

manhu na naam visaar ahinis Dhi-aa-ee-ai

s̄hl mhl w 1] (752-15)	soohee mehlaa 1.	Soohee, First Mehl:
mnhun nmmuivsvir Aihinis iDAweIAI]	manhu na naam visaar ahinis <u>Dhi</u> - aa-ee-ai.	Never forget the Naam, the Name of the Lord, from your mind; night and day, meditate on it.
ij au r̄wKih ikrpw Dwir iqv̄l s̄ku p̄weIAI]1]	ji-o raakhahi kirpaa <u>Dhaar</u> t̄ivai sukh paa-ee-ai. 1	As You keep me, in Your Merciful Grace, so do I find peace. 1
m̄yAIDl yhir nmmul kutl t̄hxl]	mai an <u>Dhulay</u> har naam lakutee toh̄nee.	I am blind, and the Lord's Name is my cane.
rhauswihb kl t̄k n m̄h̄/m̄h̄xl]1] rh̄wau]	raha-o saahib kee tayk na mohai moh̄nee. 1 rahaa-o.	I remain under the Sheltering Support of my Lord and Master; I am not enticed by Maya the enticer. 1 Pause
j h d̄Kauqh n̄il ḡir d̄K̄il Āw]	jah <u>daykh</u> -a-u t̄ah naal gur <u>daykhaali</u> -aa.	Wherever I look, there the Guru has shown me that God is always with me.
Āh̄jir b̄w̄hir B̄w̄il sbid inh̄w̄il Āw]2]	an̄tar baahar <u>bhaal</u> sabad̄ nihaali-aa. 2	Searching inwardly and outwardly as well, I came to see Him, through the Word of the Shabad. 2
s̄yl siqgur B̄wie nmmu inr̄j̄l n̄w]	sayvee satgur <u>bhaa</u> -ay naam niranjanaa.	So serve the True Guru with love, through the Immaculate Naam, the Name of the Lord.
q̄Du B̄w̄v̄l iqv̄l r̄j̄ wie Br̄mu Bau B̄j̄l n̄w]3]	t̄u <u>Dh</u> <u>bhaavai</u> t̄ivai rajaa-ay <u>bharam</u> <u>bha</u> -o <u>bhanj</u> naa. 3	As it pleases You, so by Your Will, You destroy my doubts and fears. 3
j nmq hl d̄K̄il w̄ḡl m̄rx̄w Āwie k̄l]	janmat̄ hee <u>dukh</u> laagai marn̄aa aa- ay kai.	At the very moment of birth, he is afflicted with pain, and in the end, he comes only to die.
j nmm̄rx̄w pr̄v̄w̄x̄u hir ḡx̄ gw̄ie k̄l]4]	janam maran̄ parvaan̄ har gun̄ gaa- ay kai. 4	Birth and death are validated and approved, singing the Glorious Praises of the Lord. 4
haun̄w̄hl q̄lh̄w̄ih q̄D̄ hl sw̄ij Āw]	ha-o naahee t̄oo hoveh t̄u <u>Dh</u> hee saaji-aa.	When there is no ego, there You are; You fashioned all of this.
Āw̄py Q̄w̄ip āQ̄w̄ip sbid inv̄w̄ij Āw]5]	aapay thaap uthaap sabad̄ nivaaji- aa. 5	You Yourself establish and disestablish; through the Word of Your Shabad, You elevate and exalt. 5
d̄h̄l B̄sm r̄l wie n j w̄pl kh gieĀw]	<u>day</u> hee <u>bhasam</u> rulaa-ay na jaapee kah ga-i-aa.	When the body rolls in the dust, it is not known where the soul has gone.

<p>Aṁpy rihAṁ smwie so ivsmwdu BieAṁ]6]</p>	<p>aapay rahi-aa samaa-ay so vismaad <u>b</u>ha-i-aa. 6 </p>	<p>He Himself is permeating and pervading; this is wonderful and amazing! 6 </p>
<p>qṁnwhl pB dṁr j wixih sB qṁhY]</p>	<p>too^N naahee parabh door jaaneh <u>sabh</u> too hai.</p>	<p>You are not far away, God; You know everything.</p>
<p>gurmik vjK hdlṁr Aṁjir BI qṁhY]7]</p>	<p>gurmukh vaykh hadoor anṁar <u>b</u>hee too hai. 7 </p>	<p>The Gurmukh sees You ever-present; You are deep within the nucleus of our inner self. 7 </p>
<p>mYdlj Ynwm invwsu Aṁjir sWiq hie]</p>	<p>mai <u>d</u>eejai naam nivaas anṁar saa^{Nt} ho-ay.</p>	<p>Please, bless me with a home in Your Name; may my inner self be at peace.</p>
<p>gṁx gwY nṁnk dwsu siqgru miq dje]8]3]5]</p>	<p>gun gaavai naanak <u>d</u>aas satgur maṁ <u>d</u>ay-ay. 8 3 5 </p>	<p>May slave Nanak sing Your Glorious Praises; O True Guru, please share the Teachings with me. 8 3 5 </p>