

## Guru Nanak - Sabad 49

**ku(n)goo kee kaa(n)iaa ratanaa kee lalitaa agar vaas tan saas ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 17**

ku(n)goo kee kaa(n)iaa ratanaa kee lalitaa agar vaas tan saas ||  
aThasaTh teerath kaa mukh Tikaa tit ghaT mat vigaas ||  
ot matee saalaahanaa sach naam guntaas ||1||  
baabaa hor mat hor hor ||  
je sau ver kamaieeaai kooRai kooRaa jor ||1|| rahaau ||  
pooj lagai peer aakheeaai sabh milai sa(n)saar ||  
naau sadaae aapanaa hovai sidh sumaar ||  
jaa pat lekhai naa pavai sabhaa pooj khuaar ||2||  
jin kau satigur thaapiaa tin meT na sakai koi ||  
onaa a(n)dar naam nidhaan hai naamo paragaT hoi ||  
naau poojeeaai naau ma(n)neeaai akha(n)D sadaa sach soi ||3||  
khehoo kheh ralaieeaai taa jeeau kehaa hoi ||  
jaleeaa sabh siaanapaa uThee chaliaa roi ||  
naanak naam visaariaai dar giao kiaa hoi ||4||8||

**Summary:** When we allow feelings of animosity and the concept of duality to influence our thoughts, we amplify falsehoods and invite detrimental consequences. These unhealthy dynamics foster division, undermining our connections to the greater whole. As a result, it perpetuates deceit and creates a cycle in which mistrust and negativity thrive, hindering our collective growth and well-being.

ku(n)goo kee kaa(n)iaa ratanaa kee lalitaa agar vaas tan saas ||  
A body on self-discovery is pure like saffron, a tongue that speaks truthful words is as valuable as jewels, and breath that transcends ego carries the fragrance of incense.

aThasaTh teerath kaa mukh Tikaa tit ghaT mat vigaas ||  
A humble demeanor holds the same significance as the sacred marks from sixty-eight revered pilgrimage sites, while a heart filled with wisdom truly knows the joy of bliss.

ot matee saalaahanaa sach naam guntaas ||1||  
That understanding is praiseworthy when sincere self-reflection is valued as a virtue. (1)

baabaa hor mat hor hor ||  
O learned one, the knowledge that promotes anything other than Oneness distracts the mind.

je sau ver kamaieeaai kooRai kooRaa jor ||1|| rahaau ||

When animosity and duality are practiced, they empower the negative aspects of falsehoods. (1)(Pause)

pooj lagai peer aakheeaaai sabh milai sa(n)saar ||

You can be worshipped as a spiritual teacher and receive respect from the entire world.

naau sadaae aapanaa hovai sidh sumaar ||

A popular name can be adopted and known to have supernatural powers.

jaa pat lekhai naa pavai sabhaa pooj khuaar ||2||

Even with such glories, if Consciousness, the moral arbiter, does not accept one's actions, all these praises are false. (2)

jin kau satigur thaapiaa tin meT na sakai koi ||

Those who have attained true wisdom that guides from darkness to light do not waver in their resolve.

onaa a(n)dar naam nidhaan hai naamo paragaT hoi ||

They hold within the treasure of self-reflection through which the virtue of contemplation is revealed.

naau poojeeaaai naau ma(n)neeaai akha(n)D sadaa sach soi ||3||

Contemplation is a form of prayer. Self-reflection is the voice that must be heard. Those who practice this virtue are eternal and honest. (3)

khehoo kheh ralaaieeaai taa jeeau kehaa hoi ||

Upon death, when the body, which is made of dust, merges with dust, what happens to the mind?

jaleeaa sabh siaanapaa uThee chaliaa roi ||

When we face death, all our clever worldly accomplishments fade into nothingness, leaving us with only the sorrow of missed opportunities.

naanak naam visaariaai dar giao kiaa hoi ||4||8||

Nanak says, having forgotten the practice of contemplation, what will happen when one reflects within one's consciousness? (4)(8)

**Essence:** Guru Nanak highlights that self-reflection is crucial for understanding oneself and deepening consciousness. A body in self-discovery radiates purity, akin to saffron's vibrant hues. Sincere and honest speech transforms words into

treasures, while breath that transcends ego exudes a soothing, incense-like essence, inviting tranquillity.

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