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Raamkalee paatashaahee dasvan

Ray man ih bid jug kamaa-o

Singhee saach akapat kanthalaa
Dhi-aan bibhooth charaa-o rahaa-o

Taatee-gaho aatam bas kar kee
Bichhaa naam adhaarang

Baajay param taar tat har ko
Upajai raag rasaarang

Ughatai taan tarang rang at
Gi-aan geet bandhaanang

Chak chak rahay dayv daanav mun
Chhak chhak by-om bivaanang

Aatam updays bhays sanjam ko
jaap su ajapaa jaapai

sadaa rahai kanchan see kaa-y-aa
kaal na kabahoong by-aapai

ENGLISH

O Mind, practice yoga in this way:
Let Truth be your horn, sincerity your
necklace, and let meditation be the ashes
you apply to your body.
Make self-restrict your lyre, and the
Naam, the Name of God, your support.
Vibrate the strings of the Sound-Current,
and hear the sweat Songs of the Lord.
The waves of sweat sound bring ecstasy,
and through the Songs of the Lord, Divine
Knowledge is infused.
The demons and demi-gods in their heavenly
chariots will be amazed, and the sages
intoxicated with delight.
Instruct your soul, wear the loin-cloth of
self-restrict, and chant the Name of the
Lord, even while silent.
In this way, your body shall remain
forever like gold, and death shall never
draw near you.

ITALIANO

O Mente, pratica in questa maniera lo
yoga: Lascia che la Verità sia la tua
guida, la sincerità la tua collana, e la
meditazione le ceneri da applicare al tuo
corpo. Il Riserbo la tua Lyra, ed il Naam
- il Nome di Dio - il tuo supporto. Vibra
le corde del Suono-corrente, e ascolta le
dolci canzoni di Dio. Le vibrazioni del
dolce suono portano all'estasi, ed
attraverso le Canzoni di Dio, viene infusa
la Divina Conoscenza. I Demoni e i Semi-
Dei nei loro carri paradisiaci ne
resteranno stupefatti, ed i saggi
deliziosamente inebriati. Istruisci la
tua anima, indossa la stoffa per coprire
il tuo corpo, e canta il Nome di Dio,
anche quando sei in silenzio. In questo
modo il tuo corpo resterà sempre come
l'oro, e la morte non ti sarà mai vicina.