

naam laī kichh bighan na laagai

Bʻrau mhl w 5 ] (1150-6)	bhairo mehlaa 5.	Bhairao, Fifth Mehl:
nmw I q̄ ikCuibGnu n I wgy ]	naam laī kichh bighan na laagai.	Repeating the Naam, the Name of the Lord, no obstacles block the way.
nmw sʻk q̄ j m̄u dīʻhu Bwgy ]	naam sunat jam Dhoorahu bhaagai.	Listening to the Naam, the Messenger of Death runs far away.
nmw I q̄ sB dK̄h nwsu ]	naam laī sabh dookhah naas.	Repeating the Naam, all pains vanish.
nmw j pq hir crx invwsu ]1]	naam japat har charan nivaas.   1	Chanting the Naam, the Lord's Lotus Feet dwell within.   1
inribGn Bgiq Bj uhir hir nʻwau ]	nirbigban bhagat bhaj har har naa-o.	Meditating, vibrating the Name of the Lord, Har, Har, is unobstructed devotional worship.
rsik rsik hir kygk gwau ]1] rhwau ]	rasak rasak har kay gun gaa-o.   1   rahaa-o.	Sing the Glorious Praises of the Lord with loving affection and energy.   1  Pause
hir ismrq ikCuicukun j hʻy ]	har simrat kichh chaakh na johai.	Meditating in remembrance on the Lord, the Eye of Death cannot see you.
hir ismrq dʻq̄ dʻaun phʻy ]	har simrat dait day-o na pohai.	Meditating in remembrance on the Lord, demons and ghosts shall not touch you.
hir ismrq m̄h̄um̄wun bDʻy ]	har simrat moh maan na baDhai.	Meditating in remembrance on the Lord, attachment and pride shall not bind you.
hir ismrq grB j in n rDʻy ]2]	har simrat garabh jon na ruDhai.   2	Meditating in remembrance on the Lord, you shall not be consigned to the womb of reincarnation.   2
hir ismrn kl sgl I bʻy w ]	har simran kee saglee baylaa.	Any time is a good time to meditate in remembrance on the Lord.
hir ismrnbhummih iekʻy w ]	har simran baho maahi ikaylaa.	Among the masses, only a few meditate in remembrance on the Lord.
j wiq Aj wiq j plj nu kie ]	jaat ajaat japai jan ko-ay.	Social class or no social class, anyone may meditate on the Lord.
j oj wpliqs kl giq hie ]3]	jo jaapai tis kee gat ho-ay.   3	Whoever meditates on Him is emancipated.   3

hir kw nwmuj pIA' swDsllg ]	har kaa naam japee-ai saa <u>D</u> hsang.	Chant the Name of the Lord in the Saadh Sangat, the Company of the Holy.
hir kynwm kw pl'n rlg ]	har kay naam kaa pooran rang.	Perfect is the Love of the Lord's Name.
nwnk kaupB ikrpw Dvir ]	naanak ka-o parabh kirpaa <u>D</u> haar.	O God, shower Your Mercy on Nanak,
swis swis hir dhucqir ]4]36]49]	saas saas har <u>d</u> ayh chitaar.   4  36  49	that he may think of you with each and every breath.   4  36  49