

gur har bin ko na baritha dukh kaatai

gJ rI mhl w 5 ] (497-2)	goolree mehlaa 5.	Goojaree, Fifth Mehl:
ij su mwnK pih krau bynqI so ApnY diK BirAw ]	jis maan <u>ukh</u> peh kara-o bayntee so apnai <u>dukh</u> <u>bhari</u> -aa.	Whoever I approach to ask for help, I find him full of his own troubles.
pwr bhmij in irdY ArwiDAw iqin Bau swgru qirAw ]1]	paarbarahm jin ridai araa <u>Dhi</u> -aa tin <u>bha</u> -o saagar <u>tari</u> -aa.   1	One who worships in his heart the Supreme Lord God, crosses over the terrifying world-ocean.   1
gr hir ibnu kon ibDw dKu krtY ]	gur har bin ko na baritha <u>dukh</u> kaatai.	No one, except the Guru-Lord, can dispel our pain and sorrow.
pBuqij Avr syku j yhel hY iqqu mwnu mhquj su GwtY ]1] rhwau ]	parab <u>h</u> <u>taj</u> avar sayvak jay ho-ee hai <u>tit</u> maan mahat jas <u>gha</u> atai.   1   rahaa-o.	Forsaking God, and serving another, one's honor, dignity and reputation are decreased.   1  Pause
mwieAw kysnbD sh swk ikq hl kwim n AwieAw ]	maa-i-aa kay san-ban <u>Dh</u> sain saak kit hee kaam na aa-i-aa.	Relatives, relations and family bound through Maya are of no avail.
hir kw dwsunlc kil ualcw iqsu slg mn bWCq Pl pwieAw ]2]	har kaa <u>daas</u> neech kul oochaa <u>tis</u> sang man baa <sup>N</sup> <u>chhat</u> fal paa-i-aa.   2	The Lord's servant, although of lowly birth, is exalted. Associating with him, one obtains the fruits of his mind's desires.   2
I wK kit ibiKAw ky ibjI n qw mih iqsn n bWl ]	laakh kot <u>bikhi</u> -aa kay binjan <u>taa</u> meh <u>tarisan</u> na booj <u>hee</u> .	Through corruption, one may obtain thousands and millions of enjoyments, but even so, his desires are not satisfied through them.
ismrq numukit aj IAwrw bsqu Agcr sWl ]3]	simrat naam kot ujee-aaraa basat agochar sooj <u>hee</u> .   3	Remembering the Naam, the Name of the Lord, millions of lights appear, and the incomprehensible is understood.   3
iPrq iPrq qmY dAwir AwieAw B BjI n hir rwieAw ]	firat firat <u>tum</u> <sup>H</sup> rai <u>du</u> -aar aa-i-aa <u>bhai</u> <u>bhanjan</u> har raa-i-aa.	Wandering and roaming around, I have come to Your Door, Destroyer of fear, O Lord King.
swD kycrn DDr j nu bWCY skU nwnk iehupwieAw ]4]6]7]	saa <u>Dh</u> kay charan <u>Dhoor</u> jan baa <u>chhai</u> <u>sukh</u> naanak ih paa-i-aa.   4  6  7	Servant Nanak yearns for the dust of the feet of the Holy; in it, he finds peace.   4  6  7