

**Main Chopai:** Baal Kand – Doha 32 and Uttar Kaand – Doha 122

Sadagur gyaan biraag joge key | Bibudh baid bhav bheem roge key ||  
Sadagur baid bachan biswaasa | Sanjam yeh na bishaya kai aasa ||

**Meaning:**

They are true teachers of wisdom, dispassion and Yoga and celestial physicians for the dread disease of transmigration. There must be faith in the words of Sadaguru and the regimen is indifference to senses.