

ay man mayri-aa too samajh achayt i-aani-aa raam

qKwrl mhl w 1 ] (1112-16)	tukhaaree mehlaa 1.	Tukhaari, First Mehl:
eymn mjraAw qllsmJuAcq ieAwixAw rwm ]	ay man mayri-aa <u>too samajh</u> achayt i-aani-aa raam.	O my ignorant, unconscious mind, reform yourself.
eymn mjraAw Cif Avgx gxl smwixAw rwm ]	ay man mayri-aa <u>chhad</u> avgan gunee samaani-aa raam.	O my mind, leave behind your faults and demerits, and be absorbed in virtue.
bhu swd l Buxyikrq kmwxy ivCiVAw nhl mj w ]	baho saad <u>lubhaanay</u> kirat kamaanay <u>vichhurhi</u> -aa nahee maylaa.	You are deluded by so many flavors and pleasures, and you act in such confusion. You are separated, and you will not meet your Lord.
ikaudqruqrIAj m fir mrlAI j m kw pDudhly w ]	ki-o <u>duatar</u> taree-ai jam dar maree- ai jam kaa panth <u>duhaylaa</u> .	How can the impassible world-ocean be crossed? The fear of the Messenger of Death is deadly. The path of Death is agonizingly painful.
min rwmunhl j wqw swJ pBwqw AvGit rDw ikAw kry ]	man raam nahee jaataa saajh <u>parbhataa</u> avghat ruDhaa ki-aa karay.	The mortal does not know the Lord in the evening, or in the morning; trapped on the treacherous path, what will he do then?
bDin bwiDAw ien ibiD CtY gurmik syVnrhry ]1]	bandhan baaDhi-aa in biDh <u>chhootai</u> gurmukh sayvai narharay.   1	Bound in bondage, he is released only by this method: as Gurmukh, serve the Lord.   1
eymn mjraAw qllCif Awl j jil w rwm ]	ay man mayri-aa <u>too chhod</u> aal janjaalaa raam.	O my mind, abandon your household entanglements.
eymn mjraAw hir syhupirKu inrwl w rwm ]	ay man mayri-aa har sayvhu <u>purakh</u> niraalaa raam.	O my mind, serve the Lord, the Primal, Detached Lord.
hir ismir eKkwruswcv sBuJ gqu ij lth apwieAw ]	har simar aykankaar saachaa <u>sabh</u> jagat jinn upaa-i-aa.	Meditate in remembrance on the One Universal Creator; the True Lord created the entire Universe.
paKupwXl Agin bWdy gir KJ u j giq idKwieAw ]	pa-un paanee agan baaDhay gur <u>khayl</u> jagat <u>dikhaa</u> -i-aa.	The Guru controls the air, water and fire; He has staged the drama of the world.
Awcwr qllvCwir Awpy hir nwmu sJl m j p qpo ]	aachaar <u>too</u> veechaar aapay har naam sanjam jap <u>tapo</u> .	Reflect on your own self, and so practice good conduct; chant the Name of the Lord as your self-discipline and meditation.

skw shuipAwruplqmunumhir kw j pu j po ]2]	sak <sup>h</sup> aa sain pi-aar pareet <sup>a</sup> m naam har kaa jap japo.   2	The Name of the Lord is your Companion, Friend and Dear Beloved; chant it, and meditate on it.   2
eymn mjraAw qlliQru rhu cat n Kivhl rwm ]	ay man mayri-aa too thir rahu chot na k <sup>h</sup> aavhee raam.	O my mind, remain steady and stable, and you will not have to endure beatings.
eymn mjraAw gix gwvih shij smivhl rwm ]	ay man mayri-aa gun gaavahi sahj samaavahee raam.	O my mind, singing the Glorious Praises of the Lord, you shall merge into Him with intuitive ease.
gix gwie rwm rswie rslAih gir igAwn Ajj nu swrhy ]	gun gaa-ay raam rasaa-ay rasee- ah gur gi-aan anjan saarhay.	Singing the Glorious Praises of the Lord, be happy. Apply the ointment of spiritual wisdom to your eyes.
qll k dlpkusbid cwnxuplt dlt slGurhy ]	tarai lok deepak sabad chaanan panch doot sang <sup>h</sup> aarahay.	The Word of the Shabad is the lamp which illuminates the three worlds; it slaughters the five demons.
BYkwt inrBauqrih dqrugir imil AYkwrj swrey ]	b <sup>h</sup> ai kaat nirb <sup>h</sup> a-o tareh dutar gur mili-ai kaaraj saar-ay.	Quieting your fears, become fearless, and you shall cross over the impassible world ocean. Meeting the Guru, your affairs shall be resolved.
rbur <sup>h</sup> uipAwrurhir isaurhir Awip ikrpw Dwrey ]3]	roop rang pi-aar har si-o har aap kirpaa D <sup>h</sup> aar-ay.   3	You shall find the joy and the beauty of the Lord's Love and Affection; the Lord Himself shall shower you with His Grace.   3
eymn mjraAw qlikAw I YAwieAw ikAw I Yj wiesl rwm ]	ay man mayri-aa too ki-aa lai aa-i- aa ki-aa lai jaa-isee raam.	O my mind, why did you come into the world? What will you take with you when you go?
eymn mjraAw qw Cutsl j w Brmu ckwiesl rwm ]	ay man mayri-aa taa ch <sup>h</sup> utsee jaa b <sup>h</sup> aram chukaa-isee raam.	O my mind, you shall be emancipated, when you eliminate your doubts.
Dnu slt hir hir nwm vKru gir sbid Bwau pCwxhy ]	D <sup>h</sup> an sanch har har naam vak <sup>h</sup> ar gur sabad b <sup>h</sup> aa-o pach <sup>h</sup> aanahay.	So gather the wealth and capital of the Name of the Lord, Har, Har; through the Word of the Guru's Shabad, you shall realize its value.
mll uprhir sbid inrml umhl u Gru scu j wxhy ]	mail parhar sabad nirmal mahal g <sup>h</sup> ar sach jaan <sup>h</sup> ay.	Filth shall be taken away, through the Immaculate Word of the Shabad; you shall know the Mansion of the Lord's Presence, your true home.
piq nwmu puvih Gir isDwvih Jol Alimk pl rso ]	pat naam paavahi g <sup>h</sup> ar siD <sup>h</sup> aaveh j <sup>h</sup> ol amrit pee raso.	Through the Naam, you shall obtain honor, and come home. Eagerly drink in the Ambrosial Amrit.

hir nwmu iDAweIAI sbid rsu pweIAI vfbwig j plAI hir j so ]4]	har naam <u>D</u> hi-aa-ee-ai sabad ras paa-ee-ai vad <u>b</u> haag japee-ai har jaso.   4	Meditate on the Lord's Name, and you shall obtain the sublime essence of the Shabad; by great good fortune, chant the Praises of the Lord.   4
eymn mjrAw ibnu paWIAw mdir ikaucV rwm ]	ay man mayri-aa bin pa-ur <u>h</u> ee-aa mandar ki-o char <u>h</u> ai raam.	O my mind, without a ladder, how will you climb up to the Temple of the Lord?
eymn mjrAw ibnu bVI pwr n AlbV rwm ]	ay man mayri-aa bin bayr <u>h</u> ee paar na amb <u>r</u> hai raam.	O my mind, without a boat, you shall not reach the other shore.
pwr sij nu Apwru plqmugr sbd sriq I Gvev ]	paar saajan apaar pareet <u>a</u> m gur sabad surat lang <u>h</u> aava-ay.	On that far shore is Your Beloved, Infinite Friend. Only your awareness of the Guru's Shabad will carry you across.
imil swDsliq krih rI IAw iPir n pCqvev ]	mil saa <u>D</u> hsangat karahi ralee-aa fir na pach <u>h</u> otaava-ay.	Join the Saadh Sangat, the Company of the Holy, and you shall enjoy ecstasy; you shall not regret or repent later on.
kir dieAw dnu dieAw swc hir nwm sljq pve ]	kar <u>d</u> a-i-aa daan <u>d</u> a-i-aal saachaa har naam sangat paava-o.	Be Merciful, O Merciful True Lord God: please give me the Blessing of the Lord's Name, and the Sangat, the Company of the Holy.
nwnk upieAp swxhu plqm gr sbid mnusmJvE ]5]6]	naanak pa-i-ampai sun <u>h</u> u pareet <u>a</u> m gur sabad man sanj <u>h</u> aava-o.   5  6	Nanak prays: please hear me, O my Beloved; instruct my mind through the Word of the Guru's Shabad.   5  6