

mai anDhulay har naam lakutee tohnee

s <u>h</u> l m <u>h</u> l w 1] (752-15)	soohee mehlaa 1.	Soohee, First Mehl:
m <u>n</u> h <u>u</u> n n <u>m</u> uiv <u>s</u> ir Aihinis iD <u>A</u> weI <u>A</u> Y]	manhu na naam visaar ahinis <u>D</u> hi- aa-ee-ai.	Never forget the Naam, the Name of the Lord, from your mind; night and day, meditate on it.
i <u>j</u> a <u>u</u> r <u>u</u> K <u>i</u> h i <u>k</u> r <u>p</u> u D <u>w</u> ir i <u>q</u> v <u>l</u> s <u>k</u> u p <u>w</u> eI <u>A</u> Y]1]	ji-o raakhahi kirpaa <u>D</u> haar <u>t</u> ivai su <u>k</u> h paa-ee-ai. 1	As You keep me, in Your Merciful Grace, so do I find peace. 1
m <u>Y</u> A <u>D</u> i y <u>h</u> ir n <u>m</u> uI k <u>u</u> l t <u>h</u> x <u>l</u>]	mai an <u>D</u> hulay har naam lakutee toh <u>n</u> ee.	I am blind, and the Lord's Name is my cane.
r <u>h</u> au <u>s</u> u <u>i</u> h <u>b</u> k <u>l</u> t <u>k</u> n m <u>h</u> l m <u>h</u> x <u>l</u>]1] r <u>h</u> au]	raha-o saahib kee tayk na mohai moh <u>n</u> ee. 1 rahaa-o.	I remain under the Sheltering Support of my Lord and Master; I am not enticed by Maya the enticer. 1 Pause
j h d <u>k</u> au <u>q</u> h n <u>u</u> il g <u>u</u> r d <u>k</u> u <u>l</u> A <u>u</u>]	jah <u>d</u> ay <u>k</u> h-a-u <u>t</u> ah naal gur <u>d</u> ay <u>k</u> haali-aa.	Wherever I look, there the Guru has shown me that God is always with me.
A <u>u</u> g <u>u</u> r b <u>u</u> h <u>i</u> r B <u>w</u> il s <u>b</u> id i <u>n</u> h <u>w</u> il A <u>u</u>]2]	an <u>t</u> ar baahar <u>b</u> haal sabad nihaali-aa. 2	Searching inwardly and outwardly as well, I came to see Him, through the Word of the Shabad. 2
s <u>y</u> l si <u>q</u> g <u>u</u> r B <u>w</u> ie n <u>m</u> u i <u>n</u> r <u>u</u>] n <u>w</u>]	sayvee sat <u>g</u> ur <u>b</u> haa-ay naam niranjanaa.	So serve the True Guru with love, through the Immaculate Naam, the Name of the Lord.
q <u>D</u> u B <u>w</u> u <u>v</u> l i <u>q</u> v <u>l</u> r <u>j</u> u <u>e</u> B <u>r</u> m <u>u</u> B <u>au</u> B <u>u</u>] n <u>w</u>]3]	<u>t</u> u <u>D</u> h <u>b</u> haavai <u>t</u> ivai rajaa-ay <u>b</u> haram <u>b</u> ha-o <u>b</u> hanjnaa. 3	As it pleases You, so by Your Will, You destroy my doubts and fears. 3
j n <u>m</u> q h <u>l</u> d <u>k</u> u <u>l</u> u <u>g</u> l m <u>r</u> x <u>u</u> A <u>w</u> ie k <u>l</u>]	janmat <u>h</u> hee <u>d</u> u <u>k</u> h laagai marn <u>a</u> aa aa- ay kai.	At the very moment of birth, he is afflicted with pain, and in the end, he comes only to die.
j n <u>m</u> u m <u>r</u> x <u>u</u> p <u>r</u> v <u>u</u> x <u>u</u> h <u>i</u> r g <u>x</u> g <u>w</u> ie k <u>l</u>]4]	janam maran <u>u</u> parvaan <u>u</u> har gun <u>u</u> gaa- ay kai. 4	Birth and death are validated and approved, singing the Glorious Praises of the Lord. 4
h <u>au</u> n <u>u</u> h <u>l</u> q <u>u</u> h <u>w</u> ih q <u>D</u> h <u>l</u> s <u>w</u> ij A <u>u</u>]	ha-o naahee <u>t</u> oo hoveh <u>t</u> u <u>D</u> h hee saaji-aa.	When there is no ego, there You are; You fashioned all of this.
A <u>u</u> py Q <u>w</u> ip a <u>u</u> Q <u>w</u> ip s <u>b</u> id i <u>n</u> v <u>w</u> ij A <u>u</u>]5]	aapay thaap uthaap sabad nivaaji- aa. 5	You Yourself establish and disestablish; through the Word of Your Shabad, You elevate and exalt. 5
d <u>h</u> l B <u>s</u> m r <u>l</u> u <u>e</u> n j <u>w</u> pl kh g <u>i</u> eA <u>u</u>]	<u>d</u> ay <u>h</u> ee <u>b</u> hasam rulaa-ay na jaapee kah ga-i-aa.	When the body rolls in the dust, it is not known where the soul has gone.

<p>Aṁpy rihAṁ smwie so ivsmwdu BieAṁ]6]</p>	<p>aapay rahi-aa samaa-ay so vismaad <u>b</u>ha-i-aa. 6 </p>	<p>He Himself is permeating and pervading; this is wonderful and amazing! 6 </p>
<p>qṁnwhl pB dṁr j wxih sB qṁhY]</p>	<p>too^N naahee parabh door jaaneh <u>sabh</u> too hai.</p>	<p>You are not far away, God; You know everything.</p>
<p>gurmik vjK hdlṁr Aṁjir BI qṁhY]7]</p>	<p>gurmukh vaykh hadoor anṁar <u>b</u>hee too hai. 7 </p>	<p>The Gurmukh sees You ever-present; You are deep within the nucleus of our inner self. 7 </p>
<p>mYdlj Ynwm invwsu Aṁjir sṁq hie]</p>	<p>mai <u>d</u>eejai naam nivaas anṁar saa^{Nt} ho-ay.</p>	<p>Please, bless me with a home in Your Name; may my inner self be at peace.</p>
<p>gṁx gwY nṁnk dwsu siqgru miq dje]8]3]5]</p>	<p>gun gaavai naanak <u>d</u>aas satgur maṁ <u>d</u>ay-ay. 8 3 5 </p>	<p>May slave Nanak sing Your Glorious Praises; O True Guru, please share the Teachings with me. 8 3 5 </p>