

ਦੋਹਰਾ ॥ (SGGS ang 1429) Dohraa:

ਬਲੁ ਛੁਟਕਿਓ ਬੰਧਨ ਪਰੇ ਕਛੁ ਨ ਹੋਤ ਉਪਾਇ ॥

bal chhutki-o banDhan paray kachhoo na hot upaa-ay.

My strength is exhausted, bondage has come upon me; and nothing can be done.

ਕਹੁ ਨਾਨਕ ਅਬ ਓਟ ਹਰਿ ਗਜ ਜਿਉ ਹੋਹੁ ਸਹਾਇ ॥੫੩॥

kaho naanak ab ot har gaj ji-o hohu sahaa-ay. ||53||

Says Naanak, now God/Har is my Support; And will help me, as He did the elephant ||53||

ਬਲੁ ਹੋਆ ਬੰਧਨ ਛੁਟੇ ਸਭੁ ਕਿਛੁ ਹੋਤ ਉਪਾਇ ॥

bal ho-aa banDhan chhutay sabh kichh hot upaa-ay.

My Strength is restored, I am liberated from the bondage; everything can be done.

ਨਾਨਕ ਸਭੁ ਕਿਛੁ ਤੁਮਰੈ ਹਾਥ ਮੈ ਤੁਮ ਹੀ ਹੋਤ ਸਹਾਇ ॥੫੪॥

naanak sabh kichh tumrai haath mai tum hee hot sahaa-ay. ||54||

Naanak: everything is in Your hands, Only You can be my Support. ||54||

ਸੰਗ ਸਖਾ ਸਭਿ ਤਜਿ ਗਏ ਕੋਊ ਨ ਨਿਬਹਿਓ ਸਾਥਿ ॥

sang sakhaa sabh taj ga-ay ko-oo na nib-hi-o saath.

My associates and companions have all deserted me; no one remains with me.

ਕਹੁ ਨਾਨਕ ਇਹ ਬਿਪਤਿ ਮੈ ਟੇਕ ਏਕ ਰਘੁਨਾਥ ॥੫੫॥

kaho naanak ih bipat mai tayk ayk raghunaath. ||55||

Says Naanak, in this tragedy, my One Support is Raam, (Raghunaath). ||55||

ਨਾਮੁ ਰਹਿਓ ਸਾਧੂ ਰਹਿਓ ਰਹਿਓ ਗੁਰੁ ਗੋਬਿੰਦੁ ॥

naam rahi-o saaDhoo rahi-o rahi-o gur gobind.

The Naam remains; the Holy Saints remain; Guru Gobind remains.

ਕਹੁ ਨਾਨਕ ਇਹ ਜਗਤ ਮੈ ਕਿਨ ਜਪਿਓ ਗੁਰ ਮੰਤੁ ॥੫੬॥

kaho naanak ih jagat mai kin japi-o gur mant. ||56||

Says Naanak, in this world few chant the Guru's Mantra. ||56||

ਰਾਮ ਨਾਮੁ ਉਰ ਮੈ ਗਹਿਓ ਜਾ ਕੈ ਸਮ ਨਹੀ ਕੋਇ ॥

raam naam ur mai gahi-o jaa kai sam nahee ko-ay.

I have clasped the Naam of Raam within my heart; there is nothing equal to it.

ਜਿਹ ਸਿਮਰਤ ਸੰਕਟ ਮਿਟੈ ਦਰਸੁ ਤੁਹਾਰੋ ਹੋਇ ॥੫੭॥੧॥

jih simrat sankat mitai daras tuhaaro ho-ay. ||57||1||

Meditating in remembrance on it, my troubles are taken away;

I have received the Blessed Vision of Your Darshan. ||57||1||