## kundalini şurjhee japa

Jinho baat nischal dhru jaanee, tayee jeev kaal tay bacha.

Those who realize the Eternal, Unchanging Word of God, like Dhroo, are immune to death.

Tin tario samundar rudar khin ek meh, jalahar bimb jugat jag rachaa.

They cross over the terrifying world-ocean in an instant; the Lord created the world like a bubble of water.

Kundalini surjhee satsangat, paramanand guru mukh macha.

The Kundalini rises in the Sat Sangat, the True Congregation; through the Word of the Guru, they enjoy the Lord of Supreme Bliss.

Siri guru sahib sabh upaar, man bach karam sayveeai sacha ||5|| The Supreme Guru is the Lord and Master over all; so serve the True Guru, in thought, word and deed. ||5||