

sadaa sadaa man naam sam^Haal

ml wr mhl w 5] (1271-1)	malaar mehlaa 5.	Malaar, Fifth Mehl:
prmsruhAw dieAwl u]	parmaysar ho-aa da-i-aal.	The Transcendent Lord God has become merciful;
mgUvrsYAlmKj Dwr]	maygh varsai amrit Dhaar.	Ambrosial Nectar is raining down from the clouds.
sgl yj IA j Kq iqbpqwsy]	saglay jee-a jant tariptaasay.	All beings and creatures are satisfied;
karj Aweyplhy rwsy]1]	kaaraj aa-ay pooray raasay. 1	their affairs are perfectly resolved. 1
sdw sdw mn nmusmil]	sadaa sadaa man naam sam ^H aal.	O my mind, dwell on the Lord, forever and ever.
gur plhykl syw piiieAw ADYEQY inbhYnwiI]1] rhwau]	gur pooray kee sayvaa paa-i-aa aithai othai nibhai naal. 1 rahaa-o.	Serving the Perfect Guru, I have obtained it. It shall stay with me both here and hereafter. 1 Pause
dKuBlhw BYBjI nhwr]	dukh bhannaa bhai bhanjanhaar.	He is the Destroyer of pain, the Eradicator of fear.
AwpixAw j lAw kl klql swr]	aapni-aa jee-aa kee keetee saar.	He takes care of His beings.
rwKnhwr sdw imhrvwn]	raakhanhaar sadaa miharvaan.	The Savior Lord is kind and compassionate forever.
sdw sdw j welAkrbwn]2]	sadaa sadaa jaa-ee-ai kurbaan. 2	I am a sacrifice to Him, forever and ever. 2
kwI ugwieAw krqYAwip]	kaal gavaa-i-aa kartai aap.	The Creator Himself has eliminated death.
sdw sdw mn iqs noj wip]	sadaa sadaa man tis no jaap.	Meditate on Him forever and ever, O my mind.
idlsit Dwir rwKysiB j Kq]	darisat Dhaar raakhay sabh jant.	He watches all with His Glance of Grace and protects them.
gx gwvhuinq inq BgvKq]3]	gun gaavhu nit nit bhagvant. 3	Continually and continuously, sing the Glorious Praises of the Lord God. 3
ekokrqw AwpYAwip]	ayko kartaa aapay aap.	The One and Only Creator Lord is Himself by Himself.
hir kyBgq j wxih prqwp]	har kay bhagat jaaneh partaap.	The Lord's devotees know His Glorious Grandeur.
nmvYkl pj rKdw AwieAw]	naavai kee paj rakh-daa aa-i-aa.	He preserves the Honor of His Name.
nmnkubd Yiqs kw bd wieAw]4]3]21]	naanak bolai tis kaa bolaa-i-aa. 4 3 21	Nanak speaks as the Lord inspires him to speak. 4 3 21