

gur pooraa mayraa gur pooraa

raamkl I mhl w 5] (901-4)	raamkalee mehlaa 5.	Raamkalee, Fifth Mehl:
guruplw myw guruplw]	gur pooraa mayraa gur pooraa.	My Guru is perfect, my Guru is perfect.
raam naam j ip sdw shj ysgl ibnysyrg kltw]1] rhau]	raam naam jap sadaa suhaylay sagal binaasay rog kooraa. 1 rahaa-o.	Chanting the Lord's Name, I am always at peace; all my illness and fraud is dispelled. 1 Pause
ekj ArwDhu swicw sie]	ayk aaraaDhahu saachaa so-ay.	Worship and adore that One Lord alone.
j w kl srin sdw skuhie]1]	jaa kee saran sadaa sukh ho-ay. 1	In His Sanctuary, eternal peace is obtained. 1
nld shj I nam kl I wgl BK]	need suhaylee naam kee laagee bhookh.	One who feels hunger for the Naam sleeps in peace.
hir ismrq ibnsysB dK]2]	har simrat binsay sabh dookh. 2	Meditating in remembrance on the Lord, all pains are dispelled. 2
shij Anpd krhumyBwiel]	sahj anand karahu mayray bhaa- ee.	Enjoy celestial bliss, O my Siblings of Destiny.
gir plwSB iclw imtwel]3]	gur poorai sabh chint mitaa-ee. 3	The Perfect Guru has eradicated all anxiety. 3
AwT phr pB kw j pu j wip]	aath pahar parabh kaa jap jaap.	Twenty-four hours a day, chant God's Chant.
naank raKw hAw Awip]4]2]58]	naanak raakhaa ho-aa aap. 4 2 58	O Nanak, He Himself shall save you. 4 2 58