

har har simrahu sanṭ gopaalaa

sriT mhl ॥ 5] (617-12)	soratḥ mehlaa 5.	Sorat'h, Fifth Mehl:
j ॥ kYismrix sBukCupwelaY ibrQI Gwl n j wel]	jaa kai simraṇ sabḥ kachḥ paa-ee-ai birthee ghaal na jaa-ee.	Meditating in remembrance on Him, all things are obtained, and one's efforts shall not be in vain.
iqsı pB iqAwig Avr kq rıchu j 0 sB mih rihAw smwel]1]	tiṣ parabḥ ti-aag avar kaṭ raachahu jo sabḥ meh rahi-aa samaa-ee. 1	Forsaking God, why do you attach yourself to another? He is contained in everything. 1
hir hir ismrhushṭ gpwl ॥]	har har simrahu sanṭ gopaalaa.	O Saints, meditate in remembrance on the World-Lord, Har, Har.
sıDslıg imil nınuıDAıvhu pıñ hwY Gwl ॥]1] rhıau]	saaDhsang mil naam Dhi-aavahu pooran hovai ghaalaa. 1 rahaa-o.	Joining the Saadh Sangat, the Company of the Holy, meditate on the Naam, the Name of the Lord; your efforts shall be rewarded. 1 Pause
swir smwl Yiniq pıqpwı Y pıñ sihq gil l wY]	saar samaalai niṭ paraṭıpaalai paraym sahiṭ gal laavai.	He ever preserves and cherishes His servant; with Love, He hugs him close.
khu nınk pB qmry ibsrq j gq j lvnu kby pıwY]2]4]32]	kaho naanak parabḥ tumray bisraṭ jagaṭ jeevan kaisay paavai. 2 4 32	Says Nanak, forgetting You, O God, how can the world find life? 2 4 32