

ਬਾਬੀਹਾ ਪ੍ਰਿਉ ਪ੍ਰਿਉ ਕਰੇ ਜਲਨਿਧਿ ਪ੍ਰੇਮ ਪਿਆਰਿ ॥

The rainbird cries, "Pri-o! Pri-o! Beloved! Beloved!" She is in love with the treasure, the water.

ਗੁਰ ਮਿਲੇ ਸੀਤਲ ਜਲੁ ਪਾਇਆ ਸਭਿ ਦੁਖ ਨਿਵਾਰਣਹਾਰੁ ॥

Meeting with the Guru, the cooling, soothing water is obtained, and all pain is taken away.

ਤਿਸ ਚੁਕੈ ਸਹਜੁ ਊਪਜੈ ਚੁਕੈ ਕੂਕ ਪੁਕਾਰ ॥

My thirst has been quenched, and intuitive peace and poise have welled up; my cries and screams of anguish are past.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਸਾਂਤਿ ਹੋਇ ਨਾਮੁ ਰਖਹੁ ਊਰਿ ਧਾਰਿ ॥੫੪॥

O Nanak, the Gurmukhs are peaceful and tranquil; they enshrine the Naam, the Name of the Lord, within their hearts. ||54||