

**Guru Nanak - Sabad 57**  
**naanak beRee sach kee tareeaai gur veechaar ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 20**

naanak beRee sach kee tareeaai gur veechaar ||  
eik aaveh ik jaavahee puur bhare aha(n)kaar ||  
manahaTh matee booDeeaai gurmukh sachu su taar ||1||  
gur bin kiau tareeaai sukh hoi ||  
jiau bhaavai tiau raakh too mai avar na doojaa koi ||1|| rahaau ||  
aagai dekhau Dau jalai paachhai hario a(n)goor ||  
jis te upajai tis te binasai ghaT ghaT sach bharpoor ||  
aape mel milaavahee saachai mahal hadoor ||2||  
saeh saeh tujh sa(n)malaa kade na visaareau ||  
jiau jiau saahab mann vasai gurmukh a(n)mrit peau ||  
mann tan teraa too dhanee garab nivaar sameau ||3||  
jin eh jagat upaiaa tirbhavan kar aakaar ||  
gurmukh chaanan jaaneaaai manmukh mugadh gubaar ||  
ghaT ghaT jot nira(n)taree boojhai gurmat saar ||4||  
gurmukh jinee jaaniaa tin keechai saabaas ||  
sache setee ral mile sache gun pargaas ||  
naanak naam sa(n)tokheea jeeau pi(n)D prabh paas ||5||16||

**Summary:** Holding on stubbornly to one's perceptions can be limiting. Wisdom allows us to move from ignorance to awareness, illuminating the path to genuine liberation. We unlock the door to this freedom by trusting in what is deemed just by the universal law as rightfully ours to receive. This trust enables us to transcend the mind's limitations and experience genuine peace. The interplay between wisdom, liberation, and peace highlights the importance of aligning with the natural order of things to live in harmony with our true selves and the world around us.

naanak beRee sach kee tareeaai gur veechaar ||  
Nanak says that a genuine raft can cross the ocean; similarly, one can navigate life through honest reflections on wisdom that lead from ignorance to awareness.

eik aaveh ik jaavahee puur bhare aha(n)kaar ||  
One thought arises while another fades, causing the mind to become occupied with ego.

manahaTh matee booDeeaai gurmukh sachu su taar ||1||  
The stubborn-minded drown in their perceptions. Seekers of wisdom attain the truth that facilitates liberation. (1)

gur bin kiau tareeaai sukh hoi ||

Without the wisdom that guides us from ignorance to light, how can we achieve liberation and attain peace?

jiau bhaavai tiau raakh too mai avar na doojaa koi ||1|| rahaau ||

Whatever is just according to the law of nature, let the omnipresent force uphold that within me. I have no one else to rely on. (1)(Pause)

aagai dekhau Dau jalai paachhai hario a(n)goor ||

Ahead, I see the forests burning and green grapes sprouting behind. This contrast between devastation and renewal illustrates the passage of time, symbolizing an end and the promise of new beginnings.

jis te upajai tis te binasai ghaT ghaT sach bharpoor ||

The universal energy from which we all emerge, eventually we will merge back into the same energy. This truth permeates every aspect of creation.

aape mel milaavahee saachai mahal hadoor ||2||

We can connect with our true selves, as truth resides within us. (2)

saeh saeh tujh sa(n)malaa kade na visaareau ||

With every breath, by remaining aware of the all-encompassing energy surrounding us, this essence is not forgotten.

jiau jiau saahab mann vasai gurmukh a(n)mrit peau ||

As the supreme thought of unity dwells in the hearts of the seekers of wisdom, they experience divinity, which is as sweet as nectar.

mann tan teraa too dhanee garab nivaar sameau ||3||

When the mind and body are in sync with the consciousness, you are truly wealthy, allowing the ego to dissolve and merging with your true self. (3)

jin eh jagat upaiaa tirbhavan kar aakaar ||

The source that created this universe has assigned specific functions to the three regions: Earth, Sky, and the Nether World.

gurmukh chaanan jaaneeaaai manmukh mugadh gubaar ||

Those who seek wisdom to guide them from ignorance to awareness experience a spiritual awakening, while the self-centred remain in the darkness of ignorance.

ghaT ghaT jot nira(n)taree boojhai gurmat saar ||4||

The ever-present energy continually resides in every aspect of creation. This essence is understood through wisdom that guides us from ignorance to awareness. (4)

gurmukh jinee jaaniaa tin keechai saabaas ||

Those who seek wisdom and come to understand the essence of life deserve to be applauded.

sache setee ral mile sache gun pargaas ||

When we immerse ourselves in honesty, our true strengths and qualities emerge.

naanak naam sa(n)tokheea jeeau pi(n)D prabh paas ||5||16||

Nanak says contentment arises from self-reflection for those who dedicate their body and mind to seeking wisdom. (5)(16)

**Essence:** Guru Nanak discusses contentment as arising not only from external circumstances but also from the internal work of self-reflection and dedication. Contentment is not a fleeting emotion; rather, it is a state of being that emerges when we commit both our body and mind to seeking a deeper understanding of the wisdom that transcends worldly illusions.

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