

jap man mayray govind kee banee

gaMl mhl w 5] (192-5)	ga-or ^h ee mehlaa 5.	Gauree, Fifth Mehl:
ij suismrq dKusBuj wie]	jis simrat ^t ^d ookh ^h sab ^h jaa-ay.	Remembering Him in meditation, all pains are gone.
nmmurqnuvsYmin Awie]1]	naam ra ^t an vasai man aa-ay. 1	The jewel of the Naam, the Name of the Lord, comes to dwell in the mind. 1
j ip mn myrgivM kl bixl]	jap man mayray govind kee banee.	O my mind, chant the Bani, the Hymns of the Lord of the Universe.
sWDJ n rmmu rsn vKwxl]1] rhwaU]	saaD ^h oo jan raam rasan vak ^h aanee. 1 rahaa-o.	The Holy People chant the Lord's Name with their tongues. 1 Pause
ieksu ibnu nwhl dlj w kie]	ikas bin naahee ^d oojaa ko-ay.	Without the One Lord, there is no other at all.
j w kl idlSit sdw sKuhie]2]	jaa kee ^d arisat sad ^a a suk ^h ho-ay. 2	By His Glance of Grace, eternal peace is obtained. 2
sij nu mlqu sKw kir ekw]	saajan meet ^t sak ^h aa kar ayk.	Make the One Lord your friend, intimate and companion.
hir hir AKr mn mih lYKu]3]	har har ak ^h ar man meh layk ^h . 3	Write in your mind the Word of the Lord, Har, Har. 3
riv rihAw srbq siAwml]	rav rahi-aa sarbat ^t su-aamee.	The Lord Master is totally pervading everywhere.
gx gwY nwnku AMrj wml]4]62]131]	gun ^u gaavai naanak an ^t arjaamee. 4 62 131	Nanak sings the Praises of the Inner-knower, the Searcher of hearts. 4 62 131