

man ray ahinis har gun saar

isrlrgumhl 1] (21-14)	sireeraag mehlaa 1.	Siree Raag, First Mehl:
iekuiql uipAww vlsrYrguvfw mn miih]	ik til pi-aaraa veesrai rog vadaa man maahi.	Forgetting the Beloved, even for a moment, the mind is afflicted with terrible diseases.
ikaudrgh piq pweAlj hir n vsYmn miih]	ki-o dargeh paṭ paa-ee-ai jaa har na vasai man maahi.	How can honor be attained in His Court, if the Lord does not dwell in the mind?
gür imil AlskupweAlAgin mrl gix miih]1]	gur mili-ai sukh paa-ee-ai agan marai gun maahi. 1	Meeting with the Guru, peace is found. The fire is extinguished in His Glorious Praises. 1
mn ryAihinis hir gix siir]	man ray ahinis har gun saar.	O mind, enshrine the Praises of the Lord, day and night.
ij n iKnupl unmmun vlsrYqyj n ivrl ystwir]1] rhwau]	jīn khin pal naam na veesrai tay jan virlay sansaar. 1 rahaa-o.	One who does not forget the Naam, for a moment or even an instant-how rare is such a person in this world! 1 Pause
j qj j iq iml weAlsrql sriq sji gu]	jotee joṭ milaa-ee-ai surtee surat sanjog.	When one's light merges into the Light, and one's intuitive consciousness is joined with the Intuitive Consciousness,
ihsw hamYgqugeynihl shsw sgu]	hinsaa ha-umai gaṭ ga-ay naahee sahsaa sog.	then one's cruel and violent instincts and egotism depart, and skepticism and sorrow are taken away.
gürmiK ij suhir min vsYiqsumY y gursji gu]2]	gurmukh jis har man vasai tis maylay gur sanjog. 2	The Lord abides within the mind of the Gurmukh, who merges in the Lord's Union, through the Guru. 2
kwieAw kmix j ykrl Bgy Bgxhwru]	kaa-i-aa kaaman jay karee bhogay bhoganhaar.	If I surrender my body like a bride, the Enjoyer will enjoy me.
iqsuisainhun klj el j odsY cl xhwru]	tis si-o nayhu na keej-ee jo deesai chalanhaar.	Do not make love with one who is just a passing show.
gürmiK rvih shwgxl sopBusj Bqwrw]3]	gurmukh raveh sohaagane so parabh sayj bhataar. 3	The Gurmukh is ravished like the pure and happy bride on the Bed of God, her Husband. 3
cwryAgin invwir mrgürmiK hir j l upwie]	chaaray agan nivaar mar gurmukh har jal paa-ay.	The Gurmukh puts out the four fires, with the Water of the Lord's Name.
Altjir kml uphwisAw AltmkuBirAw AGwie]	antar kamal pargaasi-aa amrit bhari-aa aghaa-ay.	The lotus blossoms deep within the heart, and filled with Ambrosial Nectar, one is satisfied.
nwnk sqgrumlqkir scupwih drgh j iie]4]20]	naanak satgur meet kar sach paavahi dargeh jaa-ay. 4 20	O Nanak, make the True Guru your friend; going to His Court, you shall obtain the True Lord. 4 20