

mayraa man raam naam man maanee

siirg mhl w 4] (1199-16)	saarag mehlaa 4.	Saarang, Fourth Mehl:
myrw mnu rwm nwim mnu mwnl]	mayraa man raam naam man maanee.	My mind is pleased and appeased by the Name of the Lord.
myrYhIArYsiqqir pliq I gwel min hir hir kQw sKwnl]1] rhwaU]	mayrai hee-arai satgur pareet lagaa-ee man har har kathaa sukhaanee. 1 rahaa-o.	The True Guru has implanted divine love within my heart. The Sermon of the Lord, Har, Har, is pleasing to my mind. 1 Pause
dIn dieAwI hwhuj n alpir j n dyhuAkQ khwnl]	deen da-i-aal hovhu jan oopar jan dayvhu akath kahaanee.	Please be merciful to Your meek and humble servant; please bless Your humble servant with Your Unspoken Speech.
stq j nw imil hir rsupwieAw hir min qin mlT I gwnl]1]	sant janaa mil har ras paa-i-aa har man tan meeth lagaanee. 1	Meeting with the humble Saints, I have found the sublime essence of the Lord. The Lord seems so sweet to my mind and body. 1
hir kYrllg rgy bhvgl ij n@ girmiq nwmupCwnl]	har kai rang ratay bairaagee jin ^H gurmat naam pachhaanee.	They alone are unattached, who are imbued with the Lord's Love; through the Guru's Teachings, they realize the Naam, the Name of the Lord.
pirKYpirKuimil Aw sKupwieAw sB ckl Awvx j wnl]2]	purkhai purakh mili-aa sukh paa-i- aa sabh chookee aavan jaanee. 2	Meeting with the Primal Being, one finds peace, and one's comings and goings in reincarnation are ended. 2
nkl ibrhudjKw pB suAwml rsnw nwmuvKwnl]	nainee birahu daykhaa parabh su- aamee rasnaa naam vakhaanee.	With my eyes, I gaze lovingly upon God, my Lord and Master. I chant His Name with my tongue.
sRxl klrqnu snavidhu rwl ihrdYhir hir Bwnl]3]	sarvane keertan sun-o din raatee hirdai har har bhaanee. 3	With my ears, I listen to the Kirtan of His Praises, day and night. I love the Lord, Har, Har, with all my heart. 3
plC j nw gir vsgiq Awxyqau aunmin nwim I gwnl]	panch janaa gur vasgat aanay ta-o unman naam lagaanee.	When the Guru helped me to overcome the five thieves, then I found ultimate bliss, attached to the Naam.
j n nwnk hir ikrpw Dwrl hir rwmYnwim smwnl]4]5]	jan naanak har kirpaa Dhaaree har raamai naam samaanee. 4 5	The Lord has showered His Mercy on servant Nanak; he merges in the Lord, in the Name of the Lord. 4 5