

man kahaa lubh<sup>h</sup>aa-ee-ai aan ka-o

sa <sup>h</sup> rg mhl ॥ 5 Gru 3 (1208-6)	saarag mehlaa 5 g <sup>h</sup> ar 3	Saarang, Fifth Mehl, Third House:
mn khw I Bw <sup>h</sup> elAYAn kau ]	man kahaa lubh <sup>h</sup> aa-ee-ai aan ka-o.	O my mind, why are you lured away by otherness?
elq atq pB <sup>h</sup> usdw shw <sup>h</sup> el j IA s <sup>h</sup> lg q <sup>h</sup> rykwm kau ]1] rh <sup>h</sup> au ]	ee <sup>h</sup> t oot <sup>h</sup> parabh <sup>h</sup> sadaa sahaa-ee jee-a sang t <sup>h</sup> ayray kaam ka-o.   1   rahaa-o.	Here and hereafter, God is forever your Help and Support. He is your soul-mate; He will help you succeed.   1  Pause
A <sup>h</sup> lm <sup>h</sup> q n <sup>h</sup> muip <sup>h</sup> A p <sup>h</sup> liq m <sup>h</sup> nr ieh <sup>h</sup> AG <sup>h</sup> vn p <sup>h</sup> h kau ]	amrit <sup>h</sup> naam pari-a pareet <sup>h</sup> manohar ihai agh <sup>h</sup> aavan paa <sup>N</sup> n ka-o.	The Name of your Beloved Lover, the Fascinating Lord, is Ambrosial Nectar. Drinking it in, you shall find satisfaction.
Ak <sup>h</sup> wl m <sup>h</sup> riq h <sup>h</sup> sw <sup>h</sup> D s <sup>h</sup> qn kl T <sup>h</sup> hr nkl iDA <sup>h</sup> wn kau ]1]	akaal moora <sup>h</sup> t hai saa <sup>h</sup> D <sup>h</sup> san <sup>h</sup> tan kee th <sup>h</sup> aahar neekee D <sup>h</sup> i-aan ka-o.   1	The Being of Immortal Manifestation is found in the Saadh Sangat, the Company of the Holy. Meditate on Him in that most sublime place.   1
b <sup>h</sup> wxl m <sup>h</sup> q <sup>h</sup> mhw p <sup>h</sup> rKn kl m <sup>h</sup> nih a <sup>h</sup> q <sup>h</sup> wn m <sup>h</sup> h kau ]	ba <sup>h</sup> nee man <sup>h</sup> tar mahaa purk <sup>h</sup> han kee maneh u <sup>h</sup> taaran maa <sup>N</sup> n ka-o.	The Bani, the Word of the Supreme Lord God, is the greatest Mantra of all. It eradicates pride from the mind.
K <sup>h</sup> oj I ihE nwnk s <sup>h</sup> K Q <sup>h</sup> wnW hir n <sup>h</sup> mw ibs <sup>h</sup> lm kau ]2]1]20]	kh <sup>h</sup> oj lahi-o naanak sukh <sup>h</sup> thaanaa <sup>N</sup> har naamaa bisraam ka-o.   2  1  20	Searching, Nanak found the home of peace and bliss in the Name of the Lord.   2  1  20