

ਧਨਾਸਰੀ ਮਹਲਾ ੧ ॥

Dhanaasaree, First Mehl:

ਸਹਜਿ ਮਿਲੈ ਮਿਲਿਆ ਪਰਵਾਣੁ ॥

That union with the Lord is acceptable, which is united in intuitive poise.

ਨਾ ਤਿਸੁ ਮਰਣੁ ਨ ਆਵਣੁ ਜਾਣੁ ॥

Thereafter, one does not die, and does not come and go in reincarnation.

ਠਾਕੁਰ ਮਹਿ ਦਾਸੁ ਦਾਸ ਮਹਿ ਸੋਇ ॥

The Lord's slave is in the Lord, and the Lord is in His slave.

ਜਹ ਦੇਖਾ ਤਹ ਅਵਰੁ ਨ ਕੋਇ ॥੧॥

Wherever I look, I see none other than the Lord. ||1||

ਗੁਰਮੁਖਿ ਭਗਤਿ ਸਹਜ ਘਰੁ ਪਾਈਐ ॥

The Gurmukhs worship the Lord, and find His celestial home.

ਬਿਨੁ ਗੁਰ ਭੇਟੇ ਮਰਿ ਆਈਐ ਜਾਈਐ ॥੧॥ ਰਹਾਉ ॥

Without meeting the Guru, they die, and come and go in reincarnation.

||1||Pause||

ਸੋ ਗੁਰੁ ਕਰਉ ਜਿ ਸਾਚੁ ਦ੍ਰਿੜਾਵੈ ॥

So make Him your Guru, who implants the Truth within you,

ਅਕਥੁ ਕਥਾਵੈ ਸਬਦਿ ਮਿਲਾਵੈ ॥

who leads you to speak the Unspoken Speech, and who merges you in the Word of the Shabad.

ਹਰਿ ਕੇ ਲੋਗ ਅਵਰ ਨਹੀ ਕਾਰਾ ॥

God's people have no other work to do;

ਸਾਚਉ ਠਾਕੁਰੁ ਸਾਚੁ ਪਿਆਰਾ ॥੨॥

they love the True Lord and Master, and they love the Truth. ||2||

ਤਨ ਮਹਿ ਮਨੁਆ ਮਨ ਮਹਿ ਸਾਚਾ ॥

The mind is in the body, and the True Lord is in the mind.

ਸੋ ਸਾਚਾ ਮਿਲਿ ਸਾਚੇ ਰਾਚਾ ॥

Merging into the True Lord, one is absorbed into Truth.

ਸੇਵਕੁ ਪ੍ਰਭ ਕੈ ਲਾਗੈ ਪਾਇ ॥

God's servant bows at His feet.

ਸਤਿਗੁਰੁ ਪੂਰਾ ਮਿਲੈ ਮਿਲਾਇ ॥੩॥

Meeting the True Guru, one meets with the Lord. ||3||

ਆਪਿ ਦਿਖਾਵੈ ਆਪੇ ਦੇਖੈ ॥

He Himself watches over us, and He Himself makes us see.

ਹਠਿ ਨ ਪਤੀਜੈ ਨਾ ਬਹੁ ਭੇਖੈ ॥

He is not pleased by stubborn-mindedness, nor by various religious robes.

ਘੜਿ ਭਾਡੇ ਜਿਨਿ ਅੰਮ੍ਰਿਤੁ ਪਾਇਆ ॥

He fashioned the body-vessels, and infused the Ambrosial Nectar into them;

ਪ੍ਰੇਮ ਭਗਤਿ ਪ੍ਰਭਿ ਮਨੁ ਪਤੀਆਇਆ ॥੪॥

God's Mind is pleased only by loving devotional worship. ||4||

ਪੜਿ ਪੜਿ ਭੂਲਹਿ ਚੋਟਾ ਖਾਹਿ ॥

Reading and studying, one becomes confused, and suffers punishment.

ਬਹੁਤੁ ਸਿਆਣਪ ਆਵਹਿ ਜਾਹਿ ॥

By great cleverness, one is consigned to coming and going in reincarnation.

ਨਾਮੁ ਜਪੈ ਭਉ ਭੋਜਨੁ ਖਾਇ ॥

One who chants the Naam, the Name of the Lord, and eats the food of the Fear of God

ਗੁਰਮੁਖਿ ਸੇਵਕ ਰਹੇ ਸਮਾਇ ॥੫॥

becomes Gurmukh, the Lord's servant, and remains absorbed in the Lord. ||5||

ਪੂਜਿ ਸਿਲਾ ਤੀਰਥ ਬਨ ਵਾਸਾ ॥

He worships stones, dwells at sacred shrines of pilgrimage and in the jungles,

ਭਰਮਤ ਡੋਲਤ ਭਏ ਉਦਾਸਾ ॥

wanders, roams around and becomes a renunciate.

ਮਨਿ ਮੈਲੈ ਸੂਚਾ ਕਿਉ ਹੋਇ ॥

But his mind is still filthy - how can he become pure?

ਸਾਚਿ ਮਿਲੈ ਪਾਵੈ ਪਤਿ ਸੋਇ ॥੬॥

One who meets the True Lord obtains honor. ||6||

ਆਚਾਰਾ ਵੀਚਾਰੁ ਸਰੀਰਿ ॥

One who embodies good conduct and contemplative meditation,

ਆਦਿ ਜੁਗਾਦਿ ਸਹਜਿ ਮਨੁ ਧੀਰਿ ॥

his mind abides in intuitive poise and contentment, since the beginning of time, and throughout the ages.

ਪਲ ਪੰਕਜ ਮਹਿ ਕੋਟਿ ਉਧਾਰੇ ॥

In the twinkling of an eye, he saves millions.

ਕਰਿ ਕਿਰਪਾ ਗੁਰੁ ਮੇਲਿ ਪਿਆਰੇ ॥੭॥

Have mercy on me, O my Beloved, and let me meet the Guru. ||7||

ਕਿਸੁ ਆਗੈ ਪ੍ਰਭ ਤੁਧੁ ਸਾਲਾਹੀ ॥

Unto whom, O God, should I praise You?

ਤੁਧੁ ਬਿਨੁ ਦੁਜਾ ਮੈ ਕੋ ਨਾਹੀ ॥

Without You, there is no other at all.

ਜਿਉ ਤੁਧੁ ਭਾਵੈ ਤਿਉ ਰਾਖੁ ਰਜਾਇ ॥

As it pleases You, keep me under Your Will.

ਨਾਨਕ ਸਹਜਿ ਭਾਇ ਗੁਣ ਗਾਇ ॥੮॥੨॥

Nanak, with intuitive poise and natural love, sings Your Glorious Praises.
||8||2||