

gur parsaa^{dee} vidⁱ-aa veechaarai par^h par^h paavai maan

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| pBwqI mhl w 1] (1329-5) | parbhaate ^e mehlaa 1. | Prabhaate ^e , First Mehl: |
| gir prswdl ividAw vlcwrYpiV piV pwvYmwnu] | gur parsaa ^{dee} vid ⁱ -aa veechaarai par ^h par ^h paavai maan. | By Guru's Grace, contemplate spiritual knowledge; read it and study it, and you shall be honored. |
| Awpw mDy Awpu prgwisAw pwieAw AImkqu nwnu] 1] | aapaa maDh ^{ay} aap pargaasi-aa paa-i-aa amrit ⁱ naam. 1 | Within the self, the self is revealed, when one is blessed with the Ambrosial Naam, the Name of the Lord. 1 |
| krqw qImyrw j j mwnu] | kar ^t aa too mayraa jajmaan. | O Creator Lord, You alone are my Benefactor. |
| iek diKxw hau qYpih mwgau djh Awpwxw nwnu] 1] rhwau] | ik dakh ⁱ naa ha-o tai peh maaga-o deh aapnaa naam. 1 rahaa-o. | I beg for only one blessing from You: please bless me with Your Name. 1 Pause |
| plE qskr Dwvq ruKycIk min AiBmwnu] | panch taskar Dhaava ^t raakh ^{ay} chookaa man abhimaan. | The five wandering thieves are captured and held, and the egotistical pride of the mind is subdued. |
| idsit ibkwrI dirmiq Bwgl AIs bhm igAwnu] 2] | disat bikaaree durmat ⁱ bhaagee aisaa barahm gi-aan. 2 | Visions of corruption, vice and evil-mindedness run away. Such is the spiritual wisdom of God. 2 |
| j qu squcivl dieAw kxk kir plpiq pwql Dwru] | ja ^t sa ^t chaaval da-i-aa kanak kar paraapat ⁱ paate ^e Dhaan. | Please bless me with the rice of truth and self-restraint, the wheat of compassion, and the leaf-plate of meditation. |
| dDu krmu sljKu Glau kir AIs mlgau dwnu] 3] | dooDh ⁱ karam santokh ⁱ ghee-o kar aisaa maa ^N ga-o daan. 3 | Bless me with the milk of good karma, and the clarified butter, the ghee, of compassion. Such are the gifts I beg of You, Lord. 3 |
| iKmw Dirj ukir gallI vyl shj y bCrw KirupIAI] | khimaa Dheeraj kar ga-oo lavayree sehjay bachhraa ⁱ kheer pee-ai. | Let forgiveness and patience be my milk-cows, and let the calf of my mind intuitively drink in this milk. |
| isPiq srm kw kpVw mlgau hir gix nwnk rvqu rhY] 4] 7] | sifat ⁱ saram kaa kaprhaa maa ^N ga-o har gun ⁱ naanak rava ^t rahai. 4 7 | I beg for the clothes of modesty and the Lord's Praise; Nanak chants the Glorious Praises of the Lord. 4 7 |