

man mayri-aa anṭar ṭayrai niDḥaan hai baahar vasatṭ na bḥaal

vfḥḥuḥmhl w 3 ] (569-5)	vad-hans mehlāa 3.	Wadahans, Third Mehl:
mn mjṛAḥ qllsdw scūsḥmīl j lau ]	man mayri-aa ṭoo saḍaa sach samaal jee-o.	O my mind, contemplate the True Lord forever.
AḥpxY Gir qllsīk vsih pōh n skY j mkwl uj lau ]	aapnai gḥar ṭoo sukh vaseh pōhi 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 ōh n swkYswcYsbid il v l wey ]	kaal jaal jam johi na saakai saachai sabadṭ 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 mnūinrml uAḥvxu j wxurḥwey ]	saḍaa sach raṭaa man nirmal aavanṭ jaanṭ 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 bḥaa-ay bharam viguṭee manmukḥ mohee jamkaal.	The love of duality and doubt have ruined the self-willed manmukḥ, who is lured away by the Messenger of Death.
khYnwnkūsīx mn myṛqllsdw scūsḥmīl ]1]	kahai naanak sunṭ man mayray ṭoo saḍaa sach samaal.   1	Says Nanak, listen, O my mind: contemplate the True Lord forever.   1
mn mjṛAḥ Aḥjir qṛYinDḥnuhY bḥhir vsqun Bwīl ]	man mayri-aa anṭar ṭayrai niDḥaan hai baahar vasatṭ na bḥaal.	O my mind, the treasure is within you; do not search for it on the outside.
j o BwYso Bḥc qllgṛmiK ndir inhwi ]	jo bḥaavai so bhunch ṭoo gurmukḥ naḍar nihaal.	Eat only that which is pleasing to the Lord, and as Gurmukḥ, receive the blessing of His Glance of Grace.
gṛmiK ndir inhwi mn myṛAḥjir hir nwmuskwēl ]	gurmukḥ naḍar nihaal man mayray anṭar har naam sakḥaa-ee.	As Gurmukḥ, receive the blessing of His Glance of Grace, O my mind; the Name of the Lord, your help and support, is within you.
mnmiK Aḥḍil yigAḥn ivḥkydjY Bwie KḥAwe ]	manmukḥ anDḥulay gi-aan vihoonay doojai bḥaa-ay khu-aa-ee.	The self-willed manmukḥs are blind, and devoid of wisdom; they are ruined by the love of duality.
ibnu nwwY ko CḥṭYnwhl sB bḥḍil j mkwil ]	bin naavai ko chhootai naahee sabḥ baaDḥee jamkaal.	Without the Name, no one is emancipated. All are bound by the Messenger of Death.
nwnk Aḥjir qṛYinDḥnuhYqllbḥhir vsqun Bwīl ]2]	naanak anṭar ṭayrai niDḥaan hai ṭoo baahar vasatṭ na bḥaal.   2	O Nanak, the treasure is within you; do not search for it on the outside.   2

mn mjriAw j nmu pdirQu pwie kY ieik sic l gy vwpwrw ]	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 Apwrw ]	satgur sayvan aapnaa antar sabad apaaraa.	They serve their True Guru, and the Infinite Word of the Shabad resounds within them.
Alqir sbdu Apwrw hir nmu ipAwrw 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 skpy dIj 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 mwr 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 nmu mwr ih Awpxiw syprK 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 Awp pCwixAw ]	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 gurmiK 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 ihqkwr mwieAw mh ipAwrl mnmiK soe rhy ABWgy ]	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 syih guru Apxw sy pth 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