

avar upaav sabh ti-aagi-aa daaroo naam la-i-aa

rwguibl wvl umhl w 5 ddpdy Gru 5 (817-9)	raag bilaaval mehlaa 5 dupday ghar 5	Raag Bilaaval, Fifth Mehl, Du-Padas, Fifth House:
Avir apwv siB iqAwigAw dwrU nmul ieAw]	avar upaav sabh ti-aagi-aa daaroo naam la-i-aa.	I have given up all other efforts, and have taken the medicine of the Naam, the Name of the Lord.
qwp pwp siB imtyrg slql mnu BieAw]1]	taap paap sabh mitay rog seetal man bha-i-aa. 1	Fevers, sins and all diseases are eradicated, and my mind is cooled and soothed. 1
grupthw AwwiDAw sgl w dku gieAw]	gur pooraa aaraaDhi-aa saglaa dukh ga-i-aa.	Worshipping the Perfect Guru in adoration, all pains are dispelled.
rwKnhwrYrwikaAw Apnl kir mieAw]1] rhwau]	raakhanhaarai raakhi-aa apnee kar ma-i-aa. 1 rahaa-o.	The Savior Lord has saved me; He has blessed me with His Kind Mercy. 1 Pause
bwh pkiV pB kwiFAw klnw ApnieAw]	baah pakarh parabh kaadhi-aa keenaa apna-i-aa.	Grabbing hold of my arm, God has pulled me up and out; He has made me His own.
ismir ismir mn qn skl nwnk inrBieAw]2]1]65]	simar simar man tan sukhee naanak nirbha-i-aa. 2 1 65	Meditating, meditating in remembrance, my mind and body are at peace; Nanak has become fearless. 2 1 65