

ਧਨਾਸਰੀ ਮਹਲਾ ੧ ਛੰਤ

Dhanaasree mehlaa 1 chhant
Dhanaasaree, First Mehl, Chhant:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik-o^Nkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True
Guru:

ਤੀਰਥਿ ਨਾਵਣ ਜਾਉ ਤੀਰਥੁ ਨਾਮੁ ਹੈ ॥

tīrath naavan jaa-o tīrath naam hai.

Why should I bathe at sacred shrines of pilgrimage? The
Naam, the Name of the Lord, is the sacred shrine of
pilgrimage.

ਤੀਰਥੁ ਸਬਦ ਬੀਚਾਰੁ ਅੰਤਰਿ ਗਿਆਨੁ ਹੈ ॥

tīrath sabad bechaar antar gi-aan hai.

My sacred shrine of pilgrimage is spiritual wisdom within,
and contemplation on the Word of the Shabad.

ਗੁਰ ਗਿਆਨੁ ਸਾਚਾ ਥਾਨੁ ਤੀਰਥੁ ਦਸ ਪੁਰਬ ਸਦਾ ਦਸਾਹਰਾ ॥

gur gi-aan saachaa thaan tīrath das purab sadaa
dasaaahraa.

The spiritual wisdom given by the Guru is the True sacred
shrine of pilgrimage, where the ten festivals are always
observed.

ਹਉ ਨਾਮੁ ਹਰਿ ਕਾ ਸਦਾ ਜਾਚਉ ਦੇਹੁ ਪ੍ਰਭ ਧਰਣੀਧਰਾ ॥

ha-o naam har kaa sadaa jaacha-o dayh parabh
DharneeDharaa.

I constantly beg for the Name of the Lord; grant it to me,
O God, Sustainer of the world.

ਸੰਸਾਰੁ ਰੋਗੀ ਨਾਮੁ ਦਾਰੁ ਮੈਲੁ ਲਾਗੈ ਸਚ ਬਿਨਾ ॥

sansaar rogee naam daaroo mail laagai sach binaa.

The world is sick, and the Naam is the medicine to cure it;
without the True Lord, filth sticks to it.

ਗੁਰ ਵਾਕੁ ਨਿਰਮਲੁ ਸਦਾ ਚਾਨਣੁ ਨਿਤ ਸਾਚੁ ਤੀਰਥੁ ਮਜਨਾ ॥੧॥

gur vaak nirmal sadaa chaanan nit saach tīrath majnaa.
||1||

The Guru's Word is immaculate and pure; it radiates a
steady Light. Constantly bathe in such a true shrine of
pilgrimage. ||1||

ਸਾਚਿ ਨ ਲਾਗੈ ਮੈਲੁ ਕਿਆ ਮਲੁ ਧੋਈਐ ॥

saach na laagai mail ki-aa mal Dho-ee-ai.

Filth does not stick to the true ones; what filth do they
have to wash off?

ਗੁਣਹਿ ਹਾਰੁ ਪਰੋਇ ਕਿਸ ਕਉ ਰੋਈਐ ॥

guneh haar paro-ay kis ka-o ro-ee-ai.

If one strings a garland of virtues for oneself, what is there
to cry for?

ਵੀਚਾਰਿ ਮਾਰੈ ਤਰੈ ਤਾਰੈ ਉਲਟਿ ਜੋਨਿ ਨ ਆਵਏ ॥

veechaar maarai tarai tarai ulat jon na aav-ay.

One who conquers his own self through contemplation is
saved, and saves others as well; he does not come to be
born again.

ਆਪਿ ਪਾਰਸੁ ਪਰਮ ਧਿਆਨੀ ਸਾਚੁ ਸਾਚੇ ਭਾਵਏ ॥

aap paaras param Dhi-aanee saach saachay bhaav-ay.

The supreme meditator is Himself the philosopher's stone,
which transforms lead into gold. The true man is pleasing
to the True Lord.

ਆਨੰਦੁ ਅਨਦਿਨੁ ਹਰਖੁ ਸਾਚਾ ਦੂਖ ਕਿਲਵਿਖ ਪਰਹਰੇ ॥

aanand an-din harakh saachaa dookh kilvikh parharay.
He is in ecstasy, truly happy, night and day; his sorrows
and sins are taken away.

ਸਚੁ ਨਾਮੁ ਪਾਇਆ ਗੁਰਿ ਦਿਖਾਇਆ ਮੈਲੁ ਨਾਹੀ ਸਚ ਮਨੇ ॥੨॥

sach naam paa-i-aa gur dikhaa-i-aa mail naahee sach
manay. ||2||

He finds the True Name, and beholds the Guru; with the
True Name in his mind, no filth sticks to him. ||2||

ਸੰਗਤਿ ਮੀਤ ਮਿਲਾਪੁ ਪੂਰਾ ਨਾਵਣੋ ॥

sangat meet milaap pooraa naavno.

O friend, association with the Holy is the perfect cleansing
bath.

ਗਾਵੈ ਗਾਵਣਹਾਰੁ ਸਬਦਿ ਸੁਹਾਵਣੋ ॥

gaavai gaavanhaar sabad suhaavano.

The singer who sings the Lord's Praises is adorned with the
Word of the Shabad.

ਸਾਲਾਹਿ ਸਾਚੇ ਮੰਨਿ ਸਤਿਗੁਰੁ ਪੁੰਨ ਦਾਨ ਦਇਆ ਮਤੇ ॥

saalaahi saachay man satgur punn daan da-i-aa matay.
Worship the True Lord, and believe in the True Guru; this
brings the merit of making donations to charity, kindness
and compassion.

ਪਿਰ ਸੰਗਿ ਭਾਵੈ ਸਹਜਿ ਨਾਵੈ ਬੇਈ ਤ ਸੰਗਮੁ ਸਤ ਸਤੇ ॥

pir sang bhaavai sahj naavai baynee ta sangam sat satay.

The soul-bride who loves to be with her Husband Lord
bathes at the Triveni, the sacred place where the Ganges,
Jamuna and Saraswaati Rivers converge, the Truest of the
True.

ਆਰਾਧਿ ਏਕੰਕਾਰੁ ਸਾਚਾ ਨਿਤ ਦੇਇ ਚੜੈ ਸਵਾਇਆ ॥

aaraaDh aykankaar saachaa nit day-ay charhai savaa-i-aa.
Worship and adore the One Creator, the True Lord, who
constantly gives, whose gifts continually increase.

ਗਤਿ ਸੰਗਿ ਮੀਤਾ ਸੰਤਸੰਗਤਿ ਕਰਿ ਨਦਰਿ ਮੇਲਿ ਮਿਲਾਇਆ ॥੩॥

gat sang meetaa sant संगत kar nadar mayl milaa-i-aa.
||3||

Salvation is attained by associating with the Society of the
Saints, O friend; granting His Grace, God unites us in His
Union. ||3||

ਕਹਣੁ ਕਹੈ ਸਭੁ ਕੋਇ ਕੇਵਡੁ ਆਖੀਐ ॥

kahan kahai sabh ko-ay kayvad aakhee-ai.

Everyone speaks and talks; how great should I say He is?

ਹਉ ਮੂਰਖੁ ਨੀਚੁ ਅਜਾਣੁ ਸਮਝਾ ਸਾਖੀਐ ॥

ha-o moorakh neech ajaan samjhaa saakhee-ai.
I am foolish, lowly and ignorant; it is only through the
Guru's Teachings that I understand.

ਸਚੁ ਗੁਰ ਕੀ ਸਾਖੀ ਅੰਮ੍ਰਿਤੁ ਭਾਖੀ ਤਿਤੁ ਮਨੁ ਮਾਨਿਆ ਮੇਰਾ ॥

sach gur kee saakhee amrit bhaakhee tit man maani-aa
mayraa.

True are the Teachings of the Guru. His Words are
Ambrosial Nectar; my mind is pleased and appeased by
them.

ਕੂਚੁ ਕਰਹਿ ਆਵਹਿ ਬਿਖੁ ਲਾਦੇ ਸਬਦਿ ਸਚੈ ਗੁਰੁ ਮੇਰਾ ॥

kooch karahi aavahi bikh laaday sabad sachai gur mayraa.
Loaded down with corruption and sin, people depart, and
then come back again; the True Shabad is found through
my Guru.

ਆਖਣਿ ਤੋਟਿ ਨ ਭਗਤਿ ਭੰਡਾਰੀ ਭਰਿਪੁਰਿ ਰਹਿਆ ਸੋਈ ॥

aakhan tot na bhagat bhandaaree bharipur rahi-aa so-ee.
There is no end to the treasure of devotion; the Lord is
pervading everywhere.

ਨਾਨਕ ਸਾਚੁ ਕਹੈ ਬੇਨੰਤੀ ਮਨੁ ਮਾਜੈ ਸਚੁ ਸੋਈ ॥੪॥੧॥

naanak saach kahai baynantee man maa^Njai sach so-ee.
||4||1||

Nanak utters this true prayer; one who purifies his mind is
True. ||4||1||