

dayh tayjnarhee har nav rangee-aa raam

vfhlbumhl w 4] (575-19)	vad-hans mehlaa 4.	Wadahans, Fourth Mehl:
djh qj nVI hir nv rltjIAw rwm]	dayh tayjnarhee har nav rangee-aa raam.	The body is the Lord's horse; the Lord imbues it with the fresh and new color.
gir igAwnugirJhir mltjIAw rwm]	gur gi-aan guroo har mangee-aa raam.	From the Guru, I ask for the Lord's spiritual wisdom.
igAwn mltjI hir kQw cltjI hir nwmugiq imiq j wxIAw]	gi-aan mangee har kathaa changee har naam gat mit jaanee-aa.	I ask for the Lord's spiritual wisdom, and the Lord's sublime sermon; through the Name of the Lord, I have come to know His value and His state.
sBuj nmusPil aukIAw krqJhir rwm nwm vKwxIAw]	sabh janam safli-o kee-aa kartai har raam naam vakhaanee-aa.	The Creator has made my life totally fruitful; I chant the Name of the Lord.
hir rwm nwmusl wih hir pB hir Bgiq hir j n mltjIAw]	har raam naam salaahi har parabh har bhagat har jan mangee-aa.	The Lord's humble servant begs for the Lord's Name, for the Lord's Praises, and for devotional worship of the Lord God.
j nu khYnwnku sixhusltjhu hir Bgiq govld cltjIAw]1]	jan kahai naanak sunhu santahu har bhagat govind changee-aa. 1	Says servant Nanak, listen, O Saints: devotional worship of the Lord, the Lord of the Universe, is sublime and good. 1
djh kltn j Inusiivnw rwm]	dayh kanchan jeen suvinaa raam.	The golden body is saddled with the saddle of gold.
j iV hir hir nwmurqthw rwm]	jarh har har naam ratannaa raam.	It is adorned with the jewel of the Name of the Lord, Har, Har.
j iV nwm rqnugovld pwieAw hir iml y hir gx sK Gxy]	jarh naam ratan govind paa-i-aa har milay har gun sukh ghanay.	Adorned with the jewel of the Naam, one obtains the Lord of the Universe; he meets the Lord, sings the Glorious Praises of the Lord, and obtains all sorts of comforts.
gir sbdupwieAw hir nwmu iDAwieAw vfbwgl hir rltjI hir bxy]	gur sabaq paa-i-aa har naam Dhi-aa-i-aa vadbhaagee har rang har banay.	He obtains the Word of the Guru's Shabad, and he meditates on the Name of the Lord; by great good fortune, he assumes the color of the Lord's Love.
hir iml y sAwmI Altj rj wml hir nvqn hir nv rltjIAw]	har milay su-aamee antarjaamee har navtan har nav rangee-aa.	He meets his Lord and Master, the Inner-knower, the Searcher of hearts; His body is ever-new, and His color is ever-fresh.

nwnku vKwxY nwmuj wxY hir nwm hir pB mlgIAw]2]	naanak vakhaanai naam jaanai har naam har parab <u>h</u> mangee-aa. 2	Nanak chants and realizes the Naam; he begs for the Name of the Lord, the Lord God. 2
kVIAwI umKygir AiksupiieAw rum]	kar <u>h</u> ee-aal muk <u>h</u> ay gur ankas paa-i-aa raam.	The Guru has placed the reins in the mouth of the body-horse.
mnu mlgI ugir sbid vis AwieAw rum]	man maigal gur sabad <u>h</u> vas aa-i-aa raam.	The mind-elephant is overpowered by the Word of the Guru's Shabad.
mnu vsqiq AwieAw prm pdu piieAw sW Dn kllq ipAwrl]	man vasgat aa-i-aa param pad paa-i-aa saa <u>D</u> han kant pi-aaree.	The bride obtains the supreme status, as her mind is brought under control; she is the beloved of her Husband Lord.
Altjir phtuI gw hir sqI Gir shY hir pB nrwl]	an <u>t</u> ar paraym lagaa har say <u>t</u> ee <u>g</u> har sohai har parab <u>h</u> naaree.	Deep within her inner self, she is in love with her Lord; in His home, she is beautiful - she is the bride of her Lord God.
hir rllg rml shj ymml hir pBu hir hir piieAw]	har rang raa <u>t</u> ee sehjay ma <u>t</u> ee har parab <u>h</u> har har paa-i-aa.	Imbued with the Lord's Love, she is intuitively absorbed in bliss; she obtains the Lord God, Har, Har.
nwnk j nu hir dwsukhqulYvfBwgl hir hir iDAwieAw]3]	naanak jan har <u>d</u> aas kaha <u>t</u> hai vad <u>b</u> haagee har har <u>D</u> hi-aa-i-aa. 3	Servant Nanak, the Lord's slave, says that only the very fortunate meditate on the Lord, Har, Har. 3
djh GWI j I ij quhir piieAw rum]	<u>d</u> ayh <u>g</u> hor <u>h</u> ee jee j <u>i</u> t har paa-i-aa raam.	The body is the horse, upon which one rides to the Lord.
imil siqgur j I mlgI ugwieAw rum]	mil satgur jee mangal gaa-i-aa raam.	Meeting with the True Guru, one sings the songs of joy.
hir gwie mlgI urum nwm hir syv syk sykl]	har gaa-ay mangal raam naamaa har sayv sayvak sayvkee.	Sing the songs of joy to the Lord, serve the Name of the Lord, and become the servant of His servants.
pB j wie pwl rllg mhl I hir rllgumwxY rllg kl]	parab <u>h</u> jaa-ay paavai rang mahlee har rang maanai rang kee.	You shall go and enter the Mansion of the Beloved Lord's Presence, and lovingly enjoy His Love.
gx rum gweymin sBwey hir girmql min iDAwieAw]	gun raam gaa-ay man sub <u>h</u> aa-ay har gurma <u>t</u> ee man <u>D</u> hi-aa-i-aa.	I sing the Glorious Praises of the Lord, so pleasing to my mind; following the Guru's Teachings, I meditate on the Lord within my mind.
j n nwnk hir ikrpw Dwrl djh GWI ciV hir piieAw]4]2]6]	jan naanak har kirpaa <u>D</u> haaree <u>d</u> ayh <u>g</u> hor <u>h</u> ee char <u>h</u> har paa-i-aa. 4 2 6	The Lord has showered His Mercy upon servant Nanak; mounting the body-horse, he has found the Lord. 4 2 6