

ṭis jan ka-o har meethṭh lagaanaa jis har har kirpaa karai

m l w r m h l w 4] (1263-12)	malaar mehlāa 4.	Malaar, Fourth Mehl:
i q s j n k a h i r m l T l g w n w i j s h i r h i r i k p w k r]	ṭis jan ka-o har meethṭh lagaanaa jis har har kirpaa karai.	The Lord seems sweet to that humble being who is blessed by the Grace of the Lord.
i q s k l B K d K s i B a q r j h i r g x h i r a c r] 1]	ṭis kee <u>bhookh</u> <u>dookh</u> <u>sabh</u> uṭrai jo har gunṭ har uchrai. 1	His hunger and pain are totally taken away; he chants the Glorious Praises of the Lord, Har, Har. 1
j i p m n h i r h i r h i r i n s q r]	jap man har har har nistṭarai.	Meditating on the Lord, Har, Har, Har, the mortal is emancipated.
g r k b c n k r n s i n i D A w B v s w g r p i r p r] 1] r h a]	gur kay bachan karan sun <u>Dhi</u> - aavai <u>bhav</u> saagar paar parai. 1 rahaa-o.	One who listens to the Guru's Teachings and meditates on them, is carried across the terrifying world-ocean. 1 Pause
i q s j n k h m h w i t i b h w j i j s h i r h i r i k p w k r]	ṭis jan kay ham haat bihaa <u>jhay</u> jis har har kirpaa karai.	I am the slave of that humble being, who is blessed by the Grace of the Lord, Har, Har.
h i r j n k a i m i l A w s K p w e l A s B d r m i q m l h r] 2]	har jan ka-o mili-aa ^N <u>sukh</u> paa-ee- ai <u>sabh</u> <u>durmat</u> mail harai. 2	Meeting with the Lord's humble servant, peace is obtained; all the pollution and filth of evil-mindedness is washed away. 2
h i r j n k a h i r B K l g w n l j n i q p q j w h i r g n i b c r]	har jan ka-o har <u>bhookh</u> lagaanee jan <u>ṭaripṭai</u> jaa har gun bichrai.	The humble servant of the Lord feels hunger only for the Lord. He is satisfied only when he chants the Lord's Glories.
h i r k w j n h i r j l k w m l n w h i r i b s r q P i t m r] 3]	har kaa jan har jal kaa meenaa har bisratṭ foot marai. 3	The humble servant of the Lord is a fish in the Water of the Lord. Forgetting the Lord, he would dry up and die. 3
i j i n e h p l i q l w e l s j w n k j w n i j s m i n D r]	jīn ayh pareetṭ laa-ee so jaanai kai jaanai jis man <u>Dharai</u> .	He alone knows this love, who enshrines it within his mind.
j n n w n k h i r d i K s K p w s B q n k l B K t r] 4] 3]	jan naanak har <u>daykh</u> <u>sukh</u> paavai <u>sabh</u> <u>ṭan</u> kee <u>bhookh</u> tarai. 4 3	Servant Nanak gazes upon the Lord and is at peace; The hunger of his body is totally satisfied. 4 3