

ਤਾਤੀ ਵਾਉ ਨ ਲਗਈ ਪਾਰਬ੍ਰਹਮ ਸਰਣਾਈ ॥

taaṭee vaa-o na lag-ee paarbarahm sarnaa-ee.

The hot wind does not even touch one who is under the
Protection of the Supreme Lord God.

ਚਉਗਿਰਦ ਹਮਾਰੈ ਰਾਮ ਕਾਰ ਦੁਖੁ ਲਗੈ ਨ ਭਾਈ ॥1॥

cha-ugirad hamaarai raam kaar dukh lagai na bhaa-ee.

||1||

On all four sides I am surrounded by the Lord's Circle of
Protection; pain does not afflict me, O Siblings of Destiny. ||1||

ਸਤਿਗੁਰੁ ਪੂਰਾ ਭੇਟਿਆ ਜਿਨਿ ਬਣਤ ਬਣਾਈ ॥

satgur pooraa bhayti-aa jin banat banaa-ee.

I have met the Perfect True Guru, who has done this deed.

ਰਾਮ ਨਾਮੁ ਅਉਖਧੁ ਦੀਆ ਏਕਾ ਲਿਵ ਲਾਈ ॥1॥ ਰਹਾਉ ॥

raam naam a-ukhaDh dee-aa aykaa liv laa-ee. ||1|| rahaa-
o.

He has given me the medicine of the Lord's Name, and I enshrine
love for the One Lord. ||1||Pause||

ਰਾਖਿ ਲੀਏ ਤਿਨਿ ਰਖਨਹਾਰਿ ਸਭ ਬਿਆਧਿ ਮਿਟਾਈ ॥

raakh lee-ay tin rakhanhaar sabh bi-aaDh mitaa-ee.

The Savior Lord has saved me, and eradicated all my sickness.

ਕਹੁ ਨਾਨਕ ਕਿਰਪਾ ਭਈ ਪ੍ਰਭ ਭਏ ਸਹਾਈ ॥2॥15॥79॥

kaho naanak kirpaa bha-ee parabh bha-ay sahaa-ee.

||2||15||79||

Says Nanak, God has showered me with His Mercy; He has
become my help and support. ||2||15||79||

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