

vaido na vaa-ee bhaino na bhaa-ee ayko sahaa-ee raam hay

mwrUmhl w 5 ] (1008-1)	maaroo mehlaa 5.	Maaroo, Fifth Mehl:
vDn vvel Bk n Bvel eko shvel rwmu hy ] 1]	vaido na vaa-ee <u>bhaino</u> na <u>bhaa</u> -ee ayko sahaa-ee raam hay.   1	The One Lord alone is our help and support; neither physician nor friend, nor sister nor brother can be this.   1
klqw ij so hv/ pwpW ml oDv/ so ismrhu prDwru hy ] 2]	keetaa jiso hovai paapaa <sup>N</sup> malo <u>Dhovai</u> so simrahu par <u>Dhaan</u> hay.   2	His actions alone come to pass; He washes off the filth of sins. Meditate in remembrance on that Supreme Lord.   2
Git Gty vsl srb invsl AsiQru j w kw Qwru hy ] 3]	<u>ghat</u> <u>ghatay</u> vaasee sarab nivaasee asthir jaa kaa thaam hay.   3	He abides in each and every heart, and dwells in all; His seat and place are eternal.   3
Awv/ n j wv/ slgy smwv/ pl'n j w kw kwmu hy ] 4]	aavai na jaavai sangay samaavai pooran jaa kaa kaam hay.   4	He does not come or go, and He is always with us. His actions are perfect.   4
Bgq j n w kw rwKxhw w ]	<u>bhagat</u> janaa kaa raak <u>han</u> haaraa.	He is the Savior and the Protector of His devotees.
slq j lvih j ip pl'n ADw w ]	sant jeeveh jap paraan a <u>Dha</u> araa.	The Saints live by meditating on God, the support of the breath of life.
krn kwrn smrQu siAwml nwnku iqsu krbwru hy ] 5] 2] 32]	karan kaaran samrath su-aamee naanak tis kurbaan hay.   5   2   32	The Almighty Lord and Master is the Cause of causes; Nanak is a sacrifice to Him.   5   2   32