

ab mai ka-un upaa-o kara-o

Dnwsrl mhl 9] (685-6)	<u>D</u> hanaasree mehlaa 9.	Dhanaasaree, Ninth Mehl:
Ab mYkanuapwaukrau]	ab mai ka-un upaa-o kara-o.	Now, what efforts should I make?
ij h ibiD mn kosk clkYBau iniD pwr prau]1] rhwau]	jih bi <u>D</u> h man ko sansaa chookai <u>b</u> ha-o ni <u>D</u> h paar para-o. 1 rahaa-o.	How can I dispel the anxieties of my mind? How can I cross over the terrifying world-ocean? 1 Pause
j nmupwie kCuBI on kInoqw qy AiDk frau]	janam paa-ay kach <u>h</u> <u>b</u> halo na keeno <u>t</u> aa <u>t</u> ay a <u>D</u> hik dara-o.	Obtaining this human incarnation, I have done no good deeds; this makes me very afraid!
mn bc kñ hir gn nhl gweyXh j IA sc Drau]1]	man bach karam har gun nahee gaa-ay yeh jee-a soch <u>D</u> hara-o. 1	In thought, word and deed, I have not sung the Lord's Praises; this thought worries my mind. 1
girmiq sin kCuigAnun apij E psu ij au andru Brau]	gurmat sun kach <u>h</u> gi-aan na upji-o pas ji-o u <u>d</u> ar <u>b</u> hara-o.	I listened to the Guru's Teachings, but spiritual wisdom did not well up within me; like a beast, I fill my belly.
khu nwk pB ibrdupCwnauqb hau piqq qrau]2]4]9]9]13]58]4]93]	kaho naanak parab <u>h</u> birad pach <u>h</u> aana-o <u>t</u> ab ha-o pat <u>i</u> t <u>t</u> ara-o. 2 4 9 9 13 58 4 93	Says Nanak, O God, please confirm Your Law of Grace; for only then can I, the sinner, be saved. 2 4 9 9 13 58 4 93