

niṭ uth gaavhu parabḥ kee banee

pBwqI mhl 5] (1340-6)	parbhaatee mehlaa 5.	Prabhaatee, Fifth Mehl:
siqqir pYnmu dIAw]	satgur poorai naam dee-aa.	The Perfect True Guru has bestowed the Naam, the Name of the Lord.
And mlgI kil Awx sdw sKu kwrj usgl w rwis QIAw]1] rhwaU]	anad mangal kali-aan sadaa sukh kaaraj saglaa raas thee-aa. 1 rahaa-o.	I am blessed with bliss and happiness, emancipation and eternal peace. All my affairs have been resolved. 1 Pause
crn kml gur kymin vUy]	charan kamal gur kay man voothay.	The Lotus Feet of the Guru abide within my mind.
dK drd Bhn ibnsy JUY]1]	dookh darad bharam binsay jhoothay. 1	I am rid of pain, suffering, doubt and fraud. 1
inq aiT givhu pB kl bwxI]	niṭ uth gaavhu parabḥ kee banee.	Rise early, and sing the Glorious Word of God's Bani.
AwT phr hir ismrhu plxl]2]	aath pahar har simrahu paraanee. 2	Twenty-four hours a day, meditate in remembrance on the Lord, O mortal. 2
Gir bwhir pBusBnl Qwel]	ghar baahar parabḥ sabhnee thaa- ee.	Inwardly and outwardly, God is everywhere.
sIlg shiel j h hauj wel]3]	sang sahaa-ee jah ha-o jaa-ee. 3	Wherever I go, He is always with me, my Helper and Support. 3
die kr j iV krl Ardhis]	du-ay kar jorh karee ardaas.	With my palms pressed together, I offer this prayer.
sdw j py nwnku gwxqsu]4]9]	sadaa japay naanak guntaas. 4 9	O Nanak, I meditate forever on the Lord, the Treasure of Virtue. 4 9