

jog jugat sun aa-i-o gur tay

gaVI mhl w 5 ] (208-1)	ga-or <sup>h</sup> ee mehlaa 5.	Gauree, Fifth Mehl:
j g j giq sin AwieE gur qy ]	jog jugat sun aa-i-o gur tay.	I came to the Guru, to learn the Way of Yoga.
mo kausiqgur sbid buwieE ]1] rhwaU ]	mo ka-o satgur sabad bujhaa-i-o.   1   rahaa-o.	The True Guru has revealed it to me through the Word of the Shabad.   1  Pause
nauKIF ipDml iesuqn mih rivAw inmK inmK nmskwrw ]	na-o khand parithmee is tan meh ravi-aa nimakh nimakh namaskaaraa.	He is contained in the nine continents of the world, and within this body; each and every moment, I humbly bow to Him.
dliKAw gur kl mDh kwnl idIVE ekuinrIkwrw ]1]	deekhi-aa gur kee mundraa kaanee darirhi-o ayk nirankaaraa.   1	I have made the Guru's Teachings my ear-rings, and I have enshrined the One Formless Lord within my being.   1
plc cJ yimil BeyiekqI eksu kY vis kley ]	panch chaylay mil bha-ay iktaraa aykas kai vas kee-ay.	I have brought the five disciples together, and they are now under the control of the one mind.
ds bhgin AwigAwkwl qb inrml j gI Qley ]2]	das bairaagan aagi-aakaaree tab nirmal jogee thee-ay.   2	When the ten hermits become obedient to the Lord, then I became an immaculate Yogi.   2
Brmuj rwie crwel ibBhqw pDweku kir pjKAw ]	bharam jaraa-ay charaa-ee bibhooṭaa panth ayk kar paykhi-aa.	I have burnt my doubt, and smeared my body with the ashes. My path is to see the One and Only Lord.
shj sIK soklnl Bigqw j oTwkir msqik I jKAw ]3]	sahj sookh so keenee bhugṭaa jo thaakur mastak laykhi-aa.   3	I have made that intuitive peace my food; the Lord Master has written this pre-ordained destiny upon my forehead.   3
j h Baunwhl qhw Awnu bwiDE isDhI Anhq bwnl ]	jah bha-o naahee tahaa aasan baaDhi-o singee anhat baanee.	In that place where there is no fear, I have assumed my Yogic posture. The unstruck melody of His Bani is my horn.
qqublcwru flfw kir rwiKE j giq nwmumin Bwnl ]4]	ṭat bechaar dandaa kar raakhi-o jugat naam man bhaanee.   4	I have made contemplation upon the essential reality my Yogic staff. The Love of the Name in my mind is my Yogic lifestyle.   4
ABw j gI vfbwgl BtYmwieAw ky bDn kwTY ]	aisaa jogee vadbhaagee bhaytai maa-i-aa kay banDhan kaatai.	By great good fortune, such a Yogi is met, who cuts away the bonds of Maya.
syw pj krauqsu mlhiq kl nwnku iqsupg crtY ]5]11]132]	sayvaa pooj kara-o tis moorat kee naanak tis pag chaatai.   5  11  132	Nanak serves and adores this wondrous person, and kisses his feet.   5  11  132