

jap man har har naam gobinday

ibI wI umhI w 4] (800-11)	bilaaval mehlāa 4.	Bilaaval, Fourth Mehl:
And mI uIDAwieE pIKqmu AnidnuAnd Anpy]	anad mool <u>D</u> hi-aa-i-o purk <u>h</u> otam an-din anad ananday.	I meditate on the source of bliss, the Sublime Primal Being; night and day, I am in ecstasy and bliss.
Drm rwie kI kwix cikwiel siB ckIyj m kyCkly]1]	<u>D</u> haram raa-ay kee kaan chukaa- ee sab <u>h</u> chookay jam kay chhanday. 1	The Righteous Judge of Dharma has no power over me; I have cast off all subservience to the Messenger of Death. 1
j ip mn hir hir nmmu gōibkly]	jap man har har naam gobinday.	Meditate, O mind, on the Naam, the Name of the Lord of the Universe.
vfBwgl gurusiqgurupwieAw gk gweyprmnpy]1] rhau]	vadbhaagee gur satgur paa-i-aa gun gaa-ay parmaananday. 1 rahaa-o.	By great good fortune, I have found the Guru, the True Guru; I sing the Glorious Praises of the Lord of supreme bliss. 1 Pause
sukq mV mwieAw kybiDk ivic mwieAw iPrih iPrkly]	saakat moor <u>h</u> maa-i-aa kay ba <u>D</u> hik vich maa-i-aa fireh firanday.	The foolish faithless cynics are held captive by Maya; in Maya, they continue wandering, wandering around.
iqsnw j l q ikrq kybwDyij au qyl l bl d Bvdkly]2]	tarisnaa jalat kirat kay baa <u>D</u> hay ji- o taylee balad bhavanday. 2	Burnt by desire, and bound by the karma of their past actions, they go round and round, like the ox at the mill press. 2
gurmik sy l gysyaDryvfBwgl sy krkly]	gurmuk <u>h</u> sayv lagay say u <u>D</u> hray vadbhaagee sayv karanday.	The Gurmukhs, who focus on serving the Guru, are saved; by great good fortune, they perform service.
ij n hir j ipAw iqn Pl upwieAw siB qkly mwieAw Pkly]3]	jin har japi-aa tin fal paa-i-aa sab <u>h</u> tootay maa-i-aa fanday. 3	Those who meditate on the Lord obtain the fruits of their rewards, and the bonds of Maya are all broken. 3
AwpY Twkuru Awpy sykusBu Awpy Awip gōivkly]	aapay <u>t</u> haakur aapay sayvak sab <u>h</u> aapay aap govinday.	He Himself is the Lord and Master, and He Himself is the servant. The Lord of the Universe Himself is all by Himself.
j n nwnk Awpy Awip sBu vrqI ij au rnkY iqvI rhdkly]4]6]	jan naanak aapay aap sab <u>h</u> vartai ji-o raak <u>h</u> ai tivai rahanday. 4 6	O servant Nanak, He Himself is All-pervading; as He keeps us, we remain. 4 6