simra-o simar simar su<u>kh</u> paava-o saas saas samaalay

Dnwsrl mhl w 5 Gru8 dipdy] (679-6)	<u>Dh</u> anaasree mehlaa 5 <u>gh</u> ar 8 <u>d</u> up <u>d</u> ay.	Remembering, remembering, remembering Him in meditation, I find peace; with each and every breath, I dwell upon Him.
ismrauismir ismir sK pwau swis swis smwly]	simra-o simar simar su <u>kh</u> paava-o saas saas samaalay.	Remembering, remembering, remembering Him in meditation, I find peace; with each and every breath, I dwell upon Him.
ieh lik prlik sNg shweljq kq mih rKvwly]1]	ih lok parlok sang sahaa-ee ja <u>t</u> ka <u>t</u> mohi ra <u>kh</u> vaalay. 1	In this world, and in the world beyond, He is with me, as my help and support; wherever I go, He protects me. 1
gir kw bcnubsYj IA nwl y]	gur kaa bachan basai jee-a naalay.	The Guru's Word abides with my soul.
jil nhlflbYqskrunhllyvYBwih n swkYjwly]1] rhwau]	jal nahee doobai <u>t</u> askar nahee layvai <u>bh</u> aahi na saakai jaalay. 1 rahaa-o.	It does not sink in water; thieves cannot steal it, and fire cannot burn it. 1 Pause
inrDn kauDnuADd ykauitk mwq dDuj Sybwl y]	nir <u>Dh</u> an ka-o <u>Dh</u> an an <u>Dh</u> ulay ka-o tik maa <u>t</u> <u>d</u> oo <u>Dh</u> jaisay baalay.	It is like wealth to the poor, a cane for the blind, and mother's milk for the infant.
swgr mih bihQu pwieE hir nwnk krlik®w ikrpwl y]2]1]32]	saagar meh bohith paa-i-o har naanak karee kirpaa kirpaalay. 2 1 32	In the ocean of the world, I have found the boat of the Lord; the Merciful Lord has bestowed His Mercy upon Nanak. 2 1 32