

Aad such - Mayraa Man Lochai (Heal the Wounds of Love)

Aad such, jugaad such, haibhay such, nanak hosee bhay such

Mayraa man lochai gur darshan taa-ee
 Bilap karay chaatrik kee ni-aa-ee
 Trikhaa 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 such, jugaad such, haibhay such, nanak hosee bhay such

Tayraa much 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 such, jugaad such, haibhay such, nanak hosee bhay such

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 such, jugaad such, haibhay such, nanak hosee bhay such

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 such, jugaad such, haibhay such, nanak hosee bhay such

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Here is an attempt at translating the words, although all translations contain some form of personal interpretation since Gurmukhi as a language can contain many depths of meanings.

My mind longs for the vision of the Guru's Darshan.
It cries out like the thirsty song bird for the nectar of your name.
My thirst is not quenched, and I can not find peace
Until I receive the Darshan the beloved saint.

I give myself, and my soul for your Darshan, my beloved Guru!
Your face is so beautiful, and the sound of your words (shabd) is so filled with inner wisdom.

It has been too long since this rainbird has had even a glimpse of water.
Blessed is the land, where you live, my friend and loved one,
my Divine teacher.

I give myself, and my soul, to my beloved, my Divine Guru
An instant away from you, brings darkness
When will I meet You, my beloved Waheguru?
I can not endure this night, sleep eludes me too
Until I see your home, my beloved Guru!

I give myself, and my soul to your true home, my beloved Guru!

By good fortune, I met my Saint Guru and I have found that the immortal creator is within the home my own self and so I will always serve you and never be separated from you even for an instant.

Guru Nanak says- I am your slave, my beloved Lord.
I give myself and my soul. Servant Nanak lives to serve you.

This meditation is meant to bring positive change to your current relationships while removing past pains that have imbedded themselves in your heart and psyche. **If you want to change your relationships**, drop the pain, empower them with clarity, sensitivity and authenticity **do this 11 times once a day for 11 days.**

Repeating this mantra **takes you out of the normal internal chatter** and emotional games of the mind we usually live with. It purifies, aligns and strengthens the heart and soul.

This meditation merges two mantras - *Shabad Hazaray* and *Mera Man Loche*

Source: Yogi Bhajan Lecture, July 7, 1987

About *Shabad Hazaray*:

This shabd, found in the Siri Guru Granth Sahib, was written as letters between Guru Arjan and his father Guru Ram Das.