

jag sukariṭ keeraṭ naam hai mayree jindurhee-ay har keeraṭ har man Dhaaray raam

ibhngVw mhl 4 ] (539-5)	bihaagarḥaa mehlāa 4.	Bihaagraa, Fourth Mehl:
j ig sikḙu klriq nwmuhYmyrI ij 𑪗/leyhir klriq hir min Dwry rwm ]	jag sukariṭ keeraṭ naam hai mayree jindurhee-ay har keeraṭ har man Dhaaray raam.	In this world, the best occupation is to sing the Praises of the Naam, O my soul. Singing the Praises of the Lord, the Lord is enshrined in the mind.
hir hir nwmupivqu hYmyrI ij 𑪗/leyj ip hir hir nwmuaDwry rwm ]	har har naam pavitṭ hai mayree jindurhee-ay jap har har naam uDhaaray raam.	The Name of the Lord, Har, Har, is immaculate and pure, O my soul. Chanting the Name of the Lord, Har, Har, one is saved.
sB ikl ivK pwp dK kitAw myrI ij 𑪗/leyml ugurmiK nwim aqury rwm ]	sabh kilvikh paap dukh kati-aa mayree jindurhee-ay mal gurmukh naam uṭaaray raam.	All sins and errors are erased, O my soul; with the Naam, the Gurmukh washes off this filth.
vf pthl hir iDAwieAw j n nwnk hm mlrK mgD insquryrwm ]1]	vad punnee har Dhi-aa-i-aa jan naanak ham moorakh mugaDh nistaaray raam.   1	By great good fortune, servant Nanak meditates on the Lord; even fools and idiots like me have been saved.   1
j o hir nwmu iDAwiedy myrI ij 𑪗/ley iqnw pltyvsgiq Aweyrwm ]	jo har naam Dhi-aa-iday mayree jindurhee-ay tinaa panchay vasgaṭ aa-ay raam.	Those who meditate on the Lord's Name, O my soul, overpower the five passions.
Alqir nv iniD nwmuhYmyrI ij 𑪗/leygrusiqgruAI KuI Kwey rwm ]	antar nav niDh naam hai mayree jindurhee-ay gur satgur alakh lakhaa-ay raam.	The nine treasures of the Naam are within, O my soul; the Great Guru has made me see the unseen Lord.
giir Aws mnsu pthAw myrI ij 𑪗/leyhir imil Aw BK sB j wey rwm ]	gur aasaa mansaa pooree-aa mayree jindurhee-ay har mili-aa bhukh sabh jaa-ay raam.	The Guru has fulfilled my hopes and desires, O my soul; meeting the Lord, all my hunger is satisfied.
Dir msqik hir pRB il iKAw myrI ij 𑪗/leyj n nwnk hir gx gwey rwm ]2]	Dhur mastak har parabh likhi-aa mayree jindurhee-ay jan naanak har gun gaa-ay raam.   2	O servant Nanak, he alone sings the Glorious Praises of the Lord, O my soul, upon whose forehead God has inscribed such pre-ordained destiny.   2
hm pwp bl vltAw myrI ij 𑪗/ley prdlhl Tg mwieAw rwm ]	ham paapee balvanchee-aa mayree jindurhee-ay pardarohee thag maa-i-aa raam.	I am a deceitful sinner, O my soul, a cheat, and a robber of others' wealth.

<p>v f B w g l g u r u p w i e A w m y r l i j k i v l e y g i r p h y g i q i m i q p w i e A w r u m ]</p>	<p>v a d b h a a g e e g u r p a a - i - a a m a y r e e j i n d u r h e e - a y g u r p o o r a i g a t m i t p a a - i - a a r a a m .</p>	<p>But, by great good fortune, I have found the Guru, O my soul; through the Perfect Guru, I have found the way to salvation.</p>
<p>g i r A l l m k u h i r m i k c i e A w m y r l i j k i v l e y i P i r m r d w b h i v j l v i e A w r u m ]</p>	<p>g u r a m r i t h a r m u k h c h o - i - a a m a y r e e j i n d u r h e e - a y f i r m a r d a a b a h u r h j e e v a a - i - a a r a a m .</p>	<p>The Guru has poured the Ambrosial Nectar of the Lord's Name into my mouth, O my soul, and now, my dead soul has come to life again.</p>
<p>j n n u n k s i q g u r j o i m l y m y r l i j k i v l e y i q n k y s B d i k g v i e A w r u m ] 3 ]</p>	<p>j a n n a a n a k s a t g u r j o m i l a y m a y r e e j i n d u r h e e - a y t i n k a y s a b h d u k h g a v a a - i - a a r a a m .    3   </p>	<p>O servant Nanak: those who meet the True Guru, O my soul, have all of their pains taken away.   3  </p>
<p>A i q a l b m u h i r n w m u h y m y r l i j k i v l e y i j q u j i p A v p w p g v i q y r u m ]</p>	<p>a t o o t a m h a r n a a m h a i m a y r e e j i n d u r h e e - a y j i t j a p i - a i p a a p g a v a a t a y r a a m .</p>	<p>The Name of the Lord is sublime, O my soul; chanting it, one's sins are washed away.</p>
<p>p i q q p i v q R g i r h i r k l e y m y r l i j k i v l e y c h u k l f l c h u j i i g j w q y r u m ]</p>	<p>p a t i t p a v i t a r g u r h a r k e e - a y m a y r e e j i n d u r h e e - a y c h a h u k u n d e e c h a h u j u g j a a t a y r a a m .</p>	<p>The Guru, the Lord, has purified even the sinners, O my soul; now, they are famous and respected in the four directions and throughout the four ages.</p>
<p>h a m y m l u s B a q r l m y r l i j k i v l e y h i r A l l m k h i r s i r n w q y r u m ]</p>	<p>h a - u m a i m a i l s a b h u t r e e m a y r e e j i n d u r h e e - a y h a r a m r i t h a r s a r n a a t a y r a a m .</p>	<p>The filth of egotism is totally wiped away, O my soul, by bathing in the Ambrosial Pool of the Lord's Name.</p>
<p>A p r w D l p w p l a D r y m y r l i j k i v l e y j n n u n k i k n u h i r n w q y r u m ] 4 ] 3 ]</p>	<p>a p r a a D h e e p a a p e e u D h r a y m a y r e e j i n d u r h e e - a y j a n n a a n a k k h i n h a r r a a t a y r a a m .    4    3   </p>	<p>Even sinners are carried across, O my soul, if they are imbued with the Lord's Name, even for an instant, O servant Nanak.   4  3  </p>