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This Shabad is by Guru Arjan Dev Ji in Raag Bilaaval on Pannaa 817

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥

bi**l**aaval mehal**aa** 5 ||
Bilaaval, Fifth Mehla:

ਮਨਿ ਤਨਿ ਪ੍ਰਭੁ ਆਰਾਧੀਐ ਮਿਲਿ ਸਾਧ ਸਮਾਗੈ ॥

man than prabh **aa**raadh**heeai** mil **sa**adh sam**aa**gai ||
Worship and adore God in your mind and body; join the Company of the Holy.

ਉਚਰਤ ਗੁਨ ਗੋਪਾਲ ਜਸੁ ਦੂਰ ਤੇ ਜਮੁ ਭਾਗੈ ॥੧॥

oucharath gu**n** go**paal** jas dh**oo**r th**ae** jam bh**aa**gai ||1||
Chanting the Glorious Praises of the Lord of the Universe, the Messenger of Death runs far away.
||1||

ਰਾਮ ਨਾਮੁ ਜੋ ਜਨੁ ਜਪੈ ਅਨਦਿਨੁ ਸਦ ਜਾਗੈ ॥

raam naam jo jan jap**ai** anadh**in** sadh **jaagai** ||
That humble being who chants the Lord's Name, remains always awake and aware, night and day.

ਤੰਤੁ ਮੰਤੁ ਨਹ ਜੋਹਈ ਤਿਤੁ ਚਾਖੁ ਨ ਲਾਗੈ ॥੧॥ ਰਹਾਉ ॥

tha(n)th ma(n)th neh jo**hee** th**ith** ch**aa**kh n **laagai** ||1|| reh**aa**o ||
He is not affected by charms and spells, nor is he harmed by the evil eye. ||1||Pause||

ਕਾਮ ਕ੍ਰੋਧ ਮਦ ਮਾਨ ਮੋਹ ਬਿਨਸੇ ਅਨਰਾਗੈ ॥

kaam krodhh madh **maan mo**h **binasae** anar**aa**gai ||
Sexual desire, anger, the intoxication of egotism and emotional attachment are dispelled, by loving devotion.

ਆਨੰਦ ਮਗਨ ਰਸਿ ਰਾਮ ਰੰਗਿ ਨਾਨਕ ਸਰਨਾਗੈ ॥੨॥੪॥੬੮॥

aana(n)dh magan ras **raam** ra(n)g **naa**nak sarana**aa**gai ||2||4||68||
One who enters the Lord's Sanctuary, O Nanak, remains merged in ecstasy in the subtle essence of the Lord's Love. ||2||4||68||