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Salok Mardaanaa 1.
Salok, Mardaanaa:

Kil Kalvaii Kaam Mad Manoo Pevanhaar.
The Dark Age of Kali Yuga is the vessel, filled with the wine of sexual desire; the mind is the drunkard.

KroDh Katoree Mohi Bharee Pevaanhaar ahaNkaar.
Anger is the cup, filled with emotional attachment, and egotism is the server.

Karnee Lahaan Sat Gurh Sach Saraa Kar Saar.
So let good deeds be your distillery, and Truth your molasses; in this way, make the most excellent wine of Truth.

Gun Manday Kar Seel Ghi-o Saram Maas Aahaar.
Make virtue your bread, good conduct the ghee, and modesty the meat to eat.
As Gurmukh, these are obtained, O Nanak; partaking of them, one’s sins depart. ||1||

Mardaanaa 1
Mardaanaa:

The human body is the vat, self-conceit is the wine, and desire is the company of drinking buddies.

Drinking in this wine, O Nanak, one takes on countless sins and corruptions.

So make spiritual wisdom your molasses, the Praise of God your bread, and the Fear of God the meat you eat.

If the human body is the vat, and self-realization is the wine, then a stream of Ambrosial Nectar is produced.
Meeting with the Society of the Saints, the cup of the Lord's Love is filled with this Ambrosial Nectar; drinking it in, one's corruptions and sins are wiped away. ||3||