

sar santokh taas gur ho-ay

pBwqI mhl w 1 ] (1328-18)	parbhaatee mehlaa 1.	Prabhaatee, First Mehl:
AlImkUntruigAwin mn mj nu ATSiT qlrQ slIlg ghy ]	amrit neer gi-aan man majan athsath tirath sang gahay.	One who bathes in the Ambrosial Water of spiritual wisdom takes with him the virtues of the sixty-eight sacred shrines of pilgrimage.
gir apdjs j vhr mxxk syjiskU soKij I hY ]1]	gur updays javaahar maanak sayvay sikh so khoj lahai.   1	The Guru's Teachings are the gems and jewels; the Sikh who serves Him searches and finds them.   1
gir smwin qlrQu nhl kie ]	gur samaan tirath nahee ko-ay.	There is no sacred shrine equal to the Guru.
sruslkKu qisu gir hie ]1] rhau ]	sar santokh taas gur ho-ay.   1   rahaa-o.	The Guru encompasses the ocean of contentment.   1  Pause
guru d r l A w a u s d w j l u i n r m l u imil A w d i r m i q m l u h r Y ]	gur daree-aa-o sadaa jal nirmal mili-aa durmat mail harai.	The Guru is the River, from which the Pure Water is obtained forever; it washes away the filth and pollution of evil-mindedness.
siqgir pwieAY pthw nwxu psl pryghudv krY ]2]	satgur paa-i-ai poora naavan pasoo paraytahu dayv karai.   2	Finding the True Guru, the perfect cleansing bath is obtained, which transforms even beasts and ghosts into gods.   2
rqw sic nwim ql hIAI u s o g i r u prml ukhIAI ]	raata sach naam tal hee-al so gur parmal kahee-ai.	He is said to be the Guru, with the scent of sandalwood, who is imbued with the True Name to the bottom of His Heart.
j w kl v i s u b n w s p i q s a r Y q i s u crx il v rhIAI ]3]	jaa kee vaas banaaspat sa-urai taas charan liv rahee-ai.   3	By His Fragrance, the world of vegetation is perfumed. Lovingly focus yourself on His Feet.   3
gurmik j IA pIn apj ih gurmik isv Gir j weIAI ]	gurmukh jee-a paraan upjahi gurmukh siv ghar jaa-ee-ai.	The life of the soul wells up for the Gurmukh; the Gurmukh goes to the House of God.
gurmik nwnk sic smweIAI gurmik inj pduweIAI ]4]6]	gurmukh naanak sach samaa-ee-ai gurmukh nij pad paa-ee-ai.   4  6	The Gurmukh, O Nanak, merges in the True One; the Gurmukh attains the exalted state of the self.   4  6