

man mayray gahu har naam kaa olaa

gaMl gaAaryl mhl w 5 ] (178-18)	ga-or <u>hee</u> gu-aarayree mehlaa 5.	Gauree Gwaarayree, Fifth Mehl:
Aink j qn nhl hq Cutrw ]	anik ja <u>tan</u> nahee ho <u>t</u> <u>ch</u> hutaaraa.	By all sorts of efforts, people do not find salvation.
bhqisAwxp Angl Bwrw ]	bah <u>u</u> t si-aanap aagal <u>b</u> haaraa.	Through clever tricks, the weight is only piled on more and more.
hir kl syw inrml hq ]	har kee sayvaa nirmal hay <u>t</u> .	Serving the Lord with a pure heart,
pB kl drgh sBw sq ]1]	para <u>b</u> h kee <u>d</u> argeh sob <u>h</u> aa say <u>t</u> .   1	you shall be received with honor at God's Court.   1
mn myryghu hir nwm kw El w ]	man mayray gahu har naam kaa olaa.	O my mind, hold tight to the Support of the Lord's Name.
qWYn l wgy qwqW Jd w ]1] rhwau ]	tuj <u>h</u> ai na laagai ta <u>a</u> ta <u>a</u> j <u>h</u> olaa.   1   rahaa-o.	The hot winds shall never even touch you.   1  Pause
ij aubohQuB'swgr mwih ]	ji-o bohith <u>b</u> hai saagar maahi.	Like a boat in the ocean of fear;
ADkwr dlpk dlpwih ]	an <u>D</u> kaar <u>d</u> eepak <u>d</u> eepaahi.	like a lamp which illumines the darkness;
Agin slq kw l whis dK ]	agan see <u>t</u> kaa laahas <u>d</u> ook <u>h</u> .	like fire which takes away the pain of cold
nwmuj pq min hwq sK ]2]	naam japa <u>t</u> man hova <u>t</u> sook <u>h</u> .   2	- just so, chanting the Name, the mind becomes peaceful.   2
aqir j wie qrymn kl ipAws ]	u <u>t</u> ar jaa-ay <u>t</u> ayray man kee pi-aas.	The thirst of your mind shall be quenched,
pln hw/sgl l Aws ]	pooran hovai saglee aas.	and all hopes shall be fulfilled.
fd Ynwhl qmrw clqu ]	dolai naahee <u>t</u> umraa chee <u>t</u> .	Your consciousness shall not waver.
Almq nwmuj ip gurmik mlq ]3]	amri <u>t</u> naam jap gurmuk <u>h</u> mee <u>t</u> .   3	Meditate on the Ambrosial Naam as Gurmukh, O my friend.   3
nwmu AaKDusel j nupwv ]	naam a-uk <u>h</u> a <u>D</u> h so-ee jan paavai.	He alone receives the panacea, the medicine of the Naam,
kir ikrpw ij suAwip idvwv ]	kar kirpaa jis aap <u>d</u> ivaavai.	unto whom the Lord, in His Grace, bestows it.
hir hir nwmuj w k'ihrd'vs ]	har har naam jaa kai hira <u>d</u> ai vasai.	One whose heart is filled with the Name of the Lord, Har, Har
dKudrduiqh nwnk ns' ]4]10]79]	<u>d</u> ook <u>h</u> <u>d</u> arad <u>t</u> ih naanak nasai.   4  10  79	- O Nanak, his pains and sorrows are eliminated.   4  10  79