

jaṭ paahaaraa Dheeraj suni-aar

j p̄j I, mŪ 1 (8-8)	japji, mehlaa 1	Chant and Meditate, First Mehl
j q̄u p̄ih̄w̄w̄ D̄rj̄ ū sin̄Āw̄w̄ ]	jaṭ paahaaraa <u>D</u> heeraj suni-aar.	Let self-control be the furnace, and patience the goldsmith.
Ahrix miq v̄p̄u h̄Q̄IĀw̄w̄ ]	ahran̄ maṭ̄ vayḍ̄ hathee-aar.	Let understanding be the anvil, and spiritual wisdom the tools.
BauKI w̄ Agin q̄p̄ q̄w̄w̄ ]	<u>b</u> ha-o <u>k</u> halaa agan ṭap̄ ṭaa-o.	With the Fear of God as the bellows, fan the flames of tapa, the body's inner heat.
B̄w̄f̄w̄ B̄w̄w̄ Āl̄m̄k̄ū iqq̄u F̄w̄i ]	<u>b</u> haa <sup>N</sup> daa <u>b</u> haa-o amrit̄ ṭit̄ <u>d</u> haal.	In the crucible of love, melt the Nectar of the Name,
ḠV̄IĀĪ sb̄d̄ū scl̄ tk̄sw̄l̄ ]	<u>g</u> harhee-ai sabad̄ sachee taksaal.	and mint the True Coin of the Shabad, the Word of God.
ij̄ n̄ kāū ndir̄ k̄rm̄ū iqn̄ k̄w̄r̄ ]	jīn ka-o naḍar̄ karam̄ ṭin̄ kaar.	Such is the karma of those upon whom He has cast His Glimpse of Grace.
n̄w̄nk̄ nd̄r̄l̄ nd̄ir̄ inh̄w̄l̄ ]38]	naanak naḍree naḍar̄ nihaal.   38	O Nanak, the Merciful Lord, by His Grace, uplifts and exalts them.   38