

man mayri-aa too sadaa sach samaal jee-o

vfhmhml w 3] (569-5)	vad-hans mehlāa 3.	Wadahans, Third Mehl:
mn myrAw qllsdw scusmwil j lau]	man mayri-aa too sadaa sach samaal jee-o.	O my mind, contemplate the True Lord forever.
AwpXl Gir qlsaiK vsih pih n skY j mkwl uj lau]	aapnai ghar too sukh vasesh pahi na sakai jamkaal jee-o.	Dwell in peace in the home of your own self, and the Messenger of Death shall not touch you.
kwl uj wl uj muj oh n swkYswcYsbid il v l wey]	kaal jaal jam johi na saakai saachai sabad liv laa-ay.	The noose of the Messenger of Death shall not touch you, when you embrace love for the True Word of the Shabad.
sdw sic rqw mnwinrml uAwvxu j wxurhwey]	sadaa sach raataa man nirmal aavan jaan rahaa-ay.	Ever imbued with the True Lord, the mind becomes immaculate, and its coming and going is ended.
djY Bwie Brim ivgql mnmiK mhl j mkwil]	doojai bhaa-ay bharam vigutee manmukh mohee jamkaal.	The love of duality and doubt have ruined the self-willed manmukh, who is lured away by the Messenger of Death.
khYnwnkuisix mn myrqlsdw scu smwil]1]	kahai naanak sun man mayray too sadaa sach samaal. 1	Says Nanak, listen, O my mind: contemplate the True Lord forever. 1
mn myrAw Aljir qYinDwnu hY bwhir vsqun Bwil]	man mayri-aa antar tayrai niDhaan hai baahar vasat na bhaal.	O my mind, the treasure is within you; do not search for it on the outside.
j o BwVl so Blic qlgurmik ndir inhwi]	jo bhaavai so bhunch too gurmukh nadar nihaal.	Eat only that which is pleasing to the Lord, and as Gurmukh, receive the blessing of His Glance of Grace.
gurmik ndir inhwi mn myrAljir hir nwmuskwel]	gurmukh nadar nihaal man mayray antar har naam sakhaa-ee.	As Gurmukh, receive the blessing of His Glance of Grace, O my mind; the Name of the Lord, your help and support, is within you.
mnmiK ADil yigAwn ivhtkydjY Bwie KAvel]	manmukh anDhulay gi-aan vihoonay doojai bhaa-ay khu-aa-ee.	The self-willed manmukhs are blind, and devoid of wisdom; they are ruined by the love of duality.
ibnu nwwl ko ChtYnwhl sB bwiDI j mkwil]	bin naavai ko chhootai naahee sabh baaDhee jamkaal.	Without the Name, no one is emancipated. All are bound by the Messenger of Death.
nwnk Aljir qYinDwnu hY qlbwhir vsqun Bwil]2]	naanak antar tayrai niDhaan hai too baahar vasat na bhaal. 2	O Nanak, the treasure is within you; do not search for it on the outside. 2

mn mjriAw j nmu pdir Qupwie kY ieik sic l gy vupirw]	man mayri-aa janam padaarath paa-ay kai ik sach lagay vaapaaraa.	O my mind, obtaining the blessing of this human birth, some are engaged in the trade of Truth.
siqgur usyin Awpxiw Alqir sbdu Apwri]	satgur sayvan aapnaa antar sabad apaaraa.	They serve their True Guru, and the Infinite Word of the Shabad resounds within them.
Alqir sbdu Apwri hir nmu ipAwri nmy nauiniD pwel]	antar sabad apaaraa har naam pi- aaraa naamay na-o niDh paa-ee.	Within them is the Infinite Shabad, and the Beloved Naam, the Name of the Lord; through the Naam, the nine treasures are obtained.
mnmiK mwieAw mh ivApy dIK skipy dI Ypiq gvvel]	manmukh maa-i-aa moh vi-aapay dookh santaapay doojai pat gavaa-ee.	The self-willed manmukhs are engrossed in emotional attachment to Maya; they suffer in pain, and through duality, they lose their honor.
hamY mair sic sbid smxy sic rgy AidKwvel]	ha-umai maar sach sabad samaaney sach ratay adhikaa-ee.	But those who conquer their ego, and merge in the True Shabad, are totally imbued with Truth.
nwnk mxs j nmu dl BuhY siqgir bW buwvel]3]	naanak maanas janam dulambh hai satgur boojh bujhaa-ee. 3	O Nanak, it is so difficult to obtain this human life; the True Guru imparts this understanding. 3
mn myr siqgur usyin Awpxiw syj n vfBwgl rwm]	man mayray satgur sayvan aapnaa say jan vadbhaagee raam.	O my mind, those who serve their True Guru are the most fortunate beings.
j o nnu mairih Awpxiw sypirK bhWgl rwm]	jo man maareh aapnaa say purakh bairaagee raam.	Those who conquer their minds are beings of renunciation and detachment.
syj n bhWgl sic il v l wgl Awpxiw AwpupCwixAw]	say jan bairaagee sach liv laagee aapnaa aap pachhaani-aa.	They are beings of renunciation and detachment, who lovingly focus their consciousness on the True Lord; they realize and understand their own selves.
miq inhcl Aiq gWl girmiK shj y nmu vKwixAw]	mat nihchal at goorhee gurmukh sehjay naam vakhaani-aa.	Their intellect is steady, deep and profound; as Gurmukh, they naturally chant the Naam, the Name of the Lord.
iek kumix ihqkwl mwieAw mh ipAwrl mnmiK sie rhyABwgy]	ik kaaman hitkaaree maa-i-aa mohi pi-aaree manmukh so-ay rahay abhaagay.	Some are lovers of beautiful young women; emotional attachment to Maya is very dear to them. The unfortunate self-willed manmukhs remain asleep.
nwnk shj y syvih guru Apxiw syphy vfBwgy]4]3]	naanak sehjay sayveh gur apnaa say pooray vadbhaagay. 4 3	O Nanak, those who intuitively serve their Guru, have perfect destiny. 4 3