

ṭaj aap binsee ṭaap rayṇ saaDhoo thee-o

ṁwīr-ṭmhl w 5] (1007-3)	maaroo mehlaa 5.	Maaroo, Fifth Mehl:
qij Aṁpūibnsl qṁpūryx sṁDū Qlau]	ṭaj aap binsee ṭaap rayṇ saaDhoo thee-o.	Renounce your self-conceit, and the fever shall depart; become the dust of the feet of the Holy.
iqsih pṁpīq nṁmūqyrw kir ikṁṁ ij sūdlau]1]	ṭiseh paraapaṭ naam ṭayraa kar kirpaa jis dee-o. 1	He alone receives Your Name, Lord, whom You bless with Your Mercy. 1
mṁymn nṁmūAṁṁkūplau]	mayray man naam amriṭ pee-o.	O my mind, drink in the Ambrosial Nectar of the Naam, the Name of the Lord.
Aṁn sūḍ ibswīr hCy Amruj ju jugj lau]1] rṁṁau]	aan saad bisaar hochhay amar jug jug jee-o. 1 rahaa-o.	Abandon other bland, insipid tastes; become immortal, and live throughout the ages. 1 Pause
nṁmūiek rs rṁṁ nṁmū nṁim l wgl l lau]	naam ik ras rang naamaa naam laagee lee-o.	Savor the essence of the One and only Naam; love the Naam, focus and attune yourself to the Naam.
mlqūsiṁ nūskṁ bḍpūhir eṁkū nṁnk klau]2]5]28]	meeṭ saajan sakḁaa banDḁap har ayk naanak kee-o. 2 5 28	Nanak has made the One Lord his only friend, companion and relative. 2 5 28