

paraanee too<sup>N</sup> aa-i-aa laahaa lain

isrIngu mhl w 5 ] (43-1)	sireeraag mehlaa 5.	Siree Raag, Fifth Mehl:
Bl kyaiT ppl IAYvxu buymgD Aj wix ]	bhalkay uth papolee-ai vin bujhay mugaDh ajaan.	Arising each day, you cherish your body, but you are idiotic, ignorant and without understanding.
so pBuiciq n AwieE Cut'gl b'bwix ]	so parabh chit na aa-i-o chhutaigee baybaan.	You are not conscious of God, and your body shall be cast into the wilderness.
siqgr spl icqu l wie sdw sdw r'gu mwix ]1]	satgur saytee chit laa-ay sadaa sadaa rang maan.   1	Focus your consciousness on the True Guru; you shall enjoy bliss forever and ever.   1
plxl qllAwieAw l whw l Yx ]	paraanee too <sup>N</sup> aa-i-aa laahaa lain.	O mortal, you came here to earn a profit.
l gw ikqu kPKVysB mikdl cl l r'Yx ]1] rhwau ]	lagaa kit khufkarhay sabh mukdee chalee rain.   1   rahaa-o.	What useless activities are you attached to? Your life-night is coming to its end.   1  Pause
kudm krypsu pIKIAw ids' nwhl kw l u ]	kudam karay pas pankhee-aa disai naahee kaal.	The animals and the birds frolic and play-they do not see death.
Eq' swiQ mniku h' PwQw mwieAw j wil ]	otai saath manukh hai faathaa maa- i-aa jaal.	Mankind is also with them, trapped in the net of Maya.
mikqy spl Bw l Aih ij scw nwmu smwil ]2]	muktay say-ee bhaalee-ah je sachaa naam samaal.   2	Those who always remember the Naam, the Name of the Lord, are considered to be liberated.   2
j o GruCif gvwxw so l gw mn mwih ]	jo ghar chhad gavaavnnaa so lagaa man maahi.	That dwelling which you will have to abandon and vacate-you are attached to it in your mind.
ij Q' j wie qDu vrqxw iqs kl ic'bw nwih ]	jithai jaa-ay tuDh vartanaa tis kee chintaa naahi.	And that place where you must go to dwell-you have no regard for it at all.
PwQy spl inkl yij gr kl p'rl pwih ]3]	faathay say-ee niklay je gur kee pairee paahi.   3	Those who fall at the Feet of the Guru are released from this bondage.   3
kael riK n skel dj w kon idKwie ]	ko-ee rakh na sak-ee doojaa ko na dikhaa-ay.	No one else can save you-don't look for anyone else.
cwry k'fw Bw l k'Awie pieAw srxwie ]	chaaray kundaa bhaal kai aa-ay pa- i-aa sarnaa-ay.	I have searched in all four directions; I have come to find His Sanctuary.
nwnk scl'pwiqswih fibdw l ieAw k'Fwie ]4]3]73]	naanak sachai paatisaah dubdaa la- i-aa kadhaa-ay.   4  3  73	O Nanak, the True King has pulled me out and saved me from drowning!   4  3  73