

Re Man Shabad (see August 2008 issue, p. 37)

Yogi Bhajan said, “This *shabad* is pure *Naad Yoga*. It has the capacity to lead to a perfect state of total health. Perfection of this *shabad* can make you like a Golden Buddha. You will have wisdom, you will have the purity of a yogi, and you will have an essence.”

Ray man ih 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

Meditation the ashes you apply on your body.

Taatee geho aatam bas kar kee

Make self-restraint your harp, and the Naam,

Bhicchhaa naam adhaarang

The Name of the Lord, your support.

Baajay param taar tat har ko

Vibrate the strings of the sound current,

Upajai raag rasarang

And listen to the sweet songs of the Lord.

Ughatai taan tarang rang at

The waves of sweet sound bring ecstasy,

Gi-aan geet bandhaanang

And through the Songs of the Lord, spiritual wisdom arises.

Chak chak rehay dayv daanav mun

The demons and the demi-gods in their chariots are amazed,

Chhak chhak bayom bivaanang

And the silent sages are intoxicated with delight.

Aatam upadays bhays sanjam ko

So instruct your soul, wear the loin-cloth of self restraint,

Jaap so ajapaa jaapai

And chant the Name of the Lord, even when you are silent.

Sadaa rehai kanchan see kaayaa

In this way, your body shall remain forever golden,

Kaal na kabahoo bayaapai

and death shall never approach you.