

Ray Man

Guru Gobind Singh, pg 709 Dasam Granth

Ray man eh bidh jog kamaa-o

Oh my mind practice Yoga in this way:

Singee saach akapat kanthalaa

Let Truth be your horn, sincerity your necklace,

Dhi-aan bibhoot charaa-o

and meditation the ashes you apply on your body.

Taatee gaho aatam bas kar kee

Catch the burning flames of the mind and with your soul (self) practice sitting still

Bichaa naam adhaarang

Let the soul (self) be the alms bowl in which you collect the sweet Naam and this will be the only support you will ever need.

Baajay param taar tat har ko

The Supreme player of all is playing the creation as an instrument. Focus on this reality, for it is where God is.

Upajay raag rasaanang

From this awareness the sweet essence of Raag arises

Ughatai taan tarang rang

Waves of melodies, and love arise and flow through you.

at gi-aan geet bandhaanang

Bind yourself with the song and knowledge of God

Chak chak rahay dayv daanav mun

The potter's wheel of the Universe spins, creating the energies of angels, demons and sages.

Chhak chhak bayom bivaanang

Find deep satisfaction within as you remain in meditation and be carried to the heavens in a divine chariot.

Aatam upadays bhays sanjam ko

Instruct and clothe yourself with self-control.

Jaap so ajapaa jaapay

Meditate unto infinity until you are meditating without meditating.

Sadaa rahai kanchan see kaayaa

In this way, your body shall remain forever golden,

Kaal na kabahoo(n) byaapay

and death shall never approach you.