

**Guru Nanak - Sabad 61**  
**eik til piaaraa veesarai rog vaddaa man maeh ||**  
**Raag Siriraag, Guru Nanak, Guru Granth Sahib, 21**

eik til piaaraa veesarai rog vaddaa man maeh ||  
kiau dargeh pat paieeaaai jaa har na vasai mann maeh ||  
gur miliaai sukh paieeaaai agan marai gun maeh ||1||  
man re ahinis har gun saar ||  
jin khin pal naam na veesarai te jan virale sa(n)saar ||1|| rahaau ||  
jotee jot milaieeaaai suratee surat sa(n)jog ||  
hi(n)saa haumai gat gae naahee sahasaa sog ||  
gurmukh jis har man vasai tis mele gur sa(n)jog ||2||  
kaiaa kaaman je karee bhoge bhoganahaar ||  
tis siau neh na keejiee jo deesai chalanhaar ||  
gurmukh raveh sohaagane so prabh sej bhataar ||3||  
chaare agan nivaar mar gurmukh har jal pai ||  
a(n)tar kamal pragaasiaa a(n)mrit bhariaa aghai ||  
naanak satagur meet kar sach paaveh dargeh jai ||4||20||

**Summary:** To truly evolve, we must master the profound skill of deep listening—both to ourselves and to others. Through genuine self-reflection, we uncover powerful insights that emerge from our experiences, empathy, and open hearts, rather than relying solely on intellect. In this reflective space, we can assess our behaviour and its consequences without judgment, enabling us to recognize universal interconnectedness. Every action, every word, and even every unexpressed thought creates ripples that shape the very essence of our reality.

eik til piaaraa veesarai rog vaddaa man maeh ||

The moment one forgets the goodness of oneness; the most devastating sickness of division afflicts the mind.

kiau dargeh pat paieeaaai jaa har na vasai mann maeh ||

How can one attain honour in one's consciousness if oneness does not reside in the mind?

gur miliaai sukh paieeaaai agan marai gun maeh ||1||

With the attainment of wisdom, peace is gained. The fire of desire is extinguished by embracing noble virtues. (1)

man re ahinis har gun saar ||

O mind, continuously contemplate the virtues of oneness through, to grasp its true essence.

jin khin pal naam na veesarai te jan virale sa(n)saar ||1|| rahaau ||

Those who, even for a moment, do not abandon the practice of self-reflection are rare in this world. (1)(Pause)

jotee jot milaieeai suratee surat sa(n)jog ||

Aligning inner wisdom with universal awareness creates a contemplative state, fostering a connection with the unifying consciousness.

hi(n)saa haumai gat gae naahee sahasaa sog ||

When destructive intentions and egotism dissolve, doubt and sorrow cease to exist.

gurmukh jis har man vasai tis mele gur sa(n)jog ||2||

A seeker of wisdom who has imbibed oneness in their mind experiences its essence through the insights gained from that wisdom. (2)

kaiaa kaaman je karee bhoge bhoganahaar ||

If one devotedly surrenders to the laws of nature, the devotee enjoys its boundless energy.

tis siau neh na keejiee jo deesai chalanhaar ||

Do not bind yourself to illusions that are fleeting and temporary.

gurmukh raveh sohaagane so prabh sej bhataar ||3||

The seekers of wisdom remain ever fortunate, for they embrace and surrender to the universal consciousness as their eternal companion. (3)

chaare agan nivaar mar gurmukh har jal pai ||

Letting go of desires that ignite negative thoughts empowers spiritual seekers to embrace detachment and cultivate Oneness, just as water nourishes life.

a(n)tar kamal pragaasiaa a(n)mrit bhariaa aghai ||

Clarity emerges from pure intentions, untouched by deception, like a lotus looming in murky waters. A mind full of clarity finds contentment, just as ambrosia satiates.

naanak satagur meet kar sach paaveh dargeh jai ||4||20||

Nanak says that befriending the true wisdom that guides from darkness to light allows one to comprehend reality and progress toward divinity. (4)(20)

**Essence:** Guru Nanak encourages us to seek wisdom through thoughtful engagement with our surroundings. This process requires embracing guidance

with critical thinking, humility, and sincerity, as an ego-driven mindset can distort our perception. Like a lotus that rises from the mud to bloom, we can gain insights from life's challenges when our intentions are pure. By releasing negative desires, we foster detachment from selfish motives and nurture Oneness, like water sustains life.

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**Website:** [OnenessInDiversity.com](http://OnenessInDiversity.com)

**Email:** [onenessindiversityfoundation@gmail.com](mailto:onenessindiversityfoundation@gmail.com)