

mar na jaahee jinaa bisraṭ raam

gaṢl mhl w 5 ] (188-5)	ga-or <sub>h</sub> ee mehlaa 5.	Gauree, Fifth Mehl:
dil B dḥ pweI vFBḡl ]	<u>du</u> labh <u>day</u> h paa-ee vad <u>b</u> haagee.	This human body is so difficult to obtain; it is only obtained by great good fortune.
nṃu n j pih qyAwqm Gwql ]1]	naam na jaapeh <u>tay</u> aat <u>a</u> m <u>gh</u> aatee.   1	Those who do not meditate on the Naam, the Name of the Lord, are murderers of the soul.   1
mir n j whI ij nṃ ibsrq nṃ ]	mar na jaahee jinaa bisraṭ raam.	Those who forget the Lord might just as well die.
nṃm ibhḥ j lvn kain kṃm ]1] rhṃau ]	naam bihoon jeevan ka-un kaam.   1   rahaa-o.	Without the Naam, of what use are their lives?   1  Pause
Kwq plq Ky q hsq ibsQwr ]	<u>kh</u> aat <u>pee</u> t <u>kh</u> aylaṭ hasaṭ bistaar.	Eating, drinking, playing, laughing and showing off
kvn ArQ imrqk slgr ]2]	kavan arath mirtak seegaar.   2	- what use are the ostentatious displays of the dead?   2
j o n sinih j suprmwṃclw ]	jo na suneh jas parmaananda <u>a</u> .	Those who do not listen to the Praises of the Lord of supreme bliss,
psupKI iqḡd j o n qy mḡw ]3]	pas pank <u>hee</u> tariga <u>d</u> jon <u>tay</u> mand <u>a</u> a.   3	are worse off than beasts, birds or creeping creatures.   3
khu nṃnk giir mḡidṃwieAw ]	kaho naanak gur manṭar drir <u>h</u> -aa-i-aa.	Says Nanak, the GurMantra has been implanted within me;
kyI nṃm uird mwih smwieAw ]4]42]111]	kayval naam rid <u>a</u> maahi samaa-i-aa.   4  42  111	the Name alone is contained within my heart.   4  42  111