

ਆਸਾ ਮਹਲਾ ੧ ॥

Aasaa, First Mehl:

ਲੇਖ ਅਸੰਖ ਲਿਖਿ ਲਿਖਿ ਮਾਨੁ ॥

There are innumerable writings; those who write them take pride in them.

ਮਨਿ ਮਾਨਿਐ ਸਚੁ ਸੁਰਤਿ ਵਖਾਨੁ ॥

When one's mind accepts the Truth, he understands, and speaks of it.

ਕਥਨੀ ਬਦਨੀ ਪੜਿ ਪੜਿ ਭਾਰੁ ॥

Words, spoken and read again and again, are useless loads.

ਲੇਖ ਅਸੰਖ ਅਲੇਖੁ ਅਪਾਰੁ ॥੧॥

There are innumerable writings, but the Infinite Lord remains unwritten. ||1||

ਐਸਾ ਸਾਚਾ ਤੂੰ ਏਕੋ ਜਾਣੁ ॥

Know that such a True Lord is the One and only.

ਜੰਮਣੁ ਮਰਣਾ ਹੁਕਮੁ ਪਛਾਣੁ ॥੧॥ ਰਹਾਉ ॥

Understand that birth and death come according to the Lord's Will.

||1||Pause||

ਮਾਇਆ ਮੋਹਿ ਜਗੁ ਬਾਧਾ ਜਮਕਾਲਿ ॥

Because of attachment to Maya, the world is bound by the Messenger of Death.

ਬਾਧਾ ਛੂਟੈ ਨਾਮੁ ਸਮਾਲਿ ॥

These bonds are released when one remembers the Naam, the Name of the Lord.

ਗੁਰੁ ਸੁਖਦਾਤਾ ਅਵਰੁ ਨ ਭਾਲਿ ॥

The Guru is the Giver of peace; do not look for any other.

ਹਲਤਿ ਪਲਤਿ ਨਿਬਹੀ ਤੁਧੁ ਨਾਲਿ ॥੨॥

In this world, and the next, He shall stand by you. ||2||

ਸਬਦਿ ਮਰੈ ਤਾਂ ਏਕ ਲਿਵ ਲਾਏ ॥

One who dies in the Word of the Shabad, embraces love for the One Lord.

ਅਚਰੁ ਚਰੈ ਤਾਂ ਭਰਮੁ ਚੁਕਾਏ ॥

One who eats the uneatable, has his doubts dispelled.

ਜੀਵਨ ਮੁਕਤੁ ਮਨਿ ਨਾਮੁ ਵਸਾਏ ॥

He is Jivan Mukta - liberated while yet alive; the Naam abides in his mind.

ਗੁਰਮੁਖਿ ਹੋਇ ਤ ਸਚਿ ਸਮਾਏ ॥੩॥

Becoming Gurmukh, he merges into the True Lord. ||3||

ਜਿਨਿ ਧਰ ਸਾਜੀ ਗਗਨੁ ਅਕਾਸੁ ॥

The One who created the earth and the Akaashic ethers of the sky,

ਜਿਨਿ ਸਭ ਥਾਪੀ ਥਾਪਿ ਉਥਾਪਿ ॥

established all; He establishes and disestablishes.

ਸਰਬ ਨਿਰੰਤਰਿ ਆਪੇ ਆਪਿ ॥

He Himself is permeating all.

ਕਿਸੈ ਨ ਪੁਛੇ ਬਖਸੇ ਆਪਿ ॥੪॥

He does not consult anyone; He Himself forgives. ||4||

ਤੂ ਪੁਰੁ ਸਾਗਰੁ ਮਾਣਕ ਹੀਰੁ ॥

You are the Ocean, over-flowing with jewels and rubies.

ਤੂ ਨਿਰਮਲੁ ਸਚੁ ਗੁਣੀ ਗਹੀਰੁ ॥

You are immaculate and pure, the true treasure of virtue.

ਸੁਖੁ ਮਾਨੈ ਭੇਟੈ ਗੁਰ ਪੀਰੁ ॥

Peace is enjoyed, meeting the Guru, the Spiritual Teacher.

ਏਕੋ ਸਾਹਿਬੁ ਏਕੁ ਵਜੀਰੁ ॥੫॥

The Lord is the only Master; He is the only Minister. ||5||

ਜਗੁ ਬੰਦੀ ਮੁਕਤੇ ਹਉ ਮਾਰੀ ॥

The world is held in bondage; he alone is emancipated, who conquers his ego.

ਜਗਿ ਗਿਆਨੀ ਵਿਰਲਾ ਆਚਾਰੀ ॥

How rare in the world is that wise person, who practices this.

ਜਗਿ ਪੰਡਿਤੁ ਵਿਰਲਾ ਵੀਚਾਰੀ ॥

How rare in this world is that scholar who reflects upon this.

ਬਿਨੁ ਸਤਿਗੁਰੁ ਭੇਟੇ ਸਭ ਫਿਰੈ ਅਹੰਕਾਰੀ ॥੬॥

Without meeting the True Guru, all wander in ego. ||6||

ਜਗੁ ਦੁਖੀਆ ਸੁਖੀਆ ਜਨੁ ਕੋਇ ॥

The world is unhappy; only a few are happy.

ਜਗੁ ਰੋਗੀ ਭੋਗੀ ਗੁਣ ਰੋਇ ॥

The world is diseased, from its indulgences; it weeps over its lost virtue.

ਜਗੁ ਉਪਜੈ ਬਿਨਸੈ ਪਤਿ ਖੋਇ ॥

The world wells up, and then subsides, losing its honor.

ਗੁਰਮੁਖਿ ਹੋਵੈ ਬੂਝੈ ਸੋਇ ॥੭॥

He alone, who becomes Gurmukh, understands. ||7||

ਮਹਘੋ ਮੋਲਿ ਭਾਰਿ ਅਫਾਰੁ ॥

His price is so costly; His weight is unbearable.

ਅਟਲ ਅਛਲੁ ਗੁਰਮਤੀ ਧਾਰੁ ॥

He is immovable and undeceivable; enshrine Him in your mind, through the Guru's Teachings.

ਭਾਇ ਮਿਲੈ ਭਾਵੈ ਭਇਕਾਰੁ ॥

Meet Him through love, become pleasing to Him, and act in fear of Him.

ਨਾਨਕੁ ਨੀਚੁ ਕਹੈ ਬੀਚਾਰੁ ॥੮॥੩॥

Nanak the lowly says this, after deep contemplation. ||8||3||