

man ray raam naam jas lay-ay

sriT mhl w 1 ] (597-11)	sorath mehlāa 1.	Sorat'h, First Mehl:
ij au ml n w ibnu p w x l A l i q a u s w k q u mr Y ip A w s ]	ji-o meenaa bin paanee-ai t̄i-o saakaṭ marai pi-aas.	Like a fish without water is the faithless cynic, who dies of thirst.
iqau hir ibnu m r l A l r y m n w j o ibr Q w j w l s w s u ] 1 ]	t̄i-o har bin maree-ai ray manaa jo birthaa jaavai saas.   1	So shall you die, O mind, without the Lord, as your breath goes in vain.   1
mn ry rum n w m j s u l j e ]	man ray raam naam jas lay-ay.	O mind, chant the Lord's Name, and praise Him.
ibnu gur ieh u r s u i k a u l h a u g u r u m j Y h i r d j e ] r h w a u ]	bin gur ih ras ki-o laha-o gur maylai har day-ay. rahaa-o.	Without the Guru, how will you obtain this juice? The Guru shall unite you with the Lord.   Pause
s k j n w i m l u s k q l g u r m i k q l r Q u h i e ]	sant̄ janaa mil sangṭee gurmukh tirath ho-ay.	For the Gurmukh, meeting with the Society of the Saints is like making a pilgrimage to a sacred shrine.
A T s i T q l r Q m j n w g u r d r s u p r w p i q h i e ] 2 ]	ath̄sath̄ tirath majnaa gur daras paraapaṭ ho-ay.   2	The benefit of bathing at the sixty-eight sacred shrines of pilgrimage is obtained by the Blessed Vision of the Guru's Darshan.   2
ij au j g l j q b w h r w q p u n w h l s q u s k j k u ]	ji-o jogee jaṭ baahraa ṭap naahee saṭ santokh.	Like the Yogi without abstinence, and like penance without truth and contentment,
iqau n w m l i b n u d h i r l j m u m w r Y A l j i r d k u ] 3 ]	t̄i-o naamai bin dayhuree jam maarai anṭar dokh.   3	so is the body without the Lord's Name; death will slay it, because of the sin within.   3
s w k q p j n n p w e l A l h i r p w e l A l s i g g u r B w i e ]	saakaṭ paraym na paa-ee-ai har paa-ee-ai saṭgur bhāa-ay.	The faithless cynic does not obtain the Lord's Love; the Lord's Love is obtained only through the True Guru.
s k d k d w q w g u r u i m l Y k h u n w n k i s P i q s m w i e ] 4 ] 7 ]	sukh dukh daataa gur milai kaho naanak sifaṭ samaa-ay.   4  7	One who meets with the Guru, the Giver of pleasure and pain, says Nanak, is absorbed in the Lord's Praise.   4  7