

naam a-ukhaDh mo ka-o saaDhoo dee-aa

mU mhl w 5] (101-11)	maajh mehlaa 5.	Maajh, Fifth Mehl:
pB ikrpw qy hir hir iDAwvau]	parabh kirpaa tay har har Dhi-aava-o.	By God's Grace, I meditate on the Lord, Har, Har.
pBU dieAw qymthI ugivau]	parabhoo da-i-aa tay mangal gaava-o.	By God's Kindness, I sing the songs of joy.
aTq bTq swq j wgg hir iDAweIAI sgl Avrdw j lau]1]	oothat baithat sovat jaagat har Dhi-aa-ee-ai sagal avradaa jee-o. 1	While standing and sitting, while sleeping and while awake, meditate on the Lord, all your life. 1
nmu AaKDumokausiDUdiAw]	naam a-ukhaDh mo ka-o saaDhoo dee-aa.	The Holy Saint has given me the Medicine of the Naam.
ikl ibK kwtynrml uQIAw]	kilbikh kaatay nirmal thee-aa.	My sins have been cut out, and I have become pure.
AnduBieAw inksl sB plrw sgl ibnwsydrdw j lau]2]	anad bha-i-aa niksee sabh peeraa sagal binaasay dardaa jee-o. 2	I am filled with bliss, and all my pains have been taken away. All my suffering has been dispelled. 2
ij s kAw Albu krymyrw ipAwrw] so mikqW sigr stswrw]	jis kaa ang karay mayraa pi-aaraa. so muktaa saagar sansaaraa.	One who has my Beloved on his side, is liberated from the world-ocean.
siq kryij in grlpCiqW sokwhy kau frdw j lau]3]	sat karay jin guroo pachhaataa so kaahay ka-o dardaa jee-o. 3	One who recognizes the Guru practices Truth; why should he be afraid? 3
j b qy siDUstgiq pwey] gr Bvtq haugel bl wey]	jab tay saaDhoo sangat paa-ay. gur bhaytat ha-o ga-ee balaa-ay.	Since I found the Company of the Holy and met the Guru, the demon of pride has departed.
swis swis hir gwv nwnkusiqgr Fwik IIAw myrw pVdw j lau]4]17]24]	saas saas har gaavai naanak satgur dhaak lee-aa mayraa parh-daa jee-o. 4 17 24	With each and every breath, Nanak sings the Lord's Praises. The True Guru has covered my sins. 4 17 24