

ਰਾਮਕਲੀ ਮਹਲਾ ੧ ॥

Raamkalee, First Mehl:

ਅੰਤਰਿ ਉਤਭੁਜੁ ਅਵਰੁ ਨ ਕੋਈ ॥

The created Universe emanated from within You; there is no other at all.

ਜੋ ਕਹੀਐ ਸੋ ਪ੍ਰਭ ਤੇ ਹੋਈ ॥

Whatever is said to be, is from You, O God.

ਜੁਗਹ ਜੁਗੰਤਰਿ ਸਾਹਿਬੁ ਸਚੁ ਸੋਈ ॥

He is the True Lord and Master, throughout the ages.

ਉਤਪਤਿ ਪਰਲਉ ਅਵਰੁ ਨ ਕੋਈ ॥੧॥

Creation and destruction do not come from anyone else. ||1||

ਐਸਾ ਮੇਰਾ ਠਾਕੁਰੁ ਗਹਿਰ ਗੰਭੀਰੁ ॥

Such is my Lord and Master, profound and unfathomable.

ਜਿਨਿ ਜਪਿਆ ਤਿਨ ਹੀ ਸੁਖੁ ਪਾਇਆ ਹਰਿ ਕੈ ਨਾਮਿ ਨ ਲਗੈ ਜਮ ਤੀਰੁ ॥੧॥ ਰਹਾਉ ॥

Whoever meditates on Him, finds peace. The arrow of the Messenger of Death does not strike one who has the Name of the Lord. ||1||Pause||

ਨਾਮੁ ਰਤਨੁ ਹੀਰਾ ਨਿਰਮੋਲੁ ॥

The Naam, the Name of the Lord, is a priceless jewel, a diamond.

ਸਾਚਾ ਸਾਹਿਬੁ ਅਮਰੁ ਅਤੋਲੁ ॥

The True Lord Master is immortal and immeasurable.

ਜਿਹਵਾ ਸੂਚੀ ਸਾਚਾ ਬੋਲੁ ॥

That tongue which chants the True Name is pure.

ਘਰਿ ਦਰਿ ਸਾਚਾ ਨਾਹੀ ਰੋਲੁ ॥੨॥

The True Lord is in the home of the self; there is no doubt about it. ||2||

ਇਕਿ ਬਨ ਮਹਿ ਬੈਸਹਿ ਡੂਗਰਿ ਅਸਥਾਨੁ ॥

Some sit in the forests, and some make their home in the mountains.

ਨਾਮੁ ਬਿਸਾਰਿ ਪਚਹਿ ਅਭਿਮਾਨੁ ॥

Forgetting the Naam, they rot away in egotistical pride.

ਨਾਮ ਬਿਨਾ ਕਿਆ ਗਿਆਨ ਧਿਆਨੁ ॥

Without the Naam, what is the use of spiritual wisdom and meditation?

ਗੁਰਮੁਖਿ ਪਾਵਹਿ ਦਰਗਹਿ ਮਾਨੁ ॥੩॥

The Gurmukhs are honored in the Court of the Lord. ||3||

ਹਨੁ ਅਹੰਕਾਰੁ ਕਰੈ ਨਹੀ ਪਾਵੈ ॥

Acting stubbornly in egotism, one does not find the Lord.

ਪਾਠ ਪੜੈ ਲੇ ਲੋਕ ਸੁਣਾਵੈ ॥

Studying the scriptures, reading them to other people,

ਤੀਰਥਿ ਭਰਮਸਿ ਬਿਆਧਿ ਨ ਜਾਵੈ ॥

and wandering around at places of pilgrimage, the disease is not taken away.

ਨਾਮ ਬਿਨਾ ਕੈਸੇ ਸੁਖੁ ਪਾਵੈ ॥੪॥

Without the Naam, how can one find peace? ||4||

ਜਤਨ ਕਰੈ ਬਿੰਦੁ ਕਿਵੈ ਨ ਰਹਾਈ ॥

No matter how much he tries, he cannot control his semen and seed.

ਮਨੁਆ ਡੋਲੈ ਨਰਕੇ ਪਾਈ ॥

His mind wavers, and he falls into hell.

ਜਮ ਪੁਰਿ ਬਾਧੋ ਲਹੈ ਸਜਾਈ ॥

Bound and gagged in the City of Death, he is tortured.

ਬਿਨੁ ਨਾਵੈ ਜੀਉ ਜਲਿ ਬਲਿ ਜਾਈ ॥੫॥

Without the Name, his soul cries out in agony. ||5||

ਸਿਧ ਸਾਧਿਕ ਕੇਤੇ ਮੁਨਿ ਦੇਵਾ ॥

The many Siddhas and seekers, silent sages and demi-gods

ਹਠਿ ਨਿਗ੍ਰਹਿ ਨ ਤ੍ਰਿਪਤਾਵਹਿ ਭੇਵਾ ॥

cannot satisfy themselves by practicing restraint through Hatha Yoga.

ਸਬਦੁ ਵੀਚਾਰਿ ਗਹਹਿ ਗੁਰ ਸੇਵਾ ॥

One who contemplates the Word of the Shabad, and serves the Guru

ਮਨਿ ਤਨਿ ਨਿਰਮਲ ਅਭਿਮਾਨ ਅਭੇਵਾ ॥੬॥

- his mind and body become immaculate, and his egotistical pride is obliterated. ||6||

ਕਰਮਿ ਮਿਲੈ ਪਾਵੈ ਸਚੁ ਨਾਉ ॥

Blessed with Your Grace, I obtain the True Name.

ਤੁਮ ਸਰਣਾਗਤਿ ਰਹਉ ਸੁਭਾਉ ॥

I remain in Your Sanctuary, in loving devotion.

ਤੁਮ ਤੇ ਉਪਜਿਓ ਭਗਤੀ ਭਾਉ ॥

Love for Your devotional worship has welled up within me.

ਜਪੁ ਜਾਪਉ ਗੁਰਮੁਖਿ ਹਰਿ ਨਾਉ ॥੭॥

As Gurmukh, I chant and meditate on the Lord's Name. ||7||

ਹਉਮੈ ਗਰਬੁ ਜਾਇ ਮਨ ਭੀਨੈ ॥

When one is rid of egotism and pride, his mind is drenched in the Lord's Love.

ਝੂਠਿ ਨ ਪਾਵਸਿ ਪਾਖੰਡਿ ਕੀਨੈ ॥

Practicing fraud and hypocrisy, he does not find God.

ਬਿਨੁ ਗੁਰ ਸਬਦ ਨਹੀ ਘਰੁ ਬਾਰੁ ॥

Without the Word of the Guru's Shabad, he cannot find the Lord's Door.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਤਤੁ ਬੀਚਾਰੁ ॥੮॥੬॥

O Nanak, the Gurmukh contemplates the essence of reality. ||8||6||