

man mayray sagal upaav tī-aag

isrInḡumhl ॥ 5] (45-6)	sireeraag mehlaa 5.	Siree Raag, Fifth Mehl:
iekupCwxllj IA kw iekorKxhwrū]	ik pachhaanoo jee-a kaa iko rakhanhaar.	The One is the Knower of all beings; He alone is our Savior.
ieks kw min Aḡsrw ieko plx ADwrū]	ikas kaa man aasraa iko paraan aDhaar.	The One is the Support of the mind; the One is the Support of the breath of life.
iqsusrxwēl sdw sIKupwrbhmu krqwrū]1]	tīs sarnaa-ee sadāa sukh paarbarahm kartaar. 1	In His Sanctuary there is eternal peace. He is the Supreme Lord God, the Creator. 1
mn myrsgl apiv iqAḡgū]	man mayray sagal upaav tī-aag.	O my mind, give up all these efforts.
guru plw AwrwD inq ieksūkl il v l ḡgū]1] rhwau]	gur pooraa aaraaDh nit ikas kee liv laag. 1 rahaa-o.	Dwell upon the Perfect Guru each day, and attach yourself to the One Lord. 1 Pause
iekoBwēl imquiekuieko mḡq ipqū]	iko bhāa-ee mit ik iko maat pitāa.	The One is my Brother, the One is my Friend. The One is my Mother and Father.
ieks kl min tk h'ij in j lauplfu idqū]	ikas kee man tayk hai jin jee-o pind ditāa.	The One is the Support of the mind; He has given us body and soul.
so pBumnhun ivsr'ij in sBuikCu vis klqū]2]	so parabh manhu na visrai jin sabh kichh vas keetaa. 2	May I never forget God from my mind; He holds all in the Power of His Hands. 2
Gir iekobwhir iekoQwn Onqir Awip]	ghar iko baahar iko thaan thanantar aap.	The One is within the home of the self, and the One is outside as well. He Himself is in all places and interspaces.
j IA j ḡ siB ij in kleyAwT phr iqsuj wip]	jee-a jant sabh jin kee-ay aath pahar tis jaap.	Meditate twenty-four hours a day on the One who created all beings and creatures.
ieksūsgl riqAw n hwl sg slwpu]3]	ikas saytee ratī-aa na hovee sog santāap. 3	Attuned to the Love of the One, there is no sorrow or suffering. 3
pwrbhmu pBueku h'ij ॥ nhl kie]	baarbarahm parabh ayk hai doojaa naahee ko-ay.	There is only the One Supreme Lord God; there is no other at all.
j lauplfu sBuigs kw j iqsūBw'lsu hie]	jee-o pind sabh tis kaa jo tis bhāavai so ho-ay.	Soul and body all belong to Him; whatever pleases His Will comes to pass.
gūr pl'plw BieAw j ip nḡnk scw sie]4]9]79]	gur poorai pooraa bhā-i-aa jap naanak sachaa so-ay. 4 9 79	Through the Perfect Guru, one becomes perfect; O Nanak, meditate on the True One. 4 9 79