

pooṭaa maṭṭaa kee aasees

gĳ rĳ mĳ ĳ 5 ] (496-3)	goojree mehlaa 5.	Goojaree, Fifth Mehl:
ij suismrq siB ikl ivK nwsih ipqri hie aDwro ]	jis simraṭ sabh kilvikh naaseh piṭree ho-ay uDhaaro.	Remembering Him, all sins are erased, and ones generations are saved.
so hir hir qm@sd hl j wphuj w kw Akhu n pwo ]1]	so har har tum <sup>H</sup> sad hee jaapahu jaa kaa anṭ na paaro.   1	So meditate continually on the Lord, Har, Har; He has no end or limitation.   1
plq mṭq kl Aṭs ]	pooṭaa maṭṭaa kee aasees.	O son, this is your mother's hope and prayer,
inmK n ibsrau qm@kauhir hir sdw Bj huj gds ]1] rhau ]	nimakḥ na bisara-o tum <sup>H</sup> ka-o har har sadaa bhajahu jagdees.   1   rahaa-o.	that you may never forget the Lord, Har, Har, even for an instant. May you ever vibrate upon the Lord of the Universe.   1  Pause
siqgru qm@kauhie dieAwl w skṭslg qri pliq ]	satgur tum <sup>H</sup> ka-o ho-ay da-i-aalaa satsang tayree pareet.	May the True Guru be kind to you, and may you love the Society of the Saints.
kwpVupiq prmsruwkl Bj nu klrqunliq ]2]	kaaparḥ paṭ parmaysar raakhee bhajan keertan neet.   2	May the preservation of your honor by the Transcendent Lord be your clothes, and may the singing of His Praises be your food.   2
Amṭqu plvhu sdw icruj lvhu hir ismrq And Anq ]	amrit peevhu sadaa chir jeevhu har simraṭ anad anantaa.	So drink in forever the Ambrosial Nectar; may you live long, and may the meditative remembrance of the Lord give you infinite delight.
rṭj qmṭw pln Aṭsw kbih n ibAwplicṭw ]3]	rang tamaasaa pooran aasaa kabeh na bi-aapai chintaa.   3	May joy and pleasure be yours; may your hopes be fulfilled, and may you never be troubled by worries.   3
Bvru qmṭw iehumnuhwauhir crxw hḥukal w ]	bhavar tum <sup>H</sup> aaraa ih man hova-o har charṇaa hohu ka-ulaa.	Let this mind of yours be the bumble bee, and let the Lord's feet be the lotus flower.
nink disuan slig l ptwieE ij aubḥih cwqkumal w ]4]3]4]	naanak daas un sang lptaa-i-o ji-o boon <sup>N</sup> deh chaatrik ma-ulaa.   4  3  4	Says servant Nanak, attach your mind to them, and blossom forth like the song-bird, upon finding the rain-drop.   4  3  4