

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||