

teenay taap nivaaranhaaraa dukh hantaa sukh raas

t f l m h l 5] (714-11)	todee mehlaa 5.	Todee, Fifth Mehl:
hir k crn km l min iDaa]	har kay charan kamal man <u>D</u> hi-aa-o.	Meditate on the lotus feet of the Lord within your mind.
kwiF kTwr ipq bwq hqw AaKD hir k nwa]1] rhwa]	kaadh kuthaar pit baat hantaa a- <u>ukhaDh</u> har ko naa-o. 1 rahaa-o.	The Name of the Lord is the medicine; it is like an axe, which destroys the diseases caused by anger and egotism. 1 Pause
qIn qwp invrxhwrw dK hqw sK ris]	teenay taap nivaaranhaaraa <u>dukh</u> hantaa <u>sukh</u> raas.	The Lord is the One who removes the three fevers; He is the Destroyer of pain, the warehouse of peace.
qw ka ibGn n ka lwg jw kl pB Awg Ardais]1]	taa ka-o bighan na ko-oo laagai jaa kee parab <u>h</u> aagai ardaas. 1	No obstacles block the path of one who prays before God. 1
sq pswid bd nwrwix krx kwx pB ek]	sant parsaad baid naaraa-in karan kaaran parab <u>h</u> ayk.	By the Grace of the Saints, the Lord has become my physician; God alone is the Doer, the Cause of causes.
bw l biD prn sKdqw nwnk hir hir tk]2]8]13]	baal bu <u>Dh</u> pooran <u>sukh</u> -daata naanak har har tayk. 2 8 13	He is the Giver of perfect peace to the innocent-minded people; O Nanak, the Lord, Har, Har, is my support. 2 8 13