

jap man raam naam rav rahay

pBwq mhl w 4] (1336-7)	par <u>b</u> haatee mehlaa 4.	Prabhaatee, Fourth Mehl:
Agm dieAwl ikp pB Dwrl miK hir hir nwmu hm khy]	agam <u>da</u> -i-aal kirpaa par <u>ab</u> h <u>D</u> haaree muk <u>h</u> har har naam ham kahay.	God, the Inaccessible and Merciful, has showered me with His Mercy; I chant the Name of the Lord, Har, Har, with my mouth.
piqq pwn hir nwmu iDAwieE siB ikl ibK pwp I hy]1]	pa <u>ti</u> t paavan har naam <u>D</u> hi-aa-i-o sab <u>h</u> kilbik <u>h</u> paap lahay. 1	I meditate on the Name of the Lord, the Purifier of sinners; I am rid of all my sins and mistakes. 1
j ip mn rwm nwmu riv rhy]	jap man raam naam rav rahay.	O mind, chant the Name of the All-pervading Lord.
dIn dieAwl udK Bji nu gwieE girmiq nwmu pdrQu I hy]1] rhwa]	deen <u>da</u> -i-aal <u>du</u> kh <u>b</u> hanjan gaa-i-o gurmat naam padaarath lahay. 1 rahaa-o.	I sing the Praises of the Lord, Merciful to the meek, Destroyer of pain. Following the Guru's Teachings, I gather in the Wealth of the Naam, the Name of the Lord. 1 Pause
kwieAw ngir ngir hir bisE miq girmiq hir hir shy]	kaa-i-aa nagar nagar har basi-o mat gurmat har har sahay.	The Lord abides in the body-village; through the Wisdom of the Guru's Teachings, the Lord, Har, Har, is revealed.
srlir srwir nwmu hir pgitE Gir mdir hir pBu I hy]2]	sareer sarovar naam har pargati-o <u>g</u> har mandar har par <u>ab</u> h lahay. 2	In the lake of the body, the Lord's Name has been revealed. Within my own home and mansion, I have obtained the Lord God. 2
j onr Brim Brim aidAwnyqy swkq mV mhy]	jo nar <u>b</u> haram <u>b</u> haram <u>u</u> di-aanay tay saakat moor <u>h</u> muhay.	Those beings who wander in the wilderness of doubt - those faithless cynics are foolish, and are plundered.
ij auimig nwiB bsY bwsu bsnw Bim BimE Jwr ghy]3]	ji-o marig naab <u>h</u> basai baas basnaa <u>b</u> haram <u>b</u> harmi-o <u>j</u> haar gahay. 3	They are like the deer: the scent of musk comes from its own navel, but it wanders and roams around, searching for it in the bushes. 3
qm vf Agm AgwiD biD pB miq dyhu hir pB I hy]	tum vad agam agaa <u>D</u> h bo <u>D</u> h par <u>ab</u> h mat <u>day</u> vhu har par <u>ab</u> h lahay.	You are Great and Unfathomable; Your Wisdom, God, is Profound and Incomprehensible. Please bless me with that wisdom, by which I might attain You, O Lord God.
j n nwnk kaugir hwQuisir DirE hir rwm nwim riv rhy]4]4]	jan naanak ka-o gur haath sir <u>D</u> hari-o har raam naam rav rahay. 4 4	The Guru has placed His Hand upon servant Nanak; he chants the Name of the Lord. 4 4