

bhalo samo simran kee baree-aa

gaVI mhl 5] (189-19)	ga-or <u>h</u> ee mehlaa 5.	Gauree, Fifth Mehl:
kr kir thl rsnw gx gwvau]	kar kar tahal rasnaa gu <u>n</u> gaava-o.	With my hands I do His work; with my tongue I sing His Glorious Praises.
crn Twkr kYmrig Dvau]1]	charan <u>t</u> haakur kai maarag D <u>h</u> aava-o. 1	With my feet, I walk on the Path of my Lord and Master. 1
BI 0smoismrn kl brIAw]	<u>b</u> halo samo simran kee baree-aa.	It is a good time, when I remember Him in meditation.
ismrq nmmuBYpwr aqrlAw]1] rhvau]	simra <u>t</u> naam <u>b</u> hai paar utree-aa. 1 rahaa-o.	Meditating on the Naam, the Name of the Lord, I cross over the terrifying world-ocean. 1 Pause
ngRstn kw drsnupKu]	nay <u>t</u> ar santan kaa <u>d</u> arsan pay <u>k</u> h.	With your eyes, behold the Blessed Vision of the Saints.
pB Aivnsl mn mih l Ku]2]	para <u>b</u> h avinaasee man meh lay <u>k</u> h. 2	Record the Immortal Lord God within your mind. 2
six klrqnuswD pih j wie]	sun keertan saa <u>D</u> h peh jaa-ay.	Listen to the Kirtan of His Praises, at the Feet of the Holy.
j nm mrx kl qts imtwie]3]	janam mara <u>n</u> kee <u>t</u> araas mitaa-ay. 3	Your fears of birth and death shall depart. 3
crx kml Twkr air Dvir]	chara <u>n</u> kamal <u>t</u> haakur ur <u>D</u> haar.	Enshrine the Lotus Feet of your Lord and Master within your heart.
dl B dh nink insqwr]4]51]120]	<u>d</u> ulab <u>h</u> <u>d</u> ayh naanak nistaar. 4 51 120	Thus this human life, so difficult to obtain, shall be redeemed. 4 51 120