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曲 M 011
(0389)

每当我陷入沮丧痛苦 Jaya Kausalya Nandana Ram

每当我陷入沮丧痛苦 我总呼 唤祢向祢倾诉 (祢的)
 mei dang wo xian ru ju sang tong ku wo zong hu huan ni xiang ni qing su (ni de)

厚爱和细心照顾 我只回报以坚定报负 (每当)
 hou ai he xi xin zhao gu wo zhi hui bao yi jian ding bao fu (mei dang)

我陷入沮丧痛苦 我总呼 唤祢向祢倾诉
 wo xian ru ju sang tong ku wo zong hu huan ni xiang ni qing su

在雨水摧打之下 花儿开得更美丽脱俗
 zai yu shui cui da zhi xia hua er kai de geng mei li tuo su

在苦难磨砺之中 生命活得更刚强突出
 zai ku nan mo li zhi zhong sheng ming huo de geng gang qiang tu chu

Jaya Kausalya Nandana Ram Paramananda Ananda Ram
 Jaya Shirdisha Parthisha Ram Jaya Prashanti Saieesha Ram
 Jaya Kausalya Nandana Ram Paramananda Ananda Ram
 Mangala Pavana Nam Jaya Sundara Vaidehi Ram
 Jaya Sundara Saieesha Ram

Whenever I am depressed and sad, I call on You. I wish only to repay Your love and tender care with firm conviction.
 After a severe storm, the flowers are in full bloom, beautiful and fragrant. After adversity comes perseverance and strength.