

taap ga-ay paa-ee parabh saa^Nt

ga <u>h</u> l m <u>h</u> l ॥ 5] (191-12)	ga-or <u>h</u> ee mehl ^{aa} 5.	Gauree, Fifth Mehl:
q <u>u</u> p ge <u>y</u> p <u>e</u> l p <u>B</u> s <u>u</u> q]	taap ga-ay paa-ee parab <u>h</u> saa ^N t.	The fever has departed; God has showered us with peace and tranquility.
sl <u>q</u> l Bey <u>k</u> l <u>n</u> l p <u>B</u> d <u>u</u> iq]1]	seet <u>a</u> l b <u>h</u> a-ay keenee parab <u>h</u> d <u>a</u> at. 1	A cooling peace prevails; God has granted this gift. 1
p <u>B</u> i <u>k</u> rp <u>u</u> q <u>y</u> Bey <u>s</u> h <u>y</u>]]	parab <u>h</u> kirpaa t <u>a</u> y b <u>h</u> a-ay suhaylay.	By God's Grace, we have become comfortable.
j nm j nm ky i <u>b</u> C <u>u</u> ry <u>m</u> l]]1] rh <u>u</u> au]	janam janam kay b <u>i</u> ch <u>h</u> uray maylay. 1 rahaa-o.	Separated from Him for countless incarnations, we are now reunited with Him. 1 Pause
ism <u>r</u> q ism <u>r</u> q p <u>B</u> k <u>u</u> n <u>u</u> au]	simrat simrat parab <u>h</u> kaa naa-o.	Meditating, meditating in remembrance on God's Name,
sgl r <u>g</u> k <u>u</u> ibn <u>i</u> sA <u>u</u> Q <u>u</u> au]2]	sagal rog kaa binsi-aa thaa-o. 2	the dwelling of all disease is destroyed. 2
shij s <u>B</u> ie b <u>d</u> Y <u>h</u> ir b <u>u</u> xl]	sahj sub <u>h</u> aa-ay bolai har ban <u>ee</u> .	In intuitive peace and poise, chant the Word of the Lord's Bani.
A <u>u</u> T phr p <u>B</u> ism <u>r</u> h <u>u</u> p <u>u</u> xl]3]	aath pahar parab <u>h</u> simrahu para <u>an</u> ee. 3	Twenty-four hours a day, O mortal, meditate on God. 3
d <u>u</u> k <u>u</u> d <u>r</u> duj m <u>u</u> njV n A <u>u</u> v <u>u</u> l]	dook <u>h</u> darad jam nay <u>r</u> h na aavai.	Pain, suffering and the Messenger of Death do not even approach that one,
kh <u>u</u> n <u>u</u> nk j o <u>h</u> ir g <u>n</u> g <u>u</u> v <u>u</u> l]4]59]128]	kaho naanak jo har gun gaavai. 4 59 128	says Nanak, who sings the Glorious Praises of the Lord. 4 59 128