

raam naam sar avar na poojai

raamkalee mehlaa 1 ] (905-4)	raamkalee mehlaa 1.	Raamkalee, First Mehl:
hTuinghukir kwieAw Clj Y ]	hath nigarahu kar kaa-i-aa chheejai.	Practicing restraint by Hatha Yoga, the body wears away.
vrquqpnu kir mnunhl Blj Y ]	varat tapan kar man nahee bheejai.	The mind is not softened by fasting or austerities.
raam naam sir Avruin plj Y ]1]	raam naam sar avar na poojai.   1	Nothing else is equal to worship of the Lord's Name.   1
gurusjv mnw hir j n sthuklj Y ]	gur sayv manaa har jan sang keejai.	Serve the Guru, O mind, and associate with the humble servants of the Lord.
j mu j khrwuj oh nhl sukYsrpin fis n skYhir kw rsu plj Y ]1] rhwaui ]	jam jandaar johi nahee saakai sarpan das na sakai har kaa ras peejai.   1   rahaa-o.	The tyrannical Messenger of Death cannot touch you, and the serpent of Maya cannot sting you, when you drink in the sublime essence of the Lord.   1  Pause
vadu pV r wgl j gu Blj Y ]	vaad parhai raagee jag bheejai.	The world reads the arguments, and is softened only by music.
qkgix ibiKAw j nim mrlj Y ]	tarai gun bikhi-aa janam mareejai.	In the three modes and corruption, they are born and die.
raam naam ibnu dKushlj Y ]2]	raam naam bin dookh saheejai.   2	Without the Lord's Name, they endure suffering and pain.   2
cuVis pvnu isGwsnu Blj Y ]	chaarhas pavan singhaasan bheejai.	The Yogi draws the breath upwards, and opens the Tenth Gate.
inaul I krm Ktukrm krlj Y ]	ni-ulee karam khat karam kareejai.	He practices inner cleansing and the six rituals of purification.
raam naam ibnuibrQw swsu l lj Y ]3]	raam naam bin birthaa saas leejai.   3	But without the Lord's Name, the breath he draws is useless.   3
Antar pnt Agin ikau Dirj uDlj Y ]	antar panch agan ki-o Dheeraj Dheejai.	The fire of the five passions burns within him; how can he be calm?
Antar cru ikau sudu l hlj Y ]	antar chor ki-o saad laheejai.	The thief is within him; how can he taste the taste?
gurmuk hie kwieAw gVu l lj Y ]4]	gurmukh ho-ay kaa-i-aa garh leejai.   4	One who becomes Gurmukh conquers the body-fortress.   4

Amjir ml uqIrQ Brmlj Y]	an <sub>t</sub> ar mail <u>t</u> irath <u>b</u> harmeejai.	With filth within, he wanders around at places of pilgrimage.
mnunhl slt ikAw sc krj Y]	man nahee soochaa ki-aa soch kareejai.	His mind is not pure, so what is the use of performing ritual cleansings?
ikrqupieAw dsuk kaidj Y ]5]	kirat pa-i-aa <u>d</u> os kaa ka-o <u>d</u> eejai.   5	He carries the karma of his own past actions; who else can he blame?   5
Alhun Kwh dhl dKudj Y]	ann na <u>k</u> haahi <u>d</u> ayhee <u>d</u> ukh <u>d</u> eejai.	He does not eat food; he tortures his body.
ibnugr igAw iqbiq nhl Qlj Y ]	bin gur gi-aan <u>t</u> aripat nahee theejai.	Without the Guru's wisdom, he is not satisfied.
mnmiK j nmYj nim mrlj Y ]6]	manmukh janmai janam mareejai.   6	The self-willed manmukh is born only to die, and be born again.   6
siqgr pIC slbiq j n klj Y]	satgur poochh sangat jan keejai.	Go, and ask the True Guru, and associate with the Lord's humble servants.
mnuhir rwcY nhl j nim mrlj Y]	man har raachai nahee janam mareejai.	Your mind shall merge into the Lord, and you shall not be reincarnated to die again.
ram nam ibnuikAw krmu klj Y ]7]	raam naam bin ki-aa karam keejai.   7	Without the Lord's Name, what can anyone do?   7
aldr ddr pwis Drj Y]	oo <sup>N</sup> dar <u>d</u> oo <sup>N</sup> dar paas <u>D</u> hareejai.	Silence the mouse scurrying around within you.
Dir kl syw rmmu rvlj Y]	<u>D</u> hur kee sayvaa raam raveejai.	Serve the Primal Lord, by chanting the Lord's Name.
nanak namu iml Yikrpw pB klj Y ]8]5]	naanak naam milai kirpaa parabh keejai.   8  5	O Nanak, God blesses us with His Name, when He grants His Grace.   8  5