

man mayray mayraa raam naam sakhaa har bhaa-ee

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| gJ rI mhl w 4] (493-10) | goojree mehlaa 4. | Goojaree, Fourth Mehl: |
| hhu dieAwI myr mnu I wvhu hau Anidnu rwm nu mu inq iDAweI] | hohu <u>da</u> -i-aal mayraa man laavhu ha- o an- <u>din</u> raam naam nit <u>Dhi</u> -aa-ee. | Be Merciful and attune my mind, so that I might meditate continually on the Lord's Name, night and day. |
| siB sIK siB gx siB inDwn hir ij quj ipAY dIK BK sB I ih j weI]1] | sabh <u>sukh</u> <u>sabh</u> <u>gun</u> <u>sabh</u> ni <u>Dhaan</u> har jit japi-ai <u>dukh</u> <u>bhukh</u> <u>sabh</u> leh jaa-ee. 1 | The Lord is all peace, all virtue and all wealth; remembering Him, all misery and hunger depart. 1 |
| mn myrmyr w rwm nu mu sKw hir BweI] | man mayray mayraa raam naam sakhaa har bhaa-ee. | O my mind, the Lord's Name is my companion and brother. |
| gurmiq rwm nu mu j suguvw AItq byI I drgh I eyCFweI]1] rhau] | gurmat raam naam jas gaavaa ant baylee <u>dargeh</u> la-ay <u>chhadaa</u> -ee. 1 rahaa-o. | Under Guru's Instruction, I sing the Praises of the Lord's Name; it shall be my help and support in the end, and it shall deliver me in the Court of the Lord. 1 Pause |
| qWAwpydwqw pBu AItqj wml kir ikrpw I C myYmin I weI] | too ^N aapay <u>daataa</u> <u>parabh</u> antarjaamee kar kirpaa loch mayrai man laa-ee. | You Yourself are the Giver, O God, Inner-knower, Searcher of hearts; by Your Grace, You have infused longing for You in my mind. |
| mymin qin I C I gl hir sygl pIB I C pItI siqqir srxweI]2] | mai man <u>tan</u> loch lagee har saytee <u>parabh</u> loch pooree satgur sarna-ee. 2 | My mind and body long for the Lord; God has fulfilled my longing. I have entered the Sanctuary of the True Guru. 2 |
| mwx j nmupItI kir pweAw ibnu nuvYIDgu iDgu ibrQw j weI] | maan ^s janam punn kar paa-i-aa bin naavai <u>Dharig</u> <u>Dharig</u> birthaa jaa-ee. | Human birth is obtained through good actions; without the Name, it is cursed, totally cursed, and it passes away in vain. |
| nuw ibnw rs ks dKu KuvYmKu PIKw Qk Qk miK pweI]3] | naam binaa ras kas <u>dukh</u> <u>khaavai</u> <u>mukh</u> feekaa thuk thook <u>mukh</u> paa- ee. 3 | Without the Naam, the Name of the Lord, one obtains only suffering for his delicacies to eat. His mouth is insipid, and his face is spat upon, again and again. 3 |
| j oj n hir pB hir hir srxw ign drgh hir hir dyvifAwel] | jo jan har <u>parabh</u> har har sarna <u>tin</u> <u>dargeh</u> har har <u>day</u> vadi-aa-ee. | Those humble beings, who have entered the Sanctuary of the Lord God, Har, Har, are blessed with glory in the Court of the Lord, Har, Har. |
| Dhu Dhu subwis khI pBuj n kauj n nuwk mjI I eygil I weI]4]4] | <u>Dhan</u> <u>Dhan</u> saabaas kahai <u>parabh</u> jan ka-o jan naanak mayl la-ay gal laa-ee. 4 4 | Blessed, blessed and congratulations, says God to His humble servant. O servant Nanak, He embraces him, and blends him with Himself. 4 4 |