

mayray man har amrit naam Dhi-aa-ay

ml wr mhl w 3 ] (1258-9)	malaar mehlaa 3.	Malaar, Third Mehl:
gurmik kael ivrl w buvij s nondir krje ]	gurmukh ko-ee vir <sup>l</sup> aa booj <sup>h</sup> ai jis no nadar karay-i.	Rare is that person who, as Gurmukh, understands; the Lord has bestowed His Glance of Grace.
gur ibnu diqu kael nwhl bKsyndir krje ]	gur bin daataa ko-ee naahee bakhsay nadar karay-i.	There is no Giver except the Guru. He grants His Grace and forgives.
gur imil Aysliq abj YAnidnu nmu l eje ]1]	gur mili-ai saa <sup>N</sup> t oopjai an-din naam la-ay-ay.   1	Meeting the Guru, peace and tranquility well up; chant the Naam, the Name of the Lord, day and night.   1
myr mn hir Almq nmu iDAwie ]	mayray man har amrit naam <u>Dhi</u> -aa-ay.	O my mind, meditate on the Ambrosial Name of the Lord.
siggru prKu iml Y nau puel AY hir nmysdw smwie ]1] rhau ]	satgur purakh milai naa-o paa-ee-ai har naamay sadaa samaa-ay.   1   rahaa-o.	Meeting with the True Guru and the Primal Being, the Name is obtained, and one remains forever absorbed in the Lord's Name.   1  Pause
mnmiK sdw ivCMyi Prih kie n iks hl niil ]	manmukh sadaa vichhurhay fireh ko-ay na kis hee naal.	The self-willed manmukhs are forever separated from the Lord; no one is with them.
hamvfv rgu h'isir mryj mkwil ]	ha-umai vadaa rog hai sir maaray jamkaal.	They are stricken with the great disease of egotism; they are hit on the head by the Messenger of Death.
gurmig sqsliq n ivCWh Anidnu nmu smil ]2]	gurmat sa <sup>s</sup> angat na vichhur <sup>h</sup> eh an-din naam sam <sup>H</sup> aal.   2	Those who follow the Guru's Teachings are never separated from the Sat Sangat, the True Congregation. They dwell on the Naam, night and day.   2
sBnw krqw eku qlinq kir dKih vlwru ]	sabhnaa kartaa ayk too nit kar dayk <sup>h</sup> eh veechaar.	You are the One and Only Creator of all. You continually create, watch over and contemplate.
ieik gurmik Awip iml wieAw bKsy Bgiq Blfir ]	ik gurmukh aap milaa-i-aa bakhsay bhagat bhandaar.	Some are Gurmukh - You unite them with Yourself. You bless them with the treasure of devotion.
ql Awpy sBu ikCu j wxdw iksu Awg' kr l plkar ]3]	too aapay sabh kichh jaandaa kis aagai karee pookaar.   3	You Yourself know everything. Unto whom should I complain?   3
hir hir nmu Almq h'ndri pwieAw j wie ]	har har naam amrit hai nadree paa-i-aa jaa-ay.	The Name of the Lord, Har, Har, is Ambrosial Nectar. By the Lord's Grace, it is obtained.
Anidnu hir hir acr'gur k' shij sBwie ]	an-din har har uchrai gur kai sahj sub <sup>h</sup> aa-ay.	Chanting the Name of the Lord, Har, Har, night and day, the intuitive peace and poise of the Guru is obtained.
nwnk nmu inDwnu h' nmy hl icqu l wie ]4]3]	naanak naam niDhaan hai naamay hee chit laa-ay.   4  3	O Nanak, the Naam is the greatest treasure. Focus your consciousness on the Naam.   4  3