

jap man har har naam salaah

sriT mhl 4 Gru 1 (604-11)	sorath mehlaa 4 ghar 1	Sorat'h, Fourth Mehl, First House:
AapyaAip vraqdw ipAarw AapyaAip Apathu ]	aapay aap varatdaa pi-aaraa aapay aap apaahu.	My Beloved Lord Himself pervades and permeates all; He Himself is, all by Himself.
vxj urw j guAip h'ipAarw Aapya s'icw s'ihu ]	vanjaaraa jag aap hai pi-aaraa aapay saachaa saahu.	My Beloved Himself is the trader in this world; He Himself is the true banker.
Aapya vxj uvprirAw ipAarw Aapya scu vs'ihu ] 1]	aapay vanaj vapaaree-aa pi-aaraa aapay sach vaysaahu.   1	My Beloved Himself is the trade and the trader; He Himself is the true credit.   1
j ip mn hir hir namu s' ih ]	jap man har har naam salaah.	O mind, meditate on the Lord, Har, Har, and praise His Name.
gur ikrpw qypwielA'ipAarw Alimku Agm AQwh ] rh'au ]	gur kirpaa tay paa-ee-ai pi-aaraa amrit agam athaah. rahaa-o.	By Guru's Grace, the Beloved, Ambrosial, unapproachable and unfathomable Lord is obtained.   Pause
Aapya six sB v'Kdw ipAarw miK bd y Aip mih'ihu ]	aapay sun sabh vaykh-daa pi-aaraa mukh bolay aap muhaahu.	The Beloved Himself sees and hears everything; He Himself speaks through the mouths of all beings.
Aapya w'iv p'iedw ipAarw Aip iv'Kw y r'ihu ]	aapay ujh'arh paa-id'aa pi-aaraa aap vikhaalay raahu.	The Beloved Himself leads us into the wilderness, and He Himself shows us the Way.
Aapya hl sBuAip h'ipAarw Aapya vprv'ihu ] 2]	aapay hee sabh aap hai pi-aaraa aapay vayparvaahu.   2	The Beloved Himself is Himself all-in-all; He Himself is carefree.   2
AapyaAip ap'iedw ipAarw isir Aapya D'DV'ihu ]	aapay aap upaa-id'aa pi-aaraa sir aapay DhanDh-rhai laahu.	The Beloved Himself, all by Himself, created everything; He Himself links all to their tasks.
Aip krweys'ik'q' ipAarw Aip miry mir j'ihu ]	aap karaa-ay saakh-tee pi-aaraa aap maaray mar jaahu.	The Beloved Himself creates the Creation, and He Himself destroys it.
Aapya pqxu p'iqxl ipAarw Aapya p'ir I G'ihu ] 3]	aapay patan paa't-nee pi-aaraa aapay paar langhaahu.   3	He Himself is the wharf, and He Himself is the ferryman, who ferries us across.   3
Aapya s'gru bih'Qw ipAarw guru Kytu Aip cl'ihu ]	aapay saagar bohithaa pi-aaraa gur khayvat aap chalaahu.	The Beloved Himself is the ocean, and the boat; He Himself is the Guru, the boatman who steers it
Aapya hl ciV I G'dw ipAarw kir cj v'K' p'iqs'ihu ]	aapay hee charh langh-daa pi-aaraa kar choj vaykhai paa'tisaahu.	. The Beloved Himself sets sail and crosses over; He, the King, beholds His wondrous play.
AapyaAip dieAw' uh'ipAarw j n n'ank b'Kis iml'ihu ] 4] 1]	aapay aap da-i-aal hai pi-aaraa jan naanak bakhas milaahu.   4  1	The Beloved Himself is the Merciful Master; O servant Nanak, He forgives and blends with Himself.   4  1