

gur satgur kaa jo sikh akhaa-ay so bhalkay uth har naam Dhi-aavai

gaVI kl vvr mhl 4 ] (305-16)	ga-or <sup>h</sup> ee kee vaar mehlaa 4.	Vaar In Gauree, Fourth Mehl:
gir siqgur kw j o isKu AKweysu BI kyaiT hir nmmu iDAwV ]	gur satgur kaa jo sikh akhaa-ay so bhalkay uth har naam Dhi-aavai.	One who calls himself a Sikh of the Guru, the True Guru, shall rise in the early morning hours and meditate on the Lord's Name.
ardmu kryBI kyprBwql iesnwnu kryAmmq sir nVv ]	udam karay bhalkay parbhaate isnaan karay amrit sar naavai.	Upon arising early in the morning, he is to bathe, and cleanse himself in the pool of nectar.
apdjs gurUhir hir j pu j wV siB ikl ivK pwp dK I ih j wV ]	updays guroo har har jap jaapai sabh kilvikh paap dokh leh jaavai.	Following the Instructions of the Guru, he is to chant the Name of the Lord, Har, Har. All sins, misdeeds and negativity shall be erased.
iPir cWidvsigurbxl gVv bhidAw aatidAw hir nmmu iDAwV ]	fir charhai divas gurbaanee gaavai bahdi-aa uth-di-aa har naam Dhi- aavai.	Then, at the rising of the sun, he is to sing Gurbani; whether sitting down or standing up, he is to meditate on the Lord's Name.
j o swis igrwis iDAweymrw hir hir so girisKu gurUmin BwV ]	jo saas giraas Dhi-aa-ay mayraa har har so gursikh guroo man bhaavai.	One who meditates on my Lord, Har, Har, with every breath and every morsel of food - that GurSikh becomes pleasing to the Guru's Mind.
ij s nodieAw u hvV myrw suAwml iqsugrisK gurUapdjsu sVwV ]	jis no da-i-aal hovai mayraa su- aamee tis gursikh guroo updays sunaavai.	That person, unto whom my Lord and Master is kind and compassionate - upon that GurSikh, the Guru's Teachings are bestowed.
j nu nwnku DiV mlyV iqsugrisK kl j o Awip j pV Avrh nmmu j pVv ] 2]	jan naanak Dhoorh mangai tis gursikh kee jo aap japai avrah naam japaavai.   2	Servant Nanak begs for the dust of the feet of that GurSikh, who himself chants the Naam, and inspires others to chant it.   2