

gur parsaa^{dee} vaykh^{oo} har mandar^{ayrai} naal

pBwql mhl w 3 ibBws (1346-3)	parbhaate ^e mehlaa 3 bibhaas	Prabhaate ^e , Third Mehl, Bibhaas:
gur prswdl vkuqlhir mlt ^{ru} qr ^y nwl]	gur parsaa ^{dee} vaykh ^{oo} har mandar ^{ayrai} naal.	By Guru's Grace, see that the Temple of the Lord is within you.
hir mlt ^{ru} sbdyKj lA ^y hir nmo lhusmwl]1]	har mandar ^{ayrai} sabday ^{ay} khojee-ai har naamo layho sam ^H aal. 1	The Temple of the Lord is found through the Word of the Shabad; contemplate the Lord's Name. 1
mn mrysbid rpl ^{ru} g ^u hie]	man mayray sabad ^{ay} rapai rang ho- ay.	O my mind, be joyfully attuned to the Shabad.
scl Bgiq scw hir mlt ^{ru} prgtl swcl sie]1] rhwau]	sachee bhaga ^t sachaa har mandar ^{ayrai} pargate ^e saachee so-ay. 1 rahaa-o.	True is devotional worship, and True is the Temple of the Lord; True is His Manifest Glory. 1 Pause
hir mlt ^{ru} ehusrlu ^h igAwin rqin prgt ^u hie]	har mandar ^{ayrai} ayhu sareer hai gi-aan ra ^{an} pargat ho-ay.	This body is the Temple of the Lord, in which the jewel of spiritual wisdom is revealed.
mnmk ml un jwxnl mxis hir ml ^{ru} n hie]2]	manmuk ^h mool na jaanee maan ^{as} har mandar ^{ayrai} na ho-ay. 2	The self-willed manmukhs do not know anything at all; they do not believe that the Lord's Temple is within. 2
hir mlt ^{ru} hir j lausij Aw riKAw hkim swir]	har mandar ^{ayrai} har jee-o saaji-aa rakhi-aa hukam savaar.	The Dear Lord created the Temple of the Lord; He adorns it by His Will.
Dir lKuil iKAw suk ^u vxw kie n mytxhwru]3]	Dhur laykh ^{oo} likhi-aa so kamaava ^{naa} ko-ay na maytan ^{haar} . 3	All act according to their pre-ordained destiny; no one can erase it. 3
sbd ^u clin@skupieAw scl ^u nie ipAw]	sabad ^{ay} cheeneh suk ^h paa-i-aa sachai naa-ay pi-aar.	Contemplating the Shabad, peace is obtained, loving the True Name.
hir mlt ^{ru} sbdys ^h xw kl ^u ku ^u Apwr]4]	har mandar ^{ayrai} sabday ^{ay} soh ^{naa} kanchan kot apaar. 4	The Temple of the Lord is embellished with the Shabad; it is an Infinite Fortress of God. 4
hir mlt ^{ru} ehuj gqu ^h gir ibnu G ^u dw]	har mandar ^{ayrai} ayhu jaga ^t hai gur bin ghoran ^{Dhaar} .	This world is the Temple of the Lord; without the Guru, there is only pitch darkness.
dj w Bwau kir pj dy mnmk A ^u gvwr]5]	doojaa bh ^{aa} -o kar pooj ^{day} manmuk ^h an ^{Dh} gavaar. 5	The blind and foolish self-willed manmukhs worship in the love of duality. 5

ij QI I jKw mltjIAI iqQI dh j wiq n j wie]	jithai layk ^h aa mangee-ai tithai dayh jaa ^t na jaa-ay.	One's body and social status do not go along to that place, where all are called to account.
swic rqsy abrydKley dIj Y Bwie]6]	saach ra ^t ay say ubray duk ^h ee-ay doojai b ^h aa-ay. 6	Those who are attuned to Truth are saved; those in the love of duality are miserable. 6
hir mltir mih nmmu inDwuhY nW bWih mgD gvwr]	har mand ^a r meh naam niD ^h aan hai naa booj ^h eh mugaD ^h gavaar.	The treasure of the Naam is within the Temple of the Lord. The idiotic fools do not realize this.
gir prswdl clinAw hir rwiKAw air Dwir]7]	gur parsaa ^d ee cheen ^h i-aa har raak ^h i-aa ur D ^h aar. 7	By Guru's Grace, I have realized this. I keep the Lord enshrined within my heart. 7
gir kl bwxl gir qyj wql ij sbid rqr rlyu l wie]	gur kee ba ⁿ ee gur ta ^y jaa ^t ee je sabad ^a ra ^t ay rang laa-ay.	Those who are attuned to the love of the Shabad know the Guru, through the Word of the Guru's Bani.
pivqu pwn syj n inrml hir kl nwm smwie]8]	pavi ^t paavan say jan nirmal har kai naam samaa-ay. 8	Sacred, pure and immaculate are those humble beings who are absorbed in the Name of the Lord. 8
hir mltir hir kw hwtu hY riKAw sbid svwir]	har mand ^a r har kaa haat hai rak ^h i-aa sabad ^a savaar.	The Temple of the Lord is the Lord's Shop; He embellishes it with the Word of His Shabad.
iqsuivic sadw ejkunmmu girmik I Yn svwir]9]	tis vich sa-ud ^a aa ayk naam gurmuk ^h lain savaar. 9	In that shop is the merchandise of the One Name; the Gurmukhs adorn themselves with it. 9
hir mltir mih mnu l htu hY mohAw dIj Y Bwie]	har mand ^a r meh man lohat hai mohi-aa doojai b ^h aa-ay.	The mind is like iron slag, within the Temple of the Lord; it is lured by the love of duality.
pwris Bj tAY klt nu BieAw klmiq khl n j wie]10]	paaras bhay ^t i-ai kanchan b ^h a-i-aa keema ^t kahee na jaa-ay. 10	Meeting with the Guru, the Philosopher's Stone, the mind is transformed into gold. Its value cannot be described. 10
hir mltir mih hir vs l srb inrtir sie]	har mand ^a r meh har vasai sarab niran ^t ar so-ay.	The Lord abides within the Temple of the Lord. He is pervading in all.
nwnk girmik vxj IAY scw sadw hie]11]1]	naanak gurmuk ^h van ^j ee-ai sachaa sa-ud ^a aa ho-ay. 11 1	O Nanak, the Gurmukhs trade in the merchandise of Truth. 11 1