

sanṭaa kee rayn saaDh jan sangat har keerat tar taaree

| pBiqI mhl 1] (1332-10) | parbhaatee mehlaa 1. | Prabhaatee, First Mehl: |
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| skhw kl rxsuSD j n skjiq hir klriq qruqwrI] | sanṭaa kee rayn saa <u>Dh</u> jan sangat har keerat tar taaree. | The dust of the feet of the Saints, the Company of the Holy, and the Praises of the Lord carry us across to the other side. |
| khw krYbpurw j mu frpYgurmik irdY murwrI]1] | kahaa karai bapuraa jam darpai gurmukh ridai muraaree. 1 | What can the wretched, terrified Messenger of Death do to the Gurmukhs? The Lord abides in their hearts. 1 |
| j il j wauj lvnu nwm ibnw] | jal jaa-o jeevan naam binaa. | Without the Naam, the Name of the Lord, life might just as well be burnt down. |
| hir j ip j wpuj pauj pmwl I gurmik AwYsWdumnw]1] rhwau] | har jap jaap japa-o japmaalee gurmukh aavai saad manaa. 1 rahaa-o. | The Gurmukh chants and meditates on the Lord, chanting the chant on the mala; the Flavor of the Lord comes into the mind. 1 Pause |
| gur apds swcusKij w kavikAw iqsuapmw khIAI] | gur updays saach sukh jaa ka-o ki-aa tis upmaa kahee-ai. | Those who follow the Guru's Teachings find true peace - how can I even describe the glory of such a person? |
| I w j vhr rqn pdwrQ Kj q gurmik I hIAI]2] | laal javayhar ratan padaarath khojat gurmukh lahee-ai. 2 | The Gurmukh seeks and finds the gems and jewels, diamonds, rubies and treasures. 2 |
| clnYigAwnu iDAwnu Dnu swc0ek sbid il v I wv] | cheenai gi-aan <u>Dhi</u> -aan <u>Dhan</u> saachou ayk sabad liv laavai. | So center yourself on the treasures of spiritual wisdom and meditation; remain lovingly attuned to the One True Lord, and the Word of His Shabad. |
| inrwI puinrhwrw inhkyl uinrBau qwVI I wv]3] | niraalamb nirhaar nihkayval nirbha-o taarhee laavai. 3 | Remain absorbed in the Primal State of the Fearless, Immaculate, Independent, Self-sufficient Lord. 3 |
| swier spq Bryj I inrmil al ti nvw qrvv] | saa-ir sapat bharay jal nirmal ultee naav taraavai. | The seven seas are overflowing with the Immaculate Water; the inverted boat floats across. |
| bwhir j wq0Twik rhwvYgurmik shij smwv]4] | baahar jaatou thaak rahaavai gurmukh sahj samaavai. 4 | The mind which wandered in external distractions is restrained and held in check; the Gurmukh is intuitively absorbed in God. 4 |
| soigrhl sodwsuadwsl ij in gurmik Awpu pCwinAw] | so girhee so daas udaasee jin gurmukh aap pachhaani-aa. | He is a householder, he is a renunciate and God's slave, who, as Gurmukh, realizes his own self. |
| nwnkuKhYAvrunhI dj w swc sbid mnumwinAw]5]17] | naanak kahai avar nahee doojaa saach sabad man maani-aa. 5 17 | Says Nanak, his mind is pleased and appeased by the True Word of the Shabad; there is no other at all. 5 17 |