

ਆਸਾ ਮਹਲਾ ੩ ॥

Aasaa, Third Mehl:

ਮੇਰਾ ਪ੍ਰਭੁ ਸਾਚਾ ਗਹਿਰ ਗੰਭੀਰ ॥

My God is True, deep and profound.

ਸੇਵਤ ਹੀ ਸੁਖੁ ਸਾਂਤਿ ਸਰੀਰ ॥

Serving Him, the body acquires peace and tranquility.

ਸਬਦਿ ਤਰੇ ਜਨ ਸਹਜਿ ਸੁਭਾਇ ॥

Through the Word of the Shabad, His humble servants easily swim across.

ਤਿਨ ਕੈ ਹਮ ਸਦ ਲਾਗਹ ਪਾਇ ॥੧॥

I fall at their feet forever and ever. ||1||

ਜੋ ਮਨਿ ਰਾਤੇ ਹਰਿ ਰੰਗੁ ਲਾਇ ॥

Those being whose minds are imbued and drenched with the Lord's Love

ਤਿਨ ਕਾ ਜਨਮ ਮਰਣ ਦੁਖੁ ਲਾਥਾ ਤੇ ਹਰਿ ਦਰਗਹ ਮਿਲੇ ਸੁਭਾਇ ॥੧॥ ਰਹਾਉ ॥

- their pains of birth and death are taken away. They are automatically ushered into the Court of the Lord. ||1||Pause||

ਸਬਦੁ ਚਾਖੈ ਸਾਚਾ ਸਾਦੁ ਪਾਏ ॥

One who has tasted the Shabad, obtains the true flavor.

ਹਰਿ ਕਾ ਨਾਮੁ ਮੰਨਿ ਵਸਾਏ ॥

The Name of the Lord abides within his mind.

ਹਰਿ ਪ੍ਰਭੁ ਸਦਾ ਰਹਿਆ ਭਰਪੂਰਿ ॥

The Lord God is Eternal and All-pervading.

ਆਪੇ ਨੇੜੈ ਆਪੇ ਦੂਰਿ ॥੨॥

He Himself is near, and He Himself is far away. ||2||

ਆਖਣਿ ਆਖੈ ਬਕੈ ਸਭੁ ਕੋਇ ॥

Everyone talks and speaks through speech;

ਆਪੇ ਬਖਸਿ ਮਿਲਾਏ ਸੋਇ ॥

the Lord Himself forgives, and unites us with Himself.

ਕਹਣੈ ਕਥਨਿ ਨ ਪਾਇਆ ਜਾਇ ॥

By merely speaking and talking, He is not obtained.

ਗੁਰ ਪਰਸਾਦਿ ਵਸੈ ਮਨਿ ਆਇ ॥੩॥

By Guru's Grace, He comes to abide in the mind. ||3||

ਗੁਰਮੁਖਿ ਵਿਚਹੁ ਆਪੁ ਗਵਾਇ ॥

The Gurmukh eradicates his self-conceit from within.

ਹਰਿ ਰੰਗਿ ਰਾਤੇ ਮੋਹੁ ਚੁਕਾਇ ॥

He is imbued with the Lord's Love, having discarded worldly attachment.

ਅਤਿ ਨਿਰਮਲੁ ਗੁਰ ਸਬਦ ਵੀਚਾਰ ॥

He contemplates the utterly Immaculate Word of the Guru's Shabad.

ਨਾਨਕ ਨਾਮਿ ਸਵਾਰਣਹਾਰ ॥੪॥੪॥੪੩॥

O Nanak, the Naam, the Name of the Lord, is our Salvation. ||4||4||43||