

**Guru Nanak - Sabad 11**  
**suniaai ieesar barmaa i(n)d**  
**Jap, Guru Nanak, Guru Granth Sahib, 2**

suniaai ieesar barmaa i(n)d ||  
suniaai mukh saalaahan ma(n)d ||  
suniaai jog jugat tan bhed ||  
suniaai saasat simirat ved ||  
naanak bhagtaa sadaa vigaas ||  
suniaai dookh paap kaa naas ||9||

**Summary:** Conscientiousness, when supported with mindfulness, creates a realization of the intrinsic human attributes that facilitate awareness of what resides within and outside the body.

suniaai ieesar barmaa i(n)d ||  
Through alertness towards innate human attributes, the awareness of the exalted self is attained.

suniaai mukh saalaahan ma(n)d ||  
Practicing mindfulness, even those inclined towards negativity appreciate positivity.

suniaai jog jugat tan bhed ||  
Observant of our being, the mysteries of the unseen mind and the physical body are inferred.

suniaai saasat simirat ved ||  
Discerning the knowledge in the spiritual scriptures, wisdom to be aware is attained.

naanak bhagtaa sadaa vigaas ||  
Nanak says those who are devoted to acquiring wisdom are always in a state of bliss.

suniaai dookh paap kaa naas ||9||  
Imbibing such practices, the pain of negativity gets irradiated. (9)

**Essence:** Guru Nanak says that with attentiveness towards self-awareness and devotion to gaining wisdom, one attains the bliss of a mental state of eternal joy.

**Website: [OnenessInDiversity.com](http://OnenessInDiversity.com)**

**Email: [onenessindiversityfoundation@gmail.com](mailto:onenessindiversityfoundation@gmail.com)**