

bhalkay uth papolee-ai vin bujhay mugaDh ajaan

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| 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 m'wix]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] rh'wau] | 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'KI'Aw 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 m'wieAw 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 n'wmu 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 gv'wvxw so l gw mn mw' h] | jo <u>ghar chhad</u> gavaavn ^{naa} 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 nw' h] | jithai jaa-ay <u>tuDh vartanaa tis</u> kee 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 pw' h]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 idK'wie] | ko-ee <u>rakh</u> na sak-ee doojaa ko na <u>dikhaa-ay.</u> | No one else can save you-don't look for anyone else. |
| cwry k'fw Bw l k'Awie pieAw srx'wie] | chaaray kundaa <u>bhaal</u> kai aa-ay pa- i-aa sarn ^{naa-ay.} | I have searched in all four directions; I have come to find His Sanctuary. |
| n'w' n' sk' l p'w'iqs'w' h f'bdw l ieAw k'fw'ie]4]3]73] | naanak sachai paat ^{isaah} dub ^{daa} la- i-aa ka <u>dhaa-ay.</u> 4 3 73 | O Nanak, the True King has pulled me out and saved me from drowning! 4 3 73 |