

jis no paraym man vasaa-ay

maaroo mehlaa 3 Gru 5 Astpdl (1016-4)	maaroo mehlaa 3 <u>ghar</u> 5 asatpadee	Maaroo, Third Mehl, Fifth House, Ashtapadees:
ij s no pñu mlñ vswey]	jis no paraym man vasaa-ay.	One whose mind is filled with the Lord's Love,
sicYsbid shij sBwey]	saachai saba <u>d</u> sa <u>h</u> j su <u>bh</u> aa-ay.	is intuitively exalted by the True Word of the Shabad.
ehñ vñdn seel j wxY Avruik j wxY kñrl j lau]1]	ayhaa vay <u>d</u> an so-ee jaan <u>a</u> i avar ke jaan <u>a</u> i kaaree jee-o. 1	He alone knows the pain of this love; what does anyone else know about its cure? 1
AwpymY yAwip iml wey]	aapay maylay aap milaa-ay.	He Himself unites in His Union.
Awpñw ipAwru Awpyl wey]	aap <u>n</u> aa pi-aar aapay laa-ay.	He Himself inspires us with His Love.
pññ kl swr seel j wxY ij s no ndir qññrl j lau]1] rhwau]	paraym kee saar so-ee jaan <u>a</u> i jis no na <u>d</u> ar tu <u>m</u> aaree jee-o. 1 rahaa-o.	He alone appreciates the value of Your Love, upon whom You shower Your Grace, O Lord. 1 Pause
idb idbit j wgy Brmucikwey]	<u>d</u> ib <u>d</u> arisat jaagai <u>b</u> haram chukaa-ay.	One whose spiritual vision is awakened - his doubt is driven out.
gur prswid prm pdu pwey]	gur parsaa <u>d</u> param pa <u>d</u> paa-ay.	By Guru's Grace, he obtains the supreme status.
soj gl ieh j giq pñwY gur kl sbid blcñrl j lau]2]	so jogee ih jugat pa <u>ch</u> haan <u>a</u> i gur kai saba <u>d</u> beechaaree jee-o. 2	He alone is a Yogi, who understands this way, and contemplates the Word of the Guru's Shabad. 2
sññ gl Dn ipr mY w hwY]	sanjogee <u>D</u> han pir maylaa hovai.	By good destiny, the soul-bride is united with her Husband Lord.
gurmig ivchudirmig KwY]	gurmat vichahu <u>d</u> urmat <u>k</u> hovai.	Following the Guru's Teachings, she eradicates her evil- mindedness from within.
rññ isauing rI lAw mñwY Apxy kññ ipAwrl j lau]3]	rang si-o nit ralee-aa maan <u>a</u> i ap <u>n</u> ay kant pi-aaree jee-o. 3	With love, she continually enjoys pleasure with Him; she becomes the beloved of her Husband Lord. 3
siqgur bññhu vññun keel]	satgur baaj <u>h</u> ahu va <u>i</u> d na ko-ee.	Other than the True Guru, there is no physician.
AwpY Awip inrññ nu seel]	aapay aap niranjan so-ee.	He Himself is the Immaculate Lord.
siqgur imil AlmrY mlññ hwY igAwñ blcñrl j lau]4]	satgur mili-ai marai mandaa hovai gi- aan beechaaree jee-o. 4	Meeting with the True Guru, evil is conquered, and spiritual wisdom is contemplated. 4
ehñ sbdu swru ij s no l wey]	ayhu saba <u>d</u> saar jis no laa-ay.	One who is committed to this most sublime Shabad
gurmik iqññw BK gvwey]	gurmuk <u>h</u> tarisnaa <u>b</u> huk <u>h</u> gavaa-ay.	becomes Gurmukh, and is rid of thirst and hunger.

AwpX I lAw ikCl'n pweIAykir ikrpw kl Dwrl j lau]5]	aapan lee-aa kichhoo na paa-ee-ai kar kirpaa kal <u>D</u> haaree jee-o. 5	By one's own efforts, nothing can be accomplished; the Lord, in His Mercy, bestows power. 5
Agm ingmu siqgur lidKwieAw]	agam nigam satguroo <u>d</u> ikhaa-i-aa.	The True Guru has revealed the essence of the Shaastras and the Vedas.
kir ikrpw ApnY Gir AwieAw]	kar kirpaa apnai <u>g</u> har aa-i-aa.	In His Mercy, He has come into the home of my self.
AjI n miih inrjI nu j wqW ij n kau ndir qmwrI j lau]6]	anjan maahi niranjan jaataa jin ka-o na <u>d</u> ar tumaaree jee-o. 6	In the midst of Maya, the Immaculate Lord is known, by those upon whom You bestow Your Grace. 6
gurmik hWY so qqu pwey]	gurmuk <u>h</u> hovai so ta <u>t</u> paa-ay.	One who becomes Gurmukh, obtains the essence of reality;
AwpXw Awpv ivchugvwey]	aapnaa aap vichahu gavaa-ay.	he eradicates his self-conceit from within.
siqgur buJhu sBu DDU kmvY vYkhu min vlwrl j lau]7]	satgur baaj <u>h</u> ahu sab <u>h</u> <u>D</u> han <u>D</u> kamaavai vay <u>k</u> hu man veechaaree jee-o. 7	Without the True Guru, all are entangled in worldly affairs; consider this in your mind, and see. 7
ieik BIm Bil yiPrih AhkwrI]	ik <u>b</u> haram <u>b</u> hoolay fireh aha ^N kaaree.	Some are deluded by doubt; they strut around egotistically.
ieknw gurmik hamY mwrI]	iknaa gurmuk <u>h</u> ha-umai maaree.	Some, as Gurmukh, subdue their egotism.
scY sbid rgy bhWgl hIr Brim Bil ygwvwrI j lau]8]	sachai sabad ra <u>t</u> ay bairaagee hor <u>b</u> haram <u>b</u> hulay gaavaaree jee-o. 8	Attuned to the True Word of the Shabad, they remain detached from the world. The other ignorant fools wander, confused and deluded by doubt. 8
gurmik ij nl nmu n pweAw]	gurmuk <u>h</u> jinee naam na paa-i-aa.	Those who have not become Gurmukh, and who have not found the Naam, the Name of the Lord
mnmiK ibrQw j nmu gvweAw]	manmuk <u>h</u> birthaa janam gavaa-i-aa.	- those self-willed manmukhs waste their lives uselessly.
AgY vxu nWvY ko by I nwhI bWY gur blwrl j lau]9]	agai vi <u>n</u> naavai ko baylee naahee booj <u>h</u> ai gur beechaaree jee-o. 9	In the world hereafter, nothing except the Name will be of any assistance; this is understood by contemplating the Guru. 9
AImkY nmu sdw sKdvwq]	amrit <u>i</u> naam sadaa sukh- <u>d</u> aa <u>t</u> a.	The Ambrosial Naam is the Giver of peace forever.
gUr pthY j g cWry j wqW]	gur poorai jug chaaray jaataa.	Throughout the four ages, it is known through the Perfect Guru.
ij suqldyih sel pweynnk qqu blwrl j lau]10]1]	jis too <u>d</u> ayveh so-ee paa-ay naanak ta <u>t</u> beechaaree jee-o. 10 1	He alone receives it, unto whom You bestow it; this is the essence of reality which Nanak has realized. 10 1