

har chayt man mayray too gur kaa sabad kamaa-ay

vfhsu mhl w 3] (560-12)	vad-hans mehlaa 3.	Wadahans, Third Mehl:
hamY nrv nwi i vr Du hY die n vsih iek Twie]	ha-umai naavai naal viroDh hai du-ay na vaseh ik thaa-ay.	Ego is opposed to the Name of the Lord; the two do not dwell in the same place.
hamY ivic syw n hvel qw mnu ibrQw j wie]1]	ha-umai vich sayvaa na hova-ee taa man birthaa jaa-ay. 1	In egotism, selfless service cannot be performed, and so the soul goes unfulfilled. 1
hir cjg mn myr qllgr kw sbdu kmwie]	har chayt man mayray too gur kaa sabad kamaa-ay.	O my mind, think of the Lord, and practice the Word of the Guru's Shabad.
hikmu mthh qw hir iml Yqw ivchu hamY j wie] rhwau]	hukam maneh taa har milai taa vichahu ha-umai jaa-ay. rahaa-o.	If you submit to the Hukam of the Lord's Command, then you shall meet with the Lord; only then will your ego depart from within. Pause
hamY sBu sr lru hY hamY Epiq hie]	ha-umai sabh sareer hai ha-umai opat ho-ay.	Egotism is within all bodies; through egotism, we come to be born.
hamY vfw gbwr u hY hamY ivic biJ n skY kie]2]	ha-umai vadaa gubaar hai ha-umai vich bujh na sakai ko-ay. 2	Egotism is total darkness; in egotism, no one can understand anything. 2
hamY ivic Bgiq n hvel hikmu n biJA w j wie]	ha-umai vich bhagat na hova-ee hukam na bujhi-aa jaa-ay.	In egotism, devotional worship cannot be performed, and the Hukam of the Lord's Command cannot be understood.
hamY ivic j lau biDu hY nnu n vsY min Awie]3]	ha-umai vich jee-o bandh hai naam na vasai man aa-ay. 3	In egotism, the soul is in bondage, and the Naam, the Name of the Lord, does not come to abide in the mind. 3
nwnk sqgir imil AY hamY gel qw scu visAw min Awie]	naanak satgur mili-ai ha-umai ga-ee taa sach vasi-aa man aa-ay.	O Nanak, meeting with the True Guru, egotism is eliminated, and then, the True Lord comes to dwell in the mind
scu kmvY sic rhY scysjv smwie]4]9]12]	sach kamaavai sach rahai sachay sayv samaa-ay. 4 9 12	One starts practicing truth, abides in truth and by serving the True One gets absorbed in Him. 4 9 12