

## **Japji Pauri 28**

Make contentment your ear-rings, humility your begging bowl, and meditation the ashes you apply to your body.

Let the remembrance of death be the patched coat you wear, let the purity of virginity be your way in the world, and let faith in the Lord be your walking stick.

See the brotherhood of all mankind as the highest order of Yogis; conquer your own mind, and conquer the world.

I bow to Him, I humbly bow.

The Primal One, the Pure Light, without beginning, without end. Throughout all the ages, He is One and the Same. ||28||