

simar manaa raam naam chiṭaaray

ibI wI umhI w 5 ] (803-18)	bilaaval mehlaa 5.	Bilaaval, Fifth Mehl:
B  ymrgu ij nih bqwieAw ]	<u>b</u> hoolay maarag jineh baṭaa-i-aa.	He places the one who strays back on the Path;
Aṭw guruvfBwgl piwieAw ]1]	aisaa gur vad <u>b</u> haagee paa-i-aa.   1	such a Guru is found by great good fortune.   1
ismir mnw nwm nwmicqiry ]	simar manaa raam naam chiṭaaray.	Meditate, contemplate the Name of the Lord, O mind.
bis rhyihrdY gur crn ipAwry ]1] rhwau ]	bas rahay hir <u>d</u> ai gur charan pi-aaray.   1   rahaa-o.	The Beloved Feet of the Guru abide within my heart.   1  Pause
kwim kD I iB moh mnu l Inw ]	kaam kro <u>D</u> h lob <u>h</u> mohi man leenaa.	The mind is engrossed in sexual desire, anger, greed and emotional attachment.
bDn kwit mikiq gir kInw ]2]	ban <u>D</u> han kaat mukat gur keenaa.   2	Breaking my bonds, the Guru has liberated me.   2
dK sK krq j nim Pin mIAw ]	<u>du</u> kh <u>suk</u> h karat janam fun moo-aa.	Experiencing pain and pleasure, one is born, only to die again.
crn kml gir Awstnu dIAw ]3]	charan kamal gur aasram <u>d</u> ee-aa.   3	The Lotus Feet of the Guru bring peace and shelter.   3
Agin swgr bFq sbwrv ]	agan saagar boodat sansaaraa.	The world is drowning in the ocean of fire.
nwnk bwh pkir siqgir insqrvw ]4]3]8]	naanak baah pakar satgur nistaaraa.   4  3  8	O Nanak, holding me by the arm, the True Guru has saved me.   4  3  8