

aisee maa^Ng gobid tay

kunVw mhl w 5] (1298-18)	kaanr ^h aa mehlaa 5.	Kaanraa, Fifth Mehl:
A ^s l mllgugibd qy]	aisee maa ^N g gobid tay.	Beg for such blessings from the Lord of the Universe:
thl slqn kl slguswDukw hir nmw j ip prm ggy]1] rhwau]	tahal santan kee sang saaD ^h oo kaa har naamaa ^N jap param gatay. 1 rahaa-o.	to work for the Saints, and the Saadh Sangat, the Company of the Holy. Chanting the Name of the Lord, the supreme status is obtained. 1 Pause
pj w crnw Twkir srnw]	poojaa charnaa thaakur sarnaa.	Worship the Feet of Your Lord and Master, and seek His Sanctuary.
sael ksl uj upB j laukrnw]1]	so-ee kusal jo parabh jee-o karnaa. 1	Take joy in whatever God does. 1
sPl hq ieh drl B dhI]	safal hot ih durlabh dayhee.	This precious human body becomes fruitful,
j w kausiqgrumieAw krhl]2]	jaa ka-o satgur ma-i-aa karayhee. 2	when the True Guru shows His Kindness. 2
AigAwn BrmubnsYdk fryw]	agi-aan bharam binsai dukh dayraa.	The house of ignorance, doubt and pain is destroyed,
j w kYihdybsih gur pthw]3]	jaa kai hirdai baseh gur pairaa. 3	for those within whose hearts the Guru's Feet abide. 3
sDslg rllg pBuiDAwieAw]	saaD ^h sang rang parabh D ^h i-aa-i- aa.	In the Saadh Sangat, lovingly meditate on God.
khunwk iqin pthw pwieAw]4]4]	kaho naanak tin pooraa paa-i-aa. 4 4	Says Nanak, you shall obtain the Perfect Lord. 4 4