

ਗਉੜੀ ਮਹਲਾ ੫ ॥

Gauree, Fifth Mehl:

ਤੂੰਹੈ ਮਸਲਤਿ ਤੂੰਹੈ ਨਾਲਿ ॥

You are my Advisor; You are always with me.

ਤੂੰਹੈ ਰਾਖਹਿ ਸਾਰਿ ਸਮਾਲਿ ॥੧॥

You preserve, protect and care for me. ||1||

ਐਸਾ ਰਾਮੁ ਦੀਨ ਦੁਨੀ ਸਹਾਈ ॥

Such is the Lord, our Help and Support in this world and the next.

ਦਾਸ ਕੀ ਪੈਜ ਰਖੈ ਮੇਰੇ ਭਾਈ ॥੧॥ ਰਹਾਉ ॥

He protects the honor of His slave, O my Sibling of Destiny. ||1||Pause||

ਆਗੈ ਆਪਿ ਇਹੁ ਥਾਨੁ ਵਸਿ ਜਾ ਕੈ ॥

He alone exists hereafter; this place is in His Power.

ਆਠ ਪਹਰ ਮਨੁ ਹਰਿ ਕਉ ਜਾਪੈ ॥੨॥

Twenty-four hours a day, O my mind, chant and meditate on the Lord. ||2||

ਪਤਿ ਪਰਵਾਣੁ ਸਚੁ ਨੀਸਾਣੁ ॥

His honor is acknowledged, and he bears the True Insignia;

ਜਾ ਕਉ ਆਪਿ ਕਰਹਿ ਫੁਰਮਾਨੁ ॥੩॥

the Lord Himself issues His Royal Command. ||3||

ਆਪੇ ਦਾਤਾ ਆਪਿ ਪ੍ਰਤਿਪਾਲਿ ॥

He Himself is the Giver; He Himself is the Cherisher.

ਨਿਤ ਨਿਤ ਨਾਨਕ ਰਾਮ ਨਾਮੁ ਸਮਾਲਿ ॥੪॥੧੦੫॥੧੭੪॥

Continually, continuously, O Nanak, dwell upon the Name of the Lord.  
||4||105||174||