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Sri Guru Granth Sahib (Page 646), Guru Amar Das Ji

ਸਲੋਕੁ ਮਃ ੩ ॥

salok ma 3 ||

Salok, Third Mehla:

ਵਿਣੁ ਨਾਵੈ ਸਭਿ ਭਰਮਦੇ ਨਿਤ ਜਗਿ ਤੋਟਾ ਸੈਸਾਰਿ ॥

vin naavai sabh bharamadhae nith jag thotta saisaar ||

Without the Name of the Lord, everyone wanders around the world, losing.

ਮਨਮੁਖਿ ਕਰਮ ਕਮਾਵਣੇ ਹਉਮੈ ਅੰਧੁ ਗੁਬਾਰੁ ॥

manamukh karam kamavaanae houmai a(n)dhh gubaaar ||

The self-willed manmukhs do their deeds in the pitch black darkness of egotism.

ਗੁਰਮੁਖਿ ਅੰਮ੍ਰਿਤੁ ਪੀਵਣਾ ਨਾਨਕ ਸਬਦੁ ਵੀਚਾਰਿ ॥੧॥

guramukh a(n)mrit peevanaa naanak sabadh veechaar ||1||

The Gurmukhs drink in the Ambrosial Nectar, O Nanak, contemplating the Word of the Shabad.

||1||

ਮਃ ੩ ॥

ma 3 ||

Third Mehla:

ਸਹਜੇ ਜਾਗੈ ਸਹਜੇ ਸੋਵੈ ॥

sehajae jaagai sehajae sovai ||

He wakes in peace, and he sleeps in peace.

ਗੁਰਮੁਖਿ ਅਨਦਿਨੁ ਉਸਤਤਿ ਹੋਵੈ ॥

guramukh anadhin ousathath hovai ||

The Gurmukh praises the Lord night and day.

ਮਨਮੁਖ ਭਰਮੈ ਸਹਸਾ ਹੋਵੈ ॥

manamukh bharamai sehasaa hovai ||

The self-willed manmukh remains deluded by his doubts.

ਅੰਤਰਿ ਚਿੰਤਾ ਨੀਦ ਨ ਸੋਵੈ ॥

a(n)thar chi(n)thaa needh n sovai ||
He is filled with anxiety, and he cannot even sleep.

ਗਿਆਨੀ ਜਾਗਹਿ ਸਵਹਿ ਸੁਭਾਇ ॥

giaanee jaagehi savehi subhaae ||
The spiritually wise wake and sleep in peace.

ਨਾਨਕ ਨਾਮਿ ਰਤਿਆ ਬਲਿ ਜਾਉ ॥੨॥

naanak naam rathiaa bal jao ||2||
Nanak is a sacrifice to those who are imbued with the Naam, the Name of the Lord. ||2||

ਪਉੜੀ ॥

pourree ||
Pauree:

ਸੇ ਹਰਿ ਨਾਮੁ ਧਿਆਵਹਿ ਜੋ ਹਰਿ ਰਤਿਆ ॥

sae har naam dhhaavehi jo har rathiaa ||
They alone meditate on the Lord's Name, who are imbued with the Lord.

ਹਰਿ ਇਕੁ ਧਿਆਵਹਿ ਇਕੁ ਇਕੋ ਹਰਿ ਸਤਿਆ ॥

har eik dhhaavehi eik eiko har sathiaa ||
They meditate on the One Lord; the One and Only Lord is True.

ਹਰਿ ਇਕੋ ਵਰਤੈ ਇਕੁ ਇਕੋ ਉਤਪਤਿਆ ॥

har eiko varathai eik eiko outhapathiaa ||
The One Lord is pervading everywhere; the One Lord created the Universe.

ਜੋ ਹਰਿ ਨਾਮੁ ਧਿਆਵਹਿ ਤਿਨ ਡਰੁ ਸਟਿ ਘਤਿਆ ॥

jo har naam dhhaavehi thin ddar satt ghathiaa ||
Those who meditate on the Lord's Name, cast out their fears.

ਗੁਰਮਤੀ ਦੇਵੈ ਆਪਿ ਗੁਰਮੁਖਿ ਹਰਿ ਜਪਿਆ ॥੯॥

guramathae dhaevai aap guramukh har japiaa ||9||
The Lord Himself blesses them with Guru's Instruction; the Gurmukh meditates on the Lord. ||9||