

jaa kai simran ho-ay anandaa binsai janam maran bhai dukhee

sriT mhl 5] (617-5)	sorath mehlā 5.	Sorat'h, Fifth Mehl:
j ॥ kYismrix hie Anp ॥ ibnsY j nm mrx BYdKI]	jaa kai simran ho-ay anandaa binsai janam maran bhai dukhee.	Meditating on Him, one is in ecstasy; the pains of birth and death and fear are removed.
cwir pdwrQ nv iniD p ॥vih bhir n iq ॥snw BIKI]1]	chaar padaarath nav niDh paavahi bahur na tarisnaa bhukhee. 1	The four cardinal blessings, and the nine treasures are received; you shall never feel hunger or thirst again. 1
j ॥ ko nwmu l ॥ q ॥sKI]	jaa ko naam lait too sukhee.	Chanting His Name, you shall be at peace.
swis swis iDAwvhu Twkir kaumn qn j lArymKI]1] rhwau]	saas saas Dhi-aavahu thaakur ka-o man tan jee-aray mukhee. 1 rahaa-o.	With each and every breath, meditate on the Lord and Master, O my soul, with mind, body and mouth. 1 Pause
sllq p ॥vih hwih mn slqI Agin n Amjir DKl]	saa ^N t paavahi hoveh man seetal agan na antar Dhukhee.	You shall find peace, and your mind shall be soothed and cooled; the fire of desire shall not burn within you.
gr n ॥nk kau p ॥idKwieAw j il Qil iq ॥vix rKI]2]2]30]	gur naanak ka-o parabhoo dikhaa- i-aa jal thal taribhavan rukhee. 2 2 30	The Guru has revealed God to Nanak, in the three worlds, in the water, the earth and the woods. 2 2 30