whom Guru becomes gracious, Guru Ji says: “(O my friends, he upon whom) the Guru has become kind, God has become his supporter, and he has obtained the full honor of (all kinds of) worships, penances, and austerities.”(3)

In conclusion, Guru Ji says: “O Nanak, (he whose) ego, attachment, and doubts, the Guru has dispelled, he says God pervading (everywhere).”(4-81-150)

The message of this Shabad is that, if we want get rid of all our evil tendencies, and want to become free from any kinds of fears, including the fear of death, then we should pray to God to bless us with the guidance of the Guru, so that under his guidance, we may meditate on God’s Name, and win His support.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਬਿਖੈ ਰਾਜ ਤੇ ਅੰਧੁਲਾ ਭਾਰੀ ॥

bikhai raaj tay anDhulaa bhaaree.

ਦੁਖਿ ਲਾਗੈ ਰਾਮ ਨਾਮੁ ਚਿਤਾਰੀ ॥੧॥

dukh laagai raam naam chitaaree. ||1||

ਤੇਰੇ ਦਾਸ ਕਉ ਤੁਹੀ ਵਡਿਆਈ ॥

tayray daas ka-o tuhee vadi-aa-ee.

ਮਾਇਆ ਮਗਨੁ ਨਰਕਿ ਲੈ ਜਾਈ ॥੧॥ ਰਹਾਉ ॥

maa-i-aa magan narak lai jaa-ee. ||1|| rahaa-o.

ਰੋਗ ਗਿਰਸਤ ਚਿਤਾਰੇ ਨਾਉ ॥

rog girsat chitaaray naa-o.

ਬਿਖੁ ਮਾਤੇ ਕਾ ਠਉਰ ਨ ਠਾਉ ॥੨॥

bikh maatay kaa tha-ur na thaa-o. ||2||

ਚਰਨ ਕਮਲ ਸਿਉ ਲਾਗੀ ਪ੍ਰੀਤਿ ॥

charan kamal si-o laagee pareet.

ਆਨ ਸੁਖਾ ਨਹੀ ਆਵਹਿ ਚੀਤਿ ॥੩॥

aan sukhāa nahee aavahi cheet. ||3||

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ਸਦਾ ਸਦਾ ਸਿਮਰਉ ਪ੍ਰਭ ਸੁਆਮੀ ॥

sadaa sadaa simra-o parabh su-aamee.

ਮਿਲੁ ਨਾਨਕ ਹਰਿ ਅੰਤਰਜਾਮੀ ॥੪॥੮੨॥੧੫੧॥

mil naanak har antarjaamee. ||4||82||151||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that, if we want get rid of all our evil tendencies, and want to become free from any kinds of fears, including the fear of death, then we should pray to God to bless us with the guidance of the Guru, so that under his guidance, we may meditate on God’s Name, and win His support. In this shabad Guru Ji tells us, the sufferings we go through, when we get engrossed in enjoying poisonous worldly pleasures, and what are the benefits of always remaining imbued with the love of God.

Guru Ji says: “(O my friends), under the influence of vicious addictions, one becomes absolutely blind (in evil pursuits. (But when because of these bad habits), he is afflicted with some malady (or gets into trouble), then he remembers God’s Name (and prays to God for help).”(1)

On the other hand, regarding a devotee of God, Guru Ji says: “(O God), for Your devotee, You Yourself are all his glory. (Because he knows, that) engrossment in worldly wealth and affairs drags a person into hell.”(1-Pause)

Reverting back to the state of the person engrossed in vicious pleasures, Guru Ji says: “(When because of his evil addictions, a person) gets afflicted with (serious) ailments, he remembers (God’s) Name, but such a person, who is so intoxicated in his sinful ways, finds no place of rest or peace (because all his lamentations and vows of celibacy are false or very short lived).”(2)

But as regards, the state of mind of a devotee of God, Guru Ji says: “(O my friends), he who gets attuned to the loving adoration of (God’s) immaculate Name, any other kinds of (worldly) pleasures, don’t even enter his mind.”(3)



Therefore, Guru Ji concludes the Shabad, by praying: “O the Inner knower of all hearts, come and meet Nanak, so that I may ever and forever meditate on You, my God and Master.”(4-82-151)

The message of this Shabad is that instead of remaining engrossed in false worldly pleasures and vices, we should pray to God to bless us, that we may always keep remembering Him, and enjoying the pleasures of meditating on His Name.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਆਠ ਪਹਰ ਸੰਗੀ ਬਟਵਾਰੇ ॥
ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭਿ ਲਏ ਨਿਵਾਰੇ ॥੧॥

ਐਸਾ ਹਰਿ ਰਸੁ ਰਮਹੁ ਸਭੁ ਕੋਇ ॥
ਸਰਬ ਕਲਾ ਪੂਰਨ ਪ੍ਰਭੁ ਸੋਇ ॥੧॥ ਰਹਾਉ ॥

ਮਹਾ ਤਪਤਿ ਸਾਗਰ ਸੰਸਾਰ ॥
ਪ੍ਰਭ ਖਿਨ ਮਹਿ ਪਾਰਿ ਉਤਾਰਣਹਾਰ ॥੨॥

ਅਨਿਕ ਬੰਧਨ ਤੋਰੇ ਨਹੀ ਜਾਹਿ ॥
ਸਿਮਰਤ ਨਾਮ ਮੁਕਤਿ ਫਲ ਪਾਹਿ ॥੩॥

ਉਕਤਿ ਸਿਆਨਪ ਇਸ ਤੇ ਕਛੁ ਨਾਹਿ ॥
ਕਰਿ ਕਿਰਪਾ ਨਾਨਕ ਗੁਣ ਗਾਹਿ ॥੪॥੮੩॥੧੫੨॥

ga-or^hee mehlāa 5.

aath pahar sangee batvaaray.
kar kirpaa parab^h la-ay nivaaray. ||1||
aisaa har ras ramhu sab^h ko-ay.
sarab kalaa pooran parab^h so-ay. ||1|| rahaa-o.

mahaa tapat saagar sansaar.
parab^h khin meh paar utaaran^hhaar. ||2||

anik banDhan toray nahee jaahi.
simrat naam mukat fal paahi. ||3||

ukat si-aanap is tay kac^hh naahi.
kar kirpaa naanak gun gaahi. ||4||83||152||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that instead of remaining engrossed in false worldly pleasures and vices, we should pray to God to bless us, that we may always keep remembering Him, and enjoying the pleasures of meditating on His Name. In this Shabad, he tells us, how by meditating on God's Name, we can get rid of all our evil passions, which otherwise keep trying to rob us of virtues and land us into trouble and pain.

He says: "(O my friends), at all times like highwaymen (the evil impulses of ego, lust, anger, wrath and false attachment), keep accompanying a person. (But, they who keep meditating on God's Name), showing His mercy, (God) has saved them (from being misled by these passions)."(1)

Therefore, Guru Ji advises: “(O my friends), that perfect God is all powerful, so you should all meditate on such an elixir of God's (Name).”(1-Pause)

Listing some of the powers of God, Guru Ji says: “(O my friends), this world is like an exceedingly hot ocean, but God can ferry us across it in an instant.”(2)

Guru Ji adds: “There are countless (worldly) bonds, which cannot be broken (by man's own efforts, but they who meditate on (God's) Name, obtain the fruit of salvation (from these bonds).”(3)

In conclusion, Guru Ji says: “(O my friends), Nanak says, (that there is no better) argument or clever idea, than this, (we should simply pray to God, and ask Him) to show mercy on us, (so that we may) sing His praise.”(4-83-152)

The message of this Shabad is that this world is like a scorching hot ocean, where all the times, the evil passions, such as lust, anger, and greed keep on tempting us into many sinful ways, which are going to land us into much trouble and misery later on. The only way to save us from such evil tendencies, and painful consequences is to meditate on God's Name and singing His praises.

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਥਾਤੀ ਪਾਈ ਹਰਿ ਕੋ ਨਾਮ ॥

ਬਿਚਰੁ ਸੰਸਾਰ ਪੂਰਨ ਸਭਿ ਕਾਮ ॥੧॥

ਵਡਭਾਗੀ ਹਰਿ ਕੀਰਤਨੁ ਗਾਈਐ ॥

ਪਾਰਬ੍ਰਹਮ ਤੂੰ ਦੇਹਿ ਤ ਪਾਈਐ ॥੧॥ ਰਹਾਉ ॥

ਹਰਿ ਕੇ ਚਰਣ ਹਿਰਦੈ ਉਰਿ ਧਾਰਿ ॥

ਭਵ ਸਾਗਰੁ ਚੜਿ ਉਤਰਹਿ ਪਾਰਿ ॥੨॥

ਸਾਧੂ ਸੰਗੁ ਕਰਹੁ ਸਭੁ ਕੋਇ ॥

ਸਦਾ ਕਲਿਆਣ ਫਿਰਿ ਦੂਖੁ ਨ ਹੋਇ ॥੩॥

ਪ੍ਰੇਮ ਭਗਤਿ ਭਜੁ ਗੁਣੀ ਨਿਧਾਨੁ ॥

ਨਾਨਕ ਦਰਗਹ ਪਾਈਐ ਮਾਨੁ ॥੪॥੮੪॥੧੫੩॥

ga-orhee mehlā 5.

thaaṭee paa-ee har ko naam.

bichar sansaar pooran sabh kaam. ||1||

vadbhaagee har keertan gaa-ee-ai.

paarbarahm too^N deh ta paa-ee-ai. ||1|| rahaa-o.

har kay charan hirdai ur Dhaar.

bhav saagar charh utreh paar. ||2||

saaDhoo sang karahu sabh ko-ay.

sadaa kali-aan fir dookh na ho-ay. ||3||

paraym bhagat bhaj gunee niDhaan.

naanak dargeh paa-ee-ai maan. ||4||84||153||

GAURI MEHLA 5

In the previous many Shabads, Guru Ji has advised us, that instead of running after worldly wealth, we should concentrate on accumulating the wealth of God's Name, which alone can help us in obtaining honor in God's court, and salvation from repeated births and deaths. But often a question comes in the mind of ordinary human beings, about living in some peace and ease during the present human birth; carry out one's worldly duties and accomplishing the necessary worldly tasks. In this Shabad, Guru Ji tells us, how the wealth of God's Name would help us I our worldly tasks as well, and so how we ought to conduct ourselves during our human existence.

He says: "(O my friends), if once by God's Grace, you obtain the wealth of God's Name, then you can move freely in the world, and still all your tasks will be accomplished."(1)

However, acknowledging that, it is only through God's grace, that we obtain this wealth, Guru Ji says: "It is only by great good fortune, we sing God's praises; (in fact), O God, if You bless us, only then we obtain (the wealth of Your Name)."(1-Pause)

Therefore, Guru Ji advises: "(O my friend), enshrine God's Name in your heart. (By boarding the ship of God's Name), you will cross over the dreadful (worldly) ocean."(2)

He further advises us and says: "(O my friends), All of you seek the company of saint (Guru. By doing so) you will always live happily, and will not suffer in pain again."(3)

In summary, Guru Ji says: "(O my friend), meditate on the Treasure of merits, with love and devotion. (By doing so), O Nanak, we obtain honor in God's court."(4-84-153)

The message of this Shabad is that, if under the guidance of the Guru, we meditate on God, with loving devotion, then not only we will live happily in this world, but will also obtain honor in God's court.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਜਲਿ ਬਲਿ ਮਹੀਅਲਿ ਪੂਰਨ ਹਰਿ ਮੀਤ ॥

ਭ੍ਰਮ ਬਿਨਸੇ ਗਾਏ ਗੁਣ ਨੀਤ ॥੧॥

ਉਠਤ ਸੇਵਤ ਹਰਿ ਸੰਗਿ ਪਹਰੂਆ ॥

ਜਾ ਕੈ ਸਿਮਰਣਿ ਜਮ ਨਹੀ ਡਰੂਆ ॥੧॥ ਰਹਾਉ ॥

ga-orhee mehlā 5.

jal thal mahee-al pooran har meet.

bharam binsay gaa-ay gun neet. ||1||

oothat sovat har sang pahroo-aa.

jaa kai simran jam nahee daroo-aa. ||1|| rahaa-o.



ਚਰਣ ਕਮਲ ਪ੍ਰਭ ਰਿਦੈ ਨਿਵਾਸੁ ॥

ਪੰਨਾ ੧੯੭

ਸਗਲ ਦੂਖ ਕਾ ਹੋਇਆ ਨਾਸੁ ॥੨॥

ਆਸਾ ਮਾਣੁ ਤਾਣੁ ਧਨੁ ਏਕੁ ॥
ਸਾਚੇ ਸਾਹ ਕੀ ਮਨ ਮਹਿ ਟੇਕੁ ॥੩॥

ਮਹਾ ਗਰੀਬ ਜਨ ਸਾਧ ਅਨਾਥ ॥
ਨਾਨਕ ਪ੍ਰਭਿ ਰਾਖੇ ਦੇ ਹਾਥ ॥੪॥੮੫॥੧੫੪॥

charan kamal parab^h ridai nivaas.

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sagal dook^h kaa ho-i-aa naas. ||2||

aasaa maan taan Dhan ayk.
saachay saah kee man meh tayk. ||3||

mahaa gareeb jan saaDh anaath.
naanak parab^h raakhay day haath. ||4||85||154||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that, if under the guidance of the Guru, we meditate on God, with loving devotion, then not only we will live happily in this world, but will also obtain honor in God's court. In this Shabad, he describes, the blessings obtained by those, who sought the shelter of God, and how He protected them like their twenty-four hour watchman or guard.

He says: "Our friend God is fully pervading all waters, land and sky. They, who have daily sung His praises, all their doubts have been dispelled."(1)

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Describing, what kind of protection God provides to his devotees, Guru Ji says: "(O my friends), by meditating on whom, we lose the fear of death, that God, like a body guard remains with us, whether we are awake or asleep. (1-Pause)

Guru Ji adds: "(O my friends), they within whose hearts, God's immaculate Name has been enshrined, all their miseries have been annihilated."(2)

Therefore, commenting on the faith of devotees in their God, Guru Ji says: "(For the devotees, God is their only) one hope, honor, strength, and wealth. In their heart is the support of (God), the eternal king."(3)

In conclusion, Guru Ji says: "(O my friends), extending His hand, God has protected, the utterly poor, devotees, saints, and support less persons (who have sought His shelter)."(4-85-154)

The message of this Shabad is that if we sing praises of God and meditate on His Name, with true love and devotion, no matter how weak, humble, poor or support less are we, He will protect us day and night.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਹਰਿ ਹਰਿ ਨਾਮਿ ਮਜਨੁ ਕਰਿ ਸੂਚੇ ॥
ਕੋਟਿ ਗ੍ਰਹਣ ਪੁੰਨ ਫਲ ਮੂਚੇ ॥੧॥ ਰਹਾਉ ॥

ਹਰਿ ਕੇ ਚਰਣ ਰਿਦੇ ਮਹਿ ਬਸੇ ॥
ਜਨਮ ਜਨਮ ਕੇ ਕਿਲਵਿਖ ਨਸੇ ॥੧॥

ਸਾਧਸੰਗਿ ਕੀਰਤਨ ਫਲੁ ਪਾਇਆ ॥
ਜਮ ਕਾ ਮਾਰਗੁ ਦ੍ਰਿਸਟਿ ਨ ਆਇਆ ॥੨॥

ਮਨ ਬਚ ਕ੍ਰਮ ਗੋਵਿੰਦ ਅਧਾਰੁ ॥
ਤਾ ਤੇ ਛੁਟਿਓ ਬਿਖੁ ਸੰਸਾਰੁ ॥੩॥

ga-orhee mehlaa 5.

har har naam majan kar soochay.
kot garahan punn fal moochay. ||1|| rahaa-o.

har kay charan riday meh basay.
janam janam kay kilvikh nasay. ||1||

saaDhsang keertan fal paa-i-aa.
jam kaa maarag darisat na aa-i-aa. ||2||

man bach karam govind aDhaar.
taa tay chhuti-o bikh sansaar. ||3||



ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭਿ ਕੀਨੋ ਅਪਨਾ ॥
ਨਾਨਕ ਜਾਪੁ ਜਪੇ ਹਰਿ ਜਪਨਾ ॥੪॥੮੬॥੧੫੫॥

kar kirpaa parab^h keeno apnaa.
naanak jaap japay har japnaa. ||4||86||155||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that if we sing praises of God and meditate on His Name, with true love and devotion, no matter how weak, humble, poor or support less we are, He will protect us day and night. In this Shabad, Guru Ji makes it clear, that when we meditate on God's Name, there remains no need for any other kinds of rituals, such as observing fasts, giving charities, or bating at pilgrimage stations at the time of solar or lunar eclipses etc.

He says: "(O my friends), by bathing in the immaculate Name of God, (a person earns) the reward of doing virtuous deeds during millions of eclipses."(1-Pause)

Elaborating on the merits of meditating on God's Name, Guru Ji says: "(O my friends), he in whose heart is enshrined God's immaculate Name, his sins of myriads of births, have vanished away."(1)

Guru Ji adds: "In the company of saints he, who has obtained the fruit of God's praise, he did not have to face the fear of death at all."(2)

Giving the reason for such state of fearlessness, achieved by the devotees of God, Guru Ji says: "(O my friends), they who in their thoughts, words, and deeds have made God as their only support, they have got rid of the poisonous worldly bonds."(3)

In conclusion, Guru Ji says: "(O my friends), showing His mercy, whom God has made as His own, O Nanak, he keeps on meditating on God's Name."(4-86-155)

The message of the Shabad is that we should pray to God, to show His grace upon us, so that we may always keep meditating on His Name, because God's Name can destroy all our past sins, and we can obtain salvation, without any other deeds of faith, such as observing fasts or bathing at pilgrimage stations.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hee mehl^{aa} 5.

ਪਉ ਸਰਣਾਈ ਜਿਨਿ ਹਰਿ ਜਾਤੇ ॥
ਮਨੁ ਤਨੁ ਸੀਤਲੁ ਚਰਣੁ ਹਰਿ ਰਾਤੇ ॥੧॥

pa-o sar^{naa}-ee jin har jaatay.
man tan see^{tal} charan har raatay. ||1||

ਭੈ ਭੰਜਨ ਪ੍ਰਭ ਮਨਿ ਨ ਬਸਾਹੀ ॥
ਡਰਪਤ ਡਰਪਤ ਜਨਮ ਬਹੁਤੁ ਜਾਹੀ ॥੧॥ ਰਹਾਉ ॥

bhai bhanjan parab^h man na basaahee.
darpat darpat janam bahut jaahee. ||1|| rahaa-o.

ਜਾ ਕੈ ਰਿਦੈ ਬਸਿਓ ਹਰਿ ਨਾਮ ॥
ਸਗਲ ਮਨੋਰਥ ਤਾ ਕੇ ਪੂਰਨ ਕਾਮ ॥੨॥

jaa kai ridai basi-o har naam.
sagal manorath taa kay pooran kaam. ||2||

ਜਨਮੁ ਜਰਾ ਮਿਰਤੁ ਜਿਸੁ ਵਾਸਿ ॥
ਸੋ ਸਮਰਥੁ ਸਿਮਰਿ ਸਾਸਿ ਗਿਰਾਸਿ ॥੩॥

janam jaraa mirat jis vaas.
so samrath simar saas giraas. ||3||

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ਮੀਤੁ ਸਾਜਨੁ ਸਖਾ ਪ੍ਰਭੁ ਏਕ ॥
ਨਾਮੁ ਸੁਆਮੀ ਕਾ ਨਾਨਕ ਏਕ ॥੪॥੮੭॥੧੫੬॥

meet saajan sak^{haa} parab^h ayk.
naam su-aamee kaa naanak tayk. ||4||87||156||

GAURI MEHLA 5

In the previous Shabad, Guru Ji asked us to pray to God, to show His grace upon us, so that we may always keep meditating on His Name, because God's Name can destroy all our past sins. In this Shabad, he tells us about those people, who can help and guide us in this regards, and elaborates further on the merits of meditating on God's Name.



He says: "(O my friend), seek the refuge of those (saints) who have (already) realized God. Because, they who get attuned to God's immaculate Name, their mind and body become calm."(1)

Now commenting on the state of those, who do not enshrine God in their mind, Guru Ji says: "(O my friend), they who do not enshrine God, the destroyer of fears in their mind, they waste their whole life in a constant state of fear."(1-Pause)

Regarding those who do enshrine God's Name in their mind, Guru Ji says: "They in whose mind is enshrined God's Name, all their desires are fulfilled and all their tasks are accomplished."(2)

Therefore, Guru Ji advises: "(O my friend), He in whose hands is our birth, old age, and death, you should meditate on Him, with every morsel and breath of yours."(3)

In closing, Guru Ji reminds and says: "(O my friend), Nanak says, the one God alone is our friend, well wisher, and companion, we should seek the support of the Name of that Master."(4-87-156)

The message of this Shabad is that, we should seek the shelter of those (saints), who are already meditating on God's Name, so that in their company, we may also learn to depend upon the support of that God, who is the true friend and well wisher of us all, and in whose shelter, all our fears and worries are destroyed.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਬਾਹਰਿ ਰਾਖਿਓ ਰਿਦੈ ਸਮਾਲਿ ॥
ਘਰਿ ਆਏ ਗੋਵਿੰਦੁ ਲੈ ਨਾਲਿ ॥੧॥

baahar raakhi-o ridai samaal.
ghar aa-ay govind lai naal. ||1||

ਹਰਿ ਹਰਿ ਨਾਮੁ ਸੰਤਨ ਕੈ ਸੰਗਿ ॥
ਮਨੁ ਤਨੁ ਰਾਤਾ ਰਾਮ ਕੈ ਰੰਗਿ ॥੧॥ ਰਹਾਉ ॥

har har naam santan kai sang.
man tan raataa raam kai rang. ||1|| rahaa-o.

ਗੁਰ ਪਰਸਾਦੀ ਸਾਗਰੁ ਤਰਿਆ ॥
ਜਨਮ ਜਨਮ ਕੇ ਕਿਲਵਿਖ ਸਭਿ ਹਿਰਿਆ ॥੨॥

gur parsaadee saagar tari-aa.
janam janam kay kilvikh sabh hiri-aa. ||2||

ਸੋਭਾ ਸੁਰਤਿ ਨਾਮਿ ਭਗਵੰਤੁ ॥
ਪੂਰੇ ਗੁਰ ਕਾ ਨਿਰਮਲ ਮੰਤੁ ॥੩॥

sobhaa surat naam bhagvant.
pooray gur kaa nirmal mant. ||3||

ਚਰਣ ਕਮਲ ਹਿਰਦੇ ਮਹਿ ਜਾਪੁ ॥
ਨਾਨਕੁ ਪੇਖਿ ਜੀਵੈ ਪਰਤਾਪੁ ॥੪॥੮੮॥੧੫੭॥

charan kamal hriday meh jaap.
naanak paykh jeevai partaap. ||4||88||157||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, we should seek the shelter of those (saints), who are already meditating on God's Name, so that in their company, we may also learn to depend upon the support of that God, who is the true friend and well wisher of us all, and in whose shelter, all our fears and worries are destroyed. As per Dr. Bhai Vir Singh Ji, "This Shabad appears to be uttered by Guru Ji on his return from a trip outside." Indirectly this Shabad tells us the way of life our saint (Gurus), which we should try to emulate.

Guru Ji says: "(O my friends, this is the way of the saints, that when they) go out, they keep (God) enshrined in their heart, and when they return home, they bring Him along with them. (In other words, they always keep God in their mind)."(1)

Putting it in another way, Guru Ji says: "(O my friends), God's Name always remains in the company of saints. Their body and mind remains imbued with God's love."(1-Pause)

Now describing the blessings obtained by them, on this account, Guru Ji says: "(In this way, meditating on God's Name), through Guru's grace, they cross over the (worldly) ocean, all their sins of myriad of births are destroyed."(2)



Describing, how God's Name helps us in our spiritual journey, Guru Ji says: "(O my friends), when we attune our mind in God's Name, we obtain honor. This is the immaculate mantra of the perfect Guru."(3)

Therefore, Guru Ji advises: "(O my friend), you should also meditate on the immaculate Name (of God) in your heart. (As for as) Nanak is concerned, he simply lives seeing the glory of (that God)."(4-88-157)

The message of the Shabad is that, if we also want to cross over the worldly ocean i.e. get rid of the painful rounds of birth and death, then like our saint (Gurus), we should always keep God in our mind, and do not do any deed, which would make us feel ashamed before Him.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਧੰਨੁ ਇਹੁ ਬਾਨੁ ਗੋਵਿੰਦ ਗੁਣ ਗਾਏ ॥

Dhan ih thaana govind gun gaa-ay.

ਕੁਸਲ ਖੇਮ ਪ੍ਰਭਿ ਆਪਿ ਬਸਾਏ ॥੧॥ ਰਹਾਉ ॥

kusal khaym parabh aap basaa-ay. ||1|| rahaa-o.

ਬਿਪਤਿ ਤਹਾ ਜਹਾ ਹਰਿ ਸਿਮਰਨੁ ਨਾਹੀ ॥

bipat̃ taha jaha har simran naahee.

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ਕੋਟਿ ਅਨੰਦ ਜਹ ਹਰਿ ਗੁਨ ਗਾਹੀ ॥੧॥

kot anand jah har gun gaahee. ||1||

ਹਰਿ ਬਿਸਰਿਐ ਦੁਖ ਰੋਗ ਘਨੇਰੇ ॥

har bisri-ai dukh rog ghanayray.

ਪ੍ਰਭ ਸੇਵਾ ਜਮੁ ਲਗੈ ਨ ਨੇਰੇ ॥੨॥

parabh sayvaa jam lagai na nayray. ||2||

ਸੋ ਵਡਭਾਗੀ ਨਿਹਚਲ ਬਾਨੁ ॥

so vadbhaagee nihchal thaana.

ਜਹ ਜਪੀਐ ਪ੍ਰਭ ਕੇਵਲ ਨਾਮੁ ॥੩॥

jah japee-ai parabh kayval naam. ||3||

ਜਹ ਜਾਈਐ ਤਹ ਨਾਲਿ ਮੇਰਾ ਸੁਆਮੀ ॥

jah jaa-ee-ai tah naal mayraa su-aamee.

ਨਾਨਕ ਕਉ ਮਿਲਿਆ ਅੰਤਰਜਾਮੀ ॥੪॥੮੯॥੧੫੮॥

naanak ka-o mili-aa antarjaamee. ||4||89||158||

GAURI MEHLA 5

In the previous Shabad, Guru Ji told us that, if we also want to get rid of the painful rounds of birth and death, then like our saint (Gurus), we should always keep God in our mind. In this Shabad, he tells us, how blessed is that place, where God's praises are being sung, and once again shows, how Guru Ji felt the closeness of God, wherever he went. As per Dr. Bhai Vir Singh Ji this Shabad seems to be uttered regarding some holy congregation or temple, where Guru Ji used to go and participate in singing God's praises.

Guru Ji says: "Blessed is this place, where God's praises have been sung. God has Himself made arrangements for peace and pleasure (in such a place)."(1-Pause)

Contrasting the state of affairs where God is being forsaken with the one where His praises are being sung, Guru Ji says: "Calamity is there where God's meditation is not, (but) myriads of joys are there where praises of God are being sung."(1)

Guru Ji adds: "When we forget God, good many anguishes and maladies overtake us, but while serving God by uttering His praise, even the fear of death doesn't come near us."(2)

Therefore, Guru Ji says: "Very fortunate and stable is that place (or that heart), where only the Name of God is being meditated upon."(3)

Guru Ji concludes the Shabad, by expressing his gratitude to God, for being always with Him. He says: "Nanak has been blessed with such an Inner Knower, that wherever I go, my Master is with me."(4-89-158)



The message of the Shabad is that, if we want to be free from any kinds of worries, including the fear of death, then we should always try to go to such places, where God's praises are being sung, and we should always keep Him in our mind.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਜੋ ਪ੍ਰਾਣੀ ਗੋਵਿੰਦੁ ਧਿਆਵੈ ॥
ਪੜਿਆ ਅਣਪੜਿਆ ਪਰਮ ਗਤਿ ਪਾਵੈ ॥੧॥

ਸਾਧੂ ਸੰਗਿ ਸਿਮਰਿ ਗੋਪਾਲ ॥
ਬਿਨੁ ਨਾਵੈ ਝੂਠਾ ਧਨੁ ਮਾਲੁ ॥੧॥ ਰਹਾਉ ॥

ਪੰਨਾ ੧੯੮

ਰੂਪਵੰਤੁ ਸੋ ਚਤੁਰੁ ਸਿਆਣਾ ॥
ਜਿਨਿ ਜਨਿ ਮਾਨਿਆ ਪ੍ਰਭ ਕਾ ਭਾਣਾ ॥੨॥

ਜਗ ਮਹਿ ਆਇਆ ਸੋ ਪਰਵਾਣੁ ॥
ਘਟਿ ਘਟਿ ਅਪਣਾ ਸੁਆਮੀ ਜਾਣੁ ॥੩॥

ਕਹੁ ਨਾਨਕ ਜਾ ਕੇ ਪੂਰਨ ਭਾਗ ॥
ਹਰਿ ਚਰਣੀ ਤਾ ਕਾ ਮਨੁ ਲਾਗ ॥੪॥੯੦॥੧੫੯॥

ga-orhee mehlā 5.

jo paraanee govind Dhi-aavai.
parhi-aa anparhi-aa param gat paavai. ||1||
saaDhoo sang simar gopaal.
bin naavai jhoothaa Dhan maal. ||1|| rahaa-o.

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roopvant so chatur si-aanaa.
jin jan maani-aa parabh kaa bhaanaa. ||2||
jag meh aa-i-aa so parvaan.
ghat ghat apnaa su-aamee jaan. ||3||
kaho naanak jaa kay pooran bhaag.
har charnee taa kaa man laag. ||4||90||159||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we want to be free from any kinds of worries, including the fear of death, then we should always try to go to such places, where God's praises are being sung, and we should always keep Him in our mind. In this Shabad, he tells that we don't need any special qualifications to meditate on God's Name, whosoever meditates on His Name, and submits to God's will, he obtains its rewards.

He says: "(O my friends), the person who meditates on God, whether he is learned or illiterate, obtains supreme status (of spiritual bliss)." (1)

Therefore, advising us, Guru Ji says: "(O my friend), in the company of saintly persons, meditate on the Master of the earth. Because without (dwelling on the) Name, all the wealth and property is false, (because none of it would accompany you after death)." (1-Pause)

Regarding some persons, who take pride in their beauty or wisdom, Guru Ji says: "(O my friends, in God's court, he alone is recognized as) handsome or very wise, who has (cheerfully) obeyed God's will." (2)

Guru Ji adds: "Only the advent of that person is approved (in God's court), who sees His Master in each and every heart." (3)

In conclusion, Guru Ji says: "(O my friends), Nanak says, perfect is whose destiny, their mind is attuned to God's Name." (4-90-159)

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The message of this Shabad is that the real wisdom and qualification lies in meditating on God's Name in the company of saints, and cheerfully obeying His will.

**ga-orhee mehlāa 5.**

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਹਰਿ ਕੇ ਦਾਸ ਸਿਉ ਸਾਕਤ ਨਹੀ ਸੰਗੁ ॥
ਓਹੁ ਬਿਖਈ ਓਸੁ ਰਾਮ ਕੇ ਰੰਗੁ ॥੧॥ ਰਹਾਉ ॥

ਮਨ ਅਸਵਾਰ ਜੈਸੇ ਤੁਰੀ ਸੀਗਾਰੀ ॥
ਜਿਉ ਕਾਪੁਰਖੁ ਪੁਚਾਰੈ ਨਾਰੀ ॥੧॥

ਬੈਲ ਕਉ ਨੇਤ੍ਰਾ ਪਾਇ ਦੁਹਾਵੈ ॥
ਗਉ ਚਰਿ ਸਿੰਘ ਪਾਛੈ ਪਾਵੈ ॥੨॥

ਗਾਡਰ ਲੇ ਕਾਮਧੇਨੁ ਕਰਿ ਪੂਜੀ ॥
ਸਉਦੇ ਕਉ ਧਾਵੈ ਬਿਨੁ ਪੂਜੀ ॥੩॥

ਨਾਨਕ ਰਾਮ ਨਾਮੁ ਜਪਿ ਚੀਤ ॥
ਸਿਮਰਿ ਸੁਆਮੀ ਹਰਿ ਸਾ ਮੀਤ ॥੪॥੯੧॥੧੬੦॥

har kay daas si-o saakaṭ nahee sang.
oh bikh-ee os raam ko rang. ||1|| rahaa-o.

man asvaar jaisay turee seegaaree.
ji-o kaapurakh puchaarai naaree. ||1||

bail ka-o nayṭaraa paa-ay duhaavai.
ga-oo char singh paachh^hai paavai. ||2||

gaadar lay kaamDhayn kar poojee.
sa-uday ka-o Dhaavai bin poonjee. ||3||

naanak raam naam jap cheet.
simar su-aamee har saa meet. ||4||91||160||

GAURI MEHLA 5

In stanza 1 of Shabad (4-89-158), Guru Ji has said: “Calamity is there where God's meditation is not, (but) myriads of joys are there where praises of God are being sung.” Therefore in this Shabad Guru Ji gives many vivid examples to make the point that there is no commonality between a God's devotee and the worshipper of Maya (the worldly wealth and power). Therefore, we should not worry about winning the friendship of those people, who even though very rich and powerful deny God. Instead we should meditate on God, who is our truly dependable friend.

He says: "(O my friends), the devotee of God cannot make friends with the worshipper of the Maya (or power). Because, the latter is lured by vice and the former is imbued with the love of God.”(1-Pause)

Now illustrating the mismatch, between a God's devotee and power worshipper, Guru Ji says: “(The friendship between a God's devotee and a wealth worshipper) is as if a person is riding a decorated horse in his imagination only, or an impotent man is trying to seduce a woman.”(1)

Giving other examples, Guru Ji says: (O my friends, the association between the power worshipper and God's servant is like a person trying to milk a bull, putting a cord round its legs, or a person trying to out chase a lion while riding a cow.” (2)

Citing still more metaphors, Guru Ji says: “(The partnership between a devotee, and egocentric is like that of a person), worshipping a sheep, mistaking it for all wish fulfilling cow, or a person going to the market to buy merchandise without any money (in his pocket).”(3)

Therefore, Guru Ji concludes the Shabad, by saying: “(O my friend, instead of wasting your time in developing any association with worshippers of worldly riches), Nanak says, in your mind worship God's Name, and meditate on the friend and Master like God.”(4-91-160)

The message of this Shabad is that there is no use trying to form friendships with the worshippers of Maya. Instead, we should try to become the devotees of God and always meditate on the Name of God, who is our real friend.



ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਸਾ ਮਤਿ ਨਿਰਮਲ ਕਹੀਅਤ ਧੀਰ ॥
ਰਾਮ ਰਸਾਇਣੁ ਪੀਵਤ ਬੀਰ ॥੧॥

ਹਰਿ ਕੇ ਚਰਣ ਹਿਰਦੈ ਕਰਿ ਓਟ ॥
ਜਨਮ ਮਰਣ ਤੇ ਹੋਵਤ ਛੋਟ ॥੧॥ ਰਹਾਉ ॥

ਸੋ ਤਨੁ ਨਿਰਮਲੁ ਜਿਤੁ ਉਪਜੈ ਨ ਪਾਪੁ ॥
ਰਾਮ ਰੰਗਿ ਨਿਰਮਲ ਪਰਤਾਪੁ ॥੨॥

ਸਾਧਸੰਗਿ ਮਿਟਿ ਜਾਤ ਬਿਕਾਰ ॥
ਸਭ ਤੇ ਊਚ ਏਹੋ ਉਪਕਾਰ ॥੩॥

ਪ੍ਰੇਮ ਭਗਤਿ ਰਾਤੇ ਗੋਪਾਲ ॥
ਨਾਨਕ ਜਾਚੈ ਸਾਧ ਰਵਾਲ ॥੪॥੯੨॥੧੬੧॥

ga-orhee mehlāa 5.

saa maṭ nirmal kahee-aṭ Dheer.
raam rasaa-iṇ peevaṭ beer. ||1||

har kay charan hiraḍai kar ot.
janam maran ṭay hovaṭ chhot. ||1|| rahaa-o.

so ṭan nirmal jiṭ upjai na paap.
raam rang nirmal partaap. ||2||

saaDhsang mit jaat bikaar.
sabh ṭay ooch ayho upkaar. ||3||

paraym bhagaṭ raatay gopaal.
naanak jaachai saaDh ravaal. ||4||92||161||



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GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that there is no use of trying to form friendships with the worshippers of Maya. Instead, we should try to become the devotees of God and always meditate on the Name of God, who is our real friend. In this Shabad, he tells us what is the wisest council to follow, and how to make friendship with God.

He says: "O brother, that intellect is said to be immaculate and steadfast through which one quaffs the nectar of God's Name."(1)

Therefore, Guru Ji advises: "(O my friend), in your mind, make God's Name as your prop, (by doing so), you will be spared (from the pains of) birth and death."(1-Pause)

Stating additional benefits of meditating on God's Name, Guru Ji says: "Such is the immaculate glory of God's Name, (that person stays away from any sins, and) that body also becomes immaculate, out of which arises no sin."(2)

Now explaining the blessings obtained by going to the society of saints, Guru Ji says: "(O my friends), in the company of saints, all the vices are effaced, and this is highest virtuous deed."(3)

Therefore, Guru Ji concludes the Shabad by saying: "Nanak seeks the humble service) of those saints, who are imbued with the loving devotion of God."(4-92-161)

The message of the Shabad is that, if we want to get rid of the pains of births and deaths, then joining the company of holy saints, we should meditate on God's Name, so that our intellect may become immaculate, and we do not commit any more sins.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਐਸੀ ਪ੍ਰੀਤਿ ਗੋਵਿੰਦ ਸਿਉ ਲਾਗੀ ॥
ਮੇਲਿ ਲਏ ਪੂਰਨ ਵਡਭਾਗੀ ॥੧॥ ਰਹਾਉ ॥

ਭਰਤਾ ਪੇਖਿ ਬਿਗਸੈ ਜਿਉ ਨਾਰੀ ॥
ਤਿਉ ਹਰਿ ਜਨੁ ਜੀਵੈ ਨਾਮੁ ਚਿਤਾਰੀ ॥੧॥

ਪੂਤ ਪੇਖਿ ਜਿਉ ਜੀਵਤ ਮਾਤਾ ॥
ਓਤਿ ਪੋਤਿ ਜਨੁ ਹਰਿ ਸਿਉ ਰਾਤਾ ॥੨॥

ਲੋਭੀ ਅਨਦੁ ਕਰੈ ਪੇਖਿ ਧਨਾ ॥
ਜਨ ਚਰਨ ਕਮਲ ਸਿਉ ਲਾਗੈ ਮਨਾ ॥੩॥

ਬਿਸਰੁ ਨਹੀ ਇਕੁ ਤਿਲੁ ਦਾਤਾਰ ॥
ਨਾਨਕ ਕੇ ਪ੍ਰਭ ਪ੍ਰਾਨ ਅਧਾਰ ॥੪॥੯੩॥੧੬੨॥

ga-orhee mehlāa 5.

aisee pareet govind si-o laagee.
mayl la-ay pooran vadbhaagee. ||1|| rahaa-o.

bhartaa paykh bigsai ji-o naaree.
ti-o har jan jeevai naam chitaaree. ||1||

poot paykh ji-o jeevat maataa.
ot pot jan har si-o raataa. ||2||

lobhee anad karai paykh Dhanāa.
jan charan kamal si-o laago manaa. ||3||

bisar nahee ik til daataar.
naanak kay parabh paraan aDhaar. ||4||93||162||

GAURI MEHLA 5

In the Shabad (4-91-160), Guru Ji told us that there is no use of trying to form friendships with the worshippers of Maya. Instead, we should try to become the devotees of God and always meditate on the Name of God, who is our real friend. In this Shabad, he quotes many examples to explain to us what kind of sincere, deep and limitless love for God, His devotees have, and how fortunate are they.

He says: "The devotees, who are imbued with such a love of God, (as explained below, God) unites those fortunate ones with Him."(1-Pause)

Guru Ji now cites some examples to illustrate the love of a true devotee for God. He says: "Just as a bride is delighted on seeing her groom, similarly, God's devotee feels rejuvenated by contemplating on God's Name."(1)



Giving more examples, Guru Ji says: “Just as a mother feels alive seeing her son again and again, similarly the devotee is imbued God warp and woof.”(2)

Guru Ji adds: “As the greedy man rejoices on seeing wealth, similarly is devotee’s mind is attuned to God’s immaculate Name.”(3)

Therefore, Guru Ji prays: “O the Mainstay of Nanak’s life breaths, O benevolent God, do not go out of my mind even for an instant.”(4-93-162)

The message of this Shabad is that, if we want to get reunited with our benevolent Master, the true God, then we have to become His true devotee, and love Him as a young bride loves her groom, or a mother loves her son, and do not forget Him at any time.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਰਾਮ ਰਸਾਇਣਿ ਜੋ ਜਨ ਗੀਧੇ ॥
ਚਰਨ ਕਮਲ ਪ੍ਰੇਮ ਭਗਤੀ ਬੀਧੇ ॥੧॥ ਰਹਾਉ ॥

raam rasaa-in jo jan geeDhay.
charan kamal paraym bhagtee beeDhay. ||1|| rahaa-o.

ਆਨ ਰਸਾ ਦੀਸਹਿ ਸਭਿ ਛਾਹੁ ॥
ਨਾਮ ਬਿਨਾ ਨਿਹਫਲ ਸੰਸਾਰ ॥੧॥

aan rasaa deeseh sabh chhaar.
naam binaa nihfal sansaar. ||1||

ਅੰਧ ਕੂਪ ਤੇ ਕਾਢੇ ਆਪਿ ॥
ਗੁਣ ਗੋਵਿੰਦ ਅਚਰਜ ਪਰਤਾਪ ॥੨॥

anDh koop tay kaadhay aap.
gun govind achraj partaap. ||2||

ਵਣਿ ਤ੍ਰਿਣਿ ਤ੍ਰਿਭਵਣਿ ਪੂਰਨ ਗੋਪਾਲ ॥
ਬ੍ਰਹਮ ਪਸਾਰੁ ਜੀਅ ਸੰਗਿ ਦਇਆਲ ॥੩॥

van tarin taribhavan pooran gopaal.
barahm pasaar jee-a sang da-i-aal. ||3||

ਕਹੁ ਨਾਨਕ ਸਾ ਕਥਨੀ ਸਾਰੁ ॥

kaho naanak saa kathnee saar.

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ਮਾਨਿ ਲੇਤੁ ਜਿਸੁ ਸਿਰਜਨਹਾਰੁ ॥੪॥੯੪॥੧੬੩॥

maan layt jis sirjanhaar. ||4||94||163||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, if we want to get reunited with our benevolent Master, the true God, then we have to become His true devotee, and love Him as a young bride loves her groom, or a mother loves her son, and do not forget Him at any time. In this Shabad, Guru Ji describes further the depth of love of devotees for their beloved God, and tells us, how we also need to remember Him.

Citing a beautiful metaphor, Guru Ji says: "(O my friends), they who get used to the elixir of God’s Name, they are so attuned to the loving devotion of God, just as a bee gets attached to a flower.”(1-Pause)

Now commenting on the state of mind of such true devotees, Guru Ji says: “To them all other relishes seem like dust. For them without the Name the whole world is of no use.”(1)

Guru Ji then tells us what kind of gifts God bestows on such devotees. He says: "(God) Himself pulls them out of blind well (of vicious worldly temptations). This is the wonderful glory and merit of singing God’s praise.”(2)

Describing, how the devotees view the world, Guru Ji says: “(The devotees) realize, that the perfect God is pervading in all woods, vegetation and the three worlds, and the merciful Master is always accompanying the mortals.”(3)

Guru Ji concludes the Shabad, by advising us, to utter only those words, which please God. He says: “(O my friends), Nanak says, that utterance alone is supreme, which the Creator approves. (In other words, we should only sing God’s praises and utter His Name, because that is the only thing He likes).”(4-94-163)



The message of this Shabad is that we should be so much in love with God and His Name that for us all the pleasures and luxuries of the world mean nothing, and we should always keep singing His praise, and meditating on His Name.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਨਿਤਪ੍ਰਤਿ ਨਾਵਣੁ ਰਾਮ ਸਰਿ ਕੀਜੈ ॥

ਝੋਲਿ ਮਹਾ ਰਸੁ ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਪੀਜੈ ॥੧॥ ਰਹਾਉ ॥

ਨਿਰਮਲ ਉਦਕੁ ਗੋਵਿੰਦ ਕਾ ਨਾਮ ॥

ਮਜਨੁ ਕਰਤ ਪੂਰਨ ਸਭਿ ਕਾਮ ॥੧॥

ਪੰਨਾ ੧੯੯

ਸੰਤਸੰਗਿ ਤਹ ਗੋਸਟਿ ਹੋਇ ॥

ਕੋਟਿ ਜਨਮ ਕੇ ਕਿਲਵਿਖ ਖੋਇ ॥੨॥

ਸਿਮਰਹਿ ਸਾਧ ਕਰਹਿ ਆਨੰਦੁ ॥

ਮਨਿ ਤਨਿ ਰਵਿਆ ਪਰਮਾਨੰਦੁ ॥੩॥

ਜਿਸਹਿ ਪਰਾਪਤਿ ਹਰਿ ਚਰਣ ਨਿਧਾਨ ॥

ਨਾਨਕ ਦਾਸ ਤਿਸਹਿ ਕੁਰਬਾਨ ॥੪॥੯੫॥੧੬੪॥

ga-orhee mehlā 5.

niṭparat̃ naavan raam sar keejai.

jhōl mahaa ras har amrit̃ peejai. ||1|| rahaa-o.

nirmal udak govind̃ kaa naam.

majan karat̃ pooran sabh̃ kaam. ||1||

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satsang tah gosat ho-ay.

kot janam kay kilvikh̃ kho-ay. ||2||

simrahi saaDh̃ karahi aanand̃.

man tan ravi-aa parmaanand̃. ||3||

jisahi paraapat̃ har charañ niDhaan.

naanak daas tiseh kurbaan. ||4||95||164||

GAURI MEHLA 5

In the first stanza of an earlier Shabad (4-86-155), Guru Ji stated that, by bathing in the immaculate Name of God, (a person earns) the reward of doing virtuous deeds during millions of eclipses. Therefore, in this Shabad, Guru Ji compares the company of Holy Saints to a pool of immaculate water, and tells us again, how bathing in such a pool is far better than bathing at so-called holy places?

He says: “(O my friends), every day take a bath in the pool of God’s (Name), and drink this supreme elixir, with great love and devotion.”(1-Pause)

Describing the qualities of this water of God’s Name, Guru Ji says: “(O my friends), immaculate is the water of God’s Name, by taking a bath in it, all one’s tasks are accomplished.”(1)

Now explaining, what really is the pool of God’s Name, and what is so special about it, Guru Ji says: “(O my friends, the congregation of holy saints is the pool of God’s Name). In that place, there is discourse with the holy persons (on spiritual matters, and by participating in such discourses, one) gets rid of his sins of myriad of births.”(2)

Describing, what else happens in the congregation of saints, Guru Ji says: “(O my friends, there) the saintly persons meditate on God, and enjoy its bliss, and in their heart and body pervades the supreme bliss giving God.”(3)

Guru Ji concludes the Shabad, by saying: “Servant Nanak is a sacrifice to those who have obtained the treasure of God’s immaculate Name.”(4-95-164)

The message of this Shabad is that if we want to get all our tasks accomplished, and enjoy supreme bliss, then joining the company of saintly persons, we should meditate on God's Name. This is the true spiritual ablution, which is far better than bathing at any holy place.



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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਸੋ ਕਿਛੁ ਕਰਿ ਜਿਤੁ ਮੈਲੁ ਨ ਲਾਗੈ ॥
ਹਰਿ ਕੀਰਤਨ ਮਹਿ ਏਹੁ ਮਨੁ ਜਾਗੈ ॥੧॥ ਰਹਾਉ ॥

ਏਕੋ ਸਿਮਰਿ ਨ ਦੂਜਾ ਭਾਉ ॥
ਸੰਤਸੰਗਿ ਜਪਿ ਕੇਵਲ ਨਾਉ ॥੧॥

ਕਰਮ ਧਰਮ ਨੇਮ ਬ੍ਰਤ ਪੂਜਾ ॥
ਪਾਰਬ੍ਰਹਮ ਬਿਨੁ ਜਾਨੁ ਨ ਦੂਜਾ ॥੨॥

ਤਾ ਕੀ ਪੂਰਨ ਹੋਈ ਘਾਲ ॥
ਜਾ ਕੀ ਪ੍ਰੀਤਿ ਅਪੁਨੇ ਪ੍ਰਭ ਨਾਲਿ ॥੩॥

ਸੋ ਬੈਸਨੋ ਹੈ ਅਪਰ ਅਪਾਰੁ ॥
ਕਹੁ ਨਾਨਕ ਜਿਨਿ ਤਜੇ ਬਿਕਾਰ ॥੪॥੯੬॥੧੬੫॥

ga-orhee mehlā 5.

so kichh kar jit mail na laagai.
har keertan meh ayhu man jaagai. ||1|| rahaa-o.
ayko simar na doojaa bhaa-o.
satsang jap kayval naa-o. ||1||

karam Dharam naym barat poojaa.
paarbarahm bin jaan na doojaa. ||2||

taa kee pooran ho-ee ghaal.
jaa kee pareet apunay parabhaa naal. ||3||

so baisno hai apar apaar.
kaho naanak jin tajar bikaar. ||4||96||165||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that if we want to get all our tasks accomplished, and enjoy supreme bliss, then joining the company of saintly persons, we should meditate on God's Name. This is the true spiritual ablution, which is far better than bathing at any holy place. In this Shabad Guru Ji approaches the problem from a different angle, and asks us to do only those kinds of deeds, doing which no dirt of sins attaches to our soul, and he lists those deeds.

Guru Ji says: "(O my friend), do those kinds of (spiritual) deeds, doing which, your mind is not soiled (by any kinds of evil thoughts), and your mind may keep awake in singing God's praises."(1-Pause)

Guru Ji further advises and says: "(O my friend), worship only the one God and do not have any other (worldly) attachment. In the company of saints meditate only upon (God's) Name."(1)

Guru Ji adds: "Excepting knowing the transcendent God, do not indulge in any other ritual, faith, daily routine, fasting or worship."(2)

Commenting upon, the rewards of such a true love for God, Guru Ji says: "(O my friends, in God's court), approved is the toil of those, whose love is with their God."(3)

In conclusion, Guru Ji says: "(O my friends), Nanak says, that they who have renounced all their sinful ways, are the most sublime Vishnu's (or true devotees of God)."(4-96-165)

The message of this Shabad is that instead of laying too much stress on outer cleansing, we should do such deeds, doing which no sinful thoughts enter our mind, and we always remain ready to meditate on God's Name. Such a person is true Vaishnav or devotee of God, and his toil gets approved in God's court.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਜੀਵਤ ਛਾਡਿ ਜਾਹਿ ਦੇਵਾਨੇ ॥
ਮੁਇਆ ਉਨ ਤੇ ਕੋ ਵਰਸਾਨੇ ॥੧॥

ਸਿਮਰਿ ਗੋਵਿੰਦੁ ਮਨਿ ਤਨਿ ਧੁਰਿ ਲਿਖਿਆ ॥
ਕਾਹੂ ਕਾਜ ਨ ਆਵਤ ਬਿਖਿਆ ॥੧॥ ਰਹਾਉ ॥

ga-orhee mehlā 5.

jeevat chhaad jaahi dayvaanay.
mu-i-aa un tay ko varsaa^Nay. ||1||

simar govind man tan Dhur likhi-aa.
kaahoo kaaj na aavat bikhi-aa. ||1|| rahaa-o.



ਬਿਥੈ ਠਗਉਰੀ ਜਿਨਿ ਜਿਨਿ ਖਾਈ ॥
ਤਾ ਕੀ ਤ੍ਰਿਸਨਾ ਕਬਹੂੰ ਨ ਜਾਈ ॥੨॥

ਦਾਰਨ ਦੁਖ ਦੁਤਰ ਸੰਸਾਰੁ ॥
ਰਾਮ ਨਾਮ ਬਿਨੁ ਕੈਸੇ ਉਤਰਸਿ ਪਾਰਿ ॥੩॥

ਸਾਧਸੰਗਿ ਮਿਲਿ ਦੁਇ ਕੁਲ ਸਾਧਿ ॥
ਰਾਮ ਨਾਮ ਨਾਨਕ ਆਰਾਧਿ ॥੪॥੯੭॥੧੬੬॥

bikhai thag-uree jin jin khaa-ee.
taa kee tarisnaa kabahoo^N na jaa-ee. ||2||

daaran dukh dutar sansaar.
raam naam bin kaisay utras paar. ||3||

saaDhsang mil du-ay kul saaDh.
raam naam naanak aaraaDh. ||4||97||166||

GAURI MEHLA 5

In the earlier Shabad (4-91-160), Guru Ji told us that there is no use trying to form friendships with the worshippers of Maya. Instead, we should try to become the devotees of God and always meditate on the Name of God, who is our real friend. In this Shabad, he tells us, how unreliable is worldly wealth, and what is the most reliable source, which can provide us happiness both in this world, and the next.

First of all asking us, why we are so much dependant upon worldly wealth, as if it is going to provide us happiness even after our death, Guru Ji says: "O foolish person, (this worldly wealth, which often) deserts us, even when we are alive, (tell me), who have been benefited (by it) after death?"(1)

Therefore, Guru Ji advises: "(O my friend), meditate upon God, (with full concentration of) your mind and body. (This command), has been written from the very beginning, (in your destiny). The poison (of worldly wealth) doesn't serve any purpose (after death)."(1-Pause)

Now cautioning us against another undesirable outcome of the worldly wealth, Guru Ji says: "(O my friend), who so ever have tasted this deceptive potion of worldly wealth, their inner fire of desire (for more) never ends."(2)

On the other hand, as for the absolute necessity of the wealth of God's Name, Guru Ji says: "(O my friend), this world is like a very treacherous ocean of pains. Without, God's Name, it cannot be crossed. (In other worlds, without meditating on God's Name, we cannot get rid of the painful rounds of birth and death in this world)."(3)

Therefore, Guru Ji concludes the Shabad, by advising: "(O my friend), Nanak says, joining the company of holy saints, meditate on God's Name, and in this way embellish your both (parental) generations."(4-97-166)

The message of this Shabad is that the worldly wealth is undependable, even during our life, and is absolutely of no use after our death. It is only the wealth of God's Name, which can provide us eternal happiness and save us from rounds of birth and death. Therefore, we should not engross ourselves in the pursuits of worldly wealth; instead we should meditate on God's Name in the company of saints.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਗਰੀਬਾ ਉਪਰਿ ਜਿ ਖਿੰਜੈ ਦਾੜੀ ॥
ਪਾਰਬ੍ਰਹਮਿ ਸਾ ਅਗਨਿ ਮਹਿ ਸਾੜੀ ॥੧॥

ਪੂਰਾ ਨਿਆਉ ਕਰੇ ਕਰਤਾਰੁ ॥
ਅਪੁਨੇ ਦਾਸ ਕਉ ਰਾਖਨਹਾਰੁ ॥੧॥ ਰਹਾਉ ॥

ਆਦਿ ਜੁਗਾਦਿ ਪ੍ਰਗਟਿ ਪਰਤਾਪੁ ॥
ਨਿੰਦਕੁ ਮੁਆ ਉਪਜਿ ਵਡ ਤਾਪੁ ॥੨॥

ga-orhee mehlaa 5.

gareebaa upar je khinjai daarhee.
paarbarahm saa agan meh saarhee. ||1||

pooraa ni-aa-o karay kartaar.
apunay daas ka-o raakhanhaar. ||1|| rahaa-o.

aad jugaad pargat partaap.
nindak mu-aa upaj vad taap. ||2||



ਤਿਨਿ ਮਾਰਿਆ ਜਿ ਰਖੈ ਨ ਕੋਇ ॥
ਆਗੈ ਪਾਛੈ ਮੰਦੀ ਸੋਇ ॥੩॥

ਅਪੁਨੇ ਦਾਸ ਰਾਖੈ ਕੰਠਿ ਲਾਇ ॥
ਸਰਣਿ ਨਾਨਕ ਹਰਿ ਨਾਮੁ ਧਿਆਇ ॥੪॥੯੮॥੧੬੭॥

tin maari-aa je rak^hhai na ko-ay.
aagai paach^hhai mandee so-ay. ||3||
apunay daas raakh^hhai kanth^h laa-ay.
saran^h naanak har naam ^Dhi-aa-ay. ||4||98||167||

GAURI MEHLA 5

As per Dr. Bhai Vir Singh Ji this Shabad seems to be uttered by Guru Ji when a tyrant "Sulhi Khan," waving his hand on the beard had boasted to subdue and kill humble Guru Arjun Dev Ji, but this fellow himself died on the way by accidentally falling into a burning brick kiln. Guru Ji uttered this Shabad, as a general lesson for all those, who unnecessarily slander or torture innocent persons, and provides assurances of God's protection to His devotees.

Commenting on the fate of those, who bully the poor helpless persons, Guru Ji says: "He who proudly strokes his beard over the poor, God has burnt that beard in fire. (In other words, those who have tried to bully the weaker persons, God has awarded them severe punishment)." (1)

Expressing his faith in the justice of God, Guru Ji says: "(O my friends), the Creator does full justice. He is the savior of His devotees." (1-Pause)

Now referring to the particular incident, of *Sulhi Khan* falling into a burning hot brick kiln, Guru Ji says: "(O my friends), God's glory has been manifest since the beginning of the beginning. (Therefore, because of His power), an intense heat arose (in the brick kiln, and falling into it), the slanderer got killed." (2)

Guru Ji adds: "The slanderer was killed by (that God), from whom no body could save him. He earned dishonor both in this and the next world." (3)

In conclusion, Guru Ji says: "God saves His servants by embracing them to His bosom. Therefore, seeking His shelter, Nanak meditates on God's Name." (4-98-167)

The message of this Shabad is that we should never be proud of ourselves and oppress the poor and the meek; otherwise we would be severely punished. Instead we should always seek God's protection, and keep meditating on His Name.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਮਹਜਰੁ ਝੁਠਾ ਕੀਤੇਨੁ ਆਪਿ ॥
ਪਾਪੀ ਕਉ ਲਾਗਾ ਸੰਤਾਪੁ ॥੧॥

ਜਿਸਹਿ ਸਹਾਈ ਗੋਬਿੰਦੁ ਮੇਰਾ ॥
ਤਿਸੁ ਕਉ ਜਮੁ ਨਹੀ ਆਵੈ ਨੇਰਾ ॥੧॥ ਰਹਾਉ ॥

ਸਾਚੀ ਦਰਗਹ ਬੋਲੈ ਕੂੜੁ ॥
ਸਿਰੁ ਹਾਥ ਪਛੋੜੈ ਅੰਧਾ ਮੂੜੁ ॥੨॥

ਰੋਗ ਬਿਆਪੇ ਕਰਦੇ ਪਾਪ ॥
ਅਦਲੀ ਹੋਇ ਬੈਠਾ ਪ੍ਰਭੁ ਆਪਿ ॥੩॥

ਅਪਨ ਕਮਾਇਐ ਆਪੇ ਬਾਧੇ ॥
ਦਰਬੁ ਗਇਆ ਸਭੁ ਜੀਅ ਕੈ ਸਾਥੈ ॥੪॥

ga-or^hee mehl^haa 5.

mahjar j^hooth^haa keet^hon aap.
paapee ka-o laagaa sant^haap. ||1||

jisahi sah^haa-ee gob^hid mayraa.
tis ka-o jam nahee aavai nayraa. ||1|| rahaa-o.

saachee dargeh bolai koor^h.
sir haath pach^hhorhay an^Dhaa moor^h. ||2||

rog bi-aapay karday paap.
ad^hlee ho-ay bai^hth^haa parabh^h aap. ||3||

apan kamaa-i-ai aapay baa^Dhay.
darab ga-i-aa sab^h jee-a kai saathai. ||4||

naanak saran paray darbaar.



ਨਾਨਕ ਸਰਨਿ ਪਰੇ ਦਰਬਾਰਿ ॥

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ਰਾਖੀ ਪੈਜ ਮੇਰੈ ਕਰਤਾਰਿ ॥੫॥੯੯॥੧੬੮॥

raakhee paij mayrai kartaar. ||5||99||168||

GAURI MEHLA 5

In the previous Shabad, Guru Arjun Dev Ji described, how God saved him from the slanderer “Sulhi Khan”, who was marching along with his armed men to attack Guru Ji. But on the way, he was himself killed, by accidentally falling into a burning hot brick kiln. As per Dr. Bhai Vir Singh Ji, Guru Ji uttered this Shabad, to express his gratitude to God, when many of his enemies, went to king Akbar and presented a memorandum of complaints against Guru Ji. Upon examining, the king dismissed it and punished the complainants for making false and malicious complaints against an innocent saint.

Seeing the hand of God, in proving this document to be false, Guru Ji says: “God Himself proved the memorandum to be false, and the sinner was afflicted with great disaster.”(1)

Therefore, expressing his firm faith in God, Guru Ji declares: “(O my friends), whose supporter becomes my God, even demon of death doesn’t come near him.”(1-Pause)

Drawing another conclusion from this incident, Guru Ji says: “(O my friends), he tells lies in a court, where true justice is done, that blind fool beats his head, and twists his hands in regret.”(2)

Now describing what additional punishments God awards to such sinners, Guru Ji says: “Ailments afflict those who commit sins, (because God) Himself is sitting as a judge.”(3)

Teaching another lesson, Guru Ji says: “(Those who commit sins for the sake of wealth, should remember that, all our wealth goes away along with our life, and we are caught in the web of our own deeds.”(3)

In conclusion, Guru Ji says: “(O my friends), Nanak says, they who have sought the shelter of (God’s) court, my Creator has saved their honor.”(4-99-168)

The message of this Shabad is that if we seek the refuge of God, then even big memorandums of false complaints against us can do us no harm, rather the false one's themselves suffer grievously.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਜਨ ਕੀ ਧੂਰਿ ਮਨ ਮੀਠ ਖਟਾਨੀ ॥

jan kee Dhoor man meeth khataanee.

ਪੂਰਬਿ ਕਰਮਿ ਲਿਖਿਆ ਧੂਰਿ ਪ੍ਰਾਨੀ ॥੧॥ ਰਹਾਉ ॥

poorab karam likhi-aa Dhur paraanee. ||1|| rahaa-o.

ਪੰਨਾ ੨੦੦

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ਅਹੰਬੁਧਿ ਮਨ ਪੂਰਿ ਬਿਧਾਈ ॥

aha^N-buDh man poor thiDhaa-ee.

ਸਾਧ ਧੂਰਿ ਕਰਿ ਸੁਧ ਮੰਜਾਈ ॥੧॥

saaDh Dhoor kar suDh manjaa-ee. ||1||

ਅਨਿਕ ਜਲਾ ਜੇ ਧੋਵੈ ਦੇਹੀ ॥

anik jalaa jay Dhovai dayhee.

ਮੈਲੁ ਨ ਉਤਰੈ ਸੁਧੁ ਨ ਤੇਹੀ ॥੨॥

mail na utrai suDh na tayhee. ||2||

ਸਤਿਗੁਰੁ ਭੇਟਿਓ ਸਦਾ ਕ੍ਰਿਪਾਲ ॥

satgur bhayti-o sadaa kirpaal.

ਹਰਿ ਸਿਮਰਿ ਸਿਮਰਿ ਕਾਟਿਆ ਭਉ ਕਾਲ ॥੩॥

har simar simar kaati-aa bha-o kaal. ||3||

ਮੁਕਤਿ ਭੁਗਤਿ ਜੁਗਤਿ ਹਰਿ ਨਾਉ ॥

mukaṭ bhugaṭ jugaṭ har naa-o.

ਪ੍ਰੇਮ ਭਗਤਿ ਨਾਨਕ ਗੁਣ ਗਾਉ ॥੪॥੧੦੦॥੧੬੯॥

paraym bhagaṭ naanak guṇ gaa-o. ||4||100||169||

**GAURI MEHLA 5**

In Shabad (4-95-164), Guru Ji advised us that if we want to get all our tasks accomplished, and enjoy supreme bliss, then joining the company of saintly persons, we should meditate on God's Name. This is the true spiritual ablution, which is far better than bathing at any holy place. In this Shabad, he elaborates on the merits of the company of saintly people, and tells us, how their humble service is far better than bathing at many pilgrimage stations.

First of all, clarifying how fortunate are those, to whom the dust of saints feet i.e. their humble service seems so sweet, Guru Ji says: "(O my friends), only he in whose destiny, it is so pre-ordained, the humble service of saints seems very pleasing."(1-Pause)

Now explaining, the virtues of humble service of the saints, Guru Ji says: "(O my friends, ordinarily, man's mind remains brimful with the grease of arrogant intellect. (Just as ordinary water is unable to wash greasy pots, similarly because of one's self-conceit, no sane advice has any effect on a person's mind). It is only the service of the saints, which fully purifies (one's mind)."(1)

He further comments: "(Even if a person) washes his body in many waters (of pilgrimage stations), his dirt (of self-conceit), is not removed, and his mind is not purified."(2)

Now describing the blessing obtained by a person, who has met the true Guru, and acted upon his advice, Guru Ji says: "He who has met the ever merciful true Guru, by meditating again and again on God, he has got rid of his fear of death." (3)

Finally, stating the merits of meditating on God's Name, Guru Ji says: "(O my friend, meditation on) God's Name, is the only true way of obtaining salvation, and enjoying (spiritual bliss). Therefore, Nanak says, (O man), with love and devotion keep singing (God's) praises."(4-100-169)

The message of this Shabad is that, because of our self-conceit, our mind is not receptive to any spiritual sermon or advice. It is only, when we humbly serve the saints (i.e. listen to the divine words of the) true Guru, that we embrace love for God, and start meditating on His Name, which is the only true way to obtain salvation.

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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-orhee mehlāa 5.

ਜੀਵਨ ਪਦਵੀ ਹਰਿ ਕੇ ਦਾਸ ॥

jeevan padvee har kay daas.

ਜਿਨ ਮਿਲਿਆ ਆਤਮ ਪਰਗਾਸੁ ॥੧॥

jin mili-aa aatam pargaas. ||1||

ਹਰਿ ਕਾ ਸਿਮਰਨੁ ਸੁਨਿ ਮਨ ਕਾਨੀ ॥

har kaa simran sun man kaanee.

ਸੁਖੁ ਪਾਵਹਿ ਹਰਿ ਦੁਆਰ ਪਰਾਨੀ ॥੧॥ ਰਹਾਉ ॥

sukh paavahi har du-aar paraanee. ||1|| rahaa-o.

ਆਠ ਪਹਰ ਧਿਆਈਐ ਗੋਪਾਲੁ ॥

aath pahar Dhi-aa-ee-ai gopaal.

ਨਾਨਕ ਦਰਸਨੁ ਦੇਖਿ ਨਿਹਾਲੁ ॥੨॥੧੦੧॥੧੨੦॥

naanak darsan daykh nihaal. ||2||101||170||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us to humbly listen to the divine words of the true Guru, so that we may embrace love for God, and start meditating on His Name, which is the only true way to obtain salvation. In this Shabad Guru Ji elaborates on the merits of listening and meditating on God's Name.

Guru Ji says: "(O my friend, by meditating on God's Name), the devotees, whose soul has been illuminated (with divine wisdom), have obtained the supreme (spiritual) status."(1)



Therefore, Guru Ji says to us: “(O my friend), you too should listen to God’s meditation with full attention of your ears. (So that), you may obtain peace at God’s door, O mortal.”(1-Pause)

Guru Ji concludes by saying: “(O my friend), Nanak says, we should meditate on God at all times. So that (we may also enjoy the bliss of seeing His sight.”(2-101-170)

The message of this Shabad is that, if we want to obtain the supreme status of life, and enjoy the bliss of God’s sight, then at all times, we should keep meditating on His Name.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or^hee mehlāa 5.

ਸਾਂਤਿ ਭਈ ਗੁਰ ਗੋਬਿਦਿ ਪਾਈ ॥

saa^Nt̤ bha-ee gur gobid paa-ee.

ਤਾਪ ਪਾਪ ਬਿਨਸੇ ਮੇਰੇ ਭਾਈ ॥੧॥ ਰਹਾਉ ॥

taap paap binsay mayray bhaa-ee. ||1|| rahaa-o.

ਰਾਮ ਨਾਮੁ ਨਿਤ ਰਸਨ ਬਖਾਨ ॥

raam naam nit rasan bakhaan.

ਬਿਨਸੇ ਰੋਗ ਭਏ ਕਲਿਆਨ ॥੧॥

binsay rog bha-ay kali-aan. ||1||

ਪਾਰਬ੍ਰਹਮ ਗੁਣ ਅਗਮ ਬੀਚਾਰ ॥

paarbarahm gun agam beechaar.

ਸਾਧੂ ਸੰਗਮਿ ਹੈ ਨਿਸਤਾਰ ॥੨॥

saaDhoo sangam hai nistaar. ||2||

ਨਿਰਮਲ ਗੁਣ ਗਾਵਹੁ ਨਿਤ ਨੀਤ ॥

nirmal gun gaavhu nit neet.

ਗਈ ਬਿਆਧਿ ਉਬਰੇ ਜਨ ਮੀਤ ॥੩॥

ga-ee bi-aaDh ubray jan meet. ||3||

ਮਨ ਬਚ ਕ੍ਰਮ ਪ੍ਰਭੁ ਅਪਨਾ ਧਿਆਈ ॥

man bach karam parabh apnaa Dhi-aa-ee.

ਨਾਨਕ ਦਾਸ ਤੇਰੀ ਸਰਣਾਈ ॥੪॥੧੦੨॥੧੭੧॥

naanak daas tayree sarnaa-ee. ||4||102||171||

GAURI MEHLA 5

Shabad is that, if we want to obtain the supreme status of life, and enjoy the bliss of God’s sight, then at all times, we should keep meditating on His Name. This Shabad appears to be uttered by Guru Ji, to express his gratitude to God for dispelling some of his problem or anxiety. As per Dr. Bhai Vir Singh, Guru Ji uttered this Shabad on the occasion of recovering of his son Hargobind from the malady of small pox.

Expressing his relief, and gratitude, Guru Ji says: "O my brothers, all my anguishes and pains have vanished. There is now peace in my mind. It is my Guru God, who has blessed me with it.”(1-Pause)

Therefore drawing a lesson from this event, Guru Ji says: “(O my friends), he who daily utters God’s Name from his tongue, his ailments are destroyed, and there is all around happiness (in his household).”(1)

Sharing another observation of his with us, Guru Ji says: “(O my friends), the merits (and powers) of God are beyond our comprehension. (However, it is clear, that by meditating on His Name), in the company of saints, emancipation (is obtained).”(2)

Therefore, on the basis of his personal experience, Guru Ji advises: “(O my friends), day after day, sing the immaculate praises (of God. By doing so all my) predicament has gone away, and even my devotees and friends have been saved (from any problem).”(3)

Guru Ji concludes the Shabad by praying: “(O God), servant Nanak is under Your shelter. (Please bless me, that, I may) keep meditating on my God, in my thoughts, words, and deeds.”(4-102-171)

The message of this Shabad is that we should always have complete faith in God, and keep meditating on Him, with full concentration of our mind and body, even in the face of all difficulties. God will surely provide us full protection, and dispel all our worries.



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ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਨੇਤ੍ਰ ਪ੍ਰਗਾਸੁ ਕੀਆ ਗੁਰਦੇਵ ॥
ਭਰਮ ਗਏ ਪੂਰਨ ਭਈ ਸੇਵ ॥੧॥ ਰਹਾਉ ॥

ਸੀਤਲਾ ਤੇ ਰਖਿਆ ਬਿਹਾਰੀ ॥
ਪਾਰਬ੍ਰਹਮ ਪ੍ਰਭ ਕਿਰਪਾ ਧਾਰੀ ॥੧॥

ਨਾਨਕ ਨਾਮੁ ਜਪੈ ਸੋ ਜੀਵੈ ॥
ਸਾਧਸੰਗਿ ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਪੀਵੈ ॥੨॥੧੦੩॥੧੭੨॥

ga-orhee mehlā 5.

nayṭar pargaas kee-aa gurdayv.
bharam ga-ay pooran bha-ee sayv. ||1|| rahaa-o.

seetlā tay rakhi-aa bihaaree.
paarbarahm parabḥ kirpaa Dhaaree. ||1||

naanak naam japai so jeevai.
saaDhsang har amrit peevai. ||2||103||172||

GAURI MEHLA 5

As per Dr. Bhai Vir Singh Ji, fifth Guru Arjun Dev Ji uttered this Shabad on the occasion of recovery of his son Hargobind, from Small Pox, and warding off the danger of losing his eyesight.

So expressing his gratitude to God, when his child showed signs of recovery, by opening his eyes, which otherwise remained shut, due to Small Pox, Guru Ji says: "The Guru God has illuminated the eyes (of my son Hargobind). So now the doubts (regarding his eyesight) have gone away, and my devotion (to God) has proved fruitful."(1-Pause)

In order to remove any doubts, regarding who saved his son from Small Pox, Guru Ji says: "(O my friends, it was not any god or goddess, who cured my son, but it was) the all pervading God, who became gracious, and saved him from Small Pox."(1)

Therefore, drawing the conclusion from this incident, for our guidance, Guru Ji says: "O Nanak, he who meditates on (God's Name), he survives (such maladies). Therefore, one ought to keep drinking the nectar (of God's Name, by singing His praises), in the company of saints."(2-103-172)

The message of this Shabad is that, instead of losing our faith during serious ailments or tragedies, and falling into the traps of astrologers, or worshipping gods and goddesses, we should keep faith in the one supreme God, and meditate on His Name. If He shows His grace, no harm would come to our family or us.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਧਨੁ ਓਹੁ ਮਸਤਕੁ ਧਨੁ ਤੇਰੇ ਨੇਤ ॥
ਧਨੁ ਓਇ ਭਗਤ ਜਿਨ ਤੁਮ ਸੰਗਿ ਹੇਤ ॥੧॥

ਨਾਮ ਬਿਨਾ ਕੈਸੇ ਸੁਖੁ ਲਹੀਐ ॥
ਰਸਨਾ ਰਾਮ ਨਾਮ ਜਸੁ ਕਹੀਐ ॥੧॥ ਰਹਾਉ ॥

ਤਿਨ ਉਪਰਿ ਜਾਈਐ ਕੁਰਬਾਣੁ ॥
ਨਾਨਕ ਜਿਨਿ ਜਪਿਆ ਨਿਰਬਾਣੁ ॥੨॥੧੦੪॥੧੭੩॥

ga-orhee mehlā 5.

Dhan oh mastak Dhan tayray nayṭ.
Dhan o-ay bhagat jin tum sang hayṭ. ||1||

naam binaa kaisay sukh lahee-ai.
rasnaa raam naam jas kahee-ai. ||1|| rahaa-o.

tin oopar jaa-ee-ai kurbaan.
naanak jin japi-aa nirbaan. ||2||104||173||

GAURI MEHLA 5

In the previous Shabad, Guru Ji advised us that, instead of losing our faith during serious ailments or tragedies, and falling into the traps of astrologers, or worshipping gods and goddesses, we should keep faith in the one supreme God, and meditate on His Name. If He shows His grace, no harm would come to our family or us. In this Shabad, Guru Ji shows us, how blessed are they, who meditate on God, and have true love for Him, and how much he respects such devotees.

He says: "Blessed is that forehead (that bows before You), and blessed are those eyes, which see Your (sight). Blessed are those devotees, who have sincere love for You, (O God)."(1)



Next addressing us, Guru Ji says: “How could we get any peace, without God’s Name? Therefore, with our tongue, we should keep uttering praises of God’s Name.”(1-Pause).

Therefore, Guru Ji concludes: “O Nanak, we should be a sacrifice to those, who have meditated on the immaculate God.”(2-104-173)

The message of this Shabad is that, we should highly respect those, who meditate on God’s Name, and we ourselves should follow their example, by singing God’s praises in the company of such saintly people.

ਗਉੜੀ ਮਹਲਾ ੫ ॥

ga-or~~h~~ee mehlāa 5.

ਤੂੰਹੈ ਮਸਲਤਿ ਤੂੰਹੈ ਨਾਲਿ ॥

too^Nhai maslat̃ too^Nhai naal.

ਤੂੰਹੈ ਰਾਖਹਿ ਸਾਰਿ ਸਮਾਲਿ ॥੧॥

toohai raakhahi saar samaal. ||1||

ਐਸਾ ਰਾਮੁ ਦੀਨੁ ਦੁਨੀ ਸਹਾਈ ॥

aisaa raam dēen dūnee sahāa-ee.

ਦਾਸ ਕੀ ਪੈਜ ਰਖੈ ਮੇਰੇ ਭਾਈ ॥੧॥ ਰਹਾਉ ॥

daas kee paij rakhai mayray bhāa-ee. ||1|| rahaa-o.

ਆਗੈ ਆਪਿ ਇਹੁ ਬਾਨੁ ਵਸਿ ਜਾ ਕੈ ॥

aagai aap ih thaana vas jaa kai.

ਆਠ ਪਹਰ ਮਨੁ ਹਰਿ ਕਉ ਜਾਪੈ ॥੨॥

aath pahar man har ka-o jaapai. ||2||

ਪਤਿ ਪਰਵਾਣੁ ਸਚੁ ਨੀਸਾਣੁ ॥

pat̃ parvaan sach neesaan.

ਜਾ ਕਉ ਆਪਿ ਕਰਹਿ ਫੁਰਮਾਨੁ ॥੩॥

jaa ka-o aap karahi furmaan. ||3||

ਆਪੇ ਦਾਤਾ ਆਪਿ ਪ੍ਰਤਿਪਾਲਿ ॥

aapay daataa aap partipaal.

ਨਿਤ ਨਿਤ ਨਾਨਕ ਰਾਮ ਨਾਮੁ ਸਮਾਲਿ ॥੪॥੧੦੫॥੧੭੪॥

nit̃ nit̃ naanak raam naam samaal. ||4||105||174||

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GAURI MEHLA 5

In Shabad (2-103-172), Guru Ji advised us that, instead of losing our faith during serious ailments or tragedies, and falling into the traps of astrologers, or worshipping gods and goddesses, we should keep faith in the one supreme God, and meditate on His Name. In this Shabad Guru Ji is expressing his full confidence and faith in God, and advises us accordingly.

Addressing God, Guru Ji says: "O God, You are my counsel. You are always with me. You always keep abreast of my situation and preserve me (through all difficulties)."(1)

Therefore, Guru Ji loudly proclaims: “God is (such a friend), who helps us both in this and the next world. O my brothers, He (always) saves the honor of (His) servant.”(1-Pause)

Guru Ji further clarifies: “(O my friends), He, under whose control is this world, He is In charge in the next (world also). Therefore, my mind keeps remembering Him at all times.”(2)

Describing, how God’s command prevails everywhere, Guru Ji says: “(O my friends), regarding whom (God) Himself issues orders, they receive the stamp of the true (God), and they receive honor and are approved (in His court).”(3)

In conclusion, Guru Ji says, "(O my friends, God) Himself is the Giver and Himself the Sustainer. O Nanak, day after day, you should remember (His) Name. (4-105-174)

The message of this Shabad is that God is our friend and companion everywhere. Therefore, whatever our problem, worry or situation may be we should always meditate on His Name.



ਗਉੜੀ ਮਹਲਾ ੫ ॥

ਸਤਿਗੁਰੁ ਪੂਰਾ ਭਇਆ ਕ੍ਰਿਪਾਲੁ ॥
ਹਿਰਦੈ ਵਸਿਆ ਸਦਾ ਗੁਪਾਲੁ ॥੧॥

ਰਾਮੁ ਰਵਤ ਸਦ ਹੀ ਸੁਖੁ ਪਾਇਆ ॥

ਪੰਨਾ ੨੦੧

ਮਇਆ ਕਰੀ ਪੂਰਨ ਹਰਿ ਰਾਇਆ ॥੧॥ ਰਹਾਉ ॥

ਕਹੁ ਨਾਨਕ ਜਾ ਕੇ ਪੂਰੇ ਭਾਗੁ ॥
ਹਰਿ ਹਰਿ ਨਾਮੁ ਅਸਥਿਰੁ ਸੋਹਾਗੁ ॥੨॥੧੦੬॥

ga-orhee mehlāa 5.

satgur pooraa bha-i-aa kirpaal.
hirdai vasi-aa sad^aaa gupaal. ||1||
raam ravaṭ sad hee sukh paa-i-aa.

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ma-i-aa karee pooran har raa-i-aa. ||1|| rahaa-o.
kaho naanak jaa kay pooray bhaag.
har har naam asthir sohaag. ||2||106||

GAURRI MOHALLA 5

In the previous Shabad, Guru Ji told us that God is our friend and companion everywhere. Therefore, whatever our problem, worry or situation may be we should always meditate on His Name. In this short Shabad Guru Ji is describing the blessings bestowed by Guru and God when they are in mercy.

Guru Ji says: “He, on whom the perfect true Guru becomes merciful, the eternal God is enshrined in his heart.”(1)

Now stating, what happens, on whom God shows mercy, Guru Ji says: “He on whom the perfect king (God) shows His mercy, by dwelling on God's Name, he obtains peace.”(1-Pause)

However, Guru Ji concludes the Shabad by saying: “(O my friends), Nanak says, he whose destiny is perfect, meditates obtains God's Name, and his union (with God) becomes eternal.”(2-106)

The message of this Shabad is that we should consider ourselves very fortunate, if under the Guru's instruction we are dwelling on Name of God, and are on the path of having eternal union with Him.