

jis maanukh peh kara-o bayntee so apnai dukh bhari-aa

| gJ rI mhl w 5] (497-2) | goolree mehlaa 5. | Goojaree, Fifth Mehl: |
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| ij su mwnK pih krau bynqI so ApnY diK BirAw] | jis maanukh peh kara-o bayntee so apnai dukh bhari-aa. | Whoever I approach to ask for help, I find him full of his own troubles. |
| pwrbhmij in irdY ArwiDAw iqin Bau swgru qirAw]1] | paarbarahm jin ridai araaDhi-aa tin bha-o saagar tari-aa. 1 | One who worships in his heart the Supreme Lord God, crosses over the terrifying world-ocean. 1 |
| gur hir ibnu kon ibDw dKu kwtY] | gur har bin ko na baritha dukh kaatai. | No one, except the Guru-Lord, can dispel our pain and sorrow. |
| pBuqij Avr syku j yhel hY iqqu mwnu mhquj su GwtY]1] rhwau] | parabh taj avar sayvak jay ho-ee hai tit maan mahat jas ghaatai. 1 rahaa-o. | Forsaking God, and serving another, one's honor, dignity and reputation are decreased. 1 Pause |
| mwieAw kysnbD sh swk ikq hl kwim n AwieAw] | maa-i-aa kay san-banDh sain saak kit hee kaam na aa-i-aa. | Relatives, relations and family bound through Maya are of no avail. |
| hir kw dwsunlc kil ualcw iqsu sllg mn bllCq Pl pwieAw]2] | har kaa daas neech kul oochaa tis sang man baa ^N chhat fal paa-i-aa. 2 | The Lord's servant, although of lowly birth, is exalted. Associating with him, one obtains the fruits of his mind's desires. 2 |
| l wK kit ibiKAw ky ibjI n qw mih iqtsn n bwl] | laakh kot bikhi-aa kay binjan taa meh tarisan na boojhee. | Through corruption, one may obtain thousands and millions of enjoyments, but even so, his desires are not satisfied through them. |
| ismrq numukit aj lAwrw bsqu Agcr swl]3] | simrat naam kot ujee-aaraa basat agochar soojhee. 3 | Remembering the Naam, the Name of the Lord, millions of lights appear, and the incomprehensible is understood. 3 |
| iPrq iPrq qmY dAwir AwieAw B] BjI n hir rwieAw] | firat firat tum ^H rai du-aar aa-i-aa bhai bhanjan har raa-i-aa. | Wandering and roaming around, I have come to Your Door, Destroyer of fear, O Lord King. |
| swD ky crn Dlr j nu bwlY sku nwnk iehupwieAw]4]6]7] | saaDh kay charan Dhoor jan baachhai sukh naanak ih paa-i-aa. 4 6 7 | Servant Nanak yearns for the dust of the feet of the Holy; in it, he finds peace. 4 6 7 |