

jal jaa-o jeevan naam binaa

pBwql mhl w 1] (1332-10)	parbhaatee mehlaa 1.	Prabhaatee, First Mehl:
skhw kl rxsuSD j n sldiq hir klriq qruqwrI]	santaa 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 frpYgirmiK 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 lvnuum 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 girmiK 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 swcsKuj w kauikAw 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 wl j vhr rqn pdwrQ Kj q girmiK I hIAI]2]	laal javayhar ratan padaarath <u>khojat</u> gurmukh lahee-ai. 2	The Gurmukh seeks and finds the gems and jewels, diamonds, rubies and treasures. 2
clnYigAwnu iDAwnu Dnu swcDej sbid il v I wY]	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 puinrhwruihkyI uinrBau qwVI I wY]3]	niraalamb nirhaar nihkayval nir <u>bha</u> -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 tl nwv qrwY]	saa-ir sapat <u>bharay</u> jal nirmal ultee naav taraavai.	The seven seas are overflowing with the Immaculate Water; the inverted boat floats across.
bwhir j wq0Twik rhwYgirmiK shij smwY]4]	baahar jaatou <u>thaak</u> 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 girmiK AwpuCwinAw]	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.
nwnkukhYAvruhl dj w swc sbid mnuwinAw]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