

bhalkay uth papolee-ai vin bujhay mugaDh ajaan

isrIngu mhl w 5] (43-1)	sireeraag mehlaa 5.	Siree Raag, Fifth Mehl:
Bl kyaiT ppl IAYivxu buymgD Aj wix]	<u>bhalkay uth papolee-ai vin bujhay mugaDh ajaan.</u>	Arising each day, you cherish your body, but you are idiotic, ignorant and without understanding.
so pBuiciq n AwieE Cut'gl b'bwix]	so parab <u>h</u> chit na aa-i-o <u>chhutaigee baybaan.</u>	You are not conscious of God, and your body shall be cast into the wilderness.
siqgr spl icqu l wie sdw sdw r'gu mwix]1]	satgur saytee chit laa-ay sadaa sadaa rang maan. 1	Focus your consciousness on the True Guru; you shall enjoy bliss forever and ever. 1
p'lxI q'AwieAw l whw l Yx]	paraanee too ^N aa-i-aa laahaa lain.	O mortal, you came here to earn a profit.
l gw ikqu kPKVysB mikdl cl l r'Yx]1] rhwau]	lagaa kit <u>khufkarhay sabh mukdee</u> chalee rain. 1 rahaa-o.	What useless activities are you attached to? Your life-night is coming to its end. 1 Pause
kudm krypsu p'KIAw ids' nwhl kw l u]	kudam karay pas pank <u>hee-aa disai</u> naahee kaal.	The animals and the birds frolic and play-they do not see death.
Eq' swiQ mniku h' PwQw mwieAw j w l]	otai saath manuk <u>h</u> hai faathaa maa- i-aa jaal.	Mankind is also with them, trapped in the net of Maya.
mikqy spl Bw l Aih ij scw nwmu smw l]2]	muktay say-ee <u>bhaalee-ah je sachaa</u> naam samaal. 2	Those who always remember the Naam, the Name of the Lord, are considered to be liberated. 2
j o Gru Cif gvwxw so l gw mn mwih]	jo <u>ghar chhad gavaavn</u> aa so lagaa man maahi.	That dwelling which you will have to abandon and vacate-you are attached to it in your mind.
ij Q' j wie q' Du vrqxw iqs kl ic'bw nwih]	jithai jaa-ay <u>tuDh vartanaa tis kee</u> chintaa naahi.	And that place where you must go to dwell-you have no regard for it at all.
PwQy spl inkl yij gr kl p'rl pwih]3]	faathay say-ee niklay je gur kee pairee paahi. 3	Those who fall at the Feet of the Guru are released from this bondage. 3
kael riK n skel dj w kon idKwie]	ko-ee <u>rakh na sak-ee doojaa ko na</u> <u>dikhaa-ay.</u>	No one else can save you-don't look for anyone else.
cwry k'fw Bw l k'Awie pieAw srxwie]	chaaray kundaa <u>bhaal kai aa-ay pa-</u> i-aa sarnaa-ay.	I have searched in all four directions; I have come to find His Sanctuary.
nwnk scl'pwiqswih fibdw l ieAw k'Fwie]4]3]73]	naanak sachai paatisaah <u>dubdaa la-</u> i-aa <u>kadhaa-ay.</u> 4 3 73	O Nanak, the True King has pulled me out and saved me from drowning! 4 3 73