

man mailai sabh kichh mailaa tan Dhotai man hachhaa na ho-ay

vfh ^h sumhl w 3 Gru 1 (558-10)	vad-hans mehlaa 3 ghar 1	Wadahans, Third Mehl, First House:
min ml YsBuikCuml w qin DqY mnuhCw n hie]	man mailai sabh kichh mailaa tan Dhotai man hachhaa na ho-ay.	When the mind is filthy, everything is filthy; by washing the body, the mind is not cleaned.
ieh j gquBrim Bl wieAw ivrl w bWYkie]1]	ih jagat bharam bhulaa-i-aa virkaa boojhai ko-ay. 1	This world is deluded by doubt; how rare are those who understand this. 1
j ip mn myrqleko nwnu]	jap man mayray too ayko naam.	O my mind, chant the One Name.
siqqir dIAw mo kau ehunDnu]1] rhwau]	satgur dee-aa mo ka-o ayhu niDhaan. 1 rahaa-o.	The True Guru has given me this treasure. 1 Pause
isDw ky Awsx j yiskYie ^h vis kir kmwie]	siDhaa kay aasan jay sikhai indree vas kar kamaa-ay.	Even if one learns the Yogic postures of the Siddhas, and holds his sexual energy in check,
mn kl ml un aqrYhamY ml un j wie]2]	man kee mail na utrai ha-umai mail na jaa-ay. 2	still, the filth of the mind is not removed, and the filth of egotism is not eliminated. 2
iesumn kau horu sY mu ko nwhl ivxusiqgur kl srxwie]	is man ka-o hor sanjam ko naahee vin satgur kee sarna-ay.	This mind is not controlled by any other discipline, except the Sanctuary of the True Guru.
sqgur imil Alal tl Bel khxw ikCUn j wie]3]	satgur mili-ai ultee bha-ee kahnaa kichhoo na jaa-ay. 3	Meeting the True Guru, one is transformed beyond description. 3
Bxiq nwnkusiqgur kauiml do mrYgur kYsbid iPir j lvYkie]	bhanat naanak satgur ka-o mildo marai gur kai sabad fir jeevai ko- ay.	Prays Nanak, one who dies upon meeting the True Guru, shall be rejuvenated through the Word of the Guru's Shabad.
mmqw kl ml u aqrYiehumnuhCw hie]4]1]	mamtaa kee mal utrai ih man hachhaa ho-ay. 4 1	The filth of his attachment and possessiveness shall depart, and his mind shall become pure. 4 1