

run jhuno sabad anaahad nit uth gaa-ee-ai santan kai

rwmkll mhlw 5] (925-14)	raamkalee mehlaa 5.	Raamkalee, Fifth Mehl:
rx JxI sbdI Anwhd inq aiT gwelA sqn k]	run <u>jhuno</u> sabad <u>anaahad</u> nit <u>uth</u> gaa-ee-ai santan kai.	Rise early each morning, and with the Saints, sing the melodious harmony, the unstruck sound current of the Shabad.
iklivK siB dK ibnwsn hir nwm jplA gr mqn k]	kilvikh <u>sabh</u> <u>dokh</u> binaasan har naam japee-ai gur mantan kai.	All sins and sufferings are erased, chanting the Lord's Name, under Guru's Instructions.
hir nwm Iij Aima plj rix idns ArwDIA]	har naam leejai ami-o peejai rain <u>dinas</u> araa <u>Dhee</u> -ai.	Dwell upon the Lord's Name, and drink in the Nectar; day and night, worship and adore Him.
jg dwn Ank ikirAw lig crx kmIh swDIA]	jog <u>daan</u> anayk kiri-aa lag charan kamlah saa <u>Dhee</u> -ai.	The merits of Yoga, charity and religious rituals are obtained by grasping His lotus feet.
Bwa Bgiq dieAwI mhn dK sgI prhr]	<u>bhaa</u> -o <u>bhagat</u> <u>da</u> -i-aal mohan <u>dookh</u> saglay parharai.	Loving devotion to the merciful, enticing Lord takes away all pain.
ibnviq nwnk qr swgr iDAwie sAwml nrhr]1]	binvant naanak tarai saagar <u>Dhi</u> - aa-ay su-aamee narharai. 1	Prays Nanak, cross over the world-ocean, meditating on the Lord, your Lord and Master. 1
sK swgr gibd ismrxi Bgq gwvih gx qr rwm]	<u>sukh</u> saagar gobind simran <u>bhagat</u> gaavahi gun tayray raam.	Meditation on the Lord of the Universe is an ocean of peace; Your devotees sing Your Glorious Praises, Lord.
And mgl gr crxl lwg pwe sK Gnr rwm]	anad mangal gur charnee laagay paa-ay sookh <u>ghanayray</u> raam.	Ecstasy, bliss and great happiness are obtained by grasping hold of the Guru's feet.
sK inDwn imi lAw dK hirAw ikpw kir piB rwiKAw]	<u>sukh</u> ni <u>Dhaan</u> mili-aa <u>dookh</u> hari- aa kirpaa kar parabh raakhi-aa.	Meeting with the treasure of peace, their pains are taken away; granting His Grace, God protects them.
hir crx lwg Bm Ba Bwg hir nwm rsnw BwiKAw]	har charan laagaa <u>bharam</u> <u>bha</u> -o <u>bhaagaa</u> har naam rasnaa <u>bhaakhi</u> - aa.	Those who grasp the Lord's feet - their fears and doubts run away, and they chant the Name of the Lord.
hir ek icqv pB ek gwv hir ek idstl AwieAw]	har ayk chitvai parabh ayk gaavai har ayk <u>daristee</u> aa-i-aa.	He thinks of the One Lord, and he sings of the One God; he gazes upon the One Lord alone.
ibnviq nwnk piB krl ikrpw prw siqgr pwieAw]2]	binvant naanak parabh karee kirpaa poora <u>satgur</u> paa-i-aa. 2	Prays Nanak, God has granted His Grace, and I have found the Perfect True Guru. 2

imi l rhIA pB sD j nW imi l hir klrqn snIA rWm]	mil rahee-ai parab <u>h</u> saa <u>Dh</u> janaa mil har keertan sunee-ai raam.	Meet with the holy, humble servants of God; meeting with the Lord, listen to the Kirtan of His Praises.
dieA ^w l pB dWmdr mWd Aq n pweIA gnIA rWm]	da-i-aal parab <u>h</u> oo daamodar maa <u>Dho</u> ant na paa-ee-ai gunee-ai raam.	God is the Merciful Master, the Lord of wealth; there is no end to His Virtues.
dieA ^w l dK hr srix dWq sg l dK invrx]	da-i-aal <u>dukh</u> har saran daataa sagal <u>dokh</u> nivaarno.	The Merciful Lord is the Dispeller of pain, the Giver of Sanctuary, the Eradicator of all evil.
mh sg ivk ^w r ibKV jpq nWm aD ^w rx]	moh sog vikaar bik <u>h</u> -rhay japat naam u <u>Dhaarano</u> .	Emotional attachment, sorrow, corruption and pain - chanting the Naam, the Name of the Lord, one is saved from these.
siB jIA qr pB mr kir ikrp ^w sB rx Qlv ^w]	sab <u>h</u> jee-a tayray parab <u>h</u> oo mayray kar kirpaa sab <u>h</u> rayn theevaa.	All beings are Yours, O my God; bless me with Your Mercy, that I may become the dust under the feet of all men.
ibnviq nWnk pB mieA ^w klj nWm qrw jip jlv ^w]3]	binvant naanak parab <u>h</u> ma-i-aa keejai naam tayraa jap jeevaa. 3	Prays Nanak, O God, be kind to me, that I may chant Your Name, and live. 3
rwK l le piB Bgq j nW Apxl crxl l we rWm]	raakh lee-ay parab <u>h</u> bhagat janaa apnee charnee laa-ay raam.	God saves His humble devotees, attaching them to His feet.
A ^w T phr Apr ^w pB ismrh ek nWm iDA ^w e rWm]	aath pahar apnaa parab <u>h</u> simreh ayko naam <u>Dhi</u> -aa-ay raam.	Twenty-four hours a day, they meditate in remembrance on their God; they meditate on the One Name.
iDA ^w ie s pB qr Bvj l rh A ^w vx jWx ^w]	<u>Dhi</u> -aa-ay so parab <u>h</u> taray bhavjal rahay aavan jaanaa.	Meditating on that God, they cross over the terrifying world- ocean, and their comings and goings cease.
sd ^w sK ki l A ^w x klrqn pB l g ^w mlT ^w B ^w x ^w]	sadaa sukh kali-aan keertan parab <u>h</u> lagaa meethaa bhaanaa.	They enjoy eternal peace and pleasure, singing the Kirtan of God's Praises; His Will seems so sweet to them.
sB ieC pni A ^w s prl im l siqgr pirA ^w]	sab <u>h</u> ichh punnee aas pooree milay satgur poori-aa.	All my desires are fulfilled, meeting with the Perfect True Guru.
ibnviq nWnk piB A ^w ip m l iPir nWl dK ivsirA ^w]4]3]	binvant naanak parab <u>h</u> aap maylay fir naahee <u>dookh</u> visoori-aa. 4 3	Prays Nanak, God has blended me with Himself; I shall never suffer pain or sorrow again. 4 3