

dulabh dayh paa-ee vadbhaagee

gaMl mhl w 5] (188-5)	ga-or <u>h</u> ee mehlaa 5.	Gauree, Fifth Mehl:
dil B dh pweI vFBwgl]	<u>du</u> lab <u>h</u> <u>day</u> h paa-ee vad <u>b</u> haagee.	This human body is so difficult to obtain; it is only obtained by great good fortune.
nwmu n j pih qyAwqm Gwql]1]	naam na jaapeh <u>ta</u> y aat <u>a</u> m <u>gh</u> aate <u>e</u> . 1	Those who do not meditate on the Naam, the Name of the Lord, are murderers of the soul. 1
mir n j whl ij nw ibsrq rwm]	mar na jaa <u>h</u> ee jinaa bisra <u>t</u> raam.	Those who forget the Lord might just as well die.
nwm ibhth j lvn kain kwm]1] rhwau]	naam bihoon jeevan ka-un kaam. 1 rahaa-o.	Without the Naam, of what use are their lives? 1 Pause
Kwq plq Ky q hsq ibsQwr]	<u>kh</u> aat <u>pe</u> t <u>kh</u> ayla <u>t</u> hasa <u>t</u> bista <u>h</u> aar.	Eating, drinking, playing, laughing and showing off
kvn ArQ imrqk slgr]2]	kavan arath mirt <u>a</u> k seegaar. 2	- what use are the ostentatious displays of the dead? 2
j on sinih j suprmwncw]	jo na sun <u>eh</u> jas parmaananda <u>a</u> .	Those who do not listen to the Praises of the Lord of supreme bliss,
psupKI iqgd j on qymdlw]3]	pas pan <u>kh</u> ee tariga <u>d</u> jon <u>ta</u> y mand <u>a</u> a. 3	are worse off than beasts, birds or creeping creatures. 3
khu nwnk giir mkyBidMwieAw]	kaho naanak gur man <u>ta</u> r drir <u>h</u> -aa-i- aa.	Says Nanak, the GurMantra has been implanted within me;
kyI nwmu ird mwih smwieAw]4]42]111]	kayval naam ri <u>d</u> maahi samaa-i-aa. 4 42 111	the Name alone is contained within my heart. 4 42 111