

Guru Nanak - Sabad 65
dhan joban ar fulaRaa naaTheeaRe din chaar ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 23

dhan joban ar fulaRaa naaTheeaRe din chaar ||
paban kere pat jiau Dal Dul ju(n)manhaar ||1||
ra(n)g maan lai piaariaa jaa joban nau hulaa ||
din thoRaRe thake bhaiaa puraanaa cholaa ||1|| rahaau ||
sajan mere ra(n)gule jai sute jeeraan ||
ha(n) bhee va(n)n(j)aa Dumanee rovaa jheenee baan ||2||
kee na sunehee gore'e aapan ka(n)nee soi ||
lagee aaveh saahurai nit na peieeaa hoi ||3||
naanak sutee peieeaaai jaan viratee sa(n)n ||
gunaa gavaiee ga(n)ThaRee avgan chalee ba(n)n ||4||24||

Summary: Self-actualisation is crucial for unlocking your true potential, as it enables you to understand your inner purpose and live life authentically. Since our physical existence is temporary, focusing only on our physical identity can distract us from gaining wisdom that facilitates inner growth and spiritual realisation. Wisdom knows no age; it thrives when you cultivate an open mind, embrace lifelong learning, and approach life with enthusiasm and curiosity.

dhan joban ar fulaRaa naaTheeaRe din chaar ||
Wealth, youth, and blooming flowers are like guests who come and go after a few days.

paban kere pat jiau Dal Dul ju(n)manhaar ||1||
The leaves of the water lily wither and perish, reflecting the fleeting nature of existence (1)

ra(n)g maan lai piaariaa jaa joban nau hulaa ||
Enjoy the bliss of self-actualisation, O beloved friend, and maintain a youthful zest for fresh perspectives.

din thoRaRe thake bhaiaa puraanaa cholaa ||1|| rahaau ||
Life is short, and the body grows weary like old worn-out clothing, which is now inadequate. (1)(Pause)

sajan mere ra(n)gule jai sute jeeraan ||
Fellow beings who were once full of life have departed and rested in their graves, serving as a metaphor for the temporary nature of physical existence.

ha(n) bhee va(n)n(j)aa Dumanee rovaa jheenee baan ||2||

We, too, shall leave; those who are in doubt experience sorrow, mourning the fragility of existence. (2)

kee na sunehee gore'e aapan ka(n)nee soi ||

Hasn't your consciousness heard this with its ears? It prompts us to reflect on whether we consciously experience the internal and external changes in our lives.

lagee aaveh saahurai nit na peieeaa hoi ||3||

The betrothed has to embrace the journey to their in-laws; staying in the parental home is not sustainable. This example illustrates that when committed to gaining awareness, one must leave one's conditioned mindset behind and adopt an open-minded approach. (3)

naanak sutee peieeaa jaan viratee sa(n)n ||

Nanak says sleeping carelessly in one's parents' home in broad daylight despite knowing it is being plundered. This imagery conveys a mind trapped in worldly illusions, despite knowing it is hindering inner transformation.

gunaa gavaiee ga(n)ThaRee avgan chalee ba(n)n ||4||24||

In this mindset, we forfeit our merits and collect a heavy burden of demerits. (4)(24)

Essence: Guru Nanak delivers a powerful message about the essence of true awareness, encouraging individuals to transcend the limitations of conditioned mindsets and cultivate a spirit of openness and receptivity. He cautions that attachment to worldly comforts, such as material possessions and temporary pleasures, can jeopardise our spiritual well-being. By doing so, we risk losing connection with our inherent virtues and accumulating burdens that weigh heavily on our consciousness.

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Website: OnenessInDiversity.com

Email: onenessindiversityfoundation@gmail.com