

man mayray sukh sahj saytee jap naa-o

srngumhl w 5] (44-11)	sareeraag mehlaa 5.	Siree Raag, Fifth Mehl:
sael iDAweIAj IAVyisir swhw piqswhu]	so-ee <u>Dhi</u> -aa-ee-ai jee- <u>arhay</u> sir saahaa ^N paatisaahu.	Meditate on Him, O my soul; He is the Supreme Lord over kings and emperors.
iqs hl kl kir Ams mn ij s kw sBsuvswhu]	tis hee kee kar aas man jis kaa <u>sabhas</u> vaysaahu.	Place the hopes of your mind in the One, in whom all have faith.
siB isAwxpw Cif klgr kl crxl pwhu]1]	<u>sabh</u> si-aanpaa <u>chhad</u> kai gur kee charnee paahu. 1	Give up all your clever tricks, and grasp the Feet of the Guru. 1
mn myrsk shj sqj j ip nwa]	man mayray sukh sahj saytee jap naa-o.	O my mind, chant the Name with intuitive peace and poise.
AwT phr pBu iDAwie qllgix gietd inq gwa]1] rhwa]	aath pahar parabh <u>Dhi</u> -aa-ay too ^N gun go- <u>ind</u> nit gaa-o. 1 rahaa-o.	Twenty-four hours a day, meditate on God. Constantly sing the Glories of the Lord of the Universe. 1 Pause
iqs kl srnl prumw ij sij yfu Avrun kie]	tis kee sarnee par manaa jis jayvad avar na ko-ay.	Seek His Shelter, O my mind; there is no other as Great as He.
ij suismrq skuhie Gxw dKudrud n ml yhie]	jis simrat sukh ho-ay <u>ghanaa dukh</u> <u>darad</u> na moolay ho-ay.	Remembering Him in meditation, a profound peace is obtained. Pain and suffering will not touch you at all.
sdw sdw kir ckrp pBuswhbucw sie]2]	sadaa sadaa kar chaakree parabh saahib sachaa so-ay. 2	Forever and ever, work for God; He is our True Lord and Master. 2
suDshtiq hie inrml w ktIAj m kl Pws]	saa <u>Dhsangat</u> ho-ay nirmalaa katee-ai jam kee faas.	In the Saadh Sangat, the Company of the Holy, you shall become absolutely pure, and the noose of death shall be cut away.
skdwiq BYBj noiqsuAig'kir Ardwis]	<u>sukh-daata</u> <u>bhai</u> <u>bhanjno</u> tis aagai kar ardaas.	So offer your prayers to Him, the Giver of Peace, the Destroyer of fear.
imhr kryij suimhrvnu qw kwj u AwYrwis]3]	mihar karay jis miharvaan <u>taa</u> ^N kaaraj aavai raas. 3	Showing His Mercy, the Merciful Master shall resolve your affairs. 3
bhqo bhquvKuxIA/atc/atc Qwa]	bahuto bahut <u>vakhaanee</u> -ai oocho oochaa thaa-o.	The Lord is said to be the Greatest of the Great; His Kingdom is the Highest of the High.
vrnw ichnw bwhrw klmiq kih n skwa]	varnaa chihnaa baahraa keemat kahi na sakaa-o.	He has no color or mark; His Value cannot be estimated.
nwnk kaupB mieAw kir scu dyhu Apixw nwa]4]7]77]	naanak ka-o parabh ma-i-aa kar sach <u>dayvhu</u> apunaa naa-o. 4 7 77	Please show Mercy to Nanak, God, and bless him with Your True Name. 4 7 77