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This Shabad is by Guru Tegh Bahaadur Ji in Raag Sorath on Pannaa 631

ਸੋਰਠਿ ਮਹਲਾ ੯ ॥

sorat(h) mehalaa 9 ||  
Sorat'h, Ninth Mehla:

ਮਨ ਰੇ ਕਉਨੁ ਕੁਮਤਿ ਤੈ ਲੀਨੀ ॥

man **rae** kou **nu** **ku**math **thai** **leenee** ||  
*O mind, what evil-mindedness have you developed?*

ਪਰ ਦਾਰਾ ਨਿੰਦਿਆ ਰਸ ਰਚਿਓ ਰਾਮ ਭਗਤਿ ਨਹਿ ਕੀਨੀ ॥੧॥ ਰਹਾਉ ॥

par dh**aaaa** ni(n)dh**iaa** ras rachio**u** **raam** bhagath nehi **keenee** ||1|| reh**aa**o ||  
*You are engrossed in the pleasures of other men's wives, and slander; you have not worshipped the Lord at all. ||1||Pause||*

ਮੁਕਤਿ ਪੰਥੁ ਜਾਨਿਓ ਤੈ ਨਾਹਨਿ ਧਨ ਜੋਰਨ ਕਉ ਧਾਇਆ ॥

m**uk**ath pa(n)thh **ja**niou **thai** **na**ahan dhhan **jo**ran ko dh**aae**iaa ||  
*You do not know the way to liberation, but you run all around chasing wealth.*

ਅੰਤਿ ਸੰਗ ਕਾਹੂ ਨਹੀ ਦੀਨਾ ਬਿਰਥਾ ਆਪੁ ਬੰਧਾਇਆ ॥੧॥

a(n)th sa(n)g **ka**ahoo ne**hee** dh**ee**naa birathh**aa** **aap** ba(n)dh**aae**iaa ||1||  
*In the end, nothing shall go along with you; you have entrapped yourself in vain. ||1||*

ਨਾ ਹਰਿ ਭਜਿਓ ਨ ਗੁਰ ਜਨੁ ਸੇਵਿਓ ਨਹ ਉਪਜਿਓ ਕਛੁ ਗਿਆਨਾ ॥

**naa** har bhajio**n** g**ur** jan **sa**evio**u** neh o**up**ajio**u** kashh g**ia**anaa ||  
*You have not meditated or vibrated upon the Lord; you have not served the Guru, or His humble servants; spiritual wisdom has not welled up within you.*

ਘਟ ਹੀ ਮਾਹਿ ਨਿਰੰਜਨੁ ਤੇਰੈ ਤੈ ਖੋਜਤ ਉਦਿਆਨਾ ॥੨॥

ghatt **hee** **ma**ahi nira(n)jan **thae**rai **thai** khojath **ou**dh**ia**anaa ||2||  
*The Immaculate Lord is within your heart, and yet you search for Him in the wilderness. ||2||*

ਬਹੁਤੁ ਜਨਮ ਭਰਮਤ ਤੈ ਹਾਰਿਓ ਅਸਥਿਰ ਮਤਿ ਨਹੀ ਪਾਈ ॥

bah**u**th janam bharamath **thai** **ha**ario**u** asathh**ir** math ne**hee** **pa**ae**e** ||  
*You have wandered through many many births; you are exhausted but have still not found a way out of this endless cycle.*

ਮਾਨਸ ਦੇਹ ਪਾਇ ਪਦ ਹਰਿ ਭਜੁ ਨਾਨਕ ਬਾਤ ਬਤਾਈ ॥੩॥੩॥

mānas dhāeh pāae padh har bhaj nānak bāath bathāaee ||3||3||

*Now that you have obtained this human body, meditate on the Lord's Feet; Nanak advises with this advice. ||3||3||*