

bhaj raamo man raam

kwVw mhl w 4] (1297-3)	kaan <u>r</u> haa mehlāa 4.	Kaanraa, Fourth Mehl:
Bj u rwmomin rwm]	<u>b</u> haj raamo man raam.	O mind, meditate and vibrate on the Lord, Raam, Raam.
ij surb n rK vfw]	jis roop na ray <u>k</u> h vadaam.	He has no form or feature - He is Great!
sqslgiq iml uBj u rwm]	sa <u>t</u> sangat mil <u>b</u> haj raam.	Joining the Sat Sangat, the True Congregation, vibrate and meditate on the Lord.
bf ho hoBwg mQwm]1] rhwau]	bad ho ho <u>b</u> haag mathaam. 1 rahaa-o.	This is the high destiny written on your forehead. 1 Pause
ij quiglh mldir hir hquj wsuqqu Gir AandoAwnpduBj u rwm rwm rwm]	jit garihi mandar har hot jaas tit <u>g</u> har aando aanand <u>b</u> haj raam raam raam.	That household, that mansion, in which the Lord's Praises are sung - that home is filled with ecstasy and joy; so vibrate and meditate on the Lord, Raam, Raam, Raam.
rwm nwm gun givhuhir plqm apdijs girlgir siqgirw skuhqu hir hryhir hryhryBj u rwm rwm rwm]1]	raam naam gun gaavhu har pareet <u>a</u> m up <u>d</u> ays guroo gur sa <u>t</u> iguraa su <u>k</u> h hot har haray har haray haray <u>b</u> haj raam raam raam. 1	Sing the Glorious Praises of the Name of the Lord, the Beloved Lord. Through the Teachings of the Guru, the Guru, the True Guru, you shall find peace. So vibrate and meditate on the Lord, Har, Haray, Har, Haray, Haray, Haray, the Lord, Raam, Raam, Raam. 1
sB issit Dwir hir qm ikrpwl krqw sBuqlqlqlrwm rwm rwm]	sab <u>h</u> sisat <u>D</u> haar har t <u>u</u> m kirpaal ka <u>r</u> taa sab <u>h</u> too too too raam raam raam.	You are the Support of the whole universe, Lord; O Merciful Lord, You, You, You are the Creator of all, Raam, Raam, Raam.
j n nwnko srxwgql dhu gurmql Bj u rwm rwm rwm]2]3]9]	jan naanko sarn <u>a</u> agatee <u>d</u> ayh gurmat <u>e</u> e <u>b</u> haj raam raam raam. 2 3 9	Servant Nanak seeks Your Sanctuary; please bless him with the Guru's Teachings, that he may vibrate and meditate on the Lord, Raam, Raam, Raam. 2 3 9