

Guru Nanak - Sabad 22
bhareeai hath pair tan deh ||
Jap, Guru Nanak, Guru Granth Sahib, 4

bhareeai hath pair tan deh ||
paanee dhotai utaras kheh ||
moot paleetee kapaR hoi ||
de saaboon laeeai oh dhoi ||
bhareeai mat paapaa kai sa(n)g ||
oh dhopai naavai kai ra(n)g ||
pu(n)nee paapee aakhan naeh ||
kar kar karanaa likh lai jaahu ||
aape beej aape hee khaahu ||
naanak hukamee aavahu jaahu ||20||

Summary: The mind needs as much attention as our physical body and surroundings. For physical well-being, the body and environment are cleaned regularly. For spiritual well-being, addressing the deeper aspects of our being requires constant self-reflection and contemplation to cleanse the mind from negative thoughts and allow positivity and tranquillity.

bhareeai hath pair tan deh ||
When the body gets filthy,

paanee dhotai utaras kheh ||
its filth can be washed away with water.

moot paleetee kapaR hoi ||
When a garment gets dirty,

de saaboon laeeai oh dhoi ||
its dirt can be washed away with soap.

bhareeai mat paapaa kai sa(n)g ||
When the mind gets corrupted with unrighteousness

oh dhopai naavai kai ra(n)g ||
its impurity can be cleansed through contemplation.

pu(n)nee paapee aakhan naeh ||
Virtues and vices are not gained by merely speaking,

kar kar karanaa likh lai jaahu ||

Repetitive behavior entails defining one's character.

aape beej aape hee khaahu ||

One reaps what one sows.

naanak hukamee aavahu jaahu ||20||

Nanak says that the level of one's awareness to adhere to the laws of nature, determines one's spiritual progress or regress. (20)

Essence: Guru Nanak says, we become what we pay attention to. Focusing on negativity lowers our spiritual energy. Self-reflection and accepting laws of nature can connect us with our higher selves, providing access to inner wisdom and guidance.

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Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com