

amaavas aaṭam sukḥee bha-ay santokh dee-aa gurdayv

paṭl iQql gaṭl mhl ॥ 5 ] (299-19)	pa-orḥee thiṭee ga-orḥee mehlaa 5.	Pauree: T'hitee ~ The Lunar Days: Gauree, Fifth Mehl,
Amṭvs Amqm sKl BeystḥKu dIAṭ gṛdy ]	amaavas aaṭam sukḥee bha-ay santokh dee-aa gurdayv.	The day of the new moon: My soul is at peace; the Divine Guru has blessed me with contentment.
mnu qnu slql ṭslḥq shj l ṭgw pB kl sy ]	man ṭan seṭal saa <sup>N</sup> t sahj laagaa parabh kee sayv.	My mind and body are cooled and soothed, in intuitive peace and poise; I have dedicated myself to serving God.
tṭy bḏn bhuibkṛr sPl pḥn qw kykṛm ] dṛmiq imtl hamṭCṭl ismrq hir ko nṛm ]	tootay banDhan baho bikaar safal pooran ṭaa kay kaam. dṛmaṭ mitee ha-umai chhutee simraṭ har ko naam.	One who meditates in remembrance on the Name of the Lord - his bonds are broken, all his sins are erased, and his works are brought to perfect fruition; his evil-mindedness disappears, and his ego is subdued.
srin ghl pṛrbḥm kl imitAṭ Aṭvṭ gvn ]	saran gahee paarbarahm kee miti- aa aavaa gavan.	Taking to the Sanctuary of the Supreme Lord God, his comings and goings in reincarnation are ended.
Aṭp qirAṭ kutḥ isaugṛ gibḥ pB rvn ]	aap ṭari-aa kutamb si-o gunṭ gubind parabh ravan.	He saves himself, along with his family, chanting the Praises of God, the Lord of the Universe.
hir kl thl kmṭvxl j plAṭ pB kṛ nṛm ]	har kee tahal kamaavṇee japee-ai parabh kaa naam.	I serve the Lord, and I chant the Name of God.
gur pḥy qy pṛieAṭ nṛnk sK ibslṛm ] 15]	gur pooray ṭay paa-i-aa naanak sukh bisraam.   15	From the Perfect Guru, Nanak has obtained peace and comfortable ease.   15