

hohu da-i-aal mayraa man laavhu ha-o an-din raam naam nit Dhi-aa-ee

gJ rI mhl w 4] (493-10)	goojree mehlaa 4.	Goojaree, Fourth Mehl:
hhu dieAwI myr mnu I wvhu hau Anidnu rwm nwmuinq iDAwI]	hohu <u>da</u> -i-aal mayraa man laavhu ha- o an- <u>din</u> raam naam nit <u>Dhi</u> -aa-ee.	Be Merciful and attune my mind, so that I might meditate continually on the Lord's Name, night and day.
siB sIK siB gIK siB inDwn hir ij quj ipAYdK BK sB I ih j wel]1]	sabh <u>sukh</u> <u>sabh</u> <u>gun</u> <u>sabh</u> niDhaan har jit japi-ai <u>dukh</u> <u>bhukh</u> <u>sabh</u> leh jaa-ee. 1	The Lord is all peace, all virtue and all wealth; remembering Him, all misery and hunger depart. 1
mn myrmyr rwm nwmuskw hir BwI]	man mayray mayraa raam naam sakh ^h aa har <u>bh</u> aa-ee.	O my mind, the Lord's Name is my companion and brother.
gurmiq rwm nwmuj sugvWw AIlq by I drgh I eyCfwI]1] rhwau]	gurmat ^h raam naam jas gaavaa ant baylee <u>dargeh</u> la-ay <u>ch</u> hadaa-ee. 1 rahaa-o.	Under Guru's Instruction, I sing the Praises of the Lord's Name; it shall be my help and support in the end, and it shall deliver me in the Court of the Lord. 1 Pause
qWAwpydqw pBu AIdrj wml kir ikrpw I C myrmin I wel]	too ^N aapay <u>daataa</u> <u>parabh</u> antarjaamee kar kirpaa loch mayrai man laa-ee.	You Yourself are the Giver, O God, Inner-knower, Searcher of hearts; by Your Grace, You have infused longing for You in my mind.
mymin qin I C I gl hir sqI pIB I C pIhI siggr srxwI]2]	mai man <u>tan</u> loch lagee har saytee <u>parabh</u> loch pooree satgur sarn ^h aa-ee. 2	My mind and body long for the Lord; God has fulfilled my longing. I have entered the Sanctuary of the True Guru. 2
mwx j nmu pIh kir pwieAw ibnu nvwYiDgu iDgu ibrQw j wel]	maan ^h as janam punn kar paa-i-aa bin naavai <u>Dharig</u> <u>Dharig</u> birthaa jaa-ee.	Human birth is obtained through good actions; without the Name, it is cursed, totally cursed, and it passes away in vain.
nwm ibnw rs ks dKu KwvYmKu PIkw Qk Qk miK pwI]3]	naam binaa ras kas <u>dukh</u> <u>khaavai</u> <u>mukh</u> feekaa thuk thook <u>mukh</u> paa- ee. 3	Without the Naam, the Name of the Lord, one obtains only suffering for his delicacies to eat. His mouth is insipid, and his face is spat upon, again and again. 3
j oj n hir pB hir hir srxw iqn drgh hir hir dyvifAwI]	jo jan har <u>parabh</u> har har sarn ^h aa <u>tin</u> <u>dargeh</u> har har <u>day</u> vadi-aa-ee.	Those humble beings, who have entered the Sanctuary of the Lord God, Har, Har, are blessed with glory in the Court of the Lord, Har, Har.
Dhu Dhu swbws khYpBuj n kauj n nwnk mjI I eygil I wel]4]4]	<u>Dhan</u> <u>Dhan</u> saabaas kahai <u>parabh</u> jan ka-o jan naanak mayl la-ay gal laa-ee. 4 4	Blessed, blessed and congratulations, says God to His humble servant. O servant Nanak, He embraces him, and blends him with Himself. 4 4