

simraṭ naam bharam bha-o bhaagai

gaṃl mhl ॥ 5 ] (190-4)	ga-or <sup>h</sup> ee mehlaa 5.	Gauree, Fifth Mehl:
j ॥ kauApnl ikrpw DwrY ]	jaa ka-o apnee kirpaa <u>D</u> haarai.	Those, upon whom the Lord Himself showers His Mercy,
soj nu rsnw nwmu auwrY ] 1]	so jan rasnaa naam uchaaray.   1	chant the Naam, the Name of the Lord, with their tongues.   1
hir ibsrq shsw dKuibAwpy ]	har bisraṭ sahsaa <u>dukh</u> bi-aapai.	Forgetting the Lord, superstition and sorrow shall overtake you.
ismrq nwmu Brmu BauBwgY ] 1] rhwaui ]	simraṭ naam <u>bharam</u> <u>bha-o</u> <u>bhaagai</u> .   1   rahaa-o.	Meditating on the Naam, doubt and fear shall depart.   1  Pause
hir klrqnusxYhir klrqnugwY ]	har keertan sunai har keertan gaavai.	Listening to the Kirtan of the Lord's Praises, and singing the Lord's Kirtan,
iqsuj n dKuinkit nhl AwY ] 2]	tis jan <u>dookh</u> nikat nahee aavai.   2	misfortune shall not even come near you.   2
hir kl thl krq j nushY ]	har kee tahal karaṭ jan sohai.	Working for the Lord, His humble servants look beautiful.
qw kaumieAw Agin n phY ] 3]	taa ka-o maa-i-aa agan na pohai.   3	The fire of Maya does not touch them.   3
min qin miK hir nwmudieAwl ]	man tan mukh har naam <u>da-i-aal</u> .	Within their minds, bodies and mouths, is the Name of the Merciful Lord.
nwnk qj lAl yAvir j jw ]4]52]121]	naanak tajee-alay avar janjaal.   4  52  121	Nanak has renounced other entanglements.   4  52  121