

man too<sup>N</sup> mat maan karahi je ha-o kichh jaandaa gurmukh nimaanaa hohu

<p>ਅਸਾ ਮਹਿ ਵ 3 ਚੰ ਗੁ 3 ] (441-9)</p>	<p>aasaa mehlaa 3 <u>ch</u>hant <u>gh</u>ar 3.</p>	<p>Aasaa, Third Mehl, Chhant, Third House:</p>
<p>ਮਨ ਗਮਿ ਮੁਖਿ ਕਰਿ ਜਿ ਹਾਇਕੁ ਜਿ ਖਦੁ ਗੁਰਮੁਖਿ ਨਿਮਾਨਾ ਹਉ</p>	<p>man <u>too</u><sup>N</sup> ma<u>t</u> ma<u>an</u> kara<u>hi</u> je ha-o <u>ki</u>ch<u>h</u> ja<u>an</u>da<u>a</u> gu<u>rmu</u>kh <u>ni</u>ma<u>an</u>aa ho<u>hu</u>.</p>	<p>O mind, don't be so proud of yourself, as if you know it all; the Gurmukh is humble and modest.</p>
<p>ਅੰਤਰ ਅਗਿਆਨੁ ਹਉ ਬਿਠਿ ਹਿ ਸਿ ਸਬਿ ਮਿ ਠਿ ਕਉ</p>	<p>an<u>tar</u> agi-aan ha-o bu<u>Dh</u> hai sach saba<u>d</u> mal <u>kh</u>o<u>hu</u>.</p>	<p>Within the intellect are ignorance and ego; through the True Word of the Shabad, this filth is washed off.</p>
<p>ਹਉ ਨਿਮਾਨਾ ਸਿਗੁਰੁ ਅਗਿ ਮੁਖਿ ਅਪੁ ਠਿ ਕਉ</p>	<p>ho<u>hu</u> ni<u>ma</u>anaa sa<u>t</u>guroo agai ma<u>t</u> <u>ki</u>ch<u>h</u> aap la<u>kh</u>aavhay.</p>	<p>So be humble, and surrender to the True Guru; do not attach your identity to your ego.</p>
<p>ਅਪੁ ਠਿ ਅਹਿ ਕਉ ਜਿ ਗੁਰੁ ਠਿ ਅਪੁ ਅਪੁ ਠਿ ਅਪੁ ਗੁਰੁ ਠਿ</p>	<p>aap<u>n</u>ai aha<sup>N</sup>kaar jagat jali-aa ma<u>t</u> <u>too</u><sup>N</sup> aap<u>n</u>aa aap gavaavhay.</p>	<p>The world is consumed by ego and self-identity; see this, lest you lose your own self as well.</p>
<p>ਸਿਗੁਰੁ ਕਉ ਬਿਖਿ ਕਰਿ ਕਉ ਸਿਗੁਰੁ ਕਉ ਬਿਖਿ ਠਿ ਗੁਰੁ</p>	<p>sa<u>t</u>gur kai <u>b</u>haanai kara<u>hi</u> kaar sa<u>t</u>gur kai <u>b</u>haanai laag rahu.</p>	<p>Make yourself follow the Sweet Will of the True Guru; remain attached to His Sweet Will.</p>
<p>ਇਉ ਕਹਿ ਨਾਨਕੁ ਅਪੁ ਠਿ ਸਿ ਪਉ ਮਨ ਨਿਮਾਨਾ ਹਉ ਠਿ 7]</p>	<p>i-o kaha<i>i</i> naanak aap <u>ch</u>had su<u>kh</u> paavahi man ni<u>ma</u>anaa ho-ay rahu.   7  </p>	<p>Thus says Nanak: renounce your ego and self-conceit, and obtain peace; let your mind abide in humility.   7  </p>