

man tan ṭayree tayk hai pi-aaray man tan ṭayree tayk

sriT mhl ॥ 5] (640-14)	sorath mehlā 5.	Sorat'h, Fifth Mehl:
mṃq grB dK sigro ipAwry qh ApXw nṃmuj pṃieAw]	maat garabh <u>dukh</u> saagro pi-aaray <u>ṭah</u> apṃaa 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 mṃieAw mṃhu vDṃieAw]	baahar kaadh <u>bikh</u> pasree-aa pi- aaray maa-i-aa moh va <u>Dh</u> aa-i-aa.	When he emerges, he finds corruption pervading everywhere, O Beloved, and he becomes increasingly attached to Maya.
ij s no klqo krmu Awip ipAwry iqsupṭhṃ girṭiml wṃieAw]	jis no keeṭo karam aap pi-aaray <u>ṭis</u> 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 rṃm nṃm il v l wṃieAw]1]	so aaraa <u>Dh</u> ay 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 hl ipAwry min qin qrl tk]	man <u>tan</u> <u>ṭayree</u> <u>tayk</u> hai pi-aaray man <u>tan</u> <u>ṭayree</u> <u>tayk</u> .	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 Aṃrj ṃml ek] rhṃau]	<u>ṭu</u> <u>Dh</u> bin avar na karanhaar pi- aaray anṭarjaamee ayk. rahaa-o.	There is no other Creator except for You, O Beloved; You alone are the Inner-knower, the Searcher of hearts. Pause
kṃt j nm Blm AwieAw ipAwry Aink j in dKupṃie]	kot janam <u>bh</u> aram aa-i-aa pi-aaray anik jon <u>dukh</u> 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.
swicṃ swihbu ivsirAw ipAwry bhṃql iml Ysj wṃie]	saachaa saahib visri-aa pi-aaray bahuṭee milai sajaa-ay.	He has forgotten his True Lord and Master, O Beloved, and so he suffers terrible punishment.
ij n BṭYṭhṃ siggirṭipAwry sy l wṃysicṭṃnwṃie]	jin <u>bh</u> aytai pooraa saṭguroo pi- aaray say laagay saachai naa-ay.	Those who meet with the Perfect True Guru, O Beloved, are attached to the True Name.
iqnṃ ipCYCutIAV ipAwry j o swicṭ srXwṃie]2]	<u>ṭ</u> inaa <u>pich</u> hai <u>ch</u> hutee-ai pi-aaray jo saachee sarṃaa-ay. 2	We are saved by following those, O Beloved, who seek the Sanctuary of the True Lord. 2
imTṃ kir kYKwṃieAw ipAwry iqin qin klqṃ rṃgu]	mithaa kar kai <u>kh</u> aa-i-aa pi-aaray <u>ṭ</u> in <u>tan</u> keeṭaa rog.	He thinks that his food is so sweet, O Beloved, but it makes his body ill.
kaMṃ hie piqsitAw ipAwry iqs	ka-urṃaa ho-ay paṭisati-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 a᳚wirA᳚ ipA᳚ry iqn D᳚ry pieA᳚ s᳚j᳚ gu]3]	jo gur mayl u᳚Dhaari-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
m᳚wieA᳚ l ᳚l ic AitA᳚ ipA᳚ry iciq n A᳚vih m᳚l]	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 q᳚l ivsr᳚ih p᳚r b᳚h m s᳚A᳚m᳚l sy qn h᳚y D᳚V]	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 bh᳚q᳚rA᳚ ipA᳚ry aqr᳚Y᳚nhl 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 sv᳚irA᳚ ipA᳚ry iqn k᳚ rihA᳚ m᳚ ᳚]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]	saaka᳚t 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 su imil 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 Y s᳚j 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 sv᳚irA᳚ ipA᳚ry iqn 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
s᳚j᳚ m 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 g᳚b᳚l 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.
h᳚d᳚l vsq᳚n j ᳚q᳚lA᳚ ipA᳚ry k᳚᳚n cl l n᳚il]	h᳚᳚᳚᳚᳚᳚ vasa᳚t na ja᳚᳚᳚᳚-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
squstKu igAanu 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 l iGA 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