

**Guru Nanak - Sabad 15**  
**ma(n)nai surat hovai mann budh**  
**Jap, Guru Nanak, Guru Granth Sahib, 3**

ma(n)nai surat hovai mann budh ||  
ma(n)nai sagal bhavan kee sudh ||  
ma(n)nai muh choTaa naa khai ||  
ma(n)nai jam kai saath na jai ||  
aaisaa naam nira(n)jan hoi ||  
je ko ma(n)n jaanai man koi ||13||

**Summary:** Acceptance is an ongoing process of evolution that affects one's overall well-being and surroundings. It is the foundation of knowing ourselves and the creation.

ma(n)nai surat hovai mann budh ||  
Those who comprehend the benefits of acceptance adopt and savour them to gain wisdom.

ma(n)nai sagal bhavan kee sudh ||  
Those who adopt acceptance become aware of the essence of the entire creation.

ma(n)nai muh choTaa naa khai ||  
Those who adopt acceptance are not affected by adversity and its sufferings.

ma(n)nai jam kai saath na jai ||  
Those who adopt acceptance do not associate with death or birth.

aaisaa naam nira(n)jan hoi ||  
The existence of such beings is immaculate.

je ko ma(n)n jaanai man koi ||13||  
Those who practice acceptance remain aware of their state of being. (13)

**Essence:** Guru Nanak says acceptance means allowing thoughts to come and go without getting attached to them.

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

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