

jan kay tum^H har raakhay su-aamee tum^H jug jug jan rakhi-aa

kil Awwmhl w 4] (1319-10)	kali-aan mehlaa 4.	Kalyaan, Fourth Mehl:
hir j n ugn gvaq hisAw]	har jan gun gaavaṭ hasi-aa.	The humble servant of the Lord sings the Lord's Praise, and blossoms forth.
hir hir Bgiq bnl miq gurmiq Dir msqik pB il iKAw]1] rhaw]	har har bhagaṭ banee maṭ gurmat Dhur mastak parabḥ likhi-aa. 1 rahaa-o.	My intellect is embellished with devotion to the Lord, Har, Har, through the Guru's Teachings. This is the destiny which God has recorded on my forehead. 1 Pause
gur kypg ismrauidnuruql min hir hir hir bisAw]	gur kay pag simra-o din raatee man har har har basi-aa.	I meditate in remembrance on the Guru's Feet, day and night. The Lord, Har, Har, Har, comes to dwell in my mind.
hir hir hir klriq j ig swrl Gis chnuj suGisAw]1]	har har har keeraṭ jag saaree ghas chandān jas ghasi-aa. 1	The Praise of the Lord, Har, Har, Har, is Excellent and Sublime in this world. His Praise is the sandalwood paste which I rub. 1
hir j n hir hir hir il v l wel siB swkq Kij pieAw]	har jan har har har liv laa-ee sabḥ saakaṭ khoj pa-i-aa.	The humble servant of the Lord is lovingly attuned to the Lord, Har, Har, Har; all the faithless cynics pursue him.
ij auikrq sji ig cil E nr inlku pgunugin Cih j il Aw]2]	ji-o kiraṭ sanjog chali-o nar nindak pag naagan chhuhi jali-aa. 2	The slanderous person acts in accordance with the record of his past deeds; his foot trips over the snake, and he is stung by its bite. 2
j n kyqm@hir rky siAwml qm@ j ig j ig j n riKAw]	jan kay tum ^H har raakhay su- aamee tum ^H jug jug jan rakhi-aa.	O my Lord and Master, You are the Saving Grace, the Protector of Your humble servants. You protect them, age after age.
khw BieAw dlq krl bKil l sB kir kir Jir pirAw]3]	kahaa bha-i-aa dait karee bakheelee sabḥ kar kar jhar pari- aa. 3	What does it matter, if a demon speaks evil? By doing so, he only gets frustrated. 3
j qy j IA j l pB kleysiB kw l Y miK gtsAw]	jaytay jee-a jant parabḥ kee-ay sabḥ kaalai mukh garsi-aa.	All the beings and creatures created by God are caught in the mouth of Death.
hir j n hir hir hir pB rky j n nwnk srin pieAw]4]2]	har jan har har har parabḥ raakhay jan naanak saran pa-i-aa. 4 2	The humble servants of the Lord are protected by the Lord God, Har, Har, Har; servant Nanak seeks His Sanctuary. 4 2