

राम ॥ राम नाम लो, भाग जगाओ ॥

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॥ पदराग मस्त ॥

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फुटरिया मन रे

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तुं तो हर भज पार ऊतर रे ॥ थारो अवसर कारज सरे रे ॥ फुटरिया मन रे ॥टेर॥

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टिप- यहाँ पर मन जीव के निजमन को कहा है याने जीव को कहा है। जीव के साथवाले ५

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आत्मा और मन को तथा दिल में रहनेवाले साकारी मन को नहीं कहा है।

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Here, the mind is Nijman (inner essence) of the jiva (soul). Oh, pretty mind.

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Such as lust, anger, greed, attachment, jealousy, ego and the time is passing away in fulfilling the duties towards you family and worldly activities. don't let it happen,

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use that time in chanting and remembering the lord. With this your task of crossing the ocean of existence will be completed. Adi Satguru Sukhramji Maharaj says to

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the soul that, oh clever soul, you worship the lord and get away from the boundaries kaal, your time is being wasted in fulfilling the greed of five senses

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राम सुमर मन ढील न किजे ॥ ओ मन झूट बिकार न दिजे ॥

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सागट कूं सुण संग न लिजे ॥ रे मन साध संगत चित्त धर रे ॥१॥

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Adi Satguru Sukhramji Maharaj says that don't procrastinate in chanting Ram.

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Don't let your mind go in the vices of falsehood which puts you in the grip of death.

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Do not keep company with Saagat i.e. the one who is engrossed in devotion of

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Maya and hates the Saheb i.e. the supreme, and keep your mind in the company

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of such a saint who can liberate you from death and makes you reveal the Supreme in yourself.

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तन मन अरप गुरांजी ने दीजे ॥ आतूं पोर अग्या माही रिजे ॥

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पतीब्रत खंड कबू नही किजे ॥ हाँ रे मन गुरु मुख इम्रत झर रे ॥२॥

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Adi Satguru Sukhramji Maharaj says that, O living being, body and mind, who can

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reveal God to them, offer them to such Satguruji to reveal them and whatever

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knowledge he commands, stay in that command for all 24 hours i.e. Satguru. Do

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not leave any stone unturned in the devotion which tells about devotion to God, the

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husband of the soul. Hey living being, from the mouth of the Guru who reveals

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God, comes the nectar of immortality that makes the soul immortal. He should

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accept this nectar of nectar and enter the ocean of existence.

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असो डाव कबू नही पावे ॥ मिनषा तन बिन जहाँ तंहा जावे ॥

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लख चोरासी में गोता खावे ॥ हाँ रे मन सबळ स्याम कूं बर रे ॥३॥

Adi Satguru Sukhramji Maharaj says that human body is the only chance where

you can attain satwarup as the husband of this soul (i.e. to reveal satswarup

parmatma in this body), one cannot get this opportunity in any body from heaven to

hell. Hence, every living being continues to experience the miseries of 84,00,000

yonis. Therefore, O living being, by marrying such a strong Shyam, who never

allows the sufferings of 84,00,000 species, i.e. by renouncing Brahma, Vishnu,

Mahadev, Shakti and incarnations and become dearest to Satswarup parmatma.

अब के हारो के जीतो रे भाई ॥ आ सुण नांव किराडे आइ ॥

खाली करो के भर्दो माही ॥ हाँ रे मन रच मच हर सु अड रे ॥४॥

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