

pargat bha-ee saglay jug anṯar gur naanak kee vadi-aa-ee

sriT mhl ॥ 5] (611-11)	sorath mehlāa 5.	Sorat'h, Fifth Mehl:
kir iesnwnu ismir pBūApnū mn qn Bey Argw]	kar isnaan simar parabh apnaa man ṯan <u>bha</u> -ay arogaā.	After taking your cleansing bath, remember your God in meditation, and your mind and body shall be free of disease.
kīt ibGn I ॥QypB srxw pḡty Bl ysḡḡw]1]	kot bighan laathay parabh sarnaa pargatay <u>bhalay</u> sanjogaa. 1	Millions of obstacles are removed, in the Sanctuary of God, and good fortune dawns. 1
pB bwxl sbdu sBwiKAw]	parabh banee sabad sub <u>haakhi</u> -aa.	The Word of God's Bani, and His Shabad, are the best utterances.
gūvhu sikhū pVhu inq Bwēl gr pḡYqḡrwiKAw] rhwau]	gaavhu sunhu parhahu nit <u>bhaa</u> -ee gur poorai ṯoo raakhi-aa. rahaa-o.	So constantly sing them, listen to them, and read them, O Siblings of Destiny, and the Perfect Guru shall save you. Pause
sūcū sūihbu Aimiḡ vḡwēl Bḡiq vCī dieAwl ॥]	saachaa saahib amit vadaa-ee <u>bhagat</u> vachhal da-i-aalaa.	The glorious greatness of the True Lord is immeasurable; the Merciful Lord is the Lover of His devotees.
sḡḡ kl pḡ rKdw AieAw Auid ibrdupḡḡw ॥]2]	santaa kee paij rakh- <u>daa</u> aa-i-aa aad birad partipaalaa. 2	He has preserved the honor of His Saints; from the very beginning of time, His Nature is to cherish them. 2
hir Aḡmḡ nwmu Bḡ nu inq Bḡḡhu srb vḡ ॥ miK pḡvhu]	har amrit naam <u>bhojan</u> nit <u>bhunchahu</u> sarab vaylaa mukh paavhu.	So eat the Ambrosial Name of the Lord as your food; put it into your mouth at all times.
j r ॥ mrw qḡpū sBūnwTḡ gḡx gḡbḡḡ inq gḡvhu]3]	jaraa maraa ṯaap sabh naathaa gun gobind nit gaavhu. 3	The pains of old age and death shall all depart, when you constantly sing the Glorious Praises of the Lord of the Universe. 3
sḡḡ Ardḡis sAḡml mḡYsrb kl ॥ bix Awēl]	sunee ardaas su-aamee mayrai sarab kalaa ban aa-ee.	My Lord and Master has heard my prayer, and all my affairs have been resolved.
pḡḡt Bel sḡl yḡ g Aḡḡir gr nwnk kl vifAwēl]4]11]	pargat <u>bha</u> -ee saglay jug anṯar gur naanak kee vadi-aa-ee. 4 11	The glorious greatness of Guru Nanak is manifest, throughout all the ages. 4 11