

**Guru Nanak - Sabad 7**  
**thaapiaa na jai keetaa na hoi**  
**Jap, Guru Nanak, Guru Granth Sahib, 2**

thaapiaa na jai keetaa na hoi ||  
aape aap nira(n)jan soi ||  
jin seviaa tin paiaa maan ||  
naanak gaaveeaaai gunee nidhaan ||  
gaaveeaaai suneeaaai man rakheeaai bhaau ||  
dhukh parhar sukh ghar lai jai ||  
gurmukh naada(n) gurmukh veda(n) gurmukh rahiaa samaiee ||  
gur ieesar gur gorakh barmaa gur paarbatee maiee ||  
je hau jaanaa aakhaa naahee kahanaa kathan na jaiee ||  
guraa ik deh bujhaiee ||  
sabhnaa jeeaa kaa ik daataa so mai visar na jaiee ||5||

**Summary:** Matter cannot be created or destroyed; it only changes form through space and time. The all-pervading infinite consciousness assumes different forms but inherently remains the same at the substratum.

thaapiaa na jai keetaa na hoi ||  
All-pervading infinite consciousness can't be created or destroyed.

aape aap nira(n)jan soi ||  
All-pervading infinite consciousness is in itself the purest form.

jin seviaa tin paiaa maan ||  
Those who honour this reality get contentment.

naanak gaaveeaaai gunee nidhaan ||  
Nanak impresses this thought as a virtuous treasure.

gaaveeaaai suneeaaai man rakheeaai bhaau ||  
While expressing and listening, imbibe the essence.

dhukh parhar sukh ghar lai jai ||  
The agony of ignorance dissipates, and harmony is housed within.

gurmukh naada(n) gurmukh veda(n) gurmukh rahiaa samaiee ||  
Those who are oriented to seek wisdom, dispel the darkness of ignorance, and gain the light of Oneness. They acquaint themselves with the energy vibrations and the scriptures of knowledge. Such spiritual beings remain engrossed in gaining awareness.

gur ieesar gur gorakh barmaa gur paarbatee maiee ||

There is wisdom in 'Ishwar', the divine self. There is wisdom in 'Gorakh', the spiritual teacher. There is wisdom in 'Brahma', the genderless creator. There is wisdom in 'Paarbatee mai', the feminine nurturing attributes.

je hau jaanaa aakhaa naahee kahanaa kathan na jaiee ||

Even if understood, the all-pervading consciousness cannot be described or expressed.

guraa ik deh bujhaiee ||

The wisdom that dispels the darkness of ignorance provides the light of oneness.

sabhnaa jeeaa kaa ik daataa so mai visar na jaiee ||5||

There is only One creator of all beings, and I should not forget this truth. (5)

**Essence:** Guru Nanak says mindfulness is the key to a fulfilling life. Every individual possesses the power to gain wisdom, and the notion of an independent self is a delusion.

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