

san̄tahu raam naam nistaree-ai

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| sriT mhl 5] (621-18) | sorath mehlāa 5. | Sorat'h, Fifth Mehl: |
| gūr p̄h̄i krp̄ D̄w̄r̄l] | gur poorai kirpaa <u>D</u> haaree. | The Perfect Guru has granted His Grace, |
| p̄r̄B p̄r̄l l̄ c̄ hm̄r̄l] | parabh pooree loch hamaaree. | and God has fulfilled my desire. |
| kir iesn̄w̄n̄u iḡr̄h̄ Aw̄ey] | kar isnaan garihi aa-ay. | After taking my bath of purification, I returned to my home, |
| And m̄ḡl s̄k p̄w̄ey]1] | anad mangal sukh paa-ay. 1 | and I found bliss, happiness and peace. 1 |
| s̄k̄h̄u r̄m̄ n̄w̄im̄ ins̄qr̄l̄A] | san̄tahu raam naam nistaree-ai. | O Saints, salvation comes from the Lord's Name. |
| āT̄q̄ b̄T̄q̄ hir hir iD̄Aw̄el̄A] Anidn̄u s̄ik̄q̄ k̄r̄l̄A]1] rh̄w̄au] | oothat baithat har har <u>D</u> hi-aa-ee-ai an-din sukariṭ karee-ai. 1 rahaa-o. | While standing up and sitting down, meditate on the Lord's Name. Night and day, do good deeds. 1 Pause |
| s̄k̄ k̄w̄ m̄w̄rḡu Dr̄m̄ k̄l̄ p̄āw̄l̄ k̄o v̄f̄B̄w̄gl̄ p̄w̄ey] | san̄t̄ kaa maarag <u>D</u> haram kee pa- orhee ko vad h aagee paa-ay. | The way of the Saints is the ladder of righteous living, found only by great good fortune. |
| k̄ōt̄ j̄ n̄m̄ kȳīk̄l̄ īb̄k̄ n̄w̄sȳhir cr̄xl̄ ic̄qūl̄ w̄ey]2] | kot janam kay kilbikh̄ naasay har charnee chit̄ laa-ay. 2 | The sins of millions of incarnations are washed away, by focusing your consciousness on the Lord's feet. 2 |
| ās̄q̄iq̄ k̄r̄h̄u s̄d̄w̄ p̄r̄B̄ Ap̄nȳij̄ in p̄r̄l̄ k̄l̄ r̄w̄k̄l̄] | ustat̄ karahu sadaa parabh̄ ap̄nay jin pooree kal raak̄hee. | So sing the Praises of your God forever; His almighty power is perfect. |
| j̄ l̄Ā j̄ m̄j̄ sīB̄ Beȳp̄iv̄q̄r̄ sīq̄ḡur̄ k̄l̄ sc̄ūs̄w̄k̄l̄]3] | jee-a jan̄t̄ sabh̄ <u>b</u> ha-ay pavitarāa satgur̄ kee sach saak̄hee. 3 | All beings and creatures are purified, listening to the True Teachings of the True Guru. 3 |
| īb̄Ḡn̄ īb̄n̄w̄sn̄ sīB̄ d̄īk̄ n̄w̄sn̄ sīq̄ḡur̄ n̄w̄m̄id̄w̄iēAw̄] | bighan binaasan sabh̄ <u>d</u> ukh̄ naasan satgur̄ naam dr̄ir̄h̄-aa-i-aa. | The True Guru has implanted the Naam, the Name of the Lord, within me; it is the Eliminator of obstructions, the Destroyer of all pains. |
| K̄eȳp̄w̄p̄ BeȳsīB̄ p̄w̄v̄n̄ j̄ n̄ n̄w̄nk̄ sīk̄ Gir̄ Aw̄iēAw̄]4]3]53] | <u>k</u> ho-ay paap <u>b</u> ha-ay sabh̄ paavan jan naanak sukh̄ <u>g</u> har aa-i-aa. 4 3 53 | All of my sins were erased, and I have been purified; servant Nanak has returned to his home of peace. 4 3 53 |