

jap man raam naam parhho saar

swrg mhl w 4] (1200-3)	saarag mehlaa 4.	Saarang, Fourth Mehl:
j ip mn rwm nwmupVlswru]	jap man raam naam parhho saar.	O my mind, chant the Name of the Lord, and study His Excellence.
rwm nwm ibnu iQru nhl kael horu inhPl sBuibsQwru]1] rhwau]	raam naam bin thir nahee ko-ee hor nihfal sabh bistaar. 1 rahaa-o.	Without the Lord's Name, nothing is steady or stable. All the rest of the show is useless. 1 Pause
ikAw l ljYikAw qj lAl baryj o dlsYsoCwru]	ki-aa leejai ki-aa taje-ai ba-uray jo deesai so chhaaar.	What is there to accept, and what is there to reject, O madman? Whatever is seen shall turn to dust.
ij suibiKAw kauqm@Apnl kir j unhusw Cwif j whuisir Bwru]1]	jis bikhi-aa ka-o tum ^H apunee kar jaanhu saa chhaad jaahu sir bhaaar. 1	That poison which you believe to be your own - you must abandon it and leave it behind. What a load you have to carry on your head! 1
iqI uiqI upl upl uAaD Pin GirtY blJ n sklgvru]	til til pal pal a-oDh fun ghaatai boojh na sakai gavaar.	Moment by moment, instant by instant, your life is running out. The fool cannot understand this.
soikCu krYij swiQ n cwI Yiehu swkq kw Awcwru]2]	so kichh karai je saath na chaalai ih saakat kaa aachaar. 2	He does things which will not go along with him in the end. This is the lifestyle of the faithless cynic. 2
slj j nw kYslg iml ubaryqau pivih mk dAwru]	sant janaa kai sang mil ba-uray ta- o paavahi mokh du-aar.	So join together with the humble Saints, O madman, and you shall find the Gate of Salvation.
ibnu sqslj sKuiknYn pwieAw j wie pChubd blcwru]3]	bin satsang sukh kinai na paa-i-aa jaa-ay poochhahu bayd beechar. 3	Without the Sat Sangat, the True Congregation, no one finds any peace. Go and ask the scholars of the Vedas. 3
rwxw rwausBY kaelcwI YJTu Cwif j wie pswru]	raanaa raa-o sabhai ko-oo chaalai jhooth chhod jaa-ay paasaar.	All the kings and queens shall depart; they must leave this false expanse.
nwnk slj sdw iQruinhcl uij n rwm nwmu AwDwru]4]6]	naanak sant sadaa thir nihchal jin raam naam aaDhaaar. 4 6	O Nanak, the Saints are eternally steady and stable; they take the Support of the Name of the Lord. 4 6