

jap man sat naam sadaa sat naam

<p>Dnwsrl mhl 4] (669-19)</p>	<p>Dhanaasree mehlaa 4.</p>	<p>Dhanaasaree, Fourth Mehl:</p>
<p>ieCw plrkusrb skdwqw hir j w kYvis hYkwmDyww]</p>	<p>ichhaa poorak sarab sukh-daata har jaa kai vas hai kaamDhaynaa.</p>	<p>The Lord is the Fulfiller of desires, the Giver of total peace; the Kaamadhaynaa, the wish-fulfilling cow, is in His power.</p>
<p>soA'sw hir iDAweIAYmyryj IAVy qw srb sK pwvih myrymnw]1]</p>	<p>so aisaa har Dhi-aa-ee-ai mayray jee-arhay taa sarab sukh paavahi mayray manaa. 1 </p>	<p>So meditate on such a Lord, O my soul. Then, you shall obtain total peace, O my mind. 1 </p>
<p>j ip mn siq nwmusdw siq nwmu]</p>	<p>jap man sat naam sadaa sat naam.</p>	<p>Chant, O my mind, the True Name, Sat Naam, the True Name.</p>
<p>hl iq pl iq mK aJ I hael hYinq iDAweIAYhir prKu inrjI nww] rhww]</p>	<p>halat palat mukh oojal ho-ee hai nit Dhi-aa-ee-ai har purakh niranjanaa. rahaa-o.</p>	<p>In this world, and in the world beyond, your face shall be radiant, by meditating continually on the immaculate Lord God. Pause </p>
<p>j h hir ismrnuBieAw qh apwiD gquklnl vfbwgl hir j pnw]</p>	<p>jah har simran bha-i-aa tah upaaDh gat keenee vadbhaagee har japnaa.</p>	<p>Wherever anyone remembers the Lord in meditation, disaster runs away from that place. By great good fortune, we meditate on the Lord.</p>
<p>j n nwnk kaugir ieh miq dlnl j ip hir Bvj I uqrnw]2]6]12]</p>	<p>jan naanak ka-o gur ih mat deenee jap har bhavjal tarnaa. 2 6 12 </p>	<p>The Guru has blessed servant Nanak with this understanding, that by meditating on the Lord, we cross over the terrifying world-ocean. 2 6 12 </p>