

tayraa sad-rhaa suneejai bhaa-ee jay ko bahai alaa-ay

sʱl mʱl w 1] (730-5)	soohee mehlāa 1.	Soohee, First Mehl:
j ɡl hʱvʱ j ɡvʱ B ɡl hʱvʱ Kʱie]	jogee hovai jogvai <u>b</u> hogee hovai <u>k</u> haa-ay.	The Yogi practices yoga, and the pleasure-seeker practices eating.
qplAʱ hʱvʱ qpʱ kryqlriQ miʱ miʱ nʱie]1]	tapee-aa hovai <u>t</u> ap karay <u>t</u> irath mal mal naa-ay. 1	The austere practice austerities, bathing and rubbing themselves at sacred shrines of pilgrimage. 1
qrʱ sdVʱ sʱxʱ j ʱBʱel j j kʱbhʱ Aʱ iʱie]1] rʱhʱau]	tayraa sad-rhaa suneejai <u>b</u> haa-ee jay ko bahai alaa-ay. 1 rahaa-o.	Let me hear some news of You, O Beloved; if only someone would come and sit with me, and tell me. 1 Pause
j ʱsʱ bʱj ʱsʱoʱ ʱxyj ʱoʱKʱtysoʱ Kʱie]	jaisaa beejai so lunay jo <u>k</u> hatay so <u>k</u> haa-ay.	As one plants, so does he harvest; whatever he earns, he eats.
AgʱpʱC n hʱvel j j sʱxuʱ nʱsʱxʱ j iʱie]2]	agai <u>p</u> uchh na hova-ee jay san neesaanai jaa-ay. 2	In the world hereafter, his account is not called for, if he goes with the insignia of the Lord. 2
qʱsoʱ j ʱsʱ kʱwʱFIʱAʱ j ʱsʱ kʱwʱ kʱmʱie]	taiiso jaisaa kaad <u>h</u> ee-ai jaisee kaar kamaa-ay.	According to the actions the mortal commits, so is he proclaimed.
j oʱdmuʱ iciq n Aʱvel soʱdmu ibrʱQʱ j iʱie]3]	jo <u>d</u> am chit na aavee so <u>d</u> am birthaa jaa-ay. 3	And that breath which is drawn without thinking of the Lord, that breath goes in vain. 3
iehuʱ qnuʱ vʱcl bʱy kʱrl j j kʱoʱ l ey ivkʱie]	ih <u>t</u> an vaychee bai karee jay ko la- ay vikaa-ay.	I would sell this body, if someone would only purchase it.
nʱnk kʱlʱm n Aʱvel ij quʱqin nʱhl scʱw nʱwau]4]5]7]	naanak kamm na aavee <u>j</u> it <u>t</u> an naahee sachaa naa-o. 4 5 7	O Nanak, that body is of no use at all, if it does not enshrine the Name of the True Lord. 4 5 7