

naa man marai na kaaraj ho-ay

gaWl gaAryrI mhl w 1] (222-2)	ga-or ^h ee gu-aarayree mehlaa 1.	Gauree Gwaarayree, First Mehl:
nw mnuMrYn kwrj u hie]	naa man marai na kaaraj ho-ay.	The mind does not die, so the job is not accomplished.
mnu vis d ^h q dirmiq die]	man vas <u>dootaa durmat do</u> -ay.	The mind is under the power of the demons of evil intellect and duality.
mnu mwnYgr qyieku hie]1]	man maanai gur <u>tay ik</u> ho-ay. 1	But when the mind surrenders, through the Guru, it becomes one. 1
inrgix rnu g ^h x vis hie]	nirgun raam gunah vas ho-ay.	The Lord is without attributes; the attributes of virtue are under His control.
Awpu invir blcwrysie]1] rhwau]	aap nivaar beechaaray so-ay. 1 rahaa-o.	One who eliminates selfishness contemplates Him. 1 Pause
mnu BU obhuicqYivkuru]	man <u>bhoolo</u> baho chitai vikaar.	The deluded mind thinks of all sorts of corruption.
mnu BU oisir AwYBwru]	man <u>bhoolo</u> sir aavai <u>bhaar</u> .	When the mind is deluded, the load of wickedness falls on the head.
mnu mwnYhir ekIkuru]2]	man maanai har aykankaar. 2	But when the mind surrenders to the Lord, it realizes the One and Only Lord. 2
mnu BU omwieAw Gir j wie]	man <u>bhoolo</u> maa-i-aa <u>ghar</u> jaa-ay.	The deluded mind enters the house of Maya.
kwm ibrDaurhYn Twie]	kaam biroo <u>Dha</u> -o rahai na <u>thaa</u> -ay.	Engrossed in sexual desire, it does not remain steady.
hir Bj uplxI rsn rswie]3]	har <u>bhaj</u> paraane rasan rasaa-ay. 3	O mortal, lovingly vibrate the Lord's Name with your tongue. 3
gYr hYr klt ⁿ sq nwrI]	gaivar haivar kanchan su ^t naaree.	Elephants, horses, gold, children and spouses
bhuic ^h q ipV cwI Yhwrl]	baho chintaa <u>pirh</u> chaalai haaree.	- in the anxious affairs of all these, people lose the game and depart.
j VAYKj xu kwcl swrl]4]	joo-ai <u>khaylan</u> kaachee saaree. 4	In the game of chess, their pieces do not reach their destination. 4
s ^h paustI Beyivkur]	sampa-o sanchee <u>bha</u> -ay vikaar.	They gather wealth, but only evil comes from it.
hrK sk aB ^y drvir]	harakh sok <u>ubhay dar</u> vaar.	Pleasure and pain stand in the doorway.

sikushjyj ip irdymrwir]5]	sukh sehjay jap ridai muraar. 5	Intuitive peace comes by meditating on the Lord, within the heart. 5
ndir kryqwmjl iml wey]	nadar karay taa mayl milaa-ay.	When the Lord bestows His Glance of Grace, then He unites us in His Union.
gix slbjth Aagx sbid j l wey]	gun sangrahi a-ugan sabad jalaa-ay.	Through the Word of the Shabad, merits are gathered in, and demerits are burned away.
girmik nmmupdwQu pwey]6]	gurmukh naam padaarath paa-ay. 6	The Gurmukh obtains the treasure of the Naam, the Name of the Lord. 6
ibnu nww'sB dK invisu]	bin naavai sabh dookh nivaas.	Without the Name, all live in pain.
mnmk mW mwieAw icq vwsu]	manmukh moorh maa-i-aa chit vaas.	The consciousness of the foolish, self-willed manmukh is the dwelling place of Maya.
girmik igAnnuDir krim il iKAwisu]7]	gurmukh gi-aan Dhur karam likhi-aas. 7	The Gurmukh obtains spiritual wisdom, according to pre-ordained destiny. 7
mnu ckE l u Dvvqu Pin Dvv]	man chanchal Dhaavaṭ fun Dhaavai.	The fickle mind continuously runs after fleeting things.
swcysbym l un Bvv]	saachay soochay mail na bhaavai.	The Pure True Lord is not pleased by filth.
nwnk girmik hir gix gwv]8]3]	naanak gurmukh har gun gaavai. 8 3	O Nanak, the Gurmukh sings the Glorious Praises of the Lord. 8 3