

har si-o paret̃ an̄tar man bayDhi-aa har bin rahan̄ na jaa-ee

sriT mhl 4] (607-9)	sorath mehlāa 4.	Sorat'h, Fourth Mehl:
hir isaupliq AḡrumnubjDAḡ hir ibnu rhuḡn j wel]	har si-o paret̃ an̄tar man bayDhi-aa har bin rahan̄ na jaa-ee.	The inner depths of my mind are pierced by love for the Lord; I cannot live without the Lord.
ij auḡCil I ibnu nr̄YibnsYiqau nm̄Yibnu mir j wel]1]	ji-o machhulee bin neerai binsai ti-o naamai bin mar jaa-ee. 1	Just as the fish dies without water, I die without the Lord's Name. 1
myr̄pB ikrp̄w j I udyhu hir n̄wel]	mayray parabḡ kirpaa jal dayvhu har naa-ee.	O my God, please bless me with the water of Your Name.
hau Aḡir nm̄um̄ḡ idnu r̄wql nm̄yhl sl̄iq p̄iel] rh̄wau]	ha-o an̄tar naam mangaa ḡin raatee naamay hee saa ^N t̄ paa-ee. rahaa-o.	I beg for Your Name, deep within myself, day and night; through the Name, I find peace. Pause
ij auḡciql̄k̄u j I ibnu ibl I w̄Yibnu j I ip̄As n j wel]	ji-o chaat̄rik jal bin billaavai bin jal pi-aas na jaa-ee.	The song-bird cries out for lack of water - without water, its thirst cannot be quenched.
ḡurm̄iK j I uḡw̄/s̄K shj y hir Aḡ B̄iie s̄B̄iel]2]	gurmukḡ jal paavai sukḡ sehjay hari-aa bh̄aa-ay subh̄aa-ee. 2	The Gurmukh obtains the water of celestial bliss, and is rejuvenated, blossoming forth through the blessed Love of the Lord. 2
nm̄m̄iK B̄iKydh ids f̄il ih ibnu nm̄v̄d̄K̄u p̄iel]	manmukḡ bh̄ookḡhay ḡah ḡis doleh bin naavai ḡukḡ paa-ee.	The self-willed manmukhs are hungry, wandering around in the ten directions; without the Name, they suffer in pain.
j nim mr̄iPir j n̄l Aḡv̄drgih iml Ysj wel]3]	janam marai fir jonee aavai ḡargahi milai sajaa-ee. 3	They are born, only to die, and enter into reincarnation again; in the Court of the Lord, they are punished. 3
ik̄p̄w krih q̄w hir ḡw̄ ḡw̄v̄h hir rs̄u Aḡir p̄iel]	kirpaa karahi t̄aa har ḡun̄ gaavah har ras an̄tar paa-ee.	But if the Lord shows His Mercy, then one comes to sing His Glorious Praises; deep within the nucleus of his own self, he finds the sublime essence of the Lord's elixir.
nm̄nk d̄ln die Aḡl Beyh̄liq̄ḡn̄w sbid buwel]4]8]	naanak ḡeen ḡa-i-aal bh̄a-ay hai t̄arisnaa sabad̄ bujh̄aa-ee. 4 8	The Lord has become Merciful to meek Nanak, and through the Word of the Shabad, his desires are quenched. 4 8