

thaal vich tinn vastoo pa-ee-o sat santokh veechaaro

mihvxl mhl w 5] (1429-12)	mundaavaneeh mehlaa 5.	Mundaavaneeh, Fifth Mehl:
Qwl ivic iqllh vsqllpelE squ sllqKuvlcwro]	thaal vich <u>tinn</u> vastoo pa-ee-o sat <u>santokh</u> veechaaro.	Upon this Plate, three things have been placed: Truth, Contentment and Contemplation.
Allmlq nwmu Twkir kw pieE ij s kw sBSuADwro]	amrit naam <u>thaakur</u> kaa pa-i-o jis kaa <u>sabhas</u> a <u>Dhaaro</u> .	The Ambrosial Nectar of the Naam, the Name of our Lord and Master, has been placed upon it as well; it is the Support of all.
j y ko KwvYj y ko BllYiqs kw hie aDwro]	jay ko <u>khaavai</u> jay ko <u>bhunchai</u> <u>tis</u> kaa ho-ay u <u>Dhaaro</u> .	One who eats it and enjoys it shall be saved.
eh vsquqj l nh j wel inq inq rKuair Dwro]	ayh vasat <u>tajee</u> nah jaa-ee nit nit <u>rakh</u> ur <u>Dhaaro</u> .	This thing can never be forsaken; keep this always and forever in your mind.
qm slwru crn l ig qrlAl'sBu nwnk bhm psuro]1]	<u>tam</u> sansaar charan lag <u>taree</u> -ai <u>sabh</u> naanak barahm pasaaro. 1	The dark world-ocean is crossed over, by grasping the Feet of the Lord; O Nanak, it is all the extension of God. 1