

ih manoo-aa khin na tikai baho rangee dah dah dis chal chal haadhay

ga/ p b mhl w 4] (170-19)	ga-or <u>hee</u> poorbee mehlaa 4.	Gauree Poorbee, Fourth Mehl:
iehumn Aw iKnun itkYbhur dh dh idis cil cil hwFy]	ih manoo-aa <u>khin</u> na tikai baho rangee <u>dah dah dis</u> chal chal haadhay.	This mind does not hold still, even for an instant. Distracted by all sorts of distractions, it wanders around aimlessly in the ten directions.
Gurup w pwieAw vfBw g hir m d Aw mnu TwFy] 1]	gur poora paa-I-aa vad <u>bha</u> agee har man <u>tar</u> <u>dee</u> -aa man <u>thaadhay</u> . 1	I have found the Perfect Guru, through great good fortune; He has given me the Mantra of the Lord's Name, and my mind has become quiet and tranquil. 1
rwm hm siqgur I w yk Fy] 1] rhwa]	raam ham satgur laalay kaa ^N <u>dhay</u> . 1 rahaa-o.	O Lord, I am the slave of the True Guru. 1 Pause
hmr msqik dwgudgwrw hm krj gur bhushwFy]	hamrai mastak <u>daag</u> <u>dagaanaa</u> ham karaj guroo baho saadhay.	My forehead has been branded with His brand; I owe such a great debt to the Guru.
prapkrw p thubhu k Aw Bau d qrw qur prwFy] 2]	par-upkaar punn baho kee-aa <u>bha</u> -o <u>du</u> tar <u>taar</u> paraadhay. 2	He has been so generous and kind to me; He has carried me across the treacherous and terrifying world-ocean. 2
ij n kau piq irdY hir nwhl iqn k fygwFn gwFy]	jin ka-o pareet <u>ridai</u> har naahee <u>tin</u> kooray gaad <u>han</u> gaadhay.	Those who do not have love for the Lord within their hearts, harbor only false intentions and goals.
ij au pxl kwgduibnis j wq hY iqau nmk griB gl wFy] 3]	ji-o paanee kaagad binas jaat hai <u>ti</u> -o manmuk <u>h</u> garab <u>h</u> galaadhay. 3	As paper breaks down and dissolves in water, the self-willed manmukh wastes away in arrogant pride. 3
hm j winAw kCU n j wnh AwgY ij au hir r kYiqau TwFy]	ham jaani-aa kach <u>hoo</u> na jaanah aagai ji-o har raak <u>hai</u> <u>ti</u> -o <u>thaadhay</u> .	I know nothing, and I do not know the future; as the Lord keeps me, so do I stand.
hm Bl c k gur ikrpw Dw hu j n nwnk k qrykwFy] 4] 7] 21] 59]	ham <u>bhool</u> chook gur kirpaa <u>Dha</u> arahu jan naanak ku <u>tray</u> kaadhay. 4 7 21 59	For my failings and mistakes, O Guru, grant me Your Grace; servant Nanak is Your obedient dog. 4 7 21 59