

jis jal niDh kaaran tum jag aa-ay so amrit gur paahee jee-o

sriT mhl 1] (598-4)	sorath mehlaa 1.	Sorat'h, First Mehl:
ij suj I iniD kirix qm j ig Awey so AAmkq gur pwhl j lau]	jis jal niDh kaaran tum jag aa-ay so amrit gur paahee jee-o.	The treasure of the Name, for which you have come into the world - that Ambrosial Nectar is with the Guru.
Cifhu vjsu Bk cqrwel diibDw iehu PI unwhl j lau]1]	chhodahu vays bhaykh chaturaa-ee dubiDhaa ih fal naahee jee-o. 1	Renounce costumes, disguises and clever tricks; this fruit is not obtained by duplicity. 1
mn ryiOru rhu mqu kq j whl j lau]	man ray thir rahu mat kat jaahee jee-o.	O my mind, remain steady, and do not wander away.
bwhir FfQ bhiqudikupivih Gir AAmkq Gt mwhl j lau] rhwau]	baahar dhoodhat bahu dukh paavahi ghar amrit ghat maahee jee-o. rahaa-o.	By searching around on the outside, you shall only suffer great pain; the Ambrosial Nectar is found within the home of your own being. Pause
Avgx Cif gxw kau Divhukir Avgx pCqwhl j lau]	avgun chhod gunaa ka-o Dhaavahu kar avgun pachhutaanee jee-o.	Renounce corruption, and seek virtue; committing sins, you shall only come to regret and repent.
sr Apsr kl swr n j wxih iPir iPir klc bfwahl j lau]2]	sar apsar kee saar na jaaneh fir fir keech budaanee jee-o. 2	You do not know the difference between good and evil; again and again, you sink into the mud. 2
AAbir ml ul B bhu JOfy bwhir nwhu kwhl j lau]	antar mail lobh baho jhoothay baahar naavhu kaahee jee-o.	Within you is the great filth of greed and falsehood; why do you bother to wash your body on the outside?
inrml nwmuj phusd gurmik AAbir kl giq qwhl j lau]3]	nirmal naam japahu sad gurmukh antar kee gat taanee jee-o. 3	Chant the Immaculate Naam, the Name of the Lord always, under Guru's Instruction; only then will your innermost being be emancipated. 3
prhir l Buinlw klw iqu Awghuscu gir bcnl PI upwhl j lau]	parhar lobh nindaa koorh ti-aagahu sach gur bachnee fal paahee jee-o.	Let greed and slander be far away from you, and renounce falsehood; through the True Word of the Guru's Shabad, you shall obtain the true fruit.
ij au BwV iqu ru Khuhir j lau j n nwnk sbid sl whl j lau]4]9]	ji-o bhaavai ti-o raakho har jee-o jan naanak sabad salaanee jee-o. 4 9	As it pleases You, You preserve me, Dear Lord; servant Nanak sings the Praises of Your Shabad. 4 9