

jog na khinthaa jog na dandai jog na bhasam charhaa-ee-ai

slhI mhl w 1 Gru 7 (730-10)	soohee mehlaa 1 <u>ghar</u> 7	Soohee, First Mehl, Seventh House:
j gUn iKQw j gUn fIYj gUn Bsm cVweIAY]	jog na <u>khin</u> thaa jog na dandai jog na <u>bhasam</u> char <u>haa</u> -ee-ai.	Yoga is not the patched coat, Yoga is not the walking stick. Yoga is not smearing the body with ashes.
j gUn mhlI mlf mfwieAY j gUn isllI vweIAY]	jog na <u>mun</u> dee <u>moond</u> <u>mudaa</u> -i-ai jog na <u>sin</u> yee vaa-ee-ai.	Yoga is not the ear-rings, and not the shaven head. Yoga is not the blowing of the horn.
AjI n mih inrI in rhIAY j g j giq iev pweIAY] 1]	anjan maahi niranjan rahee-ai jog jugat iv paa-ee-ai. 1	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga. 1
gl I j gUn hel]	galee jog na ho-ee.	By mere words, Yoga is not attained.
ek idbit kir smsir j wY j gl khIAY sel] 1] rhau]	ayk <u>dar</u> isat kar samsar jaanai jogee kahee-ai so-ee. 1 rahaa-o.	One who looks upon all with a single eye, and knows them to be one and the same - he alone is known as a Yogi. 1 Pause
j gUn bwhir mVI msuxI j gUn qVI I weIAY]	jog na baahar mar <u>hee</u> masaane jog na <u>taar</u> hee laa-ee-ai.	Yoga is not wandering to the tombs of the dead; Yoga is not sitting in trances.
j gUn djs idstir BivAY j gUn qlriQ nweIAY]	jog na <u>days</u> <u>disant</u> ar <u>bh</u> avi-ai jog na <u>tir</u> ath naa-ee-ai.	Yoga is not wandering through foreign lands; Yoga is not bathing at sacred shrines of pilgrimage.
AjI n mih inrI in rhIAY j g j giq iev pweIAY] 2]	anjan maahi niranjan rahee-ai jog jugat iv paa-ee-ai. 2	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga. 2
siqgurU BytY qw shsw qltY Duvqu vrij rhweIAY]	satgur <u>bh</u> aytai <u>taa</u> sahsaa <u>toot</u> ai <u>Dha</u> avat varaj rahaa-ee-ai.	Meeting with the True Guru, doubt is dispelled, and the wandering mind is restrained.
inJru JrYshj Din I wY Gr hl prcw pweIAY]	nijhar <u>jh</u> arai sahj <u>Dh</u> un laagai <u>gh</u> ar hee parchaa paa-ee-ai.	Nectar rains down, celestial music resounds, and deep within, wisdom is obtained.
AjI n mih inrI in rhIAY j g j giq iev pweIAY] 3]	anjan maahi niranjan rahee-ai jog jugat iv paa-ee-ai. 3	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga. 3
nank j lviqAw mir rhIAY A'sw j gu kmweIAY]	naanak jeev <i>t</i> i-aa mar rahee-ai aisaa jog kamaa-ee-ai.	O Nanak, remain dead while yet alive - practice such a Yoga.
vij ybwJhu isllI vij Yqau inrBau pdu pweIAY]	vaajay baaj <u>h</u> ahu <u>sin</u> yee vaajai <u>ta</u> -o nir <u>bh</u> a-o pad paa-ee-ai.	When the horn is blown without being blown, then you shall attain the state of fearless dignity.
AjI n mih inrI in rhIAY j g j giq qau pweIAY] 4] 1] 8]	anjan maahi niranjan rahee-ai jog jugat <u>ta</u> -o paa-ee-ai. 4 1 8	Remaining unblemished in the midst of the filth of the world - this is the way to attain Yoga. 4 1 8