

ik pachhaanoo jee-a kaa iko rakhanhaar

isrIngu mhl w 5 ] (45-6)	sireeraag mehlaa 5.	Siree Raag, Fifth Mehl:
iekupCixlJ IA kw ieko rKxhwrw ]	ik pachhaanoo jee-a kaa iko rakhanhaar.	The One is the Knower of all beings; He alone is our Savior.
ieks kw min Ausrw ieko plix ADwru ]	ikas kaa man aasraa iko paraan aDhaar.	The One is the Support of the mind; the One is the Support of the breath of life.
iqsu srxwel sdw siku pwr bhm krcwru ]1]	tis sarnaa-ee sadaa sukh paarbarahm kartaar.   1	In His Sanctuary there is eternal peace. He is the Supreme Lord God, the Creator.   1
mn mrysgl apiv iqAngu ]	man mayray sagal upaav ti-aag.	O my mind, give up all these efforts.
guru plhw AwriD inq ieksuki il v l wgu ]1] rhwau ]	gur pooraa aaraaDh nit ikas kee liv laag.   1   rahaa-o.	Dwell upon the Perfect Guru each day, and attach yourself to the One Lord.   1  Pause
ieko Bwel imqu ieku ieko miq ipqw ]	iko bhaa-ee mit ik iko maat pitaa.	The One is my Brother, the One is my Friend. The One is my Mother and Father.
ieks kl min tk h'ij in j lau plfu idqw ]	ikas kee man tayk hai jin jee-o pind ditaa.	The One is the Support of the mind; He has given us body and soul.
sopBumhun ivsr'ij in sBuikCu vis klqw ]2]	so parabh manhu na visrai jin sabh kichh vas keetaa.   2	May I never forget God from my mind; He holds all in the Power of His Hands.   2
Gir ieko bwhir ieko Qwn Qngir Awip ]	ghar iko baahar iko thaan thanantar aap.	The One is within the home of the self, and the One is outside as well. He Himself is in all places and interspaces.
j IA j lq siB ij in kley AwT phr iqsuj wip ]	jee-a jant sabh jin kee-ay aath pahar tis jaap.	Meditate twenty-four hours a day on the One who created all beings and creatures.
ieksu sgl riqAw n hwl sig slwpu ]3]	ikas saytee rati-aa na hovee sog santaaap.   3	Attuned to the Love of the One, there is no sorrow or suffering.   3
pwr bhm upBueku h'ldj w nihl kie ]	baarbarahm parabh ayk hai doojaa naahee ko-ay.	There is only the One Supreme Lord God; there is no other at all.
j lau plfu sBuics kw j oiqsu BwV su hie ]	jee-o pind sabh tis kaa jo tis bhaavai so ho-ay.	Soul and body all belong to Him; whatever pleases His Will comes to pass.
gir pl'plhw BieAw j ip nwnk scw sie ]4]9]79]	gur poorai pooraa bha-i-aa jap naanak sachaa so-ay.   4  9  79	Through the Perfect Guru, one becomes perfect; O Nanak, meditate on the True One.   4  9  79