

**Guru Nanak - Sabad 60**  
**eh mano moorakh lobheea lobhe lagaa luobhaan ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 21**

eh mano moorakh lobheea lobhe lagaa luobhaan ||  
sabad na bheejai saakataa duramat aavan jaan ||  
saadhoo satagur je milai taa paieeaaai gunee nidhaan ||1||  
mann re haumai chhoD gumaan ||  
har gur sarvar sev too paaveh dargeh maan ||1|| rahaau ||  
raam naam jap dinas raat gurmukh har dhan jaan ||  
sabh sukh har ras bhogane sa(n)t sabhaa mil giaan ||  
nit ahinis har prabh seviaa satgur deea naam ||2||  
kookar kooR kamaieeaaai gur ni(n)daa pachai pachaan ||  
bharam bhoolaa dukh ghano jam maar karai khulahaan ||  
manmukh sukh na paieeaaai gurmukh sukh subhaan ||3||  
aaithai dha(n)dh piTaieeaaai sach likhat parvaan ||  
har sajan gur sevadaa gur karanee pardhaan ||  
naanak naam na veesarai karam sachai neesaan ||4||19||

**Summary:** Spirituality is a combination of two key components: philosophy, which involves understanding different perspectives to address the intellectual aspect, and devotional practices, which cater to the emotional side. When we allow emotions to overtake the philosophical element of spirituality, critical thinking declines, and dogmas and unquestioning belief systems emerge. This dogmatic approach can diminish the essence of spirituality, reducing it to mere blind adherence to doctrines. However, with wisdom, we can return to pragmatic thinking, using reasoning and logic to enrich our spiritual journey.

eh mano moorakh lobheea lobhe lagaa luobhaan.

A foolish mind is consumed by greed; when lured by this desire, it only plunges deeper into insatiable want.

sabad na bheejai saakataa duramat aavan jaan ||

When a dogmatic mindset does not embrace words of wisdom, the ignorant mind remains in a cycle of spiritual regression and progression.

saadhoo satagur je milai taa paieeaaai gunee nidhaan ||1||

If one can be associated with the illumined spiritual seeker and true wisdom, one can gain the treasures of virtuous insights. (1)

mann re haumai chhoD gumaan ||

Oh, mind, give up ego and pride.

har gur sarvar sev too paaveh dargeh maan ||1|| rahaau ||

Devote yourself to the vastness of wisdom that leads to the creator's omnipresence, and your consciousness will honour you. (1)(Pause)

raam naam jap dinas raat gurmukh har dhan jaan ||

Each morning and night, remember to be in unison with the omnipresent source that connects all existence. Those who seek wisdom recognize the spiritual wealth that lies in Oneness.

sabh sukh har ras bhogane sa(n)t sabhaa mil giaan ||

All forms of happiness are experienced by enjoying the essence of Oneness when wisdom is gained in the company of enlightened beings.

nit ahinis har prabh seviaa satgur deetaa naam ||2||

Every moment, continually devote yourself to practicing unity as it permeates all of creation. True wisdom provides insights into the transformative practice of contemplative reflection. (2)

kookar kooR kamaieeai gur ni(n)daa pachai pachaan ||

For those who practice falsehood, it is not their innate disposition. It is akin to a dog who becomes unfaithful to its master. They slander those who provide spiritual wisdom and later repent for their ignorance.

bharame bhooolaa dukh ghano jam maar karai khulahaan ||

In doubt and straying from spirituality, when the end is near, they feel great sorrow for their inability to distinguish between valuable and worthless, much like threshing a straw to separate the chaff from the grain.

manmukh sukh na paieeai gurmukh sukh subhaan ||3||

Those focused on worldly illusions remain devoid of peace. Seekers of spiritual wisdom cultivate virtues that bring peace. (3)

aaithai dha(n)dh piTaieeai sach likhat parvaan ||

Throughout our lifetime, we often remain engrossed in false pursuits; only by embracing honesty can one truly achieve success.

har sajan gur sevadaa gur karanee pardhaan ||

Those who befriend oneness devote themselves to gaining wisdom and regard actions inspired by spiritual insights as supreme.

naanak naam na veesarai karam sachai neesaan ||4||19||

Nanak says never to forget self-reflection; truthful actions mark approval from self and others. (4)(19)

**Essence:** Guru Nanak emphasizes the importance of self-reflection in achieving honesty and shedding ego. This process involves taking actions that earn the approval of oneself and others. True acceptance comes from valuing and respecting oneself, as well as those around us. In contrast, ego often arises from duality and comparisons with others. Those who dedicate themselves to gaining wisdom about the reality of all creation, viewing it as an extension of themselves, tend to be guided by spiritual insights in their actions. This approach reflects the highest form of conduct.

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