

(From SGGGS Page 773 line 1 to page 774 line 12).

रागु सूही महला ४ छंत घरु १

raag soohee mehlaa 4 chhanṭ ghar 1

Raag Soohee, Fourth Mehl, Chhant, First House:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik-o^Nkaar satgur p^ursaad.

One Universal Creator God. By The Grace Of The True Guru:

ਸਤਿਗੁਰੁ ਪੁਰਖੁ ਮਿਲਾਏ ਅਵਗਣ ਵਿਕਣਾ ਗੁਣ ਰਵਾ ਬਲਿ ਰਾਮ ਜੀਤ ॥

satgur purakh milaa-ay avgan vikṇaa guṇ ravaa bal raam jee-o.

If only I could meet the True Guru, the Primal Being. Discarding my faults and sins, I would chant the Lord's Glorious Praises.

ਹਰਿ ਹਰਿ ਨਾਮੁ ਧਿਆਏ ਗੁਰਬਾਣੀ ਨਿਤ ਨਿਤ ਚਵਾ ਬਲਿ ਰਾਮ ਜੀਤ ॥

har har naam Dhi-aa-ay gurbaanee niṭ niṭ chavaa bal raam jee-o.

I meditate on the Naam, the Name of the Lord, Har, Har. Continuously, continually, I chant the Word of the Guru's Bani.

ਗੁਰਬਾਣੀ ਸਦ ਮੀਠੀ ਲਾਗੀ ਪਾਪ ਵਿਕਾਰ ਗਵਾਏਆ ॥

gurbaanee sad meethee laagee paap vikaar gavaa-i-aa.

Gurbani always seems so sweet; I have eradicated the sins from within.

ਹੁਤਮੈ ਰੋਗੁ ਗਏਆ ਭਉ ਭਾਗਾ ਸਹਜੇ ਸਹਜਿ ਮਿਲਾਏਆ ॥

ha-umai rog ga-i-aa bha-o bhaagaa sehjay sahj milaa-i-aa.

The disease of egotism is gone, fear has left, and I am absorbed in celestial peace.

ਕਾਏਆ ਸੇਜ ਗੁਰ ਸਬਦਿ ਸੁਖਾਲੀ ਗਿਆਨ ਤਤਿ ਕਰਿ ਭੋਗੋ ॥

kaa-i-aa sayj gur sabad sukhaalee gi-aan taṭ kar bhogo.

Through the Word of the Guru's Shabad, the bed of my body has become cozy and beautiful, and I enjoy the essence of spiritual wisdom.

ਅਨਦਿਨੁ ਸੁਖਿ ਮਾਣੇ ਨਿਤ ਰਲੀਆ ਨਾਨਕ ਧੁਰਿ ਸੰਜੋਗੋ ॥੧॥

an-din sukh maanay niṭ ralee-aa naanak Dhur sanjogo. ||1||

Night and day, I continually enjoy peace and pleasure. O Nanak, this is my pre-ordained destiny. ||1||

सतु संतोखु करि भाउ कुड़मु कुड़माई आइआ बलि राम जीउ ॥

saṭ saṅtokh kar bhaa-o kurham kurhmaa-ee aa-i-aa bal raam jee-o.

The soul-bride is lovingly embellished with truth and contentment; her Father, the Guru, has come to engage her in marriage to her Husband Lord.

संत जना करि मेलु गुरबाणी गावाईआ बलि राम जीउ ॥

saṅt janaa kar mayl gurbaṇee gaavaa-ee-aa bal raam jee-o.

Joining with the humble Saints, I sing Gurbani.

बाणी गुर गाई पर्म गति पाई पंच मिले सोहाइआ ॥

baṇee gur gaa-ee param gaṭ paa-ee panch milay sohaa-i-aa.

Singing the Guru's Bani, I have obtained the supreme status; meeting with the Saints, the self-elect, I am blessed and adorned.

गइआ करोधु ममता तनि नाठी पाखंडु भरमु गवाइआ ॥

ga-i-aa karoDh mamtaa tan naathee pakhand bharam gavaa-i-aa.

Anger and attachment have left my body and run away; I have eradicated hypocrisy and doubt.

हउमै पीर गई सुखु पाइआ आरोगत भए सरीरा ॥

ha-umai peer ga-ee sukh paa-i-aa aarogaṭ bha-ay sareeraa.

The pain of egotism is gone, and I have found peace; my body has become healthy and free of disease.

गुर परसादी ब्रह्म पछाता नानक गुणी गहीरा ॥२॥

gur parsaadee barahm pachhaataa naanak guṇee gaheeraa. ||2||

By Guru's Grace, O Nanak, I have realized God, the ocean of virtue. ||2||

मनमुखि विछुड़ी दूरि महलु न पाए बलि गई बलि राम जीउ ॥

manmukh vichurhee door mahal na paa-ay bal ga-ee bal raam jee-o.

The self-willed manmukh is separated, far away from God; she does not obtain the Mansion of His Presence, and she burns.

अंतरि ममता कूरि कूडु विहाइये कूड़ि लई बलि राम जीउ ॥

antar mamtaa koor koorh vihaaihay koorh la-ee bal raam jee-o.

Egotism and falsehood are deep within her; deluded by falsehood, she deals only in falsehood.

कूडु कपटु कमावै महा दुखु पावै विणु सतिगुर मगु न पाइआ ॥

koorh kapat kamaavai mahaa dukh paavai vin satgur mag na paa-i-aa.
Practicing fraud and falsehood, she suffers terrible pain; without the True Guru,
she does not find the way.

उझड़ पंथि भ्रमै गावारी खिनु खिनु धके खाइआ ॥

ujharh panth bharmai gaavaaree khin khin Dhakay khaa-i-aa.
The foolish soul-bride wanders along dismal pathways; each and every moment,
she is bumped and pushed.

आपे दइआ करे प्रभु दाता सतिगुरु पुरखु मिलाए ॥

aapay da-i-aa karay parabh daataa satgur purakh milaa-ay.
God, the Great Giver, shows His Mercy, and leads her to meet the True Guru,
the Primal Being.

जनम जनम के विछुड़े जन मेले नानक सहजि सुभाए ॥३॥

janam janam kay vichhurhay jan maylay naanak sahj subhaa-ay. ||3||
Those beings who have been separated for countless incarnations, O Nanak,
are reunited with the Lord, with intuitive ease. ||3||

आइआ लगनु गणाइ हिरदै धन ओमाहीआ बलि राम जीउ ॥

aa-i-aa lagan ganaa-ay hirdai Dhan omaahee-aa bal raam jee-o.
Calculating the most auspicious moment, the Lord comes into the bride's home;
her heart is filled with ecstasy.

पंडित पाधे आणि पती बहि वाचाईआ बलि राम जीउ ॥

pandit paaDhay aan patee bahi vaachaa-ee-aa bal raam jee-o.
The Pandits and astrologers have come, to sit and consult the almanacs.

पती वाचाई मनि वजी वधाई जब साजन सुणे घरि आए ॥

patee vaachaa-ee man vajee vaDhaa-ee jab saajan sunay ghar aa-ay.
They have consulted the almanacs, and the bride's mind vibrates with bliss,
when she hears that her Friend is coming into the home of her heart.

गुणी गिआनी बहि मता पकाइआ फेरे ततु दिवाए ॥

gunee gi-aanee bahi mataa pakaa-i-aa fayray tat divaa-ay.
The virtuous and wise men sat down and decided to perform the marriage
immediately.

वरु पाइआ पुरखु अगम्मु अगोचरु सद नवतनु बाल सखाई ॥

var paa-i-aa purakh agamm agochar sad navtan baal sakhaa-ee.

She has found her Husband, the Inaccessible, Unfathomable Primal Lord, who is forever young; He is her Best Friend from her earliest childhood.

नानक किरपा करि कै मेले विछुड़ि कदे न जाई ॥४॥१॥

naanak kirpaa kar kai maylay vichhurh kaday na jaa-ee. ||4||1||

O Nanak, he has mercifully united the bride with Himself. She shall never be separated again. ||4||1||

सूही महला ४ ॥

soohee mehlaa 4.

Soohee, Fourth Mehl:

हरि पहिलड़ी लाव परविरती कर्म दृड़ाइआ बलि राम जीउ ॥

har pahilarhee laav parvirtee karam drirh-aa-i-aa bal raam jee-o.

In the first round of the marriage ceremony, the Lord sets out His Instructions for performing the daily duties of married life.

बाणी ब्रह्मा वेदु धरमु दृड़हु पाप तजाइआ बलि राम जीउ ॥

banee barahmaa vayd Dharam darirh^Hu paap tajaa-i-aa bal raam jee-o.

Instead of the hymns of the Vedas to Brahma, embrace the righteous conduct of Dharma, and renounce sinful actions.

धरमु दृड़हु हरि नामु धिआवहु सिमृति नामु दृड़ाइआ ॥

Dharam darirh^Hu har naam Dhi-aavahu simrit naam drirh-aa-i-aa.

Meditate on the Lord's Name; embrace and enshrine the contemplative remembrance of the Naam.

सतिगुरु गुरु पूरा आराधहु सभि किलविख पाप गवाइआ ॥

satgur gur pooraa aaraaDhahu sabh kilvikh paap gavaa-i-aa.

Worship and adore the Guru, the Perfect True Guru, and all your sins shall be dispelled.

सहज अनंदु होआ वडभागी मनि हरि हरि मीठा लाइआ ॥

sahj anand ho-aa vadbhaagee man har har meethaa laa-i-aa.

By great good fortune, celestial bliss is attained, and the Lord, Har, Har, seems sweet to the mind.

जनु कहै नानक लाव पहिली आरम्भु काजु रचाइआ ॥१॥

jan kahai naanak laav pahilee aarambh kaaj rachaa-i-aa. ||1||

Servant Nanak proclaims that, in this, the first round of the marriage ceremony, the marriage ceremony has begun. ||1||

हरि दूजड़ी लाव सतिगुरु पुरखु मिलाइआ बलि राम जीउ ॥

har doojrhee laav satgur purakh milaa-i-aa bal raam jee-o.

In the second round of the marriage ceremony, the Lord leads you to meet the True Guru, the Primal Being.

निरभउ भै मनु होइ हउमै मैलु गवाइआ बलि राम जीउ ॥

nirbha-o bhai man ho-ay ha-umai mail gavaa-i-aa bal raam jee-o.

With the Fear of God, the Fearless Lord in the mind, the filth of egotism is eradicated.

निरमलु भउ पाइआ हरि गुण गाइआ हरि वेखै रामु हदूरे ॥

nirmal bha-o paa-i-aa har gun gaa-i-aa har vaykhai raam hadooray.

In the Fear of God, the Immaculate Lord, sing the Glorious Praises of the Lord, and behold the Lord's Presence before you.

हरि आतम रामु पसारिआ सुआमी सर्व रहिआ भरपूरे ॥

har aaṭam raam pasaari-aa su-aamee sarab rahi-aa bharpooray.

The Lord, the Supreme Soul, is the Lord and Master of the Universe; He is pervading and permeating everywhere, fully filling all spaces.

अंतरि बाहरि हरि प्रभु एको मिलि हरि जन मंगल गाए ॥

aṅtar baahar har parabḥ ayko mil har jan mangal gaa-ay.

Deep within, and outside as well, there is only the One Lord God. Meeting together, the humble servants of the Lord sing the songs of joy.

जन नानक दूजी लाव चलाई अनहद सबद वजाए ॥२॥

jan naanak doojee laav chalaa-ee anhad sabad vajaa-ay. ||2||

Servant Nanak proclaims that, in this, the second round of the marriage ceremony, the unstruck sound current of the Shabad resounds. ||2||

हरि तीजड़ी लाव मनि चाउ भइआ बैरागीआ बलि राम जीउ ॥

har teejrhee laav man chaa-o bha-i-aa bairaagee-aa bal raam jee-o.

In the third round of the marriage ceremony, the mind is filled with Divine Love.

संत जना हरि मेलु हरि पाइआ वडभागीआ बलि राम जीउ ॥

sant janaa har mayl har paa-i-aa vadbhaagee-aa bal raam jee-o.

Meeting with the humble Saints of the Lord, I have found the Lord, by great good fortune.

निरमलु हरि पाइआ हरि गुण गाइआ मुख बोली हरि बाणी ॥

nirmal har paa-i-aa har gun gaa-i-aa mukh bolee har bane.

I have found the Immaculate Lord, and I sing the Glorious Praises of the Lord. I speak the Word of the Lord's Bani.

संत जना वडभागी पाइआ हरि कथीऐ अकथ कहाणी ॥

sant janaa vadbhaagee paa-i-aa har kathee-ai akath kahaanee.

By great good fortune, I have found the humble Saints, and I speak the Unspoken Speech of the Lord.

हिरदै हरि हरि हरि धुनि उपजी हरि जपीऐ मसतकि भागु जीउ ॥

hirdai har har har Dhun upjee har japee-ai mastak bhaag jee-o.

The Name of the Lord, Har, Har, Har, vibrates and resounds within my heart; meditating on the Lord, I have realized the destiny inscribed upon my forehead.

जनु नानकु बोले तीजी लावै हरि उपजै मनि बैरागु जीउ ॥३॥

jan naanak bolay teejee laavai har upjai man bairaag jee-o. ||3||

Servant Nanak proclaims that, in this, the third round of the marriage ceremony, the mind is filled with Divine Love for the Lord. ||3||

हरि चउथड़ी लाव मनि सहजु भइआ हरि पाइआ बलि राम जीउ ॥

har cha-utharhee laav man sahj bha-i-aa har paa-i-aa bal raam jee-o.

In the fourth round of the marriage ceremony, my mind has become peaceful; I have found the Lord.

गुरमुखि मिलिआ सुभाइ हरि मनि तनि मीठा लाइआ बलि राम जीउ ॥

gurmukh mili-aa subhaa-ay har man tan meethaa laa-i-aa bal raam jee-o.

As Gurmukh, I have met Him, with intuitive ease; the Lord seems so sweet to my mind and body.

हरि मीठा लाइआ मेरे प्रभ भाइआ अनदिनु हरि लिव लाई ॥

har meethaa laa-i-aa mayray parabh bhaa-i-aa an-din har liv laa-ee.

The Lord seems so sweet; I am pleasing to my God. Night and day, I lovingly focus my consciousness on the Lord.

मन चिंदिआ फलु पाइआ सुआमी हरि नामि वजी वाधाई ॥

man chindi-aa fal paa-i-aa su-aamee har naam vajee vaaDhaa-ee.

I have obtained my Lord and Master, the fruit of my mind's desires. The Lord's Name resounds and resonates.

हरि प्रभि ठाकुरि काजु रचाइआ धन हिरदै नामि विगासी ॥

har parabh thaakur kaaj rachaa-i-aa Dhan hirdai naam vigaasee.

The Lord God, my Lord and Master, blends with His bride, and her heart blossoms forth in the Naam.

जनु नानकु बोले चउथी लावै हरि पाइआ प्रभु अविनासी ॥४॥२॥

jan naanak bolay cha-uthee laavai har paa-i-aa parabh avinaasee. ||4||2||

Servant Nanak proclaims that, in this, the fourth round of the marriage ceremony, we have found the Eternal Lord God. ||4||2||