

paa<sup>N</sup>day aisaa barahm beechaar

Aisw mhl w 1 ] (355-2)	aasaa mehlaa 1.	Aasaa, First Mehl:
kwieAw bhmm mnuhYDql ]	kaa-i-aa barahmaa man hai <u>Dhotee</u> .	Let the body be the Brahmin, and let the mind be the loin-cloth;
igAwnuj nplliDAwnu kspuql ]	gi-aan janay-oo <u>Dhi</u> -aan kuspaatee.	let spiritual wisdom be the sacred thread, and meditation the ceremonial ring.
hir nmm j suj wcaunwau ]	har naamaa jas jaacha-o naa-o.	I seek the Name of the Lord and His Praise as my cleansing bath.
gir prswdl bhim smwau ]1]	gur parsaa <sup>dee</sup> barahm samaa-o.   1	By Guru's Grace, I am absorbed into God.   1
pllfyA'sw bhmm blcwru ]	paa <sup>N</sup> day aisaa barahm beechaar.	O Pandit, O religious scholar, contemplate God in such a way
nmmysic nmmopVau nmmycj u Awcwru ]1] rhwau ]	naamay such naamo par <u>ha</u> -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 npllij cru j 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.
Dql itkw nmmu smwil ]	<u>Dhotee</u> 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.
AQYEQVinbhl nwil ]	aithai othai nibhee naal.	Here and hereafter, the Name alone shall stand by you.
ivxunwYh'ir krm n Bwil ]2]	vin naavai hor karam na <u>bhaal</u> .   2	Do not seek any other actions, except the Name.   2
pj w p'n mwieAw prj wil ]	poojaa paraym maa-i-aa parjaal.	Worship the Lord in loving adoration, and burn your desire for Maya.
ekovkhuAvrun Bwil ]	ayko vayk <u>hhu</u> avar na <u>bhaal</u> .	Behold only the One Lord, and do not seek out any other.
cln%qquggn ds duAwr ]	cheen <sup>H</sup> ai ta <u>t</u> gagan <u>das du</u> -aar.	Become aware of reality, in the Sky of the Tenth Gate;
hir miK pWT pVblcwru ]3]	har muk <u>h</u> paath par <u>hai</u> beechaar.   3	read aloud the Lord's Word, and contemplate it.   3
Bj nu Bwau Brmu Bau Bwgl ]	<u>bhojan</u> <u>bhaa</u> -o <u>bharam</u> <u>bha</u> -o <u>bhaagai</u> .	With the diet of His Love, doubt and fear depart.

ਪ੍ਰਿਹਰਿਅੰ ਚਿਬ ਚਰੁਨਿ ਿਗ੍ਯੰ ]	paahroo-araa <u>ch</u> hab chor na laagai.	With the Lord as your night watchman, no thief will dare to break in.
ਿਗ੍ਯੰ ਕੁੰਿ ਿ ਿਤਿ ਜਿ ਿਯੰ ਪ੍ਰਿਭੁਯੰ ]	ṭilak lilaat jaanai parabh ayk.	Let the knowledge of the One God be the ceremonial mark on your forehead.
ਬੁਯੰ ਬੁਭੁਮੁ ਅਭਿਰਿ ਿਬੁਯੰ ]4]	boojhai barahm anṭar bibayk.   4	Let the realization that God is within you be your discrimination.   4
ਅਠਿਠਿ ਨਿ ਿ ਿਗ੍ਯੰ ਜਿ ਿਯੰ ]	aachaaree nahee jeet-aa jaa-ay.	Through ritual actions, God cannot be won over;
ਪ੍ਰਿਠਿ ਪ੍ਰਿਠਿ ਨਿ ਕ੍ਰਿਮਿ ਪ੍ਰਿਯੰ ]	paath parhai nahee keemat paa-ay.	by reciting sacred scriptures, His value cannot be estimated.
ਅਸਿ ਢਿ ਚੁ ਭੁਠਿ ਪ੍ਰਿਯੰ ]	asat ḍasee chahu bhayḍ na paa-iaa.	The eighteen Puraanas and the four Vedas do not know His mystery.
ਨਾਨਕ ਸਿਗ੍ਗਿਰਿ ਭੁਠਿ ਿਠਿਯੰ ]5]20]	naanak satgur barahm <u>dik</u> haa-i-aa.   5  20	O Nanak, the True Guru has shown me the Lord God.   5  20