

naanak sukh paa-i-aa har keertan miti-o sagal kalaysaa

gaVI pIrbI mhl w 5 ] (213-3)	ga-or <sup>h</sup> ee poorbee mehlaa 5.	Gauree, Fifth Mehl:
myr <sup>m</sup> n gur <sup>u</sup> gur <sup>u</sup> gur <sup>u</sup> sd kriaI ]	mayray man gur gur gur sad <sup>u</sup> karee-ai.	O my mind, dwell always upon the Guru, Guru, Guru.
rqn j nmusPI ugir kIAw drsn kaubil hriaI ] 1] rhau ]	ra <sup>t</sup> an janam safal gur kee-aa da <sup>r</sup> san ka-o baliharee-ai.   1   rahaa-o.	The Guru has made the jewel of this human life prosperous and fruitful. I am a sacrifice to the Blessed Vision of His Darshan.   1  Pause
j qy <sup>s</sup> is g <sup>h</sup> s mnu l q <sup>w</sup> q <sup>y</sup> hl gn g <sup>w</sup> eIAI ]	jay <sup>t</sup> ay saas garaas man lay <sup>t</sup> aa ta <sup>y</sup> ay hee gun gaa-ee-ai.	As many breaths and morsels as you take, O my mind - so many times, sing His Glorious Praises.
j au <sup>h</sup> ie d <sup>v</sup> AwI u <sup>s</sup> iggru <sup>u</sup> Ap <sup>n</sup> u <sup>w</sup> q <sup>w</sup> ieh miq biD p <sup>w</sup> eIAI ] 1]	ja-o ho-ay dai-aal sa <sup>t</sup> gur apunaa taa ih ma <sup>t</sup> bu <sup>D</sup> h paa-ee-ai.   1	When the True Guru becomes merciful, then this wisdom and understanding is obtained.   1
myr <sup>m</sup> n nuim l eyj m b <sup>D</sup> q <sup>y</sup> C <sup>h</sup> ih srb s <sup>k</sup> w s <sup>k</sup> p <sup>w</sup> eIAI ]	mayray man naam la-ay jam ban <sup>D</sup> h ta <sup>y</sup> ch <sup>h</sup> ooteh sarab sukh <sup>aa</sup> suk <sup>h</sup> paa-ee-ai.	O my mind, taking the Naam, you shall be released from the bondage of death, and the peace of all peace will be found.
sjv su <sup>Aw</sup> ml siggru <sup>u</sup> du <sup>w</sup> q <sup>w</sup> mn b <sup>D</sup> q PI A <sup>w</sup> eIAI ] 2]	sayv su-aamee sa <sup>t</sup> gur da <sup>a</sup> ataa man ban <sup>ch</sup> ha <sup>t</sup> fal aa-ee-ai.   2	Serving your Lord and Master, the True Guru, the Great Giver, you shall obtain the fruits of your mind's desires.   2
nm <sup>u</sup> iestum <sup>l</sup> q sq krq <sup>w</sup> mn s <sup>l</sup> g q <sup>h</sup> w <sup>r</sup> Y <sup>c</sup> wI ]	naam isat meet <sup>u</sup> su <sup>t</sup> kar <sup>t</sup> aa man sang tu <sup>h</sup> haarai chaalai.	The Name of the Creator is your beloved friend and child; it alone shall go along with you, O my mind.
kir sy <sup>w</sup> siggr <sup>u</sup> Ap <sup>n</sup> y <sup>k</sup> l gr <sup>u</sup> q <sup>y</sup> p <sup>w</sup> eIAI p <sup>w</sup> l ] 3]	kar sayvaa sa <sup>t</sup> gur apunay kee gur ta <sup>y</sup> paa-ee-ai paalai.   3	So serve your True Guru, and you shall receive the Name from the Guru.   3
gir ikr <sup>p</sup> wil ik <sup>p</sup> w p <sup>h</sup> B Dw <sup>r</sup> l ibnsysrb A <sup>w</sup> h <sup>s</sup> w ]	gur kirpaal kirpaa parab <sup>h</sup> D <sup>h</sup> aaree binsay sarab andaysaa.	When God, the Merciful Guru, showered His Mercy upon me, all my anxieties were dispelled.
nm <sup>k</sup> s <sup>k</sup> up <sup>ie</sup> Aw <sup>h</sup> hir klr <sup>q</sup> n imit <sup>E</sup> sgl kl <sup>s</sup> w ] 4] 15] 153]	naanak sukh paa-i-aa har keertan miti-o sagal kalaysaa.   4  15  153	Nanak has found the peace of the Kirtan of the Lord's Praises. All his sorrows have been dispelled.   4  15  153