

mayro man jaṭ kaṭ tuj̣heh sam^Haarai

swrg mhl w 5] (1214-13)	saarag mehlaa 5.	Saarang, Fifth Mehl:
myromnuj q kq quih smwY]	mayro man jaṭ kaṭ tuj̣heh sam ^H aarai.	My mind contemplates You, O Lord, all the time.
hm bwirk dln ipqw pB myrij au j wnih iqau pwrY] 1] rhwau]	ham baarik <u>deen</u> pi ^t aa parab <u>h</u> mayray ji-o jaaneh ti-o paarai. 1 rahaa-o.	I am Your meek and helpless child; You are God my Father. As You know me, You save me. 1 Pause
j b Bk0qb Bj numlgY AGwey sK sGwrY]	jab <u>bhukhou</u> <u>tab</u> <u>bhojan</u> maa ^N gai aghaa-ay sook <u>h</u> sag <u>h</u> aarai.	When I am hungry, I ask for food; when I am full, I am totally at peace.
qb Arq j b qm sllg bsq0 Cutkq hie rvwrY] 1]	<u>tab</u> arog jab <u>tum</u> sang bastou <u>chhutkaṭ</u> ho-ay ravaarai. 1	When I dwell with You, I am free of disease; if I become separated from You, I turn to dust. 1
kvn bsyrodws dwsn ko Qwipau QwprhwrY]	kavan basayro <u>daas</u> <u>daasan</u> ko thaapi-o thaapanhaarai.	What power does the slave of Your slave have, O Establisher and Disestablisher?
nwmun ibsrY qb j lvnu pweAY ibnql nwnk ieh swrY] 2] 29] 52]	naam na bisrai <u>tab</u> jeevan paa-ee-ai bin ^t ee naanak ih saarai. 2 29 52	If I do not forget the Naam, the Name of the Lord, then I die. Nanak offers this prayer. 2 29 52