

mayray man har bin avar na ko-ay

isrlrwgumhl w 5] (47-7)	sireeraag mehlāa 5.	Siree Raag, Fifth Mehl:
mnuqnuDnu ij in pB dIAw riKAw shij svwir]	man ṭan <u>Dhan</u> jin parabh dee-aa rakhi-aa saḥj savaar.	This mind, body and wealth were given by God, who naturally adorns us.
srb kl w kir QwipAw Aṭṭir j iq Apwr]	sarab kalāa kar thaapi-aa anṭar joṭ apaar.	He has blessed us with all our energy, and infused His Infinite Light deep within us.
sdw sdw pBuisrIAw Aṭṭir rKu ar Dwir]1]	saḍaa saḍaa parabh simree-ai anṭar rakḥ ur <u>Dhaar</u> . 1	Forever and ever, meditate in remembrance on God; keep Him enshrined in your heart. 1
myrjn hir ibnuAvrun kie]	mayray man har bin avar na ko-ay.	O my mind, without the Lord, there is no other at all.
pB srwiel sdw rhu dKu n ivAwpy kie]1] rhwau]	parabh sarnāa-ee saḍaa rahu <u>dookh</u> na vi-aapai ko-ay. 1 rahaa-o.	Remain in God's Sanctuary forever, and no suffering shall afflict you. 1 Pause
rqn pdwrQ mwxkw sienw rpw Kuku]	raṭan padaarath maanḱaa su-inaa rupaa <u>khaak</u> .	Jewels, treasures, pearls, gold and silver-all these are just dust.
miiq ipqw siq bDpw kVysByswk]	maat pitāa suṭ ban <u>Dhpaa</u> koorhay sabhay saak.	Mother, father, children and relatives-all relations are false.
ij in klqw iqsih n j wxel mnmk psu nwpwk]2]	jin keetaa tiseh na jaan-ee manmukḥ pas naapaak. 2	The self-willed manmukh is an insulting beast; he does not acknowledge the One who created him. 2
Aṭṭir bwhir riv rihAw iqs no j wxl dṭir]	anṭar baahar rav rahi-aa tis no jaanai door.	The Lord is pervading within and beyond, and yet people think that He is far away.
iqṣnw l wgl ric rihAw Aṭṭir hamy kṭir]	ṭarishnaa laagee rach rahi-aa anṭar ha-umai koor.	They are engrossed in clinging desires; within their hearts there is ego and falsehood.
Bgql nwm ivhixAw Awvih vMih pṭr]3]	bhagtee naam vihooni-aa aavahi vanjahi poor. 3	Without devotion to the Naam, crowds of people come and go. 3
rwiK l ju pBu krxhwr j IA j ṭṭ kir dieAw]	raakḥ layho parabh karanhaar jee-a janṭ kar da-i-aa.	Please preserve Your beings and creatures, God; O Creator Lord, please be merciful!
ibnu pB kie n rKnhrwumhw ibkt j m BieAw]	bin parabh ko-ay na rakhanhaar mahaa bikat jam <u>bha</u> -i-aa.	Without God, there is no saving grace. The Messenger of Death is cruel and unfeeling.
nwnk nwm n vlsrau kir Apnl hir mieAw]4]14]84]	naanak naam na veesra-o kar apunee har ma-i-aa. 4 14 84	O Nanak, may I never forget the Naam! Please bless me with Your Mercy, Lord! 4 14 84