

saas saas simrahu gobind

gaWl sIKmnl mU 5] (295-3)	ga-or <u>hee</u> suk <u>h</u> manee mehlaa 5.	Gauree Sukhmani, Fifth Mehl,
plY gur kU sin ap <u>dsu</u>]	pooray gur kaa sun up <u>days</u> .	Listen to the Teachings of the Perfect Guru;
paarbhmuinkit kir p <u>ku</u>]	paarbarahm nikat kar pay <u>kh</u> .	see the Supreme Lord God near you.
s <u>is</u> s <u>is</u> ism <u>rh</u> u <u>g</u> ib <u>l</u>]	saas saas simrahu gob <u>ind</u> .	With each and every breath, meditate in remembrance on the Lord of the Universe,
mn An <u>r</u> kl au <u>r</u> Y <u>ic</u> l]	man an <u>t</u> ar kee u <u>t</u> rai ch <u>ind</u> .	and the anxiety within your mind shall depart.
A <u>s</u> A <u>in</u> q iqA <u>gh</u> u <u>qr</u> l]	aas an <u>i</u> t t <u>i</u> -aagahu t <u>ar</u> ang.	Abandon the waves of fleeting desire,
s <u>l</u> j n <u>u</u> kl D <u>h</u> r mn m <u>l</u>]	sant <u>t</u> janaa kee <u>D</u> h <u>oor</u> man mang.	and pray for the dust of the feet of the Saints.
A <u>pu</u> Ci <u>f</u> b <u>n</u> q <u>l</u> k <u>rh</u>]	aap <u>ch</u> hod bayn <u>t</u> ee karahu.	Renounce your selfishness and conceit and offer your prayers.
s <u>u</u> D <u>s</u> l <u>g</u> Agin s <u>u</u> gr <u>u</u> q <u>rh</u>]	saa <u>D</u> hsang agan saagar t <u>ar</u> ahu.	In the Saadh Sangat, the Company of the Holy, cross over the ocean of fire.
hir Dn kyBir I j <u>u</u> B <u>h</u> ir]	har <u>D</u> han kay <u>b</u> har layho <u>b</u> handaar.	Fill your stores with the wealth of the Lord.
n <u>u</u> nk gur pl <u>Y</u> nm <u>sk</u> ur]1]	naanak gur pooray namaskaar. 1	Nanak bows in humility and reverence to the Perfect Guru. 1