

rasnaa japee-ai ayk naam

gaMl mhl w 5] (211-16)	ga-or ^h ee mehlaa 5.	Gauree, Fifth Mehl:
rsn w j pIAye ^k unim]	rasnaa japee-ai ayk naam.	With your tongue, chant the Name of the One Lord.
elh w sKuAw ⁿ duGn w Awg ^y IA k ^y sllg kum]1] rhau]	eehaa suk ^h aanand ^g hanaa aagai jee-a kai sang kaam. 1 rahaa-o.	In this world, it shall bring you peace, comfort and great joy; hereafter, it shall go with your soul, and shall be of use to you. 1 Pause
ktIA ^y qr w AhMrgu]	katee-ai ^t ayraa aha ^N rog.	The disease of your ego shall be eradicated.
qMgir p ^s wid kir r w j ^g u]1]	^t oo ^N gur p ^a rsaad kar raaj jog. 1	By Guru's Grace, practice Raja Yoga, the Yoga of meditation and success. 1
hir rsu ^j in j in cu ⁱ KA w]	har ras jin jan chaak ^h i-aa.	Those who taste the sublime essence of the Lord
q w kl iq ^s n w l w QIA w]2]	^t aa kee ^t arisnaa laathee-aa. 2	have their thirst quenched. 2
hir ibs ^m iniD p ^w ieAw]	har bisraam ni ^D h paa-i-aa.	Those who have found the Lord, the Treasure of peace,
so bhir n kq hl D ^w ieAw]3]	so bahur na ka ^t hee ^D haa-i-aa. 3	shall not go anywhere else again. 3
hir hir n ^w uj w kaugir dIA w]	har har naam jaa ka-o gur ^d ee-aa.	Those, unto whom the Guru has given the Lord's Name, Har, Har
n ^w nk q w k w BaugieAw]4]8]146]	naanak ^t aa kaa ^b ha-o ga-i-aa. 4 8 146	- O Nanak, their fears are removed. 4 8 146