

aisaa keertan kar man mayray

gaVI mhl 5 ] (236-2)	ga-or <sub>h</sub> ee mehlaa 5.	Gauree, Fifth Mehl:
gir syv qynmyl wgv ]	gur sayvaa tay naamay laagaa.	Serving the Guru, one is committed to the Naam, the Name of the Lord.
iqs kauimil Aw ij sumsqik Bwgv ]	tis ka-o mili-aa jis mastak <u>b</u> haagaa.	It is received only by those who have such good destiny inscribed upon their foreheads.
iqs k'ihrdY rivAw sie ]	tis kai hirdai ravi-aa so-ay.	The Lord dwells within their hearts.
mnugnu slql uinhcl uhie ]1]	man tan see <sub>t</sub> al nihchal ho-ay.   1	Their minds and bodies become peaceful and stable.   1
A <sub>h</sub> klrqnikir mn myr ]	aisaa keertan kar man mayray.	O my mind, sing such Praises of the Lord,
elhw alhw j okwim qyY ]1] rhwau ]	eehaa oohaa jo kaam tayrai.   1   rahaa-o.	which shall be of use to you here and hereafter.   1  Pause
j wsvj pq Bau Apdw j wie ]	jaas japat <u>b</u> ha-o ap <sub>d</sub> aa jaa-ay.	Meditating on Him, fear and misfortune depart,
Dwvq mnvAw AvvY Twie ]	<u>D</u> haavat manoo-aa aavai <u>t</u> haa-ay.	and the wandering mind is held steady.
j wsvj pq iPir dKun l wgv ]	jaas japat fir <u>d</u> ookh na laagai.	Meditating on Him, suffering shall never again overtake you.
j wsvj pq ieh hamY Bwgv ]2]	jaas japat ih ha-umai <u>b</u> haagai.   2	Meditating on Him, this ego runs away.   2
j wsvj pq vis Avvih pltw ]	jaas japat vas aavahi panchaa.	Meditating on Him, the five passions are overcome.
j wsvj pq irdY AvvY qv shtw ]	jaas japat ridai amrit sanchaa.	Meditating on Him, Ambrosial Nectar is collected in the heart.
j wsvj pq ieh iqsnw bwY ]	jaas japat ih tarisnaa bujhai.	Meditating on Him, this desire is quenched.
j wsvj pq hir drgh isY ]3]	jaas japat har <u>d</u> argeh sijhai.   3	Meditating on Him, one is approved in the Court of the Lord.   3
j wsvj pq kit imtih AprwD ]	jaas japat kot miteh apra <u>D</u> h.	Meditating on Him, millions of mistakes are erased.
j wsvj pq hir hwih swD ]	jaas japat har hoveh saa <u>D</u> h.	Meditating on Him, one becomes Holy, blessed by the Lord.
j wsvj pq mnv slql uhvY ]	jaas japat man see <sub>t</sub> al hovai.	Meditating on Him, the mind is cooled and soothed.
j wsvj pq ml u sgl l KwY ]4]	jaas japat mal saglee <u>k</u> hovai.   4	Meditating on Him, all filth is washed away.   4
j wsvj pq rqnu hir iml Y ]	jaas japat ratan har milai.	Meditating on Him, the jewel of the Lord is obtained.

bhir n Cfhir sllg ihl Y ]	bahur na <u>ch</u> hodai har sang hilai.	One is reconciled with the Lord, and shall not abandon Him again.
j wsu j pq kel bKll vwsu ]	jaas japaṭ ka-ee baikun <u>th</u> vaas.	Meditating on Him, many acquire a home in the heavens.
j wsu j pq sK shij invwsu ]5]	jaas japaṭ suk <u>h</u> sajh nivaas.   5	Meditating on Him, one abides in intuitive peace.   5
j wsu j pq ieh Agin n phq ]	jaas japaṭ ih agan na pohaṭ.	Meditating on Him, one is not affected by this fire.
j wsu j pq iehu kwl un j hq ]	jaas japaṭ ih kaal na johaṭ.	Meditating on Him, one is not under the gaze of Death.
j wsu j pq qrw inrml mwQw ]	jaas japaṭ <u>t</u> ayraa nirmal maathaa.	Meditating on Him, your forehead shall be immaculate.
j wsu j pq sgl w dKul wQw ]6]	jaas japaṭ saglaa <u>du</u> kh laathaa.   6	Meditating on Him, all pains are destroyed.   6
j wsu j pq mskl ukCUn bnY ]	jaas japaṭ muskal kach <u>h</u> oo na banai.	Meditating on Him, no difficulties are encountered.
j wsu j pq six Anhq DinY ]	jaas japaṭ sun anhaṭ <u>D</u> hunai.	Meditating on Him, one hears the unstruck melody.
j wsu j pq ieh inrml sie ]	jaas japaṭ ih nirmal so-ay.	Meditating on Him, one acquires this pure reputation.
j wsu j pq kml uslDw hie ]7]	jaas japaṭ kamal see <u>D</u> haa ho-ay.   7	Meditating on Him, the heart-lotus is turned upright.   7
gii sB idlit sB alpir kri ]	gur sub <u>h</u> <u>d</u> arisat sab <u>h</u> oopar karee.	The Guru has bestowed His Glance of Grace upon all,
ij s kV ihrdY mdy hri ]	jis kai hirdai man <u>t</u> ar <u>d</u> ay haree.	within whose hearts the Lord has implanted His Mantra.
AKll klrqnu iqin Bj nuclw ]	ak <u>h</u> and keertan tin <u>b</u> hojan chooraa.	The unbroken Kirtan of the Lord's Praises is their food and nourishment.
khunink ij susiqguruplw ]8]2]	kaho naanak jis sat <u>g</u> ur pooraa.   8  2	Says Nanak, they have the Perfect True Guru.   8  2