

har jan raam raam raam Dhi-aa^N-ay

swrg mhl 5] (1208-16)	saarag mehlāa 5.	Saarang, Fifth Mehl:
hir j n rwm rwm rwm iDAley]	har jan raam raam raam <u>Dhi-aa</u> ^N -ay.	The humble servant of the Lord meditates on the Lord, Raam, Raam, Raam.
ek pl k sIk swD smwgm kit bkTh plley]1] rhwau]	ayk palak sukh saa <u>Dh</u> samaagam kot baiku ^N <u>thah</u> paa ^N -ay. 1 rahaa-o.	One who enjoys peace in the Company of the Holy, even for an instant, obtains millions of heavenly paradises. 1 Pause
dil B dh j ip hq pntqw j m kl qts invwry]	<u>dulabh</u> <u>dayh</u> jap hot puneetaa jam kee taraas nivaarai.	This human body, so difficult to obtain, is sanctified by meditating on the Lord. It takes away the fear of death.
mhw piqq kypwiqk aqrh hir nwmw air DwrY]1]	mahaa patit kay paatik utreh har naamaa ur <u>Dhaarai</u> . 1	Even the sins of terrible sinners are washed away, by cherishing the Lord's Name within the heart. 1
jo jo sinY rwm j suinrml qw kw j nm mrx dKunwsw]	jo jo sunai raam jas nirmal taa kaa janam maran <u>dukh</u> naasaa.	Whoever listens to the Immaculate Praises of the Lord - his pains of birth and death are dispelled.
khunink pweIAVfBwg ml mn qn hie ibgsw]2]4]23]	kaho naanak paa-ee-ai vad <u>bhaagee</u> ^N man tan ho-ay bigaasaa. 2 4 23	Says Nanak, the Lord is found by great good fortune, and then the mind and body blossom forth. 2 4 23