

amrit ras peevhu parabh pi-aaree

gaWl mhl  5 ] (194-16)	ga-or <u>h</u> ee mehlaa 5.	Gauree, Fifth Mehl:
hir ismrq siB imtih kl s ]	har simrat <u>sabh</u> miteh kalays.	Meditating in remembrance on the Lord, all suffering is eradicated.
crx kml mn mih prvys ]1]	charan <u>u</u> kamal man meh parvays.   1	The Lord's Lotus Feet are enshrined within my mind.   1
aicrhurwm nimmul K bwril ]	uchrahu raam naam lakh <u>u</u> baaree.	Chant the Lord's Name, hundreds of thousands of times, O my dear,
Alimq rsu plvhu pB ipAwrl ]1] rhwaui ]	amrit ras peevhu parab <u>h</u> pi-aaree.   1   rahaa-o.	and drink deeply of the Ambrosial Essence of God.   1  Pause
sK shj rs mhwa Anpwa ]	sook <u>h</u> sahj ras mahaa ananda <u>u</u> .	Peace, celestial bliss, pleasures and the greatest ecstasy are obtained;
j ip j ip j lvjprmmw pwa ]2]	jap jap jeevay parmaananda <u>u</u> .   2	chanting and meditating, you shall live in supreme bliss.   2
kwm kD l B md Key ]	kaam kroD <u>h</u> lob <u>h</u> mad <u>u</u> kho-ay.	Sexual desire, anger, greed and ego are eradicated;
swD kl'sllg iki ibK sB Dey ]3]	saaD <u>h</u> kai sang kilbik <u>h</u> sab <u>h</u> D <u>h</u> o- ay.   3	in the Saadh Sangat, the Company of the Holy, all sinful mistakes are washed away.   3
kir ikrpw pB dln dieAwl  ]	kar kirpaa parab <u>h</u> deen da-i-aalaa.	Grant Your Grace, O God, O Merciful to the meek.
nwnk dlj YswD rvwl  ] ]4]75]144]	naanak deejai saaD <u>h</u> ravaalaa.   4  75  144	Please bless Nanak with the dust of the feet of the Holy.   4  75  144