

gur kay charan oopar mayray maathay

gaMl mhl 5] (187-9)	ga-or ^h ee mehlaa 5.	Gauree, Fifth Mehl:
gur ky crx albir myry muiQy]	gur kay charan oopar mayray maathay.	I place the Guru's Feet on my forehead,
qw qy dik myry sgl y l uQy] 1]	taa tay dukh mayray saglay laathay. 1	and all my pains are gone. 1
siqgur Apiny kau kirbwnl]	satgur apunay ka-o kurbaanee.	I am a sacrifice to my True Guru.
Awm clin prm rly mwnl] 1] rhau]	aatam cheen param rang maanee. 1 rahaa-o.	I have come to understand my soul, and I enjoy supreme bliss. 1 Pause
crx rxy gur kl miK l wgl]	charan rayn gur kee mukh laagee.	I have applied the dust of the Guru's Feet to my face,
AhbiD iqin sgl iqAwgl] 2]	aha ^N -buDh tin sagal ti-aagee. 2	which has removed all my arrogant intellect. 2
gur kw sbdu l go min mlTw]	gur kaa saba <u>d</u> l ago man meethaa.	The Word of the Guru's Shabad has become sweet to my mind,
pwrbhm qw qy mih fITw] 3]	paarbarahm taa tay mohi deethaa. 3	and I behold the Supreme Lord God. 3
guru skdwqw guru krqru]	gur sukh-daa <u>ta</u> gur kartaar.	The Guru is the Giver of peace; the Guru is the Creator.
j IA plix nwnk guru AwDuru] 4] 38] 107]	jee-a paraan naanak gur aaDhaar. 4 38 107	O Nanak, the Guru is the Support of the breath of life and the soul. 4 38 107