

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 dhn ]	mal paap kalmal dahan.	The filth of my sins and evil mistakes is burnt off.
ciV nww 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 pñ 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 inrkwr ]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 pln swd ]	chakh anad pooran saad.	I taste the Perfect Flavor of Bliss.
nh fl IAI ie q abq ]	nah dolee-ai it oot.	I do not waver or wander here or there.
pB bsy hir 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 <sup>H</sup> 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 ]	para <u>h</u> <u>b</u> haga <u>t</u> vas <u>da</u> -i-aal.	The Merciful Lord God is under the power of His devotees.
hir ingm I hih n By ]	har nigam laheh na <u>b</u> hayv.	The Vedas do not know the Mystery of the Lord.
inq krih min j n sy ]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 para <u>h</u> <u>da</u> rbaar.	I have grown weary, and I have collapsed at God's Door.
pB krhuswDUDir ]	para <u>h</u> karahu saa <u>D</u> hoo <u>D</u> hoo.	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