

Gurmat Class – Guru Gobind Singh Foundation
Conducted by: Bhai Gurdarshan Singh
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This Shabad is by Guru Nanak Dev Ji in Raag Prabhaatee on Panna 1342

<http://sikhithemax.com/page.asp?ShabadID=4879>

ਪ੍ਰਭਾਤੀ ਮਹਲਾ ੧ ॥

prabh**aa**the**ee** mehal**aa** 1 ॥
Prabhaatee, First Mehla:

ਭਾਉ ਭਗਤਿ ਗੁਰਮਤੀ ਪਾਏ ॥

bh**aa**o bhagath g**u**ramath**ee** p**aa**e**ee** ॥
Through the Guru's Teachings, one achieves loving devotional worship.

ਹਉਮੈ ਵਿਚਹੁ ਸਬਦਿ ਜਲਾਏ ॥

ho**u**mai v**i**chah**u** sabadh jal**aa**e**ee** ॥
The Shabad burns away egotism from within.

ਧਾਵਤੁ ਰਾਖੈ ਠਾਕਿ ਰਹਾਏ ॥

dh**h**aavath r**aa**kh**ai** t(h)**aa**k reh**aa**e**ee** ॥
The wandering mind is restrained and held in its place.

ਸਚਾ ਨਾਮੁ ਮੰਨਿ ਵਸਾਏ ॥੪॥

sach**aa** n**aa**m ma(n)n vas**aa**e**ee** ॥4॥
The True Name is enshrined in the mind. ॥4॥

This Shabad is by Guru Amar Daas Ji in Raag Aasaa on Pannaa 362
<http://sikhithothemax.com/page.asp?ShabadID=1413>

ਆਸਾ ਮਹਲਾ ੩ ॥

aasaa mehalaa 3 ||
Aasaa, Third Mehla:

ਦੂਜੈ ਭਾਇ ਲਗੇ ਦੁਖੁ ਪਾਇਆ ॥

dhoojai bhaae lagae dhukh paaeiaa ||
Attached to the love of duality, one only incurs pain.

ਬਿਨੁ ਸਬਦੈ ਬਿਰਥਾ ਜਨਮੁ ਗਵਾਇਆ ॥

bin sabadhai birathhaa janam gavaaeiaa ||
Without the Word of the Shabad, one's life is wasted away in vain.

ਸਤਿਗੁਰੁ ਸੇਵੈ ਸੋਝੀ ਹੋਇ ॥

sathigur saevai sojhee hoe ||
Serving the True Guru, understanding is obtained,

ਦੂਜੈ ਭਾਇ ਨ ਲਾਗੈ ਕੋਇ ॥੧॥

dhoojai bhaae n laagai koe ||1||
and then, one is not attached to the love of duality. ||1||

ਮੂਲਿ ਲਾਗੇ ਸੇ ਜਨ ਪਰਵਾਣੁ ॥

mool laagae sae jan paravaan ||
Those who hold fast to their roots, become acceptable.

ਅਨਦਿਨੁ ਰਾਮ ਨਾਮੁ ਜਪਿ ਹਿਰਦੈ ਗੁਰ ਸਬਦੀ ਹਰਿ ਏਕੋ ਜਾਣੁ ॥੧॥ ਰਹਾਉ ॥

anadhin raam naam jap hiradhai gur sabadhee har eaeko jaan ||1|| rehaao ||
Night and day, they meditate within their hearts on the Lord's Name; through the Word of the Guru's Shabad, they know the One Lord. ||1||Pause||

ਡਾਲੀ ਲਾਗੈ ਨਿਹਫਲੁ ਜਾਇ ॥

ddaalee laagai nihafal jaae ||
One who is attached to the branch, does not receive the fruits.

ਅੰਧੀ ਕੰਮੀ ਅੰਧ ਸਜਾਇ ॥

a(n)dhha(n)aaee ka(n)mee a(n)dhh sajaae ||
For blind actions, blind punishment is received.

ਮਨਮੁਖੁ ਅੰਧਾ ਠਉਰ ਨ ਪਾਇ ॥

manamukh a(n)dhhaa t(h)our n paae ||
The blind, self-willed manmukh finds no place of rest.

ਬਿਸਟਾ ਕਾ ਕੀੜਾ ਬਿਸਟਾ ਮਾਹਿ ਪਚਾਇ ॥੨॥

bisattaa kaa keerraa bisattaa maahi pachaae ||2||
He is a maggot in manure, and in manure he shall rot away. ||2||

ਗੁਰ ਕੀ ਸੇਵਾ ਸਦਾ ਸੁਖੁ ਪਾਏ ॥

gur kee saevaa sadhaa sukh paaeee ||
Serving the Guru, everlasting peace is obtained.

ਸੰਤਸੰਗਤਿ ਮਿਲਿ ਹਰਿ ਗੁਣ ਗਾਏ ॥

sa(n)thasa(n)gath mil har gun gaaeee ||
Joining the True Congregation, the Sat Sangat, the Glorious Praises of the Lord are sung.

ਨਾਮੇ ਨਾਮਿ ਕਰੇ ਵੀਚਾਰੁ ॥

naamae naam karae veechaar ||
One who contemplates the Naam, the Name of the Lord,

ਆਪਿ ਤਰੈ ਕੁਲ ਉਧਰਣਹਾਰੁ ॥੩॥

aap tharai kul oudhharanehaar ||3||
saves himself, and his family as well. ||3||

ਗੁਰ ਕੀ ਬਾਣੀ ਨਾਮਿ ਵਜਾਏ ॥

gur kee baanee naam vajaaeee ||
Through the Word of the Guru's Bani, the Naam resounds;

ਨਾਨਕ ਮਹਲੁ ਸਬਦਿ ਘਰੁ ਪਾਏ ॥

naanak mehal sabadh ghar paaeee ||
O Nanak, through the Word of the Shabad, one finds the Mansion of the Lord's Presence within the home of the heart.

ਗੁਰਮਤਿ ਸਤ ਸਰਿ ਹਰਿ ਜਲਿ ਨਾਇਆ ॥

guramath sath sar har jal naaieiaa ||
Under Guru's Instruction, bathe in the Pool of Truth, in the Water of the Lord;

ਦੁਰਮਤਿ ਮੈਲੁ ਸਭੁ ਦੁਰਤੁ ਗਵਾਇਆ ॥੪॥੫॥੪੪॥

dhuramath mai sabh dhurath gavaaieiaa ||4||5||44||
thus the filth of evil-mindedness and sin shall all be washed away. ||4||5||44||