

hath nigarahu kar kaa-i-aa chheejai

raamkalee mehlaa 1.	Raamkalee, First Mehl:
hTuinghukir kwieAw Clj Y]	Practicing restraint by Hatha Yoga, the body wears away.
vrquqpnu kir mnunhl Blj Y]	The mind is not softened by fasting or austerities.
raam naam sir Avrun plj Y]1]	Nothing else is equal to worship of the Lord's Name. 1
gurusjv mnw hir j n slguklj Y]	Serve the Guru, O mind, and associate with the humble servants of the Lord.
j mu j Mwrui oh nhl sukYsrpin fis n skYhir kw rsu plj Y]1] rhwaui]	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
vaidupVYrngl j guBlj Y]	The world reads the arguments, and is softened only by music.
qLgx ibiKAw j nim mrlj Y]	In the three modes and corruption, they are born and die.
raam naam ibnu dKushlj Y]2]	Without the Lord's Name, they endure suffering and pain. 2
cuVis pvnuisGwsnuBlj Y]	The Yogi draws the breath upwards, and opens the Tenth Gate.
inaul krm Ktukrm krlj Y]	He practices inner cleansing and the six rituals of purification.
raam naam ibnuibrQw swsu l lj Y]3]	But without the Lord's Name, the breath he draws is useless. 3
Atjir plK Agin ikauDirj uDlj Y]	The fire of the five passions burns within him; how can he be calm?
Atjir cruikausudu l hlj Y]	The thief is within him; how can he taste the taste?
gurmik hie kwieAw gVu l lj Y]4]	One who becomes Gurmukh conquers the body-fortress. 4

Am̐ir m̐i iq̐irQ Br̐m̐j Y]	an̐tar mail t̐irath bharmeejai.	With filth within, he wanders around at places of pilgrimage.
mn̐unhl s̐b̐w ikA̐w s̐c kr̐lj Y]	man nahee soochaa ki-aa soch kareejai.	His mind is not pure, so what is the use of performing ritual cleansings?
ikrq̐upieA̐w d̐s̐uk̐w ka̐ud̐j Y]5]	kirat̐ pa-i-aa d̐os kaa ka-o d̐eejai. 5	He carries the karma of his own past actions; who else can he blame? 5
Al̐hun K̐wih d̐hl d̐K̐ud̐j Y]	ann na k̐haahi d̐ayhee d̐uk̐h d̐eejai.	He does not eat food; he tortures his body.
ibn̐ug̐r igA̐wn iq̐biq nhl Q̐lj Y]	bin gur gi-aan t̐arip̐at̐ nahee theejai.	Without the Guru's wisdom, he is not satisfied.
mn̐miK j nm̐j nim mr̐lj Y]6]	manmuk̐h janmai janam mareejai. 6	The self-willed manmukh is born only to die, and be born again. 6
siq̐gr p̐iC s̐biq j n kl̐j Y]	sat̐gur pooch̐h sangat̐ jan keejai.	Go, and ask the True Guru, and associate with the Lord's humble servants.
mn̐u hir r̐w̐Y nhl j nim mr̐lj Y]	man har raachai nahee janam mareejai.	Your mind shall merge into the Lord, and you shall not be reincarnated to die again.
r̐wm nm̐w ibn̐uikA̐w kr̐mu kl̐j Y]7]	raam naam bin ki-aa karam keejai. 7	Without the Lord's Name, what can anyone do? 7
al̐dr d̐l̐dr p̐wis Dr̐lj Y]	oo ^N d̐ar doo ^N d̐ar paas Dhareejai.	Silence the mouse scurrying around within you.
Dr̐r kl̐ sy̐w nm̐u rv̐lj Y]	D̐hur kee sayvaa raam raveejai.	Serve the Primal Lord, by chanting the Lord's Name.
nm̐nk nm̐u iml̐ Yikrp̐w p̐B kl̐j Y]8]5]	naanak naam milai kirpaa parab̐h keejai. 8 5	O Nanak, God blesses us with His Name, when He grants His Grace. 8 5