

amrit bachan saaDh kee banee

s <u>hl</u> m <u>hl</u> ॥ 5] (744-13)	soohee mehlaa 5.	Soohee, Fifth Mehl:
A <u>l</u> m <u>l</u> q b <u>cn</u> s <u>w</u> D k <u>l</u> b <u>w</u> x <u>l</u>]	amrit bachan saa <u>Dh</u> kee ba <u>nee</u> .	The Words, the Teachings of the Holy Saints, are Ambrosial Nectar.
j o j o j p <u>l</u> iqs k <u>l</u> g <u>iq</u> h <u>w</u> l <u>h</u> ir h <u>ir</u> n <u>w</u> m <u>u</u> ing r <u>sn</u> b <u>k</u> w <u>l</u>]1] r <u>h</u> w <u>au</u>]	jo jo japai t <u>is</u> kee ga <u>t</u> hovai har har naam ni <u>t</u> rasan ba <u>k</u> ha <u>anee</u> . 1 rahaa-o.	Whoever meditates on the Lord's Name is emancipated; he chants the Name of the Lord, Har, Har, with his tongue. 1 Pause
k <u>l</u> k <u>l</u> kyimtyk <u>l</u> s <u>w</u>]	kalee kaal kay mitay kalaysaa.	The pains and sufferings of the Dark Age of Kali Yuga are eradicated,
e <u>k</u> o n <u>w</u> m <u>u</u> mn m <u>ih</u> p <u>r</u> v <u>s</u> w]1]	ayko naam man meh parvaysaa. 1	when the One Name abides within the mind. 1
s <u>w</u> D <u>U</u> D <u>U</u> r m <u>i</u> k m <u>s</u> q <u>i</u> k w <u>el</u>]	saa <u>D</u> hoo <u>D</u> hoo muk <u>h</u> mast <u>ak</u> laa- ee.	I apply the dust of the feet of the Holy to my face and forehead.
n <u>w</u> nk a <u>D</u> ry <u>h</u> ir g <u>r</u> s <u>r</u> x <u>w</u> el]2]31]37]	naanak u <u>D</u> hray har gur sarn <u>aa</u> -ee. 2 31 37	Nanak has been saved, in the Sanctuary of the Guru, the Lord. 2 31 37

