

Guru Nanak - Sabad 52
bhalee saree je ubaree haumai muiee gharaahu ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 18

bhalee saree je ubaree haumai muiee gharaahu ||
doot lage fir chaakaree satigur kaa vesaahu ||
kalap tiaagee baad hai sachaa veparvaahu ||1||
mann re sach milai bhau jai ||
bhai bin nirabhau kiau theeaaai gurmukh sabad samai ||1|| rahaau ||
ketaa aakhan aakheeaai aakhan toT na hoi ||
ma(n)gan vaale ketaRe daataa eko soi ||
jis ke jeea paraan hai man vasiaai sukh hoi ||2||
jag supanaa baajee banee khin meh khel khelai ||
sa(n)jogee mil ekase vijogee uTh jai ||
jo tis bhaanaa so theeaaai avar na karanaa jai ||3||
gurmukh vasat vesaaheeaai sach vakhar sach raas ||
jinee sach vana(n)jiaa gur poore saabaas ||
naanak vasat pachhaanasee sach saudhaa jis paas ||4||11||

Summary: Letting go of anxiety and fear is essential for achieving inner liberation to experience positive outcomes. Gaining wisdom offers the perspective that fear and anxiety are interconnected human experiences that feed off one another. Understanding this connection makes it easier to release these feelings and move toward liberation. When not weighed down by fear and anxiety, we can experience true fearlessness and courage, opening doors to enable purpose that benefits self and others.

bhalee saree je ubaree haumai muiee gharaahu ||
Positive outcomes are experienced by those who free themselves from the ego by eliminating it from their minds.

doot lage fir chaakaree satigur kaa vesaahu ||
Adversaries become subservient to those who trust the truth in the wisdom that guides them from darkness to light.

kalap tiaagee baad hai sachaa veparvaahu ||1||
Let go of anxiety, as it is counter-productive; the honest are carefree and are liberated. (1)

mann re sach milai bhau jai ||
O mind, when honesty is imbibed, worldly fears vanish.

bhai bin nirabhau kiau theeaaai gurmukh sabad samai ||1|| rahaau ||

Without the fear of spiritual decline, how can true fearlessness be achieved?
Those who seek this awareness immerse themselves in words of wisdom.
(1)(Pause)

ketaa aakhan aakheeaai aakhan toT na hoi ||

Despite best efforts to capture it in words, it often fails to express the vastness of the all-encompassing energy that manifests as nature.

ma(n)gan vaale ketaRe daataa eko soi ||

Countless individuals seek fulfillment, but only one universal source sustains all aspects of life.

jis ke jeea paraan hai man vasiaai sukh hoi ||2||

For those who embrace spirituality as a life-giving force, when the mind imbibes it, peace is experienced. (2)

jag supanaa baajee banee khin meh khel khelai ||

The world is like a dream or illusion, where life becomes a playground, and within an instant, it can unfold a game to play. It is a reminder of the world's impermanence and how things change in the blink of an eye.

sa(n)jogee mil ekase vijogee uTh jai ||

Through their actions, some attain the knowledge of oneness, whereas some fall victim to the ignorance of separation.

jo tis bhaanaa so theeaaai avar na karanaa jai ||3||

What is rightfully yours, as determined by nature, will come to you in its natural order and cannot be acquired in any other way. (3)

gurmukh vasat vesaaheeaai sach vakhar sach raas ||

Spiritual seekers recognize wisdom as a valuable asset that can lead to significant benefits, highlighting the pursuit of spirituality as a valuable virtue.

jinee sach vana(n)jiaa gur poore saabaas ||

Those who have achieved truth through the perfect wisdom of contemplation are worthy of praise.

naanak vasat pachhaanasee sach saudhaa jis paas ||4||11||

Nanak says that only those who engage in honest trade can realize the true value of a commodity, suggesting that only those who are honest can appreciate the inherent worth of truthful conduct. ||4||11||

Summary: Guru Nanak emphasizes that nature reveals its rhythm, and aligning with this flow involves trusting that everything unfolds for a greater purpose. Embracing this mindset empowers us to pursue our goals confidently, free from fear, anxiety, and the need to control specific outcomes. This approach encourages nurturing honesty and acceptance as valuable virtues to yield fulfilling experiences.

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