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Sri Guru Granth Sahib, Pages 751-752

ਸੂਹੀ ਮਹਲਾ ੧ ਕਾਫੀ ਘਰੁ ੧੦

s~~oo~~hee mehal~~aa~~ 1 ka~~af~~ee ghar 10  
*Soohee, First Mehl, Kaafee, Tenth House:*

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik oa(n)kaar sathig~~ur~~ pras~~aa~~dh ||  
*One Universal Creator God. By The Grace Of The True Guru:*

ਮਾਣਸ ਜਨਮੁ ਦੁਲੰਭੁ ਗੁਰਮੁਖਿ ਪਾਇਆ ॥

m~~aa~~nas janam dh~~u~~la(n)bh g~~ur~~am~~ukh~~ p~~aa~~e~~iaa~~ ||  
*For if you depart with virtue, then pain shall never afflict you. ||5||*

ਮਨੁ ਤਨੁ ਹੋਇ ਚੁਲੰਭੁ ਜੇ ਸਤਿਗੁਰ ਭਾਇਆ ॥੧॥

man than h~~oe~~ ch~~u~~la(n)bh j~~ae~~ sathig~~ur~~ bh~~aa~~e~~iaa~~ ||1||  
*The mind and body are dyed in the deep red color of devotional love, if it pleases the True Guru. ||1||*

ਚਲੈ ਜਨਮੁ ਸਵਾਰਿ ਵਖਰੁ ਸਚੁ ਲੈ ॥

chal~~ai~~ janam sav~~aa~~r vakhar sach ~~lai~~ ||  
*He departs with his life embellished and successful, taking the merchandise of the True Name.*

ਪਤਿ ਪਾਏ ਦਰਬਾਰਿ ਸਤਿਗੁਰ ਸਬਦਿ ਭੈ ॥੧॥ ਰਹਾਉ ॥

path p~~aa~~e~~ae~~ dharab~~aa~~r sathig~~ur~~ sabadh bh~~ai~~ ||1|| reh~~aa~~o ||  
*He is honored in the Darbaar, the Royal Court, of the Lord, through the Shabad, the Word of the True Guru, and the Fear of God. ||1||Pause||*

ਮਨਿ ਤਨਿ ਸਚੁ ਸਲਾਹਿ ਸਾਚੇ ਮਨਿ ਭਾਇਆ ॥

man than sach sala~~ahi~~ sa~~ach~~ae man bh~~aa~~e~~iaa~~ ||  
*One who praises the True Lord with his mind and body, pleases the Mind of the True Lord.*

ਲਾਲਿ ਰਤਾ ਮਨੁ ਮਾਨਿਆ ਗੁਰੁ ਪੂਰਾ ਪਾਇਆ ॥੨॥

la~~al~~ rath~~aa~~ man m~~aa~~n~~iaa~~ g~~ur~~ p~~oo~~raa p~~aa~~e~~iaa~~ ||2||  
*Attuned to the Beloved Lord, the mind is appeased, and finds the Perfect Guru. ||2||*

ਹਉ ਜੀਵਾ ਗੁਣ ਸਾਰਿ ਅੰਤਰਿ ਤੂ ਵਸੈ ॥

ho j~~ee~~va~~aa~~ g~~u~~n sa~~ar~~ a(n)thar th~~oo~~ vas~~ai~~ ||

*I live, by cherishing Your Glorious Virtues; You dwell deep within me.*

**ਤੂੰ ਵਸਹਿ ਮਨ ਮਾਹਿ ਸਹਜੇ ਰਸਿ ਰਸੈ ॥੩॥**

thoo(n) vasehi man maahi sehajae ras rasai ||3||

*You dwell within my mind, and so it naturally celebrates in joyful delight. ||3||*

**ਮੂਰਖ ਮਨ ਸਮਝਾਇ ਆਖਉ ਕੇਤੜਾ ॥**

moorakh man samajhaae aakho kaetharraa ||

*O my foolish mind, how can I teach and instruct you?*

**ਗੁਰਮੁਖਿ ਹਰਿ ਗੁਣ ਗਾਇ ਰੰਗਿ ਰੰਗੇਤੜਾ ॥੪॥**

guramukh har gun gaae ra(n)g ra(n)gaetharraa ||4||

*As Gurmukh, sing the Glorious Praises of the Lord, and so become attuned to His Love. ||4||*

**ਨਿਤ ਨਿਤ ਰਿਦੈ ਸਮਾਲਿ ਪ੍ਰੀਤਮੁ ਆਪਣਾ ॥**

nith nith ridhai samaal preetham aapanaa ||

*Continually, continuously, remember and cherish your Beloved Lord in your heart.*

**ਜੇ ਚਲਹਿ ਗੁਣ ਨਾਲਿ ਨਾਹੀ ਦੁਖੁ ਸੰਤਾਪਣਾ ॥੫॥**

jae chalehi gun naal naahee dhukh sa(n)thaapanaa ||5||

*For if you depart with virtue, then pain shall never afflict you. ||5||*

**ਮਨਮੁਖ ਭਰਮਿ ਭੁਲਾਣਾ ਨਾ ਤਿਸੁ ਰੰਗੁ ਹੈ ॥**

manamukh bharam bhulaanaa naa this ra(n)g hai ||

*The self-willed manmukh wanders around, deluded by doubt; he does not enshrine love for the Lord.*

**ਮਰਸੀ ਹੋਇ ਵਿਡਾਣਾ ਮਨਿ ਤਨਿ ਭੰਗੁ ਹੈ ॥੬॥**

marasee hoe viddaanaa man than bha(n)g hai ||6||

*He dies as a stranger to his own self, and his mind and body are spoiled. ||6||*

**ਗੁਰ ਕੀ ਕਾਰ ਕਮਾਇ ਲਾਹਾ ਘਰਿ ਆਣਿਆ ॥**

gur kee kaar kamaae laahaa ghar aaniaa ||

*Performing service to the Guru, you shall go home with the profit.*

**ਗੁਰਬਾਣੀ ਨਿਰਬਾਣੁ ਸਬਦਿ ਪਛਾਣਿਆ ॥੭॥**

gurabaanee nirabaan sabadh pashhaaniaa ||7||

*Through the Word of the Guru's Bani, and the Shabad, the Word of God, the state of Nirvaanaa is attained. ||7||*

**ਇਕ ਨਾਨਕ ਕੀ ਅਰਦਾਸਿ ਜੇ ਤੁਧੁ ਭਾਵਸੀ ॥**

eik naanak kee aradhaas jae thudhh bhavasee ||

*Nanak makes this one prayer: if it pleases Your Will,*

**ਮੈ ਦੀਜੈ ਨਾਮ ਨਿਵਾਸੁ ਹਰਿ ਗੁਣ ਗਾਵਸੀ ॥੮॥੧॥੩॥**

mai dheejai naam nivaaas har gun gaavasee ||8||1||3||

*bless me with a home in Your Name, Lord, that I may sing Your Glorious Praises. ||8||1||3||*