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This Shabad is by Guru Arjan Dev Ji in Raag Dhanaasree on Pannaa 675

ਧਨਾਸਰੀ ਮਹਲਾ ੫ ॥

dhhan**aa**sar**ee** mehal**aa** 5 ||
Dhanaasaree, Fifth Mehla:

ਦੀਨ ਦਰਦ ਨਿਵਾਰਿ ਠਾਕੁਰ ਰਾਖੈ ਜਨ ਕੀ ਆਪਿ ॥

dh**ee**n dharadh ni**va**ar t(h)**aa**ku**r** ra**akh**ai jan **kee** **aa**p ||
The Lord and Master destroys the pain of the poor; He preserves and protects the honor of His servants.

ਤਰਣ ਤਾਰਣ ਹਰਿ ਨਿਧਿ ਦੂਖੁ ਨ ਸਕੈ ਬਿਆਪਿ ॥੧॥

tharan th**aa**ran har ni**dh** dh**oo**kh n sak**ai** bi**aa**p ||1||
The Lord is the ship to carry us across; He is the treasure of virtue - pain cannot touch Him. ||1||

ਸਾਧੂ ਸੰਗਿ ਭਜਹੁ ਗੁਪਾਲ ॥

saadh**oo** sa(n)g bhajahu g**u**p**aa**l ||
In the Saadh Sangat, the Company of the Holy, meditate, vibrate upon the Lord of the world.

ਆਨ ਸੰਜਮ ਕਿਛੁ ਨ ਸੂਝੈ ਇਹ ਜਤਨ ਕਾਟਿ ਕਲਿ ਕਾਲ ॥ ਰਹਾਉ ॥

aan sa(n)jam ki**sh**h n **soo**j**hai** ei**h** jathan **kaa**tt kal **kaa**l || reh**aa**o ||
I cannot think of any other way; make this effort, and make it in this Dark Age of Kali Yuga.
||Pause||

ਆਦਿ ਅੰਤਿ ਦਇਆਲ ਪੂਰਨ ਤਿਸੁ ਬਿਨਾ ਨਹੀ ਕੋਇ ॥

aad**h** a(n)th dhae**ia**al **po**oran thi**s** bi**na**a neh**ee** ko**e** ||
In the beginning, and in the end, there is none other than the perfect, merciful Lord.

ਜਨਮ ਮਰਣ ਨਿਵਾਰਿ ਹਰਿ ਜਪਿ ਸਿਮਰਿ ਸੁਆਮੀ ਸੋਇ ॥੨॥

janam maran ni**va**ar har jap si**mar** sua**amee** so**e** ||2||
The cycle of birth and death is ended, chanting the Lord's Name, and remembering the Lord Master in meditation. ||2||

ਬੇਦ ਸਿੰਮ੍ਰਿਤਿ ਕਥੈ ਸਾਸਤ ਭਗਤ ਕਰਹਿ ਬੀਚਾਰੁ ॥

bae**dh** si(n)mrith kath**hai** saasath bhagath kare**hi** bee**ch**aa**r** ||
The Vedas, the Simritees, the Shaastras and the Lord's devotees contemplate Him;

ਮੁਕਤਿ ਪਾਈਐ ਸਾਧਸੰਗਤਿ ਬਿਨਸਿ ਜਾਇ ਅੰਧਾਰੁ ॥੩॥

mukath paaeeai saadhhasa(n)gath binas jaae a(n)dhaaar ||3||

liberation is attained in the Saadh Sangat, the Company of the Holy, and the darkness of ignorance is dispelled. ||3||

ਚਰਨ ਕਮਲ ਅਧਾਰੁ ਜਨ ਕਾ ਰਾਸਿ ਪੂੰਜੀ ਏਕ ॥

charan kamal adhaaar jan kaa raas poo(n)jee eaek ||

The lotus feet of the Lord are the support of His humble servants. They are his only capital and investment.

ਤਾਣੁ ਮਾਣੁ ਦੀਬਾਣੁ ਸਾਚਾ ਨਾਨਕ ਕੀ ਪ੍ਰਭ ਟੇਕ ॥੪॥੨॥੨੦॥

thaaan maan dheebaan saachaa naanak kee prabh ttaek ||4||2||20||

The True Lord is Nanak's strength, honor and support; He alone is his protection. ||4||2||20||