

galee jog na ho-ee

slhI mhl w 1 Gru 7 (730-10)	soohee mehlaa 1 ghar 7	Soohee, First Mehl, Seventh House:
j gUn iKQw j gUn fIY j gUn Bsm cVweIAY ]	jog na <u>kh</u> inthaajog na dandai jog na <u>b</u> hasam char <u>h</u> aa-ee-ai.	Yoga is not the patched coat, Yoga is not the walking stick. Yoga is not smearing the body with ashes.
j gUn mhlI mlf mfwieAY j gUn isllI vweIAY ]	jog na <u>m</u> undee moond mudaa-i-ai jog na <u>s</u> inyee vaa-ee-ai.	Yoga is not the ear-rings, and not the shaven head. Yoga is not the blowing of the horn.
AjI n mih inrI in rhIAY j g j giq iev pweIAY ] 1 ]	anjan maahi niranjan rahee-ai jog jugat iv paa-ee-ai.   1	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga.   1
gl I j gUn hel ]	galee jog na ho-ee.	By mere words, Yoga is not attained.
ek idsit kir smsir j wY j gl khIAY sel ] 1 ] rhwau ]	ayk <u>d</u> arisat kar samsar jaanai jogee kahee-ai so-ee.   1   rahaa-o.	One who looks upon all with a single eye, and knows them to be one and the same - he alone is known as a Yogi.   1  Pause
j gUn bwhir mVI msuxI j gUn qVI I weIAY ]	jog na <u>b</u> aahar mar <u>h</u> ee masaanee jog na <u>t</u> aar <u>h</u> ee laa-ee-ai.	Yoga is not wandering to the tombs of the dead; Yoga is not sitting in trances.
j gUn djs idstir BivAY j gUn qlriQ nweIAY ]	jog na <u>d</u> ays disant <u>r</u> <u>b</u> havi-ai jog na <u>t</u> irath naa-ee-ai.	Yoga is not wandering through foreign lands; Yoga is not bathing at sacred shrines of pilgrimage.
AjI n mih inrI in rhIAY j g j giq iev pweIAY ] 2 ]	anjan maahi niranjan rahee-ai jog jugat iv paa-ee-ai.   2	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga.   2
siqgurU BytY qw shsw qltY Duvqu vrij rhweIAY ]	satgur <u>b</u> haytai <u>t</u> aa sahsaa <u>t</u> ootai <u>D</u> haavat varaj rahaa-ee-ai.	Meeting with the True Guru, doubt is dispelled, and the wandering mind is restrained.
inJru JrYshj Din I wY Gr hl prcw pweIAY ]	nij <u>h</u> ar <u>j</u> harai sahj <u>D</u> hun laagai <u>g</u> har hee parchaa paa-ee-ai.	Nectar rains down, celestial music resounds, and deep within, wisdom is obtained.
AjI n mih inrI in rhIAY j g j giq iev pweIAY ] 3 ]	anjan maahi niranjan rahee-ai jog jugat iv paa-ee-ai.   3	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga.   3
nwnk j lviqAw mir rhIAY A'sw j gu kmweIAY ]	naanak jeev <u>t</u> i-aa mar rahee-ai aisaa jog kamaa-ee-ai.	O Nanak, remain dead while yet alive - practice such a Yoga.
vij ybwJhu isllI vij Yqau inrBau pdu pweIAY ]	vaajay baaj <u>h</u> ahu <u>s</u> inyee vaajai <u>t</u> a-o nir <u>b</u> ha-o pad paa-ee-ai.	When the horn is blown without being blown, then you shall attain the state of fearless dignity.
AjI n mih inrI in rhIAY j g j giq qau pweIAY ] 4 ] 1 ] 8 ]	anjan maahi niranjan rahee-ai jog jugat <u>t</u> a-o paa-ee-ai.   4  1  8	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga.   4  1  8