

anad karahu parabh kay gun gaavhu

Aisw mhl 5] (386-11)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
j ॥ kYismrin sK invisu]	jaa kai simran sook <u>h</u> nivaas.	Remembering Him in meditation, one abides in peace;
Bel kil Aiw dik hwaq nisu]1]	<u>b</u> ha-ee kali-aan <u>du</u> k <u>h</u> hova <u>t</u> naas. 1	one becomes happy, and suffering is ended. 1
AndukrhuPB kygn givhu]	an <u>a</u> d karahu par <u>a</u> b <u>h</u> kay gun gaavhu.	Celebrate, make merry, and sing God's Glories.
siqgur Apnw sd sdw mnivhu]1] rhau]	sa <u>t</u> gur apnaa sa <u>d</u> sa <u>daa</u> manaavahu. 1 rahaa-o.	Forever and ever, surrender to the True Guru. 1 Pause
siqgur kw scu sbdu kmivhu]	sa <u>t</u> gur kaa sach saba <u>d</u> kamaavahu.	Act in accordance with the Shabad, the True Word of the True Guru.
iQru Gir bTtpBu Apnw pivhu]2]	thir <u>g</u> har baithay par <u>a</u> b <u>h</u> apnaa paavhu. 2	Remain steady and stable within the home of your own self, and find God. 2
pr kw burw n rKhuciq]	par kaa buraa na raak <u>h</u> o chee <u>t</u> .	Do not harbor evil intentions against others in your mind,
qm kau dikunhl Bwel mlq]3]	<u>t</u> um ka-o <u>du</u> k <u>h</u> nahee <u>b</u> haa-ee mee <u>t</u> . 3	and you shall not be troubled, O Siblings of Destiny, O friends. 3
hir hir qhumbugir dln#]	har har <u>t</u> ant <u>t</u> mant <u>t</u> gur <u>d</u> een ^H aa.	The Name of the Lord, Har, Har, is the Tantric exercise, and the Mantra, given by the Guru.
iehusKunwnk Anidnucn#]4]11]62]	ih <u>s</u> uk <u>h</u> naanak an- <u>d</u> in cheen ^H aa. 4 11 62	Nanak knows this peace alone, night and day. 4 11 62