baabaa man matvaaro naam ras peevai sahj rang rach rahi-aa

Aswsw mhlw 1] (360-5)	aasaa mehlaa 1.	Aasaa, First Mehl:
gVI kir igAwn iDAwn kir Dwv kir krxI ks pweIA]	gurh kar gi-aan Dhi-aan kar Dhaavai kar karnee kas paa-ee-ai.	Make spiritual wisdom your molasses, and meditation your scented flowers; let good deeds be the herbs.
BwTI Bvn pm kw pcw ieq ris Aima cAweIA]1]	bhaathee bhavan paraym kaa pochaa it ras ami-o chu-aa-ee-ai. ||1||	Let devotional faith be the distilling fire, and your love the ceramic cup. Thus the sweet nectar of life is distilled. ||1||
bwbw mn mqvwr nwm rs plv shj rg ric rihAw]	baabaa man matvaaro naam ras peevai sahj rang rach rahi-aa.	O Baba, the mind is intoxicated with the Naam, drinking in its Nectar. It remains absorbed in the Lord's Love.
Aihinis bnI pm ilv lwgI sbd Anwhd gihAw]1] rhwa]	ahinis banee paraym liv laagee sabad anaahad gahi-aa. ||1|| rahaa-o.	Night and day, remaining attached to the Love of the Lord, the celestial music of the Shabad resounds. ||1||Pause||
prw swc ipAwlw shj iqsih plAwe jw ka ndir kr]	pooraa saach pi-aalaa sehjay tiseh pee-aa-ay jaa ka-o nadar karay.	The Perfect Lord naturally gives the cup of Truth, to the one upon whom He casts His Glance of Grace.
Aimq kw vwpwrI hvI ikAw mid CC Bwa Dr]2]	amrit kaa vaapaaree hovai ki-aa mad chhoochhai bhaa-o Dharay. ||2||	One who trades in this Nectar - how could he ever love the wine of the world? ||2||
gr kI swKI Aimq bwxI plvq hI prvwx BieAw]	gur kee saakhee amrit banee peevat hee parvaan bha-i-aa.	The Teachings of the Guru, the Ambrosial Bani - drinking them in, one becomes acceptable and renowned.
dr drsn kw plqm hvI mkiq bkT kr ikAw]3]	dar darsan kaa pareetam hovai mukat baikunthay karai ki-aa. ||3||	Unto the one who loves the Lord's Court, and the Blessed Vision of His Darshan, of what use is liberation or paradise? ||3||
isPqI rqw sd brwgI jIA jnm n hwr]	siftee rataa sad bairaagee joo-ai janam na haarai.	Imbued with the Lord's Praises, one is forever a Bairaagee, a renunciate, and one's life is not lost in the gamble.
kh nwnk six BrQir jogI Klvw Aimq Dwr]4]4]38]	kaho naanak sun bharthar jogee kheevaa amrit Dhaarai. ||4||4||38||	Says Nanak, listen, O Bharthari Yogi: drink in the intoxicating nectar of the Lord. ||4||4||38||