

mayray man gur gur gur sad karee-ai

gaVI pIrbI mhl w 5] (213-3)	ga-or ^h ee poorbee mehlaa 5.	Gauree, Fifth Mehl:
myr ^m n gur ^u gur ^u gur ^u sd kriaI]	mayray man gur gur gur sad karee-ai.	O my mind, dwell always upon the Guru, Guru, Guru.
rqn j nmusPI ugir kIAw drsn kaubil hriaI] 1] rhau]	ra ^t an janam safal gur kee-aa da ^r san ka-o baliharee-ai. 1 rahaa-o.	The Guru has made the jewel of this human life prosperous and fruitful. I am a sacrifice to the Blessed Vision of His Darshan. 1 Pause
j qy ^s is g ^h is mnu ^l q ^w q ^y hl gn g ^w eIAI]	jay ^t ay saas garaas man lay ^t aa ta ^y ay hee gun gaa-ee-ai.	As many breaths and morsels as you take, O my mind - so many times, sing His Glorious Praises.
j au ^h ie d ^{VA} w u ^s iggru ^u Ap ⁿ w q ^w ieh miq biD p ^w eIAI] 1]	ja-o ho-ay da ⁱ -aal sa ^t gur apunaa ta ^a ih ma ^t bu ^D h paa-ee-ai. 1	When the True Guru becomes merciful, then this wisdom and understanding is obtained. 1
myr ^m n nuim l ey ^j m b ^D q ^y C ^h ih srb s ^K w s ^K p ^w eIAI]	mayray man naam la-ay jam ban ^D h ta ^y ch ^h ooteh sarab suk ^h aa suk ^h paa-ee-ai.	O my mind, taking the Naam, you shall be released from the bondage of death, and the peace of all peace will be found.
sjv s ^{VA} wl siggru ^u dw ^q w mn b ^D q PI A ^w eIAI] 2]	sayv su-aamee sa ^t gur da ^a ataa man ban ^{ch} ha ^t fal aa-ee-ai. 2	Serving your Lord and Master, the True Guru, the Great Giver, you shall obtain the fruits of your mind's desires. 2
nm ^u iestum ^l q sq kr ^q w mn s ^l g q ^h w ^r Y ^c wl Y]	naam isat meet ^t su ^t kar ^t aa man sang tu ^h aarai chaalai.	The Name of the Creator is your beloved friend and child; it alone shall go along with you, O my mind.
kir sy ^w siggr ^u Ap ⁿ y ^k l gr ^q q ^y p ^w eIAI p ^w l Y] 3]	kar sayvaa sa ^t gur apunay kee gur ta ^y paa-ee-ai paalai. 3	So serve your True Guru, and you shall receive the Name from the Guru. 3
g ⁱ r ikr ^p wil ik ^p w p ^h B Dw ^r l ibnsysrb A ^w is ^w]	gur kirpaal kirpaa parab ^h D ^h aaree binsay sarab andaysaa.	When God, the Merciful Guru, showered His Mercy upon me, all my anxieties were dispelled.
nm ⁿ k s ^K up ^{ie} A ^w hir kl ^r qin imitE sgl kl ^h w] 4] 15] 153]	naanak suk ^h paa-i-aa har keert ^a n miti-o sagal kalaysaa. 4 15 153	Nanak has found the peace of the Kirtan of the Lord's Praises. All his sorrows have been dispelled. 4 15 153