

jog jugat sun aa-i-o gur tay

gaVI mhl 5] (208-1)	ga-or ^h ee mehlāa 5.	Gauree, Fifth Mehl:
j g j giq sin AwieE gr qy]	jog jugat sun aa-i-o gur tay.	I came to the Guru, to learn the Way of Yoga.
mo kausiqgr sbid buwieE]1] rhau]	mo ka-o satgur sabad bujhaa-i-o. 1 rahaa-o.	The True Guru has revealed it to me through the Word of the Shabad. 1 Pause
nauKif ipDml iesuqn mih rivAw inmK inmK nmskrw]	na-o khand parithmee is tan meh ravi-aa nimakh nimakh namaskaaraa.	He is contained in the nine continents of the world, and within this body; each and every moment, I humbly bow to Him.
dliKAw gr kl mDl kwnl idIVE ekuinrkrw]1]	deekhi-aa gur kee mundraa kaanee darirhi-o ayk nirankaaraa. 1	I have made the Guru's Teachings my ear-rings, and I have enshrined the One Formless Lord within my being. 1
plc cy j yimil Beyiekql eksu kY vis kley]	panch chaylay mil bha-ay iktaraa aykas kai vas kee-ay.	I have brought the five disciples together, and they are now under the control of the one mind.
ds bhwgin AwigAwkwl qb inrml j gl Qley]2]	das bairaagan aagi-aakaaree tab nirmal jogee thee-ay. 2	When the ten hermits become obedient to the Lord, then I became an immaculate Yogi. 2
Brmuj rwie crwel ibBhw pDweku kir pjKAw]	bharam jaraa-ay charaa-ee bibhootaa panth ayk kar paykhi-aa.	I have burnt my doubt, and smeared my body with the ashes. My path is to see the One and Only Lord.
shj sIK soklnl Bggw j oTwkir msqik l jKAw]3]	sahj sookh so keenee bhugtaa jo thaakur mastak laykhi-aa. 3	I have made that intuitive peace my food; the Lord Master has written this pre-ordained destiny upon my forehead. 3
j h Baunhl qhw Ausnu bwiDE isthl Anhq bwnl]	jah bha-o naahee tahaa aasan baaDhi-o singee anhat baanee.	In that place where there is no fear, I have assumed my Yogic posture. The unstruck melody of His Bani is my horn.
qqublcwru flfw kir rwiKE j giq nwumun Bwnl]4]	tat bechaar dandaa kar raakhi-o jugat naam man bhaanee. 4	I have made contemplation upon the essential reality my Yogic staff. The Love of the Name in my mind is my Yogic lifestyle. 4
ABw j gl vfBwgl BtYmwieAw ky bDn kwtY]	aisaa jogee vadbhaagee bhaytai maa-i-aa kay banDhan kaatai.	By great good fortune, such a Yogi is met, who cuts away the bonds of Maya.
syw pj krauqsumthiq kl nwnku iqsupg crtY]5]11]132]	sayvaa pooj kara-o tis moorat kee naanak tis pag chaatai. 5 11 132	Nanak serves and adores this wondrous person, and kisses his feet. 5 11 132