

mayray man naam hirdai Dhaar

mwrUmhl w 5] (1006-19)	maaroo mehlaa 5.	Maaroo, Fifth Mehl:
cl q b'sq swq j wgg gur mltb irdYicqwir]	chalaṭ baisaṭ sovaṭ jaagaṭ gur manṭar ridai chiṭaar.	While walking and sitting, sleeping and waking, contemplate within your heart the GurMantra.
crx srx Bj usllg swDUVv swgr aqrh pwr]1]	charan saran bhaj sang saaDhoo bhav saagar utreh paar. 1	Run to the Lord's lotus feet, and join the Saadh Sangat, the Company of the Holy. Cross over the terrifying world-ocean, and reach the other side. 1
myr mn nwmu ihrdY Dvir]	mayray man naam hirdai <u>D</u> haar.	O my mind, enshrine the Naam, the Name of the Lord, within your heart.
kir pliq mnunul wie hir isau Avr sgl ivswir]1] rhau]	kar pareet man tan laa-ay har si-o avar sagal visaar. 1 rahaa-o.	Love the Lord, and commit your mind and body to Him; forget everything else. 1 Pause
j laumnu qnu plix plB kyql Awpn Awpu invwir]	jee-o man tan paraan parabh kay too aapan aap nivaar.	Soul, mind, body and breath of life belong to God; eliminate your self-conceit.
govd Bj usiB swArQ plry nwnk kbhun hwir]2]4]27]	govid bhaj sabh su-aarath pooray naanak kabahu na haar. 2 4 27	Meditate, vibrate on the Lord of the Universe, and all your desires shall be fulfilled; O Nanak, you shall never be defeated. 2 4 27