

anik janam vichhurhay dukh paa-i-aa manmukh karam karai aha^Nkaaree

sriT mU 4 dQky] (607-2)	sorath mehlaa 4 dutukay.	Sorat'h, Fourth Mehl, Du-Tukas:
Aink j nm ivCMydKupwieAw mnmiK krm krY AhlkurI]	anik janam vichhurhay dukh paa-i-aa manmukh karam karai aha ^N kaaree.	Separated from the Lord for countless lifetimes, the self-willed manmukh suffers in pain, engaged in acts of egotism.
sUDlprsq hl pBupwieAw g0bd srix qmwrI]1]	saaDhoo parsat hee parabh paa-i-aa gobid saran tumaaree. 1	Beholding the Holy Saint, I found God; O Lord of the Universe, I seek Your Sanctuary. 1
g0bd pliq l gl Aiq ipAwrl]	gobid pareet lagee at pi-aaree.	The Love of God is very dear to me.
j b sqstg BeysUDlj n ihrdY imil Aw slig mwrI] rhau]	jab satsang bha-ay saaDhoo jan hirdai mili-aa saa ^N t muraaree. rahaa-o.	When I joined the Sat Sangat, the Company of the Holy People, the Lord, the embodiment of peace, came into my heart. Pause
qlihrdY gpquvsih idnurrqI qY Bwau n bulih gvrl]	too hirdai gupa ^t vaseh din raatee tayraa bhaa-o na bujheh gavaaree.	You dwell, hidden, within my heart day and night, Lord; but the poor fools do not understand Your Love.
siqgru prKuimil Aw pBupgitAw gx gvYgx vlcwrI]2]	satgur purakh mili-aa parabh pargati-aa gun gaavai gun veechaaree. 2	Meeting with the Almighty True Guru, God was revealed to me; I sing His Glorious Praises, and reflect upon His Glories. 2
gurmik plgsu BieAw swiq Avel dirmiq biD invrl]	gurmukh pargaas bha-i-aa saat aae durmat buDh nivaaree.	As Gurmukh, I have become enlightened; peace has come, and evil-mindedness has been dispelled from my mind.
Awqm bhmuclin sKupwieAw sqstgiq prK qmwrI]3]	aatam barahm cheen sukh paa-i-aa satsangat purakh tumaaree. 3	Understanding the relationship of the individual soul with God, I have found peace, in Your Sat Sangat, Your True Congregation, O Lord. 3
prKY prKuimil Aw gurupwieAw ij n kavikrpw Bel qmwrI]	purkhai purakh mili-aa gur paa-i-aa jin ka-o kirpaa bha-ee tumaaree.	Those who are blessed by Your Kind Mercy, meet the Almighty Lord, and find the Guru.
nwnk Aql ushj sKupwieAw Anidnuj wgu rhY bnvrl]4]7]	naanak atul sahj sukh paa-i-aa an-din jaaga ^t rahai banvaaree. 4 7	Nanak has found the immeasurable, celestial peace; night and day, he remains awake to the Lord, the Master of the Forest of the Universe. 4 7