

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

One Universal Creator God. By The Grace Of The True Guru:

ਰਾਮਕਲੀ ਮਹਲਾ ੩ ਘਰੁ ੧ ॥

Raamkalee, Third Mehl, First House:

ਸਤਜੁਗਿ ਸਚੁ ਕਹੈ ਸਭੁ ਕੋਈ ॥

In the Golden Age of Sat Yuga, everyone spoke the Truth.

ਘਰਿ ਘਰਿ ਭਗਤਿ ਗੁਰਮੁਖਿ ਹੋਈ ॥

In each and every home, devotional worship was performed by the people, according to the Guru's Teachings.

ਸਤਜੁਗਿ ਧਰਮੁ ਪੈਰ ਹੈ ਚਾਰਿ ॥

In that Golden Age, Dharma had four feet.

ਗੁਰਮੁਖਿ ਬੁਝੈ ਕੇ ਬੀਚਾਰਿ ॥੧॥

How rare are those people who, as Gurmukh, contemplate this and understand. ||1||

ਜੁਗ ਚਾਰੇ ਨਾਮਿ ਵਡਿਆਈ ਹੋਈ ॥

In all four ages, the Naam, the Name of the Lord, is glory and greatness.

ਜਿ ਨਾਮਿ ਲਾਗੈ ਸੇ ਮੁਕਤਿ ਹੋਵੈ ਗੁਰ ਬਿਨੁ ਨਾਮੁ ਨ ਪਾਵੈ ਕੋਈ ॥੧॥ ਰਹਾਉ ॥

One who holds tight to the Naam is liberated; without the Guru, no one obtains the Naam. ||1||Pause||

ਤ੍ਰੇਤੈ ਇਕ ਕਲ ਕੀਨੀ ਦੁਰਿ ॥

In the Silver Age of Traytaa Yuga, one leg was removed.

ਪਾਖੰਡੁ ਵਰਤਿਆ ਹਰਿ ਜਾਣਨਿ ਦੁਰਿ ॥

Hypocrisy became prevalent, and people thought that the Lord was far away.

ਗੁਰਮੁਖਿ ਬੁਝੈ ਸੋਈ ਹੋਈ ॥

The Gurmukhs still understood and realized;

ਅੰਤਰਿ ਨਾਮੁ ਵਸੈ ਸੁਖੁ ਹੋਈ ॥੨॥

the Naam abided deep within them, and they were at peace. ||2||

ਦੁਆਪੁਰਿ ਦੂਜੈ ਦੁਬਿਧਾ ਹੋਇ ॥

In the Brass Age of Dwaapur Yuga, duality and double-mindedness arose.

ਭਰਮਿ ਭੁਲਾਨੇ ਜਾਣਹਿ ਦੋਇ ॥

Deluded by doubt, they knew duality.

ਦੁਆਪੁਰਿ ਧਰਮਿ ਦੁਇ ਪੈਰ ਰਖਾਏ ॥

In this Brass Age, Dharma was left with only two feet.

ਗੁਰਮੁਖਿ ਹੋਵੈ ਤ ਨਾਮੁ ਦ੍ਰਿੜਾਏ ॥੩॥

Those who became Gurmukh implanted the Naam deep within. ||3||

ਕਲਜੁਗਿ ਧਰਮ ਕਲਾ ਇਕ ਰਹਾਏ ॥

In the Iron Age of Kali Yuga, Dharma was left with only one power.

ਇਕ ਪੈਰਿ ਚਲੈ ਮਾਇਆ ਮੋਹੁ ਵਧਾਏ ॥

It walks on just one foot; love and emotional attachment to Maya have increased.

ਮਾਇਆ ਮੋਹੁ ਅਤਿ ਗੁਬਾਰੁ ॥

Love and emotional attachment to Maya bring total darkness.

ਸਤਗੁਰੁ ਭੇਟੈ ਨਾਮਿ ਉਧਾਰੁ ॥੪॥

If someone meets the True Guru, he is saved, through the Naam, the Name of the Lord. ||4||

ਸਭ ਜੁਗ ਮਹਿ ਸਾਚਾ ਏਕੋ ਸੋਈ ॥

Throughout the ages, there is only the One True Lord.

ਸਭ ਮਹਿ ਸਚੁ ਦੂਜਾ ਨਹੀ ਕੋਈ ॥

Among all, is the True Lord; there is no other at all.

ਸਾਚੀ ਕੀਰਤਿ ਸਚੁ ਸੁਖੁ ਹੋਈ ॥

Praising the True Lord, true peace is attained.

ਗੁਰਮੁਖਿ ਨਾਮੁ ਵਖਾਣੈ ਕੋਈ ॥੫॥

How rare are those, who as Gurmukh, chant the Naam. ||5||

ਸਭ ਜੁਗ ਮਹਿ ਨਾਮੁ ਉਤਮੁ ਹੋਈ ॥

Throughout all the ages, the Naam is the ultimate, the most sublime.

ਗੁਰਮੁਖਿ ਵਿਰਲਾ ਬੂਝੈ ਕੋਈ ॥

How rare are those, who as Gurmukh, understand this.

ਹਰਿ ਨਾਮੁ ਧਿਆਏ ਭਗਤੁ ਜਨੁ ਸੋਈ ॥

One who meditates on the Lord's Name is a humble devotee.

ਨਾਨਕ ਜੁਗਿ ਜੁਗਿ ਨਾਮਿ ਵਡਿਆਈ ਹੋਈ ॥੬॥੧॥

O Nanak, in each and every age, the Naam is glory and greatness. ||6||1||