nitparat naavan raam sar keejai

gaVI mhlw 5] (198-18)	ga-orhee mehlaa 5.	Gauree, Fifth Mehl:
inqpiq nwvx rwm sir klj]	nitparat naavan raam sar keejai.	Every day, take your bath in the Sacred Pool of the Lord.
Jil mhw rs hir Aimiq plj]1] rhwa]	jhol mahaa ras har amrit peejai. ||1|| rahaa-o.	Mix and drink in the most delicious, sublime Ambrosial Nectar of the Lord. ||1||Pause||
inrml adk givd kw nwm]	nirmal udak govind kaa naam.	The water of the Name of the Lord of the Universe is immaculate and pure.
mjn krq prn siB kwm]1]	majan karat pooran sabh kaam. ||1||	Take your cleansing bath in it, and all your affairs shall be resolved. ||1||
sqsig qh gsit hie]	satsang tah gosat ho-ay.	In the Society of the Saints, spiritual conversations take place.
kit jnm k ikilvK Kie]2]	kot janam kay kilvikh kho-ay. ||2||	The sinful mistakes of millions of incarnations are erased. ||2||
ismrih swD krih Awnd]	simrahi saaDh karahi aanand.	The Holy Saints meditate in remembrance, in ecstasy.
min qin rivAw prmwnd]3]	man tan ravi-aa parmaanand. ||3||	Their minds and bodies are immersed in supreme ecstasy. ||3||
ijsih prwpiq hir crx inDwn] nwnk dws iqsih krbwn]4]95]164]	jisahi paraapat har charan niDhaan. naanak daas tiseh kurbaan. ||4||95||164||	Slave Nanak is a sacrifice to those who have obtained the treasure of the Lord's Feet. ||4||95||164||