

**Guru Nanak - Sabad 12**  
**suniaai sat sa(n)tokh giaan**  
**Jap, Guru Nanak, Guru Granth Sahib, 3**

suniaai sat sa(n)tokh giaan ||  
suniaai aThsaTh kaa isnaan ||  
suniaai paR paR paaveh maan ||  
suniaai laagai sahaj dhiaan ||  
naanak bhagtaa sadaa vigaas ||  
suniaai dookh paap kaa naas ||10||

**Summary:** Truth is the abode of wisdom, which is indestructible. It is to be in accord with an individual's authentic reality, which cannot be taught but can be learned with self-effort through self-reflection.

suniaai sat sa(n)tokh giaan ||  
Accepting the truth, the wisdom to attain contentment is gained.

suniaai aThsaTh kaa isnaan ||  
Self-reflection is equivalent to physical cleansing at religious pilgrimages.

suniaai paR paR paaveh maan ||  
Imbibing what has been read to gain wisdom gives one the honour of being honoured.

suniaai laagai sahaj dhiaan ||  
Attention to mindfulness directs the mind to focus on achieving equipoise.

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 ||10||  
By imbibing the mindset to be a listener and a contemplator, the pain of negativity gets eradicated. (10)

**Essence:** Guru Nanak says attention towards gaining contentment and equipoise is more rewarding than adhering to ritualism or acquiring knowledge.

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