

har saachaa simrahu bhaa-ee

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| sriT mhl 5] (616-10) | sorath mehlāa 5. | Sorat'h, Fifth Mehl: |
| paarbarahm ho-aa sahaa-ee kathaa keertan sukh-daa-ee. | paarbarahm ho-aa sahaa-ee kathaa keertan sukh-daa-ee. | The Supreme Lord God has become my helper and friend; His sermon and the Kirtan of His Praises have brought me peace. |
| gur pūryki bixl j ip Andukrhu inq pūxī]1] | gur pooray kee banee jap anad karahu nit paraanee. 1 | Chant the Word of the Perfect Guru's Bani, and be ever in bliss, O mortal. 1 |
| hir swā ismrhu Bwel] | har saachaa simrahu <u>b</u> haa-ee. | Remember the True Lord in meditation, O Siblings of Destiny. |
| sāDhsang sdw sikupielA hir ibsir n kbhūj wel] rhāu] | sāDhsang sadaa sukh paa-ee-ai har bisar na kabhoo jaa-ee. rahaa-o. | In the Saadh Sangat, the Company of the Holy, eternal peace is obtained, and the Lord is never forgotten. Pause |
| Amṛit nām parysru qy j o ismr soj lvi] | amrit naam parmaysar tayraa jo simrai so jeevai. | Your Name, O Transcendent Lord, is Ambrosial Nectar; whoever meditates on it, lives. |
| jis no karam paraapat hovai so jan nirmal theevai. 2 | jis no karam paraapat hovai so jan nirmal theevai. 2 | One who is blessed with God's Grace - that humble servant becomes immaculate and pure. 2 |
| ibGn ibnāsn siB dīk nāsn gur crxl mnu l wgw] | bighan binaasan sabh dukh naasan gur charnee man laagaa. | Obstacles are removed, and all pains are eliminated; my mind is attached to the Guru's feet. |
| gun gaavat achut abhinaasee an-din har rang jaagaa. 3 | gun gaavat achut abhinaasee an-din har rang jaagaa. 3 | Singing the Glorious Praises of the immovable and imperishable Lord, one remains awake to the Lord's Love, day and night. 3 |
| man ichhay say-ee fal paa-ay har kee kathaa suhaylee. | man ichhay say-ee fal paa-ay har kee kathaa suhaylee. | He obtains the fruits of his mind's desires, listening to the comforting sermon of the Lord. |
| Aad ant maDh naanak ka-o so parabh ho-aa baylee. 4 16 27 | aad ant maDh naanak ka-o so parabh ho-aa baylee. 4 16 27 | In the beginning, in the middle, and in the end, God is Nanak's best friend. 4 16 27 |