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Guru Amardas Ji, Sri Guru Granth Sahib, Page 571

ਵਡਹੰਸੁ ਮਹਲਾ ੩ ॥

vaddeha(n)s mehalaa 3 ||
Wadahans, Third Mehla:

ਏ ਮਨ ਮੇਰਿਆ ਆਵਾ ਗਉਣੁ ਸੰਸਾਰੁ ਹੈ ਅੰਤਿ ਸਚਿ ਨਿਬੇੜਾ ਰਾਮ ॥

ea e man maeriaa aavaa gou n sa(n)saa r hai a(n)th sach nibaerraa raam ||
O my mind, the world comes and goes in birth and death; only the True Name shall emancipate you in the end.

ਆਪੇ ਸਚਾ ਬਖਸਿ ਲਏ ਫਿਰਿ ਹੋਇ ਨ ਫੇਰਾ ਰਾਮ ॥

aapae sachaa bakhas leae fir hoe n faeraa raam ||
When the True Lord Himself Blesses, then one does not have to enter the cycle of reincarnation again.

ਫਿਰਿ ਹੋਇ ਨ ਫੇਰਾ ਅੰਤਿ ਸਚਿ ਨਿਬੇੜਾ ਗੁਰਮੁਖਿ ਮਿਲੈ ਵਡਿਆਈ ॥

fir hoe n faeraa a(n)th sach nibaerraa guramukh milai vaddiaaee ||
He does not have to enter the cycle of reincarnation again, and he is emancipated in the end; as Guru-oriented, he obtains glorious greatness.

ਸਾਚੈ ਰੰਗਿ ਰਾਤੇ ਸਹਜੇ ਮਾਤੇ ਸਹਜੇ ਰਹੇ ਸਮਾਈ ॥

saachai ra(n)g raathae sehajae maathae sehajae rehae samaaee ||
Imbued with love for the True Lord, he is intoxicated with celestial bliss, and he remains absorbed in the Celestial Lord.

ਸਚਾ ਮਨਿ ਭਾਇਆ ਸਚੁ ਵਸਾਇਆ ਸਬਦਿ ਰਤੇ ਅੰਤਿ ਨਿਬੇਰਾ ॥

sachaa man bhaaeiaa sach vasaeiaa sabadh rathae a(n)th nibaeraa ||
The True Lord is pleasing to his mind; he enshrines the True Lord in his mind; attuned to the Shabad, the Guru's Word, he is emancipated in the end.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਸੇ ਸਚਿ ਸਮਾਣੇ ਬਹੁਰਿ ਨ ਭਵਜਲਿ ਫੇਰਾ ॥੧॥

naanak naam rathae sae sach samaaane bahur n bhavajal faeraa ||1||
O Nanak, those who are imbued with the Naam, merge in the True Lord; they are not cast into the terrifying world-ocean again. ||1||

ਮਾਇਆ ਮੋਹੁ ਸਭੁ ਬਰਲੁ ਹੈ ਦੂਜੈ ਭਾਇ ਖੁਆਈ ਰਾਮ ॥

m~~aa~~e~~iaa~~ mohu sabh baral hai dhoojai bh~~aa~~e kh~~uaa~~ee raam ||

Emotional attachment to Maya is total madness; through the love of materialism, one is ruined.

ਮਾਤਾ ਪਿਤਾ ਸਭੁ ਹੇਤੁ ਹੈ ਹੇਤੇ ਪਲਚਾਈ ਰਾਮ ॥

m~~aa~~th~~aa~~ pith~~aa~~ sabh h~~ae~~th hai h~~ae~~th~~ae~~ palach~~aa~~ee raam ||

Mother and father - all are subject to this love; in this love, they are entangled.

ਹੇਤੇ ਪਲਚਾਈ ਪੁਰਬਿ ਕਮਾਈ ਮੇਟਿ ਨ ਸਕੈ ਕੋਈ ॥

h~~ae~~th~~ae~~ palach~~aa~~ee purab kama~~aa~~ee ma~~et~~t n sakai koee ||

They are entangled in this love, on account of their past actions, which no one can erase.

ਜਿਨਿ ਸ੍ਰਿਸਟਿ ਸਾਜੀ ਸੋ ਕਰਿ ਵੇਖੈ ਤਿਸੁ ਜੇਵਡੁ ਅਵਰੁ ਨ ਕੋਈ ॥

jin srisatt sa~~aj~~ee so kar v~~ae~~kh~~ai~~ this j~~ae~~vadd avar n koee ||

The One who created the Universe, beholds it; no other is as great as He.

ਮਨਮੁਖਿ ਅੰਧਾ ਤਪਿ ਤਪਿ ਖਪੈ ਬਿਨੁ ਸਬਦੈ ਸਾਂਤਿ ਨ ਆਈ ॥

manam~~uk~~h a(n)dhh~~aa~~ thap thap khap~~ai~~ bin sabadh~~ai~~ saa(n)th n ~~aa~~ee ||

The blind, ego-oriented is consumed by his burning rage; without the Shabad, the Guru's Word, peace is not obtained.

ਨਾਨਕ ਬਿਨੁ ਨਾਵੈ ਸਭੁ ਕੋਈ ਭੁਲਾ ਮਾਇਆ ਮੋਹਿ ਖੁਆਈ ॥੨॥

naanak bin na~~av~~ai sabh koee bh~~ul~~aa m~~aa~~e~~iaa~~ mohi kh~~uaa~~ee ||2||

O Nanak, without the Name, everyone is deluded, ruined by emotional attachment to Maya. ||2||

ਏਹੁ ਜਗੁ ਜਲਤਾ ਦੇਖਿ ਕੈ ਭਜਿ ਪਏ ਹਰਿ ਸਰਣਾਈ ਰਾਮ ॥

e~~ae~~hu jag jalath~~aa~~ dh~~ae~~kh kai bhaj pe~~ae~~ har saran~~aa~~ee raam ||

Seeing that this world on fire, I have hurried to the Sanctuary of the Lord.

ਅਰਦਾਸਿ ਕਰੀ ਗੁਰ ਪੂਰੇ ਆਗੈ ਰਖਿ ਲੇਵਹੁ ਦੇਹੁ ਵਡਾਈ ਰਾਮ ॥

aradh~~aa~~s kara(n)~~ae~~e gur poorae a~~ag~~ai rakh l~~ae~~vahu dh~~ae~~hu vadd~~aa~~ee raam ||

I offer my prayer to the Perfect Guru: please save me, and bless me with Your glorious greatness.

ਰਖਿ ਲੇਵਹੁ ਸਰਣਾਈ ਹਰਿ ਨਾਮੁ ਵਡਾਈ ਤੁਧੁ ਜੇਵਡੁ ਅਵਰੁ ਨ ਦਾਤਾ ॥

rakh l~~ae~~vahu saran~~aa~~ee har na~~am~~ vadd~~aa~~ee th~~ud~~hh j~~ae~~vadd avar n dh~~aa~~th~~aa~~ ||

Preserve me in Your Sanctuary, and bless me with the glorious greatness of the Name of the Lord; there is no other Giver as great as You.

ਸੇਵਾ ਲਾਗੇ ਸੇ ਵਡਭਾਗੇ ਜੁਗਿ ਜੁਗਿ ਏਕੋ ਜਾਤਾ ॥

sa~~ev~~aa la~~ag~~ae sae vaddabh~~aa~~gae jug jug e~~ae~~ko ja~~at~~haa ||

Those who are engaged in serving You are very fortunate; throughout the ages, they know the One Lord.

ਜਤੁ ਸਤੁ ਸੰਜਮੁ ਕਰਮ ਕਮਾਵੈ ਬਿਨੁ ਗੁਰ ਗਤਿ ਨਹੀ ਪਾਈ ॥

jath sath sa(n)jam karam kama~~av~~ai bin gur gath ne~~ee~~ p~~aa~~ee ||

You may practice celibacy, truth, austere self-discipline and rituals, but without the Guru, you

shall not be emancipated.

ਨਾਨਕ ਤਿਸ ਨੋ ਸਬਦੁ ਬੁਝਾਏ ਜੋ ਜਾਇ ਪਵੈ ਹਰਿ ਸਰਣਾਈ ॥੩॥

naanak this no sabadh bujh~~aa~~ae jo j~~aa~~e pavai har sarana~~aa~~ee ||3||

O Nanak, he alone understands the Shabad, the Guru's Word, who goes and seeks the Lord's Sanctuary. ||3||

ਜੋ ਹਰਿ ਮਤਿ ਦੇਇ ਸਾ ਉਪਜੈ ਹੋਰ ਮਤਿ ਨ ਕਾਈ ਰਾਮ ॥

jo har math dh~~ae~~e saa oopaj~~ai~~ hor math n ka~~ae~~e raam ||

That understanding, imparted by the Lord, wells up; there is no other understanding.

ਅੰਤਰਿ ਬਾਹਰਿ ਏਕੁ ਤੂ ਆਪੇ ਦੇਹਿ ਬੁਝਾਈ ਰਾਮ ॥

a(n)thar ba~~aa~~har ea~~ek~~ thoo aap~~ae~~ dh~~ae~~hi bujh~~aa~~ee raam ||

Deep within, and beyond as well, You alone are, O Lord; You Yourself impart this understanding.

ਆਪੇ ਦੇਹਿ ਬੁਝਾਈ ਅਵਰ ਨ ਭਾਈ ਗੁਰਮੁਖਿ ਹਰਿ ਰਸੁ ਚਾਖਿਆ ॥

aap~~ae~~ dh~~ae~~hi bujh~~aa~~ee avar n bh~~aa~~ee guramukh har ras cha~~akh~~iaa ||

One whom He Himself blesses with this understanding, does not love any other. As Guru-oriented, he tastes the subtle essence of the Lord.

ਦਰਿ ਸਾਚੈ ਸਦਾ ਹੈ ਸਾਚਾ ਸਾਚੈ ਸਬਦਿ ਸੁਭਾਖਿਆ ॥

dhar sa~~ach~~ai sadh~~aa~~ hai sa~~ach~~aa sa~~ach~~ai sabadh subh~~aa~~khiaa ||

In the True Court, he is forever True; with love, he chants the True Shabad, the Guru's Word.

ਘਰ ਮਹਿ ਨਿਜ ਘਰੁ ਪਾਇਆ ਸਤਿਗੁਰੁ ਦੇਇ ਵਡਾਈ ॥

ghar meh~~i~~ nij ghar pa~~ae~~iaa sathigur dh~~ae~~e vadd~~ae~~ee ||

Within his home, he finds the home of his own being; the True Guru blesses him with glorious greatness.

ਨਾਨਕ ਜੋ ਨਾਮਿ ਰਤੇ ਸੇਈ ਮਹਲੁ ਪਾਇਨਿ ਮਤਿ ਪਰਵਾਣੁ ਸਚੁ ਸਾਈ ॥੪॥੬॥

naanak jo na~~am~~ rath~~ae~~ sa~~ee~~ee mehal pa~~ae~~in math parava~~an~~ sach sa~~ae~~ee ||4||6||

O Nanak, those who are attuned to the Naam find the Mansion of the Lord's Presence; their understanding is true, and approved. ||4||6||