

hirdai naam vasaa-iho

sriT mhl ॥ 5 ] (621-12)	sorath mehlāa 5.	Sorat'h, Fifth Mehl:
ihrdY nwmu vswiehu ]	hirdai naam vasaa-iho.	Enshrine the Naam, the Name of the Lord, within your heart;
Gir bTYgrliDAwiehu ]	ghar baithay guroo Dhi-aa-iho.	sitting within your own home, meditate on the Guru.
gür pth'scu kihAw ]	gur poorai sach kahi-aa.	The Perfect Guru has spoken the Truth;
so sKu swcW l ihAw ]1]	so sukh saachaa lahi-aa.   1	the True Peace is obtained only from the Lord.   1
Apnw hieE guru imhrvwnw ]	apunaa ho-i-o gur miharvaanaa.	My Guru has become merciful.
And sIK kil Aww mlyl isau Gir Aweykir iesnwnw ] rhwau ]	anad sookh kali-aan mangal si-o ghar aa-ay kar isnaanaa. rahaa-o.	In bliss, peace, pleasure and joy, I have returned to my own home, after my purifying bath.   Pause
swcl gir vifAweI ]	saachee gur vadi-aa-ee.	True is the glorious greatness of the Guru;
qw kl klmiq khxun j wel ]	taa kee keemat kahan na jaa-ee.	His worth cannot be described.
isir swhw piqswhw ]	sir saahaa paatisaahaa.	He is the Supreme Overlord of kings.
gur Bytq min Emwhw ]2]	gur bhaytat man omaahaa.   2	Meeting with the Guru, the mind is enraptured.   2
sgl prwCq l wQy ]	sagal paraachhat laathay.	All sins are washed away,
imil swDsMjiq k'swQy ]	mil saaDhsangat kai saathay.	meeting with the Saadh Sangat, the Company of the Holy.
gx inDwn hir nwmw ]	gun niDhaan har naamaa.	The Lord's Name is the treasure of excellence;
j ip pthn heykumw ]3]	jap pooran ho-ay kaamaa.   3	chanting it, one's affairs are perfectly resolved.   3
gür klnomikiq diAww ]	gur keeno mukat du-aaraa.	The Guru has opened the door of liberation,
sB isbit krYj kwrw ]	sabh sarisat karai jaikaaraa.	and the entire world applauds Him with cheers of victory.
nwnk pBumyY swQy ]	naanak parabh mayrai saathay.	O Nanak, God is always with me;
j nm mrx BYl wQy ]4]2]52]	janam maran bhai laathay.   4  2  52	my fears of birth and death are gone.   4  2  52