

man marai Dhaat mar jaa-ay

Dnwsrl mhl w 3] (665-8)	<u>Dh</u> anaasree mehlaa 3.	Dhanaasaree, Third Mehl:
mnu mrY Dwqumir j wie]	man marai <u>Dhaat</u> mar jaa-ay.	When the mind is conquered, its turbulent wanderings are stopped.
ibnu mn mkykshir pwe]	bin man moo-ay kaisay har paa-ay.	Without conquering the mind, how can the Lord be found?
iehu mnu mrY dwrlj wxY kie]	ih man marai <u>da</u> aroo jaanai ko-ay.	Rare is the one who knows the medicine to conquer the mind.
mnu sbid mrY bWY j nu sie] 1]	man sabad marai boojhai jan so-ay. 1	The mind is conquered through the Word of the Shabad; this is known to the Lord's humble servant. 1
ij s nobkshir dyvifAwel]	jis no bakhsay har day vadi-aa-ee.	The Lord forgives him, and blesses him with glory.
gur prswid vsYmin Awel] rhwau]	gur parsaad vasai man aa-ee. rahaa-o.	By Guru's Grace, the Lord comes to dwell in the mind. Pause
gurmik krxi kur kmvY]	gurmukh karnee kaar kamaavai.	The Gurmukh does good deeds,
qw iesu mn kl soI pivY]	taa is man kee sojhee paavai.	and so, he comes to understand this mind.
mnu mYmqumlgI imkdwru]	man mai mat maigal mikdaaraa.	The mind is intoxicated, like the elephant with wine.
guru Alksu mir j lwl xhwrw] 2]	gur ankas maar jeevaalanhaaraa. 2	The Guru places the harness upon it, and rejuvenates it. 2
mnu AswDuswDY j nukel]	man asaaDh saadh hai jan ko-ee.	The mind is undisciplined; only a rare few can discipline it.
Acru crY qw inrml uhel]	achar charai taa nirmal ho-ee.	If someone eats the uneatable, then he becomes immaculate.
gurmik iehumnu l ieAw svwir]	gurmukh ih man la-i-aa savaar.	As Gurmukh, his mind is embellished.
hamY ivchu qj Yivkur] 3]	ha-umai vichahu tajai vikaar. 3	Egotism and corruption are eradicated from within. 3
jo Dir riKANu mYl iml wie]	jo Dhur rakhi-an mayl milaa-ay.	Those whom the Primal Lord keeps united in His Union,
kdyn ivCWih sbid smwie]	kaday na vichhurheh sabad samaa-ay.	shall never be separated from Him; they are merged in the Word of the Shabad.
Awpxl kl w Awpy pBuj wxY]	aapnee kalaa aapay parabh jaanai.	Only God Himself knows His own power.
nwnk gurmik nnu pCwY] 4] 6]	naanak gurmukh naam pachhaanai. 4 6	O Nanak, the Gurmukh realizes the Naam, the Name of the Lord. 4 6