

Guru Nanak - Sabad 70
ek suaan dui suaanee naal ||
Raag Siriraag, Guru Nanak, Guru Granth Sahib, 24

ek suaan dui suaanee naal ||
bhalake bhaukeh sadhaa baeeaal ||
kooR chhuraa muThaa muradaar ||
dhaanak roop rahaa kartaar ||1||
mai pat kee pa(n)dh na karnee kee kaar ||
hau bigaRai roop rahaa bikaraal ||
teraa ek naam taare sa(n)saar ||
mai ehaa aas eho aadhaar ||1|| rahaau ||
mukh ni(n)daa aakhaa din raat ||
par ghar johee neech sanaat ||
kaam karodh tan vaseh cha(n)ddaal ||
dhaanak roop rahaa kartaar ||2||
faahee surat malookee ves ||
hau ThagavaaRaa Thagee dhes ||
kharaa siaanaa bahutaa bhaar ||
dhaanak roop rahaa kartaar ||3||
mai keetaa na jaataa haraamakhor ||
hau kiaa muh desaa dusat chor ||
naanak neech kahai beechaar ||
dhaanak roop rahaa kartaar ||4||29||

Summary: An object in motion gains momentum, influencing how it moves, evolves, and develops. Depending on the factors at play, this can result in either harmful or beneficial outcomes. The same principle applies to our intentions, which shape our character. Every thought originates from a small action that can have significant consequences. Negative intentions often lead to vices, while positive intentions foster desirable traits. When we neglect to examine our thoughts, especially those driven by unrealistic desires and expectations, they can escalate into actions that result in unpleasant consequences. In contrast, thoughtful reflection can lead to more positive outcomes.

ek suaan dui suaanee naal ||

There is one male dog in the company of two female dogs. This imagery suggests that a mind influenced by worldly illusions harbours desires and expectations.

bhalake bhaukeh sadhaa baeeaal ||

From early morning until evening they bark, representing a mind that remains persistently restless to fulfil ever-growing desires and new expectations.

kooR chhuraa muThaa muradaar ||

Falsehood acts like a dagger that can wound trust, while deception resembles a lifeless body, lacking integrity. This metaphor illustrates the damaging effects of dishonesty.

dhaanak roop rahaa kartaar ||1||

Like a hunter's relentless, aggressive instinct, one's unchecked negativity resurfaces and manifests as one's character. (1)

mai pat kee pa(n)dh na karnee kee kaar ||

I do not follow the path of honouring good advice or doing righteous deeds.

hau bigaRai roop rahaa bikaraal ||

My appearance is deformed, and I remain dreadful; this sentiment captures the essence of one's demerits that shapes one's negative character.

teraa ek naam taare sa(n)saar ||

Reflecting on the oneness of the omnipresent source can help us navigate worldly life.

mai ehaa aas eho aadhaar ||1|| rahaau ||

The practice of contemplation is my only hope; this is my sole support to gain wisdom. (1)(Pause)

mukh ni(n)daa aakhaa din raat ||

I slander with my words day and night.

par ghar johee neech sanaat ||

One who covets, compares, or envies another's life is lowly and disgraceful.

kaam karodh tan vaseh cha(n)ddaal ||

Unfulfilled desires and unresolved anger linger in the mind and body like a ruthless executioner, symbolizing that such vices are destructive.

dhaanak roop rahaa kartaar ||2||

Like a hunter's relentless, aggressive instinct, one's unchecked negativity resurfaces and manifests as one's character. (2)

faahee surat malookee ves ||

The mind can become ensnared by an outward appearance that creates the illusion of being righteous.

hau ThagavaaRaa Thagee dhes ||
I am a deceiver intending to deceive the world.

kharaa siaanaa bahutaa bhaar ||
I consider myself pure and wise, but I carry the burden of unrighteous intent.

dhaanak roop rahaa kartaar ||3||
Like a hunter's relentless, aggressive instinct, one's unchecked negativity resurfaces and manifests as one's character. (3)

mai keetaa na jaataa haraamakhor ||
I do not acknowledge or comprehend my actions. I have violated the laws of nature.

hau kiaa muh desaa dusat chor ||
How will I face my conscience knowing I am a wicked deceiver?

naanak neech kahai beechaar ||
Nanak says this mindset reflects someone with ill intent and advises contemplating one's actions.

dhaanak roop rahaa kartaar ||4||29||
Like a hunter's relentless, aggressive instinct, one's unchecked negativity resurfaces and manifests as one's character. (4)(29)

Essence: Guru Nanak emphasises that ignoring our fundamental virtues is like defying the natural order. We cannot confront our consciousness if we overlook our deceit. This mindset, characterised by hostility, underscores the importance of self-reflection. We can break free from destructive patterns and pursue a more virtuous path by fostering self-awareness and integrity.

An initiative by
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