

## HEALING THE WOUNDS OF LOVE

### Shabad Hazare

Mayraa man lochai gur darshan taa-ee  
Bilap karay chaatrik kee ni-aa-ee  
Trikhāa na utarai shaant na aavai  
Bin Darshan Sant pi-aaray jee-o  
Hao gholee jee-o ghol ghumaa-ee  
Gur darshan sant pi-aaray jee-o (1)

Aad sach, jugaad sach, haibhai sach,  
naanak hosee bhal sach

Tayraa mukh suhaavaa jee-o sahaj dhun  
baanee  
Chir ho-aa daykhay saaring paanee  
Dhan so days jahaa too(n) vasi-aa  
Mayray sajan meet muraaray jee-o  
Hao gholee hao ghol ghumaa-ee  
Gur sajan meet muraaray jee-o (2)

Aad sach, jugaad sach, haibhai sach,  
naanak hosee bhai sach

Ik gharee na milatay taa kalijug hotaa  
Hun kad milee-ai pri-a tudh bhagavantaa  
Mo-eh rain na vihaavai need na aavai  
Bin daykhay gur darbaaray jee-o  
Hao gholee jee-o ghol ghumaa-ee  
Tis sachay gur darbaaray jee-o (3)

Aad sach, jugaad sach, haibhai sach,  
naanak  
hosee bhai sach

Bhaag ho-aa gur sant milaa-i-aa  
Prabh abinaasee ghar meh paa-i-aa  
Sayv karee pal chasaa na vichhuraa  
Jan Naanak daas tumaaray jee-o  
Hao gholee jee-o ghol ghumaa-ee  
Jan Naanak daas tumaaray jee-o (4)

### Aad Sach Mantra

Aad sach, jugaad sach, haibhai sach,  
naanak hosee bhai sach

Aad sach, jugaad sach, haibhai sach,  
naanak hosee bhai sach

Aad sach, jugaad sach, haibhai sach,  
naanak hosee bhal sach

Aad sach, jugaad sach, haibhai sach,  
naanak hosee bhai sach

### Shabad Hazare Translation

*My mind longs for a sight of my Guru.  
It cries out like the thirsty chatrik bird waiting  
for the rain.  
But the rain does not come.  
Peace does not come without the sight of  
my beloved Guru.  
I am a sacrifice, my soul is a sacrifice,  
Unto the sight of my Beloved Guru. (1)*

*Your face is so beautiful; hearing your Word  
brings me deep peace.  
It has been so long since this chatrik has  
seen any water.  
O my dearest friend, O my beloved Guru.  
Blessed is the ground beneath your feet.  
I am a sacrifice, I am ever a sacrifice  
Unto my dearest friend and intimate, my  
beloved Guru. (2)*

*Every moment I am away from you a Dark  
Age dawns for me.  
When will I see you, O my beloved Master?  
I cannot get through the night without the  
sight of your Court.  
Sleep does not come.  
I am a sacrifice, my soul is a sacrifice Unto  
the Court of my True Guru. (3)*

*I am blessed, for I am with my Saintly Guru.  
I have found the Eternal God within my own  
heart/home.  
I will serve you every moment of my life, and  
never be separate from you again.  
I am a sacrifice, my soul is a sacrifice unto  
you.  
O my Master, Slave Nanak lives to serve you.  
(4)*

### Aad Sach Mantra Translation

*True In the beginning, True throughout the  
Ages, True at this moment, Nanak says this  
Truth shall ever be.*