

oothat sukhee-aa baithat sukhee-aa

B'raumhl w 5] (1136-6)	b <u>h</u> airo mehlaa 5.	Bhairao, Fifth Mehl:
aTq sKIAw bTq sKIAw]	oo <u>th</u> a <u>t</u> su <u>k</u> hee-aa bai <u>th</u> a <u>t</u> su <u>k</u> hee-aa.	Standing up, I am at peace; sitting down, I am at peace.
Baunhl I wglj W A'by buIAw]1]	b <u>h</u> a-o nahee laagai jaa ^N aisay bu <u>j</u> hee-aa. 1	I feel no fear, because this is what I understand. 1
rwKw ekumwrvw sAwml]	raa <u>k</u> haa ayk hamaaraa su-aamee.	The One Lord, my Lord and Master, is my Protector.
sgl Gtw kw Amrj wml]1] rhwau]	sagal g <u>h</u> ataa kaa an <u>t</u> arjaamee. 1 rahaa-o.	He is the Inner-knower, the Searcher of Hearts. 1 Pause
sie Aichw j wig Aichw]	so-ay achin <u>t</u> aa jaag achin <u>t</u> aa.	I sleep without worry, and I awake without worry.
j hw khw pBuqWvrqW]2]	ja ^N haa ka ^N haa ^N para <u>b</u> h too ^N var <u>t</u> an <u>t</u> aa. 2	You, O God, are pervading everywhere. 2
Gir siK visAw bwhir sKu pweAw]	g <u>h</u> ar su <u>k</u> h vasi-aa baahar su <u>k</u> h paa-i-aa.	I dwell in peace in my home, and I am at peace outside.
khu nwnk gir m'bidw/wieAw]3]2]	kaho naanak gur man <u>t</u> ar drir <u>h</u> -aa-i-aa. 3 2	Says Nanak, the Guru has implanted His Mantra within me. 3 2