

ustat man meh kar nirankaar

skmnl sihb (281-6)	sukhmanee saahib	Sukhmani Lord and Master
asqiq mn mih kir inrkwr ]	ustat man meh kar nirankaar.	Praise the Formless Lord in your mind.
kir mn myrsiq ibahwr ]	kar man mayray sat bi-uhaar.	O my mind, make this your true occupation.
inrml rsnw Allmku plau ]	nirmal rasnaa amrit pee-o.	Let your tongue become pure, drinking in the Ambrosial Nectar.
sdw shj w kir l jh j lau ]	sadaa suhaylaa kar layhi jee-o.	Your soul shall be forever peaceful.
n'hhupku Twkir kw rlyu ]	nainhu paykh thaakur kaa rang.	With your eyes, see the wondrous play of your Lord and Master.
swDsllg ibns' SB slgy ]	saaDhsang binsai sabh sang.	In the Company of the Holy, all other associations vanish.
crn cl aumwrig gibhl ]	charan chala-o maarag gobind.	With your feet, walk in the Way of the Lord.
imtih pwp j plA'hir ibhl ]	miteh paap japee-ai har bind.	Sins are washed away, chanting the Lord's Name, even for a moment.
kr hir krm s'vin hir kQw ]	kar har karam sarvan har katha.	So do the Lord's Work, and listen to the Lord's Sermon.
hir drgh nwnk aj l mQw ]2]	har dargeh naanak oojal mathaa.   2	In the Lord's Court, O Nanak, your face shall be radiant.   2