

ਪ੍ਰਭਾਤੀ ਮਹਲਾ ੧ ॥

Prabhaatee, First Mehl:

ਖਾਇਆ ਮੈਲੁ ਵਧਾਇਆ ਪੈਧੈ ਘਰ ਕੀ ਹਾਣਿ ॥

Eating too much, one's filth only increases; wearing fancy clothes, one's home is disgraced.

ਬਕਿ ਬਕਿ ਵਾਦੁ ਚਲਾਇਆ ਬਿਨੁ ਨਾਵੈ ਬਿਖੁ ਜਾਣਿ ॥੧॥

Talking too much, one only starts arguments. Without the Name, everything is poison - know this well. ||1||

ਬਾਬਾ ਐਸਾ ਬਿਖਮ ਜਾਲਿ ਮਨੁ ਵਾਸਿਆ ॥

O Baba, such is the treacherous trap which has caught my mind;

ਬਿਬਲੁ ਝਾਗਿ ਸਹਜਿ ਪਰਗਾਸਿਆ ॥੧॥ ਰਹਾਉ ॥

riding out the waves of the storm, it will be enlightened by intuitive wisdom. ||1||Pause||

ਬਿਖੁ ਖਾਣਾ ਬਿਖੁ ਬੋਲਣਾ ਬਿਖੁ ਕੀ ਕਾਰ ਕਮਾਇ ॥

They eat poison, speak poison and do poisonous deeds.

ਜਮ ਦਰਿ ਬਾਧੇ ਮਾਰੀਅਹਿ ਛੂਟਸਿ ਸਾਚੈ ਨਾਇ ॥੨॥

Bound and gagged at Death's door, they are punished; they can be saved only through the True Name. ||2||

ਜਿਵ ਆਇਆ ਤਿਵ ਜਾਇਸੀ ਕੀਆ ਲਿਖਿ ਲੈ ਜਾਇ ॥

As they come, they go. Their actions are recorded, and go along with them.

ਮਨਮੁਖਿ ਮੂਲੁ ਗਵਾਇਆ ਦਰਗਹ ਮਿਲੈ ਸਜਾਇ ॥੩॥

The self-willed manmukh loses his capital, and is punished in the Court of the Lord. ||3||

ਜਗੁ ਖੋਟੋ ਸਚੁ ਨਿਰਮਲੋ ਗੁਰ ਸਬਦੀਂ ਵੀਚਾਰਿ ॥

The world is false and polluted; only the True One is Pure. Contemplate Him through the Word of the Guru's Shabad.

ਤੇ ਨਰ ਵਿਰਲੇ ਜਾਣੀਅਹਿ ਜਿਨ ਅੰਤਰਿ ਗਿਆਨੁ ਮੁਰਾਰਿ ॥੪॥

Those who have God's spiritual wisdom within, are known to be very rare. ||4||

ਅਜਰੁ ਜਰੈ ਨੀਝਰੁ ਝਰੈ ਅਮਰ ਅਨੰਦ ਸਰੂਪ ॥

They endure the unendurable, and the Nectar of the Lord, the Embodiment of Bliss, trickles into them continuously.

ਨਾਨਕੁ ਜਲ ਕੌ ਮੀਨੁ ਸੈ ਥੇ ਭਾਵੈ ਰਾਖਹੁ ਪ੍ਰੀਤਿ ॥੫॥੧੩॥

O Nanak, the fish is in love with the water; if it pleases You, Lord, please enshrine such love within me. ||5||13||