

Translation courtesy of:



<http://www.sikhitothemax.com>

Sri Guru Granth Sahib, Page 728

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik oa(n)kaar sath **naam** karath**aa** purakh **nirabho** **niravair** aka**al** moorath aj**oonee** saibha(n)
gur pras**aa**dhi ||

*One Universal Creator God. Truth Is The Name. Creative Being Personified. No Fear. No Hatred.
Image Of The Undying. Beyond Birth. Self-Existent. By Guru's Grace:*

ਰਾਗੁ ਸੂਹੀ ਮਹਲਾ ੧ ਚਉਪਦੇ ਘਰੁ ੧

raag soo**hee** mehal**aa** 1 cho**u**pad**hae** ghar 1
Raag Soohee, First Mehl, Chau-Padas, First House:

ਭਾਂਡਾ ਧੋਇ ਬੈਸਿ ਧੂਪੁ ਦੇਵਹੁ ਤਉ ਦੂਧੈ ਕਉ ਜਾਵਹੁ ॥

bh**aa**(n)dd**aa** dh**oe** ba**is** dh**oop** dh**ae**vah**u** tho dh**ood**hh**ai** ko ja**av**ah**u** ||
Wash the vessel, sit down and anoint it with fragrance; then, go out and get the milk.

ਦੂਧੁ ਕਰਮ ਫੁਨਿ ਸੁਰਤਿ ਸਮਾਇਣੁ ਹੋਇ ਨਿਰਾਸ ਜਮਾਵਹੁ ॥੧॥

dh**ood**hh karam fun **u** surath sam**aa**ein **oe** nira**as** jama**av**ah**u** ||1||
Add the rennet of clear consciousness to the milk of good deeds, and then, free of desire, let it curdle. ||1||

ਜਪਹੁ ਤ ਏਕੋ ਨਾਮਾ ॥

japah**u** th **eaeko** na**amaa** ||
Chant the Name of the One Lord.

ਅਵਰਿ ਨਿਰਾਫਲ ਕਾਮਾ ॥੧॥ ਰਹਾਉ ॥

avar nira**afal** ka**amaa** ||1|| reha**oo** ||
All other actions are fruitless. ||1||Pause||

ਇਹੁ ਮਨੁ ਈਟੀ ਹਾਥਿ ਕਰਹੁ ਫੁਨਿ ਨੇੜਉ ਨੀਦ ਨ ਆਵੈ ॥

ei**hu** man **ee**tee ha**ath**h karah**u** fun na**ethro** ne**ed**h n **aa**vai ||
Let your mind be the handles, and then churn it, without sleeping.

ਰਸਨਾ ਨਾਮੁ ਜਪਹੁ ਤਬ ਮਥੀਐ ਇਨ ਬਿਧਿ ਅੰਮ੍ਰਿਤੁ ਪਾਵਹੁ ॥੨॥

rasana**aa** na**am** japah**u** thab math**heeai** ein bidhh a(n)mr**ith** pa**av**ah**u** ||2||
If you chant the Naam, the Name of the Lord, with your tongue, then the curd will be churned. In this way, the Ambrosial Nectar is obtained. ||2||

ਮਨੁ ਸੰਪਟੁ ਜਿਤੁ ਸਤ ਸਰਿ ਨਾਵਣੁ ਭਾਵਨ ਪਾਤੀ ਤ੍ਰਿਪਤਿ ਕਰੇ ॥

man sa(n)patt jith sath sar naavan bhavaan paathee thripath karae ||

Wash your mind in the pool of Truth, and let it be the vessel of the Lord; let this be your offering to please Him.

ਪੂਜਾ ਪ੍ਰਾਣ ਸੇਵਕੁ ਜੇ ਸੇਵੇ ਇਨ੍ ਬਿਧਿ ਸਾਹਿਬੁ ਰਵਤੁ ਰਹੈ ॥੩॥

poojaa praan saevak jae saevae einh bidhh saahib ravath rehai ||3||

That humble servant who dedicates and offers his life, and who serves in this way, remains absorbed in his Lord and Master. ||3||

ਕਹਦੇ ਕਹਹਿ ਕਰੇ ਕਹਿ ਜਾਵਹਿ ਤੁਮ ਸਰਿ ਅਵਰੁ ਨ ਕੋਈ ॥

kehadhae kehehi kehae kehi jaavehi thum sar avar n koee ||

The speakers speak and speak and speak, and then they depart. There is no other to compare to You.

ਭਗਤਿ ਹੀਨੁ ਨਾਨਕੁ ਜਨੁ ਜੰਪੈ ਹਉ ਸਾਲਾਹੀ ਸਚਾ ਸੋਈ ॥੪॥੧॥

bhagath heen naanak jan ja(n)pai ho saalaahae sachaa soee ||4||1||

Servant Nanak, lacking devotion, humbly prays: may I sing the Praises of the True Lord. ||4||1||