

apunay raameh bhaj ray man aalsee-aa

rwgu glf bwxl nwmday j l kl Gru 1 (873-9)	raag gond ba <sup>nee</sup> naam <sup>day</sup> -o jee kee <u>ghar</u> 1	Raag Gond, The Word Of Naam Dayv Jee, First House:
AsmD j gny ]	asumay <u>Dh</u> jagnay.	The ritual sacrifice of horses,
ql w prK dwny ]	<u>tulaa</u> purakh <u>daanay</u> .	giving one's weight in gold to charities,
plg iesnwny ]1]	paraag isnaanay.   1	and ceremonial cleansing baths -  1
qau n pj ih hir klriq nwmw ]	ta-o na pu <sup>juh</sup> har keera <sup>t</sup> naamaa.	These are not equal to singing the Praises of the Lord's Name.
Apny rwmih Bj u rymn Awl sIAw ]1] rhwau ]	apunay raameh <u>bhaj</u> ray man aalsee-aa.   1   rahaa-o.	Meditate on your Lord, you lazy man!   1  Pause
gieAw iplfu Brqw ]	ga-i-aa pind <u>bhartaa</u> .	Offering sweet rice at Gaya,
bnwris Ais bsqw ]	banaaras as bas <sup>taa</sup> .	living on the river banks at Benares,
miK byd cqr pVqw ]2]	mukh bayd cha <sup>tur</sup> parh- <sup>taa</sup> .   2	reciting the four Vedas by heart;   2
sgl Drm AiCqw ]	sagal <u>Dharam</u> achhi <sup>taa</sup> .	Completing all religious rituals,
gr igAw n iekir idVqw ]	gur gi-aan indree <u>darirh-<sup>taa</sup></u> .	restraining sexual passion by the spiritual wisdom given by the Guru,
Ktukrm sihq rhqw ]3]	<u>khat</u> karam sahit <sup>rahta</sup> .   3	and performing the six rituals;   3
isvw skiq slbw dM ]	sivaa saka <sup>t</sup> sambaada <sup>N</sup> .	Expounding on Shiva and Shakti
mn Cif Cif sgl B dM ]	man <u>chhod</u> <u>chhod</u> sagal <u>bhayda<sup>N</sup></u> .	- O man, renounce and abandon all these things.
ismir ismir gob dM ]	simar simar gobinda <sup>N</sup> .	Meditate, meditate in remembrance on the Lord of the Universe.
Bj u nwmw qris Bv is dM ]4]1]	<u>bhaj</u> naamaa <u>taras</u> <u>bhav</u> sin <sup>Dha<sup>N</sup></sup> .   4  1	Meditate, O Naam Dayv, and cross over the terrifying world-ocean.   4  1