

udam karat hovai man nirmal naachai aap nivaaray

Aasaa mhl 5 ] (381-9)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
admu krq hwmnu inrml unicy Ampu invry ]	udam karat hovai man nirmal naachai aap nivaaray.	Making the effort, the mind becomes pure; in this dance, the self is silenced.
plc j nu l yvsgiq rnkY mn mih eklkury ]1]	panch janaa lay vasgat raakhai man meh aykankaaray.   1	The five passions are kept under control, and the One Lord dwells in the mind.   1
qrr j nu inriq krygn gvv ]	tayraa jan nirat karay gun gaavai.	Your humble servant dances and sings Your Glorious Praises.
rbwupKvj qwl GGrAnhd sbdu vj wv ]1] rhau ]	rabaab pakhaavaj taal ghunghroo anhad sabad vajaavai.   1   rahaa- o.	He plays upon the guitar, tambourine and cymbals, and the unstruck sound current of the Shabad resounds.   1  Pause
pDmy mnu prbDY Apnw pWCY Avr rJwv ]	parathmay man parboDhai apnaa paachhai avar reejhaavai.	First, he instructs his own mind, and then, he leads others.
rwm nwm j pu ihrdY j wpy mik qy sgl snwv ]2]	raam naam jap hirdai jaapai mukh tay sagal sunaavai.   2	He chants the Lord's Name and meditates on it in his heart; with his mouth, he announces it to all.   2
kr slkg suDucrn pKwY stq DDr qin l wv ]	kar sang saaDhoo charan pakhaarai sant Dhoor tan laavai.	He joins the Saadh Sangat, the Company of the Holy, and washes their feet; he applies the dust of the Saints to his body
mnu qnu Arip Dry gur AwgY siq pdwrQu pivv ]3]	man tan arap Dharay gur aagai sat padaarath paavai.   3	He surrenders his mind and body, and places them before the Guru; thus, he obtains the true wealth.   3
j o j o sinY pKY l wie srDw qw kw j nm m rn dIKu Bwv ]	jo jo sunai paykhai laa-ay sarDhaa taa kaa janam maran dukh bhaagai.	Whoever listens to, and beholds the Guru with faith, shall see his pains of birth and death taken away.
A'sl inriq nrk invwrY nwnk gurmik j wv ]4]4]43]	aisee nirat narak nivaarai naanak gurmukh jaagai.   4  4  43	Such a dance eliminates hell; O Nanak, the Gurmukh remains wakeful.   4  4  43