an-din har har Dhi-aa-i-o hirdai mat gurmat dookh visaaree

| rwguml wr mhl w 4 Gru1 cawpdy (1262-18) | raag malaar mehlaa 4 ghar 1 cha- upday | Raag Malaar, Fourth Mehl, First House, Chau-Padas: |
|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Anidnuhir hir iDAwieE ihrdY miq gırmiq d K ivswrl] | an- <u>d</u> in har har <u>Dh</u> i-aa-i-o hir <u>d</u> ai ma <u>t</u> gurma <u>t</u> <u>d</u> oo <u>kh</u> visaaree. | Night and day, I meditate on the Lord, Har, Har, within my heart; through the Guru's Teachings, my pain is forgotten. |
| sB Awsw mnsw blDn qttyhir hir pNB ikrpw Dwrl]1] | sa <u>bh</u> aasaa mansaa ban <u>Dh</u> an tootay har har para <u>bh</u> kirpaa <u>Dh</u> aaree. 1 | The chains of all my hopes and desires have been snapped; my Lord God has showered me with His Mercy. 1 |
| nhl hir hir l wgl qwrl] | nainee har har laagee taaree. | My eyes gaze eternally on the Lord, Har, Har. |
| siqgırıdjK myrw mnuibgisE j nu hir BjtE bnvwrl]1] rhwau] | satgur daykh mayraa man bigsi-o jan har bhayti-o banvaaree. 1 rahaa-o. | Gazing on the True Guru, my mind blossoms forth. I have met with the Lord, the Lord of the World. 1 Pause |
| ij in A'sw nwmuivswirAw myrw hir hir iqs k'kwil lwgl gwrl] | jin aisaa naam visaari-aa mayraa har har <u>t</u> is kai kul laagee gaaree. | One who forgets such a Name of the Lord, Har, Har - his family is dishonored. |
| hir iqs kYk i l prs i q n krlAhuiqsuibDvw kir mhqwrl]2] | har <u>t</u> is kai kul parsoo <u>t</u> na karee- ahu <u>t</u> is bi <u>Dh</u> vaa kar meh <u>t</u> aaree. 2 | His family is sterile and barren, and his mother is made a widow. 2 |
| hir hir Awin iml wvhuguruswDU ij suAihinis hir awr Dwrl] | har har aan milaavhu gur saa <u>Dh</u> oo jis ahinis har ur <u>Dh</u> aaree. | O Lord, let me meet the Holy Guru, who night and day keep the Lord enshrined in his heart. |
| gir flTYgr kwisKuibgsYij au bwirkudjK mhqwrl]3] | gur dee <u>th</u> ai gur kaa si <u>kh</u> bigsai ji-o baarik <u>d</u> ay <u>kh</u> meh <u>t</u> aaree. 3 | Seeing the Guru, the GurSikh blossoms forth, like the child seeing his mother. 3 |
| Dn ipr kwiek hlsNg vwswivic ham/Bliq krwrl] | <u>Dh</u> an pir kaa ik hee sang vaasaa vich ha-umai <u>bh</u> ee <u>t</u> karaaree. | The soul-bride and the Husband Lord live together as one, but the hard wall of egotism has come between them. |
| gir plrYhamYBliq qrljn nwnk imlybnvwrl]4]1] | gur poorai ha-umai <u>bh</u> ee <u>t</u> toree jan naanak milay banvaaree. 4 1 | The Perfect Guru demolishes the wall of egotism; servant Nanak has met the Lord, the Lord of the World. 4 1 |