

janam janam kay dookh nivaarai sookaa man saDhaarai

sriT mhl w 5] (618-2)	sorath mehlā 5.	Sorat'h, Fifth Mehl:
j nm j nm kydK invwYsIk mnu suDwY]	janam janam kay <u>dookh</u> nivaarai sookaa man sa <u>Dha</u> arai.	He dispels the pains of countless incarnations, and lends support to the dry and shrivelled mind.
drsnuBytq hq inhw w hir kw nmublcrY]1]	<u>d</u> arsan <u>b</u> haytat hoj nihaalaa har kaa naam beechaarai. 1	Beholding the Blessed Vision of His Darshan, one is enraptured, contemplating the Name of the Lord. 1
myw btdugrUgivtdw]	mayraa baid guroo govindaa.	My physician is the Guru, the Lord of the Universe.
hir hir nmuaaKDu miK dyY kwtYj m kl Pw]1] rhwau]	har har naam a-ukha <u>Dh</u> mukh <u>d</u> ayvai kaatai jam kee fan <u>Dha</u> a. 1 rahaa-o.	He places the medicine of the Naam into my mouth, and cuts away the noose of Death. 1 Pause
smrQ pirK pl'n ibDwqy Awpy krxhw]	samrath purakh pooran bi <u>Dha</u> atay aapay karnaihaaraa.	He is the all-powerful, Perfect Lord, the Architect of Destiny; He Himself is the Doer of deeds.
Apnw dwsu hir Awip abwirAw nwnk nm ADw]2]6]34]	apunaa <u>d</u> aas har aap ubaari-aa naanak naam a <u>Dha</u> araa. 2 6 34	The Lord Himself saves His slave; Nanak takes the Support of the Naam. 2 6 34