

mayraa baiḍ guroo govinḍaa

sriT mhl ॥ 5] (618-2)	soratḥ mehlaa 5.	Sorat'h, Fifth Mehl:
j nm j nm kydK invirYsIk mnu suDwrY]	janam janam kay dookḥ nivaarai sookaa man saDhaaraai.	He dispels the pains of countless incarnations, and lends support to the dry and shrivelled mind.
drsnubytq hoq inhwl ॥ hir kw nwmublwrY]1]	ḍarsan bhaytaṭ hoṭ nihaalaa har kaa naam beechaarai. 1	Beholding the Blessed Vision of His Darshan, one is enraptured, contemplating the Name of the Lord. 1
myr ॥ bḍu grl givḍu]	mayraa baiḍ guroo govinḍaa.	My physician is the Guru, the Lord of the Universe.
hir hir nwmuAaKDu miK dyv kwtYj m kl Pḍw]1] rhwau]	har har naam a-ukhaDḥ mukḥ ḍayvai kaatai jam kee fanDhaa. 1 rahaa-o.	He places the medicine of the Naam into my mouth, and cuts away the noose of Death. 1 Pause
smrQ pirK pln ibDwcy Awpy krxhwrw]	samrath purakḥ pooran biDhaaṭay aapay karnaihaaraa.	He is the all-powerful, Perfect Lord, the Architect of Destiny; He Himself is the Doer of deeds.
Apnw dwsu hir Awip abwirAw nwnk nwm ADwrw]2]6]34]	apunaa ḍaas har aap ubaari-aa naanak naam aDhaaraa. 2 6 34	The Lord Himself saves His slave; Nanak takes the Support of the Naam. 2 6 34