

so mun je man kee dubiDhaa maaray

B'raumhl w 3] (1128-16)	<u>b</u> hairo mehlaa 3.	Bhairao, Third Mehl:
so min ij mn kl <u>d</u> ibDw mry]	so mun je man kee <u>dubiD</u> haa maaray.	He alone is a silent sage, who subdues his mind's duality.
<u>d</u> ibDw mwir bhmu bclwry]1]	<u>dubiD</u> haa maar barahm beechaaray. 1	Subduing his duality, he contemplates God. 1
iesumn kaukel Kj huBwel]	is man ka-o ko-ee <u>k</u> hojahu <u>b</u> haa-ee.	Let each person examine his own mind, O Siblings of Destiny.
mnukj q nmmu nauiniD pwel]1] rhwau]	man <u>k</u> hojat naam na-o niDh paa-ee. 1 rahaa-o.	Examine your mind, and you shall obtain the nine treasures of the Naam. 1 Pause
ml umhu kir krqYj gquapwieAw]	mool moh kar kartai jagat upaa-iaa.	The Creator created the world, upon the foundation of worldly love and attachment.
mmqw l wie Brim Bd wieAw]2]	mamtāa laa-ay <u>b</u> haram <u>b</u> holaa-iaa. 2	Attaching it to possessiveness, He has led it into confusion with doubt. 2
iesumn qysB iplf prwxw]	is man tay <u>s</u> abh pind paraanaa.	From this Mind come all bodies, and the breath of life.
mn kYvlwir hikmubiJ smwxw]3]	man kai veechaar hukam bujh samaanaa. 3	By mental contemplation, the mortal realizes the Hukam of the Lord's Command, and merges in Him. 3
krmu hwl gur u ikrpw krY]	karam hovai gur kirpaa karai.	When the mortal has good karma, the Guru grants His Grace.
iehumnuj wgyiesumn kl <u>d</u> ibDw mry]4]	ih man jaagai is man kee <u>dubiD</u> haa marai. 4	Then this mind is awakened, and the duality of this mind is subdued. 4
mn kw sBwau sdw bhigl]	man kaa sub <u>b</u> haa-o sadaa bairaagee.	It is the innate nature of the mind to remain forever detached.
sB mih vs' Aqlqu Anrwgl]5]	<u>s</u> abh meh vasai aṭeet anraagee. 5	The Detached, Dispassionate Lord dwells within all. 5
khq nwnkuj oj wxY Bḡau]	kahaṭ naanak jo jaanai <u>b</u> hay-o.	Says Nanak, one who understands this mystery,
Awid prKu inrj n dḡau]6]5]	aad purakh niranjan <u>d</u> ay-o. 6 5	becomes the embodiment of the Primal, Immaculate, Divine Lord God. 6 5