

naam lait man pargat bha-i-aa

Bhaurmhl 5] (1142-9)	<u>bh</u> airo mehlaa 5.	Bhairao, Fifth Mehl:
nmmu l q mnu prgtu BieAw]	naam lait man pargat <u>bha</u> -i-aa.	Repeating the Naam, the Name of the Lord, the mortal is exalted and glorified.
nmmu l q pwpu qn qy gieAw]	naam lait paap tan tay ga-i-aa.	Repeating the Naam, sin is banished from the body.
nmmu l q sgl prbwieAw]	naam lait sagal purbaa-i-aa.	Repeating the Naam, all festivals are celebrated.
nmmu l q ATsiT mj nwieAw]1]	naam lait <u>ath</u> sath majnaa-i-aa. 1	Repeating the Naam, one is cleansed at the sixty-eight sacred shrines. 1
qlrQuhmrw hir ko nmmu]	tirath hamraa har ko naam.	My sacred shrine of pilgrimage is the Name of the Lord.
gir apdjsAw qqigAwnu]1] rhiau]	gur updaysi-aa ta _t gi-aan. 1 rahaa-o.	The Guru has instructed me in the true essence of spiritual wisdom. 1 Pause
nmmu l q dKudlr prnw]	naam lait <u>du</u> kh door paraanaa.	Repeating the Naam, the mortal's pains are taken away.
nmmu l q Aiq mW sigAwnu]	naam lait at moorh sugi-aanaa.	Repeating the Naam, the most ignorant people become spiritual teachers.
nmmu l q prgit aj lAwnu]	naam lait pargat ujee-aaraa.	Repeating the Naam, the Divine Light blazes forth.
nmmu l q Cuty jllw]2]	naam lait <u>ch</u> hutay janjaaraa. 2	Repeating the Naam, one's bonds are broken. 2
nmmu l q j munjV n Awnu]	naam lait jam nayr _h na aavai.	Repeating the Naam, the Messenger of Death does not draw near.
nmmu l q drgh sKu puvl]	naam lait <u>d</u> argeh sukh paavai.	Repeating the Naam, one finds peace in the Court of the Lord.
nmmu l q pBukhY subwis]	naam lait <u>par</u> abh kahai saabaas.	Repeating the Naam, God gives His Approval.
nmmu hmwrl swcl rwis]3]	naam hamaaree saachee raas. 3	The Naam is my true wealth. 3
gir apdjsu kihE iehuswru]	gur updays kahi-o ih saar.	The Guru has instructed me in these sublime teachings.
hir klriq mn nmmu ADwru]	har keerat man naam a <u>D</u> haar.	The Kirtan of the Lord's Praises and the Naam are the Support of the mind.
nink aDrynim pinhcwr]	naanak u <u>D</u> hray naam punahchaar.	Nanak is saved through the atonement of the Naam.
Avir krm l kh pqlAwnu]4] 12]25]	avar karam lokah patee-aar. 4 12 25	Other actions are just to please and appease the people. 4 12 25