

man mayri-aa too sadaa sach samaal jee-o

vfh <u>h</u> mhl w 3] (569-5)	vad-hans mehlāa 3.	Wadahans, Third Mehl:
mn myrA <u>w</u> qllsdw scu smwil j lau]	man mayri-aa <u>t</u> oo <u>s</u> adaa sach samaal jee-o.	O my mind, contemplate the True Lord forever.
A <u>w</u> pxY Gir qlls <u>i</u> k vsih p <u>o</u> h n skY j mkw <u>l</u> u j lau]	aap <u>n</u> ai <u>g</u> har <u>t</u> oo <u>s</u> uk <u>h</u> vaseh p <u>o</u> hi na sakai jamkaal jee-o.	Dwell in peace in the home of your own self, and the Messenger of Death shall not touch you.
k <u>w</u> l u j w <u>l</u> u j mu j <u>o</u> h n s <u>w</u> kY s <u>w</u> cY s <u>b</u> id il v l wey]	kaal jaal jam johi na saakai saachai sabad liv laa-ay.	The noose of the Messenger of Death shall not touch you, when you embrace love for the True Word of the Shabad.
sdw sic r <u>q</u> w m <u>n</u> u in rml u A <u>w</u> vxu j w <u>x</u> u r hwey]	sadaa sach ra <u>t</u> aa man nirmal aavan jaan rahaa-ay.	Ever imbued with the True Lord, the mind becomes immaculate, and its coming and going is ended.
djY Bw <u>i</u> e Brim ivg <u>q</u> l mn miK mhl j mkw <u>l</u>]	doojai <u>b</u> haa-ay <u>b</u> haram vigu <u>t</u> ee manmuk <u>h</u> mohee jamkaal.	The love of duality and doubt have ruined the self-willed manmukh, who is lured away by the Messenger of Death.
khY n <u>w</u> nk u s <u>i</u> x mn myr qllsdw scu smwil]1]	kahai naanak sun man mayray <u>t</u> oo sadaa sach samaal. 1	Says Nanak, listen, O my mind: contemplate the True Lord forever. 1
mn myrA <u>w</u> A <u>l</u> qir q <u>r</u> Y in D <u>w</u> nu hY b <u>w</u> hir vsq <u>n</u> Bw <u>i</u> l]	man mayri-aa an <u>t</u> ar <u>t</u> ayrai niD <u>h</u> aan hai baahar vasa <u>t</u> na <u>b</u> haal.	O my mind, the treasure is within you; do not search for it on the outside.
j o Bw <u>v</u> Y so B <u>i</u> lc q <u>l</u> gurm <u>i</u> K ndir inh <u>w</u> l]	jo <u>b</u> haavai so <u>b</u> hunch <u>t</u> oo gurmuk <u>h</u> na <u>d</u> ar nihaal.	Eat only that which is pleasing to the Lord, and as Gurmukh, receive the blessing of His Glance of Grace.
gurm <u>i</u> K ndir inh <u>w</u> l mn myr A <u>l</u> qir hir n <u>w</u> mu s <u>k</u> wel]	gurmuk <u>h</u> na <u>d</u> ar nihaal man mayray an <u>t</u> ar har naam sak <u>h</u> aa-ee.	As Gurmukh, receive the blessing of His Glance of Grace, O my mind; the Name of the Lord, your help and support, is within you.
mn miK A <u>D</u> il yigA <u>w</u> n ivhtky djY Bw <u>i</u> e K <u>A</u> wel]	manmuk <u>h</u> anD <u>h</u> ulay gi-aan vihoonay doojai <u>b</u> haa-ay <u>k</u> hu-aa-ee.	The self-willed manmukhs are blind, and devoid of wisdom; they are ruined by the love of duality.
ibnu n <u>w</u> vY ko C <u>h</u> hootai sB b <u>w</u> DI j mkw <u>l</u>]	bin naavai ko <u>ch</u> hootai naahee sab <u>h</u> baaD <u>h</u> ee jamkaal.	Without the Name, no one is emancipated. All are bound by the Messenger of Death.
n <u>w</u> nk A <u>l</u> qir q <u>r</u> Y in D <u>w</u> nu hY q <u>l</u> b <u>w</u> hir vsq <u>n</u> Bw <u>i</u> l]2]	naanak an <u>t</u> ar <u>t</u> ayrai niD <u>h</u> aan hai <u>t</u> oo baahar vasa <u>t</u> na <u>b</u> haal. 2	O Nanak, the treasure is within you; do not search for it on the outside. 2

mn mjriAw j nmu pdir Qupwie kY ieik sic l gy vupirw]	man mayri-aa janam padaarath paa-ay kai ik sach lagay vaapaaraa.	O my mind, obtaining the blessing of this human birth, some are engaged in the trade of Truth.
siqgur usyin Awpaw Aljir sbdu Apaw]	satgur sayvan aapnaa antar sabad apaaraa.	They serve their True Guru, and the Infinite Word of the Shabad resounds within them.
Aljir sbdu Apaw hir nmu ipAw nmy nauiniD puel]	antar sabad apaaraa har naam pi- aaraa naamay na-o niDh paa-ee.	Within them is the Infinite Shabad, and the Beloved Naam, the Name of the Lord; through the Naam, the nine treasures are obtained.
mnmiK mwieAw mh ivApy dIK skpy dj Y piq gvuel]	manmukh maa-i-aa moh vi-aapay dookh santaapay doojai pat gavaa-ee.	The self-willed manmukhs are engrossed in emotional attachment to Maya; they suffer in pain, and through duality, they lose their honor.
hamymwir sic sbid smxy sic rgy Aidkuel]	ha-umai maar sach sabad samaaney sach ratay adhikaa-ee.	But those who conquer their ego, and merge in the True Shabad, are totally imbued with Truth.
nwnk mxs j nmu dl Buh siqgir bW buwel]3]	naanak maanas janam dulambh hai satgur boojh bujhaa-ee. 3	O Nanak, it is so difficult to obtain this human life; the True Guru imparts this understanding. 3
mn myr siqgur usyin Awpaw syj n vfBwgl rwm]	man mayray satgur sayvan aapnaa say jan vadbhaagee raam.	O my mind, those who serve their True Guru are the most fortunate beings.
j o nmu mwrh Awpaw syprK bhwgl rwm]	jo man maareh aapnaa say purakh bairaagee raam.	Those who conquer their minds are beings of renunciation and detachment.
syj n bhwgl sic il v l wgl Awpaw AwpupCwixAw]	say jan bairaagee sach liv laagee aapnaa aap pachhaani-aa.	They are beings of renunciation and detachment, who lovingly focus their consciousness on the True Lord; they realize and understand their own selves.
miq inhcl Aiq gwl girmiK shj y nmu vKwixAw]	mat nihchal at goorhee gurmukh sehjay naam vakhaani-aa.	Their intellect is steady, deep and profound; as Gurmukh, they naturally chant the Naam, the Name of the Lord.
iek kumix ihqkwl mwieAw mh ipawl mnmiK sie rhyABwgy]	ik kaaman hitkaaree maa-i-aa mohi pi-aaree manmukh so-ay rahay abhaagay.	Some are lovers of beautiful young women; emotional attachment to Maya is very dear to them. The unfortunate self-willed manmukhs remain asleep.
nwnk shj y syih guru Apxw syphy vfBwgy]4]3]	naanak sehjay sayveh gur apnaa say pooray vadbhaagay. 4 3	O Nanak, those who intuitively serve their Guru, have perfect destiny. 4 3