

simar simar parabh aapnaa naathaa dukh thaa-o

ibI wI umhI w 5] (818-6)	bilaaval mehlaa 5.	Bilaaval, Fifth Mehl:
ismir ismir pB uA p n n T w d K T w a u]	simar simar parabh aapnaa naathaa dukh thaa-o.	Remembering, remembering my God in meditation, the house of pain is removed.
ibstIm pweyimiI s uDsIlg q u q y bhiV n D w a u] 1]	bisraam paa-ay mil saaDhsang taa tay bahurh na Dhaa-o. 1	Joining the Saadh Sangat, the Company of the Holy, I have found peace and tranquility; I shall not wander away from there again. 1
bil h w r l g u r A w p n y c r n n @ b i l j w a u]	balihaaree gur aapnay charnan ^H bal jaa-o.	I am devoted to my Guru; I am a sacrifice to His Feet.
And s i K m i g l b n y p K q g n g w a u] 1] r h w a u]	anad sookh mangal banay paykhat gun gaa-o. 1 rahaa-o.	I am blessed with ecstasy, peace and happiness, gazing upon the Guru, and singing the Lord's Glorious Praises. 1 Pause
k Q w k l r q n u r i n g n i d D i n i e h u b i n E s i A w a u]	kathaa keertan raag naad Dhun ih bani-o su-aa-o.	This is my life's purpose, to sing the Kirtan of the Lord's Praises, and listen to the vibrations of the sound current of the Naad.
n w i n k p B s p i s t h B e y b i l C q P l p w a u] 2] 6] 7 0]	naanak parabh suparsan bha-ay baa ^N chhat fal paa-o. 2 6 70	O Nanak, God is totally pleased with me; I have obtained the fruits of my desires. 2 6 70