

mayrai man tan paraym naam aaDhaar

Aisw mhl w 4 ] (366-16)	aasaa mehlaa 4.	Aasaa, Fourth Mehl:
myYmin qin pñnu nmmu AwDwru ]	mayrai man tan paraym naam aaDhaar.	The Love of the Naam, the Name of the Lord, is the Support of my mind and body.
nmmuj pl nmosK swru ]1]	naam japee naamo suk <u>h</u> saar.   1	I chant the Naam; the Naam is the essence of peace.   1
nmmuj phumyrsij n shw ]	naam japahu mayray saajan sainaa.	So chant the Naam, O my friends and companions.
nmm ibnw mYAvru n kæl vfy Bwig gurmik hir l hw ]1] rhwau ]	naam binaa mai avar na ko-ee vadai <u>b</u> haag gurmuk <u>h</u> har lainaa.   1   rahaa-o.	Without the Naam, there is nothing else for me. By great good fortune, as Gurmukh, I have received the Lord's Name.   1  Pause
nmm ibnw nhl j livAw j wie ]	naam binaa nahee jeevi-aa jaa-ay.	Without the Naam, I cannot live.
vfy Bwig gurmik hir pwie ]2]	vadai <u>b</u> haag gurmuk <u>h</u> har paa-ay.   2	By great good fortune, the Gurmukhs obtain the Naam.   2
nmmhn kwl K miK mwieAw ]	naamheen kaalakh muk <u>h</u> maa-i-aa.	Those who lack the Naam have their faces rubbed in the dirt of Maya.
nmm ibnw iDgu iDgu j lvwieAw ]3]	naam binaa <u>D</u> harig <u>D</u> harig jeevaa-i-aa.   3	Without the Naam, cursed, cursed are their lives.   3
vfw vfw hir Bwig kir pwieAw ]	vadaa vadaa har <u>b</u> haag kar paa-i-aa.	The Great Lord is obtained by great good destiny.
nwnk gurmik nmmu idvwieAw ]4]4]56]	naanak gurmuk <u>h</u> naam <u>d</u> ivaa-i-aa.   4  4  56	O Nanak, the Gurmukh is blessed with the Naam.   4  4  56