

har har naam dee-o gur saathay

ਸ੍ਰਿਗ ਮਹਿ ॥ 5 ॥ (1212-17)	saarag mehlāa 5.	Saarang, Fifth Mehl:
ਹਿਰ ਹਿਰ ਨਿਮੁਦਿਏ ਗਿਰ ਸੁਠਿਯੁ ]	har har naam <u>dee</u> -o gur saathay.	The Guru has given me the Name of the Lord, Har, Har, as my Companion.
ਿਨਮਕ ਬਚੁਪੁਬਿ ਹਿਅਰਿ ਬਿਸੇ ਸਗਿ ਬਿਕ ਮ੍ਰਿਗਿ ॥ ੧੦੯ ॥ 1 ॥ ਰਹਿਯੁ ]	nimakh bachan parabh hee-arai basi-o sagal <u>bhookh</u> mayree laathay.   1   rahaa-o.	If the Word of God dwells within my heart for even an instant, all my hunger is relieved.   1  Pause
ਿਕਠੁ ॥ ਿਨਦਿਨੁ ਗੁਖੁ ਨਿਕਿ ਟੁਕਿਰਿ ਸਿਕੁ ਸਮਿਠੁ ਸਬਿ ਨਿਠਿਯੁ ]	kirpaa ni <u>Dhaan</u> gun naa-ik <u>thaakur</u> <u>sukh</u> samooh <u>sabh</u> naathay.	O Treasure of Mercy, Master of Excellence, my Lord and Master, Ocean of peace, Lord of all.
ੇਕਿ ਅਸਿ ਮੋਹਿ ਗ੍ਰਿ ਸਿਅਮਿ ਅਰਿ ਦਿਗਿਅਿ ਅਸਿ ਿਰਿਠਿਯੁ ] 1 ॥	ayk aas mohi <u>tayree</u> su-aamee a-or <u>duṭee</u> -aa aas biraathay.   1	My hopes rest in You alone, O my Lord and Master; hope in anything else is useless.   1
ਨਿਕਿ ਿਕੁਪੁਸਿਯੁ ਿਕੁ ਿਰਿਸਿਠਿਯੁ ਗਿਰਿ ਕੁਰਿ ਦਿਰਿਯੁ ਮ੍ਰਿਯੁ ਮਿਠਿਯੁ ]	nain <u>tariptaasay</u> <u>daykh</u> <u>darsaavaa</u> gur kar <u>Dhaaray</u> mayrai maathay.	My eyes were satisfied and fulfilled, gazing upon the Blessed Vision of His Darshan, when the Guru placed His Hand on my forehead.
ਕਹੁ ਨਾਨਕੁ ਮਿਅਕੁ ਸਿਕੁਪੁਐਅਿ ਜਿ ਨਮਿ ਮ੍ਰਿਕੁ ਬਿਠਿਠਿਯੁ ] 2 ॥ 20 ॥ 43 ॥	kaho naanak mai aṭul <u>sukh</u> paa-i- aa janam maran <u>bhai</u> laathay.   2  20  43	Says Nanak, I have found immeasurable peace; my fear of birth and death is gone.   2  20  43