bha-ee paraapat maanukh dayhuree-aa

Aswmhlw 5] (12-6)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
Bel prwpiq mwnK dhrIAw]	bha-ee paraapat maanukh dayhuree-aa.	This human body has been given to you.
gibd imlx kI ieh qrI brIAw]	gobind milan kee ih tayree baree-aa.	This is your chance to meet the Lord of the Universe.
Avir kwj qrI ikqI n kwm]	avar kaaj tayrai kitai na kaam.	Nothing else will work.
imlI swDsgiq BjI kvl nwm]1]	mil saaDhsangat bhaj kayval naam. ||1||	Join the Saadh Sangat, the Company of the Holy; vibrate and meditate on the Jewel of the Naam. ||1||
srjwim lwgI Bvjl qrn kI]	sara[N]jaam laag bhavjal taran kai.	Make every effort to cross over this terrifying world-ocean.
jnmI ibQw jwq rig mwieAw kI]1] rhwau]	janam baritha jaat rang maa-i-aa kai. ||1|| rahaa-o.	You are squandering this life uselessly in the love of Maya. ||1||Pause||
jp qp sjm Drm n kmwieAw]	jap tap sanjam Dharam na kamaa-i-aa.	I have not practiced meditation, self-discipline, self-restraint or righteous living.
svw swD n jwinAw hir rwieAw]	sayvaa saaDh na jaani-aa har raa-i-aa.	I have not served the Holy; I have not acknowledged the Lord, my King.
kh nwnk hm nIc krmw]	kaho naanak ham neech karammaa.	Says Nanak, my actions are contemptible!
srix prI kI rwKhu srmw]2]4]	saran paray kee raakho sarmaa. ||2||4||	O Lord, I seek Your Sanctuary; please, preserve my honor! ||2||4||