

naamay such naamo parha-o naamay chaj aachaar

Awsihl w 1] (355-2)	aasaa mehlaa 1.	Aasaa, First Mehl:
kwieAw bhm mnuhDql]	kaa-i-aa barahmaa man hai <u>Dhotee</u> .	Let the body be the Brahmin, and let the mind be the loin-cloth;
igAnuj npliDAwukspiq]	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 ^{de} barahm samaa-o. 1	By Guru's Grace, I am absorbed into God. 1
plwfyAkw bhm bclwru]	paa ^N day aisaa barahm bee ^{ch} aar.	O Pandit, O religious scholar, contemplate God in such a way
nmmysic nmmopVau nmmycj u Awicuru]1] rhwau]	naamay such naamo parha-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 nplij cru j iq hynwil]	baahar janay-oo jichar jo ^t 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.
ivxunwVhior krm n Bwil]2]	vin ⁿ naavai hor karam na <u>bhaal</u> . 2	Do not seek any other actions, except the Name. 2
pj w ptn 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 ^h hu avar na <u>bhaal</u> .	Behold only the One Lord, and do not seek out any other.
cln%qquggn ds daAr]	cheen ^H ai ta ^t gagan <u>das du</u> -aar.	Become aware of reality, in the Sky of the Tenth Gate;
hir miK pWT pVbclwr]3]	har muk ^h paath ^h par ^h ai bee ^{ch} aar. 3	read aloud the Lord's Word, and contemplate it. 3
Bj nu Bwau Brmu Bau Bwgl]	<u>bhojan bhaa</u> -o <u>bharam bha</u> -o <u>bhaag</u> ai.	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 ਿ ਿਿਤੰ ਜੰ ਿਯੰ ਪ੍ਰਿਭੁਯੰ]	ṭilak lilaat jaanai parabh ayk.	Let the knowledge of the One God be the ceremonial mark on your forehead.
ਬੁਯੰ ਬੁਠਮੁ ਅਠਿਰਿ ਿਬੁਯੰ] 4]	boojhai barahm anṭar bibayk. 4	Let the realization that God is within you be your discrimination. 4
ਅਚਿਰਿ ਨਿ ਿ ਿਗ੍ਯੰ ਜੰ ਿਯੰ]	aachaaree nahee jeet-aa jaa-ay.	Through ritual actions, God cannot be won over;
ਪ੍ਰਿਟਿ ਪ੍ਰਿਠਿ ਨਿ ਕ੍ਰਿਮਿ ਪ੍ਰਿਯੰ]	paath parhai nahee keemat paa-ay.	by reciting sacred scriptures, His value cannot be estimated.
ਅਸਤਿ ਦਸ਼ ਚੁਠੁ ਿਯੰ ਪ੍ਰਿਯੰ]	asat dasee chahu bhayd na paa-aa.	The eighteen Puraanas and the four Vedas do not know His mystery.
ਨਾਨਕ ਸਿਗ੍ਗਿਰਿ ਬੁਠਮੁ ਿਦੁ ਕ੍ਰਿਯੰ] 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