

har naamai tul na puj-ee jay lakh kotee karam kamaa-ay

isrIruGumhl w 1] (62-4)	sireeraag mehlaa 1.	Siree Raag, First Mehl:
rwM nWim mnuBJDAw Avruik krl vlcwru]	raam naam man bay <u>Dhi</u> -aa avar ke karee veechaar.	My mind is pierced through by the Name of the Lord. What else should I contemplate?
sbd siriq sKraBjYpB rWqau sK swru]	sabad surat <u>sukh</u> oopjai parabh raata-o <u>sukh</u> saar.	Focusing your awareness on the Shabad, happiness wells up. Attuned to God, the most excellent peace is found.
ij auBivYiqau ruKu qllmY hir nWmu ADwru] 1]	ji-o <u>bhaavai</u> ti-o raakh too ^N mai har naam a <u>Dhaar</u> . 1	As it pleases You, please save me, Lord. The Name of the Lord is my Support. 1
mn rysucl Ksm rj wie]	man ray saachee <u>khasam</u> rajaa-ay.	O mind, the Will of our Lord and Master is true.
ij in qnu mnu swij slgwirAw iqsu spqI il v l wie] 1] rhwau]	jIn <u>tan</u> man saaj seegaari-aa tis saytee liv laa-ay. 1 rahaa-o.	Focus your love upon the One who created and adorned your body and mind. 1 Pause
qnu bshjir hmIAIiek rql qil ktwie]	<u>tan</u> baisantar homee-ai ik ratee tol kataa-ay.	If I cut my body into pieces, and burn them in the fire,
qnu mnu smDw j ykrl Anidnu Agin j l wie]	<u>tan</u> man sam <u>Dhaa</u> jay karee an- <u>din</u> agan jalaa-ay.	and if I make my body and mind into firewood, and night and day burn them in the fire,
hir nWmYqil n pj el jyl K ktl krm kmwie] 2]	har naamai <u>tul</u> na puj-ee jay lakh kotee karam kamaa-ay. 2	and if I perform hundreds of thousands and millions of religious rituals-still, all these are not equal to the Name of the Lord. 2
ArD srlruktwelaI isir krvqu Drwie]	ara <u>Dh</u> sareer kataa-ee-ai sir karvat <u>Dharaa</u> -ay.	If my body were cut in half, if a saw was put to my head,
qnu hYnktil gwI IAYBI mn qy rgu n j wie]	<u>tan</u> haimanchal gaalee-ai <u>bhee</u> man <u>tay</u> rog na jaa-ay.	and if my body were frozen in the Himalayas-even then, my mind would not be free of disease.
hir nWmYqil n pj el sB ifTI Tok vj wie] 3]	har naamai <u>tul</u> na puj-ee sabh <u>dithe</u> <u>thok</u> vajaa-ay. 3	None of these are equal to the Name of the Lord. I have seen and tried and tested them all. 3
kltn kykot dqukrl bhuhvr gvr dwnu]	kanchan kay kot <u>dat</u> karee baho haivar gaivar <u>daan</u> .	If I made a donation of castles of gold, and gave lots of fine horses and wondrous elephants in charity,
Bim dwnugaAw Gxl BI Alqir grbu gmnwru]	<u>bhoom</u> <u>daan</u> ga-oo-aa <u>ghanee</u> <u>bhee</u> antar garab gumaan.	and if I made donations of land and cows-even then, pride and ego would still be within me.

raam naam man bayDhi-aa gur dee-aa sach daan. 4	raam naam man bayDhi-aa gur dee-aa sach daan. 4	The Name of the Lord has pierced my mind; the Guru has given me this true gift. 4
manhath buDhee kaytee-aa kaytay bayd beechaar.	manhath buDhee kaytee-aa kaytay bayd beechaar.	There are so many stubborn-minded intelligent people, and so many who contemplate the Vedas.
kaytay banDhan jee-a kay gurmukh mokh du-aar.	kaytay banDhan jee-a kay gurmukh mokh du-aar.	There are so many entanglements for the soul. Only as Gurmukh do we find the Gate of Liberation.
sachahu orai sabh ko upar sach aachaar. 5	sachahu orai sabh ko upar sach aachaar. 5	Truth is higher than everything; but higher still is truthful living. 5
sabh ko oochaa aakhee-ai neech na deesai ko-ay.	sabh ko oochaa aakhee-ai neech na deesai ko-ay.	Call everyone exalted; no one seems lowly.
iknai bhaa ^N day saaji-ai ik chaanan tihu lo-ay.	iknai bhaa ^N day saaji-ai ik chaanan tihu lo-ay.	The One Lord has fashioned the vessels, and His One Light pervades the three worlds.
karam milai sach paa-ee-ai Dhur bakhas na maytai ko-ay. 6	karam milai sach paa-ee-ai Dhur bakhas na maytai ko-ay. 6	Receiving His Grace, we obtain Truth. No one can erase His Primal Blessing. 6
saaDh milai saaDhoo janai santokh vasai gur bhaa-ay.	saaDh milai saaDhoo janai santokh vasai gur bhaa-ay.	When one Holy person meets another Holy person, they abide in contentment, through the Love of the Guru.
akath kathaa veechaaree-ai jay satgur maahi samaa-ay.	akath kathaa veechaaree-ai jay satgur maahi samaa-ay.	They contemplate the Unspoken Speech, merging in absorption in the True Guru.
pee amrit santokhi-aa dargahi paiDhaa jaa-ay. 7	pee amrit santokhi-aa dargahi paiDhaa jaa-ay. 7	Drinking in the Ambrosial Nectar, they are contented; they go to the Court of the Lord in robes of honor. 7
ghat ghat vaajai kinguree an-din sabad subhaa-ay.	ghat ghat vaajai kinguree an-din sabad subhaa-ay.	In each and every heart the Music of the Lord's Flute vibrates, night and day, with sublime love for the Shabad.
virlay ka-o sojhee pa-ee gurmukh man samjhaa-ay.	virlay ka-o sojhee pa-ee gurmukh man samjhaa-ay.	Only those few who become Gurmukh understand this by instructing their minds.
naanak naam na veesrai chhootai sabad kamaa-ay. 8 14	naanak naam na veesrai chhootai sabad kamaa-ay. 8 14	O Nanak, do not forget the Naam. Practicing the Shabad you shall be saved. 8 14