

mayray man naam amrit_ pee-o

mwrUmhl w 5] (1007-3)	maaroo mehlaa 5.	Maaroo, Fifth Mehl:
qij Awpuibnsl qwpurx swDU Qlau]	taj aap binsee taap rayn saaDhoo thee-o.	Renounce your self-conceit, and the fever shall depart; become the dust of the feet of the Holy.
iqsih prwpiq nwmuqyrw kir ikpww ij sudlau]1]	tiseh paraapat naam tayraa kar kirpaa jis dee-o. 1	He alone receives Your Name, Lord, whom You bless with Your Mercy. 1
myymn nwmuAlmkuplau]	mayray man naam amrit_ pee-o.	O my mind, drink in the Ambrosial Nectar of the Naam, the Name of the Lord.
Awn swd ibswir hCy Amruj wgu jugj lau]1] rhau]	aan saad bisaar hochhay amar jug jug jee-o. 1 rahaa-o.	Abandon other bland, insipid tastes; become immortal, and live throughout the ages. 1 Pause
nwmuiek rs rly nwmu nwim l wgl l lau]	naam ik ras rang naamaa naam laagee lee-o.	Savor the essence of the One and only Naam; love the Naam, focus and attune yourself to the Naam.
mlqusij nuskw bDpuhir eku nwnk klau]2]5]28]	meet saajan sakhaa banDhap har ayk naanak kee-o. 2 5 28	Nanak has made the One Lord his only friend, companion and relative. 2 5 28