

ras ras raam rasaal salaahaa

j ʔsrI mU 4 ] (699-3)	jaiṭsaree mehlāa 4.	Jaitsree, Fourth Mehl:
ris ris rnmurswl usl whw ]	ras ras raam rasaal salaahaa.	With love and energetic affection, praise the Lord, the storehouse of Nectar.
mnu rwm nwim Blnw l Yl whw ]	man raam naam <u>b</u> heenaa lai laahaa.	My mind is drenched with the Lord's Name, and so it earns this profit.
iKnu iKnu Bgiq krh idnu rwiql gurmiq Bgiq Emwhw rwm ]1]	<u>k</u> hin <u>k</u> hin <u>b</u> hagaṭ karah <u>d</u> in raatee gurmaṭ <u>b</u> hagaṭ omaahaa raam.   1	Each and every moment, worship Him in devotion, day and night; through the Guru's Teachings, sincere love and devotion well up.   1
hir hir gʔx govMl j pwhw ]	har har guṇ govinḍ japaahaa.	Chant the Glorious Praises of the Lord of the Universe, Har, Har.
mnu qnuj liq sbdu l Yl whw ]	man <u>t</u> an jeeṭ sabaḍ lai laahaa.	Conquering mind and body, I have earned the profit of the Shabad.
gurmiq pM̄ dlt̄ vis Avvih min qin hir Emwhw rwm ]2]	gurmaṭ panch dooṭ vas aavahi man <u>t</u> an har omaahaa raam.   2	Through the Guru's Teachings, the five demons are overpowered, and the mind and body are filled with a sincere yearning for the Lord.   2
nwmurqnuhir nwmuj pwhw ]	naam raṭan har naam japaahaa.	The Name is a jewel - chant the Lord's Name.
hir gʔx gwie sdw l Yl whw ]	har guṇ gaa-ay sadaa lai laahaa.	Sing the Glorious Praises of the Lord, and forever earn this profit.
dIn dieAwl ikᵑw kir muiDohir hir nwmu Emwhw rwm ]3]	<u>d</u> een <u>d</u> a-i-aal kirpaa kar maa <u>D</u> ho har har naam omaahaa raam.   3	O Lord, merciful to the meek, be kind to me, and bless me with sincere longing for the Name of the Lord, Har, Har.   3
j ip j gdlsuj pau mn mwhw ]	jap jagdees japa-o man maahaa.	Meditate on the Lord of the world - meditate within your mind.
hir hir j gMhwQuj ig l whw ]	har har jagannaath jag laahaa.	The Lord of the Universe, Har, Har, is the only real profit in this world.
Dnu Dnu vfy Twkir pB myryj ip nwnk Bgiq Emwhw rwm ]4]3]9]	<u>D</u> han <u>D</u> han vaday <u>t</u> haakur parabḥ mayray jap naanak <u>b</u> hagaṭ omaahaa raam.   4  3  9	Blessed, blessed, is my Great Lord and Master God; O Nanak, meditate on Him, worship Him with sincere love and devotion.   4  3  9