

man mayray raam naam jap jaap

isrlr <u>g</u> u <u>m</u> hl <u>5</u> ] (48-10)	sireeraag mehlāa 5.	Siree Raag, Fifth Mehl:
ad <u>m</u> kir hir j <u>w</u> p <u>x</u> <u>v</u> f <u>B</u> u <u>g</u> l D <u>n</u> u K <u>u</u> it ]	udam kar har jaap <u>n</u> aa vad <u>b</u> haagee D <u>h</u> an <u>k</u> haat.	Make the effort, and chant the Lord's Name. O very fortunate ones, earn this wealth.
s <u>h</u> s <u>h</u> g hir ismr <u>x</u> ml <u>u</u> j nm j nm kl <u>k</u> u <u>i</u> t ]1]	satsang har simra <u>n</u> aa mal janam janam kee kaat.   1	In the Society of the Saints, meditate in remembrance on the Lord, and wash off the filth of countless incarnations.   1
mn <u>m</u> y <u>r</u> y <u>r</u> am n <u>m</u> u j ip j <u>w</u> pu ]	man mayray raam naam jap jaap.	O my mind, chant and meditate on the Name of the Lord.
mn ie <u>C</u> y <u>P</u> I <u>B</u> ic q <u>l</u> s <u>B</u> u <u>c</u> k <u>l</u> s <u>g</u> u s <u>h</u> u <u>w</u> pu ] rh <u>w</u> au ]	man ich <u>h</u> ay fal <u>b</u> hunch <u>t</u> oo sab <u>h</u> chookai sog sant <u>a</u> ap. rahaa-o.	Enjoy the fruits of your mind's desires; all suffering and sorrow shall depart.   Pause
ij su <u>k</u> u <u>r</u> ix q <u>n</u> u D <u>u</u> ir <u>A</u> <u>s</u> o p <u>B</u> u if <u>T</u> <u>n</u> u <u>i</u> l ]	jis kaaran <u>t</u> an <u>D</u> haari-aa so para <u>b</u> h di <u>h</u> aa naal.	For His sake, you assumed this body; see God always with you.
j il Q <u>i</u> l m <u>h</u> l <u>A</u> il p <u>l</u> r <u>A</u> <u>p</u> B <u>u</u> A <u>w</u> p <u>x</u> l ndir in <u>h</u> u <u>i</u> l ]2]	jal thal mahee-al poori-aa para <u>b</u> h aap <u>n</u> ee na <u>d</u> ar nihaal.   2	God is pervading the water, the land and the sky; He sees all with His Glance of Grace.   2
mn u q <u>n</u> u in rml u <u>h</u> ie <u>A</u> <u>l</u> <u>w</u> gl s <u>w</u> u p <u>r</u> liq ]	man <u>t</u> an nirmal ho-i-aa laagee saach pareet.	The mind and body become spotlessly pure, enshrining love for the True Lord.
crx B <u>j</u> <u>y</u> p <u>w</u> r <u>b</u> h <u>m</u> k <u>y</u> s <u>i</u> B j p q <u>p</u> iqn hl kliq ]3]	charan <u>b</u> hajay paarbarahm kay sab <u>h</u> jap <u>t</u> ap <u>t</u> in hee keet.   3	One who dwells upon the Feet of the Supreme Lord God has truly performed all meditations and austerities.   3
rqn j v <u>h</u> r m <u>w</u> ix <u>k</u> <u>A</u> l <u>m</u> l <u>q</u> u hir k <u>w</u> n <u>w</u> au ]	ra <u>t</u> an javayhar maan <u>i</u> kaa amrit har kaa naa-o.	The Ambrosial Name of the Lord is a Gem, a Jewel, a Pearl.
s <u>k</u> shj <u>A</u> w <u>p</u> d rs j n n <u>w</u> nk hir <u>g</u> x <u>g</u> u <u>w</u> au ]4]17]87]	sook <u>h</u> sahj aanan <u>d</u> ras jan naanak har <u>g</u> u <u>n</u> gaa-o.   4  17  87	The essence of intuitive peace and bliss is obtained, O servant Nanak, by singing the Glories of God.   4  17  87