

pooray gur kaa sun updays

gaWl sIkMnl mU 5 ] (295-3)	ga-or <u>hee</u> suk <u>h</u> manee mehlaa 5.	Gauree Sukhmani, Fifth Mehl,
plY gur kaa sin apdsu ]	pooray gur kaa sun up <u>days</u> .	Listen to the Teachings of the Perfect Guru;
paarbarahm nikat kar pay <u>kh</u> .	paarbarahm nikat kar pay <u>kh</u> .	see the Supreme Lord God near you.
saas saas ismrhu gob <u>ind</u> .	saas saas simrahu gob <u>ind</u> .	With each and every breath, meditate in remembrance on the Lord of the Universe,
man an <u>tar</u> kee u <u>trai</u> ch <u>ind</u> .	man an <u>tar</u> kee u <u>trai</u> ch <u>ind</u> .	and the anxiety within your mind shall depart.
aas Ainq iqA <u>ghu</u> q <u>ra</u> ng ]	aas an <u>it</u> <u>ti</u> -aagahu <u>tar</u> ang.	Abandon the waves of fleeting desire,
sant j n <u>u</u> kl D <u>h</u> or mn m <u>ang</u> ]	sant janaa kee <u>D</u> h <u>oor</u> man mang.	and pray for the dust of the feet of the Saints.
aap u Ci f b <u>ay</u> ntee kar <u>ahu</u> ]	aap <u>ch</u> hod bayntee kar <u>ahu</u> .	Renounce your selfishness and conceit and offer your prayers.
saa D <u>h</u> sang agan saagar <u>tar</u> ahu ]	saa <u>D</u> hsang agan saagar <u>tar</u> ahu.	In the Saadh Sangat, the Company of the Holy, cross over the ocean of fire.
har D <u>h</u> an kay b <u>har</u> layho b <u>h</u> andaar ]	har <u>D</u> han kay b <u>har</u> layho b <u>h</u> andaar.	Fill your stores with the wealth of the Lord.
naanak gur plY nmsk <u>ar</u> ]1]	naanak gur pooray namaskaar.   1	Nanak bows in humility and reverence to the Perfect Guru.   1