

bhand jammee-ai bhand nimmee-ai bhand mangan vee-aahu

mÚ 1 ] (473-7)	mehlaa 1.	First Mehl:
BIf j thIAy BIf in thIAy BIf mlyxu vIAw hu ]	<u>b</u> hand jammee-ai <u>b</u> hand nimmee-ai <u>b</u> hand mangan vee-aahu.	From woman, man is born; within woman, man is conceived; to woman he is engaged and married.
BIf hu h w / d s q l BIf hu c l Y r w hu ]	<u>b</u> handahu hovai <u>d</u> ostee <u>b</u> handahu chalai raahu.	Woman becomes his friend; through woman, the future generations come.
BIf u m i A w BIf u B w l I A y BIf h w / b i D w hu ]	<u>b</u> hand mu-aa <u>b</u> hand <u>b</u> haalee-ai <u>b</u> hand hovai ban <u>D</u> haan.	When his woman dies, he seeks another woman; to woman he is bound.
so i k a u m d w A w K I A y i j q u j t h i h r i j w n ]	so ki-o mandaa aak <u>h</u> ee-ai jít jameh raajaan.	So why call her bad? From her, kings are born.
BIf hu h l BIf u a b j Y BIf y b w J u n k i e ]	<u>b</u> handahu hee <u>b</u> hand oopjai <u>b</u> handai baaj <u>h</u> na ko-ay.	From woman, woman is born; without woman, there would be no one at all.
n w n k BIf y b w h r w e k o s c w s i e ]	naanak <u>b</u> handai baahraa ayko sachaa so-ay.	O Nanak, only the True Lord is without a woman.
i j q u m i k s d w s w l w h I A y B i g w r q l c w i r ]	jít muk <u>h</u> sadaa salaah-ee-ai <u>b</u> haagaa ratee chaar.	That mouth which praises the Lord continually is blessed and beautiful.
n w n k q y m k a j l y i q q u s c l d r b w i r ] 2 ]	naanak tay muk <u>h</u> oojlay tít sachai <u>d</u> arbaar.   2	O Nanak, those faces shall be radiant in the Court of the True Lord.   2