

bhaa<sup>N</sup>daa Dho-ay bais Dhoop dayvhu ta-o dooDhai ka-o jaavhu

rwgushl mhl 1 capdy Gru 1 (728-4)	raag soohee mehlāa 1 cha-up <u>d</u> ay <u>gh</u> ar 1	Raag Soohee, First Mehl, Chau-Padas, First House:
BWfW Die b's Dpudyhu qaudDY kauj wvhu ]	<u>b</u> haa <sup>N</sup> daa <u>D</u> ho-ay bais <u>D</u> hoop <u>d</u> ayvhu <u>t</u> a-o <u>d</u> oo <u>D</u> hai ka-o jaavhu.	Wash the vessel, sit down and anoint it with fragrance; then, go out and get the milk.
dDu krm Pin sriq smiexuhie inrw s j mivhu ]1]	<u>d</u> oo <u>D</u> h karam fun surat samaa-in ho-ay niraas jamaavahu.   1	Add the rennet of clear consciousness to the milk of good deeds, and then, free of desire, let it curdle.   1
j phu q ekonmw ]	japahu <u>t</u> a ayko naamaa.	Chant the Name of the One Lord.
Avir inrwPl kwmw ]1] rhwau ]	avar niraafal kaamaa.   1   rahaa-o.	All other actions are fruitless.   1  Pause
iehumnueltl hwiQ krhu Pin npaund n Avv ]	ih man eetee haath karahu fun nay <u>t</u> ara-o need na aavai.	Let your mind be the handles, and then churn it, without sleeping.
rsnw nmw j phu qb mQIAien ibiD Alimbu puvhu ]2]	rasnaa naam japahu <u>t</u> ab mathee-ai in bi <u>D</u> h amrit paavhu.   2	If you chant the Naam, the Name of the Lord ,with your tongue, then the curd will be churned. In this way, the Ambrosial Nectar is obtained.   2
mnusltuij qu sq sir nwxu Bwvn pwql iqbiq kry ]	man sampat jit sat sar naavan <u>b</u> haavan paatee <u>t</u> arip <u>t</u> karay.	Wash your mind in the pool of Truth, and let it be the vessel of the Lord; let this be your offering to please Him.
pj 1 plix syku j syvien@ibiD swihburvqurh ]3]	poojaa paraan sayvak jay sayvay in <sup>H</sup> bi <u>D</u> h saahib ravat rahai.   3	That humble servant who dedicates and offers his life, and who serves in this way, remains absorbed in his Lord and Master.   3
khdykhih khykih j wvih qm sir Avrin kel ]	ka <u>d</u> ay kaheh kahay kahi jaaveh <u>t</u> um sar avar na ko-ee.	The speakers speak and speak and speak, and then they depart. There is no other to compare to You.
Bgiq hlXu nwnku j nu j pY hau swl whl scw sel ]4]1]	<u>b</u> hagat heen naanak jan jampai ha- o saalaahēe sachaa so-ee.   4  1	Servant Nanak, lacking devotion, humbly prays: may I sing the Praises of the True Lord.   4  1