

rookho bhojan bhoom sain sakhee pari-a sang sookh bihaat

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| ਕਾਨ੍ਹ ਵਾ ਮਹਿ ੫] (1306-10) | kaanrhaa mehlaa 5 | Kaanraa, Fifth Mehl: |
| ਵੀਰ ਵੀਰਾਅੰਕ ਵੀਰਾਅੰ] | vaar vaara-o anik daara-o. | Countless times, I am a sacrifice, a sacrifice |
| ਸਕ੍ਰਿਪਾ ਸਿੰਗ ਪਿ ਕ ਰੀਯ]1] ਰਹਾਅੰ] | sukh pari-a suhaag palak raat. 1 rahaa-o. | to that moment of peace, on that night when I was joined with my Beloved. 1 Pause |
| ਕੰਕ ਮੰਦਰ ਪ੍ਰਿਤ ਸ੍ਰੀ ਸਕ੍ਰਿ ਮੰਹ ਨੀਹ ਈਨ ਈਸਾਯੁਯ]1] | kanik mandar paat sayj sakhee mohi naahi in si-o taat. 1 | Mansions of gold, and beds of silk sheets - O sisters, I have no love for these. 1 |
| ਮੰਕ੍ਰ ਲ ਵੀ ਅੰਕ ਭਗ ਈਨੁ ਨੰਮ ਨੰਕ ਹੰਯ] | mukat laal anik bhog bin naam naanak haat. | Pearls, jewels and countless pleasures, O Nanak, are useless and destructive without the Naam, the Name of the Lord. |
| ਰੰਕੋ ਭਗ ਨੁ ਭੰਮ ਸ਼ ਸਕ੍ਰਿ ਈਪਾ ਸੰਯ ਸੰਕ ਈਯੁਯ]2]3]42] | rookho bhojan bhoom sain sakhee pari-a sang sookh bihaat. 2 3 42 | Even with only dry crusts of bread, and a hard floor on which to sleep, my life passes in peace and pleasure with my Beloved, O sisters. 2 3 42 |