

(From SGGGS Page 1429 line 11 to page 1429 line 16).

मुंदावणी महला ५ ॥

mundaavaneeh mehlaa 5.  
Mundaavaneeh, Fifth Mehl:

थाल विचि तिंनि वसतू पईओ सतु संतोखु वीचारो ॥

thaal vich tinn vastoo pa-ee-o sat santokh veechaaro.  
Upon this Plate, three things have been placed: Truth, Contentment and Contemplation.

अमृत नामु ठाकुर का पइओ जिस का सभसु अधारो ॥

amrit naam thaakur kaa pa-i-o jis kaa sabhas aDhaaro.  
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.

जे को खावै जे को भुंचै तिस का होइ उधारो ॥

jay ko khaavai jay ko bhunchai tis kaa ho-ay uDhaaro.  
One who eats it and enjoys it shall be saved.

एह वसतु तजी नह जाई नित नित रखु उरि धारो ॥

ayh vasat tajeen nah jaa-ee nit nit rakh ur Dhaaro.  
This thing can never be forsaken; keep this always and forever in your mind.

तम संसारु चरन लागि तरीऐ सभु नानक ब्रह्म पसारो ॥१॥

tam sansaar charan lag taree-ai sabh 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||

सलोक महला ५ ॥

salok mehlaa 5.  
Shalok, Fifth Mehl:

तेरा कीता जातो नाही मैनो जोगु कीतोई ॥

tayraa keetaa jaato naahee maino jog keeto-ee.  
I have not appreciated what You have done for me, Lord; only You can make me worthy.

मै निरगुणिआरे को गुणु नाही आपे तरसु पड़ओई ॥

mai nirguni-aaray ko gun naahee aapay taras pa-i-o-ee.

I am unworthy - I have no worth or virtues at all. You have taken pity on me.

तरसु पड़आ मिहरामति होई सतिगुरु सजणु मिलिआ ॥

taras pa-i-aa mihraamat ho-ee satgur sajan mili-aa.

You took pity on me, and blessed me with Your Mercy, and I have met the True Guru, my Friend.

नानक नामु मिलै ताँ जीवाँ तनु मनु थीवै हरिआ ॥१॥

naanak naam milai taa<sup>N</sup> jeevaa<sup>N</sup> tan man theevai hari-aa. ||1||

O Nanak, if I am blessed with the Naam, I live, and my body and mind blossom forth. ||1||