

jin har har naam na chayti-o mayree jindurhee-ay tay manmukh moorh i-aanay raam

ibhwgVw mhl w 4] (540-11)	bihaagarhaa mehlaa 4.	Bihaagraa, Fourth Mehl:
ij n hir hir nwmun cjqE myrl ij <u>lhwley</u> qymnmK mV ieAwxyrwm]	jin har har naam na chayti-o mayree jindurhee-ay tay manmukh moorh i-aanay raam.	Those who do not remember the Name of the Lord, Har, Har, O my soul - those self-willed manmukhs are foolish and ignorant.
j o moh mwieAw icquI wiedy myrl ij <u>lhwley</u> sy Allq gey pCiqixyrwm]	jo mohi maa-i-aa chit laa-iday mayree jindurhee-ay say ant ga-ay pachhutaanay raam.	Those who attach their consciousness to emotional attachment and Maya, O my soul, depart regretfully in the end.
hir drgh Fel nw I hin@myrl ij <u>lhwley</u> j o mnmK pwiip I Bwxyrwm]	har dargeh dho-ee naa lahni ^H mayree jindurhee-ay jo manmukh paap lubhaanay raam.	They find no place of rest in the Court of the Lord, O my soul; those self-willed manmukhs are deluded by sin.
j n nwnk gur imil abry myrl ij <u>lhwley</u> hir j ip hir nwim smwxyrwm]1]	jan naanak gur mil ubray mayree jindurhee-ay har jap har naam samaanay raam. 1	O servant Nanak, those who meet the Guru are saved, O my soul; chanting the Name of the Lord, they are absorbed in the Name of the Lord. 1
siB j wie iml husiqgurUkaumyrl ij <u>lhwley</u> j o hir hir nwmu idVwvyrwm]	sabh jaa-ay milhu satguroo ka-o mayree jindurhee-ay jo har har naam darirh-aavai raam.	Go, everyone, and meet the True Guru; O my soul, He implants the Name of the Lord, Har, har, within the heart.
hir j pidAw iKnu iFl n klj el myrl ij <u>lhwley</u> mqu ik j wpy swihu AwvYik n AwvYrwm]	har japdi-aa khin dhil na keej-ee mayree jindurhee-ay mat ke jaapai saahu aavai ke na aavai raam.	Do not hesitate for an instant - meditate on the Lord, O my soul; who knows whether he shall draw another breath?
sw vyl w somlqusw GVI somlqusPI uhl myrl ij <u>lhwley</u> ij qu hir myrw iciq AwvY rwm]	saa vaylaa so mooraṭ saa gharhee so muhaṭ safal hai mayree jindurhee-ay jit har mayraa chit aavai raam.	That time, that moment, that instant, that second is so fruitful, O my soul, when my Lord comes into my mind.
j n nwnk nwmu iDAwieAw myrl ij <u>lhwley</u> j mklkrunjV n AwvYrwm]2]	jan naanak naam Dhi-aa-i-aa mayree jindurhee-ay jamkankar nayrh na aavai raam. 2	Servant Nanak has meditated on the Naam, the Name of the Lord, O my soul, and now, the Messenger of Death does not draw near him. 2
hir vKY sixYinq sBuikCumyrl ij <u>lhwley</u> so frYij in pwp kmqyrwm]	har vaykhai sunai nit sabh kichh mayree jindurhee-ay so darai jin paap kamṭay raam.	The Lord continually watches, and hears everything, O my soul; he alone is afraid, who commits sins.

<p>ij su AMru i hrdw sDuhY myrl ij M/Wley iqin j in siB fr siit Gqy rwm]</p>	<p>jis antar hir_daa su_Dh hai mayree jindur_hee-ay t_in jan sab_h dar sut ghat_ay raam.</p>	<p>One whose heart is pure within, O my soul, casts off all his fears.</p>
<p>hir inrBaunwim pqlij Aw myrl ij M/Wley siB JK mwrnuidst k_pqy rwm]</p>	<p>har nir_bha-o naam pateeji-aa mayree jindur_hee-ay sab_h jhakh maaran d_usat kupt_ay raam.</p>	<p>One who has faith in the Fearless Name of the Lord, O my soul - all his enemies and attackers speak against him in vain.</p>
<p>guru p_hw nwnik sjvAw myrl ij M/Wley j in p_hl Awix siB Gqy rwm]3]</p>	<p>gur pooraa naanak sayvi-aa mayree jindur_hee-ay jin pairee aan sab_h ghat_ay raam. 3 </p>	<p>Nanak has served the Perfect Guru, O my soul, who causes all to fall at His feet. 3 </p>
<p>so A_sw hir inq sy_lAY myrl ij M/Wley j o sB dUswihbu vfw rwm]</p>	<p>so aisaa har nit sayvee-ai mayree jindur_hee-ay jo sab_h d_oo saahib vadaa raam.</p>	<p>Serve such a Lord continuously, O my soul, who is the Great Lord and Master of all.</p>
<p>ij n_o iek min ieku ArwiDAw myrl ij M/Wley iqn_w nwhl iks_ldl ikCu_cf_w rwm]</p>	<p>j_in^Hee ik man ik araa_Dhi-aa mayree jindur_hee-ay t_inaa naahee kisai d_ee kich_h chadaa raam.</p>	<p>Those who single-mindedly worship Him in adoration, O my soul, are not subservient to anyone.</p>
<p>gur sjvAY hir mhl up_wieAw myrl ij M/Wley JK mwrnusiB in_hlk G_hf_w rwm]</p>	<p>gur sayvi-ai har mahal paa-i-aa mayree jindur_hee-ay jhakh maaran sab_h nindak gh_andaa raam.</p>	<p>Serving the Guru, I have obtained the Mansion of the Lord's Presence, O my soul; all the slanderers and trouble-makers bark in vain.</p>
<p>j n nwnk nwmuiDAwieAw myrl ij M/Wley Dir msgik hir il iK C_fw rwm]4]5]</p>	<p>jan naanak naam _Dhi-aa-i-aa mayree jindur_hee-ay _Dhur mastak har likh ch_hadaa raam. 4 5 </p>	<p>Servant Nanak has meditated on the Name, O my soul; such is the pre-ordained destiny which the Lord written on his forehead. 4 5 </p>