

ਆਸਾ ਮਹਲਾ ੫ ॥

Aasaa, Fifth Mehl:

ਮਤਾ ਕਰਉ ਸੋ ਪਕਨਿ ਨ ਦੇਈ ॥

Whatever I resolve, she does not allow it to come to pass.

ਸੀਲ ਸੰਜਮ ਕੈ ਨਿਕਟਿ ਖਲੋਈ ॥

She stands blocking the way of goodness and self-discipline.

ਵੇਸ ਕਰੇ ਬਹੁ ਰੂਪ ਦਿਖਾਵੈ ॥

She wears many disguises, and assumes many forms,

ਗ੍ਰਿਹਿ ਬਸਨਿ ਨ ਦੇਈ ਵਖਿ ਵਖਿ ਭਰਮਾਵੈ ॥੧॥

and she does not allow me to dwell in my own home. She forces me to wander around in different directions. ||1||

ਘਰ ਕੀ ਨਾਇਕਿ ਘਰ ਵਾਸੁ ਨ ਦੇਵੈ ॥

She has become the mistress of my home, and she does not allow me to live in it.

ਜਤਨ ਕਰਉ ਉਰਝਾਇ ਪਰੇਵੈ ॥੧॥ ਰਹਾਉ ॥

If I try, she fights with me. ||1||Pause||

ਧੁਰ ਕੀ ਭੇਜੀ ਆਈ ਆਮਰਿ ॥

In the beginning, she was sent as a helper,

ਨਉ ਖੰਡ ਜੀਤੇ ਸਭਿ ਥਾਨ ਥਨੰਤਰ ॥

but she has overwhelmed the nine continents, all places and interspaces.

ਤਟਿ ਤੀਰਥਿ ਨ ਛੋਡੈ ਜੋਗ ਸੰਨਿਆਸ ॥

She has not spared even the river banks, the sacred shrines of pilgrimage, the Yogis and Sannyaasees,

ਪੜਿ ਥਾਕੇ ਸਿੰਮ੍ਰਿਤਿ ਬੇਦ ਅਭਿਆਸ ॥੨॥

or those who tirelessly read the Simritees and study the Vedas. ||2||

ਜਹ ਬੈਸਉ ਤਹ ਨਾਲੇ ਬੈਸੈ ॥

Wherever I sit, she sits there with me.

ਸਗਲ ਭਵਨ ਮਹਿ ਸਬਲ ਪ੍ਰਵੇਸੈ ॥

She has imposed her power upon the whole world.

ਹੋਛੀ ਸਰਣਿ ਪਇਆ ਰਹਣੁ ਨ ਪਾਈ ॥

Seeking meager protection, I am not protected from her.

ਕਹੁ ਮੀਤਾ ਹਉ ਕੈ ਪਹਿ ਜਾਈ ॥੩॥

Tell me, O my friend: unto whom should I turn for protection? ||3||

ਸੁਣਿ ਉਪਦੇਸੁ ਸਤਿਗੁਰ ਪਹਿ ਆਇਆ ॥

I heard of His Teachings, and so I have come to the True Guru.

ਗੁਰਿ ਹਰਿ ਹਰਿ ਨਾਮੁ ਮੋਹਿ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਆ ॥

The Guru has implanted the Mantra of the Lord's Name, Har, Har, within me.

ਨਿਜ ਘਰਿ ਵਸਿਆ ਗੁਣ ਗਾਇ ਅਨੰਤਾ ॥

And now, I dwell in the home of my own inner self; I sing the Glorious Praises of the Infinite Lord.

ਪ੍ਰਭੁ ਮਿਲਿਓ ਨਾਨਕ ਭਏ ਅਚਿੰਤਾ ॥੪॥

I have met God, O Nanak, and I have become care-free. ||4||

ਘਰੁ ਮੇਰਾ ਇਹ ਨਾਇਕਿ ਹਮਾਰੀ ॥

My home is now my own, and she is now my mistress.

ਇਹ ਆਮਰਿ ਹਮ ਗੁਰਿ ਕੀਏ ਦਰਬਾਰੀ ॥੧॥ ਰਹਾਉ ਦੂਜਾ ॥੪॥੪॥

She is now my servant, and the Guru has made me intimate with the Lord.

||1||Second Pause||4||4||