

kundlanee surj_hee sa_tsangat_t parmaanand_t guroo muk_h machaa

sveley mhl yca 4, gX (1402-9)	sava-ee-ay mahlay cha-uthay kay 4, ga-ynd	Swaiyas In Praise Of The Fourth Mehl, gaynd
ij nhubiq insd DA j wnl qel j lv kw qybcw]	jinahu baat nischal Dharoo-a jaanee tay-ee jeev kaal tay bachaa.	Those who realize the Eternal, Unchanging Word of God, like Dhroo, are immune to death.
iqn@qirE smdlndliKn iek mih j l hr iblb jugiq j gurcw]	tin ^H tari-o samudar rudar khin ik meh jalhar bimb jugat jag rachaa.	They cross over the terrifying world-ocean in an instant; the Lord created the world like a bubble of water.
kfl nl sirJl sqstiq prminpd grlmiK mcw]	kundlanee surj _h ee sa _t sangat _t parmaanand _t guroo muk _h machaa.	The Kundalini rises in the Sat Sangat, the True Congregation; through the Word of the Guru, they enjoy the Lord of Supreme Bliss.
isrl grlswihbusB alpir mn bc kfl syIAI scw]5]	siree guroo saahib sab _h oopar man bach krem sayvee-ai sachaa. 5	The Supreme Guru is the Lord and Master over all; so serve the True Guru, in thought, word and deed. 5