

gurmukh ko-ee vir^laa booj^hai jis no na^dar karay-i

ml wr mhl w 3] (1258-9)	malaar mehl ^{aa} 3.	Malaar, Third Mehl:
gurmik kiel ivrl w bWYij s nendir krje]	gurmukh ko-ee vir ^l aa booj ^h ai jis no na ^d ar karay-i.	Rare is that person who, as Gurmukh, understands; the Lord has bestowed His Glance of Grace.
gur ibnu diqw kiel nwhl bKsyndir krje]	gur bin daataa ko-ee naahee bakhsay na ^d ar karay-i.	There is no Giver except the Guru. He grants His Grace and forgives.
gur imil AYslliq abj YAnidnu nmmu l eje]1]	gur mili-ai saa ^N t oopjai an-din naam la-ay-ay. 1	Meeting the Guru, peace and tranquility well up; chant the Naam, the Name of the Lord, day and night. 1
myr mn hir Almbq nmmu iDAwie]	mayray man har amrit naam Dhi-aa-ay.	O my mind, meditate on the Ambrosial Name of the Lord.
siqgur purku iml Ynwau pwe AY hir nmy s dw smwie]1] rhau]	satgur purakh milai naa-o paa-ee-ai har naamay sadaa samaa-ay. 1 rahaa-o.	Meeting with the True Guru and the Primal Being, the Name is obtained, and one remains forever absorbed in the Lord's Name. 1 Pause
mnmiK sdw ivCWyiPrih kie n iks hl nwl]	manmukh sadaa vichhurhay fireh ko-ay na kis hee naal.	The self-willed manmukhs are forever separated from the Lord; no one is with them.
hamYvfw rgu hY isir mwyj mkwil]	ha-umai vadaa rog hai sir maaray jamkaal.	They are stricken with the great disease of egotism; they are hit on the head by the Messenger of Death.
gurmig sqsbiq n ivCWih Anidnu nmmu smwl]2]	gurmat satsangat na vichhurheh an-din naam sam ^H aal. 2	Those who follow the Guru's Teachings are never separated from the Sat Sangat, the True Congregation. They dwell on the Naam, night and day. 2
sBnw krqw ekurqllinq kir dKih vlcwru]	sabhnaa kartaa ayk too nit kar daykheh veechaar.	You are the One and Only Creator of all. You continually create, watch over and contemplate.
ieik gurmik Awip iml wieAw bKsy Bgiq Blfir]	ik gurmukh aap milaa-i-aa bakhsay bhaga ^t bhandaar.	Some are Gurmukh - You unite them with Yourself. You bless them with the treasure of devotion.
qlAwpy sBu ikCuj wxdw iksu AngY krl plkar]3]	too aapay sabh kichh jaandaa kis aagai karee pookaar. 3	You Yourself know everything. Unto whom should I complain? 3
hir hir nmmu Almbq hY ndr l pweAw j wie]	har har naam amrit hai nadree paa-i-aa jaa-ay.	The Name of the Lord, Har, Har, is Ambrosial Nectar. By the Lord's Grace, it is obtained.
Anidnu hir hir acrygur kYshij sBwie]	an-din har har uchrai gur kai sahj subhaa-ay.	Chanting the Name of the Lord, Har, Har, night and day, the intuitive peace and poise of the Guru is obtained.
nwnk nmmu inDwru hY nmy hl icqu l wie]4]3]	naanak naam niDhaan hai naamay hee chit laa-ay. 4 3	O Nanak, the Naam is the greatest treasure. Focus your consciousness on the Naam. 4 3