

ras amrit naam ras at bhalaa kit biDh milai ras khaa-ay

isrlrg mhlw 4] (41-9)	sireeraag mehlaa 4.	Siree Raag, Fourth Mehl:
rs Aimg nwm rs Aiq Blw ikq ibiD iml rs Kwie]	ras amrit naam ras at <u>b</u> halaa kit bi <u>D</u> h milai ras <u>k</u> haa-ay.	The Essence of the Ambrosial Naam is the most sublime essence; how can I get to taste this essence?
jwie pCh shwgl qsw ika kir imilAw pB Awie]	jaa-ay puch <u>h</u> ahu sohaagane <u>e</u> tusaa ki-o kar mili-aa parab <u>h</u> aa-ay.	I go and ask the happy soul-brides, "How did you come to meet God?"
Eie vprvwh n blnl ha mil mil Dvw iqn pwie]1]	o-ay vayparvaah na bolnee ha-o mal mal <u>D</u> hovaa tin paa-ay. 1	They are care-free and do not speak; I massage and wash their feet. 1
Bwel r imil sjx hir gx swir]	<u>b</u> haa-ee ray mil sajan har gun saar.	O Siblings of Destiny, meet with your spiritual friend, and dwell upon the Glorious Praises of the Lord.
sjx siqgr prK h dK kF ham mwir]1] rhwa]	sajan satgur purakh hai <u>d</u> ukh kad <u>h</u> ai ha-umai maar. 1 rahaa-o.	The True Guru, the Primal Being, is your Friend, who shall drive out pain and subdue your ego. 1 Pause
grmKIAw shwgl iqn dieAw pel min Awie]	gurmuk <u>h</u> ee-aa sohaagane <u>e</u> tin da-i- aa pa-ee man aa-ay.	The Gurmukhs are the happy soul-brides; their minds are filled with kindness.
siqgr vcn rqn h j mn s hir rs Kwie]	satgur vachan ratann hai jo mannay so har ras <u>k</u> haa-ay.	The Word of the True Guru is the Jewel. One who believes in it tastes the Sublime Essence of the Lord.
s vfbgl vf jwxIAih ijn hir rs Kwdw gr Bie]2]	say vad <u>b</u> haagee vad jaanee-ahi jin har ras <u>k</u> haa <u>D</u> haa gur <u>b</u> haa-ay. 2	Those who partake of the Lord's Sublime Essence, through the Guru's Love, are known as great and very fortunate. 2
ieh hir rs vix iqix sBq h Bwghlx nhl Kwie]	ih har ras van tin sab <u>h</u> at hai <u>b</u> haaghe <u>e</u> n nahee <u>k</u> haa-ay.	This Sublime Essence of the Lord is in the forests, in the fields and everywhere, but the unfortunate ones do not taste it.
ibn siqgr pl nw pv mnmK rh ibl lwie]	bin satgur palai naa pavai manmuk <u>h</u> rahay billaa-ay.	Without the True Guru, it is not obtained. The self-willed manmukhs continue to cry in misery.
Eie siqgr Awg nw invih Enw Aqir kD blwie]3]	o-ay satgur aagai naa niveh onaa antar kro <u>D</u> h balaa-ay. 3	They do not bow before the True Guru; the demon of anger is within them. 3
hir hir hir rs Awip h Awp hir rs hie]	har har har ras aap hai aapay har ras ho-ay.	The Lord Himself, Har, Har, Har, is the Sublime Essence. The Lord Himself is the Essence.

A᳚᳚᳚᳚ dieA᳚᳚ kir d᳚᳚᳚᳚ grmiK Aim᳚᳚ cie]	aap ᳚a-i-aa kar ᳚ayvsee gurmuk᳚᳚ amri᳚᳚ cho-ay.	In His Kindness, He blesses the Gurmukh with it; the Ambrosial Nectar of this Amrit trickles down.
sB᳚᳚ qn᳚᳚ mn᳚᳚ hirA᳚᳚ hieA᳚᳚ n᳚᳚᳚᳚᳚᳚᳚᳚᳚ hir visA᳚᳚ min sie]4]5]69]	sab᳚᳚ ᳚an man hari-aa ho-i-aa naanak har vasi-aa man so-ay. 4 5 69	Then, the body and mind totally blossom forth and flourish; O Nanak, the Lord comes to dwell within the mind. 4 5 69