

saglay chhod beehaar manaa

raamklee 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.
mwiq grB mih ij in qll rwiKAw]1]	maat garabh meh jin too raakhi-aa. 1	In your mother's womb, He preserved you. 1
rwKnhuru smtir j nw]	raakhanhaar sam ^H aar janaa.	Contemplate your Savior Lord.
sgl y Cif bclwr mnw]1] rhwau]	saglay <u>ch</u> hod 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 dleyBiq 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 Twkir kauriK l huclqw]2]	tis thaakur ka-o rakh layho cheetaa. 2	enshrine that Lord and Master in your consciousness. 2
ij in dIAw qDu pvnua mnd w]	jin dee-aa tuDh pavan amolaa.	He gave you the invaluable air;
ij in dIAw qDunru inrmd w]	jin dee-aa tuDh neer nirmola.	He gave you the priceless water;
ij in dIAw qDupwku bl nw]	jin dee-aa tuDh paavak balnaa.	He gave you burning fire;
iqsu Twkir 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 Twkir 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 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 tat tat tohee.	Wherever I look, there You are.
iqsuisyq min Awl sukry]	<u>tis</u> sayvat 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 nirguneer-aaaray.	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