

chayṭnaa hai ṭa-o chayṭ lai nis ḍin mai paraanee

iqI g mhl w 9 kwPI (726-15)	ṭilang mehlaa 9 kaafee	Tilang, Ninth Mehl, Kaafee:
cḡn w hYqau cḡ I Yinis idin ml pṭnl]	chayṭnaa hai ṭa-o chayṭ lai nis ḍin mai paraanee.	If you are conscious, then be conscious of Him night and day, O mortal.
iCnu iCnu AaD ibh w q u hY Pṭt Y G t ij au pṭnl]1] rh w au]	chhin chhin a-o Dh bihaat hai footai ghat ji-o paanee. 1 rahaa-o.	Each and every moment, your life is passing away, like water from a cracked pitcher. 1 Pause
hir gun k wih n g w vhl ml K Aig A w n w]	har gun kaahi na gaavhee moorakh agi-aanaa.	Why do you not sing the Glorious Praises of the Lord, you ignorant fool?
JṭYI wI ic I wig kY nih mrnu pC w n w]1]	jhoothai laalach laag kai neh maran pachhaanaa. 1	You are attached to false greed, and you do not even consider death. 1
Aj hUk CuibgirE nhl j o p B g n g w v]	ajhoo kachh bigri-o nahee jo parabh gun gaavai.	Even now, no harm has been done, if you will only sing God's Praises.
khu n w nk iqh Bj n qy inr B Y pdu p w v]2]1]	kaho naanak tih bhajan tay nirbhai pad paavai. 2 1	Says Nanak, by meditating and vibrating upon Him, you shall obtain the state of fearlessness. 2 1