

nāa-o par**h**āatāi sabad **D**hi-aa-ee-ai **ch**hodahu **d**unee pareetāa

pBwqI mhl w 1] (1329-16)	par h āateē mehlāa 1.	Prabhaateē, First Mehl:
idsit ibkwrI bDin bNDY hauriqs kYbil j wel]	d isat bikaaree ban D han baa ^N D hai ha-o t is kai bal jaa-ee.	I am a sacrifice to that one who binds in bondage his evil and corrupted gaze.
ppp pth kl swr n j wxYBI w iPrY Aj wel]1]	paap punn kee saar na jaanāi b hoolāa firai ajaa-ee. 1	One who does not know the difference between vice and virtue wanders around uselessly. 1
bd huscunwmu krqwr]	bolhu sach naam kartāar.	Speak the True Name of the Creator Lord.
Pin bhiv n Avvx vwr]1] rhwa]	fun bahur h na aavan vaar. 1 rahaa-o.	Then, you shall never again have to come into this world. 1 Pause
alcw qyPin nlcwkrqwhYnlc krY sil qwnu]	oochaa t ay fun neech karat t hai neech karai sultaan.	The Creator transforms the high into the low, and makes the lowly into kings.
ij nl j wxusj wixAw j ig qy pth prvwxu]2]	jinee jaan sujaani-aa jag t ay pooray parvaan. 2	Those who know the All-knowing Lord are approved and certified as perfect in this world. 2
qw kau smJvwx j welAY j y ko BI w hel]	tāa ka-o sam j haavan jaa-ee-ai jay ko b hoolāa ho-ee.	If anyone is mistaken and fooled, you should go to instruct him.
AwpY KyI krysB krqw Ašw bWY keI]3]	aapay k hayl karay sab h kartāa aisaa booj h ai ko-ee. 3	The Creator Himself plays all the games; only a few understand this. 3
nwaupBwqI'sbid iDAwelaI Cfhu dnI prlqw]	nāa-o par h āatāi sabad D hi-aa-ee- ai ch hodahu d unee pareetāa.	Meditate on the Name, and the Word of the Shabad, in the early hours before dawn; leave your worldly entanglements behind.
p&viq nwnk dwsin dws w j ig hwirAw iqin j lqw]4]9]	paranvat naanak d aasan d aasaa jag haari-aa t in jeetāa. 4 9	Prays Nanak, the slave of God's slaves: the world loses, and he wins. 4 9