

amriṭ kathaā kahai sadāa ḍin raaṭee avraa aakḥ sunaaṿni-aa

ਮਾਯ ਮਹਿ ੩] (118-12)	maajḥ mehlaa 3.	Maajh, Third Mehl:
ਅੰਮ੍ਰਿਤ ਨਾਮੁ ਮਨਿ ਵਸੈ]	amriṭ naam man vasaa-ay.	Enshrining the Ambrosial Naam, the Name of the Lord, in the mind,
ਹਾਮਯ ਮਯਰਾ ਸਬੁ ਠਕੁ ਗਵੈ]	ha-umai mayraa sabḥ ḍukḥ gavaa-ay.	all the pains of egotism, selfishness and conceit are eliminated.
ਅੰਮ੍ਰਿਤ ਬੁਖਿ ਸਦੁ ਸਿ ਵਹਿ ਅੰਮ੍ਰਿਤੁ ਅੰਮ੍ਰਿਤੁ ਪਾਵਿਅੰ 1]	amriṭ banee sadāa salaahay amriṭ amriṭ paaṿni-aa. 1	By continually praising the Ambrosial Bani of the Word, I obtain the Amrit, the Ambrosial Nectar. 1
ਹਾ ਵਰਿ ਜਿ ਲਾ ਵਰਿ ਅੰਮ੍ਰਿਤੁ ਬੁਖਿ ਮਨਿ ਵਸਿਅੰ 1]	ha-o vaaree jee-o vaaree amriṭ banee man vasaaṿni-aa.	I am a sacrifice, my soul is a sacrifice, to those who enshrine the Ambrosial Bani of the Word within their minds.
ਅੰਮ੍ਰਿਤੁ ਬੁਖਿ ਮਨਿ ਵਸੈ ਅੰਮ੍ਰਿਤੁ ਨਾਮੁ ਠਿਅੰ 1] ਰਹਾ ੦]	amriṭ banee man vasaa-ay amriṭ naam ḍhi-aaṿni-aa. 1 rahaa-o.	Enshrining the Ambrosial Bani in their minds, they meditate on the Ambrosial Naam. 1 Pause
ਅੰਮ੍ਰਿਤੁ ਠਿ ਯਦੁ ਮਿਕ ਵਖਿ] ਅੰਮ੍ਰਿਤੁ ਵਖਿ ਪਰਕਿ ਸਦੁ ਨਕਿ]	amriṭ bolai sadāa mukḥ vainee. amriṭ vayḳhai parḳhai sadāa nainee.	Those who continually chant the Ambrosial Words of Nectar see and behold this Amrit everywhere with their eyes.
ਅੰਮ੍ਰਿਤੁ ਕੌ ਖਿ ਸਦੁ ਠਿਨੁ ਰਾਤਿ ਅਵਰੁ ਅੰਮ੍ਰਿਤੁ ਸਿਨਿ 2]	amriṭ kathaā kahai sadāa ḍin raaṭee avraa aakḥ sunaaṿni-aa. 2	They continually chant the Ambrosial Sermon day and night; chanting it, they cause others to hear it. 2
ਅੰਮ੍ਰਿਤੁ ਰੰਗੁ ਰਾਗੁ ਠਿ ਵ ਲਿ ਵੈ]	amriṭ rang̣ rataa liv laa-ay.	Imbued with the Ambrosial Love of the Lord, they lovingly focus their attention on Him.
ਅੰਮ੍ਰਿਤੁ ਗੁਰੁ ਪਰਸਾਠਿ ਪਾਏ]	amriṭ guṛ parsaaḏee paa-ay.	By Guru's Grace, they receive this Amrit.
ਅੰਮ੍ਰਿਤੁ ਰਸਨੁ ਠਿ ਠਿਨੁ ਰਾਤਿ ਮਨਿ ਗਿਨਿ ਅੰਮ੍ਰਿਤੁ ਪਾਵਿਅੰ 3]	amriṭ rasnaa bolai ḍin raaṭee man tan amriṭ pee-aaṿni-aa. 3	They chant the Ambrosial Name with their tongues day and night; their minds and bodies are satisfied by this Amrit. 3
ਸੋ ਕਿ ਠਿ ਕਰਿ ਯਿ ਠਿ ਠਿ ਨ ਠਿ ੧]	so kichḥ karai jo chiṭ na ho-ee.	That which God does is beyond anyone's consciousness;
ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ਨ ਠਿ ੧]	ṭis ḍaa hukam mayt na sakai ko-ee.	no one can erase the Hukam of His Command.
ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ਠਿ ੧]	hukmay varṭai amriṭ banee hukmay amriṭ pee-aaṿni-aa. 4	By His Command, the Ambrosial Bani of the Word prevails, and by His Command, we drink in the Amrit. 4

Aj b kllh krqyhir kry]	ajab kamm kartay har kayray.	The actions of the Creator Lord are marvellous and wonderful.
iehu mnu Bl w j Wdw Pry]	ih man <u>bhoolaa</u> jaa ^N daa fayray.	This mind is deluded, and goes around the wheel of reincarnation.
Alimk bwxl isauicqu l wey Alimk sbid vj wvixAw] 5]	amrit <u>bane</u> e si-o chit laa-ay amrit <u>sabad</u> vajaavani-aa. 5	Those who focus their consciousness on the Ambrosial Bani of the Word, hear the vibrations of the Ambrosial Word of the Shabad. 5
Koty Kry qDu Awip apwey]	<u>khotay</u> <u>kharay</u> <u>tuDh</u> aap upaa-ay.	You Yourself created the counterfeit and the genuine.
qDu Awpy prKy l k sbwey]	<u>tuDh</u> aapay parkhay lok sabaa-ay.	You Yourself appraise all people.
Kry priK Kj wny pweih Koty Brim Bl wvixAw] 6]	<u>kharay</u> parakh <u>khajaanai</u> paa-ih <u>khotay</u> <u>bharam</u> <u>bhulaavani</u> -aa. 6	You appraise the true, and place them in Your Treasury; You consign the false to wander in delusion. 6
ikau kir vjku ikau swl whl]	ki-o kar vaykhaa ki-o saalaah ^e .	How can I behold You? How can I praise You?
gir prswdl sbid sl whl]	gur parsaa ^{de} e sabad salaah ^e .	By Guru's Grace, I praise You through the Word of the Shabad.
qjry Bwxy ivic Alimku vsy qW Bwxy Alimku pl AwvixAw] 7]	tayray <u>bhaanay</u> vich amrit vasai too ^N <u>bhaanai</u> amrit pee-aavni-aa. 7	In Your Sweet Will, the Amrit is found; by Your Will, You inspire us to drink in this Amrit. 7
Alimk sbdu Alimk hir bwxl]	amrit <u>sabad</u> amrit har <u>bane</u> e.	The Shabad is Amrit; the Lord's Bani is Amrit.
siqgir sjvAl irdy smwxl]	satgur sayvi-ai ridai samaane ^e .	Serving the True Guru, it permeates the heart.
nunk Alimk nwnu sdw skdwqw pl Alimku sB BK l ih j wvixAw] 8]15]16]	naanak amrit naam sadaa <u>sukh- daata</u> pee amrit <u>sabh</u> <u>bhukh</u> leh jaavani-aa. 8 15 16	O Nanak, the Ambrosial Naam is forever the Giver of peace; drinking in this Amrit, all hunger is satisfied. 8 15 16