

kar isnaan simar parabh apnaa man tan bha-ay aroga

sriT mhl 5 ] (611-11)	sorath mehlaa 5.	Sorat'h, Fifth Mehl:
kir iesnwnu ismir pBwApnw mn qn BeyArgw ]	kar isnaan simar parab <u>h</u> apnaa man <u>tan</u> <u>bha</u> -ay aroga.	After taking your cleansing bath, remember your God in meditation, and your mind and body shall be free of disease.
kit ibGn l wQypB srxw pty Bl ysjlgw ]1]	kot bighan laathay parab <u>h</u> sarnaa pargatay <u>bhalay</u> sanjogaa.   1	Millions of obstacles are removed, in the Sanctuary of God, and good fortune dawns.   1
pB bwxl sbdu sBwiKAw ]	parab <u>h</u> banee sabad sub <u>h</u> aakhi-aa.	The Word of God's Bani, and His Shabad, are the best utterances.
gvhu sixhu pvhu inq Bwel gur ptyqurwiKAw ] rhau ]	gaavhu sunhu parhahu nit <u>bhaa</u> -ee gur poorai <u>too</u> raakhi-aa. rahaa-o.	So constantly sing them, listen to them, and read them, O Siblings of Destiny, and the Perfect Guru shall save you.   Pause
swc swihbu Aimi q vfwel Bgiq vCl dieAw ]	saachaa saahib amit vadaa-ee <u>bhagat</u> vachhal da-i-aalaa.	The glorious greatness of the True Lord is immeasurable; the Merciful Lord is the Lover of His devotees.
stkw kl pj rKdw AieAw Aiid ibrdupitqpw ]2]	santaa kee paj rakh- <u>daa</u> aa-i-aa aad birad partipaalaa.   2	He has preserved the honor of His Saints; from the very beginning of time, His Nature is to cherish them.   2
hir Alimk nwmu Bj nuinq Blchu srb vj w miK pwhu ]	har amrit naam <u>bhojan</u> nit <u>bhunchahu</u> sarab vaylaa mukh paavhu.	So eat the Ambrosial Name of the Lord as your food; put it into your mouth at all times.
j r w mrw qpwsBunwTw gw gubkl inq gvhu ]3]	jaraa maraa <u>taap</u> sab <u>h</u> naathaa gun gobind nit gaavhu.   3	The pains of old age and death shall all depart, when you constantly sing the Glorious Praises of the Lord of the Universe.   3
sxl Ardis sAwml myrsrb kl w bix Awel ]	sunee ardaas su-aamee mayrai sarab kalaa ban aa-ee.	My Lord and Master has heard my prayer, and all my affairs have been resolved.
pty Bel sgl yj g Alqir gur nwnk kl vifAwel ]4]11]	pargat <u>bha</u> -ee saglay jug antar gur naanak kee vadi-aa-ee.   4  11	The glorious greatness of Guru Nanak is manifest, throughout all the ages.   4  11