

gi-aanee har bolhu din raat

ml wr mhl w 4 ] (1264-7)	malaar mehlaa 4.	Malaar, Fourth Mehl:
ij n@kYhArYbisE myrw siqguruy s@q BI yBI Bwiq ]	jīn <sup>H</sup> kai hee-arai basi-o mayraa satgur tay sant <u>bhalay bhal bhaa</u> <sup>Nt</sup> .	Those whose hearts are filled with my True Guru - those Saints are good and noble in every way.
iqn@dKymrw mnuibgsYhauiqn kl sd bil j Wq ]1]	tīn <sup>H</sup> <u>daykhay</u> mayraa man bigsai ha- o tīn kai <u>sad bal jaa</u> <sup>Nt</sup> .   1	Seeing them, my mind blossoms forth in bliss; I am forever a sacrifice to them.   1
igAwnl hir bd huidnu rwiq ]	gi-aanee har bolhu <u>din</u> raat.	O spiritual teacher, chant the Name of the Lord, day and night.
iqn@kl iq@snu BK sB aqrj j o gurmiq rum rsuKWiq ]1] rhwau ]	tīn <sup>H</sup> kee tarisnaa <u>bhookh sabh utree</u> jo gurmat raam ras <u>khaa</u> <sup>Nt</sup> .   1   rahaa-o.	All hunger and thirst are satisfied, for those who partake of the sublime essence of the Lord, through the Guru's Teachings.   1  Pause
hir kydws sUD sKw j n ij n imil Aw l ih j wie BrWiq ]	har kay <u>daas saaDh sakhaa</u> jan jin mili-aa leh jaa-ay <u>bharaa</u> <sup>Nt</sup> .	The slaves of the Lord are our Holy companions. Meeting with them, doubt is taken away.
ij auj l dD iBh iBh kwFYciix h@l w iqaudhl qycix kwFYswDU hamYqwiq ]2]	ji-o jal <u>duDh bhinn bhinn kaadh</u> <u>chun hansulaa ti-o dayhee tay chun</u> <u>kaadh</u> <u>saaDhoo</u> ha-umai <u>taat</u> .   2	As the swan separates the milk from the water, the Holy Saint removes the fire of egotism from the body.   2
ij n kYpiliq nwhl hir ihrdYqy kptl nr inq kptukmWiq ]	jīn kai pareet naahee har <u>hirdai tay</u> <u>kaptee nar nit kapat kamaa</u> <sup>Nt</sup> .	Those who do not love the Lord in their hearts are deceitful; they continually practice deception.
iqn kawiKAw kael dje KvwI YEie Awip blij Awpyhl KWiq ]3]	tīn ka-o ki-aa ko-ee <u>day-ay</u> <u>khavaalai o-ay aap beej aapay hee</u> <u>khaa</u> <sup>Nt</sup> .   3	What can anyone give them to eat? Whatever they themselves plant, they must eat.   3
hir kw ichnusel hir j n kw hir Awpyj n mih AwpurKWiq ]	har kaa chihan so-ee har jan kaa har aapay jan meh aap <u>rakhaa</u> <sup>Nt</sup> .	This is the Quality of the Lord, and of the Lord's humble servants as well; the Lord places His Own Essence within them.
DnuDhugurUnwku smdrsl ij in in@w asqiq qrl qrWiq ]4]5]	<u>Dhan Dhan</u> guroo naanak samadrasee jin nindaa <u>ustat taree</u> <u>taraa</u> <sup>Nt</sup> .   4  5	Blessed, blessed, is Guru Nanak, who looks impartially on all; He crosses over and transcends both slander and praise.   4  5