

har simraṭ tayree jaa-ay balaa-ay

|                                    |  |   |
|------------------------------------|--|---|
| gaṽl mhl ॥ 5 ] (193-9)             | ga-or <u>h</u> ee mehlaa 5.                    | Gauree, Fifth Mehl:   |
| hir ismrq qrl j wie bl wie ]       | har simraṭ tayree jaa-ay balaa-ay.            | Remembering the Lord in meditation, your misfortune shall be taken away,    |
| srb kil Awx vsYmin Awie ]1]        | sarab kali-aan vasai man aa-ay.<br>  1         | and all joy shall come to abide in your mind.   1                           |
| Bj umn myryekonum ]                | <u>b</u> haj man mayray ayko naam.             | Meditate, O my mind, on the One Name.                                       |
| j IA qrykY Aivkum ]1] rhau ]       | jee-a tayray kai aavai kaam.   1  <br>rahaa-o. | It alone shall be of use to your soul.   1  Pause                           |
| rYx idnsugx gauAnq ]               | rain dinas gun gaa-o anantaa.                  | Night and day, sing the Glorious Praises of the Infinite Lord,              |
| gur ptyk inrml mty ]2]             | gur pooray kaa nirmal manntaa.<br>  2          | through the Pure Mantra of the Perfect Guru.   2                            |
| Cif apiv ejk tjk rku ]             | <u>ch</u> hod upaav ayk tayk raakh.            | Give up other efforts, and place your faith in the Support of the One Lord. |
| mhw pdwrQu Alimty rsucwku ]3]      | mahaa padaarath amrit ras<br>chaakh.   3       | Taste the Ambrosial Essence of this, the greatest treasure.<br>  3          |
| ibKm sigrugel j n qry ]            | <u>bik</u> ham saagar tay-ee jan taray.        | They alone cross over the treacherous world-ocean,                          |
| nwnk j ॥ kaundir kry<br>]4]68]137] | naanak jaa ka-o nadar karay.<br>  4  68  137   | O Nanak, upon whom the Lord casts His Glance of Grace.<br>  4  68  137      |