man ray thir rahu ma<u>t</u> ka<u>t</u> jaahee jee-o

sriT mhl w 1] (598-4)	sora <u>th</u> mehlaa 1.	Sorat'h, First Mehl:
ijsujl iniD kwrix qm jig Awey so AMmQugur pwhljlau]	jis jal ni <u>Dh</u> kaara <u>n</u> tum jag aa-ay so amrit gur paahee jee-o.	The treasure of the Name, for which you have come into the world - that Ambrosial Nectar is with the Guru.
CofhuvsuBK cqrwel dibDwiehu Plunwhljlau]1]	<pre>chhodahu vays bhaykh chaturaa- ee dubiDhaa ih fal naahee jee-o. 1 </pre>	Renounce costumes, disguises and clever tricks; this fruit is not obtained by duplicity. 1
mn ryiQrurhumqukqjwhljlau]	man ray thir rahu mat kat jaahee jee-o.	O my mind, remain steady, and do not wander away.
bwhir FUFq bhwqudKupwvih Gir AlimQuGt mwhljlau]rhwau]	baahar <u>dh</u> oo <u>dh</u> a <u>t</u> bahu <u>t</u> <u>dukh</u> paavahi <u>gh</u> ar amri <u>t</u> <u>gh</u> at maahee jee-o. rahaa-o.	By searching around on the outside, you shall only suffer great pain; the Ambrosial Nectar is found within the home of your own being. Pause
Avgıx Cif gıxıı kauDıvhukir Avgıx pCıqımlijlau]	avgu <u>n chh</u> od gu <u>n</u> aa ka-o <u>Dh</u> aavahu kar avgu <u>n</u> pa <u>chh</u> u <u>t</u> aahee jee-o.	Renounce corruption, and seek virtue; committing sins, you shall only come to regret and repent.
sr Apsr kl swr n j wxih iPir iPir klc bufwhl j lau]2]	sar apsar kee saar na jaa <u>n</u> eh fir fir keech budaahee jee-o. 2	You do not know the difference between good and evil; again and again, you sink into the mud. 2
AMqir mV ul B bhu JUTy bwhir nwvhu kwhl j lau]	an <u>t</u> ar mail lo <u>bh</u> baho <u>jh</u> oo <u>th</u> ay baahar naavhu kaahee jee-o.	Within you is the great filth of greed and falsehood; why do you bother to wash your body on the outside?
inrml numujphusd grmiK Aldr klgiq qwhljlau]3]	nirmal naam japahu sa <u>d</u> gurmu <u>kh</u> an <u>t</u> ar kee ga <u>t</u> <u>t</u> aahee jee-o. 3	Chant the Immaculate Naam, the Name of the Lord always, under Guru's Instruction; only then will your innermost being be emancipated. 3
prhir I Buinkh kWuiqAwghuscu gr bcnl Plupwhljlau]	parhar lo <u>bh</u> nin <u>d</u> aa koo <u>rh</u> <u>t</u> i- aagahu sach gur bachnee fal paahee jee-o.	Let greed and slander be far away from you, and renounce falsehood; through the True Word of the Guru's Shabad, you shall obtain the true fruit.
ijauBwvYiqaurwKhuhirjlaujn nwnk sbid slwhljlau]4]9]	ji-o <u>bh</u> aavai <u>t</u> i-o raa <u>kh</u> o har jee-o jan naanak saba <u>d</u> salaahee jee-o. 4 9	As it pleases You, You preserve me, Dear Lord; servant Nanak sings the Praises of Your Shabad. 4 9