

raam naam man bayDhi-aa avar ke karee veechaar

isrIrugumhl w 1 ] (62-4)	sireeraag mehlaa 1.	Siree Raag, First Mehl:
rwm nwm mnu bJDAA Avruik krl vlcwru ]	raam naam man bay <u>D</u> hi-aa avar ke karee veechaar.	My mind is pierced through by the Name of the Lord. What else should I contemplate?
sbd siriq sKra p j Y p B r w q a u s K s w r u ]	sabad surat <u>sukh</u> oopjai parabh raata-o <u>sukh</u> saar.	Focusing your awareness on the Shabad, happiness wells up. Attuned to God, the most excellent peace is found.
ij au BuvYiqau ruKu qllmY hir nwmu ADwru ] 1]	ji-o <u>b</u> haavai ti-o raakh too <sup>N</sup> mai har naam a <u>D</u> haar.   1	As it pleases You, please save me, Lord. The Name of the Lord is my Support.   1
mn ryswcl Ksm rj wie ]	man ray saachee <u>k</u> hasam rajaa-ay.	O mind, the Will of our Lord and Master is true.
ij in qnu mnu swij slgwirAw iqsu spqI il v l wie ] 1] rhwau ]	jin <u>t</u> an man saaj seegaari-aa <u>t</u> is saytee liv laa-ay.   1   rahaa-o.	Focus your love upon the One who created and adorned your body and mind.   1  Pause
qnu b s k j i r h m l A Y i e k r q l q i l k t w i e ]	<u>t</u> an baisantar homee-ai ik ra <sup>t</sup> ee <u>t</u> ol kataa-ay.	If I cut my body into pieces, and burn them in the fire,
qnu mnu smDw j y k r l Anidnu Agin j l wie ]	<u>t</u> an man sam <u>D</u> haa jay karee an- <u>d</u> in agan jalaa-ay.	and if I make my body and mind into firewood, and night and day burn them in the fire,
hir nwmY qil n pj el j y l K kot l krm kmwie ] 2]	har naamai <u>t</u> ul na puj-ee jay lakh kotee karam kamaa-ay.   2	and if I perform hundreds of thousands and millions of religious rituals-still, all these are not equal to the Name of the Lord.   2
ArD srlruktwelaY isir krvqu Drwie ]	ara <u>D</u> h sareer kataa-ee-ai sir karvat <u>D</u> haraa-ay.	If my body were cut in half, if a saw was put to my head,
qnu hYnkt il gw l IAYBI mn qy rgu n j wie ]	<u>t</u> an haimanchal gaalee-ai <u>b</u> hee man <u>t</u> ay rog na jaa-ay.	and if my body were frozen in the Himalayas-even then, my mind would not be free of disease.
hir nwmY qil n pj el sB ifTI Tik vj wie ] 3]	har naamai <u>t</u> ul na puj-ee sabh dithee <u>t</u> hok vajaa-ay.   3	None of these are equal to the Name of the Lord. I have seen and tried and tested them all.   3
kkt n kykot dqukrl bhuhYr gYr dwnu ]	kanchan kay kot <u>d</u> at karee baho haivar gaivar <u>d</u> aan.	If I made a donation of castles of gold, and gave lots of fine horses and wondrous elephants in charity,
Blm dwnugaAAw Gxl BI Aqjir grbu gmnwnu ]	<u>b</u> hoom <u>d</u> aan ga-oo-aa <u>g</u> hanee <u>b</u> hee antar garab gumaan.	and if I made donations of land and cows-even then, pride and ego would still be within me.

raam naam man bayDhi-aa gur dee-aa sach daan.   4	raam naam man bayDhi-aa gur dee-aa sach daan.   4	The Name of the Lord has pierced my mind; the Guru has given me this true gift.   4
manhath buDhee kaytee-aa kaytay bayd beechaar.	manhath buDhee kaytee-aa kaytay bayd beechaar.	There are so many stubborn-minded intelligent people, and so many who contemplate the Vedas.
kaytay banDhan jee-a kay gurmukh mokh du-aar.	kaytay banDhan jee-a kay gurmukh mokh du-aar.	There are so many entanglements for the soul. Only as Gurmukh do we find the Gate of Liberation.
sachahu orai sabh ko upar sach aachaar.   5	sachahu orai sabh ko upar sach aachaar.   5	Truth is higher than everything; but higher still is truthful living.   5
sabh ko oochaa aakhee-ai neech na deesai ko-ay.	sabh ko oochaa aakhee-ai neech na deesai ko-ay.	Call everyone exalted; no one seems lowly.
iknai bhaa <sup>N</sup> day saaji-ai ik chaanan tihu lo-ay.	iknai bhaa <sup>N</sup> day saaji-ai ik chaanan tihu lo-ay.	The One Lord has fashioned the vessels, and His One Light pervades the three worlds.
karam milai sach paa-ee-ai Dhur bakhas na maytai ko-ay.   6	karam milai sach paa-ee-ai Dhur bakhas na maytai ko-ay.   6	Receiving His Grace, we obtain Truth. No one can erase His Primal Blessing.   6
saaDh milai saaDhoo janai santokh vasai gur bhaa-ay.	saaDh milai saaDhoo janai santokh vasai gur bhaa-ay.	When one Holy person meets another Holy person, they abide in contentment, through the Love of the Guru.
akath kathaa veechaaree-ai jay satgur maahi samaa-ay.	akath kathaa veechaaree-ai jay satgur maahi samaa-ay.	They contemplate the Unspoken Speech, merging in absorption in the True Guru.
pee amrit santokhi-aa dargahi paiDhaa jaa-ay.   7	pee amrit santokhi-aa dargahi paiDhaa jaa-ay.   7	Drinking in the Ambrosial Nectar, they are contented; they go to the Court of the Lord in robes of honor.   7
ghat ghat vaajai kinguree an-din sabad subhaa-ay.	ghat ghat vaajai kinguree an-din sabad subhaa-ay.	In each and every heart the Music of the Lord's Flute vibrates, night and day, with sublime love for the Shabad.
virlay ka-o sojhee pa-ee gurmukh man samjhaa-ay.	virlay ka-o sojhee pa-ee gurmukh man samjhaa-ay.	Only those few who become Gurmukh understand this by instructing their minds.
naanak naam na veesrai chhootai sabad kamaa-ay.   8  14	naanak naam na veesrai chhootai sabad kamaa-ay.   8  14	O Nanak, do not forget the Naam. Practicing the Shabad you shall be saved.   8  14