

**Guru Nanak - Sabad 40**  
**jat paahaaraa dheeraj suniaar ||**  
**Jap, Guru Nanak, Guru Granth Sahib, 8**

jat paahaaraa dheeraj suniaar ||  
aharan mat ved hatheear ||  
bhau khalaa agan tap taau ||  
bhaa(n)Daa bhaau a(n)mrit tit Daal ||  
ghaReeaaai sabad sachee Taksaal ||  
jin kau nadar karam tin kaar ||  
naanak nadaree nadar nihaal ||38||

**Summary:** Symbolic representation is a versatile and effective tool for conveying meaningful information through literary devices. This technique is used in texts to communicate complex ideas in a relatable and easily comprehensible way. In this verse, symbolism taps into familiar schemas to present and better understand the concept's message.

jat paahaaraa dheeraj suniaar ||

Imbibe resilience as the metal smelting cubicle, patience the goldsmith.

aharan mat ved hatheear ||

Condition the mind as the metal hammering anvil, spiritual scriptures the tools.

bhau khalaa agan tap taau ||

Inculcate fearlessness as the bellows, meditation the heat of the fire.

bhaa(n)Daa bhaau a(n)mrit tit Daal ||

Mould yourself as a vessel to hold the ambrosia of devotion.

ghaReeaaai sabad sachee Taksaal ||

Sculpt critical thinking that creates wisdom to refine thoughts to mint pure intentions.

jin kau nadar karam tin kaar ||

Those who have the vision to perform actions that are focused on benevolence.

naanak nadaree nadar nihaal ||38||

Nanak says such a visionary is graced with the vision of contentment. (38)

**Essence:** Guru Nanak encourages contemplation and critical thinking to gain wisdom, which can facilitate benevolent attributes and grace one's personality to embody contentment.

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