

kar mastak gur poorai Dhari-o man jeeto jag saaree

gaMl mwl w mhl w 5] (215-5)	ga-or <u>h</u> ee maalaa mehlaa 5.	Gauree Maalaa, Fifth Mehl:
pwieAw l wl urqnumin pwieAw]	paa-i-aa laal ra <u>t</u> an man paa-i-aa.	I have found the jewel of my Beloved within my mind.
qnu slqI umnu slqI u QIAw sqgur sbid smwieAw]1] rhwaU]	ta <u>n</u> see <u>t</u> al man see <u>t</u> al thee-aa satgur saba <u>d</u> samaa-i-aa. 1 rahaa-o.	My body is cooled, my mind is cooled and soothed, and I am absorbed into the Shabad, the Word of the True Guru. 1 Pause
l wQI BK iqtsn sB l wQI iclkyw sgl ibswrl]	laathee <u>b</u> hook <u>h</u> ta <u>r</u> isan sab <u>h</u> laathee chint <u>a</u> aa sagal bisaaree.	My hunger has departed, my thirst has totally departed, and all my anxiety is forgotten.
krumsqik gir pHyDirE mnu j lqoj guswrl]1]	kar mastak gur poorai <u>D</u> hari-o man jeeto jag saaree. 1	The Perfect Guru has placed His Hand upon my forehead; conquering my mind, I have conquered the whole world. 1
iqbiq AGwie rhyird Akbir fid n qy Ab ciky]	ta <u>r</u> ipa <u>t</u> a <u>g</u> haa-ay rahay ri <u>d</u> an <u>t</u> ar dolan ta <u>y</u> ab chookay.	Satisfied and satiated, I remain steady within my heart, and now, I do not waver at all.
AKutu Kj wnw siqgur dIAw qit nhl rymky]2]	ak <u>h</u> ut <u>k</u> hajaanaa satgur <u>d</u> ee-aa tot nahee ray mookay. 2	The True Guru has given me the inexhaustible treasure; it never decreases, and never runs out. 2
Acrj ueku sinhu ry Bwel gir Aki bW buwvel]	achraj ayk sunhu ray <u>b</u> haa-ee gur aisee booj <u>h</u> buj <u>h</u> aa-ee.	Listen to this wonder, O Siblings of Destiny: the Guru has given me this understanding.
l wih prdw Twkruj au Bjte qau ibsrl qwiq pwel]3]	laahi pardaa <u>t</u> haakur ja-o <u>b</u> hayti-o ta-o bisree ta <u>a</u> t paraa-ee. 3	I threw off the veil of illusion, when I met my Lord and Master; then, I forgot my jealousy of others. 3
kihE n j wel ehwa AcBausoj wny ij in cwikaAw]	kahi-o na jaa-ee ayhu achamb <u>h</u> a-o so jaanai jin chaak <u>h</u> i-aa.	This is a wonder which cannot be described. They alone know it, who have tasted it.
khunwk sc Beyibgsww gir inDuruirdYI YrwikaAw]4]3]161]	kaho naanak sach <u>b</u> ha-ay bigaasaa gur ni <u>D</u> haan ri <u>d</u> ai lai raak <u>h</u> i-aa. 4 3 161	Says Nanak, the Truth has been revealed to me. The Guru has given me the treasure; I have taken it and enshrined it within my heart. 4 3 161