

RAY (REH) MAN EH BIDH JOG KAMAO GROUP PRACTICE OPPORTUNITY

This Shabd is recited to heal others and to brighten one's own aura (the first line of defense against illness and attack).

The Ray Man Shabd is a composition of the 10th Master of the Sikhs, Guru Gobind Singh.

Yoga West invites you to 11 consecutive days of 31 minutes of the recitation of this mantra. 7:00-7:31 am Pacific Coast Time, USA each morning.

MONDAY, FEBRUARY 8, 2021 through THURSDAY, FEBRUARY 18, 2021. COME TO ONE OR ALL.

Each day will begin with 3 slow recitations in call and response style and the remaining time will be devoted to a more rapid recitation.

You can find You Tubes and Vimeos of the Shabd being recited by Snatam Kaur and Sat Kirin Kaur, including ones with the words projected on the screen.

Spirit Voyage website has many recordings available to sample and purchase via download. Sikh Net has recordings as well.

Below find one transliteration (the Sanskrit sounds rendered into the Roman alphabet) of the Shabd, and one translation.

RAY MAN EH BIDH JOG KAMAA-O

By GURU GOBIND SINGH (transliteration largely from Psyche of the Golden Shield – Yogi Bhajan and Bibi Inderjeet Kaur – translation same with some use of Sat Kirin Kaur’s translation and some gender neutral by Simrat)

**RAY MAN EH BIDH JOG KAMAA-O
SINGHEE SAACH AKAPAT KANTHALAA
DHI-AAN BIBHOOT CHARAA-O
TATEE GEHO AATAM BAS KAR KEE
BHICCHAHAA NAAM ADHAARANG
BAAJAY PARAM TAAR TAT HAR KO
UPAJAI RAAG RASAARANG
UGHATAI TAAN TARANG RANG ATAY
GI-AAN GEET BHANDHAANANG
CHAK CHAK REHAY DAYV DAANAV MUN
CHHAK CHHAK BAYOM BIVAANANG
AATAM UPADAYS BHAYS SANJAM KO
JAAP SO AJAPAA JAAPAI
SADAA REHAI KANCHAN SEE KAAYAA
KAAL NA KABAHOO BAYAAPAI**

OH MY MIND, PRACTICE YOGA IN THIS WAY:

**LET TRUTH BE YOUR HORN, SINCERITY YOUR NECKLACE,
AND APPLY MEDITATION LIKE ASHES ON YOUR BODY.**

**MAKE SELF-RESTRAINT YOUR HARP, AND NAAM THE
SUPPORT OF YOUR SOUL.**

**VIBRATE THE STRINGS OF THE SOUND CURRENT, AND LISTEN
TO THE SWEET SOUNDS OF THE DIVINE.**

**THE WAVES OF SWEET SOUND BRING ECSTASY, AND
THROUGH THE SONGS OF THE DIVINE, SPIRITUAL WISDOM
ARISES.**

**THE DEMONS AND THE DEMI-GODS IN THEIR CHARIOTS
WILL BE ASTONISHED, AND THE SILENT SAGES INTOXICATED
WITH DELIGHT.**

**SO INSTRUCT YOUR SOUL, WEAR THE LOIN-CLOTH OF SELF-
RESTRAINT, AND CHANT THE NAME OF THE DIVINE, EVEN
WHEN YOU ARE SILENT.**

**IN THIS WAY, YOUR BODY SHALL EVER REMAIN GOLDEN, AND
DEATH SHALL NEVER APPROACH YOU.**