

sookh sahj aanand lahhu

Braumhl 5] (1147-13)	bhairo mehlaa 5.	Bhairao, Fifth Mehl:
sKunihl bhqYDin Kirty]	sukh naahee bahutai Dhan khaatay.	There is no peace in earning lots of money.
sKunihl pkyinriq nirty]	sukh naahee paykhay nirat naatay.	There is no peace in watching dances and plays.
sKunihl bhudjs kmey]	sukh naahee baho days kamaa-ay.	There is no peace in conquering lots of countries.
srb sKw hir hir gx gwey]1]	sarab sukhaa har har gun gaa-ay. 1	All peace comes from singing the Glorious Praises of the Lord, Har, Har. 1
sK shj Aamd l hhu]	sookh sahj aanand lahhu.	You shall obtain peace, poise and bliss,
sDslhjq pweAYvfbwgl girmiK hir hir nmmukhhu]1] rhau]	saaDhsangat paa-ee-ai vadbhaagee gurmukh har har naam kahhu. 1 rahaa-o.	when you find the Saadh Sangat, the Company of the Holy, by great good fortune. As Gurmukh, utter the Name of the Lord, Har, Har. 1 Pause
bDn miiq ipqw sq binqw]	banDhan maat pitaa sut banitaa.	Mother, father, children and spouse - all place the mortal in bondage.
bDn krm Drm haukrqw]	banDhan karam Dharam ha-o kartaa.	Religious rituals and actions done in ego place the mortal in bondage.
bDn kirtnhurumin vsf]	banDhan kaatanhaar man vasai.	If the Lord, the Shatterer of bonds, abides in the mind,
qausKupwYinj Gir bsf]2]	ta-o suk paavai nij ghar basai. 2	then peace is obtained, dwelling in the home of the self deep within. 2
siB j wick pB dynhwr]	sabh jaachik parab dayvanhaar.	Everyone is a beggar; God is the Great Giver.
gx inDwn byAbh Apwr]	gun niDhaan bay-ant apaar.	The Treasure of Virtue is the Infinite, Endless Lord.
ij s no krmu kry pBu Apnw]	jis no karam karay parabh apnaa.	That person, unto whom God grants His Mercy
hir hir nmmuqnj in j pnw]3]	har har naam tinai jan japnaa. 3	- that humble being chants the Name of the Lord, Har, Har. 3
gir Apny AwgYArdis]	gur apnay aagai ardaas.	I offer my prayer to my Guru.
kir ikrpw prK gxqwis]	kar kirpaa purakh guntaas.	O Primal Lord God, Treasure of Virtue, please bless me with Your Grace.
khuwnk qmrI srxeel]	kaho naanak tumree sarnaa-ee.	Says Nanak, I have come to Your Sanctuary.
ij auBwYiqaurKhugswel]4]28]41]	ji-o bhaavai ti-o rakhahu gusaa-ee. 4 28 41	If it pleases You, please protect me, O Lord of the World. 4 28 41