

gur bachnee man sahj Dhi-aanay

ibI wvI umhI w 1 ] (796-5)	bilaaval mehlāa 1.	Bilaaval, First Mehl:
gIr bcnI mnushj iDAwny ]	gur bachnee man sahj <u>D</u> hi-aanay.	Through the Word of the Guru's Teachings, the mind intuitively meditates on the Lord.
hir kYrllg rqw mnu mwny ]	har kai rang raṭāa man maanay.	Imbued with the Lord's Love, the mind is satisfied.
mnmiK Brim Bil y bairwny ]	manmukh <u>b</u> haram <u>b</u> hulay ba- uraanay.	The insane, self-willed manmukhs wander around, deluded by doubt.
hir ibnu ikaurhIAl gIr sbid pCwny ]1]	har bin ki-o rahee-ai gur sabad <u>p</u> achhaanay.   1	Without the Lord, how can anyone survive? Through the Word of the Guru's Shabad, He is realized.   1
ibnu drsn kSjy lvaumyrl mweI ]	bin <u>d</u> arsan kaisay jeeva-o mayree maa-ee.	Without the Blessed Vision of His Darshan, how can I live, O my mother?
hir ibnu j lArw rih n skYiKnu siqqir bW bWweI ]1] rhwau ]	har bin jee-araa reh na sakai <u>k</u> hin <u>s</u> aṭgur boojh <u>b</u> ujhaa-ee.   1   rahaa-o.	Without the Lord, my soul cannot survive, even for an instant; the True Guru has helped me understand this.   1  Pause
myrw pBuisrYhau mraudKwI l ]	mayraa <u>p</u> arabh bisrai ha-o mara-o <u>d</u> ukhaalee.	Forgetting my God, I die in pain.
swis igrwis j pau Apny hir BwI l ]	saas giraas japa-o apunay har <u>b</u> haalee.	With each breath and morsel of food, I meditate on my Lord, and seek Him.
sd bYgin hir nwmuinhwI l ]	sad bairaagan har naam nihaalee.	I remain always detached, but I am enraptured with the Lord's Name.
Ab j wny girmiK hir nwl l ]2]	ab jaanay gurmukh har naalee.   2	Now, as Gurmukh, I know that the Lord is always with me.   2
AkQ kQw khIAl gIr Bwie ]	akath kathaa kahee-ai gur <u>b</u> haa- ay.	The Unspoken Speech is spoken, by the Will of the Guru.
pBu Agm Agcrudje idKwie ]	<u>p</u> arabh agam agochar <u>d</u> ay-ay <u>d</u> ikhaa-ay.	He shows us that God is unapproachable and unfathomable.
ibnu gIr krXl ikAw kur kmwie ]	bin gur karnee ki-aa kaar kamaa- ay.	Without the Guru, what lifestyle could we practice, and what work could we do?

hamYmjT cI Ygir sbid smwie ]3]	ha-umai mayt chalai gur sabad samaa-ay.   3	Eradicating egotism, and walking in harmony with the Guru's Will, I am absorbed in the Word of the Shabad.   3
mnmiKuivCwYKotI rwis ]	manmukh vichhurhai khotee raas.	The self-willed manmukhs are separated from the Lord, gathering false wealth.
gurmik nwim iml Ysbwis ]	gurmukh naam milai saabaas.	The Gurmukhs are celebrated with the glory of the Naam, the Name of the Lord.
hir ikrpw Dwrl dwsin dws ]	har kirpaa Dhaaree daasan daas.	The Lord has showered His Mercy upon me, and made me the slave of His slaves.
j n nwnk hir nwm Dnu rwis ]4]4]	jan naanak har naam Dhan raas.   4  4	The Name of the Lord is the wealth and capital of servant Nanak.   4  4