

dinas rain har keertan gaa-ee-ai

A᳚s᳚ mh᳚ 5 (386-7)	aasaa mehlāa 5.	Aasaa, Fifth Mehl:
aTq bTq svq iDA᳚eIA᳚]	oo <u>th</u> a᳚t bai <u>th</u> a᳚t so <u>va</u> t <u>D</u> hi-aa-ee-ai.	While standing up, and sitting down, and even while asleep, meditate on the Lord.
m᳚rig c᳚lq hr᳚ hir g᳚eIA᳚]1]	maarag chala᳚t haray har gaa-ee-ai. 1	Walking on the Way, sing the Praises of the Lord. 1
s᳚vn sn᳚j᳚ Aīm᳚ q᳚]	sarvan suneejai amri᳚t kathaā.	With your ears, listen to the Ambrosial Sermon.
j᳚s᳚ sn᳚ min hie And᳚ dK rg mn sg᳚᳚ ᳚᳚Q᳚]1] rh᳚a᳚]	jaas sunee man ho-ay anand᳚a᳚ dook᳚h rog man saglay lathaa. 1 rahaa-o.	Listening to it, your mind shall be filled with bliss, and the troubles and diseases of your mind shall all depart. 1 Pause
k᳚rij᳚ k᳚im b᳚t G᳚t j᳚pl᳚᳚]	kaaraj kaam baat g᳚haat japeejai.	While you work at your job, on the road and at the beach, meditate and chant.
gr p᳚s᳚id hir Aīm᳚ q᳚᳚]2]	gur parsaa᳚d har amri᳚t peejai. 2	By Guru's Grace, drink in the Ambrosial Essence of the Lord. 2
idns rin hir k᳚rq᳚n g᳚eIA᳚]	<u>d</u> inas rain har keertan gaa-ee-ai.	The humble being who sings the Kirtan of the Lord's Praises, day and night,
s᳚ j᳚n᳚ j᳚m kl v᳚t n p᳚eIA᳚]3]	so jan jam kee vaat na paa-ee-ai. 3	does not have to go with the Messenger of Death. 3
A᳚T phr ijs᳚ i᳚sri᳚h n᳚hl᳚]	aath᳚ pahar jis visrahi naahee.	One who does not forget the Lord, twenty-four hours a day, is emancipated;
giq hv n᳚nk iqs᳚ ᳚᳚᳚᳚ p᳚el᳚]4]10]61]	ga᳚t hovai naanak ᳚is lag paa-ee. 4 10 61	O Nanak, I fall at his feet. 4 10 61