

ਆਸਾ ਮਹਲਾ ੩ ॥

Aasaa, Third Mehl:

ਨਿਰਤਿ ਕਰੇ ਬਹੁ ਵਾਜੇ ਵਜਾਏ ॥

One may dance and play numerous instruments;

ਇਹੁ ਮਨੁ ਅੰਧਾ ਬੋਲਾ ਹੈ ਕਿਸੁ ਆਖਿ ਸੁਣਾਏ ॥

but this mind is blind and deaf, so for whose benefit is this speaking and preaching?

ਅੰਤਰਿ ਲੋਭੁ ਭਰਮੁ ਅਨਲ ਵਾਉ ॥

Deep within is the fire of greed, and the dust-storm of doubt.

ਦੀਵਾ ਬਲੈ ਨ ਸੋਝੀ ਪਾਇ ॥੧॥

The lamp of knowledge is not burning, and understanding is not obtained.  
||1||

ਗੁਰਮੁਖਿ ਭਗਤਿ ਘਟਿ ਚਾਨਣੁ ਹੋਇ ॥

The Gurmukh has the light of devotional worship within his heart.

ਆਪੁ ਪਛਾਣਿ ਮਿਲੈ ਪ੍ਰਭੁ ਸੋਇ ॥੧॥ ਰਹਾਉ ॥

Understanding his own self, he meets God. ||1||Pause||

ਗੁਰਮੁਖਿ ਨਿਰਤਿ ਹਰਿ ਲਾਗੈ ਭਾਉ ॥

The Gurmukh's dance is to embrace love for the Lord;

ਪੂਰੇ ਤਾਲ ਵਿਚਹੁ ਆਪੁ ਗਵਾਇ ॥

to the beat of the drum, he sheds his ego from within.

ਮੇਰਾ ਪ੍ਰਭੁ ਸਾਚਾ ਆਪੇ ਜਾਣੁ ॥

My God is True; He Himself is the Knower of all.

ਗੁਰ ਕੈ ਸਬਦਿ ਅੰਤਰਿ ਬ੍ਰਹਮੁ ਪਛਾਣੁ ॥੨॥

Through the Word of the Guru's Shabad, recognize the Creator Lord within yourself. ||2||

ਗੁਰਮੁਖਿ ਭਗਤਿ ਅੰਤਰਿ ਪ੍ਰੀਤਿ ਪਿਆਰੁ ॥

The Gurmukh is filled with devotional love for the Beloved Lord.

ਗੁਰ ਕਾ ਸਬਦੁ ਸਹਜਿ ਵੀਚਾਰੁ ॥

He intuitively reflects upon the Word of the Guru's Shabad.

ਗੁਰਮੁਖਿ ਭਗਤਿ ਜੁਗਤਿ ਸਚੁ ਸੋਇ ॥

For the Gurmukh, loving devotional worship is the way to the True Lord.

ਪਾਖੰਡਿ ਭਗਤਿ ਨਿਰਤਿ ਦੁਖੁ ਹੋਇ ॥੩॥

But the dances and the worship of the hypocrites bring only pain. ||3||

ਏਹਾ ਭਗਤਿ ਜਨੁ ਜੀਵਤ ਮਰੈ ॥

True Devotion is to remain dead while yet alive.

ਗੁਰ ਪਰਸਾਦੀ ਭਵਜਲੁ ਤਰੈ ॥

By Guru's Grace, one crosses over the terrible world-ocean.

ਗੁਰ ਕੈ ਬਚਨਿ ਭਗਤਿ ਥਾਇ ਪਾਇ ॥

Through the Guru's Teachings, one's devotion is accepted,

ਹਰਿ ਜੀਉ ਆਪਿ ਵਸੈ ਮਨਿ ਆਇ ॥੪॥

and then, the Dear Lord Himself comes to dwell in the mind. ||4||

ਹਰਿ ਕ੍ਰਿਪਾ ਕਰੇ ਸਤਿਗੁਰੁ ਮਿਲਾਏ ॥

When the Lord bestows His Mercy, He leads us to meet the True Guru.

ਨਿਹਚਲ ਭਗਤਿ ਹਰਿ ਸਿਉ ਚਿਤੁ ਲਾਏ ॥

Then, one's devotion becomes steady, and the consciousness is centered upon the Lord.

ਭਗਤਿ ਰਤੇ ਤਿਨੁ ਸਚੀ ਸੋਇ ॥

Those who are imbued with Devotion have truthful reputations.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਸੁਖੁ ਹੋਇ ॥੫॥੧੨॥੫੧॥

O Nanak, imbued with the Naam, the Name of the Lord, peace is obtained.  
||5||12||51||