

raakhanhaar sam<sup>H</sup>aar janaa

rwmkI l mhl w 5 ] (913-7)	raamkalee mehlaa 5.	Raamkalee, Fifth Mehl:
iesu pwnl qyij in qll GirAw ]	is paanee tay jin too ghari-aa.	He created you out of this water.
mwtl kw l ydhrw kirAw ]	maatee kaa lay dayhuraa kari-aa.	From clay, He fashioned your body.
akiq j iq l Ysriq prliKAw ]	ukat jot lai surat pareekhi-aa.	He blessed you with the light of reason and clear consciousness.
mwq grB mih ij in qUrwiKAw ]1]	maat garabh meh jin too raakhi-aa.   1	In your mother's womb, He preserved you.   1
rwKnhwru smtir j nw ]	raakhanhaar sam <sup>H</sup> aar janaa.	Contemplate your Savior Lord.
sgl y Cif blcur mnw ]1] rhwau ]	saglay chhod beehaar manaa.   1   rahaa-o.	Give up all others thoughts, O mind.   1  Pause
ij in dleyqDubwp mhqwrI ]	jin dee-ay tuDh baap mehtaaree.	He gave you your mother and father;
ij in dleyBlq piq hwrI ]	jin dee-ay bharaat put haaree.	he gave you your charming children and siblings;
ij in dleyqDubinqw Arumlqw ]	jin dee-ay tuDh baniṭaa ar meetaa.	he gave you your spouse and friends;
iqsu Twkr kauriK l huclqw ]2]	tis thaakur ka-o rakh layho cheetaa.   2	enshrine that Lord and Master in your consciousness.   2
ij in dIAw qDupvnu Amd w ]	jin dee-aa tuDh pavan amolaa.	He gave you the invaluable air;
ij in dIAw qDunruinrmd w ]	jin dee-aa tuDh neer nirmola.	He gave you the priceless water;
ij in dIAw qDupvku bl nw ]	jin dee-aa tuDh paavak balnaa.	He gave you burning fire;
iqsu Twkr kl rhumn srnw ]3]	tis thaakur kee rahu man sarnaa.   3	let your mind remain in the Sanctuary of that Lord and Master.   3
Cqlh Almq ij in Bj n dley ]	chhateeh amrit jin bhojan dee-ay.	He gave you the thirty-six varieties of tasty foods;
Alqir Qwn Thrawn kaukley ]	antar than thehraavan ka-o kee-ay.	He gave you a place within to hold them;
bsDw dIE brqin bl nw ]	basuDhaa dee-o bartan balnaa.	He gave you the earth, and things to use;
iqsu Twkr kyiciq rKucrnw ]4]	tis thaakur kay chit rakh charnaa.   4	enshrine in your consciousness the feet of that Lord and Master.   4

pkn kaunqrsinn kaukrnw ]	payk <u>han</u> ka-o nay <u>tar</u> sunan ka-o karnaa.	He gave you eyes to see, and ears to hear;
hsq kmwvn bwsn rsnw ]	hasat <u>̣</u> kamaavan baasan rasnaa.	He gave you hands to work with, and a nose and a tongue;
crn cl n kausruklnomyw ]	charan chalan ka-o sir keeno mayraa.	He gave you feet to walk upon, and the crowning glory of your head;
mn iqsuTukir kyplj huplw ]5]	man <u>tis</u> <u>tha</u> akur kay poojahu pairaa.   5	O mind, worship the Feet of that Lord and Master.   5
ApivqRpivqij in qUkirAw ]	apvit <u>ar</u> pavit <u>ar</u> jin <u>too</u> kari-aa.	He transformed you from impure to pure;
sgl j in mih qllisir DirAw ]	sagal jon meh <u>too</u> sir <u>Dh</u> ari-aa.	He installed you above the heads of all creatures;
Ab qllsIJuBwYnhl slJY ]	ab <u>too</u> see <u>jh</u> <u>bha</u> avai nahee see <u>jh</u> ai.	now, you may fulfill your destiny or not;
karj usvrYmn pBuiDAweJY ]6]	kaaraj savrai man parabh <u>Dhi</u> -aa-eejai.   6	Your affairs shall be resolved, O mind, meditating on God.   6
elhw alhw ekYEhl ]	eehaa oohaa aykai ohee.	Here and there, only the One God exists.
j q kq dKIAVqq qq qhl ]	jat kat <u>dayk</u> hee-ai <u>tat</u> <u>tat</u> <u>to</u> hee.	Wherever I look, there You are.
iqsuisyq min Awl sukry ]	<u>tis</u> sayva <u>t</u> man aalas karai.	My mind is reluctant to serve Him;
ij suivsirAliek inmK n srY ]7]	jis visri-ai ik nimak <u>h</u> na sarai.   7	forgetting Him, I cannot survive, even for an instant.   7
hm AprwDI inrgnIAwry ]	ham apraa <u>D</u> hee nirgune-e-aaray.	I am a sinner, without any virtue at all.
nw ikCusyw nw krmwry ]	naa kich <u>h</u> sayvaa naa karmaaray.	I do not serve You, or do any good deeds.
guru bohQuvfBwgl imil Aw ]	gur bohith vad <u>bha</u> agee mili-aa.	By great good fortune, I have found the boat - the Guru.
nwnk dws sllg puQr qirAw ]8]2]	naanak <u>da</u> as sang paathar <u>ta</u> ri-aa.   8  2	Slave Nanak has crossed over, with Him.   8  2