

ਰਾਮਕਲੀ ਮਹਲਾ ੧ ॥

Raamkalee, First Mehl:

ਜਗੁ ਪਰਬੋਧਹਿ ਮੜੀ ਬਧਾਵਹਿ ॥

You preach to the world, and set up your house.

ਆਸਣੁ ਤਿਆਗਿ ਕਾਹੇ ਸਚੁ ਪਾਵਹਿ ॥

Abandoning your Yogic postures, how will you find the True Lord?

ਮਮਤਾ ਮੋਹੁ ਕਾਮਣਿ ਹਿਤਕਾਰੀ ॥

You are attached to possessiveness and the love of sexual pleasure.

ਨਾ ਅਉਧੂਤੀ ਨਾ ਸੰਸਾਰੀ ॥੧॥

You are not a renunciate, nor a man of the world. ||1||

ਜੋਗੀ ਬੈਸਿ ਰਹਹੁ ਦੁਬਿਧਾ ਦੁਖੁ ਭਾਗੈ ॥

Yogi, remain seated, and the pain of duality will run away from you.

ਘਰਿ ਘਰਿ ਮਾਗਤ ਲਾਜ ਨ ਲਾਗੈ ॥੧॥ ਰਹਾਉ ॥

You beg from door to door, and you don't feel ashamed. ||1||Pause||

ਗਾਵਹਿ ਗੀਤ ਨ ਚੀਨਹਿ ਆਪੁ ॥

You sing the songs, but you do not understand your own self.

ਕਿਉ ਲਾਗੀ ਨਿਵਰੈ ਪਰਤਾਪੁ ॥

How will the burning pain within be relieved?

ਗੁਰ ਕੈ ਸਬਦਿ ਰਚੈ ਮਨ ਭਾਇ ॥

Through the Word of the Guru's Shabad, let your mind be absorbed in the Lord's Love,

ਭਿਖਿਆ ਸਹਜ ਵੀਚਾਰੀ ਖਾਇ ॥੨॥

and you will intuitively experience the charity of contemplation. ||2||

ਭਸਮ ਚੜਾਇ ਕਰਹਿ ਪਾਖੰਡੁ ॥

You apply ashes to your body, while acting in hypocrisy.

ਮਾਇਆ ਮੋਹਿ ਸਹਹਿ ਜਮ ਡੰਡੁ ॥

Attached to Maya, you will be beaten by Death's heavy club.

ਫੂਟੈ ਖਾਪਰੁ ਭੀਖ ਨ ਭਾਇ ॥

Your begging bowl is broken; it will not hold the charity of the Lord's Love.

ਬੰਧਨਿ ਬਾਧਿਆ ਆਵੈ ਜਾਇ ॥੩॥

Bound in bondage, you come and go. ||3||

ਬਿੰਦੁ ਨ ਰਾਖਹਿ ਜਤੀ ਕਹਾਵਹਿ ॥

You do not control your seed and semen, and yet you claim to practice abstinence.

ਮਾਈ ਮਾਗਤ ਤ੍ਰੈ ਲੋਭਾਵਹਿ ॥

You beg from Maya, lured by the three qualities.

ਨਿਰਦਇਆ ਨਹੀ ਜੋਤਿ ਉਜਾਲਾ ॥

You have no compassion; the Lord's Light does not shine in you.

ਬੂਡਤ ਬੂਡੇ ਸਰਬ ਜੰਜਾਲਾ ॥੪॥

You are drowned, drowned in worldly entanglements. ||4||

ਭੇਖ ਕਰਹਿ ਖਿੰਥਾ ਬਹੁ ਥਟੂਆ ॥

You wear religious robes, and your patched coat assumes many disguises.

ਝੁਠੋ ਖੇਲੁ ਖੇਲੈ ਬਹੁ ਨਟੂਆ ॥

You play all sorts of false tricks, like a juggler.

ਅੰਤਰਿ ਅਗਨਿ ਚਿੰਤਾ ਬਹੁ ਜਾਰੇ ॥

The fire of anxiety burns brightly within you.

ਵਿਣੁ ਕਰਮਾ ਕੈਸੇ ਉਤਰਸਿ ਪਾਰੇ ॥੫॥

Without the karma of good actions, how can you cross over? ||5||

ਮੁੰਦ੍ਰਾ ਫਟਕ ਬਨਾਈ ਕਾਨਿ ॥

You make ear-rings of glass to wear in your ears.

ਮੁਕਤਿ ਨਹੀ ਬਿਦਿਆ ਬਿਗਿਆਨਿ ॥

But liberation does not come from learning without understanding.

ਜਿਹਵਾ ਇੰਦ੍ਰੀ ਸਾਦਿ ਲੋਭਾਨਾ ॥

You are lured by the tastes of the tongue and sex organs.

ਪਸੁ ਭਏ ਨਹੀ ਮਿਟੈ ਨੀਸਾਨਾ ॥੬॥

You have become a beast; this sign cannot be erased. ||6||

ਤ੍ਰਿਬਿਧਿ ਲੋਗਾ ਤ੍ਰਿਬਿਧਿ ਜੋਗਾ ॥

The people of the world are entangled in the three modes; the Yogis are entangled in the three modes.

ਸਬਦੁ ਵੀਚਾਰੈ ਚੁਕਸਿ ਸੋਗਾ ॥

Contemplating the Word of the Shabad, sorrows are dispelled.

ਉਜਲੁ ਸਾਚੁ ਸੁ ਸਬਦੁ ਹੋਇ ॥

Through the Shabad, one becomes radiant, pure and truthful.

ਜੋਗੀ ਜੁਗਤਿ ਵੀਚਾਰੇ ਸੋਇ ॥੭॥

One who contemplates the true lifestyle is a Yogi. ||7||

ਤੁਝ ਪਹਿ ਨਉ ਨਿਧਿ ਤੂ ਕਰਣੈ ਜੋਗੁ ॥

The nine treasures are with You, Lord; You are potent, the Cause of causes.

ਥਾਪਿ ਉਥਾਪੇ ਕਰੇ ਸੁ ਹੋਗੁ ॥

You establish and disestablish; whatever You do, happens.

ਜਤੁ ਸਤੁ ਸੰਜਮੁ ਸਚੁ ਸੁਚੀਤੁ ॥

One who practices celibacy, chastity, self-control, truth and pure consciousness

ਨਾਨਕ ਜੋਗੀ ਤ੍ਰਿਭਵਣ ਮੀਤੁ ॥੮॥੨॥

- O Nanak, that Yogi is the friend of the three worlds. ||8||2||