

ਆਸਾ ਮਹਲਾ ੪ ॥

Aasaa, Fourth Mehl:

ਮਨਿ ਨਾਮੁ ਜਪਾਨਾ ਹਰਿ ਹਰਿ ਮਨਿ ਭਾਨਾ ਹਰਿ ਭਗਤ ਜਨਾ ਮਨਿ ਚਾਉ ਜੀਉ ॥

One who chants the Naam, the Name of the Lord, Har, Har in his mind - the Lord is pleasing to his mind. In the mind of the devotees there is a great yearning for the Lord.

ਜੋ ਜਨ ਮਰਿ ਜੀਵੇ ਤਿਨ੍ ਅੰਮ੍ਰਿਤੁ ਪੀਵੇ ਮਨਿ ਲਾਗਾ ਗੁਰਮਤਿ ਭਾਉ ਜੀਉ ॥

Those humble beings who remain dead while yet alive, drink in the Ambrosial Nectar; through the Guru's Teachings, their minds embrace love for the Lord.

ਮਨਿ ਹਰਿ ਹਰਿ ਭਾਉ ਗੁਰੁ ਕਰੇ ਪਸਾਉ ਜੀਵਨ ਮੁਕਤੁ ਸੁਖੁ ਹੋਈ ॥

Their minds love the Lord, Har, Har, and the Guru is Merciful to them. They are Jivan Mukta - liberated while yet alive, and they are at peace.

ਜੀਵਣਿ ਮਰਣਿ ਹਰਿ ਨਾਮਿ ਸੁਹੇਲੇ ਮਨਿ ਹਰਿ ਹਰਿ ਹਿਰਦੈ ਸੋਈ ॥

Their birth and death, through the Name of the Lord, are illustrious, and in their hearts and minds, the Lord, Har, Har, abides.

ਮਨਿ ਹਰਿ ਹਰਿ ਵਸਿਆ ਗੁਰਮਤਿ ਹਰਿ ਰਸਿਆ ਹਰਿ ਹਰਿ ਰਸ ਗਟਾਕ ਪੀਆਉ ਜੀਉ ॥

The Name of the Lord, Har, Har, abides in their minds, and through the Guru's Teachings, they savor the Lord, Har, Har; they drink in the sublime essence of the Lord with abandon.

ਮਨਿ ਨਾਮੁ ਜਪਾਨਾ ਹਰਿ ਹਰਿ ਮਨਿ ਭਾਨਾ ਹਰਿ ਭਗਤ ਜਨਾ ਮਨਿ ਚਾਉ ਜੀਉ ॥੧॥

One who chants the Naam, the Name of the Lord, Har, Har, in his mind - the Lord is pleasing to his mind. In the mind of the devotees there is such a great yearning for the Lord. ||1||

ਜਗਿ ਮਰਣੁ ਨ ਭਾਇਆ ਨਿਤ ਆਪੁ ਲੁਕਾਇਆ ਮਤ ਜਮੁ ਪਕਰੈ ਲੈ ਜਾਇ ਜੀਉ ॥

The people of the world do not like death; they try to hide from it. They are afraid that the Messenger of Death may catch them and take them away.

ਹਰਿ ਅੰਤਰਿ ਬਾਹਰਿ ਹਰਿ ਪ੍ਰਭੁ ਏਕੋ ਇਹੁ ਜੀਅਤਾ ਰਖਿਆ ਨ ਜਾਇ ਜੀਉ ॥

Inwardly and outwardly, the Lord God is the One and Only; this soul cannot be concealed from Him.

ਕਿਉ ਜੀਉ ਰਖੀਜੈ ਹਰਿ ਵਸਤੁ ਲੋੜੀਜੈ ਜਿਸ ਕੀ ਵਸਤੁ ਸੇ ਲੈ ਜਾਇ ਜੀਉ ॥

How can one keep one's soul, when the Lord wishes to have it? All things belong to Him, and He shall take them away.

ਮਨਮੁਖ ਕਰਣ ਪਲਾਵ ਕਰਿ ਭਰਮੇ ਸਭਿ ਅਉਖਧ ਦਾਰੂ ਲਾਇ ਜੀਉ ॥

The self-willed manmukhs wander around in pathetic lamentation, trying all medicines and remedies.

ਜਿਸ ਕੀ ਵਸਤੁ ਪ੍ਰਭੁ ਲਏ ਸੁਆਮੀ ਜਨ ਉਬਰੇ ਸਬਦੁ ਕਮਾਇ ਜੀਉ ॥

God, the Master, unto whom all things belong, shall take them away; the Lord's servant is redeemed by living the Word of the Shabad.

ਜਗਿ ਮਰਣੁ ਨ ਭਾਇਆ ਨਿਤ ਆਪੁ ਲੁਕਾਇਆ ਮਤ ਜਮੁ ਪਕਰੈ ਲੈ ਜਾਇ ਜੀਉ ॥੨॥

The people of the world do not like death; they try to hide from it. They are afraid that the Messenger of Death may catch them and take them away. ||2||

ਧੁਰਿ ਮਰਣੁ ਲਿਖਾਇਆ ਗੁਰਮੁਖਿ ਸੋਹਾਇਆ ਜਨ ਉਬਰੇ ਹਰਿ ਹਰਿ ਧਿਆਨਿ ਜੀਉ ॥

Death is pre-ordained; the Gurmukhs look beautiful, and the humble beings are saved, meditating on the Lord, Har, Har.

ਹਰਿ ਸੋਭਾ ਪਾਈ ਹਰਿ ਨਾਮਿ ਵਡਿਆਈ ਹਰਿ ਦਰਗਹ ਪੈਧੇ ਜਾਨਿ ਜੀਉ ॥

Through the Lord they obtain honor, and through the Lord's Name, glorious greatness. In the Court of the Lord, they are robed in honor.

ਹਰਿ ਦਰਗਹ ਪੈਧੇ ਹਰਿ ਨਾਮੈ ਸੀਧੇ ਹਰਿ ਨਾਮੈ ਤੇ ਸੁਖੁ ਪਾਇਆ ॥

Robed in honor in the Court of the Lord, in the perfection of the Lord's Name, they obtain peace through the Lord's Name.

ਜਨਮ ਮਰਣ ਦੋਵੈ ਦੁਖ ਮੇਟੇ ਹਰਿ ਰਾਮੈ ਨਾਮਿ ਸਮਾਇਆ ॥

The pains of both birth and death are eliminated, and they merge into the Name of the Lord.

ਹਰਿ ਜਨ ਪ੍ਰਭੁ ਰਲਿ ਏਕੋ ਹੋਏ ਹਰਿ ਜਨ ਪ੍ਰਭੁ ਏਕ ਸਮਾਨਿ ਜੀਉ ॥

The Lord's servants meet with God and merge into Oneness. The Lord's servant and God are one and the same.

ਧੁਰਿ ਮਰਣੁ ਲਿਖਾਇਆ ਗੁਰਮੁਖਿ ਸੋਹਾਇਆ ਜਨ ਉਬਰੇ ਹਰਿ ਹਰਿ ਧਿਆਨਿ ਜੀਉ ॥੩॥

Death is pre-ordained; the Gurmukhs look beautiful, and the humble beings are saved, meditating on the Lord, Har, Har. ||3||

ਜਗੁ ਉਪਜੈ ਬਿਨਸੈ ਬਿਨਸਿ ਬਿਨਾਸੈ ਲਗਿ ਗੁਰਮੁਖਿ ਅਸਥਿਰੁ ਹੋਇ ਜੀਉ ॥

The people of the world are born, only to perish, and perish, and perish again. Only by attaching oneself to the Lord as Gurmukh, does one become permanent.

ਗੁਰੁ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਏ ਹਰਿ ਰਸਕਿ ਰਸਾਏ ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਹਰਿ ਮੁਖਿ ਚੋਇ ਜੀਉ ॥

The Guru implants His Mantra within the heart, and one savors the sublime essence of the Lord; the Ambrosial Nectar of the Lord trickles into his mouth.

ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਰਸੁ ਪਾਇਆ ਮੁਆ ਜੀਵਾਇਆ ਫਿਰਿ ਬਾਹੁੜਿ ਮਰਣੁ ਨ ਹੋਈ ॥

Obtaining the Ambrosial Essence of the Lord, the dead are restored to life, and do not die again.

ਹਰਿ ਹਰਿ ਨਾਮੁ ਅਮਰੁ ਪਦੁ ਪਾਇਆ ਹਰਿ ਨਾਮਿ ਸਮਾਵੈ ਸੋਈ ॥

Through the Name of the Lord, Har, Har, one obtains the immortal status, and merges into the Lord's Name.

ਜਨ ਨਾਨਕ ਨਾਮੁ ਅਧਾਰੁ ਟੇਕੁ ਹੈ ਬਿਨੁ ਨਾਵੈ ਅਵਰੁ ਨ ਕੋਇ ਜੀਉ ॥

The Naam, the Name of the Lord, is the only Support and Anchor of servant Nanak; without the Naam, there is nothing else at all.

ਜਗੁ ਉਪਜੈ ਬਿਨਸੈ ਬਿਨਸਿ ਬਿਨਾਸੈ ਲਗਿ ਗੁਰਮੁਖਿ ਅਸਥਿਰੁ ਹੋਇ ਜੀਉ ॥੪॥੬॥੧੩॥

The people of the world are born, only to perish, and perish, and perish again. Only by attaching oneself to the Lord as Gurmukh, does one become permanent. ||4||6||13||