

jay vaylaa vakhaṭ veechaaree-ai ṭaa kiṭ vaylaa bhagaṭ ho-ay

isrIrugumhl ॥ 3] (35-4)	sireeraag mehlaa 3.	Siree Raag, Third Mehl:
j y v j ॥ v K q u v l c w r l A l q ॥ i k q u v j ॥ Bgiq hie]	jay vaylaa vakhaṭ veechaaree-ai ṭaa kiṭ vaylaa bhagaṭ ho-ay.	Consider the time and the moment-when should we worship the Lord?
Anidnu n m y r i q A ॥ s c y s c l s i e]	an-din naamay raṭi-aa sachay sachee so-ay.	Night and day, one who is attuned to the Name of the True Lord is true.
ieku i q l ॥ i p A ॥ i v s r l B g i q i k n h l hie]	ik ṭil pi-aaraa visrai bhagaṭ kinayhee ho-ay.	If someone forgets the Beloved Lord, even for an instant, what sort of devotion is that?
m n u q n u s l q l ॥ s i c i s a u s w s u n i b r Q ॥ k i e] 1]	man ṭan seeṭal saach si-o saas na birthaa ko-ay. 1	One whose mind and body are cooled and soothed by the True Lord-no breath of his is wasted. 1
m y r y m n h i r k ॥ n m u i D A w i e]	mayray man har kaa naam Dhi-aa-ay.	O my mind, meditate on the Name of the Lord.
s w c l B g i q q ॥ Q I A l j ॥ h i r v s l m i n A w i e] 1] r h w a u]	saachee bhagaṭ ṭaa thee-ai jaa har vasai man aa-ay. 1 rahaa-o.	True devotional worship is performed when the Lord comes to dwell in the mind. 1 Pause
sh j y K p l r w h l A l s c u n m u b l j ॥ p w i e]	sehjay khayṭee raahee-ai sach naam beej paa-ay.	With intuitive ease, cultivate your farm, and plant the Seed of the True Name.
K p l j h l A g l l m n l A ॥ r j ॥ s h i j s B w i e]	khayṭee jammee aglee manoo-aa rajaa sahj subhaa-ay.	The seedlings have sprouted luxuriantly, and with intuitive ease, the mind is satisfied.
g r k ॥ s b d u A m k u h l i j q u p l q l i q K j w i e]	gur kaa sabad amriṭ hai jīṭ peeṭai tikh jaa-ay.	The Word of the Guru's Shabad is Ambrosial Nectar; drinking it in, thirst is quenched.
ie h u m n u s w c ॥ s i c r q ॥ s c y r i h A ॥ s m w i e] 2]	ih man saachaa sach raṭaa sachay rahi-aa samaa-ay. 2	This true mind is attuned to Truth, and it remains permeated with the True One. 2
A ॥ K x u v j K x u b d x ॥ s b d y r i h A ॥ s m w i e]	aakhan vaykhan bolnaa sabday rahi- aa samaa-ay.	In speaking, in seeing and in words, remain immersed in the Shabad.
b w x l v j l c h u j g l s c o s c u s x w i e]	baṇee vajee chahu jugee sachō sach sunaa-ay.	The Word of the Guru's Bani vibrates throughout the four ages. As Truth, it teaches Truth.
h a m l m y r ॥ r i h g i e A ॥ s c l l i e A ॥ i m l w i e]	ha-umai mayraa reh ga-i-aa sachai la-i-aa milaa-ay.	Egotism and possessiveness are eliminated, and the True One absorbs them into Himself.

iqn kaumhl uhdor h'j osic rhy il v l wie]3]	tin ka-o mahal hadoor hai jo sach rahay liv laa-ay. 3	Those who remain lovingly absorbed in the True One see the Mansion of His Presence close at hand. 3
ndrl nmmu iDAweIAI ivxu krmw pwieA n j wie]	nadree naam <u>D</u> hi-aa-ee-ai vin karmaa paa-i-aa na jaa-ay.	By His Grace, we meditate on the Naam, the Name of the Lord. Without His Mercy, it cannot be obtained.
pl'Y Bwig sqs'iq I h'lsqgru Byt'Y ij suAwie]	poorai <u>b</u> haag satsangat lahai satgur <u>b</u> haytai jis aa-ay.	Through perfect good destiny, one finds the Sat Sangat, the True Congregation, and one comes to meet the True Guru.
Anidnu nmyriqA d'KuibiKA ivchuj wie]	an- <u>d</u> in naamay rat'i-aa <u>du</u> kh <u>bik</u> hi-aa vichahu jaa-ay.	Night and day, remain attuned to the Naam, and the pain of corruption shall be dispelled from within.
nwnk sbid iml wVw nmyrwim smwie]4]22]55]	naanak sabad milaavrhaa naamay naam samaa-ay. 4 22 55	O Nanak, merging with the Shabad through the Name, one is immersed in the Name. 4 22 55