

20th Pauree

ਭਰੀਐ ਹਥੁ ਪੈਰੁ ਤਨੁ ਦੇਹੁ ॥
ਪਾਣੀ ਧੋਤੈ ਉਤਰਸੁ ਖੇਹੁ ॥
ਮੂਤ ਪਲੀਤੀ ਕਪੜੁ ਹੋਇ ॥
ਦੇ ਸਾਬੂਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥
ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥
ਓਹੁ ਧੋਪੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥
ਪੁੰਨੀ ਪਾਪੀ ਆਖਣੁ ਨਾਹਿ ॥
ਕਰਿ ਕਰਿ ਕਰਣਾ ਲਿਖਿ ਲੈ ਜਾਹੁ ॥
ਆਪੇ ਬੀਜਿ ਆਪੇ ਹੀ ਖਾਹੁ ॥
ਨਾਨਕ ਹੁਕਮੀ ਆਵਹੁ ਜਾਹੁ ॥੨੦॥

Bharee-ai hath pair tan dayh. Paannee dhotai utras khayh.

Moot paleetee kaparr ho-ei. Day saaboonn la-ee-ai oho dho-ei.

Bharee-ai mat paapaa kai sang. Oho dhopai naavai kai rang.

Punnee paapee aakhann naa-eh. Kar kar karnnaa likh lai jaaho.

Aapay beej aapay hee khaaho. Naanak hukamee aavaho jaaho. [20]

When the hands and the feet and the body are dirty, water can wash away the dirt.

When the clothes are soiled and stained by urine, soap can wash them clean.

But when the intellect is stained and polluted by sin, it can only be cleansed by the love
of the Name.

Virtue and vice do not come by mere words; actions repeated, over and over again, are engraved on the soul.

You shall harvest what you plant.

O Nanak, by the Hukam of the Divine Command, we come and go in reincarnation.