

ਪ੍ਰਭਾਤੀ ਮਹਲਾ ੧ ॥

Prabhaatee, First Mehl:

ਆਖਣਾ ਸੁਨਣਾ ਨਾਮੁ ਅਧਾਰੁ ॥

To chant and listen to the Naam, the Name of the Lord, is my Support.

ਧੰਧਾ ਛੁਟਕਿ ਗਇਆ ਵੇਕਾਰੁ ॥

Worthless entanglements are ended and gone.

ਜਿਉ ਮਨਮੁਖਿ ਦੂਜੈ ਪਤਿ ਖੋਈ ॥

The self-willed manmukh, caught in duality, loses his honor.

ਬਿਨੁ ਨਾਵੈ ਮੈ ਅਵਰੁ ਨ ਕੋਈ ॥੧॥

Except for the Name, I have no other at all. ||1||

ਸੁਣਿ ਮਨ ਅੰਧੇ ਮੂਰਖ ਗਵਾਰ ॥

Listen, O blind, foolish, idiotic mind.

ਆਵਤ ਜਾਤ ਲਾਜ ਨਹੀ ਲਾਗੈ ਬਿਨੁ ਗੁਰ ਬੂਡੈ ਬਾਰੋ ਬਾਰ ॥੧॥ ਰਹਾਉ ॥

Aren't you ashamed of your comings and goings in reincarnation? Without the Guru, you shall drown, over and over again. ||1||Pause||

ਇਸੁ ਮਨ ਮਾਇਆ ਮੋਹਿ ਬਿਨਾਸੁ ॥

This mind is ruined by its attachment to Maya.

ਧੁਰਿ ਹੁਕਮੁ ਲਿਖਿਆ ਤਾਂ ਕਹੀਐ ਕਾਸੁ ॥

The Command of the Primal Lord is pre-ordained. Before whom should I cry?

ਗੁਰਮੁਖਿ ਵਿਰਲਾ ਚੀਨੈ ਕੋਈ ॥

Only a few, as Gurmukh, understand this.

ਨਾਮ ਬਿਹੁਨਾ ਮੁਕਤਿ ਨ ਹੋਈ ॥੨॥

Without the Naam, no one is liberated. ||2||

ਭ੍ਰਮਿ ਭ੍ਰਮਿ ਡੋਲੈ ਲਖ ਚਉਰਾਸੀ ॥

People wander lost, staggering and stumbling through 8.4 million incarnations.

ਬਿਨੁ ਗੁਰ ਬੁਝੇ ਜਮ ਕੀ ਫਾਸੀ ॥

Without knowing the Guru, they cannot escape the noose of Death.

ਇਹੁ ਮਨੁਆ ਖਿਨੁ ਖਿਨੁ ਉਭਿ ਪਇਆਲਿ ॥

This mind, from one moment to the next, goes from the heavens to the underworld.

ਗੁਰਮੁਖਿ ਛੁਟੈ ਨਾਮੁ ਸਮਾਲਿ ॥੩॥

The Gurmukh contemplates the Naam, and is released. ||3||

ਆਪੇ ਸਦੇ ਢਿਲ ਨ ਹੋਇ ॥

When God sends His Summons, there is no time to delay.

ਸਬਦਿ ਮਰੈ ਸਹਿਲਾ ਜੀਵੈ ਸੋਇ ॥

When one dies in the Word of the Shabad, he lives in peace.

ਬਿਨੁ ਗੁਰ ਸੋਝੀ ਕਿਸੈ ਨ ਹੋਇ ॥

Without the Guru, no one understands.

ਆਪੇ ਕਰੈ ਕਰਾਵੈ ਸੋਇ ॥੪॥

The Lord Himself acts, and inspires all to act. ||4||

ਝਗੜੁ ਚੁਕਾਵੈ ਹਰਿ ਗੁਣ ਗਾਵੈ ॥

Inner conflict comes to an end, singing the Glorious Praises of the Lord.

ਪੂਰਾ ਸਤਿਗੁਰੁ ਸਹਜਿ ਸਮਾਵੈ ॥

Through the Perfect True Guru, one is intuitively absorbed into the Lord.

ਇਹੁ ਮਨੁ ਡੋਲਤ ਤਉ ਠਹਰਾਵੈ ॥

This wobbling, unsteady mind is stabilized,

ਸਚੁ ਕਰਣੀ ਕਰਿ ਕਾਰ ਕਮਾਵੈ ॥੫॥

and one lives the lifestyle of true actions. ||5||

ਅੰਤਰਿ ਜੁਠਾ ਕਿਉ ਸੁਚਿ ਹੋਇ ॥

If someone is false within his own self, then how can he be pure?

ਸਬਦੀ ਧੋਵੈ ਵਿਰਲਾ ਕੋਇ ॥

How rare are those who wash with the Shabad.

ਗੁਰਮੁਖਿ ਕੋਈ ਸਚੁ ਕਮਾਵੈ ॥

How rare are those who, as Gurmukh, live the Truth.

ਆਵਣੁ ਜਾਣਾ ਠਾਕਿ ਰਹਾਵੈ ॥੬॥

Their comings and goings in reincarnation are over and done. ||6||

ਭਉ ਖਾਣਾ ਪੀਣਾ ਸੁਖੁ ਸਾਰੁ ॥

Those who eat and drink the Fear of God, find the most excellent peace.

ਹਰਿ ਜਨ ਸੰਗਤਿ ਪਾਵੈ ਪਾਰੁ ॥

Associating with the humble servants of the Lord, they are carried across.

ਸਚੁ ਬੋਲੈ ਬੋਲਾਵੈ ਪਿਆਰੁ ॥

They speak the Truth, and lovingly inspire others to speak it as well.

ਗੁਰ ਕਾ ਸਬਦੁ ਕਰਣੀ ਹੈ ਸਾਰੁ ॥੭॥

The Word of the Guru's Shabad is the most excellent occupation. ||7||

ਹਰਿ ਜਸੁ ਕਰਮੁ ਧਰਮੁ ਪਤਿ ਪੂਜਾ ॥

Those who take the Lord's Praises as their karma and Dharma, their honor and worship service

ਕਾਮ ਕ੍ਰੋਧ ਅਗਨੀ ਮਹਿ ਭੁੰਜਾ ॥

- their sexual desire and anger are burnt off in the fire.

ਹਰਿ ਰਸੁ ਚਾਖਿਆ ਤਉ ਮਨੁ ਭੀਜਾ ॥

They taste the sublime essence of the Lord, and their minds are drenched with it.

ਪ੍ਰਣਵਤਿ ਨਾਨਕੁ ਅਵਰੁ ਨ ਦੂਜਾ ॥੮॥੫॥

Prays Nanak, there is no other at all. ||8||5||