

**Guru Nanak - Sabad 18**  
**pa(n)ch parvaan pa(n)ch pardhaan ||**  
**Jap, Guru Nanak, Guru Granth Sahib, 3**

pa(n)ch parvaan pa(n)ch pardhaan ||  
pa(n)che paaveh darageh maan ||  
pa(n)che soheh dar raajaan ||  
pa(n)chaa kaa gur ek dhiaan ||  
je ko kahai karai veechaar ||  
karte kai karnai naahee sumaar ||  
dhaul dharam daiaa kaa poot ||  
sa(n)tokh thaap rakhiaa jin soot ||  
je ko bujhai hovai sachiaar ||  
dhavalai upar ketaa bhaar ||  
dhartee hor parai hor hor ||  
tis te bhaar talai kavan jor ||  
jee jaat ra(n)gaa ke naav ||  
sabhnaa likhiaa vuRee kalaam ||  
eh lekhaa likh jaanai koi ||  
lekhaa likhiaa ketaa hoi ||  
ketaa taan suaalih roop ||  
ketee daat jaanai kaun koot ||  
keetaa pasaau eko kavaau ||  
tis te hoe lakh dareeaau ||  
kudarat kavan kahaa veechaar ||  
vaariaa na jaavaa ek vaar ||  
jo tudh bhaavai saiee bhalee kaar ||  
too sadaa salaamat nira(n)kaar ||16||

**Summary:** Creation comprises the five basic elements - earth, water, fire, air, and space; that create the material world. Creation experiences existence through five sheaths: the sheath of physical form, the sheath of life force energy, the sheath of physiological behavior, the sheath of intellect, and the sheath of bliss. Understanding all these aspects makes it possible to transcend from the basic to the highest aspect of awareness that the entire creation is a product of One singularity.

pa(n)ch parvaan pa(n)ch pardhaan ||

The five elements are sanctioned as the five basic prime sources of any physical form; however, those forms that embody Oneness can be accepted as the ultimate expression of supremacy.

pa(n)che paaveh darageh maan ||

The physical form, a composite of the five elements, that practices Oneness is worthy of respect as a divine abode.

pa(n)che soheh dar raajaan ||

A composite of the five elements, the physical form, which is able to manage the five sheaths, is a meritorious being worthy of supreme status.

pa(n)chaa kaa gur ek dhiaan ||

Contemplation on singularity is the guiding force of the five sheaths of human existence to transit from the darkness of duality to the light of Oneness.

je ko kahai karai veechaar ||

If one tries to describe or deliberate!

karte kai karnai naahee sumaar ||

The magnitude of the creations manifested by the Creator is beyond expression.

dhaur dharam daiaa kaa poot ||

Righteousness is the mighty force that results from compassion.

sa(n)tokh thaap rakhiaa jin soot ||

Virtues are borne by those who nurture contentment in accordance with the laws of nature.

je ko bujhai hovai sachiaar ||

Those who comprehend this precept realize the truth.

dhavalai upar ketaa bhaar ||

How can righteousness be a burden?

dhartee hor parai hor hor ||

Apart from this realm (earth), there are many more.

tis te bhaar talai kavan jor ||

What is the force that holds & sustains their existence?

jee jaat ra(n)gaa ke naav ||

There is unlimited diversity in nature, each with its uniqueness and awareness.

sabhnaa likhiaa vuRee kalaam ||

The continuous flow of existence emerges from the one all-pervading consciousness, which expresses itself in diverse forms in accordance with the laws of nature.

eh lekhaa likh jaanai koi ||

Who has an account of the expanse of existence to be able to scribe it?

lekhaa likhiaa ketaa hoi ||

How can this expanse of existence be documented?

ketaa taan suaalih roop ||

The grace bestowed on all forms of nature is commendable.

ketee daat jaanai kaun koot ||

Abundances in nature created by the creator can't be estimated.

keetaa pasaau eko kavaau ||

The command of One singular entity has created the expansive creation.

tis te hoe lakh dareeaa ||

Unlimited streams of diversity flow through this one singular entity.

kudarat kavan kaha veechaar ||

How can the power of nature be comprehended?

vaariaa na jaavaa ek vaar ||

Its magnitude can't be encompassed even for a moment.

jo tudh bhaavai saiee bhalee kaar ||

Whatever is ordained by nature is a sublime act for well-being.

too sadaa salaamat nira(n)kaar ||16||

The all-pervading consciousness is eternal and formless. (16)

**Essence:** Guru Nanak says transcending the barriers of the five elements, the five senses, and the five sheaths to understand the unity and connectedness of creation is the epitome of the supremacy of human existence.

---

An initiative by

**Oneness In Diversity Research Foundation**

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

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