kaa-i-aa barahmaa man hai <u>Dh</u>o<u>t</u>ee

Awsw mhl w 1] (355-2)	aasaa mehlaa 1.	Aasaa, First Mehl:
kwieAw bhmw mnuhYDql]	kaa-i-aa barahmaa man hai <u>Dh</u> o <u>t</u> ee.	Let the body be the Brahmin, and let the mind be the loin-cloth;
igAwnuj nyalliDAwnu kuspwql]	gi-aan janay-oo <u>Dh</u> i-aan kuspaa <u>t</u> ee.	let spiritual wisdom be the sacred thread, and meditation the ceremonial ring.
hir nwmwjsujwcaunwau]	har naamaa jas jaacha-o naa-o.	I seek the Name of the Lord and His Praise as my cleansing bath.
gir prswdl bihim smwau]1]	gur parsaadee barahm samaa-o.	By Guru's Grace, I am absorbed into God. 1
pWfy A'sw blam blowru]	paa ^N day aisaa barahm beechaar.	O Pandit, O religious scholar, contemplate God in such a way
nwmysic nwmopVaunwmycju Awcwru]1] rhwau]	naamay such naamo pa <u>rh</u> a-o naamay chaj aachaar. 1 rahaa- o.	that His Name may sanctify you, that His Name may be your study, and His Name your wisdom and way of life. 1 Pause
bwhir j nyallij cruj iq hYnwil]	baahar janay-oo jichar jo <u>t</u> hai naal.	The outer sacred thread is worthwhile only as long as the Divine Light is within.
Døqlitkw nwmusmwil]	<u>Dh</u> o <u>t</u> ee tikaa naam samaal.	So make the remembrance of the Naam, the Name of the Lord, your loin-cloth and the ceremonial mark on your forehead.
A'ΩY EQY in bhl nwil]	aithai othai nibhee naal.	Here and hereafter, the Name alone shall stand by you.
ivxunwvYhør krm n Bwil]2]	vi <u>n</u> naavai hor karam na <u>bh</u> aal. ₂	Do not seek any other actions, except the Name. 2
pljw pljm mwieAw prjwil]	poojaa paraym maa-i-aa parjaal.	Worship the Lord in loving adoration, and burn your desire for Maya.
ekıvKhıAvrın Bwil]	ayko vay <u>kh</u> hu avar na <u>bh</u> aal.	Behold only the One Lord, and do not seek out any other.
cln@qquggn ds duAwr]	cheen ^H ai <u>tat</u> gagan <u>d</u> as <u>d</u> u-aar.	Become aware of reality, in the Sky of the Tenth Gate;
hir miK pwT pVYblcwr]3]	har mu <u>kh</u> paa <u>th</u> pa <u>rh</u> ai beechaar.	read aloud the Lord's Word, and contemplate it. 3
Bj nuBwauBrmuBauBwgY]	<u>bh</u> ojan <u>bh</u> aa-o <u>bh</u> aram <u>bh</u> a-o <u>bh</u> aagai.	With the diet of His Love, doubt and fear depart.

pwhrlArw Cib curun I wgY]	paahroo-araa <u>chh</u> ab chor na laagai.	With the Lord as your night watchman, no thief will dare to break in.
iqlkuillwitjwxYpBueku]	tilak lilaat jaa <u>n</u> ai para <u>bh</u> ayk.	Let the knowledge of the One God be the ceremonial mark on your forehead.
bWYbhmuAMpir ibbyku]4]	boojhai barahm antar bibayk. 4	Let the realization that God is within you be your discrimination. 4
Awcwrl nhljliqAwjwie]	aachaaree nahee jeeti-aa jaa-ay.	Through ritual actions, God cannot be won over;
pwT pVYnhl klmiq pwie]	paa <u>th</u> pa <u>rh</u> ai nahee keema <u>t</u> paa- ay.	by reciting sacred scriptures, His value cannot be estimated.
Ast dsl chuBydun pwieAw]	asat <u>d</u> asee chahu <u>bh</u> ay <u>d</u> na paa-i- aa.	The eighteen Puraanas and the four Vedas do not know His mystery.
nwnk siqgir bhmuidKwieAw]5]20]	naanak sa <u>tg</u> ur barahm <u>dikh</u> aa-i-aa.	O Nanak, the True Guru has shown me the Lord God. 5 20