

aisee kinguree vajaa-ay jogee

rwmkl I mhl w 3 AstpdIAw (908-11)	raamkalee mehlaa 3 asatpadee-aa	Raamkalee, Third Mehl, Ashtapadees:
srmYdIAw mDhI khlI pwie j gl iKDW kir qldieAw]	sarmai <u>dee</u> -aa <u>mun</u> draa kannee paa-ay jogee <u>khin</u> thaa kar <u>too</u> <u>da</u> -i-aa.	Make humility your ear-rings, Yogi, and compassion your patched coat.
Awxuj wxuibBiq I wie j gl qw qlin Bvx ij ix I ieAw]1]	aavan <u>jaan</u> <u>bibhoo</u> t laa-ay jogee <u>taa</u> <u>teen</u> <u>bhavan</u> <u>jin</u> la-i-aa. 1	Let coming and going be the ashes you apply to your body, Yogi, and then you shall conquer the three worlds. 1
AhI ikhrl vj wie j gl]	aisee kinguree vajaa-ay jogee.	Play that harp, Yogi,
ij quikhlrl AnhduvYj Yhir isaurhI il v I wie]1] rhwau]	jit kinguree <u>an</u> had <u>va</u> jai har si-o rahai liv laa-ay. 1 rahaa-o.	which vibrates the unstruck sound current, and remain lovingly absorbed in the Lord. 1 Pause
sqsIshKupqur Jd I j gl AImk nmmuBgjq pwel]	sat <u>santokh</u> pat kar <u>jholee</u> jogee <u>amrit</u> naam <u>bhuga</u> t paa-ee.	Make truth and contentment your plate and pouch, Yogi; take the Ambrosial Naam as your food.
iDAwn kw kir ffw j gl isMl sriq vj wel]2]	<u>Dhi</u> -aan kaa kar dandaa jogee <u>sin</u> yee sura <u>t</u> vajaa-ee. 2	Make meditation your walking stick, Yogi, and make higher consciousness the horn you blow. 2
mnuidMukir Amsix b'suj gl qw qrl kl pxw j wel]	man <u>darirh</u> kar <u>aasan</u> bais jogee <u>taa</u> <u>ta</u> yree kalpanaa jaa-ee.	Make your stable mind the Yogic posture you sit in, Yogi, and then you shall be rid of your tormenting desires.
kwieAw ngrl mih mlgix cVih j gl qw nmmuPl Ypwel]3]	kaa-i-aa nagree meh <u>mangan</u> <u>char</u> heh jogee <u>taa</u> naam palai paa-ee. 3	Go begging in the village of the body, Yogi, and then, you shall obtain the Naam in your lap. 3
iequikhlrl iDAwnun I wgl j gl nw scuPl Ypwie]	it kinguree <u>Dhi</u> -aan na laagai jogee naa sach palai paa-ay.	This harp does not center you in meditation, Yogi, nor does it bring the True Name into your lap.
iequikhlrl sllq n AwYj gl AiBmwnun ivchuj wie]4]	it kinguree saa ^N t na aavai jogee <u>abh</u> imaan na vichahu jaa-ay. 4	This harp does not bring you peace, Yogi, nor eliminate egotism from within you. 4
BauBiaudie pq I wie j gl iehu srIrukir ffl]	<u>bha</u> -o <u>bhaa</u> -o <u>du</u> -ay pat laa-ay jogee ih sareer kar dandee.	Make the Fear of God, and the Love of God, the two gourds of your lute, Yogi, and make this body its neck.
girmiK hvih qw qhI vYj Yien ibiD iqIsnw Klfl]5]	<u>gurmukh</u> hoveh <u>taa</u> <u>tan</u> tee vaajai in <u>biDh</u> <u>ta</u> risnaa <u>khan</u> dee. 5	Become Gurmukh, and then vibrate the strings; in this way, your desires shall depart. 5
hikmuBwYsoj gl khIAteks isau icquI wey]	<u>hukam</u> <u>buj</u> hai so jogee kahee-ai aykas si-o <u>chi</u> t laa-ay.	One who understands the Hukam of the Lord's Command is called a Yogi; he links his consciousness to the One Lord.
shsw qItYinrml uhWj gl j gijq iev pwey]6]	sahsaa <u>to</u> tai nirmal hovai jog <u>jugat</u> iv paa-ay. 6	His cynicism is dispelled, and he becomes immaculately pure; this is how he finds the Way of Yoga. 6

ndri Aavdw sBuikCuibnsYhir sqI icqul wie]	nadree aavdaa sabh kichh binsai har saytee chit_ laa-ay.	Everything that comes into view shall be destroyed; focus your consciousness on the Lord.
siqgur nwiI qyI Bivnl I wglYqW ieh suI pwie]7]	satgur naal tayree bhaavnee laagai taa ih sojhee paa-ay. 7	Enshrine love for the True Guru, and then you shall obtain this understanding. 7
ehuj gun hwYj gl ij kutbuCif prBvxukrih]	ayhu jog na hovai jogee je kutamb chhod parbhavan karahi.	This is not Yoga, O Yogi, to abandon your family and wander around.
igh srlr mih hir hir nmmugr prswIdl Apxw hir pBuI hih]8]	garih sareer meh har har naam gur parsaadee apnaa har parabh laheh. 8	The Name of the Lord, Har, Har, is within the household of the body. By Guru's Grace, you shall find your Lord God. 8
iehu j gquimtl k w pql w j gl iesu mih rguvfv iqsnw mwieAw]	ih jagaI mitee kaa putlaa jogee is meh rog vadaa tarisnaa maa-i-aa.	This world is a puppet of clay, Yogi; the terrible disease, the desire for Maya is in it.
Ank j qn BK kryj gl roun j wie gvwieAw]9]	anayk jatan bhaykh karay jogee rog na jaa-ay gavaa-i-aa. 9	Making all sorts of efforts, and wearing religious robes, Yogi, this disease cannot be cured. 9
hir k w nmmuAakDu hYj gl ij s no mlh vswey]	har kaa naam a-ukhaDh hai jogee jis no man vasaa-ay.	The Name of the Lord is the medicine, Yogi; the Lord enshrines it in the mind.
girmiK hwYsael bWYj gl j giq so pwie]10]	gurmukh hovai so-ee boojhai jog jugat so paa-ay. 10	One who becomes Gurmukh understands this; he alone finds the Way of Yoga. 10
j glYk w murguibKmu hYj gl ij s no ndir kryso pwie]	jogai kaa maarag bikham hai jogee jis no nadar karay so paa-ay.	The Path of Yoga is very difficult, Yogi; he alone finds it, whom God blesses with His Grace.
Atjir bwhir ekovkY ivchuBrmu ckwey]11]	antar baahar ayko vaykhai vichahu bharam chukaa-ay. 11	Inside and outside, he sees the One Lord; he eliminates doubt from within himself. 11
ivxuvj mel ikhri vjYj gl sw ikhri vj wie]	vin vajaa-ee kinguree vaajai jogee saa kinguree vajaa-ay.	So play the harp which vibrates without being played, Yogi.
khYninkumkiq hwih j gl swcy rhih smwie]12]1]10]	kahai naanak mukat hoveh jogee saachay raheh samaa-ay. 12 1 10	Says Nanak, thus you shall be liberated, Yogi, and remain merged in the True Lord. 12 1 10