

**Guru Nanak - Sabad 47**  
**jaal moh ghas mas kar mat kaagadh kar saar ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 16**

jaal moh ghas mas kar mat kaagadh kar saar ||  
bhaau kalam kar chit lekhaaree gur puchh likh beechaar ||  
likh naam saalaeh likh likh a(n)t na paaraavaar ||1||  
baabaa eh lekhaa likh jaan ||  
jithai lekhaa ma(n)geeaai tithai hoi sachaa neesaan ||1|| rahaau ||  
jithai mileh vaDiaaieea sad khuseeaa sad chaau ||  
tin mukh Tike nikleh jin mann sachaa naau ||  
karam milai taa paieeaai naahee galee vaau duaau ||2||  
eik aaveh ik jaeh uTh rakhe'eeh naav salaar ||  
eik upaae ma(n)gate ikanaa vaDe darvaar ||  
agai giao jaaneeaaai vin naavai vekaar ||3||  
bhai terai Dar agalaa khap khap chhijai deh ||  
naav jinaa sulataan khaan hodhe DiThe kheh ||  
naanak uThee chaliaa sabh kooRe tuTe neh ||4||6||

**Summary:** Taking a moment of stillness before moving forward during critical moments can provide clarity and a deeper understanding of the situation. Thoughtful reflection helps us make choices that align with our values, guiding us toward actions rooted in integrity and authenticity. Often, the best answers emerge through calm contemplation.

jaal moh ghas mas kar mat kaagadh kar saar ||  
Burn worldly attachments and transform their remnants into ink. Use the mind as paper and write upon it the essence of truth. This message is an analogy for personal transformation by releasing superficiality and embracing reality.

bhaau kalam kar chit lekhaaree gur puchh likh beechaar ||  
Use love as the pen and consciousness as the writer. Seek wisdom from those who elevate you from ignorance to awareness, and record your reflections. It is a reminder to strive for greater conscientiousness in all endeavors.

likh naam saalaeh likh likh a(n)t na paaraavaar ||1||  
Keep writing your reflections, and one can continue expressing, as exploring the divinity in nature is limitless. (1)

baabaa eh lekhaa likh jaan ||  
O wise one, let the insights you have gained inspire you to reflect and grow.

jithai lekhaa ma(n)geeaai tithai hoi sachaa neesaan ||1|| rahaau ||

In moments when decisive action is required, choices led by insights derived from reflection allow truth to prevail there. (1)(Pause)

jithai mileh vaDiaaieeaa sad khuseeaa sad chaau ||

A realm where greatness flourishes, eternal peace reigns, it is there where everlasting joy is celebrated.

tin mukh Tike nikleh jin mann sachaa naau ||

Their presence radiates unwavering balance, who attune their mind to truth and embrace self-reflection.

karam milai taa paieeaai naahee galee vaau duaau ||2||

Virtues are cultivated through purposeful actions, not through idle talk or the mere pursuit of seeking blessings. (2)

eik aaveh ik jaeh uTh rakhe'eeh naav salaar ||

One thought arises while one thought fades; awaken your mind and hold on to the supreme thoughts that uplift.

eik upaae ma(n)gate ikanaa vaDe darvaar ||

One thought can create those who are beggars while another can hold one in grand courts.

agai giao jaaneeaaai vin naavai vekaar ||3||

Hereafter, realize that without contemplation and self-reflection, rest is all worthless. (3)

bhai terai Dar agalaa khap khap chhijai deh ||

The fear of an uncertain future has left you so distressed that your bodily vitality is fading.

naav jinaa sulataan khaan hodhe DiThe kheh || Those who are named as sultans and emperors have also been reduced to dust in the end.

naanak uThee chaliaa sabh kooRe tuTe neh ||4||6||

Nanak says rise to that state of self-realization where all false attachments are given up. (4)(6)

**Essence:** Guru Nanak mentions that cultivating virtues demands diligent care and purposeful action, not just desire or empty rituals. True transformation comes from self-awareness and detachment from material possessions and the ego. In

this state, you realize your essence isn't tied to external validation. This leads to the freedom of a virtuous life shaped by your inner purity and inspired actions.

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