

har har naam Dhi-aa-ee-ai mayree jindurhee-ay gurmukh naam amolay raam

<p>raaguibhagVw Chh mhl w 4 Gru 1 (537-14)</p>	<p>raag bihaagar<u>h</u>aa <u>ch</u>hant mehlaa 4 <u>g</u>har 1</p>	<p>Raag Bihaagraa, Chhant, Fourth Mehl, First House:</p>
<p>hir hir nnuuiDAwIAI myrI ij lliVley girmiK nnuu Amd y rwm]</p>	<p>har har naam <u>D</u>hi-aa-ee-ai mayree <u>j</u>indur<u>h</u>ee-ay <u>g</u>urmuk<u>h</u> naam amolay raam.</p>	<p>Meditate on the Name of the Lord, Har, Har, O my soul; as Gurmukh, meditate on the invaluable Name of the Lord.</p>
<p>hir ris biDw hir mnu ipAww mnu hir ris nwm Jkd y rwm]</p>	<p>har ras bee<u>D</u>haa har man pi-aaraa man har ras naam <u>j</u>hakolay raam.</p>	<p>My mind is pierced through by the sublime essence of the Lord's Name. The Lord is dear to my mind. With the sublime essence of the Lord's Name, my mind is washed clean.</p>
<p>gurmig mnu ThrwIAI myrI ij lliVley Anq n kuhl fd y rwm]</p>	<p>gurmat man <u>th</u>ehraa-ee-ai mayree <u>j</u>indur<u>h</u>ee-ay an<u>a</u>t na kaahoo doday raam.</p>	<p>Under Guru's Instructions, hold your mind steady; O my soul, do not let it wander anywhere.</p>
<p>mn iclIdAVw PI upwieAw hir pBu gk nwnk buxl bd y rwm]1]</p>	<p>man chind<u>i</u>-ar<u>h</u>aa fal paa-i-aa har parabh <u>g</u>un naanak banee bolay raam. 1 </p>	<p>One who utters the Bani of the Praises of the Lord God, O Nanak, obtains the fruits of his heart's desires. 1 </p>
<p>gurmig min AlimkuvutVw myrI ij lliVley miK Alimk bK AI wey rwm]</p>	<p>gurmat man amrit <u>v</u>uth-<u>r</u>haa mayree <u>j</u>indur<u>h</u>ee-ay muk<u>h</u> amrit bain alaa-ay raam.</p>	<p>Under Guru's Instruction, the Ambrosial Name abides within the mind, O my soul; with your mouth, utter the words of ambrosia.</p>
<p>Alimk buxl Bgq j nw kl myrI ij lliVley min sxlAI hir il v l wey rwm]</p>	<p>amrit banee <u>b</u>hagat janaa kee mayree <u>j</u>indur<u>h</u>ee-ay man sunee-ai har liv laa-ay raam.</p>	<p>The Words of the devotees are Ambrosial Nectar, O my soul; hearing them in the mind, embrace loving affection for the Lord.</p>
<p>icrl ivChw hir pBupwieAw gil imil Aw shij sBwey rwm]</p>	<p>chiree <u>v</u>ich<u>h</u>unnaa har parabh paa- i-aa gal mili-aa sahj sub<u>h</u>aa-ay raam.</p>	<p>Separated for so very long, I have found the Lord God; He holds me close in His loving embrace.</p>
<p>j n nwnk min AnduBieAw hI myrI ij lliVley Anhq sbd vj wey rwm]2]</p>	<p>jan naanak man anad <u>b</u>ha-i-aa hai mayree <u>j</u>indur<u>h</u>ee-ay an<u>h</u>at sabad vajaa-ay raam. 2 </p>	<p>Servant Nanak's mind is filled with bliss, O my soul; the unstruck sound-current of the Shabad vibrates within. 2 </p>
<p>sKI shj I myrIAw myrI ij lliVley keI hir pBuAwix iml wV rwm]</p>	<p>sak<u>h</u>ee sahaylee mayree-aa mayree <u>j</u>indur<u>h</u>ee-ay ko-ee har parabh aan milaavai raam.</p>	<p>If only my friends and companions would come and unite me with my Lord God, O my soul.</p>

<p>haumnudjvaiqsuAwpxw myrl ij 𑀘𑀓𑀡𑀓𑀣𑀓 hir pB kl hir kQw saxivl rwm]</p>	<p>ha-o man <u>dayva</u>-o <u>tis</u> aap<u>naa</u> mayree <u>jindurhee</u>-ay har <u>parabh</u> kee har <u>kathaa sunaavai</u> raam.</p>	<p>I offer my mind to the one who recites the sermon of my Lord God, O my soul.</p>
<p>gurmik sdw Aruid hir myrl ij 𑀘𑀓𑀡𑀓𑀣𑀓 mn icl𑀘𑀓𑀡𑀓𑀣𑀓 Pl u pivl rwm]</p>	<p><u>gurmukh</u> <u>sadaa</u> <u>araaDh</u> har mayree <u>jindurhee</u>-ay man <u>chindi-</u> <u>arhaa</u> fal paavai raam.</p>	<p>As Gurmukh, ever worship the Lord in adoration, O my soul, and you shall obtain the fruits of your heart's desires.</p>
<p>nwnk Bj uhir srxwqql myrl ij 𑀘𑀓𑀡𑀓𑀣𑀓 vfbwgl nwmu iDAwv rwm]3]</p>	<p>naanak <u>bhaj</u> har <u>sarnaagatee</u> mayree <u>jindurhee</u>-ay <u>vadbhaagee</u> naam <u>Dhi</u>-aavai raam. 3 </p>	<p>O Nanak, hurry to the Lord's Sanctuary; O my soul, those who meditate on the Lord's Name are very fortunate. 3 </p>
<p>kir ikrpw pB Awie iml umyl ij 𑀘𑀓𑀡𑀓𑀣𑀓 gurmig nwmu prgwsy rwm]</p>	<p>kar kirpaa <u>parabh</u> aa-ay mil mayree <u>jindurhee</u>-ay <u>gurmat</u> naam pargaasay raam.</p>	<p>By His Mercy, God comes to meet us, O my soul; through the Guru's Teachings, He reveals His Name.</p>
<p>ha hir bwuafxlAw myrl ij 𑀘𑀓𑀡𑀓𑀣𑀓 ij auj l ibnu kml andwsy rwm]</p>	<p>ha-o har <u>baajh</u> <u>udeenee</u>-aa mayree <u>jindurhee</u>-ay ji-o jal bin kamal <u>udaasay</u> raam.</p>	<p>Without the Lord, I am so sad, O my soul - as sad as the lotus without water.</p>
<p>gurr plwmyl wieAw myrl ij 𑀘𑀓𑀡𑀓𑀣𑀓 hir sj xuhir pBupwsy rwm]</p>	<p>gur poorai maylaa-i-aa mayree <u>jindurhee</u>-ay har <u>sajan</u> har <u>parabh</u> paasay raam.</p>	<p>The Perfect Guru has united me, O my soul, with the Lord, my best friend, the Lord God.</p>
<p>DnuDnugirlhir disAw myrl ij 𑀘𑀓𑀡𑀓𑀣𑀓 j n nwnk nwm ibgwsy rwm]4]1]</p>	<p><u>Dhan Dhan</u> <u>guroo</u> har <u>dasi</u>-aa mayree <u>jindurhee</u>-ay jan naanak naam <u>bigaasay</u> raam. 4 1 </p>	<p>Blessed, blessed is the Guru, who has shown me the Lord, O my soul; servant Nanak blossoms forth in the Name of the Lord. 4 1 </p>