

paa-i-aa laal raṭan man paa-i-aa

gaṢI mṢI w mḥI w 5 ] (215-5)	ga-or <u>h</u> ee maalaa mehlaa 5.	Gauree Maalaa, Fifth Mehl:
pwieAṢ I ṢI urqnuṢin pwieAṢ ]	paa-i-aa laal raṭan man paa-i-aa.	I have found the jewel of my Beloved within my mind.
qnuṢqI ṢmnuṢqI ṢQIAṢ sqgṢr sbid smṢieAṢ ]1] rhṢau ]	ṭan seeṭal man seeṭal thee-aa saṭgur sabad samaa-i-aa.   1   rahaa-o.	My body is cooled, my mind is cooled and soothed, and I am absorbed into the Shabad, the Word of the True Guru.   1  Pause
I ṢQI BK iqṭṢn sB I ṢQI icṭṢy sgI ibṢṢrI ]	laathee <u>b</u> hookh ṭarisan sabh laathee chintaa sagal bisaaree.	My hunger has departed, my thirst has totally departed, and all my anxiety is forgotten.
krṢmsqik giir pḥYDirE mnu j lqoj guṢṢrI ]1]	kar mastak gur poorai <u>D</u> hari-o man jeeto jag saaree.   1	The Perfect Guru has placed His Hand upon my forehead; conquering my mind, I have conquered the whole world.   1
iqṭṢiq AGṢie rhyird <u>A</u> ḥṢir fI n qy Ab cṭky ]	ṭaripaṭ aghaa-ay rahay rid anṭar dolan ṭay ab chookay.	Satisfied and satiated, I remain steady within my heart, and now, I do not waver at all.
AKṭuKj ṢṢṢ siqgṢir dIAṢ qit nhI rymṭky ]2]	akhut <u>k</u> hajaanaa saṭgur dee-aa tot nahee ray mookay.   2	The True Guru has given me the inexhaustible treasure; it never decreases, and never runs out.   2
Acrj uekṢ Ṣnhu ryBṢel gir AṢI bṢ bṢṢel ]	achraj ayk sunhu ray <u>b</u> haa-ee gur aisee boojh bujhaa-ee.	Listen to this wonder, O Siblings of Destiny: the Guru has given me this understanding.
I wih prdw ṢṢkṢrṢj auBṢtE qau ibṢrI qṢiq pṢel ]3]	laahi pardaa <u>t</u> haakur ja-o bhayti-o ṭa-o bisree ṭaṭ paraa-ee.   3	I threw off the veil of illusion, when I met my Lord and Master; then, I forgot my jealousy of others.   3
kihE n j wel eḥuAcṢBausoj ṢṢṢ ij in cṢiKAṢ ]	kahi-o na jaa-ee ayhu achamb <u>b</u> ha-o so jaanai jin chaakhi-aa.	This is a wonder which cannot be described. They alone know it, who have tasted it.
khunṢnk sc BeyibgṢṢṢ gir inDṢṢṢirdṢI ṢṢṢiKAṢ ]4]3]161]	kaho naanak sach <u>b</u> ha-ay bigaasaa gur ni <u>D</u> haan ridai lai raakhi-aa.   4  3  161	Says Nanak, the Truth has been revealed to me. The Guru has given me the treasure; I have taken it and enshrined it within my heart.   4  3  161