BASANT KEE VAAR

Basant Kee Vaar, Fifth Mehl:

Meditate upon the Lord's Name, and blossom forth in green abundance. By your high destiny, you have been blessed with this wondrous spring of the soul. See all the three worlds in bloom, and obtain the Fruit of Ambrosial Nectar. Meeting with the Holy Saints, peace wells up, and all sinful residues are erased. O Nanak, remember in meditation the One Name, and you shall never again be consigned to the womb of reincarnation. The five powerful desires are bound down, when you lean upon the True Lord. The Lord Himself leads us to dwell at His Feet. He stands right in our midst. All sorrows and sicknesses are eradicated, and you become ever-fresh and rejuvenated. Night and day, meditate upon the Naam, the Name of the Lord. You shall never again die. And He, from whom we came, O Nanak, into Him we merge once again.

Where do we come from? Where do we live? Where do we go in the end? All creatures belong to God, our Lord and Master. Who can place a value on Him? Those who meditate, listen and chant, those devotees are blessed and beautified. The Lord God is Inaccessible and Unfathomable; there is no other equal to Him. The Perfect Guru has taught this Truth. Nanak proclaims it to the world.