

har akath kathaā kaa jin ras chaakhi-aa t̄is jan sabh bhookh lahanṭee

nt mhl 4 ] (977-13)	nat mehlaa 4.	Nat, Fourth Mehl:
mn iml ॥s̄st̄iq s̄Bv̄t̄l ]	man mil sant̄sangāt̄ subhvanteē.	O mind, join the Society of the Saints, and become noble and exalted.
sin AkQ kQw s̄Kv̄t̄l ]	sun akath kathaā sukhvanteē.	Listen to the Unspoken Speech of the peace-giving Lord.
sB ikI ivK pwp I h̄t̄l ]	sabh kilvikh paap lahanṭee.	All sins will be washed away.
hir ho ho ho il Kqu il K̄t̄l ]1] rhwaū ]	har ho ho ho likhat̄ likhanteē.   1   rahaa-o.	Meet with the Lord, according to your pre-ordained destiny.   1  Pause
hir klriq kl j ȳ ivic aṭm miq girmiq kQw Bj ̄t̄l ]	har keeraṭ̄ kaljug vich oot̄am mat̄ gurmat̄ kathaā bhajanteē.	In this Dark Age of Kali Yuga, the Kirtan of the Lord's Praise is lofty and exalted. Following the Guru's Teachings, the intellect dwells on the sermon of the Lord.
ij in j in s̄xl mnl h̄'ij in j in iqsuj n k̄lhau k̄rb̄n̄q̄l ]1]	j̄in jan sunee manee hai jin jan t̄is jan kai ha-o kurbaananteē.   1	I am a sacrifice to that person who listens and believes.   1
hir AkQ kQw k̄w ij in rsu c̄īiKAw iqsuj n s̄B BK I h̄t̄l ]	har akath kathaā kaa jin ras chaakhi-aa t̄is jan sabh bhookh lahanteē.	One who tastes the sublime essence of the Unspoken Speech of the Lord - all his hunger is satisfied.
n̄nk j n hir kQw s̄ix iq̄p̄qy j ip hir hir hir h̄w̄t̄l ]2]2]8]	naanak jan har kathaā sun̄ taript̄ai jap har har har hovanteē.   2  2  8	Servant Nanak listens to the sermon of the Lord, and is satisfied; chanting the Lord's Name, Har, Har, Har, he has become like the Lord.   2  2  8