

uchrahu raam naam lakh baaree

gaWl mhl ॥ 5 ] (194-16)	ga-or <u>hee</u> mehlaa 5.	Gauree, Fifth Mehl:
hir ismrq siB imtih kl ॥ ]	har simrat <u>sabh</u> miteh kalays.	Meditating in remembrance on the Lord, all suffering is eradicated.
crx kml mn mih prvys ]1]	charan <u>u</u> kamal man meh parvays.   1	The Lord's Lotus Feet are enshrined within my mind.   1
aurhu rnm nmmul K burl ]	uchrahu raam naam <u>lakh</u> baaree.	Chant the Lord's Name, hundreds of thousands of times, O my dear,
Almbq rsu plvhu pB ipAwrl ]1] rhwa ]	amrit ras peevhu parabh pi-aaree.   1   rahaa-o.	and drink deeply of the Ambrosial Essence of God.   1  Pause
sK shj rs mh Anpd ]	sook <u>h</u> sahj ras mahaa ananda <u>u</u> .	Peace, celestial bliss, pleasures and the greatest ecstasy are obtained;
j ip j ip j lvy prmrndw ]2]	jap jap jeevay parmaananda <u>u</u> .   2	chanting and meditating, you shall live in supreme bliss.   2
kum kD I B md Key ]	kaam kro <u>Dh</u> lob <u>h</u> mad <u>u</u> kho-ay.	Sexual desire, anger, greed and ego are eradicated;
sD k' slg iki ibK sB Dey ]3]	saa <u>Dh</u> kai sang kilbik <u>h</u> sab <u>h</u> <u>Dh</u> - ay.   3	in the Saadh Sangat, the Company of the Holy, all sinful mistakes are washed away.   3
kir ikrpw pB dln dieAwl ॥ ]	kar kirpaa parabh <u>deen</u> da-i-aalaa.	Grant Your Grace, O God, O Merciful to the meek.
nank dj YsD rvwl ॥ ]4]75]144]	naanak <u>deejai</u> saa <u>Dh</u> ravaalaa.   4  75  144	Please bless Nanak with the dust of the feet of the Holy.   4  75  144