

har har naam japahu nit paraanee

gaMl mhl w 5] (192-16)	ga-or <u>h</u> ee mehlaa 5.	Gauree, Fifth Mehl:
kx ibnw j 'Sy QOr qKw]	kan binaa jaisay thothar <u>tuk</u> haa.	As the husk is empty without the grain,
nwm ibhth sthysymkKw]1]	naam bihoon soonay say muk <u>h</u> aa. 1	so is the mouth empty without the Naam, the Name of the Lord. 1
hir hir nwmuj phuing plxl]	har har naam japahu nit paraanee.	O mortal, chant continually the Name of the Lord, Har, Har.
nwm ibhth iDgudh ibgnwl]1] rhwa]	naam bihoon <u>D</u> harig <u>d</u> ayh bigaanee. 1 rahaa-o.	Without the Naam, cursed is the body, which shall be taken back by Death. 1 Pause
nwm ibnw nwhl miK Bwgu]	naam binaa naahee muk <u>h</u> <u>b</u> haag.	Without the Naam, no one's face shows good fortune.
Brq ibhth khw shwgu]2]	<u>b</u> harat bihoon kaha sohaag. 2	Without the Husband, where is the marriage? 2
nwmuibswir l g'An sAwie]	naam bisaar lagai an su-aa-ay.	Forgetting the Naam, and attached to other tastes,
qw kl Aws n pj Ykwe]3]	<u>t</u> aa kee aas na poojai kaa-ay. 3	no desires are fulfilled. 3
kir ikrpw pB Apnl dwiq]	kar kirpaa par <u>ab</u> h apnee <u>d</u> aat.	O God, grant Your Grace, and give me this gift.
nwnk nwmuj pl'idn rwiq]4]65]134]	naanak naam japai <u>d</u> in raat. 4 65 134	Please, let Nanak chant Your Name, day and night. 4 65 134