

राम ॥ राम नाम लो, भाग जगाओ ॥

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॥ पदराग भेरु (प्रभाती) ॥

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क्या मै करूँ उपाई

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What remedy should I perform

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क्या मै करूँ उपाई ओ संतो ॥ क्या मे करूँ उपाई ॥

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बंक नाळ होय ऊलटा चडीया हूँ ॥ तोई मुज धिर न आई ॥टेर॥

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Even after turning back from the path of Bankanal and ascending to Triguti (the spiritual path while meditation as described in kewal knowledge), sadness of my mind is not going away. What should I do now? What can bring peace to my mind?

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तिस हजार कथी हम बाणी ॥ ध्यान त्रकुटी लागो ॥

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ओजूं मन में लेरां ऊटे ॥ भरम सकळ नहीं भागो ॥१॥

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I have recited thirty thousand verses. I have reached the state of Triguti (place between two eyebrows), yet doubts and illusions arise in my mind about whether I will attain the realm beyond time. My illusions are not completely dispelled.

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ऊझड पेंडा मिट्याहन मेरा ॥ दाय कछु नहीं आवे ॥

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चैला ज्ञान गिरहे अर त्यागी ॥ अेको मन नहीं भावे ॥२॥

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I still haven't given up on wandering on paths that lead nowhere. I am not drawn to the knowledge of Maya (illusion) found in the Vedas, Shastras, Puranas, and other scriptures. Becoming a guru and taking on disciples to impart knowledge, living a householder's life and enjoying the pleasures of family, or renouncing everything - wealth, possessions, women, and men - none of these things appeal to my mind.

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सांख जोग और नौद्या भक्ति ॥ अेको मन नहीं धिजे ॥

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सैंस भुजा धर साहेब आवे ॥ तोइ मेरो मन नहीं रिजे ॥३॥

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Brahma's Sankhya Yoga, Mahesh's Hatha Yoga, Vishnu's Navadha Bhakti (ways of devotion), not even one of these can please my mind. Even if Lord stands before me with a thousand arms, my mind is not ready to be happy.

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जंतर मंतर बेद पुराणा ॥ पढ पढ सब तज काया ॥

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ओऊँ जाप अजपो कहिये ॥ ये मुज दाय न आया ॥४॥

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In this world, many have sought liberation through miraculous spells and incantations, the four Vedas, the eighteen Puranas, and various rituals. I have followed these paths diligently, yet my mind remained unfulfilled. I have abandoned all these practices, finding no solace in them. I chanted the Om Ajappa mantra and made the way through sankhnaal (Spiritual path in maya) to Bhriguti (place between two eyebrows) as my abode, yet my mind remained depressed. Thus, I found no joy in residing in Bhriguti.

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के सुखराम अेक मोय सूझे ॥ कोइ देस मुलक म्हारो आगो ॥

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ईण कारण आ बिरह ऊदासी ॥ ध्यानज म्हाने लागो ॥५॥

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Satguru Sukhramji Maharaj says, my home is different from Triguti abode. I have not yet found it. This natural understanding has caused me longing and sadness, and I am aware of this.

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