

jaa kai simran sookh nivaas

A᳚s᳚ m᳚l᳚ 5] (386-11)	aasaa mehlāa 5.	Aasaa, Fifth Mehl:
j᳚ k᳚ ismrin sK inv᳚s]	jaa kai simran sook <u>h</u> nivaas.	Remembering Him in meditation, one abides in peace;
Bel ki lA᳚x dK hvq n᳚s]1]	<u>b</u> ha-ee kali-aan <u>du</u> k <u>h</u> hova᳚t naas. 1	one becomes happy, and suffering is ended. 1
And krh pB k᳚ gn g᳚v᳚h]	ana᳚d karahu para <u>b</u> h kay gun gaavhu.	Celebrate, make merry, and sing God's Glories.
siqgr᳚ Apn᳚ sd sd᳚ mn᳚v᳚h]1] rh᳚a]	sa᳚t᳚gur apnaa sa᳚d sa᳚daa manaavahu. 1 rahaa-o.	Forever and ever, surrender to the True Guru. 1 Pause
siqgr᳚ k᳚ sc᳚ sbd᳚ km᳚v᳚h]	sa᳚t᳚gur kaa sach sabad᳚ kamaavahu.	Act in accordance with the Shabad, the True Word of the True Guru.
iQr᳚ Gir bT᳚ pB᳚ Apn᳚ p᳚v᳚h]2]	thir <u>g</u> har baithay para <u>b</u> h apnaa paavhu. 2	Remain steady and stable within the home of your own self, and find God. 2
pr᳚ k᳚ br᳚ n r᳚Kh᳚ clq]	par kaa buraa na raak <u>h</u> o cheet᳚.	Do not harbor evil intentions against others in your mind,
qm᳚ ka᳚ dK᳚ nhl B᳚el mlq]3]	<u>t</u> um ka-o <u>du</u> k <u>h</u> nahee <u>b</u> haa-ee meet᳚. 3	and you shall not be troubled, O Siblings of Destiny, O friends. 3
hir᳚ hir qq᳚ mq᳚ gir dln᳚]	har har ᳚ant᳚ mant᳚ gur <u>d</u> een ^H aa.	The Name of the Lord, Har, Har, is the Tantric exercise, and the Mantra, given by the Guru.
ieh᳚ sK᳚ n᳚nk᳚ Anidn᳚ cln᳚]4]11]62]	ih su <u>k</u> h naanak an- <u>d</u> in cheen ^H aa. 4 11 62	Nanak knows this peace alone, night and day. 4 11 62