One Universal Creator God. By The Grace Of The True Guru:

In the very beginning, was the Primal Lord, unrivalled, the Lover of Truth and other virtues.

He is absolutely wonderful, transcending creation; remembering Him, all are emancipated.

Dwell only upon the beauteous Name of the Lord,
Remembering Him in meditation, the fear of birth, old age and death will not trouble you.

If you desire to escape the fear of the Messenger of Death, then praise the Lord joyfully, and do good deeds.

In the past, present and future, He is always the same; He is the embodiment of supreme bliss.

If you seek the path of good conduct, forsake greed, and do not look upon other men's property and women.

Renounce all evil actions and evil inclinations, and hurry to the Sanctuary of the Lord.

Worship the immaculate Lord, in thought, word and deed.

What is the good of practicing Yoga, giving feasts and charity, and practicing penance?
Meditate on the Lord of the Universe, the Lord of the Universe, O man; He is the source of all the spiritual powers of the Siddhas.

Jai Dayv has openly come to Him; He is the salvation of all, in the past, present and future. ||5||1||

One Universal Creator God. By The Grace Of The True Guru:

The breath is drawn in through the left nostril; it is held in the central channel of the Sukhmanaa, and exhaled through the right nostril, repeating the Lord's Name sixteen times.

I am powerless; my power has been broken. My unstable mind has been stabilized, and my unadorned soul has been adorned. I drink in the Ambrosial Nectar. ||1||

Within my mind, I chant the Name of the Primal Lord God, the Source of virtue.
My vision, that You are I are separate, has melted away. ||1||Pause||

I worship the One who is worthy of being worshipped. I trust the One who is worthy of being trusted. Like water merging in water, I merge in the Lord.

Says Jai Dayv, I meditate and contemplate the Luminous, Triumphant Lord. I am lovingly absorbed in the Nirvaanaa of God. ||2||1||