

footo aa^Ndaa bharam kaa maneh bha-i-o pargaas

mwrUmhl w 5] (1002-15)	maaroo mehlāa 5.	Maaroo, Fifth Mehl:
PttoAwfw Brm kw mnih BieE prgwsu]	footo aa ^N daa <u>b</u> haram kaa maneh <u>b</u> ha-i-o pargaas.	The egg of doubt has burst; my mind has been enlightened.
kwtl byrl pgh qy gir klnl blld KI wsu]1]	kaatee bayree pagah <u>t</u> ay gur keenee band <u>k</u> halaas. 1	The Guru has shattered the shackles on my feet, and has set me free. 1
Awvx j wxurihE]	aavan <u>j</u> aan <u>r</u> ahi-o.	My coming and going in reincarnation is ended.
qpq kVwhw biJ gieAw gir slql nmudIE]1] rhwau]	<u>t</u> apat <u>k</u> arhaahaa bujh ga-i-aa gur seet <u>a</u> l naam <u>d</u> ee-o. 1 rahaa-o.	The boiling cauldron has cooled down; the Guru has blessed me with the cooling, soothing Naam, the Name of the Lord. 1 Pause
j b qy swDUsghu BieAw qau Cof geyinghr]	jab <u>t</u> ay saa <u>D</u> hoo sang <u>b</u> ha-i-aa <u>t</u> a-o <u>ch</u> hod ga-ay nighaar.	Since I joined the Saadh Sangat, the Company of the Holy, those who were eyeing me have left.
ij s kl Atk iqs qy Cutl qau khw krY kotvwr]2]	jis kee atak <u>t</u> is <u>t</u> ay <u>ch</u> hutee <u>t</u> a-o kahaa karai kotvaar. 2	The one who tied me up, has released me; what can the Watchman of Death do to me now? 2
clkw Bwrw krm kw hgyinhkrmw]	chookaa <u>b</u> haaraa karam kaa ho-ay nihkarmaa.	The load of my karma has been removed, and I am now free of karma.
swgr qy klfYcVygir klny Drmw]3]	saagar <u>t</u> ay kand <u>h</u> ai char <u>h</u> ay gur keenay <u>D</u> harmaa. 3	I have crossed the world-ocean, and reached the other shore; the Guru has blessed me with this Dharma. 3
scuQmuscubTKw scuSAAw bxwieAw]	sach thaan sach baith <u>h</u> kaa sach su- aa-o ban <u>a</u> aa-i-aa.	True is my place, and True is my seat; I have made Truth my life's purpose.
scuPjI scuVKnwnk Gir pwieAw]4]5]14]	sach poonjee sach vak <u>h</u> ro naanak <u>g</u> har paa-i-aa. 4 5 14	True is my capital, and True is the merchandise, which Nanak has placed into the home of the heart. 4 5 14