

maat garabh dukh saagro pi-aaray tah apnaa naam japaa-i-aa

sriT mhl 5 ] (640-14)	sorath mehlā 5.	Sorat'h, Fifth Mehl:
māq grB dK sigro ipAwry qh ApXw nwmj pwieAw ]	maat garabh dukh saagro pi-aaray tah apnaa naam japaa-i-aa.	The womb of the mother is an ocean of pain, O Beloved; even there, the Lord causes His Name to be chanted.
bwhir kwif ibKupsriAw ipAwry mwieAw mhuvDwieAw ]	baahar kaadh bikh pasree-aa pi- aaray maa-i-aa moh vaDhaa-i-aa.	When he emerges, he finds corruption pervading everywhere, O Beloved, and he becomes increasingly attached to Maya.
ij s noklqo krmu Awip ipAwry iqsupthw gir'liml wieAw ]	jis no keeto karam aap pi-aaray tis pooraa guroo milaa-i-aa.	One whom the Lord blesses with His kind favor, O Beloved, meets the Perfect Guru.
so AwruDy swis swis ipAwry rwm nwm il v l wieAw ]1]	so aaraaDhay saas saas pi-aaray raam naam liv laa-i-aa.   1	He worships the Lord in adoration with each and every breath, O Beloved; he is lovingly attached to the Lord's Name.   1
min qin qrl tk h'lipAwry min qin qrl tk ]	man tan tayree tayk hai pi-aaray man tan tayree tayk.	You are the support of my mind and body, O Beloved; You are the support of my mind and body.
qDuibnu Avru n krnhwru ipAwry Aqrj wml ek ] rhau ]	tuDh bin avar na karanhaar pi- aaray antarjaamee ayk. rahaa-o.	There is no other Creator except for You, O Beloved; You alone are the Inner-knower, the Searcher of hearts.   Pause
kot j nm Blm AwieAw ipAwry Aink j in dKupwie ]	kot janam bharam aa-i-aa pi-aaray anik jon dukh paa-ay.	After wandering in doubt for millions of incarnations, he comes into the world, O Beloved; for uncounted lifetimes, he has suffered in pain.
swc' swihbu ivsirAw ipAwry bhq iml Ysj wie ]	saachaa saahib visri-aa pi-aaray bahutee milai sajaa-ay.	He has forgotten his True Lord and Master, O Beloved, and so he suffers terrible punishment.
ij n BtYp'hw siggir'lipAwry sy l wgy swc' nwie ]	jin bhaytai pooraa satguroo pi- aaray say laagay saachai naa-ay.	Those who meet with the Perfect True Guru, O Beloved, are attached to the True Name.
iqnw ipCYCutIA'ipAwry j o swc' srxwie ]2]	tinaa pichhai chhutee-ai pi-aaray jo saachee sar'naa-ay.   2	We are saved by following those, O Beloved, who seek the Sanctuary of the True Lord.   2
imT'w kir kYKwieAw ipAwry iqin qin klqw ngu ]	mithaa kar kai khaa-i-aa pi-aaray tin tan keetaa rog.	He thinks that his food is so sweet, O Beloved, but it makes his body ill.
kaM'w hie piqsitAw ipAwry iqs	ka-urhaa ho-ay patisati-aa pi-aaray	It turns out to be bitter, O Beloved, and it produces only

qy apij A᳚ sgu ]	tis tay upji-aa sog.	sadness.
B᳚ B᳚wie Bil wieAnu ipA᳚ry aqr᳚ nhl ivj gu ]	bhog bhunchaa-ay bhulaa-i-an pi- aaray utrai nahee vijog.	The Lord leads him astray in the enjoyment of pleasures, O Beloved, and so his sense of separation does not depart.
j o gur mjl aDwirA᳚ ipA᳚ry iqn DyripieA᳚ s᳚᳚ gu ]3]	jo gur mayl uDhaari-aa pi-aaray tin Dhuray pa-i-aa sanjog.   3	Those who meet the Guru are saved, O Beloved; this is their pre-ordained destiny.   3
m᳚ieA᳚ l ᳚ ic AitA᳚ ipA᳚ry iciq n A᳚vih m᳚᳚ ]	maa-i-aa laalach ati-aa pi-aaray chit na aavahi mool.	He is filled with longing for Maya, O Beloved, and so the Lord does not ever come into his mind.
ij n q᳚ivsr᳚h p᳚rb᳚hm s᳚A᳚ml sy qn h᳚yD᳚V ]	j᳚n too visrahi paarbarahm su- aamee say tan ho-ay Dhoorh.	Those who forget You, O Supreme Lord Master, their bodies turn to dust.
ibl l ᳚t krih bh᳚qirA᳚ ipA᳚ry aqr᳚Ynhl sl ᳚ ]	billaat karahi bahu᳚tayri-aa pi-aaray utrai naahee sool.	They cry out and scream horribly, O Beloved, but their torment does not end.
j o gur mjl svwirA᳚ ipA᳚ry iqn k᳚ rihA᳚ m᳚᳚ ]4]	jo gur mayl savaari-aa pi-aaray tin kaa rahi-aa mool.   4	Those who meet the Guru, and reform themselves, O Beloved, their capital remains intact.   4
s᳚kq s᳚᳚n klj el ipA᳚ry j y k᳚ p᳚ir vs᳚ie ]	saaka᳚ sang na keej-ee pi-aaray jay kaa paar vasaa-ay.	As far as possible, do not associate with the faithless cynics, O Beloved.
ij suimil A᳚hir ivsr᳚Y ipA᳚ry s᳚ mih k᳚l Yai᳚T j wie ]	j᳚s milli-ai har visrai pi-aaray so muhi kaalai u᳚h jaa-ay.	Meeting with them, the Lord is forgotten, O Beloved, and you rise and depart with a blackened face.
m᳚m᳚K F᳚el nh iml Y ipA᳚ry drgh iml Ys᳚j wie ]	manmuk᳚h d᳚ho-ee nah milai pi- aaray dargeh milai sajaa-ay.	The self-willed manmukh finds no rest or shelter, O Beloved; in the Court of the Lord, they are punished.
j o gur mjl svwirA᳚ ipA᳚ry iqn᳚ p᳚᳚l p᳚ie ]5]	jo gur mayl savaari-aa pi-aaray ᳚inaa pooree paa-ay.   5	Those who meet with the Guru, and reform themselves, O Beloved, their affairs are resolved.   5
s᳚᳚m shs isA᳚xp᳚ ipA᳚ry iek n cl l n᳚il ]	sanjam sahas si-aan᳚paa pi-aaray ik na chalee naal.	One may have thousands of clever tricks and techniques of austere self-discipline, O Beloved, but not even one of them will go with him.
j o by᳚k g᳚b᳚᳚ qy ipA᳚ry iqn kil l ᳚g᳚᳚᳚il ]	jo baymuk᳚h gobind tay pi-aaray tin kul laagai gaal.	Those who turn their backs on the Lord of the Universe, O Beloved, their families are stained with disgrace.
h᳚᳚l vsq᳚n j ᳚q᳚A᳚ ipA᳚ry k᳚᳚n cl l n᳚il ]	h᳚᳚᳚᳚᳚ vasa᳚ na ja᳚᳚᳚-aa pi-aaray koor᳚h na chalee naal.	They do not realize that they do have Him , O Beloved; falsehood will not go with them.

siqgru ij nw iml wieEnu ipAary suci nnu smil ]6]	satgur jinaa milaa-i-on pi-aaray saachaa naam samaal.   6	Those who meet with the True Guru, O Beloved, dwell upon the True Name.   6
squstKui gAanu iDAanu ipAary ij s nondir kry ]	sat santokh gi-aan Dhi-aan pi- aaray jis no nadar karay.	When the Lord casts His Glance of Grace, O Beloved, one is blessed with Truth, contentment, wisdom and meditation.
Anidnu klrqnu gix rv' ipAary Almlq plr Bry ]	an-din keertan gun ravai pi-aaray amrit poor bharay.	Night and day, he sings the Kirtan of the Lord's Praises, O Beloved, totally filled with Ambrosial Nectar.
dk sigruiqn i jGA ipAary Bvj l upwir pry ]	dukh saagar tin langhi-aa pi-aaray bhavjal paar paray.	He crosses over the sea of pain, O Beloved, and swims across the terrifying world-ocean.
ij suBw'iqsumj l Yh ipAary sæl sdw Kry ]7]	jis bhaavai tis mayl laihi pi-aaray say-ee sadaa kharay.   7	One who is pleasing to His Will, He unites with Himself, O Beloved; he is forever true.   7
sthQ pirKudieAwl dju ipAary Bgqw iqs kw qwxu ]	samrath purakh da-i-aal day-o pi- aaray bhagtaa tis kaa taan.	The all-powerful Divine Lord is compassionate, O Beloved; He is the Support of His devotees.
iqsusrxw el Fih pey ipAary ij Altrj wml j wxu ]	tis sarnaa-ee dheh pa-ay pi-aaray je antarjaamee jaan.	I seek His Sanctuary, O Beloved; He is the Inner-knower, the Searcher of hearts.
hl qupl qusvwirAw ipAary msqik scu nls wxu ]	halat palat savaari-aa pi-aaray mastak sach neesaan.	He has adorned me in this world and the next, O Beloved; He has placed the Emblem of Truth upon my forehead.
so pBu kdy n vlsr' ipAary nwnk sd kirbwxu ]8]2]	so parabh kaday na veesrai pi- aaray naanak sad kurbaan.   8  2	I shall never forget that God, O Beloved; Nanak is forever a sacrifice to Him.   8  2