

man tooN jot saroop hai aapnaa mool pachhaan

Aasw mhl w 3 Chh Gru 3] (441-3)	aasaa mehlaa 3 <u>chhant</u> <u>ghar</u> 3.	Aasaa, Third Mehl, Chhant, Third House:
mn qllj iq srpbuh/Apxw ml u pCwxu]	man too ^N jot saroop hai aapnaa mool <u>pachhaan</u> .	O my mind, you are the embodiment of the Divine Light - recognize your own origin.
mn hir j l qry niil h/ girmql rlyu mwxu]	man har jee tayrai naal hai gurmatee rang maan.	O my mind, the Dear Lord is with you; through the Guru's Teachings, enjoy His Love.
ml u pCwxih qll shuj wxih mrx j lvx kl swl hael]	mool <u>pachhaaneh</u> taa ^N saho jaaneh maran jeevan kee sojhee ho-ee.	Acknowledge your origin, and then you shall know your Husband Lord, and so understand death and birth.
gur prswdl ekaj wxih qll dij w Bwau n hael]	gur parsaadee ayko jaaneh taa ^N doojaa <u>bhaa-o</u> na ho-ee.	By Guru's Grace, know the One; then, you shall not love any other.
min slliq Awel vj l vDwel qw hAw prvxu]	man saa ^{Nt} aa-ee vatee vaDhaa-ee taa ho-aa parvaan.	Peace comes to the mind, and gladness resounds; then, you shall be acclaimed.
ieau khY nwnkum n qllj iq srpbuh/Apxw ml u pCwxu] 5]	i-o kahai naanak man too ^N jot saroop hai aapnaa mool <u>pachhaan</u> . 5	Thus says Nanak: O my mind, you are the very image of the Luminous Lord; recognize the true origin of your self. 5