

sookh sahj aanad ghanāa har keertan gaa-o

A᳚᳚ mhl 5] (400-18)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
sK shj A᳚nduGx᳚ hir klrqn᳚ g᳚au]	sookh sahj aanad ghanāa har keertan gaa-o.	Peace, celestial poise and absolute bliss are obtained, singing the Kirtan of the Lord's Praises.
grh inviry siqgr᳚dy Apx᳚ n᳚au]1]	garah nivaaray satguroo day apnaa naa-o. 1	Bestowing His Name, the True Guru removes the evil omens. 1
bil h᳚r᳚ gir A᳚pxy᳚sd sd bil j᳚au]	balihaaree gur aap᳚ay sad sad bal jaa-o.	I am a sacrifice to my Guru; forever and ever, I am a sacrifice to Him.
gr᳚lvth᳚hau᳚virA᳚ ij su᳚mil scu᳚siA᳚au]1] rh᳚au]	guroo vitahu ha-o vaari-aa jis mil sach su-aa-o. 1 rahaa-o.	I am a sacrifice to the Guru; meeting Him, I am absorbed into the True Lord. 1 Pause
sg᳚n Aps᳚gn iqs kau᳚l gih ij su᳚cliq n A᳚v᳚]	sagun apasgun ᳚is ka-o lageh jis cheet᳚ na aavai.	Good omens and bad omens affect those who do not keep the Lord in the mind.
iqsu᳚j mu᳚nj᳚ n A᳚vel j ᳚hir p᳚B B᳚v᳚]2]	᳚is jam nay᳚rh᳚ na aavee jo har parab᳚h b᳚haavai. 2	The Messenger of Death does not approach those who are pleasing to the Lord God. 2
p᳚th d᳚n j p qp j qysB a᳚᳚bir n᳚mu]	punn daan jap ᳚ap jay᳚tay sab᳚h oopar naam.	Donations to charity, meditation and penance - above all of them is the Naam.
hir hir rsn᳚ j ᳚j p᳚iqsu᳚p᳚th᳚n k᳚mu]3]	har har rasnaa jo japai ᳚is pooran kaam. 3	One who chants with his tongue the Name of the Lord, Har, Har - his works are brought to perfect completion. 3
B᳚᳚ibnsyB᳚th᳚ m᳚h geykoids᳚n b᳚A᳚]	b᳚hai binsay b᳚haram moh ga-ay ko d᳚isai na bee-aa.	His fears are removed, and his doubts and attachments are gone; he sees none other than God.
n᳚nk r᳚kyp᳚rb᳚him i᳚Pir d᳚k᳚n Q᳚A᳚]4]18]120]	naanak raakh᳚ay paarbarahm fir dook᳚h na thee-aa. 4 18 120	O Nanak, the Supreme Lord God preserves him, and no pain or sorrow afflicts him any longer. 4 18 120