

ਸੰਤਹੁ ਮਨ ਪਵਨੈ ਸੁਖੁ ਬਨਿਆ ॥

O Saints, my windy mind has now become peaceful and still.

ਕਿਛੁ ਜੋਗੁ ਪਰਾਪਤਿ ਗਨਿਆ ॥ ਰਹਾਉ ॥

It seems that I have learned something of the science of Yoga. ||Pause||

ਗੁਰਿ ਦਿਖਲਾਈ ਮੋਰੀ ॥

The Guru has shown me the hole,

ਜਿਤੁ ਮਿਰਗ ਪੜਤ ਹੈ ਚੋਰੀ ॥

through which the deer carefully enters.

ਮੂੰਦਿ ਲੀਏ ਦਰਵਾਜੇ ॥

I have now closed off the doors,

ਬਾਜੀਅਲੇ ਅਨਹਦ ਬਾਜੇ ॥੧॥

and the unstruck celestial sound current resounds. ||1||

ਕੁੰਭ ਕਮਲੁ ਜਲਿ ਭਰਿਆ ॥

The pitcher of my heart-lotus is filled with water;

ਜਲੁ ਮੇਟਿਆ ਉਭਾ ਕਰਿਆ ॥

I have spilled out the water, and set it upright.

ਕਹੁ ਕਬੀਰ ਜਨ ਜਾਨਿਆ ॥

Says Kabeer, the Lord's humble servant, this I know.

ਜਉ ਜਾਨਿਆ ਤਉ ਮਨੁ ਮਾਨਿਆ ॥੨॥੧੦॥

Now that I know this, my mind is pleased and appeased. ||2||10||