

paraym kay kaan lagay tan bheetar vaid ke jaanai kaaree jee-o

rwgumwrlmhl w 1 Gru5] (993-2)	raag maaroo mehlaa 1 ghar 5	Raag Maaroo, First Mehl, Fifth House:
Aihinis j wglnd n swl]	ahinis jaagai need na sovai.	Day and night, he remains awake and aware; he never sleeps or dreams.
soj wxl ij su vpdn hwl]	so jaanai jis vaydan hovai.	He alone knows this, who feels the pain of separation from God.
pln kykn l gyqn Blqir vluik j wxl kurl j lau]1]	paraym kay kaan lagay <u>tan</u> <u>bheetar</u> <u>vaid</u> ke <u>jaanai</u> kaaree jee-o. 1	My body is pierced through with the arrow of love. How can any physician know the cure? 1
ij s no swc isPql l wey] gurmik ivrl yiksYbwwey]	jis no saachaa siftee laa-ay. gurmukh virlay kisai bujhaa-ay.	Rare is that one, who as Gurmukh, understands, and whom the True Lord links to His Praise.
Almky kl swr sel j wxl ij Almky kw vpwrl j lau]1] rhwau]	amrit kee saar so-ee jaanai je amrit kaa vaapaaree jee-o. 1 rahaa-o.	He alone appreciates the value of the Ambrosial Nectar, who deals in this Ambrosia. 1 Pause
ipr sqd Dn plnrcwey]	pir saytee <u>Dhan</u> paraym rachaa-ay.	The soul-bride is in love with her Husband Lord;
gir kYsbid qQu icqu l wey]	gur kai sabad <u>tathaa</u> <u>chit</u> laa-ay.	the focuses her consciousness on the Word of the Guru's Shabad.
shj sqd Dn Krl shj l iqBnw iqkw invwrl j lau]2]	sahj saytee <u>Dhan</u> <u>kharee</u> suhaylee <u>tarisnaa</u> <u>tikhaa</u> nivaaree jee-o. 2	The soul-bride is joyously embellished with intuitive ease; her hunger and thirst are taken away. 2
shsw qWY Brmuckwey]	sahsaa <u>torhay</u> <u>bharam</u> chukaa-ay.	Tear down skepticism and dispel your doubt;
shj yisPql DxKucVwey]	sehjay siftee <u>Dhanakh</u> <u>charhaa</u> -ay.	with your intuition, draw the bow of the Praise of the Lord.
gir kYsbid mrYmnumwrysdir j gwDwrl j lau]3]	gur kai sabad marai man maaray <u>sundar</u> <u>jogaa</u> <u>Dhaaree</u> jee-o. 3	Through the Word of the Guru's Shabad, conquer and subdue your mind; take the support of Yoga - Union with the beautiful Lord. 3
hamYj il Aw mnhuivswry]	ha-umai jali-aa manhu visaaray.	Burnt by egotism, one forgets the Lord from his mind.
j m pir vj ih KVg krwry]	jam pur vajeh <u>kharhag</u> karaaray.	In the City of Death, he is attacked with massive swords.
Ab kYkihAYnwmu n iml el qlshu j IAVyBwrl j lau]4]	ab kai kahi-ai naam na mil-ee <u>too</u> saho jee- <u>arhay</u> <u>bhaaree</u> jee-o. 4	Then, even if he asks for it, he will not receive the Lord's Name; O soul, you shall suffer terrible punishment. 4

mwieAw mmqw pvih iKAw l]	maa-i-aa mam <u>t</u> aa paveh <u>k</u> hi-aalee.	You are distracted by thoughts of Maya and worldly attachment.
j m piir Pwsihgw j m j wl l]	jam pur faashigaa jam jaalee.	In the City of Death, you will be caught by the noose of the Messenger of Death.
hyq kybDn qv n swkih qw j mu kryKAwrl j lau]5]	hay <u>t</u> kay ban <u>D</u> han <u>t</u> orh na saakeh <u>t</u> aa jam karay <u>k</u> hu-aaree jee-o. 5	You cannot break free from the bondage of loving attachment, and so the Messenger of Death will torture you. 5
nw haukrqw nw m'kIAw]	naa ha-o kar <u>t</u> aa naa mai kee-aa.	I have done nothing; I am doing nothing now.
Amrkunmwusiqgir dIAw]	amrit naam sat <u>g</u> ur <u>d</u> ee-aa.	The True Guru has blessed me with the Ambrosial Nectar of the Naam.
ij suqldjh iqs'ikAw cwrw nwnk srix qmwr l j lau]6]1]12]	jis <u>t</u> oo <u>d</u> eh <u>t</u> isai ki-aa chaaraa naanak saran <u>t</u> umaaree jee-o. 6 1 12	What other efforts can anyone make, when You bestow Your blessing? Nanak seeks Your Sanctuary. 6 1 12