

ha-o balihaaree tin<sup>H</sup> ka-o mayree jindurhee-ay jin<sup>H</sup> har har naam aDhaaro raam

| ibh <sup>w</sup> gV <sup>w</sup> mh l <sup>w</sup> 4 ] (539-17)                                                                                  | bihaagar <u>h</u> aa mehl <sup>aa</sup> 4.                                                                                           | Bihaagraa, Fourth Mehl:                                                                                                                     |
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| ha bi l h <sup>w</sup> rl iqn <sup>l</sup> ka mrl<br>ij dVle ijn <sup>l</sup> hir hir n <sup>w</sup> m AD <sup>w</sup> rl<br>r <sup>w</sup> m ]  | ha-o balihaaree <u>tin</u> <sup>H</sup> ka-o mayree<br>jindur <u>hee</u> -ay jin <sup>H</sup> har har naam<br>a <u>D</u> haaro raam. | I am a sacrifice, O my soul, to those who take the Support of<br>the Name of the Lord, Har, Har.                                            |
| gir siqgir n <sup>w</sup> m idV <sup>w</sup> ieA <sup>w</sup> mrl<br>ij dVle ibK Ba j l q <sup>w</sup> rxh <sup>w</sup> rl<br>r <sup>w</sup> m ] | gur satgur naam drir <u>h</u> -aa-i-aa<br>mayree jindur <u>hee</u> -ay bik <u>h</u> b <u>h</u> a-ojal<br>taaran <u>h</u> haaro raam. | The Guru, the True Guru, implanted the Name within me, O<br>my soul, and He has carried me across the terrifying world-<br>ocean of poison. |
| ijn iek min hir iDA <sup>w</sup> ieA <sup>w</sup> mrl<br>ij dVle iqn <sup>l</sup> sq j n <sup>w</sup> j k <sup>w</sup> rl r <sup>w</sup> m<br>]  | jin ik man har <u>D</u> hi-aa-i-aa mayree<br>jindur <u>hee</u> -ay tin sant janaa<br>jaikaaro raam.                                  | Those who have meditated one-pointedly on the Lord, O my<br>soul - I proclaim the Victory of those saintly beings.                          |
| n <sup>w</sup> nk hir jip sK p <sup>w</sup> ieA <sup>w</sup> mrl<br>ij dVle siB dK inv <sup>w</sup> rxh <sup>w</sup> rl r <sup>w</sup> m<br>]1]  | naanak har jap sukh paa-i-aa<br>mayree jindur <u>hee</u> -ay sab <u>h</u> dook <u>h</u><br>nivaaran <u>h</u> haaro raam.   1         | Nanak has found peace, meditating on the Lord, O my soul;<br>the Lord is the Destroyer of all pain.   1                                     |
| s <sup>w</sup> rsn <sup>w</sup> Dn Dn h mrl ijdVle<br>gx g <sup>w</sup> v hir pB kr <sup>l</sup> r <sup>w</sup> m ]                              | saa rasnaa <u>D</u> han <u>D</u> han hai mayree<br>jindur <u>hee</u> -ay gun gaavai har<br>parab <u>h</u> kayray raam.               | Blessed, blessed is that tongue, O my soul, which sings the<br>Glorious Praises of the Lord God.                                            |
| q <sup>l</sup> svn B l sBnl <sup>l</sup> hih mrl<br>ij dVle hir klrq <sup>n</sup> sxih hir<br>qr <sup>l</sup> r <sup>w</sup> m ]                 | tay sarvan b <u>h</u> alay sob <u>h</u> neek heh<br>mayree jindur <u>hee</u> -ay har keertan<br>sun <u>h</u> har tayray raam.        | Sublime and splendid are those ears, O my soul, which listen<br>to the Kirtan of the Lord's Praises.                                        |
| s <sup>l</sup> sls B l pivq <sup>l</sup> pivn <sup>l</sup> h mrl<br>ij dVle j j <sup>w</sup> ie lg gr pr <sup>l</sup> r <sup>w</sup> m<br>]      | so sees b <u>h</u> alaa pavitar paavan hai<br>mayree jindur <u>hee</u> -ay jo jaa-ay<br>lagai gur pairay raam.                       | Sublime, pure and pious is that head, O my soul, which falls<br>at the Guru's Feet.                                                         |
| gr ivth n <sup>w</sup> nk v <sup>w</sup> irA <sup>w</sup> mrl<br>ij dVle ijin hir hir n <sup>w</sup> m icqr <sup>l</sup><br>r <sup>w</sup> m ]2] | gur vitahu naanak vaari-aa mayree<br>jindur <u>hee</u> -ay jin har har naam<br>chitayray raam.   2                                   | Nanak is a sacrifice to that Guru, O my soul; the Guru has<br>placed the Name of the Lord, Har, Har, in my mind.   2                        |
| q <sup>l</sup> nq <sup>l</sup> B l prvx <sup>l</sup> hih mrl<br>ij dVle j s <sup>w</sup> D siqgr <sup>l</sup> dKih r <sup>w</sup> m<br>]         | tay naytar b <u>h</u> alay parvaan heh<br>mayree jindur <u>hee</u> -ay jo saa <u>D</u> hoo<br>satgur dayk <u>h</u> eh raam.          | Blessed and approved are those eyes, O my soul, which<br>gaze upon the Holy True Guru.                                                      |

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| q hsq pñlq pivq hih mrl<br>ijdvle j hir js hir hir<br>lkih rwm ]     | tay hasat puneet pavitar heh<br>mayree jindurhee-ay jo har jas har<br>har laykheh raam.                          | Sacred and sanctified are those hands, O my soul, which<br>write the Praises of the Lord, Har, Har.                                                               |
| iqs jñ k pg inq pjIAih mrl<br>ijdvle j mwrig Drm clsih<br>rwm ]      | tis jan kay pag nit poojee-ah<br>mayree jindurhee-ay jo maarag<br>Dharam chalayseh raam.                         | I worship continually the feet of that humble being, O my<br>soul, who walks on the Path of Dharma - the path of<br>righteousness.                                |
| nwnk iqñ ivth vvirAw mrl<br>ijdvle hir six hir nwm<br>mnsih rwm ]3]  | naanak tin vitahu vaari-aa mayree<br>jindurhee-ay har sun har naam<br>manayseh raam.   3                         | Nanak is a sacrifice to those, O my soul, who hear of the<br>Lord, and believe in the Lord's Name.   3                                                            |
| Driq pñq l Awws h mrl<br>ijdvle sB hir hir nwm iDAwv<br>rwm ]        | Dharat paataal aakaas hai mayree<br>jindurhee-ay sabh har har naam<br>Dhi-aavai raam.                            | The earth, the nether regions of the underworld, and the<br>Akaashic ethers, O my soul, all meditate on the Name of the<br>Lord, Har, Har.                        |
| pax pñxl bsqr mrl ijdVle<br>inq hir hir hir js gñv rwm ]             | pa-un paanee baisantaro mayree<br>jindurhee-ay nit har har har jas<br>gaavai raam.                               | Wind, water and fire, O my soul, continually sing the Praises<br>of the Lord, Har, Har, Har.                                                                      |
| vx iqx sB Awwr h mrl<br>ijdvle miK hir hir nwm iDAwv<br>rwm ]        | van tarin sabh aakaar hai mayree<br>jindurhee-ay mukh har har naam<br>Dhi-aavai raam.                            | The woods, the meadows and the whole world, O my soul,<br>chant with their mouths the Lord's Name, and meditate on<br>the Lord.                                   |
| nwnk q hir dir pñieAw mrl<br>ijdvle j grmiK Bgiq mn lww<br>rwm ]4]4] | naanak tay har dar pain <sup>H</sup> aa-i-aa<br>mayree jindurhee-ay jo gurmukh<br>bhagat man laavai raam.   4  4 | O Nanak, one who, as Gurmukh, focuses his consciousness<br>on the Lord's devotional worship - O my soul, he is robed in<br>honor in the Court of the Lord.   4  4 |