Kirtain Sohila

ਸੋਰਠਿ ਮਹਲਾ ੫ ॥

ਗੁਰ ਕਾ ਸਬਦੁ ਰਖਵਾਰੇ ॥

The Word of the Guru's Shabad is my Saving Grace.

ਚਉਕੀ ਚਉਗਿਰਦ ਹਮਾਰੇ ॥

It is a guardian posted on all four sides around me.

ਰਾਮ ਨਾਮਿ ਮਨੁ ਲਾਗਾ ॥

My mind is attached to the Lord's Name.

ਜਮੁ ਲਜਾਇ ਕਰਿ ਭਾਗਾ ॥੧॥

The Messenger of Death has run away in shame. ||1||

ਪ੍ਰਭ ਜੀ ਤੂ ਮੇਰੋ ਸੁਖਦਾਤਾ ॥

O Dear Lord, You are my Giver of peace.

ਬੰਧਨ ਕਾਟਿ ਕਰੇ ਮਨੁ ਨਿਰਮਲੁ ਪੂਰਨ ਪੁਰਖੁ ਬਿਧਾਤਾ ॥ ਰਹਾਉ ॥

The Perfect Lord, the Architect of Destiny, has shattered my bonds, and made my mind immaculately pure. ||Pause||

ਨਾਨਕ ਪ੍ਰਭੁ ਅਬਿਨਾਸੀ ॥

O Nanak, God is eternal and imperishable.

ਤਾ ਕੀ ਸੇਵ ਨ ਬਿਰਥੀ ਜਾਸੀ ॥

Service to Him shall never go unrewarded.

ਅਨਦ ਕਰਹਿ ਤੇਰੇ ਦਾਸਾ ॥

Your slaves are in bliss;

ਜਪਿ ਪੂਰਨ ਹੋਈ ਆਸਾ ॥੨॥੪॥੬੮॥

chanting and meditating, their desires are fulfilled. ||2||4||68||

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥

ਤਾਤੀ ਵਾਉ ਨ ਲਗਈ ਪਾਰਬ੍ਰਹਮ ਸਰਣਾਈ ॥

The hot wind does not even touch one who is under the Protection of the Supreme Lord God.

ਚਉਗਿਰਦ ਹਮਾਰੈ ਰਾਮ ਕਾਰ ਦੁਖੁ ਲਗੈ ਨ ਭਾਈ ॥੧॥

On all four sides I am surrounded by the Lord's Circle of Protection; pain does not afflict me, O Siblings of Destiny. ||1||

ਸਤਿਗੁਰੁ ਪੂਰਾ ਭੇਟਿਆ ਜਿਨਿ ਬਣਤ ਬਣਾਈ ॥

I have met the Perfect True Guru, who has done this deed.

ਰਾਮ ਨਾਮੁ ਅਉਖਧੁ ਦੀਆ ਏਕਾ ਲਿਵ ਲਾਈ ॥੧॥ ਰਹਾਉ ॥

He has given me the medicine of the Lord's Name, and I enshrine love for the One Lord. ||1||Pause||

ਰਾਖਿ ਲੀਏ ਤਿਨਿ ਰਖਨਹਾਰਿ ਸਭ ਬਿਆਧਿ ਮਿਟਾਈ ॥

The Savior Lord has saved me, and eradicated all my sickness.

ਕਹੁ ਨਾਨਕ ਕਿਰਪਾ ਭਈ ਪ੍ਰਭ ਭਏ ਸਹਾਈ ॥੨॥੧੫॥੭੯॥

Says Nanak, God has showered me with His Mercy; He has become my help and support. ||2||15||79||

ਸਲੋਕੁ ॥

ਜਹ ਸਾਧੂ ਗੋਬਿਦ ਭਜਨੁ ਕੀਰਤਨੁ ਨਾਨਕ ਨੀਤ ॥

Where the Holy people constantly vibrate the Kirtan of the Praises of the Lord of the Universe, O Nanak

ਣਾ ਹਉ ਣਾ ਤੂੰ ਣਹ ਛੁਟਹਿ ਨਿਕਟਿ ਨ ਜਾਈਅਹੁ ਦੂਤ ॥੧॥

- the Righteous Judge says, ""Do not approach that place, O Messenger of Death, or else neither you nor I shall escape!""||1||

ਸਲੋਕ ਮਃ ੫ ॥

ਮਨ ਮਹਿ ਚਿਤਵਉ ਚਿਤਵਨੀ ਉਦਮੁ ਕਰਉ ਉਠਿ ਨੀਤ ॥

Within my mind, I think thoughts of always rising early, and making the effort.

ਹਰਿ ਕੀਰਤਨ ਕਾ ਆਹਰੋ ਹਰਿ ਦੇਹੁ ਨਾਨਕ ਕੇ ਮੀਤ ॥੧॥

O Lord, my Friend, please bless Nanak with the habit of singing the Kirtan of the Lord's Praises. ||1||

sihlw
rwg gaVI dIpkI mhlw ñ

<> siqgr pRswid]

j Gir kIriq AwKIA krq kw hie bIcwr]
iqq Gir gwvh sihlw isvirh isrjxhwr]ñ]
qm gwvh mr inrBa kw sihlw]
ha vwrI ijq sihl sdw sK hie]ñ] rhwa]
inq inq jIAV smwlIAin dKgw dvxhwr]
qr dwn kImiq nw pv iqs dwq kvx smwr]ò]
sbiq swhw iliKAw imil kir pwvh ql]
dh sjx AsIsVIAw ija hv swihb isa ml]ó]
Gir Gir eh pwhcw sdV inq pvin]
sdxhwrw ismrIA nwnk s idh Awvin]ô]ñ]

rwg Awsw mhlw ñ]
iCA Gr iCA gr iCA apds] gr gr ek vs Ank]ñ]
bwbw j Gir krq kIriq hie] s Gr rwK vfweI qie]ñ] rhwa]
ivse cisAw GVIAw phrw iQqI vwrI mwh hAw]
srj ek riq Ank] nwnk krq k kq vs]ò]ò]

rwg Dnwsrl mhlw ñ]
ggn m Qwl riv cd dIpk bn qwirkw mfl jnk mqI]
Dp mlAwnl pvx cvr kr sgl bnrwie Plq jqI]ñ]
ksI Awrql hie] Bv KfnW qrI Awrql]
Anhqw sbd vwjq BrI]ñ] rhwa]
shs qv nn nn nn hih qih ka shs mriq nnw ek qhI]
shs pd ibml nn ek pd gD ibn shs qv gD iev clq mhI]ò]
sB mih joiq joiq h sie] iqs d cwnix sB mih cwnx hie]
gr swKI joiq prgt hie] j iqs Bwv s Awrql hie]ó]
hir crx kvl mkrd lBq mn Anidn mih AwhI ipAwsw]
ikpw jl dih nwnk swirg ka hie jw q qr nwie vwsw]ô]ó]

rwg gaVI prbI mhlw ô]
kwim kriD ngr bh BirAw imil swD Kfl Kfw h]
prib ilKq ilK gr pwieAw min hir ilv mfl mfw h]ñ]
kir swD Ajll pn vfw h] kir ffaq pn vfw h]ñ] rhwa]
swkq hir rs swd n jwixAw iqn Aqir ham kfw h]
ija ija clh cB dK pwvih jmkwl shih isir ffw h]ò]
hir jn hir hir nwim smwx dK jnm mrx Bv Kfw h]
Aibnwsl prK pwieAw prmsr bh sB Kf bhmfw h]ó]
hm grIb mskln pB qr hir rwK rwK vf vfw h]
jn nwnk nwm ADwr tk h hir nwm hl sK mfw h]ô]ô]

rwg gaVI prbI mhlw õ]
kra bnql sxh mr mIqw sq thl kl blw]
elhw Kwit clh hir lwhw Awg bsn shlw]ñ]
AaD Gt idns rxwr] mn gr imil kwj svwr]ñ] rhwa]
ieh ssw ibkwr ss mih qirE bhm igAwnl]
ijsih jgwie plAwv ieh rs AkQ kQw iqin jwnI]ò]
jw ka Awe seI ibhwJh hir gr q mnih bsrw]
inj Gir mhl pwvh sK shj bhir n hieg Prw]ó]
Aqrjwml prK ibDwq srDw mn kl pr]
nwnk dws ieh sK mwg m ka kir sqn kl Dr]ô]õ]