

jaa ko naam lait̃ too sukhee

sriT mhl 5] (617-5)	sorath mehlā 5.	Sorat'h, Fifth Mehl:
j ॥ kYismrix hie Anp̃w ibns̃ j nm mrx B̃y d̃k̃l]	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.
c̃wir pd̃wrQ nv iniD p̃wivh bh̃ir n iq̃sñw B̃k̃l]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 ñm̃u l̃ q̃ q̃s̃k̃l]	jaa ko naam lait̃ too sukhee.	Chanting His Name, you shall be at peace.
s̃wis s̃wis iDAw̃hu Tw̃kir kaumn qn j l̃Arym̃k̃l]1] rh̃wau]	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
s̃ll̃q p̃wivh h̃wih mn sl̃q̃l Agin n Ãmjir D̃k̃l]	saa ^N t̃ paavahi hoveh man seet̃al 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.
gr̃r ñnk kau p̃B̃lid̃K̃wieAw̃ j il Qil iq̃B̃vix r̃k̃l]2]2]30]	gur naanak ka-o parabhoo dikh̃aa- 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