

tih jogee ka-o jugat na jaan-o

Dnwsrl mhl w 9] (685-3)	Dhanaasree mehlaa 9.	Dhanaasaree, Ninth Mehl:
iqh j gl kauj giq n j w nau]	<u>tih jogee ka-o jugat na jaan-o.</u>	That Yogi does not know the way.
I B mh mwieAw mmqw Pin ij h Git mwih pCwnau]1] rhwau]	lobh moh maa-i-aa mamtaa fun jih ghat maahi pachhaana-o. 1 rahaa-o.	Understand that his heart is filled with greed, emotional attachment, Maya and egotism. 1 Pause
pr inldw asgiq nh j w kykkn I h smwno]	par nindaa ustaat nah jaa kai kanchan loh samaano.	One who does not slander or praise others, who looks upon gold and iron alike,
hrK sg qy rhYAqlqw j gl qwih bKwno]1]	harakh sog tay rahai aeteetaa jogee taahi bakhaano. 1	who is free from pleasure and pain - he alone is called a true Yogi. 1
cMl mnudh idis kauDwvq Acl j wih Thwno]	chanchal man dah dis ka-o Dhaavat achal jaahi thehraano.	The restless mind wanders in the ten directions - it needs to be pacified and restrained.
khu nwnk ieh ibiD ko j onru mikiq qwih qm mwno]2]3]	kaho naanak ih biDh ko jo nar mukat taahi tum maano. 2 3	Says Nanak, whoever knows this technique is judged to be liberated. 2 3