

jis simraṭ sabh kilvikh naaseh pitree ho-ay uDhaaro

gJ rI mhl w 5] (496-3)	goojree mehlaa 5.	Goojaree, Fifth Mehl:
ij suismrq siB ikl ivK nwsih ipqri hie aDwro]	jis simraṭ sabh kilvikh naaseh pitree ho-ay uDhaaro.	Remembering Him, all sins are erased, and ones generations are saved.
so hir hir qm@sd hl j wphuj w kw Akhu n pwo]1]	so har har tum ^H sad hee jaapahu jaa kaa anṭ na paaro. 1	So meditate continually on the Lord, Har, Har; He has no end or limitation. 1
plq w maw w kl AwsIs]	pootaa maataa kee aasees.	O son, this is your mother's hope and prayer,
inmK n ibsrau qm@kauhir hir sdw Bj huj gds]1] rhau]	nimak ^h na bisara-o tum ^H ka-o har har sadaa bhajahu jagdees. 1 rahaa-o.	that you may never forget the Lord, Har, Har, even for an instant. May you ever vibrate upon the Lord of the Universe. 1 Pause
siqgru qm@kauhie dieAwI w skstlg qri pliq]	satgur tum ^H ka-o ho-ay da-i-aalaa satsang tayree pareet.	May the True Guru be kind to you, and may you love the Society of the Saints.
kwVupiq prmsruwkl Bj nu klrqunliq]2]	kaaparh paṭ parmaysar raakhee bhajan keertan neeṭ. 2	May the preservation of your honor by the Transcendent Lord be your clothes, and may the singing of His Praises be your food. 2
Amkqu plvhu sdw icruj lvhu hir ismrq And Anq w]	amriṭ peevhu sadaa chir jeevhu har simraṭ anad anantaa.	So drink in forever the Ambrosial Nectar; may you live long, and may the meditative remembrance of the Lord give you infinite delight.
rlq qmws pln Aws kbih n ibApliclw]3]	rang tamaasaa pooran aasaa kabeh na bi-aapai chintaa. 3	May joy and pleasure be yours; may your hopes be fulfilled, and may you never be troubled by worries. 3
Bvru qm@w iehumnuhwauhir crxw hhu kal w]	bhavar tum ^H aaraa ih man hova-o har charnaa hohu ka-ulaa.	Let this mind of yours be the bumble bee, and let the Lord's feet be the lotus flower.
nink disuan stlg l ptwieE ij aubih cwqkumal w]4]3]4]	naanak daas un sang lptaa-i-o ji-o boodeh chaatrik ma-ulaa. 4 3 4	Says servant Nanak, attach your mind to them, and blossom forth like the song-bird, upon finding the rain-drop. 4 3 4