

Mukta Words Practice Sheet

| | <i>English Sounds</i> | <i>Punjabi Words</i> | <i>Meaning</i> |
|----|-----------------------|----------------------|-------------------|
| 1 | gha +ra | ਘਰ | home |
| 2 | Ja +la | ਜਲ | water |
| 3 | ka+ra | ਕਰ | to do |
| 4 | ta + ra | ਤਰ | Kind of cucumber |
| 5 | ra+sa | ਰਸ | juice |
| 6 | ma+na | ਮਨ | mind |
| 7 | Ja+pa | ਜਪ | Meditate/ chant |
| 8 | ch+la | ਚਲ | to go |
| 9 | ra+ra | ਹਰ | every/each moment |
| 10 | da +ra | ਡਰ | fear |