

har simraṭ sabh miteh kalays

gaWl mhl ॥ 5] (194-16)	ga-or <u>hee</u> mehlaa 5.	Gauree, Fifth Mehl:
hir ismrq siB imtih kl ॥]	har simraṭ sabh miteh kalays.	Meditating in remembrance on the Lord, all suffering is eradicated.
crx kml mn mih prvys]1]	charaṇ kamal man meh parvays. 1	The Lord's Lotus Feet are enshrined within my mind. 1
aicrhurwm nimmul K bwril]	uchrahu raam naam lakḥ baaree.	Chant the Lord's Name, hundreds of thousands of times, O my dear,
Alimḳ rsuiplvhu pB ipAwrl]1] rhwaui]	amriṭ ras peevhu parabḥ pi-aaree. 1 rahaa-o.	and drink deeply of the Ambrosial Essence of God. 1 Pause
sK shj rs mhwa Anpdw]	sookḥ sahj ras mahaa ananda <u>aa</u> .	Peace, celestial bliss, pleasures and the greatest ecstasy are obtained;
j ip j ip j lvjprmmwpcw]2]	jap jap jeevay parmaananda <u>aa</u> . 2	chanting and meditating, you shall live in supreme bliss. 2
kwm kD I B md Key]	kaam kroDḥ lobḥ maḍ kho-ay.	Sexual desire, anger, greed and ego are eradicated;
sWD k'lsllg iki ibK sB Dey]3]	saaDḥ kai sang kilbikḥ sabḥ Dho- 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 parabḥ deeṇ da-i-aalaa.	Grant Your Grace, O God, O Merciful to the meek.
nwnk dj'ysWD rvwl ॥]4]75]144]	naanaḳ deejai saaDḥ ravaalaa. 4 75 144	Please bless Nanak with the dust of the feet of the Holy. 4 75 144