

anṭar gaava-o baahar gaava-o gaava-o jaag savaaree

Aṁsṁ mhl 5] (401-12)	aasaa mehlaa 5.	Aasaa, Fifth Mehl:
Atḡir gṁvaubḡhir gṁvaugṁvau j igr svṁrl]	anṭar gaava-o baahar gaava-o gaava-o jaag savaaree.	Inwardly, I sing His Praises, and outwardly, I sing His Praises; I sing His Praises while awake and asleep.
sṁg cl n kauqsṁ dṁnḡ gṁbḡḡ nṁm kyibatḡrl]1]	sang chalan ka-o ṭosaa deen ^H aa gobind naam kay bi-uhaaree. 1	I am a trader in the Name of the Lord of the Universe; He has given it to me as my supplies, to carry with me. 1
Avr ibsṁrl ibsṁrl]	avar bisaaree bisaaree.	I have forgotten and forsaken other things.
nṁm dṁnugṁir pḡṡdṁE mṡeḡḡ AṁDṁrl]1] rḡḡṁ]	naam daan gur poorai dee-o mai ayho aaDhaaree. 1 rahaa-o.	The Perfect Guru has given me the Gift of the Naam; this alone is my Support. 1 Pause
dḡKin gṁvausiḡ Bḡ gṁvaumṁrig pḡḡ smṁrl]	dookhan gaava-o sukh bhee gaava-o maarag panth sam ^H aaree.	I sing His Praises while suffering, and I sing His Praises while I am at peace as well. I contemplate Him while I walk along the Path.
nṁm idḡugṁir mṁ mḡ dḡAṁ mṁrl iqsṁ buḡrl]2]	naam darḡḡ gur man meh dee-aa moree ṭisaa bujhaaree. 2	The Guru has implanted the Naam within my mind, and my thirst has been quenched. 2
idḡuBḡ gṁvau rḡḡ gṁvau gṁvau sṁis sṁis rsnṁrl]	din bhee gaava-o rainee gaava-o gaava-o saas saas rasnaaree.	I sing His Praises during the day, and I sing His Praises during the night; I sing them with each and every breath.
sqṡḡḡiq mḡ ibsṁsṁḡḡe hir j lvq mṁq sḡḡrl]3]	satsangat meh bisaas ho-ay har jeevat marat sangaaree. 3	In the Sat Sangat, the True Congregation, this faith is established, that the Lord is with us, in life and in death. 3
j n nṁnk kau iehu dṁnu dḡḡ pḡB pṁvausḡḡ rḡḡ air Dṁrl]	jan naanak ka-o ih daan dayh parabh paava-o sant rayn ur Dhaaree.	Bless servant Nanak with this gift, O God, that he may obtain, and enshrine in his heart, the dust of the feet of the Saints.
sḡḡnl kḡḡ nḡ drsupḡKaumsqḡḡ gṁr crnṁrl]4]2]122]	sarvanee kathaa nain daras paykha-o mastak gur charnaaree. 4 2 122	Hear the Lord's Sermon with your ears, and behold the Blessed Vision of His Darshan with your eyes; place your forehead upon the Guru's Feet. 4 2 122