

har kaa jan har jal kaa meenaa har bisrat̄ foot marai

ml wr mhl w 4] (1263-12)	malaar mehlaa 4.	Malaar, Fourth Mehl:
iqsuj n kauhir mlT l gwnw ij su hir hir ikᳵw krY]	tis jan ka-o har meeth̄ lagaanaa jis har har kirpaa karai.	The Lord seems sweet to that humble being who is blessed by the Grace of the Lord.
iqs kl BK dK siB aqrY j ohir gX hir aCrY]1]	tis kee <u>bhookh</u> <u>dookh</u> <u>sabh</u> utrai jo har gun har uchrai. 1	His hunger and pain are totally taken away; he chants the Glorious Praises of the Lord, Har, Har. 1
j ip mn hir hir hir insqrY]	jap man har har har nistarai.	Meditating on the Lord, Har, Har, Har, the mortal is emancipated.
gir kybcn krn sin iDAwV Bv sigrupir prY]1] rhwau]	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
iqsuj n kyhm hwit ibhwjY j su hir hir ikᳵw krY]	tis jan kay ham haat bihaajhay jis har har kirpaa karai.	I am the slave of that humble being, who is blessed by the Grace of the Lord, Har, Har.
hir j n kauimil AW sKupwElAY sB dirmiq ml uhrY]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
hir j n kauhir BK l gwnl j nu iqᳵpqY j w hir gn ibcrY]	har jan ka-o har <u>bhookh</u> lagaanee jan tariptai 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.
hir kw j nuhir j l kw mlnw hir ibsrq PIt mrY]3]	har kaa jan har jal kaa meenaa har bisrat̄ 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
ij in eh pliq l wel soj wnykY j wnyj sumin DrY]	jin ayh pareet̄ laa-ee so jaanai kai jaanai jis man <u>Dharai</u> .	He alone knows this love, who enshrines it within his mind.
j nunwkuhir djK sKupwV sB qn kl BK trY]4]3]	jan naanak har <u>daykh</u> <u>sukh</u> paavai <u>sabh</u> tan 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