

07/29/07

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Guru Amar Das Ji, Pannaa 423-424

ਆਸਾ ਮਹਲਾ ੩ ॥

aasaa mehal**aa** 3 ||
Aasaa, Third Mehla:

ਆਸਾ ਆਸ ਕਰੇ ਸਭੁ ਕੋਈ ॥

aasaa aas kar**ae** sabh ko**ee** ||
Everyone lives, hoping in hope.

ਹੁਕਮੈ ਬੂਝੈ ਨਿਰਾਸਾ ਹੋਈ ॥

hukam**ai** bo**o**jh**ai** nira**asaa** ho**ee** ||
Understanding His Command, one becomes free of desire.

ਆਸਾ ਵਿਚਿ ਸੁਤੇ ਕਈ ਲੋਈ ॥

aasaa vich su**thae** kee lo**ee** ||
So many are asleep in hope.

ਸੋ ਜਾਗੈ ਜਾਗਾਵੈ ਸੋਈ ॥੧॥

so ja**agai** ja**aga**vai so**ee** ||1||
He alone wakes up, whom the Lord awakens. ||1||

ਸਤਿਗੁਰਿ ਨਾਮੁ ਬੁਝਾਇਆ ਵਿਣੁ ਨਾਵੈ ਭੁਖ ਨ ਜਾਈ ॥

sathigur naam bu**jh**aa**ie**aa vi**n** na**avai** bh**u**kh n ja**ae**e ||
The True Guru has led me to understand the Naam, the Name of the Lord; without the Naam, hunger does not go away.

ਨਾਮੇ ਤ੍ਰਿਸਨਾ ਅਗਨਿ ਬੁਝੈ ਨਾਮੁ ਮਿਲੈ ਤਿਸੈ ਰਜਾਈ ॥੧॥ ਰਹਾਉ ॥

na**amae** thr**is**ana**aa** agan bu**jh**ai naam mi**lai** thi**sai** raj**ae**e ||1|| reh**aa**o ||
Through the Naam, the fire of desire is extinguished; the Naam is obtained by His Will.
||1||Pause||

ਕਲਿ ਕੀਰਤਿ ਸਬਦੁ ਪਛਾਨੁ ॥

kal ke**er**ath sabadh pashh**aan** ||
In the Dark Age of Kali Yuga, realize the Word of the Shabad.

ਏਹਾ ਭਗਤਿ ਚੁਕੈ ਅਭਿਮਾਨੁ ॥

e**ae**h**aa** bhagath ch**ookai** abh**ima**an ॥
By this devotional worship, egotism is eliminated.

ਸਤਿਗੁਰੁ ਸੇਵਿਐ ਹੋਵੈ ਪਰਵਾਨੁ ॥

sath**ig**ur **sae**v**iai** h**ovai** parav**aan** ॥
Serving the True Guru, one becomes approved.

ਜਿਨਿ ਆਸਾ ਕੀਤੀ ਤਿਸ ਨੋ ਜਾਨੁ ॥੨॥

j**in** **aasaa** **keeth**ee this n**o** j**aan** ॥2॥
So know the One, who created hope and desire. ॥2॥

ਤਿਸੁ ਕਿਆ ਦੀਜੈ ਜਿ ਸਬਦੁ ਸੁਣਾਏ ॥

this **kiaa** dh**ee**j**ai** j sabadh s**un**aa**eeae** ॥
What shall we offer to one who proclaims the Word of the Shabad?

ਕਰਿ ਕਿਰਪਾ ਨਾਮੁ ਮੰਨਿ ਵਸਾਏ ॥

kar **kirap**aa **naam** ma(n)n vas**aa**ee**ae** ॥
By His Grace, the Naam is enshrined within our minds.

ਇਹੁ ਸਿਰੁ ਦੀਜੈ ਆਪੁ ਗਵਾਏ ॥

e**ih**u **sir** dh**ee**j**ai** **aap** gav**aa**ee**ae** ॥
Offer your head, and shed your self-conceit.

ਹੁਕਮੈ ਬੁਝੇ ਸਦਾ ਸੁਖੁ ਪਾਏ ॥੩॥

h**ukam**ai **boo**j**hae** sad**ha** s**ukh** p**aa**ee**ae** ॥3॥
One who understands the Lord's Command finds lasting peace. ॥3॥

ਆਪਿ ਕਰੇ ਤੇ ਆਪਿ ਕਰਾਏ ॥

aap kar**ae** th**ai** **aap** kar**aa**ee**ae** ॥
He Himself does, and causes others to do.

ਆਪੇ ਗੁਰਮੁਖਿ ਨਾਮੁ ਵਸਾਏ ॥

aapae gur**am**u**kh** **naam** vas**aa**ee**ae** ॥
He Himself enshrines His Name in the mind of the Gurmukh.

ਆਪਿ ਭੁਲਾਵੈ ਆਪਿ ਮਾਰਗਿ ਪਾਏ ॥

aap bh**ula**av**ai** **aap** m**aa**rag p**aa**ee**ae** ॥
He Himself misleads us, and He Himself puts us back on the Path.

ਸਚੈ ਸਬਦਿ ਸਚਿ ਸਮਾਏ ॥੪॥

sach**ai** sabadh sach sam**aa**ee**ae** ॥4॥
Through the True Word of the Shabad, we merge into the True Lord. ॥4॥

ਸਚਾ ਸਬਦੁ ਸਚੀ ਹੈ ਬਾਣੀ ॥

sach**aa** sabadh sach**ee** hai **baanee** ||
True is the Shabad, and True is the Word of the Lord's Bani.

ਗੁਰਮੁਖਿ ਜੁਗਿ ਜੁਗਿ ਆਖਿ ਵਖਾਣੀ ॥

g**uramukh** j**ug jug** **aakh** vak**haanee** ||
In each and every age, the Gurmukhs speak it and chant it.

ਮਨਮੁਖਿ ਮੋਹਿ ਭਰਮਿ ਭੋਲਾਣੀ ॥

manam**ukh** m**ohi** bharam bh**olaanee** ||
The self-willed manmukhs are deluded by doubt and attachment.

ਬਿਨੁ ਨਾਵੈ ਸਭ ਫਿਰੈ ਬਉਰਾਣੀ ॥੫॥

b**in naavai** sabh **firai** bou**raanee** ||5||
Without the Name, everyone wanders around insane. ||5||

ਤੀਨਿ ਭਵਨ ਮਹਿ ਏਕਾ ਮਾਇਆ ॥

th**een** bhavan meh**i** **aeekaa** m**aaeiaa** ||
Throughout the three worlds, is the one Maya.

ਮੂਰਖਿ ਪੜਿ ਪੜਿ ਦੂਜਾ ਭਾਉ ਦ੍ਰਿੜਾਇਆ ॥

m**oorakh** parr parr dh**oojaa** bh**aa**o dh**irraaeiaa** ||
The fool reads and reads, but holds tight to duality.

ਬਹੁ ਕਰਮ ਕਮਾਵੈ ਦੁਖੁ ਸਬਾਇਆ ॥

bah**u** karam kam**avai** dh**ukh** sab**aaeiaa** ||
He performs all sorts of rituals, but still suffers terrible pain.

ਸਤਿਗੁਰੁ ਸੇਵਿ ਸਦਾ ਸੁਖੁ ਪਾਇਆ ॥੬॥

sath**igur saev** sadh**aa** suk**h paaeiaa** ||6||
Serving the True Guru, eternal peace is obtained. ||6||

ਅੰਮ੍ਰਿਤੁ ਮੀਠਾ ਸਬਦੁ ਵੀਚਾਰਿ ॥

a(n)m**rith meet**(h)**aa** sabadh v**eechaar** ||
Reflective meditation upon the Shabad is such sweet nectar.

ਅਨਦਿਨੁ ਭੋਗੇ ਹਉਮੈ ਮਾਰਿ ॥

anadh**in** bh**ogae** hou**mai** m**aar** ||
Night and day, one enjoys it, subduing his ego.

ਸਹਜਿ ਅਨੰਦਿ ਕਿਰਪਾ ਧਾਰਿ ॥

sehaj ana(n)dh **kirapaa** dh**haar** ||
When the Lord showers His Mercy, we enjoy celestial bliss.

ਨਾਮਿ ਰਤੇ ਸਦਾ ਸਚਿ ਪਿਆਰਿ ॥੭॥

naam rath**ae** sadh**aa** sach **piaar** ||7||
Imbued with the Naam, love the True Lord forever. ||7||

ਹਰਿ ਜਪਿ ਪੜੀਐ ਗੁਰ ਸਬਦੁ ਵੀਚਾਰਿ ॥

har jap parr**eeai** gur sabadh **veechar** ||

Meditate on the Lord, and read and reflect upon the Guru's Shabad.

ਹਰਿ ਜਪਿ ਪੜੀਐ ਹਉਮੈ ਮਾਰਿ ॥

har jap parr**eeai** hou**mai** ma**ar** ||

Subdue your ego and meditate on the Lord.

ਹਰਿ ਜਪੀਐ ਭਇ ਸਚਿ ਪਿਆਰਿ ॥

har jap**eeai** bhae sach **pi**aa**r** ||

Meditate on the Lord, and be imbued with fear and love of the True One.

ਨਾਨਕ ਨਾਮੁ ਗੁਰਮਤਿ ਉਰ ਧਾਰਿ ॥੮॥੩॥੨੫॥

na**aa**nak na**aa**m gu**ur**amath **ou**ur**** dh**haa**r ||8||3||25||

O Nanak, enshrine the Naam within your heart, through the Guru's Teachings. ||8||3||25||