

jo jo kathai sunai har keertan taa kee durmat naas

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| kaanV mhl 5 Gru3 (1300-9) | kaanrahaa mehlāa 5 ghar 3 | Kaanraa, Fifth Mehl, Third House: |
| kQIAVsthsllg pB igAinu] | kathee-ai saṭsang parabḥ gi-aan. | Speak of God's Wisdom in the Sat Sangat, the True Congregation. |
| pl'n prm j iq prmsir ismrq pweIAV mnu]1] rhau] | pooran param jot parmaysur simraṭ paa-ee-ai maan. 1 rahaa-o. | Meditating in remembrance on the Perfect Supreme Divine Light, the Transcendent Lord God, honor and glory are obtained. 1 Pause |
| Aivq j iq rhysh nisy ismrq sDUslg] | aavaṭ jaat rahay saram naasay simraṭ saaDhoo sang. | One's comings and goings in reincarnation cease, and suffering is dispelled, meditating in remembrance in the Saadh Sangat, the Company of the Holy. |
| piqq pntq hih iKn Blqir pwrbhm kYrlg]1] | patit puneet hohi khin bheetar paarbarahm kai rang. 1 | Sinners are sanctified in an instant, in the love of the Supreme Lord God. 1 |
| j j kQVsinYhir klrqnuq kl dirmiq nws] | jo jo kathai sunai har keertan taa kee durmat naas. | Whoever speaks and listens to the Kirtan of the Lord's Praises is rid of evil-mindedness. |
| sgl mnrQ puv'nink pl'n hw' Aws]2]1]12] | sagal manorath paavai naanak pooran hovai aas. 2 1 12 | All hopes and desires, O Nanak, are fulfilled. 2 1 12 |