

upmaa jaat na kahee mayray parabh kee upmaa jaat na kahee

rŋguibl wvl umhl w 5 Astpdl Gru12 (837-8)	raag bilaaval mehlaa 5 asatpadee ghar 12	Raag Bilaaval, Fifth Mehl, Ashtapadees, Twelfth House:
apmw j wq n khl myrypB kl apmw j wq n khl]	upmaa jaat na kahee mayray parabh kee upmaa jaat na kahee.	I cannot express the Praises of my God; I cannot express His Praises.
qij Awn srix ghl]1] rhwau]	taj aan saran gahee. 1 rahaa-o.	I have abandoned all others, seeking His Sanctuary. 1 Pause
pB crn kml Apwr]	parabh charan kamal apaar.	God's Lotus Feet are Infinite.
hauj wau sd bil hwr]	ha-o jaa-o sad balihaar.	I am forever a sacrifice to Them.
min pliq l wgl qih]	man pareet laagee taahi.	My mind is in love with Them.
qij Awn kqih n j wih]1]	taj aan kateh na jaahi. 1	If I were to abandon Them, there is nowhere else I could go. 1
hir nwm rsnw khn]	har naam rasnaa kahan.	I chant the Lord's Name with my tongue.
ml pwp kl ml dh n]	mal paap kalmal dahan.	The filth of my sins and evil mistakes is burnt off.
ciV n wv stq aDwir]	charh naav sant uDhaar.	Climbing aboard the Boat of the Saints, I am emancipated.
BYqrysigr pwr]2]	bhai taray saagar paar. 2	I have been carried across the terrifying world-ocean. 2
min fir p n prliq]	man dor paraym pareet.	My mind is tied to the Lord with the string of love and devotion.
ieh stq inrml rliq]	ih sant nirmal reet.	This is the Immaculate Way of the Saints.
qij gey pwp ibkwr]	taj ga-ay paap bikaar.	They forsake sin and corruption.
hir iml y pB inrkkwr]3]	har milay parabh nirankaar. 3	They meet the Formless Lord God. 3
pB pKIAI ibsmid]	parabh paykhee-ai bismaad.	Gazing upon God, I am wonderstruck.
ciK And pl n swd]	chakh anad pooran saad.	I taste the Perfect Flavor of Bliss.
nh fl IAI ieq abq]	nah dolee-ai it oot.	I do not waver or wander here or there.
pB bsyhir hir clq]4]	parabh basay har har cheet. 4	The Lord God, Har, Har, dwells within my consciousness. 4
iqn@nwh nrk invwsu] inq ismir pB gxqwsu]	tin ^H naahi narak nivaas. nit simar parabh guntaas.	Those who constantly remember God, the treasure of virtue, will never go to hell.

qyj mun pKih n'h] sin mhy Anhq bh]5]	tay jam na payk <u>h</u> eh nain. sun mohay anha <u>t</u> bain. 5	Those who listen, fascinated, to the Unstruck Sound-Current of the Word, will never have to see the Messenger of Death with their eyes. 5
hir srix s'r gpwl]	har sara <u>n</u> soor gupaal.	I seek the Sanctuary of the Lord, the Heroic Lord of the World.
pB Bgq vis dieAwl]	parab <u>h</u> bhaga <u>t</u> vas da-i-aal.	The Merciful Lord God is under the power of His devotees.
hir ingm I hih n Bv]	har nigam laheh na <u>b</u> hayv.	The Vedas do not know the Mystery of the Lord.
inq krih min j n sv]6]	ni <u>t</u> karahi mun jan sayv. 6	The silent sages constantly serve Him. 6
dK dln drd invwr]	<u>du</u> kh <u>de</u> en <u>da</u> rad nivaar.	He is the Destroyer of the pains and sorrows of the poor.
j w kl mhw ibKVI kwr]	jaa kee mahaa bi <u>kh</u> - <u>r</u> hee kaar.	It is so very difficult to serve Him.
qw kl imiq n j wYkoe]	<u>ta</u> a kee mi <u>t</u> na jaanai ko-ay.	No one knows His limits.
j il Qil mhlAil sie]7]	jal thal mahee-al so-ay. 7	He is pervading the water, the land and the sky. 7
kir bWnw I K bwr]	kar bandnaa lak <u>h</u> baar.	Hundreds of thousands of times, I humbly bow to Him.
Qik pirE pB drbwr]	thak pari-o parab <u>h</u> da <u>r</u> baar.	I have grown weary, and I have collapsed at God's Door.
pB krhuswDUDir]	parab <u>h</u> karahu saa <u>D</u> hoo <u>D</u> hoo <u>r</u> .	O God, make me the dust of the feet of the Holy.
nwnk mns w plir]8]1]	naanak mansaa poor. 8 1	Please fulfill this, Nanak's wish. 8 1