

parabh mayro it ut sadaa sahaa-ee

saing mhl w 5] (1213-17)	saarang mehlaa 5.	Saarang, Fifth Mehl:
pBumyroeiq aq sdw shwel]	parabh mayro it ut sadaa sahaa-ee.	Here and hereafter, God is forever my Help and Support.
mnmhnumryj IA koipAwrokv khw gn gwel]1] rhwau]	manmohan mayray jee-a ko pi-aaro kavan kahaa gun gaa-ee. 1 rahaa-o.	He is the Enticer of my mind, the Beloved of my soul. What Glorious Praises of His can I sing and chant? 1 Pause
Kjl ikl wie l wf l wfw'lsdw sdw Andwel]	khayl khilaa-ay laad laadaavai sadaa sadaa andaa-ee.	He plays with me, He fondles and caresses me. Forever and ever, He blesses me with bliss.
pBqpwl Ybwirk kl inAwel j by mwiq ipqwel]1]	paraṭipaalai baarik kee ni-aa-ee jaisay maat pitaa-ee. 1	He cherishes me, like the father and the mother love their child. 1
iqsuibnuinmK nhl rih skIA' ibsir n kbhlj wel]	ṭis bin nimakh nahee reh sakee-ai bisar na kabhoo jaa-ee.	I cannot survive without Him, even for an instant; I shall never forget Him.
khu nwnk imil sṭsṭiq qymgn Beyil v l wel]2]25]48]	kaho naanak mil santsangat tay magan bha-ay liv laa-ee. 2 25 48	Says Nanak, joining the Society of the Saints, I am enraptured, lovingly attuned to my Lord. 2 25 48