

kirat̄ karam kay veechhurhay kar kirpaa maylhu raam

<p>baarah maahaa maa^Njh mehlaa 5 ghar 4 (133-6)</p>	<p>baarah maahaa maa^Njh mehlaa 5 ghar 4</p>	<p>Baarah Maahaa ~ The Twelve Months: Maajh, Fifth Mehl, Fourth House:</p>
<p>ikriq krm kyvICMy kir ikrpw myl hu rwm]</p>	<p>kirat̄ karam kay vee<u>ch</u>h<u>ur</u>hay kar kirpaa maylhu raam.</p>	<p>By the actions we have committed, we are separated from You. Please show Your Mercy, and unite us with Yourself, Lord.</p>
<p>cuir kilt dh ids BihyQik Awey pB kl swm]</p>	<p>chaar kunt dah dis bharamay thak aa-ay parab<u>h</u> kee saam.</p>	<p>We have grown weary of wandering to the four corners of the earth and in the ten directions. We have come to Your Sanctuary, God.</p>
<p>Dnu dDy qy bwhri ikqIn Aivl kwm]</p>	<p>Dhayn duDhai tay baahree kitai na aavai kaam.</p>	<p>Without milk, a cow serves no purpose.</p>
<p>j l ibnu suK kmI wqI apj ih nwhI dwm]</p>	<p>jal bin saakh kumlaava^{tee} upjahi naahee daam.</p>	<p>Without water, the crop withers, and it will not bring a good price.</p>
<p>hir nwh n iml IAY swj nY kq pweIAY ibsrwm]</p>	<p>har naah na milee-ai saajnai kat̄ paa-ee-ai bisraam.</p>	<p>If we do not meet the Lord, our Friend, how can we find our place of rest?</p>
<p>ij qu Gir hir kluun pgtel BiT ngr sygIm]</p>	<p>jit̄ ghar har kant̄ na pargata-ee bhath nagar say garaam.</p>	<p>Those homes, those hearts, in which the Husband Lord is not manifest-those towns and villages are like burning furnaces.</p>
<p>sB slgur qlbd rs sxudhl sB Kwm]</p>	<p>sarab seegaar tambol ras san dayhee sabh khaam.</p>	<p>All decorations, the chewing of betel to sweeten the breath, and the body itself, are all useless and vain.</p>
<p>pB sAwmI klt ivhklIAw mlq sj x siB j w]</p>	<p>parabh su-aamee kant̄ vihoonee-aa meet̄ sajan sabh jaam.</p>	<p>Without God, our Husband, our Lord and Master, all friends and companions are like the Messenger of Death.</p>
<p>nwnk kl bynqlAw kir ikrpw dlj Y nwmu]</p>	<p>naanak kee banante^e-aa kar kirpaa deejai naam.</p>	<p>This is Nanak's prayer: "Please show Your Mercy, and bestow Your Name.</p>

hir mj husiAwml sllg pB ij s kw inhcl Dm]1]	har maylhu su-aamee sang parab <u>h</u> jis kaa nihchal <u>D</u> haam. 1	O my Lord and Master, please unite me with Yourself, O God, in the Eternal Mansion of Your Presence". 1
cjq givlhu ArwDIAyhWY Anplu Gxw]	chayt govind araa <u>D</u> hee-ai hovai anand <u>g</u> hanaa.	In the month of Chayt, by meditating on the Lord of the Universe, a deep and profound joy arises.
Slt j nw imil pweIAVrsnw nwnu Bxw]	sant janaa mil paa-ee-ai rasnaa naam <u>b</u> hanaa.	Meeting with the humble Saints, the Lord is found, as we chant His Name with our tongues.
ij in pweAw pBuAwpxw Awey iqsih gxw]	jin paa-I-aa parab <u>h</u> aapnaa aa-ay <u>t</u> iseh ganaa.	Those who have found God-blessed is their coming into this world.
iekuiKnuiqsuibnuj lvxw ibrQw j nmuj xw]	ik <u>k</u> hin <u>t</u> is bin jeevnaa birthaa janam janaa.	Those who live without Him, for even an instant-their lives are rendered useless.
j il Qil mhlAil pIrAw rivAw ivic vxw]	jal thal mahee-al poori-aa ravi-aa vich va <u>n</u> aa.	The Lord is totally pervading the water, the land, and all space. He is contained in the forests as well.
so pBuiciq n Awvel ikqVw dKu gxw]	so parab <u>h</u> chit na aavee kit- <u>r</u> haa <u>dukh</u> ganaa.	Those who do not remember God-how much pain must they suffer!
ij nl rivAw so pBUiqhw Bwgu mxw]	jinee raavi-aa so parab <u>h</u> oo <u>t</u> innaa <u>b</u> haag mana <u>a</u> .	Those who dwell upon their God have great good fortune.
hir drsn klu mnu l edw nwnk ipAws mnw]	har <u>d</u> arsan ka ^N -u man loch <u>d</u> aa naanak pi-aas manaa.	My mind yearns for the Blessed Vision of the Lord's Darshan. O Nanak, my mind is so thirsty!
Cjq iml wey so pBUiqs kYpwie l gw]2]	chayt milaa-ay so parab <u>h</u> oo <u>t</u> is kai paa-ay lagaa. 2	I touch the feet of one who unites me with God in the month of Chayt. 2
vSwiK Dirin ikau vWIAw ij nw pIn ibChu]	vaisaakh <u>D</u> heeran ki-o vaad <u>h</u> ee-aa jinaa paraym bich <u>h</u> ohu.	In the month of Vaisaakh, how can the bride be patient? She is separated from her Beloved.
hir swj nu prKuivswir kY l gl mwieAw Dhv]	har saajan purakh visaar kai lagee maa-I-aa <u>D</u> hohu.	She has forgotten the Lord, her Life-companion, her Master; she has become attached to Maya, the deceitful one.

<p>ਪ੍ਰਕਾਸ਼ਿ ਕਰਨ ਸੰਗਿ ਧਨੁ ਹਿਰ ਆਇਸੀ ਏਹੁ]</p>	<p>putar kaltar na sang <u>D</u>hanaa har avinaasee oh.</p>	<p>Neither son, nor spouse, nor wealth shall go along with you- only the Eternal Lord.</p>
<p>ਪਲਿ ਚਿ ਪਲਿ ਚਿ ਸਗਿ ਮੇਲਿ ਜੁਠਿ ਠੁਠਿ ਮਨੁ]</p>	<p>palach palach saglee mu-ee <u>j</u>hoothai <u>D</u>han<u>D</u>hai moh.</p>	<p>Entangled and enmeshed in the love of false occupations, the whole world is perishing.</p>
<p>ਇਕਸੁ ਹਿਰ ਕੰਨਮਿ ਭਨੁ ਆਗਿ ਲੇ ਆਇ ਕੀਹ]</p>	<p>ikas har kay naam bin agai la-ee- ah <u>k</u>hohi.</p>	<p>Without the Naam, the Name of the One Lord, they lose their lives in the hereafter.</p>
<p>ਦੁਖਿ ਭਇ ਭਇ ਭਇ ਪੁੰ ਭਇ ਆਰੁ ਨ ਕੀਏ]</p>	<p>da-yu visaar viguchnaa parabh bin avar na ko-ay.</p>	<p>Forgetting the Merciful Lord, they are ruined. Without God, there is no other at all.</p>
<p>ਪ੍ਰੀਤਮ ਚਰਖਿ ਜੋ ਲਗਿ ਚਿ ਕੀ ਨਿਰਮਲ ਸੀਏ]</p>	<p>pareetam charnee jo lagay tin kee nirmal so-ay.</p>	<p>Pure is the reputation of those who are attached to the Feet of the Beloved Lord.</p>
<p>ਨਾਨਕ ਕੀ ਪੁੰ ਭਯੋ ਪੁੰ ਭਯੋ ਭਯੋ ਪ੍ਰੀਤਮ ਹੀਏ]</p>	<p>naanak kee parabh bayntee parabh milhu paraapat ho-ay.</p>	<p>Nanak makes this prayer to God: "Please, come and unite me with Yourself."</p>
<p>ਵੈਸਾਖੁ ਸੁਖੁ ਚੰਦੁ ਗੁਣੁ ਸੁਖੁ ਭਯੋ ਹਿਰ ਸੀਏ]3]</p>	<p>vaisaakh suhaavaa taa^N lagai jaa sant bhaytai har so-ay. 3 </p>	<p>The month of Vaisaakh is beautiful and pleasant, when the Saint causes me to meet the Lord. 3 </p>
<p>ਹਿਰ ਜੀਤਿ ਜੀਤਿ ਭਯੋ ਭਯੋ ਭਯੋ ਸੀਏ ਭਯੋ]</p>	<p>har jayth jurhandaa lorhee-ai jis agai sabh nivann.</p>	<p>In the month of Jayt'h, the bride longs to meet with the Lord. All bow in humility before Him.</p>
<p>ਹਿਰ ਸੁਖੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਭਯੋ]</p>	<p>har sajan daavan lagi-aa kisai na day-ee bann.</p>	<p>One who has grasped the hem of the robe of the Lord, the True Friend-no one can keep him in bondage.</p>
<p>ਮਾਨਕੁ ਮੋਟੀ ਨਾਮੁ ਪੁੰ ਆਨੁ ਗੁਣੁ ਚੰਦੁ ਸੀਏ]</p>	<p>maanak motee naam parabh un lagai naahee sann.</p>	<p>God's Name is the Jewel, the Pearl. It cannot be stolen or taken away.</p>
<p>ਰੰਗੁ ਸੁਖੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ]</p>	<p>rang sabhay naaraa-inai jaytay man bhaavann.</p>	<p>In the Lord are all pleasures which please the mind.</p>
<p>ਜੋ ਹਿਰੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ ਚੰਦੁ]</p>	<p>jo har lorhay so karay so-ee jee-a karann.</p>	<p>As the Lord wishes, so He acts, and so His creatures act.</p>

j o p l B k l q y A w p x y s j e l k h l A i h D m i n]	jo parab <u>h</u> kee <u>tay</u> aap <u>ney</u> say-ee kahee-ahi <u>Dhan</u> .	They alone are called blessed, whom God has made His Own.
A w p x l l A w j y i m l Y i v C i i V i k a u r w l l h]	aapan lee-aa jay milai vich <u>hurh</u> ki- o rovann.	If people could meet the Lord by their own efforts, why would they be crying out in the pain of separation?
S w D u s t g u p r i p q y n w n k r l g m u x l l h]	saa <u>Dhoo</u> sang paraapa <u>tay</u> naanak rang maan <u>an</u> .	Meeting Him in the Saadh Sangat, the Company of the Holy, O Nanak, celestial bliss is enjoyed.
h i r j y T u r t g l l w i q s u D x l i j s k l B w g u m Q l l h] 4]	har jay <u>th</u> rangeelaa <u>tis</u> <u>Dhane</u> e jis kai <u>bhaag</u> mathann. 4	In the month of Jayt'h, the playful Husband Lord meets her, upon whose forehead such good destiny is recorded. 4
A w s i V u q p l d w i q s u l g y h i r n w h u n i j l h w p w i s]	aasaar <u>h</u> <u>tapandaa</u> <u>tis</u> lagai har naahu na jinna paas.	The month of Aasaarh seems burning hot, to those who are not close to their Husband Lord.
j g j l v n p r K u i q A w i g k Y m u x s s t l l A w s]	jagjeevan purak <u>h</u> <u>ti</u> -aag kai maan <u>as</u> sand <u>ee</u> aas.	They have forsaken God the Primal Being, the Life of the World, and they have come to rely upon mere mortals.
d i Y B w i e i v g i c l A Y g i l p e l s u j m k l P w s]	<u>duyai</u> <u>bhaa</u> -ay viguch <u>ee</u> -ai gal pa- ees jam kee faas.	In the love of duality, the soul-bride is ruined; around her neck she wears the noose of Death.
j y h w b l j Y s o l x Y m Q Y j o i l i K A w s u]	jayhaa beejai so lun <u>ai</u> mathai jo lik <u>hi</u> -aas.	As you plant, so shall you harvest; your destiny is recorded on your forehead.
r Y x i v h w x l p C i q w x l a i T c l l g e l i n r w s]	rain vihaan <u>ee</u> pach <u>hutaan</u> ee <u>uth</u> chalee ga-ee niraas.	The life-night passes away, and in the end, one comes to regret and repent, and then depart with no hope at all.
i j n k l s w D U B y t l A Y s o d r g h h i e K l w s u]	jinn kou saa <u>Dhoo</u> <u>bhaytee</u> -ai so <u>dargeh</u> ho-ay <u>khalaas</u> .	Those who meet with the Holy Saints are liberated in the Court of the Lord.
k i r i k r p w p B A w p x l q y r d r s n h i e i p A w s]	kar kirpaa parab <u>h</u> aap <u>nee</u> <u>tayray</u> <u>darsan</u> ho-ay pi-aas.	Show Your Mercy to me, O God; I am thirsty for the Blessed Vision of Your Darshan.
p B q D u i b n u d j w k o n h l n w n k k l A r d w i s]	parab <u>h</u> <u>tuDh</u> bin <u>doojaa</u> ko nahee naanak kee ar <u>daas</u> .	Without You, God, there is no other at all. This is Nanak's humble prayer.

AwsVushh ^h iqsu l gY ij sumin hir crx invs]5]	aasaar <u>h</u> suhand <u>aa</u> t <u>is</u> lagai jis man har charan <u>n</u> nivaas. 5	The month of Aasaarh is pleasant, when the Feet of the Lord abide in the mind. 5
sivix srsl kumxl crn kml isauipAuru]	saavan <u>n</u> sarsee kaam <u>nee</u> charan kamal si-o pi-aar.	In the month of Saawan, the soul-bride is happy, if she falls in love with the Lotus Feet of the Lord.
mnu qnu rqu sc rllg ieko nmmu Aduru]	man t <u>an</u> ra <u>taa</u> sach rang iko naam aD <u>haar</u> .	Her mind and body are imbued with the Love of the True One; His Name is her only Support.
ibiKA ^w rllg kVivA ^w idsin sBy Curu]	bik <u>hi</u> -aa rang koor <u>ha</u> avi-aa d <u>isan</u> sab <u>hay</u> ch <u>haar</u> .	The pleasures of corruption are false. All that is seen shall turn to ashes.
hr Almq bll shivxl imil suDU plvxhuru]	har amrit <u>t</u> boond <u>d</u> suhaava <u>nee</u> mil saaD <u>hoo</u> peeva <u>n</u> haar.	The drops of the Lord's Nectar are so beautiful! Meeting the Holy Saint, we drink these in.
vxuixuipB slig mail A ^w sthQ pirK Apuru]	van t <u>in</u> parab <u>h</u> sang ma-oli-aa samrath purak <u>h</u> apaar.	The forests and the meadows are rejuvenated and refreshed with the Love of God, the All-powerful, Infinite Primal Being.
hir iml xYnomnu l cdw krim iml vxhuru]	har miln <u>ai</u> no man loch <u>daa</u> karam milaava <u>n</u> haar.	My mind yearns to meet the Lord. If only He would show His Mercy, and unite me with Himself!
ij nl sKleypBupwieA ^w hlu iqn kYsd bil hwr]	jinee sak <u>hee</u> -ay parab <u>h</u> paa-I-aa ha ^N -u t <u>in</u> kai sad <u>d</u> balih <u>aar</u> .	Those brides who have obtained God-I am forever a sacrifice to them.
nwnk hir j l mieA ^w kir sbid svwxhuru]	naanak har jee ma-I-aa kar sabad <u>d</u> savaara <u>n</u> haar.	O Nanak, when the Dear Lord shows kindness, He adorns His bride with the Word of His Shabad.
sivxuiqnw shwgxl ij n rwm nmmu air huru]6]	saavan t <u>inaa</u> suhaaga <u>nee</u> jin raam naam ur haar. 6	Saawan is delightful for those happy soul-brides whose hearts are adorned with the Necklace of the Lord's Name. 6
Bwdie Brim Bl wxlA ^w dlj Yl gw hqu]	b <u>haadu</u> -ay b <u>haram</u> b <u>hulaa</u> nee-aa doojai lagaa hay <u>t</u> .	In the month of Bhaadon, she is deluded by doubt, because of her attachment to duality.
LK slgw bxwieA ^w kwrij nwhl kqu]	lak <u>h</u> seegaar banaa-I-aa kaaraj naa <u>hee</u> kay <u>t</u> .	She may wear thousands of ornaments, but they are of no use at all.

ij quidin dh ibnssl iqquvY khsin p[qu]	jit din dayh binsasee tit vaylai khsan parayt.	On that day when the body perishes-at that time, she becomes a ghost.
pkiV cl wiein d[j m iksYn dnl Bqu]	pakarh chala-in doot jam kisai na daynee bhayt.	The Messenger of Death seizes and holds her, and does not tell anyone his secret.
Cif KvqyiKnYmih ij n isau l gw hqu]	chhad kharhotay khinai maahi jin si-o lagaa hayt.	And her loved ones-in an instant, they move on, leaving her all alone.
hQ mrMY qnu kpy isAw hhu hAw sqqu]	hath marorhai tan kapay si-aahhu ho-aa sayt.	She wrings her hands, her body writhes in pain, and she turns from black to white.
j jhu blj Yso l xYkrmw sthVw Kqu]	jayhaa beejai so lunai karmaa sand-rhaa khayt.	As she has planted, so does she harvest; such is the field of karma.
nwnk pB srxiqq crx bohQ pB dqu]	naanak parabh sarnaagatee charan bohith parabh dayt.	Nanak seeks God's Sanctuary; God has given him the Boat of His Feet.
Sy Bndie nrik n pwelAih guru rKx vwl w hqu]7]	say bhaadu-ay narak na paa-ee-ah gur rakhan vaalaa hayt. 7	Those who love the Guru, the Protector and Savior, in Bhaadon, shall not be thrown down into hell. 7
Asin p[amhVw ikauiml IAY hir j wie]	asun paraym umaahrhaa ki-o milee-ai har jaa-ay.	In the month of Assu, my love for the Lord overwhelms me. How can I go and meet the Lord?
min qin ipAws drsn Gxl k[el Awix iml wVmwie]	man tan pi-aas darsan ghane ko- ee aan milaavai maa-ay.	My mind and body are so thirsty for the Blessed Vision of His Darshan. Won't someone please come and lead me to him, O my mother.
st[shwel p[kyhauqn KY l wgw pwie]	sant sahaa-ee paraym kay ha-o tin kai laagaa paa-ay.	The Saints are the helpers of the Lord's lovers; I fall and touch their feet.
ivxu pB ikau skupwelAY dlj l nwhl j wie]	vin parabh ki-o sukh paa-ee-ai doojee naahee jaa-ay.	Without God, how can I find peace? There is nowhere else to go.
ij th[cwikaW p[rsu syiq[piq rhy AwGwie]	jin ^H ee chaakhi-aa paraym ras say taripat rahay aghaa-ay.	Those who have tasted the sublime essence of His Love, remain satisfied and fulfilled.

Awpu iqAwig ibnql krih I jupBU I iv I wie]	aap ti-aag bintee karahi layho parabhoo larh laa-ay.	They renounce their selfishness and conceit, and they pray, "God, please attach me to the hem of Your robe."
j o hir kllq iml welAw is ivCiV kqih n j wie]	jo har kant milaa-ee-aa se vichhurh kateh na jaa-ay.	Those whom the Husband Lord has united with Himself, shall not be separated from Him again.
pB ivxudj w konhl nwnk hir srwie]	parabh vin doojaa ko nahee naanak har sarna-ay.	Without God, there is no other at all. Nanak has entered the Sanctuary of the Lord.
AslslKI vsllIAw ij nw mieAw hir rwie]8]	asoo sukhee vasandee-aa jinaa ma-i-aa har raa-ay. 8	In Assu, the Lord, the Sovereign King, has granted His Mercy, and they dwell in peace. 8
kiqik krm kmvxydoun kwhl j g]	katik karam kamaavnay dos na kaahoo jog.	In the month of Katak, do good deeds. Do not try to blame anyone else.
prmysr qy Bil All ivAwpin sBy rg]	parmaysar tay bhuli-aa ^N vi-aapan sabhay rog.	Forgetting the Transcendent Lord, all sorts of illnesses are contracted.
vynk hey rwm qy I gin j nm ivj g]	vaimukh ho-ay raam tay lagan janam vijog.	Those who turn their backs on the Lord shall be separated from Him and consigned to reincarnation, over and over again.
iKn mih kaWylie gey ij qVy mwieAw Bg]	khin meh ka-urhay ho-ay ga-ay jit- rhay maa-i-aa bhog.	In an instant, all of Maya's sensual pleasures turn bitter.
ivcun kel kir skl'iks Q'rwih rj]	vich na ko-ee kar sakai kis thai roveh roj.	No one can then serve as your intermediary. Unto whom can we turn and cry?
klqw ikCU'n hwel il iKAw Dir sj g]	keetaa kichhoo na hova-ee likhi-aa Dhur sanjog.	By one's own actions, nothing can be done; destiny was pre- determined from the very beginning.
vfBwgl myr pBuiml YqW auqrih siB ibEg]	vadbhaagee mayraa parabh milai taa ^N utreh sabh bi-og.	By great good fortune, I meet my God, and then all pain of separation departs.
nwnk kaupB rwiK I jh myr swhb bll mc]	naanak ka-o parabh raakh layhi mayray saahib bandee moch.	Please protect Nanak, God; O my Lord and Master, please release me from bondage.

kiqk hvY sW Dstgubnsih sBy sc]9]	kaṭik hovai saa <u>Dh</u> sang binsahi sabhay soch. 9	In Katak, in the Company of the Holy, all anxiety vanishes. 9
mṭṭGir mviḥ shḥḥAḥ hir ipr slḡ bṭVIAḥ]	mang <u>h</u> ir maahi sohandee-aa har pir sang baith- <u>r</u> hee-aah.	In the month of Maghar, those who sit with their Beloved Husband Lord are beautiful.
iqn kl sBḥ ikAḥ gxl ij sḥhib mṭṭ VIAḥ]	ṭin kee sob <u>h</u> aa ki-aa gaṇee je saahib mayl <u>r</u> hee-aah.	How can their glory be measured? Their Lord and Master blends them with Himself.
qnuṁnuṁmaiḥ Aḥ ruṁ isaḥslḡ sḥD shṭ VIAḥ]	ṭan man ma-oli-aa raam si-o sang saa <u>Dh</u> sahayl <u>r</u> hee-aah.	Their bodies and minds blossom forth in the Lord; they have the companionship of the Holy Saints.
sḥD j nḥ qy bḥhrḥ syrhin iekṭ VIAḥ]	saa <u>Dh</u> janaa ṭay baahree say rahan ikayl <u>r</u> hee-aah.	Those who lack the Company of the Holy, remain all alone.
iqn dḥKḥn kbḥḥlaqrṭ syj m kl vis pVIAḥ]	ṭin <u>du</u> kḥ na kabhoo uṭrai say jam kai vas par <u>h</u> ee-aah.	Their pain never departs, and they fall into the grip of the Messenger of Death.
ij nl rḥivAḥ pBḥAḥpxḥ syidsin inq KVIAḥ]	jinee raavi-aa parabh aap <u>n</u> aa say <u>di</u> san niṭ <u>k</u> har <u>h</u> ee-aah.	Those who have ravished and enjoyed their God, are seen to be continually exalted and uplifted.
rqn j vḥr l ḥl hir kḥṭṭ iqnḥ j VIAḥ]	raṭan javayhar laal har kan <u>h</u> ṭinaa jar <u>h</u> ee-aah.	They wear the Necklace of the jewels, emeralds and rubies of the Lord's Name.
nḥnk bḥCṭDḥV iqn pB srxl dir pVIAḥ]	naanak baa ^N ch <u>h</u> ai <u>D</u> hoor <u>h</u> ṭin parabh sar <u>n</u> ee <u>dar</u> par <u>h</u> ee-aah.	Nanak seeks the dust of the feet of those who take to the Sanctuary of the Lord's Door.
mṭṭGir pBḥAḥrḥDxḥ bḥiḥV n j nmVIAḥ]10]	mang <u>h</u> ir parabh aaraa <u>D</u> hanaa bahur <u>h</u> na janam <u>r</u> hee-aah. 10	Those who worship and adore God in Maghar, do not suffer the cycle of reincarnation ever again. 10
piK qḥKḥruṁ ivAḥpel kḥṭṭ imil Aḥ hir nḥhu]	pok <u>h</u> ṭuk <u>h</u> aar na vi-aapa-ee kan <u>h</u> mili-aa har naahu.	In the month of Poh, the cold does not touch those, whom the Husband Lord hugs close in His Embrace.
mnuḥbjDAḥ crnḥribḥḥ drsin l gvḥ sḥhu]	man bay <u>D</u> hi-aa charnaarbind <u>dar</u> san lagr <u>h</u> aa saahu.	Their minds are transfixed by His Lotus Feet. They are attached to the Blessed Vision of the Lord's Darshan.

Et govind gopāl raay sayvā su- aamee laahu.]	ot govind gopaal raa-ay sayvaa su- aamee laahu.	Seek the Protection of the Lord of the Universe; His service is truly profitable.
ibikaṁ pōh n skel imil sādū gṛk gṛhu.]	bikhi-aa pōhi na sak-ee mil sādhoo gṛn gaahu.	Corruption shall not touch you, when you join the Holy Saints and sing the Lord's Praises.
j h qyapj l qh iml l scl pliq smṛhu.]	jah tay upjee tah milee sachee pareet samaahu.	From where it originated, there the soul is blended again. It is absorbed in the Love of the True Lord.
krugih l Inl pwrblhim bhiv n ivCt/Aṁhu.]	kar geh leenee paarbarahm bahurh na vichhurhi-aahu.	When the Supreme Lord God grasps someone's hand, he shall never again suffer separation from Him.
biir j au l K bṛIAṁ hir sj xu Agm Agṛhu.]	baar jaa-o lakh bayree-aa har sajan agam agaahu.	I am a sacrifice, 100,000 times, to the Lord, my Friend, the Unapproachable and Unfathomable.
srm pel nṛwixYnṅk dir pelAṁhu.]	saram pa-ee naaraa-inai naanak dar pa-ee-aahu.	Please preserve my honor, Lord; Nanak begs at Your Door.
pKushṅw srb sk ij subKsy vprvhu.]11]	pokh sohandaa sarab sukh jis bakhsay vayparvaahu. 11	Poh is beautiful, and all comforts come to that one, whom the Carefree Lord has forgiven. 11
mwiG mj nu sṅg sādIAṁ DVI kir iesnṛhu.]	maagh majan sang saadhoo-aa Dhoorhee kar isnaan.	In the month of Maagh, let your cleansing bath be the dust of the Saadh Sangat, the Company of the Holy.
hir kw nṛmwiDAwie six sBnw no kir dṛnu.]	har kaa naam Dhi-aa-ay sun sabhnaa no kar daan.	Meditate and listen to the Name of the Lord, and give it to everyone.
j nm krm ml uaqṛYmn qyj wie gmṛnu.]	janam karam mal utrai man tay jaa-ay gumaan.	In this way, the filth of lifetimes of karma shall be removed, and egotistical pride shall vanish from your mind.
kwim kriD n mṁhIAṁibnsYI Bṁ sIAṁnu.]	kaam karoDh na mohee-ai binsai lobh su-aan.	Sexual desire and anger shall not seduce you, and the dog of greed shall depart.
sclmṛrig cl idAṁ aṁsiq kry j hṛnu.]	sachai maarag chaldi-aa ustāt karay jahaan.	Those who walk on the Path of Truth shall be praised throughout the world.

ATsiT qlrQ sgl pth j IA dieAw prvnu]	athsath tirath sagal punn jee-a da- i-aa parvaan.	Be kind to all beings-this is more meritorious than bathing at the sixty-eight sacred shrines of pilgrimage and the giving of charity.
ij s nodyl/dieAw kir sel prKu sj nu]	jis no dayvai da-i-aa kar so-ee purakh sujaan.	That person, upon whom the Lord bestows His Mercy, is a wise person.
ij nu imil Aw pBuAwpxw nuwk iqn kirbnu]	jinaa mili-aa parabh aapnaa naanak tin kurbaan.	Nanak is a sacrifice to those who have merged with God.
miiG sicysykwFIAih ij n plw guruimhrvnu]12]	maagh suchay say kaa ^N dhee-ah jin pooraa gur miharvaan. 12	In Maagh, they alone are known as true, unto whom the Perfect Guru is Merciful. 12
PI giX AnD apirj nu hir sj x pGtyAwie]	fulgun anand upaarjanaa har sajan pargatay aa-ay.	In the month of Phalgun, bliss comes to those, unto whom the Lord, the Friend, has been revealed.
stj shiel rum kykir ikrpw dlAw iml wie]	sant sahaa-ee raam kay kar kirpaa dee-aa milaa-ay.	The Saints, the Lord's helpers, in their mercy, have united me with Him.
sj shivl srb sK hiX dKw nwhl j wie]	sayj suhaavee sarab sukh hun dukhaa naahee jaa-ay.	My bed is beautiful, and I have all comforts. I feel no sadness at all.
ieC pni vfbwglx vrupwieAw hir rwie]	ichh punee vadbhaagnee var paa-i- aa har raa-ay.	My desires have been fulfilled-by great good fortune, I have obtained the Sovereign Lord as my Husband.
imil shIAw mlgl ugwhl glq govd Al wie]	mil sahee-aa mangal gaavhee geet govind alaa-ay.	Join with me, my sisters, and sing the songs of rejoicing and the Hymns of the Lord of the Universe.
hir j hw Avru n idsel kiel dij w l v'n l wie]	har jayhaa avar na dis-ee ko-ee doojaa lavai na laa-ay.	There is no other like the Lord-there is no equal to Him.
hl qupl qusvirEnu inhcl idqIANuj wie]	halat palat savaari-on nihchal ditee-an jaa-ay.	He embellishes this world and the world hereafter, and He gives us our permanent home there.
stwr swgr qy riKANu bhiv n j nmYDwie]	sansaar saagar tay rakhi-an bahurh na janmai Dhaa-ay.	He rescues us from the world-ocean; never again do we have to run the cycle of reincarnation.

ij hvw ek Anj gk qry nwnk crxl pwie]	jihvaa ayk anayk gun taray naanak charnee paa-ay.	I have only one tongue, but Your Glorious Virtues are beyond counting. Nanak is saved, falling at Your Feet.
Pl gix inq sl whlAij s noiq l u n qmwie]13]	fulgun nit salaahē-ai jis no til na tamaa-ay. 13	In Phalgun, praise Him continually; He has not even an iota of greed. 13
ij in ij in nmmu iDAwieAw iqn ky kij sry]	jīn jīn naam Dhi-aa-i-aa tin kay kaaj saray.	Those who meditate on the Naam, the Name of the Lord- their affairs are all resolved.
hir gur pthw AwriDAw drgh sic Kry]	har gur pooraā aaraā Dhi-aa dargeh sach kharay.	Those who meditate on the Perfect Guru, the Lord- Incarnate-they are judged true in the Court of the Lord.
srb sKw iniD crx hir Baj l u ibKmu qry]	sarab sukhaa niDh charan har bha- o jal bikham taray.	The Lord's Feet are the Treasure of all peace and comfort for them; they cross over the terrifying and treacherous world- ocean.
pln Bgiq iqn pwelAw ibiKAw nwh j ry]	paraym bhagaṭ tin paa-ee-aa bikhi- aa naahi jaray.	They obtain love and devotion, and they do not burn in corruption.
kW geydi bDw nsl pln sic Bry]	koorh ga-ay dubiDhaa nasee pooran sach bharay.	Falsehood has vanished, duality has been erased, and they are totally overflowing with Truth.
pwrbhmupBusydy mn Altir ek u Dry]	paarbarahm parabh sayvday man andar ayk Dharay.	They serve the Supreme Lord God, and enshrine the One Lord within their minds.
mwh idvs mlq Bl yij s kau ndir kry]	maah divas mooraṭ bhalay jis ka-o nadar karay.	The months, the days, and the moments are auspicious, for those upon whom the Lord casts His Glance of Grace.
nwnku mly drs dnu ikrpw krhu hry]14]1]	naanak mangai daras daan kirpaa karahu haray. 14 1	Nanak begs for the blessing of Your Vision, O Lord. Please, shower Your Mercy upon me! 14 1