ਆਸਾ ਸੇਖ ਫਰੀਦ ਜੀ ਉ ਕੀ ਬਾਣੀ

Aasaa, The Word Of Shaykh Fareed Jee:

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ਸਿਤਗੁਰ ਪਰਸਾਿਦ
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ਸਿਤਗੁਰ ਪਰਸਾਿਦ
॥

ik-oNkaar satgur parsaad.

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

ਿਦਲਹੁ ਮੁਹ਼ਵੇਦ
ਿਜੰਹ ਸੇਈ ਸਚੀਆ
॥

ਿਦਲਹੁ ਮੁਹ਼ਵੇਦ
ਿਜੰਹ ਸੇਈ ਸਚੀਆ
॥

dilahu muhabat jinH say-ee sachi-aa.

They alone are true, whose love for God is deep and heart-felt.

ਿਜਨ ਮਿਨ ਹੋਰ ਮੁਿਖ ਹੋਰ ਸਚੀਆ
॥

ਿਜਨ ਮਿਨ ਹੋਰ ਮੁਿਖ ਹੋਰ ਸਚੀਆ
॥

jinH man hor mukh hor se kaarNdhay kachi-aa. ||1||

Those who have one thing in their heart, and something else in their mouth, are judged to be false. ||1||

ਰਤੇ ਇਸਕ ਖੁਦਾਇ ਰੰਗ ਦੀਦਾਰ ਕੇ
॥

ਰਤੇ ਇਸਕ ਖੁਦਾਇ ਰੰਗ ਦੀਦਾਰ ਕੇ
॥

ratay isak khudaa-ay rang deedaar kay.

Those who are imbued with love for the Lord, are delighted by His Vision.

ਰਹਾਉ
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ਰਹਾਉ
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rahaa-o.

Those who forget the Naam, the Name of the Lord, are a burden on the earth. ||1||Pause||

ਅਧੀ ਲੀਏ ਲਿੱਦਾ ਲੁਟੀ ਦੁਰ ਦਰਵੇਸ ਸੇ
॥

ਅਧੀ ਲੀਏ ਲਿੱਦਾ ਲੁਟੀ ਦੁਰ ਦਰਵੇਸ ਸੇ
॥

aap lee-ay larh laa-ay dar darveys say.

Those whom the Lord attaches to the hem of His robe, are the true dervishes at His Door.
Blessed are the mothers who gave birth to them, and fruitful is their coming into the world.

O Lord, Sustainer and Cherisher, You are infinite, unfathomable and endless.

Those who recognize the True Lord - I kiss their feet.

I seek Your Protection - You are the Forgiving Lord.

Please, bless Shaykh Fareed with the bounty of Your meditative worship.

Says Shaykh Fareed, O my dear friend, attach yourself to the Lord.

This body shall turn to dust, and its home shall be a neglected graveyard.
You can meet the Lord today, O Shaykh Fareed, if you restrain your bird-like desires which keep your mind in turmoil. ||1||Pause||

If I had known that I was to die, and not return again,

I would not have ruined myself by clinging to the world of falsehood. ||2||

So speak the Truth, in righteousness, and do not speak falsehood.

The disciple ought to travel the route, pointed out by the Guru. ||3||

Seeing the youths being carried across, the hearts of the beautiful young soul-brides are encouraged.

Those who side with the glitter of gold, are cut down with a saw. ||4||

O Shaykh, no one’s life is permanent in this world.
ਜਿਸੁ ਆਸਿਣ ਹਮ ਬੈਠੇ ਕੇਤੇ ਬੈਿਸ ਗਇਆ ॥੫॥
That seat, upon which we now sit - many others sat on it and have since departed. ||5||

ਕਿਤਕ ਕੂੰਜ ਚੇਿਤ ਡੂ ਸਾਵਿਣ ਿਬਜੁਲੀਆਂ ॥
As the swallows appear in the month of Katik, forest fires in the month of Chayt, and lightening in Saawan,

ਸੀਆਲੇ ਸੋਹੰਦੀਆਂ ਿਪਰ ਗਿਲ ਬਾਹਰਦੀਆਂ ॥
and as the bride's arms adorn her husband's neck in winter;||6||

ਚਲੇ ਚਲਣਹਾਰ ਵਿਚਾਰਾ ਲੇਇ ਮਨੋ ॥
Just so, the transitory human bodies pass away. Reflect upon this in your mind.

ਸੀਖਾਂ ਟੁੱਡਨਾ ਿਛਅ ਮਹਾ ਤੁੱਡਦੀਆਂ ਿਗੁਲ ਕਿੰਨੋ ॥
Some have been cremated, and some lie in their graves; their souls are suffering rebukes. ||8||2||

ਗੰਢੇ ਟੁੱਡਦੀਆਂ ਿਛਅ ਮਾਹ ਤੁੱਡਦੀਆ ਿਖਨੋ ॥
It takes six months to form the body, but it breaks in an instant. ||7||

ਪੁਛੈ ਅਸਮਾਨ ਫਰੀਦਾ ਖਵਟ ਕਿੰਨ ਗਏ ॥
O Fareed, the earth asks the sky, "Where have the boatmen gone?"
रागु सूही बाणी सेख फरीद जी की ॥
raag soohee banee saykh fareed jee kee.
Raag Soohee, The Word Of Shaykh Fareed Jee:

उधि उधि सूही सूही हाथ मरोरउ ॥
tap tap luhi luhi haath marora-o.
Burning and burning, writhing in pain, I wring my hands.

बावल होई सो सहु लोरउ ॥
baaval ho-ee so saho lora-o.
I have gone insane, seeking my Husband Lord.

ै मधु मधु मधु कीआ रोसु ॥
tai she man meh kee-aa ros.
O my Husband Lord, You are angry with me in Your Mind.

मुझु अवगन सह नाही दोसु ॥१॥
mujh avgan sah nahee dos. ||1||
The fault is with me, and not with my Husband Lord. ||1||

ै मधुब सी में मधु त नती ॥
tai saahib kee mai saar na jaanee.
O my Lord and Master, I do not know Your excellence and worth.

जोबनु खोइ पाछै पछुतानी ॥१॥ रहाउ ॥
joban kho-ay paachhai pachhutaanee. ||1|| rahaa-o.
Having wasted my youth, now I come to regret and repent. ||1||Pause||

काली कोइल खु खु गुश बकी ॥
kaalee ko-il too kit gun kaalee.
O black bird, what qualities have made you black?
अपने प्रीतम के हाँ है बिहै जाली।
apnay pareetam kay ha-o birai jaalee.
I have been burnt by separation from my Beloved".

प्रिरह बिहून कतह सुख पाए।
pireh bihoon kateh sukh paa-ay.
Without her Husband Lord, how can the soul-bride ever find peace?

जा होइ किरपालु ता प्रभू मिलाए।
jaa ho-ay kirpaal taa parabhoo milaa-ay. ||2||
When He becomes merciful, then God unites us with Himself. ||2||

विधण खूही मुंध इकेली।
viDhan khoohee munDh ikaylee.
The lonely soul-bride suffers in the pit of the world.

ना को साथी ना को बेली।
naa ko saathhee naa ko baylee.
She has no companions, and no friends.

कर किरपा प्रभू साधसंग मेली।
kar kirpaa parabh saaDhsang maylee.
In His Mercy, God has united me with the Saadh Sangat, the Company of the Holy.

जा फिर देखा ता मेरा अलहु बेली।
jaa fir daykhaa taa mayraa alhu baylee. ||3||
And when I look again, then I find God as my Helper. ||3||

वाट हमारी खरी उडीणी।
vaat hamaaree kharee udeenee.
The path upon which I must walk is very depressing.
खंिनअਹੁ  ਿਤਖੀ  ਬਹੁ ਿਪੈਣੀ ॥
khanni-ahu tikhee bahut pi-eenee.
It is sharper than a two-edged sword, and very narrow.

ਉਸੁ  ਊਪਿਰ  ਹੈ  ਮਾਰਗੁ  ਮੇਰਾ ॥
us oopar hai maarag mayraa.
That is where my path lies.

ਸੇਖ  ਫਰੀਦਾ  ਪੰਥੁ  ਸਮਹਰੁ  ਸਰਵੇਰਾ ॥੪॥੧॥
saykh fareedaa panth samHaar savayraa. ||4||1||
O Shaykh Fareed, think of that path early on. ||4||1||
Milk does not return to the breast; it will not be collected again. ||2||

Says Fareed, O my companions, when our Husband Lord calls,

the soul departs, sad at heart, and this body returns to dust. ||3||2||

The day of the bride's wedding is pre-ordained.

On that day, the Messenger of Death, of whom she had only heard, comes and shows its face.

It breaks the bones of the body and pulls the helpless soul out.
साहे लिखे न चलनी जिंदू कुं समझाई ॥
saahay likhay na chalnee jindoo kooN samjhaa-ay.
That pre-ordained time of marriage cannot be avoided. Explain this to your soul.

मिनट बदूटी बवड़ बुँ है जमी ध्वसति ॥
jind vahutee maran var lai jaasee parnaa-ay.
The soul is the bride, and death is the groom. He will marry her and take her away.

आपन गती जोली के के गलि लाहै धाई ॥
aapan hathee jol kai kai gal lagai Dhaa-ay.
After the body sends her away with its own hands, whose neck will it embrace?

ब्रह्म निकी पुरसलात कं नी न सुणी आई ॥
vaalahu nikee puraslaat kannee na sunee aa-ay.
The bridge to hell is narrower than a hair; haven't you heard of it with your ears?

फरीदा किरड़ी पवंदीई खड़ा न आपु मुहाई ॥१॥
fareedaa kirhee pavaNdee-ee kharhaa na aap muhaa-ay. ||1||
Fareed, the call has come; be careful now - don't let yourself be robbed. ||1||

फरीदा दर दरवेसी गाखड़ी चलां दुनीआं भाई ॥
fareedaa dar darvaysee gaakh-rhee chalaaN dunee-aaN bhat.
Fareed, it is so difficult to become a humble Saint at the Lord's Door.

वीं दिलाई पेटली विके वंद्र धाड़ ॥२॥
baneh uthaa-ee potlee kithai vanjaa ghat. ||2||
I am so accustomed to walking in the ways of the world. I have tied and picked up the bundle; where can I go to throw it away? ||2||

किज र सुजे किज र सुजे दुनीआ गुझी भाई ॥
kijh na bujhai kijh na sujhai dune-aa gujhee bhaahi.
I know nothing; I understand nothing. The world is a smouldering fire.
ਸੈ ਮੇਰੇ ਚੰਗਾ ਕੀਤਾ ਨਾਹੀ ਤ ਹੰ ਭੀ ਦਸਾ ਆਹਿ। 
saa-eN mayrai changa keetaa naahee ta haN bhee dajhaaN aahi. ||3||
My Lord did well to warn me about it; otherwise, I would have been burnt as well. ||3||

ਫਰੀਦਾ ਜੇ ਜਾਣਾ ਤਿਲ ਥੋਂ ਸਲਾਣ ਬੁਕ ਭਰੀ।
fareedaa jay jaanaa til thorh-rhay sampal buk bharee.
Fareed, if I had known that I had so few sesame seeds, I would have been more careful with them in my hands.

ਜੇ ਨਾਹ ਤੱਕਰਾਂ ਦੰ ਵੇਕ ਭਰਤ ਕਟੀ।
jay jaanaa saho nandh-rahaa taaN thorhaa maan karee. ||4||
If I had known that my Husband Lord was so young and innocent, I would not have been so arrogant. ||4||

ਜੇ ਜਾਣਾ ਲਘੁ ਹਿਸਸਿਆ ਪੀਦੀ ਗੰਠ ਕਰੀ।
jay jaanaa larh chhijnaa peedee paa-eN gandh.
If I had known that my robe would come loose, I would have tied a tighter knot.

ਤੈ ਜੇ ਦਿਕ੍ਕ ਮੈ ਨਹੀ ਕੋ ਸਨ ਜਗ ਦੀਖੁ।
tai jayvad mai naahi ko sabh jag dithaa handh. ||5||
I have found none as great as You, Lord; I have looked and searched throughout the world. ||5||

ਵਾਸਤੇ ਸੈ ਅੰਵਰੀ ਰਹੀ ਵਲੇ ਲਿਖੁ ਨਕੇਥ।
fareedaa jay too akal lateef kaalay likh na laykh.
Fareed, if you have a keen understanding, then do not write black marks against anyone else.

ਵਾਸਤੇ ਸੈ ਅੰਵਰੀ ਤੀਜ਼ੁ ਵਲੇ ਲਿਖੁ ਤੇਥ।
aapnarhay gireevaan meh sir neeN vaaN kar daykh. ||6||
Look underneath your own collar instead. ||6||

ਫਰੀਦਾ ਜੋ ਤੈ ਮਾਰਨੀ ਮੂਕੀਆ ਤੀਨ ਨ ਮਾਰੇ ਘੁੰਮ।
fareedaa jo tai maaran mukee-aaN tinNaa na maaray ghumm.
Fareed, do not turn around and strike those who strike you with their fists.
ਅਪਨਾ ਘਰ ਜਾਈਐ ਪੈਰ ਚੁੰਦਾ ਦੇਇ ॥੭॥
Kiss their feet, and return to your own home. ||7||

ਫਰੀਦਾ ਜਾਂ ਤਾਂ ਖਟਣ ਵੇਲ ਤਾਂ ਤੂ ਰਾਤ ਦੁਨੀ ਸੀਤਾ ॥
Fareed, when there was time for you to earn good karma, you were in love with the world instead. ||7||

ਮਰਗ ਸਵਾਈ ਨੀਹ ਜਾਂ ਭਿਰਾਅ ਤਾਂ ਲਿਦਾ ॥
Now, death has a strong foothold; when the load is full, it is taken away. ||8||

ਦੇਖੁ ਫਰੀਦਾ ਜੁ ਥੀਆ ਦਾਡੀ ਹੋਈ ਭੂਰ ॥
See, Fareed, what has happened: your beard has become grey. ||8||

ਆਗਹੁ ਨੇੜਾ ਆਇਆ ਿਪਛਾ ਰਿਹਾ ਦੂਰ ॥
That which is coming is near, and the past is left far behind. ||9||

ਦੇਖੁ ਫਰੀਦਾ ਿਜ ਥੀਆ ਸਕਰ ਹੋਈ ਿਵਸ ॥
See, Fareed, what has happened: sugar has become poison. ||9||

ਸਾੀ ਬਾਜ਼ਹੁ ਆਪਣੇ ਵੇਦਣ ਕਹੀਐ ਕਿਸੁ ॥
Without my Lord, who can I tell of my sorrow? ||10||

ਦੇਖੁ ਫਰੀਦਾ ਅਖੀ ਦੇੀ ਕੰਨ ॥
See, Fareed, my eyes have become weak, and my ears have become hard of hearing.
ਸਾਖ ਪਕੰਦੀ ਆਈਆ ਹੋਰ ਕਰੇਂਦੀ ਵੰਨ ॥੧੧॥
saakh pakandee aa-ee-aa hor karayNdee vann. ||11||
The body's crop has become ripe and turned color. ||11||

ਫਰੀਦਾ ਕਾਲੀ ਜਿਨੀ ਨ ਰਾਵਿਆ ਘੁੱਡਲੀ ਰਾਵੇ ਕੋੜ ॥
fareedaa kaaleeN jinee na raavi-aa Dha-ulee raavai ko-ay.
Fareed, those who did not enjoy their Spouse when their hair was black - hardly any of them enjoy Him when their hair turns grey.

ਜੋ ਸਾਈ ਸੀਉ ਪੀਘਡੀ ਰੰਗੁ ਨਵੇਲਾ ਹੋਇ ॥੧੨॥
jo saaN-ee si-o pirharhee rang navaylaa ho-ay. ||12||
So be in love with the Lord, so that your color may ever be new. ||12||

ਫਰੀਦਾ ਜਿਨਹ ਲੋਇਣ ਜਗ ਮੋਈਆ ਸੇ ਲੋਇਣ ਮੈ ਦਠੁ ॥
fareedaa jinH lo-in jag mohi-aa say lo-in mai dith.
Fareed, those eyes which have enticed the world - I have seen those eyes.

ਕਜਲ ਰੇਖ ਨ ਸਹਿਦਾ ਸੇ ਪੰਖੀ ਸੂਇ ਬਿਹੱਠੁ ॥੧੪॥
kajal raykh na sehdi-aa say pankhee soo-ay bahith. ||14||
Once, they could not endure even a bit of mascara; now, the birds hatch their young in them! ||14||

ਫਰੀਦਾ ਕੂਕੇਦਾ ਚੋਕੇਦਾ ਮੈ ਦੇਦਾ ਿਨਤ ॥
fareedaa kookaydi-aa chaaNgaydi-aa matee daydi-aa nit.
Fareed, they shouted and yelled, and constantly gave good advice.

ਜੋ ਸੈਤਾਨ ਵੰਞਾਈਆ ਸੇ ਿਕਤ ਫੇਰਿਹ ਿਚਤ ॥੧੫॥
jo saitaan vanjaa-i-aa say kit fayreh chit. ||15||
But those whom the devil has spoiled - how can they turn their consciousness towards God? ||15||

ਫਰੀਦਾ ਥੀਉ ਪਵਾਹੀ ਦੱਭ ॥
fareedaa thee-o pavaahee dabh.
Fareed, become the grass on the path,
Jay saa-ei lorheh sabh.
if you long for the Lord of all.

One will cut you down, and another will trample you underfoot;

Then, you shall enter the Court of the Lord.

Fareed, do not slander the dust; noting is as great as dust.

When we are alive, it is under our feet, and when we are dead, it is above us.

How long can one remain in a thatched hut which leaks when it rains?

Fareed, why do you wander from jungle to jungle, crashing through the thorny trees?
The Lord abides in the heart; why are you looking for Him in the jungle? ||19||

Fareed, with these small legs, I crossed deserts and mountains.

But today, Fareed, my water jug seems hundreds of miles away. ||20||

Fareed, the nights are long, and my sides are aching in pain.

Cursed are the lives of those who place their hopes in others. ||21||

Fareed, if I had been there when my friend came, I would have made myself a sacrifice to him.

Now my flesh is burning red on the hot coals. ||22||

Fareed, the farmer plants acacia trees, and wishes for grapes.
ਹੰਢੈ
ਉਂਨ
ਕਤਾਇਦਾ
ਪੈਧਾ
ਲੋਡੈ
ਪਟੁ
॥੨੩॥
handhai unn kataa-idaa paiDhaa lorhai pat. ||23||
He is spinning wool, but he wishes to wear silk. ||23||

ਫਰੀਦਾ
ਗਲੀ
ਚਕੜੁ
ਦੂਰ
ਘਰੁ
ਨਾਲ
ਿਪਾਰੇ
ਨੇਹੁ
॥
fareedaa galee-ay chikarh door ghar naal pi-aaray nayhu.
Fareed, the path is muddy, and the house of my Beloved is so far away.

ਚਲਾ
ਤ
ਿਭਜੈ
ਕੰਬਲੀ
ਰਹĔ
ਤ
ਤੁਟੈ
ਨੇਹੁ
॥੨੪॥
chalaa ta bhijai kamblee rahaaN ta tutai nayhu. ||24||
If I go out, my blanket will get soaked, but if I remain at home, then my heart will be broken. ||24||

ਫਰੀਦਾ
ਭੋਲਾ
ਪਗ
ਦਾ
ਮਤੁ
ਮੇਲੀ
ਹੋਇ
ਜਾਇ
॥
fareedaa mai bholaavaa pag daa mat mailee ho-ay jaa-ay.
Fareed, I was worried that my turban might become dirty.

ਗਿਹਲਾ
ਰੂਹੁ
ਨ
ਜਾਣਈ
ਿਸਰੁ
ਭੀ
ਿਮਟੀ
ਖਾਇ
॥੨੬॥
gahilaa roohu na jaan-ee sir bhee mitee khaa-ay. ||26||
My thoughtless self did not realize that one day, dust will consume my head as well. ||26||

ਫਰੀਦਾ
ਸਕਰ
ਖੰਡੁ
ਿਨਵਾਤ
ਗੁੜੁ
ਮਾਿਖਓ
ੁ
ਮĔ
ਝਾ
ਦੁਧੁ
॥
fareedaa sakar khand nivaat gurh maakh-o maaNjhaa duDh.
Fareed: sugar cane, candy, sugar, molasses, honey and buffalo’s milk -
ਸਭੇ ਵਸਤੂ ਿਮਠੀਆਂ ਰਬ ਨ ਪੁਜਨ ਤੁਧੁ ॥੨੭॥
sabhay vastoo mithee-aa^rab na pujan tuDh. ||27||
all these things are sweet, but they are not equal to You. ||27||

ਫਰੀਦਾ ਰੋਟੀ ਮੇਰੀ ਕਾਠ ਕੀ ਲਾਵਣੁ ਮੇਰੀ ਭੁਖ ॥
fareedaa rotee mayree kaath kee laavan mayree bhukh.
Fareed, my bread is made of wood, and hunger is my appetizer.

ਜਿਨਾ ਖਾਧੀ ਚੋਪੜੀ ਘਣੇ ਸਹਿਨਗੇ ਦੁਖ ॥੨੮॥
jinaa khaaDhee choprhee ghanay sehnigay dukh. ||28||
Those who eat buttered bread, will suffer in terrible pain. ||28||

ਰੁਖੀ ਸੁਖੀ ਖਾਇ ਕੈ ਠੰਢਾ ਪਾਣੀ ਪੀਉ ॥
rukhee sukhee khaa-ay kai thandhaa paanee pee-o.
Eat dry bread, and drink cold water.

ਜਿਨਾ ਖਾਧੀ ਚੋਪੜੀ ਤਾ ਉਕਮਧ ਨੀਹਿਉ ॥੨੯॥
jinaa khaaDhee choprhee naa tarsaa-ay jee-o. ||29||
Fareed, if you see someone else's buttered bread, do not envy him for it. ||29||

ਅਜਨ ਸੁਤੀ ਕੰਤ ਿਸੁ ਅੰਗੁ ਮੁੜੇ ਮੁੜ ॥
aj na sutee kant si-o ang murhay murh jaa-ay.
This night, I did not sleep with my Husband Lord, and now my body is suffering in pain.

ਜਾਇ ਪੁਛਹੁ ਡੋਹਾਗਣੀ ਤੁਮ ਕਿੱਤ ਭਾਗ ਿਵਹਾਇ ॥੩੦॥
jaa-ay puchhahu dohaaganee tum ki-o rain vihaa-ay. ||30||
Go and ask the deserted bride, how she passes her night. ||30||

ਸਾਹੁਰੈ ਢੋਈ ਨਾ ਲਹਈ ਪੇਈਐ ਨਾਹੀ ਥਾਉ ॥
sahurai dho-ee naa lahai pay-ee-ai naahee thaa-o.
She finds no place of rest in her father-in-law's home, and no place in her parents' home either.
ਧਾਰਿਕ ਚਵਕੀ ਨ ਖੁਦੀ ਪਹਾਣਾਧੀ ਰੁਪੀਐਂ ॥ 31 ॥
ਪ੍ਰਿਤ ਵਾਤੀ ਨ ਪ੍ਰਿਤ ਖੁਦੀ ਸੋਹਾਗਣੀ ਨਾਉ ॥ 31 ॥
Pir vaat-rhee na puchh-ee Dhan sohagan naa-o. ||31||
Her Husband Lord does not care for her; what sort of a blessed, happy soul-bride is she?
||31||

ਸਾਹੁਰੈ ਪਿੰਤੀਐਂ ਕੰਤ ਕੀ ਕੰਤੁ ਅਗਮੁ ਅਥਹਾਹੁ ॥
saahurai pay-ee-ai kant kee kant agamm athaahu.
In her father-in-law's home hereafter, and in her parents' home in this world, she belongs
to her Husband Lord. Her Husband is Inaccessible and Unfathomable.

ਨਾਨਕ ਸੋ ਸੋਹਾਗਣੀ ਜੁ ਭਾਵੈ ਬੇਪਰਵਾਹ ॥ 32 ॥
nanak so sohaaganee jo bhaavai bayparvaah. ||32||
O Nanak, she is the happy soul-bride, who is pleasing to her Carefree Lord. ||32||

ਨਾਤੀ ਧੋਤੀ ਸੰਬਹੀ ਸੁਤੀ ਆਈ ਨਚੰਦੁ ॥
natee Dhotee sambhee sutee aa-ay nachind.
Bathing, washing and decorating herself, she comes and sleeps without anxiety.

ਫਰੀਦਾ ਰਹੀ ਸੁ ਬੇਦੀ ਿਹੰਙੁ ਦੀ ਗਥੂਰੀ ਗੰਧੁ ॥ 33 ॥
fareedaa rahee so bayrhee hiny dee ga-ee kathoorie ganDh. ||33||
Fareed, she still smells like asafoetida; the fragrance of musk is gone. ||33||

ਫਰੀਦਾ ਿਚੰਤ ਖਟੋਲਾ ਵਾਣੁ ਦੁਖੁ ਿਬਰਿਹ ਿਵਛਾਵਣ ਲੇਫੁ ॥ 34 ॥
fareedaa chint khatolaa vaan dukh bireh vichhaavan layf. ||34||
Fareed, anxiety is my bed, pain is my mattress, and the pain of separation is my blanket
and quilt.
Behold, this is my life, O my True Lord and Master. ||35||

Many talk of the pain and suffering of separation; O pain, you are the ruler of all. ||36||

Fareed, these are poisonous sprouts coated with sugar. ||37||

Fareed, the hours of the day are lost wandering around, and the hours of the night are lost in sleep. ||38||

Fareed, you have gone to the Lord's Door. Have you seen the gong there?
This blameless object is being beaten - imagine what is in store for us sinners! ||39||

Each and every hour, it is beaten; it is punished every day.

This beautiful body is like the gong; it passes the night in pain. ||40||

Shaykh Fareed has grown old, and his body has begun to tremble.

Even if he could live for hundreds of years, his body will eventually turn to dust. ||41||

Fareed begs, O Lord, do not make me sit at another's door.

If this is the way you are going to keep me, then go ahead and take the life out of my body. ||42||

With the axe on his shoulder, and a bucket on his head, the blacksmith is ready to cut down the tree.
Fareed, I long for my Lord; you long only for the charcoal. ||43||

Fareed, some have lots of flour, while others do not even have salt.

When they go beyond this world, it shall be seen, who will be punished. ||44||

Drums were beaten in their honor, there were canopies above their heads, and bugles announced their coming.

They have gone to sleep in the cemetery, buried like poor orphans. ||45||

Fareed, those who built houses, mansions and lofty buildings, are also gone.

They made false deals, and were dropped into their graves. ||46||

Fareed, there are many seams on the patched coat, but there are no seams on the soul.
The shaykhs and their disciples have all departed, each in his own turn. ||47||

Fareed, the two lamps are lit, but death has come anyway. ||48||

Fareed, look at what has happened to the cotton and the sesame seed, the sugar cane and paper, the clay pots and the charcoal. ||49||

This is the punishment for those who do evil deeds. ||49||

Outwardly, you look bright, but your heart is dark as night. ||50||
Fareed, not even a drop of blood would issue forth, if someone cut my body.

Those bodies which are imbued with the Lord - those bodies contain no blood.

Fareed, seek that sacred pool, in which the genuine article is found.

Why do you bother to search in the pond? Your hand will only sink into the mud.

Fareed, when she is young, she does not enjoy her Husband. When she grows up, she dies.

Lying in the grave, the soul-bride cries, "I did not meet You, my Lord".

Fareed, your hair has turned grey, your beard has turned grey, and your moustache has turned grey.

O my thoughtless and insane mind, why are you indulging in pleasures?
Fareed, how long can you run on the rooftop? You are asleep to your Husband Lord - give it up!

The days which were allotted to you are numbered, and they are passing, passing away.

When these collapse into heaps of dust, none of them will be your friend. ||57||

Remember that place where you must go. ||58||

Fareed, those deeds which do not bring merit - forget about those deeds.
Otherwise, you shall be put to shame, in the Court of the Lord. ||59||

Fareed, work for your Lord and Master; dispel the doubts of your heart.

The dervishes, the humble devotees, have the patient endurance of trees. ||60||

I wander around full of sins, and yet people call me a dervish - a holy man. ||61||

The crop which is burnt will not bloom, even if it is soaked in water.

Fareed, she who is forsaken by her Husband Lord, grieves and laments.

When she is a virgin, she is full of desire; but when she is married, then her troubles begin.
ਫਰੀਦਾ ਏਹੋ ਪਛੋਤਾਉ ਵਿਤ ਕੁਆਰੀ ਨ ਥੀਐ ||੬੩ਲ॥
Fareed, she has this one regret, that she cannot be a virgin again. ||63||

ਕਲਰ ਕੇਰੀ ਛਪੜੀ ਆਈ ਉਲਥੇ ਹੰਝ ॥
The swans have landed in a small pond of salt water.

ਚਿਚੂ ਬੋੜਿਨਹ ਨਾ ਪੀਵਿਹ ਉਡਣ ਸੰਦੀ ਡੰਝ ॥੬੪ਲ॥
They dip in their bills, but do not drink; they fly away, still thirsty. ||64||

ਹੰਸੁ ਉਡਿਰ ਕੋਧਰ੍ੈ ਪਇਆ ਲੋਕੁ ਿਵਡਾਰਿਣ ਜਾਇ ॥
The swans fly away, and land in the fields of grain. The people go to chase them away.

ਗਿਹਲਾ ਲੋਕੁ ਨ ਜਾਣਦਾ ਹੰਸੁ ਨ ਕੋਧਰ੍ਾ ਖਾਇ ॥੬੫ਲ॥
The thoughtless people do not know, that the swans do not eat the grain. ||65||

ਚਿਲ ਚਿਲ ਗਈਆਂ ਪੰਖੀਆਂ ਜਨਹੀ ਵਸਾਏ ਤਲ ॥
The birds which lived in the pools have flown away and left.

ਫਰੀਦਾ ਇਟ ਿਸਰਾਣੇ ਭੁਇ ਸਵਣੁ ਕੀੜਾ ਲਿੜਓ ਮਾਸ ॥
Fareed, a stone will be your pillow, and the earth will be your bed. The worms shall eat into your flesh.
巴基斯坦 皙旭 whereIn the mosque for your five daily prayers. ||70||

You never come to the mosque for your five daily prayers. ||70||

κατά τη διάρκεια της διάρκειας η επιστήμη θαμμένη ||67||

κατά τη διάρκεια της διάρκειας η επιστήμη θαμμένη ||67||

kayt-rhi-aa jug vaapray ikat pa-i-aa paas. |||67||

Countless ages will pass, and you will still be lying on one side. |||67||

बहिण भाद्रीं मरीकारी ृझी ृझवति तथा ||

बहिण भाद्रीं मरीकारी ृझी ृझवति तथा ||

fareedaa bhannee gharhee savannvhee tootee naagar laj.

Fareed, your beautiful body shall break apart, and the subtle thread of the breath shall be snapped.

अजराईलु फरेसता कै  घिर नाठी अजु ॥६८॥

अजराईलु फरेसता कै  घिर नाठी अजु ॥६८॥

ajraa-eel faraystaa kai ghar naathee aj. |||68||

In which house will the Messenger of Death be a guest today? |||68||

बहिण भाद्रीं मरीकारी ृझी ृझवति तथा ||

बहिण भाद्रीं मरीकारी ृझी ृझवति तथा ||

fareedaa bhannee gharhee savannvhee tootee naagar laj.

Fareed, your beautiful body shall break apart, and the subtle thread of the breath shall be snapped.

सजण भुइ भारु थे से किउ आवाह अजु ॥६९॥

सजण भुइ भारु थे से किउ आवाह अजु ॥६९॥

jo sajan bhu-ay bhaar thay say ki-o aavahi aj. |||69||

Those friends who were a burden on the earth - how can they come today? |||69||

बहिण िग तिन्नावा ृझिता देव ौ ष्टी िवि ||

बहिण िग तिन्नावा ृझिता देव ौ ष्टी िवि ||

fareedaa bay nivaajaa kuti-aa ayh na bhalee reet.

Fareed: O faithless dog, this is not a good way of life.

वरी चढ़ि उ आत्मापा पंजे बचत भविति ॥२०॥

वरी चढ़ि उ आत्मापा पंजे बचत भविति ॥२०॥

kabhee chal na aa-i-aa panjay vakhat maseet. |||70||

You never come to the mosque for your five daily prayers. |||70||

उठु फरीदा उजू सािज सुबह िनवा गुजार ||

उठु फरीदा उजू सािज सुबह िनवा गुजार ||

uth fareedaa ujoo saaj subah nivaaj gujaar.

Rise up, Fareed, and cleanse yourself; chant your morning prayer.
The head which does not bow to the Lord - chop off and remove that head. ||71||

That head which does not bow to the Lord - what is to be done with that head?

Put it in the fireplace, instead of firewood. ||72||

Fareed, where are your mother and father, who gave birth to you?

They have left you, but even so, you are not convinced that you shall also have to go. ||73||

Fareed, flatten out your mind; smooth out the hills and valleys.

Hereafter, the fires of hell shall not even approach you. ||74||

Fareed, if on that day when my umbilical cord was cut, my throat had been cut instead,
ਪਵਿਨ ਨ ਇਤੀ ਮਾਮਲੇ ਸਹੀ ਨ ਇਤੀ ਦੁਖ ॥੭੬॥
pavan na itee maamlay sahaaN na itee dukh. ||76||
I would not have fallen into so many troubles, or undergone so many hardships. ||76||

ਚਾਬਣ ਚਲਣ ਰਤਨ ਸੇ ਸਨੀਅਰ ਬਿਹ ਗਏ ॥
chaban chalan ratann say sunee-ar bahi ga-ay.
My teeth, feet, eyes and ears have stopped working.

ਹੇਡ਼ੇ ਮੁਤੀ ਧਾਹ ਸੇ ਜਾਨੀ ਚਿਲ ਗਏ ॥੭੭॥
hayrhay mutee Dhaah say jaanee chal ga-ay. ||77||
My body cries out, "Those whom I knew have left me!" ||77||

ਫਰੀਦਾ ਬੁਰੇ ਦਾ ਭਲਾ ਕਿਰ ਗੁਸਾ ਮਿਨ ਨ ਹਢਾਇ ॥
fareedaa buray daa bhalaa kar gusaa man na hadhaa-ay.
Fareed, answer evil with goodness; do not fill your mind with anger.

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ਦੇਹੀ ਰੋਗੁ ਨ ਲਗਈ ਪਲੈ ਸਭ ਿਕਛੁ ਪਾਇ ॥੭੮॥
dayhee rog na lag-ee palai sabh kichh paa-ay. ||78||
Your body shall not suffer from any disease, and you shall obtain everything. ||78||

ਫਰੀਦਾ ਪੰਖ ਪਰਾਹਣੀ ਦੁਨੀ ਸੁਹਾਵਾ ਬਾਗਿ ॥
fareedaa pankh paraahunee dunee suhaavaa baag.
Fareed, the bird is a guest in this beautiful world-garden.

ਨਵੀਘਤ ਦਾਨੀ ਮੁਖਵਿਸੀ ਚਲਟ ਵਾ ਬਿੱਘ ਮਿਲਾ ॥੭੯॥
na-ubat vajee subah si-o chalan kaa kar saaj. ||79||
The morning drums are beating - get ready to leave! ||79||

ਫਰੀਦਾ ਚਾਵਾ ਵਪੁਰੀ ਬੌਚੀ ਸੁਿਤਾ ਭਿਖੇ ਨ ਹਢੇ ॥
fareedaa raat kathooree vandee-ai suti-aa milai na bhaa-o.
Fareed, musk is released at night. Those who are sleeping do not receive their share.
ਜਨਨਾ ਨੈਣ ਨੀੜਰਾਵਲੇ ਤਿੰਨਾ ਮਿਲਣੁ ਕੁਆਉ। ||80||

Those whose eyes are heavy with sleep - how can they receive it? ||80||

ਫਰੀਦਾ ਮੈ ਜਾਨੀਆ ਦੁਖੁ ਮੁਝ ਕੂਦੁ ਸੰਤਰਾਇਏ ਜਗੀ।

Fareed, I thought that I was in trouble; the whole world is in trouble!

ਫਰੀਦਾ ਡੁਖਾ ਸੇਤੀ ਿਦੁਹਿ ਗਇਆ ਸੂਲ ਸੇਤੀ ਰਾਤ।

Fareed, the day passes painfully; the night is spent in anguish.

ਖੂਛੇ ਚਿਖੀ ਕੈ ਦੇਖਆ ਤਾ ਘਿਰ ਘਿਰ ਏਹਾ ਅਗ। ||81||

When I climbed the hill and looked around, I saw this fire in each and every home. ||81||

ਕੰਧੀ ਵਹਣ ਨ ਢਾਹਿ ਤੁ ਭੀ ਲੇਖਾ ਦੇਵਣਾ।

O river, do not destroy your banks; you too will be asked to give your account.

ਖੜਾ ਪੁਕਾਰੇ ਪਾਤਣੀ ਬੇੜਾ ਕਪਰ ਵਾਈ। ||85||

The boatman stands up and shouts, "The boat is caught in the whirlpool!" ||85||

ਲਾਮੀ ਲਾਮੀ ਨਦੀ ਵਹੈ ਕੰਧੀ ਕੇਨਾ ਹੇਤ।

The river flows on and on; it loves to eat into its banks.
What can the whirlpool do to the boat, if the boatman remains alert? ||86||

Fareed, there are dozens who say they are friends; I search, but I cannot find even one.

Fareed, this body is always barking. Who can stand this constant suffering?

I have put plugs in my ears; I don't care how much the wind is blowing. ||88||

Fareed, God's dates have ripened, and rivers of honey flow.

With each passing day, your life is being stolen away. ||89||

Fareed, my withered body has become a skeleton; the crows are pecking at my palms.
ਅਜੈ ਸੁ ਰਾਬਨ ਬਾਹੂੜੋ ਦੇਖੁ ਬੰਦੇ ਕੇ ਭਾਗ ॥੯੦॥

Even now, God has not come to help me; behold, this is the fate of all mortal beings. ||90||

ਕਾਗਾ ਕਾਰਗ ਦੌਂਗੋਲੀਆ ਸਗਲਾ ਖਾਇਆ ਮਾਸੁ ॥

The crows have searched my skeleton, and eaten all my flesh.

ਕਾਗਾ ਚੂੰਡ ਨ ਪੰਜਰਾ ਬਸੈ ਤ ਉડਿਰ ਜਾਇ ॥

O crow, do not peck at my skeleton; if you have landed on it, fly away.

ਫਰੀਦਾ ਗੋਰ ਨਿਆਨੀ ਸੁੱਚ ਕਰੇ ਨਿਘਿਰਾ ਘਿਰ ਆਉ ॥

Fareed, the poor grave calls out, “O homeless one, come back to your home.

sarpar maithai aavnaa marnahu naa dari-aahu ||93||
You shall surely have to come to me; do not be afraid of death”. ||93||

ਏਨੀ ਲੋਇਣੀ ਦੇਖਿਦਾ ਕੇਤੀ ਚਿਲ ਗਈ ॥

These eyes have seen a great many leave.
Fareed, the people have their fate, and I have mine. ||94||

God says, "If you reform yourself, you shall meet me, and meeting me, you shall be at peace."

O Fareed, if you will be mine, the whole world will be yours". ||95||

How long can the tree remain implanted on the river-bank?

Fareed, the mansions are vacant; those who lived in them have gone to live underground.

O Shaykh, dedicate yourself to God; you will have to depart, today or tomorrow. ||97||
फरीदा मउतै दा बंना एवै दिसै जिउ दरीआवै ढाहा ॥

Fareed, the shore of death looks like the river-bank, being eroded away.

अगै दोजकु तिपा सुणीऐ हूँ पवै काहाहा ॥

Beyond is the burning hell, from which cries and shrieks are heard.

इकना नो सभ सोझी आई इफरदे वेपरवाहा ॥

Some understand this completely, while others wander around carelessly.

अमल जि कीतिता दुःस्वि दरगह ओगाहा ॥९८॥

Those actions which are done in this world, shall be examined in the Court of the Lord. ||98||

बेल बले तेल में भरहै यम पंटे ॥

While it is playing, a hawk suddenly pounces on it.

बाज पए तिसु रब दे भरें दिमविनभा ॥

When the Hawk of God attacks, playful sport is forgotten.
saadhay tarai man dayhuree chalai paanee ann.
The body is nourished by water and grain.

aa-i-o bandaa dunee vich vat aasoonee baneh.
The mortal comes into the world with high hopes.

malkal ma-ut jaaN aavsee sabh darvaajay bhann.
But when the Messenger of Death comes, it breaks down all the doors.

fareedaa amal je keetay dunee vich dargeh aa-ay kamm. ||100||
Fareed, only those good deeds done in the world will be of any use in the Court of the Lord. ||100||

fareedaa ha-o balihaaree tinH pankhee-aa jangal jinH vaas.
Fareed, I am a sacrifice to those birds which live in the jungle.

kakar chugan thal vasan rab na chhodan paas. ||101||
They peck at the roots and live on the ground, but they do not leave the Lord's side. ||101||
Fareed, the seasons change, the woods shake and the leaves drop from the trees.

I have searched in the four directions, but I have not found any resting place anywhere.

Fareed, I have torn my clothes to tatters; now I wear only a rough blanket.

I wear only those clothes which will lead me to meet my Lord.

They suffer terrible pain here, and hereafter they find no place of rest or refuge.

Fareed, if you do not awaken in the early hours before dawn, you are dead while yet alive.

Although you have forgotten God, God has not forgotten you.
ਪਿਹਲੈ ਪਹਰੈ ਫੁਲਡਾ ਫਲੁ ਭੀ ਪਛਾ ਰਾਿਤ ॥

The first watch of the night brings flowers, and the later watches of the night bring fruit.

ਜੋ ਜਾਗੰਿਨ ਲਹੰਨ ਸੇ ਸਾੀ ਕੰਨੋ ਦਾਿਤ ॥ 112॥

Those who remain awake and aware, receive the gifts from the Lord. ||112||

ਜੋ ਜਾਗੰਿਨ ਲਹੰਨ ਸੇ ਸਾੀ ਕੰਨੋ ਦਾਿਤ ॥ 112॥

Those who are known as happy soul-brides, do not look to others. ||114||

ਸਤਬਦੀ ਬਹੁ ਬਾਨੁ ਕਾਈ ਕੋਰ ॥

You search for your Husband Lord; you must have some fault in your body.

ਸਤਬਦੀ ਬਹੁ ਬਾਨੁ ਕਾਈ ਕੋਰ ॥ 114॥

Those who are known as happy soul-brides, do not look to others. ||114||

ਸੰਦਾ ਬਹੁ ਕਨੀ ਖਤਾ ਨ ਕਰੀ ॥ 115॥

Make patience the arrow, the Creator will not let you miss the target. ||115||

ਸੰਦਾ ਬਹੁ ਕਨੀ ਖਤਾ ਨ ਕਰੀ ॥ 115॥

Those who are patient abide in patience; in this way, they burn their bodies.

ਹੋਿਨ ਨਜੀਿਕ ਖੁਦਾਇ ਦੈ ਭੇਤੁ ਨ ਕਿਸੈ ਦੇਿਨ ॥ 116॥

They are close to the Lord, but they do not reveal their secret to anyone. ||116||
Let patience be your purpose in life; implant this within your being.

In this way, you will grow into a great river; you will not break off into a tiny stream.

Fareed, it is difficult to be a dervish - a Holy Saint; it is easier to love bread when it is buttered.

Only a rare few follow the way of the Saints.

My body is cooking like an oven; my bones are burning like firewood.

If my feet become tired, I will walk on my head, if I can meet my Beloved.

Do not heat up your body like an oven, and do not burn your bones like firewood.

What harm have your feet and head done to you? Behold your Beloved within yourself.
ਹਉਂ ਢੂਢੇਦੀ ਸਜਣਾ ਸਜਣੁ ਮੈਡੇ ਨਾਲੀ॥

ha-o dhoodhaydee sajnaa sajan maiday naal.
I search for my Friend, but my Friend is already with me.

ਨਾਨਕ ਅਲਖੁ ਨ ਲਖੀਐ ਗੁਰਮੁਕਾ ਦੇਇ ਿਦਖਾਿਲ ॥੧੨੧॥

naanak alakh na lakhee-ai gurmukh day-ay dikhaal. ||121||
O Nanak, the Unseen Lord cannot be seen; He is revealed only to the Gurmukh. ||121||

ਹੰਸਾ ਦੇਿਖ ਤਰੰਡਾ ਬਗਾ ਆਇਆ ਚਾਉ ॥

hansaa daykh tarandi-aa bagaa aa-i-aa chaa-o.
Seeing the swans swimming, the cranes became excited.

ਡੁਿਬ ਮੁਏ ਬਗ ਬਪੁੜੇ ਿਸਰੁ ਤਿਲ ਉਪਿਰ ਪਾਉ ॥੧੨੨॥

dub mu-ay bag bapurhay sir tal upar paa-o. ||122||
The poor cranes were drowned to death, with their heads below the water and their feet sticking out above. ||122||

ਮੈ ਜਾਣਾ ਵਡ ਹੰਸੁ ਹੈ ਤਾਂ ਮੈ ਕੀਤਾ ਸੰਗ ॥

mai jaani-aa vad hans hai taN mai keetaa sang.
I knew him as a great swan, so I associated with him.

ਜੇ ਜਾਣਾ ਬਗ ਬਪੁੜਾ ਜਨਿਮ ਨ ਭੇੜੀ ਅੰਗ ॥੧੨੩॥

jay jaanaa bag bapurhaa janam na bhayrhee ang. ||123||
If I had known that he was a only wretched crane, I would never in my life have crossed paths with him. ||123||

ਿਕਾਰ ਵੱਲੀ ਕਰਾ ਲਖੁ ਤਰੰਡ੍ਰਤ ਰੇਂ ਰੱਖੀ ਹੰਸੁ ਕਰੇ ॥

ki-aa hans ki-aa bagulaa jaa ka-o nadar Dharay.
Who is a swan, and who is a crane, if God blesses him with His Glance of Grace?

ਜੇ ਤਿਸ ਭਾਵੈ ਨਾਨਕਾ ਕਾਗਹੁ ਹੰਸੁ ਕਰੇ ॥੧੨੪॥

jay tis bhaavai naankaa kaagahu hans karay. ||124||
If it pleases Him, O Nanak, He changes a crow into a swan. ||124||
ਸਰवਰ ਪੰਖੀ ਹੇਕੜੋ ਫਾਹੀਵਾਲ ਪਚਾਸ ॥
sarvar pankhee haykrho faaheevaal pachaas.
There is only one bird in the lake, but there are fifty trappers.

ਇਹੁ ਤਨੁ ਲਹਰੀ ਗਡੁ ਿਥਆ ਸਚੇ ਤੇਰੀ ਆਸ ॥੧੨੫॥
ih tan lahree gad thi-aa sachay tayree aas. ||125||
This body is caught in the waves of desire. O my True Lord, You are my only hope! ||125||

ਕਵਣੁ ਸੁ ਅਰ ਕਵਣੁ ਗੁਣੁ ਕਵਣੁ ਸੁ ਮਣੀਆ ਮੰਤੁ ॥
kavan so akhar kavan gun kavan so manee-aa mant.
What is that word, what is that virtue, and what is that magic mantra?

ਏ ਤਰ੍ੈ ਭੈਣੇ ਵੇਸ ਕਿਰ ਵਿਸ ਆਵੀ ਕੰਤੁ ॥੧੨੭॥
ay tarai bhainay vays kar taaN vas aavee kant. ||127||
Wear these three robes, O sister, and you will captivate your Husband Lord. ||127||

ਫਿਨਵਣੁ ਸੁ ਅਰ ਖਵਣੁ ਗੁਣੁ ਿਜਹਬਾ ਮਣੀਆ ਮੰਤੁ ॥
nivan so akhar khavan gun jihbaa manee-aa mant.
Humility is the word, forgiveness is the virtue, and sweet speech is the magic mantra.

ਹੋਦੀ ਹੋਇ ਇਆਣਾ ॥
mat hodee ho-ay i-aanaa.
If you are wise, be simple;

ਹੋਇ ਹੋਇ ਿਤਾਣਾ ॥
taan hoday ho-ay nitaanaa.
if you are powerful, be weak;
अणहोड़े आपु वंडाए ॥

and when there is nothing to share, then share with others.

वे भोमा ढण्ड मल्ले ॥१२८॥

How rare is one who is known as such a devotee. ||128||

हिलु डिवँ त गालाइ महल मै मच यति ॥

Do not utter even a single harsh word; your True Lord and Master abides in all.

हिआउ न कैही ठाहु मानक सभ अमोलवे ॥१२९॥

Do not break anyone's heart; these are all priceless jewels. ||129||

सभनाम मन मानिक ठाहणु मूल मचांगवा ॥

The minds of all are like precious jewels; to harm them is not good at all.

जे तउ पिरीआ दी सिक हिआउ न ठाहे कही दा ॥१३०॥

If you desire your Beloved, then do not break anyone's heart. ||130||