rasak rasak gun gaavah gurmat liv unman naam lagaan

pBwqI mhlw 4 ibBwS (1335-7)	parbhaatee mehlaa 4 bibhaas	Prabhaatee, Fourth Mehl, Bibhaas:
rsik rsik gn gwvh gurmiq ilv anmin nwm lgwn]	rasak rasak gun gaavah gurmat liv unman naam lagaan.	Through the Guru's Teachings, I sing the Glorious Praises of the Lord with joyous love and delight; I am enraptured, lovingly attuned to the Naam, the Name of the Lord.
Aimqu rsu plAw gur sbdI hm nwm ivthu kurbwn]1]	amrit ras pee-aa gur sabdee ham naam vitahu kurbaan. ||1||	Through the Word of the Guru's Shabad, I drink in the Ambrosial Essence; I am a sacrifice to the Naam. ||1||
hmrI jgjIvn hir pwn]	hamray jagjeevan har paraan.	The Lord, the Life of the World, is my Breath of Life.
hir aqmu ird Aqir BwieE gir mqu dIE hir kwn]1] rhwau]	har ootam rid antar bhaa-i-o gur mant dee-o har kaan. ||1|| rahaa-o.	The Lofty and Exalted Lord became pleasing to my heart and my inner being, when the Guru breathed the Mantra of the Lord into my ears. ||1||Pause||
Awvhu sqI imlhu mIqrI Bwel imil hir hir nwm vKwn]	aavhu sant milhu mayray bhaa-ee mil har har naam vakhaan.	Come, O Saints: let us join together, O Siblings of Destiny; let us meet and chant the Name of the Lord, Har, Har.
ikqu ibiD ikau pwelA pBu Apnw mI kau krhu apdsu hir dwn]2]	kit biDh ki-o paa-ee-ai parabh apunaa mo ka-o karahu updays har daan. ||2||	How am I to find my God? Please bless me with the Gift of the Lord's Teachings. ||2||
sqsgiq mih hir hir visAw imil sgiq hir gn jwn]	satsangat meh har har vasi-aa mil sangat har gun jaan.	The Lord, Har, Har, abides in the Society of the Saints; joining this Sangat, the Lord's Glories are known.
vfBwig sqsgiq pwel gur siqgur pris Bgvwn]3]	vadai bhaag satsangat paa-ee gur satgur paras bhagvaan. ||3||	By great good fortune, the Society of the Saints is found. Through the Guru, the True Guru, I receive the Touch of the Lord God. ||3||
gn gwvh pBu Agm Twkur kI gn gwie rhI hrwn]	gun gaavah parabh agam thaakur kay gun gaa-ay rahay hairaan.	I sing the Glorious Praises of God, my Inaccessible Lord and Master; singing His Praises, I am enraptured.
jn nwnk kau gur ikrpw DwrI hir nwm dIE iKn dwn]4]1]	jan naanak ka-o gur kirpaa Dhaaree har naam dee-o khin daan. ||4||1||	The Guru has showered His Mercy on servant Nanak; in an instant, He blessed him with the Gift of the Lord's Name. ||4||1||