

ichhaa poorak sarab sukh-daata har jaa kai vas hai kaamDhaynaa

Dwrsrl mhl 4] (669-19)	Dhanaasree mehlaa 4.	Dhanaasree, Fourth Mehl:
ieCw ptkisrb sKdhw hir j w kvis h'kumDnw]	ichhaa poorak sarab sukh_daata har jaa kai vas hai kaamDhaynaa.	The Lord is the Filler of desires, the Giver of total peace; the Kaamadhaynaa, the wish-fulfilling cow, is in His power.
soAisw hir iDAweIAymryj IAVy qwsrb sK pviyh myrymnw]1]	so aisaa har <u>Dhi</u> -aa-ee-ai mayray jee-arhay taa sarab sukh paavahi mayray manaa. 1	So meditate on such a Lord, O my soul. Then, you shall obtain total peace, O my mind. 1
j ip mn siq nwmusdw siq nwmu]	jap man sat naam sadaa sat naam.	Chant, O my mind, the True Name, Sat Naam, the True Name.
h iq pl iq muk aj I hei h'inq iDAweIAhir prKuinrJnw] rhau]	halat palat mukh oojal ho-ee hai nit <u>Dhi</u> -aa-ee-ai har purakh niranjanaa. rahaa-o.	In this world, and in the world beyond, your face shall be radiant, by meditating continually on the immaculate Lord God. Pause
j h hir ismrnuBieAw qh apwD gqiklnl vFBgl hir j pnw]	jah har simran <u>bha</u> -i-aa tah upaa <u>Dh</u> gat keenee vad <u>bha</u> agee har japnaa.	Wherever anyone remembers the Lord in meditation, disaster runs away from that place. By great good fortune, we meditate on the Lord.
j n nwnk kaigir ieh miq dlnl j ip hir Bvj I uqrnw]2]6]12]	jan naanak ka-o gur ih mat deenee jap har <u>bhavjal</u> tarnaa. 2 6 12	The Guru has blessed servant Nanak with this understanding, that by meditating on the Lord, we cross over the terrifying world-ocean. 2 6 12