

sarmai dee-aa mundraa kannee paa-ay jogee khinthaa kar too da-i-aa

rwmkI l mhl w 3 AstpdIAw (908-11)	raamkalee mehl ^{aa} 3 asatpadee-aa	Raamkalee, Third Mehl, Ashtapadees:
srmYdIAw mhl khl pwe j gl iKlw kir qldieAw]	sarmai <u>d</u> ee-aa <u>m</u> und <u>r</u> aa kannee paa-ay jogee <u>k</u> hinthaa kar <u>t</u> oo <u>d</u> a-i-aa.	Make humility your ear-rings, Yogi, and compassion your patched coat.
Awvxuj wuubBiq l wie j gl qw qlin Bvx ij ix l ieAw]1]	aavan <u>j</u> aan <u>b</u> ibhoo <u>t</u> laa-ay jogee <u>t</u> aa <u>t</u> een <u>b</u> havan <u>j</u> in 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
Abl ikhrl vj wie j gl]	aisee kinguree vajaa-ay jogee.	Play that harp, Yogi,
ij quikhl Anhdvuj Yhir isaurhl il v l wie]1] rhwau]	jit kinguree anha <u>d</u> vaajai 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
squstKupqur Jd l j gl Almk nmuBgiq pweI]	sat santok <u>h</u> pat kar <u>j</u> holee jogee amrit naam <u>b</u> huga <u>t</u> paa-ee.	Make truth and contentment your plate and pouch, Yogi; take the Ambrosial Naam as your food.
iDAwn kw kir flw j gl isll sriq vj wel]2]	<u>D</u> hi-aan kaa kar dandaa jogee sin <u>y</u> ee sura <u>t</u> vajaa-ee. 2	Make meditation your walking stick, Yogi, and make higher consciousness the horn you blow. 2
mnuidMukir Amsix bhu j gl qw qrl kl pxw j wel]	man <u>d</u> arir <u>h</u> kar aasan u bais jogee <u>t</u> aa <u>t</u> ayree 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 mlix cVih j gl qw nmupl YpweI]3]	kaa-i-aa nagree meh mangan <u>u</u> char <u>h</u> eh jogee <u>t</u> aa 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
iequikhl iDAwnun l gl j gl nw scupl YpweI]	it kinguree <u>D</u> hi-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.
iequikhl slq n AwY j gl AiBmnun ivchuj wie]4]	it kinguree saa ^N <u>t</u> na aavai jogee ab <u>h</u> imaan na vichahu jaa-ay. 4	This harp does not bring you peace, Yogi, nor eliminate egotism from within you. 4
BauBiaudie pq l wie j gl iehu srIrukir flfl]	<u>b</u> ha-o <u>b</u> haa-o <u>d</u> 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.
gurmik hwih qw qlql vuj Yien ibiD iqlsnw KIfI]5]	gurmuk <u>h</u> hoveh <u>t</u> aa <u>t</u> antee vaajai in bi <u>D</u> h tarisnaa <u>k</u> handee. 5	Become Gurmukh, and then vibrate the strings; in this way, your desires shall depart. 5
hkmubwYsuj gl khIAeks isau icqu l wey]	hukam buj <u>h</u> ai so jogee kahee-ai aykas si-o chi <u>t</u> 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 qltYinrml uhwY j gl j gl iev pwey]6]	sahsaa <u>t</u> ootai nirmal hovai jog jugat 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 sab <u>h</u> kich <u>h</u> binsai har saytee chit laa-ay.	Everything that comes into view shall be destroyed; focus your consciousness on the Lord.
siggr nwiI qrl Bvnl l igYqw ieh sUl pwie]7]	satgur naal tayree bhaavnee laagai taa ih soj <u>hee</u> paa-ay. 7	Enshrine love for the True Guru, and then you shall obtain this understanding. 7
ehuj gun hvYj gl ij kutbuCif prBvxukrih]	ayhu jog na hovai jogee je kutamb ch <u>h</u> od parbhavan karahi.	This is not Yoga, O Yogi, to abandon your family and wander around.
igh srlr mih hir hir nmuqr prswl Apxw hir pBuI hih]8]	garih sareer meh har har naam gur parsaadee apnaa har parab <u>h</u> 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 kw pql w j gl iesu mih rguvfw iqsnw mwieAw]	ih jaga <u>t</u> 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 rgun j wie gvwieAw]9]	anayk jatan bhayk <u>h</u> 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 kw nmuAakDuYj gl ij s no mih vswey]	har kaa naam a-ukha <u>Dh</u> hai jogee jis no man vasaa-ay.	The Name of the Lord is the medicine, Yogi; the Lord enshrines it in the mind.
girmiK hvYsael bWYj g j giq so pwie]10]	gurmuk <u>h</u> hovai so-ee booj <u>hai</u> jog jugat so paa-ay. 10	One who becomes Gurmukh understands this; he alone finds the Way of Yoga. 10
j gl kw murguibKmuYj gl ij s no ndir kryso pwie]	jogai kaa maarag bik <u>ham</u> 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.
Altir bwhir ekovKYivchuBrmu ckwey]11]	antar baahar ayko vayk <u>hai</u> vichahu bharam chukaa-ay. 11	Inside and outside, he sees the One Lord; he eliminates doubt from within himself. 11
ivxuvj wel ikhrl vijYj gl sw ikhrl vj wie]	vin vajaa-ee kinguree vaajai jogee saa kinguree vajaa-ay.	So play the harp which vibrates without being played, Yogi.
khYninkumkiq hvih 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