

# **Barah Mahaa**

Baarah Maahaa ~ The Twelve Months: Maajh, Fifth Mehl, Fourth House:

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

By the actions we have committed, we are separated from You. Please show Your

Mercy, and unite us with Yourself, Lord.

We have grown weary of wandering to the four corners of the earth and in the ten

directions. We have come to Your Sanctuary, God.

Without milk, a cow serves no purpose.

Without water, the crop withers, and it will not bring a good price.

If we do not meet the Lord, our Friend, how can we find our place of rest?

Those homes, those hearts, in which the Husband Lord is not manifest-those towns

and villages are like burning furnaces.

All decorations, the chewing of betel to sweeten the breath, and the body itself, are

all useless and vain.

Without God, our Husband, our Lord and Master, all friends and companions are like

the Messenger of Death.

This is Nanak's prayer: "Please show Your Mercy, and bestow Your Name.

O my Lord and Master, please unite me with Yourself, O God, in the Eternal Mansion

of Your Presence". ||1||

In the month of Chayt, by meditating on the Lord of the Universe, a deep and profound joy arises.

Meeting with the humble Saints, the Lord is found, as we chant His Name with our tongues.

Those who have found God-blessed is their coming into this world. Those who live without Him, for even an instant-their lives are rendered useless.

The Lord is totally pervading the water, the land, and all space. He is contained in the forests as well.

Those who do not remember God-how much pain must they suffer! Those who dwell upon their God have great good fortune.

My mind yearns for the Blessed Vision of the Lord's Darshan. O Nanak, my mind is so thirsty!

I touch the feet of one who unites me with God in the month of Chayt.

||2||

In the month of Vaisaakh, how can the bride be patient? She is separated from her Beloved.

She has forgotten the Lord, her Life-companion, her Master; she has become attached to Maya, the deceitful one.

Neither son, nor spouse, nor wealth shall go along with you-only the Eternal Lord.

Entangled and enmeshed in the love of false occupations, the whole world is perishing.

Without the Naam, the Name of the One Lord, they lose their lives in the hereafter.

Forgetting the Merciful Lord, they are ruined. Without God, there is no other at all.

Pure is the reputation of those who are attached to the Feet of the Beloved Lord.

Nanak makes this prayer to God: "Please, come and unite me with Yourself."

The month of Vaisaakh is beautiful and pleasant, when the Saint causes me to meet the Lord. ||3||

In the month of Jayt'h, the bride longs to meet with the Lord. All bow in humility before Him.

One who has grasped the hem of the robe of the Lord, the True Friend-no one can keep him in bondage.

God's Name is the Jewel, the Pearl. It cannot be stolen or taken away.

In the Lord are all pleasures which please the mind.

As the Lord wishes, so He acts, and so His creatures act.

They alone are called blessed, whom God has made His Own.

If people could meet the Lord by their own efforts, why would they be crying out in the pain of separation?

Meeting Him in the Saadh Sangat, the Company of the Holy, O Nanak, celestial bliss is enjoyed.

In the month of Jayt'h, the playful Husband Lord meets her, upon whose forehead such good destiny is recorded. ||4||

The month of Aasaarh seems burning hot, to those who are not close to their

Husband Lord.

They have forsaken God the Primal Being, the Life of the World, and they have

come to rely upon mere mortals.

In the love of duality, the soul-bride is ruined; around her neck she wears the noose

of Death.

As you plant, so shall you harvest; your destiny is recorded on your forehead.

The life-night passes away, and in the end, one comes to regret and repent, and

then depart with no hope at all.

Those who meet with the Holy Saints are liberated in the Court of the Lord.

Show Your Mercy to me, O God; I am thirsty for the Blessed Vision of Your Darshan.

Without You, God, there is no other at all. This is Nanak's humble prayer.

The month of Aasaarh is pleasant, when the Feet of the Lord abide in the mind. ||

5||

In the month of Saawan, the soul-bride is happy, if she falls in love with the Lotus

Feet of the Lord.

Her mind and body are imbued with the Love of the True One; His Name is her only

Support.

The pleasures of corruption are false. All that is seen shall turn to ashes.

The drops of the Lord's Nectar are so beautiful! Meeting the Holy Saint, we drink

these in.

The forests and the meadows are rejuvenated and refreshed with the Love of God,  
the All-powerful, Infinite Primal Being.

My mind yearns to meet the Lord. If only He would show His Mercy,  
and unite me  
with Himself!

Those brides who have obtained God-I am forever a sacrifice to them.  
O Nanak, when the Dear Lord shows kindness, He adorns His bride  
with the Word of  
His Shabad.

Saawan is delightful for those happy soul-brides whose hearts are  
adorned with the

Necklace of the Lord's Name. ||6||

In the month of Bhaadon, she is deluded by doubt, because of her  
attachment to  
duality.

She may wear thousands of ornaments, but they are of no use at all.  
On that day when the body perishes-at that time, she becomes a ghost.  
The Messenger of Death seizes and holds her, and does not tell  
anyone his secret.

And her loved ones-in an instant, they move on, leaving her all alone.  
She wrings her hands, her body writhes in pain, and she turns from  
black to white.

As she has planted, so does she harvest; such is the field of karma.  
Nanak seeks God's Sanctuary; God has given him the Boat of His  
Feet.

Those who love the Guru, the Protector and Savior, in Bhaadon, shall not be thrown down into hell. ||7||

In the month of Assu, my love for the Lord overwhelms me. How can I go and meet the Lord?

My mind and body are so thirsty for the Blessed Vision of His Darshan. Won't

someone please come and lead me to him, O my mother.

The Saints are the helpers of the Lord's lovers; I fall and touch their feet.

Without God, how can I find peace? There is nowhere else to go.

Those who have tasted the sublime essence of His Love, remain satisfied and fulfilled.

They renounce their selfishness and conceit, and they pray, "God, please attach me to the hem of Your robe."

Those whom the Husband Lord has united with Himself, shall not be separated from Him again.

Without God, there is no other at all. Nanak has entered the Sanctuary of the Lord.

In Assu, the Lord, the Sovereign King, has granted His Mercy, and they dwell in peace. ||8||

In the month of Katak, do good deeds. Do not try to blame anyone else.

Forgetting the Transcendent Lord, all sorts of illnesses are contracted.

Those who turn their backs on the Lord shall be separated from Him and consigned

to reincarnation, over and over again.

In an instant, all of Maya's sensual pleasures turn bitter.

No one can then serve as your intermediary. Unto whom can we turn and cry?

By one's own actions, nothing can be done; destiny was pre-determined from the very beginning.

By great good fortune, I meet my God, and then all pain of separation departs.

Please protect Nanak, God; O my Lord and Master, please release me from bondage.

In Katak, in the Company of the Holy, all anxiety vanishes. ||9||

In the month of Maghar, those who sit with their Beloved Husband Lord are beautiful.

How can their glory be measured? Their Lord and Master blends them with Himself.

Their bodies and minds blossom forth in the Lord; they have the companionship of the Holy Saints.

Those who lack the Company of the Holy, remain all alone.

Their pain never departs, and they fall into the grip of the Messenger of Death.

Those who have ravished and enjoyed their God, are seen to be continually exalted and uplifted.

They wear the Necklace of the jewels, emeralds and rubies of the Lord's Name.

Nanak seeks the dust of the feet of those who take to the Sanctuary of the Lord's

Door.

Those who worship and adore God in Maghar, do not suffer the cycle of reincarnation ever again. ||10||

In the month of Poh, the cold does not touch those, whom the Husband Lord hugs close in His Embrace.

Their minds are transfixed by His Lotus Feet. They are attached to the Blessed

Vision of the Lord's Darshan.

Seek the Protection of the Lord of the Universe; His service is truly profitable.

Corruption shall not touch you, when you join the Holy Saints and sing the Lord's Praises.

From where it originated, there the soul is blended again. It is absorbed in the Love of the True Lord.

When the Supreme Lord God grasps someone's hand, he shall never again suffer separation from Him.

I am a sacrifice, 100,000 times, to the Lord, my Friend, the Unapproachable and Unfathomable.

Please preserve my honor, Lord; Nanak begs at Your Door.

Poh is beautiful, and all comforts come to that one, whom the Carefree Lord has forgiven. ||11||

In the month of Maagh, let your cleansing bath be the dust of the Saadh Sangat, the Company of the Holy.

Meditate and listen to the Name of the Lord, and give it to everyone.  
In this way, the filth of lifetimes of karma shall be removed, and  
egotistical pride  
shall vanish from your mind.

Sexual desire and anger shall not seduce you, and the dog of greed  
shall depart.

Those who walk on the Path of Truth shall be praised throughout the  
world.

Be kind to all beings-this is more meritorious than bathing at the  
sixty-eight sacred  
shrines of pilgrimage and the giving of charity.

That person, upon whom the Lord bestows His Mercy, is a wise  
person.

Nanak is a sacrifice to those who have merged with God.

In Maagh, they alone are known as true, unto whom the Perfect Guru  
is Merciful. ||

12||

In the month of Phalgun, bliss comes to those, unto whom the Lord,  
the Friend, has  
been revealed.

The Saints, the Lord's helpers, in their mercy, have united me with  
Him.

My bed is beautiful, and I have all comforts. I feel no sadness at all.

My desires have been fulfilled-by great good fortune, I have obtained  
the Sovereign

Lord as my Husband.

Join with me, my sisters, and sing the songs of rejoicing and the  
Hymns of the Lord  
of the Universe.

There is no other like the Lord-there is no equal to Him.

He embellishes this world and the world hereafter, and He gives us  
our permanent  
home there.

He rescues us from the world-ocean; never again do we have to run  
the cycle of  
reincarnation.

I have only one tongue, but Your Glorious Virtues are beyond  
counting. Nanak is  
saved, falling at Your Feet.

In Phalgun, praise Him continually; He has not even an iota of greed.  
||13||

Those who meditate on the Naam, the Name of the Lord-their affairs  
are all  
resolved.

Those who meditate on the Perfect Guru, the Lord-Incarnate-they are  
judged true in  
the Court of the Lord.

The Lord's Feet are the Treasure of all peace and comfort for them;  
they cross over  
the terrifying and treacherous world-ocean.

They obtain love and devotion, and they do not burn in corruption.  
Falsehood has vanished, duality has been erased, and they are totally  
overflowing  
with Truth.

They serve the Supreme Lord God, and enshrine the One Lord within  
their minds.

The months, the days, and the moments are auspicious, for those upon  
whom the  
Lord casts His Glance of Grace.

Nanak begs for the blessing of Your Vision, O Lord. Please, shower  
Your Mercy upon  
me! ||14||1||

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