

jis simraṭ dookh sabh jaa-ay

gaWl mhl w 5] (192-5)	ga-or ^h ee mehlaa 5.	Gauree, Fifth Mehl:
ij suismrq dKusBuj wie]	jis simraṭ dookh sabh jaa-ay.	Remembering Him in meditation, all pains are gone.
nmmurqnuvsYmin Awie]1]	naam ra ^t an vasai man aa-ay. 1	The jewel of the Naam, the Name of the Lord, comes to dwell in the mind. 1
j ip mn myrgivWl kl buxl]	jap man mayray govind kee ba ⁿ ee.	O my mind, chant the Bani, the Hymns of the Lord of the Universe.
suDij n rmmur sn vKwxl]1] rhWau]	saaD ^h oo jan raam rasan vak ^h aa ⁿ ee. 1 rahaa-o.	The Holy People chant the Lord's Name with their tongues. 1 Pause
ieksuibnu nwhl dij w kie]	ikas bin naahee doojaa ko-ay.	Without the One Lord, there is no other at all.
j w kl idlSit sdw sKuhie]2]	jaa kee darisat sadaa suk ^h ho-ay. 2	By His Glance of Grace, eternal peace is obtained. 2
sjj nu mlqu sKw kir ekw]	saajan meeṭ sak ^h aa kar ayk.	Make the One Lord your friend, intimate and companion.
hir hir AKr mn mih lYku]3]	har har ak ^h ar man meh layk ^h . 3	Write in your mind the Word of the Lord, Har, Har. 3
riv rihAw srbq siAwml]	rav rahi-aa sarbaṭ su-aamee.	The Lord Master is totally pervading everywhere.
gx gwvY nwnku Awlrj wml]4]62]131]	gun gaavai naanak an ^t arjaamee. 4 62 131	Nanak sings the Praises of the Inner-knower, the Searcher of hearts. 4 62 131