

(From SGGS Page 1107 line 1 to page 1110 line 1).

तुखारी छंत महला १ बारह माहा

tukhaaree chhant mehlaa 1 baarah maahaa

Tukhaari Chhant, First Mehl, Baarah Maahaa ~ The Twelve Months:

ੴ सतिगुर प्रसादि ॥

ik-o<sup>N</sup>kaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:

तू सुणि किरत करम्मा पुरबि कमाइआ ॥ सिरि सिरि सुख सहम्मा देहि सु तू भला ॥

too sun kirat kammaa purab kamaa-i-aa. sir sir sukh sahammaa deh so too bhalaa.

Listen: according to the karma of their past actions, each and every person experiences happiness or sorrow; whatever You give, Lord, is good.

हरि रचना तेरी किआ गति मेरी हरि बिनु घड़ी न जीवा ॥

har rachnaa tayree ki-aa gat mayree har bin gharhee na jeevaa.

O Lord, the Created Universe is Yours; what is my condition? Without the Lord, I cannot survive, even for an instant.

पृअ बाझु दुहेली कोइ न बेली गुरमुखि अम्मृतु पीवाँ ॥

pari-a baajh duhaylee ko-ay na baylee gurmukh amrit peevaa<sup>N</sup>.

Without my Beloved, I am miserable; I have no friend at all. As Gurmukh, I drink in the Ambrosial Nectar.

रचना राचि रहे निरंकारी प्रभ मनि कर्म सुकरमा ॥

rachnaa raach rahay nirankaaree parabh man karam sukarmaa.

The Formless Lord is contained in His Creation. To obey God is the best course of action.

नानक पंथु निहाले सा धन तू सुणि आतम रामा ॥१॥

naanak panth nihaalay saa Dhan too sun aatam raamaa. ||1||

O Nanak, the soul-bride is gazing upon Your Path; please listen, O Supreme Soul. ||1||

बाबीहा पृउ बोले कोकिल बाणीआ ॥

baabeehaa pari-o bolay kokil baanee-aa.

The rainbird cries out, "Pri-o! Beloved!", and the song-bird sings the Lord's Bani.

सा धन सभि रस चोलै अंकि समाणीआ ॥

saa Dhan sabh ras cholai ank samaanee-aa.

The soul-bride enjoys all the pleasures, and merges in the Being of her Beloved.

हरि अंकि समाणी जा प्रभ भाणी सा सोहागणि नारे ॥

har ank samaanee jaa parabh bhaanee saa sohagan naaray.

She merges into the Being of her Beloved, when she becomes pleasing to God; she is the happy, blessed soul-bride.

नव घर थापि महल घर ऊचउ निज घरि वासु मुरारे ॥

nav ghar thaap mahal ghar oocha-o nij ghar vaas muraaray.

Establishing the nine houses, and the Royal Mansion of the Tenth Gate above them, the Lord dwells in that home deep within the self.

सभ तेरी तू मेरा प्रीतमु निसि बासुर रंगि रावै ॥

sabh tayree too mayraa pareetam nis baasur rang raavai.

All are Yours, You are my Beloved; night and day, I celebrate Your Love.

नानक पृउ पृउ चवै बबीहा कोकिल सबदि सुहावै ॥२॥

naanak pari-o pari-o chavai babeehaa kokil sabad suhaavai. ||2||

O Nanak, the rainbird cries out, "Pri-o! Pri-o! Beloved! Beloved!" The song-bird is embellished with the Word of the Shabad. ||2||

तू सुणि हरि रस भिन्ने प्रीतम आपणे ॥

too sun har ras bhinnay pareetam aapnay.

Please listen, O my Beloved Lord - I am drenched with Your Love.

मनि तनि रवत रवन्ने घड़ी न बीसरै ॥

man tan ravat ravannay gharhee na beesrai.

My mind and body are absorbed in dwelling on You; I cannot forget You, even for an instant.

किउ घड़ी बिसारी हउ बलिहारी हउ जीवा गुण गाए ॥

ki-o gharhee bisaaree ha-o balihaaree ha-o jeevaa gun gaa-ay.

How could I forget You, even for an instant? I am a sacrifice to You; singing Your Glorious Praises, I live.

ना कोई मेरा हउ किसु केरा हरि बिनु रहणु न जाए ॥

naa ko-ee mayraa ha-o kis kayraa har bin rahan na jaa-ay.

No one is mine; unto whom do I belong? Without the Lord, I cannot survive.

ओट गही हरि चरण निवासे भए पवित्र सरीरा ॥

ot gahee har charan nivaasay bha-ay pavitar sareeraa.

I have grasped the Support of the Lord's Feet; dwelling there, my body has become immaculate.

नानक दृसटि दीरघ सुखु पावै गुर सबदी मनु धीरा ॥३॥

naanak darisat deeragh sukh paavai gur sabdee man Dheeraa. ||3||

O Nanak, I have obtained profound insight, and found peace; my mind is comforted by the Word of the Guru's Shabad. ||3||

बरसै अमृत धार बूंद सुहावणी ॥

barsai amrit Dhaar boond suhaavanee.

The Ambrosial Nectar rains down on us! Its drops are so delightful!

साजन मिले सहजि सुभाइ हरि सिउ प्रीति बणी ॥

saajan milay sahj subhaa-ay har si-o pareet banee.

Meeting the Guru, the Best Friend, with intuitive ease, the mortal falls in love with the Lord.

हरि मंदरि आवै जा प्रभ भावै धन ऊभी गुण सारी ॥

har mandar aavai jaa parabh bhaavai Dhan oobhee gun saaree.

The Lord comes into the temple of the body, when it pleases God's Will; the soul-bride rises up, and sings His Glorious Praises.

घरि घरि कंतु रवै सोहागणि हउ किउ कंति विसारी ॥

ghar ghar kant ravai sohagan ha-o ki-o kant visaaree.

In each and every home, the Husband Lord ravishes and enjoys the happy soul-brides; so why has He forgotten me?

उनवि घन छाए बरसु सुभाए मनि तनि प्रेमु सुखावै ॥

unav ghan chhaa-ay baras subhaa-ay man tan paraym sukhaavai.

The sky is overcast with heavy, low-hanging clouds; the rain is delightful, and my Beloved's Love is pleasing to my mind and body.

नानक वरसै अमृत बाणी करि किरपा घरि आवै ॥४॥

naanak varsai amrit banee kar kirpaa ghar aavai. ||4||

O Nanak, the Ambrosial Nectar of Gurbani rains down; the Lord, in His Grace, has come into the home of my heart. ||4||

चेतु बसंतु भला भवर सुहावड़े ॥

chayt basant bhalaa bhavar suhaavrhay.

In the month of Chayt, the lovely spring has come, and the bumble bees hum with joy.

बन फूले मंझ बारि मै पिरु घरि बाहुड़ै ॥

ban foolay manjh baar mai pir ghar baahurhai.

The forest is blossoming in front of my door; if only my Beloved would return to my home!

पिरु घरि नही आवै धन किउ सुखु पावै बिरहि बिरोध तनु छीजै ॥

pir ghar nahee aavai Dhan ki-o sukh paavai bireh biroDh tan chheejai.

If her Husband Lord does not return home, how can the soul-bride find peace? Her body is wasting away with the sorrow of separation.

कोकिल अंबि सुहावी बोलै किउ दुखु अंकि सहीजै ॥

kokil amb suhaavee bolai ki-o dukh ank saheejai.

The beautiful song-bird sings, perched on the mango tree; but how can I endure the pain in the depths of my being?

भवरु भवंता फूली डाली किउ जीवा मरु माए ॥

bhavar bhavanta foolee daalee ki-o jeevaa mar maa-ay.

The bumble bee is buzzing around the flowering branches; but how can I survive? I am dying, O my mother!

नानक चैति सहजि सुखु पावै जे हरि वरु घरि धन पाए ॥५॥

naanak chayt sahj sukh paavai jay har var ghar Dhan paa-ay. ||5||

O Nanak, in Chayt, peace is easily obtained, if the soul-bride obtains the Lord as her Husband, within the home of her own heart. ||5||

वैसाखु भला साखा वेस करे ॥

vaisaakh bhalaa saakhaa vays karay.

Baisakhi is so pleasant; the branches blossom with new leaves.

धन देखै हरि दुआरि आवहु दइआ करे ॥

Dhan daykhai har du-aar aavhu da-i-aa karay.

The soul-bride yearns to see the Lord at her door. Come, O Lord, and take pity on me!

घरि आउ पिआरे दुतर तारे तुधु बिनु अदु न मोलो ॥

ghar aa-o pi-aaray dutar taaray tuDh bin adh na molo.

Please come home, O my Beloved; carry me across the treacherous world-ocean. Without You, I am not worth even a shell.

कीमति कउण करे तुधु भावाँ देखि दिखावै ढोलो ॥

keemaṭ ka-un karay tuDh bhaavaa<sup>N</sup> daykh dikhaavai dholo.

Who can estimate my worth, if I am pleasing to You? I see You, and inspire others to see You, O my Love.

दूरि न जाना अंतरि माना हरि का महलु पछाना ॥

door na jaanaa anṭar maanaa har kaa mahal pachhaanaa.

I know that You are not far away; I believe that You are deep within me, and I realize Your Presence.

नानक वैसाखी प्रभु पावै सुरति सबदि मनु माना ॥६॥

naanak vaisaakhee<sup>N</sup> parabh paavai suraṭ sabad man maanaa. ||6||

O Nanak, finding God in Baisakhi, the consciousness is filled with the Word of the Shabad, and the mind comes to believe. ||6||

माहु जेठु भला प्रीतमु किउ बिसरै ॥

maahu jayṭh bhalaa pareeṭam ki-o bisrai.

The month of Jayt'h is so sublime. How could I forget my Beloved?

थल तापहि सर भार सा धन बिनउ करै ॥

thal taapeh sar bhaar saa Dhan bin-o karai.

The earth burns like a furnace, and the soul-bride offers her prayer.

धन बिनउ करेदी गुण सारेदी गुण सारी प्रभ भावा ॥

Dhan bin-o karayḍee gun saarayḍee gun saaree parabh bhaavaa.

The bride offers her prayer, and sings His Glorious Praises; singing His Praises, she becomes pleasing to God.

साचै महलि रहै बैरागी आवण देहि त आवा ॥

saachai mahal rahai bairaagee aavan deh ṭa aavaa.

The Unattached Lord dwells in His true mansion. If He allows me, then I will come to Him.

निमाणी निताणी हरि बिनु किउ पावै सुख महली ॥

nimaanee nitaanee har bin ki-o paavai sukh mahlee.

The bride is dishonored and powerless; how will she find peace without her Lord?

नानक जेठि जाणै तिसु जैसी करमि मिलै गुण गहिली ॥७॥

naanak jayth jaanai tis jaisee karam milai gun gahilee. ||7||

O Nanak, in Jayt'h, she who knows her Lord becomes just like Him; grasping virtue, she meets with the Merciful Lord. ||7||

आसाडु भला सूरजु गगनि तपै ॥

aasaarh bhalaa sooraj gagan tapai.

The month of Aasaarh is good; the sun blazes in the sky.

धरती दूख सहै सोखै अगनि भखै ॥

Dhartee dookh sahai sokhai agan bhakhai.

The earth suffers in pain, parched and roasted in the fire.

अगनि रसु सोखै मरीए धोखै भी सो किरतु न हारे ॥

agan ras sokhai maree-ai Dhokhai bhee so kirat na haaray.

The fire dries up the moisture, and she dies in agony. But even then, the sun does not grow tired.

रथु फिरै छाडिआ धन ताकै टीडु लवै मंझि बारे ॥

rath firai chhaa-i-aa Dhan taakai teed lavai manjh baaray.

His chariot moves on, and the soul-bride seeks shade; the crickets are chirping in the forest.

अवगण बाधि चली दुखु आगै सुखु तिसु साचु समाले ॥

avgan baaDh chalee dukh aagai sukh tis saach samaalay.

She ties up her bundle of faults and demerits, and suffers in the world hereafter. But dwelling on the True Lord, she finds peace.

नानक जिस नो इहु मनु दीआ मरणु जीवणु प्रभ नाले ॥८॥

naanak jis no ih man dee-aa maran jeevan parabh naalay. ||8||

O Nanak, I have given this mind to Him; death and life rest with God. ||8||

सावणि सरस मना घण वरसहि रुति आए ॥

saavan saras manaa ghan varseh rut aa-ay.

In Saawan, be happy, O my mind. The rainy season has come, and the clouds have burst into showers.

मै मनि तनि सहु भावै पिर परदेसि सिधाए ॥

mai man tan saho bhaavai pir pardays siDhaa-ay.

My mind and body are pleased by my Lord, but my Beloved has gone away.

पिरु घरि नही आवै मरीऐ हावै दामनि चमकि डराए ॥

pir ghar nahee aavai maree-ai haavai daaman chamak daraa-ay.

My Beloved has not come home, and I am dying of the sorrow of separation. The lightning flashes, and I am scared.

सेज इकेली खरी दुहेली मरणु भइआ दुखु माए ॥

sayj ikaylee kharee duhaylee maran bha-i-aa dukh maa-ay.

My bed is lonely, and I am suffering in agony. I am dying in pain, O my mother!

हरि बिनु नीद भूख कहु कैसी कापडु तनि न सुखावए ॥

har bin need bhookh kaho kaisee kaaparh tan na sukhaava-ay.

Tell me - without the Lord, how can I sleep, or feel hungry? My clothes give no comfort to my body.

नानक सा सोहागणि कंती पिर कै अंकि समावए ॥६॥

naanak saa sohagan kanṭee pir kai ank samaav-ay. ||9||

O Nanak, she alone is a happy soul-bride, who merges in the Being of her Beloved Husband Lord. ||9||

भादउ भरमि भुली भरि जोबनि पछुताणी ॥

bhaada-o bharam bhulee bhar joban pachhutaanee.

In Bhaadon, the young woman is confused by doubt; later, she regrets and repents.

जल थल नीरि भरे बरस रुते रंगु माणी ॥

jal thal neer bharay baras ruṭay rang maanee.

The lakes and fields are overflowing with water; the rainy season has come - the time to celebrate!

बरसै निसि काली किउ सुखु बाली दादर मोर लवंते ॥

barsai nis kaalee ki-o sukh baalee daadar mor lavanṭay.

In the dark of night it rains; how can the young bride find peace? The frogs and peacocks send out their noisy calls.

पृउ पृउ चवै बबीहा बोले भुइअंगम फिरहि डसंते ॥

pari-o pari-o chavai babeehaa bolay bhu-i-angam fireh dasantay.  
"Pri-o! Pri-o! Beloved! Beloved!" cries the rainbird, while the snakes slither around, biting.

मछर डंग साइर भर सुभर बिनु हरि किउ सुखु पाईऐ ॥

machhar dang saa-ir bhar subhar bin har ki-o sukh paa-ee-ai.  
The mosquitoes bite and sting, and the ponds are filled to overflowing; without the Lord, how can she find peace?

नानक पूछि चलउ गुर अपुने जह प्रभु तह ही जाईऐ ॥१०॥

naanak poochh chala-o gur apunay jah parabh tah hee jaa-ee-ai. ||10||  
O Nanak, I will go and ask my Guru; wherever God is, there I will go. ||10||

असुनि आउ पिरा सा धन झूरि मुई ॥

asun aa-o piraa saa Dhan jhoor mu-ee.  
In Assu, come, my Beloved; the soul-bride is grieving to death.

ता मिलीऐ प्रभ मेले दूजै भाइ खुई ॥

taa milee-ai parabh maylay doojai bhaa-ay khu-ee.  
She can only meet Him, when God leads her to meet Him; she is ruined by the love of duality.

झूठि विगुती ता पिर मुती कुकह काह सि फुले ॥

jhooth vigutee taa pir muttee kukah kaah se fulay.  
If she is plundered by falsehood, then her Beloved forsakes her. Then, the white flowers of old age blossom in my hair.

आगै घाम पिछै रुति जाडा देखि चलत मनु डोले ॥

aagai ghaam pichhai rut jaadaa daykh chalat man dolay.  
Summer is now behind us, and the winter season is ahead. Gazing upon this play, my shaky mind wavers.

दह दिसि साख हरी हरीआवल सहजि पकै सो मीठा ॥

dah dis saakh haree haree-aaval sahj pakai so meethaa.  
In all ten directions, the branches are green and alive. That which ripens slowly, is sweet.

नानक असुनि मिलहु पिआरे सतिगुर भए बसीठा ॥११॥

naanak asun milhu pi-aaray satgur bha-ay baseethaa. ||11||

O Nanak, in Assu, please meet me, my Beloved. The True Guru has become my Advocate and Friend. ||11||

कतकि किरतु पइआ जो प्रभ भाइआ ॥

katak kirat pa-i-aa jo parabh bhaa-i-aa.

In Katak, that alone comes to pass, which is pleasing to the Will of God.

दीपकु सहजि बलै तति जलाइआ ॥

deepak sahj balai tat jalaa-i-aa.

The lamp of intuition burns, lit by the essence of reality.

दीपक रस तेलो धन पिर मेलो धन ओमाहै सरसी ॥

deepak ras taylo Dhan pir maylo Dhan omaahai sarsee.

Love is the oil in the lamp, which unites the soul-bride with her Lord. The bride is delighted, in ecstasy.

अवगण मारी मरै न सीझै गुणि मारी ता मरसी ॥

avgan maaree marai na seejhai gun maaree taa marsee.

One who dies in faults and demerits - her death is not successful. But one who dies in glorious virtue, really truly dies.

नामु भगति दे निज घरि बैठे अजहु तिनाड़ी आसा ॥

naam bhagat day nij ghar baithay ajahu tinaarhee aasaa.

Those who are blessed with devotional worship of the Naam, the Name of the Lord, sit in the home of their own inner being. They place their hopes in You.

नानक मिलहु कपट दर खोलहु एक घड़ी खटु मासा ॥१२॥

naanak milhu kapat dar kholahu ayk gharhee khat maasaa. ||12||

Nanak: please open the shutters of Your Door, O Lord, and meet me. A single moment is like six months to me. ||12||

मंघर माहु भला हरि गुण अंकि समावए ॥

manghar maahu bhalaa har gun ank samaav-ay.

The month of Maghar is good, for those who sing the Glorious Praises of the Lord, and merge in His Being.

गुणवंती गुण रवै मै पिरु निहचलु भावए ॥

gunvantee gun ravai mai pir nihchal bhaav-ay.

The virtuous wife utters His Glorious Praises; my Beloved Husband Lord is Eternal and Unchanging.

निहचलु चतुरु सुजाणु बिधाता चंचलु जगतु सबाइआ ॥

nihchal chatu sujaan biDhaataa chanchal jagat sabaa-i-aa.

The Primal Lord is Unmoving and Unchanging, Clever and Wise; all the world is fickle.

गिआनु धिआनु गुण अंकि समाणे प्रभ भाणे ता भाइआ ॥

gi-aan Dhi-aan gun ank samaanay parabh bhaanay taa bhaa-i-aa.

By virtue of spiritual wisdom and meditation, she merges in His Being; she is pleasing to God, and He is pleasing to her.

गीत नाद कवित कवे सुणि राम नामि दुखु भागै ॥

geet naad kavit kavay sun raam naam dukh bhaagai.

I have heard the songs and the music, and the poems of the poets; but only the Name of the Lord takes away my pain.

नानक सा धन नाह पिआरी अभ भगती पिर आगै ॥१३॥

naanak saa Dhan naah pi-aaree abh bhagtee pir aagai. ||13||

O Nanak, that soul-bride is pleasing to her Husband Lord, who performs loving devotional worship before her Beloved. ||13||

पोखि तुखारु पडै वणु तृणु रसु सोखै ॥

pokh tukhaar parhai van tarin ras sokhai.

In Poh, the snow falls, and the sap of the trees and the fields dries up.

आवत की नाही मनि तनि वसहि मुखे ॥

aavat kee naahee man tan vaseh mukhay.

Why have You not come? I keep You in my mind, body and mouth.

मनि तनि रवि रहिआ जगजीवनु गुर सबदी रंगु माणी ॥

man tan rav rahi-aa jagjeevan gur sabdee rang maanee.

He is permeating and pervading my mind and body; He is the Life of the World. Through the Word of the Guru's Shabad, I enjoy His Love.

अंडज जेरज सेतज उतभुज घटि घटि जोति समाणी ॥

andaj jayraj saytaj ut-bhuj ghat ghat jot samaanee.

His Light fills all those born of eggs, born from the womb, born of sweat and born of the earth, each and every heart.

दरसनु देहु दइआपति दाते गति पावउ मति देहो ॥

darsan dayh da-i-aapat daatay gat paava-o mat dayho.

Grant me the Blessed Vision of Your Darshan, O Lord of Mercy and Compassion. O Great Giver, grant me understanding, that I might find salvation.

नानक रंगि रवै रसि रसीआ हरि सिउ प्रीति सनेहो ॥१४॥

naanak rang ravai ras rasee-aa har si-o pareet sanayho. ||14||

O Nanak, the Lord enjoys, savors and ravishes the bride who is in love with Him. ||14||

माघि पुनीत भई तीरथु अंतरि जानिआ ॥

maagh puneet bha-ee tirath antar jaani-aa.

In Maagh, I become pure; I know that the sacred shrine of pilgrimage is within me.

साजन सहजि मिले गुण गहि अंकि समानिआ ॥

saajan sajh milay gun geh ank samaani-aa.

I have met my Friend with intuitive ease; I grasp His Glorious Virtues, and merge in His Being.

प्रीतम गुण अंके सुणि प्रभ बंके तुधु भावा सरि नावा ॥

pareetam gun ankay sun parabh bankay tuDh bhaavaa sar naavaa.

O my Beloved, Beauteous Lord God, please listen: I sing Your Glories, and merge in Your Being. If it is pleasing to Your Will, I bathe in the sacred pool within.

गंग जमुन तह बेणी संगम सात समुंद समावा ॥ पुन्न दान पूजा परमेसुर जुगि जुगि एको जाता ॥

gang jamun tah baynee sangam saat samund samaavaa. punn daan poojaa parmaysur jug jug ayko jaataa.

The Ganges, Jamunaa, the sacred meeting place of the three rivers, the seven seas, charity, donations, adoration and worship all rest in the Transcendent Lord God; throughout the ages, I realize the One.

नानक माघि महा रसु हरि जपि अठसठि तीर्थ नाता ॥१५॥

naanak maagh mahaa ras har jap athsath tirath naataa. ||15||

O Nanak, in Maagh, the most sublime essence is meditation on the Lord; this is the cleansing bath of the sixty-eight sacred shrines of pilgrimage. ||15||

फलगुनि मनि रहसी प्रेम सुभाइआ ॥

falgun man rahsee paraym subhaa-i-aa.

In Phalgun, her mind is enraptured, pleased by the Love of her Beloved.

अनदिनु रहसु भइआ आपु गवाइआ ॥

an-din rahas bha-i-aa aap gavaa-i-aa.

Night and day, she is enraptured, and her selfishness is gone.

मन मोहु चुकाइआ जा तिसु भाइआ करि किरपा घरि आओ ॥

man moh chukaa-i-aa jaa tis bhaa-i-aa kar kirpaa ghar aa-o.

Emotional attachment is eradicated from her mind, when it pleases Him; in His Mercy, He comes to my home.

बहुते वेस करी पिर बाइहु महली लहा न थाओ ॥

bahutay vays karee pir baaihu mahlee lahaa na thaa-o.

I dress in various clothes, but without my Beloved, I shall not find a place in the Mansion of His Presence.

हार डोर रस पाट पटम्बर पिरि लोड़ी सीगारी ॥

haar dor ras paat patambar pir lorhee seegaaree.

I have adorned myself with garlands of flowers, pearl necklaces, scented oils and silk robes.

नानक मेलि लई गुरि अपणै घरि वरु पाइआ नारी ॥१६॥

naanak mayl la-ee gur apnai ghar var paa-i-aa naaree. ||16||

O Nanak, the Guru has united me with Him. The soul-bride has found her Husband Lord, within the home of her own heart. ||16||

बे दस माह रुती थिती वार भले ॥ घड़ी मूरत पल साचे आए सहजि मिले ॥

bay das maah ruttee thitee vaar bhalay. gharhee moorat pal saachay aa-ay sahj milay.

The twelve months, the seasons, the weeks, the days, the hours, the minutes and the seconds are all sublime, when the True Lord comes and meets her with natural ease.

प्रभ मिले पिआरे कारज सारे करता सभ बिधि जाणै ॥

parabh milay pi-aaray kaaraj saaray kartaa sabh biDh jaanai.

God, my Beloved, has met me, and my affairs are all resolved. The Creator Lord knows all ways and means.

जिनि सीगारी तिसहि पिआरी मेलु भइआ रंगु माणै ॥

jin seegaaree tiseh pi-aaree mayl bha-i-aa rang maanai.

I am loved by the One who has embellished and exalted me; I have met Him, and I savor His Love.

घरि सेज सुहावी जा पिरि रावी गुरमुखि मसतकि भागो ॥

ghar sayj suhaavee jaa pir raavee gurmukh mastak bhaago.

The bed of my heart becomes beautiful, when my Husband Lord ravishes me. As Gurmukh, the destiny on my forehead has been awakened and activated.

नानक अहिनिसि रावै प्रीतमु हरि वरु थिरु सोहागो ॥१७॥१॥

naanak ahinis raavai pareetam har var thir sohaago. ||17||1||

O Nanak, day and night, my Beloved enjoys me; with the Lord as my Husband, my Marriage is Eternal. ||17||1||