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This Shabad is by Guru Arjan Dev Ji in Raag Bilaaval on Pannaa 813

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥

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

ਇਹੁ ਸਾਗਰੁ ਸੋਈ ਤਰੈ ਜੋ ਹਰਿ ਗੁਣ ਗਾਏ ॥

ei**h**u saagar so**ee** thar**ai** jo har gu**n** ga**aa**eae ||
He alone crosses over this world-ocean, who sings the Glorious Praises of the Lord.

ਸਾਧਸੰਗਤਿ ਕੈ ਸੰਗਿ ਵਸੈ ਵਡਭਾਗੀ ਪਾਏ ॥੧॥

sa**ad**hhasa(n)gath kai sa(n)g vas**ai** vaddab**h**aa**ge**e pa**aa**eae ||1||
He dwells with the Saadh Sangat, the Company of the Holy; by great good fortune, he finds the Lord. ||1||

ਸੁਣਿ ਸੁਣਿ ਜੀਵੈ ਦਾਸੁ ਤੁਮ੍ਹ ਬਾਣੀ ਜਨ ਆਖੀ ॥

su**n** su**n** j**ee**vai dh**aa**s thum**h** ba**aa**nee jan **aa**k**hee** ||
Your slave lives by hearing, hearing the Word of Your Bani, chanted by Your humble servant.

ਪ੍ਰਗਟ ਭਈ ਸਭ ਲੋਅ ਮਹਿ ਸੇਵਕ ਕੀ ਰਾਖੀ ॥੧॥ ਰਹਾਉ ॥

pragatt bh**ee** sab**h** lo**a** meh**i** sa**ee**vak **kee** ra**ak**hee ||1|| reh**aa**o ||
The Guru is revealed in all the worlds; He saves the honor of His servant. ||1||Pause||

ਅਗਨਿ ਸਾਗਰ ਤੇ ਕਾਢਿਆ ਪ੍ਰਭਿ ਜਲਨਿ ਬੁਝਾਈ ॥

agan sa**aa**gar th**ae** ka**ad**t**iaa** prabh jalan bu**jh**aa**ee** ||
God has pulled me out of the ocean of fire, and quenched my burning thirst.

ਅੰਮ੍ਰਿਤੁ ਨਾਮੁ ਜਲੁ ਸੰਚਿਆ ਗੁਰੁ ਭਏ ਸਹਾਈ ॥੨॥

a(n)mr**ith** na**am** jal sa(n)ch**iaa** gur**u** bhe**ae** seh**aa**ee ||2||
The Guru has sprinkled the Ambrosial Water of the Naam, the Name of the Lord; He has become my Helper. ||2||

ਜਨਮ ਮਰਣ ਦੁਖ ਕਾਟਿਆ ਸੁਖ ਕਾ ਥਾਨੁ ਪਾਇਆ ॥

janam maran dh**uk**h ka**at**t**iaa** su**kh** ka**a** th**h**aa**n** pa**aa**e**iaa** ||
The pains of birth and death are removed, and I have obtained a resting place of peace.

ਕਾਟੀ ਸਿਲਕ ਭ੍ਰਮ ਮੋਹ ਕੀ ਅਪਨੇ ਪ੍ਰਭ ਭਾਇਆ ॥੩॥

kaattee silak bhram moh kee apanae prabh bhaaeiaa ||3||

The noose of doubt and emotional attachment has been snapped; I have become pleasing to my God. ||3||

ਮਤ ਕੋਈ ਜਾਣਹੁ ਅਵਰੁ ਕਛੁ ਸਭ ਪ੍ਰਭ ਕੈ ਹਾਥਿ ॥

math koee jaanahu avar kashh sabh prabh kai haathh ||

Let no one think that there is any other at all; everything is in the Hands of God.

ਸਰਬ ਸੂਖ ਨਾਨਕ ਪਾਏ ਸੰਗਿ ਸੰਤਨ ਸਾਥਿ ॥੪॥੨੨॥੫੨॥

sarab sookh naanak paaeae sa(n)g sa(n)than saathh ||4||22||52||

Nanak has found total peace, in the Society of the Saints. ||4||22||52||