

is man ka-o ko-ee khøjahu bhaa-ee

B'raumhl w 3 ] (1128-16)	<u>bhairo</u> mehlaa 3.	Bhairao, Third Mehl:
so min ij mn kl diibDw mwry ]	so mun je man kee <u>dubiDhaa</u> maaray.	He alone is a silent sage, who subdues his mind's duality.
diibDw mwir bhmu blcwry ]1]	<u>dubiDhaa</u> maar barahm beechaaray.   1	Subduing his duality, he contemplates God.   1
iesumn kaukel Kj huBwel ]	is man ka-o ko-ee <u>khøjahu</u> <u>bhaa-ee</u> .	Let each person examine his own mind, O Siblings of Destiny.
mnukj q nwmunauiniD pwel ]1] rhwau ]	man <u>khøjat</u> 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 umhukir 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>bharam</u> <u>bholaa-iaa</u> .   2	Attaching it to possessiveness, He has led it into confusion with doubt.   2
iesumn qysB ipf prwxw ]	is man tay <u>sabh</u> pind paraanaa.	From this Mind come all bodies, and the breath of life.
mn kYvlwir hikmubiJ smwxw ]3]	man kai veechaar hukam <u>bujh</u> 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 diibDw mrY ]4]	ih man jaagai is man kee <u>dubiDhaa</u> marai.   4	Then this mind is awakened, and the duality of this mind is subdued.   4
mn kw siBwau sdw bhigl ]	man kaa sub <u>bhaa</u> -o sadaa bairaagee.	It is the innate nature of the mind to remain forever detached.
sB mih vs' Aqlqu Anrwgl ]5]	<u>sabh</u> meh vasai aṭeet anraagee.   5	The Detached, Dispassionate Lord dwells within all.   5
khq nwnkuj oj wxY Bju ]	kahaṭ naanak jo jaanai <u>bhay</u> -o.	Says Nanak, one who understands this mystery,
Awid prKu inrj n dju ]6]5]	aad purakh niranjan day-o.   6  5	becomes the embodiment of the Primal, Immaculate, Divine Lord God.   6  5