

amrit har har naam hai mayree jindurhee-ay amrit gurmat paa-ay raam

rwguibhwgVw mhl w 4] (538-11)	raag bihaagarhaa mehlaa 4.	Raag Bihaagraa, Fourth Mehl:
Alimku hir hir nnumu h/ myrl ij ldi/ley Alimku gurmiq pwey rum]	amrit har har naam hai mayree jindurhee-ay amrit gurmat paa-ay raam.	The Name of the Lord, Har, Har, is Ambrosial Nectar, O my soul; through the Guru's Teachings, this Nectar is obtained.
hamY mwieAw ibKu h/ myrl ij ldi/ley hir Alimq ibKu l ih j wey rum]	ha-umai maa-i-aa bikh hai mayree jindurhee-ay har amrit bikh leh jaa-ay raam.	Pride in Maya is poison, O my soul; through the Ambrosial Nectar of the Name, this poison is eradicated.
mnu sikw hirAw hieAw myrl ij ldi/ley hir hir nnumu iDAwey rum]	man sukaa hari-aa ho-i-aa mayree jindurhee-ay har har naam Dhi-aa- ay raam.	The dry mind is rejuvenated, O my soul, meditating on the Name of the Lord, Har, Har.
hir Bwg vfyil iK pwieAw myrl ij ldi/ley j n nwnk nwim smwey rum]1]	har bhaag vaday likh paa-i-aa mayree jindurhee-ay jan naanak naam samaa-ay raam. 1	The Lord has given me the pre-ordained blessing of high destiny, O my soul; servant Nanak merges in the Naam, the Name of the Lord. 1
hir sqI mnu bjDAw myrl ij ldi/ley ij aubw k l ig dD Kly rum]	har saytee man bayDhi-aa mayree jindurhee-ay ji-o baalak lag duDh kheeray raam.	My mind is attached to the Lord, O my soul, like the infant, sucking his mother's milk.
hir ibnu sllq n pweIAY myrl ij ldi/ley ij aucwiqku j l ibnu try rum]	har bin saa ^{Nt} na paa-ee-ai mayree jindurhee-ay ji-o chaatrik jal bin tayray raam.	Without the Lord, I find no peace, O my soul; I am like the song-bird, crying out without the rain drops.
siqgur srxl j wie paumyrl ij ldi/ley gx dsy hir pB kry rum]	satgur sarnee jaa-ay pa-o mayree jindurhee-ay gun dasay har parabh kayray raam.	Go, and seek the Sanctuary of the True Guru, O my soul; He shall tell you of the Glorious Virtues of the Lord God.
j n nwnk hir myl wieAw myrl ij ldi/ley Gir vij ysbD Gxyrum]2]	jan naanak har maylaa-i-aa mayree jindurhee-ay ghar vaajay sabad ghanayray raam. 2	Servant Nanak has merged into the Lord, O my soul; the many melodies of the Shabad resound within his heart. 2
mnmik hamY ivCw/ myrl ij ldi/ley ibKu bwDy hamY j w l y rum]	manmukh ha-umai vichhurhay mayree jindurhee-ay bikh baaDhay ha-umai jaalay raam.	Through egotism, the self-willed manmukhs are separated, O my soul; bound to poison, they are burnt by egotism.

<p>ij au pIKI kpiq Awpu bnwieAw myrI ij <u>l</u>lV/ley iqau mnmK siB vis kwl y rwm]</p>	<p>ji-o pankhee kapot aap ban^Haa-i-aa mayree jindurhee-ay <u>ti</u>-o manmukh sabh vas kaalay raam.</p>	<p>Like the pigeon, which itself falls into the trap, O my soul, all the self-willed manmukhs fall under the influence of death.</p>
<p>j o moh mwieAw icqu l wiedy myrI ij <u>l</u>lV/ley symnmK mV/ ibqwl y rwm]</p>	<p>jo mohi maa-i-aa chit laa-iday mayree jindurhee-ay say manmukh moorh bitaalay raam.</p>	<p>Those self-willed manmukhs who focus their consciousness on Maya, O my soul, are foolish, evil demons.</p>
<p>j n qlih qlih srwgql myrI ij <u>l</u>lV/ley gur nwnk hir rKvwl y rwm]3]</p>	<p>jan taraahi taraahi sarnaagatee mayree jindurhee-ay gur naanak har rakhvaalay raam. 3 </p>	<p>The Lord's humble servants beseech and implore Him, and enter His Sanctuary, O my soul; Guru Nanak becomes their Divine Protector. 3 </p>
<p>hir j n hir il v abry myrI ij <u>l</u>lV/ley Dir Bwg vfyhir pwieAw rwm]</p>	<p>har jan har liv ubray mayree jindurhee-ay <u>Dhur</u> bhaag vaday har paa-i-aa raam.</p>	<p>The Lord's humble servants are saved, through the Love of the Lord, O my soul; by their pre-ordained good destiny, they obtain the Lord.</p>
<p>hir hir nwmu piqu hY myrI ij <u>l</u>lV/ley gur Kyvt sbid qwieAw rwm]</p>	<p>har har naam pot hai mayree jindurhee-ay gur <u>khayvat</u> sabad taraa-i-aa raam.</p>	<p>The Name of the Lord, Har, Har, is the ship, O my soul, and the Guru is the helmsman. Through the Word of the Shabad, He ferries us across.</p>
<p>hir hir prKudieAw l uhY myrI ij <u>l</u>lV/ley gur siqgur mlT l gwieAw rwm]</p>	<p>har har purakh da-i-aal hai mayree jindurhee-ay gur satgur meeth lagaa-i-aa raam.</p>	<p>The Lord, Har, Har, is all-powerful and very kind, O my soul; through the Guru, the True Guru, He seems so sweet.</p>
<p>kir ikrpw six bnql hir hir j n nwnk nwmu iDAwieAw rwm]4]2]</p>	<p>kar kirpaa sun bayntee har har jan naanak naam <u>Dhi</u>-aa-i-aa raam. 4 2 </p>	<p>Shower Your Mercy upon me, and hear my prayer, O Lord, Har, Har; please, let servant Nanak meditate on Your Name. 4 2 </p>