

amrit naam parmaysar tayraa jo simrai so jeevai

sriT mhl 5] (616-10)	sorath mehlaa 5.	Sorat'h, Fifth Mehl:
paarbarahm ho-aa sahaa-ee kathaa keertan sukh-daa-ee.	paarbarahm ho-aa sahaa-ee kathaa keertan sukh-daa-ee.	The Supreme Lord God has become my helper and friend; His sermon and the Kirtan of His Praises have brought me peace.
gur pooray kee banee jap anad karahu nit paraanee. 1	gur pooray kee banee jap anad karahu nit paraanee. 1	Chant the Word of the Perfect Guru's Bani, and be ever in bliss, O mortal. 1
hir saachaa simrahu bhaa-ee.	har saachaa simrahu bhaa-ee.	Remember the True Lord in meditation, O Siblings of Destiny.
saaDhsang sadaa sukh paa-ee-ai har bisar na kabhoo jaa-ee. rahaa-o.	saaDhsang sadaa sukh paa-ee-ai har bisar na kabhoo jaa-ee. rahaa-o.	In the Saadh Sangat, the Company of the Holy, eternal peace is obtained, and the Lord is never forgotten. Pause
amrit naam parmaysar tayraa jo simrai so jeevai.	amrit naam parmaysar tayraa jo simrai so jeevai.	Your Name, O Transcendent Lord, is Ambrosial Nectar; whoever meditates on it, lives.
jis no karam paraapat hovai so jan nirmal theevai. 2	jis no karam paraapat hovai so jan nirmal theevai. 2	One who is blessed with God's Grace - that humble servant becomes immaculate and pure. 2
bighan binaasan sabh dukh naasan gur charnee man laagaa.	bighan binaasan sabh dukh naasan gur charnee man laagaa.	Obstacles are removed, and all pains are eliminated; my mind is attached to the Guru's feet.
gun gaavaat achut abhinaasee an-din har rang jaagaa. 3	gun gaavaat achut abhinaasee an-din har rang jaagaa. 3	Singing the Glorious Praises of the immovable and imperishable Lord, one remains awake to the Lord's Love, day and night. 3
man ichhay say-ee fal paa-ay har kee kathaa suhaylee.	man ichhay say-ee fal paa-ay har kee kathaa suhaylee.	He obtains the fruits of his mind's desires, listening to the comforting sermon of the Lord.
aad ant maDh naanak ka-o so parabh ho-aa baylee. 4 16 27	aad ant maDh naanak ka-o so parabh ho-aa baylee. 4 16 27	In the beginning, in the middle, and in the end, God is Nanak's best friend. 4 16 27