

## BHAND JAMMEE-AI

Bhand jammee-ai bhand nimmee-ai bhand mangan veeaa-hu.

Bhandahu hovai dostee bhandahu chalai raahu.

Bhand moo-aa bhand bhali-ai bhand hovai bandhan.

So kio mandaa aakhi-ai jit jameh raajaan.

Bhandahu hi bhand oopjai bhandai baajh na ko-ay.

Naanak bhandai baahraa ayko sachaa so-ay.

Jit mukh sadaa salaahee-ai bhaagaa ratee chaar.

Naanak tay mukh oojalay tit sachai darbaar. ||2||

### **Translation:**

From woman, man is born; within woman, man is conceived; to woman he is engaged and married.

Woman becomes his friend; through woman, the future generations come.

When his woman dies, he seeks another woman; to woman he is bound.

So why call her bad? From her, kings are born.

From woman, woman is born; without woman, there would be no one at all.

O Nanak, only the True Lord is without a woman.

That mouth which praises the Lord continually is blessed and beautiful.

O Nanak, those faces shall be radiant in the Court of the True Lord. ||2||