

man karhalaa gur govind samaal

gaWl mhl w 4] (234-15)	ga-or ^h ee mehlaa 4.	Gauree, Fourth Mehl:
mn krhl w vlcwrlAw vlcwir dKu smwil]	man karhalaa veechaaree-aa veechaar <u>daykh</u> samaal.	O contemplative camel-like mind, contemplate and look carefully.
bn iPir Qkybn vwsIAw ipru gurmig irdYinhwil]1]	ban fir thakay ban vaasee-aa pir gurmat ^t ridai nihaal. 1	The forest-dwellers have grown weary of wandering in the forests; following the Guru's Teachings, see your Husband Lord within your heart. 1
mn krhl w gr govindusmwil]1] rhwau]	man karhalaa gur govind samaal. 1 rahaa-o.	O camel-like mind, dwell upon the Guru and the Lord of the Universe. 1 Pause
mn krhl w vlcwrlAw mnmk PwiQA w mhw j wil]	man karhalaa veechaaree-aa manmuk ^h faathi-aa mahaa jaal.	O camel-like contemplative mind, the self-willed manmukhs are caught in the great net.
gurmik plxl mkquhYhir hir nmusmwil]2]	gurmuk ^h paraanee mukat ^t hai har har naam samaal. 2	The mortal who becomes Gurmukh is liberated, dwelling upon the Name of the Lord, Har, Har. 2
mn krhl w myrypAwirAw sqslyiq sigguruBwil]	man karhalaa mayray pi-aari-aa satsangat ^t satgur <u>bhaal</u> .	O my dear beloved camel-like mind, seek the Sat Sangat, the True Congregation, and the True Guru.
sqslyiq I ig hir iDAwAlA hir hir cl YqrYnwil]3]	satsangat ^t lag har <u>Dhi</u> -aa-ee-ai har har chalai tayrai naal. 3	Joining the Sat Sangat, meditate on the Lord, and the Lord, Har, Har, shall go along with you. 3
mn krhl w vfBwglAw hir ek ndir inhwil]	man karhalaa vad h aaagee-aa har ayk nadar nihaal.	O very fortunate camel-like mind, with one Glance of Grace from the Lord, you shall be enraptured.
Awip CfweyCutIAy siggir crx smwil]4]	aap <u>ch</u> hadaa-ay <u>ch</u> hutee-ai satgur charan ⁿ samaal. 4	If the Lord Himself saves you, then you shall be saved. Dwell upon the Feet of the True Guru. 4
mn krhl w myrypAwirAw ivic dh j iq smwil]	man karhalaa mayray pi-aari-aa vich <u>day</u> hee jot samaal.	O my dear beloved camel-like mind, dwell upon the Divine Light within the body.
gur nauiniD nmuiVkiil Aw hir dwiq krl dieAwil]5]	gur na-o ni <u>Dh</u> naam vikhaali-aa har daat ^t karee da-i-aal. 5	The Guru has shown me the nine treasures of the Naam. The Merciful Lord has bestowed this gift. 5
mn krhl w qlclcl w cqrwcl Cif ivkrwil]	man karhalaa too ^N chanchlaa chat ^t uraa-ee <u>ch</u> had vikraal.	O camel-like mind, you are so fickle; give up your cleverness and corruption.

hir hir nwmusmwil qllhir mkiq kryAlh kwiil]6]	har har naam samaal too ^N har mukaṭ karay anṭ kaal. 6	Dwell upon the Name of the Lord, Har, Har; at the very last moment, the Lord shall liberate you. 6
mn krhl w vfBwglAw qlligAwnu rqnusmwil]	man karhalaa vad h aagee-aa too ^N gi-aan raṭan samaal.	O camel-like mind, you are so very fortunate; dwell upon the jewel of spiritual wisdom.
gir igAwnuKVguhiQ DwirAw j mu mwirAVw j mkwiil]7]	gur gi-aan k har h ag hath D haari-aa jam maari-a r haa jamkaal. 7	You hold in your hands the sword of the Guru's spiritual wisdom; with this destroyer of death, kill the Messenger of Death. 7
Alhjr inDwnu mn krhl y Bllm Bvih bwhir Bwiil]	anṭar ni D haan man karhalay b haram b haveh baahar b haal.	The treasure is deep within, O camel-like mind, but you wander around outside in doubt, searching for it.
gururKuplhw BjtAw hir sj xu l DVw niil]8]	gur purak h pooraa b hayti-aa har sajan la D h-r h aa naal. 8	Meeting the Perfect Guru, the Primal Being, you shall discover that the Lord, your Best Friend, is with you. 8
rllg rqVymn krhl y hir rlljusdw smwil]	rang raṭ-r h ay man karhalay har rang sadaa samaal.	You are engrossed in pleasures, O camel-like mind; dwell upon the Lord's lasting love instead!
hir rlljukdyn aqrYgir syw sbdusmwil]9]	har rang kaḍay na uṭrai gur sayvaa sabad samaal. 9	The color of the Lord's Love never fades away; serve the Guru, and dwell upon the Word of the Shabad. 9
hm plKI mn krhl y hir qrvru prKuAkwiil]	ham pan k hee man karhalay har ṭarvar purak h akaal.	We are birds, O camel-like mind; the Lord, the Immortal Primal Being, is the tree.
vfBwgl gurmiK pwieAw j n nwnk nwmusmwil]10]2]	vad h aagee gurmuk h paa-i-aa jan naanak naam samaal. 10 2	The Gurmukhs are very fortunate - they find it. O servant Nanak, dwell upon the Naam, the Name of the Lord. 10 2