

niv niv paa-ay laga-o gur apunay aaṭam raam nihaari-aa

| Aṁsṁ mhl w 1] (353-13) | aasaa mehlaa 1. | Aasaa, First Mehl: |
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| iniv niv pāie l gauḡir Apiny Aṁqm rṁmuinhwirAw] | niv niv paa-ay laga-o gur apunay aaṭam 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 blcwruihrdY hir rivAw ihrdYdjK blcwirAw]1] | karaṭ beechaar hirdai har ravi-aa hirdai <u>daykh</u> beechaari-aa. 1 | Through contemplation and meditation, the Lord dwells within the heart; see this, and understand. 1 |
| bd hu rṁmu kry insqwrw] | bolhu raam karay niṣṭaaraa. | So speak the Lord's Name, which shall emancipate you. |
| gr prswid rḡnu hir l wBYimtY AigAṁnu hōie aj lAwrw]1] rhwaU] | gur parsaad raṭan har laabhāi 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 rvYbDn nhl qṭih ivic hamYBrmun j wel] | ravnee ravai banDhan nahee ṭooteh 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. |
| siqgru iml Yq hamYqṭYqṁ ko l YṂpṁel]2] | satgur milai ṭa ha-umai ṭotai ṭaa ko laykhai paa-ee. 2 | But when one meets the True Guru, egotism departs, and then, one realizes his destiny. 2 |
| hir hir nṁmu Bgiq ipA plqmu sK sigruar Dury] | har har naam <u>bhagaṭ</u> pari-a pareeṭam sukh 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. |
| Bgiq vCl ij gj lvnu dṁqṁ miq gurmiq hir insqwrY]3] | <u>bhagaṭ</u> <u>vachhal</u> jagjeevan <u>daataa</u> maṭ gurmatṭ har niṣṭaaray. 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 mrYpBupweymnsṁ mnih smwey] | man si-o joojh marai parabh 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. |
| nṁnk ikṁ kryj gj lvnu shj Bwie il v l wey]4]16] | naanak kirpaa karay jagjeevan sahj <u>bhaa</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 |