

Guru Nanak - Sabad 2
aad sach jugaad sach ||
Jap, Guru Nanak, Guru Granth Sahib, 1

|| jap ||
aad sach jugaad sach ||
hai bhee sach naanak hosee bhee sach ||1||

Summary: The ultimate truth is the awareness of absolute oneness in creation regardless of the tangible matter, intangible space, and measurable linear time that collectively make up reality. The visible aspects of creation are nothing but emptiness, and emptiness is nothing but a form that existed in the past, will exist in the present, and will exist in the future. This awareness or consciousness is a reminder that the ultimate truth is eternal.

|| jap ||
jap (contemplate)

A reminder to contemplate with affirmation so as not to forget what was inherently known but was forgotten.

aad sach jugaad sach ||
aad (primordial/source), sach (Truth), jugaad (ages)

Omnipresence of the unseen all-pervading energy is the underlying source of the entire creation; this is the eternal Truth.

hai bhee sach naanak hosee bhee sach ||1||
hai bhee (it is), sach (Truth), hosee bhee (it will be)

Nanak says it is the truth in the present and will be the truth in the future. (1)

Essence: Guru Nanak says to know reality, the cause of existence is intrinsic to human nature. Reality can be explained as the participation of the mind with what indicates anything that exists as matter around us. However, beyond the notion of reality perceived through thoughts, when the mind contemplates, it gets directed to the Truth, the Oneness of the eternal underlying omnipresent consciousness.

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Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com