

bolhu raam karay nistaaraa

A᳚s᳚ mhl w 1 ] (353-13)	aasaa mehlaa 1.	Aasaa, First Mehl:
iniv iniv p᳚ie l gau᳚g᳚r Ap᳚ny A᳚qm r᳚mu in᳚h᳚irA᳚ ]	niv niv paa-ay laga-o gur apunay aa᳚am raam nihaari-aa.	Bowing down, again and again, I fall at the Feet of my Guru; through Him, I have seen the Lord, the Divine Self, within.
krq b᳚c᳚ru i᳚rd᳚Y hir rivA᳚ i᳚rd᳚Y djK b᳚c᳚irA᳚ ]1]	karat᳚ beechar hirdai har ravi-aa hirdai <u>daykh</u> beechari-aa.   1	Through contemplation and meditation, the Lord dwells within the heart; see this, and understand.   1
bd hu r᳚mu kry insq᳚r᳚ ]	bolhu raam karay nistaaraa.	So speak the Lord's Name, which shall emancipate you.
g᳚r prs᳚id r᳚nu hir l wBY imt᳚Y AigA᳚nu hie aj lA᳚r᳚ ]1] rh᳚au ]	gur parsaa᳚d ra᳚an har laab᳚hai mitai agi-aan ho-ay ujee-aaraa.   1   rahaa-o.	By Guru's Grace, the jewel of the Lord is found; ignorance is dispelled, and the Divine Light shines forth.   1  Pause
rvnl rv᳚b᳚᳚n nhl q᳚t᳚ih ivic ham᳚Y Brm᳚n j wel ]	ravnee ravai ban᳚Dhan nahee ᳚tooteh vich ha-umai <u>bharam</u> na jaa-ee.	By merely saying it with the tongue, one's bonds are not broken, and egotism and doubt do not depart from within.
siq᳚g᳚ru iml Yq ham᳚Y q᳚t᳚Y q᳚ ko l Y᳚p᳚iel ]2]	sat᳚gur milai ᳚ta ha-umai ᳚tootai ᳚taa ko lay᳚k᳚hai paa-ee.   2	But when one meets the True Guru, egotism departs, and then, one realizes his destiny.   2
hir hir n᳚mu B᳚giq ip᳚A p᳚lq᳚mu s᳚K si᳚g᳚r᳚ar D᳚ry ]	har har naam <u>bhaga᳚t</u> pari-a pareet᳚am su᳚kh saagar ur <u>Dhaaray</u> .	The Name of the Lord, Har, Har, is sweet and dear to His devotees; it is the ocean of peace - enshrine it within the heart.
B᳚giq v᳚l ij gj lvnu d᳚iq᳚ miq g᳚rmiq hir insq᳚ry ]3]	<u>bhaga᳚t</u> <u>vach᳚hal</u> jagjeevan <u>daataa</u> ma᳚t gurmat᳚ har nistaaray.   3	The Lover of His devotees, the Life of the World, the Lord bestows the Guru's Teachings upon the intellect, and one is emancipated.   3
mn isau j U mr᳚Y p᳚B᳚u p᳚ey mns᳚ mnih sm᳚ey ]	man si-o joo᳚jh marai parabh᳚ paa- ay mansaa maneh samaa-ay.	One who dies fighting against his own stubborn mind finds God, and the desires of the mind are quieted.
n᳚nk ik᳚᳚ kryj gj lvnu shj B᳚ie il v l wey ]4]16]	naanak kirpaa karay jagjeevan sahj <u>b᳚haa</u> -ay liv laa-ay.   4  16	O Nanak, if the Life of the World bestows His Mercy, one is intuitively attuned to the Love of the Lord.   4  16