

jogee hovai jogvai bhogee hovai khaa-ay

shl mhl w 1 ] (730-5)	soohee mehlāa 1.	Soohee, First Mehl:
j gl hwYj gvl Bgl hwYKwie ]	jogee hovai jogvai <u>b</u> hogee hovai <u>k</u> haa-ay.	The Yogi practices yoga, and the pleasure-seeker practices eating.
qplAw hwYqpu kryqlriQ mil mil nwie ]1]	<u>t</u> apee-aa hovai <u>t</u> ap karay <u>t</u> irath mal mal naa-ay.   1	The austere practice austerities, bathing and rubbing themselves at sacred shrines of pilgrimage.   1
qrv sdVw sxlj YBwel j ykobhl Al wie ]1] rhau ]	<u>t</u> ayraa sad- <u>r</u> haa suneejai <u>b</u> haa-ee jay ko bahai alaa-ay.   1   rahaa-o.	Let me hear some news of You, O Beloved; if only someone would come and sit with me, and tell me.   1  Pause
j sw blj Yso l xyj oKtysu Kwie ]	jaisaa beejai so lunay jo <u>k</u> hatay so <u>k</u> haa-ay.	As one plants, so does he harvest; whatever he earns, he eats.
AgYpC n hwel j ysxu nlsxY j wie ]2]	agai <u>p</u> uchh na hova-ee jay san neesaanai jaa-ay.   2	In the world hereafter, his account is not called for, if he goes with the insignia of the Lord.   2
qsoj sw kwFIAY j sl kwr kmwie ]	<u>t</u> aiso jaisaa kaad <u>h</u> ee-ai jaisee kaar kamaa-ay.	According to the actions the mortal commits, so is he proclaimed.
j odmu iciq n Awel sodmu ibrQw j wie ]3]	jo <u>d</u> am chit na aavee so <u>d</u> am birthaa jaa-ay.   3	And that breath which is drawn without thinking of the Lord, that breath goes in vain.   3
iehu qnu vcl bYkrl j ykol ey ivknie ]	ih <u>t</u> an vaychee bai karee jay ko la-ay vikaa-ay.	I would sell this body, if someone would only purchase it.
nwnk klm n Awel ij quqin nwhl scw nau ]4]5]7]	naanak kamm na aavee jit <u>t</u> an naahee sachaa naa-o.   4  5  7	O Nanak, that body is of no use at all, if it does not enshrine the Name of the True Lord.   4  5  7