

har har naam santan kai sang

gaWl mhl w 5 ] (197-10)	ga-or <sup>h</sup> ee mehlaa 5.	Gauree, Fifth Mehl:
bwhir rwiKE irdYsmiil ]	baahar raak <sup>h</sup> i-o ri <sup>d</sup> ai samaal.	When they are out and about, they keep Him enshrined in their hearts;
Gir Awey giv <sup>h</sup> lu l Ynwil ]1]	ghar aa-ay govind <sup>h</sup> lai naal.   1	returning home, the Lord of the Universe is still with them.   1
hir hir n <sup>u</sup> musk <sup>h</sup> qn k <sup>l</sup> slig ]	har har naam santan kai sang.	The Name of the Lord, Har, Har, is the Companion of His Saints.
mnuqnu r <sup>u</sup> q <sup>u</sup> r <sup>u</sup> m k <sup>l</sup> r <sup>h</sup> ig ]1] rh <sup>u</sup> au ]	man tan raataa raam kai rang.   1   rahaa-o.	Their minds and bodies are imbued with the Love of the Lord.   1  Pause
gur prswdl swgruqirAw ]	gur parsaa <sup>d</sup> ee saagar tari-aa.	By Guru's Grace, one crosses over the world-ocean;
j nm j nm kyikl ivK siB ihirAw ]2]	janam janam kay kilv <sup>h</sup> kh sab <sup>h</sup> hiri-aa.   2	the sinful mistakes of countless incarnations are all washed away.   2
sBw sriq n <sup>u</sup> im Bgv <sup>h</sup> ku ]	sob <sup>h</sup> aa surat <sup>h</sup> naam bhagvant <sup>h</sup> .	Honor and intuitive awareness are acquired through the Name of the Lord God.
pl <sup>h</sup> y gur kw inrml m <sup>h</sup> ku ]3]	pooray gur kaa nirmal mant <sup>h</sup> .   3	The Teachings of the Perfect Guru are immaculate and pure.   3
crx kml ihrdy mih j wpu ]	charan <sup>h</sup> kamal hir <sup>d</sup> ay meh jaap.	Within your heart, meditate on the His Lotus Feet.
nwnku pjK j lv <sup>h</sup> prqwpu ]4]88]157]	naanak pay <sup>h</sup> kh jeevai partaap.   4  88  157	Nanak lives by beholding the Lord's Expansive Power.   4  88  157