

ਆਸਾ ਮਹਲਾ ੧ ॥

Aasaa, First Mehl:

ਗ੍ਰਿਹੁ ਬਨੁ ਸਮਸਰਿ ਸਹਜਿ ਸੁਭਾਇ ॥

Home and forest are the same, for one who dwells in the balance of intuitive peace and poise.

ਦੁਰਮਤਿ ਗਤੁ ਭਈ ਕੀਰਤਿ ਠਾਇ ॥

His evil-mindedness departs, and the Praises of God take its place.

ਸਚ ਪਉੜੀ ਸਾਚਉ ਮੁਖਿ ਨਾਉ ॥

To chant the True Name with one's mouth is the true ladder.

ਸਤਿਗੁਰੁ ਸੇਵਿ ਪਾਏ ਨਿਜ ਥਾਉ ॥੧॥

Serving the True Guru, one finds one's own place within the self. ||1||

ਮਨ ਚੂਰੇ ਖਟੁ ਦਰਸਨ ਜਾਣੁ ॥

To conquer the mind is the knowledge of the six Shaastras.

ਸਰਬ ਜੋਤਿ ਪੂਰਨ ਭਗਵਾਨੁ ॥੧॥ ਰਹਾਉ ॥

The Divine Light of the Lord God is perfectly pervading. ||1||Pause||

ਅਧਿਕ ਤਿਆਸ ਭੇਖ ਬਹੁ ਕਰੈ ॥

Excessive thirst for Maya makes people wear all sorts of religious robes.

ਦੁਖੁ ਬਿਖਿਆ ਸੁਖੁ ਤਨਿ ਪਰਹਰੈ ॥

The pain of corruption destroys the body's peace.

ਕਾਮੁ ਕ੍ਰੋਧੁ ਅੰਤਰਿ ਧਨੁ ਹਿਰੈ ॥

Sexual desire and anger steal the wealth of the self within.

ਦੁਬਿਧਾ ਛੋਡਿ ਨਾਮਿ ਨਿਸਤਰੈ ॥੨॥

But by abandoning duality, one is emancipated through the Naam, the Name of the Lord. ||2||

ਸਿਫਤਿ ਸਲਾਹਣੁ ਸਹਜ ਅਨੰਦ ॥

In the Lord's Praise and adoration is intuitive peace, poise and bliss.

ਸਖਾ ਸੈਨੁ ਪ੍ਰੇਮੁ ਗੋਬਿੰਦ ॥

The Love of the Lord God is one's family and friends.

ਆਪੇ ਕਰੇ ਆਪੇ ਬਖਸਿੰਦੁ ॥

He Himself is the Doer, and He Himself is the Forgiver.

ਤਨੁ ਮਨੁ ਹਰਿ ਪਹਿ ਆਗੈ ਜਿੰਦੁ ॥੩॥

My body and mind belong to the Lord; my life is at His Command. ||3||

ਝੂਠ ਵਿਕਾਰ ਮਹਾ ਦੁਖੁ ਦੇਹ ॥

Falsehood and corruption cause terrible suffering.

ਭੇਖ ਵਰਨ ਦੀਸਹਿ ਸਭਿ ਖੇਹ ॥

All the religious robes and social classes look just like dust.

ਜੋ ਉਪਜੈ ਸੋ ਆਵੈ ਜਾਇ ॥

Whoever is born, continues to come and go.

ਨਾਨਕ ਅਸਥਿਰੁ ਨਾਮੁ ਰਜਾਇ ॥੪॥੧੧॥

O Nanak, only the Naam and the Lord's Command are eternal and everlasting.
||4||11||