

tayraa jan niraṭ karay gun gaavai

Aṁsṁ mhl 5] (381-9)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
aḁmukrḁ hḁvḁmḁnḁrḁml ḁnḁvḁ Aḁpḁ invḁry]	udam karaṭ hovai man nirmal naachai aap nivaaray.	Making the effort, the mind becomes pure; in this dance, the self is silenced.
pḁṭ j nḁ l yvsgiq rḁkḁmn mih ekḁkury]1]	panch janaa lay vasgaṭ raakhai man meh aykankaaray. 1	The five passions are kept under control, and the One Lord dwells in the mind. 1
qḁrḁ j nḁinriḁ krygn gḁvḁ]	tayraa jan niraṭ karay gun gaavai.	Your humble servant dances and sings Your Glorious Praises.
rḁbḁbḁpḁKḁvj qḁl GḁGrḁAnhd sbḁvḁj vḁvḁ]1] rhḁau]	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
pḁḁmyḁmḁpḁrbḁḁpḁnḁ pḁḁvḁ rḁjḁvḁ]	parathmay man parboDhai apnaa paachhai avar reejhaavai.	First, he instructs his own mind, and then, he leads others.
rḁm nḁm j pḁihrdḁj ḁpḁmḁk qḁ sgḁ snḁvḁ]2]	raam naam jap hirdai jaapai mukh ṭay 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 slḁg snḁḁcrn pḁkḁrḁslḁ Dḁr qin l vḁ]	kar sang saaDhoo charan pakhaarai sant Dhoor ṭan 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
mḁnḁqḁArip Drygr ḁngḁsiḁ pḁḁrḁqḁpḁvḁ]3]	man ṭan arap Dharay gur aagai saṭ padaarath paavai. 3	He surrenders his mind and body, and places them before the Guru; thus, he obtains the true wealth. 3
j ḁj ḁsnḁpḁkḁI wie srḁw qḁ kw j nm mḁn dḁKuBḁgḁ]	jo jo sunai paykhai laa-ay sarDhaa ṭaa kaa janam maran dukh bhaagai.	Whoever listens to, and beholds the Guru with faith, shall see his pains of birth and death taken away.
Aḁl inriḁ nrk invḁrḁnḁnk gḁrḁmḁk j ḁgḁ]4]4]43]	aisee niraṭ narak nivaarai naanak gurmukh jaagai. 4 4 43	Such a dance eliminates hell; O Nanak, the Gurmukh remains wakeful. 4 4 43