

pahilai pahrai nain salonrhee-ay rain anDhi-aaree raam

qKwrl mhl w 1] (1110-2)	tukhaaree mehlaa 1.	Tukhaari, First Mehl:
pihl YphrYnk sl nVley rYx AIDAwrl rwm]	pahilai pahrai nain salonrhee-ay rain anDhi-aaree raam.	In the first watch of the dark night, O bride of splendored eyes,
vKru rWku meley Awl vWrl rwm]	vakhar raakh mu-ee-ay aavai vaaree raam.	protect your riches; your turn is coming soon.
vWrl Awl kvxuj gwv stbl j m rsu cBey]	vaaree aavai kavan jagaavai sootee jam ras choos-ay.	When your turn comes, who will wake you? While you sleep, your juice shall be sucked out by the Messenger of Death.
rYx AIDYrl ikAw piq qYrl cru pVIGrumtsey]	rain anDhayree ki-aa pat tayree chor parhai ghar moos-ay.	The night is so dark; what will become of your honor? The thieves will break into your home and rob you.
rWkxhW Agm ApwW six bnqI mYrIAW]	raakhanhaaraa agam apaaraa sun baynantee mayree-aa.	O Saviour Lord, Inaccessible and Infinite, please hear my prayer.
nWnk mWku kbih n cpl ikAw sWY rYx AIDYrIAW]1]	naanak moorakh kabeh na chaytai ki-aa soojhai rain anDhayree-aa. 1	O Nanak, the fool never remembers Him; what can he see in the dark of night? 1
dj w phruBieAw j wgu Acpl rwm]	doojaa pahar bha-i-aa jaag achaytee raam.	The second watch has begun; wake up, you unconscious being!
vKru rWku meley Kwj YKqI rwm]	vakhar raakh mu-ee-ay khaajai khaytee raam.	Protect your riches, O mortal; your farm is being eaten.
rWkhu KqI hir gur hqI j wgg cru n l wgl]	raakho khaytee har gur haytee jaaga chor na laagai.	Protect your crops, and love the Lord, the Guru. Stay awake and aware, and the thieves shall not rob you.
j m mig n j wvhu nW dIKu pWvhu j m kw fru BauBwgl]	jam mag na jaavhu naa dukh paavhu jam kaa dar bha-o bhaagai.	You shall not have to go on the path of Death, and you shall not suffer in pain; your fear and terror of death shall run away.
riv sis dlpk girmi q dIAwY min swcw miK iDAwvey]	rav sas deepak gurmat du-aarai man saachaa mukh Dhi-aav-ay.	The lamps of the sun and the moon are lit by the Guru's Teachings, through His Door, meditating on the True Lord, in the mind and with the mouth.

nwnk mhrKuAj hu n cpgYikv dj Ysiku pivey] 2]	naanak moorakh ajahu na chaytai kiv doojai sukh paav-ay. 2	O Nanak, the fool still does not remember the Lord. How can he find peace in duality? 2
qlj w phruBieAw nld ivAwpl rwm]	teejaa pahar bha-i-aa need vi-aapee raam.	The third watch has begun, and sleep has set in.
mwieAw siq dirw dik stkwpl rwm]	maa-i-aa sut daaraa dookh santaapee raam.	The mortal suffers in pain, from attachment to Maya, children and spouse.
mwieAw siq dirw j gq ipAwrw cgg cglinq PwsY]	maa-i-aa sut daaraa jagat pi-aaraa chog chugai nit faasai.	Maya, his children, his wife and the world are so dear to him; he bites the bait, and is caught.
nmmu iDAwV qw siku pivey gurmig kwl un gtsY]	naam Dhi-aavai taa sukh paavai gurmat kaal na garaasai.	Meditating on the Naam, the Name of the Lord, he shall find peace; following the Guru's Teachings, he shall not be seized by death.
j thxumrxu kwl unhl CgfYivxu nrvYstkwpl]	jaman maran kaal nahee chhodai vin naavai santaapee.	He cannot escape from birth, dying and death; without the Name, he suffers.
nwnk qlj YiqbtbiD l kw mwieAw mih ivAwpl] 3]	naanak teejai taribaDh lokaa maa-i-aa mohi vi-aapee. 3	O Nanak, in the third watch of the three-phased Maya, the world is engrossed in attachment to Maya. 3
caQw phruBieAw daquibhwgl rwm]	cha-uthaa pahar bha-i-aa da-ut bihaagai raam.	The fourth watch has begun, and the day is about to dawn.
iqn Gru rwiKAVw j w Anidnu j wgl rwm]	tin ghar raakhi-arhaa jo an-din jaagai raam.	Those who remain awake and aware, night and day, preserve and protect their homes.
gur plC j wgy nwm l wgy iqrw rYx shY lAw]	gur poochh jaagay naam laagay tinaa rain suhaylee-aa.	The night is pleasant and peaceful, for those who remain awake; following the Guru's advice, they focus on the Naam.
gur sbdu kmwvih j nim n Awvih iqrw hir pBubY lAw]	gur sabad kamaaveh janam na aavahi tinaa har parabh baylee-aa.	Those who practice the Word of the Guru's Shabad are not reincarnated again; the Lord God is their Best Friend.
kr klp crx srlru kplY nk ADl yqnu Bsm sy]	kar ka ^N p charan sareer kampai nain anDhulay tan bhasam say.	The hands shake, the feet and body totter, the vision goes dark, and the body turns to dust.
nwnk dKlAw j w cwryibnu nwm hir kymin vsy] 4]	naanak dukhee-aa jug chaaray bin naam har kay man vasay. 4	O Nanak, people are miserable throughout the four ages, if the Name of the Lord does not abide in the mind. 4

<p>KU I gMT aũToil iKAw AwieAw rwm]</p>	<p>khoolee gan<u>th</u> utho lik<u>hi</u>-aa aa-i-aa raam.</p>	<p>The knot has been untied; rise up - the order has come!</p>
<p>rs ks sIK Twky bND cl wieAw rwm]</p>	<p>ras kas suk<u>h</u> thaakay ban<u>Dh</u> chala<i>a</i>-i-aa raam.</p>	<p>Pleasures and comforts are gone; like a prisoner, you are driven on.</p>
<p>bND cl wieAw j w pB BwieAw nw dlsYnw sIKIAY]</p>	<p>ban<u>Dh</u> chala<i>a</i>-i-aa jaa parabh <u>b</u>haa-i-aa naa <u>d</u>eesai naa sun<u>ee</u>-ai.</p>	<p>You shall be bound and gagged, when it pleases God; you will not see or hear it coming.</p>
<p>AwpX vwrI sBSY AwvY pki KqI I IKIAY]</p>	<p>aapan vaaree sab<u>h</u>sai aavai pakee <u>kh</u>ay<u>t</u>ee lun<u>ee</u>-ai.</p>	<p>Everyone will have their turn; the crop ripens, and then it is cut down.</p>
<p>GVI csykw I jw I lj Ybrw BI w shuj IAw]</p>	<p><u>gh</u>ar<u>h</u>ee chasay kaa lay<u>kh</u>aa leejai buraa <u>b</u>halaa saho jee-aa.</p>	<p>The account is kept for every second, every instant; the soul suffers for the bad and the good.</p>
<p>nwnk sir nr sbid iml wey iqin pIB kwrXu kIAw]5]2]</p>	<p>naanak sur nar sabad milaa-ay <u>t</u>in parabh kaaran kee-aa. 5 2 </p>	<p>O Nanak, the angelic beings are united with the Word of the Shabad; this is the way God made it. 5 2 </p>