

oothat baithat sovat Dhi-aa-ee-ai

A <u>as</u> aa m <u>h</u> l 5 (386-7)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
a <u>th</u> q b <u>th</u> q s <u>va</u> q i <u>D</u> aa <u>e</u> l <u>A</u> Y ]	oo <u>th</u> a <u>t</u> bai <u>th</u> a <u>t</u> so <u>va</u> t <u>D</u> hi-aa-ee-ai.	While standing up, and sitting down, and even while asleep, meditate on the Lord.
m <u>ar</u> ig c <u>l</u> q h <u>ry</u> hir g <u>e</u> l <u>A</u> Y ]1]	maarag chala <u>t</u> haray har gaa-ee-ai.   1	Walking on the Way, sing the Praises of the Lord.   1
s <u>ar</u> van s <u>un</u> ij <u>Y</u> A <u>am</u> it <u>q</u> k <u>o</u> ]	sarvan suneejai amrit <u>t</u> katha <u>a</u> .	With your ears, listen to the Ambrosial Sermon.
j <u>su</u> s <u>un</u> i min h <u>ie</u> A <u>n</u> du d <u>k</u> r <u>og</u> m <u>n</u> s <u>g</u> l <u>y</u> l <u>o</u> ]1] r <u>h</u> au ]	jaas sunee man ho-ay anand <u>aa</u> d <u>ook</u> h r <u>og</u> man saglay lathaa.   1   rahaa-o.	Listening to it, your mind shall be filled with bliss, and the troubles and diseases of your mind shall all depart.   1  Pause
k <u>ar</u> ij k <u>am</u> b <u>at</u> G <u>ur</u> j <u>pl</u> j <u>Y</u> ]	kaaraj kaam baat <u>gh</u> aat japeejai.	While you work at your job, on the road and at the beach, meditate and chant.
g <u>ur</u> p <u>ar</u> saa <u>d</u> hir A <u>am</u> it <u>q</u> <u>pl</u> j <u>Y</u> ]2]	gur parsaa <u>d</u> har amrit <u>t</u> peejai.   2	By Guru's Grace, drink in the Ambrosial Essence of the Lord.   2
i <u>d</u> ns <u>u</u> r <u>n</u> hir k <u>ir</u> q <u>u</u> g <u>e</u> l <u>A</u> Y ]	<u>d</u> inas rain har keert <u>an</u> gaa-ee-ai.	The humble being who sings the Kirtan of the Lord's Praises, day and night,
s <u>o</u> j n <u>u</u> j m k <u>l</u> v <u>at</u> n <u>p</u> u <u>e</u> l <u>A</u> Y ]3]	so jan jam kee vaat na paa-ee-ai.   3	does not have to go with the Messenger of Death.   3
A <u>at</u> p <u>h</u> r ij s <u>u</u> iv <u>s</u> ri <u>h</u> n <u>u</u> h <u>l</u> ]	a <u>at</u> h pahar jis visrahi naahee.	One who does not forget the Lord, twenty-four hours a day, is emancipated;
g <u>i</u> q h <u>v</u> l n <u>u</u> nk i <u>q</u> s <u>u</u> l i <u>g</u> p <u>u</u> el ]4]10]61]	ga <u>t</u> hovai naanak <u>t</u> is lag paa-ee.   4  10  61	O Nanak, I fall at his feet.   4  10  61